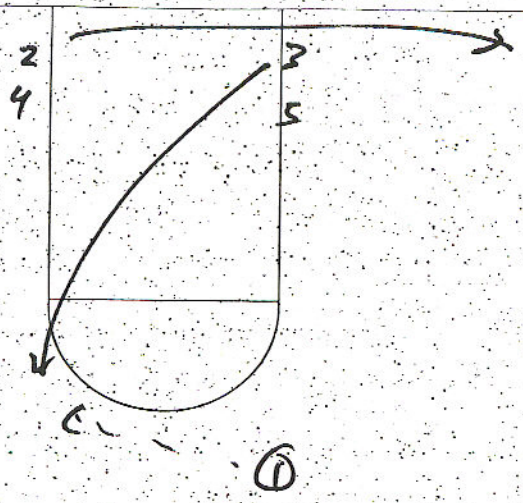
FLEX - HYBRID

BOSTON COLLEGE

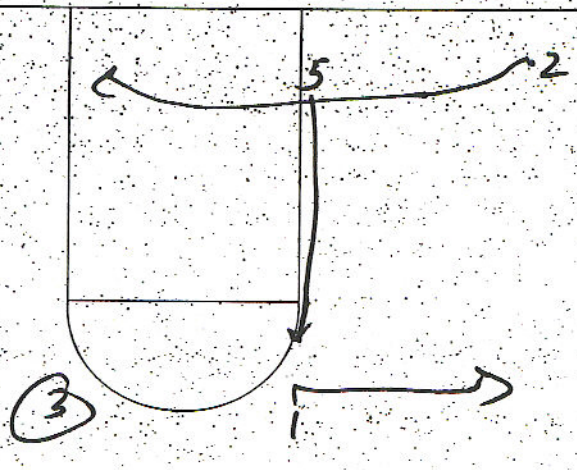


Play #1 Notes

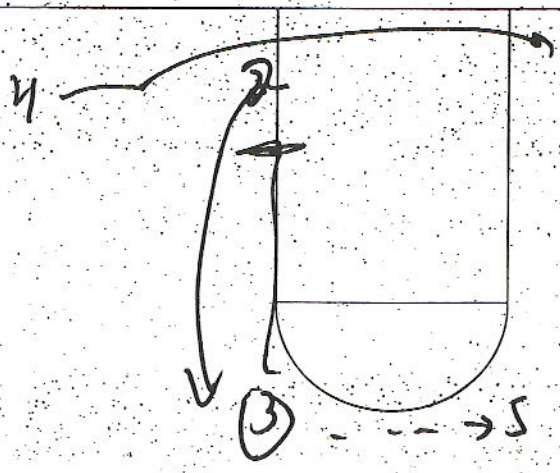
Designate certain players to FLARE or Downscreen

5M (1, 2, 4 FLARE)

(3, 5) Downscreen



Play #2 Notes



Play #3 Notes

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BC Flex OVERVIEW

I.) Philosophy:
- Motion vs. sets vs. flex (continuity)
- Teach shot selection/lesser players find a way to score
- Add motion principles/read screens
- Good for undersized teams/skilled big men
- Controls tempo/exposes bad defenders

II.) Basic Flex Patterns:
- Down screens
- Flares
- Hybrid (combo 3 men flare/ 2 men downscreen)
- Wing to block

III.) Entries:
- 1-4 high (chop + side chop)
- 1-4 low (14 + 41)
- Dbl. low (flat + banana cut)
- Box-down screens
- Box into wing to block
- Secondary
- OB

IV.) Pressure Releases/reads/tips:

KEYS
- Wait for screens
- Screen angles
- Take depth
- Elbow footwork (Pete Newell)
- Patience

Switching Counters-
- Down screens – 1) roll back; 2) screen own man; 3) drive the ball 4) curl replace 5) g to g dribble, backdoor replace 6) push – take each others' cuts
- Pass to wing (screen away or up-screen or diagonal cut away and fill)

V.) Drills
- Close out drill (height of ball) pivoting
- G/F shooting – elbow foot work series
- FLEX CUT – cut over and under/layup &jump shot
- Down screen/curl replace
- FLARES – backdoor replace
- FLARES – back screen layup/jump shot
- 4 on 4 basic (or dummy)
- 5 and 5 (with rules)

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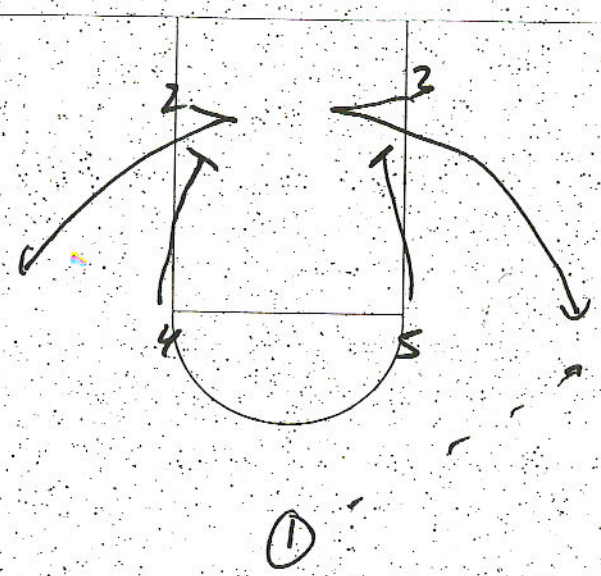
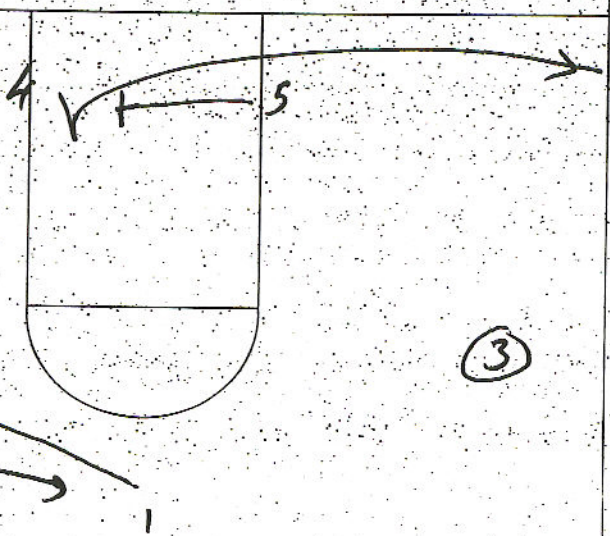
Box Set - Wing To Block (A)

BOSTON COLLEGE



Play #1 Notes

Can start Bigs or Smalls at Elbow



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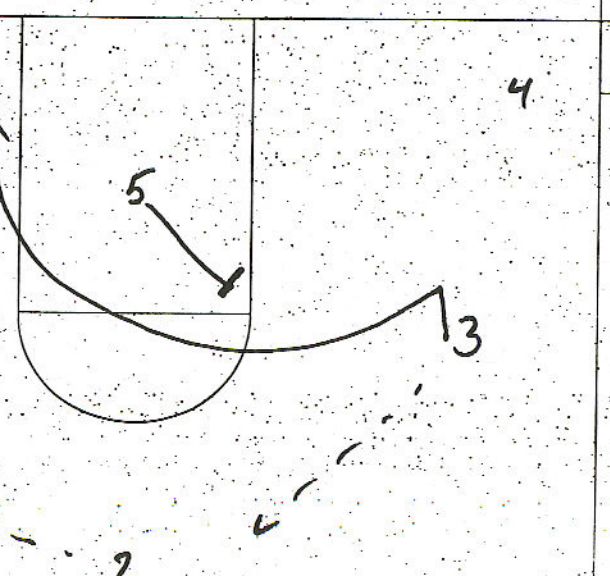

Play #3 Notes

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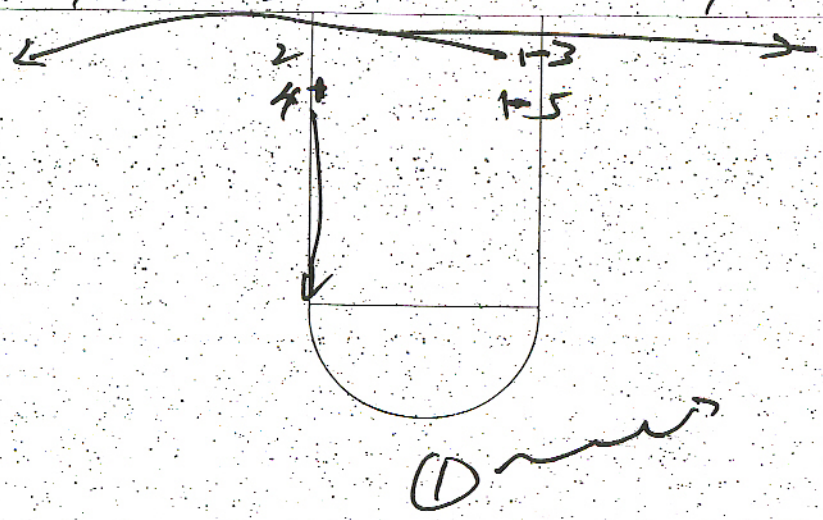
FLEX Dble Low - Flat Cut w/ Reads

BOSTON COLLEGE



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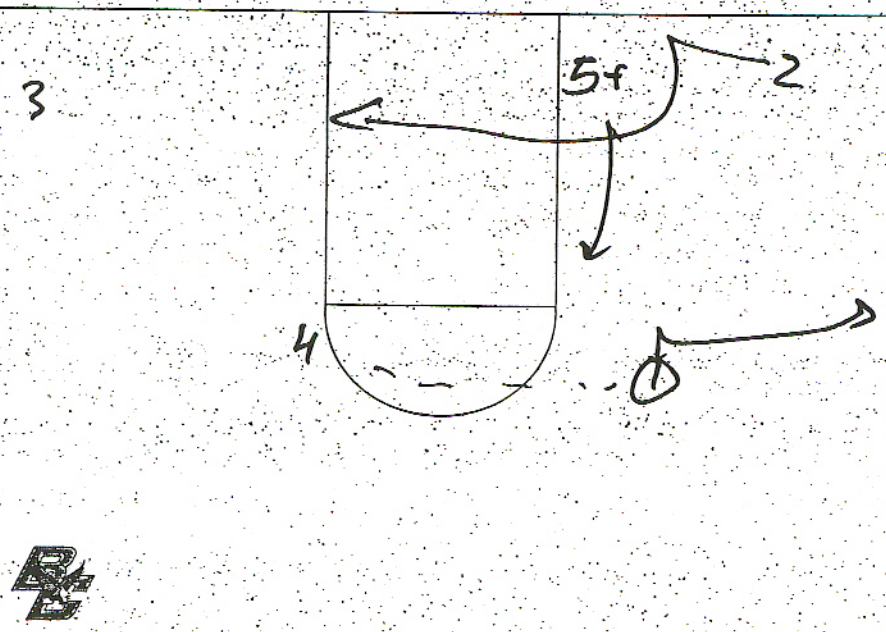

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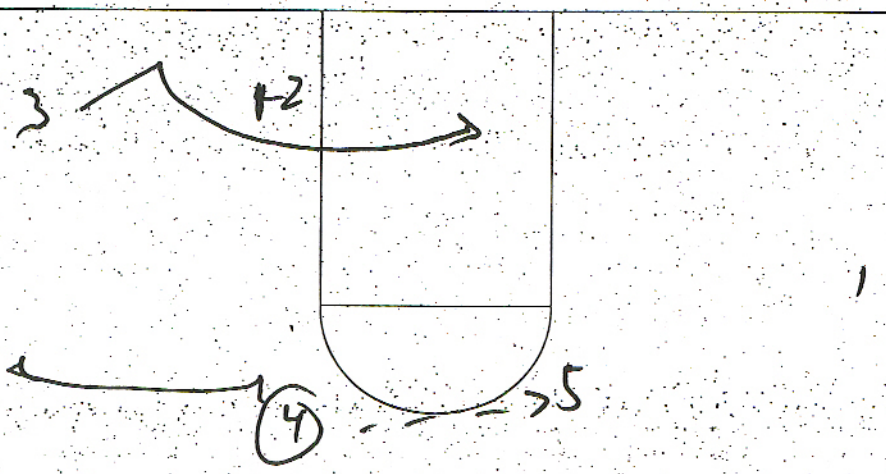

Play #3 Notes

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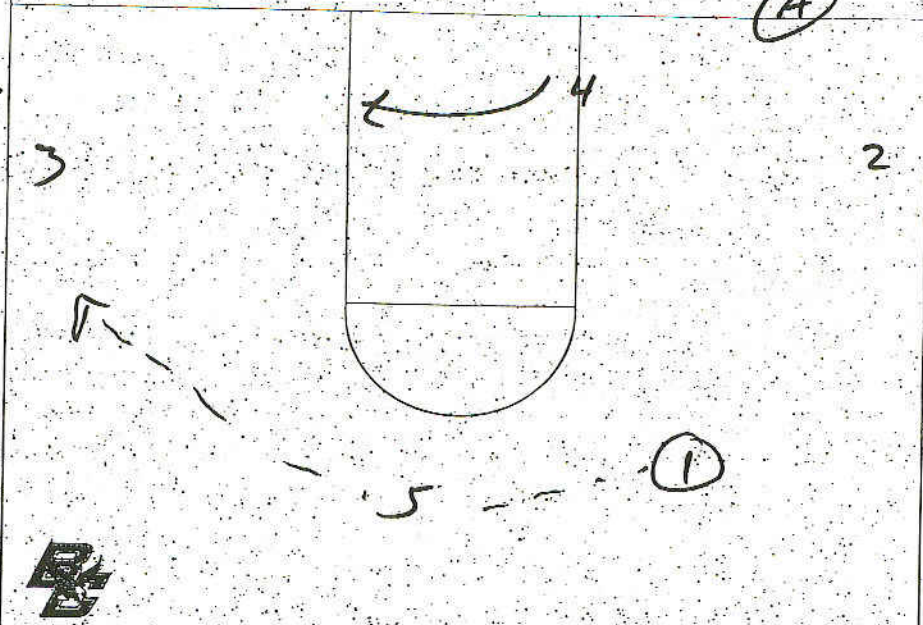
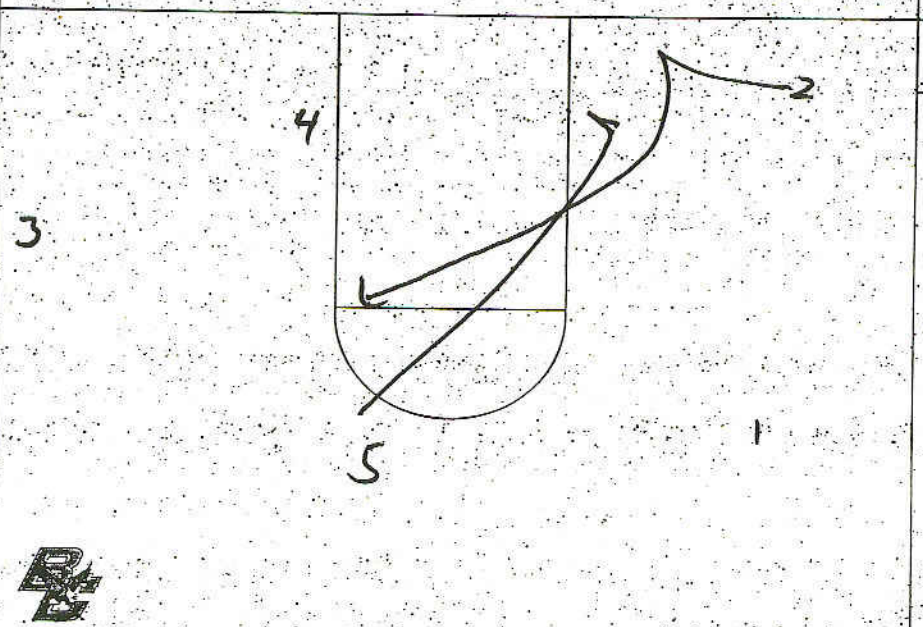
SECONDARY – DOUBLE SCREENS (A)

BOSTON COLLEGE



Play #1 Notes



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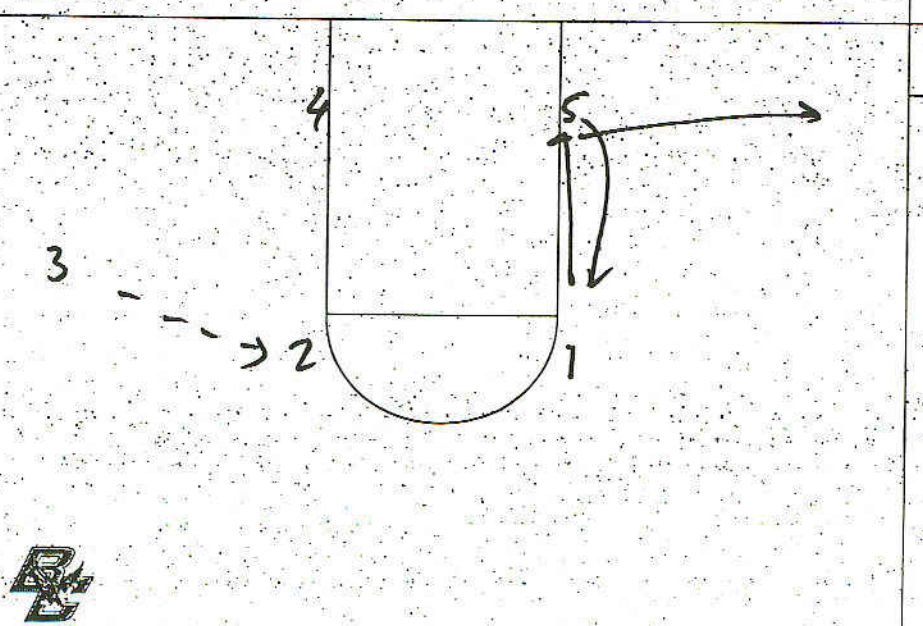

Play #3 Notes

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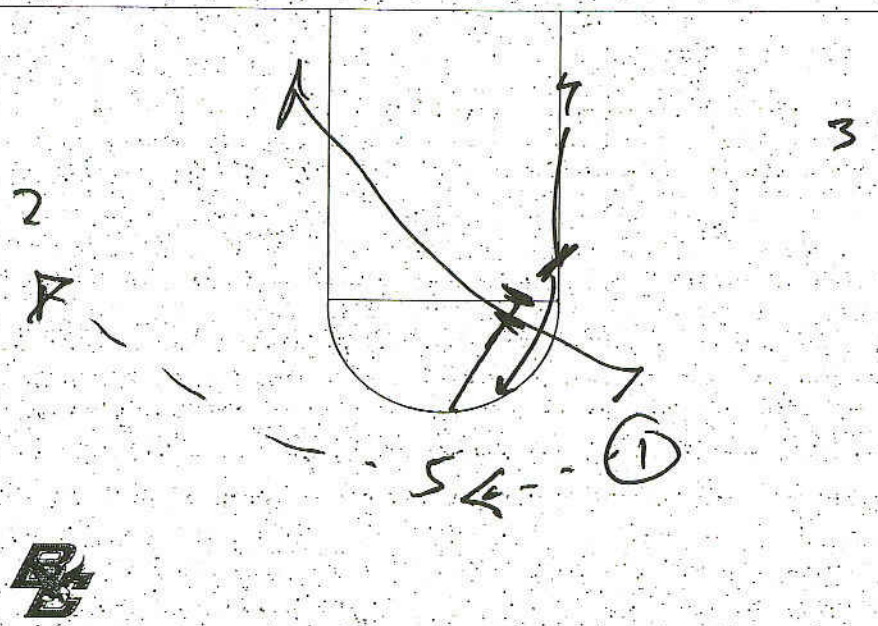
SECONDARY WING TO BOX

BOSTON COLLEGE

Play #1 Notes



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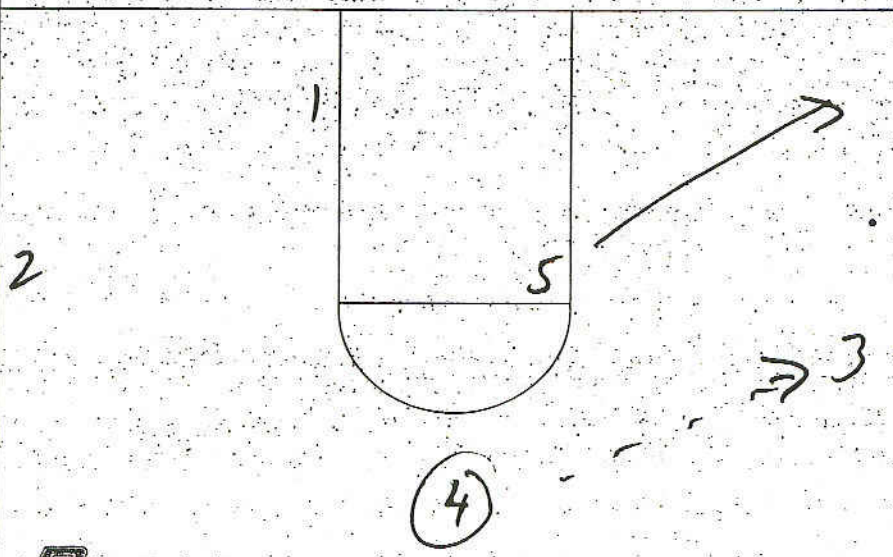

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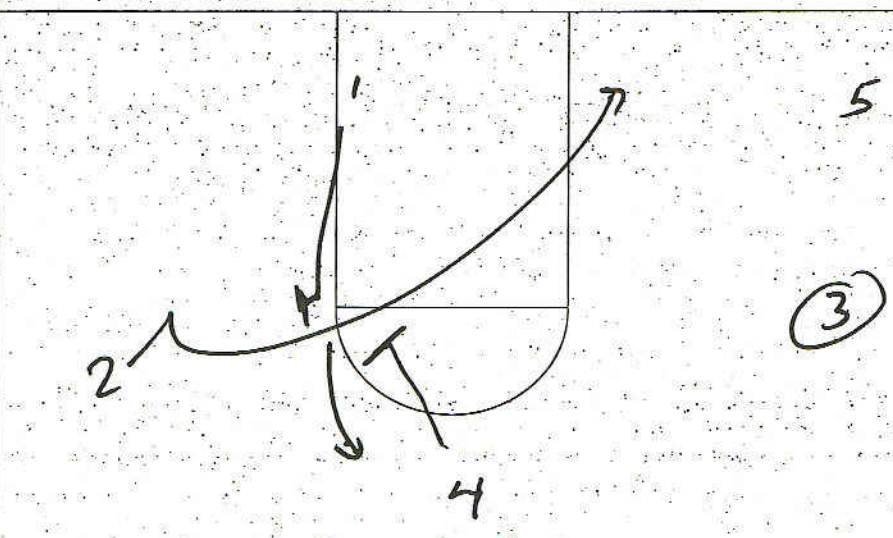

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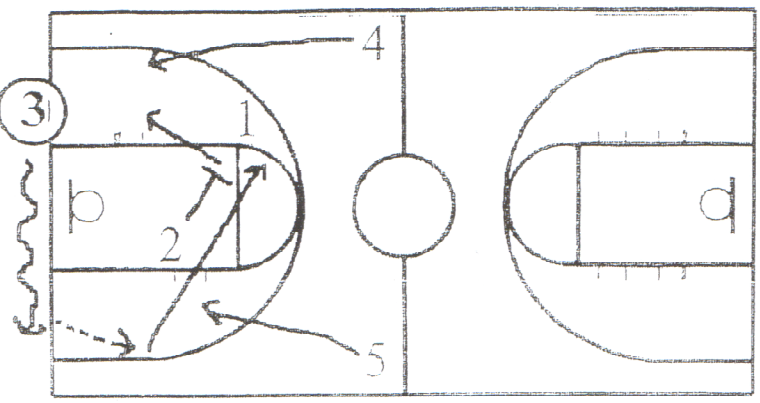
Press Offense-Guard Entry
(Transition)

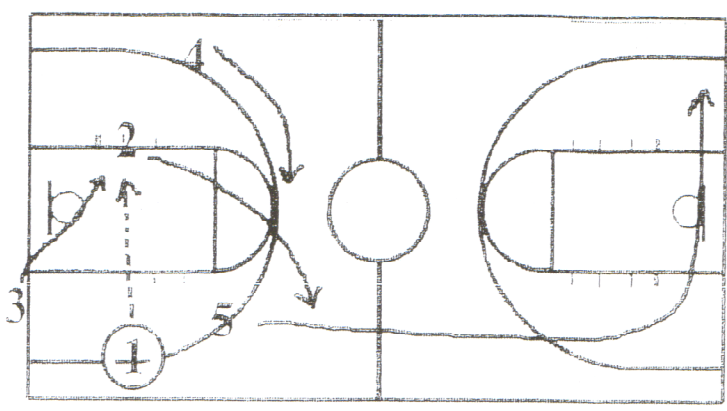
Kansas

Frame A



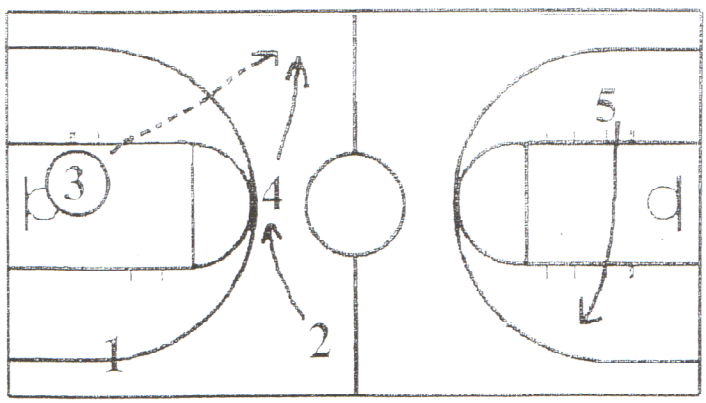
#1 Comes off screen, looking to catch
#2 Set screen for 1 after 3 runs baseline
#3 Look for deep feeders, then a guard
#4 Sprint up, angling in to catch
#5 Same as 4 once 3 runs baseline

Frame B



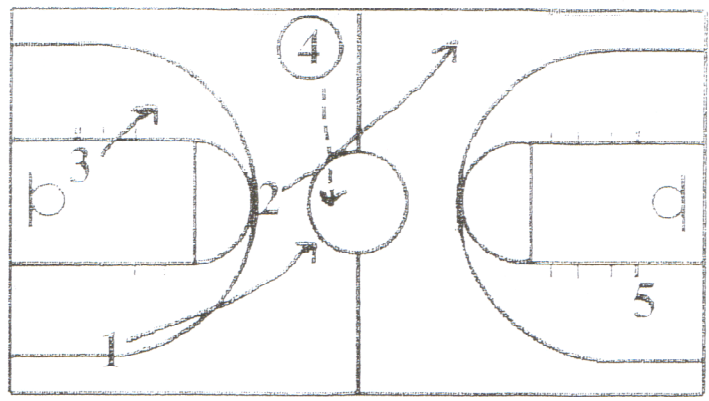
#1 Look to pass to 3 nearest outlets or throwover
#2 Sprint to sideline (nearest outlet)
#3 Step in bounds (nearest outlet)
#4 Sprint to middle of floor (nearest outlet)
#5 Clear out, opposite ball

Frame C



#1 Nearset outlet behind the ball
#2 Sprint to middle of floor (nearest outlet)
#3 Look to nearest outlets or throwover
#4 Sprint to sideline (nearest outlet)
#5 Stay opposite the ball

Frame D



#1 Sprint to middle of floor (nearest outlet)
#2 Sprint to sideline (nearest outlet)
#3 Stay behind ball (nearest outlet)
#4 Look for 3 nearest outlets or throwover
#5 Stay opposite the ball

General Comments

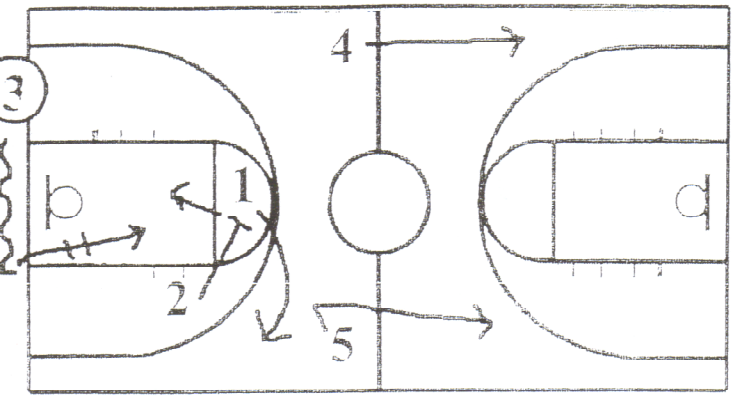
Must always have 3 nearest outlets & throwover. 1st option-deep feeder, 2nd-guard. Follow pattern of 5

Press Breaker

(Guard Screens Comeback)

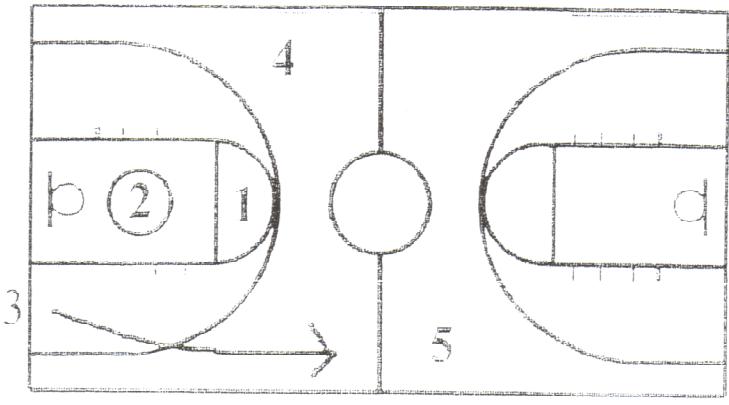
Kansas

Frame A



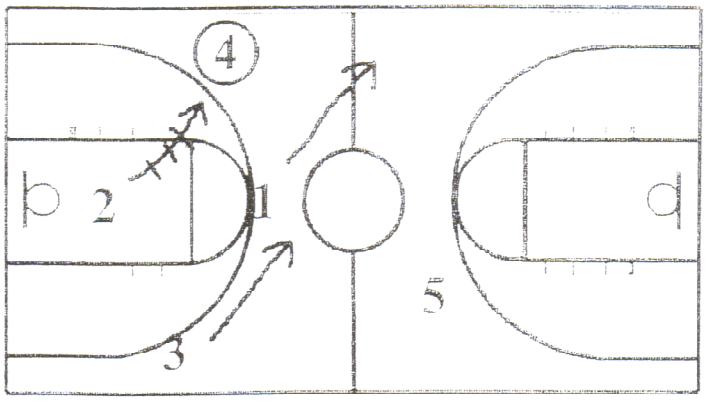
#1 Comes to corner
#2 Screens turns back
#3 O.B. runs baseline
#4 Flashes gets out
#5 Flashes gets out

Frame B



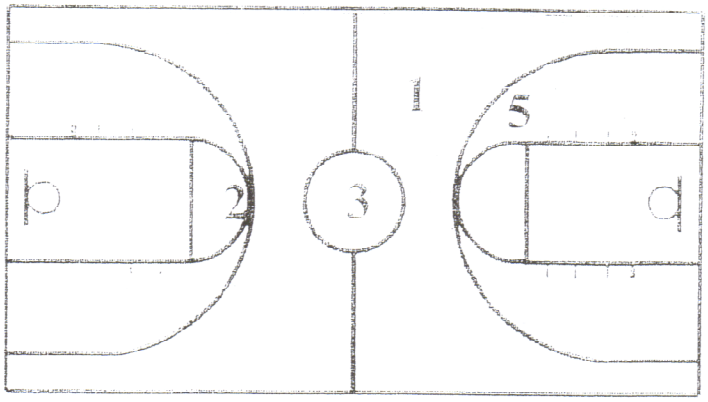
#1 Stays middle
#2 Becomes trailer
#3 Sprints to wing
#4 Comes back to wing
#5 Opposite ball

Frame C



#1 Cuts sideline
#2 Reverse to 4
#3 Flashes middle
#4 ReceivesP pass
#5 Opposite ball

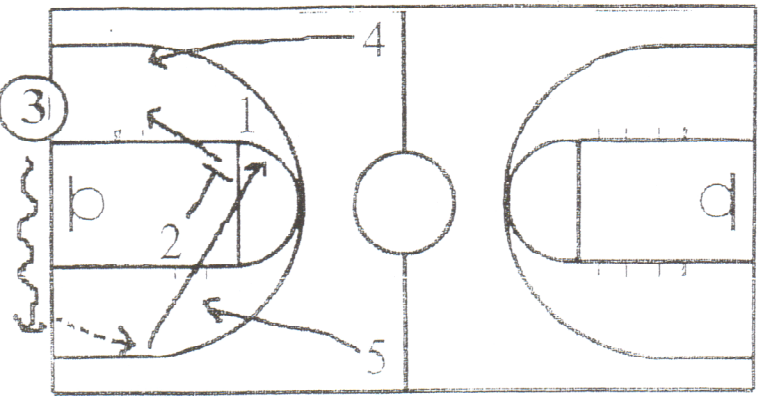
Frame D



Press Offense-Guard Entry
(Transition)

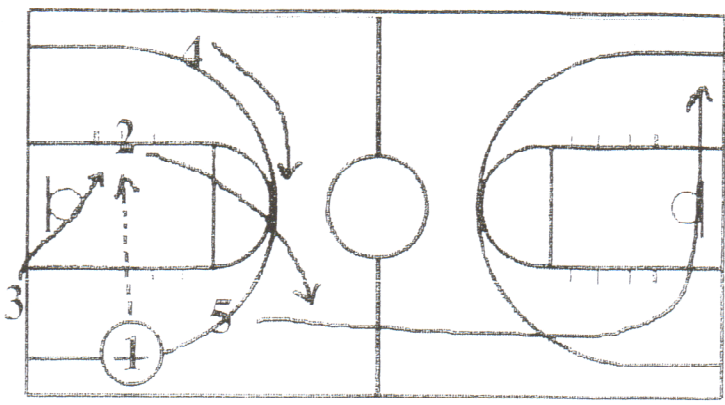
Kansas

Frame A



#1 Comes off screen, looking to catch
#2 Set screen for 1 after 3 runs baseline
#3 Look for deep feeders, then a guard
#4 Sprint up, angling in to catch
#5 Same as 4 once 3 runs baseline

Frame B



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#3 Step in bounds (nearest outlet)
#4 Sprint to middle of floor (nearest outlet)
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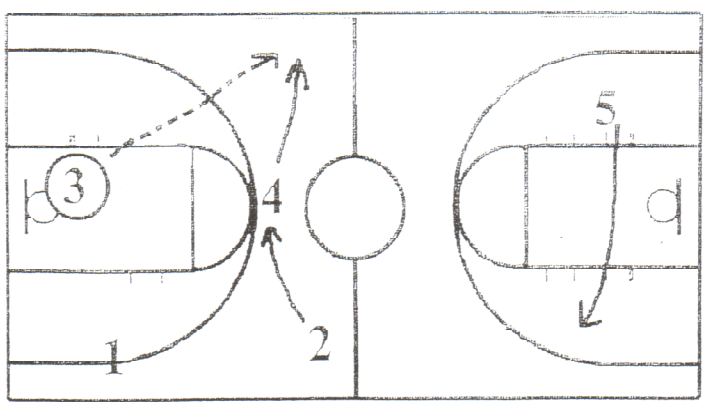
Frame C



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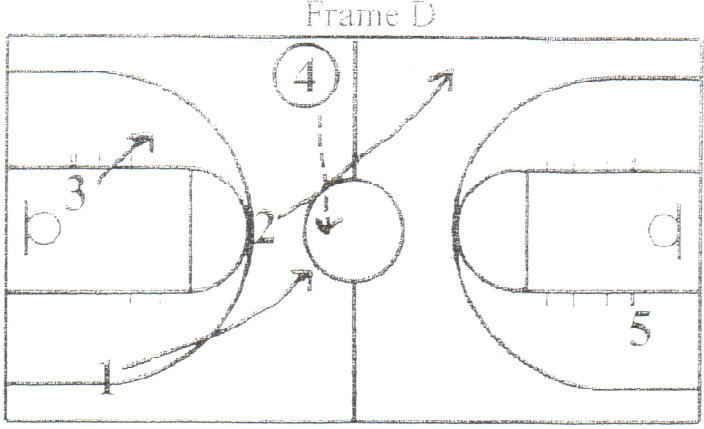
Frame D



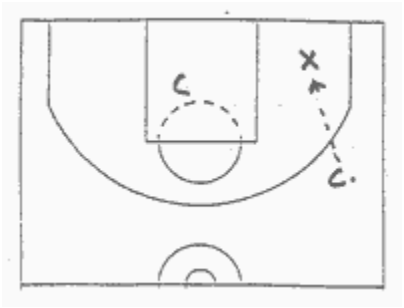
#1 Sprint to middle of floor (nearest outlet)
#2 Sprint to sideline (nearest outlet)
#3 Stay behind ball (nearest outlet)
#4 Look for 3 nearest outlets or throwover
#5 Stay opposite the ball

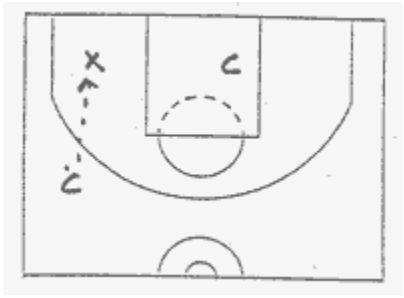
General Comments

Billy Donovan Post Development

Post Player Work-out #1

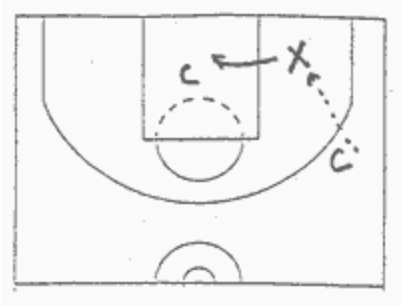
Inside Pivots (jumpshots)

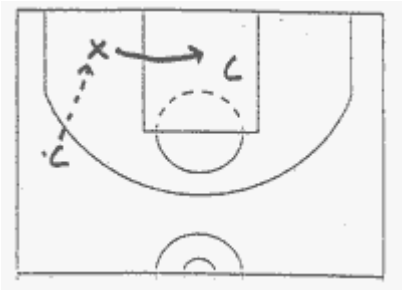




1. Post up off block.
2. Receive pass from coach, inside pivot & shoot a jumper.

Inside Pivots (drives)

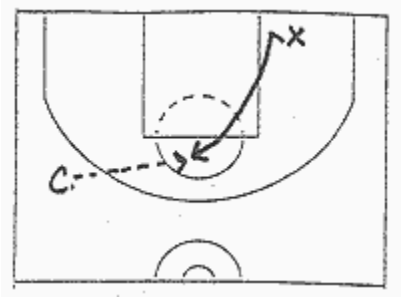


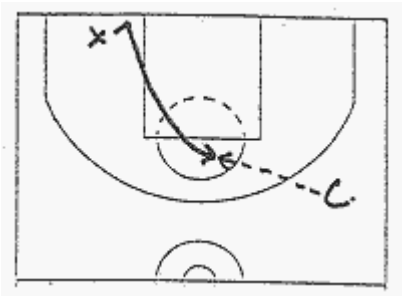


1. Post player will post off the block.
2. Player inside pivots, attacks middle & performs one of the before mentioned moves.

Post Player Work-out #2

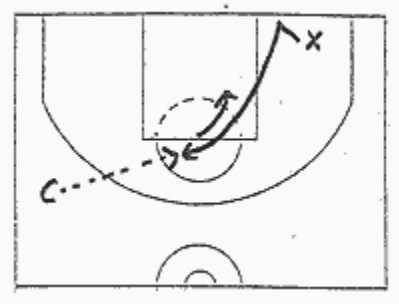
Flash Cut Shooting

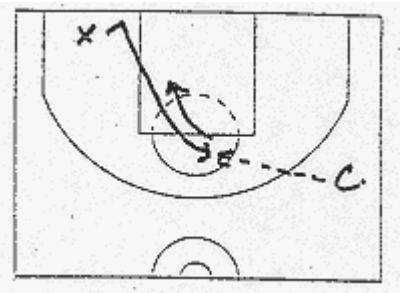




1. Post player starts in short corner
2. Flash cut to free throw line
3. Receive pass and shoot jumper

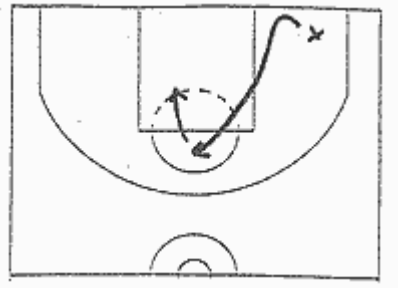
Flash Cut Shooting (rip throughs)

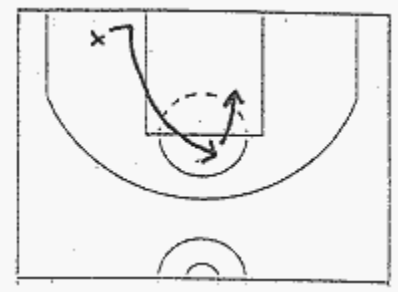




1. Same as previous drill, now player will rip through & drive opposite direction
2. Pull up for 10' jumper or take it to the rim

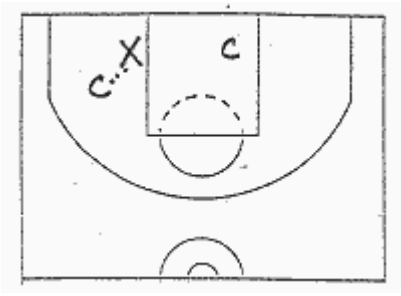
Flash Cut Shooting (ball fakes)

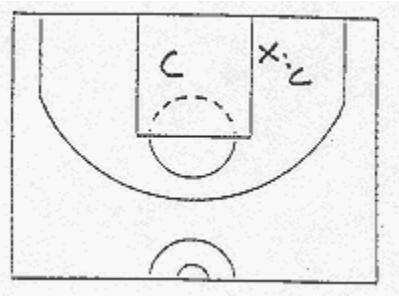




1. Player flash cuts to the free throw line
2. This time the player will ball fake & pull up for a jumper or take it to the rim

Rapid Fire Post Moves





1. Post player will post up on block.
2. Coach will feed player one ball after another.

3. Make 10 for each move.

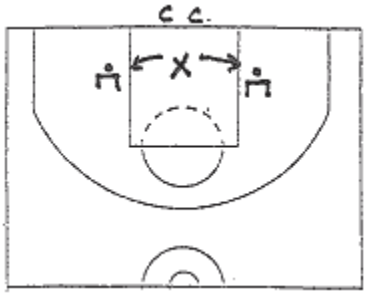
Example Moves:

1. Turn around jumper
2. jump hook
3. Up and under

All moves can be done to either baseline or middle; incorporate fakes into routine

Post Player Work-out #3

Chair Workout

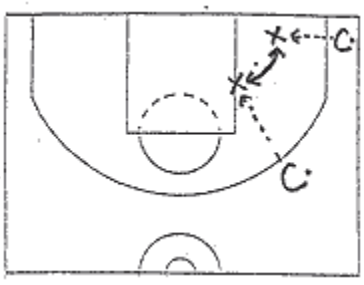


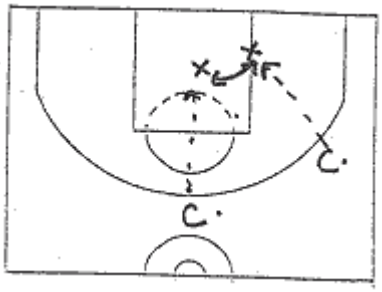
1. Place 2 chairs at about the block with balls on them
2. Player will go side to side, each time posting up, getting low & grabbing the ball & performing a post move

   Start with just jump hooks, then as the player gets comfortable with drill, use different moves

   Go for 1 min. at a time

Post & Repost



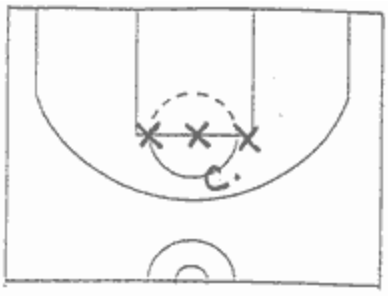


1. Coach in corner and wing have a ball.
2. Player will post up on block & receive a pass from corner, then perform any post move.

3. Then he will repost up the lane & get pass from wing.

Post Player Work-out #4

War rebounding

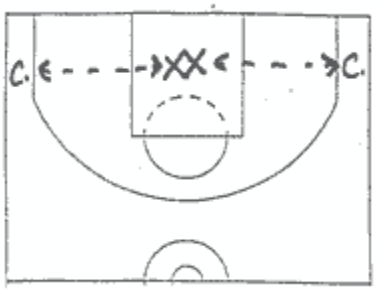


-Coach will shoot the ball & the players will fight for position & rebound. 1pt. for rebound

-The Player who gets rebound must score for another point.
-If he misses, the ball is still live.

-Play a game to 10

Post Positioning



-The 2 players will be sitting in post position with their backs pressing on one another.
-Their feet must constantly be moving.
-The coaches will quickly fire balls at the two players & they must catch & pass back.

Post Positioning on the Break

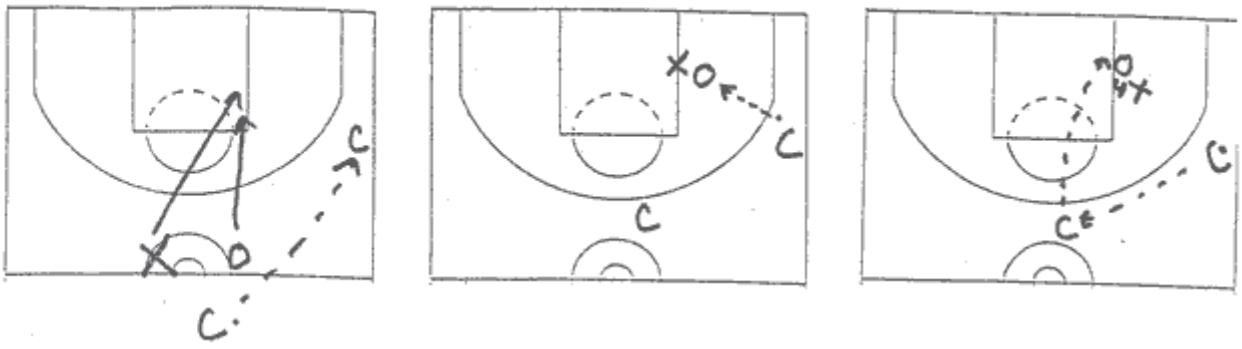
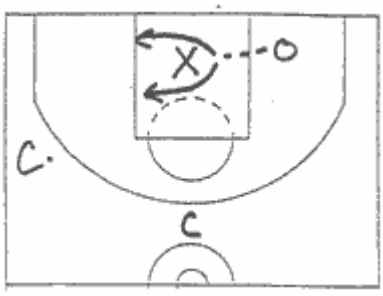


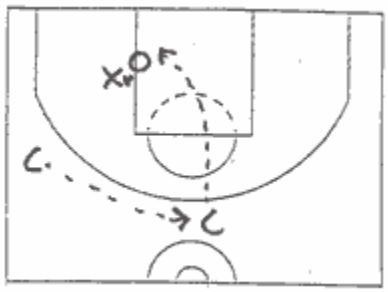
Diagram 1: **O** is offense & **X** is defense. Coach advance passes to coach and **O** & **X** sprint to try & gain position.

Diagram 2: If **O** can pin **X** on his back & keep him there, Coach will throw it in and it is one-on-one

Diagram 3: If X is able to front O, Coach will reverse ball and O must seal X and receive a hi/low pass

1-on-1



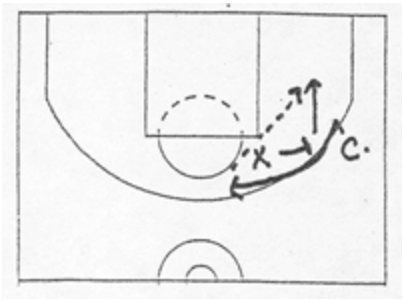


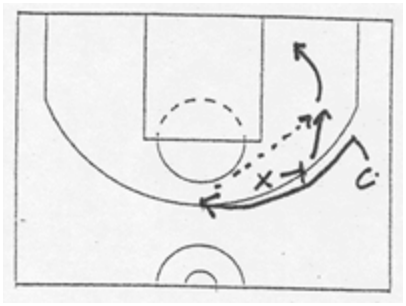
1. Offense (**O**) starts off the block and must try to beat **X** to a spot & receive pass
2. If **O** gets position, its 1-on-1

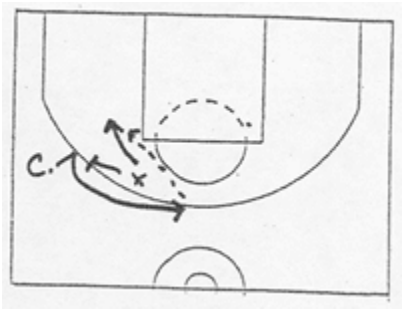
3. Again, if **X** is able to front **O**, **O** must seal & receive a hi/low pass from Coach.

Post Player Work-out #5

Pick and Roll Shooting

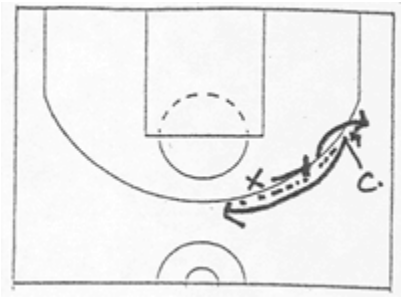




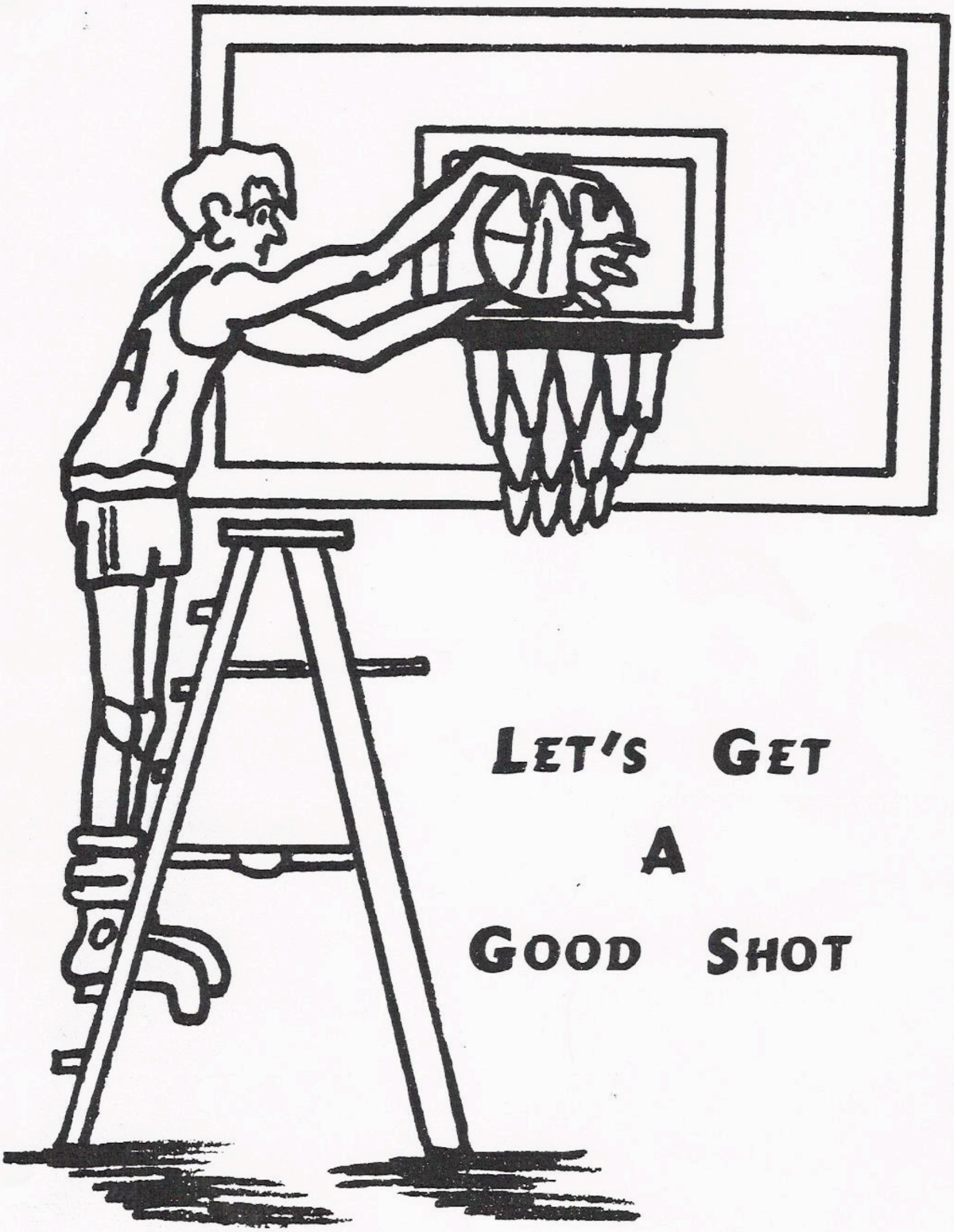


1. Player will set P&R at the 3 pt. line
2. As the coach comes off, the player will roll to short corner for 10' jump shot.

Diagram 2 & 3: This time the player receives the pass from coach and rips the ball through and drives baseline. He can now shoot a runner or take it to the rim.



Player now can set P&R and step back for a 3 point shot.



LET'S GET A GOOD SHOT

LET'S GET A GOOD SHOT

I would like to thank those people who have taken the time to help me with the game of basketball. Many of their ideas are found in different aspects of this notebook.

Bob Knight

NOTEBOOK KEY

Numbers 1-2-3-4-5	Offensive Players
Letters A-B-C-D-E	Defensive Players
Circled Number	Man with Ball
Broken Line	Pass
Staggered Line	Dribble
Straight Line	Cut

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By Robert M. Knight
Walden, New York

I INTRODUCTION

Our offense is centered around the basic idea of working to get the good shot. The most important singular aspect of our offensive thinking is to get the ball inside against whatever defense confronts us.

We do very little scrimmaging during the course of the year but concentrate on half court work. It is necessary for our players to know each of the five spots in our offense as we frequently play the guards inside and the forwards outside against a man to man.

A lot of our practice time is spent in helping the players learn to recognize what the defense is doing. The defense will always tell us what kind of cut we should make and we try to give the players a definite move or option to counter each change the defense can make.

Our guards are responsible for running our offense but we also call what we think will go from the bench.

II REGULAR OFFENSE

The word "regular" is the name we have given to our basic man to man offense. Diagram #1 shows our alignment for initiating this offense. We always give the numbers one and three to the left guard and forward respectively while using two and four to indicate the right guard and right forward. The number five is used to show the position of our postman. In this diagram, the postman is on the left but he can be on either side. We refer to the stacked side (where the postman sets up) as the closed side and the opposite side as the open side. All three inside players line up with their backs to the basket. We adjust the distance between three and five depending on what the defense is doing.

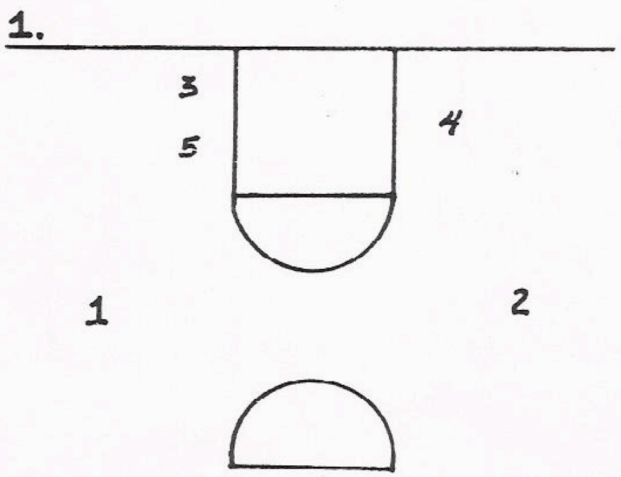
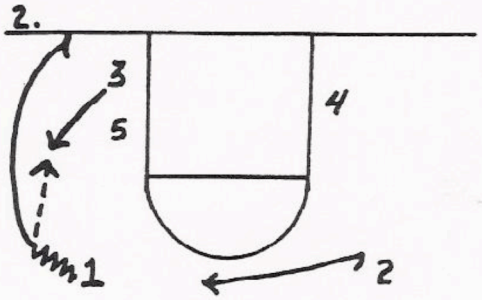
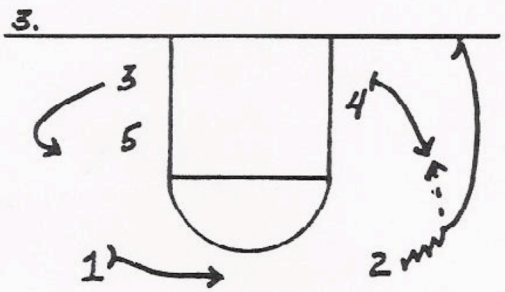
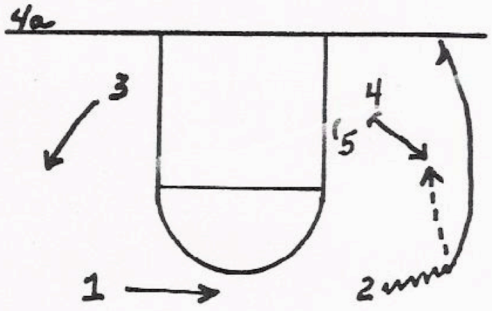


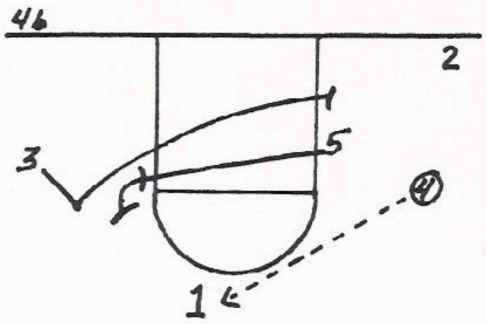
Diagram #2 shows the ball entering on the closed side while Diagram #3 shows the first pass being made on the open side.

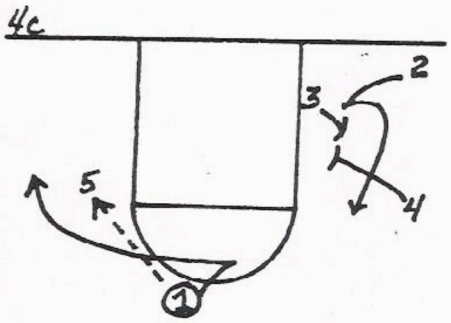




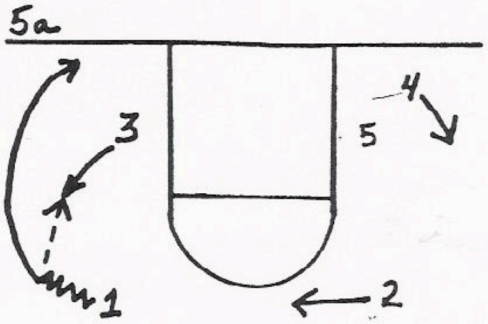
Diagrams 4A, 4B, & 4C show the basic pattern of our regular offense when the entry pass is made on the closed side.

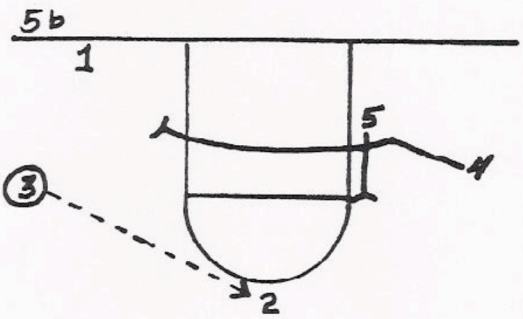






Diagrams 5A, 5B, and 5C show the basic pattern of our regular offense when the entry pass is made on the open side.





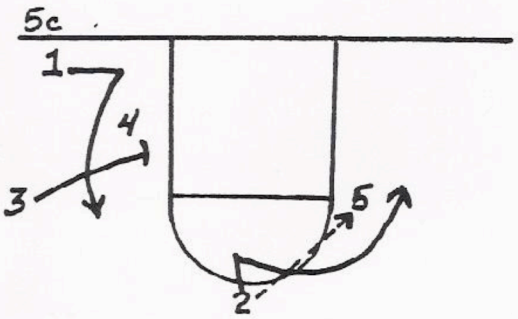
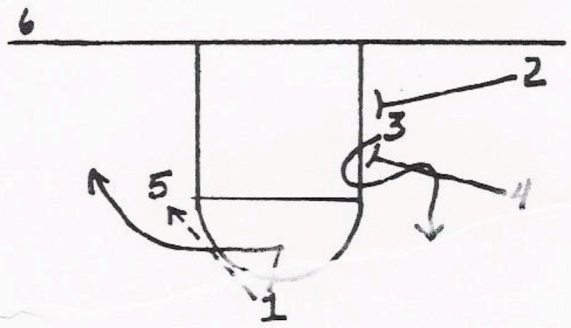


Diagram 6 shows our alternate baseline move with the cornerman (3) coming off for the shot instead of the guard.



III COACHING POINTS AND BREAKDOWN OF BASIC PATTERN IN REGULAR OFFENSE

A) Entry Pass

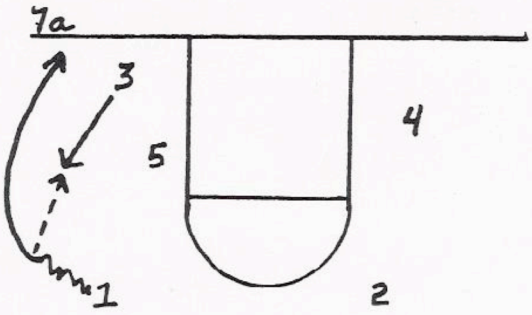
1) Diagram 7A shows the correct movement by both the guard (1) and the forward (3).

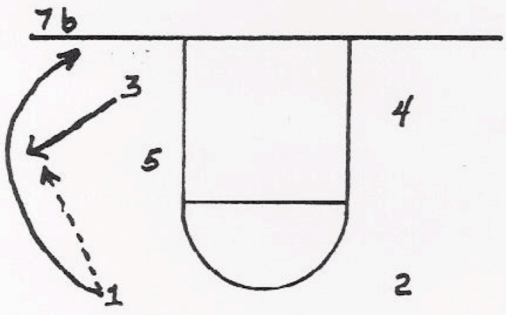
2) We want the guard to dribble toward the sideline and make the pass head on and not on the angle as shown in 7B & 7C. This enables him to make a straight hard cut to the basket and not the circular cut as shown in 7B.

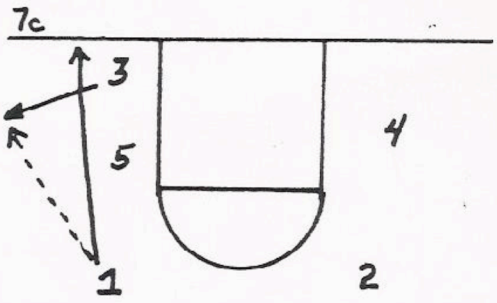
3) We also want him cutting to the outside of the forward and not the inside as shown in 7C. This relieves congestion inside and allows the forward a better opportunity of making the pass into the lane.

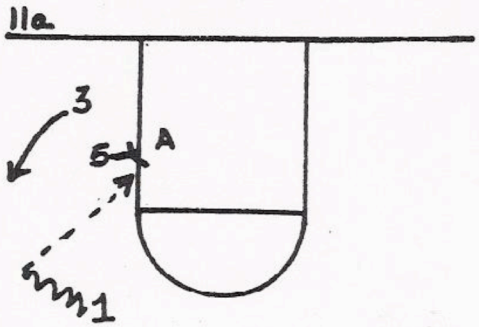
4) The forward should make a sharp cut to the foul line extended. We want him as close to the lane as possible. The cut made by 3 in 7C is too low and does not put him in a position that is advantageous to the offense.

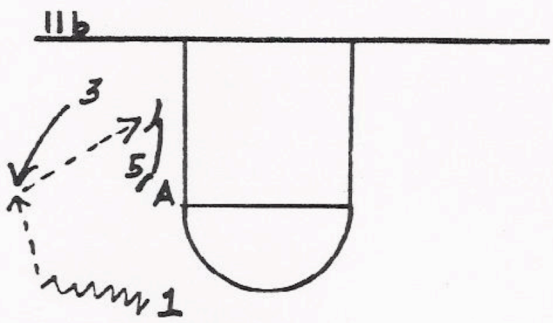
5) The feeding guard cuts to the baseline about fifteen feet from the basket and stays there.



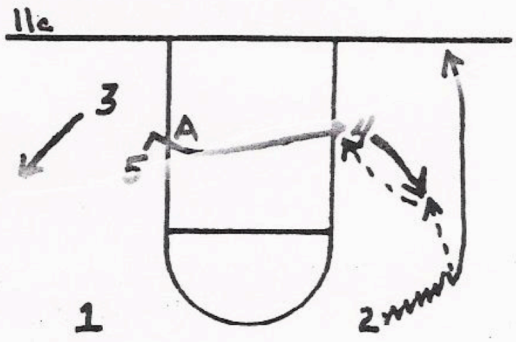


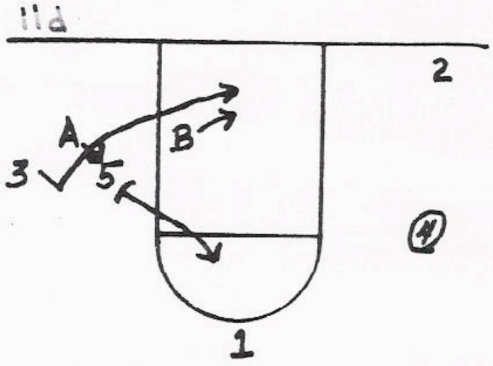






When the ball is taken in on the open side as in 11C, we want 5 to be ready to break across the lane if the defensive man is not in position to take this cut away from him. If this cut is not available, 5 holds his spot with hands on his knees, facing the ball. We feel that by facing the ball, 5 can react better to a switch as shown in 11D. When the defense is switching, we want the cutter going low as shown in 11D with 5 breaking toward the foul line. We constantly remind our inside men to "go to the ball" when a switch takes place.

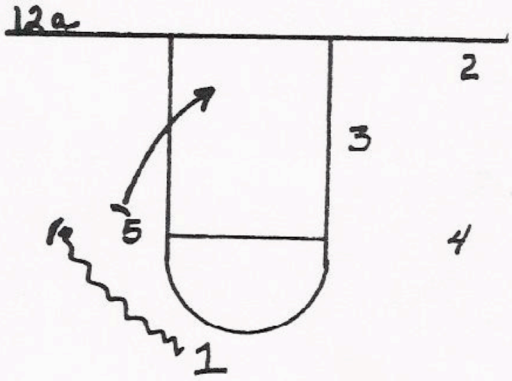


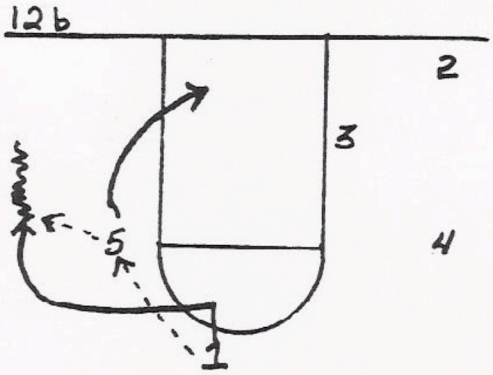


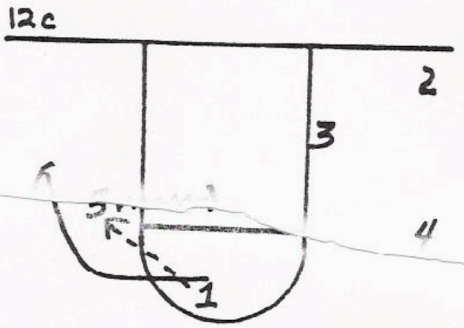
F) Two Man Weakside Game

Diagrams 12A, B & C show the three options available in our two man game when the ball is reversed after the entry pass. In 12A, one takes the ball off 5's screen for the shot or the possibility of hitting 5 on the roll to the

basket. In 12B, one passes and then cuts off 5 for the return. 5 can keep the ball and turn to the inside as shown in 12C.

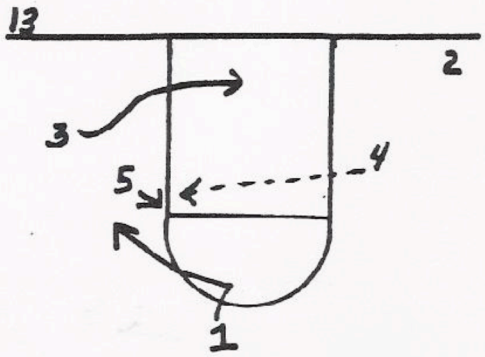






G) Cross Court Pass

Many times the defensive man playing five will drop away from him on the weakside or will be slow coming out to cover him. We want the cornerman with the ball, four in this case, to be ready to make the cross court pass at all times if it is available rather than going back to the guard on top. This often results in a good shot for five or a backcut for one.

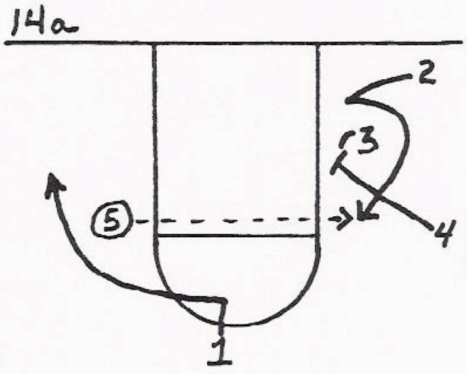


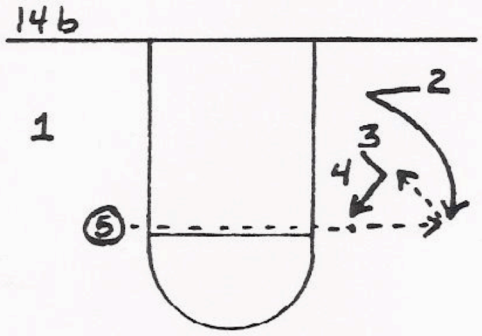
H) Baseline Game for Guard

When the ball has been reversed for our two man weakside game, we want to work a baseline game involving the two cornermen and the guard who made the entry pass.

13A shows the baseline game for the guard. 3 has made his cut from the opposite corner and did not get the ball. He sets up in the low post three feet off the lane. When four reverses the ball, he breaks down to set the double screen with three. This screen is set at a 45° angle toward the lane with both screeners facing the basket. The guard on the baseline, 2 in this case, breaks toward the basket and comes off the screen for the feed from five who is working the two man game with one. The two man and baseline games are run at the same time with five doing the feeding.

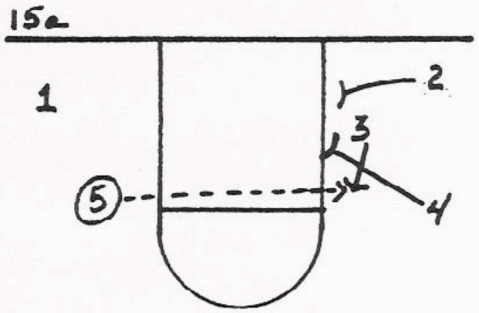
13B shows the guard being forced wide and not getting the ball in position to shoot. When this happens, the bottom man in the screen steps over as the top man screens down and looks for the feed from two or five.

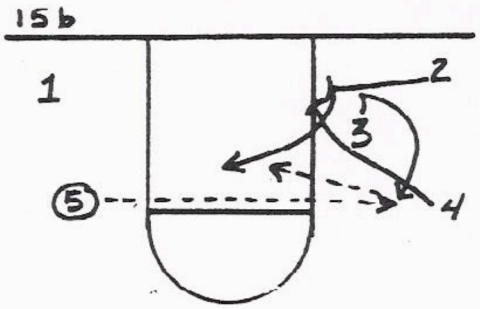




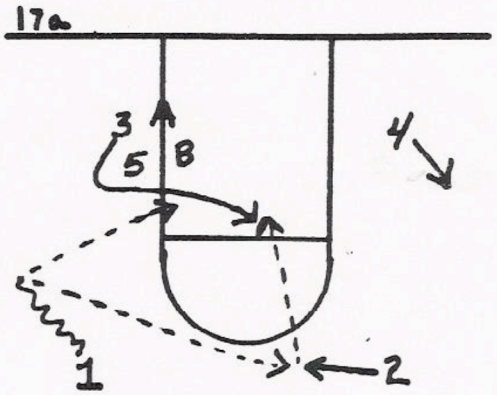
I) Baseline Game for Cornerman

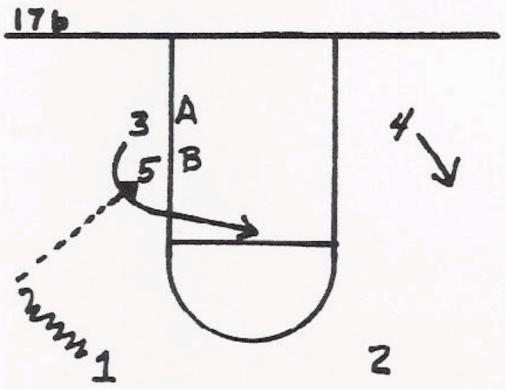
As shown in 15A the difference in the baseline game for the forward as opposed to that for the guard is now the bottom forward is the first man out and looks for the feed from five. The guard on the baseline, two, goes in on three's man instead of coming off the screen. Two and four pinch three's man and as in 14A & B, we want three and four both facing the basket as the movement begins. If three is forced wide as in 15B, two will wheel off four and look for the feed from either five or three.



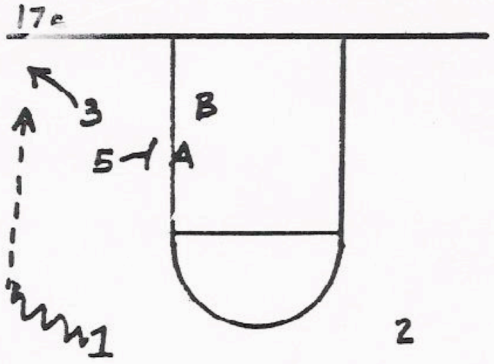


feed from either one or two as in 17A. The opposite forward, four, steps off the lane just as he does in our regular pattern. We have found that when three clears over five the guard must be alert as five will often be wide open for the feed into the post as in 17B.

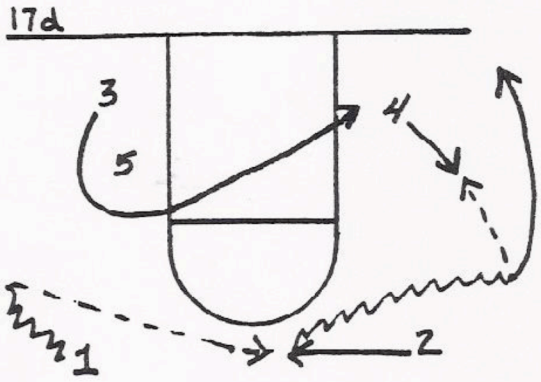




If, to prevent three from moving across the lane, the defensive man, A, moves up above him, three can step out on the baseline while five screens A. This will give three the quick jump shot on the baseline.

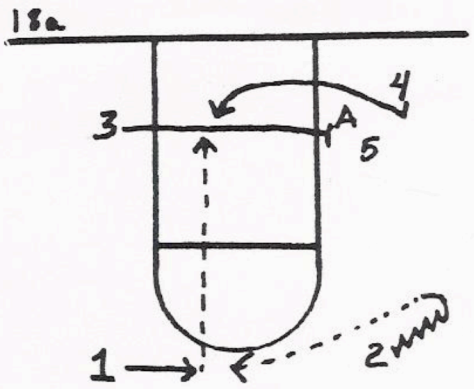


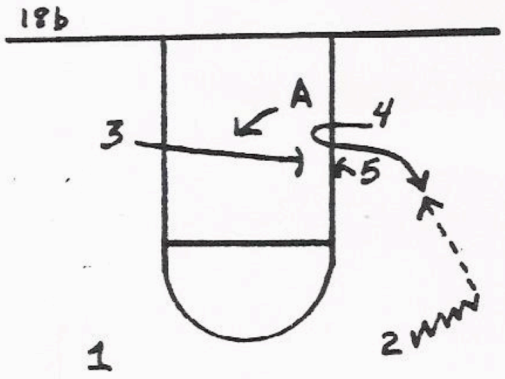
As shown in 17D, we go into our basic pattern if neither three nor five is open on the closed tight move.



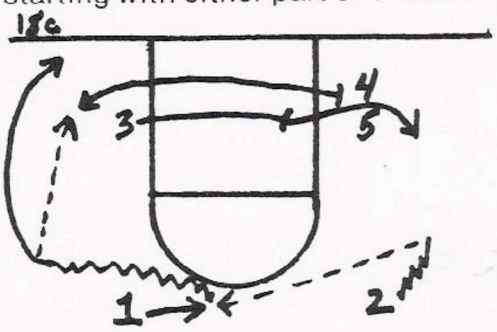
B) Low

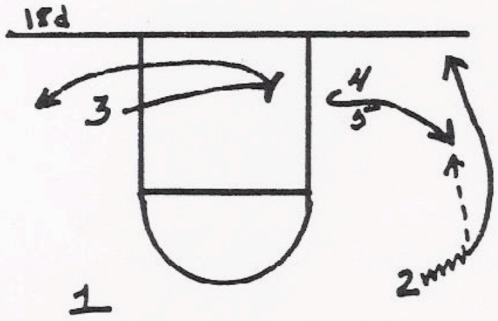
We use this move when the cornermen are being played real tight. The guards call out the move by shouting "low". We try to help them from the bench also. The open side forward as shown in 18A, breaks across the lane to screen for the closed side forward, four, who starts out, then reverses along the baseline. We always have five step down in case four's man beats the screen as in 18B. Four can then come back off five for the jump shot.





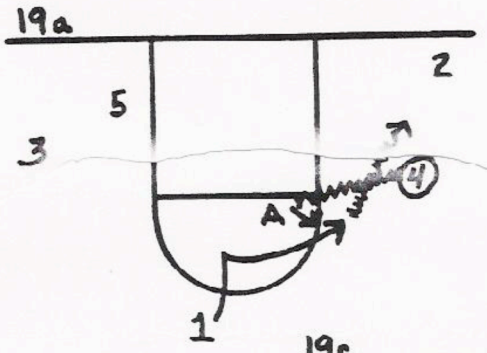
18C & 18D show how easy it is to get into the regular offense by starting with either part of the low.

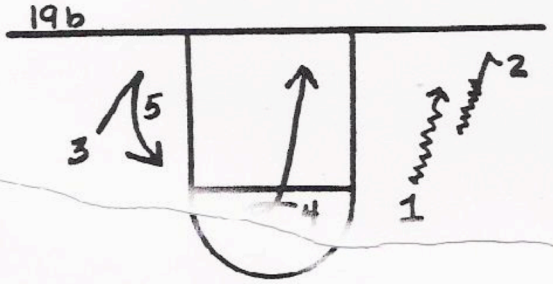


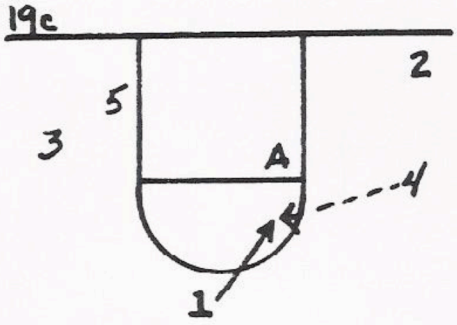


C) Guard Sag

Quite often the man playing the guard left on top in our offense drops off to jam up the middle. To counter this, the forward must quickly recognize the situation. He then drives right at the sagging guard as four is doing in 19A. The guard tries to set up his man by starting away and then coming right off the ball for the shot. If one does not get the shot he takes the ball toward two who comes off the baseline. Two may have the shot but also looks to feed four rolling down the lane or three coming off five as shown in 19B. This can be run to either the open or closed side. 19C shows one stepping up quickly to get the pass from four and take the shot when A drops off.

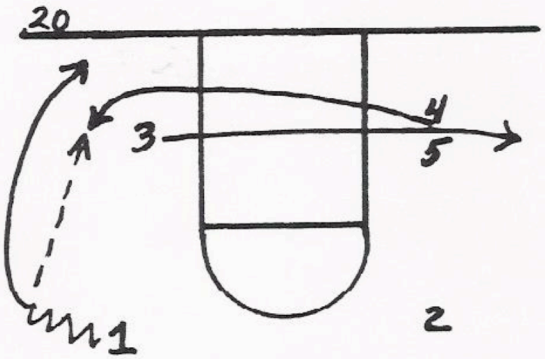






D) Cross

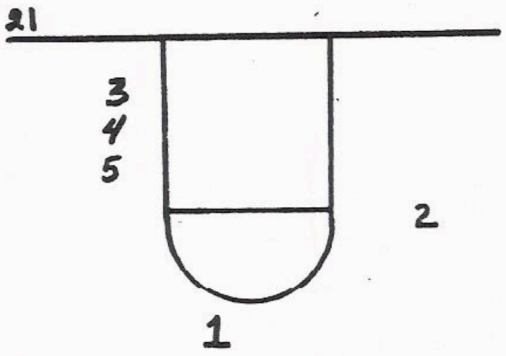
This is very similar to "low" but is started by either forward if he is having trouble getting open. He just calls "cross" and the two forwards change spots and continue outside, the forward going from the closed to open side always goes low. This eliminates any confusion in the cross.



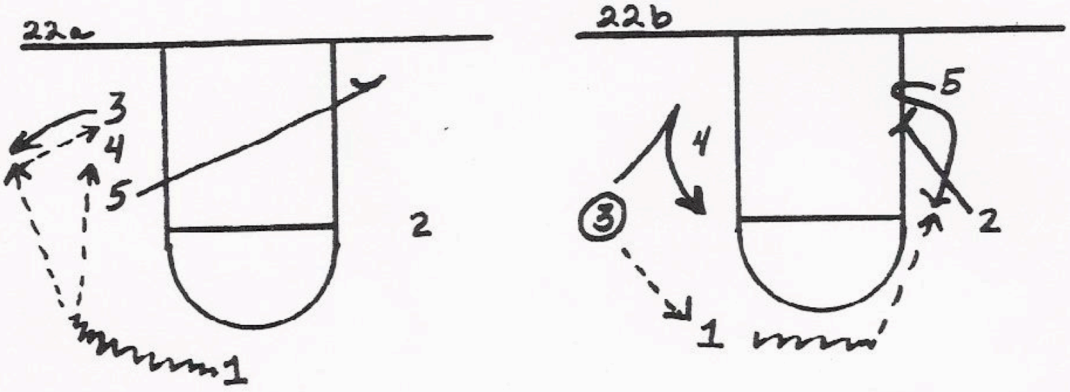
E) Three on a Side

The alternate patterns we have discussed thus far are merely variations of our regular offense. "Three on a side" however, is the setup we use to supplement our regular offense and vary our approach to attacking the man to man defense.

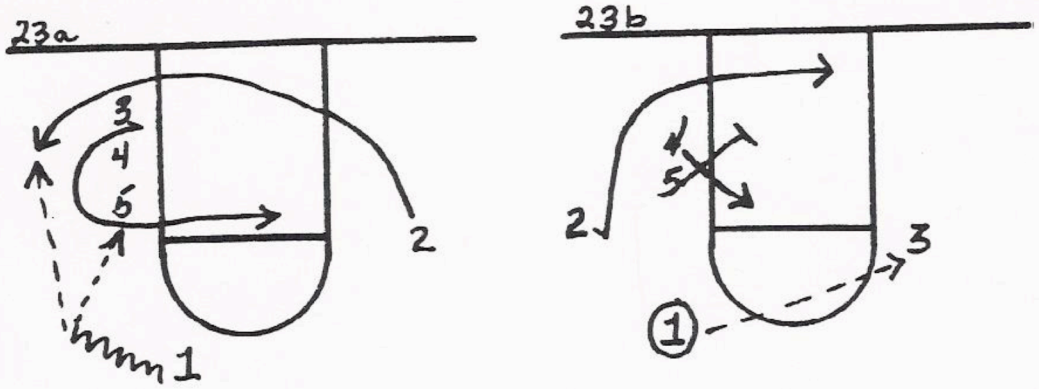
The basic alignment to this offense is shown in 21. One is our best ball handler, two should be able to shoot from 15 to 17', three is best or second best player, four and five are the postman and a forward. The stack is set low on the lane and is pretty tight. Two is 6 to 10 feet off the lane.



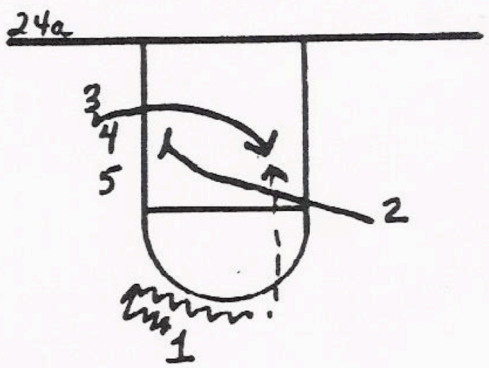
We refer to the movement in 22A simply as "post". One calls the first name of anyone in the stack and he remains on the post as four is doing in 22A. One of the two players remaining in the stack breaks across the lane as five is doing and the other comes out as a feeder. This is not left to chance as we predetermine who will cut and who will feed depending upon which player stops on the post. The feed to the man on the post, four, comes from either one or three. 22B shows the movement if the man is not open on the post. Two screens down on the man who has cleared out of the stack, five in this case. Three reverses the ball and then goes down and comes back up off the postman. As you can see, one stays on top to handle the ball.

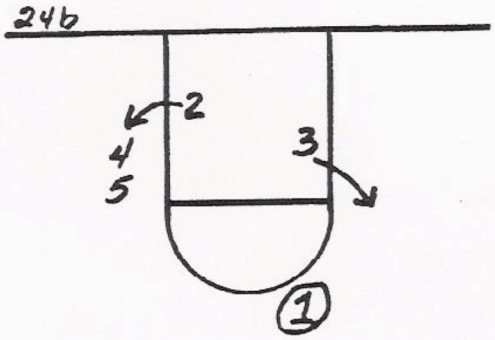


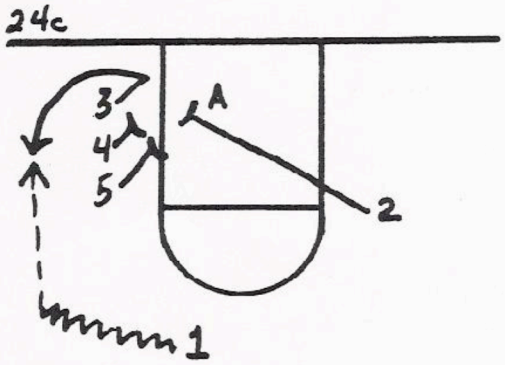
We call the movement in 23A the "wheel". This can be started by a verbal call such as the first name of two. Three comes over top of the stack while two is going under the stack. This gives one an option of passing to either two or three. Two's move gives three a clear side to work on. If three does not have the shot, two can come right back off the stack as shown in 23B. Five screens down for four and three looks for either two or four.

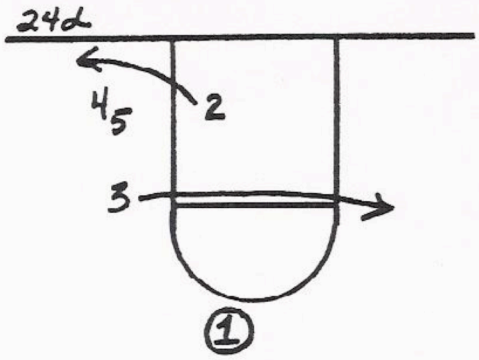


24A shows our "low" move from the three on a side setup. Two comes down on three's man and three slides under on the baseline side for the feed from one. Four and five are setting a double screen in case the man playing three is able to avoid two's screen. In this situation three can reverse off four and five for the jump shot as shown in 24C. 24B shows how 2 and 3 have just changed places if the low has not been open. The same thing is shown in 24D if three is not open on the reverse.

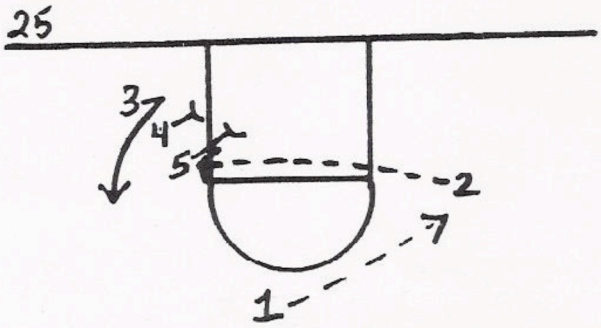


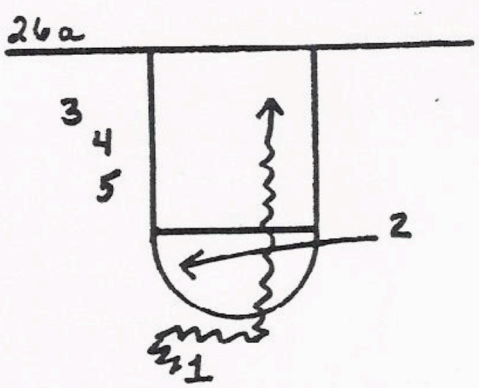


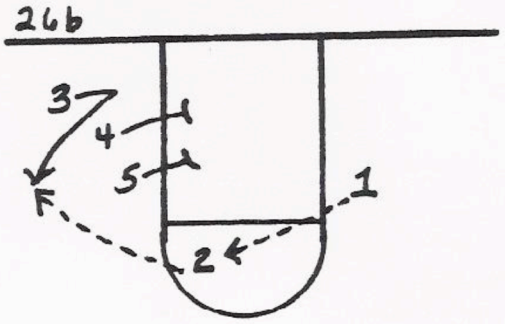




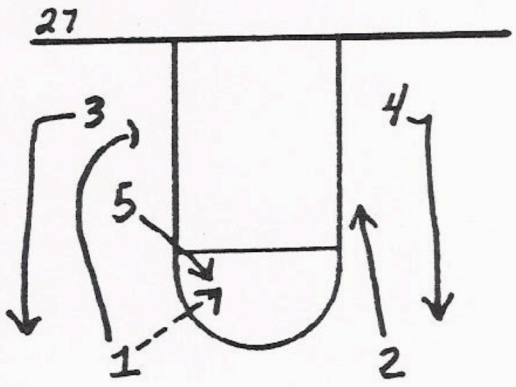
We have two automatic moves in three on a side. The first is shown in 25. Anytime one passes directly to two, four and five screen down on three's man. Two also has a quick one on one situation. 26A shows two clearing high to give one an open side of the floor to work toward. This should be times so that two acts as a moving screen for one. 26B shows one reversing the ball if he can't get free for two to hit three coming off the double screen set by four and five.

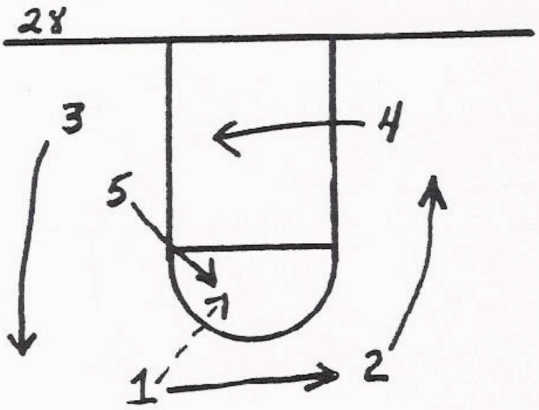






We often feel it is to our advantage to have our guards play outside in our regular offense. 27 shows our interchange move for getting the guards inside and bringing the forwards outside. If the defense starts to switch the interchange, we use the rotation shown in 28. In the rotation we can move one or two spots depending on whether we want only one or both guards inside.





VI ZONE OFFENSE

A) In attacking the zone defense we try to do seven things.

1) Set up our offense so that it fills the natural gaps of the zone.

2) Keep both guards in positions where they will always be looking directly into the zone. We never cut our guards through. This enables them to make the passes necessary to establish an inside game.

3) We always want somebody in position for the 15-18 foot shot when the ball is reversed.

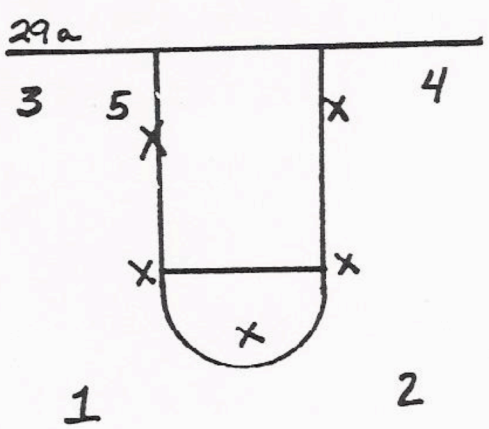
4) Concentrate on breaking the zone with an inside game using outside shooting as a supplement rather than relying on outside shooting.

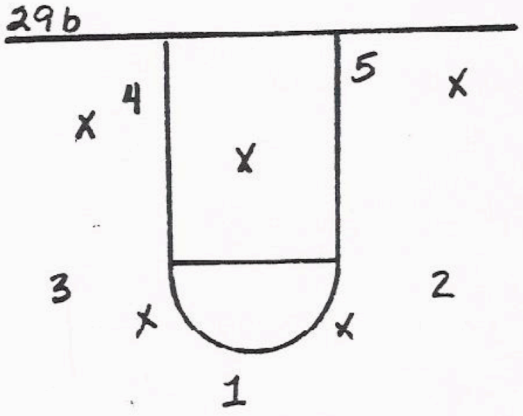
5) We want to compress the zone and get penetration with the dribble.

6) We rely on positioning our players and moving the ball, rather than moving the players.

7) Patience is a must and the success of zone offense rests with this thought.

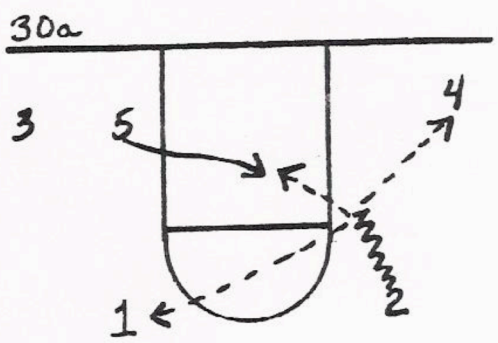
B) Our "three deep" setup which is our basic alignment against a one man front zone (1-2-2; 1-3-1; or 3-2) is shown in 29A. Our "three out" setup which is our basic alignment against a two man front zone (2-3; or 2-1-2) is shown in 29B.

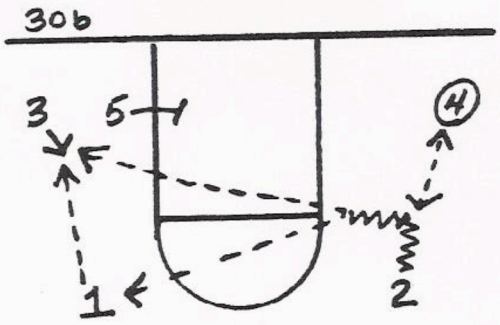


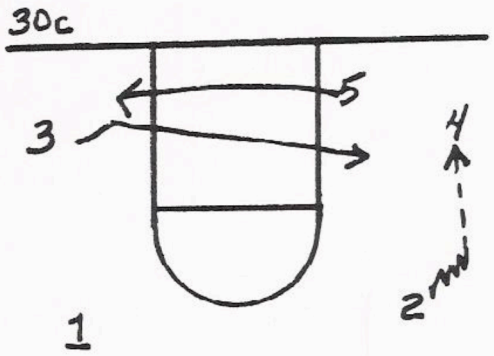


A) Three Men Deep

We have our two guards on top so that the point man of the zone has to split them. We feel, that by using the dribble to penetrate into the gaps as two is doing in 30A, our guards can keep the front three men occupied in a 1-2-2 and the front four in a 1-3-1. When two penetrates on the dribble, he looks to lay off to one or four as the zone compresses itself. He may also be able to punch the ball into five. In 30B, five holds his spot to screen the back man in the zone when the ball is reversed to three. Five works toward the ball or holds his position to screen depending on what the defense does. We keep 3, 4, and 5 on the baseline to give us a mismatch against the back line of a one man front zone. This is possible only if our guards use the dribble to penetrate the gaps on top. 30C shows 3 and 5 changing spots on the pass to the opposite corner. This is an automatic anytime the cornerman breaks into the lane.

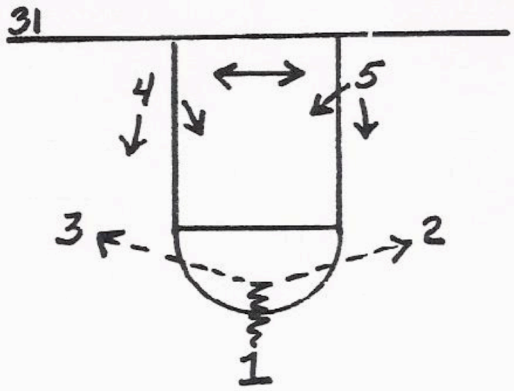






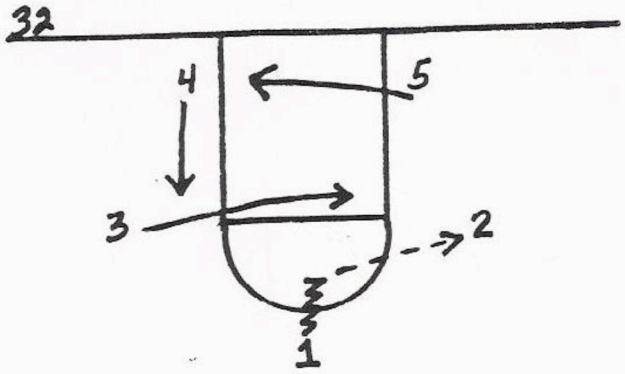
B) Three Out

In our "three out" setup shown in 31, we put our best ballhandler in the one spot. The other guard is in the two spot, our best shooting forward in three, and our other forward and postman in four and five. One, two, and three do no cutting at all. One has the responsibility of occupying the two front men of the zone by penetrating the gap with his dribble. He can then drop the ball off to either 2 or 3 who are on the foul line extended and about six to eight feet off the lane. Two and three will be doing the shooting for us against the two man front zone. Four and five must be constantly moving inside. They can keep the three deep men in the zone occupied with their movement making it awfully tough to cover two and three. There is no set pattern to the movement of four and five and they can exchange positions when one slides high and the other comes across on the baseline.

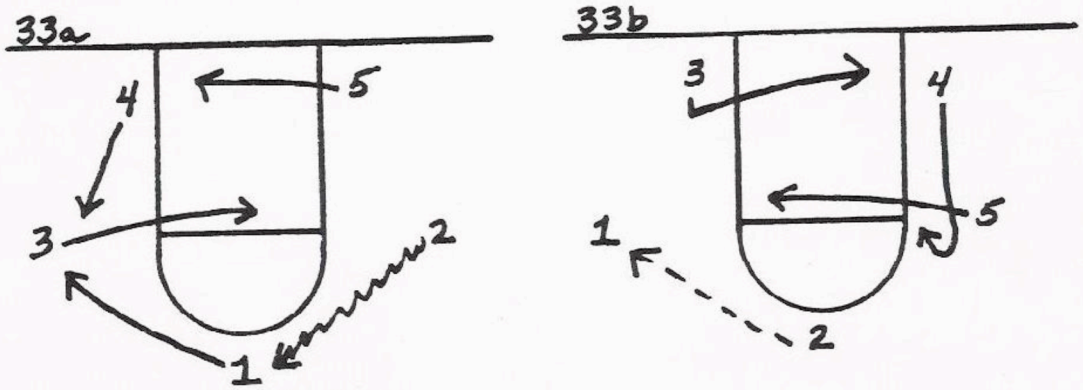


C) Three Out Rotation

32 shows our three out setup with constant rotation toward the ball. One and two maintain stationary positions. On each pass from one to two, the man in the three spot rotates toward two. The man in the four spot steps up for a possible shot when the ball is reversed. Two is also looking for the shot when the ball comes back to him. The man sliding in the five spot works to make himself available inside.



33A shows our three out rotation toward the ball on the first pass as explained in 32. Either one or two may dribble the ball opposite the direction of the rotation as two is doing in 33A. This puts one on the side and two on top as shown in 33B. The inside rotation now reverses toward one. This enables us to attack the zone from both sides.

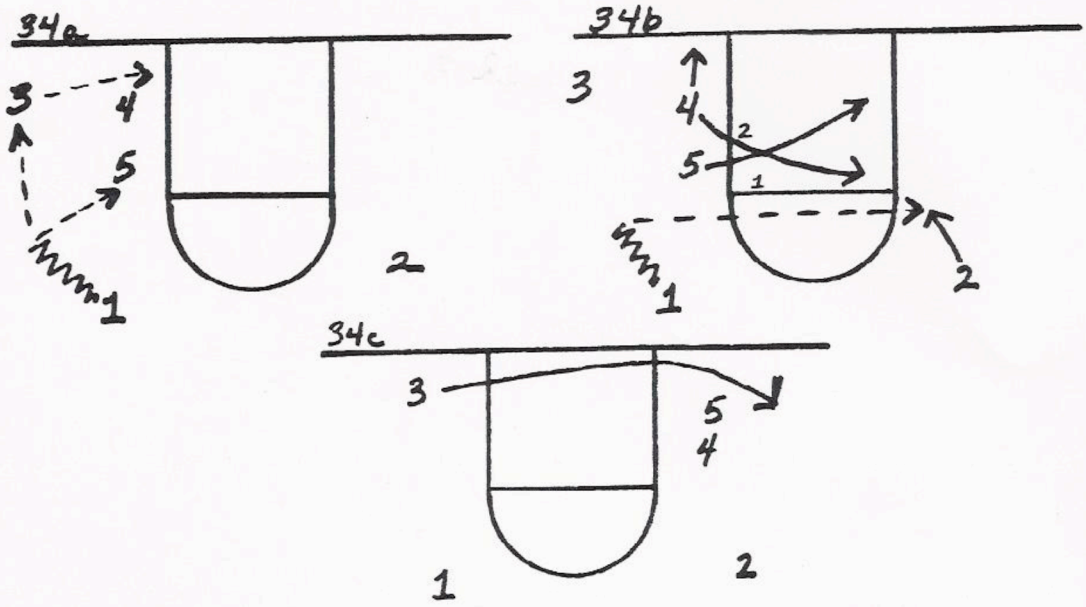


D) Stack vs One Man Front

We have been able to set up a stack alignment that conforms to the seven principles outlining how we attack the zone at the beginning of this section.

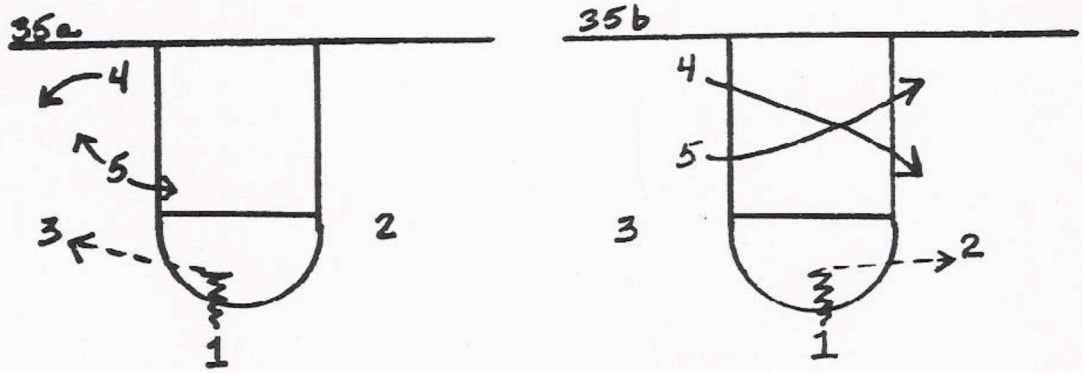
34A shows our stack alignment against a one man front zone. Three is our best shooting inside man. One and two must again take the ball into the gaps of the zone with the dribble. The guard opposite the stack is always ready to step up for the shot when the ball is reversed. 34B shows the action of four and five when the ball is passed to the guard away from the stack. Five is the first cutter and he rolls across the lane and down low. Four flashes into the lane on five's tail. There should be just a slight pause

as five's movement often creates a vacuum for four to move into. Three can then come across to the side four and five have moved into and we have the alignment shown in 34C. Four and five do not move on every guard to guard pass but only when everything is set or if one of the guards calls "change".



E) Stack vs Two Man Front Zone

As can be seen in 35A, our stack alignment against a two man front zone is almost like a 1-3-1 but we don't have a man on the foul line. The responsibilities of one, two and three are the same as in our three out offense. The movement of four and five is shown in 35B and is executed on a pass by one away from the stack. Five makes the first cut and is followed by four.



VII OFFENSE VS MATCHUP

We don't have a special offense against a matchup but use the basic pattern of our regular offense shown in diagram 4 and 5 but keep both guards on top. We also use our three out zone offense shown in diagrams 33A and B with rotation toward the ball and the guard change.

Our basic thought against a matchup is to never cut away from the ball. We want to get as much inside movement as possible.

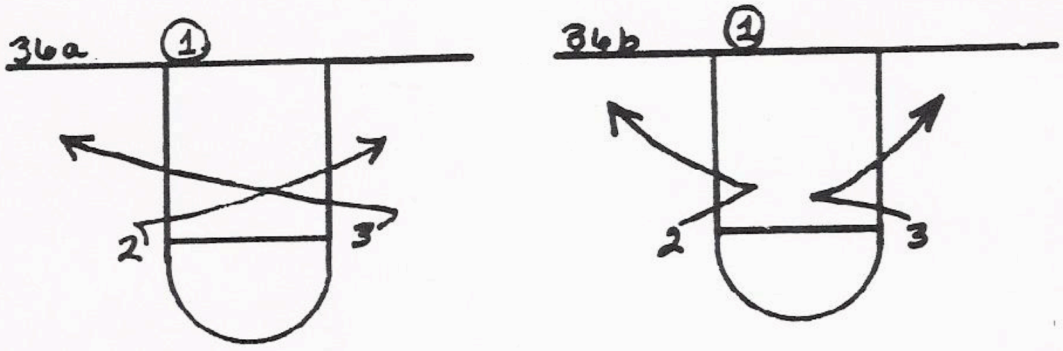
VIII PRESS OFFENSE

Our basic thought against man to man full court pressure is to:

1) Let our best dribbler bring the ball up the floor.

2) Bring the ball up against an immobile big man.

36A shows our inbounds setup against full court pickup. 36B is the counter-move to the defense switching the cross in 36A.



In attaching the zone press we want to:

1) Catch the first pass looking toward the middle of the floor.

2) Break into the middle of the press from the opposite side.

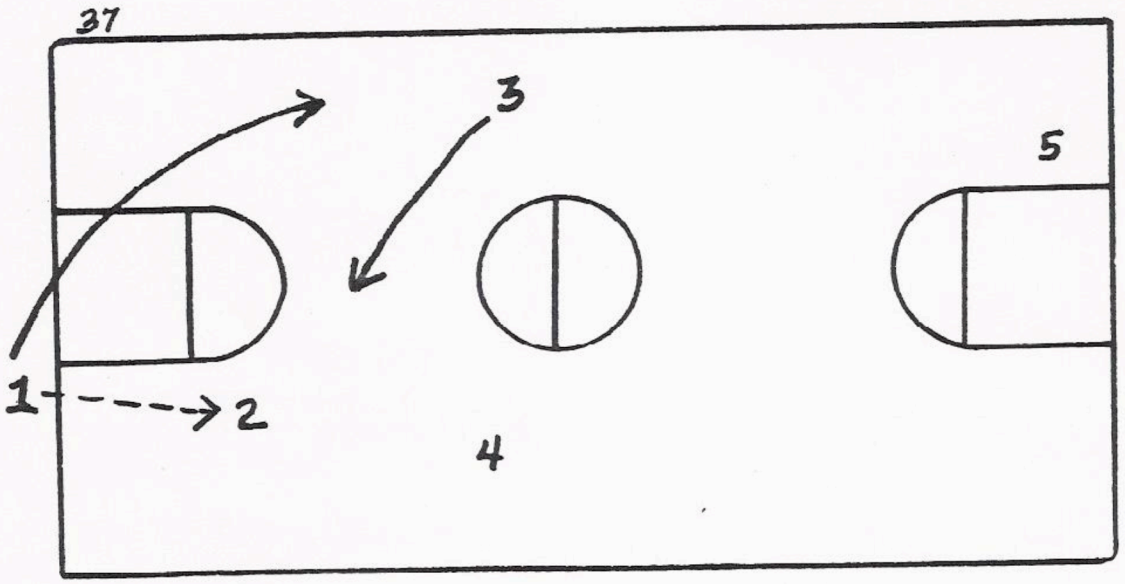
3) Have the man making the inbounds pass go opposite his pass.

4) Always keep one man behind the ball as a release. We have found that many zone presses relinquish their pressure if the ball is passed backward once before it gets to mid-court.

5) Utilize the full ten seconds in getting the ball upcourt as we feel many more mistakes are created thru hurrying than with exercising patience.

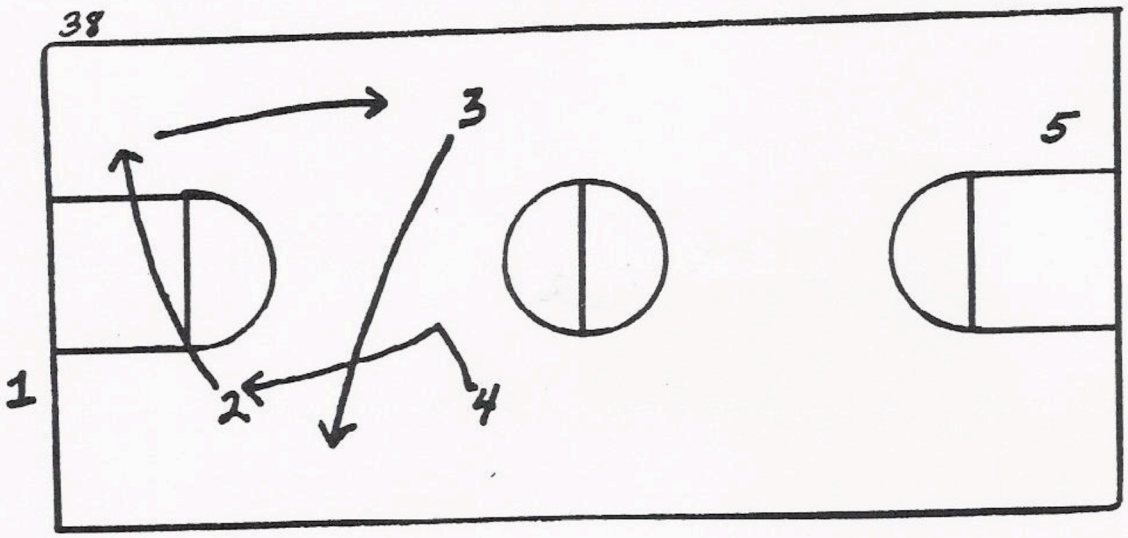
A) Normal Press Offense

37 shows our normal press offense when there is no pressure on the first pass and the man out of bounds is not being covered. One hits two and goes opposite his pass. Both forwards are at the ten second line on opposite sides of the floor. Three breaks into the middle from the opposite side and looks to hit one or four. Two stays back as a release.



B) Pressure on First Pass

When pressure is put on the man receiving the inbounds pass, we clear him away from the ball as in 38. The forward on that side breaks into the vacated area. One looks to hit him or three breaking into the middle from the opposite side. Two will go up the floor and one will stay back as a release.



IX DEVELOPING THE MAN TO MAN AND ZONE OFFENSE

In the preceding pages of this notebook, we have explained each of the patterns we use against a man to man or zone defense. In building our offense, we break down the patterns into their individual components and work on these as drills. Listed below are the drills we utilize from this breakdown. We work on these both with and without defense.

A) Man to Man Offense

1) We work the inside men of our regular offense on all the various cuts they will need. Each cut can be used as a separate drill. We also spend a lot of time working the inside part of the offense against a defense in a three on three situation. We just use managers to pass the ball in place of our guards.

2) While the cornermen are working on their cuts at one end, the guards are working on the three options of the weakside post and coming off the baseline at the other end.

3) We have our guards and forwards work together on the guard around move against the sagging defensive man on top. Our guards will also work at stepping into the top of the sag for the shot against the sag.

4) We set up the stack part of our three on a side to develop the timing necessary to come out of it. It is also essential to spend time working on the stack so that the players learn to react quickly to the different options and their own responsibilities in each.

5) At times we will work our offense only taking the shot that could result in a three point play.

B) Zone Offense

1) We work a lot with our guards on penetrating the front gaps of the various zones with the dribble. We refer to this move as "taking the ball to the defense". We have one guard work against two defensive men or two guards working against three defensive men. While working on the dribble, they are also making the penetrating or drop-off passes used in our zone offense.

2) When we are going to play against a zone, our shooting practice is entirely devoted to spot shooting. We do this from a stationary position and also break to the spots where the shots would come from in our rotations.

3) We work on taking the ball into one side of the zone and reversing it quickly for the shot on the other side. This done with and also without a defense.

4) In our half court zone work, we do the following at various times:

a. Don't shoot until ten passes have been made.

b. Take only a shot inside the key.

c. Work against six and sometimes seven men.

C) Summation

Now that you have gone thru our ideas and patterns on man to man and zone offense, we would like to leave with you the two ideas that we believe are most important in developing an offense that can score consistently by getting the good shot.

THE GRINNELL SYSTEM

AN OVERVIEW:

Organized Chaos

The method behind the madness



THE RUN and GUN SYSTEM

- *The Questions*
- *The Answers*
- *The Formula for Success*
- *The Components of the System*



THE KEY QUESTIONS



- *How can we score as many points as possible?*



- *How can we have more fun playing the game?*
- *How can I get as much out of every player as possible?*



- *How can I foster better team chemistry/relationships?*

How can we maximize our scoring?

- *Traditional Basketball:*
  - *The goal is to get BETTER shots*
- *Uptempo Basketball:*
  - *The goal is to get a few EASY shots*
- *Extreme Tempo Basketball:*
  - *The goal is to get MORE shots.*
- *To maximize more shots you need to shoot more Triples*



So if MORE shots are the goal… How can we get more shots?

Three Ways to Get MORE Shots



1. Increase the Pace of the Game:
   A. Shooting Quicker
   B. Forcing Opponent To Shoot Quicker
2. Force More Opponent Turnovers
3. Get More Second Shots

How Can we Increase Pace of Play?

- *Fast Break-- All the Time*
- *Press-- All the Time*
- *“Green-light” Shooters*
- *Teach LESS patience offensively*
- *Teach 12-second shot attempt goal*



- *Interesting result:*
  - *our TO% goes down!*

(Players look to shoot it BEFORE they turn can it over!)

How to Force More Opponent Turnovers?

- *Press ALL THE TIME…*
  - *…after MADE shots*
  - *…after MISSED shots*
  - *…after REFEREE HANDLES (dead balls)*
  - *…and even in half court!*

How Can We Get More Second Shots?

- Send FOUR to the offensive boards:
  - Fight for outside position
- Shoot more 3's:
  - Creates longer and easier rebounds
  - Diffuses a height advantage
- Shoot more in Transition
  - Harder block outs for opponent



THE HUMAN FACTOR: Playing Shifts

- *To play an extreme style requires maximum effort to be successful*
- *A player can't physically play beyond 60 seconds at max effort, therefore…*
  - *We play shorter shifts, and…*
  - *Substitute in groups of five*
  - *Conditioning geared to play short bursts*
  - *More players contribute to the outcome*



THE COMPONENTS:

- The Fast Break
- The 3 point shot Creation
- The Press
- The Offensive Rebound Scheme
- The Playing Units

THE FORMULA FOR SUCCESS:
Five Goals

- Field Goal Attempts Goal (100)
- Three Point Attempts Goal (50%)
- Turnovers Created Goal (32)
- The ORB Goal (35%)
- The Shot Differential Goal (+25)

BY PRODUCTS

- *More Players Participate*
  - *Have more fun*
  - *Happier*
  - *Better Team Chemistry*
- *Less Stress for players and coaches*
- *More Fan Support*
- *More media recognition*
- *PROCESS OVER PRODUCT*
  - *Winning is not as urgent*



DISCLAIMERS!!!

- *The System is not a "Cure All"*
- *It is an extreme system that requires commitment*
  - *It can backfire if players don't "Buy in".*
- *It is hard to implement PART of it… as it is a total SYSTEM. It is ALL in or it won't work.*
- *Those who choose to make it work will be rewarded*



Coach Meyer Notes- Free Fall Clinic (Oct. 21-22, 2006)

5 Spot Closeout

*5 players on the arc, 5 players in the paint. Defense closes out on the offense.

*The players on the wing should loop their closeouts.

*Always fake a pass at the end- teaches them to jump to the ball

Gerg Groups (Coach Tim Grgurich)

*Coach has ball on the baseline, players line up behind each other

*Coach runs with the ball then stops, defensive players move with the coach. Traces the ball when coach stops.

*'Sit into your game', defenders head is below offensive players shoulders

Back Dribble off the Baseline (Good for offense and defense)

*o1 drives baseline, x2 comes in from the low-hole.

*o1 back dribbles out of the trap, o2 sets up a straight line passing angle.

Stockton Drill- 3 Speed Drill

*This helps develop 3 different speeds for guards.

*Start at half court circle, veer out toward the wing, then explode to the rim.

*Player should get to the rim in one dribble, chin the lay-up every time to avoid a strip

*Percentage wise, it should go
80%- dribble to the top
60%- dribble toward the wing
100%- drive for the layup

Posts- See the back of your hands, get hands out front, bend your limbs

Meyer: Top-Down feed is the toughest pass to guard

Screening Progression

*Starts w/o ball, 2 on 0

*Both work with each other to get open

*2 on 0 w/ball, 4 players in the drill at once,

*Downscreens & Flares, 1st passer hits whoever cuts or slips first. 2nd passer hits the next man

*Rotation goes 2nd passer, 1st passer, screener, cutter.

***On screening progression, cutter grabs the thigh or calf when cutting.**

***When setting the down-screen, the screener tells cutter to wait**
Ex: "Wait Dan! Wait Dan!"

Shooting
1. Feet
2. Focus
3. Follow Thru
4. Feedback- Know what you did right or wrong

*Meyer- Don't set screens so low, then you can't backcut

Rebounding Sequence

#1

* 3 on 3, players on offense

*3 offensive players crash the boards, score & sprint to before half court

*First 3 steps are most vital then find the ball

#2

*Coach Shoots, defense rebounds, then outlet & run

#3

*Defense has to rotate to blockout

*Outlet & Run

#4

*Coaches on baseline, 8 ft from basket w/ dummy

*Defense has to coverdown from high hole to low hole get there in 3 steps!

*1st goal= steal the pass
*2nd goal= block out

*Also, there are two passers trying to steal the baseline pass. These passers need to throw it early

*Pressure Defense = Backscreen or Downscreen

*Sag & Packing Defense = Pin Screen or Flare Screen

2 on 5 (2 Defense vs. 5 Offense)

*2 on 2, offense can pass to anyone, defense must jump to the ball

*o1-o3 all stay stationary, o4 & o5 move

Defensively: ‘Talk your Position’

Talk, Anticipate, Technique

Stance- get in a mental stance

Vision- A great player knows where everyone is on the floor, a superior player knows where everyone is & what they are going to do.

Meyer- “Positioning, Anticipation, & Technique lead to quickness. Therefore, you can always get quicker”

*4 on 4 w/ towels- your feet put your hands in a position to be used as weapons

Meyer- “Sometimes, players just need to figure it out themselves”

Rotating on Defense:
1. Anticipate quick rotations
2. Help the Helper
3. Go where your help came from

*A break away lay-up is the best time to press

Ideas to start from if doing 3 possession scrimmage
1. Loose Ball
2. BOB & SOB
3. Saving the Ball
4. Jump Ball

“Replicate game situations in practice” – Joe Paterno

*See the big picture before you put parts together
Ex: A jigsaw puzzle

*Without a goal, discipline is punishment. LET THEM SEE MARCH!!

*Make the practices like games & the games like practices

*In the backcourt, make ballhandler dribble with his weak hand & keep him to that side

*INSTANT REPLAY CORRECTION
"Do it right this time"
- If player makes mistake, let them see what they did and replay the possession (dummy the possession)

Northern St. stretches after practice, it allows them to:
1. Stretch
2. Wind down- calm down
3. Talk calmly

*Have your eyes up when driving to the hole

*Look at these when scouting:

1. Conditioning
2. Depth
3. Fouls *These give you a chance to win when the opponent is better

*Motta Rule- Assistant subbed in a player for Jerry Sloan because 1.) He wouldn't come out of the game 2.) Motta wouldn't take him out.

Warren Buffett Looks For:

1. Work Ethic
2. Intelligence
3. Character

*The 1st two without the last one will kill you

*Fouls give you a chance to negate athleticism
*Fouls give you a chance to get their best player out of the game

One minute assessments (During Timeouts)

*Here is one thing you guys are really doing well & why…..
*Here is one thing we can do better

Praise
Prompt *Have them take ownership in what they are
Leave doing. Give them a chance to fix it on their own.

Best Offensive Post Move: A big spinning to the weakside rebound.

*Saddest day of your life is when you become unproductive

*If you have to explain why you are powerful, then you probably aren't

*Once you penetrate the arc, you are a rebounder
Fullbacks:
Halfbacks:
Tailbacks: rebound & sprint back

1,2,3
*If 1 penetrates, 2 & 3 are halfbacks
*If 2 penetrates, 1 & 3 are halfbacks

Guarding the Delay Game:
1. Regular
2. Zipper
3. Trap & Shoot the Gap
4. Fouling- know who to foul

Playing a Box & 1- go 'no catch' on one guy

When reaching, hit the outside part of the ball

One word is better than 2 words
One syllable is better than 2 syllables

Instead of 'high hole' = high
Instead of 'low hole' = low

6 inch zone- better to get too close at the beginning of the year, develops constant ball pressure

Four types of People/Players:

1. Unconscious & Incompetent- WORST
2. Conscious & Incompetent
3. Conscious & Competent
4. Unconscious & Competent- BEST TYPE

*You can pick captains but you can't pick leaders

Player who is not shooting the ball well: Needs to shoot 20 shots from where he wants them during 2nd half warmup.

"We don't need a shot we can make, we need a shot we can't miss".

Lengthen the game if you have talent, depth, and/or good conditioning.

Internal Leadership is a must, you can only take them as far as this.

Going into a job ask yourself two things:

1.) What is
2.) What should be

See it
Sell it
Paint it

All the greats know how to keep it simple

Help the Helper- In Life

3 Rules for Coaches:

1.) Find Yourself
2.) Enjoy doing what you're doing
3.) Give that skill away everyday

LaRussa: "I want to touch 1/3 of my players everyday"

*Red bat fungo sessions

"You are the sum of your experiences"

Scouting Reports- Compare the guy to someone we have

*He plays offensively like……..
*He plays defensively like……..

"The only thing that can keep you safe is humility"

- Wooden has humility

Who is helping you when you aren't there?

*Are there people sticking up for you when you aren't around?

Routines & Traditions need to be honored and maintained

Scouting- What do we have to do to lose the game?

You aren't guarding an offense, you are guarding certain actions

Dead 3's- Have contact with him once he crosses half court

*Points of Contact- ask player a question to gain conversation

4 NSU Goals:

1.) Defend
2.) Rebound
3.) Run
4.) Fundamentals

*They want a team of left tackles, they always have each others' back.

*A diamond is a hunk of coal made good under pressure

*You refer to your strongest habits when under pressure

Dribble/Juggle w/ tennis ball

1.) Toss and Catch
2.) Knee Catches- throw the ball up and let it bounce off the floor, try to catch it off the bounce, at your knee
3.) Between the Legs
4.) Dribble & Toss- Dribble in circle while passing (underhand) tennis ball to a partner
5.) Overhand Throw

Taking Infield:

1.) Throw the ball off the wall
2.) Chin the ball
3.) Toes should be pointed to the outside, so player can move laterally

*Our team thought they were the best conditioned team in the country. – Wooden

*Start slow, get in a groove, go fast enough to make a mistake
- Meyer

*Good guards go quick from a dribble to a pass & a pass to a shot

* On pre-games, do fundamental drills
i.e. 2 Ball Dribbling

2 Ball

1.) Windshield Wipers
2.) Push Pull
3.) Crossover
4.) Touch em- Inside-out

Its ok to make a mistake, but don't make the mistake of moping, pouting, sulking, or whining. – Meyer

1 on 3 Full Court

* Offense goes full court, defense stops him until offense gets past the defender.

*Ballhandler- eyes up!

3 Up- 2 Back

*3 Dribbles up the floor, 2 pullback dribbles/crossover
*Repeat all the way to the baseline
*Toe should be pointed backward on the pullback, ball needs to be dribbled behind the foot.

Quickshots
Step Across (this is the counter)

NBA Rules for Using the Glass

1.) Go to the glass, use to glass
2.) Ball should be coming down where the two white lines meet
3.) Don't be short

*Make 25 3's without missing two in a row. If you swish the next one after you miss two in a row, you can keep going.

2 on 1 Teaching Points:

1.) Ball needs to be on the inside hand
2.) Be a yard outside the lane
3.) Receiver should be one step behind the ball, which gives a better passing angle

Pass & Quick Cut- As you pass, you should cut- all in one motion

Swimstroke when Rebounding: Outside arm hits, then inside arm

'33' and '66

Doleac stance- arms should be bent at a 90 degree angle

Post Drill against a zone defense:

*o1 skips to o2

*o4 screens the back of the zone (x4) then goes and seals x5

Coaching Wisdom to Ponder

Rebounding is the epitome of effort areas. The team that fights for position and aggressively pursues the ball off the boards is eventually going to be the team that wins.

Adapt not adopt.

A coach must possess mental toughness. A coach must be ready to practice every day. The players realize when a coach is not prepared. The top coaches at every level are the ones that are mentally prepared every day.

Building character is the real commitment to winning. A coach who doesn't stand by his convictions is doomed to be a big loser, regardless of his win-loss record.

<u>5 Most Important Factors in Winning</u>
1. Play your tail off. Be tougher physically and mentally than the opponent.
2. You control the tempo of the game
3. Make a thorough game preparation in which you plan to disrupt your opponents offense and exploit their defense.
4. Force turnovers and limit your own.
5. Get rid of the "turds"—never compromise on this.

Ability is what you are capable of doing, motivation determines what you do. Attitude determines how well you do it. – Lou Holtz

It is the loose ends with which men hang themselves.

The major part of my job isn't to tell the players what to do. The most important thing I do is to create a setting for them to work in. I think that is the key to any coaches job—creating an environment that's organized, free of distractions, ready.

Of all games, basketball is one in which you can never show weakness. Everyone knows how to spot and exploit them.

A team has to be a melting pot. It's going to face a lot of different challenges and it has to have a lot of potential responses. A few sinners mixed in with the saints can create a powerful brew.

Hustle isn't a god given talent, like quick feet. It's something that a person develops through sheer will. It's a state of mind.

Any team can be a miracle team. The catch is that you have to go out and work for your miracles. Effort is what ultimately separates journeymen players from impact players and the one year champs from the teams of lasting greatness.

Defense Concepts:

1. Contain
2. Protect
3. Contest

Heredity is a splendid phenomenon that relieves us of responsibility of our shortcomings.

Bench players dream of having a hot game and catapulting into an expanded role. The truth is that a reserve has to accumulate a lot of minutes of glory before his role expands. There has to be an attitude of backing up that glory with intense showings in practice. A reserve has to be patient.

You have to have a player who is smart, who might be limited in certain skills, but who has that spark that can incite and inspire teammates. That player has to play each minute like it's the last minute of his career. He never paces himself; his role is to be an inspirational player.

A great role player is really just as valuable as a star, and almost hard to find and develop.

Keep the faith in times of difficulty. Every team goes through a period of unusual difficulty. If you're confident that what you're doing is right, then just work at it harder.

It's getting so everyone wants to harvest, but nobody wants to plow.

To love what you do and feel that it matters – how could anything be more fun?

A great team isn't built by just having top talent. It matters how these top talents combine with each other. Attitude and chemistry are the factors that kick people up to higher levels of winning, no matter what talent they have. A great collection of talent with unbalanced chemistry and poor attitude can get beaten by teams of lesser talent.

Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself.

To have a great season requires not only a big commitment but a long and lasting commitment.

Nothing is carved in stone, you can change anything in your life is you want it bad enough.

Face it, nobody owes you a living; what you achieve or fail to achieve in your lifetime is directly related to what you do or fail to do.

Life is good, but basketball is better.- Lou Carnessca

All coaches have a powerful ally, but most are afraid to use it—the bench.-John Wooden

You can modify behavior. You cannot rehabilitate character.

Anybody who gets away with something will come back to get away with a little bit more.

I think that a player with talent has a moral obligation to fulfill it, and I will not relent on my own responsibility – Vince Lombardi

Coaching Wisdom To Ponder

The 8 Rituals of Visionary Leaders

1. Link Paycheck to Purpose (The Ritual of A Compelling Future Focus)
2. Manage by Mind, Lead by Heart (The Ritual of Human Relations)
3. Reward Routinely, Recognize Relentlessly (The Ritual of Team Unity)
4. Surrender To Change (The Ritual of Adaptability and Change Management)
5. Focus On The Worthy (The Ritual of Personal Effectiveness)
6. Leader Lead Thyself (The Ritual of Self-Leadership)
7. See What All See, Think What None Think (The Ritual of Creativity and Innovation)
8. Link Leadership to Legacy (The Ritual of Contribution and Significance)

- Taken from the book *Leadership Lessons from The Monk Who Sold His Ferrari* by Robin Sharma

Qualities of A Great Teacher

1. Model/mentor; teach kids individual responsibility; give players what they need, not what they want.
2. Caring/loving
3. Wise use of time
4. Sense of humor
5. Have a mission (overriding purpose)

- Coach Don Meyer

On Evaluating Players

Look for a player who has

1. An understanding of the game
2. An understanding of his/her own game.

If a player understands the game and his own game then he/she will be easy to play with for their teammates, easy to coach for their coaches, and if they know their own game then they are probably aware of their shortcomings and thus willing to work on them.

The first two standards of evaluation determine their mental make-up. You must determine the physical. Can they play for you?

- Author unknown

11 Hard Facts In Coaching High School Athletes

Coaching is a learning experience, in the same way that being a student or an athlete is a learning experience. Season after season, coaches have to learn more about game strategy, practice organization, community, and school relations, and philosophy.

Probably the best learning tools are sharing ideas with fellow coaches and dealing with young people. The coach who becomes more perceptive about how athletes think and feel is going to establish a better relationship with them and get more out of them.

What exactly should every coach know about his players? I believe they must start with the following hard facts:

1. All players dream about being starters, but very few are willing to pay the price for total commitment.
2. If the coach does not make them do it, it will never get done.
3. Players are looking for direction, though they may not realize it.
4. What motivates one player may not motivate another. The coach must discover the trigger for each individual.
5. Unsupervised play creates more bad habits than good habits.
6. If just one player does not commit themselves 100% all the time, their teammates will sense it and let down the same way.
7. Every player consciously or otherwise chooses a role model. Some choose good models, others choose bad ones. The player will make their choice by themselves. The coach can only influence and hope.
8. Regardless of how much time or effort a player puts in, nobody wants to win as badly as the coach.
9. The player who lives for “next year” rather than doing it “this year” will never realize their potential.
10. The one common denominator of successful high school athletes is confidence. The coach can build it up or tear it down.
11. Remember, every player is an individual.

Coaches, especially young ones, must understand the enormous challenge inherent in directing and supervising young people, of dealing with their multifaceted personalities. And the first step in the training process is to get to know the players personally.

Remember, a salesman cannot sell anything unless they know the product inside out- or outside in. Neither can a coach show up with just a whistle and expect to coach effectively. A coach must develop perspective, perceptiveness, sensitivity, and an understanding of athletes.

Once they do this, they will be able to create an atmosphere of mutual understanding, and cope fully with their players problems.

- Author Unknown

Coaching Wisdom to Ponder #3

Players may not remember what coaches tell them about the technical aspects of basketball. But they will never forget the coach.

- Anonymous

X's and O's are the least important thing in basketball. All successful teams do one thing year after year. That one thing is that they start over new again.

- Anonymous

The essence of coaching is the vision you have for your team and how it is communicated.

- Anonymous

A good coach needs a patient spouse, a loyal dog, and a great post player, but not necessarily in that order.

- Anonymous

Success is a matter of never-ceasing application. You must forever work at it diligently. Otherwise, it takes wings and fly's away. At no other time can you afford to rest on your laurels-a pause for self admiration-because there are others who have eyes on your coveted place and who would like nothing better than to push you out of it, especially if they observe you have a weak hold on it or doing nothing to strengthen your position.

Systems don't win, execution of systems wins

To coach someone to be the best is a much higher an honor than being the best

- Coach Dan Gable, University of Iowa Wrestling

Some Thoughts from Jim Rohn, Speaker and Philosopher

Part of success is preparation on purpose.

Success is nothing more than a few simple disciplines, practiced every day, while failure is simply a few errors in judgment, repeated every day. It is the accumulative weight of our disciplines and our judgments that leads us to either fortune or failure.

Don't wish it were easier; wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenges, wish for more wisdom.

Don't join an easy crowd. You won't grow. Go where the expectations and the demands to perform are high.

You must constant ask yourself these questions:

1. Who am I around?

2. What are they doing to me?
3. What have they got me reading?
4. What have they got me saying?
5. Where do they have me going?
6. What do they have me thinking?
7. What do they have me becoming?

After you answer those questions, then ask yourself this question: Is that OK?

You get whatever you expect to get. The only question is "What do you want?"

Your belief determines you actions and your actions determines your results, but first you have to believe.

Life is an inside-out game. The trust is that all our situations and circumstances have their beginnings in our minds. Our idea of who we are creates who we become-the great news is you can change your self-impressions and change your life.

<u>Colin Powell's Rules</u>

1. It isn't as bad as you think. It will look better in the morning.
2. Get mad, and then get over it.
3. Avoid having your ego so close to your position that when you position fails, your ego goes with it.
4. It can be done
5. Be careful what you choose. You may get it
6. Don't let adverse facts stand in the way of a good decision
7. You can make someone else's choices. You should not let someone else make yours.
8. Check small things
9. Share credit
10. Remain calm. Be kind
11. Have a vision. Be demanding
12. Don't take counsel of your fears or naysayer.
13. Perpetual optimism is a force multiplier
14. Sometimes being responsible means pissing people off.

Notes from the book "The Commandos" by Douglas Waller about Navy Seal Teams

1. The level of preparation is incredible-they leave no stone unturned.
2. They are prepared for any scenario they face.
3. No one deviates from the roles each team member is assigned. The mission could be jeopardized if someone does their own thing.
4. Team members are true team players. There are no lone wolfs on the teams.

5. Individual creativity is allowed within the team framework.
6. There is no second chance-get it done right the first time.
7. Mental attitude is highly stressed on each team
8. Each team member must have an attitude toward learning. This is essential for training and preparation.
9. Individual mistakes affect the whole team.

Quotes from the book Leadership Secrets of the Navy Seals

"The ruthless effectiveness and efficiency of the SEAL teams stem from the fact that we always start from, perfect, and practice the basics."

"The team is a dynamic that works toward success and is not hindered by pride, preservation, or self-interest"

"To some, leadership is exemplified by the blind obedience to orders. It is a misconception that to coerce another person to do your bidding makes you a leader."

"The point to the intensity of any training program is, and should be, to identify those who are going to work when it counts."

What It Takes To Play

1. Desire and self discipline to work on your game

2. Cannot be lazy

3. Big heart- willing to fight, scratch, claw, anything to win

4. Mental toughness, begin as good on the road as at home, playing through pain and fatigue.

5. Great competitor, when the going gets tough, the tough get going. Never letting your team get upset

6. Great work capacity

7. Being your best against the best under the toughest conditions

8. Physical toughness and great talent

9. Willingness to work on the weak areas of your game

10. Lift weights, get strong, and train properly

11. Start to mature and realize the value of being on time

12. Being A Team Oriented Player

Coaching Wisdom to Ponder-Part 3

The following selections are from Jeff Jansen, a peak performance coach. You can find out more about Jeff and his material at www.jeffjanssen.com

Lesson from The Legends of Sports Psychology

1. Forget about the Zone, Help Athletes Refocus When Adversity Strikes. Regularly simulate adverse conditions in practice.

2. Coaches Must Find and Develop Team Leaders. Give your players leadership opportunities

3. Help Athletes Deal with Fear. Fear is based on past event or future worries. Keep players focused in the present.

7 Steps to Building Your Athletes Confidence (from the book The Seven Secrets of Successful Coaches)

1. Focus on potential: What you see is what you eventually get.
2. Plant seeds of success
3. Sell athletes on themselves: Help them feel capable.
4. Give them a specific and simple plan to succeed
5. Emphasize working hard and deserving success
6. Set people up for early success
7. Accentuate the positive

Ideas from Marty Schottenhemier, current coach of the San Diego Chargers

Good competitors make mistakes. Bad competitors repeat them.

When things are going well, you can win with anyone. When things aren't going well, the only way you can win is with people who have character.

This is about a system. Not a system of X's and O's, but a system of the way you conduct your business. It's about the environment you create, the teaching you present, the ability to communicate and get them to value the goal.

One of the things I think is really important if you want to be a good teacher is that when something happens rather than screaming at the kid, ask them what happened.

What You Need To Know about People by Dr. John C. Maxwell

1. People like to feel special, compliment them.
2. People look for a better tomorrow, give them hope.
3. People need to be understood, listen to them.
4. People lack direction, navigate for them.

What Your People Need to Know About You by Dr. John C. Maxwell

1. Followers want to see character in their leader.
2. Followers want to sense competence in their leader.
3. Followers want to be challenged by their leader.
4. Followers want to feel conviction from their leader.

Notes from In the Zone by Dr. J. Mitchell Perry

1. The Paradox of Performance
    a. We do not associate athletics with fun or enjoyable
    b. We are most relaxed when we enjoy what we are doing
    c. We associate work with negative images.

2. Polar Thinking
    a. We interpret all situations as win-lose.
    b. Polar thinking moves you into the future instead of keeping you in the present.

3. Your Critical Advisor
    a. This is the voice inside our head that is constantly critical about our performance.
    b. This voice keeps you in the past.
    c. No one cannot criticize you more than yourself.

4. Power of Hands Free
    a. Enjoy the moment, the present
    b. Play with enjoyment.
    c. John Wooden had the ability to keep players in the present by not focusing on winning. He kept them focused on preparation vs. outcome. He would say UCLA outscored an opponent vs. beat them, we won, etc.
    d. Bill Walsh focused on performance and improvement.
    e. You get what you focus on.

5. The Leverage of Language
    a. Learn to use power words that direct you toward specific productive actions.
    b. Words create images, images create emotion

6. Techniques
    a. Keep your eyes off the prize
    b. Focus on improvement

Dave Leitao - Attacking 2-2-1 press

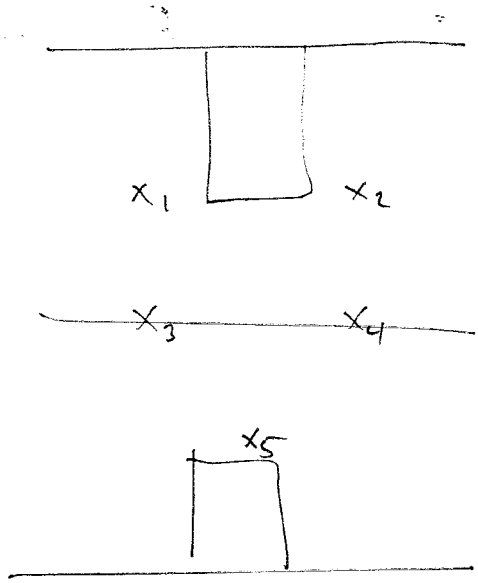
Philosophy of Press

(1) To speed up a game.
(2) To slow down a game.

Teach - Regular 2-2-1 zone press

2-2-1 Teaching Progression

(1) 5 man Approach
(2) 1 on 1
(3) 1 on 2
(4) 2 on 3
(5) 3 on 4

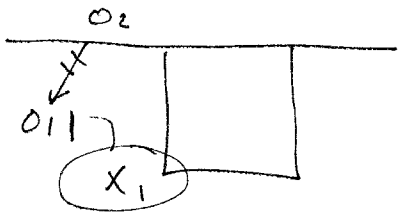


When to use the 2-2-1 press

(1) After missed shots
(2) After made shots
(3) After freethrows
(4) After any dead ball situation

"Most teams will try to center the ball and branch out from there"

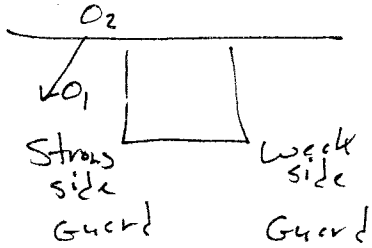
Dave Leitao - 2-2-1 press



"The bigger the guards, the better the defense"

X1 Job - Pressure, Contain, force
- Tag and trace (Arm bar - off and off him)

Weakside guard - usually will take the Middle away,



(Short middle man is responsible for everything 30 feet and in)

Strong side forward Weakside forward — is responsible for everything 30 feet and out

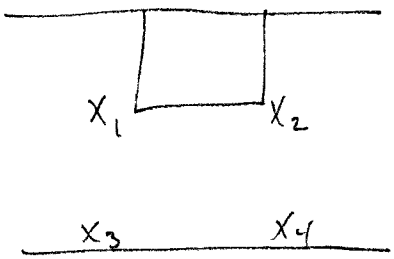
(Strong side forward Plays games with pg's head)

(Weakside Guard and forward - protect middle)

Strong side forward - fakes one step forward / two quick Backsteps.

(Use sideline / half court as 6th defender)

Dave Leitao - 2-2-1 press



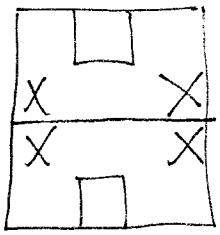
X_5 - always shades the ball strong side

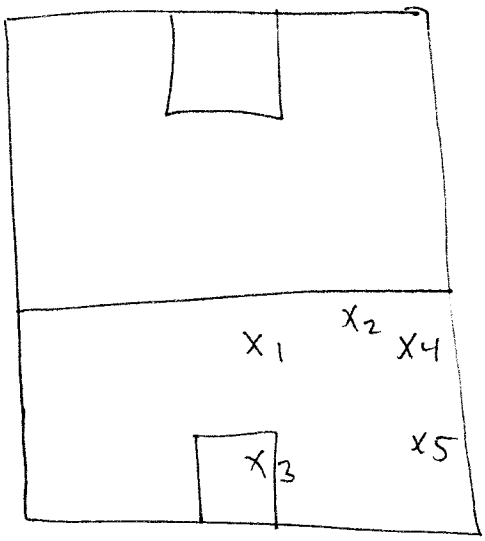
X5

Never leave the middle open!!

"Never Release from the middle until your perther tells you to"

It doesn't matter where you set the trap

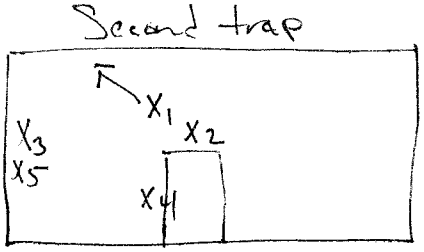




"Only Allow passes back and diagonal lob passes"

"When taking the middle away, the defender should be in deny position"

Dave Leitao - 2-2-1 press



"When you have a man in a trap, the worse thing you can do is let him out"

"Traps - get foot to foot or interlocked with your teammate"

"Body up the trapped man"

Regular 2-2-1 press Review

(1) Pressure
(2) Contain
(3) Force
(4) One on the ball, four in the right position.
(5) Sprint out of your traps
(6) Rebound.

Retreat 2-2-1 press

(1) use this when up late in the game
(2) Take time off the clock.
(3) No traps are necessary.
(4) Keep the ball in front of you.

Dave Leitao - 2-2-1 press

Breakdown drills for press.

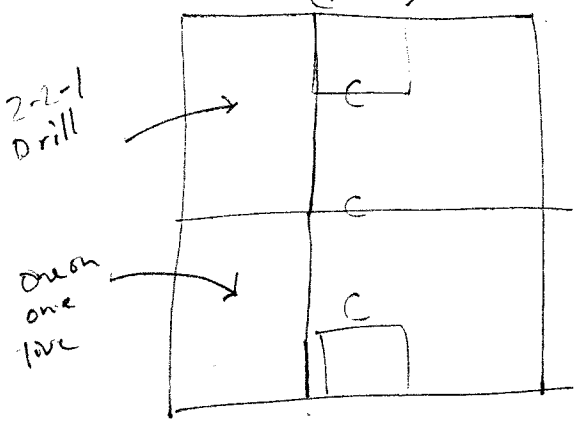
(1) 1 on 1 pressure with defenders in the middle.

"Play the man straight up, and don't let him set to the middle. (Not 2 is 2 a 5 Drill)

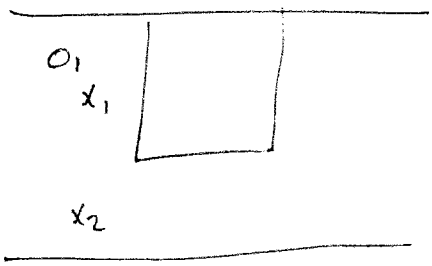
"Keep ball out of the middle"

All Drills - competitive !! (Winners / Losers)

(1 on 1)

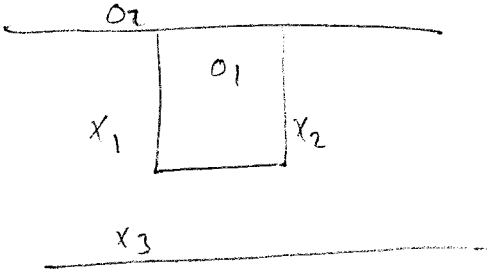


1 on 2 (X_1 and X_2 work in tandem)



"X_2 can trap when he feels the ball handler is playing more attention to X_1 than X_2"

2 on 3 Trapping



Pinch the middle - Don't let the offense in the middle.

only use half of the court in this Drill

Dave Leitao - 2-2-1 press

Breakdown drills for press.

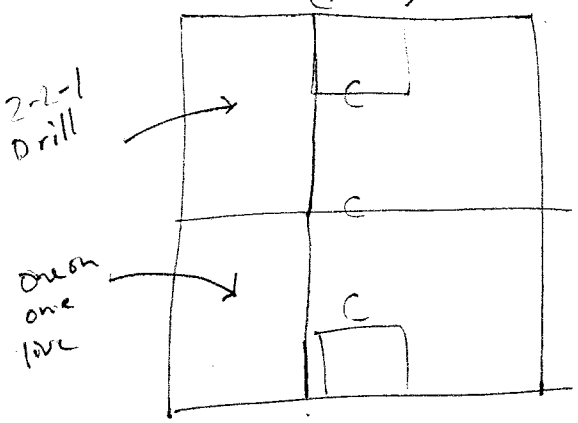
(1) 1on1 pressure with defenders in the middle.

"Play the man straight up, and don't let him set to the middle. (Not 2is 2nd Drill)

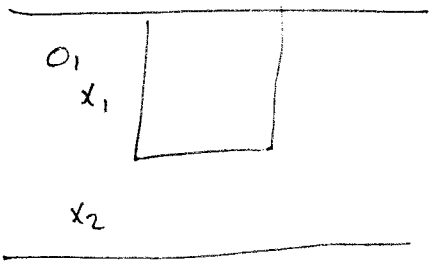
"Keep ball out of the middle"

All Drills - competitive !! (Winners / Losers)

(1on1)

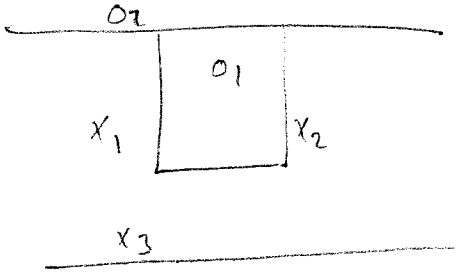


1on2 (X_1 and X_2 working in tandem)



"X_2 can trap when he feels the ball handler is paying more attention to X_1 than X_2"

2on3 Trapping

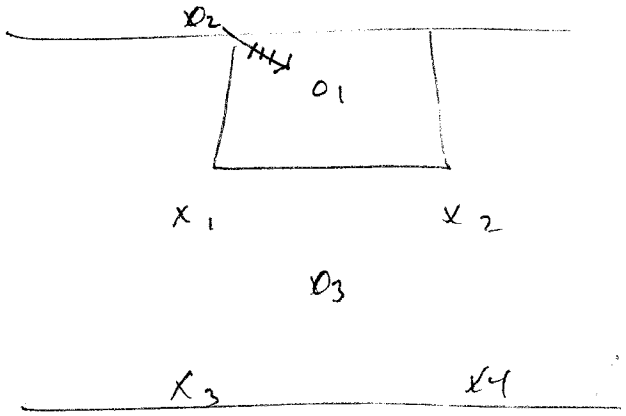


Pinch the middle - Don't let the offense in the middle.

only use half of the court in this Drill

Dave Leitao – 2-2-1 press

3 on 4 Trapping



"up" 2-2-1 – Take ball away

(Use Both side of the court on this Drill – Strong side / weak side)

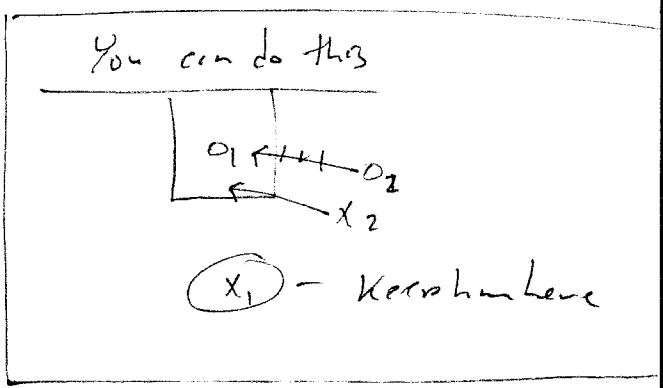
Weakside middle

"Always take man in your area"

(Spend alot of time Breakdown drills – to communicate)

(20 min a Day on Drills – 5 min approach)

X_1 and X_2 – mix it up!!



Just mix it up

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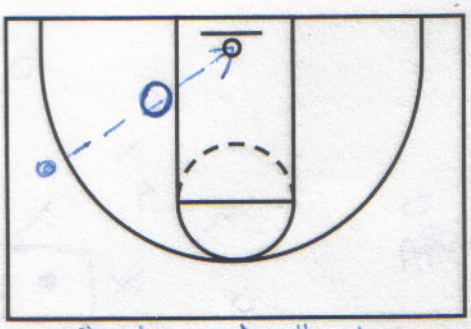
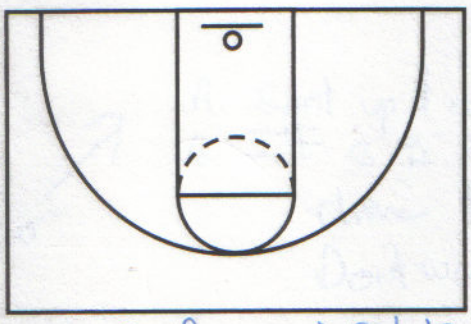
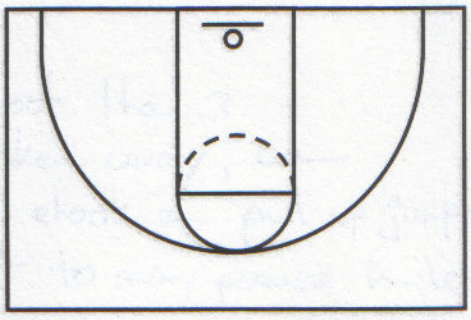
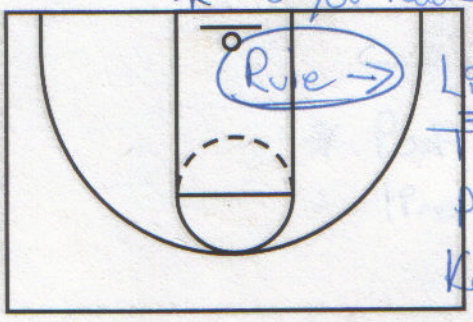
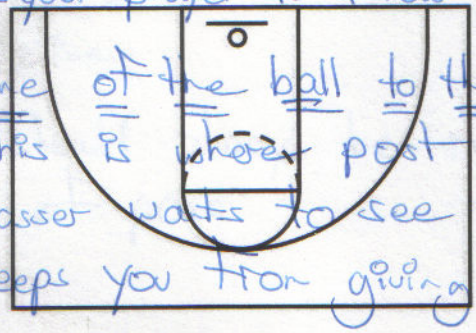
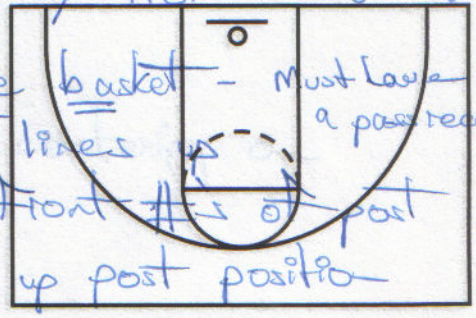




1st stage of attacking pressure → Passing & Catching

* Do you teach your player to throw away from the def.?

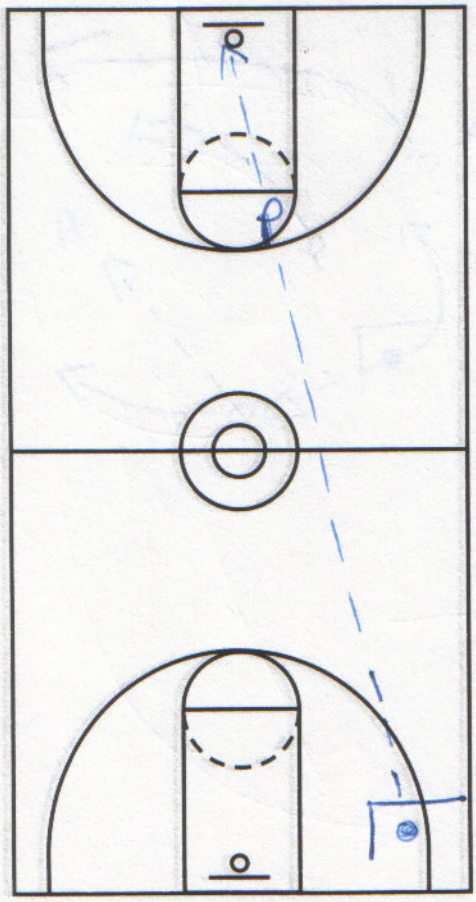




Rule → Line of the ball to the basket - Must have a pass receiver

This is where post lines up

Passer wants to see front ½ of post

Keeps you from giving up post positio



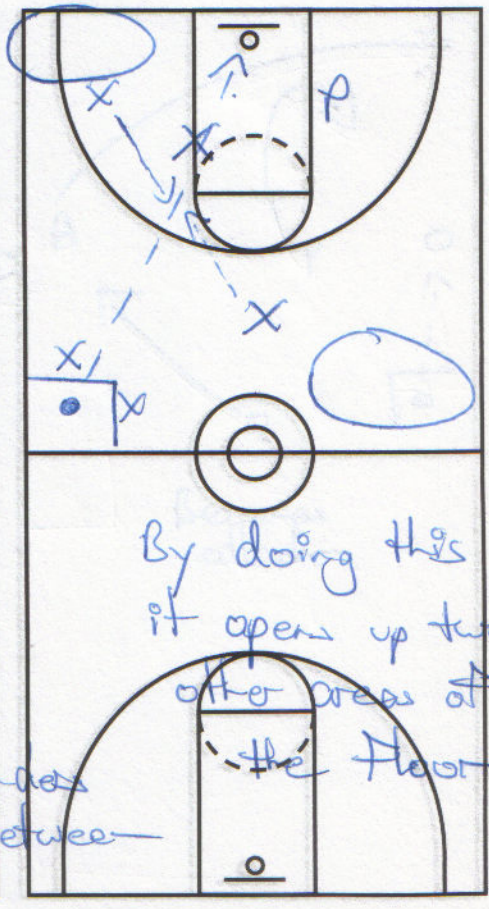
NOTES

Even full court attack you want a post on line of basket attack

* Line between two defenders

Offensive player has to clear line between two defenders

Can't stop right between two defenders



By doing this it opens up two other areas of the floor

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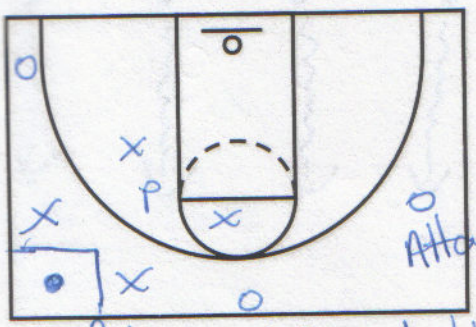
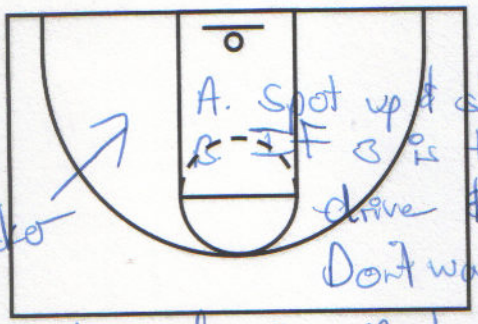
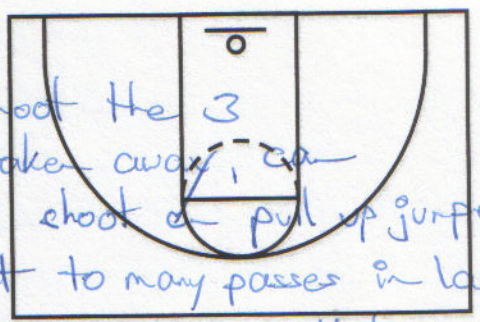
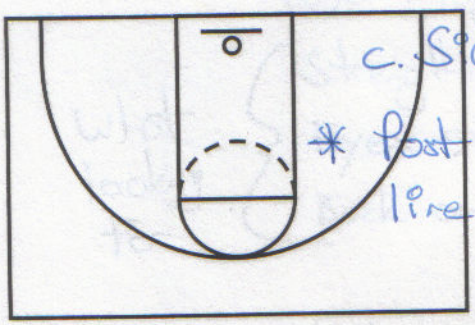
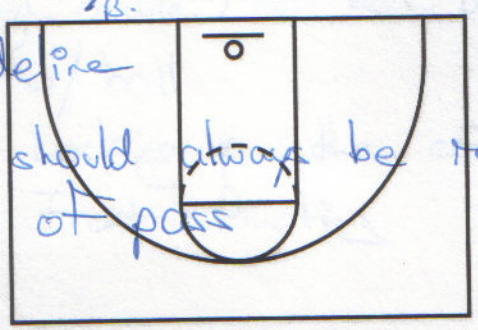


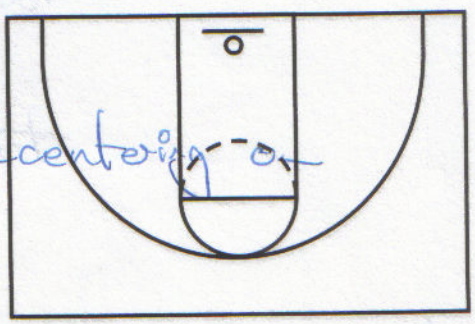


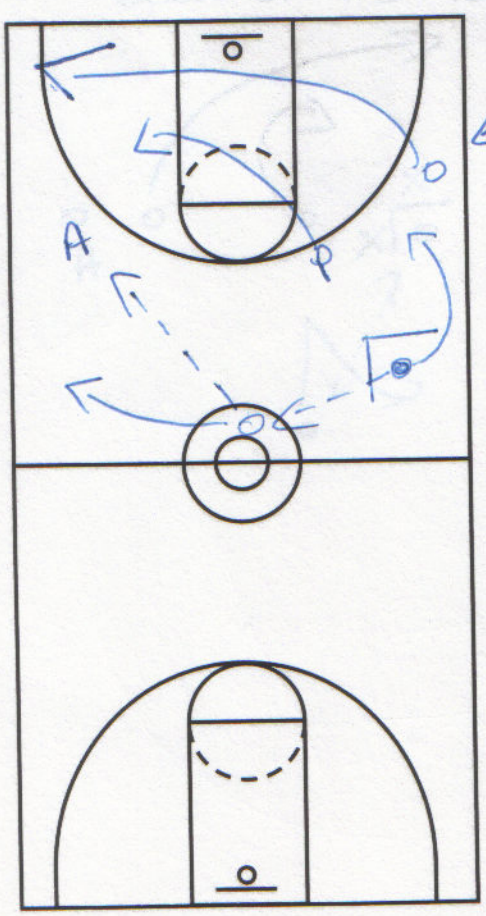


Rule → Being double teamed → Must have three outlets
A. Middle / B. Behind the dot. in center court area





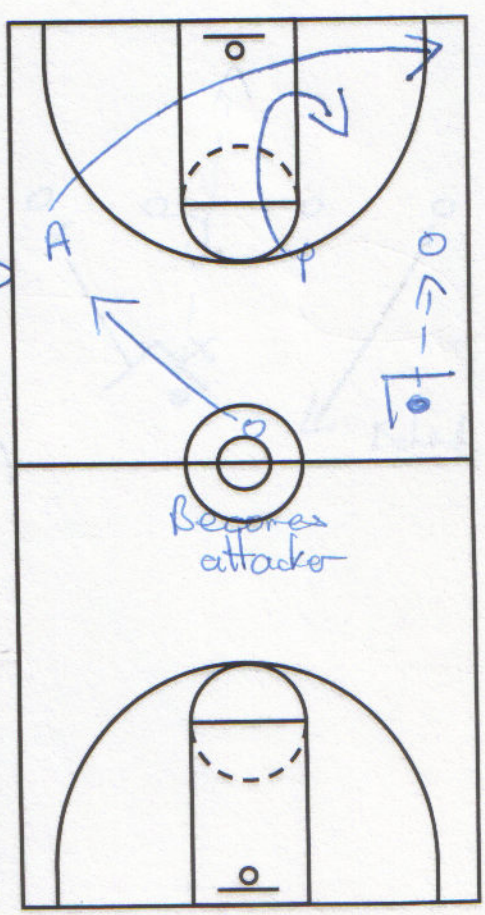




NOTES

Pass back → Rotation

Pass down sideline → Rotation



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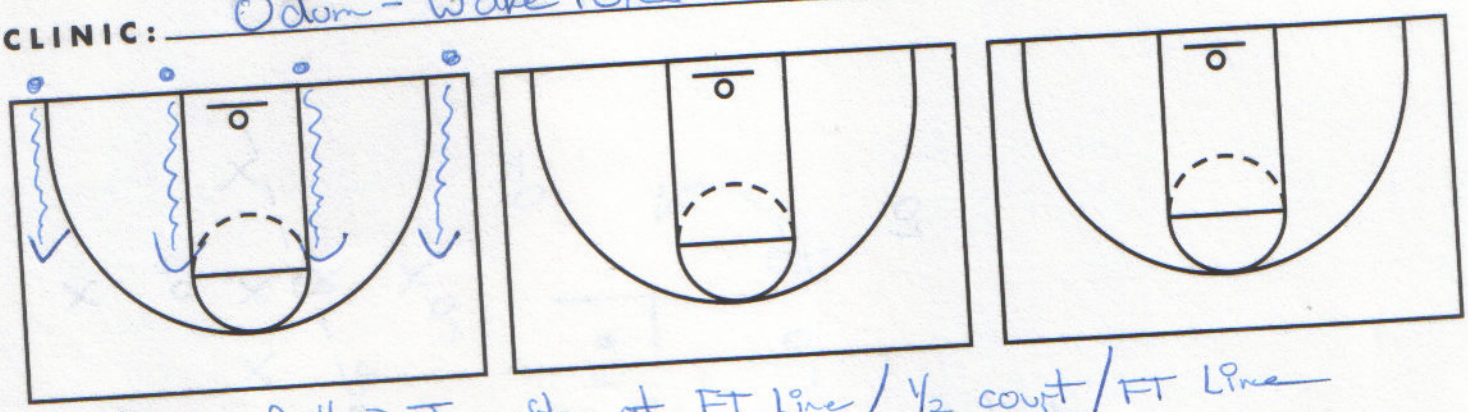
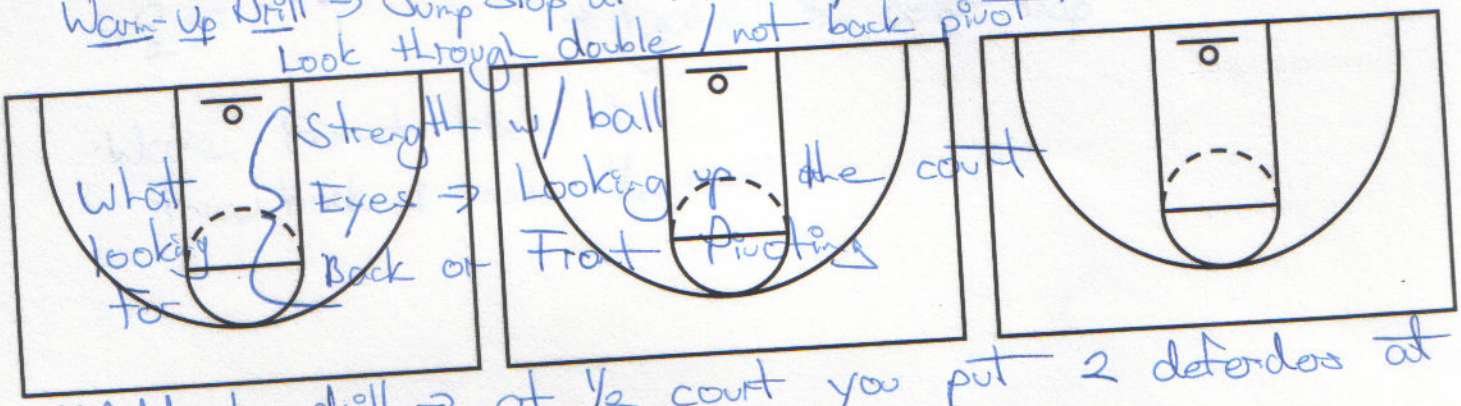
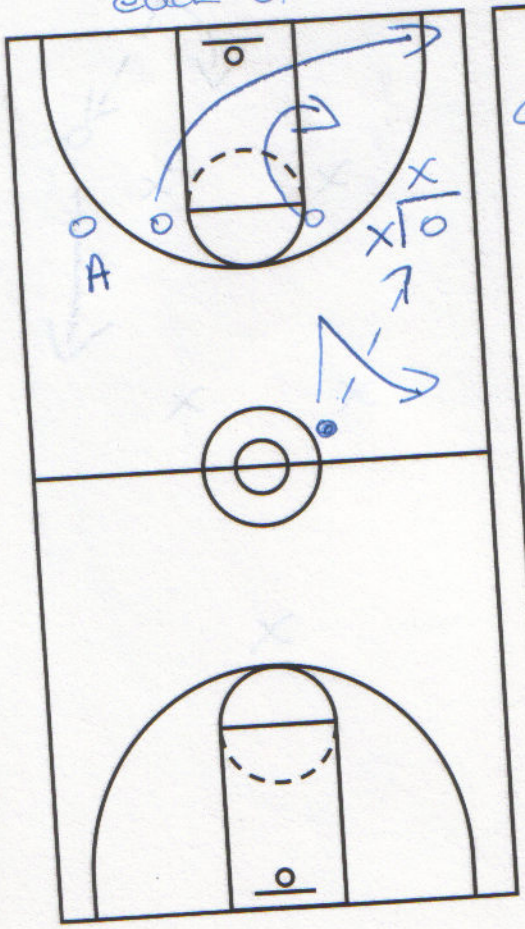


Warm-Up Drill ⇒ Jump Stop at FT Line / ½ court / FT Line
Look Through double / not back pivot

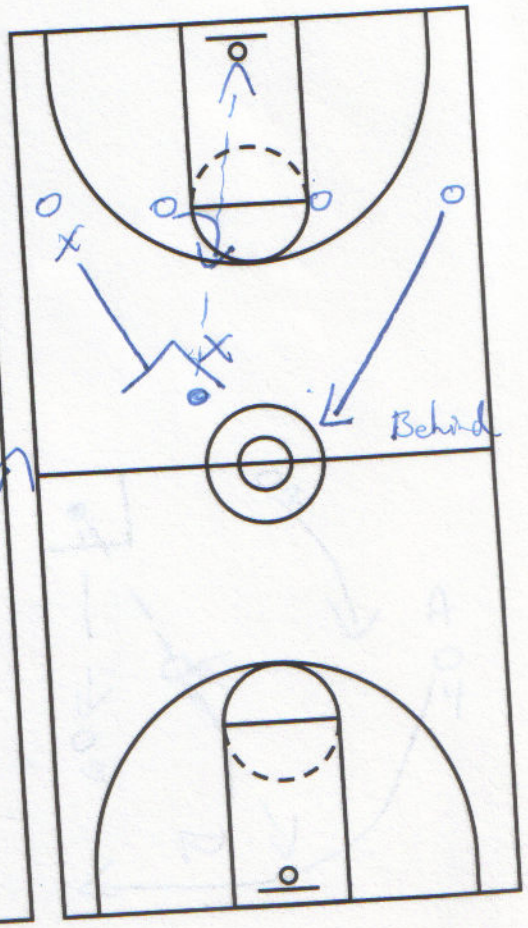


*Add to drill ⇒ at ½ court you put 2 defenders at each of the four spots



NOTES

- Double 1st pass situation
- Going sideline is your last option
- Double dribble
- Already set up



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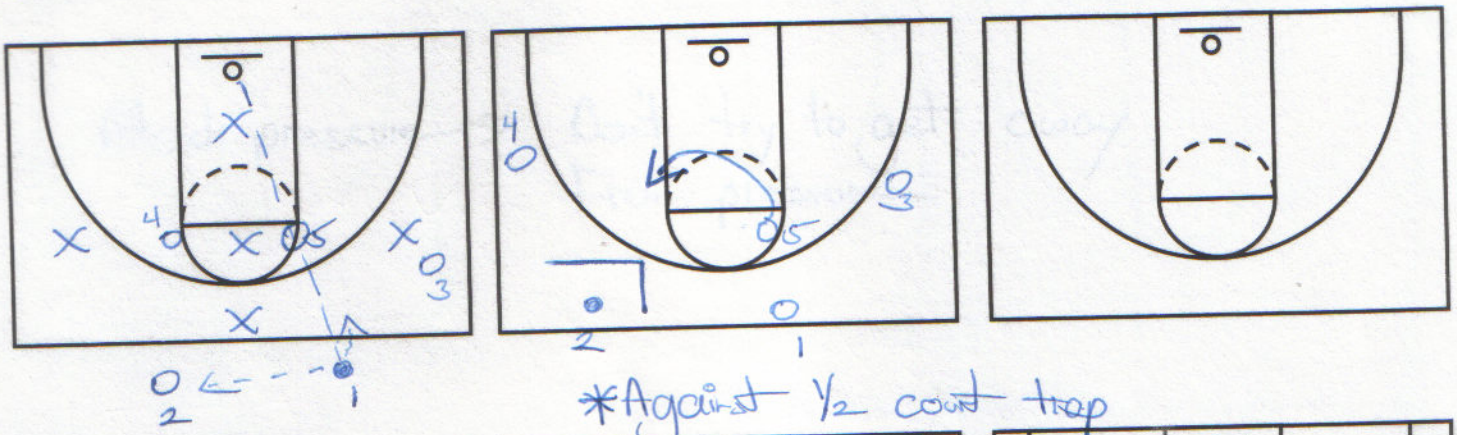
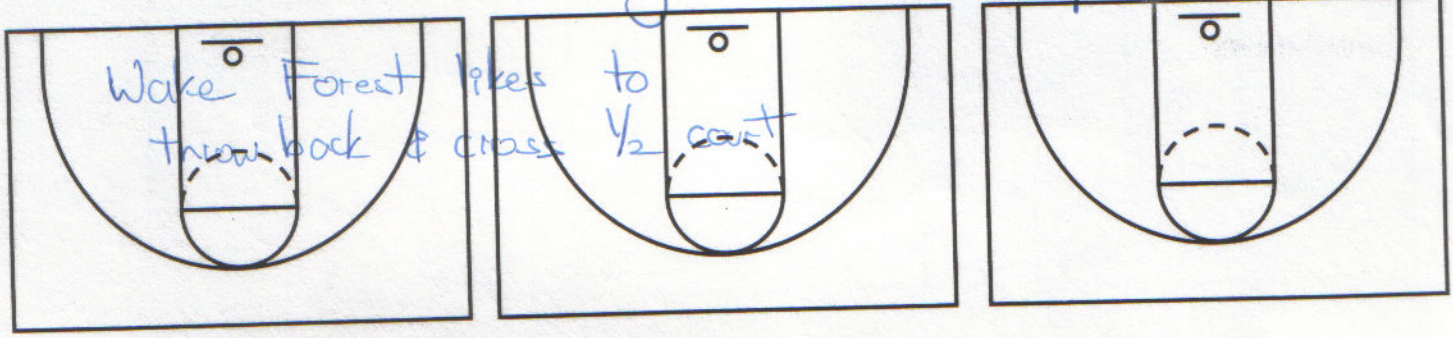
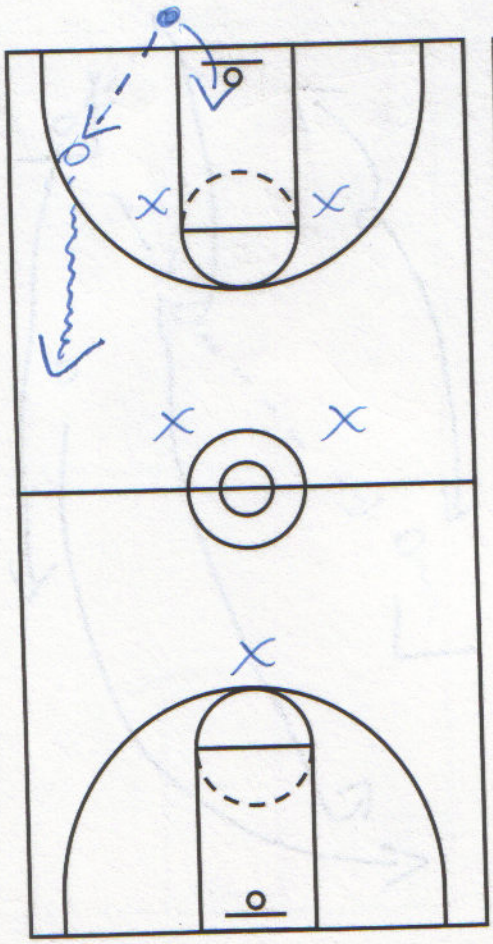
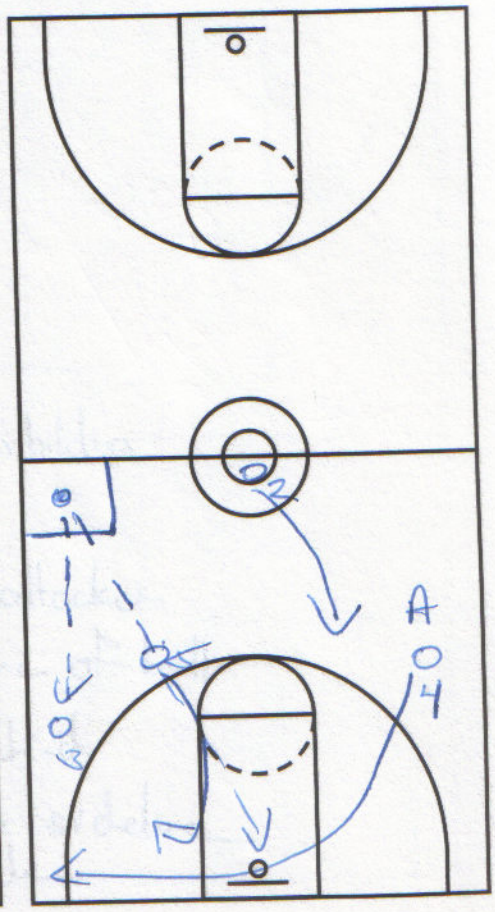






NOTES

Against 2-2-1
Still have
3 outlets



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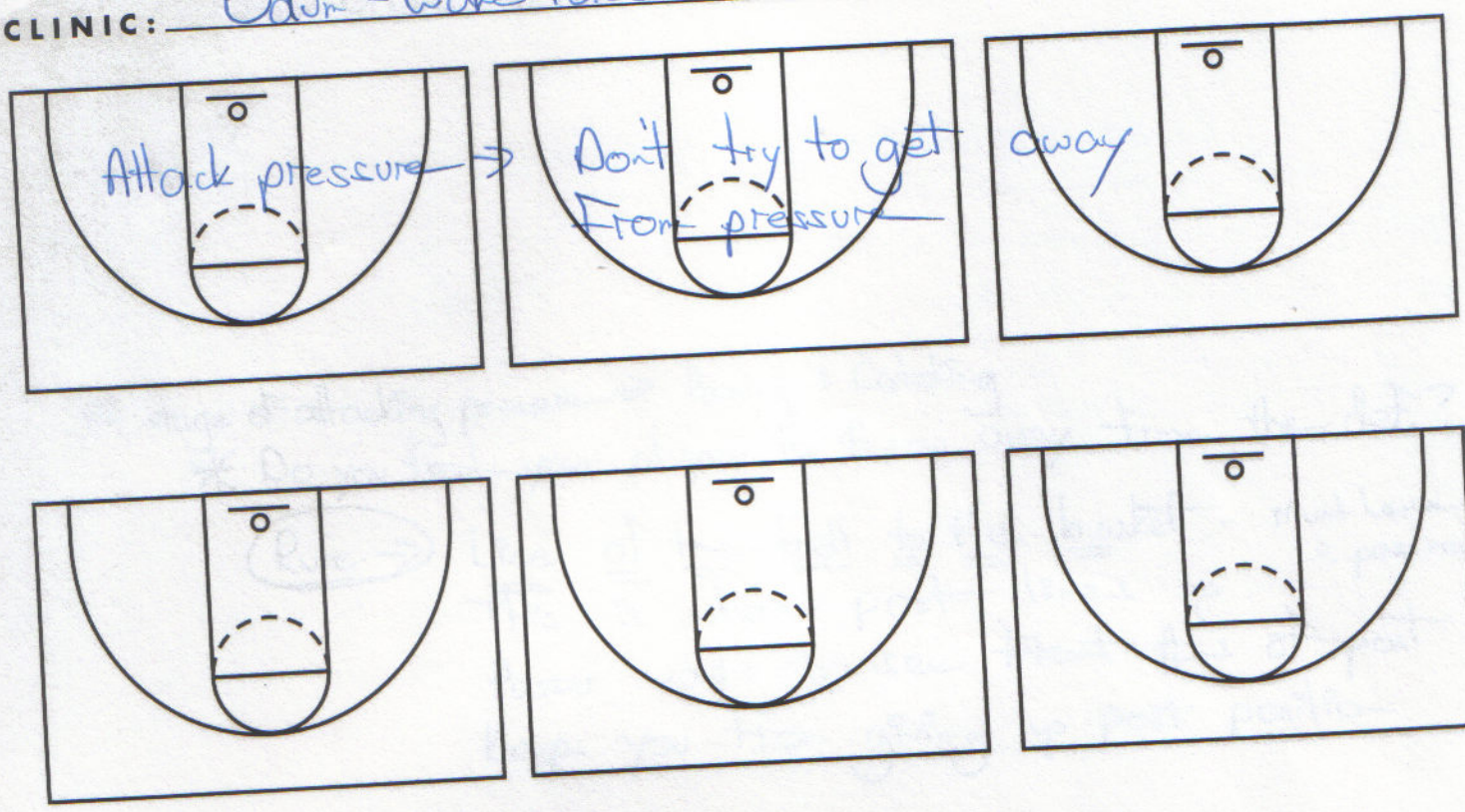
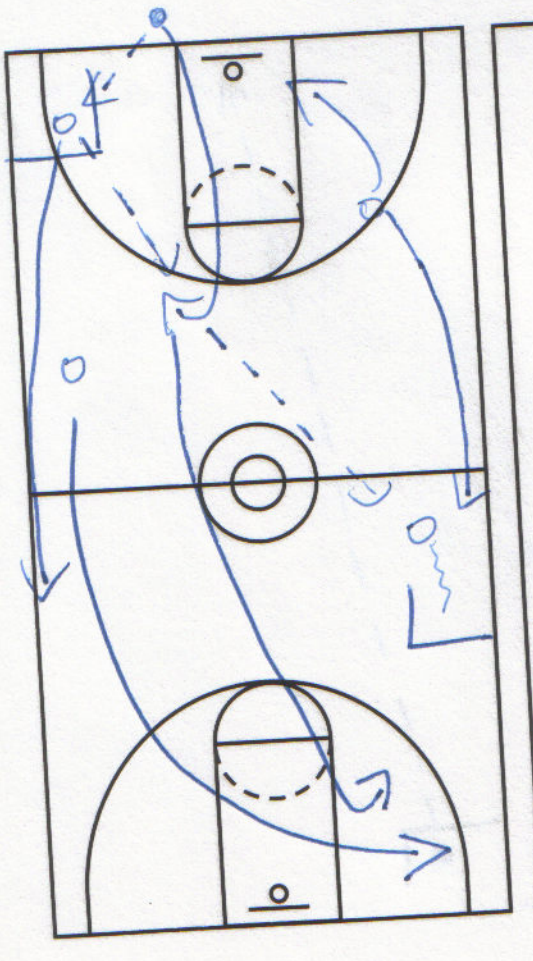




NOTES

Against 1-2-1-1

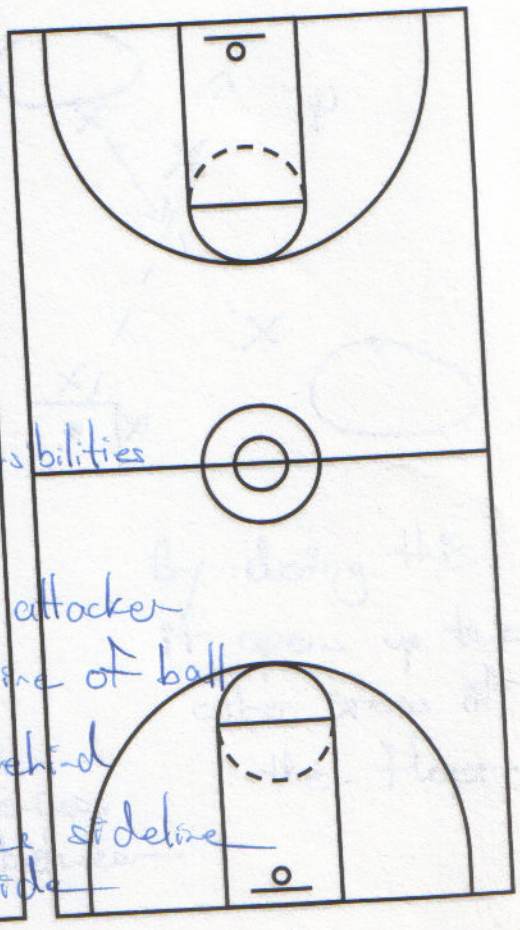
If you throw to middle & he throws opposite, responsibilities change

1st man becomes attacker

Post lines up line of ball

Wing / Pass behind

Sideline becomes sideline on opposite side



1999 Coaches Academy Notes

www.CoachMeyer.com Look for 'Must Read Books' You can get any of the recommended books on amazon.com

Others: Upward Mobility
My Life on a Napkin Rick Majerus
Indoor Playing
The Rogue Warrior
Finding the Winning Edge Bill Walsh

Don Meyer Enterprises, INC
P.O. Box 159054
Nashville, TN 37215-9998

PAC Defense Ed Hideman Wisconsin Green Bay
John Cress College of Charleston

Movies to see: What about Bob? Starring Bill Murray
Groundhog Day -make everyday a good day, it is what you think it is

Wade Tomlinson Women's Coach Free Throw Competition
102 Robin Way
Salem, IN 47167 or a thoughtful note
812 883-3731
812 883-2581

4 Things that cause the most Stress
1. Death of Child
2. Death of Spouse
3. Divorce
4. Arrested

5 Coaching Axioms *"You are not what you do" Coach Meyer*
1. Never resign from a coaching job
2. Do what I say and not what I do
3. Don't just say what you think people want to hear (Holdup in Ireland of Jew by an Arab)
4. It is never hard to leave a job when you are not wanted or needed
5. Genius knows its limits, stupidity has no limits

Tape 24

- You build your program by the coaches you study.
- Your life consists of the books you read and the people you meet.
- You can't read when you turn the pages too fast.. Read the defense
- Acknowledge your teammates.
- Use the count down to get kids moving.
- Get enough practice leading into the conference season over Christmas Break

Camp T-shirt Leave room on the front to put name, coach, dorm to be written

⇒ **Join the battle field fighting for fundamentals**
⇒ **Work**
⇒ **Don't be a drill coach be a skill coach**
⇒ **I seek to leave this world a little better place than I found it, basketball is your avenue.**
⇒ **You do not realize the value of coaching when your kids play for another coach.**
⇒ **You want to be the kind of program that even when they lose they win.**
⇒ **A good enemy keeps you sharp.**
⇒ **Team ATTITUDE**
⇒ **ARETE**
⇒ **Don't comment on guys coming in or leaving….. that would show no class**
⇒ **You build your program each year and each day.**
⇒ **What's us, what's not us.**
⇒ **You have to teach attitude every single day.**

Work ethic---------- how hard
Work habits---------- how smart
Work together---------- team attitude

On a good team 1 or 2 guys do the little jobs on a great team they all do the dirty jobs.

Passion
Duty
Burden

→ Where are you in your coaching career??

Willingly or Eagerly? John Wooden a person is rich who has a passion for their work

There comes a time you need to stand up be a man and kick some butt……. Pat Riley's dad

◊ Know who you are and what your game is. Rick Majerus

- Courtesy pays and when you are impolite you pay
- Number 1 Rule for Coaches - find yourself
- Find your unique gift and talent and develop it.
- Give your gift away
- Sweat with players Rick Pitino
- If you want to be prosperous you have to give back to the game.
- You should be a non factor when the game starts…. the coach
- It is your ATTITUDE and your EFFORT……. That is what you control
- It starts at the top. Morgan Wooten
- Leadership is taking responsibility not credit.
- On taking a stand…… worthwhile ones usually involve the kids
- You should feel important when you go home to your family.
- Have a five minute experimental time in practice (coaches and players).
- Variety—human beings need variety.
- Norm Stewart—every year assume you have been fired and see what you can do better.
- Make practices like games and the games like practices…. Teach during the game
- Buddy Coaching—involve your bench
- Do things for old people and little kids because they can't give you anything in return.
- What does this team/program need this week? Plan by the week.
- Your thoughts, your words, your deeds……..all starts in the mind, what you're thinking about controls you.
- Coach kids for the right reasons. What is your coaching career besides memories, moments and emotions?
- The test of time……. Wooden was better at 35-30 50-40
- You need . . . have needs or there will be no motivation.
- Do you want the pain of discipline or the pain or regret?? When disciplining your team
- The most important things on defense…
- His number and his game
- It is much harder to play off your star than your slug…..
- Great players make more mistakes
- When it comes down to you or the program that decision was made long ago.
- Go slow, get a rhythm and then go fast enough to make a mistake
- Don't let stuff slide by in practice… in the game you can let some things slide.
- Winning is the by product
- A man's reach ought to exceed his grasp.
- Need assessment = What is - (minus) what should be?
- Making people want what they need is motivation and making people want what you need is manipulation.
- 3 wishes joke: Beat me ½ to death
- See the big picture. Have you ever tried to put together a puzzle without looking at the picture first then break things down
- Every coach has got to suck scum, to make your program better.
- Mickey Mantle: a great teammate
- I have determined by watching you, you are the players the rest will listen to John Wooden
- You are the leaders of the team, they will listen to you, take care of everything off the floor
- If your best player isn't a leader he better be the hardest worker
- There is only one way to coast……..down hill
- Keep coaches notes alphabetically by last name.
- Do the next right thing right.. and you are as close to perfect as you can be.
- The only thing I know is your kids must play very, very hard.
- Don't ever lose focus on SHOT PRESSURE and REBOUNDING for your defense
- 2 Emphasis in Practices
- Run or Sit when you refused to do what we want.
- When you cut Rick Majerus open you will find a heart as big as his body. John Wooden
- You can never teach too slowly.

Newell's Rules - Get better shots that your opponent and get more of those better shots.

1. Look to run every possession
2. Handle the ball with sureness
3. Be hard to guard. Help each other get open
4. Great shot discipline. Technique and selection
5. Get fouled. Make more shots than your opponents take

On Zone Attack

1. **Look to run every possession**
2. **High post**
3. **Short corner**
4. **Attack the rear of the zone**
5. **Replacement---replace a guy who vacated that area**
6. **Pass fake and shot fake**
7. **Skip Skip**
8. **Great shot discipline. Technique and selection**
9. **Penetrate**
10. **Offensive board coverage**

Bill Clinton's Lessons on Coaching

1. Can't give sound bites on coaching
2. Can't take a poll in coaching
3. Would you want your kid to play for him

Triangle and 2------Great for 2 shooter's

Doug Collin's Coaching Sayings

- An army of asses lead by a lion will defeat an army of lions lead by an ass.
- A man bent on revenge must dig 2 graves.

Meyer Saturday AM

Tape 27 Handout **Core Skill Development** Rules: Go slow
Get a rhythm
Go fast enough to make a mistake

Taking infield 30 -40 seconds (throw it side arm) You can't get too low or too wide

Never criticize a kid with a good attitude and a good effort
Don't be afraid to get on a kid who doesn't

Dribbling and Juggling-----head up, looking at the opposite basket
Under Toss w/a partner
Over hand Toss
2 Basketballs and a tennis ball-----pass in rhythm
3 Basketballs
2 Ball Dribbling-----low rhythm, high rhythm, non rhythm low, non rhythm high, one high/one low SCAN
Mikan Drills-----see how many clean you can make in a row 28 is high Reverse Mikan
Power Mikan-----no steps, two feet power jumps
Start , Stops and Turns---variety of ways, pivots, passes, post ups, v-cuts, pass v-cut catch pivot post feed Groups of 4
put a person out there to cut off the screener to make cuts off the v-cut

Don't use fundamentals for punishment

2 on 0 Basket cutting Pass and cut in one motion
3 on 0 Basket cutting Call out every pass, screen and cut TALK
Guards create space Posts eat up space

Coach K in practice
1. Play hard
2. Compete
3. Talk

Be a skill Coach not a drill Coach

2 on 0 post feeding and relocating baseline/elbow end with a basket cut
3 on 0 High/Low feed with a defender use air dummies
3 perimeters with a post passing, feeding, penetrating, cutting pass away from the defense

Fastbreak

Riley Drill------ 3 on 0 two wings running the floor one Rebounder

Secondary Break

Option 1	Feed the Post
Option 2	High Post Trailer
Option 3	Opposite Skip Pass
Option 4	Back to the Point Guard

Defensive Notes/Drills

- *How do you know if they are selfish defenders?? They don't give help or they don't talk*
- *ON Defense everything happens outside the lane*
- *You use cheat steps*
- *Jab to go high and spin to go low to defend the post from the lob*
- *The great post player gets his work done before he gets the ball*

2 on 2 Defense --skip
3 on 3 defense ABOVE THE CIRCLE
3 on 3 ball side OUTSIDE THIRD
4 on 5 Open POST Open SHOOTER or Open Driver GREAT for Scouting Report

Shooting Drills

32 Point Drill-----(5 spots) --- 3 pointer—3points 2 points—show and go jumper 1 point show and drive
Triple threat, circle tight, ball quick (from the shot fake to the bounce)
Free Throw Swish-----swish +1, make 0, miss -1
2 Balls - 3 Closers Out----- 3 point shooter shoots until it gets blocked, then direct drive

Rick Majerus
University of UTAH

Saturday June 4, 1999 11:00am

"I guarantee I'll have you out by lunch"

Defense

Stats that are important
Defensive FG % (most important) which means hand up on every shot
REBOUNDS
Shot Allocation and Shot Distribution

The most difficult thing to defend is a flare screen

Contesting Shots

-perpendicular to the floor, to alter the release, not in their face it doesn't alter the release
-low body balance base of support Wider and Lower is better Weight Coach is important FREE weights
-no middle on the drive 90% of the time (situational match ups may change like no left hand)
-1 arms length away
-opposite hand high to encourage the bounce pass (it gives the defense more time to recover) high hands, active hands
-Stockton throws bounce passes ONLY when necessitated by the defense…. Air passes to Malone
-get a hand up late on a shooter (avoid the shot fake getting you in the air) maybe earlier if you are forcing the dribble

Defensive Play ON the ball

-his chest my nose Is your nose in his chest?
-arm on the waist of his body when he moves to keep balance
-sit in your stance
-toe to toe (top side) to prevent no middle

The first thing we practice is NO MIDDLE
Then CONTESTING SHOTS
Then Defending the Shot Fake, stay down on the fake
Then Blocking out, we set a goal being the best team below the rim

Defensive Stances (positioning of the defenders feet)

No middle STRAIGHT UP stance Be up on top toes
Center the defender's top foot in the offensive players stance
Sit on the left Toe Bottom Toe
Diagonal Stance – force toward a place he is not going well

In order to win close games
- Good free throw shooting
- Know who should have the ball when in nut cutting time

We use 2 video cameras going in practice.
When we check it…. We ask . . . are 5 guys in stance, are 5 guys traveling on the air time of the pass??

On Match ups on Defense……..

Who covers who, who can guard who, who can't guard who, how will we guard them and how will they guard us
Know who you are and who you are defending Doleac v. Jamison

On Lifting Weights……

4 Days a week lifting – off season
They test body fat VERY IMPORTANT is the weight program
"One of the most important thing is to be stronger than the other guy"

I love practice and love to play, if you don't you are probably not going to get better. To be a better player you must get stronger.

We lift year round. We chart the players on the weights. Bench, reps, lungs etc. Many people are keeping the kids accountable.
I would make less money and pay the weight coach to have a better weight program.

You can not have enough discipline
Bad Shots will beat you as much as anything else

I spend hours on the defensive positioning stance.

Off season Defensive Rules that Coach Majerus asks his players to work on

1. Deny and be back doored all summer --recover to the back door
2. Make the guy you are playing dribble to a shot
3. Get a hand up on the shot
4. The most difficult thing to defend defensively is to guard the dribble, so try to level him off

THE FIRST 3 LEAD to guarding - the toughest thing in basketball

5. Block-out, make and maintain contact

Defense is one thing--- it is aggressiveness, energy, tenacious

Back door Defense

if you open up, open up lower and wider and pass him hand to hand
high hands
if you turn your head, crack to the ball, point the toe, pivot up to the level of the ball

What coach will hold their kids back from……

- Running the floor
- Diving on the loose ball
- Rebounding

On Block outs……

1. Make Contact, make room for yourself

Mistakes
leading with your back, too narrow

2. Maintain Contact, the ball will be there, move laterally

Blocking out is every possession, every drill, every time

Sprints anytime you see it missed to emphasize- anytime I see it we are running

#1 Defense is Field Goal % #1a is Blocking out

3 on 3 High On ball, Deny, on the pass to the wing Help with 2 passes away

Used to teach the basics of :

- Contesting shots
- Blocking out
- Defending from the three spots

Too wide, too far apart, too spaced, Run fast break drills on the sideline

- Go inside, Go inside, Go inside
- Fast break
- Post Game
- Penetration
- Offensive Rebound

Stats - conceal as much as they reveal

⇒ There are a lot of guys I want to go camping with, but not a lot of guys and I want to win.

⇒ Off the court, you forget the things you were getting

⇒ Riley's practice: Hard, long and his players like it----Great players have enthusiasm for the game

On the fastbreak

- Don't crowd the point
- Pass it ahead as fast as you can

Everyday in a Utah practice

Free Throws
Transition Defense
Skill Development

4 on 4 Defense with a coach

From here play utilizing the options which you have to defend
On Transition Defense

- Point guards-always back to pick up early at ½ court
- Two guards -always sprint back to stop lay-ups, and get ready to contest 3's
- Run the lane lines, with your wings 3,4,5 can offensive rebound
- The first three steps on both sides offense and defense are the most important
- Stop the lay up and get ready to close out on three point shooting
- You run the lane with no regard to the ball (offensively and defensively) to be great
- Point, touch, and talk defense communication

For the offensive boards - put back ratio is more wise to send people back to not give up the lay-up

TRANSITION DEFENSE

Transition Drill 5 on 5 on 5 (the third team is offensive attacking

- ♦ 1, 2 get back, 3,4,5 –crash the boards to the paint (or they run) They do this by position in every drill
- ♦ 1 and 2 are forcing the drive, MAKE A STAND – force a back dribble (and don't attack, level it off) if 1 stops the ball, he stops the lay up

We replicate the break we are going to see in the game (scouting)

⇒ 1st big player down the floor must body, bump, disrupt route and timing as high and as early as he can

4 catches for players in transition

1. Run out
2. High in the paint in transition
3. Button Hook, seal
4. Post up Seal

TO STOP

1-get low and wide to meet
2-point
3-push
4-talk

⇒ 2nd player down the floor defender-shadows the ball until it gets down the floor, low wide w/ high hands

- big and wide in transition or helping, NOT in no man's land, not doing anything
- you could be here for denial at a realistic level for the offense to score in
- the shadow defender is as important as any guy we have in transition
- as the ball is advanced he looks to help on the post with his mind on this man, usually a non shooter

We want to play 5 defenders on 4 offensive players

We do not move off this until we have it right (1st month of the season) then it is fun to adjust to what the other teams we play

We play people according to personnel by the team we are playing against

⇒ A very hard thing to defend is a 4 person that can hit a 3

⇒ Play to our player's strengths

⇒ On secondary break, run off the trailer's butt, it is the hardest thing to guard, defend especially if the 4 person (you want a trailer who can score)

⇒ We have a plan A and plan B for defense game plan on the different phases of the game: transition, screen and roll,

⇒ A third side attack when there are a lot of seconds on the clock

⇒ I have always errored on too much work. 5 hour practice the day of the Miami game

⇒ The secret to success…. compartmentalization of your days, focus on what is at hand (the idea of balance)
Your attention needs to be undivided.

⇒ Tight with your game and economy of motion: with your players and with coaches

On Foul Shooting:

- **NO TALKING** during free throws, your mind is focused on what goes on, **not coaches either**
- Concentration and Relaxation ----dichotomy opposite ends of the poles come together to make the best foul shooter
- Correct only 1 thing at a time when working with foul shooting
- Foul Shots –vary partner and basket every time Shoot 2 or Shoot 4 Run sprints for each miss
- Stockton is a 180 guy 90% foul line 37% from 3 53% overall ---add up to 180
  FOUL LINE + THREE POINT + OVERALL = 180 is a very special player
- All great foul shooters -come forward with weight
- Stats—versus good teams and bad teams, bottom 1/3 of the league top 1/3 of the league, road versus home
- When you ask the player what they shot from the line you will learn what they are doing and how important it is, if they can't tell you what they are doing as a shooter. Keith Van Horn v. Karl Malone

On defending the pick and roll make the big beat you.

Defending

- Denial- hand on the man, crack to the ball, denial hand in the passing lane straight arm, vision of the ball

(get back-doored)

- We do drill aspect of it early in the season until mastered and drop it and play, do it right the rest of the year
- Helping on penetration - meet the ball (attack penetration, come with high hands make them throw the bounce pass slower)

Playing the catch—make him catch out of rhythm and out of the offensive range

Playing the post

* lower wider sitting on the knee, on the lob go up with him to the ball
* WHITE –call lets the wing know we are fronting the post, PRESSURE the pass,
* try to get beat off the dribble,
* front the miss match
* front the in/out game (relocating)
* front the low feeds
* on butt fronting the post, rebounding by backing him under the rim

NOT FRONTING the post

* ½ to behind on the catch
* dead behind and push them off the block NOT with legs or arms - use your mid section
* the perimeter plays 70-30 post attention to perimeter Yo-Yoing
  on penetration STEP and LEVEL
* 50/50 yo-yo on the perimeter defense and level off the dribble

What should you know defending the post?
-What shoulder does he turn on? And who can guard him.

Teaching Points:

⇒ Deny, ¾ , deflection or position, preferential shoulder, gap, cutoff, umbrella, contest, block out lower and wider

⇒ Everything is superseded by not allowing a catch
1. IN the paint
2. in rhythm

Weak-Side Defense Stance and vision

- How far you are from them is a quickness factor
- Make a mistake of being too close to the line than too far below it
- Meet them outside of the paint—to help on penetration (with high hands)
- Meet them outside the paint –to rebound
- Meet them outside the paint ---to hand the cut Meet, greet, and stand you up

Building your defense

Switch everything we can

- √ Talk it ---- the bottom man triggers the switch, both guys yell switch
- √ Touch it ---- the defenders touch each other
- √ Switch it ---- change men, looking to deflect or steal
- √ Deny it ---- no sense in switching unless you are going to deny

Screening your own man is the number 1 anecdote versus the switch

Rules

1. NO passes from the top into the post
   Ride the post player on defense when the ball is on top—chest on him with arms extended (no foul)
2. Know your slip point
3. Get beat backdoor
4. Automatic Switches
5. Get beat by the big on screen and roll
6. Bump every curl
7. No one cuts below you to the rim

The dribble in place should clue you to get lower and wider because something is going to happen.

Defending the Cross Pick

- Distort Route and timing
- Go the man receiving the screen and take away low cut
- The man guarding the screener (loses sight of the ball) forces the cutter high, so he can't catch it in the lane
- Switching is the best way to defend

Pick on the ball (Location, and Personnel are the keys)

1. Talk
2. Can you switch it?
3. Get beat by the big
4. On the wing: Black call would be to force it baseline
   Red call would be to stand up the screen (like a trap) force the guy into the screen,
   when you leave the trap - pass out, dribble pick up, retreated dribble
   hard show and recover late to your own man
   see your man through
   squeeze the pick—lean on screener forced everything wide and the man on the ball slips under

1999 Academy Notes, Majerus

POST PLAY

- The number 1 thing in post play is to want the ball
- Get to the Free Throw Line is number 2

It maybe the easiest thing to develop a post player

McHale Drill (start left, right, left) we warm up with this everyday

Tip and touch the rim 3 times on each side Going up 3 times and then throwing it over
add the numbers as they get better
On the X # touch and then finish

STRONGER is BETTER

Mikan Drill at about 11-12 o'clock release on the hook 90 seconds

- Slower is better inside, low slow and head up
- release the ball higher
- don't pull out of the shot, move your weight into the shot
- bounce heal toe
- climb the ladder with your trail leg and shoot a hook shot
- pull the ball out of the net with two hands
- shoulder blade at the angle we want to shoot it on the glass
- don't compromise technique for speed
- I am not interested in how fast you do it, I am interested in how well you do it

sprint for misses, we must make power shots

There are only 2 or 3 great shooters all time who tended to miss short
If you want to have a lot of success you have got to have a lot of failure

FASTBREAK

- Run your 4 man Rim to Rim, a guy with speed and stamina
- Try to high pin a guy you have a step on, the key is the passer must be in an attack area
- Guards pass ahead to an attack area or push it ahead, cross the floor on a diagonal looking to turn the corner & go
- The post pins and spins for a look
- The fourth is a flash to the ball

The Jazz look to cross the wings and pass it to a low feeding angle as an early feed

Wider is better, run the floor on the sideline, don't crowd the point guard

Post Position

⇒ Sit in the post, straight back, low and wide, pick out your spot, try to catch in the paint, arms at a right angle from the shoulder to keep guys from slipping through.

⇒ Send a message to the guy guarding you, get lower and wider
⇒ Small to big in the post, small to smaller on the catch, demand the ball, don't be stupidly unselfish,
⇒ Meet the ball with a 2 foot jump stop, don't leave too early (slow is better), look to the middle of the floor to see the basket and to see where the help is coming from, if your spacing is good he should be able to see the help is coming
⇒ Have a favorite block, (the coach can set things up from here) what is the best way the player likes to receive the ball: stationary, off a cross screen, ..

Teaching The Power Move

1. On the reception his head is lower on his post position
2. When he pivots to make his move he drops lower and puts his head on the rim
3. Turn on your top pivot foot
4. Make the dribble go somewhere
5. Land perpendicular to the baseline, shoulders square

Never give up on big kid, especially if the game means a lot to them

Post Feeds

1. How is your man playing you? (yo-yo, pack, pressure)
2. How is your man playing the receiver?
3. Where is the help? (number 1 on probably causing the turnover)
4. On the post catch, where are you putting the other players on the floor? Where is the spacing?
5. On RELOCATING – cut to the vision of the post
6. The post will

To Help with spacing
Work your off side by pass-faking to the post and screening in opposite for a skip pass

What is the first thing the low post does when the ball comes to the high post?
Inch his man up and get lower and wider

Good Turnovers
-in the post would be a charge
-make the ref call 3 seconds so we get a long look
-tough hard aggressive screen, send a message and set the tempo (very important in winning)

Why do posts dribble (all dribbles are evaluated this way)
1. Break the 5 second count
2. Gain balance
3. To improve your passing angle, let it take you somewhere

Make kids who have bad hands become screeners, don't post them up

1999 Academy Notes, Majerus

HARDEST THINGS TO DEFEND
Post feeds
Drives

Basket cuts

On the shot fake:
Low Body Base of Support
Head on the target
6" and don't bring it down

Teaching the hook shot

1. First we teach the Mikan
   a. Pivot low and wide, heal toe, go perpendicular
   b. Chin the ball
   c. Head on the target, shoulder

Sealing

When his belly comes on my thigh, post will
1. step up
2. pivot down with bottom foot
3. set up for the lob if he keeps coming

Setting up for the lob

1. Both hands up
2. Inch yourself some space
3. Wait to release until the ball passes your inner ear

Make and maintain contact
Wait on the pass
Make room for yourself

1999 Academy Notes, Majerus

Setting up for receiving penetration

As soon as post realizes the drive, I create space, hand target, 3 step I-cut or baseline drop

Individual Practice Plans

Mikans
Skill Development
Go to it move on go to it block (SPECIFIC BY PLAYER)
In/Out games
Draw and Kick game
Seals and Lobs
Seals with ball reversal
Screening on the ball
Duck ins (straight duck in, v-cut duck, roll defense out for a lob)

The game is the most over coached and under taught game Bobby Knight

We go out with the AD for happy hour and the guys wait for him to leave for it to begin.

COACH MEYER

Disadvantage drills

1 on 2 full court
1 on 1 2 ball dribble with 1 player and 1 ball dribble with the other
1 on 3 defender's trying to level him off use their go to and counter move, add the race

Disadvantage Drill

Two man over head passes — pass in rhythm
shot fake to balance to get in rhythm

I saw two coaches, one was talking and one was listening and I figured out the one listening was the better coach.

If you have weighed your thoughts and measured your words you are not a friend

He is worse than a 7 year old who needs ritalin.

COACH MEYER Saturday AM

On Defending Flex….. — understand what the offense is trying to achieve before

Easiest way to get into is 1-4 low — best way to get a back door is 1-4 low

a) Shut off the pass to the wing
b) Bump the screen
c) Squeeze on the flex screener
d) Switch everything (keeping your bigs in the paint and guards on top)

If you are a slow team

press 2-2-1 (soft ¾ court) — to destroy rhythm Counter-move your offense up the floor

On defending Screens

If they set illegal screens-Dumars method, chase on outside hip until you can get to denial
On almost all screens JUMP TO THE BALL
EXTEND or BUMP

When the defense goes ball side of the screen, change the angle of the screen and fade (perpendicular to back of the screen)
On staggered screens (two down screens) also on PHOENIX (side by side screens)

1. Chase the cutter (man side of the screen)
2. Lowest screener defender ZONES—handles the slip screener
3. Highest screener-EXTENDS or BUMPS if he curls

Single double------ double screen on one side and a single screen on the other side (same rules)
Defending the back screen—guarding the ball jump to the ball opens up and recover
Set ups-your switches need to be set up carefully to take away what the offense wants

Play off your stars

Scouting

◊ Call to be sure they are playing
◊ Confirm the time

◊ Who is their best player and what is his best cut to get open

You have to play versatile basketball. Balanced, not slow ball or fast ball, be versatile, and a team with more than one gear. Know whether you want to lengthen the game or shorten the game.

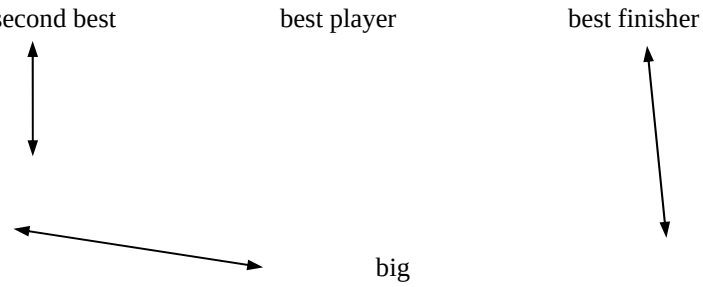
Next Year's Plans: College Camp and Academy at Cumberland's Academy The Last Three Weeks of July Camps

Press Offense Pressures and half court traps TAPE #29

Principles v. patterns
Fast break when in doubt
Placement of your personnel (best player must be in the middle of the floor)
Shorten the pass 1-dribbler to receiver 2-receiver to pass
Catch opposite
Look opposite
Pass fake and look opposite
Look for the break in the string (go against momentum)
Need a deep diagonal receiver
Best in-bounder takes it out

On the press offense alignment

1-3-1 alignment in-bounder



Spread the baseline

Three tight with your big deep
Spread, flash the big man and race your best players up the floor

Crack Back

behind the trap pivot and pass it behind the trap

Press Offense (cont.)

If you don't know what to do go to a Secondary

On the zone attack the back of the zone

Sideline out of bounds

spread 3 tight (RED Gun type of press) Run your secondary of all of your out of bounds

½ Court Trap

4 Corner by player personal, best in middle, worst reversal guy

Offensive Basketball is:

Spacing
Angles
Momentum
Deception

UPS Defensive Philosophy

We will dictate 100% of the game defensively. We will pressure 100% of the game. It will be extreme. Other teams will prepare for our style of play.

Why?

- Breaks offensive patterns, creates turnovers, and forces opposition to play more 1 on 1 basketball

Components of our pressure defense:

A. PLAY HARD - we will play harder than anyone else in the country

B. BALL PRESSURE – we will not let ball handler see the floor

C. NO DIRECT PASSES - we will only allow lob passes versus our defense

D. ELEVATION - in the event of a lob pass, the nearest defender will elevate and attempt to intercept

E. DEFENSIVE SPACING: 1 will guard 2 – all 5 defenders guard 2 people, ready to elevate at anytime (expect controller and taker in full ct.)

F. BOX THEORY - we will divide the court into 4 quarters – every one of our 5 defenders needs to be in the same or nearest quarter as the ball.

G. MOVE ON THE PIVOT, sprint on the pass (all 5)

H. Trap only from behind (ball handler gets turned), or if 2 off. Players are too close together

I. 'SEE and FIX' - we will have both defenders sprint out of a trap to the middle and look to 'see and fix'

J. DEFLECTIONS – "Tips"

Success depends on:

A. How **HARD** we play
B. Ball Pressure
C. Defensive Spacing
D. Communication

Full-Court Pressure:

Rules for on-ball defender:

-make the off. Player come back to the ball
-turn the ball handler at least once (2 very good)
-not let him see the floor
-force negative step

Rules for Trapping Situations:

-DO NOT FOUL
-bend, don't break
-only if ball handler is turned
-only if ball handler is in attacking dribble (not stationary dribble!)
-angles in our favor (dead corner, across ½ court, so close that easy jump)
-any pass out – both SPRINT out to middle and 'SEE and FIX'
-any dribble out – SPRINT TO TIP
-on ball's – auto traps
-any wing to corner pass – auto trap
-we do not trap a BIG – deny everyone else and make BIG bring it up against pressure (not used to doing this)

• If beat, we make the ball handler dribble length of court – and we make a decision at the our 3 pt line as to what we want to give up

Defensive Positions:

Controller:

-any defender ON the ball
-keys defense
-will find the opponents best ball handler and make it difficult to catch – front if possible
-needs heart, brains or speed
-figures out angle and quickness to turn point
-makes every pass thrown by ball a lob pass

Gapper:

-the defender nearest the ball (usually to the side of the ball)
-has at least a hand in the line of the ball and his closest man (really quick=body)
-does not let ball split his gap between the ball and his nearest man
-becomes trapper when the ball is on the ground

Taker:

-is up the line from his man (usually on the sideline) “Hi-Side”
-takes away pass down the sideline
-if ball is coming in his direction, he makes sure no pass can be received sideline

Teaser:

-the last guy back protecting the goal
-‘teases’ the ball handler to throw ball long
-intercepts any lob (straight line pass not his fault – controller)
-challenges ball handler to pull-up
-takes charge if sure, otherwise, hedge and back

Helper:

-our defender ‘kiddy corner’ from the ball or anybody in middle
-becomes ‘elevator’ when gapper goes to trap or gap middle penetration (fills hole) – looking for the steal

Chasers:

-if ball gets by our defenders, all above the line of the ball become chasers
-if we get beat, the our team wants the ball handler to beat us with the dribble (slower to advance)
-chase down ball and tip from behind

Hugger / Sniffer:

-1 of our defenders gets caught too close to his man and gets beat on a cut (unacceptable)

<u>Defensive Formations:</u> (take a man in your area - no matter what formation we start in, once ball is dribbled, it is all the same)

- VERBALIZE – EVERYONE calls out spots!

‘Spots’ (2-1-1 w/ controller alignment)

-only on mades
-controller finds point and makes it difficult to catch
-strong: on ball side elbow
-weak: on weak side elbow
-fist: top of key (center fielder – best anticipator)
-teaser: safety, takes all lob passes – especially long diagonal

'Box' (2-2-1 alignment)

-can be used anytime
-MOST of the time : used on FT(made or miss) – or as call from a time-out for when teams 'clear out' too much
-4 and 3 up front
-no denial
-best anticipators back row
-easiest alignment to set up in
-teaser in back

'Fist' or man

-dead ball situations
-everyone manned up
-switch all interchanges
-full denial up front, side front near ½ ct.
-fist man plays center field
    -Fist picks off lob passes
    -Fist traps if close
    -Fist matches up with OB man if no action
-everyone hugs man before ball is inbounded to be sure no confusion of matchups – then separate
-vs. 3 or more off. Players at FT line – only ½ fronts, no full fronts

Nuances of Pressure Defense:

- Any back dribble – elevate up
- Traps: bend, don't break
- Read eyes of ball handler
- Good players move on pass, Great move on pivot…
- must be execute ¼ alignment or 'Box' concept
- Get Deflections!!! Any piece of ball
- keep hands up when you make contact with ball handler (referees look at hands)
- when pressuring have HIP hand and TIP hand
- anticipate
- never double big – 1 on 1 pressure – Deny all others

- **REMEMBER: the more pressure on the ball = the more you can elevate, or cheat up**

Degrees of Pressure:

Red: all out pressure – we go from trap to trap VERTICALLY

Black: trap past ½ court down sidelines

Gold: containment – soft man to man - fake traps and keep offense in front of us
Once across ½: sag defense – taking away gaps for penetration – once man catches, pressure like usual. (We will use this if we have a comfortable lead late, or are getting hurt by too much penetration.)

Individual Calls:

Stick: box and 1 full court (man matched up not involved in normal rotations – denies off. Player everywhere with no other responsibility)

Shade: once ball is past ½ court – matched up with shooter, hedges and gets back (makes sure shooter doesn't get look) – still elevates when need be

"GO" : back line defender calls to front line defender to go and trap ball handler (we'll use this call when teams clear out or if it's 1 can guard 2)

"ICE" : a call the trapper makes (usually in the ½ court) when he is going to double the wing (usually from the top) to let the pinner know to get bottom side to form the trap (so we don't have 2 on 1 side).

½ Court Pressure

-same principles as full
-switch (Talk – Touch – Take) all screens (except opp. Post coming underneath ball side post)
-'GO' call sends double to wing (double teamer must yell, "Ice" so that pinner can adjust feet to bottom side)

Container:

-usually controller
-get ball out of middle and to sideline
-keep ball in front – no turns in after ½ court in middle of floor (can't rotate in time)

Pinner:

-pins ball handler on sideline
-pressures the ball on the high side
-guides ball to short corner or porch
-makes passes back out to top difficult
-understands there is definite help baseline from teammates (home)

Post Defender:

- Ball is ABOVE FT extended: side front top side
- Ball is BELOW FT extended : side fronts on the bottom side (this combined with the angle of the pressure on the ball makes it extremely tough to get ball in post)

-has 'home' responsibility most of the time
-executes the 'slip 'n slide' technique if wants to get around post – never over top (tougher to get to home if penetration)

Home:

-have to have a defender on ball side block when ball is FT line or lower
-usually ball side post (even is off. Post man slides up lane – other teammates in qtr nearest ball and can pick off pass to post sliding up)

UPS Offensive Philosophy

Like our defense, our offense will dictate the game for 40 minutes. We will put tremendous pressure on the opponent's defense by attacking the rim and shooting the 3 – nothing inbetween. We will be extreme.

Components of our attacking offense:

A. 4 out 1 in, 3 out 2 in sets
B. Constantly attacking the rim
C. Utilizing the 3 pt shot as a weapon
D. Putting tremendous pressure on individual man defense of our opponents

Positions:

1

-our main ball handler
-the catalyst of our attacking offense
-will be our best penetrator / creator
-will look to attack at all times

2

-our best shooter
-will run the right lane – sets up w/2 feet above FT extended
-is opposite end @ FT line extended vs. pressure full court
-SOB=weak side corner

3

-our 2nd post or biggest guard
-runs the left lane – sets up w/2 feet above FT extended
-sets up in weak side corner vs. pressure in the full court
SOB=weak side block

4

-our best offensive post player (catcher and finisher)
-our best rebounder
-SPRINTS the floor to rim – in a straight line!!
-is opposite end of floor vs. pressure
-sets up on left block if doesn't have anything in transition
-SOB=ball side block

5

-our 2nd best ball handler, creator
-one of our best passers
-one of our best off. players
-inbounds the ball with speed, trails, or streaks through middle vs. pressure looking to receive

Offensive Rules: AASAA (attack-attack-skip-attack-attack)

-ATTACK
-4out set will have right block open initially to drive
-must fill four perimeter spots on miss (interchangeable)
-on make – numbered break
-must have drag man (fills in behind ball on penetration – 5 initially)
-if denied-1)extend defense (creates larger gap to penetrate)
2) hard back door (hard dribble at you or ball fake at you)
-opp. Wing flares corner on penetration (extends the defense)
-if there we dribble to corner on 4's side – instant high low
-drivers, create contact off the dribble, 1st and secondary contact vs. defense
-penetrators almost always empty out left
-this will result in a wheel action
-never pass the ball to a teammate inside the 3 coming away from the basket
-standing dribble not very productive – unless great penetrator (learn to play off catch)
-anytime we have '4' catch on the block = a dive by the next biggest player on the weak side to the opposite block, as well as a shooter on the weak side making a diagonal cut anticipating a skip 3

2 Game

-Zone offense if we see a really good one
-1 post goes block-FT-block (triangle), other short corner to short corner
-weak wings set flares for pt

3 Set or 'Kickbacks'

-easier to penetrate (only 3 on perimeter)
-easier to get 3's in this offense
-look to get ball into 'golden areas' at the elbows
-strong side post seals on penetration
-opp. Wing flares corner

-strong wing reads defense (loops)
-penetrator empties opposite, or banana cuts out depending on where ball side wing catches

4 Set

-more of a passing offense
-post on left block (if penetrators break thru shell – no one home)
-overplayed = extend defense or back door
-never 2 wings on right side at same time

'X' cut
-this is when the 1 passes to 2 or 5 and instead of cutting thru, gives 5 trailing a rub screen to either drive or cut to receive a pass from 2

2 Set

-this is our stall
-3 and 2 will be in the corners instead of a step above FT line extended
-5 and 1 will play keep away with the ball up top - WIDE
-4 is always on the block opposite the ball

5 Set

-this is our 2-1-2 press break
-easy- 4 comes middle to be an outlet

4 Down _____

-iso for inside guy / can go anywhere to get ball
-stationary on perimeter – can interchange with next closest if pressured
-good against sagging defenses where we can swing or reverse the ball with ease (defense can't get around in time)

Southern Illinois Clinic
October 20th, 2002
By: Gary Nottingham

Late Game – Special Situations Organization Plan

I. Good teams are prepared for special and late game situations.

II. Work on special situations daily, throughout the season. (Good to make a part of shoot-around, (work on execution, verbalize thinking process)

- Create a notebook or file for late game/special situations material.(review,each year)
- Suggest organizing game plan sheet: with index cards of plays to have on bench.

III. Situations to prepare for.

A. Sideline Out Front Court – (For 2's & 3's)
   1. 5 seconds or less
   2. 6 to 10 seconds
   3. Defensive plans

B. Baseline - Basket OB's (2's & 3's)
   1. 1 second tip play
   2. 5 sec. or less
   3. 6 to 10 sec.
   4. Defensive plans

C. Side Out – Back court (3/4) – (2's & 3's)
   1. 3 seconds or less long plays
   2. 4 to 7 seconds
   3. More than 7
   4. Defense plans

D. Baseline – Full court Out (2's & 3's)
   1. 3 seconds or less
   2. 4 to 7 seconds
   3. more than 7 seconds

E. Free Throws
   1. Practice time and score: ahead or behind 1,2,3
   2. Rush and/or set plays from make or misses
   3. Intentional miss/rebounds stunts – (Behind 2 or 3)
   4. Defense after made/miss FT.

F. Know the Rules –

IV. Prepare & Practice Typical Situations

A. 5 minute OT – during season, three or more weekly. Officiate/subs/score etc.

B. Delay Game – offense/defense
   1. Vs man, zone, traps
   2. Delay into score – with key for plays, time to attack, vs. man, zone, traps

C. Time & Score Situations
   1. 3,2,1 minutes on the clock. – Ahead or behind

D. Catch-up Game
   1. Speed game fast break on makes and/or misses

2. When to take 3's or take 2's. (don't sellout to 3's only too quickly)
3. Drive ball to basket/attack defense. Try to get fouled.
4. Quick "good" shots, crash boards,(pressure reb.-deny outlet. only 1 back)
5. Free throws. crash boards – foul rebound or trap rebound
6. Pressure trapping defenses/trap rebounder
7. Know who to foul. Practice unintentional fouling.
8. Foul before ball gets in bounds.
9. Try for 10 second count, then foul crossing ½ court.
10. Steal or foul every 12 to 15 seconds.

V. General Thoughts

A. Practice late game, with no time-out's left. 1 to 2 min.
B. Practice OB's, set plays, def. Changes etc. with no TO's left.
C. Practice final possessions with out use of time out, to call or set up plays.
D. Time Out Organization (seating, 1 coach talks, bench notes, charts ready etc.)

VI. Typical Week of Late/Special Situation Practice Scheduling

- In the pre-season explain and put in plays, etc. Dry run them first, passive def.
- Then scrimmage through out season.(Keep what fits, throw out rest)
- Find what works, "who" can be successful.
- Use one day a week for the players to make suggestions. Tells you where their at.

Monday- End of game. (10 min.)

- On clock 1 to 10 seconds. Offense gets ball
- Full court baseline, back court side out, front court side out, basket OB. FT-make/miss. Practice up 1,2,3 and behind 1,2,3. (Dry run early for execution, then live)

Tuesday – 2 minute situations. (10 min.)

- Regulation clock, fouls, Time outs, special defenses, plays, late game fouling, etc.
- Work ahead and behind. (if working on protecting lead, not successful, do it again)

Wednesday – Defensive work/competitive drills. (10 min.)

- Emphasize defensive work, no off. reb.Work on Stops, traps, any special defenses.
- Shut- Out game. Catch-up game, 5 min. war (OT). (anything that challengs the def.)

Thursday – Special Review (10-15 min.)

- Review and dry run all OB situations, any special plays, FT. situations etc.
- Practice perfect plays, execution.

Friday – End of period/half (10 min.)

- 2:00, 1:30, 1:00, :30 time on clock. Delays to get shots. Plays/OB's without TO'S
- Work on defenses too. Good day for competitive challenges..

Saturday – Special Situations Competition (10-15)

- Refer to special situations competitive sheet. (Also a day for Catch-Up game, OT game.)

3

Special Situations Competition

I. Try to use twice a week in early season practices. 10-15 minutes practice time. *Good for end of practice. Loser's punishment can be your end of practice conditioning.

II. Suggest you do at least once a week throughout season.

III. Set up punishment for losers. Rewards for winners. We have punishment for each game losers and a punishment for set loser.

Rules

1. First team to win a set wins that set. 3 of 5 wins.
2. At start of set designate time outs left for each team (0,1,2)
3. Both teams are in bonus at all times. (Good for pressure FT shooting)
4. Overtime is sudden death possession.

Set 1

1. Green down 3 with ball at ½ court, 2:00 left.
2. White down 2 with ball under their bucket, 55 seconds left.
3. Green down 5 White ball at ½ court, 1:25 left.
4. White down 4 Green ball in backcourt-side, 50 seconds left.
5. Jump possession, 1 minute left – Tie score.

Set 2

1. White down 1 with the ball under their basket, 18 seconds left.
2. Green down 2 with ball at ½ court, 40 seconds left.
3. White down 3 Green ball backcourt side, 45 seconds left.
4. Green down 1 with ball at ½ court, 22 seconds left.
5. Possession ball, 30 seconds left – White down 1.

Set 3

1. Green down 4 with 1 + 1 Free throw, 35 seconds left.
2. White down 5 with 1 + 1 Free throw, 45 seconds left.
3. Green 1 + 1 Free throw, up 1 with 30 seconds left.
4. White 1 + 1 Free throw, tie game 20 seconds.
5. Green 1 + 1 free throw, tie game 25 seconds.

Set 4

1. Green down 2 with ball at ½ court, 28 seconds left.
2. White down 3 with ball under their own basket, 15 seconds left.
3. Green down 1, white ball backcourt side, 11 seconds left.
4. White down 1 with ball ½ court, 8 seconds left.
5. Jump ball possession, 20 seconds left, green down 1.

* Make changes the 2nd time through or use other late game competitions.

GEORGIA TECH BASKETBALL



Individual Defense

"Defense Wins Games"

I. Defensive Philosophy

The key to having a sound and fundamental man-to-man defense is to develop a proper attitude towards defense. The importance of good defense is difficult for most basketball players to realize. Few basketball players understand the concepts of man-to-man defense thus approach man-to-man defense with a negative mental attitude.

The attitude of a player towards man-to-man defense must be positive. The player must know that defense is not method of punishment but a means whereby to be successful. Simply stated, "Defense Wins Games!

Concepts

A sound and fundamental man-to-man defense contains several basic concepts. These defensive concepts include:

1. The individual responsibility for a man, which is found in man-to man team defense. This includes the aggressiveness and toughness that is part of this type of defense.
2. The individual challenge to stop and defend an opposing player in a one-on-one situation.
3. The constant pressure, which should be placed on the ball at all times. This includes forcing the offensive man with the ball to do what you want him to do.
4. The denial of the man you are responsible for from receiving the ball. Your man cannot score if he does not have the ball so do not let your man have the ball.
5. The combination of both man-to-man and zone defenses into sound and fundamental principles. This includes ball side and help side principles.
6. The development and understanding of TEAM man-to-man defense. This includes seeing the entire picture and playing the percentages.

II. Emphasis

A sound and fundamental defense should be emphasized by various means. These means can be achieved through objectives, goals, and rules.

Defensive Objectives

Of course the ultimate goal on defense is to prevent the defense from scoring every time they have possession of the ball. Realizing that this cannot be done, a sound and fundamental defense must be developed by using the above concepts.

The defensive objectives listed below are taken from the previously stated concepts. These objectives form the basis for the total defense and should be incorporated into all techniques and drills. The objectives are:

1. To keep the ball out of the middle of the defense.
2. To force the ball down one side of the court to the corner and prevent the ball from being reversed.
3. To maintain constant pressure on the ball at all times and force the ball handler to dribble.
4. When needed, to provide help from the help-side.
5. To use the sideline and baseline as the sixth defensive man.

Defensive Goals

As in everything worthwhile, there must be predetermined and written goals. Defense is no exception. The game goals for your defense should include:

1. Hold the opposing team under 65 points per game.
2. Force the opposing team to shoot less than 40% from the floor.
3. 40 deflections
4. Allow no individual to score 20 points
5. Give up no lay-ups
6. Give up only 7 or less offensive rebounds.

Defensive Rules

The following are key rules in developing a sound and fundamental defense:

1. Keep constant pressure on the ball.
2. Deny your man the ball at all times.
3. Do not foul the shooter.
4. Do not give up second shots.

III. Individual Defense

Individual defense includes the defensive stance and basic defensive footwork necessary to become a good defensive player. This, in turn, develops a sound and fundamental defensive team. Both the proper stance and quick footwork are required by all basketball players.

Stance

Balance and the ability to move quickly are the keys to a good defensive stance. The proper stance must allow the individual to move and react. Defense is played with your feet. Basketball players must be able to move step for step with the offensive player.

1. Feet:
   - Slightly wider than the shoulders
   - One foot slightly ahead of the other. Heel to toe. (If forcing the dribbler to the right, the right foot is back.)
   - Weight on balls of feet. Keep off heels.
   -Equal weight distribution on both feet.
2. Knees:
   - In a flexed position.
   - The lower to the floor, the lower one's center of gravity, the better one moves.
3. Trunk:
   - Butt down.
   - Erect position but a slight lean forward.
   - Shoulders should be back.
4. Head:
   - Controls body balance. *Head position is the key to a good stance.
   - Over center of body
   - Eyes focused on midsection of offensive player (if he has the ball)

5. Arms and Hands:

A.Guarding the dribbler

- Hands above knees.
- Palms up and fingers spread.
- Elbows close to body
- Hands constantly flicking upward at the ball.
- DO NOT REACH!!

B.Guarding the shooter

- Attempt to change the release of the shooter.
- DO NOT FOUL!
- Extend same are from which the offense shoots with straight up.
- Leave the floor only after the shooter jumps.
- Jump straight up and come straight down.
- Fingers are spread.
- Block out!

C.Guarding the passer

- Close in on the offensive man once dribble has been used.
- Move arms up and down constantly. Force the offensive man to move the ball.
- DO NOT FOUL!
- Fingers spread.
- Try for held ball.

Footwork

The ability to move the feet quickly and to "stay with" the offensive player with the ball is the underlining quality of successful individual defense. This ability allows the defensive player to establish floor position and to force the offense to make a different move. Good defense is always one step ahead of the offense.

The basic footwork involved in guarding the dribbler uses a step-slide technique. With the individual in a good defensive stance, the player's first step (when moving to the right) is to step laterally 6 to 12 inches in the same direction. (See Diagram 1.)

The feet should never come together or cross while sliding. The steps should always be short, quick, choppy steps. A good defensive stance and body balance must be maintained throughout the technique.

IV. Defensive Terminology

1. Ball-You-Man: The position of the defensive player, which is always between the position of the ball and position of the man he is guarding. The defensive player is always in a help position. This position changes as the ball and/or the offensive man moves.

2. Ball Side: The side of the court which the ball is on.

3. Help Side: The side of the court which is opposite the ball.

4. Deny: The technique of not allowing the defense to receive the ball.

5. Driving Line: The line or angle in which the defense wants to force the dribbler.

6. "Ball": Called by the man guarding the offensive player with the ball. Also the position off the ball.

7. Stunt and Recover: The technique of faking at the offensive player with the ball as if you are going to guard or double team him.

8. Jump to Ball: The technique of moving or jumping towards the ball quickly on each pass. Defense moves on each pass.

9. Help Rotation: The rotation of the defense to help a teammate. Includes rotation on the help side.

10. Hedge: The man guarding a screener on or off the ball gives extended help to allow his teammate to catch up.

11. Closest Man Theory:
Relates to transition defense or a breakdown situation. The closest man to the ball always calls ball and matches to that man. Everyone else builds off that man. (Mismatches don't beat you, open shots do!)

Individual Defense

"Defense Wins Games"

GEORGIA TECH BASKETBALL

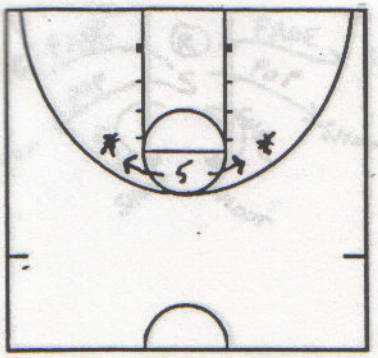


INDIVIDUAL WORKOUTS

"Players are made in the off-season through hard work and dedication"

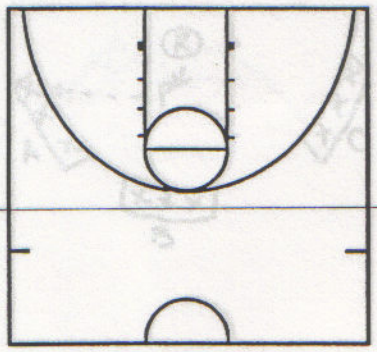
orgia Tech Basketball

Play: Shooting



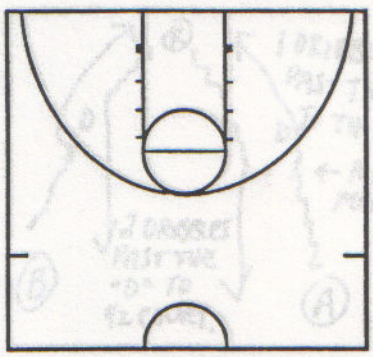
1) a. Elbow Jumpers 25 (2x)

- Shoot and Move from elbow to elbow- Shoot 25 shots
- Do it twice



2) b. Shoot and Move- Shoot 10 shots (All inside the 3-point line) while on the move.

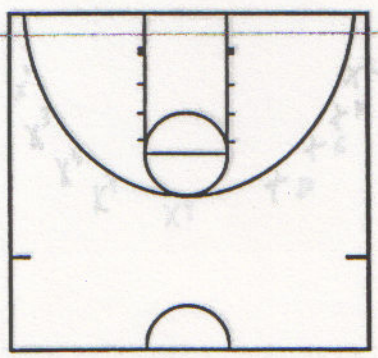
Repeat drill shooting (10) 3- point shots while on the move



3) c. +8, -4 Shooting Game. All 2 point shots (same as shoot & move)

For every basket you make, you get 1 point, for every basket you miss, you get -1 point.

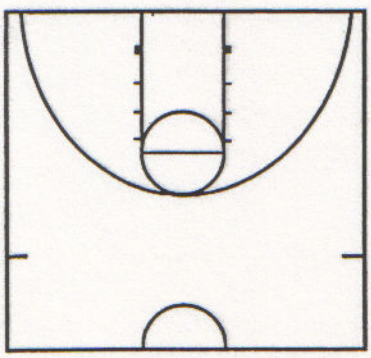
Play game for two minutes or stop when player gets +8 or -4.



4) d. +3, -6 – same game as ASC

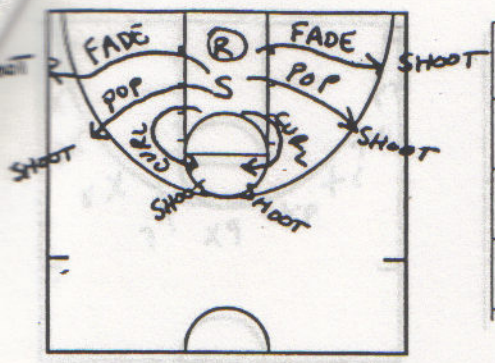
All 3- point shots game

Goes to +3 or -6

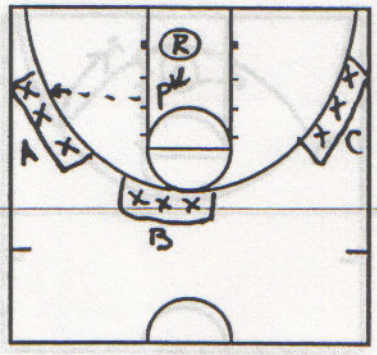


eorgia Tech Basketball

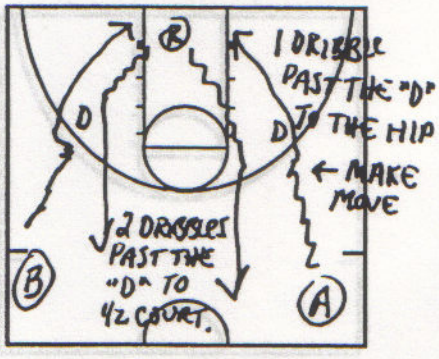
Play: Shooting



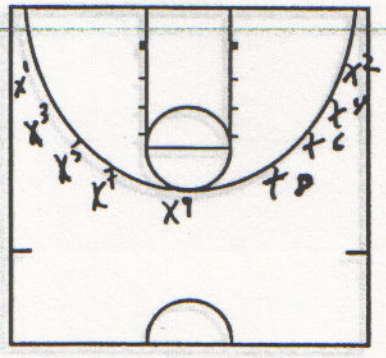
5) e. Pop- Pop, Curl- Curl, Fade- Fade (2x) (need Rebounder, passer, shooter) 2 balls
I. Shooter sprints to wing yelling "pop," gets pass from P and shoots
II. Shooter runs to the other wing…
III. Repeat drill for curl and fade (Total 6 shots for the shooter) (2x)



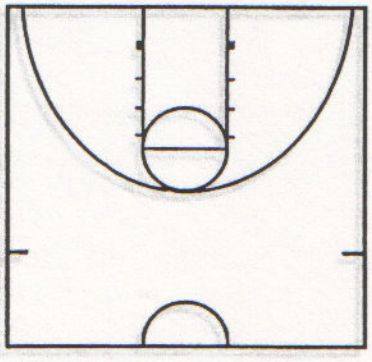
6) f. "Rapid Fire" 3 men 2 balls
• Shoot 6 shots from every "x" in group A, total 18 shots. Change shooter.
• ~~Repeat drill for Group B and C.~~
• All passes to the shooter come from the paint- Inside out 3's.



7) g. ½ court dribble moves. Pick any 5 moves off the dribble.
Begin drill at ½ court, go game speed and make move at "D" fake 1 dribble and get to the hoop, Rebound your own shot.
Make move at "D," take 2 dribbles and get to ½ court.
Do same dribble move back. Repeat drill with new move at A.



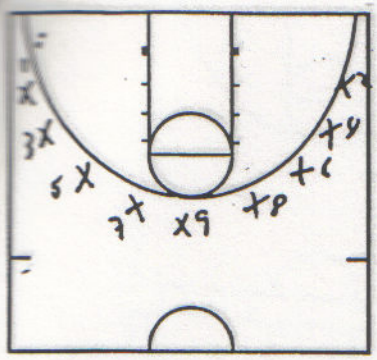
8) h. Shot Fake Step By (9 Spots) Begin at "x"- shot fake, 1 dribble right shoot, rebound shot and dribble to "x2"
Spin ball out to yourself and shot fake 1dribble right and shoot. Rebound shot and go to "x"
Repeat going to your left. Repeat going left at "x2." Rebound and go to "x3" and repeat drill.
For each basket made, you get 2 points. Max point total is 36 points.



You have two minutes to finish drills.

orgia Tech Basketball

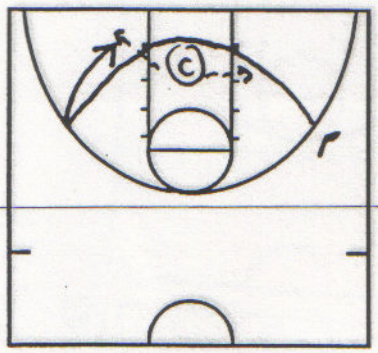
Play: Shooting



9) i. 3's and 2's (9 spots)

- Shoot a 3 from "x", rebound and dribble out to "x2", spin ball to yourself and shoot.
- Rebound your shot and dribble out to "x". Shot fake step by go 1 dribble right or left and shoot. Repeat at "x2".

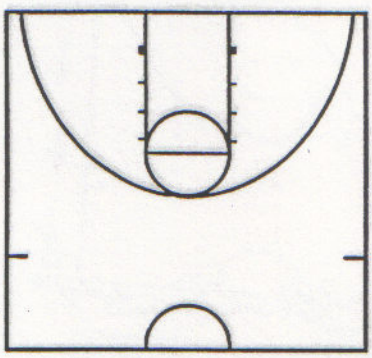
For each 3 you get 3 points, for each 2 you get two points. (45 point max in 2 minutes)

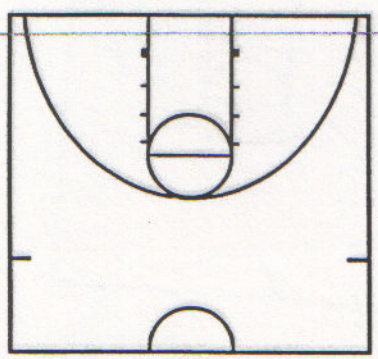


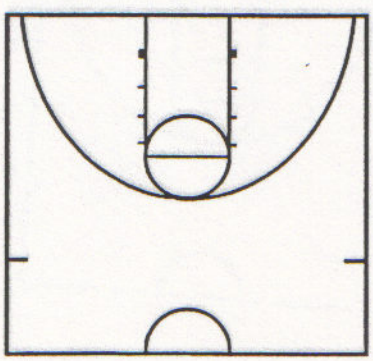
10) j. Finishing Drill- Make 10 finishing plays. Players starts at 3-point line and cuts to the basket, coach gives him the pass and player finishes the play.

Coach rebounds and player sprints to any spot on the 3-point line and cuts again to the hoop.

Make 10- coach can give foul "and 1" plays.

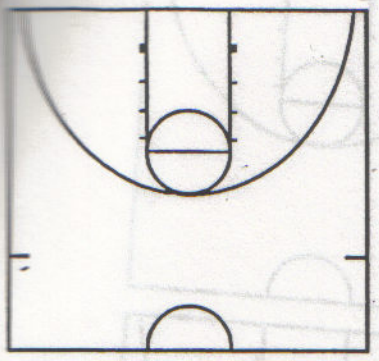




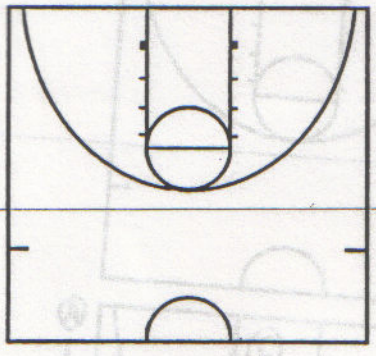


orgia Tech Basketball

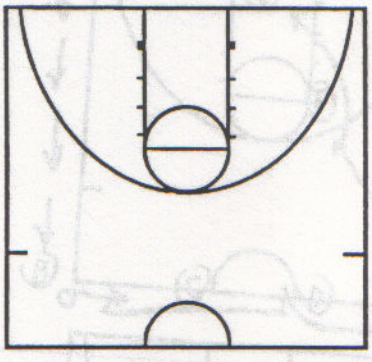
Play: Shooting



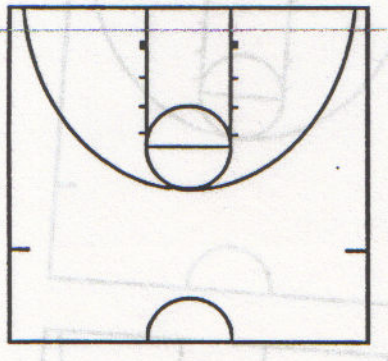
11) Form Shooting- Make 20
Concentrate on the form of the shot, starting in close and working your way back.



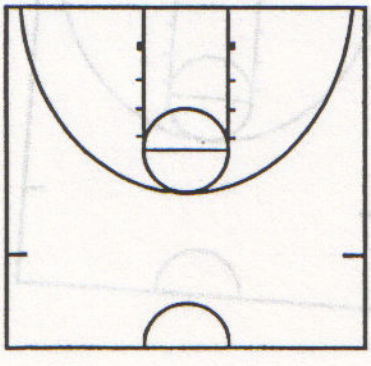
12) Jump Shots
Shoot coming off a screen. Spin the ball out to yourself. Have your butt down and hands in the ready position.
Retrieve the ball with a one-two step, and shoot the jumper.
a) Make 15 shots from the corner.
b) Make 15 shots from the wing.
c) Make 15 shots from the point.



13) Shot Fake- Pull Up Jump Shots (12to 15ft)
Do this in the same manner as the shot coming off the screen. Spin the ball out to yourself to any area of the court, except now catch the ball,
Shot fake (ball goes up, knees go down, eyes on rim), one dribble shoot.
a) Shot fake, go Right- Make 15 Jumpers
b) Shot fake, go Left- Make 15 Jumpers

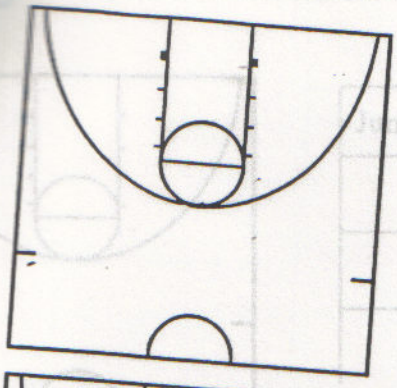


14) One on One- Pull Up
Do this in the same manner as the shot coming off a screen. Spin the ball out to ANY area on the court.
Except now you catch it and use any if the following moves. Take one dribble and pull up. Make 15
a) Rip thru b) Swing- Swing
c) Reverse Spin d) Rip Thru- One dribble Step Back



15) One on One- Lay Up
Same as (D), except take one dribble and go strong to the hole.
Make 15.

Play: Shooting

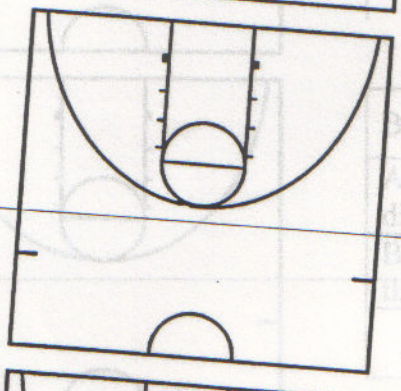


16) Game Shots

Set your man up by changing speeds, direction, and cuts. you catch the ball, you may shoot or use any of the 1 on 1 m

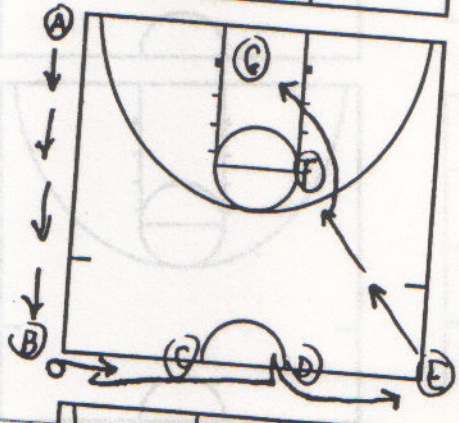
a) Baseline- Fade, Curl, Pop – Make 15

b) Top of the Key- Fade off screen
Make 5 going Right/ 5 going Left



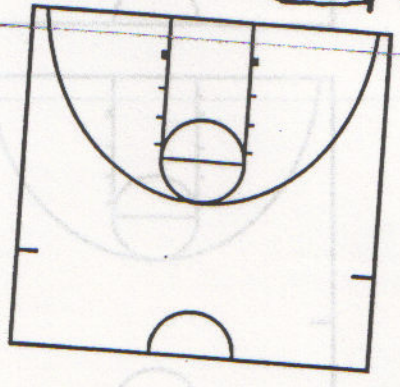
17) Pull Up Jumpers

Start at half court. Dribble in game speed while making one hard dribble move (cross over, thru the legs, inside-out…)
Pull up from 15-21 feet and shoot. Rebound and speed dribble the ball back to half court and repeat. Make 15.



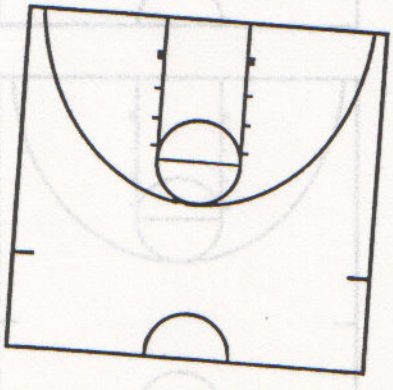
18) Game Conditioning Dribbling Drill

a) Inside- out
b) Spin (switch hands)
c) Pull back, pull back, cross-over
d) Half a spin
e) Behind the back
f) Any dribble move



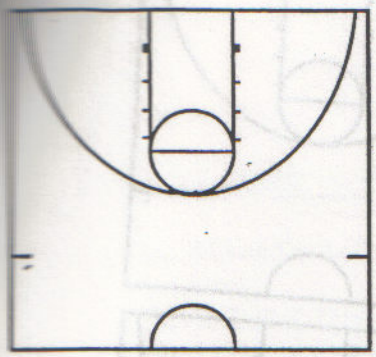
g) Finish

DO THE DRILL 2x RIGHT and 2x LEFT



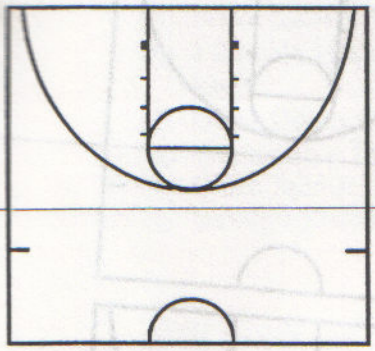
orgia Tech Basketball

Play: Agility/ Ball Handling



Jump Rope:

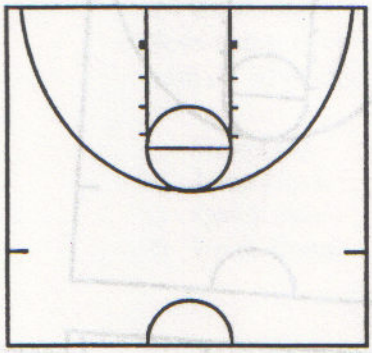
1 Minute- 2 Feet
:30 Seconds- Right Foot
:30 Seconds- Left Foot
1 Minute- Alternating
1 Minute- 2 Feet
1 Minute- (Anything you want)



Ball Handling: (Do [A] plus 2 others)

A) Go around- head, waist, knees, waist, head… 5x, then opposite direction

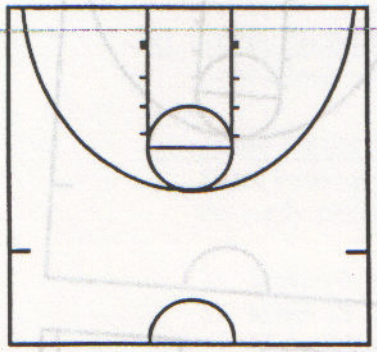
B) Zig-zag- Full court dribble moves- 4x cross-over, thru legs, behind the back…

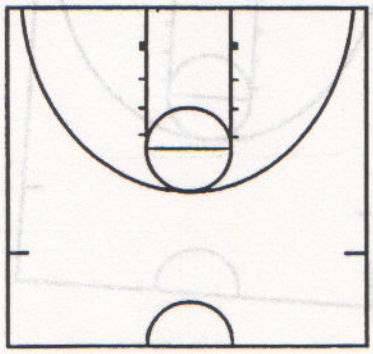


C) 30 dribbles each (keep feet square and head up)
- Right- Push and Pull/ Back and Forth
-Left- Push and Pull/ Back and Forth
-Behind the Back

D) Up 2 Back 2- 10x
- 2 dribbles up, pull-back, pull-back. Cross-over

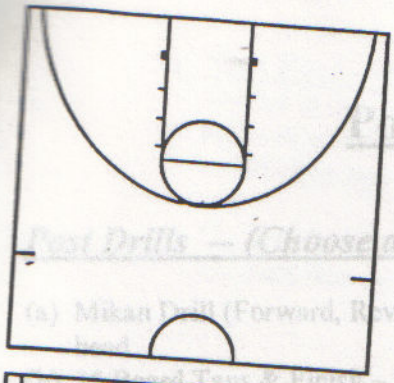
E) 20 dribbling moves inside the circle





Georgia Tech Basketball

Play: Post Drills/ Post Moves



Post Drills- (Choose any 4 per workout)

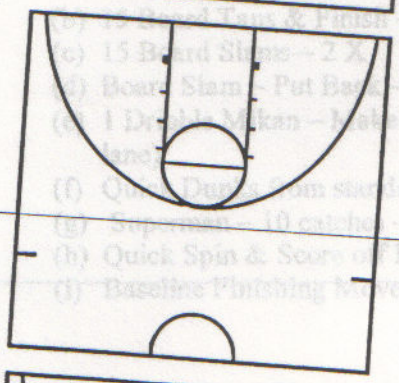
a) Mikan Drill- (Forward and Reverse) Make 20 each way. K
ball high and over your head

b) 15 Board Taps and Finish- Right and Left Hand

c) 15 Board Slams- 2x

d) Board Slam- Put Back- Make 10- Both sides of Backboard

e) 1 Dribble Mikan- Make 20 Right and Left (Start outside Lane;



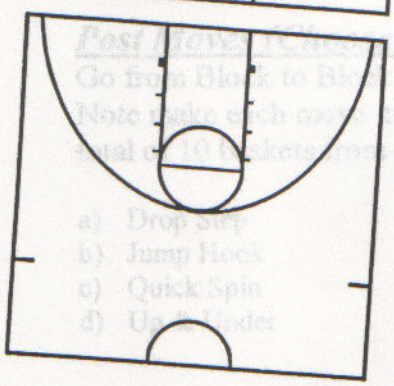
Use dribble to get across lane)

f) Quick dunks from standing position (as many as you can in 30 sec.
Build up to 1 minute)

g) Superman- 10 catches 2x

~~h) Quick spin and score off Block- Make 15- Both sides~~

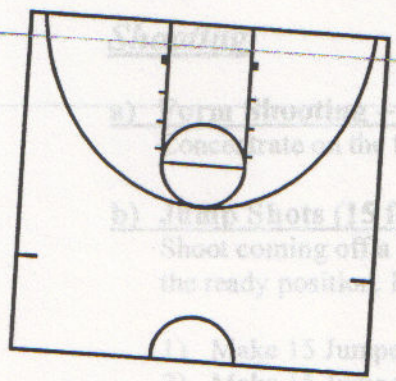
i) Baseline Finishing Moves- Make 10- Both Sides



Post Moves- (Choose any 3 moves per workout)

Go from Block to Block and make 10 shots from each Block using the same post move. Note make each move turning left and right from Each block. After you have made a total of 10 baskets from each block (both left and right), go to the next move.

a) Drop Step

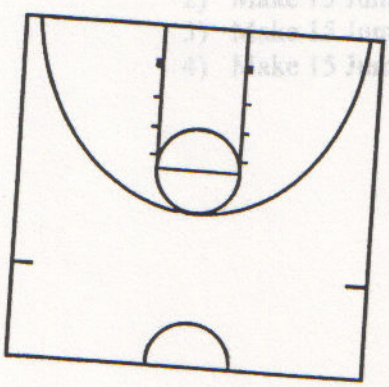


b) Jump Hook

c) Quick Spin

d) Up and Under

e) Double Drop Step



f) Turn around Jumper

g) Sikma- Inside Pivot

Post Player Development

Post Drills – (Choose any 4 per workout)

(a) Mikan Drill (Forward, Reverse….) Make 20 Each Way. Keep the ball high and over your head
(b) 15 Board Taps & Finish – Right & Left Hand
(c) 15 Board Slams – 2 X
(d) Board Slam – Put Back – Make 10 – Both sides of Backboard
(e) 1 Dribble Mikan – Make 20 – Right and Left (start outside lane; use dribble to get across lane)
(f) Quick Dunks from standing position (as many as you can 30 sec. Build up to a minute).
(g) Superman – 10 catches – 2 times
(h) Quick Spin & Score off Block – Make 15 – Both Sides
(i) Baseline Finishing Moves – Make 10 – Both Sides

Post Moves (Choose any 3 moves per workout)

Go from Block to Block and make 10 shots from each Block using the same post move. Note make each move turning left and right from each block. After you have made a total of 10 baskets from each block (both right and left), go to the next move.

a) Drop Step
b) Jump Hook
c) Quick Spin
d) Up & Under
e) Double Drop Step
f) Turn Around Jumper
g) Sikma – Inside Pivot

Shooting

a) Form Shooting – Make 25
Concentrate on the form of the shot. Starting in close and working your way back.

b) Jump Shots (15 feet)
Shoot coming off a screen. Spin the ball out to yourself. Have your butt down and hands in the ready position. Retrieve the ball with a one-two step, and shoot the jumper.

1) Make 15 Jumpers from each corner
2) Make 15 Jumpers from each wing
3) Make 15 Jumpers from each elbow
4) Make 15 Jumpers from Top of the Key.

c) Shot Fake – Pull Up Jump Shots (12 to 15 ft)

Do this in the same manner as the shot coming off the screen. Spin the ball out to yourself to any area of the court, except now catch the ball, shot fake (ball goes up knees go down, eyes on the rim), one dribble shoot.

1) Shot fake go Right - Make 15 Jumpers
2) Shot fake go Left – Make 15 Jumpers

INSIDE MOVES

A.. *Positioning*

1. Always be above the block.
2. Wide base, elbows up, knees flexed
3. Give target for pass
4. Always receive pass with both hands
5. Be active with the feet in order to maintain position on defensive player and balance.
6. Adjust to the defensive man
   - a. *If guarded behind*
     1. Keep feet wide and try to keep contact with defensive player by using the buttocks
     2. Elbows should be up about shoulder height
     3. Knees flexed
     4. Present a target
     5. Move toward the pass slightly
   - b. *If fronted*
     1. Turn sideways to intersect the defense at a 90 degree angle
     2. Press against the buttocks with your hip and thigh closest to defender to move player off the lane.
     3. Use forearm closest to hold off defense
     4. Ask with opposite arm extended
     5. Move towards the ball on pass, use your body and opposite Arm as a shield

A. *Types of moves*

1. *Power move*
   - a. Feet should be parallel with the backboard
   - b. Give all fake
     1. Take ball out of chest at a 45 degree angle
     2. Raise ball up to top of head level
   - c. Jump up and in towards the basket
   - d. Use strong hand to shoot
   - e. Use arms and body to protect the ball
2. *Jump hook*
   - a. Turn body sideways so it is in a direct line with hoop
   - b. Jump off both feet
   - c. Use far hand from defense to shoot
     1. Thumb should come up your side to full extension
   - d. Get closer arm to defense up to protect shot
3. *Drop steps*
   - a. *Drop baseline foot*
     1. Drop foot directly towards basket
     2. Take one dribble with far hand from defense
     3. Come to a jump stop with feet parallel to hoop
     4. Execute a power move
   - b. *Drop foul-line foot*
     1. Drop foot directly towards basket
     2. Take one dribble with far hand from defense
     3. Take two steps and head toward opposite box
     4. Execute a jump hook

4. *Turn and Face basket*

a. *Use one of two types of pivots*
   1. Reverse pivot (swing non-pivot foot away from defense)
   2. Inside pivot (swing non-pivot foot in toward defense)

b. *Pivot on baseline foot*
   1. Bring ball up as turning to show defense the ball
   2. Read the defense
   3. Two moves possible:
      (aa) If defense gives room – shoot
      (ab) If defense plays tight
         (1) Use a crossover step
         (2) Take one dribble
         (3) Jump stop with feet parallel to hoop
         (4) Execute a power move

c. *When receiving the ball*
   1. Keep ball chinned
   2. Look over baseline shoulder to read defense

d. *Take what the defense gives*
   1. If defense is on baseline, drop step foul line
   2. If defense in on foul line side, drop step baseline
   3. If defense plays straight up, turn and face

GEORGIA TECH BASKETBALL

HEAD COACH PAUL HEWITT

Value of Individual Instructions

1. Conditioning
   A. No two ways about it, the team in superior condition has a better chance to win.

2. Improve Ball Handling ability of all players
   A. Catching
   B. Dribbling
   C. Passing
   D. Shoot a variety of shots

3. Work on cuts to get open shots
   A. Pop, curl, fade
   B. Screen & step to ball
   C. Interior cuts for post position

4. Work on dribble moves to score
   A. Half-Court
   B. ¼ Court moves
   C. Post moves off the dribble

5. Work on dribbling skills
   A. Every player has to be able to dribble
   B. Open floor
   C. ½ Court

6. Work on body balance
   A. Pivot to pass
   B. Pivot to set up dribble
   C. Pivot to get off a shot

7. Instill a competitive spirit
   A. Shooting competitions
   B. Ball handling competitions

8. Foul Shooting
   A. Every player shoots 50 foul shots a day.

2004 FINAL FOUR

GEORGIA TECH BASKETBALL

HEAD COACH PAUL HEWITT

Individual Drills for Player Development

Work in groups of 2 or 3

1. Board Taps
2. Superman Drills
3. Command Rebounding Drill
4. Mikan Drill
5. Kill the Grass
6. Kill the Grass & Pass
7. ½ Court Drives vs Chair
8. ½ Court Drive vs Chair and Coach
9. ½ Court Drive vs Two Coaches
10. ¼ Court Rip and Go
11. ¼ Court Shot-Fake and Go 45 seconds (to basket and pull-up)
12. Spot Dribble & Drive 5 Spots
13. 3's and 2's - 9 Spots(45 pts) - 2 Minutes
14. 2's and Lay-Ups - 9 spots(27pts) - 2 Minutes
15. Pops, Curls & Fades – Different Angles
16. Six Spots – Six Shots
17. Nine Spots – Six Shots
18. Make 3 and Move from 6 Spots
19. Plus 8 Minus 4
20. Union Shooting
21. Pivot and Drive
22. Pivot and Shoot
23. Post Move Series (Pivot to Pass)
    A. Jump Hooks
    B. Inside Pivot Jumper
    C. Up and Under
    D. Back to Basket Moves
    E. Turnaround Jumper
    F. Different Angle Lay-Up
24. Lane Slides with Ball (Facing Coach)
25. Lane Slides with Ball (Back to Coach)

GEORGIA TECH BASKETBALL

HEAD COACH PAUL HEWITT

INDIVDUAL WORKOUTS

Our players go through individual workouts during the fall, winter and spring. We do these workouts in groups of 2 or 3 for 45 minutes, twice a week.

Sample Workout (Guards):

Drill	Number of Shots
5 spots 5 shots 2x	50
Elbow to Elbow	25
Wing to Corner – Left	25
Wing to Corner – Right	25
Shoot and Move inside the 3	25
+ 8,- 4 inside the 3	(8)
5 spots 5 shots behind 3 2x	50
Shoot and move behind the 3	25
+ 3, - 6 behind the 3	(3)
Make 2 free throws	

Sample Workouts (Post):

Mikan Drill
Flash to elbow 10x/per side
5 spots 5 shots 15 shots made
Elbow to Elbow shots (20 shots made)
Around the world v-cut
Free Throws
Pick-in-roll
Hook series
Post Moves
Turn around "J"
Up and under
Jump hook
Power lay-up
Explosion drill

Georgia Tech Men's Basketball Program

Match-up Press



Pressure Basketball

To Be a Good Pressing Team .....

A. You Do Not Have to Be Athletic

B. You Have to Be Devoted to Pressing

C. You Must be Willing to Play Your Bench

D. Players Must Be Committed to Getting Into Great Physical Condition

Pressure Basketball

Pros

A. Creates a lot of Offense so Players Like It

B. It Forces Players to Get Into Top Physical Condition.

C. You Test the Conditioning Level of Opponents

D. Pressure Defense will Take Players and Coaches Out of Their Comfort Zones. Some of their Practice Time is Chewed Up Preparing for Your Pressure.

E. Builds Team Camaraderie, Because You Use Your Bench.

Pressure Basketball

Cons

A. You Relinquish Some Control to Your Players

B. Players Will Get Some Uncontested Lay-Ups and Threes

C. You Must Make a Significant Commitment to Pressing or Some Phase of the Press Every Practice.

D. You Will Get A lot of Mismatches if you play Man to Man.

Pressure Basketball

You Should Try to Run a Variety of Zone Presses

We Prefer Match-Up Presses to Zone Presses

Match-Up Press Tests the Decision making Ability of the Ball Handler While He/She is on the Move

The Most Popular Match-Up Press is the "Box Press"

Pressure Basketball

Match-Up "Box " Press

Teaching Point: *Show the Whole then Break Down the Press*

2-2-1 Formation

1-2-1-1 Formation

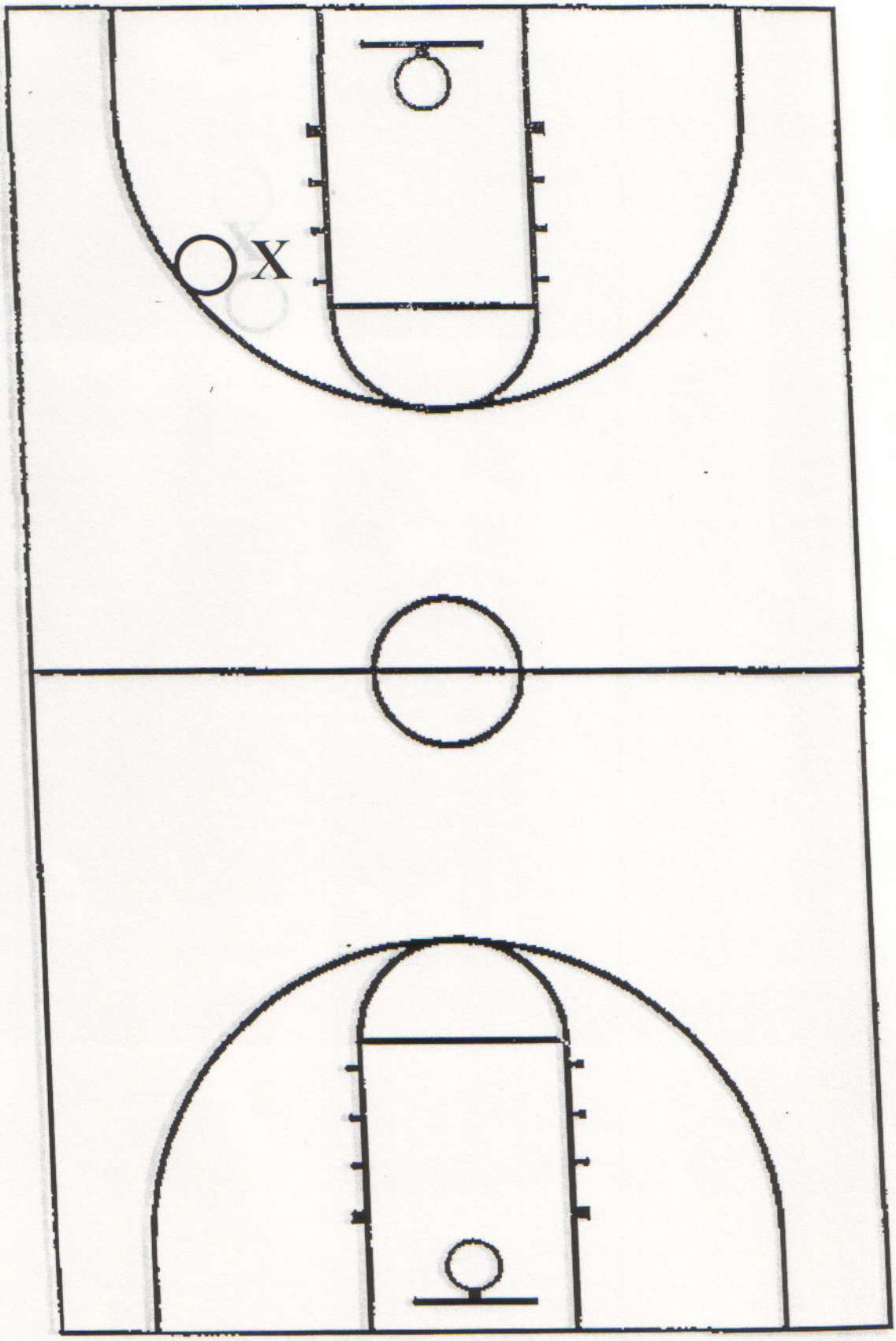
Review Box-Diamond-Box

Review Trapping Keys & Rotations

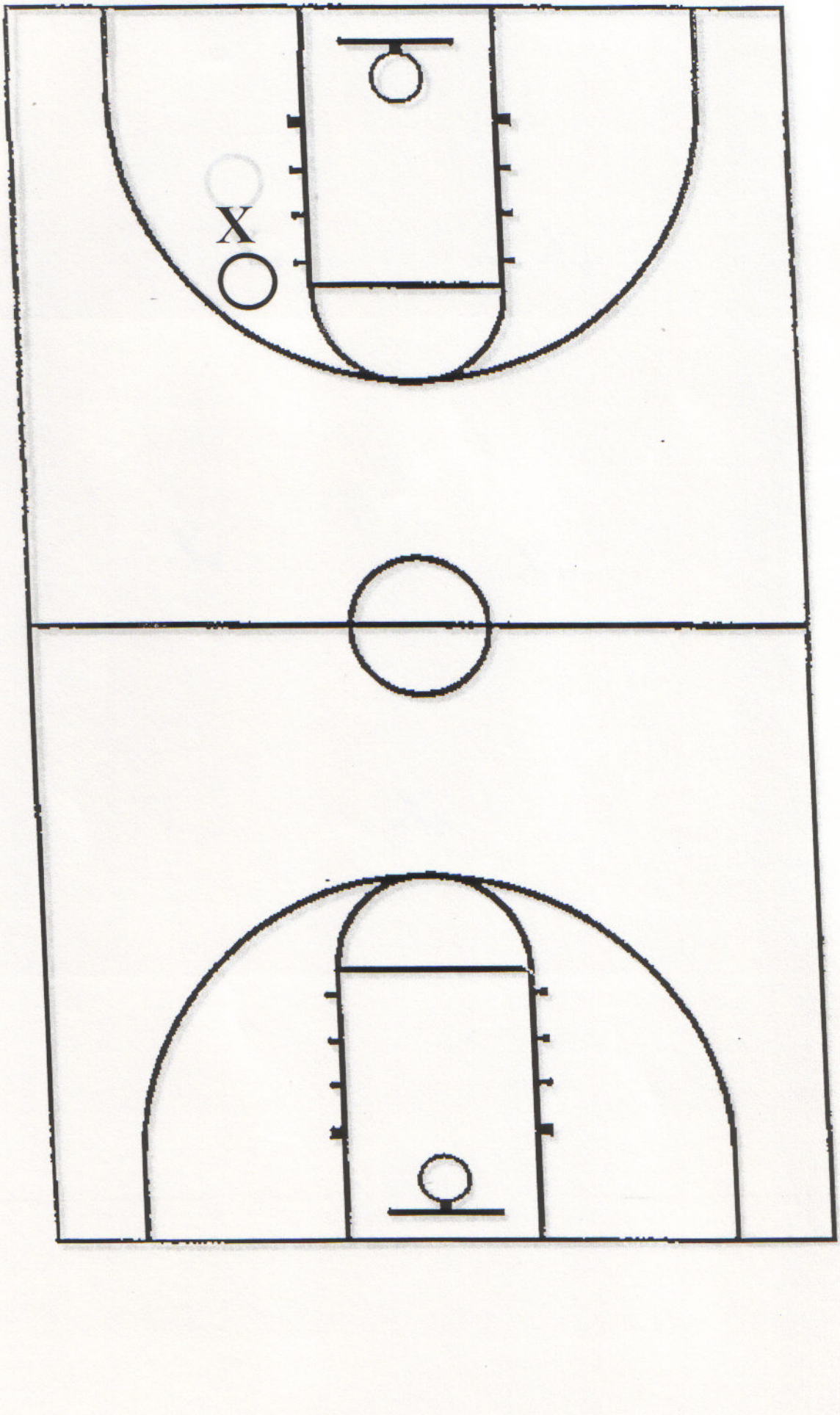
Review Denial Methods

1. Mirror
2. Front
3. Behind

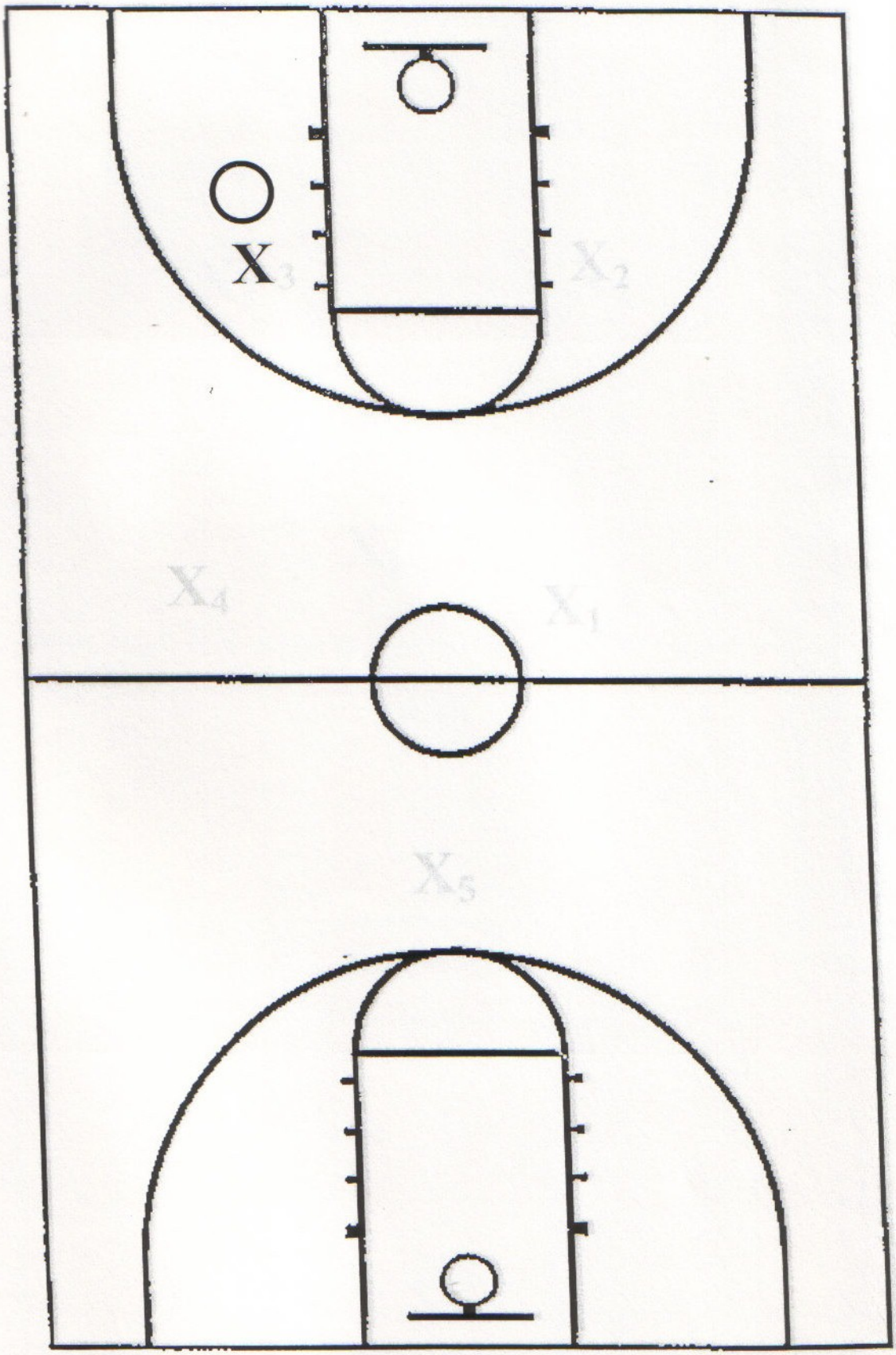
Mirror



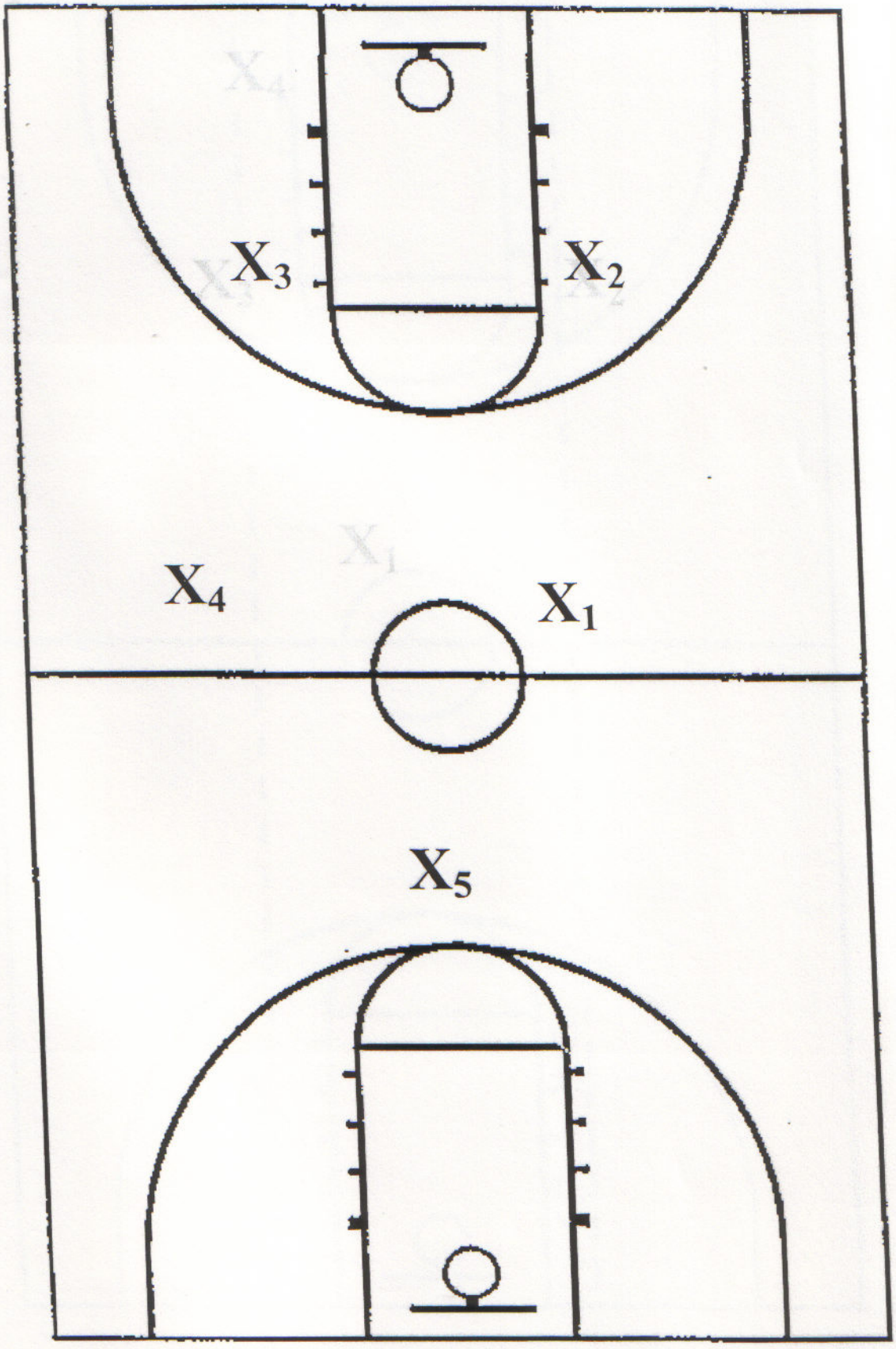
Front



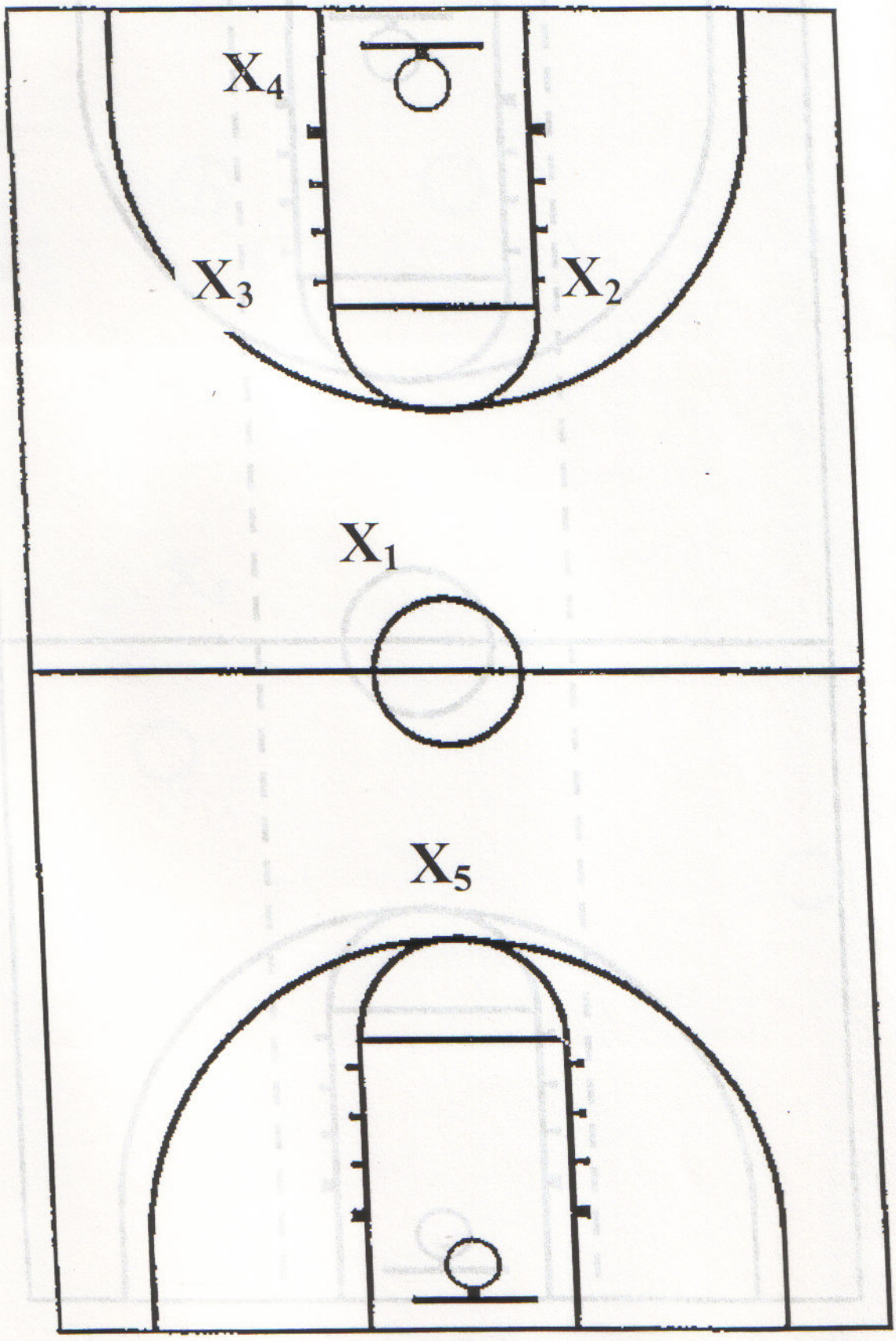
Behind



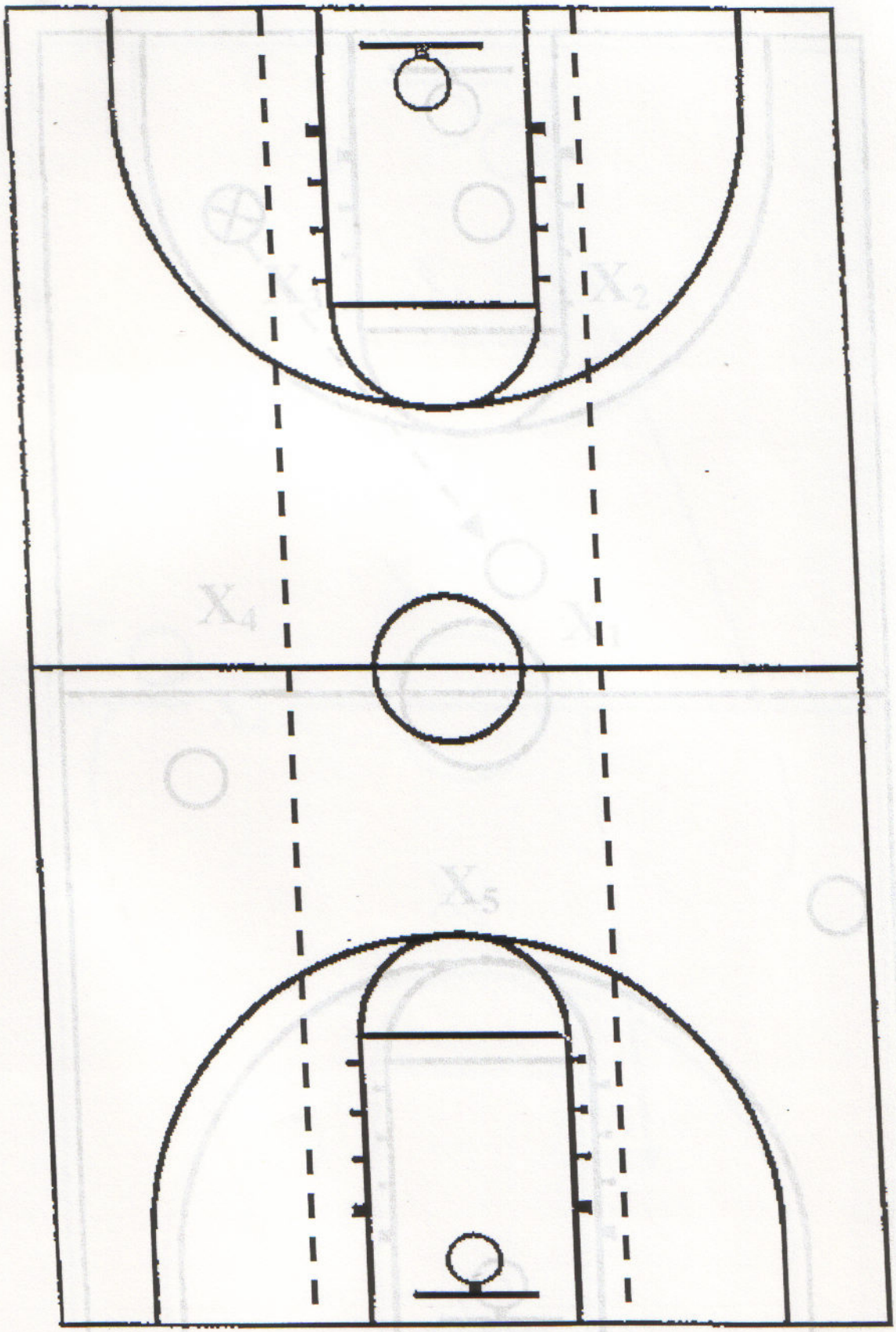
2-2-1
Set-up



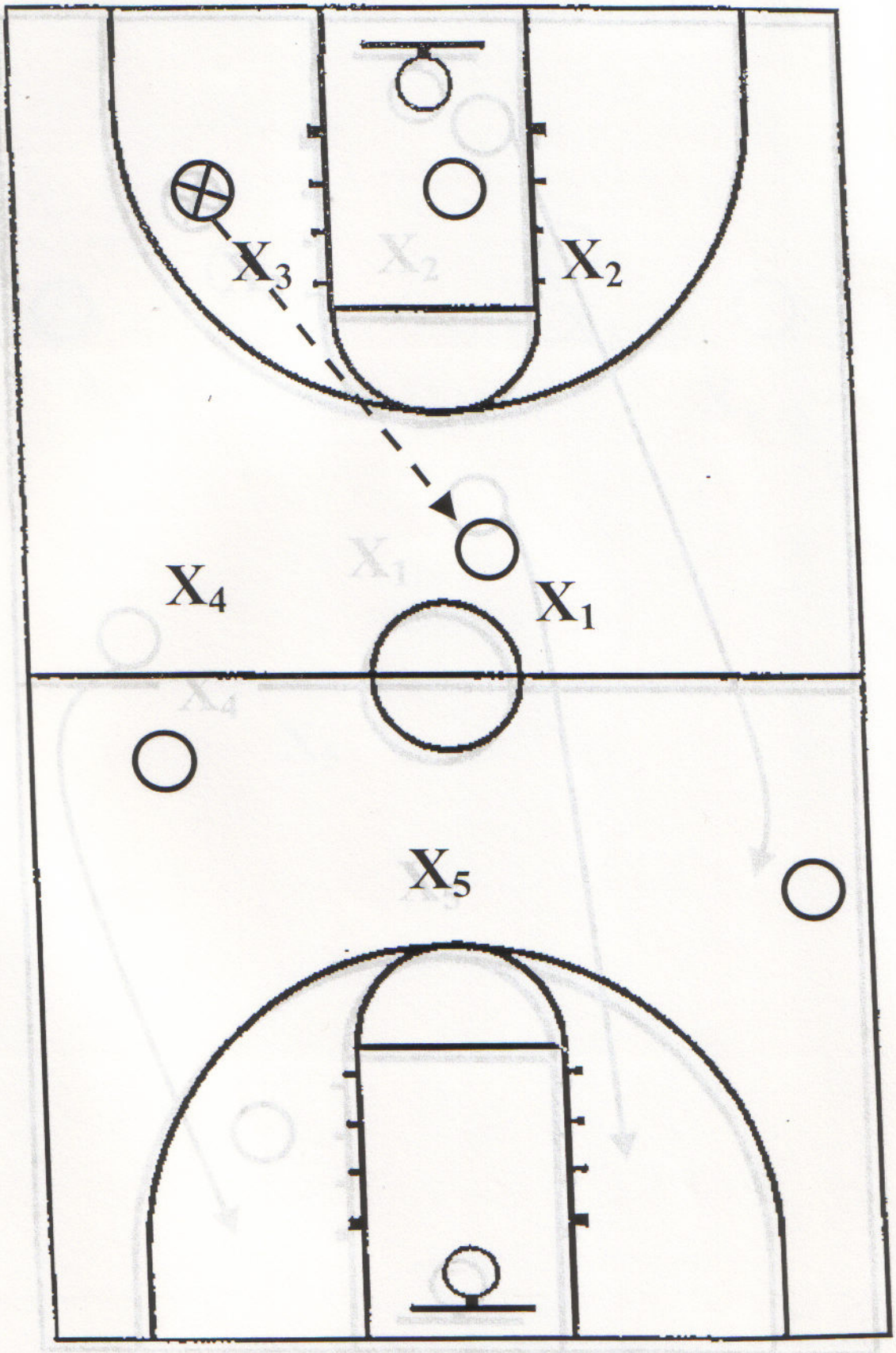
1-2-1-1
Set-up



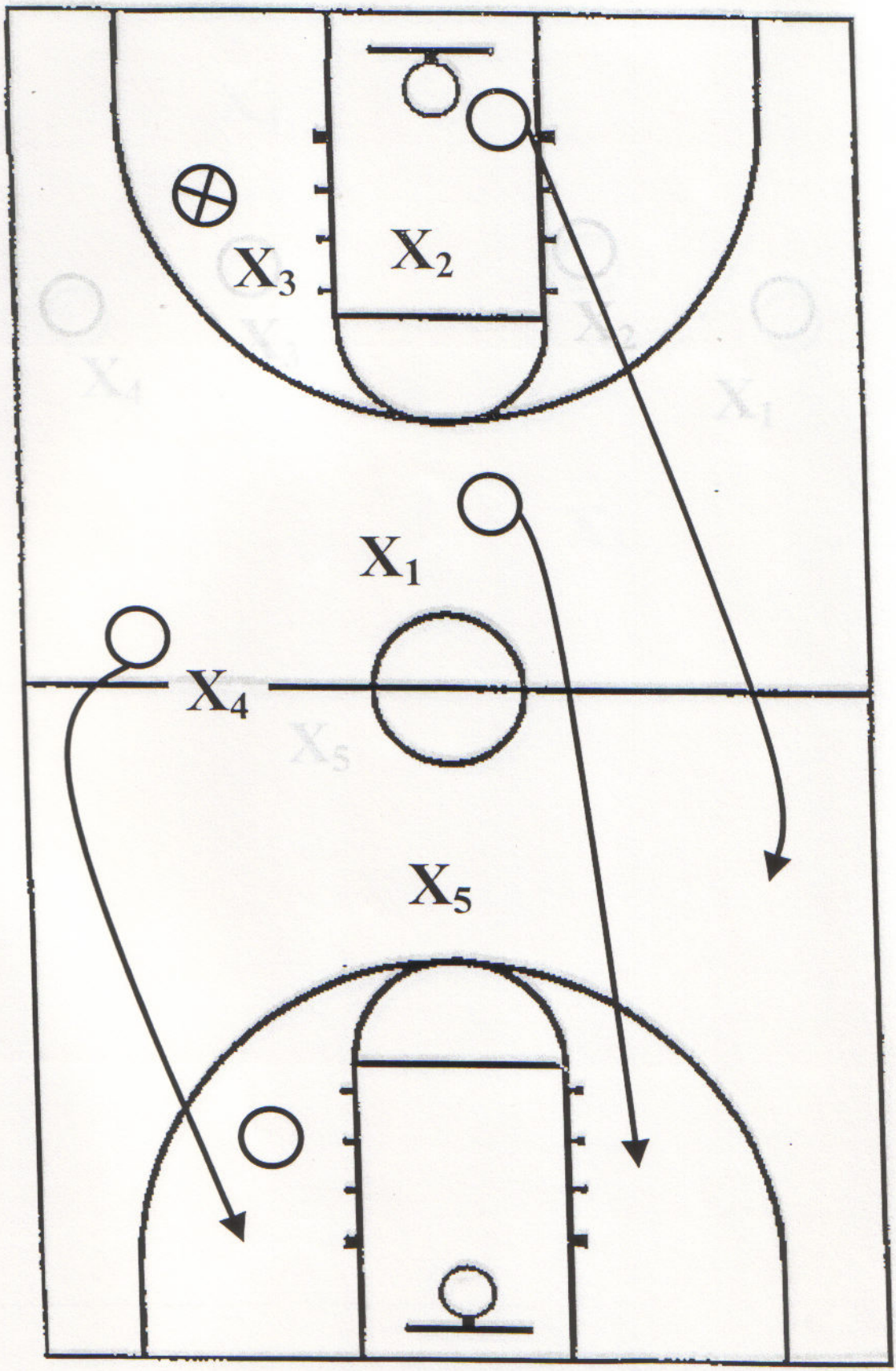
Box - Diamond Box



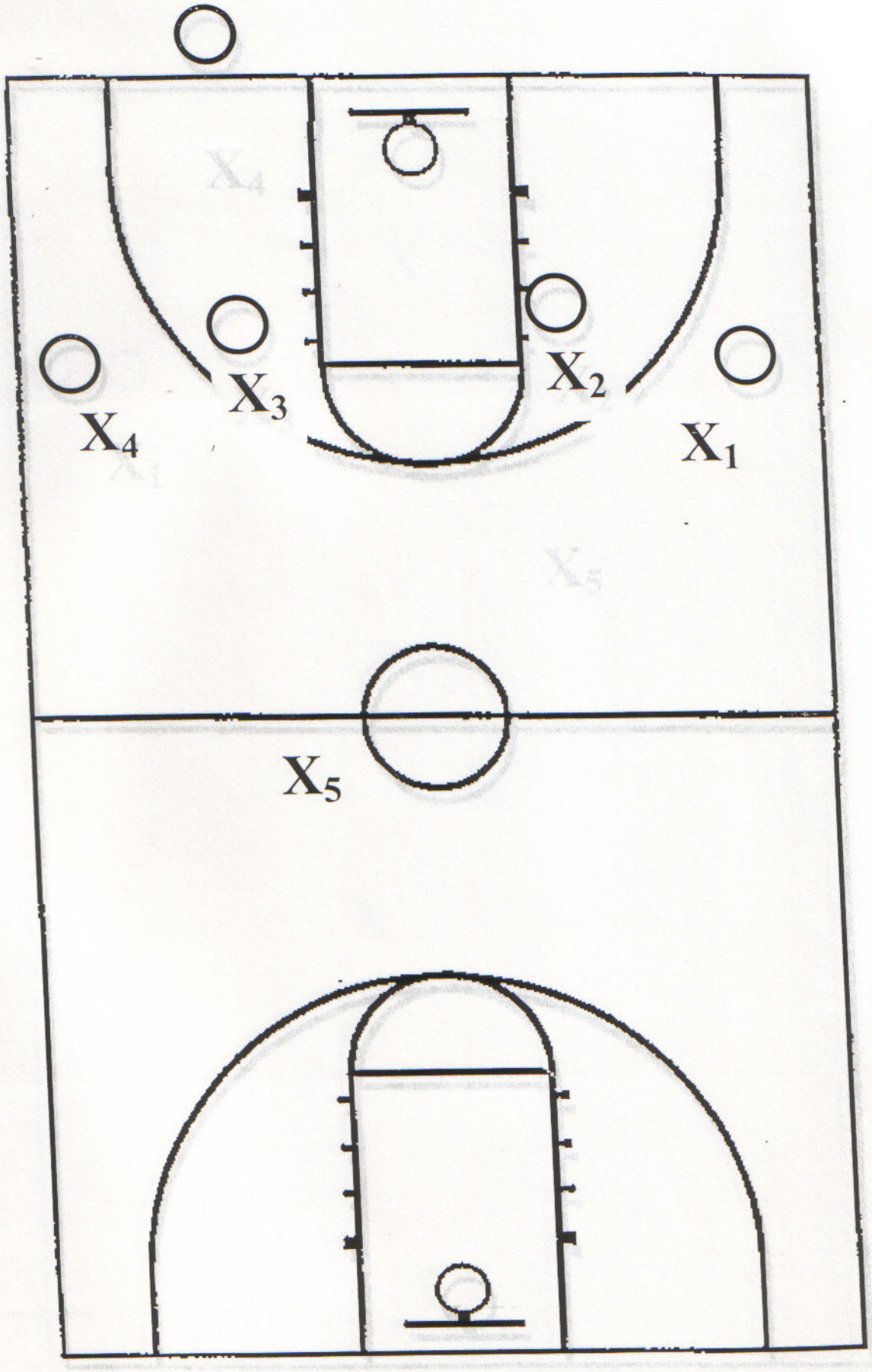
Pass to Middle



Vs. Clear-Outs



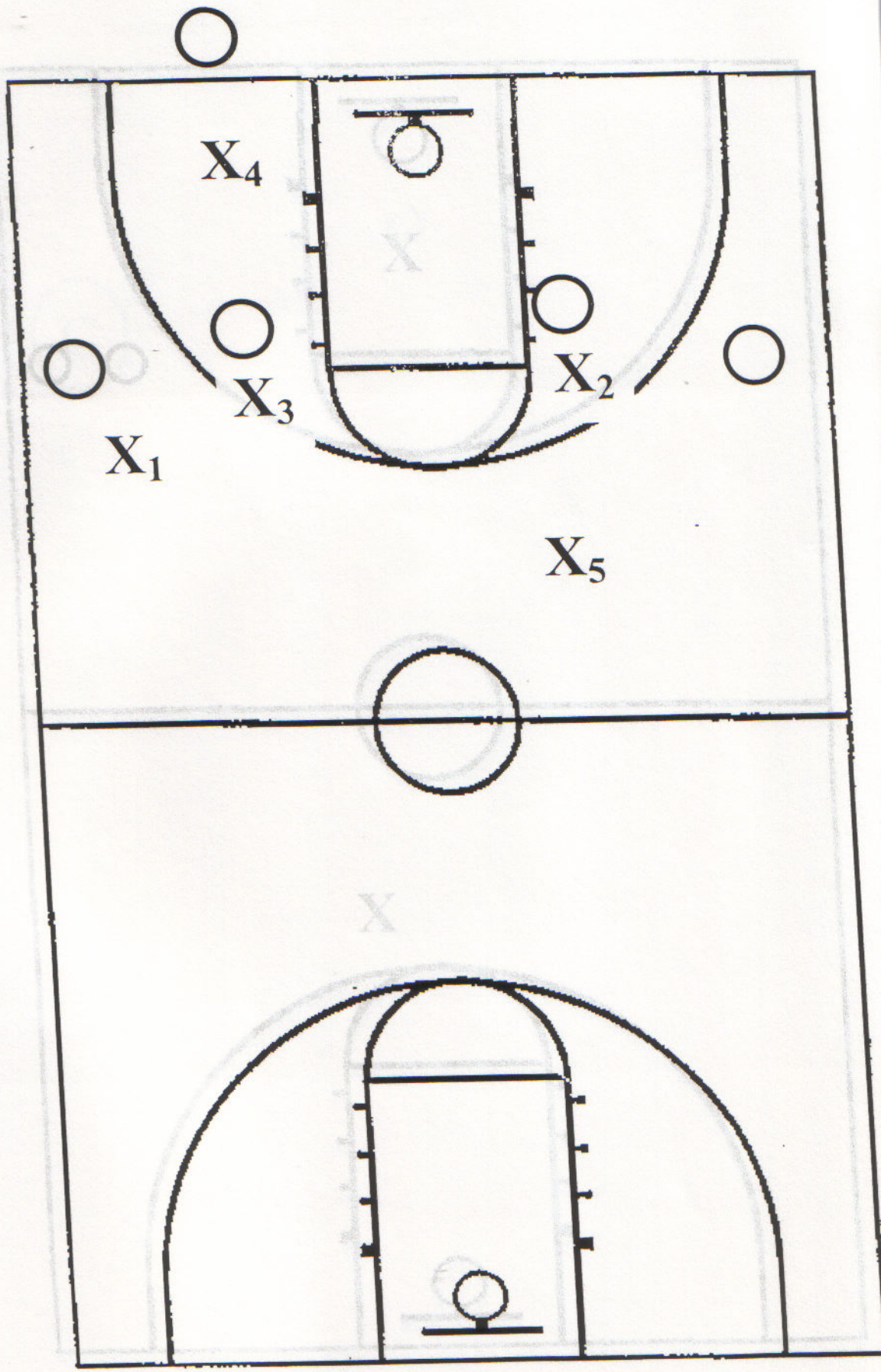
2-2-1
vs.
1-4



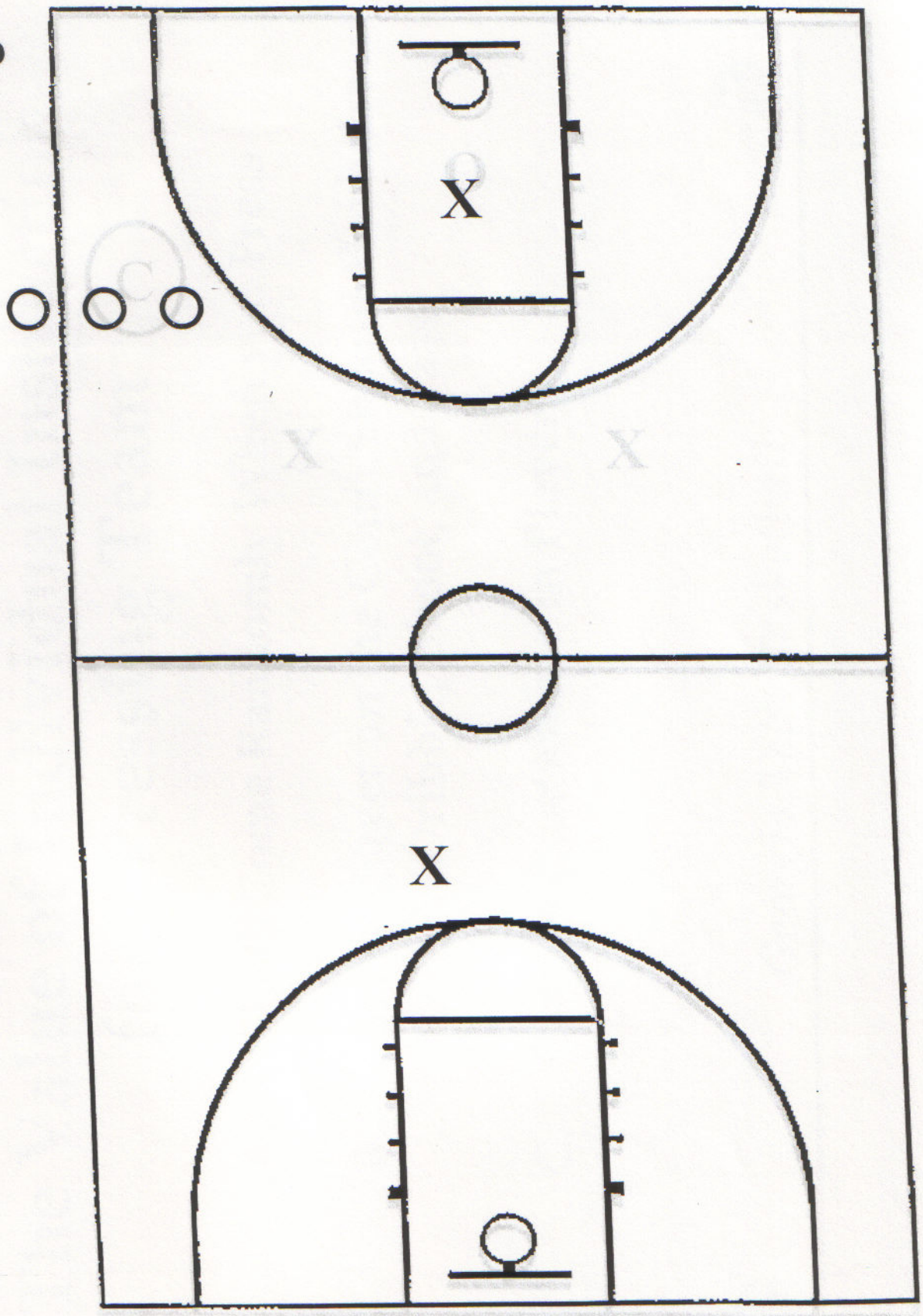
1-2-1-1

vs.

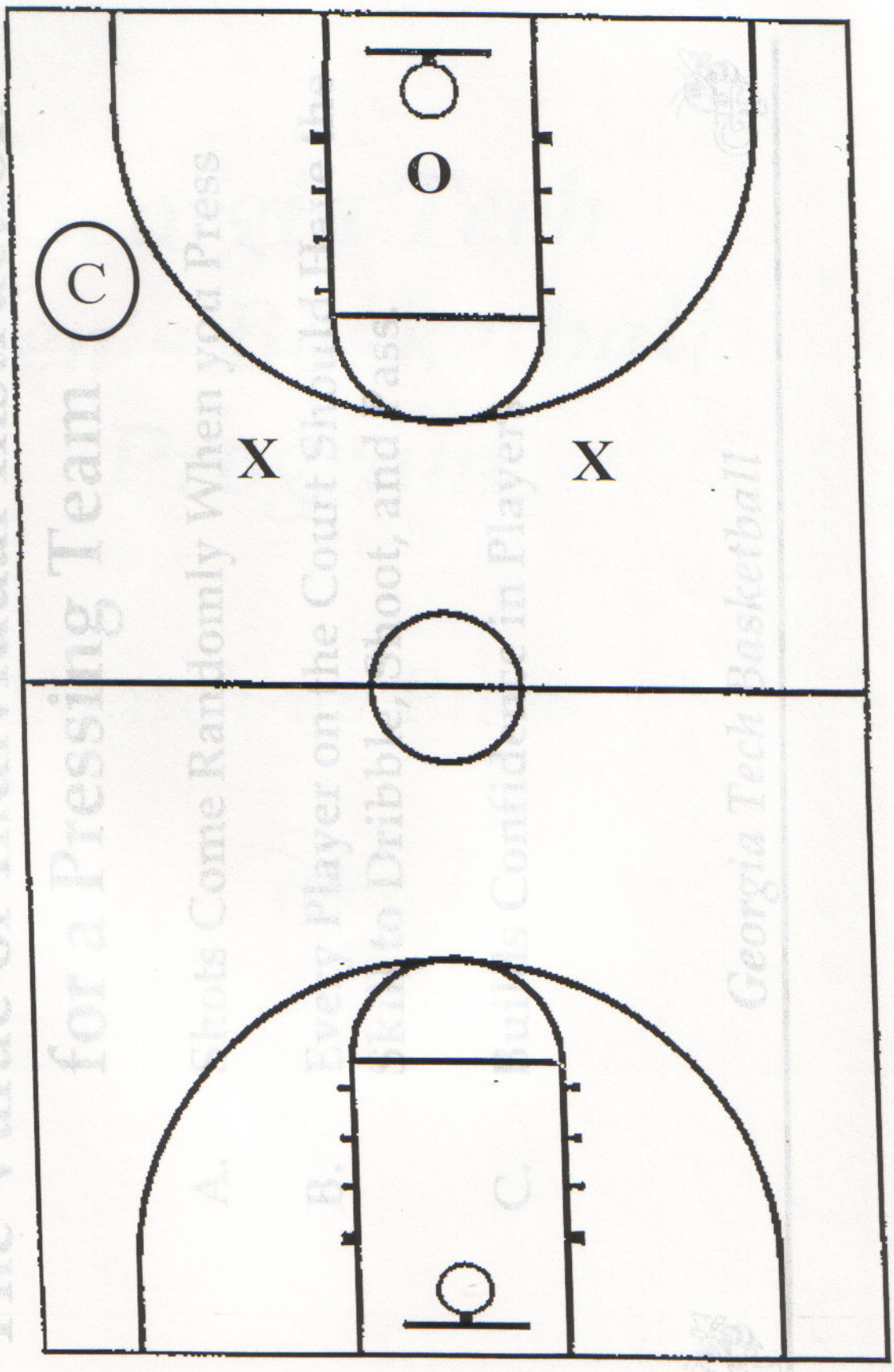
1-4



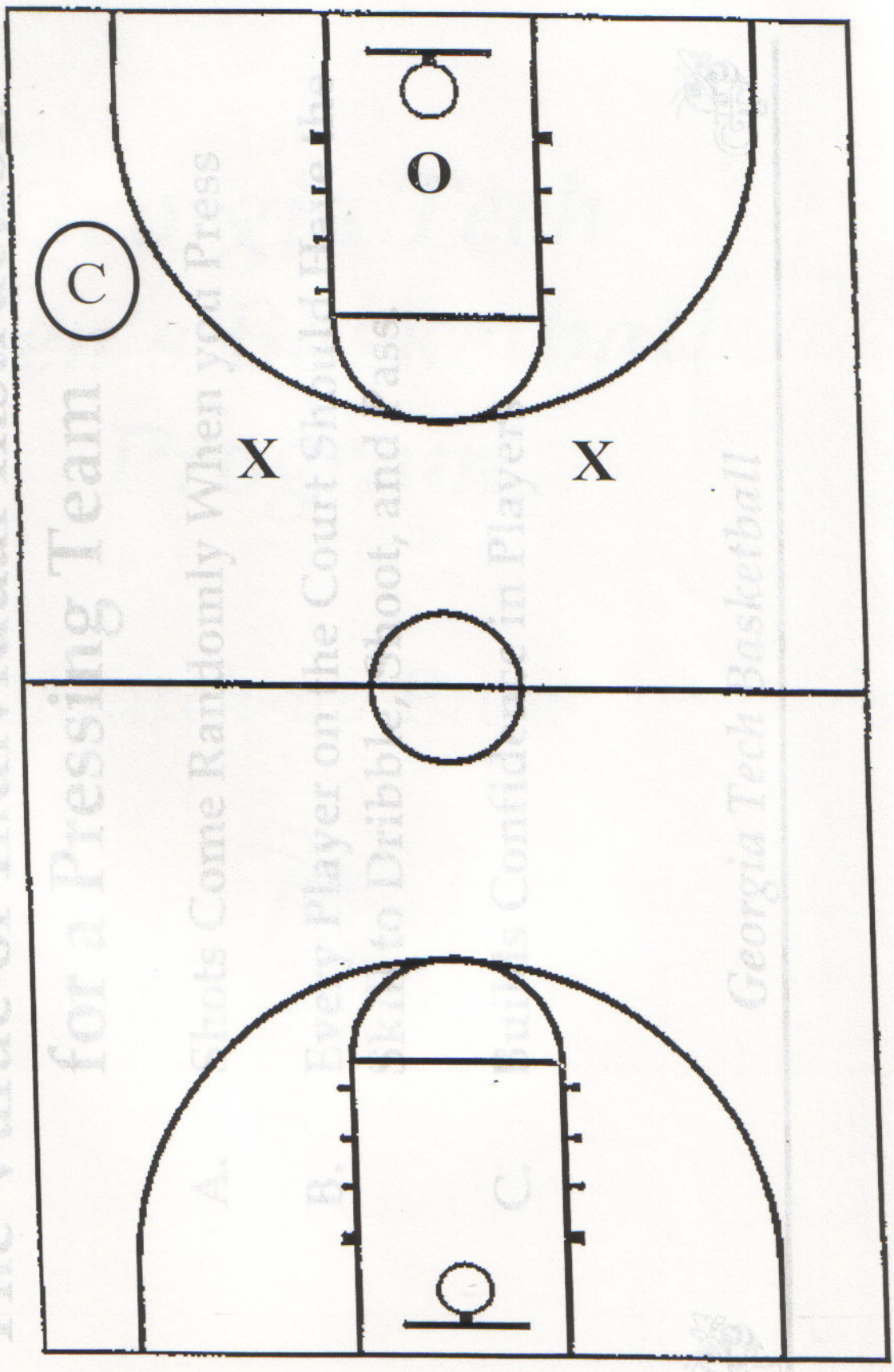
Back Tip Drill



Trap Game

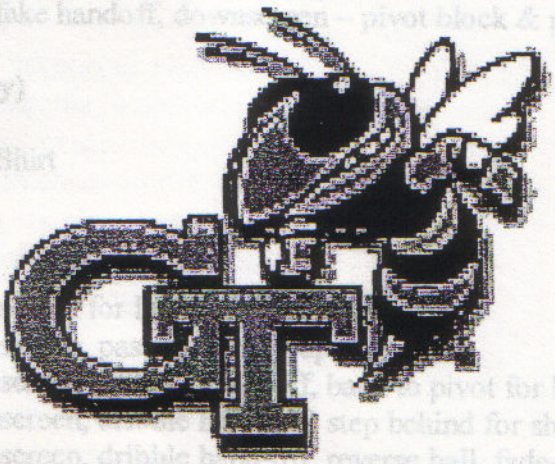


Trap Game



GEORGIA TECH

BASKETBALL



MOTION OFFENSE

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

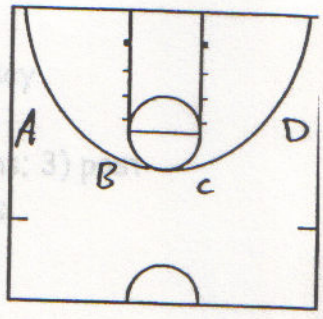
Thumbs-up (1-4 set: wing entry, opposite guard curls off pivot)

1. Curl, pop, reverse, backscreen for post

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

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).

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

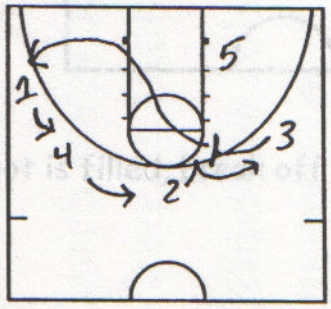
Motion Rules

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

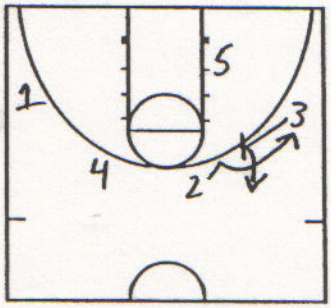
Spacing outside 3 point line if you see driving opportunities

Post Feed & Cut

Passer screens above the elbow
And 1) cuts to opposite side of rim

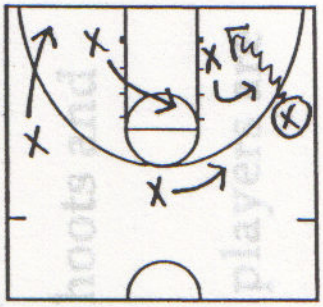


or 2) screens and bumps back



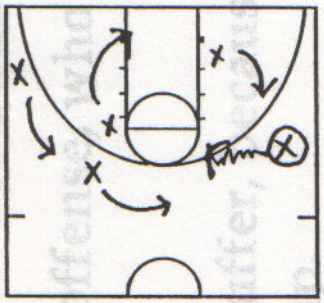
Baseline Drive Alignment

- Perimeter player fills corner
- Weak side post player should move to below foul line area
- Strong side post shape up



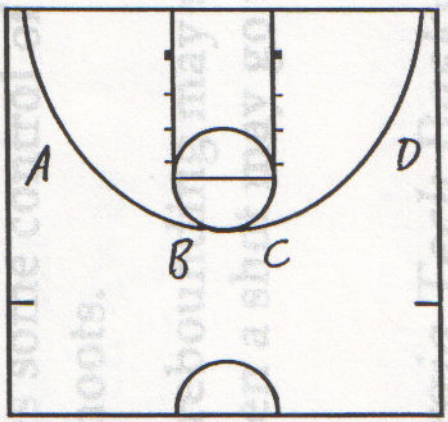
Middle Drive Alignment

- 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

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.

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

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**

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.

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 Men's Basketball Program

Secondary Break



Secondary Break Rules

1) Advance the Ball With a Purpose

A. Pitch the Ball Ahead

B. Push the Ball to the Elbow

C. Cross the Court

2) Run the Floor Hard Not Fast

A. Perimeter Players Run Wide to Improve the Catching Angle

B. Cut to the Rim at the Foul Line Extended

Secondary Break

Goals for Each Position to Get a Good Shot

1) Out Run Your Opponent
2) Strong Side Wing
   a) Runs Wide and Dives if the Lane to the Rim is Open
   b) If Strong Side Block is Occupied, Wing Slides to the 3 Point Line
3) Post Player that Wins the Block
   Tries to Get Deep Post Position Under the Rim if Allowed

Secondary Break

Goals for Each Position to Get a Good Shot (Con't)

4) **Weak Side Wing**
   a) Runs the Lane Wide and Looks to Make a Basket Cut From the Elbow Extended
   b) If No Basket Cut is Available, Wing will Fade to the Corner to Maintain Spacing

5) **Point Guard**
   Drives the Ball to the Elbow or Cross the Ball to the Opposite Elbow
   a) Point Guard Tries to Put Defender on His Heels For the Pull Up Jumper or,
   b) Drive By With a Stop and Go Move or,
   c) Back Dribble to Secondary Break if Shot is Not Available

6) **Post Trailer**
   Runs Behind the 3 Point Line to Keep Good Spacing

Secondary Break

Shot Selection in Transition is Affected by How Hard you Run the Floor

1) Good Shots
   a) Lay-Ups
   b) Shots off the Dribble versus 1 Defender
   c) Shots that Come From the Deep Post Position
   d) Transition 3 Point Shots (Open or Contested)
      Rebounding Advantages that are gained

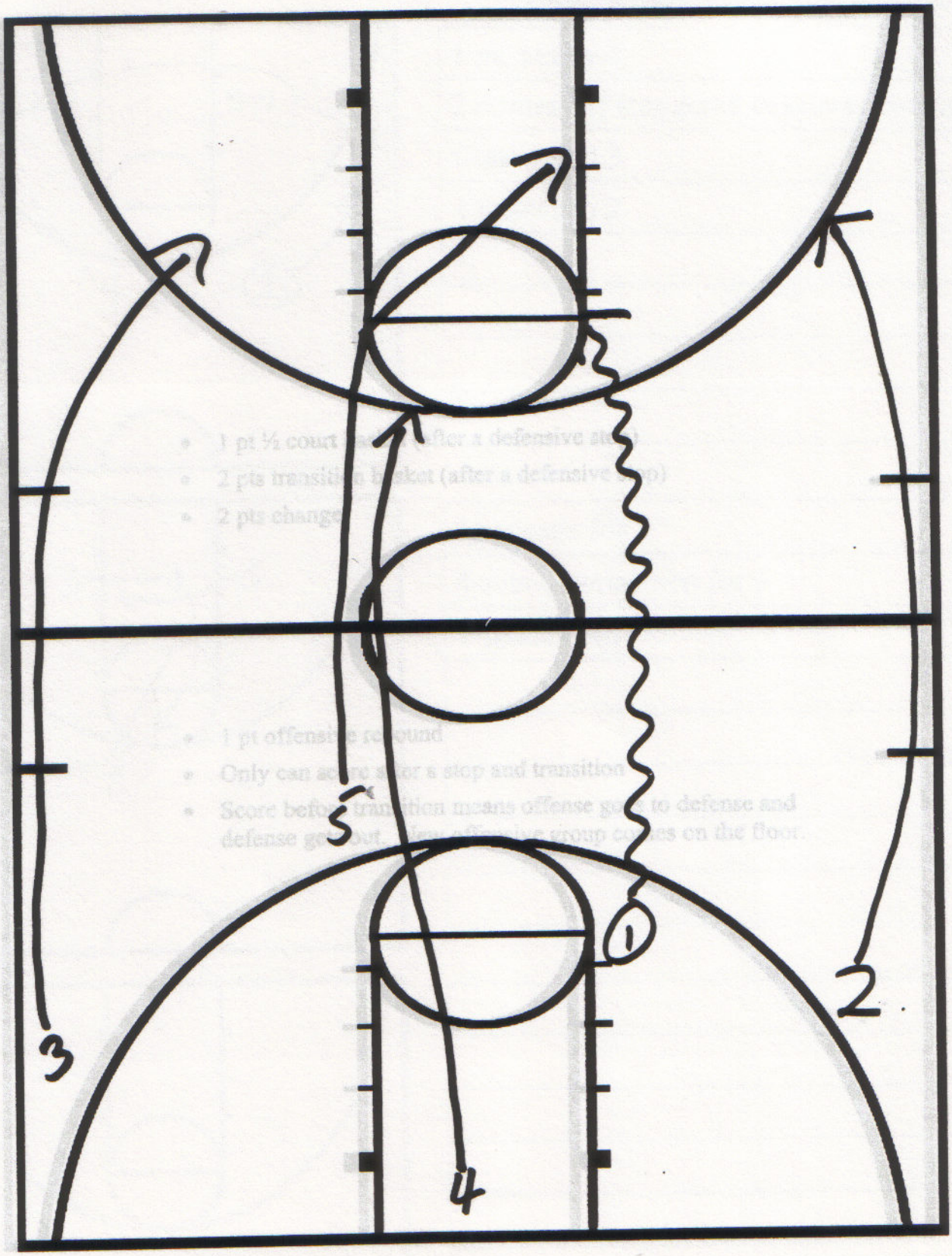
2) Poor Shots
   a) Contested 3 Point Shots With No Rebounders
   b) Lay-up Attempts Contested By Two or More Defenders
   c) Contested Shots With the Rest of Your Teammates Not Running the Floor

Secondary Break

Value of an Organized Secondary Break

1) **Gives Your Team Structure Even in an Attacking, Running Mode**
2) **Does Not Allow the Defense to Catch Up in the Possession**
3) **Will Encourage Good Shot Selection (Don't Run and Shoot Just for the Sake of Running and Shooting)**

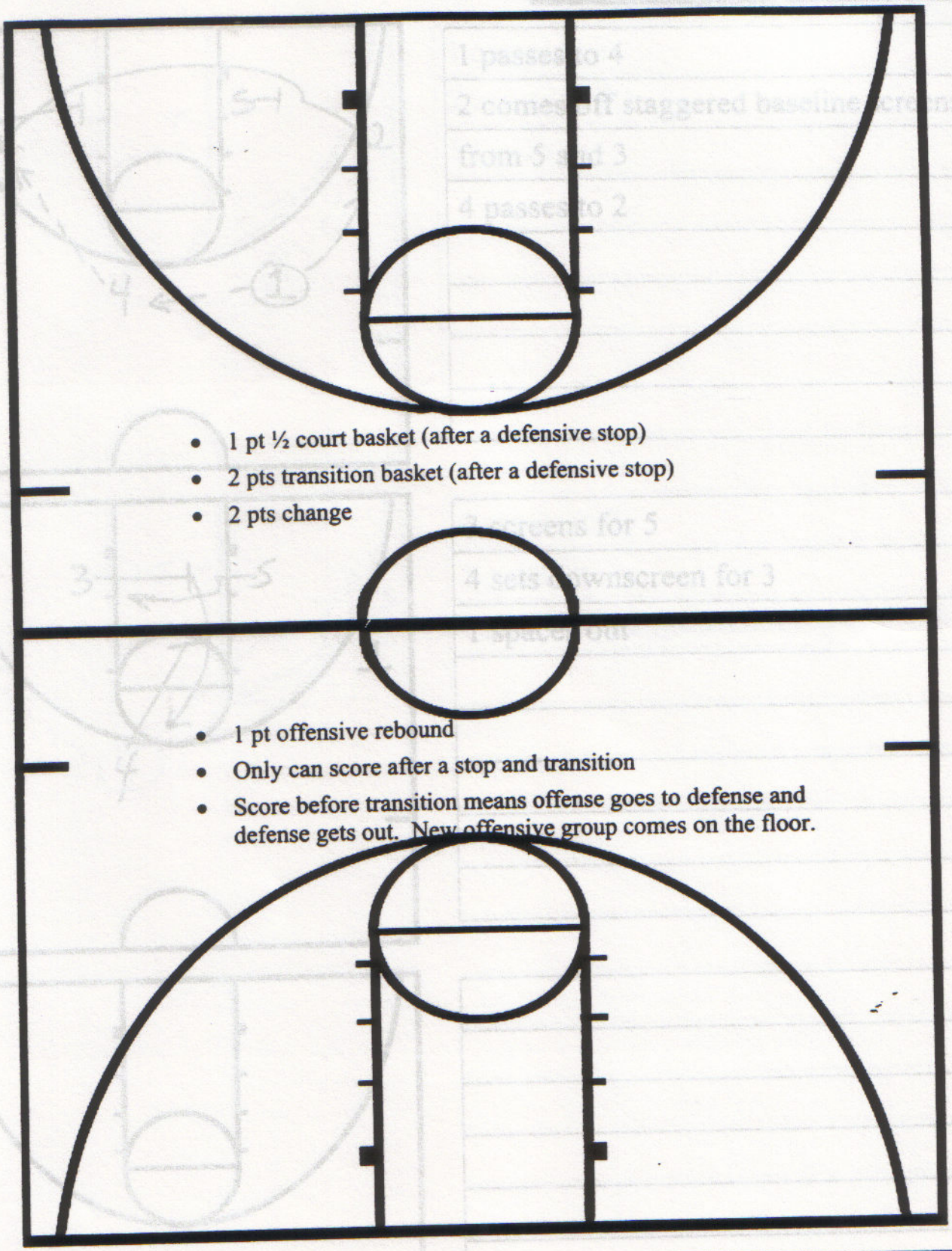
rgia Tech Basketball Play: 5-0 Cycle Series



2,3 & 5 Get a lay-up and a jump shot
4 & 1 Get a lay-up
4 & 1 Get two jump shots

Opponent:

gia Tech Basketball Play: Drills for Fastbreak 4-on-4-on-4



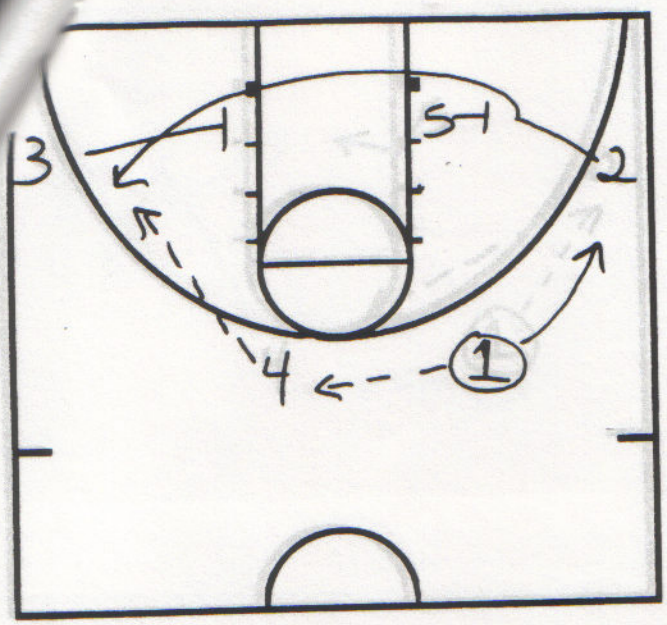
- 1 pt ½ court basket (after a defensive stop)
- 2 pts transition basket (after a defensive stop)
- 2 pts change

- 1 pt offensive rebound
- Only can score after a stop and transition
- Score before transition means offense goes to defense and defense gets out. New offensive group comes on the floor.

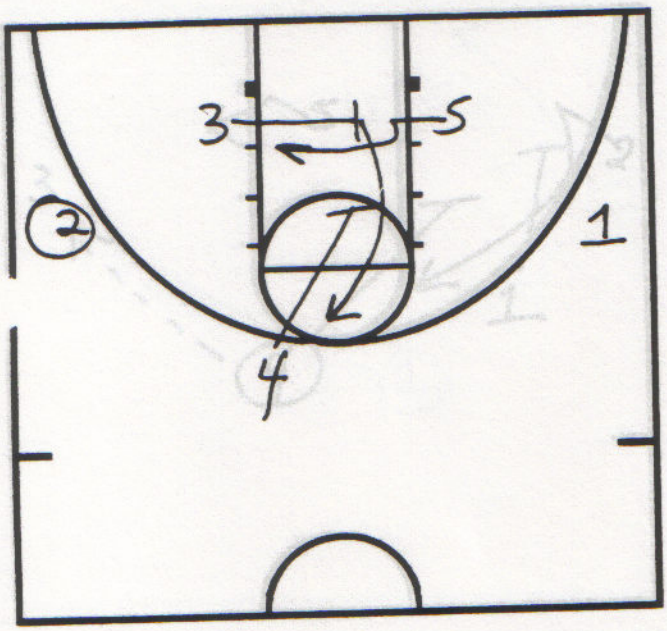
Opponent:

rgia Tech Basketball

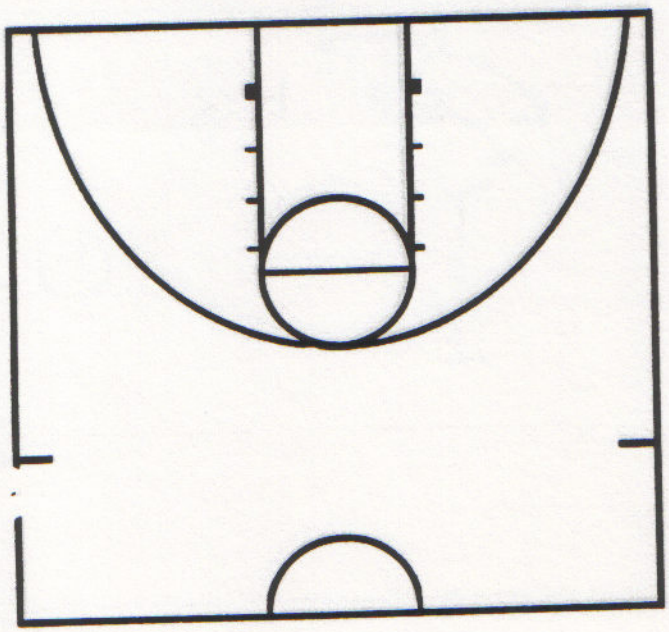
Play: Secondary 1 to 4 "Tap the Leg"



1 passes to 4
2 comes off staggered baseline screens
from 5 and 3
4 passes to 2



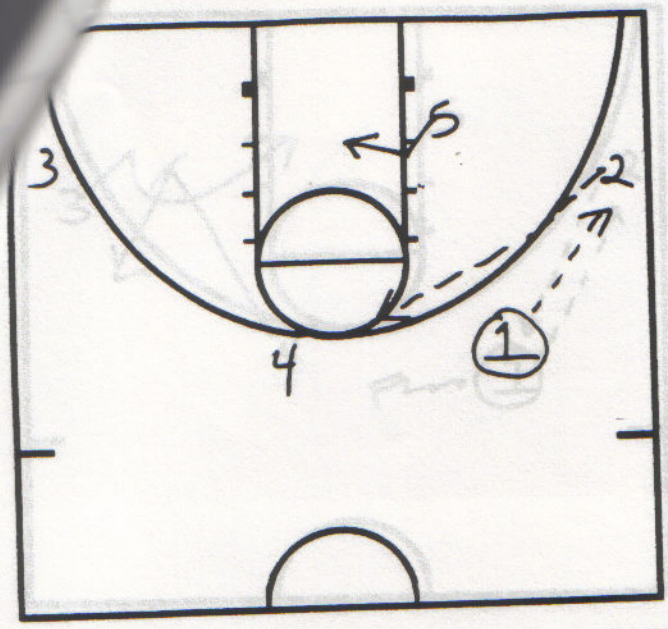
3 screens for 5
4 sets downscreen for 3
1 spaces out



Opponent:

gia Tech Basketball

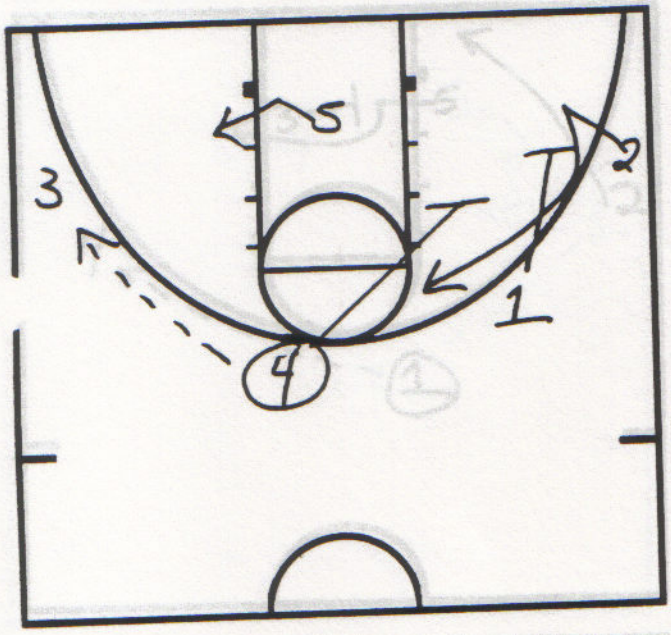
Play: Secondary – 1 to 2 to 4 "Iso" "Tap Chest"



1 passes to 2

2 passes to 4

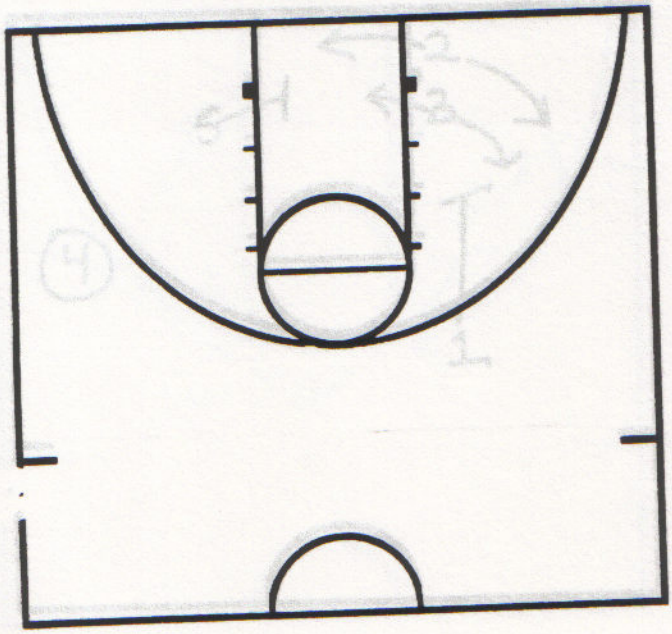
5 Ducks In



4 passes to 3

5 posts up

4 and 1 set staggered double screen for 2



5 and 1 set screens for 2 and 3

2 and 3 go opposite of each other

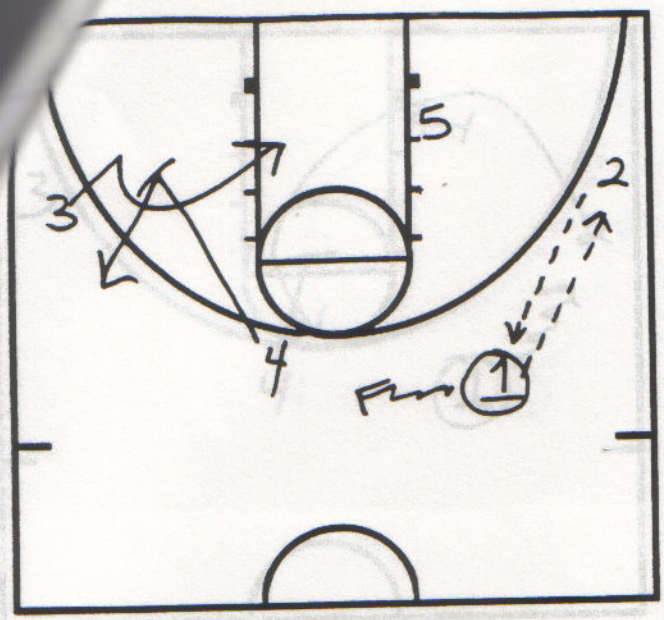
Looking for a shot

** 2 goes first **

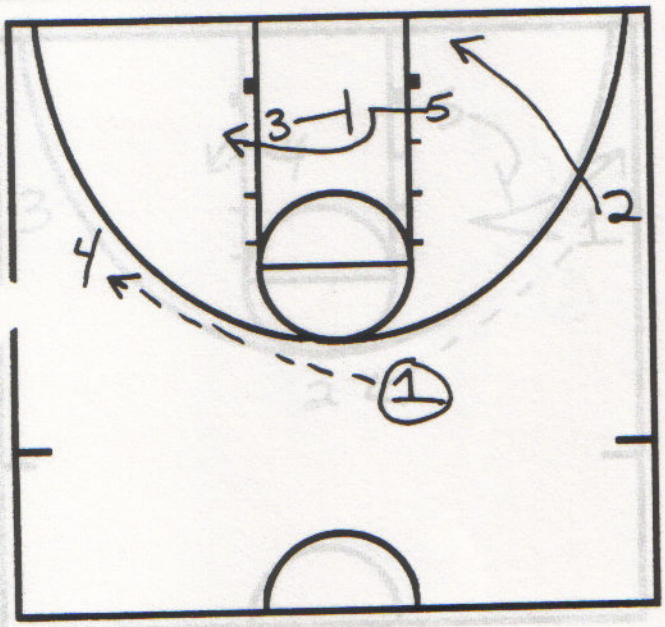
Opponent:

gia Tech Basketball

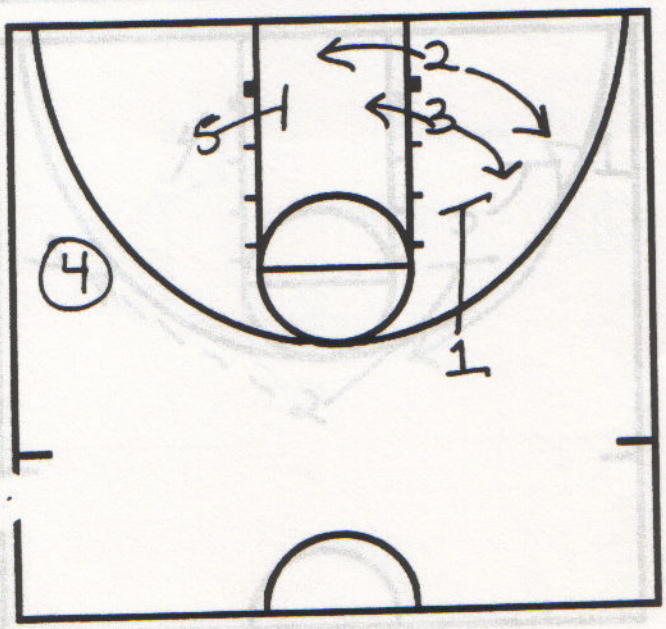
Play: Secondary – 1 to 2 to 1 "Pin Down" "Thumb Down"



1 passes to 2
2 passes back to 1
4 screen down for 3
3 curls to basket



1 passes to 4
3 screens for 5
2 dives to baseline

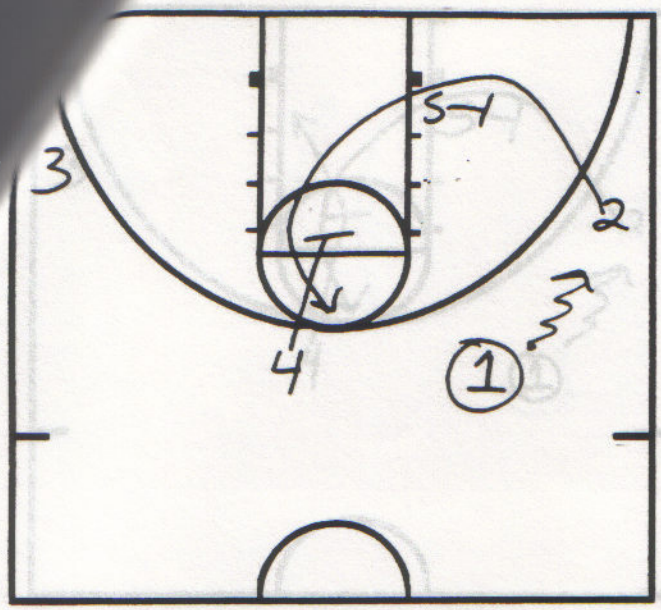


5 and 1 set screens for 2 and 3
2 and 3 go opposite of each other
Looking for a shot
** 2 goes first **

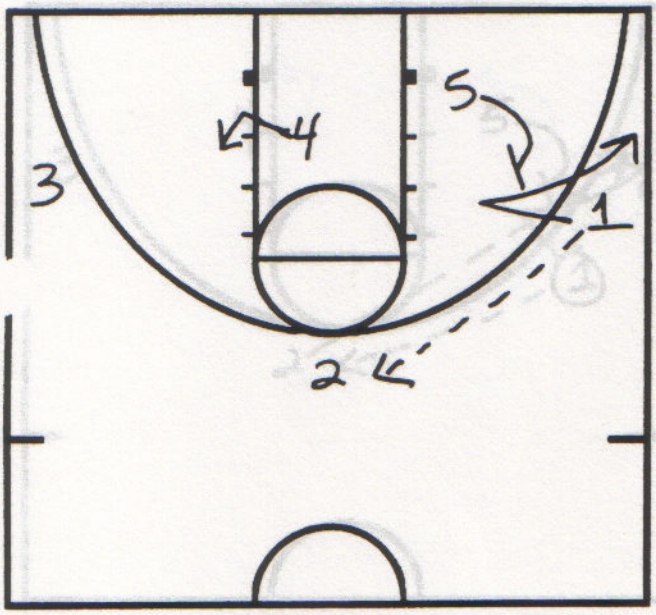
Opponent:

gia Tech Basketball

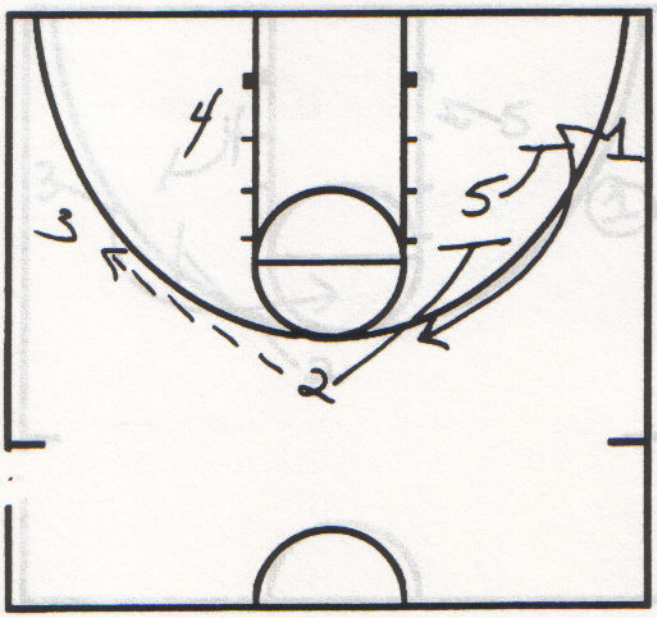
Play: Secondary – 4 Down



1 dribbles 2 thru
5 sets backscreen for 2
4 sets downscreen for 2



1 passes to 2
5 backscreens for 1
4 posts up

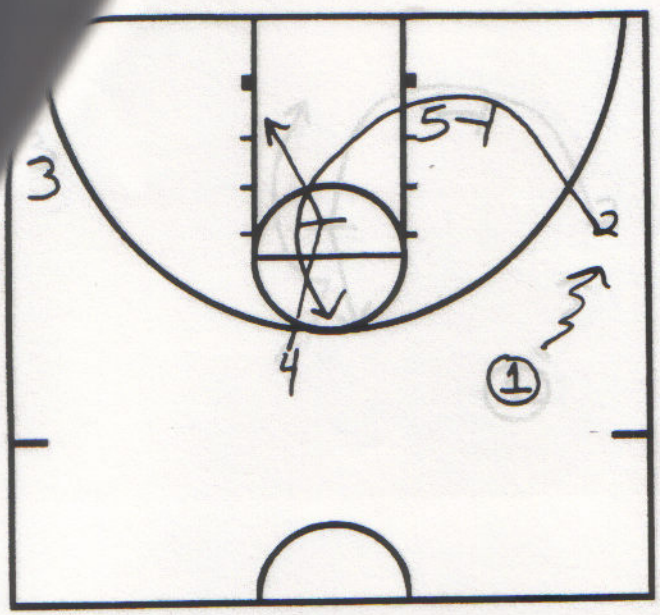


2 passes to 3
4 posts up
2 and 5 set staggered screen for 1

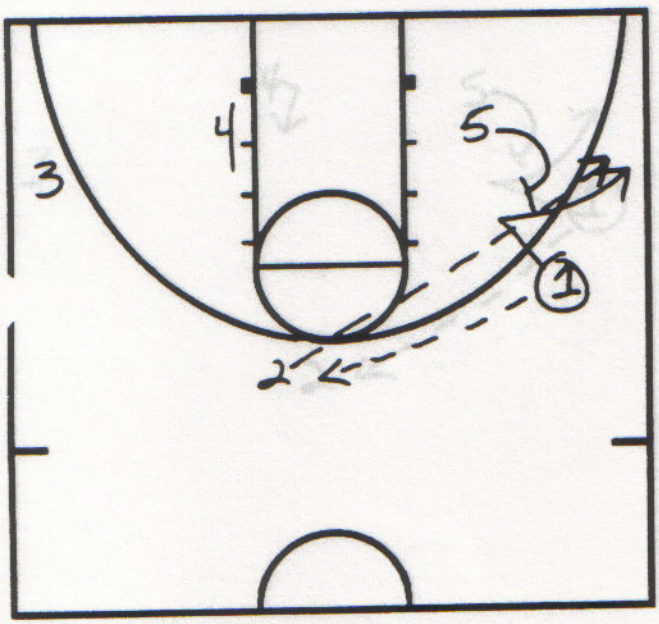
Opponent:

gia Tech Basketball

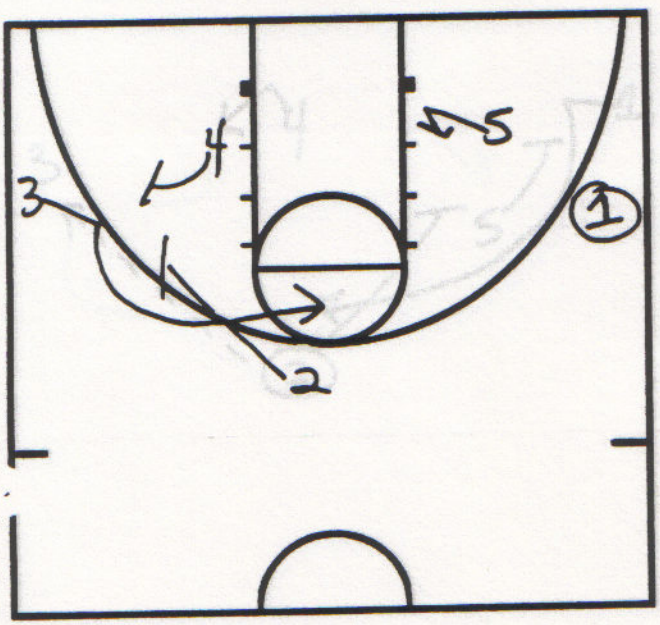
Play: Secondary – 4 Down Option (2 back to 1)



1 dribbles 2 thru
5 sets backscreen for 2
4 sets downscreen for 2



1 passes to 2
5 backscreens for 1
2 passes back to 1

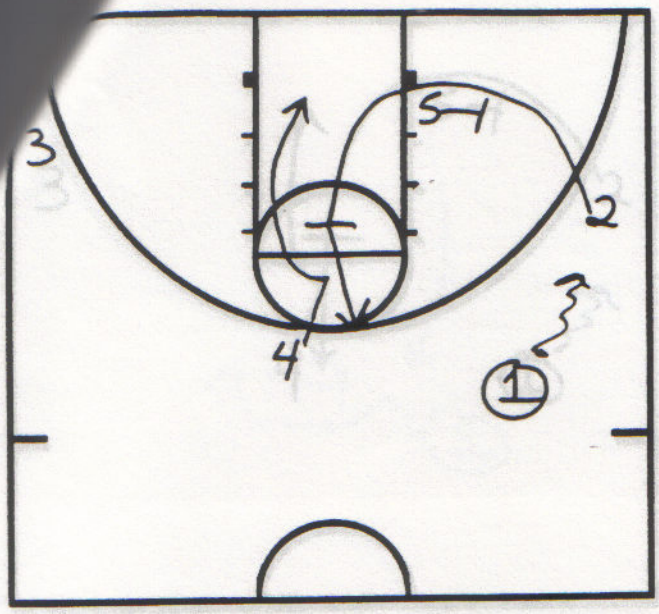


5 Posts up
4 and 2 set staggered double screen for 3

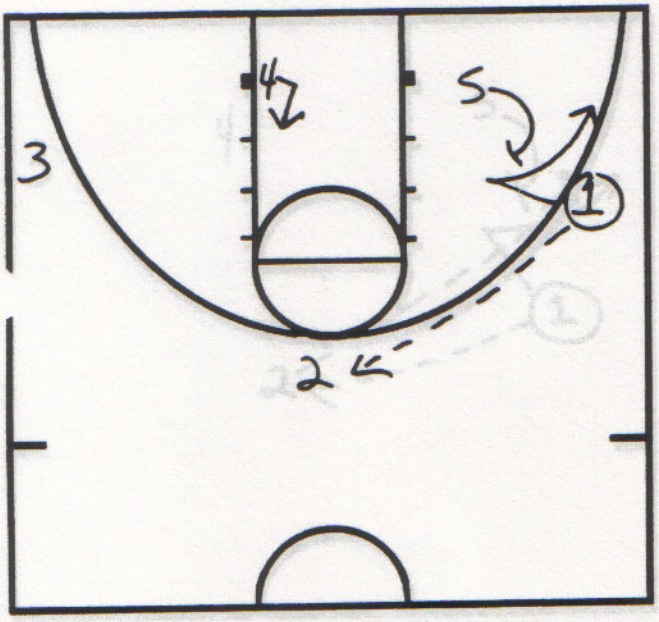
Opponent:

gia Tech Basketball

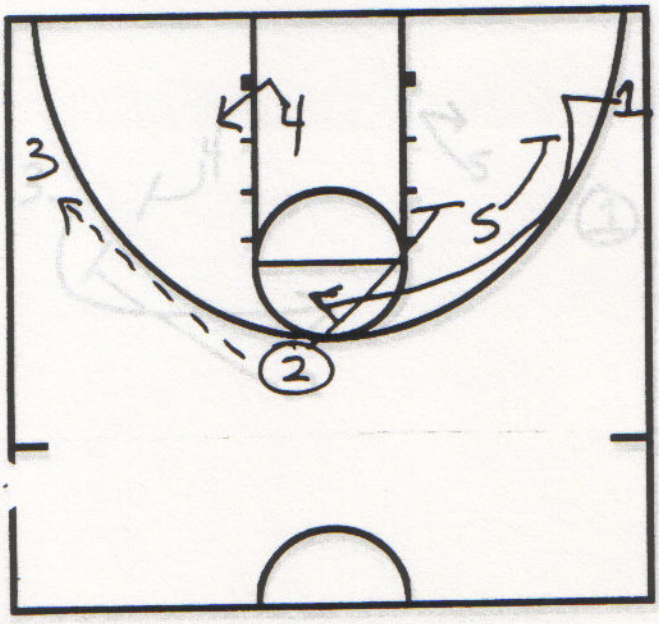
Play: Secondary – 4 Up



1 dribbles 2 thru
5 sets backscreen for 2
2 sets backscreen for 4
1 looks for lob to 4



1 passes to 2
5 backscreens for 1
4 posts up

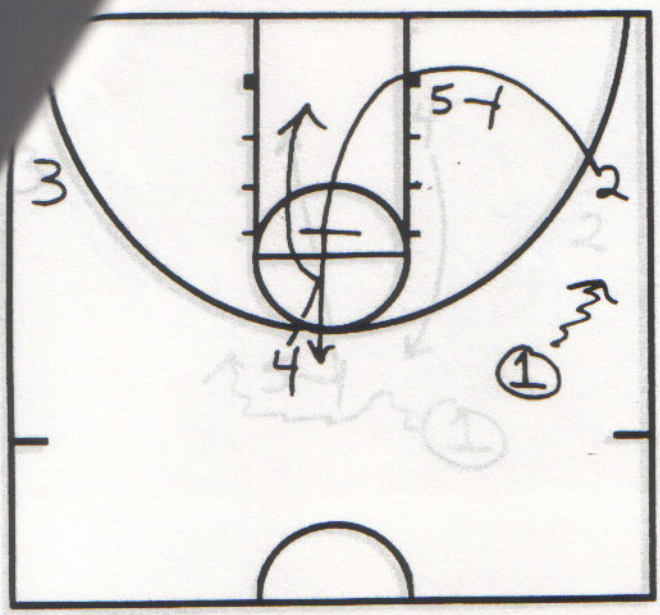


2 passes to 3
4 posts up
2 and 5 set staggered screen for 1

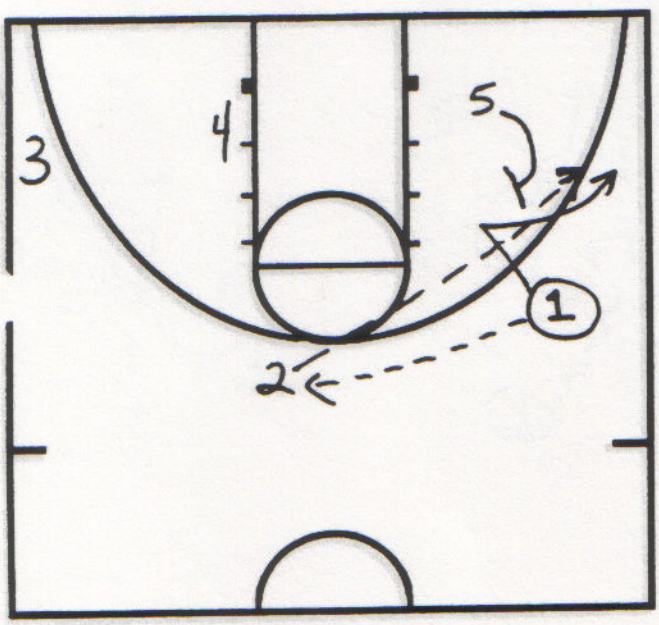
Opponent:

gia Tech Basketball

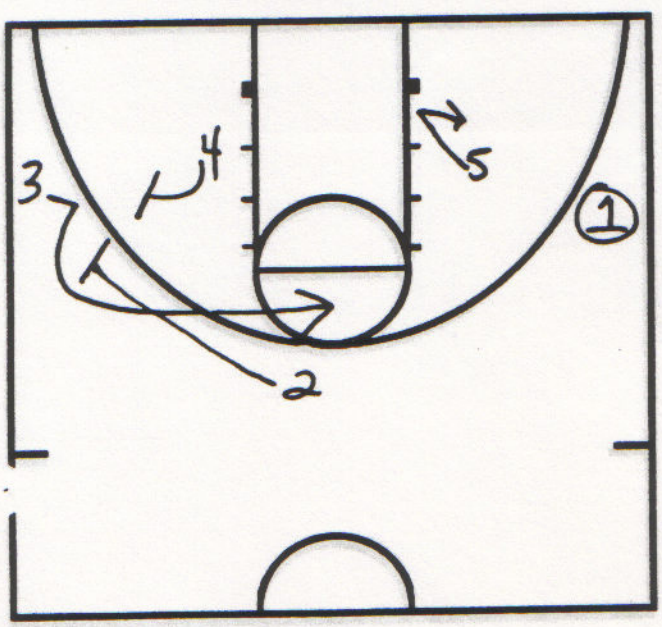
Play: Secondary – 4 Up Option (2 back to 1)



1 dribbles 2 thru
5 sets backscreen for 2
2 sets backscreen for 2



1 passes to 2
5 backscreens for 1
2 passes back to 1

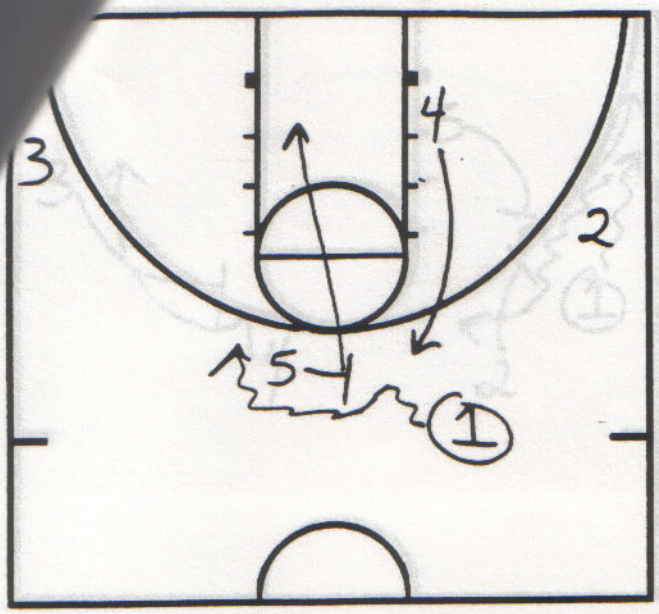


5 Posts up
4 and 2 set staggered double screen for 3

Opponent:

gia Tech Basketball

Play: Secondary – "3"

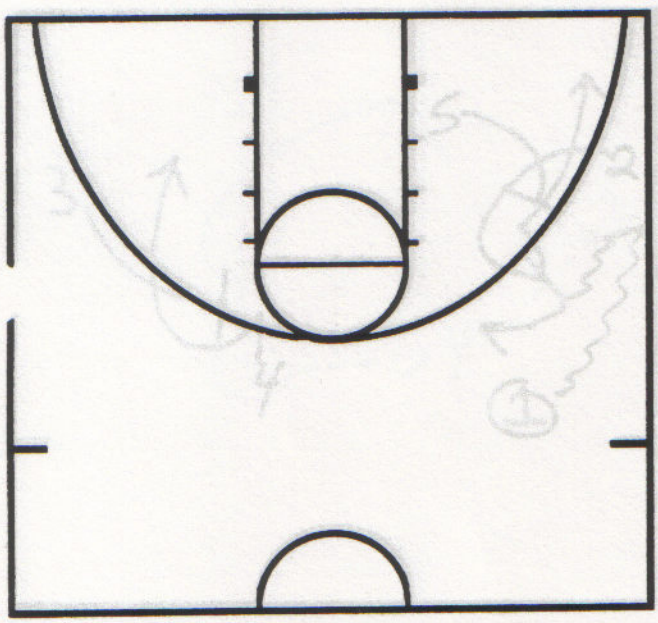


1 dribbles off 5's screen

5 rolls to the basket

4 flashes to the top of the key

2 and 3 space out



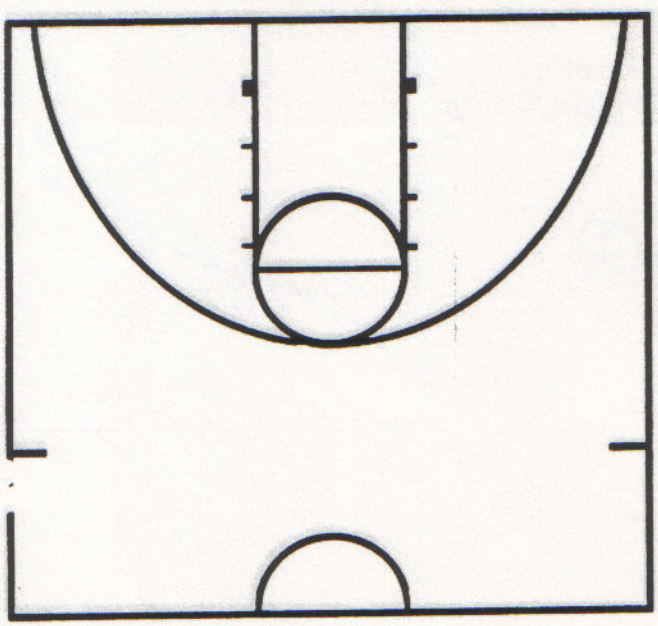
Option :

1 dribbles at 2 ; 2 shallow cuts

1 dribbles off 2's screen

3 sets backscreen for 4

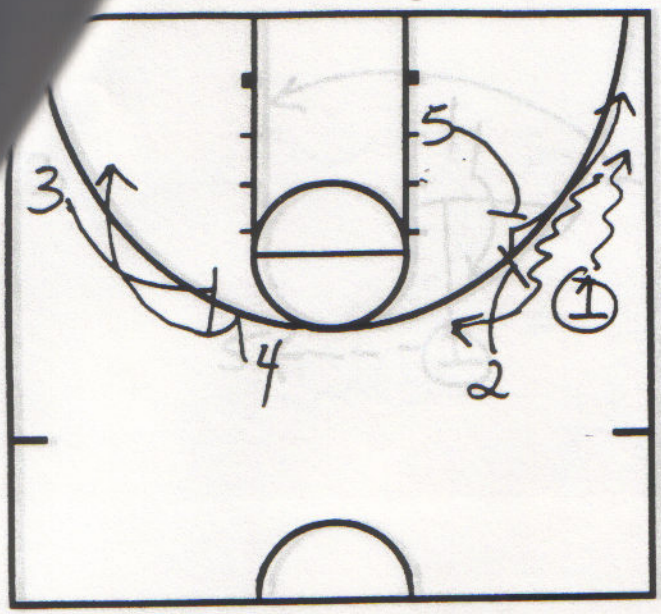
5 sets backscreen flare for 2



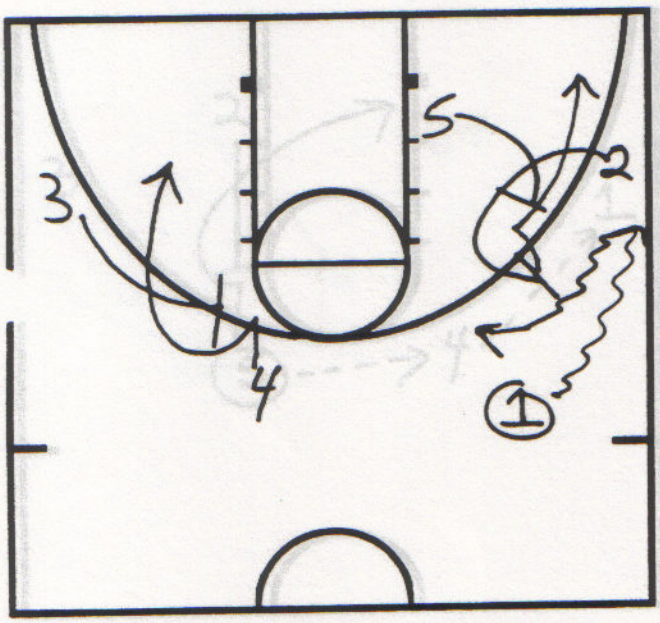
Opponent:

gia Tech Basketball

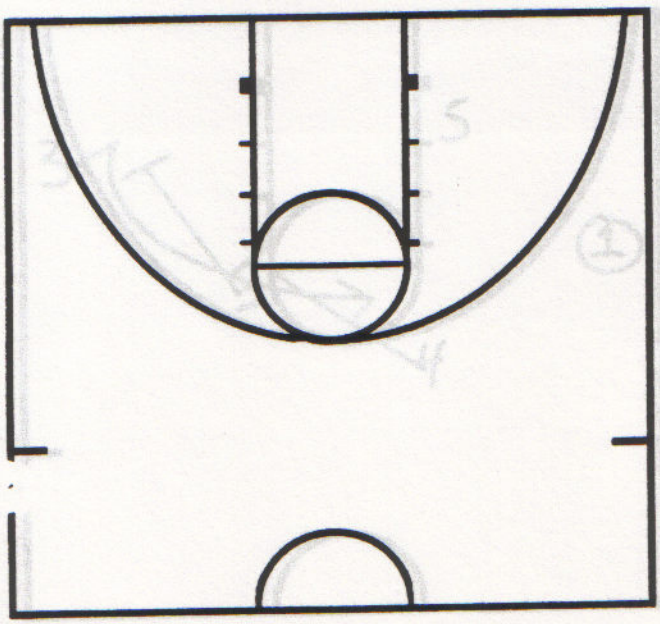
Play: Secondary – "Get".(Fist up)



1 dribbles to the 2 spot
2 runs the 1 spot
1 dribbles off 2's screen
3 sets backscreen for 4
5 sets backscreen flare for 2



Option :
1 dribbles at 2 ; 2 shallow cuts
1 dribbles off 2's screen
3 sets backscreen for 4
5 sets backscreen flare for 2

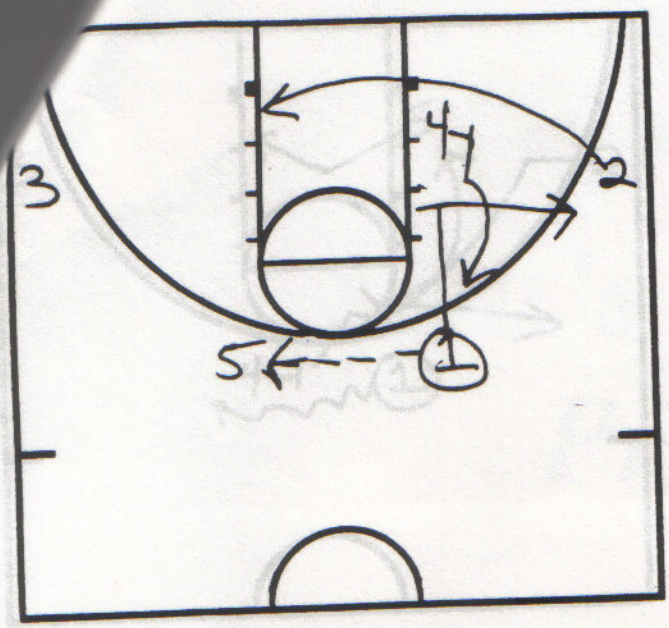


5 posts up
3 comes off 2 and 4's staggered screen

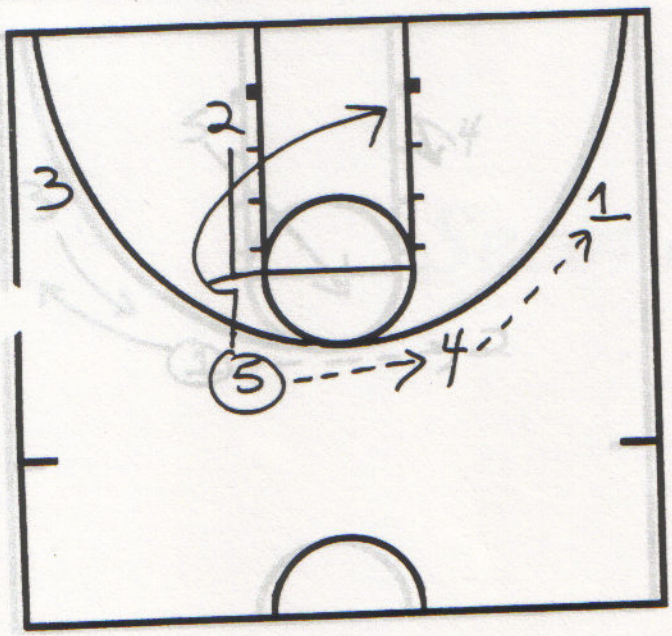
Opponent:

gia Tech Basketball

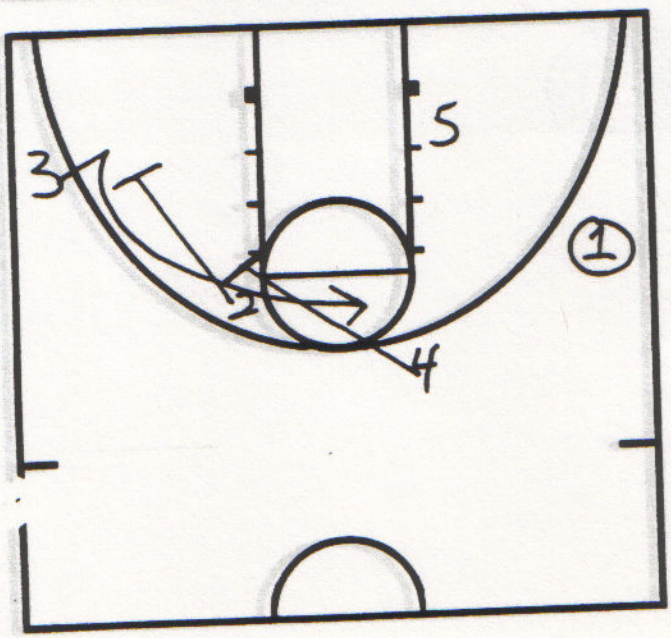
Play: Secondary – "Yellow"



1 passes to 5
2 runs off 4's baseline screen
1 downscreens for 4



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

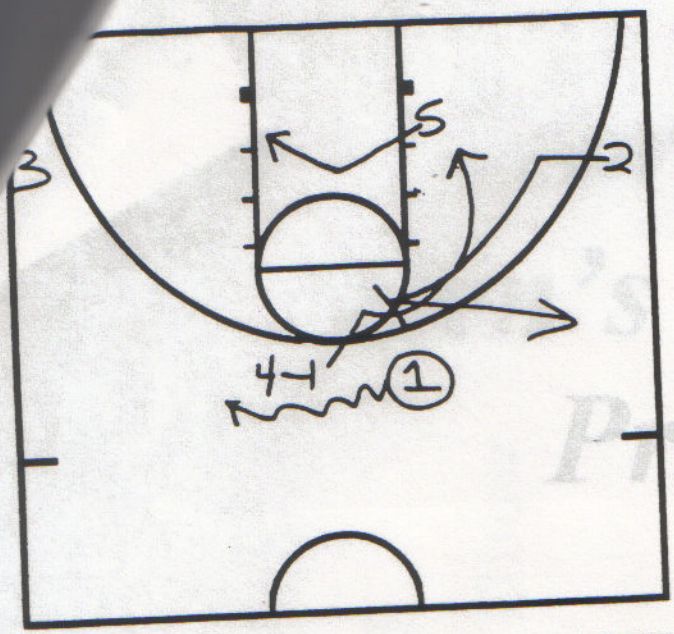


5 posts up
3 comes off 2 and 4's staggered screen

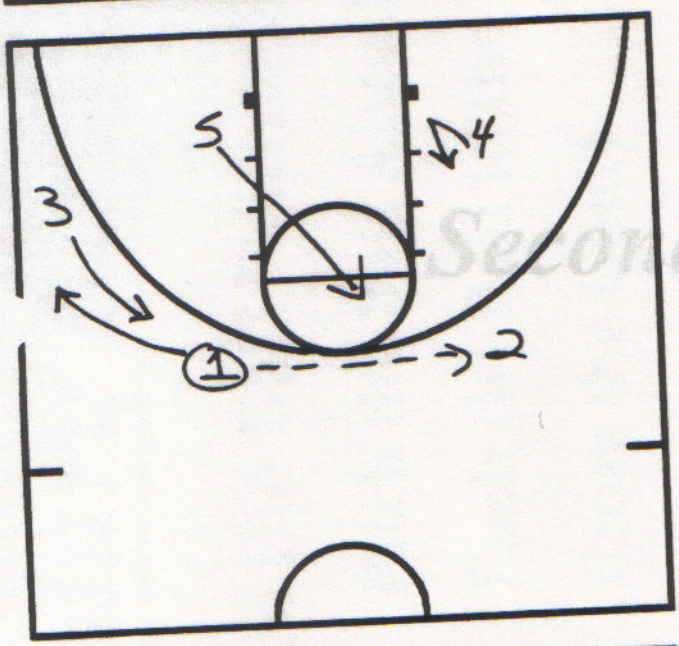
Opponent:

gia Tech Basketball

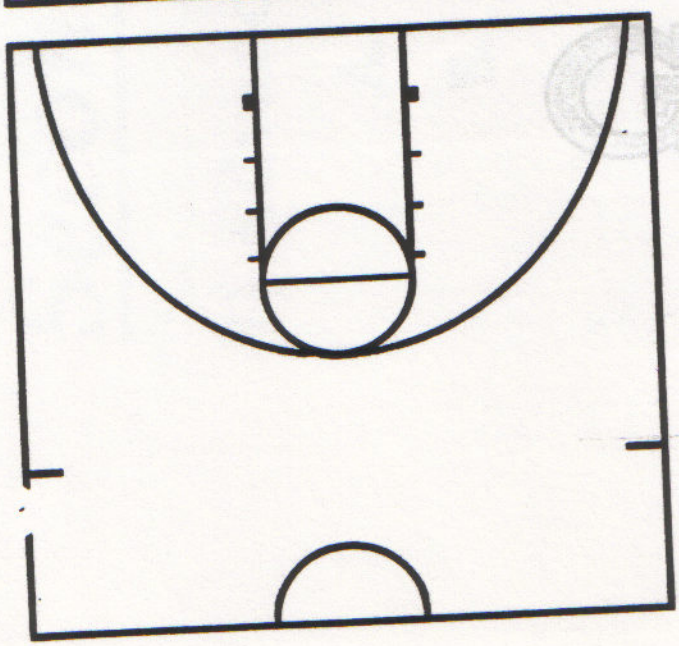
Play: Secondary --"Tap Head"



1 dribbles off 4's screen
5 posts up on ball side
2 sets backscreen for 4
2 pops out to wing



1 passes to 2
4 posts up
5 flashes to high post
1 and 3 exchange spots

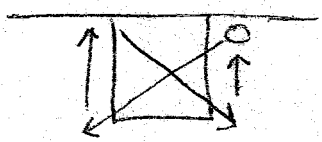


Opponent:

IND. CONDITIONING DRILLS

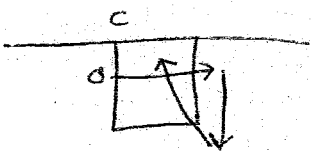
GREG BRITTENHAM (NY KNICKS)

THESE DRILLS are IDEALLY SUITED FOR SMALL GROUPS. They are GAMELIKE SO are a GREAT WAY TO CONDITION THOSE players WHO DONT SEE MUCH GAME ACTION WHILE RESTING REGULAR ROTATION AT THE SAME TIME

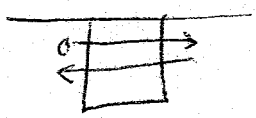
1. 

SLIDE DIAGONAL and SPRINT VERTICAL

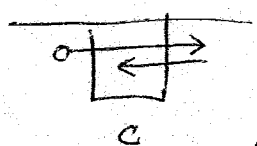
30 SECS – 1 MINUTE OR PREDETERMIN THE NUMBER OF REPS



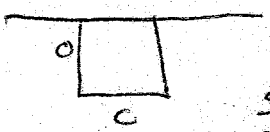
VARIATION: SLIDE ACROSS KEY. BACK PEDAL TO F.T. LINE. SPRINT TO BASKET. COACH PASSES BALL FOR LAYUP. REPEAT ON OTHER SIDE

2. 

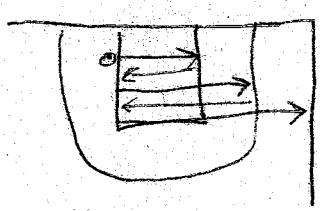
LANE SLIDES BACK AND FORTH. GET BOTH FEET OUTSIDE OF LANE. GOAL IS 3 STEPS



VARIATION: SAME AS ABOVE BUT COACH PASSES BALL (ROLL, BOUNCE, BAD, ETC). PLAYER CATCHES PASS AND DROP STEPS



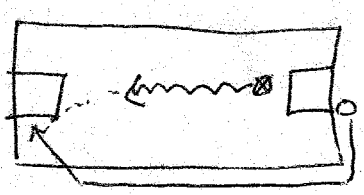
VARIATION: PLAYER FACES BASELINE WHILE SLIDING. COACH SAYS "BALL" – PLAYER MUST TURN COMPLETELY, LOCATE PASS AND DROP STEP

3 

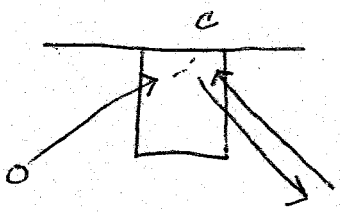
SLIDE FROM BASKET TO LANE LINE THEN ACROSS TO OPPOSITE LANE LINE. THEN TO 3 PT. LINE AND BACK AND THEN TO SIDELINE AND BACK

VARIATION: ADD 3 RIM TOUCHES BETWEEN EVERY TRIP

VARIATION: HOLD MEDICINE BALL BETWEEN KNEES WHILE SLIDING

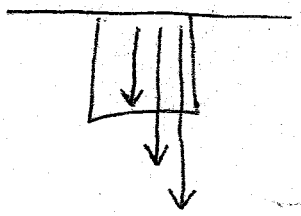
4. 

SLIDE THE BASELINE. SPRINT THE SIDELINE. SHARP CUT AND RECEIVE PASS FOR LAYUP. SWITCH SPOTS FOR RETURN TRIP

5. 

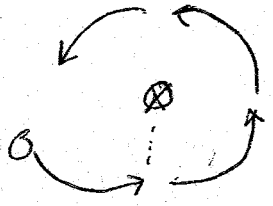
1 MAN LAYUP LINE. SPRINT FROM HASH MARK AND RECEIVE PASS FOR LAYUP. SPRINT TO OPPOSITE HASH MARK AND RETURN FOR LAYUP

VARIATION: SHOOT VARIETY OF LAYUPS
VARIATION: PULL UP JUMP SHOTS (TOUCH BASELINE BEFORE SPRINTING BACK OUT TO HASHMARK

6 

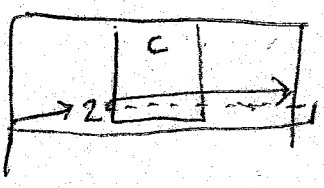
3 RIM TOUCHES, SPRINT TO F.T. LINE AND BACK. 3 RIM TOUCHES. SPRINT TO TOP OF KEY AND BACK, 3 RIM TOUCHES. SPRINT TO 1/2 COURT AND BACK. RECEIVE PASS FOR LAYUP.

VARIATION: SLIDE OR BACKPEDAL TO LINES AND THEN SPRINT FORWARD TO BASKET

7. 

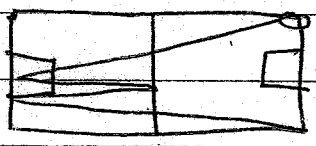
PLAYER JOGS IN A CIRCLE. COACH PASSES THE BALL AND PLAYER MUST CATCH WITH 1 HAND ONLY AND THEN PASS BACK

VARIATION: RIGHT HAND, LEFT HAND, BAD PASSES, BOUNCE PASSES. THROW BEHIND, ETC.

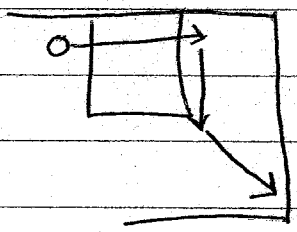
8. 

1 PASSES TO 2 AT ELBOW FOR SHOT. 1 THEN SPRINTS TO OPPOSITE SIDELINE AND THEN TO ELBOW FOR SHOT. AFTER 2 SHOTS, SPRINTS TO SIDELINE TO BECOME NEW PASSER. COACH REBOUNDS. CYCLE CONTINUES

NOTE: PASSER RUNS BEHIND THE SHOOTER. MIGHT HELP IF THERE IS A COACH OR MANAGER ON SIDELINE TO RECEIVE BALL FROM REBOUNDER AND THEN HAND BALL TO PASSER

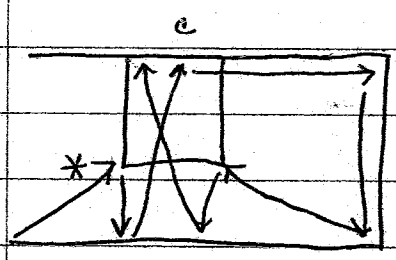
9. 

SHOOT FROM CORNER. SPRINT TO OPP. BASKET. 5 BASKET TOUCHES. SPRINT TO 1/2 COURT and BACK. BASKET TOUCHES. SPRINT TO OPP. CORNER and RECEIVE PASS FOR SHOT. Repeat.

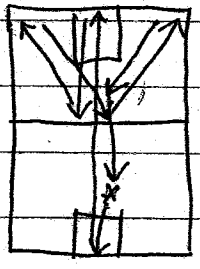
10 

SLIDE ACROSS LANE. BACKPEDAL TO F.T. LINE. SLIDE at an angle TO 1/2 COURT. COACH passes (ROLLS) BALL. PLAYER CATCHES and ATTACKS BASKET. Repeat ON OTHER SIDE.

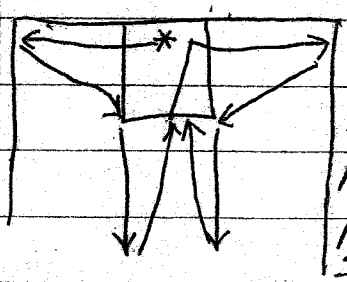
VARIATION: AFTER PASSING BALL, COACH RUNS OUT and PLAYS LIGHT DEFENSE SO OFFENSE CAN EXECUTE DRIBBLE MOVE ON WAY TO BASKET

11. 

START AT ELBOW. SHOOT BALL, BACK PEDAL TO 1/2 COURT. SPRINT TO BASKET FOR LAYUP. SLIDE ALONG BASELINE. BACKPEDAL UP SIDELINE. SPRINT TO ELBOW FOR SHOT. BACKPEDAL TO 1/2 COURT. SPRINT TO BASKET FOR LAYUP

12 

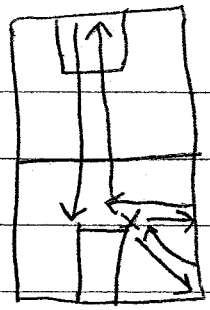
SHOOT TOP OF KEY. SPRINT TO BASELINE. SPRINT TO OPPOSITE BASELINE. SPRINT TO 1/2 COURT. SLIDE TO FAR CORNER. SPRINT BACK TO 1/2 CT. SLIDE TO OPPOSITE CORNER. SPRINT BACK TO 1/2 COURT, SPRINT TO TOP OF KEY. SHOOT 2ND SHOT.

13 

START UNDER BASKET, TOUCH RIM 3 TIMES. SLIDE TO SIDELINE. SPRINT TO ELBOW. RECEIVE PASS and TAKE JUMP SHOT. BACK PEDAL TO 1/2 COURT. SPRINT TO TOP KEY. GET PASS and SHOOT. FOLLOW SHOT. 3 RIM TOUCHES SLIDE TO OPPOSITE SIDELINE. SPRINT TO ELBOW, RECEIVE PASS and TAKE JUMP SHOT. BACK PEDAL TO 1/2 CT. SPRINT TO TOP KEY GET PASS and SHOOT.

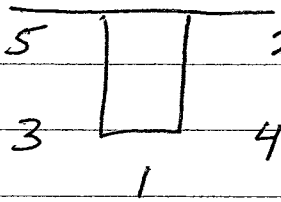
* THIS DRILL MIGHT BE BEST ONE!

14



Start at elbow – SHOOT. Sprint to corner and back to elbow – SHOOT. Slide to sideline back to elbow – SHOOT. Sprint to far baseline and back to opposite elbow – SHOOT. Repeat cycle on other side

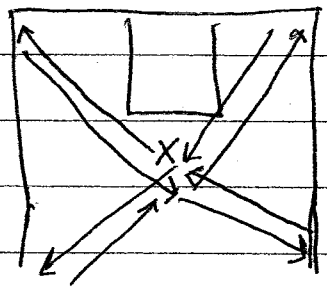
15.



Start at #1 – SHOOT. Follow and touch rim. Sprint to #2 – receive pass and SHOOT. Follow and touch rim. Sprint to #3 etc. etc.

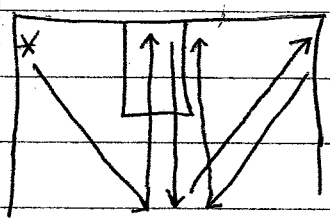
Variation: Change movements when following shot – can slide, skip, back pedal etc.

16.



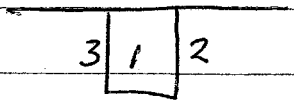
SHOOT at top of key. Sprint to corner and back to top. Get pass and SHOOT. Sprint to opp. corner and back to top. SHOOT. Slide to ½ court corner and back to top. SHOOT. Slide to opp. ½ crt corner and back to top. SHOOT. Finish with ~~sprints~~ sprint to far baseline and back to top. SHOOT.

17.



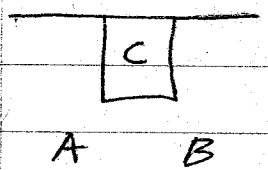
SHOOT from corner. Sprint to ½ court. Sprint to basket for layup. Sprint to ½ court. Sprint to corner for jump shot. Sprint to ½ court. Return to basket for layup.

18

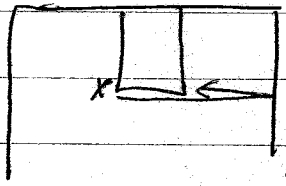


Run tight 3 man weave staying within lane lines. Can start at 30 second intervals and work up to 1:00

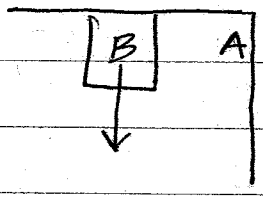
Variation: 3 man weave tip off backboard. Tip over rim and go behind. Continue for 30 seconds then someone can tip in.

19. 

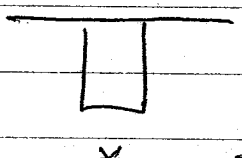
COACH PASSES and players SLIDE, BACK PEDAL etc. Eventually COACH ROLLS OR passes TO ONE OF players and THEY play 1on1. AFTER SHOT RETURN TO START SPOT and START OVER

20 

SHOOT FROM ELBOW. SPRINT TO FAR SIDELINE and RETURN TO OPPOSITE ELBOW SHOOT. SPRINT TO OTHER SIDELINE and BACK TO ORIGINAL ELBOW. SHOOT. KEEP REPEATING PROCESS FOR PREDETERMINED TIME, SHOTS, MAKES, ETC.

21 

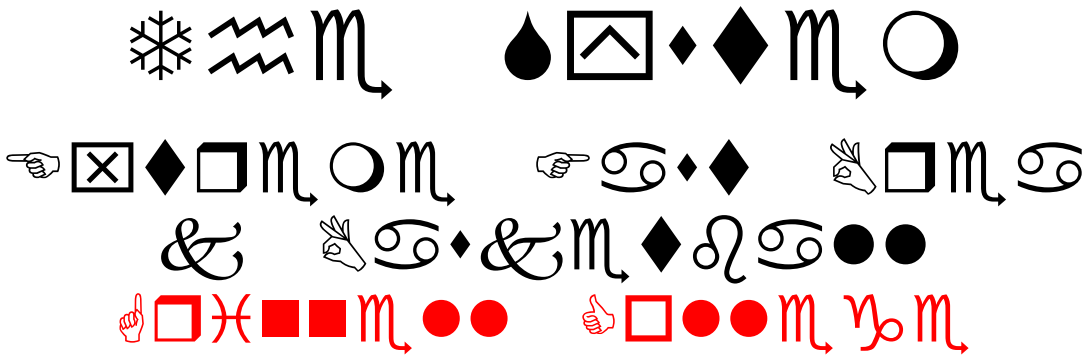
B JUMPS WITH BALL and TAPS BACK BOARD THREE TIMES THEN passes BALL TO A WHO RETURNS pass TO B AT TOP. B SHOOTS. A REBOUNDS - TAPS BACKBOARD THREE TIMES and passes TO B. A THEN RELOCATES FOR SHOT. KEEP REPEATING PROCESS.

22 

SHOOT 5 SHOTS FROM TOP OF KEY. SPRINT TO FOR BASELINE and BACK. SHOOT 4 SHOTS. SPRINT DOWN and BACK. THEN 3, THEN 2, THEN 1. THEN START at 1 and WORK BACK UP TO 5. THIS IS TOUGH DRILL!

VARIATION: BEST WITH REBOUNDER and PASSER OR CAN USE GUN, SHOOT AWAY, ETC.

DRILLS #23, #24, and #25 are 3on0 FAST BREAK DRILLS and RELAYS.



We are about to incorporate "The System". This style of play will push you to the extreme at everything you do on and off the basketball floor. This absolutely will be the most fun you have ever had playing the game of basketball. We like to adopt the term "organized chaos".

Many coaches say they are all about playing an up-tempo style of basketball, when in actual terms they really just pick and choose the few possessions when they actually run. In this system we are striving to achieve constant tempo, which is running all the time. What we are going to introduce is an extreme run and gun style of play currently developed by Division 3 Grinnell College.

In the last eleven years at Grinnell, they have gone from a downtrodden program to winning league championships and 2 NCAA appearances, plus the first D3 game ever televised on National TV (ESPN) this past winter. After a few years of implementing the system, they determined they achieved these goals they had a record of 63-1. These areas are:

- ***Take 94 shots in the game***
- ***Force the other teams Big to travel 150 trips up the floor***
- ***Attempt 50% of the shots from 3-point range***
- ***Force 32 turnovers***
- ***Get Offensive rebounds on 33% of your missed shots***

Their goals have been revised to this:

- *Take 100 shots in the game*
- *Take 25 shots more than the opponent*
- *Attempt 50% of the shots from 3-point range*
- *Force 32 turnovers*
- *Get Offensive rebounds on 35% of your missed shots*

The most meaningful is the offensive rebounds. The most difficult in time will be creating 32 turnovers.

Now as we attempt to digest this information and the goals in hand, let's take a look at each individual area of concern.

In High School, basketball coaches put major emphasis on defending and defensive rebounding as the top priority. Not to diminish those areas, but playing at a faster pace, puts consistent pressure on teams with our offensive ability. It emphasizes the need for depth on the roster. We will take that to a new level. Our initial goal is to lead the Nation in scoring THIS YEAR. This is not a selfish game as it may seem on paper, yet each player will be asked to become an offensive threat in their own way.

To attempt the system, we will need to reshape your thinking in three areas: Offense, Defense and Playing Time. There are basic fundamentals we teach and a mind set a player must achieve to be successful. Let me discuss the overall system and focus on these areas.

In an effort to put points on the board a team must get shot attempts. We will push the ball up the floor every possession at a controllable but fast pace in an effort to shoot the ball at least 94 times a game. We hope to make the post type players on the other team cross the mid stripe 150 times a game. Our objective is to have an attempt at the basket within 12 seconds of gaining

possession. What is different is that we will shoot at least 50% of our shots from the arc. It is our objective again to trade 3 for 2 as often as possible. We utilize an offense based on floor spacing. We are attacking to shoot the first available shot, preferably a triple. Due to spacing, guard penetration and post play are usually defended one on one with little help. Because so many defensive schemes are predicated by help side defense, achieving our number of attempted shots from the arc is easier. At no time is shooting percentage a concern. Actually this is not a factor in the outcome of the game. If we attain the desired number of shots taken, we will score points.

To insure we get more opportunities than our opponent, our offensive rebounding will become a major ingredient. We expect to rebound 33% of our own misses. Our own shooting percentage during a game is not critical IF we exceed the offensive rebound numbers. We accomplish this by sending 4 players to the glass on each shot attempted. When we do secure a offensive rebound, we want to pitch it back out to shoot another triple. We have found that if we can get the original shooter a second chance from the arc, she is likely to make 60% of the second chance threes. We feel we can create an inordinate amount of pressure on a defense to guard us on the perimeter by gathering "extra" triples off of offensive rebounds. OR threes are the easiest triples to attain in an uncovered area. This also allows for more dribble penetration, post scoring and free throw opportunities. We are always looking to score while avoiding taking the mid-range shots as these are the hardest to obtain the offensive board. There is nothing that says how many shots you have to make, but you can't miss them all to be successful.

To assist in our creation of pace of game we will press full court for 40 minutes. We press every time the other team has possession, whether we score or not makes no

difference. The defensive scheme is simple. Create a fast pace of game by full intensity on ball pressure on the other teams offense. The objective is NOT to stop them but rather to speed them up. We are looking for something to happen within 10 seconds on defense, a steal, a turnover, a foul or a shot. It is better to be scored upon within 10 seconds than it is to stop them after 25 seconds. This is a hard thing to accept. It is all about pace of game and by them scoring quickly they will have stepped into a pace of game they are not comfortable playing. When the pressure is effective we have stretched their team over 94 feet so four things occur. We will have forced non-ball handlers to attack the back of the press. Also we will create a fatigue that impairs proper decision-making. Next we create a spacing situation that assists us in creating offense from the perimeter. Lastly, we hope by spreading them out we have gained an advantageous rebounding situation where we can eliminate size and rebound 3 on 3 in transition.

I have become a huge proponent of participation. Everyone is searching for playing time and coaches have many reasons why some play and some do not play as much. But everyone can contribute to the team in some fashion, as they were good enough to make the team in the first place. We feel that in our tempo of play, we can be much more productive if we "sell out" as hard as we can go and play less time on the court and you will actually be more productive. Players tend to pace themselves to achieve more minutes when actually they are producing very little. We attempt a more rapid-fire substitution plan that replaces players after they are physically spent. This will be between 35 seconds and 1 minute based. It is substitution like ice hockey as we feel you can play all out for this amount of time and still be a factor. After this amount of time, you are spent and a detriment to the system. It is all based on trust in your

teammate that they are able to play at the same level you are and create havoc.

The system is always evolving as teams will react in many different ways to playing against you. What has been a constant is how much the players enjoy playing in it and how the players help the system evolve. It is tailored to enhance individual skills and yet it becomes the ultimate in team effort.

The biggest enemy of the success of this system is fear. It is within all of us and we must get over this feeling. The great players have a positive attitude all the time even when things go poorly. In this system we ENCOURAGE mistakes on offense and defense. The reason why? It is because we are asking you to dare to go for it. The system is actually enhanced when we make aggressive plays and errors.

Everything we do is based on achieving our goals and we will always ask the question; "how can we play faster?" Is this the best way to play the game? That is always up for debate but I believe we do everything we can to maximize every players skills and this is the best way I have found to accomplish that. Do outsiders like it? Absolutely not, but this is designed to have the most fun playing the game of basketball. I am passionate about this style and I am ready to get going.

BASKETBALL NOTES
Coach Jerry Wainwright



The "3" POINT PLAY

Ideas, Concepts and Plays

BASKETBALL NOTES

Coach Jerry Wainwright



THREE POINT SHOTS

Ideas

I. Practice

a. Stationary on the other side of the line
b. Drifting to spots
c. Coming out to the line
d. Dribbling

II. Percent of the three point shot is much less if defense expects the shot.

Advantages

1. Three points vs. two points.
2. 33% from three point = 50% from two point.
3. Catch-up quicker.
4. Increases ability to penetrate.
5. Stretches the defense to open lane game.
6. Increases offensive rebound opportunities.
7. Makes player with specialty of shooting a chief contributor to the game.
8. Players, fans, many coaches love its excitement.
9. Decreases effectiveness of zones.

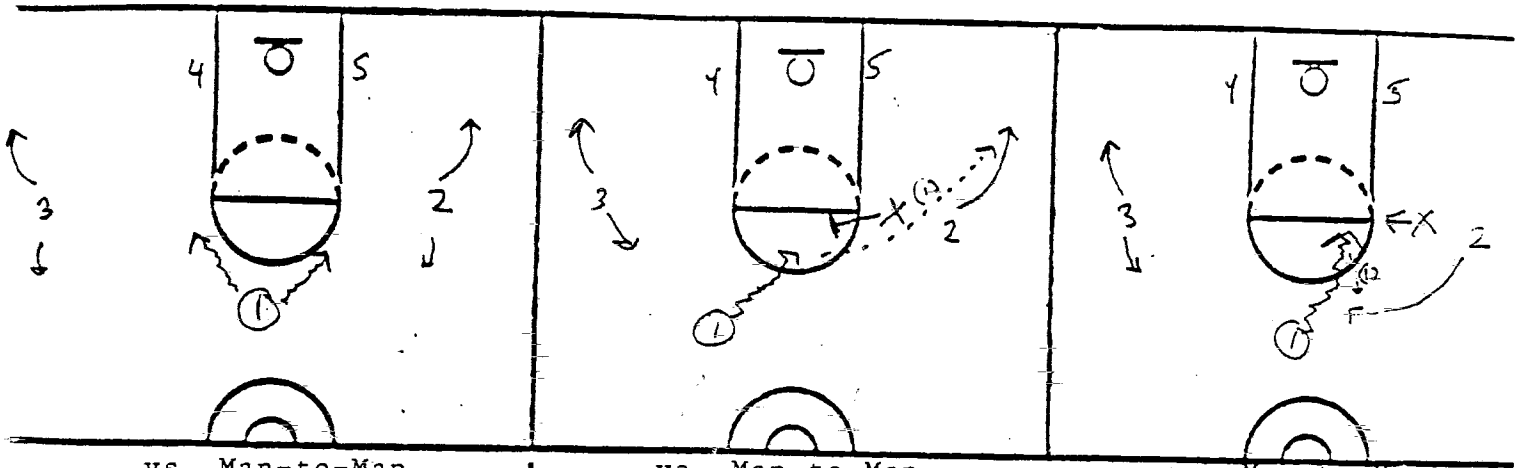
Disadvantages

1. Shooting percentage may vary more.
2. Role definition becomes a possible problem - know your shooting range.
3. Team patience may be affected.
4. Inside game may be neglected.
5. Foul opportunities are lessened.

BASKETBALL NOTES

Coach Jerry Wainwright

3 POINT SHOT CONCEPTS



vs. Man-to-Man

Penetrate and Pass

vs. Man-to-Man

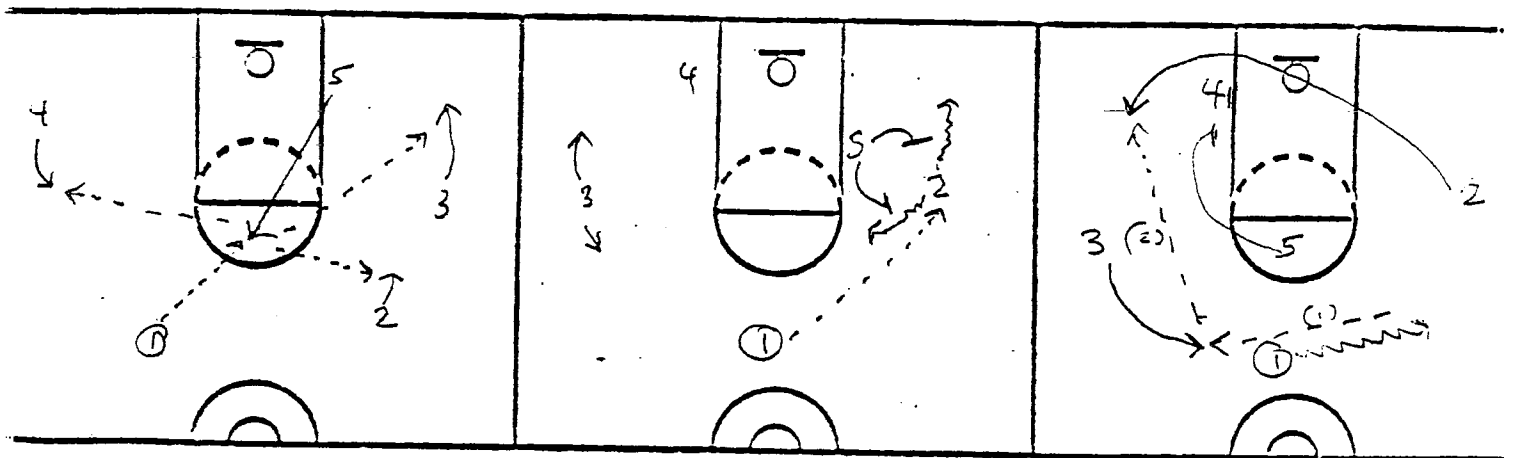
Fade

On help by defense

vs. Man-to-Man

Penetrate and Fill Behir

Fill spot vacated by dribbler - reverse pivot and pass



vs. Man-to-Man

Inside Out

Kick out by flashing post

vs. Man-to-Man

Ball Screen

Post screen for shooter

vs. Man-to-Man

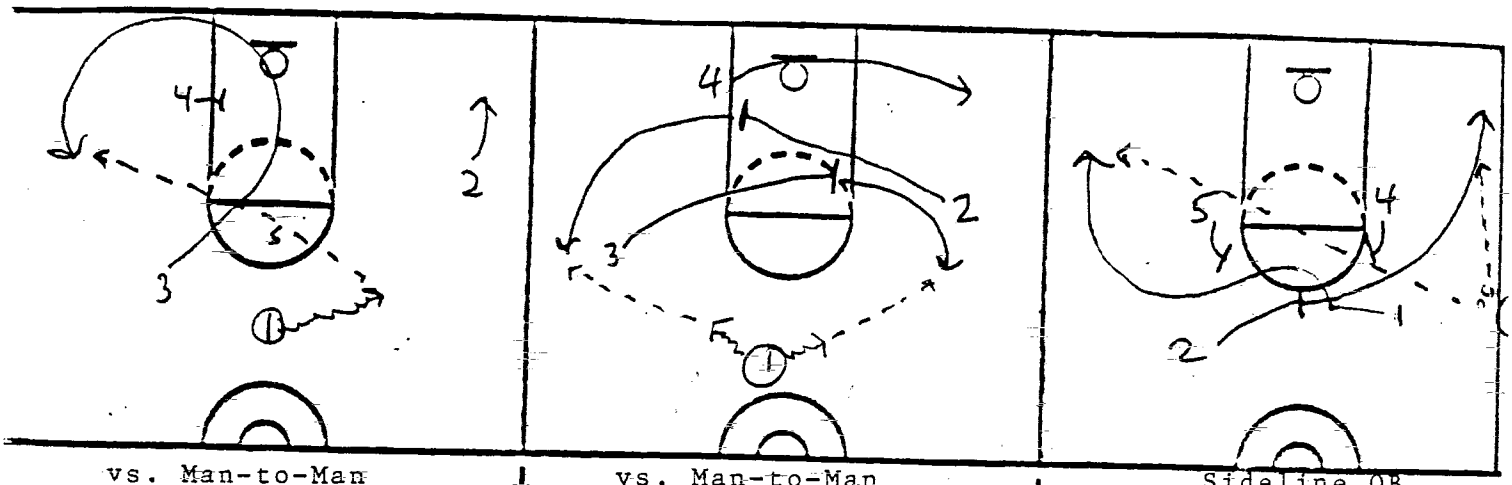
Single or Double Screens

#2 uses double or single on ball reversal

BASKETBALL NOTES

Coach Jerry Wainwright

3 POINT SHOT CONCEPTS



vs. Man-to-Man

Backside Screen -

#3 cuts opposite the ball off #4's seal

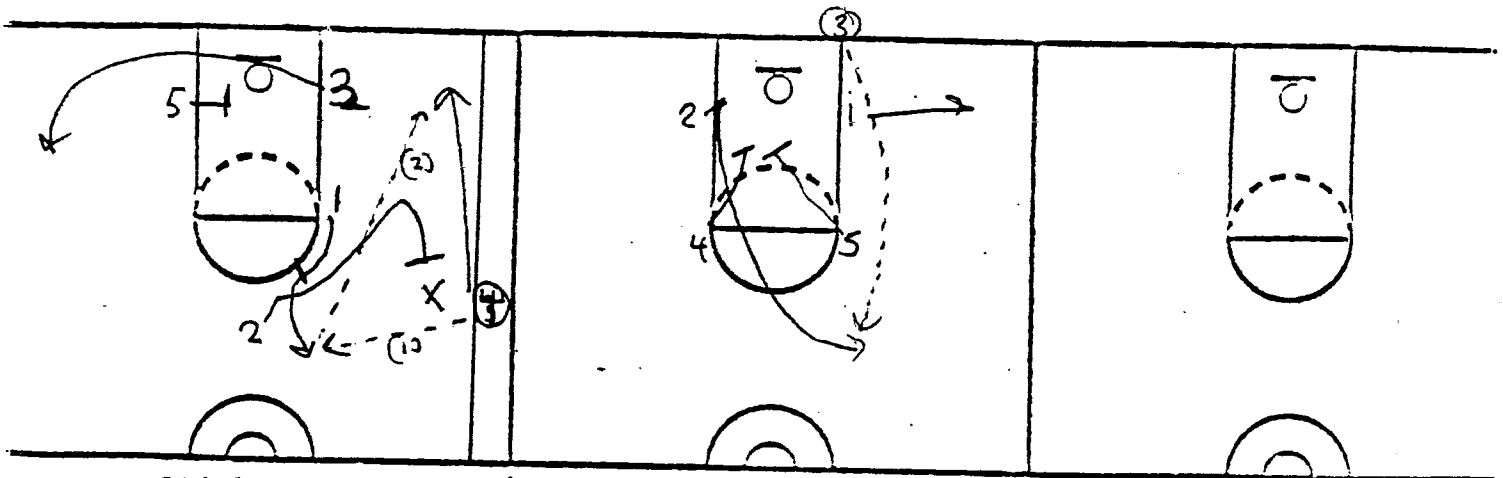
vs. Man-to-Man

Back Screen Pops Out

#1 penetrates opposite direction of the pass and shot by pop out man

Sideline OB

Use stagger screens



Sideline OB
(vs. Man on the ball)

#1 screens for #2 and pops out

#3 cuts off screen and picks for inbounder

#4 cuts to corner for pass from #1

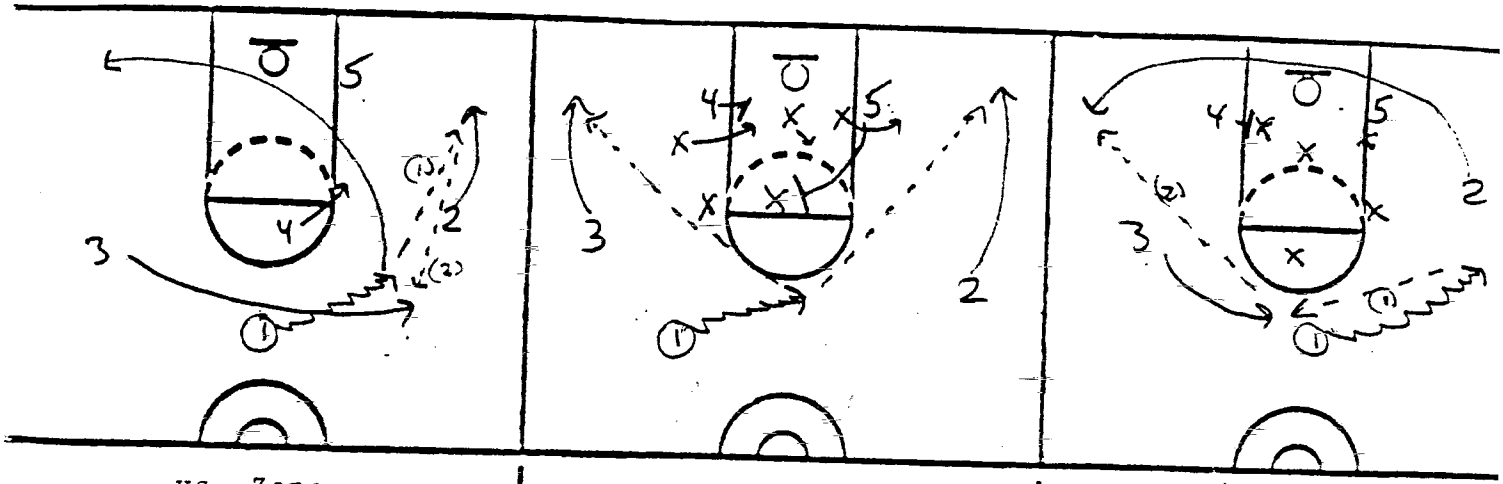
Under OB

#2 off double screen

BASKETBALL NOTES

Coach Jerry Wainwright

3 POINT SHOT CONCEPTS



vs. Zone

Replacement

To baseline and to top of key

vs. Zone

Screen Isolation

#5 screens weakside perimeter

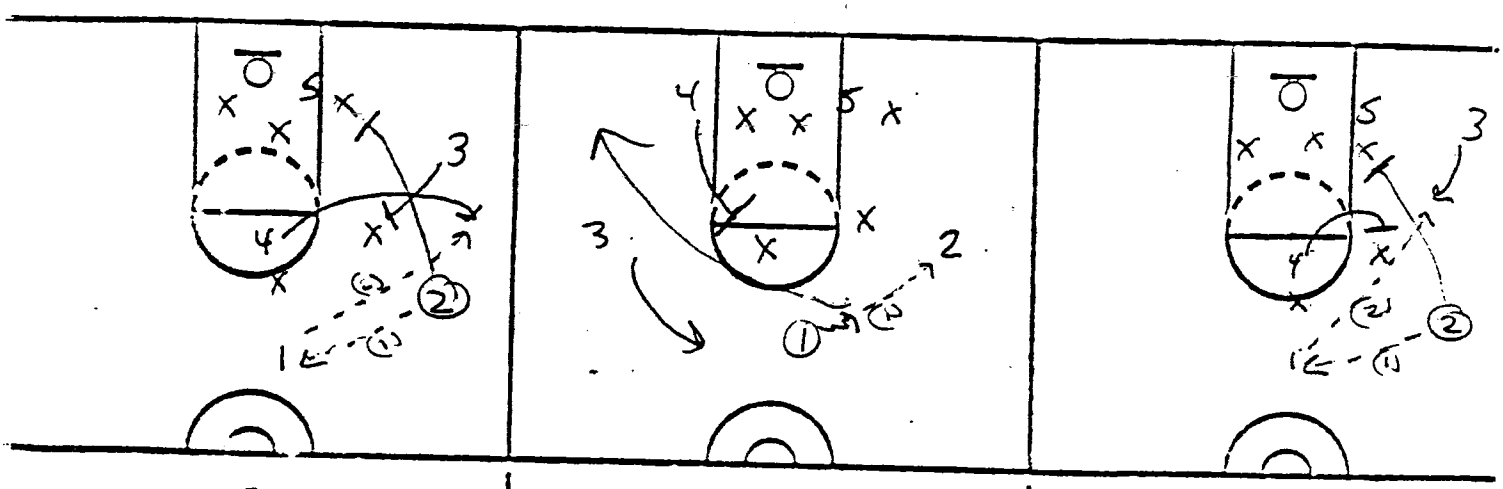
#2 slides to pocket

#3 replaces or fades

vs. Zone

Screen Weakside for Cut

#4 seal and flash



vs. Zone

Screening for Specific People

Set-up #4

vs. Zone

Screen Weakside for Point

vs. Zone

Screening for Specific People

Action for #3

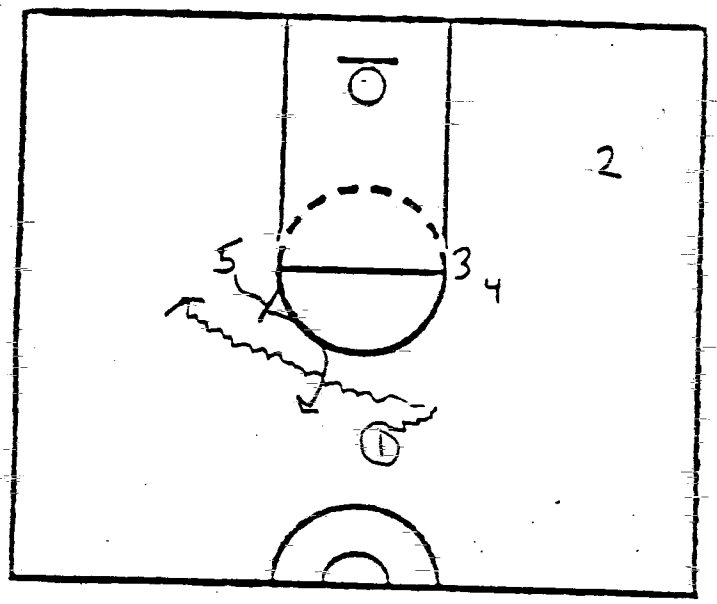
BASKETBALL NOTES

Coach Jerry Wainwright



MAN-TO-MAN ACTION
BALL SCREEN - DOUBLE FOR "3"

(A)



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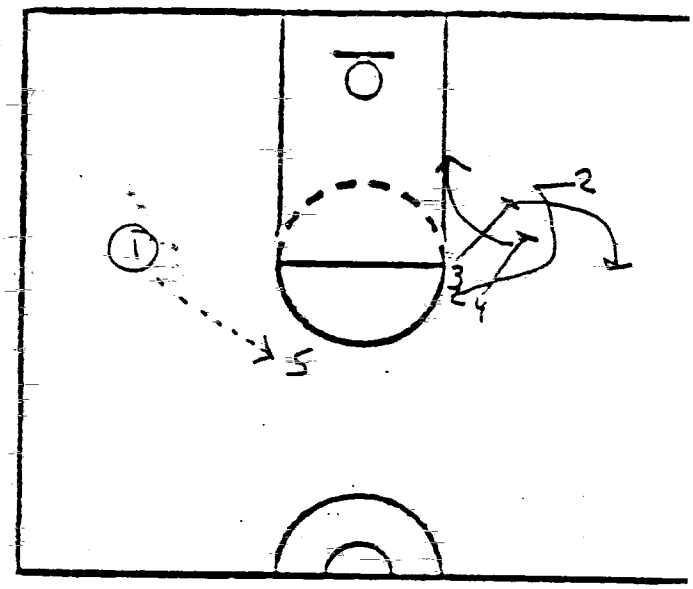


Diagram A

1. #1 dribbles off #5's screen - he looks to score.
2. After #5 screens he steps out to "3".

Diagram B

1. If no shot by #1, he reverses the ball to #5.
2. #3 and #4 then set a staggered double screen for #2.
3. #2 cuts off double screen.
4. #4 quarter pivots and screens for #3 who spins out to "3".
5. #4 then opens and drives to the basket.

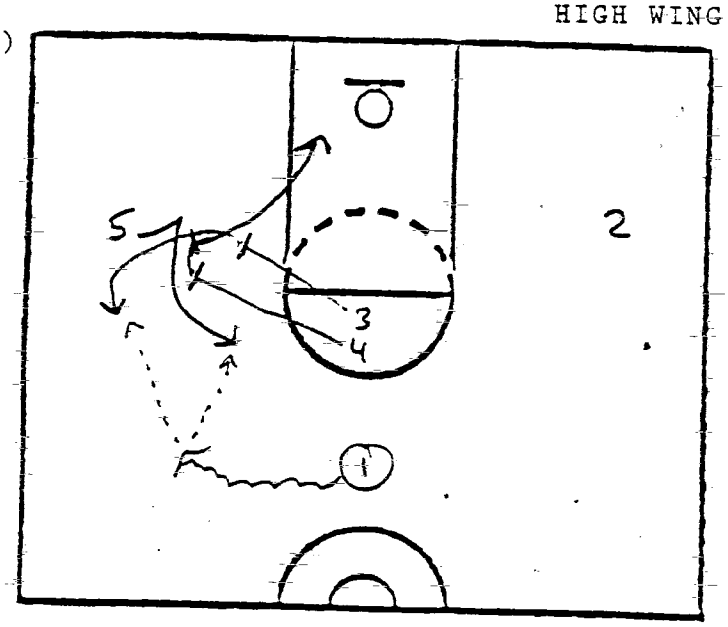
BASKETBALL NOTES

Coach Jerry Wainwright



MAN-TO-MAN ACTION
HIGH WING DOUBLE FOR 3

(A)



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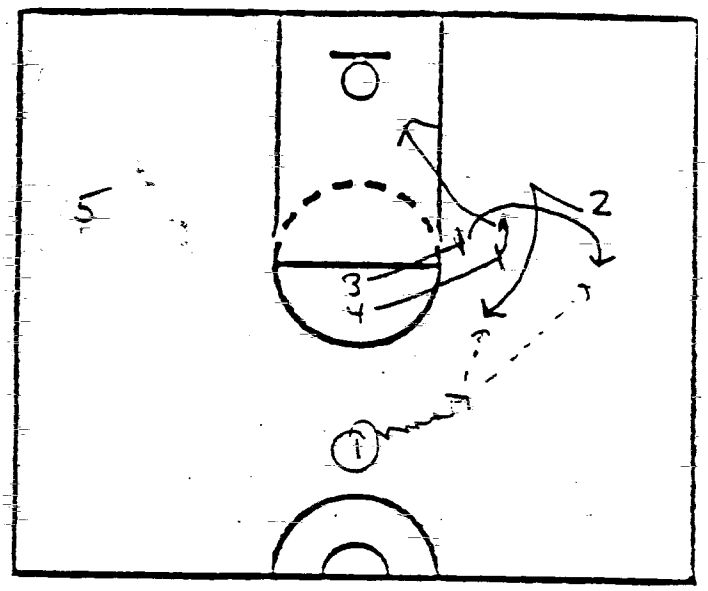


Diagram A

#2 and #5 are inside scorers
#1 and #3 are 3 point shooters
#4 is post

1. #1 dribbles off top.
2. #3 and #4 set a staggered double screen for #5.
3. #5 slashes off double.
4. #4 quarter pivots and #3 spins out to 3 point line.
5. #4 opens and drives to basket.

Diagram B

Same action for #2.

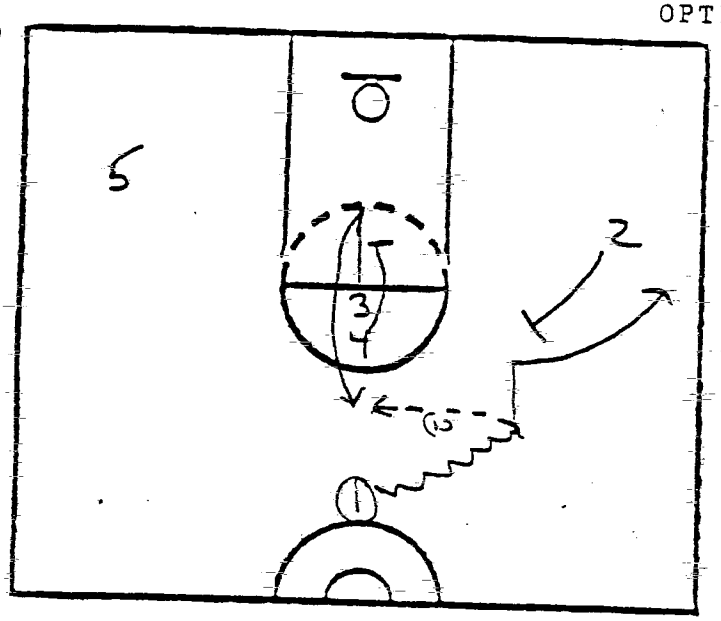
BASKETBALL NOTES

Coach Jerry Wainwright



MAN-TO-MAN ACTION
HIGH STACK DOUBLE FOR "3"
OPTION #1

(A)



(B)

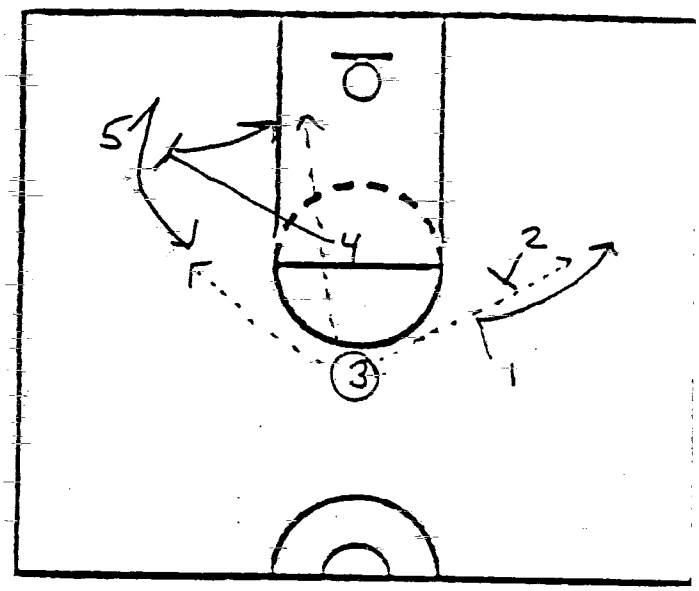


Diagram A

#2 and #5 are inside scorers
#1 and #3 are 3 point shooters
#4 is post

1. #1 dribbles off top.
2. #3 steps to midlane and #4 downscreens for him.
3. #3 cuts off screen looking for "3".
4. #2 flare screens for #1 after pass.
5. #1 flares to 3 point line.

Diagram B

If #3 has no shot options:

1. Look for #1.
2. Look for #5 coming off #4's downscreen.
3. Look for #4 on roll after screen.

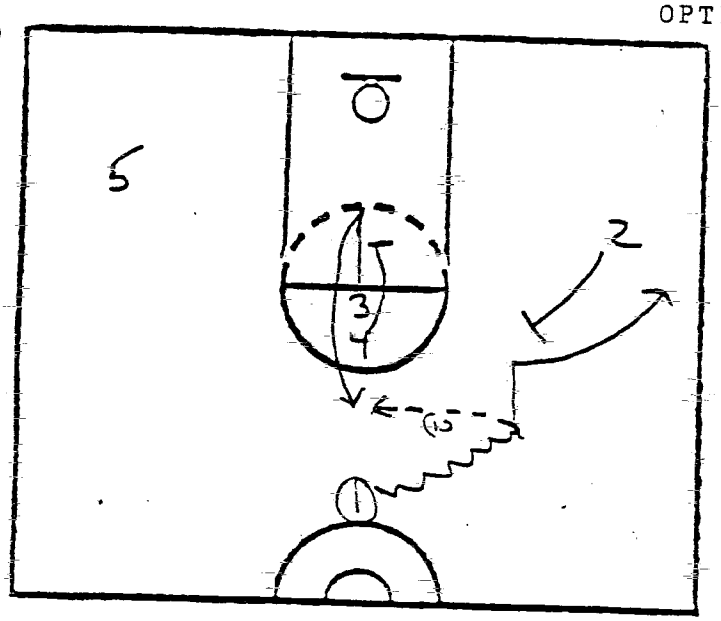
BASKETBALL NOTES

Coach Jerry Wainwright



MAN-TO-MAN ACTION
HIGH STACK DOUBLE FOR "3"
OPTION #1

(A)



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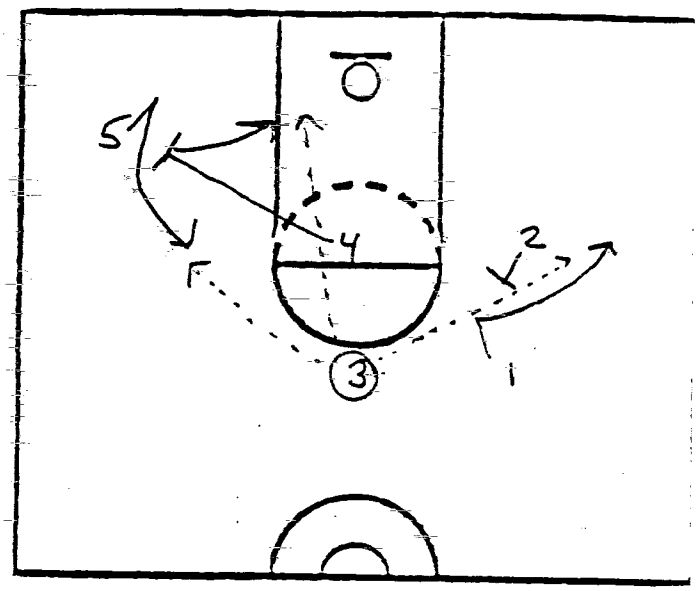


Diagram A

#2 and #5 are inside scorers
#1 and #3 are 3 point shooters
#4 is post

1. #1 dribbles off top.
2. #3 steps to midlane and #4 downscreens for him.
3. #3 cuts off screen looking for "3".
4. #2 flare screens for #1 after pass.
5. #1 flares to 3 point line.

Diagram B

If #3 has no shot options:

1. Look for #1.
2. Look for #5 coming off #4's downscreen.
3. Look for #4 on roll after screen.

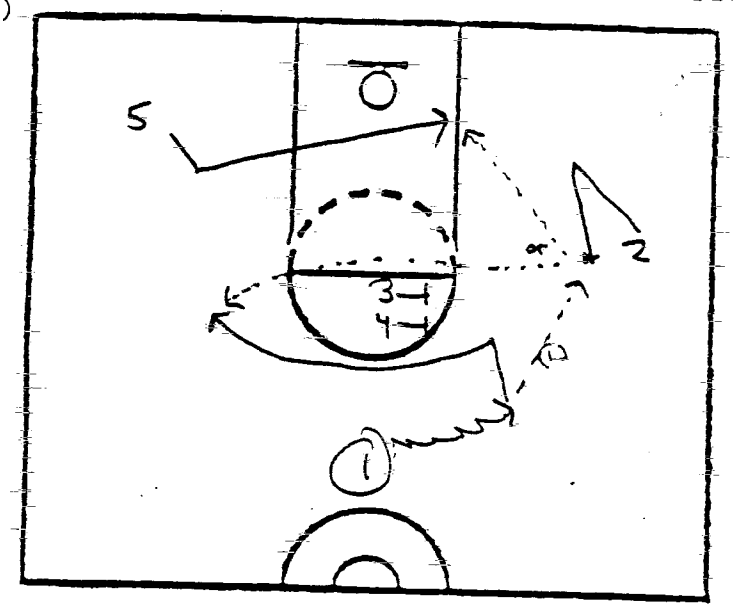
BASKETBALL NOTES

Coach Jerry Wainwright



MAN-TO-MAN ACTION
HIGH STACK DOUBLE FOR "3"
OPTION #2

(A)



(B)

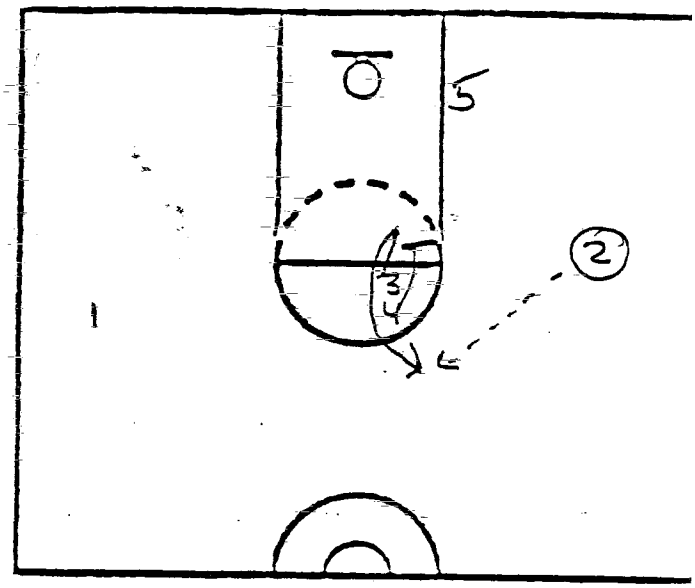


Diagram A

#2 and #5 are inside scorers.
#1 and #3 are 3 point scorers.
#4 is post.

1. #1 dribbles off top and passes to #2.
2. #1 then cuts off double flare screen by #3 and #4.
3. #5 flashes ballside post.
4. #2 looks for #1 (3 pointer) or #5 in post.

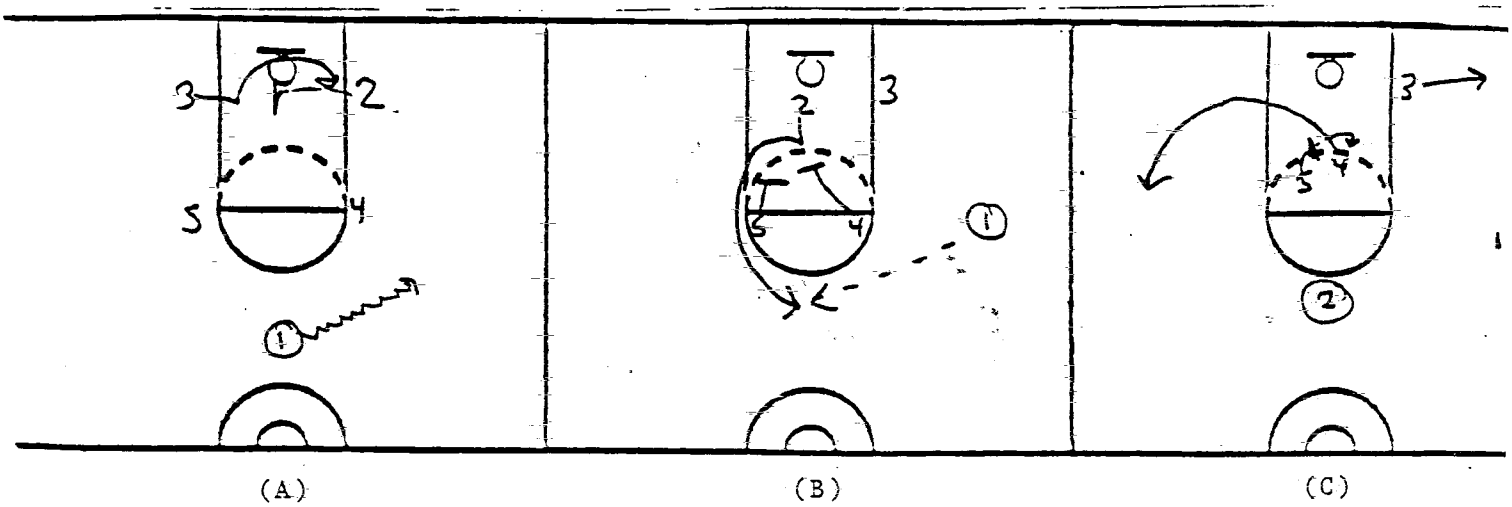
Diagram B

1. #3 takes a step low after dribble, then curls off #4's screen for 3 pointer.

BASKETBALL NOTES

Coach Jerry Wainwright

MAN-TO-MAN ACTION
"ATLANTA" DOUBLE SCREEN FOR SCORER



(A) (B) (C)

Diagram A

1. #2 is scorer.
2. #2 low cross screens for #3 as #1 dribbles off top.

Diagram B

1. #4 and #5 set a staggered double screen for #2.
2. #1 passes to #2.

NOTE: If switch occurs, #4 should be open to roll back.

Diagram C

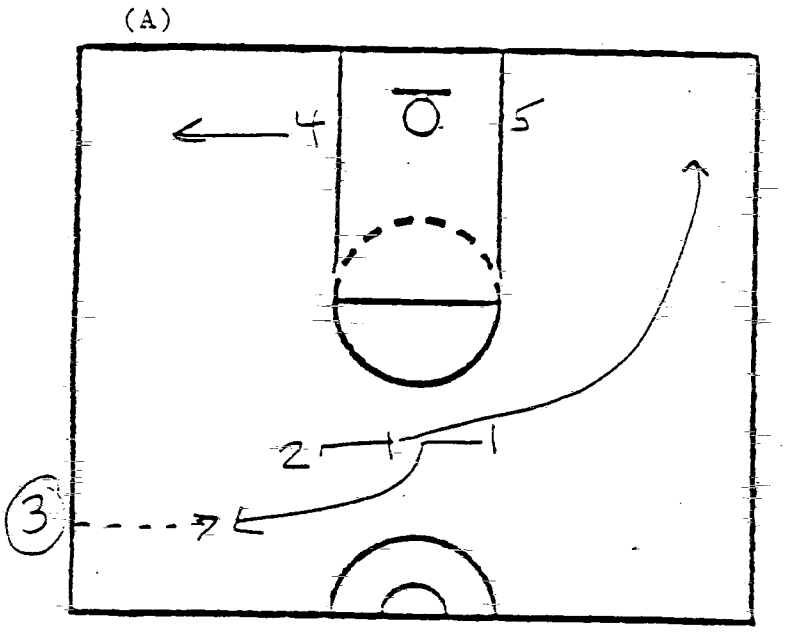
1. After double is set, #5 quarter pivots and #4 spins out to "3".
2. #5 ducks to ball.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE

3 Point Shot Action for Inbounder



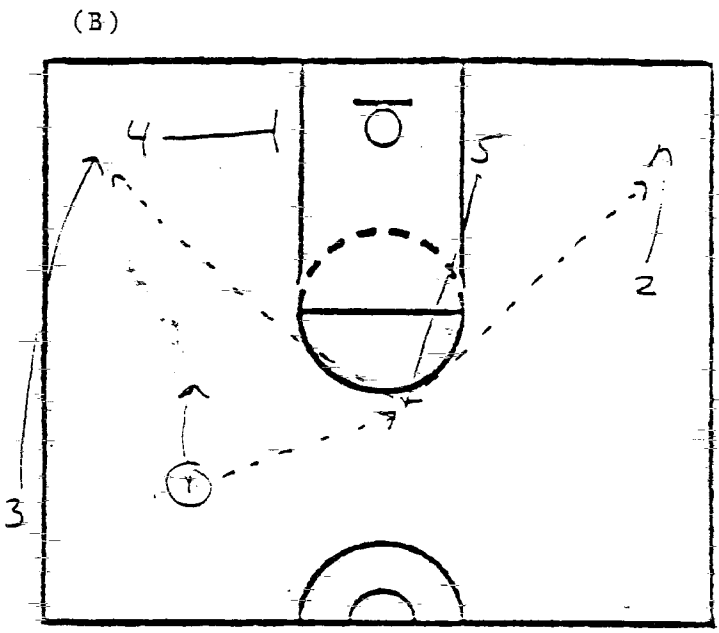


Diagram A

1. 2 screens for 1 and fades to weakside.
2. 4 steps to corner.
3. 1 cuts off screen to receive inbounds pass.

Diagram B

1. 5 steps up the lane to receive pass from 1.
2. 4 screens for 3.
3. 5 passes to the open man.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - UNDER

JORDAN

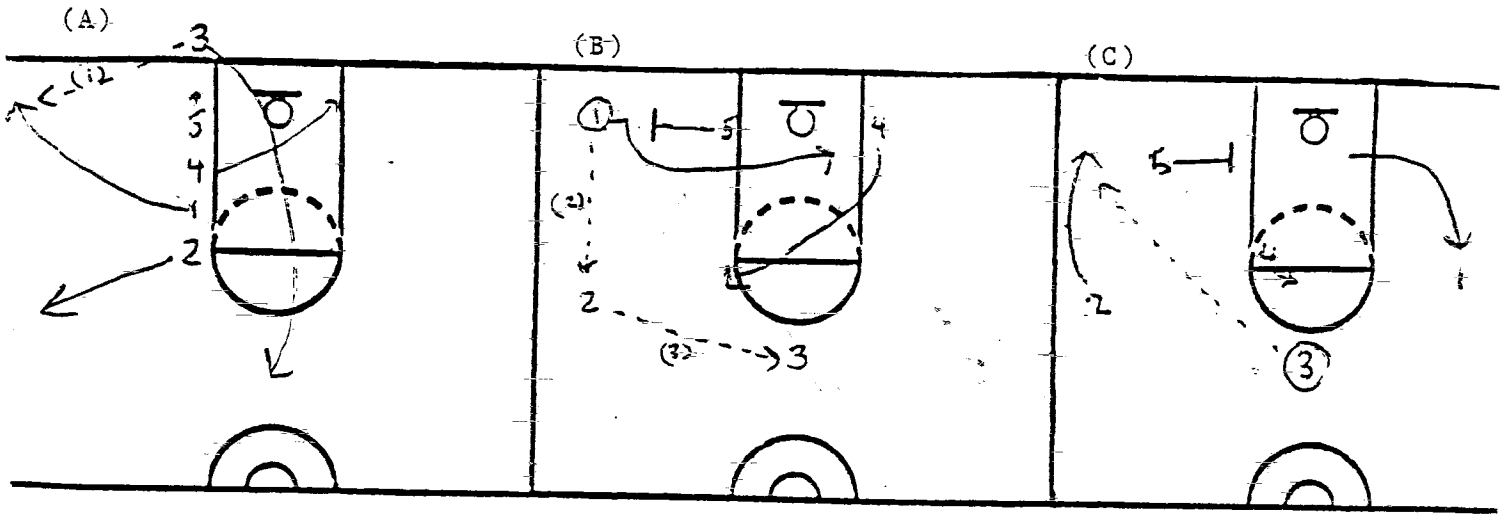


Diagram A

1. Players align in lane, the 2 man being the shooter.
2. 5 man steps to ball, 4 man cuts diagonally across the lane to the opposite box (looking for the ball).
3. 1 man fakes to lane and breaks to the corner.
4. 2 man steps out to outlet.
5. 3 man inbounds the ball to 1 man and cuts up the lane to the top of the circle.

Diagram B

1. 1 man passes ball to 2 man, then cuts hard <u>over</u> backscreen set by 5 man, who steps out to set it.
2. 4 man cuts to the ballside elbow.
3. 2 man passes the ball to the 3 man.

Diagram C

1. 5 man opens and sets downscreen on low man of zone.
2. 2 man fades to 3 point line behind 5 man's screen.

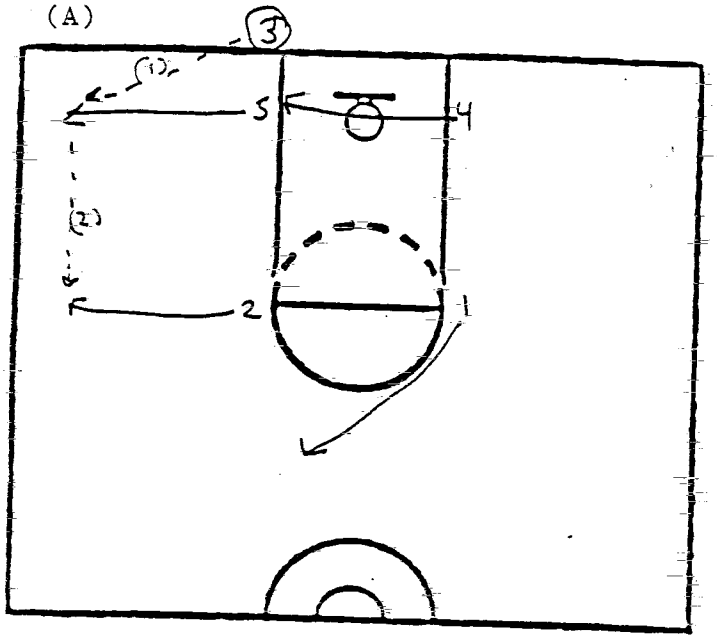
<u>NOTE</u>: Best against a zone defense.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - UNDER "BOUNCE"

(A)



(B)

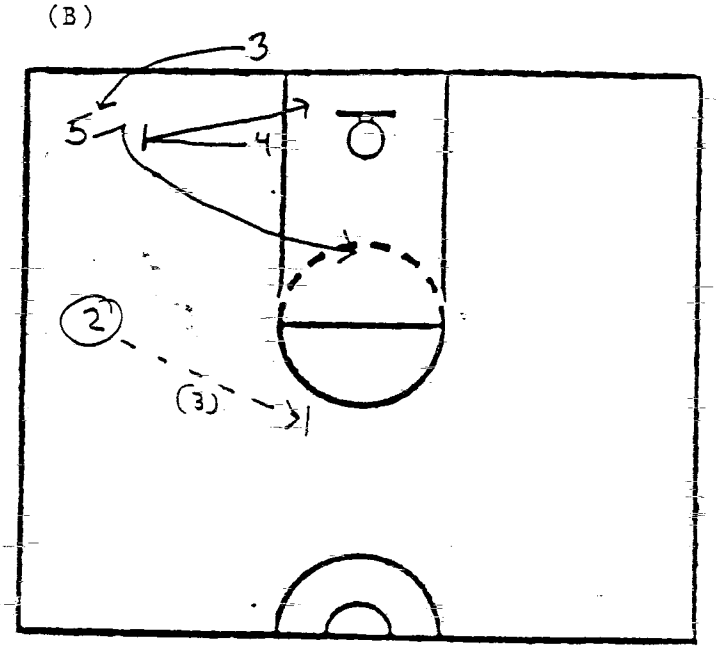


Diagram A

1. Players align in box set.
2. 3 man signals "Bounce" play.
3. 5 man cuts to corner and receives inbounds pass from 3 man.
4. 4 man fills 5 man's spot on ballside box.
5. 2 man cuts to wing to receive reversal pass from 5 man.
6. 1 man cuts to replace 2 man.

Diagram B

1. 2 man reverses ball to 1 man.
2. 4 man steps out and backscreens for 5 man.
3. 5 man cuts <u>over the top</u> of the 4 man's screen to the dotted line of lane - <u>hard</u>.
4. After setting backscreen, 4 man opens and cuts to the corner of the backboard looking for lob.
5. 3 man walks <u>out-of-bounds</u> until 4 man cuts, and steps in behind the 3 point line.
6. 1 man passes to the open man.

<u>NOTE:</u> Can be run versus man or zone defense.

BASKETBALL NOTES

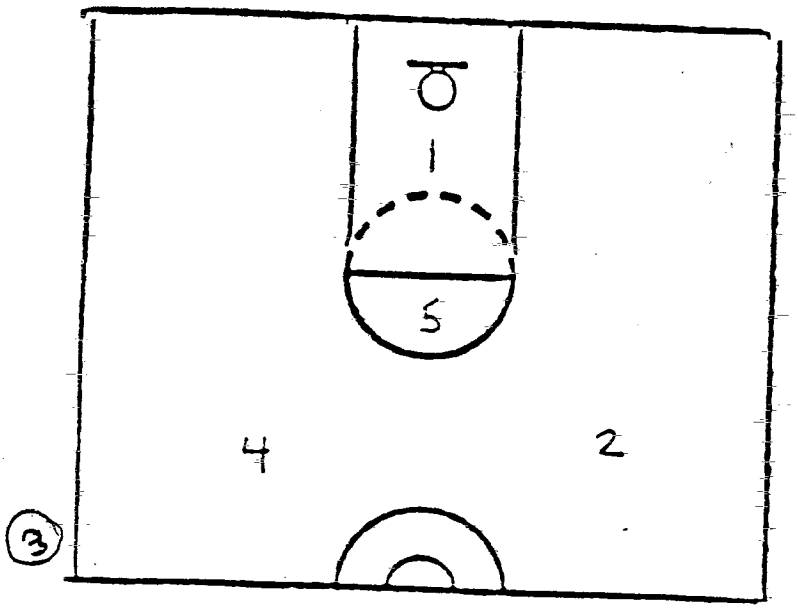
Coach Jerry Wainwright

SIDELINE OUT-OF-BOUNDS
CROSS AND DOWN

(Last Seconds Play for 3 Points)



(A)



(B)

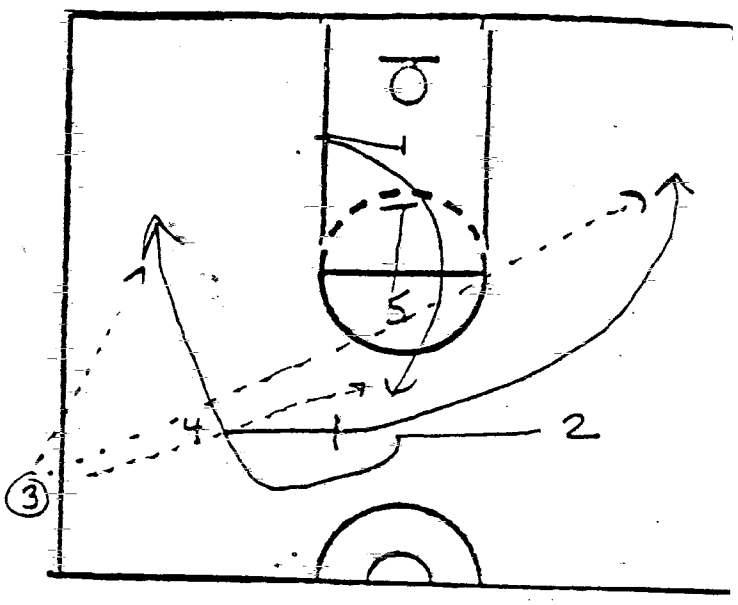


Diagram A

1. Players align as shown with 3 man inbounding the ball.

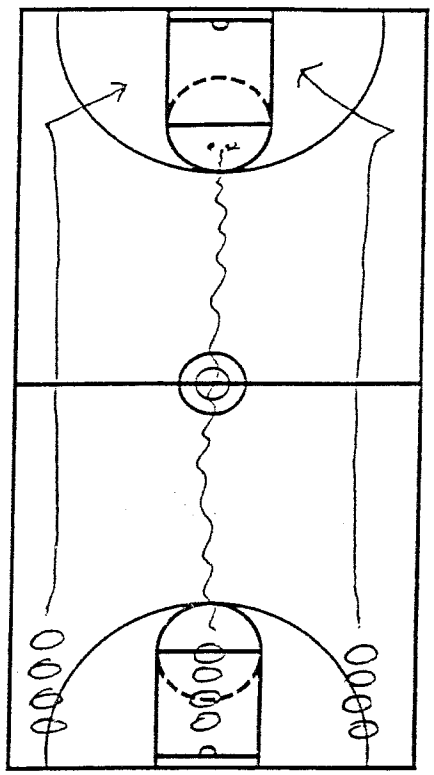
Diagram B

1. On signal, 4 man and 5 man cut first to screen for 2 man and 1 man.
2. 1 man is main target.
3. 2 man, 4 man, and 3 man stepping in stay behind the 3 point line.

NOTE: 1. 1 man must fake to ballside corner hard to set up screen.

Harrick (Fast Break Drills)

2. FLANKER DRILL



ALL GUARDS LINE UP AT FREE THROW LINE WITH A BALL.

FRONT LINE PLAYERS LINE UP AT FREE THROW LINE EXTENDED.

GUARDS - PUSH BALL UP COURT ON DRIBBLE. **FORWARDS** - RUN LANES STAYING EVEN WITH BALL.

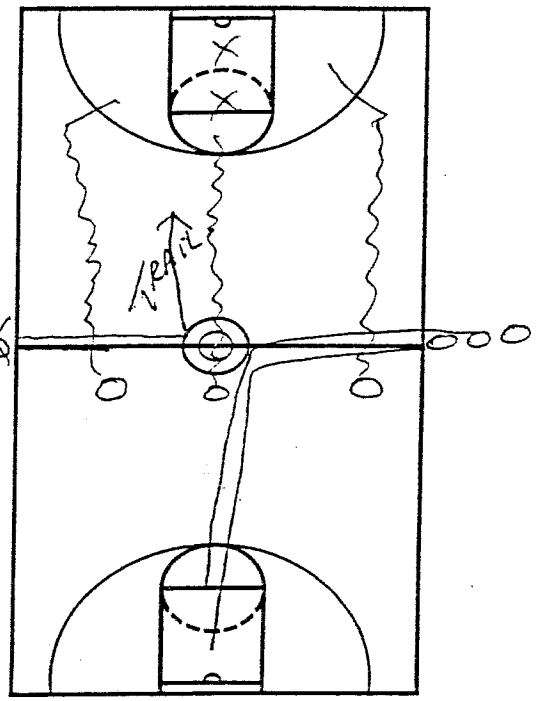
GUARDS - JUMP STOP AT FREE THROW LINE, MAKE PASS TO EITHER WING. **FORWARDS** - PLANT OUTSIDE FOOT AT FREE THROW LINE EXTENDED, SLOWING DOWN, TO EITHER SHOOT 10 FT. BANK SHOT OR REBOUND ON WEAK SIDE.....

AFTER PASS IS MADE TO RIGHT WING AND SHOT IS TAKEN....LEFT WING REBOUNDS ON BLOCK...PASSER FOLLOWS PASS TO JUNCTION AND GOES DOWN LANE TO REBOUND....SHOOTER FOLLOWS SHOT TO BROKEN LINE WITH HANDS UP.

WE LIKE OUR PLAYERS TO:
1. 2 FOOT JUMP STOP.
2. MAKE 2 HANDED PASSES.
3. WHEN THE BALL GOES UP THE HANDS GO UP.
4. FOLLOW YOUR SHOT WITH HANDS UP.

RUN BACK UP THE SIDELINE OFF OF THE FLOOR. MIDDLE MAN IS RESPONSIBLE FOR THE BALL. IF THE BALL DOESN'T GO IN ON THE FIRST SHOT, **NEVER** MISS THE SECOND SHOT.

4. 3 ON 2 CONDITIONER



DRILL BEGINS WITH 3 OFFENSIVE PLAYERS. REMAINING PLAYERS FORM LINES ON BOTH SIDES OF HALF COURT.

WHEN THE OFFENSE CROSSES ½ COURT, THE FIRST PLAYER IN THE LEFT LINE SPRINTS TO THE CENTER CIRCLE AND BECOMES A DEFENSIVE TRAILER. THE 2 PLAYERS ON THE OPPOSITE SIDE SPRINT TO CENTER COURT AND THEN BECOME DEFENSIVE PLAYERS ON THE OTHER END OF THE COURT.

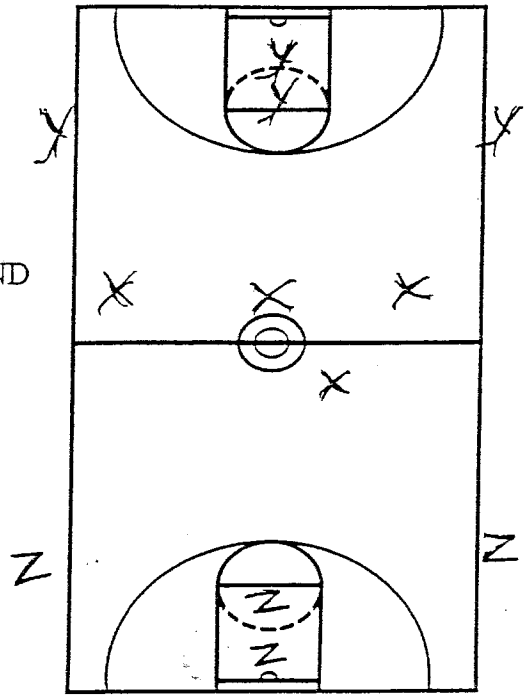
AFTER PLAYING DEFENSE, ALL THREE PLAYERS STAY TOGETHER AND EXECUTE A 3-MAN BREAK TOWARD THE OPPOSITE BASKET.

AFTER PLAYING OFFENSE, ALL PLAYERS SPRINT TO THE LINE TO THEIR LEFT. **EVERYONE GOES LEFT**.

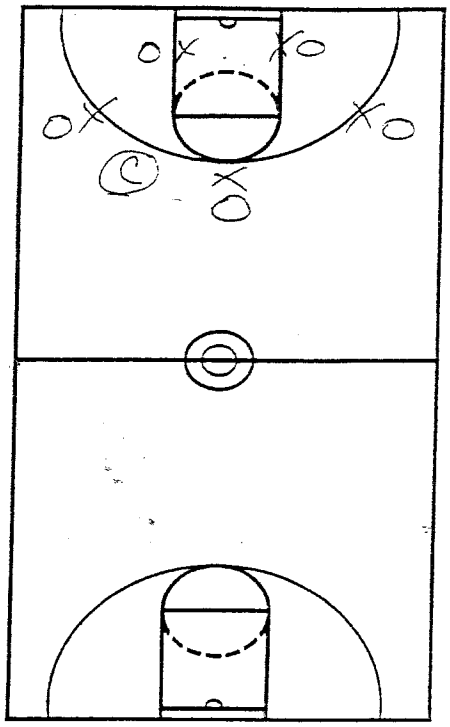
THIS IS A CONTINUOUS DRILL AND THE SAME ROTATION STARTS AGAIN. YOU END THE BREAK THE SAME WAY AS THE FLANKER DRILL.

8. 4 ON 2 BREAK

X ATTACKS 4 VS. 2. AFTER A MAKE OR MISS, OUTLET TO Y TO THE MIDDLE AND Y ATTACKS Z. WE PLAY TO 5 OR 10 BASKETS.



9. 5 ON 3 BREAK



WHEN THE BALL IS SHOT BY OFFENSE.... LIVE REBOUNDING OCCURS. WHEN DEFENSE GAINS POSSESSION, GUARDS SPRINT TO OUTLET AREAS TO RECEIVE THE BALL.

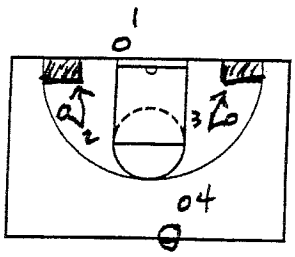
OPPOSITE GUARD TAKES MIDDLE OR GUARD THAT RECEIVES OUTLET DRIBBLES. THE FORWARD AND OTHER GUARDS FILL THE LANES. THE 4TH MAN BECOMES THE TRAILER AND THE 5TH MAN IS THE SAFETY.

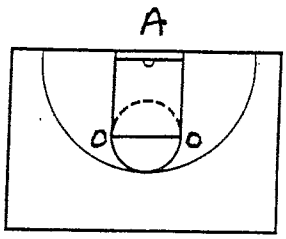
THE 2 FORWARDS ON OFFENSE DO NOT MAKE THE TRANSITION TO DEFENSE.

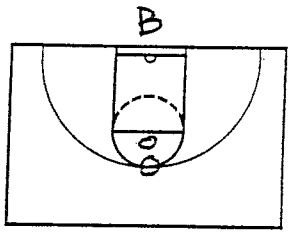
<u>DAILY PRACTICE SCHEDULE</u>

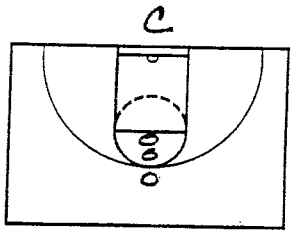
3-5 MIN	FLANKER
10 MIN	A FAST BREAK DRILL
3-5 MIN	4 ON 0
10-25 MIN	5 ON 5 CONTROLLED (FAST BREAK WITHIN THE FRAMEWORK).

PIVOT & LOOK
Press Offense
by Jim Harrick



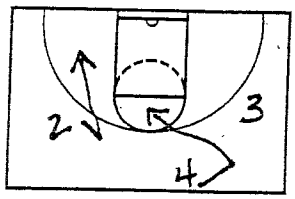






The basic set is 1 - 2 - 1 - 1 with # 2 - 3 at free throw line extended - # 4 is in front of half court, # 5 is free lance and reads the situation. A, B or C can also be used. Stay out of shaded areas.

Play 1 - Option 1

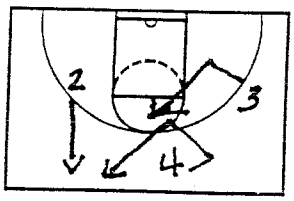


Pivot & Look - Overhead Passes

1 hits 2 - 2 pivots & looks for 4

4 pivots & hits # 3 streaking up side

Option 2

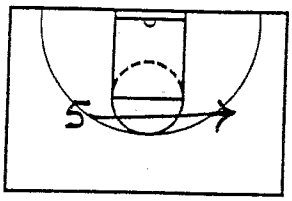


1 hits 2 - 2 pivots & 4 is covered

4 cuts to corner & # 3 runs diagonal up the middle of the floor

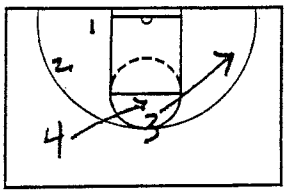
2 can hit # 4 who passes to # 3 cutting, or # 2 can hit # 3 cutting

It can be run both sides of the court



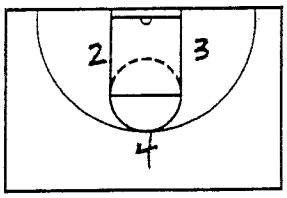
We like # 5 to be a safety valve - he has the whole court. He can come into front court and receive ball or stay back. If press is broken, # 5 gets to open spot on floor and tries to time his play so he gets a dunk or lay in.

Option 3



If # 2 has the ball & can not hit # 4 or # 3, # 1 steps inbounds and we reverse the ball. # 4 sprints back to top of key & run the options to the opposite side - ball can be reversed as many times as needed.

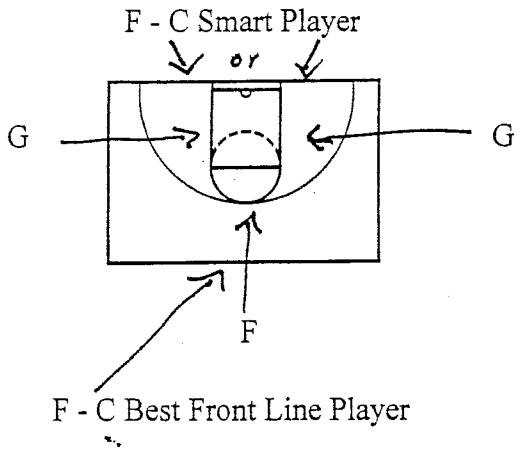
Play 2



Ball is entered to # 4 - # 2 & # 3 streak. # 4 pivots and looks. We like to use Play # 1 against a 2-2-1 and Play # 2 against a 1-2-1-1 zone press.

As far as personnel is concerned, you can place your players according to talent.

If # 1 can throw the baseball pass, then you can play a guard in the # 5 spot. Streak him and get out early against the press. I did this in high school. The # 1 man was a forward.



The most important thing in basketball is having good players.

The second most important thing is for you, the coach to place these players in the proper position.

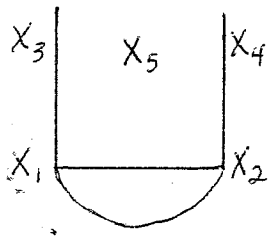
MEN'S BASKETBALL OFFICE
JIM HARRICK
HEAD BASKETBALL COACH

UNIVERSITY OF GEORGIA
SOUTHEASTERN CONFERENCE

2 – 3 Zone Defense

Important to remember: We emphasize *MAN-To-MAN Defensive* principles in our zone defense. Have your coaching staff continue to hammer the following:

1. Stay in your **STANCE**
2. Ball Pressure – **TRACE**
3. Closeout – Stop Dribble Penetration
4. Talk
5. Fake & Fade



X1 and X2 cover the top. X1 points the ball and X2 is on the side of the best shooter. X3 is opposite X2, X5 in the middle, X4 on same side as X2. Primary areas of focus: Either X1 or X2 (depending on rotation) must point the ball on top denying any dribble penetration from the top of the key. Secondly, stay tight; don't let the elbow post player get a touch. Keep a hand in. X1 & X2 keep a hand in on the elbow from the high side. Don't allow yourself to screen by the hi-post offensive player. Forwards stay in an open stance when defending an elbow post. This will allow them a two-step burst out to next assignment.

Short Slides: X3 & X4 help on the wings, fake and fade. They will get bumped off by either X1 or X2 and retreat back to the post. Forward must hold until guard releases him. If the ball goes from wing to corner, X5 has the coverage with either forward covering in the low black.

- All Players Must **TALK**
- Be Aggressive and apply great pressure
- No Guard Penetration from the top
- No Forward penetration on baseline
- Front line players be ready to adjust and communicate
- Closest weak side defender covers skip passes. Must get a hand up on every shot!

Rebounding in the zone: A key element to the success of the zone. Along with X3, X4 and X 5, you'll need the services of X2 for sure. You might want to send X1 as well. The triangle needs to be covered. If X3, X4 or X5 are defending a shooter on the wing or in the corner, X1 or X2 must drop into the triangle and seal off the offensive rebounder. Individual assignments are tough to keep. Therefore, strongly emphasize TEAM rebounding.

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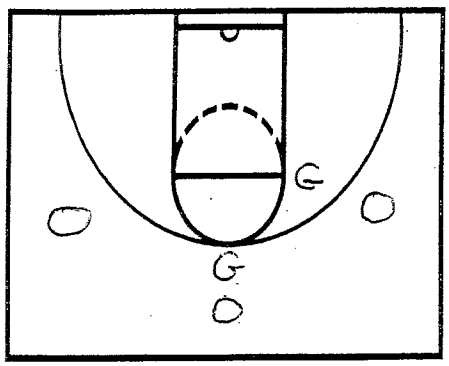
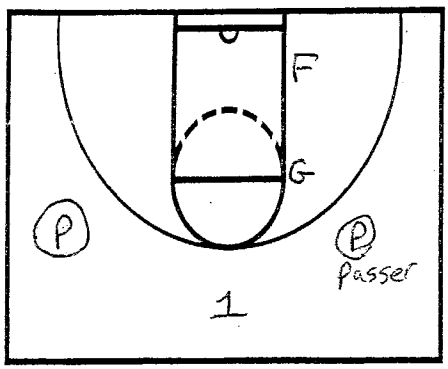
Zone Defense Drills

G - G



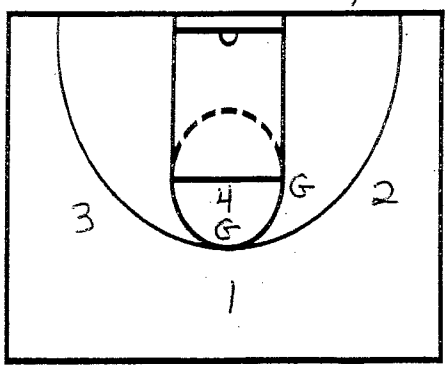
2 man Drills

G - F

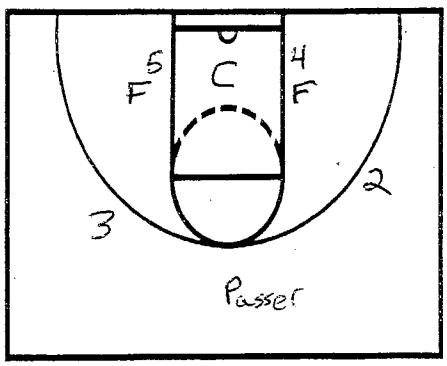


2 man Drills

G-G Cover High Post

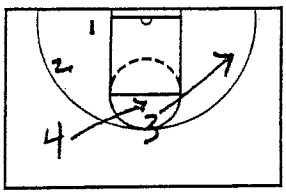


F-C-F



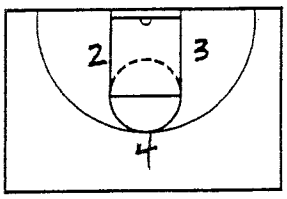
3 man Drill

Option 3



If # 2 has the ball & can not hit # 4 or # 3, # 1 steps inbounds and we reverse the ball. # 4 sprints back to top of key & run the options to the opposite side - ball can be reversed as many times as needed.

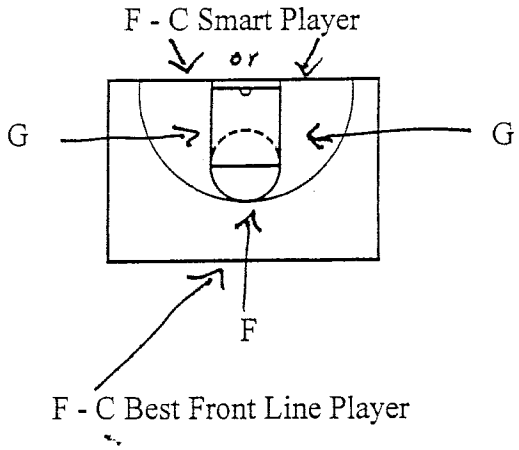
Play 2



Ball is entered to # 4 - # 2 & # 3 streak. # 4 pivots and looks. We like to use Play # 1 against a 2-2-1 and Play # 2 against a 1-2-1-1 zone press.

As far as personnel is concerned, you can place your players according to talent.

If # 1 can throw the baseball pass, then you can play a guard in the # 5 spot. Streak him and get out early against the press. I did this in high school. The # 1 man was a forward.



The most important thing in basketball is having good players.

The second most important thing is for you, the coach to place these players in the proper position.

University of Georgia

BULLDOG MOTION CONCEPTS AND RULES

Knight Rules

-When **receiving** a screen do not lock in on the ball. Your focus is first on setting your man up with a two directional cut coming off shoulder to shoulder. It is the basic two on one principal: The screener and the screenee vs. the screenee's defender. Make the appropriate read and the ball will take care of itself.

-"**Take the ball to the action.**" It is the player's responsibility to take the ball in the direction of the cutters. We ask the receivers of screens to focus on setting their men up and not locking in on the ball. At the same time, the ball will take care of itself if we continue to take it to the action.

-Do not cut into an occupied post. Read the floor and move into open areas keeping in mind balance and opportunity to score.

-Fill high post area when open. It is advantages to have a player in the high post area at all times (but not the same player). By continuing to flash a player into the hi-post you create hi/low opportunities and give the defense an additional element to think about.

-Don't make two consecutive cuts in the same direction. Stay as versatile and unpredictable as possible.

-Inside to outside screening action. This is a difficult concept for players to grasp if they have never run motion. Basically a player can only screen for another player if he begins his action from the inside of the floor to the outside. This rule will help your players from screening for each other.

-Fist in the air and call names on every screening situation. This basic concept helps the players recognize who is actually setting the screen and for who.

MORE MOTION IDEAS

Movers & Blockers Offensive Concepts

* Create pairs of players: the 4 man with the 2 and the 5 with the 3. Fundamental concept is the pairs work together getting each other open. One could even divide the floor into 2 halves, and then isolate the screening action to each side of the floor. This concept could also be used as a teaching concept to help players work together on the very important skill of setting and receiving screens.

SETTING & RECEIVING SCREENS

- Receiver of screen must work to burry his defender in the pick. (Two-directional cut)
- Screener should hold the pick for a two count before releasing and opening up to the ball.

After a player passes the ball to a teammate he can do one of six things:

1. Go away and set a screen
2. Go behind the ball and receive a back pass or hand-off
3. Make a basket cut
4. Replace yourself
5. Set a ball screen
6. Shallow baseline cut

**One way you can better improve your screening angle is to take two steps to the ball (in direction of your pass) and then go away and set the screen (thus creating a screen that follows more of the concept of "butt to ball." Another way to teach this cut is to emphasize to your players to make a basket cut every time and if and when the defense denies that cut you then proceed to go away and set a pick.

RESTRICTIONS TO AID IN THE TEACHING PROCESS

- Make a minimum pass rule
- They can only score off a screen (No dribble drives)
- Only one player can score, thus creating an environment when the other four players are working together to create openings for the designated shooter.
- Add to this concept by then saying only two or three players can score.
- No dribbles after entry pass.
- No shots until a certain person touches the ball a designated number of times.
- In order to receive an entry pass you must first either set or receive a screen.

JIM HARRICK
ZONE OFFENSE

I. PHILOSOPHY
- A. Game Is Changing - Zone Defense Is Different
- B. Areas To Be Conscious Of
  1. Penetration
  2. Inside Attack
  3. Rebounding
  4. Sound Weakside Rebounding
  5. Challenging the Defense
  6. Balance the Court
  7. Perimeter Shooters
  8. Even Scoring-Different Spots
  9. High Percentage Shots Always Get the 20 Footer
  10. Ability to Adjust
  11. Allow Players To Keep Their Instinctive Play
  12. Flash a Quick Movement to an Open Spot-Coming to the Ball with the Hand Open Asking for the Ball.
  13. Find Gaps
  14. Screen the Zone
  15. Dribble Rule
  16. Pass-Fake a Pass, Make a Pass
  17. Step Out
  18. Post Offense Moves
  19. Fill the Vacuum
  20. Have Man Behind the Zone
  21. Skip Pass
  22. Diagonals-Cuts-Passes
  23. Short Corner

II. 3 MOST IMPORTANT POINTS
1. Ball Movement
   - A. Around Perimeter (Moving In)
   - B. Looking Inside
   - C. Fake Passes
2. Man Movement
3. Patience (5-7 Pass Offense)
4. Change Offenses
5. Do Not be Stereotyped

I like to go opposite of the number of men the opponents place at the top of their zone.

EXAMPLE:

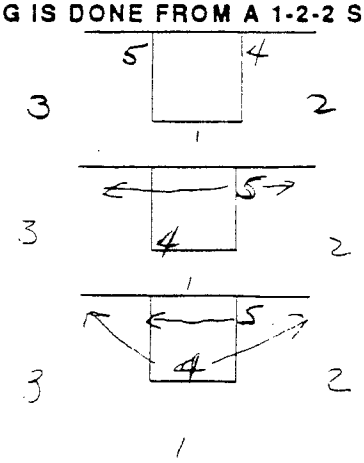
2-Man Front Defense - *YOUR TEAM PLAYS A 1-MAN FRONT OFFENSE*

1-Man Front Defense - *YOUR TEAM PLAYS A 2-MAN FRONT OFFENSE*

III. TYPES OF OFFENSES

Against Even Man Fronts - 2-Man Fronts

EVERYTHING IS DONE FROM A 1-2-2 SET

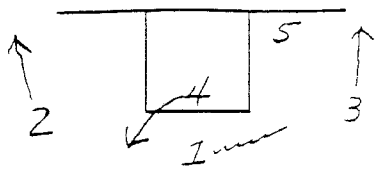


Evolves into a 1-3-1 set.
1 - 2 - 3

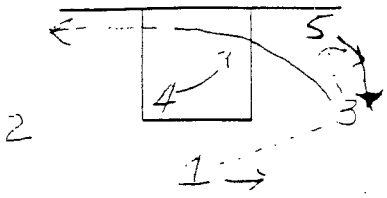
4 has whole key area to move
5 goes short corner to short corner

4 roams top of key to short corner
5 block to block only

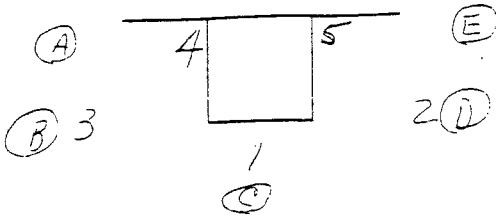
POP



5 SCREENS ZONE KEEP BALL
3 TO CORNER ON PERIMETER
1 DRIBBLES AWAY 5 IN KEY AREA
4 POPS OUT
4 TO 3 TO 5 POSTING OR SHOT

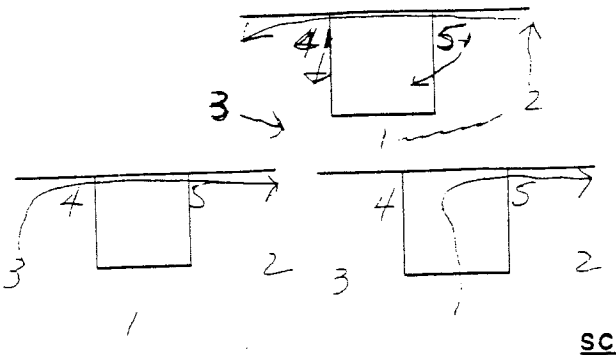


2-3-5 rotate positions
5 takes 1 dribble up
1 takes 1 step right
5 becomes wing
4 moves in key area & follows cutter



Double Low
4 & 5 start behind the zone & flash to open spots - keeping balance

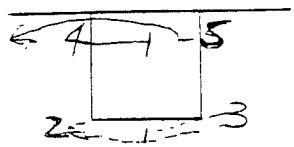
1 - 2 - 3 dribble penetrate & replace each other while using both corners
Areas A - B - C -D - E are used keeping balance.



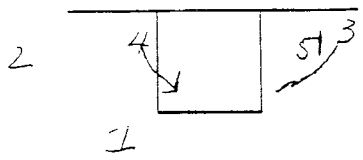
OVERLOAD
1 dribbles 2 into the corner
2 runs baseline
5 screens for 2 & rolls to the middle
4 screens for 2 & steps up the lane to receive the ball.....

When the baseline runner comes to you - you screen & roll - 2nd player screens - steps to the ball & posts up.

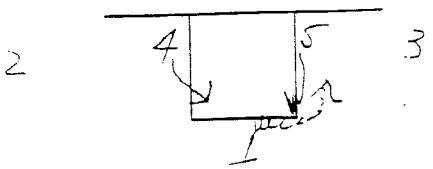
SCREENS IN THE ZONE



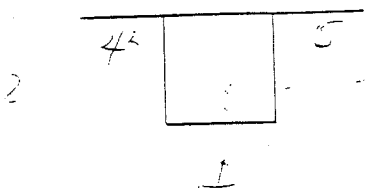
SCREEN POST
1 - 2 - 3 come in tight
1 to 3 - 3 reverses the ball to 1 - 1 to 2
4 screens for 5
5 to short corner



SCREEN CORNER
5 screens 2 - 4 flashes
1 & 3 spot up



SCREEN POINT
2 & 3 flatten out
5/4 screens the point & 5 & 1 screen & roll
4 steps up & rolls into the key



FLAT
1 penetrates into key - hit baseline if open or hits wing
Wing skip passes to opposite wing
4 back screens zone & posts up

Offensive Basketball "Inside"

by
Jim Harrick
Basketball Coach

1. Points to Ponder-

   a. Basketball is a simple game, it's the coaches that make it complex.
   b. We are teachers of basketball.
   c. The floor is an extension of the classroom.
   d. K.I.S.S. - Slippage
   e. Decisions and Opportunities
   f. Talking too much in practice
   g. Playing through - fatigue makes cowards of us all - fouls
   h. Be quick, but don't be in a hurry (poise).
   i. Never foul - (20 footer - last minute of ¼-½)
   j. Balance offensive - 1/3 1/3 1/3
   k. Be a positive coach.
   l. Be a model, not a critic
   m. End practice on a positive note.
   n. Fundamentals - Conditioning - Team play

2. Big 5

   a. stance
   b. concentration
   c. quickness
   d. balance
   e. hard

3. 7 Areas for Daily Improvement

   a. Acknowledge a good pass.
   b. Ball on chest - under chin.
   c. Jump Stop - 2 Hand Pass
   d. V-Cut
   e. Step Back - Cross Over
   f. Hands up on all shots.
   g. Follow Shot

4. Getting open at "F" - "G" - "C" Positions

5. Post up

6. Power - Speed - Hesitation Moves - Using Glass

7. Rebounding

   a. full extension
   b. ½ turn
   c. ante over - tipping
   d. rebound pass out
   e. 2-man etc.

8. Offensive Moves
    a. duck
    b. duck - with ball reversal
    c. jab fake - drill
    d. wing moves
9. Side Post
    a. pass - S & R
    b. dribble - S & R
    c. P or D - delay
    d. Inside Screen
10. Pop the Stack
11. Flatten & Curl
12. Guard Widen - (In & Out)
13. Pressure Releases
    a. G - drib
    b. Back Door
    c. Hit Post
14. Quick Drills
    a. 8 in 30 seconds
    b. Miken
    c. Outlet Pass
    d. Dunk Drill
15. 5 Elements of a Successful Basketball Program
    a. Organization
    b. Philosophy
    c. Discipline
    d. Surround yourself with good people
    e. Ego - Insatiable Pride - Great Work Capacity
16. Defensive Drills
    a. on ball
    b. deny
    c. open
    d. 4 man shell
    e. 2 on 2 below foul line
    f. 3 on 3 below foul line
    g. 3 on 3 over top of screen
    h. Philosophy
        1. over top
        2. step back - slide thru
        3. switch
    i. screen away
    j. screen down
17. 5 on 5 controlled

MEN'S BASKETBALL OFFICE
JIM HARRICK
HEAD BASKETBALL COACH

UNIVERSITY OF GEORGIA
SOUTHEASTERN CONFERENCE

University of Georgia Men's Basketball

Individual Attention: Big Man Drills

I. ***Warm-Up*** ***NOTES***

10 Lay-ins: Both Hands, Both Sides

10 Hooks

10 Power-Layins

10 bank shots: Turning middle, turning out.

II. ***Coming across the lane***

A) V-Cut B) Speed Cut C) Spin Move

Fundamentals: Show Hands and Flash

V-Cut: Seal with leg coming across

Speed: Flash hard at perfect opportunity

Spin: Spin off defender and seal

III. ***Straight Flash and catch***

-Straight up jumper on the catch

-Pump Fake

-Hesitation

-1 bounce

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TRANSITION DEFENSE

BY Jim Harrick
UCLA Basketball
Head Coach

START AS SOON AS YOU LOSE THE BALL

PRESSURE THE BALL

MAKE HIM DRIBBLE

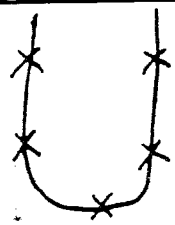
GUARD THE PASSING LANE

DON'T GIVE HIM TIME TO PASS UP THE FLOOR

DON'T LET GUYS SHORT LEG YOU ON TRANSITION

DEFEND 3rd SHOT IN TRANSITION

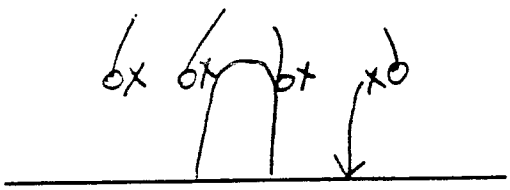
RETREAT TO SHELL



Recover to 3 PT Line
Teach Your Transition
Teach Your Defense
****Pick Up Closest Man***

FILM THE FULL GAME (FULL COURT) AND LOOK AT YOUR TRANSITION

4 ON 4 TRANSITION





Shoot or Drop Ball

4 ON 4 LIVE WITH TRANSITION

5 ON 5 LIVE WITH TRANSITION

5 ON 0 TO 3 ON 2

Kim Mulkey-Robertson…game plan for success:

- Establish what you need from the athletic department in order to be successful. Make sure you get it before saying yes to the job.
- Hire a talented and diverse staff of assistants. Don't waste time or money by bringing in assistants with the same skill sets. For example, if one assistant is best at working with big people, make sure you have another who excels in teaching the perimeter game.
- Establish rules and a code of discipline right away. If a player violates a rule, impose a consequence. That ensures conformity by the players in the future.
- Look people in the eye when you talk to them. It sounds simple, but it is one of the keys to communication. Laugh with them. Hug them. Get involved in their lives.
- Understand the recruiting process. Know that you can't get every player that you want and learn to read the signals quickly. If you don't think you have a reasonable chance of bringing in a player, move on to the next one. Don't waste your time on a player you can't get.
- Drill specific players and circumstances in practice. Make sure your players understand what they have to do when they trail by four points and 40 seconds are left in the game. Make sure they know how to play with an 8-point lead and 1:10 left in the game.
- Celebrate small victories and advance the program that is starting at the bottom. The first road win. The first win over a ranked opponent. The first winning streak. These are all things to be recognized.

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5645 Woodsmore Drive
Solon, OH 44139
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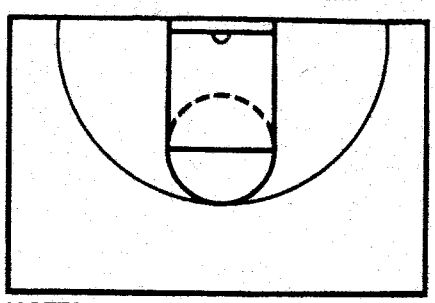
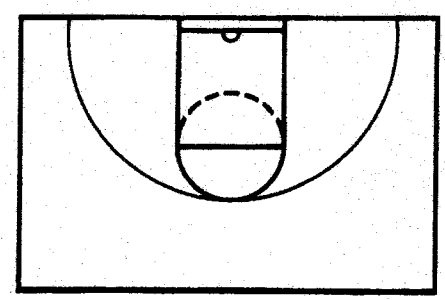
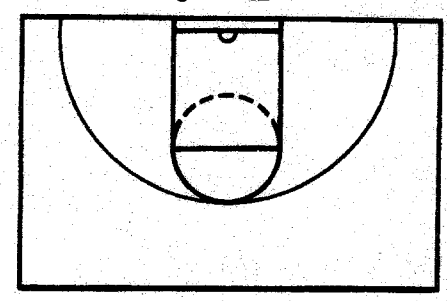
CLINIC DATE 5/15/05

Kelvin Sampson (transition def.)

(1)







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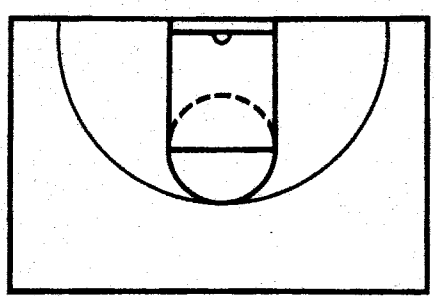
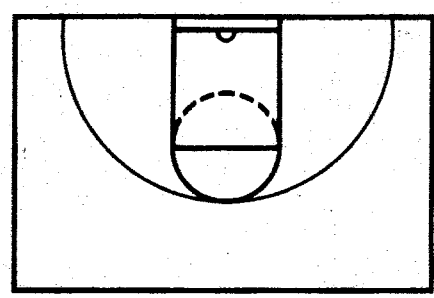
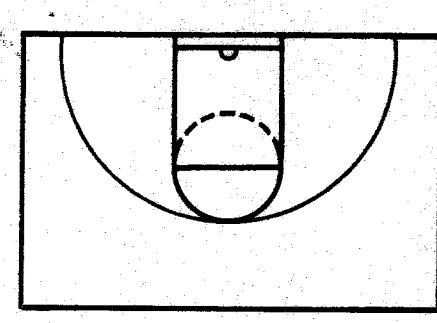


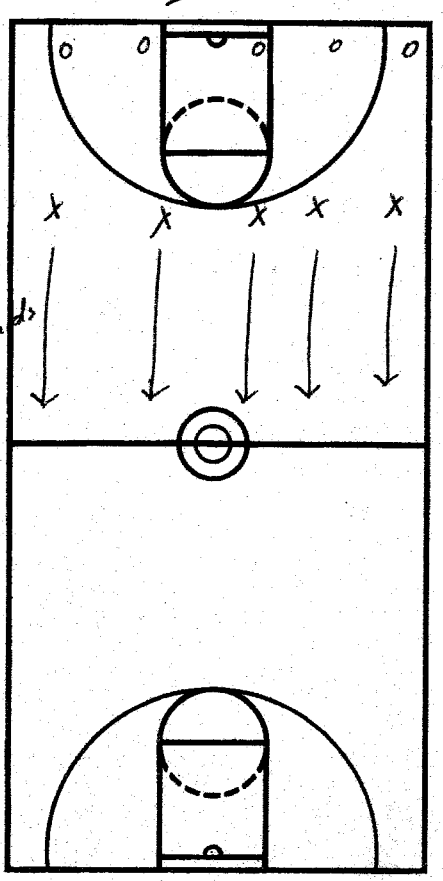




NOTES

JUST DO IT

Drill



NOTES

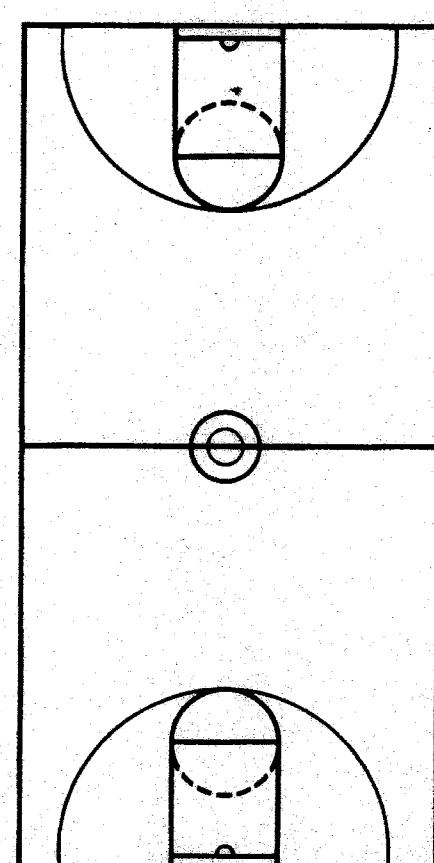
2 Things kids can control:

1. attitude
2. effort

* can't watch film more than 7 minutes

Drill 1st drill

* call out jersey #
  - point & call out #
  - communicate
  - warm up w/o ball
* then have off. go & screen, def. calls out switches



Kelvin Sampson (2) cont.

2nd Drill

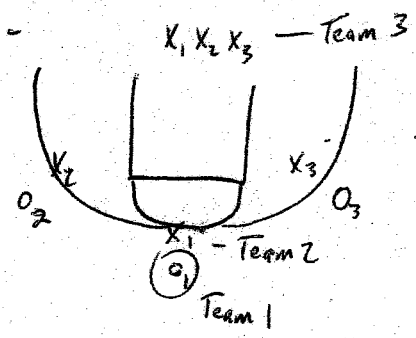
A. circle up drill

★ – switch screens in transition

Single Bubble Drill (3rd Drill)

(play to 3 or 5 pts.)

A. 3 teams (of 3 here) – shot goes up, or move & score



★ talk when you're coming out, new team
– call out #'s

★ Def. get pt. for steal, TO, loose ball, etc.

★ Best player, PG & coach can never take a day off

[(? on how new team comes on)]

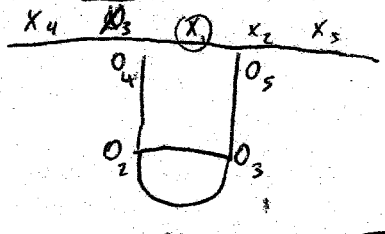
★ – losing team must run

Condition Drill

Shuttle Drill → Guards must run in 62 sec. – opp. FT line – back
– full-back

(4)

★ Half-Court Drill



★ coach yells, off. drops ball & they retreat for transition offense – X's are bringing to ball

★ Double Bubble Drill

TO – –1 pt. Off Reb – +1
pt. – #2 Def. Reb – +2

[★ off reb – must get to outside shoulder, not over back]

★ going full court ★

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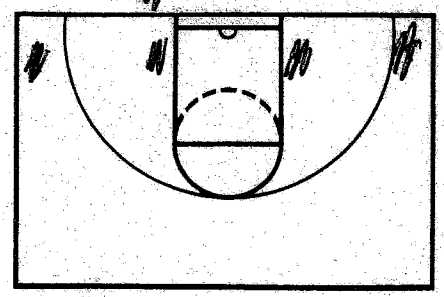
Prosser

CLINIC DATE 2005

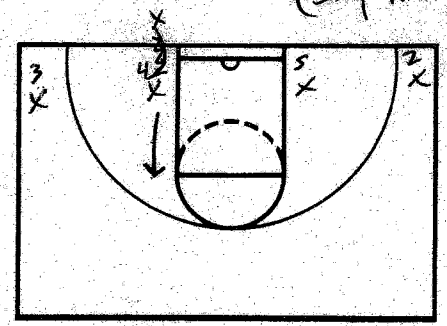
(Skip Prosser)

1

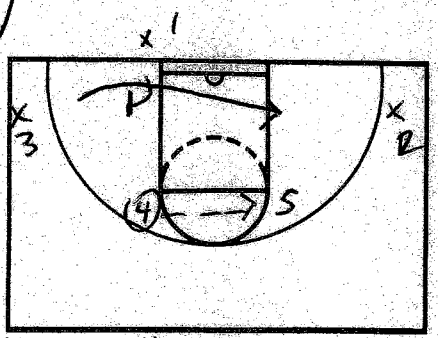


NOTES

vs. Man in-bounds

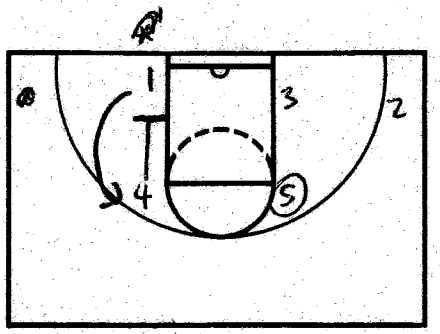


- pop to elbow, pass to 4
- 5 then pops



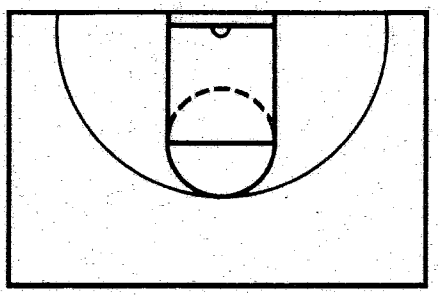
1st) - in-bounder is backscreening for 3, 5 & 3 look flex

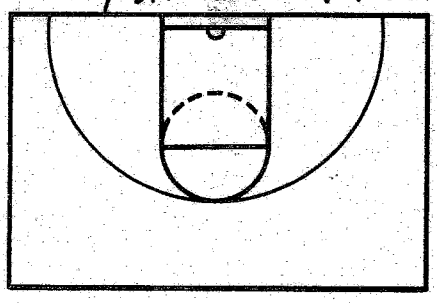
2nd) - 5 looks for in-bounder coming off downscreen from 4



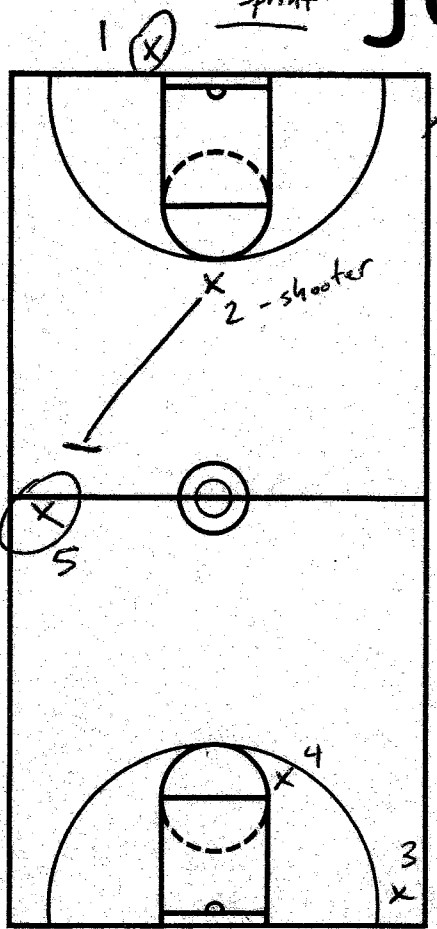
NOTES

full-court in-bound "Sprint"



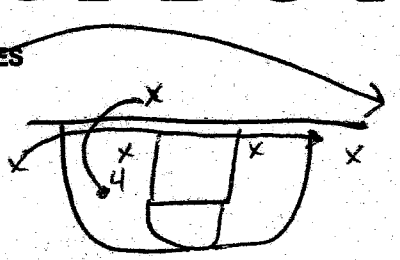


JUST DO IT



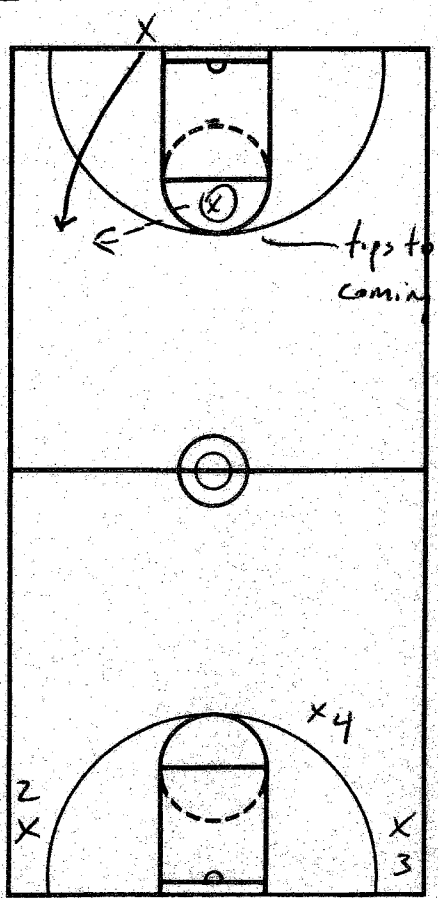
best leaper

NOTES



- pass into 4
- in-bounder steps in for hand-off

* 1 sprints to goal to make play



tips to player coming in

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Prosser

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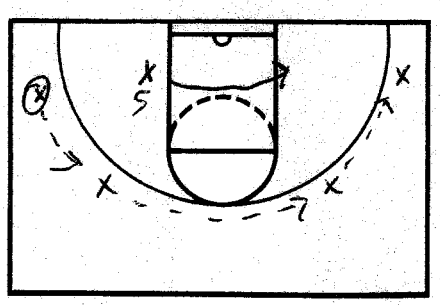
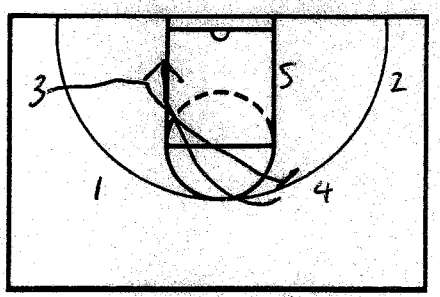
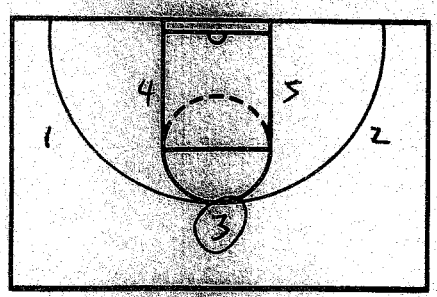
(2)



NOTES
Swing, swing, swing
- 5 follows ball

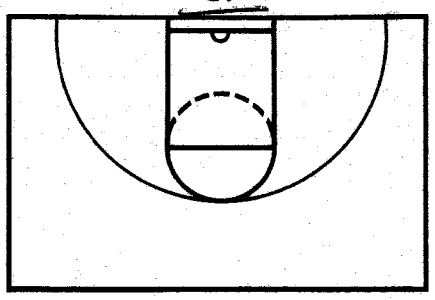


- 3 comes to block + backscreens for 4

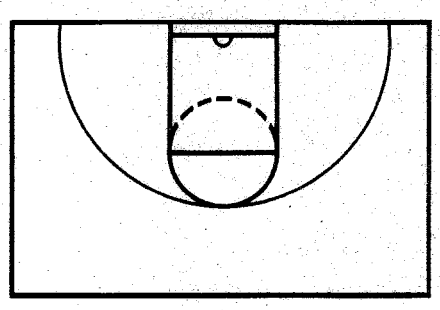


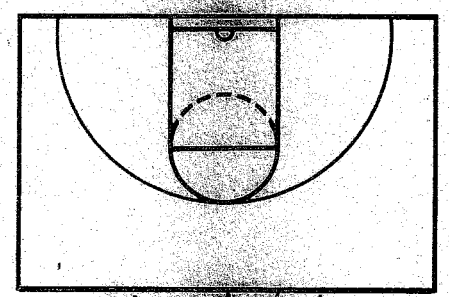
IN
offense now

Zebra



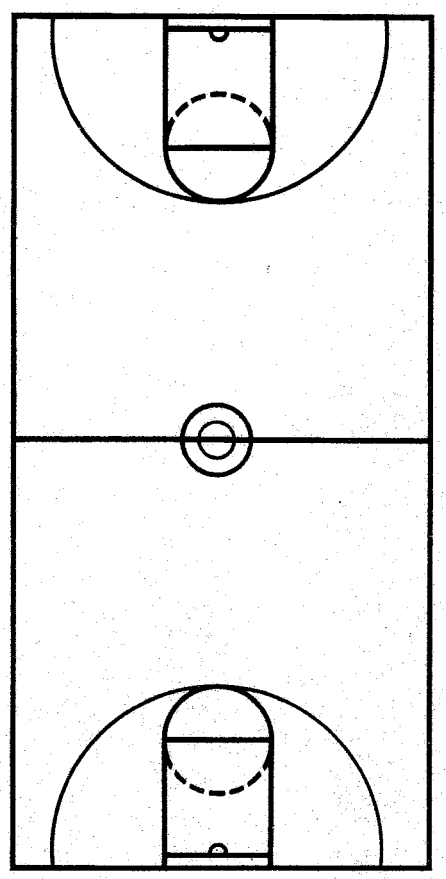
NOTES





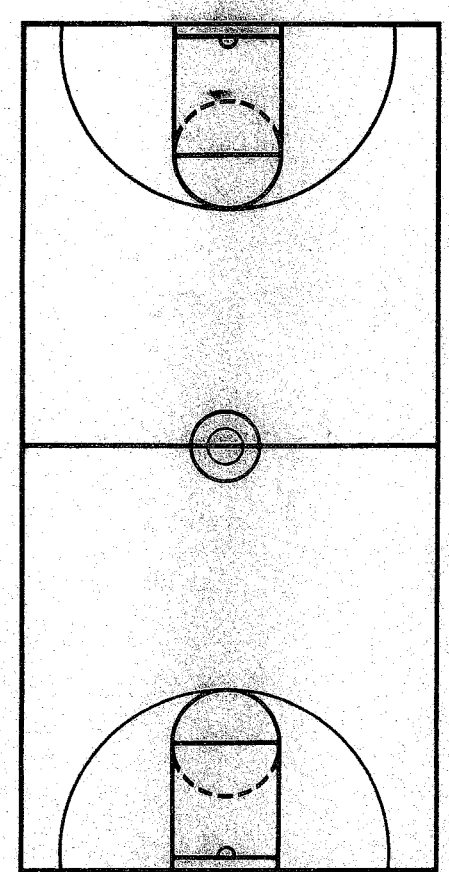
good shooters never shoot it short

JUST DO IT

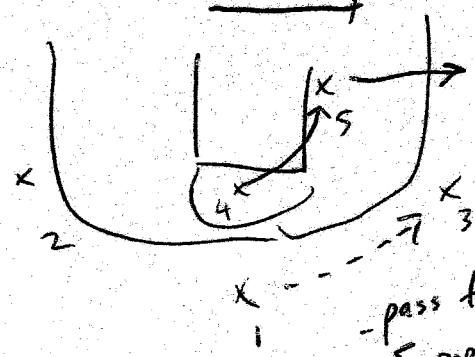


NOTES

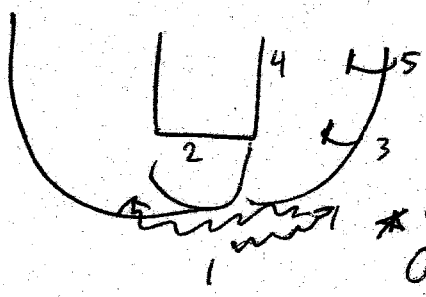
Sec. Break
- ball doesn't hit floor out of net
- PG looks to go down right, if can't get to him, ~~go~~ come back + go left side



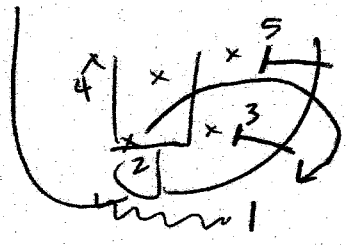
13 Wing



- pass to 3
- 5 pops out
- fake pass to 5.



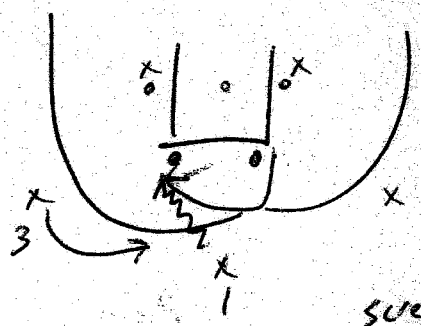
★ 4 is following ball off O_1 dribble over, O_2 gets shot/slips in



- hits 2 on loop

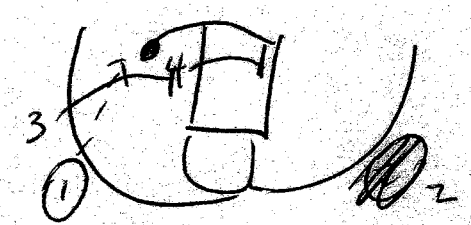
★ 2 can slip also, don't have to take shot ★

Quick 3



screen on pass kick out to O_3 for 3

Get ball inside on my notes at home



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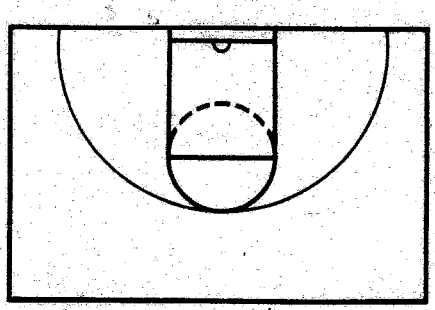
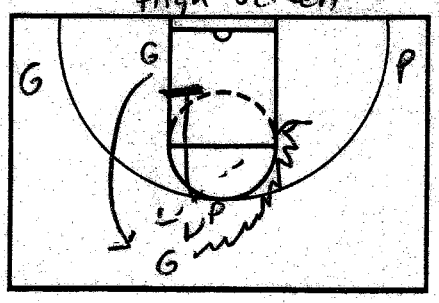
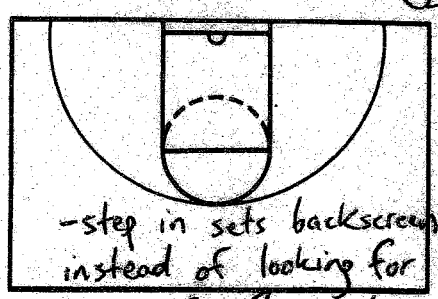
1) Lon Kruger





In-Bounds (Zero, Zero Weak)

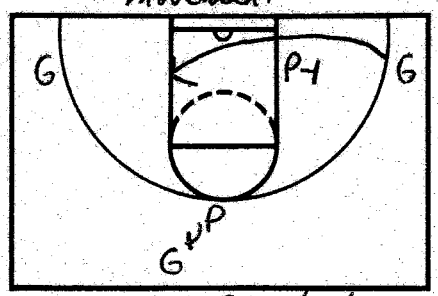


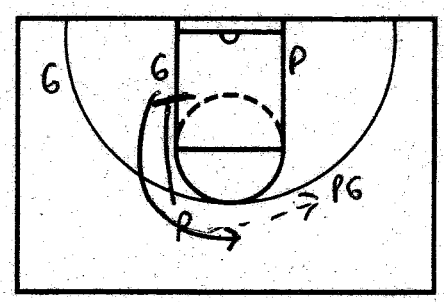
-step in sets backscreen instead of looking for 3
-looking for flex cut

NOTES Zone- be ready for shots & spots, not too concerned w/ movement

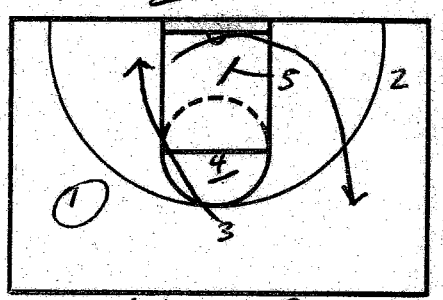
-change up w/ guard

2) High Screen





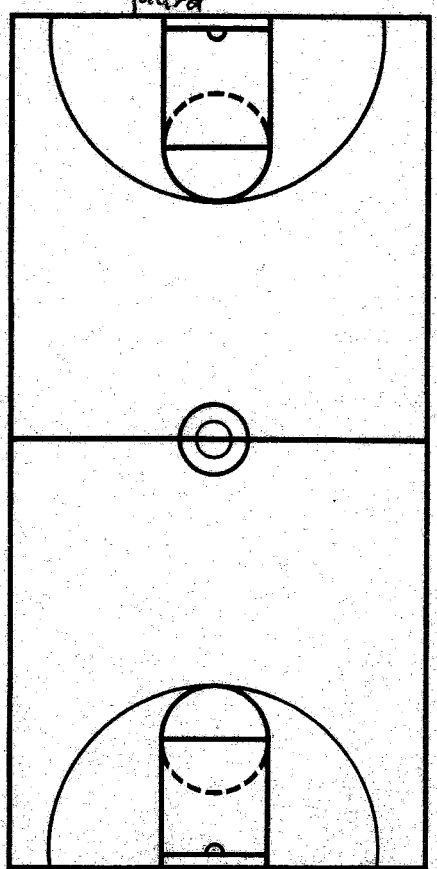
Hawk



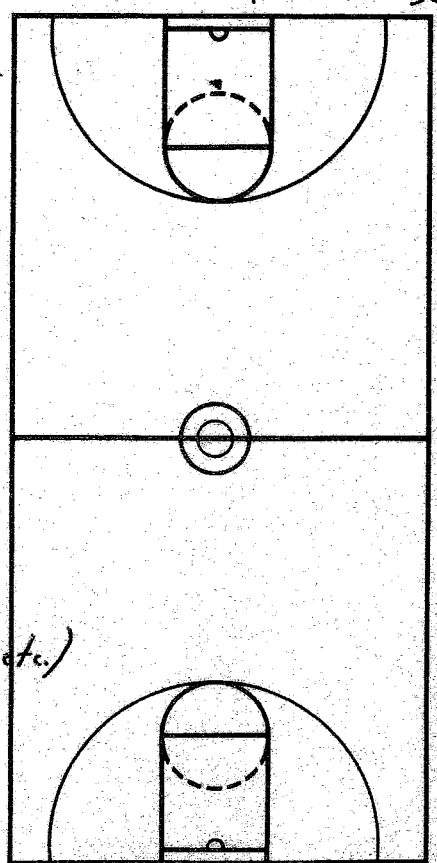
NOTES -post fades high
-ball reversal to high (P4)
-flex cut w/ guard

- 1 looks for 3 on diagonal
- 4 steps out for pass & reverses it to 3 coming out from Os screen

JUST DO IT



NOTES
- create atmosphere where players want to be @ practice (30 min early & 30 after)
- must expect alot & be consistent.
- have an identity (what you do best, buy into it)
- players determine who plays (based on workouts, etc.)



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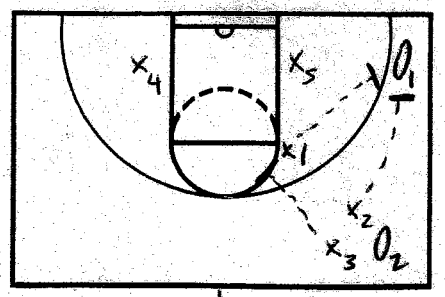
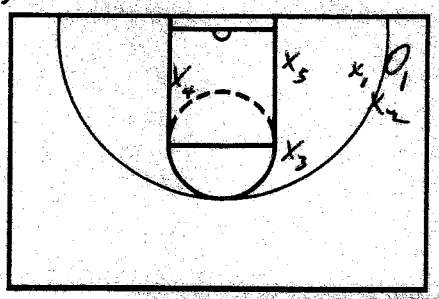
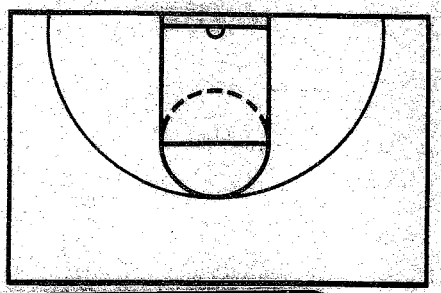
A.



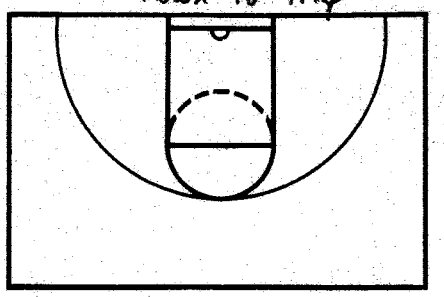
NOTES
- pass to corner
- X_1 cuts off baseline
- X_3 covers high, X_2 goes down to trap

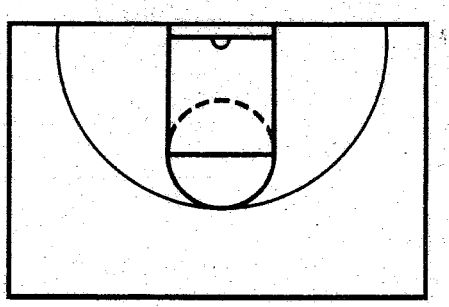
B. Penn St (gals)

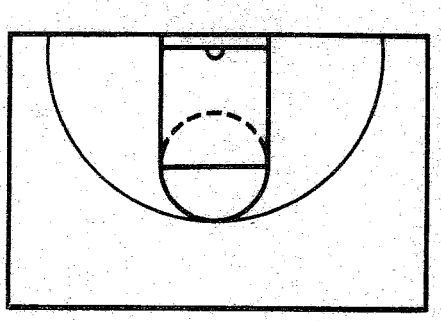




— Rene Portland (Penn St. Girl's)
1-3-1 Zone Trap

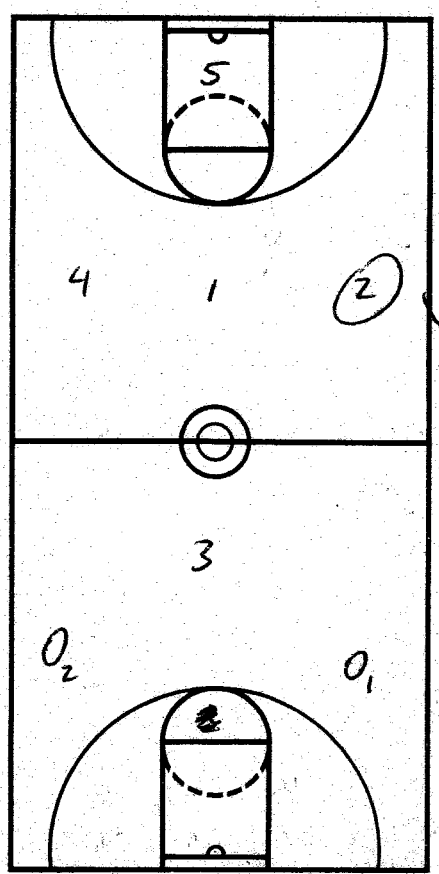






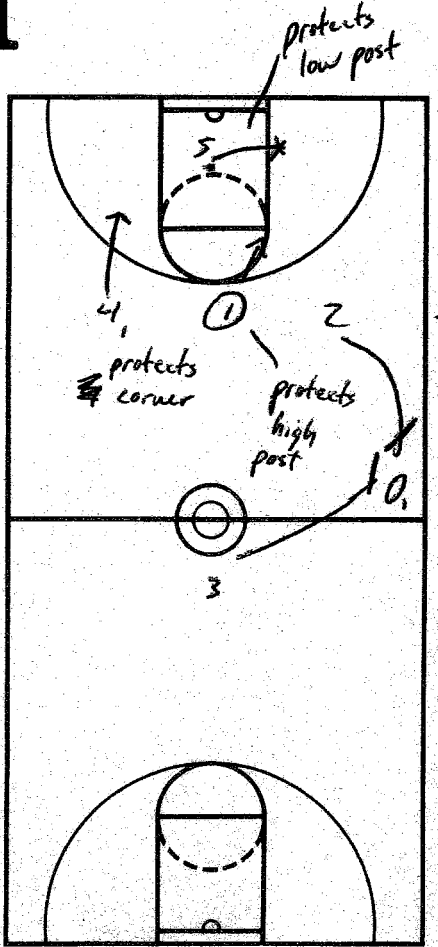
NOTES

JUST DO IT



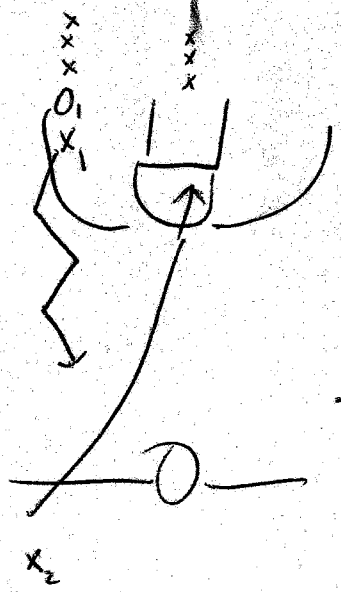
NOTES 1-3-1

- ★3- most athletic
  - covers everything above foul line
  - jab & recover
  - not pushing, just jab & recover
  - ★keep out of middle
- ★ball goes to middle, 1 steps up to help until 3 gets back
  - 1 pushes to a side



Drill

A.

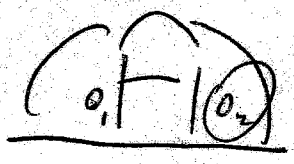


- dribbler passes ball to X_2
- X_1 comes back to score from top of key

- 2, 2 or 3 dribble

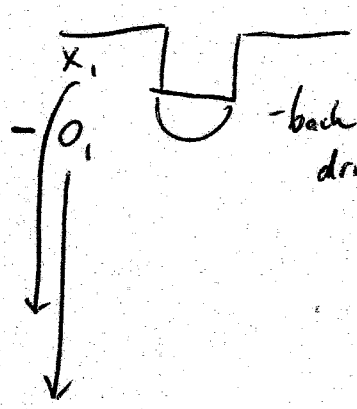
Drill

B. 2 on 1



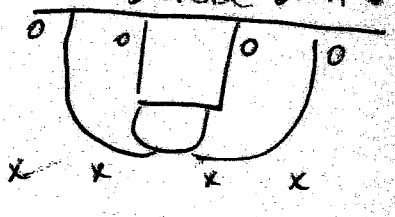
- scorer takes ball out
- ea. def. gets on blocker goes to trap
- score the T.O.

C.



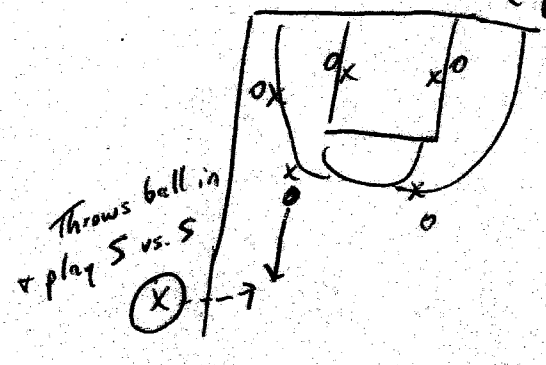
- back tip drill

Great Transition Defense Drill



- catch-up drill
- don't have to touch baseline
- but cannot guard person in front of you

Another Drill (Transition Defense)



- off score, X throws ball in to an Offensive player
- off. player goes other way to score def. goes in transition
- if def. reb, X throws to off. player, def. goes in transition

Notes from Kevin Eastman Individual Workout Camp

Staff	Kevin Eastman
	Jeff Schneider
	Byron Samuels
	Chris Bohlen
	Mitch Wilson
	Guy White (Palm Beach CC)
	Rob Burke
	Kevin Sutton

NBA Workouts: Players make 500 shots a day in workouts
Question: Can you produce your own shot?
Best place to be on the floor is opposite the ball

Warmup Drill

Start on left side, flip ball and shoot lay-up, eventually work out toward half court.

Sweat first, then stretch

Jordan Lay-ups (MJ uses this drill)

- Eventually move chairs in, coach can add contact to player to simulate beating the defender and getting shoulder below defenders hip.

Sweat equal to or more than the players do.

Ball Handling-1 Ball Drills
- Pound the ball, no soft dribbles
- Be ball quick
- Coach Grguvich does ball handling for 7-12 minutes when working out players

Drills
1. Pound the ball with one hand

2. Pound the ball above the shoulder
3. Get partner, lean on each other and pound the ball
4. Crossover below the knees, keeping head up
5. Inside out dribbles, push ball in, then push out. Use hands, eyes, and upper body and ball when making this move.
6. Inside out, then crossover
7. Front-back pound dribble

Kentucky workouts: Make 20 swish FT's to end workout
Mikan Drill: Make 3 swishes with no rim, then add contact.

Drill like you want to get better.

Getting open is a fistfight, making an offensive move is a foot fight
Guards always see the basket. "Never be blind to the floor"

Extended post: Use inside pivot or power slide to lane to get angle.
Chin points to direction when power sliding.

Offensive basketball is played low to high.

Getting Open/Quick Ball Moves

Always throw ball to outside shoulder.
Get foot in rim when performing drop step.
Catch ball first, then drop step.
1. Power slide out, catch ball, drop step, 1 dribble to score.
2. Catch; drop step, pivot, and step back shot.
3. Catch, sweep below knees or shoulder to hip, drive to basket.

Chair Drills to Work on Ball Moves

- Ball in chair, work on lay-up

- Work on step back shot.

<u>One on One Basketball</u>
- Where are the defenders feet? That is the first thing you look at.
- Foot is up: Attack the top foot with your drive
- Defender is back: Shoot
- Defender is even: Jab step at 45-degree angle. Some NBA teams are teaching jab across to get defender to shift over.
- Sweep ball below knees. Defense will not get that low.
- Do not pre-determine your move. Read the defense. Anticipate.

Pete Newell: Introduces you to your feel at his camp. Your feet will get you more years in basketball. His teaching is very detailed.

Jab Step Moves
1. Jab, direct drive. Circle the ball
2. Jab, shot fake, drive
3. Jab, drive, step back shot
4. Jab, shot fake, crossover

On all drives: 2 hands, 2 feet.
Get the ball into the middle. This is where you hurt the defense. Coach Eastman refers to this as the penetration box.
Passing: Read the defenders hand.
Post players should post in the mini lane (in front of rim, above first marker)

Patrick Ewing Move: Away from the ball, lean over, get head on defender, when ball is reversed, step in front low and post up. Start step in when ball is swung to the top.

Play 1-1 continuous in the post with 3 feeders on the perimeter. Post must tell passer to reverse the ball.

Play 2-2 with player on each wing to teach penetration and pitch recognition. Put a chair on each block to force offense to pull up or use pullback dribble on baseline drive.

Be weakside ready to receive the pass on penetration or to rebound.

Stretch the defense with ball movement, then look to penetrate.

Vs. Trap up: Attack the defender running at you.

Post Shooting Drill

- 2 chairs facing each other, shoot jump hooks

Drop Step Drill from Extended Post

- Chin points in direction you want to go
- Pound the ball with power dribble between legs.
- Get top foot above first maker to get angle

Post Trailer Drill

- Can move chair back to shoot trailer jump shot

Tim Grguvich: Makes you get footwork down first. Emphasizes not getting knocked off driving line to basket.

Defensive Tip: Watch the off hand of the ball handler. When it goes to ball, jump out into passing lane with hands up.

A quick shot is how fast can you get the ball from the floor to the shooting pocket.

On all post feeds: Passer, receiver is on a line with the basket.

Stay above the block on all baseline drives to basket.

All offensive moves are feet first, then ball second.

2 Ball Dribble Drills
1. Pound the ball
2. Inside out dribbles
3. Front/back
4. Pound alternating

Tim Hardaway move: Crossover, then go between the legs. Work on in stationary 1 ball dribbling.

Chair Shooting for Perimeter Players

- Can add contact from coach to work on getting open

Elbow-Wing Drill

- Can also add figure 8 move (Reggie Miller move)

Jump Hook Drill for Post Players

Reverse Pivot Shooting

Dribble Pull-up Shooting

On turn around jump shot in post: Turn with elbow up. Square high and keep the ball high.

Quick Release Drills

1. Passer under basket. Shooter at foul line. Catch ball with shooting foot back. Pound the ball to the floor. Up into shot. Work right and left hand. Ball hits floor first, then step into shot. Can also have 3 shooters and 2 rebounders.
2. Catch with one hand; pound the ball, catch and shoot. Work both hands.

On curl cuts: Grab arm of screener on curl.

Single-Double Screens: Any defender even or lower slip to the basket. Cutter can curl on any screen.

On all cuts: Go from walk to sprint or sprint to stop to sprint. Don't go same speed.

Fast is not always good.

Curl Shooting Drill with Chairs

Stagger Shooting Drill with Chairs

Slip Cut Shooting Drill

Argentina Passing Drill

- Coach Eastman got this from Olympic Team. Can also do drill at full court.

Lakers: Practiced 2 hours without ball to master footwork at Phil Jackson's first practice.

NBA Offense: Get ball to player in best scoring area and space away.

1-1 Drill
1. 2 dribble limit
2. Defender hands ball to offense to start
3. Offense scores stays on.

1-1 Drill from Half Court
1. Ball starts at half court, defender starts in lane
2. No dribble limit
3. Offense must stay in NBA lane or is considered out of bounds
4. Put chairs at elbows to keep players in bounds.

2-2 Post Drill

1. Play from low post or extended post
2. Weak side post stays low and works on rebounding positioning.

Great rebounders get middle rim and weak side of rim when boxing out.

4-4-4 at Half Court

1. On a score, new defense comes on
2. First team to 21 points wins
3. Fouls are 1 point

On offense, get ball below FT line for post feed or baseline drive.
Dribble the ball up to get angle for reversal passes
If you catch the ball below the FT line extended, you better have a shot, a drive, or a post feed.

If you can see the post players numbers no bounce pass when feeding the post.

Get the best possible shot on each possession.

4-4 Post Feeding/Reading the Trap

- Use pass fake to slow down the defense
- Move to spot ups when trap occurs

Half Court Fast Break Shooting

- Coach tosses ball out, catch and shoot
- Catch, hard jab step, then shoot (Reggie Miller move)

3 OUT 2 IN PASSING GAME

GENERAL RULES

1.) Maintain 15 foot spacing.
2.) Always stay in motion, never stand.
3.) Avoid going into covered areas.
4.) Don't fight pressure. (See diagram 1)
5.) Fill the spots with correct spacing. Spots are point, wings & corners. (See diagram 2)
6.) Catch, turn and face the basket.
7.) After catching the ball, look through the defense. "See the Big Picture".
8.) Always attack on offense.
9.) Look below you for action. See what's happening on the floor.
10.) Offensive priorities: A.) Look to score B.) Help a teammate C.) Move.

SCREENING

1.) Run to screen, walk to set up.
2.) Rub shoulder to shoulder on all cuts off screens.
3.) Read the defense and make your best cut.
Cuts: A.) Pipe B.) Curl C.) Flair D.) Swing wings E.) Chase F.) Basket
4.) Screener goes opposite the cutter.
5.) Come to jump stop when setting a screen.
6.) Screen the man, not the area.
7.) Use your chest to screen the shoulder of the defender, attack his top leg.
8.) Call out the players name you are screening for.

PERIMETER

1.) Look to cut first. (See diagram 3)
2.) Use wing to point backscreen rather than screen away. (See diagram 4)
3.) Point can pass and screen for post. All basket cuts should end with screen for post. (See diagram 5)
4.) More than 2 dribbles means a bad shot.

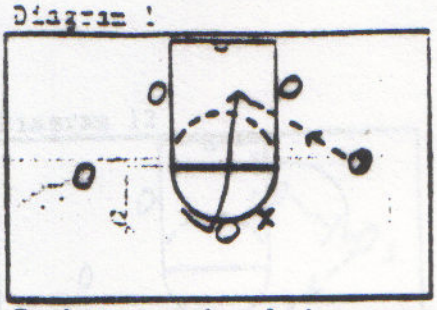
5.) When dribbled at, clear out with a cut.
6.) Always know where the 3 point line is.
7.) On post entry, 3 man cuts to basket, 1 & 2 men spot up. (See diagram 6)
8.) Use the dribble to your advantage. i.e. Improve passing angle or relieve pressure.
9.) Use chase to relieve pressure. Screen the screener automatically on any chase. (See diagram 7)

POST

1.) First look is to score, second is to pass opposite. (See diagram 8)
2.) Create hi-low situations as much as possible. (See diagram 9)
3.) Hands up indicates you want the ball. Hands down means you are going away.
4.) Low post catches, high post cuts to opposite block. (See diagram 10)
5.) High post catches, look to low post for step in or seal and lob over the top.
6.) Screen away and roll back to high post. Also, backscreen the strong side post and step to ball. (See diagram 11)
7.) 2 Second rule - if not open, vacate the area.
8.) Backscreen the wing on wing to point passes. Then, re-screen to the block for the same player. (See diagram 12)
9.) On baseline penetration, go away or empty to wing. (See diagram 13)
10.) On elbow penetration, both posts step in hard. (See diagram 14)
11.) Follow passes out of the post. (See diagram 15)
12.) On weakside block, work to seal for reversal and dump down pass.

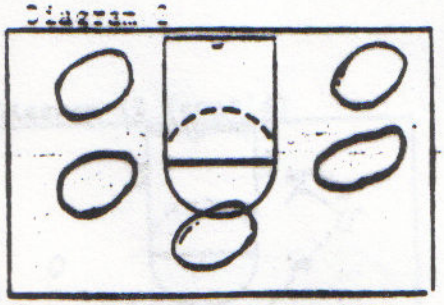
IF YOU HAVE QUESTIONS OR WOULD LIKE TO KNOW MORE ABOUT WHAT WE DO WITH OUR PASSING GAME, FEEL FREE TO CONTACT US:

Diagram 1



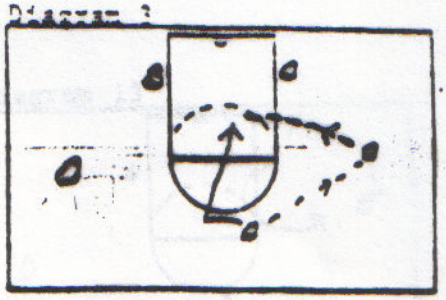
Basket cut when being over-played

Diagram 2



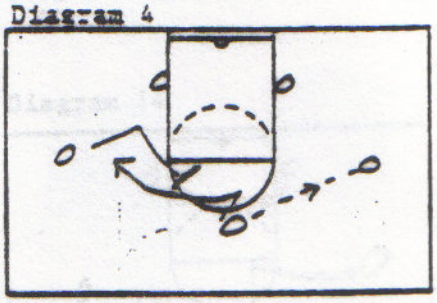
5 possible spots to fill

Diagram 3



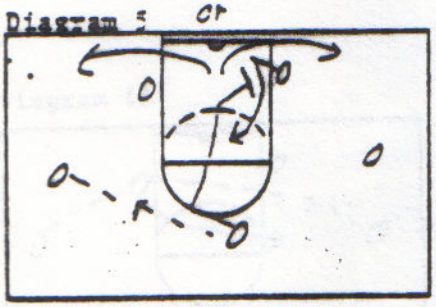
Pass & basket cut

Diagram 4



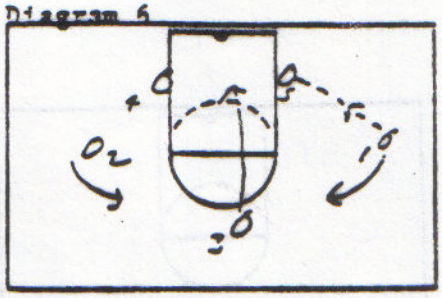
Pass, basket cut, & screen for not to post. Then fill either corner.

Diagram 5



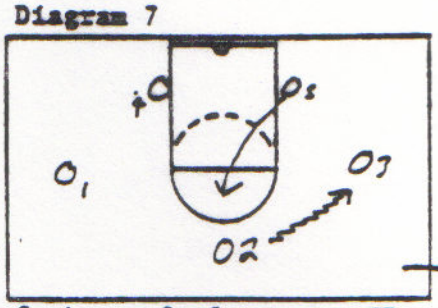
Screen on Post

Diagram 6



3 man cuts to the basket immediately

Diagram 7



2 chases 3, 5 pops to FT line. 3 screens 4 & 5 screens 3.

Diagram 7 (Cont'd)

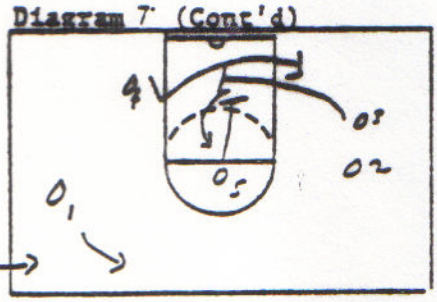
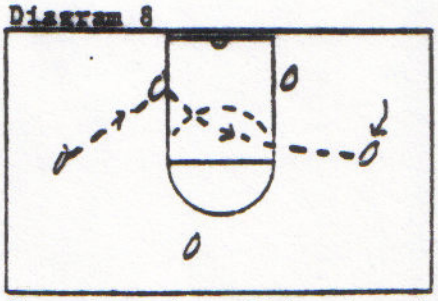
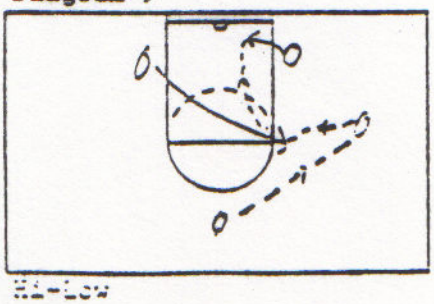


Diagram 8



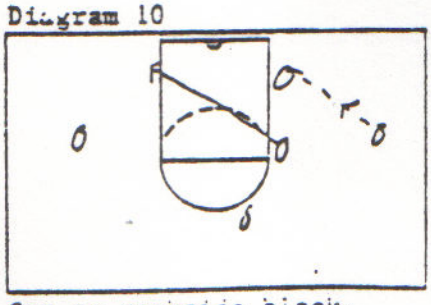
Opposite wing slides to open area on post feed.

Diagram 9



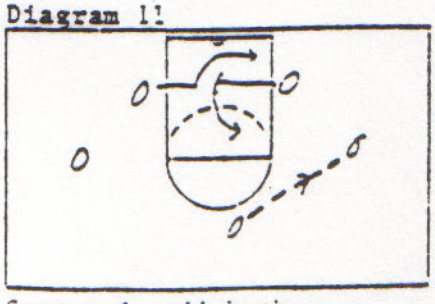
Hi-Low

Diagram 10



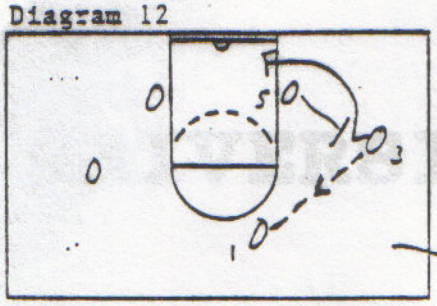
Get to weakside block.

Diagram 11



Screen & roll back.

Diagram 12



5 backscreens for 3, then turn & downscreen for him again.

Diagram 12 (cont'd)

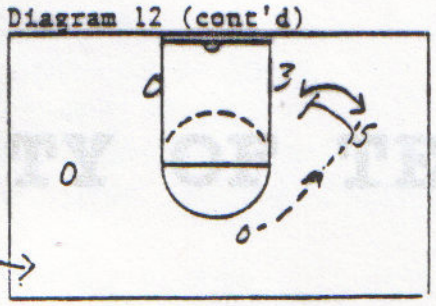
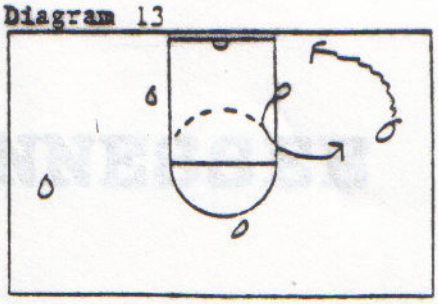
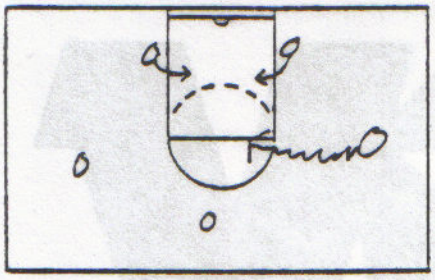


Diagram 13



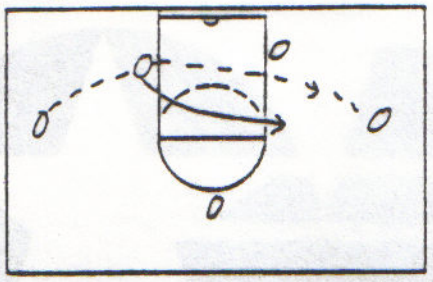
Baseline drive, empty to wing.

Diagram 14

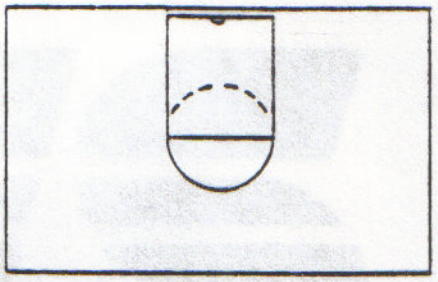


Step in hard from blocks.

Diagram 15



Follow skip passes.



DEFENSIVE PRIORITIES

Defense is the most important factor in winning any basketball game. As long as we play outstanding defense we will always have a chance to win every game. As an individual and a team you must possess the following characteristics to be good defensively:

1.) Intensity - Playing hard as you can on every possession

2.) Pride - In your ability to stop the other team

3.) Desire - To help your team win at all costs

4.) Communication - With your team

Our most important defensive areas are simple and ones that we must constantly push ourselves to achieve at a higher and higher level:

1.) Field Goal Percentage Against

2.) Rebounding

3.) Loose Balls

4.) Charges

If we outdo our opponents in these 4 categories we will win the majority of our games at These aspects of defense will make us or break us.

ORGANIZING YOUR PRACTICE TIME

Prepare for Success

Time on the floor with your players is very valuable. Much time and thought should be put into each practice session. The quality of your practices will eventually determine how many games you win or lose during the season. Talent level of players, number of players, time, facilities, and equipment are all things to consider when putting your practice schedule together.

The following is a collection of ideas that will contribute to more organized and productive practice sessions.

PRACTICE CONSIDERATIONS

1. Each day ask this question: What do I want to accomplish this practice session?

2. Certain aspects of the game should be performed every day; (i.e. - ball handling, shooting, defense, rebounding, passing, setting picks, etc.)

3. Be a teacher on the floor and assume nothing when teaching. These four points are important when teaching:. explain, demonstrate, perform, critique. Use positive comments.

4. Teach new concepts early in practice sessions when players are most alert.

5. Once new ideas have been taught, repetition is the key.

6. When showing a new concept to the team, walk through it first so players can see what is expected. (Whole-part-whole concept.)

7. Follow demanding drills with free throws or less demanding drills. Shoot free throws when tired.

8. Simulate game conditions in practice so players are accustomed to these conditions. Use the game and shot clock to simulate various game situations.

9. Practice what you stress and believe in. Work on those things you will use in games.

10. Build conditioning into your drills to avoid excessive running after practice. Don't make players dread the end of practice.

11. Limit drills to 5-6 minutes. Half and full court team situations will take longer.

12. Explain the purpose of drills. Let them in on the "why" of what you're doing.

SEVEN KEYS TO GREAT DEFENSE

1.) Pressure - On the Ball

2.) Force - The Ball To Do What We Want It To Do

3.) Contain - Your Man and the Ball

4.) Rotation - To Help Your Teammates

5.) 1-4 one on the ball, four to help

6.) Bother Shots - Never An Open Shot

7.) Rebound - EVERY PLAY

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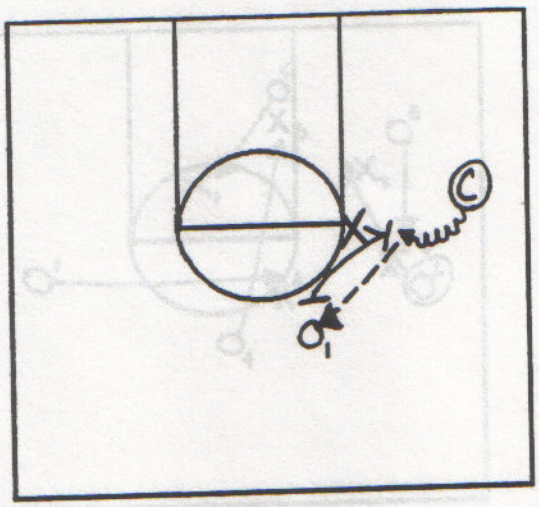

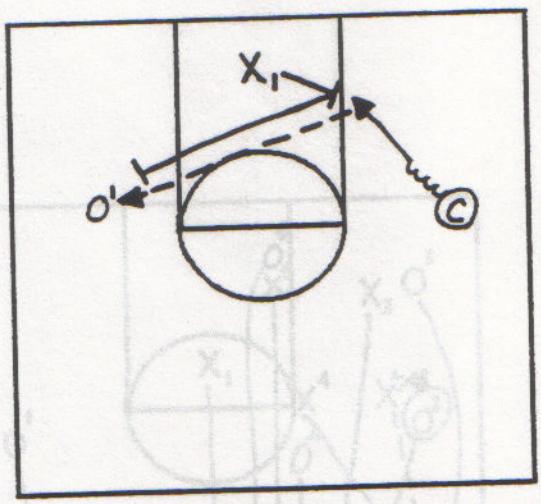

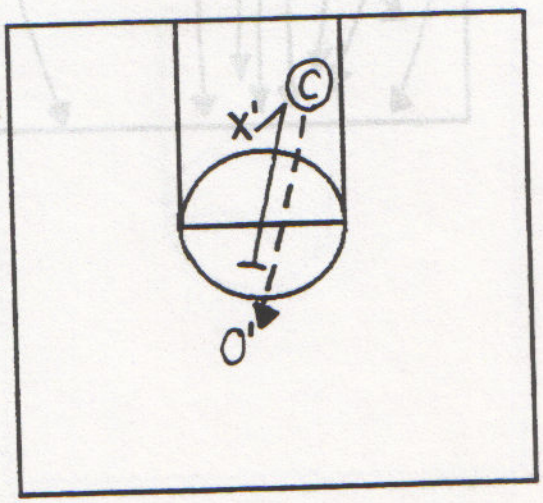

2 on 1 Help and Recover

X1 positions himself according to the relationship between the man he is guarding and the ball.
X1 begins to "fake and fade" or "head turn" as his position dictates.

The coach dribbles into the gap X1 is responsible for guarding.
X1 must help stop C's dribble.
C passes to O1.
X1 must closeout and stop O1.

Play continues until O1 scores or until X1 gains possession.
Change the angles and situations of each drill.

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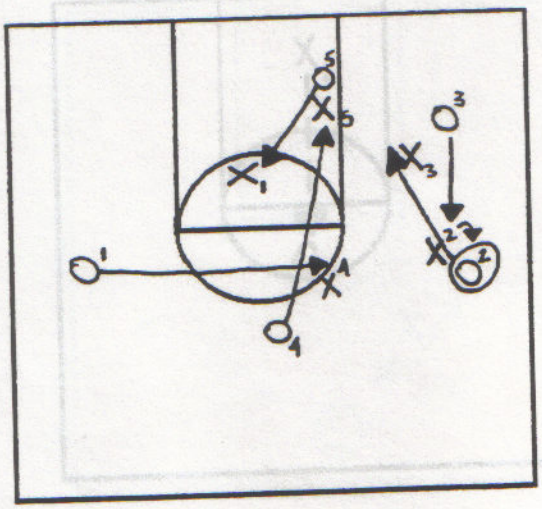
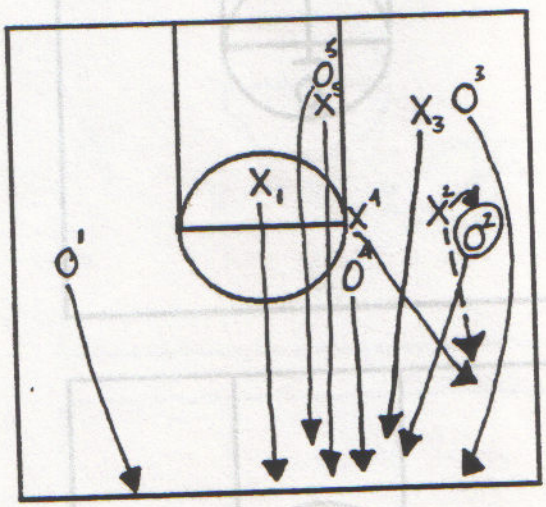
"Switch & Change Drill"



Switch - Half Court Transition
X1 ,X2, X3, X4, and X5 play together against O1, O2, O3, O4, and O5.
On the coach's command of "switch":
The offense (O1, O2 etc.) switch to defense.
The ballhandler, O2, should place the ball at his feet.
The defense (X1, X2, etc.) switch to offense.
Do not switch ends of the court.
The new defensive players, the O's,must now defend the same basket they were just shooting at.
They cannot guard the opponent that was just guarding them.
The new offensive team, the X's, tries to score immediately.



Change - Full Court Transition
On the coach' command of "change":
The offense, the O's, sprint back on defense to defend their goal.
The ballhandler places the ball at his feet.
The O's can defend any of the X's in transition.
The X's can attack the O's to score.
The O's must point and talk their way through the matchups.
The drill continues as the coach designates.

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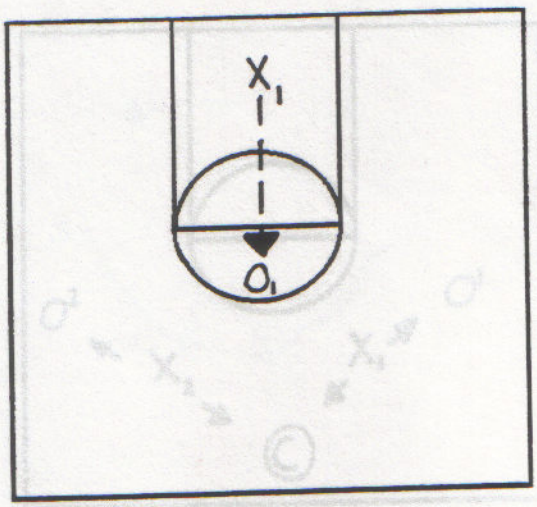

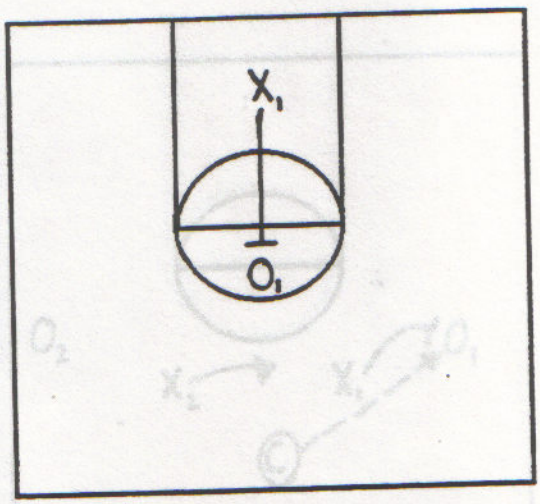

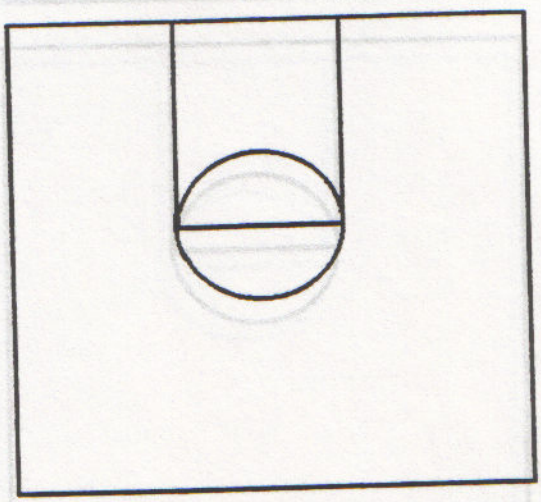

1 on 1 Blockouts

X1 stands under the basket facing O1.
X1 passes the ball to O1.
O1 catches and shoots the ball.
X1 must sprint to O1 and contest the shot.
X1 must try to take the shooter out of shot motion and then box out the shooter.
O1 is not allowed to dribble.
After the shot, O1 and X1 play "live" for possession of the rebound.

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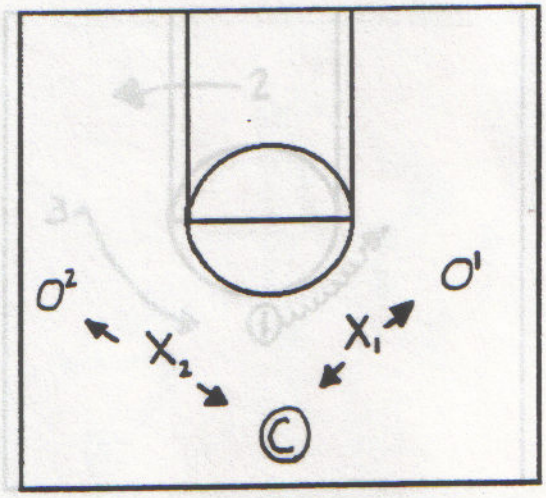
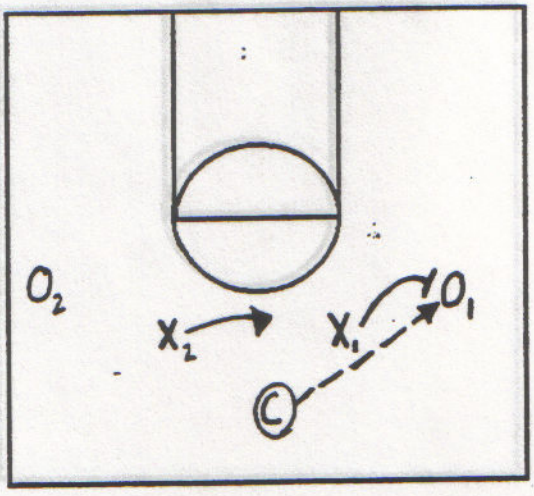
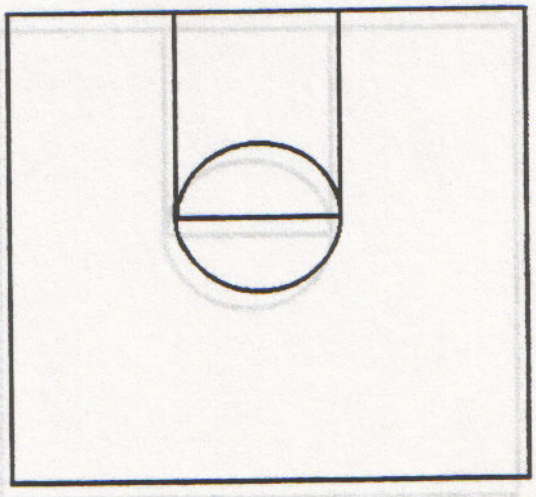


2 on 2 Sprint to Help

X1 and X2 position themselves in their "up the line" position to support the ball. X1 and X2 must "fake and fade" on the ball.



The coach passes the ball to O1 as the defense adjusts their positioning.O2 and C make several more passes to each other to make X1 and X2 work on their positioning and "sprinting to help".
On the coach's command play becomes "live".
Play continues until the defense recovers the ball or the offense scores.



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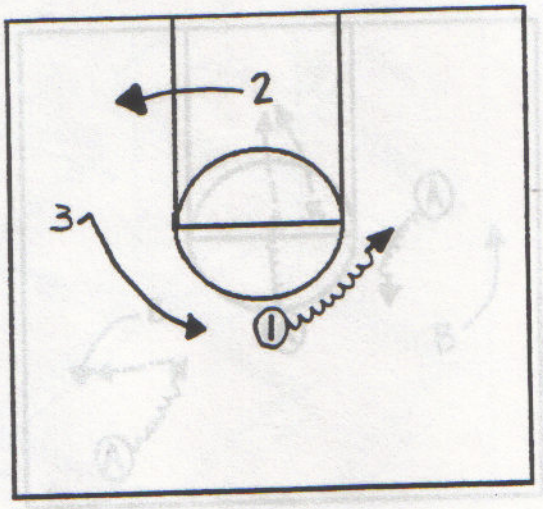

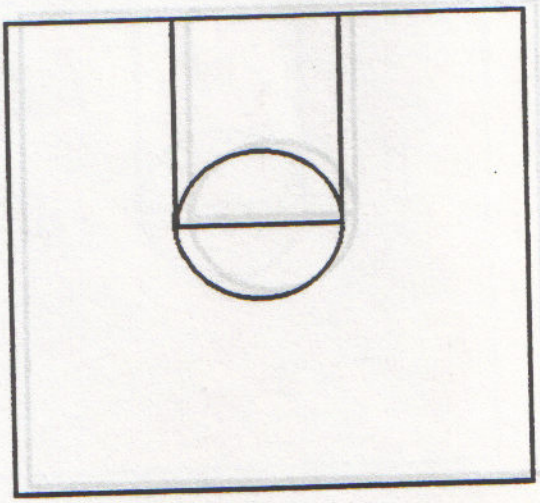

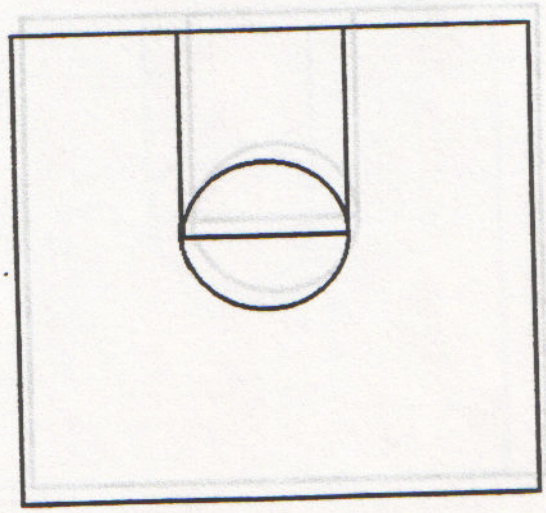

3 on 0 Motion Passing

Players are in groups of three spread across the court.
1, 2, and 3 space themselves 13'-15' apart.
1 dribbles drives the ball out of a triple threat position for two dribbles and comes to a jump stop.
As 1 dribbles 2 and 3 slide away from and towards the ball respectively to maintain spacing.

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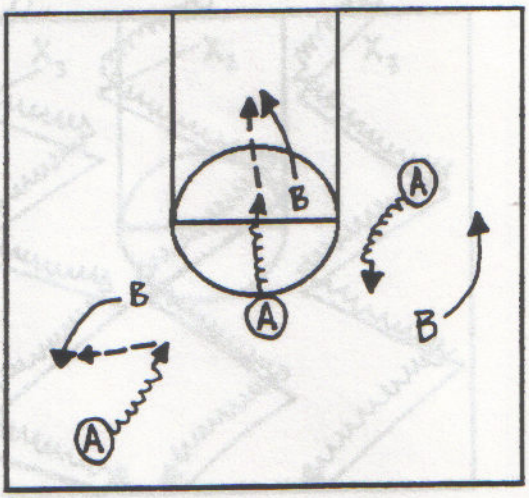

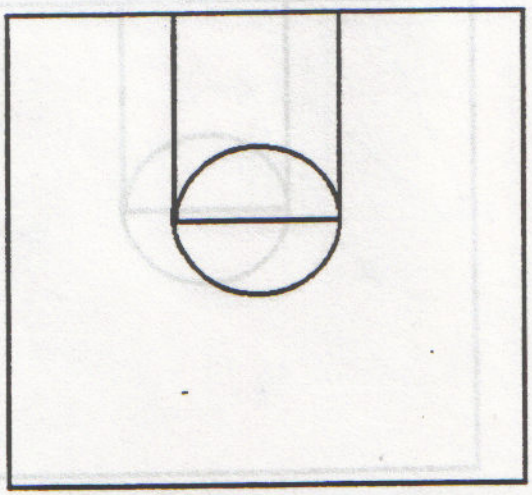

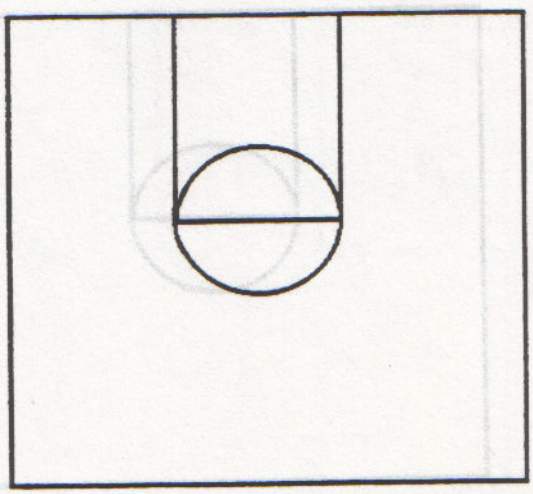

2 on 0 Motion Passing

Each player pairs himself with a teammate.
A & B face each other with 15 foot spacing.
Player A starts with the ball.
Player A dribble drives the ball out of a triple threat position for two dribbles and comes to a jump stop.
As A drives, player B slides away from the dribble to maintain 13'-15' spacing.
Player A pivots to face B and passes the ball.
Repeat drill.

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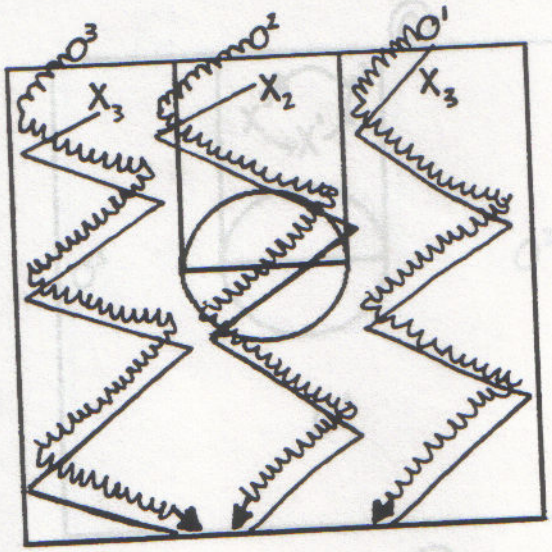

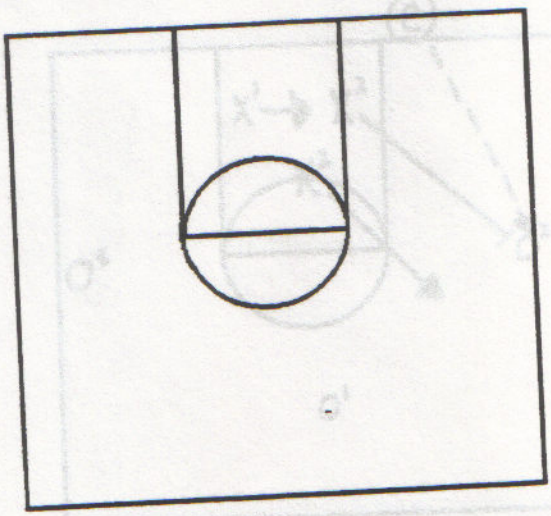

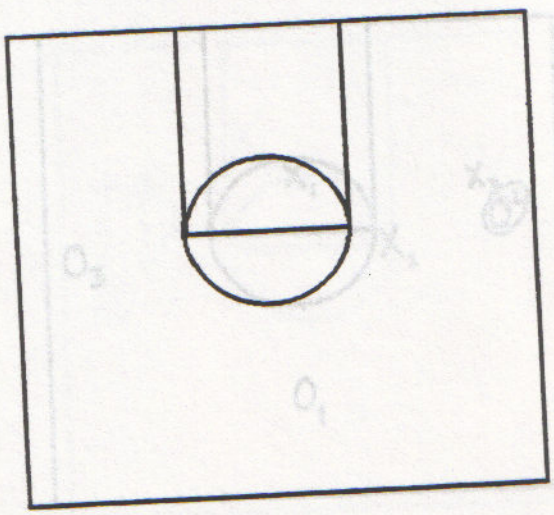

ZIG ZAG

1. Players line up into three lines on the baseline.
2. O1, O2, and O3 use a controlled dribble to dribble the length of the floor.
3. X1, X2, and X3 position themselves one arms length from O1, O2, and O3 respectively.
4. X1, X2, and X3 are working on their stance, and defensive slides, keeping their nose on the ball, and using active hands
5.O1, O2, and O3 must try to maintain vision of the floor versus the defender's pressure.

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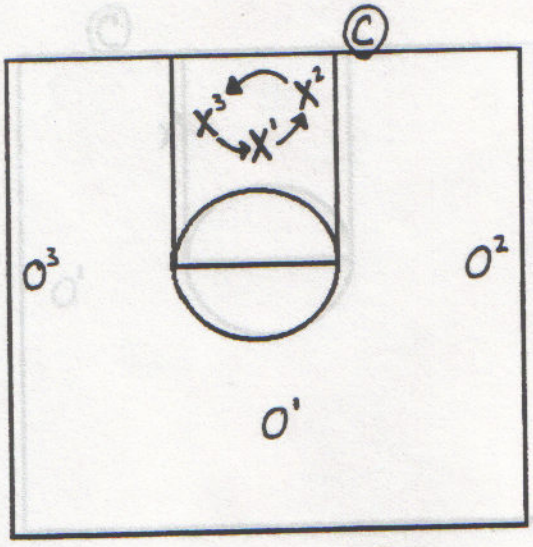
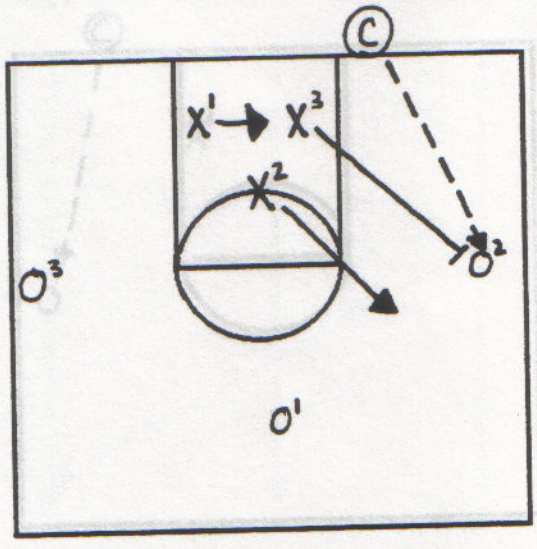
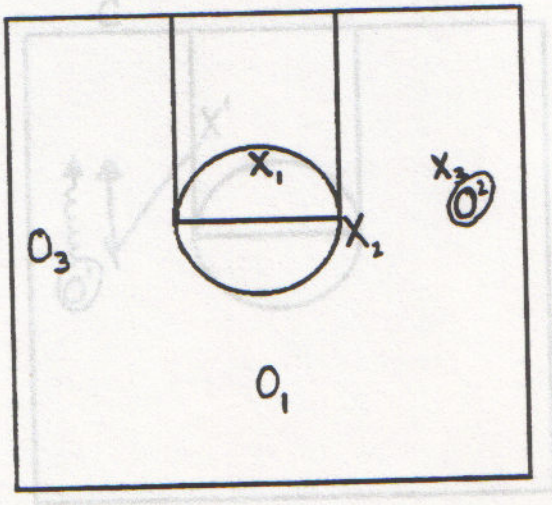


3 on 3 Closeouts

X1, X2, and X3 circle there wagons so that they cannot predetermine their matchups. O1, O2, and O3 space themselves on the three point line to attack the defense.



The coach can pass to O1, O2, O3.
The coach passes the ball to O2.
X1, X2, and X3 must communicate their matchups.
X3 closes out with "High Hands" on O2. X2 sprints to his "up the line position.
X1 sprints to the helpline.



X1, X2, and X3 in position to play team defense. Play is "live" until the offense scores or until the defense stops the offense.

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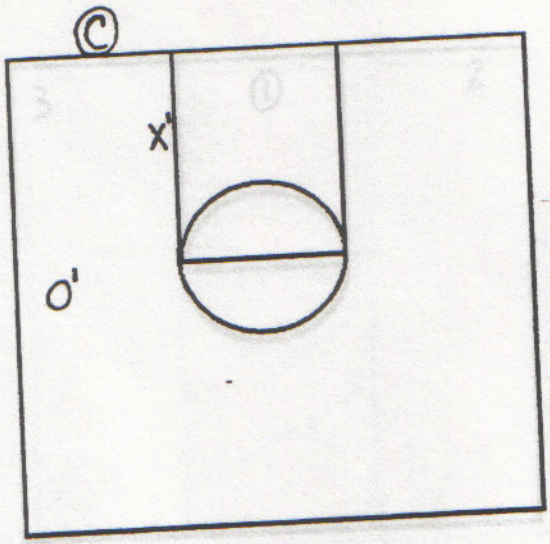
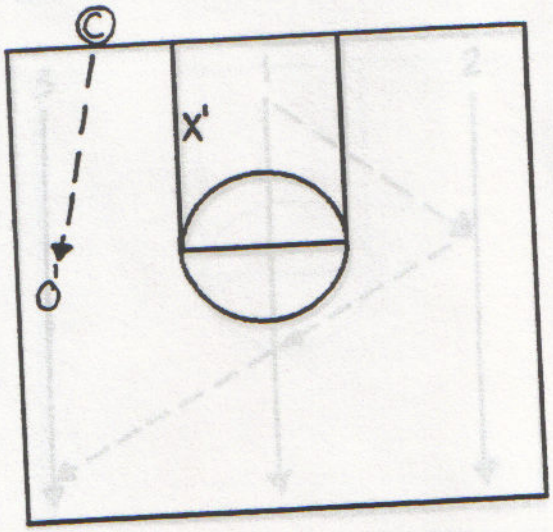
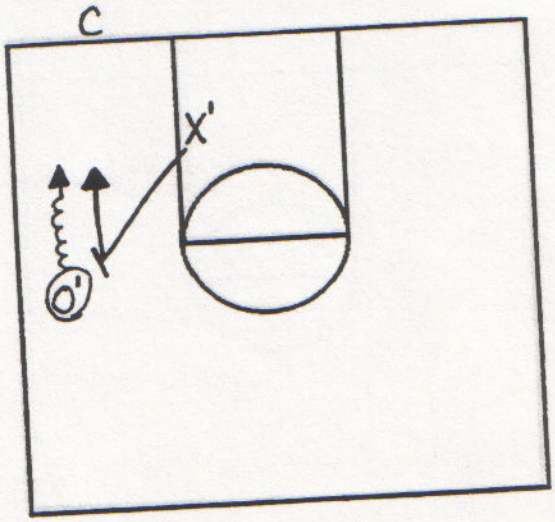


1 on 1 closeouts

The coach starts with the basketball under the basket.
O1 waits for a pass in a shot ready - triple threat position.
C passes to O1, while X1 closes out on X1 with high hands.



X1 must sprint out on O1 with high hands and keep O1 in front of him.
X1 must "make shooters drive and make drivers shoot."
Play is live until the offense scores or until the defense gains possession.



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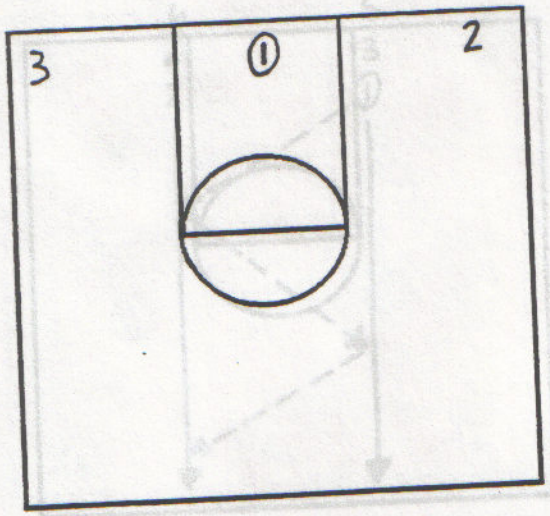
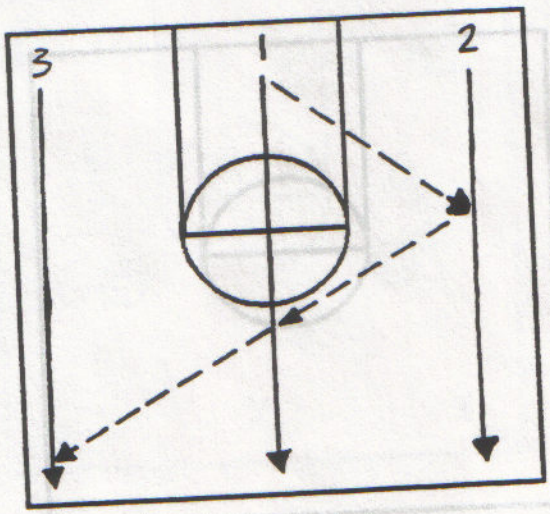
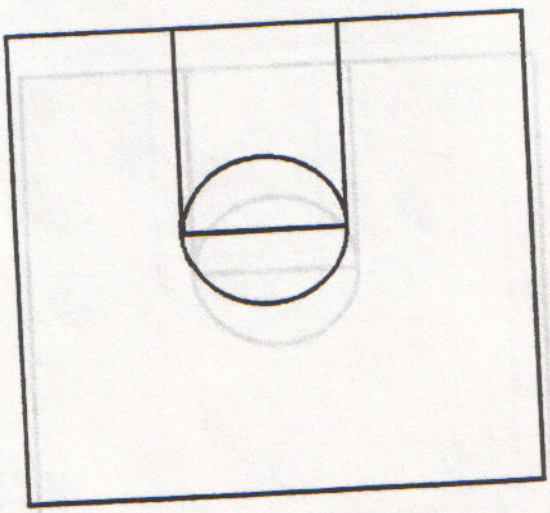


3 on 0 Full Court

Team divides into groups of three.
The ball starts in the middle of the floor.
The two wings stretch the defense by maintaining 14'-16' spacing from the middle man.
The players stay in their lanes as they sprint up the court.



The coach designates the pass to be used: bounce or chest.
Players must call out their teammates name when catching or passing.
1 passes to 2.
2 passes back to 1.
1 passes back to 3. 3 passes to 1.
The players pass the ball up the floor for a layup.
The players must dunk or use the backboard on all layups.
No Misses! No Fingerrolls!



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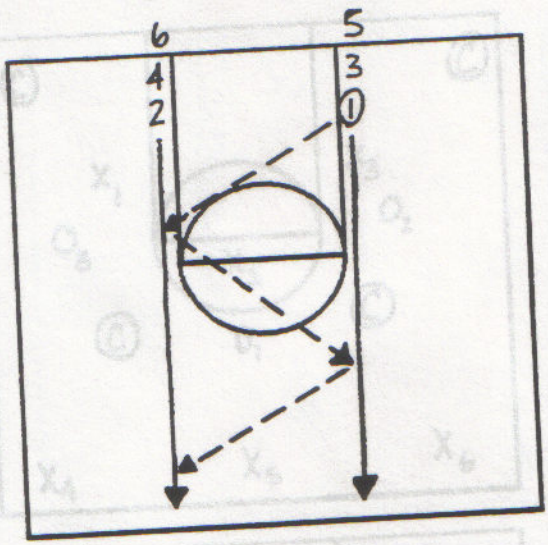
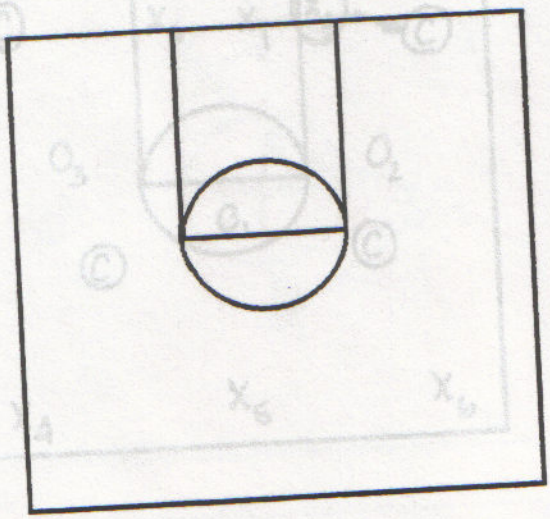
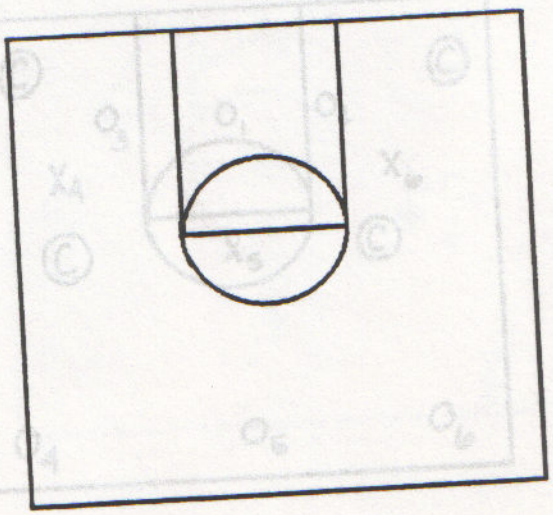


2 on 0 Full Court

Players pair up on opposite sides of the lane. 1 and 2 run in a straight line down the floor splitting the midline and maintaining 15" spacing.
Coach designates the pass to be used during the entire trip up the floor: bounce pass or chest pass.



Catch the ball with two eyes and two hands.
Call out the name of the their partner.
Dunk the ball or use the backboard.
No fingerrolls!
If one group misses a layup, or commits a turnover the entire team starts over.



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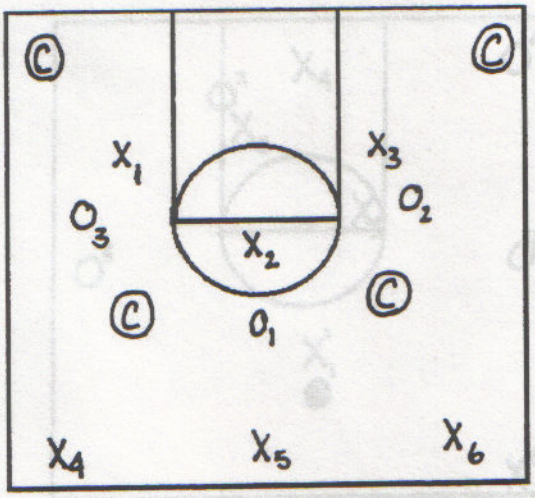
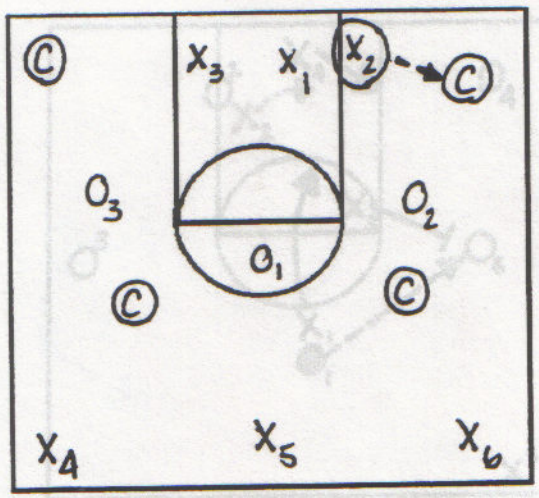


3 On 3 Rebounding

Players O1, O2, and O3 are on offense. X1, X2, and X3 are on defense. Place four coaches or managers around the court in a shell alignment. The coaches, C, pass the ball to each other around the perimeter as X1, X2, X3 adjust their defensive position to the movement of the ball. At any time one of the coaches can shoot the ball. As soon as the ball is shot O1, O2, and O3 must attack the rim in an effort to obtain an offensive rebound.

X1, X2, and X3 must block out and rebound the ball.

The play at this point is 'live.'



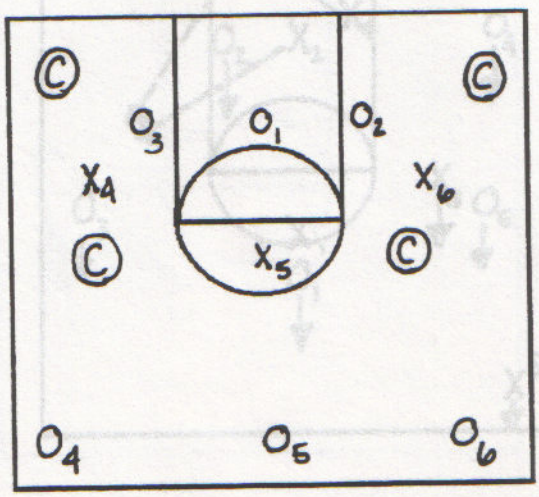
3 On 3 Rebounding (cont.'d)

There is no out of bounds line in this drill! Continue playing at all times! Play continues until either the X's secure a rebound **and** outlet the ball to the coach or until the offensive team scores.

The offense - O1, 2, and 3 continue to shoot and rebound until the defense securely outlets the ball.

Make sure the offense is exercising good shot selection and motion principles.

If the offense scores, a manager or the nearest player should outlet the ball to one of the coaches.



3 On 3 Rebounding (con.'d)

At the completion of the play - the ball will be outletted to one of the coaches as described above.

Immediately, the next possesion begins with the offense, O1, 2, and 3 rotating to defense.

A new group of X4, X5, and X6 rotates on to play offense.

X1, X2, and X3 rotate to the end of the line formed at half court.

O4, O5, and O6 await the completion of this possesion to rotate in on offense.

The coach should keep score. The X's will always compete versus the O's. Losers run.

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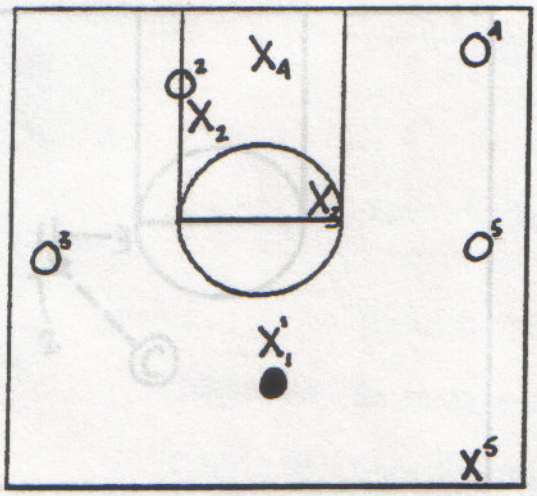
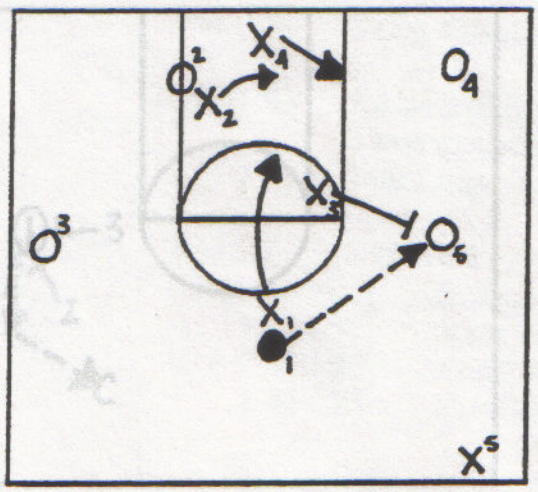


5 on 4 Scramble:

We start this drill with ONE man on the ball and THREE men in the lane.

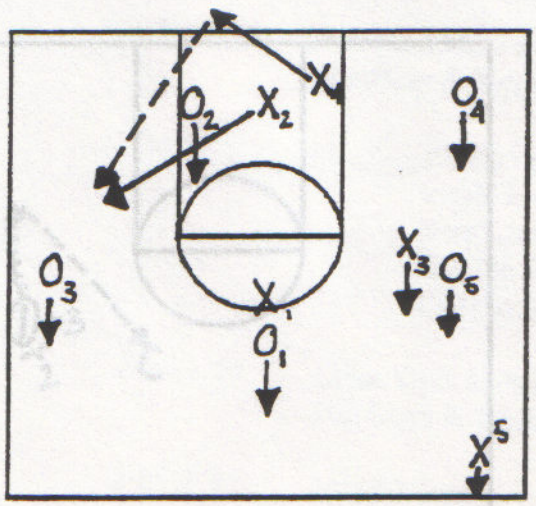
FIVE offensive players try to score against FOUR DEFENSIVE PLAYERS

NOTE: The FIFTH defensive player stays at half court and waits until his team converts to offense on a score or defensive stop. This fifth man serves as a release to start the transition break.



On any pass, the man closest to the ball, covers the ball.

Everyone else is in the lane helping.



On the rebound or on a score, the defensive team converts to offense and attacks full court to score.

The fifth defensive player releases as soon as the offensive team scores or loses possession of the ball.

Thus, the offensive team must now convert to the defensive end and not allow any transition baskets

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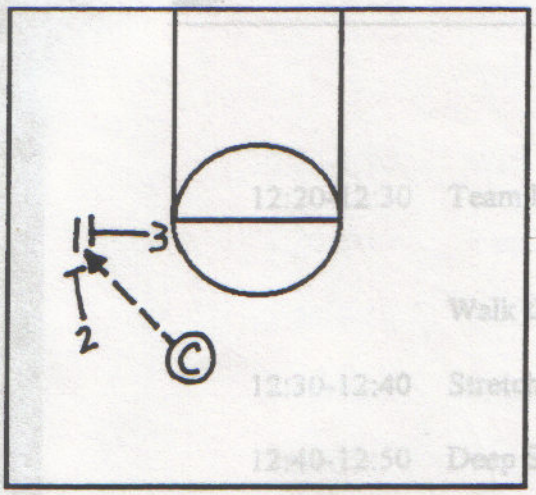
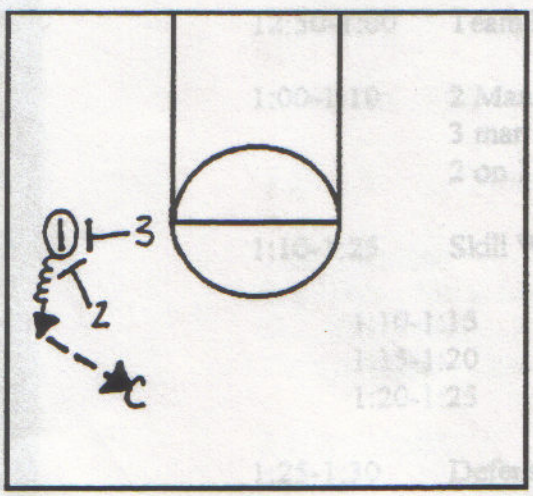


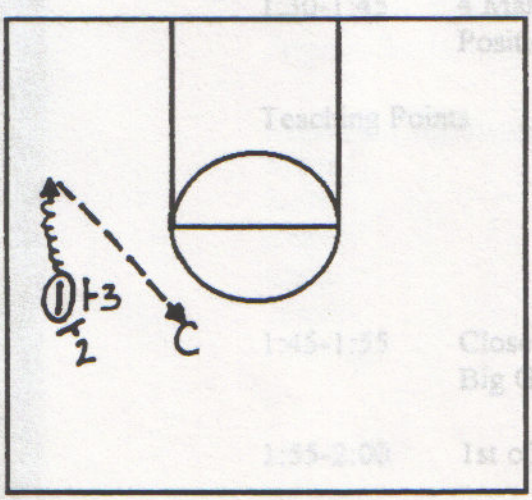
2 on 1 Traps

Team divides into groups of three.
Coach acts as passer and designates one player, 1, to be the ballhandler versus the trap.
C passes to 1 as 2 and 3 trap.
1 passes out of the trap to C using no dribble.
Repeat the drill until each player has passed out of the trap.



One Dribble vs. the Trap

With one dribble, the ballhandler, 1, should attack only one defender with his dribble to beat the trap.
1 passes to C.
Repeat the drill until each player has passed out of the trap.



2 Dribbles vs. the Trap

With two dribbles, the ballhandler can also use a retreat dribble which creates space to stretch out the trap and open passing lanes.
1 passes to C.
Repeat the drill until each player has passed out of the trap.

Basic Principles of the 2-3 Match-up

1. You must use both man to man and zone defensive principles.
2. Each man has area responsibility and man responsibility.
3. Each player must use man to man defense, area defense, and help defense.
4. Two defensive men must constantly defense three offensive men.
5. Offensive alignment will dictate defensive alignment.
6. Defensive players adjust to both the men and the ball. Neither has priority. Both are of equal importance.
7. Each defensive player checks the ball, a man and "part of the other four."
8. "Communication" is the key if all five men are going to work together.
9. Communication is more important for the back three players than for the guards.
10. The key to the front line defense (guards) is "movement and adjustment."
11. The key to the back line defense (center and forwards) is "communication and adjustment."
12. To be effective in the match up zone one man must consistently and effectively defense two - two defense three - three defense four - and four defense five.
13. Key word is still "adjust."

COMMENTS ON THE BASIC PRINCIPLES

1. Since the match-up is not a true zone nor is it a true man to man defense, it must utilize principles of both the straight zone and the straight man to man.
2. Since each defensive player starts in a defensive area he must be area conscious but since he is also responsible for the man or the men in his area he must also be conscious of man to man

responsibility.

3. Since each defensive player has a "basic area" and a "help area" and must be conscious of the offensive men in these areas he must utilize area defense and also basic man to man defense with its off ball help principles.

4. Because of various offensive overloads, two defensive men will constantly have three offensive men in their areas. Therefore, two men must learn to defense three.

5. The offensive overloads used by different teams and the preparation for each team will dictate defensive alignments.

6. Defensive players must be conscious of the men in their area and also where the ball is. Since they will be reacting to the ball as much as their men we give neither the man nor the ball priority. Each has equal importance. This eliminates player excuses by saying they were concentrating on their man so didn't know where the ball was or saying they were concentrating on the ball so didn't know where the offensive men were.

7. Like any good man to man defense all players attempt to check the ball, a man and be ready to adjust or help on <u>any</u> or <u>all</u> of the other four.

8. Because of the number of different offensive patterns, player movements within these patterns, and ball movement, the defense must communicate if they are to be successful in making the correct shifts and adjustments.

9. Since the guard adjustments are somewhat stereotyped but the inside adjustments are not predictable the back three men must constantly alert one another as to the cutters and player movement in the "danger area."

10. Since the guards are more conscious of distance convered they are not as concerned as the back line with communication. Their adjustment involves more distance and less communication, but they must learn to work together.

11. Communication is the key to "adjustment" and "adjustment" is the key to successful back line defense.

12. I cannot emphasize enough the importance of the word "adjust." The Basic Rules and Basic Principles will give you the main elements of the 2-3 matchup. However, if your players do not learn to make some of their own adjustments they will be robots

rather than opportunists. They will also become passive rather than aggressive. They will also be exploited by sophisticated offenses. You can give the players direction and definite responsibilities but you cannot predict or prepare for all situations. The ability of your team to "adjust," especially in the back line will be the key to how successful the match up will be for you.

BASIC RULES OF THE 2-3 MATCH UP

1. Each player has responsibility for a basic area and a basic help area. See area diagram. /.

Guard	1	Basic Area	A	Help Area	G
Guard	2	Basic Area	B	Help Area	F
Forward	3	Basic Area	C	Help Area	H
Forward	4	Basic Area	D	Help Area	I
Center	5	Basic Area	E	Help Area	J & J (The part of the 15' circle not in E)

2. Unless the ball is in the danger area (15' circle) or moving to the danger area, there is only one man on the player with the ball.

3. The defensive player takes the man with the ball man to man. No shot and no penetration.

4. As the ball moves into the front court one guard (either by assignment or floor area) takes the man with the ball man to man.

5. Once a defensive player takes an offensive player he keeps him until he either "releases" him to another player, there is a switch, or he passes the ball to another player.

6. The forward on the guard's side who takes the ball must move "up" one to two steps.

7. The guards always move with the first point to wing pass - then "stay" until the ball is reversed to opposite side.

8. On the point to wing pass the forward "holds" until the guard gets over.

9. If the ball goes to the high post area the center takes the ball and the forwards "pinch" to the block to stop the flash post, the lob or the baseline cut to the basket.

10. Guards individually (or working together) must stop any

offensive guard penetration with the dribble and the forwards must deny any drive to the baseline.

11. All defensive players regardless of "adjustment shifts" are responsible for rebounding their Basic Area.

12. Because of offensive "overloading" some areas become vacated.

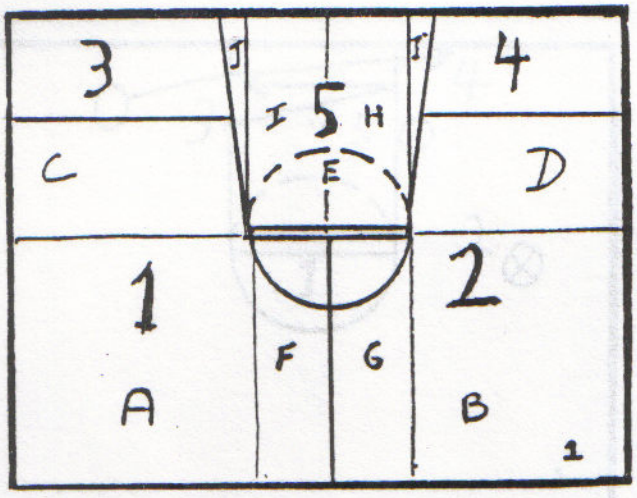
No man for the center	He shades the ball side - looks for cutters and to help.
No man for the forward	Moves into key and looks for lob, cutters and to hlep.
No man for the guard	Drops into the high post area - looks to help and ready to move.

13. Rule of Thumb - The guards move and the forwards and center "adjust."

2-3 MATCH-UP

Our match-up is basically a straight 2-3 zone with the defenders playing man-to-man on players in their coverage area.

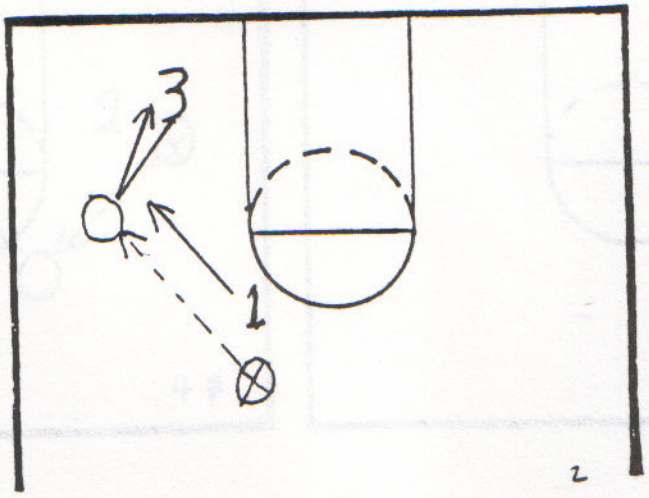
The areas that each player is responsible for guarding are as follows:



There are however, a few minor exceptions to these specific coverage areas.

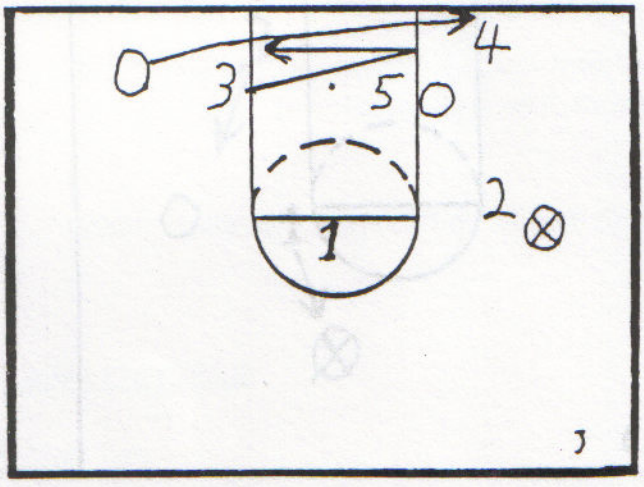
Exception #1 - Point to Wing Pass

Because the area of coverage for the 1 and 2 men are relatively large, they get temporary help from the 3 and 4 men on a pass from the top to the wing. The forward holds on the wing until the guard is able to pick up the ball and kick the forward back into his coverage area.



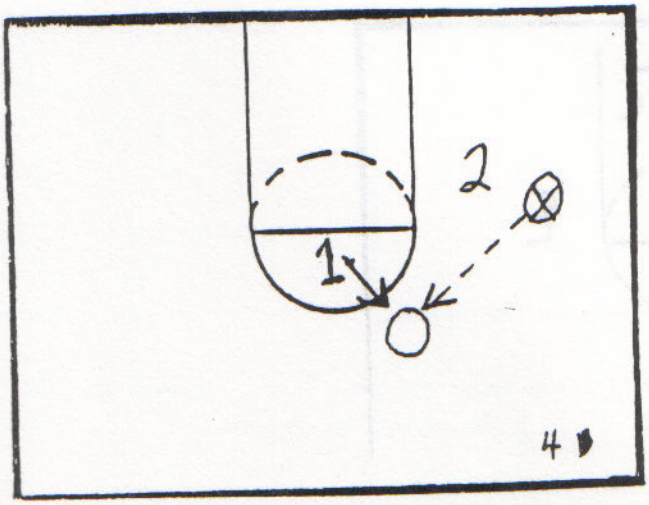
Exception #2 - Baseline Cutter from Weak Side

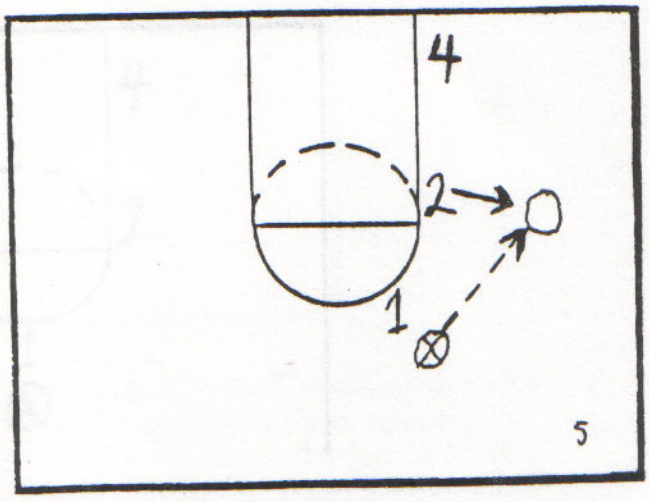
When any offensive player cuts from the weak side to the strong side baseline, the forward defender on the weak side guards him all of the way through the lane. Then the defensive forward kicks back into his original coverage area.



Exception #3 - Wing to Point Pass

When the ball has been passed from the wing to the top, it should be picked up by the guard who was not defending the wing, even if the ball is passed slightly toward the other guard's side. The guard who was defending the wing stays shaded toward the wing man who just made the pass.

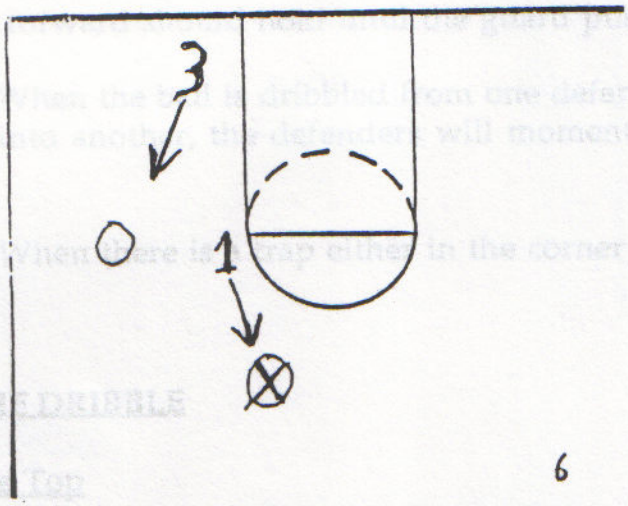




The reason 2 holds near the wing is to keep from havind to bump the forward off if the ball is passed back to the right wing.

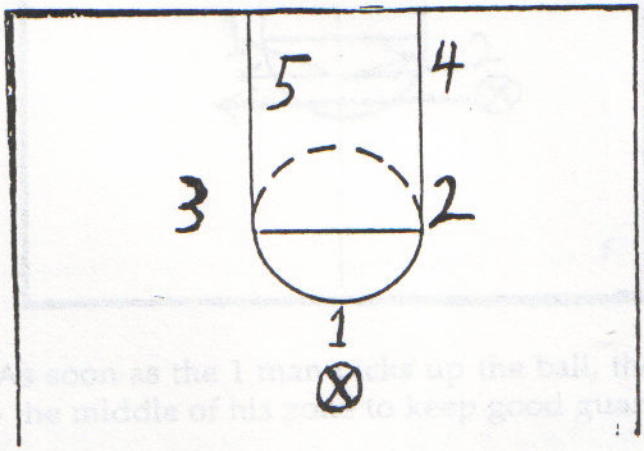
Exception #4 - The Rope Rule

The forward must be aware of when the guard on their side goes up higher than normal to cover the ball. In this case he must imagine that he is connected to the guard with a rope and must adjust up toward the wing to be ready to take the next pass.



Another rule that isn't an exception to the normal coverage areas simply deals with guarding the ball when it is dribbled up the center of the floor. In this case, the point guard picks up the ball while the 2 guard adjusts over to the wing to eliminate having to bump the forward off on a pass to the right wing.

When this happens, the 3 man will follow the rope rule and adjust up.



In this case the zone looks more like a 1-2-2 than a 2-3.

SPACING

All of the defenders in the zone, in order to be able to guard the entire floor, must have 10-15 foot spacing.

There are only 3 exceptions to the spacing rule.

1. When the guard kicks the forward off on the wing pass - the forward should hold until the guard pushes him off.

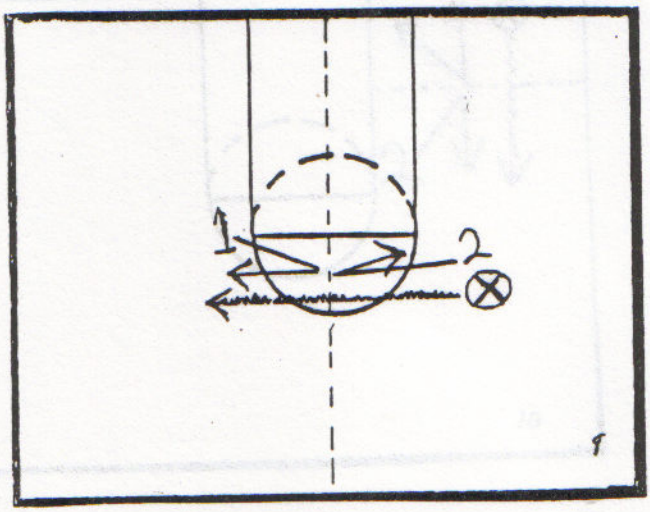
2. When the ball is dribbled from one defender's area of coverage into another, the defenders will momentarily come together.

3. When there is a trap either in the corner or short corner.

GUARDING THE DRIBBLE

1. Across the Top

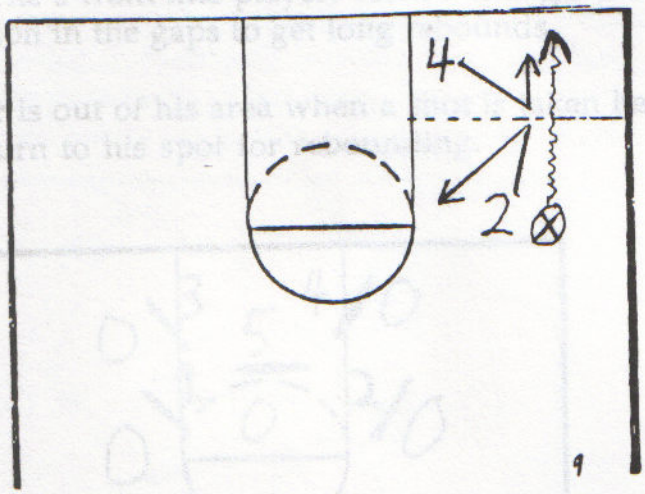
When the ball is dribbled across the top, the two guards must communicate and one guard lets him go as the other one picks him up.



As soon as the 1 man picks up the ball, the 2 man kicks back to the middle of his zone to keep good guard spacing.

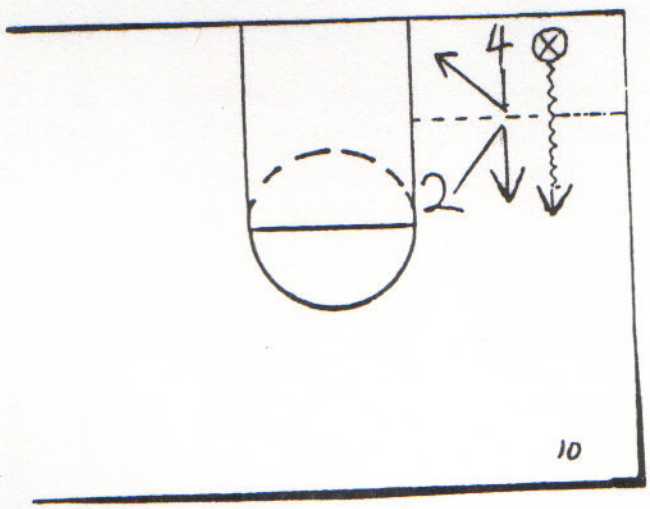
2. Wing to Baseline

Once the ball is dribbled out of the guard's area of coverage towards the baseline, the forward picks up the ball and the guard kicks up to the middle of his zone.



3. Baseline to Wing

When the ball is dribbled out of the forward's zone to the wing, the guard picks him up and the forward kicks back to the middle of his zone for spacing.



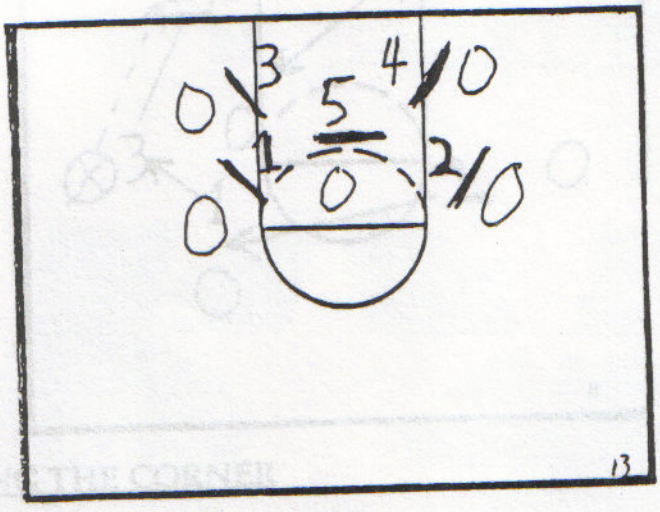
5 MAN'S COVERAGE

The 5 man shades toward the ball and guards the closest post man to his area. He plays behind the post unless the post man tries to back him down in the lane. Then he must slip around and play in front.

REBOUNDING

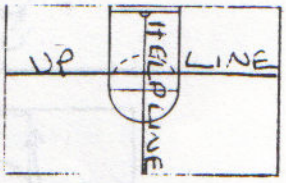
Each player is responsible for boxing out and rebounding in their assigned area. The 3 front line players form a triangle inside and the guards get position in the gaps to get long rebounds.

If a player is out of his area when a shot is taken he must immediately return to his spot for rebounding.



MOTION OFFENSE

- For an effective offense, you must adapt to your personnel
- Section off the court to help remind your players where you want them on the floor



- It is extremely important to pass the ball SIDE-TOP-SIDE. The more the ball is moved from strong side to weak side then back to strong side, the more the defense is forced to move.

- We do not want our offense to drift below the "up line" unless it is for a post feed or open shot.

RULES FOR THE PERIMETER:

1. Stay above the up line

2. Shot selection - Make súre your players understand their role. Your players must be able to play within themselves. Don't let your players take bad shots.
3. Catch and Square up in the triple threat position. Swing the ball through your body.

4. Hold the ball for a 2 second count unless there is an opportunity for quick ball reversal for an open shot. Perimeter players should give post players an opportunity to get solid post position.

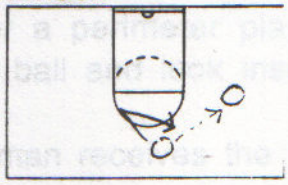
5. No shot before five passes unless a good shooter has an uncontested shot.

6. No first side post passes. We do not want our post players shooting the ball on a first side post pass because the defense is set. The ball should only go into the post on a first side post pass if he has position in the paint and can make an aggressive move towards the basket or for an inside

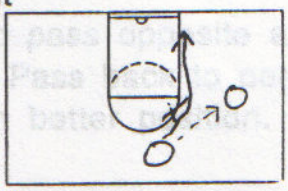
cut play.

7. After a perimeter player makes a pass he can:

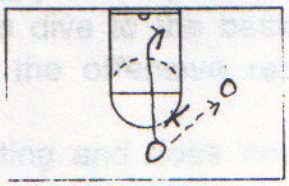
a. replace himself



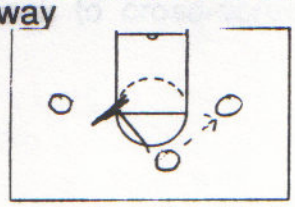
b. inside cut



c. basket cut



d. screen away



8. After making a cut, he should replace himself above the "up line". If any of our perimeter players are stuck on the baseline, we want them to back screen their way back off the baseline and above the "up line". We feel the back screen is the toughest screen to defend because the defender cannot see the screen.

9. Try to create as many small men screening for big men or big men screening for small men situations to create mismatches for the defense.

10. VS. a Sagging Defense: We look to swing the ball from side-top-side

VS. Pressure Defense: We look for dribble penetration to break down the pressure.

RULES FOR POST PLAYERS:

a. If one post player is posting, the other post man may:
   1. Flash high
   2. Flash to the short corner
   3. Screen for a perimeter player
   4. Catch the ball and look inside

b. When the post man receives the ball he has three options:
   1. Score
   2. Catch and pass opposite and follow the pass (Flair and follow)
   3. Re-post - Pass back to perimeter and take defender away and come back to gain better position.

c. When one of the post players catches the ball in the paint, we want the other post player to dive to the basket. This enables us to have a good opportunity to get the offensive rebound.

d. If a man is posting and does not receive the ball within a two second count, he should look to cross-screen or back screen.

DRIBBLE RULES:

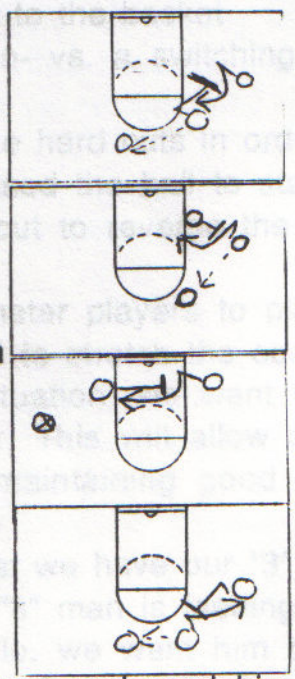
- We have dribble restrictions for our players. We allow some players to handle the ball more often than others. Our players can use the dribble:
   a. against full court pressure
   b. to penetrate pressure
   c. to improve a better passing angle
   d. create a shot for someone else
   e. to reverse the floor

- Ingredients for a GOOD OFFENSE:
   a. good spacing
   b. taking good shots
   c. good angles on screening
   d. making hard cuts
   e. reading screens

GENERAL RULES FOR OUR MOTION:

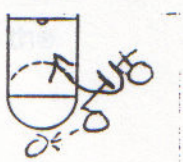
a. Man closest to the middle of the floor is the screener. We want our guys to lay a chest on the defender's inside shoulder. It's important to hold the screen and make solid contact. There are four types of screens that we use in our motion:

1. **Down screen**
2. **Back screen**
3. **Cross screen**
4. **Flair screen**

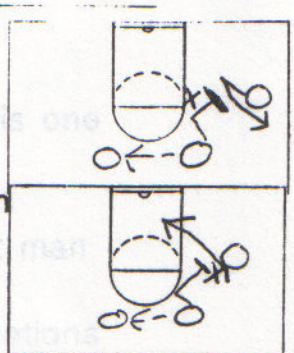


b. Cutter must slow down and read his defender while utilizing the screen. The cutter has three choices when using the screen:

1. **Curl Cut** when the defender goes foot steps



2. **Flair Cut** when the defender goes ball side of the screen



3. **Back cut** when the defender beats the cutter to the screen

- We want our players to run to screen and "walk" to set up their cut. On the set up of the cut, we feel its important to have a change of pace to keep the defender off balance.

- We want the cutter to come off the screener shoulder to shoulder.

c. Just as the cutter must read the defender, the screener must read the cutter and go opposite. We want to make sure that we have motion from two different directions. After setting a screen the screener can:

1. Screen and pop
2. Screen and go to the basket
3. Slip the screen- vs. a switching defense

d. The cutter must make hard cuts in order to move the defense. We do not want the man who passed the ball to stay in the same position unless he makes a replacement cut to reverse the ball or to get the ball inside.

e. We want our perimeter players to play outside of the three point line to keep good spacing and to stretch the court. When not involved in a screening or cutting situation, we want our players to stay "high and wide" on the perimeter. This will allow an opportunity to open up the court for penetration while maintaining good spacing.

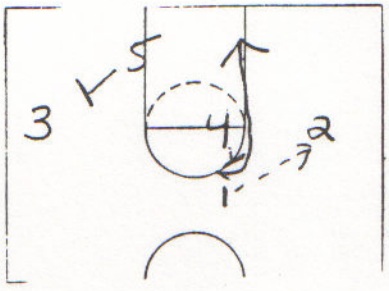
f. On passes to the post we have our "3" man cut to the basket. The only exception is when the "3" man is feeding the post and his man goes down to help. In that scenario, we want him to slide on the perimeter away from the defense and spot up for an open jump shot.

g. When the ball comes out of the post, we want it reversed from the strong side to weak side.

DIFFERENT MOTION SETS:

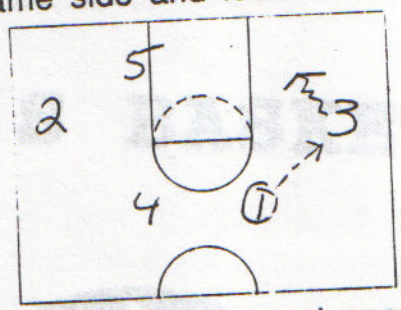
A. THREE OUT TWO IN

1. Try to keep the ball in the middle of the floor so everyone is one pass away from a score.
2. If the pass is made to the wing we want the "4" man back screening the "1" man. We like this action because it gets our point man off the top and helps initiate our motion.
3. Try to create small for big or big for small screening situations



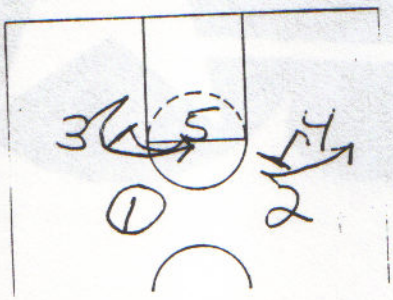
B. POST SIDE-OPEN SIDE

This is our four man motion with one post man. This offense can really take advantage of your post man's inside skills and also is a very good offense for your perimeter people to penetrate and back cut on the opposite side of the post man. We always want to make sure that we leave one of the post spots completely vacant. We also may look to post up our "3" or "4" man in that area for a two second count. We want our post man to stay on the same side and look to seal his defender.



C. FIVE MAN MOTION

We want all five men to maintain good spacing and follow our motion rules. Emphasis should be placed on good set-ups, hard cuts, solid screens, and bringing the ball to the action. We do not want our players floating toward the baseline. We want constant ball movement and smart shot selection.

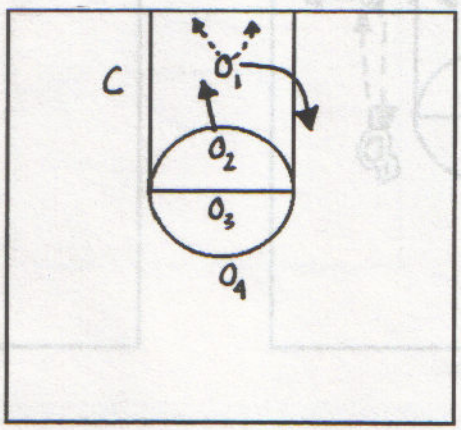


SKILL DEVELOPMENT FOR POST PLAYERS

Mikan Drill

This drill helps develop footwork, eye-hand coordination, sound rebounding principles, and the ability to shoot the lay-up with the right and left hand.

Needs:
2 basketballs



Line the players up single-file at the foul-line facing the basket. The first player, O1, takes 5 Mikan shots at the rim. On the fifth shot, the next player in line, O2, rebounds the ball out of the net and begins his set of 5 Mikan shots. Drill continues as time permits.

Teaching Points:

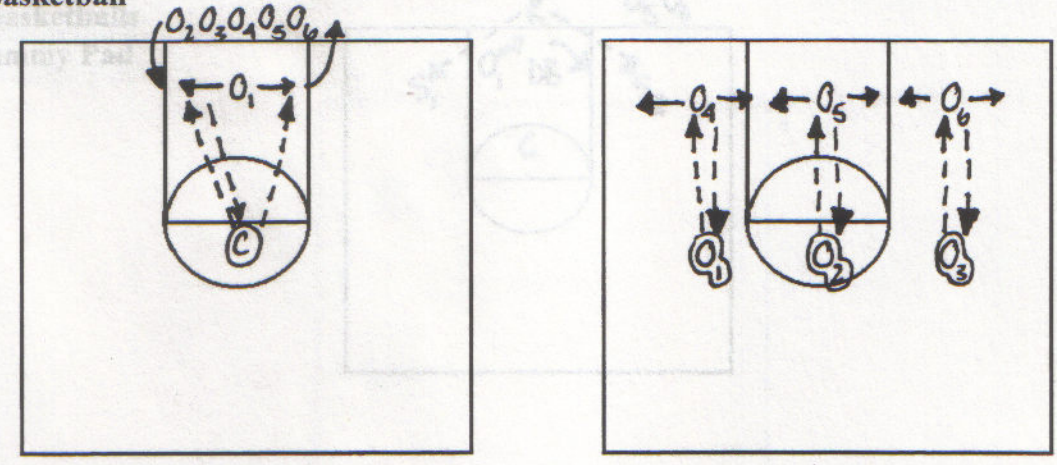
"Explode to the Rim."
Eyes on the rim.
Inside-shoulder goes towards the rim.
Aim the ball high in the square.
Inside-foot plants, outside-knee kicks.
Full arm extension on the shot.

"Take it out of the net."
Hands above shoulders.
See the ball into your hands.
Rebound with two hands.
Keep the ball high.

Bad Pass Drill

This drill emphasizes the importance of a balanced stance while posting to maintain good lateral movement. Players must play with their hands out in front of their chest to be an available receiver.

Needs:
4 basketball



Line the players up in a single-file behind the basket and along the baseline. Coach stands at the foul line facing the basket. The first player, O1, begins in the middle of the lane facing the coach. The coach throws 3 bad passes at the player. O1 must meet and catch each pass, pull the ball into his chin, and pass the ball back out to the coach. As the post player passes the ball back to the coach following his third catch, the next post player in line, O2, comes onto the floor. Repeat sequence until everyone has gone through the line once.

Players now pair up with one basketball per pair. The partners should be 15' apart from each other. The post players will repeat the above drill with one partner posting and catching while his partner serves as the passer. The pairs will alternate with their partners between the designated passer and the post on every 4th pass. Continue as time permits.

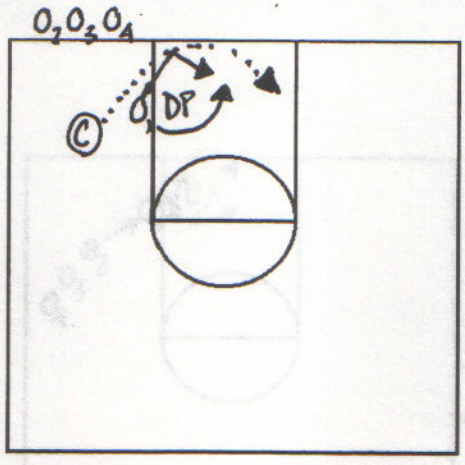
Teaching Points:
"Give up position for possession."
Wide and low power stance.
Post with hips, not with shoulders - shoulders are over knees.
Elbows are wide and shoulder high.
Hands are out in front of the chest - show the passer a target.
Maintain active feet.
Call for the ball.
Go to the ball - make your feet bring your entire body to the ball.
Meet the pass - catch the ball with two eyes and two hands.
Pull the ball into your chest - under your chin.
Stay low and wide on the catch - do not stand up.

Power stance with a two-foot takeoff.
Explode to the rim.

Offensive Rebounding with Pad

This drill helps develop the quickness and aggressiveness needed to become an effective offensive rebounder.

Needs:
3 basketballs
Dummy Pad



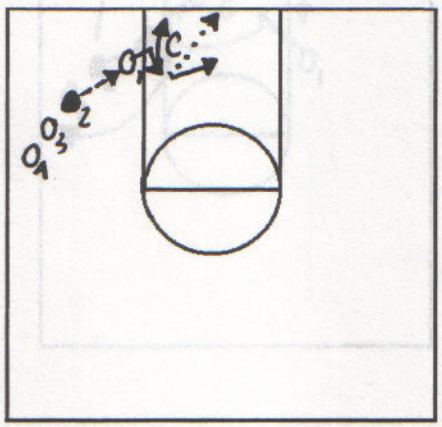
The coach will start on the wing with a basketball facing the basket. One post player will post-up on the ballside block, O1. Another player will stand behind the post player with the dummy pad to simulate a defender in the low post, DP. The coach will toss the ball off the backboard so that it will come carom off to the weakside. As the ball is tossed O1 must spin away from the defender's contact and sprint to the weakside boards to rebound. Once the post player rebounds the ball he must take the ball to the rim for a lay-up versus the resistance offered by the dummy pad. O1 will rotate to the defender's position with the dummy pad; the post defender will rotate to the end of the line; and the next post player in line will become the offensive post player, O2.

Teaching Points:
"Attack the glass."
Spin versus contact - get foot advantage.
Maintain foot advantage - seal opponent under the rim.
Anticipate the miss - where is it going?
Use your feet and elbows for a quicker spin.
High hands on the boards - rebound with two hands.
Keep the ball high.
Second shots - must dunk or use the backboard.
Take your shoulder to the rim.
Use the pump-fake - from the top of the chest to the forehead.

Establishing Post Position - Reading the Defense

This drill emphasizes the importance of initiating contact in the post to gain an advantage versus the post defender by playing in a wide and low post stance. Post players must also be able to react to the adjustments the post defender will make during the course of each possession and each game.

Needs:
2 basketball
Dummy Pad



The players will line up in a single-file on the wing facing the basket. One post player,O1, will post-up on the ballside block. The coach will stand behind the post player with the dummy pad to simulate a defender in the low post. O1 will duck-in to the coach to initiate contact and gain an advantage. The post player will continue to post 'the advantage' until the ball is delivered. O2 feeds the post from the wing. The post player will meet the pass and make the appropriate move to score. O1 will move to the end of the line. The passer, O2, becomes the next offensive post player. Continue the drill giving the players one of the four basic looks (high, low, front, behind) as time permits.

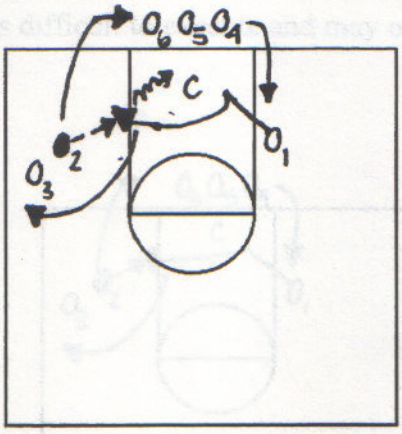
Teaching Points:
"Initiate Contact and Gain Space"

Post in a wide and low stance - double-buried.
Maintain active feet.
Post with hips, not shoulders.
Play with high hands and wide elbows.
Meet the pass with two eyes and two hands.
Maintain body contact - gain space.
Feel the contact.
Drop Step versus contact, face-up versus gap.
Post the advantage:
"If he plays you high, post him higher."
"If he plays you low, post him lower."
"If he plays behind, bury him."
"If he fronts, post him further up on the floor."

Face the 'Gap' - Reverse Pivot

This drill works on the 'Sikma' technique, or the reverse pivot, which is used when the post defender 'gaps' or separates himself from the post player on the catch. The player uses the pivot to face the rim for a jump shot or to set up a dribble drive.

Needs:
3 basketballs



Two players, O2 and O3, are positioned on the wing in a single-file, each with a basketball facing the basket, the first one in line will serve as a passer. The remaining players line up under the basket along the baseline. The coach stands under the basket. The first post player, O1, starts on the weakside block and makes a V-cut to the ballside block. The passer, O2, feeds the post. O1 executes a reverse pivot to face the basket for a shot. The players next move to execute will be shot-fake dribble drive following the reverse pivot, and a flare pass following the reverse pivot. As time permits conclude with mock defense played by the coach in the post. The post player, O1, crashes the boards to finish the play and then moves to the end of the passing line. The passer, O2, goes to the end of the post player line. The next post player, O4, begins his cut and O3 feeds the post.

Teaching Points:
"Catch and Face"

V-cut - change speed and change direction.
Post in a wide and low stance - double-buried.
Maintain active feet.
Meet the pass with two eyes and two hands.
Use feet and elbows for a quicker pivot.
Eyes go to the rim.
Feet and shoulders must point to the rim after the pivot.
Follow the shot by going to the boards.

Hard cut to get open.
Post with hips, not shoulders.
Play with high hands and wide elbows.
Keep the ball high.
Stay low throughout the pivot.

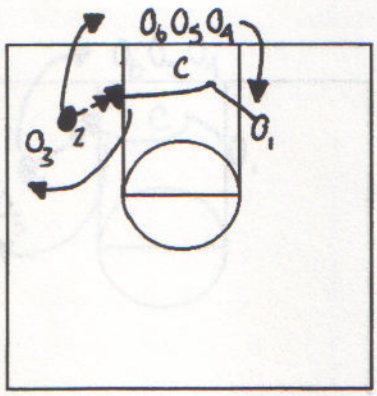
"Shot Fake and Drive"

Read the close-out.
Ball fake from the top of the chest to the top of the forehead.
Head and eyes go up on the fake, hips stay down.
Push the dribble out, cover ground.
Drive through the defenders shoulder.
Take the ball to the rim - lead with the inside shoulder.

Post Moves - Turn Shot

This drill develops the player's ability to utilize the turn shot as an effective scoring option from the low post. The turn shot move cannot be utilized as an alibi for poor shots or fade-aways. The turn shot is difficult to execute and may only be suited for a select group of gifted post scorers.

Needs:
3 basketballs



Two players, O2 and O3, are positioned on the wing in a single-file, each with a basketball facing the basket, the first one in line will serve as a passer. The remaining players line up under the basket along the baseline. The coach stands under the basket. The first post player, O1, starts on the weakside block and makes a V-cut to the ballside block. The passer, O2, feeds the post. O1 executes a front pivot to face the basket for a shot. The players next move to execute will be a turn shot preceded by a ball fake; then an up and under move off of a shot fake after the pivot. As time permits conclude with mock defense played by the coach in the post. The post player, O1, crashes the boards to finish the play and then moves to the end of the passing line. The passer, O2, goes to the end of the post player line. The next post player, O4, begins his cut and O3 feeds the post.

Teaching Points:

"Catch and Turn"

V-cut - change speed and change direction.
Post in a wide and low stance - double-buried.
Maintain active feet.
elbows.
Meet the pass with two eyes and two hands.
Use feet and elbows for a quicker pivot.
Eyes go to the rim.
Hard cut to get open.
Post with hips, not shoulders.
Play with high hands and wide
Keep the ball high.
Stay low throughout the pivot.

Feet and shoulders must point to the rim after the pivot.
Do not shoot while turning - must be stationary before shooting.
Follow the shot by going to the boards.

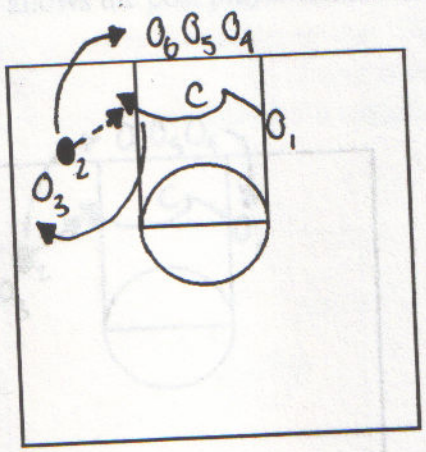
"Up and Under"

Read the close-out.
Head and eyes go up on the fake, hips stay down.
Drive through the defenders shoulder.
Take the ball to the rim - lead with the inside shoulder.
3/4 Turn on the pivot.
Push the dribble out, cover ground.

Drop Step and Double Drop

This drill allows the post player to utilize the drop step in conjunction with a counter move - the double drop. The double drop is an excellent move for either quick post players or post players with good footwork. The move is only effective when made aggressively.

Needs:
3 basketballs



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Teaching Points:

"Take it to the rim"

V-cut - change speed and change direction.
Post in a wide and low stance - double-buried.
Maintain active feet.
elbows.
Meet the pass with two eyes and two hands.
Drop step versus contact through the defender's shoulder.
Hard cut to get open.
Post with hips, not shoulders.
Play with high hands and wide

Cover ground with your dribble - dribble to the rim.
Shoulders parallel to the backboard.
Show the helpside defense your inside-shoulder and elbow.
Eyes on the rim - dunk the ball or use the backboard.
Power stance with a two-foot takeoff.
Explode to the rim.

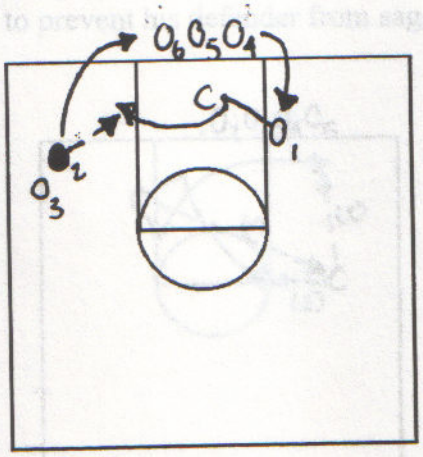
"Double Drop"

Plant and push with your foot to change direction.
Keep the defender on your hip.
Stay low throughout the pivot.
Power stance with a two-foot takeoff.
Turn hard with your elbows.
Lead with your shoulder to the rim.
Explode to the rim.

Post Move - Jump Hook

This drill develops the post players ability to utilize the jump hook as an effective scoring option in game situations. The jump hook can be used effectively versus taller or slower defenders. The jump hook also allows the post player excellent offensive rebounding opportunities.

Needs:
3 basketballs



Two players, O2 and O3, are positioned on the wing in a single-file, each with a basketball facing the basket, the first one in line will serve as a passer. The remaining players line up under the basket along the baseline. The coach stands under the basket. The first post player, O1, starts on the weakside block and makes a V-cut to the ballside block. The passer, O2, feeds the post. O1 executes a jump hook - without a dribble when double buried, with a dribble when he is not double buried. The players next move to execute will be the up and under - with and without the dribble. As time permits conclude with mock defense played by the coach in the post. The post player, O1, crashes the boards to finish the play and then moves to the end of the passing line. The passer, O2, goes to the end of the post player line. The next post player, O4, begins his cut and O3 feeds the post.

Teaching Points:

"Shoulder goes to the rim"

V-cut - change speed and change direction.
Hard cut to get open.

Post in a wide and low stance - double-buried.
Maintain active feet.
elbows.
Meet the pass with two eyes and two hands.
Use feet and elbows for a quicker pivot.
Hard 1/4 turn - lead with the inside shoulder.
Take your shoulder through his chin.

Post with hips, not shoulders.
Play with high hands and wide

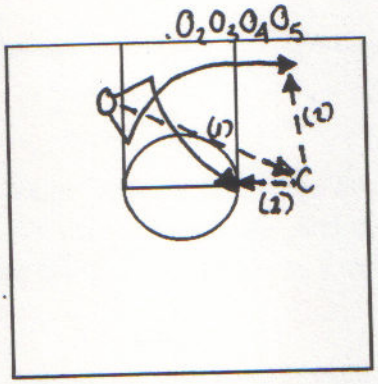
Keep the ball high.
Stay low throughout the pivot.
Eyes on the rim.
Follow the shot by going to the boards.

"Up and Under"
Read the close-out.
3/4 Turn on the pivot.
Head and eyes go up on the fake, hips stay down.
Push the dribble out, cover ground.
Drive through the defenders shoulder.
Take the ball to the rim - lead with the inside shoulder.

High Post and Short Corner Jumpers

This drill develops the post players ability to shoot from the 'Big Triangle' - consisting of the two short corners and the high post. A good post player must be able to consistently shoot the ball from 15'-17' to prevent his defender from sagging into the lane.

Needs:
2 basketballs



The coach is positioned on the wing facing the basket. The post players line up under the basket along the baseline. The first post player, O1, starts on the block opposite of the coach with the ball. O1 executes a reverse pivot and makes a flare pass to the coach on the weakside wing. The post player follows his pass with a V-cut to the ballside high post - the elbow. O1 meets the pass from the coach and shoots the jump shot. The players next move to execute will be the shot fake and dribble drive from the high post; short corner jumper; and the shot fake and dribble drive from the short corner. The post player crashes the boards to finish the play and then moves to the end of the line. The next post player, O2, begins his reverse pivot and makes the flare pass to the coach.

Teaching Points:
"Catch and Face"
Post in a wide and low stance.
Use feet and elbows for a quicker pivot.
Eyes go to the rim, and then the target.

Keep the ball high.
Stay low throughout the pivot.
Overhead pass to the coach's chest.

Step with the pass, snap the pass.

"Hard cut to get open"

V-cut - change speed and change direction. Meet the pass - cut to the ball.

Be target ready - hands up and out with shoulders over knees.

Catch the ball with two eyes and two hands.

Hard pivot to face the basket.

Shoot on balance with a wide and low stance.

Follow your shot by going to the boards.

"Shot Fake and Drive"

Read the close-out.

Ball fake from the top of the chest to the top of the forehead.

Head and eyes go up on the fake, hips stay down.

Push the dribble out, cover ground.

Drive through the defenders shoulder.

Take the ball to the rim - lead with the inside shoulder.

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PHILOSOPHY

Any team playing an opponent of comparable ability should not be bothered by a full -court pressure defense. It is important for teams to keep proper spacing, play with poise and confidence, and to attack the basket. The teams that have trouble are the ones who don't keep the court balanced, panic and make hurried decisions, or are afraid to look to score in an advantage break situation.

A team's guards should be skilled enough to dribble the ball up court, one-on-one, against anyone they play. By keeping good spacing, the defense is unable to double-team a guard without leaving an opening somewhere on the court.

It is important for a team to practice against a full-court press every day. Players will not only get sharper at their execution, but will learn to feel more comfortable against pressure and seldom panic in a game situation.

Teams cannot afford to be too conservative either. They should look to attack the basket. If a team doesn't look to score when they have a numbers advantage on the break, they run into several problems. One; It is easy to turn the ball over if a team tries to pull the ball back out while the defense is still recovering. Two; By telling players not to attack the basket it makes them feel as though they aren't as good as their opponent and will hurt their confidence. Three; If a team has trouble scoring in an advantage break situation, they will have even more difficulty in a 5-on-5 situation. Also, it is important to look to score quickly because teams are very vulnerable when they are in transition from their press to half-court defense.

Presses can be used effectively to pick up the pace of a game, tire another team down or to get the defense playing aggressively, but with proper offensive execution, turnovers should not be a problem.

TERMINOLOGY

POSITIONS	DIAGRAMS
1 - Point Guard	Pass - - - - - ->
2 - Shooting Guard	Drive ~~~~~>
3 - Small Forward	Screen ———
4 - Power Forward	Cut ———>
5 - Center	Defender X

Lag Man - The player who is behind the level of the ball making himself available for a release pass if the man with the ball gets into trouble.

Middle Man - The player who looks to receive the ball or at least keep the defense occupied near the center of the floor.

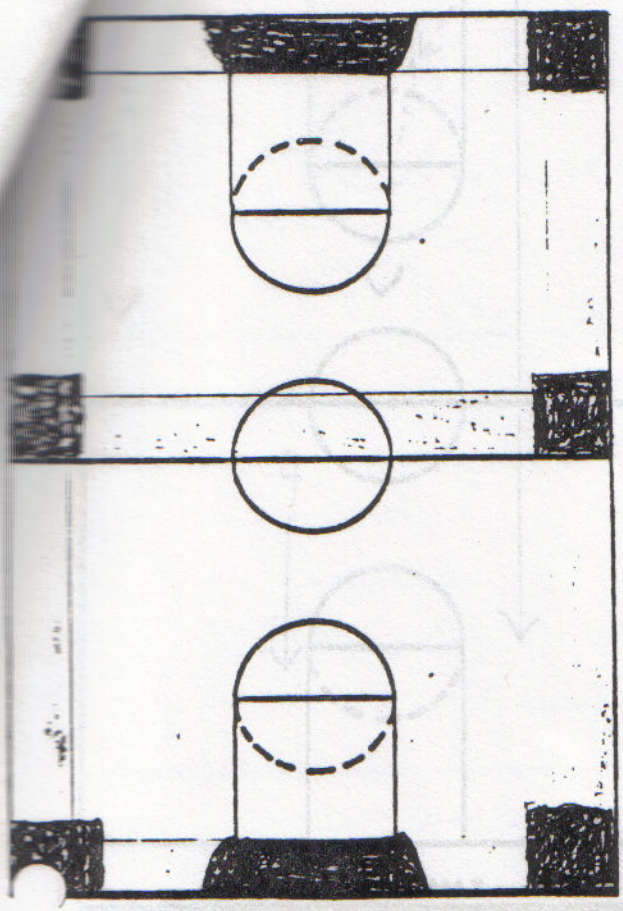
Deep Man - The player who runs the floor and makes himself available for the long pass.

Wings -The shooting guard and small forward who play up and down the sidelines.

RULES

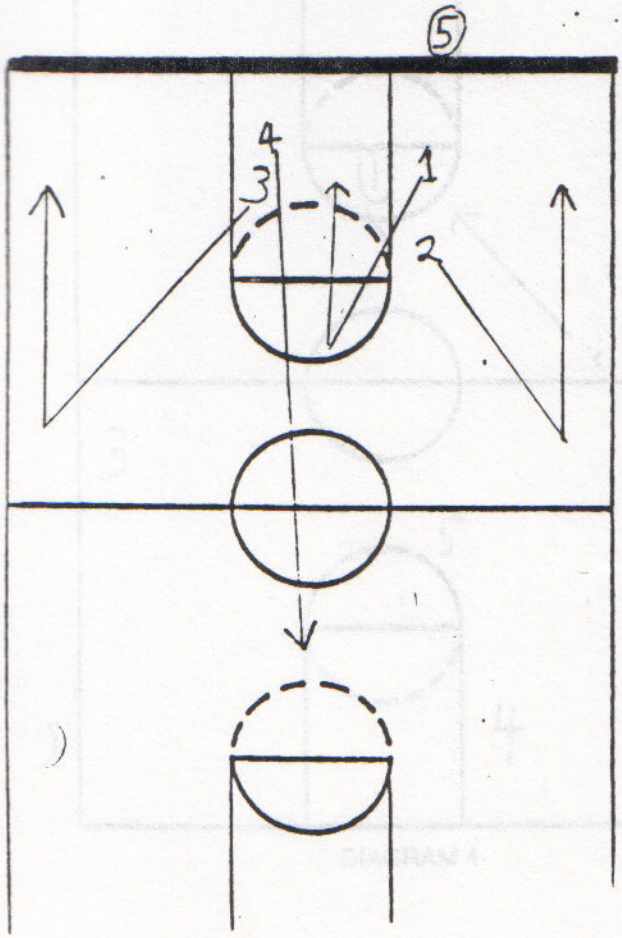
1. Never catch the ball on the stand still. Be breaking towards the basket or coming back to meet the ball. This will help prevent interceptions.
2. The deep man should always stay in line with the ball. If the ball is on the sideline he should be on the same sideline etc.
3. The middle man should always break to the basket when the deep man catches the ball on the sideline. The "safety" or deep defender will often follow the deep man leaving the basket area uncovered.
4. The 4 or 5 men should not dribble the ball when they catch it in the middle. It is usually in traffic and the 4 and 5 man are generally not good dribblers. They should catch the ball, pivot towards the basket and make the appropriate pass.
5. Players should never pick up their dribble in a corner or behind the basket where they can easily be trapped.
6. The point guard should remain in the center third of the court and the 2 and 3 man should stay in the outside third. This helps in keeping good spacing.
7. The 2 and 3 man should always sprint to near mid-court then come back, making themselves available for the inbounds pass.
8. The inbounder should not line up behind the goal because it eliminates the long pass option.

ALIGNMENTS, OPTIONS, and DIAGRAMS



It is important to be cautious of traps whenever the ball is near the sideline but the corner areas and the area under the basket are extremely dangerous. They should be avoided whenever possible and players should never pick up their dribble in these areas.

DIAGRAM 1



The best passer between the 4 and 5 men inbounds the ball, and the other man should sprints down court. The point guard breaks to the top of the key and works to get open in the center of the floor, outside of the trapping area. The 2 and 3 men break to near mid-court and make themselves available by the sidelines above the corner. The inbounder always looks for the deep man as the first option.

DIAGRAM 2

I. vs. MAN-TO-MAN PRESSURE

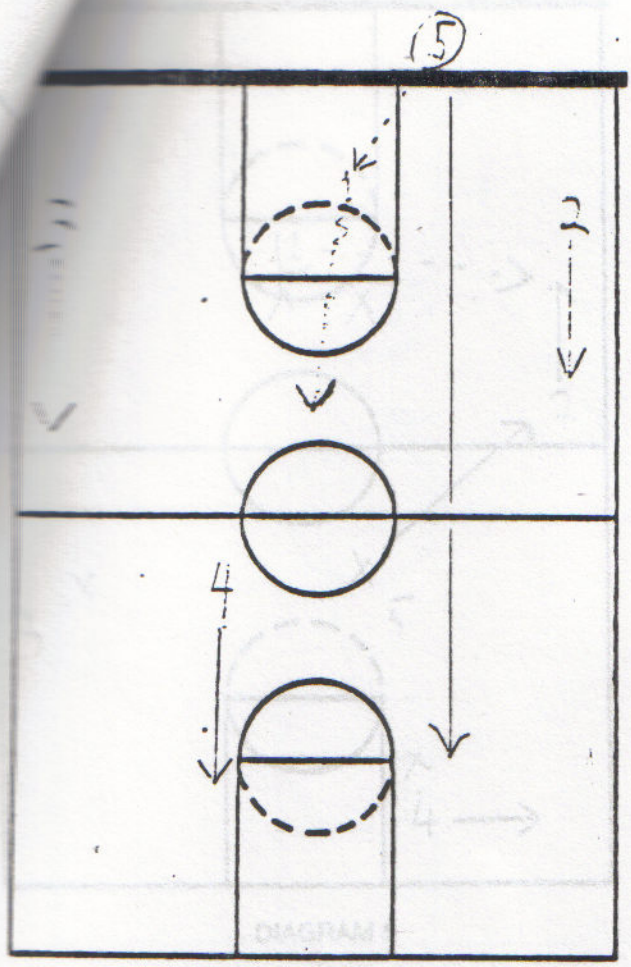


DIAGRAM 3

A.) Against a man to man press, everybody should empty and let the point guard dribble the ball up the court 1-on-1.

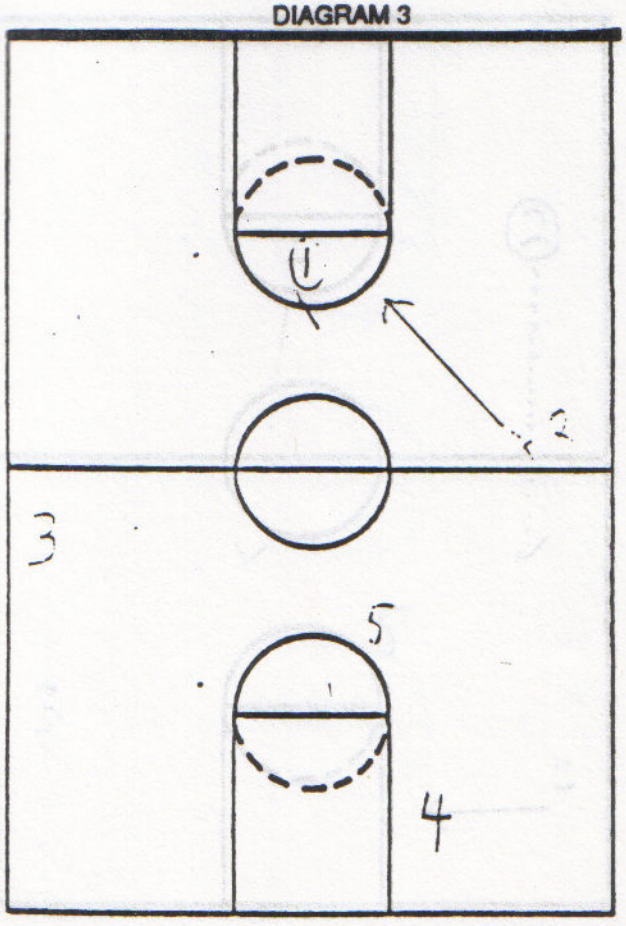


DIAGRAM 4

B.) If the defense tries to run a man up to double-team the ball, the player whose man goes to double should receive the ball.

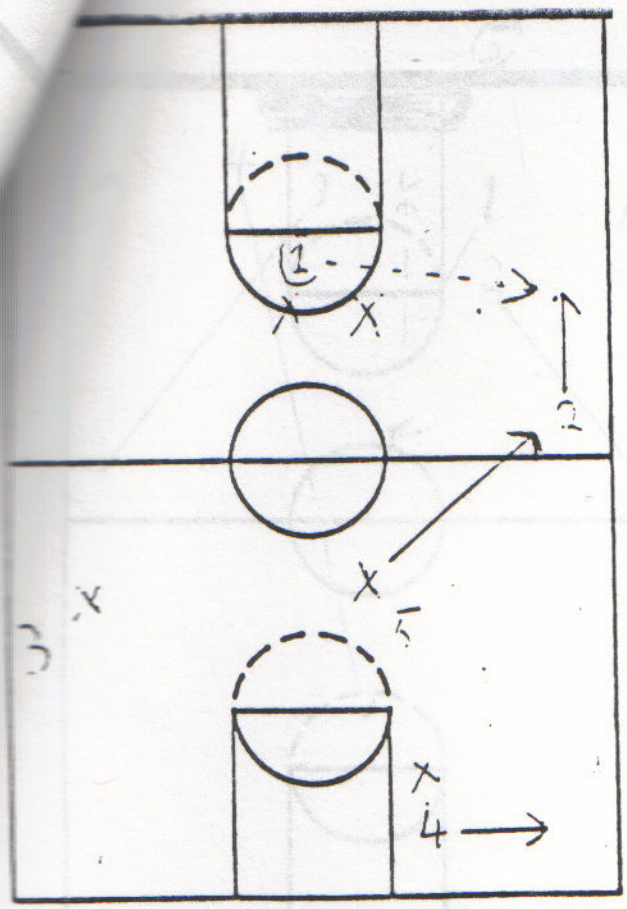


DIAGRAM 5

C.) It is critical in receiving the pass that the player goes back to meet the ball because the other defenders may be rotating up.

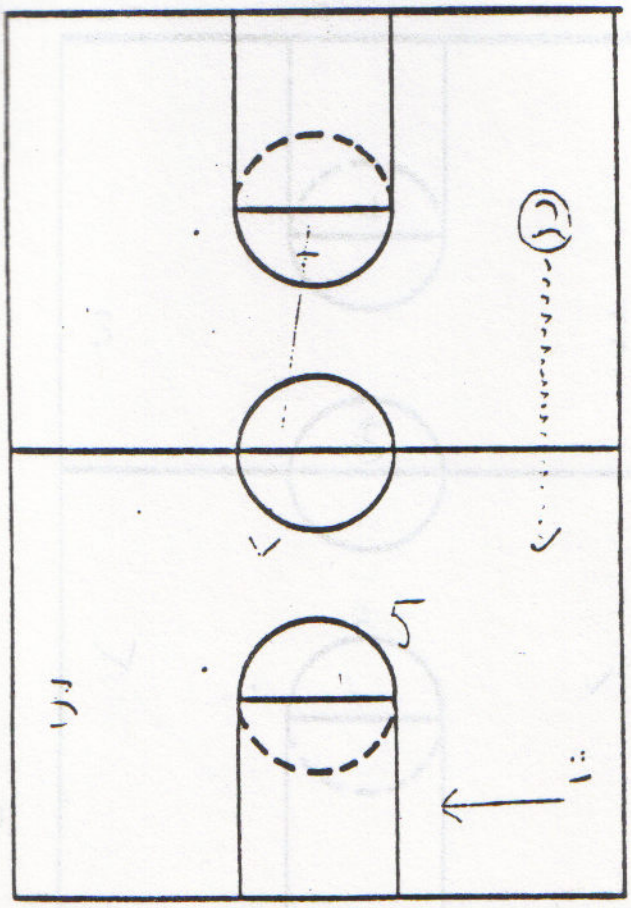


DIAGRAM 6

D.) Once the pass has been made the point guard should empty and give the other player room to drive the ball up court.

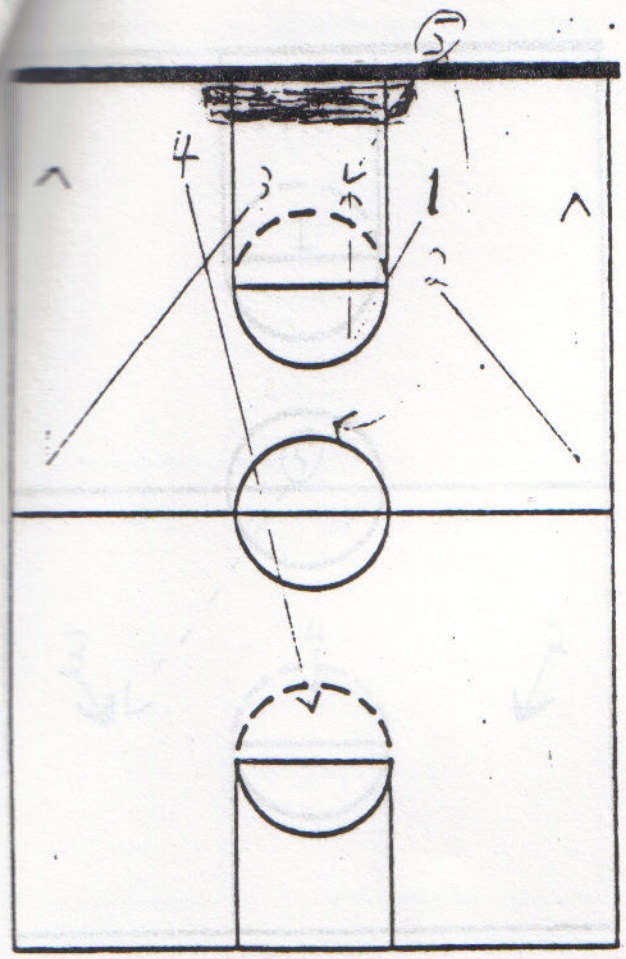


DIAGRAM 7

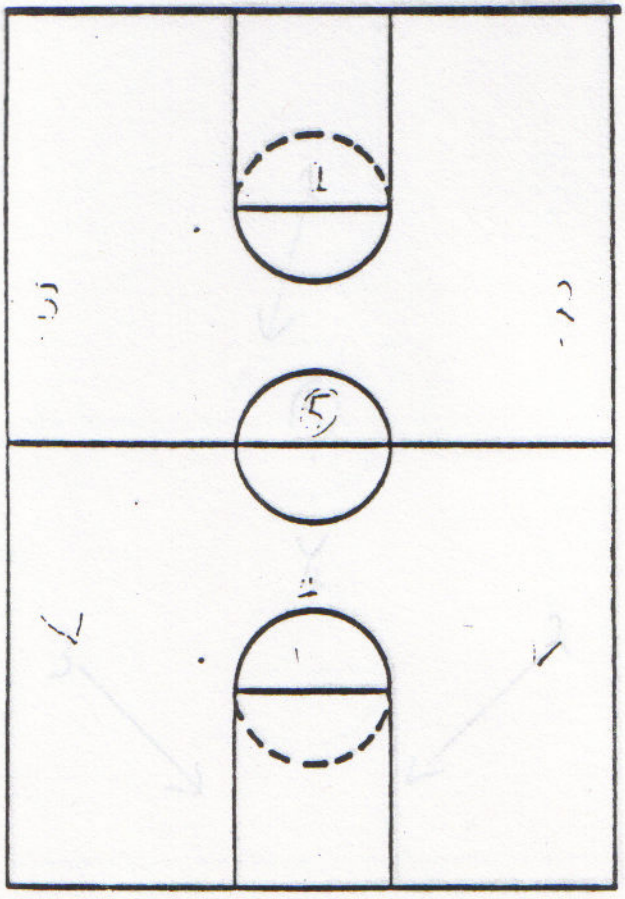


DIAGRAM 8

II. vs. ZONE

A. POINT GUARD ENTRY

1.) The point guard should receives the ball outside of the trap area. The 5 man should sprint to the middle of the court and make himself available. The wings come back to create openings for the pass

a.) If the point guard hits the middle man, he pivots around looking for the deep man at the top of the key or for the wings running the floor.

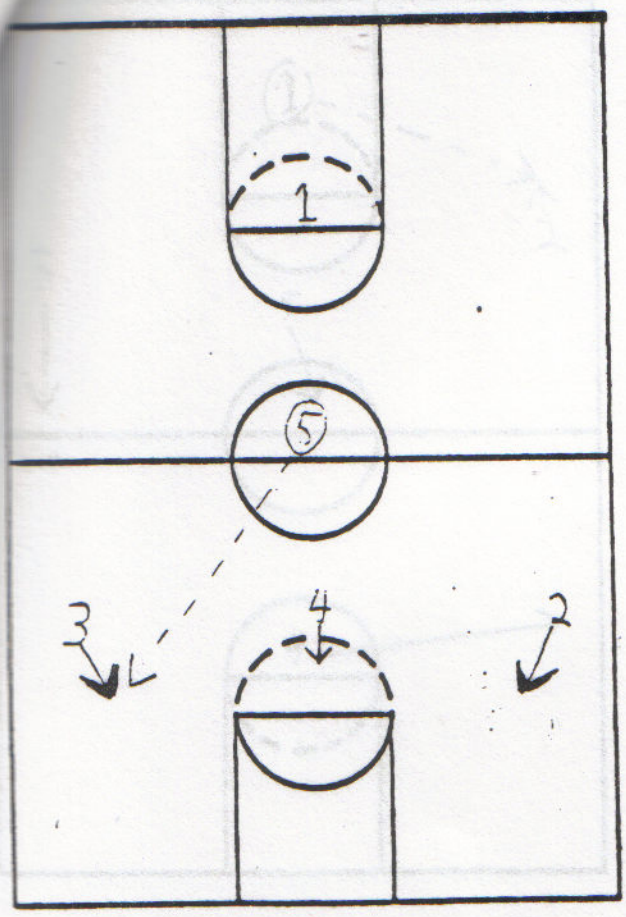


DIAGRAM 9

b.) If the middle man hits the wing they look for a 2 on 1 break with the 4 man as a trailer.

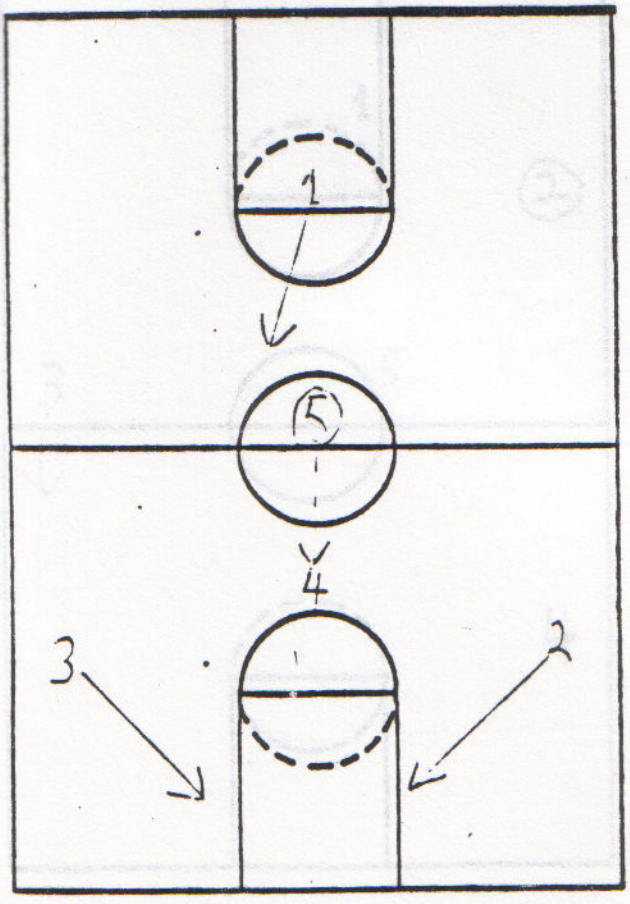


DIAGRAM 10

c.) If the middle man hits the 4 man they look for a 3 on 2 break.

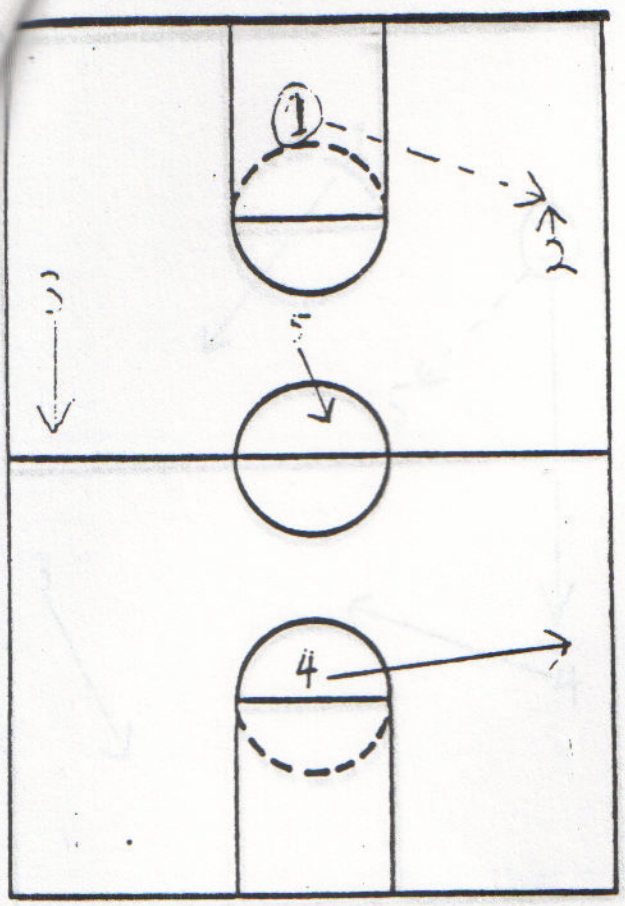


DIAGRAM 11

2.) If the point guard hits the wing, he remains as the lag man. The 5 man looks for the opening in the middle, the opposite wing looks to receive the ball breaking toward the basket and the 4 man makes himself available on the sideline.

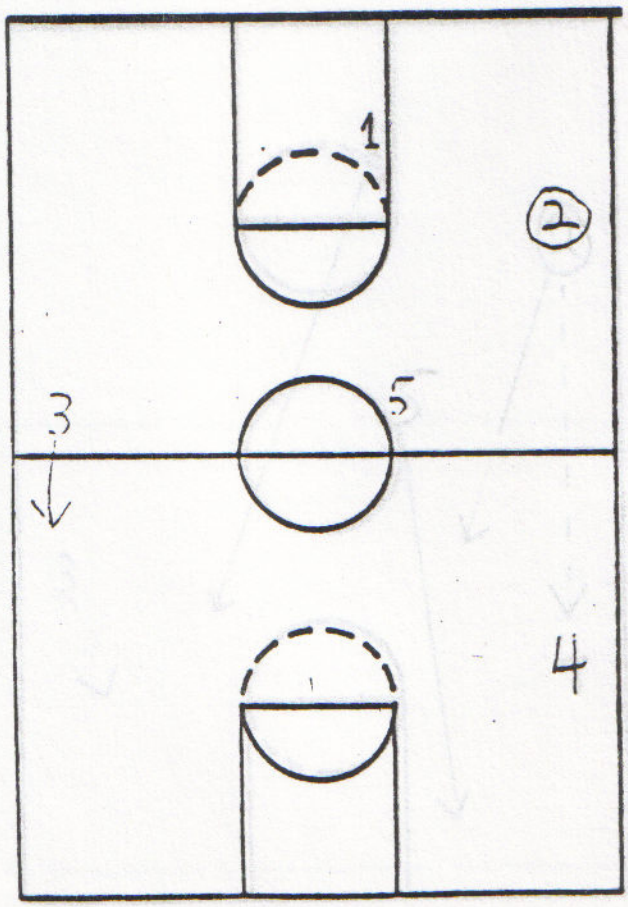


DIAGRAM 12

a.) The 2 man now has several options:

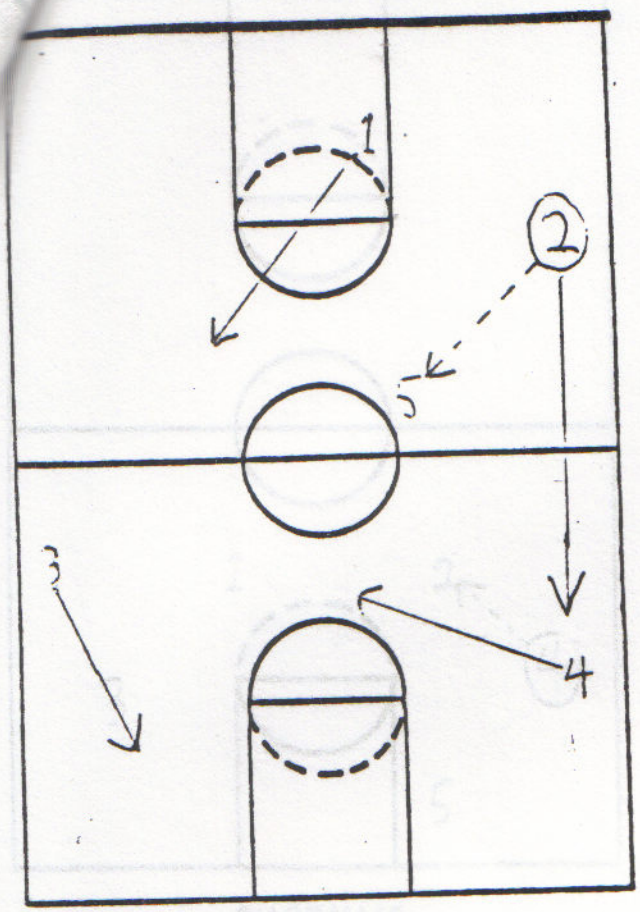


DIAGRAM 13

b.) If he passes to 5, the 4 man cuts back to the middle and the wings sprint their lane. 1 remains as a lag man. The 5 man would then have the same options as he had when he caught the pass directly from the point

(See diagram 1a-1c.)

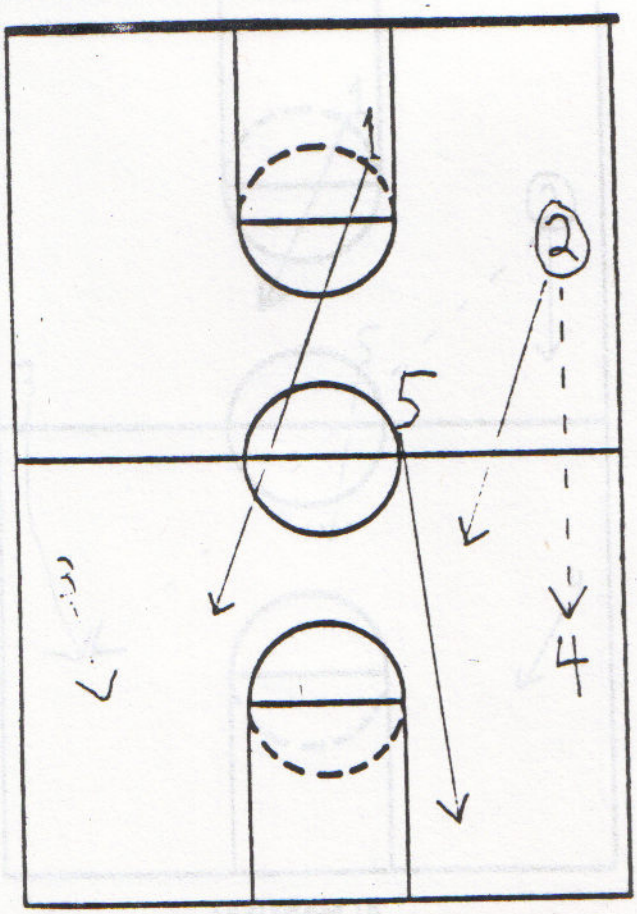


DIAGRAM 14

c.) If he hits the 4, 4 looks for 5 cutting to the basket.

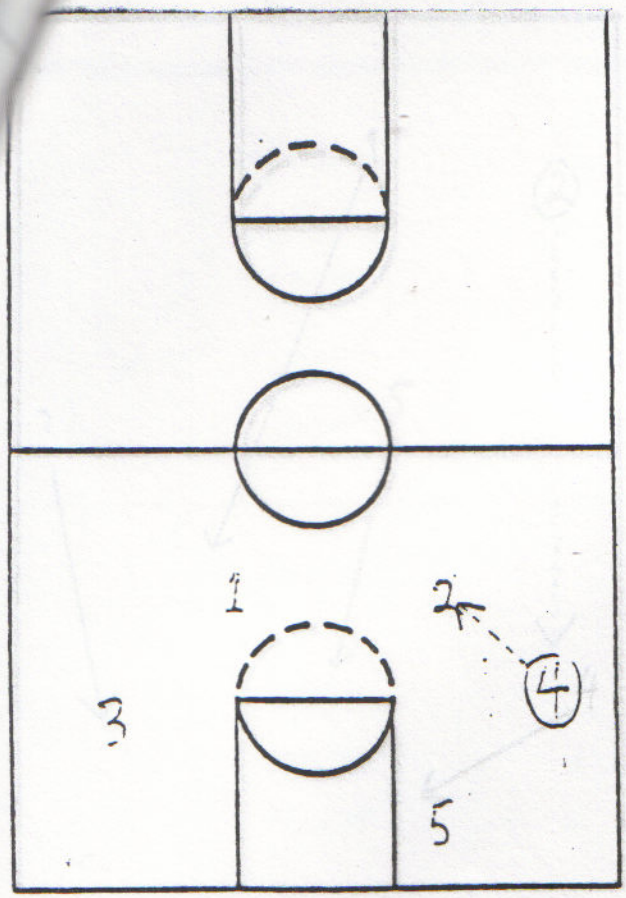


DIAGRAM 15

d.) If the 5 man isn't open, the four man passes the ball back to the 2 and gets into the offense.

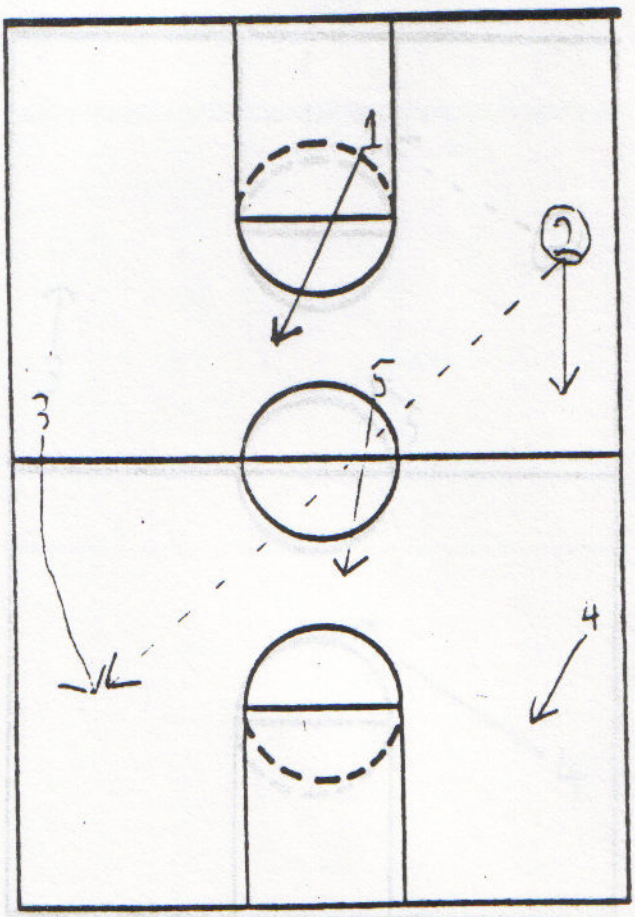


DIAGRAM 16

If he hits the 3, the 3 and 4 look for a 2-on-1 break with 5 as a trailer. Note: The wing to wing pass is very good against a 1-2-1-1 press.

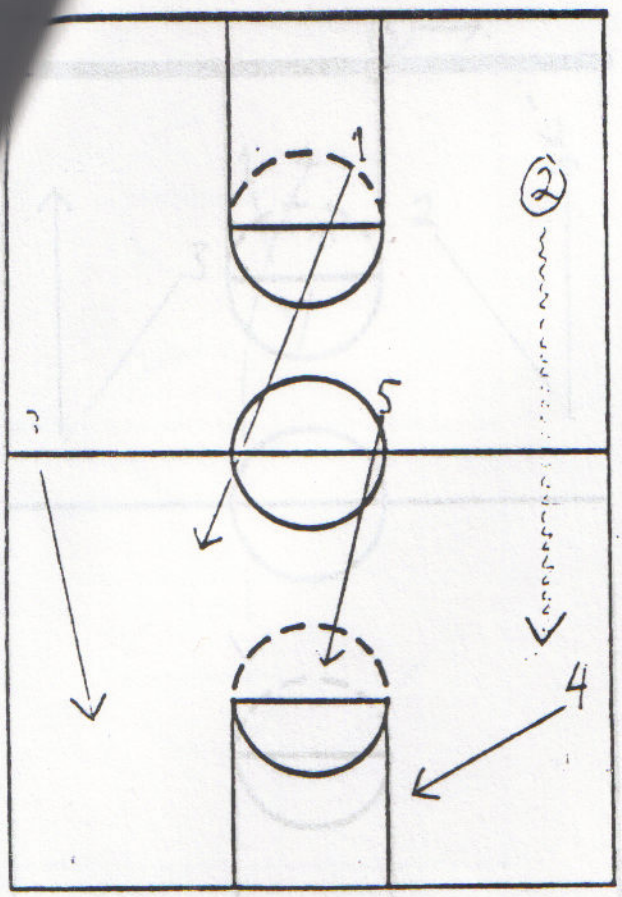


DIAGRAM 17

F.) Another option for the 2 man is to drive the ball to the wing. The 4 man goes to the block to post up. The 5 man comes as a trailer and the point guard makes himself available for a lag pass.

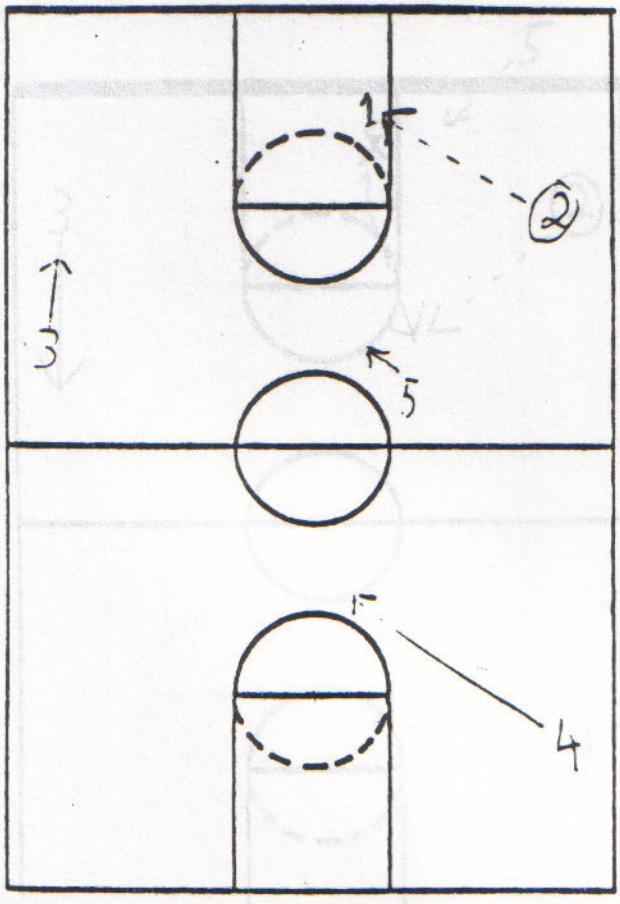


DIAGRAM 18

G.) If the 2 man is unable to do any of the previous options, he reverses the ball back to the point guard. The 3 man comes back toward the ball and the point guard has the same options as he had initially.(See Diagram 7)

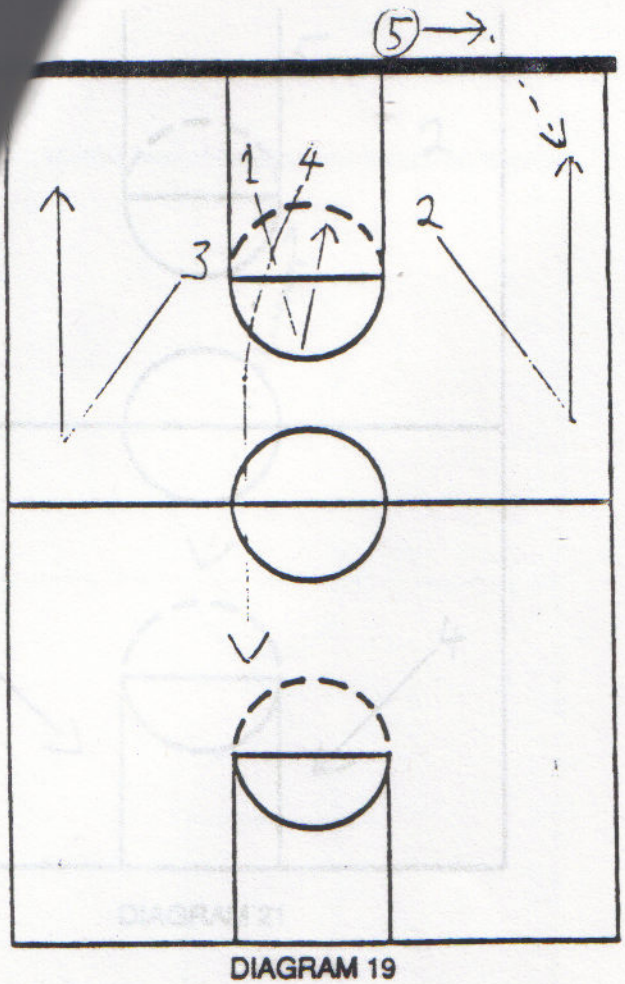


DIAGRAM 19

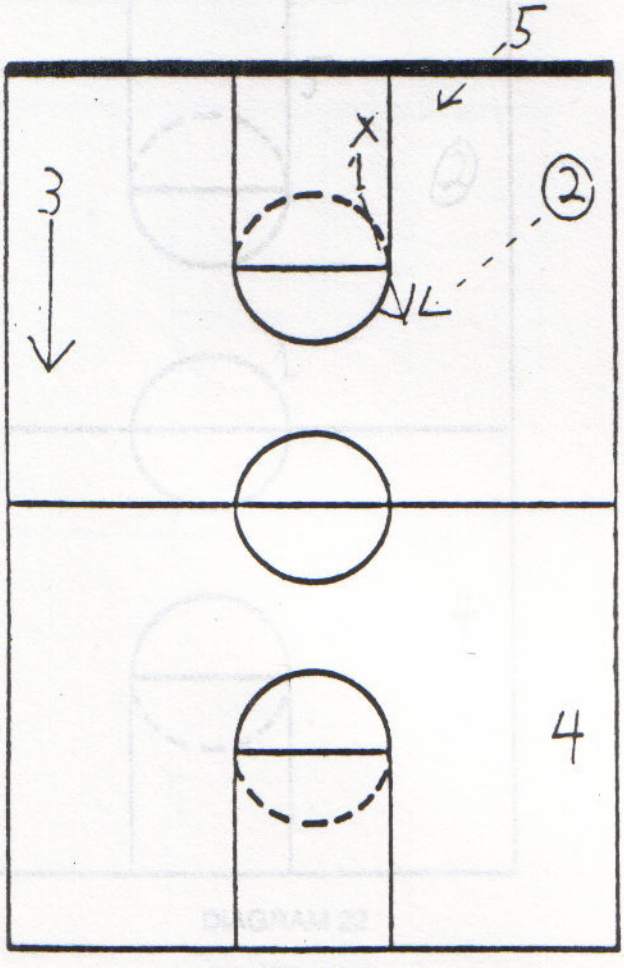


DIAGRAM 20

B. WING ENTRY

1.) The pass to the wing man is thrown when the deep man isn't open and the point guard is being denied the ball. The 5 man should run the baseline to improve the angle and shorten the pass.

a.) Since the point guard was denied the ball, his defender will be behind him and he will usually be open for a quick pass, cutting to the middle.

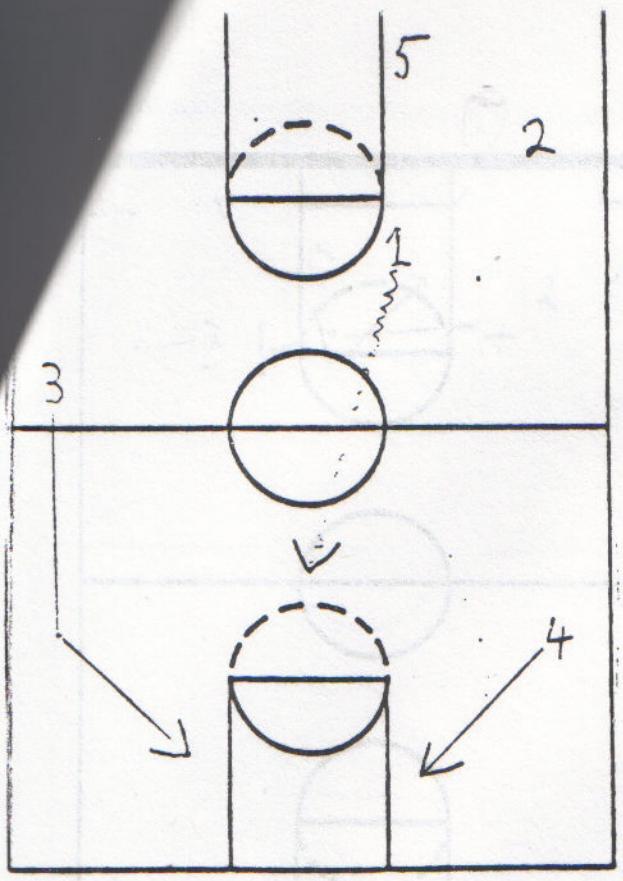


DIAGRAM 21

1.) From here, the point guard looks to drive the ball hard down the center of the floor for a 3-on-2 break.

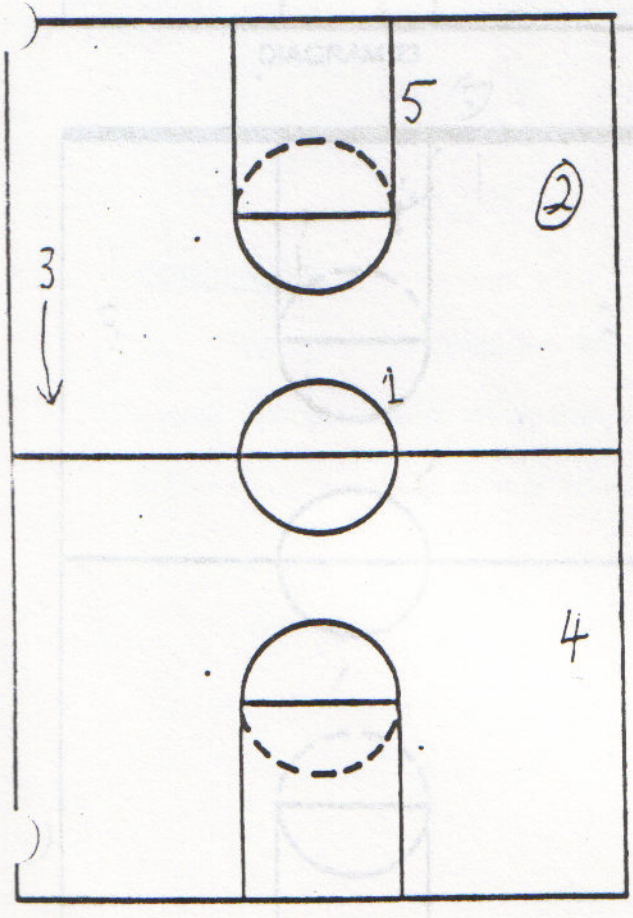


DIAGRAM 22

b.) If the point guard is unable to receive an immediate pass from the 2, the point guard becomes the middle man. The 5 man stays back as a lag man and the 4 man remains the deep man. From here the options are the same as when the wing receives the ball from the point guard in the point guard entry (See Diagram 11).

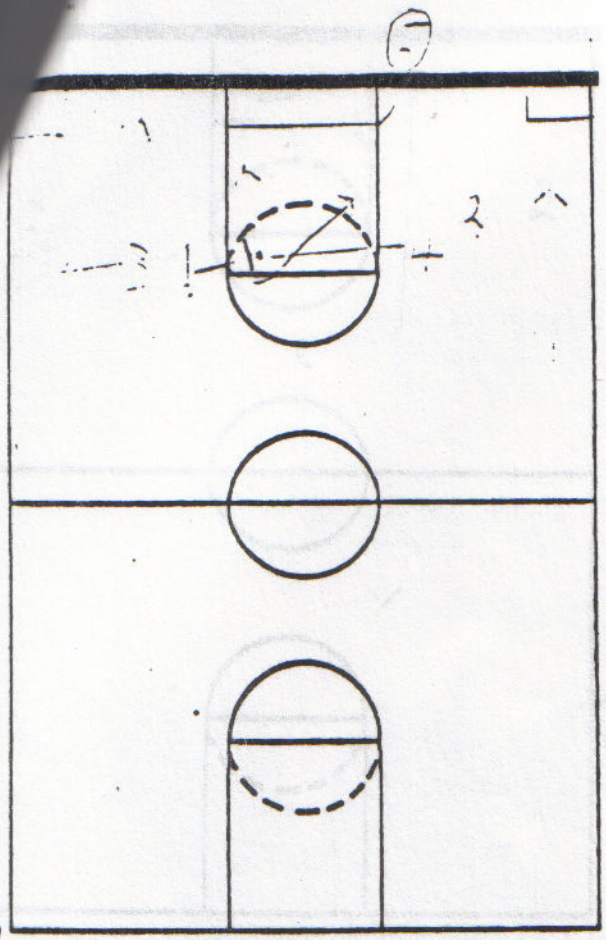


DIAGRAM 23

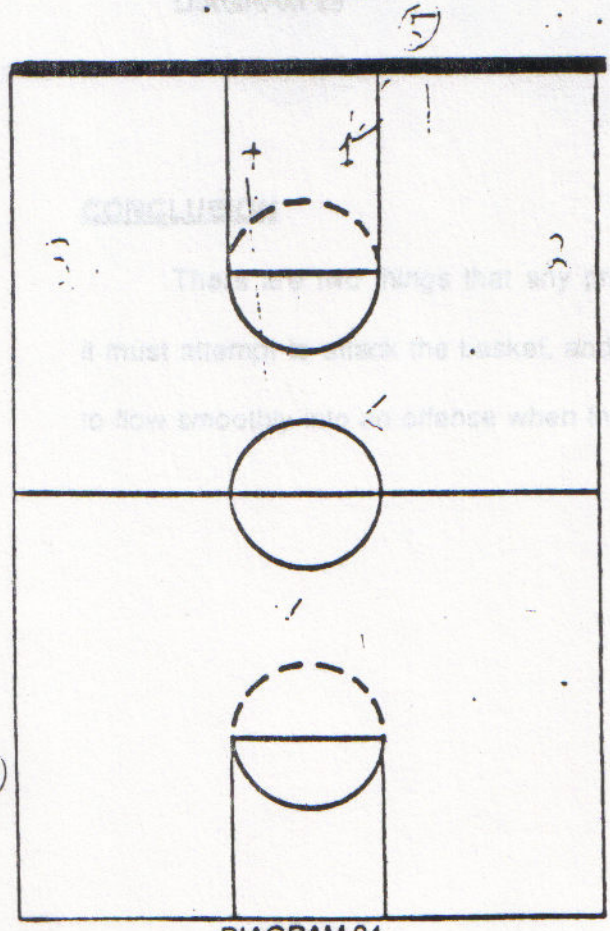


DIAGRAM 24

III. DEAD BALL

A.) In a dead ball situation (when the inbounder isn't allowed to run the baseline), it helps to bring the other big man back to set a pick for the point guard. After setting the pick, the 4 man rolls back to the ball. It is important for the offside wing to come all the way to the baseline between the trapping areas to make himself available for the pass.

1.) If the point guard or the wings receive the ball, the 4 man runs the floor to become the deep man and the press break is run the same as normal.

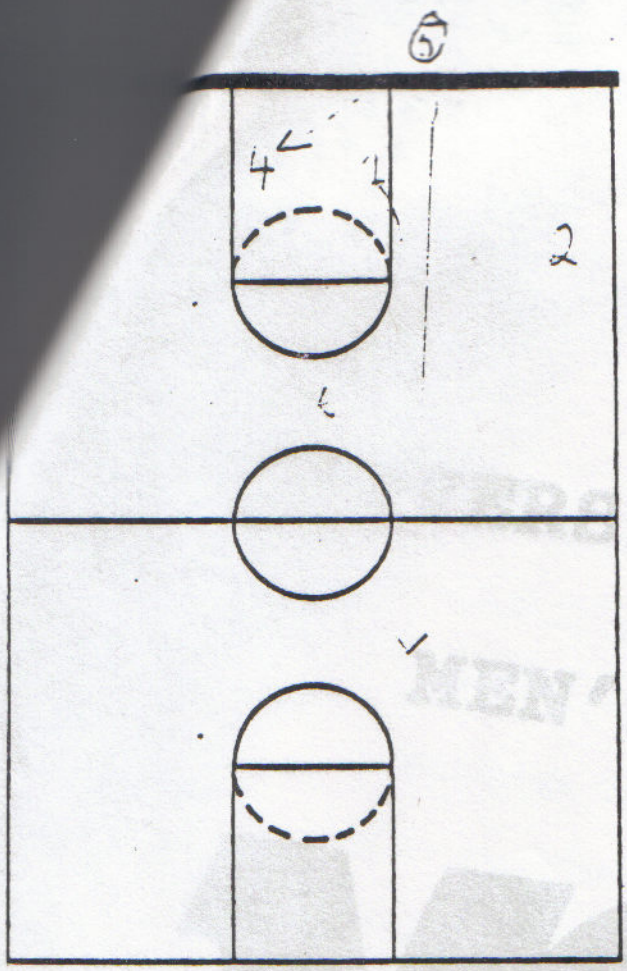


DIAGRAM 25

b.) If 4 receives the ball, the point becomes the middle man and the 5 man runs the floor to become the deep man, and the point guard becomes the middle man. The options are then the same as normal.

CONCLUSION

There are two things that any press-break must include to be effective. The first is that it must attempt to attack the basket, and the second is that the court must be balanced in order to flow smoothly into an offense when the defense has recovered well.

Facts about our Program

Motion Offense

Sections of the Court

Spacing

Shot Selection

Discipline - Roles - Motion Makers

Ball Reversal S-T-S

General Rules:

Catch and Square

Hold for Two Court

5 Pass Rule

Individual Rules

First Side Post Pass

Backscreen off the Baseline

Swing the Sag

Penetrate Pressure

Dribble Rules:

1. Beat Full court Pressure
2. Improve Passing Angle
3. Go to the Basket
4. Create for someone else
5. Reverse the Ball
6. More than two dribbles is a bad shot

*Perimeter and Post Rules

Don't get discouraged teaching motion

Set plays - all they are is structured Motion

Perimeter Rules

Play outside 3

Pass Out - shot reverse or stick back

Stay off the baseline unless a score

3 Man cuts on post pass

Post Rules

Clear the weakside post

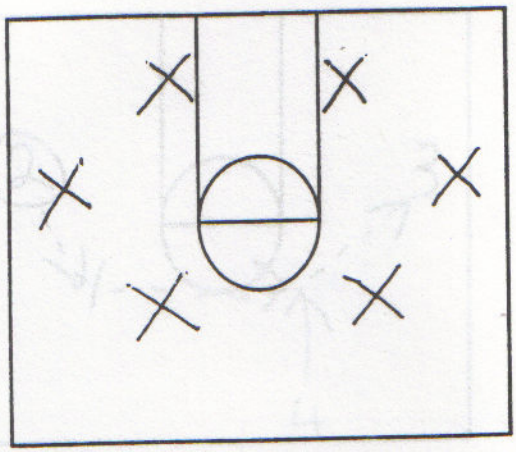
- Flash
- Short Corner
- Flair

One post catches, other drives

- Score
- Flair
- Pass-Out

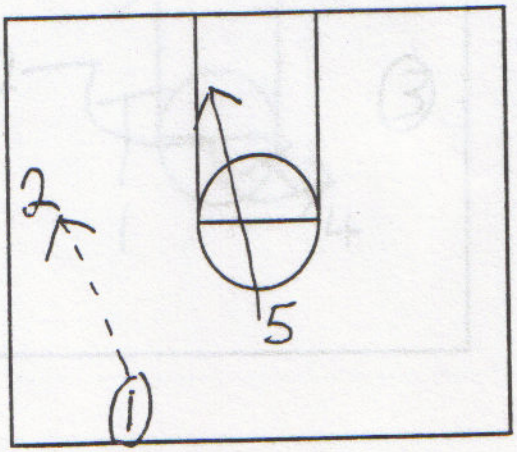
** Make your skill development work fit around your motion

Secondary Break

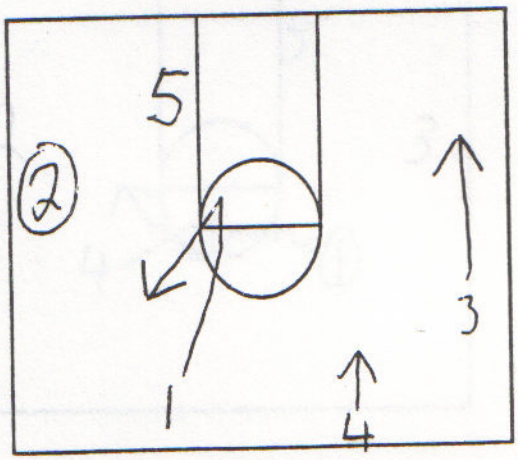


In our secondary break which we are automatically in when the defense has 3 or more people back, we keep the floor spread and fill five spots.

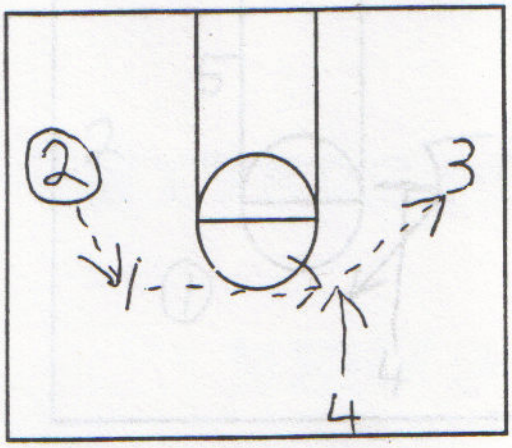
The possible spots are indicated by the X's.



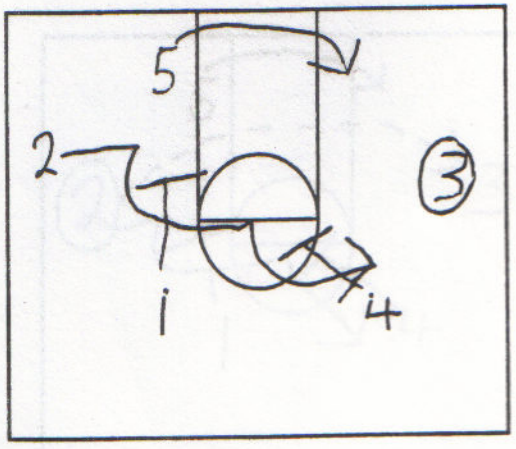
If the point guard sees an advantage he should pass ahead to the wing and the first post man should go to the ball side block.



Now, we have 3 spots filled and the 3 and 4 men should fill the other two spots.



If the two man doesn't have a quick post feed or shot opportunity he reverses the ball to the point who has made a replacement cut. The point reverses the ball to the 4 and on to the 3.

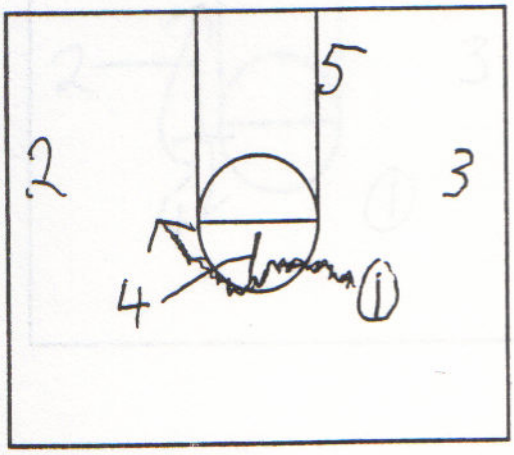


As the ball reverses, the low post man goes across to the strong side and we set 2 single screens for the 2 man. It is important for the second of the single screens to be set on the ball side to prevent the defense from cheating on the ball side.

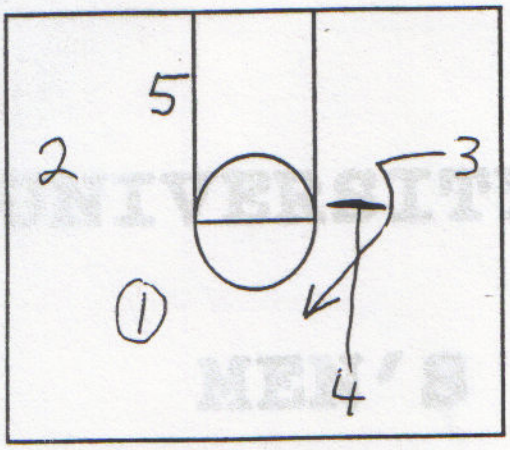
At any time the players are looking for a shot, drive or post feed opportunity.

The 2 and 3 men are interchangeable as are the 4 and 5 men. The post guard should fill the top spot on the ball side.

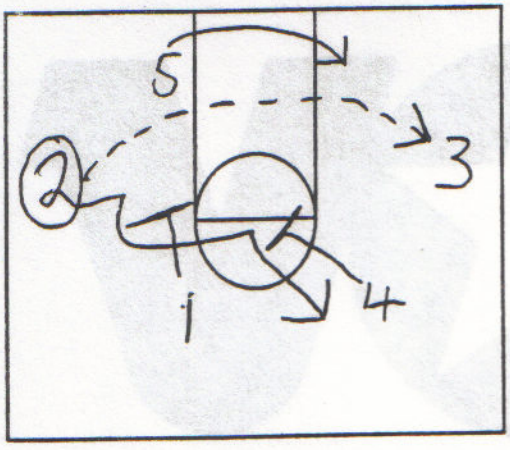
From this four out one in set there are several other options as well.



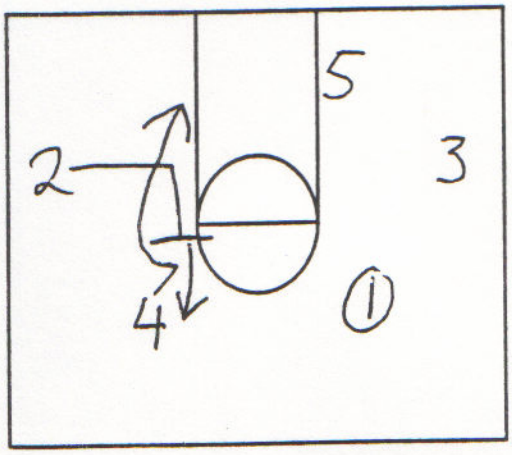
<u>Ball Screen Option</u>
Once the point guard has passed the ball ahead and received it back the trailor can set a ball screen for the point guard as the wing spots up.



Down Screen
Once the point guard has received the ball back, the trailor can set a down screen for the opposite wing.



Skip Pass
At any time against pressure the players can drive and make a play or shot pass on the perimeter and the secondary is run the same as if reversed through each player.



Lob
Once the point guard has received the ball back, the off side wing can set a back screen for the trailor, who looks for a lob and the 2 man pops to the perimeter.

Once these initial options have been explored and we do not have a shot we go into motion.

Man-to-Man Plays

It is difficult to run a structured offense against an over-playing pressure defense, and it limits the freedom and creativity of players. This type of offense does, however, have several advantages over a motion or free-lance type of offense. It keeps the players organized, can help control the pace of a game, and can easily be designed to utilize the strengths of different players. Realizing the strengths of each type of offense, we have tried to implement a system where we get the benefits of both.

There are several set plays we run that is suited for our personnel. These plays are not continuous, so if we do not get a shot we go immediately into the motion offense. In a fast break situation, we won't slow it down to set up a play, we just go right into the motion and, if at any time a play breaks down we go automatically into motion.

Our plays will change every year depending on our personnel. I have diagramed and explained some of the plays that we have had the most success with in the past.

Positions

#1 - Point Guard
#2 - Shooting Guard
#3 - Small Forward
#4 - Power Forward
#5 - Center

Diagrams

Pass - - - - - ->
Drive ~~~~~>
Screen ——|
Cut ——>

The One Play

Our one play can be ran to either wing, and is very effective at isolating a post man inside.

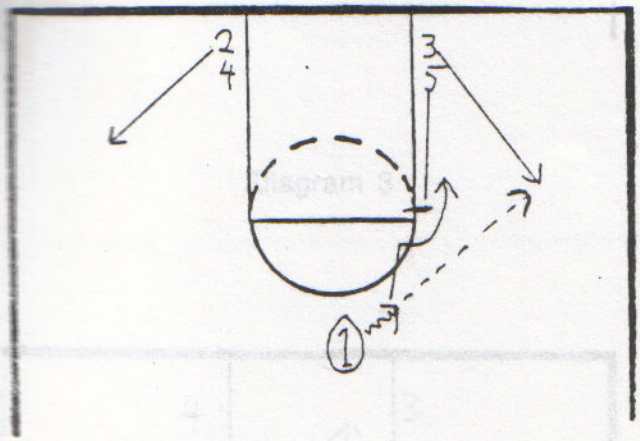


Diagram 1

The one man passes to the 3 and looks for a "give and go" cut to the hoop off of the 5 man's back screen.

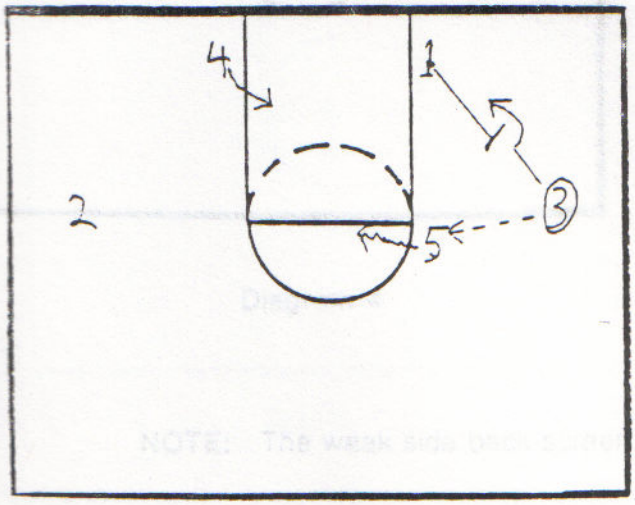


Diagram 2

The 3-man passes the ball to 5, then receives a back pick from the point guard for a cut to the basket. Our 5-man then takes one dribble to the middle to create a passing angle to the 4-man, who is stepping hard into the lane. At the same time, the 2-man spots up on the perimeter. If the 4-man has his defender on is back, he gets the ball.

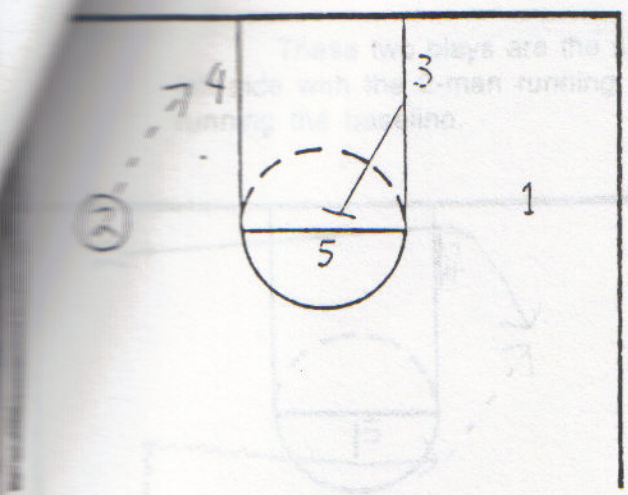


Diagram 3

If his defender is fronting him, he looks to seal him on the high side, then the 5-man will hit the 2-man, who will feed 4 with a baseline bounce pass.

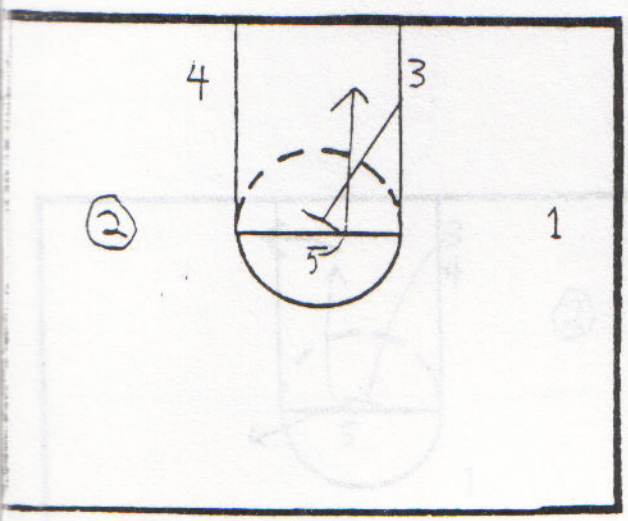


Diagram 4

If none of these options work, the 2-man looks for the 5-man going to the hoop off the 3-man's back pick. From here, we get into the motion.

NOTE: The weak side back screen for 5 is primarily to keep the help defense occupied.

The 2 and 3 Play

These two plays are the same, but on different sides of the court. Two is ran from the left side with the 2-man running the baseline, and the 3-man is ran from the right side with 3 running the baseline.

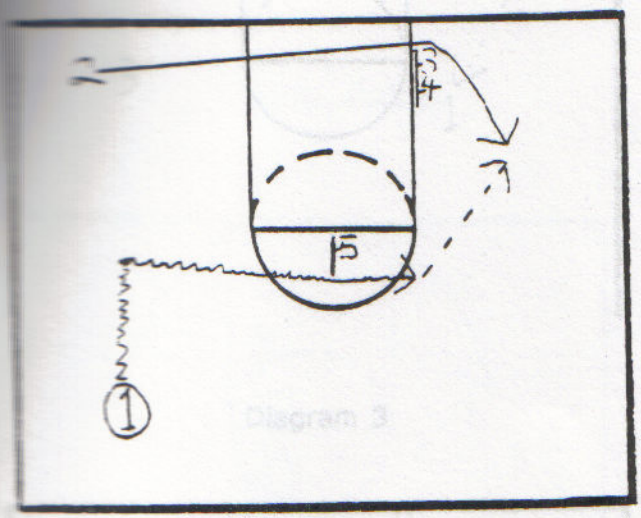


Diagram 1

The point guard takes the ball to the left side of the floor, then dribbles toward the middle of court using a screen set by the 5-man. The 2-man runs the baseline, even with the 1, and comes off a double screen set by 3 and 4 to receive the ball.

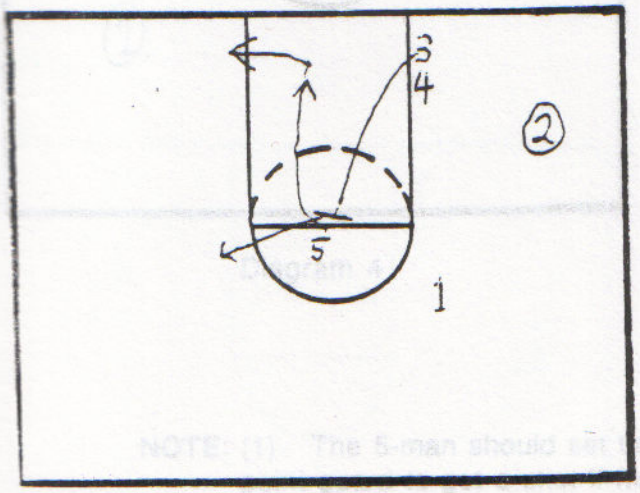


Diagram 2

Then, the 3-man sets a back pick for the 5-man going to the basket. If he doesn't receive the lob pass, he empties to the opposite side along with the 3-man.

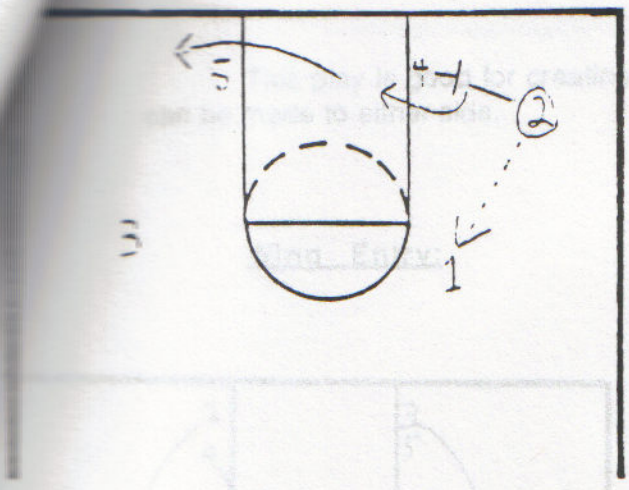


Diagram 3

The 2-man throws the ball back to one and makes a flex cut off the screen set by the 4-man. If he doesn't get the ball, the 2-man continues through to the baseline, and we get into motion.

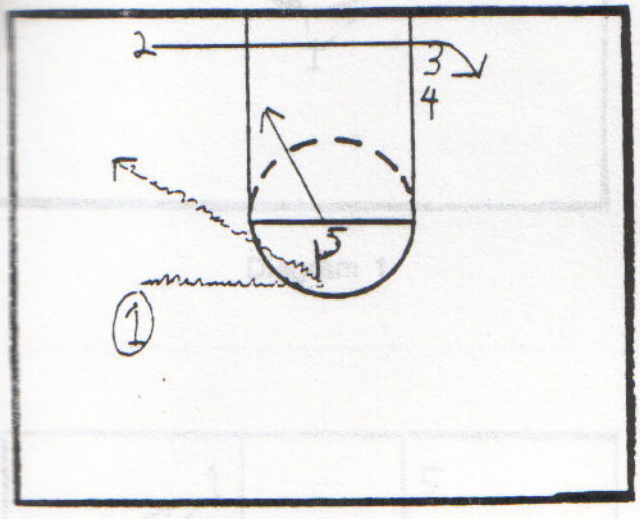


Diagram 4

Another option we like to use out of this play is for the 1-man to spin back to the open side after using the initial screen. The 1-man can turn the corner and take the ball to the basket or flair to the wing and 5 rolls to the basket for a two man game. Again, if we don't get anything, we go into motion.

NOTE: (1) The 5-man should set the initial screen close enough to the basket for the point guard to get a shot if his defender tries to slip behind it.

(2) The best offensive big man, whether it is the 4 or 5-man should always set the high screen, and the other man should start in the stack.

(3) If the 5-man's defender helps out the point guard, then the 5-man should always step away and spot up for a jump shot.

The 4 Play

This play is good for creating movement and making the defense work. The entry pass can be made to either side.

Wing Entry:

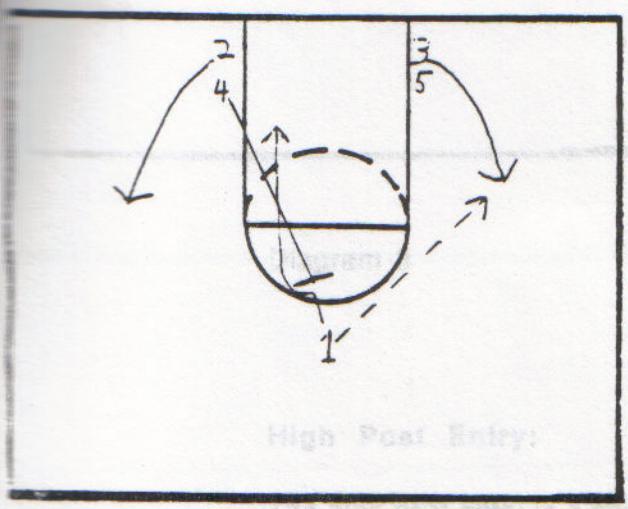


Diagram 1

As soon as the 1-man enters the top of the key area, the 2 and 3-men cut to the wings. The 1-man passes to the 3-man, then cuts to the basket off a back pick from 4.

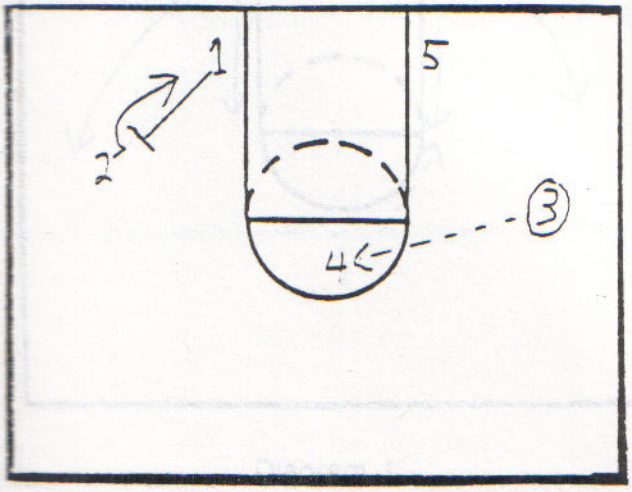
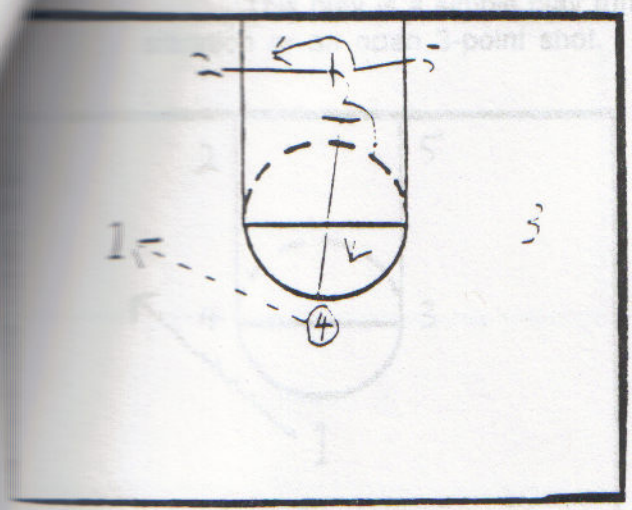


Diagram 2

After setting the pick, the 4-man steps out and receives the ball from the 3. The 1-man then sets a back pick for the 2-man, who cuts to the basket.

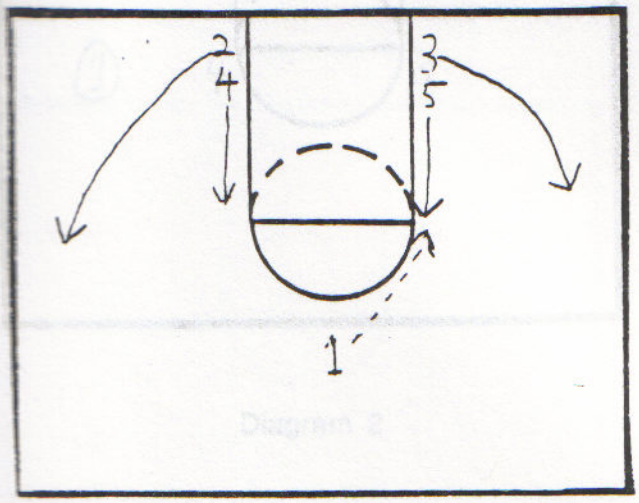


The 4-man reverses the ball to the 1-man while the 2-man sets a screen for the 5-man. Next, we have a "screen the screener" situation where the 4-man sets a down screen for the 2-man.
We get good action from this part of the play because the person guarding the 2-man will usually help out on the 5-man making him vulnerable to down screen.

Diagram 3

High Post Entry:

The high post entry is a good pressure release option against denial defense.



The point guard hits the 5-man coming up the lane.

Diagram 1

The 6 Play

This play is a simple play run out of a "Box" set. It is designed to get a good post-up situation or an open 3-point shot.

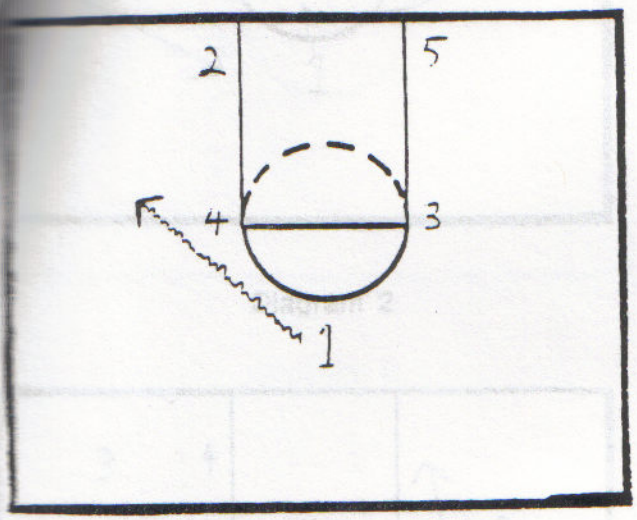


Diagram 1

The point guard dribbles to the wing.

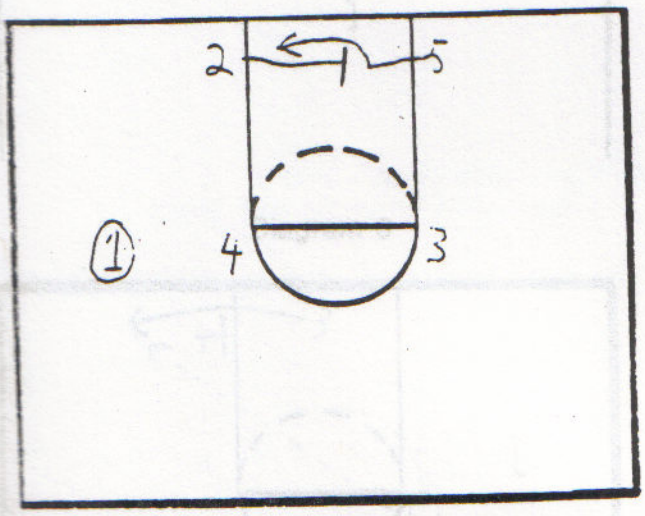


Diagram 2

The 2-man sets a pick for the 5-man, and the 1-man looks to pass 5 the ball.

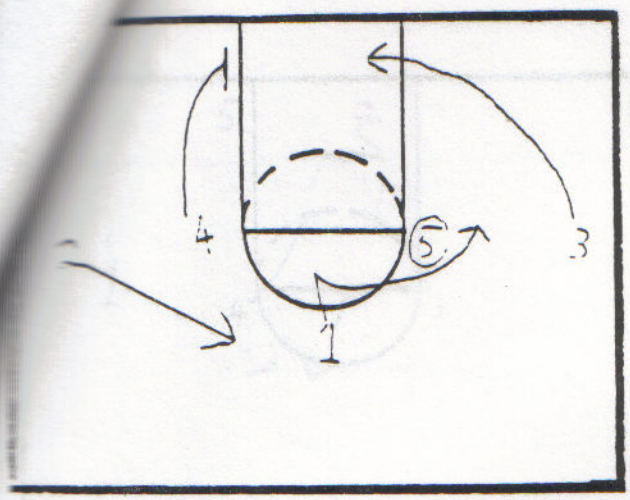


Diagram 2

The 3-man goes on a back door cut and continues off a low screen set by the 4-man. The 1-man cuts around the 5-man looking for a hand-off, and the 2 man rotates to the top.

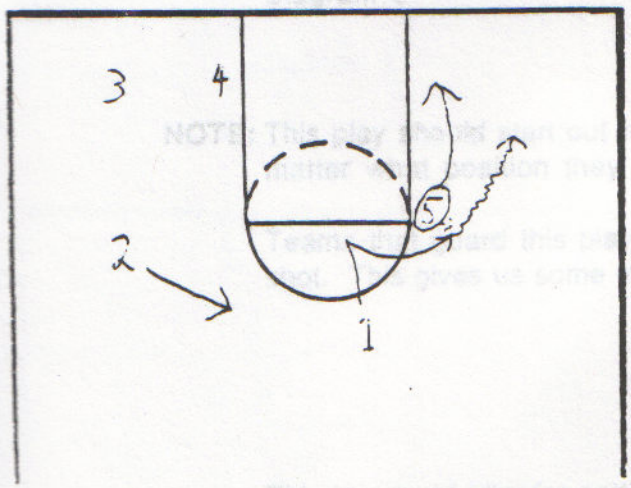


Diagram 3

If the 5-man hands off to the 1-man, 1 can turn the corner and drive to the basket, or he can flair to the wing while the 5-man rolls to the block for a two man game.

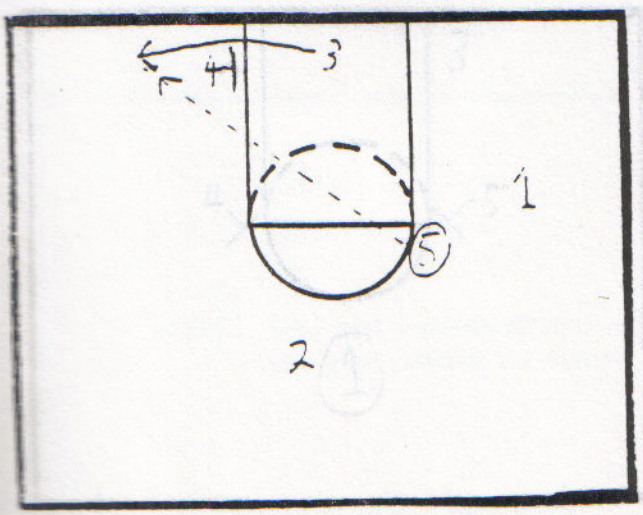


Diagram 4

If the 1-man isn't open for the hand-off, the 5-man looks for the 3-man coming off the screen for a jump shot. If he isn't open either, we go into the motion.

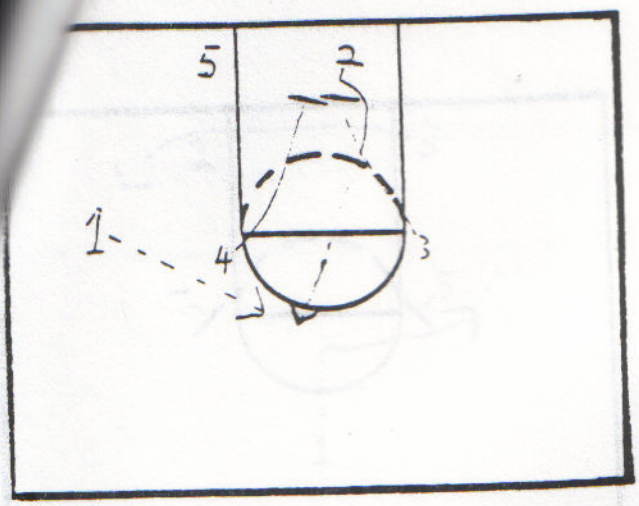


Diagram 3

If the 5-man isn't open, we have a "screen the screener" situation. The 3 and 4-men come down and set a double screen for the 2-man, who pops up looking for the jump shot. Then, we go into motion.

NOTE: This play should start out with the best shooter screening for the best post man, no matter what position they normally play.

Teams that guard this play will usually switch a big man onto our 2-guard to prevent the shot. This gives us some mismatches when we get into motion.

The 7 Play

This is a good play for getting the point guard an opening to drive the ball to the basket. It can also be ran to either side.

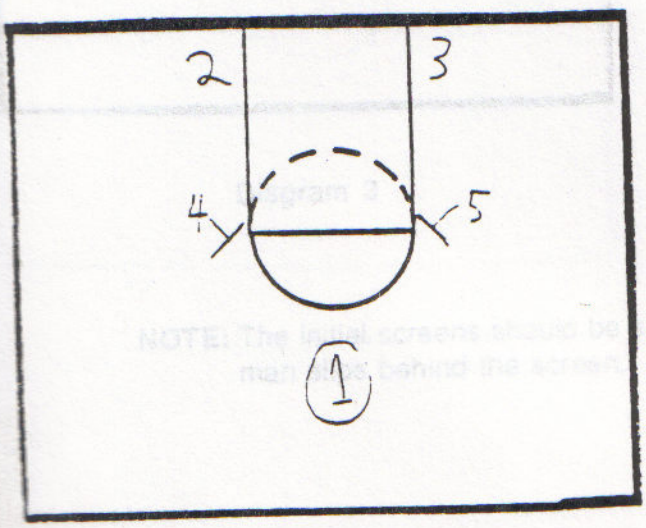


Diagram 1

The 4 and 5-men set high screens for the point guard.

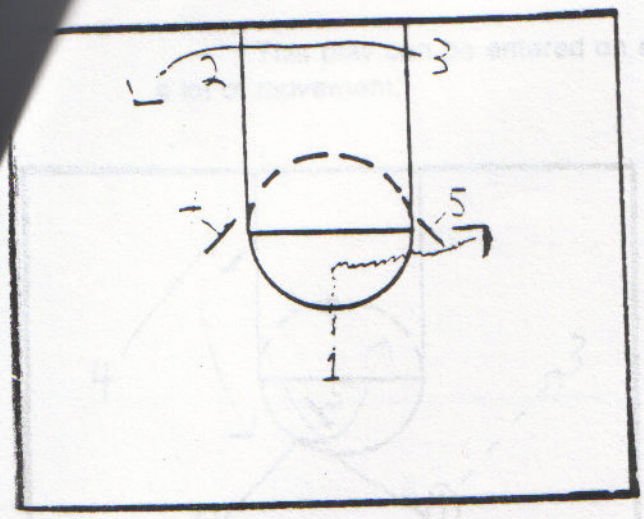


Diagram 2

The point guard drives the ball off the 5-man screen as the 3-man empties to the weak side. The 1-man tries to turn the corner and take the ball to the hoop.

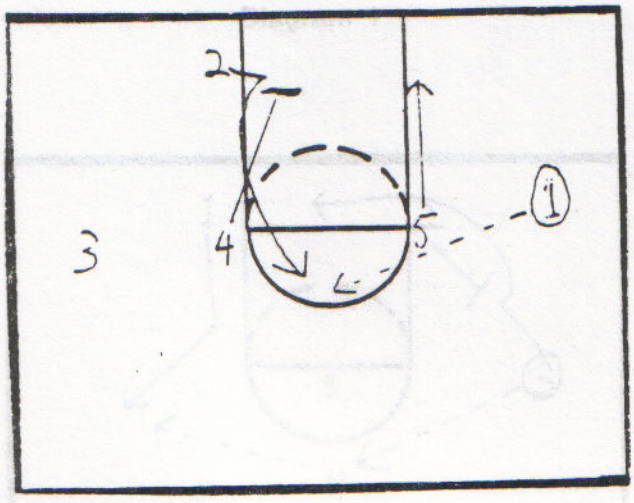


Diagram 3

If the point guard is cut off, the 5-man rolls to the block while the 4-man sets a down screen for 2. The weak side down screen is primarily to occupy the help defense and isolate the 5-man 1-on-1 inside.

NOTE: The initial screens should be set close to the lane, so the point guard can get a shot if his man slips behind the screen.

The 8 Play

This play can be entered on either side and is good for spreading the floor and generating a lot of movement.

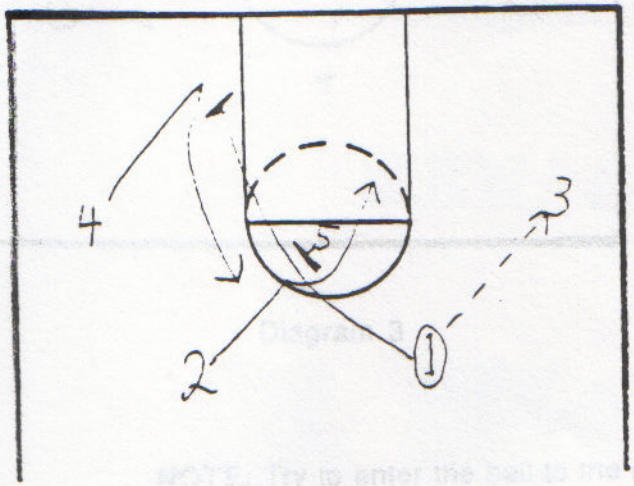


Diagram 1

The point guard passes to the 3-man, and the 2-man makes a hard cut to the hoop off a back screen from the 5-man. The point guard then goes to the block to set a screen for the 4-man.

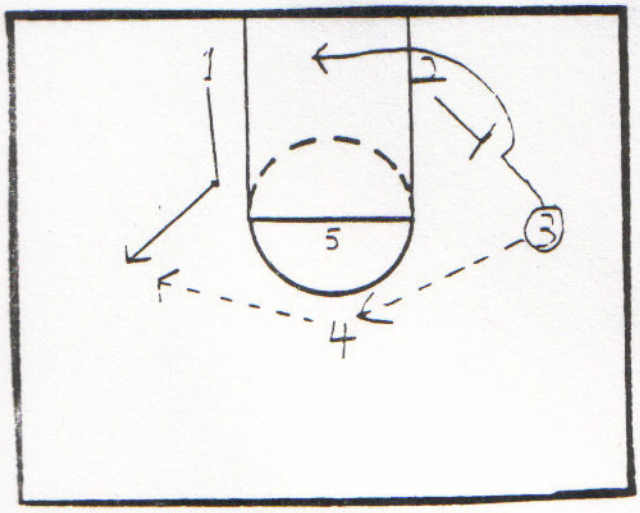
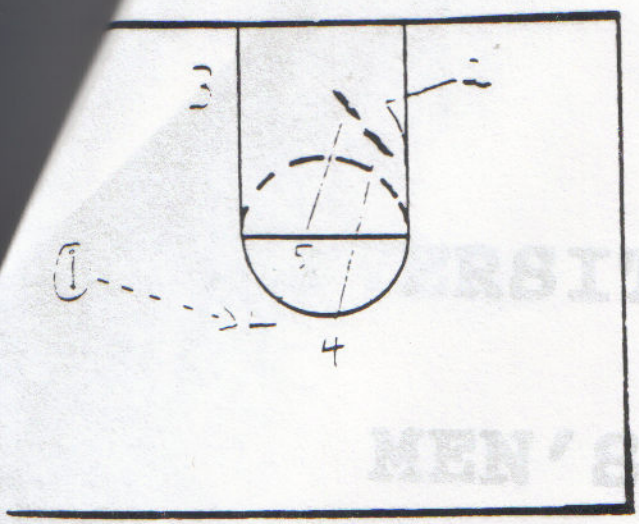


Diagram 2

The 4-man receives the ball and reverses it to the point guard, and the 2-man sets a back pick for the 3-man, who cuts to the ball side block.



Then, the 4 and 5-men come down the lane to set a double screen for the 2-man, who pops up looking for a 3-pointer.

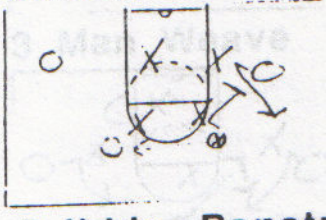
Diagram 3

NOTE: Try to enter the ball to the side opposite of the best shooting guard so he gets the 3-point shot.

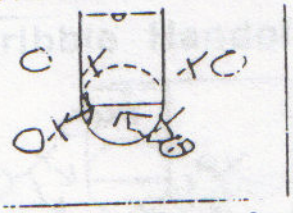
The number of plays a team uses isn't as important as the execution. We start the season using 3 or 4 plays and add to the list after our players feel comfortable with the first few.

18 OFFENSIVE SETS TO DEFEND IN YOUR 4 on 4 SHELL

1. Screen Away



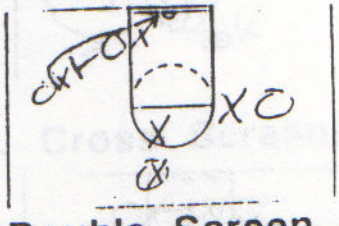
2. Dribble Penetration



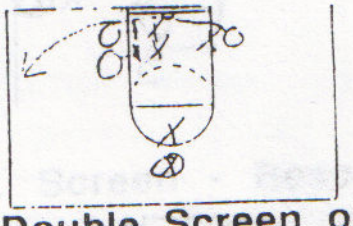
3. Dribble Penetration with screening



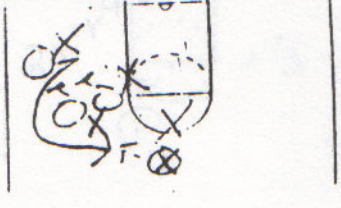
4. Back Screen



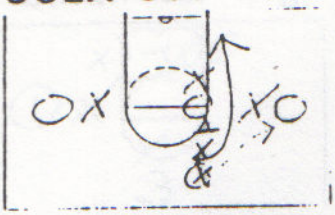
5. Double Screen along the Baseline



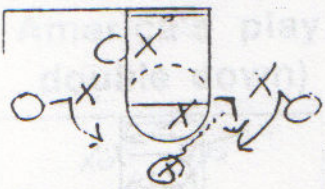
6. Double Screen on the Wing



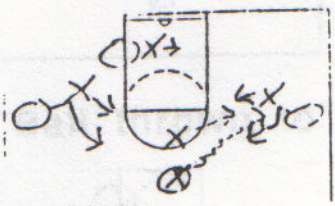
7. UCLA Cut



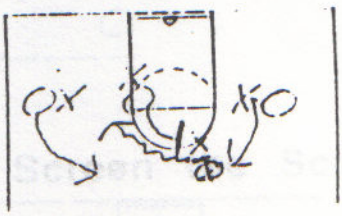
8. 3 Man Weave



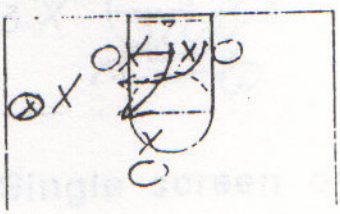
9. Dribble Handoffs



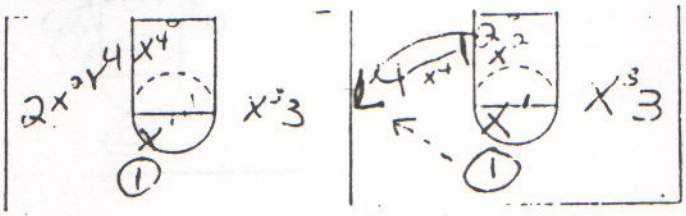
10. Dribble Handoffs with a high screen



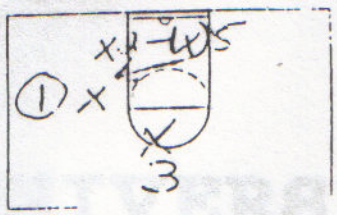
11. Cross Screens/Flash High



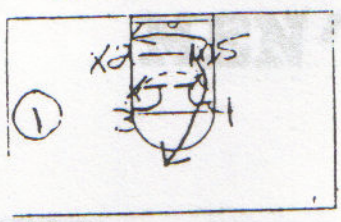
12. Screen - Rescreen



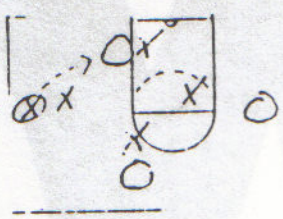
13. Small on Big Cross-Screen



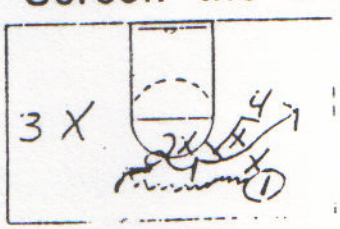
14. America's play (small for big cross screen and a double down)



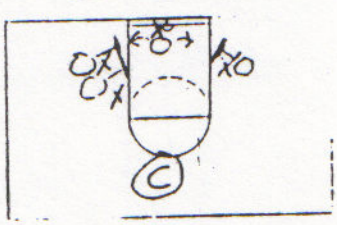
15. Ball thrown to the open post man



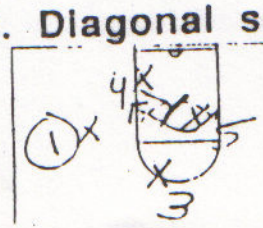
16. Screen the Screener



17. Single screen on one side while there is a Double screen on the other side.



18. Diagonal screen in the post



SKILL DEVELOPMENT FOR PERIMETER PLAYERS

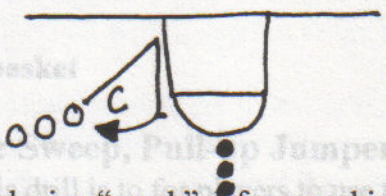
Shooters must always follow their shots

DRILL: L-Cut & Catch & Square

The emphasis with this drill is to for players to use the "L" cut to get open without the ball. Players should use a **change of pace and change of direction** when using the L-cut to get open. We want them to hook the defender's front foot to create space to get open. Player's should catch the ball within scoring range (20').

DRILL SET-UP: Line ½ the players on the right wing outside of "3"**(CUTTERS).** The other half of the players should be lined up at the top of the key **(PASSERS).** The first three players should have balls at the top of the key.

DIAGRAM:



The coach should be playing "mock" defense making sure the players on the wing are using the proper set-up and hooking the front foot. The "passer" should make sure he passes to the outside hand of the cutter. After the cutter receives the ball, we want them to square to the basket and be a threat.

After passer makes the pass, he should switch lines with the cutter. After everyone has executed the Catch & Square, do the same thing on the left side.

NEED: 5 balls per basket

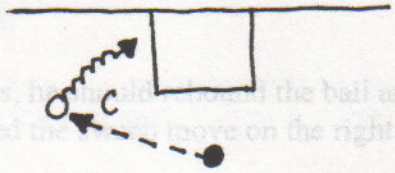
DRILL: L-Cut and Sweep to baseline, Power Layup

The emphasis with this drill is to for players to use the "L" cut to get open without the ball. Players should use a **change of pace and change of direction** when using the L-cut to get open. We want them to hook the defender's front foot to create space to get open. Player's should catch the ball within scoring range (20').

After the player makes a "L" cut, we want him to catch the ball and sweep the ball thru below his knees going towards the basket. It's important that the sweep is **hard and below the knees.** After they sweep the ball, we want them to take one dribble towards the basket and finish the play with a power lay-up. On the lay-up, we want the players to finish with their shoulders squared to the backboard

DRILL SET-UP: Line ½ the players on the right wing outside of "3"**(CUTTERS).** The other half of the players should be lined up at the top of the key **(PASSERS).** The first three players should have balls at the top of the key.

DIAGRAM:



The coach should be playing "mock" defense making sure the players on the wing are using the proper set-up and hooking the front foot. The "passer" should make sure he passes to the outside hand of the cutter. After the cutter receives the ball, the coach should overextend on his close-out and the "cutter" should sweep the ball and finish the play with a lay-up.

After passer makes the pass, he should rebound the ball and switch lines with the cutter. After everyone has executed the sweep move on the right side of the floor, do the same thing on the left side.

NEED: 5 balls per basket

DRILL: L-Cut & Sweep, Pull-up Jumper

The emphasis with this drill is to for players to use the "L" cut to get open without the ball. Players should use a **change of pace and change of direction** when using the L-cut to get open. We want them to hook the defender's front foot to create space to get open. Player's should catch the ball within scoring range (20').

After the player makes a "L" cut, we want him to catch the ball and sweep the ball thru below his knees going towards the basket. It's important that the sweep is **hard and below the knees.** After they sweep the ball, they should take one hard dribble and pull-up for a jumper. Players should get a good angle to use the backboard. The pull-up is a great shot because it teaches perimeter players not to over penetrate and shoot the short jumper.

DRILL SET-UP: Line ½ the players on the right wing outside of "3"**(CUTTERS).** The other half of the players should be lined up at the top of the key **(PASSERS).** The first three players should have balls at the top of the key.

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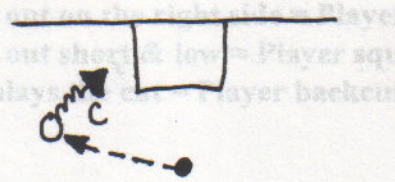

The coach should be playing "mock" defense making sure the players on the wing are using the proper set-up and hooking the front foot. The "passer" should make sure he passes to the outside hand of the cutter. After the cutter receives the ball, the coach should overextend on his close-out and the "cutter" should sweep the ball and finish the play with a pull-up jumper.

After passer makes the pass, he should rebound the ball and switch lines with the cutter. After everyone has executed the sweep move on the right side of the floor, do the same thing on the left side.

NEED: 5 balls per basket

DRILL: L-Cut & Sweep back towards the middle for the pull-up

The emphasis with this drill is to for players to use the "L" cut to get open without the ball. Players should use a **change of pace and change of direction** when using the L-cut to get open. We want them to hook the defender's front foot to create space to get open. Player's should catch the ball within scoring range (20').

When they catch the ball we want them to swing it thru and react to the defense closing out to take away the baseline move. After they sweep towards the baseline, they should sweep it back towards the middle. We want them to take one dribble and shoot the pull-up in the middle of the lane.

After passer makes the pass, he should rebound the ball and switch lines with the cutter. After everyone has executed the sweep move towards the middle on the right side of the floor, do the same thing on the left side.

NEED: 5 balls per basket

DRILL: Footwork Shooting - Read the Close-Out

The emphasis on this drill is for players to make a "L" cut to a spot that has just been "emptied" (Player cuts off the top, weakside wing fills the top of the key.) After they make a L-cut to fill the top of the key, they should receive the ball. Make sure they are showing an outside hand as a target. After they catch the ball, they must react to how the coach closes out.

Coach closes out on the left side = Player drives right
Coach closes out on the right side = Player drives left
Coach closes out short & low = Player squares up & shoots the jumper
Coach overplays the cut = Player backcuts the overplay

DRILL SET-UP: Start with two lines. One line on the right wing (Cutters) and another line on the left wing (Passers). The coach will be located on the "helpline" pretending to be guarding the "cutter". "Cutter" should make a "L" cut to the top of the key. On his L-cut he must hook the inside foot of the coach.

When the cutter receives the ball, he squares to the basket and reacts how the coach closes out. The passer gets the rebound. Passer & Cutter switch lines.

After everyone has been both a passer & cutter, switch sides of the floor.

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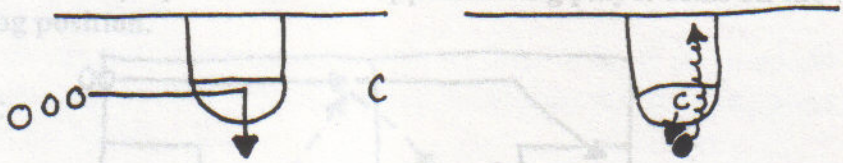

NEED: 6 balls per basket

DRILL: Team Ballhandling (Entire Camp)

2 on 0 Passing - Air Pass (Full Court) - Players stay as wide as the lane lines. They should snap their passes as they sprint, not slide, down the floor. All passes must be **air** passes. It's very important that they call each other's name out as they are passing the ball to each other. **Talk to the player's about using two hands when passing and catching the ball. Place a big emphasis on communication.** They finish the drill with a layup on the other end of the floor. **We have a simple rule: You either dunk it or use the backboard.**

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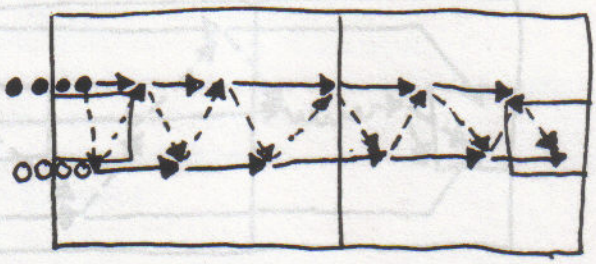

2 on 0 Passing - Bounce Pass (Full Court) - Players stay as wide as the lane lines. They should snap their passes as they sprint, not slide, down the floor. All passes must be **bounce** passes. It's very important that they call each other's name out as they are passing the ball to each other. **Place a big emphasis on communication.** They finish the drill with a layup on the other end of the floor. **We have a simple rule: You either dunk it or use the backboard.**

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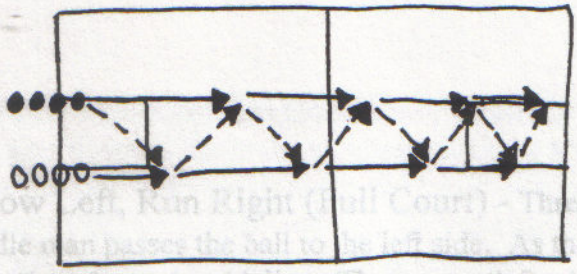
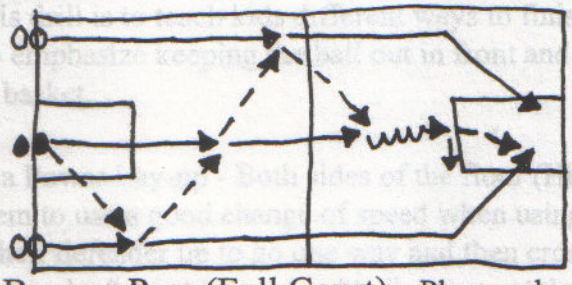


3 on 0 Passing - Air Pass (Full Court) - Players should remain 15' apart as they pass the ball to each other. **Only air passes. This is not a weave drill.** Players go straight ahead as they snap the ball and call each other's name out. Remember, only two hand passes and catches. As the wings go down the floor, they start to angle towards the basket once they get near the hashmark. As the middle man catches the ball near the FT line, he comes to a **jump stop.** He makes a crisp air pass to one of the wing players who finishes with either a lay-up or dunk. **The opposite wing player seals on the weakside for rebounding position.**

DIAGRAM:

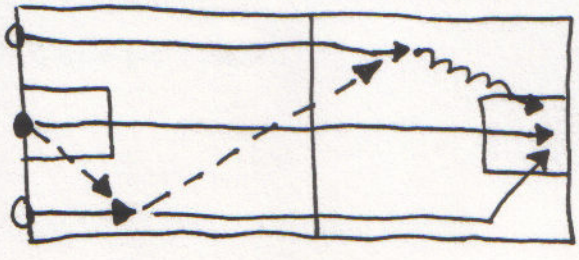


3 on 0 Passing - Bounce Pass (Full Court) - Players should remain 15' apart as they pass the ball to each other. **Only bounce passes. This is not a weave drill.** Players go straight ahead as they snap the ball and call each other's name out. Remember, only two hand passes and catches. As the wings go down the floor, they start to angle towards the basket once they get near the hashmark. As the middle man catches the ball near the FT line, he comes to a **jump stop.** He makes a crisp air pass to one of the wing players who finishes with either a lay-up or dunk. **The opposite wing player seals on the weakside for rebounding position.**

DIAGRAM:



Two Passes - Throw Right, Run Left (Full Court) - Three man drill. Players start 15' apart. Middle man passes the ball to the right side. As the middle man passes the ball, the left wing sprints down the sideline. The passer (right wing) throws a lob pass to the opposite wing, who finishes the play with a lay-up. The middle man must sprint down the floor and get the rebound. The purpose of this drill is to work on the diagonal pass that you can get vs. Press breaks. Regardless of the pass, the most important thing for the left wing is to **make the catch, then make the play.**



Two Passes - Throw Left, Run Right (Full Court) - Three man drill. Players start 15' apart. Middle man passes the ball to the left side. As the middle man passes the ball, the right wing sprints down the sideline. The passer (left wing) throws a lob pass to the opposite wing, who finishes the play with a lay-up. The middle man must sprint down the floor and get the rebound. The purpose of this drill is to work on the diagonal pass that you can get vs. Press breaks. Regardless of the pass, the most important thing for the right wing is to **make the catch, then make the play.**

DRILL: Great Eight

The emphasis on this drill is to teach kids different ways to finish plays around the basket. We want to emphasize keeping the ball out in front and finishing plays with their head & eyes on the basket.

1. Crossover into a Power Lay-up - Both sides of the floor (Hit with Pad)

We want them to use a good change of speed when using the crossover. It's important they set their defender up to go one way and then cross over in the other direction. After they go by "shoulder to shoulder", we want them to finish with a power lay-up as they are getting hit with the pad. It's important they use their inside shoulder to protect the ball from the contact. Their eyes must remain on the rim.

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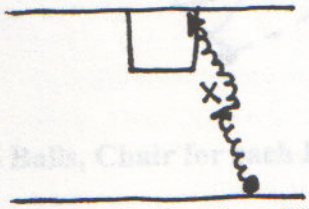

2. Hesitation into a Slide Shot - Both sides of the floor

Players must start with a speed dribble then "sell" the defense on the hesitation move. After they hesitate we want them to dribble the ball out in front and finish with a slide shot. The reason we use a slide shot is to avoid the charge from the big man coming over to help on a play to the basket.

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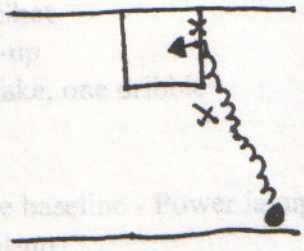
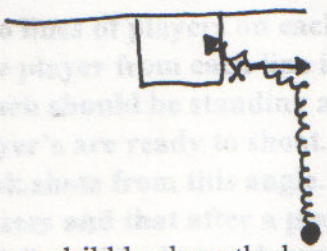


3. Speed dribble down the sideline, Spin Dribble into a Pull-Up Jumper - Both sides

Players must go full speed down the sideline until they are cut-off. Once they are cut off, they must use the spin dribble to change direction. It's important they pull the ball all the way through in the same hand and find the rim as soon as they finish their spin. We want them to finish the play with a pull-up jumper.

DIAGRAM:



4. Inside Cut into Shot fake, one dribble along the baseline for a power layup - Both sides.

Players start at the top of the key with the ball. They pass the ball to the wing as make a hard inside cut. The first option of an inside cut is a lay-up. If they do not receive the ball, they clear out wide to the ballside corner. When the receive the pass, we want them to react to the "defender" closing out on them and using his shot fake and one dribble to get to the basket. We want them finishing the play by having him sqaure his shoulders to the basket and finishing the play. He must use his body to protect the ball from the defender.

DIAGRAM:



NEED: Football Pad, 6 Balls, Chair for each basket (10)

FRIDAY, JUNE 14th - PERIMETER BREAKDOWNS

10:00 Great Eight/L-cut Series

1. Behind the back/Power Lay-up
2. Hesitation/Slide Shot
3. Spin dribble/pull-up
4. Inside cut/ Shot fake, one dribble

L-Cut Series

1. Sweep hard to the baseline - Power layup (with pad)
2. Sweep hard - Pull-up

NEED: 6 balls, PAD, Chair per basket

10:10 Footwork & Shooting

A. Shooting foot ahead - (Natural pivot foot)
B. Knees bent - Low and ready to shoot
C. Hands ready
D. Head & shoulders facing the passer
E. Reach up

DRILL 1: Two lines of players on each wing 12' from the basket. One player from each line is a passer at the top of the key. Coach should be standing at the top of the key making sure player's are ready to shoot. We want campers shooting bank shots from this angle. Make sure you alternate passers and that after a players shoots from the right wing he follows his shot and passes back to the passer.

NEED: 4 balls (2 per line)

DRILL 2: Same format as Drill 1, but we are switching the spot. Move the players to the corner inside of "3". Make sure they are low and ready to shoot and that players switch lines.

DRILL 3: ADD THE SHOT FAKE.

Same format as Drill 2, but we want to start the "shooters" at the top of the key and the "passer" at the wing. After the shooter receives the ball, we want him to use a shot fake, then take one dribble, and pull-up. On his "shot fake" players should fake from the top of their shoulders to their forehead. Make sure they keep their head and eyes on the rim as they shot fake. When they put the ball on the floor, they should make sure it is out in front.

Make sure they shot fake, and have to go to both their left and their right.

10:20 Feeding the Post & Relocate - Feeding the post from different angles

A. Get a good angle by using your dribble
B. Use a pass fake
C. As much as possible, use an air pass
D. You want to see their numbers on their jersey
E. After you pass the ball, sprint to relocate - NOT SLIDE
F. Be low and ready to shoot

DRILL 1: Two lines at the 28' from the basket. Player must break the "motion line" to feed the post. After they feed the post, we want them to sprint to relocate to a spot. They must be low and ready to shoot when they receive the ball. Start one player as a "post passer" and switch him once everyone has gone. Make sure players **follow their own shot.** Players should only shoot as far as their shooting range. Make sure players are switching sides, after they have shot.

DRILL 2: Same drill but use the **one dribble pull-up as the defender is closing out.**

DRILL 3: Reading the help side defender and making the skip pass. Player breaks the motion line and see the post defender front the post. He must read the helpside defender and ball fake him to draw him one direction or the other. If he draws him to help on the post, he must skip pass over the top for a shot. He must snap his skip pass and throw it up and over the defense. Once he makes the skip pass, we want him to sprint to pop to receive a pass for a shot. It is important that the man receiving the skip pass is low and ready to shoot. The pass will come from up top. The passer up top must keep good spacing as the "skip passer" feeds the post.

Have a passer from a line to pass to the "skip passer". Rotate passers. Players must follow their own shots. The players who receive the skip pass, follow their shot and give their ball to the skip passers. The skip passers follow their shot and give it to the passer up top.

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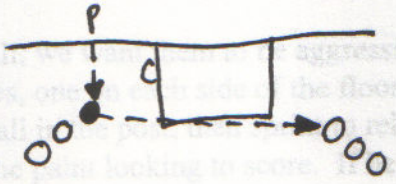

NEEDS: 6 balls per basket

10:30 Maximize your dribble

A. Ball out in front - Go somewhere - Demonstrator full court
B. Take up ground
C. Watch for the back tap
D. Come up with your last dribble
E. Bust out dribble
F. Hand behind the ball

DRILL 1: Have 4 lines across the sideline - How many dribbles to get to the other side. Have them go to the sideline. Wait till the other guys in their line go and then return back to the sideline.

DRILL 2: Start at half court - 2 dribbles to the elbow for a pull-up jumper. Have two lines. Make sure players switch lines

10:40 DRIBBLE MOVES FINISHING WITH PULL-UP JUMPERS

We will begin all dribble drives from ½ court. Emphasis on the dribble moves is placed on change of speed and change of direction. Also, we want to make sure they are concentrating on having good footwork when making the dribble move. It's important they learn how to shoot going in both directions. Work both sides of the floor When possible look to use the bank shot when finishing off the dribble.

A. Hesitation-Crossover (Left to right with crossover) finish with a bank shot
B. Hesitation-Crossover (Right to left with crossover) finish with pull-up
C. Behind-the-back (Left to Right) finish with a bank shot
D. Behind-the-back (Right to Left) finish with a pull-up
E. Spin Dribble (Left to right) finish with a bank shot
F. Spin Dribble (Right to left) finish with a pull-up
G. Fake Spin Dribble - Sell them on the fake - finish with pull-up

10:50 Penetrate & Kick (2 on 0) - Sliding Up/Sliding Down)

When players catch the ball, we want them to be aggressive with their dribble. We will start the drill with two lines, one on each side of the floor. We will initiate the drill by having a player feed the ball in the post, then sprint to relocate. On the pass back out, we want him to penetrate to the paint looking to score. If he does not have a score we want him to throw a crisp two handed pass to the man "sliding" on the perimeter. We will show the receiver his two reads. He can either slide up or slide down along the perimeter. In this drill we will work both sides of the floor.

After the passer passes the ball, we want him to sprint to pop and be ready to shoot. The player underneath the basket must deliver a good pass.

The rotation of the drill should go penetrator, receiver, and passer (under the basket). After a kid passes from under the basket he goes to the penetrator's line.

We want to use the coach as the man in the post who passes the ball back out to the man feeding the post.

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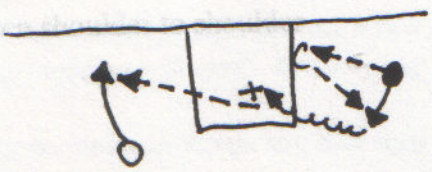
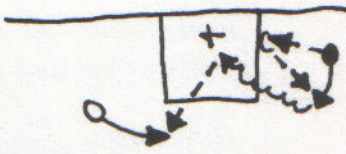
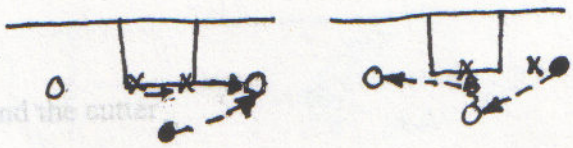






11:10 ZONE SHOOTING - 3 on 0 (3 shots)

A. First Pass

B. Shallow Cut

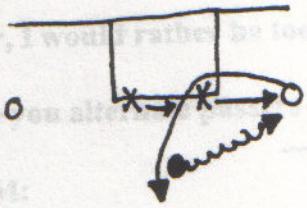
When attacking zones we always want to make two defenders play one offensive player. The key against a zone that has a 2 guard front is to make one of the guards play the first pass. Once the ball is reversed back, the top man must make the right read. If the other zone defender, plays the pass to the top, then the top man must make a quick reversal pass to the other wing. If the other zone defender does not play the pass, then the top man takes the ball for a pull-up.

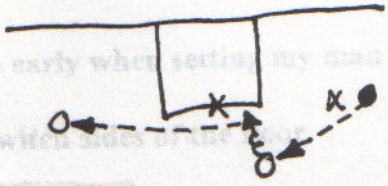
Start with two passers on the baseline (SEE DIAGRAM) and rotate them every so often.

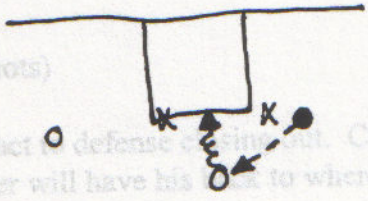
NEED: Need 2 chairs per basket

DRILL 2: **3 on 0**- Shallow Cut: We want the top man to dribble thru the wing. The emphasis is for the top man to drag the defender as far as possible on the wing. The wing that is being dribbled thru, must cut to the top. When he cuts to the top, he must make the same read on the second defender.

DRILL:







NEED: 2 chairs per basket

11:20 Lecture on Getting Open without the ball

Screener: Screen a body
Get a good angle
Screener reads the cutter

Cutter: V-cut to use as a set-up
Cutter reads the defender
Start high and wide
Come off the screen shoulder to shoulder
Type of cuts:

a. Curl
b. Flare
c. Back cut

Passer: Passer must read the screener and the cutter
Bring the ball to the action
Shorten the passing angle
Take it away than bring it back

11:30 Setting & Using the Down Screen - 2 on 0

a. Curl
b. Flare
c. Back cut

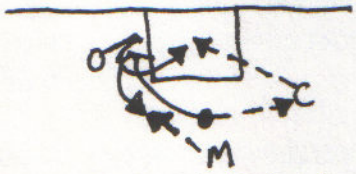
DRILL: Two lines. One line should be at the top of the key and the other line should be on the wing. The top man starts with the ball. We want to get two shots out of this drill. Screener sets his man up and goes to screen for the cutter. Screener should have his **back to the ball.** As the screener goes to screen, the cutter starts to set his man-up. We want the cutter to wrap around the screener and curl the screen. After the screener sets his screen, he should pop.

Have one player be a passer to the cutter. **The coach should be the passer to the screener.**

As a cutter, I would rather be too late than too early when setting my man up.

Make sure you alternate passers and we will switch sides of the floor

DIAGRAM:



11:30 Setting & Using the Flare Screen - 2 on 0 (2 shots)

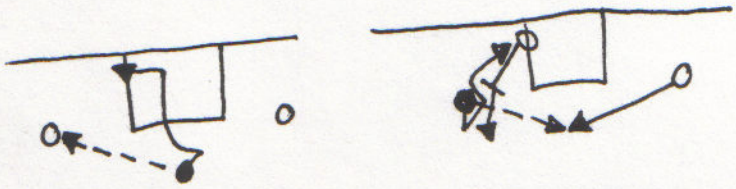
Great screen vs the weakside of the defense. Must react to defense closing out. Cutter must set his man up towards the middle as the screener will have his back to where the sideline and baseline meet.

Same drill set-up but instead of using the man up top as the screener, we will set a flare screen.. The top man starts with the ball.The screen will be coming from the wing as the top man passes the ball.

Note that on the set-up we want the cutter to take his man towards the middle then sprint off the screen. The passer (rotating player) must bring the ball to the action.

After the screener set the screen, he steps towards the ball and receives a pass from the coach

DIAGRAM:



11:40 Setting & Using the Back Screen

Same format as the previous drill but we want the top man to pass to the wing and make an inside cut. He cuts to the ball side block and holds until the wing player passes the ball back to the top (rotating player who serves as a passer). The cutter must set his man up by taking him towards the ball then come of the screen shoulder to shoulder.

First cut will be the back cut. After the cutter back cuts, the screener pops out and towards the ball. The player hits the cutter and the coach hits the screener.

ZONE OFFENSE

Our strategy for attacking a zone defense is based on several points of emphasis that we feel are important for good execution. Three of our key weapons on offense were, in the past, considered to not be fundamentally sound; dribble penetration, setting picks, and using skip passes. However, with the implementation of the match-up zone and other adjustments that have been made in zones over the years, we feel that utilizing these weapons is essential for a consistent offense.

The basic ideas that we try to emphasize against a zone, regardless of what specific offensive set we run are as follows:

1.) **Penetration** - Dribble penetration into the gaps is an effective way of drawing two defenders to the ball. This sets up a 4-on-3 advantage for the rest of the offense, and if they move to spot up on the perimeter and post up hard inside, this will lead to openings.

2.) **Set Picks** - Zone defenders generally have vision on the ball but not necessarily on a man. This leaves them vulnerable to blind-side picks.

3.) **Utilize skip passes** - Skip or cross-court passes give the offense more options and are essential in attacking the weak side of a zone.

4.) **Attack inside, then out** - Look to get the ball inside first. This will cause the defense to collapse which will, in turn, open up the perimeter.

5.) **Crash the Boards** - One of the primary weaknesses of a zone defense in the confusion on box-out assignments. Take advantage of this! 2 of 3 rebounds fall on the side opposite the shot - concentrate on the weak side!

6.) **Keep it simple** - Execution is the key. It isn't what you run so much as how you run it. Know your options and how to execute them.

7.) **Use the 3-Pointer** - When spotting up for a shot near the 3-point line be behind it. Remember 33% from 3 = 50% from 2. Don't ignore this weapon. Also, longer shots create

longer rebounds and more second shot opportunities.

8.) **Read the defense** - If there is pressure on the perimeter, attack inside and vice-versa.

9.) **Use Ball Fakes** - Fakes can cause a zone to shift; fake one way, then pass the other.

10.) **Be Patient** - Screening, penetrating, and having good ball movement will eventually cause a zone to break down and lead to an easy basket. Be patient and shots will come.

Against any type of zone defense, we run a 3 out 2 in "free lance" offense. By using the "free lance," it enables us to stay with the same offense regardless of the types of zone we're facing. We make adjustments in the areas we try to attack depending on the zone, but we stay with the same basic principles.

The 3 out 2 in Free Lance Offense

Positions

1 - Point Guard

2 - Shooting Guard

3 - Small Forward

4 - Power Forward

5 - Center

Diagrams

Offensive Player

Defender

Pass

Player w- ball

Cut

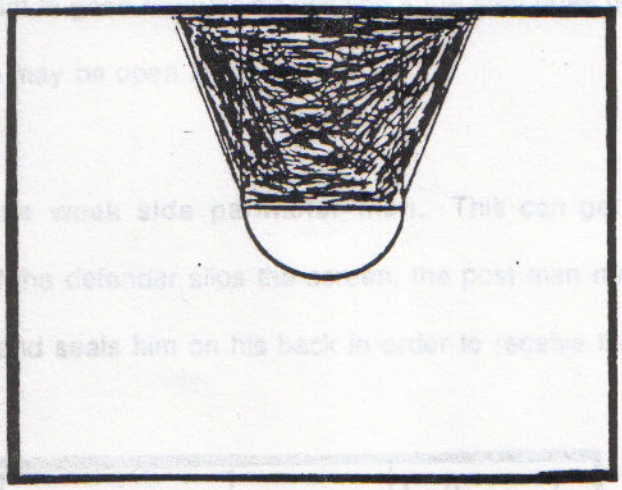
Drive

Screen

Shot

The "3 out 2 in" refers to the 3 players we use out on the perimeter and the 2 big men who work inside. The perimeter players are all 3 interchangeable as are our 2 post men. The perimeter and the inside players have 2 separate sets of rules they must follow.

Our two inside players work primarily in the shaded region:



On occasion we will pop a big man out on the perimeter to reverse the ball or to take an open jump shot, but most of the time they stay inside. The perimeter players stay outside of the shaded area except for drives and cuts through the lane.

In order to add some structure and keep things organized, we have these specific rules for our big man to follow:

1.) **Keep good spacing**, appropriate 10-15 feet apart to prevent one defender from guarding both players.

2.) **Look to score.** When they catch the ball inside, their first option is to score. If they are scoring threats, it will cause defenses to collapse around them creating openings on the perimeter.

3.) **Work to get the ball.** It is important for them to work hard to get the ball. Flash to openings, seal the defenders and remain active - Never stand.

4.) **Cut to the basket.** Whenever one post man catches the ball, the other should cut to the basket. This puts him in good rebounding position if the shot goes up and if the defense double-teams the post, he may be open for layups.

5.) **Screen for the weak side perimeter man.** This can get the perimeter man a jump shot. (Diagram 2) If the defender slips the screen, the post man meets the next defender in the middle of the lane and seals him on his back in order to receive the ball inside.(Diagrams 3 & 4)

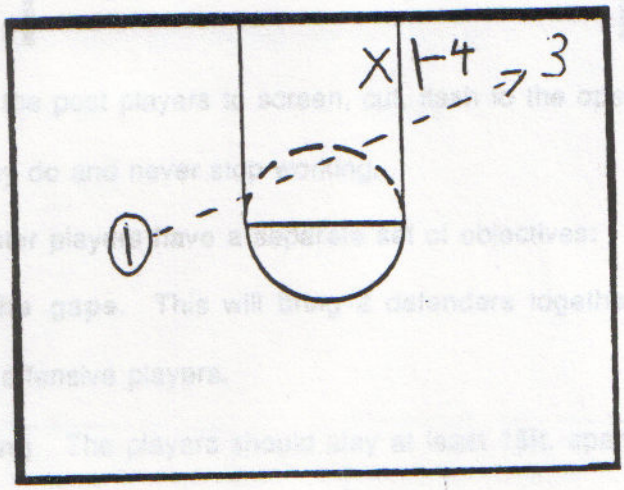


Diagram 2

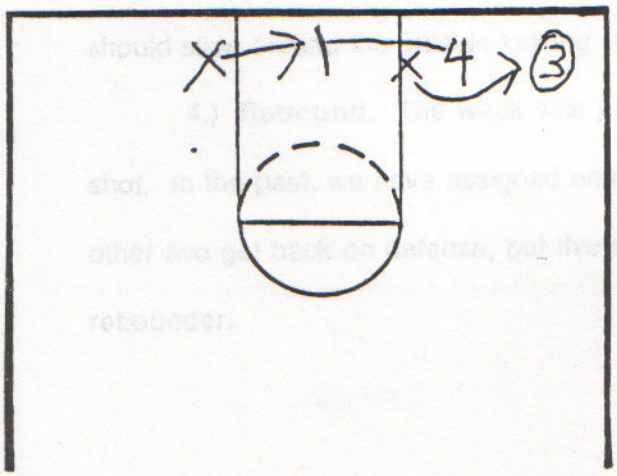


Diagram 3

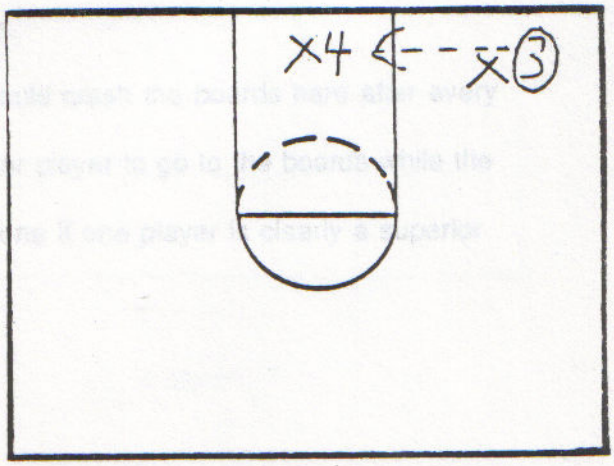
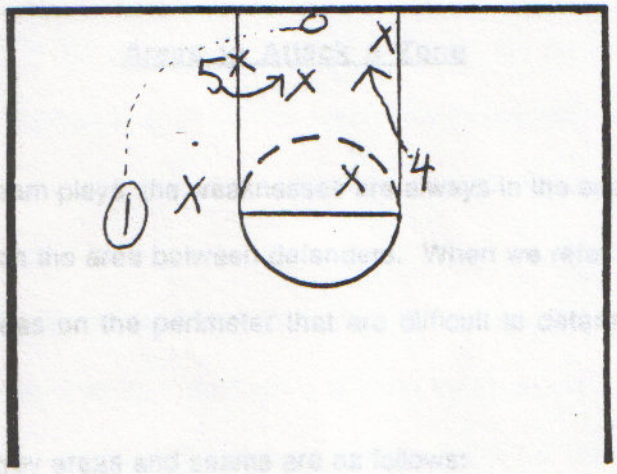


Diagram 4

6.) **Rebound.** Whenever a shot goes up, both post players should always go hard to the boards. The ball-side post should spin to the middle and the other should work for position near the off-side block. (Diagram 5)



It's important for the post players to screen, cut, flash to the openings, and to rebound. They must vary what they do and never stop working.

Our three perimeter players have a separate set of objectives:

1.) **Penetrate the gaps.** This will bring 2 defenders together, leaving a 4-on-3 advantage for the other offensive players.

2.) **Keep spacing.** The players should stay at least 15ft. apart. If one perimeter player drives toward another, he should flare away and spot up on the perimeter.

3.) **Slide the perimeter.** Whenever the ball is passed inside, the perimeter players should slide around the outside looking for the open areas.

4.) **Rebound.** The weak side perimeter man should crash the boards hard after every shot. In the past, we have assigned one specific perimeter player to go to the boards while the other two get back on defense, but this should only be done if one player is clearly a superior rebounder.

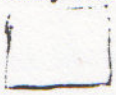
These sets of rules and objectives help to add structure but they don't restrict the players from using their creativity.

Areas to Attack a Zone

Whatever zone a team plays, the weaknesses are always in the seams and in the gray areas. By **seams**, we mean the area between defenders. When we refer to the **gray** areas, we're talking about the areas on the perimeter that are difficult to determine which defender should guard the ball.

For example, the gray areas and seams are as follows:

Gray Area



Seams



vs. 1-2-2

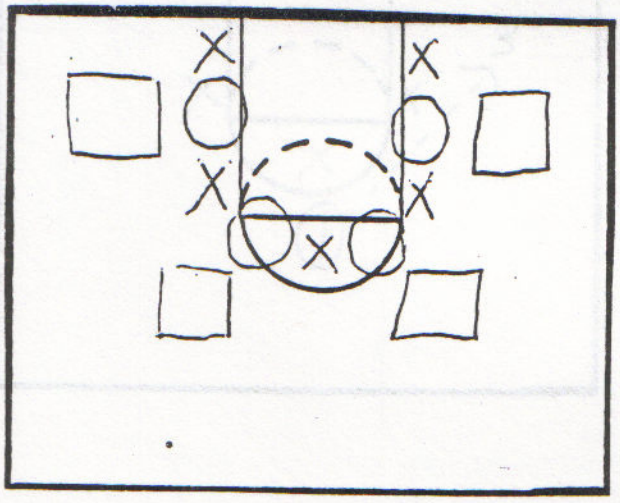


Diagram 6

vs. 2-1-2

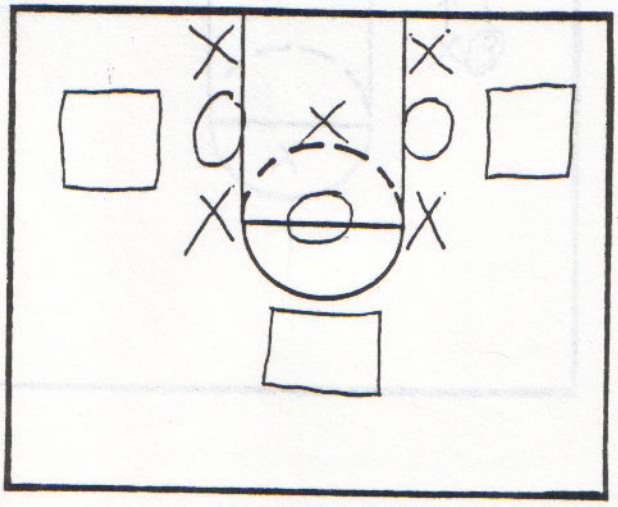


Diagram 7

Attacking the Gray Areas

By catching the ball in the gray areas, several problems are created for the defense. There will be an instant of confusion as to whose responsibility the man is. Sometimes both defenders will pick him up which creates other openings, and sometimes both defenders will stand back and watch, leaving an open shot.

If they do communicate well, and one man picks up the ball, the offensive player should take one or two dribbles away from that defender's area to try to distort the zone and create openings. (Diagram 8) For example, if the high man picks up 3, he would drive toward the baseline.

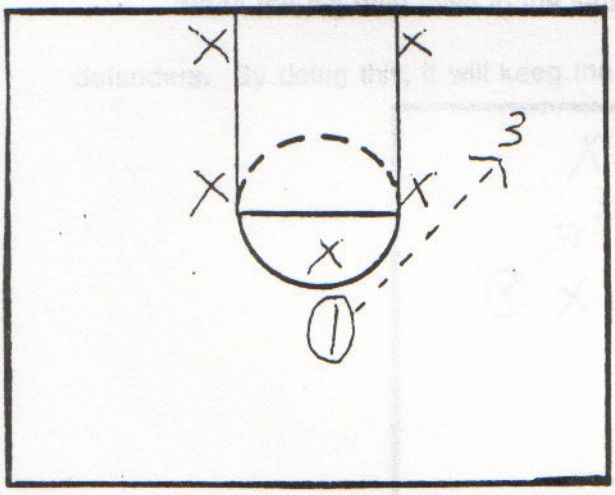


Diagram 8

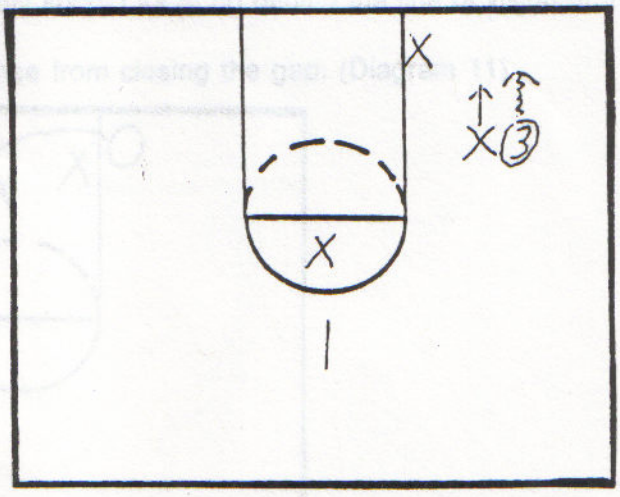
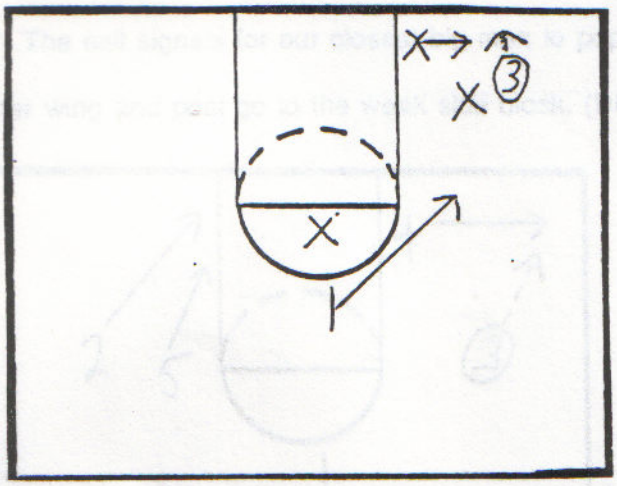


Diagram 9

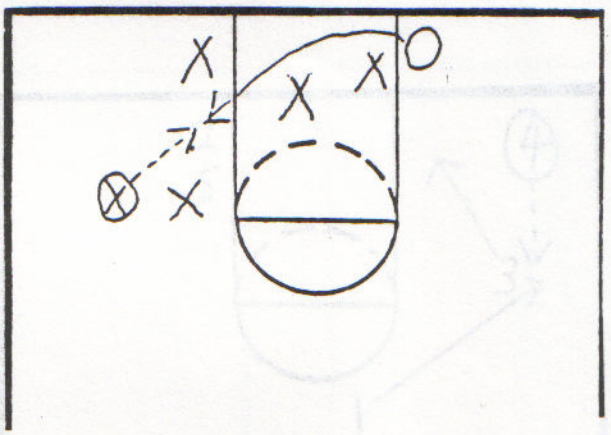
If they try to switch defenders, they must bring two defenders to the ball momentarily. With proper spacing and a good pass the defense is very vulnerable at this time. (Diagram 10) For example, if 1 comes over to keep 15 ft. spacing, he will be open.



Attacking the Seams

There are two ways in which to attack the seams. The big men can flash into the seams to receive the ball or the perimeter men may penetrate into the seams.

When the big men flash to the seams they should try to go behind the line of vision of the defenders. By doing this, it will keep the defense from closing the gap. (Diagram 11)

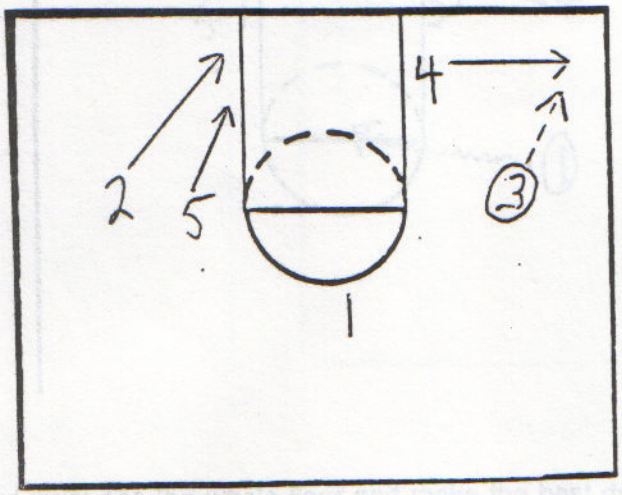


When a perimeter man penetrates into the seams he should look to score if the seam doesn't close. If the seam closes, there will be a 4-on-3 advantage on the rest of the court so he should hit the open man.

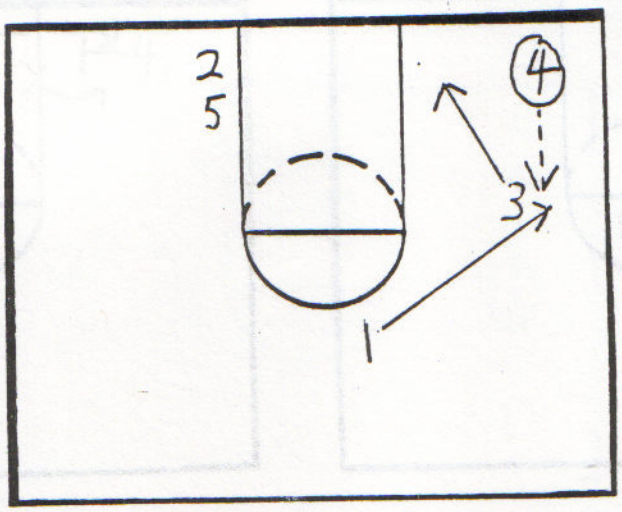
If our offense becomes stagnant, we run a play to force movement and screens.

The "Corner Play"

The point guard should recognize when we are having difficulty. He then passes to the wing and calls, "Corner." The call signals for our closest big man to pop to the corner and receive the ball. The other wing and post go to the weak side block. (Diagram 12)



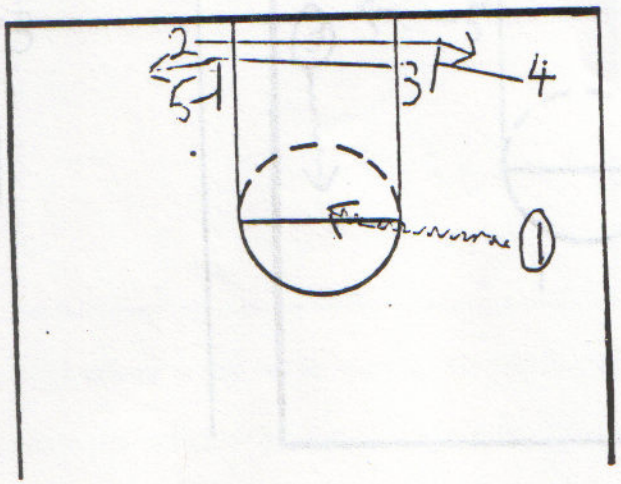
After 3 passes to the corner, he posts up on the block and 1 fills the spot that 3 vacated. 4 then passes out to 1. (Diagram 13)



Here is where we get the best action:

The point guard drives the ball to the center of the floor. If the point guard isn't open to score, he looks for the 2 & 3 men who cross and are coming off baseline screens simultaneously.

(Diagram 14)



The point guard must see the whole floor and make the best decision. If the defender slips through the screen, the post should step toward the ball and receive a pass to score.

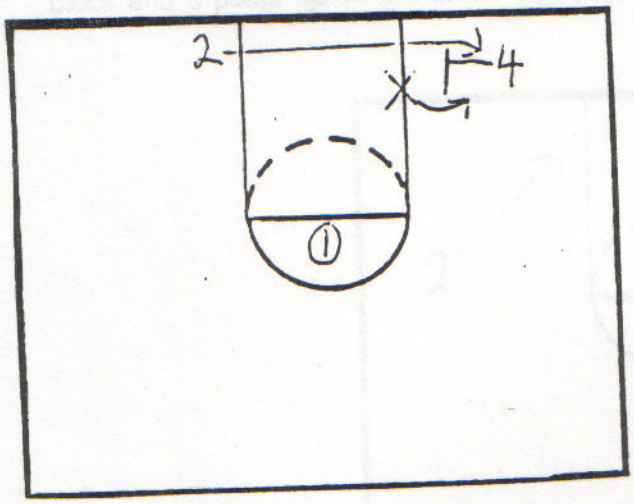


Diagram 15

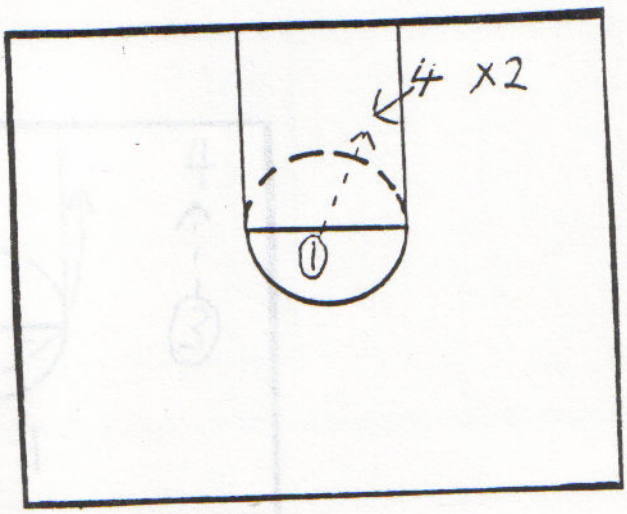


Diagram 16

If the point guard delivers the ball to one of the wing players who isn't open for a shot, the wing player drives away from the baseline, the post man pops to the corner, and we are back into our play.

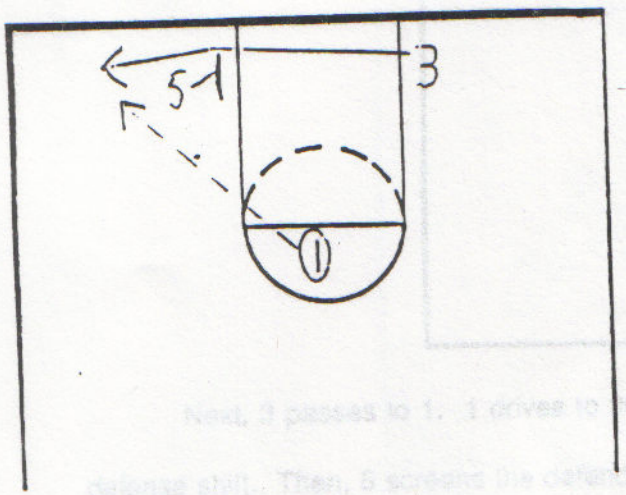


Diagram 17

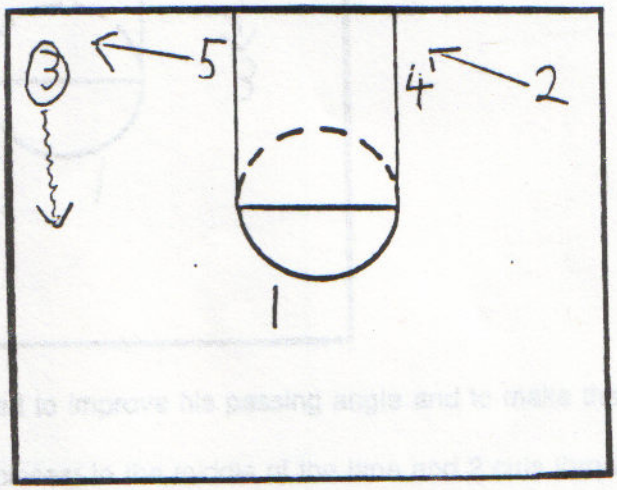
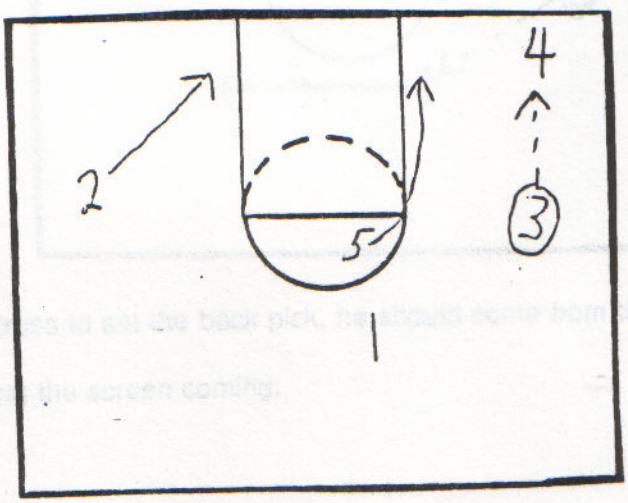


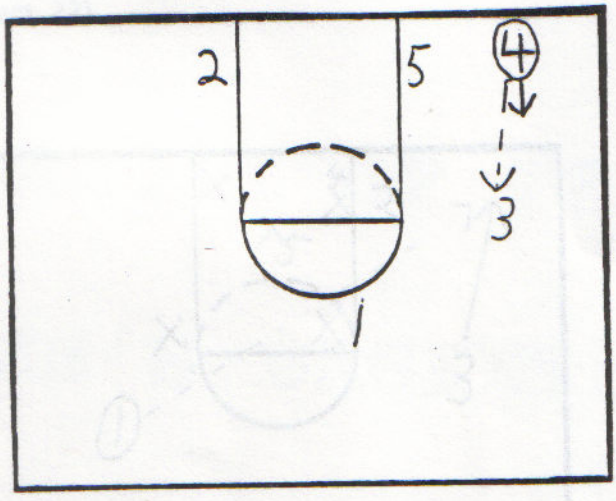
Diagram 18

We also run a lob play. We call this play from a time out situation to catch the defense off guard. The 4 man pops to the corner and receives a pass from 3, 2 goes to the weak side block and 5 posts up on the block. (Diagram 19)

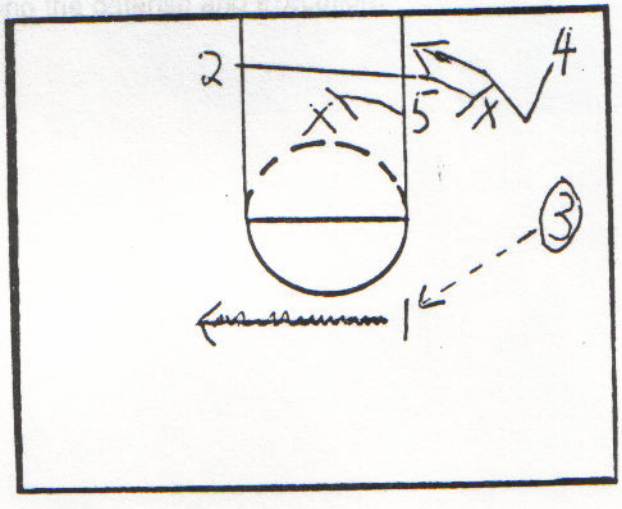


4 passes back to the 3 and steps toward his pass to bring the low defender up higher.

(Diagram 20)

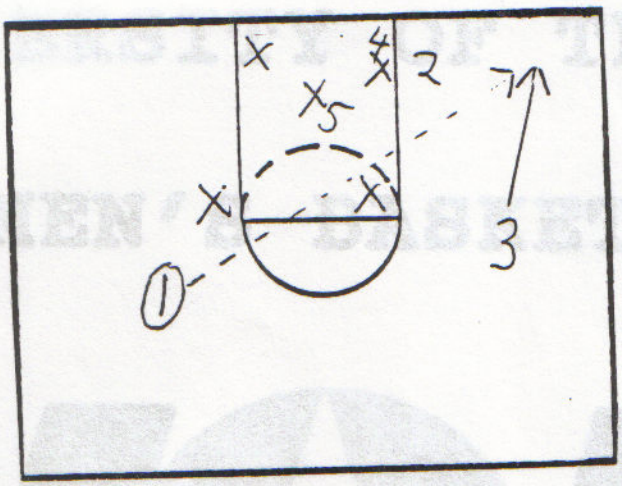


Next, 3 passes to 1. 1 drives to the left to improve his passing angle and to make the defense shift. Then, 5 screens the defender closest to the middle of the lane and 2 cuts through the lane and screens the defender who had been guarding 4 in the corner. 4 cuts to the basket looking for the lob pass. (Diagram 21)



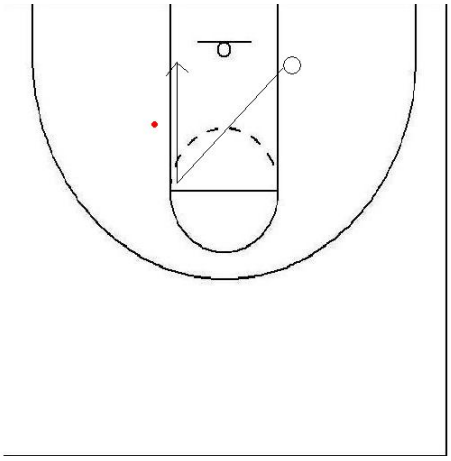
NOTE: When 2 cuts across to set the back pick, he should come from the baseline side to prevent the defender from seeing the screen coming.

If the defense sags into the block area to prevent the lob, 3 flares to the corner looking for a 3-pointer. (Diagram 22)



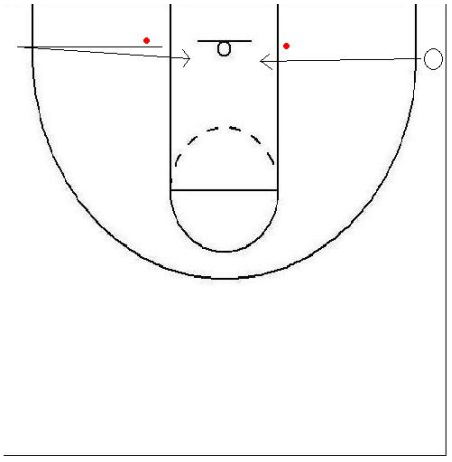
Attacking a zone is simple. There are just a few concepts that we try to teach and the rest comes down to reading the defense and execution.

Kevin O'Neill
The University of Arizona, 6/25/2007
Individual Development Workout

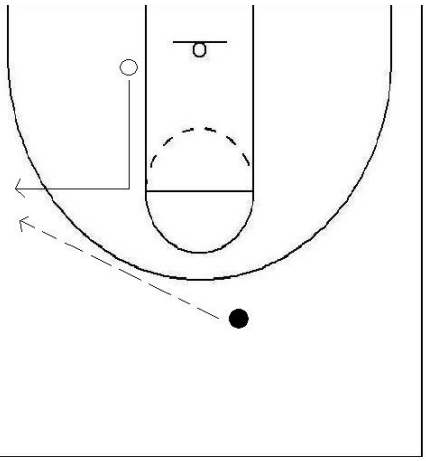
- Mikan Drill: 10 makes on each side
- Reverse Mikan: 10 makes on each side
- Layup Drill: 10 makes
  - 
  - Sharp cut to elbow, change of speed change of direction into layup
  - Have partner bounce ball to you
  - Go hard!

LAYUPS ARE THE MOST MISSED SHOT IN THE GAME

"Misses are like women, there are many more along the way…" -KO

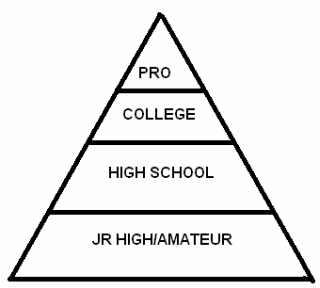
- 2 feet power move on strong side of the basket: 6 makes
  - 
  - Start at 3 point line→ rim cut
  - Use backboard
  - Have partner bounce ball to you
- 2 feet power move on weak side of the basket: 6 makes
- 5 spot shooting-Midrange Jumper
  - 10 makes at each spot
- 5 spot shooting- 3 Pointers
  - 10 makes at each spot

IF YOU ARE GOING TO MISS, MISS LONG

- Shot fake→ 1 dribble→ Mid-range Jumper
  - 5 spots, 5 makes
  - Step by body to body with 1 dribble
- Partner shooting: Coming off of a pin-down screen
  - Catch and shoot
  - Rip by 2 dribbles
  - Rip by 2 dribbles to the baseline and through the legs
  - Rip by 2 dribbles to the baseline behind the back
- Iso Moves
  - 
  - 3 dribbles
  - Forces to change direction
- L→R Crossover Layup off of 2 feet
  - Start from half court
  - Finish; speed dribble back to the starting point
- L→R Spin off of 2 feet
- Game of 1 on 1
  - Make it/take it
  - 3 dribbles max
  - Play to 3

BASKETBALL IS A PYRAMID

- Move up in years, fewer players are around
- Work hard to survive


PRO
COLLEGE
HIGH SCHOOL
JR HIGH/AMATEUR

LARRY BROWN: MASTERY OF THE SECONDARY BREAK AND THE PICK & ROLL OFFENSE.

* Care about the players and want them to improve

→ Attributes of a great team

- play hard
- be unselfish
- be in shape

→ make drills specific for what you want to teach

→ let players know what they do best and make them do it

→ make sure players understand the difference between been coached and been criticized

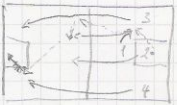
→ always challenge players to improve their skills

WARM-UP DRILLS

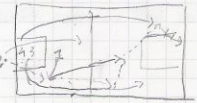
→ 3 men weave (5 passes, then 4 and 3)

→ 4 men fast break drill:

3 & 4 cross below the basket
1 & 2 " at the Bul Line

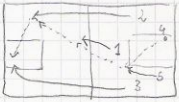


don't let the ball tach the floor



- back and forth, then 4 times, then 6
- then hit the trailer (no. 2)

→ 5 men fast break drill

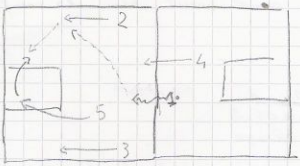


4 rebounds, 5 releases the pressure on 1 getting the outlet pass, 2 & 3 Run wide

- 2, 4, 6 times
- then hit the trailer

SECONDARY BREAK

* If there is a steal or a block, run and go for the layup

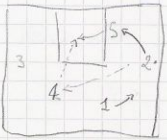


1st goal: go inside with the ball

After pass, 2 plays on the perimeter to get open

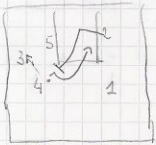
If 5 receives the ball, 4 sops into the paint

If 5 cannot receive from 2, reverse the ball

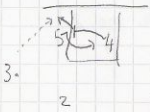


2 can pass to 1, or make a skip pass to 4

If 5 cannot receive, 2 backscreen for 4 that can receive from 3



4 can also have screen for 5 and go for the ball on the block

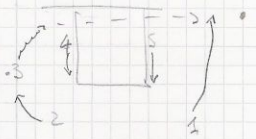


"AWAY"

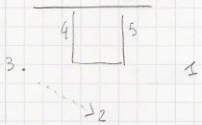
3 can dribble to the corner for a better passing zone



If 3 drives to the baseline, 4 and 5 free the forming lane toward 1 that goes to the opposite corner.



If 3 goes to the top, we can have 3 dut. 2 in motion offense



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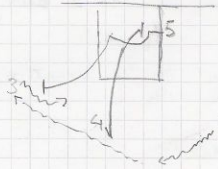
* If 2 cannot skip, he can step to 1 that reverses the ball for a Pick & Roll between 3 and 5

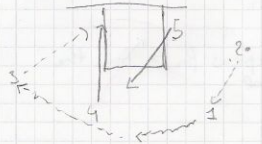


4 plays backdoor and then screens for 5

"DIVE FIST"

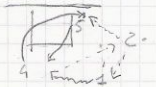
* Always attack the board for offensive rebound

3 can also go for 4 on the block



"DIVE FIST"

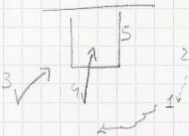
or reversing the ball (vs. zone defense)



On 'dive fist' we can also play PNR with four players on the perimeter (4 goes out in the corner) (Phoenix Suns do it)



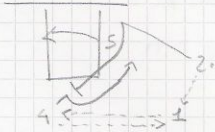
If 3 is overplayed in the wing he can play backdoor (Rip Hamilton)



"DIVE HOLD"

if 3 doesn't receive, he can post up and play on the block (Rip Hamilton)

If 4 cannot reverse the ball, he goes back to 1 and gets a back pick from 2

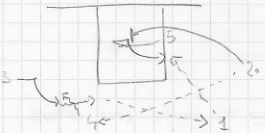


4 can cut to the basket or play PNR with 1

"KICK BACK"

(San Antonio with T. Duncan)

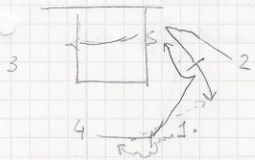
When we want to go to inside:



"GET"

2 backpicks for 5 on the reversal

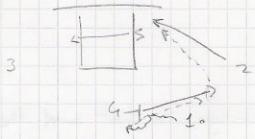
We can also start with a pick in the middle:



"DRAG"

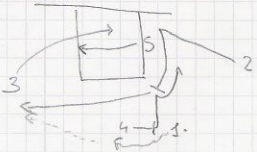
two man game with 2 and 4 on one side

If 2 is a good post up player, he can stay on the block



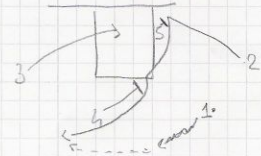
"DRAG HALO"

2 can also receive on the other side



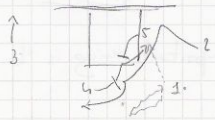
"DRAG SPECIAL"

We can play isolation for 2 (A. Iverson)



"HORN"

If 1 cannot pass to 2, we can go to 4:



"HORN BUMP"

BUTTER

If 2 4's are running down, and a guard has the ball, we play 1-4 low (A. Iverson) OR call a PSR (Hughes, Nickie)

If a big guy has the ball, he can pass and play PSR with a guard

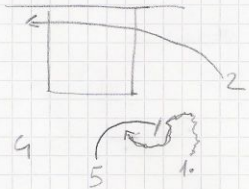
Rockets run "DIVE" for 1:30 Mins (5)



"DIVE"

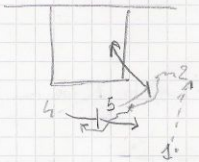
* the more passes we make, the higher percentage the shoot and the opportunity for an offensive rebound

If 5 is Pete, he can play PSR instead of cutting to the wing



"QUICK"

We can also have a double screen:

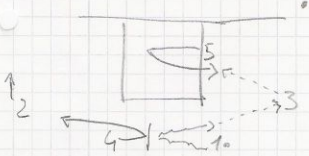


"DOUBLE SCREEN"

5 rolls
4 pops

* the most important thing is to run for the layup first

SP 5 is a poor post player, we can force PNR and come back to his side



"HIGH SCREEN"

* When the ball goes to the baseline it flattens the defense and when it goes high again the offense have an advantage

* Value the ball ! (no bad shots)

* during exercises stop and correct them. During scrimmage, let them go, don't stop all the time

* Teach the game the "RIGHT WAY"

GOLDEN EAGLE BASKETBALL

"Motion Entries"



Compliments of Southern Miss Basketball

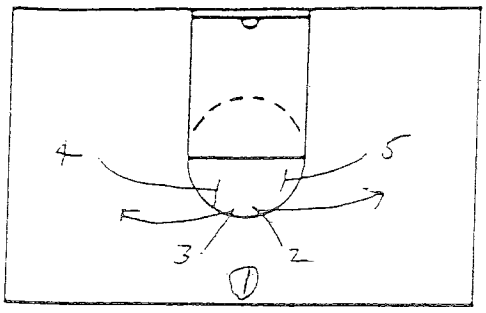
Larry Eustachy, Head Coach
Steve Barnes, Associate Head Coach
Ricky Wilson, Assistant Coach
Nate Loenser, Assistant Coach

C-USA

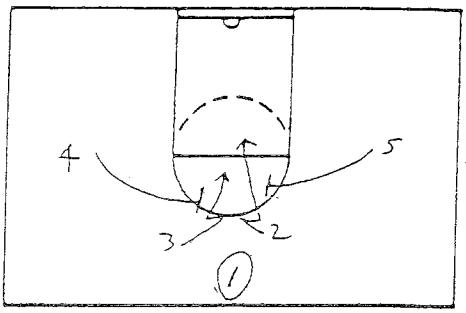
Enclosed you'll find three different ways to enter into motion offense. These are one option entries and are designed to put immediate and early pressure on the defense in each possession. After the option is executed, we flow into motion.

14 SERIES

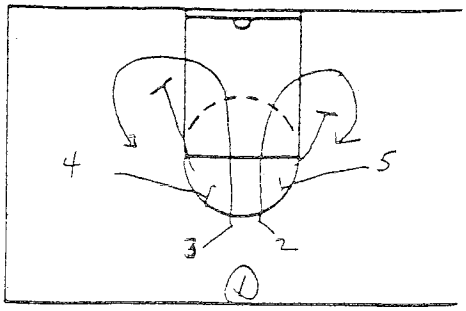
A. Regular
B. ZIP
C. ZIP Curl
D. ZOO-ZIP Opposite
E. X - Post Exchange
F. C - Clear
G. FIST - 2 Man Game
H. Small - Cross Screen
I. Switch - 3 goes first
J. Right/Left - Right = Enter Right
K. Back - Double Back Screen



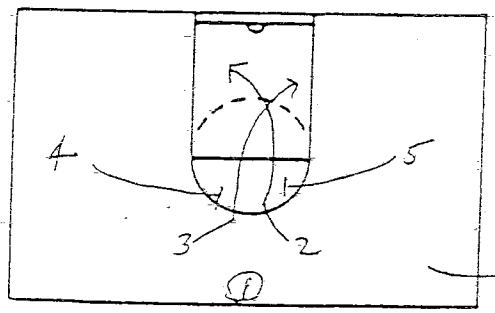
A Regular

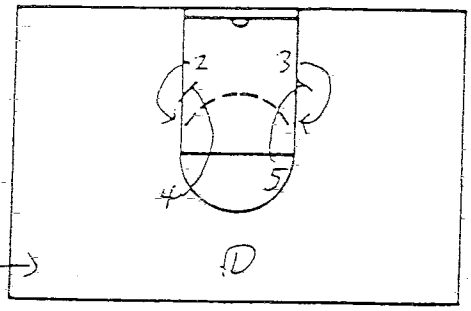


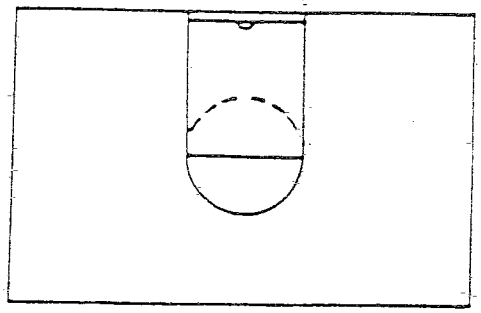
B ZIP



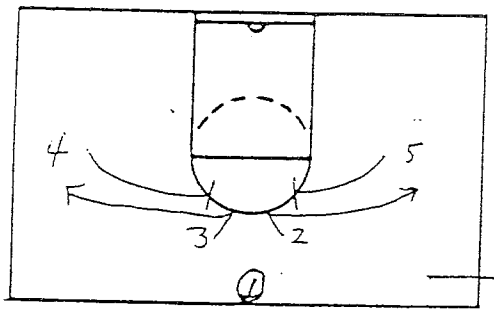
C ZIP Curl

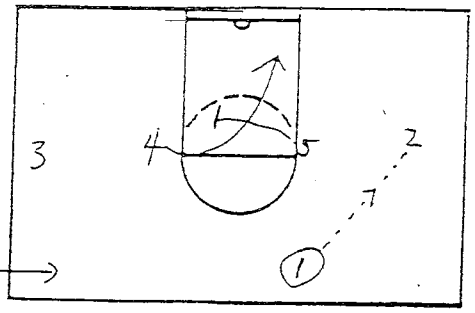


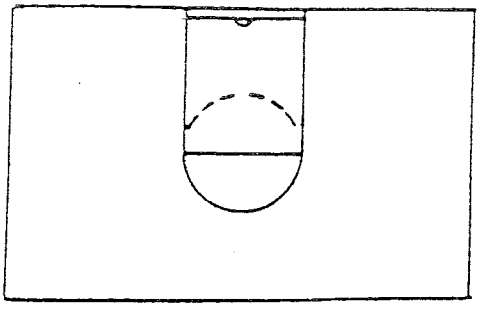




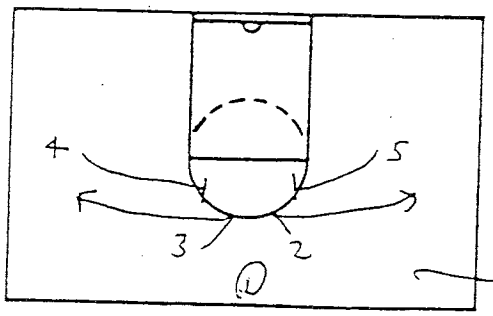
D ZOO-ZIP Opposite

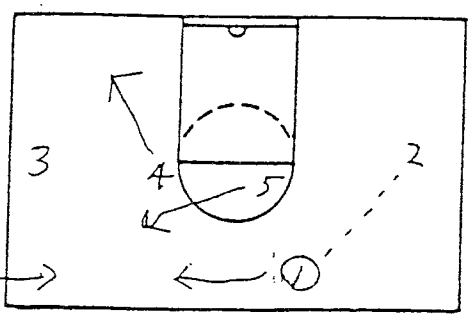


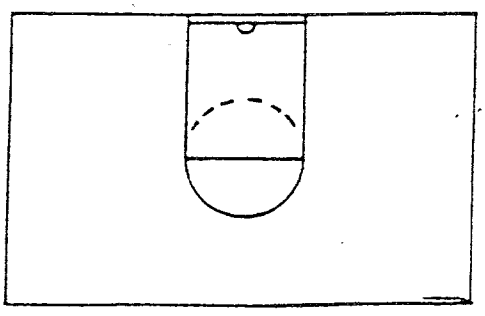




E X - Post Exchange

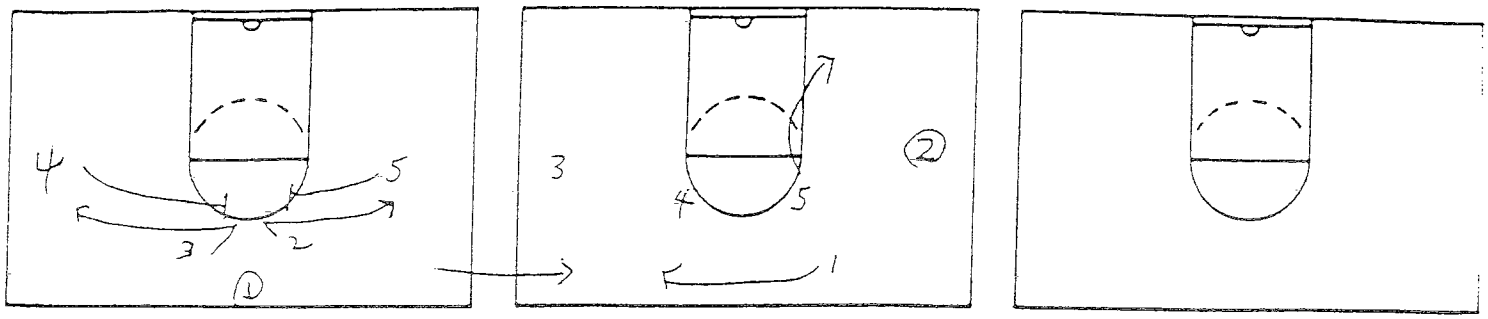




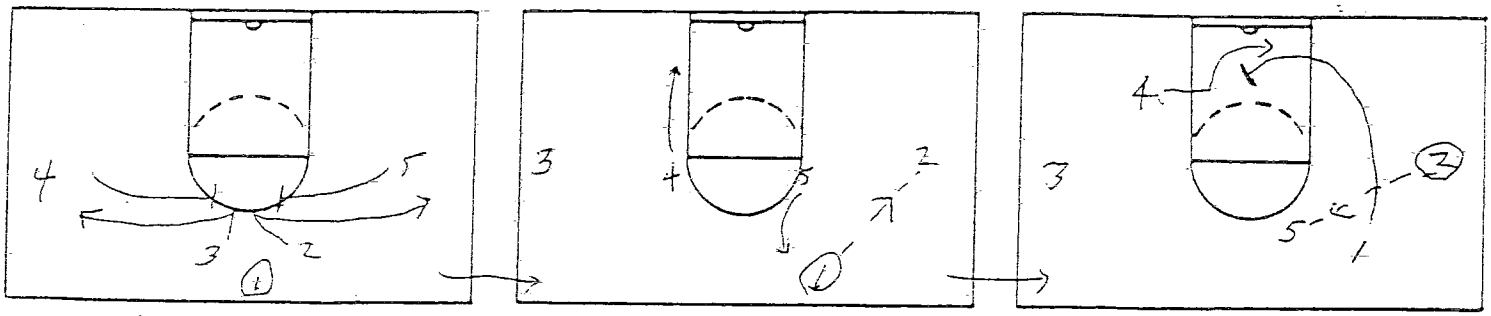


F C - Clear

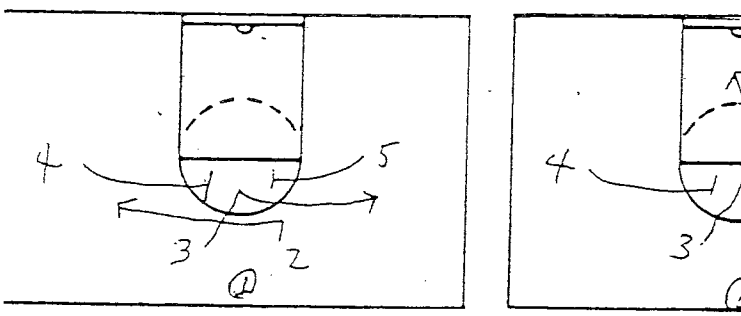
14 SERIES (Cont.)



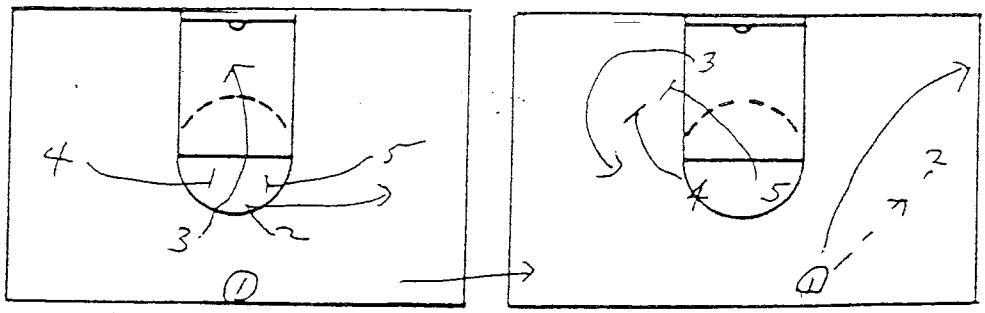
G FIST - 2 Man Game



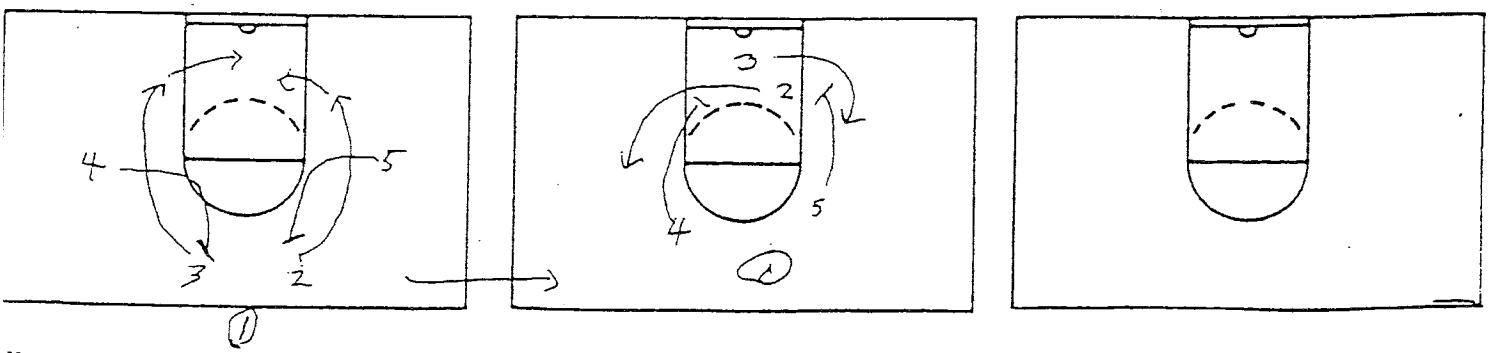
H Small - Cross Screen



I Switch - 3 goes first



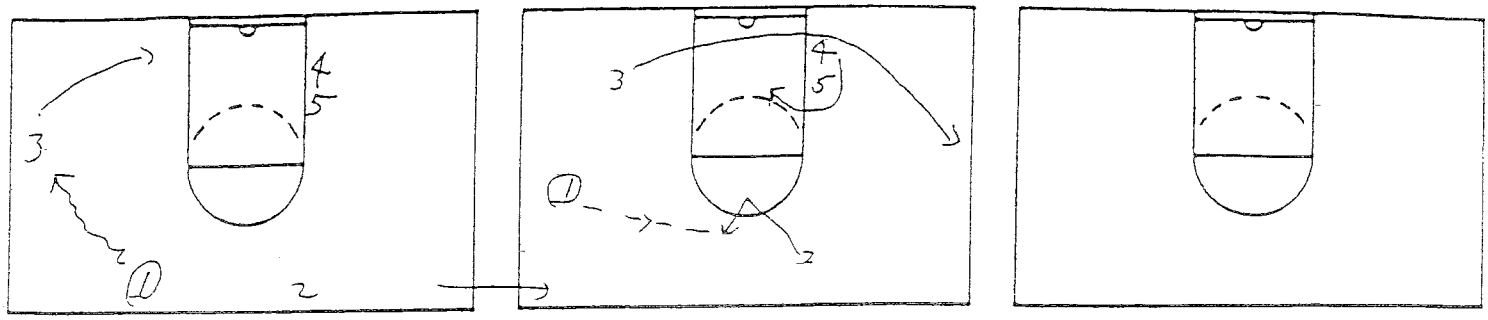
J Right/Left - Right =Enter Right



K Back - Double Back Screen

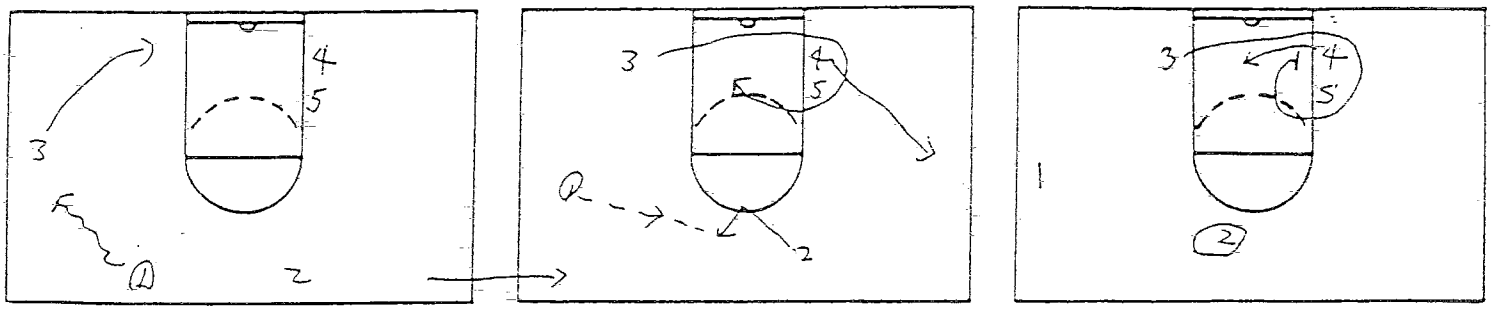
DOUBLE LOW

A. Swing
B. Curl or Curl Screen
C. Crush (3 Man)
D. Crush (1 Man)



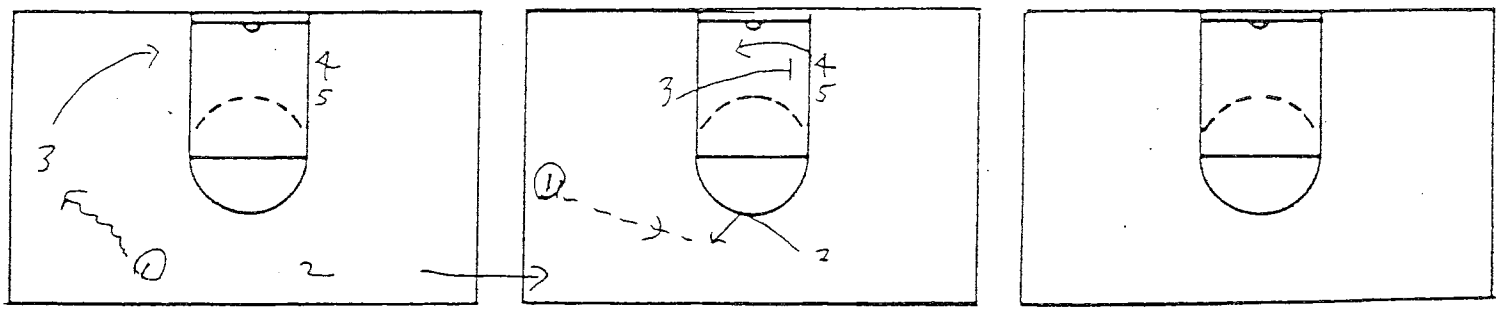
A. Swing

OR

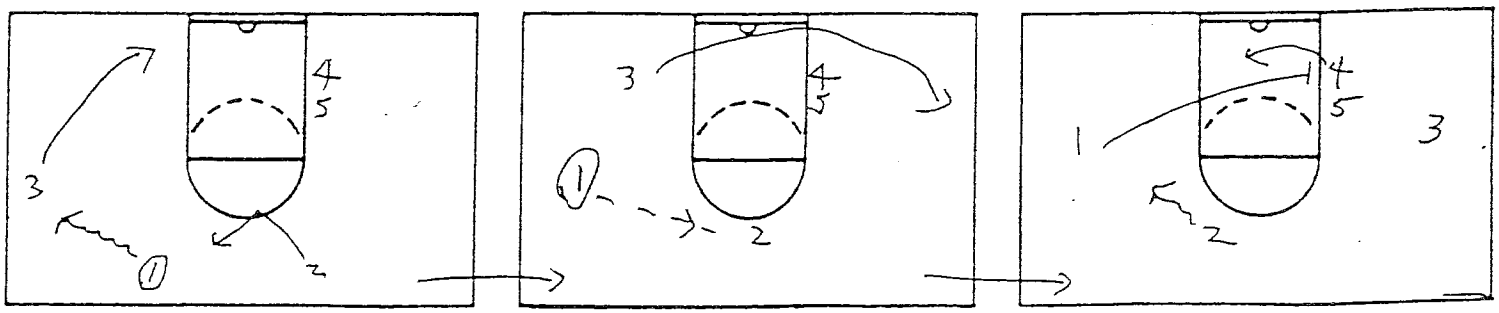


B. Curl

Curl Screen



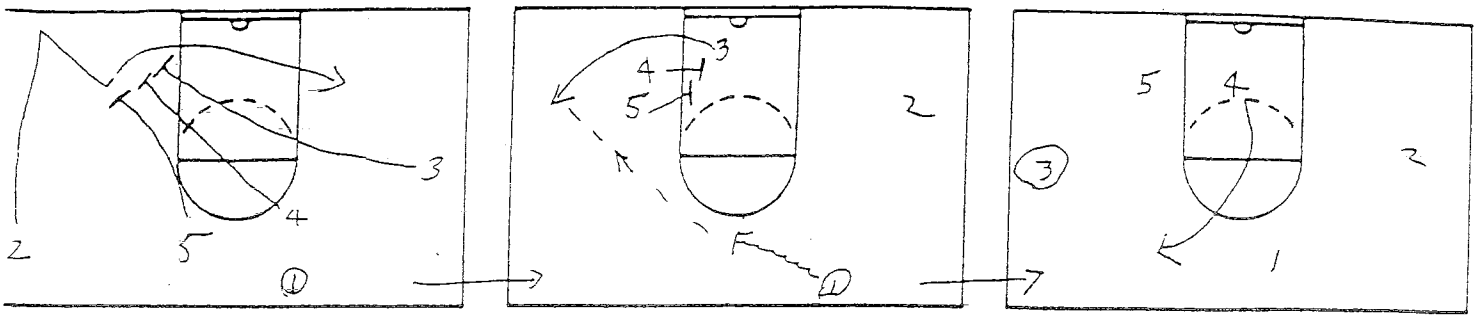
C. Crush (3 Man)



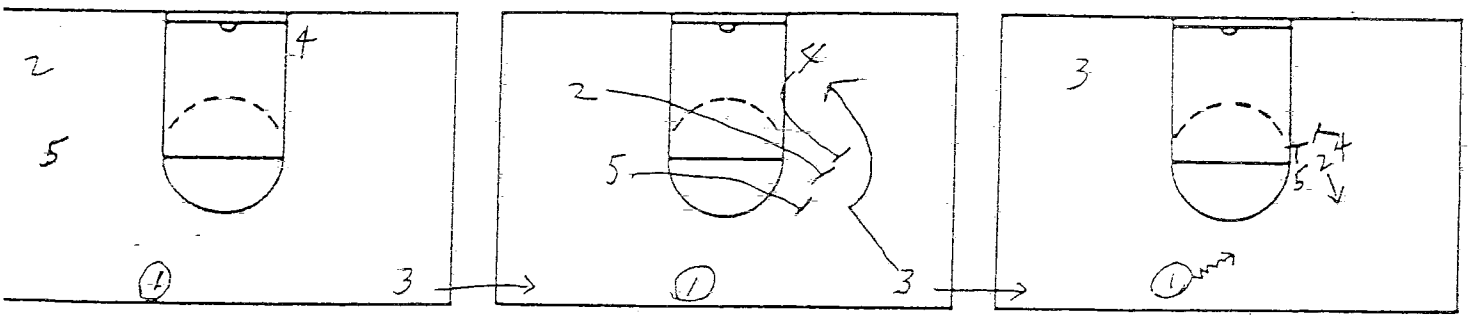
D. Crush (1 Man)

TRIPLE

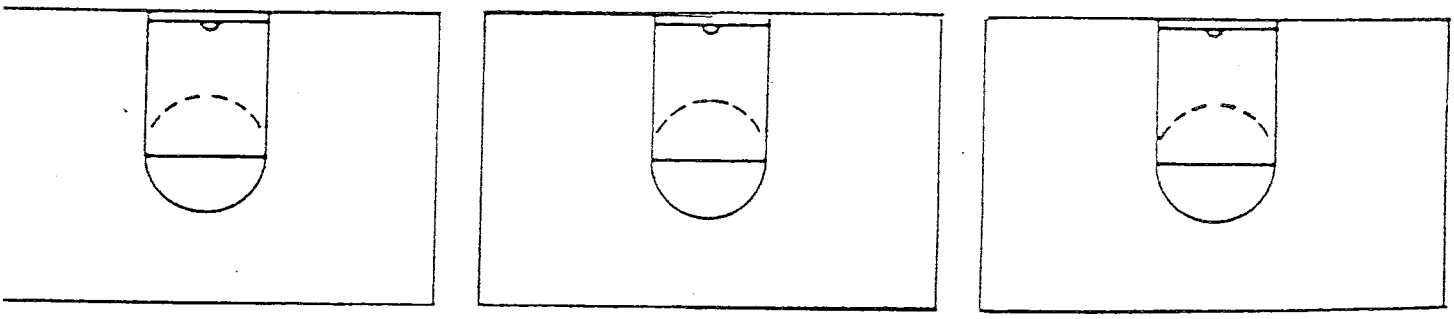
A. Triple Down
B. Triple Up

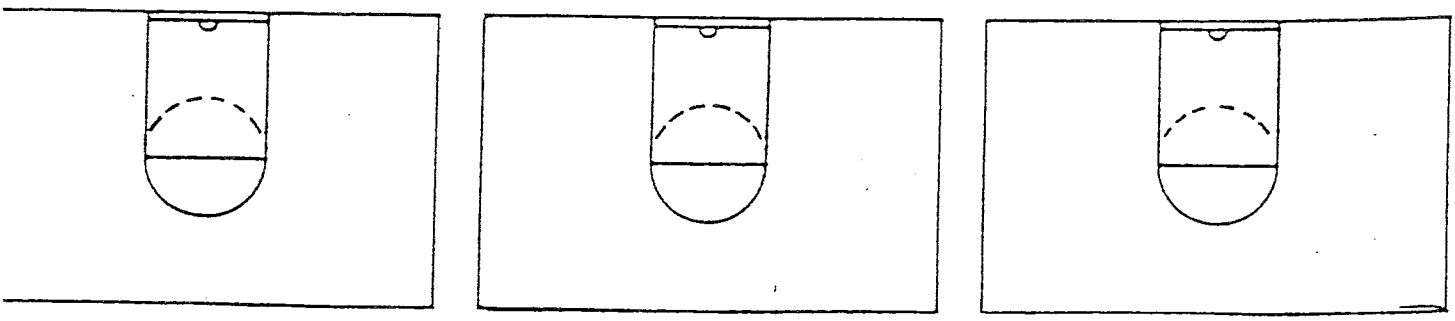


A. Triple Down



B. Triple Up





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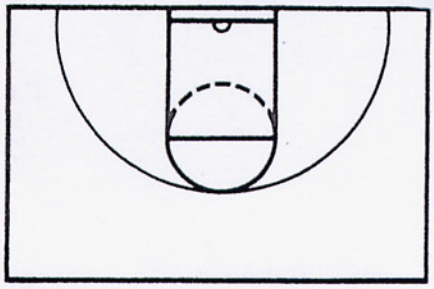
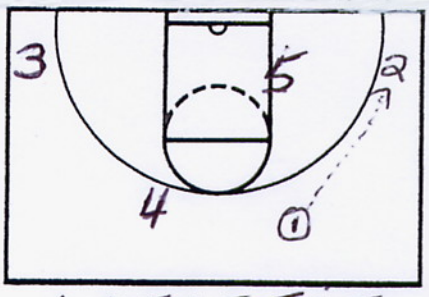
CLINIC ENTRIES INTO FLEX - LEON RICE, ASSISTANT, GONZAGA
DATE

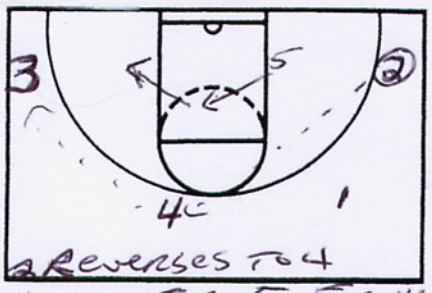
FLEX SERIES - GONZAGA "REGULAR"



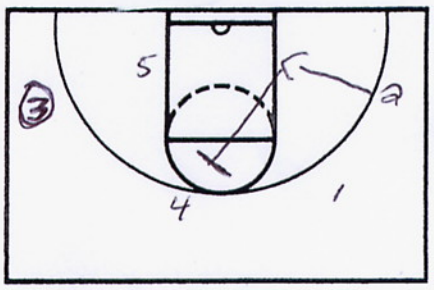
NOTES



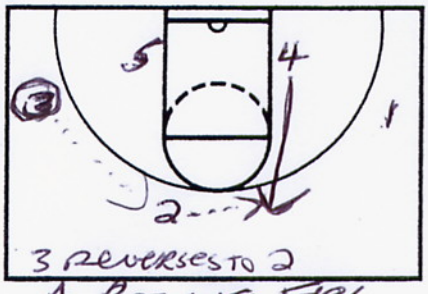
LOOK FOR 5 FIRST



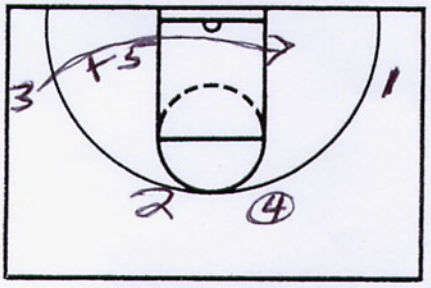
4 LOOKS FOR 5 FOR HI-LO, THEN 4 REVERSES TO 3, 5 FOLLOWS BALL.



NOTES
2 CUTS TO BLOCK, THEN BACKSCREENS 4 FOR LOB



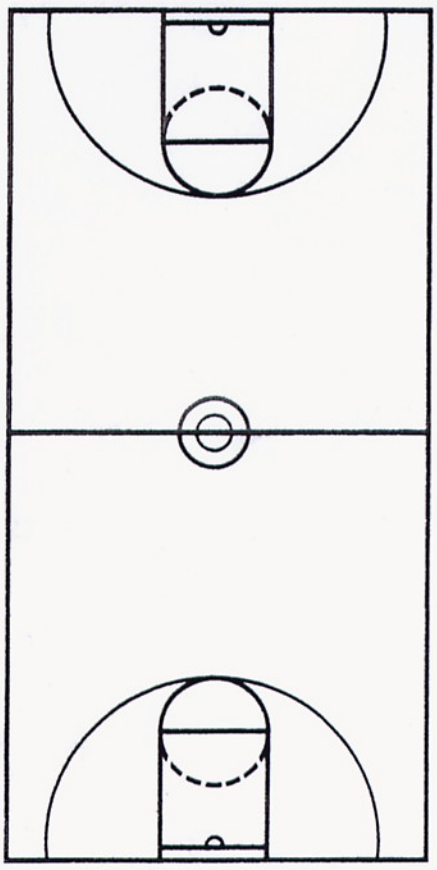
4 POPS INTO FLEX

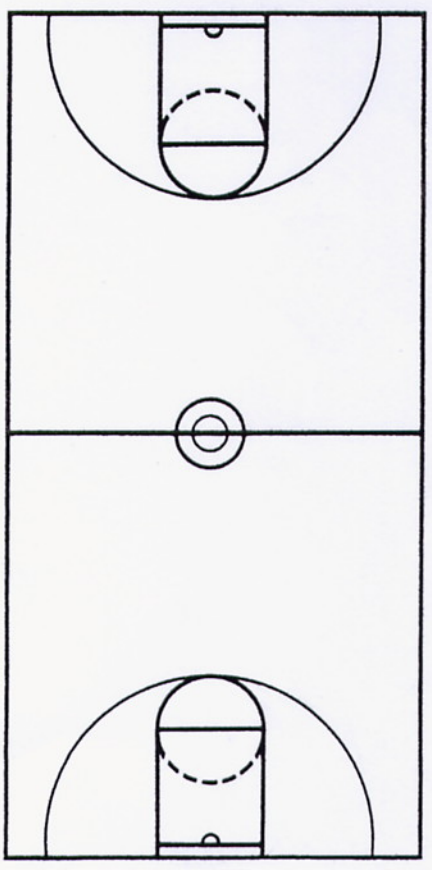


FLEX CONTINUITY

JUST DO IT

NOTES





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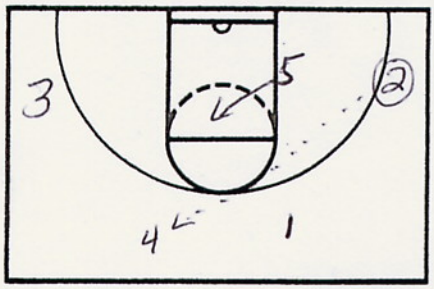
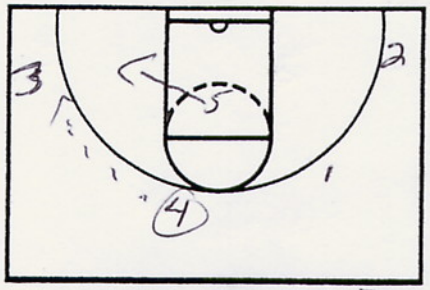
CLINIC _____
DATE _____

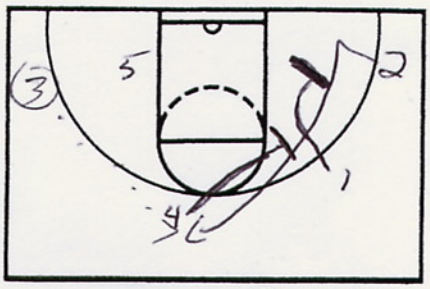
"FLEX SERIES"
"DOUBLE DOWN"



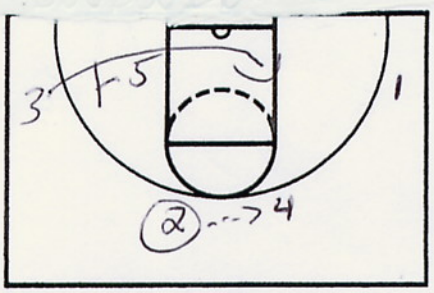
NOTES
2 LOOKS FOR 5, THEN REVERSES TO 4, WHO LOOKS FOR 5 HI-LO

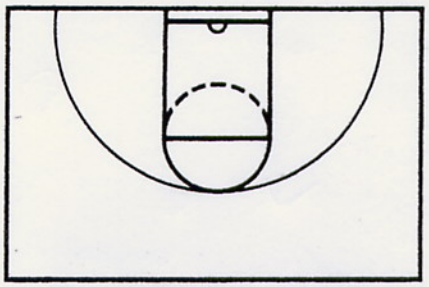


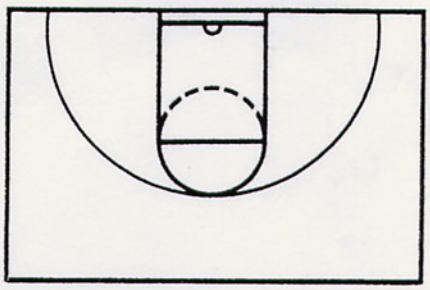
4 REVERSES TO 3
5 FOLLOWS



4 AND 1 DOUBLE DOWN AND FOR 2



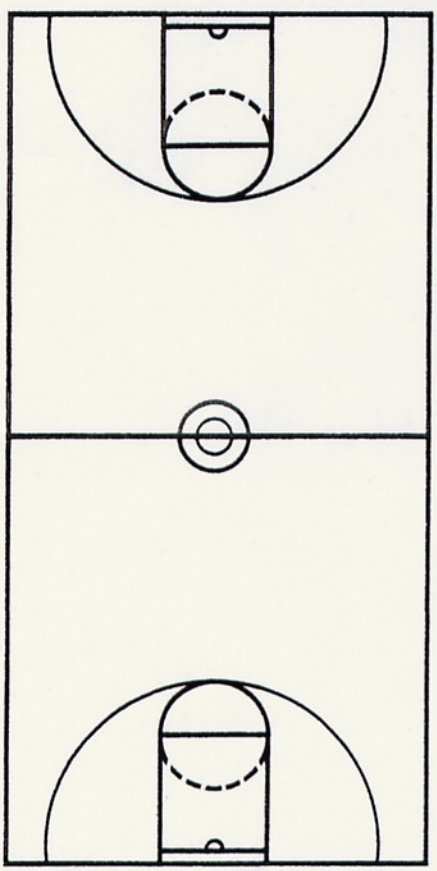


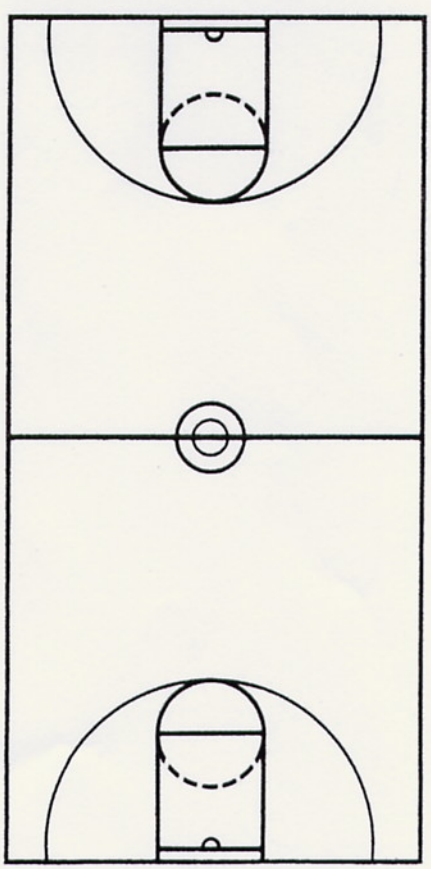


NOTES
INTO FLEX

JUST DO IT

NOTES





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D Flex SERIES "90"

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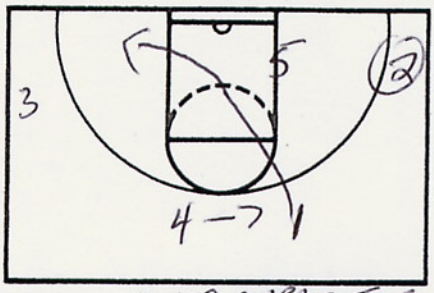
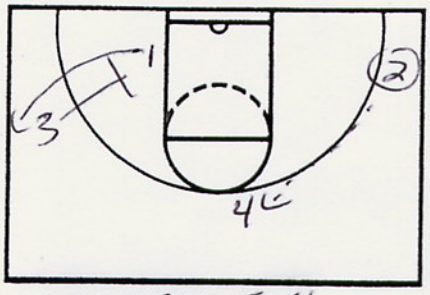
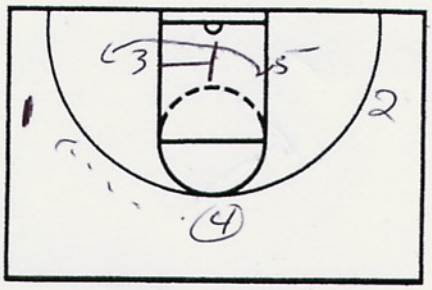


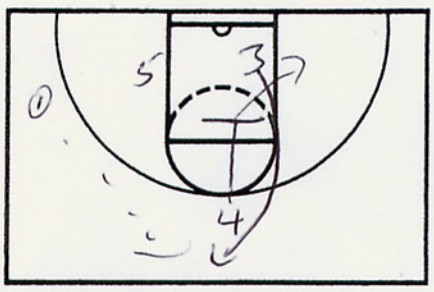
NOTES 1 PASSES AHEAD FOR 2, THEN CUTS THRU

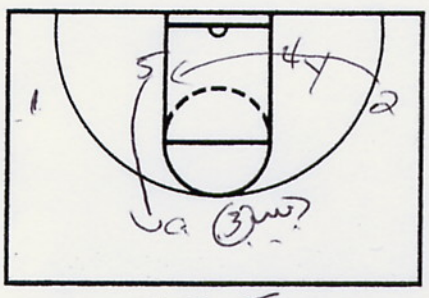


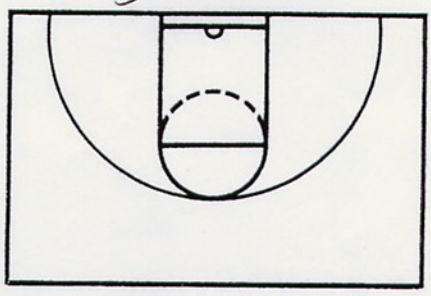
2 REVERSES TO 4, 3 DOWNSCREENS 1



4 REVERSES TO 1, 3 SCREENS AWAY FOR 5 LOOK TO GO INSIDE TO 5



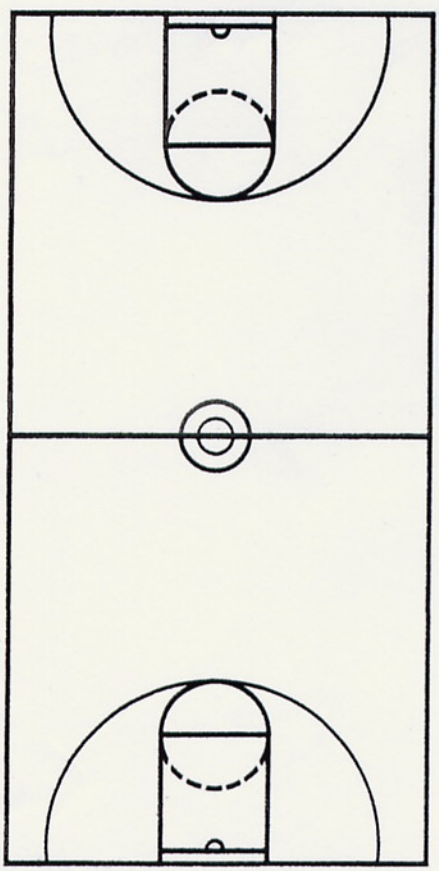




NOTES
4 DOWNSCREENS FOR 3 FOR SHOT AT TOP OF KEY

INTO FLEX

JUST DO IT



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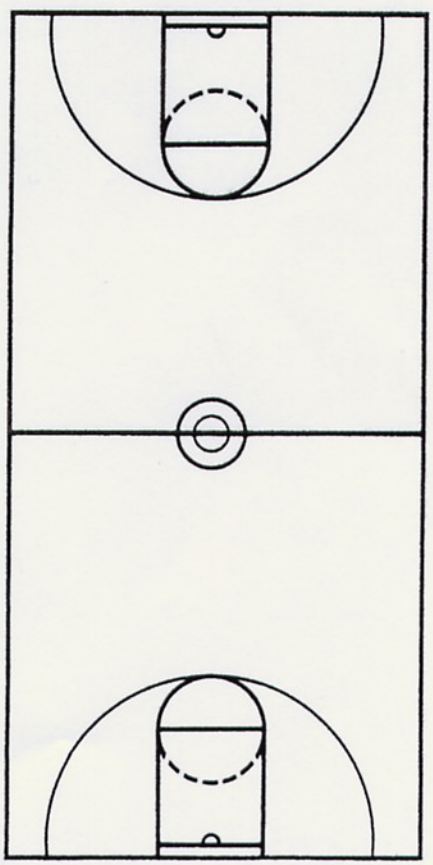

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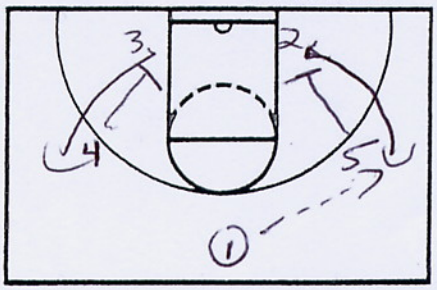
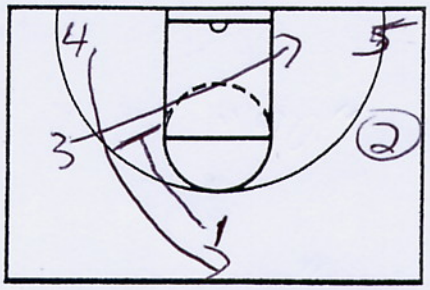
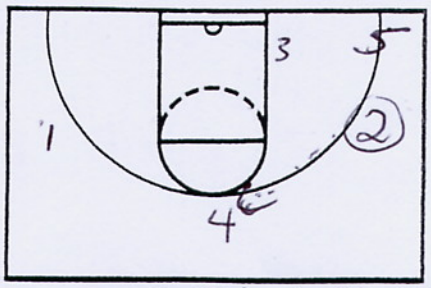
"CRACK DOWN" INTO FLEX



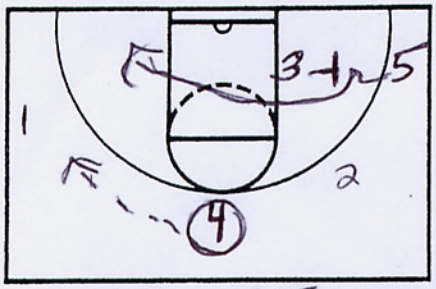
NOTES 5 AND 4 DOWNSCREEN, 2 AND 3 POP TO WINGS, 1 PASSES TO 2



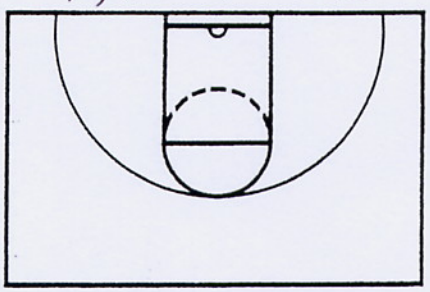
3 CUTS DIRECTLY TO STRONG SIDE BLOCK, 1 SCREENS AWAY FOR 4, THEN POPS TO WING

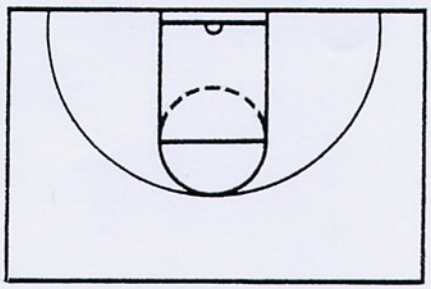


4 RECEIVES REVERSAL FROM 2



NOTES 4 SWINGS TO 1, THEN INTO FLEX





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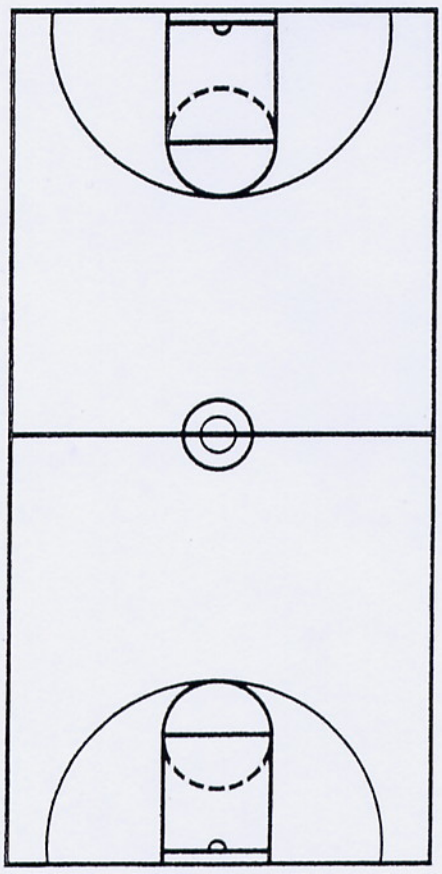

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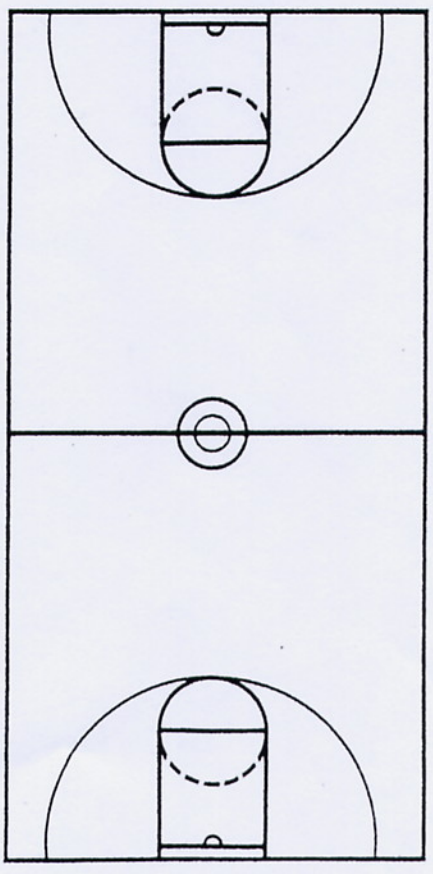

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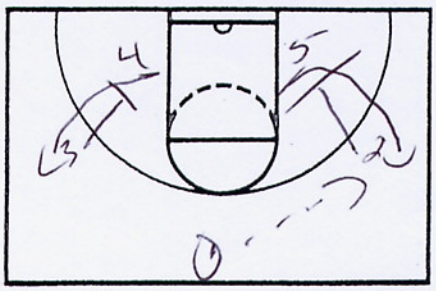
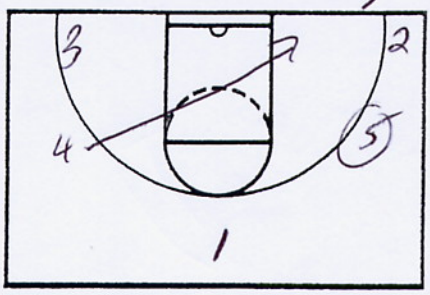
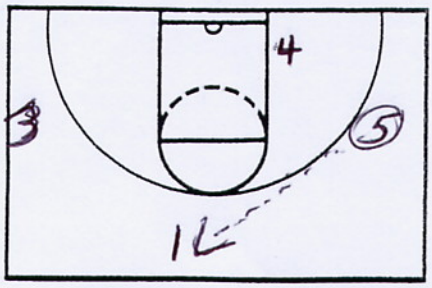
"BIG" (SAME AS CRACKDOWN, EXCEPT 4 AND 5 START DOWN)







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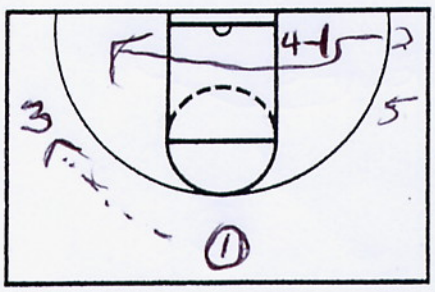
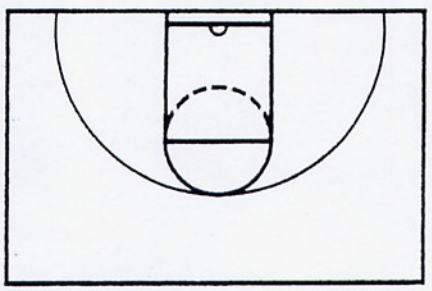
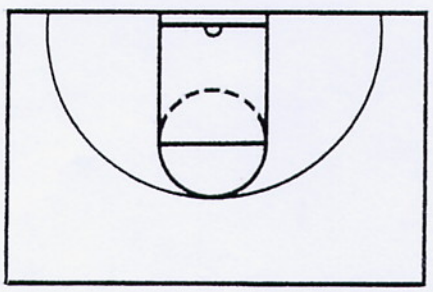


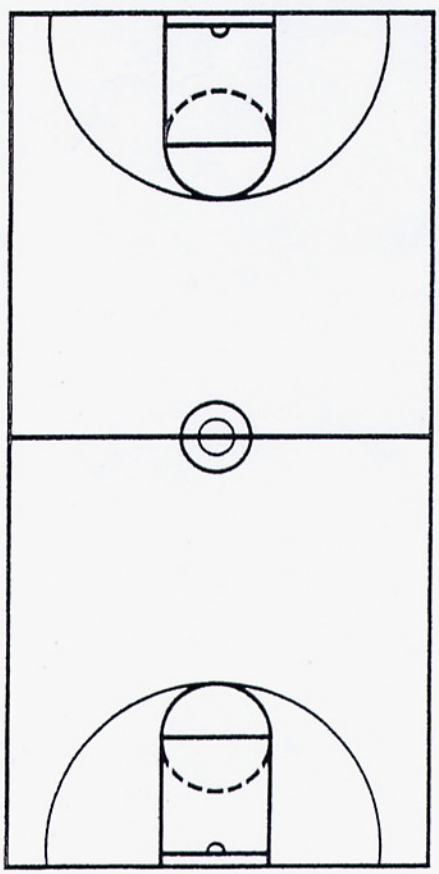




NOTES

1 INTO FLEX

JUST DO IT



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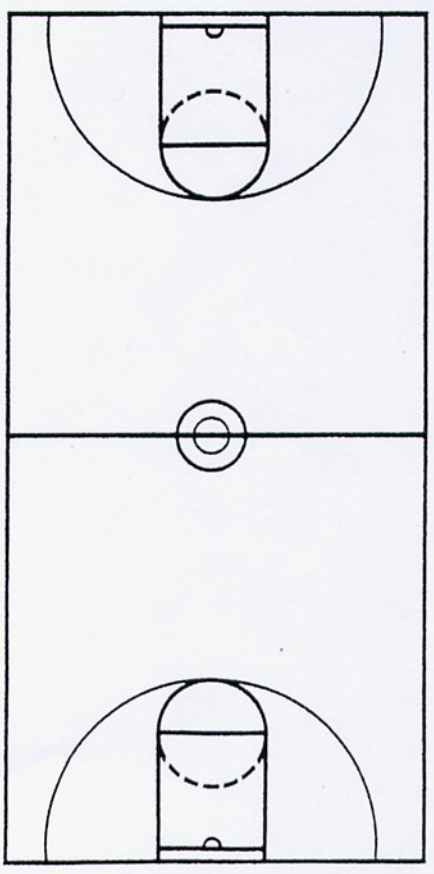

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"14 HIT THE POST"

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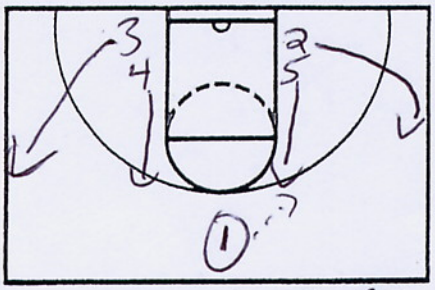
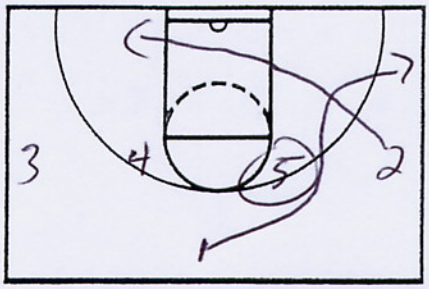
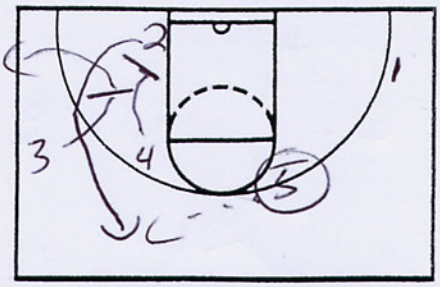


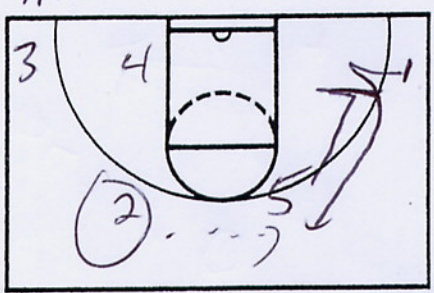
NOTES START IN DOUBLE STACK LOW, WINGS POP, POSTS POP TO ELBOW.
1 PASSES TO 5



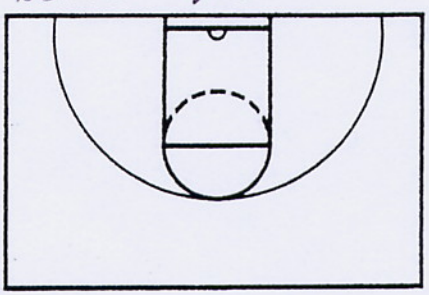
2 IMMEDIATELY GOES BACKDOOR, 1 CUTS OFF 5 FOR POTENTIAL HANDOFF, THEN TO WING

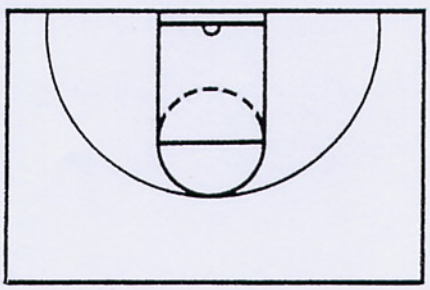


3 AND 4 SET DOUBLE STAGGER SCREEN FOR 2, 5 REVERSES TO 2



NOTES 5 DOWNSCREENS FOR 1, INTO FLEX





JUST DO IT

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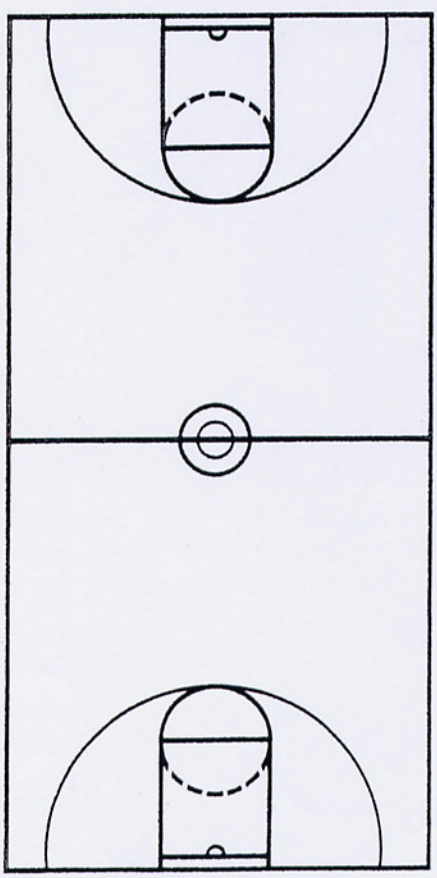

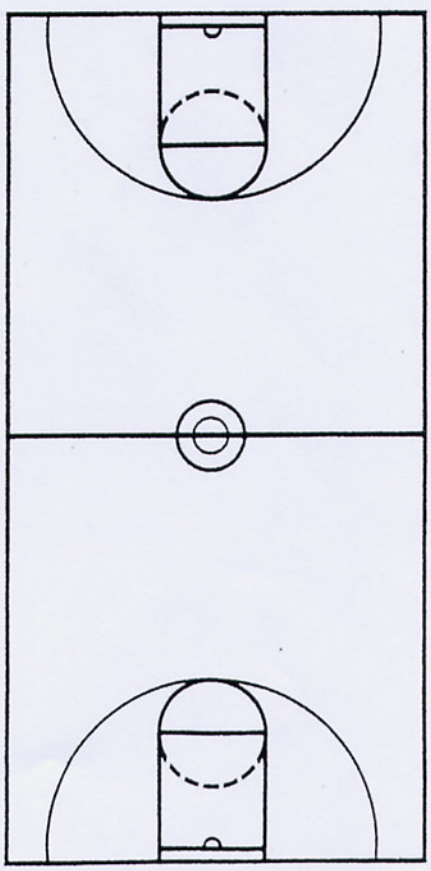

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"14 High"

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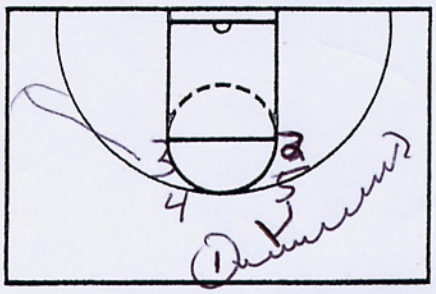
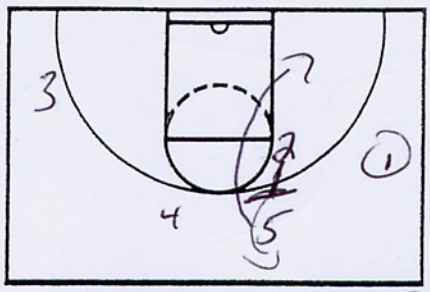
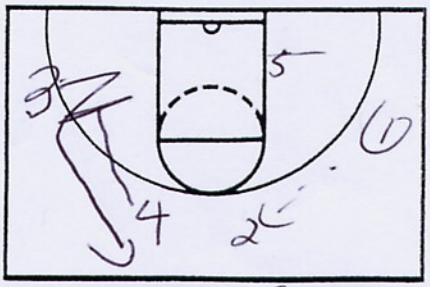


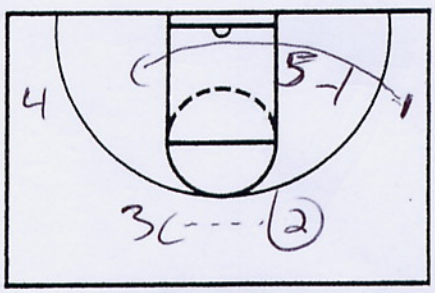
NOTES DOUBLE HIGH STACK, 5 SETS BALLSCREEN FOR 1, 3 POPS TO CORNER



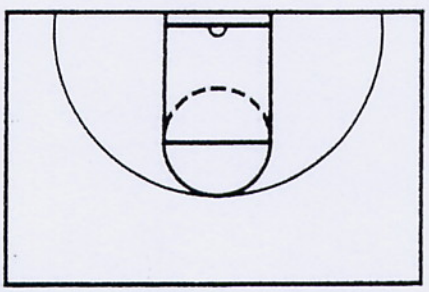
2 SETS UBSCREEN FOR 5, 5 ROLLS TO POST, 2 POPS FOR REVERSAL

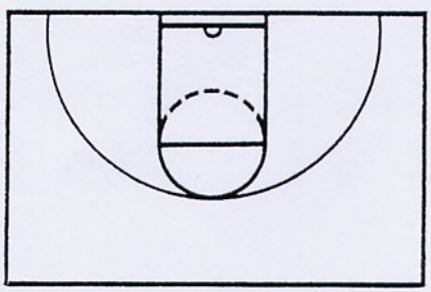


4 DOWNSCREENS 3



NOTES 2 REVERSES TO 3, INTO FLEX





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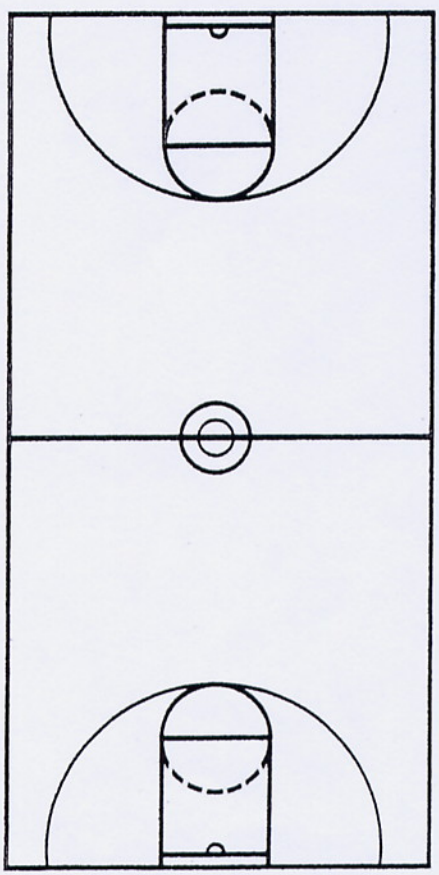

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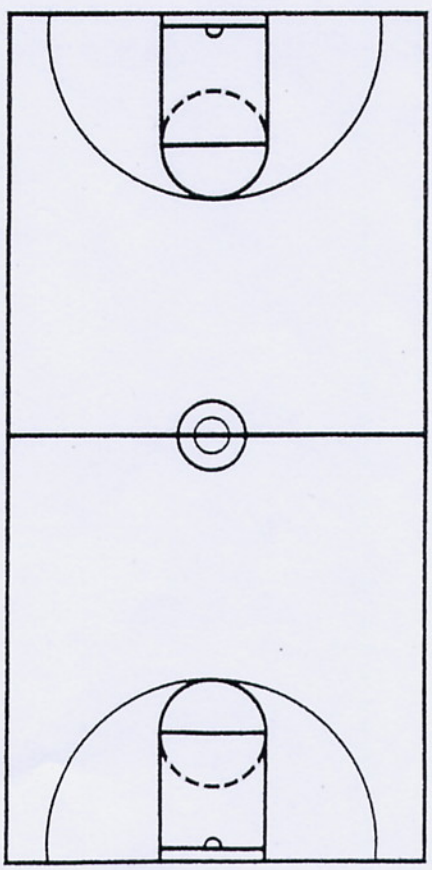

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"HIGH" STACK

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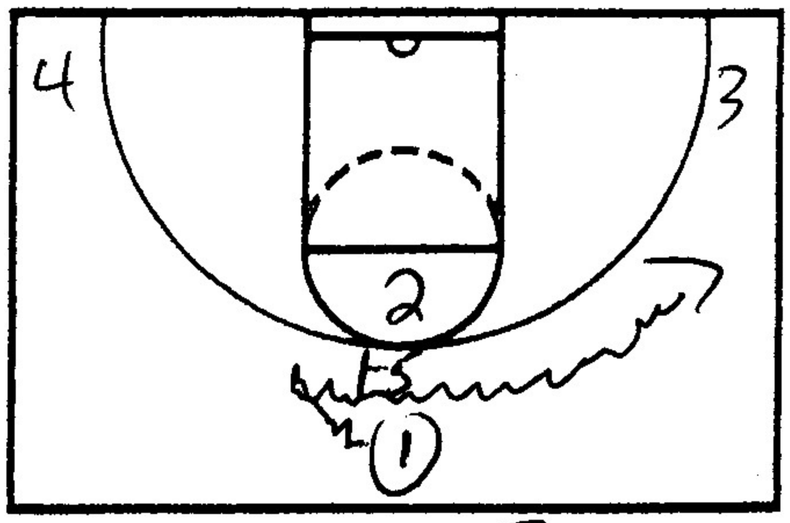
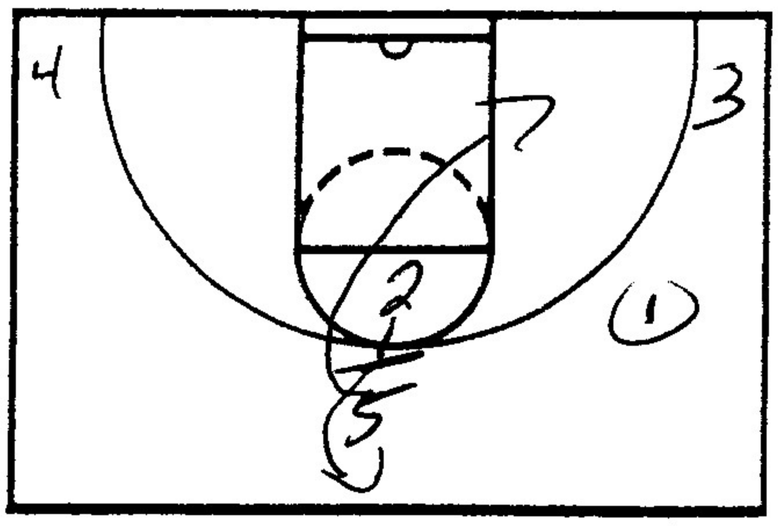
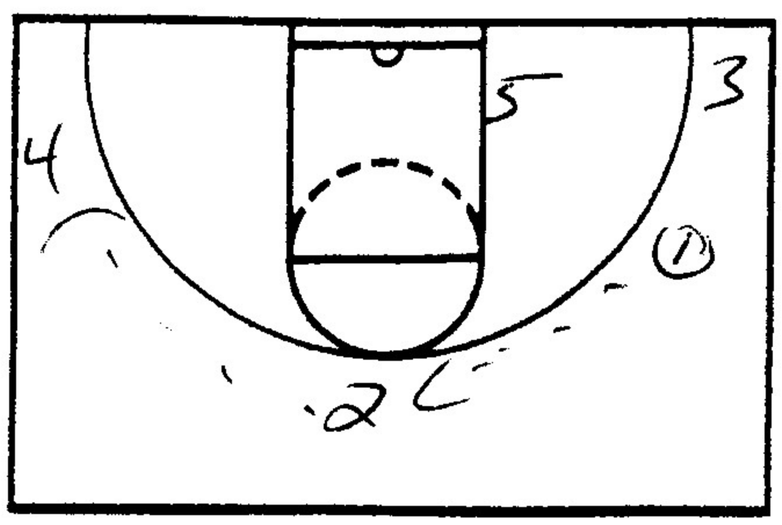


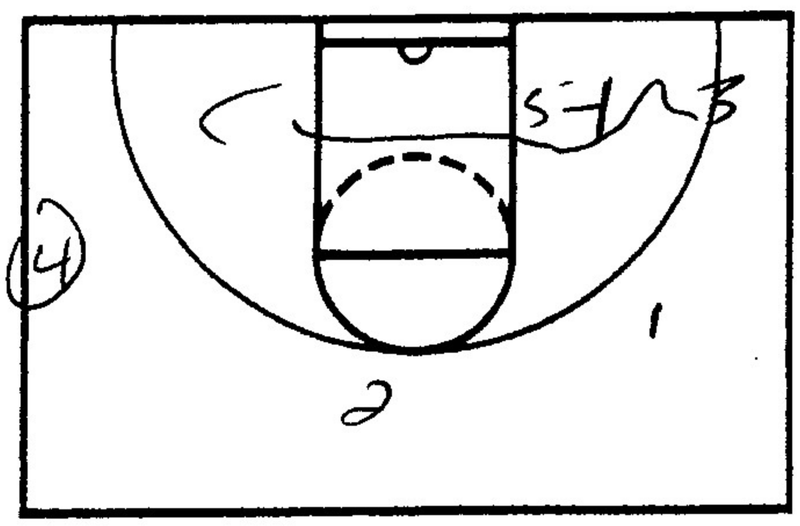
NOTES 2 AND 5 FORM HIGH STACK, 1 GOES OFF 5'S BACKSCREEN.

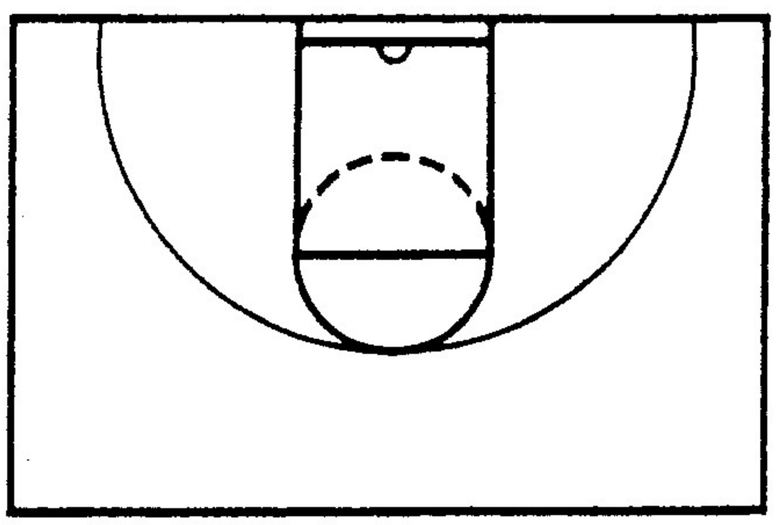


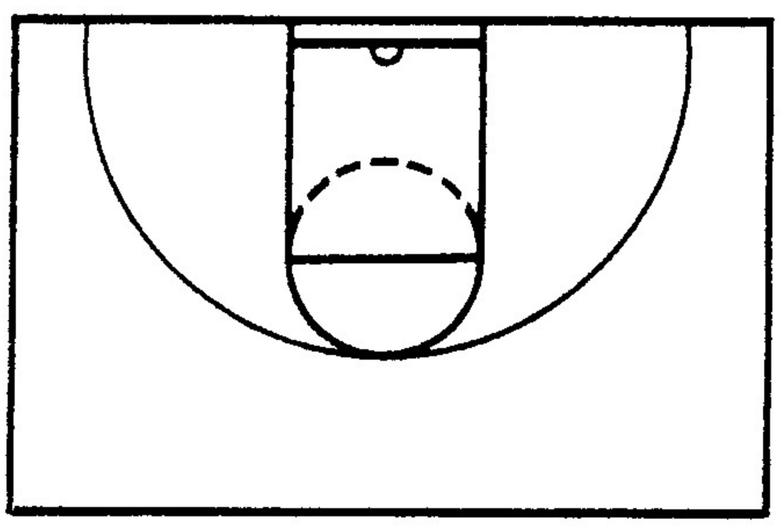
2 SETS BACKSCREEN FOR 5, 2 POPS



1 REVERSES TO 2, 2 REVERSES TO 4.







NOTES

INTO FLEX

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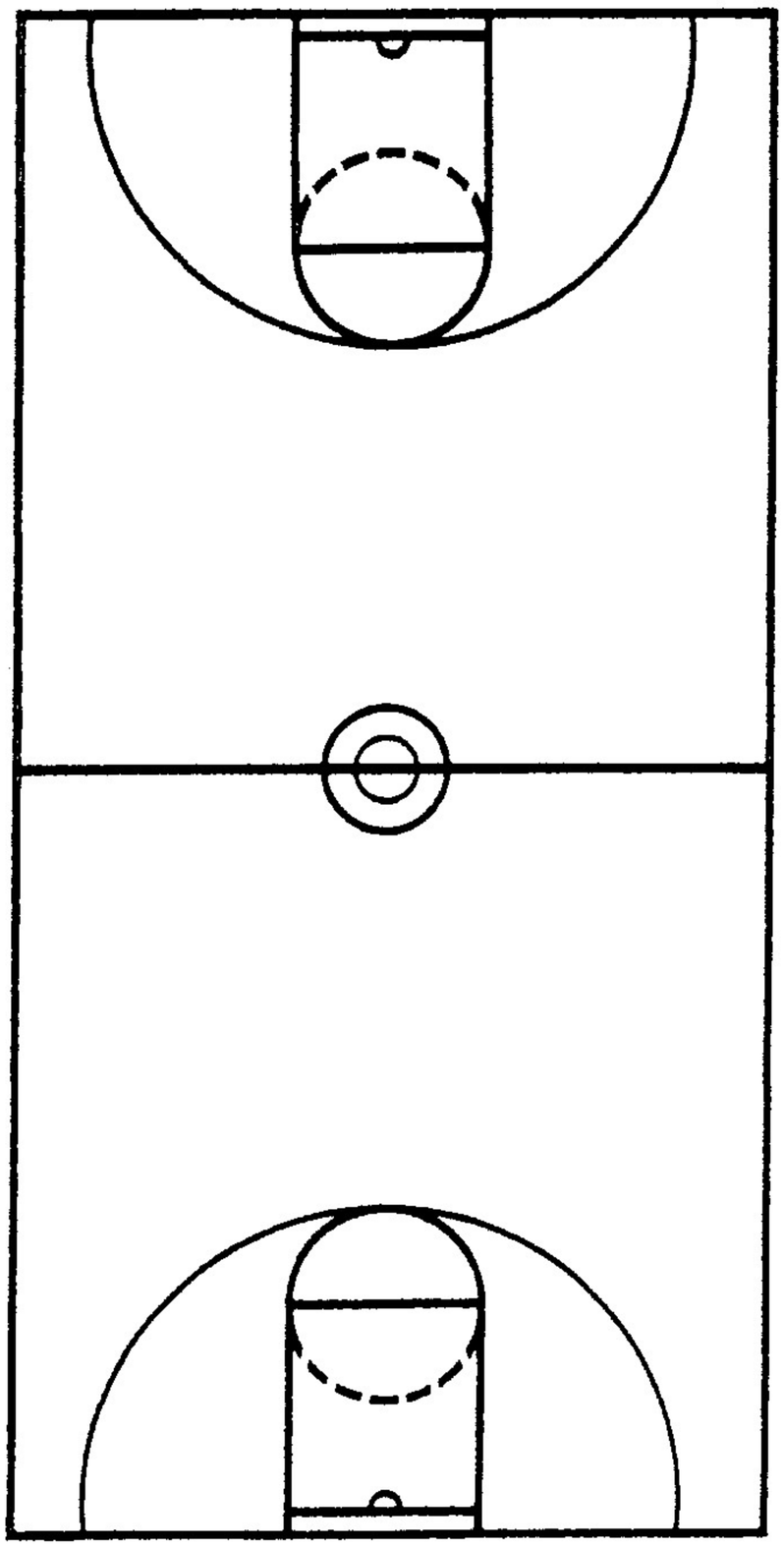

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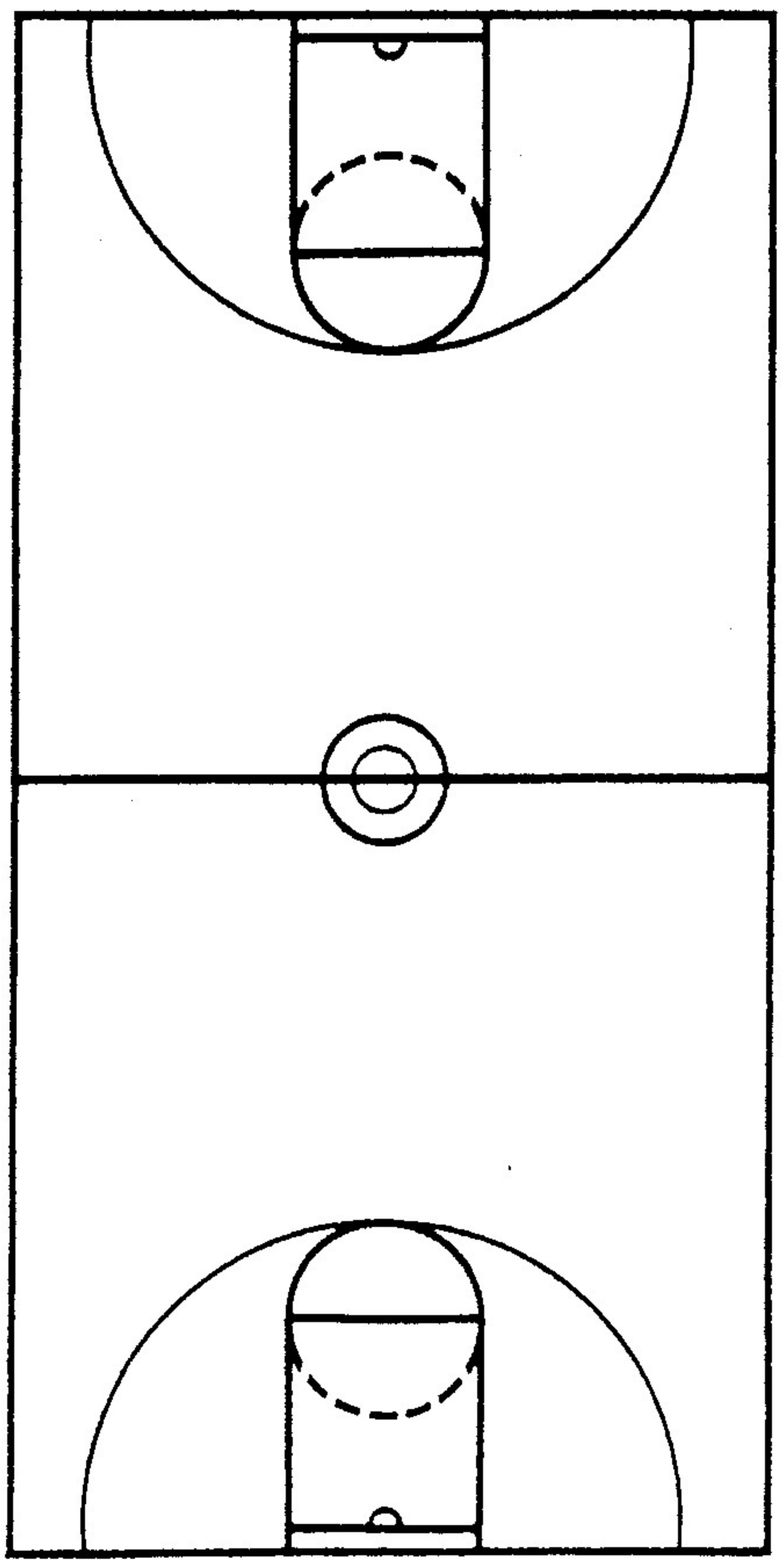

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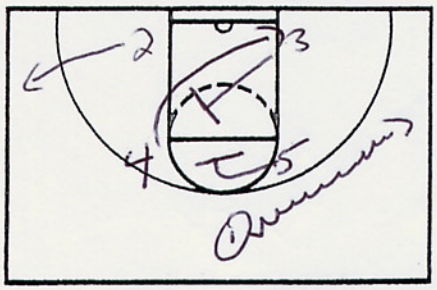
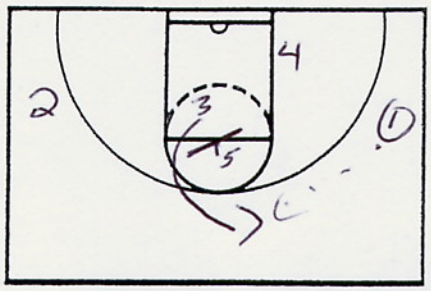
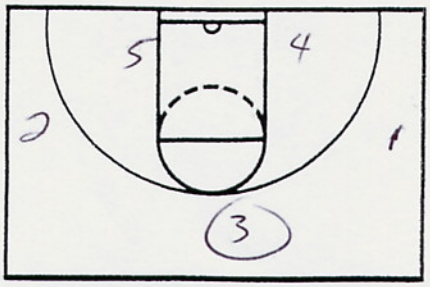


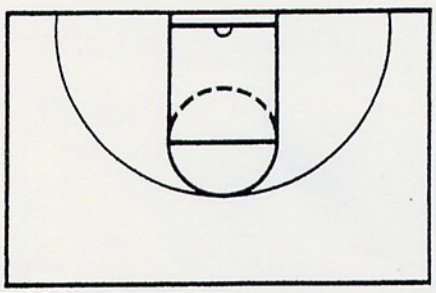
NOTES BOX SET
3 BALLSCREENS 4 AS
1 DRIBBLES TO WING.
2 DOPS TO OPPOSITE WING



5 TURNS AND SETS
SCREEN FOR 3 WHO
COMES TO TOP OF
THE KEY



CAN GO INTO
FLEX OR
MOTION



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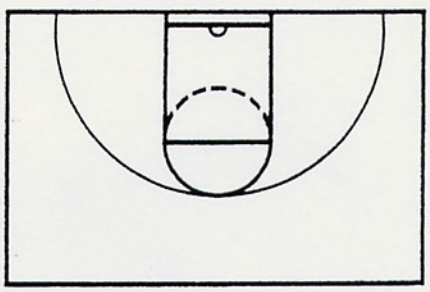

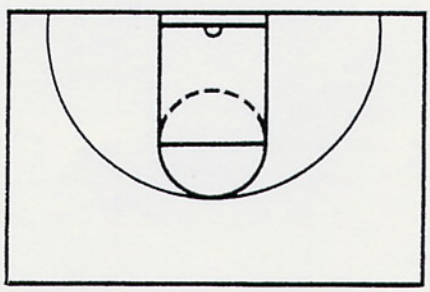

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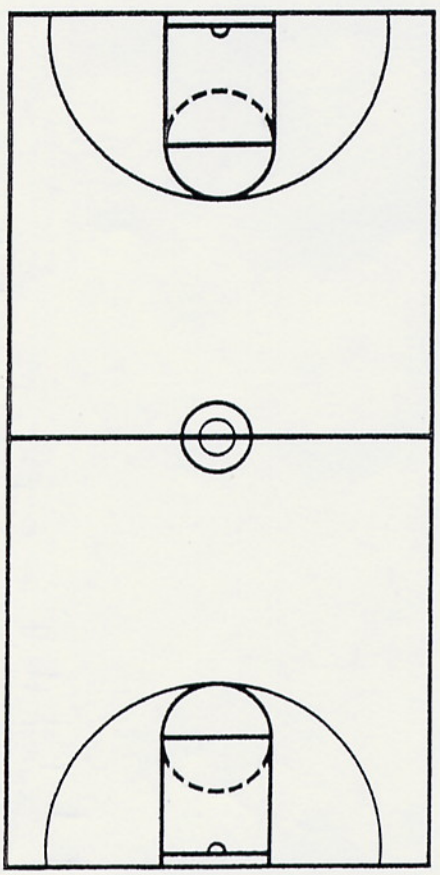

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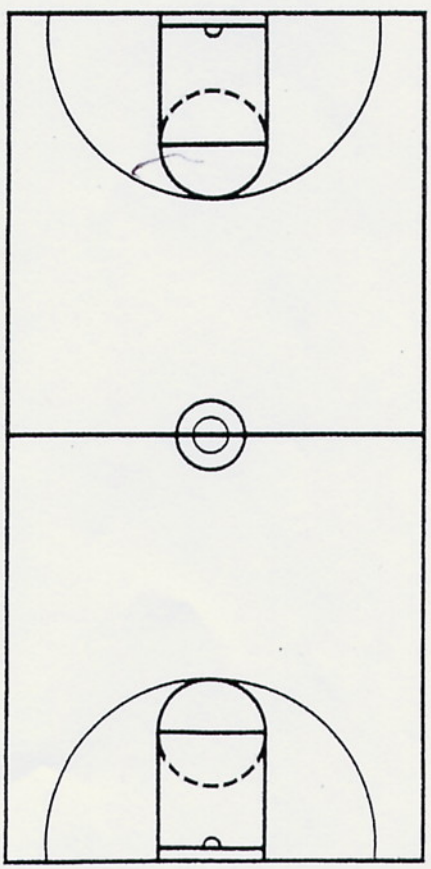

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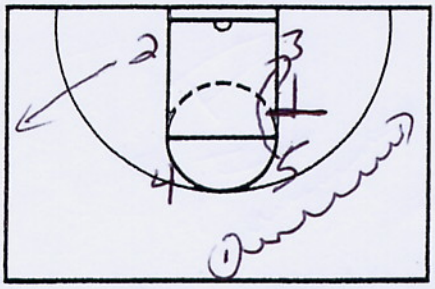
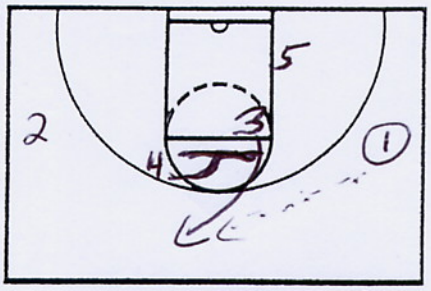
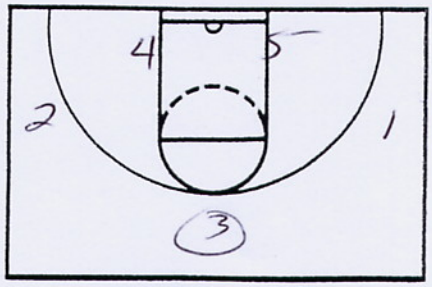
" JAZZ
DRIBBLE ENTRY "



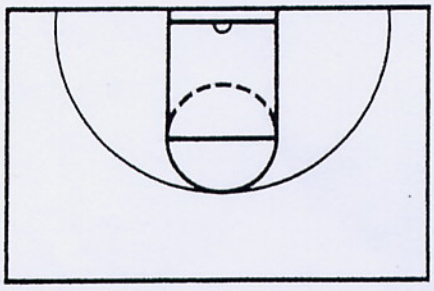


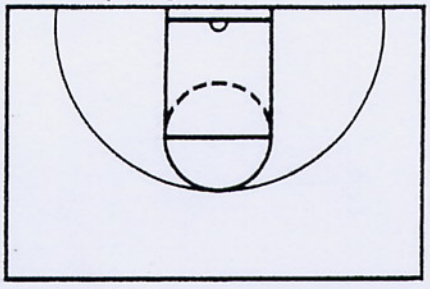


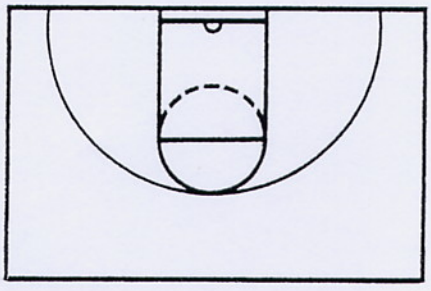
NOTES Box set
1 DRIBBLES TO WING
3 BACKSCREENS 5, 2 POPS

4 SCREENS FOR 3 WHO FLARES TO TOP FOR PASS

INTO MOTION OR FLEX







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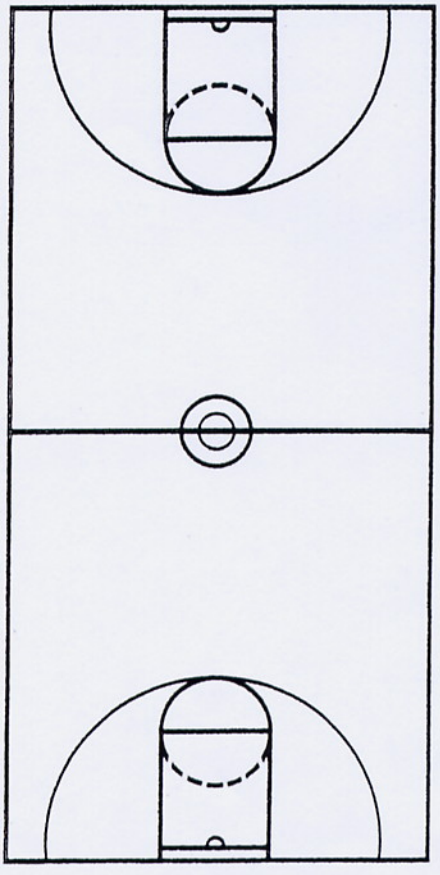
JUST DO IT



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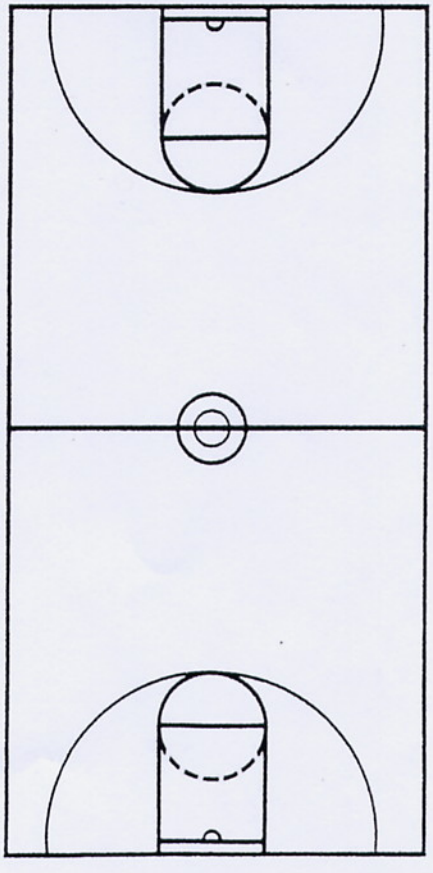

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11 JAZZ HIT THE WING 11

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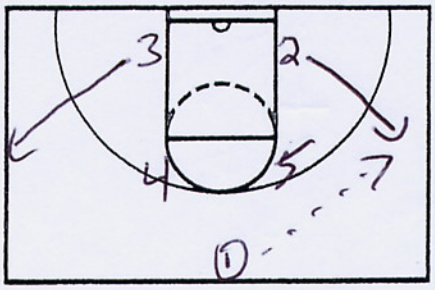
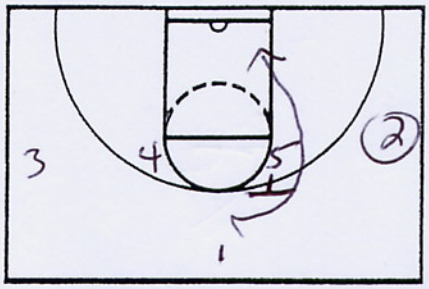
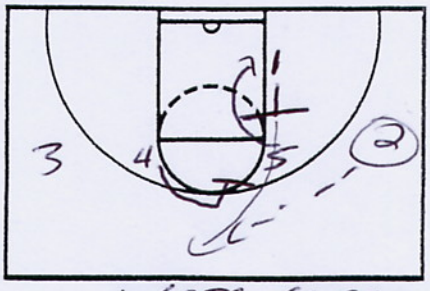


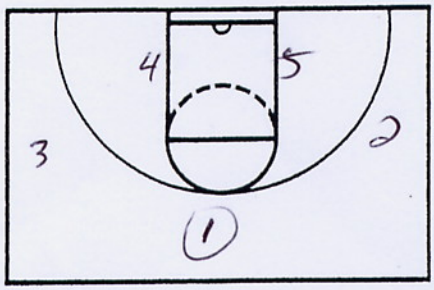
NOTES
1 PASSES TO 2

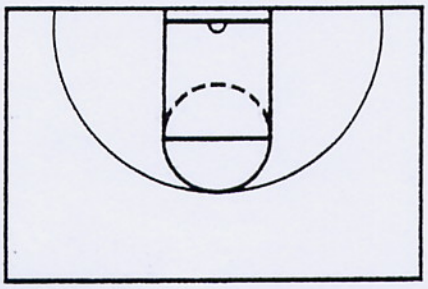


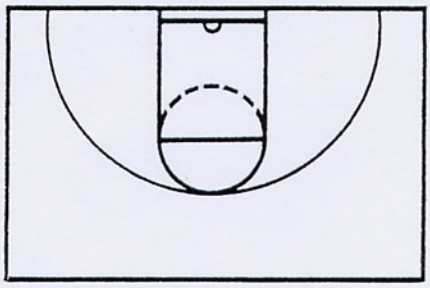
5 SETS SCREEN FOR 1 WHO CUTS TO STRONGSIDE BLOCK



1 SETS SCREEN FOR 5, 5 ROLLS TO BLOCK 4 SCREENS FOR 1 WHO POPS.



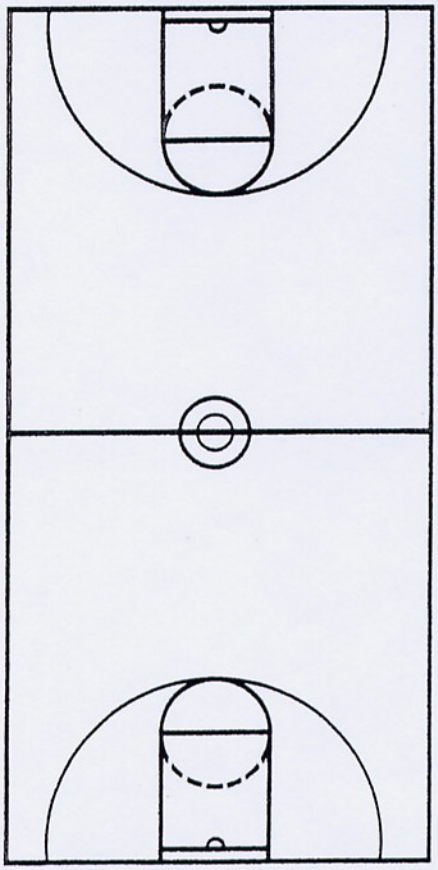




NOTES

INTO FLEX OR MOTION

JUST DO IT



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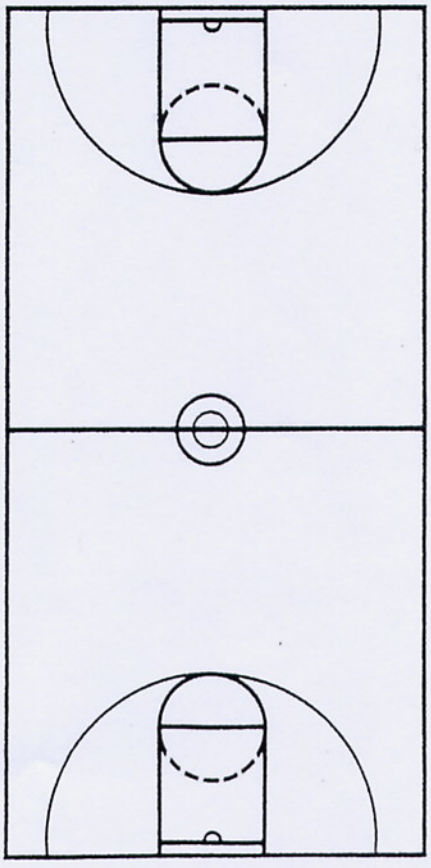

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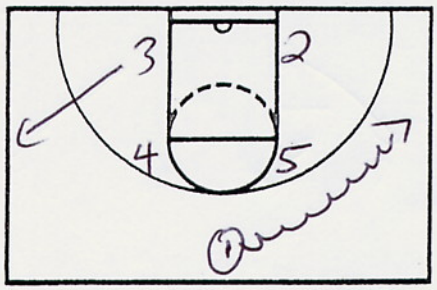
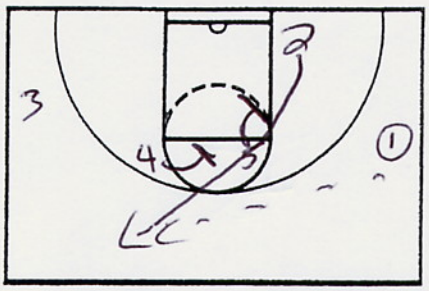
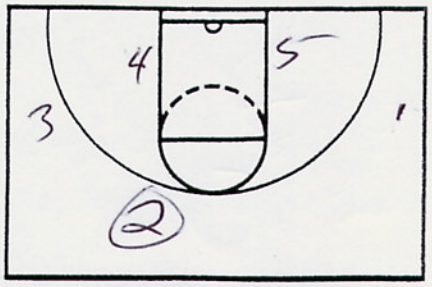


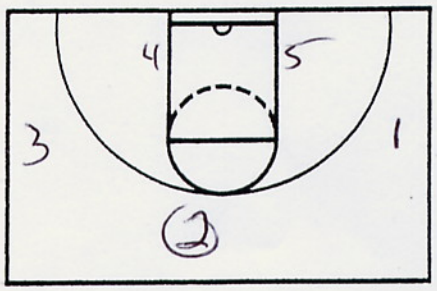
NOTES
1 DRIBBLES TO WING, 3 POPS TO WEAKSIDE WING

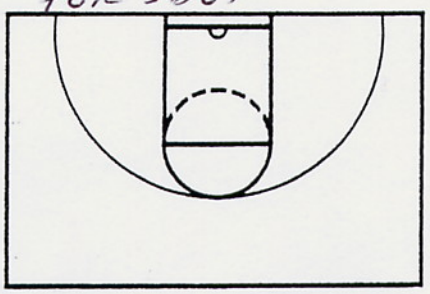


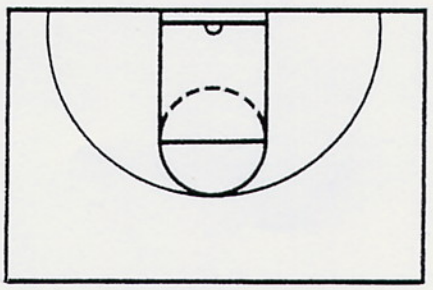
4 AND 5 SET DOUBLE STAGGER FOR 2 WHO FLARES FOR SHOT



I CAN ALSO LOOK FOR SLIPS TO BASKET FOR BIGS

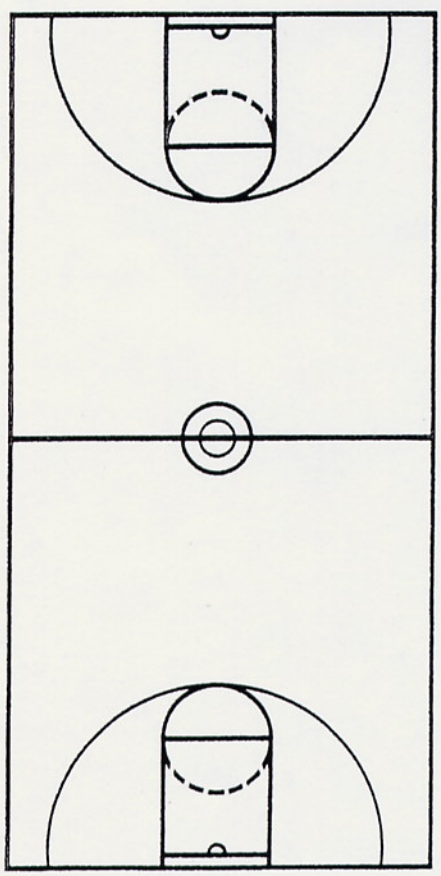






NOTES
1 INTO FLEX OR MOTION

JUST DO IT



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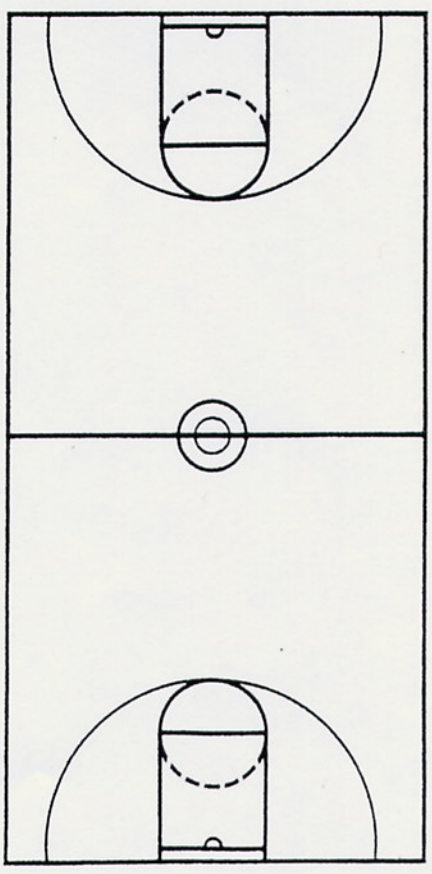

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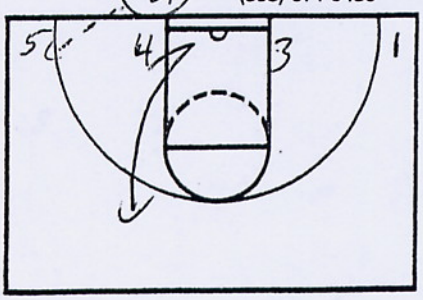
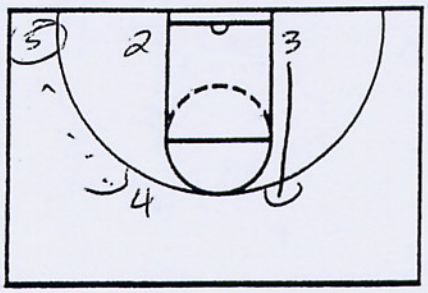
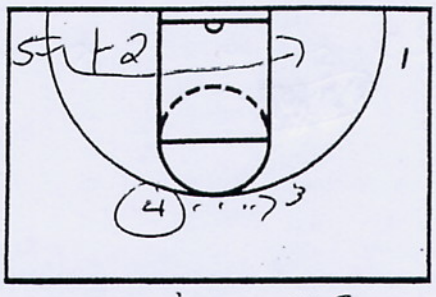
"43 STRONG" (SAFETY)



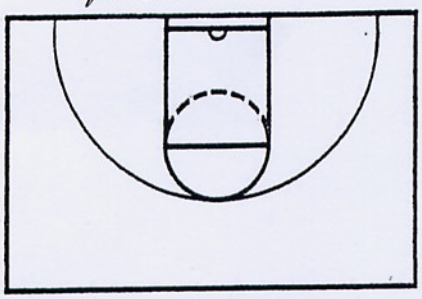


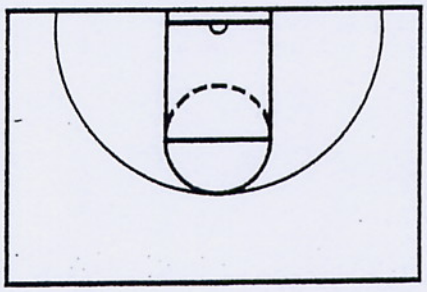


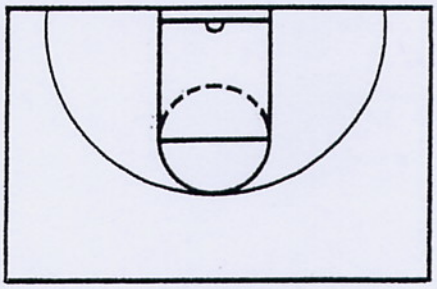
NOTES

2 CAN ENTER TO 5 AS A SAFETY RELEASE RIGHT INTO PLAY

RIGHT INTO 43 STRONG, RIGHT INTO FLEX







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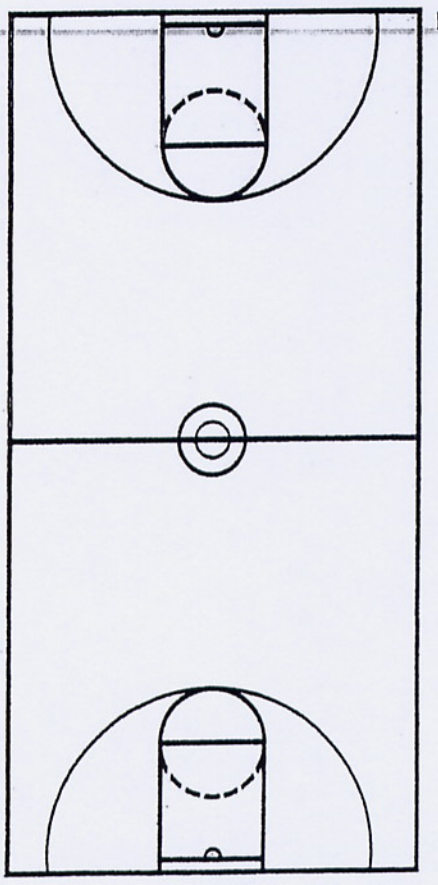

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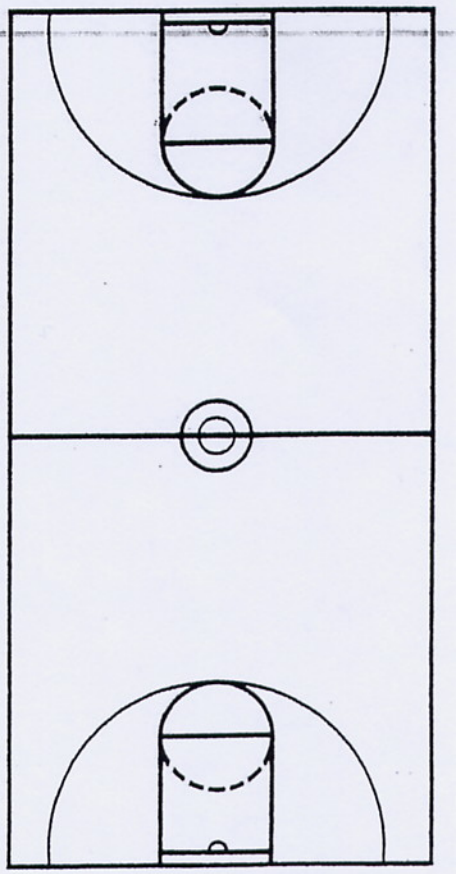

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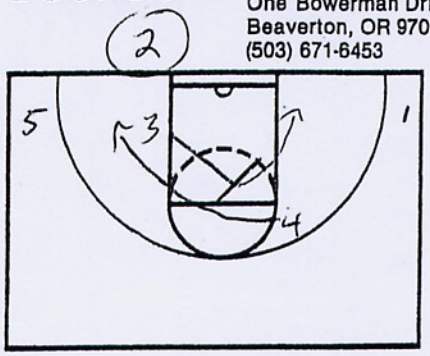
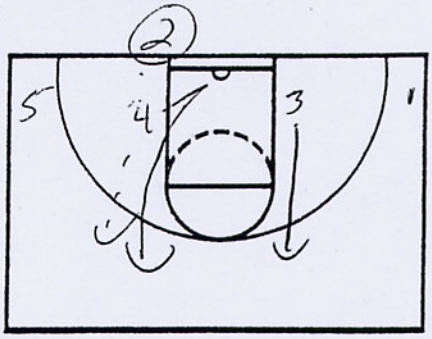
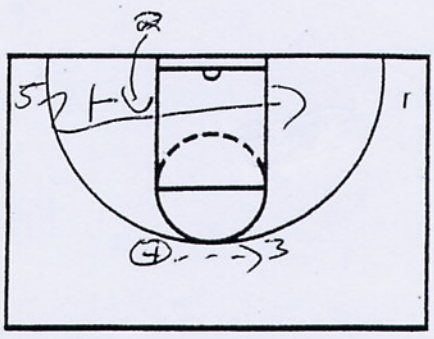
"34 Screen"



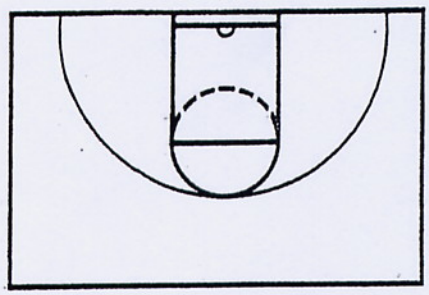


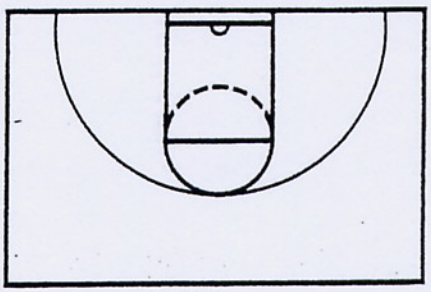


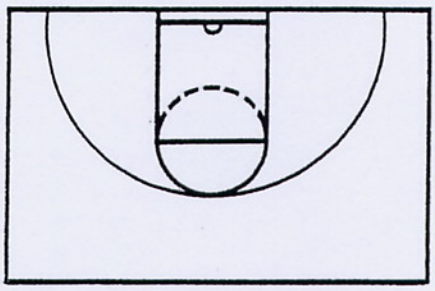
NOTES

@ BACKSCREENS FOR 4, 3 GOES WEAKSIDE BLOCK

RIGHT INTO 43 STRONG, INTO FLEX







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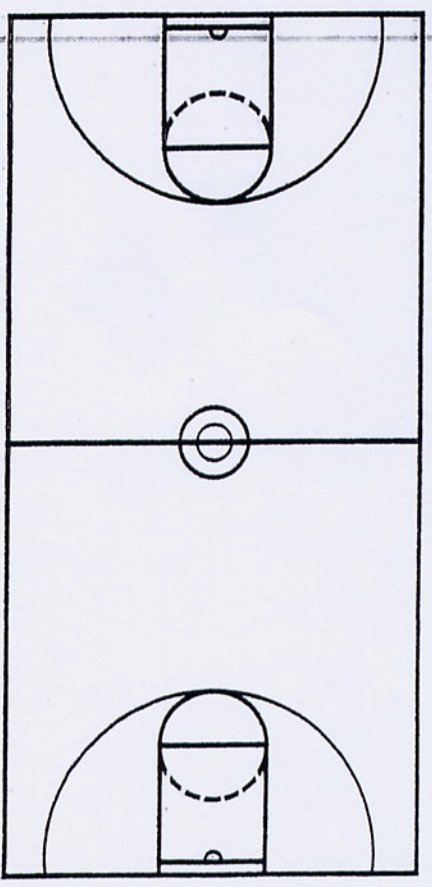
JUST DO IT



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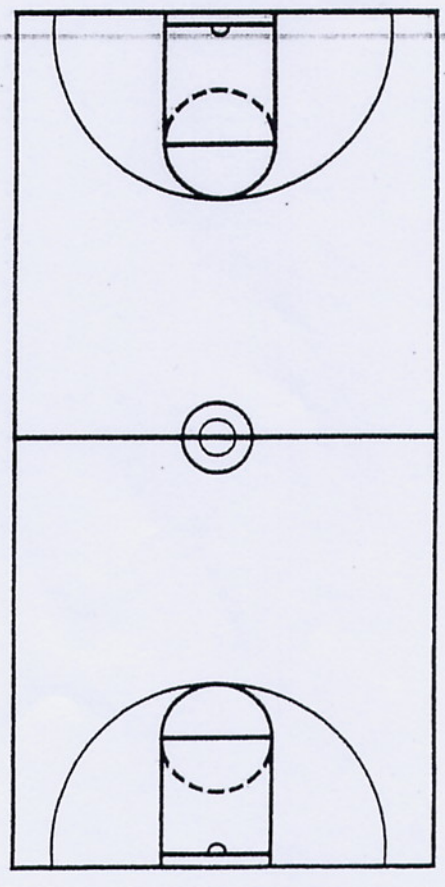

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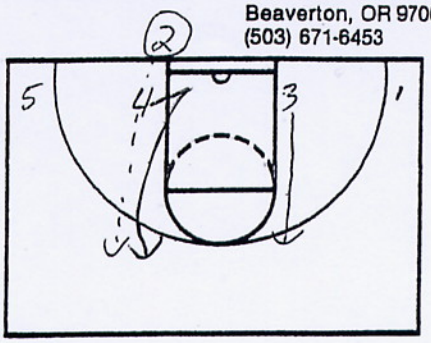
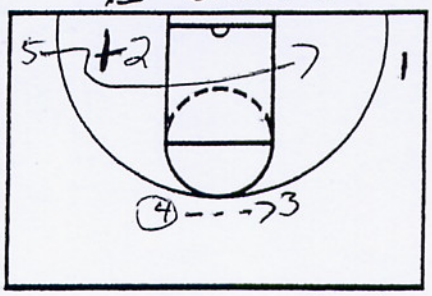
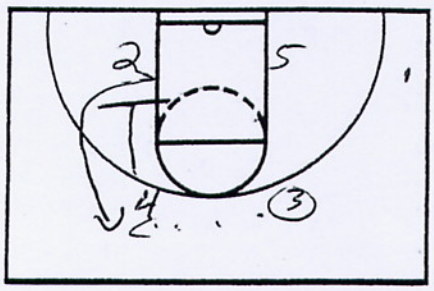
CLINIC
LON KRUEGER DATE
INBOUND SERIES
"43 STRONG"



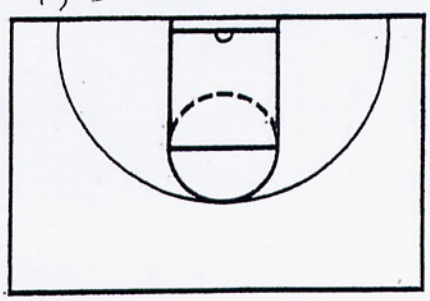
NOTES BEST SHOOTER TAKE BALL OUT.
4 POPS TO ENTRANCE ARM AT ELBOW. 2 PASSES TO 4, 3 POPS FOR REVERSAL



2 STEPS INTO BLOCK AREA, SETS FLEX SCREEN FOR 5



4 SETS DOWNSCREEN FOR 2, THEN RIGHT INTO FLEX.



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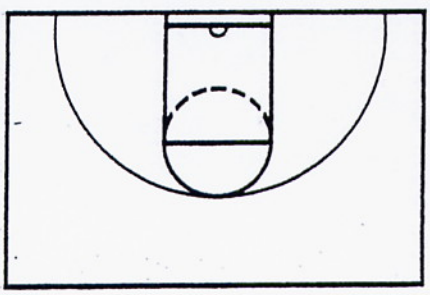

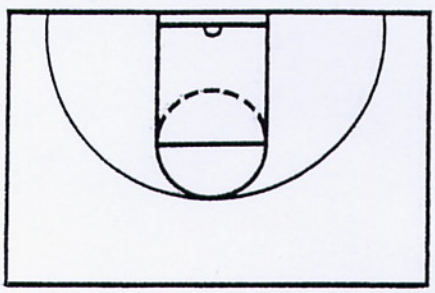

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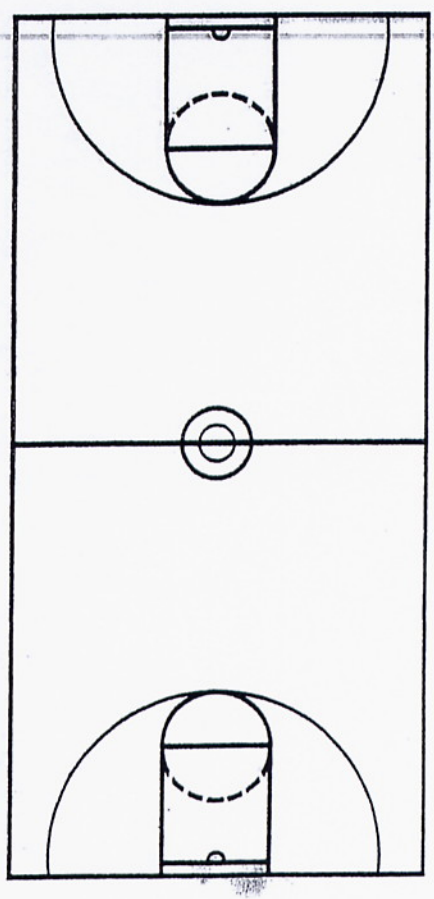

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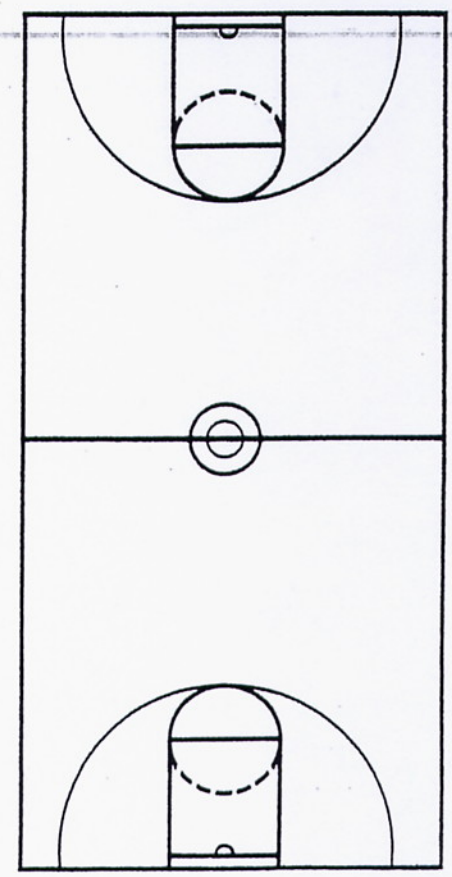

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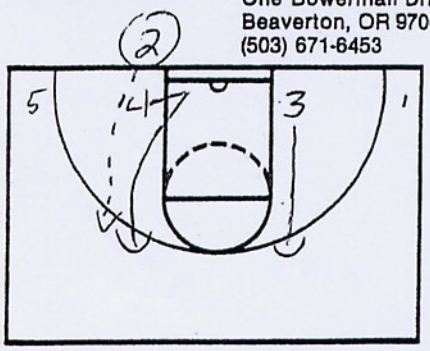
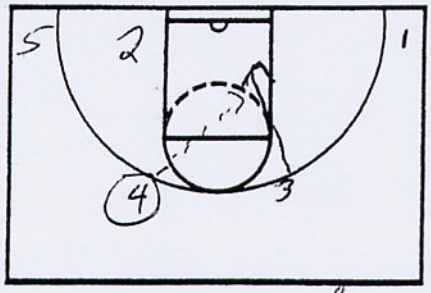
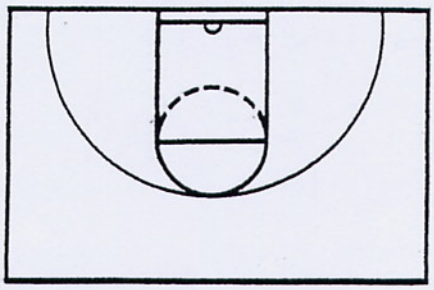
"43 COUNTER"

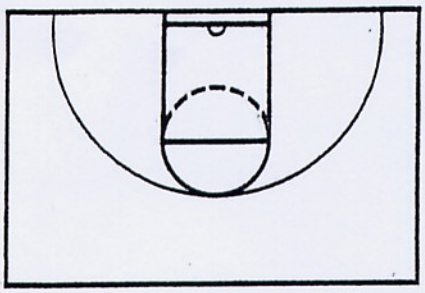


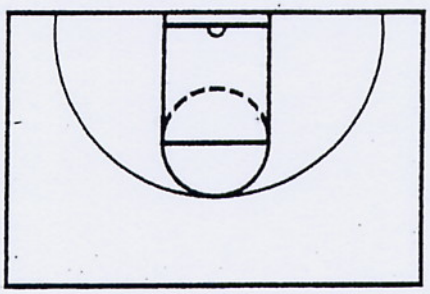


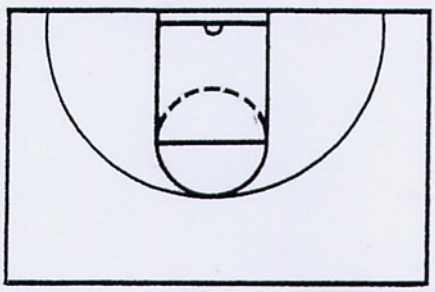


NOTES 4 POPS TO CATCH AREA, 2 PASSES TO 4, 3 FLASHES HIGH

3 IS OVERPLAYED 4 LOOKS BACKDOOR FOR 3



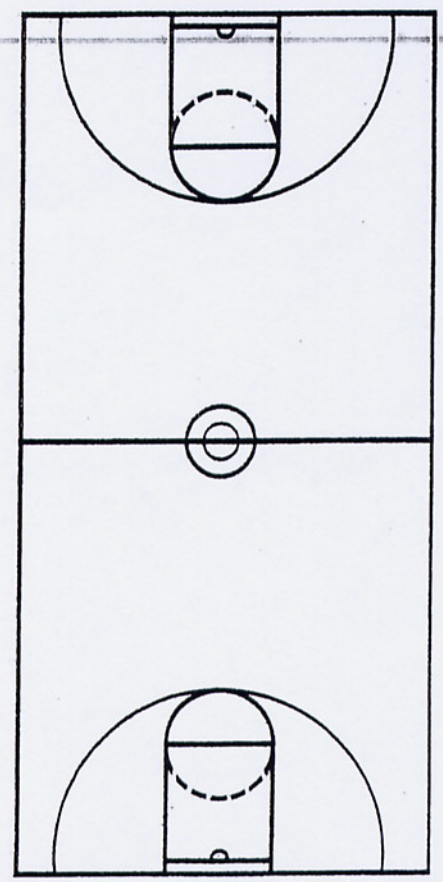


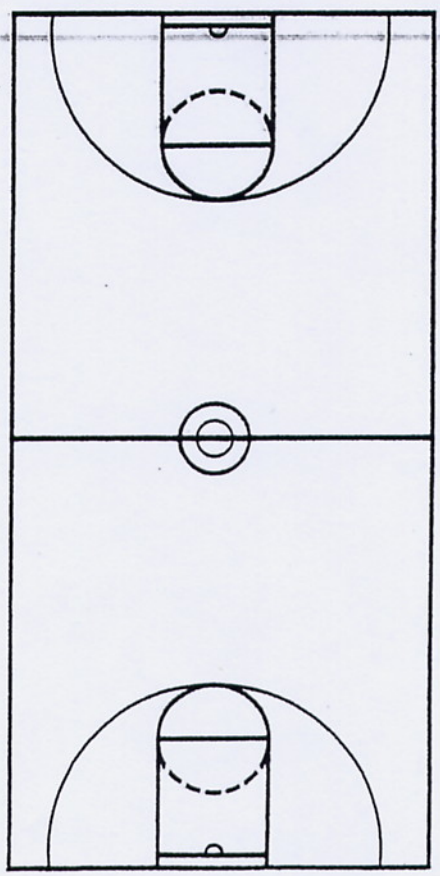


NOTES

JUST DO IT

NOTES





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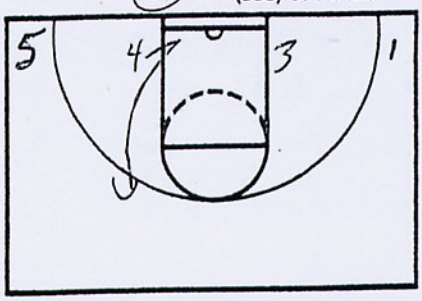
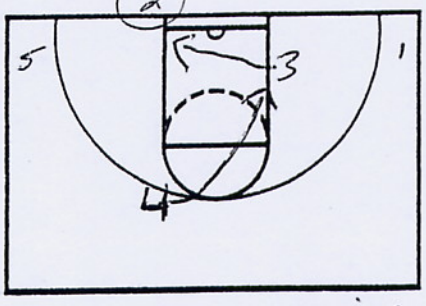
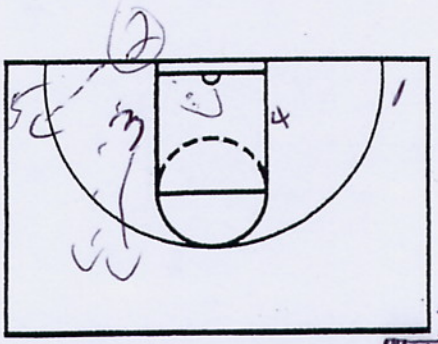
#40 11



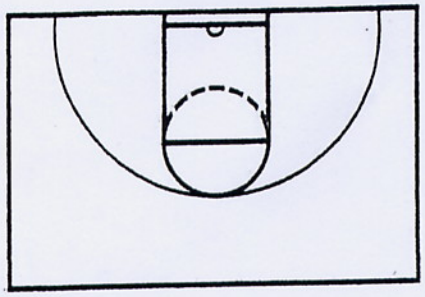
NOTES ON OVERPLAY TO 4, 2 CANNOT PASS IN TO 4



4 CUTS WEAKSIDE BLOCK, 3 CUTS TO STRONG SIDE BLOCK



2 CAN PASS TO 3 OR 5 TO START "43 STRONG" INTO FLEX.



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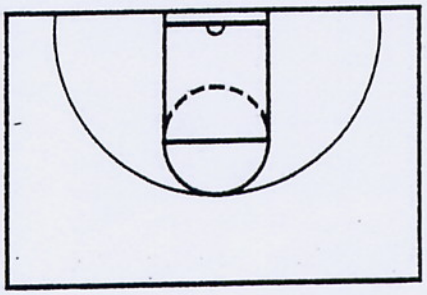
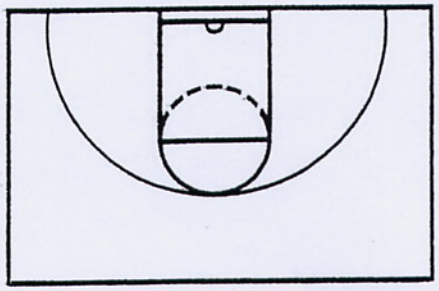
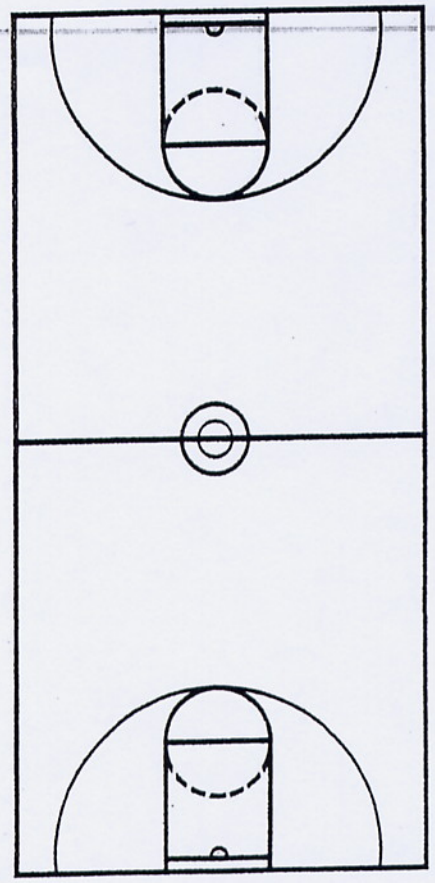




JUST DO IT



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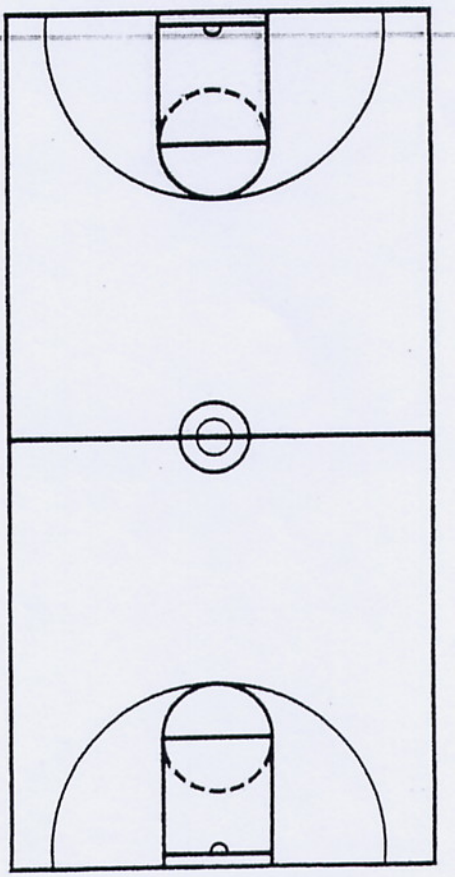

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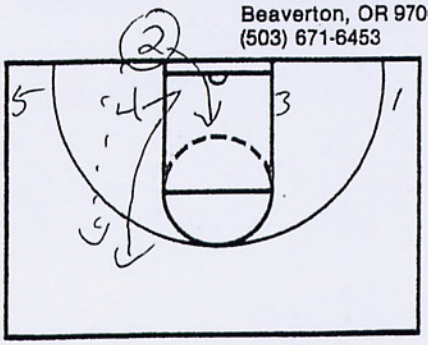
43 DOUBLE-DOUBLE



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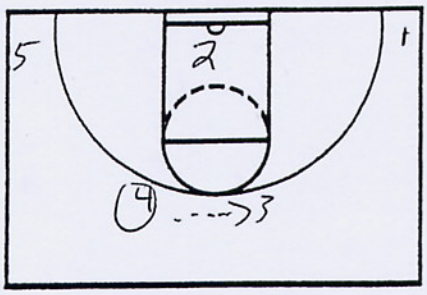
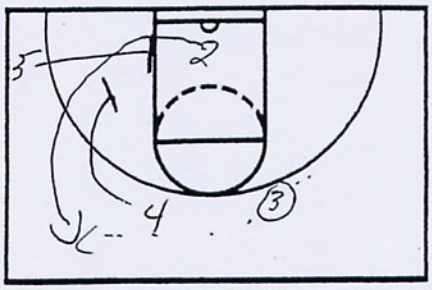
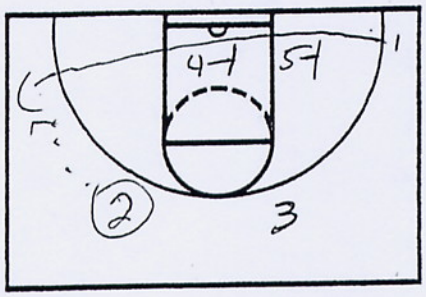
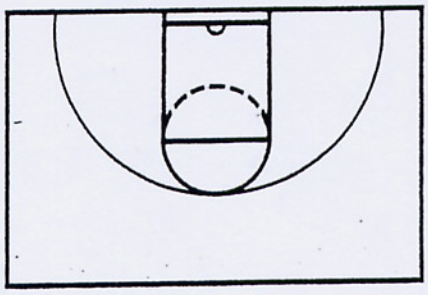


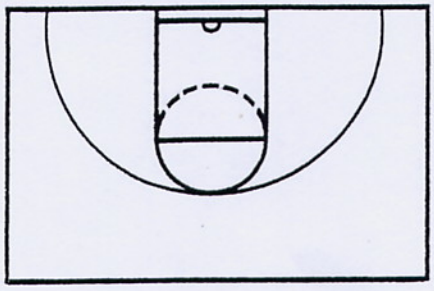
4 REVERSES TO 3
2 STEPS INTO LANE



5 THEN 4 SET STAGGERE
DOUBLE FOR 2, 3
REVERSES TO 2





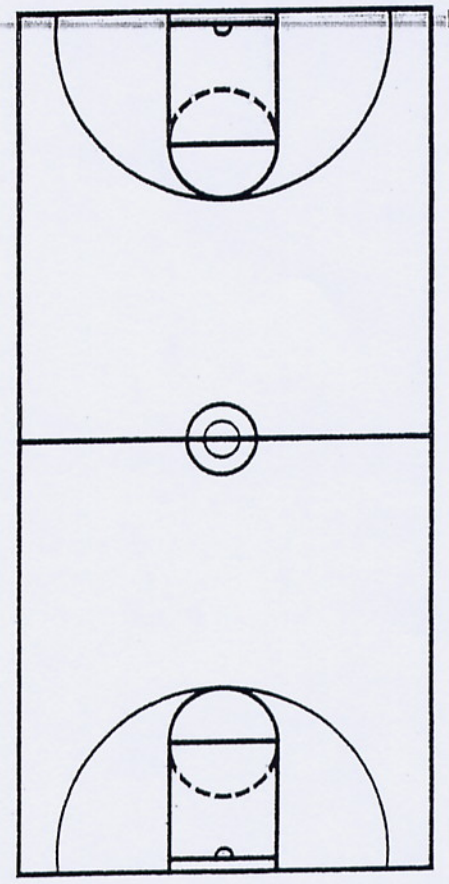


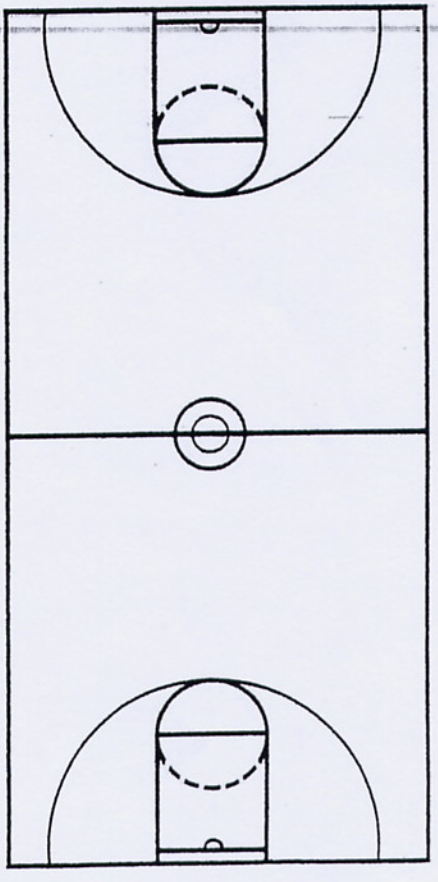
NOTES

4 AND 5 CONTINUE MOVE
SET A SECOND DOUBLE
STAGGER SCREEN FOR 1

JUST DO IT

NOTES





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"52 STRONG"

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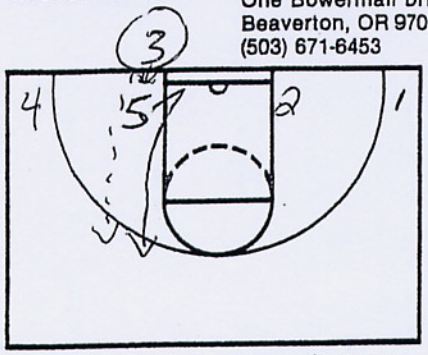
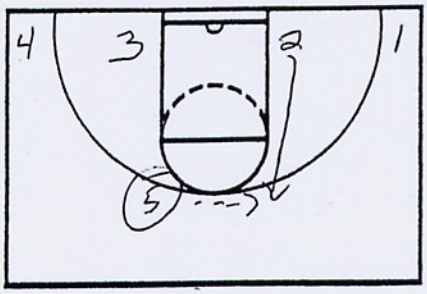
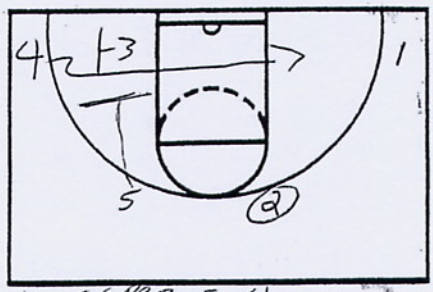


NOTES BEST SHOOTER IS 3

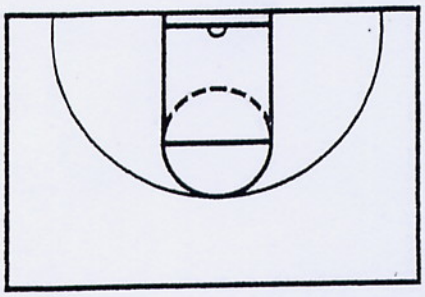
3 ENTERS TO 5

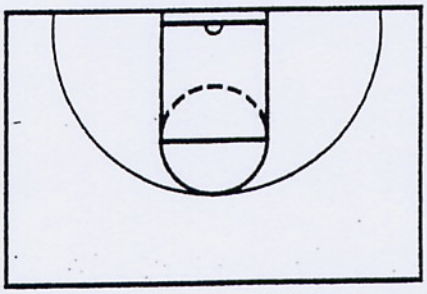


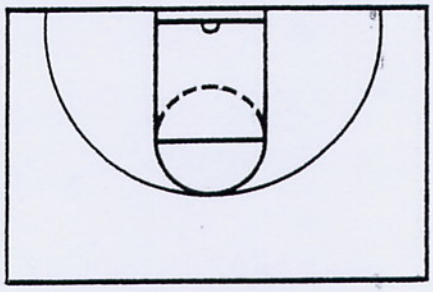
3 STEPS IN, 5 REVERSES TO 2,



3 SCREENS 4 INTO FLEX

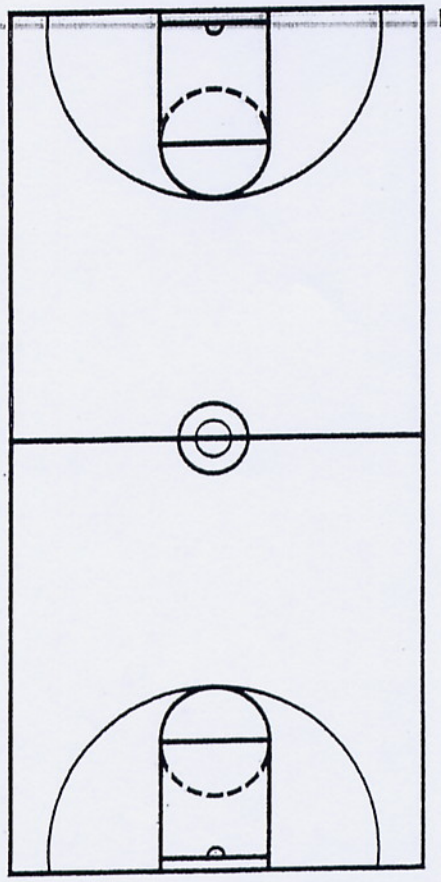






NOTES

JUST DO IT



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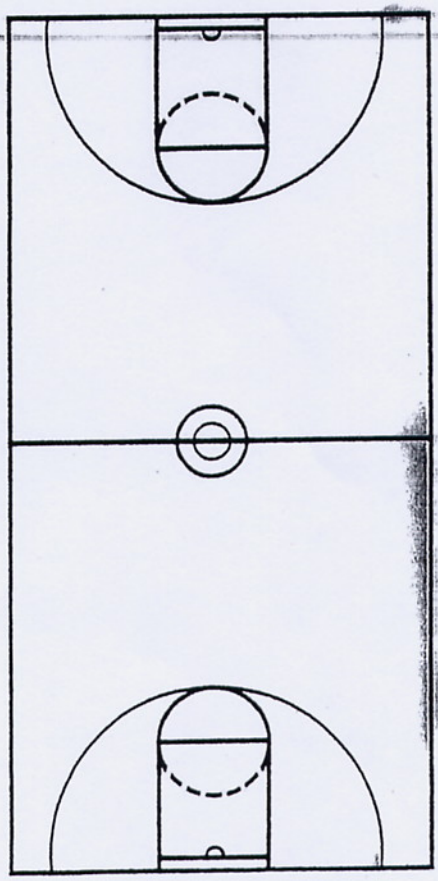

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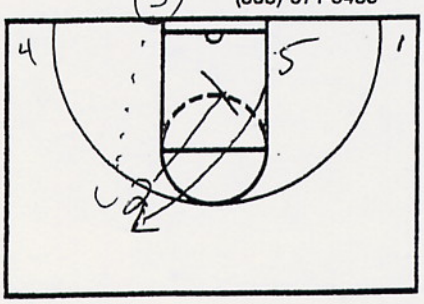
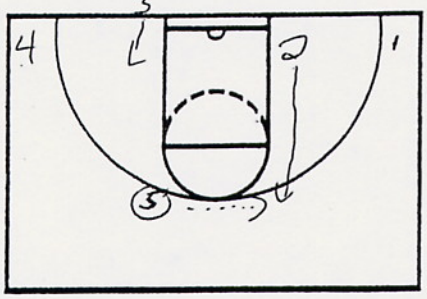
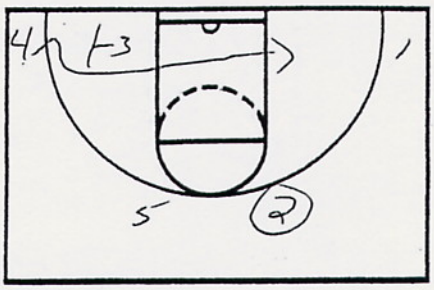
52 STRONG
(START WITH A SCREEN)

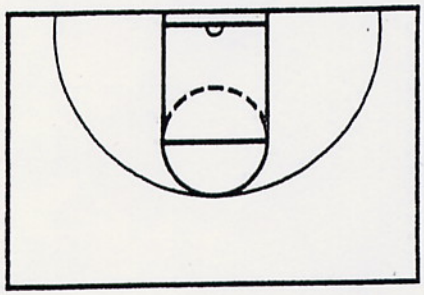


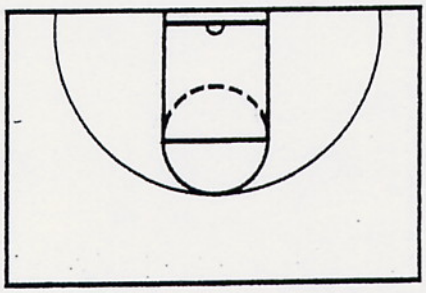


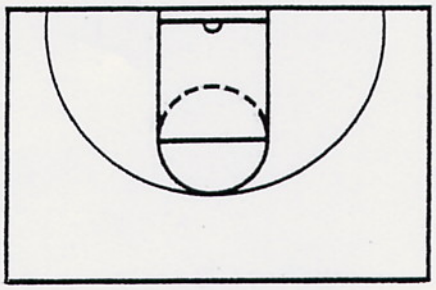


NOTES

INTO FLEX







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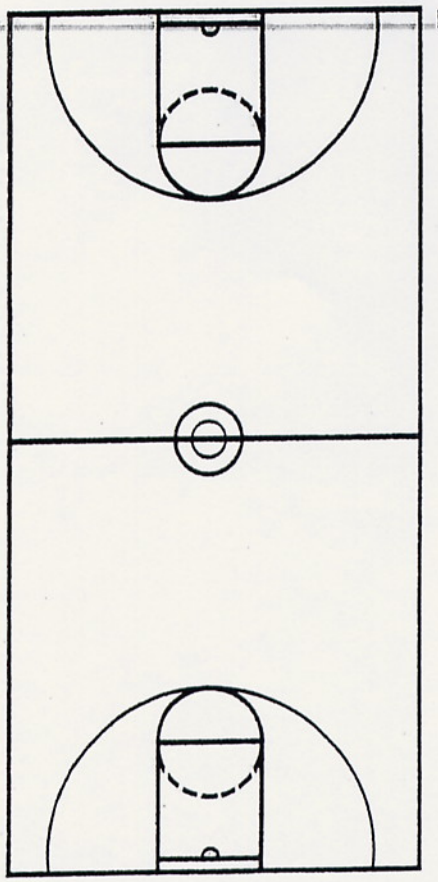
JUST DO IT



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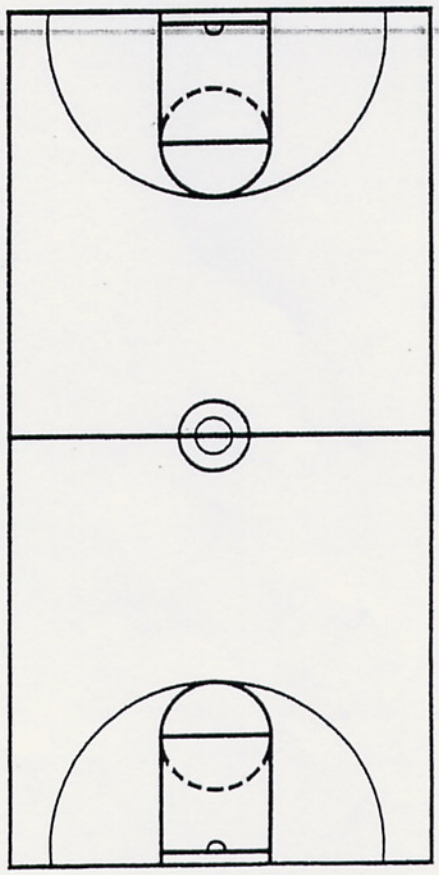

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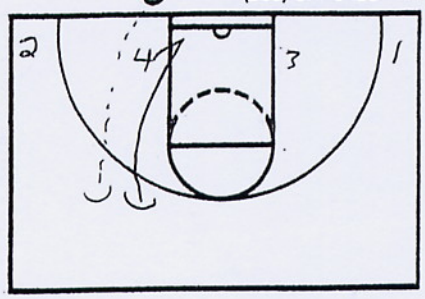
11 43 POST "
(TO POST UP INBOUNDER)



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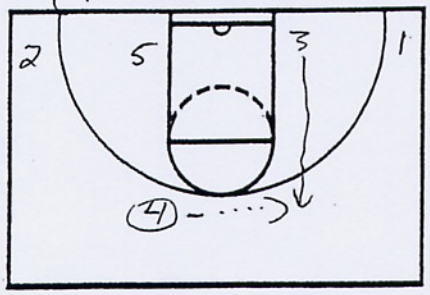
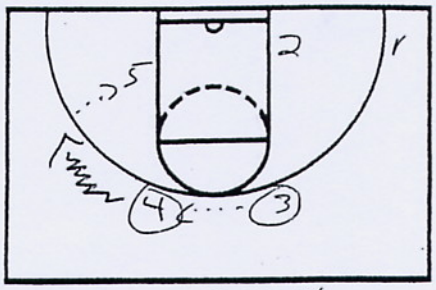
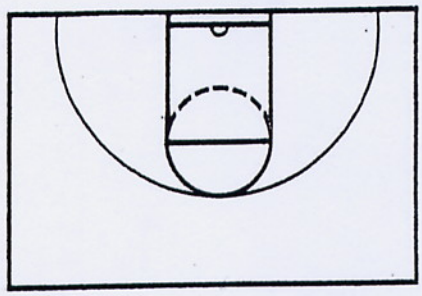


4 REVERSES TO 3



3 REVERSES TO 4,
4 IMPROVES ANGLE
WITH DRIBBLE, GETS
INTO 5 POSTING UP



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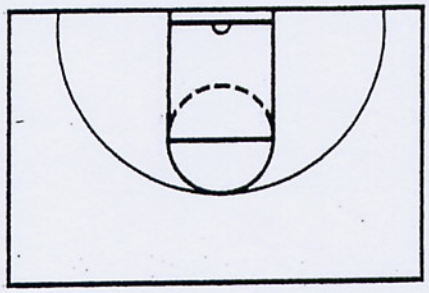

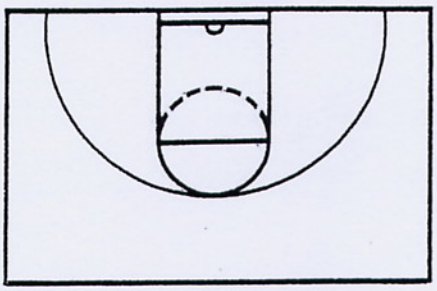

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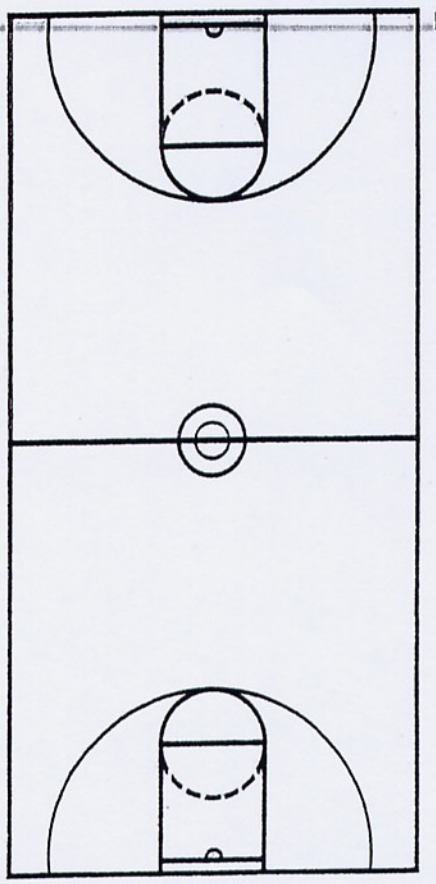

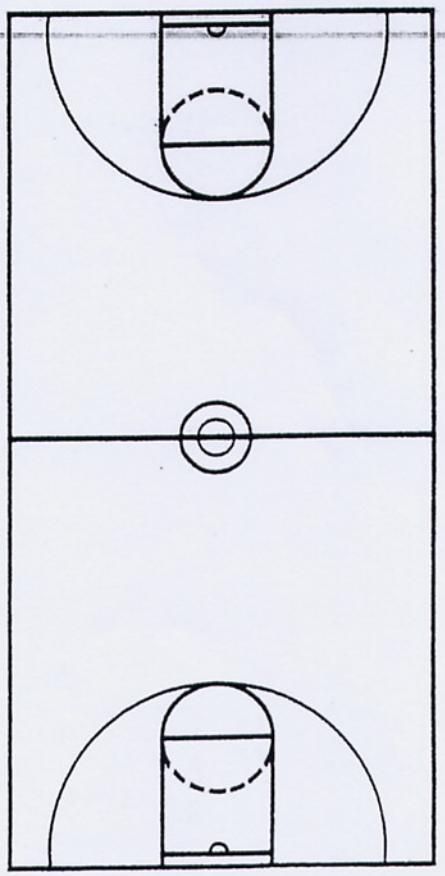

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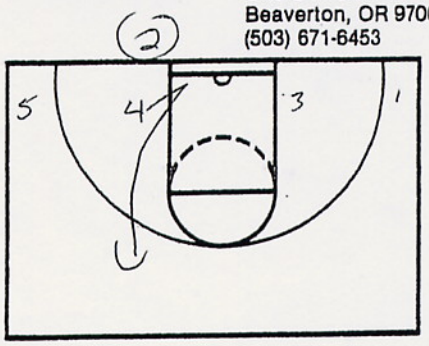
"43 Pick-Pick"



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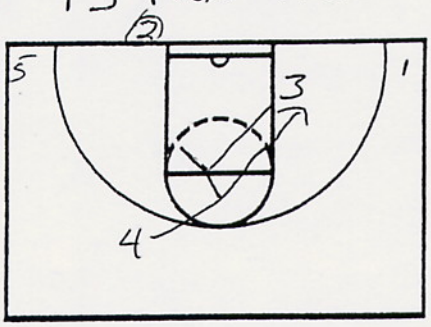
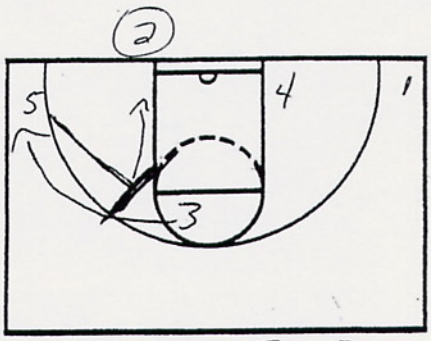
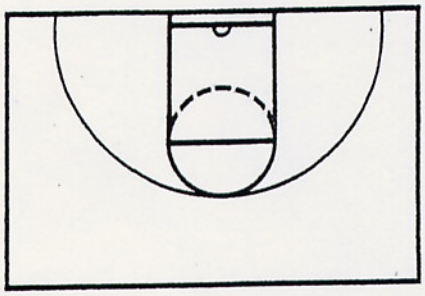
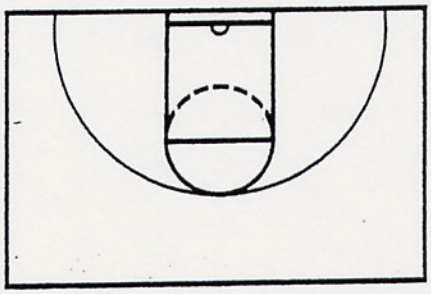


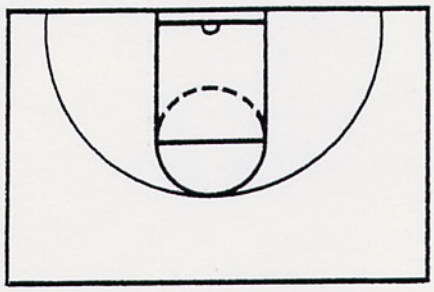
3 BACKSCREENS FOR 4



5 SCREENS FOR 3,
3 ROLL TO BALL

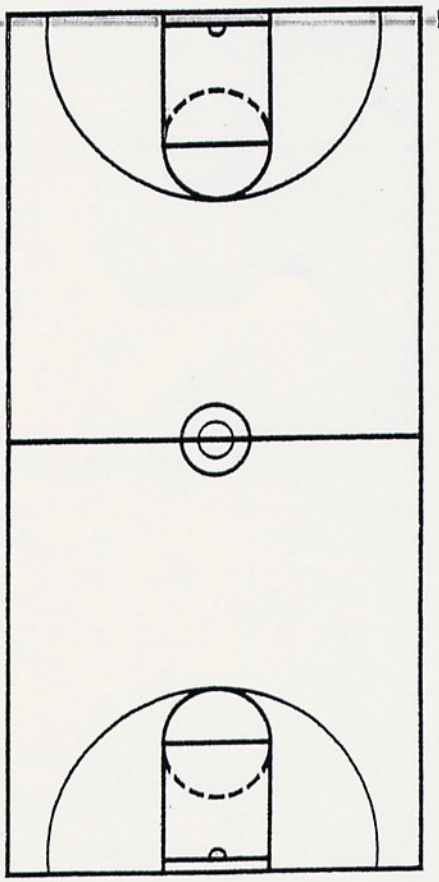






NOTES

JUST DO IT



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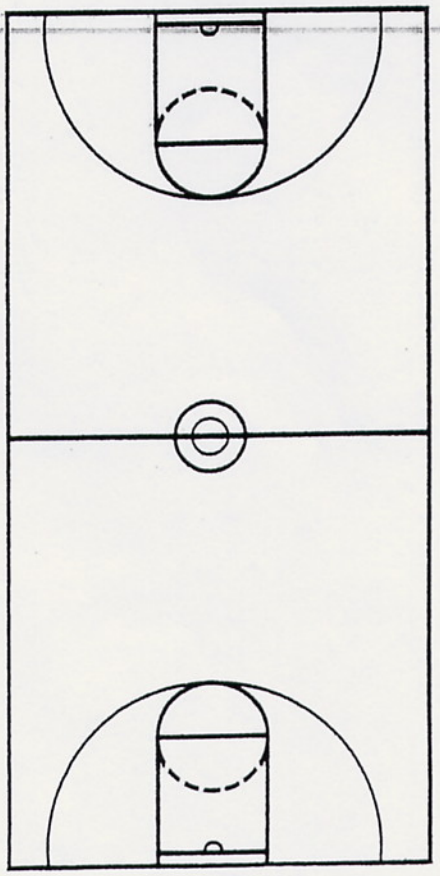

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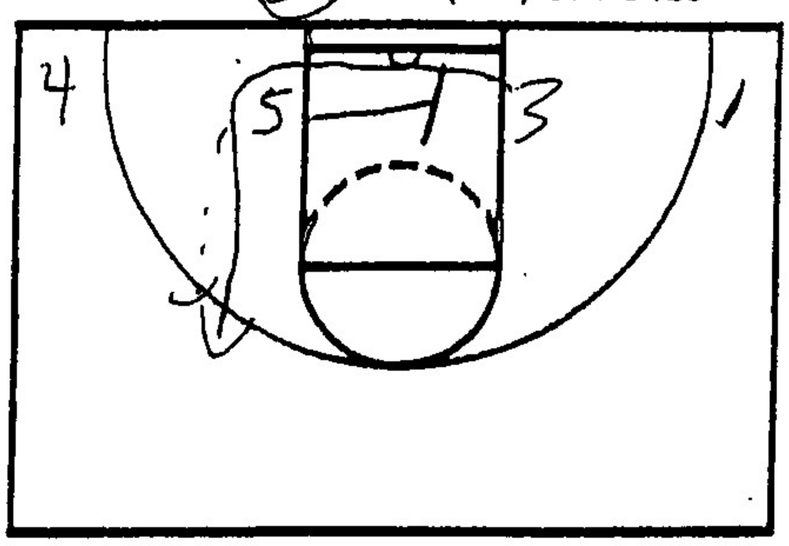
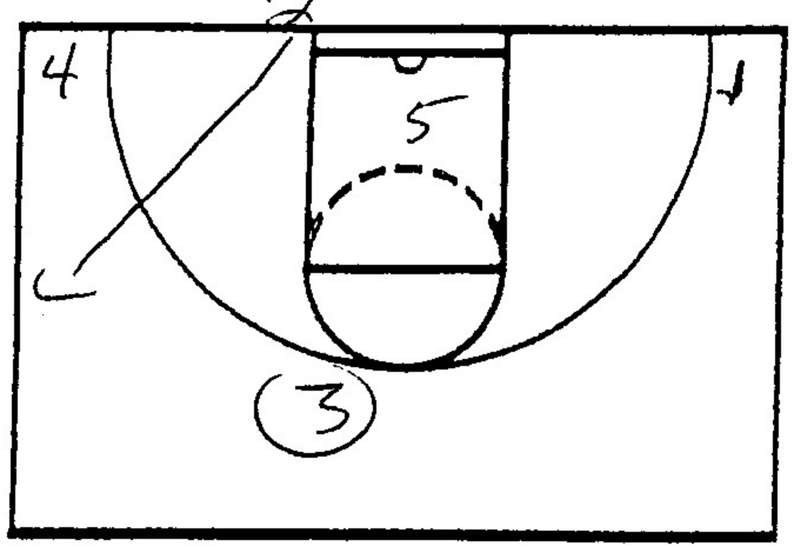
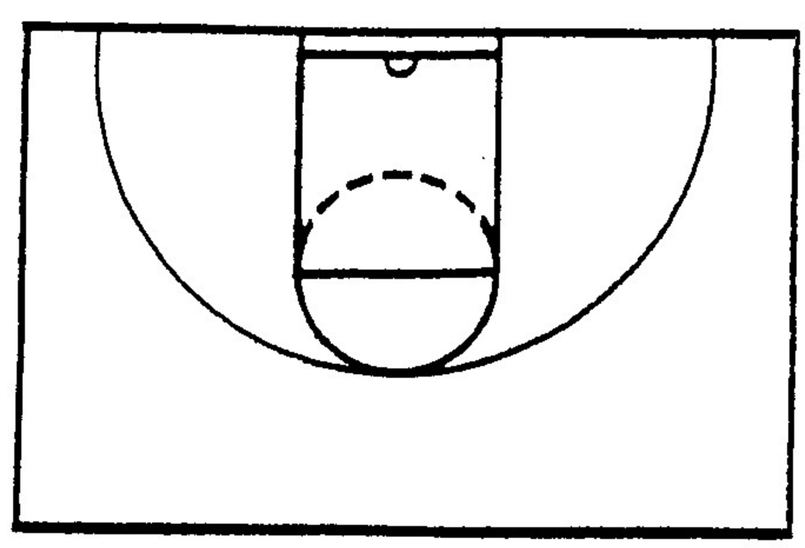
1" 3 5 6 OT"

(WITH CROSS SCREEN)

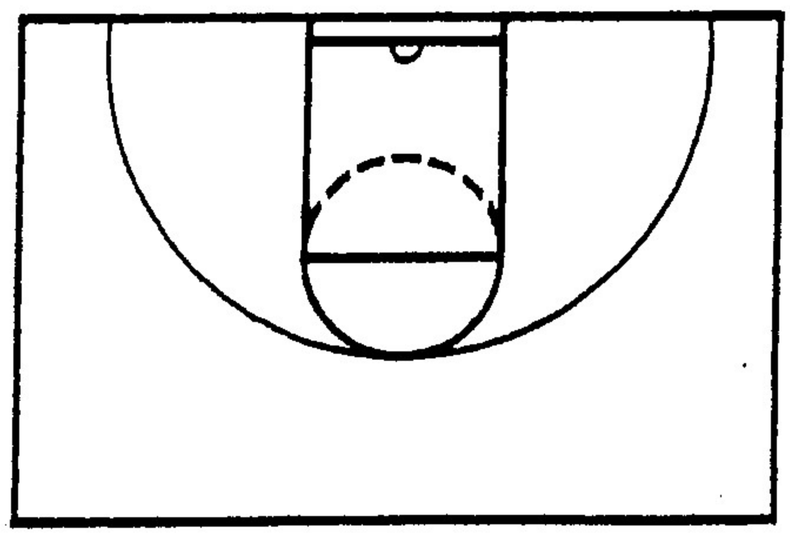


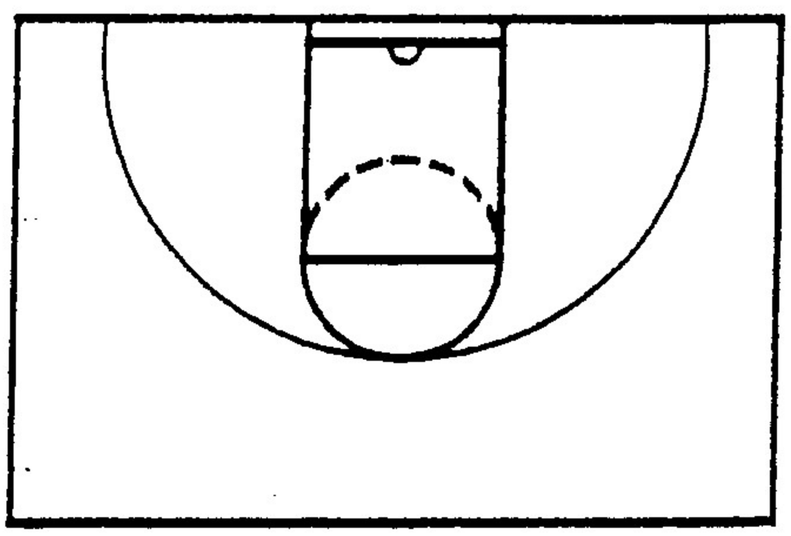


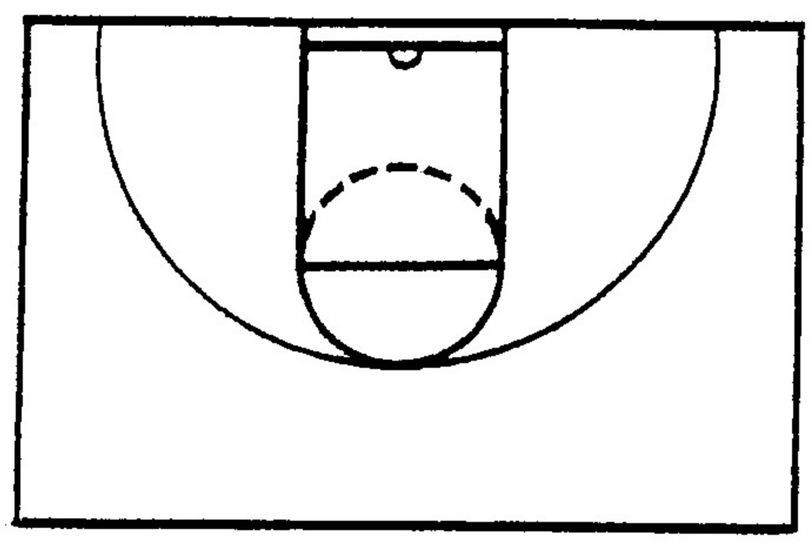


NOTES

THEN SAME AS 3 5 6 OT, 5 SCREENS, STEPS BOARD, AND SEALS







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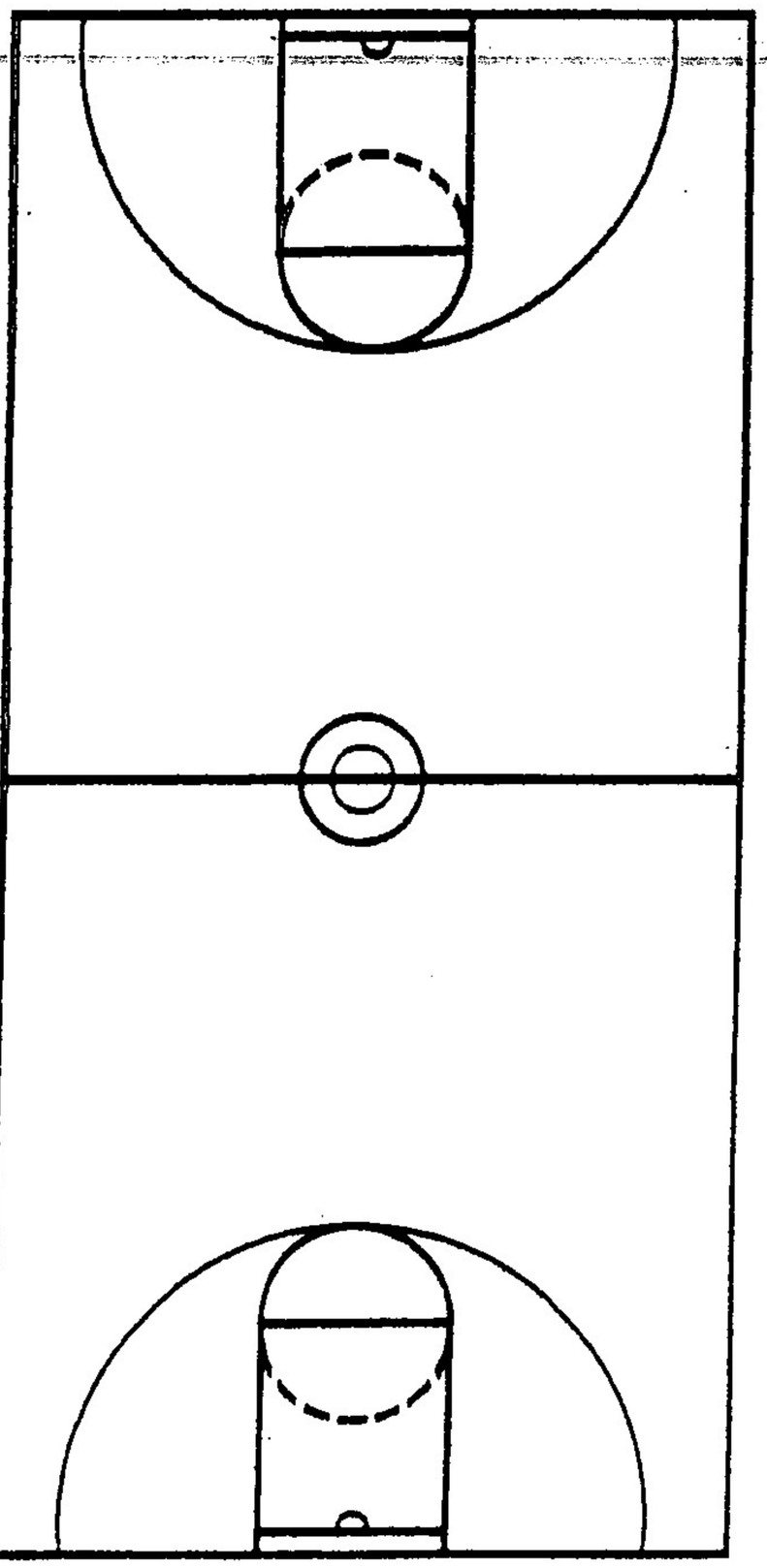

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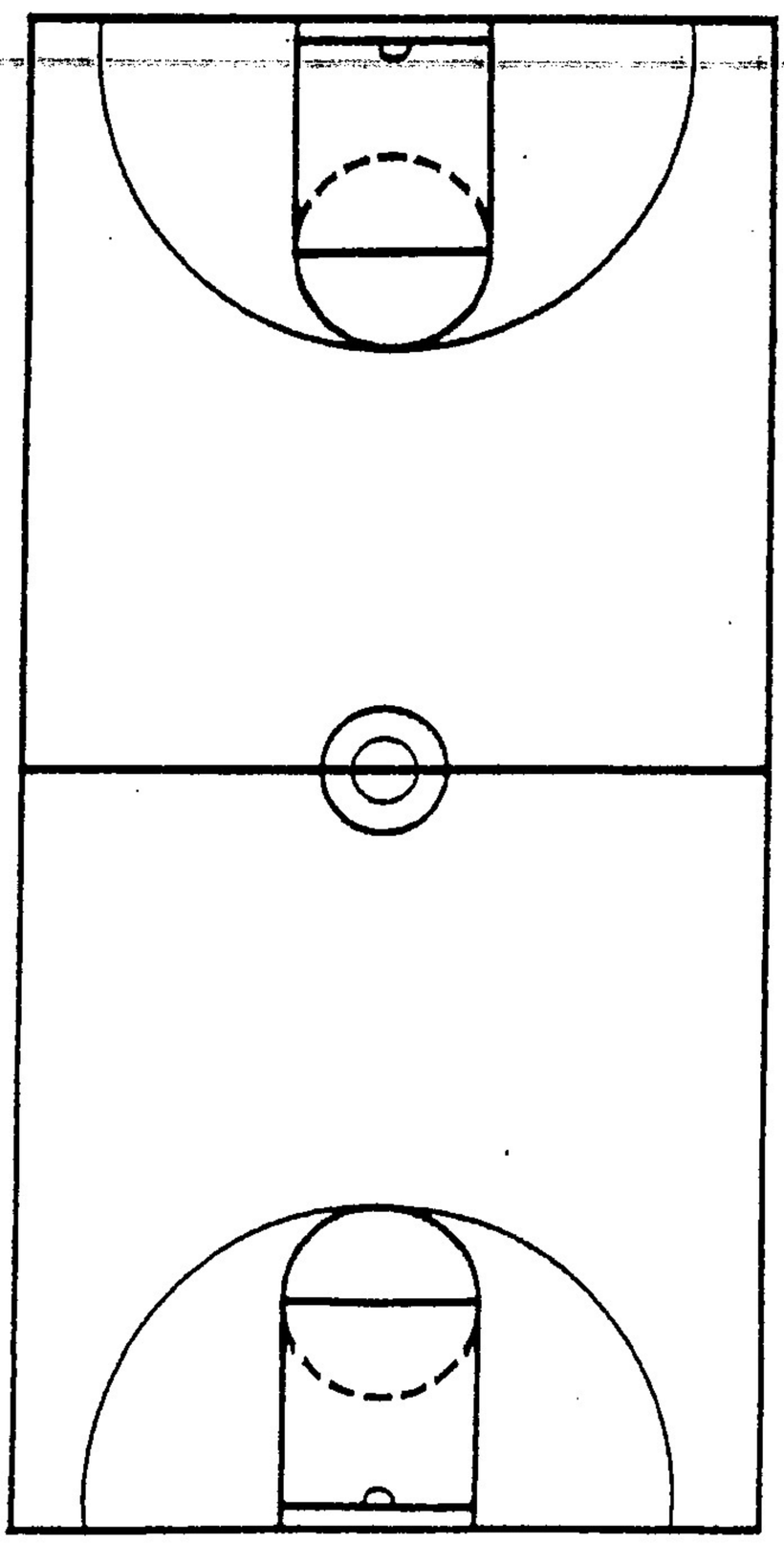

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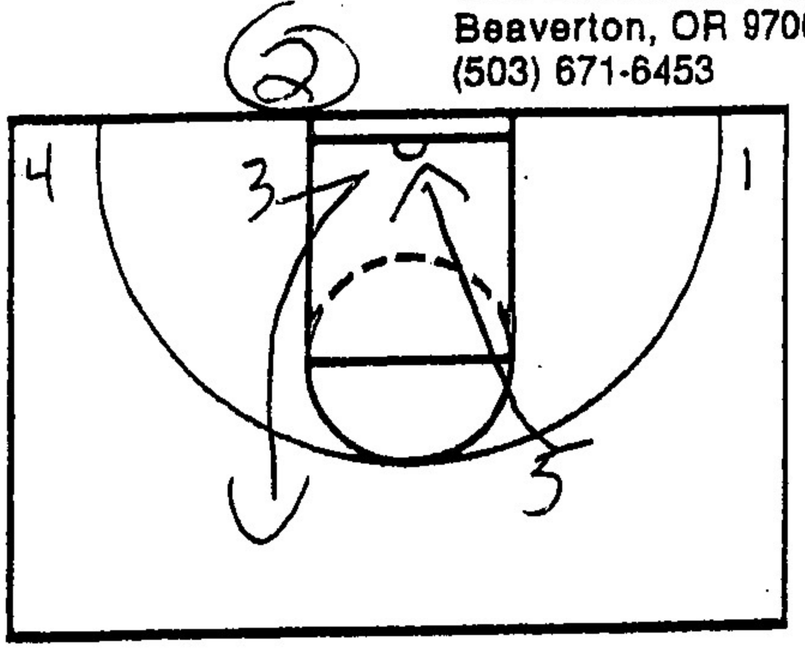
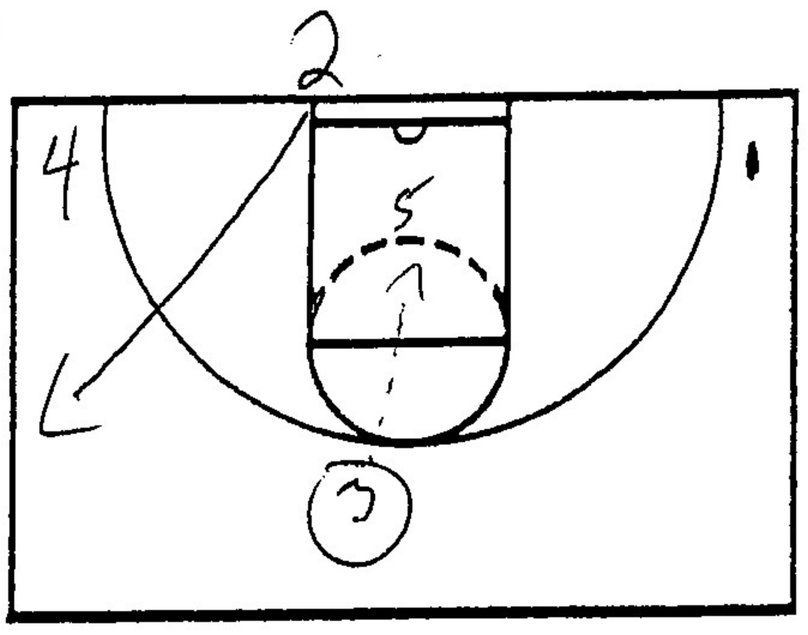
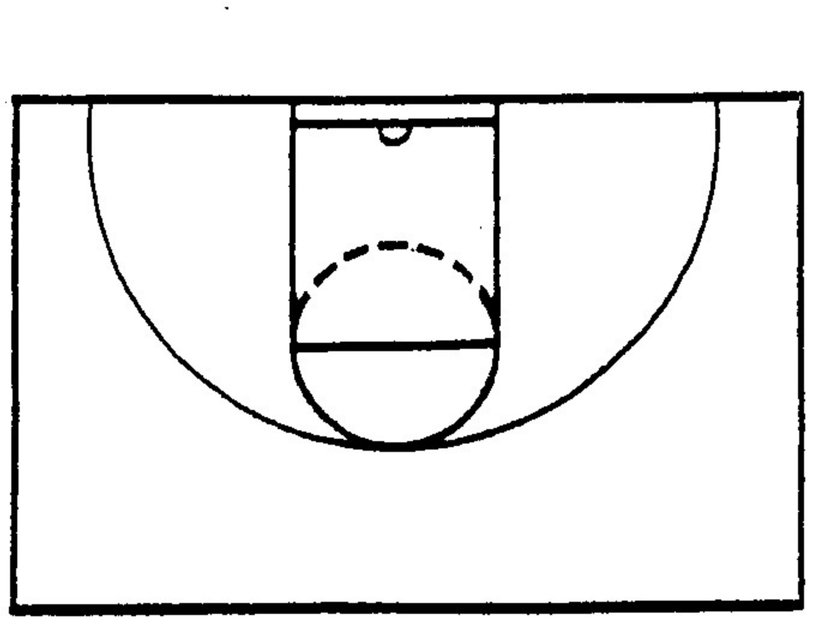
"35 GUT"

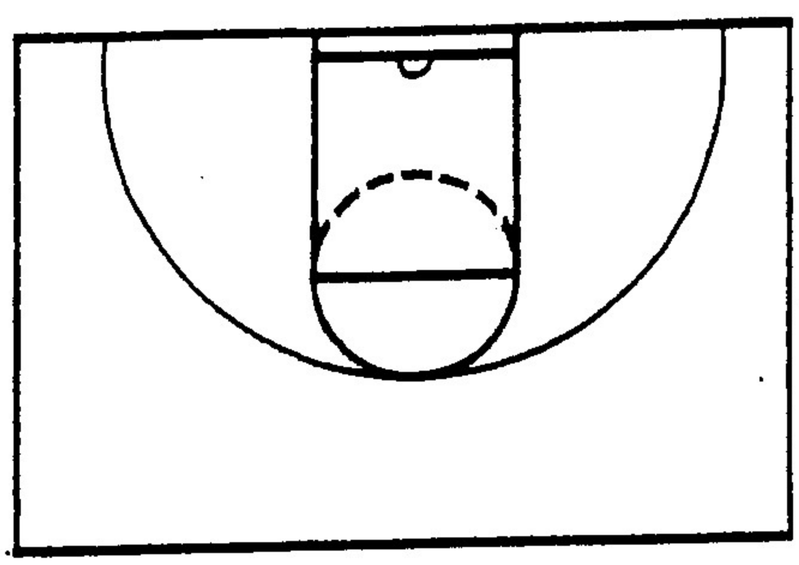


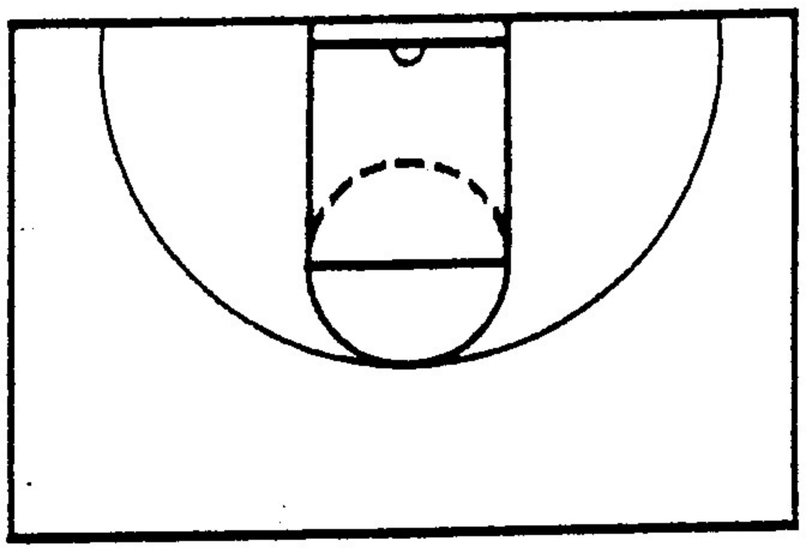


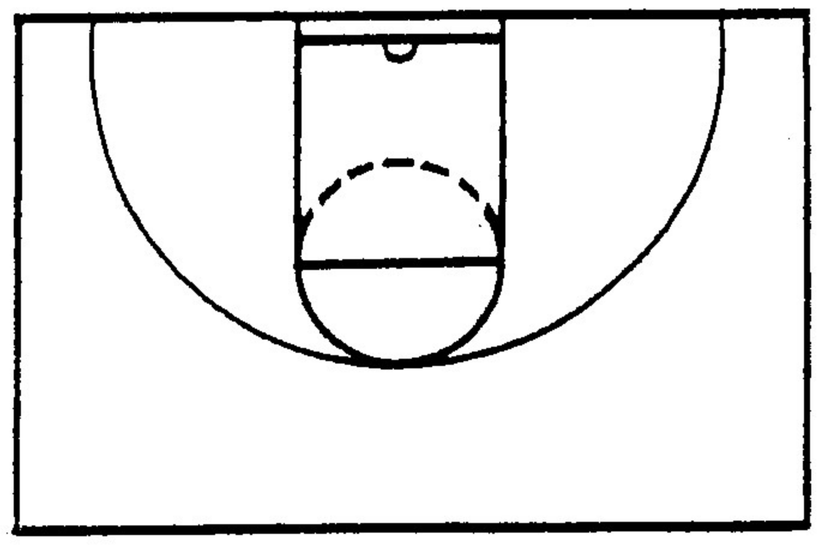


NOTES

5 SCREENS HARD, SEALS STRONG







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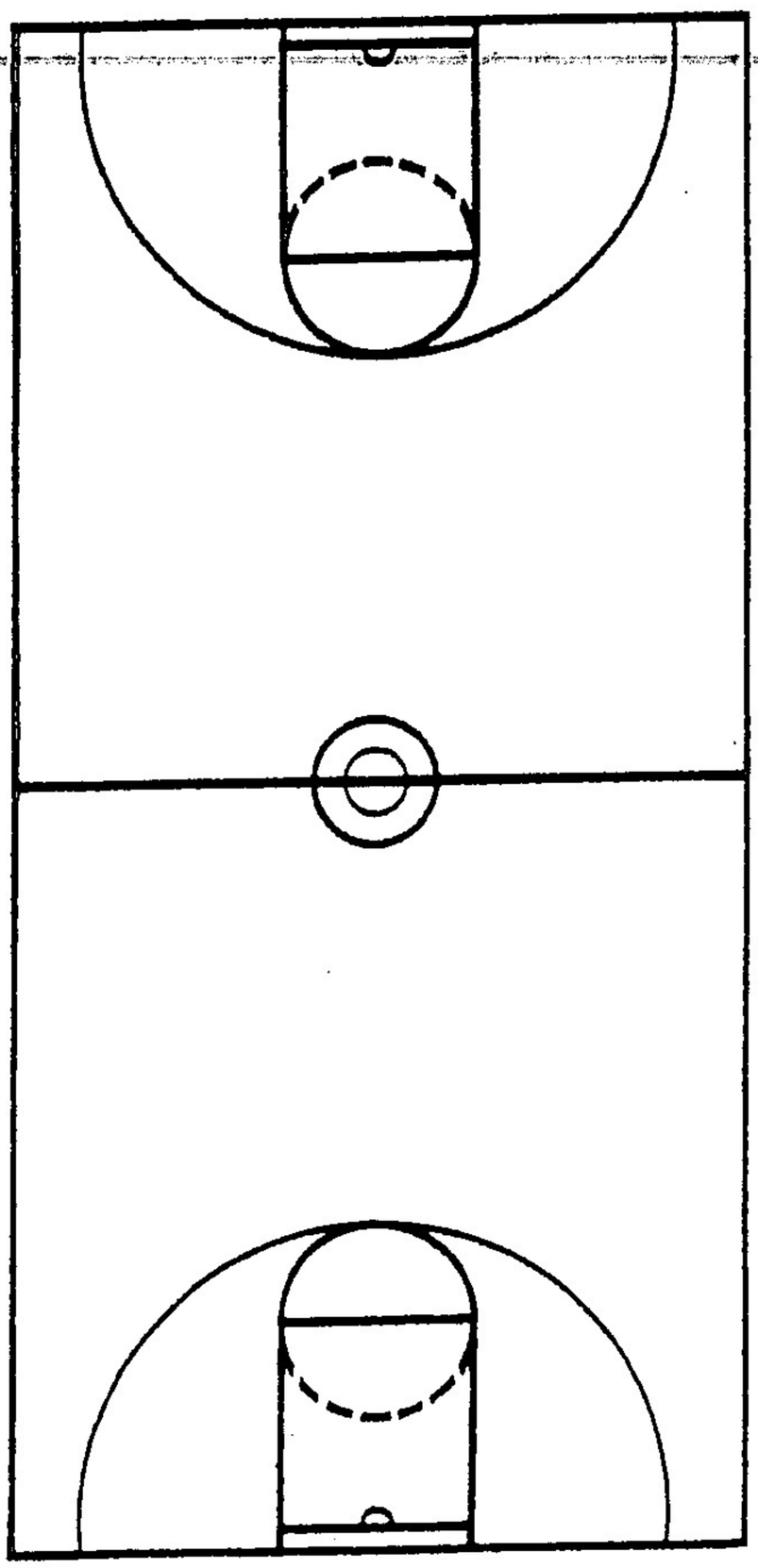

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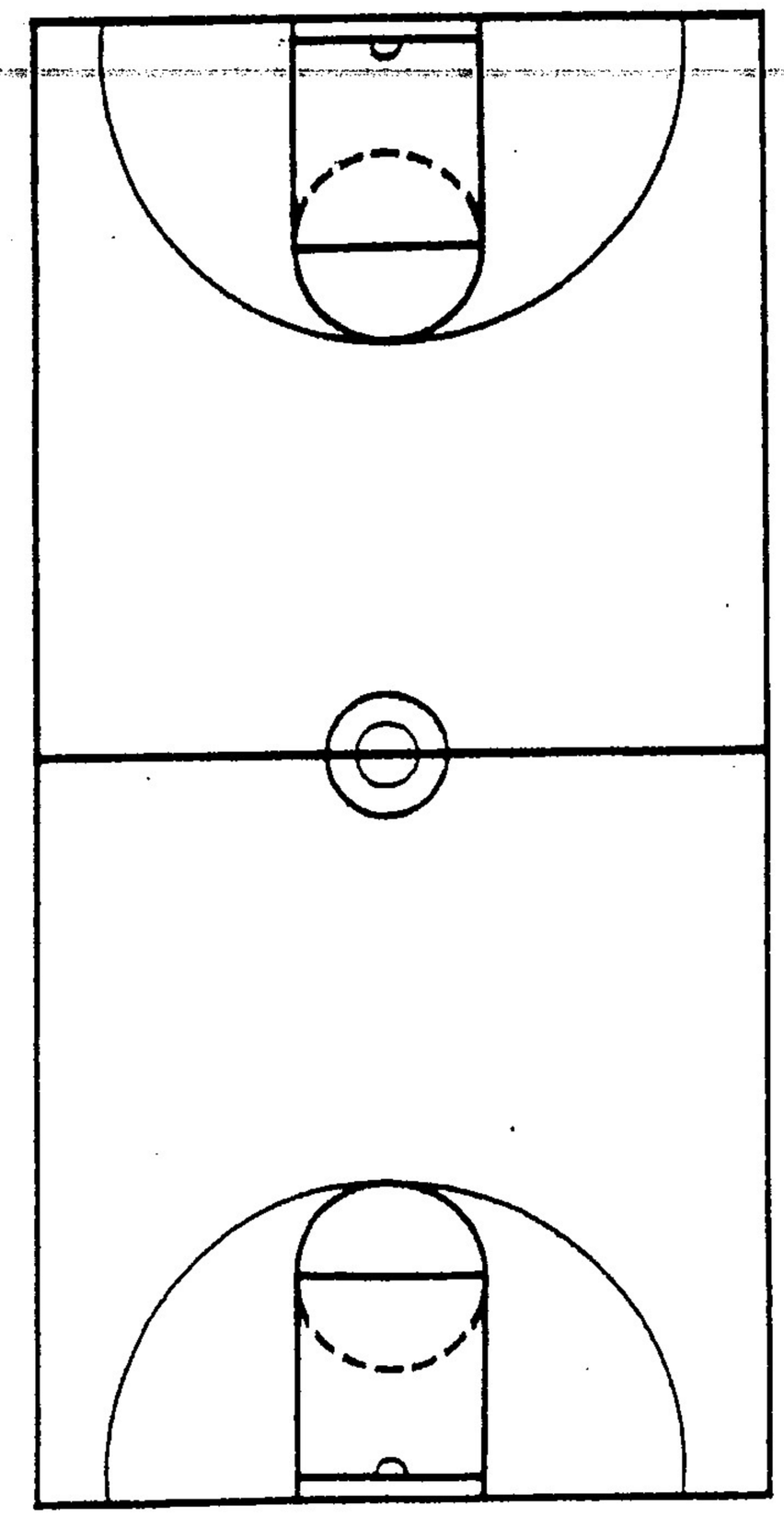

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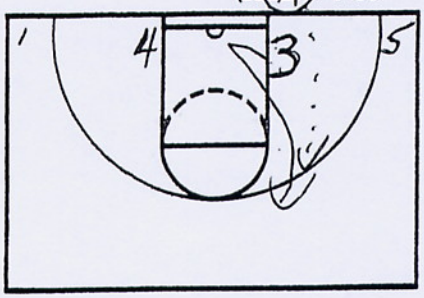
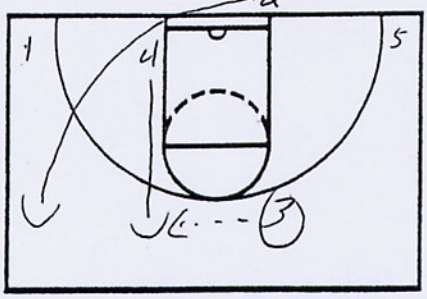
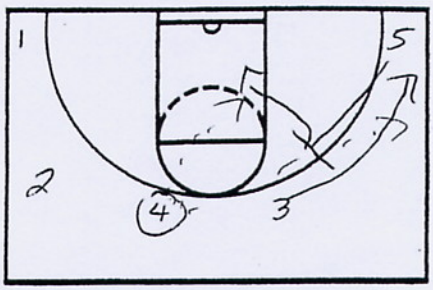
"34 WEAK"



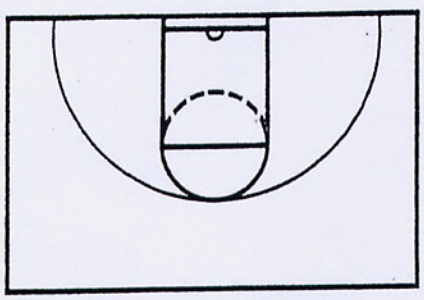
NOTES
2 PASSES TO 3



4 POPS, 3 REVERSES TO 4, 2 STEPS INTO WEAKSIDE WING AREA.



5 SETS FLARE SCREEN FOR 3, THEN ROLLS TO LANE 4 CAN PASS TO EITHER



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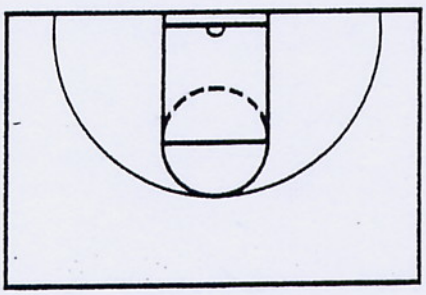

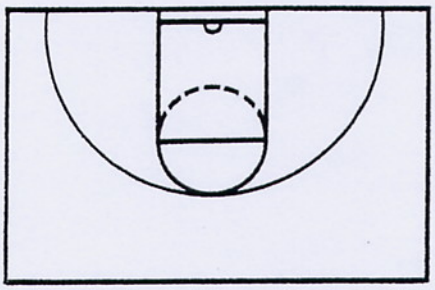

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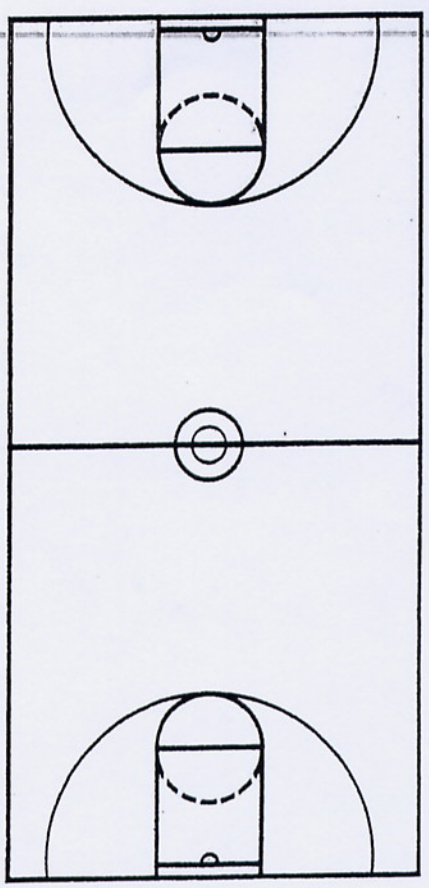

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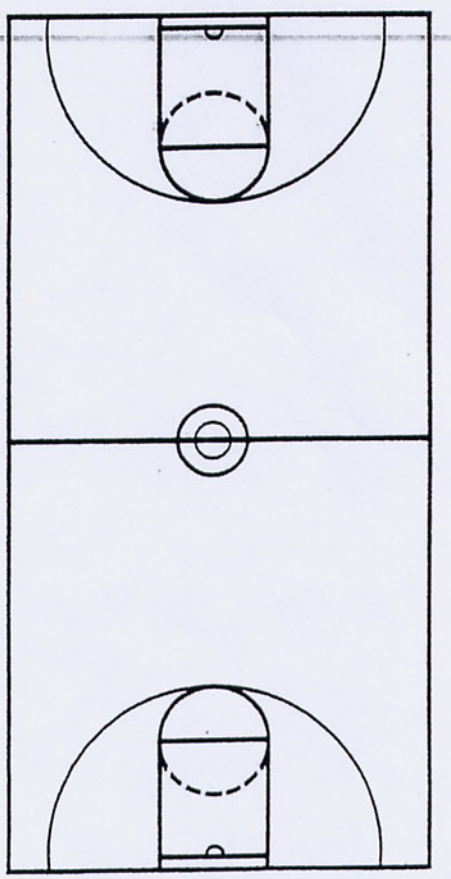

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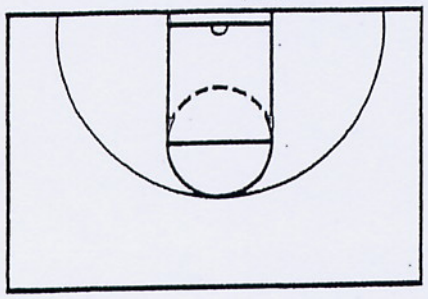
"43 OPPOSITE"



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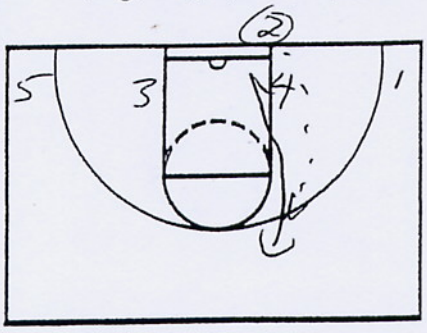
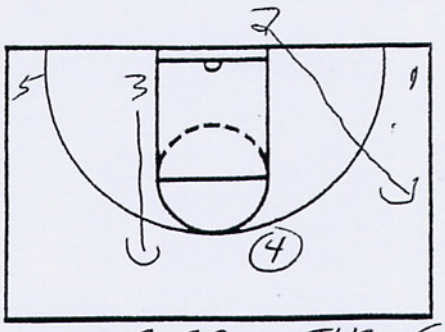
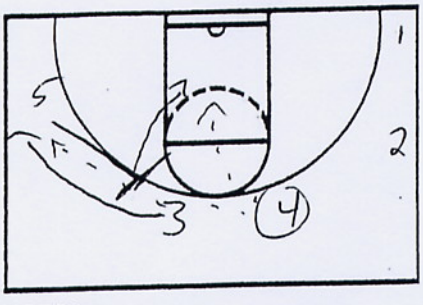
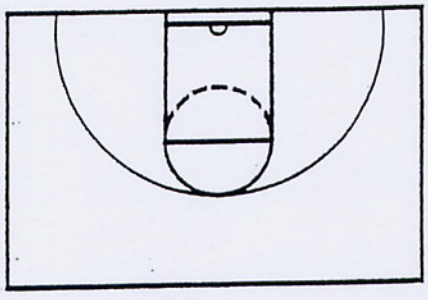


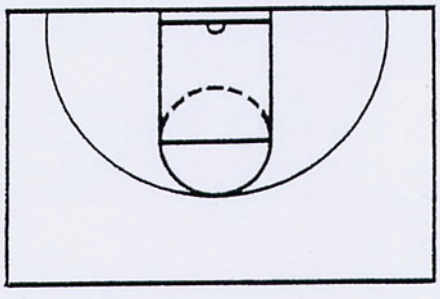
2 PASSES TO 4



3 PUBS, THEN GET BACKSCREEN FROM 5



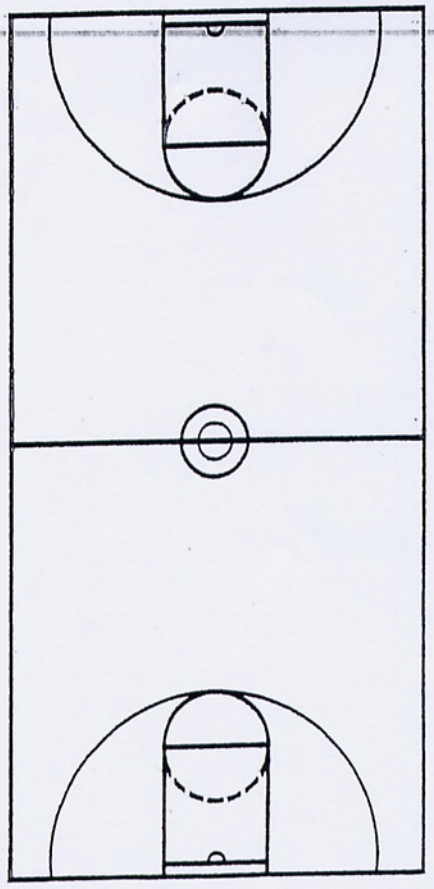




NOTES

4 CAN LOOK FOR 3 ON FLARE OR 5 ROLLING

JUST DO IT



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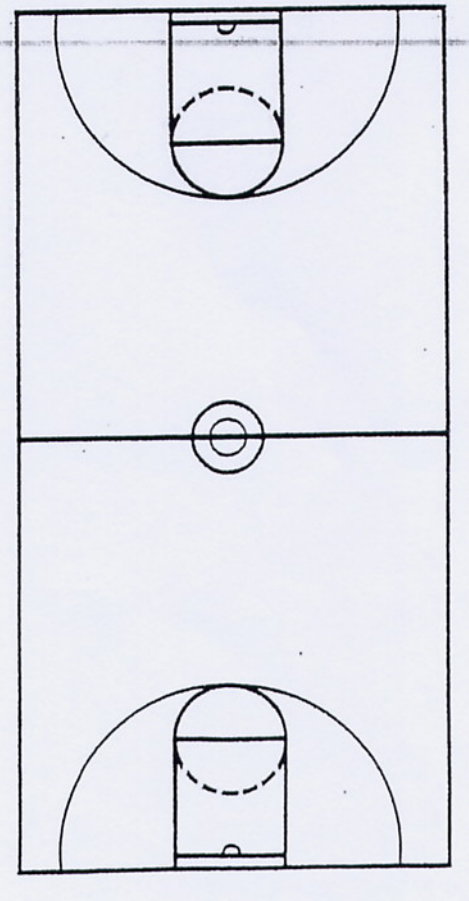

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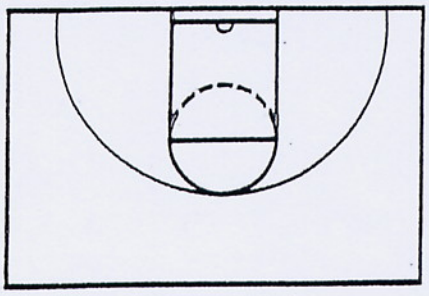
24 DOUBLE - DOUBLE OPPOSITE



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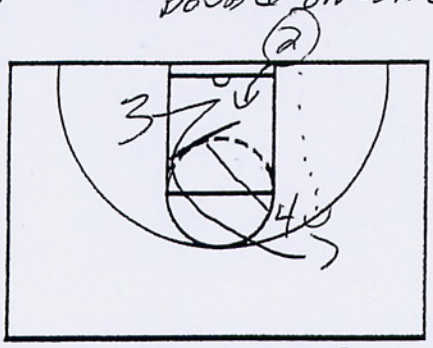
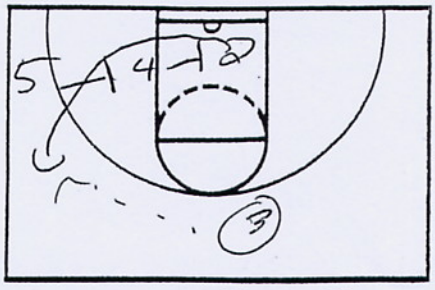
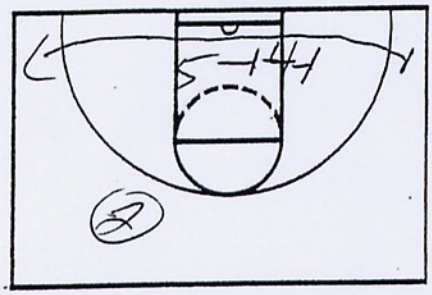
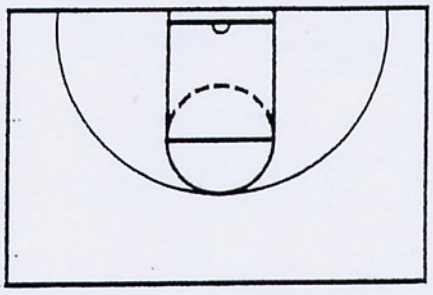


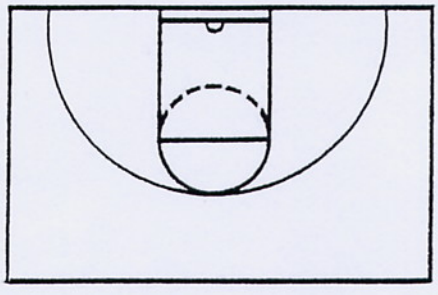
4 DOWNSCREENS 3, 3 POPS TO LATCH AREA 2 STEPS IN LANE



4 AND 5 SET STAGGERED DOUBLE FOR 2, 3 REVERSES TO 2



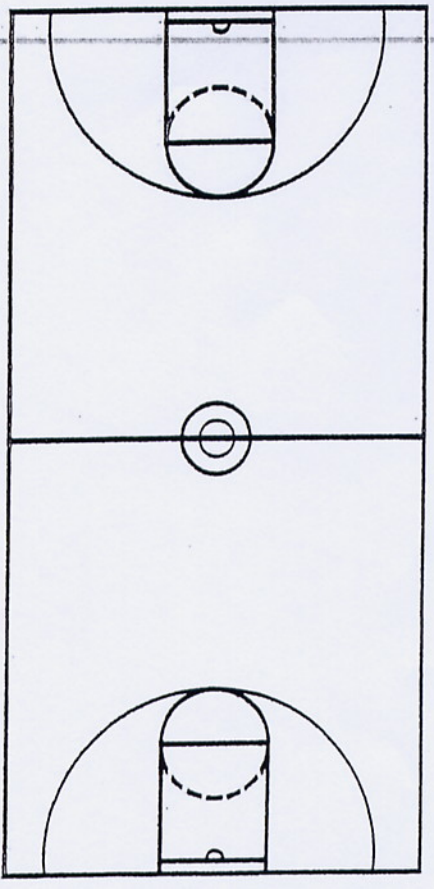




NOTES

THEN 1 COMES OFF 2ND DOUBLE STAGGER.

JUST DO IT



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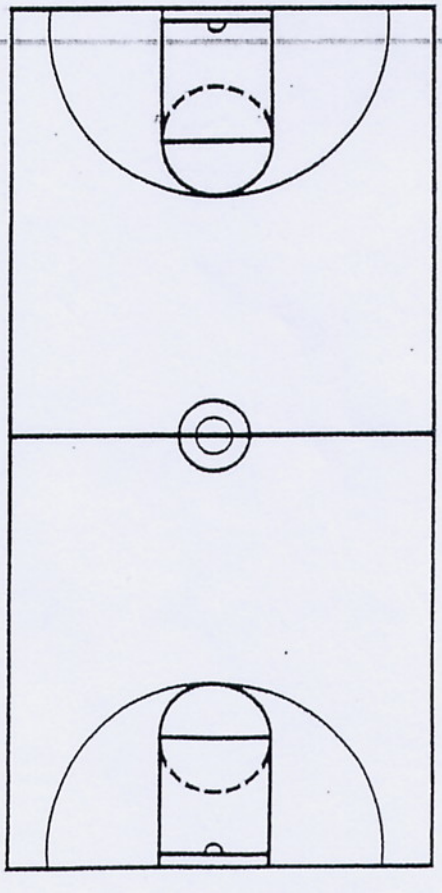


Oliver Purnell
Dayton University
Team Chemistry

Important elements in a successful basketball program: a system, players (recruited or developed), and chemistry.

All winning teams have good team chemistry.

Mental development is very important when rebuilding a program.

Team Chemistry: A group with a singlemindness of purpose, willing to give, shows respect, accepts responsibility, and has a work ethic.

Give to others; get twice back in return.

Show respect for role players, show respect on and off the court.

What you say and do effects the team.

Chemistry must be emphasized and implemented by the head coach on a daily basis.
- Use letters during the summer to emphasize team chemistry aspect.
- Get feedback from assistant coaches
- Everyone must be on the same page

How to Build Chemistry:
1. Communication
2. Atmosphere
3. Discipline
4. A sense of ownership
5. Positive reinforcement (Praise what you want repeated)

Nearly ¾ of players will not be happy/frustrated/jealous during the season
- Allow players to talk about their feelings
- No fear of reprisals

Coach Purnell refereed to his assistants as “Life Coaches”. Emphasizes total player development.

Individual Meetings with Players (20-30 min. Each)
- Make them talk to you
- Ask open ended questions
- Let them talk, give feedback
- Discuss leadership aspects with players

Activities off the court
- Community service
- Cook outs
- Fun stuff (paint ball, miniature golf, fishing, etc.)

Switch roommates on road trips

Discipline your best players

Give yourself some flexibility with team rules/guidelines

Players must sense you are fair with them

Give them as much ownership as possible

Discuss contributions of role players, good defensive play, as much as possible with team, media, others.

Maintaining Team Chemistry
1. Chemistry is fragile
2. Don't allow over exposure to teammates/coaches. Give them some time off
3. Chemistry is more important than winning or losing
4. Chemistry will keep you together until you are ready to win
5. Chemistry is different at certain points in the season

Early part of season: Create positive competition, make each other better.
Mid Season: Dealing with playing time/expectations
Late Season: Dealing with record/results
- Finish strong as a team/individually

Dealing with outside influences
- You cannot attack a powerbase and expect to win. (Example: Players parents)
- Must keep things within the program.

How do you deal with race issues?
1. Let players know your heart
2. Don't let race be an excuse

Rick Boyages
William and Mary
Zone Offense

Attack the short corner area against all zones
- Has attack for odd front and even front defenses

Wings get into gaps of zone

Biggest emphasis: Get the back man in the zone up. This opens up the short corner area. If the back man does not come up with the ball on the wing, reverse it.

Attack the front of the zone with an attack dribble

Short Corner Rules
1. Get back to baseline
2. Opposite wing drifts into corner when ball is passed to short corner

Use fakes. The shot/pass fake is just as effective as penetration dribble.

Use shallow cuts to move the top of the zone.

Uses a 1-2-2 or 1-3-1 against even front zone
- Ball side post steps to short corner if back man comes up
- Weakside post flashes to mid post on ball side

Rick Boyages
Special Situations

Must practice everyday for 10-15 minutes.

Emphasize boxing out, no second shots in last second situations

Full court, 3 seconds of less, set up play to get forward momentum, not coming back to the ball in order to receive it.

Do you work on denying best free throw shooter?

Do you work on denying all passes?

Always ask if you can run the baseline. Do not assume.

Do you have a philosophy regarding special situations?

- Down 3, when do you take the 3? If under 10 seconds, you must take it. More than 10 seconds, drive it to the basket and score, then get into press. Can take a 3 if you are wide open.
- Up by 3, do you foul? If it less than 6 seconds, foul by going for the ball. If more than 6 seconds, no foul.
- Tied. Do you foul to get the last shot?

Likes to trap during last seconds of shot clock, quarter, or half.

Pete Gillen rule: Use all your time outs during a game.

Use time outs to stop clock first, then use fouls to stop clock.

When fouling late: Do not trap or get beat deep. Go after the ball hard. Teach your players how to foul.

Paul Hewitt
Georgia Tech
Secondary Fast Break

Advance the ball with a purpose
1. Pitch ahead
2. Push the ball to the elbows
3. Cross the court with the ball

Run the floor hard, not fast
1. Run wide
2. Cut to rim at free throw line extended

Post players compete for the box area. First one down gets it

Outrun your opponent.

Post runs to elbow then dives under the rim and post up. Let defense push you to box area

Works 30 minutes a day on shooting, always after a tough drill to emphasize shooting when fatigued.

Good Shot
- Lay-up
- Shot off dribble against 1 defender
- Post up
- Open 3

Poor Shot
- Contested shot with no rebounders
- Lay-up against 2 defenders
- Contested shot, no one running the floor

Coach Hewitt emphasis: If you outrun your opponent down, you deserve to take the shot.

Pass triggers action off secondary.

Dribble keys backdoor cuts

Paul Hewitt
Motion Offense

Why Motion?
1. Teach players how to play the game
2. Hard to scout
3. Able to reverse the ball

Disadvantages
1. Lose some control of who shoots
2. Rebounding goes down

Actions off pass
1. Cut to basket
2. Inside cut behind post, not in front of post
3. Replace
4. Screen away
5. Screen on ball (does not use early in season)

Man below you: Screen down
Man above you: Back screen

Read the defender closing out on you
1. Slow- shoot it if in range
2. Fast- Drive it

All cuts finish at the rim, then space to the NBA 3 point arc

Uses the 3-point arc as guideline for spacing. When in doubt, get behind the arc.

Likes to post up guards when he can.

Coach Hewitt likes to designate shooters late in game. Teammates must screen and get them open for shots.

On post feeds, cutter goes above the elbow then down to the opposite post area.

Dr. Tom Davis
Former college coach
Pressure Defense/Match Up Zone Defense

Why Pressure Defense
1. Point guards hate it
2. Coaches hate it
3. Control tempo (Speed up or slow down)

Rules
1. No fouls
2. Let them give you the ball, Do not steal the ball
3. Contain the ball
4. Intercept the ball
5. Trap with the body, do not reach in

The better you are, the closer you can get on the ball when guarding it.

Defenders off the ball should be at 45-degree angles from the ball.

If you cannot contain, you cannot trap.

In full court pressure, defender on inbounder must get head on ball with hands up.

Full court defense will speed up tempo
¾ court defense, ½ court trapping will slow teams down

In full court pressure, retreat, then find man in your area and deny the pass in.

Can use full court pressure concept on sidelines, under basket on out of bounds plays, and off missed free throws. Need to practice these situations.

Coach Davis used Box-1/Triangle-2 late in season, also used at full court with his presses by denying certain players (Example: Cleaves at Michigan State)

Chart your presses to see how effective they are.

Why use Match Up Zone?
1. Zone offense not that good
2. Protect players in foul trouble

Weak side guards cover all skip passes.

Can run Box-1/Triangle-2 off match up.

Herb Magee
Philadelphia University
Shooting Techniques

Biggest thing in shooting is mentality of shooter

You must work on improving

Ask yourself why you are missing the shot? If you do not know, you could be making your technique worse.

Coach Magee checks shooting form each day in practice in warm up drills.

Breakdown shooting into 4 areas
1. Shooting hand
2. Guide hand
3. Legs
4. Target

Shooting Hand
- Hand on ball, not palm
- Space between ball and palm
- Slap hand on ball to get hand placement
- Thumb should be extended, comes in when ball is released
- Ball comes off index, middle finger last
- Keep arm at an L form, not a V form
- Elbow under ball
- If you can see your pinkie on shooting hand, your elbow is not in

Guide Hand
- Guide hand causes more missed shots
- Shoot ball through guide hand
- Should only see thumb and index finger on guide hand
- Keep elbows close to body

Legs
- Get under the ball, knees bent
- Shoulders go forward, finish on toes
- Power comes from legs

Target
- Front of rim
- Hook index and middle finger of shooting hand on front of rim when releasing the ball
- Snap wrist, hold follow through

Believes knockout is worse game to play at camp, teaches poor shooting skills. Better to shoot with partner

Missing to the front: Not following through, not using legs or both
Missing to the back: Pulling back on shot
Missing to left/right: Finishing with hand in the middle of the rim, not to the side

Has video “Nothing But Net” for sale on shooting techniques. Has worked with pro players on shooting.

Jerry Green
Former Coach- University of Tennessee
Offensive Basketball Ideas

Trends in SEC
1. Post defense played different ways
2. Middle ball screens played differently

Post Defense
- Trap with other post player on catch
- Try to recover to own man
- Defender on post feeder can dive down, go half way, or stay with good shooter.

Middle Ball Screen
- Switch it
- Trap it
- Squeeze up on screener to prevent roll/pop out

Switch on all screens if clock is down

Eddie Fogler will go zone if he is in a man to man and will go man to man from a zone during last 10 seconds of shot clock.

Scramble Defense Guidelines
1. Sprint to the lane
2. Stop the ball with the closest man
3. Force a retreat pass or dribble away from the goal
4. Do not switch back immediately

Outrun your man and the ball on offense

Do not shoot over a hand when you have an advantage on the break

Likes to back screen the screener against teams that show hard on middle ball screen.

Guards should not shoot over 60% of shots unless your post players are poor.

Breakdown offense was 4 out passing game.
Pass across: Screen down
Pass Down: Screen across
Post man back screens then follows ball when ball is reversed

Passing Game Rules
1. Make first open pass
2. Backdoor all overplays
3. Reverse it

4. Give the defense a chance to make a mistake
5. Backscreen the passer

Also ran shuffle offense.

Oliver Purnell
Fast Break

Selling the Fast Break
1. Must have a philosophy on fast break
2. Believe in it
3. Sell it to your players

Use of Fast break
1. Extension of defense
2. Early offense
3. Press Offense
4. Delay game (Sonny Allen: Run when ahead, teams fouling/trapping will give up open lay-ups if you get the ball up the floor)

Attacks up the sideline vs. pressure
1. Look sideline
2. Look middle
3. Reverse to trailer

On any catch on the sideline against press, look middle.
On any catch in the middle, look opposite sideline.

Runs numbered fast break after made baskets and runs 3 lane break on missed shots.

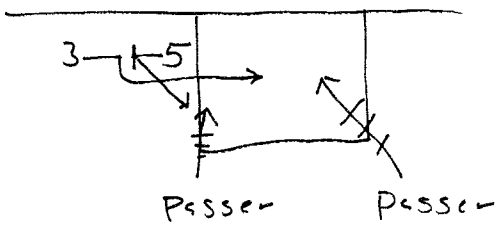
Will change is secondary action off made free throws

Mark Few - Flex for Success

2 on 0 Flex Basics

Drill 1 - Flex cut on the baseline

- Screener steps back to the ball.

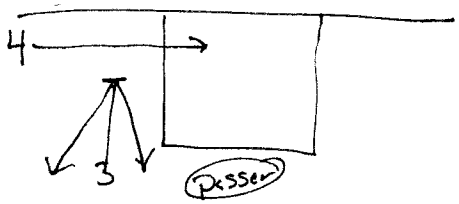


"3 man must Drive the defender to the baseline so he can cut over the top."

All Drills use complementary motion (Inside - out motion)

2 on 0 Breakdowns

- Every screen has an inside cut and an outside cut.



Backcut with "4"
Pop with "3"

1st option off Down Screen - Backcut/Pop

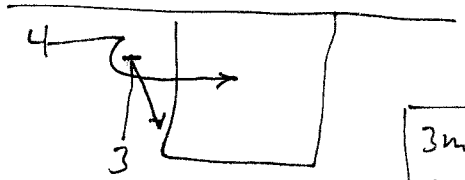
2nd option - Defender goes over the top and trails on the screen

Basketcut - inside hand up

outside cut - outside hand up

call who we are screening for!!

2nd option

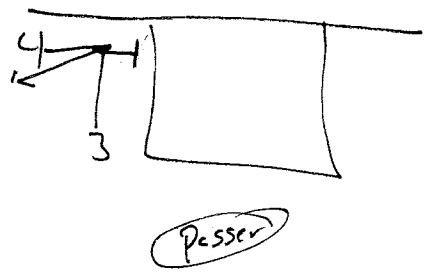


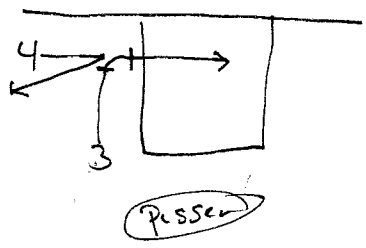
3 man should be open a lot!!

Mark Few – Flex for Success

Zone Breakdowns

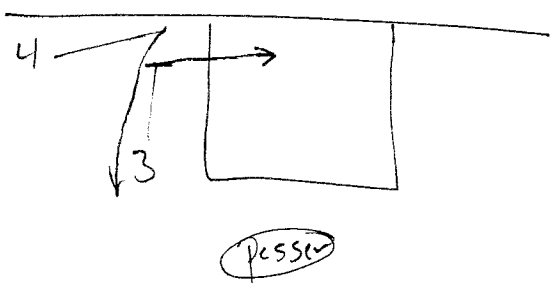
3rd option – Defender plays to the inside.





4 pops out
3 slips to the basket.

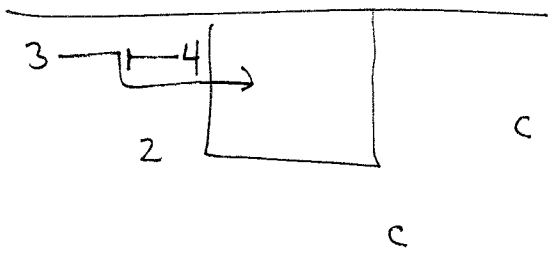
4th option – Defender plays straight up
– pop out, then a slip by screener



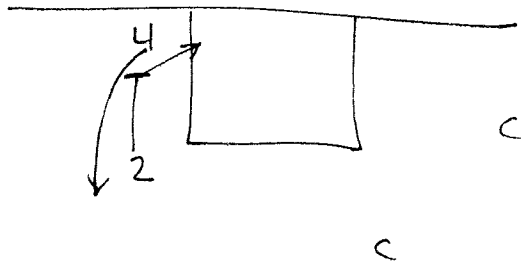
"They can only guard a down screen one way, we make them pay for it. We always have inside cut / outside cut for each screen."

Mark Few – Flex for Success

Flex Breakdowns



Coaches can throw to the cutter or screener and to the player popping out on the baseline.



"Always throw to man that pops off the baseline in this Drill"

"Feet to get open / Hands to communicate screens"

"Have 4 men to step out for Flex screen, it creates better spacing"

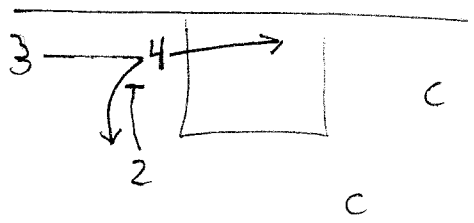
Game time adjustments for Down Screen

(1) Curl – Inside hand.
(2) Pop out – outside hand
(3) Flare – outside hand
(4) Backcut – Inside hand

"Now have the players call out options and make sure they communicate with their hands."

Mark Few – Flex for Success

5th option – Touch and go

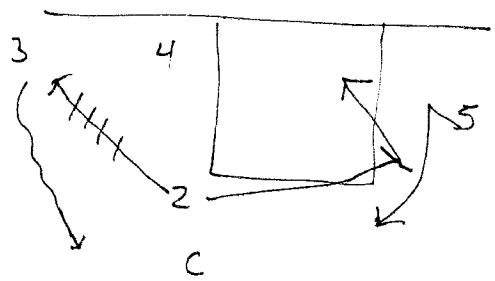


"If is designed to confuse X4 if he cheats inside for flex screen"

"If they jump to the inside of the screen – Automatic Read"

"3 man touches 4 in the chest and it signals touch and go."

6th option – Throw corner



Coaches always hit the pop out guy.

"3 man dribbles out look at the post then slip on screen."

Throw to corner because!

(1) You can't throw Guard to Guard pass on top

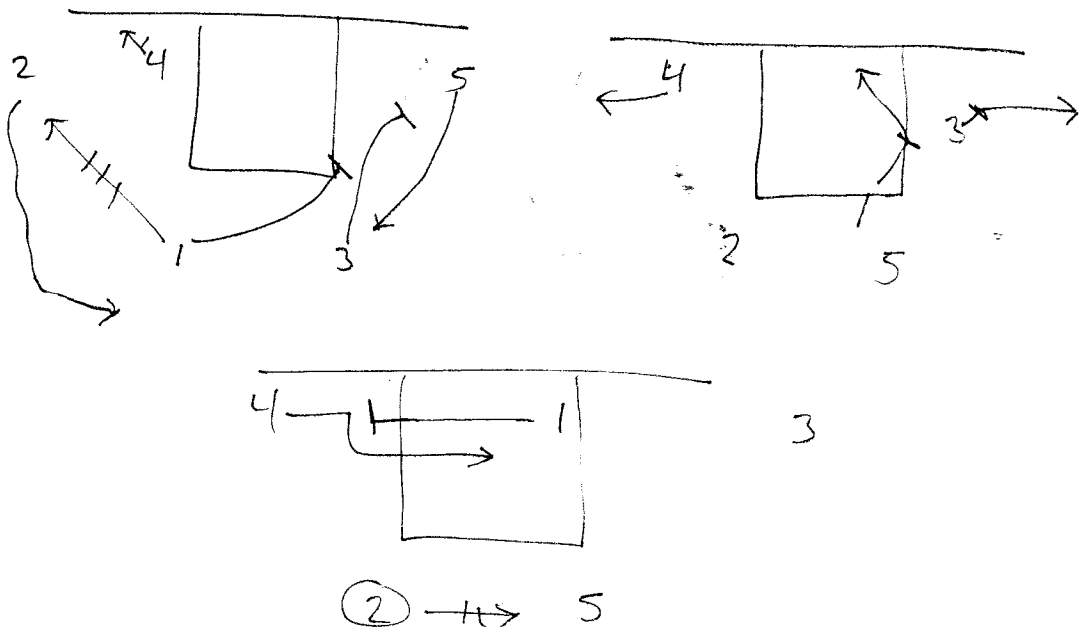
(2) You want to isolate your post when they play on the high side.

(3) Your opponent likes to switch screens. Look for Slip guy after the Down screen.

Mark Few – Flex for Success

5 on 0 Flex – (1) Swing 5 or 6 times
(2) call ball for shot

What throwing corner looks like with 5 men.



Things to remember

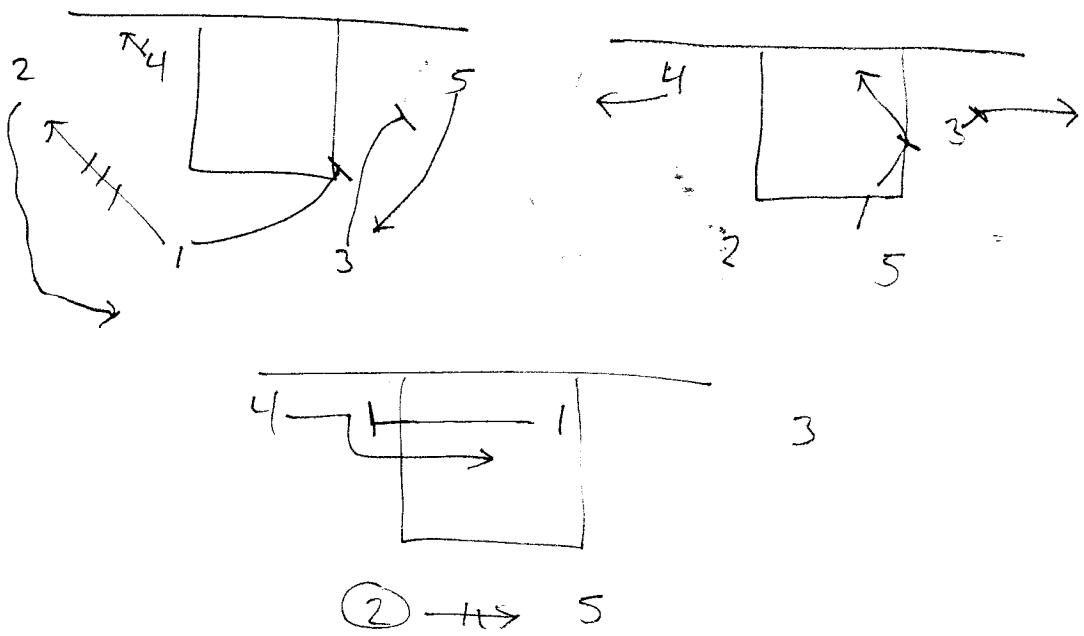
(1) Catch the ball as a shooter (both feet on the ground, ready to shoot)

Permanent post – Touch and go, Throw corner
"options"

Mark Few – Flex for Success

5 on 0 Flex – (1) Swing 5 or 6 times
(2) call ball for shot

What throwing corner looks like with 5 men.



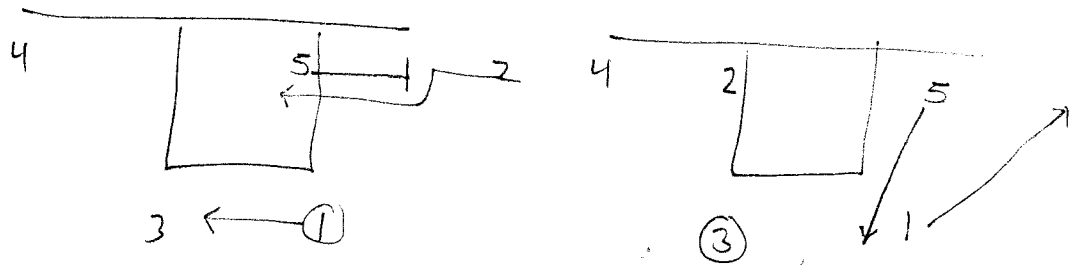
Things to remember

(1) Catch the ball as a shooter (both feet on the ground, ready to shoot)

Permanent post – Touch and go, Throw corner
"options"

Mark Few - Flex for Success

When team "switch" — Run opp cutty scne.



"It bothers the switchy because there is no switch"

"Can use Backcuts on any overplays"

Keys to Flex offense

(1) use your feet to get open.

(2) Come off screens shoulder to shoulder.

(3) Communicate with your hands.

Basic Post Position:

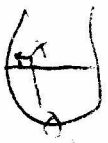
- above the block
- Get low, establish contact, play big up to plow arms wide)
- Give a target
- catch w/ 2 hands (long arms)
- stay on balance (catch & chin)

Moves - low O

- jump hook
- drop step (crab dribble or power dribble)
- up & under (both ways)
- Face up (from short corner) (use shot step)

low w/ a defender ** (Good for working on sealing w/ screaker).

- driving defender low (get low & use power)
- seal more
- spin more - seal him & then spin to get open.



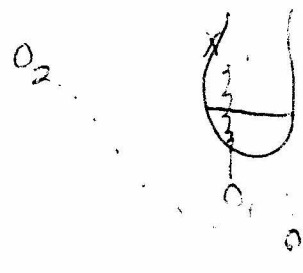
O has to come make contact w/ X & drive him low post.

** "Take what the defense gives you & hold it."

(i.e. If defense wants to play us on the high side we must keep him there

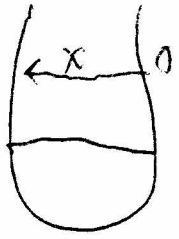
~~[illegible]~~

Hi-low drill



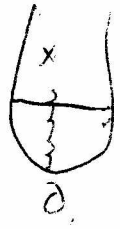
O, runs do
seals off.
So we reve
Seals duck

1 on 1 coming across the lane vs live def.
Offense is trying to get open & taking what def. gives. Can use swim move lane. Competitive. (Make it take it to S) Def. is walking on backing guy coming across.



1 on 1 coming across lane vs live def from shot corner (face up)

1 on 1 coming down in transition (live def)
(use swim move, spin, drive low)



Finishing under pressure (w/ contact)



def. applies some pr
small push.

#2 Can then back off throw it
back board, go get it, chin
back up while being fouled

Shooting: from short corner & high post spots.
(catch w/ feet in air.
- 3 set shot from trailer (out of boundary)

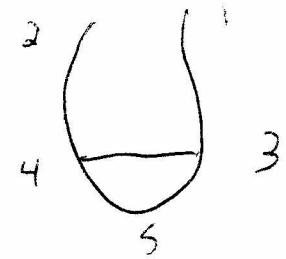
From the high post, shot fake, I dribble to basket, then crossover, off of secondary. (Trailer)

End of Post Workout

Ball Handling - individual ball handling
- inside out (must make good fake)
- crossover (fake other way)
- hesitation

Warmup progression
- one hand shooting in close
- footwork (still in close) throw the ball out & catch it w/ 2 air getting square. (shoot from all sides of goal).
- shooting off one dribble after fake. (stay low) in close
- shooting off of popouts. (catching it w/ 2 feet in air)
  - now w/ 1 bounce.
- shooting off of chair screen.
  (must catch the ball w/ wt coming forward)
  - now off of 1 dribble.
- shooting off of curl.
- Zone shooting - catching the ball w/ feet & hands ready (shooting from corner swing) top of key.

- star shooting



~~footwork~~

Jab series attack his front foot.

- shoulder low & past def.

1st jab & go

2nd crossover

3rd rocked step

4th sock step & go (shot fake & drive)

Must drive your shoulder down & get it past def.

ting Drill: 2on0: screening: I man going toward basket & on away.

down screen

curl & pop

flare screen

2 balls, ball sh

Jab Series - attack his front foot.

Shoulders low & past defender.

Must drive your shoulder down & get it past the defens.

1st Jab & Go

2nd Cross Over

3rd Rocker Step

4th Rocker step & go (Shot fake & drive)

Shooting Drill: 2 on 0 screening:

1 man going toward the basket done away

2 balls, both shooting.

- Cut & pop
- flare screen



ALABAMA CRIMSON TIDE BASKETBALL

Head Coach Mark Gottfried

NCAA Tournament		NIT Appearances	SEC Regular Champions	SEC Tournament Champions
1975	1987	1973	1934	1934
1976	1989	1977	1956	1982
1982	1990	1979	1974	1987
1983	1991	1980	1975	1989
1984	1992	1981	1976	1990
1985	1994	1993	1987	1991
1986	1995	1996		
		1999		

Coach, **April 20, 2000**

Here are some things to think about in the off-season. We give this information to our guys before we start official practice at our first official team meeting of the year. It is good for our guys to understand what we expect of them, as we get ready to hit the floor.

Once our new guys arrive on campus Coach Gottfried has them out to his house for dinner. Coach will then meet with them to stress what it is means to be a member of our program: time management, study skills, goal setting, dealing with the media, the demands of their time, etc.

Hope these things help you and your program. Have a great summer!

Tom Kelsey
Assistant Basketball Coach

The University of Alabama Men's Basketball • P.O. Box 870393 • Tuscaloosa, AL 35487
Phone 1-800-466-7701 or 205-348-4551 Fax: 205-348-7417

ALABAMA CRIMSON TIDE BASKETBALL

NCAA Tournament
1975 1987
1976 1989
1982 1990
1983 1991
1984 1992
1985 1994
1986 1995

NIT Appearances
1973
1977
1979
1980
1981
1993
1996

Head Coach Mark Gottfried

SEC Regular Champions
1934
1956
1974
1975
1976
1987

SEC Tournament Champions
1934
1982
1987
1989
1990
1991

1999-2000 ALABAMA CRIMSON TIDE

I. INTRODUCTIONS

A. STAFF

- MARK GOTTFRIED — HEAD COACH
- TOM KELSEY — ASSISTANT COACH
- ROBERT SCOTT — ASSISTANT COACH
- PHILIP PEARSON — ASSISTANT COACH
- DARRON BOATRIGHT — DIRECTOR OF BASKETBALL OPERATIONS
- JOHN MORR — TRAINER

II. YOUR EDUCATION

A. YOU ARE AT ALABAMA FOR AN EDUCATION!

- IF YOU WANT A DEGREE – ACT LIKE IT!
- DO NOT CUT CLASS – CLASSES WILL BE CHECKED
- BE ON TIME
- CARRY BOOKS, PENCIL, AND PAPER TO CLASS
- TAKE GOOD NOTES
- ACT LIKE A GOOD STUDENT
- HAVE REGULAR STUDY HOURS
- DO NOT FALL BEHIND
- GET YOUR WORK DONE ON TIME
- MEET YOUR PROFESSORS
- DO NOT EXPECT FAVORS
- DO YOUR PART
- WORK FOR HIGH GRADES, DON'T BE SATISFIED WITH A "C"
- NO "DROP" OR "ADDS"
  WITHOUT TALKING TO COACH PEARSON NO EXCEPTIONS!!

III. TWO RULES OF THE TEAM

- DON'T EMBARRASS THE UNIVERSITY ON, OR OFF THE FLOOR!
- BE ON TIME, WHEN TIME IS INVOLVED!

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Head Coach Mark Gottfried

IV. BUDGET TIME

A. PLAN AHEAD
- MAKE AN EFFORT TO BUDGET MONEY, EATING, SLEEPING,
- STUDY TIME, PLAY, AND TIME TO SOCIALIZE.

V. STUDY HALL

A. REQUIRED STUDY HALL
MONDAY, AUGUST 30 SM – WR 7:30 – 9:30 PM

VI. PHYSICALS

A. TEAM PHYSICALS
AUGUST 28TH 9:00 AM

VII. RECRUITING

A. ASSIST COACHING STAFF IN PRESENTING GOOD PICTURE FOR RECRUITS
- HELP BUILD YOUR TEAM

VIII. CONDITIONING PROGRAM

A. REQUIRED CONDITIONING HOURS
- STARTS ON TUESDAY, SEPTEMBER 7TH AT 3:30 PM

IX. FIRST DAY OF PRACTICE

A. SATURDAY, OCTOBER 16TH, 1999
- 7:00 AM – 8:30 AM
- 4:00 PM – 6:30 PM

X. HOW ARE YOU DOING?
- FIVE ANSWERS
GOOD, GREAT, FANTASTIC, SENSATIONAL, AND TERRIFIC!

XI. INTERVIEWS
- BE ON TIME
- NO INTERVIEWS WITHOUT BECKY HOPF'S PERMISSION
- SAY THANK YOU
- BE POSITIVE

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MY NAME IS COCAINE

Beware my friends, my name is COCAINE, COKE FOR SHORT, I entered
this country without a passport, Ever since then I've been hunted
and sought; By junkies and pushers and plain clothes dicks'
Mostly by users who need a quick fix.
I'm more valued than diamonds, more treasured than gold,
Use me just once and you too will be sold; I'll make a school boy forget his books,
I'll make a beauty queen neglect her looks, I'll take a renowned speaker and make him a
bore, I'll make a school teacher forget to teach, I'll make a preacher forget to preach.

All kinds of people have fallen under my wing, Just look around, you can see
the results of my sting; I've got daughters turning on their mothers,
I've got sisters stealing from their brothers, I've got burglars robbing the Lord's house,
I've got husbands pimping their spouse. I'm the King of crime and the Prince of destruction,
I'll cause your organs to malfunction; I'll cause your babies to be born hooked,
I'll turn the mot honest man into a crook; I'll make you rob, steal and kill,
When you are under my spell you have no will. Remember my friends, my name is Big "C",
try me once and I won't let you be; I've destroyed actors, politicians and sports heroes,
I've decreased bank funds from thousands to zero, I'm a tough habit, too tough for one man,
I've caused the law to invest in battering rams. Yeah, I'm raising hell all over the earth,
If you don't believe in me, just check the back of the hearse;
I've got them on the corners yelling "rock", Now shooting and killing
is common on the block.

Well, now you know, what will you do?
Remember my friends it's all up to you; If you decide to jump in my saddle,
You better ride me well, for on the white horse **I'LL RIDE YOU STRAIGHT TO HELL!**

A TRADITION OF CHAMPIONS

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Head Coach Mark Gottfried

The Art of Getting Along

SOONER OR LATER, A MAN, IF HE IS WISE, DISCOVERS THAT LIFE IS A MIXTURE OF GOOD DAYS AND BAD, VICTORY AND DEFEAT, GIVE AND TAKE. * HE LEARNS THAT IT DOESN'T PAY TO BE A TOO SENSITIVE SOUL; THAT HE SHOULD LET SOME THINGS GO OFF HIS HEAD LIKE WATER OFF A DUCK'S BACK. * HE LEARNS THAT HE WHO LOSES HIS TEMPER USUALLY LOSES OUT. * HE LEARNS THAT CARRYING A CHIP ON HIS SHOULDER IS THE EASIEST WAY TO GET INTO A FIGHT. * HE LEARNS THAT THE QUICKEST WAY TO BECOME UNPOPULAR IS TO CARRY TALES AND GOSSIP ABOUT OTHERS. * HE LEARNS THAT BUCK – PASSING ALWAYS TURNS OUT TO BE A BOOMERANG, AND THAT IT NEVER PAYS. * HE COMES TO REALIZE THAT THE BUSINESS COULD RUN ALONG PERFECTLY WELL WITHOUT HIM. * HE LEARNS THAT IT DOESN'T MATTER SO MUCH WHO GETS THE CREDIT SO LONG AS THE BUSINESS BENEFITS. * HE LEARNS EVERYONE IS HUMAN AND THAT IT DOES NO HARM TO SMILE AND SAY "GOOD MORNING," EVEN IF IT'S RAINING. * HE LEARNS THAT MOST OF THE OTHER FELLOWS ARE AS AMBITIOUS AS HE IS, THAT THEY HAVE BRAINS AS GOOD OR BETTER, AND THAT HARD WORK, NOT CLEVERNESS IS THE SECRET OF SUCCESS. * HE LEARNS THAT NO MAN EVER GOT TO FIRST BASE ALONE, AND THAT IT IS ONLY THROUGH COOPERATIVE EFFORT THAT WE MOVE ON TO BETTER THINGS. * HE LEARNS THAT BOSSES ARE NO MONSTERS, TRYING TO GET THE LAST OUNCE OF WORK OUT OF HIM FOR THE LEAST AMOUNT OF PAY, BUT THAT THEY ARE USUALLY PRETTY GOOD FELLOWS WHO HAVE SUCCEEDED THROUGH HARD WORK AND WHO WANT TO DO THE RIGHT THING. HE LEARNS THAT FOLKS ARE NOT ANY HARDER TO GET ALONG WITH IN ONE PLACE THAN ANOTHER, AND THAT THE "GETTING ALONG" DEPENDS ABOUT NINETY-EIGHT PERCENT ON HIS OWN BEHAVIOR.

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WE LIKE PLAYERS WHO:

HAVE GREAT ENTHUSIASM
HAVE SUPER PRIDE
ARE UNDYING WORKERS
CAN TAKE CARE OF BUSINESS LIKE A MAN

IT IS ALL IN ATTITUDE – THE TEAM COMES FIRST!
DON'T PLAY AROUND IN PRACTICE
THINK – CONCENTRATE ONLY ON THIS PRACTICE
IMPROVE YOURSELF DAILY
NO PROFANITY
PULL FOR EACH OTHER
WORK WITH A PLAYER WHO WORKS HARD
WORK WITH A PLAYER WHO WANTS YOU TO SUCCEED
CHEER FOR EACH OTHER
ACKNOWLEDGE A GOOD PASS

INDIVIDUAL ATTENTION:

NO TALKING – SHOOT 50 JUMPERS
WORK ON WEAKNESSES – SHOOT 20 FOULS
WORK ON STRENGTHS – WORK AS HARD WITHOUT THE BALL – AS YOU WOULD DO WITH THE BALL WORK TO GET IT

WORK AS HARD ON MONDAY ON DRILLS
AS YOU WORK THE DAY BEFORE A GAME

NEVER LOOK BACK AND SAY, "I WISH I WOULD HAVE WORKED HARDER"

SUCCESS COMES IN CANS – NOT IN CANNOTS
UNSELFISH TEAM WORK – WINS
MAKE THE EXTRA PASS

WE ARE A "WE" TEAM:

IT IS AMAZING WHAT CAN BE ACCOMPLISHED
WHEN NO ONE CARES ABOUT – WHO GETS THE CREDIT

A TRADITION OF CHAMPIONS

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Head Coach Mark Gottfried

"WE ARE A TEAM"

PASSING TO EACH OTHER

SHARING THE BALL

NOT CARING WHO IS THE LEADING SCORER

IT IS AMAZING WHAT CAN BE ACCOMPLISHED WHEN NO ONE CARES WHO GETS THE CREDIT

BEING TOGETHER

ACKNOWLEDGE A GOOD PASSER

DO WHAT IS BEST FOR THE TEAM

NCAA TOURNAMENT

ALL-AMERICAN

ALL-AREA

ALL-SEC

USA DEVELOPMENT

PAN AMERICAN WORLD GAMES

ALL STAR GAMES, ETC.

ARE YOU DEDICATED?

ARE YOU DEDICATED?
DO YOU GO TO CLASS?
ARE YOU GOOD IN SCHOOL?
ARE YOU GOOD IN CLASS?
DO YOU DO YOUR WORK?
ARE YOU GOOD AT HOME?
DO YOU DESERVE TO WIN?
DO YOU TRAIN?
DO YOU HUSTLE IN PRACTICE AND DRILLS?
DO YOU HAVE DESIRE?
DO YOU REALLY WANT TO WIN?
ARE YOU A GOOD PERSON?
ARE YOU A GENTLEMAN?
DO YOU BELIEVE THAT YOU ARE A GOOD BASKETBALL PLAYER?
DO YOU RESPECT YOUR SCHOOL?
DO YOU LOOK OUT FOR YOUR TEAM AND NOT YOUR SELF?
DOES IT MEAN ANYTHING TO YOU?
HAVE YOU EVER CRIED WHEN YOU LOST?

A TRADITION OF CHAMPIONS

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ALABAMA CRIMSON TIDE BASKETBALL

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OCTOBER 13, 1999

"ALABAMA"

BASKETBALL

TEAM MEETING

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PRACTICE

1. Be dressed and on the floor and ready for practice **on time every day**. There are no substitutes for industriousness and enthusiasm.
2. Warm up, (skip rope, ball handle) and then work on your weaknesses and shoot some free throws when you take the floor until organized practice begins.
3. Work hard to improve yourself without having to be forced. Be serious and have fun without clowning. You develop only by doing your best.
4. No cliques, no complaining, no criticizing, no jealousy, no egotism, no envy, no alibis. EARN THE RESPECT OF ALL!
5. Never leave the floor without permission – get drinks together as a team.
6. When a coach talks, all must give him your undivided attention and respond immediately without disconcerting in any manner.
7. Move quickly to get in position to start a new drill. Be first in line.
8. Keep a neat appearance with shirt tails in, sock pulled up, hair cut short, clean shaven, and fingernails short.
9. Your gear is your responsibility – do not loose or abuse it!
10. Take excellent care of your equipment and keep your locker neat and orderly. No equipment leaves arena. Bag it – and we will wash it!
11. Do things the way you have been told, and do not have to be told every day. Correct habits are formed only through continued repetition of the perfect model.
12. Be clever, not fancy. Good clever play brings praise while fancy play brings ridicule and criticism.
13. When group activity is stopped to correct one individual, pay close attention in order that you will not require the same correction.
14. Condition comes from hard work during practice and proper mental and moral conduct.
15. Poise, confidence and self-control come from being prepared.
16. Be in the greatest condition.
17. Get treatment daily – the trainer and head coach must be aware of all injuries.

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"Whatever you do, work at it with all your heart, working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Jesus Christ you are serving."

Colossians 3:23-24

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UNIVERSITY OF ALABAMA

1. **STANCE** – Our defense will win championships

   GOAL: To hold every opponent under 35% shooting from field

2. **REBOUND** – "WAR ON THE BOARDS"

   GOAL: Out rebound every opponent by 8-10 rebounds.

3. **SHARE THE BALL** – "OPEN MAN TAKES THE SHOT"

   GOAL: Shoot 50-55% from the field each game as a team.

   Average 20-25 assists per game.

4. **COMPETE** – "GREAT COMPETITORS FOR THE HARD BATTLE"

   Look in the mirror daily – know you did your best!

5. "**COMPETITIVE GREATNESS**"

   The real love of a hard battle.

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The Power of Habit

You may know me.
I'm your constant companion.
I'm your greatest helper.
I'm your heaviest burden.
I will push you onward or drag you down to failure.
I am at your command.
Half the tasks you do might as well
be turned over to me.
I'm able to do them the same every time
If that is what you want.
I'm easily managed, all you've got
To do with me is be firm.
Show me exactly how you want it done;
After a few lessons I'll do it
automatically.
I am the servant of all great men
And women; of course, servant of
the failures as well.
I've made all the great individuals
Who have ever been great.
And I've made all the failures, too.
But I work with all the precision of
A marvelous computer with the
intelligence of a human being.
You may run me for profit or you may
Run me to ruin, it makes
No difference to me.
Take me. Be easy with me and I will
Destroy you.
Be firm with me and I'll put the
world at your feet.
Who am I?
I am Habit!

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WE LIKE PLAYERS WHO:

HAVE GREAT ENTHUSIASM
HAVE SUPER PRIDE
ARE UNDYING WORKERS
CAN TAKE CARE OF BUSINESS LIKE A MAN

IT IS ALL IN ATTITUDE – THE TEAM COMES FIRST!
DON'T PLAY AROUND IN PRACTICE
THINK – CONCENTRATE ONLY ON THIS PRACTICE
IMPROVE YOURSELF DAILY
NO PROFANITY
PULL FOR EACH OTHER
WORK WITH A PLAYER WHO WORKS HARD
WORK WITH A PLAYER WHO WANTS YOU TO SUCCEED
CHEER FOR EACH OTHER
ACKNOWLEDGE A GOOD PASS

INDIVIDUAL ATTENTION:

NO TALKING – SHOOT 50 JUMPERS
WORK ON WEAKNESSES – SHOOT 20 FOUL SHOTS
WORK ON STRENGTHS – WORK AS HARD WITHOUT THE BALL – AS YOU WOULD DO WITH THE BALL WORK TO GET IT

WORK AS HARD ON MONDAY ON DRILLS
AS YOU WORK THE DAY BEFORE A GAME

NEVER LOOK BACK AND SAY, "I WISH I WOULD HAVE WORKED HARDER"

SUCCESS COMES IN CANS – NOT IN CANNOTS
UNSELFISH TEAM WORK – WINS
MAKE THE EXTRA PASS

WE ARE A "WE" TEAM:

IT IS AMAZING WHAT CAN BE ACCOMPLISHED
WHEN NO ONE CARES ABOUT – WHO GETS THE CREDIT

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THINKING OF DEFENSE

1. Are you an intelligent defensive player?
2. Defense must dominate offense.
3. Fatigue makes cowards of us all.
4. Recovery and communication are the keys to sound defense.
5. Aggressiveness is the tone of defense.
6. Be consistent and definite. Players should know what to do in every situation.
7. Stop and correct mistakes when they happen.
8. Don't foul on the 20 footer

FIVE THINGS YOU MUST DO TO BE A DEFENSIVE PLAYER:

1. Play defense – on ball – deny – helpside
2. Contest every shot
3. Keep your man off the boards
4. Get the rebound
5. Throw outlet pass and fill lane

An average player does 1 of the above
A good player does 2 of the above
An excellent player does 3 of the above
A super player does 4 of the above
A blue chipper does 5 of the above

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FIFTY DO'S AND DON'T'S OF DEFENSE

1. Make your man take a shot he doesn't want to take.
2. By using peripheral vision and constant head movement you are able to match your man and the ball. If you can watch only one, watch your man.
3. Don't turn your head to watch a pass-off by the man you are guarding.
4. Do not relax when your man does not have the ball.
5. Know your man – use a scouting report, or decide for yourself in the first quarter.
6. Always box your man out after a shot has been taken.
7. Constant movement of the feet is essential. Don't raise them high; instead grab at the floor with your toes.
8. Retreat with the leg on the side to which he has faked.
9. Never cross your legs, unless you are trying desperately to catch a lost man.
10. Watch for backside picks. Use your hands, eyes and teammates to combat this.
11. Rest on offense if you must rest.
12. Talk constantly to your opponent and teammates while on defense.
13. Be willing to help with a teammate's man especially if you are the first man back.
14. After a switch, stay with the man you just picked up until there is a clear chance to switch back.
15. Keep your hips low, and your hands moving. Your head should be below the dribbler's armpits.
16. Keep the same foot forward as the hand you have raised.
17. It is a sin to let your opponent drive the base line. When guarding an opponent in the base line area run him to a spot where a bad shot is the only thing available.
18. Don't reach in. Defense is played with the feet and mind.
19. If you lose the man you are guarding sprint to the cut-off spot.
20. Keep a good man from getting the ball. If you overplay him on the side of the ball, he will be forgotten by his teammates.
21. When his dribble has ended, move in tight, and move your arms vigorously without fouling.
22. Take the path away from a cutter before he gets to the receiving point.
23. Watch a cutter's eyes. If he moves behind you, get your hand up rapidly.

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24. Protect the middle until the very end when caught alone on a

25. Be ready to move in on the jump shot of a dribbling opponent by watching for his **second hand to touch the ball.**

26. Get your opponent to do what you want him to do with your fakes and feints.

27. Be **mentally alert** when guarding a dribbler. Anticipate his every move. Always try to stay one-half step ahead of him.

28. The best time to jump a dribbler is right after his first dribble.

29. Play defense as though you are attempting to run an animal through a barn and pinning him in the corner of a pen.

30. As the ball leaves your side of the floor, move away and toward the ball one step per pass.

31. Be able to change from offense to defense and vice versa at a moments notice.

32. Constantly point to your man or call his number. Your teammates will do the same, and everyone will generally be from questions or confusion.

33. Don't be an easy target for picks.

34. Strive to always have a hand up on any shot your opponent may take.

35. Be alert for double team possibilities.

36. Strive to always have a hand up on any shot your opponent may take.

37. Defense does not end until you have the rebound, or you have stolen the ball.

38. When guarding an inside man or corner man on the weakside of the floor, keep your back parallel to the end line.

39. Second shots are frequently easy shots. They can be prevented.

40. Never trail your man to the basket. In fact, choke off his move to the basket.

41. Get back on defense quickly even if your man is loafing back.

42. Never let the knee of your lead foot advance beyond the toe of that foot.

43. When guarding a man throwing a ball in from out of bounds, overlay his wrong side.

44. Anytime you can get a hand on the ball, **go for it**.

45. When a man has the ball and has not dribbled, you should not commit yourself first. If you do, never drive without pulling him back immediately.

46. Stay between your man and the basket anytime he has the ball, and most of the time when he doesn't.

47. Constantly consider **defense** a personal challenge directed at the man you are guarding. **Take pride in it**. Encourage your teammates to take pride in defense.

48. There are many players around the country who enjoy defense as much as offense. Try to direct your thinking along these lines.

49. Dedicate yourself to this phase of basketball if you wish to play on a winning team.

50. 101% effort at all times.

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What it Takes to Play in the NBA

- Desire and self discipline to work on your game six (6) hours a day
- Cannot be lazy
- Big-Big Heart – willing to fight, scratch, claw, anything to win.
- Mental toughness, being as good on the road as at home, playing through pain and fatigue
- Great competitor, when the going gets tough, the tough get going. Never letting your team get upset.
- Great work capacity.
- Being your best against the best under the toughest conditions.
- Physical toughness and GREAT talent.
- Willingness to work on the weak areas of your game.
- Lift weights, get stronger, and train properly.
- Start to mature and realize the value of being on time.
- Being a team oriented player.

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Post Defense Rules

TRANSITION

- Sprint the Floor-Beat the ball down the floor.
- Beat your man to the spot.

AWAY FROM THE BALL

- Stay between your man and the ball.
- Get one foot or both feet in front of the offensive player on the block when the ball is on the wing.
- If the ball is above the free throw line we are going to front on the high side, if it is below the free throw line we are going to be on the low side.
- Use your forearm as a brace in the chest of the post player to keep balance and the other arm is used as deflector.
- Keep your feet moving-Do not get sealed.
- Control the Possession by keeping the ball out of the post scoring area.
- Keep hands active to deflect passes going through the paint.
- Help on all drives and recover to the postman.
- Move to get in position for the missed shot-get around post player in order to have best position possible for the rebound.
- Do not lean on offensive player while on defense-play with bent limbs and on balance.
- Be in a stance, ready to fight through a screen.
- Main concern on defense is stopping the ball.

GUARDING THE POST MAN ONCE HE HAS THE BALL

- Move your feet, never be flatfooted.
- Keep your feet wider than the offensive player's feet.
- Feet always stay active.
- Palms to the ceiling.
- Be the last guy to leave the floor.
- Be aware of their favorite shoulder.
- Make them shoot further from the goal than where they catch the ball.

REBOUNDING

- Move to get in position for the missed shot; get around post player in order to have best position possible for the rebound.
- Once the shot goes up your hands go up.
- Chin every rebound and keep it close to your chest.
- We do not finish the defensive possession until we get the ball.
- Do not leave until we have the ball.

THINGS TO COVER BEFORE FIRST GAME

1. M-M Offense – against straight-full sagging.
2. Zone Offense – against (2-3) – (1-3-1)- (1-2-2) Chaser
3. M-M Defense – Full – ½ - Top of Key
4. Zone Defense – (2-3) – (1-3-1) – (1-2-2) – (1-4).
5. Zone Press – (1-2-1-1)
6. Work against zone press – M-M Press – ½ Ct. Trap
7. Foul Shooting – lining up- Def. – Off.
8. Out of Bounds – Zone – Man
9. Stall Offense
10. Fast break offense
11. Need ball defense – how to foul
12. Jump ball situations
13. Last shot – against zone – man – cover full floor
14. Work against different and screwy defenses – boy chaser – diamond chaser 2-chaser 3 zone – 3 chaser 2 zone – 4 chaser 1 zone

Rules – new basic

SITUATIONS

1. Ahead – 1 – 10 sec.
2. Ahead – 2 – 10 sec.
3. Tied – 10 sec. to 1 min.
4. Behind – 1 - 10 sec. to 1 min.
5. Behind – 2 –10 sec. to 1 min.
6. Behind – 3/more 10 sec. to min.

THEIR BALL

1. Ahead 1 – 10 sec.
2. Ahead – 2 – 10 sec.
3. Ahead – 3/more 10 sec.
4. Tied – 10 sec. to 1 min.
5. Behind – 1 10 sec. to 1 min.
6. Behind – 2 10 sec. to 1 min.
7. Behind – 3/more 10 sec. to 1 min.

The Care and Feeding of Post Players

Drill #1 – tap, pitch, sprint, dive, catch

1. Player has the ball in both hands and taps the backboard three times.
2. The player then pitches (passed) the ball to the coach.
3. Player then sprints to the three-point line, touches and dives to the hole, shapes up, catches and scores with a power move.

Idea: Add defense after the dive. Rotate two or three players.
Conditioning: Add a set of ½ suicides after score and pitch.
Note: The defense plays behind the offense, or defends as directed. Defense blocks off after shot, retrieves ball. Taps three times…
Also Note: Work drill both sides for each player in first workout. Do not add defense until at least second workout.

Drill #2 – tap, pitch, touch, dive, catch, score

1. Player has the ball in both hands and taps the backboard five times.
2. Pitch to coach at wing.
3. Player follows the pass and touches the ball in the coach's hands.
4. Player dives to opposite low post.
5. Player receives the pass from coach, after player demonstrates a strong post-up.
6. Player scores a baseline power lay-up, turns highside for a jump shot, or turns baseline for a jump shot.
7. Three turns on each side.

Develop the drill: Add defense for post-up. Defense retrieves shot, taps, pitches. Offensive player goes to baseline opposite side to become defense for his teammate, who will dive into post.

Drill #3 – Run the W for Post Players

Coach/teammate passes and rebounds for a total of 5 shots:

1. Player starts in either corner, sprints to mid-court and touches.
2. Run lane as if on break, shape up in post, receive pass from wing.
3. Player sprints to mid-court while coach rebounds. Player touches, sprints back to "gut," catches, turns and posts.
4. Mid-court, trail, receive, outside shot or jump shot.
5. Mid-court, down "gut" other side and post up.
6. Mid-court, fill lane on break, shape up in post and finish.

Group work: Start second post player after first player takes trial jump shot.

Drill #4 – Ricochet series for post players

One Ball
One Player
5 ricochets per set

1. Player passes to coach, follow to touch ball.
2. Coach ricochets ball off backboard.
3. Player rebounds, scores, passes, follows to touch.

Drill #5 – 5-5-1: Tap, pitch, post/5 shots/full-court drill

1. Player has the ball in both hands and taps the backboard five times.
2. Player pitches (passes) to the coach.
3. Player posts up for five shots, touching opposite block after retrieving his shot and outletting back to coach.
4. Player sprints the length of the court and dives into post.
5. Player posts up for five shots, same routine.
6. Finish the drill with the player sprinting the length of the court after the fifth shot for one shot or a touchdown pas from the coach, and a power lay-up.**Conditioning**: Run ½ set of suicides after each drill.

Big men tend to develop at a slower rate than their smaller counterparts. This makes their development a much longer process, which can be hastened by focusing on three key ingredients: PATIENCE, ENCOURANGEMENT, and REPITITION.

PATIENCE: Big people take time to grow into their bodies. They often lack in coordination. It usually takes more time for a big player to perform a drill or master moves.

ENCOURAGEMENT: Big men stand head and shoulders above their peers. Adolescence is an uncomfortable time for all young people, but even more so for tall people. Confidence and self-esteem are important ingredients in a basketball player's game. Encouragement and praise go a long way toward helping a player develop. If a player works hard to get open in the post, try to make sure he is rewarded – feed the post.

REPETITION: The most important parts of post play are footwork and fundamentals. You must know the fundamentals of post moves, such as the jump hook and the drop step, along with the correct footwork, to perform these moves. The only way to achieve effective post play is through repetition, repetition, and repetition. Work must work everyday on the fundamentals and footwork. That way, performing post moves in a game situation becomes automatic.

While learning these fundamentals, each post player must find a signature or "go-to" move – A move the post player can depend on when he of she has to score. In order to find this "go-to" move, the player needs to learn all the basic post moves. I like to keep it simple, teaching only five moves. The basic moves are the jump hook, drop step, turn around jump shot, rip through (up and under) and a spin move. The idea is to use correct footwork to master the basic moves. Work on these moves daily in practice, so they become automatic in a game situation.

Big Man Workout

1. Stretch
2. Jump rope—2 sets of 100.
3. Shooting form—25 shots, different spots.
4. Mikan drill –2 sets make 15.
5. Short Jumpers – Above the block 1 set each side, shoot 8, put in the miss.
6. Super Man Drill – 2 sets make 15 same as Mikan, but a continuous jumps off two feet.
7. Short Corner Jumpers—same shooting sets as #5.
8. Tips – right hand 10, left hand 10, both sides of backboard, put 11th tip in the basket.
9. X-out—Start on elbow, one dribble cross-over lay-up. Then go to the opposite elbow, and repeat. Make 8.
10. High Post Jumpers – Same shooting set as #5.
11. Rebound Score – Start on elbow, throw it off the glass, catch it, and take it up strong with power move. 8 on each side as you progress add a pump fake.
12. Post moves – Work around the block area, 8 moves and shots on each side. Use the drop step, and the face-up moves. The toss back would be an effective passer if available. One set on each side.
13. Jump Hooks – Hook Shoots – Same as above, but use the hook series. Right side and left side use both hands, shoot 8. Do 3 sets.
14. Over Throws – start on the block throw the ball off the glass to the opposite side. Jump to get it, catch it and score. One set of 10 on each side.
15. High Post Drive – be in basketball position, take it all the way to the basket, or pull up and shoot. Add fakes along the way. Go both ways, 2 sets of 8.
16. Bang Drill – start under the basket towards the right side. Have a strong grip on the ball, explode towards the glass, hit the ball off the glass hard. Keep your strong grip, come down and explode back up. Do it 10 times then score. Then the same thing on the left side.
17. Spot Shooting – pick spots 12-15 feet out. Shoot, get your rebound, pass it back to yourself. Stay in the same spot for 8 shots, then switch spots. Shoot 5 sets for a total of 40 shots.
18. 2-Ball Buster – Start on the right block with the ball. The other ball should be on the ground on the left block. Take the ball up strong and score, get your rebound, put the ball on the right block, and go get the ball on left block and repeat the process. Make 20 shots.
19. 2-Ball Mikan – Same as $4 but with 2 balls. As you shoot, catch it with the hand you shoot with, and shoot the other ball. Work this rotation. One set of 20.
20. 2 –Ball Carnival – Stay in a stationary spot under the basket, use 2 balls and don't move. Shoot, switch the other ball to your shooting hand and shoot, use your other hand to catch and switch it to your shooting hand. One set right hand, one set left hand, make 20 on each side. Must keep the ball up, don't bring it down. If done properly it will be a great conditioner for your upper body.
21. Free throws – shoot 5 free throws in between each set, for a total of 100 free throws.

***Repetition is the key**
*** Practice makes permanent**

Post Rules for Designated Post Players

1. Work the triangle area (formed between the two blocks being the base and the dotted line being the point).
2. On the ball side—post strong with your foot nearest the baseline above the block.
3. Opposite the ball—look to back screen, then come across the dotted line.
4. After receiving the ball, look for (a) Post moves: (b) Perimeter splits: (c) ball reversal.
5. If necessary – the post man may come to high to relieve pressure.

General Post Play Guidelines

1. Create opportunities to score—post up strong, pin, and flash hard.
2. Avoid offensive fouls.
3. Work the offensive boards—try to get position in lane on the opposite side that the ball is shot from.
4. Be active and aggressive! You can wear your man down with movement and body contact over the course of the game! The single post motion is especially effective because we have players who play productive basketball facing the basket including passing and shooting proficiently from 15-18' and a particularly strong and/or skilled post player. The designated post player is most effective when he operates away from the ball (vacating the ballside post for basket cuts) the majority of the time looking to set back screens and flashing to the ball in the paint area, but also is aggressive and looks to score.

Guard Workout

1. Stretch.
2. Jump Rope – 2 sets of 100.
3. Ball handling drills for 2 minutes work on different ones each day.
4. Shooting Form—Start right under the basket 2-5 feet out. Work on proper fundamentals. As you progress, put your other hand behind your back and shoot with one hand only.

Spot Shooting

Shoot from the selected spots, always shoot 8 in a set. Stay in a stationary position (good basketball position). Shoot and get your rebound, pass it back to yourself, then catch it square up and shoot again. No dribbling.

1. Right and left wings—2 sets of 8 on each side, total of 32 shots.
2. Right and left elbows—2 sets of 8 on each side, total of 32 shots.
3. Right and left Baseline—1 set of 8 on each side, total of 16 shots.
4. Top of the key – 2 sets of 8, total of 16 shots. Can bring this out to a 3-point shot.
5. 3-Pointers – 2 sets of 8, total of 16 shots. Take these from your best spots.
6. Dribbling Drills – go up and down the floor using different dribbles: crossover, behind the back, through the legs, spin and hesitation. Have an imagination here, work on situations (4 mins.).

Shots on the Move

On these drills we will start in basketball position and either dribble or pass to yourself and then shoot. You will constantly be on the move. Always imagine going past the defense in these drills. A ball fake can be added to these drills also.

1. Right and left wings – 2 sets of 8 on each side. One set with the right hand dribble, one with left on each side. Alternate between taking one dribble and two dribbles. Total of 32 shots.
2. Right left baseline – only way to go is up. One set each side with the dribble. Should have a good angle to use the glass. Total of 16 shots.
3. Top of the key—2 sets of 8. Go right for one set, go left for one set. Alternate between one and two dribbles. Total of 16 shots.
4. Pass it to yourself—start in basketball position on the perimeter. Pass it to different spots, catch it square up and shoot, 2 sets of 8. Total of 16 shots.
5. Roll the ball to yourself—start under the basket, roll the ball to spots in your shooting range. Pick the ball up and shoot. 2 sets of 8. Total of 16 shots.
6. One-on-One moves—work these from three different spots; right side, left side, and middle. One set of 8 for each spot. Take the ball all the way to the basket or pull up and shoot. Examples of moves: cross-over, jab step, stutter step. Total of 24 shots.
7. Shots off a cut – Place the ball on the floor in different spots, make a cut to get open, pick it up and shoot. Also, in these, imagine going through screens. 2 sets of 8. Total of 16 shots.
8. Intensity lay-up—start at the top of the key. Go hard to the basket and score, dribble back and go again. Alternate right and left hand. 2 sets of 8. Total of 16 shots.
9. Full Court Jumpers – these will be all elbow jumpers. Start on elbow and shoot, get your rebound and speed dribble to the other end and shoot. Repeat this process until you have made 4 in a row.
10. 2-Ball Carnival – same as Big Man Drill.
11. Free throws—shoot 5 free throws in between each shooting set. Total of 100 free throws.

Rules for Perimeter Players

You can dribble only to:

1. Bring the ball up the court.
2. Improve your passing angle.
3. Take the ball to the basket.
4. Balance the floor.
5. Get out of trouble.

After passing the ball you may:

1. Screen opposite the ball (roll back if switch occurs).
2. Make a basket-cut, then fill vacant perimeter spot.
3. Replace yourself.
   *Do not cut to the basket if the ballside block is occupied.

Upon receiving the ball:

1. Shoot or drive
2. Make an interior pass.
3. Make a perimeter pass.

Cutting (off a screen): cut with a purpose, set your defensive man up with good, hard v-cuts – use the screen by faking the defensive man into it and then cut off the screen shoulder to shoulder.

When cutting to screen—call out the man's name you are screening for.

We will use these cutting rules:

1. Cut into the high post when defense overplays, helps off, relaxes and loses sight of his man. If you do not receive a pass fill a vacant perimeter spot.
2. When the low post player is on your side and the ball is opposite you – look for an up screen and make a v-cut to basket.
3. Never position below mid-post extended when you are opposite the ball.

General Perimeter Guidelines

1. Maintain proper spacing – players 15-18' apart.
2. Make at least one swing before taking a perimeter shot.
3. Pass the ball into the post any time.
4. After passing into the post area, look for splits.
5. Wait on all screens and utilize v-cuts.
6. Maintain defensive balance – guards are back.

3 on 3 Full Court
"The Truth Test"

Mike Dunlap
2004

"When necessity becomes your best teacher, you learn more about yourself and others."

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L 3 ON 3 FULL COURT

A. THE RULES

1) NO DRIBBLES
2) GAMES PLAYED TO 2 POINTS
3) FOULING
4) THE PICK UP POINT
5) TAKING A CHARGE
6) THE LONG OUTLET
7) NO CHERRY PICKING

B. STRUCTURE

1) WINNER'S COURT/ LOSER'S COURT & ROTATION
2) RUNNING TIME
3) CHANGING ROLES AND EMPHASIS

3 ON 3 FULL COURT

We use the 3 on 3 full court game to tell us who can play and who cannot. It gives us a truthful look into our future because this game exposes players in a meaningful way. Moreover, the coaching staff and players can see who is fit **and knows how to win!** The game also improves cardiovascular fitness quicker than any track specific work that I know. Why? Because we are doing anaerobic and aerobic work without the players really having to look at it as "conditioning". In other words, we get to sing while we work, or should I say "play". The players like this game mostly because it emulates the game itself.

We use heart monitors during this game. This is an objective measurement. Our player's heart rates are normally above 190 beats per minute. Ouch. We want to be as objective as possible when evaluating our players. This takes the guess work out of what you are doing. The more criteria/tests we can use the better. Yet, we do not want the players to think it is all an exam. If you asked me what one competition/ game we use to assess our players, 3 on 3 full court is the game- the best of the best.

Smart coaches consider the advantages and disadvantages of any game/ drill. The obvious pluses include: 1) the accurate measurement; 2) the easy evaluation of the who (i.e. which players and combinations know how to win by charting each win/loss); 3) the ability to see who can pass, cut, and score by eliminating the dribble completely; 4) The elimination of the dribble also creates "team" first as the 3 players must assist each other to get the ball up the floor; this immediate adversity pushes the players toward each other; 5) the coaches can see which players want to play defense, and actually know to move; 6) the games are played to 2 points (i.e. one point/ basket) because this allows you to quickly observe who knows how to win and play under pressure/ either offensively or defensively.

I do not know any salient disadvantages to this game. While the players do not like 3 on 3 full court without the dribble initially, they eventually ask to play this game. You can add the dribble by saying that this will be a 1, 2, or 3 dribble day: you will be a hero- enjoy.

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INTRODUCTION..... 1

A. THE RULES
1. NO DRIBBLE
A. WHY?
1) FORCES PLAYERS TO PASS THE BALL
2) CUT-AND-REPLACE ACTION BY NECESSITY
3) FITNESS LEVEL IMPROVED
4) FOOTWORK IMPROVED BY NECESSITY
5) QUICK BALL MOVEMENT REQUIRED

B. HOW?
1) TELL PLAYERS THERE WILL BE NO DRIBBLE UNTIL THEY LEARN THAT THIS IS A TEAM GAME.

2. GAME PLAYED TO 2 POINTS

A. WHY?
1) QUICK GAMES
2) COACHING STAFF CAN EVALUATE WINS AND LOSSES
3) WHO MAKES FREQUENT GAME WINNING PASSES/SHOTS UNDER REAL GAME PRESSURE
4) WHO CAN GET STOPS AND/OR DEFENSIVE REBOUNDS
4) WHO IS MENTALLY/ PHYSICALLY TOUGH

3. FOULING

A. WHY?
1) DEFENSE CALLS FOULS
2) THE SECOND FOUL BY DEFENSIVE TEAM ON THE SAME POSSESSION RESULTS IN A LOSS BY THAT TEAM.

3) KEEPS THE GAMES MOVING AND DOES NOT LET GAMES GET OUT OF HAND.

3. TAKING A CHARGE

A. WHY?
1) IF DEFENSE TAKES A CHARGE THE GAME IS WON BY THAT TEAM.
2) PUTS EMPHASIS ON TAKING THE CHARGE.

4. THE LONG OUTLET

A. WHY?
1) WHEN THE WINNER'S COURT HAS A TEAM WIN THEY CALL OVER THE TEAM LEADING OR WHO HAS WON FROM THE LOSER'S COURT. IF THERE IS A TIE ON THAT COURT THEN NEXT POINT SCORED DETERMINES THE WINNER.
2) THE WINNING TEAM MAY SET UP UNDER THE BASKET TO INBOUND THE BALL, WITH THE OTHER TWO PLAYERS AT HALF COURT READY TO GO AS THE WINNERS FROM THE LOSER'S COURT **SPRINT** OVER TO PLAY. THE WINNERS MAY OUTLET THE BALL TO HALF COURT BUT NOT OVER THE HALF COURT LINE. THIS ALLOWS THE OTHER TEAM TIME TO GET SET. HOWEVER, THE WINNERS FROM THE LOSER'S COURT MUST SPRINT OVER AND ONCE THE FIRST PLAYER HAS ENTERED THE COURT THE BALL MAY BE THROWN TO HALF COURT, BUT NOT OVER. THIS **REALLY** KEEPS THE GAME MOVING.

5. NO CHERRY PICKING

A. WHY?
1. SERVES NO REAL PURPOSE.
B. HOW?
1. ONCE BALL HAS CROSSED HALF COURT, EITHER WITH PASS OR DRIBBLE, ALL THREE PLAYERS ON THE OFFENSIVE TEAM MUST CROSS HALF COURT AS BALL IS SCORED-PERIOD.

6. BALL MUST BE PICKED UP BY THREE QUARTER COURT

A. WHY?
1) ALLOWS COACH TO SEE WHO CAN PLAY DEFENSE.
2) EXPOSES THE INDIVIDUAL AND THE TEAM.
3) EXPOSES PLAYERS AND ULTIMATELY ASSISTS PLAYERS TO IMPROVE THEIR FITNESS LEVEL,

B. HOW?
1) IF THE DEFENSIVE TEAM DOES NOT PICK UP $^{3}/4$ COURT THEY LOSE A POINT AND, IF IT HAPPENS A SECOND TIME, THEY LOSE THE GAME.

B. STRUCTURE

1. WINNER'S COURT/ LOSER'S COURT

A. WHY?
1) EMPHASIZES THE "KING OF THE MOUNTAIN" CONCEPT. YOU WIN AND YOUR TEAM STAYS ON THE WINNER'S COURT. HENCE, EVERY TEAM IS LOOKING TO BEAT YOU AS THE WINS ACCUMULATE.
2) CALL IT WHAT IT IS... WINNER'S COURT/ LOSER'S COURT.
3) ALL TEAMS WAITING TO PLAY COME FROM THE LOSER'S COURT. THERE IS **NEVER** ANY OVERFLOW AT WINNER'S COURT.
4) IF THE WINNERS FROM THE LOSER'S COURT FINISH **BEFORE** THE WINNER'S COURT HAS COMPLETED THEIR GAME
THEY WILL WAIT UNTIL THE WINNER'S GAME IS DECIDED, AND THIS HAPPENS VERY RARELY.
5) THE LOSERS FROM THE WINNER'S COURT GOES IMMEDIATELY TO THE LOSER'S COURT TO PLAY. THEY **DO NOT** GO TO THE END OF THE LINE AND WAIT TO PLAY.

2. RUNNING TIME

A. WHY?
1) PUT 20:00 MINUTES ON THE CLOCK FOR THE FIRST WEEK YOU PLAY THIS GAME.
2) THE GAME WILL EXHAUST YOUR PLAYERS. YOU CAN AND ADD APPROXIMATELY 5:00

MINUTES A WEEK. YOU WILL SEE YOUR PLAYERS PHYSICALLY ADJUST- QUALITY VERSUS QUANTITY.

3. CHANGING RULES AND EMPHASIS

A. WHY?

1) YOU CAN ADD THE DRIBBLE AS TIME PASSES.
2) YOU CAN CHANGE CERTAIN RULES PER SESSION OR WEEKS. FOR EXAMPLE, THE BALL MUST GO INSIDE BEFORE IT IS SHOT OR WE WANT **ONE** SCREEN AND ROLL SITUATION BEFORE THE BALL IS SHOT.
3) THIS ALLOWS THE COACH TO SEE THINGS AND FORCES PLAYERS TO INCORPORATE DIFFERENT SITUATIONS.

In conclusion, the "try it you'll like it" statement applies here. The 3 on 3 **winner's/ loser's** court game is one of the best instructional games we do in our pre-season. This game allows you to objectively evaluate your team.

Michigan State Basketball Rebounding Concepts and Philosophy — Mike Garland

In the MSU Basketball program, rebounding, without question, is a top priority. From the season's beginning until the end, rebounding is a big point of emphasis each day, and rebounding is also emphasized throughout the entire practice session. Everything we do either begins with a rebound or a rebound attempt. We coach rebounding on every shot attempt in practice. During practice, we have 1-2 staff members whose sole responsibility is rebounding. We determine which phase of rebounding these staff members will coach before practice begins, and may change during practice, in accordance to what we're doing in a drill or scrimmage situation.

We grade our players' rebounding performance. We don't grade the number of rebounds they get in a game or practice, but we grade their rebounding efforts.

- Offensive rebounding: we chart the number of times a player makes an all-out effort to get to the offensive glass against the number of chances he had to go to the glass. This percentage is based on the number of efforts divided by the number of chances to give the effort.
- We also calculate the same factor as a team in the same manner.
- Our goal is to be 90% or more in our efforts.
- We want to get back 50% or more of our missed shots.

Defensive rebounding: We chart defensive rebounding in a similar manner. We divide the number of block-out efforts by the number of blockout opportunities.

- Our goal is 90% or more in our blockout efforts.
- We don't ever penalize a player for an "unnecessary" blockout.

Offensive rebounding is just flat-out effort!

Offensive Rebounding

A. At Michigan State, we believe the missed shot is our best offensive play.
B. We tell our players to assume the miss when the shot is taken either offensively or defensively.
    1. We tell our players to pursue the ball
    2. Don't go to a (player's) back, avoid contact
    3. Keep the hands above the shoulders (don't get arms pinned down)
    4. If you can't get the rebound, try to tip it to someone else or keep the ball alive.
C. We want to get dribble penetration by our point guard.
    1. This causes help rotations that leave our players a free run at the rim when a shot is taken.
    2. A point guard's poor shot in the lane an turn into a pretty good play if we're getting to the glass.
D. We want to get the ball inside to our post players
    1. It's difficult to double the post or dig from the perimeter and blockout/rebound at the same time.
    2. Most perimeters relax (instinctively) when a hot is taken inside. We really work hard at getting perimeter players to follow-up a post player's shot.

Defensive Rebounding

A. Offensively we want to get every rebound. Conversely, we don't want our opponents getting any offensive rebounds.
B. Stated previously, we chart our players' efforts on blockouts when a shot is taken. Our defensive rebounding philosophy when it comes to what we do when a shot goes up:
    1. We don't blockout; we cut out… whack-n-pursue, hit-n-git.
    2. We want our players to hit their opponent and go get the ball above the rim. We want a "football block": make your opponent step backward.
    3. We want clean rebounds. These are critical to the success of our break.
    4. We teach our players to chin the ball the instant they get their hands on it. This is a big reason you rarely see us lose a rebound or have the ball stripped.
C. The number one reason for our success on the boards is our perimeter rebounding, offensively and defensively.
    1. Against a strong rebounding team, you must get guard rebounds with the point guard. He can't just hang out and wait for an outlet.
    2. Against weaker rebounding teams, you can check off and get to outlet areas.

War Drill

- Offensive players don't lean on backs… pursue the ball.
- Don't let offensive player get his feet in the lane.

Univ. of Missouri Basketball…6 keys to being a leader of Character:

1.) Embrace the notion that your word is your bond, always.
2.) Accept people as they are, not as you wish them to be.
3.) Approach relationships in the present, not the past.
4.) Praise in public, admonish in private.
5.) Treat those closest to you with the same courteous attention as strangers.
6.) Be willing to live without recognition or approval – leading is not about you.

Univ. of Missouri Basketball…Leadership on and off the court

- Leadership: Leadership is influencing other people toward the achievement of a shared goal.
  - Leadership is the key that unlocks the greatness in individuals and groups.
  - As coaches, we teach leadership to our players every day.
  - Leaders cannot ask other to do things they are not willing to do themselves.
  - Leading by example begins to build trust – the glue that holds teams together. People trust those who are reliable, predictable and accountable daily.
  - Leaders do not rest; they continually evaluate themselves and their adherence to principle. Players are watching intently and learning vicariously.

- No Excuses: Establish an expectation that nothing short of the standard will be tolerated.
  - Standards are clear and simplified to the most fundamental detail. – gives team headedness under pressure.
  - Leading effectively demands a relentless dedication to the standards every day – regardless of who is watching.
  - Leaders must be accountable when standards are not met.

- Lead by Example: Players and coaches who lead by example can be depended on to set the tone and direction for the team.
  - Each day we face hundreds of small choices, every one of which impacts our ability to achieve the standard. Making the choices that lead to success, even when they are difficult or unpopular, is the very nexus of discipline. U.S. Military Academy calls this "the hard right"
  - Discipline communicates a vision…leader's vision transforms purpose into action.
  - Nothing stimulates teamwork as much as shared, intensely personal group experiences.

- Toughness: toughness is simply the ability to accomplish the mission regardless of the obstacles without ever violating my principles.
  - Your team's toughness is inextricably linked to their leadership.

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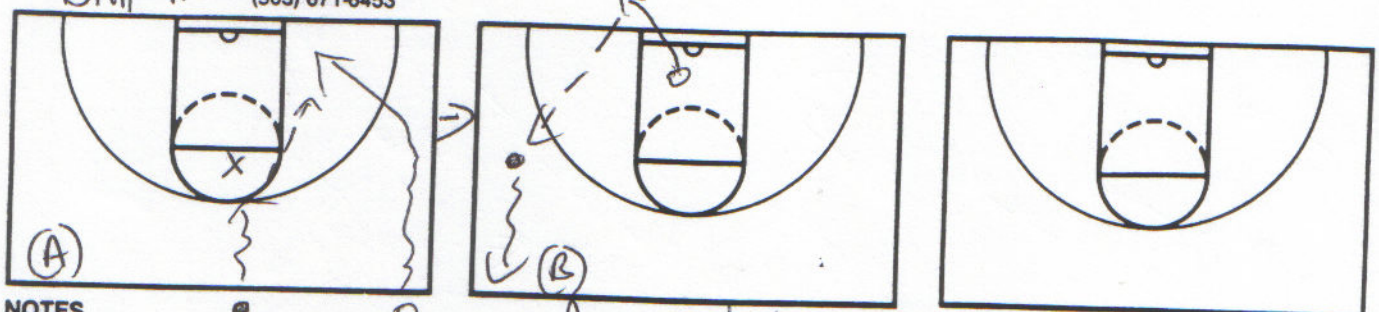
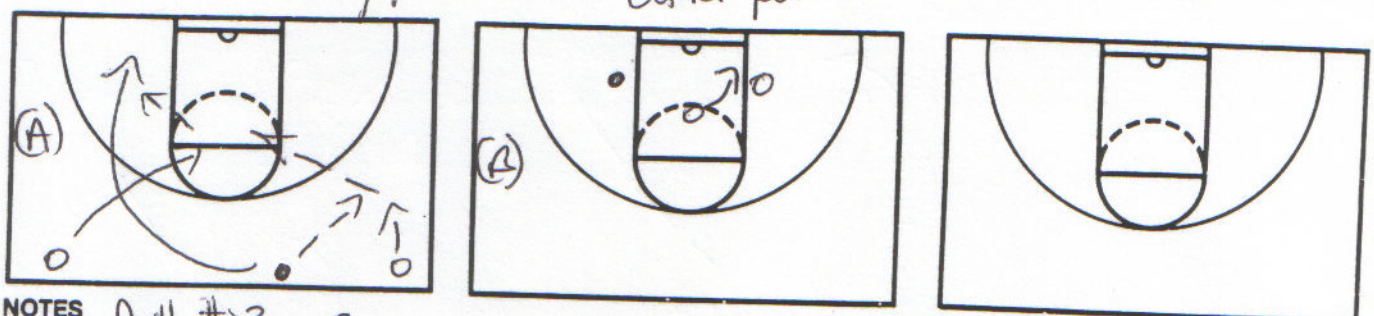
Drill #2



NOTES

Dribble & Pass for Layup

Pass gets ball out of net & throws outlet pass



NOTES

Drill #3

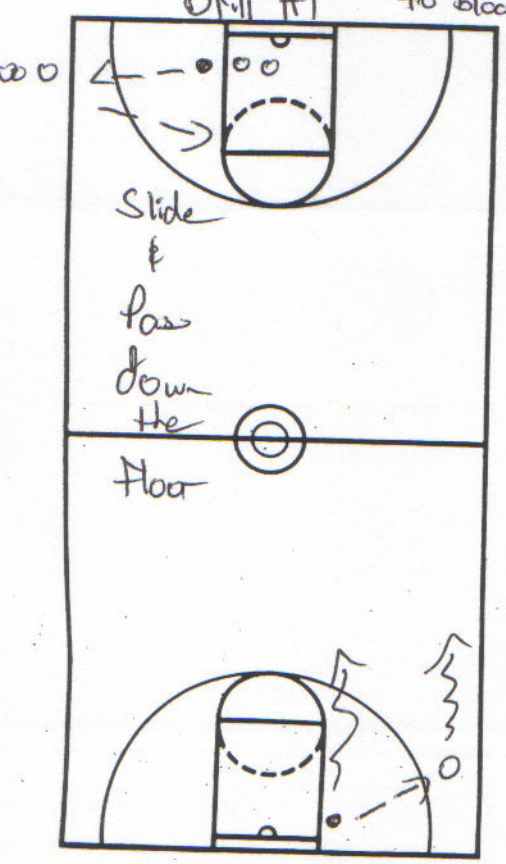
3 man weave

Man cutting to block shoots

O dot screen out → other two players

Drill #1

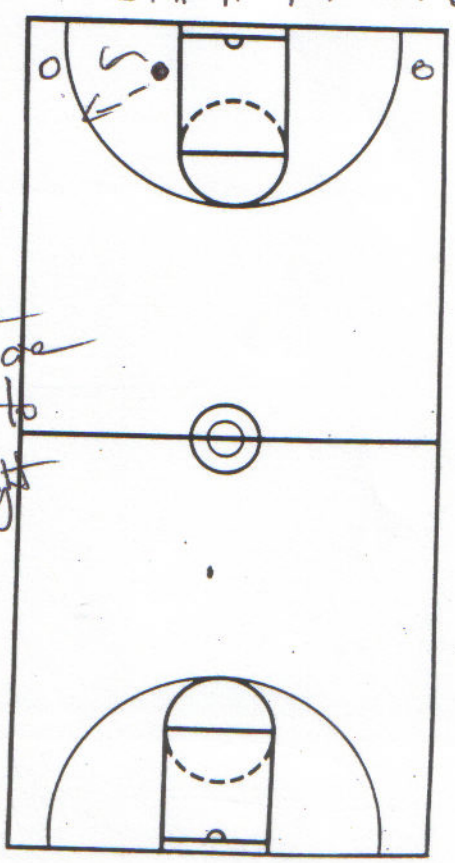
NOTES



Slide & Pass down the floor

Coming back they sprint the floor & pass the ball

Drill #4 → 3 man Weave



5 passes & call out name who you are passing to 14 straight layups

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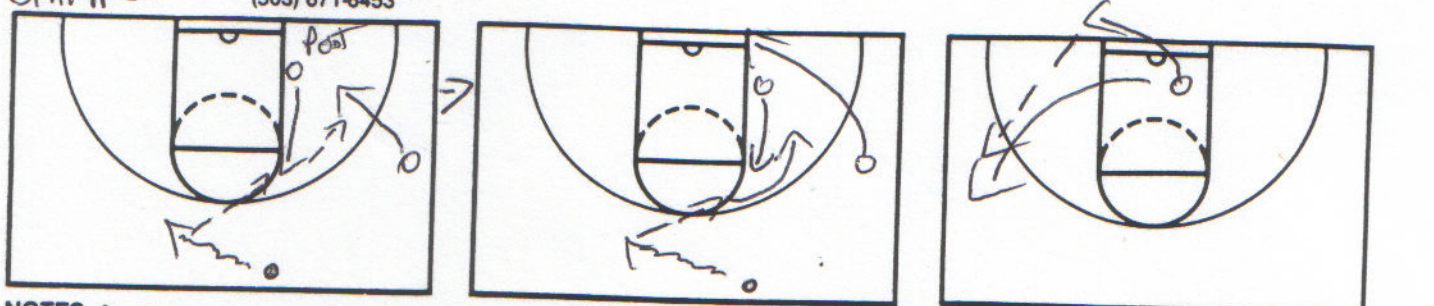
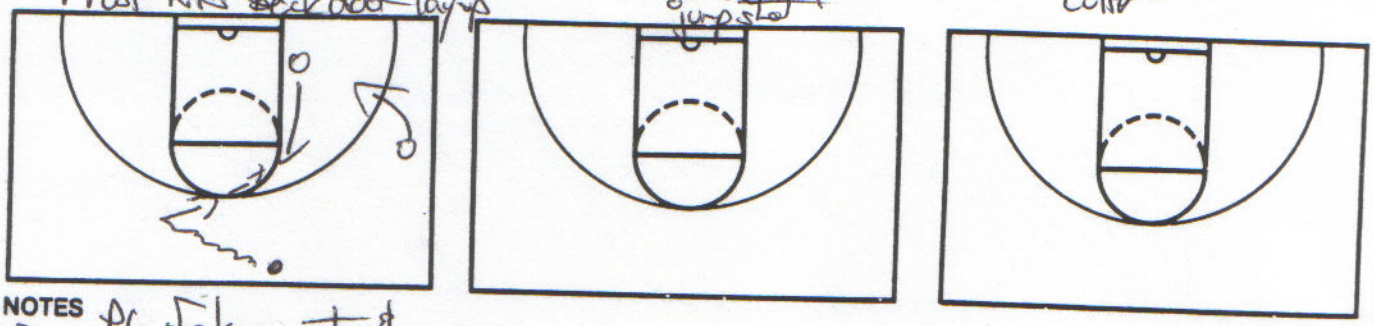
Drill #5



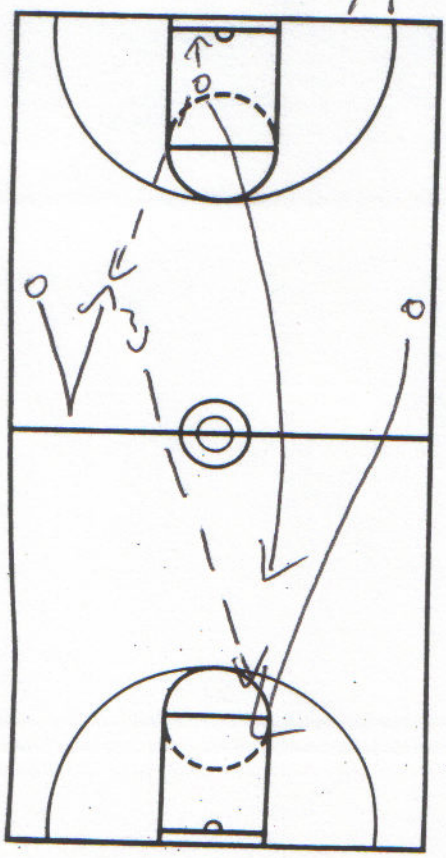
NOTES
(A) Dribble opposite Come back & hit post flashing Post hits backdoor layup

(B) No backdoor PG comes back for handoff & jumpstop

Post gets rebound & outlets to backdoor cutter



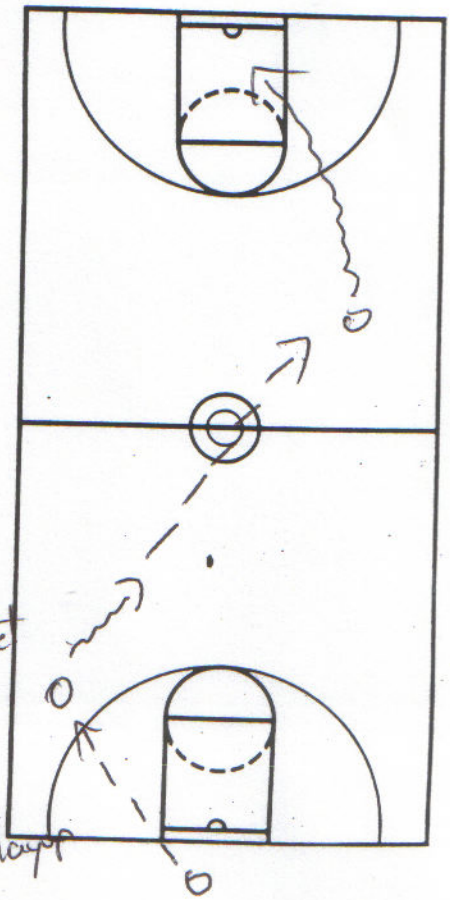
NOTES
(C) PG fakes out & goes down the middle for layup



NOTES

Drill #6

Will turn out & hit wing stepping back to ball. Squares up & looks for wing cutting



Post takes ball out of net & hit outlet
Outlet takes dribble & looks for layup

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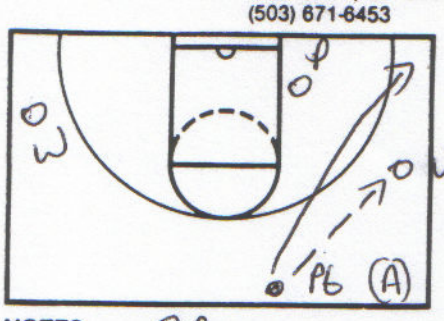
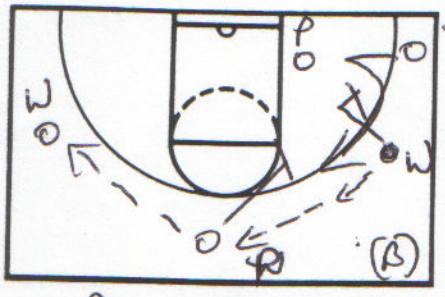
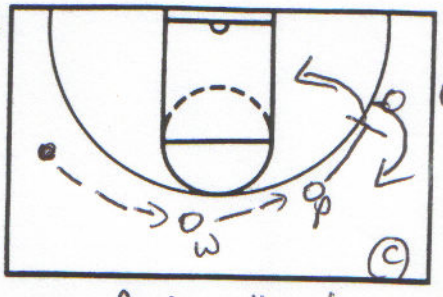


NOTES

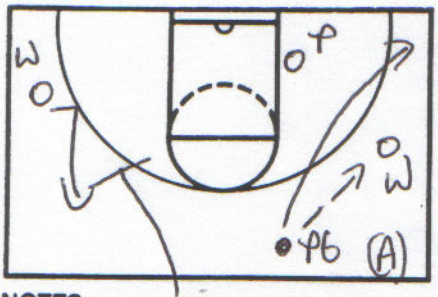
Secondary Break



Reverse the ball
Staggered double
for PG out of the corner

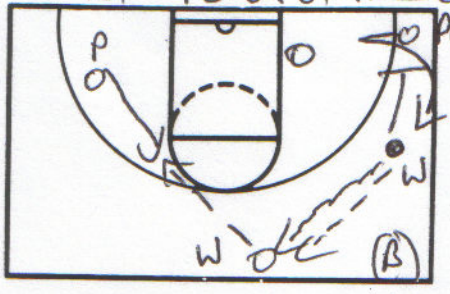


Post will set a second
screen for wing &
post up after screen



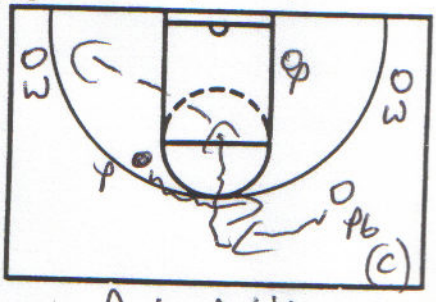
NOTES

PG hits wing &
cut to short corner



Wing gets ball
at top & hits
post at high
post. Wing
rubs off to
corner

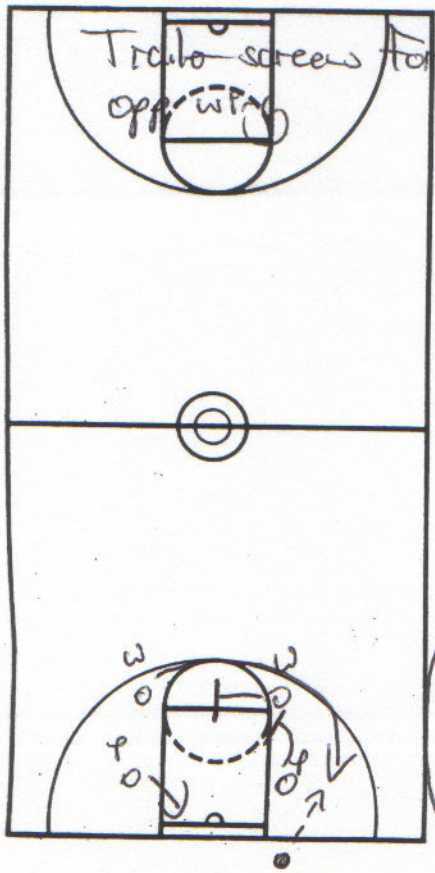
Wing down screen
for PG out of
corner



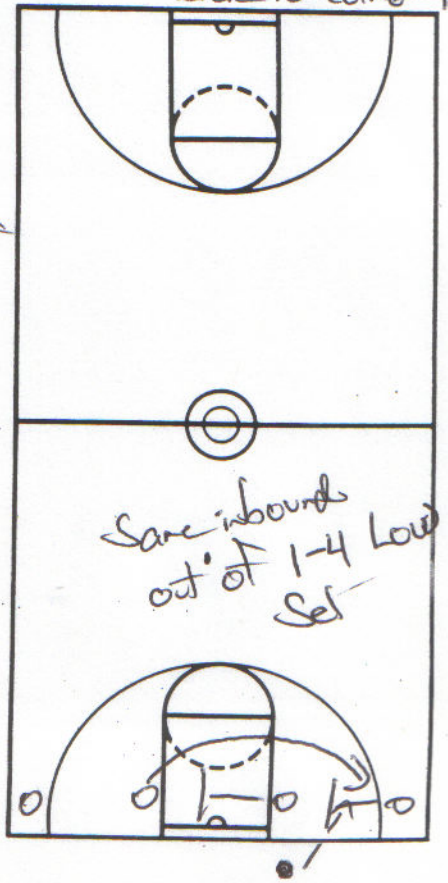
Post dribbles at PG
& tries to get to
middle. Looks to
kick to corner for (3)

NOTES

Triple screen for
opp. wing



Inbounds
Staggered double
for wing



Same inbounds
out of 1-4 Low
Set

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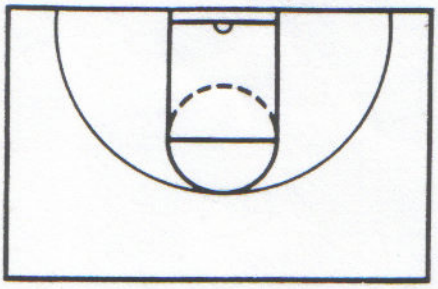
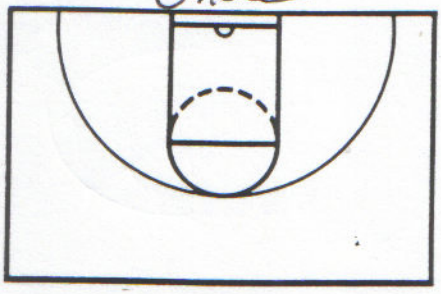
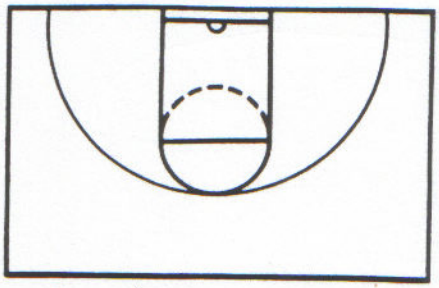
Pick & Roll Offense

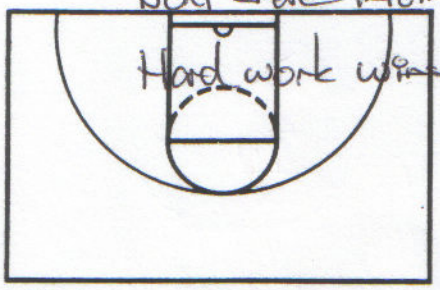


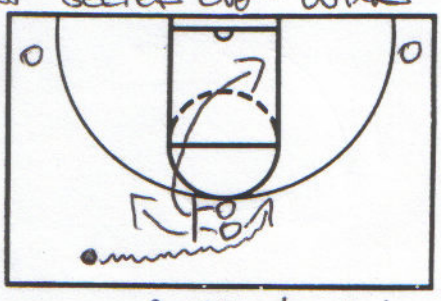


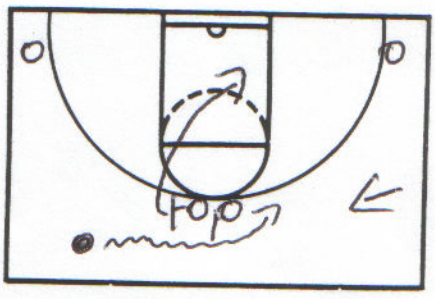


NOTES

Have to have a great staff → have loyal people / beleive in you
Good people make a good product
Don't share interest secrets over drinks
Hard work wins







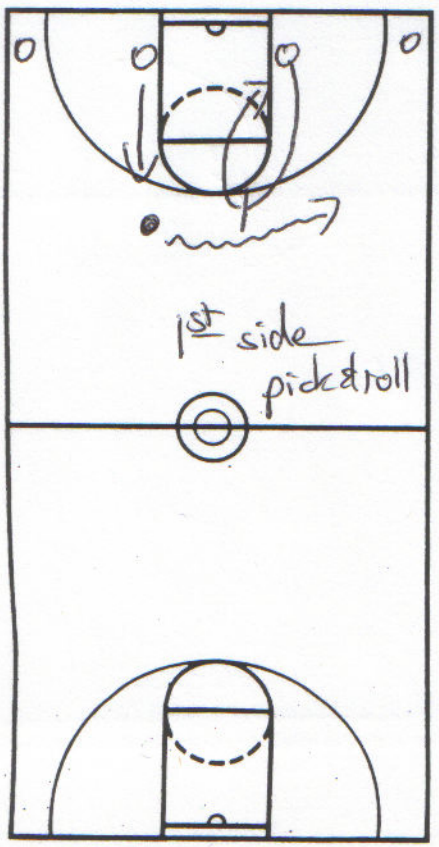
Staggered

NOTES

Double / Side by Side

1st post → Rolls
2nd post → pops

2nd side pick & rol



1st side pick & roll

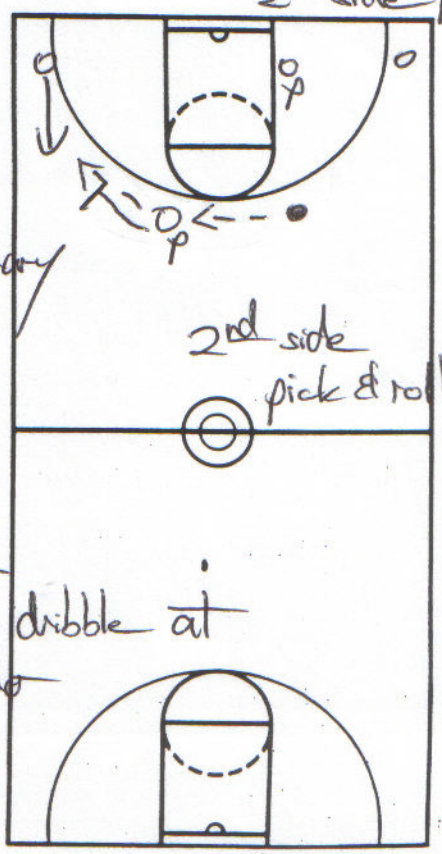
NOTES

Pick & Roll

Running pick & rolls are harder to guard tha stationary

Roller needs to roll at the front of the rim

If screen defender shows you wait to dribble at thigh of defender



2nd side pick & roll

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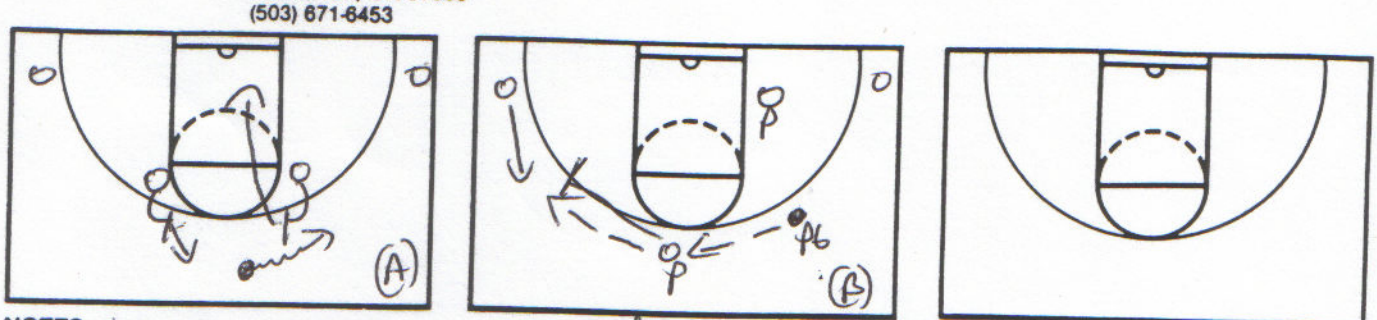
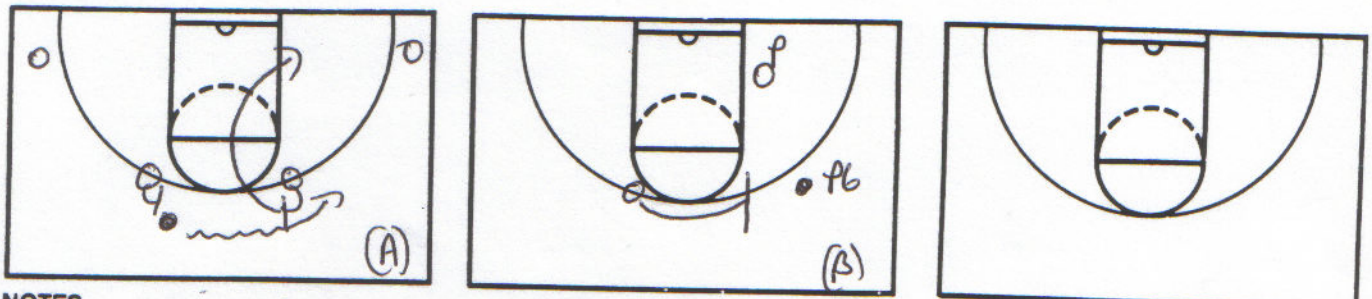


NOTES "Horn"

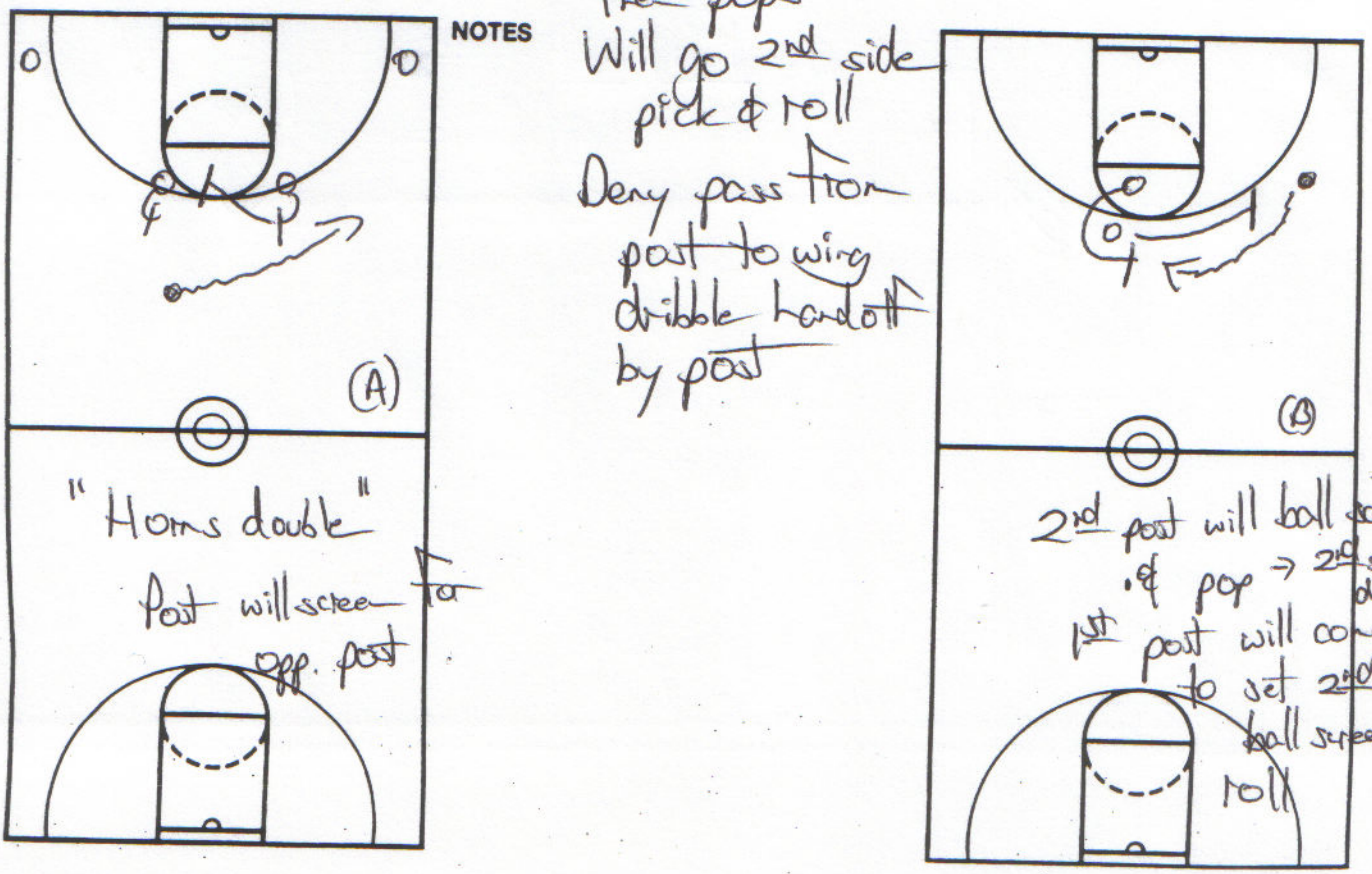
2nd side pick & roll



NOTES "Horns down"

Opp. post comes & sets 2nd screen the pops Will go 2nd side pick & roll

Deny pass from post to wing dribble handoff by post



NOTES

"Horns double"

Post will screen for opp. post

2nd post will ball screen & pop → 2nd side or dribble HO

1st post will come to set 2nd ball screen & roll

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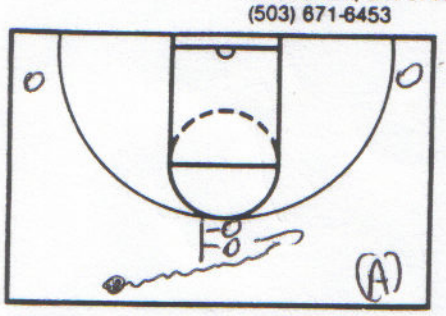
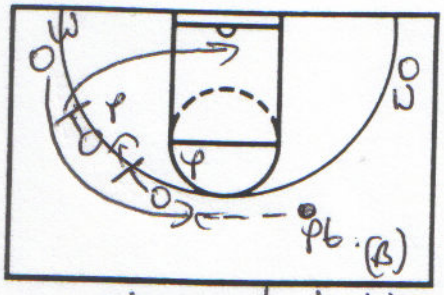
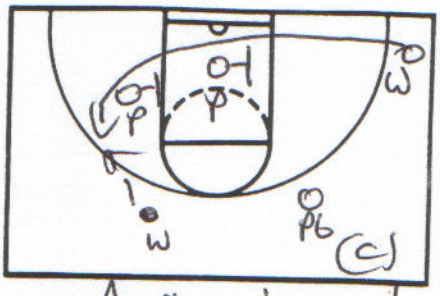




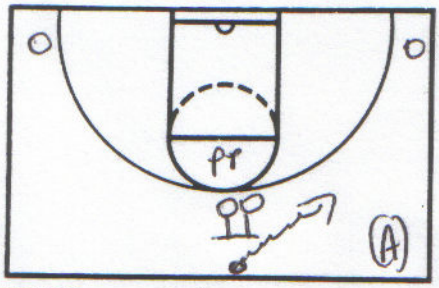


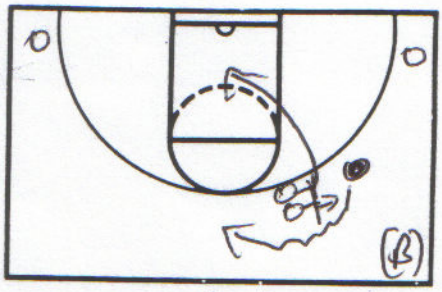
NOTES

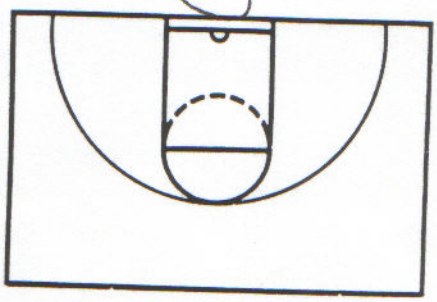
Double Pick & Roll
PG goes off double screen

Staggered double for wing in the corner

Another staggered double for opp. wing



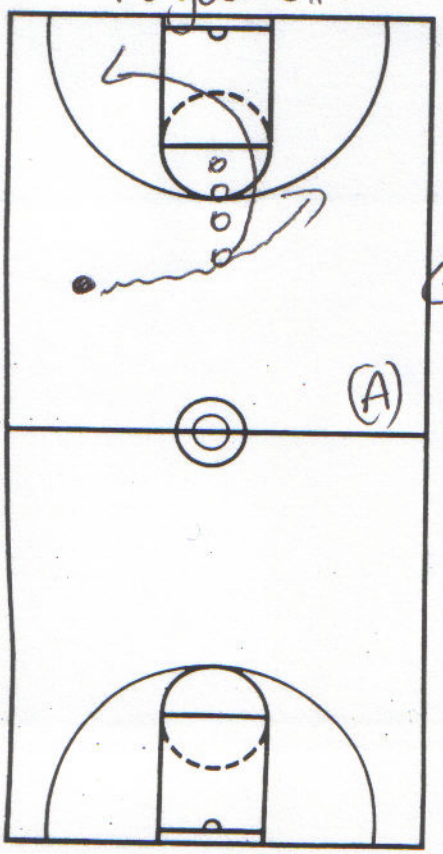




NOTES

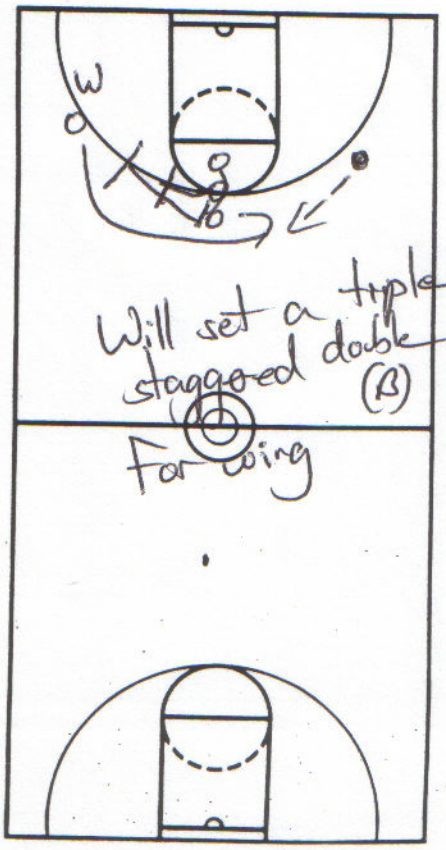
"Double Step Up"
Will set double screen
PG goes off

Will close PG & set second double screen



NOTES

Four screeners
Best shooter on top & goes to opp wing



Will set a triple staggered double for wing

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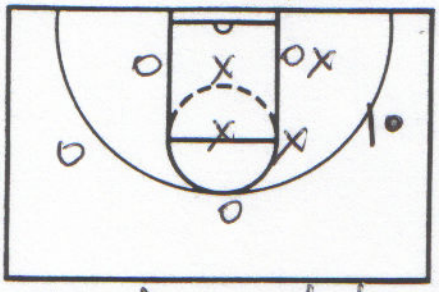
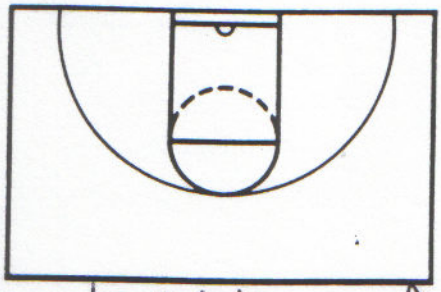
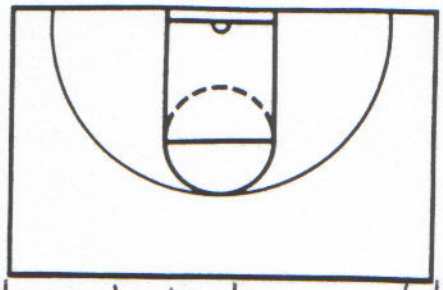
Man to Man Def.



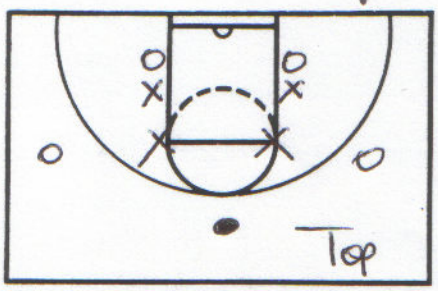


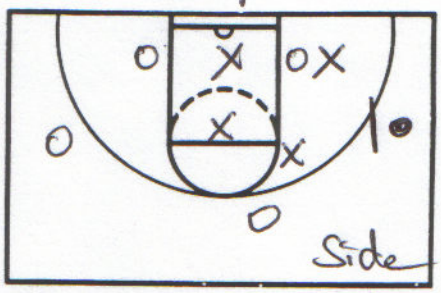


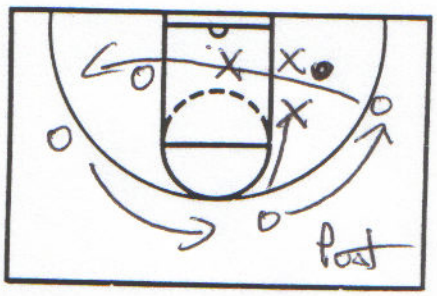
NOTES

Deny penetrating pass to 3pt. line
Don't believe in splits
Can't allow penetration from top

Don't want to two pass help
No middle / No point







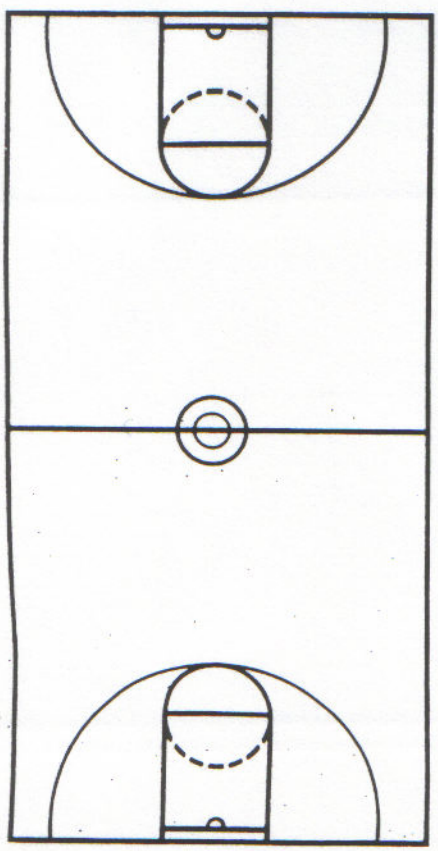
NOTES

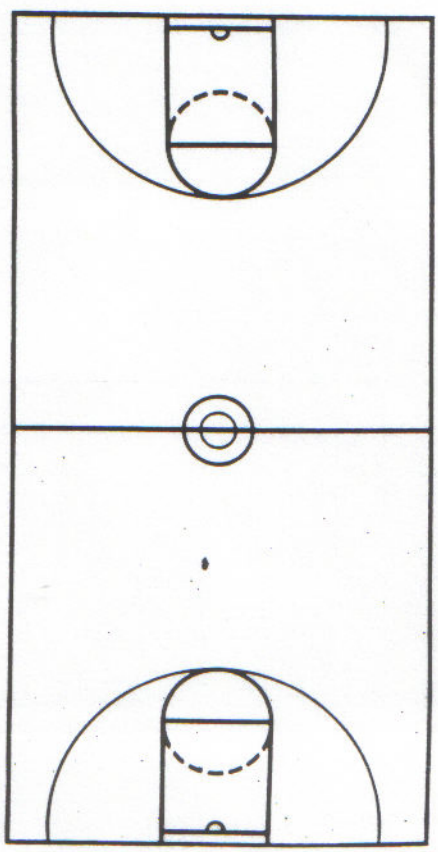
Shrink spots ⇒ Top
Side
In the post

NOTES

Transition Def.

Point & Talk
No open 3's
No layups
No off. rebounds





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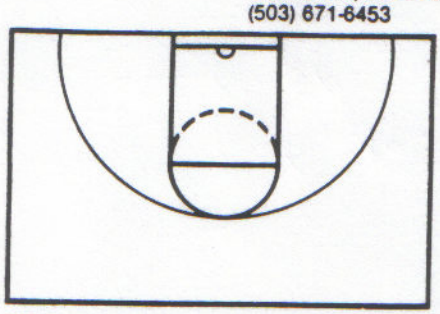
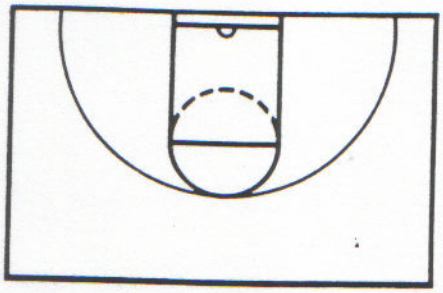
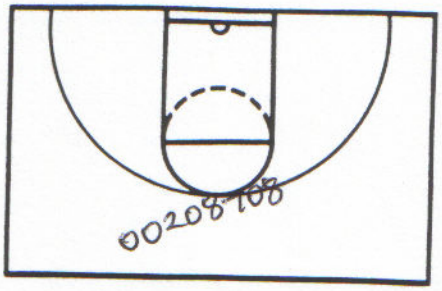
DATE Vanderbilt

Late Game Situations

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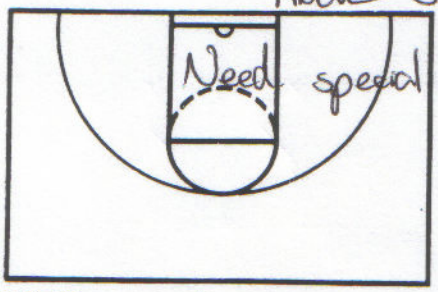
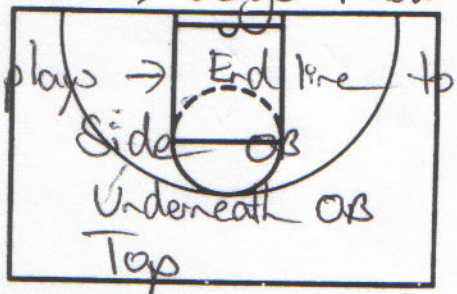
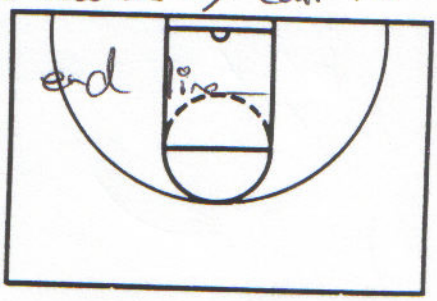
NOTES

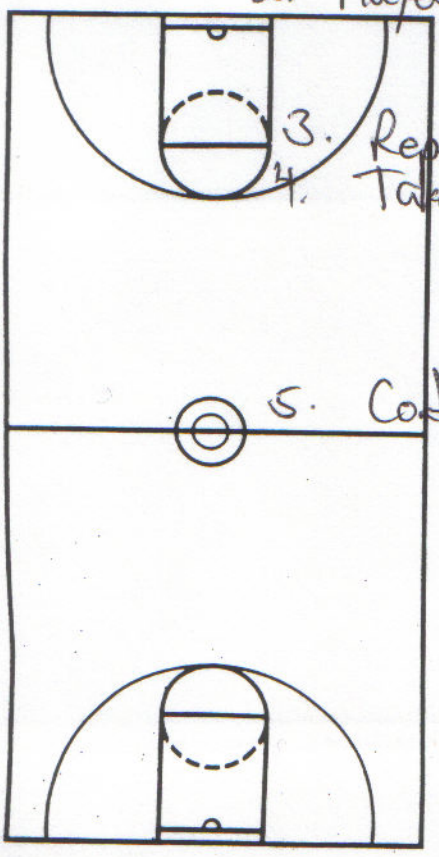
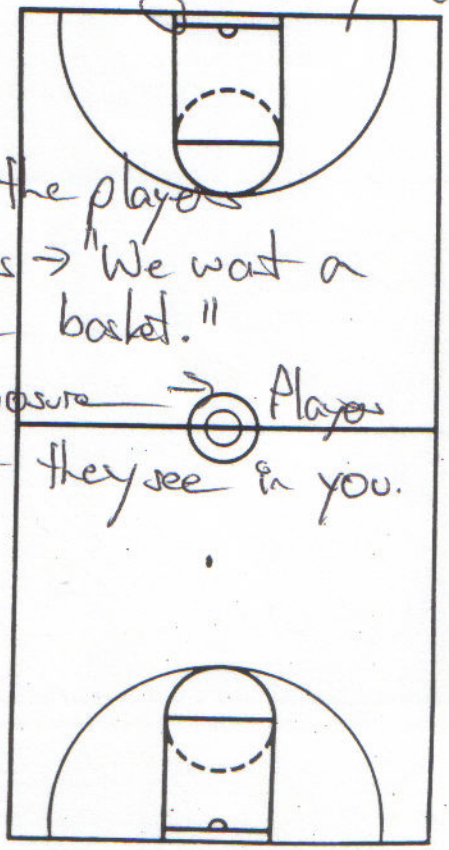
Have to practice them
Need a TO philosophy → When to call or not
Above 8 seconds → we go Below 8 seconds → call TO

Need special plays → End line to end line
Side OB
Underneath OB
Top

NOTES

Five things that are key to end of game
1. Belief system of your team
2. Players must have a clear understanding what you are trying to do.
3. Repetition
4. Take the pressure off the player
Stalling tells his players → "We want a quality look at the basket."
5. Confidence, poise & composure → Player will react to what they see in you.

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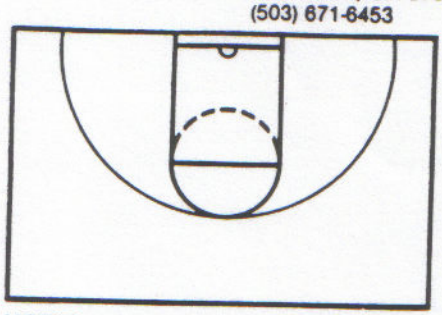
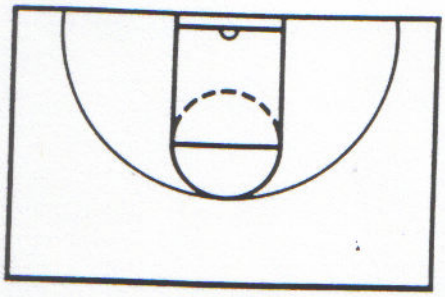
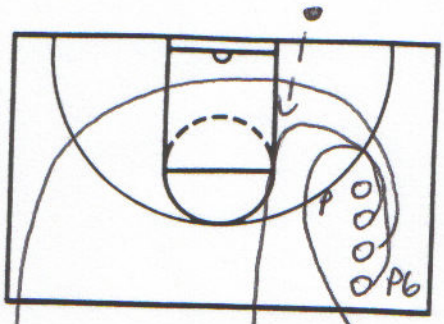


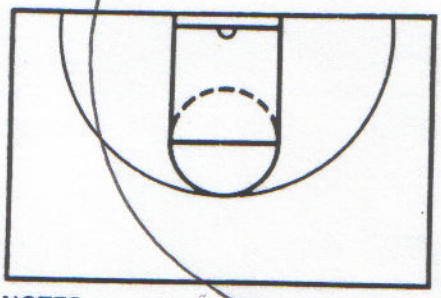


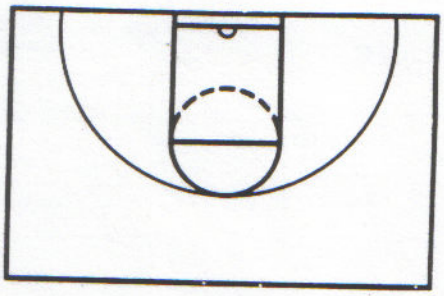


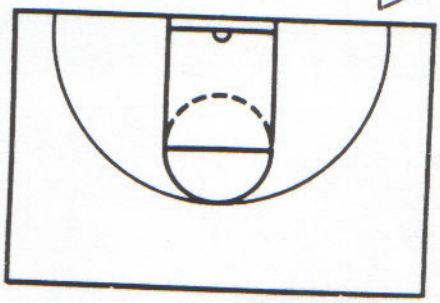
NOTES

3 Sec
Tied / Down 1 / Down 2

Set works for some reason No explanatio







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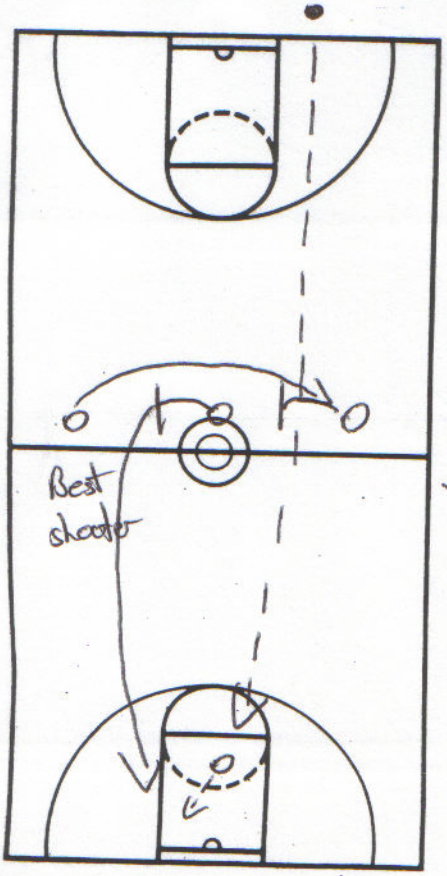
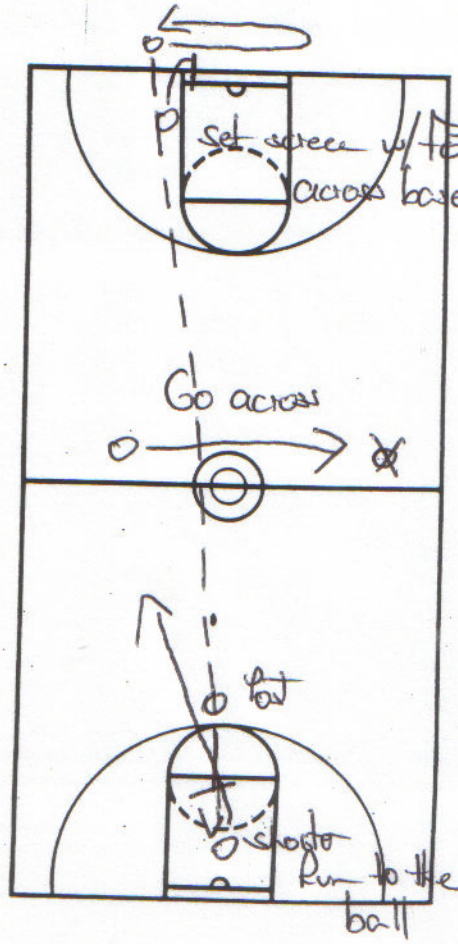


NOTES 3 Across

Throw long
Post looks for first screen for layup

Run baseline & comeback



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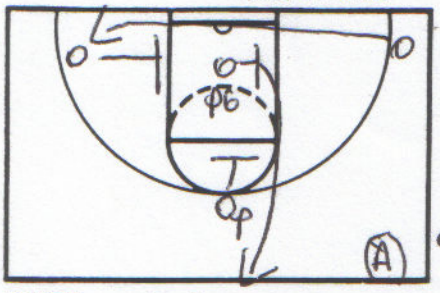
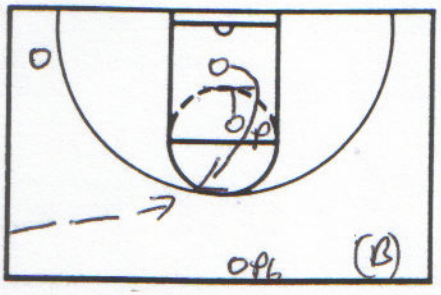
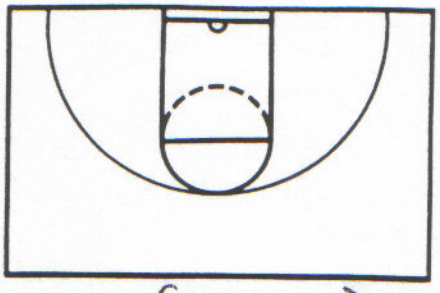
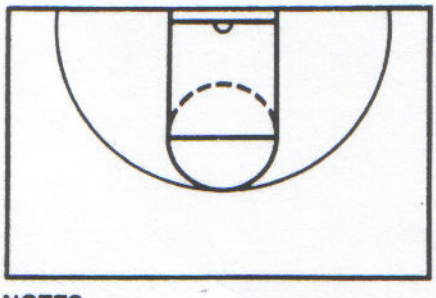


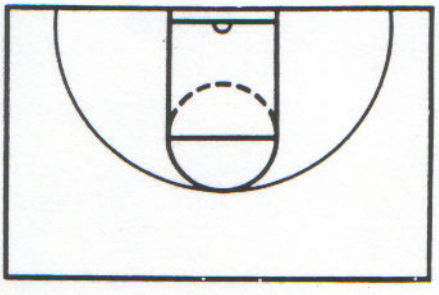


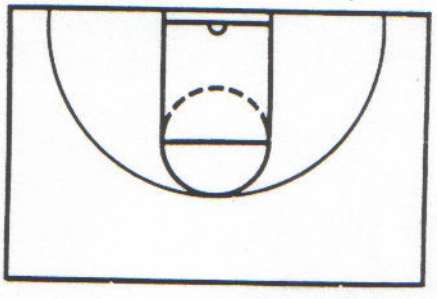


NOTES Side OB
3 Seconds

Hit 2nd screener for shot (Down Call)
OR Backscreen for lob to post (Up Call)







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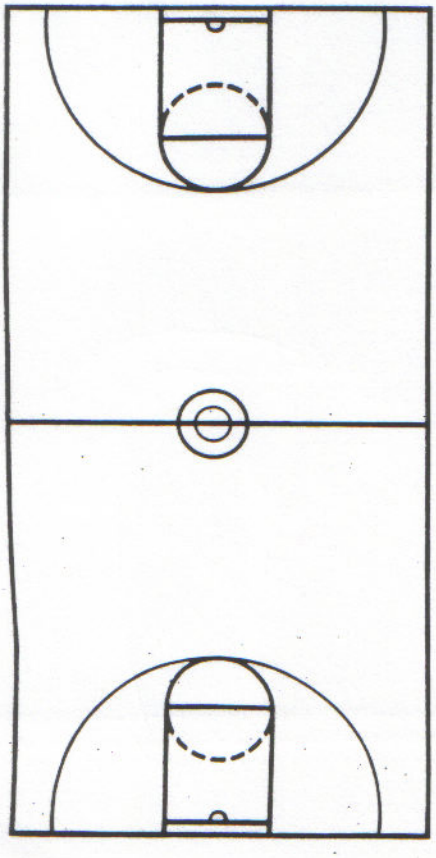

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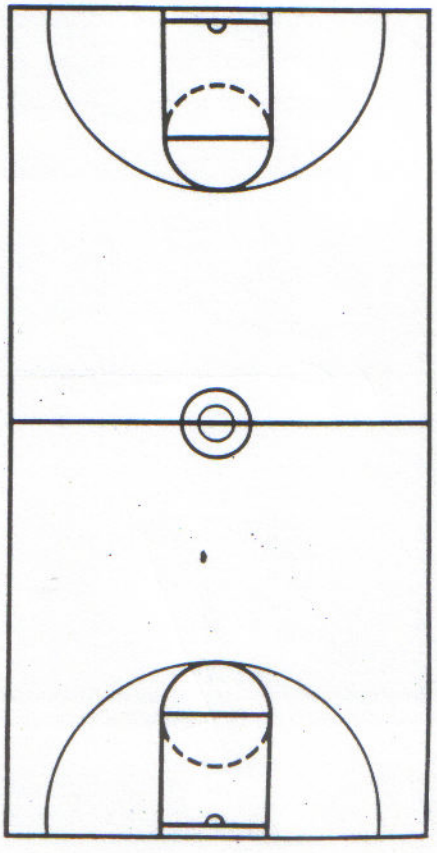

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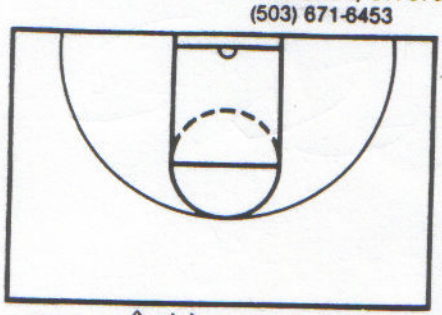
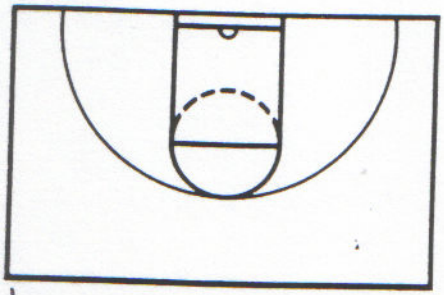
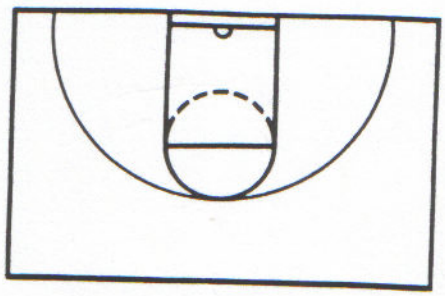
CLINIC Kevin Sutton
DATE Montverde Academy

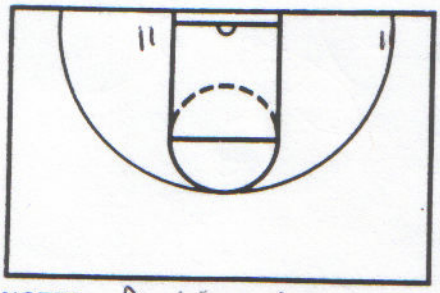


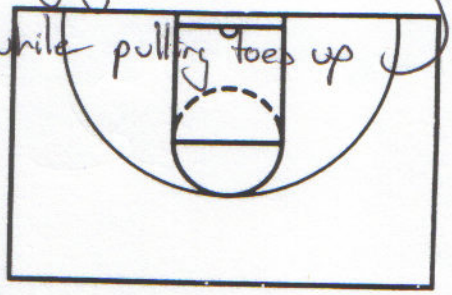


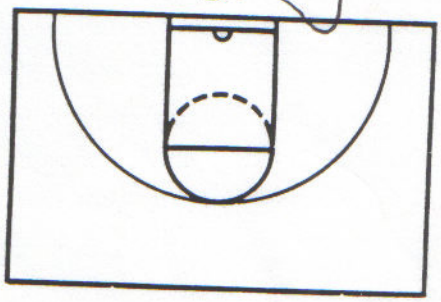


NOTES Dribbling while on toes
" " Russian leg kick
" " bringing knee to chest
while pulling toes up

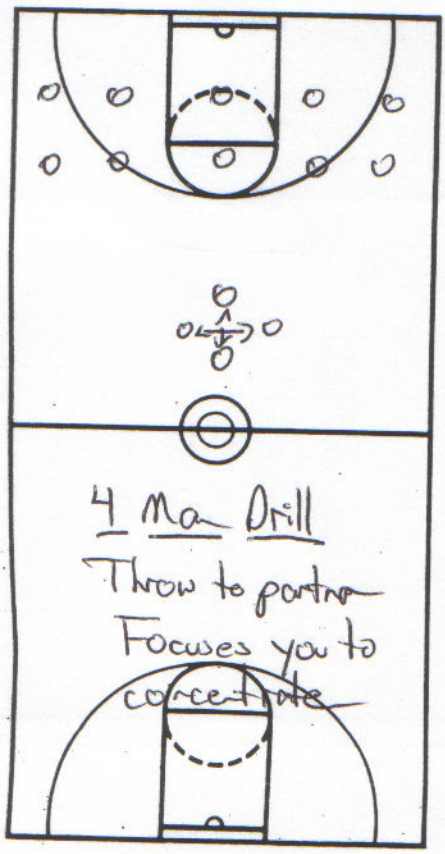
Streching while dribbling





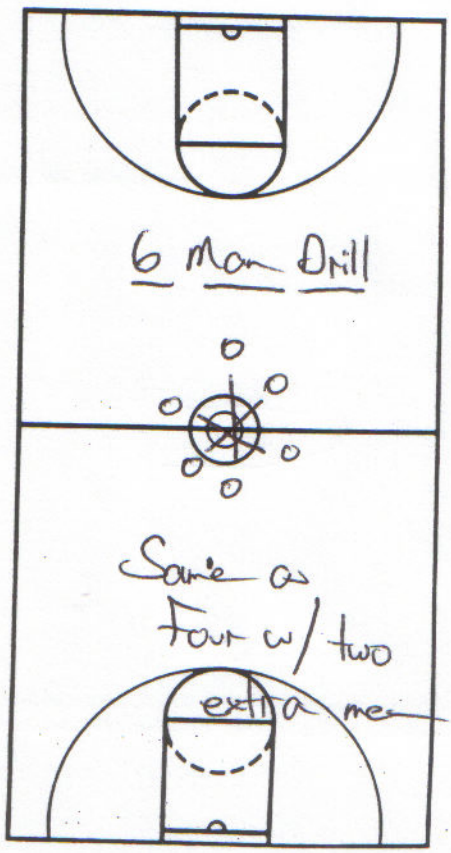


NOTES Drills w/tennis ball



4 Man Drill
Throw to partner
Focuses you to concentrate

NOTES
Each player has a tennis ball throw to opposite hand of partner
Can step in towards each other
Call out name of player throwing to



6 Man Drill

Same as Four w/ two extra men

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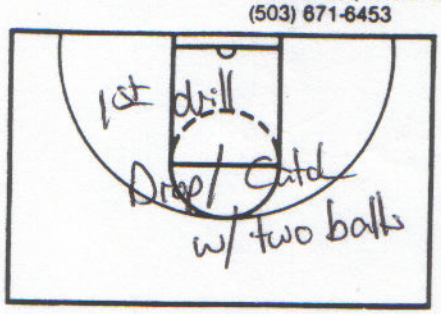
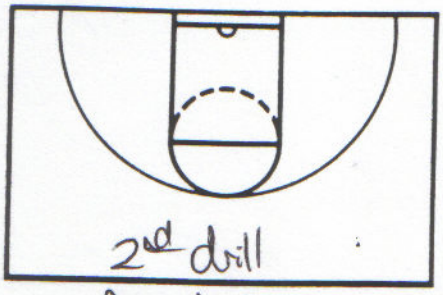
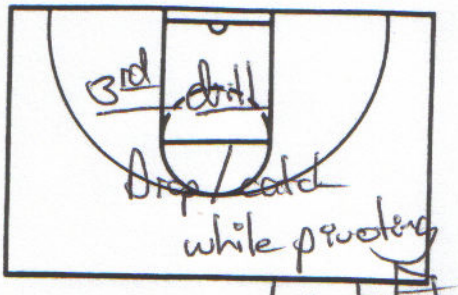


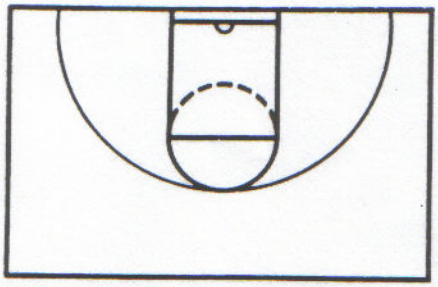


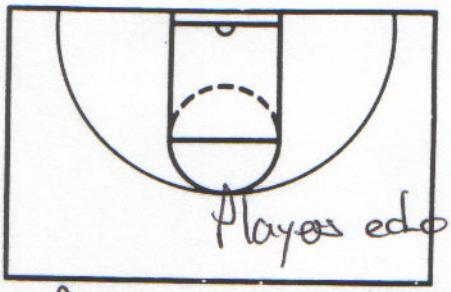


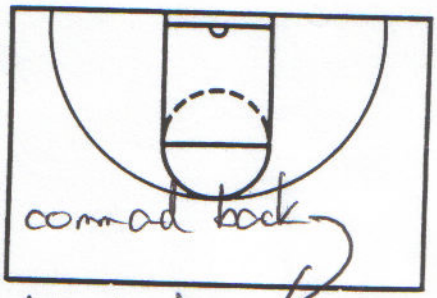
NOTES Two Ball Drill

Drop ball
Tap opposite foot in front

w/ pivot foot

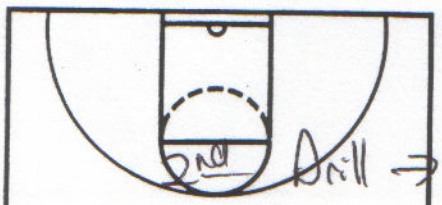


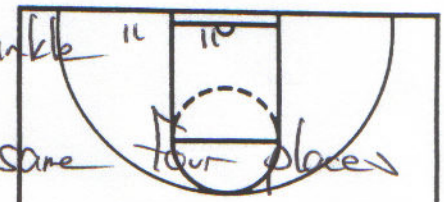




NOTES

Two basketballs → Pound basketball at shoulder level
" " waist " "
" " knee " "
" " ankle " "





NOTES

2nd Drill → Alternate balls / same four places

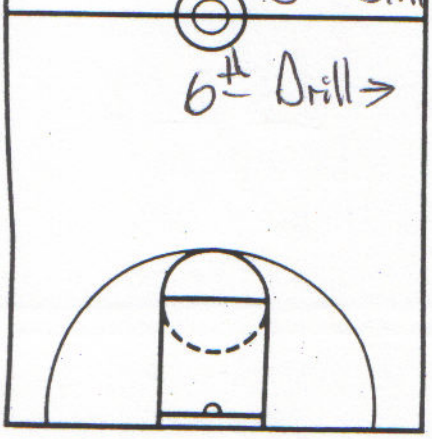
3rd Drill → Two ball drops w/ basketballs

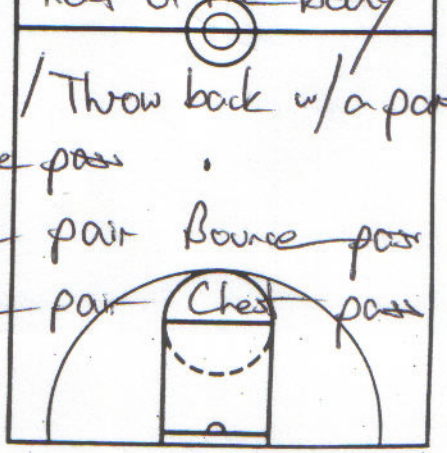
4th Drill → Front to back w/ two balls

5th Drill → Side to Side in front of the body

6th Drill → Catch / Pound Dribble / Throw back w/ a partner
Catch / Pound / Bounce pass

Four man drill → One pair Bounce pass
One pair Chest pass





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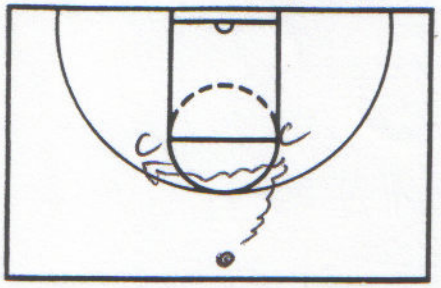
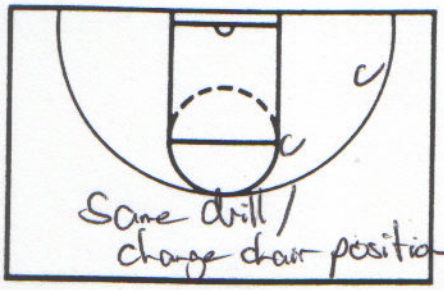
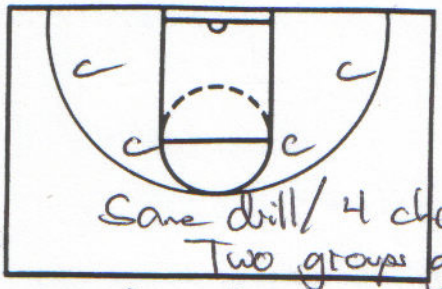


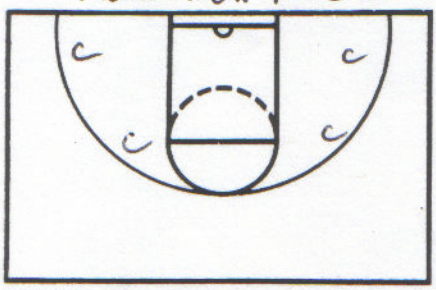


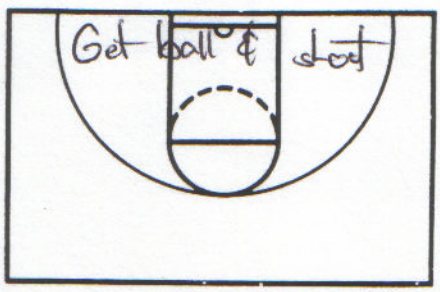


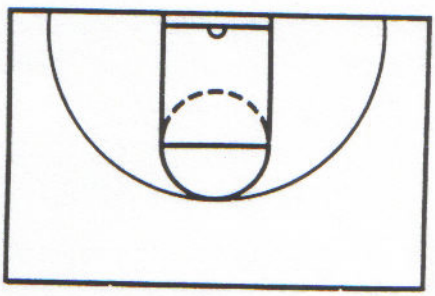
NOTES
Two ball
Alternate dribble
Place ball in chair

Dribble to opp. chair
Place ball in chair
Run back to first chair

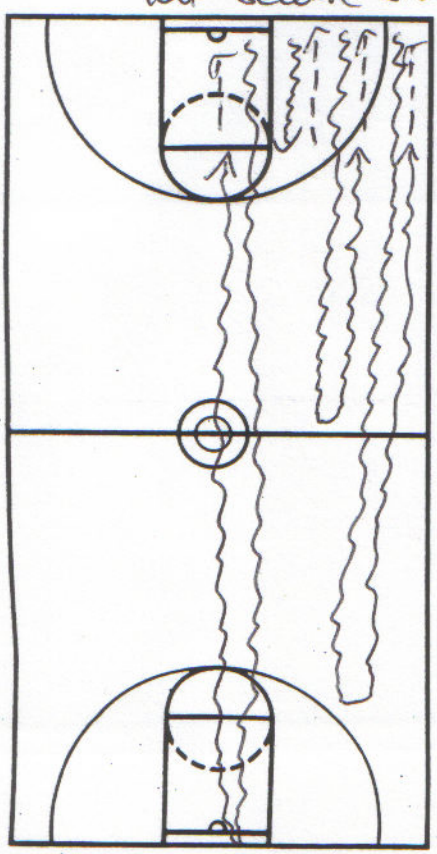
Run to 2nd chair
Get shot off



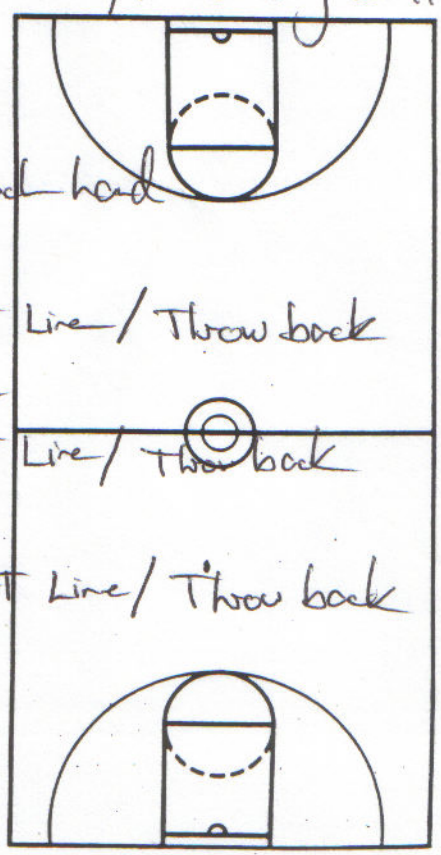




NOTES
Dribble & place ball
Co-shoot off chair of your choice
Your second shot is on the opposite side w/ remaining ball



NOTES
Alternate balls
Go to FT Line
Pivot / Throw back w/ each hand
Go to ½ court
Pivot / Dribble to FT Line / Throw back
Go to opp. FT Line
Pivot / Dribble to FT Line / Throw back
Go to end line
Pivot / Dribble to FT Line / Throw back



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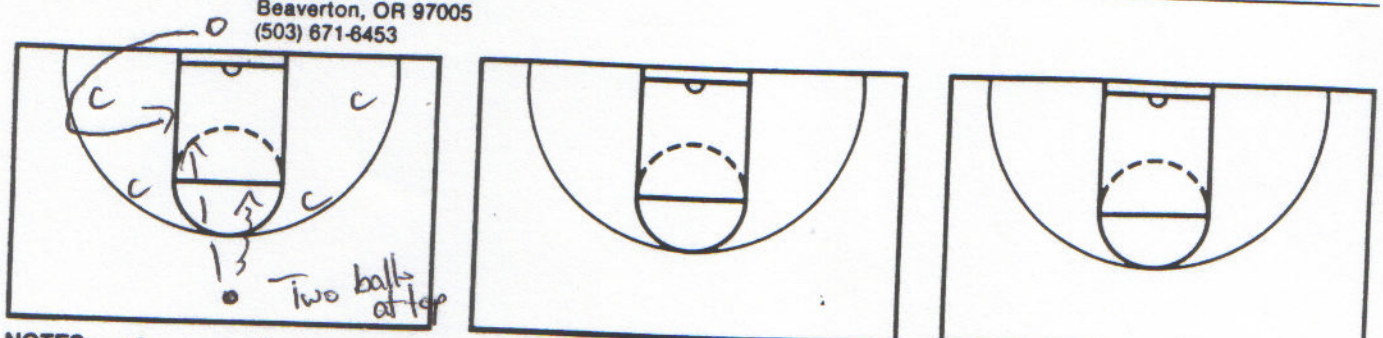
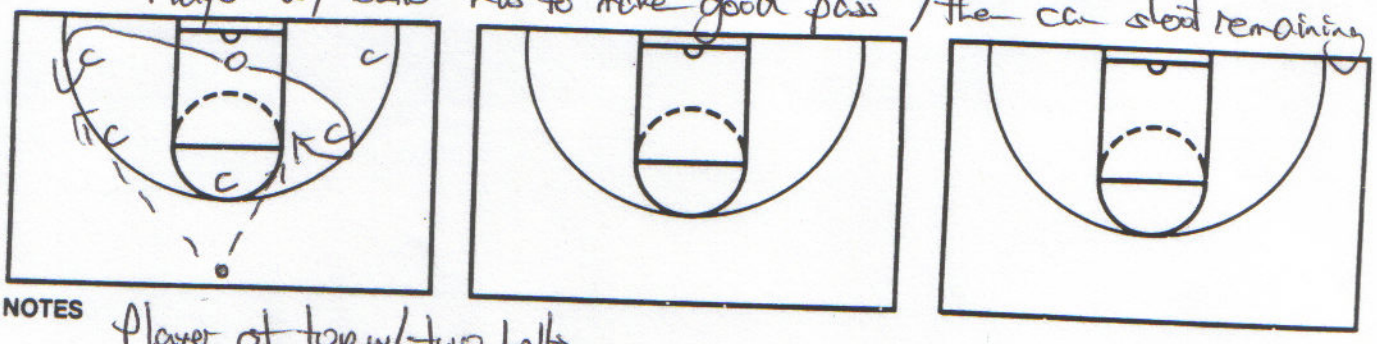
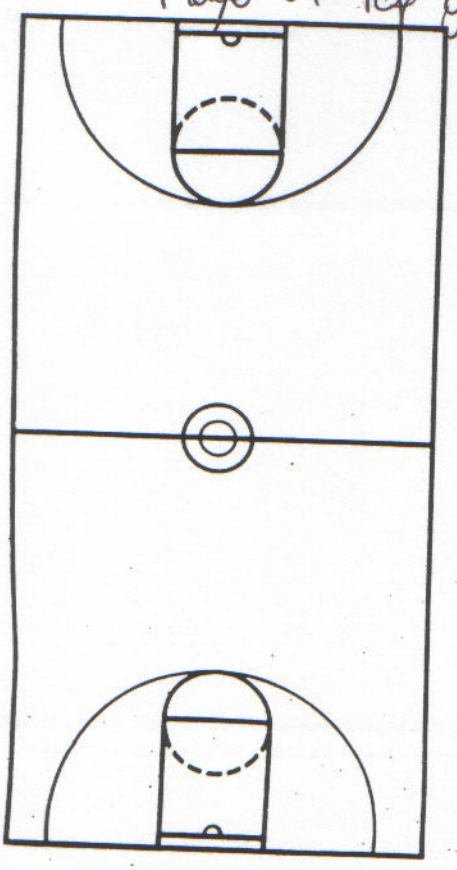


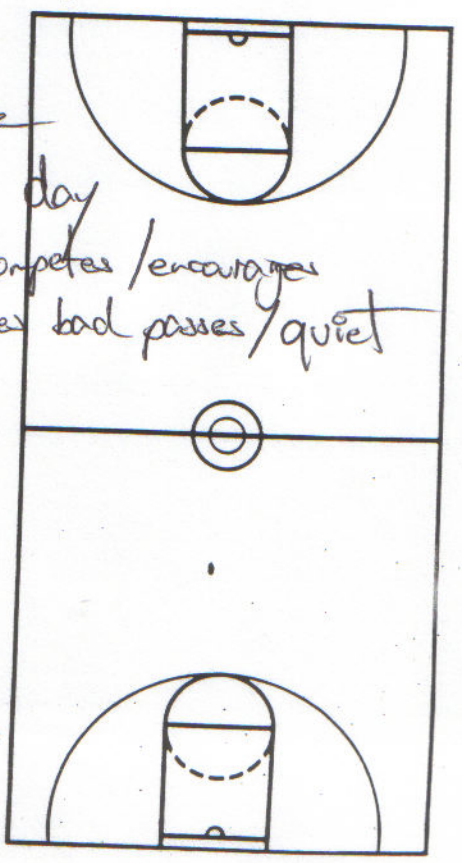
NOTES
Player at top with two balls
Player underneath has to make cuts & call out
Player w/ balls has to make good pass / the can shoot remaining ball



NOTES
Player at top w/ two balls
Player underneath → makes two cuts / receives passes / gets two shots
Player at top gets ball out of top chair & shoots



NOTES
Secure w. Insecure
Competing every day
Secure player competes / encourages
Insecure makes bad passes / quiet



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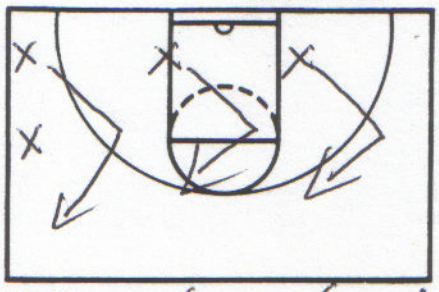
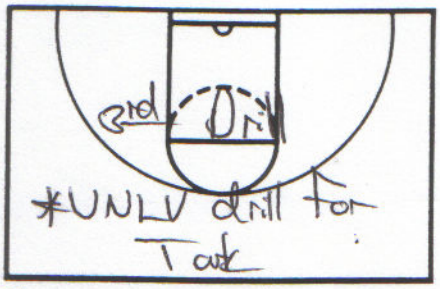
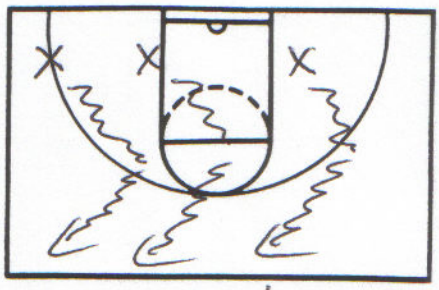
CLINIC Bob Mackey
DATE Christ the King H.S.



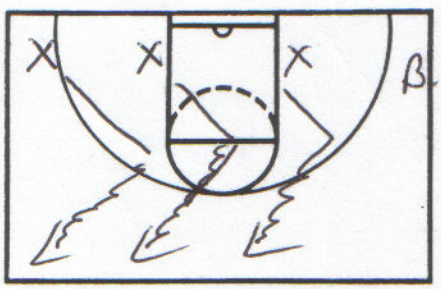
NOTES

A. Zigzag to half court
Turn & Run at ½ court





C. Sprint to FT Line
Sprint to ½ court
Sprint to end line



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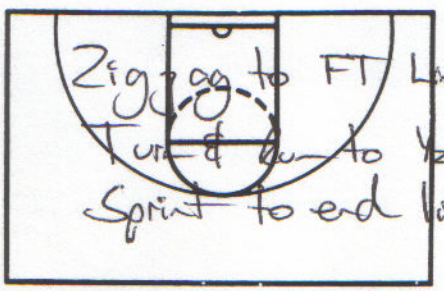

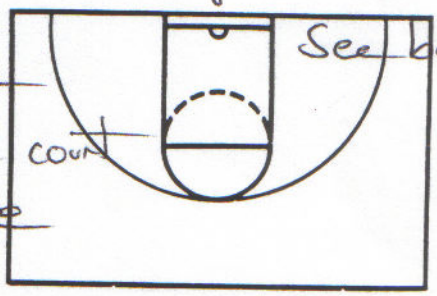

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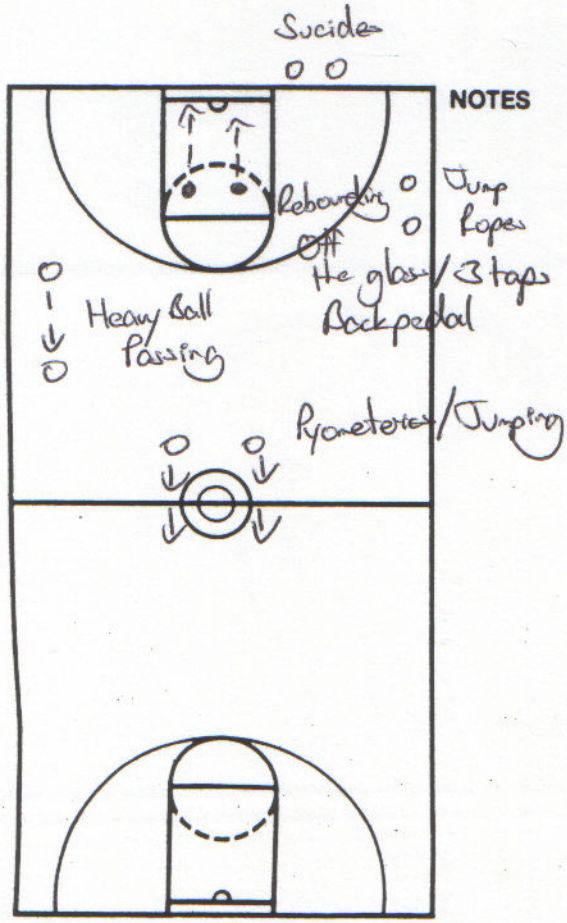
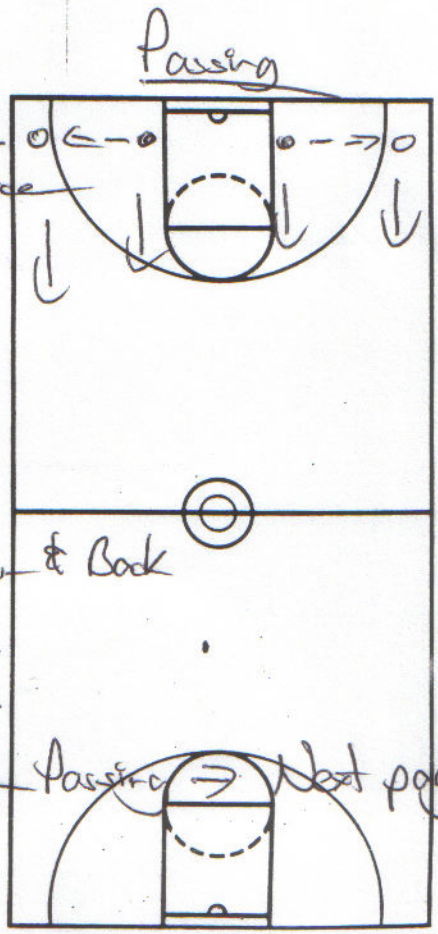


Conditioning Station
To start practice



Passing ⇒ Down & Back
1. Chest pass
2. Bounce pass
3. Three Man Passing ⇒ Next page

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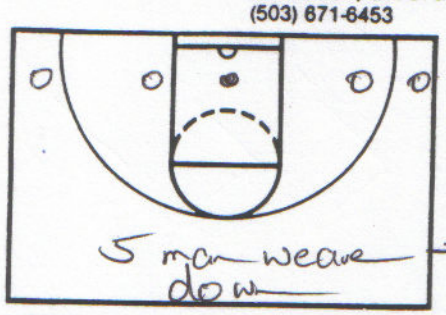
4th Drill → 5 man weave / 3 on 2 back → 2 on 1



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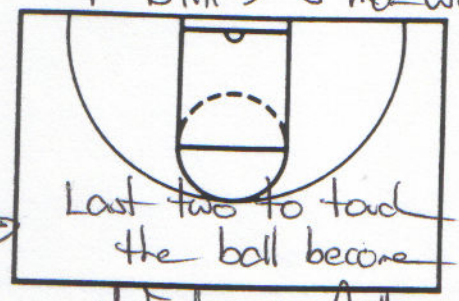

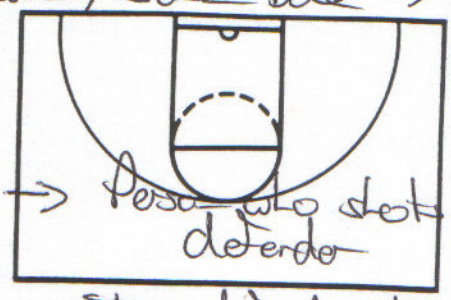

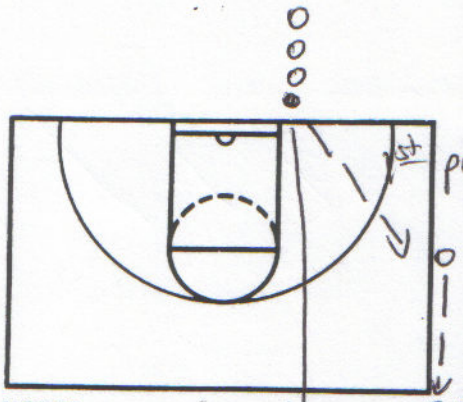

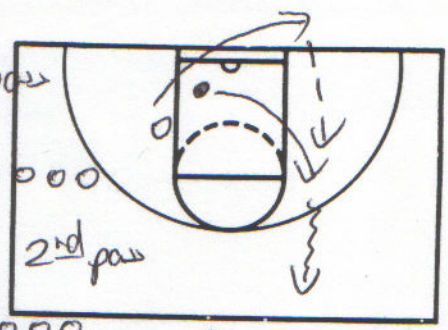

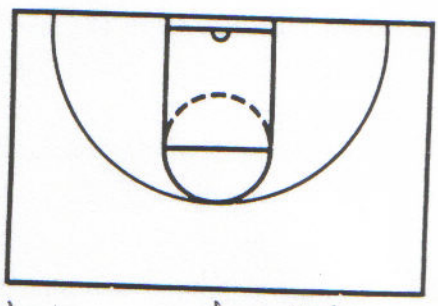

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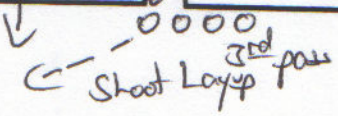
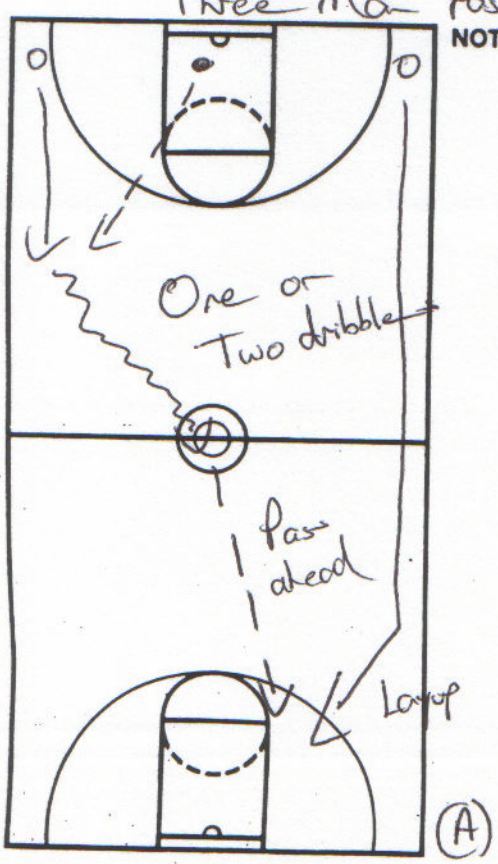
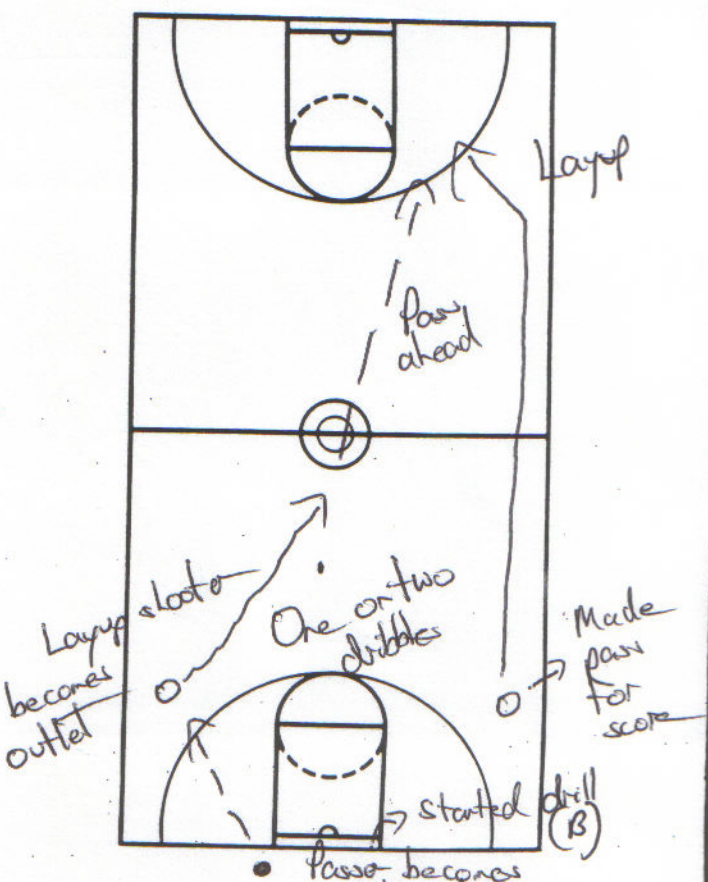


Perso who shoots layup goes to outlet
Trailer throws inbound pass & tries to chase ball from behind

Three Man Passing

NOTES





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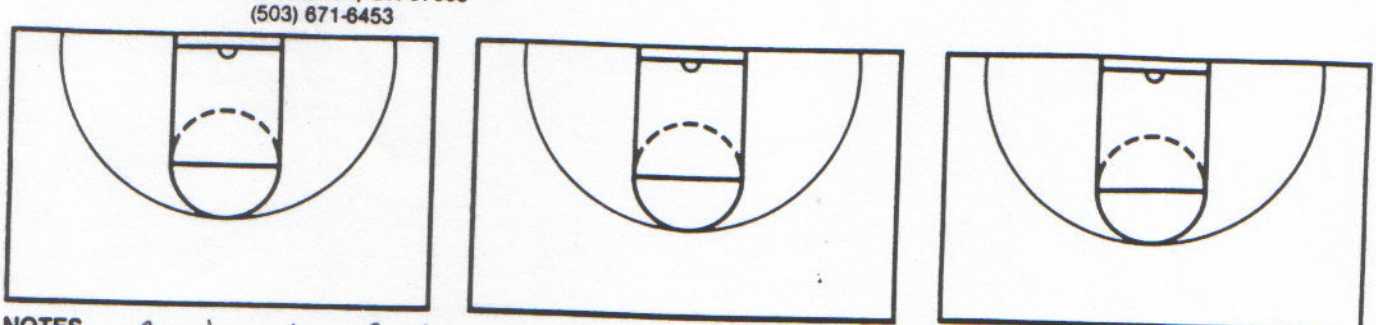
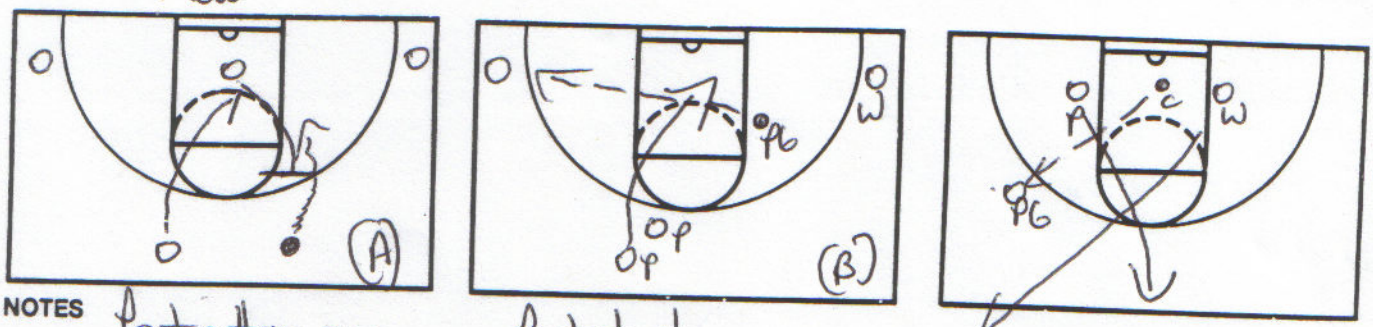
CLINIC Rick Barnes
DATE Texas



NOTES

Baseline to Baseline in 3 seconds.
Separation → wait separation in three steps.
Flow



NOTES

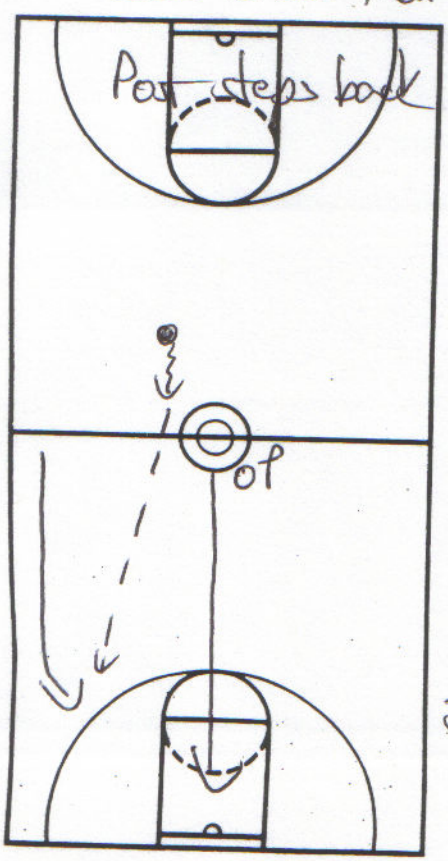
Post cutter runs to rim & comes back to set flat ball screen

Post trailer cuts through Look for wing in the corner

3 on 1 shooting
PG takes one dribble passes to post running middle of floor
Wing turning to right area

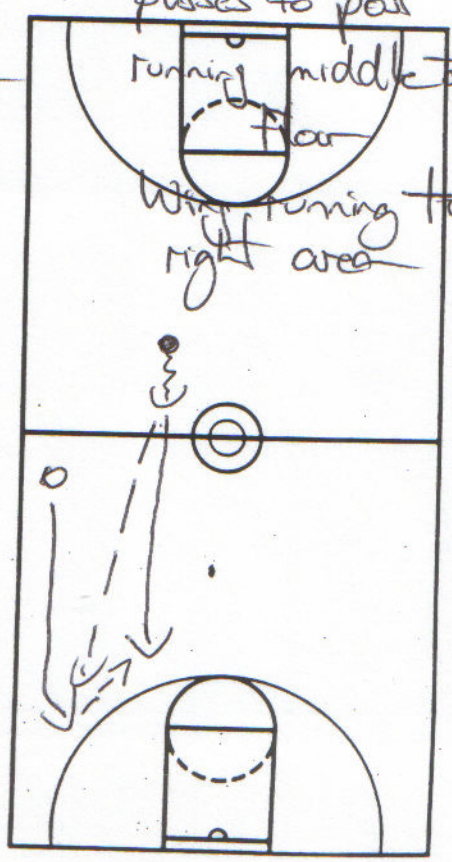
NOTES

Post steps back



2nd shot
PG pitches ahead to wing for 3pt. shot

3rd shot
Wing throws back to PG



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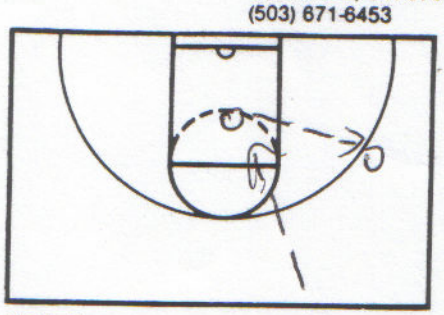
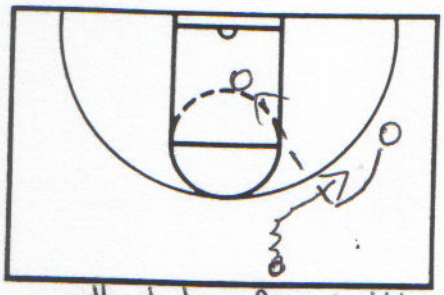
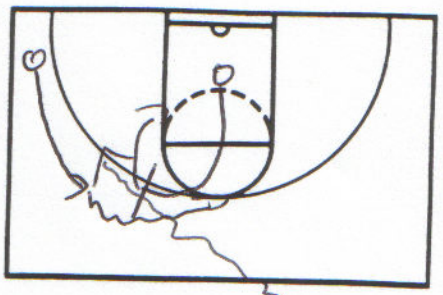


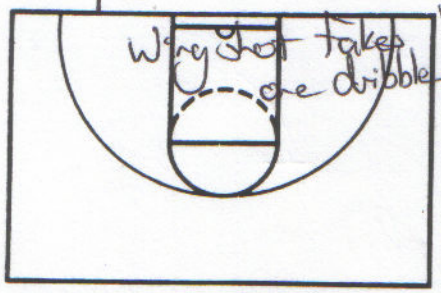
NOTES
4th shot
Pass to post who kicks to wing
Wing shot takes one dribble / shot

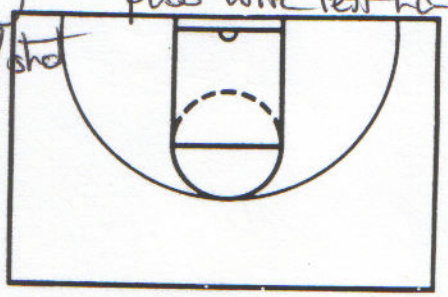


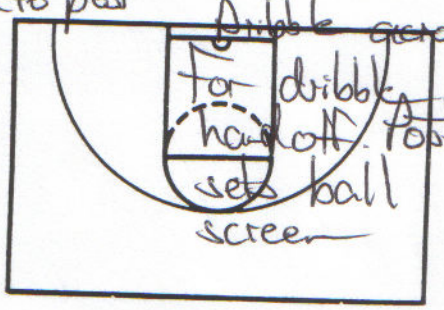
5th shot PG dribbles handoff to wing who throws bounce pass with left hand to post



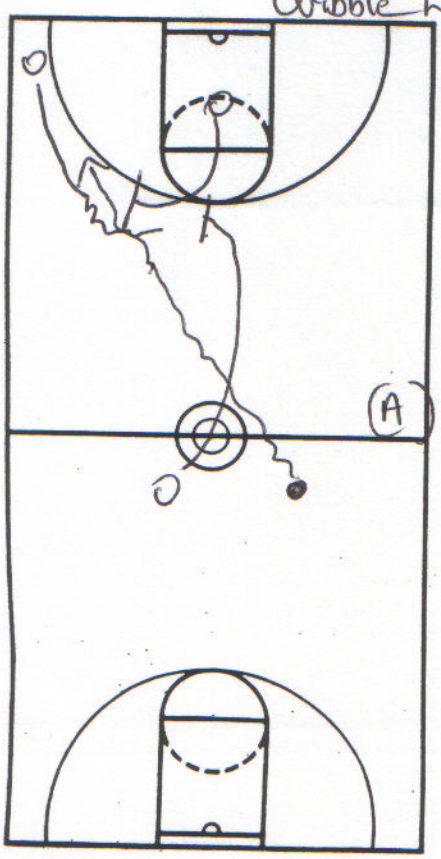
6th shot
Dribble across for dribble handoff. Post sets ball screen



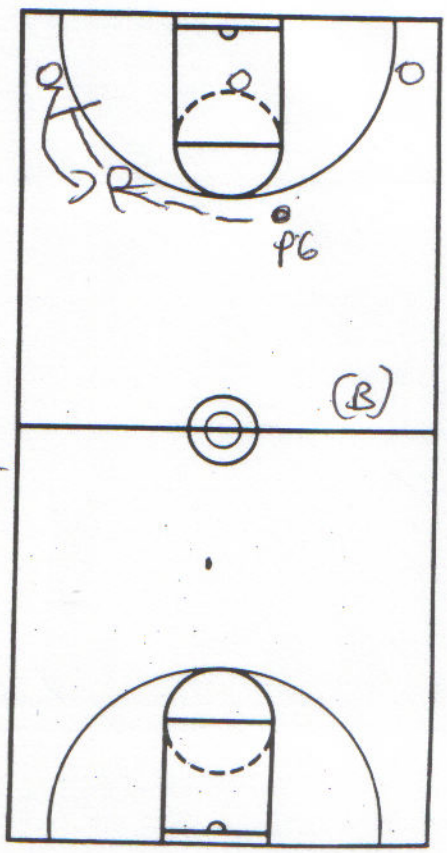




NOTES
7th shot
PG dribbles to dribble handoff



NOTES
Post cutter comes back to set ball screen & rolls
Post trails sets screen for PG in corner who gets pass off throwback



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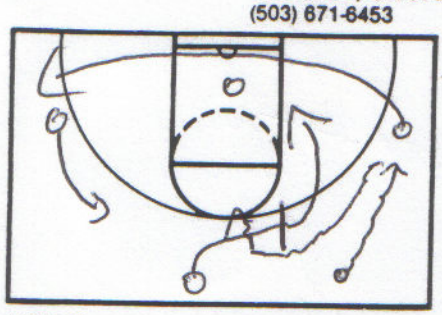
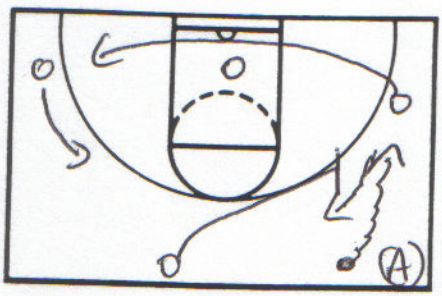
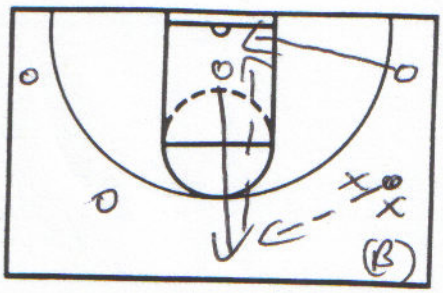
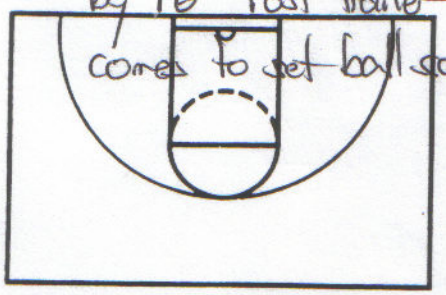


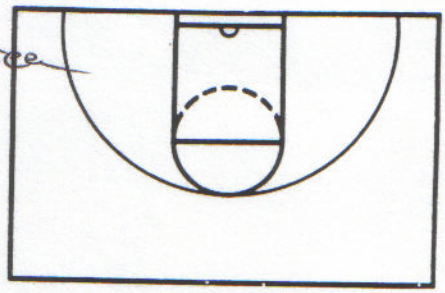


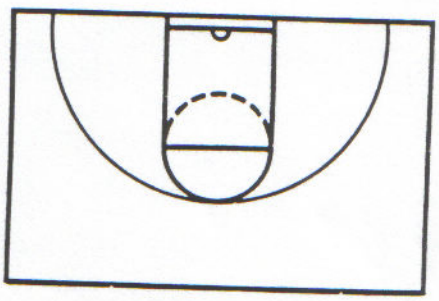


NOTES

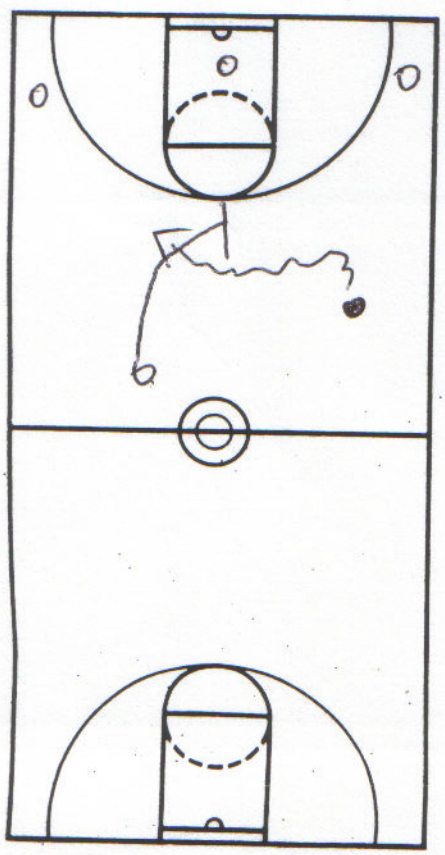
Cutting →
Shallow Dribble by PG Post trails comes to set ball screen







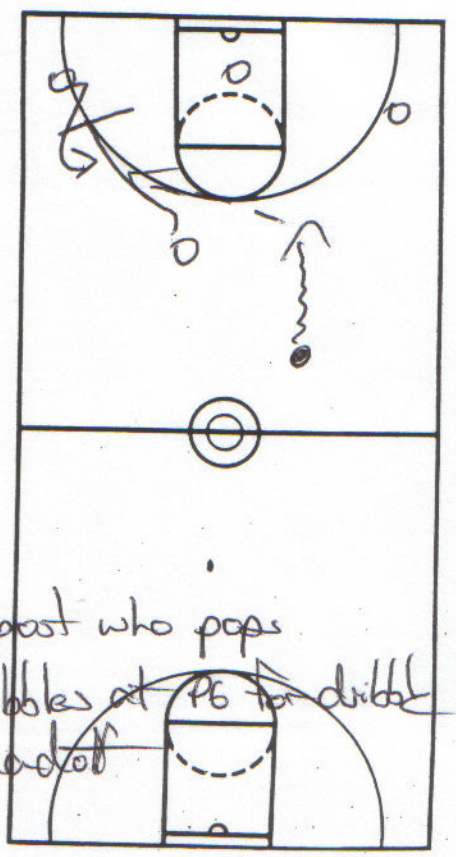
NOTES



NOTES

Up
Post trails sets ball screen for PG

Quick
Post sets screen for wing
Can throw back to post who pops
Post dribbles at PG for dribble handoff



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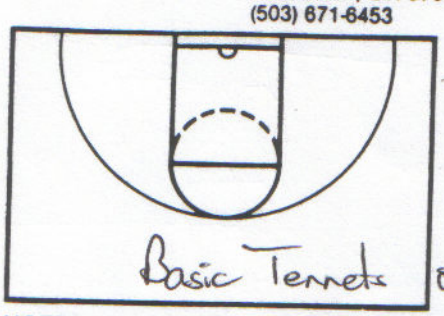
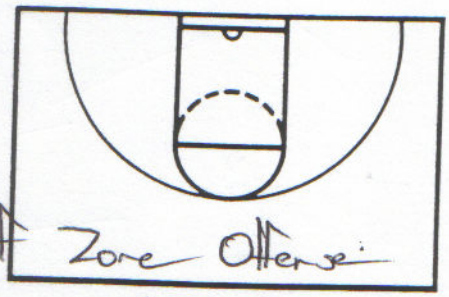
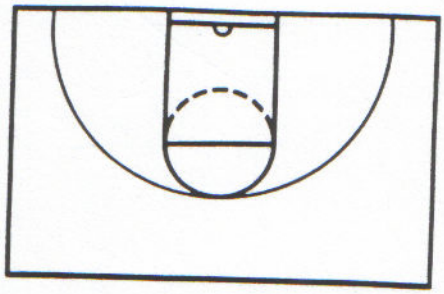
Attacking Zone Defenses



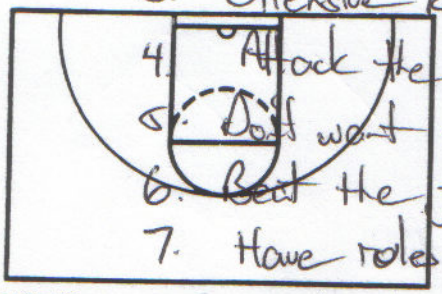
Basic Tenets of Zone Offense:

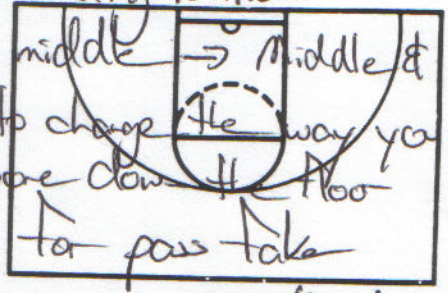


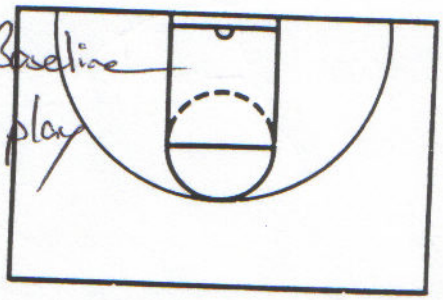


NOTES

1. What best fits your team?
2. Role of the 3pt. shot
3. Offensive Rebounding Positio
4. Attack the middle ⇒ Middle & Baseline
5. Don't want to change the way you play
6. Beat the zone down the floo
7. Have roles for pass fake



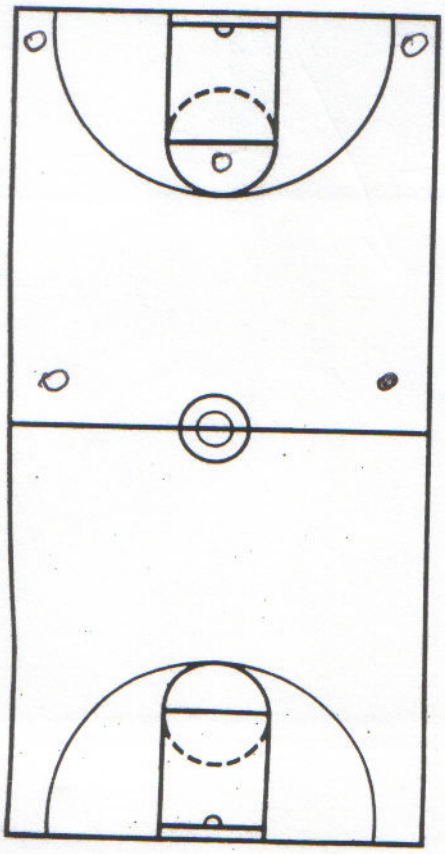




NOTES

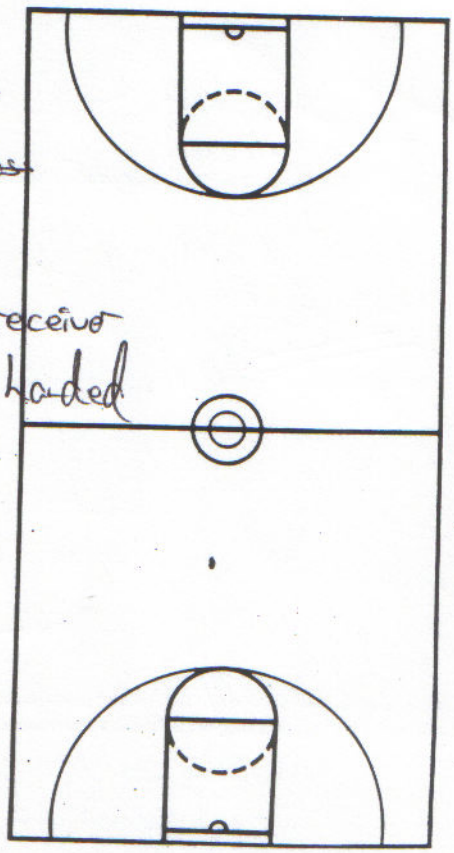
8. What rule ⇒ Mismatch/Find

Big Passing



NOTES X Drill

Any pass to middle has to be bounce pass
Meet the pass
Call name out of receive
Skip has to be two handed
Add two balls
Add three balls



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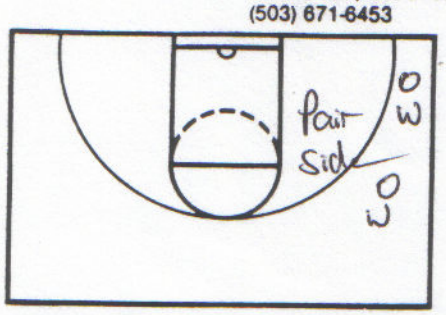
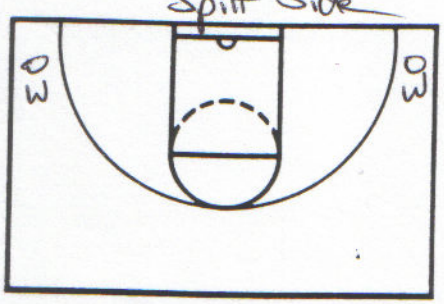
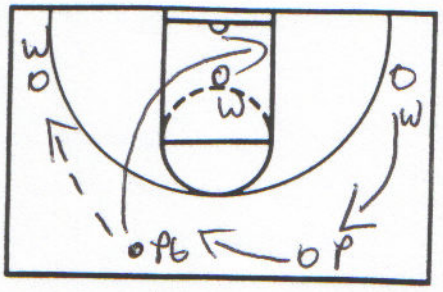
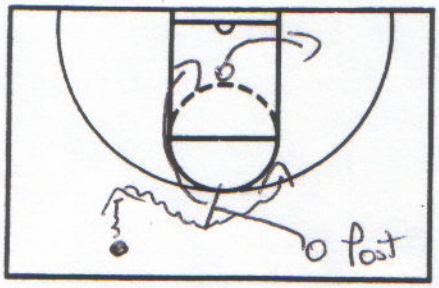


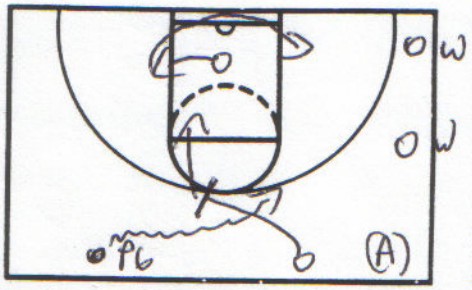


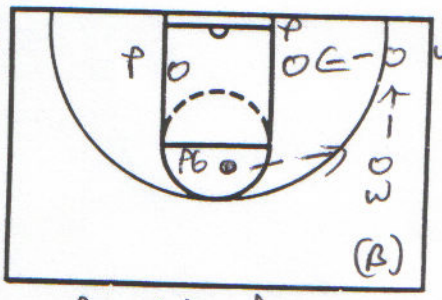


NOTES

Phoenix → Rim Runner
Wide Runners → Pair Side / Split Side





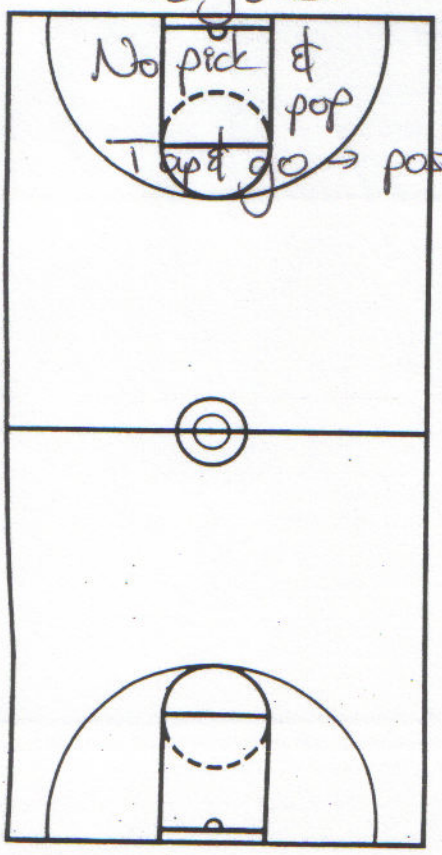


NOTES

Drag Screen
Post trails screens the zone

Split Side
Drag Screen
PG penetrates

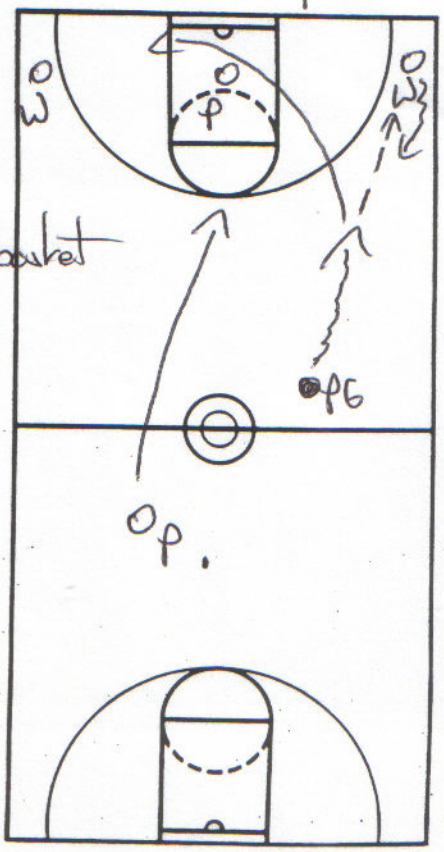
PG Kicks to wing
extra pass to corner
Looks for post inside



NOTES

No pick & pop
Tap & go → post trails

Carolina vs. made basket



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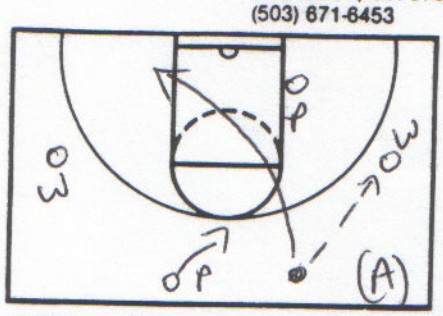
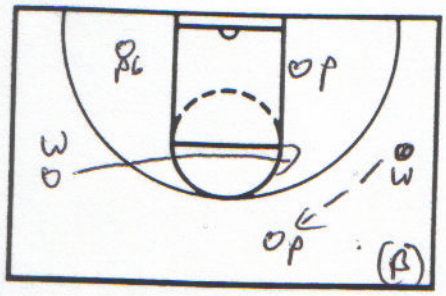
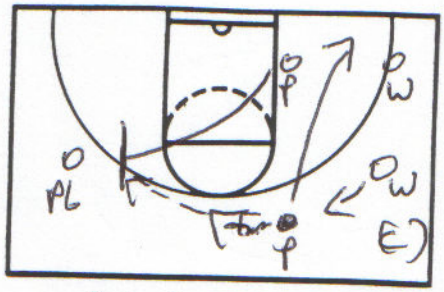
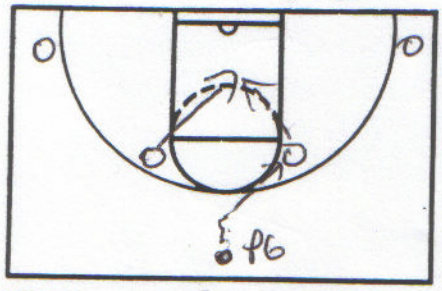


NOTES
Dive → Overload you on opp. side

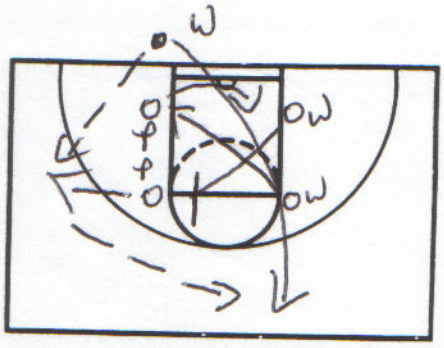




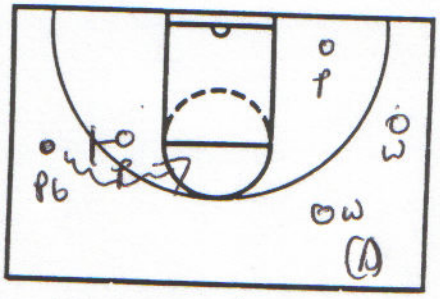
Pick & Roll by PG ~~ball~~ post



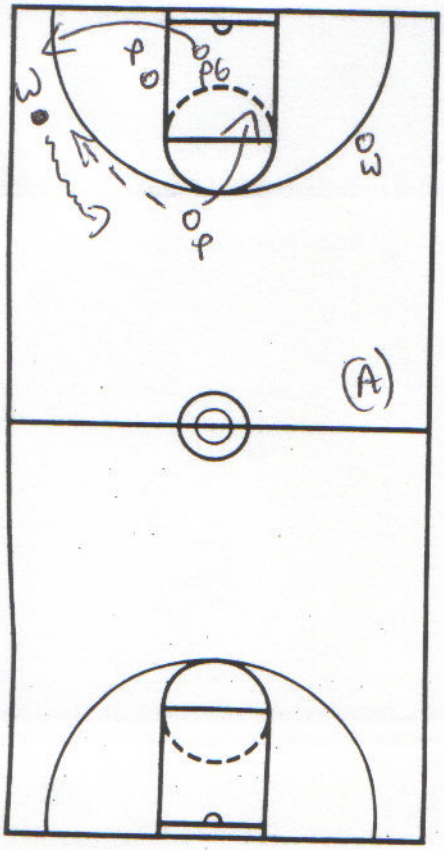
NOTES
Horn



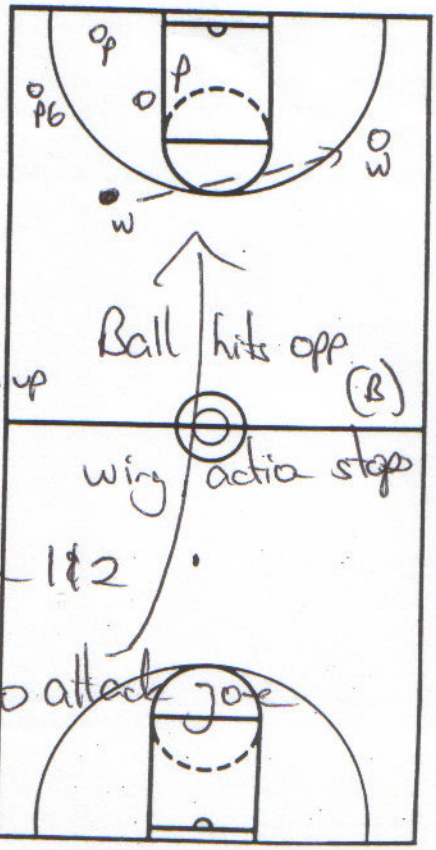
OB vs. Zone
Next page



Triangle on opp. side



NOTES
"Wheel"
PG has wing & reversed ball to post ~~trailer~~
Post ~~trailer~~ reverses to wing who dribbles up
Post ~~trailer~~ to short corner
Post up post between 1 & 2 marker
Have a diamond to attack zone



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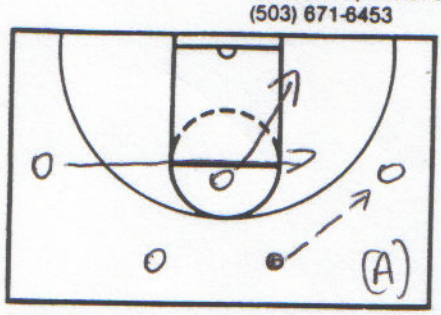
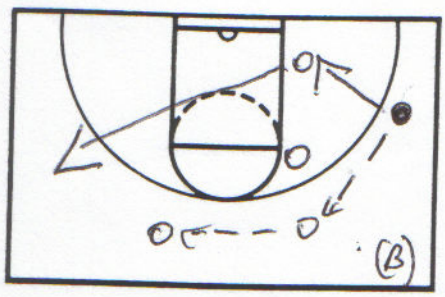
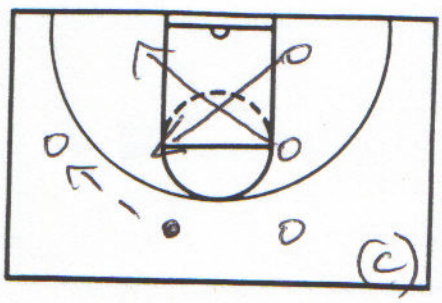


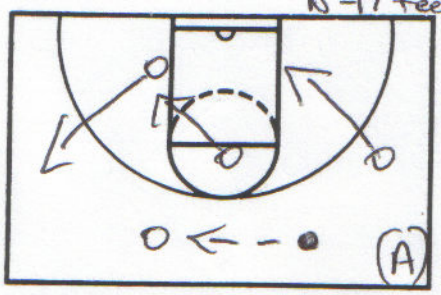


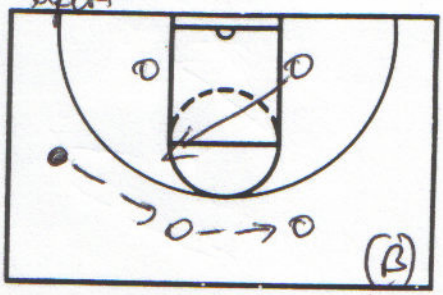


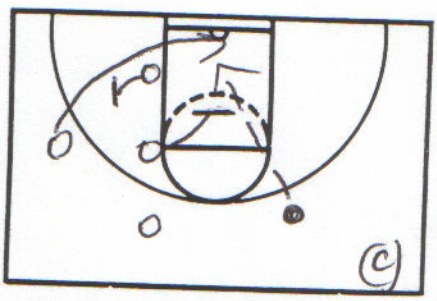
NOTES

T. Game

Top two have to stay 15-17 feet apart



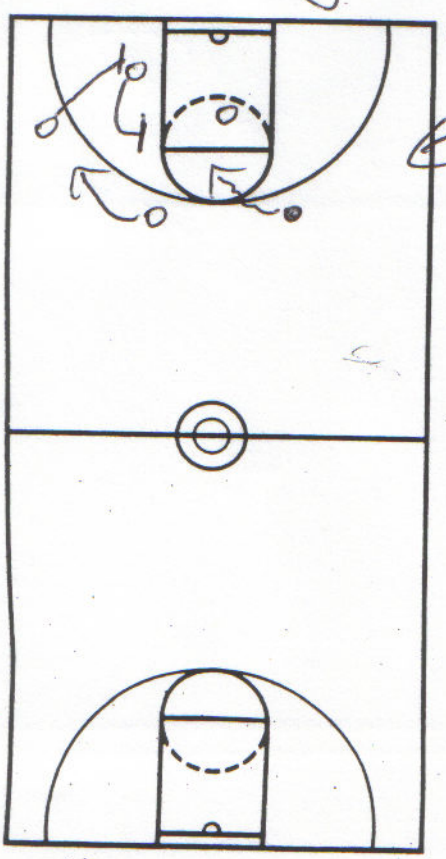




NOTES

Eagle / Out of T game set / Lob play

Eagle II → Start a right & reverse to left for lob pass



NOTES

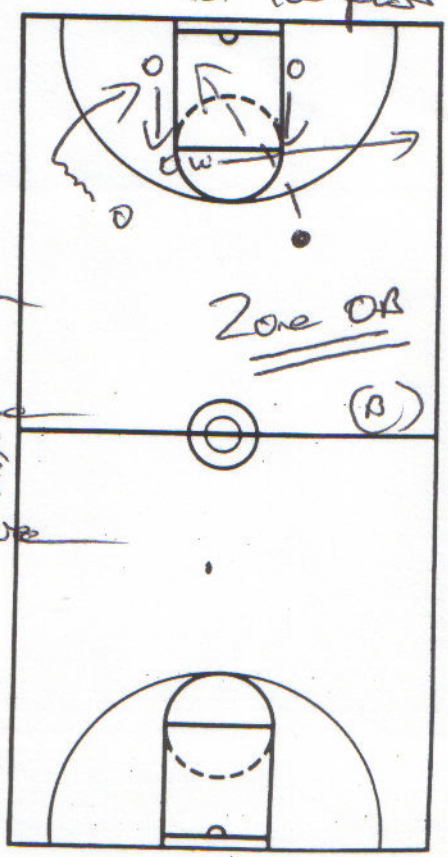
Double Eagle

Lob play but 3 pt. shot

Cutter screens bottom

Screener comes to screen top of zone

Dribble at zone & hit wing for the



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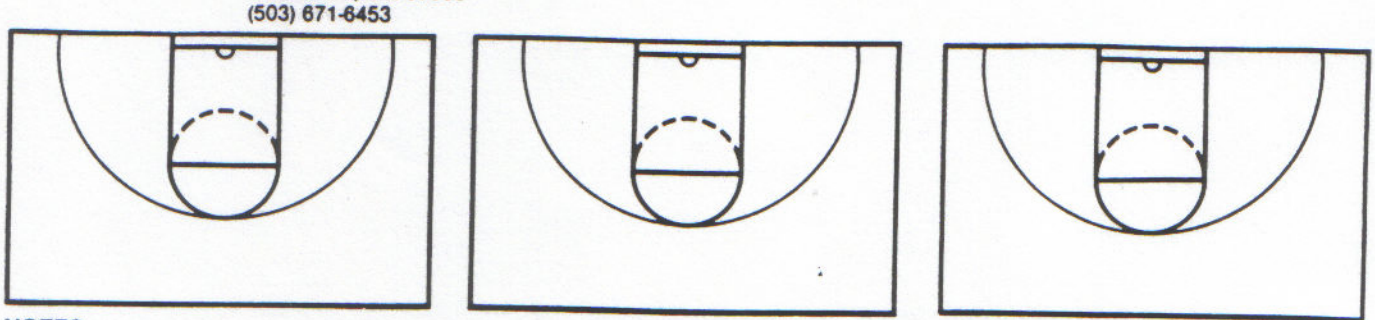
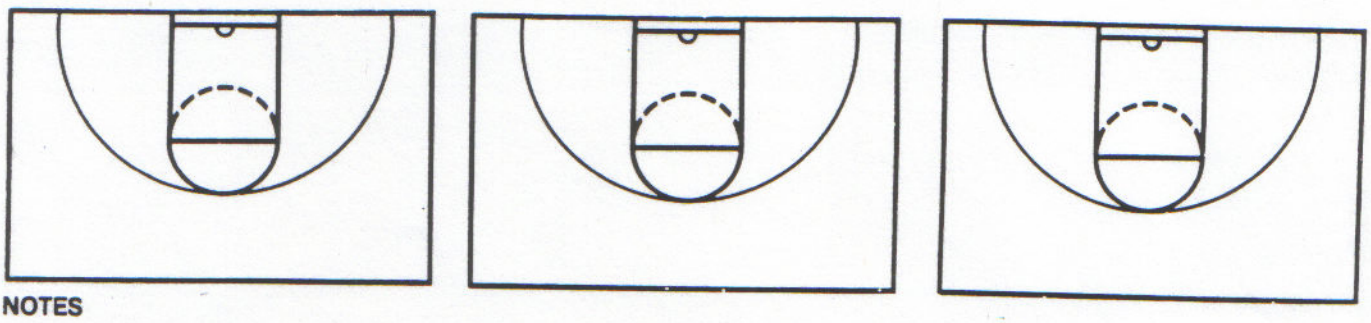


NOTES

mercurion@xavier.edu
Saying in dressing room



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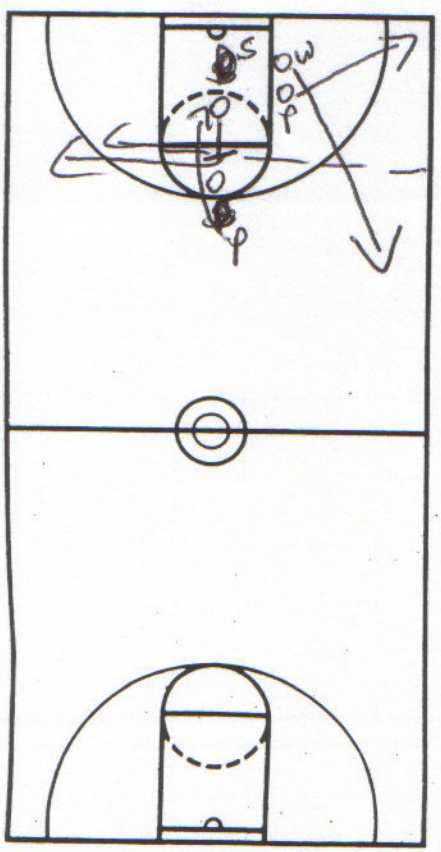
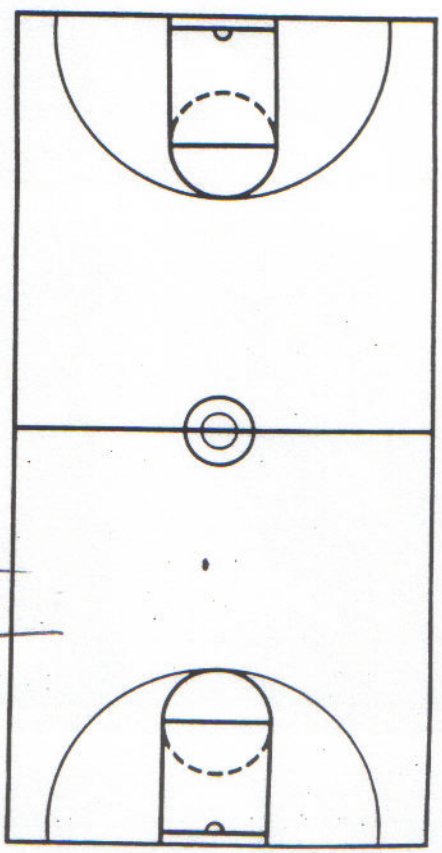


NOTES

Side OB
Post cutter screens ow man on cut because of switch
Wing flares for shot

WVA Game shot



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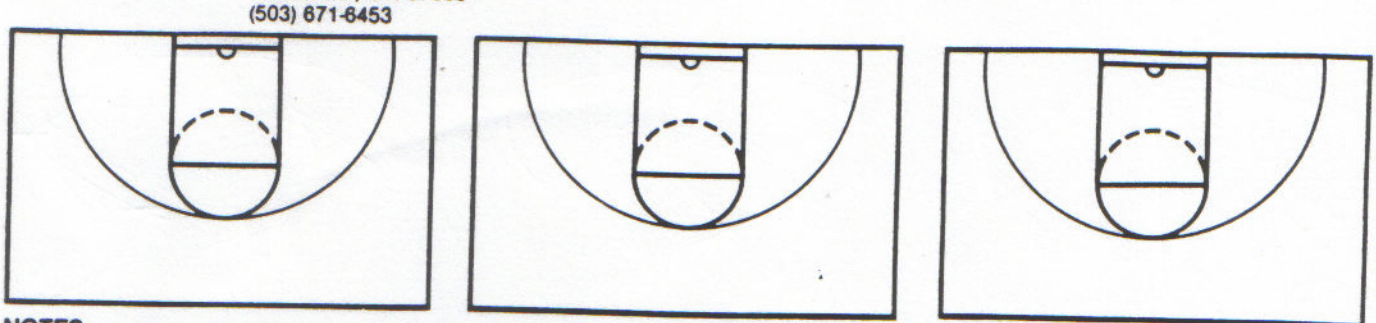
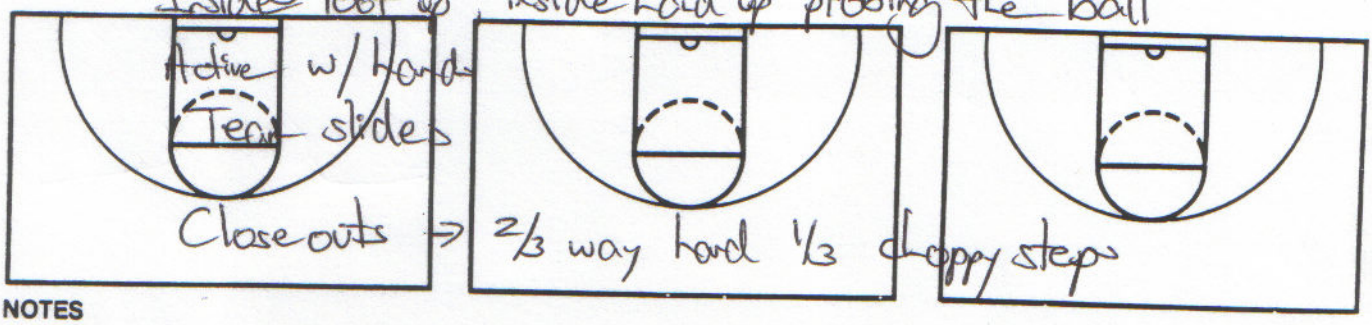


NOTES

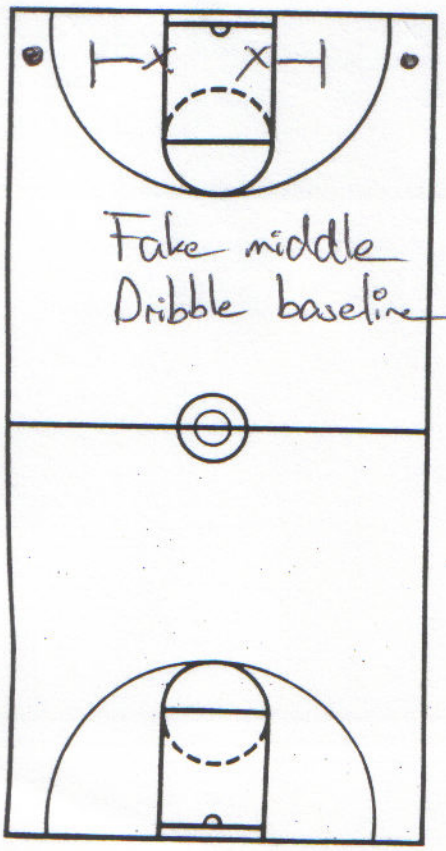
Stance → Balance → Slight lean foward / balls of feet
Be long on defense
Inside foot up, inside hand up probing the ball



Active w/ Hands
Lean slides
Closeouts → 2/3 way hard 1/3 choppy steps

NOTES

2. Closeouts



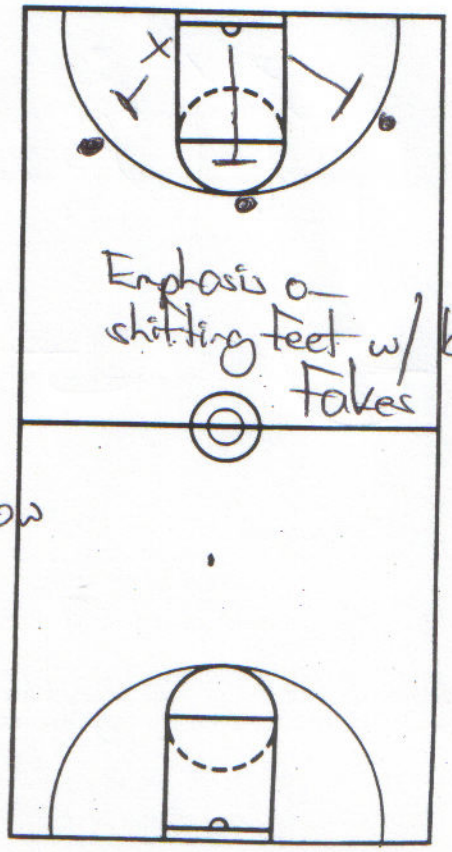
NOTES

Fake middle
Dribble baseline

3. Closeouts

Will closeout
Off will take one dribble & shot fake
Working on contesting the shot
Elbow to eyebrow

1. Closeouts



Emphasis on shifting feet w/ ball
Fakes

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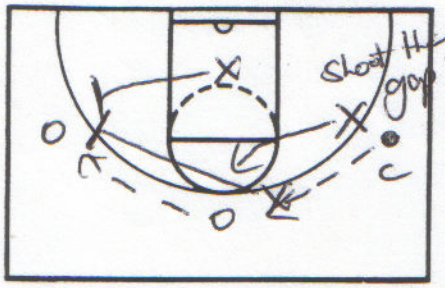
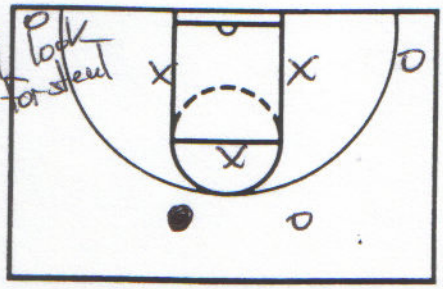
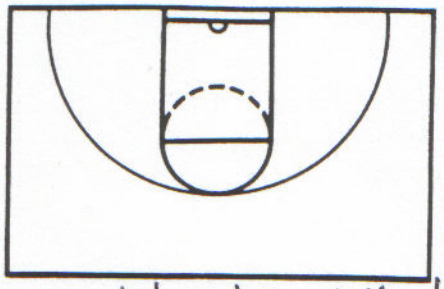
CLINIC Welsh / Providence 2
DATE





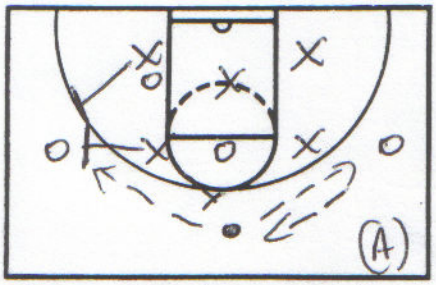


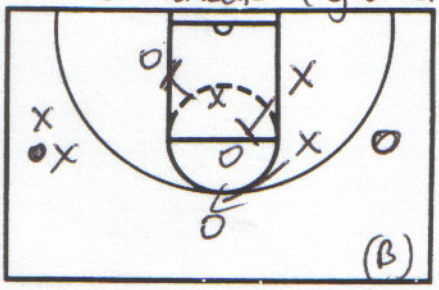
NOTES Trapping

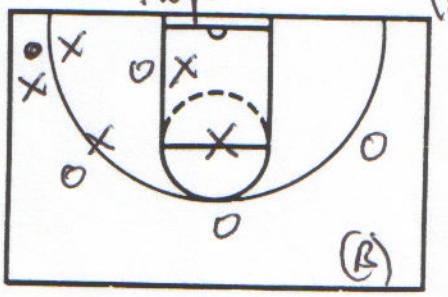
4 on 3 Contesting
Move w/ the pass
Communicate & guard the ball

No rotation / Guard the ball

Trap in corner looks like

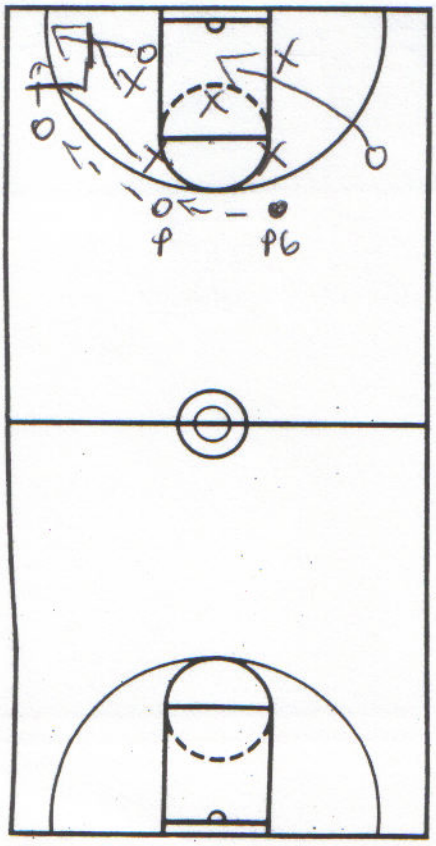




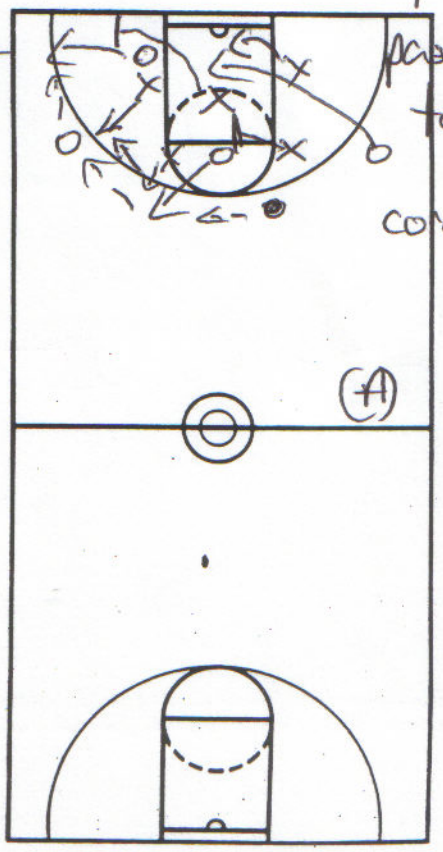


NOTES Trapping out of zone

Middle man traps a



NOTES Zone / Help is built in



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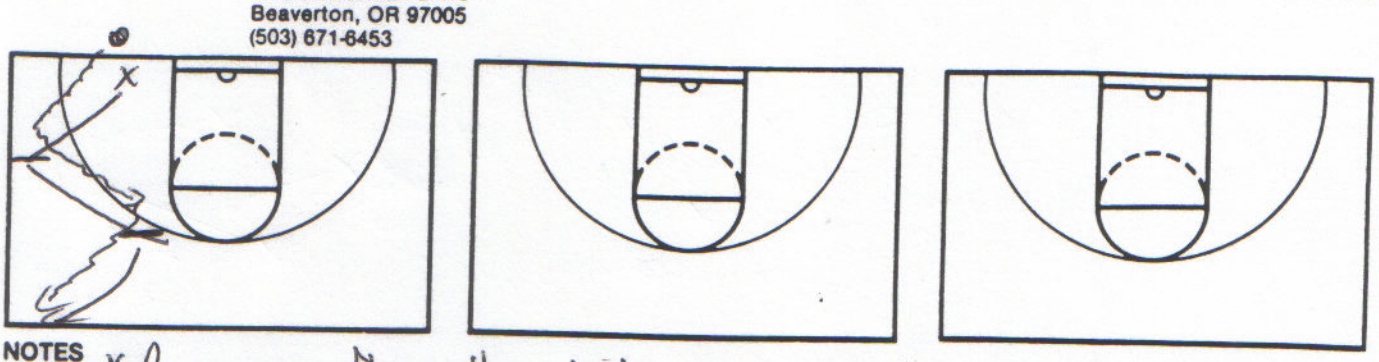
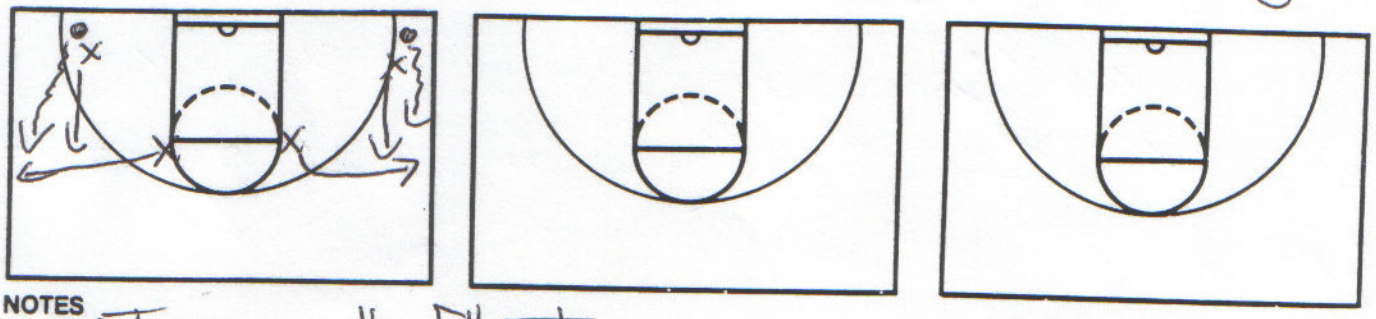
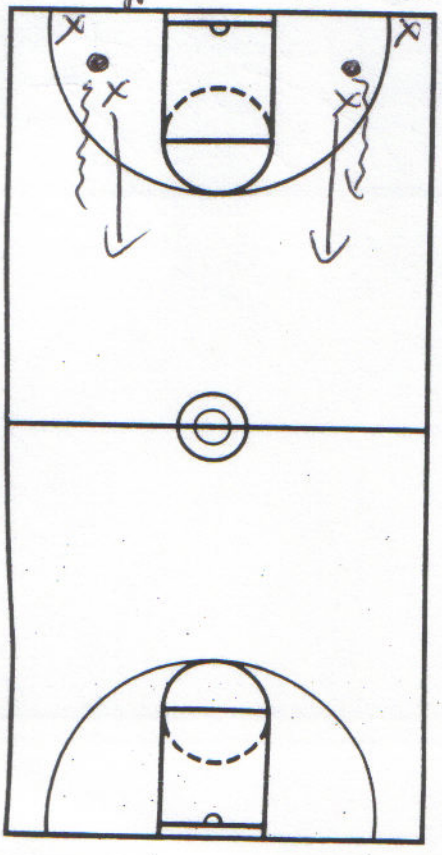
CLINIC Weak / Avoidance 3
DATE



NOTES
* Recovering after getting beat
Off. player runs w/ the ball → Defender sprints ahead looking to cut off

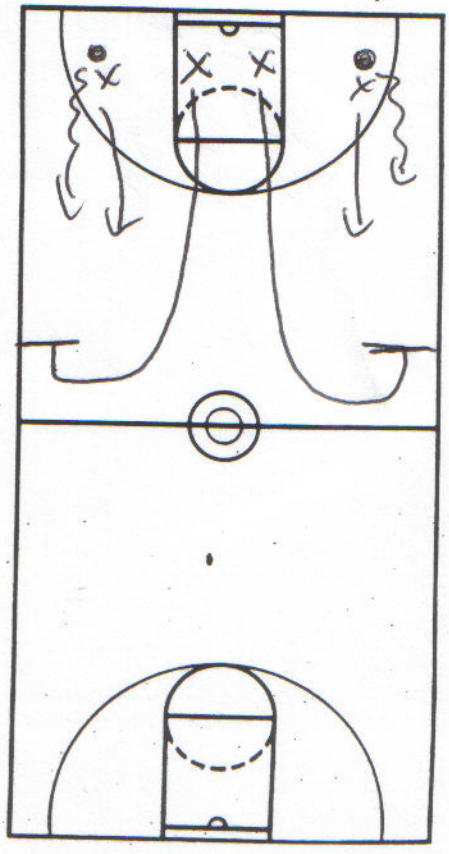


NOTES
* Trapping in the full court
Pressure on the ball
Trapper tries to find spot ahead of the ball → force dribbler to pick up ball



NOTES
* Back top drill
One on One w/ ball
Extra defender chases ball from behind trying to top it out

Charge drill
Extra Defender has to sprint ahead & take charge from ball handler



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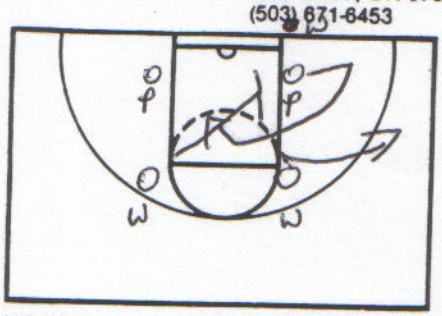
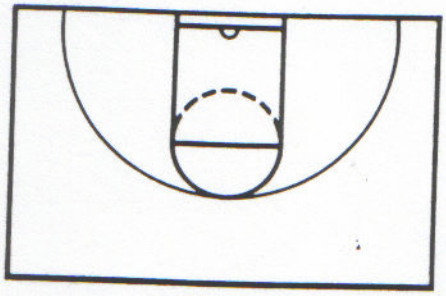
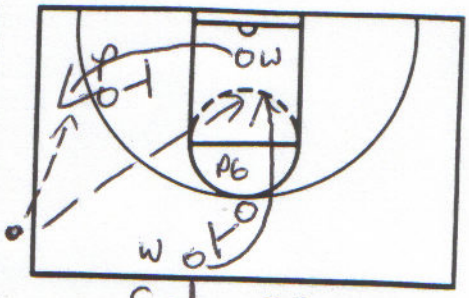
CLINIC Tubby Smith
DATE Minnesota

Special Situation

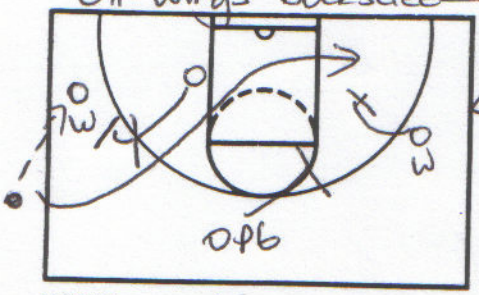


NOTES
Inbounds / 3 Sec. left
Post steps out & comes off wing's backscreen

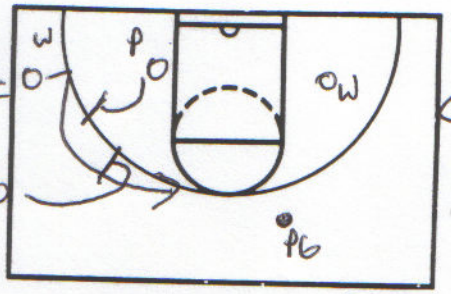




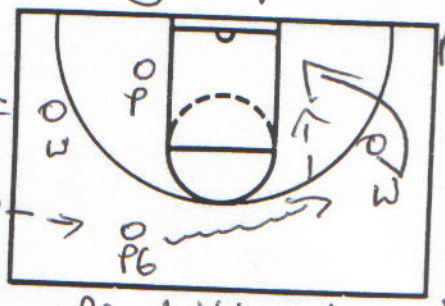
Side OB
Lob pass first
Wing at 3pt. line → looks for post inside



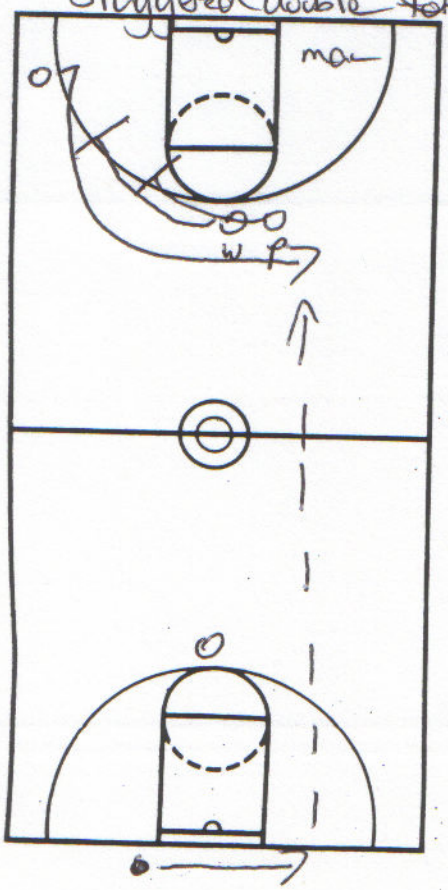
NOTES
Backscreen for throw-in man
Pick & Roll for wing
Staggered double for throw-in



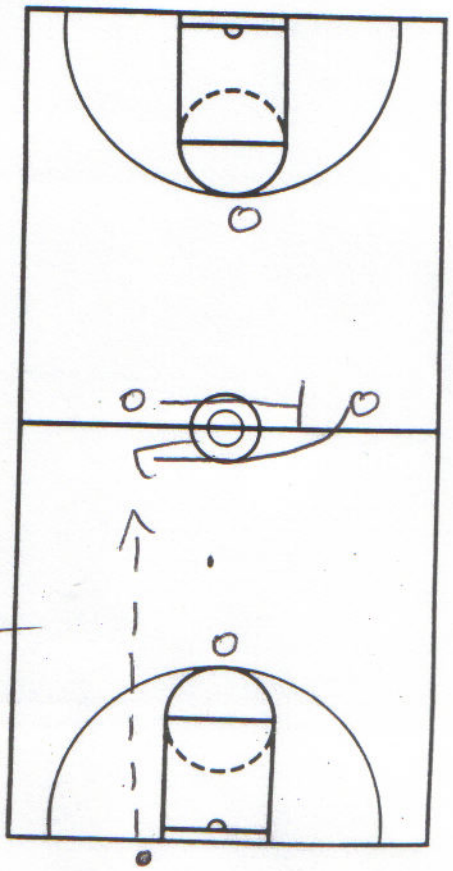
Wing comes off staggered double
Fourth option



PG dribbles at wing for backdoor 3rd option



NOTES
Home Run
Shoots comes off staggered double
Inbounds
Runs baseline



* Have a TO
Will exchange positions & look for TO

2006

NIKE Championship Basketball Clinic

LON KRUGER – UNLV

I. UNLV Transition Drills

A. 3 man weave full court and back

1. 3 lines on base line – normal 3 man weave drill full ct.
2. MUST make exactly 4 passes
3. Can't travel, bobble the ball, etc…It will be a turnover and the baskets will not count
4. The person who scores the basket takes the ball out of the net and starts back down the floor w/ outlet pass.
5. Once the first set of three go down and back, the next set of three take the ball out of the net and outlets the ball to start again.
6. MUST make 20 layups in 2 minutes.

B. UNLV Transition 5's (Must complete in :30 sec.)

1. Series #1
   a. Outlet to right side to Point Guard (PG). Pass up to right wing (down sideline) for layup.
   b. Take it out of bounds and outlet to left side to PG. Pass up to left wing (down sideline) for layup.
   c. Take it out of bounds and outlet to right side to PG. Pass up to right wing (down sideline) with PG making a basket cut for layup.
   d. Take it out of bounds and outlet to left side to PG. Pass up over the TOP to POST down the middle for layup.
   e. Take it out of bounds and outlet to right side to PG. Pass up to right wing (down sideline) with 4 man TRAILER running middle making a basket cut for layup.

2. Series #2 (this is something I created to fit what we do from Series #1) – :40 sec.
   a. Outlet to right side to Point Guard (PG). Pass up to right wing (down sideline) for 3 pt. shot.
   b. Finish all misses and then take it out of bounds. Outlet to left side to PG. Pass up to left wing (down sideline) for 3 pt. shot.
   c. Finish all misses and then take it out of bounds. Pass up to right wing (down sideline) and flatten out to baseline. Make a skip pass to left wing (high – watch angles) for 3 pt. shot.
   d. Finish all misses and then take it out of bounds. Outlet to left side to PG. Pass up to left wing (down sideline) and flatten out to baseline. Make a skip pass to right wing (high – watch angles) for 3 pt. shot.
   e. Finish all misses and then take it out of bounds. Pass up to right wing (down sideline) and flatten out to baseline. Pass to PG trailing on ball side wing for 3 pt. shot.
   f. Finish all misses and then take it out of bounds. Outlet to left side to PG. Pass up to left wing (down sideline) and flatten out to baseline. Pass to POST at the ball side elbow for jump shot.
   g. Finish all misses and then take it out of bounds. Pass up to right wing (down sideline) and flatten out to baseline. Pass to the 4 man TRAILER for 3 pt. shot.
   h. EVERYONE ON EACH OF THE SEGMENTS MUST GET OVER HALF COURT BEFORE THE BALL IS SHOT – MUST SPRINT!!!

3. VEGAS 555 DRILL
   a. 5 v. 5 transition with a 5 second shot clock.



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NIKE Championship Basketball Clinic CONT…

LON KRUGER – UNLV CONT…

II. Shooting

A. Around the world 3's

1. Right corner – right wing – TOP – left wing – left corner
2. MUST make 3 out of 5 shots to move to the next spot (on first spot you would START OVER if you don't make the 3 out of 5 the first time)
3. On all other spots – if you don't make the 3 out of 5 you MUST go BACK to the last spot.

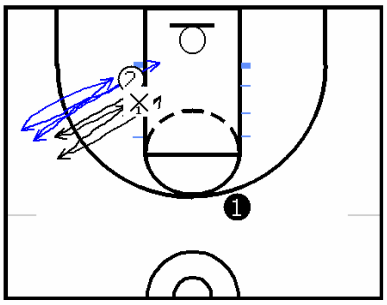
B. UNLV 8 CUT WING DENY

1. Wing Deny on left wing – Coach w/ ball (#1) at top. Deny two times up and back.
2. FRONT the POST – "swim" on high side as ball is dribbled to left wing. Hands up and TALK – "FRONT!"
3. Ball is dribbled by Coach (#1) back to top right area. Deny up the lane two times up and back.

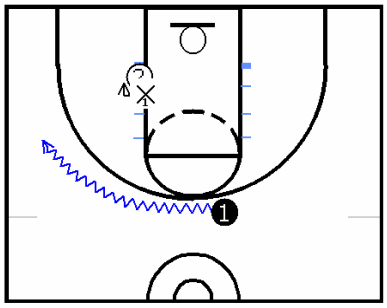
4a. Ball is dribbled by Coach (#1) to right wing. Defense jumps to the ball in HELP position in the middle of the lane.

4b. Coach (#1) is on the right wing. Defense is in help side. Defense will front the flash cut and push the offense high.

STEP #1



STEP #2



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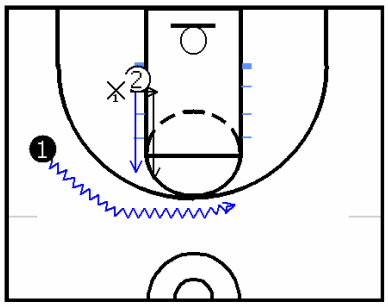
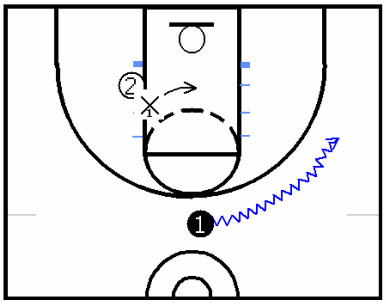
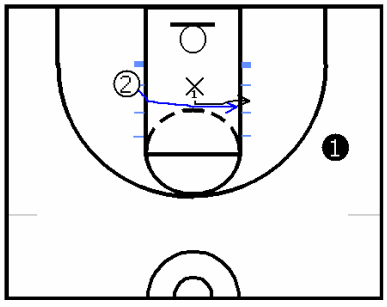


STEP #4A



STEP #4B



ONE…
Team, Game, Goal, Direction…
TOGETHER!

2006
NIKE Championship Basketball Clinic CONT…

LON KRUGER – UNLV CONT…

B. UNLV 8 CUT WING DENY Cont…

5. Wing Deny on right wing – Coach w/ ball (#1) at top. Deny two times up and back.

6. FRONT the POST – "swim" on high side as ball is dribbled to right wing. Hands up and TALK – "FRONT!"

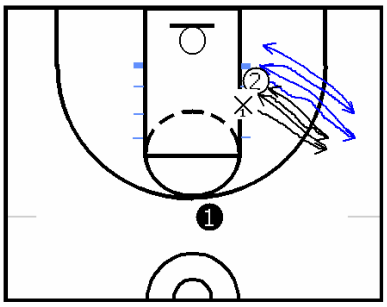
7. Ball is dribbled by Coach (#1) back to top left area. Deny up the lane two times up and back.

8a. Ball is dribbled by Coach (#1) to left wing. Defense jumps to the ball in HELP position in the middle of the lane.

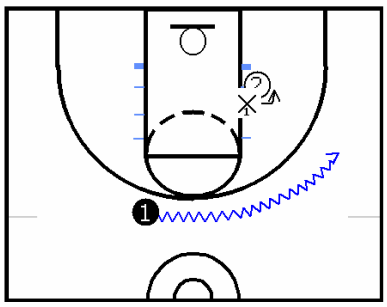
8b. Coach (#1) is on the left wing. Defense is in help side. Defense will front the flash cut and push the offense high.

*** NOTE *** This drill can be done with two coaches passing back and forth to each other limiting the dribble so the players can "jump to the ball" on the flight of the pass.

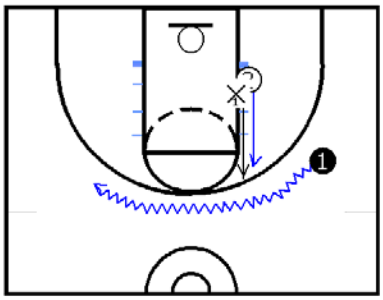
STEP #5



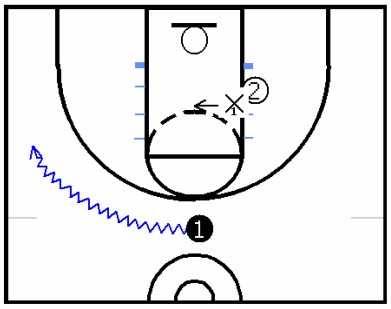
STEP #6



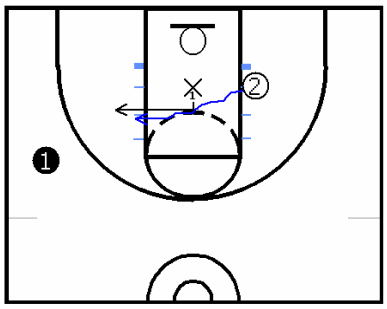
STEP #7



STEP #8A



STEP #8B.



ONE…
Team, Game, Goal, Direction…
TOGETHER!

2006
NIKE Championship Basketball Clinic CONT…

TUBBY SMITH – University of Kentucky

I. DEFENSE

A. Defensive OBJECTIVES

1. NO layups (Protect the HOUSE).
2. NO second shots – REBOUND (One and Done)!!!
3. Contest EVERY shot.
4. PRESSURE the ball. Make THEM make plays.
5. See BALL and MAN.
6. NO penetrating passes. Allow non-penetrating passes.
   a. When jumping to the ball we will DROP lower than the ball line – we will SAG and allow the non-penetrating pass back out. This also allows us to TRAP on penetration – SEE #7.
7. Trap EVERY time the ball gets to the lane (The HOUSE) with the closest person in the area from the TOP.
   a. On dribble penetration towards the lane.
   b. If the ball is passed to the POST we will trap with the closest man from the TOP.
8. Try and steal ALL lob passes and bounce passes.

B. Defensive NOTES

1. Trap below the block in the POST and TRAP all corners.
2. We do not want the point guard bring the ball up without pressure. If the ball is isolated in the back court we will send someone to go and trap. It does not matter if the point guard sees the man coming. If they throw over the top we need to hustle back while we play a three person zone protecting the HOUSE first.

C. Defensive DRILLS

1. FORWARD – FORWARD w/ dribble penetration
   a. From wing
   b. From top
2. 3 on 4 shell CONTEST shot
   a. Must scramble to contest shot
   b. Must stop 2 out of 3 possessions (or 2 in a row) while CONTESTING shots
   c. Offense MUST stay stationary.
3. 3 v. 3 (pass screen away)
   a. DENY ALL penetrating passes
   b. Jump to the ball and BACK (SAG) – Allow non-penetrating passes
   c. TRAP dribble penetration
4. 4 v. 4 (3 out 1 in)
   a. DENY ALL penetrating passes
   b. Jump to the ball and BACK (SAG) – Allow non-penetrating passes
   c. TRAP dribble penetration



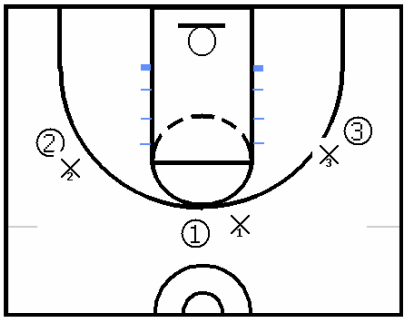
2006
NIKE Championship Basketball Clinic CONT…

MARK GOTFRIED – University of Alabama

I. Shooting

A. Alabama Three's

1. 5 min. on the clock
2. 6 players at a basket (3 sets of partners)
3. Shoot and follow shot
4. Partner is spotted up ready to shoot
5. Rebound own shot and pass to partner
6. This is done continuous
7. GOAL is to make 110 three point shots in 5 min. as a group of six



B. Free Throw Shooting

1. Have players MAKE 25 per day
2. Keep track of makes / misses
3. POST practice % and game % of each player throughout the year.



2006

NIKE Championship Basketball Clinic CONT…

MARK GOTFRIED – University of Alabama CONT…

II. Defense

A. Alabama CLOSE-OUT 2 Skip Drill

1. When the offense has the ball on the wing they must:

a. Triple threat

b. Put the ball up – down – up – down

c. After the "b" take 1 or two penetrating dribbles

d. Then skip pass the ball

2. Defense must close-out and jump to the ball

3. Defense MUST smother on and off (during "1b" above)

4. Defense MUST talk

5. The line is on the baseline and the next person MUST be ready to rotate in. Rotation is:

a. Two are tandum in the lane w/ one OFF. on right wing and one OFF. on left wing

b. One def. will close out on the ball while one is in help position.

(1) The off. will go through #1 above while def. defends

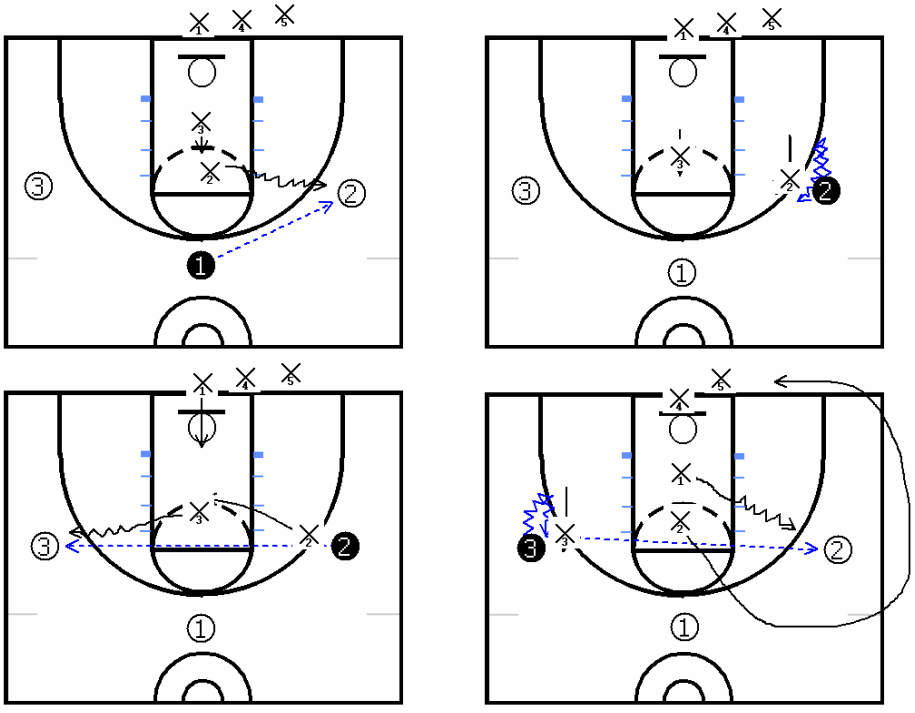
c. When the off. skips the ball the on ball defender jumps to ball and the help defender closes out and repeats 5b above. A new defender is also ready in back to close out on the next skip pass

d. When ball is skipped:

(1) The help defender steps off.

(2) The on ball defender jumps to the ball in help side

(3) The new defender closes out and the process is repeated



ONE…

team, game, goal, direction…

TOGETHER!

2006
NIKE Championship Basketball Clinic CONT…

MARK GOTFRIED – University of Alabama CONT…

B. Thoughts on SHELL
- **1. Use 10 players instead of 8 (5 on 5 instead of 4 on 4)**
- **2. Phase ONE: Off. stationary and passing around the perimeter**
  - **a. JUMP to the BALL**
- **3. Phase TWO: Dribble penetration and kick**
  - **a. JUMP to the BALL**
  - **b. Help and recover**
  - **c. Close-out on the recover**
  - **d. Contain dribble penetration**
- **4. Phase THREE: Pass and CUT**
  - **a. JUMP to the BALL**
  - **b. Front the FLASH CUT**
  - **c. Close-out**
- **5. Phase FOUR: Ball Screen**
  - **a. JUMP to the BALL**
  - **b. Communicate**
  - **c. Defend BALL Screen**
    - **(1) Hedge (MUST show hard w/ body toward the opposite basket)**
    - **(2) Trap**
    - **(3) Switch**
    - **(4) etc…**
  - **d. Contain dribble penetration**
  - **e. Help and recover**
- **6. Phase FIVE: Other Screens – down / back / flare**
  - **a. JUMP to the BALL**
  - **b. Communicate**
  - **c. etc…**



2006

NIKE Championship Basketball Clinic CONT…

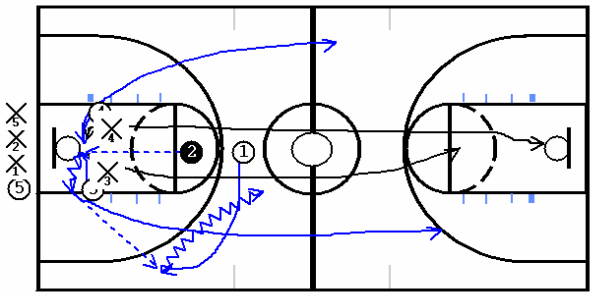
ROY WILLIAMS – University of North Carolina

I. Notes on Transition
- **A. On makes or misses get ball out quickly to outlet and go.**
  - **1. Outlet needs to make themselves available**
  - **2. Outlet must get 'BUTT" facing the sideline so he can see up court**
  - **3. Person making the outlet pass must also see up court to make sure that there is no def. anticipating the pass.**
- **B. When the non-rebounding POST player is taking off down court:**
  - **1. He MUST look to see if the point guard has the ball (EARLY). If not he must:**
    - **a. Stop and flash back to the ball in the middle of the court – top of key – for a safety release**
    - **b. Once outlet is passed to the post in the middle the point guard must flash to the ball for outlet and fastbreak**
- **C. The first THREE steps once the rebound is obtained MUST be low EXPLOSION steps.**
- **D. When there is two defenders or less back on defense – ONLY make two passes or less to score**

II. TEAM OBJECTIVES
- **A. Defend**
- **B. Rebound**
- **C. RUN**
- **D. Share the ball**

III. Offense v. Set Defense
- **A. 3 passes before shot UNLESS it is a LAYUP**
- **B. Reverse the ball – change sides of the floor with the ball**
- **C. Let the defense make a mistake**

IV. Two on Two REB. Transition drill
- **A. Offense and defense on each block (4 total players)**
- **B. Coach with the ball at the free throw line ready to shoot**
- **C. Point guard at the top of the key waiting for the defensive rebounder to obtain the rebound**
  - **1. Whichever side the rebound is on the point guard MUST get his BUTT facing the sideline for the outlet pass.**
- **D. The defensive rebounders will fill the lanes for a fast break.**
- **E. The offensive rebounders will:**
  - **1. If the rebound the ball they try and finish the play.**
  - **2. If they do not get the rebound they MUST get back in transition PROTECTING the basket. It will be a three on two break.**
- **F. On the break the shooter MUST get back on defense for the two on one break**
  - **1. MUST get HEAD under the front of the rim. PROTECT the basket.**



ONE…

team, game, goal, direction…

TOGETHER!

2006

NIKE Championship Basketball Clinic CONT…

KEVIN EASTMAN – NBA Scout

I. Offensive Spacing / Unselfishness Concepts

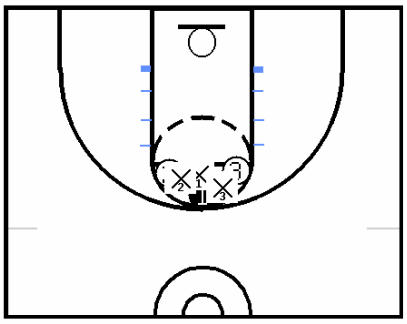
A. Half Circle Spacing Demonstration Drill

1. 6 players – 3 offense and 3 defense

a. MUST stay inside the FT line half circle (from FT line to top of key

2. Offense will pass and screen away

a. This will demonstrate that you MUST have spacing



B. Show SELFISHNESS / Lack of PASSING Drill

1. 6 players – 3 offense and 3 defense

a. One at the top of the key – one at the right high wing – and one at the left high wing

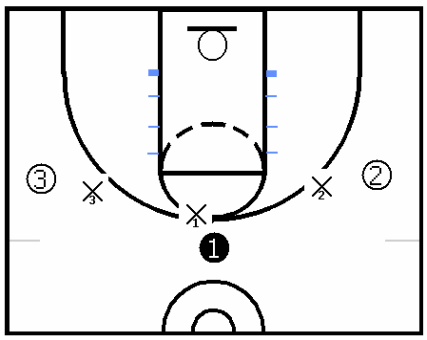
2. Rules

a. ONLY can make ONE pass

b. Can't dribble

c. As soon as the ONE pass is made a shot MUST be taken

3. Demonstrates that we must make the defense move by sharing the basketball and "swinging" it.





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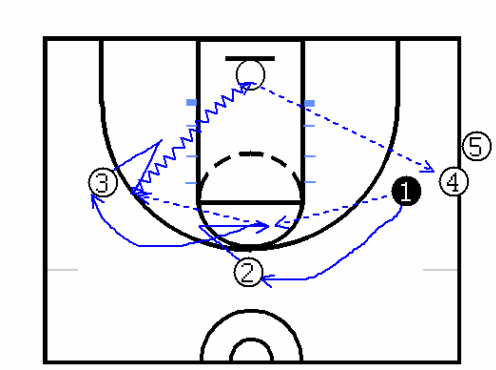
NIKE Championship Basketball Clinic CONT…

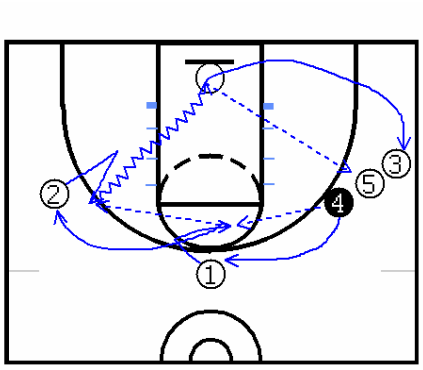
KEVIN EASTMAN – NBA Scout CONT…

D. Show SELFISHNESS / Lack of PASSING / Spectator Drill
- **1. 6 players – 3 offense and 3 defense**
  - **a. One at the top of the key – one at the right high wing – and one at the left high wing**
- **2. Rules**
  - **a. ONLY can make ONE pass**
  - **b. After the ONE pass you MAY dribble**
  - **c. The other TWO offensive players can not move**
- **3. DIAGRAM: SAME as ABOVE**

II. Thoughts
- **A. Give players the option to take 1 or 2 TIME OUTS during practice. This gives them "TIME" to:**
  - **1. Talk with each other – if someone is not pushing themselves, etc…**
  - **2. Fix any problems that may be occurring during practice**
- **B. There is a direct correlation between ball reversal and defensive breakdown**
- **C. The quality of your feet will determine the quality of your shot**
- **D. To IMPROVE two elements must occur:**
  - **1. CONDITIONING**
  - **2. EFFECTIVE PRACTICE**
- **E. The Theory of TWO**
  - **1. It takes about 2 minutes to show a drill**
  - **2. It takes about two weeks to become comfortable with the skills used in the drill**
  - **3. It takes about two months of effective practice to successfully use the skills in a game**

III. Offensive Drills
- **A. Three Man Ball Reversal Layup Drill**
  - **1. Three lines: one at the top of the key – one at the high right wing – one on the high left wing**
  - **2. Everyone else is in a line behind the right wing**
  - **3. Ball is in the right wing line**
  - **4. The person at the top of the key V-cuts to get open and receives a pass from the right wing**
    - **a. NOTE: the passes are in a "rapid fire" movement.**
  - **5. The person on the left wing times his V-cut so when the person at the top of the key is ready to pass he is OPEN**
  - **6. The person on the left wing catches the pass and "sweeps" to the left for a ONE dribble layup on the left side.**
  - **7. As the drill starts the progression is as follows:**
    - **a. After the initial first pass the right wing person sprints to the top of the key**
    - **b. After the top of the key person passes to the left wing he will sprint to the left wing**
    - **c. After the left wing scores his layup he will pass the ball to the second person in line on the right wing and follow to the end of that line**
    - **e. The first person in the right wing line has a second ball. Once the layup is scored he will pass to the new person at the top of the key (after his V-cut) and the PROCESS starts again.**
  - **7. NOTE: In the diagram I am only using ONE ball because I don't have the cababilities to use TWO balls with this program. When the man who scores the layup passes the ball back to the line he will be passing it back to the next person in line instead of the second person in line. When you do the drill use two balls so you can keep the SPEED of the drill going.**





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NIKE Championship Basketball Clinic CONT…

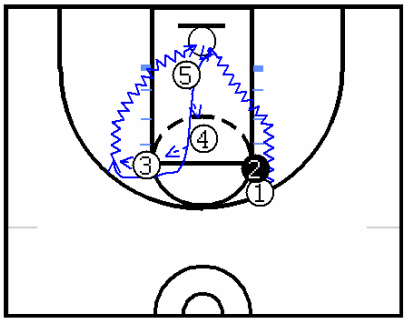
KEVIN EASTMAN – NBA Scout CONT…

B. CHAIR DRILLS

1. Chair Layup Drill (Guards – but can be used for ALL)

a. Two chairs on the elbows with balls on them
b. One rebounder and one person to place the balls back onto the chairs
c. Start on the right side. Player grabs ball off the chair and dribbles in for a right handed layup
d. After the made layup he will come up the middle of the lane inside the chairs to the left and grab the left elbow chair, go outside of the chair, and dribble in for a layup.
e. Continue the process back and forth.
f. The GOAL is 4 layups in 15 seconds.
g. In the DIAGRAM I am going to use players as the chairs – and as before – I can not have two balls so I will have the diagram throw the balls to the players that are representing the chairs.

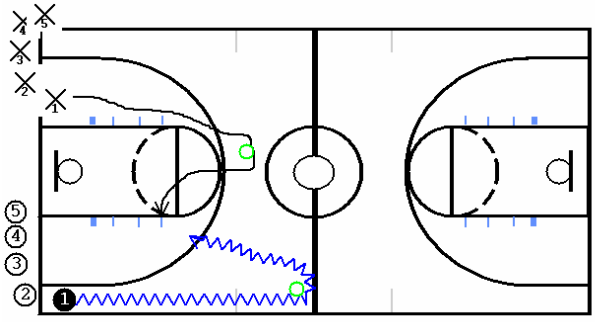
2. SAME DRILL as ABOVE except BACK PEDDLE up the middle after layup is made.



3. CHAIR DRILL One on One

a. One line in the left corner baseline
b. One line on the right side of the lane on the baseline
c. A chair just inside half court on the left side
d. A chair between the center circle and the three point line – closer to the center circle edge and
e. The drill:

(1) The line on the left has the ball.
(2) When the coach says go the first player on the left will speed dribble toward the chair and go around it.
(3) At the same time the other line (the DEFENSE) will sprint toward his chair and go around it. He will try and get around and in position to play one on one.
(4) One on One.
(5) Switch lines.
(6) After doing the left side do the drill on the right side.



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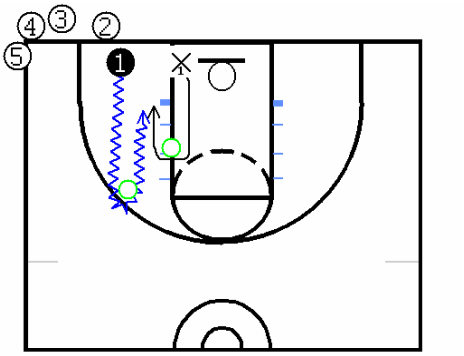
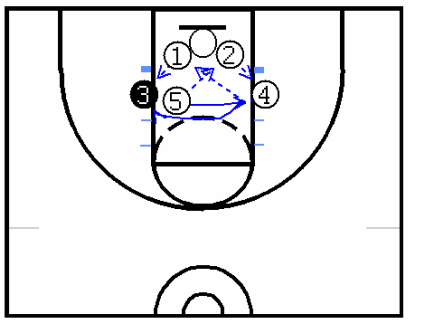
NIKE Championship Basketball Clinic CONT…

KEVIN EASTMAN – NBA Scout CONT…

4. **POST CHAIR Drill One on One**
   - a. **SAME drill as above but moved closer to the basket and it is POST moves.**
   - b. **A chair will be set up on the left side free throw line extended just outside the elbow and just inside the three point line.**
   - c. **A chair will be set up on the left lane line about halfway up the lane.**
   - d. **Same directions as above to get the drill started except that once the one on one occurs the back is to the basket.**



5. **POST Continuous Jump Hook CHAIR Drill**
   - a. **Both chair seat faces inward on the block.**
   - b. **Ball on each chair.**
   - c. **Two rebounders to rebound and place ball on chair.**
   - d. **Player will start at the right chair to shoot jump hook and then sprints to the next chair.**
     - **(1) Toes of the player MUST face the sideline.**
   - e. **#1 & #2 are reb. #3 and #4 are chairs. REMEMBER: I don't have capabilities to have two balls so I have them passing the balls to the chairs.**





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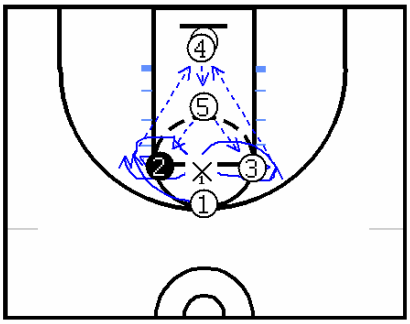
NIKE Championship Basketball Clinic CONT…

KEVIN EASTMAN – NBA Scout CONT…

6. Elbow CHAIR Jumper Drill (w/ Coach Resistance)

- **a. Two Chairs placed on each elbow w/ seat facing out toward the sideline.**
- **b. Player starts at the top of the key.**
- **c. Coach is shadowing player – holding him, grabbing him – stopping his straight cut to the ball.**
- **d. Player must grab ball on the chair, square up, and shoot.**
- **e. After the shot he will sprint on the top side to the other chair (while getting resistance from the coach) to shoot again.**
- **e. 1 min. on the clock – track makes and misses.**
- **f. Have two rebounders and one person to place balls back on the chair. #4 is the rebounder and #5 is the person placing the ball on the chairs. #2 & #3 are the chairs.**



ONE...
Team, Game, Goal, Direction...
TOGETHER!

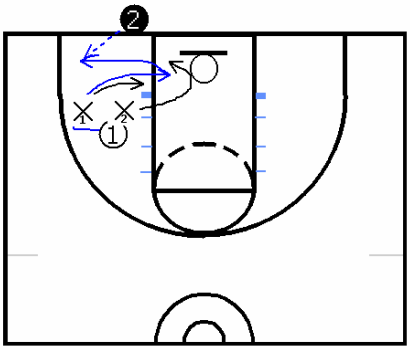
2006

NIKE Championship Basketball Clinic CONT…

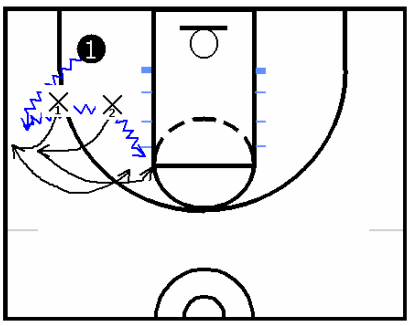
BRUCE WEBER – University of Illinois

I. Thoughts
- **A. Kids just want to know what they are doing and why they are doing it.**
- **B. Everyday work on press offense.**
- **C. On a fast break the ball should be able to get from net to net in 3.5 seconds.**
- **D. Give players goals.**
- **E. Develop leaders by giving responsibilities, etc…**
- **F. You MUST get your BEST player to buy into what you are doing.**
- **G. Develop ROLES.**
  - **1. Once they are developed the players can accept them and take PRIDE in them BUT:**
    - **a. You MUST sell them on the ROLES that are developed for each individual.**
- **H. Work at Fundamentals everyday.**
- **I. Make the weight room and CONDITIONING a priority.**

II. TRANSITION
- **A. 2 on 1 (2 def. one off.) GET OPEN**
  - **1. The offensive player is being double teamed in the back court and must get open to receive the inbound pass.**
  - **2. Can not throw over the top.**



- **B. 2 on 1 (2 def. one off.) Handling Pressure**
  - **1. This is in the back court.**
  - **2. Use sideline and Free throw lane as barriers.**
  - **3. Must beat the two defenders to half court.**
  - **4. Start this drill the first time w/ ONE ball. Second time through MUST dribble TWO balls.**



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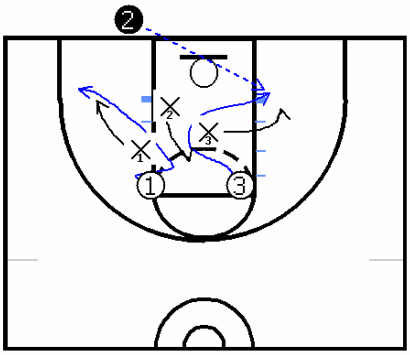
NIKE Championship Basketball Clinic CONT…

BRUCE WEBER – University of Illinois CONT…

C. 3 v. 3 FULL Ct. (NO DRIBBLE UNTIL HALF COURT)

1. **One person MUST take the ball out of bounds.**
2. **It is full court press.**
3. **Offense will try to score once ball crosses half court.**
4. **No dribble until the ball crosses half court and limited dribbles in the half court.**
5. **Can not throw over the top.**



D. 5 on 0 Transition (4 TRIPS)

1. **4 LAYUPS in 18 seconds in transition.**
2. **Point guard never dribbles.**
3. **Ball should NEVER touch the ground.**
4. **FILL lanes.**
5. **Rebound ball and GO without letting ball touch ground.**
6. **Down and back twice (4 layups).**

E. 5 on 0 Transition (6 TRIPS)

1. **35 seconds on the clock.**
2. **Two POST layups.**
3. **Two Guard layups.**
4. **Two Threes.**

F. 4 v. 4 v. 4 Chaos

1. **4 offense and 4 defense on one end.**
2. **4 defense on the other end.**
3. **When defense rebound the ball they are to fastbreak.**
4. **The team that JUST shot the ball can PRESS them ONLY to half court.**
5. **At half court the NEW defense will pick them up.**
6. **This drill is continuous.**



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NIKE Championship Basketball Clinic CONT…

TIM FLOYD – University of Southern California

I. Rebounding

A. Block out

1. When blocking out you must IMPEDE progress.

a. Split crotch of offensive player with leg and hip – impede progress – THEN go get the ball.

B. 3 CONSECUTIVE Rebounding Drill

1. 3 offense, 3 defense and 2 coaches as outlets

2. MUST get 3 consecutive rebounds

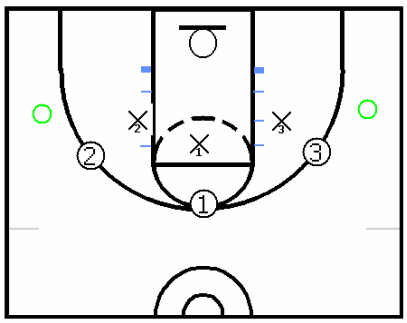
a. What constitutes a rebound:

(1) MUST Block out

(2) MUST use two hands to rebound the ball

(3) MUST complete the outlet pass

b. If offense gets the rebound they try and finish the play



II. Screens

A. When getting screened:

1. Get "skinny" and get through (over top)

2. When getting through:

a. Get low and leg whip w/ hand the back of the knee to help you through

III. Defense / Conditioning

A. The "MAN" Drill

1. 5 on 5

a. 3 across the half court line (1 in middle 2 on each wing)

b. 2 at about free throw line extended on each side

c. 2 coaches on each sideline with a ball just in case the ball is lost – new ball can be thrown in ASAP

2. Rules

a. No dribble

b. No screening

c. Offense can make 15-18 foot cuts in all directions in the front court

d. Defense can not allow their man to catch the ball

e. Each individual player will count how many times they catch the ball

(1) When the drill is done the coach finds out how many times each had caught it.

(a) The defensive player who's man caught it the least amount of times does not have to run. Everyone else must complete a suicide in :30 seconds

g. Offense to defense and repeat

h. Time is for :90 seconds.

i.



2006

NIKE Championship Basketball Clinic CONT…

JAY WRIGHT – Villanova University

I. Notes / Thoughts

A. What is important is what the players KNOW not what we KNOW!

LORENZO ROMAR – University of Washington

I. Transition Drills

A. WEAVE

1. 3 man weave full court

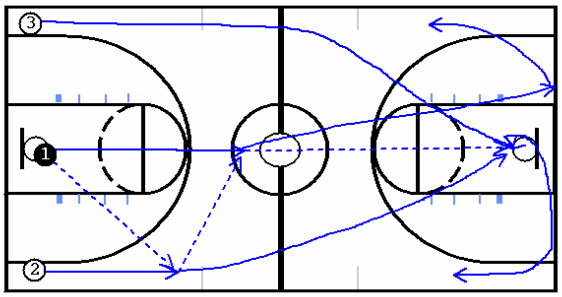
a. Only 3 passes
b. No travel / turnovers, etc…
c. Rebounder outlets to wing
d. Shooter touches baseline then goes to wing for outlet
e. Other wing must touch baseline then go to wing for outlet
f. Must make six layups

B. RUSH

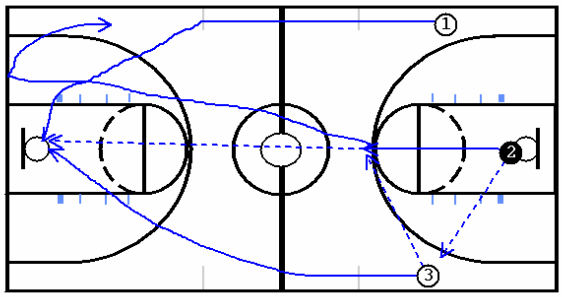
1. 3 man RUSH (see diagram)

a. 3 passes up sideline for lay up.
b. No travel / turnovers, etc…
c. Rebounder outlets to wing
d. Shooter touches baseline then goes to wing for outlet
e. Other wing must touch baseline then go to wing for outlet
f. Must make six layups

STEP #1

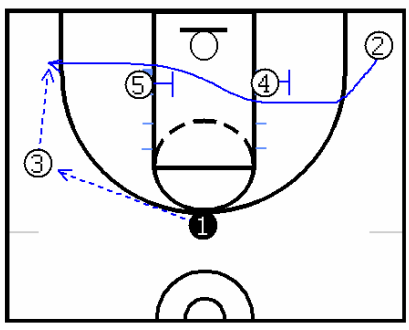


STEP #2



II. NOTES / IDEAS

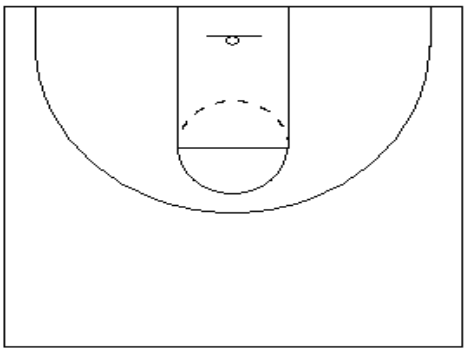
A. On double staggered screens along the baseline: go over the first screen then under the second screen.





Nike Championship Coaches Clinic (Sept. 29-Oct. 1, 2006)

Paul Hewitt



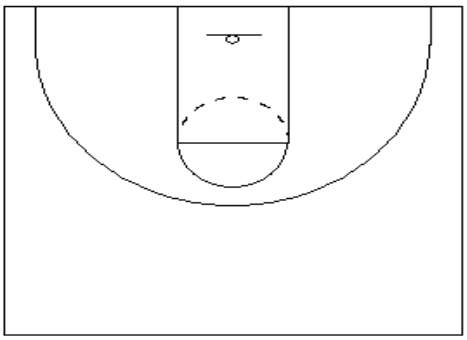
Gladiator Closeouts

- defense must get 3 shut-outs to get out
- closeout, defend, block out
- offense has 1-2 dribbles
- coach passes to offense

Play Hard Chart

- steals
- deflections
- tipped passes
- charges

* Great players have no gaps in their games
* Great players change the game by being involved in plays



Help Side Charge Drill

- X1 & X2 must close out and sprint to the help side
- X1 & X2 must alternate defensive roles
- Closeout and help side based on ball location
- Coach yells pass and then drive
- Help side defender must slide to baseline help and take the charge

Change Drill

- offense runs motion or sets
- offense must drop the ball when the coach yells change
- players can not guard who guards them
- cover ball first, post second – 2 most important objectives of the drill
- defense may switch back to defend normal positions (guards on guards, posts on posts) once the ball has been stopped
- change who you are guarding within the flow of the defense

* Point guard gets 6-10 rebounds in a game, you had a great game blocking out and rebounding
  - the offensive point guard will fall back to stop transition game, leaving defensive point guard free to crash the boards

* Transition defense - JAM the outlet – guard the player who got the defensive rebound

Bruce Weber

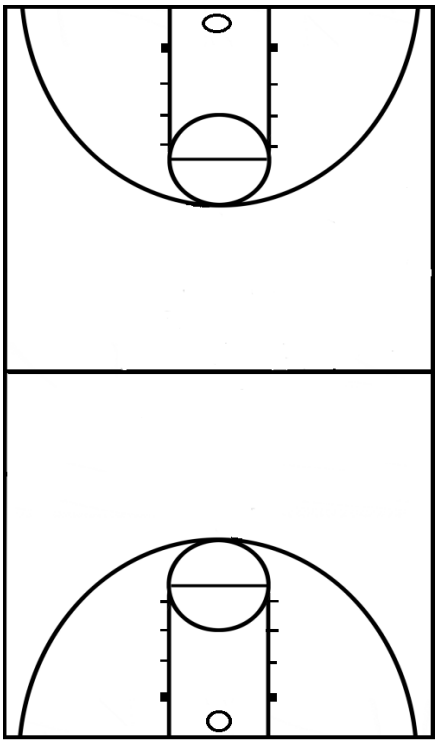
Practice Drills

1) 36 second drill
   - 1 on 1 defense
   - defense can not allow the offense to break the count
   - three groups going at the same time – defensive players rotate after 12 seconds

2) 3-point conditioning
   - 10 "3s" in 1 minute
   - build up to 100 "3s" in 10 minutes
   - this is done in partners or with coach/manager rebounding

3) Mikan Conditioning
   - 40 makes in 1 minute
   - right/left hand normal
   - right/left hand reverse
   - right/left hand normal – ball can not hit the rim – work on touch

4) Suns Drill



- 3 on 3 Full Court
- First team to score 9 points wins
  Scoring System
  - 1 pt. score
  - 2 pt. shut out
  - 1 pt. offensive rebound
  - minus 2 defensive foul
  - 1 pt. extra for a lay up
- Every player is held accountable for his responsibilities

Kevin Eastman

6 musts as a coach
1- study the game
2- study your systems
- know all the cuts, passes, who should be where
- defense wins

3- believe in your team – LOVE YOUR PLAYERS
4- reverse their label – bad/weak points
5- establish areas of importance throughout your program – on and off the court
6- catch them doing something right

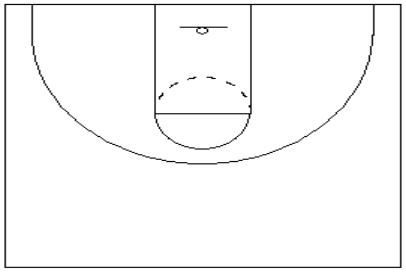
"Pause and Poise" – catch and hold the ball in the posts – read the defense – then make a quick 1 or 2 dribble post move

7 shooting workout keys
1- catch & shoot
2- cut & shoot
3- shooting off the dribble
4- perfect form
5- always have the shot contested
6- game shots, game spots, game speed
7- chart/record shots – strive for daily improvements

* game is played LO to HIGH
* win the shoulders game – keep yours lower than your opponent
* shoulders to hips when attacking the defense – offensive players shoulders need to be lower than the defensive players hips

Individual workouts
1- quick square ups
- player stands with his back to the basket, coach passes and yells which way he wants the player to turn and shoot
- add shot fakes – go somewhere with one dribble

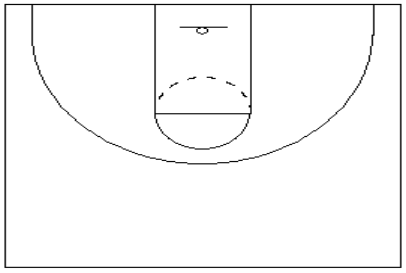
2- chair drills



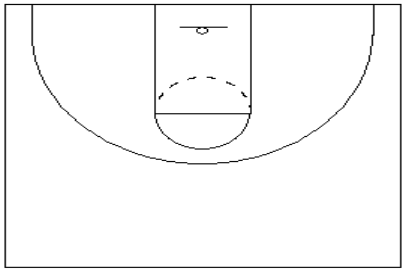
-build your workouts starting with one chair
- use up to five chairs
- use the chairs to practice game shots, game spots, game speed

* As a coach it is more what you bring, than what you know!!!

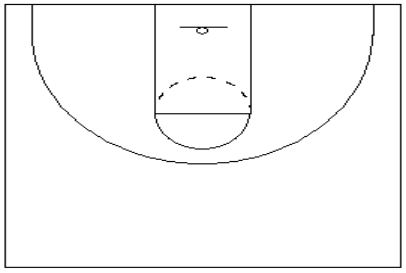
Thad Matta



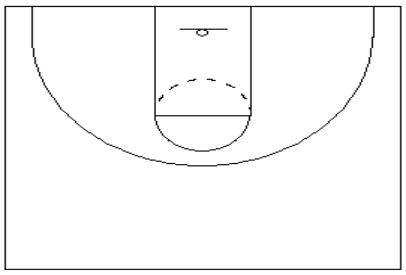
Tight Box Down Screen & Flair Screens
- defend down screens and flair screens
- must stay in the lane
- all players will defend all the positions
- make all players know how to guard all positions



6 on 4 Toughness Screens
- offense sets double staggers
- no illegal screens
- all players guard all positions



6 on 4 Scramble
- coach directs where the pass goes
-defense must do 3 things
    1- stop penetration
    2- weak side cover down
    3- scramble back out & close out
- O1 & O2 drive the ball on the baseline when the ball is passed to them



Line Blockout – 4 on 4
- each defensive player must get a rebound for their team to leave the drill
- if defense player gets rebound, he and the player he blocked out are out of the drill
- defense gives up offensive rebound, one defense and one offensive come back into the drill
- coach shoots

<u>3 types of players</u>
1- watch things happen
2- make things happen
3- wonder what just happened

Buckeye Defense 3 on 3, 4 on 4, 5 on 5
- defense defends for 3 to 7 minutes
- the clock only moves when designated team is on defense – designated defensive team also plays offense
- when the designated team is on offense the clock is stopped
- charges, steals, deflections take time off
- scores, offensive rebounds, fouls add time (can also add time for bad shots, turnovers when designated team is on offense)

Bob Huggins

* Direst passes hurt your defense the most
* If at all possible in your help defense, try to keep bigs on bigs and guards on guards
* If your posts help up hill (up the lane) on dribble penetration, they do not want to show the dribbler their numbers
* Make dribbler commit to shot or pass, recover quickly – HARD

Hubie Brown

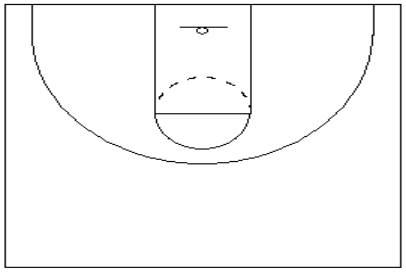
Offensive requirements
1- spacing
2- can the ball be reversed?
3- can we get our 2 best players, high percentage shots the last six minutes of the game
4- how many guys go the offensive boards?
    - can our forwards and center get to the glass
    - forward shoots a perimeter jumper, he DOES NOT go the boards
    - send no more than 3 players to the offensive glass
5- special situations
6- can out players work against both man and zone
7- incorporate short and long passes
8- are we replacing players after they leave – screen & replace
9- are we getting to the foul line
10- use three different screens
    1-staggered screens
    2- back screens
    3- use dribble hand offs – attack the defensive player

* Do people like to watch us play?
* Do our kids like to play our style?
* Does our style develop our players?

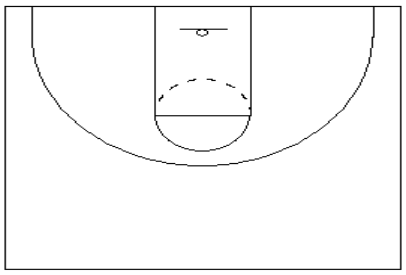
“Shooting makes up for a multitude of sins!”

* Talk to every player, everyday

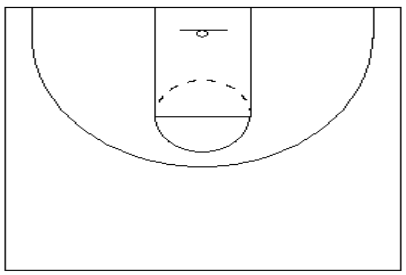
Box & 1 offense



- keep it simple
- the individual who is being guarded, will use the bottom two defenders as screeners
- the other four players need to continue to run offense
- never isolate any individual when facing a gimmick defense

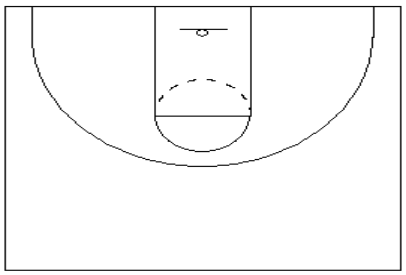


A) Box 1 Offense Set
- 3 (star player) continues to use the bottom two defenders
- make 2 defenders guard 1 offensive player
-1 attacks gaps, passes to 2
- 2 passes back to 1
- 1 then attacks X1



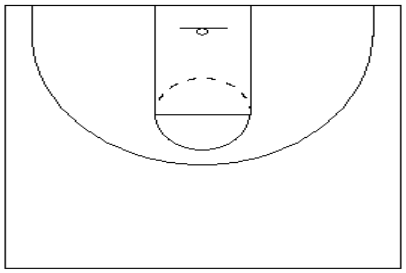
B) Box 1 Offense Set
- 5 screens X3
- after screening X3, 5 searches X4 and pins
- let 3 (star player) use the double by 4 & 5, before 5 screening action

Triangle & 2 offense

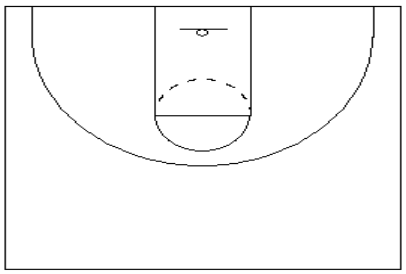


- 1 & 2 will be the star players
- 1 & 2 should start below the block
    - this puts four defenders below the free throw line before the play begins – use to your advantage
- X3, X4, & X5 will pass between them and attack the gaps – can D2 come form the opposite block to cover ball side wing?
- the defense has now been forced to play man-to-man
- 1 & 2 still use the bottom two defenders as screeners whenever possible

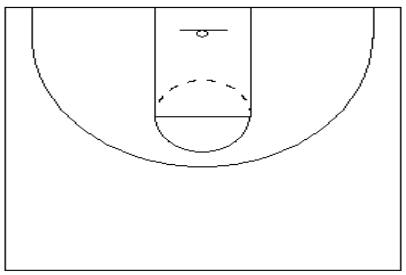
Special Situations



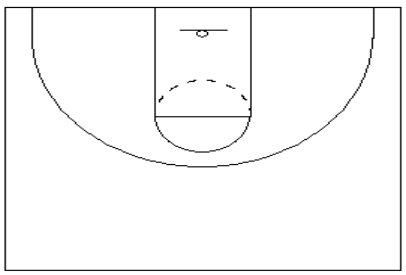
A) Side out – down 1 – 1 second left
- 3 off screen by 5 to ball side corner
- 4 trail 3 off down screen by 5



B) Side out – down 1 – 1 second left
- 2 back screen 5, look for the lob
- 2 flare to top of key

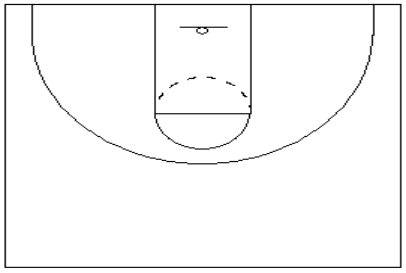


A) Out Under – down 1 – 1 second left
- 2 pop to ball side corner
- 3 off double stagger screen by 4 & 5

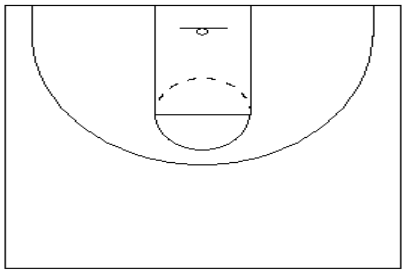


B) Out Under – down 1 – 1 second left
- 5 roll to the from of the rim, look for the lob
- 4 pop back to top of key

2-3 Zone Offense – replace cutters, follow pass

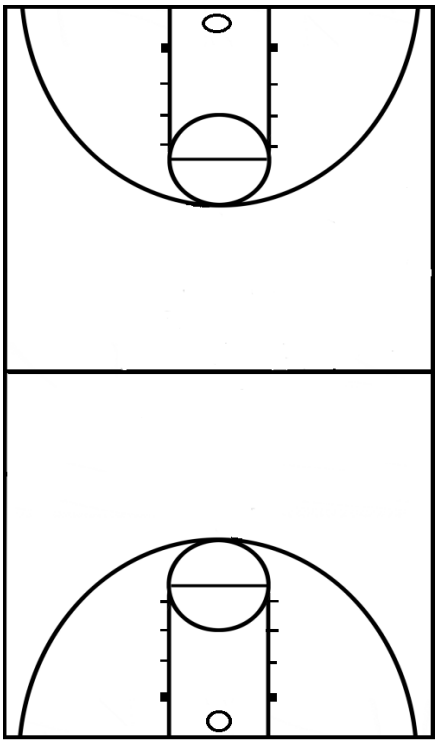


A) “X Cutter”
- 1-4 high set
- 1 pass to 2
- 4 roll to ball side block or short corner
- 2 pass to 4
- 5 cut to replace 4

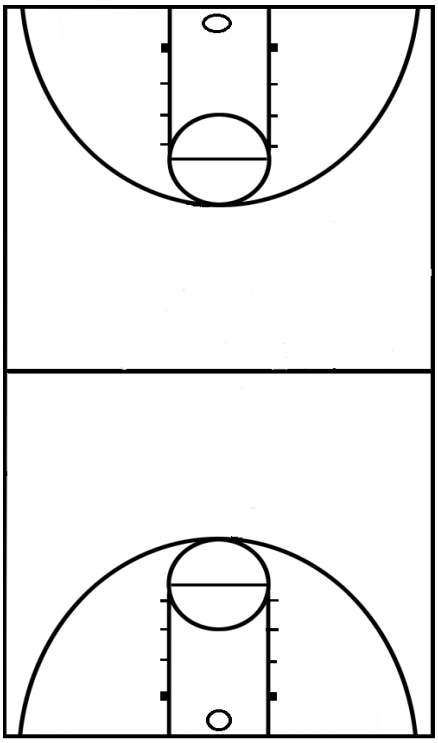


B) “X Cutter”
- once 4 catches, 5 dives to opposite block
- 3 cuts off 5 to ball side high post
- 3 catches look shot, or pass opposite wing to 1
- 1 looks shot or pass to 5
- 5 catches in t he short corner, offense rotation begins again

1-3-1 Zone Offense

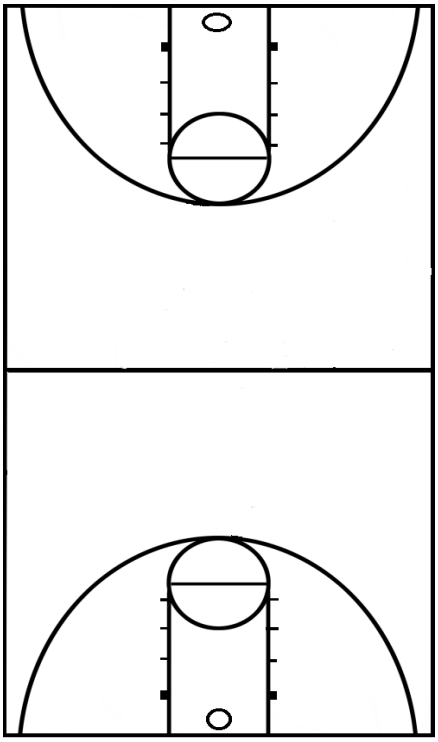


A) Remedial Break
- 3 best shooter
- 2 second best shooter
- 1 accepts the trap, reverse to 2
- 2 then attacks X3 with the dribble
- 3 to ball side corner
- 4 & 5 roll down to occupy both blocks



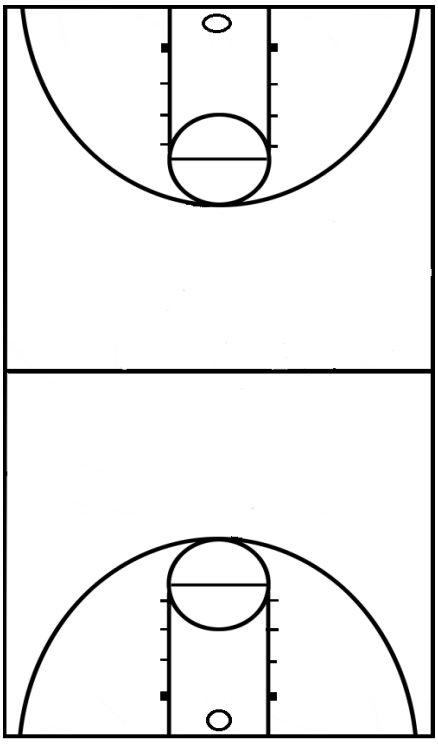
B) Remedial Break
- 1 accepts trap, passes to 4
- 5 “x” cuts in front of X3 to ball side block
- 3 float to weak side corner – he may also search X4 and pin
- 2 trail to top of key
- 4 must turn and face immediately after catching, he must attack X5
- X4 must decide who to defend 2 or 3

Press Breaker



- may be used against all presses
- 5 man weakest ball handler

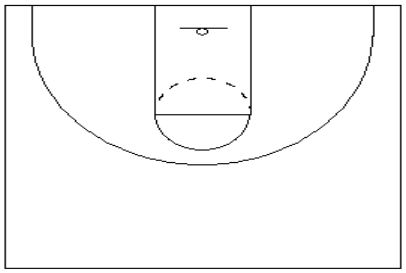
A) defense traps the first pass & denies ball reversal
- 1 off screen by 5 – stay above the free throw line
- 5 cuts to ball side after entry pass to 1
- 1 pass to 5
- 3 cuts to the middle of floor looking for the pass from 5
- 3 catches and attacks defender
- 2 follows the ball from side-to-side
- 4 sprints to fill unoccupied lane, once the ball has been advanced up court



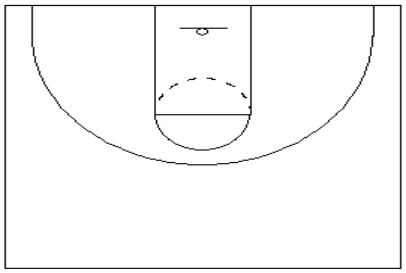
B) defense traps first pass, but allows reversal
- 1 off screen by 5 – stay above the free throw line
- 5 cuts to ball side after entry pass to 1
- 4 steps in to receive reversal from 1
- 3 comes back to the ball
- 4 passes to 3
- 2 follows ball to same side of floor, receives pass from 3
- 2 attacks defender
- 5 has continued down the floor and is in position to receive pass from 2

Bobby Lutz

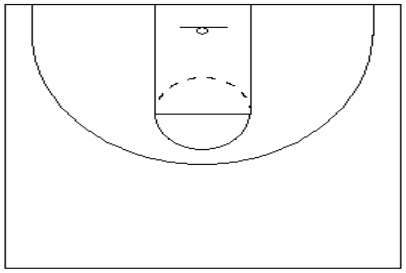
* Pick four aspects of the game – concentrate and emphasize these everyday



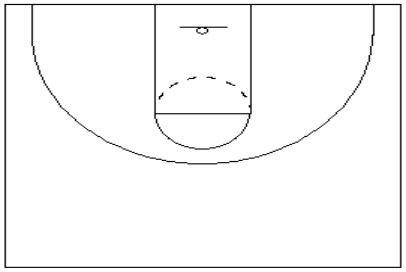
Secondary Set
- 2 off double screen by 1 & 4



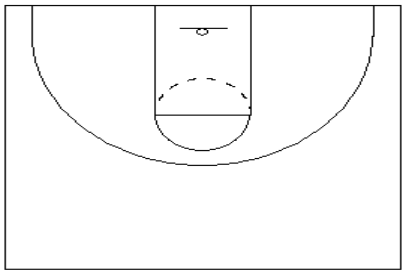
Secondary Set
- 2 off baseline screen by 5 & 1 to ball side corner
- 1 back screen 4 – look lob



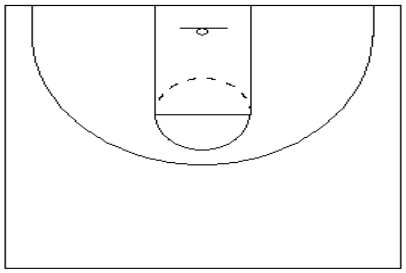
Baseline Series
- 4 cuts first, 3 cuts next off 4 butt
- 1 drags the dribble away from 2
- 2 off baseline double by 5 & 4
- 2 can also look to fake the double and use the single by 5
- if 2 does not receive the pass, reverse to 3
- 5 has side cleared out for post game



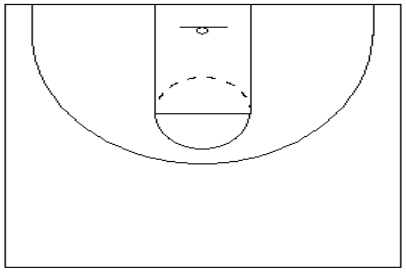
A) Baseline Series
- 4 dribble handoff to 3
- 3 use dribble screen to attack middle of floor



B) Baseline Series
- 2 low cross screen 5 – 5 try to go low side of the screen
- 4 down screen 2



A) Special Situation
- 3 must dribble HARD to baseline
- 5 posts in the mid post



B) Special Situation
- as soon as 3 drives baseline, trails in behind off double screen by 4 & 5
- 2 look for pitch back from 3

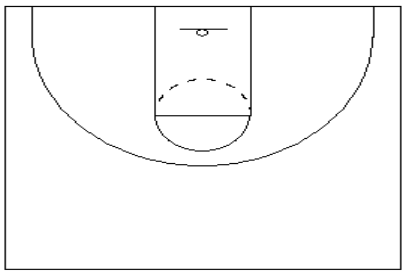
Tom Crean

4 Ts
1- toughness
2- talk – be creative, this can become habit forming
3- trust
4- togetherness

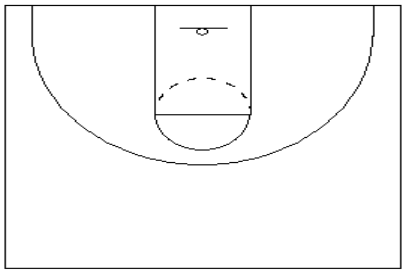
player roles
1- respect unobvious talents of teammates
2- respect teammate roles
3- display toughness
4- be responsible for your actions
5- be committed to excellence – hold yourself to a high standard on and off the court
6- isolate your best skills – use these to help your team, not yourself

Offensive goals
- put continuous pressure on opponents posts players to make decisions on defense – do they help or stay home?
- roll and replace – SHAKE Up or DOWN
- when ball is dribbled at offensive posts, they must clear to the alley (space between the basket and the baseline in the lane)
- be committed to your offensive spacing
- be in the bonus at the 12 minute mark of each half

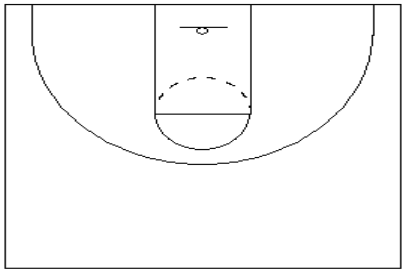
*** Defensive goal – 3 shut outs in a row, 7 times during a game



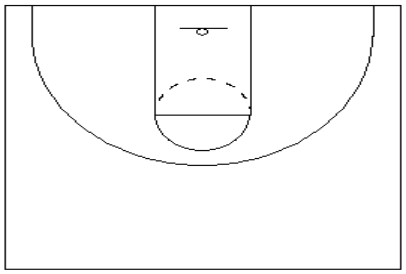
A) Secondary Set - Through
- 1 dribbles 2 off screen by 5
- 4 down screen 3
- 4 down screen 2



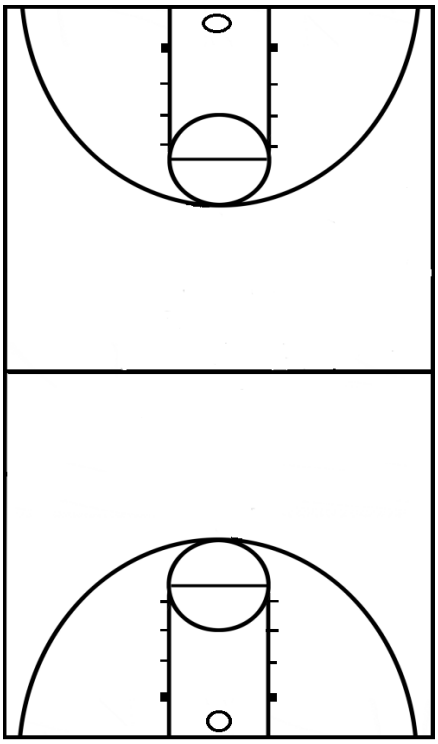
B) Secondary Set – Through
- 5 sprint to ball screen for 2
- 5 roll ball side block, 4 shake up
- 1 flare screen 3
- if 4 catches on shake up, look 5 in the post



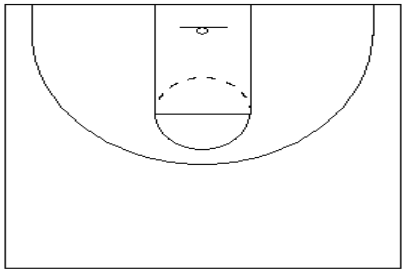
Sprint Series
- 1 dribble 3 into back screen by 4
- 5 cross screen 2
- 4 then sprints to 2 for ball screen
- 2 attack middle or look for pop by 4



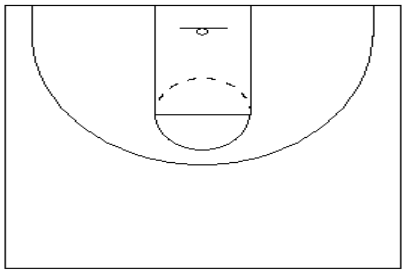
Box Set
- cross screen action by both 4 & 3
- 2 catches, 5 sprints to ball screen
- 3 back screen 5 on the roll to basket
- 1 float opposite wing, 4 float opposite corner



Special Situation – 5 seconds left
- 4 best shooter
- 4 cross screen 1, 1 try to catch pass on the run – attack with the dribble
- 2 float to ball side wing
- 3 back screen 4 around half court



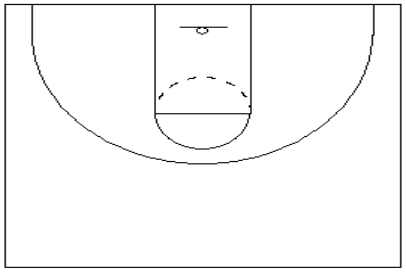
A) Special Situation
- 5 up screen 4
- 3 off double by 2 & 5



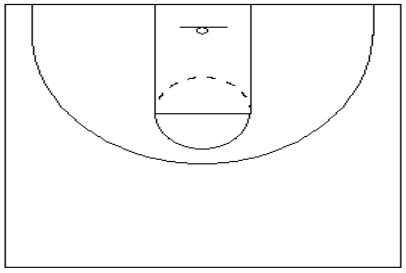
B) Special Situation
- 5 back screen 2
- 5 slip back to the ball

Tubby Smith

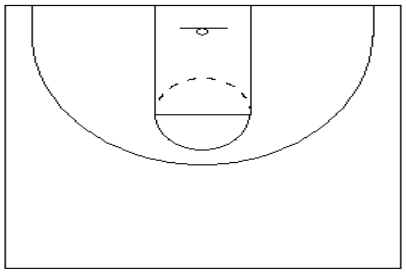
2-3 Zone Offense



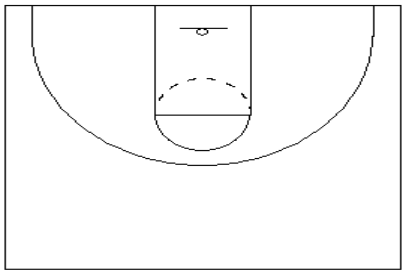
A) Double Stack Drag
- 2 off ball screen by 4, 4 roll to weak side block



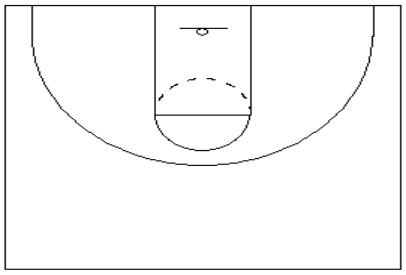
B) Double Stack Drag
- - on the pass to 3, 5 flashes to high post, 4 short corner, 2 weak side wing



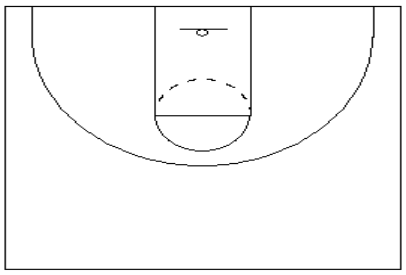
A) Double X
- ball is reversed all the way to 3 in the corner, 5 follows the ball
- 4 rolls to weak side block



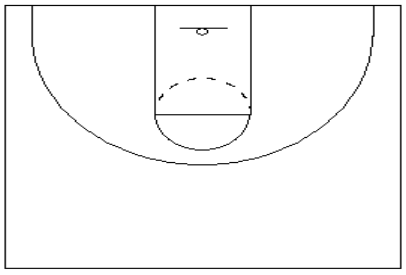
B) Double X
- 5 screens the weak side defender
- 2 screens the middle defender



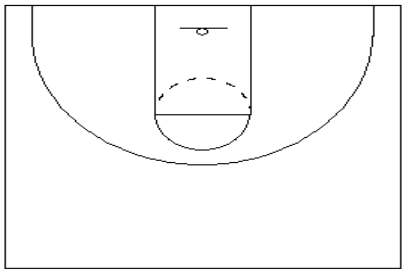
A) Reverse
- ball is reversed all the way to 3 in the corner, 5 follows the ball
- 4 rolls to weak side block



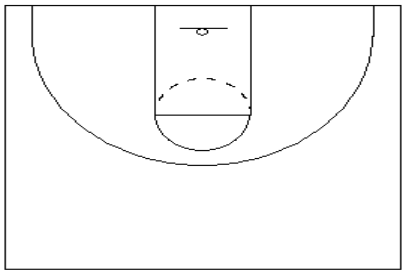
B) Reverse
- 3 must dribble off the baseline, forces 2 to clear to opposite wing
- 4 cut to ball side corner, on the pass to 4, 5 flash high post, 3 cut to middle of the lane



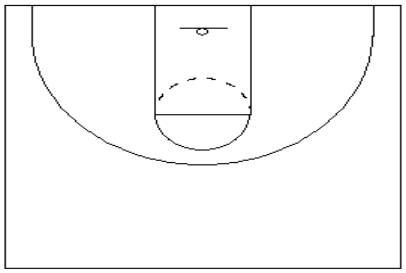
C) Reverse
- 4 pass to 1, 1 dribble to middle of floor
- 4 & 5 screen two nearest defenders, 3 off screens to the corner
- 4 roll to mid post after screen, 5 continue to hold screen



A) Lob
- ball is reversed all the way to 3 in the corner, 5 follows the ball
- 4 rolls to weak side block



B) Lob
- 3 must dribble off the baseline, forces 2 to clear to opposite wing
- 4 cut to ball side short corner, 5 flash high post



C) Lob
- as the ball is reversed, 5 follows the ball in the high post
- 4 sets back screen on weak side bottom defender
- 3 looks for the lob from 2

RAZORBACK BASKETBALL

DEAR COACH,

WE AT THE UNIVERSITY OF ARKANSAS HOPE YOU HAVE HAD A GREAT YEAR WITH YOUR TEAM ON THE HARDWOOD. WE ARE VERY PROUD OF HOW OUR YOUNG HOGS PLAYED THIS YEAR.

ENCLOSED YOU FIND SOME RAZORBACK BASKETBALL INFORMATION IT IS OUR WAY OF SHARING SOME BASKETBALL IDEAS WITH OUR COLLEAGUES.

BEST OF LUCK, AND PLEASE FEEL FREE TO CONTACT US WITH ANY QUESTIONS YOU MIGHT HAVE REGARDING THE INFORMATION.

GO HOGS GO

Nolan

NOLAN RICHARDSON
HEAD BASKETBALL COACH
UNIVERSITY OF ARKANSAS

1994 NATIONAL CHAMPIONS

RAZORBACK BASKETBALL

HOW TO TELL A WINNER FROM A LOSER

1. When a winner makes a mistake, he says "my fault"; when a loser makes a mistake, he throws the blame on someone else.
2. A winner credits his "good luck"for winning by being fundamentally prepared; a loser blames his "bad luck" for losing on bad breaks even though he's not fundamentally prepared.
3. A winner works harder than a loser and always finds time to do what is expected of him; a loser never finds the time and when he does he works on the wrong things.
4. A winner makes commitments and goals with his heart and sets about to accomplish them; a loser makes "promises" with his mouth and never sincerely means to keep them.
5. A winner shows he's sorry by making up for it; a loser says, I'm sorry but does the same thing next time.
6. A winner thinks "I'm good, but not as good as I should be". a loser thinks "I'm not as bad as some of the others".
7. A winner would rather be admired for his ability than liked, although he would prefer both; a loser would rather be liked than admired because he knows he hasn't worked hard enough to be admired.
8. A winner hates to lose; a loser could care less although he may put up a big front.
9. A winner is fundamentally sound in all aspects of the game; a loser is not!
10. A winner knows that strength, agility, and quickness are the keys to athletics and attains it; a loser may know but never attains.
11. A winner takes constructive criticism from the coach, realizing it will help him and the team; a loser pouts and thinks he's being picked on.
12. A winner thinks of the team first and never wants to let it down; a loser thinks of himself first and the team last.

UNIVERSITY OF ARKANSAS

Razorback Defense: Man to Man

The following is an overview of our man to man defense, although a lot of these ideas/techniques also apply to our zone defenses.

In our defensive schemes our philosophy is based on disrupting the flow of the offense. This hopefully allows us to dictate the tempo of the game.

We make it very difficult (if not impossible) to prepare for the Razorbacks and our style of defense. Here's why:

Very, very few teams play like we do. The other coach is going to prepare the same way for every other team on the schedule and then prepare entirely different for us. That is very tough to do and creates a lot of problems. A lot of teams put six or seven players on the floor at one time on defense to imitate our pressure. Rest assured that is not realistic. We also cause the other head coach to take a lot of his practice time to prepare for our pressure. That does two things for us: 1) Gives us the advantage in practice time, because we are going to spend minimal time preparing for our opponent (this has proven to be very beneficial in post season play), and 2) it is going to produce fear in the minds of the other players.

How:

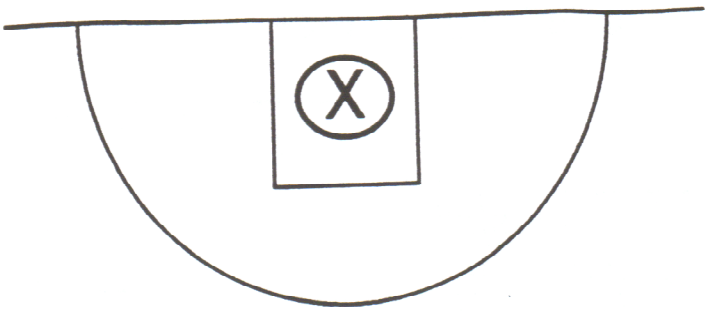
There are several concepts that go into teaching our system. Understanding and implementing our style of defense takes:

A) The willingness to teach these concepts to your players
B) The willingness to gamble
C) The ability to give a lot of freedom to your players

Let's elaborate on the most common of these concepts.

Concepts:

We always teach our players to read with their eyes. In order to be able to read on defense, you must teach the players how to get their body and therefore their eyes in the correct position.



With the ball anywhere in the paint area trap down with nearest man. The trap must be hard and quick.

We try to make the game of basketball a game of decisions. The offense must decide quickly what they are going to do to offset our pressure. If our opponent is very structured, as many are, and they do not attack our pressure, this will prove to be very beneficial to us.

You must teach your defense how to react to different situations. When we react we must understand what options the opponent has that will hurt us, and cover those up immediately. We call that rotation. KEY: The only way to make thinking became a reaction is through countless REPETITION.

We use the terminology. See it - Fix it. Your players must be taught to see what is happening and then to fix it if it breaks down. It will most certainly break down from time to time.

We at all time want to deny ball reversal. This allows us to pressure and create help defense at the same time.

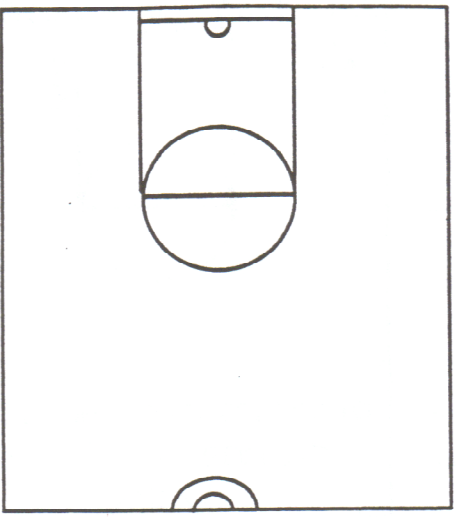
One of the most important factors in our defense is the element of surprise. Often the opponent does not know where the pressure (trap) is coming from. Giving your players the freedom to take intelligent chances creates a great deal of difficulty for the opponent. Our rotation to cover the areas where we are vulnerable is always the same.

If you want to play this system there are no half commitments. Half commitments to this system are like soft traps, they just kill you.

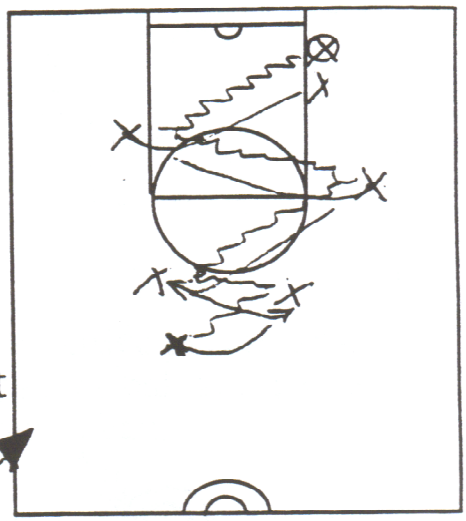
Playing this system is like playing poker. You are going to lose some hands, but with the correct approach you will win the big hands.

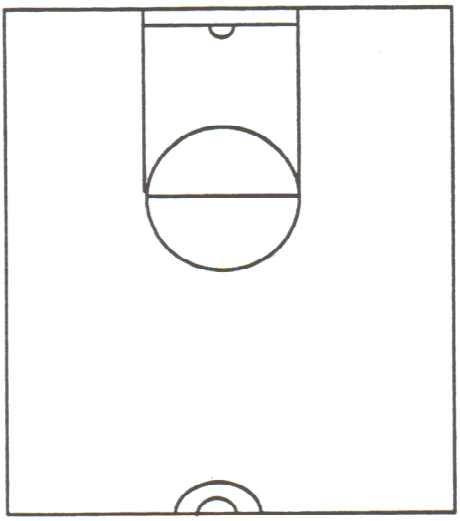
RAZORBACK BASKETBALL

Man to Man Defensive Techniques

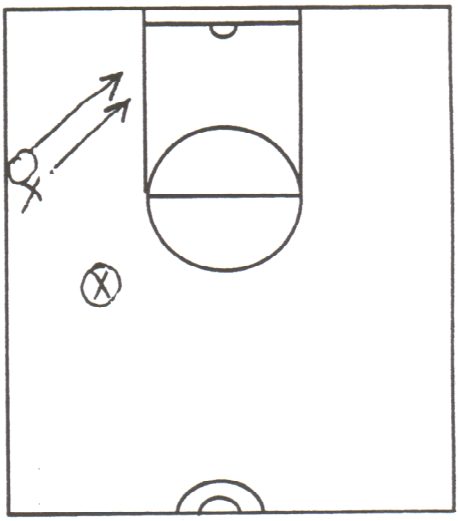


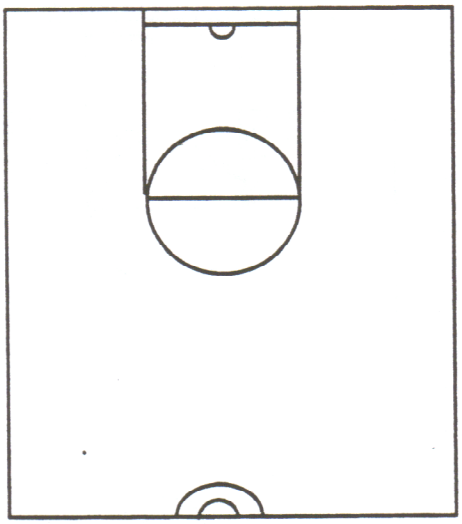
Teach:
1) Balance
2) Ball Pressure
3) Mirror Ball
No Direct Passes
Standard Zig-Zag Drill. Make Defense get head on the ball and turn the ball.



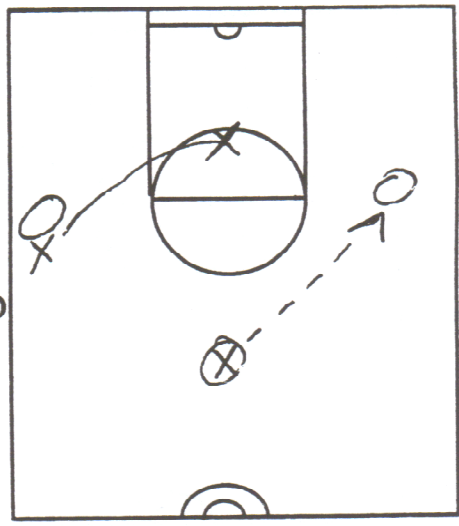


Deny wing entry:
Turnover head on cutter on ball side.
Slide and see the ball.
Extend arm.





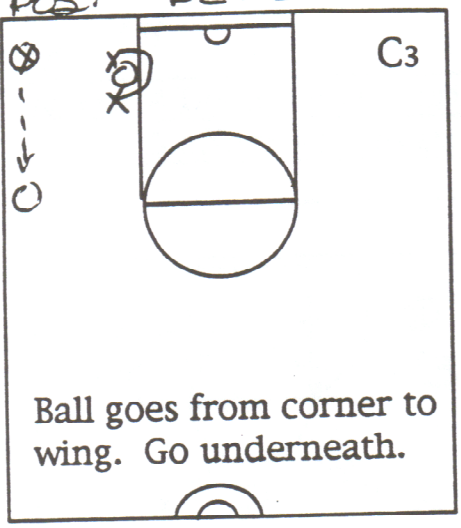
Denial to Help:
Deny then open up to ball when ball goes away. Feet flat/parallel to baseline when in help position to see man and ball.



RAZORBACK BASKETBALL

Man to Man Defensive Techniques

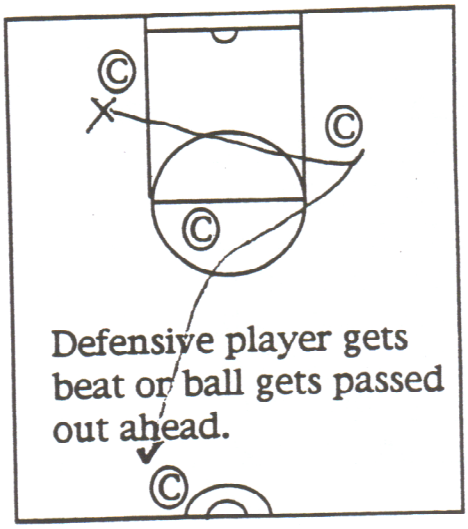
POST DEFENSE CONT.



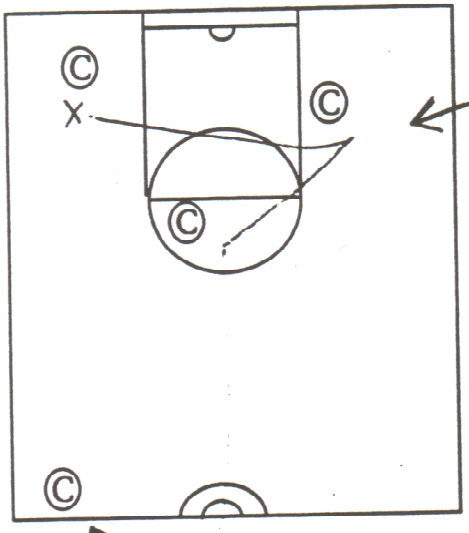
Ball goes from corner to wing. Go underneath.

Hunt Drill: →

Use cones © slide and turn ball: Head on Ball: Hunt ball and touch from behind "Get a piece"

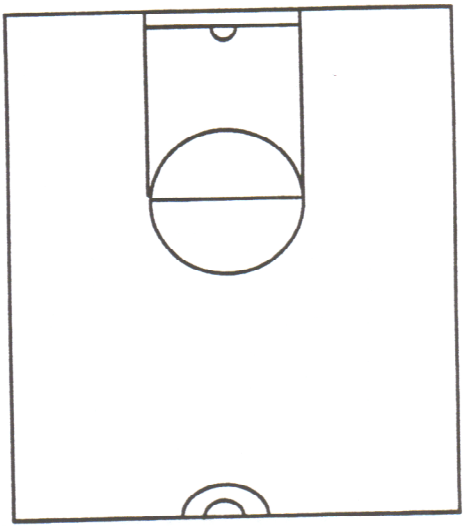


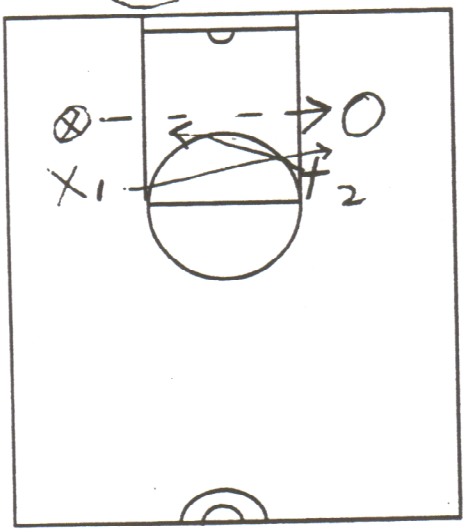
Defensive player gets beat or ball gets passed out ahead.



Recover Drill:

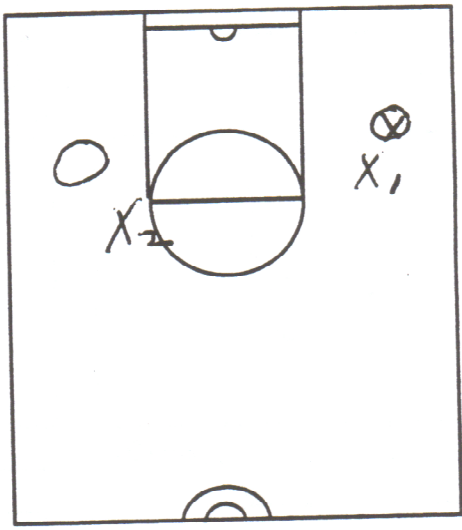
Turn ball, recover from middle, flatten out the ball. Use cones.



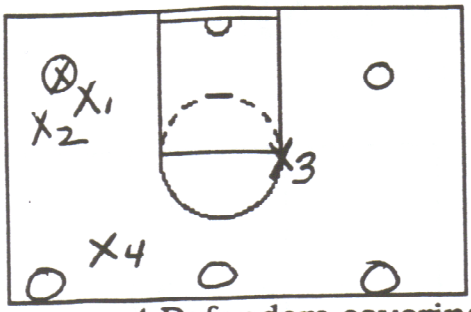


Jumpswitch:

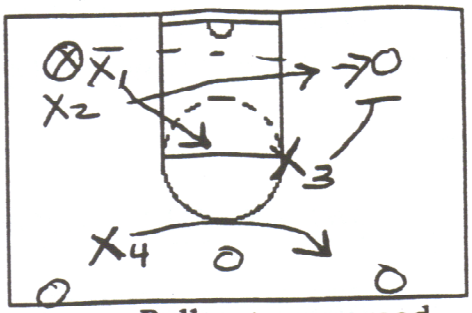
X_2 is coming to trap with X_1. Ball gets reversed prior to trap. X_1 switches. It is easier for X_1 to get there because of X_2 momentum and angle.



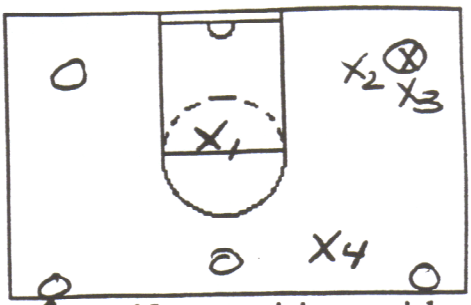
Full Court man to man with trap rotation:



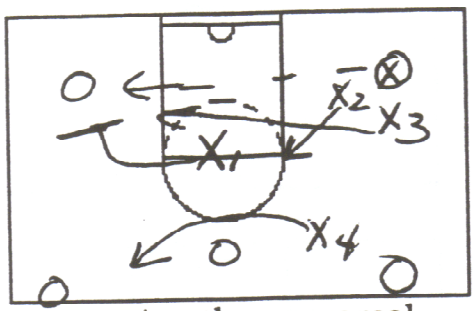
Notes: 4 Defenders covering 5 offensive players.



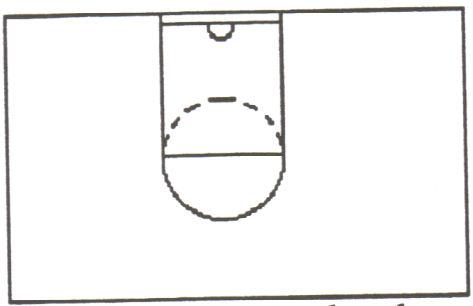
Notes: Ball gets reversed



Notes: New positions with X4 and X1 covering 3 men. Somebody has be left open when you are trapping. This man is opposite and deep and therefore hard to see.

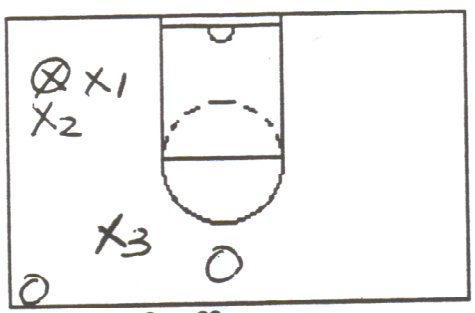


Notes: Another reversal with new positions.

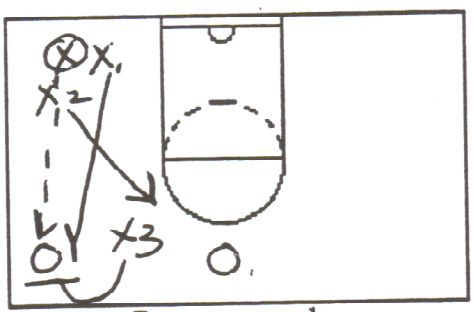


Notes: Emphasize hard traps

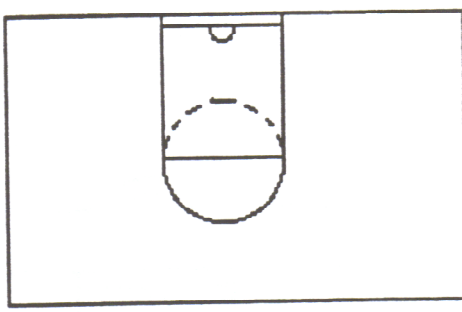
Sideline Rotation:



Notes: 3 offense 3 defense



Notes: Pass goes down sideline. X3 flattens out, X1 goes to trap, and X2 covers middle.



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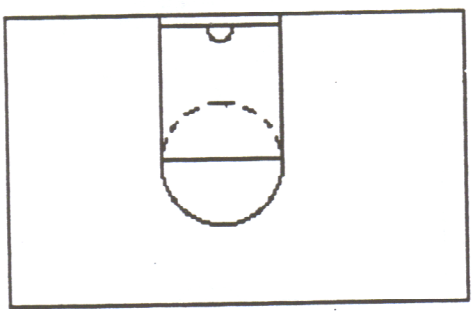

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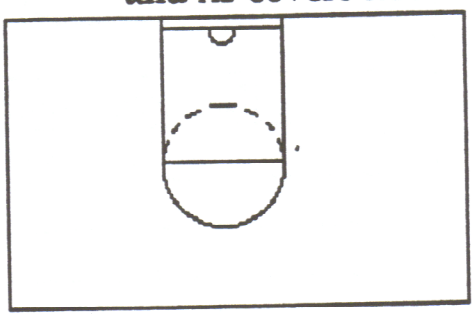

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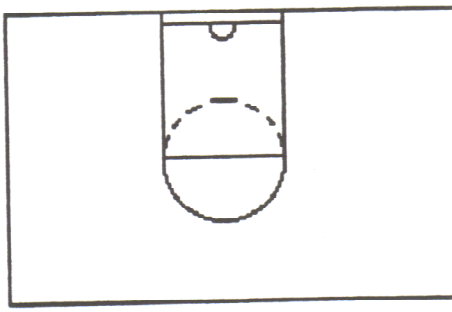
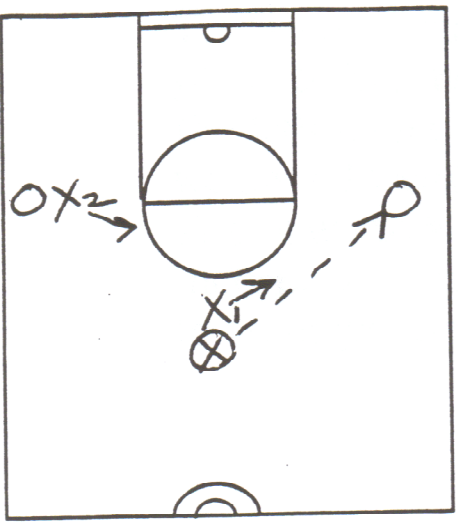


Notes:

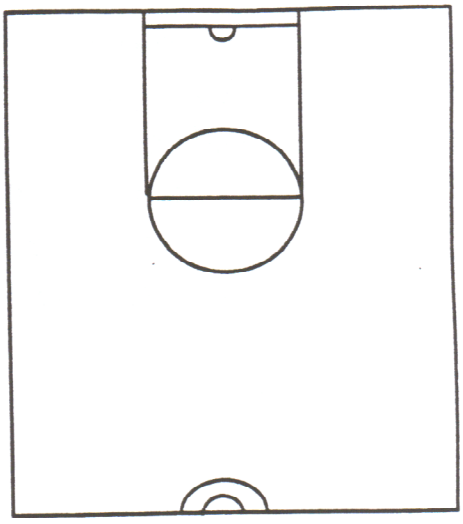
RAZORBACK BASKETBALL

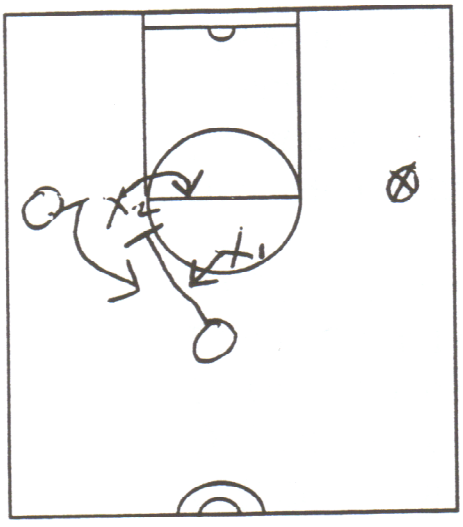
Man to Man Defensive Techniques



Switching screen away

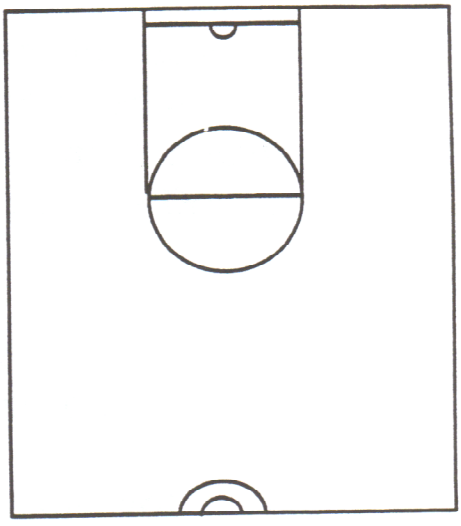
On entry pass X_1 and X_2 jump to the ball

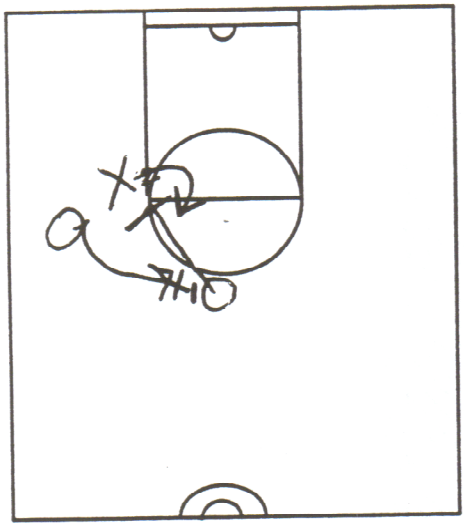




X_1 and X_2 must see what is going on when screen occurs

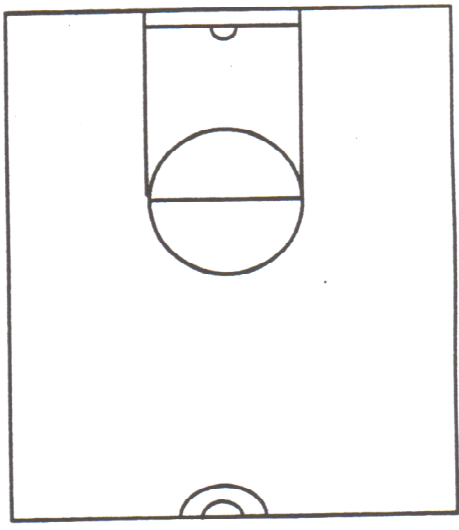
X_1 yells switch and steps directly into passing lane.





X_2 must then fight around from baseline side.

Must have ball pressure!



X_1 MUST INITIATE THIS SWITCH

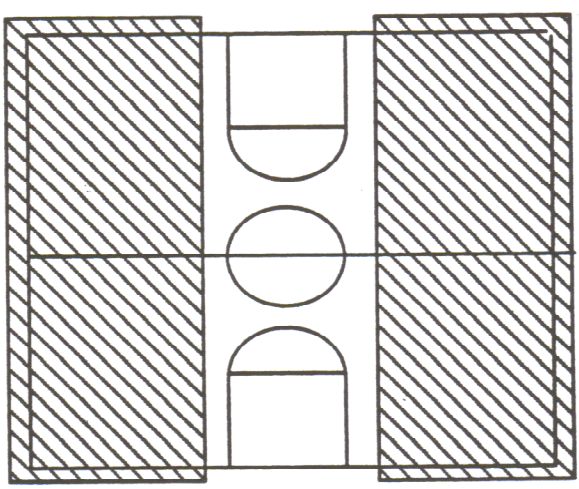
Trapping

Traps are a very important part of our defensive philosophy. We may use a trap on the full court, on the half court, and most importantly at anytime that we have forced the ball into a vulnerable position. The operative word being anytime because that incorporates the "element of suprise". It is important to be unpredictable.

When to Trap

These are situations when traps are often the most effective. Remember: Just because we trapped a particular situation once, does not neccessarily mean that we will trap it the next time. "Build in the Doubt"

A) Ball on any out of bounds line
B) Ball near 1/2 court line near sideline
C) Dribbler has head down feeling pressure
D) Dribbler has picked up dribble
E) Ball is clearly on one side of the floor and not in the middle



Bread and Butter Drills

1 on 1 Full and Half Court
2 on 2 Full and Half Court
3 on 3 Full and Half Court
4 on 4 Full and Half Court
5 on 5 Full Court Transition.

Make teams even and keep score to make it competitive.

To play this system you must at times be willing to overlook a few mistakes. 5 on 5 critique sessions are a good way to teach kids how to play. Be careful not to stop play too much.

Point Guard Play

Bob Hurley Sr.

Point Guard Play

1.) Outwork everybody
2.) Believe in themselves
3.) Talents – no weak skill level (shooting only one average)

Philosophy of PG

- Think pass first…shot second
- 1st step always toward your basket
- Be a pest
- Dribble North + South, not East + West
- Get feet ion lane on offense (under control) – dribble lower
- Equally good with off hand
- Keep other hand up to protect (from defense) + accept (the ball)
- Accept the challenge when your team is pressed
- Be an extension of your coach
- Always know the time and score
- Game face at all times
- Be the best communicator on the floor
- Size not a factor – never too small

Success

- Neck up not neck down
- Be a good F.T. Shooter
- Good shooter or quicker
- Have your own style – be own player
- Make your teammates better
- Want the ball at the end of the game
- Success = Championships

LADY VOL PHILOSOPHY



PRESSURE DEFENSE

CONTROL BOARDS

TAKE CARE OF BALL

TAKE GOOD SHOTS



PRACTICE ORGANIZATION

Meet with Staff daily and assign responsibilities

Organize every minute of practice

Determine Time Allotment for each Drill/Situation

Have Managers and Duties Assigned:
1. Video
2. Stats
3. Equipment

Use "Two Points" and "Rebound" for Communication

Thoughts on Practice:
Love Practice, Love to Teach
Whole - Part - Whole Method
Practice Plan - PREPARE and Keep
Offense or Defense first? Whichever you want to emphasize
Not What We Teach, but What We Emphasize
PREFER Not to be Predictable
Drills Should be Breakdown of Your Offense and Defense
Explain Purpose
Name Drills
What Coach "Rewards" is Key
Shoot Free Throws When You are Tired
Keep Stats in Practice
Record All Shots
Record Post Feeds
Record Contested and Uncontested Shots
Record Box Outs
Practice at Game Tempo
Practice Game Situations
Use Officials, Clocks, Scorers When Possible
Have All Players Play All Positions

Checklist for Practice Preparation:

( ) Stretching
( ) Warm-Ups
( ) Position Work
( ) Team Offense
( ) Press Offense
( ) Offensive Breakdown Drills
( ) Fast Break
( ) Shooting
( ) Free Throws
( ) Team Defense
( ) Pressing Defense
( ) Transition Defense
( ) Defensive Breakdown Drills
( ) Out-Of-Bounds Plays
( ) Special Situations
( ) Scrimmage
( ) Conditioning

Warm-Up Drills:
4 Corner Passing - to - Express Yourself
1 Minute Drills - 2 Player
- 3 Player - Add Defense
Defensive Breakdowns
3 Lane Drills - Add Defense
Feed the Post Series

FAVORITE DRILLS

TRANSITION
3 Lane Drills

"Change"

Catch-Up

Bungle (3 on 2, 4 on 3)

5 on 3 Continuous

OFFENSE
Virginia - Point Penetration

Lakers - Screen on Ball

NBA - Backscreen

Chicago - Cross Screen Post

Kansas - Post Backscreen

PASSING
4 Corner Passing

Mill Drill

2 Player Full Court

Contest, Box, Outlet

Lane Drills

DEFENSE
1 on 1 Lane

1 on 1 Full - Give & Go
Cut Cutter

Deflection - Take Charge

2 on 2

3 on 3

4 on 4 ◊ and 1

Screen On Ball Series - #, Thru, Switch, Trap

Screen Off Ball

Back Screens

SHOOTING DRILLS
20 Seconds Toss Shot - 5 Baskets

2 Minute Shooting (50 Shots)

2 1/2 Minute 3 Pointers

Partner Shooting - Contest

Transition Off Dribble and Pass

3 Player 2 Ball Shooting

Full Court Shooting Drills

FEED POST SERIES

TRANSITION (Perimeter to Post)
Lay-Up
Post-Up
High Post

1/2 COURT ENTRY
Baseline Bounce Pass (Defense High Side)
Straight On (Defense Behind)
On Top (Defense in Front)
Loop (Wing Denial)
Dribble Entry (Wing Denial)

INSIDE/OUT
Dive and Relocate
Slice
Reverse

OFFENSIVE STATS
Field Goal %
Free Throw %
Post Feeds
Second Chance Points
Assists
Turnovers
Effective Screens

TENNESSEE LADY VOL FAST BREAK

PREPARE TO RUN
Be in Great Shape
Handle Ball at Fast Tempo
Sprint Ahead
Spread D
Read D
Make Good Decisions
Make Open Jumpers and Lay-Ups

WHEN TO RUN
Steal Turnover
Rebound
Made Basket

PRIMARY BREAK
Quick Scoring Opportunity
Lay-Up or Foul
1 on 1, 2 on 1
Lay-Up, Foul or Bank Shot
3 on 2

SECONDARY BREAK
3 or More Defenders Back
Pass Entry
Screen on Ball

DEFENSIVE DRILLS

Lane Drill
(30 sec.)
Slide laterally in defensive stance with hands interlocked behind their head - touch free throw lines - side to side

Lane Drill
(30 sec.)
Same as above without arms and hands above shoulders

Deny-Open-Deny
(30 sec.)
Denial stance from block to wing (free throw line extended) & back to block
Open in paint - slide across lane - denial to opposite wing and back to the block - slide across lane and repeat

(30 sec.)
Repeat beginning - opposite side

Wing Denial
Denial stance on wing to on ball stance,
Defend penetration to baseline, contest and box (3 times each side)
Defend penetration to middle, contest and box (3 times each side)

On Top Drill
Begin in mid-court circle in an on the ball defensive stance - channel to one side of court to sideline. Repeat to opposite side (3 times each side)

Close Out Drill
Begin in lane in a helpside position, close out to wing in stance, defend triple threat, contest penetration and box (3 times each side)

Full Court - 1 on 1 or Zig Zag Drill - 4 Trips Baseline to Baseline
In an on the ball stance - Emphasis on turning ball in backcourt, channel to sideline in front court. Keep hands above shoulders. Finish with contest and box

Helpside - Cut the Cutter - to On Ball
Begin in middle of lane in a helpside defensive stance
Defend weakside cutter to high post in a denial to on the ball stance, channel to sideline, contest and box (3 times each side)

(The defensive drills can easily be completed within 15 minutes. I recommend doing these drills 3 to 4 days a week or a minimum of 2 days per week - depending on your defensive commitment for the summer.)

BALL-MAN DEFENSE

Tennessee Lady Vols

I. **Defensive Philosophy**
1. Stop Ball Early & Establish Ball Side
2. Eliminate Ball Reversal
3. Constant Ball Pressure
4. Show Early Help
5. Eliminate Lay-Ups or Easy Shots
6. Contest Every Shot
7. Eliminate Second Shots - BOX OUT

II. **Nine Musts for the Defense Player**
1. Play In A Stance
2. Play With High Hands, Low Hips and Quick Feet
3. Deny 1 Pass Away
4. Jump To the Ball / Show Early Help
5. Help On Penetration, Screens, Pass Inside, Help the Helper
6. Communicate
7. Contest Every Shot
8. Box Out
9. Rebound

III. **Situations We Must Prepare to Defend**
1. Give & Go
2. Screens On Ball
3. Screens Off Ball (Back Screens, Down Screens, Cross Screens)
4. Handoff
5. Flash - Duck-In
6. Split Post and Shuffle Cut Off High Post
7. Weave

IV. **4 Ways We Defend Screens On Ball**
1. Switch
2. Show Numbers and Step Over Top
3. Step Back and Slide Through
4. Trap

V. **How We Defend Post**
1. High Side Ball Above Free Throw
2. Front When Ball is Below

VI. **Ways to Improve Our Defense**
1. Avoid Overrunning the Ball
2. Eliminate Fouling So Much / Eliminate Ball Reversal
3. Play Smart On and Off the Ball
4. Improve Early Help
5. Everyone Commit to BOX OUT

VII. **Defensive Stats**
1. Steals
2. Deflections
3. Contested Shots
4. Rebounds

HALF COURT DEFENSE

"0"	-	Pure Man
"1"	-	Allow Wing Entry Switch On All Screens
Crossed Arms	-	Trap On Penetration Prior to Pass
Thumbs Out	-	Trap on 1st Pass

ZONE

"13"	-	1-1-3 Zone Match-Up
"13 Out"	-	Trap First Pass
"13 Cross"	-	Trap on Penetration

FULL COURT DEFENSE

1-2-1-1

"FIRE"	-	Man to Man with Interceptor
"FIRE TRAP"	-	Man On Ball, Trap 1st Pass

Play Hard.
Play Smart.
Play Together.
Play With Confidence.

Lady Volunteers

Prosser - Demaths - Wooden 02

) Turning it Around
- Suggestions for a H.S. coach

) Wake Pressure Defense
-

) Pressure Offense
-

Perspective
"I've looked @ life from both sides now" Judy Collins

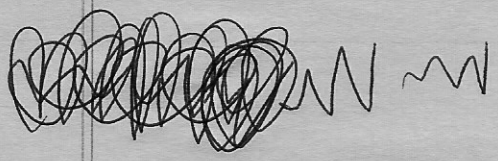
1) 13 yrs. as a high school coach
2) 9th grade coach - 4 yrs. JV. coach (1); Varsity (8)
3) first game on bench
4) wheeling Central Catholic
5) Asst. @ Xavier Coach Gillens 4th choice
6) To Loyola HC in Balt (2-25 - 15th yr.)
7)
8)

"The game begins + ends w/ the players" Wooden
1 "If u can't recruit better players, you must make better players"
2 Don't say My players can't do this, they can't do that."
3 Basketball ~~players~~ teams are made from Oct. to March.
players " " " March to Oct.
4) youth basketball ~~players~~ teams must be year round." Charleston"
5) 3 most important months of the year
6) "You're got to inspire your players.

1) Basketball environment

a) school library
b media guides, etc.
c) visit college practices
d) " college games
e) all-star games
f) letters from a college coach to your team
g) take them to the site of state championship
h) motivation - Bart Starr on Vince Lombardi = found a different way to motivate us everyda
i) Have them at our home
j) Countdown in your classroom to the 1st day of practice
k) Need to make visible changes" - John Calipari
↳ change color of shoes
where your sitting

Individual meetings w/ players - talk to them bout other thi
exit interviews - w/ seniors
Summer workout program
You write 2 letters to them → during summer
They write 2 letters to you -
Summer league
Open gym
games to 7 straight
man to man defense - must pass 1/2 court
4 on 4 is ok / tip ins count as 2 points
Summer camps, AAU



The revolution was effected before the war commenced. The Revolution was in the hearts + minds of the people.

1) Conn. game 1996
2) Jim Paulin - upset victory
3) 35-12-5-0 One's that I like you!
4) This above all else! So don't care

To thine own self be true
Wm. Shakespeare

"No man is an island"

1) You can't do it alone
2) Your staff - Jim O'Brien
3) Administration
4) Faculty
5) Parents a) Δ theory b) ~~Player~~ contacts — These are my expectations for your son.
6) ~~Staff~~ other coaches - sharing kids
7) booster club
8) Feeder schools
9) Student body

give 2 copies

allstar game for feeder schools

Intramural basketball tournament
winning team plays faculty

"Our chief want in life is someone who will make us do what we can" Ralph Walds Emerson

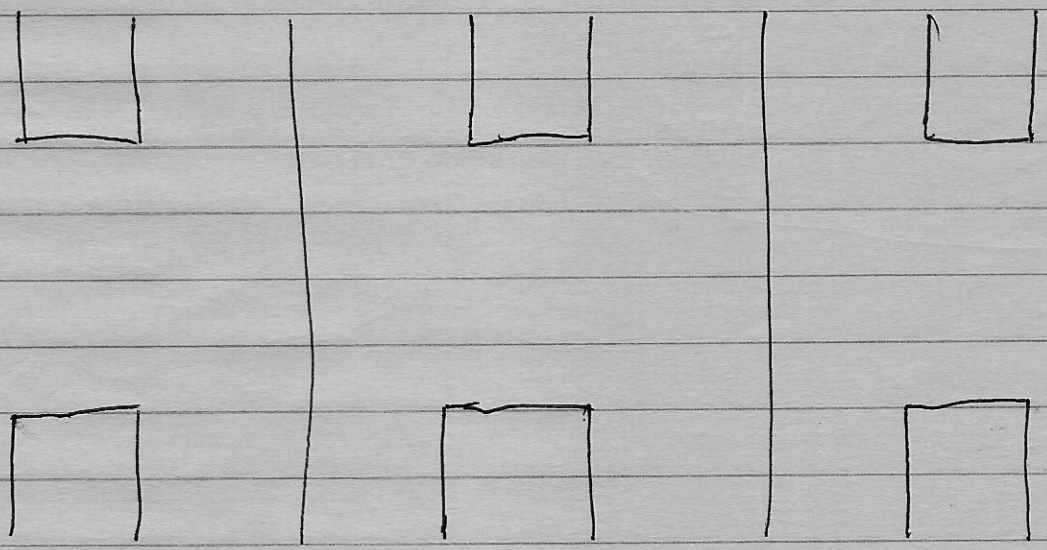
1) High energy level - be a self starter
2) Patence - you can only eat an elephant one bite at a time
3) High Expectation level - Aaron Williams
4) "~~You have to make up kids play hard~~" Quidelle Joseph
"Never blame the kids"

Players dy. of hard play -> I have a different level of what you can do.

Can't ever blame kids

What should we as a staff as done

Wake Pressing Game



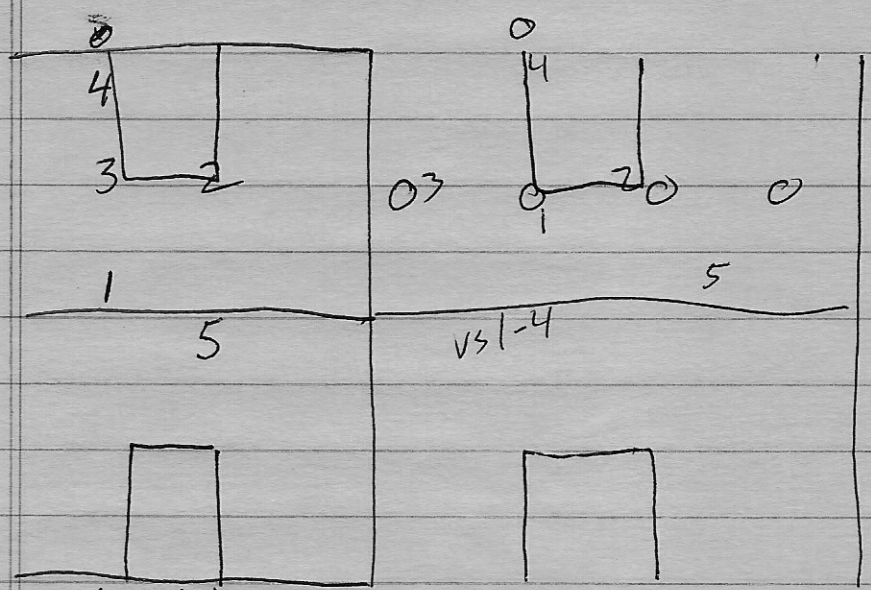
1) "Pressure" pressure defense, pressure offense, pressure on the backboard, etc.
2) Not the only way to play - "100 ways to skin a cat"
3) Defense creates offense - Pitt. Steelers
4) 94 ft. of pressure - don't concede a floor board.
5) To beat Cinn. in our ~~conference~~ hometown was why we committed to this style
6) To disrupt you - don't do what you practice
7) My personality - ~~somewhat~~ somewhat aggressive "Lattaque, Lattaque Lattaque"
8) No Benedict Arnold - nobody can hide - who's not getting after it
9) Rebounding thought get into ~~transition~~ ~~In~~ transition
10) Spatiality -

Initial Alignment

Zone Alignment Man press

1. ballside midcourt
2. right elbow
3. left elbow
4. On ball / off ball depending on rebounds
   weakside midcourt

goes to these areas initially then finds man in their area.



Once ball comes in

go to that area regardless of sign (4 or 5)

1) Positioning

-full denial-

3/4 - no fuegarding)

switch all screens

Half 2 practice Quick pickup - Spot K

frame of reference

Practice Quick pickups

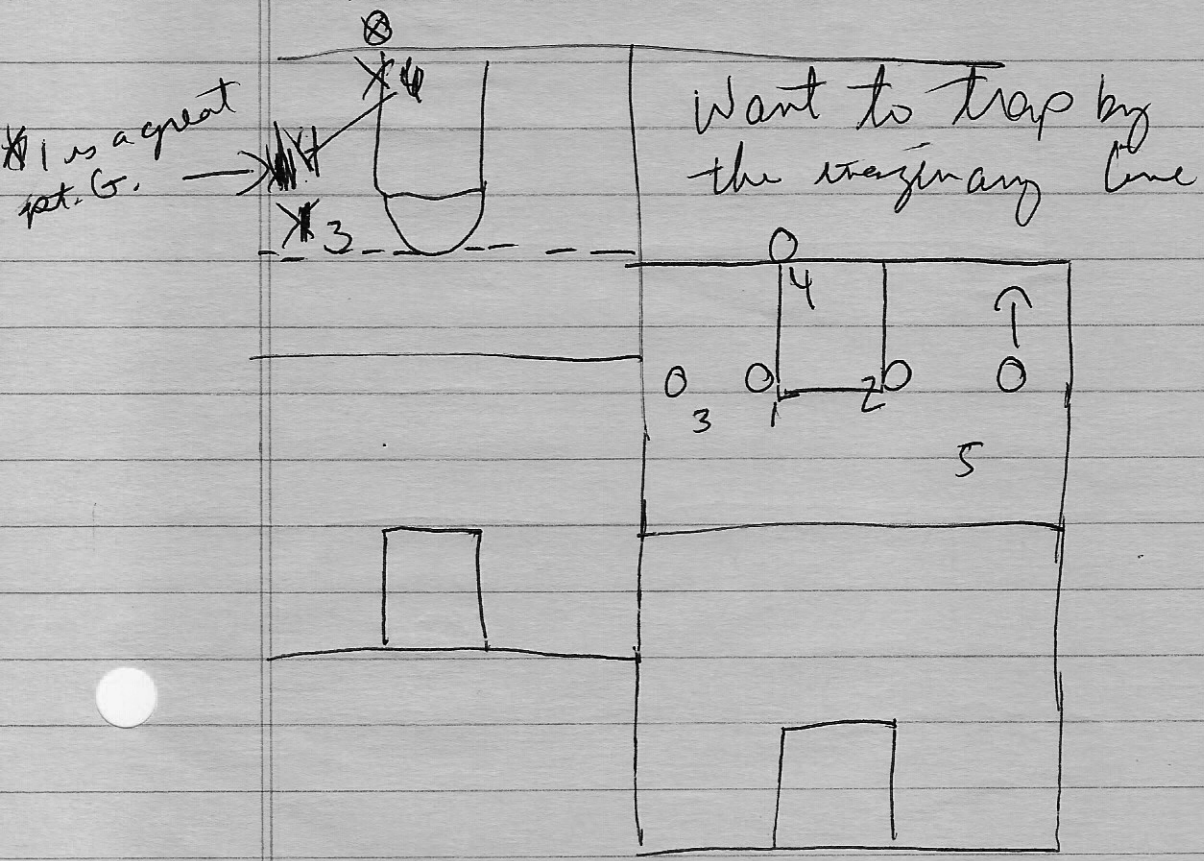
Be committed - no inbounds pass

5 on 5
a) dead ball
b) FT alignment
c) circle drill

4 on 4
a) greyhound drill
b) Hamilton
c) Minnesota

Breakdown a) corrall drill 1 on 2
pursuit; 2 on 2, 3 on 3
1 on 1; 2 on 2

OFF Ball



A great way to play!

① Be patient - it will kick in if you have aggressive kid
② Game adjustments are key
③ Importance of scouting report.

Always Press back to Man

ATHLETES IN ACTION COACHING CLINIC
Xenia, Ohio – October 6-7, 2006
NBA APPLICATIONS FOR H.S. AND COLLEGE
Stan Van Gundy

I. INTRODUCTION

- I love the title/ topic of this clinic. When Eric asked me I wasn't sure and this topic allows me to ramble on about anything that I want to say. A lot of it is stuff that I came to believe in more strongly after 11 years in the NBA.
- Hopefully, you'll find some things you can use no matter what your philosophy.
- Before we get into the clinic I wanted to just make a couple of general points.
- Supposed to go on an AIA trip to Kenya this summer =
    - Wife got sick = couldn't go
    - Eric was kind enough to send us some stuff from the trip
    - Water bottles = audience of 1. Who is your audience? Who are you trying to impress?
    - Pleasing God will be the greatest challenge any of us ever has.
- Three books to recommend =
    - ☆ The Smart Take from the Strong, Pete Carrill
    - Coaching the Mental Game, H.A Dorfman
    - The Purpose Driven Life, Rick Warren
- Why I resigned =
    - Was reading the book and examining my life, maybe for the first time
    - I never really thought about priorities or what God wanted for me (or even what I wanted for myself) = just onto to the next game, practice, season striving to be the best
    - "The unexamined life is not worth living" – that was me
    - Mid-life crisis ?
        - Totally dedicated myself to the coaching profession
        - Reached the highest level in my profession
        - Had success & more money than I ever dreamed of
        - Still wasn't happy
        - Started getting more serious about my spiritual life, reading and examining my life
        - Oldest daughter was 14 & going into high school – time running out
        - I needed my family and I needed to change my priorities
        - Couldn't I do that and still coach?
            - Had only coached one way. If I go back to it I hope my approach will be different
            - I know others have found a better balance to their lives
            - Can't change the travel and the time
        - Don't know what the future holds, but I can tell you that a lot of things have happened in the past ten months that tell me I am right where God wants me, at least right now.

II. GENERAL IDEAS FROM 11 YEARS IN THE NBA

- Players are more valuable than coaches =
  - Not to negate your value, but it's true at any level, at least in terms of winning and losing, but at the NBA level players make more money and have longer contracts
  - Makes you earn respect – not positional leadership where everyone falls in line because the coach speaks
  - Must communicate and persuade them to follow you – makes you a much better coach (in your face youth coaches)

Sell your system @ HS?

- Be objective when evaluating and talking to players =
  - We're too often subjective = "he plays hard", " he's lazy", "he's committed", "he's not focused enough"
  - What do any of those things mean? Do players ever agree when you tell them that one of their teammates plays harder than they do?
  - Get specific – what does he not do that you want him to do. "You're not rebounding." "You are missing help assignments defensively." You're not rebounding."
  - If he's not doing something just remember – he either can't or he won't and it doesn't matter which it is. Helps you avoid bias, treat people fairly and keep yourself focused on making your team better. (Chris Mihm)
  - Should be playing the people who do the most to help your team win. Do you know who they are? How? (Impact #'s, practice W's & L's).

players must earn their time on court. Nothing will be given to them.

- Don't get fooled by "talent"
  - When most people talk about "talent" they are simply talking about athleticism = speed, quickness, jumping, size, strength etc.
  - This isn't a track meet – other things matter.
  - Skill level is a talent. Intelligence is a talent. Decision-making is a talent. Toughness (mental and physical) is a talent. Energy and intensity are talents.
  - Forget talent and focus on production and consistency
  - Have to be able to trust your players – it's not one or two highlight plays that matter. "We are what we repeatedly do."
- Have to have a philosophy
  - What wins games? Do you know? Have you studied it?
  - Difference between philosophy and system =
    - ★ Philosophy rarely changes
    - ★ System has to change to adapt to personnel
    - ▪ I'll talk about my specific offensive & defensive philosophy later, but as an example, a big part of my philosophy is to get the ball into the paint and get to the FT line. Easy with Shaq, but first year we did it by driving the ball
  - Does what you do fit your philosophy? If my defensive philosophy is to protect the paint, why am I extending my defense and denying passes on the perimeter?
  - Constantly have to talk about your philosophy. Players need to know what they are trying to accomplish even more than they know how (i.e. protect the paint).

- philosophy was same, but the system changed.
ex. No post, attack lane w/ penetration.

- Build a playbook =
  - Show ours
  - Terminology
  - Situations
  - Schemes = different ways of playing things

- does your philosophy match-up w/ your system?

& transition D- 2 guys back or anyone behind FT extended

transition D vs off. rbding

- Sets, specials, everything
- The more detailed and complete the better
- Makes you really think about your system
- Makes a great reference book – never used everything in the book

- Must be efficient with your practice time =
  - Biggest challenge in the NBA in my opinion
  - Play 3 or 4 days a week and trying to find a balance between the work needed to stay sharp and get better and the rest needed to be at their best in games is a challenge
  - Dick Bennett – your players will show you what they need to work on
  - Planning a big part of my day = crucial
    - First decided how long we could spend on the floor
    - Then wrote down everything we needed to work on & the drills that would address those issues (and how long each drill would take)
    - I would have at least double the amount of minutes I wanted to spend and sometimes three or four times as many
    - Then I would prioritize until I got down to the final plan
    - Never got accomplished as much as I wanted, but tried to make sure I got the important stuff done first
  - Don't confuse activity with purpose = can't just go through a lot of drills you like. There is a finite amount of time
  - Did our teaching/ talking before we stretched = putting in new offense, reviewing specials, dummy offense, teaching defensive techniques etc. = once we got them working/ sweating didn't want them to have to stop and listen as much
  - Used to drive players crazy because I'd say we're only practicing 1:15 today, but that didn't count the teaching before stretching, the stretching and development work with assistants before or after practice and it didn't include weight lifting and conditioning work. "How come I got here at 10 and didn't get done until 1:30 if practice was only an hour and fifteen minutes?"
  - Really used our walk-thrus. Would often drill and we always went through situations at game speed (unless we were in a hotel).

III. OFFENSIVE THOUGHTS

- Offensive philosophy =
  - Attack in transition =
    - Need easy baskets
    - No secondary
    - Attack, swing the ball (balance the floor) and play the game
  - Play inside-out = post and drive
  - Be rock solid & fundamental =
    - Strong with the ball
    - 2 hand passes and catches
    - stay on the floor
    - no shots under duress
  - Play unselfishly
    - Hit the open man
    - Move the ball
    - Get it to the weakside (if we don't have anything)
  - Five stats we judge ourselves on
- Go to your guys/ get right to it =
  - Every possession counts
  - Not equal opportunity = don't like motion offense

- No foreplay = shot clock problems & TO's (first year we didn't turn it over because we didn't pass)

- Beat the best (& stay competitive vs. those who are better) =
  - Every coach is comfortable with their man offense
  - Three things make you uncomfortable =
    1. Press
    2. Zone/ combo/ matchup
    3. Disruption = denial, doubles etc.
  - Vs. Pressure & denial = can you run your offense vs. more athletic teams
    - Heard coaches say to teams in practice "don't play the play" or the first pass is freee. No one should be able to take you out of your offense
    - Create leads = hold man in, leg up, release when ball is in air
    - Keep ball in middle of floor = no passes or powers. Tougher to help (high pick & rolls)
  - Vs. press = love to see it = more room and people open = get to play in open court
    - No offense (anytime we're trapped) = attack to score and play the game
    - Go through "X"
- **Pick & roll !! = would make this the core of my offensive system**
  - Great vs. pressure = no passes to make (Greece vs. USA = denial is out the window)
  - Tough to guard in it's own right =
    - Makes you put two on the ball =
      - Someone's open
      - Forces rotation
    - Or you switch =
      - Small vs. big (Thumb Up, 14, 23 etc.)
      - Line man up and attack his nose
    - High pick & roll =
      - Up the middle (Thumb Up)
      - Spread the floor (Thumb Down, Thumb Down Spread)
      - Twist (can go on side pick & rolls also)
    - L = can go either way
  - Can get anything else you want out of it = not going to go through our system = too much = literally hundreds of different calls, but I'll give you some ideas of things you can do
    - **No matter what we call, guard is always live on pick & roll**
    - Postups = get ball to post easier, deeper and with less help and later doubles
      - Punch = 1 Out 4
      - Strong = 2 Out
      - Strong Punch = 1 Out 4
      - Roll = Horns Out 4
      - Thumb Down
      - Thumb Down Spread (at nail) & 2 Up Thumb Down Spread
      - 2 Up Thumb Down Punch
      - Horns Up (different rules on who dives)
      - Vs. front and back = Turn 5 Get (with 4) vs. Atlanta
      - Vs. sag/ lap sit = Turn 5 = quick SOG
    - Catch & shoots = not good stunts = can get in paint
      - Double = 13

- Pop = 13 (Ilgauskas)
- Floppy = 2 Out (best to come back off single)
- Chest = 2 Out (1 doesn't cut; 3 comes back off 5)

▪ Multiple situations/ second pick & roll =

- Slash = 2 cross 4, 3 slashes = p&r, c&s (in lane), postup
- Slash Flat = 5 up to flat pick with ball in air
- 13 Flat = 5 slips

○ Great vs. zone/ matchups/ combos =

▪ Ask the zone coaches = how much time do you spend on defending pick & rolls?
▪ Don't have to worry about what you're in
▪ Run it into our zone offense
▪ Sets =

- Normal/ Punch = 2 OUT = kick-kick
- Nail = 2 OUT = 4 to nail
- Strong = 2 OUT
- Roll = 2 OUT = screen the center
- Horns Up
- Slash

- Importance of shooting =
  - Will we ever learn in this country?
  - Shooting is spacing = it's what gives your best players room
  - Greece vs. USA = they couldn't defend the pick & roll either (4-5 P&R = ran man from corner at Anthony) = came down to shooting
  - Balance and footwork

IV. DEFENSIVE THOUGHTS

- Team's defense will depend more on the coach (his philosophy and approach) than on his personnel =
  - Offense is the opposite
  - Houston, Miami, NJ, SA, Chicago and Dallas will defend
  - Phoenix, Washington and Boston won't
  - **Play your offensive players and coach your defense**
- Defensive philosophy = 4 Musts
  - Get back = two back on the release
  - Protect the paint = Pack
  - Closeout and contest = close hard and give no open J's/ 3's (personnel)
  - Block out and rebound = rebound all 5
  - **Notice we don't talk about forcing turnovers**
    - Works against teams you are better than
    - Philosophy needs to be sound vs. the best teams (and give you a chance to compete vs. the teams better than you)
    - Nothing will get you beat faster (other than TO's) than over-extending your defense and giving up easy baskets
  - Five stats we put on the board every game (& where we ranked in NBA)
    - FB points allowed
    - Paint points allowed
    - FG % defense
    - FT attempts allowed (I would make this more of a priority = Larry Brown)
    - Defensive Rebound % (& 2nd chance points allowed)

- Building the defense = not going to go through everything. 7 things we did that you may find helpful in building a defense =
    - Basically worked one of two ways
        - Individual drills = closes especially
        - 4 on 4 = tougher on the defense than 5 on 5, but can still do all of the situations
        - would do 5 on 5 only in walk-thru or repetitive, non-competitive situations
    - Dummy offense still stressed getting back (no spectators; running)
    - Drills with multiple reps =
        - Driving line 4 times (with closeout)
        - Pick & roll = 3 times (show side, then high)
    - Competitive situations = 3 teams
        - Work on triggers = catch & shoot, post up, UCIA cut etc.
        - Tough pick & roll situations (Thumb Down Spread)
        - One transition on a stop (point for a stop and whatever you get in transition)
    - P&R every day (or whatever your toughest situations are)
    - SHUTOUT GAME = protect the paint = sometimes halfcourt
    - Walk-thru's/ Game preparation =
        - Ask a lot of questions = do they know their responsibilities?
        - Go through sets all the way to closeouts (i.e. Floppy, Thumb Down to 2nd pick & roll)
- Must know their rules, responsibilities and rotations =
    - Ask a lot of questions?
    - Make them really talk, even if just walking.
    - Bore them, but go over it and over it and over it and over it and over it (Shaq)
    - Must be **responsibility and accountability** = if it's everyone's responsibility, then, in fact it is no one's responsibility
    - USA vs. Greece in World Championships = Spread Pick & Roll
        - First denial killed any chance to protect (philosophy was that we weren't going to let teams run their offense = won't work vs. the best)
        - Battier took roll from SS corner
        - Then no one took the roll
        - Then the bigs quit showing so they could get back
        - Snowball

V. CONCLUSION

- Thank you for attention and interest
- If I can help please drop me a line
- Wish you the best in your season, your career, your life and hope that you will grow spiritually and integrate a strong faith into every part of your life including your coaching.

ATHLETES IN ACTION COACHING CLINIC
Xenia, Ohio – October 6-7, 2006
LATE GAME & SPECIAL SITUATIONS
Stan Van Gundy

I. WHY AM I HERE?

- Athletes in Action is a tremendous ministry that spreads the message of Jesus Christ through athletics.
- Sports Spectrum – coaching as a ministry? Definite opportunity (Tony Dungy)
- Confess = I didn't take advantage of that opportunity.
- I was a compartamentalized Christian.
- Faith was important to me and a source of strength, but I didn't do much to spread the message of Jesus Christ. Hope to start correcting that.
- God doesn't work in one part of our lives and not others.
    - Wisconsin situation
    - Wife's faith
    - Best for Dick and me (Dick to Final Four; me to the NBA) = God is good.
- We shouldn't entrust God with only certain situations and parts of our life (crisis Christian).

II. OTHER COACHES ON THE AGENDA

- Wisconsin connection
- Ed Schilling = passionate, enthusiastic teacher of the game. Wedding.
- Sue Semrau = at Wisconsin together. Both smart enough to get to Florida.
- Dick Bennett =
    - I got Dick his job at UW (by getting fired)
    - Tomorrow I get to follow him
    - He's the best I've seen at any level (no disrespect to any other coach)
    - Lesson in how he took over for me
- And then there's me = 2-0 as a 6th grade coach at the South Dade YMCA.

III. CAREER ADVANCEMENT

- **Survey level of coaches in attendance**
- I get asked a lot = didn't play at a high level, how did you rise?
- There is no formula. Mistake to to try to plan your career.
- One question, then two pieces of advice.
- Why are you coaching? Two types of coaches in my opinion =
    - Those who would coach no matter what
    - Those who would make money no matter what.
- Do your job as well as you can. Do the job as if you will have it forever.
    - Get better every day.
    - Off-season = professional development
        - Tapes/ books
        - Talk to coaches (when you're going to be in their area)
- Get lucky. Greg Woodard (spring of 1986).
- At every level coaches as good or better than myself and the coaches I faced (Bruce Webster). This isn't being humble – it's a fact and it keeps it in perspective.

- Like in my situation at Wisconsin, trust that God will open the doors He wants opened and will give you the opportunities He wants you to have and knows you are ready for.

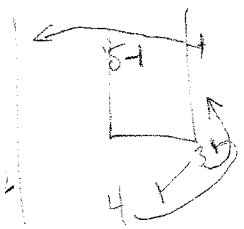
IV. IMPORTANCE OF LATE GAME AND SPECIAL SITUATIONS

- Close games are the ones you need to win.
  - If you're a very good team, the biggest games are usually close.
  - If you're not very good, you won't blow people out and have to be good when you get a chance to win.
- Must practice and understand these situations.
  - The most important plays of your situation come down to things you practice least.
  - Want them to be comfortable and confident in the most high-pressure situations.
- How do you practice? Gene Keady
  - Special situation games every day in practice. Fun. Make them think. All situations will come up. (Give some examples).
  - We ran through our special situation plays every game day in college and we worked on some of them every walk-thru in the pros and tried to get to everything at least once a week. (I'll talk more about practice organization tomorrow).
- NBA rules make special situations a lot different than HS and college.
  - Advance the ball to midcourt after timeout.
  - Defense can't call timeout.
- Still, I think I can give you some ideas and, at the least, some things you need to think about.

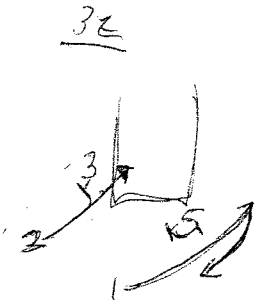
V. LATE GAME OFFENSIVE SITUATIONS

- Instead of going chronologically through the game and going over situations I'm going to start right with late game situations which is usually what people want the most and then if I have time I'll get to some other situations.
- I DON'T HAVE ALL OF THIS DIAGRAMMED UP = you can follow me or you can send me a SASE and I'll try to get the diagrams to you.
- **General rules** =
  - IF WE'RE AHEAD WE'RE PLAYING THE CLOCK
  - IF WE'RE TIED WE'RE GETTING THE LAST SHOT (ball to best player = nothing special)
  - IF WE'RE BEHIND WE'RE PLAYING TO SCORE (and hopefully going earlier)
- **Fullcourt on the run** (FT, made FG or even dead ball) =
  - **Do you call timeout?**
    - Will never be criticized if you call timeout
    - You call it late in NBA because we can advance the ball
    - Seems more effective when you go without timeout = don't let them set their defense.
  - Sideline (play that got criticized vs. Detroit) = 4 inbounds, 3 right, 5 opposite ball
    - Punch
    - Drag
    - Can Double Drag (but would have 5 set it first
  - Drag 5 = G on lane, 5 screens to get him open, then drags, 4 inbounds & trails, 2 & 3 into rebound, then cross
  - Pistol 2 or 3 = 4 inbounds, 5 screens # called & goes to rim (2 left, 3 right)
    - Wing pass = fake H.O.
    - Flat pick & chest

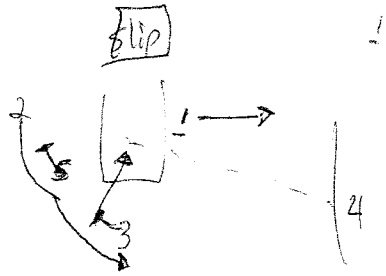
- **Get ball to halfcourt and call timeout** (won me a huge game my second year as a head coach in 1985 – got us in position for an SOB)
  - Haven't had to do it in awhile
  - FT or dead ball
    - 5 inbound (on FT set up on right side, same as 1)
    - 1 & 4 on lane = 1 rip 4 to weakside at midcourt & then 1 banana cut
    - 3 long (SS at arc) = pin 2 (high) & to jump circle vs. switch
    - 2 start in paint
    - IF WE CAN'T GET IT TO HALFCOURT = may have to call timeout
- **Length of court to score** =
  - Old Touchdown play = (same as above; 2 & 3 start on wings, but both end up on strongside, but in scoring area. Run 4 to weakside & 1 looks to catch ball on run)
  - Old Touchdown Hit = 1 screen man on ball
  - Long = FT & Dead ball = 4 inbounds, 2 & 3 on lane and cross, 1 & 5 long = 1 in paint = rip or pin)
- **SOB = Need 2's** (can get 3) = **talk about time on each set!**
  - Triangle = 4 inbound, 2 low, 1 weakside
    - Straight triangle = post 5 or Open or Clear for 2.
    - Post the Guard = always look (Hardaway)
    - Down
    - Rip
    - Thumb Down Spread
  - Box = 2 inbounds, 1 low, 4 rip 3 (1 & 3 are interchangeable)
    - Rip (2 rips = absolute last second; 4 can also fake rip = Steve Smith)
    - H.O. = 4 pins down on 1 & flares
    - H.O. denied
    - Chest = entry to 1 or 5
  - Strong = 3 inbounds, 4 pins G, 5 & G stack on strongside
    - To post
    - Thumb Up option
    - X (rip)
    - Rip (same as X, but rip 4)
    - Lob Special (2 rip 4, 4 rip 2)
    - Fake Rip (2 fakes rip and goes to rim)
    - Backcut (4 pins 2, 2 fakes up & backcuts)
  - Other sets with only time to catch & shoot
    - 32 or 23 = 4 inbounds, 3 in paint = rip 2 to rim & seal for lob. WS = 5 at elbow = rip 1 then pin 1.
    - Rip 5 = 3 inbound, 2 in paint, 5 at elbow, 2 rip 5 & to ball. WS = 4 pin 1 who curls & pins/ pops 4.
    - Slip = ¾ inbound. 1 SS block & to corner. 5 & 4/3 stagger 2. 4/3 slips.



lob
3 back screens 4, 3.
4 then back screens 3.
Look for 3 on lob.



hit 3 on right side for shot.



1- shooter

3 slips

VI. LATE GAME DEFENSIVE SITUATIONS

- **Stopping the clock**
  - Sub after 2nd FT
  - Foul immediately on a miss (foul the big)
  - Too much calling timeout to stop the clock/ set the press late in game in college. The clock is already stopped = save your timeouts and get set quicker.
- **Timeout situations/ value of timeouts**
  - Ice the FT shooter = analysts love it, hasn't shown to be effective. Save your timeouts = carry them over into OT.
  - SOB = see the other team's alignment and call timeout. Why? How does it help?
- **Using fouls = when do you do it?**
  - Do you foul up 3?
    - How much time?
    - Can you make FT's?
    - FT rebounding crucial
    - Not on C&S OB
    - On the dribble
    - Too many people beaten not fouling
  - Foul to give = especially if opponents are out of timeouts = can't set up a play.
- **Defending OB plays** =
  - **Should have an idea what your opponent likes to do.**
  - BOB = body up = be physcical, but don't hold = few cheap calls late in game.
  - Last second = do you put a man on the ball?
  - Where do you want ball to come in? Push all to ball.
  - What do you switch?
    - We only switched P&R's (sometimes all, sometimes 1-4)
    - If you switch screens = have you practiced = see a lot of confusion and leaving people open.
- MORE PEOPLE LOSE ON OFFENSIVE REBOUNDS THAN ON ANYTHING ELSE!
- **End of quarter situations** =
  - Foul to give? We alert, but only if we have to = fouls are precious.
  - Get best players out in last possession defensive situations first three quarters.

VII. OTHER SPECIAL SITUATIONS

- **Fourth quarter sets/ plays** = things opponents haven't seen and gotten comfortable with/adjusted to over the course of the game.
  - Sideline (already covered)
  - 2 UP Thumb Down Spread
  - Strongs
  - Phil Jackson
    - Rub Knuckles in Chicago
    - 53 in LA
- **End of quarter/ half** =
  - Chicago's Box = 5 pin 2, 3 to SS corner. 4 chest 1, 1-4 hi P&R. start at :10. **No control over clock.**
  - High pick & rolls = **will be a switch and not time to play against it = talk about switched tomorrow.**
  - We went open & sometimes clear one guy out. **I wanted the very last shot.**

Steve Alford: "How To Build A Successful Program"

You must be your own person. Don't try to be some other coach the players will see through it. Take something from each program if it fits in what you do.

Foundations of a successful program:

A. Attitude - positive teacher centered around discipline
B. Respect and honesty - respect goes both ways. Be fair in all situations no matter if it is your BEST OR WORST PLAYER.
    1. Can't treat any game bigger than any other.
    2. Be your self and be fair. You must like who you are.
    3. Rip a kid and then let him know why you are mad at him.
    4. Don't lose a kid's respect, it may cost the kids' love for the game.
C. Life goals
    1. 1st Faith in God
    2. 2nd Family
    3. 3rd Team
    4. Make sure the players are aware of these and you live by these.
D. Work hard, work smart, and have fun - must be in this order. You might have to define fun.
E. Challenge EACH student athlete…
A. Spirituality - chapel program, coaches conduct, attend church
B. Socially - little things no matter what level, public appearances, special group involvement, and service clubs.
C. Academically - must be an attitude toward this, no effort, no Scholarship, show improvement, attendance and on time, talk to teachers, and grade reports.
D. Athletically - first and foremost is the goals of the team, play your role, practices are harder than the games, daily motivation, notebooks with Philosophy, plays etc., if they follow scouting report the coaches xerox copy them for the players, if they do not follow the report they must copy notes from the board.

Know what they are doing ofF the floor….Sportsmanship: let your playing be your mouth.

Keys to building a program:

A. Work objectives for the players
B. Coaching style - be consistent
C. Player coach relationship - open door policy
D. Player know offenses and defenses
E. Teaching methods
F. Conditioning - year round, helps eliminate nagging injuries, as important as shooting free throws
G. Team discipline
H. Sell PROGRAM ALL THE TIME
I. Team motivation
J. Scouting report

Tips to help program:

- Not complexity, but simplicity. Know how to cut and screen and read screens. Teams switch we run slip motion.
- Never run BOB play just motion and read.
- Feeder system - clinics for staff, who makes cuts, M.S. coaches on bench of H.S. games and at some practices, H.S. team at M.S. practices and games, H.S. clinic for M.S., consistency throughout all levels, checklist for yourself and your staff at all levels. Half time organized with shootouts, dunk contest with middle school kids on 6-foot rims, eTc.
- Trips to a college game a clinic, or something nice and fun.
- Breakfast with staff.

Yearly evaluations:

1. Winning attitude
2. Smart aggressive play
3. Communication - on all passing and shooting drills
4. Floor leadership
5. FT's if you want to win.
6. Mental toughness - loose balls, charge, fall conditioning
7. Skill ability - is it improving daily
8. Setting high goals
9. Relentless in obtaining those goals
10. Improve strength and conditioning

What we do in the summer is a key for us.

A. Your will, desire, and determination is key.
B. Skill improvement helps improve your confidence.
C. Open gym - sign in sheet, or captain reports to coach how long, who, and how hard played.
D. Always guard the best players.
E. Know if you won or lost, the coach wants to know if it hurts you to lose.
F. Work on weaknesses, give yourself restrictions in pick-up games (only can score off dribble to left, etc.).
G. Hustle/respect theory for everybody.
H. Pick-up games - no basket unless all 5 guys get across half court on offense,
I. the offense keeps the ball if all 5 defenders do not cross half court.
J. Post game leadership.
K. Weight program and conditioning.
L. Scouting games could send players.
M. Phone contact with players during the summer.

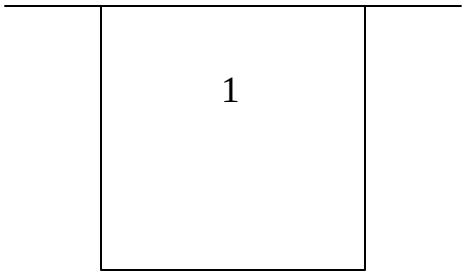
Shooting:

- Free throw line: find the nail to get proper alignment with front foot.
- Line up elbow on catch and pivot, bad catch no shot.
- Find basket - shoot for just over the front of the rim.
- Attitude - know you are going to make it, alignment is the key if you eliminate missing right and left you will improve 50 %.

1-3-1 Zone Defense – Traps + Adjustments

Steve Klaas – Adams Frendship High School

A. Numbering system for the 1-3-1



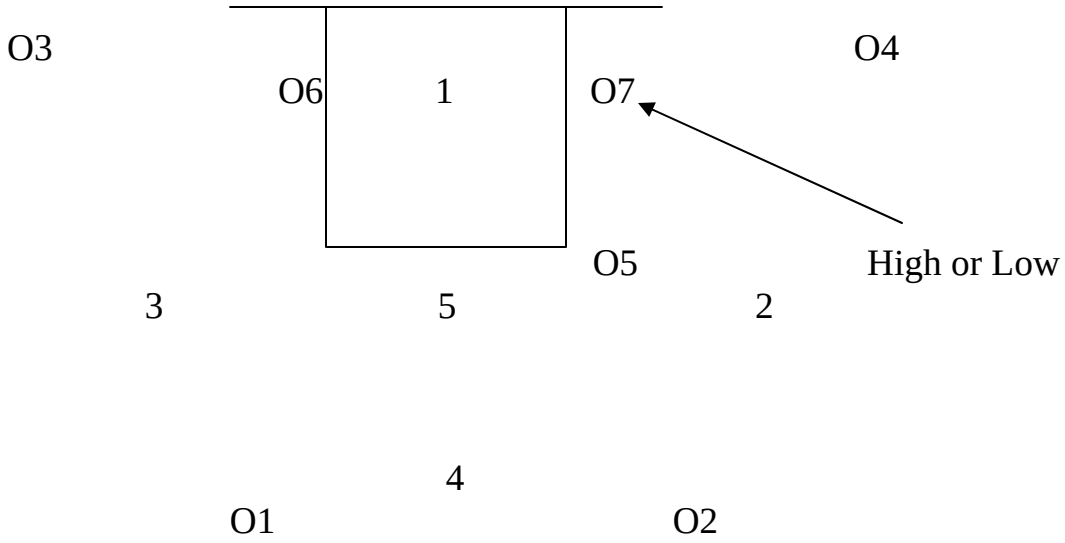
3 5 2

4

- Adams switches the numbers for the 1 and 4
- The 4 must go to the weak side boards on the shot.

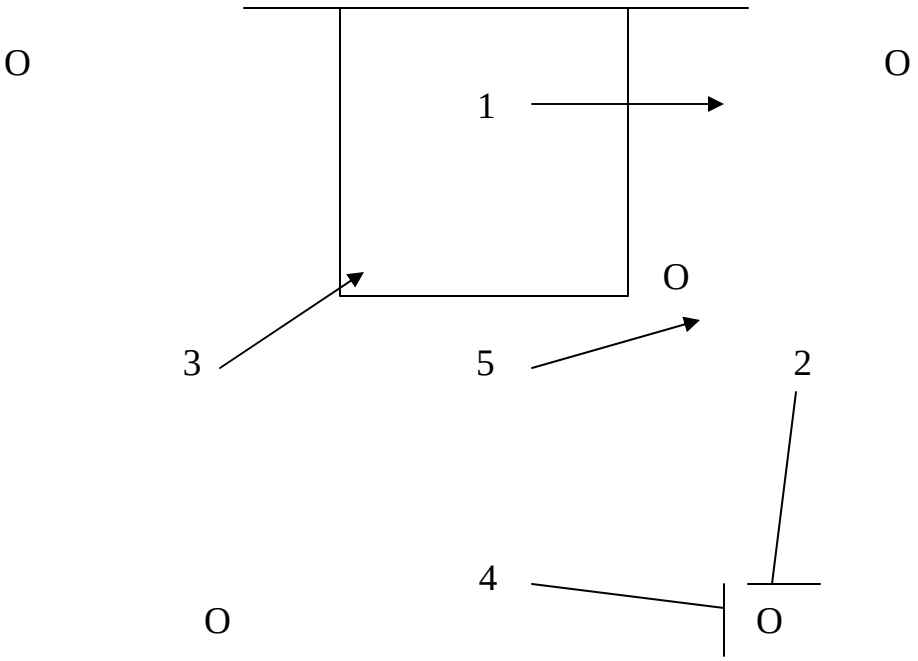
B. Defensive Numbering system
- 13 is the base 1-3-1
- 23 is the ½ court 1-3-1
- 33 is the ¾ court 1-3-1
    - 4 is at the top of the key
    - wings are at the VB line
    - 5 is at ½ court
    - 1 is at tok back
- 43 is full court diamond look
    - 43 regular
    - 43 deny

C. Overload the defense in practice.
- Play with 6-7 offensive players at a time



- If they attack the short corner and have someone in the corner, the wing must go to the corner and the 1 will take the short corner. The 5 will have strong block.

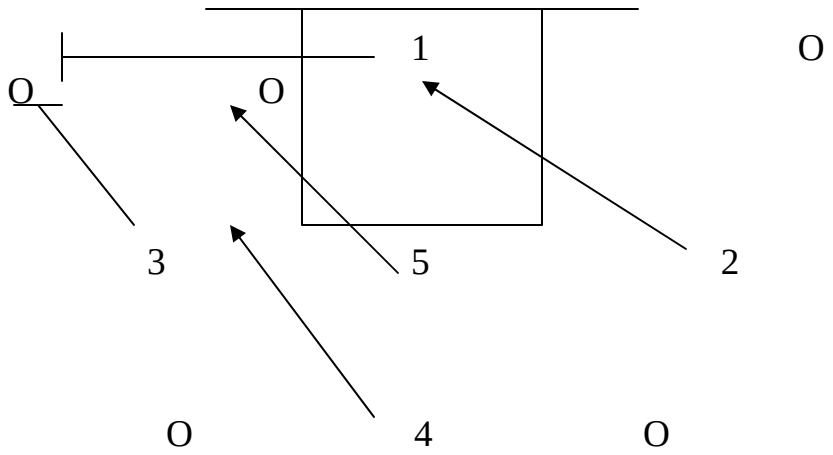
D. Fire – Trap at the top



- 1 and 3 are in intercept position. 3 can't gamble to much
- Can be run out of 13 or 23
- When ball crosses ½ court fire

- 1 can slide off the lane more
- 5 will stay with high post
- 3 will watch eyes but do not commit to early to the top.
- Fire 1 – One trap and then get back
- If the guard splits the trap, the 5 must step up and stop the ball. 1 and 3 sink to protect the basket (Blocks).

E. Black – Corner Traps



- 4 can cheat off the elbow and split the elbow and top person.
- 2 must sink to the level of the ball on the weakside
- 5 gets the post

F. Fire and Black – Trap in all 4 spots.

G. Adjustments
- Middle – They have a good high post player. The 4 will sink back and take away the pass to the high post as well.
    - Will look a lot like a 3-1-1 Zone or a 3-2 Zone
- Slough – If they have a great post at the block, the 1 will split the post and the corner shading more to the post.
- Shadow – Used to favor a great individual player. Know that if they are in your area, you may match up a little more. If they are at the top, the 4 may stay with the longer

* You have to be able to stop their best player as a team. Do not leave it up to one individual to stop them.

Thad Matta – ½ Court Man Defense

– Players need to know how to play the game.

– How to play defense: Know what to do w/out thinking.

"Trust the system"

Want kids who are "tough" – competitive

~~Don't fetch~~ Good defenders

Intelligence – playing smart

Passion – Have to love it

Relationships – All 5 guys guarding the basketball

Committed too "our style" –

Have to sell it to your players

Begins practice w/ 75% defense

11 Things we have to practice

1 Stopping penetration + transition defense

2

3 Postups

4 off-ball screens

5 On ball screens

6 basket cuts

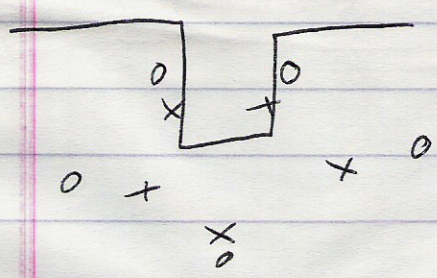
7 off rebounding

8 screen screener plays

9 defending shooters w/ range

10 out of bounds defense

11 defending 3 + late situations



great pressure on basketball
coaches constantly talking to players - players must have awareness.

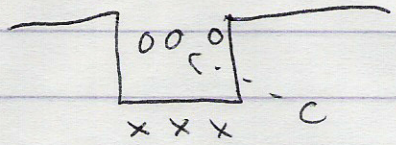
Pt G sprints back when shooter lifts shot up. -> ↓ protects basket

2- normally gets ball in transition

3,4,5 get your ass ahead of their ass

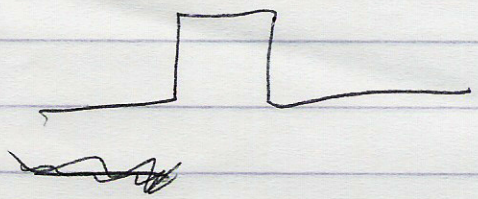
Defensive transition - want to build a ~~wall~~ to wall

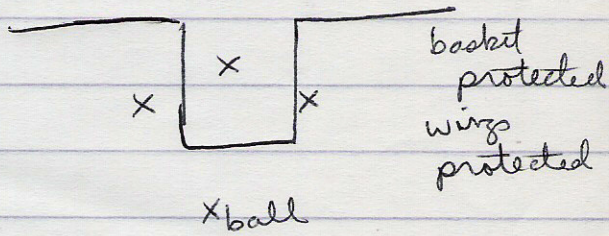
3 on 3 Rush



X cannot guard man across from them

5 on 4 want to build a diamond

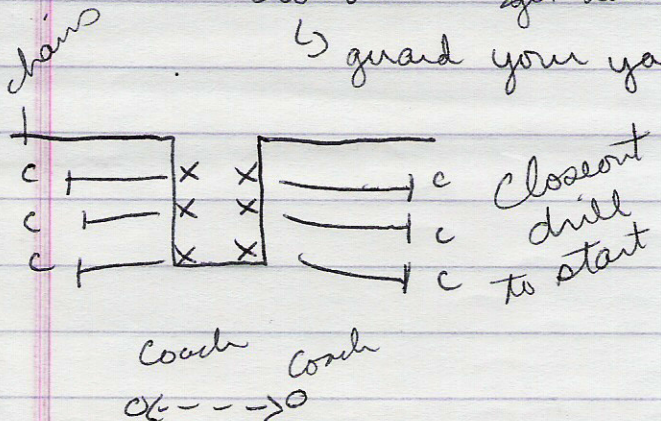




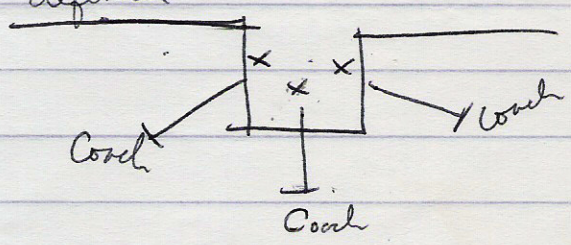
great teams get easy basket - never want to give up easy basket

dribble penetration - 15 minutes / day

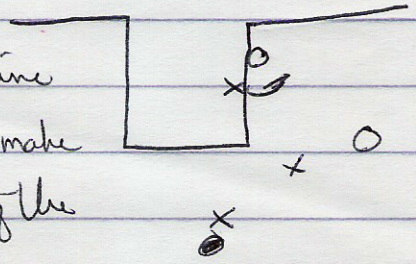
- closeouts - ~~get low~~ play drive - take away shot (high hands)
  - ↳ guard your yard



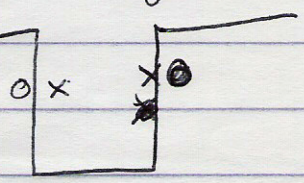


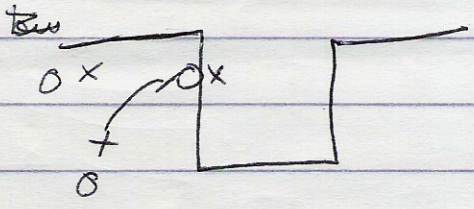


when closes out on good shooter
play shooters hand
when playing driver - mix it up - confuse him ← take away play shot, take away dive, take away pass
play all post players - as dribble used
play his passing hand
ball pressure - have to have
* when guys are closing out - we don't want them to think there is any help.
* Do not get beat
Post players defended on the perimeter
BASEBALL - 7 on 7 guarding 1 on 1 score - run stop - out
POST DEFENSE
Front the post
or on the line up the line
sit down on his leap - make him get to other side of the court



If we don't get to front - behind - have defender keep jumping R side + L side make them guess where you are.
On post catch - take away middle
make - then go baseline

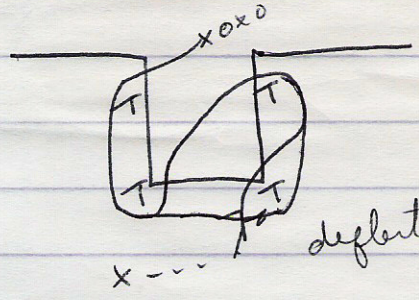




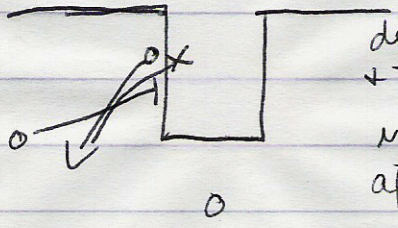
& defenders front wing butt baseline
straight up chest
have to have quick feet in post
constantly keep feet moving -
"BOXERS FT" → feet stop moving
get knocked out.

Screens

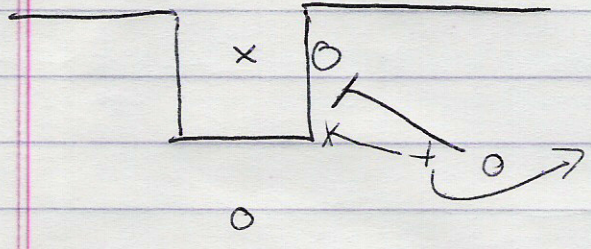
Don't get screened
don't allow it



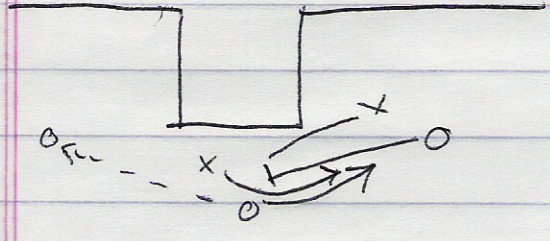
deflect pass + score



defender trails + takes away inside shoulder after awhile

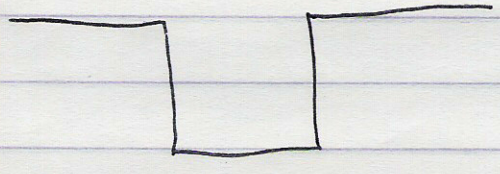


must protect paint
defend curl off screen

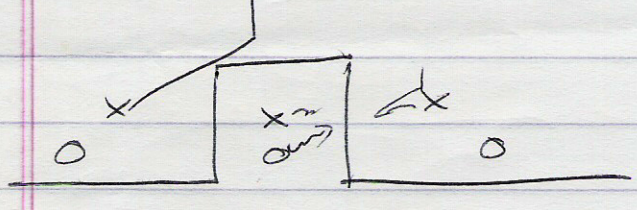


trail over top on flare screen
chase top

3 on 3
Full court

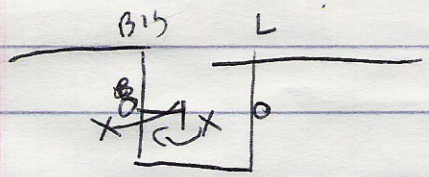


double handoff
then flare screen
screen away
stunt + recover
each pass 2 people guarding basketball



Cross screens

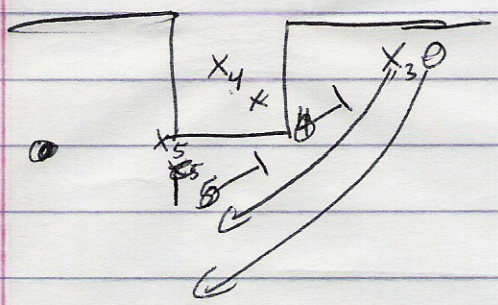
Little on big



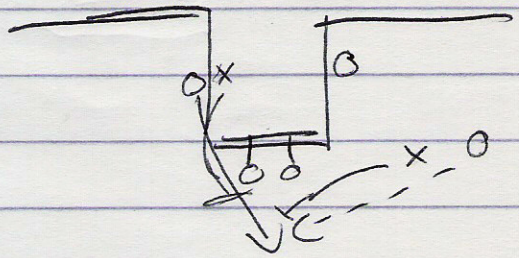
Big or Big switch

Double screens

Staggered double

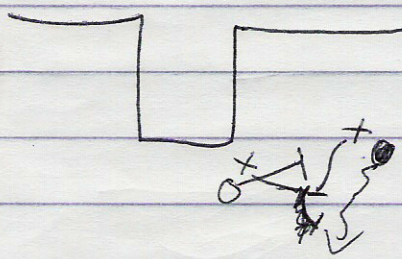


X5 stunts

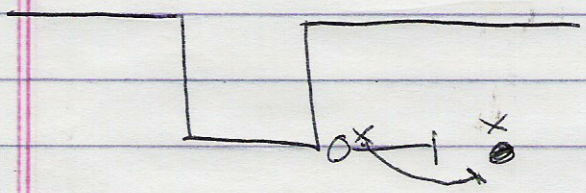


On ball screens hard hedge + go over top

never give up baseline drive



guarding screener has to go over top of teammate & then go back to man

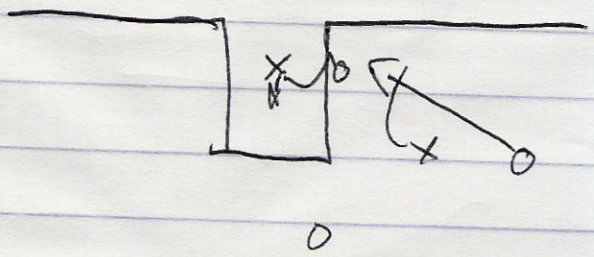


blitz trap

when on ball screen comes we X recover - which is call others go over

Screen + roll
x-recover

defending basket cuts



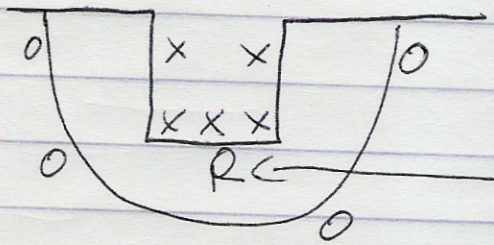
never give up basket cut

get in front - body cutters
- don't foul -

Blocking out - hands up go get it
Guards have to get in paint
Rebounding - key to winning -
fronting post - blocking out - bank him under basket

every drill we start is a closeout

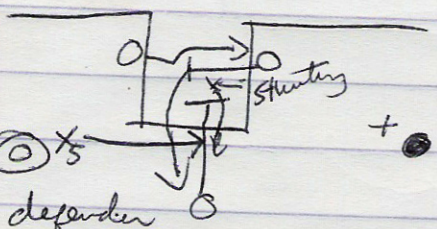
Rambo



Rambo - if he gets O.R.
5 pts
any of his teammates
2 pts.

O.R. 2 pts.

Screen Screener



5th defender

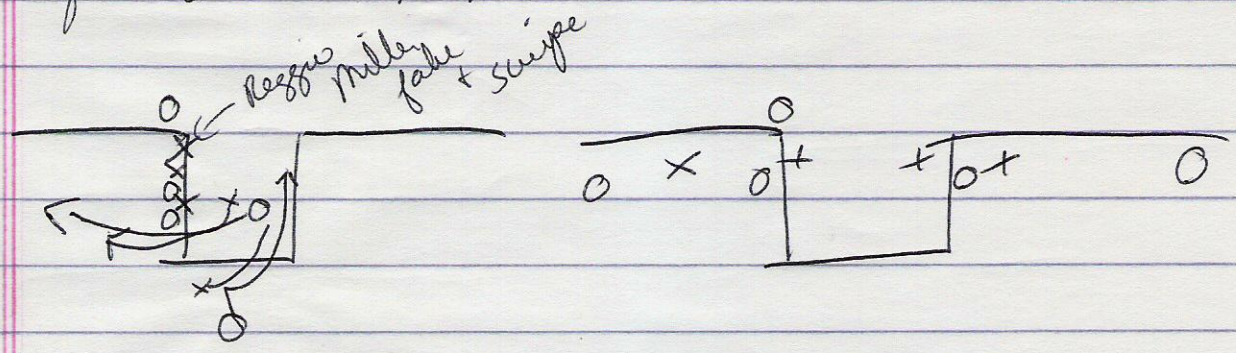
Don't get screened!

all out trail
5th defender disrupts

Guy who is 2 passes removed
+ is the 5th defender

Shooters w/ great range - give them 1 way to go
disrupt
~~take~~ them ~~do~~
run w/ them in transition
no help responsibilities

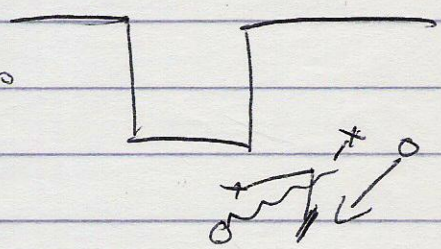
force ball out - no middle



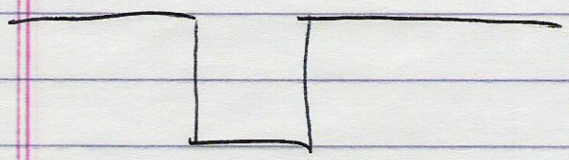
3 pts. + late game

switch everything late game

fake hand offs, ball screens, hand offs



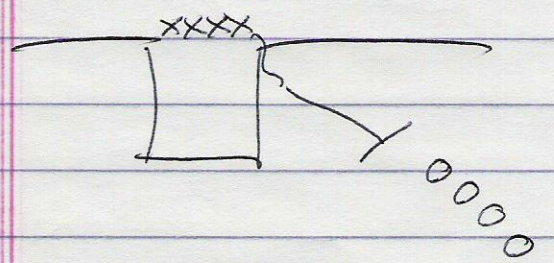
Xavier drill play defense for 3 minutes



- foul add 10 seconds or 35
- turnovers add 10 seconds
- penetration, post catch +10 sec.

take time off →

Baseball



off reb.
score or def. foul → run

def reb. / stop → out.

Todd Lickliter- Butler Basketball
You have to surround your program with good people.
Team chemistry- Butler's teammates enjoyed each others successes.
- Everyone was a high achiever.
- Cohesive
- Held each other accountable
- Each player would ask- each other and themselves
  - What are you doing to help us?
  - What are you doing to hurt us?

Ex: Players hunting shots for themselves – not creating opportunities for their teammates

Coaches must enhance and promote accountability for your players
Look at other teams when you are watching games – see if their players are accountable

Players need to have fun.
Fun is working together to achieve teams goals.

Examine how you look at other team's core values not their W-L record.
A team with core values will be tough and do what is right.

Butlers player don't receive their practice or team gear until they have performed a community service.

Butler Basketball Philosophy
We don't worry about tempo- it doesn't mean anything to us
4 stages of Players in our program
1. Unconsciously incompetent- don't have any idea they don't know what to do
2. Consciously incompetent- they realize they don't know
3. Consciously competent- Know what to do but have to think about it
4. Unconsciously incompetent- knows what to do and don't have to think about it

Offensive philosophy
Get the shot we want when we want it. Be tough enough to wait for it. "Don't hunt shots"
Defenses do not breakdown on help- they break down on rotations
Must get inside the defense
Demand a 2b team-make 2 guys guard one-do this by setting ball screens
Ballhandlers must be the eyes of the receivers- "Is he in a position to score?"
Passing- Pass with the same precision you shoot with.-
Vs. Zones – don't attack gaps; make 2 guard one-make defender leave his "home base"
Defenders in zones have "home bases" –take the defender away from his home
Fill a spot-vacate & fill

Defensive Philosophy
"Ordinary guys doing ordinary things extraordinarily well"
work hard, be tough, and be smart
we don't press- we defend 30% of the court as hard as we can.

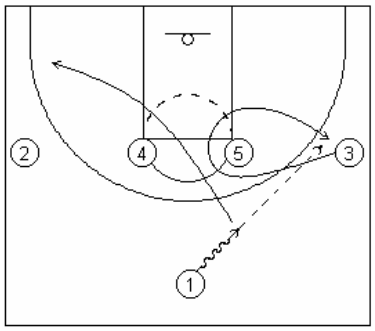
Take care of the ball on offense- there is no defense for turnovers
Players have to play with bent limbs-stay in stance
Players have to be able to multi-task-unless you are guarding the ball
Guard your yard-square up to the ball-contain and contest-keep ball above 3 pt line

Practices
Get what we got to get done and get it done.
Practices are like putting the pieces of a puzzle together. Don’t tear the puzzle up at the end of each day; add to it.

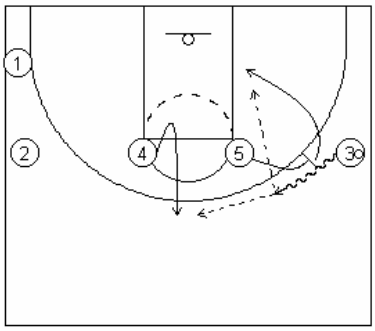
MICHIGAN STATE HALF COURT SETS
HEAD COACH TOM IZZO

1-4 FORMATION

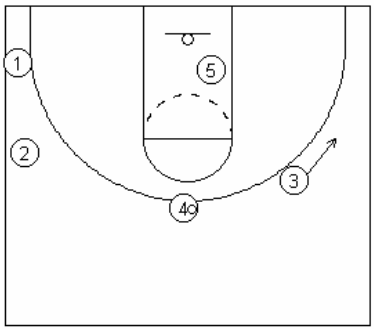
PICK / ROLL POST ISO



3 cuts around 5 to get open for the hit from1. 1 then clears to the opposite side.

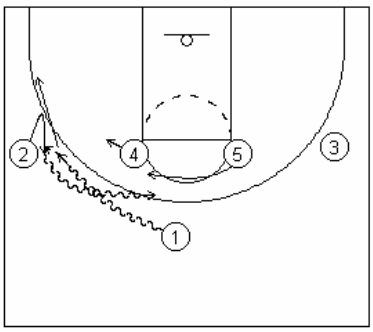


5 goes on ball with 3 and rolls to the basket. 4 v-cuts to the top for the reversal and looks high / low

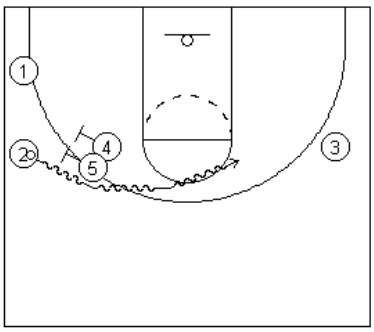


3 spaces out. The lane is cleared for a post iso for 5.

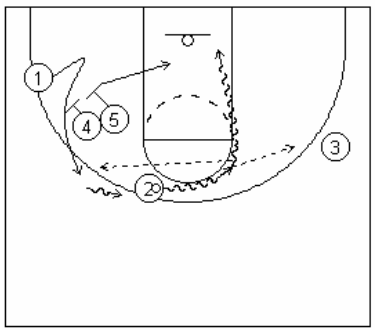
DRIBBLE HAND-OFF / DOUBLE AWAY



1 dribble enters to the wing and hands-off to 2

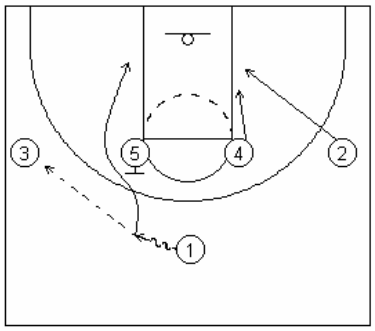


2 dribbles off a double ball screen by 4 / 5

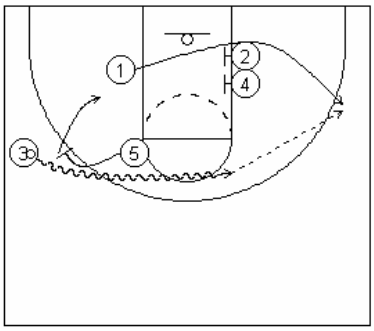


2 dribbles across looking to turn the corner. 4 / 5 double away for 1. 5 looks for the slip.

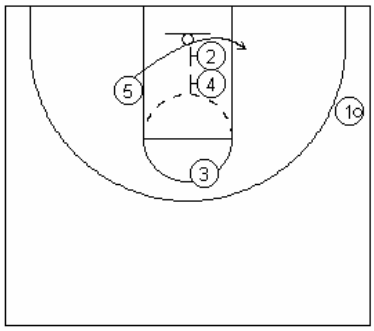
HAWK ACTION



1 enters and cuts off the UCLA screen from 5



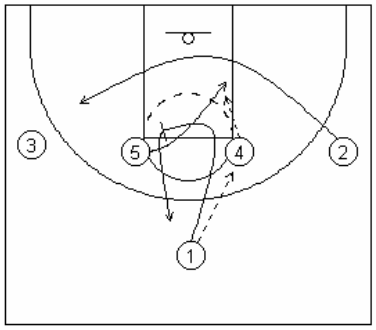
5 goes on ball with and rolls. 3 drags and looks for 1 cutting off the base double by 4 / 2



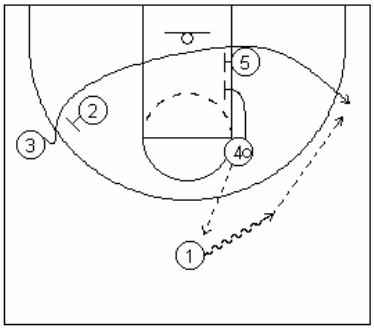
4 / 2 continue across and double for 5 to the block

1-4 FORMATION continued

CROSS SCREEN 5 / TRIPLE SCREEN



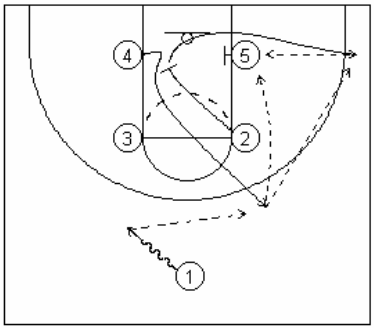
1 enters to 4. 2 back door cuts through to the other side. 1 fakes a basket cut and cross screens the 5 to the block. 1 replaces to the top.



4 kick out to1. 3 then cuts off the back screen by 2 and a base double by 4 / 5 for the jumper.

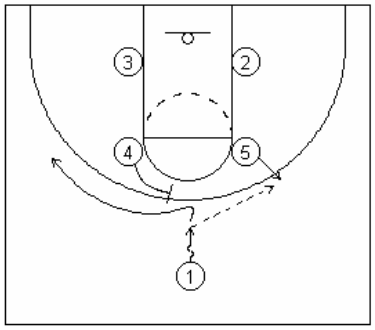
BOX FORMATION

SCREEN / SCREENER

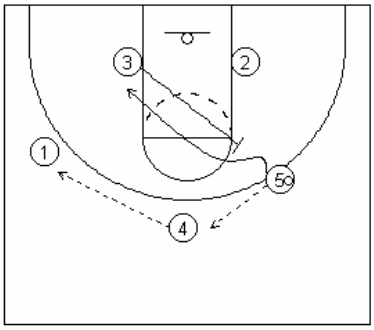


1 starts to dribble to a side, as this is happening, 2 down screens 4 to the top. 2 cuts off a base screen by 5. 2 looks for the jumper or post entry.

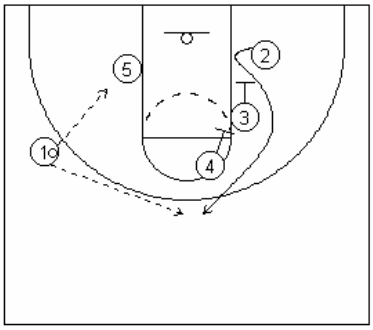
RIP SCREEN POST / DOUBLE DOWN



1 enters to 5 and cuts off a flare by 4.



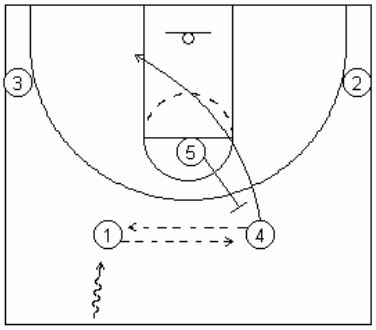
5 reverses to 4 then to 1. 3 sets a rip screen for 5 to the block.



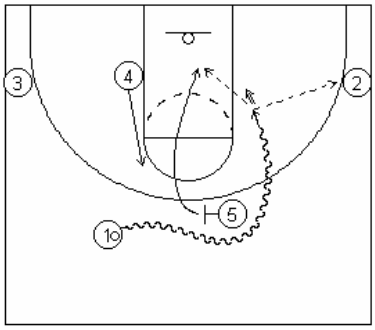
4 / 3 stagger down for 2 to the top.

ON BALL SETS

BACK SCREEN / PICK – ROLL

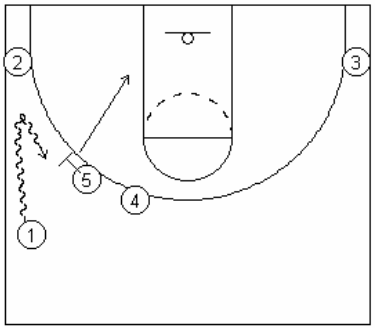


After 4 reverses back to1, 5 back screens 4 to the basket.

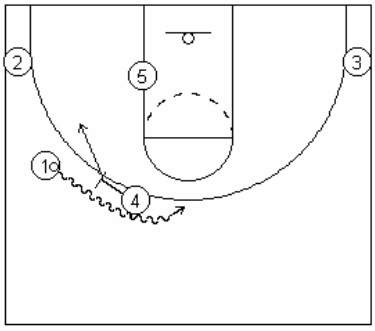


5 turns and plays a pick and roll with 1

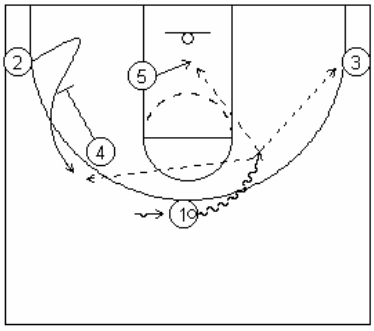
SLIP / BALL SCREEN / DOWN SCREEN FOR SHOOTER



1 fakes on ball and slips to the basket.

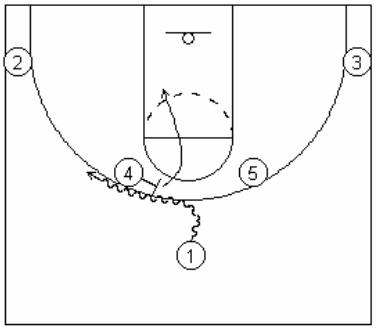


1 continues to come off an on ball by 4. 1 looks to turn the corner.

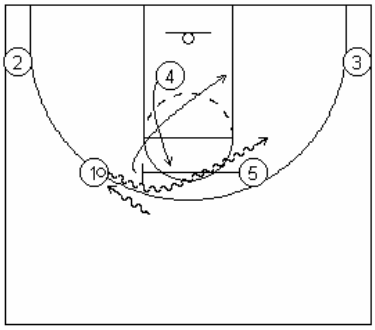


4 down screens 2 to the top. 1 works to get to the lane.

ON BALL / RE SCREEN



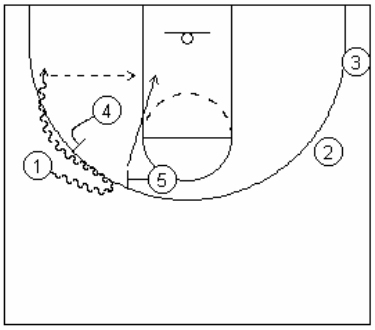
4 / 1 pick / roll



1 reverses dribble and play pick / roll with 5. 4 cuts back to the top for high/low option.

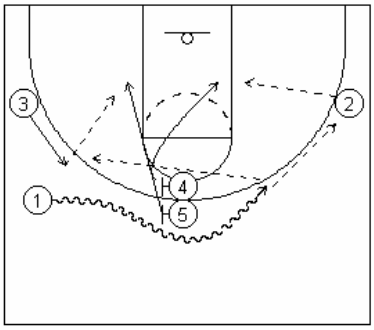
ON BALL SETS continued

SLIP / REVERSE ON BALL



1 dribbles towards then reverses to go on ball with 4. 5 slips to the basket

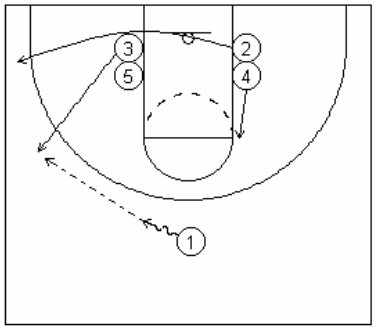
DOUBLE ON BALL / ROLL



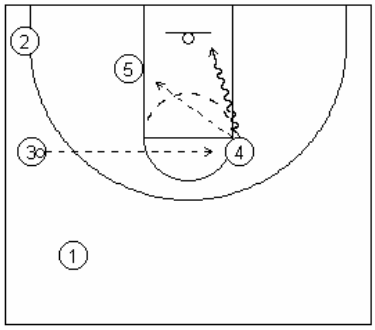
1 dribbles off a double on ball by 4 / 5. 4 / 5 roll. 1 looks to hit one of the rollers or kick to 2 or 3 on the wing for a post entry.

ISO SETS

4 ISO

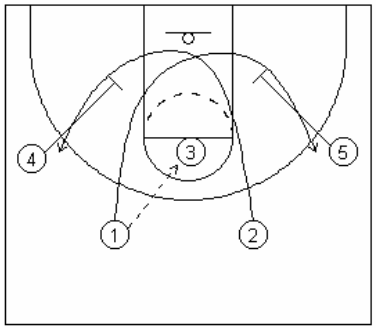


3 cuts out to the high wing looking to the high wing looking for the hit from 1. 2 cuts to the ball side corner.

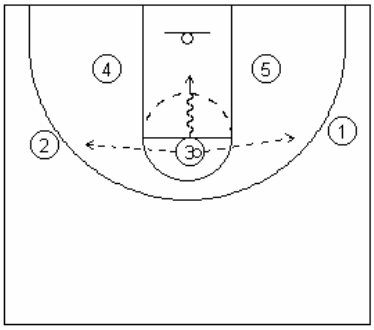


4 cuts to the opposite elbow. 4 first looks to drive or looks to go high / low to 5.

GUARDS X / HIGH POST ISO



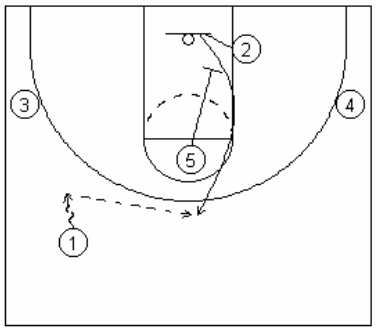
1 hits 3 at the high post. 1 / 2 X or interchange in the lane and cut off down screens by 4 / 5.



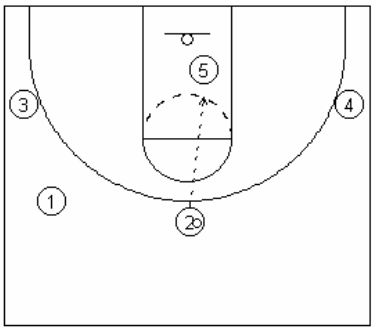
3 first looks to go to the basket, then looks to go high / lo, then looks to kick it out to the wings for a jumper or post entry.

ISO SETS continued

POST DOWN / POST ISO

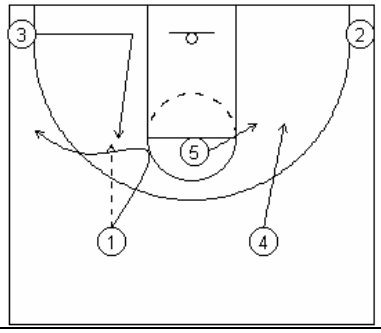
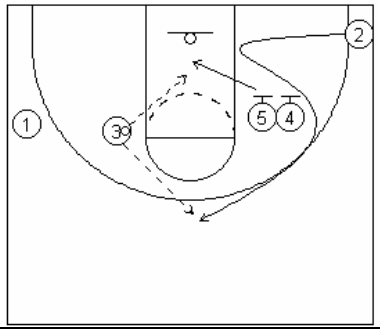
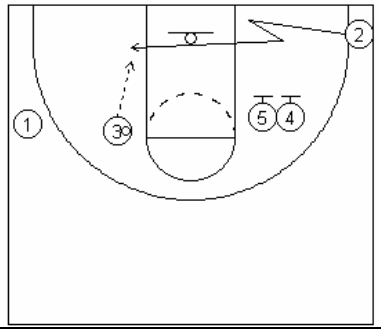


1 dribbles to a side. 5 down screens for 2 up to the top and looks for the pass from 1.



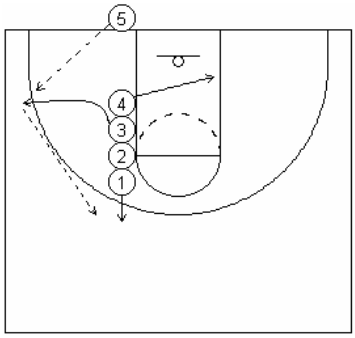
3 looks for the post entry to 5, who is isolated in the lane.

2 ISO READ OFF THE DOUBLE DOWN

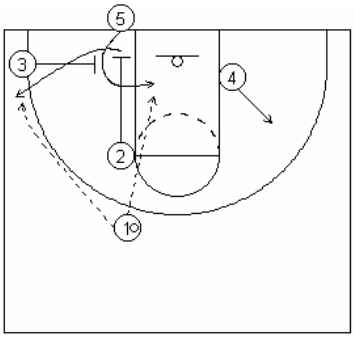
		
3 flashes to the wide pinch post for the entry from 1, who then cuts around to the ball side wing	5/4 double down for 2 cutting to the top for a jumper or 3 looks for 5 slipping into the lane	2 reads the defense and sees the defense playing for the screen, 2 refuses the screen and makes a basket cut.

UNDERTHEATH THE BASKET

SCREEN THE IN-BOUNDER / SCREENER - SCREENER

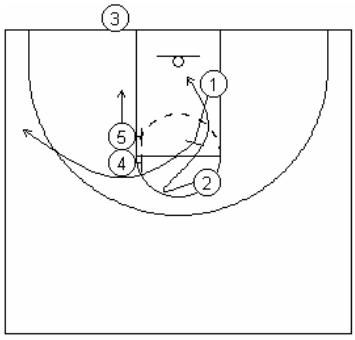


Line formation starts with 4 diving across to the opposite block. 3 dives down and cuts to the corner. 5 hits 3 who then reverses to 1 popping out to the top.



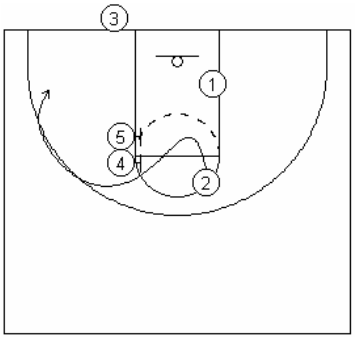
2 goes down and screens for 5 to curl over the top looking for the lay-up. 3 screens the screener and 2 cuts out to the corner for the jumper.

DOUBLE SCREEN – SCREENER

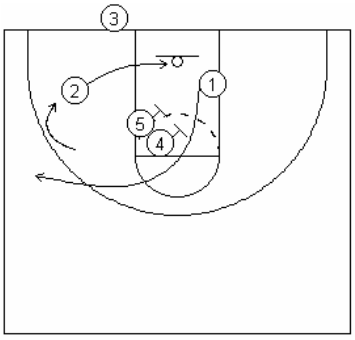


2 cuts to the basket off a back screen from 1. 1 then cuts off a double from 4 / 5. 5 looks for slip.

DOUBLE / CURL / DOUBLE



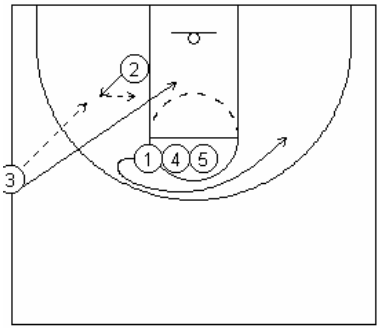
2 fakes a basket cut and cuts off a double from 4 / 5. 2 curls around the pick to the basket.



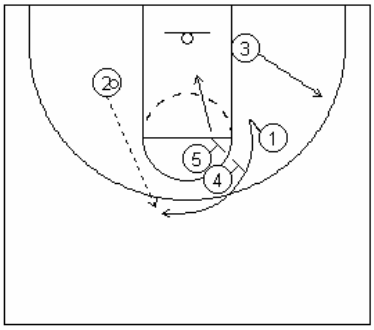
4 / 5 step into the lane set a double for 1 cutting out to the wing.

SIDELINE

3 PLAYER LINE FORMATION / GIVE – GO / DOUBLE AWAY

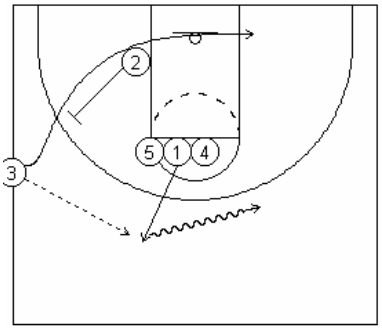


3 enters to 2 posting up and basket cuts looking for the give and go play. During this action, 1 moves to the backside shallow wing.

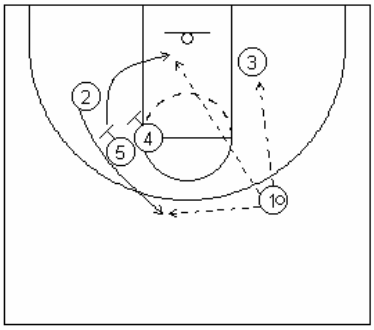


1 fakes the basket cut, and cuts off the double by 4 / 5. 5 looks for the slip.

3 PLAYER LINE FORMATION / FLEX / DOUBLE DOWN

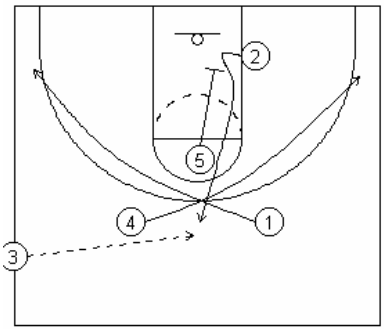


1 pops the stack to the back court for the entry pass from 3.

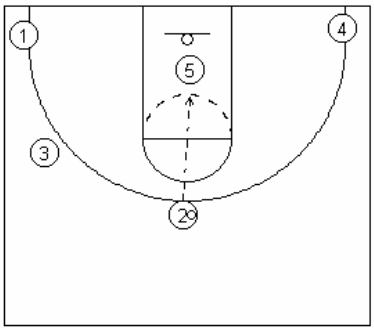


1 dribbles across to the opposite side. 3 will come in from out of bounds and cut off a flex screen from 2. 2 will then cut off a double from 4 / 5.

POST ISO



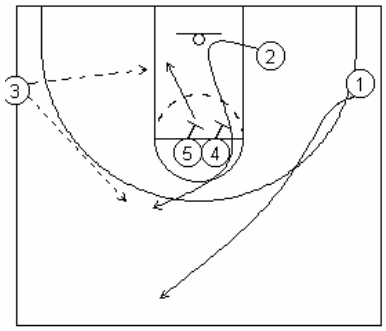
4 / 1 will x at the top and cut to the opposite corners. 2 will cut off a down screen from 5 up to the top of the key looking for the entry pass.



5 turns and seals in the lane for a post up. The lane is cleared out for him to post.

SIDELINE continued

DOUBLE CUT OUT / POST SLIP



2 cuts off a double by 4 / 5 out to the top. 5 slips or dives to the ball side block for a post up. 1 cuts out to the back court for an outlet.

University of North Carolina – Men's team practice 21.10.03

7 minutes – Shooting form, using eight baskets

10 minutes – Trainer-led stretching

10 minutes – Individual fundamental breakdowns

Guards & swings –

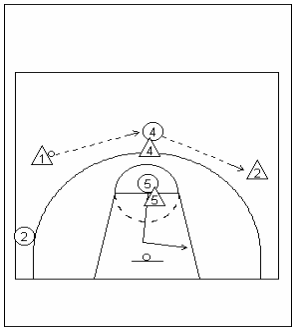
- Catch and square-up off the "spin out" from the base-line (no shot)
- Catch and shoot the 5 metre shot off the "spin out" from the baseline
- 1 dribble jump shot to the base-line off the "spin out" from the baseline
- 1 dribble jump shot to the middle off the "spin out" from the baseline
- Jump shot off the crossover dribble
- 1 v 1 forward lead/post feed

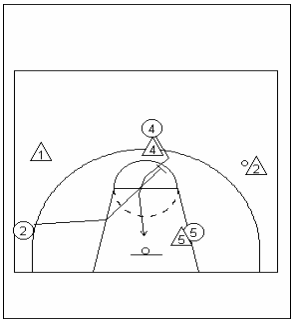
Post players –

- No dribble moves – jump hooks to the middle/turnaround jump shots
- Power moves – drop step middle and baseline
- Turn and face shots off reverse pivot
- Turn and face 1 dribble moves
- Trail position shooting
- 1 v 1 post positioning – feel and react – coach feed

5 minutes – Secondary break breakdowns

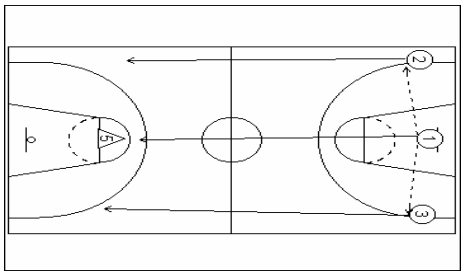
- 3 v 2 plus two coaches as feeders
- Emphasis on running post creating position
- Up screen for trail post player

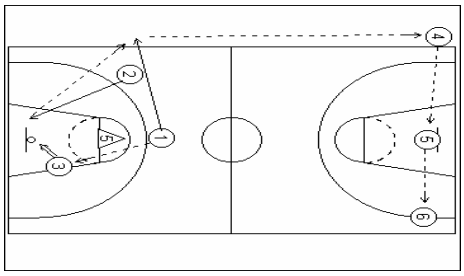




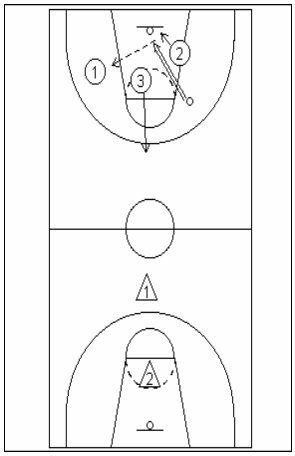
3 minutes – 3 man transition drill

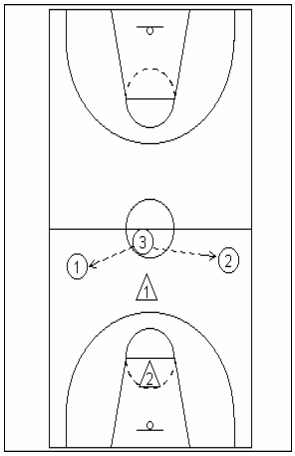
- 3 man break – no dribble
- Coach or defender back at foul-line to force decisions
- Break into lay-up, weak-side player is in-bounder, centre player breaks to side-line
- Outlet is thrown to side-line, ball is thrown overhead down the sideline

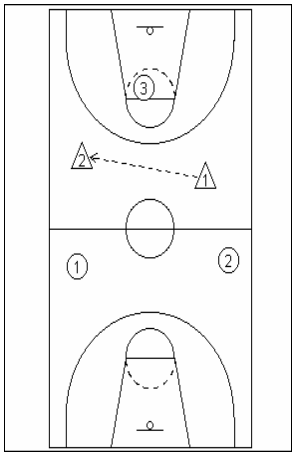




3 minutes – 3 v 2/2 v 1 continuous drill







- Coach shoots, rebound and run – no dribble
- 3 v 2, passer attacks ball-side elbow on pass to wing
- On score or defensive rebound, 2 v 1 on return trip (highest man back on defence) – no dribble

4 minutes - Secondary break organisation – numerical advantage drill

- 5 offensive players rebound shot and run secondary break
- 5 defensive players at mid-court sideline
- On rebound, coach nominates how many defensive players sprint into court to guard break

8 minutes – Defensive breakdown stations (2.30 minutes per station)

- Station One – wing denial (coach feed)
- Station Two – 1 v 1 channel from a wing (call “sideline”, no middle)
- Station Three – 1 v 1 box-out (coach shot)

6 minutes – 4 v 4 defensive positioning (Shell drill)

- Groups of 4, third group shoots with coach at other end of floor
- Deny one pass away
- Handle down screens (through on down screens_
- Force side-line/baseline on penetration

10 minutes – Defensive stations

- Station One – 3 v 3 talking – continuous movement by offence, down and up screens, defence had to continue to work and handle cutting/screening action (no shots by offence)

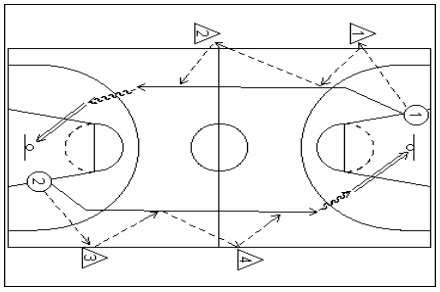
- Station Two – Deny and switch at top of key (coach feed)
- Station Three – Lateral screens – hard show, get through on screens

12 minutes – 5 v 5 defence
- Defensive rules – no middle, communication, deny one pass away, box out
- ½ court
- Full court

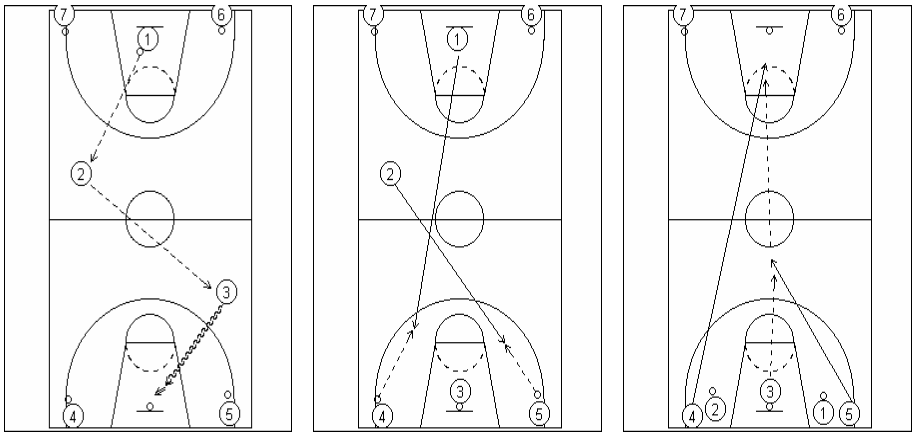
8 minutes – Defending the underneath out of bounds
- 5 man takes the basket, stays with in-bounding player for that possession or until switch can take place
- Adjust match-ups “down the line”

10 minutes – Up and backs – secondary break into free-lance offence

10 minutes – Full court “catch and pass”
- 4 basketballs
- Player passes ball to coach at sideline, receives it back
- Passes to second coach in front court, receives it back
- Second coach nominates what type of shot player executes – dunk, lay-up, jump-shot from 45, 3-point shot
- Continuous drill



5 minutes – 115 in 4 minutes – full court passing/shooting drill



- 3 man break (no dribble)
- Trail players run down and receive pass from base-line players for jump shot
- Base-line players then break with lay-up shooter
- Continuous drill
- 115 made baskets in 4 minutes

10 minutes – Trainer-led stretching

Observations from Practice –

- High level of organization
- All drills run to time, no drill goes over time
- Quick transition from drill to drill
- Multiple repetition of fundamentals in short periods of time
- Assistant coaches provide a high level of “on the run” instruction, Coach Williams speaks to the players as a group regularly during practice
- Emphasis on sprinting the floor on transition, not simply running

UNC Wilmington Clinic Notes-1994

Guard Play-Brad Brownell

Skill Development-Stationary Ball Handling

1. Inside-Out Dribble
2. 2. Pendulum
3. Up-Back
4. Crossover
5. 2 Dribbles-Crossover
6. Inside-Out, Crossover
7. Side Saddle Dribble

Learn to breakdown defense with dribble and either shoot or kick out to spot up shooter

Skill Development-Moving Ball Handling
* Develop a go to move and a counter move

1. Stutter Step
2. Stutter Step, Crossover
3. Inside-Out
4. Inside-Out, Crossover

In shooting drills, use weak hand to make passes
Get hands above elbows when ready to receive the ball

Motion Ideas

Bring cutter to the screen, no screens to the baseline
Widen out to corner on basket cuts, space to NBA 3 point arc
Do not screen away in motion
Vs. Switch: More cuts, set flare screens, do not set down screens.
Flare screens allow you to slip the screen easier
Set screen, step back and pass, drive the ball.

Fast Break

3 Man Weave Drills
1. Wide
2. Tight
3. Continuous
4. Weave into 2-1
5. Weave into 3-3
6. 5 Man Weave into 3-2

General Thoughts from Coach Wainwright

Play combo defense on BOB
Score 75% on BOB

Be good around the basket first, then expand out

Hold people accountable on defense

Your feet put you in a position to use your hands on defense.

Work on press on a miss, good for late game.

Pressure the ball and where the ball is going

Post defense is heart of defense

Coach Wainwright charts 20 areas in off-season, such as down screen (Was it defended correctly?) defense and closeouts (Proper foot up?)

5 Things on Player Contract
1. Conversion
2. Convert to man
3. Rebounding
4. Box Out

Bust out break is tough to defend

Red/Green on Offense: Red is ball must go into post first, green is can shoot anywhere.

Has 1 player on the floor in green status at all times

Defense Calls: Blue (Sag), Gold (Overplay), White (Switch).

1996 Nike Clinic Notes-Charlotte

Get good people around you

Players must be accountable

Make good decisions

Have goals above 10 feet

Playing hard is a skill

Have traditions in your program, such as slapping the floor (Duke)

Take 4 toughest things you have to defend and add to your offense.

Practice offense as a whole 5-0 or 5-5, defense is breakdown.

Offense is read and react, defense is anticipation

What is your vision of how the game is played? What do you have to do to win the game?

Be honest with players, say what you mean.

Do not shorten your time on defensive work.

Sureness Drill: 3-3, complete 10 passes in a row. Defense cannot switch at first.

Good offense is spacing, movement, and roles.

Work 7-5 when practicing zone defense.

Run fast break directly into motion, no secondary actions

Play 4-4 to 3 baskets.

End offensive drills with transition defense, end defensive drills with offensive conversion.

Get early score or score late by making the defense work.

Practice against what you fear as a coach.

Ball Spins: Catch ball with feet in the air.

Dribble Hacks: Do not turn back to basket. Sweep ball hard. Take 2 dribbles.

Man in the Middle: Passer goes to defense and closes out.

Coach To Coach Video

Concentrate on your job at this time, not the job at Duke, UNC, etc.

Make sure your own work ethic is greater than that of the players.

No one player is greater than the entire system.

Does each player understand their role on the team?

Law of Diminishing Playing Time: Playing time drops as a players overall performance drops.

Better to play 4 to 5 minutes on a team that to play none at all on another team.

You earn playing time by your overall performance in practice, especially on the defensive end.

On post traps, double down on the post hard and fast. All other players rotate over to open men.

On post trap, if spot up man is on same side of the lane, recover to man. If spot up man is on the other side of the lane, help man in the High I spot rotates.

We attack when we get the ball. We do not pull it out and set up.

Do the players understand what we want off the break?

Outlet man should get out of bounds ready to throw outlet pass.

On Turnout Break, post run opposite the ball.

Keep ball side open for penetration by point guard off break.

On a bust out, get ball down and speed dribble.

On Down Screen, chase the cutter and show.

Get ball out of the middle of the floor.

Will give up backdoor, but must have pressure on the ball.

Miscellaneous Thoughts

The level of thinking that has gotten us to where we are will not get us to where we want to be.

How do you define yourself?

You have to be aggressive to get calls

Trap baseline penetration

Low with ball, tight with the ball

Teach how to foul

All post drills with contact

Don’t get beat sideline in press

Diagonals vs. Press

Cinco Threat: Attack Dribble, Pass, Shot, Pass Fake, Shot Fake

On all drives, shoulders lower than defenders hips, get piece of paint.

Eliminate reaching, block shots, and frustration fouls.

Designated shot blockers, everyone else take charges

Pressure the ball without penetration or fouling

Ball pressure does not mean reaching

Fundamental Lines (Team Mass Drill)

1. Quick Stop
2. Jump Shot
3. Rebound
4. Outlet
5. Jab Step
6. Sweep
7. Direct Drive
8. Crossover Drive
9. Front Pivot
10. Reverse Pivot
11. Shot Fake
12. Pass Fake

Foul situations on all 4-4/5-5 drills

Press in 4-4/5-5 Drills

Overemphasize to get what you want

Get low vs. trap

Offense is not equal opportunity

Great shooters are not necessary great scorers and vice versa

You don’t have to get a steal in the press, wear opponents down

Game Stats

1. Deflections
- Tips
- Steals
- Loose Ball Recovery
- Block
- Pass deflection

2. Post Feeds
3. Fast Break Opportunities

Scoring

1. Fast Break
2. Post
3. Cutter
4. Jumpers
5. Rebound
6. Drive

Defense

1. Uncontested Shots

Teaching

1. Show It
2. Describe It
3. Do It
4. Review It
5. Draw It

Feedback

1. What we did well
2. What we did not do well
3. What we need to improve for tomorrow

Statistics To Use

1. Post Feeds
2. Missed Post Feeds
3. FG% on open shots vs. FG % on contested shots
4. Deflections
5. Missed Rotations
6. Turnovers
7. Jumping to ball

8. Denying Out in Passing Lane
9. Shot charts for both teams
10. Block out efficiency
11. Sub chart
12. OER
13. Press Chart
14. Trips to Foul Line

Tubby Smith Match up Press Video

Goal is to have 35 deflections per game

55: Full Court Man to Man, force catch near baseline/sideline, get on side, play ball and see man, hands up and active

- Get to ball line, no penetrating passes
- Trap Rules: Ball cannot see you coming

Trap Areas: Corner and past half court

White: 1-2-1-1 Press

- Back up until you match with someone
- Make them catch in front of you
- Box/Diamond
- Lots of pressure on the ball

Black: 2-2-1

Automatic trap on clear out

We will

1. Pressure the ball
2. Deny passes
3. Stop penetration and cutters
4. Talk to the ball
5. Rebound
6. Run

Notes from All You Can Do by A.L. Williams

You have got to be you, but you've got to be the very best you possibly can be.

Rules for Goal Setting

1. Take inventory of your life
2. Become dissatisfied with second best
3. Make up your mind what you are going to do

4. Have a plan
5. Start where you are
6. Begin today to work your plans

Don’t be defeated by someone else’s opinion of me or my ideas.

First step: Start believing in yourself.

Start dreaming again, start believing your special again.

Get ready to fight for what you want.

Life will give you whatever you accept.

Life will turn out the way you see it turning out.

You’ve got to demand for yourself happiness and success.

You cannot judge a person by his background or by some score.

Don’t listen to failure messages.

Desire is the secret to winning.

Need specific goals with a time frame to achieve them.

Have a plan and decide how you will pay the price to reach the goal.

Desire gains strength when it has a concrete form

You win with fundamentals

Your people should always see you up and excited. You have to set the example of being excited.

Excitement is contagious

You need competition to make it happen.

A leader can never show fear, never show hurt, never show quit.

Always do more than is expected from you.

Nothing is as real as a dream. The world can change around you, but your dreams will not. Responsibilities need not erase it. Duties need not obscure it. Because the dream is within you, no one can take it away. -Tom Clancy

Focus on your potential, not your limitations

Devote yourself to something you do well

See yourself as successful

Break away from other peoples expectations

Build a network of support

Do not create a caste system in your team

How to Get Your Point Across in 30 Seconds…or Less by Milo Frank

30 seconds is the ideal time period because of time constraints and attention span. Avg. commercial is 30 seconds.

What is your goal in communication? What is your objective?

- Why am I going there?
- What do I want to achieve?
- Why do I want to have that conversation?
- Why do I want to write that letter?
- Why do I want to meet with this person?
- Why do I want this interview?

Have a clear cut objective in everything

Always be prepared

Know who the decision makers are

The Yellow Brick Road Approach

- What am I talking about?
- What is the basis of my plan?
- What is the single best statement that will lead to my objective?
- Can I comfortably build a case around this statement?
- Will other statements fit within or relate to this one?
- Will this relate to the needs and interest of my listener?

Get the persons attention

- What is the most unusual part of your subject?
- What is the most interesting and exciting part?
- What is the most dramatic?
- What is the most humorous?

Body of Communications answers who, what, where, when, why, and how

Ask for what you want at the end of your message.

Notes from The Final Season by Bill Parcels

I have always believed defense is the key to winning in any sport. I don't care what the sport is. If you don't have a good defense, you are not going to win.

On Bryan Cox: This guy has been great for us. He's gained the respect of his teammates because he is the most honest player we have. He doesn't sugarcoat anything and he doesn't make excuses. If he doesn't do a good job, he says it's his fault and he moves on.

When you are losing, you coach better. When you are winning, you accept some things that have happened, even though you should not have, because you won. When you lose, you are on top of every detail.

I never complain about officials. I do not want to be fighting two opponents.

Quotes

None but men of strong passions are capable of rising to greatness

Men are not limited by the place of their birth, nor by the color of their skin, but by the size of their hope.

Do not let what you cannot do interfere with what you can do.

In the process of becoming all that you can be, it is important to remember that success materializes after the work has been done, but periodically surfaces for moments to show that it is coming.

Have a passion for excellence

F Stands for feedback

When you know you have not cheated in your preparation, it makes you mentally tough.

"UNC" Transition Set
Early offence and options

The University of North Carolina secondary break provides high percentage opportunities in transition and is effective in placing early pressure on the defence and as an "entry" to half court offence.

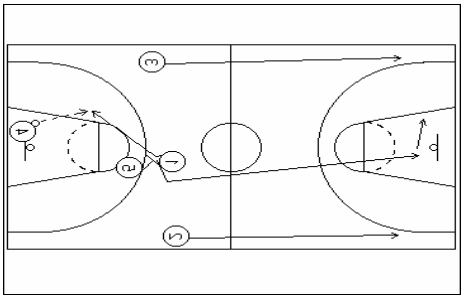
The value of the structure is that it puts early pressure on the conversion defence and then provides solid secondary options, which can flow into motion or continuity quickly and with minimal disruption to offensive rhythm.

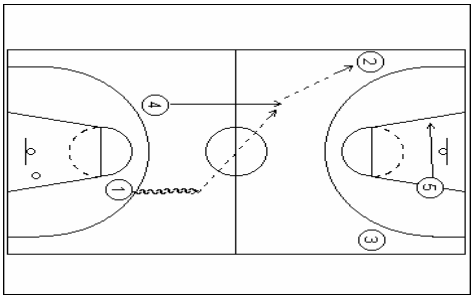
The principles of most "breaks" apply –

- Free the guard up to get it in
- Lane runners run hard and wide looking for a high percentage "early" (lay-ups)
- Establish a "deep catch" opportunity with the first big down the floor
- Trail man run opposite the circle from ball carrier and present for reversal

When drilling transition offence, it is important to ensure players are taking care of the simple details that will allow your team to create high percentage scoring opportunities early in the possession –

- Play the entire defensive possession
- Get the ball inbounds quick or make a quick outlet pass
- Lane runners sprint (not run) wide
- Ball carrier look to pitch back court to forward-court
- First "big" down the floor sprint and present in the "deep catch slot" at the mouth of the goal





These aspects will assist in increasing point production from transition and broken play, along with a focus on putting early pressure on the defence.

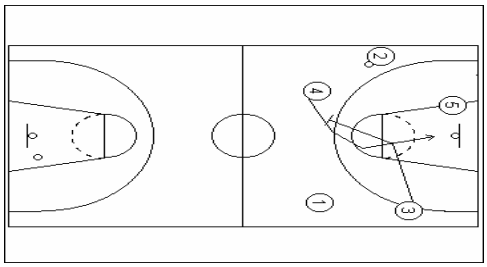
Once in the half court, the UNC set provides multiple scoring opportunities, the first of which is the "small to big" up-screen set by the 3-man for the trail big, usually the 4-man.

This screen is to tough defend because it comes early in the possession as the defence is scrambling to establish position and the "small to big" nature of the screen makes it tough to defend by switching.

Teams that switch the screen face the proposition of a post player sealing a much smaller defender in the lane, exposing a "big" to the situation of guarding a perimeter, or the screener "slipping" the screen for a lay-up.

Once the screen set is set, the ball carrier has the option of feeding the ball side post, who has "traced" the ball to the post area, or the "over the top" pass to the 4 going off 3's screen. There is also the option of hitting the 3 stepping out after the screen.

The player going off the initial up-screen should look to "button-hook", reverse pivoting after the cut to establish a deep catch opportunity deep in the lane. This creates a high-low entry look.

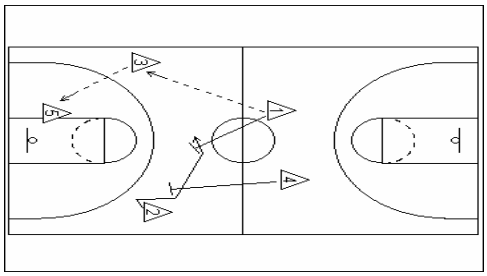


This "button hook" action is vital in providing the set with a further option and provides value for the post man who cuts hard and then seals and presents a strong target in the lane. It is important the cutter does not simply "fade" to the perimeter after the screen.

Once the action is completed, the offensive team can be quickly organised into their offensive structure, be it motion-based or continuity. Automatically, a post triangle and open side of the floor have been established, which is the basis of most 4 out, 1 in offences. Conversely, the 4-man can stay inside to create a 3 out, 2 under setting.

By continually placing pressure on the rim by hard running and effective up screening, the defensive conversion will tend to "collapse" and guard the lane, opening up perimeter shooting opportunities.

If the ball is thrown down the line, rather than sent opposite, the offence has the option to "kick it back" to the 4 to key the action, or a staggered screen can be set for the 2 man as 3 and 5 explore the post-game (two-man game).



As with any aspect of the game, it is imperative the players execute fundamentals in this structure. That means sprinting lanes, shooters getting their footwork done early, passing to the advantage of a teammate, post players sealing and providing a target and intelligent decisions with the ball.

The "Pack" Defensive Philosophy

"Now this is the law of the jungle, as old and as true as the sky. The wolf that should keep it should prosper, but the wolf that should break it must die. For the strength of the pack is the wolf and the strength of the wolf is the pack."

-- Rudyard Kipling, The Jungle Book

The 'Success Formula':

"3D + 30 == Success"

3 D(efense)

1. Make them shoot over you;
2. Only give them one shot;
3. Do not foul.

3 O(ffense)

1. Take care of the basketball;
2. Take good shots;
3. Make your free throws.

If we can achieve these six objectives, we will be successful.

The advantages of the "Pack" defense are:

1. We do not have to be better athletes than our opponents to be successful.
2. We do not have to be quicker than our opponents to be successful.
3. We do not have to be bigger than our opponents to be successful.

We will not always be more athletic, quicker or bigger than our opponents. Playing this defense is to our advantage.

Taking into account the 3 above advantages, a slower player can be assigned to a quicker opponent to guard and achieve success. His success is not an individual success; rather it is a team success. While this defense is a true man-to-man defense, it is a man-to-man defense that has, in reality, five defenders guarding the person with the basketball. We have a ***'Pack'*** mentality.

The following page begins explaining the defensive components of our 'success formula' (3D +3O = Success)

3D Defensive Components

1. ***Make Them Shoot Over You.***

   Simply stated, when your opponent has the basketball you must stay between him and the basket. This obviously prevents all layups. For your opponent to shoot, he must shoot 'over' you. Work hard at not only being in a position where the offense must shoot over us, but to also contest every shot with a hand in the shooter's face.

2. ***Only Give Them One Shot.***

   Defensive rebounding (blocking out) is a major component of our defense. We want to allow the opponent only one shot at the basket each possession, and that being a contested shot. This is accomplished with great success in our 'Pack' defense.

3. ***Do Not Foul.***

   No matter how you look at it, a foul is a mistake. Maybe at the time they just get the ball out of bounds, but after a few fouls pile up, you give the opponent an opportunity to score easily from the foul line. Fouls early on will quite possibly give a mediocre player a chance to score points he would not have scored on his own. Do Not Foul!!

   This is an important component in our 'Pack' defense because by fouling, we have actually made two mistakes. The first is the foul itself -- as stated above. The second is that we were not in good defensive position if we had to foul. We do not foul the opponent shooting a layup because if we are executing the first component, "Make them shoot over you", there are no layups!

   We do not want to be forced to sit any player because of foul trouble. We do not want the opponent shooting free throws because a free throw by an opponent violates our first defensive component - "Make Them Shoot Over You."

"Pack" Defense Components and Concepts

Our "Big Three Defensive Components" are:

1. Make them shoot over you;
2. Only give them one shot;
3. Do not foul.

Before anything else, here are a few more concepts that are important to the success of our 'Pack' defense. Each of these will be broken down and explained in our 'Pack' defensive drills.

1. The closer your opponent is to the ball, the closer you are to your opponent.

2. The farther your opponent is from the ball, the farther you are from your opponent.

3. You should play as far off of your opponent as possible and still be able to recover to him effectively if he catches the next pass.

4. When you are one pass away, utilize a closed stance and deny the pass.

5. When you are two passes away, use an open stance to be 'seen' and to help.

6. When you are guarding someone in the low post, play on his high side.

7. When you are guarding someone in the high post, play on his low side.

8. When you are guarding in the post, you must communicate if the post is open or closed.

9. Defending the wing without the ball:
   If the post is closed, work hard denying because they can't backdoor you.
   If the post is open, deny but beware of backdoor potential.

10. When your opponent passes into the low post from the wing, jump to the ball with your back to the baseline. If ball is passed back out, close out high. The help can come on the drive, but not on the '3'. You must help yourself.

11. When your opponent moves, you move. (adjust your defensive position)

12. When the ball move, you move. (adjust your defensive position)

13. Always see your opponent and the basketball. (ball-you-man)

14. Never let your opponent cut between you and the basketball in a manner that could lead to a score.

15. Help and recover back to your opponent.

16. Help the helper. (defensive rotation)

17. Guard your assigned opponent close only when he has the basketball in his scoring range.

18. When your opponent has the basketball on the wing, keep him to that side. Stagger his outside foot forcing to the baseline side.

19. When your opponent has the basketball on the top, never let him drive directly toward the basket area.

20. Jump to the ball.

21. When you 'close-out' on your opponent who is in his scoring range - close out with your hands high then adjust as you stop. (squeaky feet)

22. When guarding a player with the basketball that has not yet used his dribble, you should have both hands out wide. You become bigger and balanced.

23. COMMUNICATE ALWAYS!!!

Thinking Defensively in the "Pack"

Our 'Pack' man-to-man defense neutralizes size and quickness advantages that the offense may have over us. It is a defense that will always give us the chance to beat the very best. So what if we are playing a team where we hold the size and quickness advantage? This defense will ultimately shut their offense down, completely disrupting their offense. "The team that executes the best, beats the best!"

The starting point to the 'Pack' defense is ***Defensive Conversion***. All five players should sprint back on defense, with one exception. The guard(s) defending the opponent's ball handlers should attempt to be in a position to disrupt the other team's offensive conversion. This can be done by defending the outlet pass and/or being in a position to secure a long rebound. Don't fade too far back when the shot goes up. This gives the opponent a chance to break out quickly. If you are not in position, your first rule is to get back on defense.

Defense is the single greatest factor in winning basketball games than any other area of the game. Second to defense in importance is rebounding. Defensive rebounding is the most frequent way that a team obtains possession of the basketball. If we force the opponent to shoot a contested shot over our defense and limit them to only one shot per possession, we will have an almost unbeatable defense. This is one of the things the 'Pack' defense attempts to accomplish. When two teams of relatively the same strength meet, the advantage goes to the team playing the best team defense.

It is extremely important that, as players, you know what to do, how to do it, and why to do it. Anyone who wants to, can play defense. Defense is that part of the game that with a great deal of work can be done consistently excellent. **However, we want more than consistent defense. If we give a layup only one of every five defensive possessions, we are playing consistent defense. If we give up an offensive rebound one out of every five defensive possessions, we are rebounding consistently. BUT that is not enough!! We want to play perfect defense every defensive possession -- ONE DEFENSIVE POSSESSION AT A TIME! Each and every defensive possession is important. EVERY DEFENSIVE POSSESSION IS THE MOST IMPORTANT DEFENSIVE POSSESSION OF THE GAME!!!**

If you believe in defense, if you believe it has top priority, then you are ready to play the game. A good defense instills a true confidence in the team. Scoring also instills confidence, but what does swapping baskets with the other team do? What happens to that confidence when you miss a few shots? Playing tough defense will allow for quick and easy baskets. Tough defense will inevitably get into the psyche of the other team, stealing some of their confidence as well as their energy. Solid team defense will give us a quiet, sure feeling that we can win with the team effort required to play good defense. We know that we can rely on the defense even when the offense sputters. This is invaluable when we are playing that 'super' team that is supposed to beat us like a drum with their running and shooting.

Good defense will also have a carry-over value to other areas of the game like rebounding, shooting, etc… Look at any good defensive team; they have a great winning attitude that as a team they can be successful. "Successful people do what failures do not like to do." This one quality is reason enough to play good, solid team defense. Try to be consistently excellent in all we do.

Mentally Disciplined

You must be able to maintain defensive discipline the entire game in order to have a strong defense. More importantly, you must be able to maintain defensive discipline every defensive possession to have a strong defense. Often a team will have a strong offensive quarter that propels them to victory. This is usually a breakdown in the defensive team's mental discipline.

You can have outstanding defensive ability but without mental discipline to stay focused on defense, you will only be average defensively and will end up hurting the team. We fully expect everyone to maintain mental discipline on defense EVERY defensive possession. A player with only average physical ability but with EXCELLENT mental discipline can be an outstanding defensive player.

Team Defense

A team defense like the 'Pack' is based on sound principles capable of handing the many varied and complicated situations that will present themselves over the course of the season. Proper technique and execution are given priority over attempting to surprise an opponent with an unorthodox defense. Teamwork is the essence of the 'Pack' defense. Without teamwork, you have no defense. The 'Pack' consists of the combined efforts of five players, working together as a cohesive unit. The cooperation and help that players give to each other will determine the degree of success the 'Pack' will have. ***…For the strength of the pack is the wolf and the strength of the wolf is the pack…***

University of Arizona

Overview

The University of Arizona is located in Tucson, Arizona and is state school with 35,000 students. They are a Division 1 school and compete in the Pac 10 Conference and play at the McKale Centre, which seats 14,500 and is located on the university grounds.

Some quick facts about the Men's program:

- Coached by Hall of Fame Coach Lute Olson, who is in his 21st year and has a win-loss record of 499-147;
- 2002-03 season record was 28 – 4 and they won the Pac 10 conference title;
- Nationally ranked in top 5 for 2003-04 season and ranked first in Pac 10;
- NCAA national champions in 1997;
- Averaged 26 wins per season over the last five years and have the highest winning percentage of any Division 1 program in that period.

The Women's program at Arizona was also impressive. Coach Joan Bonvicini has been there for 11 years and has a distinguished record in Division I Women's Basketball. It would be fair to say that in the practice phase we observed, in comparison to the Men's program, Coach Bonvicini did more herself as the head coach and the assistants took somewhat of a lesser role.

University of Arizona Men's Program Lectures — 17th October 2003

Head Coach Lute Olsen Lecture

Post play

- Work on touch/feel
- Mental approach
- Must be aggressive
- Get over the mindset "don't pick on smaller people"
- Preparation/weight gain before scholarship starts
- Start with footwork
- Sit down in the post and head forward for balance
- Elbow out and hands forward of eyes
- Butt is your "feeler"
- Constant movement, short steps

Post moves

- Jump hook to middle – open foot and hips, not a drop step but a gather step
- Forward pivot - face up jump shot
- Pivot and face up – shot fake and duck through
- Baseline power dribble (dribble so the ball will hit your crotch)
- (Don't teach baseline hook as it takes you away from the rebounding contest)

Teaching points

- Catch in a jump stop (either foot pivot)
- Never dribble going middle (guards will strip you)
- Separate upper and lower body when you use fakes, knees bent ball to forehead
- Establish body contact and have the ball in front of you
- Follow every shot and tip the ring

Hand recognition drills

- Dummy defense as the pass is in the air, show a hand over one shoulder
- Sit on thighs – step with the same foot as the defenders hand is shown
- Establish position, bring arm up don't swing over
- If defenders is directly behind you the ball should be passed to the posts head and the post must jump to meet the ball
- If defender is fronting step in between defenders legs with high foot, both hands in the air, don't release contact until the ball is seen between your hands
- Quick response to defenders position, know where he is

Sealing →

- Use lower body
- Keep the defender in the position he has taken and move him further in that direction
- Foot advantage – get lead foot in front of defenders lead foot

Other

- Double the post from the opposite guard – get chest to shoulder
- Don't front the post above the second hash – easily sealed
- Don't throw bounce pass to the middle on post feeds – easy to steal
- Use spin on a bounce pass – curl

Rebounding

- repeat jumps (quick repetitive jumping)
- quickness more important than height
- anticipation
- assume every shot is going to miss

Team Self Evaluation/Ranking and give feedback to individual players

- Be a perfectionist do not accept players not doing things right
- Sports psychology must be done as a team, can be dangerous when done individually
- Make psychologist aware of team requirements

Recruiting

- Can he be a player athletically (quickness, second effort)
- Can he accept coaching? (can he get better) work rate, will he learn, can be absorb information on court and in class
- Is he a good person? Good people find ways to get better, bad people find ways to screw things up

University of Arizona Men's Program Lectures 17th October 2003

Assistant Coach Jim Rosborough Lecture

Keys to being a good assistant

- Hard work
- Recruiting
- Player development
- Understanding team philosophy
- Can't have your personality bigger than the Head Coach
- Loyalty to Head Coach
- Competitiveness

Perimeter Play

- Must contain penetration
- Funnel to the corner – foot nearest split line always up
    - don't cut off penetration to the side
    - 45 and below feet to the sideline

Close out

- Go as the ball leaves fingertips
- Cheat step, swing, slide the last two steps
- Hands up
- Feet square (no lead foot)

Shooting

- Ball in the air, your in the air
- Catch on a one count so you can pivot off either foot
- Catch with bent legs
- Ball to forehead
- Baseline - one dribble max.
- Middle – two dribbles max.
- Cover ground with each dribble
- Shoulder square to the ring
- Hands spread behind ball
- Guide hand on the side
- Elbow in but comfortable
- Elevate quickly
- Don't shoot on the way down
- Follow shot

Perimeter moves off a forward lead

- V cut and short curl
- V cut and high curl
- V cut and flare
- V cut and straight cut
- V cut, straight cut, shot fake, one/two dribbles middle
- V cut, straight cut, shot fake, one dribble base
- V cut, straight cut, shot fake, dribble middle hesitate and go
- V cut, straight cut, shot fake, dribble middle step back
- V cut, straight cut, shot fake, dribble middle between the legs pull up

On middle penetration opposite wing should flare high

Make shooting competitive

Perimeter defense

- On post entry butt o baseline
- Don't help from ballside, can step and recover
- Deny ball reversal
- Use an arm bar to keep offense away from your feet
- Close fist in arm bar to stop grabbing
- Head and hand snap on backcut – only when you can no longer see the offense otherwise normal denial stance

Game Day duties for assistant

- notes on opponents – scouting report
- keep track of fouls
- suggest subs/sets/defenses
- defensive possession success – man versus zone
- watch your position players (eg point, wings, posts)
- meet at halftime as a staff

University of Arizona Men's Program Lectures — 17th October 2003

Assistant Coach Josh Pastner Lecture

Post defense

- Arizona switch most situations so all players need to be able to defend the post
- Ball at the point defenders bottom foot to be at least even with the offenses top foot
- Front everything in the low post
- If the post is above the second hash mark and the ball is on the wing, go under and behind the block
- Use an arm bar to keep the offense away from your feet, your head should be over your knees
- Two hands t steal a lob, if you don't get it you should be in a position to chest to shoulder on the receiver
- Remain in full front if the ball is in the corner
- Post is the help man on baseline penetration and trap, and the helpside low man must bump the post
  from the baseline helpside
- Make the offense make a extra pass out of traps
- Switch between like players
- Switch all backscreens
- Staggered screens all switched with the second screen defender, first screen defender gets to the lane and takes anyone coming into the lane
- Curls – bump and recover if not switching
- Keep hand on screeners hips in case of slips
- Don't giver cutters off screens an option of two ways to go – ride them out
- Offensive post circle to basket if pushed off the block then repost
- Always show two hands to the ball in the post and butt to thighs
- Quickness in the post – catch and go, no dribble backing
- Offensive rebounding - helpside post slices to baseline
  - ballside post makes a post move with a drop step, feel where contact is
  - four players to offensive glass (two feet in the paint)
  - point guard is safety

- Defending flash – hit and deny ear to chest, head and hand snap if backcut
- On a score inbound quickly and take one step out to get ready to pass
- On middle penetration attack the driver either – step up and wing rotate in
- Hedge and recover (carry hands)
- Never sit back
- Practice defensive fakes
- Defending turn out cuts – go under and get lead leg and arm through

University of Arizona Men's Program Lectures — 17th October 2003

Assistant Coach Rodney Tention Lecture

Repetition of fundamental skills

- Change of pace
- Crossover
- Between the legs
- Behind the back
- Retreat and crossover
- No spin dribbles

- Never help from the ball side
- Double all baseline penetration – everyone get to the lane
- Offensive players furthest from the ball has to beat us
- Double the post from helpside guard
- On middle penetration helpside guard attack the ball

Defending on ball screens

- Screen defender show hard, ball defender go over
- Screen defender jam upscreen and ball defender go under
- Trap
- If the screener rolls low post and screen defender switch

University of Arizona Men's Practice 18th October 2003

9.30 **Warm-ups**

Skipping	two feet	right foot only
	Left foot only	scissors
	front-back	side to side
	100 fast	
Easy Running	arm swings	change of direction
	Closeouts	jog to center then back-pedal

9.34 **Stretching** (as a group holding each stretch for an audible count of 10)

9.42 **Mass Defensive Slides** (one player leads the drill from the front)

Slow step-slide with change of directions
Dive on an imaginary ball, then simulate a pass without moving the body (avoid travel call)
Fast slides

Take the charge	hands above head and keep in front to keep feet low
With pitter-patter	two slides out, two slides in, pitter-patter

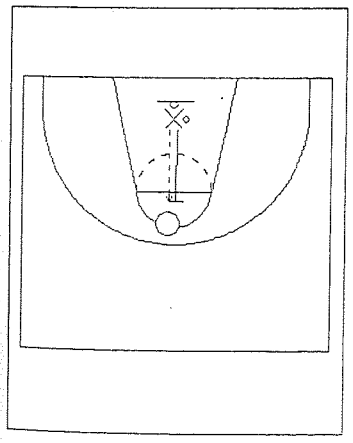
The emphasis in this drill was:

Stay Low
Hands up all the time
One foot up and point lead foot in the direction of movement.

9.46 **Full Court Dribbling in Groups of Three**

Change of direction with back up dribble, 2 ball alternating
Change of direction with back up dribble, two balls in sync.
Change of direction with crossover
Change of direction with crossover, then behind the back
Onside dribble
Change of pace dribble
Change of direction with back up dribble then bust out to the middle

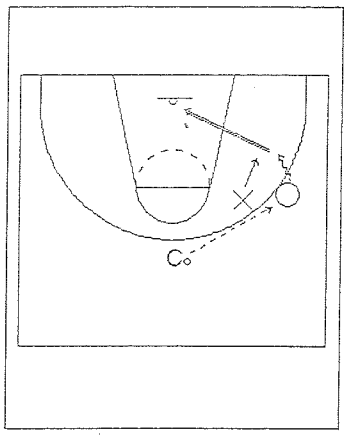
9.51 **Stations**



CLOSE OUT BLOCK OUT DRILL

Defense starts under the basket and passes to the offensive player.
The receiver catches and shoots.
The defender closes out, then boxes out and the drill continues until either a score or the defender gets the ball.
The defender hits the shooter with an arm bar, then turns to rebound with hands up.

One Bounce Jump Shot and Block Out



ONE BOUNCE JUMP SHOT DRILL

Coach passes to the wing. The offensive player shoots a one-bounce jump shot and the defender blocks out.

Post players did same drill but started at the top of the key. They used a rebound bubble to prevent the ball scoring and to emphasise the rebounding.

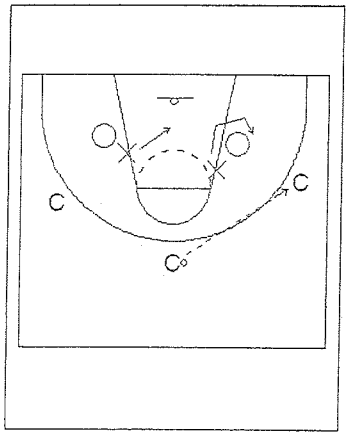
Shot Fakes

Players started at the top of the circle in a low offensive stance. Executed three or four shot fakes, and then shot the ball

Emphasis was on realistic shot fakes and staying low in the legs.

9.57 Position Work

2 on 2 Post Work



POSITION WORK

Coach with ball at point. Defence up the lane, high ¾ denial.

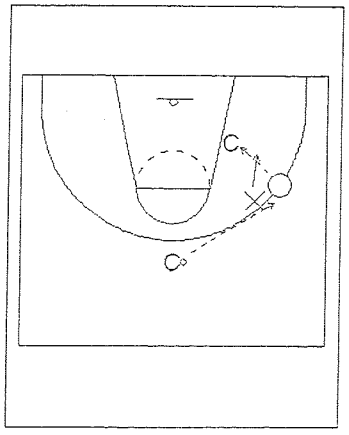
Point to wing pass, post defence drops behind post to baseline side and then fronts. Weakside defender moves to split line.

Relocation back to point and reverse to other side and repeat defensive action.

On lob pass, big to big jam.

Offensive teaching point: Get "foot advantage" in post play. Lead foot over the top of defender's foot with butt on knee. Keep head forward for balance.

Perimeter Work

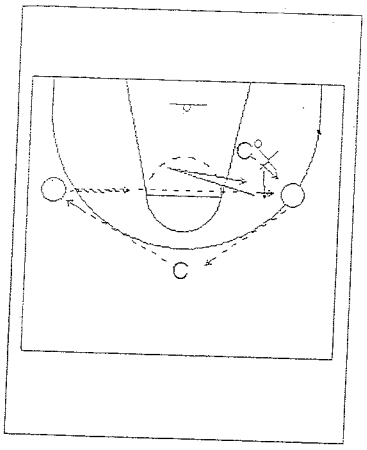


POSITION WORK

1 vs1 wing denial.

Once ball received on wing the ball is passed to a coach in the post.

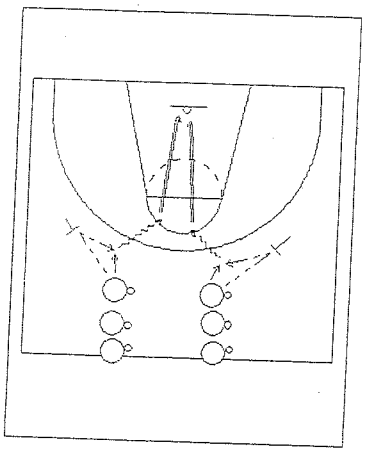
The defender gets "butt to the baseline" between wing and post player



POSITION WORK

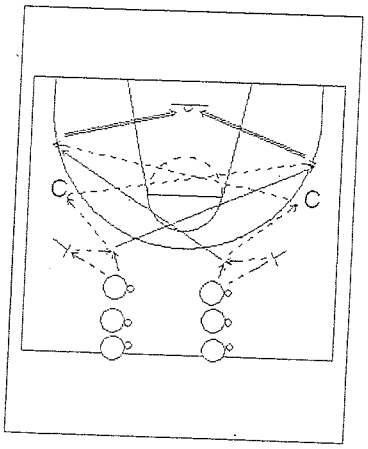
The coach passes back to the wing and the defender recovers. The ball is reversed to the point and opposite wing and the defender jumps with the ball to the split line.

Wing player penetrates to the elbow and then passes to the opposite wing. The defender recovers to the wing and plays 1v1.



POSITION WORK

Each player had a ball. Pass onto toss back. After catching it, dribble to the middle for jump shot. Rebound own shot and join other line.

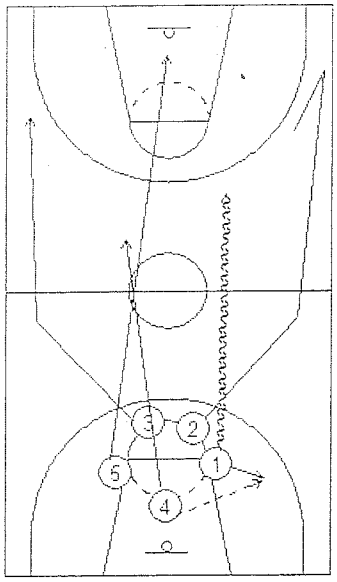


POSITION WORK

Each player has a ball. Throws ball onto toss back and then passes to coach on their side of court.

They flare cut to the other side of court and catch and shoot (in a jump stop).

10.12 5 on 0 Transition

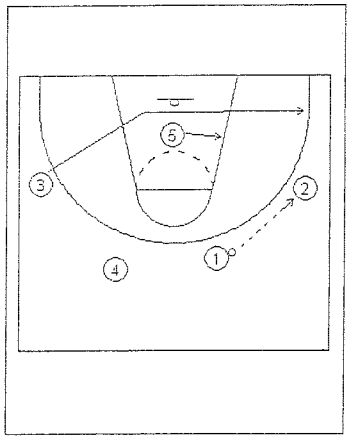


5 ON 0 FROM THE CIRCLE

5 offensive players set up around the jump circle. Coach throws ball onto backboard and #4 rebounds and outlets to #1. #1 sprint dribbles down the floor off the split line.

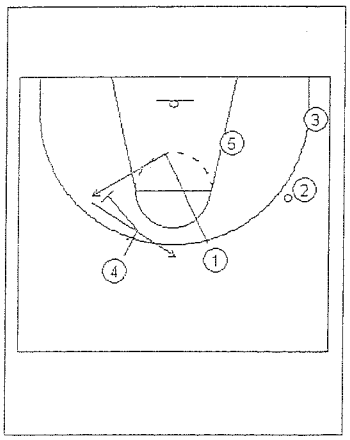
#2 runs the wing lane to below the foul line and then leads back to the ball. #3 runs other wing lane.

#5 sprints to the point of the basket (running the split line). #4 trails off the split to the weakside.



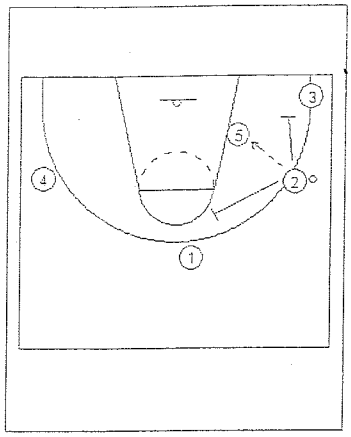
5 ON 0 TRANSITION OFFENSE

#1 passes to #2. #3 sweeps through to the ballside corner. #5 establishes post position to form triangle between #2, #3 and #5.



5 ON 0 TRANSITION OFFENSE

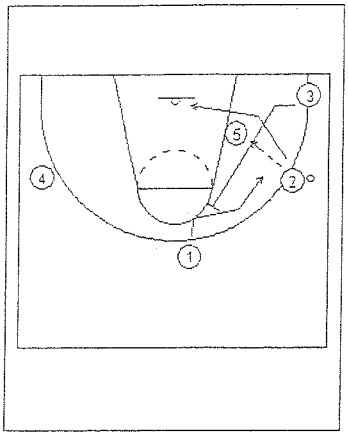
After passing to the wing, #1 slashes into the key (dotted line) and then out to the wing.
#4 trails down and sets a down screen.
#1 cuts off the screen.



5 ON 0 TRANSITION OFFENSE

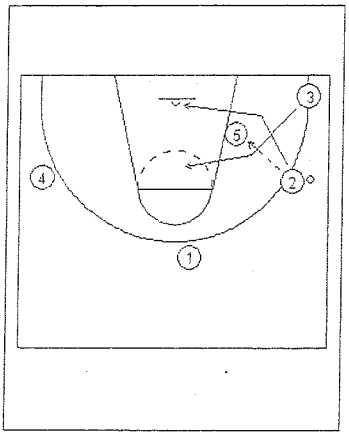
Strong side ("triangle") action (triggered by post fed by #2)

#2 screens for either #3 or #1;



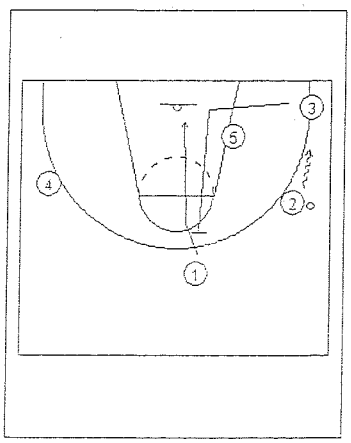
5 ON 0 TRANSITION OFFENSE

#2 cuts to basket, with #3 screening for #1 who cuts to wing



5 ON 0 TRANSITION OFFENSE

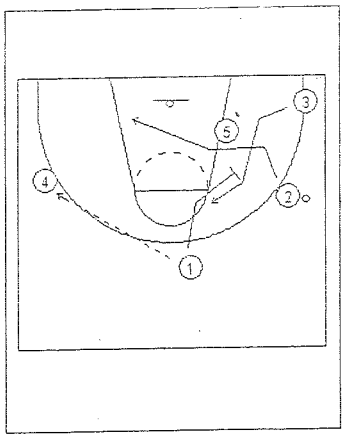
#2 cuts to basket, with #3 curling



5 ON 0 TRANSITION OFFENSE

Strong side action (if no feed to post)

#3 cuts to basket, then up screens for #1. #2 dribbles to deep corner



5 ON 0 TRANSITION OFFENSE

#2 reverses the ball and shuffle cuts of screen from #5 (at mid post). #1 and #5 set staggered screens for #3.

10.17 5 on 5 from Circle Work – Up an Back

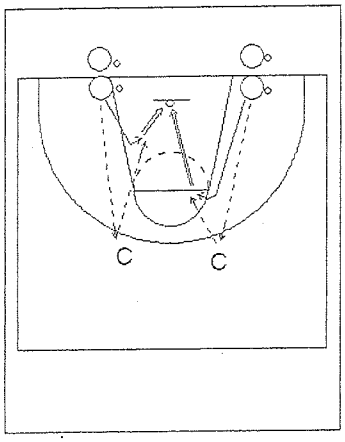
Up and back scrimmage using the above options.

10.27 5 on 5 from Half Court

Scrimmaged in the half court focussing on the action detailed above.
Each team played 6 possessions. Scores were kept. Penalties (sprints) for losers

10.50 Game Day Shooting

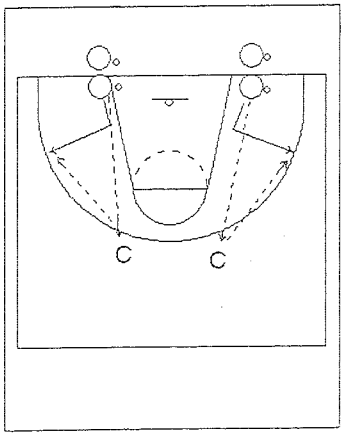
Guards and Forwards one end, Centers at the other end.



SHOOTING DRILLS - PERIMETERS

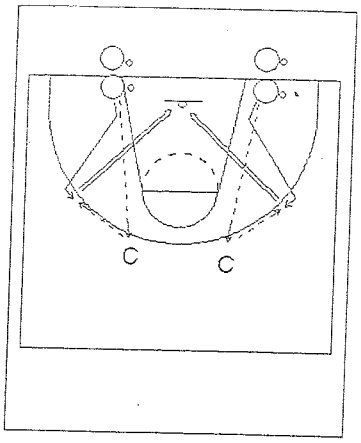
Each player has a ball. Pass to coach and then cut to receive pass back (as if off down screen). Tight cuts (close to basket) and longer cuts to top of key.

Catch in jump stop.



SHOOTING DRILLS - PERIMETERS

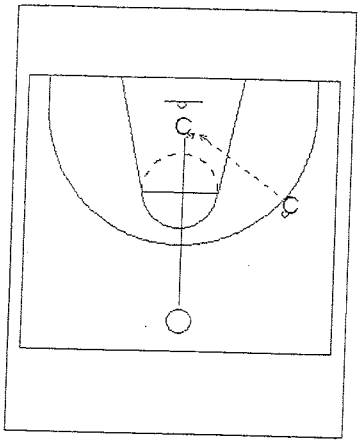
Players pass to coach and then cut up key and flare to corner (as if off down screen. Catch and shoot using jump stop.



SHOOTING DRILLS - PERIMETERS

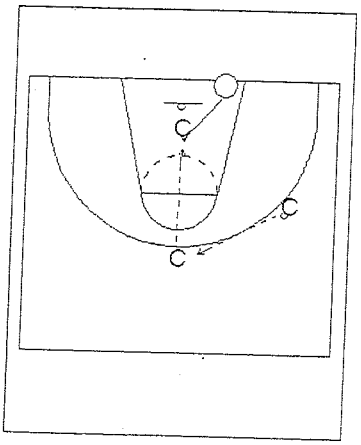
Player passes to coach and then leads to the wing. They "banana cut" at the perimeter to be facing the passer as the ball is thrown. Land in a jump stop. Perform the following moves:

- catch and shoot;
- 1 dribble (left and right) and shoot;
- 1 dribble, step back and shoot;
- 3 point shot.



SHOOTING DRILLS - POSTS

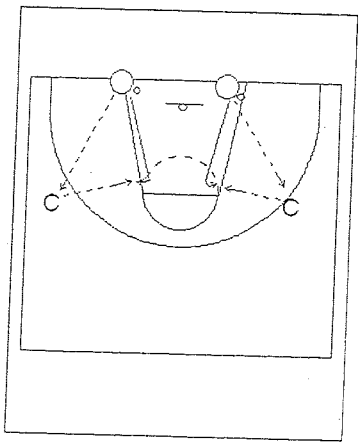
Coach/Manager in key with bump bag. Post player sprints down split line and seals on bump bag. Post player scores and then touches ring straight away.



SHOOTING DRILLS - POSTS

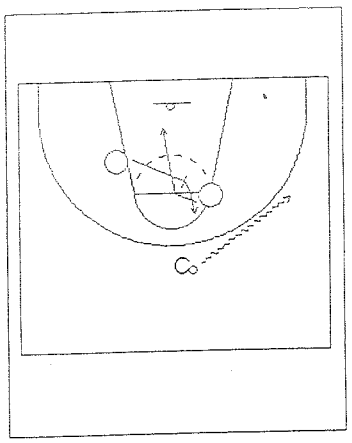
Coach on wing starts with ball. As ball is passed to the point, post player steps in (getting foot advantage) and seals coach at basket. Coach has bump bag.

Ball passed to post who scores and touches ring.



SHOOTING DRILLS - POSTS

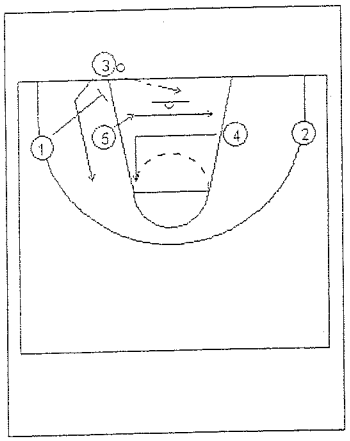
Players pass to coach and then cut to high post. Receive pass back and shoot.



SHOOTING DRILLS - POSTS

Post players start high and low.
As the coach dribbles to the wing, the low post screens for the opposite post who cuts to the basket.
After screening, the player pops out.

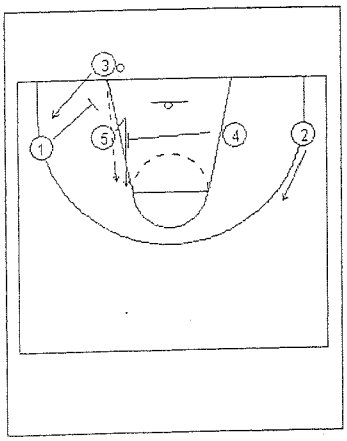
11.05 Out of Bounds Plays



BASELINE OUT OF BOUNDS

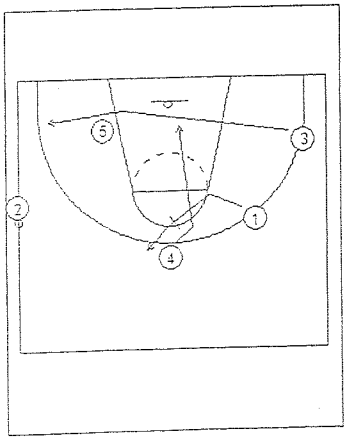
#5 stepped in first and #4 cut across to ballside and then cut to foul line. #5 moved across key.

After the ball was inbounded, #3 could come off screen by #1 (shown) or off screen by #5



BASELINE OUT OF BOUNDS

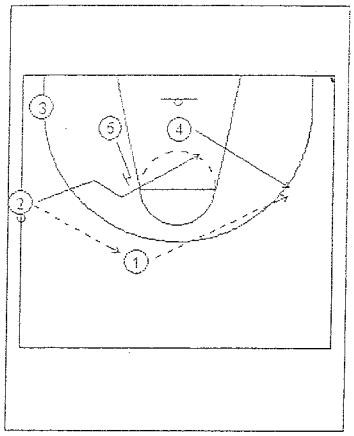
Alternatively, #4 screens for #5 who cuts to foul line.



SIDELINE OUT OF BOUNDS

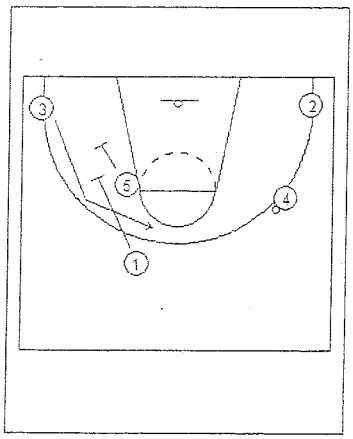
#3 cuts strong under #5 to the ball side corner. #5 is not screening, but creates some "traffic".

#1 back screens for #4 who cuts to basket.



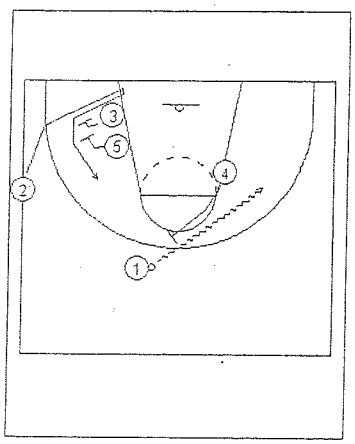
SIDELINE OUT OF BOUNDS

#2 passes to #1 and then to #4 who replaces out to the wing.
#2 shuffle cuts off #5 to either short or long corner.



SIDELINE OUT OF BOUNDS

#5 and #1 set staggered screen for #3.



SIDELINE OUT OF BOUNDS

As an alternative, #4 doesn't cut all the way to the basket and #3 stops at the key.

After the ball is inbounded to #1. #4 steps out to set a pick and #5 steps down the lane.

#3 screens for #2 who cuts to key.

#1 dribbles off screen from #4.

#2 cuts off staggered screen from #3 and #5

End of session.

"HELP CREATE YOUR TEAMS IDENTITY"

9/27/03
BADEN CLINIC

KELVIN SAMPSON - OKLAHOMA

"if you always do, what you've always done you will always get what you always want."
- KS

- HOW DO YOU WANT TO WIN THE GAME? -

- give your assistats a responsibility --- give your assistant coach credit

- FIND AN EX-COACH IN YOUR COMMUNITY BRING THEM TO PRACTICE ↓ have them scout your team

TOUGHNESS COMES FROM PRACTICE - HUGE DIFFERENCE BETWEEN PLAYING HARD AND COMPETING - major level -

---

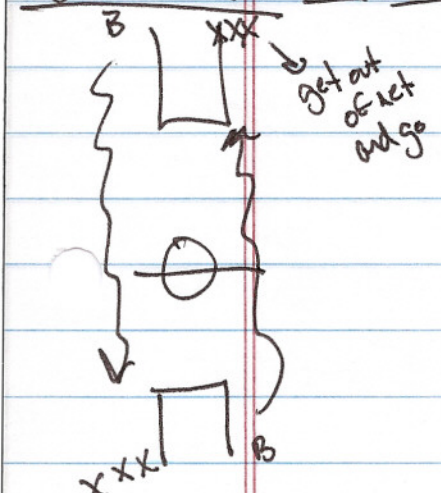
1. "Most parents want son to make all conference team more than your team win the Conference"
2. "if you listen to them you will be ~~them~~ sitting with them (USE ON PARENT NIGHT) "Kelvin Sampson"

"KIDS HAVE TO SURRENDER TO YOUR SYSTEM"

"Shooting is not an equal opportunity position"

1. every drill has a time element and a goal element
2.

DRILL #1 - FULL COURT LAYUPS - "warm-up drills"



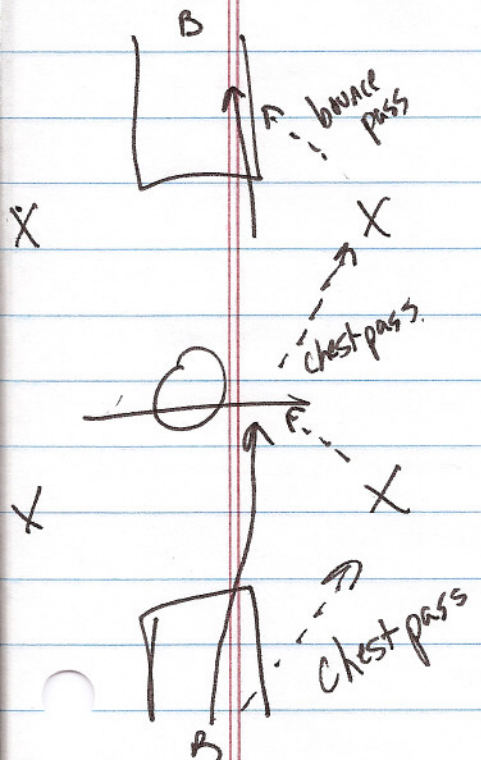
- give them goals = guards have 3 dribbles
posts have 4

- blow whistle - stop typ and shoot left handed layups

Take coaches to NBA camps

LEAD BIG 12
1. FT%
2. OFF REBS
3. TO to ASST RATIO

DRILL #2 DIAGONAL LAYUP DRILL

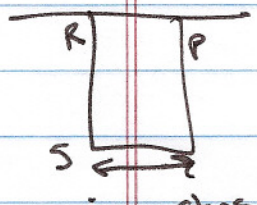


2 minutes - goal -
4 balls - make 80 layups in 2 min

"be a stickler for details"

→ two hand chest pass - follow pass on straight line
ball never hits floor - change up passes

DRILL #3 SHOOTING DRILL - 3 man 2 ball shooting



★ w/ 27 shot attempts make 17 shots in 1 minute ★

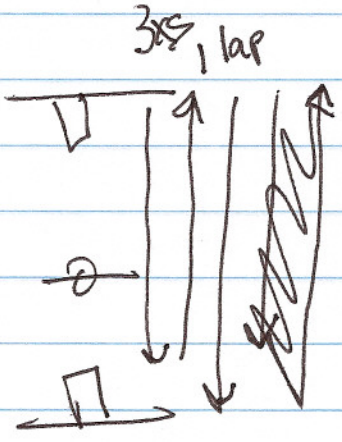
"hand - game speed"

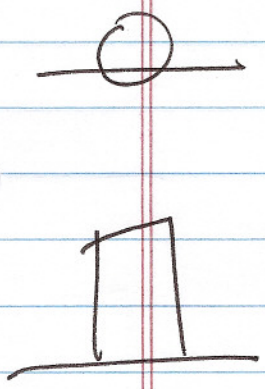
NBA
if don't get it shuttle

Payton 56 sec
VanExel 78 sec

→ touching line = winning on road

little things right





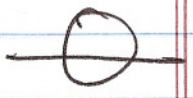
our "Oklahoma Shooting"

DRILL #4 INTENSITY SHOOTING DRILL



1 min - 10 makes in 1 min
12-14 average on 19 attempts best shooters

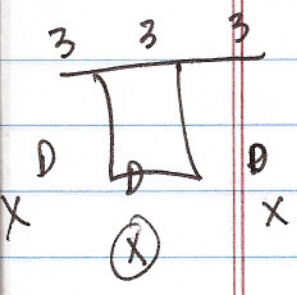
"Must practice shooting at game speed"



CHALLENGE THEM w/ goal and time



DRILL #5 BUBBLE DRILL



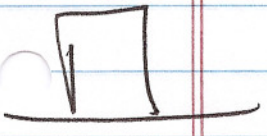
5-5 game "Double Bubble drill" → 10 points or 10 minutes
2 pts OFF REB
1 pt DEF REB

You can take an average player and make him A great OFF REB

Keep stat = OFF REB TOUCHES
keeping ball alive → reward kids for effort



5 point game - only def scores; OFF REB puts you on def
have 3 teams of 3
cutthroat - earn right to be on defense - fist fight for the ball

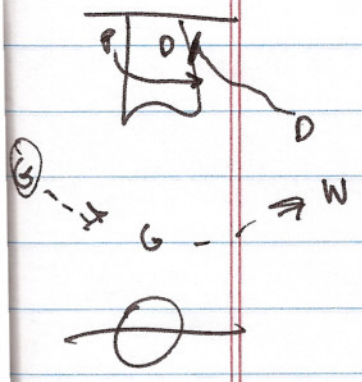


"You achieve what you emphasize"

DRILL #6 SCREENING DRILL

straddle

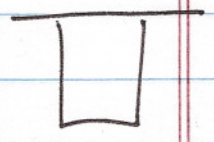
"sprint screen" - jump stop on foot closest to you
"COLLIDE"

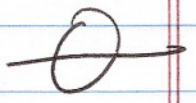


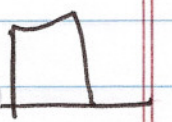
"Dont coach everyone the same, but treat them all fairly"



DRILL #7







***** break first option that is shooting drill

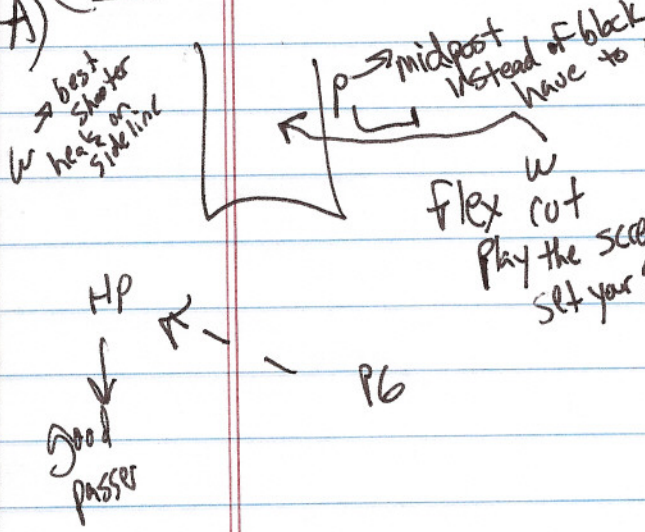
3 POSITIONS ON FAM

PG
2 wings
2 posts

"basketball in not played on catch; on flight of ball"

OKLAHOMA SECONDARY BREAK

A)



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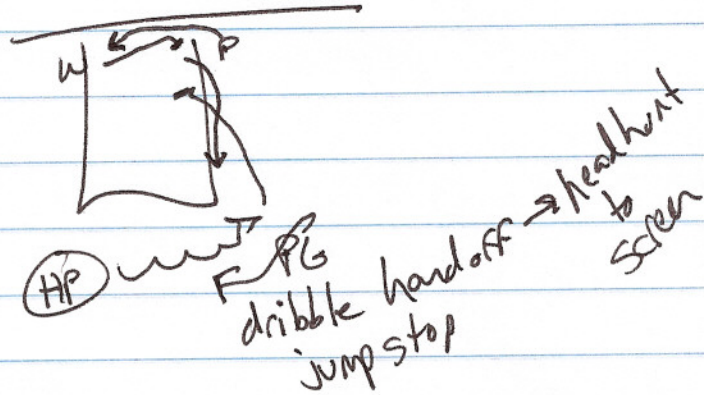

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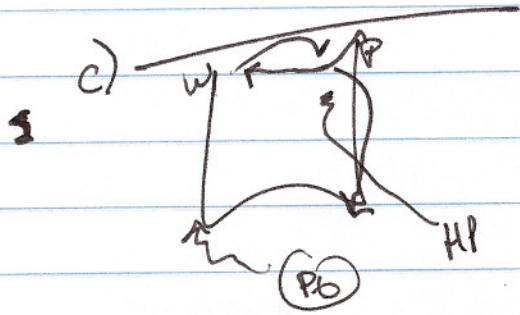
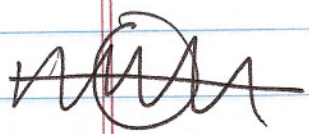
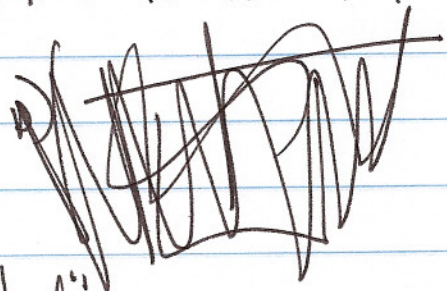
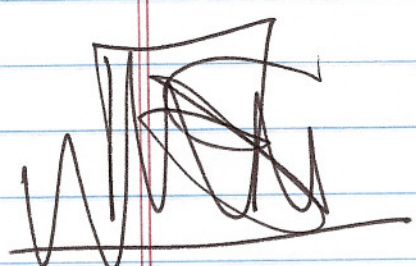




"Nothing has ever been learned until it has been taught"

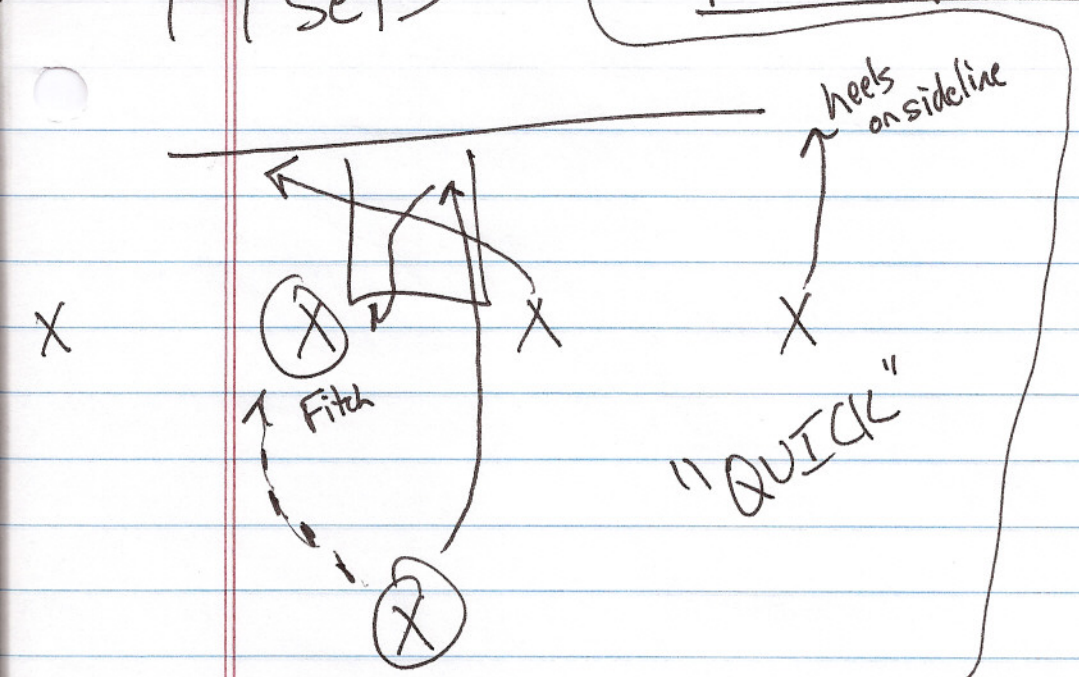


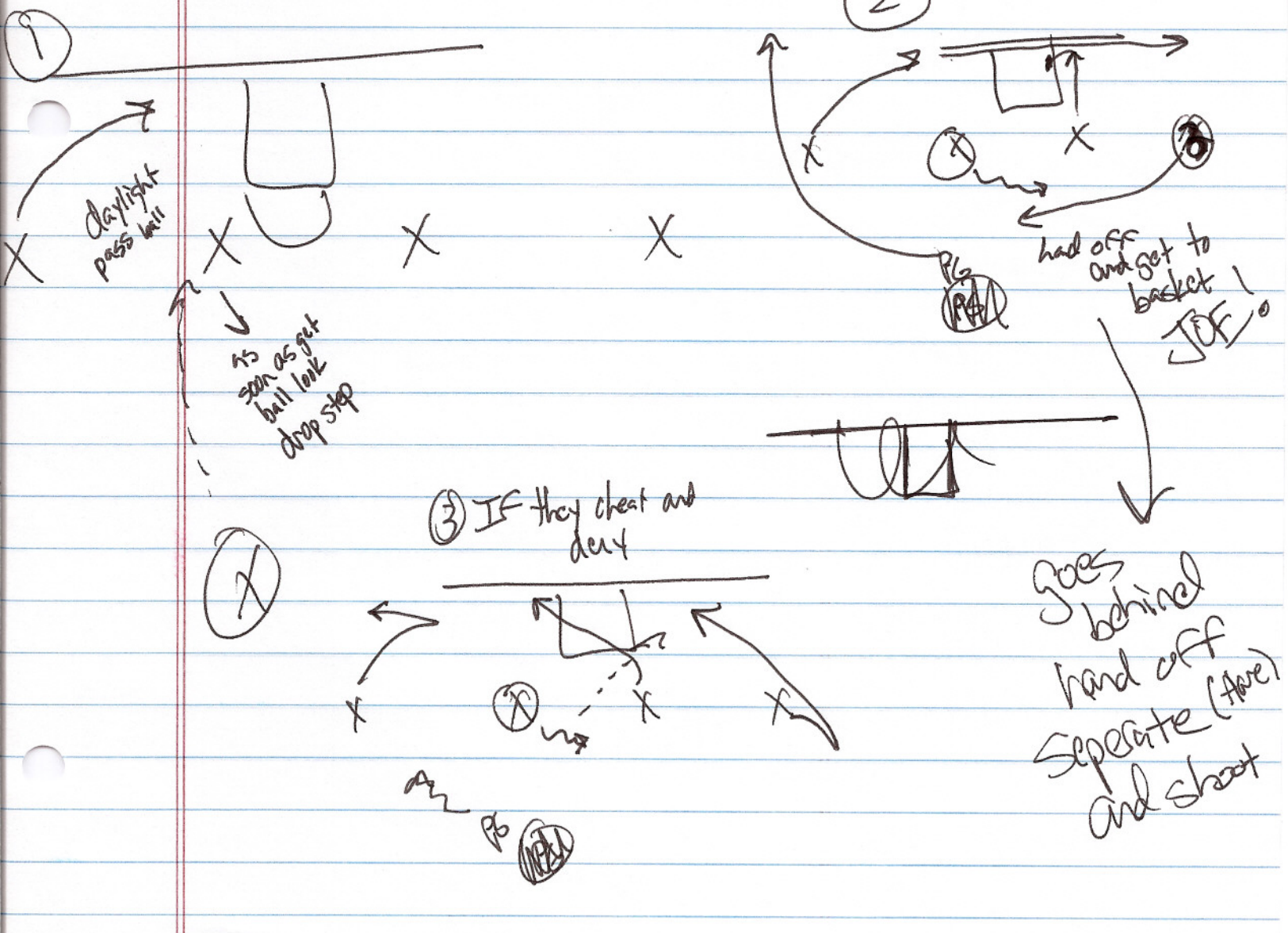


"mud in their blood"

1-4 sets

post in high post = shoes on top

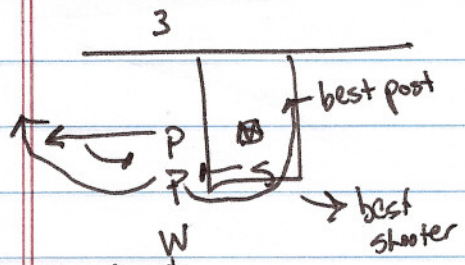


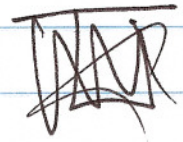


2 BLOBS #5 : #6 ⇒ down 5 plays

BLOBS ⇒ gives opportunity to teach screening

(1)



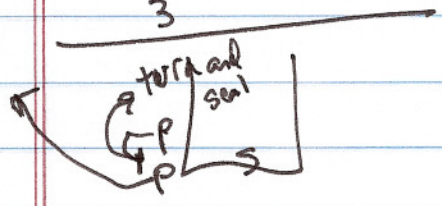


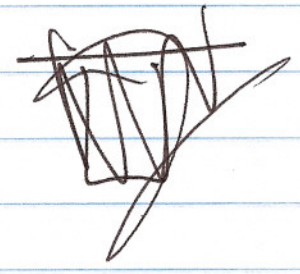


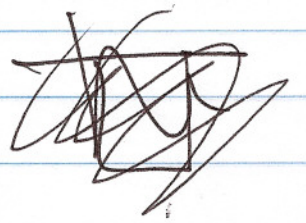
Screen the screener

Send softp value to halfcourt corner so inbounder can see him

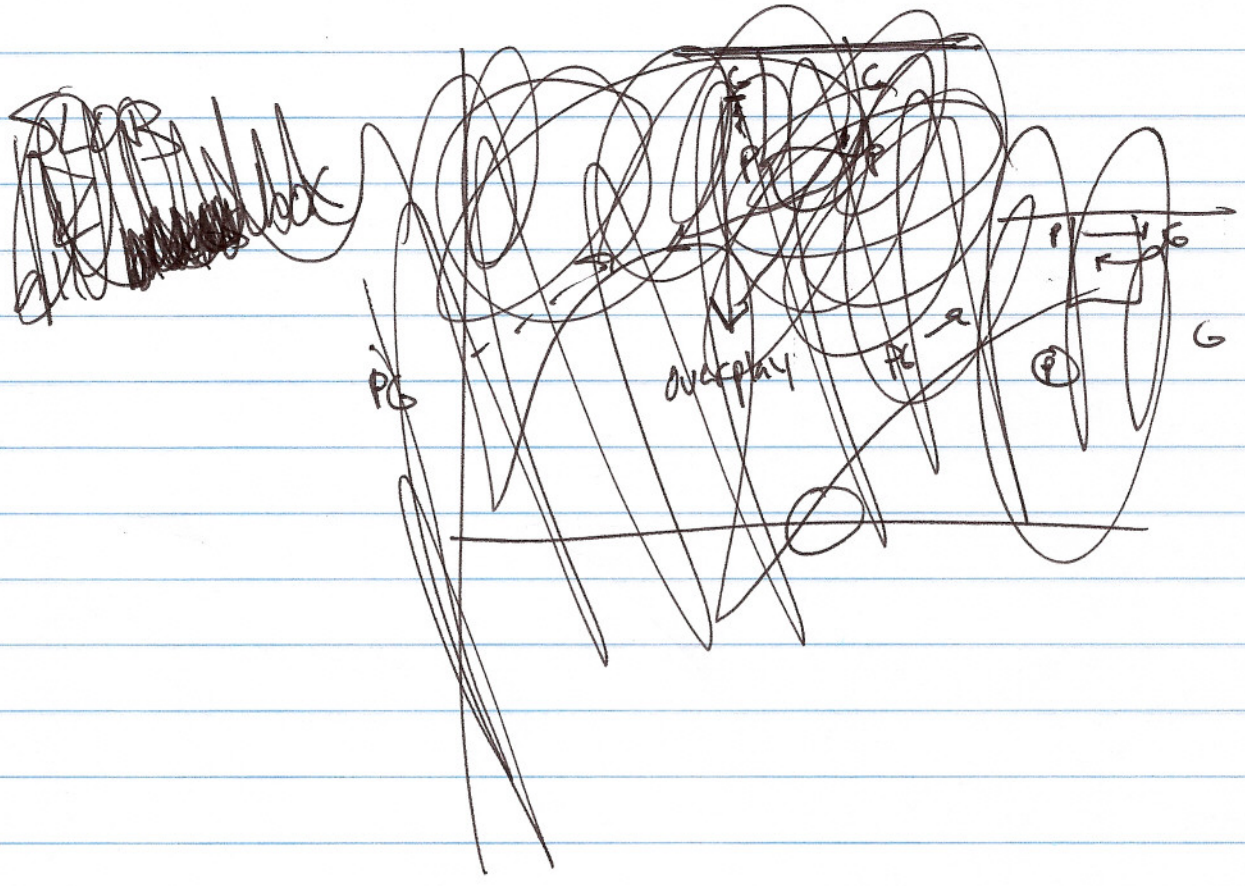
(2)





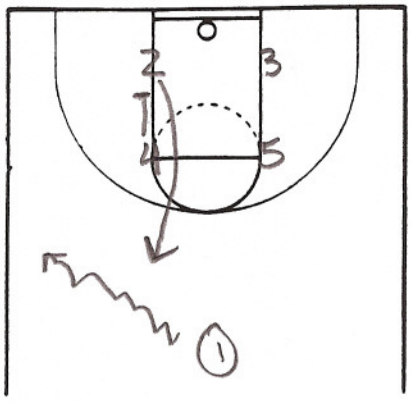


PG



CYPRESS SPRINGS BASKETBALL
OFFENSIVE PAGES "OKLAHOMA"

1



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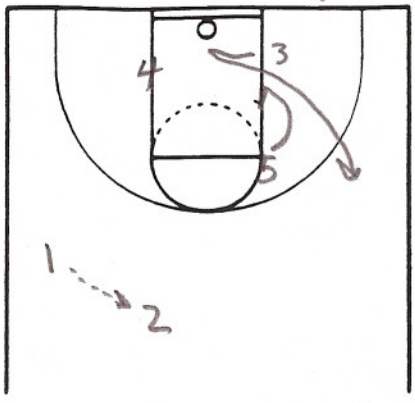

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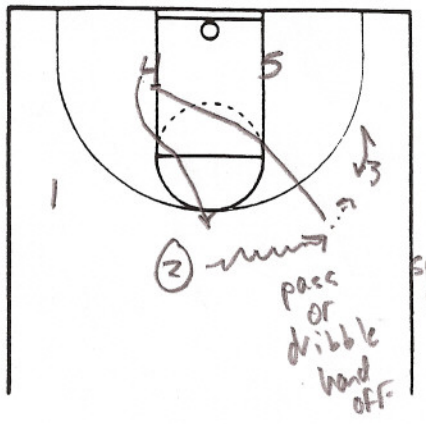

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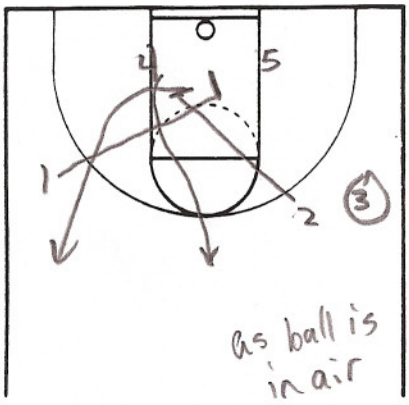

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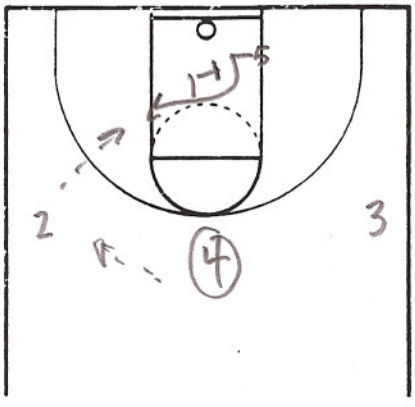

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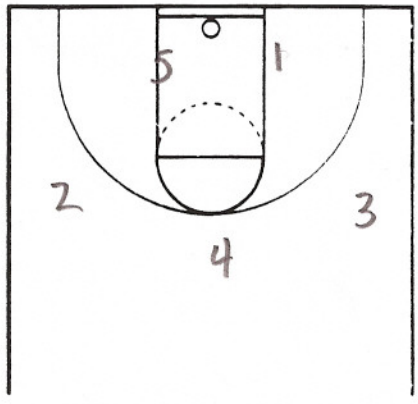

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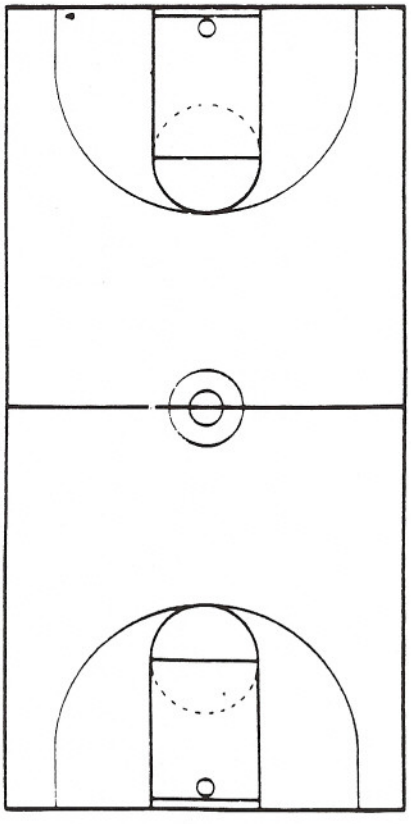
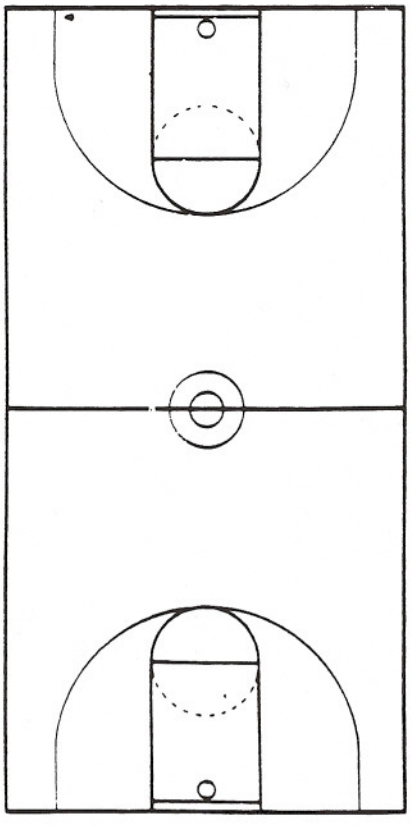
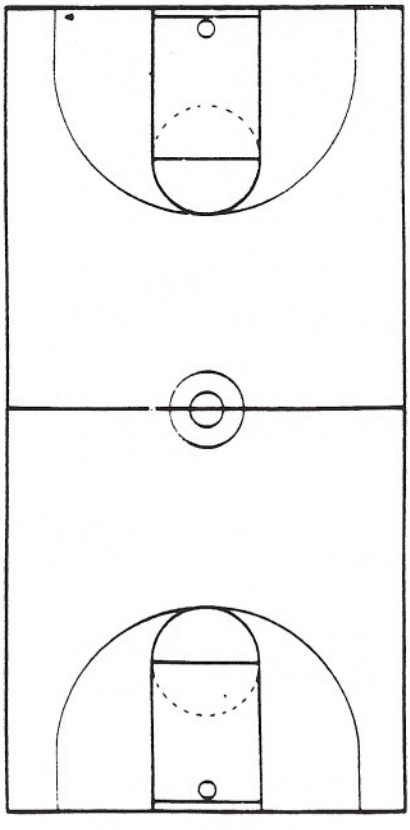






BASKETBALL SCOUT PAD

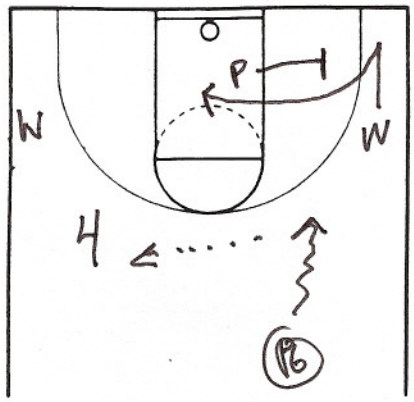
OKLAHOMA SECONDARY BREAK

VS.

DATE

PLACE

1



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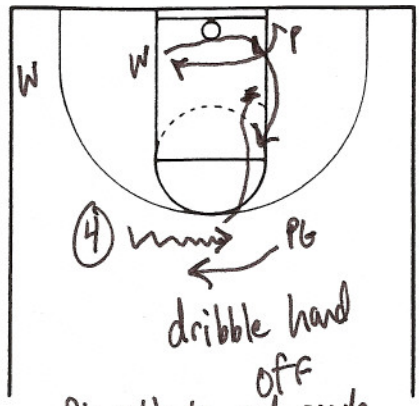
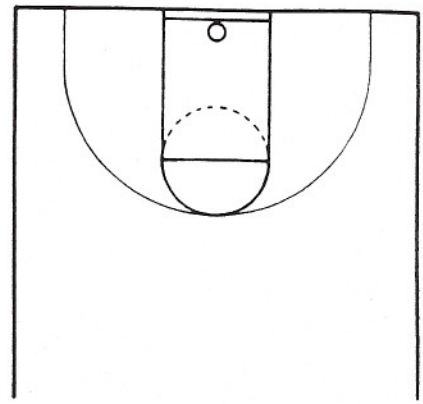


dribble hand off

PG attacks and reads

3



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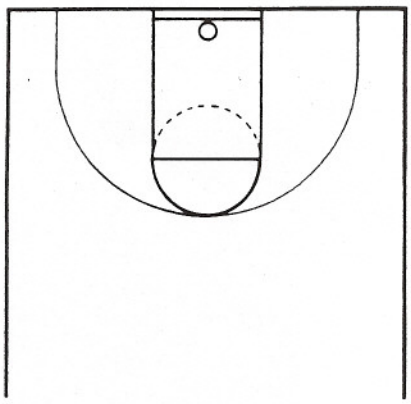

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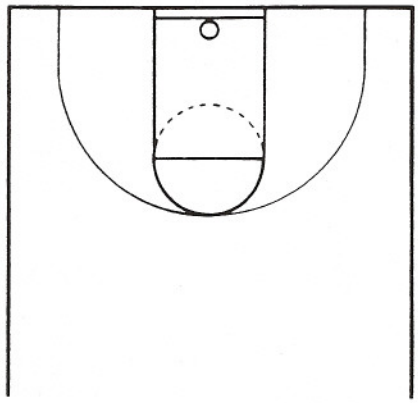

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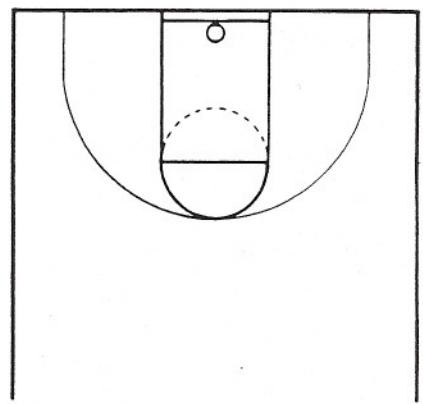

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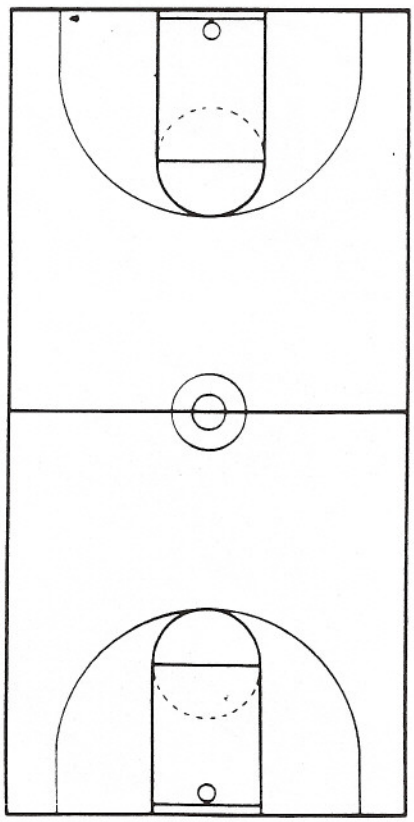
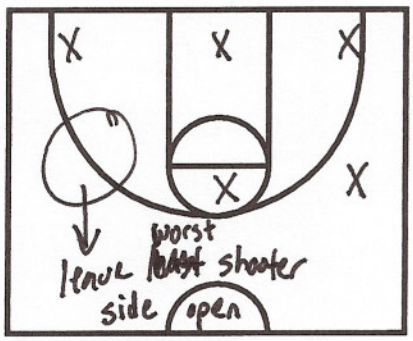
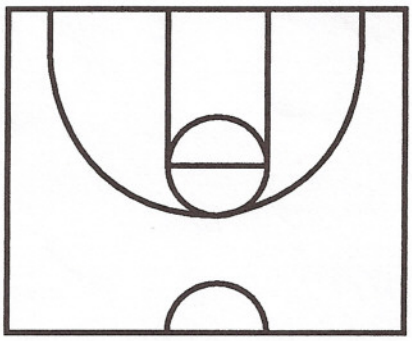


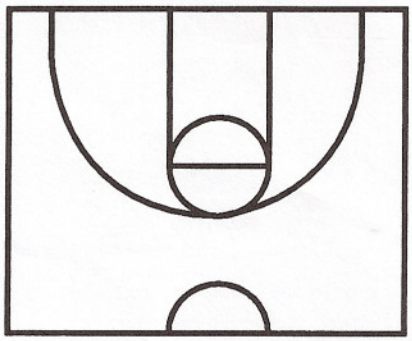
KELVIN SAMPSON - OKLAHOMA

tabc notes

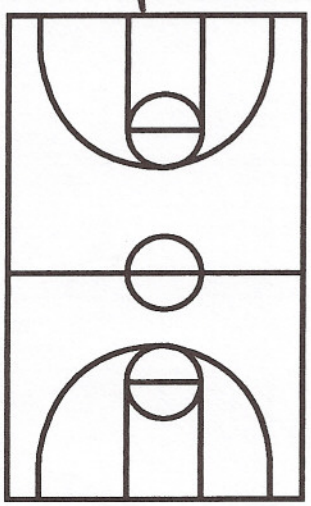
2-3 ZONE





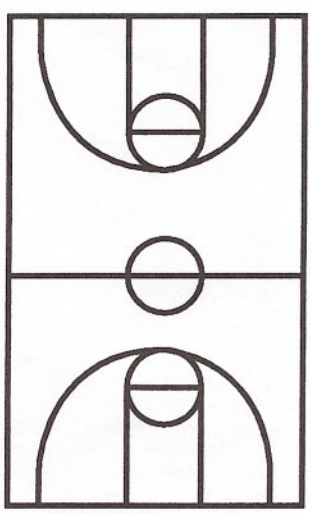


1. if you listen to the people behind you; you'll be with them
2. Most parents want kids all district; instead of team district



- "you can't play a position unless you can guard it"
- TOUGHNESS - PLAY HARD vs COMPETE -

COMPETE - (every possession; do not take one off)
- 70 possessions
  - chart possessions
  - off possessions (out of all off sets)



★ come to practice ★
- COACH HARD EVERY PRACTICE
- WHO IS YOUR BEST PLAYER?
  - if he is an ass -- so will your team
  - mirror you - "make team understand coach is right"

"you achieve what you emphasize" choose 3 things

OUR IDENTITY everyday emphasize

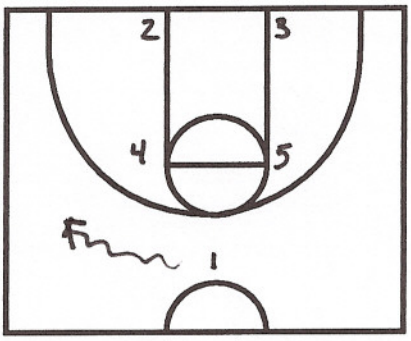
WIN = BEST PLAYER and ATTITUDE

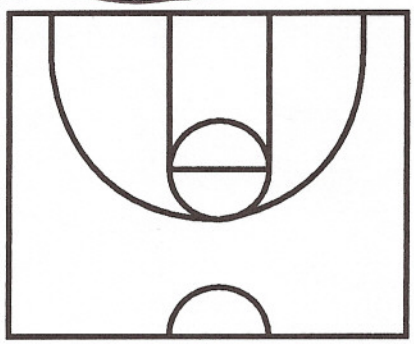
Awards banquet
1. games } after school
2. pizza
3. awards

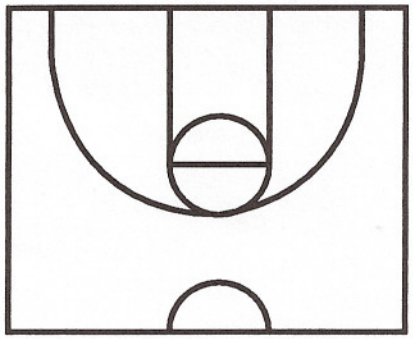
1. screener award

tabc notes

CONTINUE BOX SETS



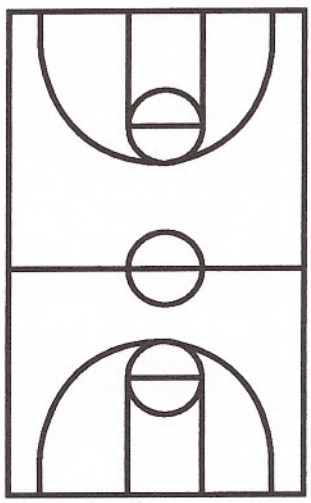




-Commitment vs involvement- "chicken or pigs"

"Shooting is not an equal opportunity position"

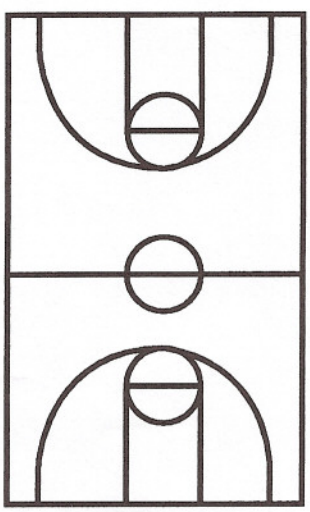
Off = point guard



Halfcourt offense - "real simple quick hitters"

Who are your best 3 scores?

- What to run last 2 minutes - need an offense for last two minutes



"Don't like guard to wing passes"
everything is a dribble entry

Try to lead league in
FT%
Ast to TO
Off Reb

start practice

10 min of screening andes ↓ Stretch

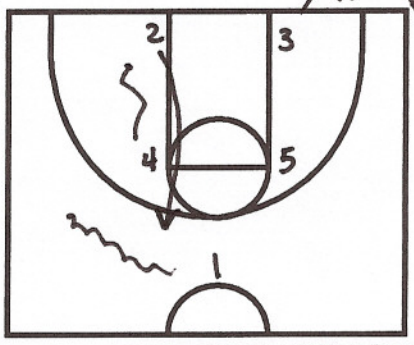
"Don't treat everyone same, but treat them fairly"

CONTINUITY BOX SETS

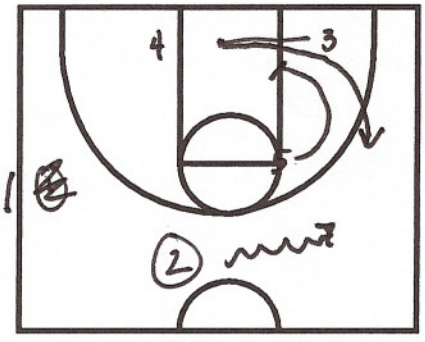
tabc notes

"Use the one's that can't do it as demonstrators"

(1) "OKLAHOMA" ↗ Hollis Price



(2) head under net



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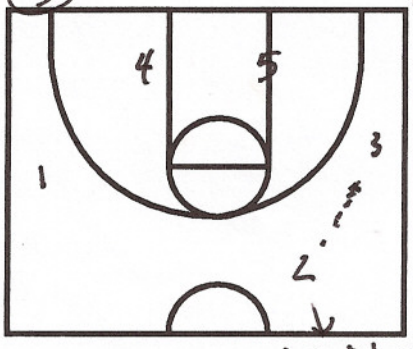


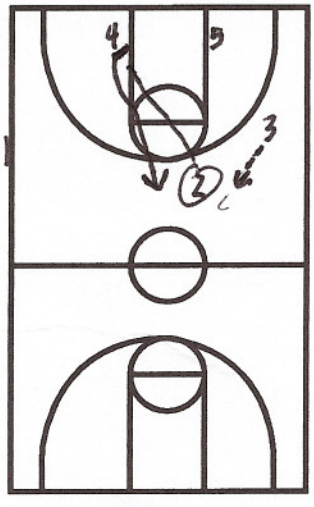
"sprint screen" for 4

- use as a delay

1. hi-low on front	
2. 2man on behind	

1. point to wing dribble entry (make pass with butt to sideline)

(4)



2. downscreen (teach screening w/ jump stop on foot closest to you)
↙ zipper cut ★ "collision" - must wait and set up screen ★
- catch ball (ball in air feet in air) with butt to ~~sideline~~ half court)

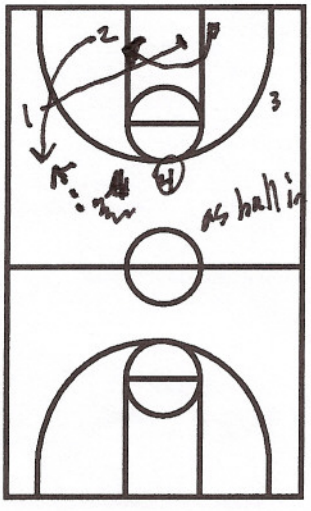
"can't make a pass to side of floor unless your on it" (put tape down middle"

"always catch BBall facing basket in triple threat"

~~+ screen when ball is in flight~~

"use screen the screener"

(5)



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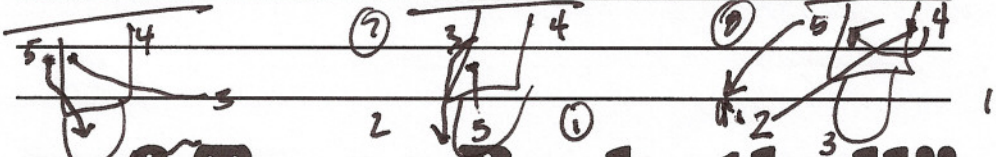
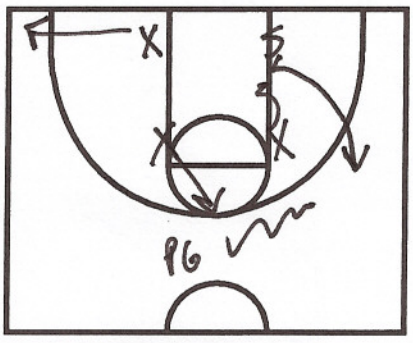
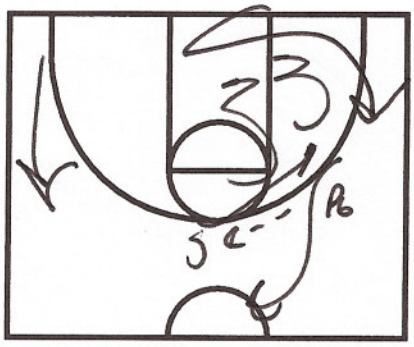
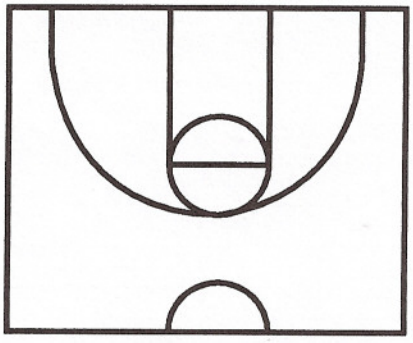


Quick Hitter #1

tabc notes

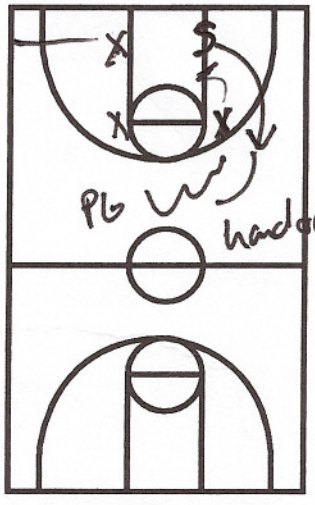


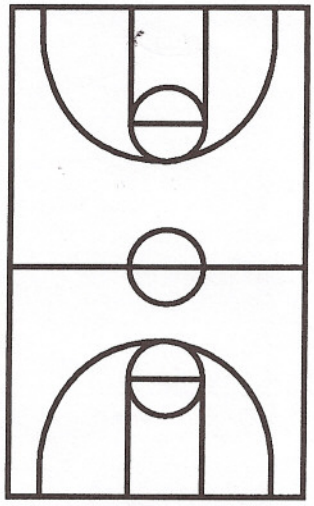




- Feed the post - use inside foot as pivot foot -

Quick hitter





"Go hard on your cuts"

Loser - have to run 12x in

★ set the bubble ★

- establish team's identity in early practice and keep working on it

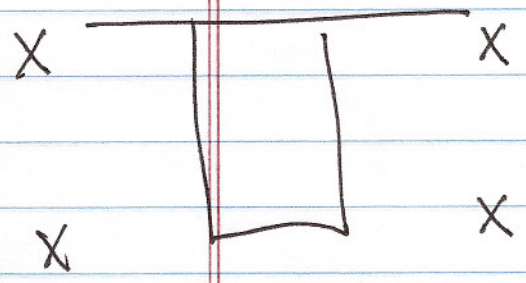
Winston Churchill

"Don't ever, ever, ever, ever give up"

9/26/03

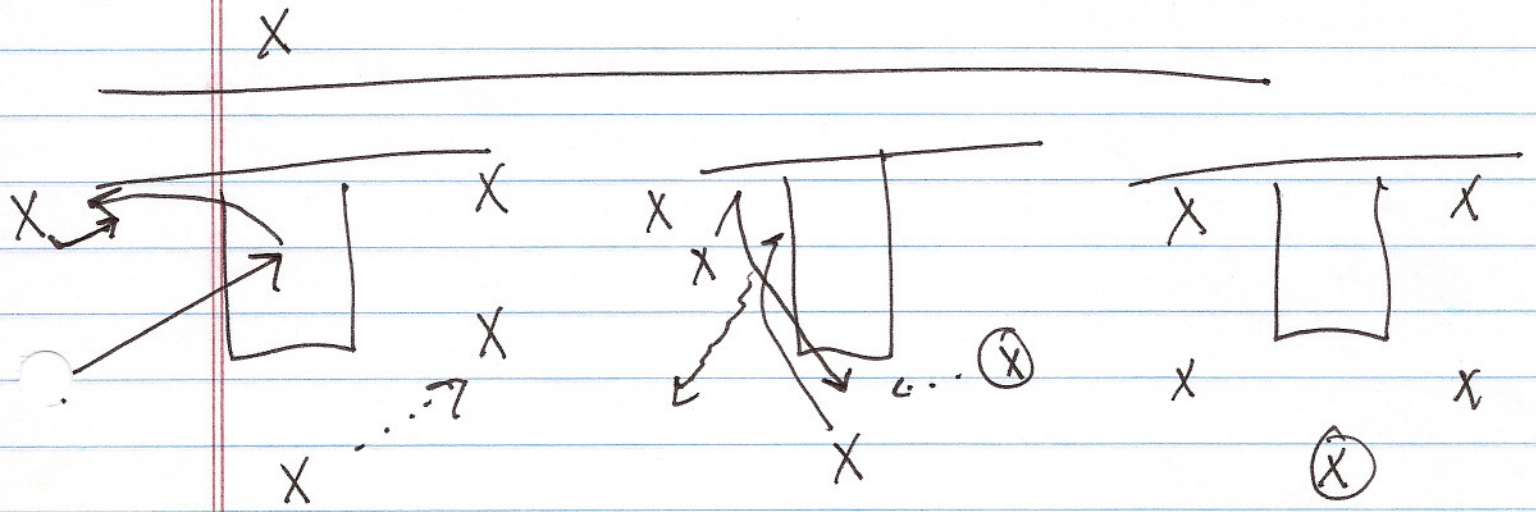
PAT SUMMITT — BADEN CLINIC

1-2-2 MOTION OFFENSE (STRUCTURED)



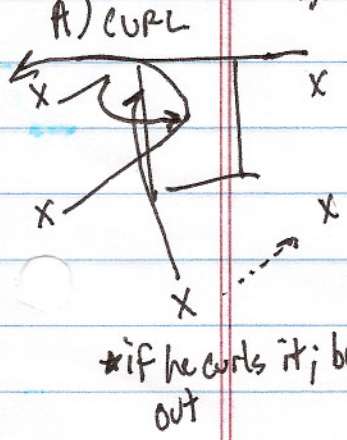
SPACING / ENTRY

- space to your shooting range
- define players shot selection
- entry can be to either wing



BASIC MOVEMENTS

1. pass to either wing
2. backside cut to basket → curl to corner
3. top player downscreens for backside → backpeaks out
4. back in it (basic movements)



A) CURL

*if he curls it; backpedal out

B) if they switch; slip screen

C) if take reversal away; backdoor and fill spots

D) Flare if they step under → screener goes to screen on the ball

E) designate 1 man a post (option)

UT Girls
865
974
0600

PAT SUMMITT - UNIV of TENN

9/26/03

- philosophy + terminology all together w/ assistants = team together

"Every day put them in game situations"

- use assistants in game -
  1) defensive point of pick up
  2) scored on 3 straight possessions
  3) change defenses = scoring

"Win in life with people"

LETTER

* where do you want to go play & want can you say about yourself

-signed Head Coach

RUNS SECONDARY TO REVERSE THE BALL

"Defense hates a patient offense"

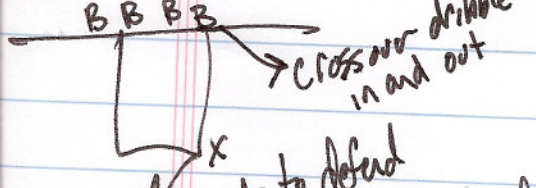
when coach calls drill "call drill, players call it out"

Halftime
- team leader put something on board each day

Warm up drill everyday

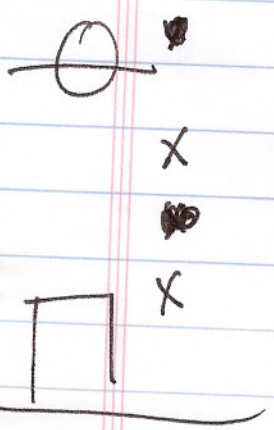
OFFENSIVE PHILOSOPHY 6-10 min

Dribble PASSING DRILL



"change your speed level, take care of ball" 4) fake spin

heel to instead of jump stop



Dribble

1) crossover
2) reverse - make contact - be physical
3) hesitate and go - sell out on hesitation

PASS

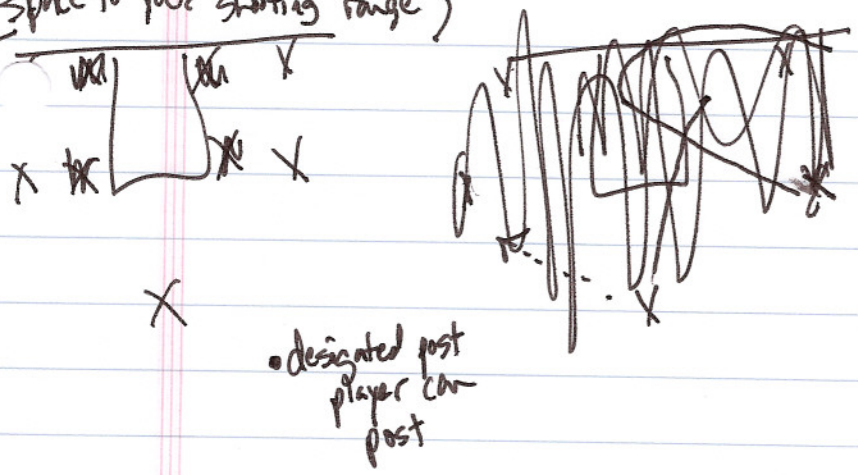
1) pass
2) pass and cut - 7 cut
   when catch ball - triple threat
3) bounce pass - shot fake
   → off the dribble

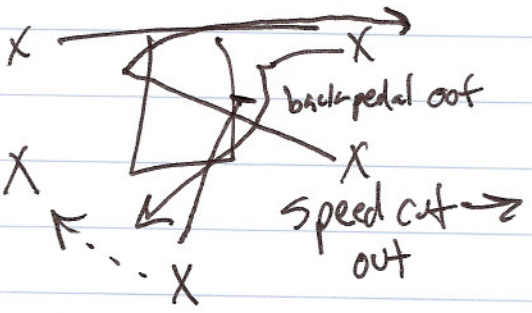
1-2-2 (structured)

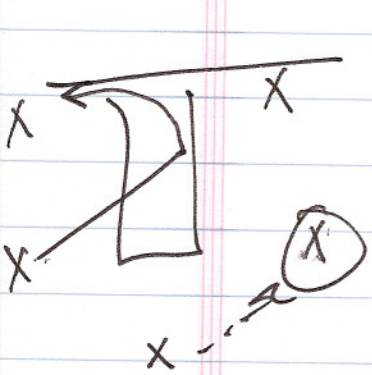
"define shot selection"

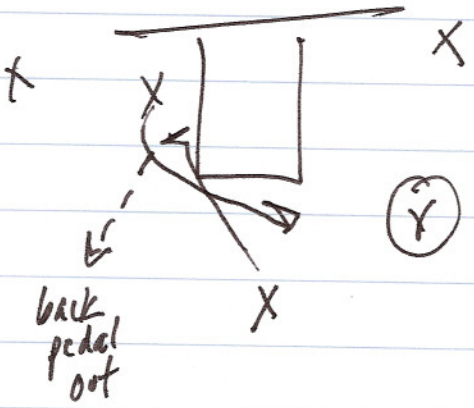
MOTION OFFENSE (VILLANOVA)

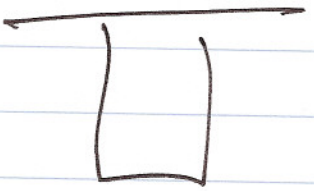
(space to your shooting range)

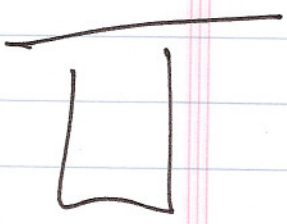


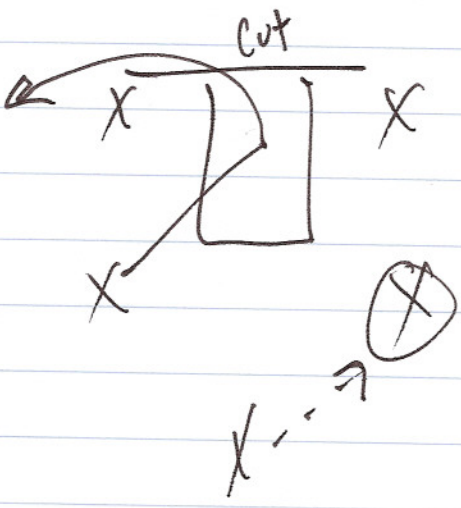


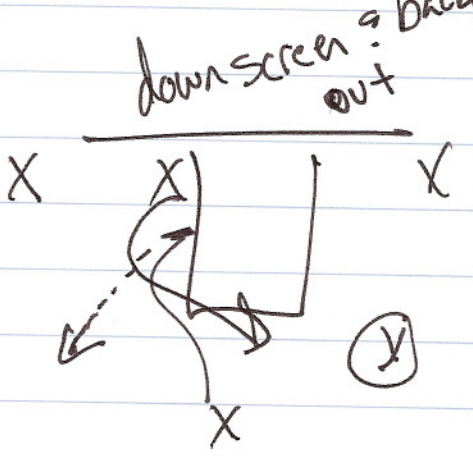


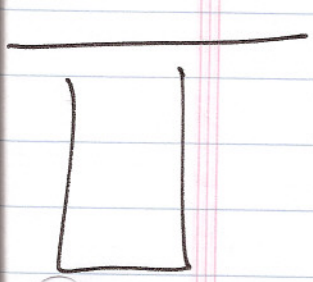




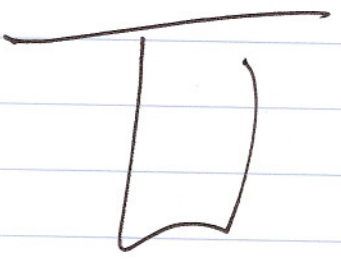






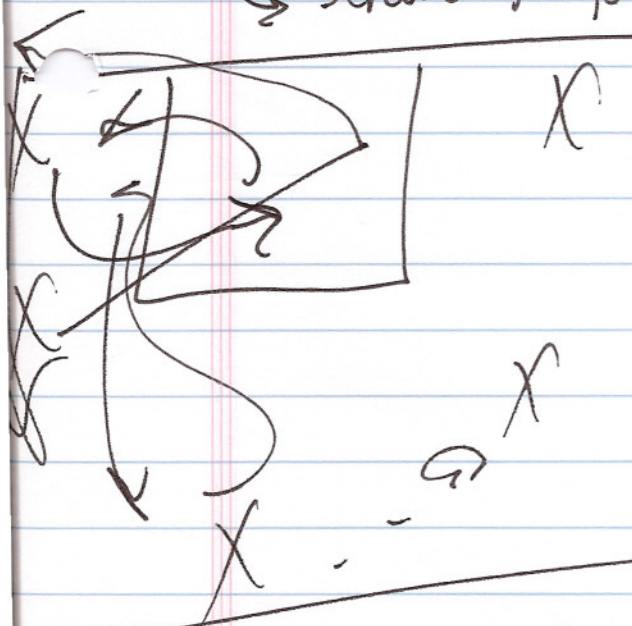


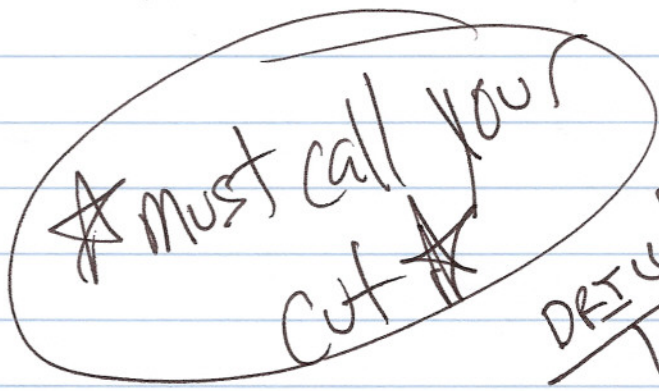


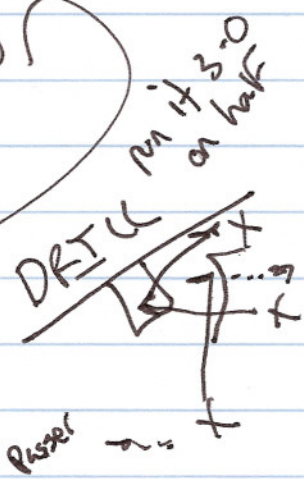


OPTIONS

1. entry to either wing
2. weak side wing Makes speed cut to rim turn and Fill out to corner same side
3. downscreen from top then backpedal out and reverse it (continuity)
4. if curls it; backpedal out → fill → go to corner
   ↳ screener go to top



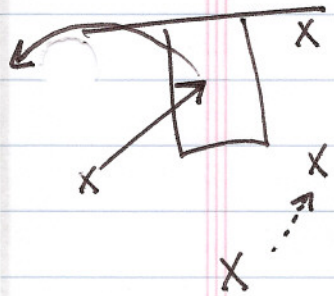




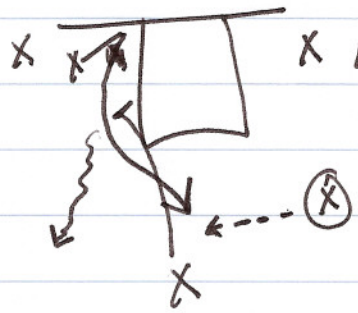
5. downscreen and switch → slip screen
6. backdoor = fill spots
   ↳ if fake reversal away
7. Flare - screener goes to screen on ball = screen and roll if flare
8. Post up when come to reverse downscreen and seal - curl = post on reversal
9. - fake backcut and fill

"must call your cut"

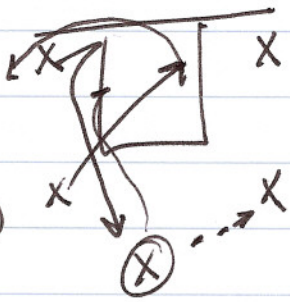
1-2-2 STRUCTURED MOTION OFFENSE



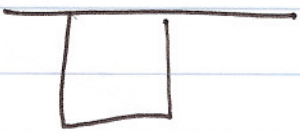
- pass to either wing
- backside wing speed Cuts to basket then fills corner



- top downscreen then backpedal out



- back in it
- continuity



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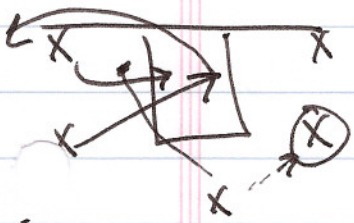
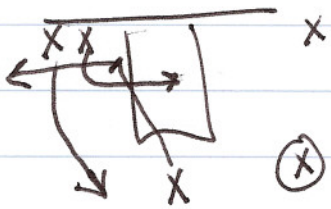
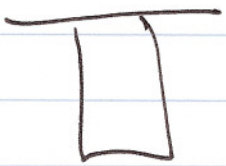
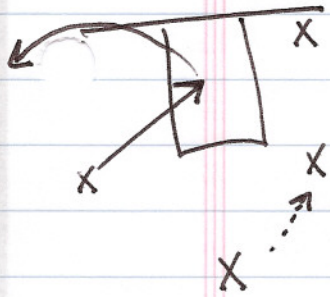




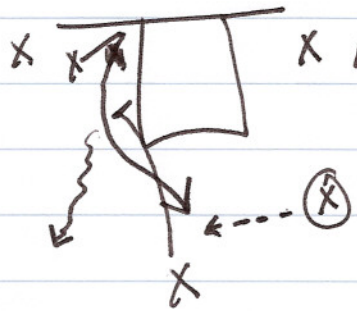


- if he trails screen you can curl it "call curl"

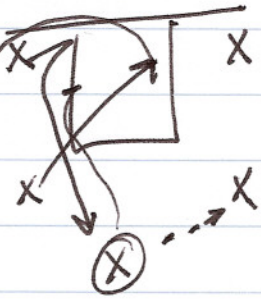
1-2-2 STRUCTURED MOTION OFFENSE



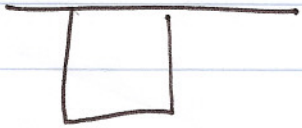
- pass to either wing
- backside wing speed cuts to basket then fills corner



- top downscreen then backpedal out



- back in it
- continuity



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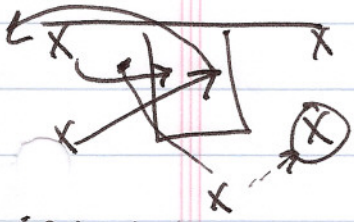

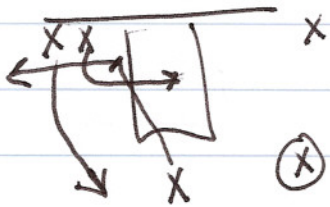

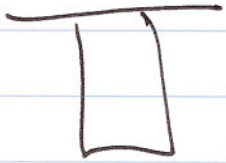

- if he trails screen you can curl it "call curl"

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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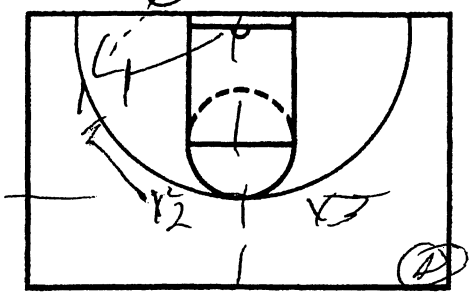
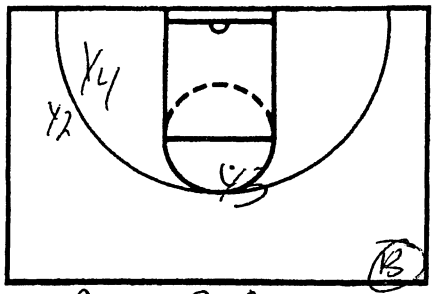
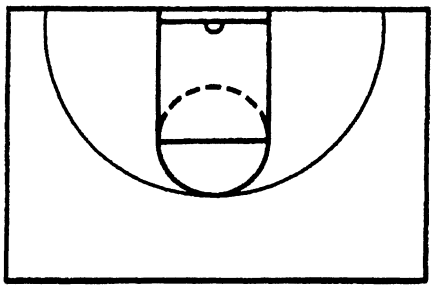
CLINIC Craig Wilkes
DATE Press of Mayland

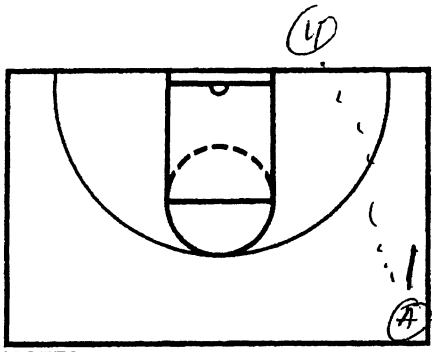


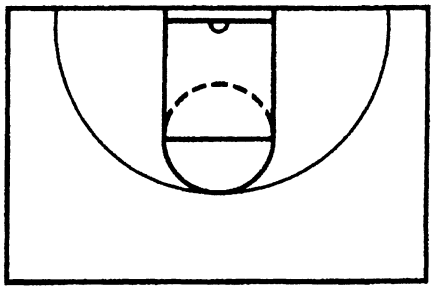


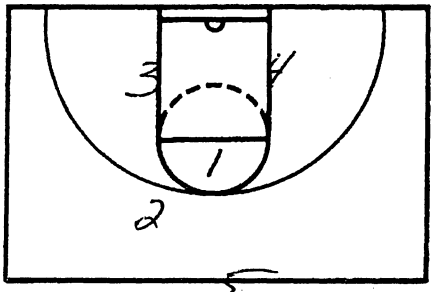


NOTES

v Play 2 Guys



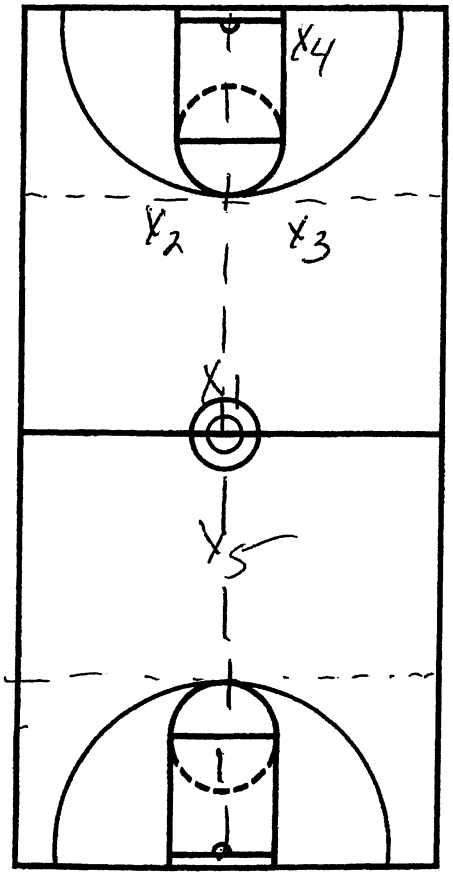




NOTES If target a Cater
Have press is off

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

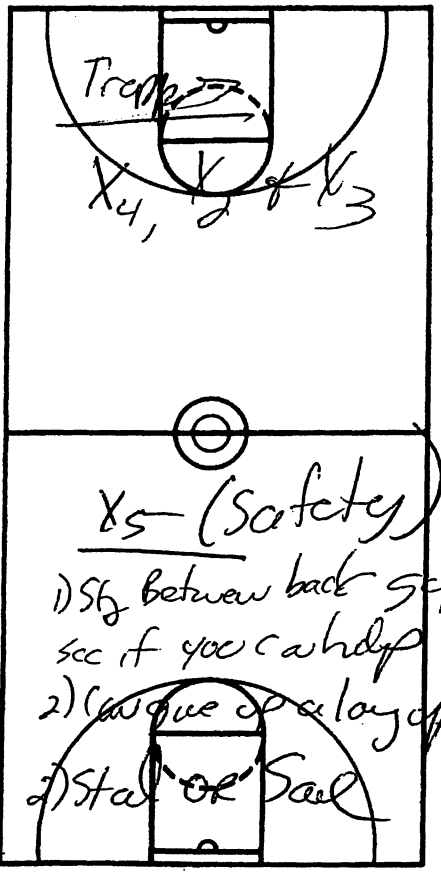
1) Push man to baseline
2) Make tough catch
3) Find Guys

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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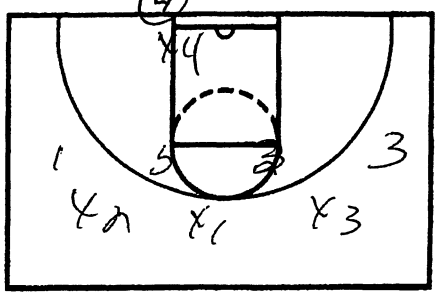
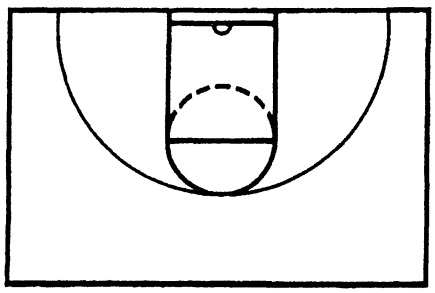
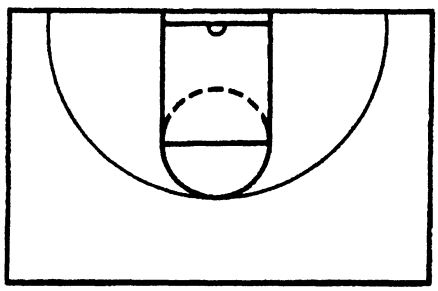
CLINIC Gary Williams
DATE
Maryland

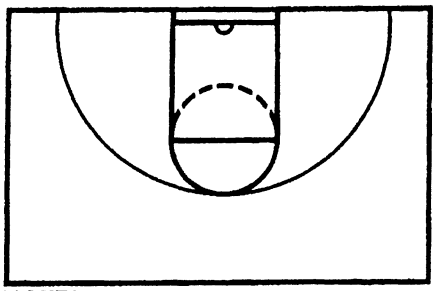


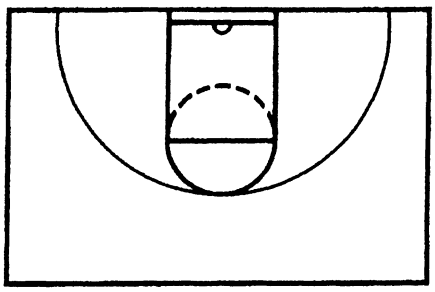


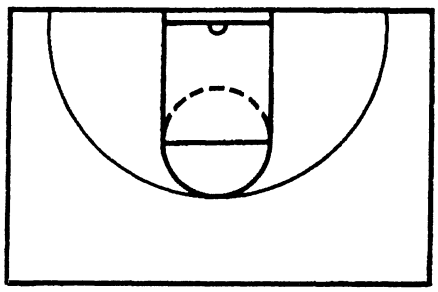


NOTES

X5



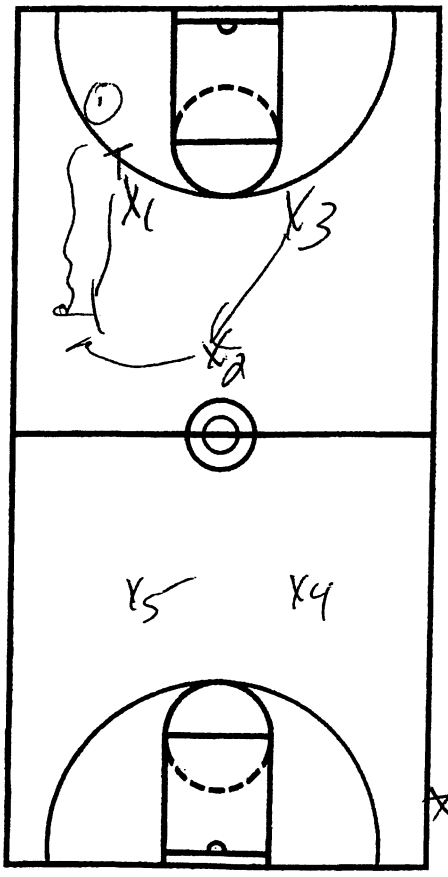




NOTES

JUST DO IT

2-1-2
ITrap Press



NOTES

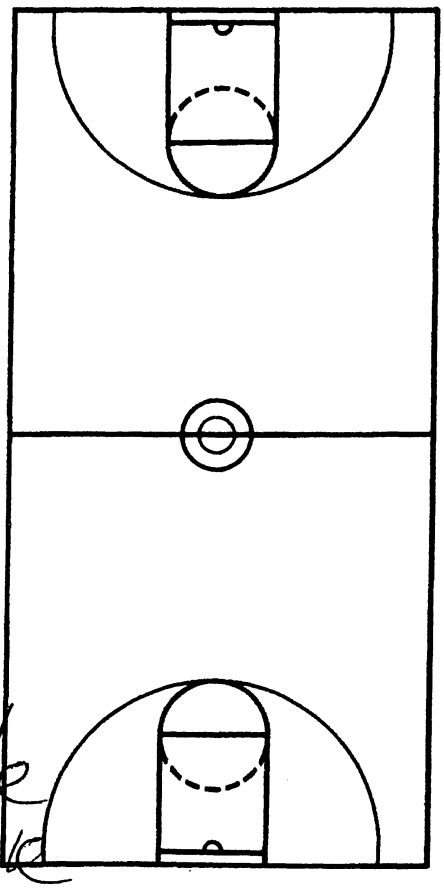
* X1 = Squeeze up ball

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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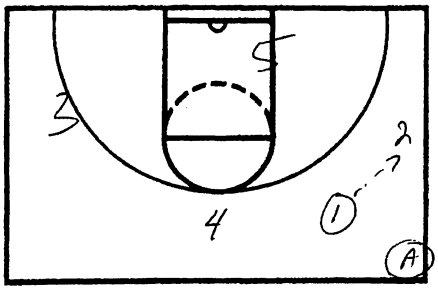
CLINIC Ray Williams
DATE UNC
Secondary Breaks

COUNTER



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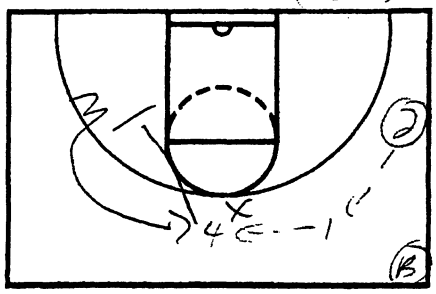
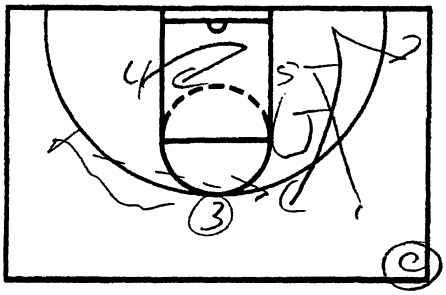
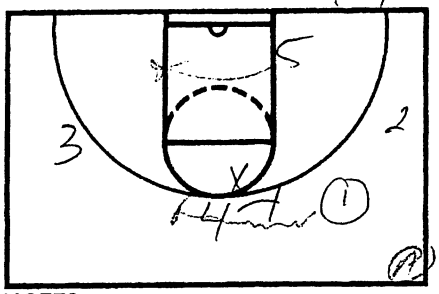


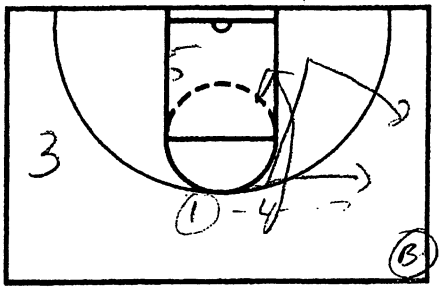


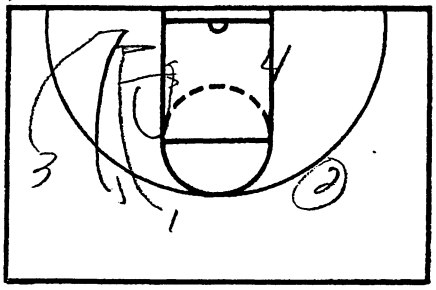
NOTES

(Eye Contact)



(Dribble)

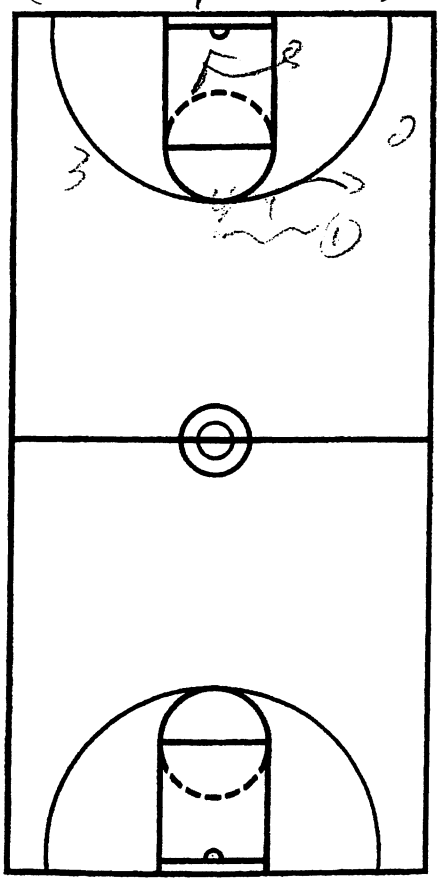




NOTES

JUST DO IT

(Dribble Spin Out)



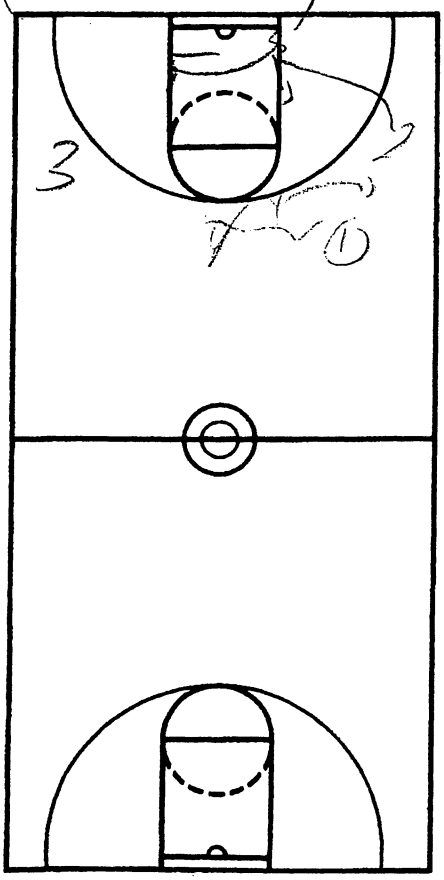
NOTES

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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CLINIC Kay Yow
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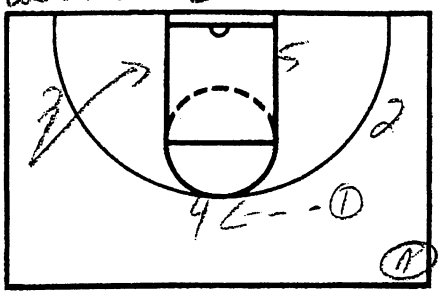
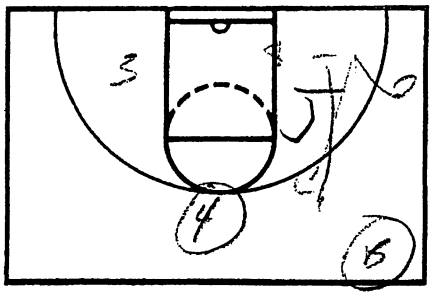
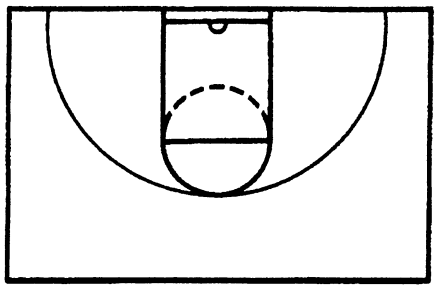
"Baseline Double"

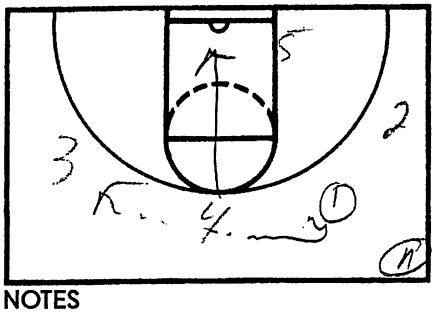


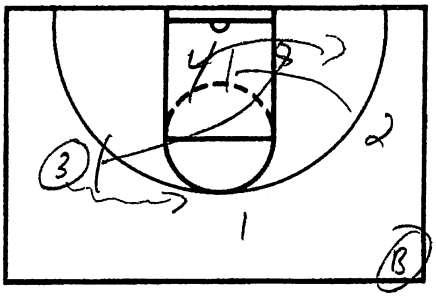


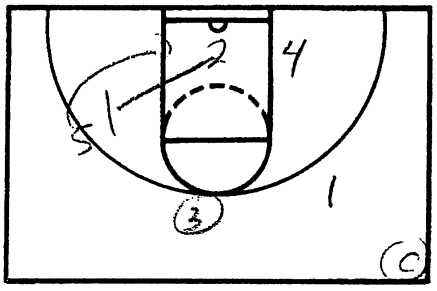


NOTES

"Raise Dribble = Dive"



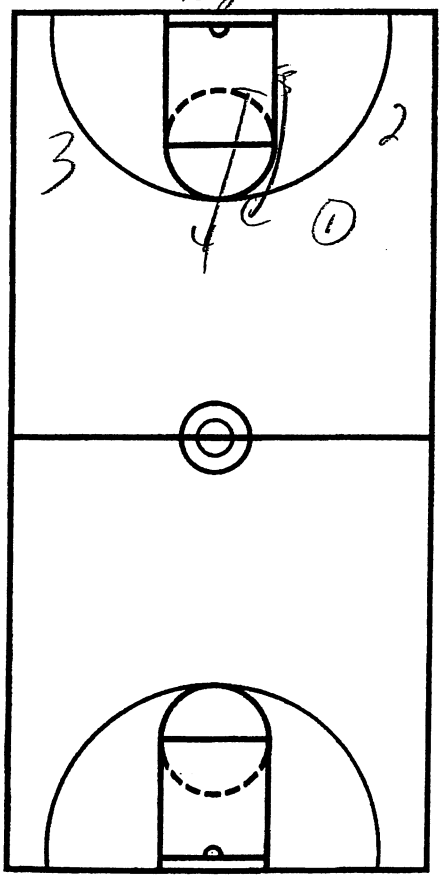




NOTES

JUST DO IT

"Post Entry"



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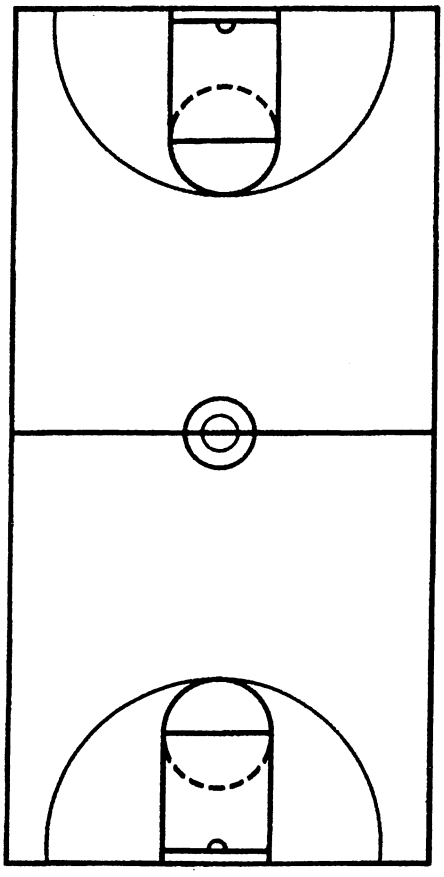

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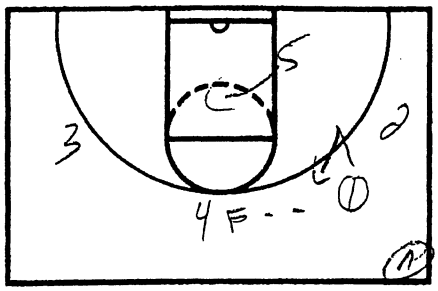
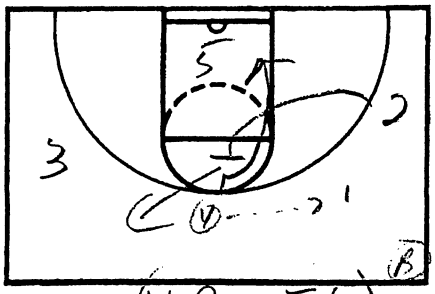
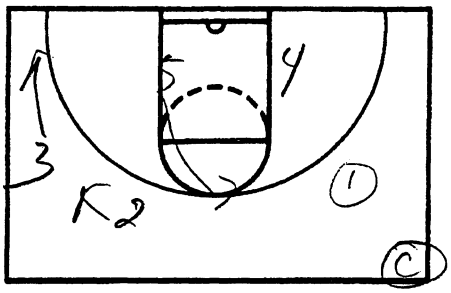
CLINIC Roy Williams
DATE UNC

"kickback"



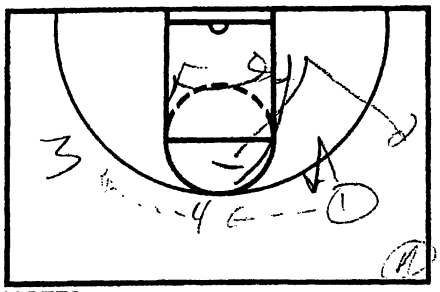


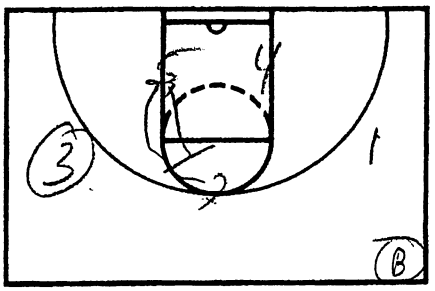


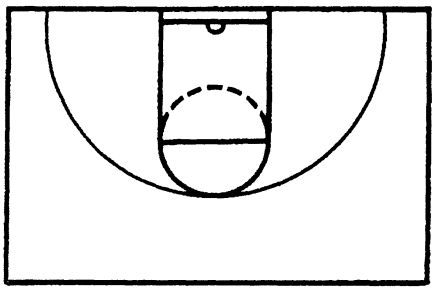
NOTES

(4 Pass Fake)

"Screen the Screen"



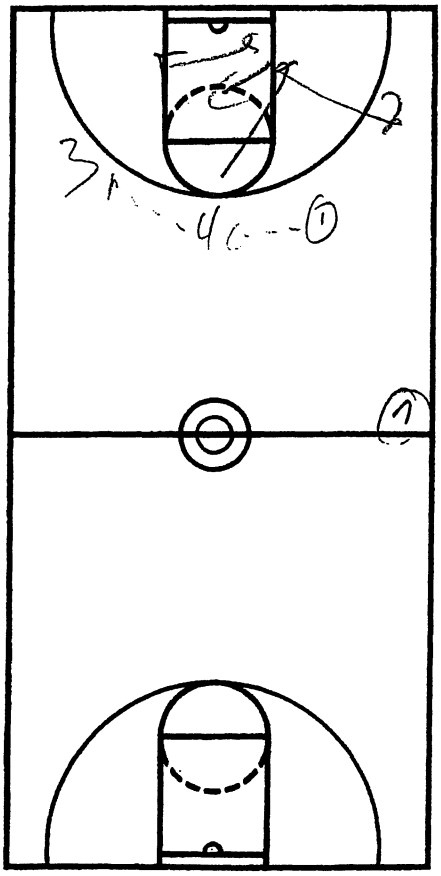




NOTES

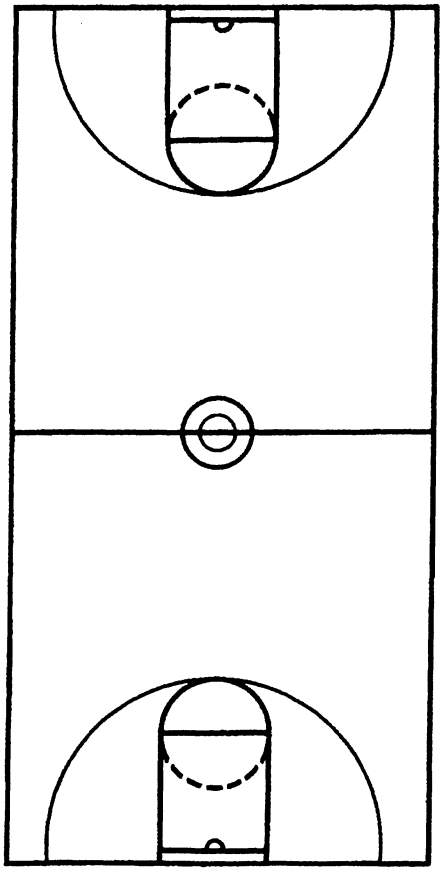
JUST DO IT

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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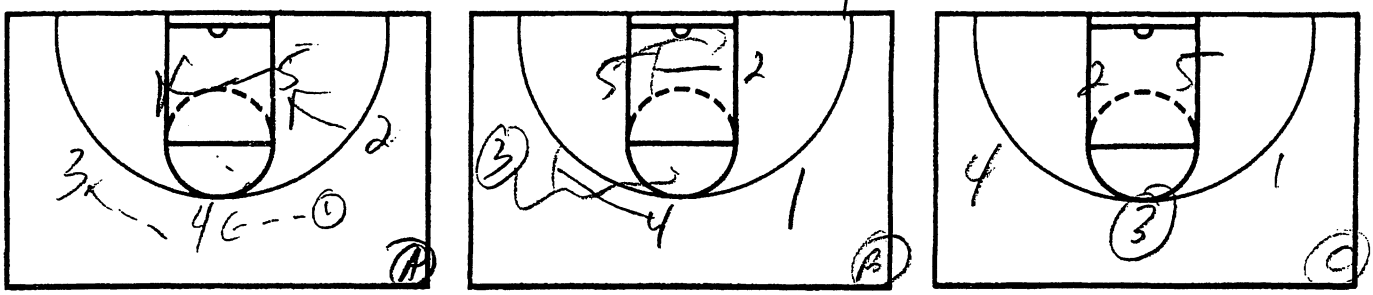
CLINIC Boy White

DATE

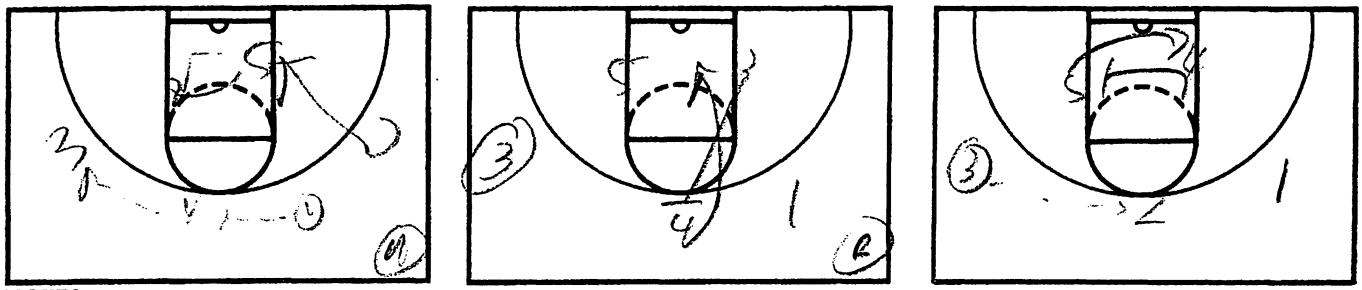
UNC

"Sweep"



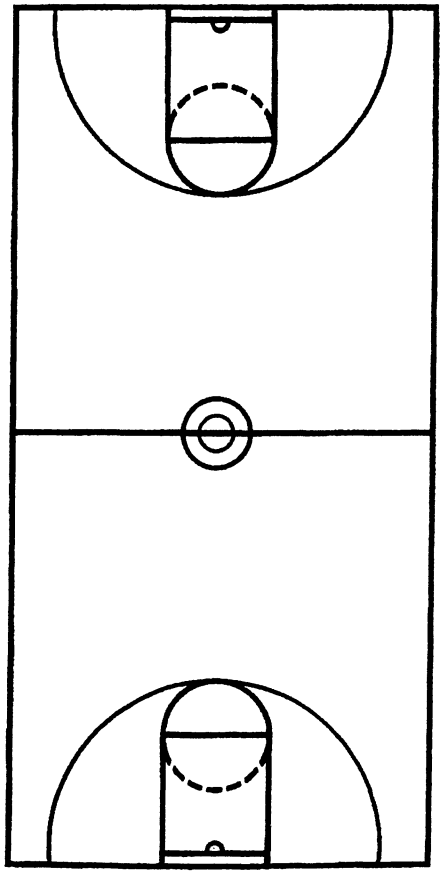
NOTES

"Reads"



NOTES

JUST DO IT



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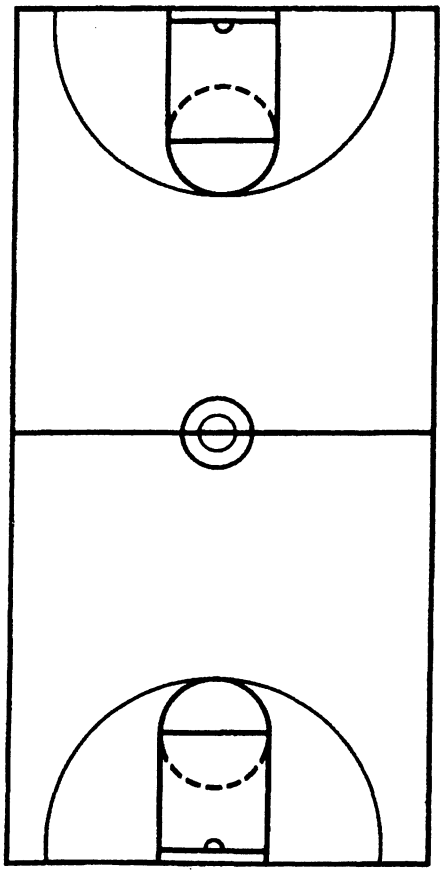

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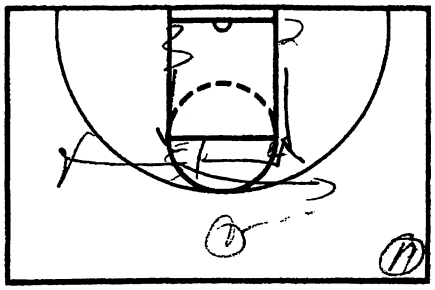
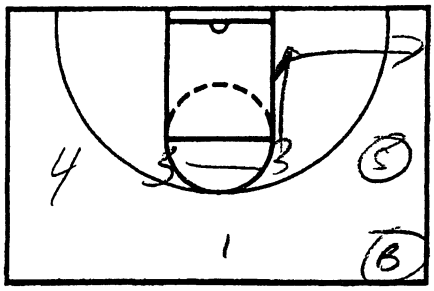
CLINIC Hayward

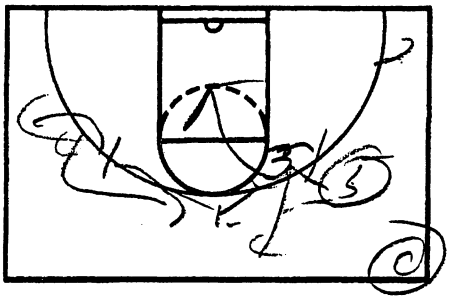
DATE

UNC

11 B1 11







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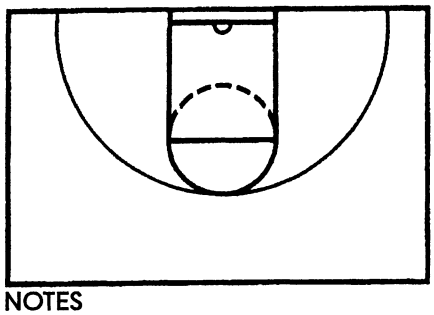
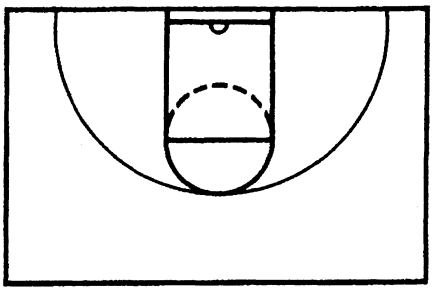
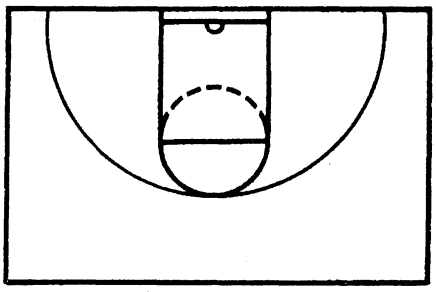
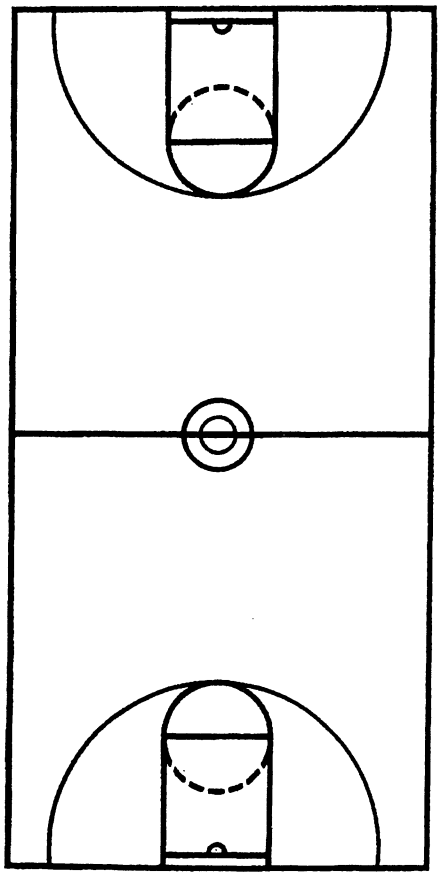






NOTES

JUST DO IT



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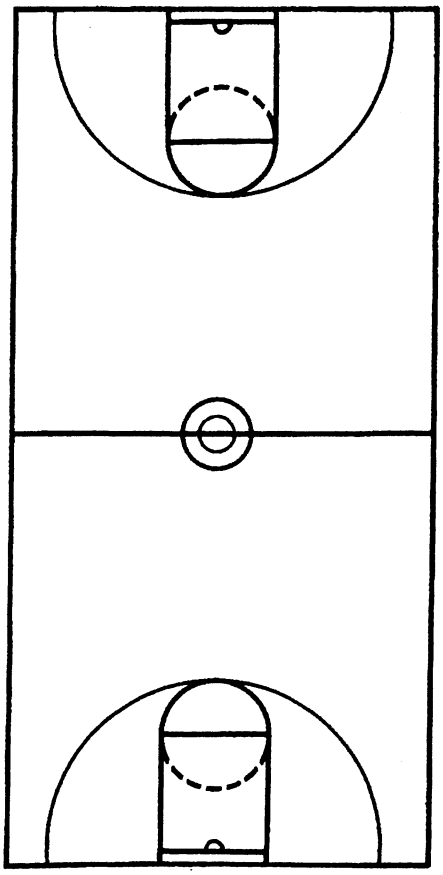

Dave Odom – South Carolina – Attacking Pressure

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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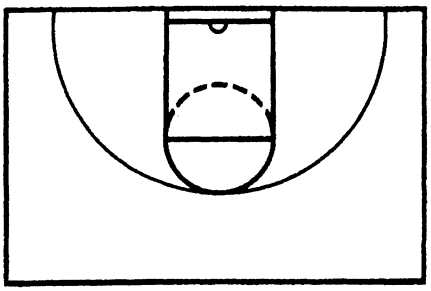

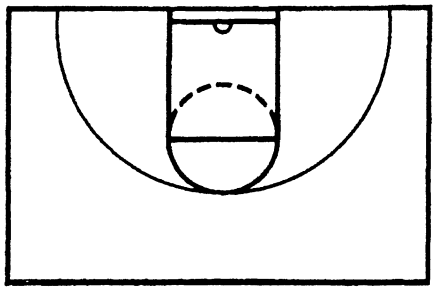

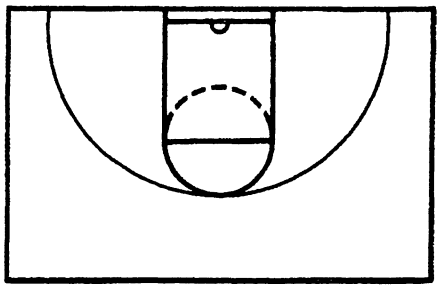

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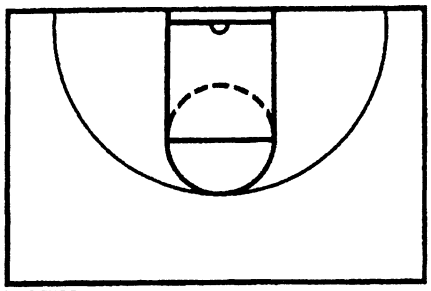

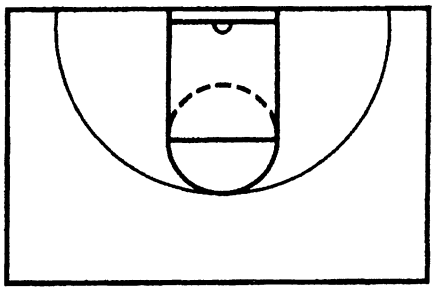

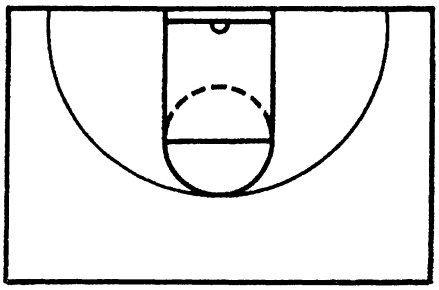

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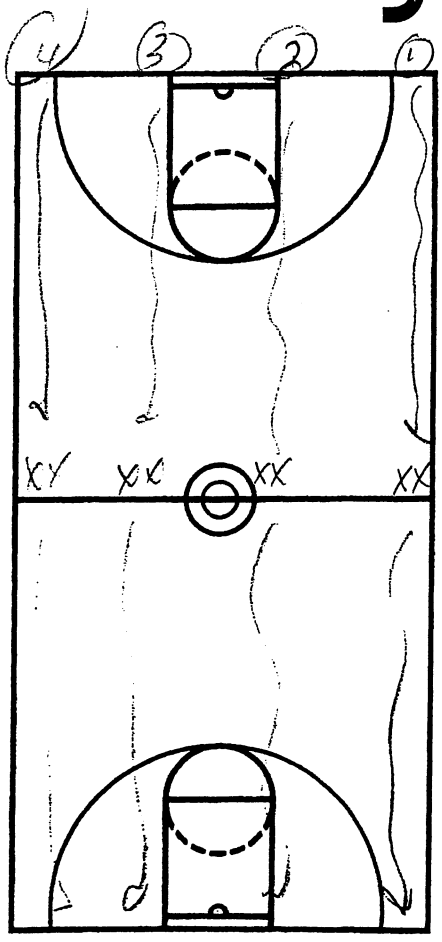
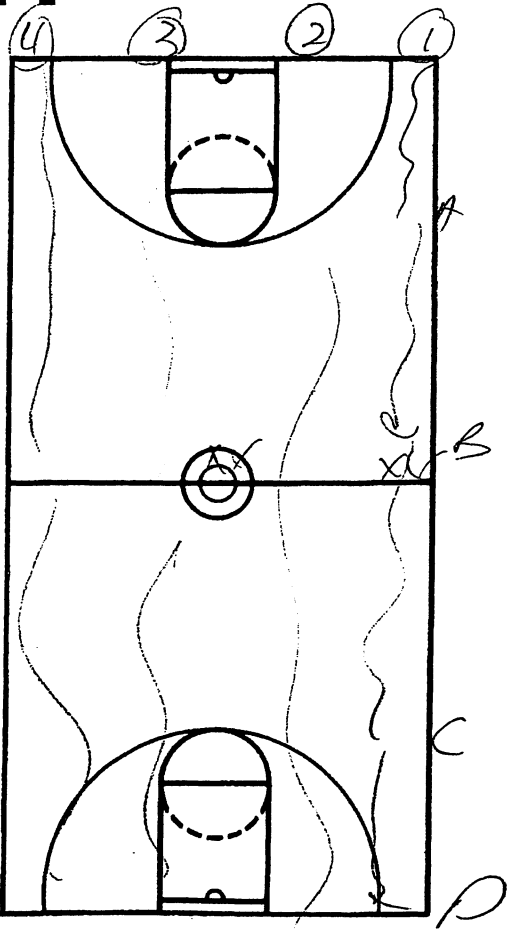


NOTES

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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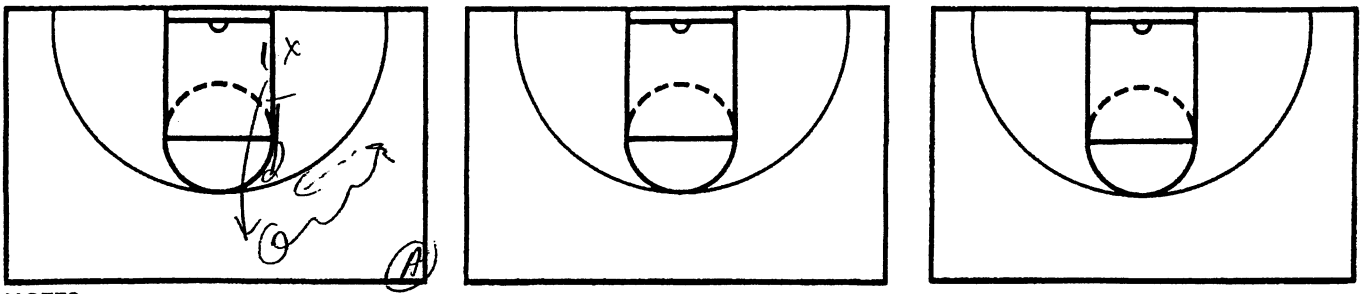
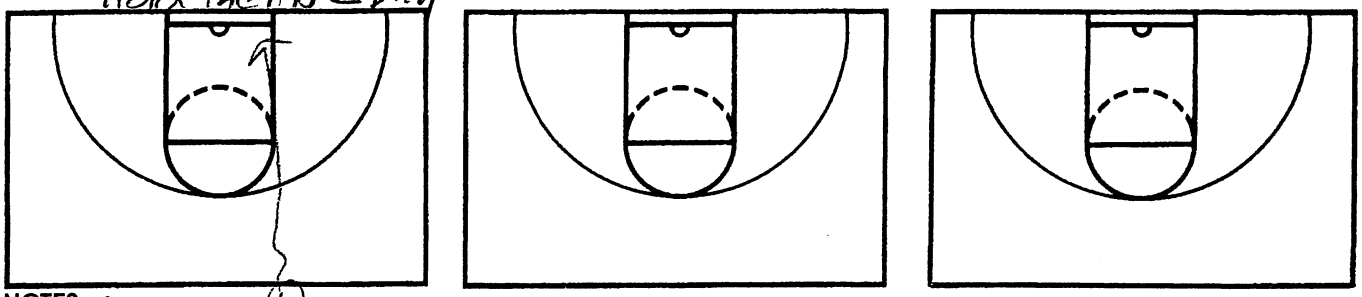


NOTES

✓ Attack arm where it is applied

✓ Hold the low ball



NOTES

✓ Find the Pocket

✓ Hold the line

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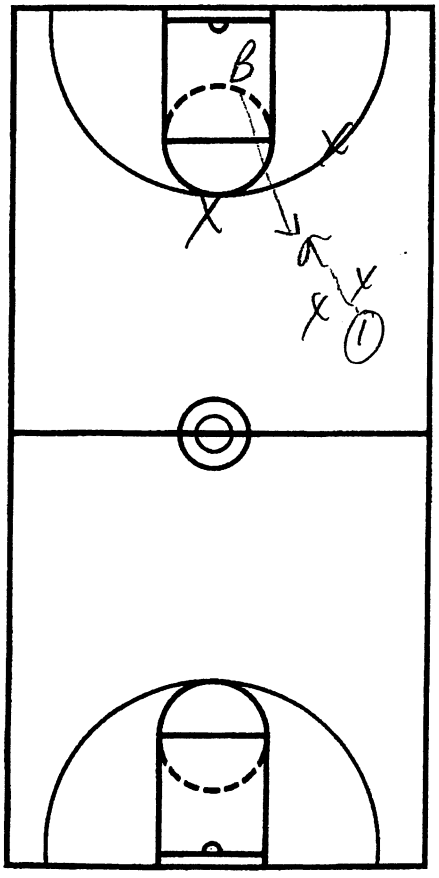
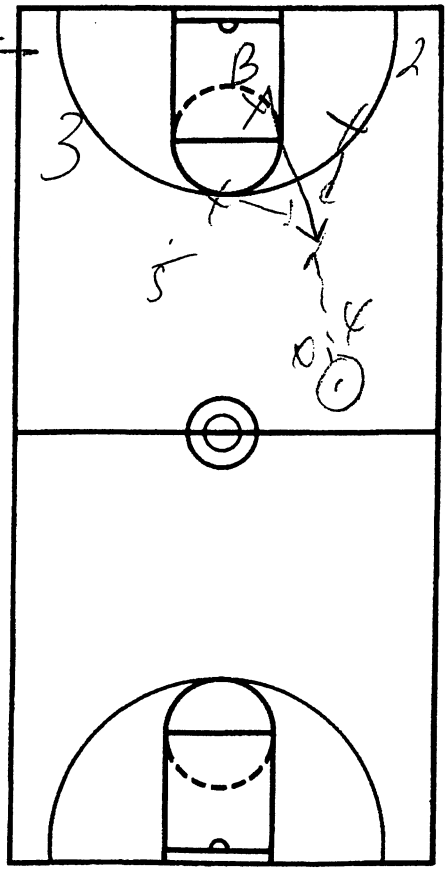


NOTES Catching versus Pressure

1) Get head on line of the ball to the basket

2) Break the line of the 2 Defenders



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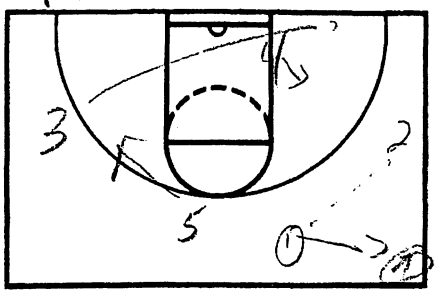
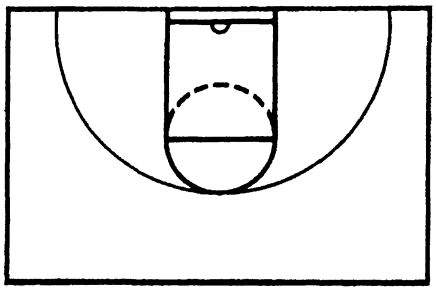
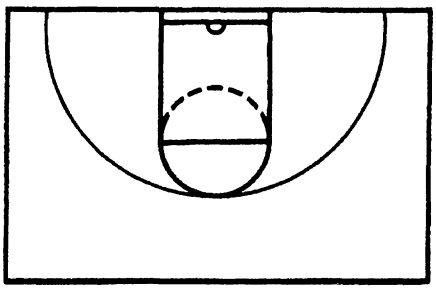
(vs Troy)







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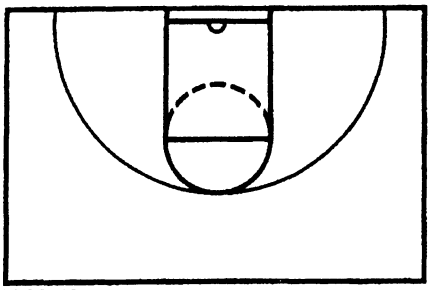

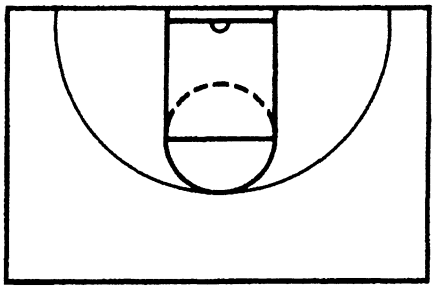

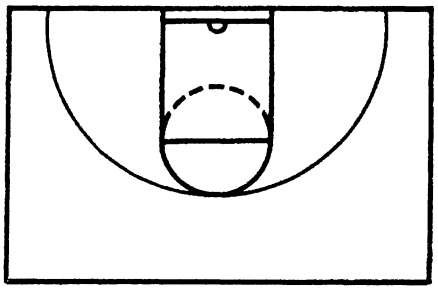

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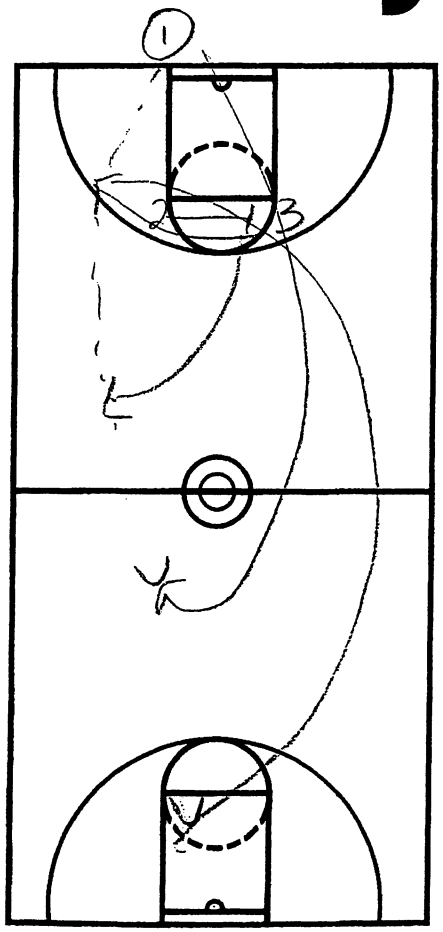
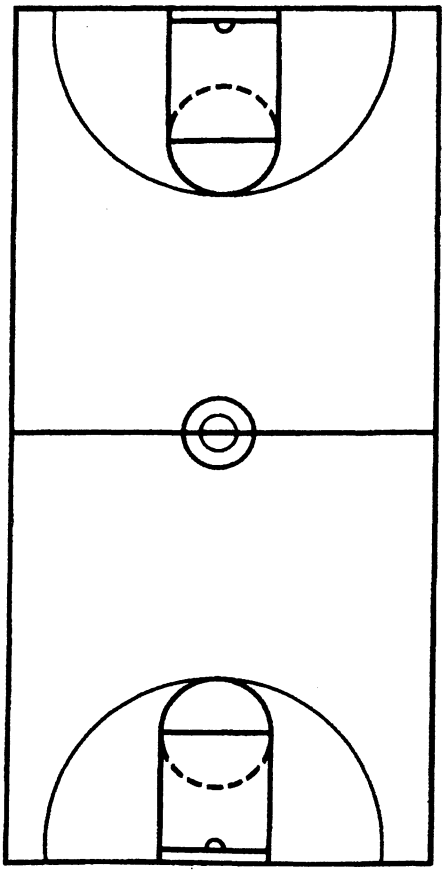


NOTES Press Offense Drill

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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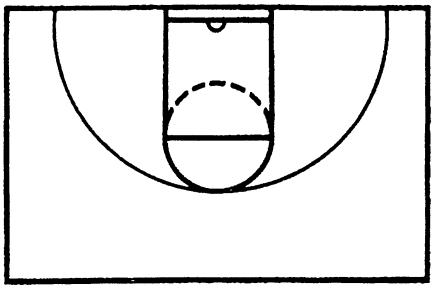

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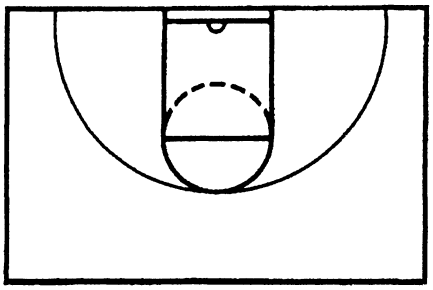

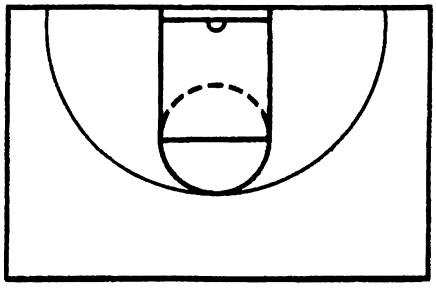

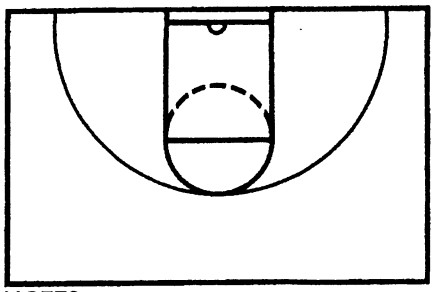

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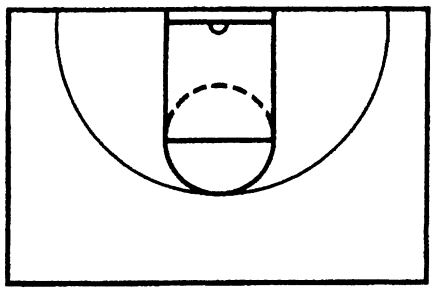

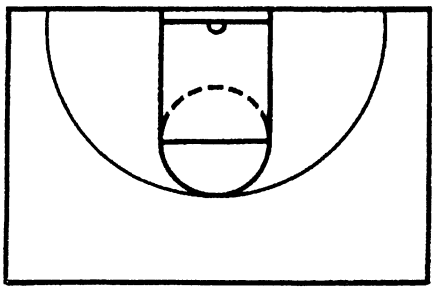

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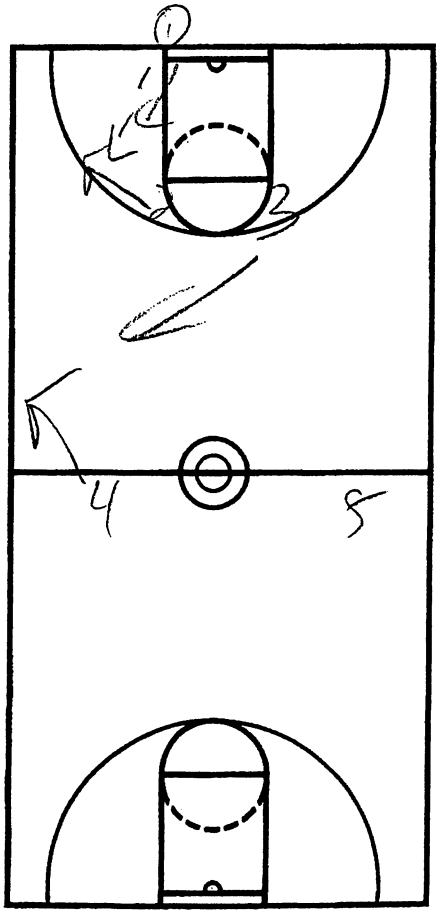
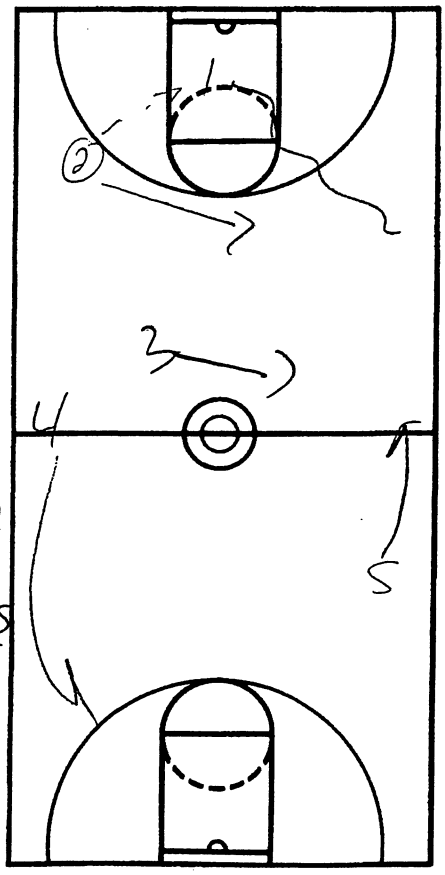


NOTES Press Offense

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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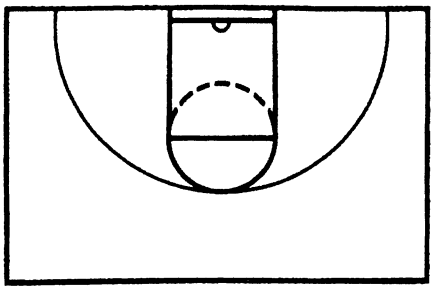

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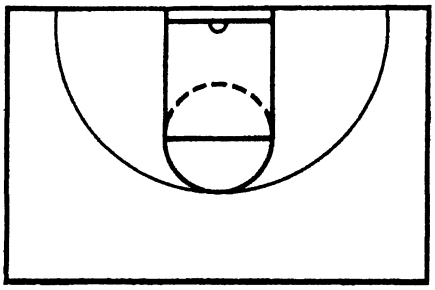

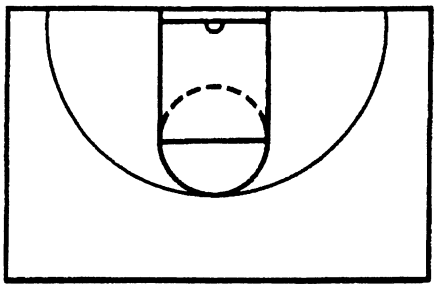

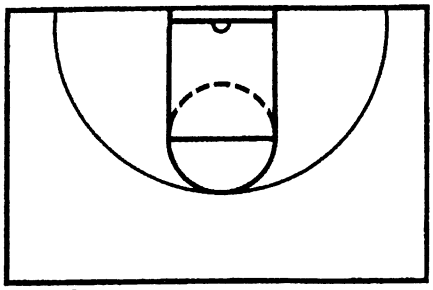

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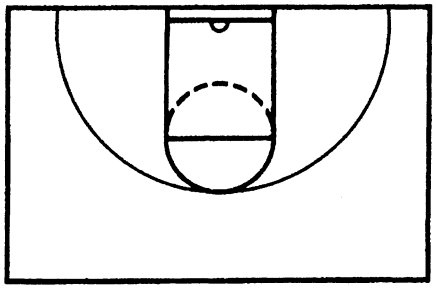

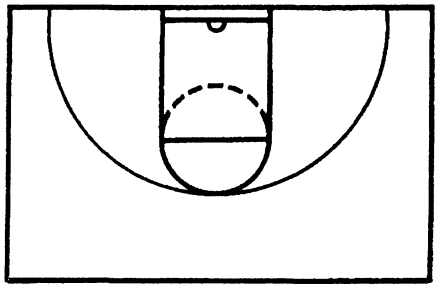

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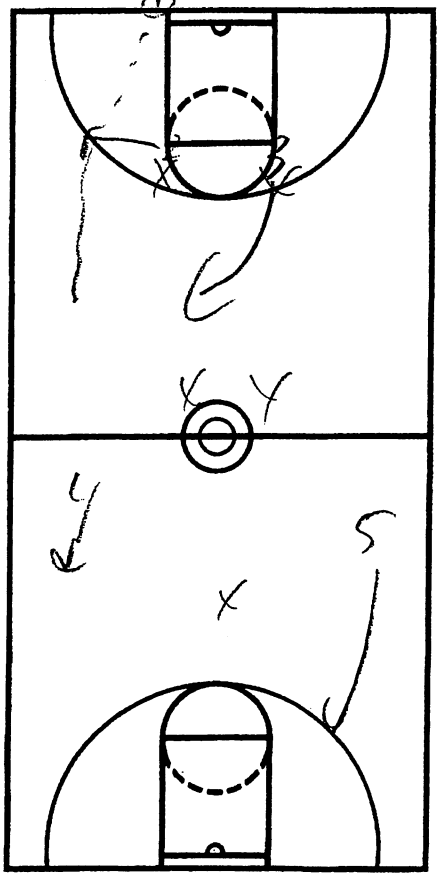
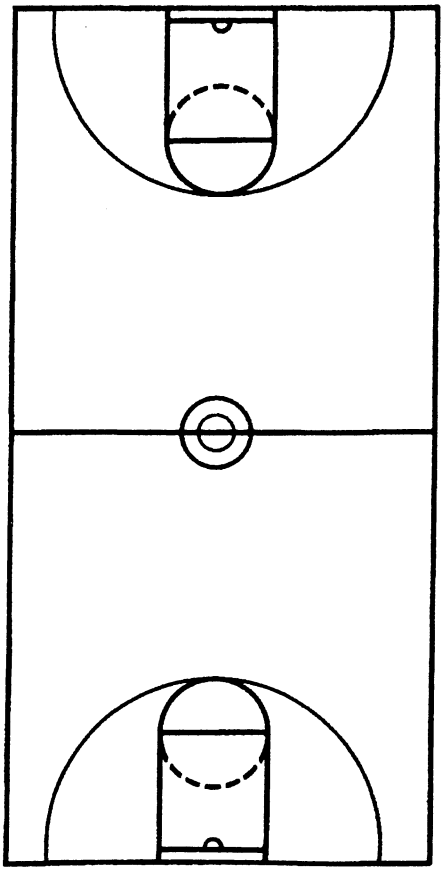
VS Zone Press



NOTES

~~must~~ take it to the level of the defense



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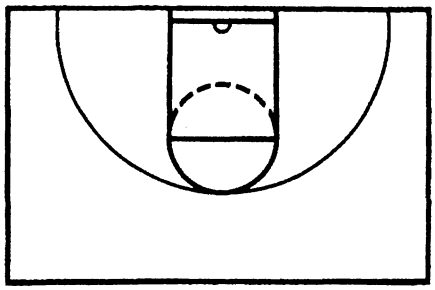

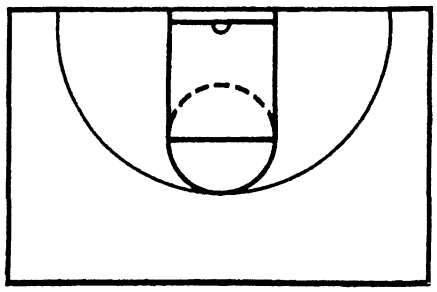

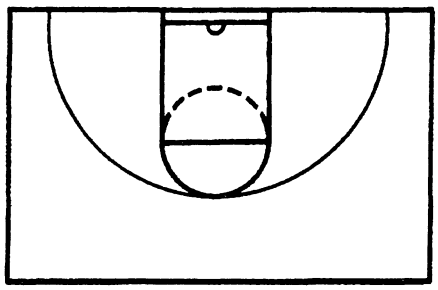

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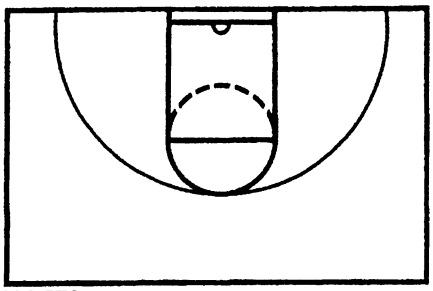

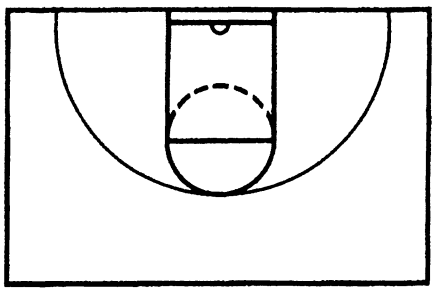

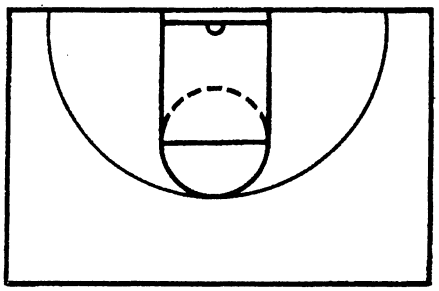

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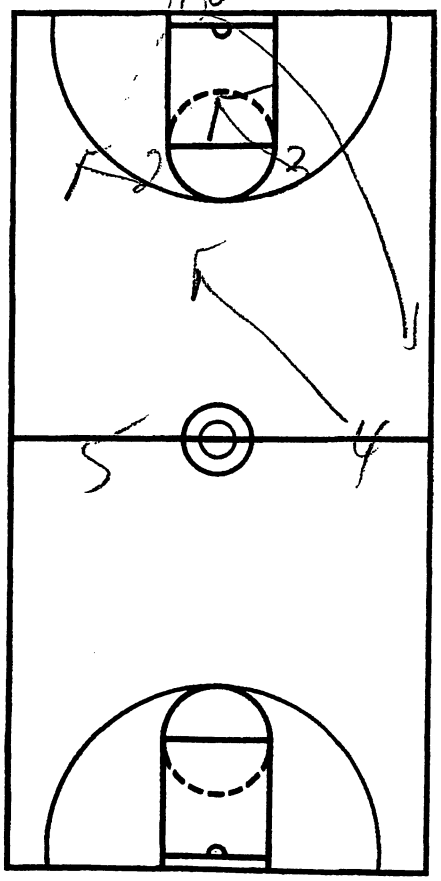


NOTES

Tisen Press Offense

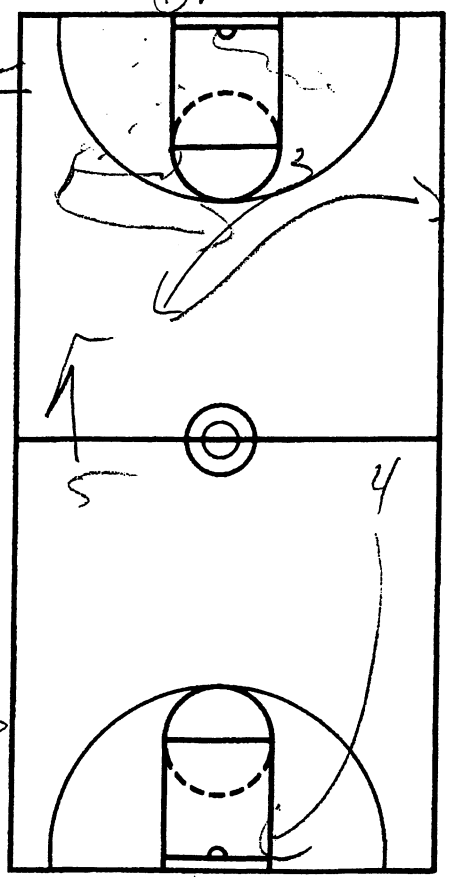
1) 4 goes long & Stays Ly

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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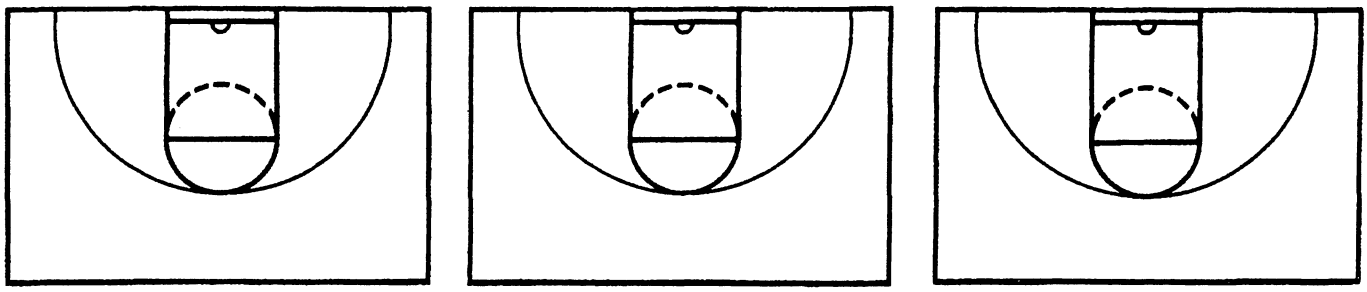

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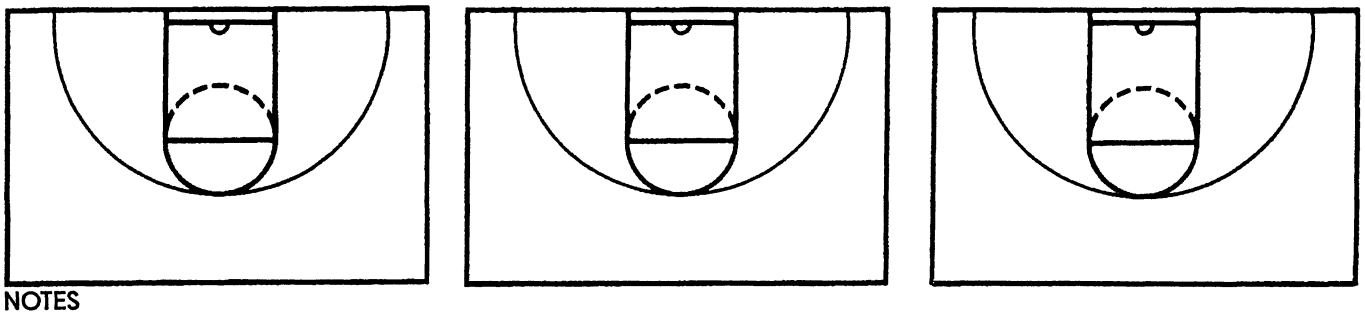

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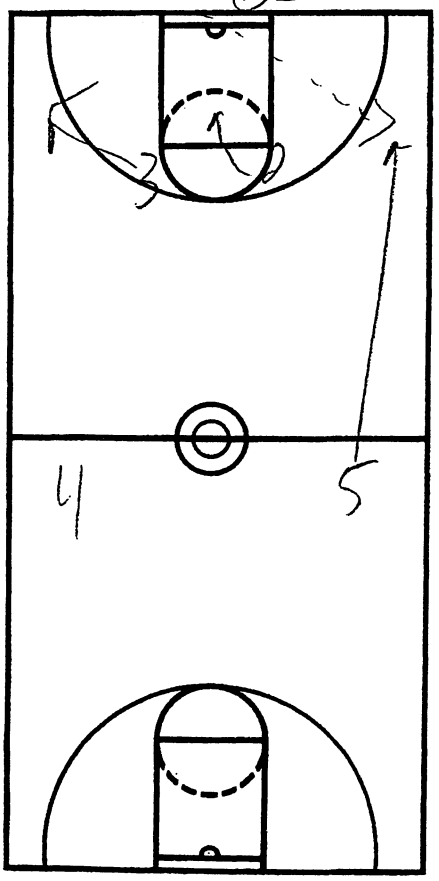
Long Cross



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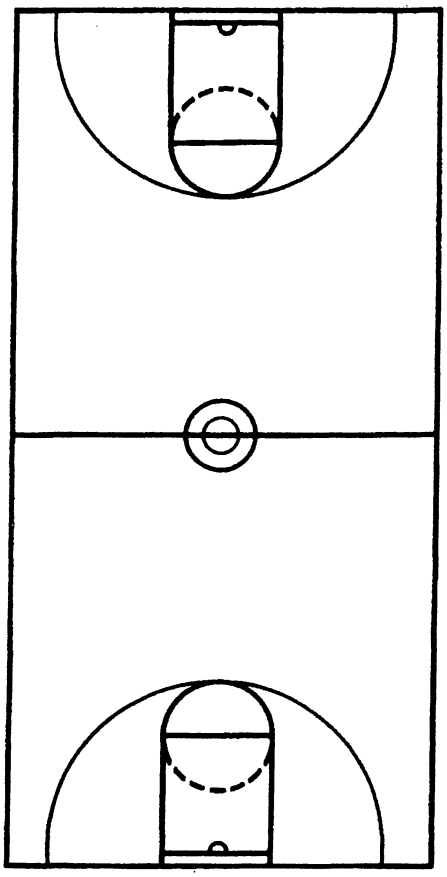

Joe Scott – Princeton University

* 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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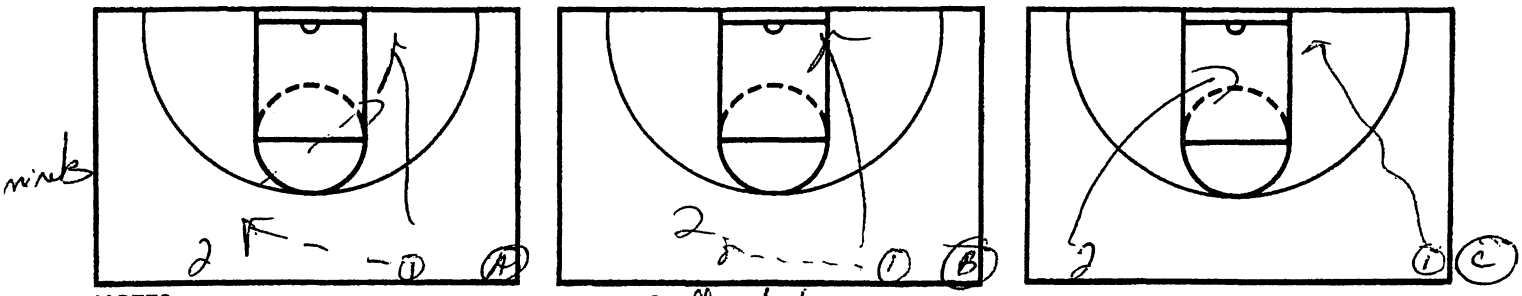
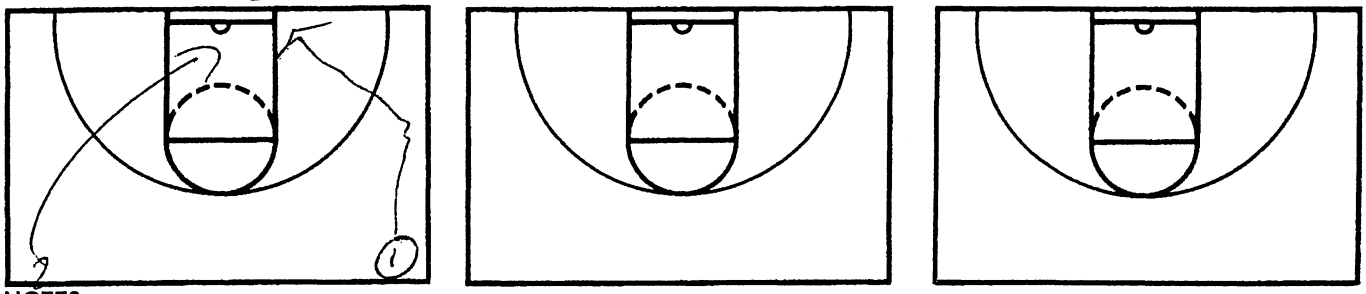


NOTES *All Chest Passss

Diffent Layups

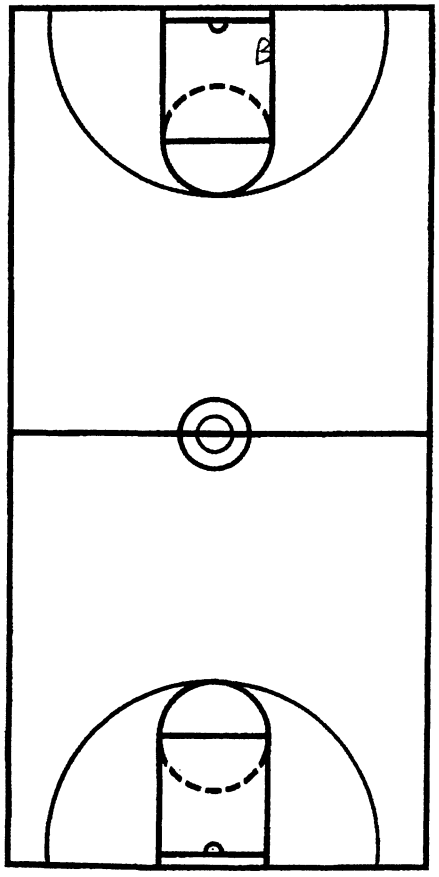
Chge speed / Chge direction



NOTES

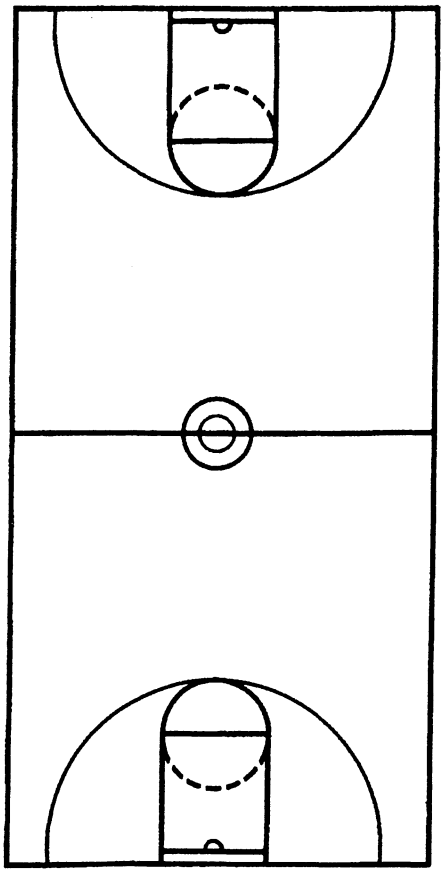
JUST DO IT

~~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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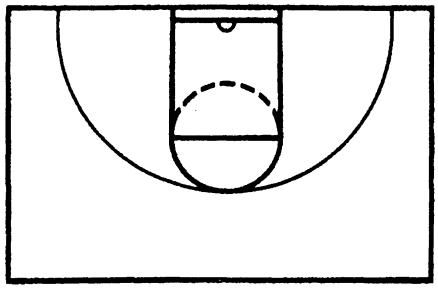

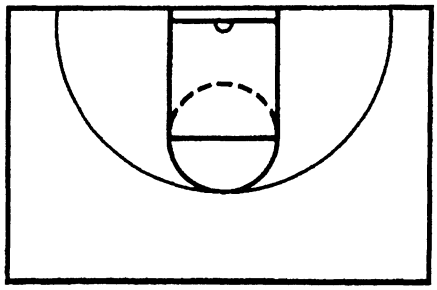

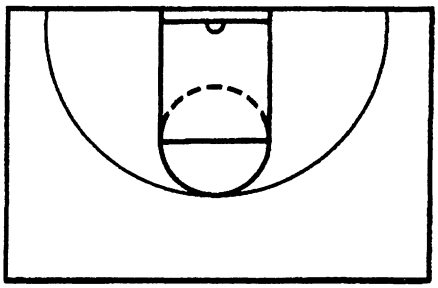

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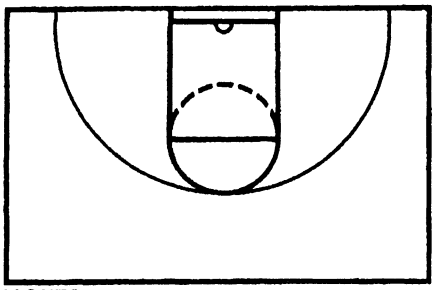
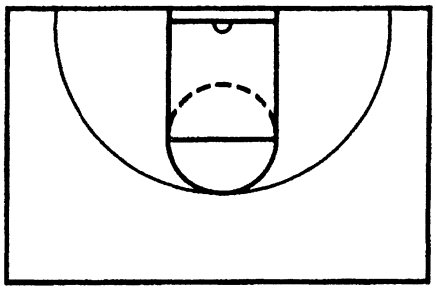
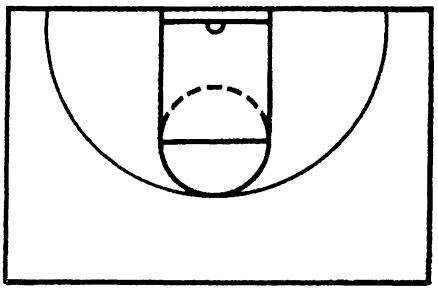


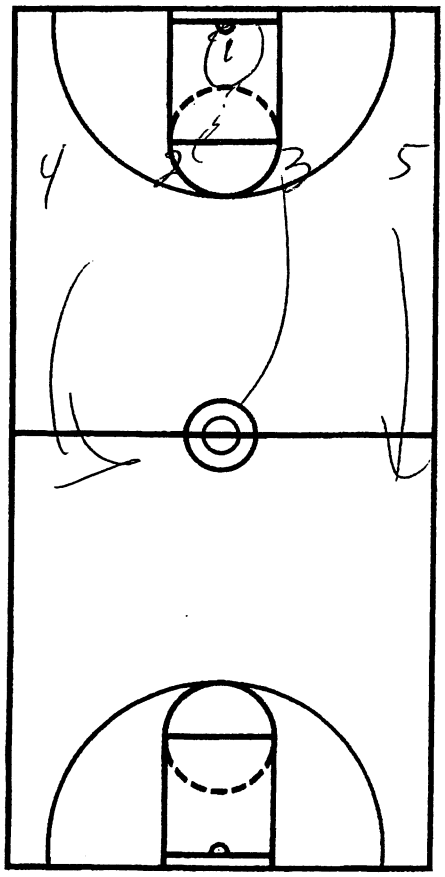




NOTES

JUST DO IT

N2 Drill



NOTES

Rules

1) Rebound

2) Outlet

3) Layup no goes opposite

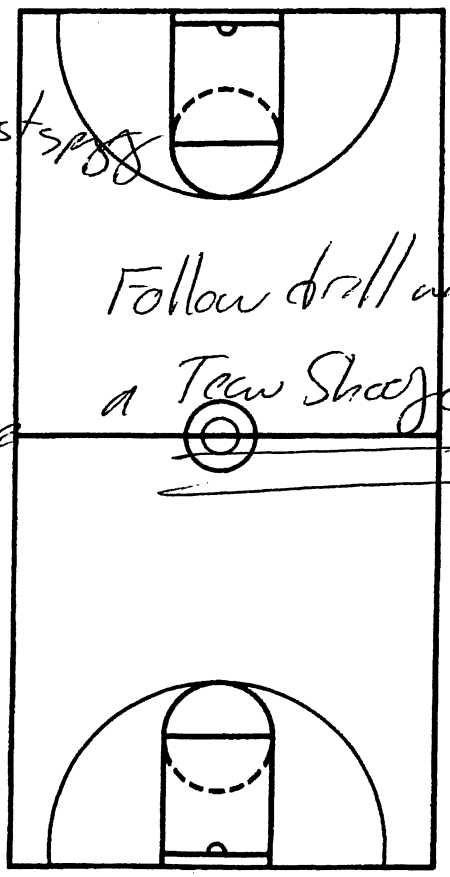
4) Ball can't touch floor

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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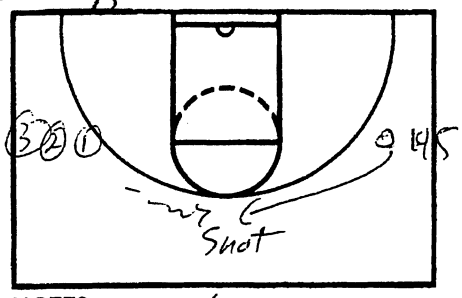
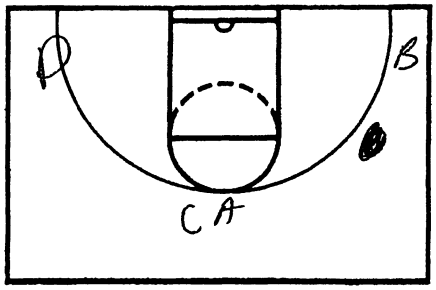
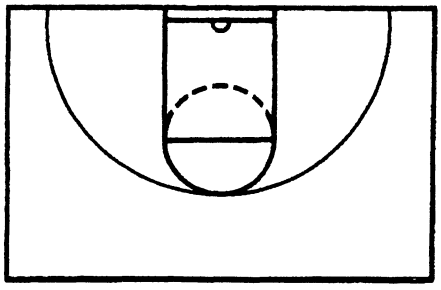
minute Shoots 4 Spots



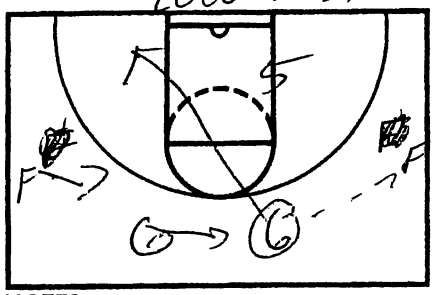


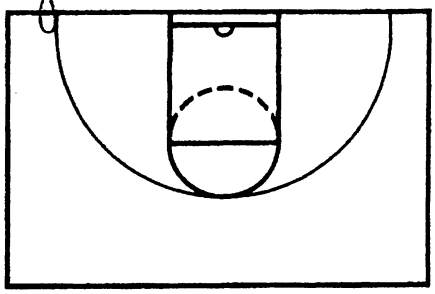


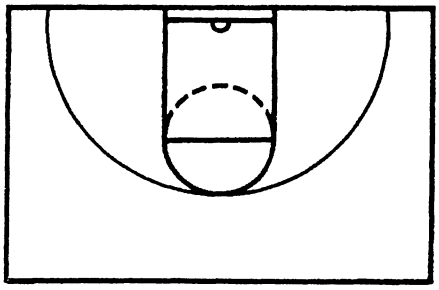
NOTES All 3's

1 minute each = Goal = 80

low Post Play







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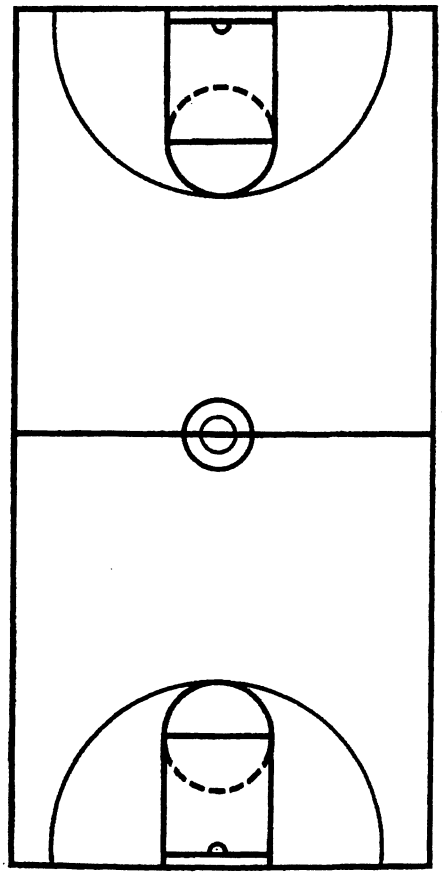

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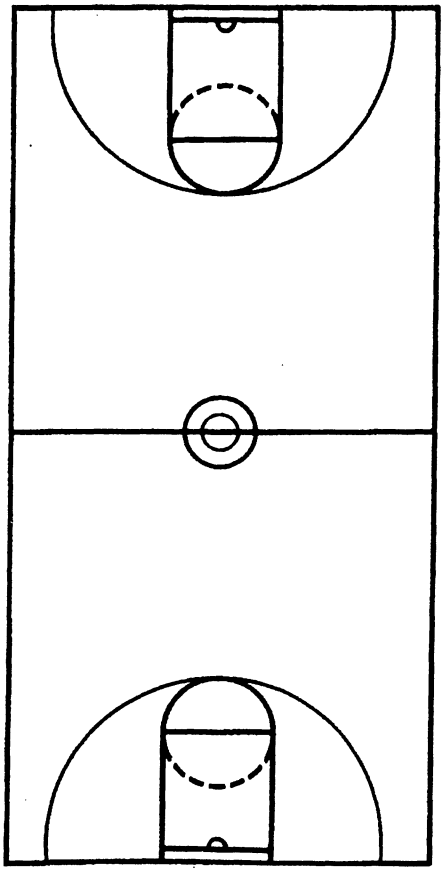

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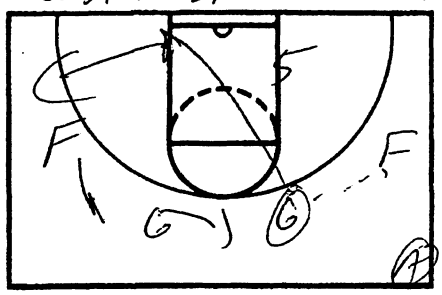
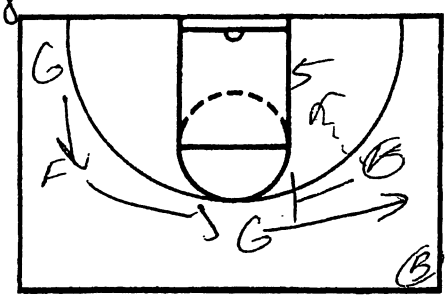
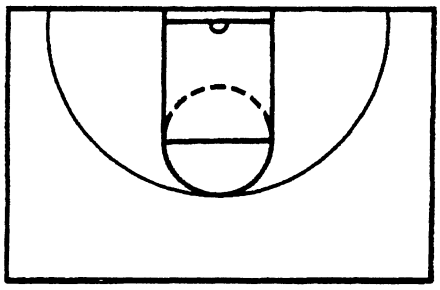
Lost Post Screen Away







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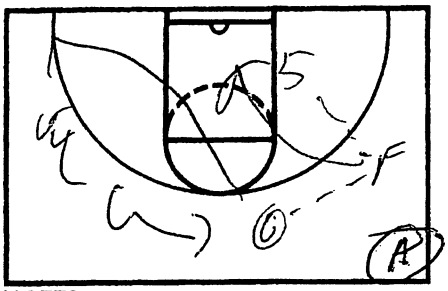
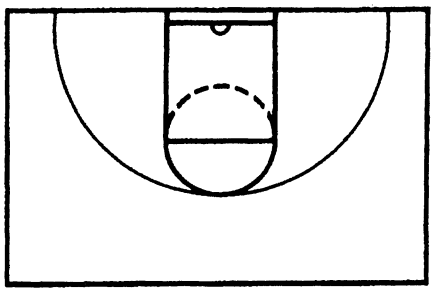
low Post Cut





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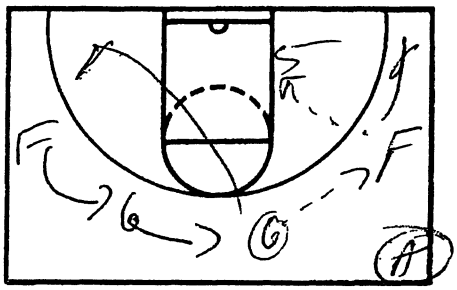

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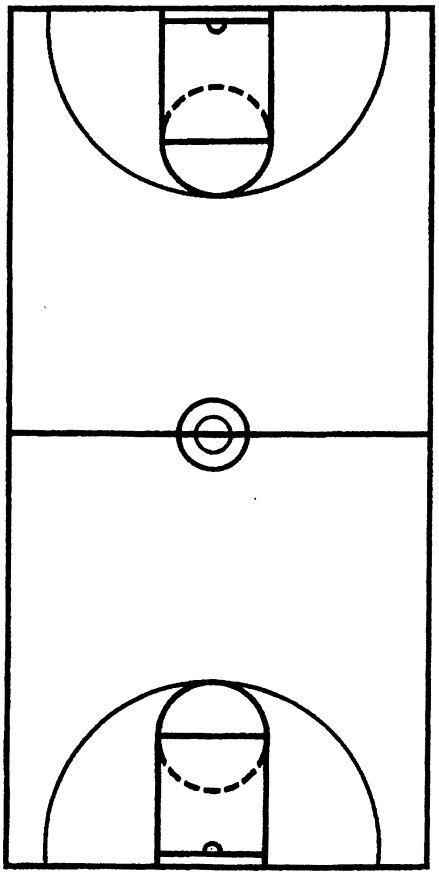

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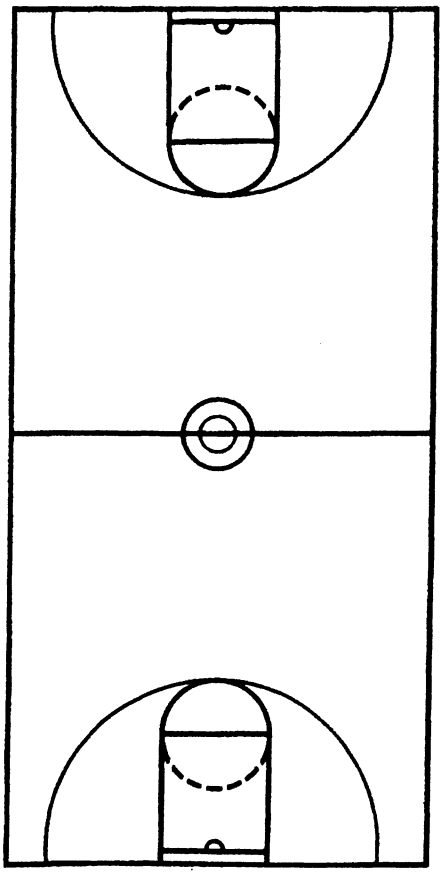

Dick Bennett – Washington State University

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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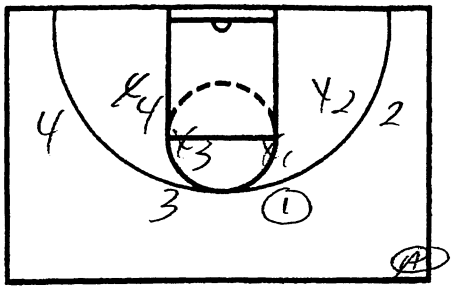
CLINIC Vic Kanell
DATE Washtaw Stal

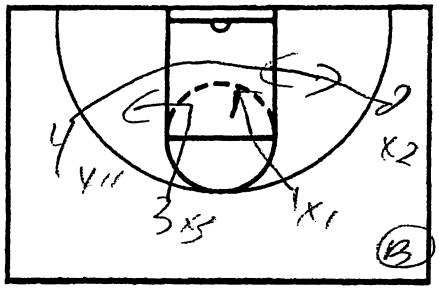
'on 4 Drill

4th 1



NOTES

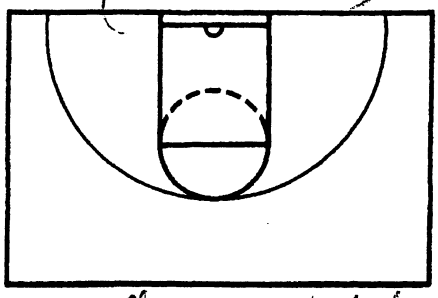
Switch



NOTES

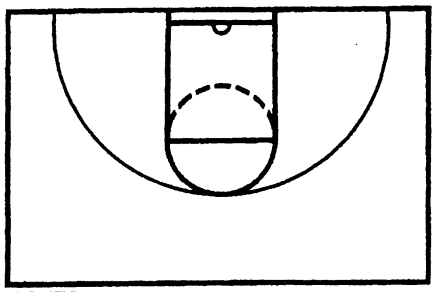
✓ Set the ball down
✓ Offense sprints to the Post

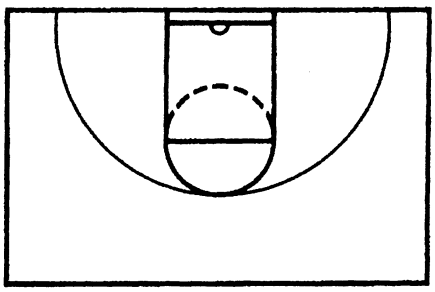
(Must Talk)

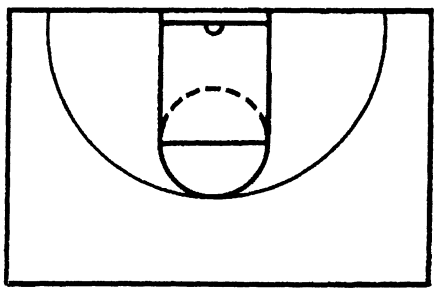


NOTES

✓ Offense must to be a different person who go to defense
✓ cannot allow ball-whistle



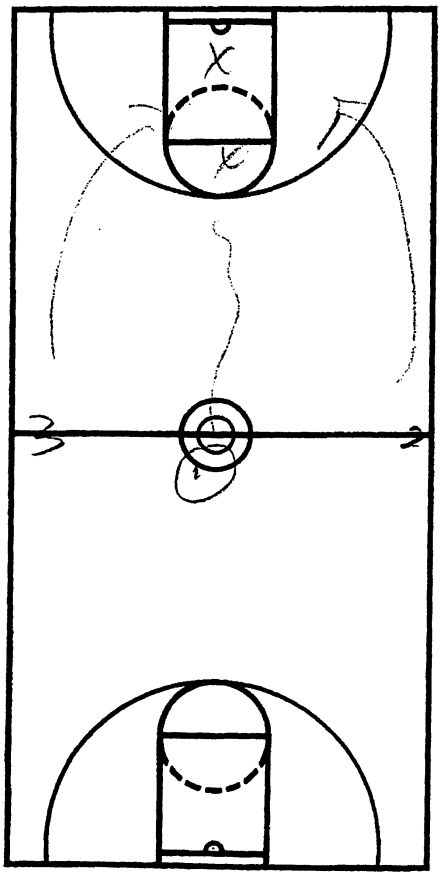




NOTES

JUST DO IT

3 on 2

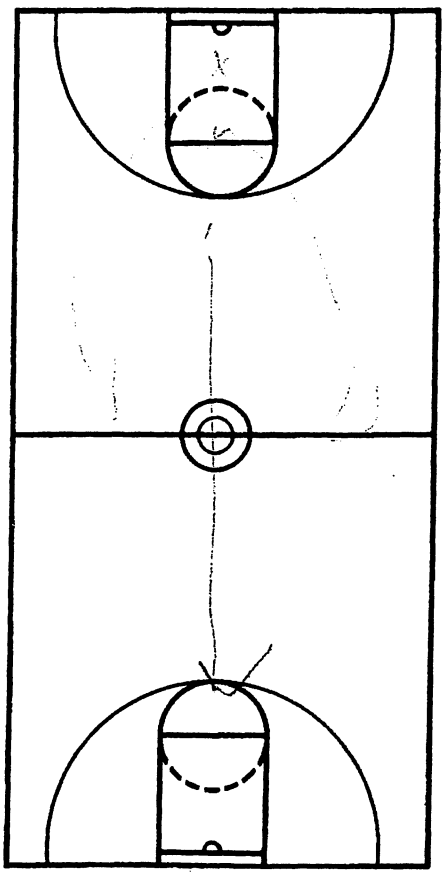


NOTES

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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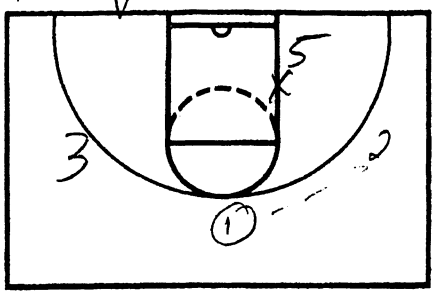
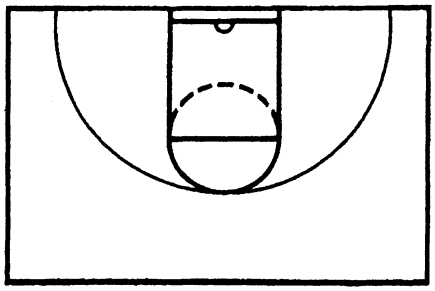
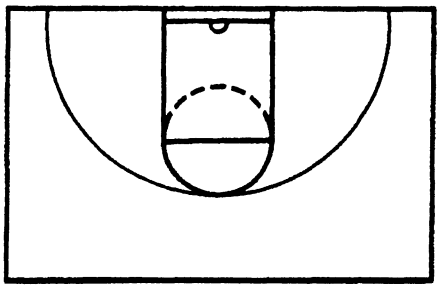
Post Def

3/4 to Behind on the Pass



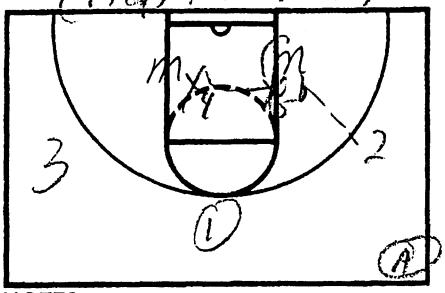




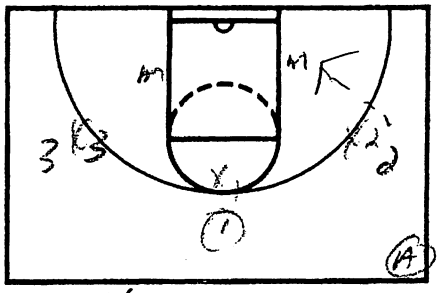
NOTES

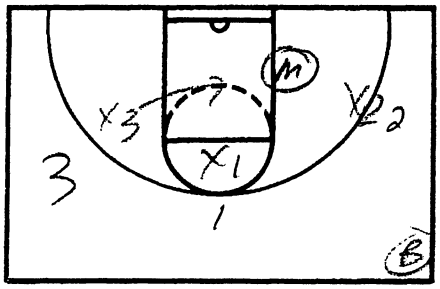
✓ X cannot allow post feed from the top

(Trap The Post)



Quad to Perimeter Trap The Post





NOTES

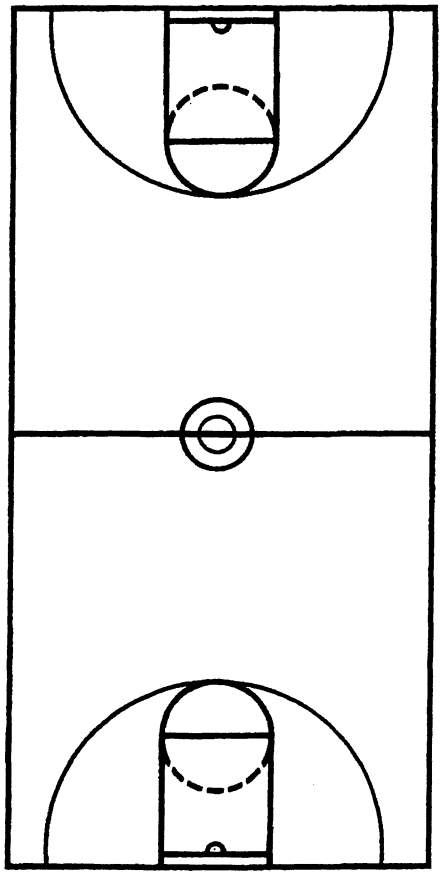
X5 - Gets behind

X4 - Closes the door

X2

JUST DO IT

1) X2 Denied
2) X3 = Basket
3) X1 = Top = man to man



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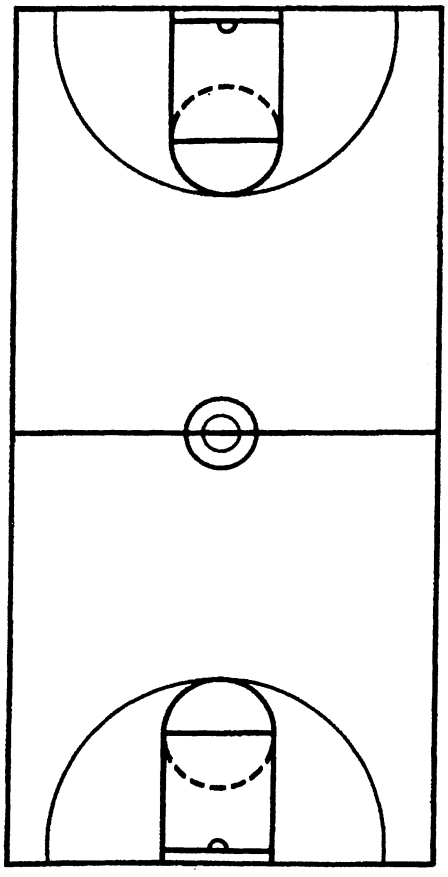

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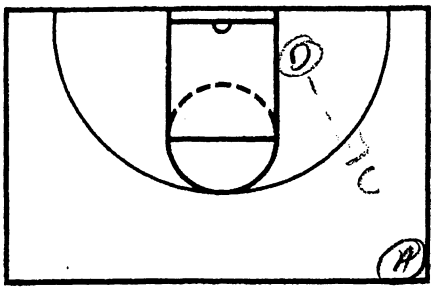
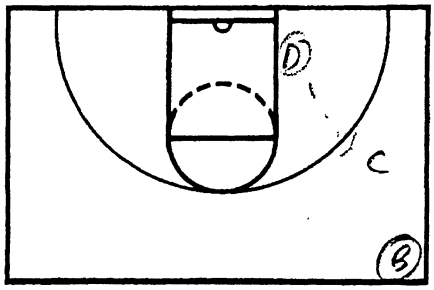
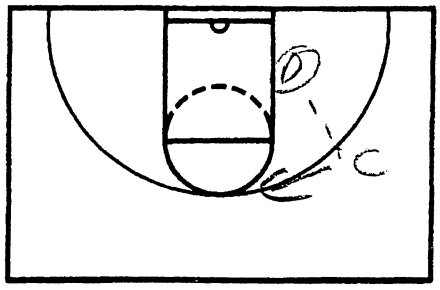
Close Outs



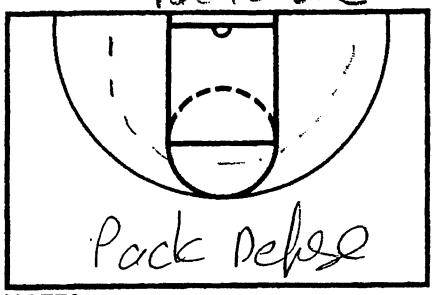




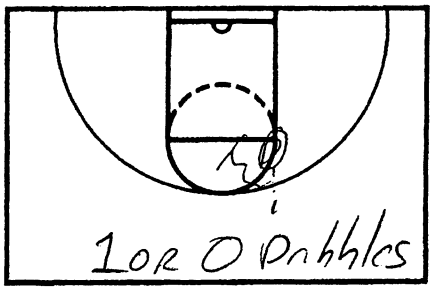
NOTES
- Shuffle Choppy Steps
- Stop Short Hands Up

No Rhythm shot

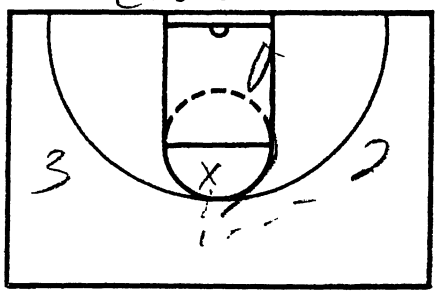
Pac 10 Live



Defend Ball Line



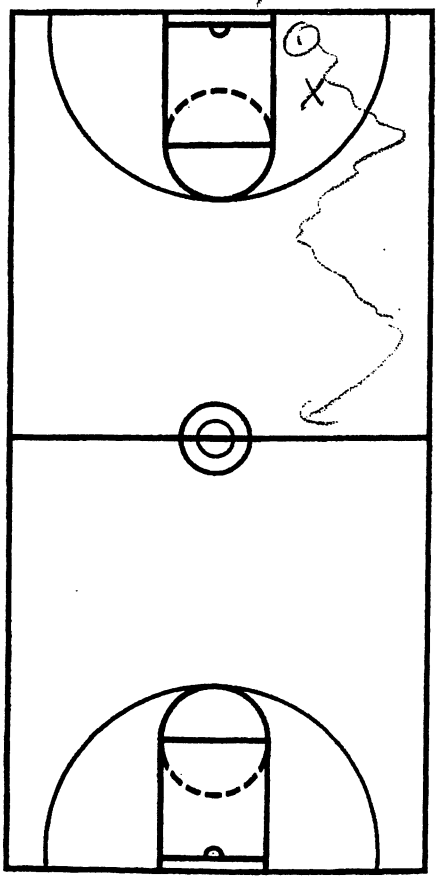
DC Fast Offense



NOTES

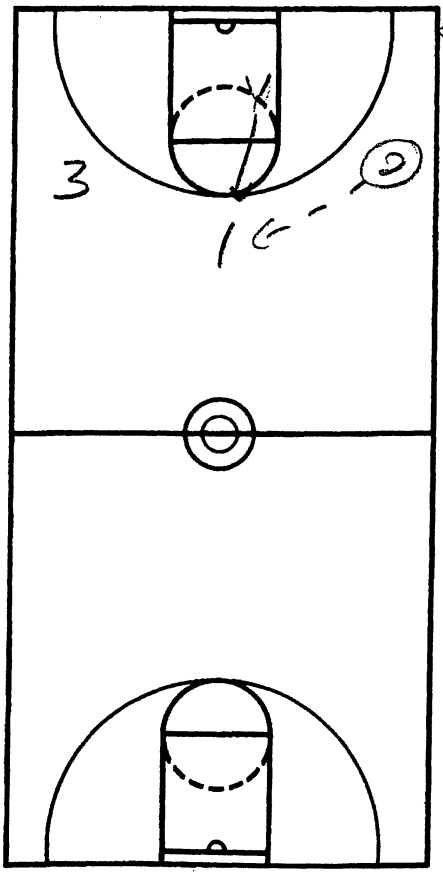
JUST DO IT

* 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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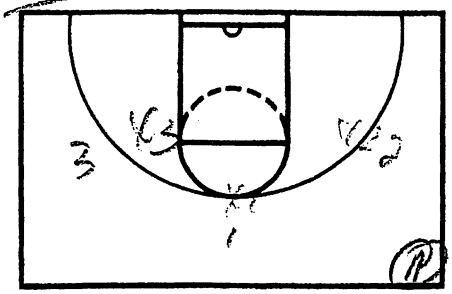
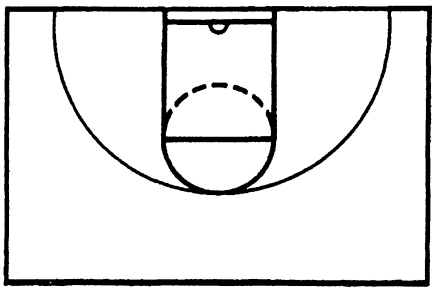
DATE

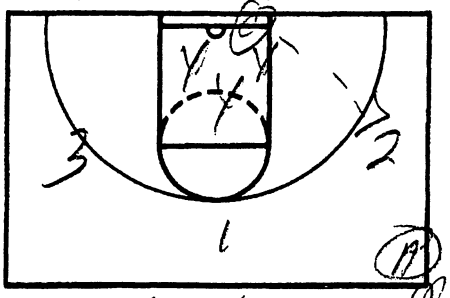
Wash Ten Steps

3 on 3

3 on 3 Closeout

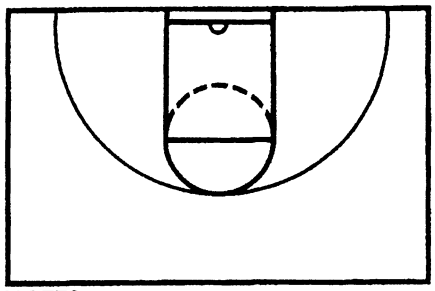


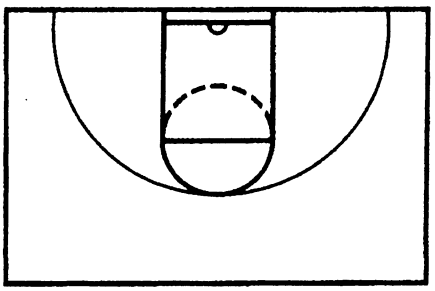


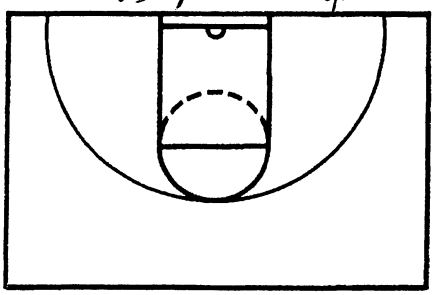


NOTES

* must emphasize off the ball defense positions sets your help defense







NOTES

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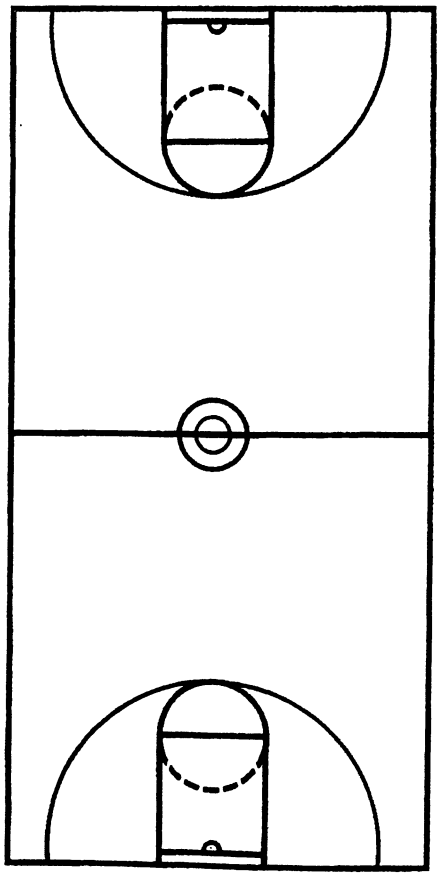

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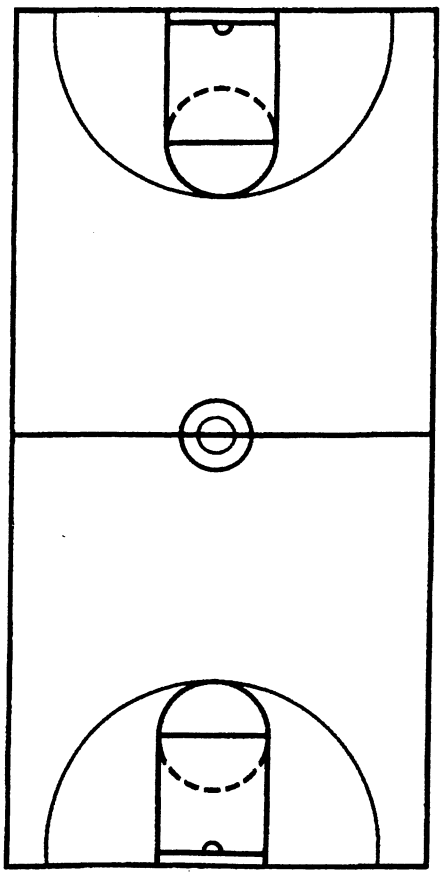

CLINIC VRC Recruit

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Washington State

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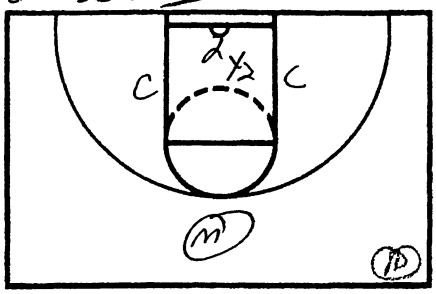
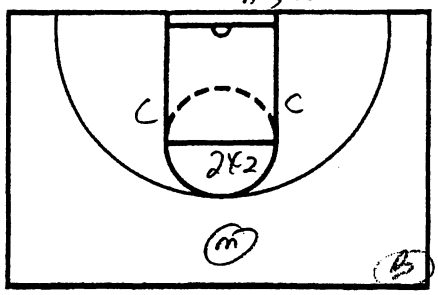
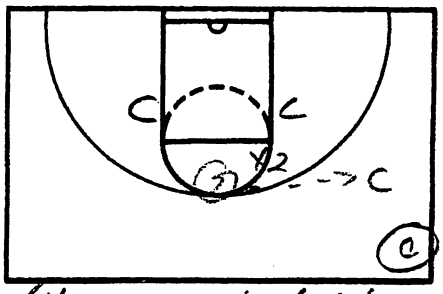
Low Score



Higher Score





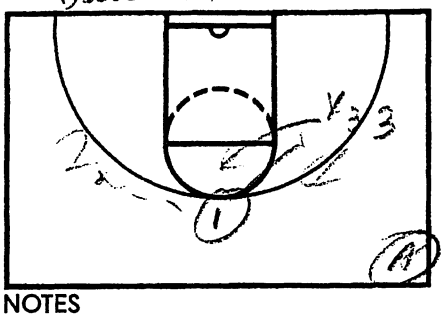
NOTES

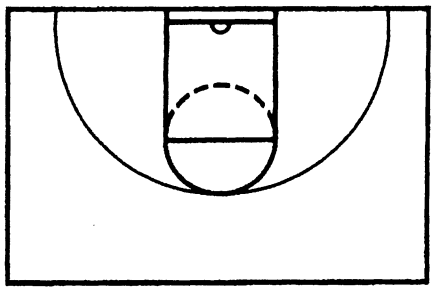
* X2 play tag & chase 2

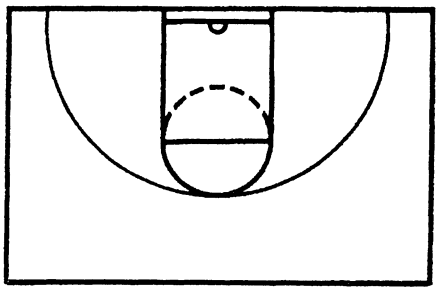
If.

✓ X2 cuts to ball & then finds touch and chase pass

Ballside for the weakside







NOTES

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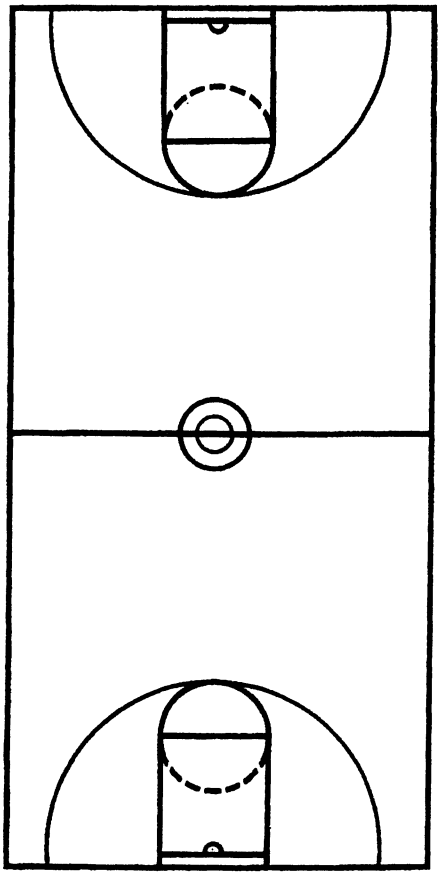

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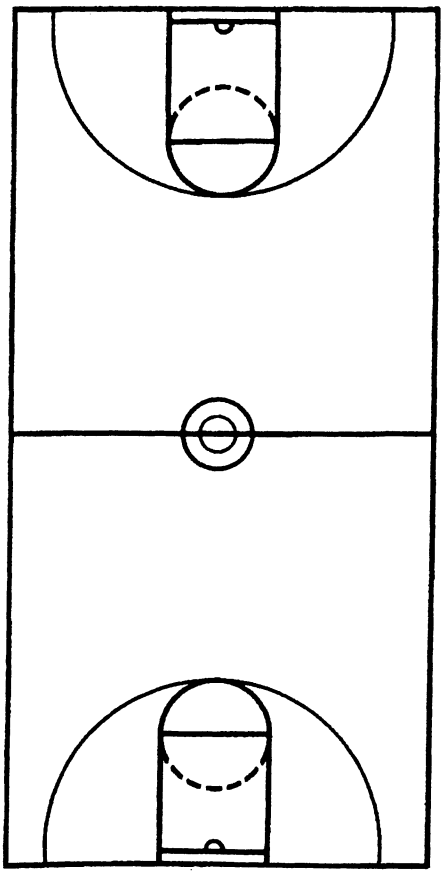

Dennis Felton – University of Georgia

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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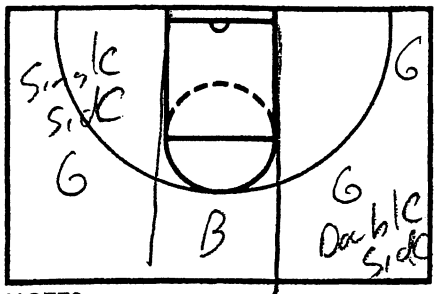
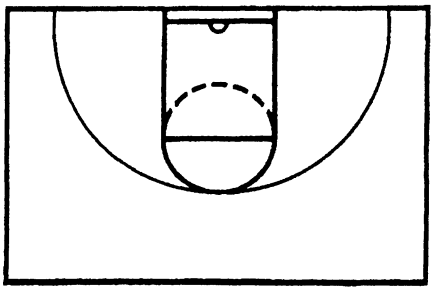
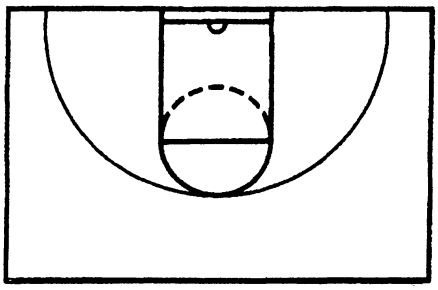
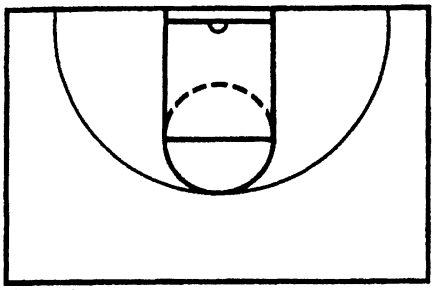
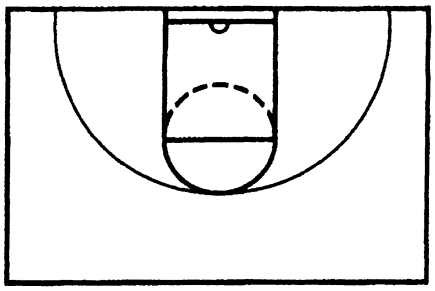


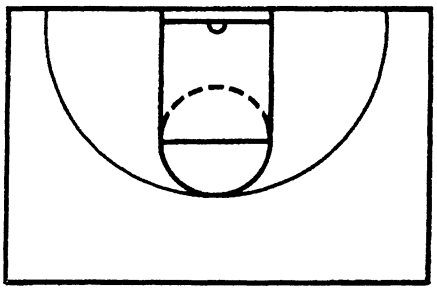




NOTES 4 OUT 1 IN Motion

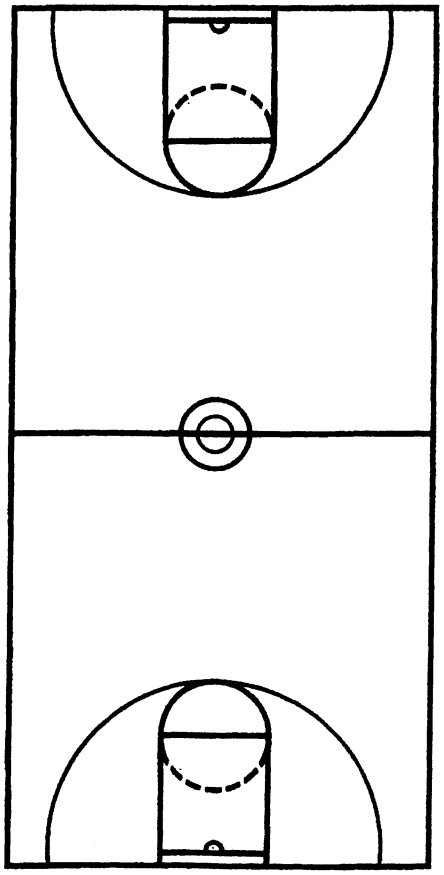






NOTES

JUST DO IT



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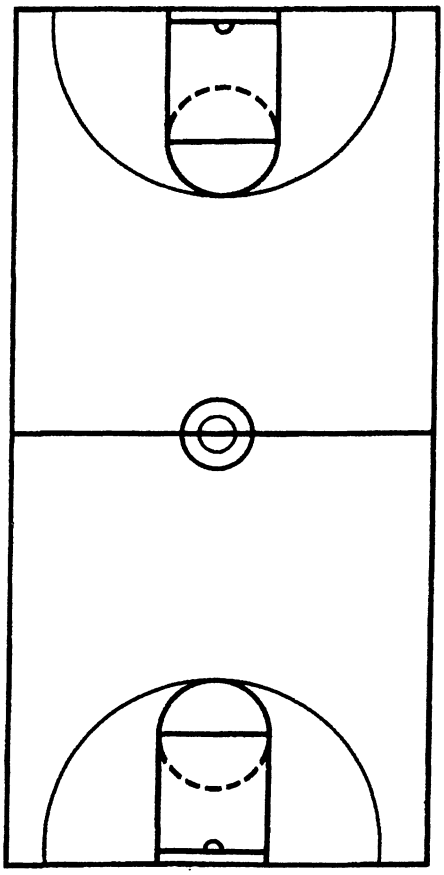

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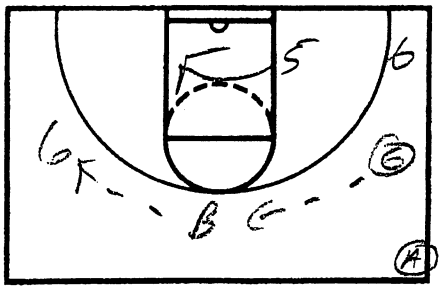
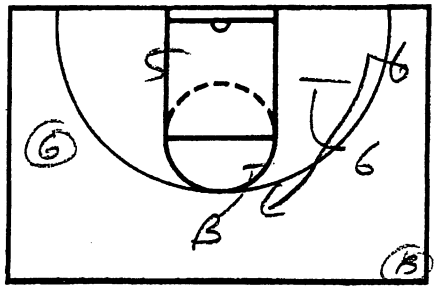
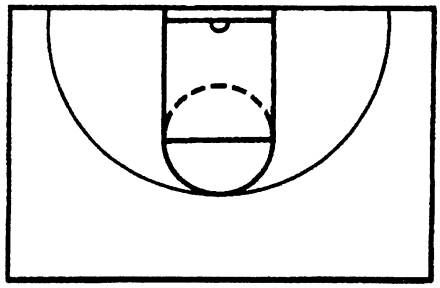
(1)



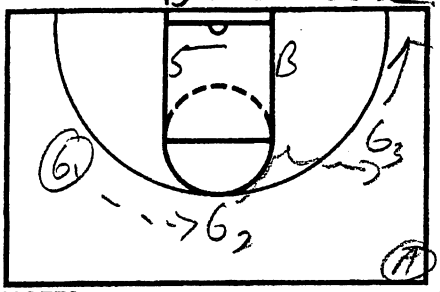




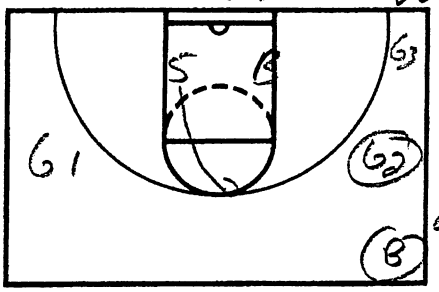
NOTES
High Post Ball Reversal

(3)

Drive Reverse

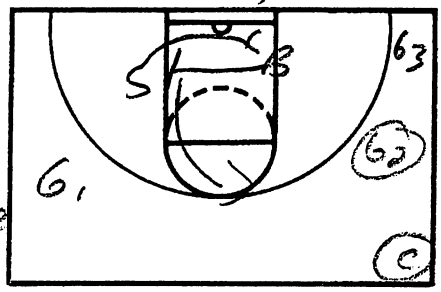


High/Low



OR

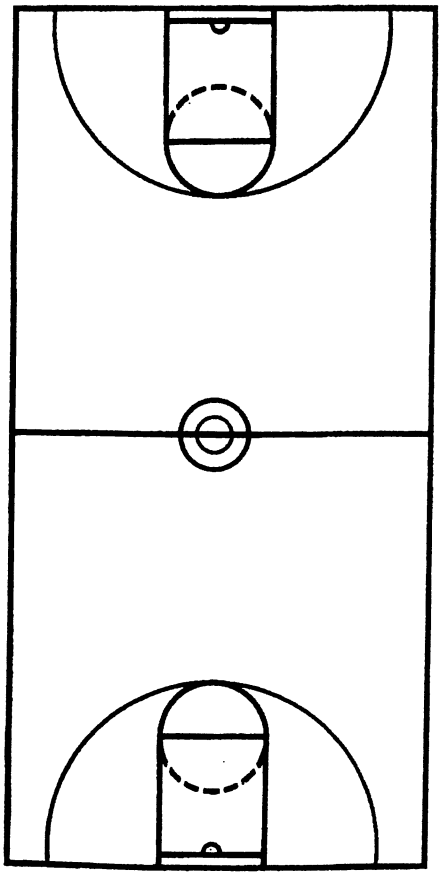
Cross Pick High/Low

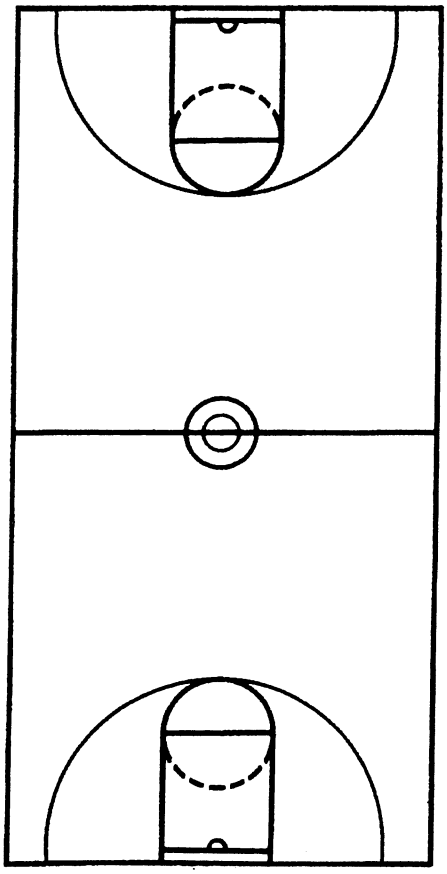


NOTES
Good Catch in High Post

JUST DO IT

NOTES





CLINIC Dennis Felton
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University of Georgia

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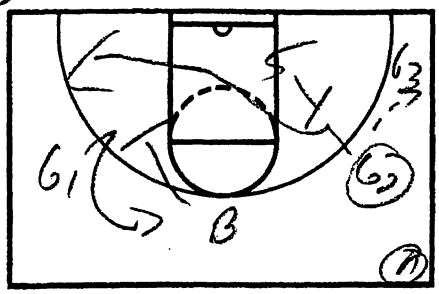
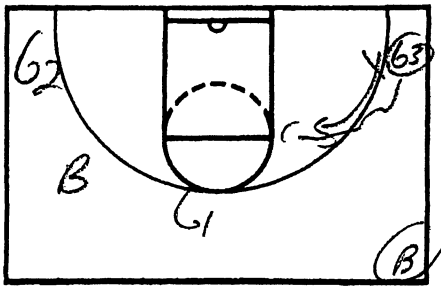
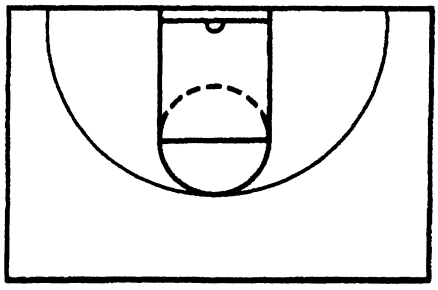
(5)

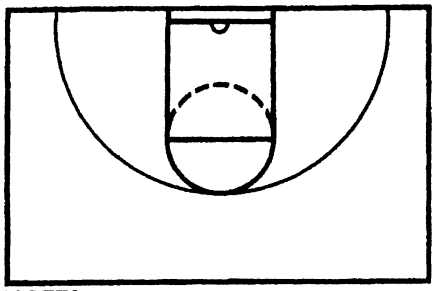
Pick on Ball

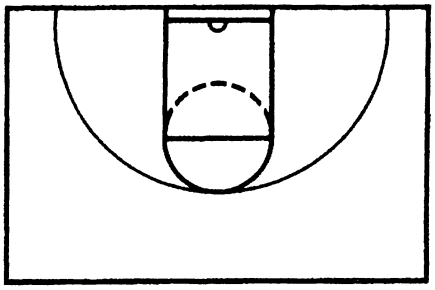


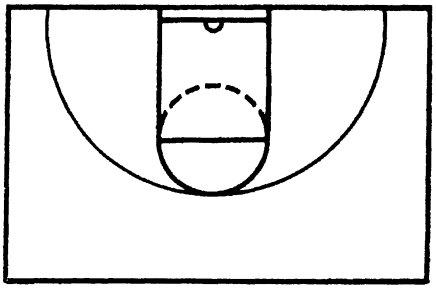




NOTES
Corner Pass

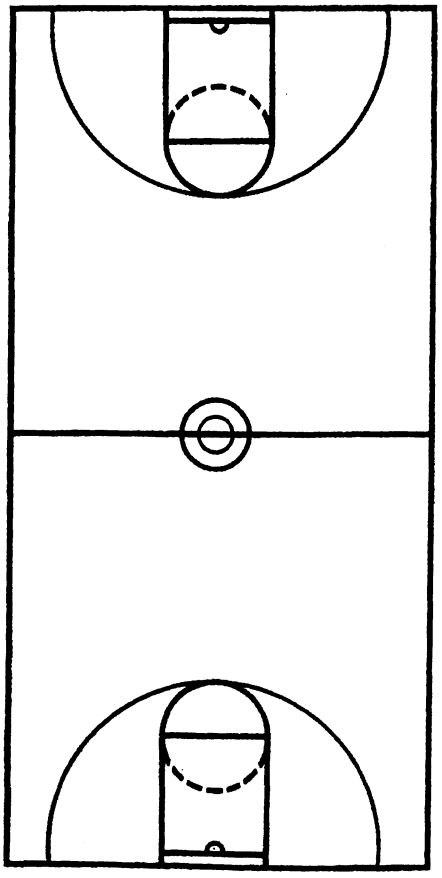






NOTES

JUST DO IT



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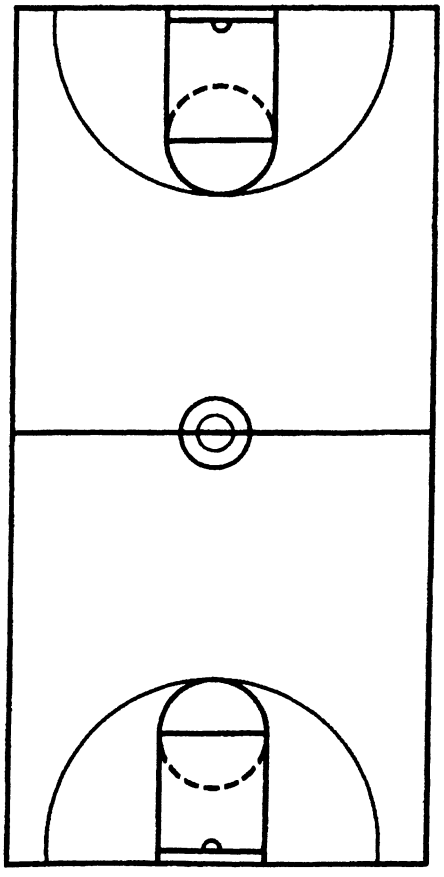

Ernie Kent – University of Oregon

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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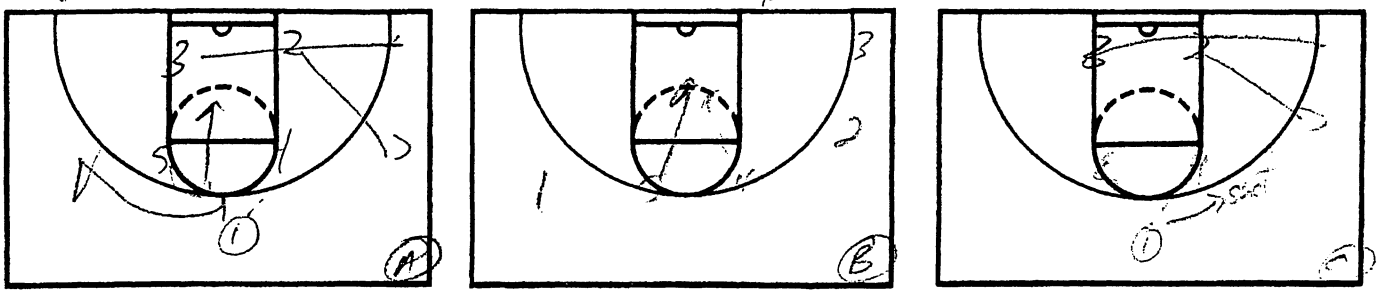
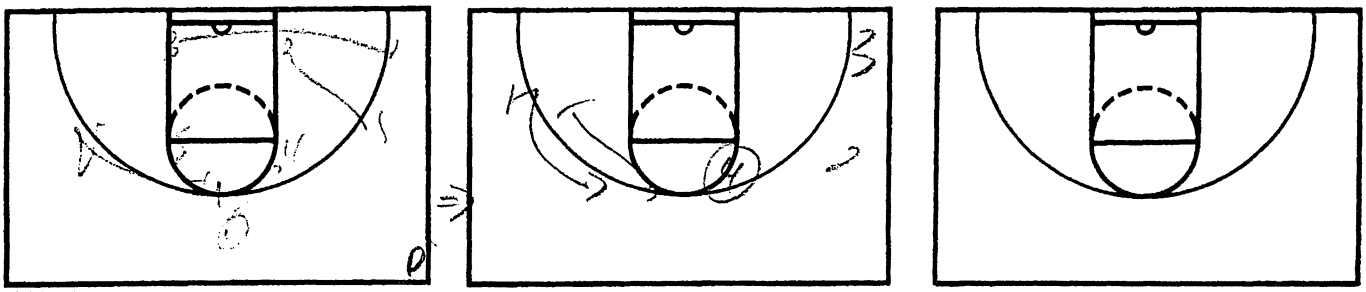
CLINIC Fundamentals
DATE Oregon
Quick Hitters

#2



NOTES

*Throw a Bounce Pass to the Big ON all slips!



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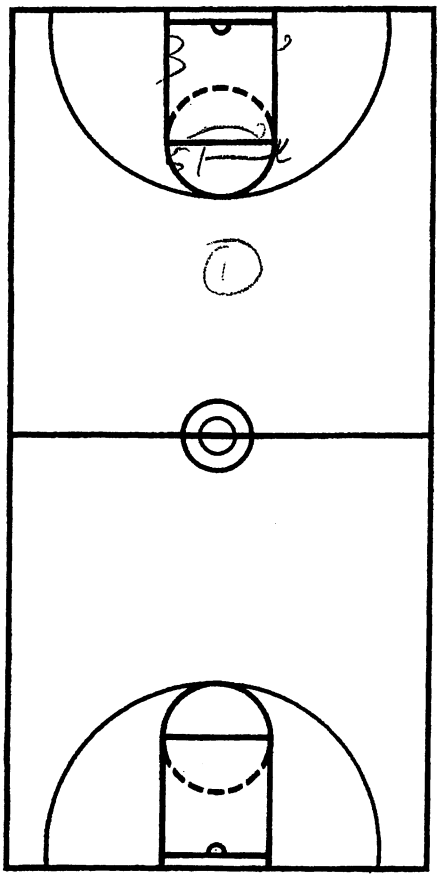

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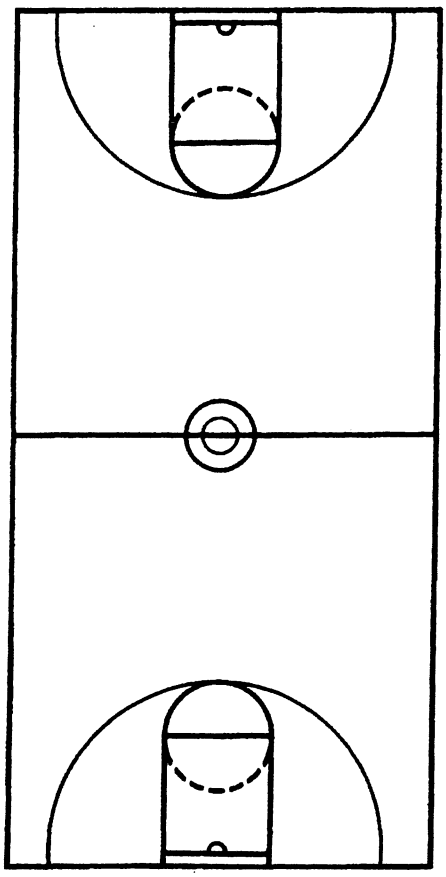
Biss Crosspick to initiate offense



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Quick Hitters

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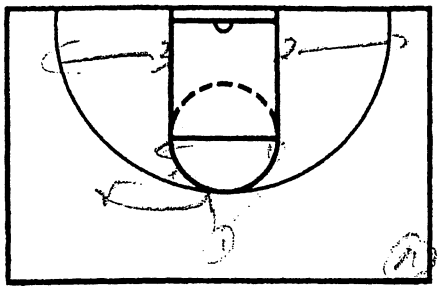
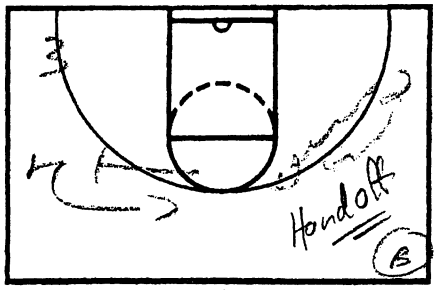
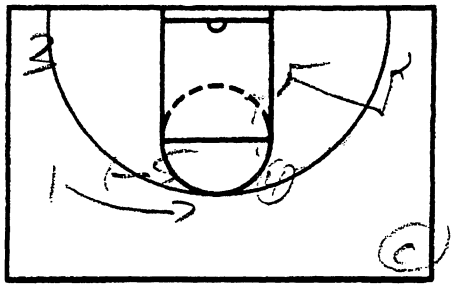




Backdoor



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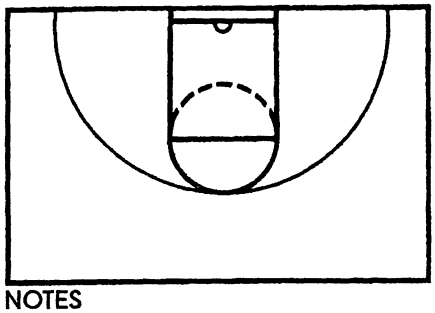

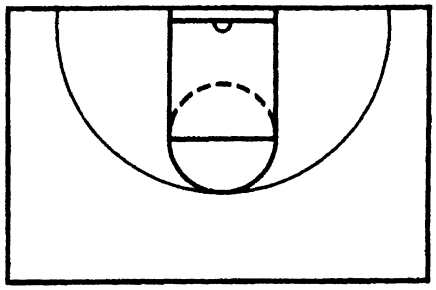

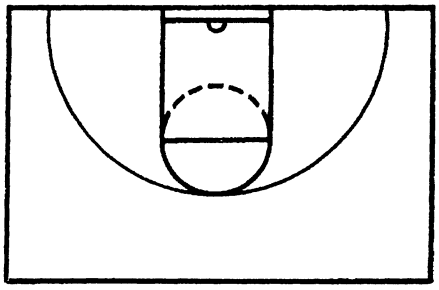

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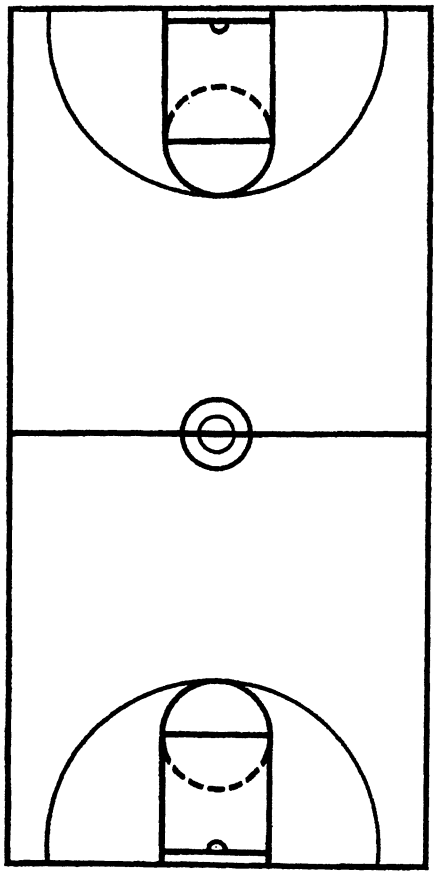

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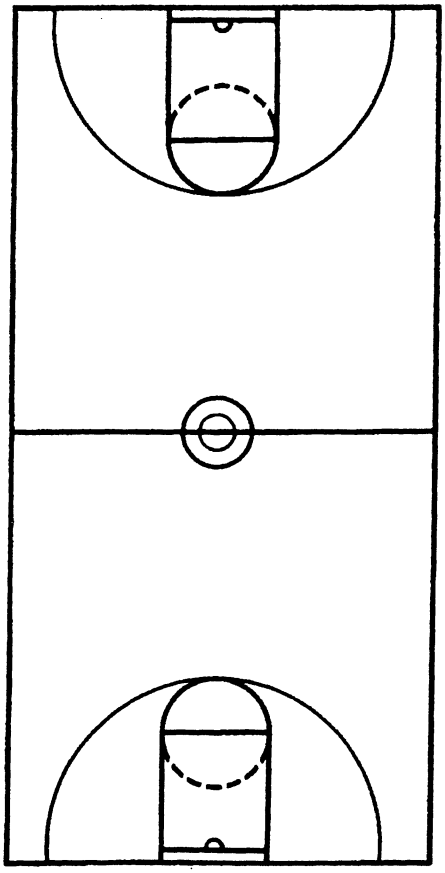

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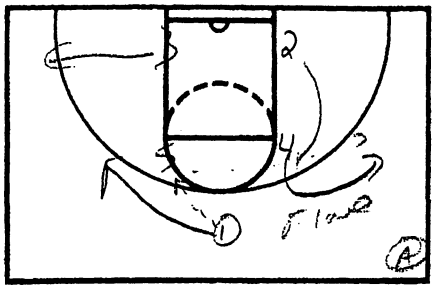
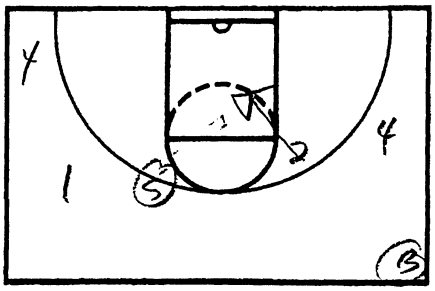
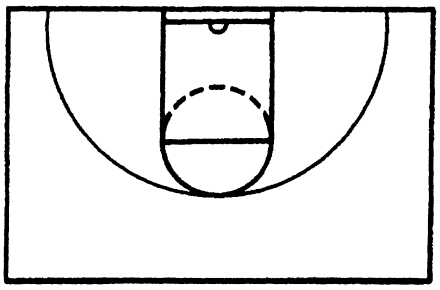
DATE Orlando
Quick Hitters

Flare



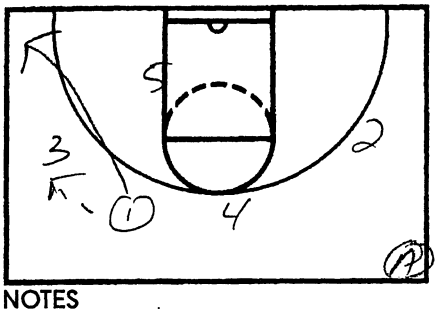


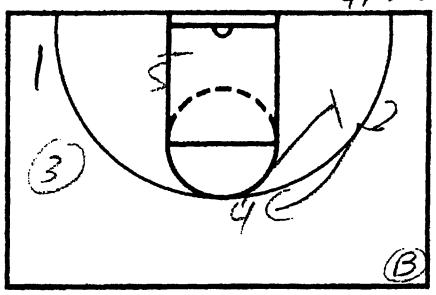


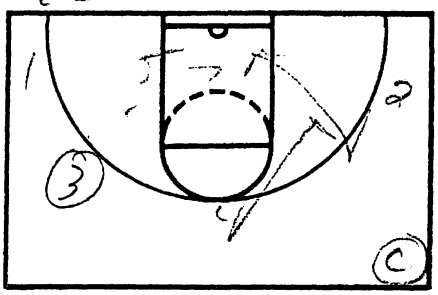
NOTES

"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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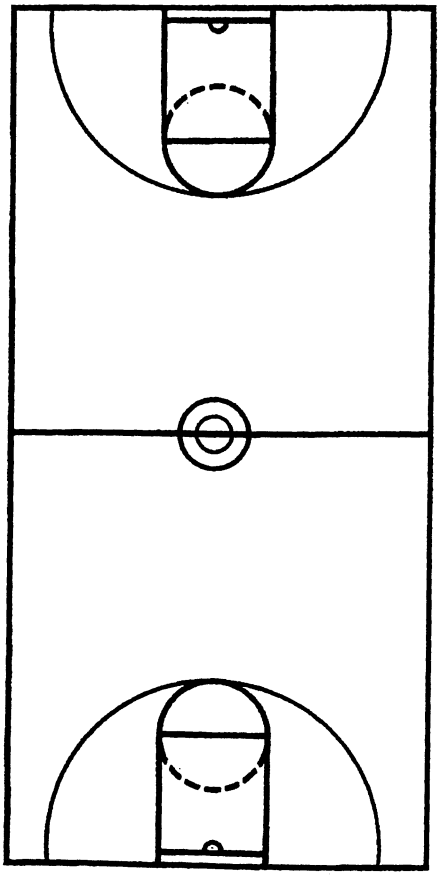

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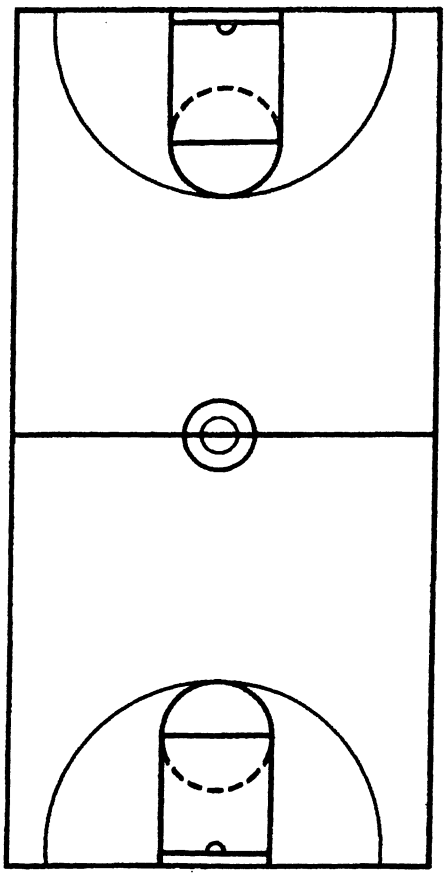

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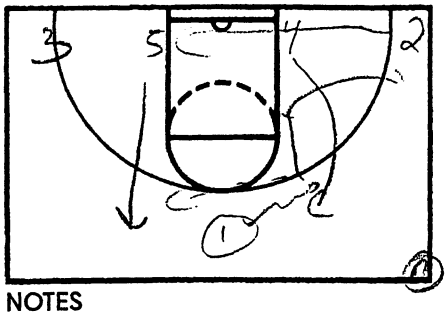
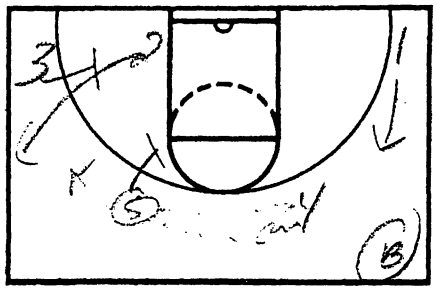
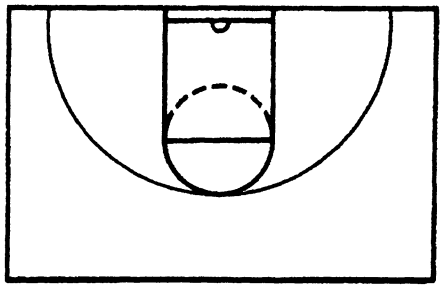
Zone Offense

VS 3-2







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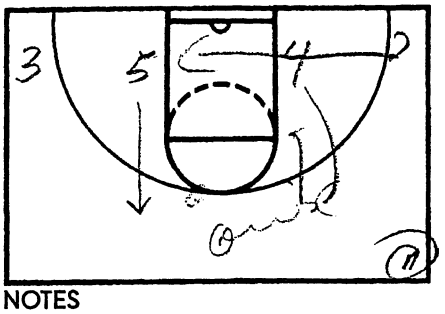
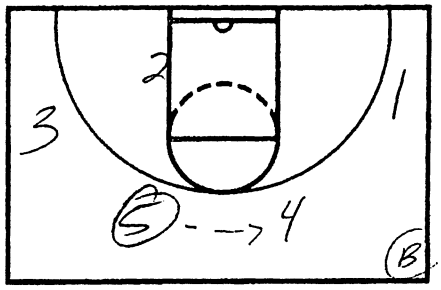
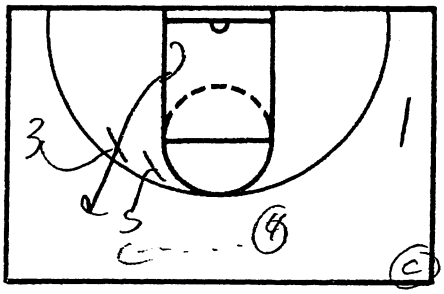
VS 2-3







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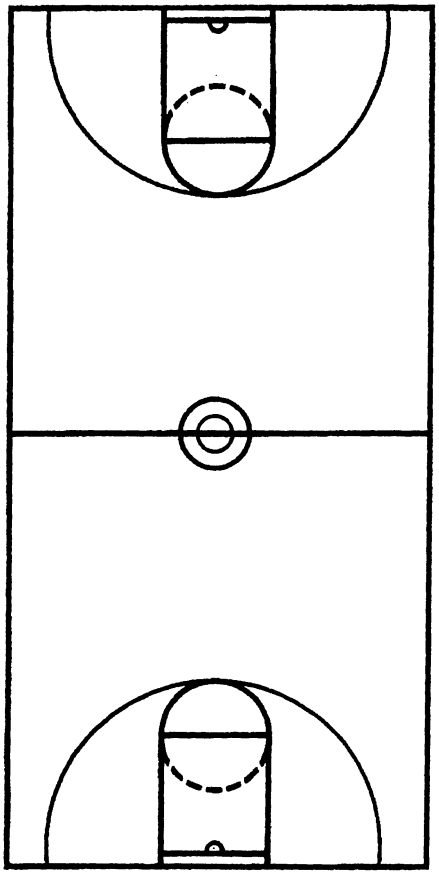

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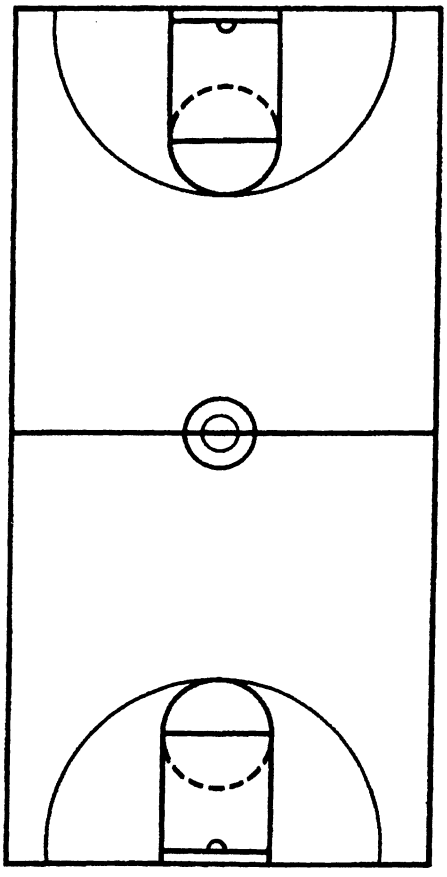

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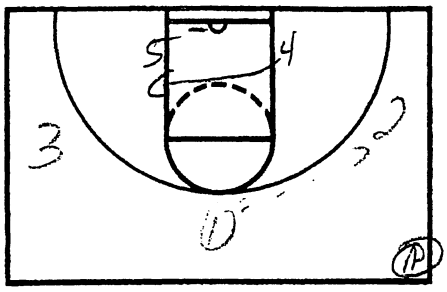
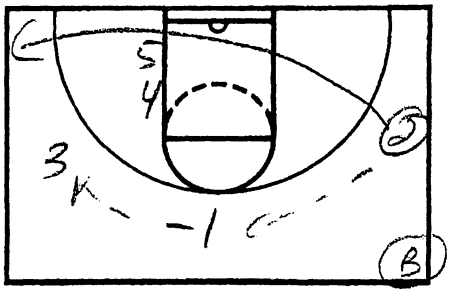
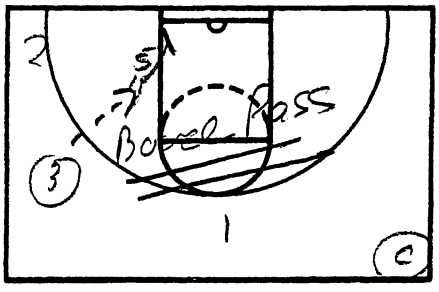
Zone Offense

Stack







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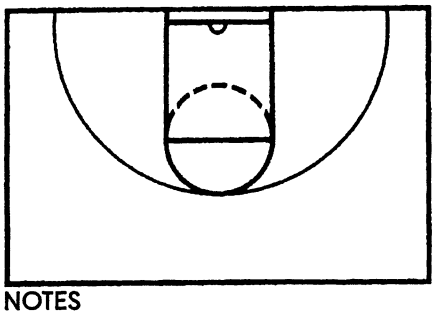

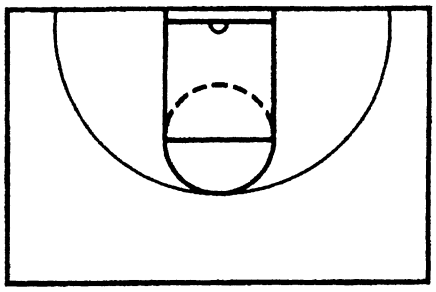

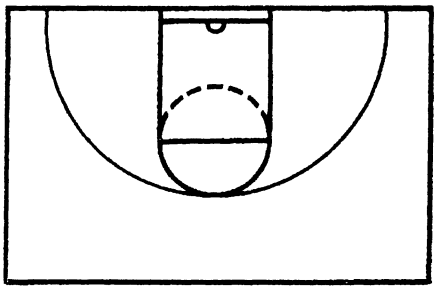

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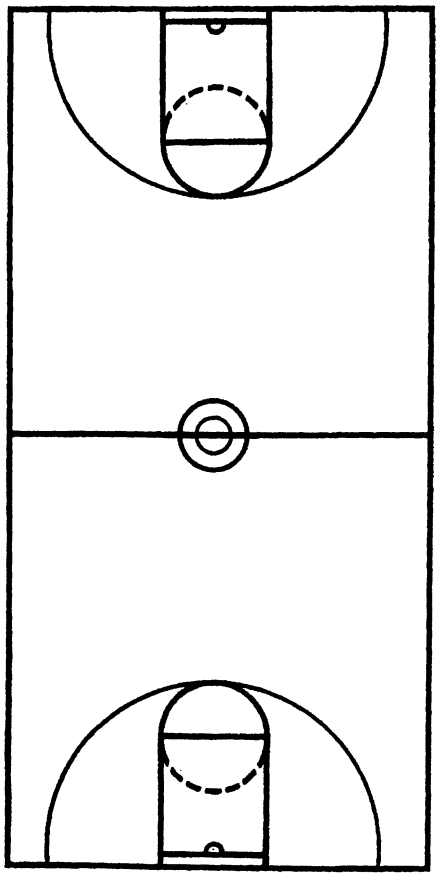

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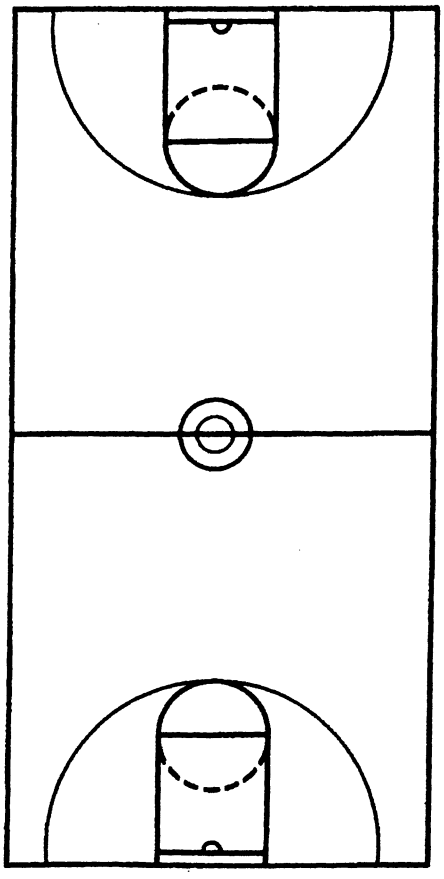

Dick Davey
Santa Clara Broncos

Santa Clara Broncos Basketball

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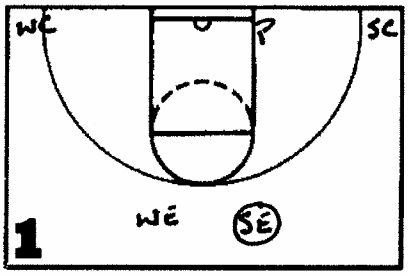
(408) 554-4583

Head Coach: Dick Davey
Assistants: Steve Seandel *Sam Scuilli*
Lloyd Pierce

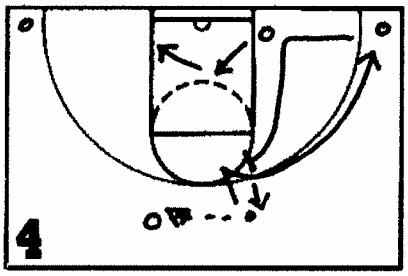
Coach _Dick Davey: Santa Clara_
Video _The Complete Flex Offense_

Member of the West Coast Conference



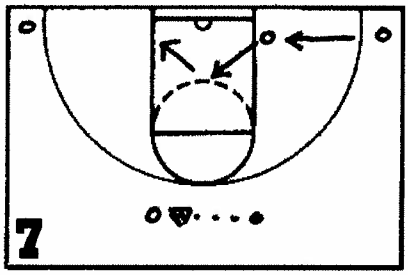
Basic Flex Spots

SE = Strong Elbow
WE = Weak Elbow
P = Post
SC = Strong Corner
WC = Weak Corner



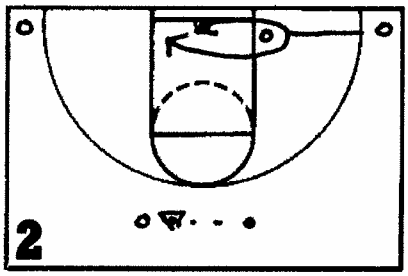
Flare Screen

- *WC bumps the P block/block & sets a flare screen for WE*
- *WE flares to the corner for skip pass*
- *WC bounces to fill WE spot*



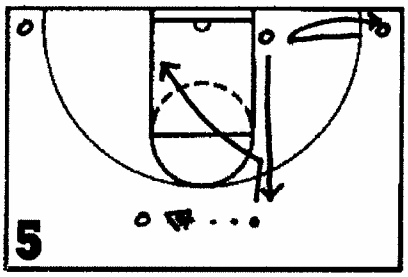
Post Flash

- *On reversal pass: Post steps to the ball & fills the opposite post position*
- *Down screen action occurs between WE & WC*



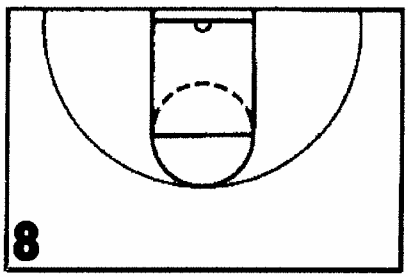
Baseline Cut

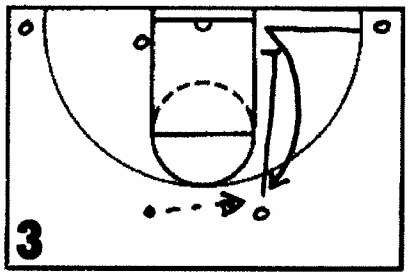
- *On reversal pass: SC can cut on top-side or baseline-side of screen*
- *The screening angle helps to determine the angle of the cut*



Strong-Side Elbow Cut

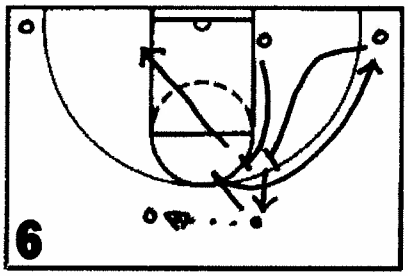
- *On reversal pass: SE makes diagonal basket cut to the post*
- *WC starts to make baseline cut & then bounces back to the weak-side corner*
- *Post fills the WE for reversal pass*





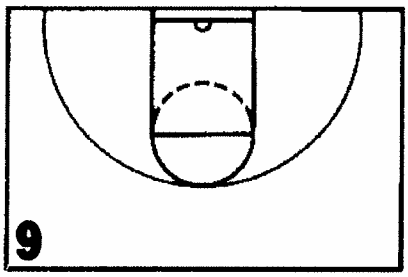
Down Screen

- *Standard down screen*
- *Screen toward the rim*



Double Flare

- *On reversal pass: Post & WC set a Double Flare Screen for WE*
- *Flare to the corner*
- *Post slips to the strong-side block & WC fills the WE spot*



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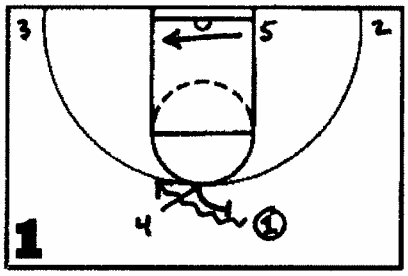
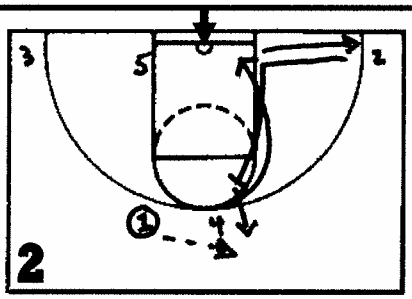
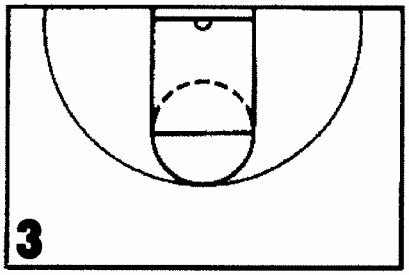


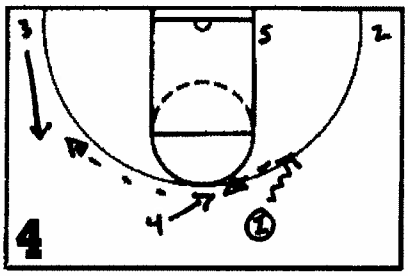
Transition: 50

1) 1 pushes ball slightly off-set of SE
2) 4 sets ball screen for 1 (4 must get lower than the level of the ball initially to set-up screening angle)
3) 5 follows the ball block/block



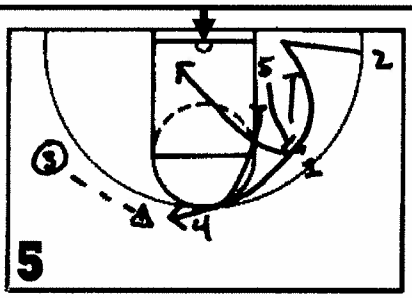
4) 2 walks to the weak-side block to set up screening angle
5) 2 sets back screen for 4 after 1 has cleared ball screen
6) 4 looks for lob & bounces to WC
7) 2 bounces to WE



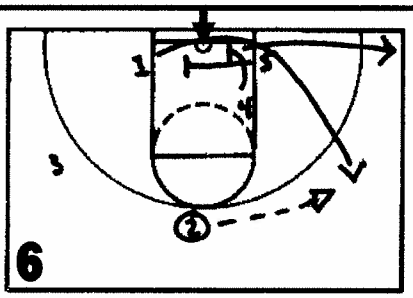


Transition: 51

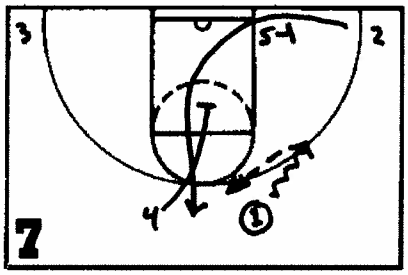
1) 1 dribbles off-set to the wing area
2) 4 slides to the point
3) 3 slides up to the weak-side wing
4) Ball is reversed around perimeter to 3



5) 5 steps up & sets s Shuffle Screen for 1
6) 5 & 4 set a stagger screen for 2



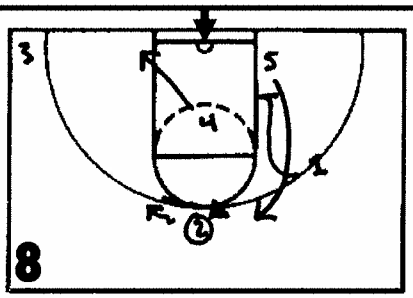
7) After 2 catches to the ball at the TOK: 5 & 4 set a stagger screen for 1 who cuts out to the weak-side wing
8) 5 fills the strong-side post & 4 bounces to the SC



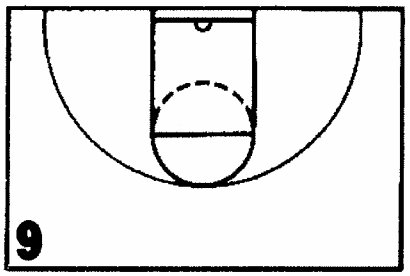
Transition: 52/53

- *52 is run to the 2-side & 53 is run to the 3-side*

1) 1 dribbles offset at 2
2) 5 sets screen for 2 & 4 sets a down screen in the lane for 2



3) After ball is passed to 2: 4 bounces to the post & 1 sets a down screen for 5



Santa Clara Broncos Basketball

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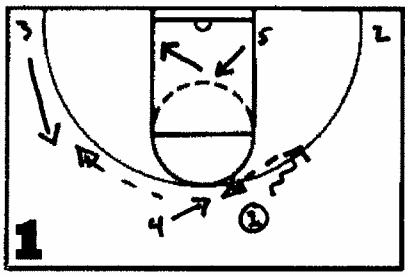
Coach _Dick Davey: Santa Clara_

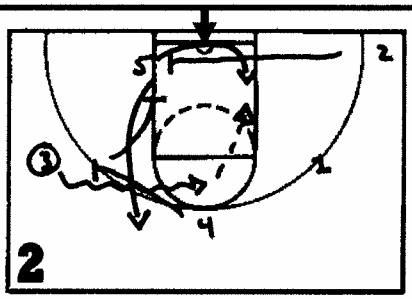
Video _The Complete Flex Offense_

Member of the West Coast Conference

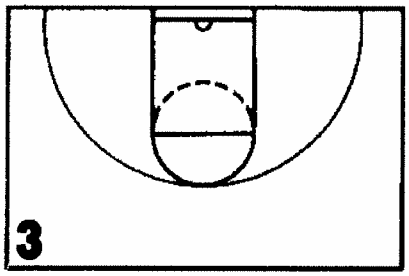


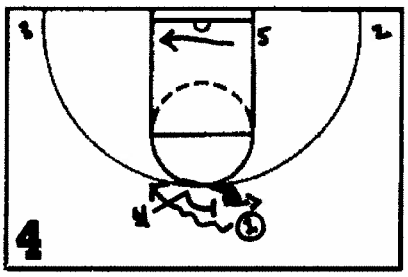
Transition: 54

1) 1 pushes ball slightly off-set of SE
2) 4 fills the point
3) 3 fills up to the weak-side wing
4) Ball is reversed to 3
5) 5 post flashes & fills post area



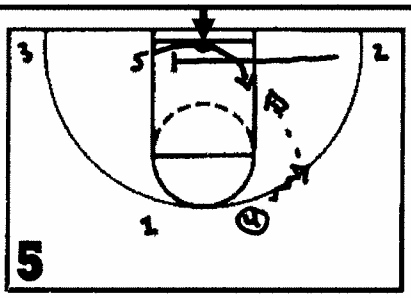
6) 4 follows pass & sets a ball screen for 3
7) As ball screen is occurring: 2 sprints across the lane & sets a screen for 5
8) 5 rolls baseline-side off screen looking for pass from 3 at the block area
9) 4 sets down screen for 2



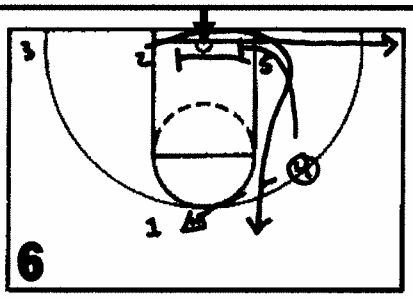


Transition: 55

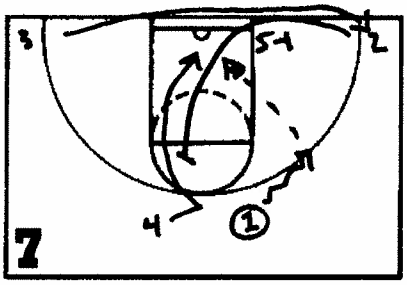
1) 4 sets ball screen for 1
2) 5 follows ball block/block
3) 4 bounces to WE for reversal pass



4) 2 sprints across the lane & sets screen for 5
5) 5 rolls baseline-side & looks for post entry from 4



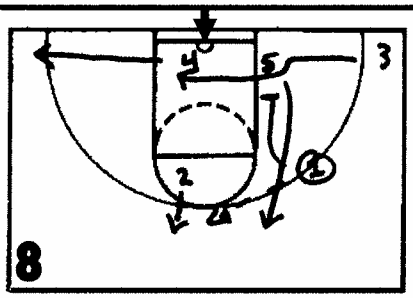
7) If ball is not entered to post: Ball is reversed back to 1
8) 5 & 4 sets baseline stagger screen for 2
9) 2 cuts baseline-side & fills SE
10) 5 fills strong-side post & 4 bounces to SC



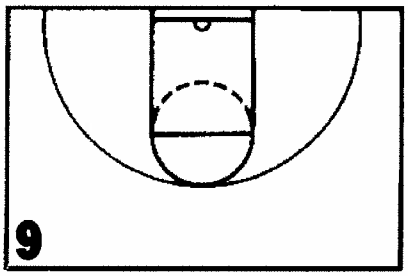
Transition: 25/35

- *25 is run to the 2-side & 35 is run to the 3-side*

1) 1 dribbles offset at 2 & 2 sets back screen for 4
2) 3 must sprint baseline to the SC



3) 4 bounces to the WC & 2 bounces to the point for reversal
4) 3 makes baseline cut off 5's screen
5) 1 sets down screen for 5



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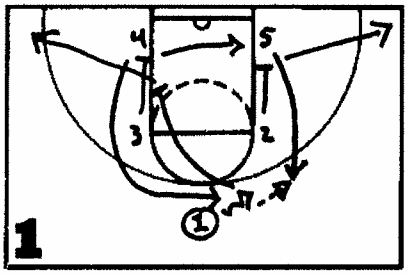
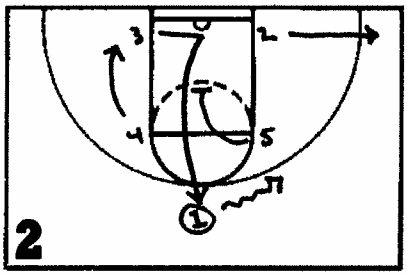


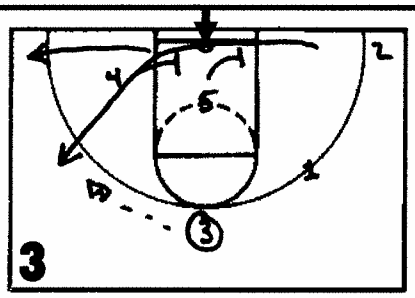
Regular

1) 2 down screens 5
2) 1 enters to 5 & 2 bounces to SC
3) 3 & 1 stagger screen for 4
4) 1 bounces to WC & 3 slips to strong-side post

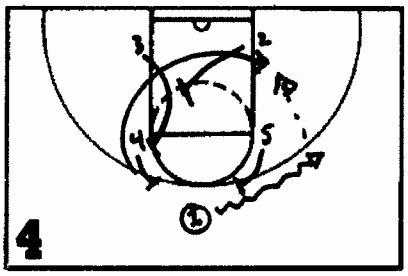


Box Set

1) 1 dribbles off at 2-side
2) 5 sets down screen in lane for 3
3) 2 slides to SC
4) 4 rolls to weak-side post

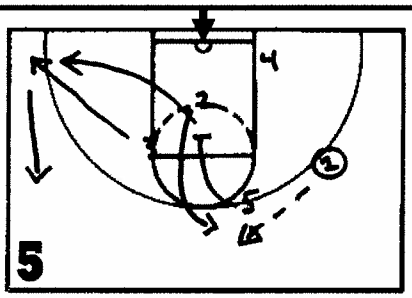


5) 5 & 4 set a baseline stagger for 1 who cuts to the opposite wing
6) 4 bounces to SC & 5 fills weak-side post
7) Flows to Flex

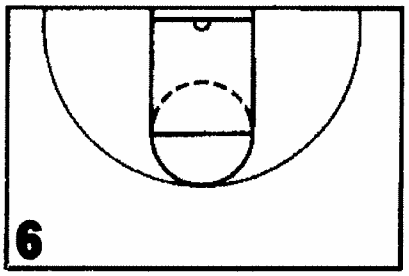


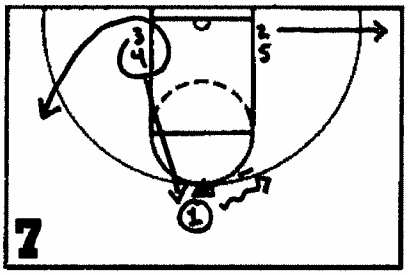
41

1) 4 & 5 step-up to set high ball screens for 1
2) 1 uses ball screen to the wing
3) 3& 2 set double back screen for 4 who cuts to the strong-side post



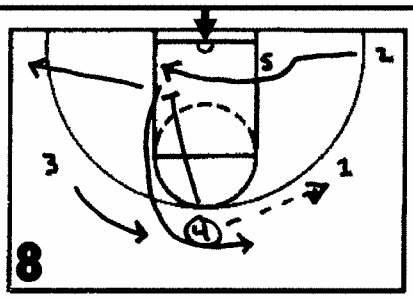
4) 5 sets down screen for 2
5) 3 bounces to the WC
6) On 2's catch: 3 slides to the wing & 5 bounces to WC to balance floor
7) Ball reversed to 3 & 4 follows post/post
8) 2 down screens for 1





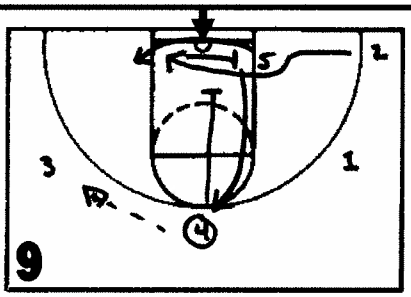
Double Stack

1) 1 dribbles offset at 2-side
2) 3 cuts through off 4 to the WC
3) 2 slides to SC
4) 4 fills WE for reversal



DS: Look Strong

5) 2 makes baseline cut off 5
6) 4 passes to 1 on wing
7) 1 looks for immediate post feed to 5
8) 4 down screens for 2 who cuts to SE
9) 3 fills WE on 2's catch



DS: Look Weak

10) From Diagram #7: 4 reverses to 3
11) 2 cross screens for 5 & 4 down screens
12) 2 catches at SE & 1 fills WE
13) 4 bounces to WC

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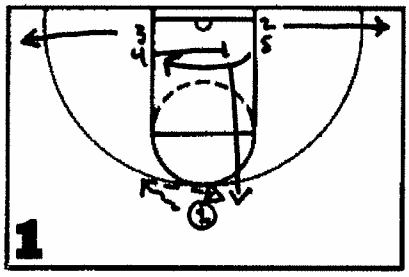
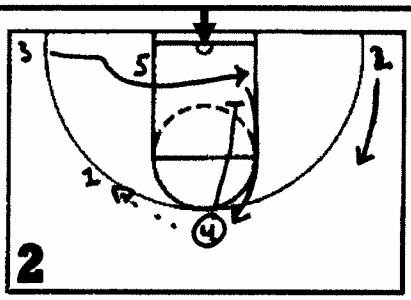


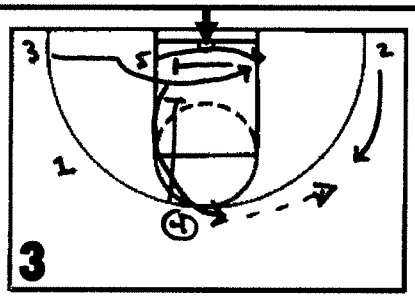
3x

1) 1 dribbles offset to 3-side
2) 3 pops to SC & 2 pops to WC
3) 4 cross screens for 5 & bounces to WE for reversal



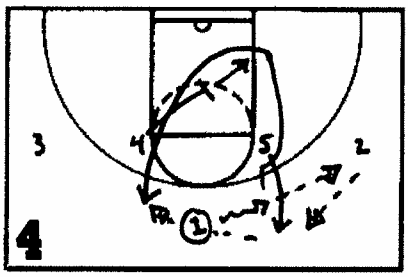
3x: Look Strong

4) 2 makes baseline cut off 5
5) 4 passes to 1 on wing
6) 1 looks for immediate post feed to 5
7) 4 down screens for 2 who cuts to SE
8) 3 fills WE on 2's catch



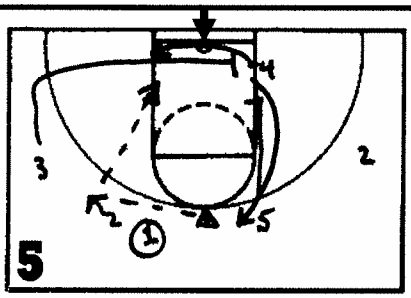
3x: Look Weak

9) From Diagram #7: 4 reverses to 3
10) 2 cross screens for 5 & 4 down screens
11) 2 catches at SE & 1 fills WE
12) 4 bounces to WC

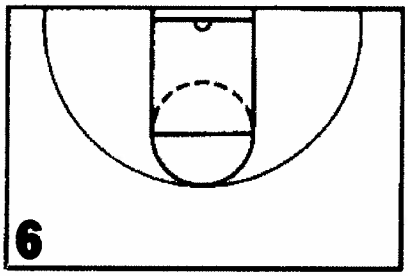


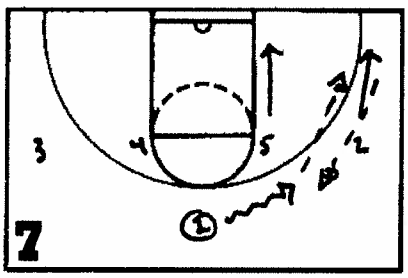
White

1) 1 dribbles offset at 2-side
2) Ball is entered to 2
3) 1 makes UCLA Cut off 5
4) 4 sets diagonal screen for 1
5) 1 cuts to WE



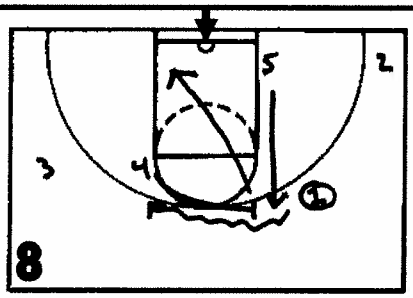
6) Ball is reversed to 1
7) 3 sprints across lane & sets screen for 4
8) 1 looks at post feed to 4
9) 5 sets down screen for 3
10) Flow to Flex



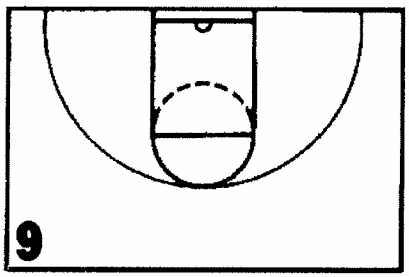


Red

1) 1 dribbles offset to 2-side
2) 2 slides to SC & ball is entered to 2
3) 5 slides to strong-side post
4) 2 passes back to 1 at SE



5) 4 sets ball screen for 1
6) 4 rolls to strong-side post
7) 5 fills WE



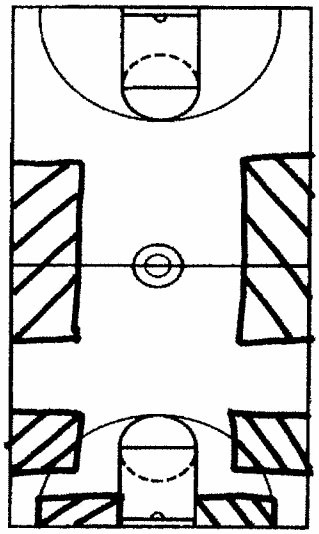
John Kresse
College of Charleston

COLLEGE OF CHARLESTON COUGARS BASKETBALL

Head Coach: John Kresse

Clinic Date John Kresse → College Of Charleston

2-2-1 Press

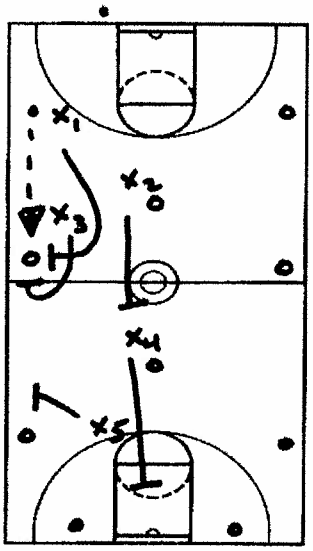


Notes
2 2 PRESS—TRAP ZONES

1ST TRAP ZONE

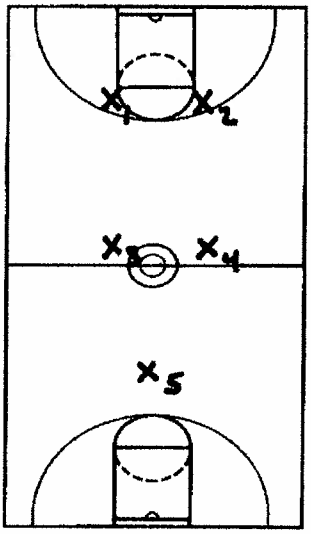
2ND TRAP ZONE

3RD TRAP ZONE



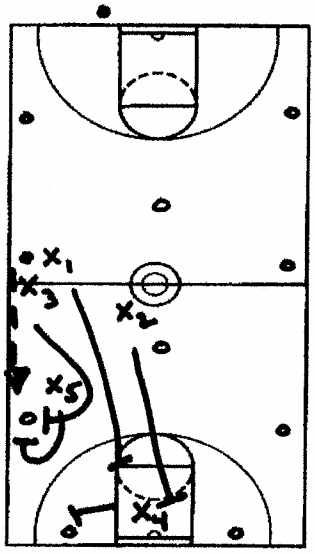
Notes
ROTATION TO 1ST TRAP

X1 = LOOP CUT TO TRAP
X2 = SHORT MIDDLE
X3 = LOOP CUT TO TRAP
X4 = BASKET/DEEP MIDDLE
X5 = CAT & MOUSE



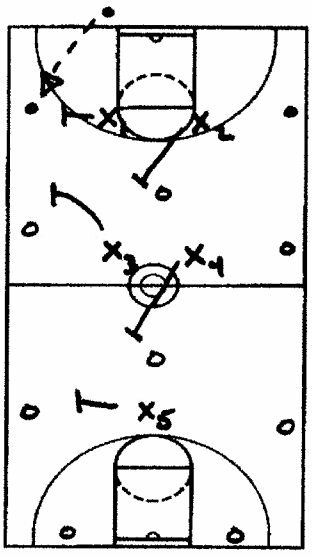
Notes
BASIC SET

X1 = PG
X2 = SG
X3 = SF
X4 = PF
X5 = C



Notes
ROTATION TO 2ND TRAP

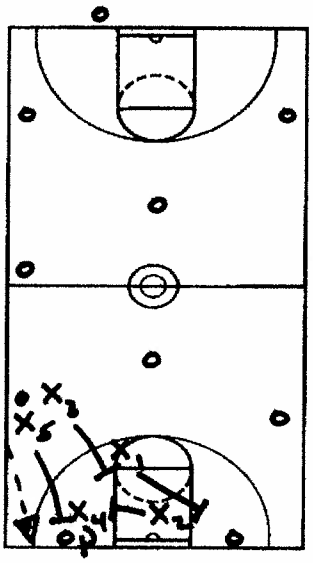
X1 = STRONG-SIDE ELBOW
X2 = WEAK-SIDE BLOCK/ BASKET
X3 = LOOP CUT TO TRAP
X4 = CAT & MOUSE
X5 = LOOP CUT TO TRAP



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

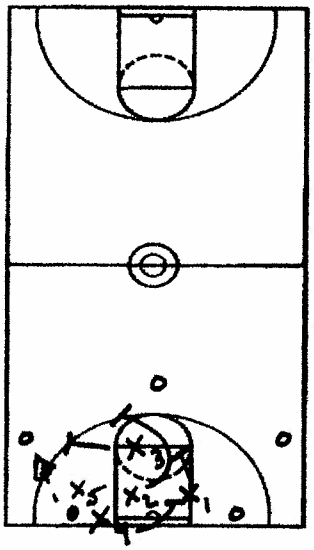
X1 = WEAK-SIDE BLOCK
X2 = STRONG-SIDE BLOCK
X3 = STRONG-SIDE ELBOW
X4 = LOOP CUT TO TRAP
X5 = LOOP CUT TO TRAP

College of Charleston Cougars Basketball

Head Coach: John Kresse

Clinic Date John Kresse → College of Charleston

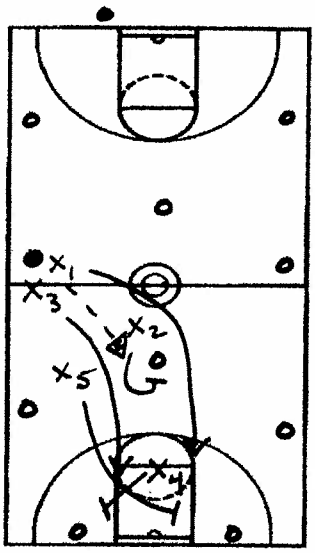
2-2-1 Press



Notes

5-on-5 Rotate Principles

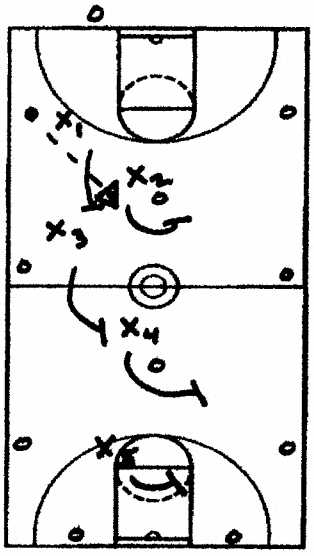
- Ball is passed out of 3rd Trap zone
- Defense "matches" to nearest man
- 5-on-5 in 1/2 court



Notes

Deep Middle Coverage

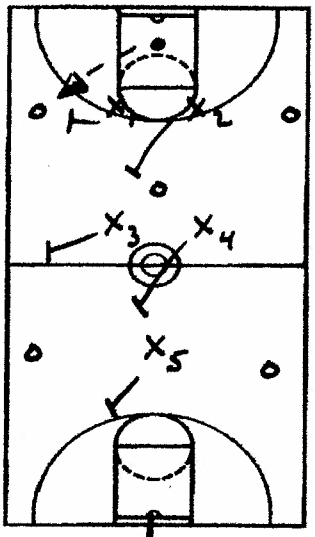
X1 = Sprint weak-side passing lane
X2 = Ball pressure
X3 = Sprint strong-side passing lane
X4 = Strong-side block
X5 = Weak-side block



Notes

Short Middle Coverage

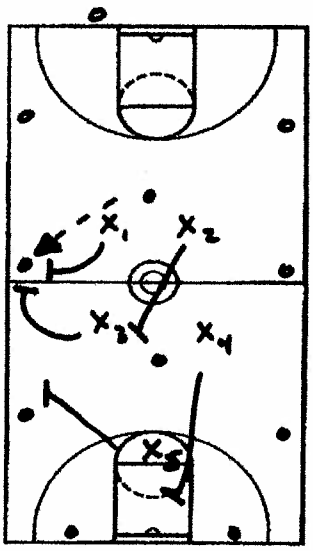
X1 = Loop cut to basic set
X2 = Loop cut to basic set
X3 = Loop cut to basic set
X4 = Loop cut to basic set
X5 = Loop cut to basic set



Notes

Skip Pass Coverage

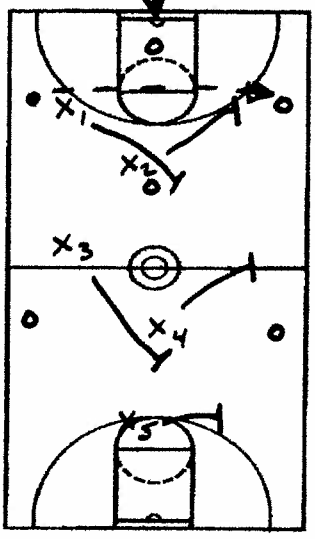
X1 = Loop short middle
X2 = Short middle to ball pressure
X3 = Cat & mouse to deep middle
X4 = Deep middle to cat & mouse
X5 = Basket



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



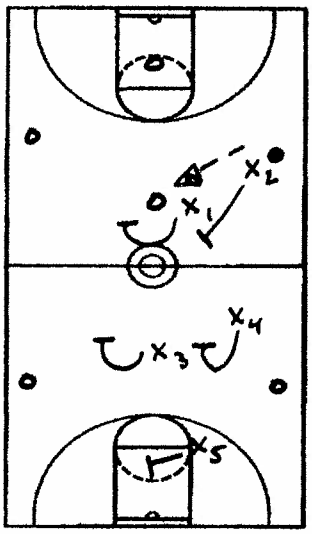
Notes

College of Charleston Cougars Basketball

Head Coach: John Kresse

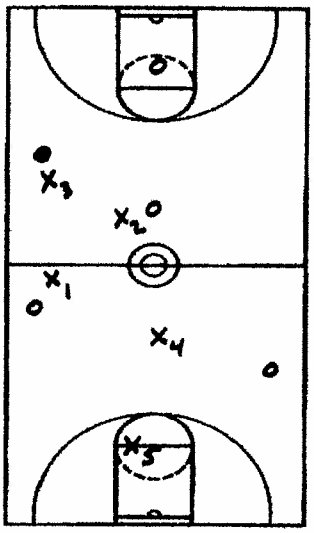
Clinic Date John Kresse → College of Charleston

2-2-1 Press



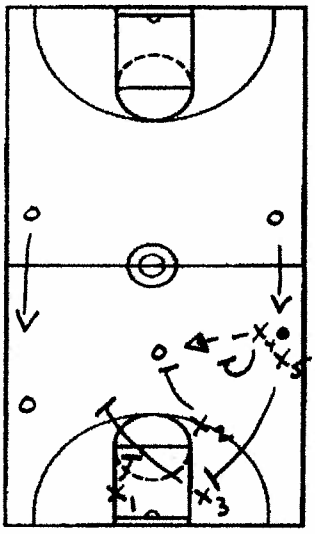
Notes
Middle Coverage

- 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



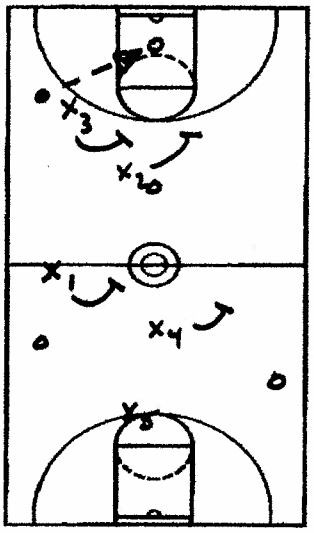
Notes
Dead Dribble

- X1 = Match to nearest man
- X2 = Match to nearest man
- X3 = Match to nearest man
- X4 = Match to nearest man
- X5 = Basket



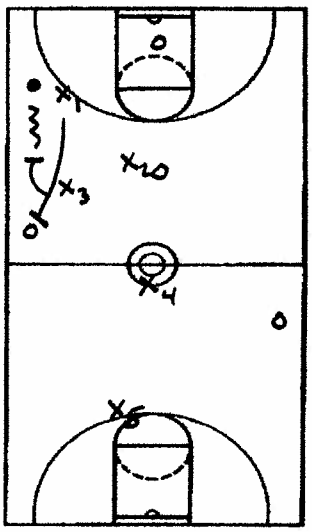
Notes
Deep Middle Coverage

- 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)



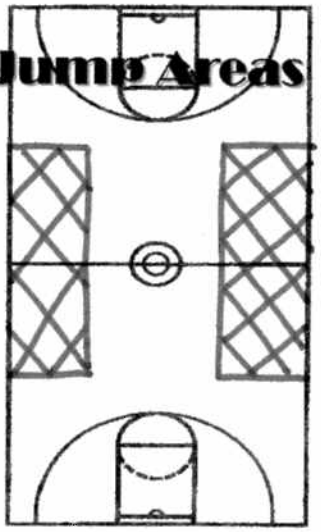
Notes
Backward Pass

- 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



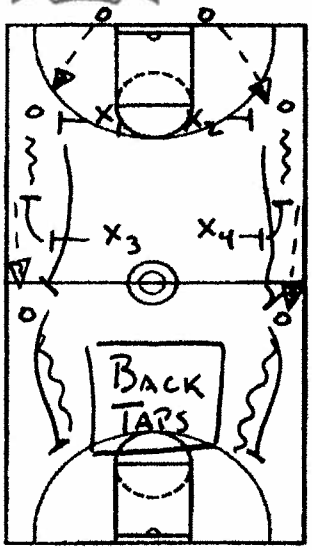
Notes
Keys to Run & Jump

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

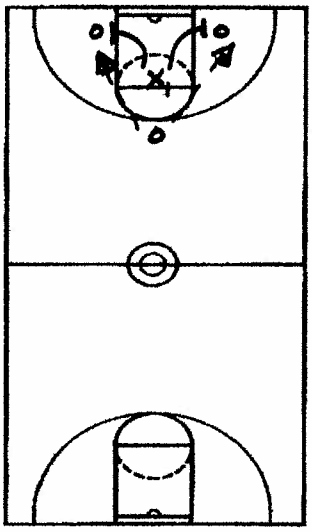
Head Coach: John Kresse

Clinic Date John Kresse -> College of Charleston



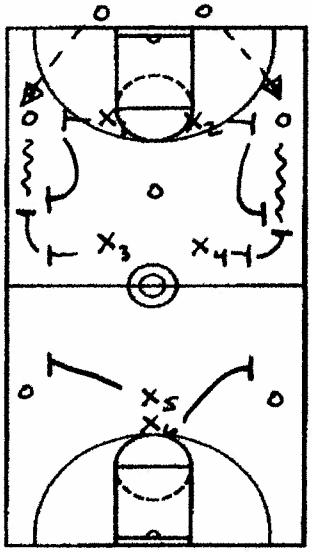
Notes
Sideline Jumps

- 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



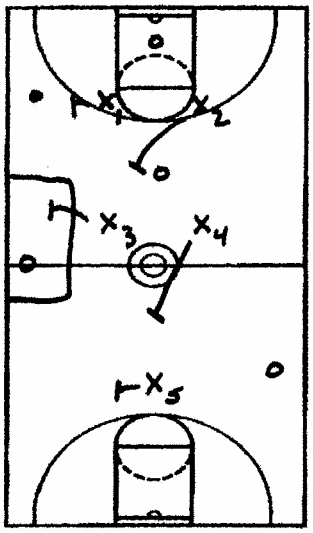
Notes
Drill #3—Looping

- 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



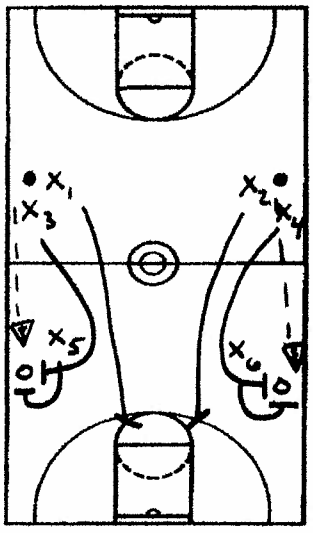
Notes
Drill #1—Dribble Traps

X1 = BALL PRESSURE
X2 = BALL PRESSURE
X3 = CAT & MOUSE
X4 = CAT & MOUSE
X5 = BASKET TO CAT & MOUSE
X6 = BASKET TO CAT & MOUSE



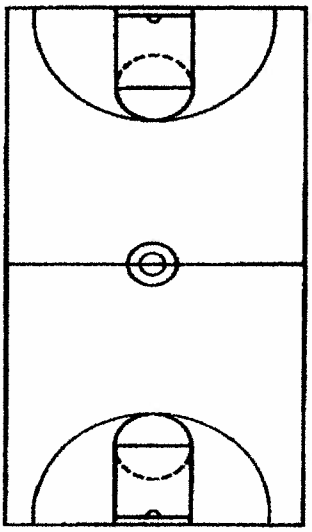
Notes
Cat & Mouse Rules

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

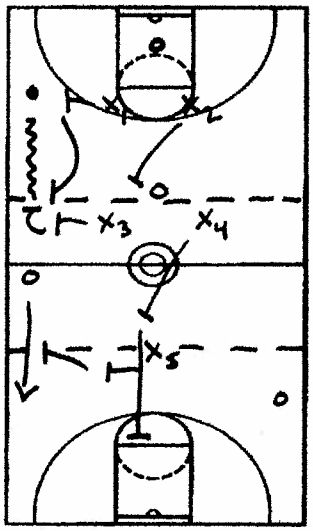
1) Contain ball on sideline
2) Be active in traps w/o fouling
3) Make quick, sharp rotations
4) Active hands—Deflections
5) Loop cuts to cut off passing lanes
6) Look to get "Back Taps"
7) Communicate

COLLEGE OF CHARLESTON COUGARS BASKETBALL

Head Coach: John Kresse

Clinic Date JOHN KRESSE → COLLEGE OF CHARLESTON

2-2-1 PRESS

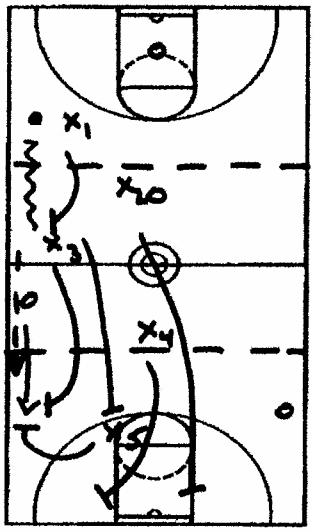


Notes

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

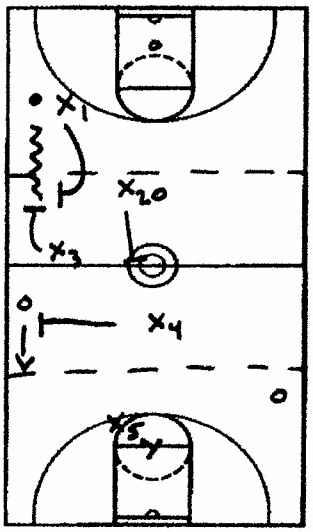
- Leave backward pass open
- X4 has Deep Middle Coverage & Basket



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**

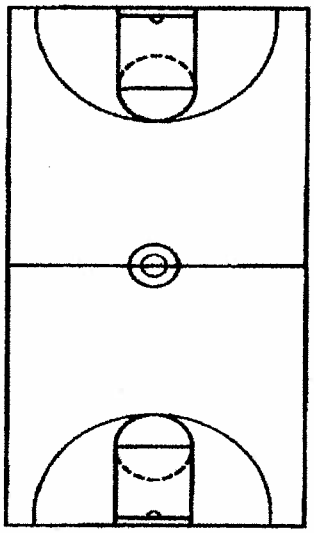


Notes

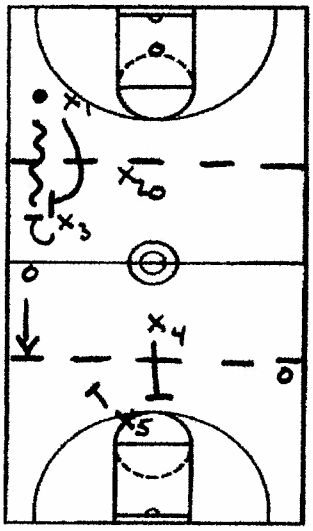
SITUATION #2–5 STAYS HOME

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

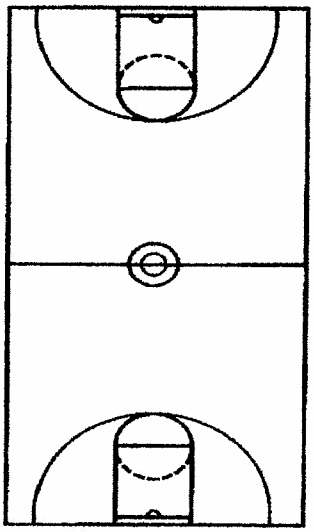


Notes

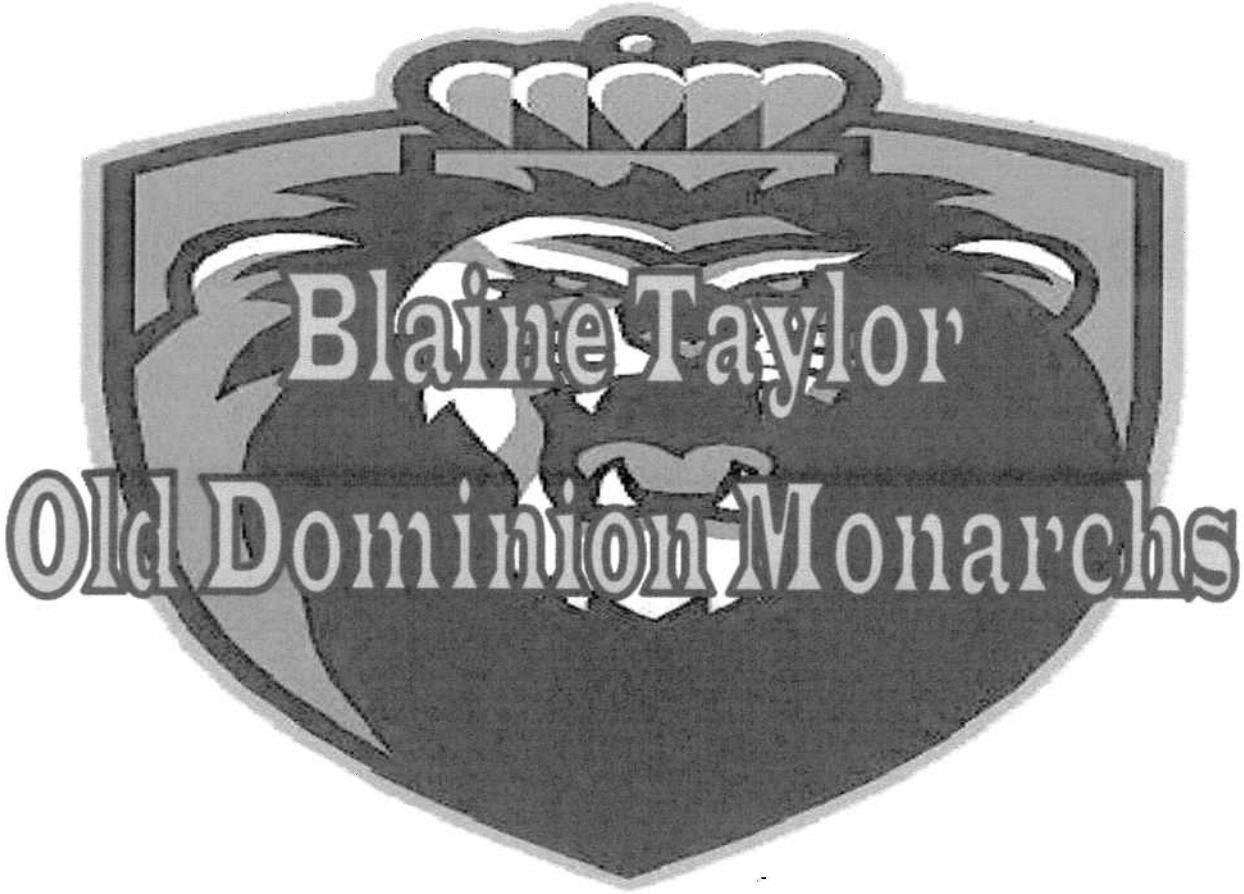
SITUATION #3– SOFT

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


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

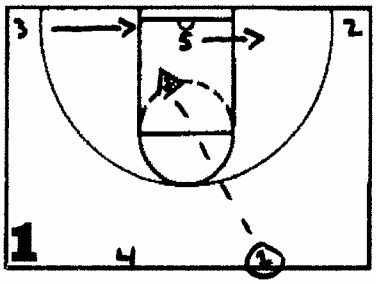
Head Coach
Blaine Taylor

Asst. Coach
Travis DeCuire

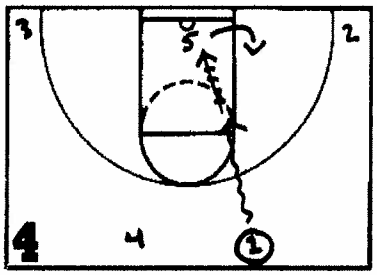
Asst. Coach
Jim Corrigan

Asst. Coach
Rob Wilkes

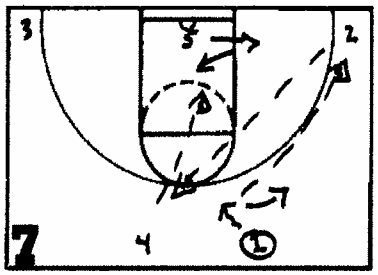
Basketball Operations
John Richardson



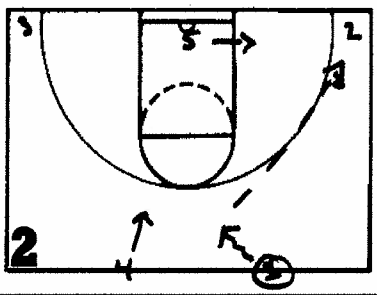
OPTION #1: WING AWAY



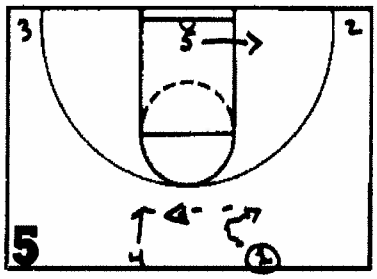
OPTION #4: SOLO



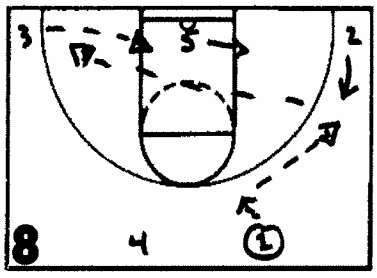
FRONT COURT: WING/TRAIL & IN



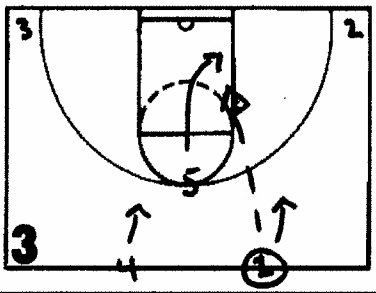
OPTION #2: THREE



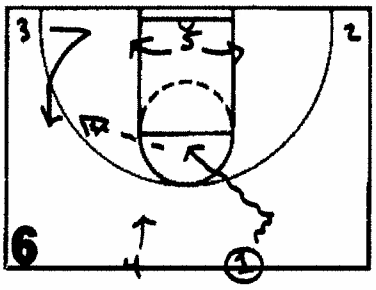
OPTION #5: TRAIL



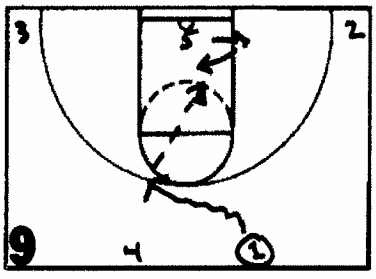
FRONT COURT: WING/SKIP & IN



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

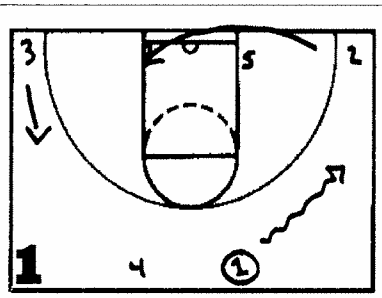
Head Coach
Blaine Taylor

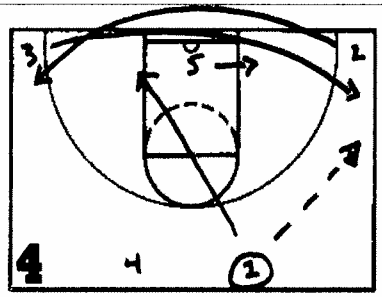
Asst. Coach
Travis DeCuire

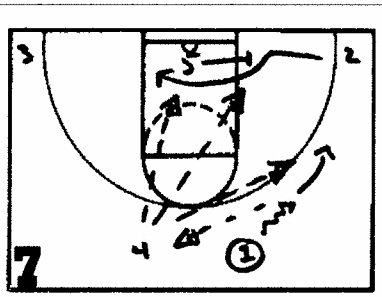
Asst. Coach
Jim Corrigan

Asst. Coach
Rob Wilkes

Basketball Operations
John Richardson



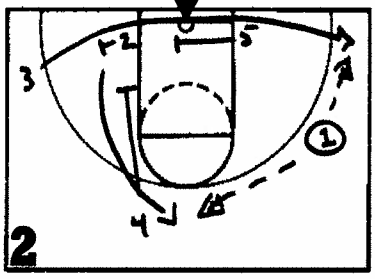


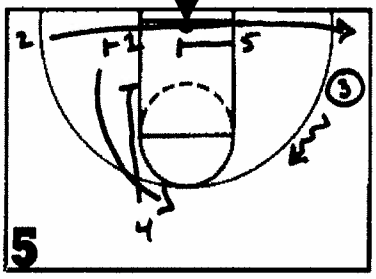


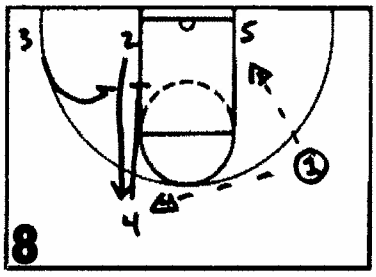
FRONT COURT: WAVE

FRONT COURT: PASS ADVANCE & WAVE

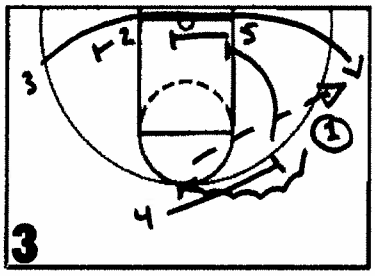
FRONT COURT: 20 CUT

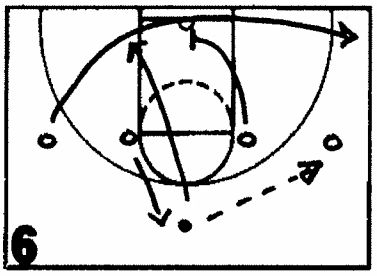


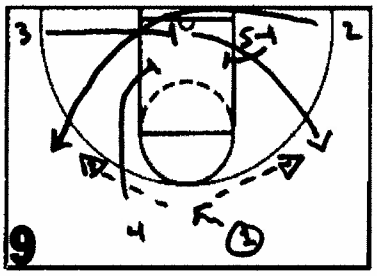




FRONT COURT: 20 CUT & PINCH SCREEN







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

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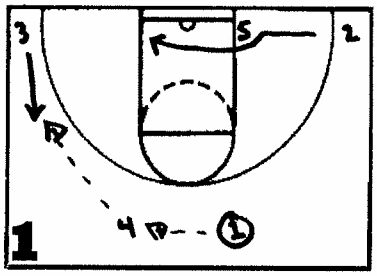
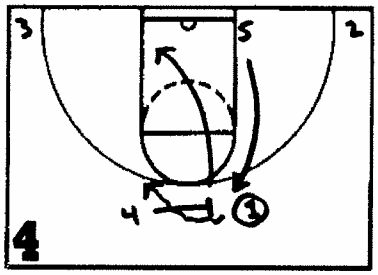
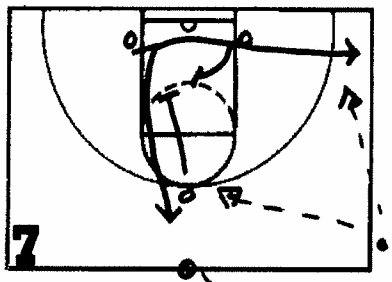


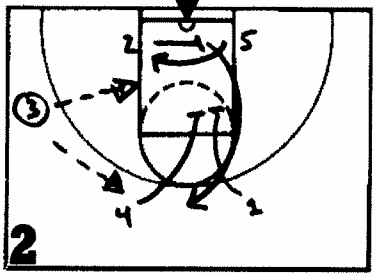
FRONT COURT:
20 TURN

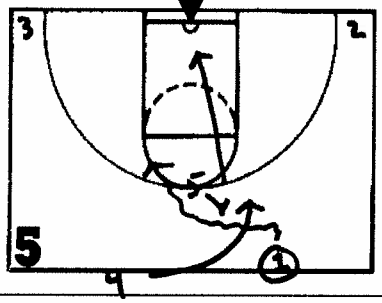


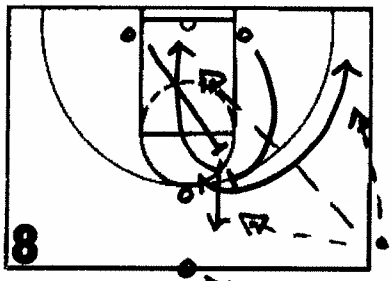
FRONT COURT:
5↑



SOB:
TRIANGLE #2

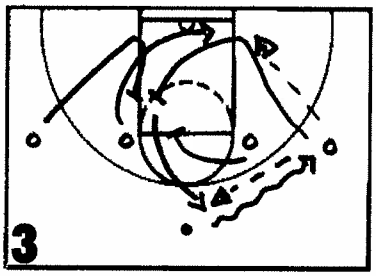


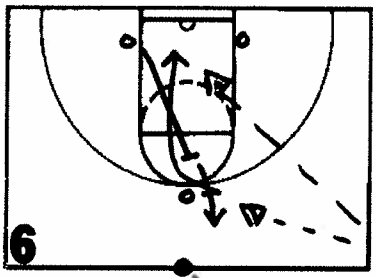


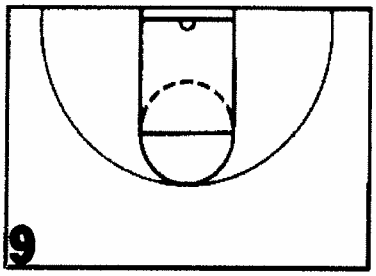


FRONT COURT:
RUN IT 5↑

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

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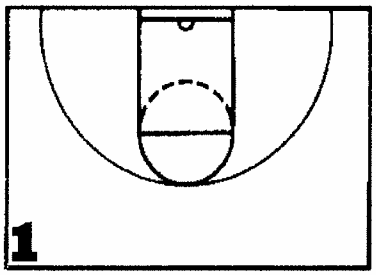
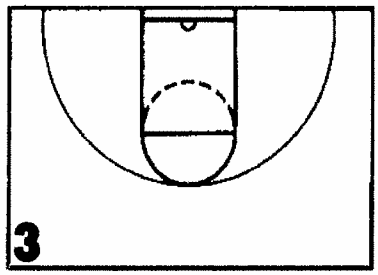
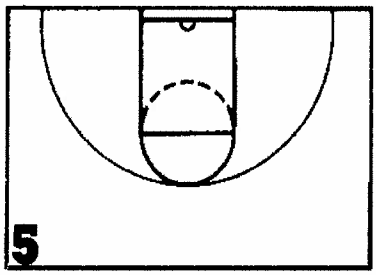
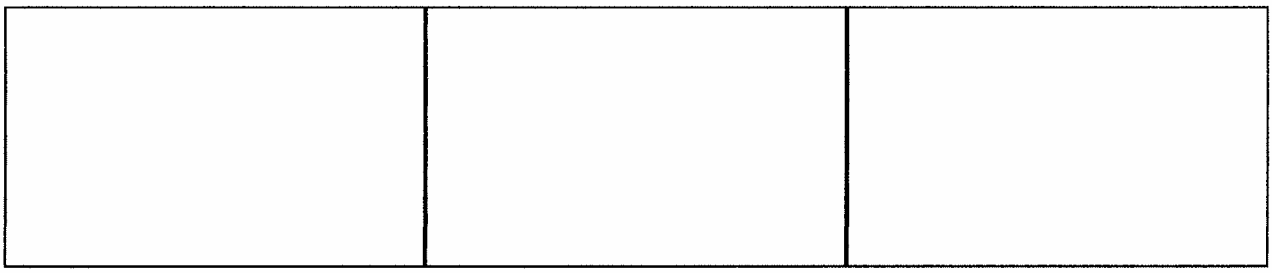
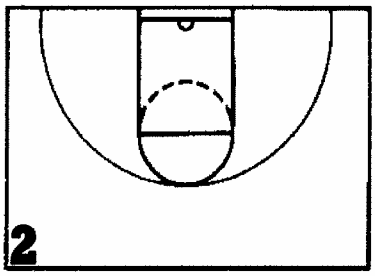
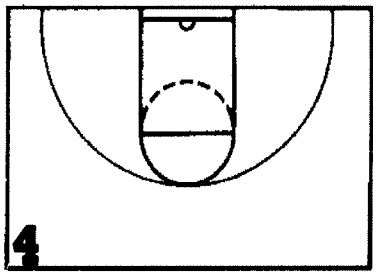


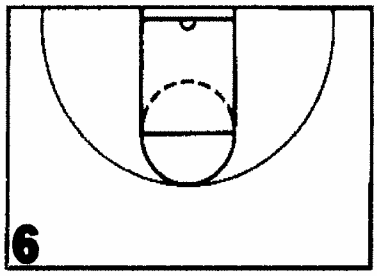


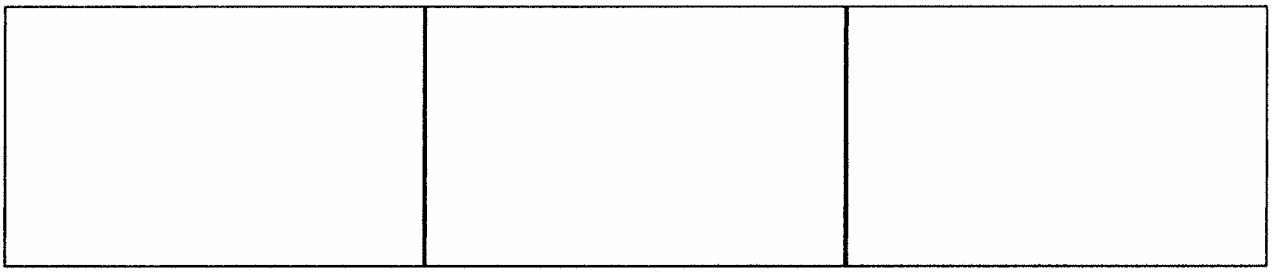












General Notes

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 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

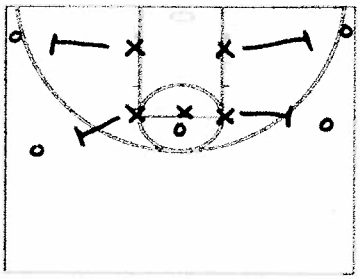
8) Dealing With Adversity
   · Only Focus On Making Program Better

9) One Voice In Program

10) Focus On The Process – Not Just The Results

MEMBER OF CONFERENCE USA

Marquette Golden Eagles Basketball

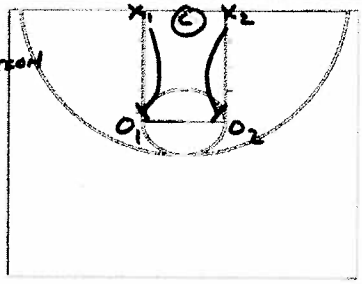


Notes

War Drill

* 1st Two Steps Are Vital To Transition

- Off. Rbs. = Score or Run Special
- Offense Get To Board ASAP
- 10-16 Men. Games T/O = -1
- 3 Games Charge: +2
- Def. Rbs = Secondary

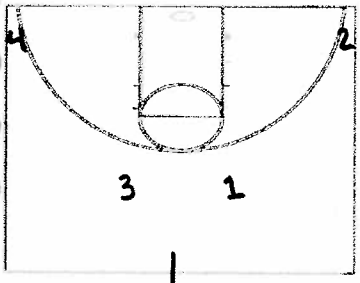


Notes

2-on-2 Block-Out

1's = Becs 2's = Guards

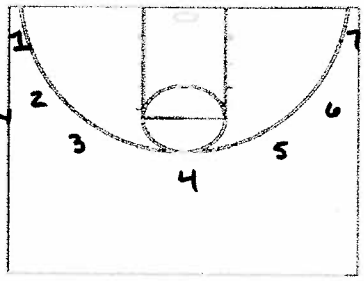
- Whoever Gets Rbs. Scores
- Play By 1's
- Ball Goes Outside Lane: Selected Action



Notes

4-Minute Shooting

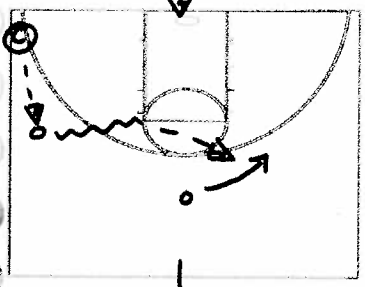
- Cross-Over Step On Penetration
- Rotate Every Minute
- Goal = 90



Notes

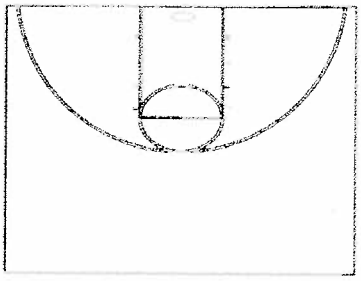
1:30 Shooting

- 14 Makes
- 2 In A Row To Rotate
- 1 Min. 30 Seconds



Notes

- Penetration For Spots 1 & 3



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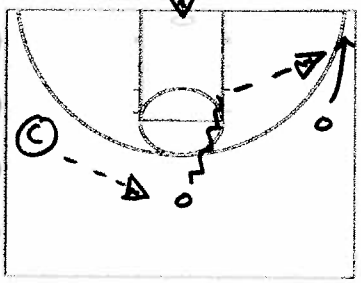
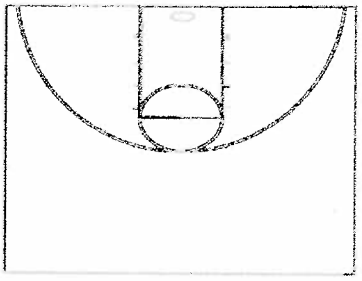


Notes

- Penetration For Spots 2 & 4



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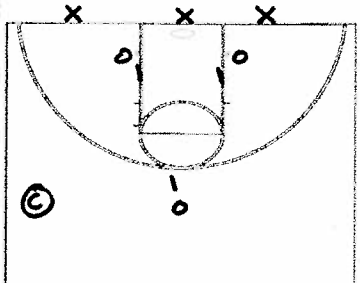
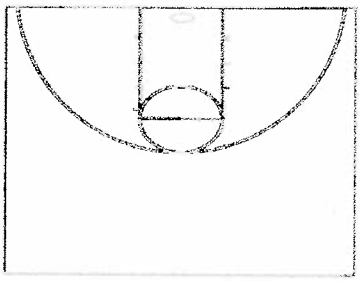


Notes

3-on-3-on-3 Be Ready

- Outlet To Coach
- Winner Stays
- Hit 1st Open Man
- New Defense Must Sprint Close-Outs
- Compete & Be Ready

- Offense → Cut To Open Area



Notes

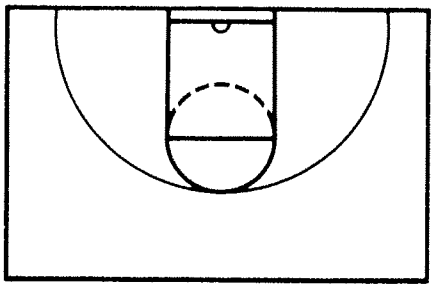
Play Hard Play Smart Have Fun

Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

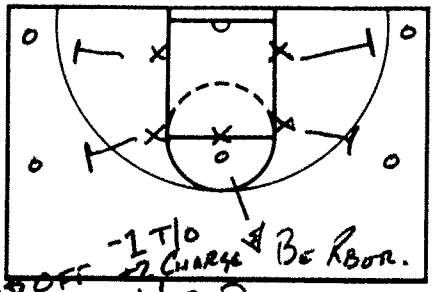
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC Tom Crean - Marquette
DATE EBCA 2004

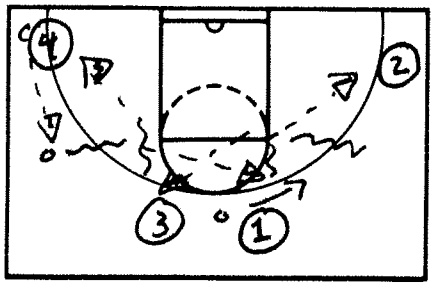
Fax #: (800) 373-4668 (414) 288-2194
Tom.Crean@Marquette.edu



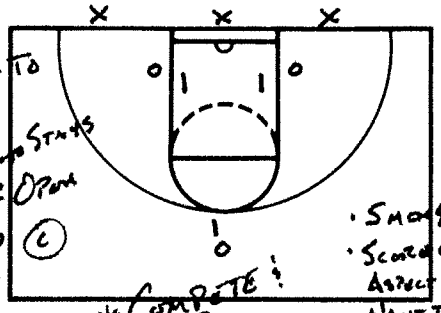
NOTES
1) Let Assistants Teach



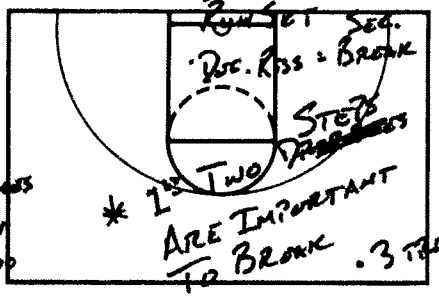
•+1 Off
•+1 Def War Drill
•10-16 Minute Game
•3 Games
• Off. Rbs. Score or
• O's Get Three As Fast As You Can



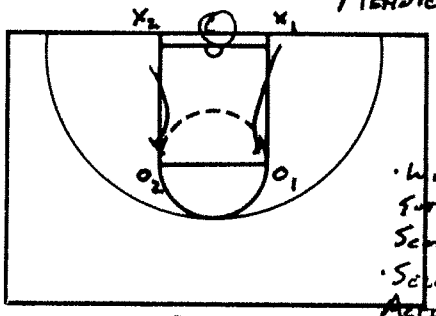
4 Mch. Shooting Goal: 90
• Cross-Over Step On Penetration
• Rotate Every Minute



Outlet To Coach Working Starts
• Hold "Open"
• Make D Shoot Onto Floor
Got To Drive Again
NOTES *Compete! Be Ready
*Hold Everyone To Same Standard
• Shot Selection
• Score On Aspect You Want To Work On



Seq.



• Who Gave Fits 28. Scores
• Selected Action Ex Ball Gets Outside Lane
2-on-2 Back-Out
4 Minutes
1's: Bigs
2's = Guards
• Play By 1's
• Select Person To Double Points

JUST DO IT

5) If You Have A Problem, But Have Not Thought Of Solution, You Have Compounded The Problem
6) Invest In Time W/ Your Leaders
7) Player Is A Leader Whom They Are In Your Program
• Legacy Of Leadership The He Leaves Your Program
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NOTES
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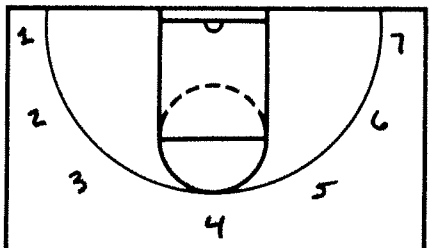
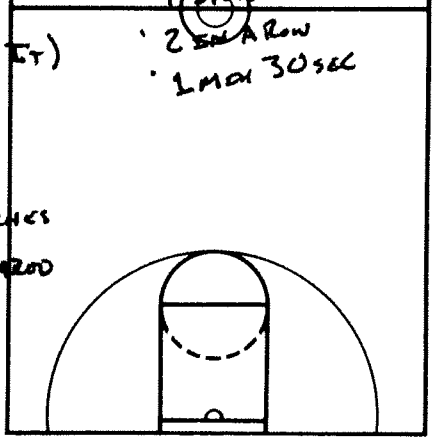
• Do They Come Mentally Prepared
• Come W/ Energy
• Complement Head Coach
• How To Compete



• 14 Makes
• 7 Sets
• 2 In A Row
• 1 Min 30 Sec

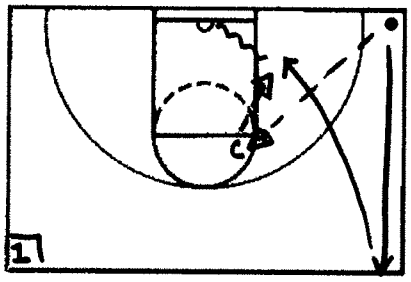



Steve Smith
Oak Hill Academy Warriors

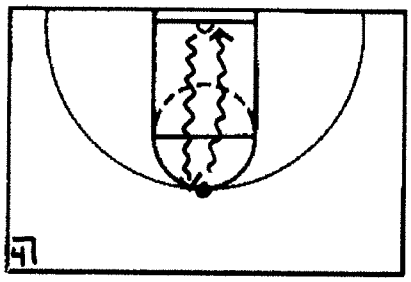
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date STEVE SMITH -> OAK HILL ACADEMY
CONDITIONING W/ THE BALL

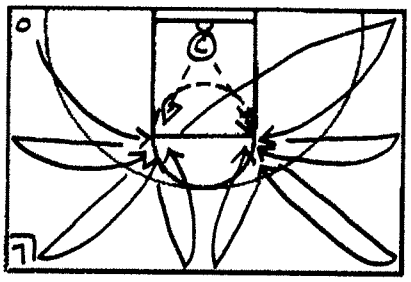
Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



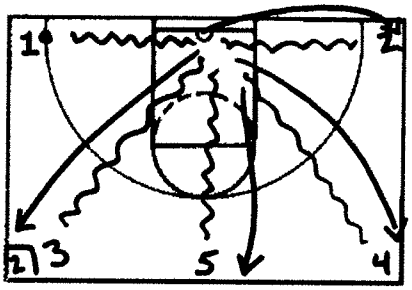
Notes Warrior Lay-ups
- *Shoot 5-10 on each side*
- *Alternate sides after each shot*



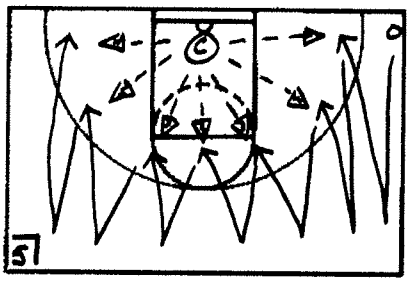
Notes Intensity Lay-ups
- *30 sec. segments—Must make 7*
- *Go twice w/ each hand*



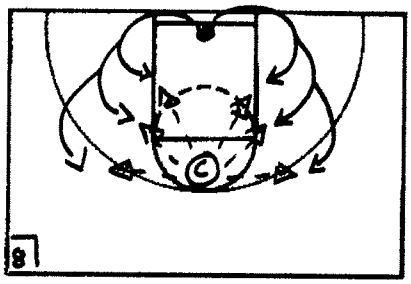
Notes Angle Elbow Jump Shots
1) *Corner*
2) *Sideline*
3) *1/2 court corner*
4) *Center Circle*



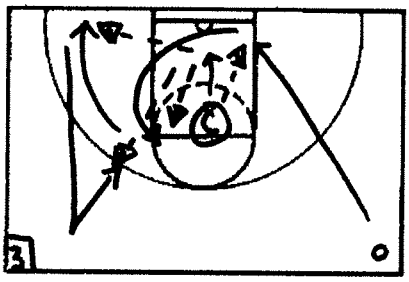
Notes 5-Spot Lay-ups
- *Shoot 2 sets*



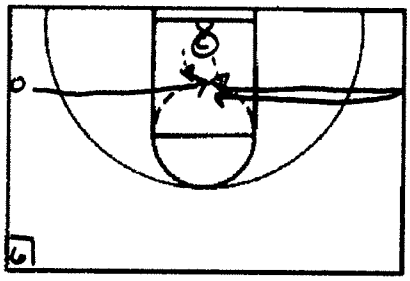
Notes 7-Spot Shooting
1) *Baseline*
2) *Wing*
3) *Elbow*
4) *Free Throw Line*
5) *Elbow*
6) *Wing*
7) *Baseline*



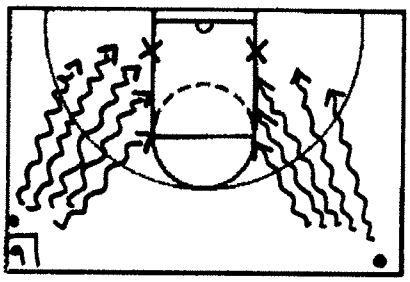
Notes Curl Shooting
1) *Curl off blocks*
2) *Curl off VB Line*
3) *Curl for 3*
- *Make 10*
- *Add dribble*
- *Shoot 3's*



Notes 4-Spot Shooting
1) *Lay-up*
2) *Elbow*
3) *Short Corner*
4) *Back Pedal to VB Line & Shoot 3*



Notes Sideline Form Shooting
1) *Volleyball Line*
2) *Conference Logo*
3) *Elbows*

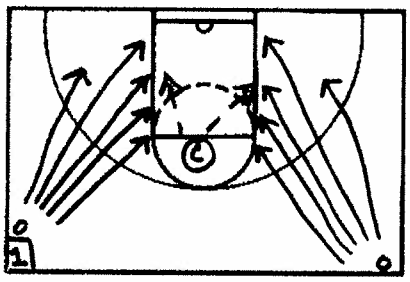


Notes Straight Line Shooting
1) *Block*
2) *1st Hash*
3) *2nd Hash*
4) *Elbow*
5) *Wing*

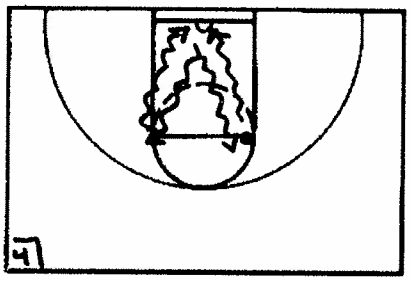
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date STEVE SMITH -> OAK HILL ACADEMY CONDITIONING W/ THE BALL

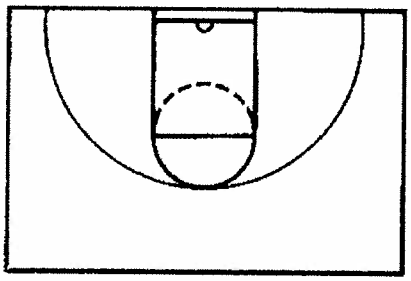
Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



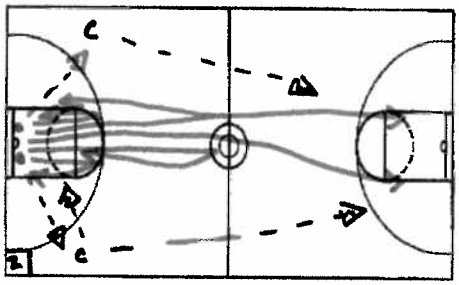
Notes Straight Line Shooting w/ Pass
- *Same as previous drill only off pass from coach*



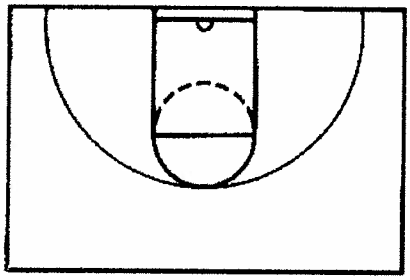
Notes X-out Lay-ups
- *45 sec. or a set number of makes*



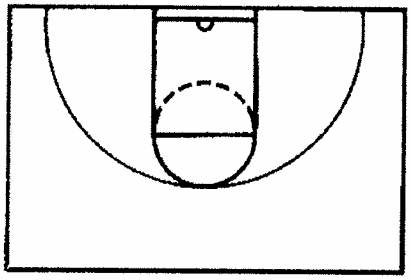
Notes



Notes Tap Drill
1) 5 board touches w/ ball
2) Sprint to 3 pt. line & back for lay-up
3) 5 board touches
4) Sprint to 1/2 court & back for lay-up
5) 5 board touches
6) Sprint to opposite goal for lay-up
- *Post players finish w/ post moves*



Notes



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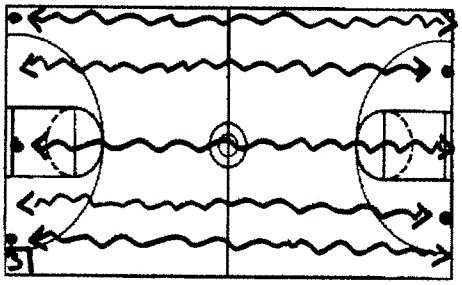
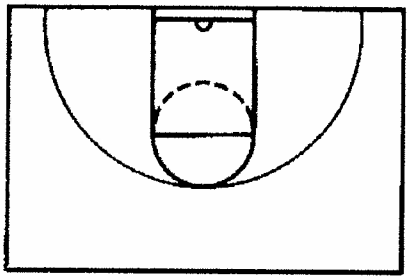


Notes Ladder Sprints
- *Speed dribble sprints*
- *1-3-5-3-1*
- *Have gone up to 11*
- *Always come back down the ladder*
- *Minimum of 3 groups*



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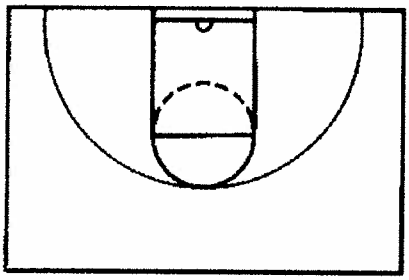
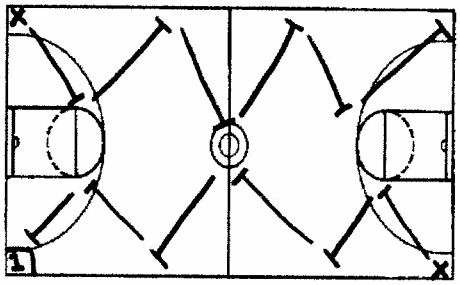


Notes

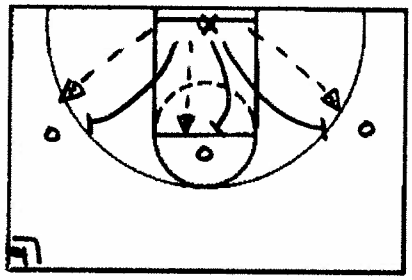
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date Steve Smith → Oak Hill Academy
Defensive Drills

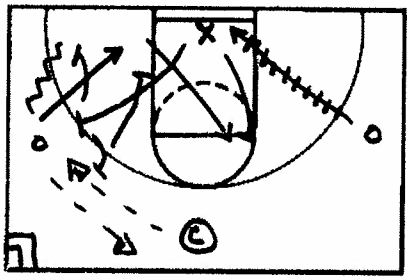
Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



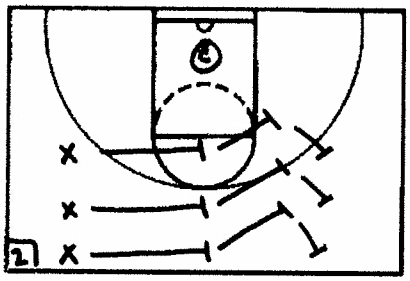
Notes Zig Zag Slides
- *Slide down w/ towel stretched behind the waste & back w/ towel stretched over your head*



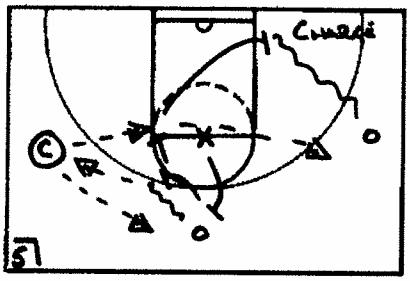
Notes 1 v. 1 Close-outs
- *Roll ball to offensive player*
- *Offensive player must make 3 pass fakes*
- *Trace ball*
- *Add 1 dribble*
- *Add Wing Close-outs*



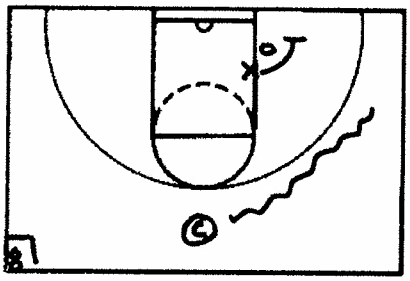
Notes 6-in-1 Drill
1) Wing Close-out
2) Deny cut
3) Guard 2 dribbles
4) Low post
5) High Post Flash
6) Box-out & Rbs.



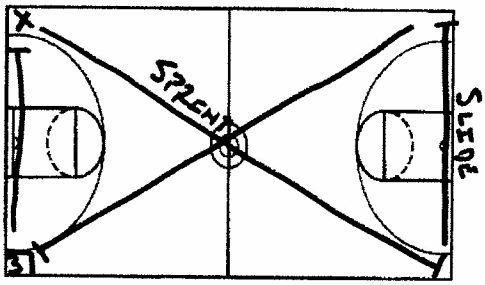
Notes Warrior D Drill
- *45 seconds*
- *Coach points in direction he wants players to slide*
- *Similar to Mirror Drill*



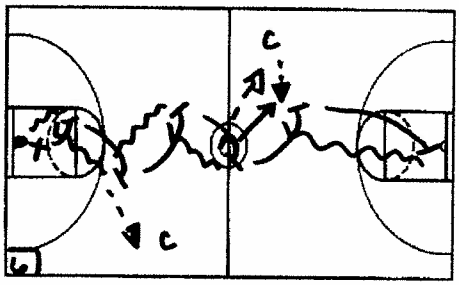
Notes 4-in-1 Drill
1) Close-out on ball
2) Guard 2 dribbles
3) Dive on loose ball
4) Take charge (Outside of lane)



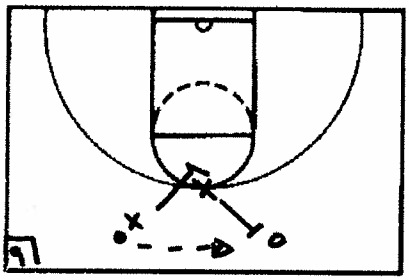
Notes 1 v. 1 Post Denial
- *Always 1/2 front the low post*
- *FT Line Extended determines high-side or low-side*
- *Step through on front-side of post—Never go behind*
- *Allow post to step out & play live*



Notes X Drill
- *Sprint corner to corner diagonally across the floor*
- *Slide across the baseline & repeat the drill*



Notes 1 v. 1 Full Court
- *Zig Zag drill inside of lane lines*
- *Offense passes to coach after 3 zig zags*
- *Defense must deny cut*
- *Repeat drill*
- *After 2nd pass to coach—Play live*

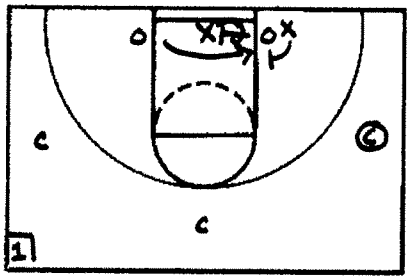


Notes 2 v. 2 Guard/Guard
- *Gap defensive position*
- *Play live after 3 reversals*

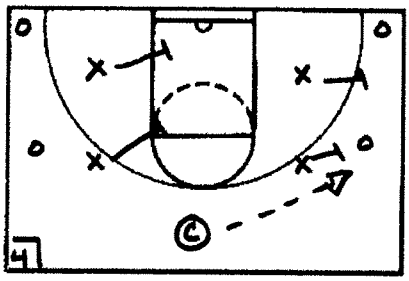
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date Steve Smith → Oak Hill Academy
Defensive Drills

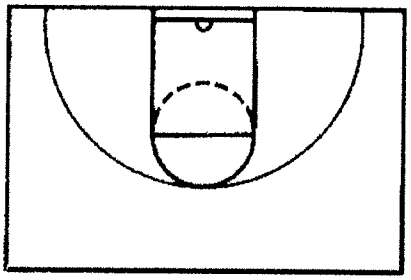
Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



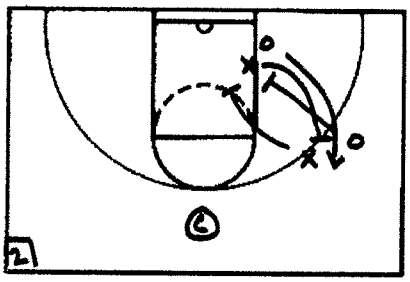
Notes 2 v. 2 Post Denial
- *Move ball around the perimeter*
- *Switch all cross screens*



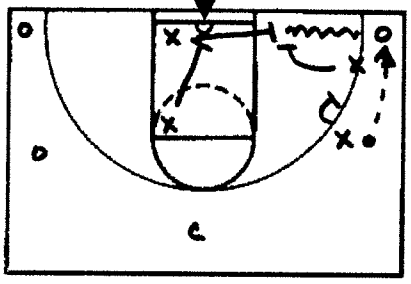
Notes 4-Man Shell
- *Defend w/ heels to the 3 pt. line*
- *Help-side has 1 foot in the paint*



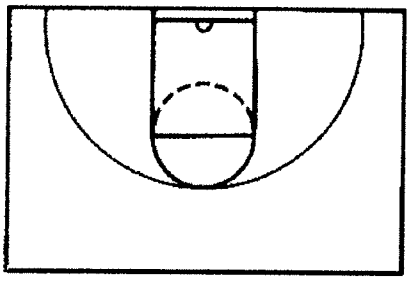
Notes



Notes 2 v. 2 Wing/Post
Down Screens = Chase from behind
Back Screens = Shade to middle & take away lay-up



Notes Trap Baseline
- *Trap Baseline penetration & Drop Rotate*



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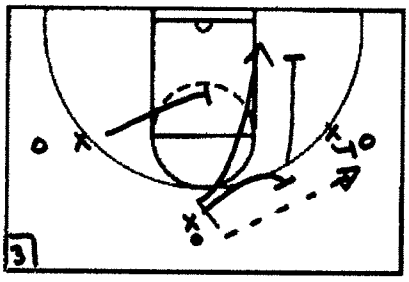
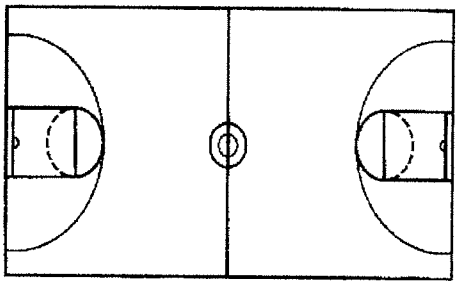
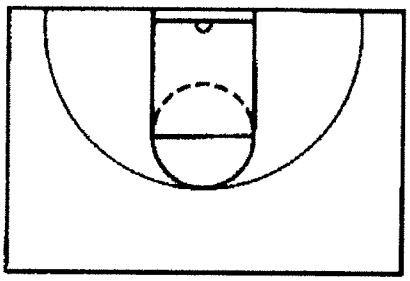


Notes 3 v. 3 Half Court
- *Deny varying cuts*
- *3rd Through on all perimeter screens*



Notes



Notes

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 Licklider

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. Efficiency Rating	.62

Individual 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 Review 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

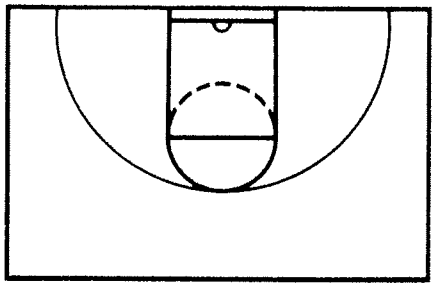
- 4-on-4
- Defense Trails From Both Sides
- Scoring
  1) Made Good Shot: +3
  2) Take Good Shot = +2
  3) Make Bad Shot = +1
  4) Everything Else = 0

Member of the Horizon League

CLINIC Todd Lickliter - Butler
DATE IBCA 2004

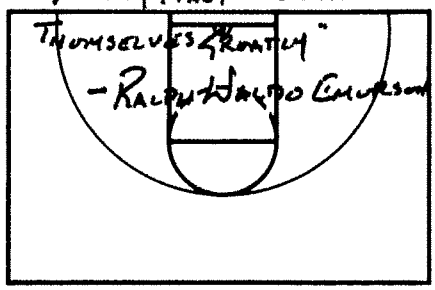
Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

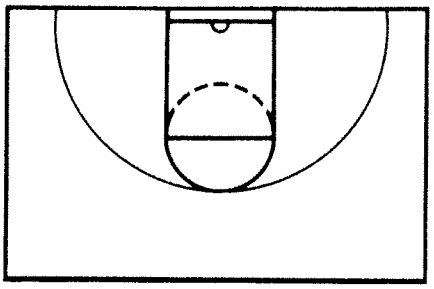
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com



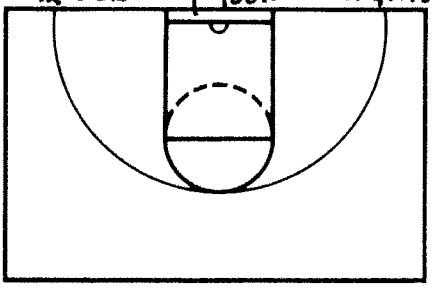
NOTES

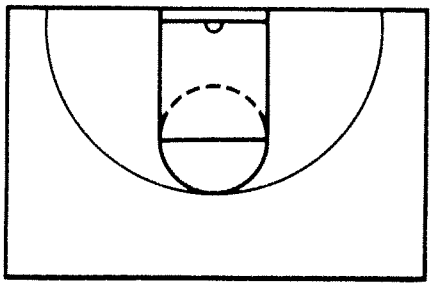
"Trust Me! They Will Be True To You - Treat Them Greatly! They Will Show Themselves Greatly"
- Ralph Waldo Emerson



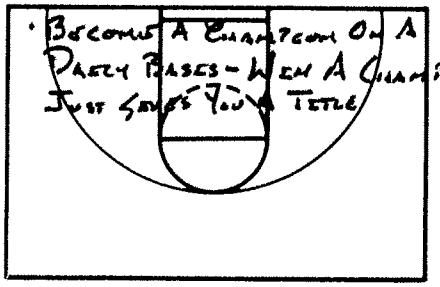


* Play For The Pure Joy Of Competing
* Soar W/ Your Strengths





Build A Team Ego
- Establish An Ego Of Team Success
- Re-Enforce What We Like
- Become A Champion On A Daily Basis - When A Champion Just Gives You A Title

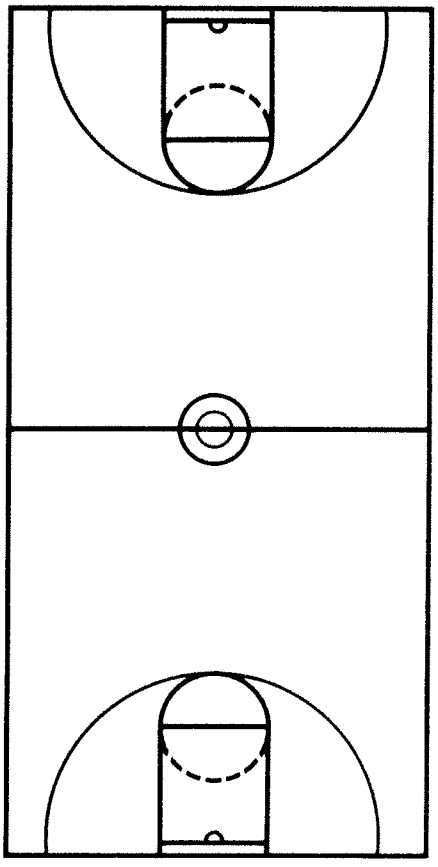


NOTES

1) Build A Team Ego
2) Steps To Success
3) 100% Accountability

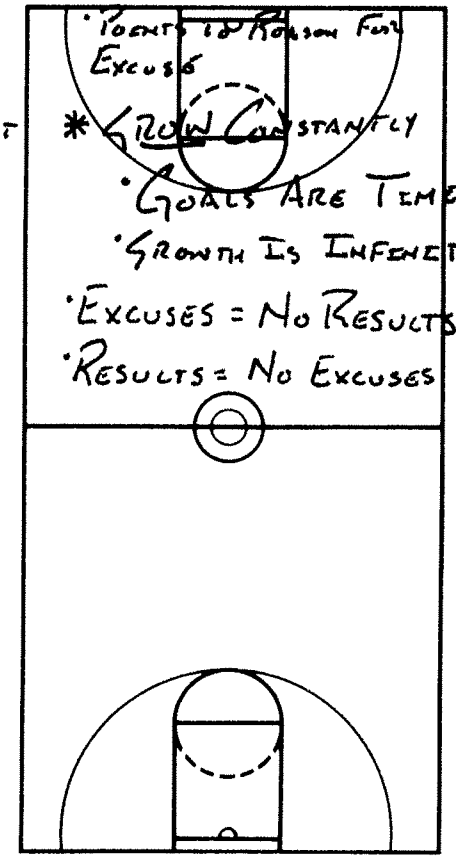
JUST DO IT

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 Excuses
* Grow Constantly
- Goals Are Time Bound
- Growth Is Infinite
- Excuses = No Results
- Results = No Excuses

CLINIC Todd Leckleitner - Butler
DATE FBCA 2004

Nike, Inc.
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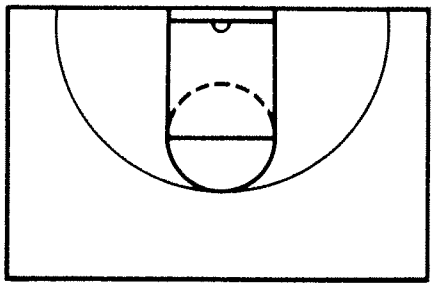
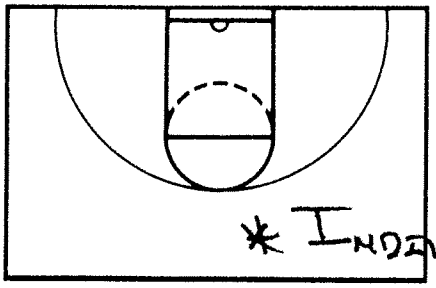
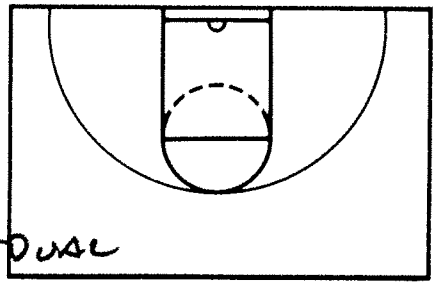






NOTES Steps To Success

* Team

Master	Acceptable
FG%	43%
Ast:T/O	1.5:1
Off. Reb. % Chances v. Set	30%

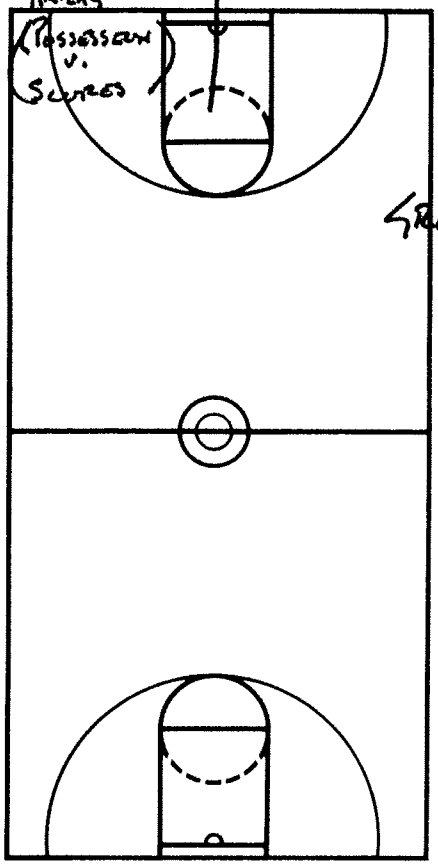
Bulldog Intangibles — Levels of Competence

Preparation	1-10
Team Work	1-10
Leadership	1-10
Toughness	1-10

NOTES FG%/Half Bonus +

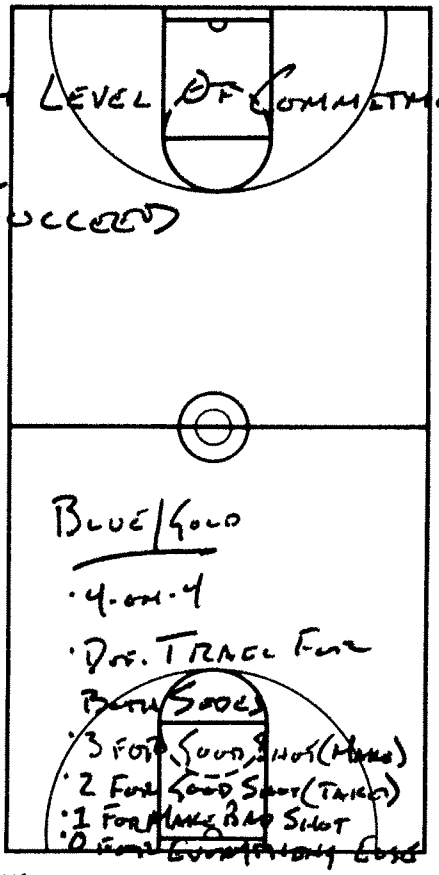
DER
Def. Efficiency Ratios
.62

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 Starts
- Guard 1st & 2nd Action

Off. Review Challenge
- Teams @ Each End
- Coach Calls Plays
- Primary = # Of Points
- Tip = +1
- Touch Foul = -1

Blue/Gold
- 4-on-4
- Off. Track For Both Goals
- 3 For Good Shot (Hard)
- 2 For Good Shot (Taught)
- 1 For Make Bad Shot
- 0 For Contributing Foul

- 4-5 Minutes
- Running Scores

CHIP MEHAFFEY

WINCHESTER GOLDEN FALCONS

Winchester Golden Falcons Basketball

Varsity Coach: Chip Mehaffey

TOPIC: BECOMING A PRESSING TEAM

* GET AT LEAST 1 TRAP IN THE BACKCOURT

RULES

1) AT LEAST 1 TRAP IN THE BACKCOURT
2) TRAP W/ "DEAD DRIBBLE" → "TRAPPER" RELEASES TO COVER MIDDLE
3) "ANTICIPATOR" → COVERS SIDELINE-TO-SIDELINE ON BALL REVERSAL
   - 1ST PASS ACROSS HALF COURT IS TRAPPED

DRILLS

1) CELTIC DRILL
   A) 1-ON-1 BALL DEVEL
   B) BALL PRESSURE / SHADOW BALL
   C) BACK TAP
   D) TAKE CHARGE
   E) GET / DIVE ON FLOOR
2) PITINO DRILL
   A) BALL DEVE
   B) BALL PRESSURE
   C) DEFLECTION → RECOVERY
   D) INTERCEPT SCORING PASSES
3) 3-ON-3 → FRONT OF PRESS
4) REBEL DRILL
   - FULL COURT PRESS
   - COACHES HANDLE BALL
5) SPLIT DRILL
   - SPLIT INITIAL TRAP
   - GET A BACK TAP

* YOU CAN FACE GUARD & FALL TO BASE PRESS PRINCIPLE

WINCHESTER BASKETBALL

"BECOMING A PRESSING TEAM"

COACHING STAFF

CHIP MEHAFFEY, HEAD COACH

DON BEATTY, ASSISTANT COACH

TODD CONKLIN, ASSISTANT COACH

DALE DODD, ASSISTANT COACH

THERE ARE NO SHORTCUTS

TO ANYWHERE WORTH GOING

Why Press?

1. Less upsettable.

2. To be different.

3. Difficult to prepare for.

4. Take away the opposing team's best player's game.
   a. Great shooter coming off screens.
   b. Good back to basket post player.

5. Create a tempo that your opponent is uncomfortable with.

6. Creates "bad" shots: rebounding position not good for opponent

7. Fatigue factor: opponent tired in 4th quarter
   (not a factor against conditioned teams.)

8. To get a "run": teach your players an awareness of run opportunities.

9. Fun: Play lots of people-keep players happy-fans enjoy it-better crowds-fun to coach-practices more enjoyable.

10. To cause turnovers.

Questions For You to Consider

1. **Which way will you force the ball? Sideline? Middle?**

2. **How will you rotate? (especially the back man) I would suggest having the same man always have the "back" responsibility.**

3. **Will you drop back man-to-man or zone?**

4. **How many traps do you want to make each possession. (We try to get at least two.)**

5. **When is the press done? At what point do you stop trapping?**

6. **What slides will each position make? (We assign strict rules and stick with them.)**

7. **Are you pressing to speed the game up or slow the game down?**

Skills That Must Be Taught to Press Effectively

~PRACTICE THESE SKILLS EVERY DAY~

1. **Get on the floor for the loose ball - teach this and practice this from day #1.**

2. **Get taps on the ball from behind - practice the dive - must go for the tap if the ball is in front of you.**

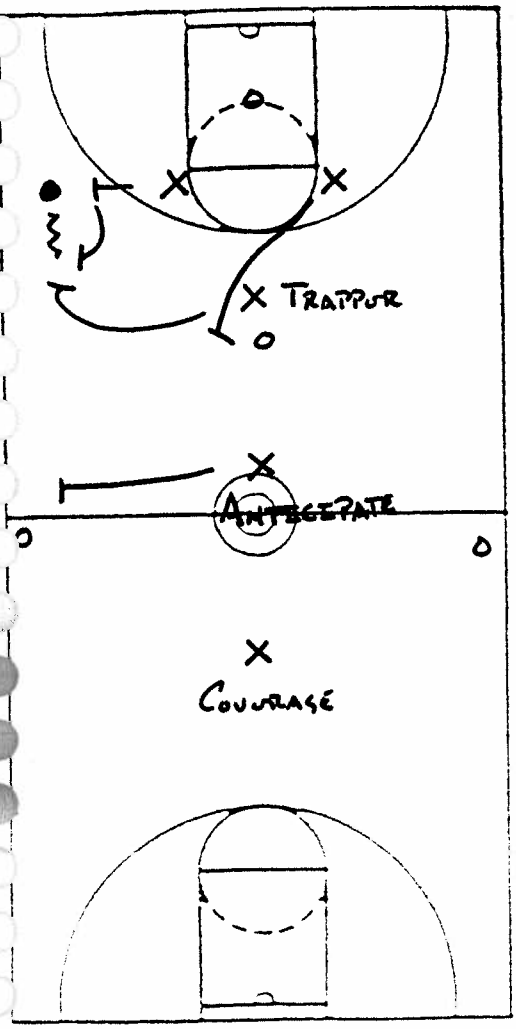
3. **Sprint out of all traps.**

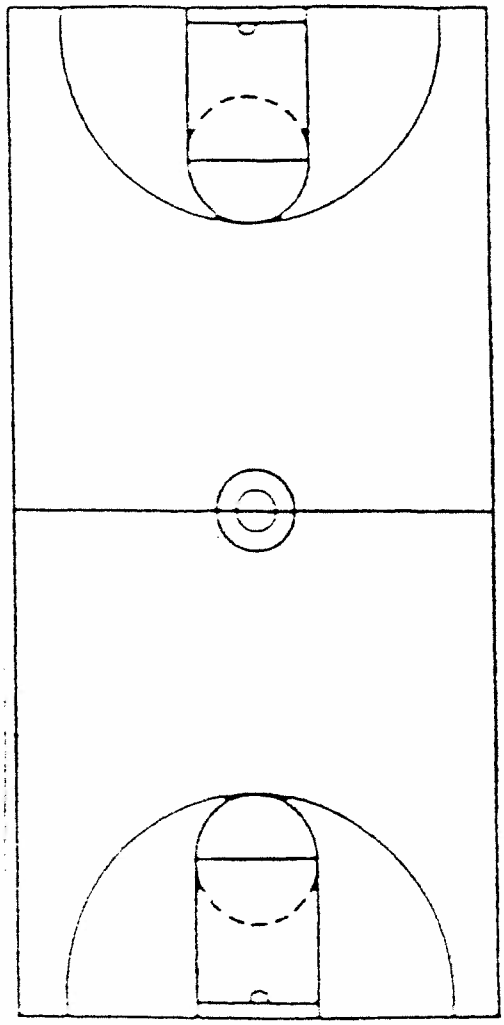
4. **Stay low in traps and lock your feet.**

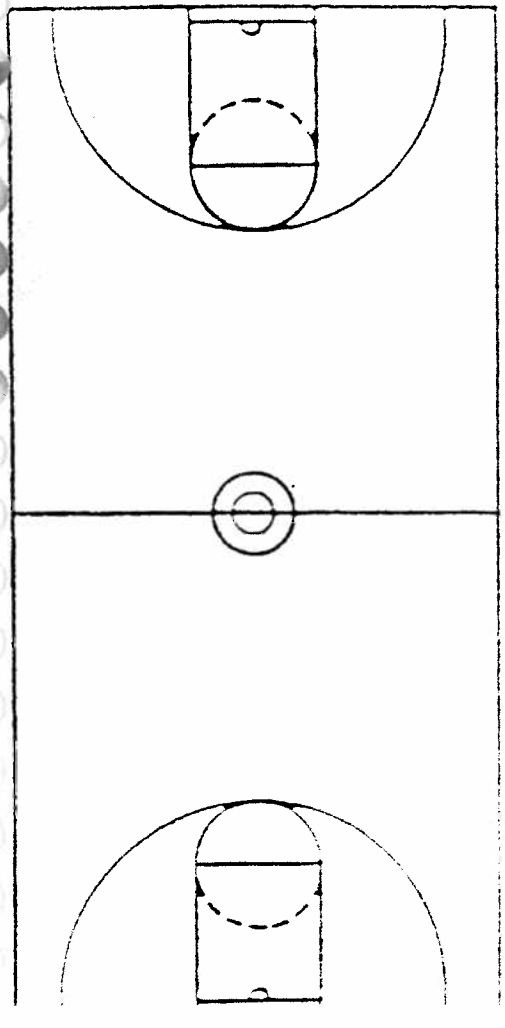
5. **Tip the pass to a teammate if interception is not possible.**

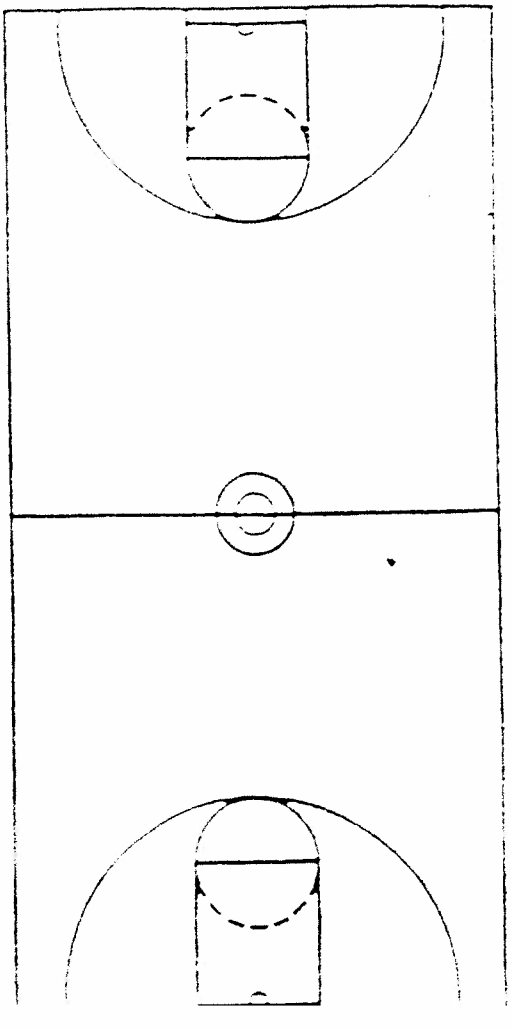
6. **"Read eyes" of opponent with ball from every position - all players must always see the ball.**

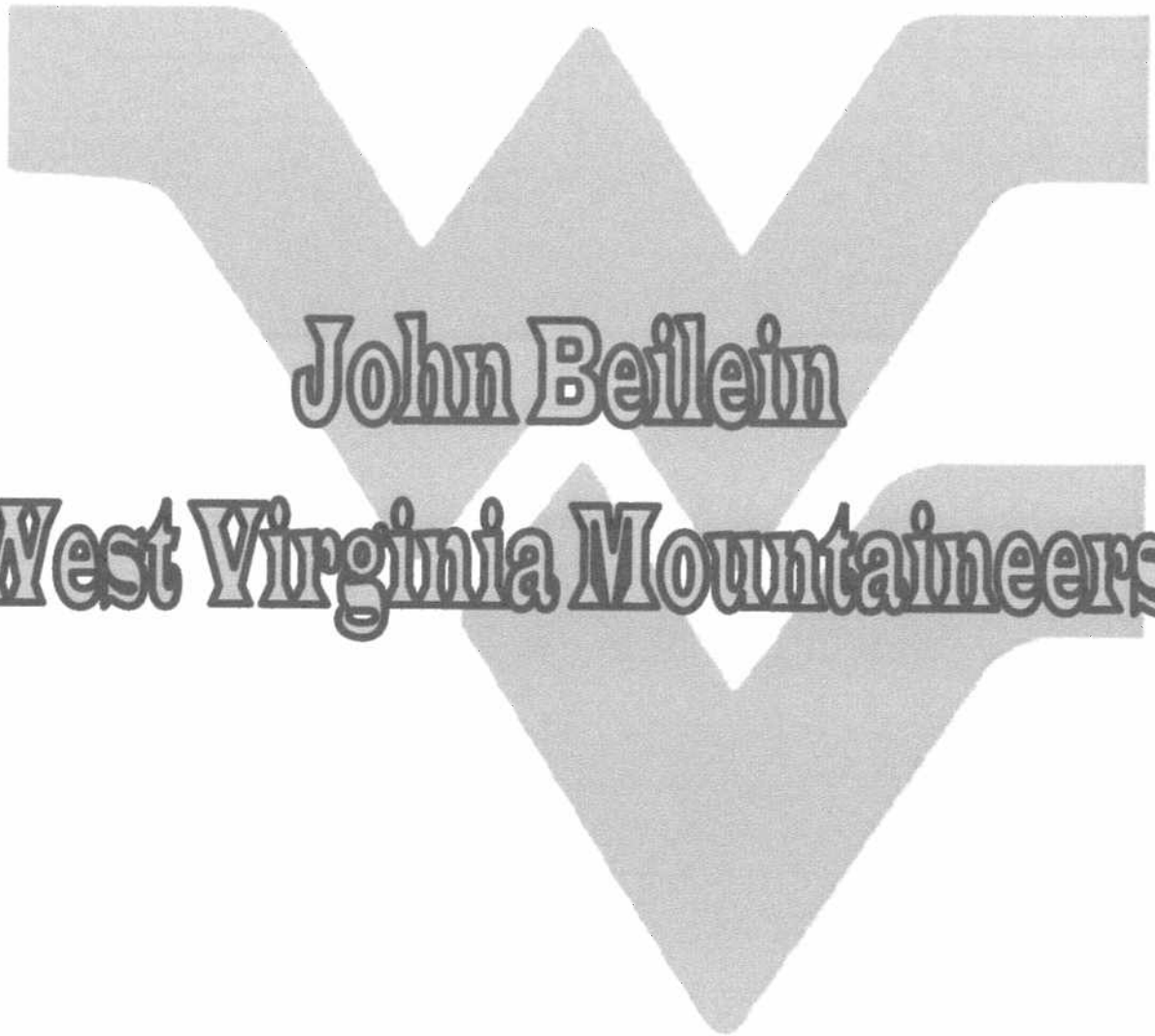
7. **"Read arms" of opponent will ball from every position - if throwing arm goes back, it will be a long pass - adjust accordingly**


TRAPPUR
ANTICIPATE
COURAGE







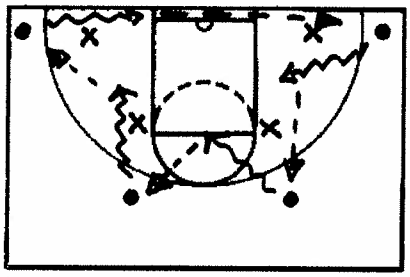

John Beilein
West Virginia Mountaineers

WEST VIRGINIA MOUNTAINEERS BASKETBALL

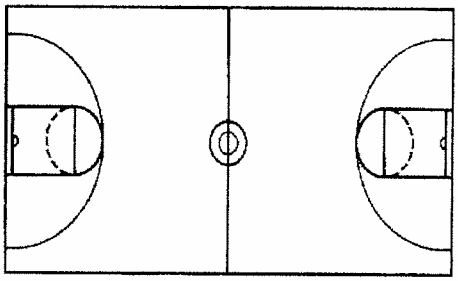
Head Coach: John Beilein
Assistants: Matt Brown, Jerry Dunn, Mike Maker, John Mahoney

Coach John Beilein → West Virginia
Topic Practice Drills
Clinic IBCA 2006

Member of the Big East Conference



Notes **WV Pull & Pitch**
- *Attack & beat the chair w/ 2 dribbles to create a passing angle*



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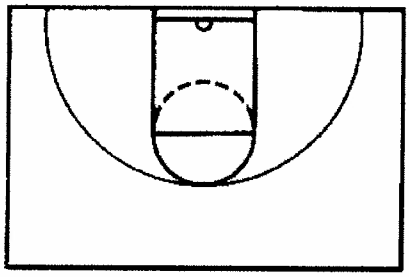

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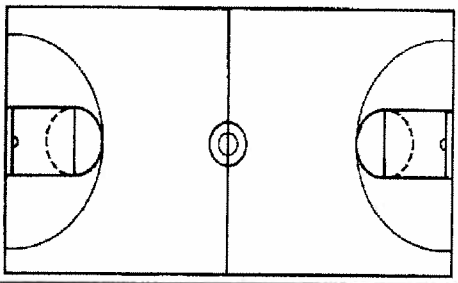

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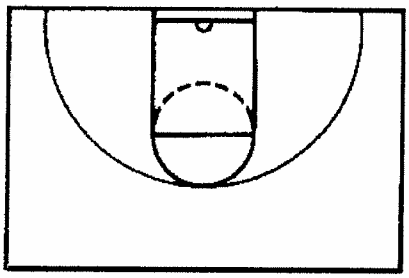

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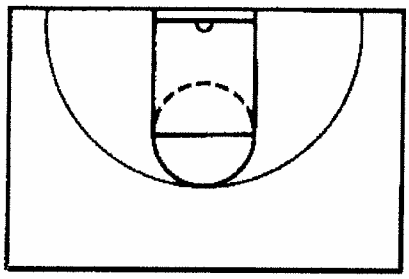

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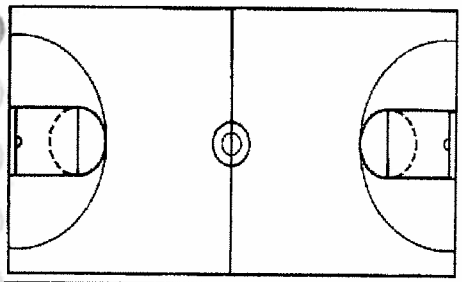

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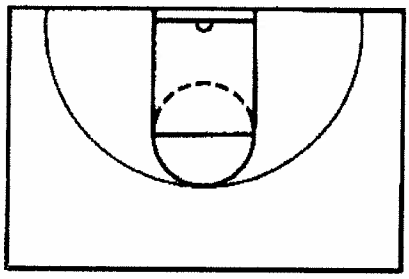

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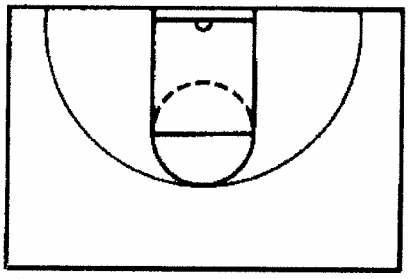

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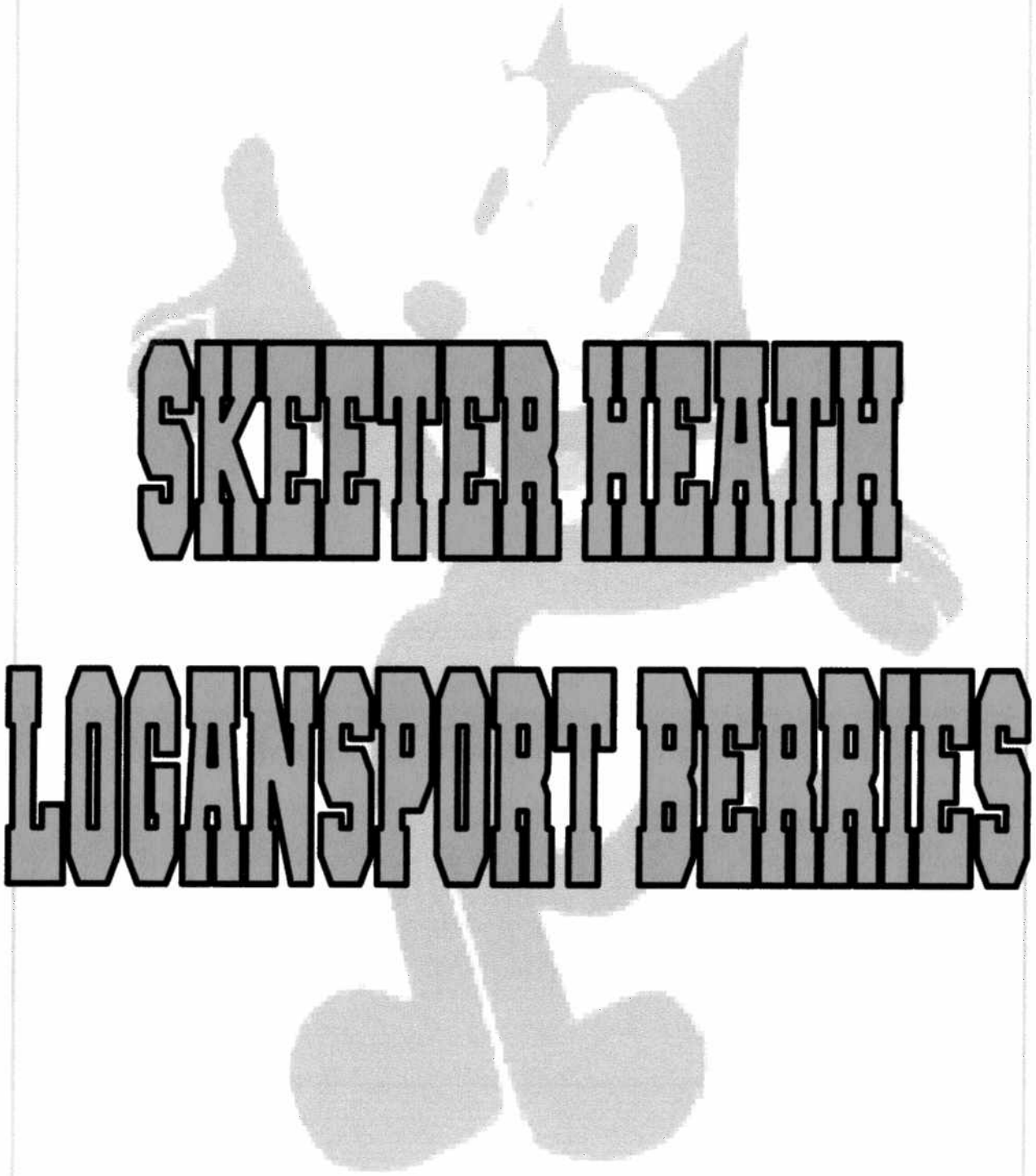

SKEETER HEATH
LOGANSPORT BERRIES

REBUILDING A BASKETBALL PROGRAM

Skeeter Heath

Logansport High School

1. IMPROVE BASKETBALL SKILLS OF YOUR PLAYERS
   - A. DRIBBLING
     - two hands
   - B. PASSING
     - two hands
   - C. SHOOTING
     - stationary -- off dribble -- off screens -- shot fake -- post

2. IMPROVE ATHLETIC ABILITY OF YOUR PLAYERS
   - A. STRENGTH
     - weights
   - B. QUICKNESS
     - weights and agility drills
   - C. EXPLOSIVENESS
     - plyometrics and weights
   - D. AGILITY

3. INSTILL DISCIPLINE IN YOUR PLAYERS
   - A. DO WHAT YOUR SUPPOSED TO DO WHEN YOUR SUPPOSED TO DO IT – DO IT EVERY TIME
   - B. WE NOT ME
   - C. EMPHASIZE WHAT IS IMPORTANT TO YOU
     - --play hard --value the ball
   - D. BE ON TIME

4. IMPROVE DEFENSIVELY
   - A. INDIVIDUALS
   - B. TEAM
     - zone or m/m -- play hard -- everyone on same page -- emphasize

---

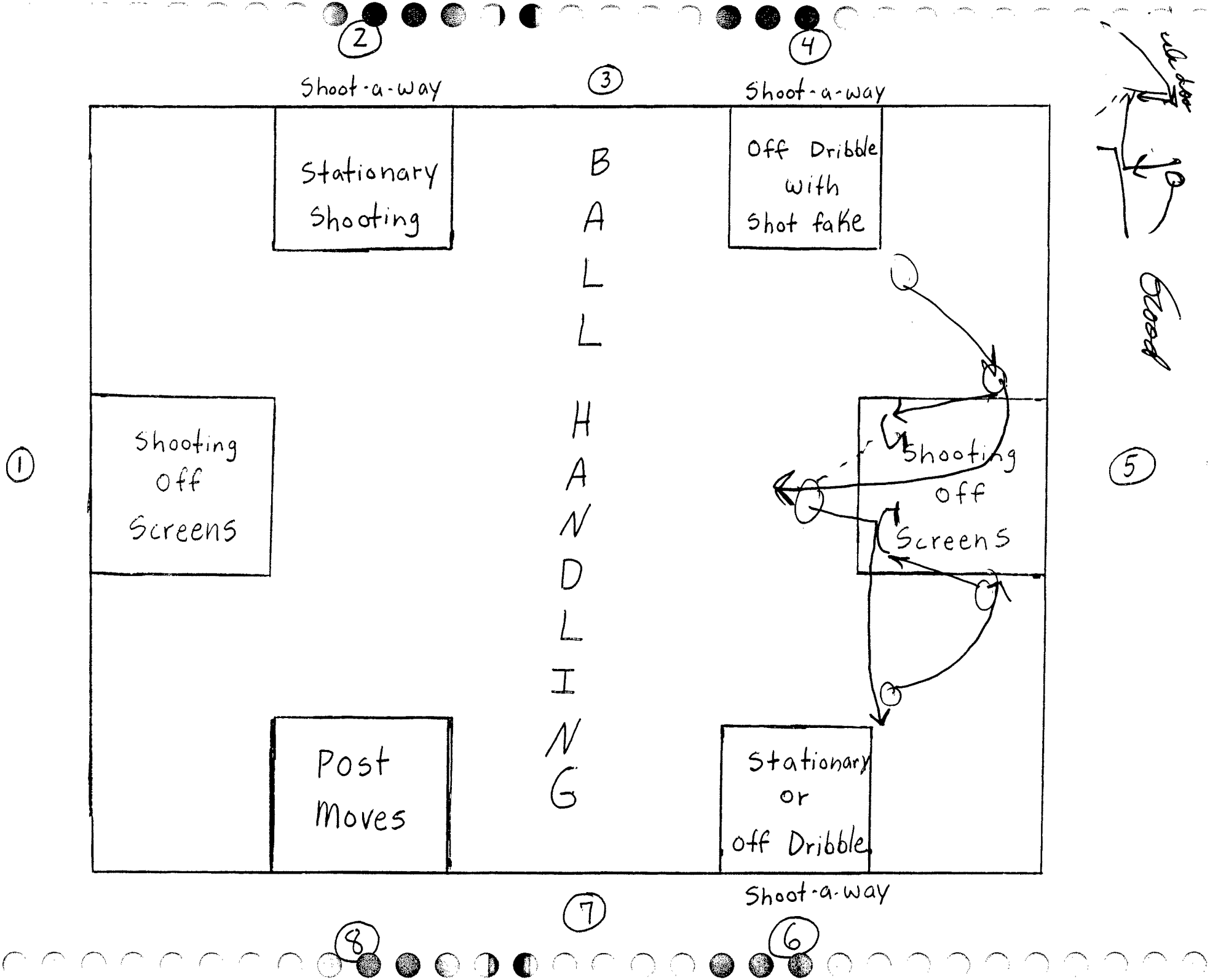
WHEN TO WORK ON THESE ITEMS

1. SKILLS
   - summer program
   - fall - open gym
   - spring – open gym
   - in season -- early

2. ATHLETIC ABILITY
   - weights – entire year
   - agility -- off season
   - plyometrics -- off season

3. DISCIPLINE
   - all year

4. DEFENSE
   - all year


2
Shoot-a-way
3
4
Shoot-a-way
Stationary Shooting
Off Dribble with Shot fake
BALL HANDLING
Shooting off Screens
1
Shooting off Screens
5
Post Moves
Stationary or off Dribble
Shoot-a-way
7
8
6


GARTH CONE
ALEXANDRIA TIGERS

www.Alex.Kizenius
Schools-Alls-Athletics

PHILOSOPHY OF PRESS

1. Are you going to use it just to **catch up** or are you going to use it to apply pressure for 32 minutes.
    a) If you are going to use it to catch up…you are probably going to "**sell out**" more…
        1) All out gamble….
        2) Less protection of the basket….

    b) If you are using it to apply pressure for the entire game….
        1) Probably going to protect the basket more….
        2) Maybe more "**one and done**" philosophy..one double and retreat…

2. Control the tempo or possessions of the ball….
    a) Can be done with a **patient offense** or **PRESSURE DEFENSE…**
        1) Slow down or decrease possessions
            a) Force an increase in passes…
                (1) 2-2-1
        2) Speed up or increase possessions
            a) Cut down on number of passes…**early double..**
                (1) 1-2-1-1 or 1-2-2

3. Zone Pressure or M/M Pressure
    a) Zone Pressure
    1)Size/Quickness match to an area…

    b) M/M Pressure
        1) Match up more to positions or people..(G-F-C)

WHY PRESS

1. Passing is the biggest weakness of most High School players…
2. Increase chances of poor decisions (pressure)…wears people down…
3. Tradition-Fear- **Win Early**..sometimes even on the bus ride…
4. **UNCOMFORTABLE**- Most high school players are into comfort…
5. Control Tempo—(Increase or Decrease possessions)
6. **SPURT**-Play to a spurt…goes well with the fast break…
7. **ANTICIPATION-INTENSITY-ENTHUSIASM IMPROVES…**(Transcends to half court)
8. Exposes Weaknesses (Sometimes Ours)
9. Play with a sense of **URGENCY**-Gets our players going….
10. Higher FG%--can cover up poor perimeter shooting…
11. Cuts down on chances of "Upsets"—Win the games you are suppose to…
12. Force opponent to use their bench—**CONDITIONING**…
13. Keep opponent from utilizing SIZE or SPEED… Neutralizes Size
14. Take away the legs of good shooters… late in the game
15. TIME—Difficult to prepare for in a short time…

WHEN DO YOU PRESS

1. GAME PLAN
2. After a lay-up … made 3 pt. Shot… We really don't do a lot of this…
3. Don't be afraid to take the press off for 4 or 5 possessions…

GOALS OF PRESS

1. Apply pressure but cover deep…
2. Immediate Defense must solid – Build from back to front
3. DON'T GET BEAT THE SAME WAY TWICE….
4. Basically try to double with slow… Steal with quick
5. Expose opponents Weaknesses--- Hide yours
6. Don't Foul
7. Force Dribbler into Double/ Steal pass out
8. Force poor shot with no rebounder
9. Wrong Shooter shooting
10. Encourage Lob and Lazy Bounce and STEAL!!!

FUNDAMENTALS OF PRESS

1. Know Trap Areas..
2. Sprint out of the DOUBLE....
3. Carry High Hands...**especially running back...**
4. Read eyes and Hand of Passer....**VISION IS KEY....**
5. Double to Deflect...**TOUCH...**
6. Double with trunk of body...**NO SPLITS...**
7. See the man-Play the ball/ up line one step off line...**VISION...**
8. Horizontal/Vertical movement (help & **Recover)**
9. Learn to Control the dribbler....Know Trap Areas...
10. Helpside know the **"Rim Line Rule"**
    Note: We don't always have an "anchor or protector"...we don't always go "one and done"...

11. Pursuit
    a) Trap areas
    b) Vision
    c)"Airtime"
    d)Angles
12. When you steal, make good decisions...pass ahead or advance the ball...
    a)Most of the time you will automatically have the numbers....

DO'S

1. Do **Mirror** the ball in the Double...
2. Do Know the trap areas...
3. Do Know the "Rim Line"...
4. Do **See** your man/**Play** the ball...
5. Do **Anticipate** or Guess where the next pass is going...
6. Do force them to pass over your head...**you'd be surprised how many players can't do that...**
7. **(Middle Line People)** Do be in front of the next receiver..don't have to stay but be there ...
8. Do have good **Ball Pressure Down Front...**
9. Do **Sprint** out of the double...(Good Pursuit)
10. Do cover ground on "air time" of the ball...(Good Pursuit)
11. Do Read the **eyes** and **hand** of the Passer...
12. Do contain the dribbler...(Trap Areas)
13. **(Up Line People)** Do have good **horizontal** movement...
14. **(Deep People)** Do have good **vertical** movement...
15. Do have **High** hands on retreat running...
16. Do **"back tip"...**Tip forward to our next line player...
17. Do try to get 4 on 3 or even at times 5 on 3 inside 17 feet...(depending on the press)
18. Do Make **Good** decisions after the steal...
19. Do **Deflect** out of the double...
20. Do have good vision of possible receivers...
21. **(Wings)** Do retreat to the lane for the steal...
22. Do make adjustments...
23. Do **Get It Ugly...**

DON'TS

1. **Don't Foul**
2. **Don't Stand and Wait...**
3. **Don't try and steal out of the double...**
4. **Don't let the double be SPLIT...**
5. **Don't get beat the same way twice...**
6. **Don't waste steps in pursuit...**

TYPES OF PRESSES

WHAT DETERMINES:

QUICKNESS(yours/theirs)

TEMPO (Possessions)

ATHLETIC ABILITY (at least 1-2-1-1)

FULL	.3/4 PRESS	HALF COURT
1. Diamond	1. 2-2-1	1. 2-2-1
2. Match-up	2. Diamond	2. 3-1-1 (big)
3. M/M	3. 2-1-2	3. 3-1-1(little)
4. 2-2-1 denial	4. M/M	4. M/M (double on certain number pass...spot dribble...or particular player on catch or first dribble)
5. 2-1-2 denial		

NUMBER SYSTEM

(FULL COURT)

Hundreds #	Tens No #(Type of Press)	Units No#
#1-Full...100	#1 1-2-1-1.... 11_	#1.....1-2-2.....__1
#2-3/4 Court...200	#2 2-2-1.....22_	#2....1-1-3.....__2
#3-Half Court...300	#3 2-1-2.....23_	#3....1-2-2(Wing Drop)..__3
	#4 Match-up..24_	#4....Match-Up.....__4
	#5 M/M.....15_	#5....M/M.....__5
		#6...Box & 1.....__6
		#7...Triangle & 2.....__7

HALF COURT DEFENSES:

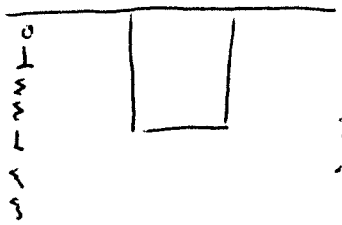
Teens

#11-1-2-2(Point Drop)
#12-1-1-3
#13-1-2-2(Wing Drop)
#14-Match-Up
#15-M/M
#16-Box & 1
#17-Triangle & 2

We number our Players:

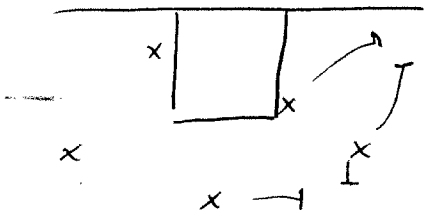
#1-Point guard
#2-Shooting guard
#3-Small forward/guard
#4-Big forward/Reb./Post
#5-Post

UNLV SLEDES

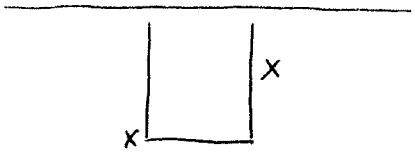


- DEFENSIVE STANCE
- POINT FOUR
- CROSS-OVER STOP
- TWO SLEDES

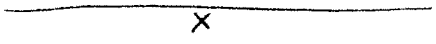
3-2 ½ COURT TRAP

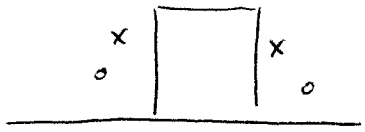


- POINT CUTS PASSING LANE TO MIDDLE MAN
- WEAK-SIDE WING COVERS MIDDLE



- RUN & JUMP
- ROTATE OFF PERSON ABOVE ½





OFFENSE

5-~~OUT~~

B

ALEXANDRIA-MONROE HIGH SCHOOL



SKETBALL

Garth Cone, Head Coach
One Burden Court
Alexandria, Indiana 46001

Office: 317-724-4413
317-724-4166
Home: 317-724-7242

PASSING & RECEIVING DO'S

1. DO CATCH EVERY PASS WITH BOTH HANDS...
2. DO CATCH AND GET INTO THE TRIPLE THREAT POSITION
3. DO CATCH AND WATCH THE MAN THAT PASSED YOU THE BALL
4. DO FAKE A BOUNCE PASS AND PASS OFF THE SHOULDER
5. DO GET GOOD BALL REVERSAL ... NO 3 on 5
6. DO PLAY WITH PATIENCE AND PURPOSE
7. DO READ AND LET THE offense WORK

CUTTING DO'S

1. DO FILL THE SPOT ABOVE YOU THAT IS VACATED
2. DO V-CUT Before YOU FILL A VACATED SPOT
3. DO READ HOW THE Defense IS PLAYING YOU
4. DO Break YOUR CUT off IF Someone ELSE IS Already CUTTING IN THAT Direction
5. DO V-CUT TO SET UP Screens
6. DO V-CUT ON Air Time of THE BALL
7. DO Clear THE lane QUICKLY
8. DO CALL OUT YOUR CUT IF YOU ARE A CUTTER
9. DO GET TO THE BASELINE AND FIND THE OPEN Corner SPOT IF YOU ARE lost...
10. DO KNOW THE Defense WILL PLAY YOU one of 3 WAYS...
    a) Tight
    b) Soft
    c) High or "up Line"

Assistant Coaches: Doug Bellar, Matt Day, Marty Carroll & Linda Wolf, Trainer

Screening Do's

1. Do Read your Teammates Defense... Tight - Soft - High
2. Do Raise your fist IF you are setting a Screen
3. Do call out the type of Screen you are setting.... or tell the cutter what cut to make...
4. Do Counter opposite the cut...
5. Do Get your Teammate a shot with a Good Screen
6. Do set one Good Screen... No need to hurry, you are only going to set one screen / pass....
7. Do Screen on the ball, if your man is sagging or Soft

Dribbling Do's

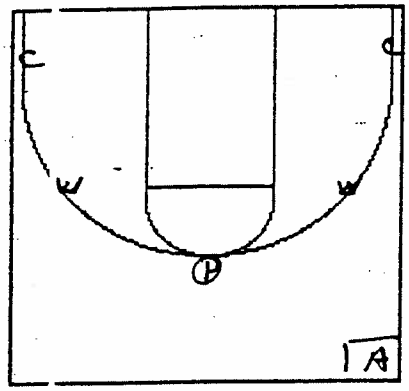
1. Do Dribble with a purpose in mind...
2. Do Dribble to get a Teammate a shot...
3. Do Dribble to get proper spacing
4. Do Be aware of the 12 seconds available
5. Do Dribble Hard off screens on the ball...
6. ~~Do "loop" and/or Roll-up on occassion...~~

5-OUT Alignment

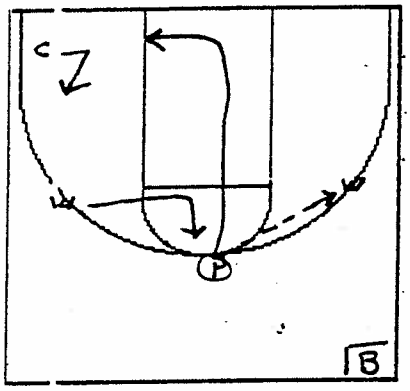
EARTH CONE, HEAD COACH
NUMBER 1 BURDEN COURT
ALEXANDRIA, IN 46001
(317)724-4413 (OFFICE)
(317) 724-7242 (HOME)

B
Alexandria-Monroe High School
BASKETBALL

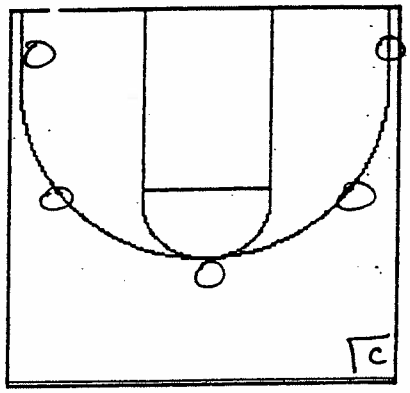
ILL. A



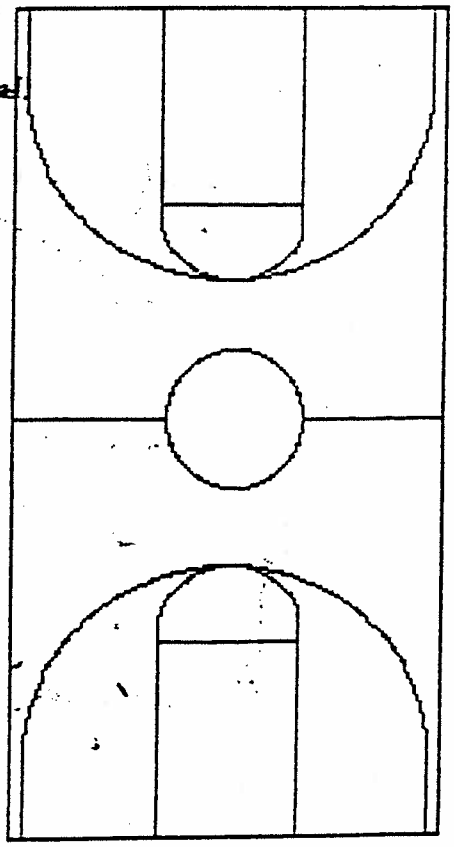
1. Point HAS THE BALL
2. WINGS ARE FT LINE EXTENDED and Just OUTSIDE THE 3 Pt. LINE.
3. CORNERS ARE BOX EXTENDED and ON THE 3Pt. LINE



1. Point IS ALWAYS GOING TO 90 opp. corner he passed.



These SPOTS MUST Be FILLED

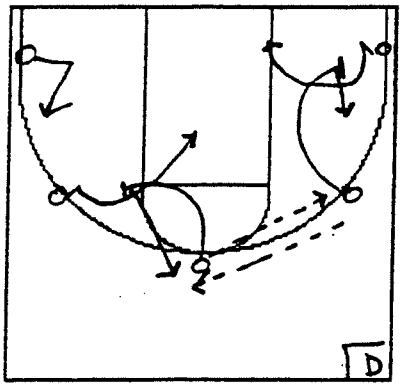


AM HS GRAPHICS

5-OUT Alignment

NOTES:

CALL: 5 OUT-CURL



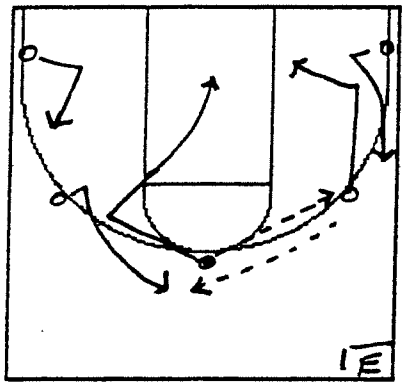
ILL. D.

COACH CALLS 5 OUT CURL -- EVERYONE PASSES AND CURL SCREENS -- DEFENSE IS TIGHT

ILL. G

1. 5-OUT SPOTS ARE MOVED UP THE FLOOR - LATE IN THE GAME AND YOU ARE IN A SEMI-DELAY...
2. POINT MAY WANT TO REPLACE MORE....

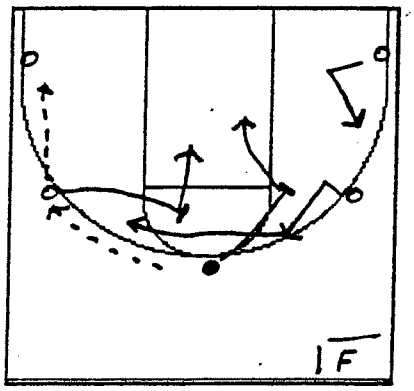
CALL: 5 OUT GO



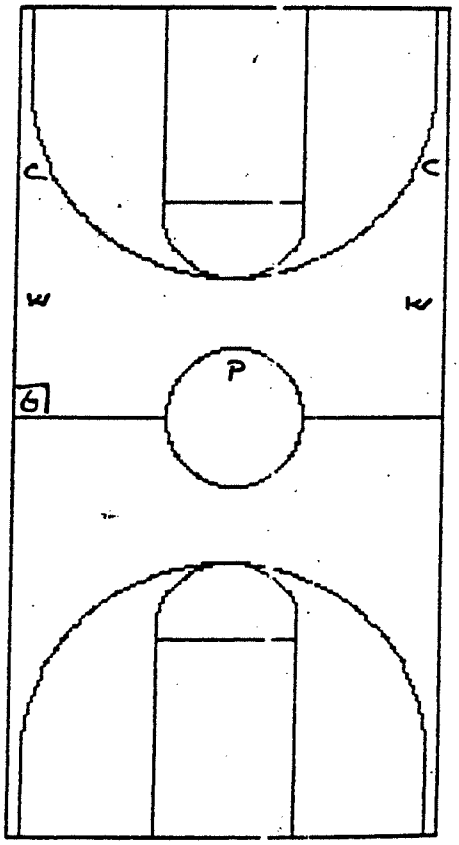
ILL. E.

COACH CALLS 5-OUT GO -- EVERYONE PASSES AND GO CUTS -- DEFENSE IS SWITCHING

CALL: 5 OUT - counter



COACH CALLS 5-OUT counter -- EVERYONE PASSES AND SETS A good SCREEN & ROLLS TO THE BASKET... DEFENSE IS PLAYING SOFT



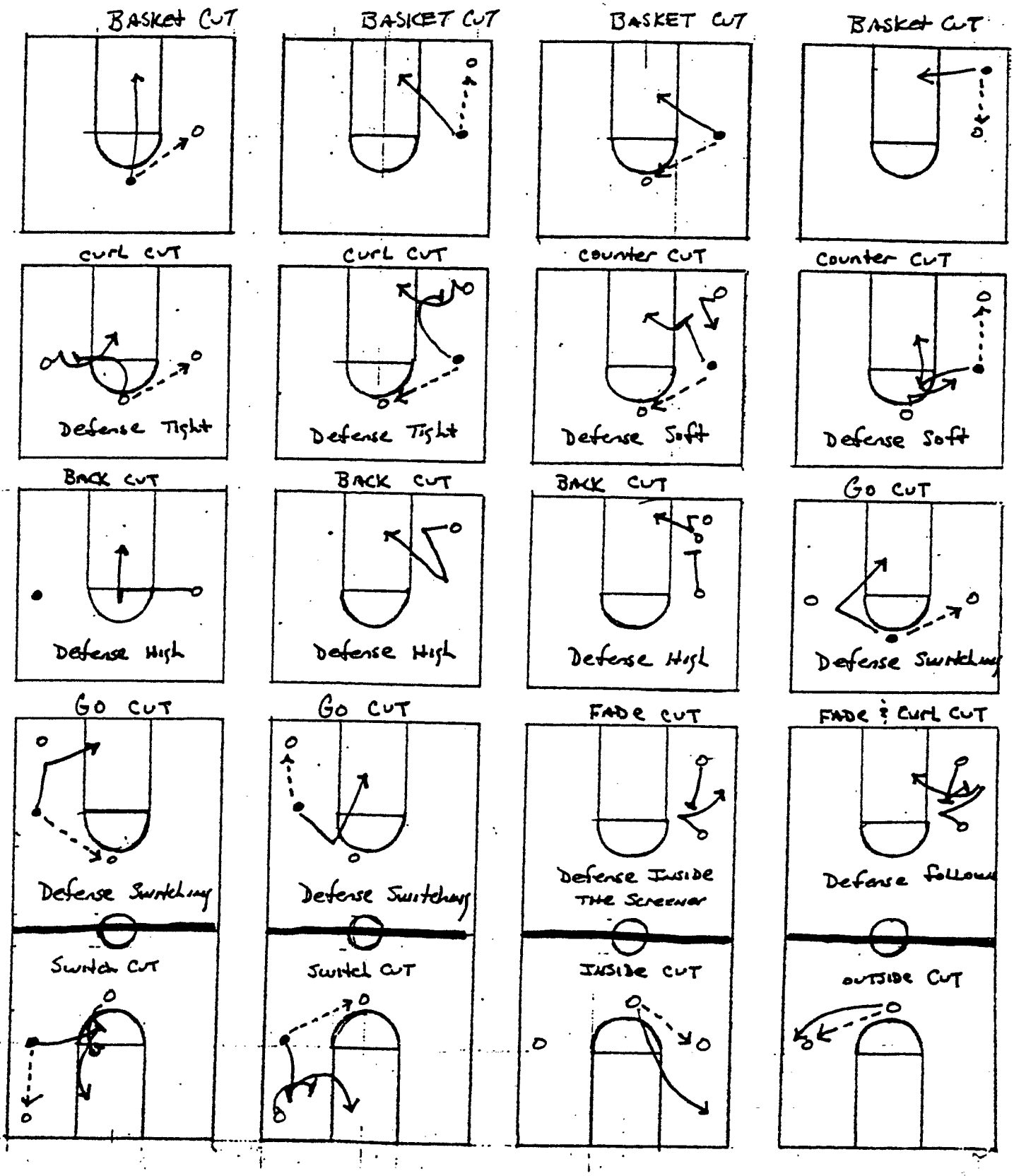
CUTS 5-OUT

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

STRENGTHS

WEAKNESSES



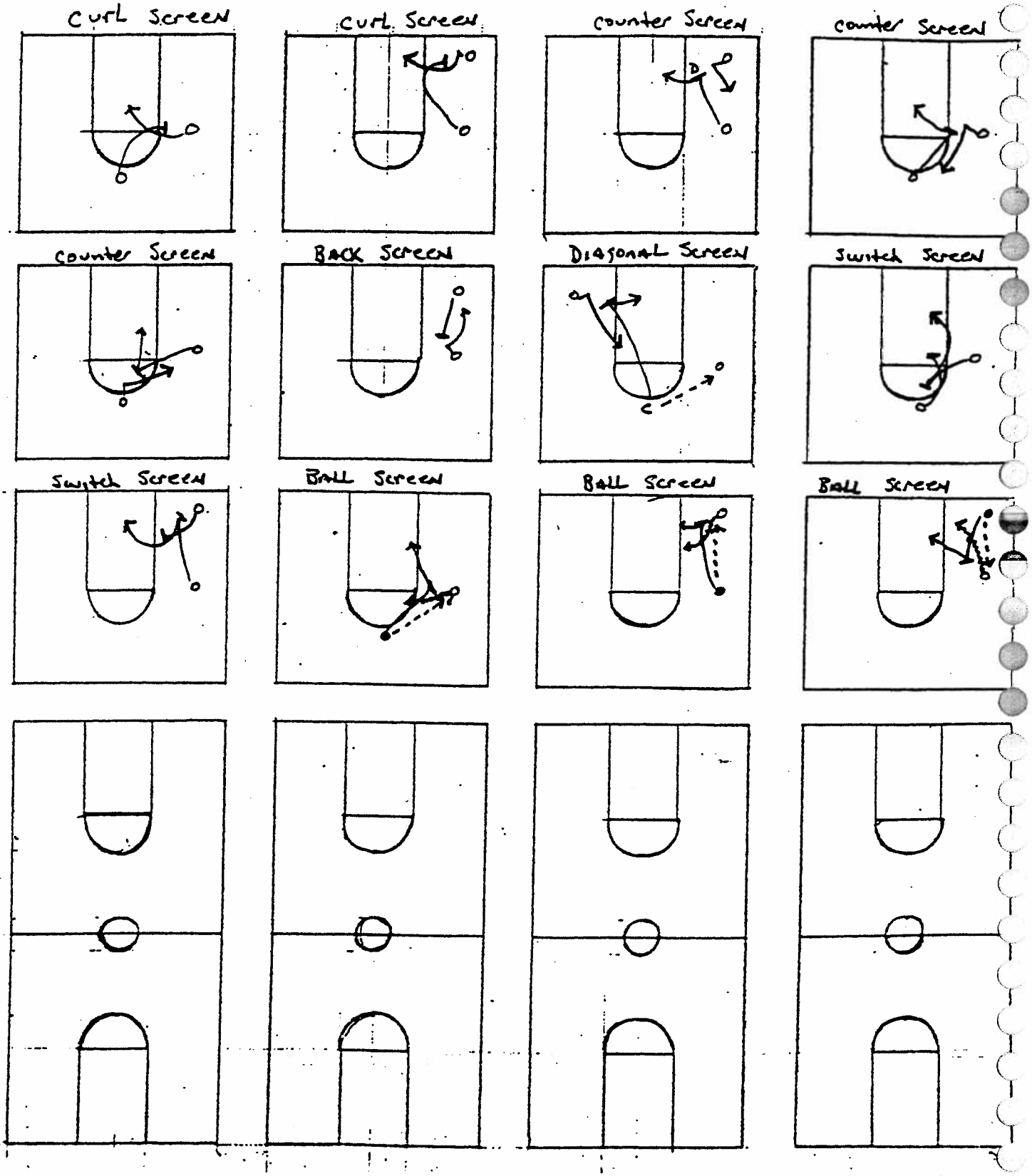
Screens

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

STRENGTHS
WEAKNESSES

5-OUT



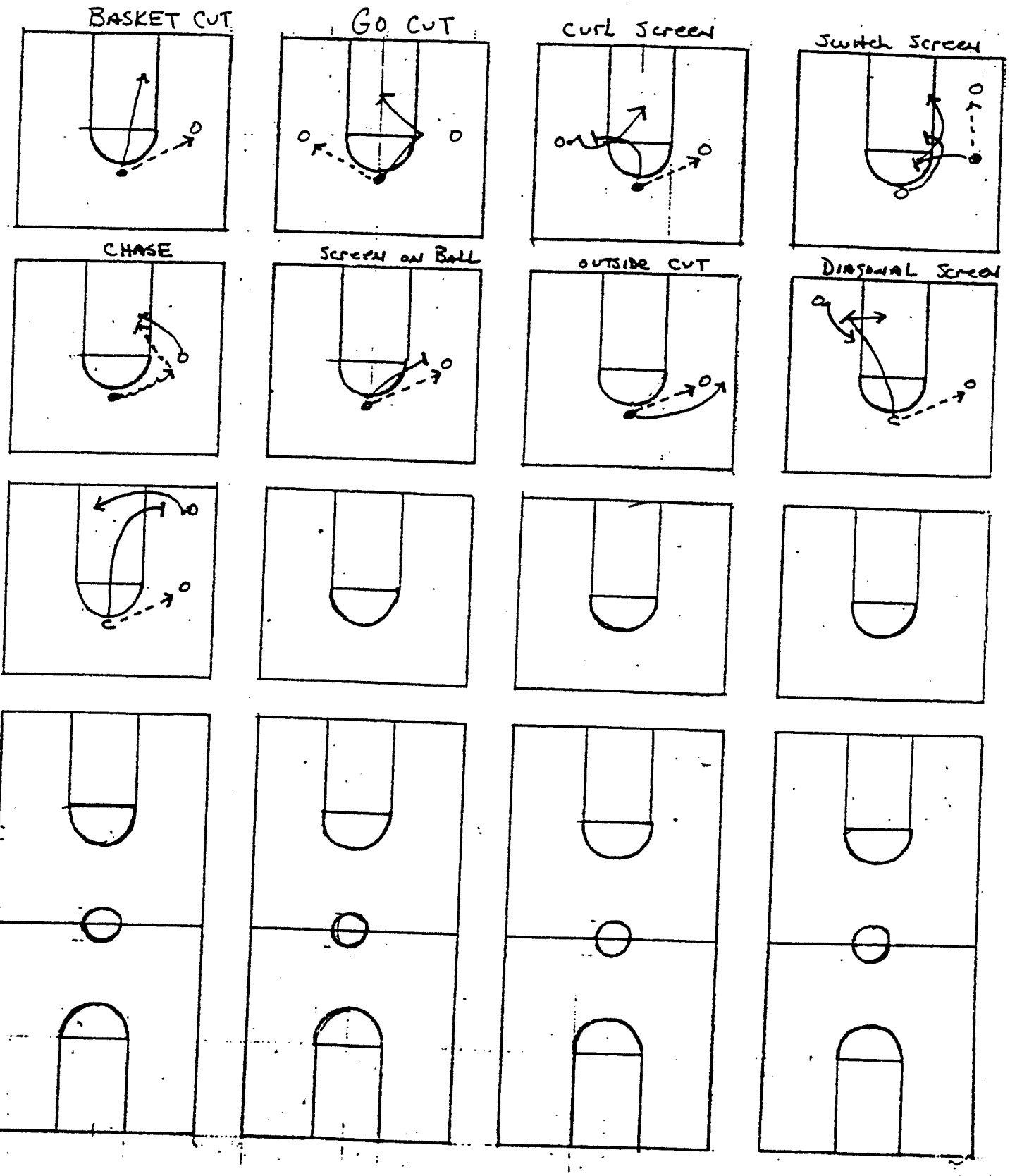
5-OUT Point OPTIONS

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

STRENGTHS

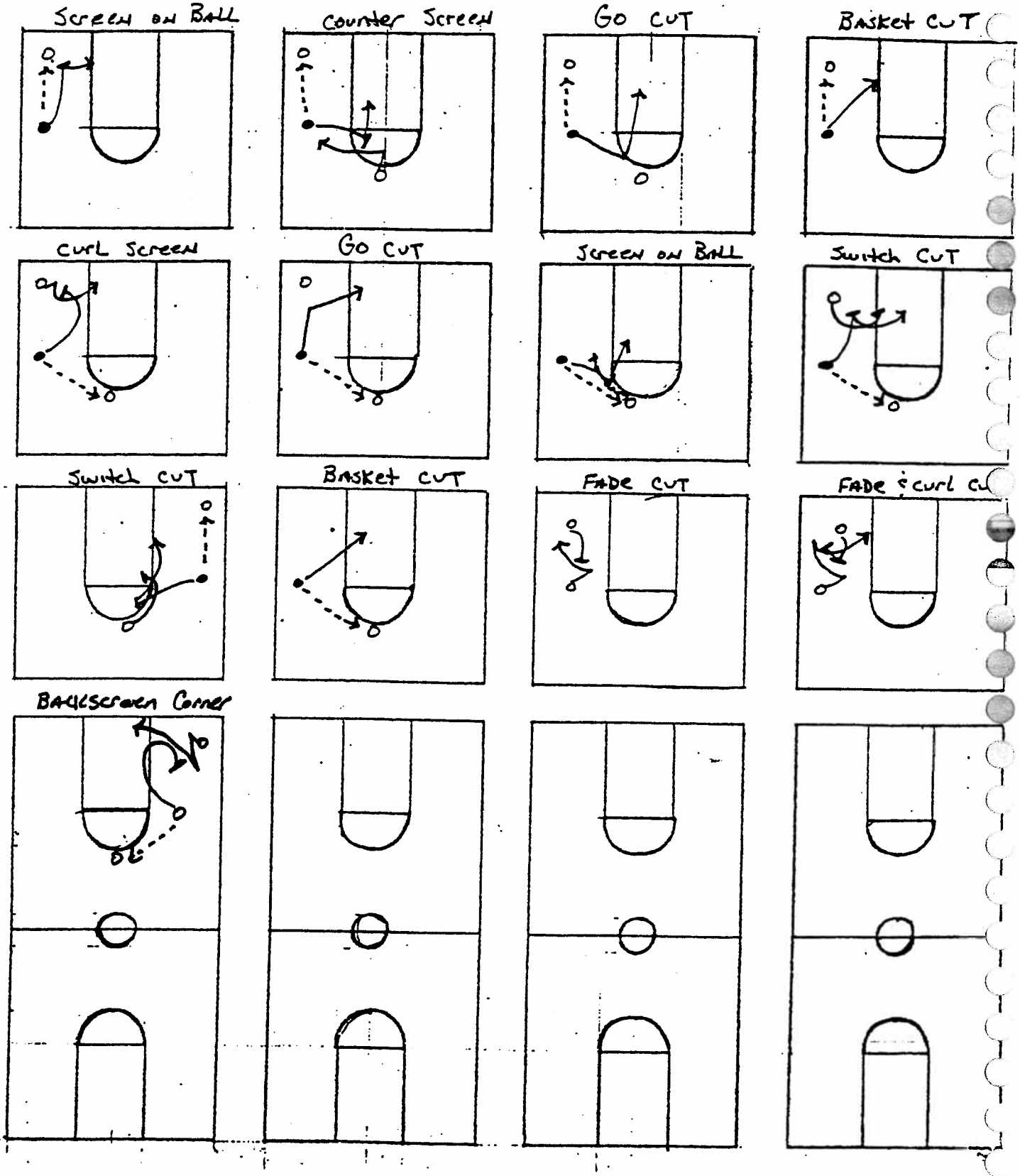
WEAKNESSES



5-OUT KING OPTIONS

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS STRENGTHS
WEAKNESSES



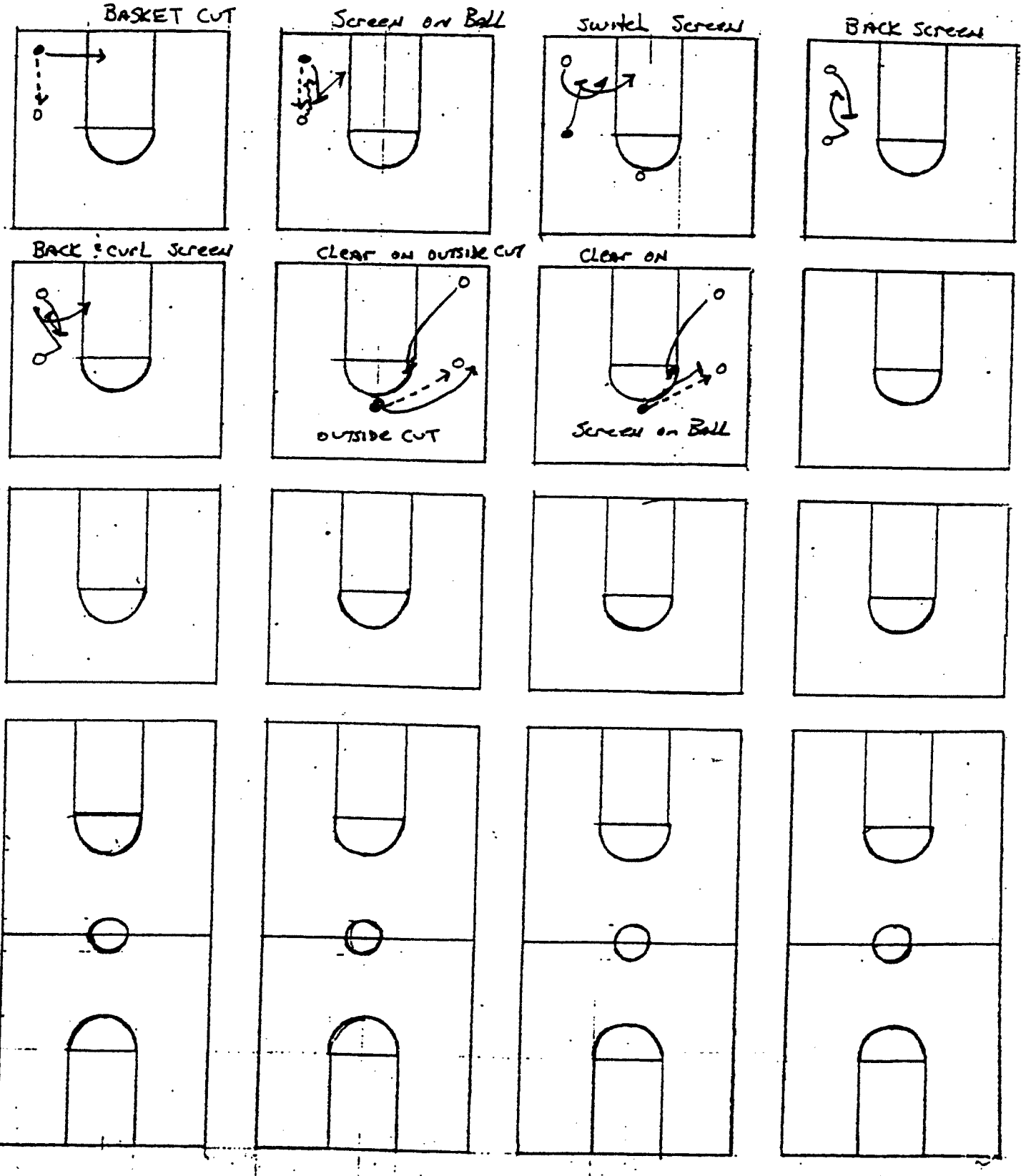
5-OUT Corner OPTIONS

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

STRENGTHS

WEAKNESSES



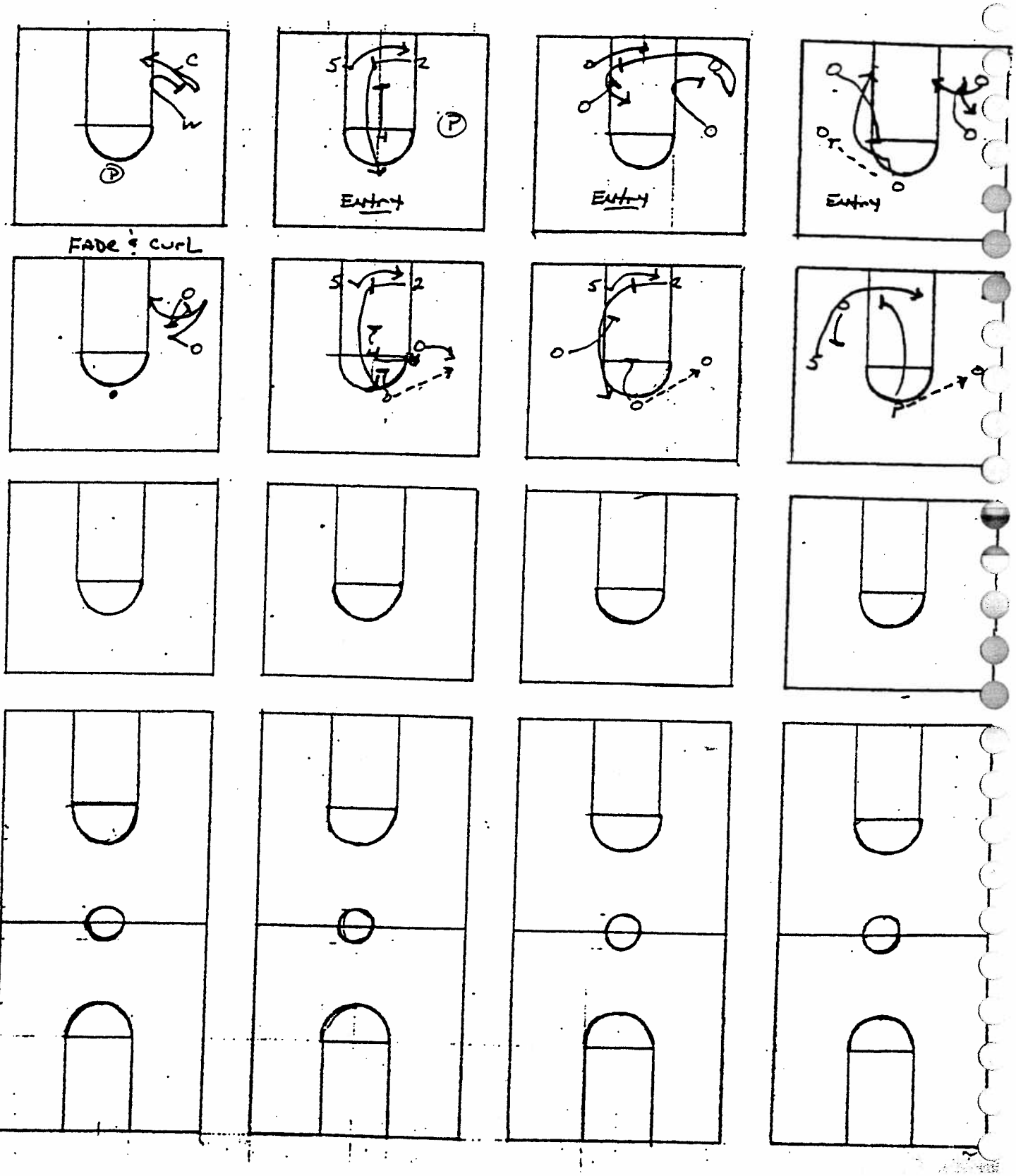
5-OUT — Pressure Release

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

STRENGTHS

WEAKNESSES



"Most over coached and under taught game" - Pete Newell

9/28/03

BADEN CLINIC

BOBBY KNIGHT - TX TECH

TEACHING THE GAME OF BASKETBALL

1. Know what your team is capable of doing

OFFENSE (applicable to whatever you do)

1. Shoot the ball and score (not synonymous)

2. handling ball w/out mistakes

3. Movement w/out ball

4. spacing

DEVELOPMENT OF OFFENSIVE PLAYER

I SHOOTING

- Coaches make a mistake in the delegacy of ~~shoot~~ shot selection
- never cross the floor and get into free shooting

"FREE SHOOTING IS THE WORST THING"

he shoots in groups of 5 always keeps track
(↳ spot shooting warm ups)
have a chart

steps into shot (head in front of body)

"Shot fake maybe most under used move in basketball"

- "all kids have limitations; stay away from what you can't do"
  -B. Knight

II PASSING

- "don't pass it to other color" - most important thing about passing
- "get your kids to think" "get your kids to see the game"

"you can not allow sloppy passing at any point in practice"
- bad pass --- do it again

- against zone; can not return ball to same side w/out dribbling ball past midline

III DRIBBLING

- use the dribble to drive to the basket = FREE THROWS
  - the drive is the best play between Fastbreak and set offense

USE DRIBBLE

1. better passing angles
2. full court pressure
3. gaps in zone - work gap dribbling against zone - 1-2; 2-3; 3 on 4

DECEPTION: GREATHIC IN BBALL
Underlaught phase 1. pass fake
2. shot fake
3. CUT

DRILLS

1. 2-Ball Dribble: coach points in directions; sprint the floor
   (point differently = make them think)
   (→ command you did not give them)

see how the kids react in practice

"setting up your cut is a real asset in scoring"

OFF PLAY
"don't play the ball play the defense"
consumed w/ the ball

- be quick w/ the basketball don't dribble; pound it
(spend 5 minutes w/out dribble)

have a ball -- pass ball to player then play w/out the dribble

IV CUTTING
- set up the cut and read the defense
  ↳ must always face basket not screener

V SCREENING
- lock right wrist over left hand -- over nuts
- how to put screens into use -
  1. downscreen: back to ball; gives cutter opportunity to ball & basket & flare
     - screener - step back -- re screen
     - back cut -- re screen
  2. backscreen: when post up then ball is reversed onto backscreen from post
  3. CROSS: post to post: below block -- set it high
     above block -- set it low
  4. FLARE: set screen w/ back to corner; try to set it in lane

VI TIMING
- 2 sec count on everything -
  - post ups
  - when catch ball -- triple threat for 2 count
  - screen held for count of two

"Never throw the ball to guy on baseline unless he is set for the [redacted] shot"

VII POSTING
- try to get ball on block - bounce pass to post (keeps away from defender)
  ↳ thrown away from defense
- 2 count - gets ball; fake either way and use the basket to neutralize defense (eyes before the ball)

Teach them to see not look
to listen not hear
} game of reaction
gotta see and react

"Learn how to see, listen and react" - Knight

DEFENSE

- where do we want the ball; where do we not want it"
do opposite on offense

- do not let ball be reversed-
"contest passing lanes -- not deny"

HELP: midline
above FT line 1-step towards man
below FT line - 1-step towards ball

VIII SPACING

(15ft-18ft apart) guys have a tendency to creep in; keep outside 3 point line

man - above middle of lane
zone - best post player behind zone (step in; reb)
↳ causes zone to step back → opens up penetration.

Play D against Tech - BK can determine

MAN: can determine where your defenders are going to play

ZONE = can determine who you are going to guard
↳ Mismatches: put quick guys on slow side of zone

"BEST TEACHERS ARE DEMANDING"

9/27/03
BADEN CLINIC

STAN HEATH - ARKANSAS ZONE OFFENSE

PHILOSOPHY

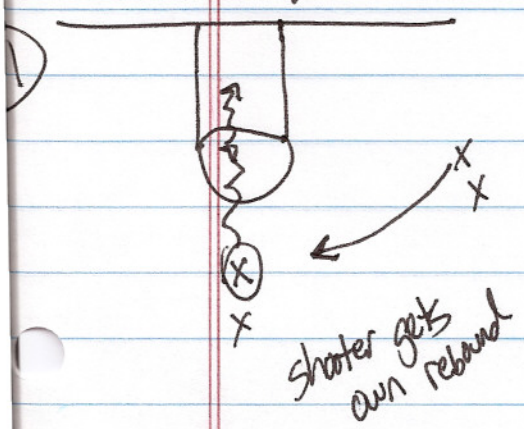
1. REBOUNDING
2. TURNOVERS - limit and get deflections
3. FREE THROWS - getting to line *chart getting into paint*
   % ? more than opponent = win game
4. DEFENSIVELY - take away penetration - no easy baskets
   Challenge shots → REBOUND

PLAYER DEVELOPMENT -
DEMAND EFFORT -
PREPARATION - steal 4 to 6 points a game - watch film opponents and self
SLOBS, BLOBS, what can we take away from other team?

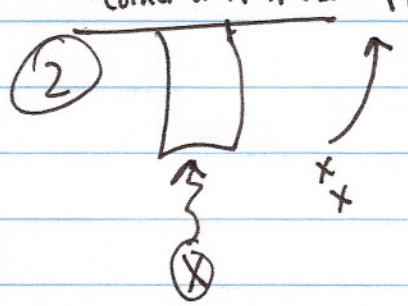
ZONE OFFENSE

I SPACING - zone and man principles - doesn't matter what you run - space off those situations

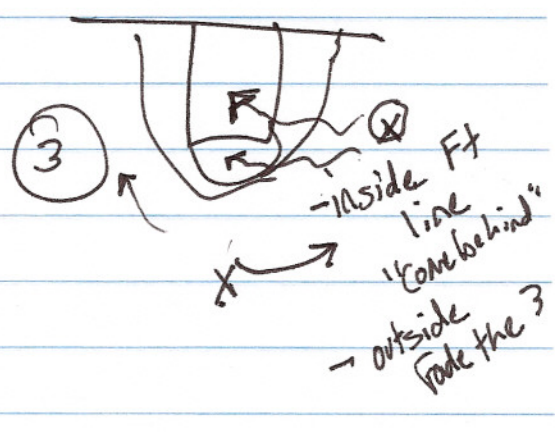
"come behind" if get inside FT line



SPACING DRILLS
"corner drift" if above FT line



From wing

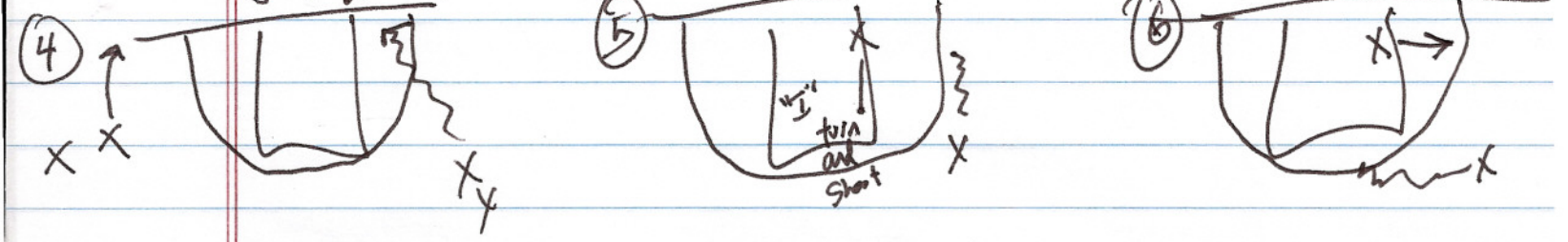


→ make it same realistic -

"baseline drift" jump out of bounds and throw to corner

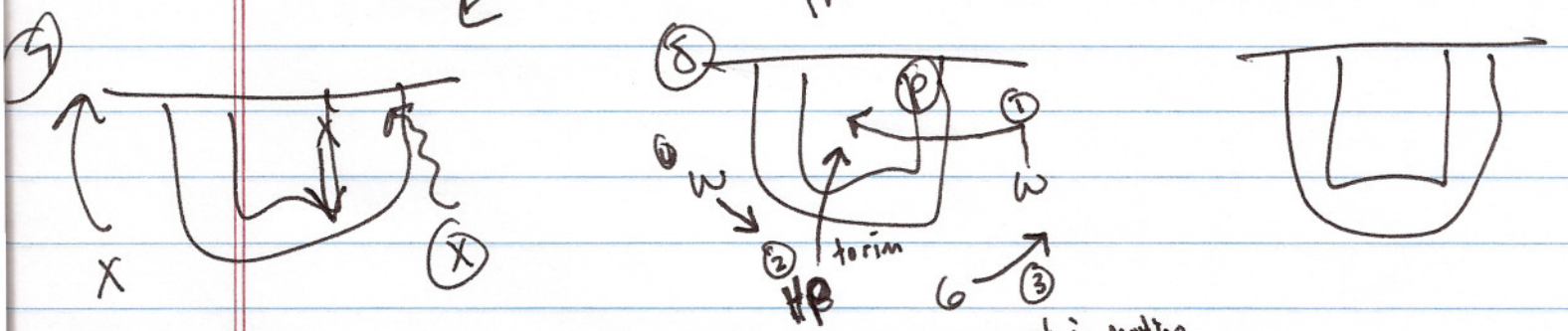
Shot fakes both sides of cart

"I cuts" "space outs"



add them together

"Throw into post"



4 looks if we throw to post in motion

1) jab step banana cut
2) post player dive
3) wing fill "sprint to spots"
4) wing fill
5) quick reversal to pin w/ post that dives

* run motion like this *

Man or zone always space

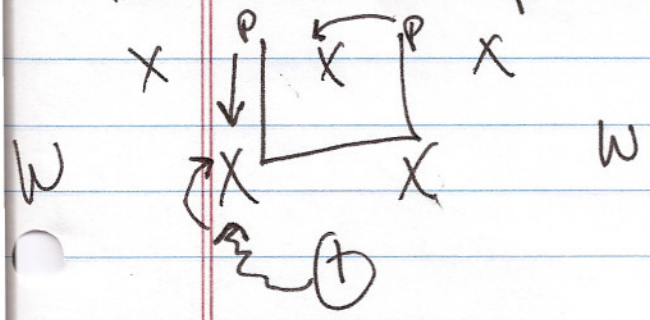
3-2 set vs zone

ZONE OFFENSE

- try to attack zone in transition; don't let it SET
- catch ball on wing and drive into gap
- post run to rim and post- best post move is no post move

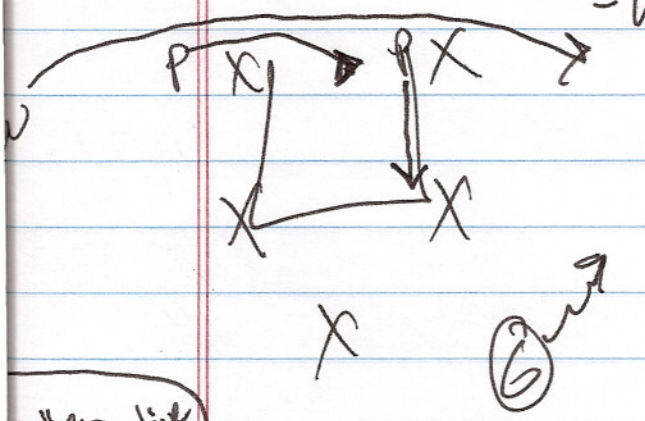
CONCEPTS AGAINST ZONE

- force people to guard you -
- play behind zone -
- leave an area - replace an area



- mid post and short corners -
- attack gaps and seams -
  attack inside shoulder of defender
- shot fake; ball fake -
  moves zone

vs 1-2-2 or 3-2



- have guy run baseline -
  w/ 2 guard front

- screen the zone -

then keep ball alive and get around people → work on transition

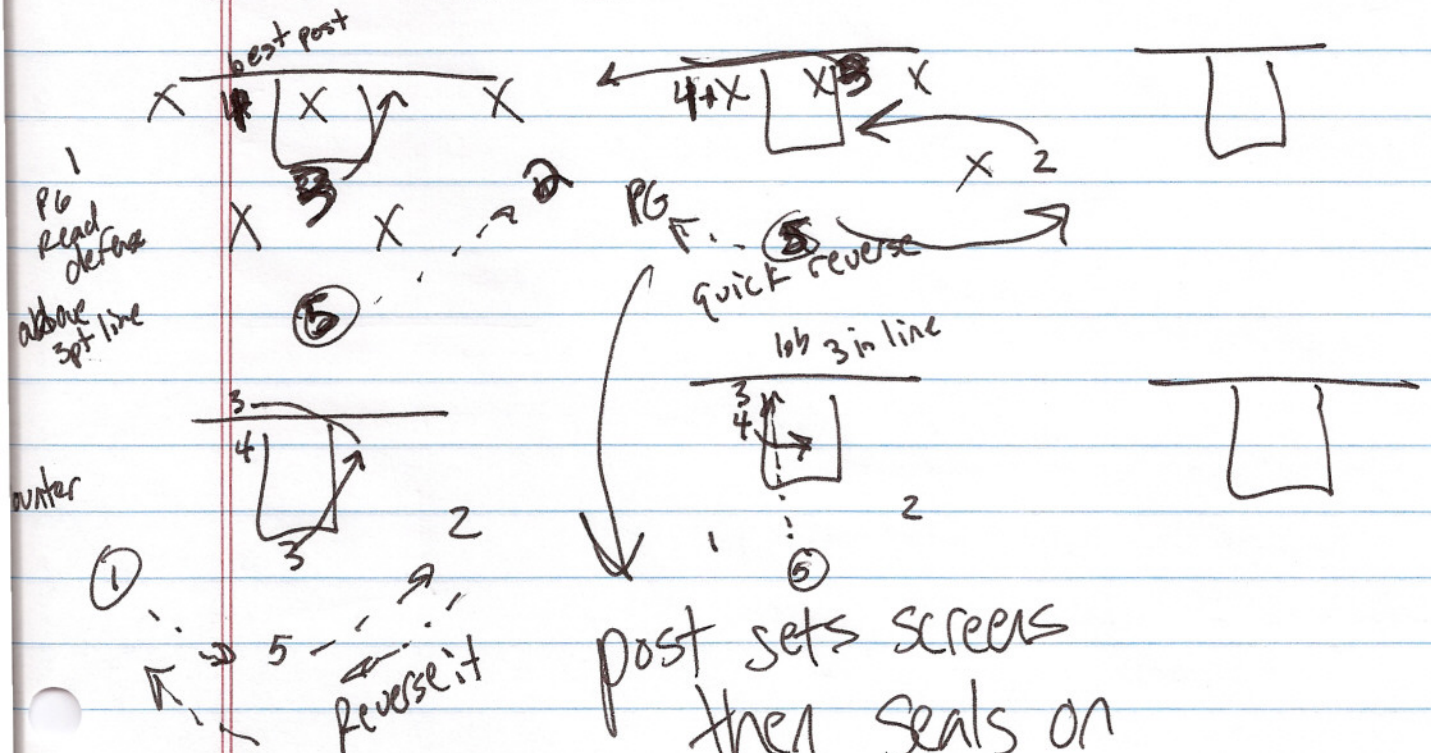
rebound against the ZONE

★ best offense against the zone was OFF REBOUND

4 guys rebound - PG gets back -

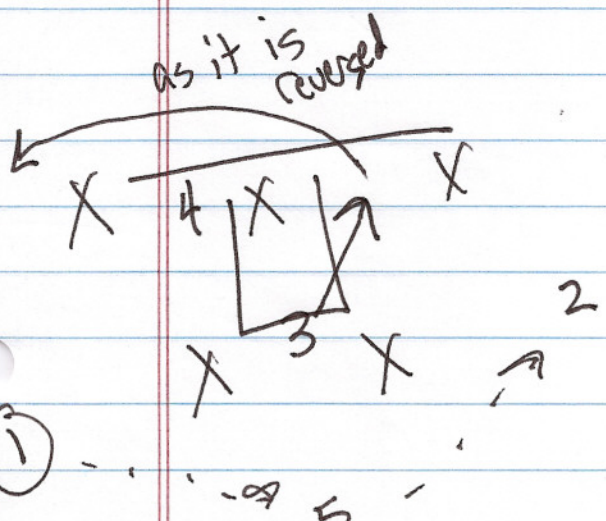
BS = best shooter

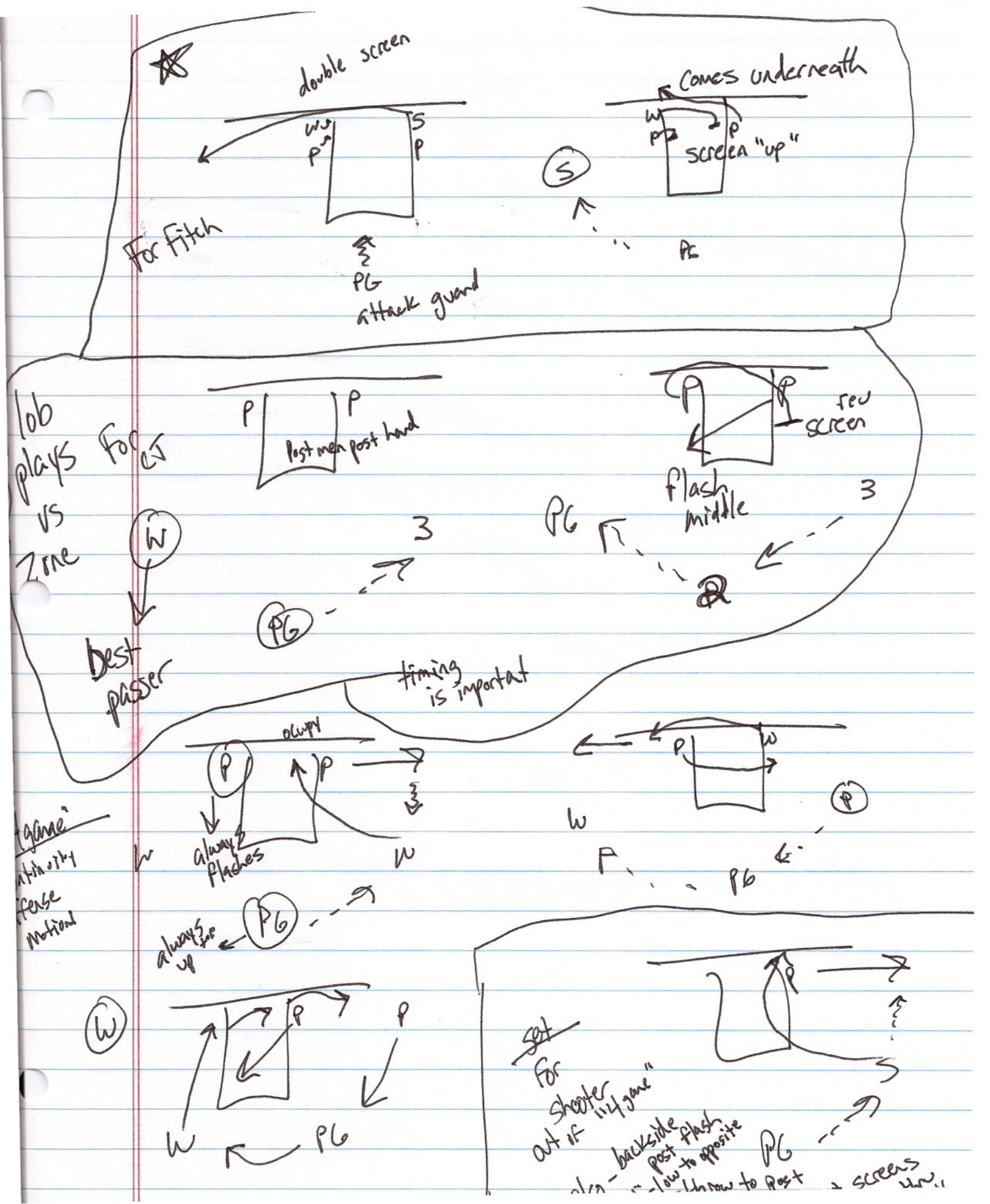
SPECIAL SITUATIONS / SETS vs ZONE



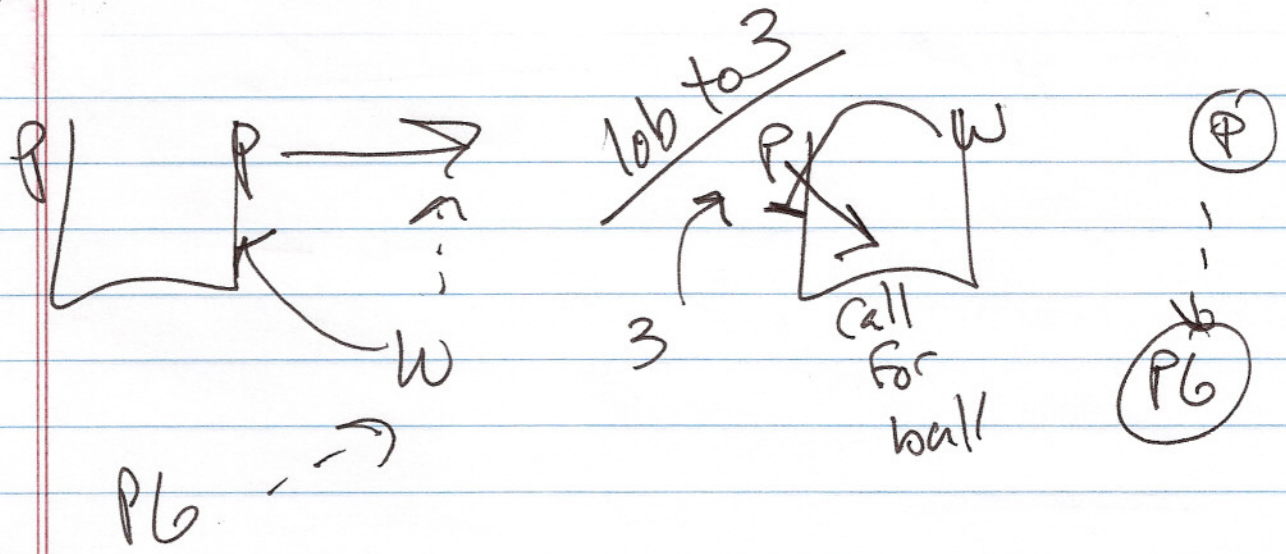
post sets screens
then seals on
other defender

if nothing backside 2
flashes middle
top guy flares




double screen
Comes underneath
screen "up"
For fitch
PG
attack guard
lob plays for CT vs Zone
Best passer
Post men post hand
flash middle
rev screen
timing is important
always flashes
always up
Set for shooter out of 1/4 zone
backside post flash
slow to opposite
throw to post
screens

4 game to lob



Zone Concepts

1. Attack in Transition

2. Occupy / Flash – Soft Spots

   A. Short Corner
   B. Mid-Post
   C. Flash from Behind
   D. Leave an area - Replace an area

3. Attack Seams

   A. Odd-Even Fronts
   B. Find Your Shooters
   C. Don't Forget Post Play

4. Screen Zone

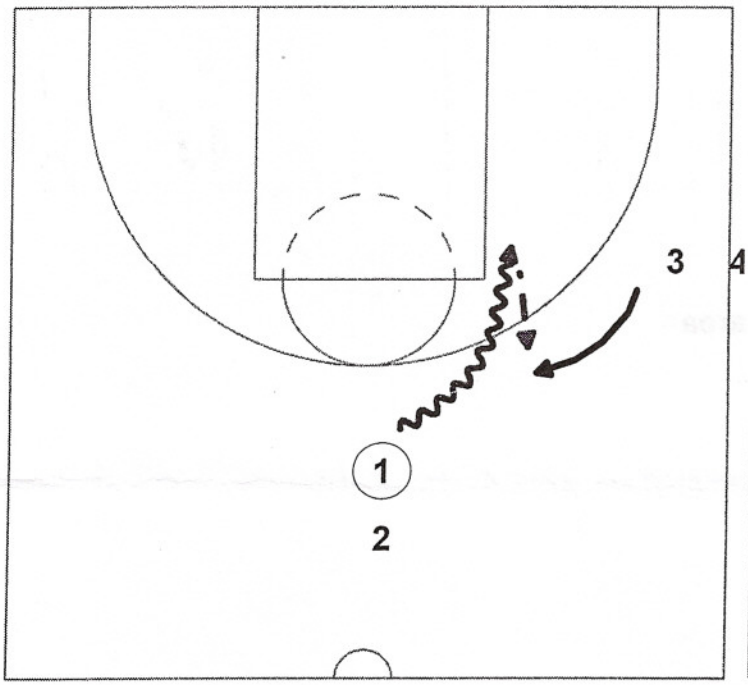
   A. Slips
   B. Confusion

5. Fakes – Ball, Pass & Shot

6. Offensive Rebounding (Best Offense)

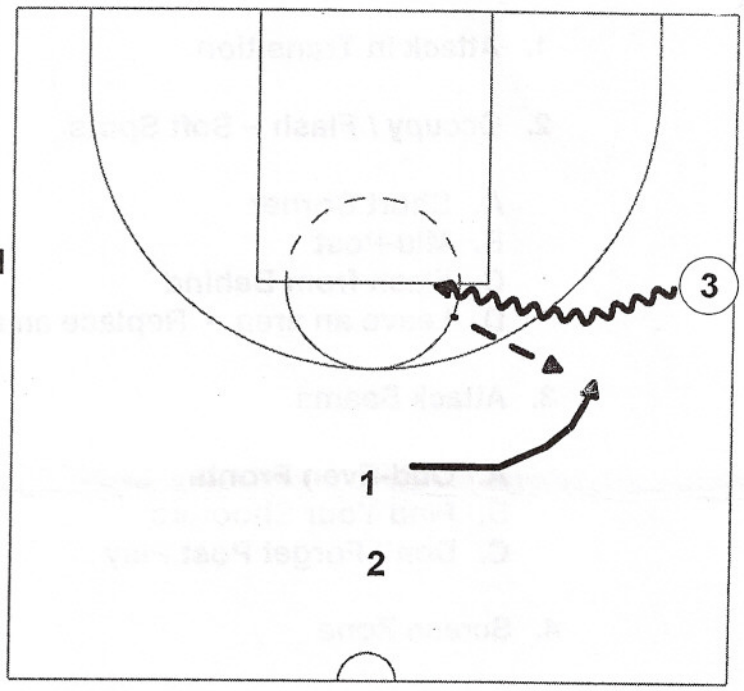
Spacing Drills

Come Behind



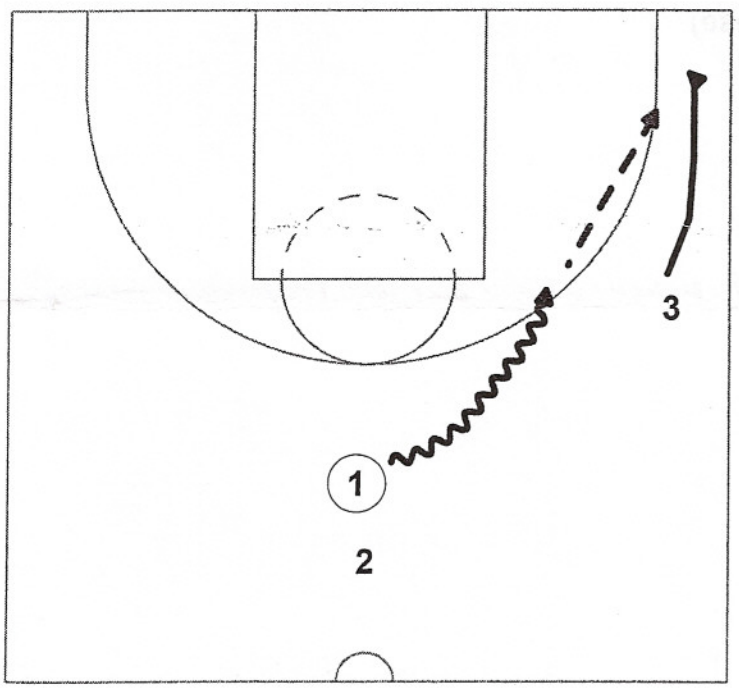
Two lines. One at the top with balls and one on the side. 1 dribbles into the gap as 3 fills in behind. 1 looks to pitch back to 3 for the jumper. 2 and 4 would repeat the drill. Switch lines and continue until everyone has gone.

Come Behind Wing



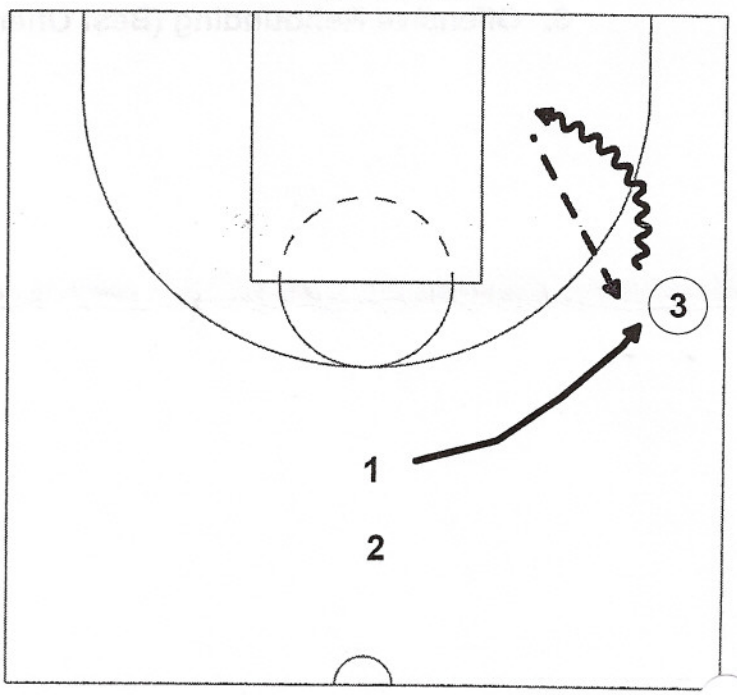
Same drill as Come Behind, except the ball starts on the wing and 3 penetrates middle as 1 fills in behind for the jumper.

Corner Drift



Ball starts at top. 1 penetrates the gap. At the same time, 3 drifts to the corner, setting up for jumper. 1 hits 3 for shot. You can start with 15' shots and finish with 3 pointers. 2 and 4 repeat drill and continue until everyone has gone.

Corner Follow



Same drill as Corner Drift, except balls start on wing. 3 drives towards block and 1 follows behind for jumper. 2 and 4 repeat drill.

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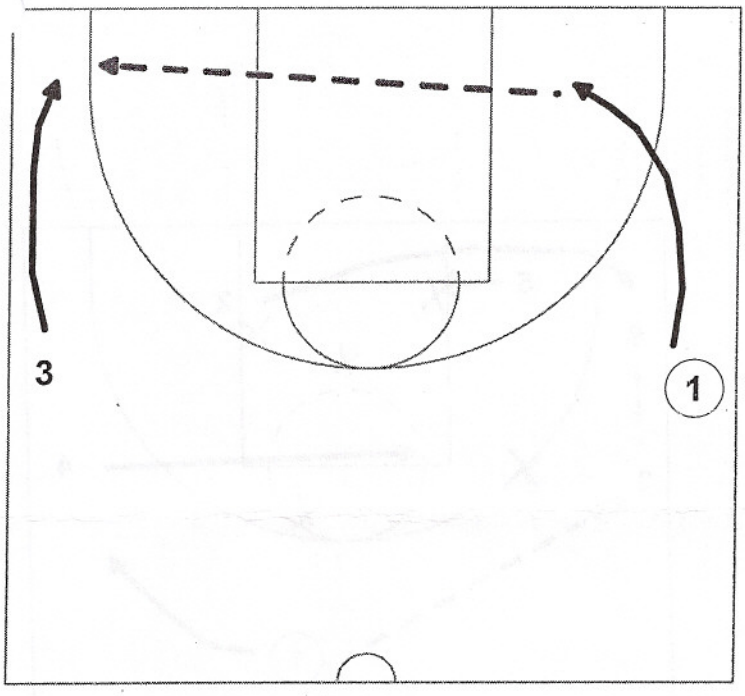
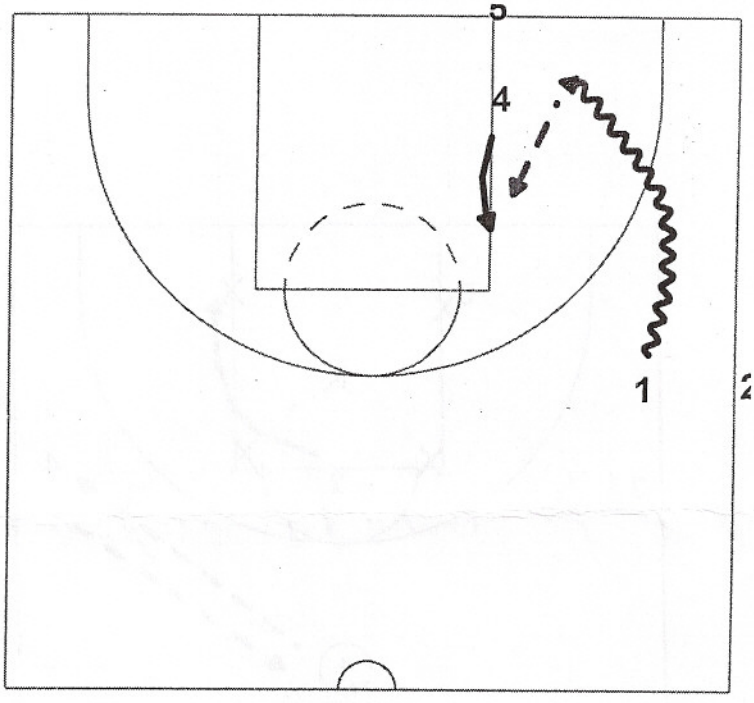
SPACING DRILLS

Baseline Drift



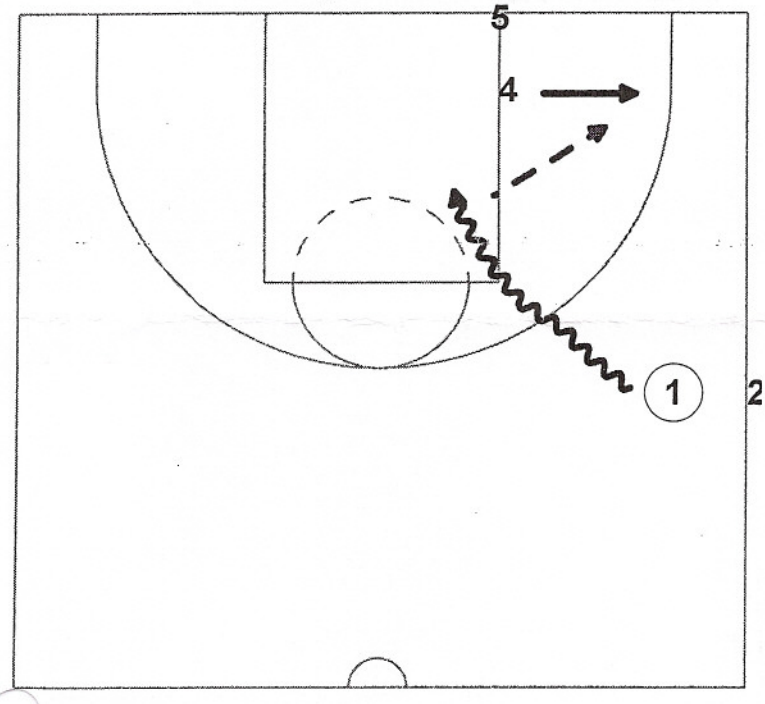
Two lines on opposite sides of the floor. 1 has ball and drives baseline. At the same time 3 drifts to the corner, looking for pass from 1. 1 throws baseline pass for 3 who shoots. You can start with 15' shots and finish with 3 pointers. 2 and 4 repeat the drill. Switch lines and continue until everyone has gone.

I Cuts



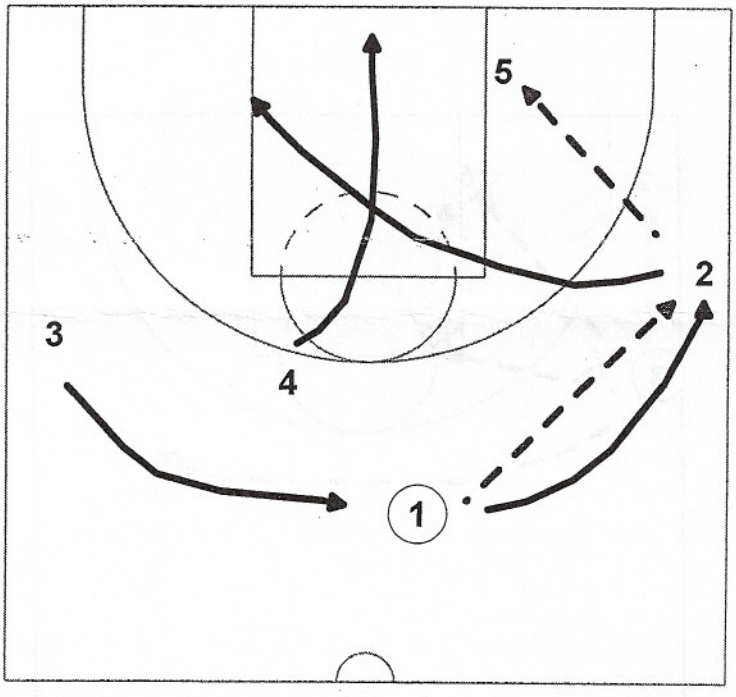
Two lines, one on the side with balls and one on baseline. 1 dribbles baseline. At the same time the 4 man I cuts up the lane getting ready for pass from 1. 1 hits 4 for jump shot. 2 and 5 repeat drill. Continue until everyone has gone.

Space Outs



Drill is same as I Cuts, except 1 penetrates middle and 4 spaces out to short corner for jumper.

Post Feed



1 hits 2. 2 feeds the ball to 5 on the block. When 5 receives the ball, 2 makes a bannana cut through the lane, looking for a pass from 5. 1 fills over to replace 2 and 3 fills over to replace 1. As soon as 2 clears the lane, the 4 man dives down the middle, looking for a pass from 5. You can do this drill and hit each player in succession. 5 hits 2 on bannana cut. 5 hits 1 for jumper on fill. 5 hits 3 for jumper on fill. 5 hits 4 on basket cut. 5 lets everyone clear and makes post move.

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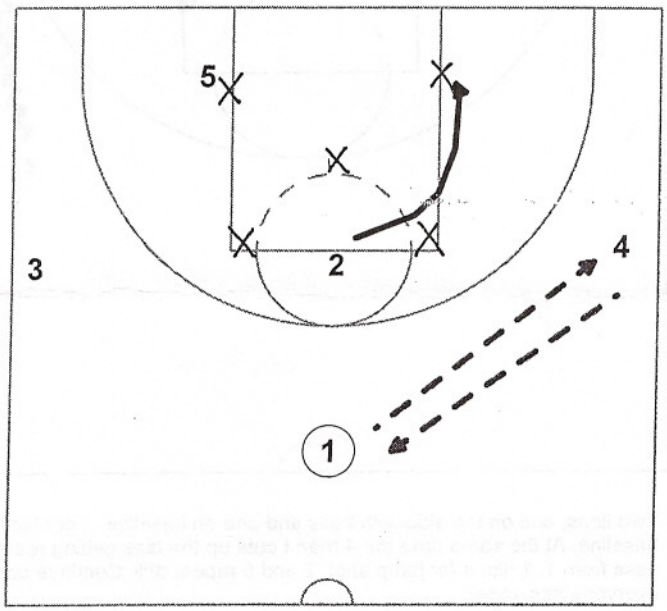
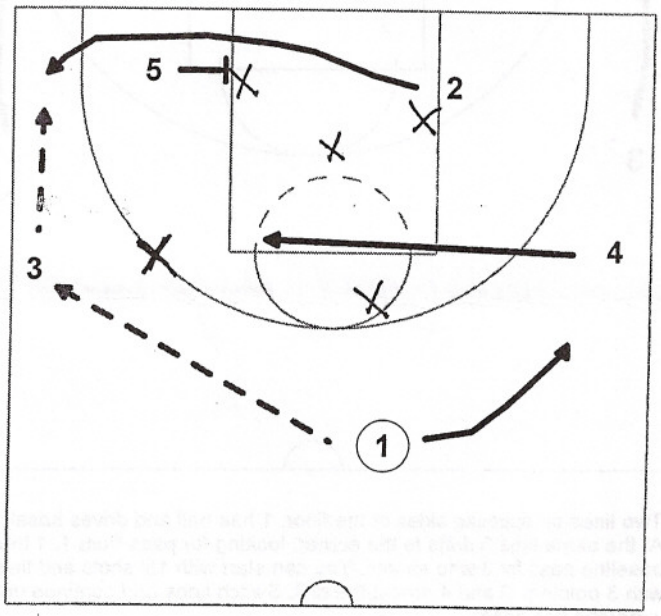
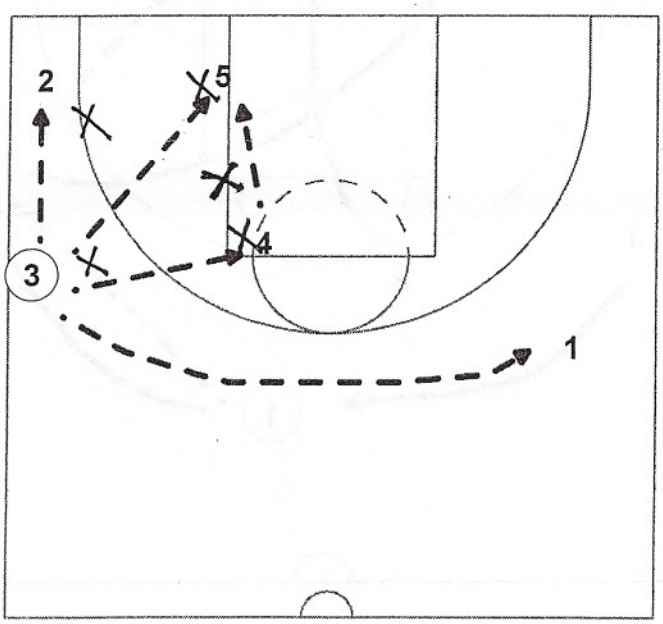
Corner Jump Shot 1



Set up in 1-3-1 set. 1 passes to 4 and gets return pass right back. On the first pass, the 2 man (best shooter) dives to the block.



1 passes to 3. 5 sets a screen for 2 to pop to the corner for shot. At the same time, the 4 man flashes to the high post and the 1 man fills in on the weak side for a skip.



3 man has a few options. He can hit the 5 man who pins after screening. He can hit 2 for the jumper. He can hit the 4 man flashing. If he hits the 4 man flashing then the 5 man is pinning for a high low look. His last look is to the 1 man on the skip.

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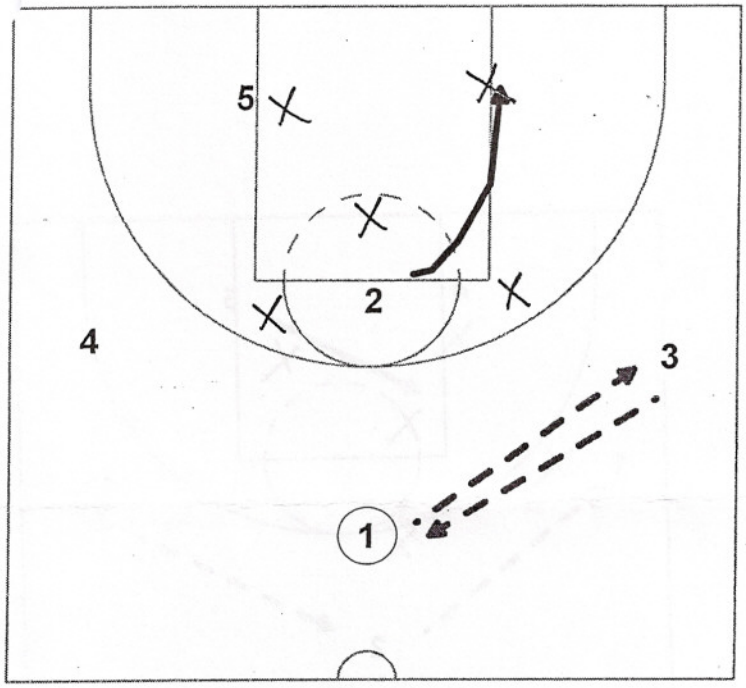
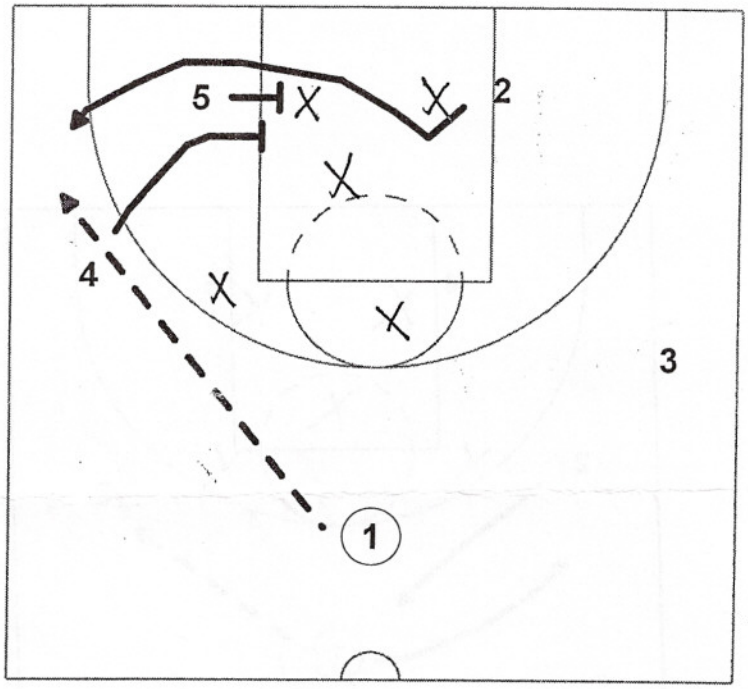
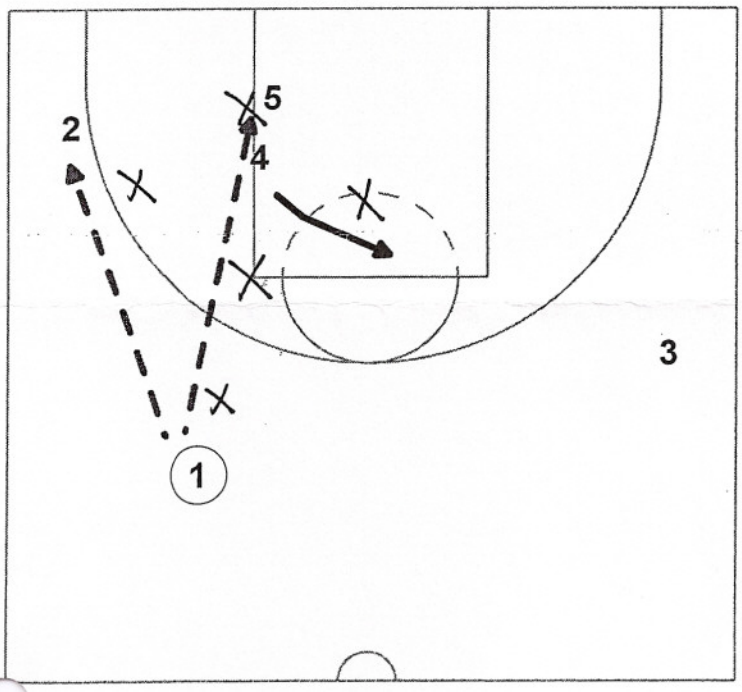
Corner Jump Shot #2



Set up in a 1-3-1 set. 1 passes to 3 and gets return pass right back. At the same time, 2 dives to the block.

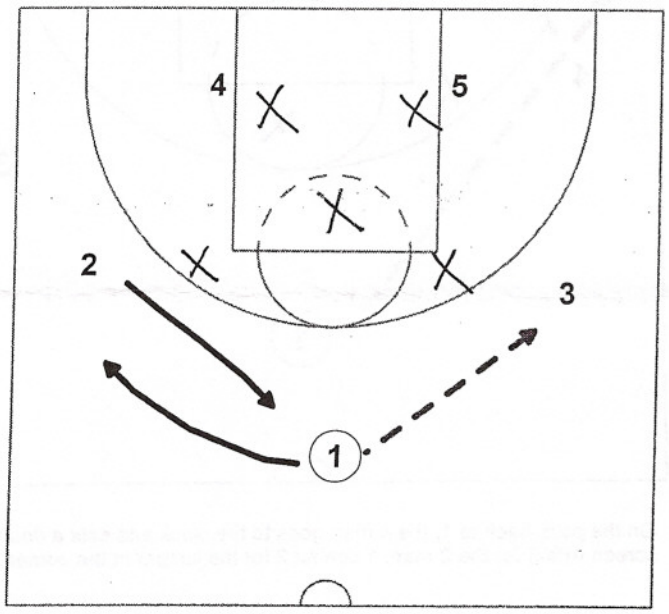


On the pass back to 1, the 4 man goes to the block and sets a double screen with 5 for the 2 man. 1 can hit 2 for the jumper in the corner.

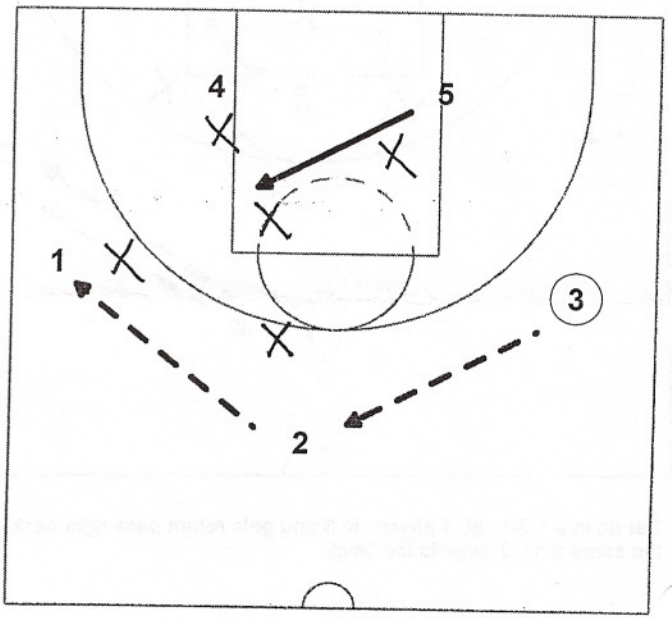


After setting the double screen the 4 man flashes to the middle taking the middle zone defender with him. When this happens, 5 may be open for an over the top pass.

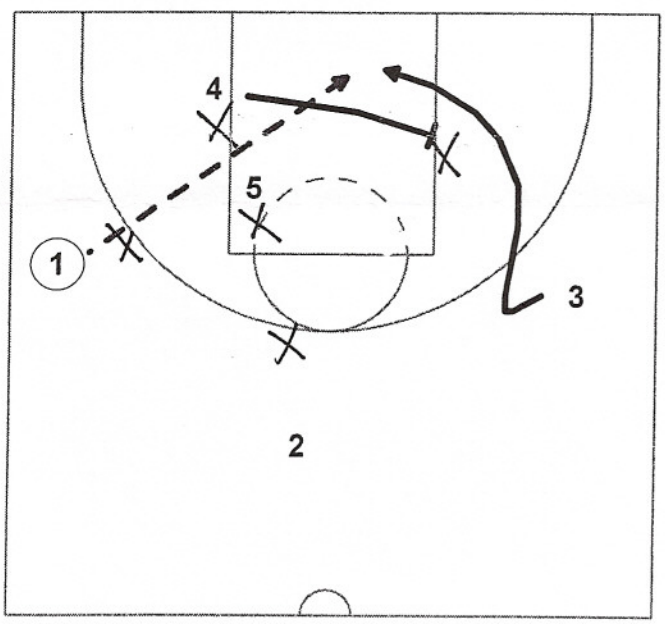
Lob Play



Set up in a 3-2 set. 1 passes to 3, then interchanges with 2.



3 passes to 2. 2 passes to 1. On the pass from 1 to 2, the 5 man flashes to the ball, trying to take the middle defender in the zone with him.



When the 5 man flashes, taking the middle defender with him, the 4 man sets a screen on the weak side bottom defender in the zone. This should open up a clear lane for the 3 man to attack the rim for a lob pass from 1.

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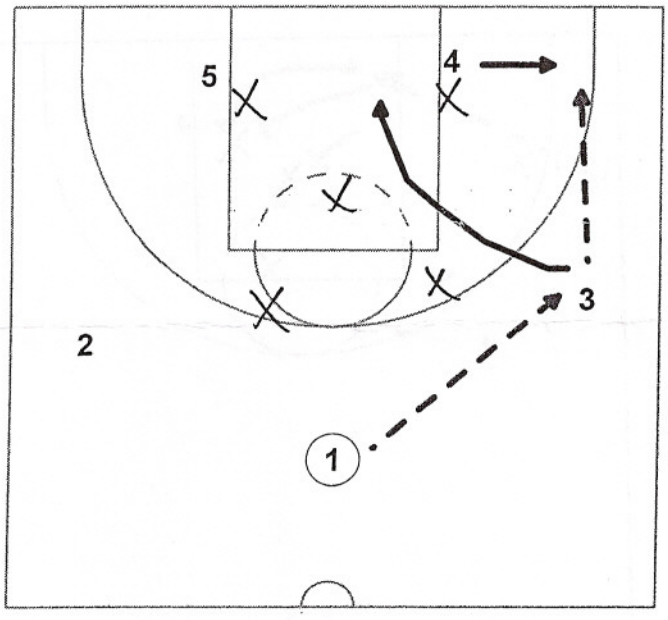
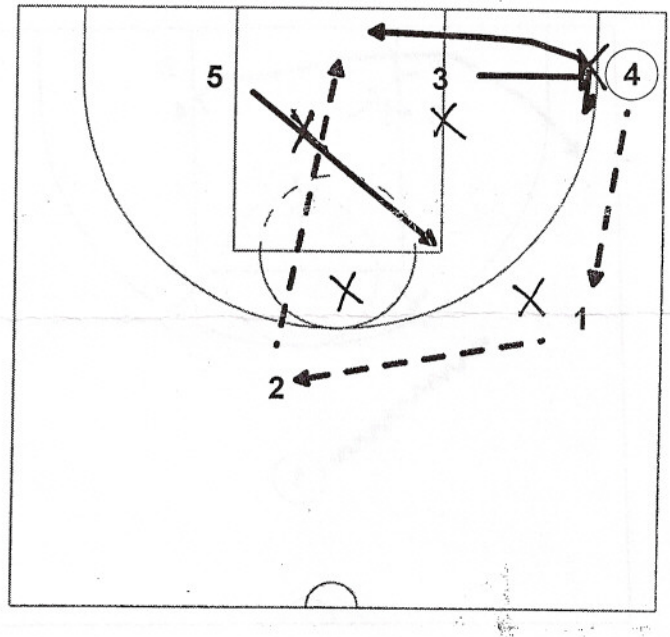
Lob Play #2



Set up in a 3-2 set. 1 passes to 3. 4 pops to the corner. 3 passes to 4 and cuts to the block. 1 follows his pass and replaces 3. 2 fills over to the top.



4 passes back out to 1. 1 swings it to 2 at the top. At the same time the ball is being swung to 2, the 5 man flashes to the elbow, taking the middle defender with him. After 4 passes the ball to 1, he is going to receive a back screen from 3 and go to the rim for a lob pass from 2.

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BASKETBALL SCOUT PAD

"ARKANSAS" ZONE SET.....

VS.

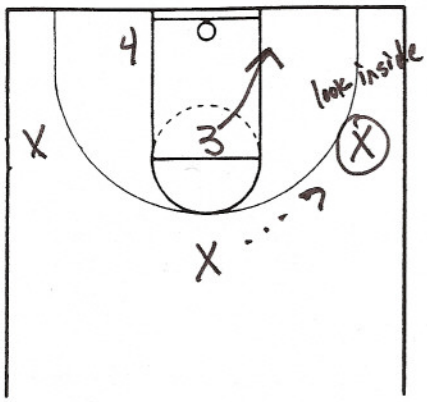
DATE

PLACE

COUNTER TO IT

3pointer

1



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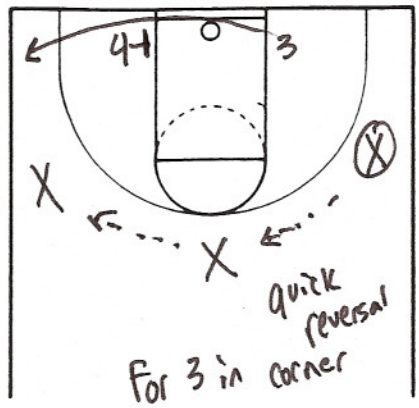
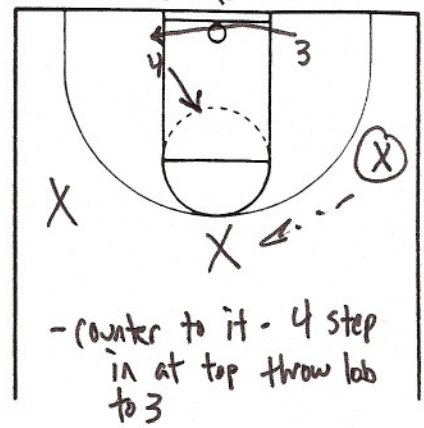


For 3 in corner

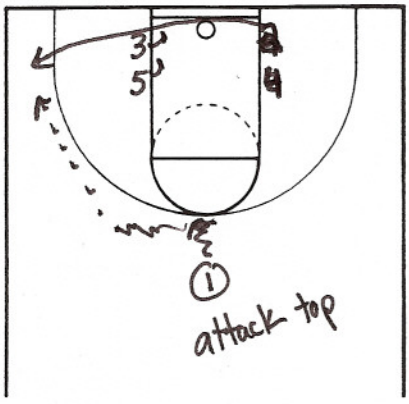
3



- counter to it - 4 step in at top throw lob to 3

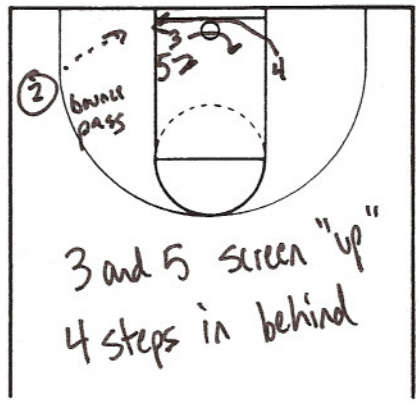
Post Up

4



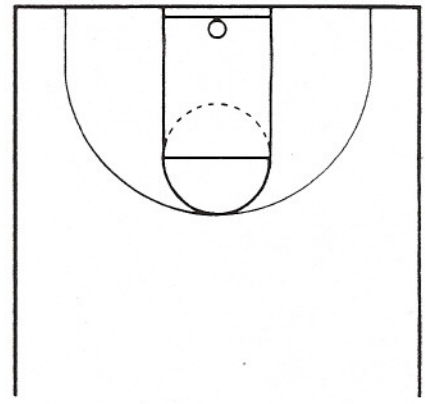
attack top

5



3 and 5 screen "up"
4 steps in behind

6



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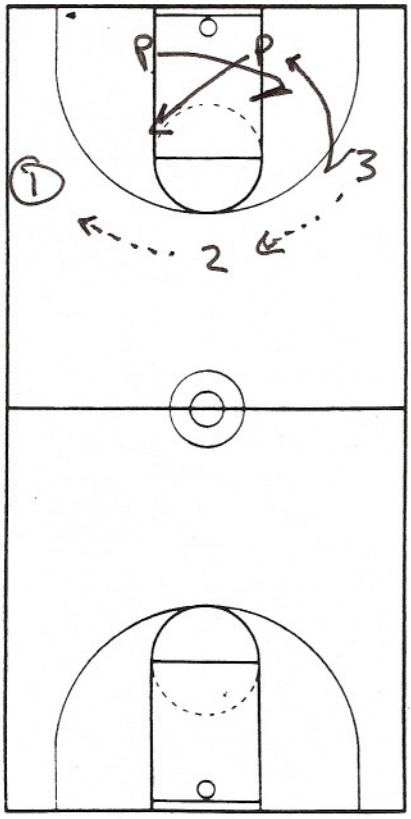

lob play vs. Zone

- post men post up hard
- quick reversal
- post man flash hard - really sell play
- ball side post reverse out and back screen for lob to 3


Brad Stevens
Butler Bulldogs

Butler Bulldogs

Coach: _Brad Stevens: Butler_
Clinic: _North Putnam Clinic_

Topic: _Utilizing Ball Screens_
Date: _9/2/06_

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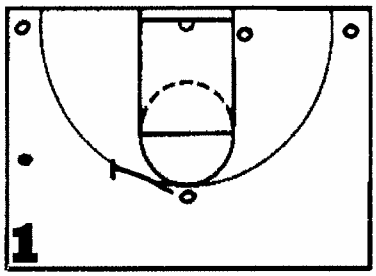
Head Coach
Todd Lickliter

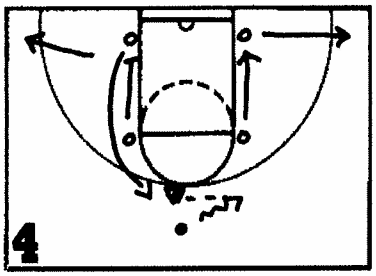
Assistant Coach
Brad Stevens

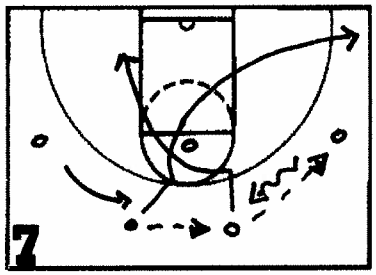
Assistant Coach
Matthew Graves

Assistant Coach
LaVall Jordan

Director of Basketball Operations
Joel Cornette







Screening Angles

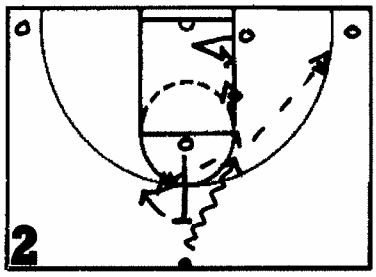
- *Screening angle should be East/West, not North/South*
- *Pivot on right foot & sprint to the rim on the roll*
- *Ballhandler must come off the on-ball at the level of the screen*

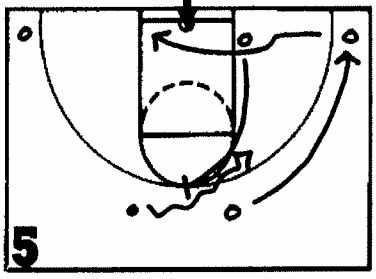
Box Set to Flex

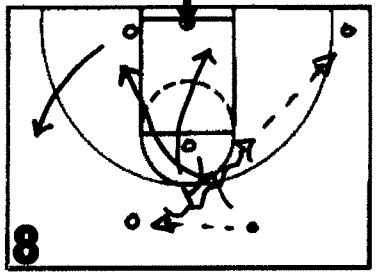
- *Put your best creator in the initial down screen situation*

NJ Nets Set

- *You can ball screen after any of the cutters*

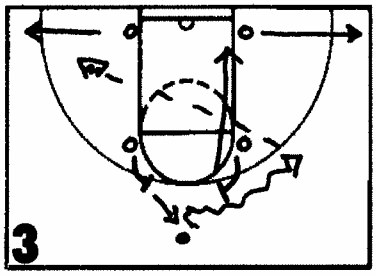


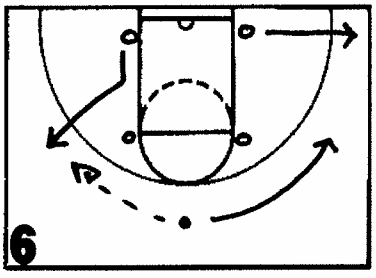


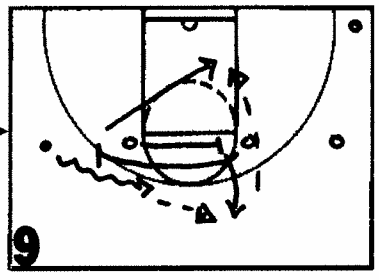


Direct Ball Screen

- *Use your most skilled Big as the ball screener*







Option Ball Screen

- *Use either ball screen*
- *Look to drag dribble & skip to the opposite corner if defender helps on the roll*

Dive Play

Butler Bulldogs

Coach: _Brad Stevens: Butler_
Clinic: _North Putnam Clinic_
Topic: _Utilizing Ball Screens_
Date: _9/2/06_

510 W. 49th St.
Indianapolis
(IN) 46208
(317) 940-9897

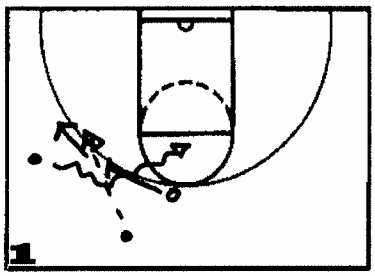
Head Coach
Todd Lickliter

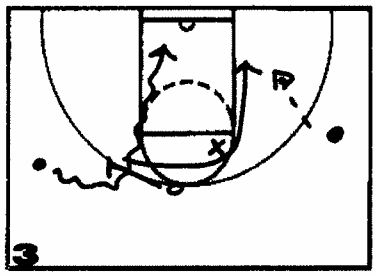
Assistant Coach
Brad Stevens

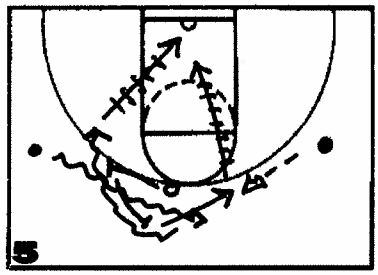
Assistant Coach
Matthew Graves

Assistant Coach
LaVall Jordan

Director of Basketball Operations
Joel Cornette



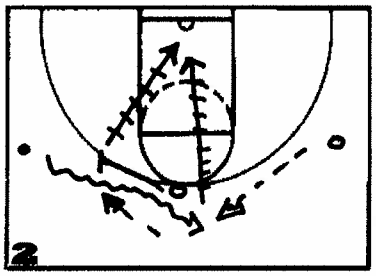


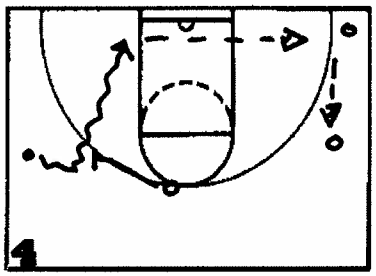


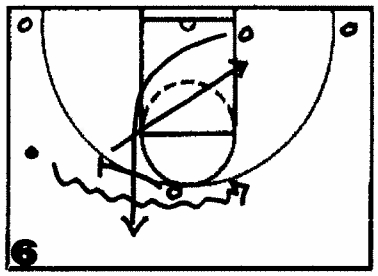
Hesitate & Go
- *v. Hard Hedge*

Split Move
- *Ballahndler must split the hedge by firing dribble back to the screener's butt*

Screen/Re-Screen
- *Use behind back dribble to change directions*
- *Make sure you get a full dribble past the initial screen to allow re-screen to be set*







Drag Hedge
- *Attack hedge-man's outside shoulder*
- *Drag the hedge*
- *Rip & pass back w/ outside hand*
- *Screener opens to the ball*

Reject Screen
- *Defense jumps under the screen early*
- *Screener can loop behind ballahndler to wing for pass*
- *Look baseline drift & extra passes*

Soft Hedge
1) Re-Screen
2) Put your best shooter as the initial low post—Defender cannot help on roll man

General Notes

Notes

WHY ON-BALLS?

1) Many different ways to guard
2) You really make contact w/ on-balls
3) Force the defense to hedge/scramble
4) Dictate who has ball when defense is scrambling

READS

1) Hard Hedge
2) Soft Hedge

Jerry Wainwright
DePaul Blue Demons

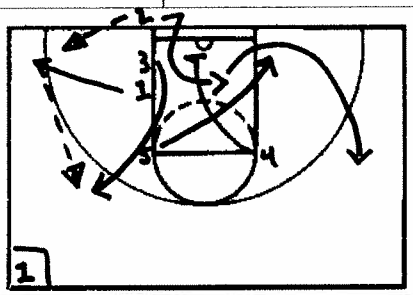
DePaul Blue Demons Basketball

2323 N. Sheffield
Chicago, IL 60614

Head Coach: Jerry Wainwright
Assistants: Gary DeCesare *Scott Wainwright*
Ramon Williams

Coach Jerry Wainwright → DePaul
Topic Last Second Situations
Clinic 1:55/1:57 Clinic

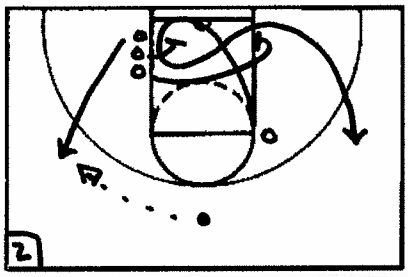
Member of the Big East Conference



Notes **EOB**

Notes

Notes



Notes **EOB**

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Notes

BASKETBALL NOTES

Coach Jerry Wainwright



LAST SECOND SITUATIONS

Ideas, Concepts and Plays

BASKETBALL NOTES

Coach Jerry Wainwright



LATE GAME SITUATIONS

THOUGHTS

1. One of the most important parts of the game, yet one of the most overlooked.
2. Majority of games are won and lost by 8 or fewer points (3 or 4 possessions).
3. Defense, offense, shooting, etc. is taught by repetition - do the same with late game situations (every day). 3 Segments Each Practice
4. Must be more than just a segment of practice; coach it just like it's a game, i.e. from the bench, calling TO's, substituting, etc.
5. Each member of the team must know TIME, SCORE, and SITUATION.
6. Must work on all possibilities - up big, up a little, tied, down big, down a little; different time left (5 minutes on down); different foul situations; different personnel.

Focus On Mental Prep For Practice As Much As Physical Prep

7. Theory is "you've experienced it before, you know what needs to be done".

* FT Rbs. Drill Every Practice

8. Occasionally make bad calls (even fouling out players), maybe even taunting to get player's reactions - call T's.
9. Substitutions to stop clock or "O"/"D".
10. Know best player to go to, best play to call, best "D" to use (maybe different at home and on the road).
11. Have a philosophy - make sure everyone knows and understands it.
12. Know what you want to do but have a contingency plan.
13. Should never face anything in a game your players haven't experienced.

* It's Not What You Do, It's What You Emphasize

Late Game Drill
- Team Leading Has Rbs. Dribble On Basket
- Leading Team Loses = 5 Suns Of Lines
- Trail Team Loses: 2 Suns Of Lines

BASKETBALL NOTES

Coach Jerry Wainwright



LATE GAME SITUATIONS

QUESTIONS TO ASK

1. If behind, do you want to foul or go for steal/TO? If foul, whom and when?

2. If up 3, do you foul to avoid 3 pointer? If so, when?

3. If down 1, 2, or tied, do you want to hold for last shot or take first good one?

4. After getting rebound/TO (or after made shot), do you want to immediately call time, push it up and call time, disregard time out and go for score?

5. Do you like "2 for 1", i.e. shoot so the opponent gets the ball with more than 45 seconds so you can get it back?

6. Do you have plays from all locations (taking time left into account)?

BASKETBALL NOTES

Coach Jerry Wainwright



IDEAS - LAST SECOND SITUATIONS

Practice Situations

1. Use clock and officials.
2. Varsity vs. JV's with Varsity ten points down.
3. Big guys vs. little guys - build role appreciation.
4. Drill running actions where players have one second to shoot.
5. Call team together in practice, give them situation and play, then test them on it. Also do in classroom.

End-of-Game Philosophy

1. Delay Game
   *Keep clock running, take sure shot, open up the floor.
2. Freeze Game
   *No shots unless a lay-up (uncontested) or free throw.
   *Use when you have enough points to win or you want the last shot.

Overload Scrimmage Situations

1. Using six defensive players while perfecting the half court trap press offense.
2. Using seven defensive players when advancing the ball up against a three quarter court zone press.
3. Using eight defensive players when operating the full court press offense.
4. Using six offensive players to strengthen the zone defense.

BASKETBALL NOTES

Coach Jerry Wainwright



GAME SITUATIONS TO PRACTICE

One Point Series

Five seconds are put on the clock and the situations practiced are:

1. A one point lead and the ball in the process of shooting a 1-1.
2. A one point lead with the ball out of bounds from the sideline.
3. A one point lead with the ball out of bounds at the endline.
4. A one point lead with the ball out of bounds under the offensive basket.
5. A one point lead without the ball--sideline out of bounds.
6. A one point lead without the ball--endline out of bounds.

Two Point Series

The two point series operates under the same situation outlined above, except the point spread is two with ten seconds remaining.

Three Point Series

The three point series follows the same pattern with a three point spread and twenty seconds remaining.

Four Point Series

The four point series involves a four point spread with thirty seconds remaining.

BASKETBALL NOTES
Coach Jerry Wainwright



ADDITIONAL
GAME SITUATIONS TO PRACTICE

1. **One minute to go, score tied, your team has the ball.**
2. **One minute to go, score tied, your team is on defense.**
3. **One minute to go, trailing by one, two, or three points, your ball under opponent's basket.**
4. **One minute to go, ahead by one, two, or three points, you're on defense and ball is under your basket.**
5. **One minute to go, behind by four and five points, with opponent having the ball.**
6. **Ten seconds to go, opponent has just scored the go ahead points.**
7. **Ten seconds to go, score tied, you have the ball in back court.**
8. **Ten seconds to go, trail by two or three points, opponent has the ball.**
9. **Two seconds to go, lead by one, two or three points, opponent has the ball.**
10. **Two seconds to go, lead by one, two or three points, opponent has ball out-of-bounds under your basket.**

BASKETBALL NOTES

Coach Jerry Wainwright



REASONS FOR A COACH TO CALL A TIME OUT IN THE LAST MINUTE

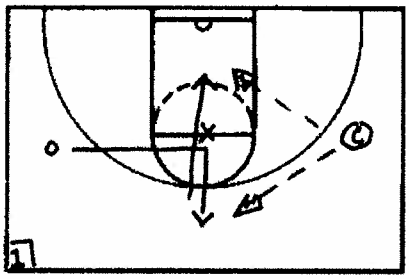
1. To calm the players.
2. To reinforce and motivate the players.
3. To run a special play or to cover a special situation.
4. To cover individual assignments.
5. To break the opponent's momentum.
6. To settle down the crowd.
7. To make an opposing free throw shooter think about the shot.
8. To give the players a rest.
9. To stop the clock.
10. To make a defensive change.


Matt Painter
Purdue Boilermakers
TM

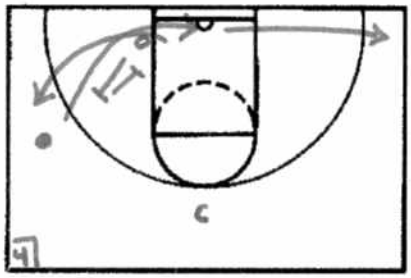
PURDUE BOILERMAKERS BASKETBALL

Head Coach: Matt Painter
Assistants: Cuonzo Martin *Paul Lusk*
Todd Foster *Kent Williams*

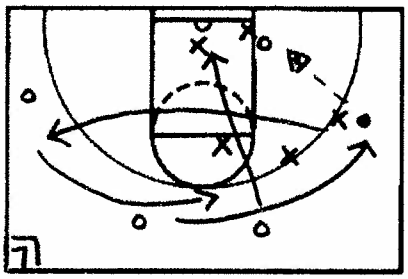
Coach Matt Painter → Purdue
Topic Motion Offense
Clinic IBCA 4/8/05



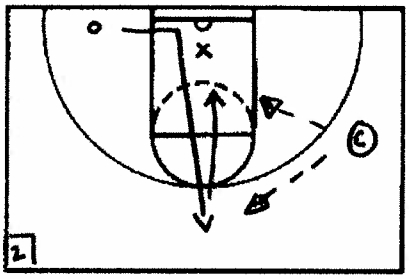
Notes STEP-OFF SERIES
- *Space to 23' & then backdoor if denied*
- *Put bottom foot between defender's legs to create space*



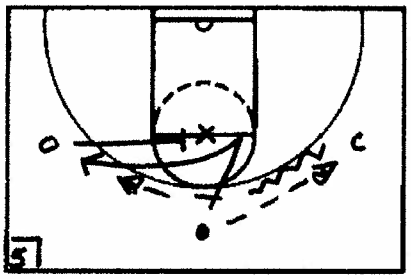
Notes BACK SCREEN
- *No set-up step—Go*
- *Complete cut to opposite side or use re-screen*
- *Attack for lay-up w/ cut*



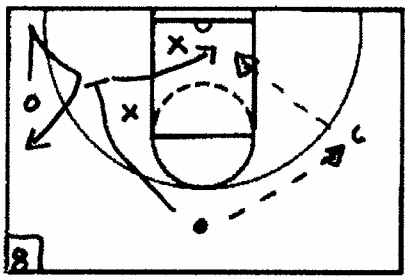
Notes POST FEED ACTION
- *Cutter dives & posts on weak-side defender (post trap)*
- *Passer slides through middle to weak-side*
- *Closest perimeter must get at least to FT extended on strong-side*
- *Fill next open spot & get in passer's vision*



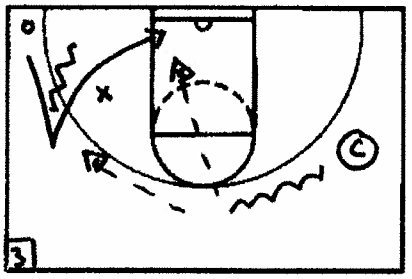
Notes STEP-OFF SERIES



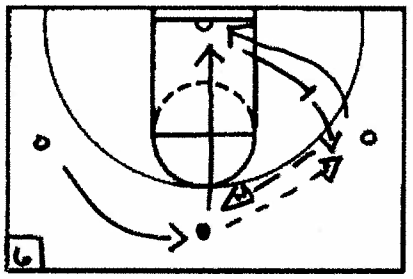
Notes FLARE SCREEN
- *Cutter must sell the basket cut to force defender to the inside so defense can pin defender*
- *Ball must be taken at the screening action to get a passing angle*



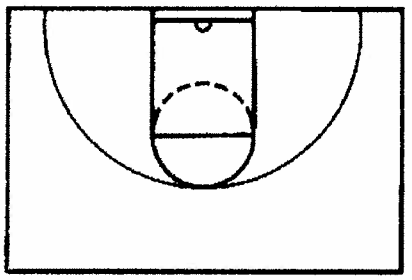
Notes CUTS V. SWITCHES
- *Must slip on all switches*
- *Slip when defender's hip get above the butt of the screener*
- *Attack the face of the defender when slipping*



Notes STEP-OFF SERIES



Notes 3-MAN SCREENING
- *Screen must react & call screen immediately*
- *Don't let the defense have time to rest*



Notes

1 Falcon Drive • Chalmers, IN 47929 • (219) 984-5437 ext. 245
Varsity: Rush McColley • Varsity Assistant: Rex Brummett • Junior Varsity: Katy McClure

Clinic IBCA
Coach Matt Painter - Purdue
Topic Motion Offense
Date 4/8/05

Motion Offense

1) *Hard to guard day-in-day-out*
2) *Don't v-cut into the middle—Use the "Dead Corner"*
3) *Sprint w/ your v-cuts*
4) *Cuts must change directions*
5) *Must take the ball at the cutting action*
6) *If dribble is dead—Get open to the ball*
7) *If lost or dead—Get to the open corner (Spacing)*

Musts in Motion

1) *Cutting*
2) *Dribble Action*
3) *What happens when ball goes into the post?*

60 Point Game

- *No dribble*
- *Very high—Very wide*
- *No screening*

Pass = +1
Score = +2/+3
Off. Rbs. = +1
T/O = -1

- *Always start motion drills at shooting range*
- *Someone not guarded—Use him as a ball screener—Sprint in to it*
- *Ball Screen & Re-ball screen*

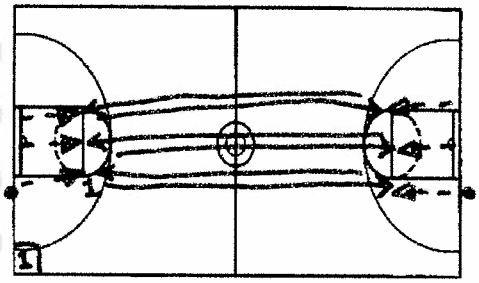
Switches

1)Slip & Fade—Defense's hips are the key
- *Must take ball to the screening action*

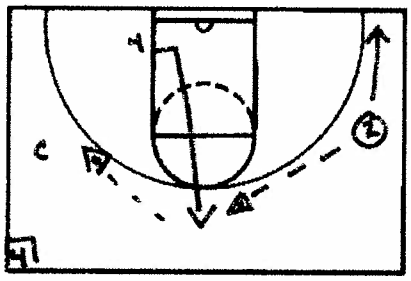
PURDUE BOILERMAKERS
BASKETBALL

Head Coach: Matt Painter
Assistants: Paul Lusk, Todd Foster, Cuonzo Martin, Kent Williams

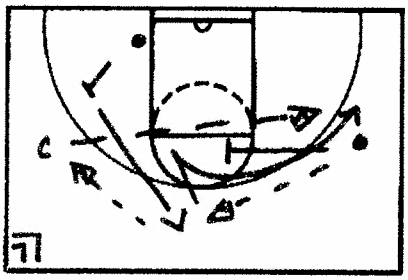
Coach Matt Painter - Purdue
Topic Individual Work-Outs 9/29/05
Clinic Carl Landry, David Teague, Nate Mcmillan, Marcus Gaynn



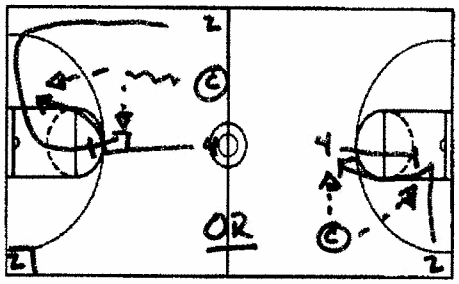
Notes TRANSITION SHOOTING
- *3-man drill*
- *1 & 2 start w/ a basketball on each baseline*
- *3 sprints elbow to elbow for jump shots*
- *Shoot 5 & rotate*



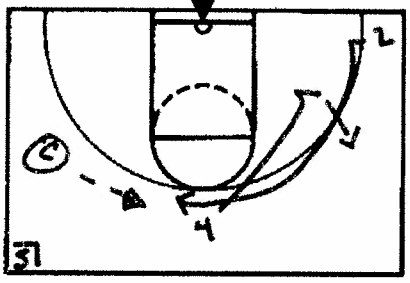
Notes STRAIGHT CUTS
- *Both players get a shot*
- *Set a quality screen to create a quality shot*



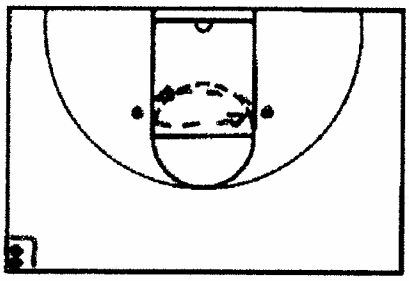
Notes 2-MAN FLARE SERIES
- *Games to 3*
- *Screener—Bounce & look for low ball swing*
- *Pop behind the ballhandler that dribbles at the flare screen*



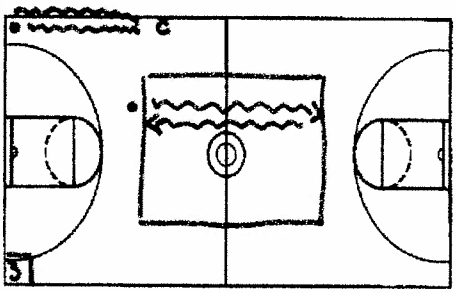
Notes TRANSITION GAMES
- *2 must sprint to the baseline before he can cut to create a screening angle*



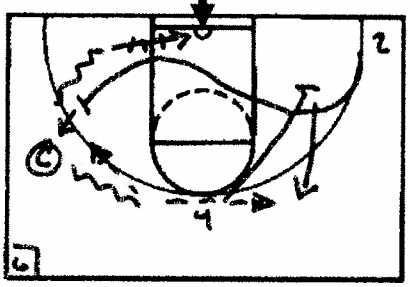
Notes



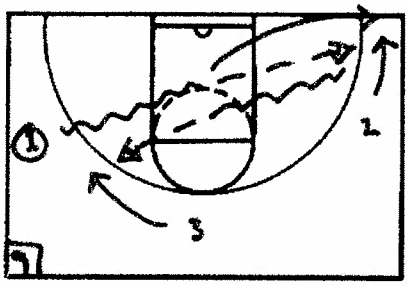
Notes PURDUE PASSING
- *Ball starts in the right hand*
- *Between legs w/ right hand*
- *Pass to partner w/ left hand*



Notes PURDUE BALLHANDLING
1) 6 touches
2) Create moves w/ left hand
3) V Dribble
4) Iverson Cross-over
5) 2-Ball
- *Really emphasize the weak hand*
- *Sideline—Quick cross-over & dribble backwards*



Notes
- *Add curl, back screen, & bounce*
- *Emphasize a bounce & low swing on the catch*



Notes BOILERS PULL & PITCH
- *3-man drill*
- *No shots*
- *Always re-locate to catch the ball*
- *Get the ball deep in the lane*

Purdue Boilermakers

Coach: _Matt Painter: Purdue_
Clinic: _Purdue Fall Skill Work-outs_

Topic: _Skill Development_
Date: _9/13/06_

ROOM 31
MACKEY ARENA
900
N. UNIVERSITY
DRIVE
WEST LAFAYETTE
(IN) 47906

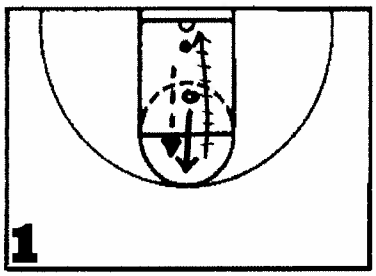
Head Coach
Matt Painter

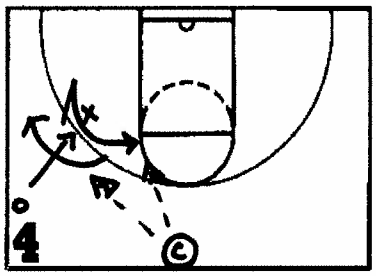
Assistant Coach
Cuonzo Martin

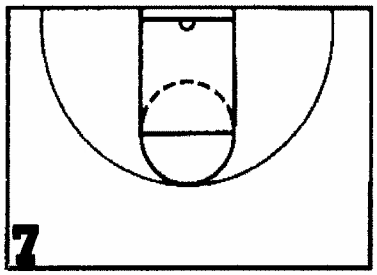
Assistant Coach
Paul Lusk

Assistant Coach
Rick Ray

Director of Basketball Operations
Kent Williams





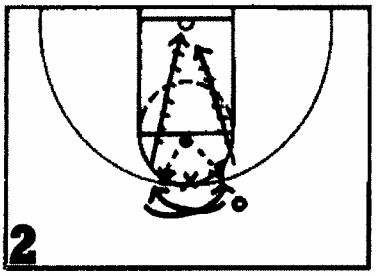


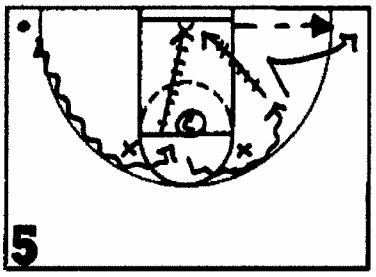
Step Back Drill

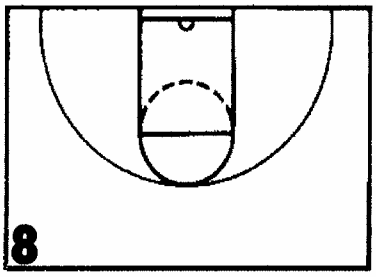
- *Sprint back to create space*
- *Must get feet set before you receive the ball*

3-Shot Series

1) Transition Catch & Shoot
2) Curl
3) Flare

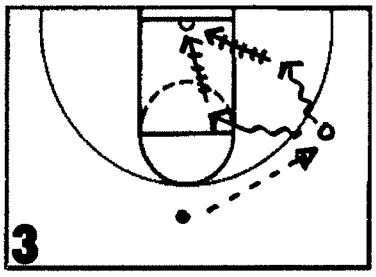


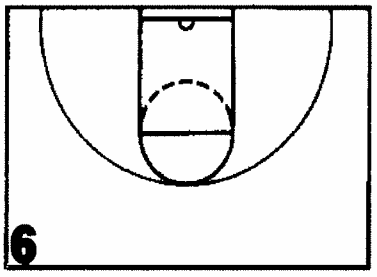


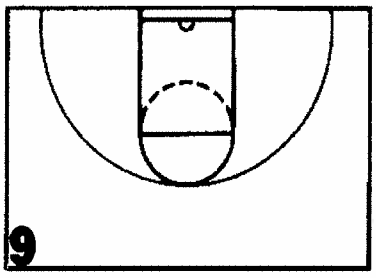


Quick Curls

Sprint Dribble Series







Wing 1 v. 1 Series

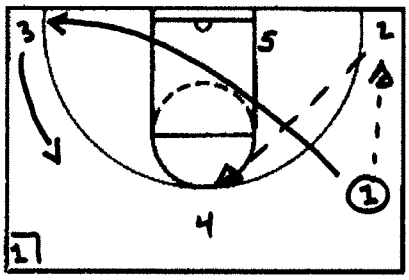
- *Teach inside foot as pivot foot & face w/ outside foot*
- *Various 1 v. 1 moves*
- *Up & Under*
- *Shot Fake & Rip*

Homer Drew
Valparaiso Crusaders

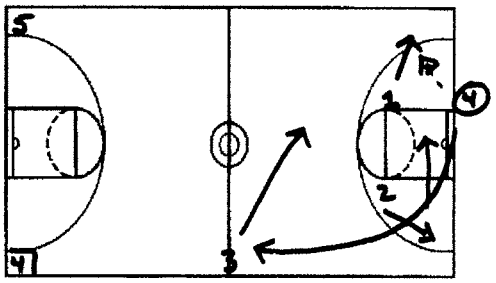
Valparaiso Crusaders Basketball

Head Coach: Homer Drew
Assistants: Matt Bowen, Bryce Drew, Ivan Vujic, Luke Gore

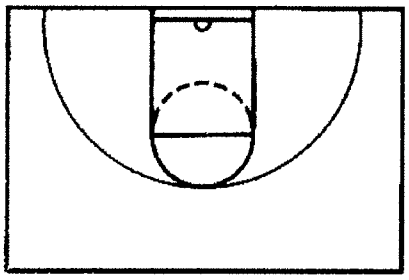
Coach Homer Drew → Valpo Practice
Topic 10/15/05
Clinic



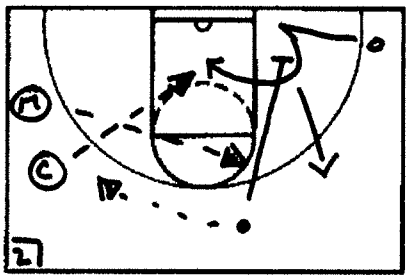
Notes VALPO'S SECONDARY
- *2 & 3 sprint to the baseline corner*
- *1 pitches the ball ahead & cuts through to weak-side corner*
- *3 must slide up to the weak-side wing to space off 1's cut*



Notes VALPO'S PRESS OFFENSE
- *3 slides to the middle from either the strong/weak-side*
- *4 loops to the long diagonal position on the weak-side of the floor*

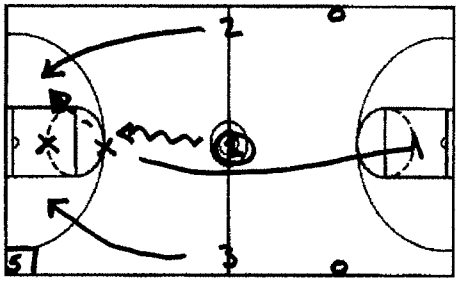


Notes

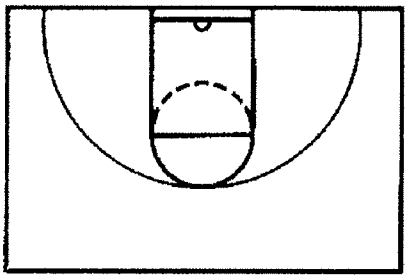


Notes SCREENING SERIES
- *Screener & cutter both get shots off each repetition*

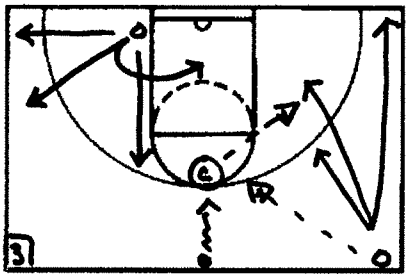
1) Curl & Bounce
2) Flare & Slip
3) Flare & Re-screen



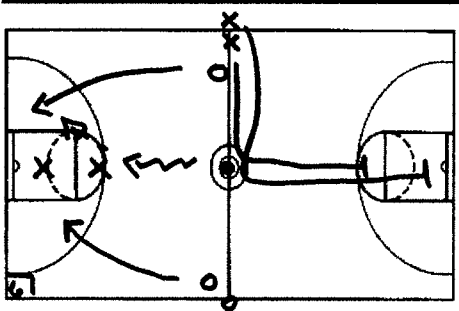
Notes CONTINUITY FAST BREAK
- *3 v. 2 to 2 v. 1*
- *Passer in 3 v.2 must get back to play defense in 2 v.1 situation*
- *Rebounder in 2 v. 1 outlets & leads fast break in 3 v. 2 situation*



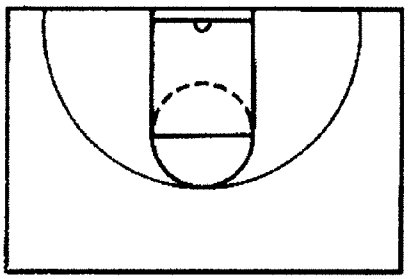
Notes



Notes VALPO SHOOTING SERIES
1) 15' Pull-up (Bankboard)
2) 3 pt. Shot
3) Slide to corner (from wing)
4) Pop cut
5) Inside Cut
6) Flare to corner (from block)
7) 3pt. Pull-up (Top of Key)



Notes CRUSADER FAST BREAK
- *3 v.2 fast break drill—Similar to Red/ Black Drill*
- *"New" defender must sprint to the center circle before they can take defensive positions*



Notes

Tom Crean
Marquette University

Marquette Golden Eagles Basketball

Head Coach: Tom Crean

10 Truths To Building A Program

1) Trust Your Instincts

2) The More Questions You Have As A Coach – The More People Are Going To Come To You For Answers

3) 4 Expectations Players Have Of Coaches
   A) Be Competent
   B) Be Sincere (What & How You Do It)
   C) Reliabelety
   D) Trustworthy

4) 3 Expectations of Players/Coaches
   A) Come Mentally Prepared
   B) Come With Energy
      · Complement Head Coach
   C) How To Compete

5) If You Have A Problem, But Have Not Thought Of A Solution, You Have Compounded The Problem

6) Invest In Time With Your Leaders

7) Player Is A Leader When They Are In The Program
   · Legacy Of Leadership Begins When He Leaves Your Program

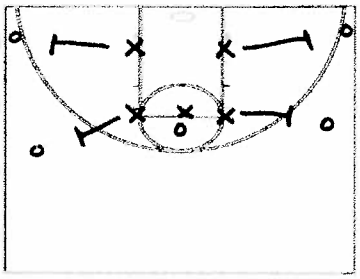
8) Dealing With Adversity
   · Only Focus On Making Program Better

9) One Voice In Program

10) Focus On The Process – Not Just The Results

MEMBER OF CONFERENCE USA

Marquette Golden Eagles Basketball

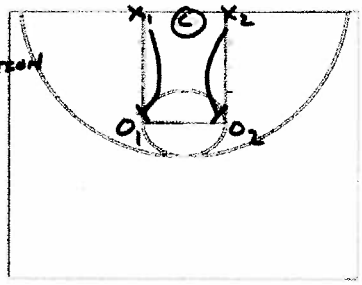


Notes

War Drill

* 1st Two Steps Are Vital To Transition

- Off. Rbs. = Score or Run Special
- Offense Get To Board ASAP
- 10-16 Men. Games T/O: -1
- 3 Games Charge: +2
- Def. Rbs: Secondary

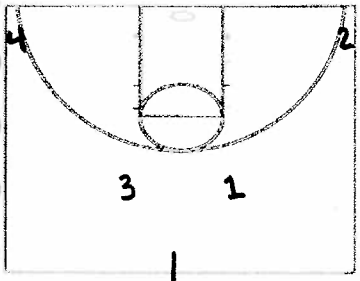


Notes

2-on-2 Block-Out

1's = Bigs 2's = Guards

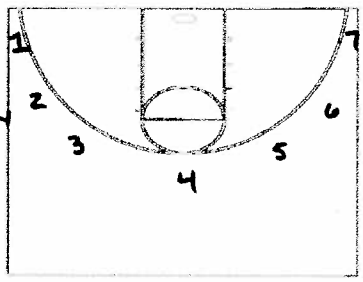
- Whoever Gets Rbs. Scores
- Play By 1's
- Ball Goes Outside Lane: Selected Action



Notes

4-Minute Shooting

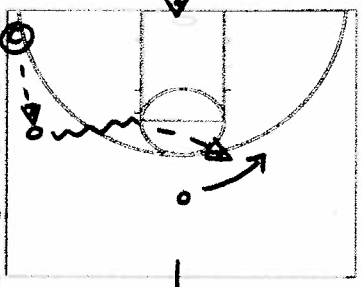
- Cross-Over Step On Penetration
- Rotate Every Minute
- Goal = 90



Notes

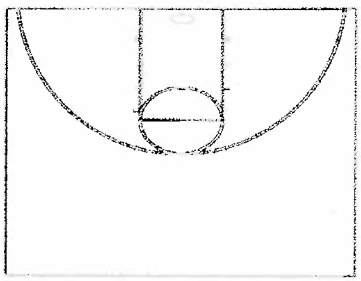
1:30 Shootens

- 14 Makes
- 2 In A Row To Rotate
- 1 Men. 30 Seconds

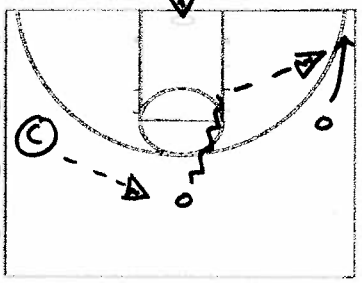


Notes

- Penetration For Spots 1 ; 3

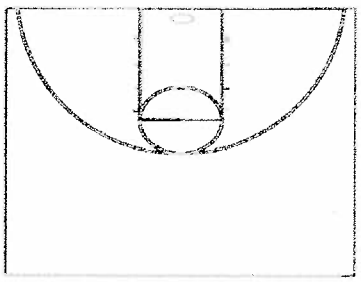


Notes



Notes

- Penetration For Spots 2 ; 4



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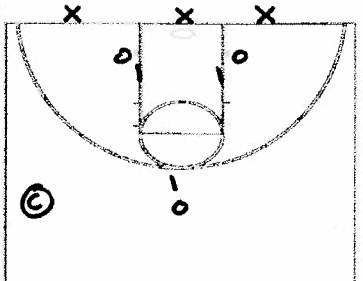
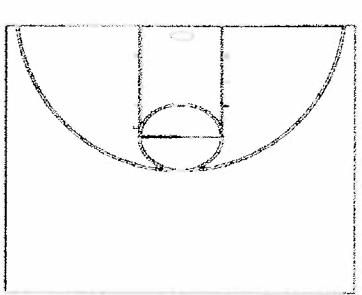


Notes

3-on-3-on-3 Be Ready

- Outlet To Coach
- Compete ; Be Ready
- Winner Stays
- Hit 1st Open Man
- New Defense Must Sprint



Notes

- Offense → Cut To Open Area Close-Outs

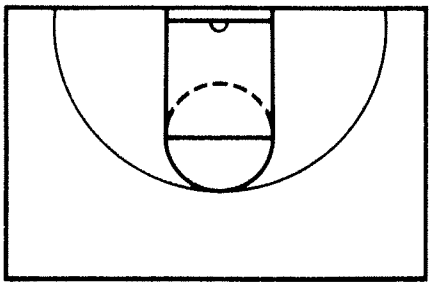
Play Hard Play Smart Have Fun

Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

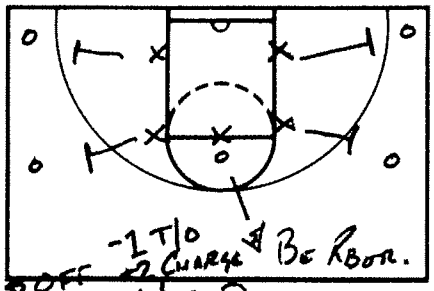
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC Tom Crean - Marquette
DATE ABCA 2004

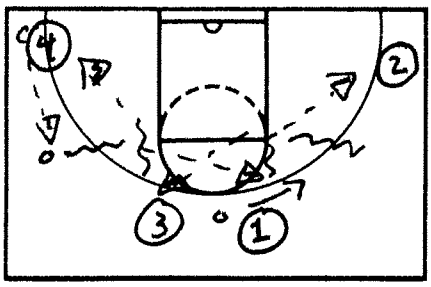
Fax #: (800) 373-4668 (414) 288-2194
Tom.Crean@Marquette.edu



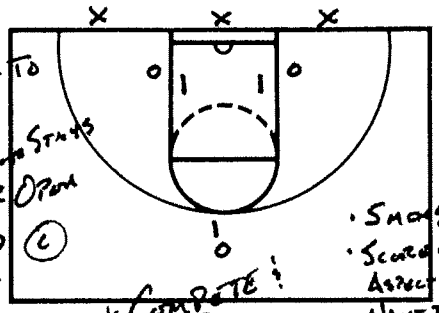
NOTES
1) Let Assistants Teach



·+1 Off
·+1 Def War Drill
·10-16 Minute Game
·3 Games
· Off. Rbs. Score or Get Set Def.
· O's Get Three Attempts Fast Attack



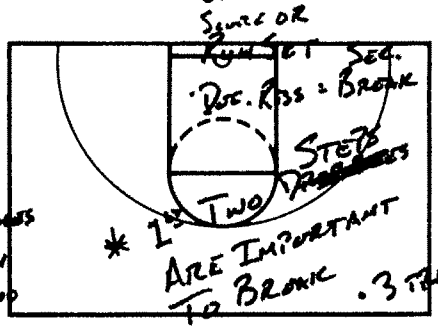
4 Men. Shooting Goal: 90
·Cross-Over Stop On Penetration
· Rotate Every Minute



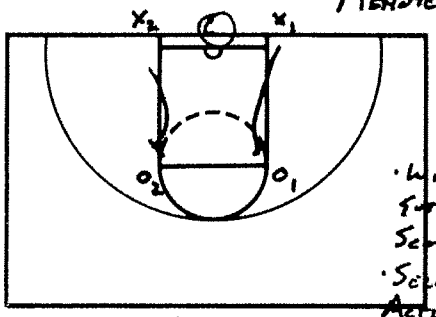
Outlet To Coach Working Starts Open
· Hit 2 Open
· Middle Space Onto Floor
· Got To Open Area

NOTES *Compete! Be Ready *Hold Everyone To Same Standard

· Shot Selection
· Score On Aspect You Want To Work On

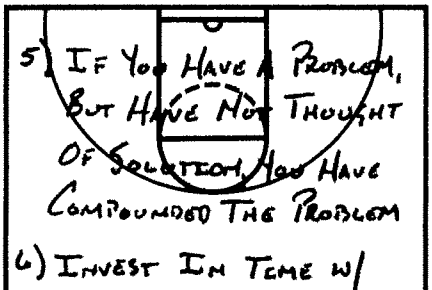


* 1st Two Are Important To Break
· Def. Rbs = Break
· Steps
· 3 Pts



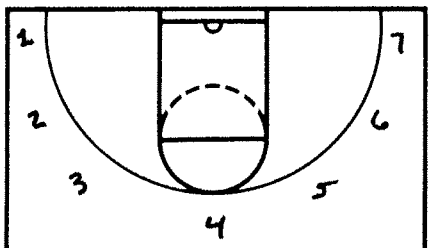
2 on 2 Block-Out
4 Minutes
1's: Bigs
2's: Guards
· Play By 1's
· Select Pursuit To Double Points
· Whoever Gets 28 Scores
· Selected Action If Ball Goes Outside Lane

JUST DO IT

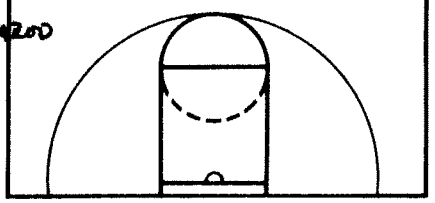


5) If You Have A Problem, But Have Not Thought Of Solution, You Have Compounded The Problem
6) Invest In Time W/ Your Leaders
7) Player Is A Leader When They Are In Your Program
· Legacy Of Leadership The He Leaves Your Program
8) Dealing Adversity
· Only Focus On Making Program Better
9) 1 Voice In Program
10) Focus On The Process - Not Just The Results

NOTES
10 Truths To Building Programs
1) Trust Your Instincts
2) The More Questions You Have As A Coach - The More People Are Going To Come To You For Answers
3) 4 Expectations Player Have Of Coaches
· Be Competent
· Sincere (What ! How You Do It)
· Relatability
· Trustworthy
4) 3 Expectations of Players / Coaches
· Do They Come Mentally Prepared
· Come W/ Energy
· Compliment Head Coach
· How To Compete



· 14 Makes
· 7 Spots
· 2 In A Row
· 1 Min 30 Sec

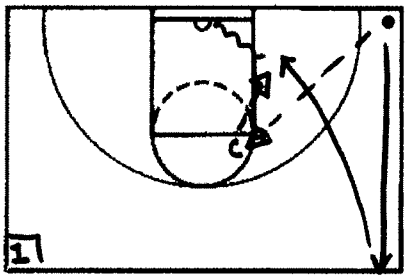



Steve Smith
Oak Hill Academy Warriors

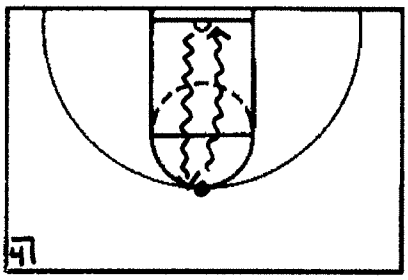
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date Steve Smith -> Oak Hill Academy
Conditioning w/ The Ball

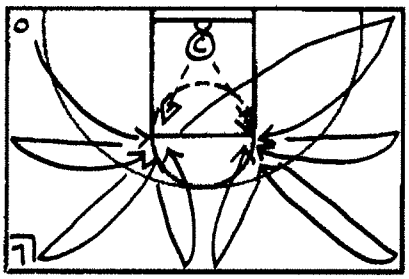
Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



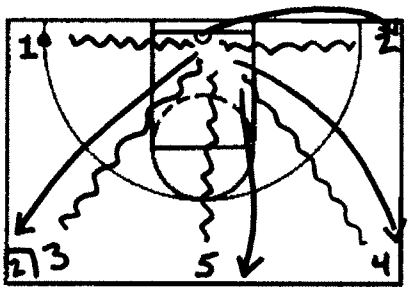
Notes Warrior Lay-ups
- *Shoot 5-10 on each side*
- *Alternate sides after each shot*



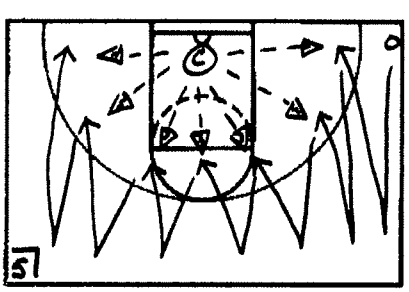
Notes Intensity Lay-ups
- *30 sec. segments—Must make 7*
- *Go twice w/ each hand*



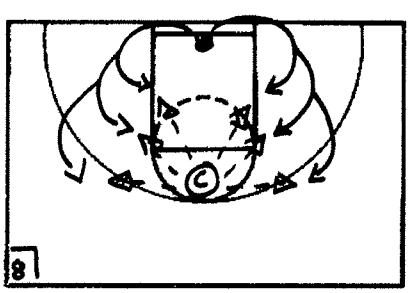
Notes Angle Elbow Jump Shots
1) *Corner*
2) *Sideline*
3) *1/2 court corner*
4) *Center Circle*



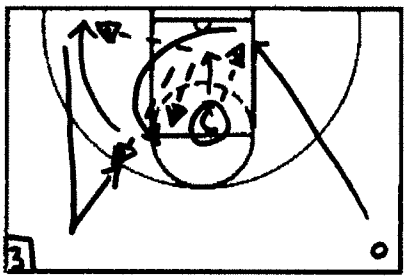
Notes 5-Spot Lay-ups
- *Shoot 2 sets*



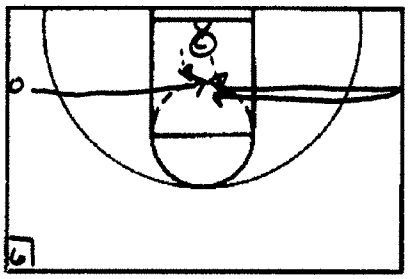
Notes 7-Spot Shooting
1) *Baseline*
2) *Wing*
3) *Elbow*
4) *Free Throw Line*
5) *Elbow*
6) *Wing*
7) *Baseline*



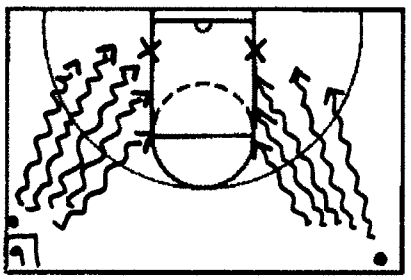
Notes Curl Shooting
1) *Curl off blocks*
2) *Curl off VB Line*
3) *Curl for 3*
- *Make 10*
- *Add dribble*
- *Shoot 3's*



Notes 4-Spot Shooting
1) *Lay-up*
2) *Elbow*
3) *Short Corner*
4) *Back Pedal to VB Line & Shoot 3*



Notes Sideline Form Shooting
1) *Volleyball Line*
2) *Conference Logo*
3) *Elbows*

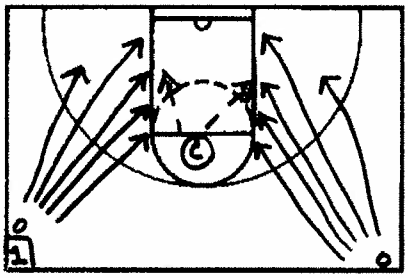


Notes Straight Line Shooting
1) *Block*
2) *1st Hash*
3) *2nd Hash*
4) *Elbow*
5) *Wing*

OAK HILL ACADEMY WARRIORS BASKETBALL

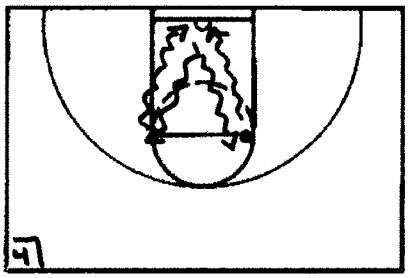
Clinic Date Steve Smith -> Oak Hill Academy Conditioning w/ The Ball

Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



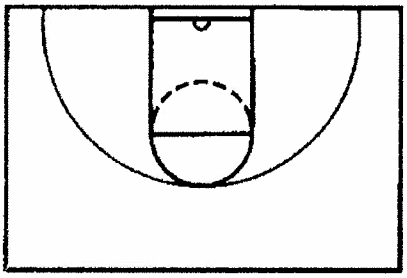
Notes Straight Line Shooting w/ Pass

- *Same as previous drill only off pass from coach*



Notes X-out Lay-ups

- *45 sec. or a set number of makes*



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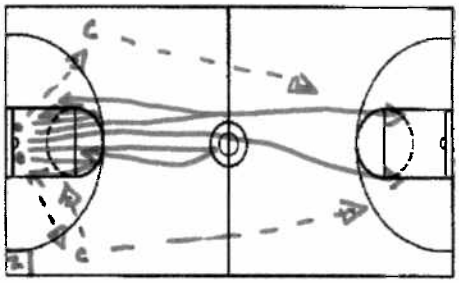
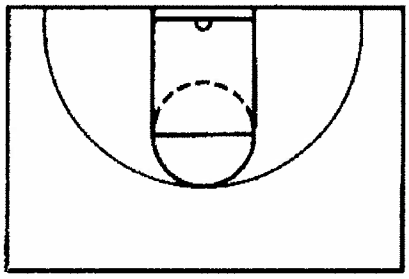


Notes Tap Drill

1) 5 board touches w/ ball
2) Sprint to 3 pt. line & back for lay-up
3) 5 board touches
4) Sprint to 1/2 court & back for lay-up
5) 5 board touches
6) Sprint to opposite goal for lay-up

- *Post players finish w/ post moves*



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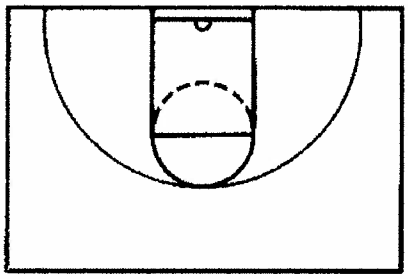

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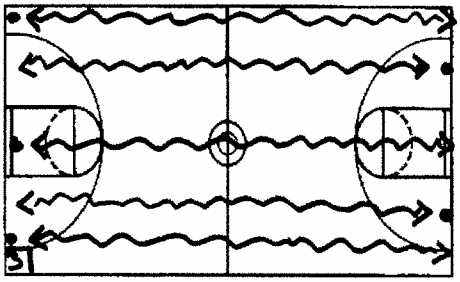
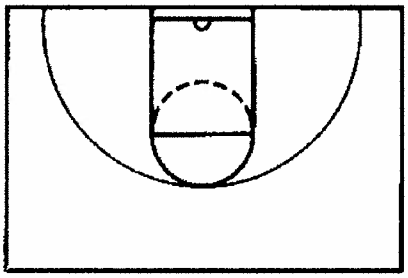


Notes Ladder Sprints

- *Speed dribble sprints*
- *1-3-5-3-1*
- *Have gone up to 11*
- *Always come back down the ladder*
- *Minimum of 3 groups*



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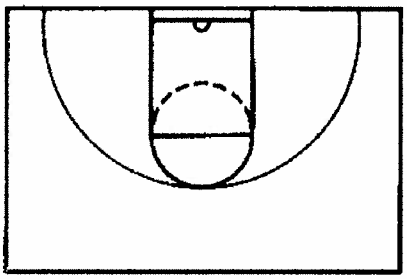
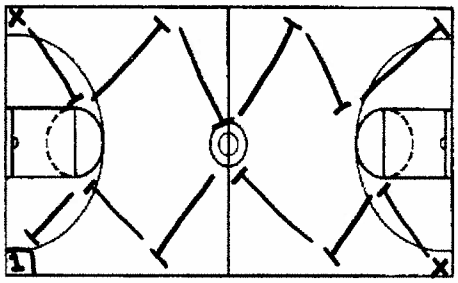


Notes

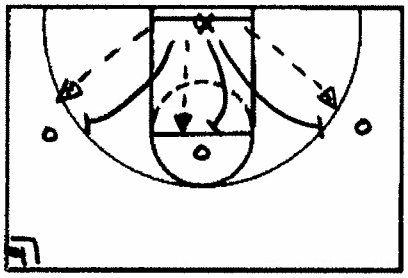
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date Steve Smith → Oak Hill Academy
Defensive Drills

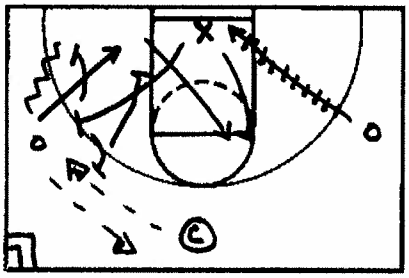
Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



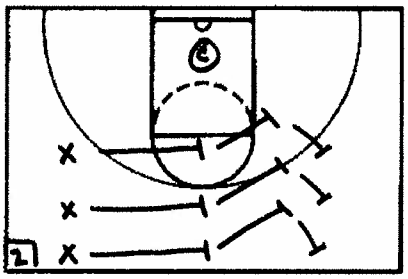
Notes Zig Zag Slides
- *Slide down w/ towel stretched behind the waste & back w/ towel stretched over your head*



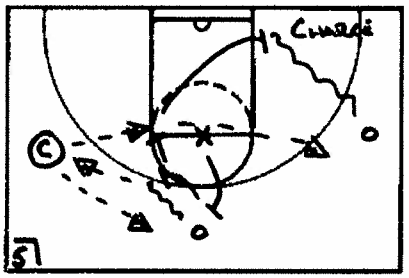
Notes 1 v. 1 Close-outs
- *Roll ball to offensive player*
- *Offensive player must make 3 pass fakes*
- *Trace ball*
- *Add 1 dribble*
- *Add Wing Close-outs*



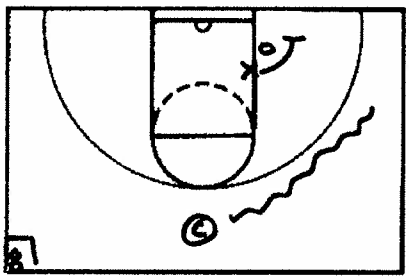
Notes 6-in-1 Drill
1) Wing Close-out
2) Deny cut
3) Guard 2 dribbles
4) Low post
5) High Post Flash
6) Box-out & Rbs.



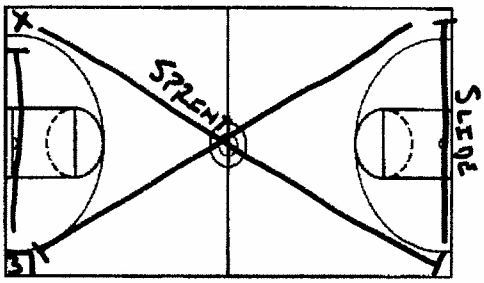
Notes Warrior D Drill
- *45 seconds*
- *Coach points in direction he wants players to slide*
- *Similar to Mirror Drill*



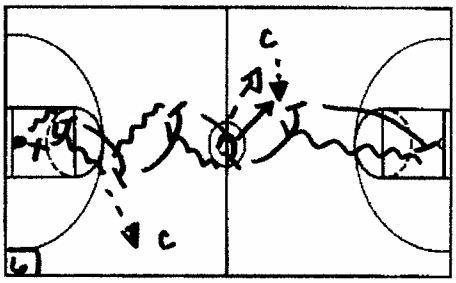
Notes 4-in-1 Drill
1) Close-out on ball
2) Guard 2 dribbles
3) Dive on loose ball
4) Take charge (Outside of lane)



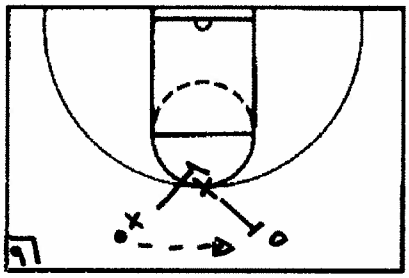
Notes 1 v. 1 Post Denial
- *Always 1/2 front the low post*
- *FT Line Extended determines high-side or low-side*
- *Step through on front-side of post—Never go behind*
- *Allow post to step out & play live*



Notes X Drill
- *Sprint corner to corner diagonally across the floor*
- *Slide across the baseline & repeat the drill*



Notes 1 v. 1 Full Court
- *Zig Zag drill inside of lane lines*
- *Offense passes to coach after 3 zig zags*
- *Defense must deny cut*
- *Repeat drill*
- *After 2nd pass to coach—Play live*



Notes 2 v. 2 Guard/Guard
- *Gap defensive position*
- *Play live after 3 reversals*

OAK HILL ACADEMY WARRIORS BASKETBALL

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Defensive Drills

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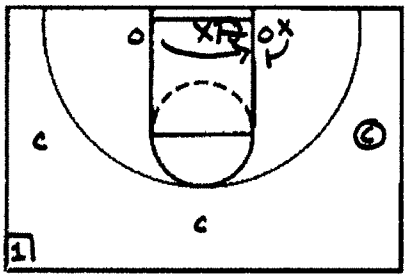
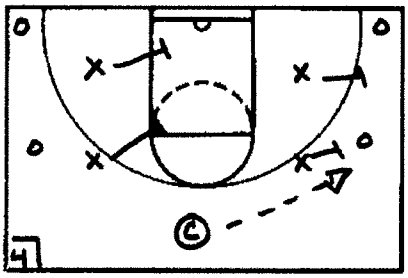
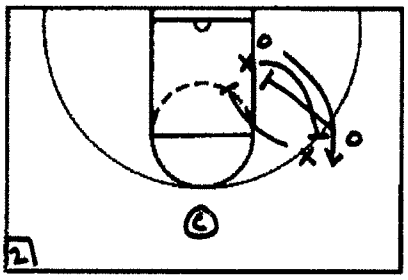


Notes 2 v. 2 Post Denial
- *Move ball around the perimeter*
- *Switch all cross screens*

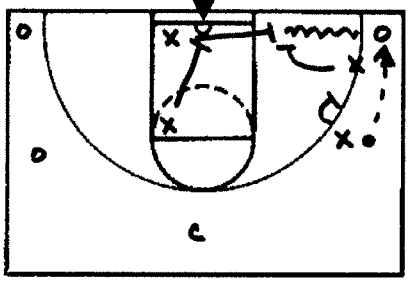


Notes 4-Man Shell
- *Defend w/ heels to the 3 pt. line*
- *Help-side has 1 foot in the paint*

Notes

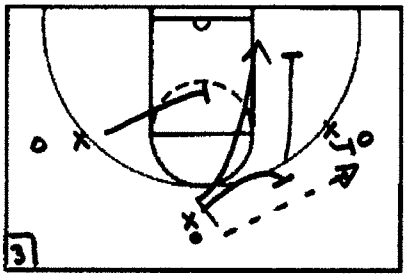


Notes 2 v. 2 Wing/Post
Down Screens = Chase from behind
Back Screens = Shade to middle & take away lay-up

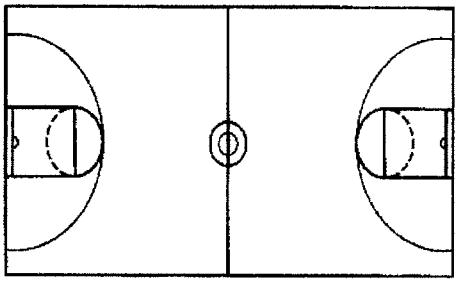


Notes Trap Baseline
- *Trap Baseline penetration & Drop Rotate*

Notes



Notes 3 v. 3 Half Court
- *Deny varying cuts*
- *3rd Through on all perimeter screens*



Notes

Notes

TUSCULUM
BASKETBALL

PACK LINE PRESSURE MAN to MAN DEFENSE

- We employ the PACK LINE PRESSURE MAN to MAN DEFENSE at Tusculum College in order to compete in one of the nation's best NCAA Division II basketball leagues, the South Atlantic Conference. We simply do not have the same talent pool to draw from as others in our league. Therefore, it is essential that we give our ***"overachievers"*** the best opportunity to compete.

- By employing our theory of defense play, we will **lower our opponent's field goal percentage,** we will improve our **rebounding**, and we will **reduce their opportunities for lay-ups and easy baskets rather off dribble penetration or transition**.

- The greatest negative of our system; and it is a system of play, is that it can have a tendency to allow lesser talented programs to compete. We can not beat them on the advantage we hold due to our talent level or athleticism, our system is built upon execution – therefore, we have to out execute our opponent.

- Our offense compliments our defense, although this is not completely necessary for our defense to be successful. We work very hard to get what we want offensively and not what the defense decides to gives us. Therefore, we are constantly exploring the defense in an effort to get the ball inside, to achieve a great shot, and or to get to the foul line. We want to make our opponent defend!

- Rather than running plays; we confine our players to certain areas, we define their roles and demand that they play to their roles. We are an offensive system that is grounded upon execution and the fundamental development of our players.

- I think it is more important on the offensive end that you take great shots, what ever you do – take great shots. Conversely, I know that our defense will frustrate offenses into taking bad shots.

- Every team struggles to score, I do not care who you are or what you do, you will struggle to score in league play. It's an ongoing battle to find ways to play in such a way so as to use your talent to score. Coaches are so much more in tuned today in stopping offense, defense is important and it shows.

- The two most important stats to Tusculum Basketball are Defensive Field Goal Percentage and Trips to the Foul Line. We want to force our opponent into tough contested shots, limit them to one shot, and we absolutely do not want to foul!

- **REBOUND – REBOUND – REBOUND:** You must rebound to win! We emphasize rebounding in everything we do, everything! We will work on blocking-out every night in some form. We will drill our team 1-on-1, 2-on-2, 3-on-3, and 4-on-4, as well as emphasize this very important objective in our 5-on-5 play.

- **Defense is outcome oriented.** Ask yourself: Did we stop the ball. We teach this very important concept through our drills – our players must get stops, anything else is unacceptable!

- **In the PACK LINE PRESSURE DEFENSE,** you only have to recover because we line-up in help. Remember Chuck Daly – It's not the help that gets you beat, it's the recovery or lack there of. We work recovery, over and over and over again.

- Our defense is zone oriented on the ball-side. The idea is to build a fence, and to keep the ball out of the PACK area.

- This is a **Defensive System of Play** that can only succeed when all five players work together as one, when they trust each other, and they allow the synergy of TEAM to take over.

- **TEAM UNITY:** Do not allow anyone to come in and break-up the **FAMILY**. The unity of our team must be **protected and nurtured**.

"Now this is the law of the jungle,
As old and as true as the sky;
And the wolf that shall keep it may prosper,
But the wolf that shall break it must die.
As the creeper that girdles the tree trunk,
The law runneth forward and back
For the strength of the pack is the wolf,
And the strength of the wolf is the pack."

- **Ruyard Kipling**

Tusculum College Pack-Line Pressure Defense

Philosophy

ALONE with OTHERS

Our first principle is to **Stop the Ball**, which means to stop all penetration to the lane - keep the ball out of the lane. This responsibility falls squarely upon the player defending the ball, alone. He must pressure the ball, defend his man in an aggressive manner, thus creating a level of discomfort for the ball handler. Our pressure must be significant enough to make it difficult for the offensive player to shoot, pass, or dribble the ball. Failure to do this gives the offensive player the advantage, as he can see the floor clearly and has time to anticipate the action on the floor. This is much like the quarterback in football that is allowed to drop back and pass at his leisure without any pressure from the defensive line or blitzing defensive backs. However, this pressure defensive attack can place the defender in a very vulnerable position, especially if the offensive player is quicker. Therefore, the strength of our defense is also based upon the level of confidence the defender "on the ball" has, in knowing that he will receive help from his teammates "off the ball" if his man gets past him; **with others**. This confidence in his teammates, in turn, allows him to concentrate entirely on our principle of **Stopping the Ball**! We simply cannot be effective in stopping the ball without this unity on defense.

We have a **"Pack-Line",** an imaginary line that is positioned at 17' from the basket. The only player outside of that line, that arc, is the player defending the ball. All other players are occupied inside the arc. Therefore, we do not have a **"Help"** mode, only a **"Recovery"** mode to our defense. Our players are already positioned in help, a **"Gap".** We are positioned in a slightly-closed stance, inside the Pack-Line, up-the-line but off the line, maintaining a Ball-You-Man relationship. However, when the ball is being passed to our man, we must **"explode-out"** of this position, and closeout to the ball.

A critical element of our execution defensively becomes our **"Close-out"** to the ball. We believe the most important key in our close-outs is to get **"high-hands"**. We must break the shooters rhythm, we cannot allow the offense to catch and shoot.

There is a second extremely important element of our defense that is best described by **the alone**, with others symbolic terminology. That fundamental is the action of defending screens, whether on or off the ball. A screening situation consists of a cutter and a screener defender. The moment when the cutter breaks off the screener, the defender is completely alone. He has no responsibility at that moment other than to get through the screen. When we are being screened we are no longer a team defender. No matter how good a defender is, he simply cannot fight through a screen and worry about helping his teammates at the same time. Therefore, our cutter defender turns his full attention solely to his man. But even then, verses a good offensive team he will momentarily become separated form his man.

During this moment of separation, he must defend with others, receiving help form the screener defender. Our screener defender must jump momentarily into the path of the cutter, staying within touching distance of his man, and take away his cut. The cutter then has only one option available to him, to move away from the basket. This is a critical element of our success in defeating screens. Successful execution of this principle is difficult, but when done correctly separates good defensive teams from great defensive teams!

TRUST and SERVANTHOOD

There are two intangible concepts that make the above execution possible. The player defending the screener must give total complete help to his teammate, thus allowing him to successfully get through the screen. Any hesitation on his part will cripple the effectiveness of the defense and give the offensive cutter the opportunity to catch and shoot a rhythm jump shot. At this moment, he must serve his teammate and stop the cutter. His priority of helping his teammate becomes greater than that of defending his won man. There is a component of trust which must be present when the two defenders properly execute this technique. Our screener defender jumps out to stop the cutter, but he cannot stay too long. He must return to his own man, the screener, before that player becomes a scoring threat himself. He trust that his teammate will get through the screen and recover to his own man, the cutter. Therefore, we actually leave the cutter open for a split second while both defenders return to their original players. At this point of transition, both the screener and the cutter are open, but for such a short period of time, that when coupled with our pressure on the ball, neither of them can take advantage of the opening.

This can only be executed successfully when both players work together and trust each other. The instant that one player fails to serve or trust his teammate while defending a screen, the timing of the maneuver breaks down and our defense becomes porous.

COMMUNICATION

For our team to be effective defensively, we must talk, we must communicate! This is never more important than when defending a screener or when positioned in the “gap” off the ball. The best example of this is simply to compare a poor defensive player with a very good defender. A great defender communicates well with his teammates, while a poor defender rarely talks. The contrast is obvious, and the reason very efferent. The poor defender has a difficult time communicating because he does not have a sense of what is about to happen next. He lacks the ability to anticipate the movement of the offense. As a result, he is always one step behind and in a perpetual state of catch-up. This makes it impossible for him to have the presence of mind to communicate with his teammates. A player with this limitation may be a great one-on-one defender, but he will

cripple a team defense.

A great team defender has a feel for what the offense is about to do. He can anticipate the action, and thus communicate to his teammates what is going to happen next, before it actually happens. He is not always right, but h is rarely caught off guard by the offense. The most obvious physical characteristic of a great team defensive player, one who communicates well, is that he is rarely out of position to help his teammates. His awareness allows him to maintain a Ball-You-Man relationship that is the crux of our defense. Moreover, and just as importantly, he now has better "Vision" of the offense and the ball.

CONSTANT REPOSITIONING

The rule of Ball-You-Man is constantly being broken, therefore constant repositioning off the ball is absolutely essential. We must constantly battle to reestablish our Ball-You-Man position. This is simply the "backbone" of our defense. Offenses do not stand stationary. Therefore, when the ball moves, or when players move on the floor, the defense must continually adjust to the ever-changing environment. The reality in basketball is that the defender will constantly get knocked off track in the course of a defensive possession. That is why it is imperative that each player perpetually work to regain the correct defensive position. Failure to do so by any of the five defenders will create a breakdown in the team defense, and, moreover, a potentially good scoring opportunity for the offense. Essentially, getting "broken-down" on defense does not guarantee failure, but giving up at that point does!

EVERY WHEEL MUST HAVE A HUB

The hub of our defense is defending the low post. The most important decision that any coach has is to how he will play the post. Our post defense keys everything else we do, it is the hub to our defense, it dictates everything else. Great low post defense may be even more important than playing great defense on the ball. Although, these two key ingredients must work hand-in-hand. Furthermore, good post defense is more about toughness, determination, aggression, and a relentless effort than it is about technique.

There is no glamour in post defense, it is hard work, banging and pounding, it is a relentless effort. It is something that cannot just be turned on and off, it must be present all the time, in practice and in the game. Our defense will only be as good as our post defenders!

Our basic method of defending the low post is to play on top of the offensive player, with the ball on the top and the player positioned n the low post area. There will not be a feed from the top, this cannot and will not happen. As the ball approaches the side, we move into a three-quarter denial position. We instruct our players to be aggressive, to be physical, but to show our hands, do not foul - and "see the ball", we must have vision.. We should be positioned in such a way as to have our top arm thrown across the post in a

denial position, with our head in front of the post shoulder, but our lower leg and a portion of our body behind the post and thus, disallowing the lob pass.
We only allow a baseline pass that takes the post away from the lane. We tell our players this is our time, not the offenses time, but our time. We do not go for the steal or deflection, we immediately use "our time" to establish a position behind the post, take away the baseline dive, prepared to contest a shot, and to defend a drive.

If the offensive low post attempts to move us up the lane, we must know our slip point - in other words, when to move under the post and stay between him and the basket. We absolutely cannot give-up an angle to the basket or an easy lob, we must force the post to play through us, and not over or around us.

When the ball does get into the low post, it is a disaster! We have to do everything we can to get the ball out of there. We have two methods in which to achieve this objective. We can **"Choke"** the post with a perimeter player or players, in order to force the ball to be passed out of the post, or we can **"red the post",** double the post big to big.

Tusculum College Pack-Line Pressure Defense

Key Teaching Points of the PACK LINE PRESSURE DEFENSE

Conversion Defense

- There are two critical areas in regards to being an effective defensive team that you as the coach must be accountable. The first is conversion defense and the second is defending the low-post.

- In our Conversion Defense we are not assigned a specific player necessarily, but rather, we are defending positions on the floor in order to stop the ball and our opponents transition offense.

- Our conversion defense begins as the ball is being shot by our offense. We send two guards back on defense as the shot goes up – we feel that the benefit of having our guards back on defense to **STOP the BALL**, is of a far greater benefit than any advantage that may be derived by having one or both rebound the offensive glass.

  We designate which guard is our "Lane Defender" and which guard is the "Ball Defender". The lane defender sprints to paint, finds the ball and takes the lane-line on the side that the ball is being entered into play. He positions here in order to take away any cuts into the lane and will closeout to a "Gap Position" or to the ball, as soon as the lane is secured. The ball defender works to contain the ball-handler at half-court, and preferably get the ball out of the middle of the floor. Again, he must contain the ball first and foremost, and of course, his point of pick-up can change due to our opponent's personnel.

- The remaining three players sprint back to paint as soon as our opponent gains possession of the ball. We teach their first three sprint steps to be with total disregard to vision; turn and sprint three steps, and then locate the ball as they continue to the lane. We will position toward the ball-side as deep as the ball. We cannot express enough the emphasis that we place upon our team of not giving-up transition baskets, NO LAY-UPS!

Pressure on the Ball

- We must place pressure upon the basketball, we cannot allow the ball handler to play comfortably, to easily look over the court. Offenses today will pick your defense apart if you allow them to do what they want to do with the ball. This is a great myth in the Pack Line Pressure Defense, that we do not pressure the ball – that we are all about containment. Yes, we must contain and our players must know their limitations, but we must pressure the ball.

It is much like the football quarterback; the passer that has all the time needed to drop back and throw the ball, any NFL quarterback will pick apart a defense that does not pressure – the same holds true with our game. With this being said, we cannot allow the ball to get into the PACK AREA. **Our point of pick-up is at half court, in the play area it is determined by whom you are guarding – your game and his game**.

As much as we want and demand pressure on the ball, we must also understand a very important axiom I our defensive game planning; **"Sometimes to not guard, is to guard"**. In other words, there are players that you are better served to not defend, and therefore, utilize this defender as a helper.

- We do not force the ball in a specific direction. We simply tell our players, "**DO NOT GIVE-UP THE BASELINE"**. <u>We do not want them to feel that it is OK to force the ball to the middle</u>, we just cannot get beat baseline. We will emphasize that our **players must have their baseline foot positioned outside of the offensive player's baseline foot.**

- We will drill a lot of one-on-one in order for our players to learn their limitations, to understand how to keep the ball out of the PACK, and to learn how to force contested jump shots.

- We deny inside the arc and we will work on this more from a whole method standpoint more so than a 1on1 breakdown drill, but we absolutely do not want to allow the ball inside the PACK AREA (17 foot mark).

- Footwork is of paramount importance in our pressuring the ball, we want to **Step** (point our toe) in the direction that the ball is being dribbled, and **Push** with our opposite foot. We use the term, "**Guarding a Yard"** with our players, if we can execute two quick slides, we can arc and defend the ball. Use quick, short, steps without bringing our feet any closer than 12 inches, there is an imaginary ruler between our heels, no **Heel Clicking.**

- If we can force a **Dribble-Used situation**, we now leave the PACK area with all of our defenders, in an effort to all-out deny all four offensive players. This is a great opportunity for us to create a panicked, and hopefully a turnover situation for the offense. The player defending the ball must verbalize the dribble used situation by calling out ***"FIVE – FIVE – FIVE".***

Jumping to the Ball

- We do not jump to the ball per say, our **first move is to jump back into the PACK AREA** and then move toward the ball to preserve our **Ball-You-Man** relationship. Therefore, the nature of this position places our defender closer to the ball than the man who passed it.

- We assume a **flat triangle position, slightly open** and inside the PACK AREA when our man does not have the ball and is one pass away.

Closeouts

- Closing out to the ball is the key to our recovery mode, sprint the first two to three steps, with the last couple being short, choppy, steps. We must accomplish two objectives in our closeout; first we must closeout **"Hard & Short"** with our weight back prepared to absorb the dribble (**we will not get blown away by the dribble**), and secondly, we must have **High Hands**. We teach our players to keep their hands high, with elbows bent, for a 1001 count. We must create the illusion that there is no shot to be had. We cannot allow the offense to have rhythm jump shots.

Gap Defense

- **All Non-Ball Defenders are located inside the Pack Line –** This is the most critical part of our defense. We do not believe that our defenders can accomplish three things: they cannot **Deny, Help, and Recover**. Therefore, we have eliminated the denial, and we now focus entirely on the other two factors – **Help and Recovery**. Because our defenders in the Gap are already positioned in Help, they are now quicker in their recovery to the ball – there is no negative movement, away from their recovery.

- **We are constantly "Re-positioning" in the Pack area:**

  1) Position Up the Line, but Off the Line – slightly closed to the Ball
  2) Vision is of the utmost, we must see both Man and Ball
  3) Do not Help to Take a Charge, but rather with our **Near Arm and Leg,** we do not want to become **Blind to our Help,** by losing sight of our man
  4) Bluff help as much as possible, we cannot become sterile in our positioning.
  5) We must be **Active & Energized** in our Gap **– We are Zoning the Ball**

Flash Post

- We are positioned in a flat triangle with our **closest foot to the ball slightly forward, therefore we are in a denial position to begin and better equipped to take away the flash.**

- **VISION** is key, **WE MUST SEE BOTH MAN and BALL**!

- Upon the offensive players flash cut, **we intercept it with our forearm**. We teach our defender to use his forearm, to bump or force the offense away from the lane ***without extending the forearm***, which would be a foul, in order to deny.

It is a reality that our defender will momentarily lose sight of the ball, this occurs whenever we are defending a cutter, weather a screen is involved or not.

Defending the Low Post

- **You must have a very clear and concise philosophy of defending the low post. How you defend this area dictates everything else you do defensively.**

- There are only two areas to be defended; the low post and the perimeter. Everything that occurs in our **Post Box** (Approximately two steps off the lane and below the first hash mark on the lane) is considered the low post, everything else is the perimeter.

- We ¾ Deny on the High Side of the Post, we tell our players **to "Smother"** the Low Post. Activity is our biggest key, **WE MUST BE ACTIVE**!

- We can play ¾ high because we allow no baseline penetration. This also places us in a better position to take away the "High-Low" entry into the low post.

- We must know our **slip-point** in the low post; it can vary from player to player, depending upon size, length, and quickness. Anytime the ball is on the side and the offense tries to move us up the lane, upon approaching the mid-lane area we must slip behind to the baseline side to avoid being pinned high.

- Anytime a player steps away form the post, we then treat him as a perimeter player and deny inside the PACK AREA.

- **There can never be a feed to the low post from the top, no exceptions!**

- On a catch, we tell our post that this is our time, not the offensive player's time, but our time. We must quickly slide behind the post on **"air-time"** – do not reach or gamble for a steal, but work to immediately position ourselves slightly to the baseline side with a half-step of cushion between our defender and the offensive player, maintaining a position between the post and the basket.

- From our position behind the low post, we will defend the ball in one of three ways:

    1) **Play the post one-on-one from behind** – do not give up a scoring angle forcing the offensive player to score over our defender, not through our him. Our post defender must keep his hands at shoulder height with his fingers pointed upward. We teach our post to employ a one step cut-off in this area, using his chest to level off the dribble, **take the hit and force the tough shot.**

2) **Choke the Post –** our perimeter players located on the ball-side will open to the ball as it is passed and give help to the post defender. We can dive in and out to bother the post and choke the post only if he puts the ball on the floor, or we can full-out choke the post, immediately diving to the ball and digging it out, forcing him to throw the ball out to the perimeter. Obviously, if our perimeter defender is defending a dead three or a great scorer, we may determine not to choke with his defender, but only to bluff help.

3) **RED THE POST** – Double the post Big to Big. This is probably our most often utilized method of defending the post, and our most effective. It is a way in which we can force the ball back out of the scoring area, while creating turnovers.

RED in the Post

- We employ our **Red** if we cannot handle a player one on one. Everyone, because of the PACK, is within one giant step of the low post. Therefore, it becomes much easier to double Big to Big, than if we were a denial defense.

- **The passer must absolutely deny the pass back out**, this pass cannot occur!

- The remaining two perimeter players sprint to occupy two areas, the Rim and the X-out positions. The Rim defender must not allow anyone to cut between himself and the basket – he becomes the sole protector of the rim. The X-out defender is positioned just inside the free throw line, opened to the ball. Again, vision and communication are absolute essentials. On a pass out of the low post; our X-out defender takes the initial pass and closes out to this player, our Rim defender has the next pass. Our perimeters will give support help until our Big arrives from doubling the post.

- The defender on the low post will create a cushion and **move slightly to the baseline** side on the pass, to allow the double and to take away a baseline spin move.

- The double must be on the pass**,** we move on **"air-time"**. The trap must be toe to toe – **shoulder to shoulder**. We want to **take away the cross-court pass to the open man with the position of our trap from the double**. "**Close the Door**" with our trap, do not allow the offensive post to look over the floor, be aggressive, but aggressive without fouling.

- **We want to be as high as we can be with our hands in the trap**. We want to avoid at all cost the temptation of reaching for the ball, keep those hands-up! Hands down will create the path for the pass out, hands down will increase our opportunity to foul.

- **O**n a **"Release Dribble",** we will leave the ball and immediately look to recover back to our assigned man. We could adjust, and stay with the offensive post on the Release Dribble, but our basic rule is to immediately leave on the **Release Dribble.**

- Recovery is on "air-time". We will support perimeter to post, and we want our post to recover to their assigned man as quickly and efficiently as possible. We will allow a switch by the perimeter out of necessity.

Help-side Rules

- Help-side Positioning:

  1) **Ball located above the free throw line extended**: Both feet are positioned outside of the lane, in a closed position – maintaining our "**Ball – You – Man"** relationship.

  2) **Ball located at or below the free throw line extended:** One foot in the paint and therefore straddling the lane line, and again with a closed stance – maintaining our "**Ball – You – Man"** positioning.

     We can do this because we do not give-up baseline penetration and we do not front the post as a rule. We have placed our help-side defenders closer to their men to closeout and to avoid becoming screen bait. We are in a closed stance to better enable our defenders to deny the flash post or to defeat a screening situation. Because we allow reversal, we must be in this position.

     Obviously this could change according to whom we are guarding, vs. a great shooter we would have both feet outside the lane with the ball below the free throw line extended, vs. a great driver we would do the same most likely, however vs. a great post and a non-shooter we may position this defender with both feet in the lane.

DEFEATING SCREENS

Off the Ball

- We do not switch screens, only in special situations or scouting report situations do we switch**. Not switching makes our defense tougher!**

- **Play all off the ball screens the same**. We strive to keep everything we do within our defense as simple as possible. We will spend an inordinate amount of time defending off the ball screens. We spend more time on this than most programs spend on their O/B plays, lay-ups, and shooting combined.

- **We teach technique first**, and then we allow them to play. Our favorite drill to teach this skill, is 4/4 with a release. Thus, allowing the offense to screen as much as possible, in as many ways as possible, and as many combinations as possible.

- **The Cutter defender**: As soon as you know you will be screened, move to your man, getting as close as possible. Once our defender becomes a cutter defender, for this short time, he no longer has help responsibility and thus will lose vision of the ball for just a moment. We must aggressively follow the cutter into our proper defensive position – we want to be as physical as our size and strength will allow us to be. Obviously, if through scouting or playing the game, we can anticipate the offensive players cut, by all means do so.

- **Screener Defender**: We teach our screener defender to jump to the ball and create space between himself and the screener. He must help where necessary in the direction of the cutters action, but while staying within touching distance of his man. We give the screener defender a degree of freedom to help with the cutter.

- **There are exceptions to the above rules**. We want our players to play, we are not as rule oriented per-say as you might think. We want our players to conceptualize what our overall objective is and then play accordingly. We simply do not get caught up as much with this foot must be here, etc. as you must PLAY and Get Stops!

- **Examples of Defending Specific Screens:**

  Flare Screen: Chase over the screen and loosen-up with the screener defender to protect the basket. This takes away the pop and rhythm shot by the cutter.

  Back Screen: We jump to the ball and back inside the Pack Line, therefore, placing our cutter defender on top of the screener's hip. Here we are in a position to take away the cut to the basket, a cut to the ball, or the pop-out cut. The screener defender gets lower than the screen, protects the basket and closes out to his man as quickly as possible.

  Cross Screen: The cutter defender immediately moves to the cutter to take away the high cut, the screener defender opens to the ball, lower than the screen to protect the basket and provide baseline help if necessary. We utilize a "V" move here to move over top of the screen and recover back into the cutters path.

Screen on the Ball

- **Hard Show**: The screener defender gets in the dribblers path and has his "shoulders facing the ball", while the defender on the ball gets over top of the screen and under the screener defender. The screener defender must force the ball handler to pick-up the dribble, go around the high side, or take a charge. We must help the helper with our other post defender, Big supports Big. We use this method of defending the ball screen vs. a great ball handler that can create and score with the jumper behind the screen.

- **Soft Show**: The screener defender positions himself in the lower plane of the screener with his shoulders tilted toward half court, two steps away from the screen (we are in a better position to recover to the screener popping), his job is to force the ball to dribble out and around, thus giving our ball defender ample opportunity to recover. He absolutely cannot allow a dribble around or pull-up jump shot. The ball defender goes over both the screen and the screener defender, over taking and recovering to the ball. We employ this method of defending the ball screen with a great ball-handler that is creative with the dribble, can shoot the pull-up, and the screener can pop and shoot it.

- **Slide**: The screener defender positions himself "2 x 2"; two steps under the screen and two steps away from screen, allowing the ball defender to slide under the screener and over our screener defender. We defend the ball screen in this manner when it occurs outside of the scoring area, or the ball handler is not a threat to score.

- **Flat**: The screener defender pushes up into screener while the on ball defender goes under both. We use this vs. a screener that can shoot-it, or a great screen and role guy.

Defending Specific Screening Movements:

- **Double Staggered or Side by Side Screens:** Defend with screener defender closest to ball extending into passing lane, screener defender furthest away is the zone man, and cutter defender chases hard!

- **Screen the Screener:**

- **Flex Action:**

- **UCLA Duck-in:**

- **Late Clock 1-4 Down:**

- **Late Clock Screen on Ball:**

TUSCULUM
BASKETBALL

PACK LINE PRESSURE MAN to MAN DEFENSE

- We employ the PACK LINE PRESSURE MAN to MAN DEFENSE at Tusculum College in order to compete in one of the nation's best NCAA Division II basketball leagues, the South Atlantic Conference. We simply do not have the same talent pool to draw from as others in our league. Therefore, it is essential that we give our ***"overachievers"*** the best opportunity to compete.

- By employing our theory of defense play, we will **lower our opponent's field goal percentage,** we will improve our **rebounding**, and we will **reduce their opportunities for lay-ups and easy baskets rather off dribble penetration or transition**.

- The greatest negative of our system; and it is a system of play, is that it can have a tendency to allow lesser talented programs to compete. We can not beat them on the advantage we hold due to our talent level or athleticism, our system is built upon execution – therefore, we have to out execute our opponent.

- Our offense compliments our defense, although this is not completely necessary for our defense to be successful. We work very hard to get what we want offensively and not what the defense decides to gives us. Therefore, we are constantly exploring the defense in an effort to get the ball inside, to achieve a great shot, and or to get to the foul line. We want to make our opponent defend!

- Rather than running plays; we confine our players to certain areas, we define their roles and demand that they play to their roles. We are an offensive system that is grounded upon execution and the fundamental development of our players.

- I think it is more important on the offensive end that you take great shots, what ever you do – take great shots. Conversely, I know that our defense will frustrate offenses into taking bad shots.

- Every team struggles to score, I do not care who you are or what you do, you will struggle to score in league play. It's an ongoing battle to find ways to play in such a way so as to use your talent to score. Coaches are so much more in tuned today in stopping offense, defense is important and it shows.

- The two most important stats to Tusculum Basketball are Defensive Field Goal Percentage and Trips to the Foul Line. We want to force our opponent into tough contested shots, limit them to one shot, and we absolutely do not want to foul!

- **REBOUND – REBOUND – REBOUND:** You must rebound to win! We emphasize rebounding in everything we do, everything! We will work on blocking-out every night in some form. We will drill our team 1-on-1, 2-on-2, 3-on-3, and 4-on-4, as well as emphasize this very important objective in our 5-on-5 play.

- **Defense is outcome oriented.** Ask yourself: Did we stop the ball. We teach this very important concept through our drills – our players must get stops, anything else is unacceptable!

- **In the PACK LINE PRESSURE DEFENSE,** you only have to recover because we line-up in help. Remember Chuck Daly – It's not the help that gets you beat, it's the recovery or lack there of. We work recovery, over and over and over again.

- Our defense is zone oriented on the ball-side. The idea is to build a fence, and to keep the ball out of the PACK area.

- This is a **Defensive System of Play** that can only succeed when all five players work together as one, when they trust each other, and they allow the synergy of TEAM to take over.

- **TEAM UNITY:** Do not allow anyone to come in and break-up the **FAMILY**. The unity of our team must be **protected and nurtured**.

"Now this is the law of the jungle,
As old and as true as the sky;
And the wolf that shall keep it may prosper,
But the wolf that shall break it must die.
As the creeper that girdles the tree trunk,
The law runneth forward and back
For the strength of the pack is the wolf,
And the strength of the wolf is the pack."

- **Ruyard Kipling**

Tusculum College Pack-Line Pressure Defense

Philosophy

ALONE with OTHERS

Our first principle is to **Stop the Ball**, which means to stop all penetration to the lane - keep the ball out of the lane. This responsibility falls squarely upon the player defending the ball, alone. He must pressure the ball, defend his man in an aggressive manner, thus creating a level of discomfort for the ball handler. Our pressure must be significant enough to make it difficult for the offensive player to shoot, pass, or dribble the ball. Failure to do this gives the offensive player the advantage, as he can see the floor clearly and has time to anticipate the action on the floor. This is much like the quarterback in football that is allowed to drop back and pass at his leisure without any pressure from the defensive line or blitzing defensive backs. However, this pressure defensive attack can place the defender in a very vulnerable position, especially if the offensive player is quicker. Therefore, the strength of our defense is also based upon the level of confidence the defender "on the ball" has, in knowing that he will receive help from his teammates "off the ball" if his man gets past him; **with others**. This confidence in his teammates, in turn, allows him to concentrate entirely on our principle of **Stopping the Ball**! We simply cannot be effective in stopping the ball without this unity on defense.

We have a **"Pack-Line",** an imaginary line that is positioned at 17' from the basket. The only player outside of that line, that arc, is the player defending the ball. All other players are occupied inside the arc. Therefore, we do not have a **"Help"** mode, only a **"Recovery"** mode to our defense. Our players are already positioned in help, a **"Gap".** We are positioned in a slightly-closed stance, inside the Pack-Line, up-the-line but off the line, maintaining a Ball-You-Man relationship. However, when the ball is being passed to our man, we must **"explode-out"** of this position, and closeout to the ball.

A critical element of our execution defensively becomes our **"Close-out"** to the ball. We believe the most important key in our close-outs is to get **"high-hands"**. We must break the shooters rhythm, we cannot allow the offense to catch and shoot.

There is a second extremely important element of our defense that is best described by **the alone**, with others symbolic terminology. That fundamental is the action of defending screens, whether on or off the ball. A screening situation consists of a cutter and a screener defender. The moment when the cutter breaks off the screener, the defender is completely alone. He has no responsibility at that moment other than to get through the screen. When we are being screened we are no longer a team defender. No matter how good a defender is, he simply cannot fight through a screen and worry about helping his teammates at the same time. Therefore, our cutter defender turns his full attention solely to his man. But even then, verses a good offensive team he will momentarily become separated form his man.

During this moment of separation, he must defend with others, receiving help form the screener defender. Our screener defender must jump momentarily into the path of the cutter, staying within touching distance of his man, and take away his cut. The cutter then has only one option available to him, to move away from the basket. This is a critical element of our success in defeating screens. Successful execution of this principle is difficult, but when done correctly separates good defensive teams from great defensive teams!

TRUST and SERVANTHOOD

There are two intangible concepts that make the above execution possible. The player defending the screener must give total complete help to his teammate, thus allowing him to successfully get through the screen. Any hesitation on his part will cripple the effectiveness of the defense and give the offensive cutter the opportunity to catch and shoot a rhythm jump shot. At this moment, he must serve his teammate and stop the cutter. His priority of helping his teammate becomes greater than that of defending his won man. There is a component of trust which must be present when the two defenders properly execute this technique. Our screener defender jumps out to stop the cutter, but he cannot stay too long. He must return to his own man, the screener, before that player becomes a scoring threat himself. He trust that his teammate will get through the screen and recover to his own man, the cutter. Therefore, we actually leave the cutter open for a split second while both defenders return to their original players. At this point of transition, both the screener and the cutter are open, but for such a short period of time, that when coupled with our pressure on the ball, neither of them can take advantage of the opening.

This can only be executed successfully when both players work together and trust each other. The instant that one player fails to serve or trust his teammate while defending a screen, the timing of the maneuver breaks down and our defense becomes porous.

COMMUNICATION

For our team to be effective defensively, we must talk, we must communicate! This is never more important than when defending a screener or when positioned in the “gap” off the ball. The best example of this is simply to compare a poor defensive player with a very good defender. A great defender communicates well with his teammates, while a poor defender rarely talks. The contrast is obvious, and the reason very efferent. The poor defender has a difficult time communicating because he does not have a sense of what is about to happen next. He lacks the ability to anticipate the movement of the offense. As a result, he is always one step behind and in a perpetual state of catch-up. This makes it impossible for him to have the presence of mind to communicate with his teammates. A player with this limitation may be a great one-on-one defender, but he will

cripple a team defense.

A great team defender has a feel for what the offense is about to do. He can anticipate the action, and thus communicate to his teammates what is going to happen next, before it actually happens. He is not always right, but h is rarely caught off guard by the offense. The most obvious physical characteristic of a great team defensive player, one who communicates well, is that he is rarely out of position to help his teammates. His awareness allows him to maintain a Ball-You-Man relationship that is the crux of our defense. Moreover, and just as importantly, he now has better "Vision" of the offense and the ball.

CONSTANT REPOSITIONING

The rule of Ball-You-Man is constantly being broken, therefore constant repositioning off the ball is absolutely essential. We must constantly battle to reestablish our Ball-You-Man position. This is simply the "backbone" of our defense. Offenses do not stand stationary. Therefore, when the ball moves, or when players move on the floor, the defense must continually adjust to the ever-changing environment. The reality in basketball is that the defender will constantly get knocked off track in the course of a defensive possession. That is why it is imperative that each player perpetually work to regain the correct defensive position. Failure to do so by any of the five defenders will create a breakdown in the team defense, and, moreover, a potentially good scoring opportunity for the offense. Essentially, getting "broken-down" on defense does not guarantee failure, but giving up at that point does!

EVERY WHEEL MUST HAVE A HUB

The hub of our defense is defending the low post. The most important decision that any coach has is to how he will play the post. Our post defense keys everything else we do, it is the hub to our defense, it dictates everything else. Great low post defense may be even more important than playing great defense on the ball. Although, these two key ingredients must work hand-in-hand. Furthermore, good post defense is more about toughness, determination, aggression, and a relentless effort than it is about technique.

There is no glamour in post defense, it is hard work, banging and pounding, it is a relentless effort. It is something that cannot just be turned on and off, it must be present all the time, in practice and in the game. Our defense will only be as good as our post defenders!

Our basic method of defending the low post is to play on top of the offensive player, with the ball on the top and the player positioned n the low post area. There will not be a feed from the top, this cannot and will not happen. As the ball approaches the side, we move into a three-quarter denial position. We instruct our players to be aggressive, to be physical, but to show our hands, do not foul - and "see the ball", we must have vision.. We should be positioned in such a way as to have our top arm thrown across the post in a

denial position, with our head in front of the post shoulder, but our lower leg and a portion of our body behind the post and thus, disallowing the lob pass.
We only allow a baseline pass that takes the post away from the lane. We tell our players this is our time, not the offenses time, but our time. We do not go for the steal or deflection, we immediately use "our time" to establish a position behind the post, take away the baseline dive, prepared to contest a shot, and to defend a drive.

If the offensive low post attempts to move us up the lane, we must know our slip point - in other words, when to move under the post and stay between him and the basket. We absolutely cannot give-up an angle to the basket or an easy lob, we must force the post to play through us, and not over or around us.

When the ball does get into the low post, it is a disaster! We have to do everything we can to get the ball out of there. We have two methods in which to achieve this objective. We can **"Choke"** the post with a perimeter player or players, in order to force the ball to be passed out of the post, or we can **"red the post",** double the post big to big.

Tusculum College Pack-Line Pressure Defense

Key Teaching Points of the PACK LINE PRESSURE DEFENSE

Conversion Defense

- There are two critical areas in regards to being an effective defensive team that you as the coach must be accountable. The first is conversion defense and the second is defending the low-post.

- In our Conversion Defense we are not assigned a specific player necessarily, but rather, we are defending positions on the floor in order to stop the ball and our opponents transition offense.

- Our conversion defense begins as the ball is being shot by our offense. We send two guards back on defense as the shot goes up – we feel that the benefit of having our guards back on defense to **STOP the BALL**, is of a far greater benefit than any advantage that may be derived by having one or both rebound the offensive glass.

  We designate which guard is our "Lane Defender" and which guard is the "Ball Defender". The lane defender sprints to paint, finds the ball and takes the lane-line on the side that the ball is being entered into play. He positions here in order to take away any cuts into the lane and will closeout to a "Gap Position" or to the ball, as soon as the lane is secured. The ball defender works to contain the ball-handler at half-court, and preferably get the ball out of the middle of the floor. Again, he must contain the ball first and foremost, and of course, his point of pick-up can change due to our opponent's personnel.

- The remaining three players sprint back to paint as soon as our opponent gains possession of the ball. We teach their first three sprint steps to be with total disregard to vision; turn and sprint three steps, and then locate the ball as they continue to the lane. We will position toward the ball-side as deep as the ball. We cannot express enough the emphasis that we place upon our team of not giving-up transition baskets, NO LAY-UPS!

Pressure on the Ball

- We must place pressure upon the basketball, we cannot allow the ball handler to play comfortably, to easily look over the court. Offenses today will pick your defense apart if you allow them to do what they want to do with the ball. This is a great myth in the Pack Line Pressure Defense, that we do not pressure the ball – that we are all about containment. Yes, we must contain and our players must know their limitations, but we must pressure the ball.

It is much like the football quarterback; the passer that has all the time needed to drop back and throw the ball, any NFL quarterback will pick apart a defense that does not pressure – the same holds true with our game. With this being said, we cannot allow the ball to get into the PACK AREA. **Our point of pick-up is at half court, in the play area it is determined by whom you are guarding – your game and his game**.

As much as we want and demand pressure on the ball, we must also understand a very important axiom I our defensive game planning; **"Sometimes to not guard, is to guard"**. In other words, there are players that you are better served to not defend, and therefore, utilize this defender as a helper.

- We do not force the ball in a specific direction. We simply tell our players, "**DO NOT GIVE-UP THE BASELINE"**. <u>We do not want them to feel that it is OK to force the ball to the middle</u>, we just cannot get beat baseline. We will emphasize that our **players must have their baseline foot positioned outside of the offensive player's baseline foot.**

- We will drill a lot of one-on-one in order for our players to learn their limitations, to understand how to keep the ball out of the PACK, and to learn how to force contested jump shots.

- We deny inside the arc and we will work on this more from a whole method standpoint more so than a 1on1 breakdown drill, but we absolutely do not want to allow the ball inside the PACK AREA (17 foot mark).

- Footwork is of paramount importance in our pressuring the ball, we want to **Step** (point our toe) in the direction that the ball is being dribbled, and **Push** with our opposite foot. We use the term, "**Guarding a Yard"** with our players, if we can execute two quick slides, we can arc and defend the ball. Use quick, short, steps without bringing our feet any closer than 12 inches, there is an imaginary ruler between our heels, no **Heel Clicking.**

- If we can force a **Dribble-Used situation**, we now leave the PACK area with all of our defenders, in an effort to all-out deny all four offensive players. This is a great opportunity for us to create a panicked, and hopefully a turnover situation for the offense. The player defending the ball must verbalize the dribble used situation by calling out ***"FIVE – FIVE – FIVE".***

Jumping to the Ball

- We do not jump to the ball per say, our **first move is to jump back into the PACK AREA** and then move toward the ball to preserve our **Ball-You-Man** relationship. Therefore, the nature of this position places our defender closer to the ball than the man who passed it.

- We assume a **flat triangle position, slightly open** and inside the PACK AREA when our man does not have the ball and is one pass away.

Closeouts

- Closing out to the ball is the key to our recovery mode, sprint the first two to three steps, with the last couple being short, choppy, steps. We must accomplish two objectives in our closeout; first we must closeout **"Hard & Short"** with our weight back prepared to absorb the dribble (**we will not get blown away by the dribble**), and secondly, we must have **High Hands**. We teach our players to keep their hands high, with elbows bent, for a 1001 count. We must create the illusion that there is no shot to be had. We cannot allow the offense to have rhythm jump shots.

Gap Defense

- **All Non-Ball Defenders are located inside the Pack Line –** This is the most critical part of our defense. We do not believe that our defenders can accomplish three things: they cannot **Deny, Help, and Recover**. Therefore, we have eliminated the denial, and we now focus entirely on the other two factors – **Help and Recovery**. Because our defenders in the Gap are already positioned in Help, they are now quicker in their recovery to the ball – there is no negative movement, away from their recovery.

- **We are constantly "Re-positioning" in the Pack area:**

  1) Position Up the Line, but Off the Line – slightly closed to the Ball
  2) Vision is of the utmost, we must see both Man and Ball
  3) Do not Help to Take a Charge, but rather with our **Near Arm and Leg,** we do not want to become **Blind to our Help,** by losing sight of our man
  4) Bluff help as much as possible, we cannot become sterile in our positioning.
  5) We must be **Active & Energized** in our Gap **– We are Zoning the Ball**

Flash Post

- We are positioned in a flat triangle with our **closest foot to the ball slightly forward, therefore we are in a denial position to begin and better equipped to take away the flash.**

- **VISION** is key, **WE MUST SEE BOTH MAN and BALL**!

- Upon the offensive players flash cut, **we intercept it with our forearm**. We teach our defender to use his forearm, to bump or force the offense away from the lane ***without extending the forearm***, which would be a foul, in order to deny.

It is a reality that our defender will momentarily lose sight of the ball, this occurs whenever we are defending a cutter, weather a screen is involved or not.

Defending the Low Post

- **You must have a very clear and concise philosophy of defending the low post. How you defend this area dictates everything else you do defensively.**

- There are only two areas to be defended; the low post and the perimeter. Everything that occurs in our **Post Box** (Approximately two steps off the lane and below the first hash mark on the lane) is considered the low post, everything else is the perimeter.

- We ¾ Deny on the High Side of the Post, we tell our players **to "Smother"** the Low Post. Activity is our biggest key, **WE MUST BE ACTIVE**!

- We can play ¾ high because we allow no baseline penetration. This also places us in a better position to take away the "High-Low" entry into the low post.

- We must know our **slip-point** in the low post; it can vary from player to player, depending upon size, length, and quickness. Anytime the ball is on the side and the offense tries to move us up the lane, upon approaching the mid-lane area we must slip behind to the baseline side to avoid being pinned high.

- Anytime a player steps away form the post, we then treat him as a perimeter player and deny inside the PACK AREA.

- **There can never be a feed to the low post from the top, no exceptions!**

- On a catch, we tell our post that this is our time, not the offensive player's time, but our time. We must quickly slide behind the post on **"air-time"** – do not reach or gamble for a steal, but work to immediately position ourselves slightly to the baseline side with a half-step of cushion between our defender and the offensive player, maintaining a position between the post and the basket.

- From our position behind the low post, we will defend the ball in one of three ways:

    1) **Play the post one-on-one from behind** – do not give up a scoring angle forcing the offensive player to score over our defender, not through our him. Our post defender must keep his hands at shoulder height with his fingers pointed upward. We teach our post to employ a one step cut-off in this area, using his chest to level off the dribble, **take the hit and force the tough shot.**

2) **Choke the Post –** our perimeter players located on the ball-side will open to the ball as it is passed and give help to the post defender. We can dive in and out to bother the post and choke the post only if he puts the ball on the floor, or we can full-out choke the post, immediately diving to the ball and digging it out, forcing him to throw the ball out to the perimeter. Obviously, if our perimeter defender is defending a dead three or a great scorer, we may determine not to choke with his defender, but only to bluff help.

3) **RED THE POST** – Double the post Big to Big. This is probably our most often utilized method of defending the post, and our most effective. It is a way in which we can force the ball back out of the scoring area, while creating turnovers.

RED in the Post

- We employ our **Red** if we cannot handle a player one on one. Everyone, because of the PACK, is within one giant step of the low post. Therefore, it becomes much easier to double Big to Big, than if we were a denial defense.

- **The passer must absolutely deny the pass back out**, this pass cannot occur!

- The remaining two perimeter players sprint to occupy two areas, the Rim and the X-out positions. The Rim defender must not allow anyone to cut between himself and the basket – he becomes the sole protector of the rim. The X-out defender is positioned just inside the free throw line, opened to the ball. Again, vision and communication are absolute essentials. On a pass out of the low post; our X-out defender takes the initial pass and closes out to this player, our Rim defender has the next pass. Our perimeters will give support help until our Big arrives from doubling the post.

- The defender on the low post will create a cushion and **move slightly to the baseline** side on the pass, to allow the double and to take away a baseline spin move.

- The double must be on the pass**,** we move on **"air-time"**. The trap must be toe to toe – **shoulder to shoulder**. We want to **take away the cross-court pass to the open man with the position of our trap from the double**. "**Close the Door**" with our trap, do not allow the offensive post to look over the floor, be aggressive, but aggressive without fouling.

- **We want to be as high as we can be with our hands in the trap**. We want to avoid at all cost the temptation of reaching for the ball, keep those hands-up! Hands down will create the path for the pass out, hands down will increase our opportunity to foul.

- **O**n a **"Release Dribble",** we will leave the ball and immediately look to recover back to our assigned man. We could adjust, and stay with the offensive post on the Release Dribble, but our basic rule is to immediately leave on the **Release Dribble.**

- Recovery is on "air-time". We will support perimeter to post, and we want our post to recover to their assigned man as quickly and efficiently as possible. We will allow a switch by the perimeter out of necessity.

Help-side Rules

- Help-side Positioning:

  1) **Ball located above the free throw line extended**: Both feet are positioned outside of the lane, in a closed position – maintaining our "**Ball – You – Man"** relationship.

  2) **Ball located at or below the free throw line extended:** One foot in the paint and therefore straddling the lane line, and again with a closed stance – maintaining our "**Ball – You – Man"** positioning.

     We can do this because we do not give-up baseline penetration and we do not front the post as a rule. We have placed our help-side defenders closer to their men to closeout and to avoid becoming screen bait. We are in a closed stance to better enable our defenders to deny the flash post or to defeat a screening situation. Because we allow reversal, we must be in this position.

     Obviously this could change according to whom we are guarding, vs. a great shooter we would have both feet outside the lane with the ball below the free throw line extended, vs. a great driver we would do the same most likely, however vs. a great post and a non-shooter we may position this defender with both feet in the lane.

DEFEATING SCREENS

Off the Ball

- We do not switch screens, only in special situations or scouting report situations do we switch**. Not switching makes our defense tougher!**

- **Play all off the ball screens the same**. We strive to keep everything we do within our defense as simple as possible. We will spend an inordinate amount of time defending off the ball screens. We spend more time on this than most programs spend on their O/B plays, lay-ups, and shooting combined.

- **We teach technique first**, and then we allow them to play. Our favorite drill to teach this skill, is 4/4 with a release. Thus, allowing the offense to screen as much as possible, in as many ways as possible, and as many combinations as possible.

- **The Cutter defender**: As soon as you know you will be screened, move to your man, getting as close as possible. Once our defender becomes a cutter defender, for this short time, he no longer has help responsibility and thus will lose vision of the ball for just a moment. We must aggressively follow the cutter into our proper defensive position – we want to be as physical as our size and strength will allow us to be. Obviously, if through scouting or playing the game, we can anticipate the offensive players cut, by all means do so.

- **Screener Defender**: We teach our screener defender to jump to the ball and create space between himself and the screener. He must help where necessary in the direction of the cutters action, but while staying within touching distance of his man. We give the screener defender a degree of freedom to help with the cutter.

- **There are exceptions to the above rules**. We want our players to play, we are not as rule oriented per-say as you might think. We want our players to conceptualize what our overall objective is and then play accordingly. We simply do not get caught up as much with this foot must be here, etc. as you must PLAY and Get Stops!

- **Examples of Defending Specific Screens:**

  Flare Screen: Chase over the screen and loosen-up with the screener defender to protect the basket. This takes away the pop and rhythm shot by the cutter.

  Back Screen: We jump to the ball and back inside the Pack Line, therefore, placing our cutter defender on top of the screener's hip. Here we are in a position to take away the cut to the basket, a cut to the ball, or the pop-out cut. The screener defender gets lower than the screen, protects the basket and closes out to his man as quickly as possible.

  Cross Screen: The cutter defender immediately moves to the cutter to take away the high cut, the screener defender opens to the ball, lower than the screen to protect the basket and provide baseline help if necessary. We utilize a "V" move here to move over top of the screen and recover back into the cutters path.

Screen on the Ball

- **Hard Show**: The screener defender gets in the dribblers path and has his "shoulders facing the ball", while the defender on the ball gets over top of the screen and under the screener defender. The screener defender must force the ball handler to pick-up the dribble, go around the high side, or take a charge. We must help the helper with our other post defender, Big supports Big. We use this method of defending the ball screen vs. a great ball handler that can create and score with the jumper behind the screen.

- **Soft Show**: The screener defender positions himself in the lower plane of the screener with his shoulders tilted toward half court, two steps away from the screen (we are in a better position to recover to the screener popping), his job is to force the ball to dribble out and around, thus giving our ball defender ample opportunity to recover. He absolutely cannot allow a dribble around or pull-up jump shot. The ball defender goes over both the screen and the screener defender, over taking and recovering to the ball. We employ this method of defending the ball screen with a great ball-handler that is creative with the dribble, can shoot the pull-up, and the screener can pop and shoot it.

- **Slide**: The screener defender positions himself "2 x 2"; two steps under the screen and two steps away from screen, allowing the ball defender to slide under the screener and over our screener defender. We defend the ball screen in this manner when it occurs outside of the scoring area, or the ball handler is not a threat to score.

- **Flat**: The screener defender pushes up into screener while the on ball defender goes under both. We use this vs. a screener that can shoot-it, or a great screen and role guy.

Defending Specific Screening Movements:

- **Double Staggered or Side by Side Screens:** Defend with screener defender closest to ball extending into passing lane, screener defender furthest away is the zone man, and cutter defender chases hard!

- **Screen the Screener:**

- **Flex Action:**

- **UCLA Duck-in:**

- **Late Clock 1-4 Down:**

- **Late Clock Screen on Ball:**

PETE CARRIL´S PRINCETON BACK DOOR OFFENSE



UNIVERSIDAD EUROPEA DE MADRID
13-14 NOVIEMBRE
DE 2006





http://www.hoophall.com/halloffamers/Carril.htm

High School:

- Liberty High School (Bethlehem, PA) (1944-48)

High School Playing Highlights:

- All-State (1948)

College:

- Lafayette College (Easton, PA) (1948-52)

College Playing Highlights:

- Four-year letter winner
- Earned All-State and Little All-America honors (1952)

High School Coaching:

- Reading (PA) High School (1959-1966)

Highschool Coaching Highlights:

- Reading record: 145-42

College Coaching:

- Lehigh University (Bethlehem, PA) (1966-67)

- Princeton University (1967-97)

College Coaching Highlights:

- Overall college coaching record: 525-273
- Lehigh record: 11-12
- Princeton record: 514-261
- In 29 seasons at Princeton, his teams recorded only one losing season
- Led Princeton to 13 Ivy League championships and 13 postseason tournament bids (11 NCAA, two NIT)
- Posted 10 seasons with 20 or more wins
- Princeton teams led the nation in defensive points allowed 14 times
- Coached 13 players that were drafted by the NBA or ABA
- Ended his career as the only Division I coach to record 500 wins without ever providing athletic scholarships
- Earned his 500th victory following a 64-54 win over Cornell
- His 525th win came in the first round of the 1996 NCAA Tournament over defending champion UCLA, 43-41
- Led Princeton to the National Invitation Tournament championship over Providence College, the Ivy League's only NIT championship (1975)

Pro Coaching:

- NBA Sacramento Kings, assistant coach (1997-present)

Pro Coaching Highlights:

- The 1998-99 Sacramento team posted its first winning season in 15 years

Bio:

Born: July 10, 1930 in Bethlehem, PA.

One of the most likable and dedicated coaches in basketball history, Pete Carril spent 43 years of his life committed to coaching excellence. After seven years at the high school level and one season as head coach at Lehigh University, Carril took over the basketball program at Princeton University in 1967. Upon his retirement at the end of last season, Carril was the only Division I coach to record 500 wins (525-273) without ever providing athletic scholarships. In his first season at Princeton, Carril posted a 20-6 record, the first of ten 20-win-or-more seasons.

Featuring players that were often overmatched physically by opponents, Carril instilled a regimented, disciplined and fundamentally sound brand of basketball that made the Tigers a difficult opponent to play. Carril's Princeton teams won with textbook basics-an unselfish offense and team defense. A Bethlehem, PA, native, Carril's Tiger teams led the nation in scoring defense 14 of the past 21 seasons, including the last eight in a row. Over Carril's 29 seasons, Princeton won 514 games, recorded only one losing season, won 13 Ivy League Championships and earned 13 postseason tournament bids (11 NCAA, 2 NIT). In 1975, Carril led Princeton to the Ivy League's only NIT championship. Princeton's NCAA tournament appearances have been memorable, including a near-victory over then-number-one-ranked Georgetown in 1989 (50-49), and a thrilling last second victory over defending national champion UCLA (43-41) in 1996. Carril currently serves as an assistant coach with the NBA's Sacramento Kings.

PETE CARRIL´S PRINCETON BACK DOOR OFFENSE

"…offensive skills dictate what happens, but without skills the defense dictates"

" Players miss shots when they take bad shots, players miss shots when they don´t think they can make the shot"

"…always trying to help someone out"

"when closely guarded, go back door"

"watch the person in front of you, they show you what to do".

"good spacing creates scoring opportunities".

"everybody with the ball is a point guard"

"el que no tira bien siempre esta desmarcado nadie le defiende"

Pete Carril

BASIC OFFENSE

1. CUTTING
2. SCREENING
3. PASSING
4. SHOOTING (ACCURATE)

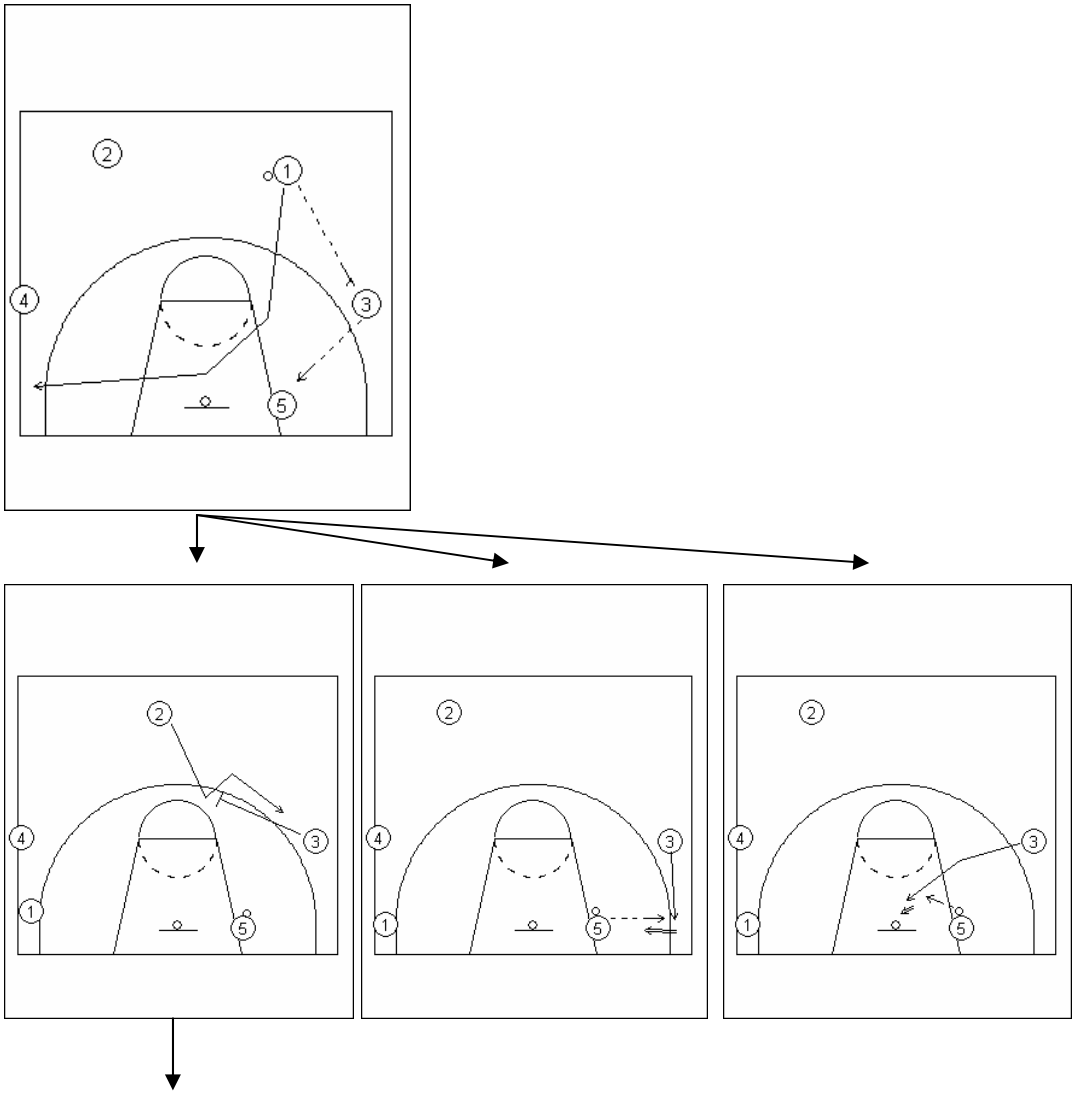
BASICS

- DRIBBLING
- PASSING
- SHOOTING

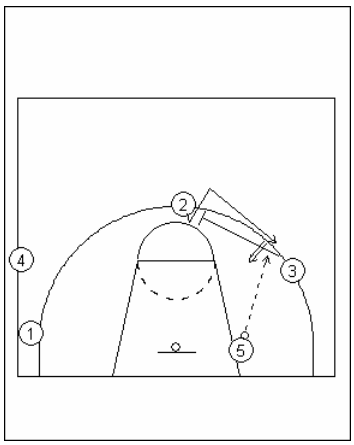
BACKDOORS

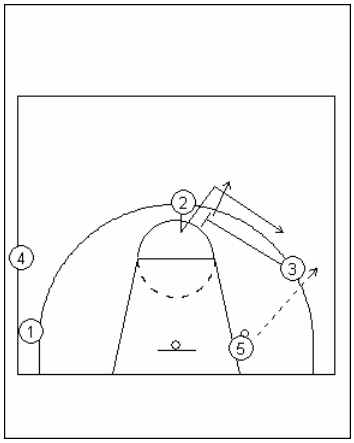
SCREENING TECHNIQUES

LOW POST PLAY.



PLAYS OFF THE SCREEN. 6 OPCIONS

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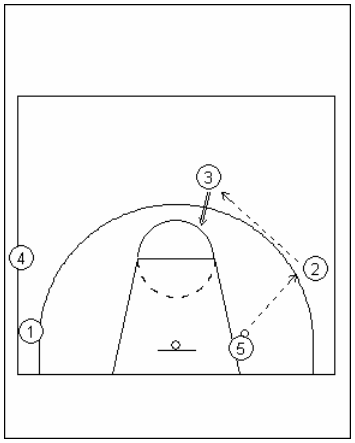
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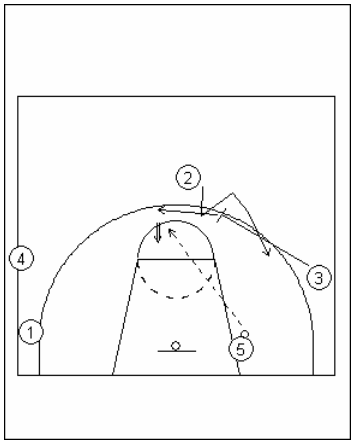
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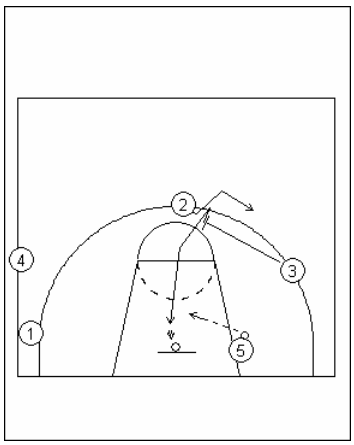
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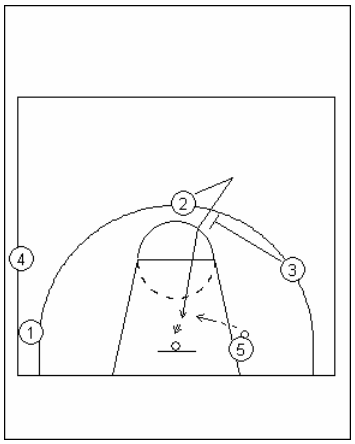
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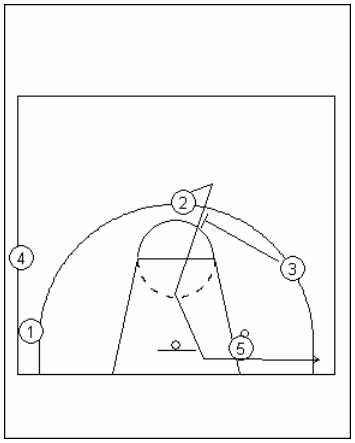
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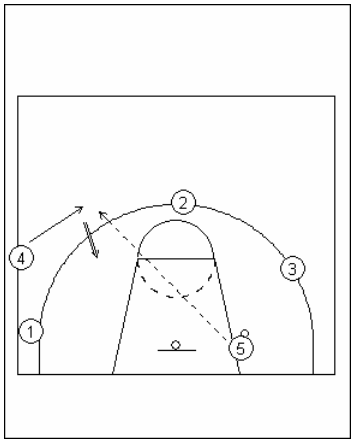
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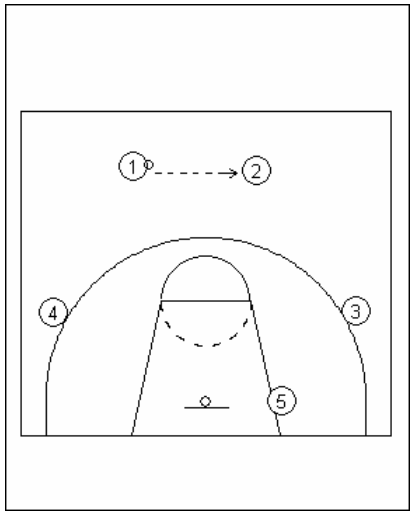
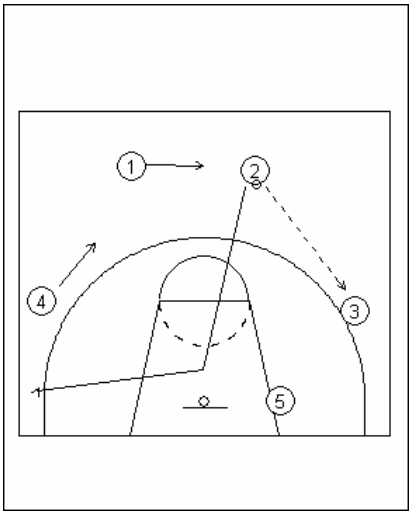
GETTING INTO THE OFFENSE



OPTION A



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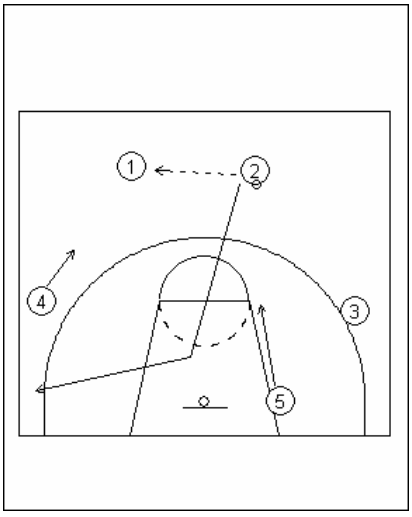

Low Post play

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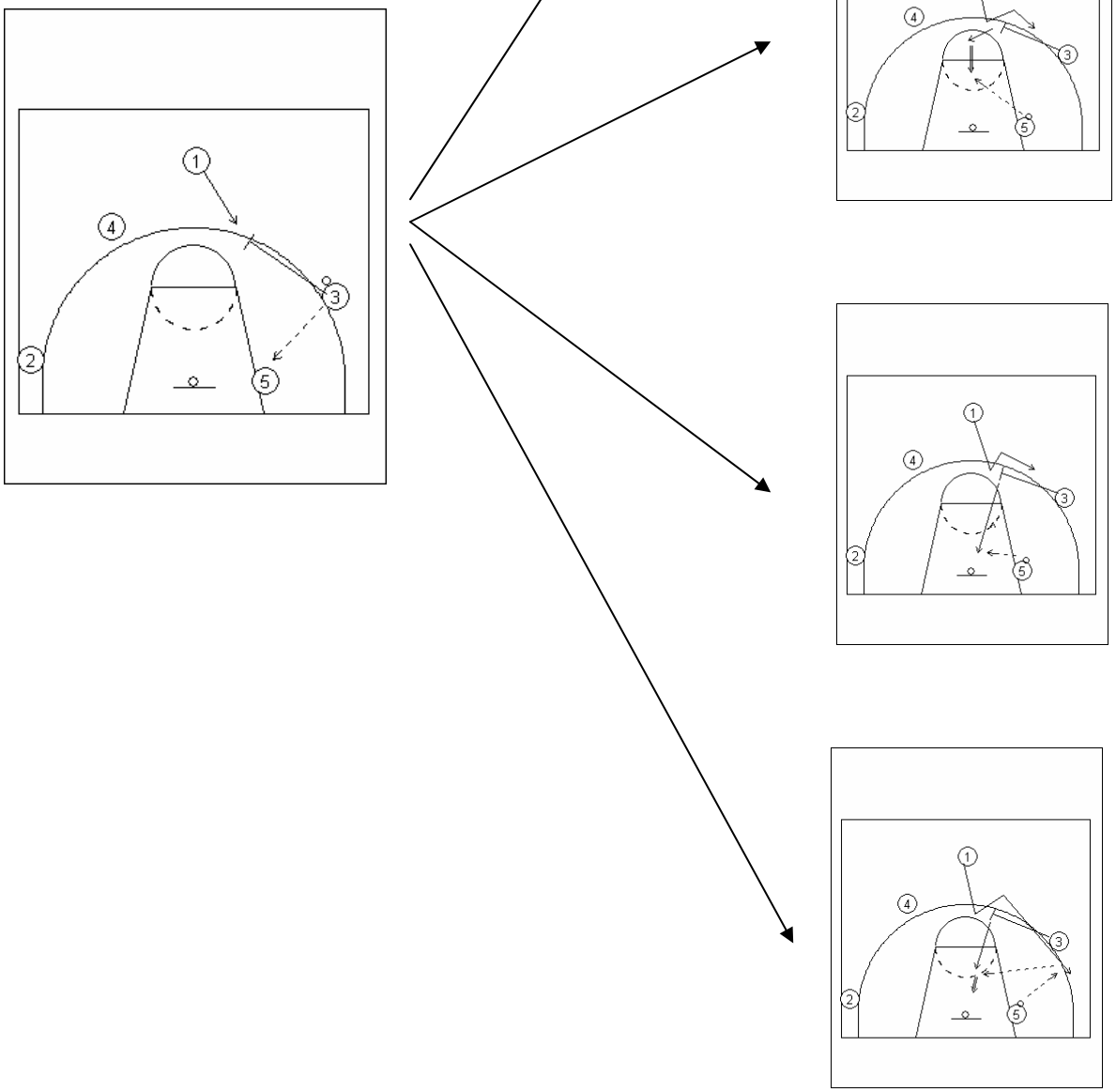
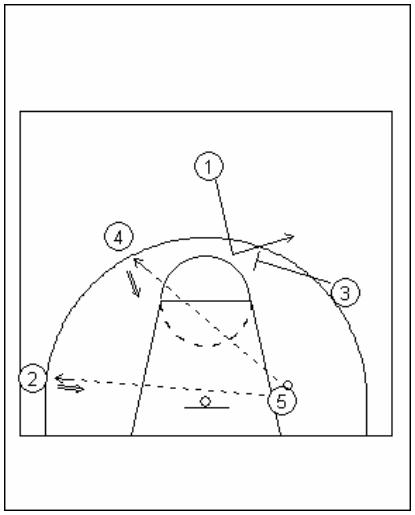
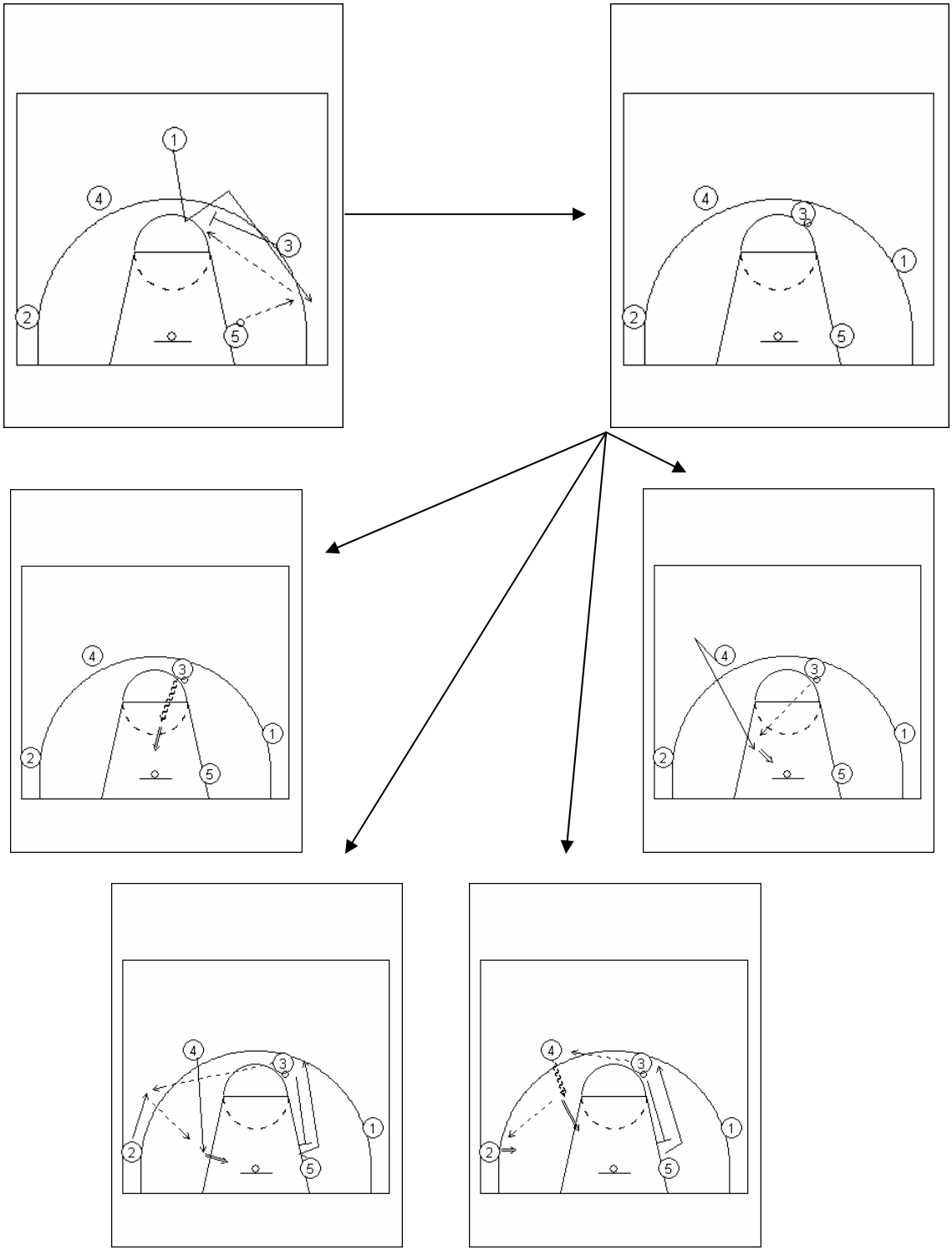
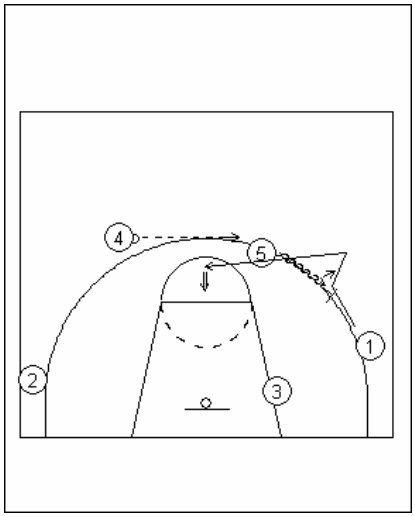


GOING CROSS COURT



SWING THE BALL

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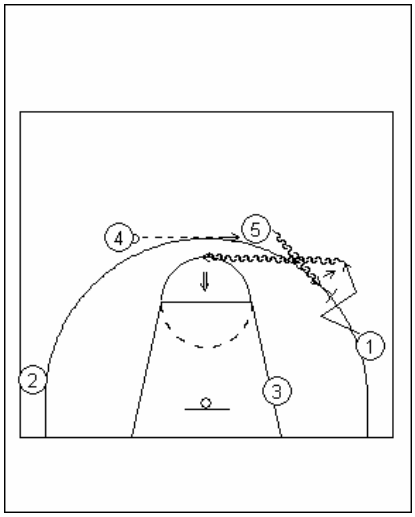
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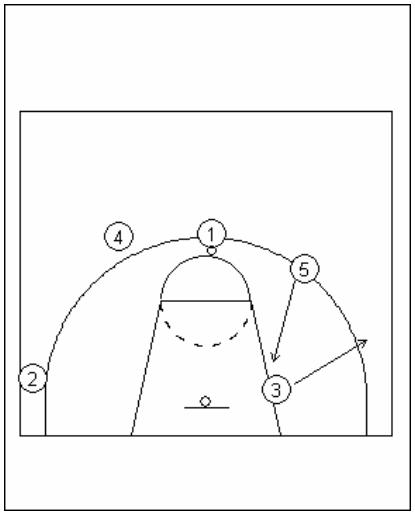
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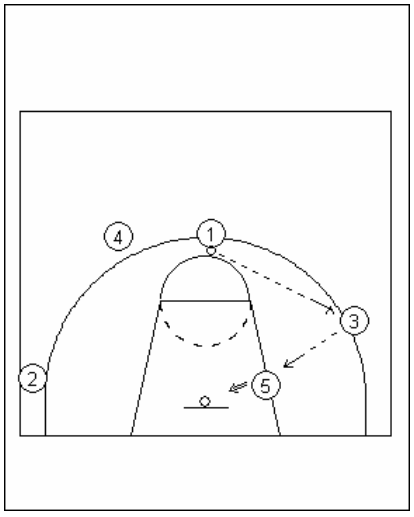
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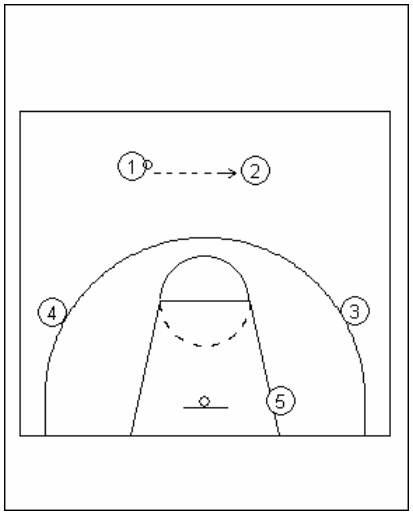
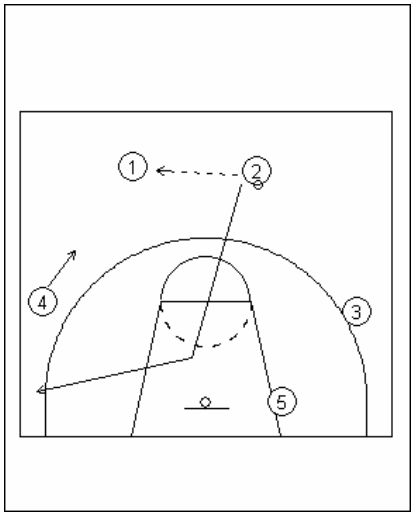
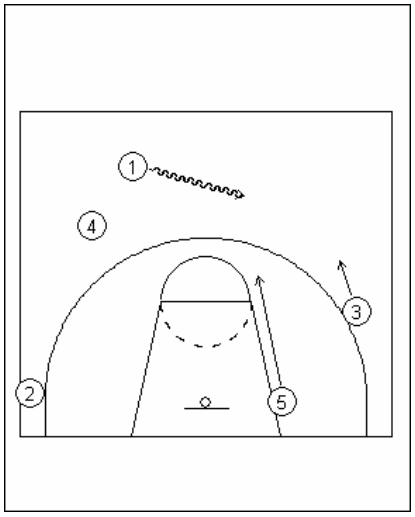
OPTION B

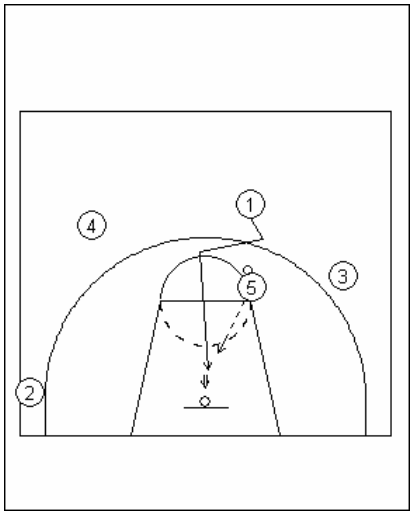
GETTING INTO A ONE GUARD FRONT



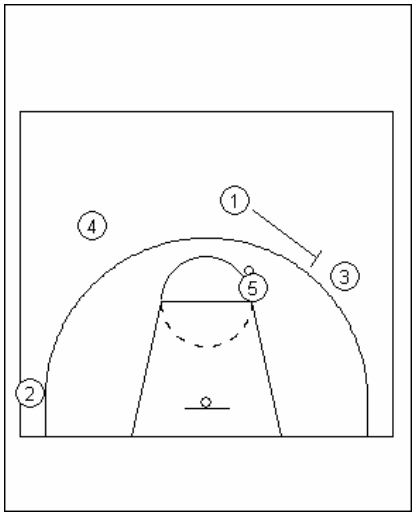


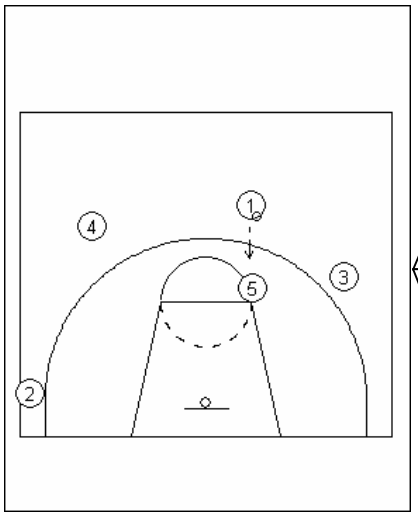


GO BACK DOOR

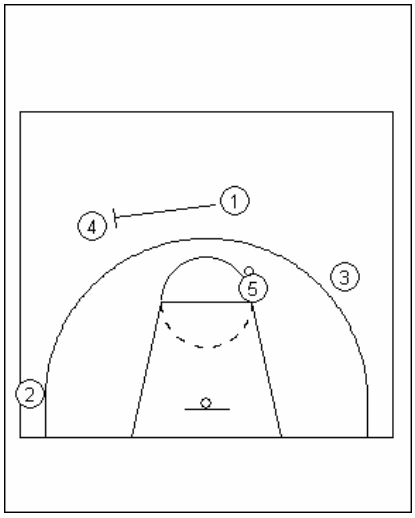


SCREEN TOWARDS THE BALL

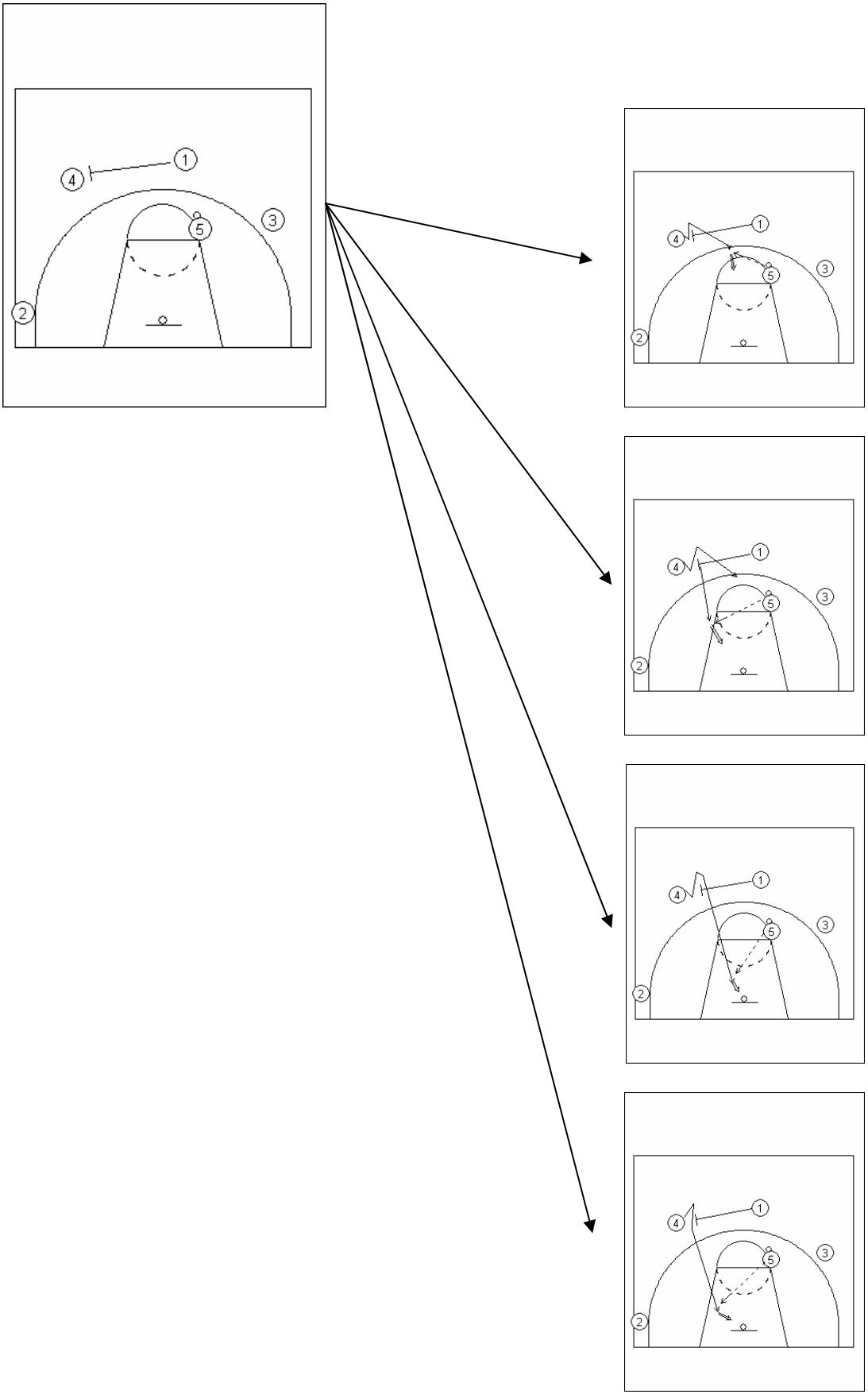




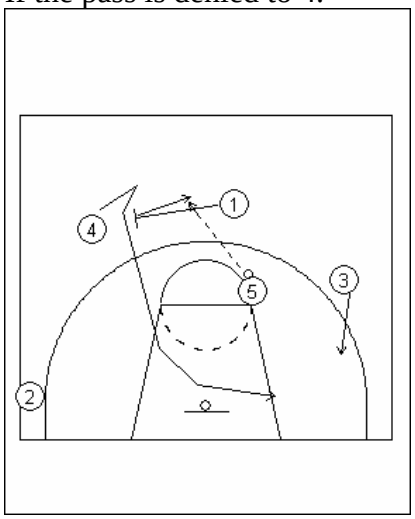
SCREEN AWAY FROM THE BALL

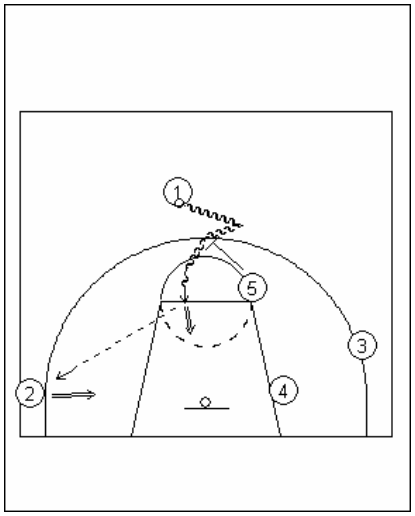


SCREEN AWAY FROM THE BALL

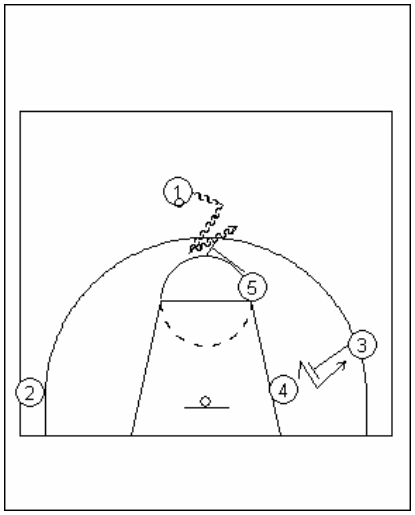


If the pass is denied to 4.

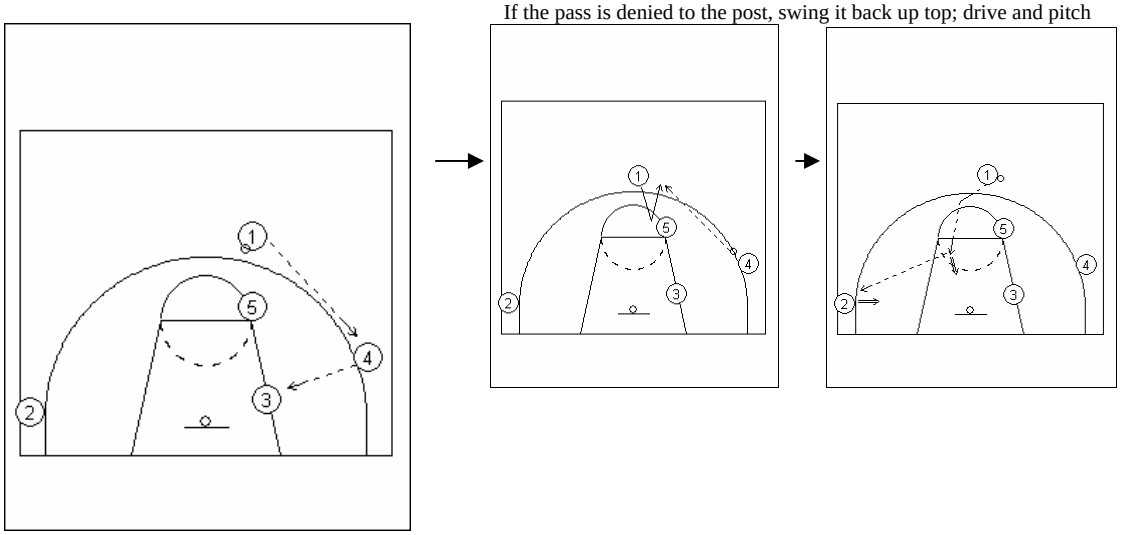


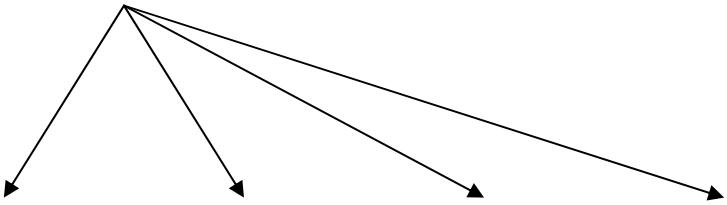


If the pass is denied to 2 and 1 cannot scored

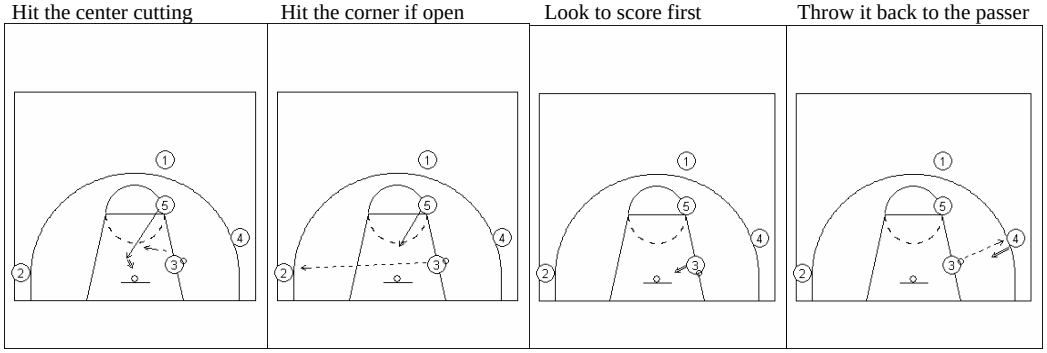


If the pass is denied to the post, swing it back up top; drive and pitch

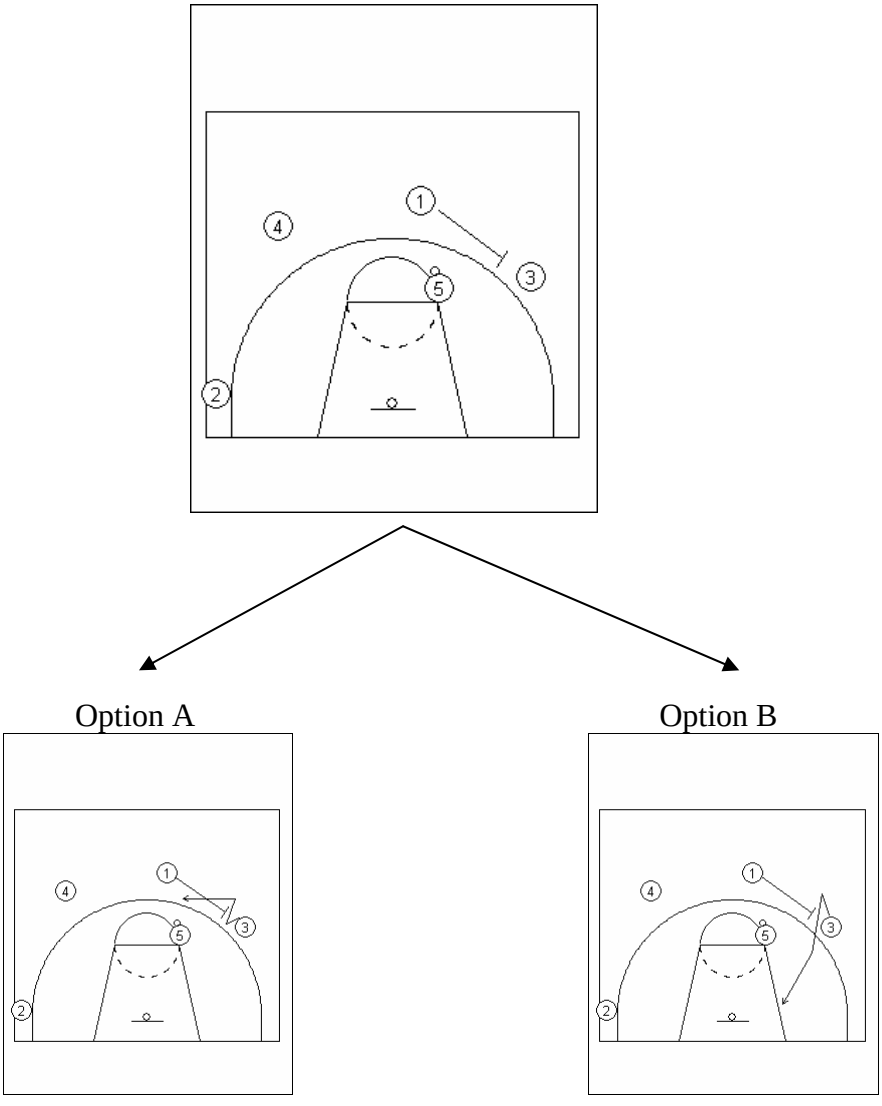




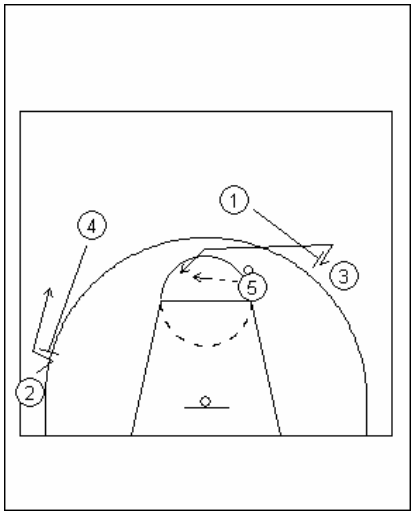
Hit the center cutting | Hit the corner if open | Look to score first | Throw it back to the passer

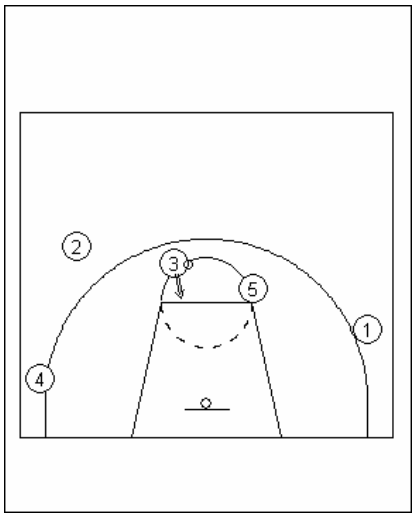


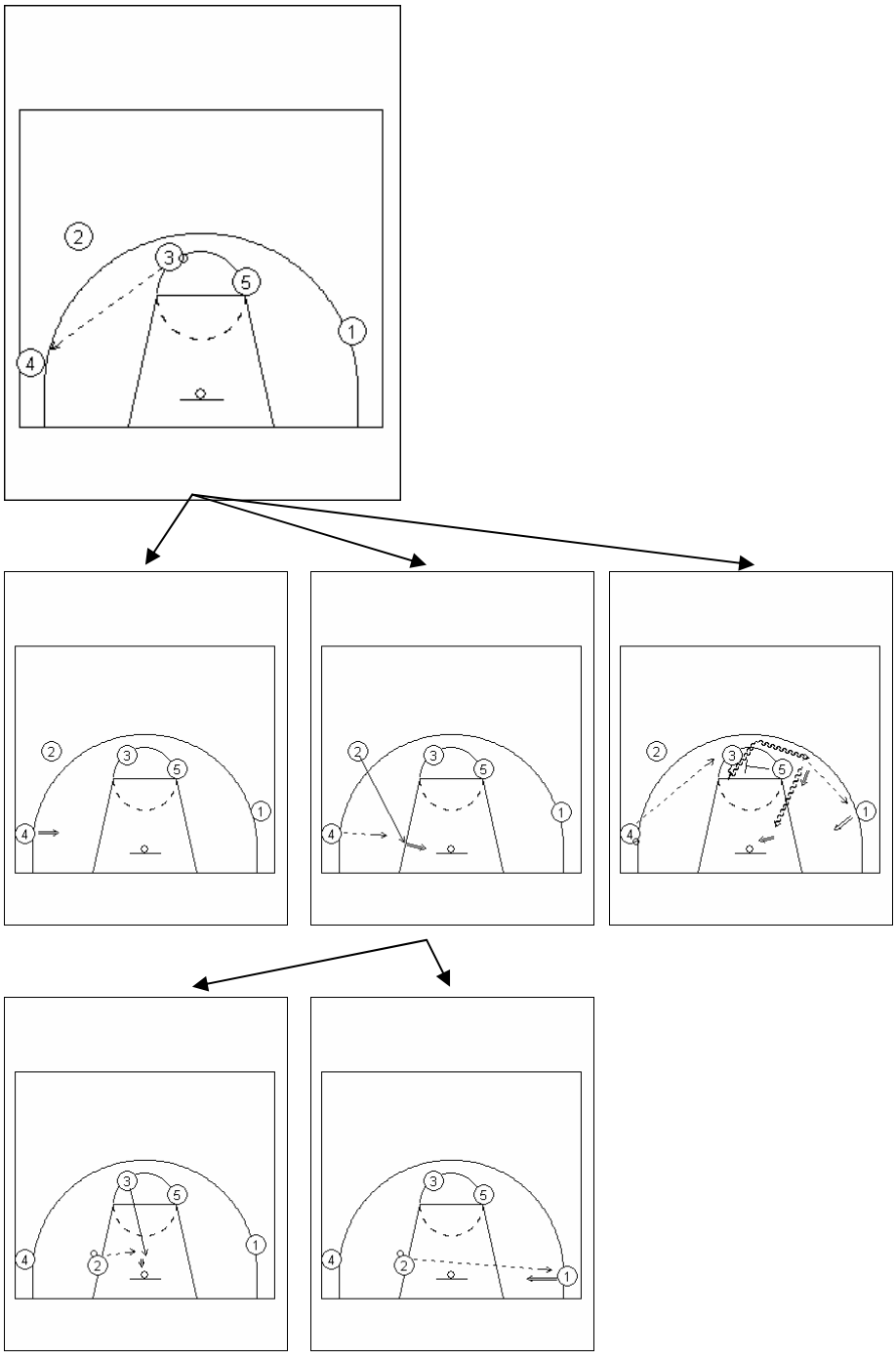
SCREEN TOWARDS THE BALL



OPTION A






2
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1
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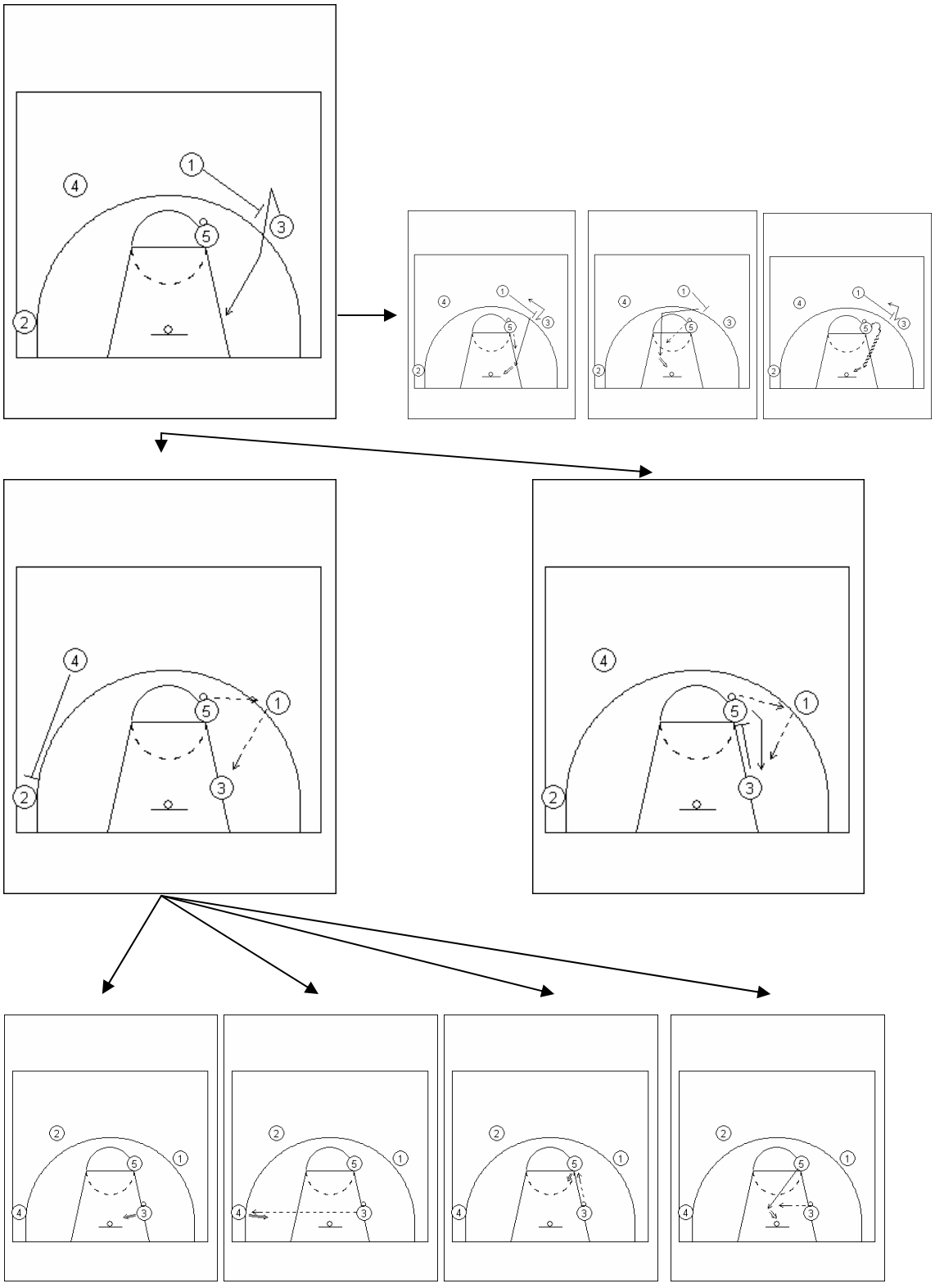
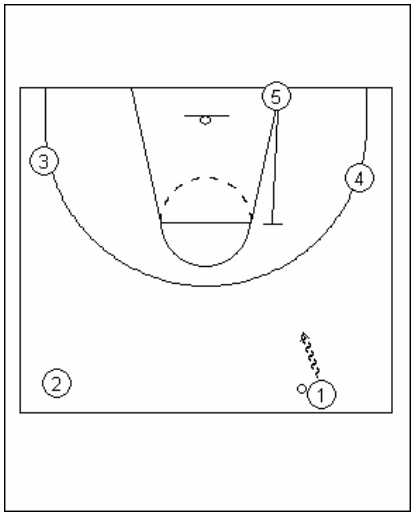
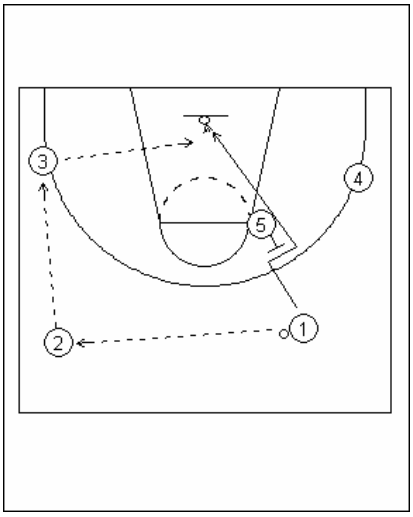
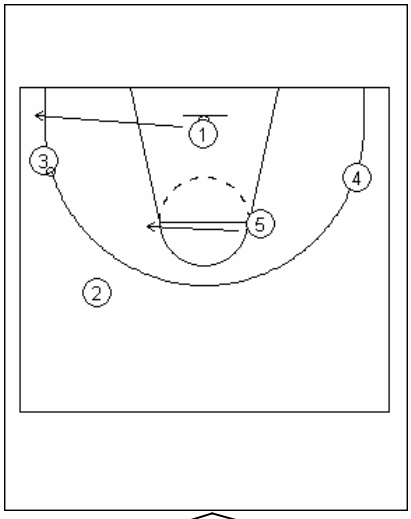
OPTION B

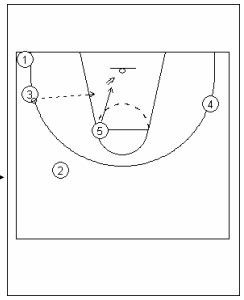


CHIN SERIES

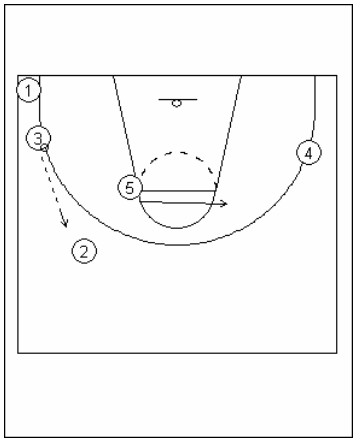








OPTION A



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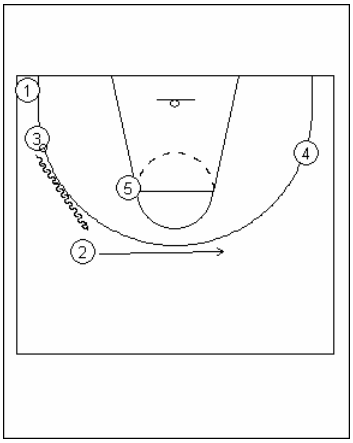
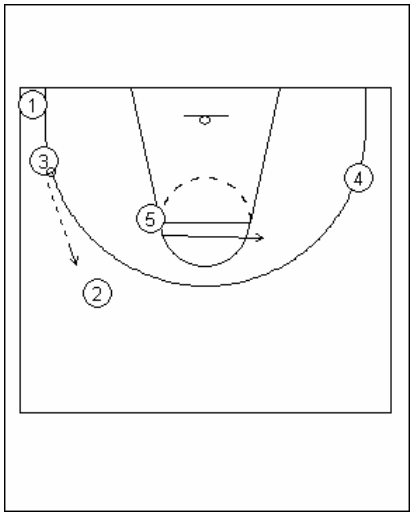
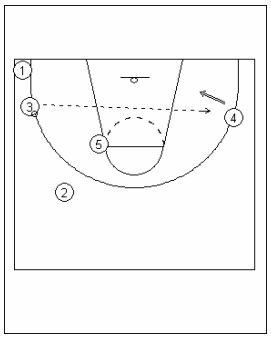
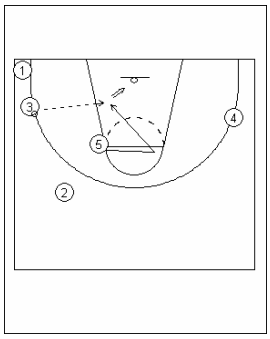
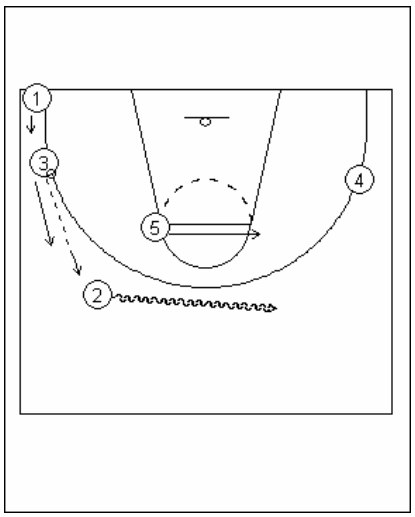


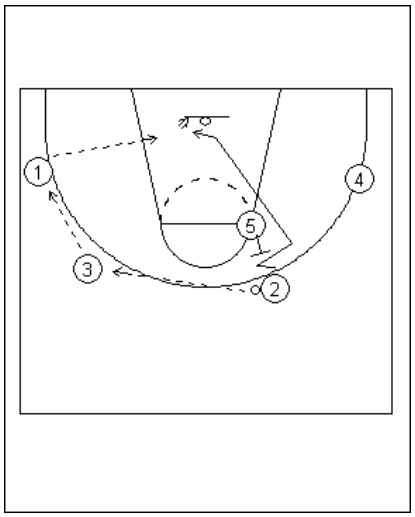
OPTION A



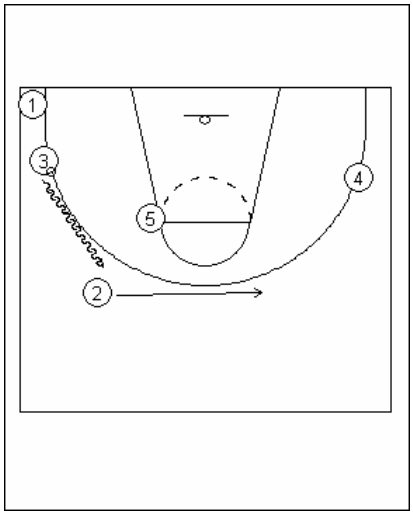




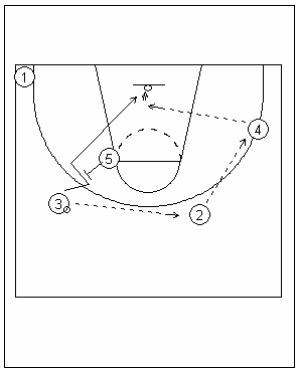


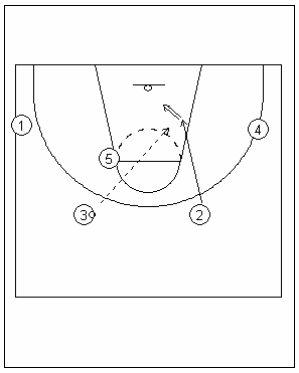


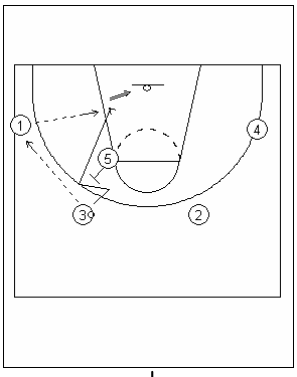
OPTION B

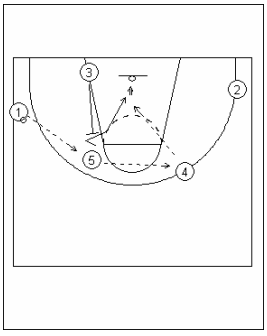


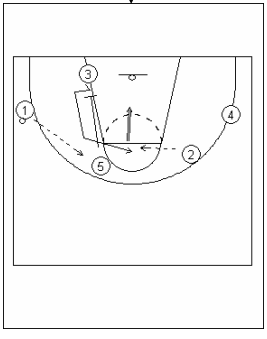
UCLA







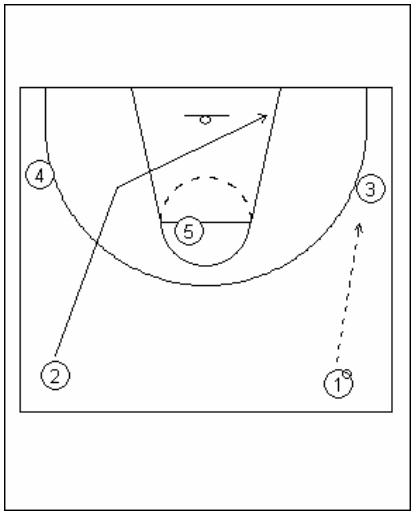


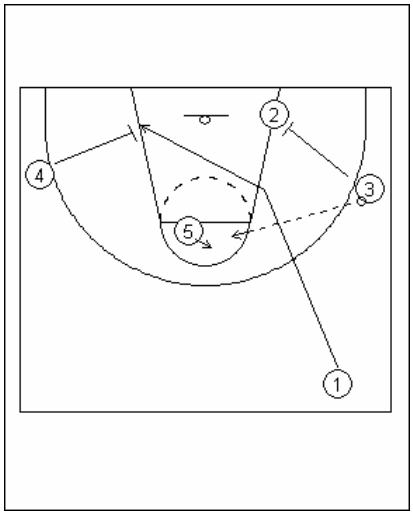


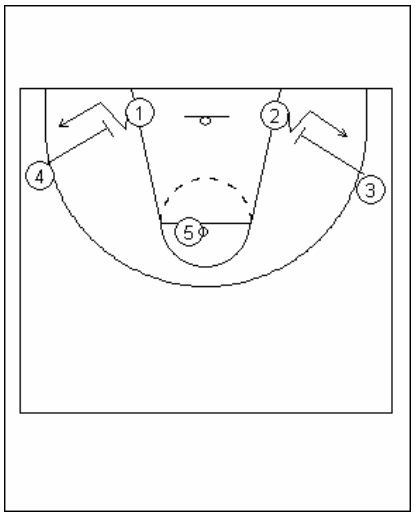
HIGH POST OFFENSE

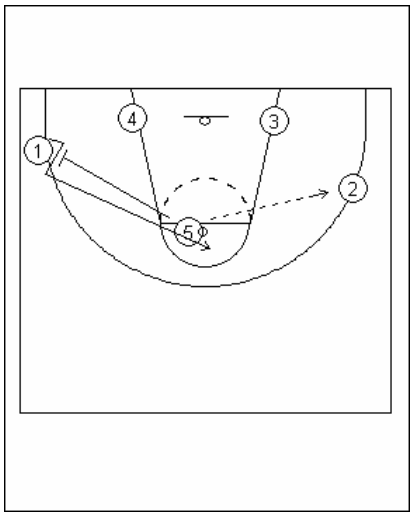
- Using the high post spreads the defense.
- Hard for some centers to defend up top.
- Easier to reverse the ball.

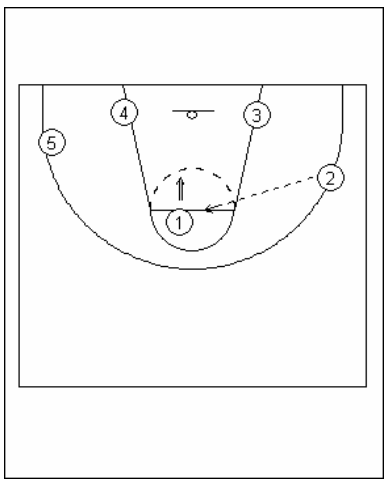
TURN OUT CUT



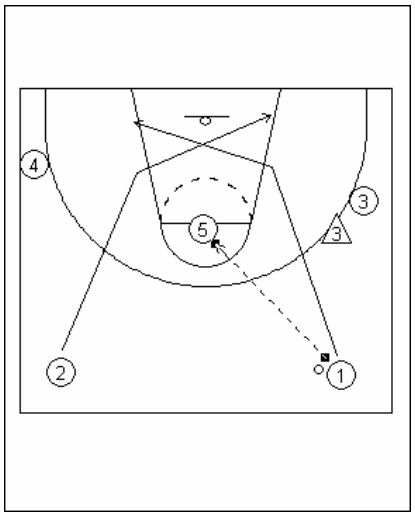




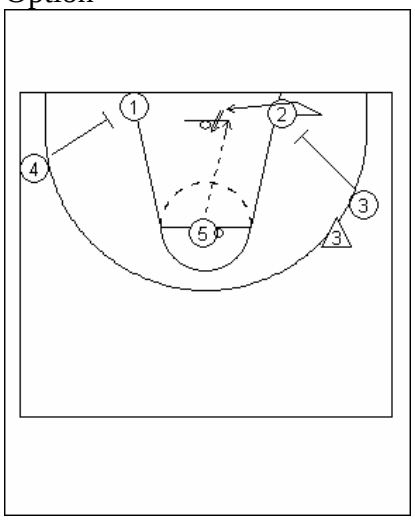




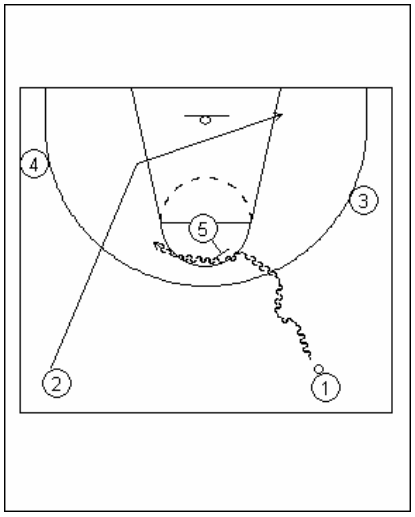
TURN-OUT CUT IF ENTRY PASS IS DENIED

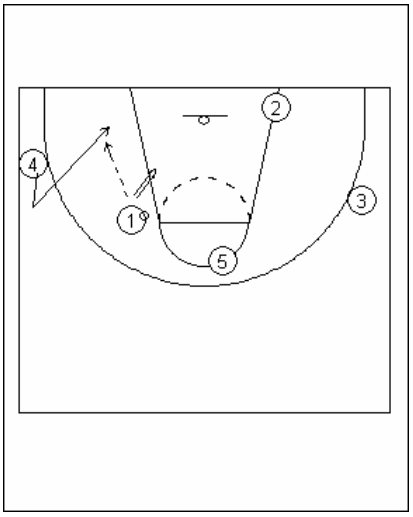


Option

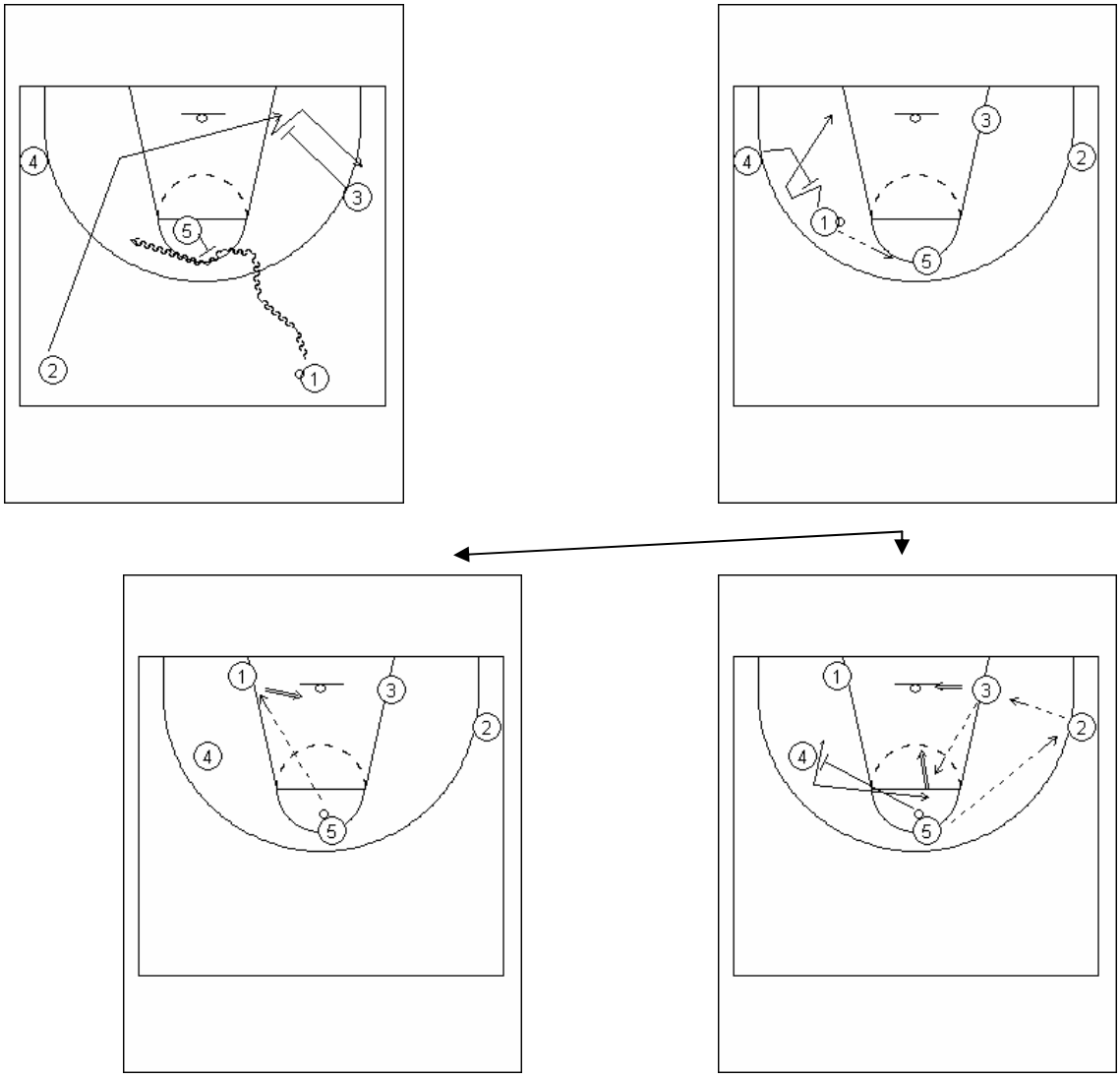


DRIBBLE ENTRY

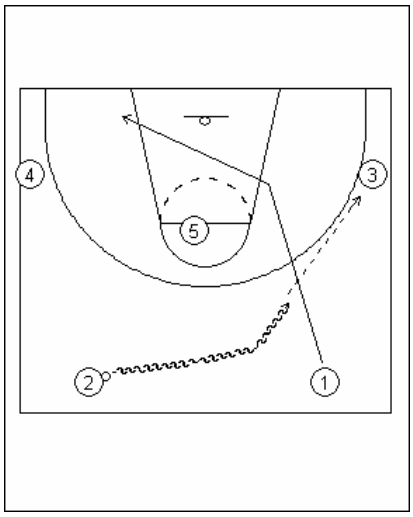


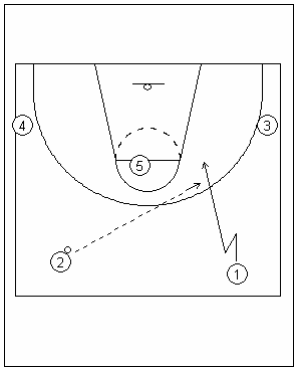


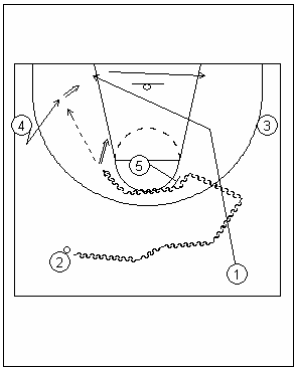
DRIBBLE ENTRY CENTER POPS OUT

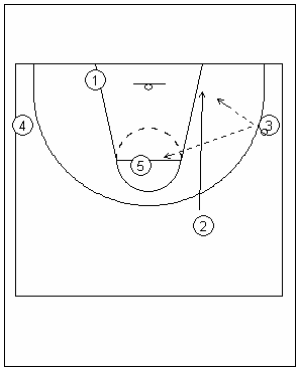


DRIBBLE ENTRY WITH DEFENSE



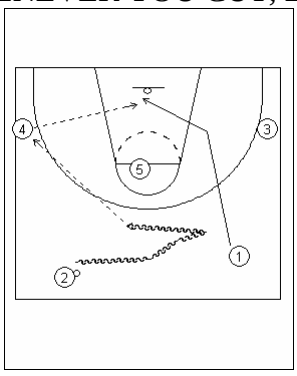




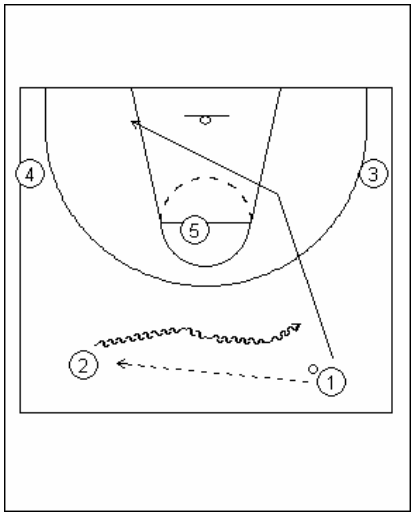


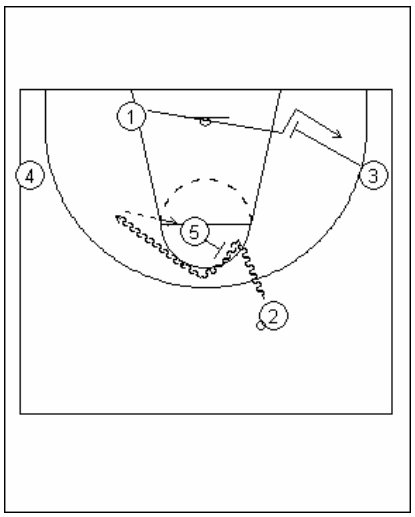
back door cut

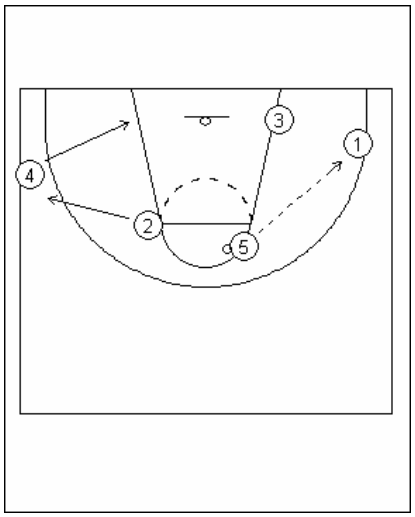
WHENEVER YOU CUT, LOOK FOR THE BALL

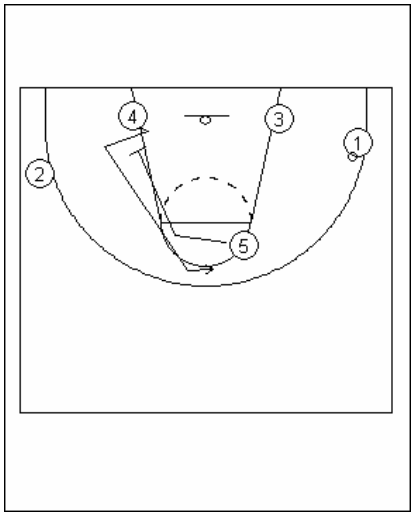


FROM HIGH POST TO LOW POST





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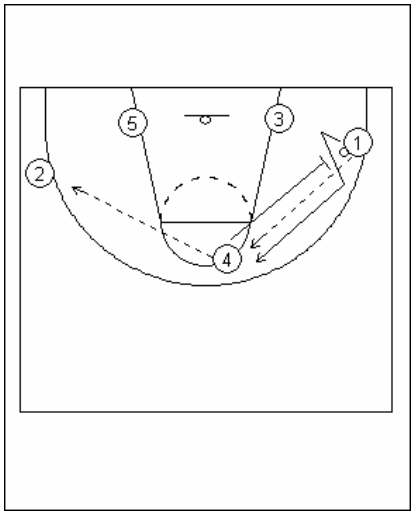
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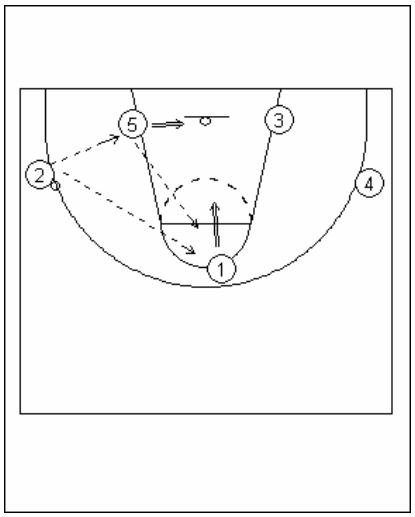
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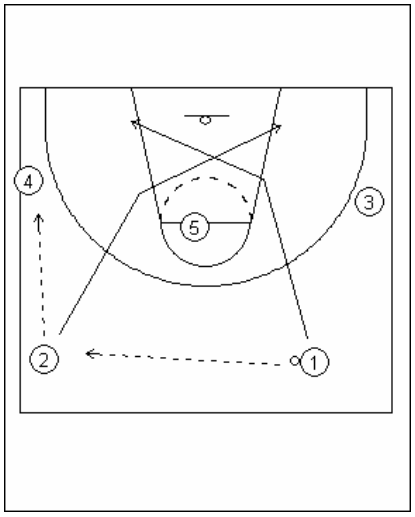
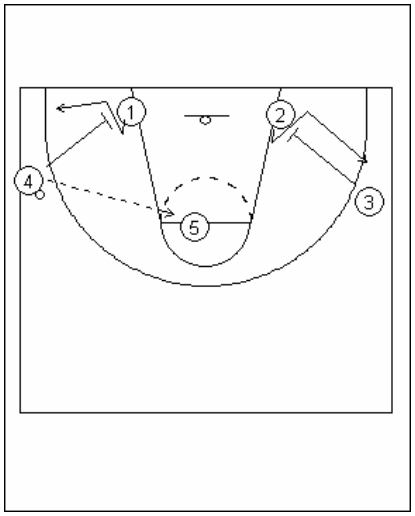
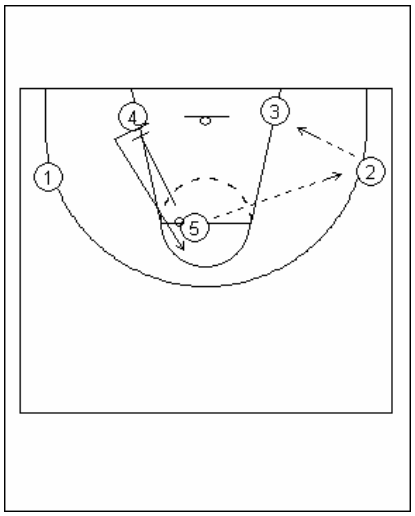
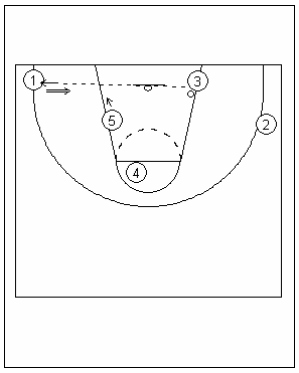
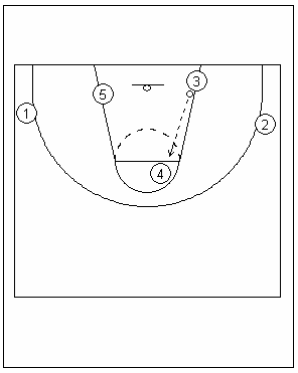
FROM HIGH POST TO LOW POST
DRIBBLE ENTRY





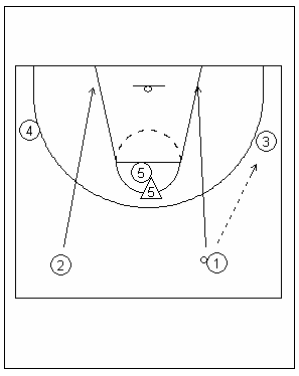


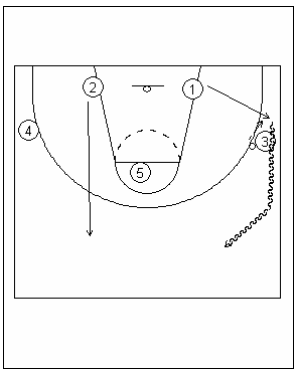


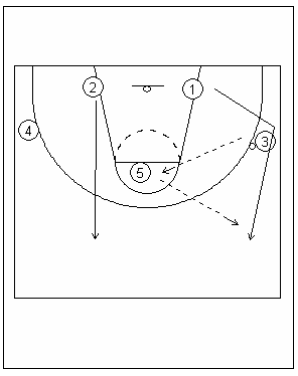


and go on…

SAGGING DEFENSE







A Defensive System

By James Barton III

Here is a little bit about my philosophy and the system I have used for about 10 years now. I have to tell you about the defensive system because the mode we are in is a determinant for how we are going to defend screens.

The roots of this system came from Mike Jarvis, then at George Washington, later at St. John's University. We modified it and added to it to suit us. It is a great system. I am putting it in at my third school. I spent two seasons putting it in at my last school. Last season we were the top-rated defense in our conference in terms of PPG and % allowed. So, it works if the players do.

We have, when it comes to the man-to-man deployments, 4 basic modes:

We have a help defense, with the usual concepts of on-the-line up-the-line and one pass away, two passes away and all that. This is "Red."

We have a total denial defense in which there is no help, everyone is locked on to his assignment. This is "White."

We have a sagging defense in which, as usual, we are pressuring the ball handler, but everyone else is guarding his assignment with one foot in the paint. This clogs up the house. It is "Blue."

Finally, we have a "Combo" or combination of those in which we can use any of the other three deployments. For example, we can go "White" on a good shooter. We can go blue inside to ensure an inside defensive presence, or, to protect a big man. Or, we could go Blue outside on a player who perhaps isn't a scoring threat. And we could go Red on other players to provide help to tougher assignments. So, we can run a "Blue White" Combo, or, a "Red White" Combo, a "Red White Blue" Combo, etc. We also use numbers to indicate where we are picking up. But, the numbers do determine are approach to screen defense. The colors do.

Here is a description that shows the deployments and the requirements for screen defense. If you ever play us, you'd know something about what we do. But, you'd still have to be better at it than we are and you'd still have to beat us.

RHS ROYALS DEFENSE

RED DEFENSE (HELP) MODES

- DENY NEXT PASS
- SIDE THE POST--NEAR HAND AND FOOT BETWEEN MAN AND BALL WHEN BALL IS ABOVE POST PLAYER
- SIDE FRONT MID AND LOW POSTS WHEN THE BALL IS EVEN WITH THE POST PLAYER
- CIRCLE AND ESTABLISH BASELINE SIDING POSITION WHEN BALL IS BELOW POST PLAYER
- TRAP ALL PASSES TO POST
- 1/2 WAY RULE: WHEN NOT DENYING IN “WEAKSIDE HELP” POSITION, 2 OR MORE PASSES AWAY, BE CLOSE ENOUGH TO PUT FOOT IN LANE APPROXIMATELY HALF WAY BETWEEN MAN AND BALL
- ADHERE TO “LINE OF BALL” RULE, WHICH SAYS YOU SHOULD ALWAYS BE BELOW THE LINE OF THE BALL
- STAY BETWEEN YOUR MAN AND THE BALL
- GO OVER TOP ON BALL SCREENS
- SLIDE OTHER SCREENS, SCREENER-DEFENDER IN HEDGE POSITION
- COMMUNICATE
- NO FACE OR INSIDE CUTS
- DO NOT SWITCH

- 40 RED = FULL COURT MAN PRESSURE INBOUND PASSER
- 30 RED = ¾ COURT MAN SHADE THE POINT GUARD
- 20 RED = ½ COURT MAN CENTERFIELDER, FACE GUARD
- 10 RED = PERIMETER MAN TO THE ARC PLUS ONE STEP

WHITE DEFENSE (DENIAL) MODES

- EVERYONE SHOULD BE CLOSE ENOUGH TO TOUCH THEIR MAN
- DENY ALL PASSES
- SIDE THE POST AS IN RED
- DO NOT TRAP PASSES TO THE POST
- SWITCH ON ALL SCREENS
- COMMUNICATE
- FOLLOW BALL-YOU-MAN PRINCIPLE

- 40 WHITE = FULLCOURT MAN DENIAL
- 30 WHITE = ¾ COURT MAN DENIAL
- 20 WHITE = ½ COURT MAN DENIAL
- 10 WHITE = PERIMETER MAN DENIAL TO THE ARC PLUS ONE STEP

BLUE DEFENSE (SAG) MODES

- EVERY DEFENDER EXCEPT BALL DEFENDER HAS ONE FOOT IN THE PAINT
- AGAINST 3-POINT SHOOTERS ON BALL SIDE, WE ADJUST TO JUST INSIDE THE 3-POINT ARC
- DO NOT DENY NEXT PASS G-G OR G-F
- SIDE THE POST AND DENY POST PASSES
- TRAP ALL PASSES TO THE POST
- DENY ALL PASSES IF DRIBBLE IS DISCONTINUED
- TRAP BALL SCREENS AND DRIBBLE HAND-OFFS
- SWITCH CROSS SCREENS INSIDE, PERIMETER SCREENS, DOWN SCREENS, AND DRIBBLE HAND-OFFS

- 40 BLUE = SAG BUT PICK BALL UP FULL COURT
- 30 BLUE = SAG BUT PICK BALL UP 3/4 COURT
- 20 BLUE = SAG BUT PICK BALL UP HALF COURT
- 10 BLUE = PERIMETER MAN TO THE ARC

COMBINATION DEFENSE (COMBO) MODES

- COMBINES ELEMENTS OF RED, WHITE AND BLUE DEFENSES
- PROVIDES A VERSION OF BOX AND ONE, TRIANGLE AND TWO, ETC.
- WHEN IN WHITE, DO NOT ALLOW YOUR MAN TO TOUCH THE BALL
- TRAP PASSES TO THE POST
- SIDE THE POST
- GO OVER TOP ON BALL SCREENS
- SLIDE ALL OTHER SCREENS
- DO NOT SWITCH

COMBO CAN BE ANY COMBINATION OF RED, WHITE AND BLUE, PICKING THE BALL UP AT FULL COURT, ¾ COURT, HALF COURT, OR AT THE PERIMETER.

GOLD DEFENSES (ZONES) MODES

GOLD DEFENSES ARE ZONE PRESSES OR STANDARD ZONE DEFENSES AS DETERMINED BY THE NUMBERING SYSTEM IN THE MODES TABLE

- 41 GOLD = FULL COURT 1-2-1-1 ZONE PRESS
- 32 GOLD = ¾ COURT 2-2-1 ZONE PRESS
- 21 GOLD = HALF COURT 1-2-1-1 ZONE PRESS (SOFT)
- 23 GOLD = HALF COURT 1-3-1 ZONE PRESS (TRAP)
- 12 GOLD = PERIMETER 2-3 ZONE or 2-1-2
- 13 GOLD = PERIMETER 1-3-1 ZONE

Defensive Close-outs

Close-outs are the action of moving from one's position on the court into another position in order to appropriately guard your man. When we teach closeouts, we teach a number of required techniques or tasks, among which are defensive slides. And we want out closeouts to be accomplished in such a way as to get the ball out of the middle of the floor and out of the lane and keep it out.

When we teach closeouts, we first discuss communication, hand position, and overall position on the court relative to the location of the ball and your man, stance, and foot position. Then we get to the act of actually "getting there." We break this into two stages: (1) sprint and (2) slide (defensive slide). When we closeout on our assigned man, we sprint 2/3 of the distance and then we slide the other third.

"Getting there (the combination of sprint and defensive slides)" quickly and under control and in the correct position, stance, etc., add up to your "closeout."

This sounds rather complicated and actually it is. Like everything else, like shooting, like rebounding, like screening, etc., there are a lot of necessary techniques that add up to the overall action. But it isn't rocket science. In defense, I always talk about the 6 C's: Communication, Closeout, Control, Contain, Contest, Convert. That helps us focus on the main elements of our defense.

Defensive slides amount to the footwork piece of adjusting your position to guard your man. A lot of coaches at some point in their season or off-season program have numerous drills to teach and develop footwork. On the defensive end, that are defensive slides. So, after you teach proper stance, you teach footwork, you teach defensive slides...lateral, advance, retreat. Aim the lead foot in the direction you are going, short choppy steps, stay low, etc.

Probably in its best form in the early stages of teaching defensive slides and even revisiting throughout the season to reinforce good habits, are those drills where the slides are done in "slow motion" in order to correct on the spot and emphasis good habits.

Every decent book on building defenses will include among its drills, those for defensive slides and for closeouts.

Note: I also have 6 D's to follow. (I guess I am an alphabet kind of guy): Desire, Dedication, Determination, Discipline, Dependence, Domination. Those are what I call the 6 D's of Excellence. In microcosm, we apply that to our defense. In macrocosm, you can apply it to everything in life.

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.

LMU Fastlane Video

System designed to wear down opponents
run on everything
find first shooter he shoots it every time he is open
all 5 need to shoot it

LANES: run a numbered fastbreak

- only 5 takes it out –take from net run right to 1 outlet
- 2 man sprints rt side to 3 pt line head down
- 3 dead sprint left side wide to block
- 4 stays parallel to 1 a bit behind
- 5 down center of court as trailer

1-push hard and pass for a score at any time
option 1 is 3 man if passed you must try to score
option 2 is 2 man for 3 pt shot

1 dribbles to rt elbow ---if open can pen to score or pull up
opt 4 at lt elbow 1-4 top
2 on 3pt line

1 kick 2 and 4 diagonal cut to rt block (1-2-4 is what they call it)
moment 4 cuts 5 fills his spot
Options:

- 1-2 pass look shot then 4 (2-4 pass)
- if 4 is fronted kick to 5 (shoot or hi low 2-5 skip)

If on outlet they deny 1
5-4-1 pass 5 inbound to 4 flashing back to 1 cuts to middle of court

deep outlets key 1 blowout dribble first two then control

CALLS
5-1-3 in practice drills (5 on 0)
5-1-2 for a 3

If they play soft d on 1 he must score- with hesitation or pull up

(1-4 on top) 1 hits 4 for shot or pen on diagonal cut
5 man fill-hit 5 after 4 cuts

anytime it goes 1- 2 = 4 cuts and 5 fills
2-4 or if front 2-5 skip
For the 2 man option one is always shoot two is pass

1-2-5-3 progression passing series on break how they call plays

Second shot is key to system you must hit oreb with four players and work to get second shots.
By shooting it in transition you have better opportunity to get oreb and 2nd chance shots

Drill:
2 and ½ cycle in 28 seconds

- 1,2,3,4,5 in order make or miss 5 always takes out
  others always run to spots
- Players score in there practiced roles no freelancing

***Key to break - every man runs as hard as they can-RUN FOR YOUR TEAMMATES

DRILLS``````
5 ON 2 ON 3

- Coach misses five vs 3 at one end score as quick as possible (if def reb they outlet to offense)
- come back versus 2 go twice so you end up same end you start

5-4-1 VS PRESSURE
Can't inbound to 1 (deny) so hit 4 and then 1 cuts up middle
vs 3 in the backcourt and the other 2 waiting (end up 5 v 5)

**Point will seal man so he can get out and start break-outlet

5 ON 4 up and back twice 4 players stay at the one end
coach calls out options 125 124 etc
124 pass inside out 4 makes pass out to two or 5 or 3
153 option

INDIVIDUAL DRILLS
1 and 5 outlet drill (51 continous)
two lines up top 1 pull up 5 reb and outlet on miss takes it out on make
1 can kick to five for shot but same outlet motion

- 1 cuts across court towards sideline above the 3pt line for outlet - head up and push Really throws ball out in front to create space and go!!!!
- 5 steps one foot out of bounds ball stays above head and outlet quickly

If rebound comes off left outlet left // right is same

2 man shooting drill

- coach passes from top of key 2 man shooting 3's of the catch and running hard to spot
    - rebound own shot and pass to coach (2 Balls)
    - Catch, square, release
    - player must run hard to spots (anywhere on rt side 3pt line)

3 man shooting drill

- 3-man lob (really a long lead pass not lob)
    - have coach or 1's throwing lead pass from behind ½ ct to sprinting 3 man
        - 3 starts behind ½ ct
- same drill to pull jumper (10 ft and in)

1-4 on top

- 1 or coach pass from top of key to trailing 4 man for jumper
- 2nd part is penetration to floater or rack it

124 cut

- 1 pass to 2 hits 4 on cut to post

Closing comments

All about hard work

Running for teammates is key

Commitment by players and coaches to system is key

Must be a team player and work hard on every single play whether you are getting the ball or not

SYSTEM NOTES CLINIC (GRINNELL)

don't watch shots - you know you are going to miss the first one get to the next shot move don't watch

everything we do is for the opportunity to press!!! made shot miss shot etc…

Scripting shifts?
platoons 3 groups of 5 or 2 groups of 7/8 depends on depth and skill of players

Work with options for each platoon 2 or 3 plays and alternate sides(invert) on basic play, basic plus 2 plays. KISS

On an oreb -pumfake to draw def and then kick out to shooter. again and again
    4 to boards-after oreb is secure rebounders go to find shooter and screen

Drill:
fastbreak lanes – open up middle third
run offensive play, on miss kick out until made continue up and down court 4 times with 2nd shots and 3rd put back

every pass has a message on it (shoot it!!!!)

2man always on right side
    run to sideline first then up court

Point guard- catch, look, go on outlet / throw the ball out to yourself with the first dribble

Basic play
Double/ triple screen on break
head hunt first screen- post
read second screen – 3
clean up third screen - trail

shooter fans on pt line after shot
    other four to boards screen in

double screen options
    curl regular
    def goes over top fade
        not to corner but higher so he can penetrate either way
    slip for head or read
Use hand signals for fade –up- curl-outside hand dive-inside hand

when the ball cuts the arc nearest player fills to that spot for kick back
1 5 trail

2nd option
2 curls second man follows with fade

Dribble at primary shooters man for dribble hand off three
counter is point hesitate and fake dho

*******Film of options----disc one 35:00**
GOALS MARINA 60% 3's grinell 50% 3's
80 fg att
48 3pt att
OReb 35 % of misses
force 26 TO
Shoot 24 more shots than opponents
Met 4 or more goals 10-2 recrd

breakdown= 33 3s 45 2s 10-15ft =86 pts
think of second shot at 3 = mulligan
instead of screen fan, one dribble kick wide open
Jump stop = get your feet into the floor and then make pass

5 SITUATIONS
1. MADE BASKET 55-60% of situations
2. MISSED- DEF REBOUND
3. LIVE TURNOVER
4. OFFENSIVE REBOUND
5. REFEREE HANDLE

teaching 1-2 curl 1-4 slip
12 dive option 15 trail
tell them what kind of defense they are seeing not what to run as change ---3
defensive tactics = switching,trailing,picketfence,

three teams 5-4 purple vs white then five on four purple vs gold (with Chaser) then purple vs white again then white vs gold for three times….
Also with make it take it

End all drills with press simulation vs 1211 press break or 14 press break

on TO you bring it not necessarily a pass same as rebound W/exceptions

Get post to want to get shots for shooters

PASS TO CHIN!!!!!

OB PLAY shooter at 3pt line left lane line extended screener at rt ft line big at corner 3pt line staggered screen up for shooter to strong side look at second screen slip and also if entered to corner penetrate at inbounders man and pitch back 3 or ib guy off weakside double

side ob dazzle continous screening create a mess and get it in

Zone off
Screen two outside men, first screener flashes to high post second screener flashes to basket
exploit inside of zone---hi post

Shooting drills
3 man with penetration and js rev pivot

6 line 2 ball
---pt on right with 2 goes through off screen for fade to corner rebound and kick out for second shot made or missed
12-fade
15-slip ---score or kick out for three w/pumpfake
12- curl pt pen and js rev piv
pt push out trail onball w/pop or roll
pt pen with fill to cross spot

!!!! offense basics-clear the side of the floor the ball is on make a move kick out clear make a move etc on weakside set screen

14 sec drill---corner, curl, back pedal, fade make 3 go again

25 shots --- 10 catch and shoot , 10 on move, 5 nba freestyle

********DEFENSE******
Ultra aggressive 1-2-2 or 1-2-1-1

Do whatever we can to get the ball back

early ok to give up points to suck into pace

assign positions based on press spots --right front, interceptor…
force non ball handlers/decision makers to do just that
-make bigger players bounce to make them play at your level, don't let them play above your head

must encourage anticipation and gambling

score in 10 sec is better than a stop in 30 seconds
near man concept vs position for press

Denial-force pass over head to back flow__RUN BEHIND THE BALL NOT THE MAN!!!!!

Always keep space when denying don't let them in your body

Scout press breaks! alignment and break motion
up= man on ball \\ back man shadow and anticipate behind two deny people

put 2 in back of press not big athlete get steals \ big on ball

outside in back to sideline when ball on right and player on left pass over head

inside out opposite forcing catch in corner (run to teammate- no split) force to sideline

always show denial even when encouraging to catch (camoflage)

First trap____ QUALITY OF TRAP is key hands out and up
Defender needs to learn to read the trap, where is the out?
As reader show them the pass so you can get the steal (make man appear open)

play gaps not men…you have to get into passing lanes not to guard an individual (draw a fan and show circumfrence…closer smaller arc)
clip 41:55 unreal hustle

Make a decision don't hesitate don't get caught in between
must be big to force bounce or lob out of trap
don't jump to tip, make a quick turn and sprint to next trap, pass should be a lob because you are being big

make them throw over your head in deny

must make it first reaction to match up not run back
same person deep everytime- same take out of bounds every time FOR US

Make them beat you with dribble
attack defense with hands high force lob or bounce

Can't allow "lag"=backward passes, they eat up clock and defeat what the system is about, force them to constantly go forward, also avoid cross court passes if possible

Line up outside of man\ butt to sideline = to narrow his ability to go both ways take away options

Always make opposition think they worked to get ball, show denial

When you come to trap run to your teammate so as to not allow split

Shoulder runs- get him going run shoulder to shoulder
trap from behind –make him make a play under duress

two on one def should make sure to stay in passing lane make the dribbler finish or at least decrease passing distance- back flow takes away pass
worst thing is to foul- don't reach fouls stop clock

missed ft or shot send closest two people to trap, shooter is deep and the other two are readers/anticipators

missed press- it is crucial to have a Jammer, person who is blocking in for oreb is in good position to start initial trap, if you run by to try to get inside position the def reb person has clear path up floor

- As shift goes in the press and the plays are sent with the shift not usually called out

Keep oppositions pt gd <u>under duress</u> and allow them to make mistakes, "give them the opportunity to make mistakes" all night long

backflow-chaser can't quit, must continue to chase from behind just in case the ball handler decides to turn around or back it out

1\2 COURT DEF

trap, lag, skip, corner, high post = gap terminology
can't allow pass to high post
Always in lag lanes-deny

- on long passes don't chase with two people ---send closest person, square up and trap on dribble
- on pass to corner seal in on high side forcing to baseline—help from weakside or let them lay it in
- there is always going to be one of their guys open if they make the great pass then they are going to score
- some teams will shoot 65-70% and still lose to you if you reach your goals

on ob plays give them an area and force the pass to that spot, takes away plays

texas tech press?

If you are going to run this system you must sell out and do all of it you can't pick and choose and be successful.

la times article marina/Redlands

group notes:

We have basically 3 shifts. I have tried to explain it a few times here and it gets confusing so I will just write it.

1- Laura (point) Megan (shooter) Natalie(utility), Sheena(size-trailer), Latoya (div 1 athlete-scorer)

2- Kendra (point/scorer), Megan (shooter), Kala/Emily (defense), Ciera/Leigh (rebounder), Latoya

3- Laura (point/shooter), Kendra (scorer), Dazarae (defense), Ciera (effort-reb), Leigh (rebounder

We do the normal shifts of 1:00 and shorten to :40 if we are a little tired. This allows our best 4 scorers

to be on the floor 67% of the time, our other best rebounders on the floor 50% of the time and our others 33% to 16.5%.

First to 10, most attempts in 45 seconds, shoot for 1 minute who makes the most in a row are all good. Transition shooting as a team with a goal to reach in a time limit.

Have two guys under blocking out two offensive players. One man with ball comes from the midcourt to the top of the key and takes a pullup 3-pter. Offensive rebounders work on "pinning" in the Grinnell style. If they can tip or rebound the ball and kick it back out to the shooter, they do so and the shooter continues to shoot until the defensive team blocks and rebounds the ball. If the defense rebounds the ball, they outlet it to the shooter and the three of them proceed to the other end of the court. Meanwhile the rest of the team is stationed on both sidelines at mid court w/balls. The defensive rebounders now sprint the wings and receive passes from those on the sideline. All three players shoot at the other end (designate one person to take a layup). They rebound their own and that cycle is dead, they get in the back of the midcourt lines. The drill is continuous, so once they head down the other end, a new group of 5 players (2 def rebounders, 2 pinners, and 1 shooter proceed)

The key emphasis are pinning and hitting the open shooter at the top on offensive rebounds.

1)When team's soft double after an inbound (on misses you should be able to hit open players ands get the ball down the floor before this can happen) we will swing that trail wide and ahead towards the middle and throw over the top to her. She can now attack and we are 4 on 3. (If their trap is so big you can't do this we just swing it to the trail one step behind the ball, and she attacks on the catch) Except for very well coached teams, the two defenders will almost always turn and sprint ahead, meaning your point can often get the ball back if she sprints to an open spot. I prefer the trail attacking like a point to increase pace.

2)In the LMU break you can also inbound from your trail to your other

post (the famed 5-4-1 pass, though we call our trail a #4 and first cutter #5, so for us it's 4-5-1). When denied we back cut the pressure and go over the top, when it is soft pressure we front cut the #1 defender/get the ball and attack across the post defender. This usually gives 3 on 2 and ends up leaving the posts open on trails and cuts in the confusion.

3)Lastly you can post up your #5 in the middle of the floor just like you would vs. zone pressure (2-2-1 or three quarter 1-2-1-1) and attack from there with give and go with #1 and #4 working with the #5 or #5 attacking and passing ahead.

We almost always go with options #1 and #2. #3 works with a mismatch at the #5. I'd rather have her under the basket already in most cases.

Having a point who can push and attack regardless is really the key. Coach A has mentioned earlier this season that not having points who have developed this skill was something hindering his team in the early going.

Lastly, I think the biggest strength of the system is that it allows you to coach in a positive manner, with a focus on PROCESS over RESULTS.
Every sports psychologist I have ever read, the idea of focus on process instead of results is the cornerstone of their teaching. The system is a clearly defined process the players can see, with clearly defined EFFORT goals (process goals actually) that players and coach can
stay focused on. So when things go bad (like poor shooting in your case), I think it is important to stay focused on the process (like you seem to be doing) and not having the kids start thinking about results ("man we have to shoot better, why are we shooting so bad, if we don't shoot better we will never win").

If they keep thinking "we're good shooters, and we're doing everything we can to shoot well, so the ball will start falling---and when it does,
look out" things will turn around.

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

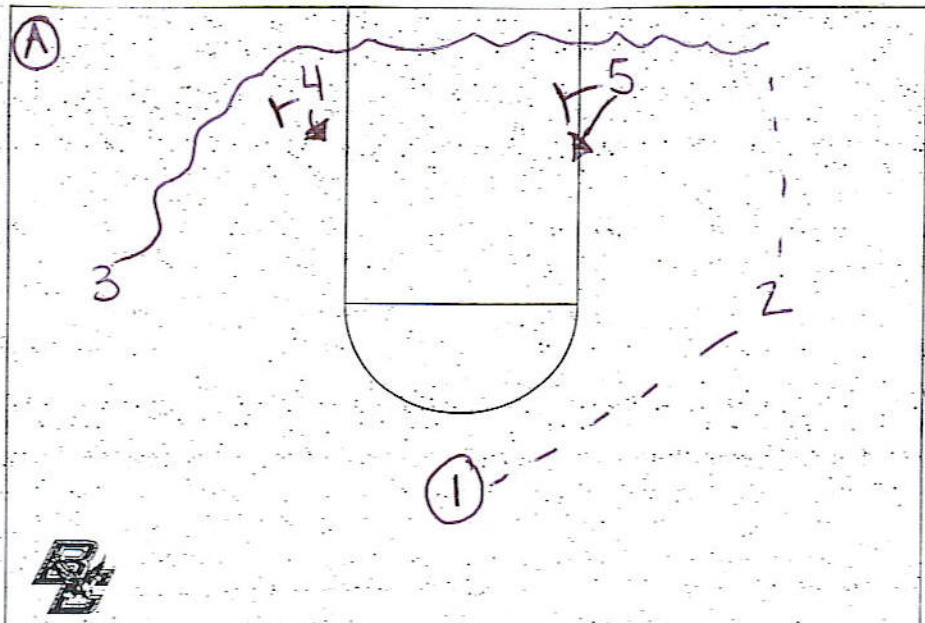
Reverse elbow pickup, same drill go past the chair, touch the elbow and shoot it in the middle

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.

3-man Motion

wheel



Play #3 Notes

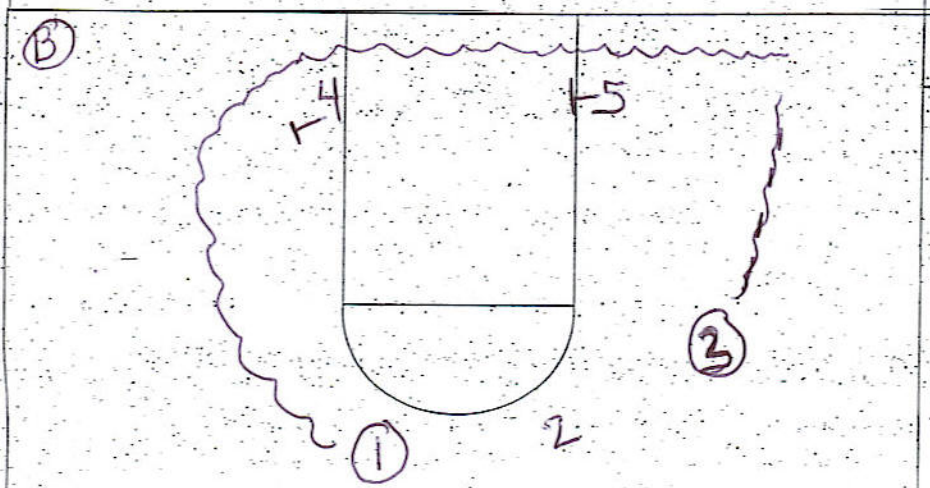
1, 2, 3 are interchangeable

4, 5 are screeners & flash after screen

⊢ = screens

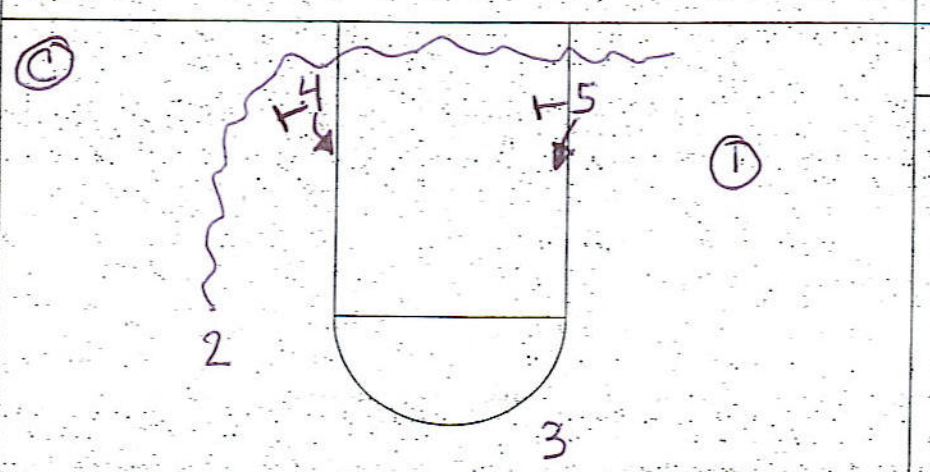
〰 = Coming off screen

→ = slip of flash after screen



Play #2 Notes

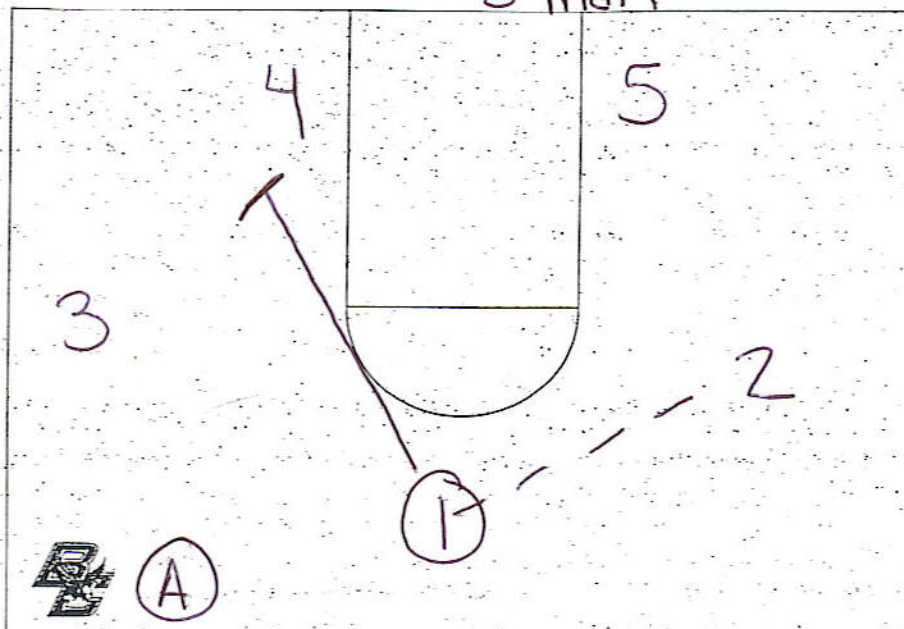
At anytime guard can peretrate to create for himself & others.



Play #3 Notes

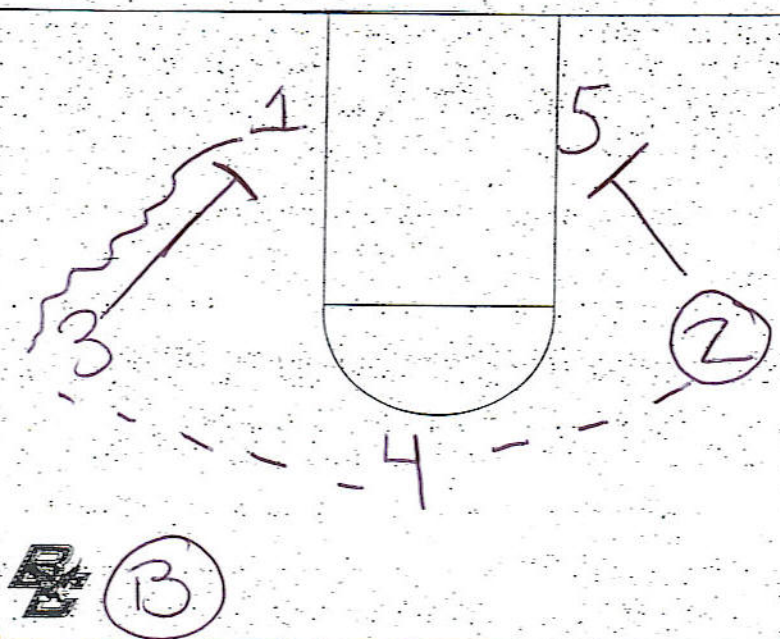
3 man Motion-(Continuity)

3 man



Play #3 Notes

This the pattern of the motion. has vaious of options. If patient & run right we can get a good look every time down. After every set or no set is called we run right into this. Must utilize the screen the screener action

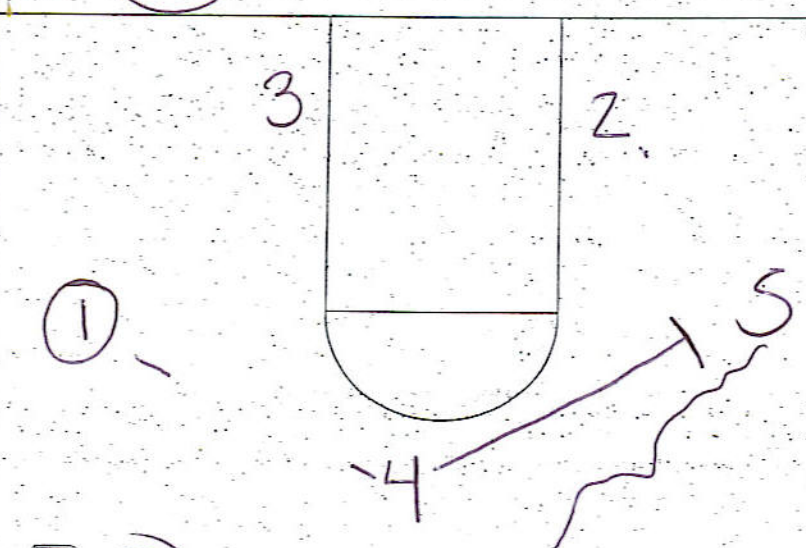


Play #2 Notes entry

- One down
- cross
- pop
- L. A
- Triangle

will run right into this

point man has choice to set a cross or pop screen

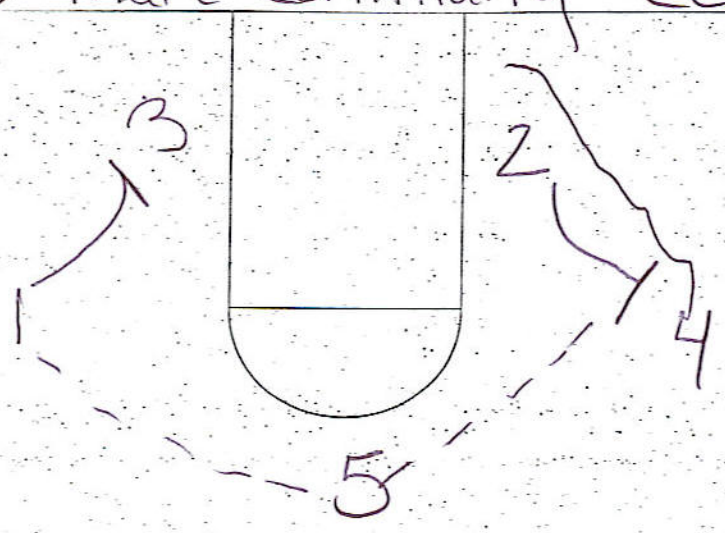


Play #3 Notes

on pop & Down screen Players comin off screens may curl to Basket. the screener should roll Back to ball if this action occurs

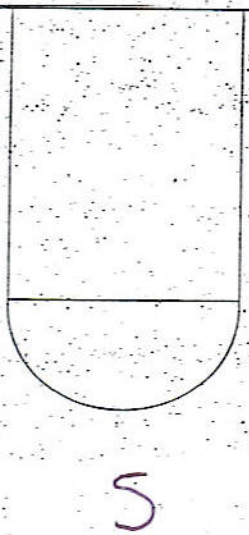
Cont

3 man Continuity (cont)

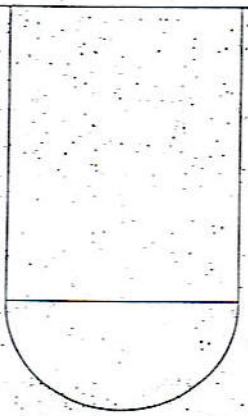


Play #3 Notes

on the reversal see the screen the screener action for the full reversal

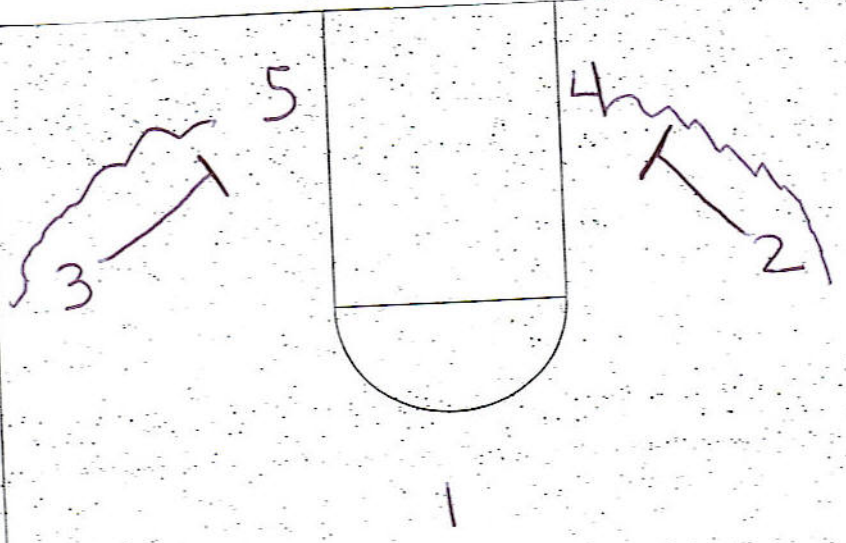


Play #2 Notes



Play #3 Notes

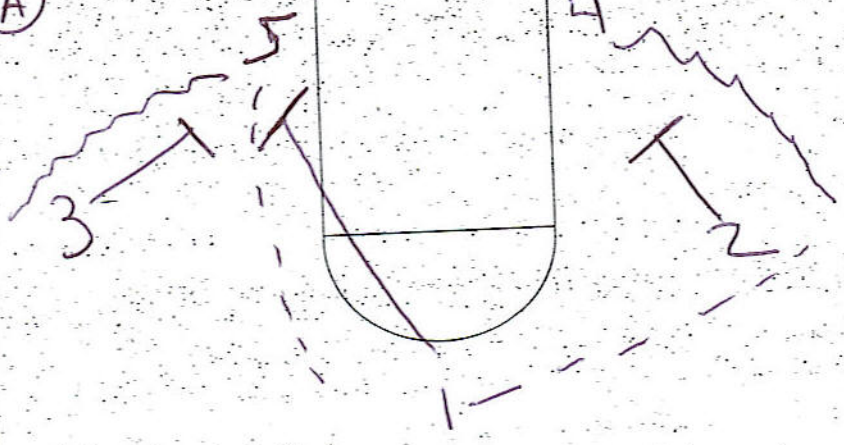
1 DOWN



Play #3 Notes

1 Down - A simple Down screen to get the ball from Point to wing. Point can pass into either wing. Then must do action off the ball. cross, or pop screen

(A)



Play #2 Notes

1 Down to a pop screen

2 & 3 down screen

1 passes to 4 then the 1 sets a pop screen for the 3 afterwards

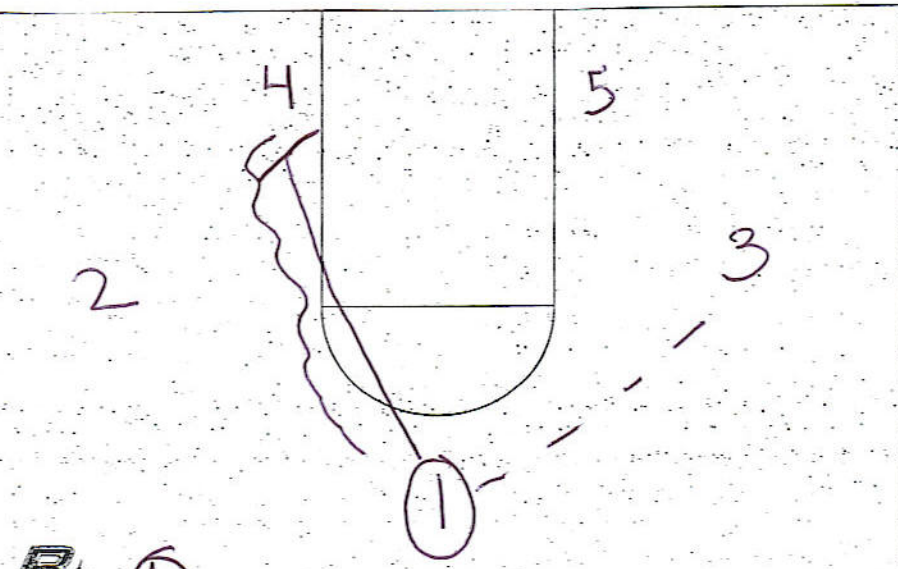
(B)



Play #3 Notes

After the the 3 can create or reverse the ball & the same action

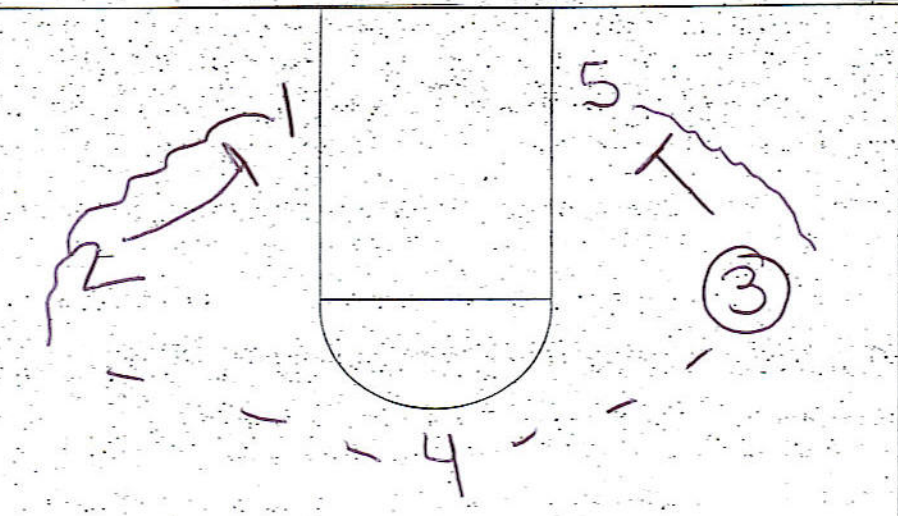
Pop Screen



A

Play #3 Notes

Pop screen - 5 to bring are low post up to catch, After the catch they can create, or reverse and cross, pop, or Butler to keep action going



B

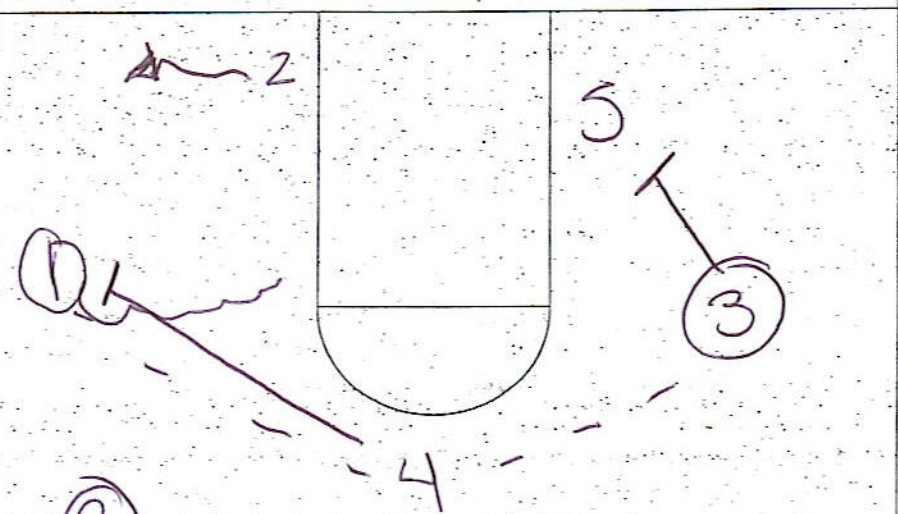
Play #2 Notes

1- looks to come off down screen, He can curl as well.

2- Down screens then slip

3- down screens 5

4- looks to shoot if open, if not can reverse to 1 for shot or a Butler Ballscreen

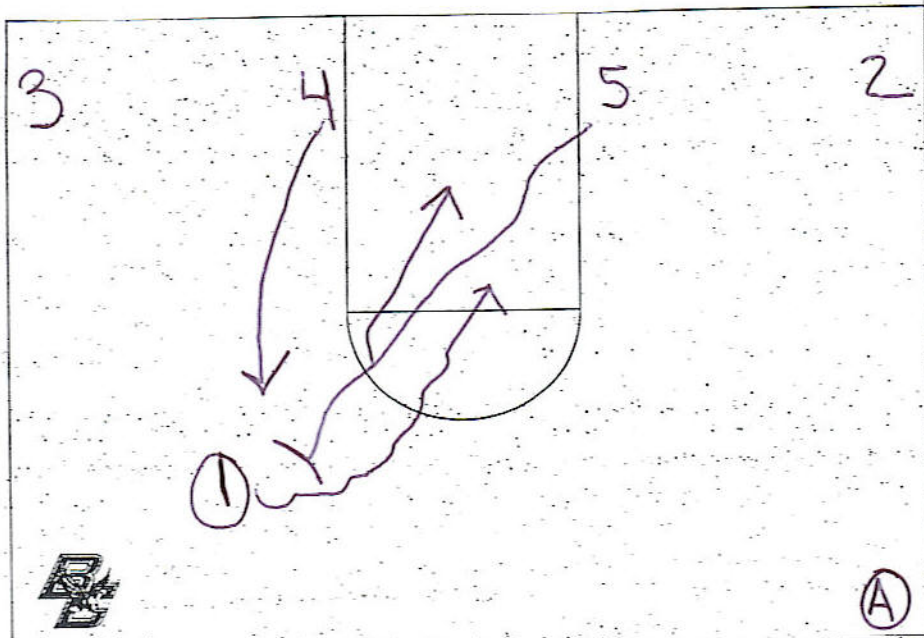


C

Play #3 Notes

If chooses the Ball-screen action 4 man will pop afterscreen

Butler



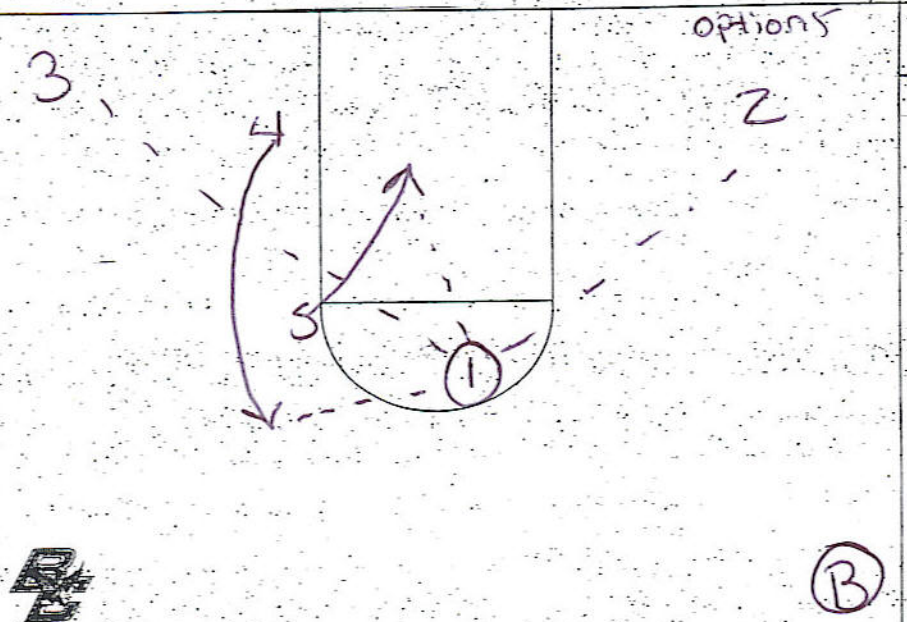
A

Play #3 Notes

Butler - High screen & role

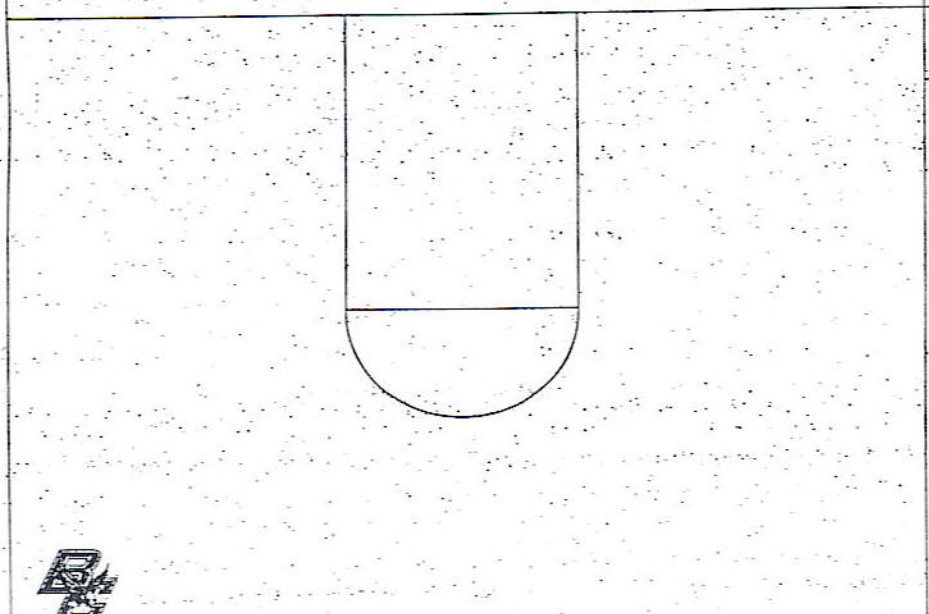
1 man picks a side opposite big corner up top. 2 & 3

Drop corner



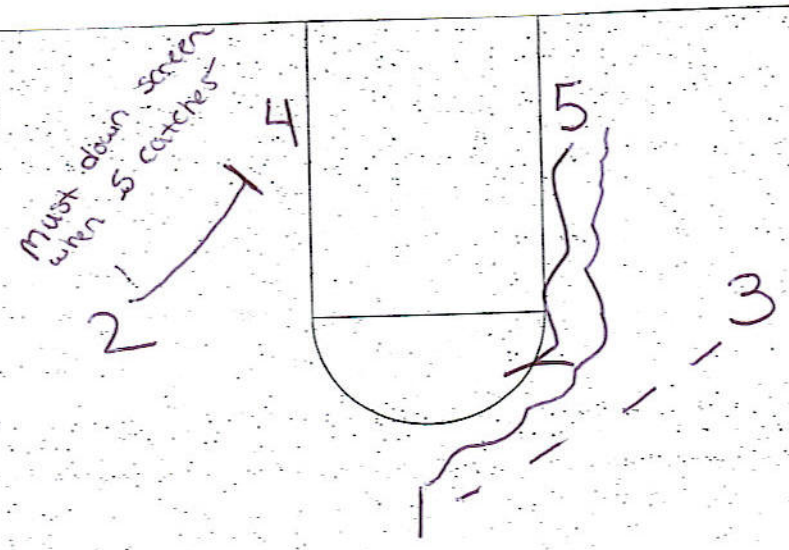
B

Play #2 Notes



Play #3 Notes

L.A



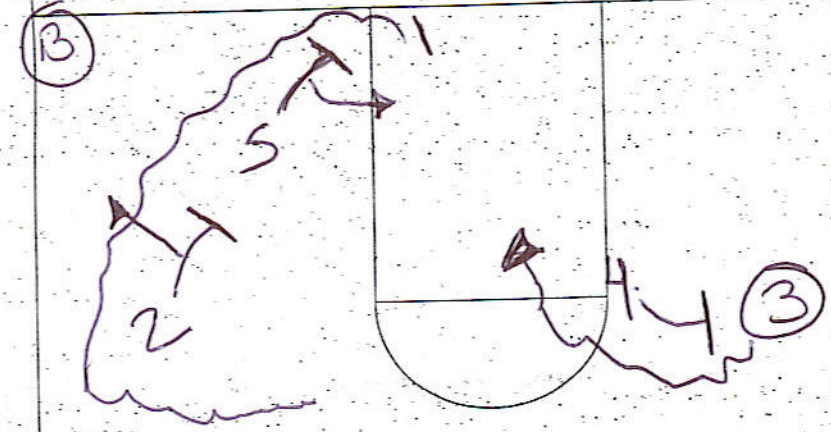
Play #3 Notes

L.A - is another entry. After post sets the backscreen, post can shoot or set a butter, cross or pop screen for secondary option.



Play #2 Notes

L.A - Butter on this set after 1 gets and Backscreen they will continue on thru the stagger screen on opposite side



Play #3 Notes

1 - comes of stagger screen

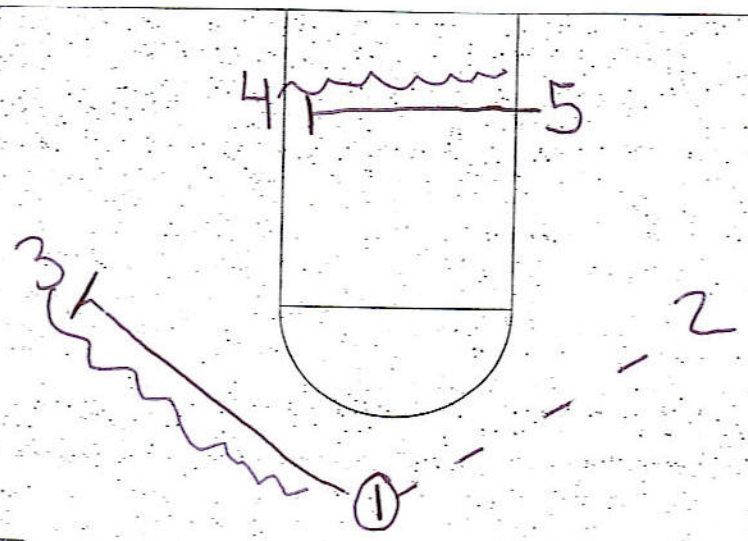
2 - spaces out after screen

3 - comes off ball screen

4 - either rolls down lane or pops after screen

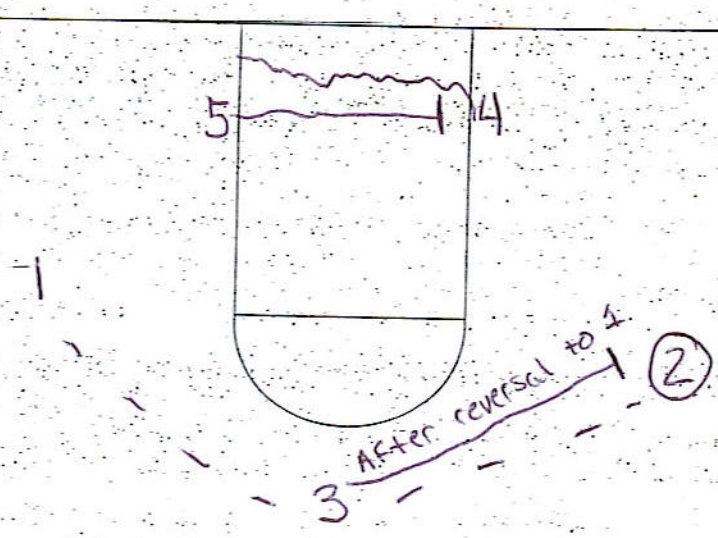
5 - slips to basket after screen

1 Cross



Play #3 Notes

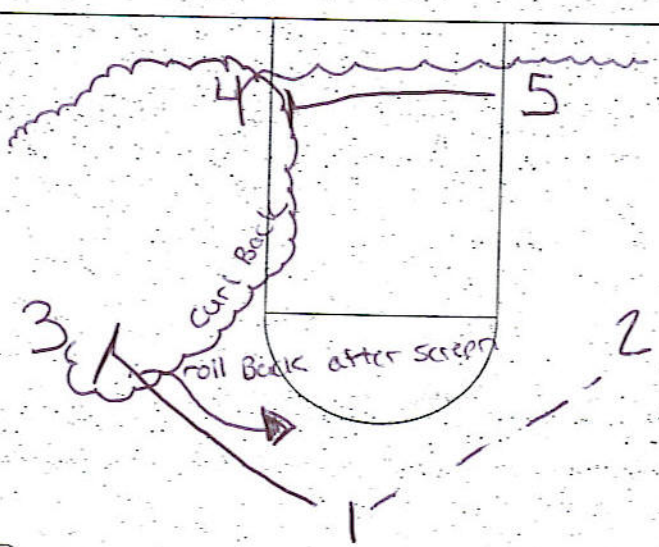
1 cross- A cross screen for the opposite post or guard. This also a entry into other screens



Play #2 Notes

4's & 5's should post for a 3 count the screen again for each other.

Guards must reverse the ball to each side.



Play #3 Notes

Post may extend out to short corner after screen. Guards may curl off screens & relocate to same side.

GH 3-man motion overview:

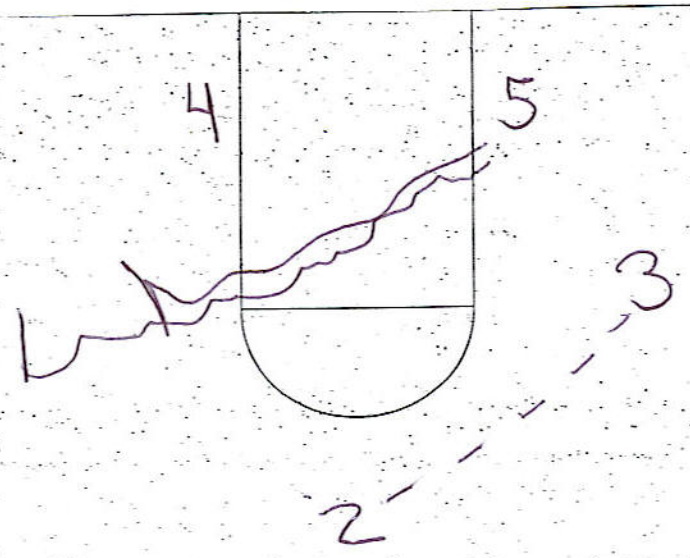
I.) Philosophy
- Motion vs. sets vs. flex (continuity)
- Teach shot selection/lesser players find a way to score
- Add motion principles/read screens
- Good for undersized teams and skilled big men
- Controls tempo/Exposes bad defenders

II.) Basic pattern/ Entries
- Down screens
- Pop Screens
- Triangle screens
- L.A Screens

III.) Pressure Releases/Reads/Tips:
- Wait for screens
- Time screens
- Spacing after screens
- Ball reversals
- Screen away if overplayed

Switching Counters
- Off the ball screens- 1) roll Back to ball 2) screen own man if switching and cheating 3) use footwork to get space 4) backdoor and replace

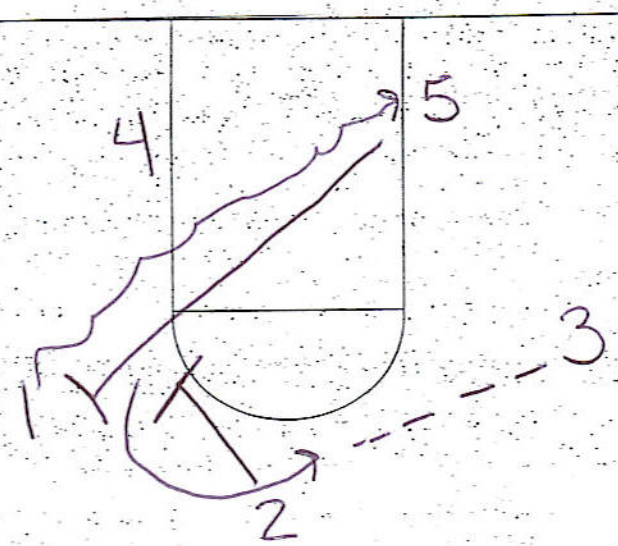
Triangle



A

Play #3 Notes

triangle - this is to try and get a wing to the opposite Block or a shot at the top of the key



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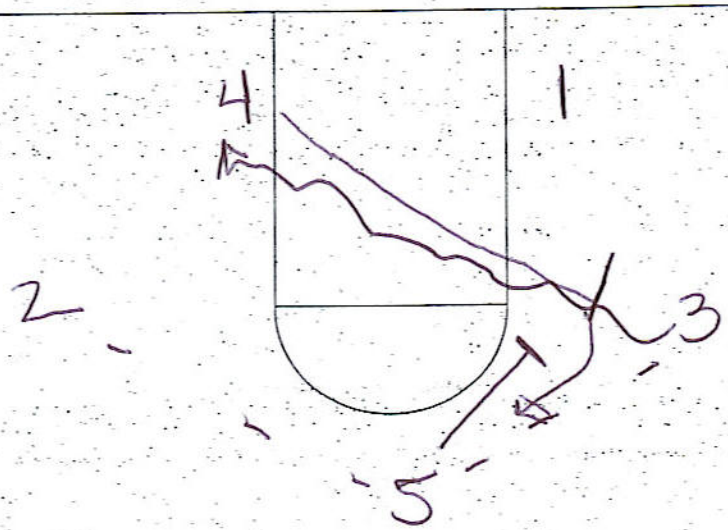
Play #2 Notes

2 passes to 3, 5 sets and diagnol screen for the 5, Then 5 Comes off a down from the 2

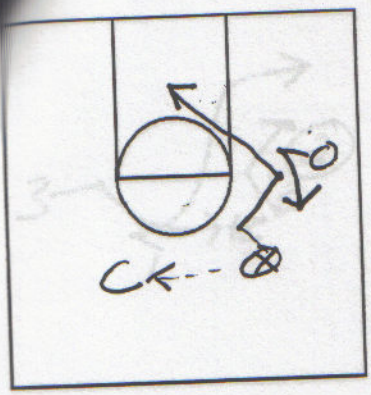


Play #3 Notes

after 5 catches, can create or reverse for same action

BUILDING A MOTION OFFENSE

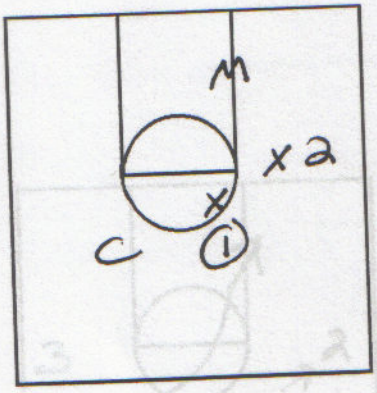
Written by Lawrence Frank



2 on 2 Screening - (Switching) - Using all screens - Sceener "slips" screen

- Second Way to React vs. Switch

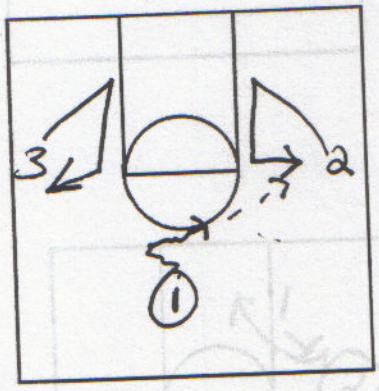
2. **Slip the Screen Vs. the switch**, the screener can be very effective. He should start to set his screen and just before he makes contact with the defender, he should split the two defensive players and make a cut to the basket



2 on 2 with Open Post - Perimeter

- Two perimeter players are placed in a 2 on 2 situation using a coach as a passer on the perimeter.
- A manager serves as the open post player
- "1" & "2" can use both the coach and manager as a release.

NOTE: The defense must react to both the pass to the coach and to the man in the post.



3 on 0 Inside Cut (Down screen)

Have both wings make L-cuts to get open.
"1" can pass to either wing and must make a good inside cut to the ballside. The receiver ("2") should catch the ball outside of "3" and sweep it thru.

MOTION OFFENSE

Ask your team what type of offense they least like to play against?

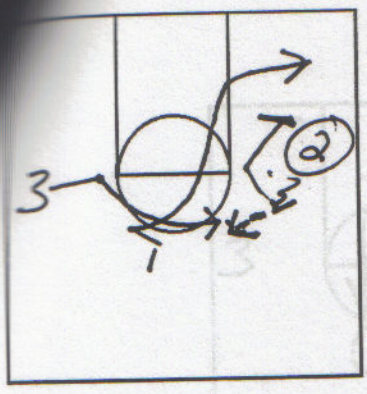
A. Always moving without the ball
B. Screening & Cutting Team
C. Smart Team
D. Occupies the whole defense all the time
E. Hard to predict what they will do

If your players hate to play against teams that run good motion, why wouldn't you teach them to run it against other teams. Good motion is extremely hard to guard. The following list is just a few reasons why motion is a very effective offense:

- Teaches kids how to play
- Less Stagnation - Gets more players involved = Harder to guard
- Hard to be scouted. Defense cannot anticipate sequence or pattern because the offensive movements (reads) are not pre-determined
- Always working on your defense in practice
- Easily adjustable to your personnel - Adjust offense to your player's individual strength's.
- More freedom
- Can adjust easily to any type of defense (Switching, Pressure, Zone)
- Stretches the defense and forces defensive players out of position

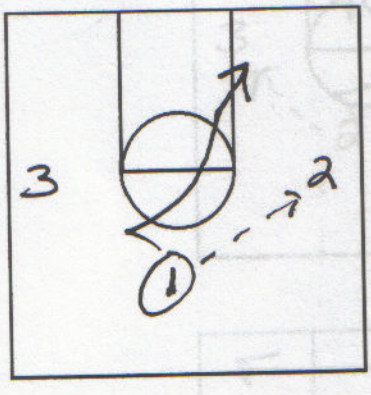
If motion is such a good offense, how come everyone doesn't teach it?

- Takes a great deal of time
- Hard to teach
- Unpredictable
- Lack of control



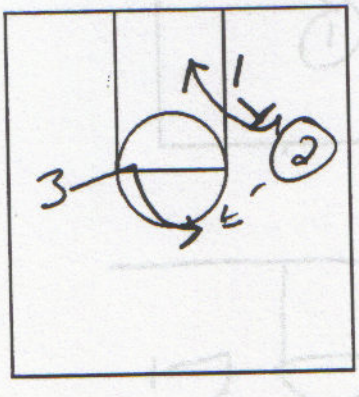
3 on 0 Inside Cut (Down Screen) (cont.)

- "3" makes a v-cut to the top of the key showing an outside target
- "2" takes a dribble towards "3" and passes him the ball
- After he passes, "2" sets a down screen for "1"
- It is important that "2" sets up his screen by taking a step towards "3" and setting the screen with his back to the ball.
- The coach should tell the cutter, the type of cut he should make (Curl, Flare, etc.)
- The cutter, "1", should come off the screen ready to shoot.



3 on 0 Inside cut (Back screen)

- Both wings make V-cuts to get open.
- "1" passes the ball to either wing
- "1" makes an inside cut to the ballside block
- "3" makes a V-cut to the top of the key
- "2" passes to "3" and receives a back screen from "1"
- "2" must make a good set-up and rub off "1's" shoulder
- After "1" sets the screen, he pops out for a shot.

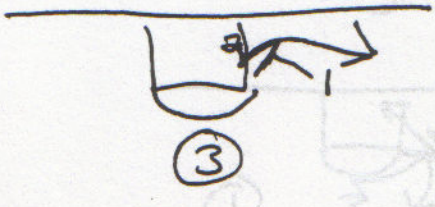


3 on 0 Inside cut (Backscreen/Re-screen)

Same initial action as 3 on 0 Inside Cut (Back to the basket)" but after cutter makes his back cut, the screener re-screens his "defender" to get "2" a shot.

NOTE: The coach should tell the cutter, how the defense will play the initial back screen and then let the cutter & screener make the read. It is important for the screener & cutter to comminucate

You may want to have a rule for the re-screen. For example, if the defender goes ballside of the initial screen = re-screen.



Many programs say they run motion but how come not all motion offenses look alike?

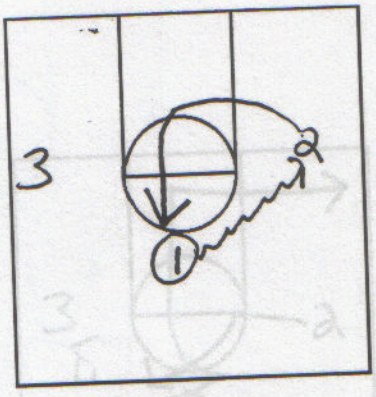
There are many different types of motion offenses that emphasize different motion principles. In fact, depending on a team's personnel their motion can change from year to year. Regardless, there are certain motion principles that remain consistent even if the alignment varies. The list below is a few different types of motion that are used by many programs in the country.

- Pinball Motion (Indiana, Evansville, UW-Green Bay)
- Great Spacing, Ball Reversal, Great Penetration (Duke)
- Open Post Motion (Cincinnati)
- Screen the Passer (North Carolina, Kansas)
- Structured Motion (Virginia Tech)

CHECKLIST FOR GOOD MOTION

- Spacing - Allows passing, cutting, screening, & penetration
- Ball Reversal
- Take care of the ball. 10 Turnovers or fewer a game. Every time your team turns the ball over, its a missed opportunity to score
- Screeners and/or cutters
- Shot Selection - Work to get great shots
- Shot opportunities - Are your best shooters shooting the ball most of the times.
- Are your role players playing their role
- Player movement - Are we hard to guard?
- Loose Balls & Rebounding
- Keep the ball in the middle of the floor
- Keep the ball off the baseline unless its for feeding the post or shot opportunities.
- Penetration - Hardest thing to guard
- Inside Points - Are we scoring inside. Are we going to the FT line?

3 on 0 Shallow Cut + Down Screen

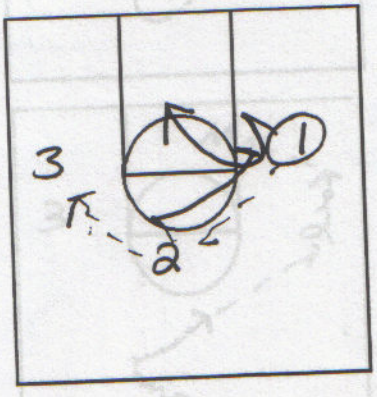


"1" dribbles "2" thru.

"2" makes a shallow cut to the top

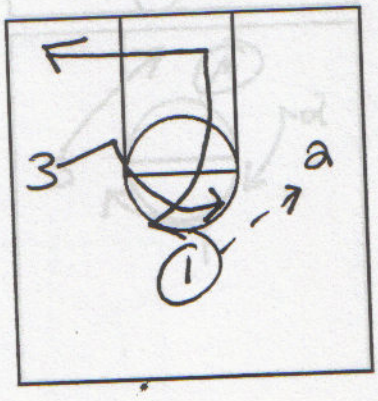
"1" reverses the ball to "2" who passes the ball to "3"

3 on 0 Shallow (cont.)



"2" screens down for "1"

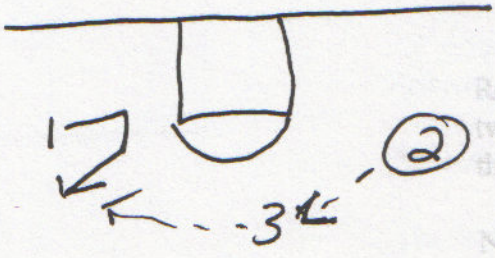
3 on 0 Basket cut (Down screen)



"1" passes to "2" and makes a basket cut and empties out on the weakside

"3" fills to the top.

We look for another ball reversal and then we have a down screen situation





Backcut overplays

SHOT SELECTION

The most important principle of any offense is having great shot selection. The coach must make it clear to his players that shooting is not an equal opportunity privilege. The coach must define what is a good shot for each player. At Tennessee, we chart our players shots. After the first two weeks of practice, we decide which players should take certain shots. In order for our players to understand their role and the roles of their teammates, we number our shooters, "1" thru "10". Our "1" shooter is the best shooter and "10" is the worst shooter. It's important your players understand each other's role because if your "9th" best shooter shoots a shot when "2" is open, it is a bad shot. On the other hand, if your "2nd" best shooter passes to "9" when they both have similar looks at the basket, that is also a bad decision.

A common fallacy is that many coaches believe that if they tell a player he cannot shoot a certain shot, he is "taking away the player's confidence." Contrary to that belief, by telling a player he can only shoot shots he can make 45-50% of the time, the player will have a raised confidence level because he will be making more shots. Most players realize what shots they can make but need someone to make sure they stay within their proper shot selection.

It is sometimes difficult to get your players to accept roles so you must discuss team concepts and winning and losing vs. individual stardom from day one. In order to have a good offense, shot selection must be clearly defined and understood.

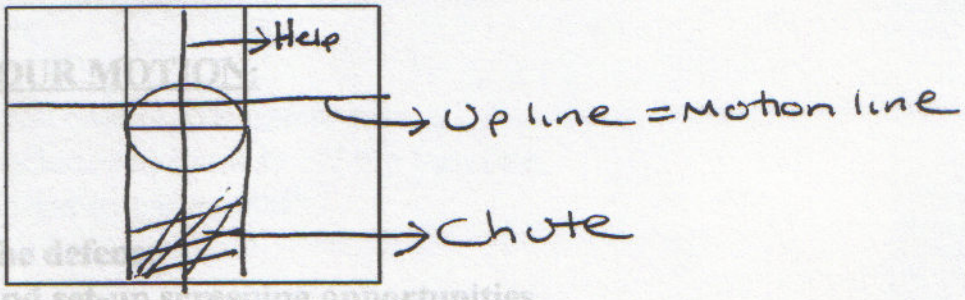
DEFINING ROLES

Motion allows the coach to capitalize on his player's individual strengths and try to hide their weaknesses. Unlike a patterned offense, motion will conform to your players. A coach must define each player's role and make sure that everyone understands each other's role.

For example, some players may be designated screeners or you may have a post man that should touch the ball every possession. The best teams have clearly defined roles and players play within their limitations.

DISSECTING THE COURT

1. **Motion Line - Stay high & wide. Break the line to feed the post.**
2. **Help Line - Offensively, we want the ball to cross the help line for ball reversal. We also do not want to use the line to "shorten our passes"**
3. **"Chute" - The line in between the lane lines. The best location for the ball to get action on both sides of the court.**



TENNESSEE MOTION PRINCIPLES

1. **When you catch the ball - Sweep it thru and face the basket. Hold for a 2 count.**
2. **Maintain 15-18 Spacing**
3. **Look below you to screen**
4. **One player in the high post - "Chute"**
5. **No baseline pass unless there is a shot or an opportunity for a post feed.**
6. **Do not make a cut into an occupied area**
7. **Use of the dribble:**
   - **A. Vs. Full Court Pressure**
   - **B. Penetrate for a shot or pass**
   - **C. Improve passing angles**
8. **After you make a cut, replace yourself above the motion line**
9. **Reverse the ball side-top-side - Make the defense move**
10. **Shot & Pass Fakes**
11. **Be "ready to shoot"**

12. SCREENING RULES:

Cutter reads defender
Screener reads cutter
Passer reads cutter, screener, and defender

TYPES OF SCREENS IN OUR MOTION:

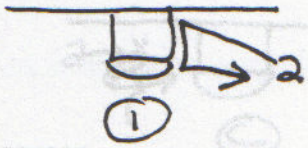
1. Down Screen - Back to the ball
2. Back Screen - Back to the Basket
3. Flare Screen - Back to where the sideline and baseline meet.
4. Cross Screen - Back to the sideline
5. Ball Screen - Bring dribbler to middle of the floor
6. Combining two screens - Screen/Re-screen

TYPES OF CUTS IN OUR MOTION:

WHY CUT?

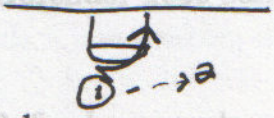
a. Cut to score
b. Cut to move the defense
c. Cut to space and set-up screening opportunities

1. L-Cut - To get open on the wing without a screen

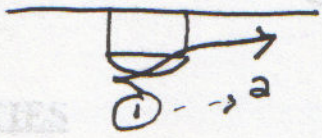


2. Inside Cut

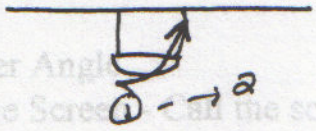
a. layup



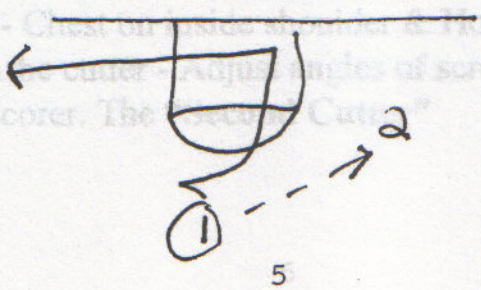
b. set-up down screen



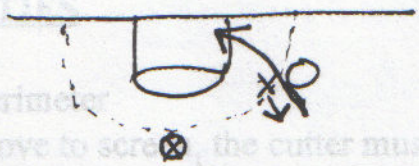
c. set-up back screen



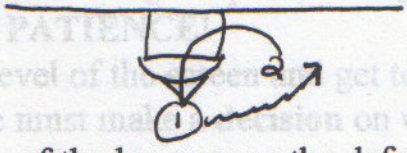
3. Basket Cut - Hard cut to the rim and widen out



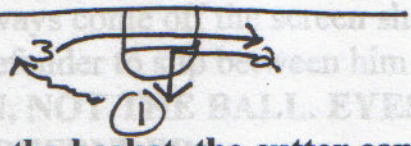
4. Back Cut - Back cut all overplays. Take the defender higher & backcut



5. Shallow Cut - "Dribble-thru" - Flatten out the defense - Set up screening opportunities



6. Paint Cut - Cut through the middle of the lane; move the defense



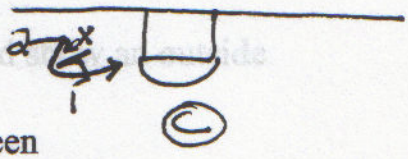
Note: After all cuts to the basket, the cutter can:

a. Backscreen his way off the baseline

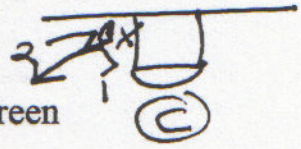
b. Sprint outside of "3"

B. CUTS OFF SCREENS

1. Curl Cut - Defender is trailing the cutter



2. Flare Cut - Defender goes ballside of the screen



3. Back cut - Defender overplays the screen



SCREENER'S RESPONSIBILITIES

1. Spacing & Proper Angle
2. Communicate the Screen - Call the screen with hand and mouth
3. Sprint to screen
4. Screen a body - Chest on inside shoulder & Hold for a 2 count
5. Screener reads the cutter - Adjust angles of screen
6. Screener as a scorer. The **"Second Cutter"**

CUTTER'S RESPONSIBILITIES

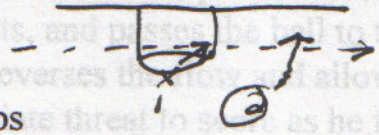
1. Stay high and wide on the perimeter
2. As the screener makes his move to screen, the cutter must **set-up** his defender in the opposite direction he intends to cut. We want our cutters to **"cruise"** to set his man up for the screen. Change of pace, Change of direction. **Better to be late than early - PATIENCE!**
3. The cutter must take his man **below** the level of the screen and get to the shoulder of the screener. At this point he must make a **decision** on where to cut.
4. The cutter should always come off the screen shoulder to shoulder to avoid allowing his defender to slip between him and the screener.
5. **PLAY YOUR MAN, NOT THE BALL. EYES ON THE DEFENSE. CUTTER READS DEFENDER**

PASSER'S RESPONSIBILITIES

1. Must **bring the ball to the action**. The passer must anticipate the action between the screener and the cutter and move the ball to the right spot.
2. Use dribble to improve passing angles
3. Pass the ball away from the defense. Receiver should show an outside target
4. Maintain good spacing
5. Two feet, Two hands when making a pass

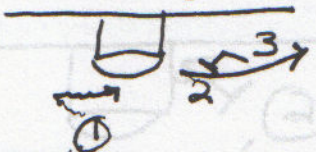
PERIMETER RULES

1. Be a threat. Catch and square to the basket - Hold for a 2 count
2. Break the motion line to flatten out the defense and feed the post

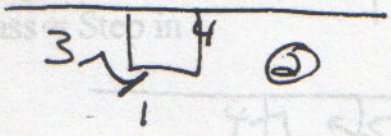


3. No one dribble pick-ups
4. Push the ball up the floor
5. Must recognize action and bring the ball hard in that direction
6. Dribble the ball out in front

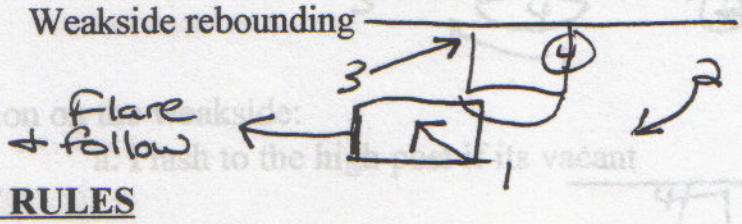
7. Take the ball away from the action and then bring it back



8. Recognize both posting and screening action

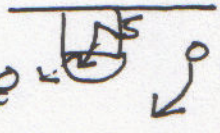


9. When feeding the post:
   a. Break the motion line
   b. Spacing
   c. Square to the receiver and ball fake to feed the post - Air pass
   d. Sprint to relocate - Don't slide along perimeter
   e. "Ready to shoot"
   f. One man in flare and follow spot, "3" man cut hard to the rim - Weakside rebounding



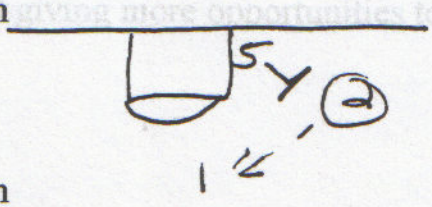
POST RULES

1. Get your work done before you catch the ball. Seal your man based on how he is playing you. If he is playing you:
   high side - push him higher
   low side - push him lower
   behind - bury him in the paint
   front - push him higher
2. If you have two feet in the lane - SCORE
3. If you catch the ball in the post:
   a. Score
   b. Flare and follow - The post man catches the ball in the post area, pivots, and passes the ball to the opposite side. This reverses reverses the flow and allows the post man to become an immediate threat to score as he follows his pass.

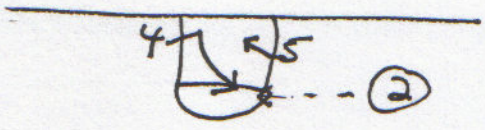


   c. Return Pass

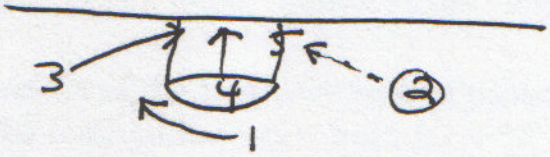
4. Wing to Point Pass = Back screen



5. Wing to High Post Pass = Step in



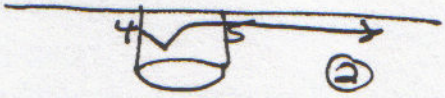
6. Post for a 2 count and move
7. Do not screen any farther than you can shoot it.
8. When ball is in the post - Other post man dives to the rim



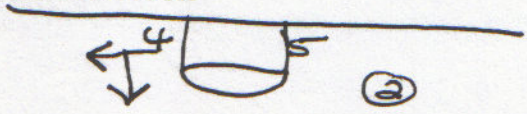
9. Action on the weakside:
   a. Flash to the high post if its vacant



   b. Flash to the short corner



   c. Flare up and away off the block



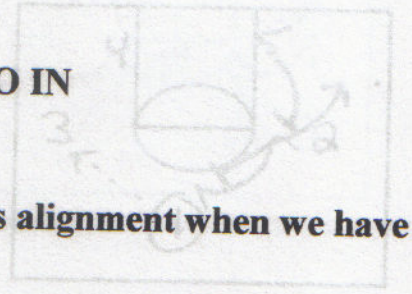
On high post flashes, we work a great deal on making sure our post players make the correct read. Every time they catch the ball in the high post, we want them to square to the rim. If their defenders takes away the high post pass, we want to our post players to:

a. Screen on the ball
b. Screen away to get someone else open

It's very important that your post players understand how their action off the ball helps the offense. By setting screens away from the ball they are occupying the helpside defense and giving more opportunities to the ballside post-up.

MOTION ALIGNMENTS

THREE OUT TWO IN



- We like to use this alignment when we have two post players in the game.

- Post players & Perimeter players have their own rules but we want interaction between the two groups.

- Only one man in the lane lines extended, known as the "chute"

- When the ball is in the middle of the floor, we want a post-up, spot-up, and screening action. The ballhandler must hold for a "2" count

POST RULES:

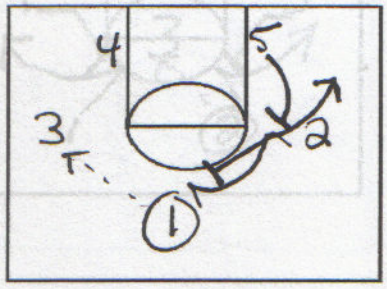
1. Clear the weakside block -
    a. Flash high post - Flare point guard off top
    b. Flash short corner
    c. Flare up and away
2. Wing to High Post Passes - Low post tries to seal his man for a high low pass
3. On all wing to point passes the low post player sets a backscreen for the passer.
4. Designated Screener

PERIMETER RULES:

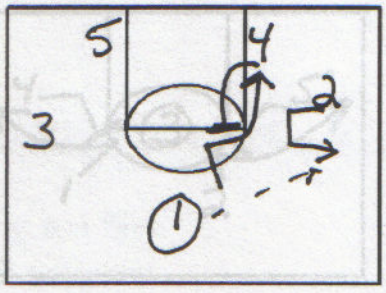
1. Catch and square to the basket - Hold for a 2 count
2. Break the motion line to flatten the defense and feed the post
3. No more than two perimeter players on the same side of the floor
4. Don't run to the top if "chute" is already filled
5. Call for Designated Screener

MOTION ENTRIES FROM A 3 out 2 in Set

"Double Flare"



"UCLA"



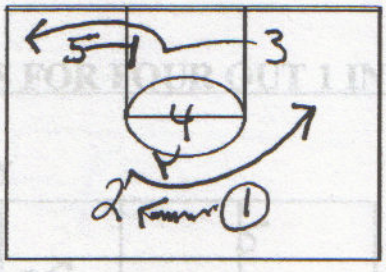


TWO GUARD FRONT ALIGNMENT

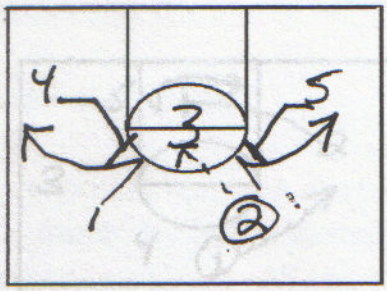
- **Place a skilled player in the middle**
- **Look for penetration**
- **Post man does not want to screen any farther than he can shoot the ball**

MOTION ENTRIES FROM A TWO GUARD FRONT

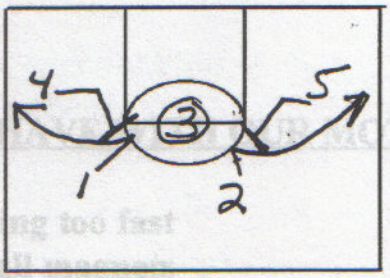
"Dribble Flare"

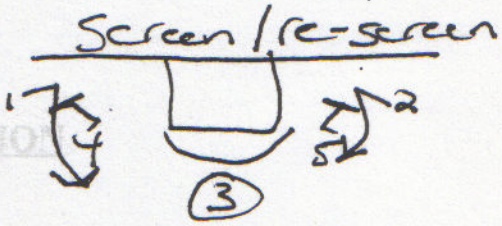


"Flares on both sides of the floor"



"Screen/Re-screen"



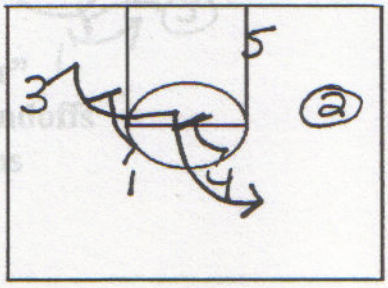


4 OUT 1 IN MOTION

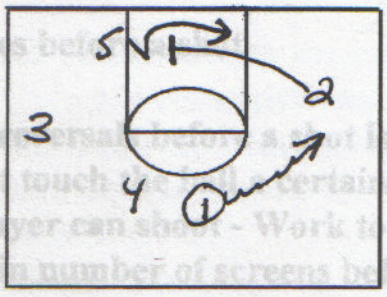
- **One permanent post player and four perimeter players**
- **Four perimeter players are interchangeable**
- **One player fills high post area**
- **Get screening action on both sides of the floor**
- **Look for small on big screening opportunities**
- **Specific rules to "3" man**
- **Post player can look to screen & re-screen**

MOTION ENTRIES FOR FOUR OUT 1 IN

"Single-Single" away



"Dribble-thru"

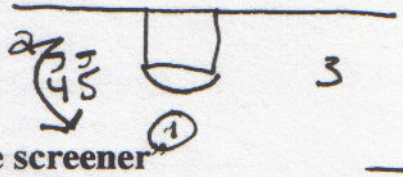


PROBLEMS WE HAVE WITH OUR MOTION

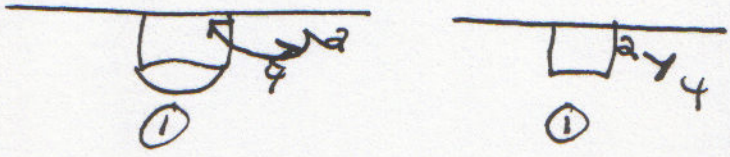
1. **Players are moving too fast**
2. **Ball watchers/Ball magnets**
3. **Hot potato - No 2 count**
4. **Exchanges - Not screening**

SPECIALS

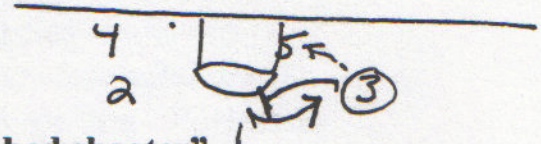
"Doubles"



"Cutter as the screener"



"Post feeder as a screener"



"Hide a bad shooter"

- **a. Dribble handoffs**
- **b. Ball Screens**

PLACING RESTRICTIONS ON YOUR MOTION DURING PRACTICE

1. **Number of passes before a shot**
2. **No dribbling**
3. **Number of ball reversals before a shot is taken**
4. **Post player must touch the ball a certain # of times**
5. **Only specific player can shoot - Work to get him open**
6. **Must set a certain number of screens before a shot**
7. **Best player must set a certain number of screens before he touches the ball**
8. **Can only shoot a specific kind of shot**
9. **Best player can't shoot**
10. **Can only set certain type of screens**

MOTION BREAKDOWN DRILLS

1 on 0 Series

1 on 0 "L"cut - Catch and square to the basket

a. Footwork Shooting

1 on 0 "L" cut - Catch & Sweep Move to the baseline

1 on 0 "L" cut - Catch, Square, Break the Motion line, Feed the post

1 on 0 "L" cut - Screen shooting

1 on 0 "L" cut - Backdoor overplays

Note: After teaching the concepts of each breakdown drill, we will add a defender to the drill to make it more game-like.

2 on 0 Series

2 on 0 "L" cut - Break the motion line, feed the post, sprint to relocate

a. Top man must get to the flare and follow

b. Penetrate and kick

2 on 0 - Shallow Cut

2 on 0 - Peel cut off dribble penetration

2 on 0 - Fade cut off dribble penetration

2 on 0 - Screening (Perimeter) - Integrate Inside Cuts, Basket Cuts, etc.

a. Down

b. Back

c. Flare

2 on 0 - Screening (Post)

a. Down

b. Back

c. Flare

d. Cross

2 on 1 Series

2 on 1 Screening (No Ball)

2 on 1 Screening - Perimeter

2 on 1 Screening - Post

Jam down Screening

2 on 2 Series

2 on 2 Screening w/ a release (Perimeter) - Incorporate all cuts
2 on 2 Screening w/ three releases (Post)
2 on 2 Continuous Screening - Emphasize the re-screen
2 on 2 Screening w/open post (Perimeter)
2 on 2 Screening - Work vs. Switch
- **a. Screen & Go = Slip Screens**
- **b. Low cut & pop**

2 on 2 with open screener (Perimeter)
2 on 2 with open screener (Post)

3 on 0 Series

3 on 0 - Feed the post
3 on 0 - Transition break
3 on 0 - Using Ball Screens
3 on 0 - Screening (Down, Back, Flare)
- **a. Inside Cut**
- **b. Shallow Cut**
- **c. Basket Cut**

3 on 3 Series

3 on 3 - Screening on one side of the floor
3 on 3 - UCLA cut
3 on 3 - with Open Post
3 on 3 - with Inside cut
3 on 3 - Using Ball Screens
3 on 3 - Two Open post
3 on 3 - Wide

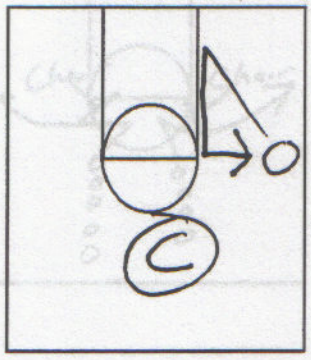
4 on 4 Series

4 on 4 - Pairs Screening
4 on 4 - Inside Cut
4 on4 - 3 out 1 in

5 on 0 Series

5 on 0 Motion
5 on 5 Conversion
5 on 5 - "Stop" Drill

DIAGRAMS

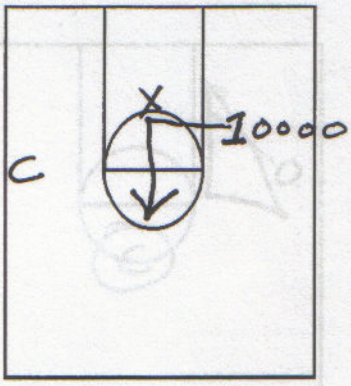


1 on 0 L-Cut - (Sweep to drive)

Cutter must make a good L-cut and show outside hand as a target.

On the catch, the cutter must stay low and sweep that ball below his knees.

He has a one dribble limit to get to the basket. The cutter must drive off the defender's shoulder and make a straight line drive



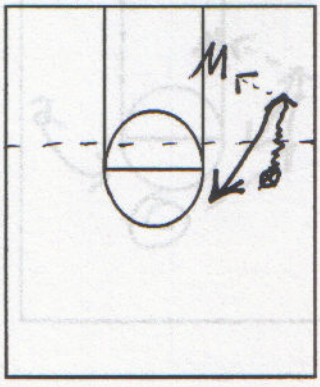
1 on 0 L Cut - Catch and square - Footwork

"1" makes a L-cut to the top of the key

As "1" makes his cut its important that he hook the front (inside) foot of the manager.

As "1" catches the ball, we want him to square to the basket and execute the following moves:

a. Drive Strongside
b. Shot fake, drive strong side
c. Jump Shot
d. Shot fake, one dribble, jump shot-Strongside
e. Shot fake, cross over, & drive weakside
f. Shot fake, one dribble, jump shot - Weakside

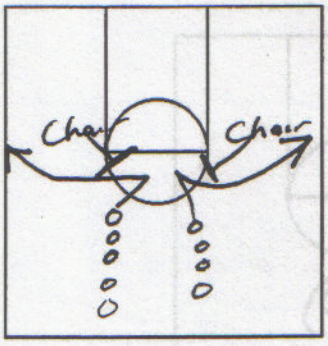


1 on 0 - Catch, Square, Break the Motion Line

"1" makes a good "L" cut to get open on the wing. It's important when he makes his cut, he hooks the inside foot of the defender and shows an outside target to the passer.

When "1" catches the ball, he dribbles down past the motion line and feed the post. We have our players "fake a pass, then make a pass into the post"

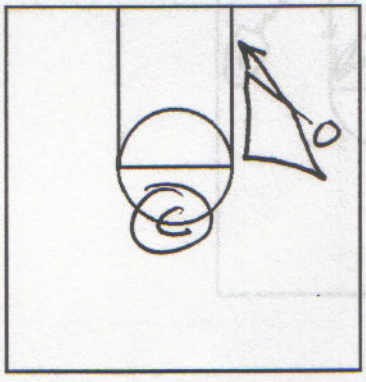
After "1" feeds the post, he sprints to relocate on the perimeter. He must be ready to shoot.



1 on 0 Screen shooting - Use all screens

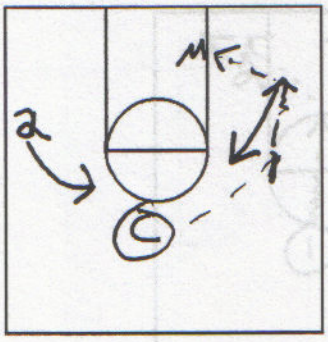
- Have players line up on both sides of the floor
- Coach dictates type of screen & cut
- Can use chairs or managers as screeners
- Game shots
- Players must make good sharp cuts & be ready to be a "threat" when they catch the ball.
- Can use a manager to play defense to make the players read the defense.

TYPES OF SCREENS:	TYPES OF CUTS:
A. Down	A. Curl
B. Back	B. Flare
C. Flare	C. Back



1 on 0 L-cut (Back door)

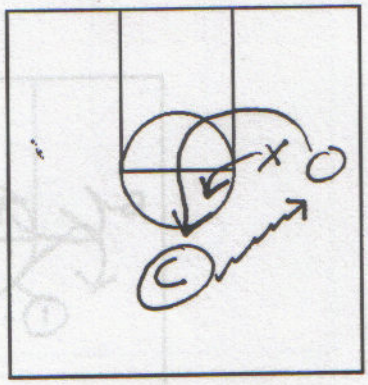
Take the defender two steps beyond the three point line and put his "head in line with the ball". The cutter should square his shoulders to the passer and then cut hard to the basket. "Take him high, then back cut"



2 on 0 L Cut - Break the motion line (2 shots)

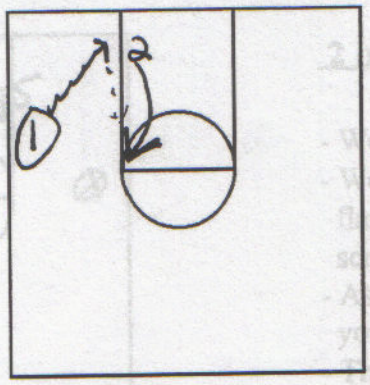
- The coach serves as a release
- Both "1" and "2" make L-cuts to get open
- The ball is entered to "1" on the wing
- "1" breaks the motion line and feeds the post
- As "1" brings the ball down, "2" fills and keeps 15' spacing.
- When "1" feeds the post, "2" sprints to the flare and follow. "1" sprints to relocate
- After the post passes the ball, we pass to the other shooter spotting up

Note: Out of this same drill, you can have the post man flare and follow the ball. Also, we like to create penetrate & kick situations.



2 on 0 Shallow cut (Point to Wing)

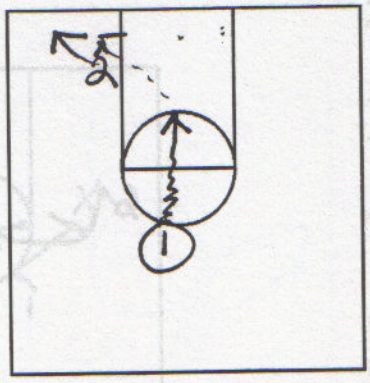
The cutter must read the coach. If the manager turns his head away from the ball or man, the cutter should cut back door. If the manager see's both ball & man, cutter should continue to cut to the top & catch & sweep.



2 on 0 - Peel Cut off dribble penetration

"1" penetrates from the wing to the baseline as "2" peels up the lane for a spot-up jumper.

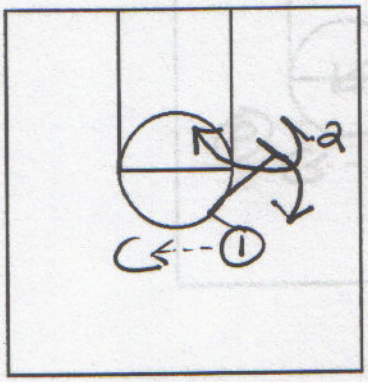
- Work both sides of the court
- Excellent drill to clear the post for penetration



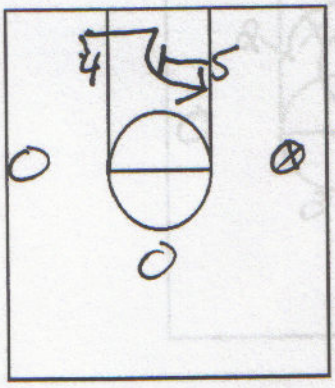
2 on 0 - Fade cut off dribble penetration

- "1" penetrates down the middle of the floor as "2" fades to the short corner for a spot-up jumper
- As "1" drives he draws "2's" defender. If "2" fades to the open gap, he will have a open shot.

2 on 0 Screening (Perimeter)
Use all screens



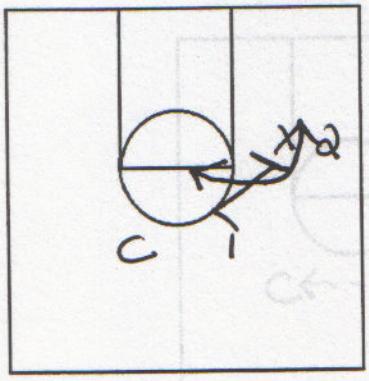
- "1" passes to the coach and takes a step towards him as he sets up his angle to screen
- As "1" makes the pass, "2" sets up his cut and comes off the screen shoulder to shoulder.
- "1" must hold his screen for a 2 second count.
- After "1" screens, he must read the cutter (Coach dictates the type of cut). "1" will either "screen & pop" or "screen & step to the ball".



2 on 0 - Screening (Post)

- We utilize three passers
- We will teach them how to set down, back, flare, and cross screens. After they set the screen, they must read the cutter.
- As a rule on cross screens, when the ball is on your side, you will screen across.
- The cutter must step off the lane and get a good set-up

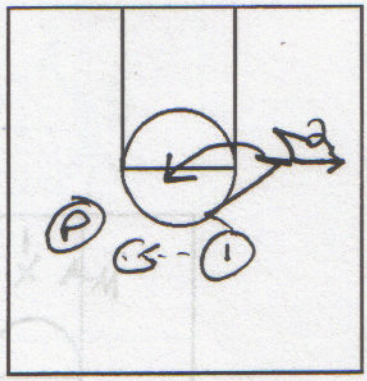
2 on 1 Screening (No Ball)



- "X" plays defense on "2"
- "1" pretends to pass the ball to the coach and sets up his screen with his back to the ball
- "2" sets up his cut and uses "1's" screen. "2" makes his read based on how the defense plays the screen

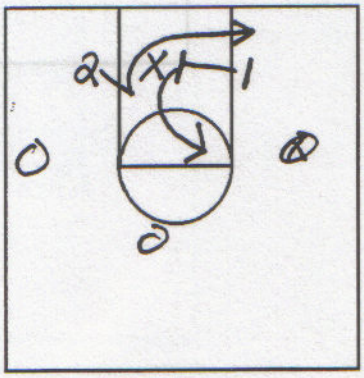
NOTE: This drill could be very effective because the majority of players watch the ball when they make a cut and fail to read the defense. Incorporate all types of screens

2 on 1 Screening - Perimeter



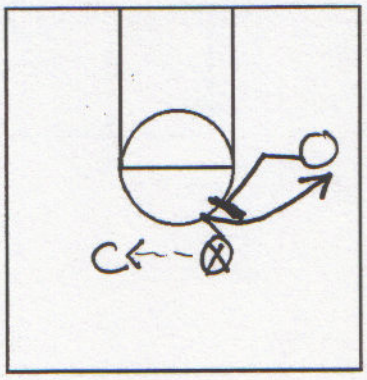
- "X" plays defense on the cutter
- "1" passes to the coach and screens away for "2".
- "2" must set up his man & use "1's" screen. "2" must read the defender and make the correct cut.
- After "1" holds his screen, he reacts to the cutter
- Use two balls in this drill to feed both the cutter and the screener

2 on 1 Screening - Post

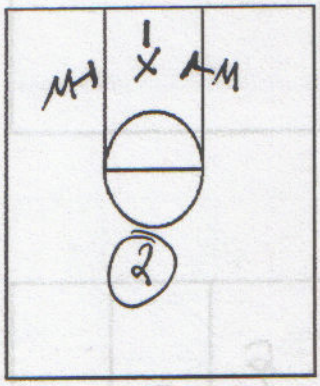


- As the manager passes to the coach, the ball side post man screens away for the opposite post man. The post man receiving the screen, sets his man up with a "V" cut and comes shoulder to shoulder off the screen.
- After "2" makes his cut, "1" makes his read. For example, if "2" fakes high & comes low, "1" will roll high to the ball side elbow.

2 on 2 Screening w/ a release (Perimeter) (No switch) - Use all screens



- We have now added a defender on the screener.
- Defense is not permitted to switch



Jam Down Screening

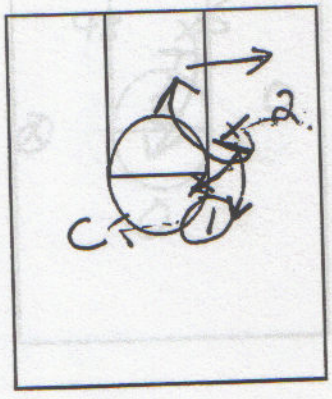
We use managers as screeners above each block

"1" makes a good set-up and can come off either screen

"2" brings the ball to the action

Note: We want "1" to be really aggressive and call for screen & re-screens. Remember, "play the man, not the ball"

We may place certain restrictions in the drill. For example, there must be a screen-re-screen before a shot is taken.

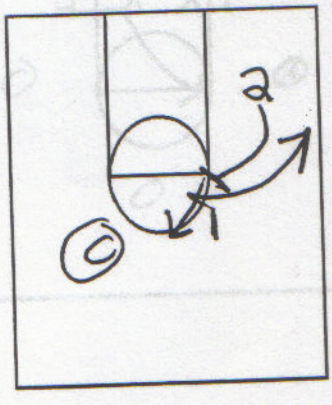


2 on 2 continous screening

Can initiate this drill with any screen. We want to emphasize to our players that if they do not get a good shot, they should re-screen until they a get a better shot opportunity.

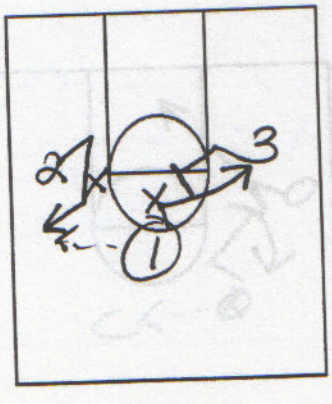
"1" sets a down screen for "2"

After "1" screens, he reads "2".



2 on 2 Continous Screening (cont.)

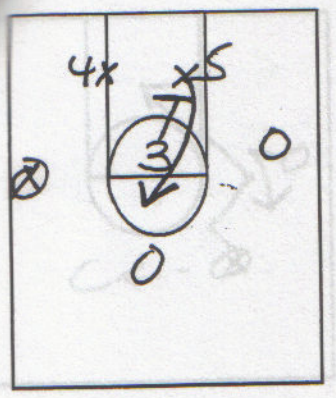
"2" flare screens for "1"



2 on 2 with open screener (Perimeter)

In this drill, we add an extra screener to give the advantage to the offense.

This screening opportunity is similar to game-like situations when the defense decides not to guard a "non-shooter".

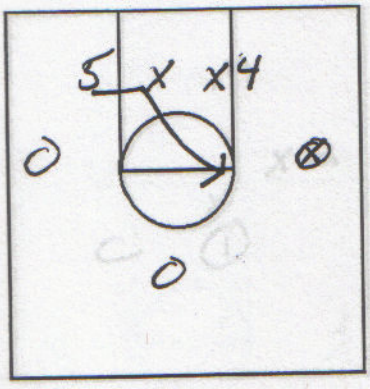


2 on 2 with Open Screener (Post)

We will have 3 passers in this drill

We start in a Triangle Formation.

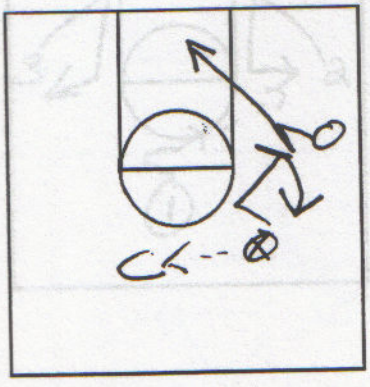
We want our players to concentrate on setting up their cuts and making smart decisions when they come off screens



2 on 2 Screening - Post with three releases

- Cutter should be 6-8 feet off the lane so he can set up his cut. It's important the weakside post man does not hold the block because it allows his defender to help on the ballside post.

- We have three people on the perimeter as post feeders

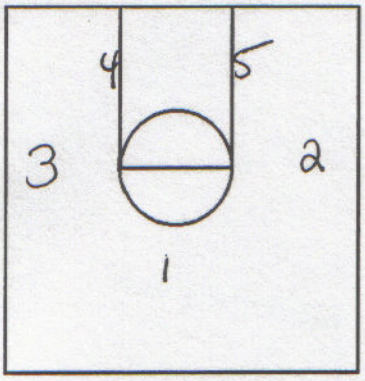


2 on 2 Screening (Switching) - Using all screens Low cut/Screener Pops

- Teach your players to react to the switch.
- Two ways:

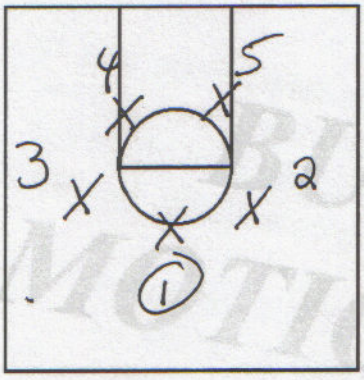
1. **Cutter makes a low cut with the screener stepping back to receive the ball.** When the cutter goes low there is a tendency for both defensive players to pick up the cutter. The low cut gives us the opportunity to hit the screener steeping out

5 on 0 Motion

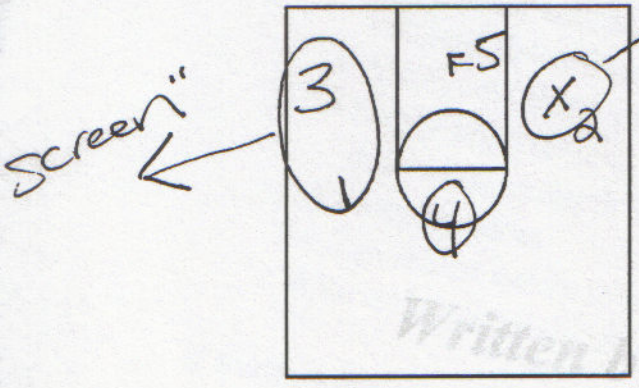


- Emphasis is on spacing, sharp cuts, and screening
- Concentrate on catching the pass
- Patience hold your screens
- Good set-ups
- Start from any alignment

5 on 5 Conversion



- Emphasis is on ball reversal - Move the ball from Side-Top-Side
- Spacing 15-18 Feet
- Pass away from the defense
- Catch and sweep it thru
- Good set-ups on cuts
- Screen someone below you
- Moving with a purpose



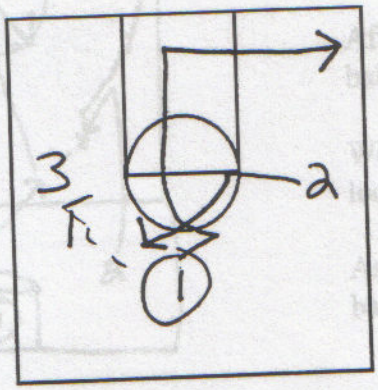
5 on 5 screening - "Stop Drill"

We run our 5 on 5 motion. Coach O'Neill will yell, "Stop" during the drill. This is a very good drill to point out spacing problems and identifying missed screening opportunities.

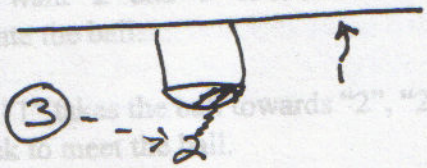
In addition, this drill is very good for helping your defensive positioning

BUILD A MOTION OFFENSE
Written by Lawrence Frost

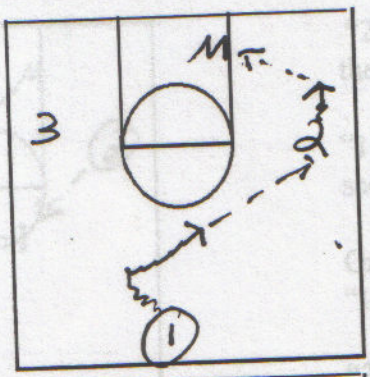
3 on 0 Basket Cut (Penetrate & Kick)



Take the ball away from where it came from. Do not bring the ball back into the defense.



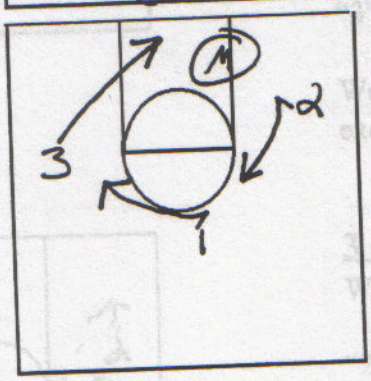
3 on 0 - Feed the Post



We have a manager in the post
We start the ball at midcourt

Both "2" and "3" will make L-cuts to get open

"1" will bring the ball away from the action and then bring it back to where he wants to enter the ball.

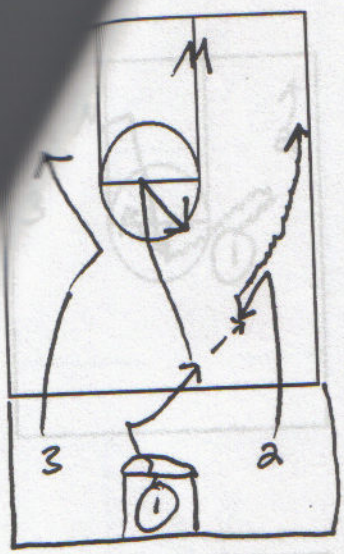


After "2" catches the ball, we want to him to "break the motion line" and feed the post.

On the post feed: "2" sprints to relocate on the perimeter "1" sprints to relocate to the "flare and follow spot"

"3", the man on the weakside cuts to the rim for a layup
Our post player can either pass it back to the post feeder or to "1" at the flare and follow spot.
Regardless who receives the pass, the other two players receive shots from passer's on the baseline.

Note: We will add three defenders to the drill



3 on 0 Transition Break - Full Court

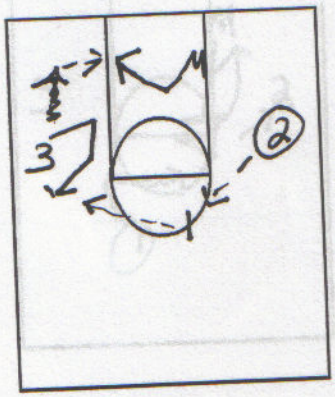
A manager is located in the post

All three players start in the circle

After the ball is thrown against the board, "1" pushes the ball up the floor as "2" and "3" sprint the sidelines.

We want "2" and "3" to look over inside shoulders to locate the ball.

As "1" takes the ball towards "2", "2" makes a hard cut back to meet the ball.



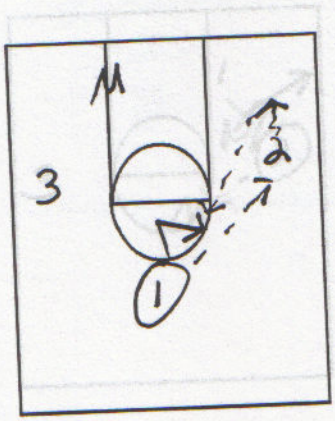
"2" drives the ball hard below the motion line to flatten the defense

"1" makes a hard replacement cut to receive the pass in scoring range.

On the pass from "2" to "1", "3" sets his man up with an "L - cut" to receive a pass from "1".

"3" breaks the motion line and feeds the post.

We will then select a post action and have the players execute the proper cuts of the post feed.



3 on 0 - Using Ball Screens

We start a manager in the post.

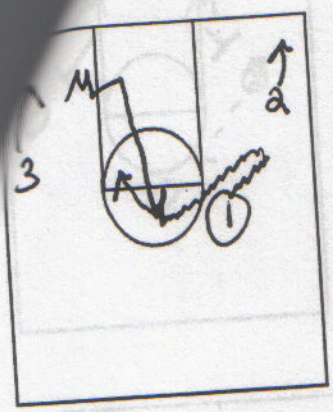
"2" and "3" make "L-cuts" to get open on the perimeter.

"1" passes to "2".

"2" dribbles down past the motion line to flatten the defense.

"1" makes a replacement cut to receive the pass

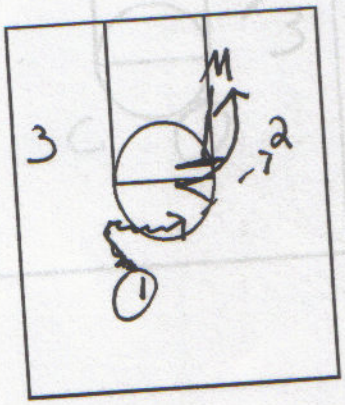
The Manager flashes to the high post to set a ball screen



"1" takes his man away and below the level of the screen. As "1" takes his man away, "2" must space towards the corner

"1" gets to the screener's shoulder and makes the proper read as "3" sprints to relocate on the penetration

Note: "1" must read his defender and also "3's" defender. If "3's" defender commits to the ball, "1" must make a pass to "3" for a shot. If "1" is left open we want him to pull-up for a shot.



3 on 3 - UCLA cut

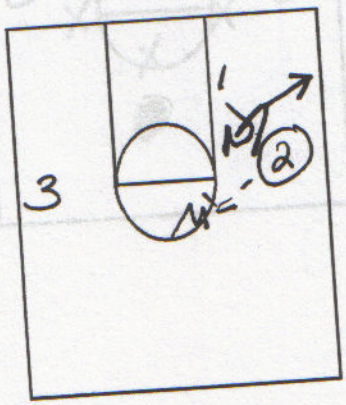
A manager is in the post

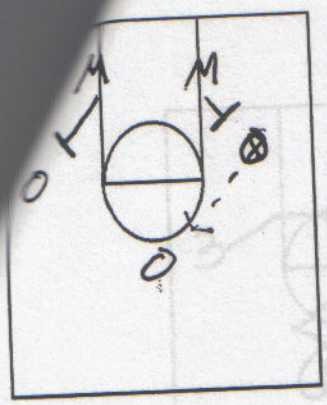
"2" and "3" make L-cuts to get open on the wing within scoring range.

"1" takes the ball away from the action and brings it to "2".

On the pass from "1" to "2", "M" sets an up-screen for "1" who makes a UCLA cut off the screen. "1" must not make an automatic cut to the block. Instead, he must read the defense and make a smart decision.

If "1" cuts to the block, we want to set a back screen on the wing to point pass from "2" to our Manager.



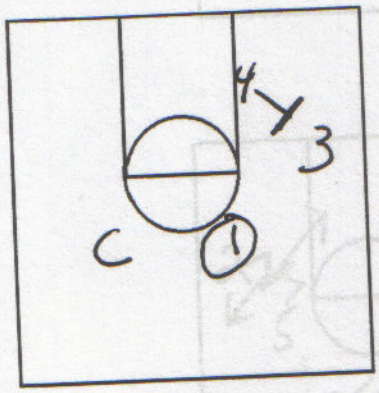


3 on 3 - Two Open Post

We put added pressure on the defense by making them help and recover on post passes.

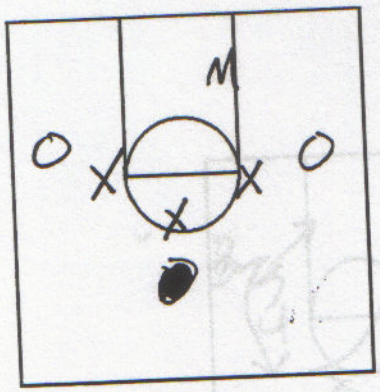
We may also use the post players as screeners.

WING TO POINT PASS = BACK SCREEN



3 on 3 Screening on One Side

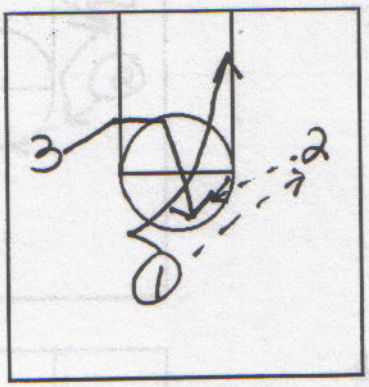
- Simulate ballside action in a game
- Use coach as a release
- Do not ignore the defense



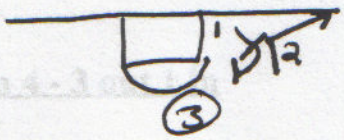
3 on 3 Wide (with an Open Post Player)

- Very good drill for spacing
- Offensive players must react to when the ball is fed in the post. They can either spot up, make basket cuts, or screen towards each other.

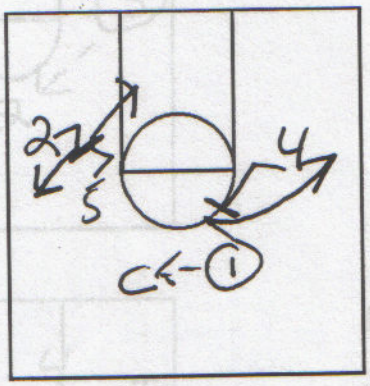
3 on 3 with Inside Cut



- "1" passes to one of the two wings then makes an inside cut to the ballside block while the opposite player makes a "L" cut to to the top of the key.
- We now have a back screen situation between "1" and "2".

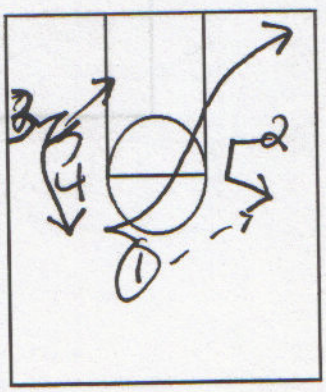


4 on 4 Half Court (Pairs)



- Use coach as a passer
- Pair up a big & small player on each side of the floor
- Designate two screeners
- Allow the perimeter players to cross with each other but not allowing the "screeners" to switch sides.
- Movement with a purpose
- Ball reversal - Look for screening opportunities
- Take good shots & take care of the ball
- Utilize shallow cuts
- Use different alignments

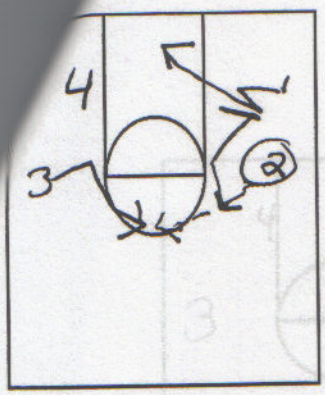
4 on 4 - Inside Cut



4 on 4 motion is a great teaching drill because there is more space for the offensive players to work.

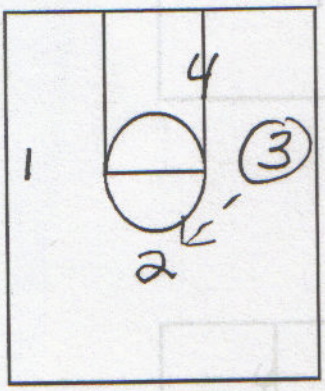
We can designate specific entries and cuts to be made to initiate our motion.

"1" passes "2" and makes an inside cut as "3" and "4" are involved in a screening action



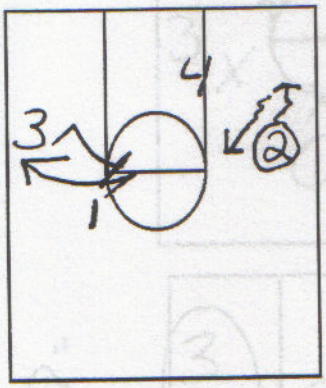
"2" dribbles the ball up the wing to create better spacing.

"2" reverses the ball to "4" and screens down for "1"



4 on 4 - 3 out 1 in

Wing to point pass = Backscreen

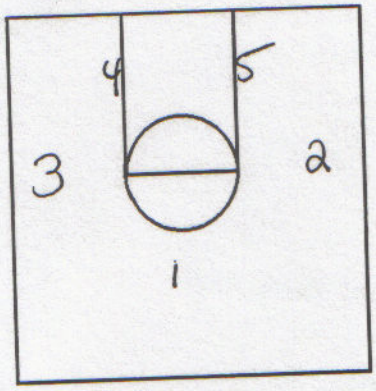


4 on 4 - 3 out 1 in

If "2" sees that "4" has two feet in the paint and can see his numbers, he must deliver the pass.

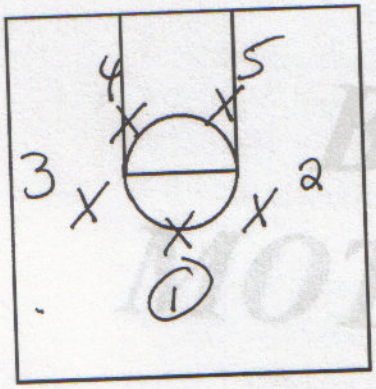
If not, we want "2" to bring the ball to the screening action between "1" and "3"

5 on 0 Motion



- Emphasis is on spacing, sharp cuts, and screening
- Concentrate on catching the pass
- Patience hold your screens
- Good set-ups
- Start from any alignment

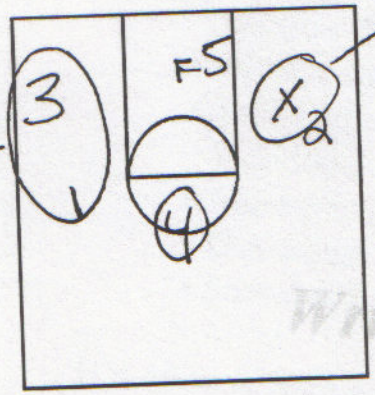
5 on 5 Conversion



- Emphasis is on ball reversal - Move the ball from Side-Top-Side
- Spacing 15-18 Feet
- Pass away from the defense
- Catch and sweep it thru
- Good set-ups on cuts
- Screen someone below you
- Moving with a purpose

"get up the line"

"screen"



5 on 5 screening - "Stop Drill"

We run our 5 on 5 motion. Coach O'Neill will yell, "Stop" during the drill. This is a very good drill to point out spacing problems and identifying missed screening opportunities.

In addition, this drill is very good for helping your defensive positioning

General Offensive Principles and Rules of the offense:

1. **Jump stops**!! Do not pass the ball off the dribble.
2. Square up, and get into a triple threat position, every time you catch the ball
3. Learn to drift the perimeter, and get to an open spot when the ball is being driven to the basket.
4. **Lay-up mentality** when you put the ball on the floor, try to get to the rack.
5. On the break, if someone is open, get them the ball.
6. Push the ball for 32 minutes; **run them early, to wear them out late**.
7. Use our depth. Play at least 10 players. Some guys are 26 minute a game players, some guys are 2 minute a game players. Get them to understand their roles, and they can help you.
8. Don't always start our best five players. Start our 7th and 8th men for a couple of minutes. They will bust their tails, and on our first sub, we are bringing in some firepower.
9. Get our best players 2 ½ to 3 minutes, then a 30 second rest. Your top seven get the majority of the minutes. Get your 8th, 9th, and 10th men three chances in the first half. Get your 11th, and 12th, men one or two chances in the first half. If a sub doesn't perform well in the 1st half, give his minutes to some one else in the 2nd half. In the last four minutes of the game, get your best team on the floor.
10. You always want one of your top two guards, and one of your top two shooters on the floor.
11. Work on our ball handling and footwork everyday. Teach them to be an attack type player.
12. If the ball is being dribbled at you and the dribbler comes to a jump stop in the drop zone, there is a message on the jump stop.... back cut.
13. **Three's or Key** with shot selection. Get rid of the mid range jumper. We run them in practice when this rule is violated. We tell our players we like 3's, but we love lay-ups.
14. Never it pass it to a guy coming away from the basket in no mans land, i.e. 12-19 feet.
15. Make the extra pass, and your teammates will make the extra pass.
16. **Always have three of our best five players on the floor**.
17. Have some depth at the 4 spot; the 4's hustle is vital to the success of the offense.
18. Your drivers need to be able to drive, create contact, and then create some more contact. Teach them to be aggressive with the ball.
19. Take your shot, unless someone else has a better shot.
20. The offense is about spacing; our players must at all times be cognizant of their court spacing. We want to create gaps in the defense, and then have the ability to drive those gaps

Terminology:

Primary ball handler: A player or players who you designate as an acceptable man to start your fast break, etc. He, or they will be running your attack.

Pitch a head pass: A quick pass up the floor, usually from our 1 man to an open receiver during the early part of our break.

Drop Zone: The area from just inside the top of the key down to the free line extended, and then out towards the side line. We will almost always come to a jump stop in the drop zone, which signals a read by the player in front of the ball. The drop zone jump stop also signals the post to get to the weak side elbow.

Drag Zone: The area just inside the free throw line, down to just above the low lane box. It also extends toward the side line. A drag zone drive will cause a drift at the arc by the weak side wing. We call this the drag zone because we believe that defenders, especially from the weak side, will get "dragged" into the key area, thus opening up our shooters. As a rule we do not like passes from the drag zone to a wing player on the ball side. We feel that the spacing and passing angles are not real good for passes from the drag zone to the ball side wing man, however if the ball side wing is wide open, we will throw him ball from the drag zone.

Rack Zone: The area from the low block into the bucket, we would like our penetrator to "rack", or score the lay-up from this position when ever possible. The jump stop in the rack zone allows players to pivot, shot fake, and pass the ball to an open teammate out at the arc if the lay-up is not available.

Notes concerning the drop, drag, and rack zone;

On any dribble penetration to the drag, drop, or rack zone, the jump stop is almost always the way we go.

In the drop zone, the jump stop signals a back cut or a kick out pass, the jump stop in the drop zone also tells the 4 man to get to the weak side elbow.

In the drag zone the jump stop allows you to pivot away from the defense and find an open teammate.

In the rack zone, you will usually be in traffic, so we feel that the jump stop and power lay-up is the way to go.

The use of the shot fake, pass fake, and pivot, used in conjunction with the jump stop, is also a vital part of the offense.

Kick out pass: A pass from the drop zone out to a player on the ball side usually a 1-2, pass, or 5-3 pass, etc. The kick out pass will be followed by a blur screen.

Blur screen: A very quick "cut" that is executed after a kick out pass from guard to wing, or guard to guard has been executed. The player who passed the ball runs the blur screen right off the tail of the man guarding the player who he just threw the ball to, kind of like a running screen, only done legally. That is why we call it a blur "screen", as opposed to blur "cut". The player executing the blur screen will always end up his "cut" outside of the 3 point arc.
Relocate: Only used in regard to our 4 man. He has rules to follow in regard to relocating as the ball is being moved via the pass or the dribble.

Euro: This is where we get a player behind a fellow teammates dribble penetration. He moves to an area at the arc as a teammate is dribble penetrating. We are looking for catch and shoot three pointers on our euros.

Drift: Usually performed by the wing on the weak side, as a dribble penetration into the drag zone is occurring on the ball side. When drifting up the floor we ask the weak side wing to take at least two full steps, or however many steps it takes to get to an area on the arc where there is no defender in a direct line between them and the basketball. Easy teaching point for your players to remember; when a dribbler, enters the **drag** zone, our weak side wing should be **drifting.**

Wave through: The player with the ball can wave through the player in front of him; this usually involves our 1 man waving out our 2 man. The waved out man will proceed to the weak side of the floor, and we will usually get a weak side rotation to the ball at this point.

Bust out zone: This is the back court area; our players need to be **busting** their tails out of the back court to get our offensive attack moving.

Control Zone: This is the front court area, our players need to be an attack mode, but in a **controlled** manner. It is important to be quick, but under control, in this, or in whatever offensive system you run.

Dribble hand-off: Usually a called play with us now, but it is simply one player coming behind the dribbler and receiving a hand-off, or 6 inch pass. This is not a euro; they are completely different from one another.

Positions:

1 Man: Your best ball handler and decision maker. Needs to be a tough kid who doesn't let little bumps have an effect on his driving ability. His ability to shot the three pointer is a nice luxury, but not a necessity for this system to work.

5 Man: Your second best ball handler, like another point guard if you are that fortunate with your personnel. Your 5 man needs to be some one who can break down defenders. It is nice if the 5 man can also shoot three pointers.

2 & 3 Men: They need to be your best shooters: Your 2 man will probably get more touches, especially if your 1 man is right handed, so sometimes it is better to put the more accomplished player in the 2 spot. However some years we also seem to get a lot of three pointers out of the 2 spot. So you might want your best shooter here even if other parts of his offensive game, driving, etc. are not as strong as your other top wing player. Experiment in your 2 and 3 spots using your practices to determine if most of your open three pointers are coming out of the 2 man spot, or the 3 man spot, etc. Once you have figured it out, get your best shooter in the spot where most of open looks from the arc are being generated from.

4 Man: Needs to be a tough kid, size is nice, but don't put a soft kid in this spot. The 4 man needs to really run the floor to wear out the other teams big men, so it is nice to have some depth at this spot.

Diagrams:

Basic look and spacing of the offense. (Diagram 1)

Phases of the Attack:

After gaining possession of the ball; in this case we are using a defensive rebound as our example. (With all five players getting to the defensive boards).

We will outlet the ball to a primary ball handler, (As a coach you can determine if the 5 man is an acceptable man to outlet the ball to, if he is not, then only outlet to your 1 man.)

With the ball in the hands of our primary ball handler(s) we are now in our "pitch a head" phase.

In our "pitch a head" phase, our primary ball handler(s) are looking to hit 4, then 2, then 3, in that order. With the "pitch a head' pass to our 4 man, be sure to throw him the ball where it is a catch, and lay-up, or a catch, one dribble lay-up. We do not want our 4 man catching at ½ court and having to dribble in at full speed to make the lay-up.
With the 2 and 3 men if they are in front of you, and open, get them the ball regardless how far from the basket they are. (Diagram 2)

Our "pitch a head" phase evolves into our ball reversal and post up phase. (Diagram 3)

Our reversal and post up phase evolves into our attack phase. (Diagram 4)

The above doesn't always happen, but it is a good way to attack the defense, and it gives your kids an idea of what they should be looking for.

On our penetrations from the top we have a drop zone, a drag zone and a rack zone.
(Diagram 5)

The 2 and 3 must be patient, and do their best to stay out of the driver's way. (Diagram 6)

The 4 man must know where to relocate on ball movement. (Diagrams 7, 8, 9, 10)

Run blur screens on guard to wing, or guard to guard passes. (Diagrams 11, 12)

On our wing to guard pass, our wing needs to get to the corner after his pass. (Diagram 13)

In transition, our wings need to run their lanes wide, and look to be in control as they approach the area just below the FT line extended, and a couple of feet behind the three point arc. If the wings are unguarded, they stay there, and ask for the ball. If the wings are being defended, they run their lanes all the way down the floor to the corner, about even with the basket, and a couple of feet behind the three point arc. (Diagram 14, 15)

Anytime a teammate dribbles at you, and comes to a jump stop, in the drop zone, your first thought should be back cut. If the defender is playing soft, and the back cut is not there, then break toward the ball, staying behind the arc, and be prepared to catch a kick out pass, square up, and look for the attack possibilities.
(Diagram 16, 17)

In a guard to wing situation involving a jump stop in the drop zone, we will either get a back cut, or a kick out pass to the wing, followed by a blur screen. (Diagrams 18, 19)

In a guard to guard situation, the drop zone jump stop will result in either be a back door cut, a kick out pass followed by a blur screen, or a euro, if the 1 man really gets a deep penetration. (Diagrams 20, 21, 22)

The post, upon seeing a drop zone jump stop by a perimeter player, needs to relocate to the weak side elbow, away from the man who the drop is being run for; this really helps open up the back cut possibilities. (Diagrams 23, 24, 25)

If the back cut is not open, the player needs to take the back cut to the far side three point line. (Diagrams 26, 27)

If the 1 man, after coming to a jump stop in the drop zone, can not hit the 2 man on a back cut, the 1 man can hit the 4 man at the elbow. The 1 man will then run a basket cut, and open a driving lane for the 4 man. (Diagram 28)

If you have a large or athletic 2 man, on a wave through, have him stop in the post and post up, once again we would want 4 to get to the off elbow. (Diagram 29)

With a small 2, and a strong 4, cut the 2 through on a wave through, and bring the 4 man to the post. (Diagram 30)

Against Zones, we like a 1-2 pass followed by a basket cut by 1 to the far side corner, every one else rotates to the ball, and we are looking for a quick ball reversal back toward the 1 man, and possible post up with the 4 man. (Diagram 31)

When a player penetrates into the drag zone, the offside wing needs to drift the arc taking at least two big steps up the arc. For example, if the 1 man comes to stop in the drag zone, the 3 man drifts up the arc to a spot where his defender is no longer in a direct line between him and the ball. When in the drag zone the player with the ball keeps his eyes on the post, but is looking at the offside wing out of the corner of his eye. The pass to the offside wing needs to be a sharp pass thrown at the receivers head. (Diagram 32)

On a pass to the post, we automatically run our dive play. The offside top dives to the basket, and we run the offside wing up behind the dive. It is not shown in the diagram, however if the 2's man drops to help with the post, the 1 needs to run his cut right at the 2's defender. Therefore when our 2 man drifts to the top area, his defender is pinned by our 1 man's cut. This will lead to a lot of open looks for your 2 man. If the 2's defender hug's his man, there is a good chance that a fast cut by our 1 man will lead to a pass from the post for an open lay-up. (Diagram 33)

Against a set defense, after dead balls, etc, an early blur screen by the 5 man will usually give our 1 man a good opportunity to drive the gap. The 4 man will be relocating, the 3 man will be reading for a drop or drag situation. The 5 man should be circling back for a euro behind the ball, and the 2 man is drifting on the back side. (Diagram 34)

On a baseline drive by the 2 man, usually happening after a pitch ahead pass, the 4 man needs to relocate, the 3 man drifts to the corner, the 1 man runs a euro behind the ball, and the 5 man drifts an open area on the arc. (Diagram 35)

On a 2 man drive to the middle, (usually coming off a kick out pass, and blur screen by the 1)
The 4 man will relocate to the weak side as the 2 turns the corner, the 3 man reads the drop options, the 5 man looks to run a euro behind the ball, and the 1 man is drifting on the backside. (Diagram 36)

If the 2 man is able to turn the corner down the strong side, the 4 stays away looking to relocate, the 3 man is drifting the weak side the 5 is looking to run a euro behind the ball, and the 1 man who has most likely just run a blur cut for the 2, stays in the corner area at the arc, (Diagram 37)

Our perimeters, if they do not have the ball, need to stay behind the arc. Any time they break the arc, it should be because they have an open back door cut to the bucket. They need to run their cut all the way to the bucket, then cut out to the arc, usually to the ball side. (Diagram 38)

No stationary dribbles in this offense, attack dribble, or don't dribble at all. (Diagram 39)

The back court to the bust out zone, the front court is the control zone. (Diagram 40)

Rebounding rules:

As a three pointer is being taken, 4 man to middle of the key, weak side corner to weak side block area, weak side top splits his two teammates. The shooter and ball side perimeter start to drift back for court balance, the shooter drifting the arc, and the non shooter getting back towards the ½ court area. On lay-ups only post and weak side corner go to the boards.
(Diagrams 41, 42, 43, 44)

On a pitch ahead pass, to the 2 man, the 1 man needs to get to the arc at the lane line extended for a possible return pass and three point shot. (Diagram 45)

On kick out pass, and blur screen, many times a quick attack by the 2 man, will result in both defenders becoming involved with the 2 man, and the 1 man will be wide open for a three pointer. (Diagram 46)

We can also run dribble hand-offs in this offense, but that is usually a set call now such as 1-5-2 etc. The dribble hand-off has much of the same effect as the blur screen, but the chance of a quick double team can be an issue. (Diagram 47)

Transition Rules:

On misses:
Our 4 man will always runs to the front of the bucket, even when he has rebounded the ball. (Diagram 48)

If the 1 man or 5 man gets the rebound, they just explode out with the ball and, their partner is the trail. (Diagram 49)

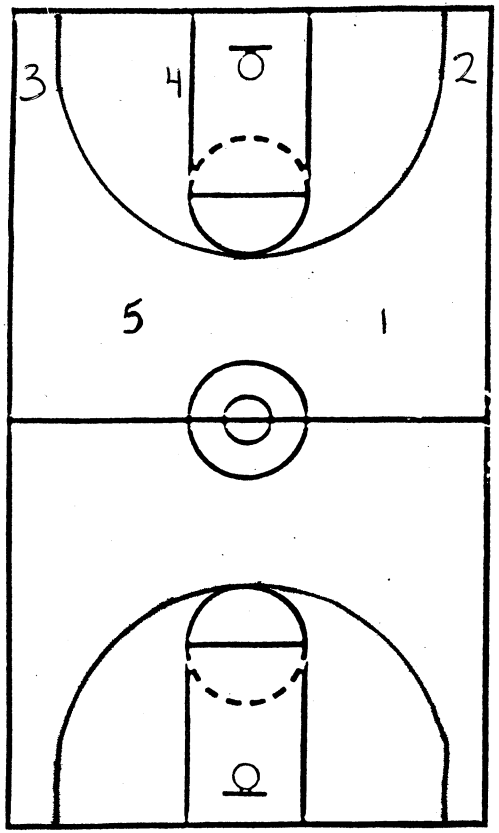
If the 2 man or 3 man rebounds the ball, they will verbalize "I got trail" at which time the 5 man needs to know that he will sprinting to either the 2 man or 3 man spot depending on who got the rebound. (Diagram 50, 51)

When the 2 man or 3 man gets the rebound, they run to the trail, or 5 man spot. (Diagram 52, 53)

On Makes:
Our 5 man is the take out man. Our 2, 3, and 4 men, sprint to their spots. The 1 man pushes the ball quickly up the floor, and the 5 man hustles as a trail man to his spot. (Diagram 54)

Press break alignment 1 man in front, the 3 man buried in corner, the 2 man down the floor, the 4 man at left hand block. The 2 man will only come back if there are issues. (Diagram 55)

Dead ball press situations; stack the 1 and 3 men. (Diagram 56)



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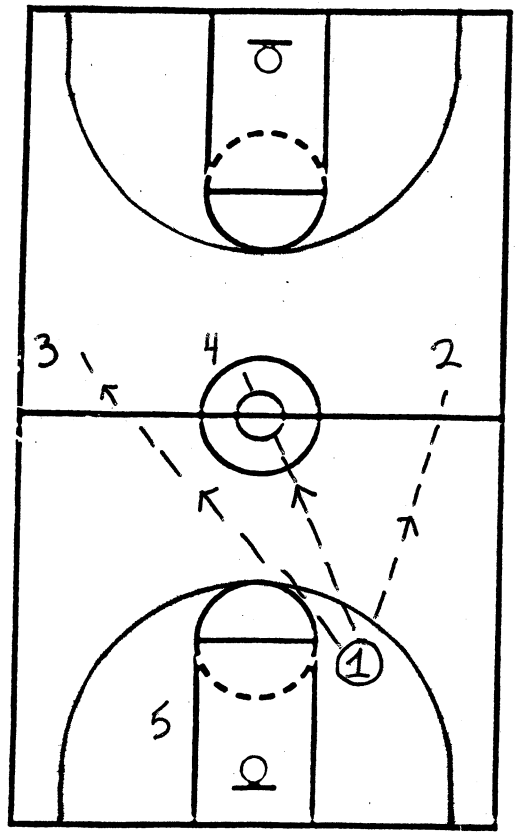

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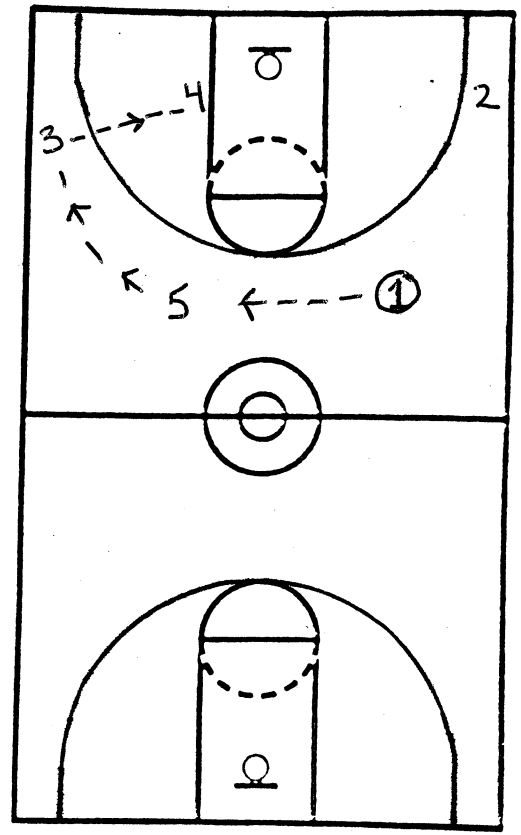

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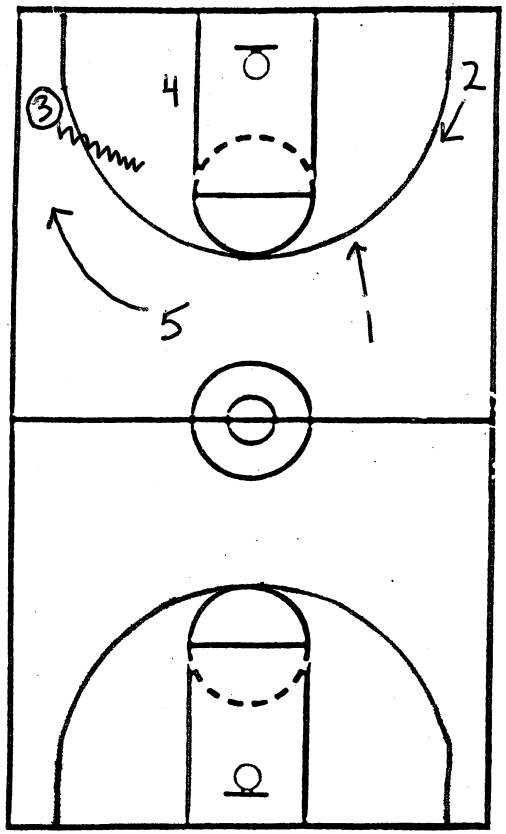

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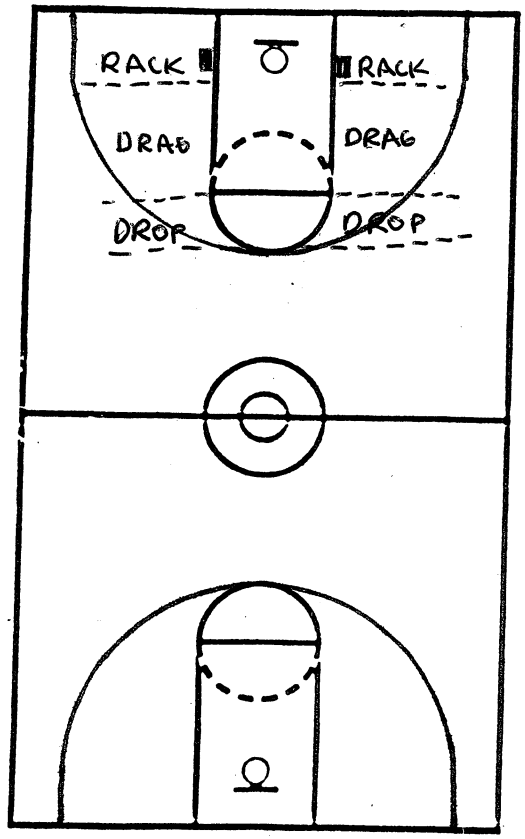

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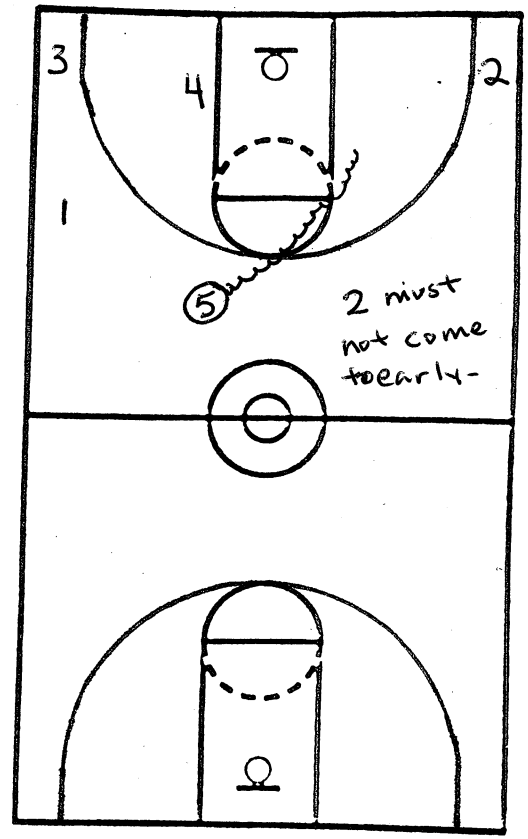
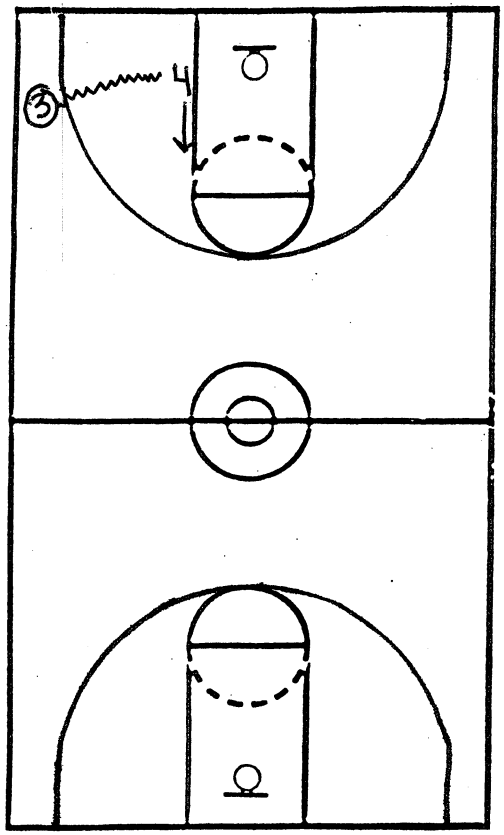


Diagram 6

Diagram 7

Diagram 8

Diagram 9



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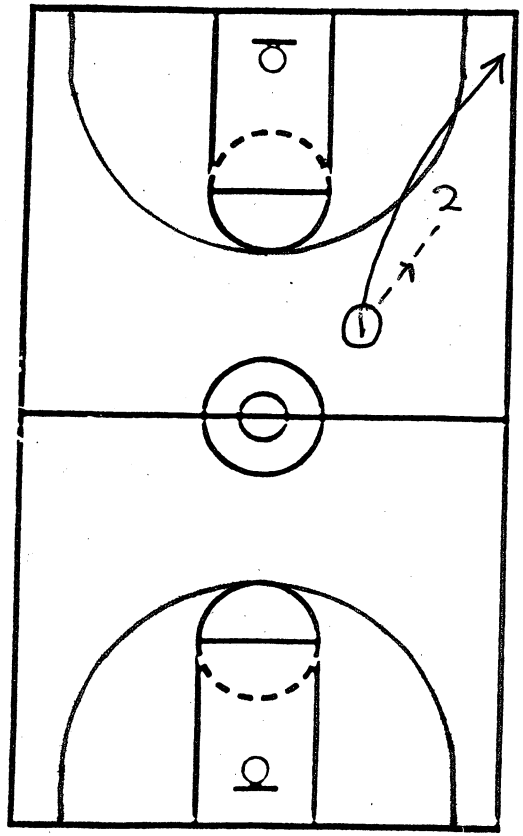

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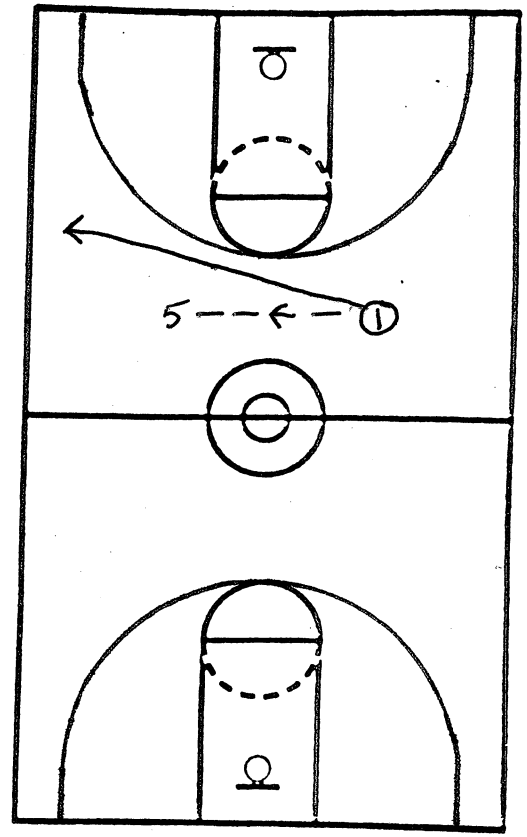

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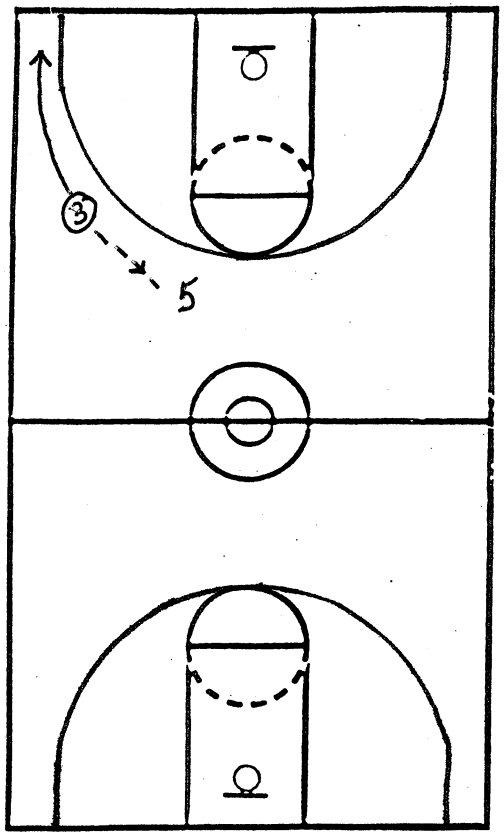

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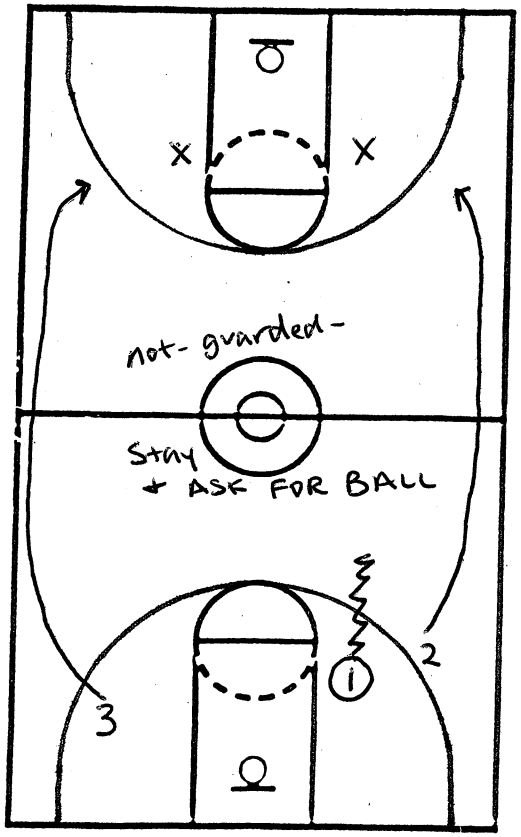

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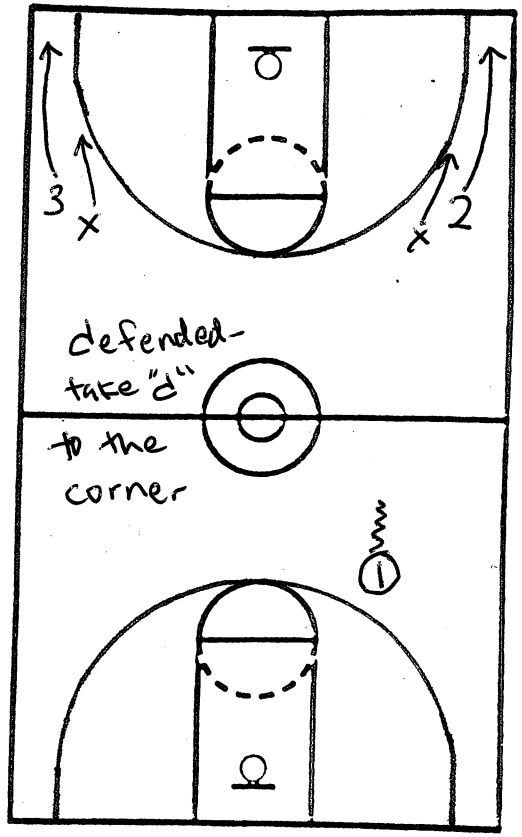

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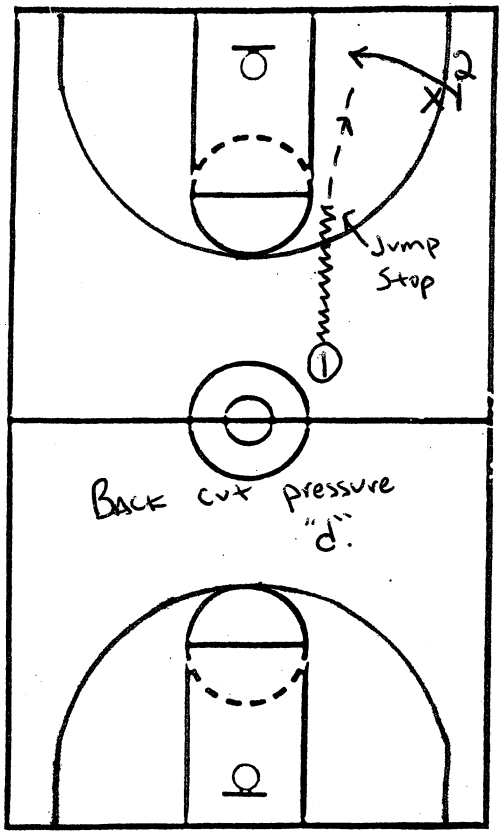

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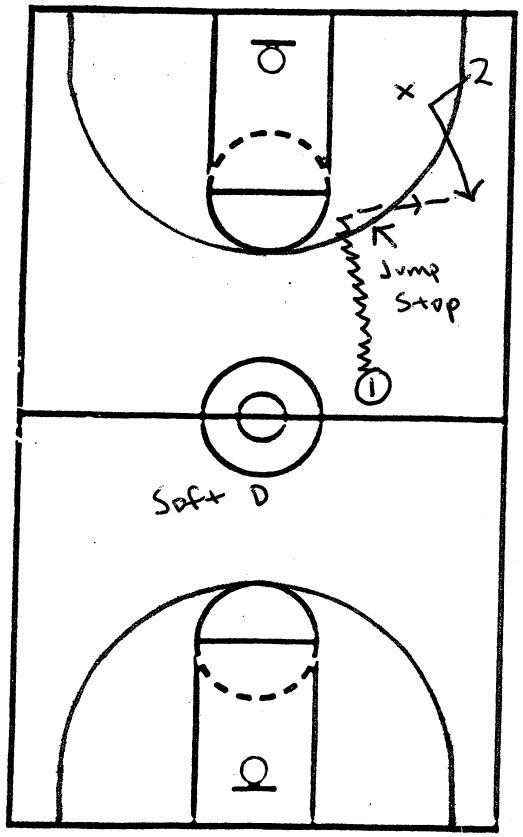

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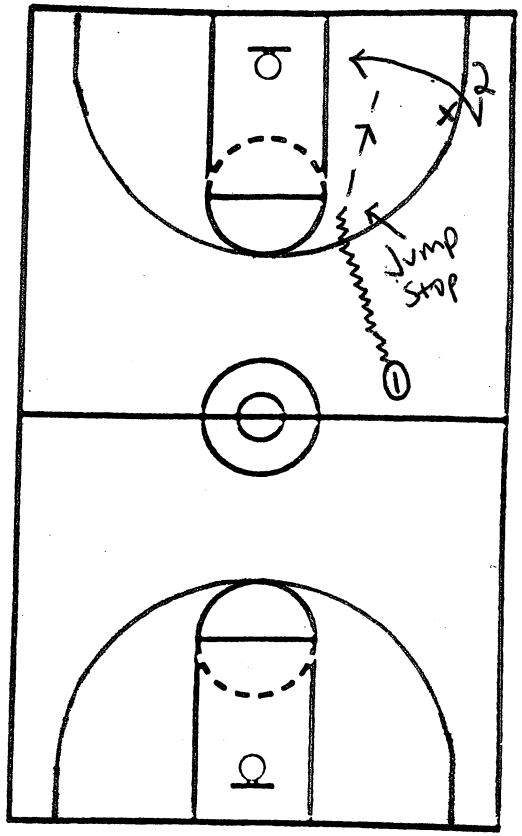

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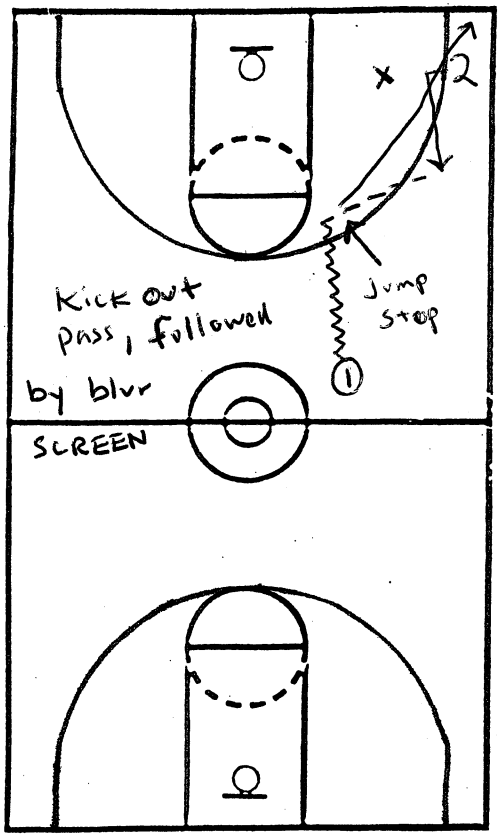

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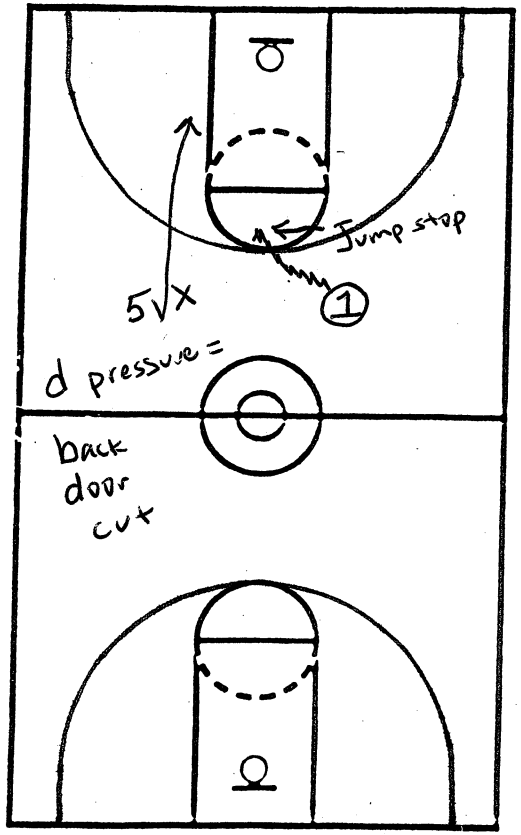

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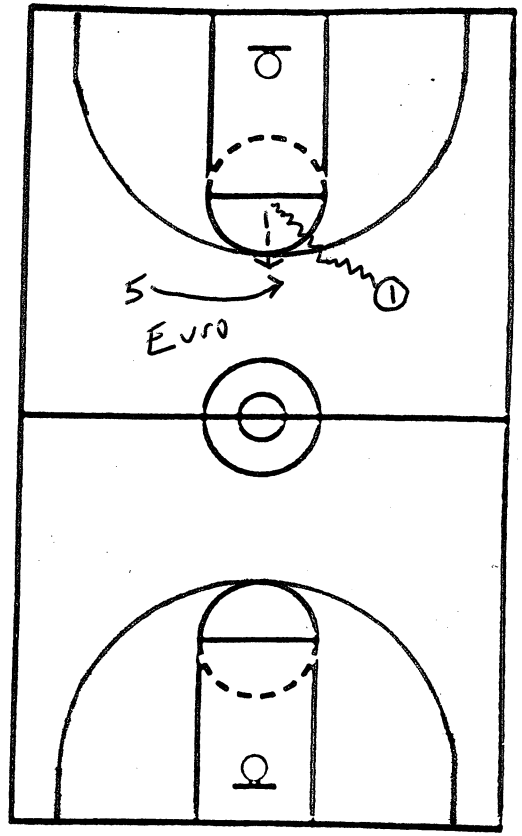

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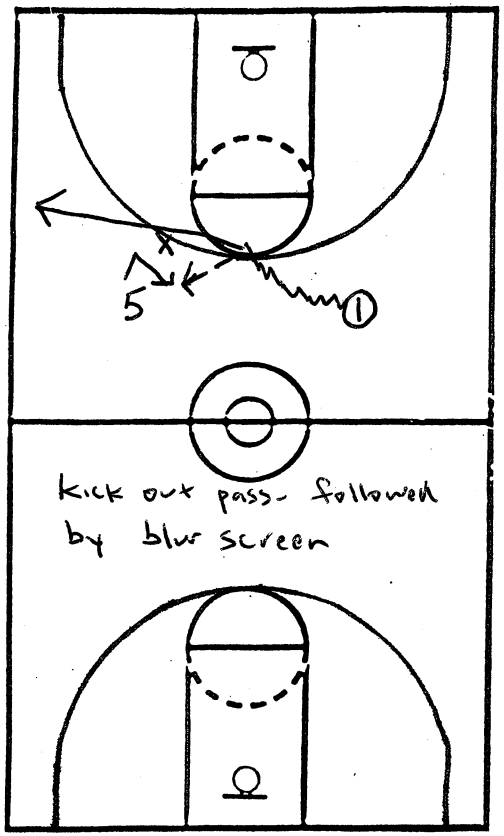

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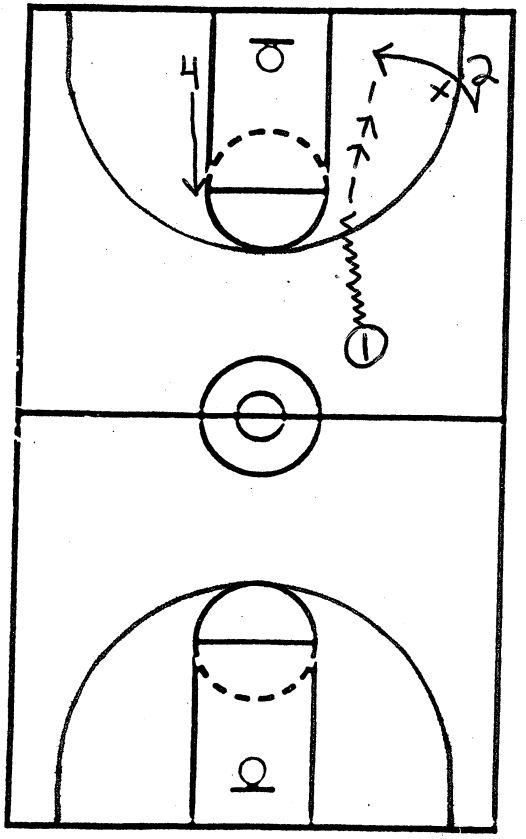

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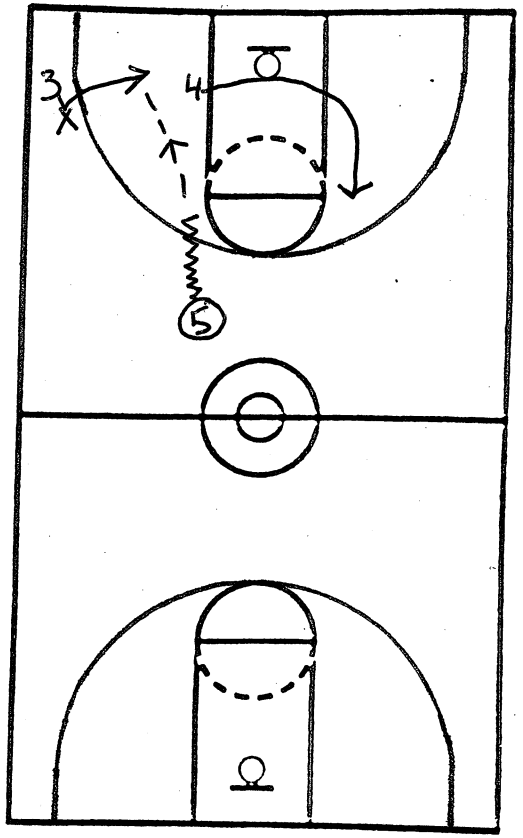

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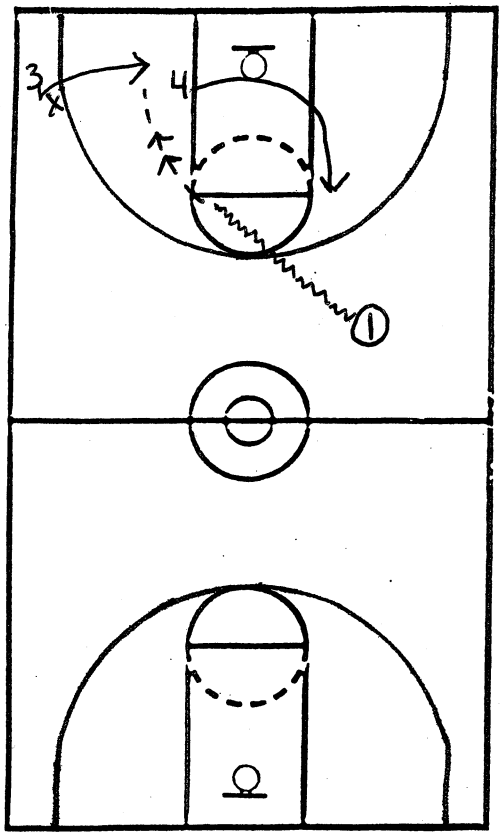

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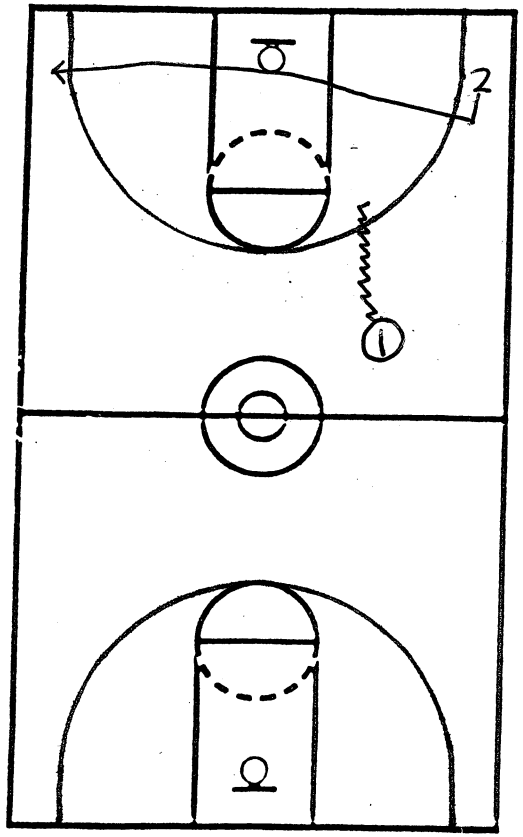

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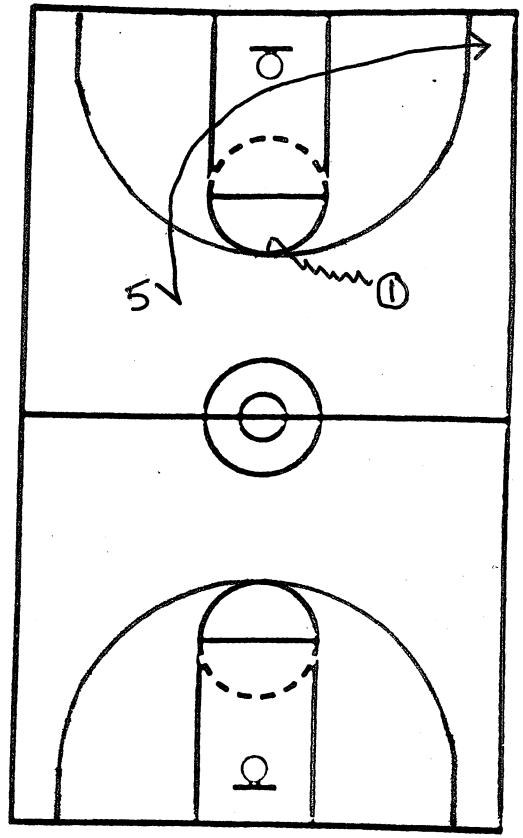

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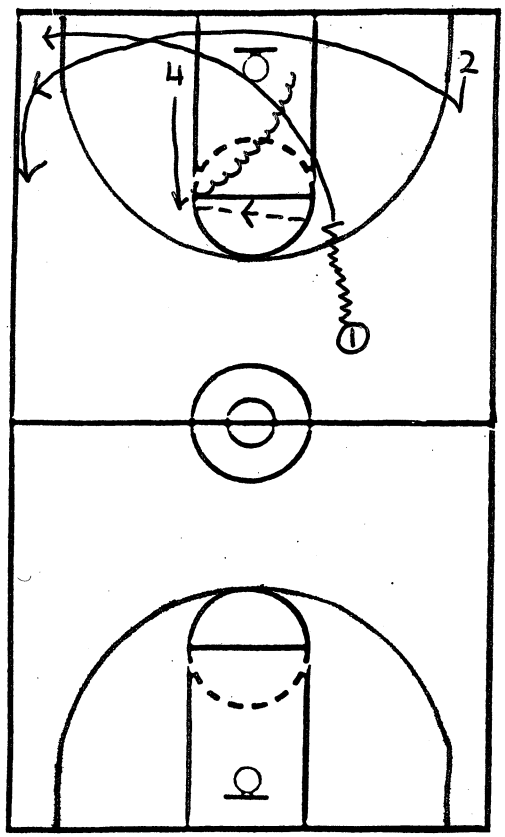

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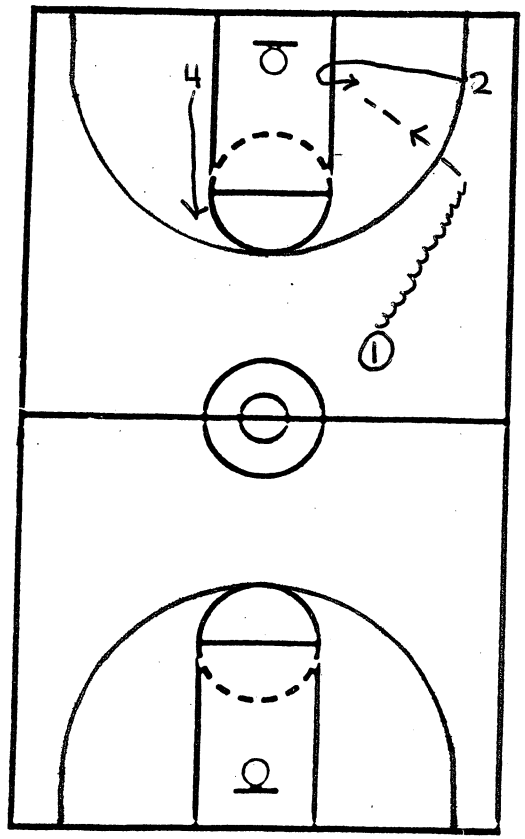

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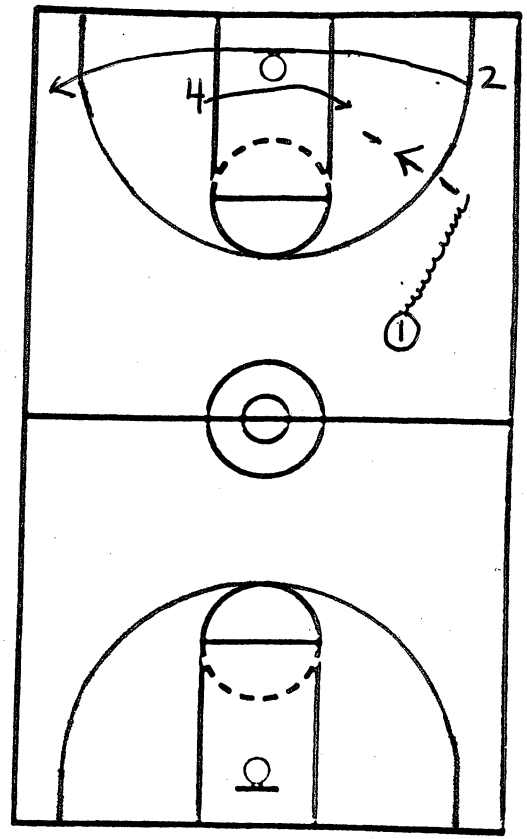

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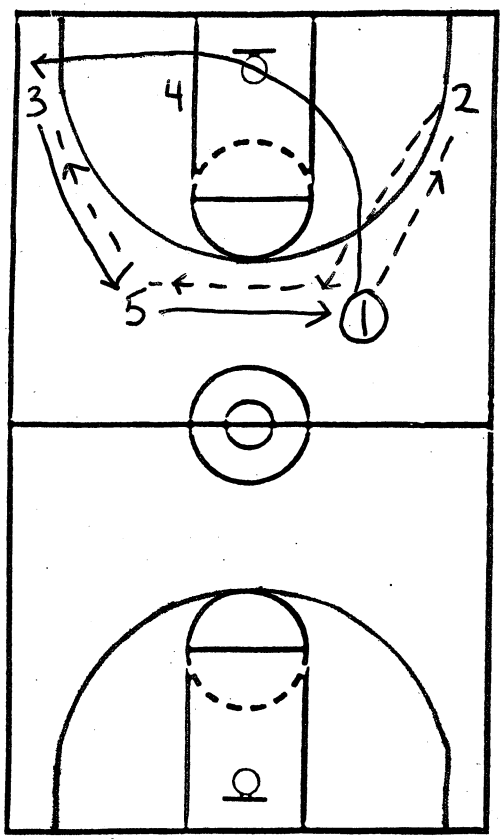

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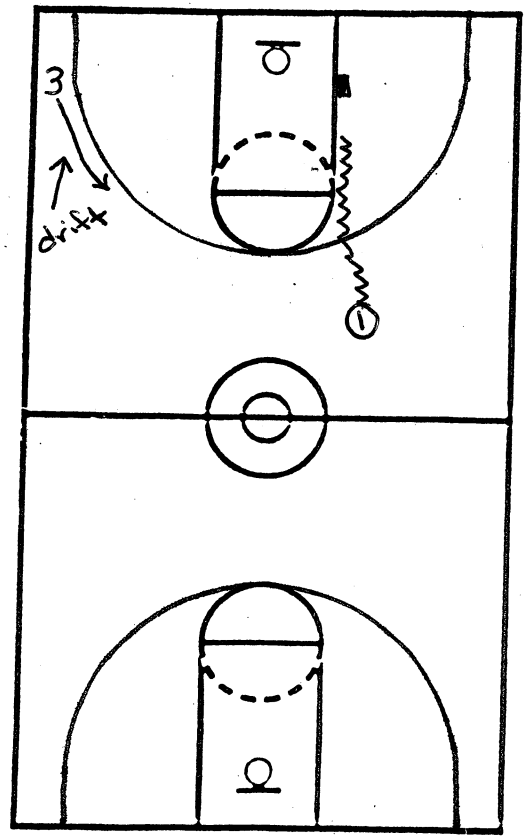

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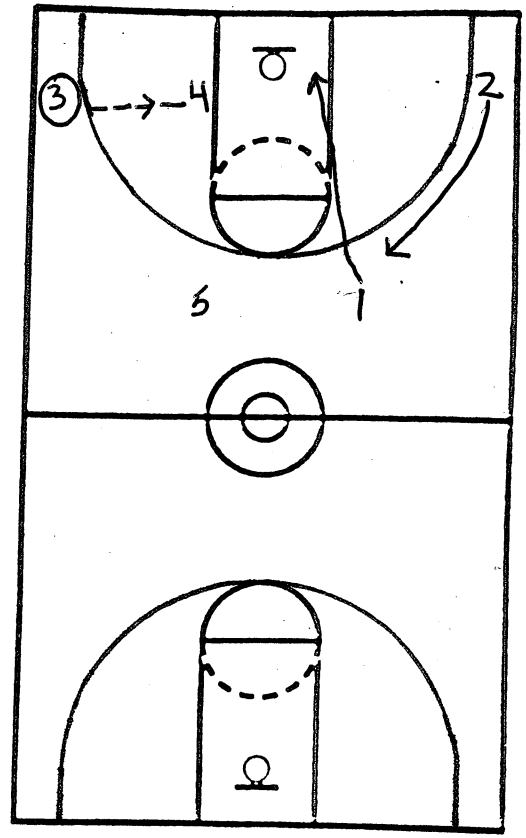

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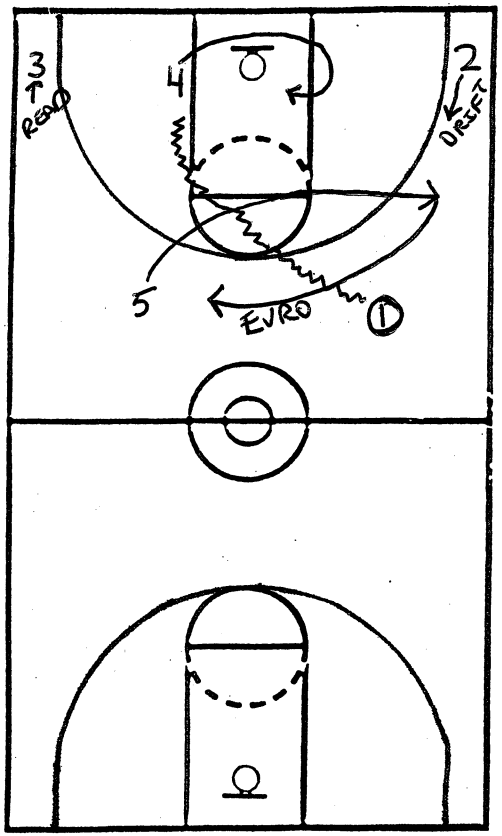

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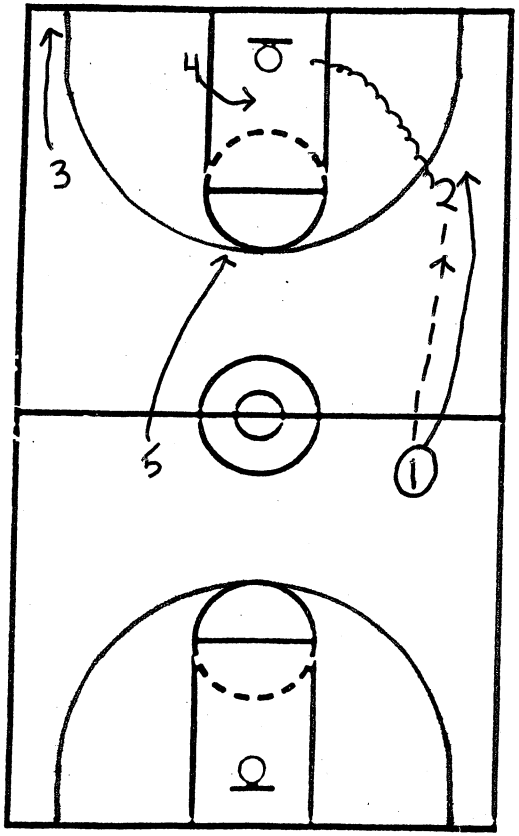

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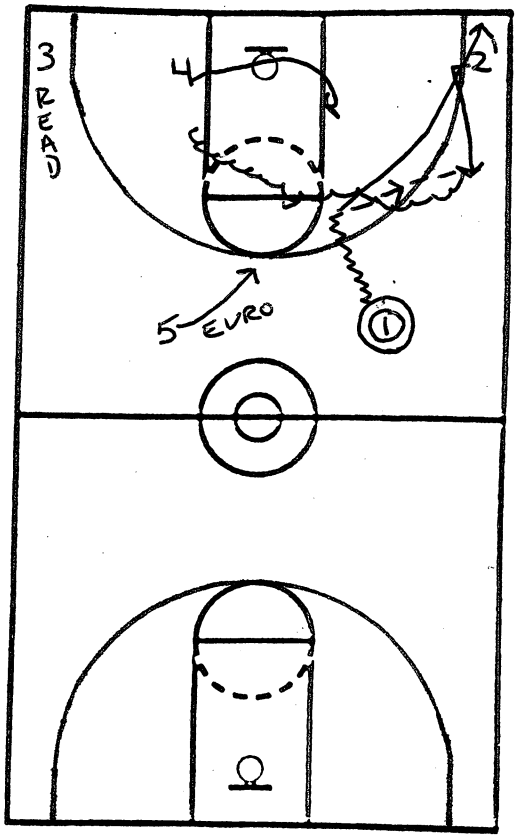

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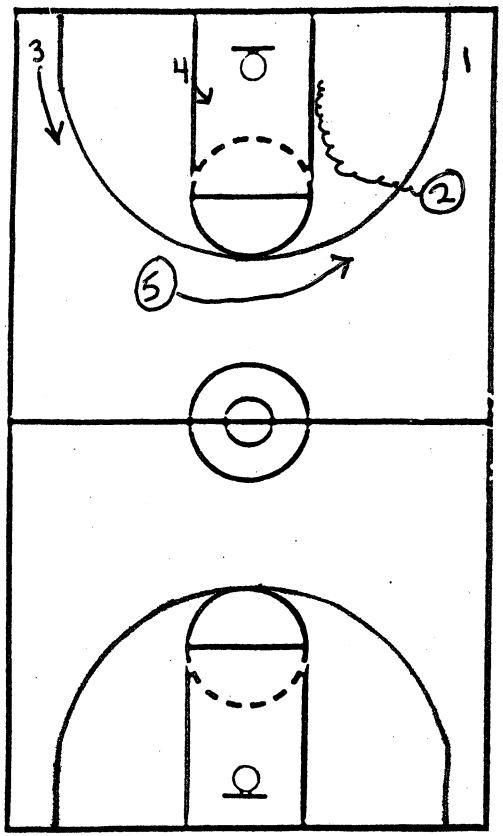

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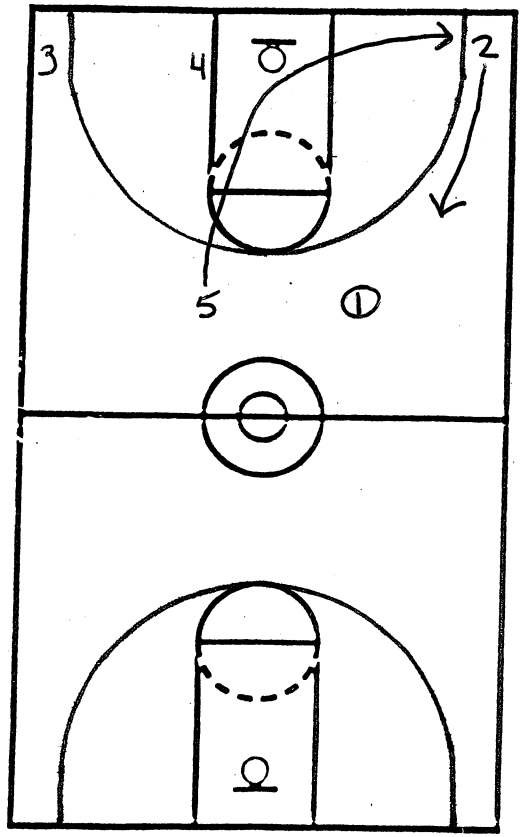

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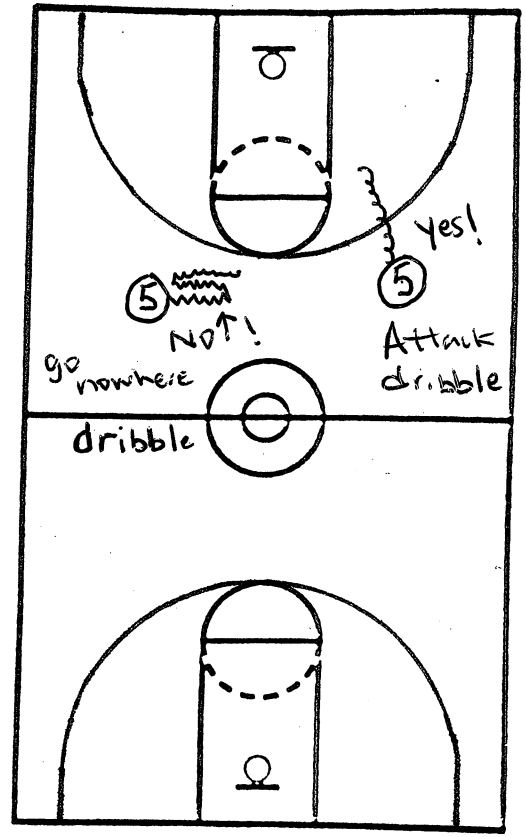

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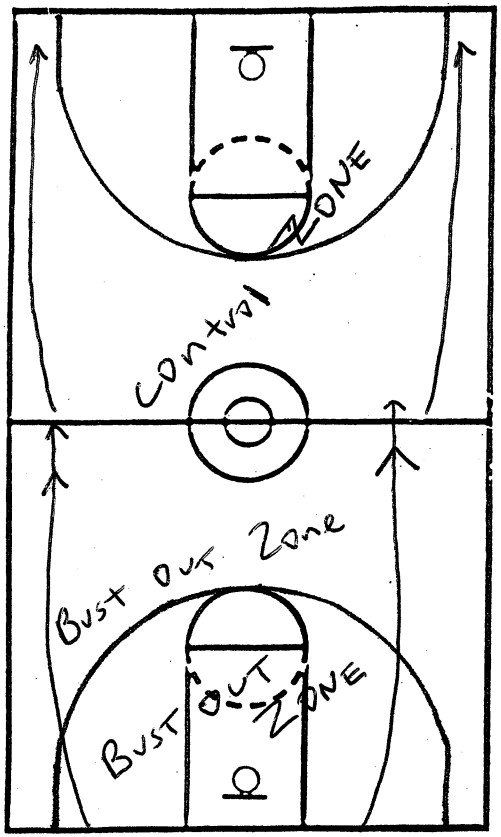

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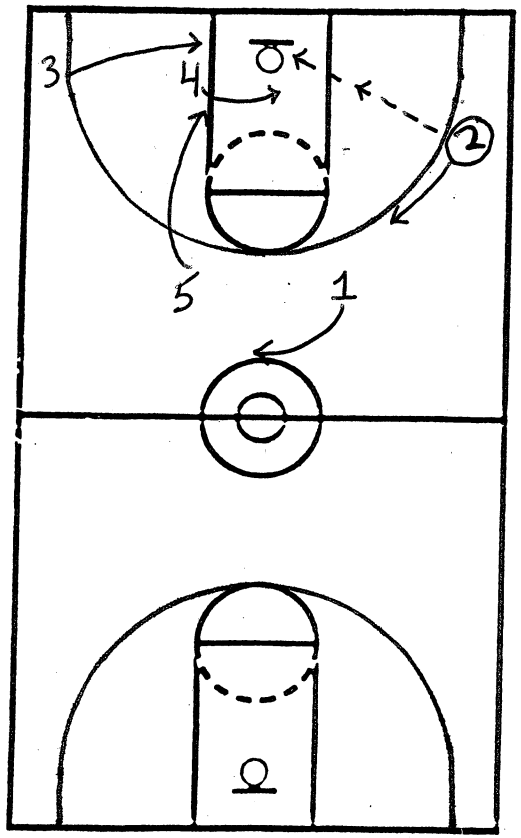

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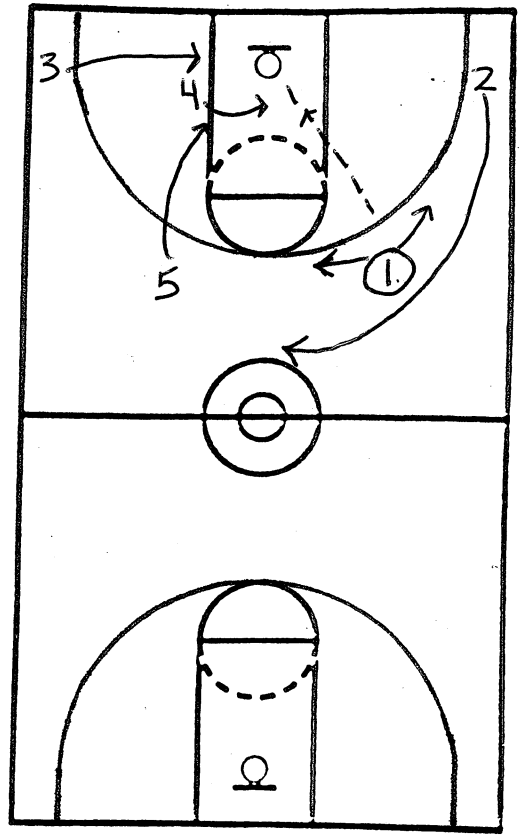

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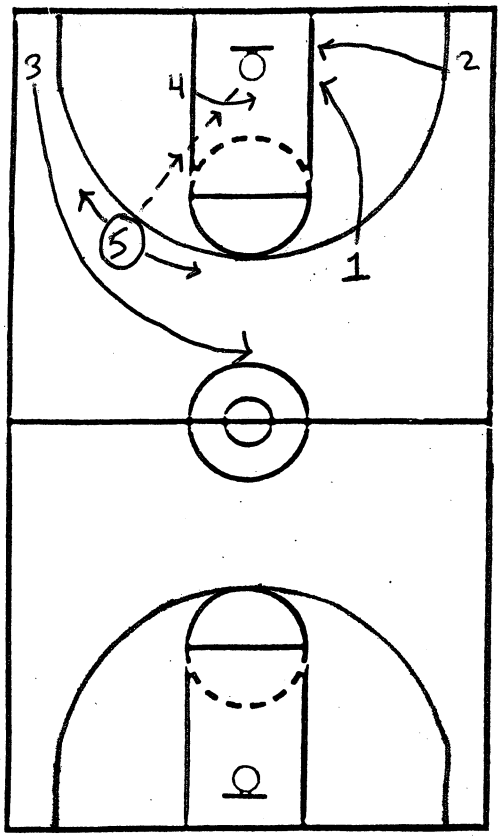

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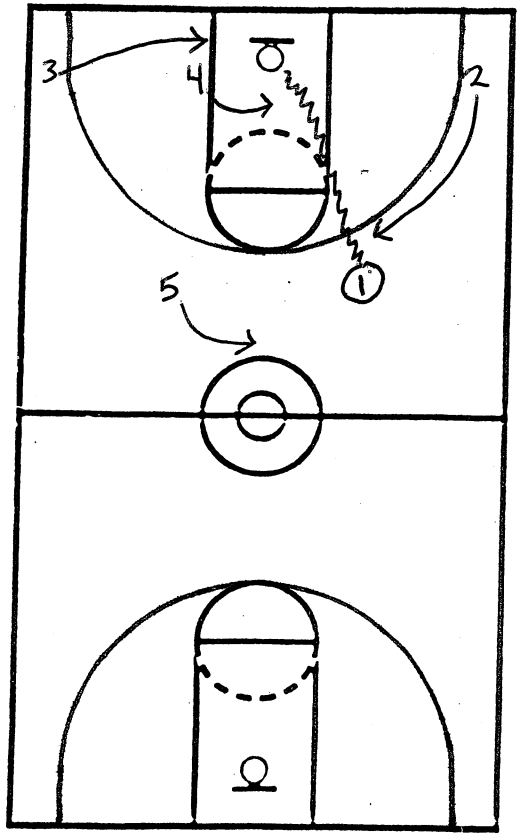

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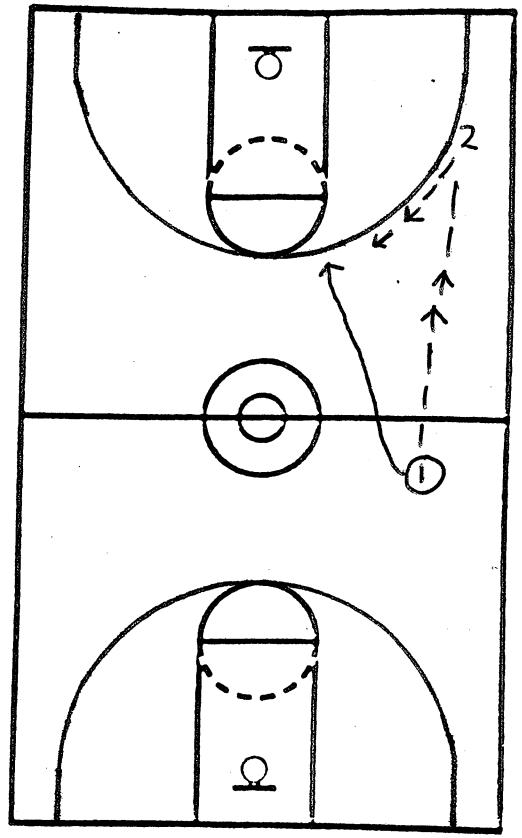

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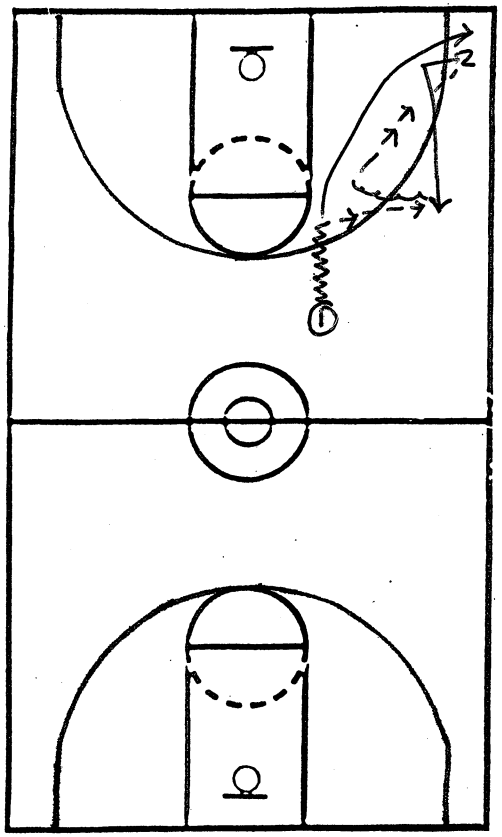
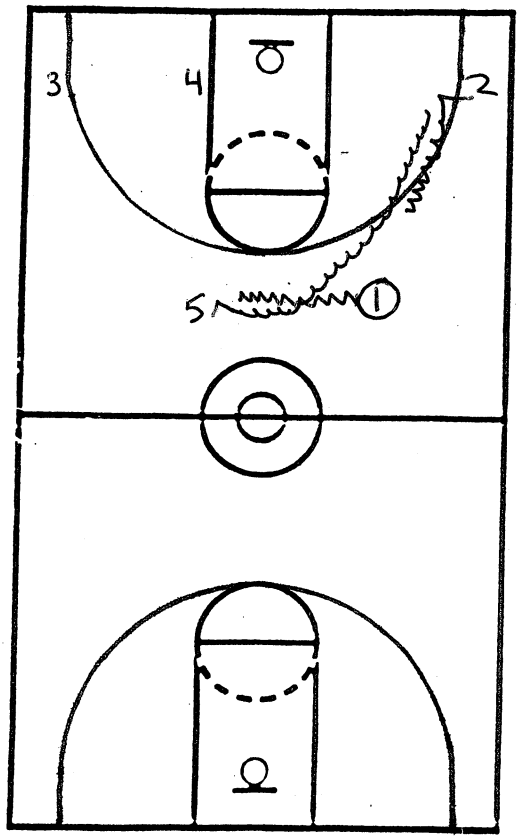


Diagram 46



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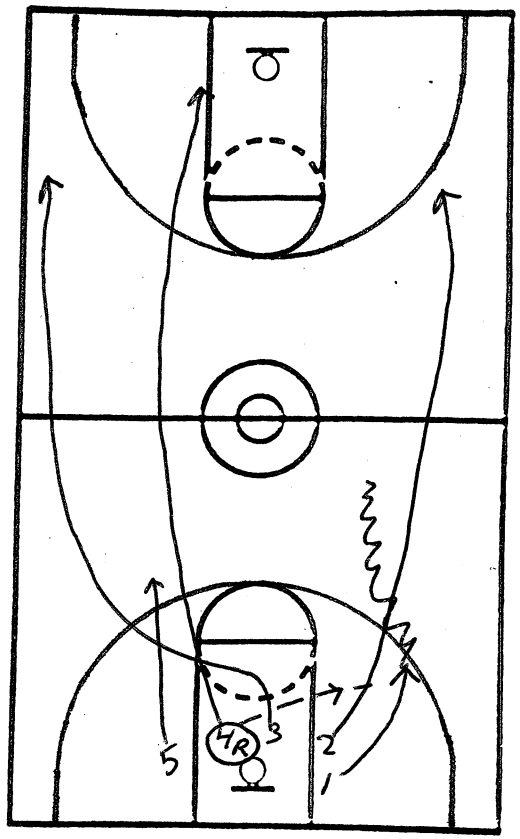
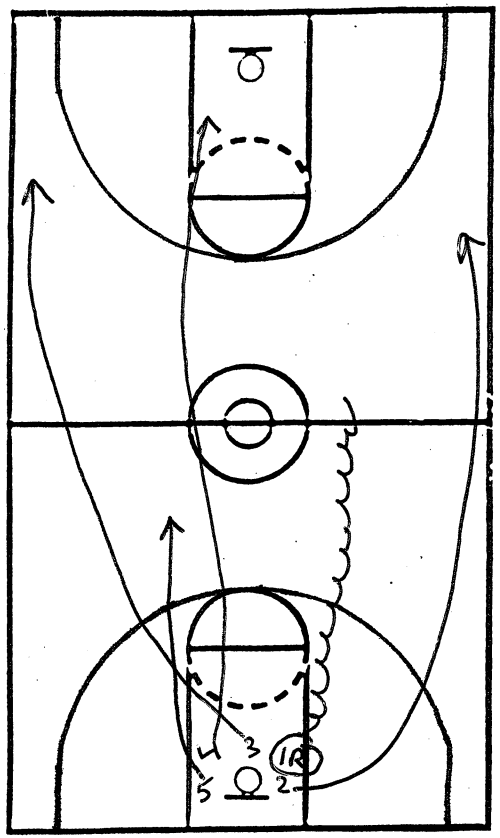


Diagram 48



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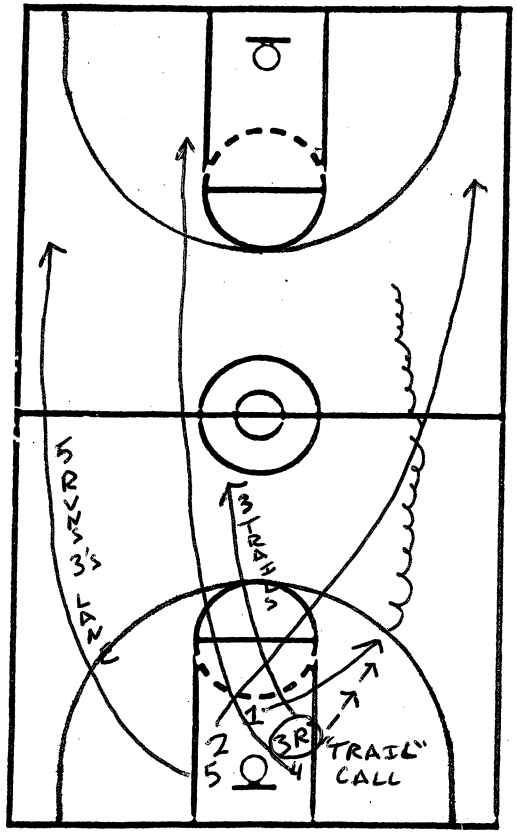

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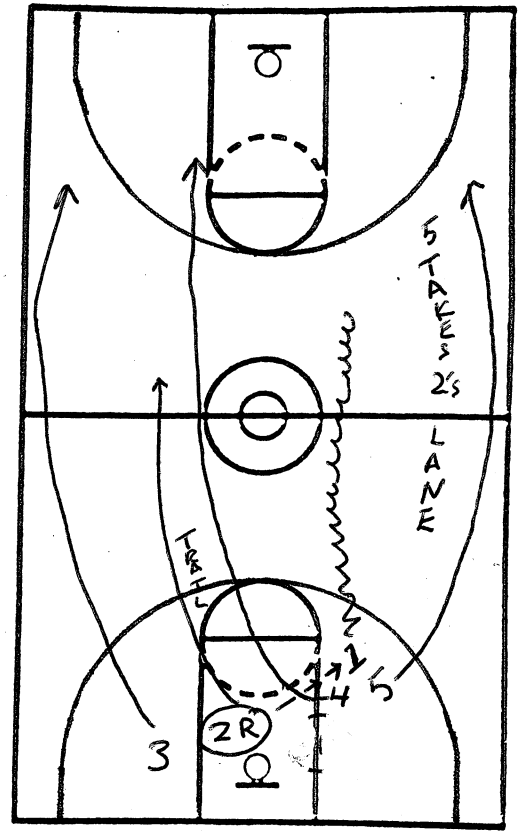

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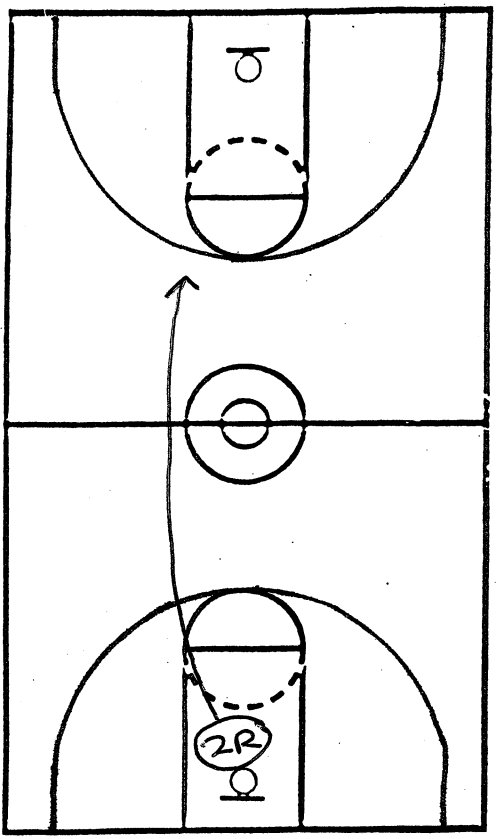

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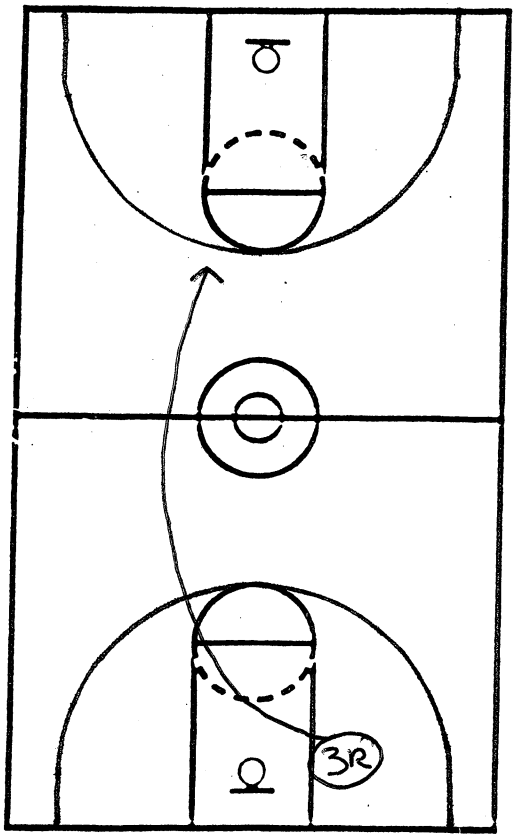

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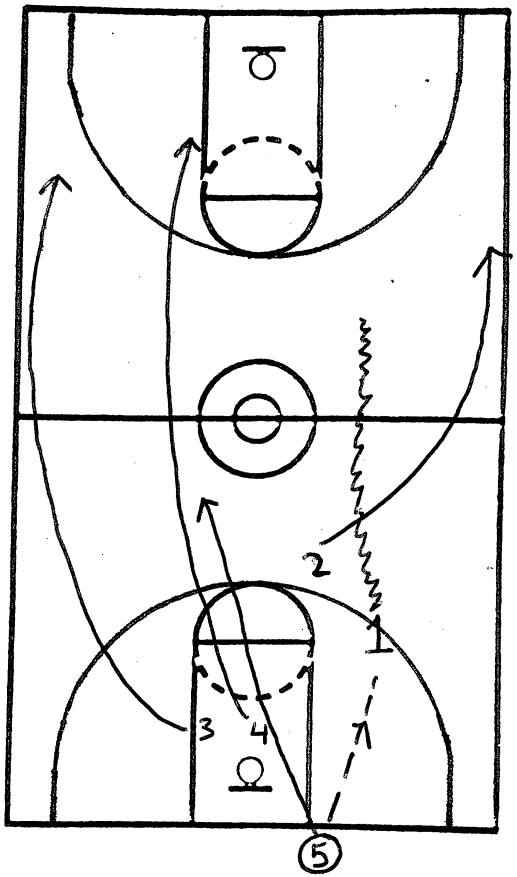

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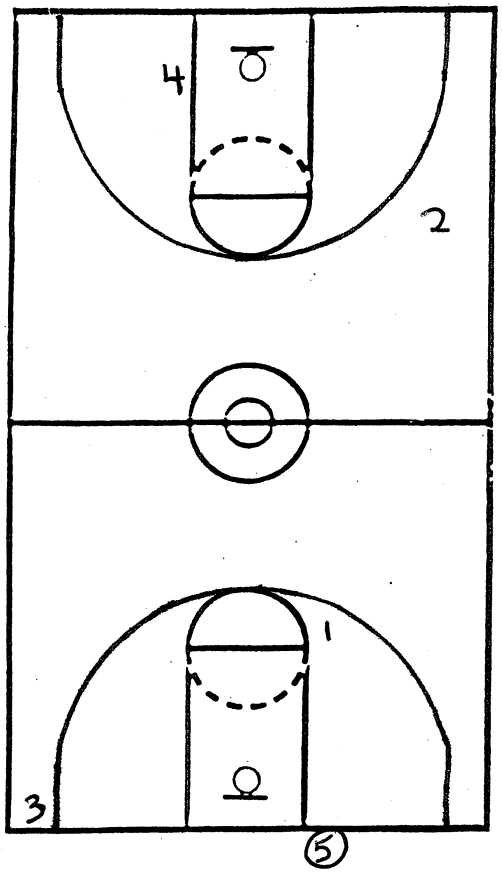


Diagram 55

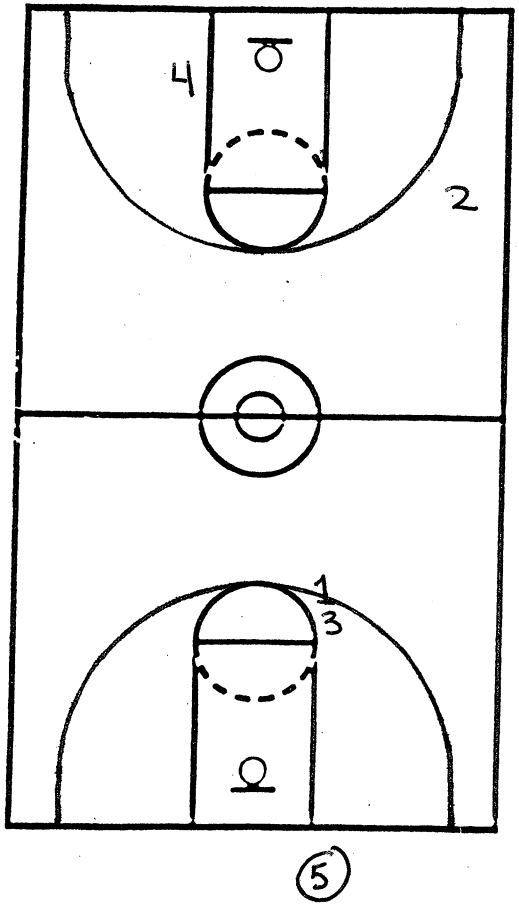
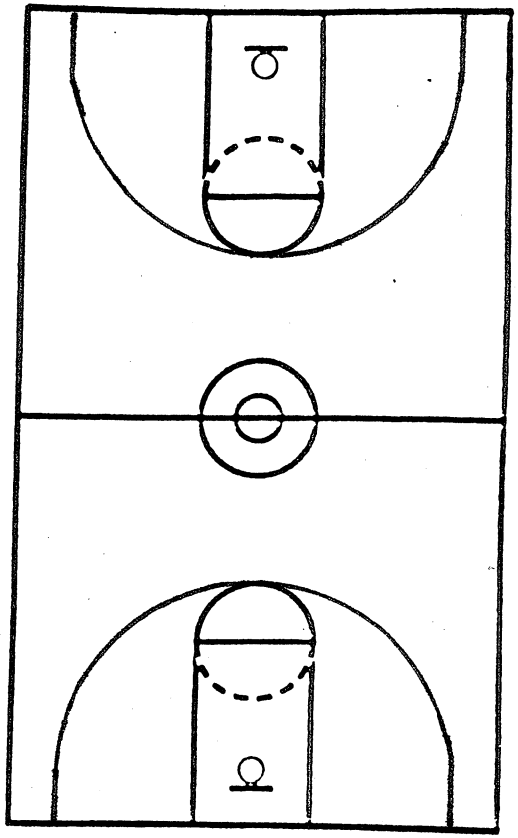


Diagram 56



JOHN CHANEY – TEMPLE

* DRIBBLING – MOST WIDELY ABUSED SKILL IN B. BALL YET THE MOST IMPORTANT COMING FROM ONE PLACE TO ANOTHER

* ELIMINATION OF GOOD PASSING ANGLES / OR SHOT BECAUSE YOU USED DRIBBLE TOO SOON

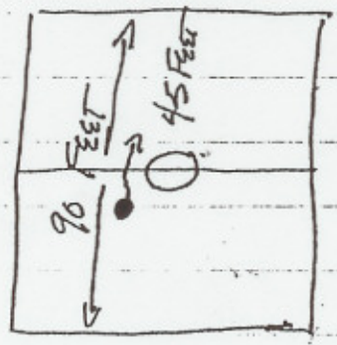
* DON'T ~~CATCH~~ DRIBBLE THE PASS

* WE MUST WRESTLE THE FLOOR – GAINING OR LOSING TERRITORY

* FEET PROVIDE YOU AN OPPORTUNITY TO SEE

* YOU MUST KNOW WHO IS AROUND YOU AT ALL TIMES – YOU ARE IN A ROOM FULL OF SNAKES

* USED GUARD MUST NOT:
  1) FINESSE THE BALL IN FRONT OF DEFENSE
  2) PLAY WITH HALF COURT LINE



2 INCHES MAKES THE DIFFERENCE OF 45 FEET

DO YOU UNDERSTAND

Jim Maloney - Temple

* "It's not who you are but what people think you are" (i.e. image, recruiting, drugs etc - who you associate with).

* "We've got to be saying the same things" (ie. rights in the staff, opinions, newspaper guys go around & look for that)

↳ CONSISTENCY 05 22 97

* Must spend time briefing your players on recruits coming in - they've got to say the same things

* Recruit a small group - manageable - don't bring them in like cattle | J.C. Philosophy? | we take care of our kids: We aren't out chasing somebody else. We've got one house & we've got to make that work.

* Passing & Receiving - Very important to know how to catch the ball - Can't have "wrinkles" as the most important aspect is to create TIME & DISTANCE.

* Pump FAKES - You must take it out of the game as it puts you in the hands of the officials - You must take all those variables out - TURNOVERS!

"DON'T BE MASHING POTATOES W/ THE BALL"

* DRIBBLER MUST SEE EVERYTHING & READ

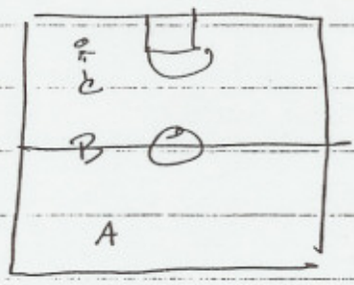
PRESSURE – THINK ABOUT TAKING THE BALL FROM A TO B TO C TO D

A – GET THE BALL

B – GET IT ACROSS HALF CRT

C – READ & SEE

D – DELIVER THE MAIL



DELIVER THE MAIL

* PRESSURE – RELIEVE IT WITH DIAGONAL ADVANCEMENT, PULL BACK, CROSSOVER, ADVANCE

CHANGE OF PACE – CHANGE OF DIRECTION

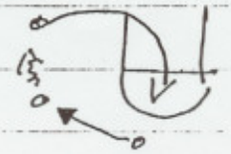
* POST MAN
  - ↳ DON'T RECEIVE PASS AT WAIST LEVEL
  - → DON'T DRIBBLE PASS
  - → CATCH IN POWER POSITION
  - → LOOK, LOOK, LOOK
  - → PIVOT, "BABY DRIBBLE"

A-B-C 1-2-3

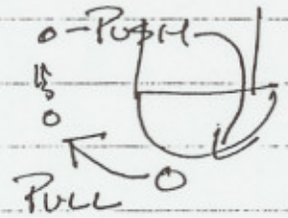
* EYES CAN ONLY SEE WHAT MY FEET PROVIDE FOR ME – VISION

Push Pull Concept

1) Proper Spacing — Dribbler comes
You cut out of there — Floor Balance







For every action there is an equal & opposite reaction.

"We want to go from Good to Great" — Repetition will do this only if we understand why we are doing something

1) Floor Balancing
2) Proper Spacing
3) Push / Pull

> All part of the whole

For in order to find compatability w/ our teammates we must start w/ something small that we like about that person & then hopefully it will grow.

(A big toy)

— There may be a lot of things you don't like about a person & consequently you must look for a small thing to like

- IF THE DEFENSE GIVES YOU SOMETHING YOU'VE GOT TO GET SOMETHING

- IF YOU CAN GET ONE GOOD FREE FROM SCRIMMAGE THAT EVERY ONE IS FREE

BASIC OFFENSE
=> 1-4 LOW

WHY? I ATE OATMEAL EVERY DAY BECAUSE THAT IS ALL I HAD!

- 1 SUIT - SO WHEN YOU GO TO THE CLOSET THERE IS NO DECISION

- YOUR OFFENSE - (1) THAT IS ALL YOU HAVE & YOU ARE GOING TO MAKE IT WORK

- WE MUST ALL SLEEP IN THE SAME BED & MAKE DO WITH WHAT WE HAVE - IF I TURN YOU TURN

- ONE SUIT - MAKE IT WORK - TOO MANY CHOICES CAUSE CONFUSION

- PASSING - IF THE 1ST BASEMAN DOESN'T GET THE BALL THROWN RIGHT TO HIM DOES HE HOLD THE BAG - HELL NO HE GOES & GETS THE BALL

(i.e. IF THE LEAD CUTTER IS IN TROUBLE THEN WHAT I'M DOING IS UNIMPORTANT WHAT GOOD DOES IT DO EVEN IF I'M WIDE OPEN? GO HELP YOUR BROTHER FIRST)

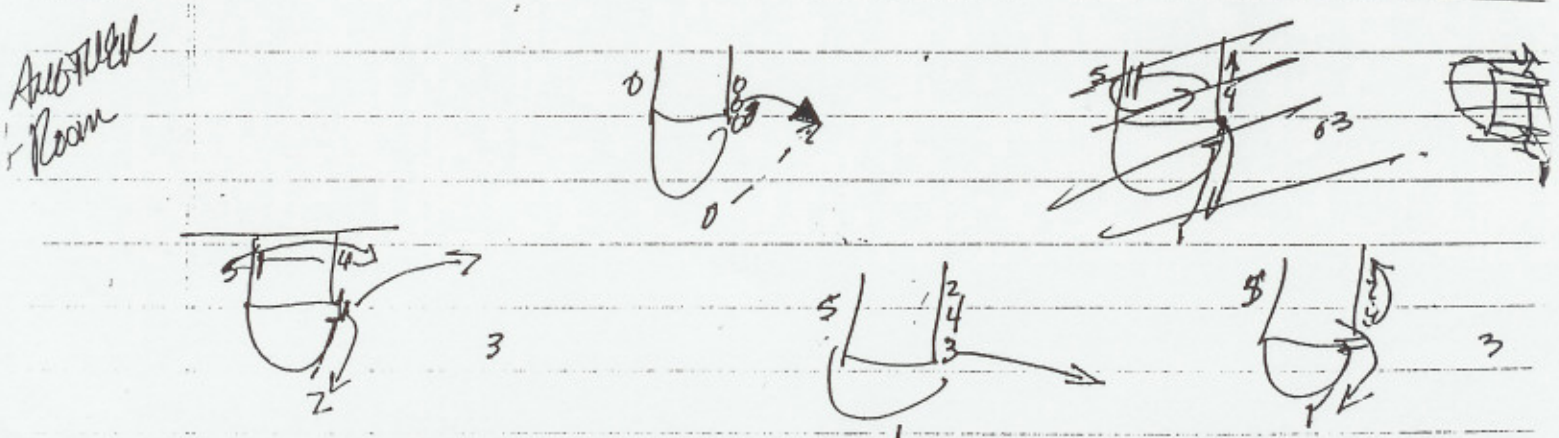
- OFFENSE - THINKING, SEEING, & REACTING

- WORST DRAMA - EVERY PASS THAT THEY LOOK OVER ABOVE FOREIGN HEADS - WHY? BECAUSE THEY ARE THINKING "WE" & NOT "I"

WHEN YOU PUT THE BALL ON THE HIP OR LOWER YOU ARE THINKING "I".

WHEN YOU THINK PASS FIRST YOU ALLEVIATE PRESSURE AS OPPONENT LOOKS FOR YOU TO PASS - THUS, OPEN SHOT

- IN EVERY GAME WE MUST ESTABLISH A PATTERN OF PLAY



(i.e. IF THE LEAD CUTTER IS IN TROUBLE THEN WHAT I'M DOING IS UNIMPORTANT WHAT GOOD DOES IT DO EVEN IF I'M WIDE OPEN? GO HELP YOUR BROTHER FIRST)

- OFFENSE - THINKING, SEEING, & REACTING

- NORTH CAROLINA - EVERY PASS THAT THEY GOT GOES ABOVE THEIR HEADS — WHY? BECAUSE THEY ARE THINKING "WE" & NOT "I"

WHEN YOU PUT THE BALL ON THE HIP OR LOWER YOU ARE THINKING "I".

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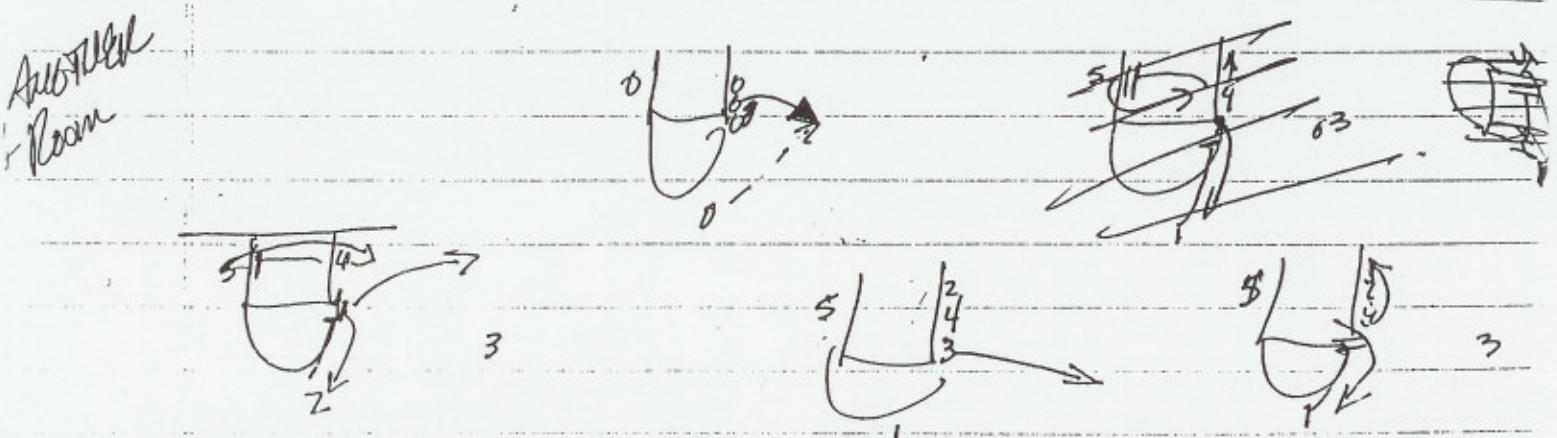


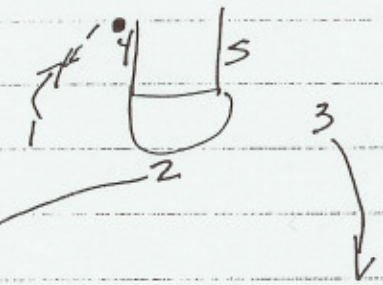
* Most Important Premise = No Turnovers

"- In the Worst of Conditions & in the Best of Conditions Turnovers. Is it!"

Don't Beat Yourself

* Change Really Plays a Ranger Harder on Players & Distance But Not Harder or Hard as Much

* Transition
  * Middle of the Floor Belongs To 4 & 5 (5 always opposite ball)
  * 1-2-3 Perimeter



1 - will always go to the side of 2 with dribble

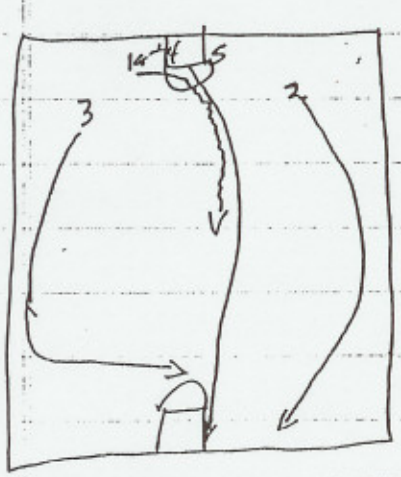
2 - Back to Sideline Run Lane Wide

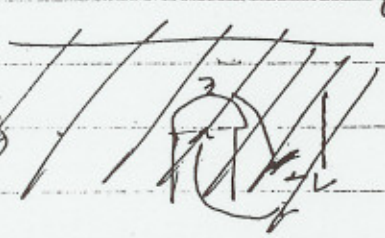
3 - opposite side but will fill top of Key Spot can Finish or/or stay at wing Ball side

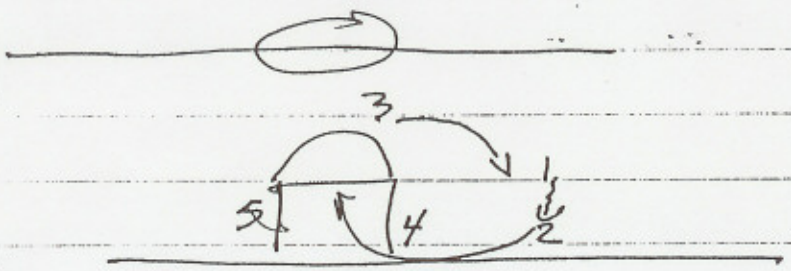
4 - always to side of ball, Middle, Ballside Block

5 - opposite the ball, Middle opposite Low Block

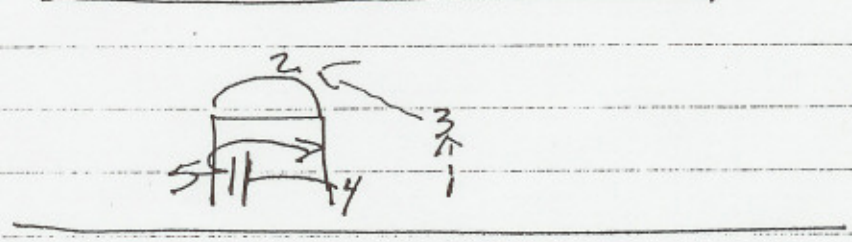
Ultimately will Follow 1 (Mirror) (See Following Page)



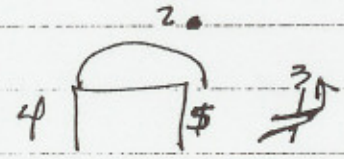




Rotation



1 – Follows 2 – Goes to his side



2 – Passes once he goes Ball

3 – Fill wing spot but he will go (follow) to L side – Ballside either top of key or wing spot Ballside

4 – Rear middle of Ballside

5 – Opposite Ball

- Floor Balance
- Triangle
- Spacing
- Angles

- Inside Shooting
  - Work on Simple Moves
  - Cross Screening
  - Locate Defender
  - "A, B, C – 1, 2, 3"
- Rebounding – Blocking off

Defensive Boards

- Must Create Difficulty for 1. See Ball 2. Aware of self
  - Defender 1" Screen Comes out after Selector

TURNOVER — POOR READING — "BAD TRANSACTION"

* EYES MUST BE ON THE FLIGHT OF THE BALL

* FREETHROW LINE SET UP



- YOU MUST ALWAYS STEP TOWARD YOUR MARK & TAKE UP SPACE
- ARMS ALWAYS ABOVE OPPONENTS
- MAKE CONTACT / INITIATE CONTACT & CONTINUE TO MOVE YOUR FEET

THE HOUSE

* 1 HOUSE BUT MANY ROOMS IN THE HOUSE
* KITCHEN — BIG MEAL
* DEN — REFRESHER PEOPLE
* CLOSET — OUR FOUNDATION / KNOWLEDGE

* ANYTIME I CAN SEE A SCREEN (e.g. COVER IN A MARK) I'M MOST LIKELY GOING TO CUT A SHOT

"YOU MUST LEARN TO CUT SMART QUICKLY".

* A GOOD BASKETBALL PLAYER CAN TAKE A BAD & RIGHT IT

OFFENSIVE PHILOSOPHY — ANY NEW PLAY MUST BE PART OF THE SAME HOUSE EVEN IF IT IS A DIFF. ROOM

" MUST LEARN HOW TO MAKE A WRONG RIGHT"

→ SOMETHING WAS MISSING — EQUIP.

WE ALL PUNISH OURSELVES — I MAKE IT RIGHT BY PUNISHING YOU & YOU MAKE IT RIGHT BY CARRYING OUT PUNISHMENT

"WE ARE IN IT TOGETHER"

* Whether you like it or not your players represent the University

  ↳ Temple eats together & nobody starts eating until all members present

  ↳ Coat, Tie, Slacks, Hard Shoes on game day

* During the game we like to coach our guys on defense - especially the second half... tough to coach offense & very delicate yet on defense you can make adjustments easier

* Need great athletes to go against the best

* Never leave our feet on the perimeter (you must muscle the ball over us). We will design the way we lose - all think about the %.

* We front the post no matter who it is You must arm your team with information before you leave the shore, not when you are in the middle of the lake. Moreover, You can't change in the middle of the lake...

CONSISTENCY

* "If we are going to be wrong or teach wrong we all must be wrong together"

* John Chaney is a stickler for detail - he knows exactly what he wants

* When you talk to other people it must be done in the exact same words as your head man - "We must not only be in the same church but also the same pew."

* Motivation - It must be motivated by you (players) as well. If I'm with a woman & she doesn't respond to me what am I suppose to do? Two ways

* Everything follows your head - if you have your head up your ass then your ass leads you around. Coaches don't work on the mental aspect of the game enough

* Make rest your ally not your enemy - shooting practice day of game can be destructive... You must teach your kids before you leave home not on the day of the game...

→ "WORKOUTS IS WE DO NOT PLAY"

* Chaney wants no fucking around going into the game (e.g. absolute silence going to game, know where the locker room is & don't be searching for it day of game, warm up

* You must be able to transport the ball

* It takes us 1 year to teach our players the value of the ball

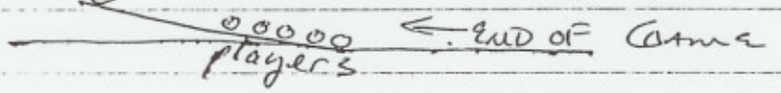
very serious - chews players out if they don't look ready).

* Likes to practice in the mornings to get player ready to approach rest of day - "their day" - not split up - get them to bed early

* Players take care of each other - wake up - left best player home Division II finals - didn't have hard shoes . . .

Discipline

* Bench Alignment - You come off the floor I don't want you running to the end of the bench (e.g. I don't want my ass hanging up in the air



* Malarkey * 1-2-1-1 Most Effective press as it allows greater recovery time - trap & deny immediately - Put best athlete in middle because you need to have best athlete to meet jetwh beats your initial trap/pressure.

* You must always teach your players to play against the best & prepare for the best - perfection has got to be your guide.

SUCCESS!

* You must think about one thing & that is it! The best think about one thing - you cannot dilute yourself - must be on it for the right reasons

↳ IT MUST BE ON YOUR MIND ALL THE TIME

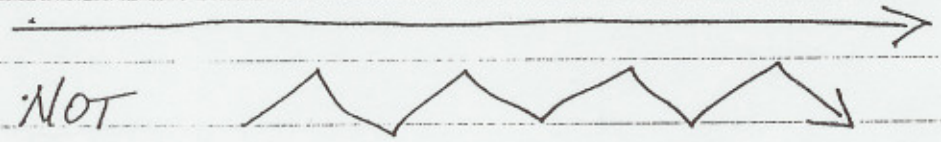
* Small forward who can shoot really causes people problems, especially w/ 3 pt shot

* DEFENSE
  * W2 ZONE - W2 CANNOT GET INTO FOUL TROUBLE
  * HANDS
  * PRIORITIES
  * OBJECTIVE
  * TRADEMARK

* WHY DID U.N.L.V. LOSE?
  * NOT RUNNING ON ALL PISTONS

* SUCCESS IS MONOTONOUS

* "OUR SHIP RIDES THE SAME ALL YEAR LONG"



NOT

** YOU NEED TO ORGANIZE YOUR PHILOSOPHY INTO CATEGORIES

* YOU NEED TO SEE THE SAME FACES AT THE END OF THE SEASON, JUST LIKE YOU DID AT THE BEGINNING

* YOU CONSTANTLY NEED TO BE THINKING ABOUT YOUR PHILOSOPHY — LEARN THE CONCEPTS - BASICS & YOU WILL BE ABLE TO READ THE SITUATIONS THAT LIFE PRESENTS

* TOO MANY TIMES COACHES HAVE A GREAT PRACTICE PLAN BUT THE PLAYER AREN'T READY TO PARTICIPATE — READ — READ — READ

* THE PLAYERS FEAR COACH CHANKEY BECAUSE HE IS MEAN

FREEBIRDS? WHAT DO YOU DO? TELL THEM

PREPARE - * ZONE?
* HANDS
* PRIORITIES
* OBJECTIVE
* TRADEMARK

RECRUITING - WHAT DO YOU LOOK FOR

BIG PEOPLE VERSUS SMALL

---

* OPPONENT ⇒ US & TIME

"THE FINE LINE" (e.g. PASSION / COMPASSION)
(WHEN YOU GET A GUY DOWN YOU DON'T LET
HIM UP BUT YOU MUST UNDERSTAND
HOW TO WIN & HOW TO LOSE)

* POKER FACE

MATCH UP ZONE

CLINIC "I WANT THEM TO PLAY THE HARDEST WHERE IT COUNTS THE MOST"

"MAKE THEM DO THINGS THEY DON'T WANT TO DO"

↳ WE WANT THEM TO BEAT US W/ THE UNKNOWN NOT THE KNOWN

THE TRAIN - "IT STARTS OUT SLOW BUT IT SPEEDS UP AS TIME TRAVELS ON"

(e.g. AS A FRESHMAN THE TRAIN MOVES SLOWLY BUT AS TIME PASSES IT SPEEDS UP).

"HE IS THE KIND OF COW WHO EATS IN THE RUDE BECAUSE HE DOESN'T WANT TO GET FOOD ON HIS CLOTHES"

INDIVIDUAL HELP IS PARAMOUNT TO YOUR TEAM'S SUCCESS — THEY WILL DO WHATEVER YOU DEMAND OF THEM (e.g. PROVIDENCE) - FREE THROWS / SHOOTING

~~"HE HAS~~

IF HE HAD AN I.Q. 1 POINT LOWER YOU WOULD HAVE TO WATCH HIM

FOOTWORK - MUST BE CONSISTENT. HENCE, THE DRILLS EMPHASIZING THE SAMENESS

WHY DID U.N.L.V. LOSE?

* NOT RUNNING ON ALL PISTONS
* WHAT SYSTEM IS MORE SOUNDS?
  ↳ (e.g. VEGAS MAKING SPETACULAR SHOTS UNLESS AS INDIANA GETTING SHOTS FROM DESIGNATED AREAS)

DIDN'T GET ANYTHING FROM THEIR BENCH

** SYSTEM FLEXIBILITY – "MAKE THEM BEAT YOU WITH THE UNKNOWN" – GO TO THE ZONE
* NEEDED TO PUT A BIGGER PLAYER ON ALFORD
* COACHING – ADJUSTMENTS SHOULD BE MADE IN 1ST HALF – SEE IF THEY WORK

* VEGAS DID NOT TRY ZONE – ATTACK WEAKNESS & DIDN'T GET ANYTHING FROM DEFENSE
* INDIANA STAYED IN ~~REGULAR~~ THEIR HOUSE & PERFORMED ROLES
* PADDO – CAN YOU WIN CONSISTENTLY W/ STREAK SHOOTER EVENTUALLY WILL HURT YOU

---

* ZONE –
  YOU PLAY MUCH IN YOUR ZONE
  1) ↳ BEST DEFENSE MUST BE A CONTAINMENT DEFENSE
  2) ↳ PASSING LANE DEFENSE

* YOU MUST PRACTICE TO WIN AT TIME & HIGHEST LEVEL

* PENETRATION – YOU MUST COME AT PENETRATION & FORCE THE EXTRA PASS

* REBOUNDING VERY OVER RATED

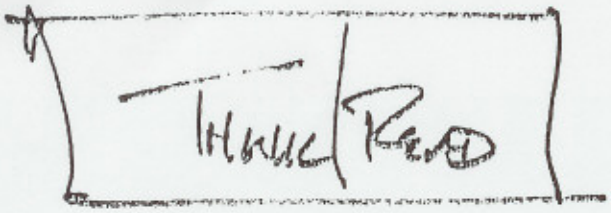
* YOU MUST KNOW HOW TO WATCH A GAME & KNOW WHAT TO LOOK FOR IT

* SHOOTING - STEPPING INTO THE SHOT - NO! NO! NO!
  ↳ SETTING FEET INTO POSITION BEFORE YOU SHOOT OR PIVOT INTO SHOT

  ⇒ TOO MANY OPPORTUNITIES TO CREATE A TURNOVER

* SHOOTERS ARE EITHER IN TOWN OR OUT OF TOWN

* PROS - AS A GUARD YOU MUST EITHER BE A SUPER SHOOTER OR THE TRANSPORTER
  ↳ GOT TO PUT YOUR NAME IN ONE RING OR ANOTHER



* You Must Learn To Get Smart Quick: It isn't enough to Be Smart

* "We" Versus "I" - Triple Threat

~~Or Back Above Head~~ But Don't Put It Down In Driving Position

* You Must Establish Pattern of Play Every Time You Are On The Floor

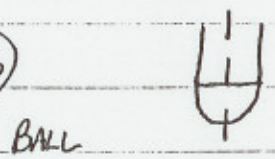
IV. DEFENSIVE OBSERVATIONS

A) PRINCIPLES

1) a) % BALL
b) % POSITION RELATIVE TO BALL
c) % MAN

3 BASIC PRINCIPLES

B)



% BALLSIDE MUST APPLY PRESSURE ON ALL ASPECTS

C) MUST TEACH OUR PLAYERS HOW TO PLAY WITH FEET AND HANDS

D) BALL DEFENSE - OBJECTIVE - CONTAINMENT NOT STEAL

E) ONE PASS AWAY
% VISION & FOCAL POINT ON BALL & SEE PLAYER OUT OF THE CORNER OF THE EYE

F) PRESSURE - APPLIED WITH BOTH THE FEET & HANDS

a) JUMPING TO BALL
1) LEND HELP TO BALL
2) DEFEND AGAINST CUT TO BASKET
3) DEFEND AGAINST CUT BEHIND BALL

E) DEFENSIVE DRILL



* MENTAL QUICKNESS IN DRILL: YOU CAN DO A LOT MORE WITH MENTAL QUICKNESS THAN PHYSICAL QUICKNESS

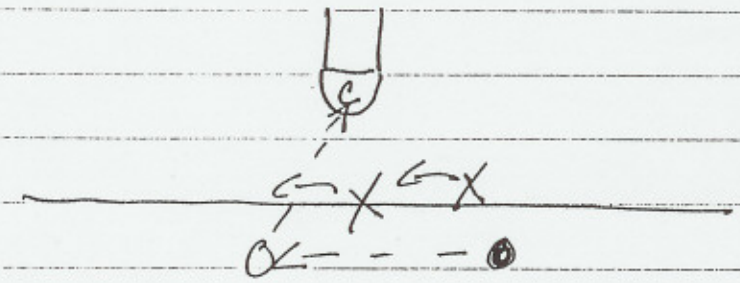
* NEVER WORK ON ANY DRILL MORE THAN 5 MIN.

* TEAM = 10 MIN.

- IF WE NEED 30 MIN. WORK THEN WE'LL GO 10 MIN. GO TO SOMETHING ELSE, THEN COME BACK

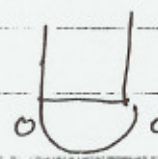
F) DEFENSIVE DRILL

2 ON 2 OR 3 ON 3



* BY HAVING COACH IT MAKES DRILL MORE DIFFICULT - GIVES OFFENSE THE ADVANTAGE - CUTTING & PASSING

G) SHOOTING DRILL



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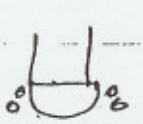


* TWO AT ONE BASKET
* 20 SEC TIME LIMIT
* NEED SOME CONFUSION
* TIME/ACCURACY CONSTRAINT

4 AT BASKET
COMPETITION!

V. DRILLS

A) 3 on 3 REBOUNDING & OUTLET DRILL

1) OFFENSE MAKES AROUND SETTING SCREENS ETC.

2) SEQUENCE

a) BLOCK OFF

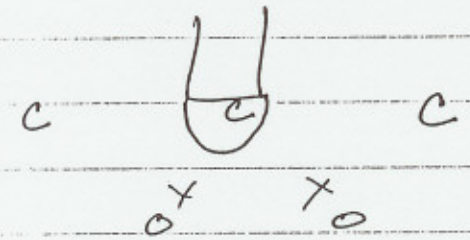
b) REBOUND

c) OUTLET

d) CONTINUE

B) CONVERSION DRILL (SEE PREVIOUS NOTES)

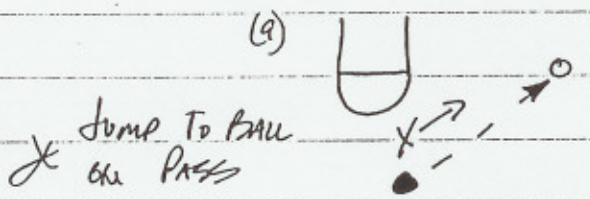
C) 2 on 2 DEFENSIVE COVERED DRILL

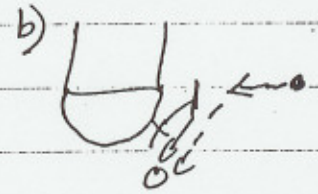


OFFENSE

* ONLY USE DRIBBLE RUB, U.C.L.A CUT, OR SPLIT THE POST

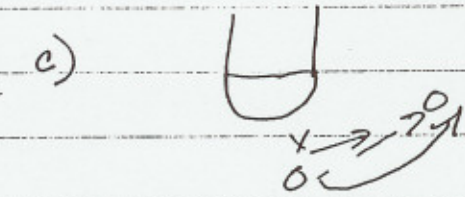
D) HELP & RECOVER DRILLS — 2 on 1





TWO PARTS HELP & RECOVER

* ONCE PENETRATION BEGINS (GIVE WING ONLY 1 DRIBBLE) DEFENSE HELP (STOP PENETRATION) & RECOVERS ON PASS



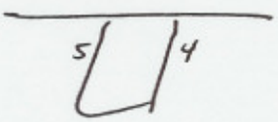
DENY FLASH CUT & CUT BEHIND THE BALL

Saint Anselm COLLEGE ATHLETIC DEPARTMENT

Manchester, New Hampshire 03102-9001 Phone (603) 641-7800

m-m offense

- they have very little post movement
- post players (1 on each block) usually just look to seal & post hard & will sometimes screen away



- doesn't like to give them a lot of options - the more freedom they have the more apt they are to do things which will cause turnovers
- everything that they do in offense is determined by their philosophy of "NO TURNOVERS"

Basic perimeter rules:

- don't screen on the ball
- Pass - go away - screen - pop out
- never lob the ball into the pivot



John Chaney - Temple University

I. Have a philosophy

A) Most important thing on the game - turnovers - "Most important thing in all of sports."

1) Every athlete should have BALANCE - "Psychological balance, Emotional balance, Physical balance."

B) Formula for successful offense

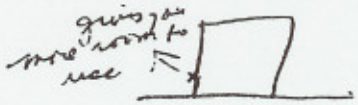
1) Must have balance

"Winners don't get tired"

"Repetition enhances the probability of retention."

2) Always start offense from the box out

A) Impedient to change speeds



- Every time they catch the ball "They address the floor"
  - don't throw many chest passes
- have to have imagination, creativity
- work on V-cuts every day
  A) as they get near defense they put hands up
  B) upon receiving the ball - put your shot foot in the shot zone
- they only take ball to the corner to shoot or drive

F. Formula for successful offense

A. Must have balance

1. "Repetition enhances the probability of retention"

2. "Winners don't get tired"

B. Always start offense from the box out

1. Important to change speed w/out the ball

C. Every time they catch the ball they "address the floor"

1. don't throw many chest passes

D. Have to use imagination, creativity - always within structure of offensive sets though

E. they work on V-cuts every day

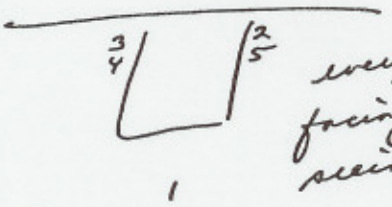
1. as they get near defense they put hands up

2. upon receiving the ball - put your shot foot in the shot zone

3. they only take the ball to the corner to shoot or drive

basic set - m-m offense

"Low 4"



every player facing inside-seeing defense

"Give kids the house - then give them rules to live by"

- Love to teach players how to read defense

③ John Chaney

"You have to be able to do more with a little."

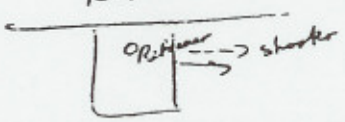
Shooting drills:

① Always squeeze the floor
② shot foot in shot position
③ have to know range



2 minute drills
shooting off
V-cut
1 passer 1 shooter
"have to be in range"
each player shoots for 2 minutes

2 minute shooting drill -
Retriever drill



Retriever - rebounds every shot + then puts token pressure on the shot

defender can't leave feet to challenge shot

have to work on getting by first line of defense + then immediately go up + read second line of defense - either pass or shot

(A) Have to be under control + make sure water isn't muddy

- same drill using ball fake + 2 dribbles right or 2 dribble left

"DOES NOT ALLOW FOOT FAKES"

2 MINUTE BAD PASSING DRILL - "Can't wait for your favorite pitch" every day

749-6393

TEMPLE UNIVERSITY BASKETBALL PRACTICE PLAN

634321978

DAILY PRACTICE PLAN

Make a practice notebook/log - evaluate and exchange ideas with assistants on previous practice sessions and tomorrow's plan.

General rules for practice sessions:

- Teach new things early in a practice
- Repeat new things daily until they learn to do it - repetition makes things automatic.
- Follow hard drills with easy drills. Keeps drills from being wasted - players fatigued.
- Always have something for everyone to do - no standing around.
- Start and end on time.
- End practice on a run and positive note.

Sample Practice Plan - 3:00 - 5:30

3:00 - 3:20	Warm - up, stretching.
3:20 - 4:30	Fundamentals: All drills done as part of a breakdown. Don't drill just to drill. All drills must be related to your game plan.
4:30 - 5:30	Team Play: Offenses and pressure. Integrate offense and press to develop transition. Introduce new topics in fundamentals which are broken down in your defense and offense. ex: break from a steal/turnover/rebound Break from a made basket.

Work players not in 5 on 5 - set up individual drills.
Structure specific drills - what you want them to do.

Defense and Transition Game Practice

3:00 - 3:10	Individual attention - work on needs.
3:10 - 3:20	Warm-up, exercises/stretching.
3:20 - 3:35	3-man drills
3:35 - 3:45	Shooting drills
3:45 - 4:00	Station Drills: Defense Vs. Dribbler, Defense Vs. Jump Shooter, Defense Vs. Post Player.
4:00 - 4:10	Half court 3 on 3 switching and press back to mid court.
4:10 - 4:20	Strongside defense - 3 on 3 ballside.
4:20 - 4:30	Full court 1 on 1, 2 on 2, 3 on 3.
4:30 - 4:50	Man-to-man defense and break.
4:50 - 5:10	Man-to-man offense and press.
5:10 - 5:20	Free throws and press.
5:20 - 5:30	Situation (done 3-4 times a week) Ex. White team - down 3 points - 37 second left plus ball. Expect questions - your answers teach team what you expect done in a variety of situations.
5:30	10 free throws in a row to leave.

Temple University

(Talks with John Chaney & Jim Maloney)

1) At this time of season (February) make rest your friend not your enemy.

2) Now, we are re-teaching what we already taught.

3) The mental part of the game takes over now.

4) Perimeter defense - don't leave your feet.

5) Shooting Lecture:

- foot position
- balance
- shoot to the point of exhaustion
- practice your game shot - shot should not be a stranger - should be familiar
- don't make a mystery out of a shot (novel) time and distance
- shooting should be your friend not your enemy.

6) Defense:

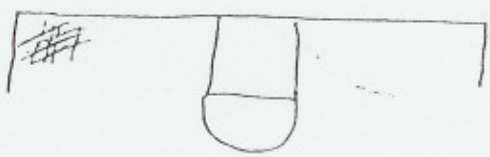
- need to work on second and third slides
- offense breaks you down on the second and third slides.

7) Learn how to play in a crowd.

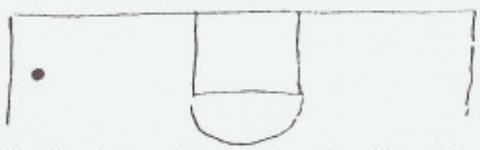
8) Legs always flexed when you are moving because you are going to have to make another slide.

9) Defense has you beat - change your route; offense has you beat - sprint ahead, (ex.) train leaving the station.

10) One man can play the whole floor on weakside.



When ball in dead corner - defense can really cheat. Ball in dead corner - real advantage to the defense. When ball is in corner you eliminate your biggest offensive weapon - passing.



The ball stops here in their offense.

Diagram 1 - We have a guard entry path. We stack very low. This is our basic set: 1 does not need to be a good shooter But he must be a good ball handler, a good passer and he must be a smart player. 2 and 4 are our normal inside good power players. 3 and 5 should be able to shoot the jump shot from the foul line, it makes them good players. So basically 3 and 5 will be our other guards and what we call our small forwards, and 2 and 4 will be the inside power players.

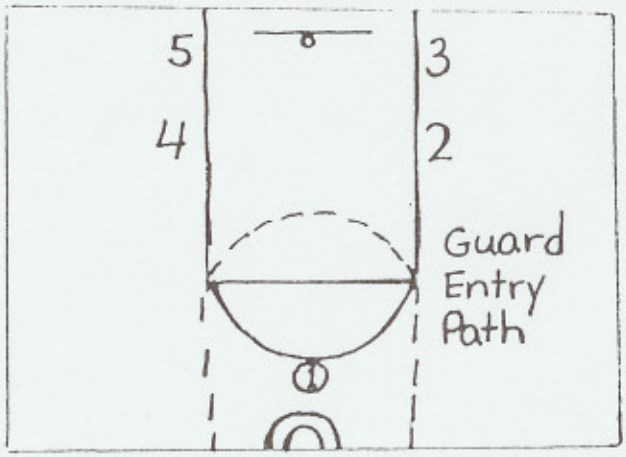
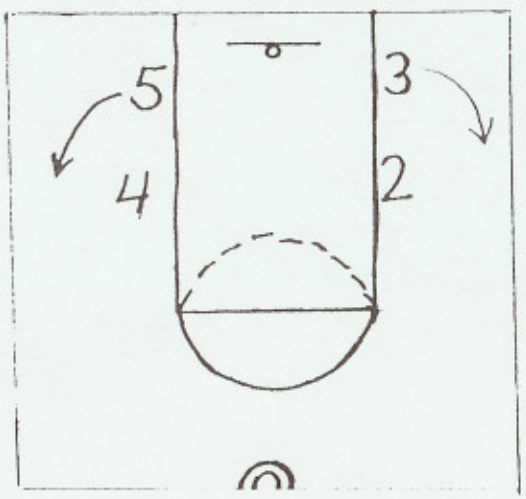
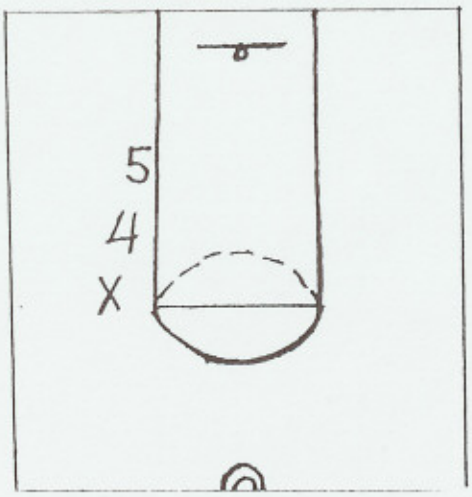


Diagram 2 - 3 and 5 flash to the free throw line extended. Do not go any higher than the free throw line extended. If the defense plays behind, 3 and 5 rub off 2 and 4. The guard always has the shot or drive option. So then we had the defense start playing us (diagram 3) like this and the defensive man toook whichever man came out and it gave us trouble. When our man comes out and receives the initial pass, we would like for him to be in shot range. We do not take that shot often, but we want him there. I might mention this. We line up looking straight ahead, and we do a lot of hand action. The back man in the stack tells with pressure on the hip of the man in front of him which way he is going to break out.





DOUBLE STACK OFFENSE

We go into our double stack offense from our fast break. In the fast break, we look for the outlet pass in the area shown:

We run the (1 man) break and have our wing men (2 & 3) fill the outside lanes.

Before going into the double stack offense, let me explain what the offense must have:

1. Scoring opportunities
2. Floor balance
3. Player involvement
4. Proper spacing

Advantage of the Double Stack

1. Utilizes the outstanding guard. You don't need to have one, but then you must adjust. We are guard-oriented coaches, so we usually have one.

2. Passing game rules. We like the floor balance with the 15'-18' spread, and the idea of not picking on the ball. You pick away from the ball.

3. Player placement. We like the idea of being able to move different people to different positions on the floor.

4. Exploits the defense. We post up low. When teams play us, we feel they must prepare for us. They are going to see something they normally aren't going to see.

5. The opposition must scout well.

6. It has one floor boss. We are back to the idea of role playing.

7. New experience for defense.

8. Good power game.

9. Zone offense. We use the double stack against the zone. So we have one offense for both zone and man. We run into a lot of gimmick defenses because of our good point guard; the box and one, the triangle and two, overload, etc. But this offense is very good against them.

11) Ball in corner - delay your execution.

12) A-B-C the ball vs. run and jump - break them down.

13) "Know your enemy."

14) Very hard to run and jump and then find your man.

15) "Everyones in concert."

16) Let your mind adjust. Game should be played slow to fast; slow to fast. If its played fast to slow you're going to get into an accident.

17) Run and Jump - tough to do for 40 minutes. No way they'll go side to side - beat them with passing and spacing. Offense can't be in the same kind of hurry as defense.

18) Versus the run and jump - spacing is so important. Let two guys chase on perimeter and don't throw it inside until you see day light.

19) Force defense to make long slides to steal. Do this by good offensive spacing.

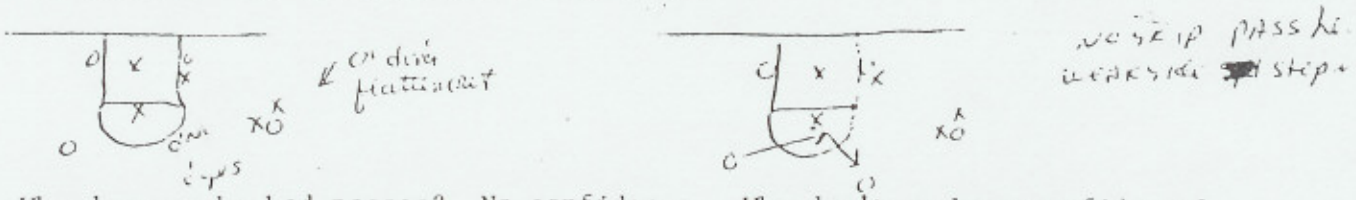


20) Push/pull dribble.

21) Offense - create opportunities for one guy to get free - if one guy gets free everyone is free.

22) "The shot that I have is in you... the shot that you have is in him."

23) Angles in basketball are very important. Angles in basketball are always for passing - so we can get a better shot.



24) Why do we make bad passes? No confidence. Why don't we have confidence? Lack of vision; lack of creativity; lack of skill; other players on the team; other players make sure the passer doesn't have fear in making the pass, (communicate).

25) The biggest problem that offense has is passing.

26) If a team can't pass doesn't matter what you do x + o wise. If a team can't shoot doesn't matter what you do x + o wise.

121) Player/Coach must be on same wavelength.

122) Must rehearse on how to win and also on how to lose:

1) who's going to shoot?
2) who to look for an offense?
3) who can beat us (on defense)?
4) team tendency
5) beat on second shots
6) when to shoot?

123) Never have the wrong guy shoot the wrong shot at the wrong time.

124) They can spend more time on these things because they don't do a lot of things.

125) Chaney's strength - keeps it simple and makes is a simple game to play.

126) You only get what you emphasize. You can't emphasize twelve things. They emphasize no turnovers. This encompasses a lot of things.

127) At this stage of the season (early February) teams either remain the same or go ahead of the pack. Teams that play with their heads tend to get better and go on. Teams that play patterned basketball find ways to lose. A coach now depends, not on practice, but where we are and where we plan to go. Mistakes that teams make now - they can't make up for.

128) Be ready to make the second, third, and fourth slides.

129) Post area - the most difficult area on the floor to play. There is no free lunch in there! Must be prepared to play in a crowd.

130) Stay out of the corner with the ball. Always have an angle to pass; drive; read or run a back door offense. When you're in the corner - you defense yourself.

131) Winners don't know or care who they play. The difference is found in what you are.

132) Control the little things - control your own house. Do your own job. Subs - know your job.

133) Captain - one job - get your team ready to play. My value system is your value system. Captain has got to play detective - bust my door down to get to met if you have to. Captain's (seniors) - it's your team; your year - this is it!

134) Big Men - do nothing but control the paint; finish it off; listen and learn.

135) Come to the ball.

136) Leave shot foot behind.

137) Animals smell fear - an athlete is very much the same way.

138) Post Play - to creat an opportunity for shooting you must create it when ball is being passed to you. Balance is key. Don't wait for the perfect

CLINIC PRESENTATION

TURNOVERS

I. DECREASING TURNOVERS (ALWAYS MAKE THE EASY PASS)

PASSING AND RECEIVING

(A) "V" MOVE

(B) PASS, SCREEN AWAY AND ROLL OUT.

(C) NO SCREENS ON THE BALL

(D) TWO MINUTE PASSING DRILL "MAKING BAD PASSES".

SHOOTING

(A) SHOT FOOT IN THE SHOT ZONE - PREPARATION FOR PASS, ORGANIZING SHOT.

(B) BEATING THE FIRST LINE OF DEFENSE AND TAKING SHOT OR PASSING

(C) FASTBREAK - USING SIDELINES AND TWO PASSES TO GEAR MY OFFENSE WITH DESIGNATED ROLES FOR 1, 2, 3, 4, AND 5 MEN.

OFFENSE

(A) SELECT OFFENSIVE PATTERN THAT WILL ENHANCE LOW TURNOVERS AND BEST AID SUCCESS OF YOUR TALENT.

(B) WE ALWAYS START ON THE BOX.

DEFENSE

(A) FORCING THE OPPONENT TO MAKE MISTAKES WITHOUT REACHING AND HAVING TO BLOCK SHOTS

(B) GIVE YOUR TEAM A FUNDAMENTAL CONCEPT ON DEFENSE
EACH PLAYER SHOULD HAVE AN IDEA OF WHAT HE SHOULD DO WHILE HE IS DEFENDING.

II. RULES WHICH GOVERN OUR PLAY

(A) STARTING OUR OFFENSE FROM THE BOX

(B) DON'T LOCK THE FLOOR - DRIBBLING TO DEAD SPOTS

(C) AVOID DRIBBLING THRU ZONES AND GOING AIRBORNE

(D) AVOID PIVOT LOB PASSES, USE SWING PASS AND DEVELOP YOUR PIVOT MAN

(E) NO FOOT FAKING ON DRIVES - ONLY BALL FAKES
WORK HARD ON QUICKNESS

(F) AVOID FIGHTING THE DEFENSE UNLESS NECESSARY

pass - there are no perfect passes. Be in a position to move - why? - because you should want contact inside - easier for you to read. Go meet the ball - by doing this you cut off the angle for defense to get around.

139) What's in the passer's mind should be in the receivers mind.

140) Must force defense to make long slides to recover to help.

141) Passing is the most important fundamental in basketball.

142) Transporting the ball!

143) Splits - got to get low - no finesse - go hard.

144) Team Talk - (post practice)

1) are you ready to play?
2) the will to win has nothing to do with knowing how to win
3) you don't dream on how to win now. Those dreams become nightmares. Teams that know how to win - just play now!
4) Teams that win don't have to have reasons to win. One thing, its a gam I must win.
5) Attitude is very important.
6) Players give coach confidence - it's a feel.
7) It's now a stage in the season when listening and growth must continue to take place.
8) Teams that win play with their head. All good teams are playing well now. It's time to "take off" now.
9) No one is wrong until it becomes a pattern.
10) Great players take more of an ass-whooping than giving an ass-whooping.
11) Athletics teaches us: self-control; restraint; how to direct my energy in a positive manner, etc.
12) Teams must learn to win during adverse times.
13) I'm with my players 100% - right or wrong, I'm not blind and I do understand when we are wrong and must work ourselves out of it as a family (talking in regards to a fight in game the night before.)
14) Love my team - love doesn't mean I accept mediocrity or lack of class.
15) Teams win because of togetherness (family). At this time of year nothing is more important than this.

145) Chaney - get a philosophy - everything you do and say reverts back to your philosophy.

146) When designing your offense - think about floor balance.

147) Insight allows you to see beyond the present.

148) Pre-game/Half-time - only cover a few things. Give them manageable things. Don't have their head spinning - leaving the locker room with nothing. Leaving all the information in the locker room. Better to give 1 or 2 things which they can manage and go out and execute them.

148) Repetition - repetition - repetition.

Diagram 4 - As soon as 1 makes the pass to the wing, think of the rules of the passing game and the floor spread. The point guard must shoot the gut looking for the ball. He must go at least as far as the broken line. This will make the defensive man play him on the ballside all the way. He then sets the good pick on 5. 5 gets one of our break and butter shots.

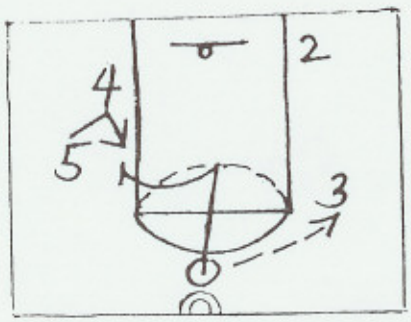


Diagram 5 - 5 is coming off the pick, 3 still has the ball, 2 and 4 have posted low. We use the two-second count. 2 posts for 2 seconds. If 2 does not get the ball in 2 seconds, he knows it is time to leave. 3 knows that he does not pass to the low post in 2 seconds, he will not pass to 2. He then looks for 5 coming off the pick. We call this our low, high, low.

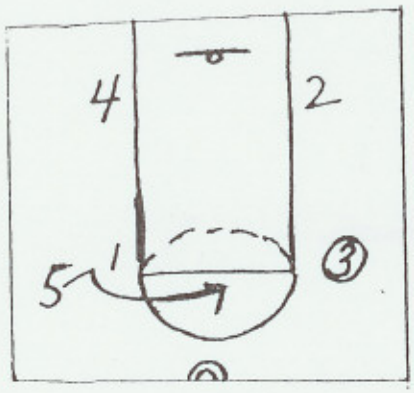


Diagram 6 - If I am the number 3 man, first look low to 2, look high to 5 coming off the pick and then look low for 4 coming across. 4 must continually be moving before the pick. 5 then pops out as the release man. Now, we are in the same set as before. We have the same spread

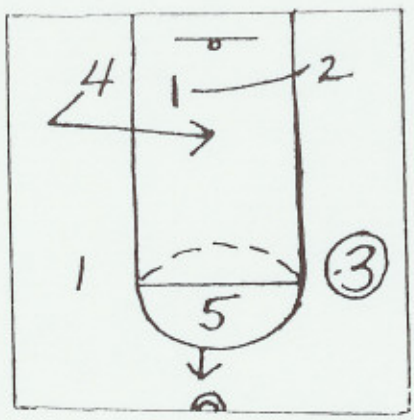
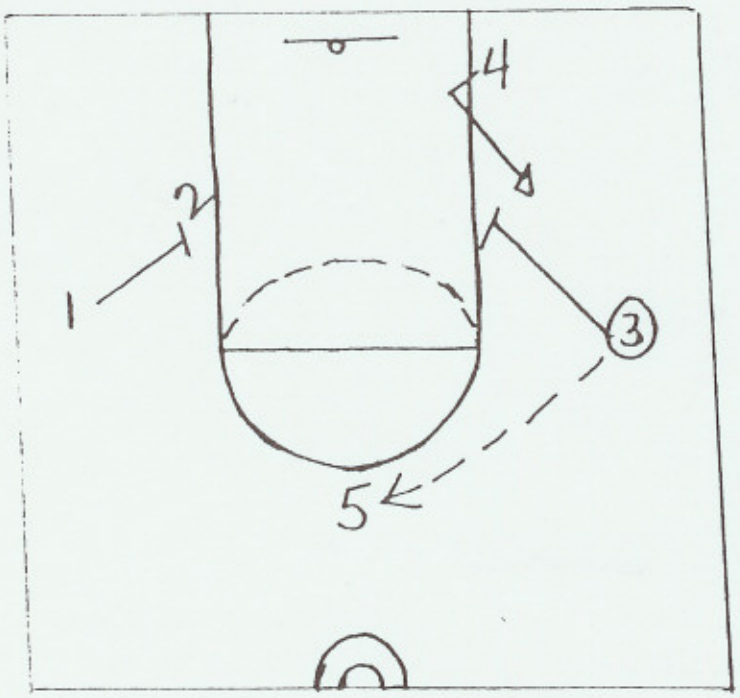


Diagram 7 - 3 passes back to 5. Any time the ball goes back to the point, we pick down. We interchange. Now, we have our good guard in the low post position. We can take our offense, and with 2 passes, if they are in foul trouble, we can put them in the pow post position. Question - Do you allow 3 to shoot or drive? Shoot, yes. Driving only to the baseline side, not to the middle, because 5 is coming across and will be in the way. If he drives, he drives when 2 leaves to go pick for 4. He is counting, so he knows that if he is going to drive, he must drive after the 2-second count. He does not put the ball on the floor unless he goes to the hole. So, if he is driving 4 sees this and stays, even though 2 has picked for him.



27) Point man in 1-3-1. Ball in corner - deny high post. Ball beats wing - seal off. Split when ball out front.

28) Basketball is a little boys game. When we get smart or think we're smart - we cease to learn.

29) If you ever want to learn - think you're dumb first.

30) Point guard - he's the president on the floor.

31) Match up zone - look around and push people out - do your job and then help others do theirs. Get your house in order.

32) If a team is holding the ball on you - don't double up on the ball - it's only going to wear away the time.

33) Post Play: Keep ball up and tucked. Look - see - read - shot; one dribble shot; crossover; jump hook; always to middle; sikma.

34) Team Talk: What to expect from our team:

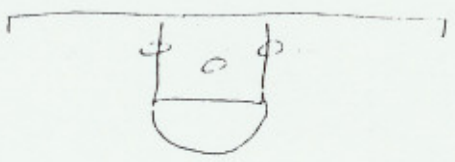
1) give a little more
2) get it done defensively - defense must be stable; constant, got to be able to count on it all the time
3) defense just doesn't happen without working at it
4) pride
5) paycheck - gotta work for it; no withdrawal
6) one or two slides the job is done - no; got to cover for each other.

35) Post Play - tough to teach the big man to catch the ball and teach posts to seal. They move their perimeter men - it's easier for them to catch and pass the ball.

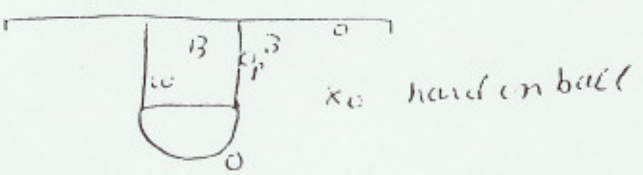
36) Can you shoot over people?

37) Your philosophy - helps or hurts you.

38) The zone controls the tempo. The zone neutralizes the great player. You need a team effort to beat the zone. You have to keep your best player on the floor - easier to do with zone post defense in the zone. No one scores in the lane. Where do jump shots come from? What do you give up? People want the ball here:



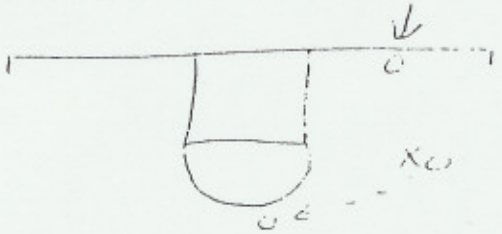
39) Be hard on the ball when the ball is in the wing because that's the best passing lane.



40) Be pros in the post.

41) Know shooters in the zone.

42) This baseline shot won't beat you in the zone.



Point man usually won't take this shot - at top of key.

43) They play a lot of 3-2 zone - hard on the ball. Also a 1-3-1 laning zone - taking away passing lanes. The 3-2 zone puts pressure on all passing lanes.

44) They don't play 2-3 zone. Why? Because too many teams play it and you are immediately split.

45) Post men - must be able to shoot in a crowd.

46) They don't do much trapping. If you break trap it usually leads to a score.

47) Have to build a team to win a National Championship - not win against certain teams.

48) You don't have an offense to replace a good player. (That's why they play zone - to stay away from foul trouble).

49) To win:

A) sagging zone (3-2). Do this versus a lot of cutters. Your slides will always be quicker than their cutters. When you see all those cutters - say: to hell with that and go sag.

B) Match up zone - versus stand around offense.

C) 1-3-1 zone - pressure. Pressure at hash mark.

50) "We'll design how we lose."

51) Versus a team that is holding the ball on you. Get it to the worst ball-handler - force him to pick up his dribble and deny others.

52) Establish how the game is going to be played. Built on passing and catching the ball. A-B-C-D the ball.

53) A crowd can turn against the home team - got to be careful here.

54) Get back on defense - make offense earn their points.

55) Guard takes ball out of bounds versus pressure. If they lose the ball - they have good defensive balance because the guards are back.

John Chaney

56) How many times has a crowd blocked a shot? As high as a crowd gets, as low as it will get. The crowd is built on a very fragile foundation.

57) If my point guard can dominate your point guard - we have a chance to be a great team.

58) Taught to shoot the lonesome shot.

59) "Know-how is better than talent." Bench strength - down the line.

60) Temple's Philosophy - based on:

1) no turnovers
2) no lay ups or easy baskets
3) play defense

They can control these things. They can't control crowds; emotions; etc. The strength of the system is within them not outside them. They can manage their game/team by doing this they are consistent. Not an up and down team.

61) Defense is constant - controllable.

62) You determine your own destiny.

63) Turnovers - measurable things. They can measure things. Can't measure emotions; hustle; crowd; etc. Don't want to rely on forces outside of us getting us up. The crowd is outside us!

64) It's important to be more visible when you lose.

65) Fast Break - is incidental - if it is not dictated by you.

66) Point Guard - shows you philosophy on the court. He must understand pace - control. How we win on the court and off the court.

67) How to win: need point guard and center. You need the right elements to win.

68) Must have control of players (discipline; girls; etc.) The problem is kids don't know the limits. If you don't have control over them - you have another Minnesota BB situation.

69) College - costs a lot of money - basketball puts a lot of demands on you - what really does a player get out of it? (your son)

70) Got to be strong; got to believe in yourself.

71) In any relationships you are going to have problems. Kids look for the perfect coach - there is no such thing. When you lose - you got to be strong. When you make a wrong decision in sports - everyone knows about it. You live with the kids every day - you know them better than anyone else. When you lose - this is when you go back to your philosophy. Stay strong.

72) Players are selfish. Sometimes when you are talented you don't give the effort.

73) How to shoot is like how to win. First you have to know how to get open; how to plant you feet; how to get your shot.

74) Lectures Oct. 15-20 - 1 hour usually.

1) Passing (always begins with this)
2) Defense
3) Rebounding
4) Dribbling - how; when
5) Shooting - what is a good shot

By doing this at start of season players can always revert back to it.

75) Biggest thing in coaching is to understand the chain of command. The A.D. has got to be with you. Can't fight within your house. You got to believe in the philosophy of the A.D. and the adminstration. Have to be in the same working climate. You have to get the black kid/city kid to win. Got to have a chance to win.

76) If you can't relate to a kid when you are recruiting him how are you going to relate to him in coaching.

77) Vegas has problems winning in post season because teams slow it down on them. They don't know how to play slow. Frustration sets in.

78) Show the whole - then teach the part out of that by showing not drilling.

79) What will get you beat: allowing the ball into the post.

80) "Know how many times your dead?" Once! You're only dead once!

81) Show it and teach it versus drill it!

82) You control drills.

83) Teach it vs. drill it, (ex.) post defense. Rather than set up and drill to do it they'll set up the situation. If a poor post player guard must drop and help on post and help his teammate who is not a good post defensive player. Now you are teaching the team vs. teaching an individual.

84) Temple's kids get smarter as the season progresses. Does a drilling team get smarter? The coach knows but do the players know!

85) Win by having no turnovers; playing good defense; and allowing no easy baskets. You can do anything in this game (get out rebounded) etc; and it you don't turn it over - you have a chance to win.

86) Don't come weak to the ball.

87) You decide how this game is going to be played. How fast - how slow. Take what defense gives you. Freeway or city - whatever's friendly.

88) How to form a team.

89) Catch it and jump stop and look. There is a stop sign.

90) Pre-Game Talk:

Us	Them
2 or 3 things	1 or 2 things

91) What we do is in us - not in them!

92) It is very important to establish how the game will be played during the first five minutes of the game.

93) How long can defense keep trapping without getting any results?

94) If your point guard turns it over - you're in trouble.

95) They always front the post when the ball is on the wing. Always consistent here. He feels you can't teach playing the postman three different ways. Always get over the top! Great teams will have a "super" in the pivot - therefore, you got to front him. Always coaching his team to win it all.

96) Coaching - we get too intellectual at times.

97) Perimeter men on a string - offensively and defensively.

98) Temple - jump shooting team? Takes what defense gives you. (Ex.) If there is a car in your driveway and there is room for only one car you can't force another car in there - you got to park in the street.

99) We don't have a play.

100) Shoot your shot in your area. They do this every day for 15 minutes.

101) Good idea - add turnovers to total number of shots attempted. Then get your shooting percentage.

102) Don't wait for the perfect shot - by doing this it could lead to a turnover.

103) If Temple loses it's usually because one of the following reasons:

1) They didn't shoot well
2) Guards didn't make good decisions (turnovers)

They can tolerate poor shooting percentage but not turnovers because they work very hard on not turning the ball over.

104) The faces change but the problems remain the same.

105) Players know vs. coaches know! Better for players to know then to act.

106) Thinking vs. Reacting

107) Problems with playing the 3-2 zone: Get the post man out to cover a corner shooter and get other post man over to front ballside low post. Can your players do this without giving up the jump shot. If this is a

four point man on the wing, and
your posts match up inside.

like what defense gives you therefore all that
shouldn't really affect you.

109) To be a great defensive team (also to be a great offensive team) you play at two speeds. Slow (contain) and fast (trap). Therefore on o you have to teach two different readings. Teach two different readi versus straight zone and match up zone.

Match up - offense usually makes more of it than what it really is. What really there is mass confusion. What hurts a match up is a good 1 on 1 player who can penetrate *versus match up - players think*

doens't get many easy baskets - they earn their baskets on offense.

112) You can't get <u>everything</u> out of your defense. Have to give up something.

113) Knight builds his team on structure - out - executes you. The flow in this attack is that he plays everyone everywhere. When you're out running around and chasing the post is 1 on 1.

114) Zone offense - get ball reversal it's 1 on 1 in the post.

115) Defensive conversion - allow no splits.

116) Keep it simple.

117) What hurts your offense:

1) Turnovers
2) Not reading the defense

Therefore teach reading the defense and don't turn it over on offense. Teach no turnovers - how? By teaching:

a) angles
b) spacing
c) passing
d) post play
e) splits

118) When you have the BB - make a good decision. Should I shoot, penetrate; swing; pass - I don't know? I have to look at the situations, therefore, that's why they teach situations. You have to know who and where your receivers are. Don't put your receivers in an area where they can fail or where they can't function.

119) When you design how to win you also design how to lose. You can't have everything. What are we made of? Can't be all things to all people.

120) Analyze every turnover!

problem for you - go to match up. Put your point man on the wing and wing to corner and then have your posts match up inside.

108) Offensive concept: Take what defense gives you therefore all that changing defense shouldn't really affect you.

109) To be a great defensive team (also to be a great offensive team) you have to play at two speeds. Slow (contain) and fast (trap). Therefore on offense you have to teach two different readings. Teach two different readings versus straight zone and match up zone.

110) Match up - offense usually makes more of it than what it really is. What's really there is mass confusion. What hurts a match up is a good 1 on 1 player who can penetrate versus match up - players think vs. react or play!

111) Temple doesn't have a defense to create turnovers therefore often teams won't turn it over as much vs. them because they are more cautious. Temple doens't get many easy baskets - they earn their baskets on offense.

112) You can't get <u>everything</u> out of your defense. Have to give up something.

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120) Analyze every turnover!

*Guards control tempo - not big men.

*They don't beat themselves.

*They are more concerned about what they do. Chaney doesn't care who he coaches against.

*Lets deal with "what deals with winning".

*When forwards know when, guards will shoot - they'll rebound better!

*Jump shot - if you don't let him take it early he'll never take it late.

*Practice - they usually practice seven days a week. He feels the kids don't get tired because they keep it simple. To win big you gotta be mentally tough.

*Chaney - he's always thinking about his team. Knows what his players are up to and what they are in to. They have to stop by the office once a day.

*They are not into a lot of things.

*"Do we need a time out to tell you that?"

*Know how vs. talent.

*Shot fake - don't really teach it because if you're on the road the refs could mistake it for a travel.

*"Sometimes by doing more you do less"

*Post play - work on seals and then reversing it and getting it inside. If defense takes away your seal - release pressure and re-post off V-Cut. Let the ball find you!

*Teaches you "how to win"

*Practice at 5:30 a.m. - kids gotta go to bed. They know what's important. They are not out chasing women; drinking; etc. Neither is their staff. They feel strongly about leading by example.

*Tremendous disciplinarian.

*Chaney is harder on them after a win than a loss.

*Get a shot - if you shoot an airball, its OK - but get a shot. Don't turn it over!

*Always meet after practice. Sometimes for 5 min. Sometimes for 25 min. He talks to them in their language. Talk about mental toughness.

*No practice plan - he believes he has a "feel". "Coaching is a feel." They usually work on the same things every day than whatever he "feels" needs work - he'll do.

John Chaney - Temple University

I. How a philosophy

A) Most important thing in the game - Furnaceus - "Most important thing in all of sports"

1) Every athlete should have BALANCE - "Psychological balance, Emotional balance, Physical balance"

B) Formula for successful Offense

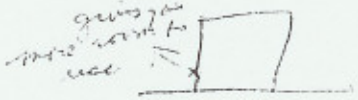
1) Must have balance

"Women don't get laid"

"Repetition enhances the probability of retention"

2) Always start offense from the box out

A) Important to change speeds



- Every time they catch the ball "They address the floor"
  - don't throw many chest passes
- have to have imagination, creativity
- work on V-cuts every day
  A) as soon as they get near defense they put hands up
  B) upon receiving the ball - put your shot foot in the shot zone
- they only take ball to the cause to shoot or drive

*What leads to turnovers . . . NO lobs (because he finds out that your players lob at the wrong time); no skip passes; no screens on the ball. Eliminates those things from his offense that could lead to turnovers.

*You get fouled by shooting the ball. . . not turning the ball over.

*If your guards turn it over - that's trouble because the opposition will then get a lay up. If big men turn it over - your guards will get back

*"Greatness is monotonous"

*Always plays a very strong pre-season schedule. Wants to play most of then on the road. He feels it develops mental toughness; gets you mean. Won't play easy teams because he feels it develops bad habits.

*Get talent and teach him how to play - you've created a monster!

*Everything they do is based on keeping it simple and communicating. Thats why he has a very lean staff.

*The faces change but the problems remain the same.

*You can create work for yourself and you confuse your kids.

*Asking a high school coach if his kid can play? It's like asking somone if a girl is pretty? Too subjective.

*Your mindset

*How many guys do you need to coach a kid? Believes in small staffs

*When big men catch the ball in low post - teach to look middle first.

*Don't foul - don't leave your feet - make him make the shot.

*Fast Break - will go as fast as the defense allows as to go (compared to speed limit and city driving)

*Guards have got to rebound - can't win if they don't rebound.

*They expect an awful lot out of their point guard. Key to us being a good team.

*Match up zone - they teach situations; not rules.

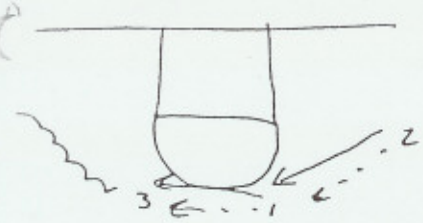
*Don't panic in double team - must be tough and mean with the ball.

*Recruiting - must have (1) good skills and (2) you must be able to communicate with him.

*Shooting - get your feet ready and don't be surprised that the shot is going to be there.

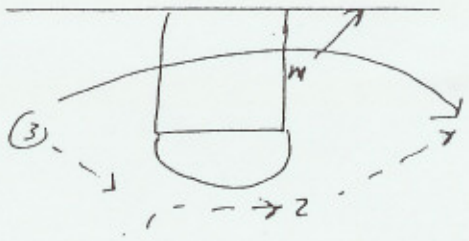
*Outlet pass - as long or deep as defense will allow.

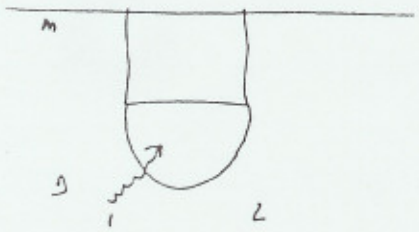
Zone Offense:



Look to take shot at
top of key

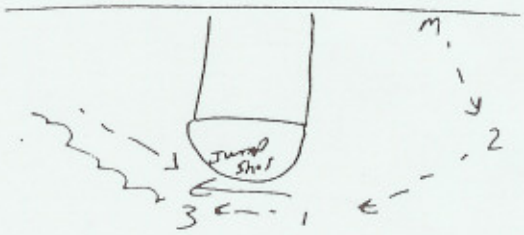
(2)



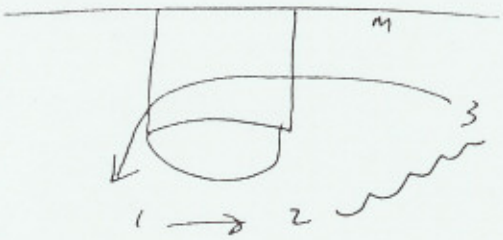


Look to split if defense
is in passing lane
(be under control; stay low)

(4)

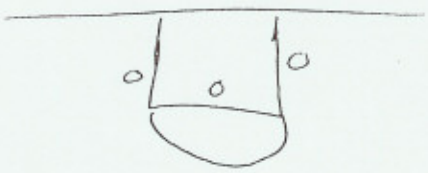


use back pass

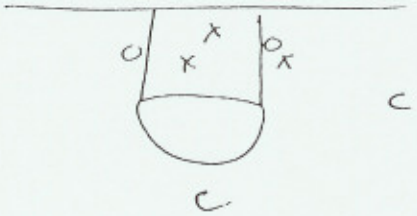


cutter through

FORWARDS:



Form shooting



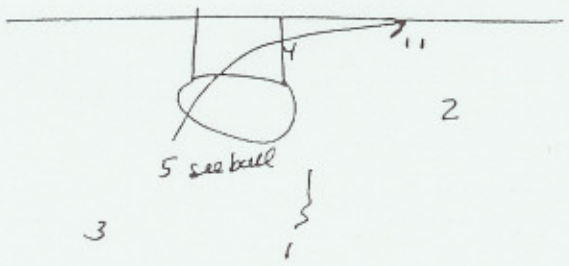
2 on 3 in the post
work on post shots

*5 on 0 Rebound and Fast Break and run man to man offense

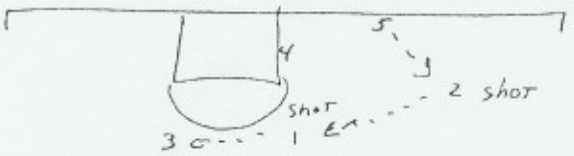
*(Always review block out assignments in zone defense before shot) Coach shoots from different areas of the floor therefore mixes up block out assignments.

*5 on 0 Rebound and Fast Break and run zone offense.

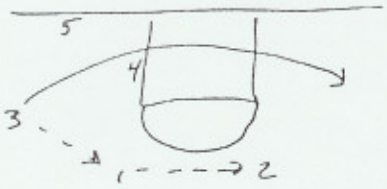
Trailers see the ball when running downcourt



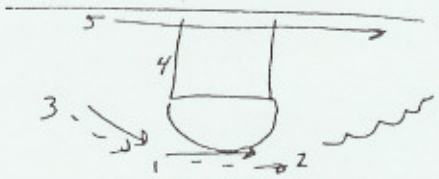
5 - get off baseline -
Be a shot threat.



*Zone offense - ball reversal



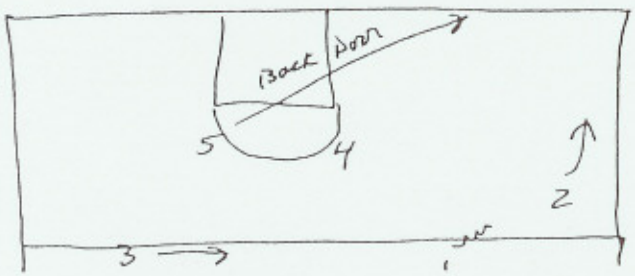
wing thru



dribble over

*Half Court Press Break

Catch and look! Dribble only to go to the basket or to improve your position to pass.



Press break into zone offense

*Defense - "Safety Press" - M-M frontal

Safety - Run and Jump - then match up - back to "Rover" defense.

How well you recover is the key to any defense! Everyone will get beat at some time. Offense will always give you time to recover - on the dribble or the pass.

If a player picks up his dribble - get off him and match up - he's defensing himself.
If traps and offense picks up his dribble - get off him and match - especially in the back court. Play 5 on 4 - "Think" Double the dribbler and look to steal pass.
In Presses: Be ready to move; stay low. Long distance passes - can't recover! Short distance passes - can recover!

Conversations with John Chaney and Jim Maloney:

*Always practice at 5:30 a.m. during the week. Facility is overused therefore he has to go earlier because he takes a lot of time at practice.

*Practice - lot of talking; lot of teaching.

*Weekends they'll practice - 9-12. It is not uncommon for them to have 5 hour practices on Sat/Sun (9-1)

*Lot of time "reading"; "teaching"

*Shot shows on weak side ball reversal. That's the shot that's always open.

*They "let 'em shoot it" How would I like to play or how would I play in the playground?

*Cardinal sin is to make a turnover. They average 8 turnovers a game. When you don't turn it over you don't give up many layups therefore good defensive conversion team.

*Pass - catch - make decisions.

*If a kid can't shoot it - teach it better or recruit better players

*Jump pass - use this out of trap.

*"to know is to act"

*"if defense gives super pressure - go right at his butt - let him know that you've come to play"

*Chaney allows no "high fives"; "low fives"; etc. Isn't in to all the cheering when a player scores a basket. He asks . . . "What do you say when he misses? Boo?"

*Don't get involved with emotions.

*The more things you teach the tougher it is to be great at those things.

*Floor balance is key to offense.

*"If I teach you to be great . . . who can play you?"

*Big Men are not allowed to handle the ball.

*Do less things well.

1/7/86

Brian Hammel

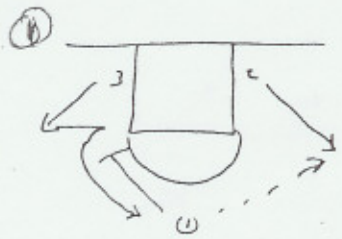
Temple Practice Plan

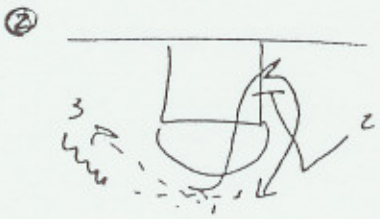
*Scouting report of upcoming game. All they show are tendencies.

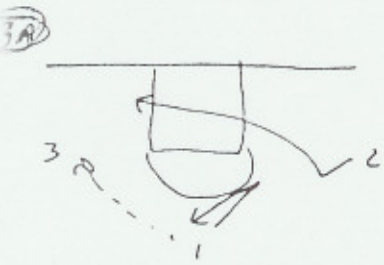
*Guard/Forward breakdowns:

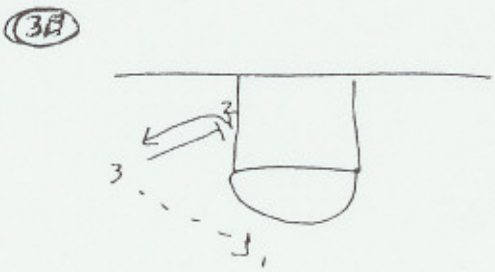
Guards: 3 on 0 working on cutting and screening

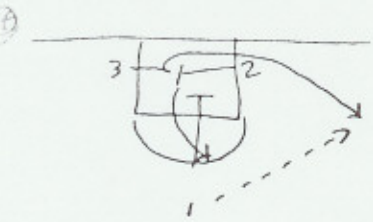
MAN TO MAN:



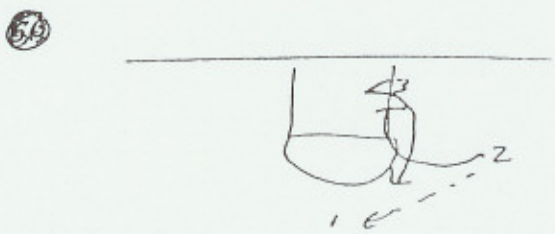




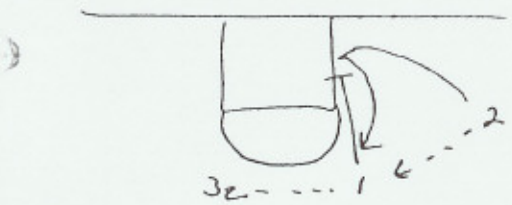








Fast Break:



Coaching Suggestions:

1. Examine what we are doing with our drills both offensively and defensively and why.

2. Individual conferences, the roles to play.

3. The one minute drill, use clock, game situations. The manager runs it. The players become conscious of the time.

4. The game ritual, who, what, where, why, when. We are very big on that.

5. Use of bench coaches. Each should have a responsibility. You must give each certain things to do.

6. Develop your own philosophy. Don't emulate. Don't copy something just because it is successful for someone else.

7. Coordinate the entire program.

8. Be honest, both with the press and with your players.

9. Use of game films, 16mm and/or video.

10. Video of practices and weaknesses.

11. Game review sheets.

12. Practice organization, coaches review.

13. Use of school P.A., public relations.

14. Summer guidelines.

15. Mental preparation of coach and players a must.

16. Use of scouting reports.

17. Use of paper and radio, service clubs.

18. Use of study body.

19. General demands and discipline.

20. Job description for all coaches, meetings, and clinics.

21. Fight for your program.

22. Utilize your practice time.

*Does a lot of shooting.

*Extremely difficult to play the ball 1 on 1. Indiana they feel is poor here. Where Indiana is great is with their help. Best 1 on 1 defensive team in America is Vegas.

*Chaney doesn't do many camps or clinics. Isn't into them. Never reads the newspapers - feels it just confuses him. You start reading too much of that stuff and then you find that other people are coaching your team instead of you!

*Recruit to needs! Only need one great player a year.

*Their practices are so long because there is so much talking and teaching. Very little break downs. A lot of 5 on 5 whole method teaching. They teach situations rather than drills.

*They have one zone offense; one man to man offense (freelance). They run different entries and sets out of man to man. Execution is key to their system.

*Scouting - they show tendencies - they are more concerned with what they do.

③ John Chaney

"You have to be able to do it even with a little."

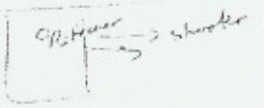
Shooting drills:

① Always square the floor
② shoot feet in shot position
③ have to know range



2 minute drills:
shooting - FF
V-cut
1 power 1 shooter
"how to be in range"
each player shoots for 2 minutes

2 minute shooting drill -
Retriever drill



how to work on getting by first line of defense + then immediately go up + read second line of defense - either pass or shot

Pattern - rebounds every shot + then gets taken pressure on the shot

(4) have to be under control + make sure water isn't muddy

defender can't leave feet to challenge shot

— same drill using ball fake + 2 dribbles right or 2 dribbles left

"DOESN'T ALLOW FOOT FAKES"

2 MINUTE BAD PASSING DRILL - "Can't wait for your favorite pitch" every day

(3) Defense

— have to teach individuals how to recover

A) Have to teach time + distance

"Jockeys don't win the Kentucky Derby"

inside defense : organize box into 3 sections

"Have to have rules to live by"

in selecting defense - design defense so that best players stay out of foul trouble

— if offensive post player isn't a threat can shade him in medium post

— they always front in low post

Defensive rebounding . On perimeter : no block out "Sight & Flight"

III. Formula for successful offense

A. Must have balance

A1 "Repetition enhances the probability of retention"

B. "Winners don't get tired"

B. Always start offense from the box out

1. Important to change speed w/out the ball

C. Every time they catch the ball they "address the floor"

1. don't throw many chest passes

D. Have to use imagination, creativity - always within structure of offensive sets though

E. they work on V-cuts every day

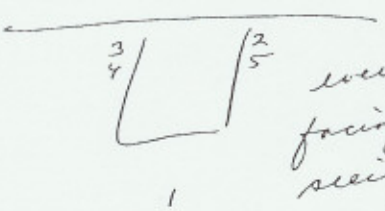
1. as they get near defense they put hands up

2. upon receiving the ball - put your shot foot in the shot zone

3. they only take the ball to the corner to shoot or drive

Basic Set - 4-on offense

"Low 4"



every player facing inside - seeing defense

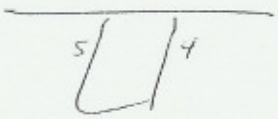
"Give kids the house - then give them rules to live by"

- Love to teach players how to read defense

Saint Anselm COLLEGE
ATHLETIC DEPARTMENT
Manchester, New Hampshire 03102-9001
Phone (603) 641-7800

m-m offense

- they have very little post movement
- post players (1 on each block) usually just look to seal & post hard & will sometimes screen away



- doesn't like to give them a lot of options - the more freedom they have the more apt they are to do things which will cause turnovers
- everything that they do in offense is determined by their philosophy of "NO TURNOVERS"

Basic perimeter rules:

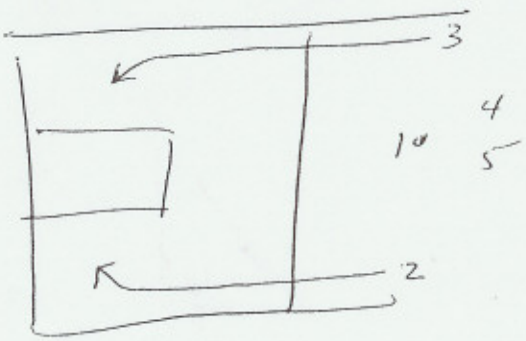
- don't screen on the ball
- Pass - go away - screen - pop out
- never lob the ball into the pivot

John Chaney – Defense

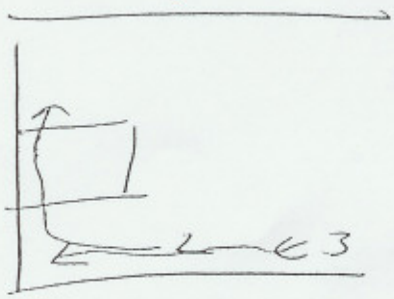
Temple Break – Sideline Break

#1 always goes to get ball – goes as far back as he has to

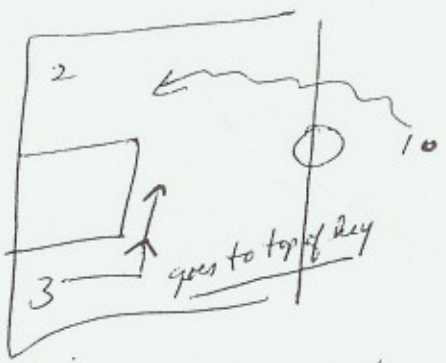
#2, #3 run lane



* if 2+3 end up in same lane then 2+3 run same lane + first player up floor pushes through



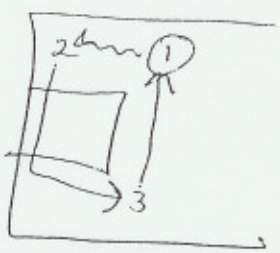
movement of 1, 2, +3 off of sideline break



"Push + Pull" – ~~Be~~ for holding balance

"Keeps players on a string"

if #1 dribbles at #2



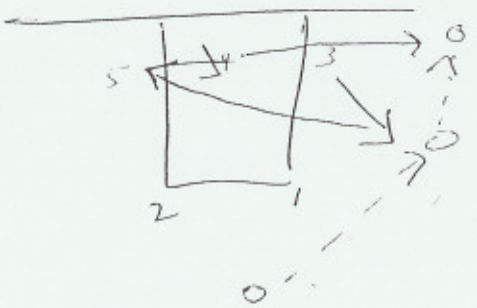
have balance all the time

(5) Defense

~~Zone~~

long
also X to opposite side

out of 2-3 zone



"Take defense personally"

- Convince them that there will be breakdowns

measure of a person is how you recover

"Have to teach recovery tactics"

"Can't use magic words to a kid"

"Coaches have to have a form of measurement"

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.

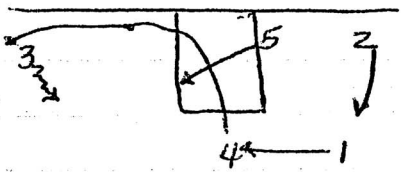
Take away his favorite cut.

SPACING.

Don't let defense play two on penetration

Post Man don't let people see you. (especially vs. Zone)

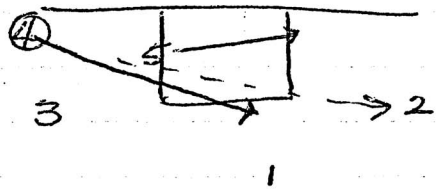
(*)



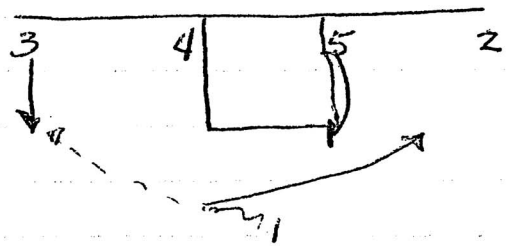
vs. Our Secondary

Ours is pretty good.
Maybe hold 5 ???

Diagonal Pass in our secondary.



(*) Down vs Zone

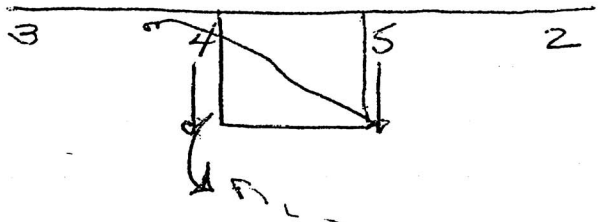


UConn Diagonal
& Short Corner.

Steve Short Corner

Zone defense makes us more organized.

Down Into #1 Zone

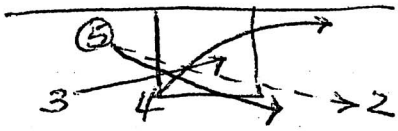


"READ"

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)

Auburn
PO Box 351
Auburn, AL 36831

8/3/07

Jeff Lebo: Doubling the Post

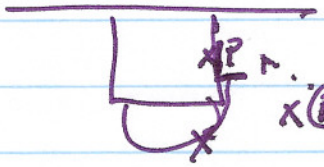
- Doubling the Post- "have to commit to it from day 1"
  1 Make your opponents beat you from the outside
  2 increase game tempo
  3 Makes your defense very active
  4 interchangeable parts

- Positioning - (tape the court: sidelines; midline;
  - never let the ball be entered into post from the top
  - move when ball moves -
  - on line up line def - "pistol position"
  - don't deny the wings -
  - ball into sideline = "get in sideline position" (deny the skip look thru bal pressure)
  - weakside = Midline or help I when ball is on side
    2ft in paint below 3pt line - 1 ft above
  - ★ - if post has a foot in the paint - "butt front" on high side
  - ★ - if out of paint - play behind - push him out on highside (allow post pass towards baseline)
  - ★ - when ball is entered - do not get beat to baseline side - so must get off and "toes point towards the sideline"
  - ★ - double comes from the top -

- Rotations -
  - Double Team choices: (1) on the pass (2) on the catch (3) on the dribble (4) when the ball is in the air ★

-Jeff Lebo contd.

-ROTATIONS-



- Man on top comes as ball is in the air -
  "Create an L trap" right angle toe to toe (sideline point post; baseline point from top)
- get down on post w/out fouling (use body not hands)
- you can always personal your trap choices -
- "no splits and no reach in fouls"
- Call "fire" to signal double team of the post
- ball side wing defender does not allow entry man to get the ball back "denier"
- top of the help I = "interceptor" (actually face ball) read posts eyes
- bottom of the I = "goal tender" protects basket; outside front of rim -- bump all point cuttos -- only time go below rim is if post beats them (trap) baseline
- "thinks changing defenses bothers people"
- "this is a changing defense within a possession"

-ROTATIONS OUT OF TRAP-

- player closest to ball pass covers the ball (usually the interceptor)
- double teamer goes opposite (helpside) (will it) (2man rotation)
- "goal tender" - takes quick reversal pass (3man rotation) everyone else rotates
- rotations out of trap - especially 3man rotations equal mismatches so everyone must know how to guard the post -
- you can obviously game plan - Δ up -

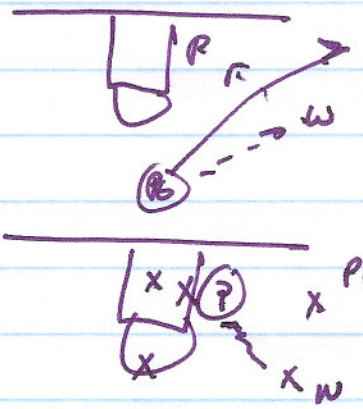
-Double Post Defense- Situations

- passer cuts - rotation is: day man goes with cutter and we bump - top of I becomes "day"; bottom of I becomes "interceptor"; man with cutter becomes "goal tender"

- any screening movement after the post double = just switch (keep your zone spots: day, interceptor, goal tender)

- post offensive player dribbles at of double - (I will stay with it) can have double ~~man~~ sprint to help top of I)

- double post vs. overload offense - ex:
  - you can have wing be doubler; X guarding PG = day; top of I = interceptor
  - also have corner defender help on post to day the post pass thus allowing the corner pass



- if he can skip to opposite 3 - then the double team is weak

- mismatchs - you can "switch down the line" creating a better match up (wait until 2 passes away)
  [we don't have any]

8/3/07

Tom Crean: Competitive Rebounding Trans Def Drills

- Summer 2001

-GENERAL PHILOSOPHY-

- "passion is critical to success"
- "be honest with yourself"
- "analyze what goes right as well as what goes wrong"
- "learn from the good and bad"

- Assistant Coaches -

- have ones that want to be head coaches - #1 goal →
- Make your boss Coach of the Year -
- everything you do leads you to be a head coach - make your boss become better (take problems away from him)
- "teach assistants this"

- "teach your players: (1) unselfish (2) giving (3) a great teammate (4) part of a great camaraderie

- DeWayne Wades soph year - what Crean was most proud of is 3 guys with ball in hand the most (Hery, Wade, Diener) led team in assists

- Keeps Marquette assists (a pass that leads to a (made or miss) shot) (great way to teach unselfishness)

- COACHES -

1. Trust your instincts (make the tough, unpopular decision)
2. Build character and toughness on a daily basis = CHAMPIONSHIP TEAM

-Tom Crean cont'd

- CHAMPIONSHIP TEAMS -
  1. Execute under pressure on both ends
  2. Find a way to get the most easy baskets (off reb; turnovers; fastbreaks?)

- Doug Collins - "NBA last 7 min of game most important b/c officials swallow the whistle and you have to make plays on both ends of the floor" (4 min in high school)

- "everyone knows who takes the bad shots, who won't pass, etc... but most selfish act is not running back on defense every trip"

- all practices test how you play through fatigue
  "fatigue makes cowards of us all" - Rudy Gilmer

- "guard against selfish acts" (this is what BCG preaches all the time = both are successful)

- DeWayne Wade led team in all categories --- most importantly in deflections (had more than any player Crean has been associated with) (since he was 23 yrs old)

- Crean feels: (40 min game) -
  35+ deflections a game + 42% field goal % = 85 to 90% win percentage

  Wade avg - 9.2 deflections a game
  "he is great because he is unselfish"

"put everything into every area of your life"
be unselfish, don't be afraid to be coached

- "Be good at the things you do alot" - Pete Carril

- stats examined during halftime -
(1) reb margin (2) fastbreak points (3) points off turnovers
(4) Shots challenged (5) deflections
(talk about them during timeouts and film grades)

- TRANSITION DEFENSE -

- Marquette sends 4 to off glass - PG back - picks ball up at halfcourt circle (left side)

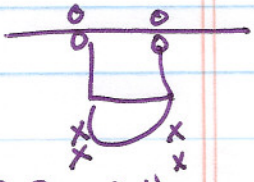
- "play the ball, see your man" - "always load to ball side"

- "worst mistake in trans def is to jog along side your man - - - 2nd biggest not adjusting to ball in ½ court"

- easy for trail defender to not get involved - have to run harder than anybody - you see the action "run to help"

- "communication is paramount"

- 2on2 REBOUNDING - (4min on clock; keep score)



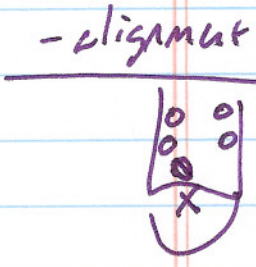
- 2on2 - 4 lines
- change ends

- 2 teams - work your closeouts, block outs, rebounding
- all rebs = kick out to coach → then work on a particular defensive action (ball screen; cross screen; etc) dive and kick, flex cuts)

- Cream cont'd

- 5on5 WAR DRILL -

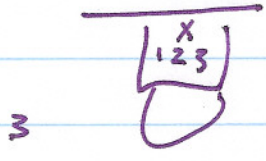
- alignment -



- X = best player ("horse") -- guy you want to get after that day
- defense - both feet in paint -- ↑ has to start on X
- coach shoots
- go 3 trips - keep score (pts + 2 off reb; +1 def reb)
- Make rules based on what you want to accomplish // work on that day

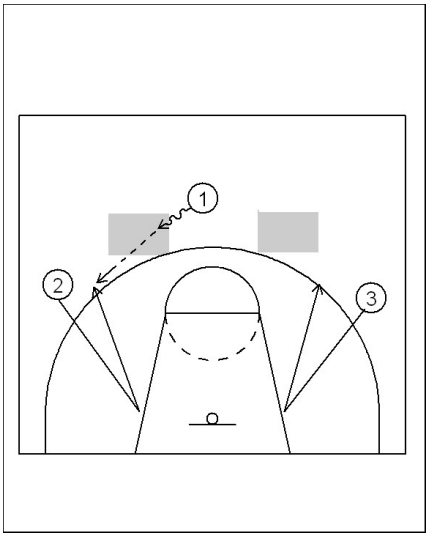
- 3on3 +1 (great idea)

- kickout and play



- communication drill -
- 3on3 play
- the plus 1 stands in paint and communicates and helps
  - "you have no man but all the responsibilities"

Motion
Alford

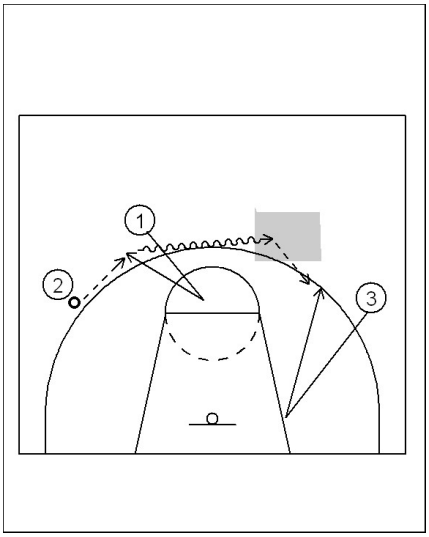


1

SHADED AREAS REPRESENT GUARD OPERATING AREAS
- Important guards do not operate in "Main Street"
- Create a passing angle by taking the ball off centre, limiting the defensive angle

V-CUT ACTION -
- Forwards "get open", using v-cuts, with correct "slash arm" technique
- The lead needs to be run on two planes

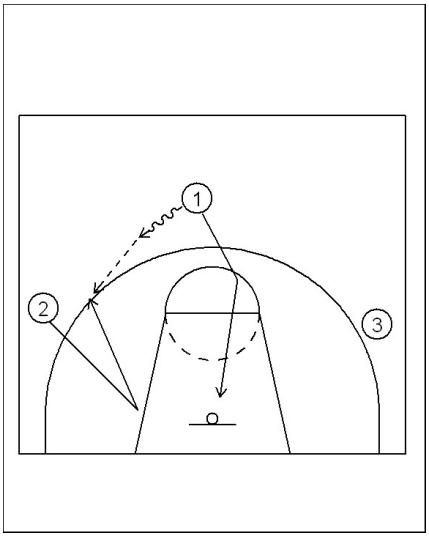
TEACHING POINT
- Cut down below the block, lead back to the ball above the block



2

BALL REVERSAL -
- Guard runs replacement cut, leads back to the ball
- "Rip" the ball through, taking it hard on the dribble to the "guard operating area" - "DRIBBLE SWING"
- Weak-side wing player v-cuts to receive the pass
- Weak-side player may have to run v-cut twice to get open and "time" the lead

TEACHING POINT -
Pass to the advantage of the receiver, AWAY from the defence
Receiver show target hand



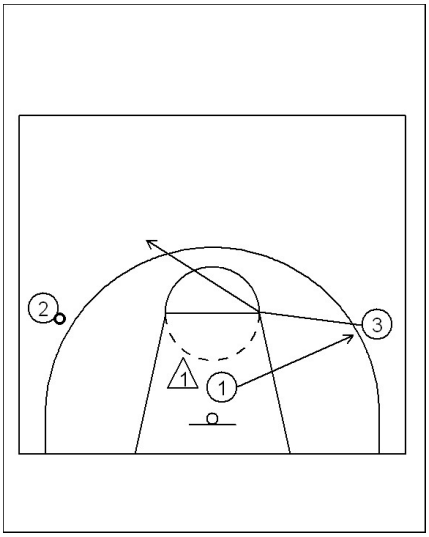
3

PASS & CUT
- Take ball off centre, deliver pass to wing player, who has run v-cut lead
- Guard runs v-cut to basket

TEACHING POINTS -
- Cut looking for the ball
- Change of pace, change of direction on all leads & cuts

Created with basketball playbook from www.jes-soft.com

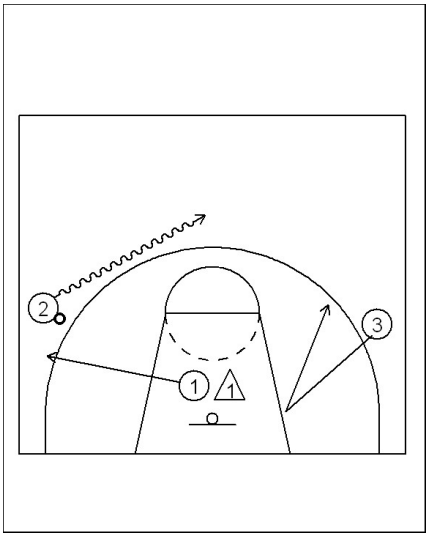
Motion
Alford



4

PASS,CUT & REPLACE PLUS "TURNING OUT" -
- IF the defender has jumped to the ball and is on the ball-side of the cutter, cutter "turns out" to the weak-side
- Weak-side wing player cuts to elbow area, then "loosens" to fill the space created by the cutter

TEACHING POINT
- On all cuts, adopt principle of change of pace, change of direction

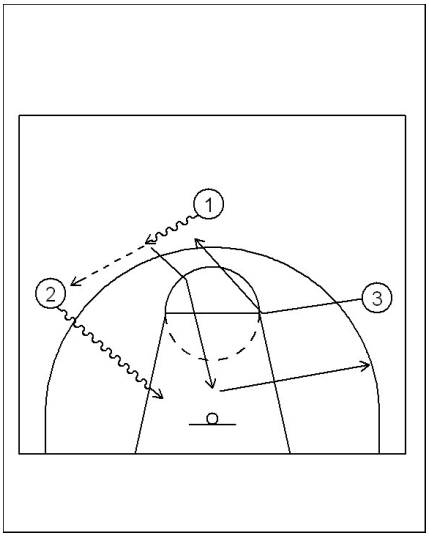


5

- If the defender is on the weak-side of the cutter, cutter can -
i seal in the lane
ii post up
iii "turn out" to the ball-side wing

The ball handler creates floor balance by dribbling into the space created by the cutter

Weak-side wing v-cuts to occupy the defence

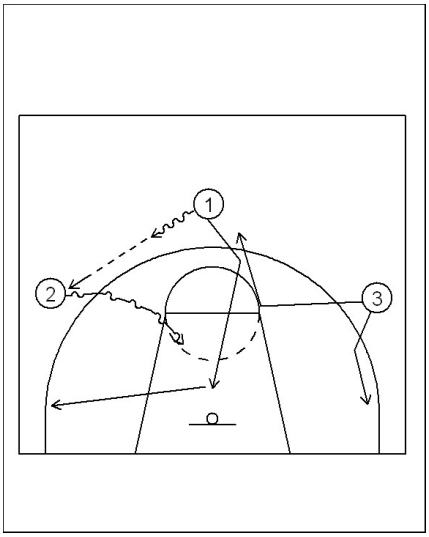


6

"DRIVE ON THE HEELS OF THE CUTTER"
- Pass & cut action
- Once the cutter has "turned out" to the perimeter, the player with the ball drives into the space behind the cutter ("on the heels" or "on the back" of the cutter)
- This space will be to the base-line if the player is turning out away from the ball

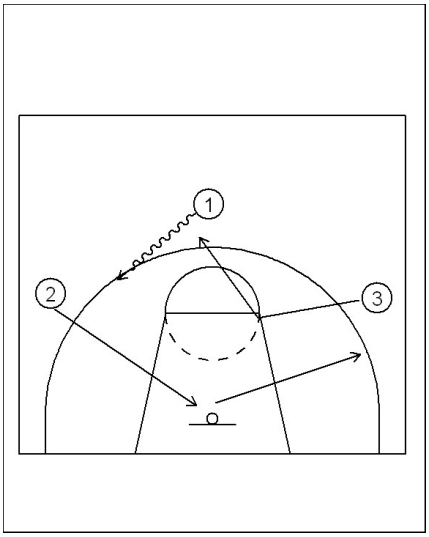
Created with basketball playbook from www.jes-soft.com

Motion
Alford



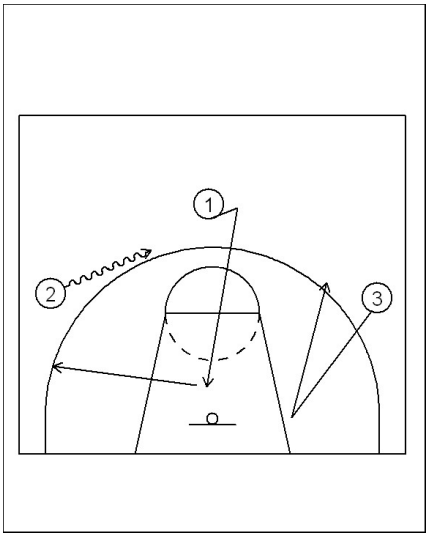
7

- If the cutter is turning back to the ball-side, the "penetration lane" will be into the space at or around the elbow area
- Weak-side wing player can replace into the space created by the cutter OR flare looking for the drive & kick to the opposite wing if the replacing player flares



8

BACK CUT & REPLACE ACTION
- Ball carrier drives hard at the hip of the wing defender, forcing the defence to make a decision
- As the dribble is taken, the wing player makes a hard back cut and turns out to opposite wing
- The weak-side wing player replaces into the space created by the dribble
- Ball-side wing cutter can also run "shallow cut" & replace into the space created by the dribbler
- Weak-side wing would v-cut to occupy the defence in this action



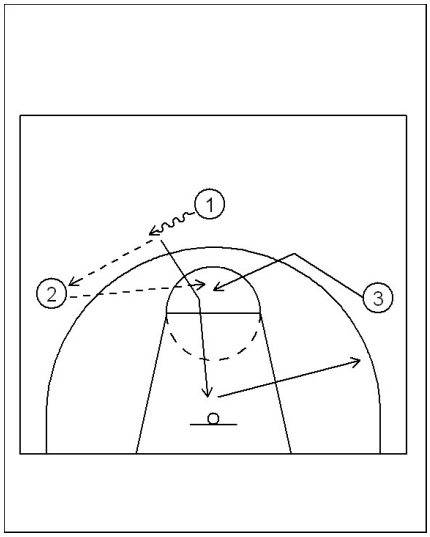
9

"DRIBBLE EXIT" ACTION -
- If the ball is on the wing, the ball carrier can initiate "action" by dribbling at the point
- The player at the point cuts hard back door

THE BACK CUT IS STRONG ACTION IN ANY OFFENCE. THE PRINCIPLE OF "DON'T FIGHT PRESSURE" IS AN EXCELLENT WAY TO TEACH PLAYERS WHEN TO BACK CUT

Created with basketball playbook from www.jes-soft.com

Motion
Alford



CUTTING ON THE HEELS OF A CUTTER
- Ball is passed to the wing
- Point cuts hard, creating space behind
- Weak-side player cuts into the space behind the cutter
- Initial cutter "turns out" to the space created by second cutter

KEY TEACHING POINTS IN THE ALFORD SERIES -
Spacing - "loosen up"
Ball movement - only dribble to penetrate or improve a passing angle
Player movement - hard cuts
"IF & THEN" - read & react to defence
Turn & face on every catch

Created with basketball playbook from www.jes-soft.com

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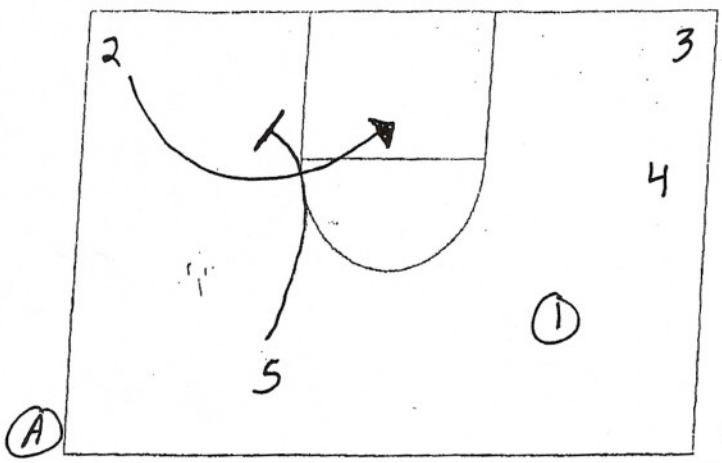
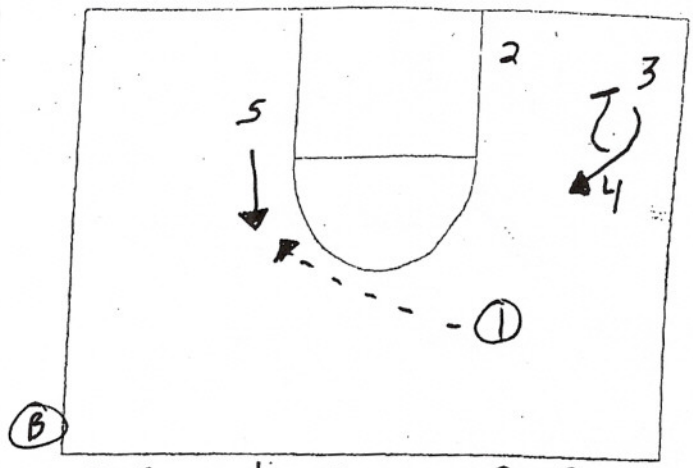
Phoenix

Quick

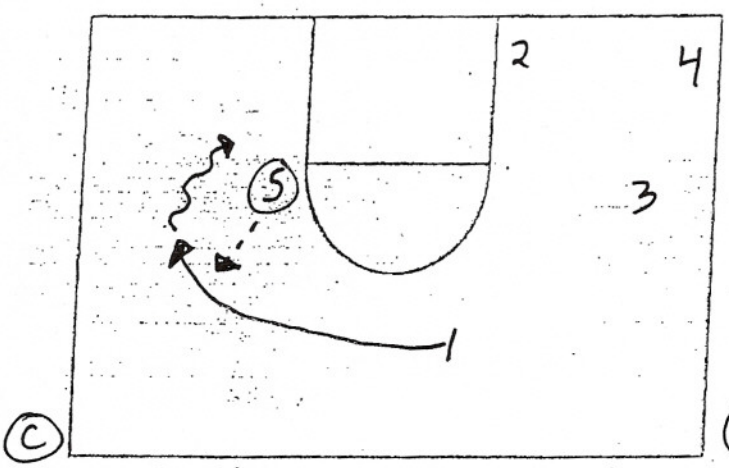
OFFENSE



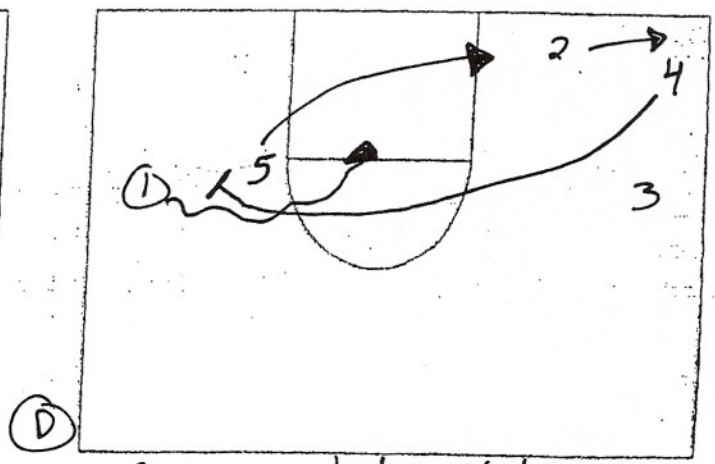
5 Screens 2 Cutting to the Lane



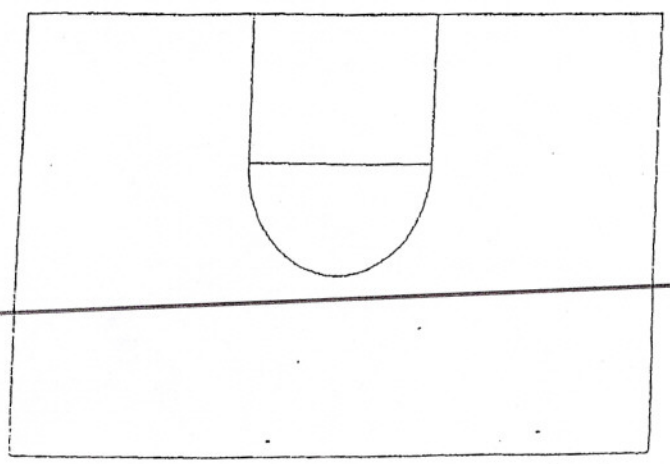
5 Pops Out & Receives Pass From 1

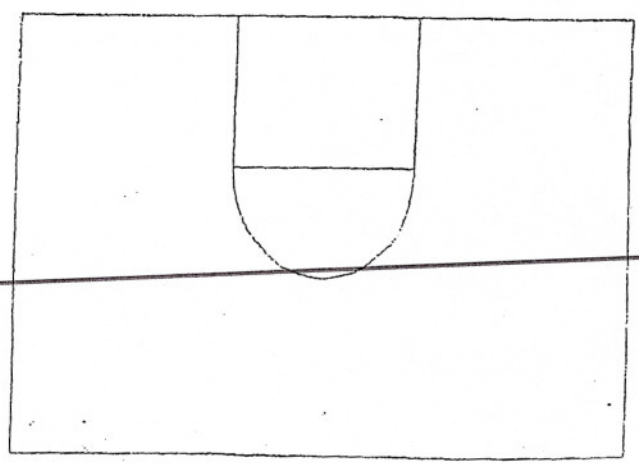


5 Handoffs to 1 - 1 Tries to Cut Corner



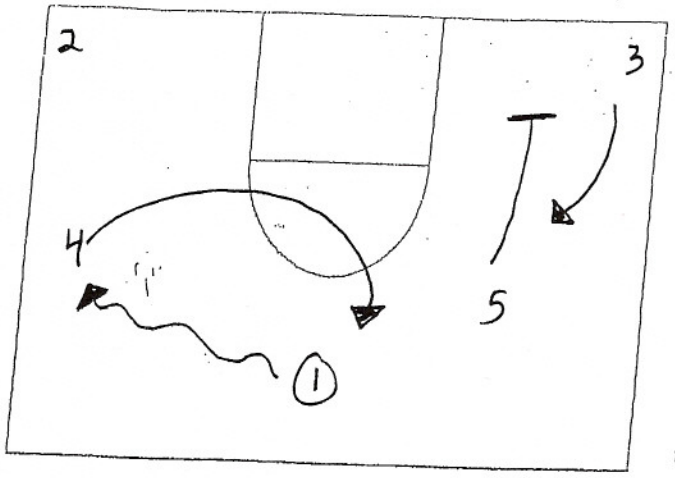
If 1 doesn't Have Shot 4 Ball Screens 1





"Down"

OFFENSE



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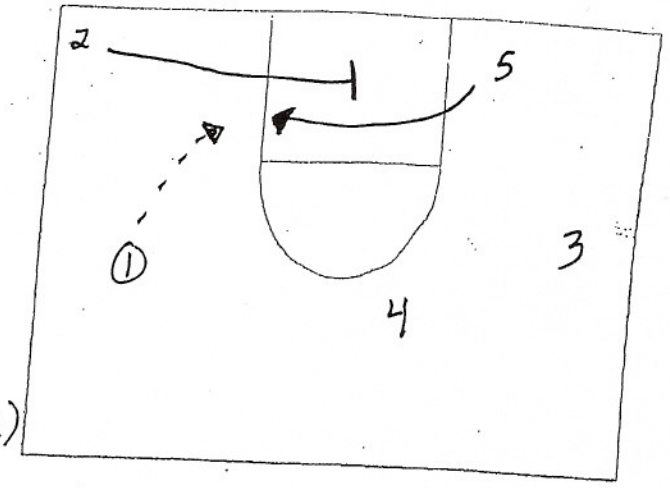

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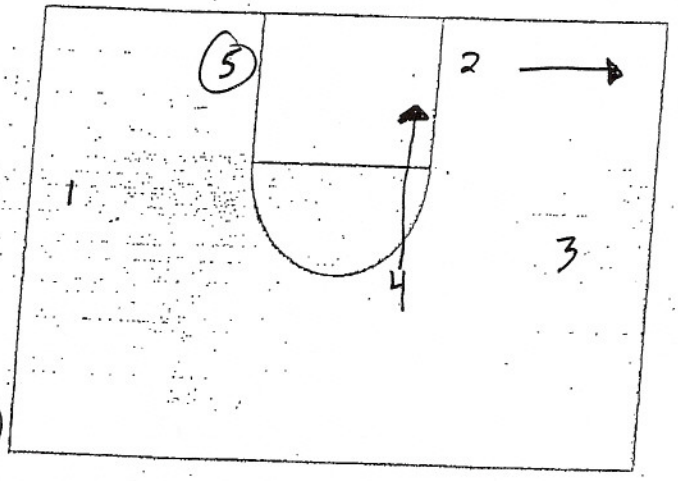

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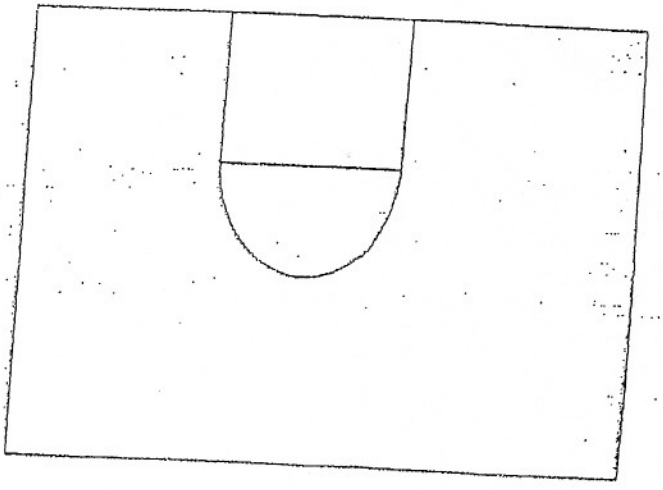
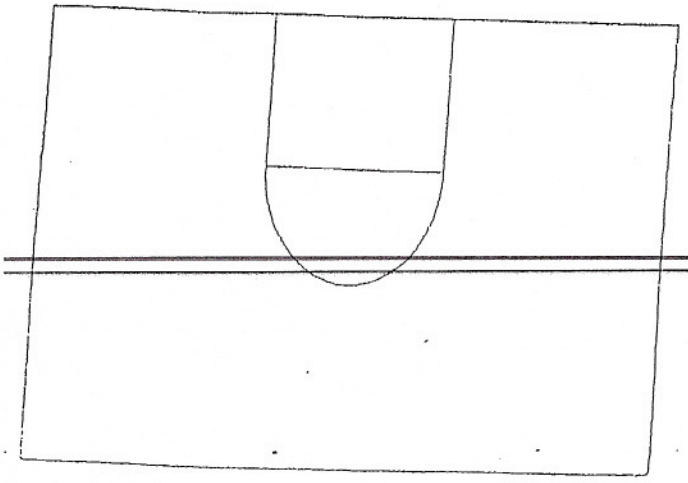
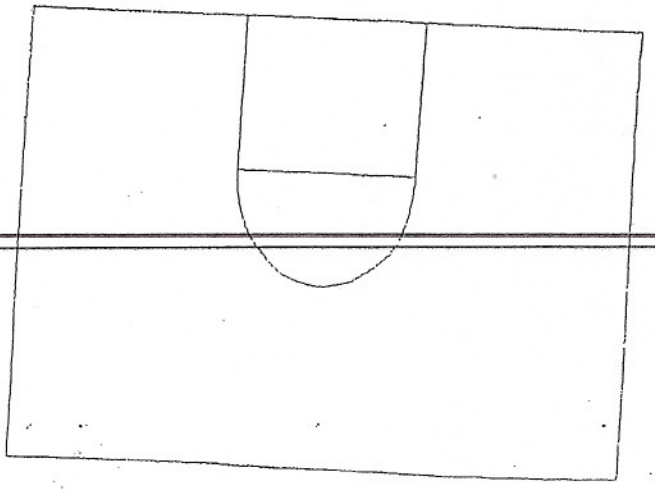


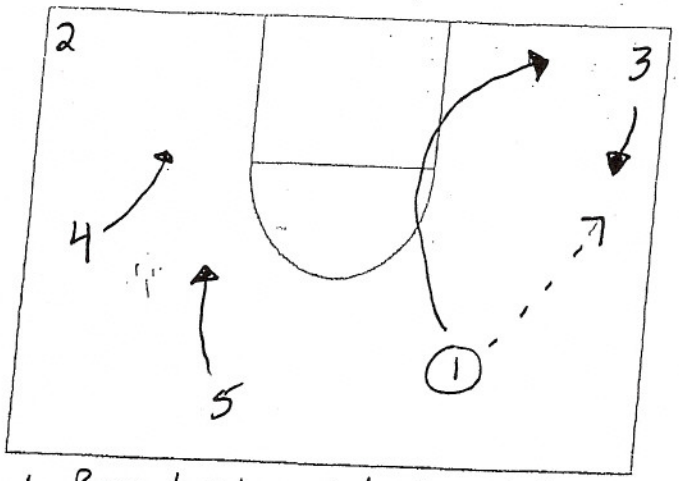




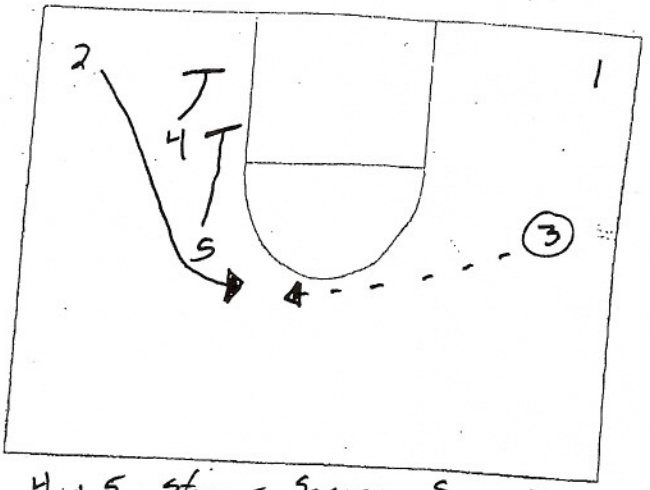
Phoenix

Same

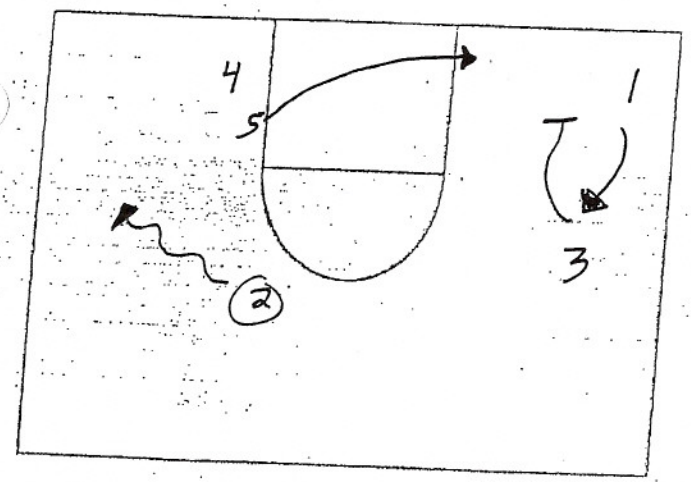
OFFENSE

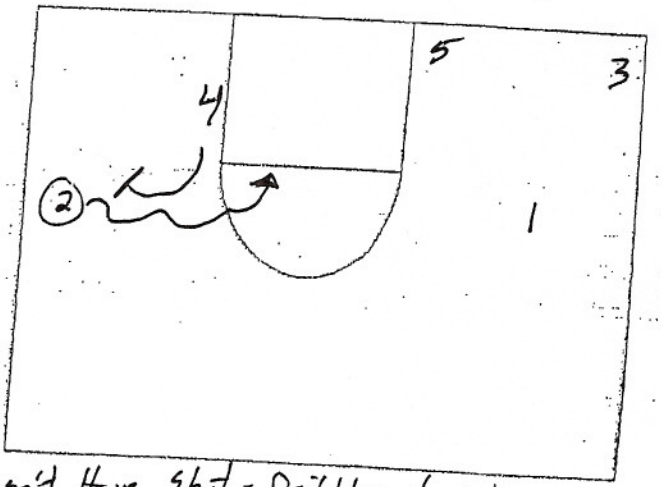


1 Passes to Wing + Cuts Same Side

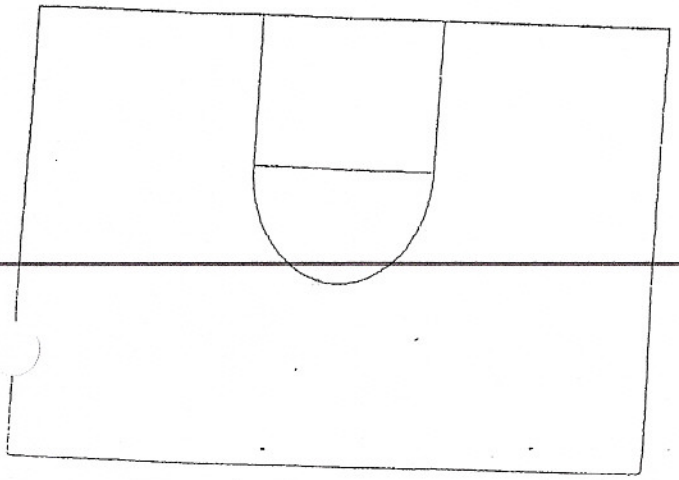


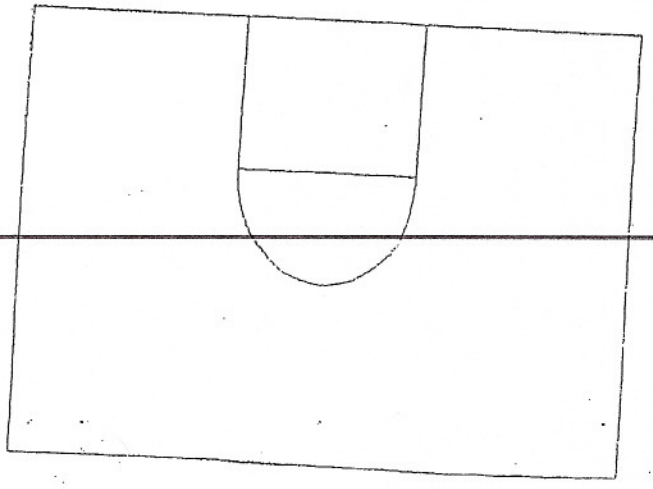
4 + 5 Stagger Screen for 2



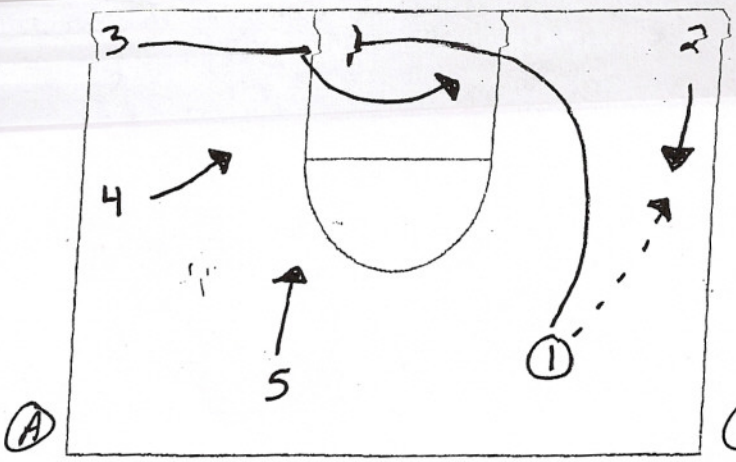


If 2 Doesn't Have Shot - Dribbles to Wing + Ball Screen from 4 or 5



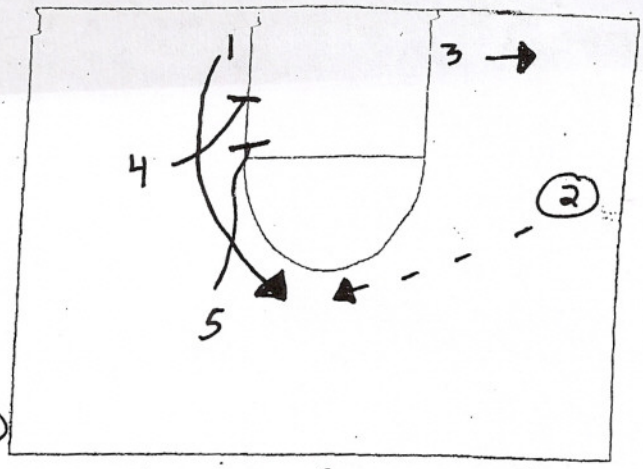


OFFENSE



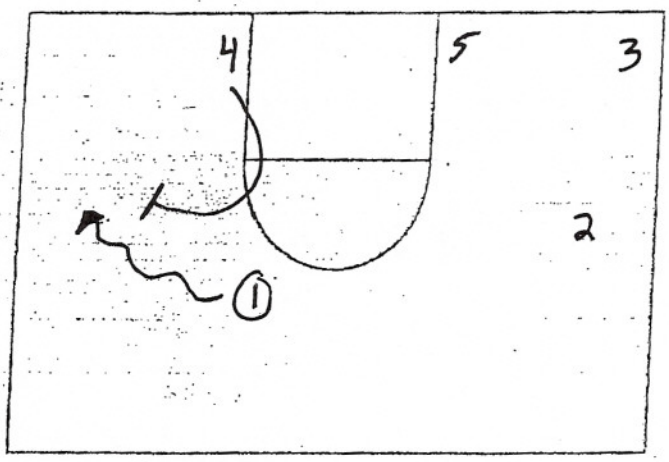
A

1 Passes to Wing + Cuts Thru
1 Screens for 3



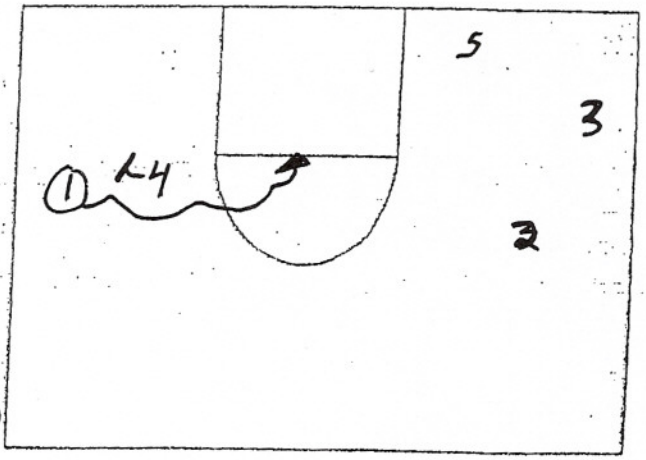
B

1 Gets Stagger from 4 + 5



C

1 Dribbles to Wing / 4 Ball Screens 1



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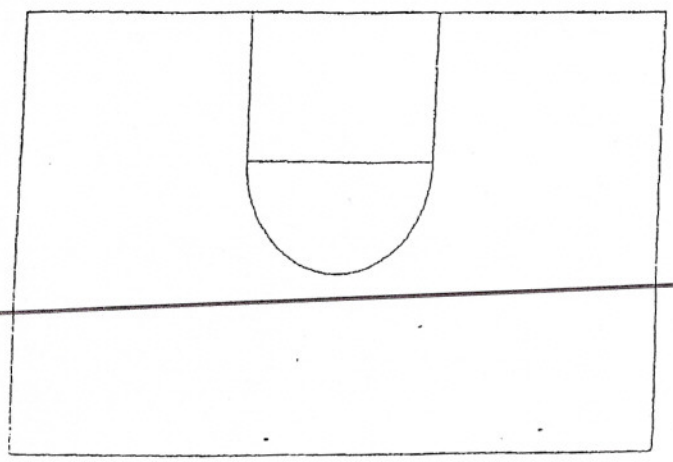

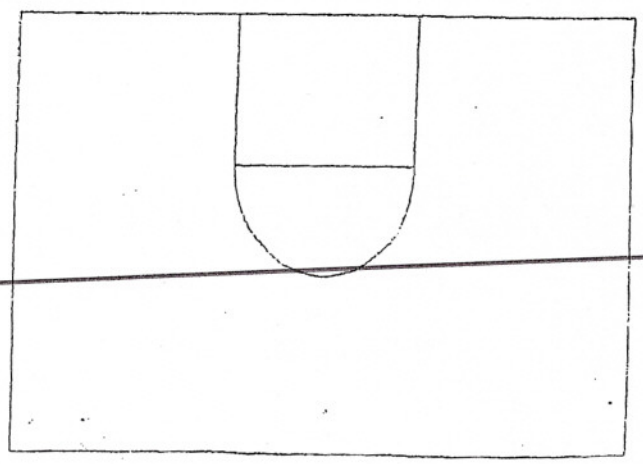

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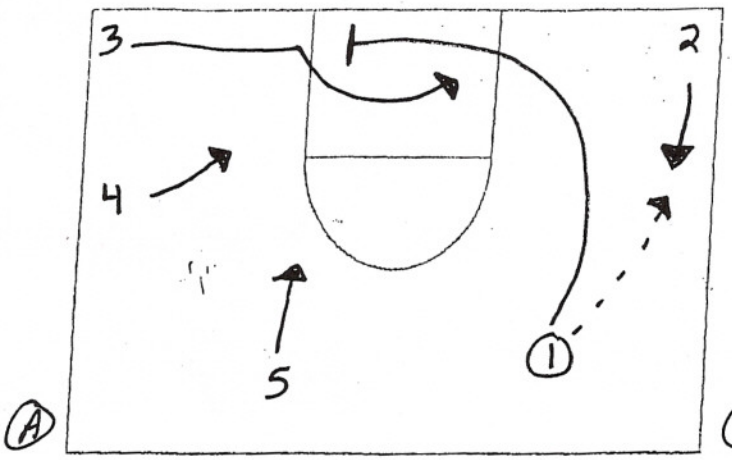
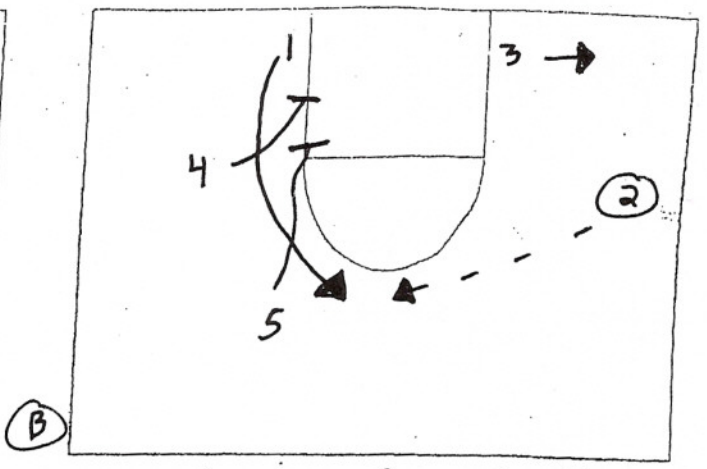
Phoenix

Thru Weak

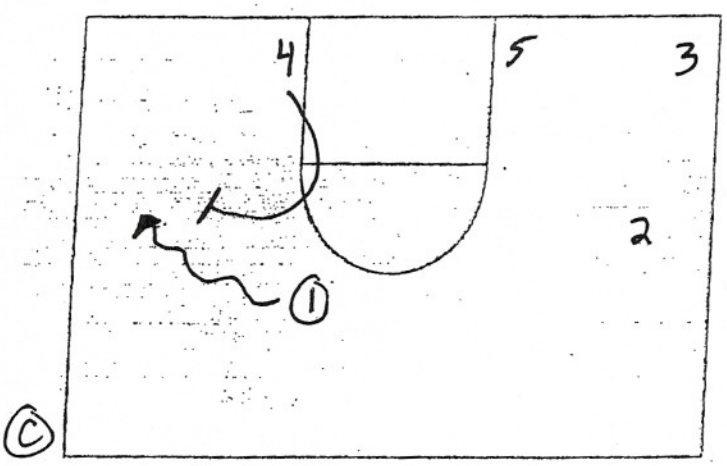
OFFENSE



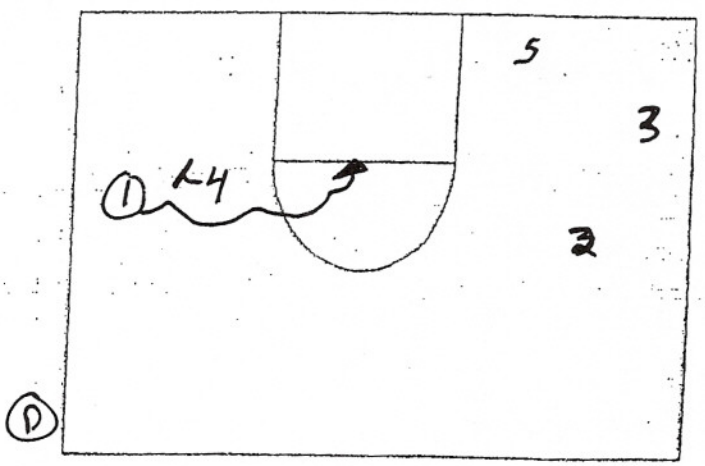
1 Passes to Wing & Cuts Thru
1 Screens for 3

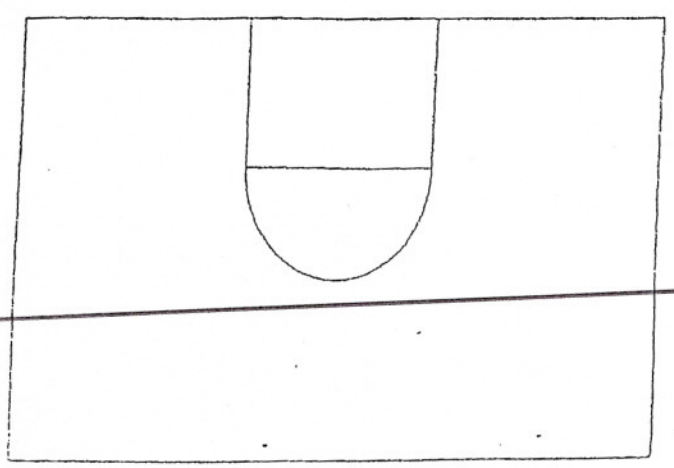


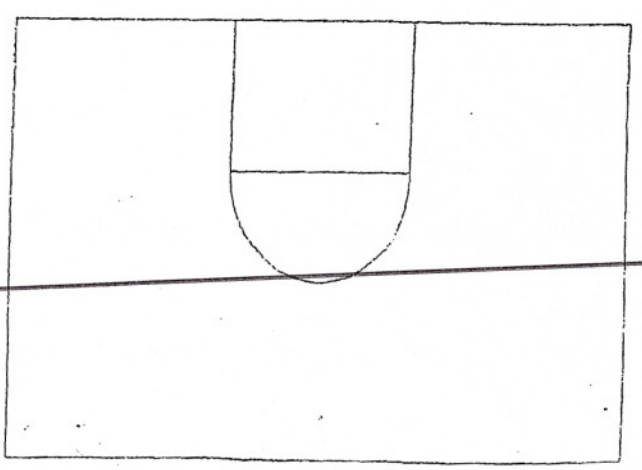
1 Gets Stagger from 4 + 5



1 Dribbles to Wing / 4 Ball Screens 1

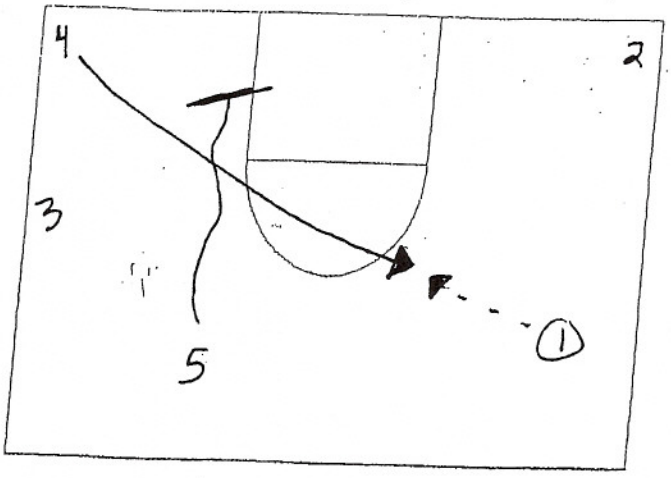


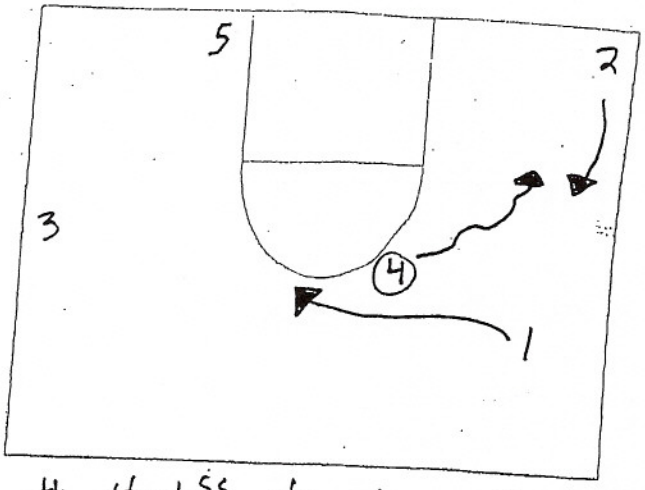




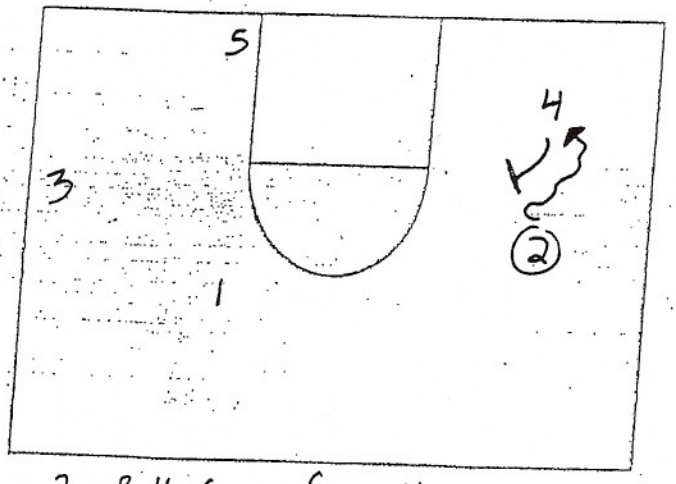
4 Pop

OFFENSE

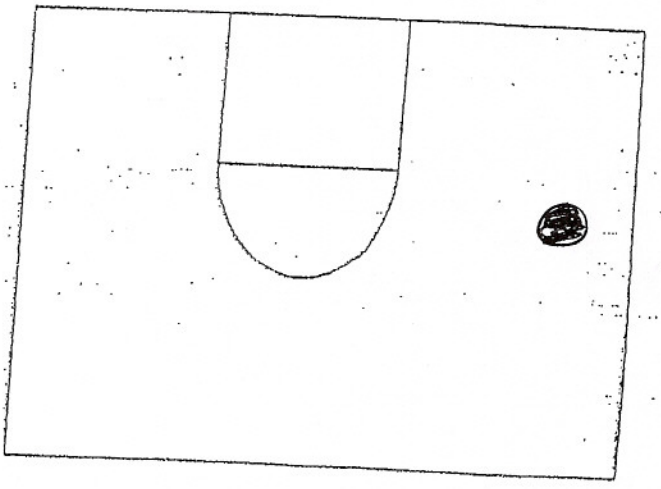


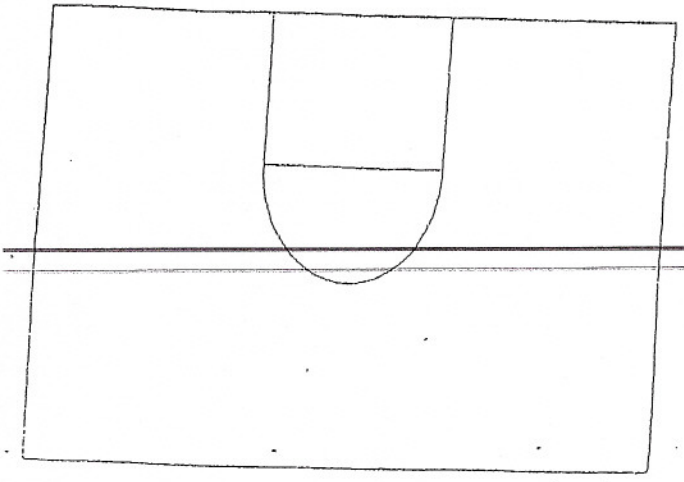


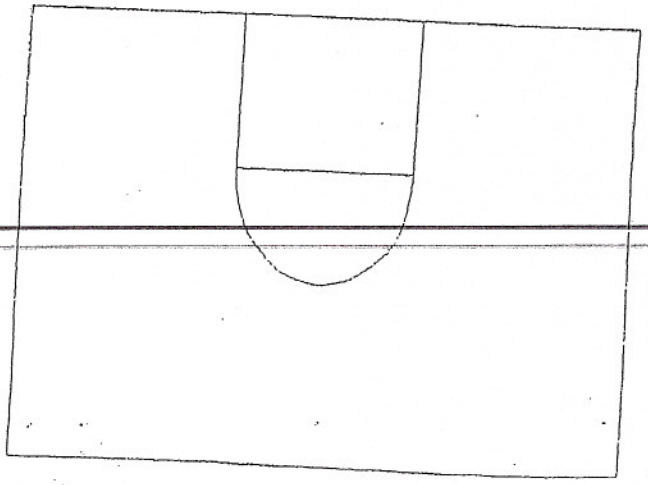
4 Hand off to 1 or 2



2 Ball Screen from 4



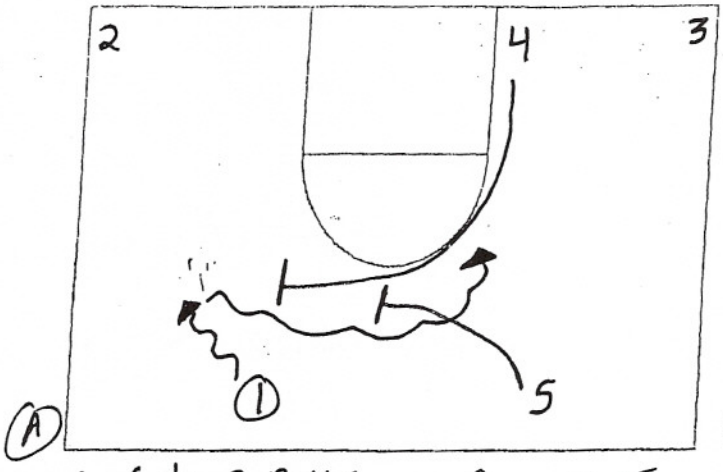




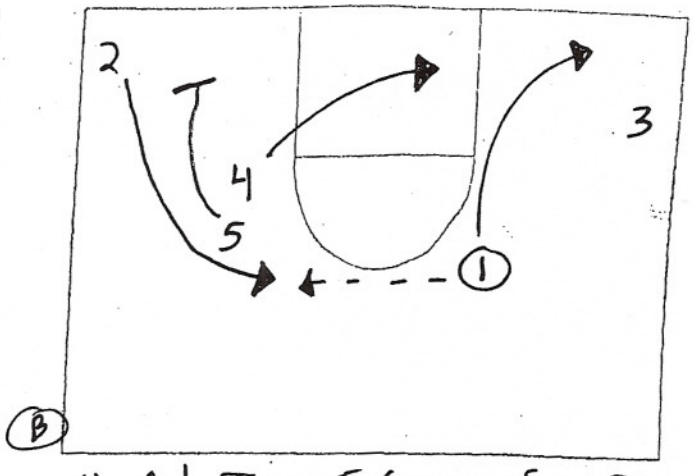
Phoenix

Double Drag

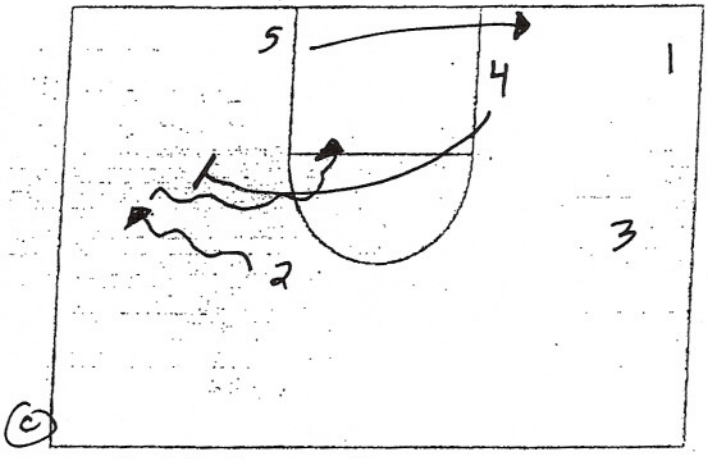
OFFENSE



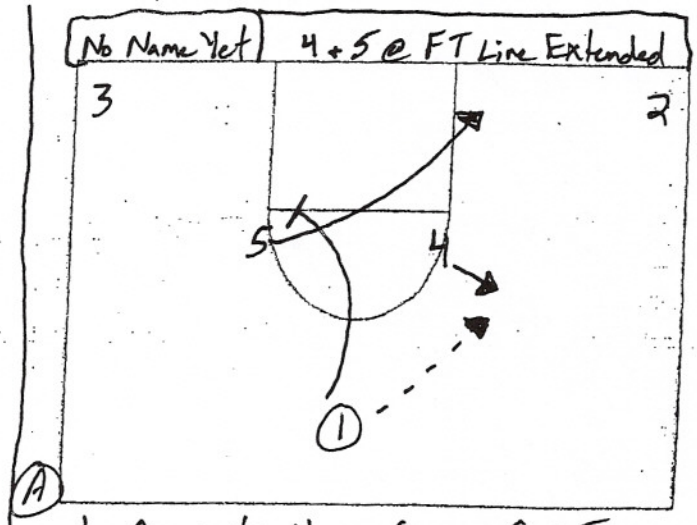
1 Gets 2 Ball Screens from 4+5



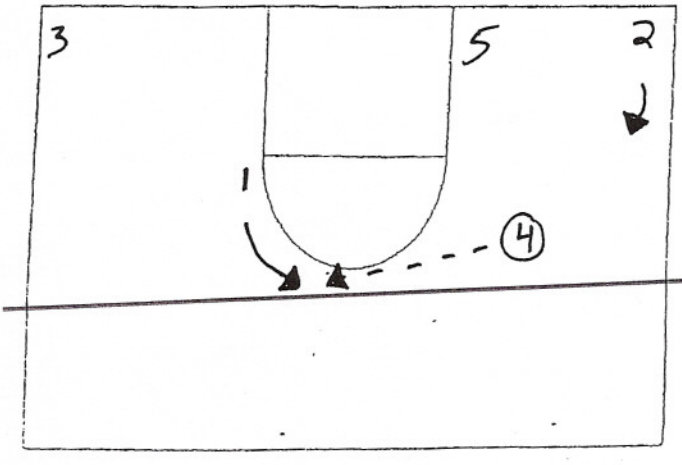
4 Cuts Thru - 5 Screens for 2
1 Passes to 2 + Cuts Thru

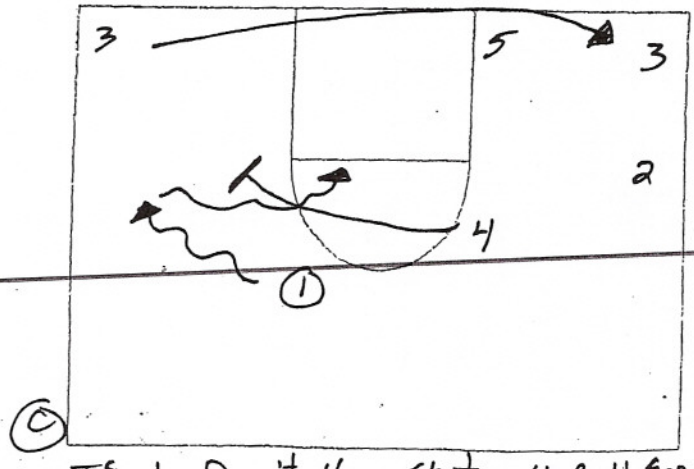


4 Ball Screens 2



1 Gives to 4 + Screens for 5
5 Dives to Basket

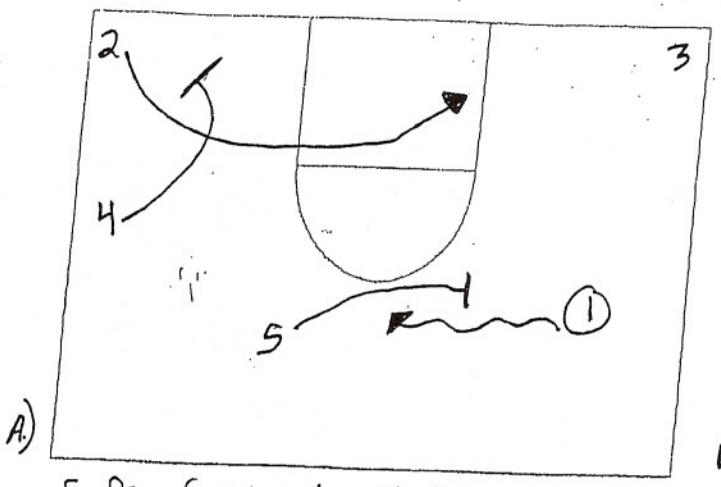




If 1 Doesn't Have Shot 4 Ball Screens 1

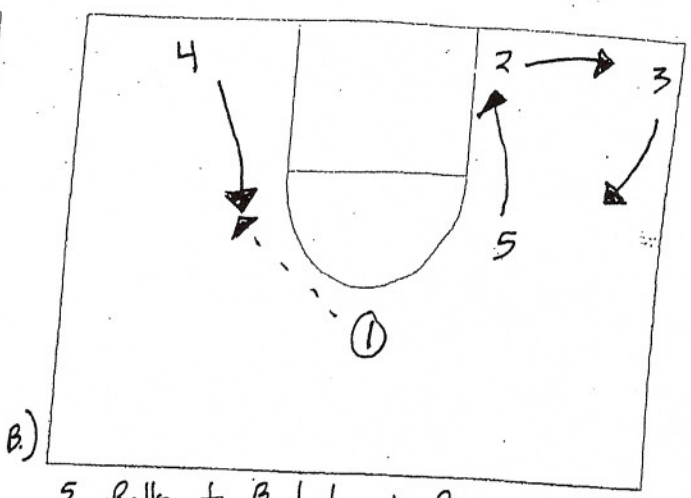
Quick 4

OFFENSE



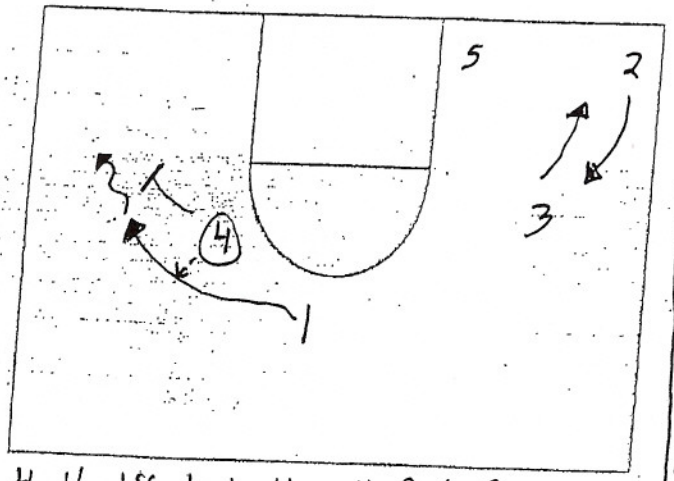
A)

5 Drag Screens 1 + 4 Screens 2
2 Curls



B.)

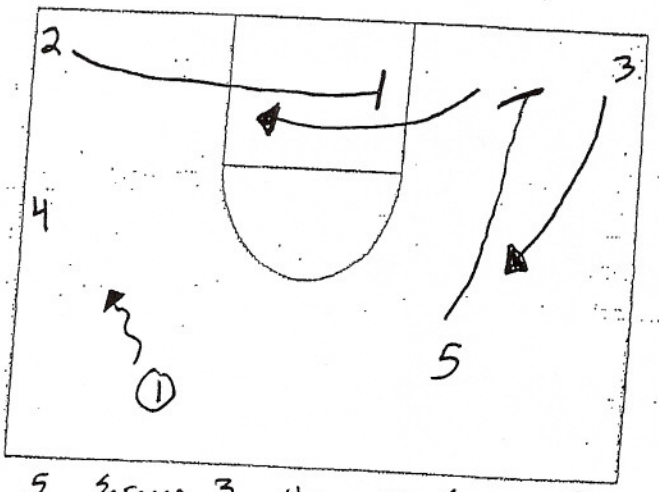
5 Rolls to Basket 1 Passes to 4



C.)

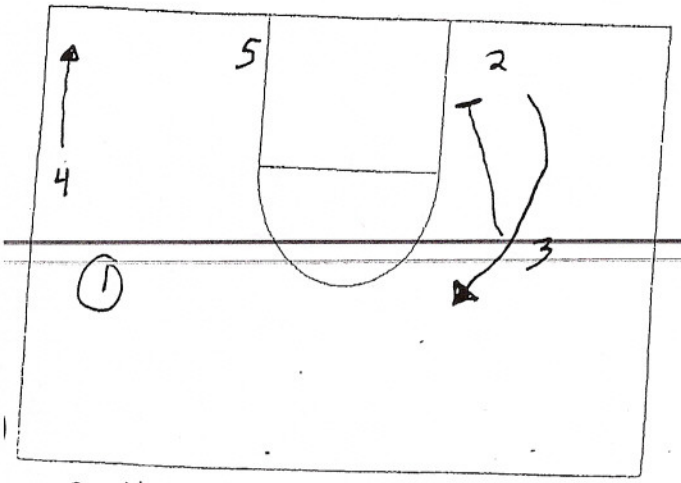
4 Handoff to 1 then 4 Ball Screens 1

"P"

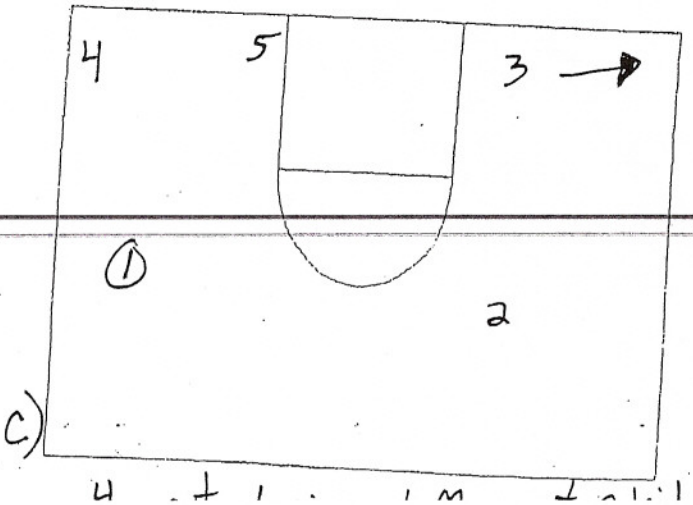


A.)

5 Screens 3 then 2 Screens 5



1 Dribbles 4 Moves Down

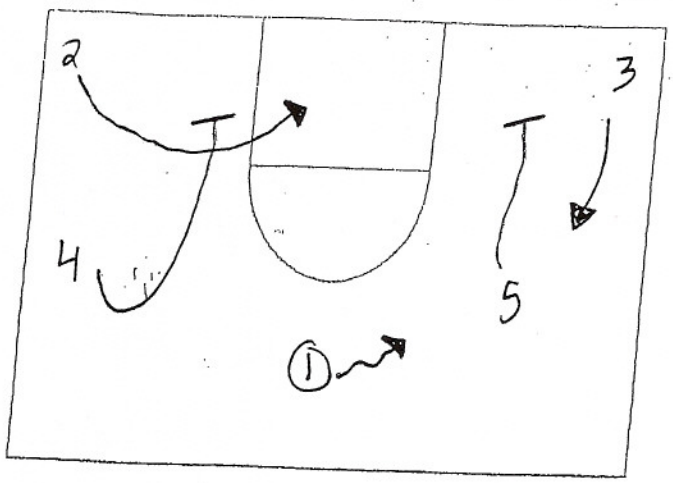


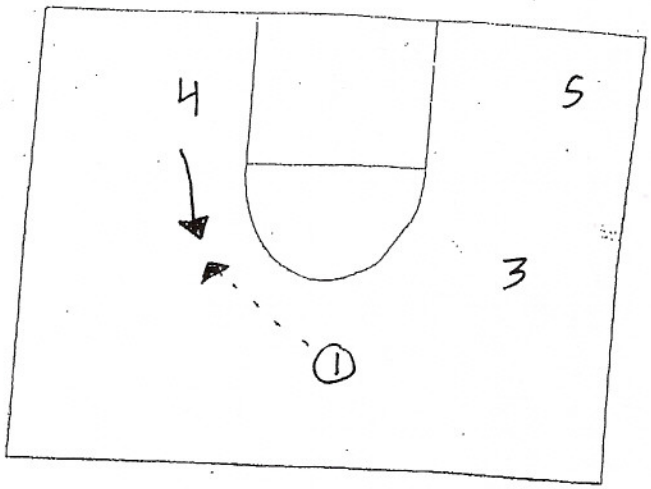
C)

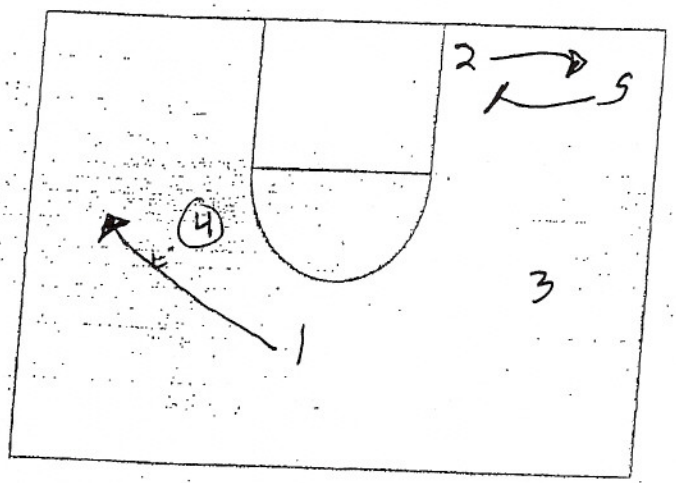
4 + 1 ... + Pivot

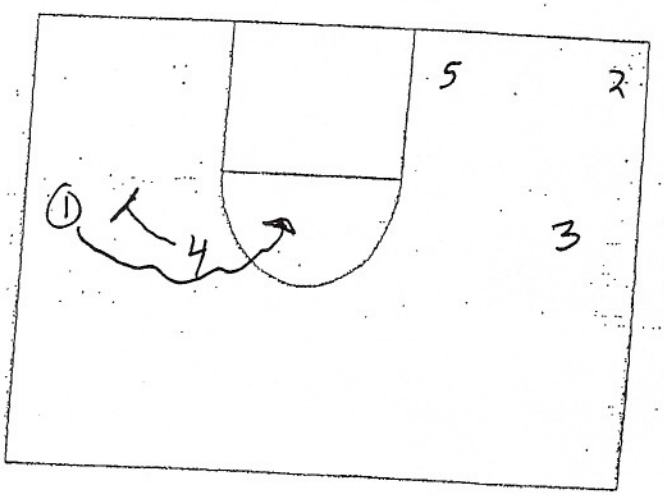
"2 Quick"

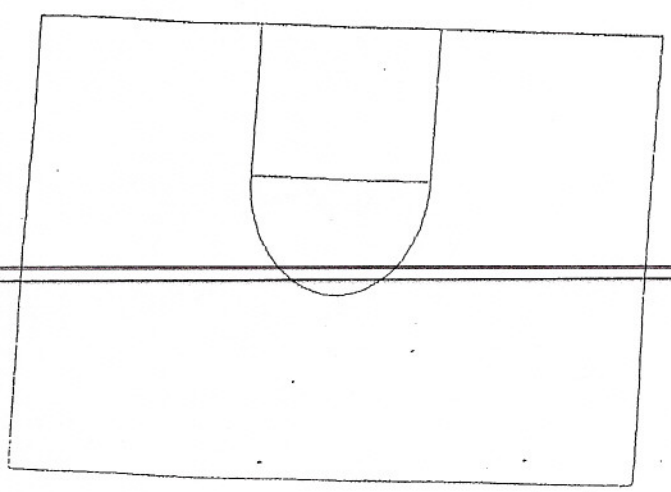
OFFENSE

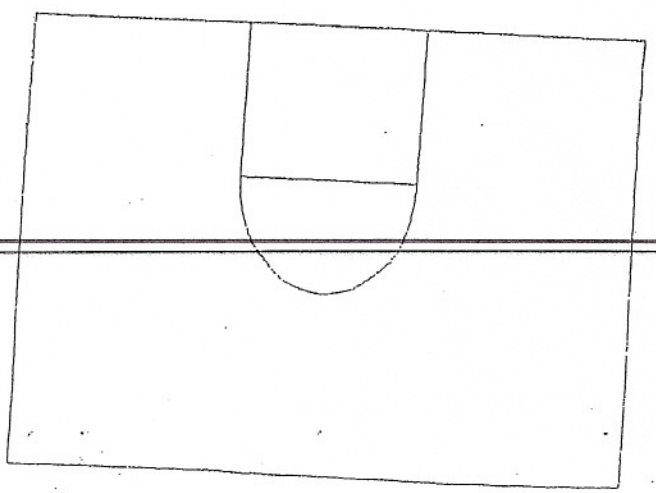












University of Arizona Women's Practice 18th October 2003

11:00 Talk to team

We didn't see this. It was done in the change room prior to practice. They set up equipment during this time.

11:30 Free Shooting

Players shot in pairs at baskets. Student managers assisted with rebounding. Coaches were not active during this time.

12:00 Warm-up

Refer to video for sequence. They did jump rope and stretching.

Jump Stop Series

Players in three lines. Dribble to quarter court and jump stop. Forward pivot (180 degree). "Rip" the ball above their head and pull down into hip. Continue to half court and repeat. Repeat again at three quarter court.

Once first person in group got to foul line, next person in group started and repeat in waves up the floor.

Drill was then repeated with reverse pivots (with same emphasis on swinging the ball over and through). And then both drills were repeated but at quicker pace.

Assistant Coaches were not as active in this session as in the men's session.

12:19 Triangle Breakdown Drills

Strongside "Triangle" Action

(a) Two man hand-off lay-up.

Student manager standing at block as dummy defence. Players were divided into two groups. 4 and 5 players in one group on the baseline. Point and wing players in two groups, one on baseline and one at halfway.

Post player stepped into manager on the split line and then established a post position.

Point player had ball. Wing player started on baseline at 3-point line. Walk into the block and then lead out to the wing. Forward pivot on catching ball to square up. Point player cut through to the baseline deep corner.

Wing player passed to post and stepped toward the elbow and then executed a dive cut on the baseline shoulder of the post player. The post player handed the ball to them and they shot lay-up. Post player instructed to show ball to the middle, on their hip, before pulling ball across for hand-off.

The baseline player stepped toward baseline/key and then cut to the elbow.

Baseline player and post player then rebounded, putting in if lay-up missed. Ball taken out of basket, usually by the post player and step out of bounds and pass to person who shot the lay-up. Pass to be received on the run outside three point line.

Post player went to post line. Point and wing player swapped lines.

(b) Hit the elbow

Fake move to middle. Fake pass to first cut (putting ball on hip). Forward pivot to pass to player at elbow for jump shot.

(c) Post Move

(d) Baseline Pass and Cut

Post flashed up as ball passed to the deep corner, moving to elbow.

(e) Ball Screen

Baseline player dribbles toward baseline before screen arrived. Post player roll to hoop opening to the ball with target hand basket side up. Post player not to move until dribbler has gone past shoulder.

(f) Pick and Roll

Lob pass.

Weakside Action

(a) Pass and Cut

Ball started on wing and passed to point position. On pass, post player flashed up to elbow and catch pass on the move.

Post player shows move to the middle, putting ball on their hip and then hand off for lay-up. Cutter stepped in direction pass received from and then cut on the outside shoulder of the post player.

Post player rebounded out of basket (score if lay-up if missed) and outlet pass to point player who continued to below the wing.

(b) Pass to Flare Cut

Point rubbed off post player and step out toward three-point line, lower than the wing.

Post player reverse pivot to square up, and showed move to middle and hand-off.

(c) Hand Off

Hand off to cutter who dribbled toward the three-point line. Post player dive to basket and receive pass for lay-up.

(d) Post Move

Fake move middle and then hand-off. Square up to the basket and drive to hoop by post.

12:49 Defensive Stance Drill

Emphasised staying low with hands above shoulder height. Players to call "reach-slide" in time with their footwork.

12:55 Zig Zag Drill

3 dribbles in one direction. Pick up ball and protect ball from defence. Rip ball over and pull through and then 3 dribbles in other direction.

Defence emphasised to stay low and trace the ball once picked up. Defenders used their voice constantly calling "reach-slide" and then "dead-dead".

1:03 Denial Drill

Have a piece of your body in the passing lane.

Head and hand snap on back cut, putting hand low.

1:13 80% Free Throws

Each player took 5 free throws. Team had to make at least 80% or 1 suicide for each one under.

1:19 1 on 1 Rebounding Half Court

Technique practice. If player moves to your left, step into them with your left foot and then reverse pivot".

1:29 1 on 1 Box Out

Coach on wing passed ball to point player. Defender closed out and played 1v1. No restrictions. Drill stopped when defender got ball or a score (no out of bounds – ball live all the time). On a score or defensive position, ball passed to one of coaches (either wing).

Defender had to get two stops to get out.

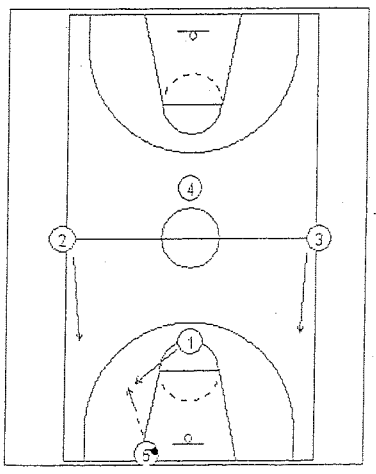
1:41 Full Court Shooting ("Celtic" Drill)

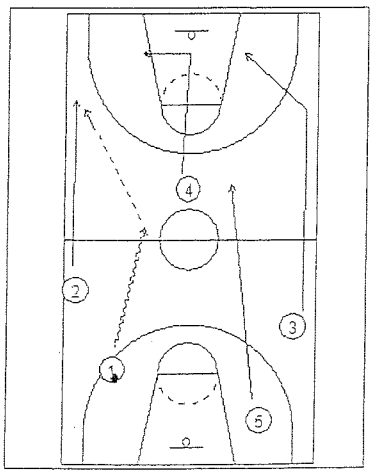
- 5 for missed lay-up.
+ 1 for all three shots being made
target is 46 points in 2 minutes.

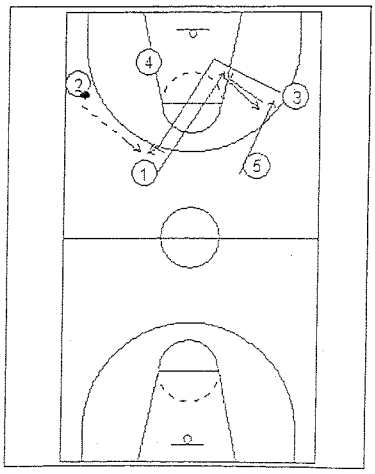
1.47 Scrimmage

Subs had to make 3 consecutive foul shots before they could rejoin the session.

2.00 5 on 5 Full Court Transition









THE MENTAL APPROACH

BISON BASKETBALL

041

The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind. As you think, so shall you be.

William James

INTRODUCTION

We believe that personal motivation is the key to athletic success. Just how much you are motivated will determine whether or not you will reach your athletic goals.

We also believe that the mental phase of the game of basketball is four times as important as the physical. It is the purpose of this booklet to help spark your mind as you reach for your ultimate potential.

We hope this will help.

Coach Don Meyer

ATTITUDE

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we will embrace for that day. We cannot change our past...We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90'% how I react to it. And so it is with you...we are in charge of our attitudes."

GOAL SETTING

The purpose of goal setting is to give us focus. The mind will not reach toward a generality, but will move toward a clear objective, or a meaningful specific.

Dreaming begins the process, desire primes the pump, and goal setting is the key that starts the current flow, and the power to turn dreams into reality.

Going far beyond the call of duty, doing more than others expect...this is what excellence is all about. And it comes from striving, maintaining the highest standards, looking after the smallest detail, and going the extra mile. Excellence means doing your very best. In everything. In every way.

The test of this century is whether we mistake the growth of wealth and power for the growth of strength and character. We've weakened discipline and respect for authority and let freedom of the individual predominate. Before you can do what you want to do, before you can exist as an individual, the first thing you have to accept is duty. The second thing is respect for authority, and the third thing you must accomplish is to develop a strong mental discipline. We speak of freedom. Sometimes I think we confuse it with license. Everything is done to strengthen the rights of the individual, at the expense of responsibility to Church, State, and authority.

—Vince Lombardi

The most important thing about goals is having one.

All our dreams can come true—if we have the courage to pursue them.

WALT DISNEY

When an archer misses the mark, he turns and looks for the fault within himself. Failure to hit the bull's-eye is never the fault of the target. To improve your aim—improve yourself.

GILBERT ARLAND

Make no little plans They have no magic to stir men's blood And probably themselves will not be realized. Make big plans; aim high in hope and work, Remembering that a noble, logical diagram Once recorded will not die.

DANIEL H. BURNHAM

All men who have achieved great things have been dreamers.

ORISON SWETT MARDEN

If you don't know where you are going, how can you expect to get there?

The greatest trouble with most of us is that our demands upon ourselves are so feeble, the call upon the great within us so weak and intermittent that it makes no impression upon the creative energies; it lacks the force that transmutes desires into realities.

ORISON SWETT MARDEN

You will become as small as your controlling desire; or as great as your dominant aspiration.

JAMES ALLEN

The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible.

RICHARD M. DEVOS

To dream anything that you want to dream. That is the beauty of the human mind. To do anything that you want to do. That is the strength of the human will. To trust yourself to test your limits. That is the courage to succeed.

BERNARD EDMONDS
American Writer

The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat.

NAPOLEON HILL

If a man knows not what harbor he seeks, any wind is the right wind.

SENECA

There is no achievement without goals.

If a man has a talent and cannot use it, he has failed. If he has a talent and uses only half of it, he has partly failed. If he has a talent and learns somehow to use the whole of it, he has gloriously succeeded, and won a satisfaction and a triumph few men ever know.

THOMAS WOLFE

It takes courage to push yourself to places that you have never been before...to test your limits...to break through barriers.

This one step—choosing a goal and sticking to it — changes everything.

SCOTT REED

People with goals succeed because they know where they're going.

EARL NIGHTINGALE

Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal—a commitment to excellence—that will enable you to attain the success you seek.

MARIO ANDRETTI

First comes thought, then organization of that thought into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.

NAPOLEON HILL

Destiny is not a matter of chance; it is a matter of choice. It is not something to be waited for; but, rather something to be achieved.

WILLIAM JENNINGS BRYAN

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it—as long as you really believe 100 percent.

ARNOLD SCHWARZENEGGER

A man's dreams are an index to his greatness.

Nothing stops the man who desires to achieve. Every obstacle is simply a course to develop his achieve ment muscle. It's a strengthening of his powers of accomplishment.

ERIC BUTTERWORTH

We can do only what we think we can do. We can be only what we think we can be. We can have only what we think we can have. What we do, what we are, what we have, all depend upon what we think.

ROBERT COLLIER

GOAL SETTING — SPECIFICALLY

Three types of goals

1) Short range - daily, weekly
2) Medium range - weekly, monthly
3) Long range - yearly, lifetime

Possible areas for goals setting

1) Spiritually - a personal item, study - find out, must come to grips with, aging and death
2) Socially - you and other people. Relationships - who has helped you get where you are? Thank you's, to have friends, be one
3) Academically - be a sponge, strive for excellence vs. passing or staying eligible
4) Economic (money) - can you help out? How? Savings plan vs. spending
5) Health and fitness - running program. Diet. Strength and conditioning program. Evaluate yourself
6) Basketball - be specific - work on the areas you are poor in. Left hand dribbling
7) Personal - be specific. New habits to develop, read more. Bad habits to replace with good ones

How to get there (don't tell us; show us)

1) Have a goal - write it down
2) Have a specific plan on how to reach the goal. Write it down.
3) Imagery - be realistic, visualize in your mind - see it happen
4) Reach must exceed grasp - aim high-soaring, aim low- boring
5) Fix in your mind a definite timetable

To reach your potential it takes:

1) Respect - you earn it by doing your best
2) Trust - you earn it by being dependable
3) Balance - perspective, know your limits

FORMULA FOR SUCCESS

1. Know your strengths and weaknesses.

2. Don't set goals that are easily attainable.
   Your reach must exceed your grasp.

3. Have a written plan. Something to concentrate on.
   Something to visualize.

4. Deadlines—have them.

5. Evaluate your progress.

6. Short range goals.

7. Medium range goals.

8. Long range goals.

9. You must plan daily.

10. If you fail to plan, you are planning to fail.

THOUGHTS ON WORK, WHICH USUALLY WORK

If you choose to work, you'll succeed.
If you choose not to work, you'll fail.

If you do your work poorly, you'll dislike it.
If you do your work well, you'll love it.

If work is a bore to you, you'll be a bore to others.
If your work is a joy to you, you'll be a joy to others.

If you spend your spare time loafing, you'll be a good loafer.
If you spend your spare time learning, you'll be a valued employee.

Well done is better than well said.

BEN FRANKLIN

We are what we repeatedly do. Excellence, then, is not an act but a habit.

CHAMPIONSHIPS

Championships are
Won by uncommon
People because they
Are willing to do the
Things that a common
Person won't do.
A Common person
Is basically Lazy.
We want to become
Uncommon people!

Failures are divided into two classes—those who thought and never did, and those who did and never thought.

JOHN CHARLES SALAK

The difference between ordinary and extraordinary is that little extra.

ANONYMOUS

If a man has done his best, what else is there?

GEORGE S. PATTON

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.

CALVIN COOLIDGE

The power to hold on in spite of everything, the power to endure - this is the winner's quality. Persistence is the ability to face defeat again and again without giving up—to push on in the face of great difficulty, knowing that victory can be yours. Persistence means taking pains to overcome every obstacle, and to do what's necessary to reach your goals.

You learn that, whatever you are doing in life, obstacles don't matter very much. Pain or other circumstances can be there, but if you want to do a job bad enough, you'll find a way to get it done.

JACK YOUNGBLOOD

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.

VINCENT T. LOMBARDI

Every job is a self-portrait of the person who did it. Autograph your work with excellence.

The great successful men of the world have used their imagination . . . they think ahead and create their mental picture, and then go to work materializing that picture in all its details, filling in here, adding a little there, altering this a bit and that a bit, but steadily building—steadily building.

ROBERT COLLIER

All successful employers are stalking men who will do the unusual, men who think, men who attract attention by performing more than is expected of them.

CHARLES M. SCHWAB

Success is failure turned inside out, The silver tint of the clouds of doubt, And you never can tell how close you are, It may be near when it seems so far. So stick to the fight when you're hardest hit, It's when things seem worse, That you must not quit.

You can have anything you want—if you want it badly enough. You can be anything you want to be, have anything you desire, accomplish anything you set out to accomplish —if you will hold to that desire with singleness of purpose...

ROBERT COLLIER

I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature.

JOHN D. ROCKEFELLER

Always bear in mind that your own resolution to succeed is more important than any other one thing.

ABRAHAM LINCOLN

I found that I could find the energy . . . that I could find the determination to keep on going. I learned that your mind can amaze your body, if you just keep telling yourself, I can do it . . . I can do it . . . I can do it!

JON ERICKSON

When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it—but all that had gone before.

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.

VINCENT T. LOMBARDI

If you only care enough for a result, you will almost certainly attain it.

WILLIAM JAMES

THE MAN IN THE GLASS

"When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to the mirror and look at yourself
And see what that man has to say.

"For it isn't your father or mother or wife
Whose judgement upon you must pass,
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

"You may be like Jack Horner and chisel a plum
And think you're a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

"He's the fellow to please — never mind all the rest,
For he's with you clear to the end;
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.

"You may fool the whole world down the pathway of years
And get pats on the back as you pass,
But your final reward will be heartache and tears
If you've cheated the man in the glass."

LOU HOLTZ'S 3 LAWS FOR SUCCESS

1. Do What's Right
2. Do the Best You Can
3. Treat Others as You Would Like to Be Treated

Always remember to do the word W.I.N.
What's important now!

— Lou Holtz
Head Coach Notre Dame University

Success is the key they hand you when they like you.
It doesn't matter why.
They just give you the key that unlocks an upscale condo,
triggers the powerful purr of your new Mercedes,
and accesses the executive washroom.
It's what they give to you.

Excellence is another brand of brazil nut.
It's what's within you.
It's what you do
that stretches mind and muscle.

They'll hand you success when your ratings are up,
your sales soar, or when the eager masses
plunk down their grubby bucks to buy your stuff.
And they'll snatch success away at daybreak.

Success loves its one-night stands at the Ritz.
But never expect it to say, I do.
Success is a day-tripper and a tease.
Success'll forget you.

Excellence endures when the crowd moves on.

—David Neff

EACH LIFE AFFECTS ANOTHER'S

We may not always realize that everything we do
Affects not only our lives but touches others, too,
For a little bit of thoughtfulness that shows someone you
care
Creates a ray of sunshine for both of you to share —
Yes, every time you offer someone a helping hand,
Every time you show a friend you care and understand,
Every time you have a kind and gentle word to give
You help someone find beauty in this precious life we live,
For happiness brings happiness, and loving ways bring
love,
And giving is the treasure that contentment is made of.

Amanda Bradley

We are molded and tempered by those who have loved us, and though that love may pall, we remain nonetheless their work. No love, no friendship can ever cross the path of our destiny without leaving some mark upon it forever.

Francois Mauriac

Inside my wallet is a piece of paper which I have handled so many times it is worn and ragged. It was given me by my father when I graduated from the eighth grade of an old country school in Centerton, Indiana.

My father in his simple way was a most remarkable man. Although we had few material possessions on our farm, Dad was a man who believed that one needed a philosophy of life if he were to amount to anything. On the paper he gave me for graduation, Dad had listed the following creed, which he had entitled, "Seven Things To Do."

1. To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.
2. Make each day your masterpiece.
3. Live each day as it should be lived. Never leave until tomorrow what can be done today.
4. Help others. A perfect life can be lived in helping others.
5. Drink deeply from good books
6. Don't take friendship for granted. Study friendship and make it a fine art.
7. Most important of all, pray for guidance each day and Divine guidance will come in some way.

I've found these guides to be meaningful in every phase of my life. During the 18 years I have coached basketball at UCLA, they have helped me develop a balanced attitude toward victory and defeat. We play to win, of course, but more important to me is what the boys learn about life. That is why I stress the same principles Dad did.

— Taken from *Beyond Winning* by John Wooden

THOUGHTS ON PLAYING THE GAME

1. We don't want excuses—we want results.
2. Nothing is successful until it is accomplished.
3. The first characteristic a person must have is a tremendous desire to excel. He must have the belief and desire to do something better than anyone else — to be the best who ever lived.
4. It is very easy to be ordinary, but it takes courage to excel, and we must excel.
5. Nothing great was ever achieved without enthusiasm.
6. It is better to wear out than to rust out.
7. Genius is one percent inspirations and ninety-nine percent perspiration.
8. Many narrow-chested, spindly-legged players who are built of wire and possess real fire are greater players than the perfect physical specimens.
9. Strong people criticize themselves.
10. When you're through improving, you're through.
11. A good competitor never underestimates his or her opponent.
12. The cheers of athletic contests soon pass away, but sincere friendships live forever.
13. Give the game the best you have and the best will come back to you.
14. Think.
15. Mediocrity is excellence to the mediocre.
16. The right angle to approach any problem is the try angle.

17. No price is too high to pay for a good reputation.
18. A shot is a pass to yourself — go get it.
19. If it is worth doing at all, it is worth doing well.
20. Doing a thing nearly right and doing it exactly right is usually the difference between success and failure.
21. Don't tell me how good you are—let me find it out.
22. If what you did yesterday still looks big to you today, then you haven't done much today.
23. It is not so much what we know as how well we use what we know.
24. The team that makes the fewer mistakes wins.
25. The harder I work, the luckier I get.
26. Be a champion in practice, that's where champions are made.
27. Don't save yourself—we have capable reserves to replace you.
28. Don't count the days—make the days count.
29. You get out of any sport what you put into it.
30. Success is measured in what the team accomplishes, not how you look.
31. Think like people of action—act like people of thought.
32. Go into a game believing you are going to do your best—then do it.
33. Champions are made, not born.
34. There isn't any substitute for a person who will practice.
35. Take an interest in teammates, they will take an interest in you.
36. Leadership is accepting responsibility.
37. Defense is 90% desire—10% ability.
38. Don't let failure get you down—Babe Ruth struck out 1300 times.
39. Opponents will come nearer doing their worst if you are doing your best.

40. Were you meant to be a champion? Then WORK.
41. Play your own best game, don't defeat yourself.
42. Concentrate on what you're doing—then you won't have time to tense up and worry.
43. Confidence, like disease is contagious.
44. Every person has more talent than he or she will ever develop.
45. Leaders are ordinary people—with extraordinary determination.
46. Hustle is the only indispensible quality of a champion.
47. Victory favors the team making the fewest mistakes.
48. It's the size of the fight in the person, not the size of the person in the fight.
49. Courtesy is a habit with real sportsmen.
50. What is an ideal without a life What is a life without an ideal?
51. Nothing is successful until it is accomplished.
52. It is so easy for all of us to more or less justify our own inefficiencies by criticizing others.
53. If you would be a great basketball player you must live in a basketball climate.

You can alter your life by Altering Your Attitude.

Do not wish to be anything but what you are, and try to be that perfectly.

ST. FRANCIS DE SALES

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.

ORISON SWETT MARDEN

COMMANDMENTS OF GOOD BASKETBALL

I. A man may make mistakes, but he isn't a failure until he starts blaming someone else.

II. Talent is God-given. Be humble. Fame is man-given. Be thankful. Conceit is self-given. Be careful.

III. The main ingredient of stardom is the rest of the team.

IV. I will get ready and then, perhaps, my chance will come.

V. Who can ask more of a man than giving all within his span? Giving all, it seems to me, is not so far from victory.

VI. Work as if you were to live forever; live as if you were to die tomorrow.

VII. The true athlete should have character, not be a character.

VIII. Do not let what you cannot do interfere with what you can do.

IX. You cannot live a perfect day without doing something for someone who will never be able to repay you.

X. Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the BEST you are capable of being.

XI. Be a gentleman at all times. Never criticize, nag or razz teammates. Be a team player always. Never be selfish, jealous, envious, or egotistical. Earn the right to be proud and confident. Never expect favors, alibi, or make excuses. Never lose faith or patience. Courtesy and politeness are a small price to pay for the good will and affection of others.

XII. A gentleman is one who considers the rights of others before his own feelings, and the feelings of others before his own rights.

XIII. Ability may get you to the top, but it takes character to keep you there.

GAME COMPETITION

1. Fundamentals, Condition—mental and physical, Competitive Spirit, Morale, Industriousness, and Enthusiasm are the cornerstones and heart of any successful team.
2. Never stoop to playing dirty—play hard and don't complain.
3. When you get the ball, react quickly and you may sweep your opponents off their feet, and when you lose the ball, become defensive-minded immediately.
4. Never relax when you are on the defense as you may lose two points that you can never get back. If you must rest, do it when you are on offense.
5. Be sure that you acknowledge and give credit to a teammate each time he hits you with a scoring pass or for any fine play he may make. Touch hands with and congratulate the play of any player you replace.
6. Be a competitor. When the going gets tough, the tough get going.
7. Have courage and do not worry. If you do your best, never lose your temper, and never be outfought or outhustled, you have nothing to worry about. Without faith and courage you are lost.
8. Have respect without fear for every opponent and confidence without cockiness in regard to yourself.
9. Think all of the time. Study your opponent and yourself all of the time for the purpose of increasing your effectiveness and diminishing his.
10. Never be a spectator while the game is going. Be doing something at all times, even if it is only a decoy.
11. Team work is essential. Unselfish team play and team spirit is one of the foremost essentials for success when any group is working together.
12. Be at your best when your best is needed. Enjoy the thrill from a tough battle.

TIME

Take time to work—
It is the price of success.

Take time to think—
It is the source of power.

Take time to play—
It is the secret of perpetual youth.

Take time to read—
It is the fountain of wisdom.

Take time to be friendly—
It is the road to happiness.

Take time to love and be loved—
It is nourishment for the soul.

Take time to share—
It is too short a life to be selfish.

Take time to laugh—
It is the music of the heart

Take time to dream—
It is hitching your wagon to a star.

"THE CHOICE"

To Tear Down Or Build Up

I watched some men tearing a building down
A group of men in my home town.

With a heave and a ho and a mighty yell
They swung the ball and a side wall fell
And I said to the foreman
Are these men skilled, the type you'd hire
if you want to build.

And he smiled, then laughed and said no indeed
Common laborer is all I need
For we can tear down in a day or two
What it took a builder years to do.

As I turned, I shook my head
I knew there was truth in what he said
And I thought to myself as I walked away
Which of these roles am I going to play.

Am I a builder as I work with care
Measuring life by the rule and square
Am I shaping my deeds to a well laid plan
Carefully doing the best I can.

Or am I a wrecker as I walk the town
Content with the labor of tearing down.

YOU TELL WHAT YOU ARE

YOU TELL on yourself by friends you seek,
by the very manner in which you speak;
by the way you employ your leisure time,
by the use you make of dollar and dime.

YOU TELL what you are by the things you wear,
by the spirit in which your burdens you bear;
by the kind of things at which you laugh,
by the records you play on the phonograph.

YOU TELL what you are by the way you walk,
by the things of which you delight to talk;
by the manner in which you bear defeat,
by so simple a thing as how you eat.

By the book you choose from the well-filled shelf.
In these ways and more, you tell on yourself;
so there's really not a particle of sense
in an effort to keep up false pretense.

THE INDISPENSABLE MAN

Sometime when you're feeling important
Sometime when your ego's in bloom
Sometime when you take it for granted
That you're the best qualified in the room

Sometime when you think that your dying
Would leave an unfillable hole,
Just follow this simple instruction
And see how it humbles your soul.

Take a bucket and fill it with water.
Put your hand in it up to your wrist.
Pull it out and the hole that's remaining,
Is a measure of how you'll be missed.

You may splash all you want when you enter;
You can stir up the water galore,
But stop and you'll find in a minute,
That it looks quite the same as before.

The moral of this quaint example.
Is to do just the best that you can.
Be proud of yourself but remember—
There's no indispensable man.

DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow—
You might succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man,
When care is pressing you down a bit,
Rest, if you must - but don't you quit.
Life is queer with its twists and turns,
As everyone of us sometimes learns,
Often the struggler has given up
When he might have captured the victor's cup.
And he learned too late, when the night slipped down
How close he was to the golden crown.

Did is a word of achievement,
Won't is a word of retreat,
Might is a word of bereavement,
Can't is a word of defeat,
Ought is a word of duty,
Try is a word each hour,
Will is a word of beauty,
Can is a word of power.

THE AVERAGE MAN

The world is "NOT" looking for the average man,
One content to live off the fat of the land;
Who like the tree with the one dead limb
Never uses the full talents God has given him.

The world is "NOT" looking for the average man
Who is willing to quit just because he can,
And to be satisfied with being better than some,
Not giving a thought about improvement to come.

The world is "NOT" looking for the average man
Who finds it an honor with the mediocre to stand,
And finishes the race in the middle of the pack
While the world goes on and never looks back.

The world "IS" looking for the champion man
Who will give his all whenever he can,
And no matter what the cost, he will do his best
Never to be content with being like the rest.

The world "IS" looking for the champion man
Who has the toughness of a calloused hand;
Who is busy at work to improve his skill, T
hat he might escape being "run-of-the-mill."

The world "IS" looking for the champion man
Who won't say, "I can't," but will say, "I can;"
Who finishes the race in front of the pack,
So intent in his effort he never looks back.

So to you who are preparing for your life's work,
Who never intend your job to shirk,
Remember, the champion man could be you,
But only your best will ever do.

WINNING IS GIVING

Winning is giving your best self away
Winning is serving with grace every day
You'll know that you've won when your friends say it's true.
"I like who I am, when I'm around you
You look for the best in the others you see
And you help us become who we're trying to be."

Winning is helping someone who's down
It's sharing a smile instead of a frown.

It's giving your children a hug by the fire
And sharing the values and dreams that inspire.

It's giving your parents the message "I care.
Thanks, Mom and Dad, for being so fair."

Winners are willing to give more than get
Their favors are free, you're never in debt.

Winning is giving one hundred percent
It's paying your dues, your taxes, your rent
It's trying and doing, not crying and stewing.

Winners respect every color and creed,
They share and they care for everyone's need.

The losers keep betting that winning is getting
But there's one of God's laws that they keep forgetting
And this is the Law you can live and believe
The more that you give, the more you'll receive!

IF

If you can keep your head when all about you
Are losing theirs, and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good, nor talk too wise:
If you can dream-and not make dreams your master;
If you can think-and not make thoughts your air,
If you can meet with Triumph and Disaster
And treat those two imposters just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your like to, broken,
And stoop and build'em up with worn-out tools:
If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on"
If you can talk with crowds and keep your virtue,
Or walk with Kings-nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And-which is more-you'll be a Man, my son.

Rudyard Kipling

EXCELLENCE

For us
Excellence is
An aspiration
An attitude
A pursuit
A way of life.

Excellence is
All of us working together,
Aspiring to the fullness
Of our potential,
Always in pursuit
Of a higher standard—
Determined to do
Everything we do
Somehow better
Than it ever
Has been done before.

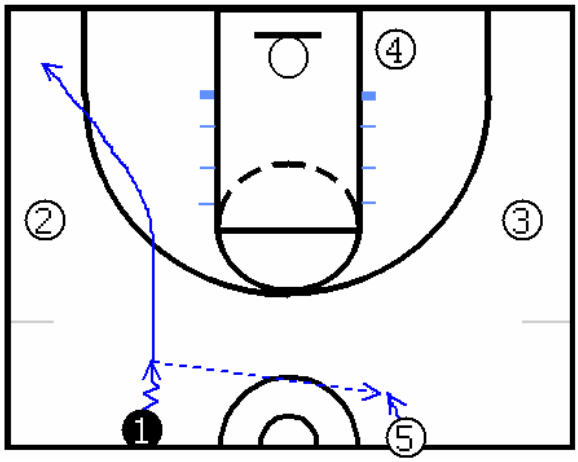
Excellence is found
In the caring
In the trying
In the doing.

It is our objective.
We seek it with dedication.
It is the mark of our team!

FRESNO SPECIAL PLAYS

FRESNO SPECIAL One

Step ONE



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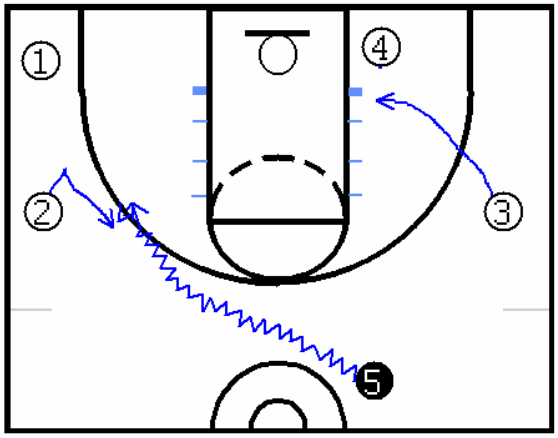

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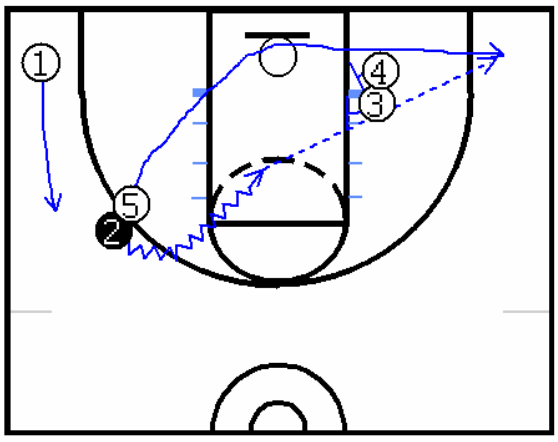
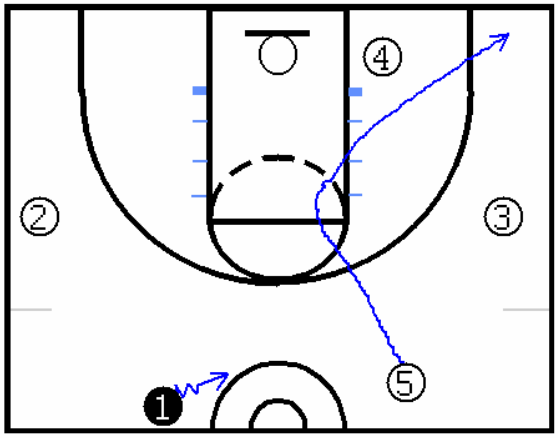


ONE...
Team, Game, Goal, Direction...
TOGETHER!

FRESNO SPECIAL PLAYS CONT…

FRESNO SPECIAL Two

Step ONE



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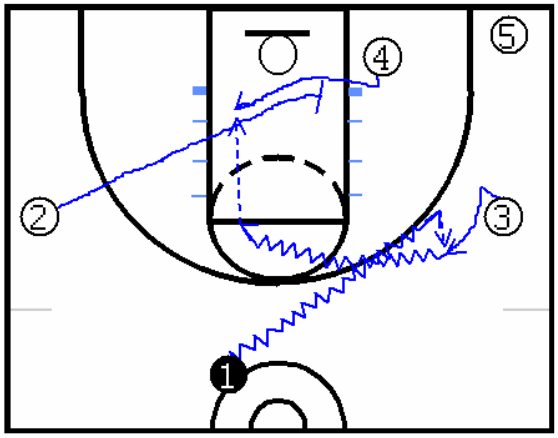

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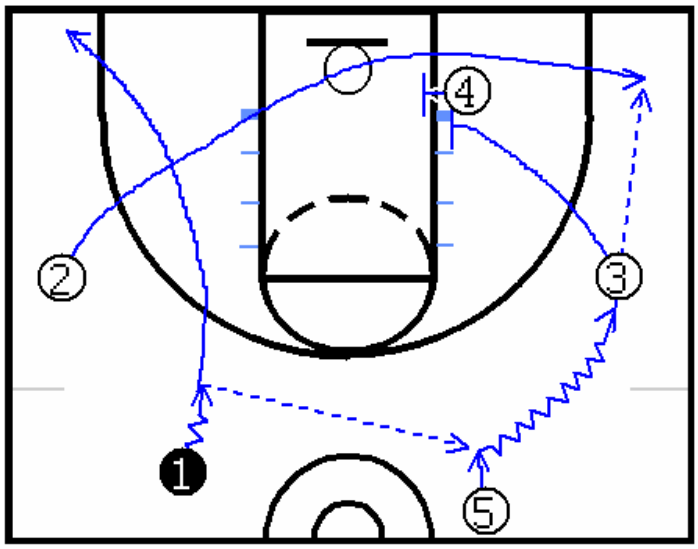

ONE…
Team, Game, Goal, Direction…
TOGETHER!

FRESNO SPECIAL PLAYS CONT…

FRESNO SPECIAL Four

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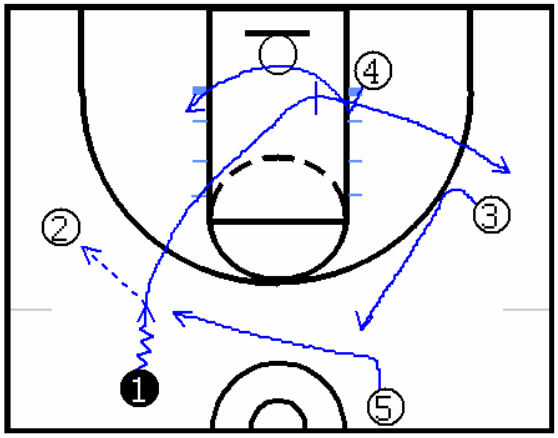

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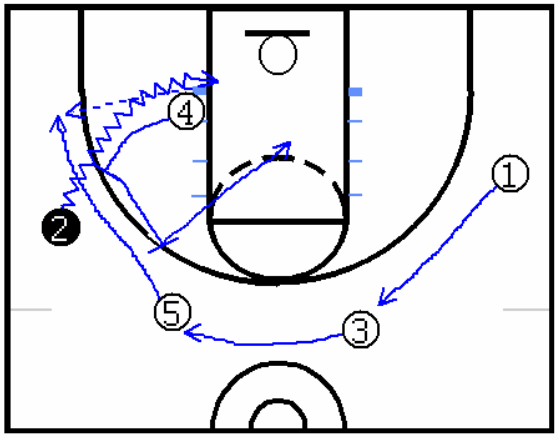

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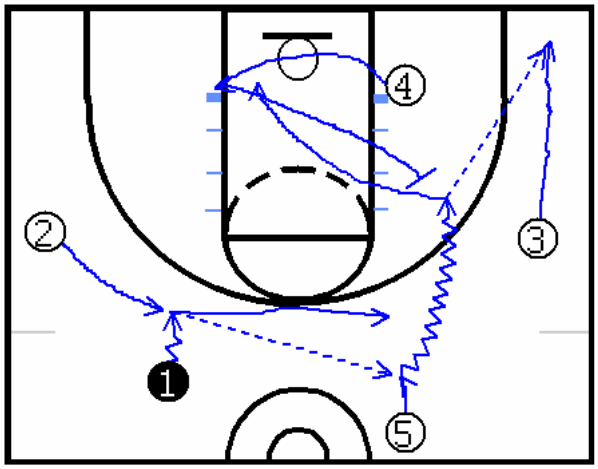

ONE…
Team, Game, Goal, Direction…
TOGETHER!

FRESNO SPECIAL PLAYS CONT…

FRESNO SPECIAL Six

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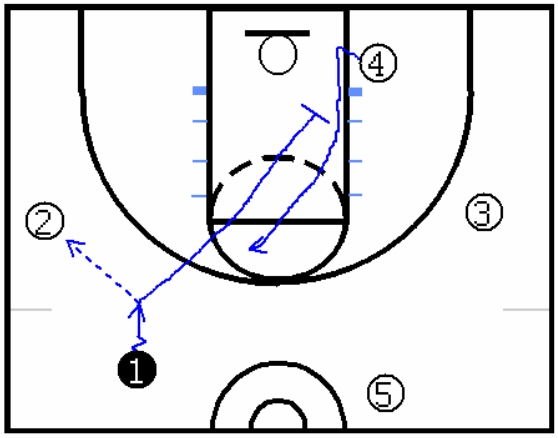

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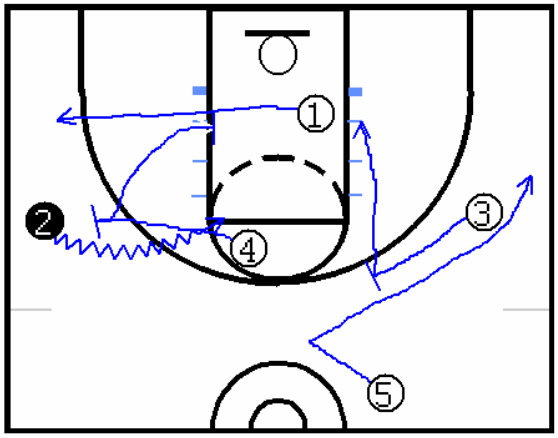

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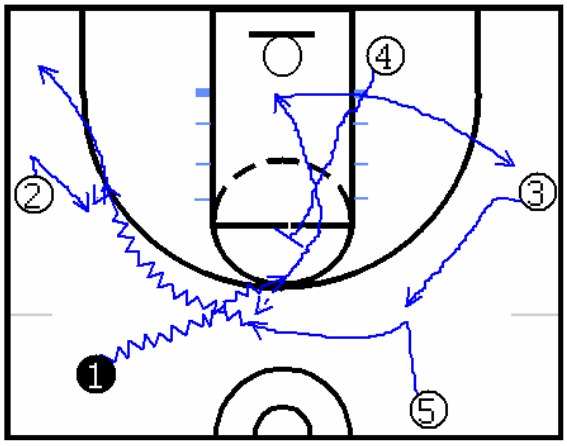

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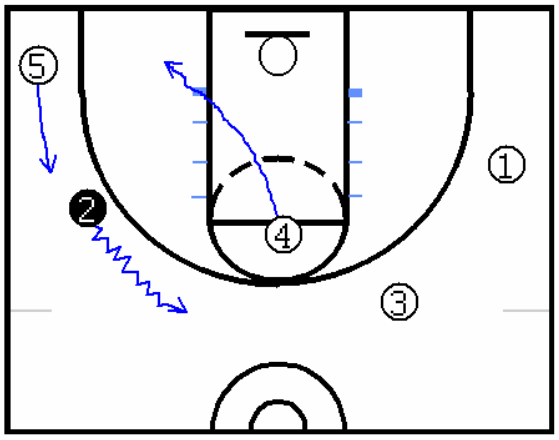

ONE…
Team, Game, Goal, Direction…
TOGETHER!

FRESNO SPECIAL PLAYS CONT…

FRESNO SPECIAL Eight

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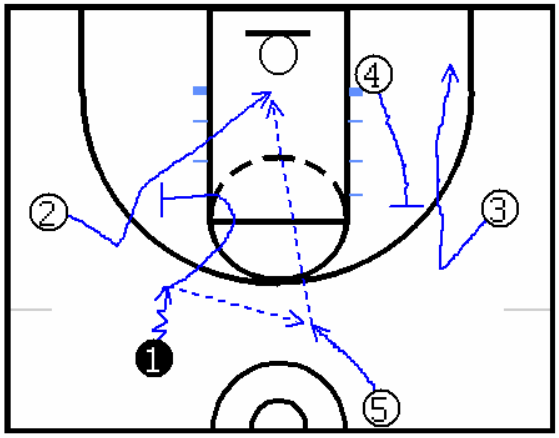

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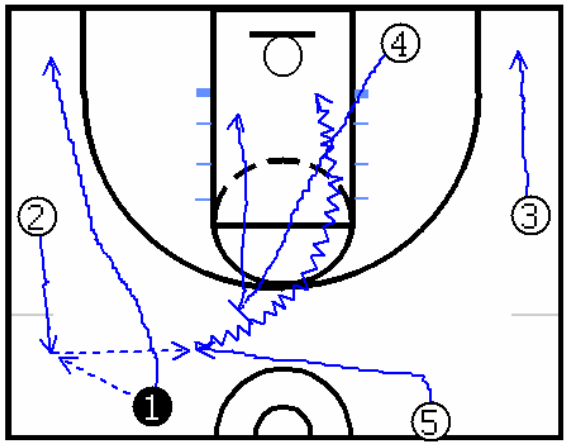

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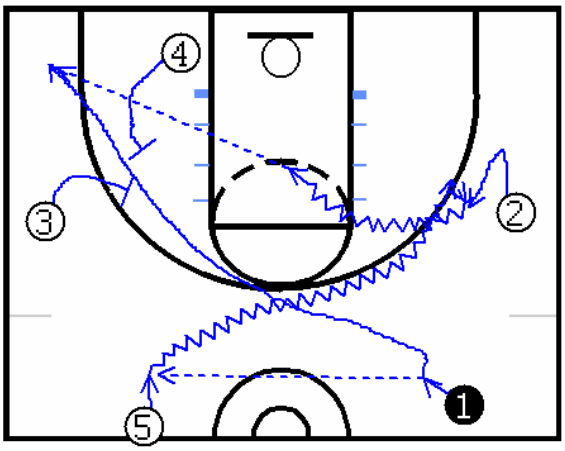

ONE…
Team, Game, Goal, Direction…
TOGETHER!

FRESNO SPECIAL PLAYS CONT…

FRESNO SPECIAL Eleven

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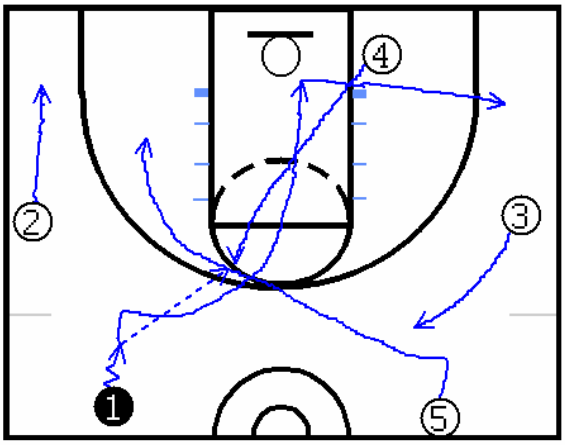

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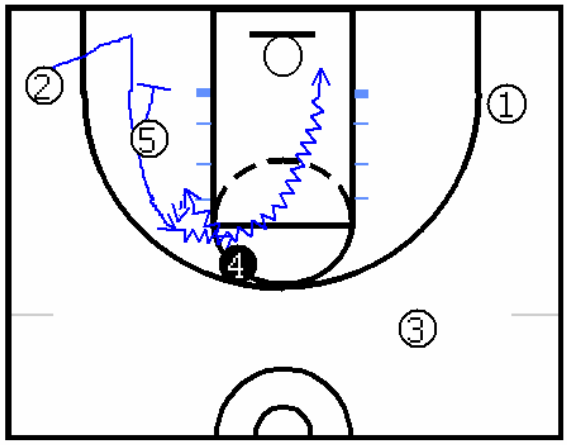

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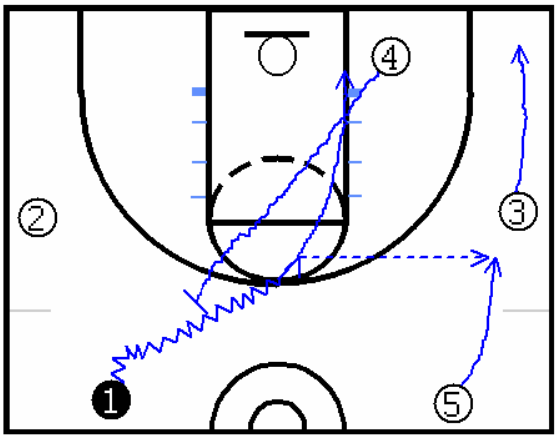

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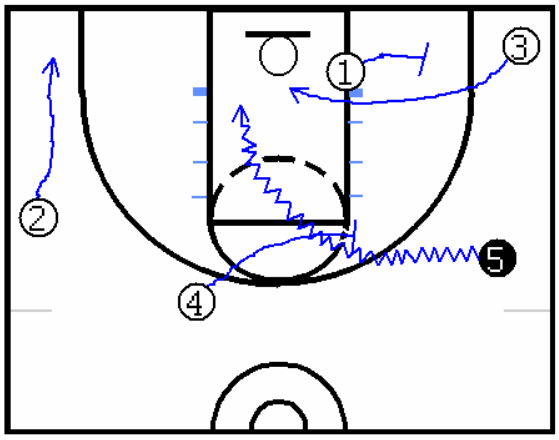


ONE…
Team, Game, Goal, Direction…
TOGETHER!

2006-2007 Drill Information

Lay-up sequence

Right side 1. Right hand, right side
2. Right hand, left side reverse
3. Cross over left hand left side
4. Hesitation left hand right side (Diagram 1)

Move lines to 1 and 3 spot
5. 1 drop zone back door with 3
6. 1 drop zone blur screen with 3, 3 lay-up right side, right handed
7. 1 diagonal to 3 for quick 3 pointer.
8. 1 blur screen with 3, 3 penetrate, back to 1 for the 3 pointer. (Dia. 2) (Passer rebounds)

Left side: 1. Left hand, left side
2. Left hand, right side reverse
3. Cross over right hand right side
4. Hesitation right hand left side

Move lines to 5 and 2
5. 5 drop zone back door with 2.
6. 5 drop zone blur screen with 2, 2 lay-up left side, left handed.
7. 5 diagonal to 2 for quick 3 pointer.
8. 5 blur screen for 2, 2 penetrate, back to 5 for the 3 pointer. (Passer rebounds)

Note: Work only one side each day of practice. If you have a lot of players on your team, use both baskets. We want overhead passes up the sideline.
Names called of the guy you are throwing the ball to, and
On lay-ups 1 through 4, the lines are at ½ court, do not let them cheat up.
Lay-ups need to be at game speed.
Shooter rebounds on 5, 6, and 7, passer rebounds on 8.

Texas 1121
Basic setup B=brown, G=Gold. (Diagram 3)

Texas 1121 continued

The B at ½ court can not move defensively until the G attacking hits the edge of the ½ court circle The B at the baseline is chasing the ball. (Diagram 4)

Texas 1121 continued

G scores, (If G missed, or the ball is stolen, the B's are going the other way right now) B takes it out of bounds, inbounds it to his teammate who is being side fronted by the G who just scored. They will now attack 2on1 to the far end. If the lone defender steals it in the backcourt, he tries to score again, if he steals it in the front court, the next players will come out. Play to 1, we want lay-ups with this drill. Anytime the offense is outmanned they are free to get second shots, on the way back it's a 2 on 1 offensive advantage. Their rule is 1 front court pass, and 1 shot only. (Diagram 5)

Texas 1121 continued

The next players in the front of the line quickly move out, receive an outlet at the free throw line, and off they go. Rotate from ½ court to free throw to base line when leaving the floor.

Texas 22 Basic set-up (Diagram 6)

A lot like Texas 1121 only now it is 2 on 2, the ½ court defender may get back to the basket as soon as the free throw line catch is made. Upon a score it is a full court pick up with a full front and our "fist" player shadowing the back side of the intended receiver. (Diagram 7)

Duke 21 ½ court Score and Recover Basic set up (Diagram 8)

On the 2on 1 attack we want a lay up, you have a 1 pass limit. The person who shoots the ball, or throws it away, sprints back and touches the ½ court, then recovers to defend. The ball is out-letted to the nearest corner, then up the floor, then across the floor, (we want overhand passes going around the horn) at which time the offense can now attack. The previous defender and the non shooter fill out to the corners, the corner men rotate up the floor. Games to 11 (Diagram 9)

Next attack on its way (Diagram 10)

North Carolina 32 Push ahead Basic Set up Diagram 11

B with the ball at free throw line, wings just this side of ½ court the G's have two guys at each basket. The ball handler is looking to push the ball ahead to a wing player near the FT line extended at the 3 point arc. The point will follow his pass to the FT lane extended up at the 3 point arc. Opposite wing gets to the block. (Diagram 12)

Wing shot the ball, this is a one and done drill, who ever gets the ball hits the new B outlet swinging in, (Banana Cut) and off the new B's go in the other direction attack the other G's defending the far basket. Two new wing players also come in from the ½ court area out in front of the ball. (Diagram 13)

The three B's who just finished offensively hustle to the ½ court area, and the outlet spot. They will be ready to attack as soon as the present attack has ended. (Diagram 14)

Note each team gets 2:30 minutes to run against the other, and then switch the offensive and defensive sides. As seen in the diagram the G's are rotating in after each ½ court attack. Team with the most points after their 2 ½ minutes wins, both 2's and 3's will be shot.

After a pass to a wing, and a return pass to the point, assuming the wing didn't shoot the ball, the point either shoots the ball, or can pass it to the opposite wing at the block. There are no more passes allowed after that due to the offensive man advantage (3 on 2).

Oregon State 44 basic set up (Diagram 15)

Oregon State 33 with a 3 man, basic set up. (Diagram 16)

Oregon State 33 with a 2m man, basic set up (Diagram 17)

This starts in the ½ court we are in our gap set with an open post.
Simply live basketball. When a team shoots it is absolutely live, either someone will be taking it out, or in a rebound or steal transition situation. The teams transition to the other end, and then come back and finish on the end they started on. You sub in at this point.
3's and 2'2 will be shot.
In this drill we pick up immediately after makes or misses, after misses, if the defense starts retreating, we stop the drill and run an 11(Up and Back)
We are in full court man, always looking for trap or run and jump possibilities.
We are teaching them to get the ball slowed down immediately, we need strong ball containment in this, not flagging at the ball and missing.
You need to pick up the man that was guarding you as the ball was shot, if the defense switched men during your offensive movement, etc, you have to be aware of it.

Other special note: This drill ends when there has been a shot attempt at the near basket, then the far basket, then the near basket again If a team gets the ball stolen from them 6 times in a

row with out a shot, the sequence could go on a while before the new subs come in. Play to 11, 2 and 3 pointers will be shot.
Gaps 22 basic set up (Diagram 18)

Gaps 33 left or right, shown as Gaps 33 right (it's with a 2 man, 33 left would be with a 3 man) (Diagram 19)

Gaps 44 basic set up (Diagram 20)

This is really the nuts and bolts drill for having your guards under standing the offense, and having to make a lot of quick decisions in a short amount of time.

If you don't have enough to run Gaps 44, you need at least 14, and even then, your guards will not get to sub out, and either you are a manager will have to be the out of bounds outlet man.

What you can do is run Gaps 44 at one end and Gaps 33 at the other at the same time. This would take 14 guys at least you have subs for your guards. You can also run 44 at one basket, and 22 at the other which would also take less people. You could also do 33 at one end, and 22 at the other, etc. This is a great way to be able to run this much needed drill with fewer players. To keep this drill moving, the offense can rebound, but no put back shots. The rules for this are in the blood drill attachment. We will not call this blood, but Gaps 22, 3, or 44.

St. Anthony Chase the Dribbler
2 browns just inside the foul line, one gold with foot on volleyball cover, (Move them a few feet to find the right spot for your guys.) Coach says go, and the two browns play catch as fast as they can go, and try to get a lay-up, they may not dribble the ball. The lone Gold is chasing them. The Left lane gold sprints to the outlet, the right lane gold needs to sprint to the far baseline. (Diagram 21)

The browns mage the bucket, the chaser takes it out, fits the outlet who takes it on a banana cut, and dribbles up the floor at a diagonal towards the player that had to touch the baseline, and is now running for the FT line at the 3 point arc. The take out man runs hard and fills the right lane, usually filling the right block. It's an advantage/ disadvantage drill, so this is a one and done on both ends as it is a player advantage situation. If the players miss on the 2 on 1 the chaser, doesn't take it out, but just blows out in a fast break situation. The two passers, are getting back as fast as they can to defend the basket. On the 3 on 2 it is limited to a total of three passes; we are in attack mode, not a set up. 2 and 3 pointers can be taken, game to 11. (Diagram 22)

"5-0 Calls" Basic set up (Diagram 23)
Work both ends call actions for them.
Drop zone back cut
Drag zone drifts,
Euro's
Wave throughs,
Ball reversal and post, followed by an off guard dive etc.

The possibilities are limitless. We are also working on Offensive rebounding coverage. This needs to happen every day.
Clovis West Cones Basic Set up (Diagram 24)

Attacking 3 cones, with called moves, front cross, between, behind, Phil ford, Hesitation, pull back cross over, combos. We need to plant and go at each cone, not just a fly by. We finish with a lay-up, either speed or power, but I like power in this drill. Go to the back of the other line, after you rebound your own shot. Timing is necessary, next guy should not go until player in front has made move at last cone, etc, adjust accordingly. Just do each one a couple of times, this drill can get tiring in a hurry. Game speed or we will run. (Diagram 24)

Grants Pass Ball handling set up (Diagram 25)

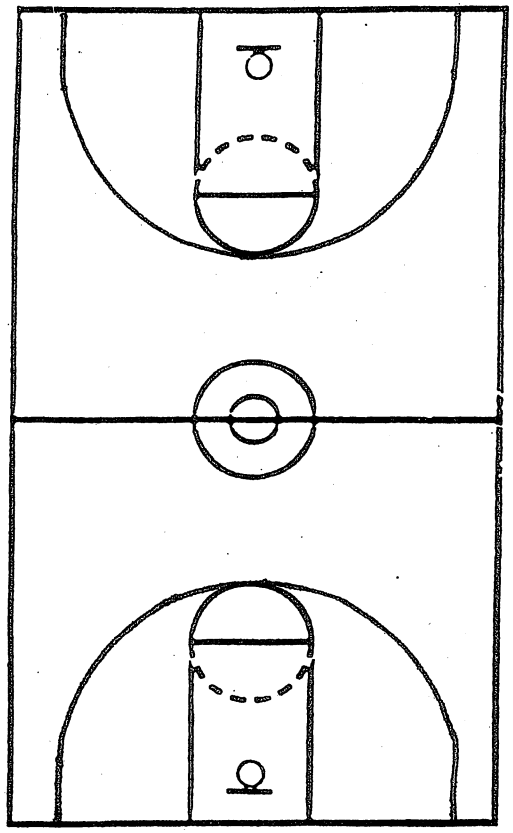
See attached dribble notes for Grants Pass ball handling drills.

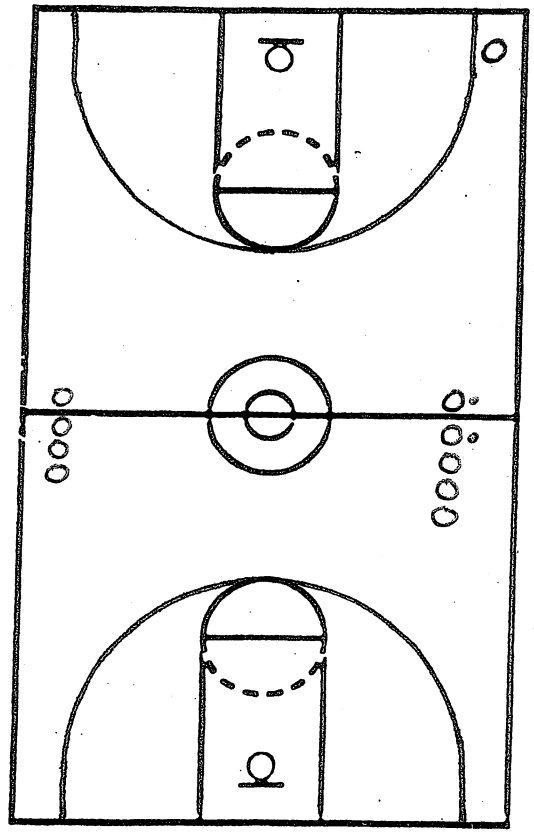
"D board Verbals" (Diagram 26)

Players in the paint, coach shoots, try to miss, team boards. If 2 or 3 rebounds they declare the trail verbally, and the 5 will run to their spot. If 5 rebounds, you need to decide if your 5 is a primary or not, if he is not, he needs to outlet to the 1. The 4 will never trail as a rule; he will hit the outlet, and sprint to the post. On the far end have a pre called set ready, and they need to execute the proper O board coverage, get a score, get the ball out, and then come finish on the end they started on, then the next 5 players step out.

UNLV See it and Fix it. 33, 44, or 55 Basic set up (Diagram 27)

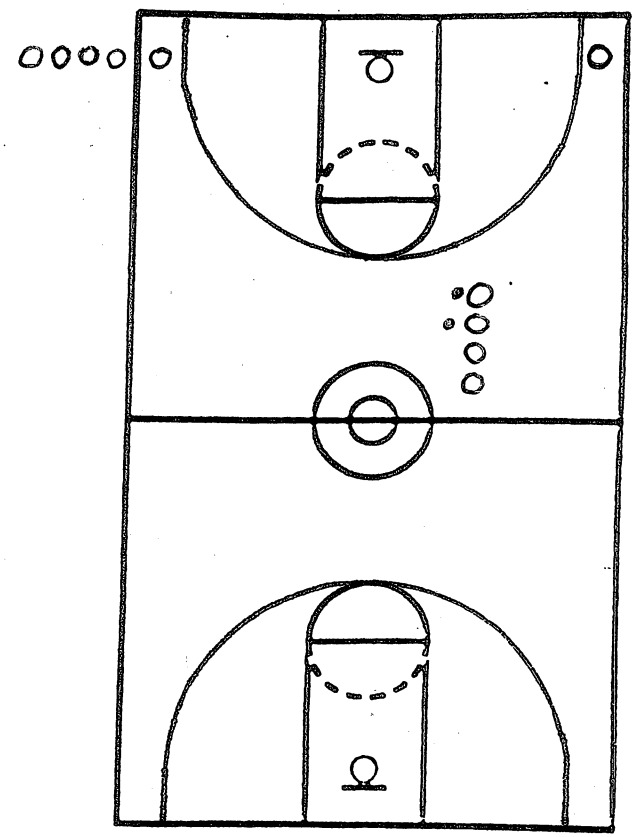
Offensive Players on the baseline, defensive players in front of them on the free throw line. Coach will throw the ball to one of the baseline players. The defender who is guarding that player must now sprint, and touch the baseline. The offense is now on the attack, the defense needs to see it and fix it, second shots are permitted. Once the defense gains control of the ball, we will set up the same thing at the other end.The only adjustment we would make is that the offense will now be the defense, and vice versa. Shown is UNLV 44.





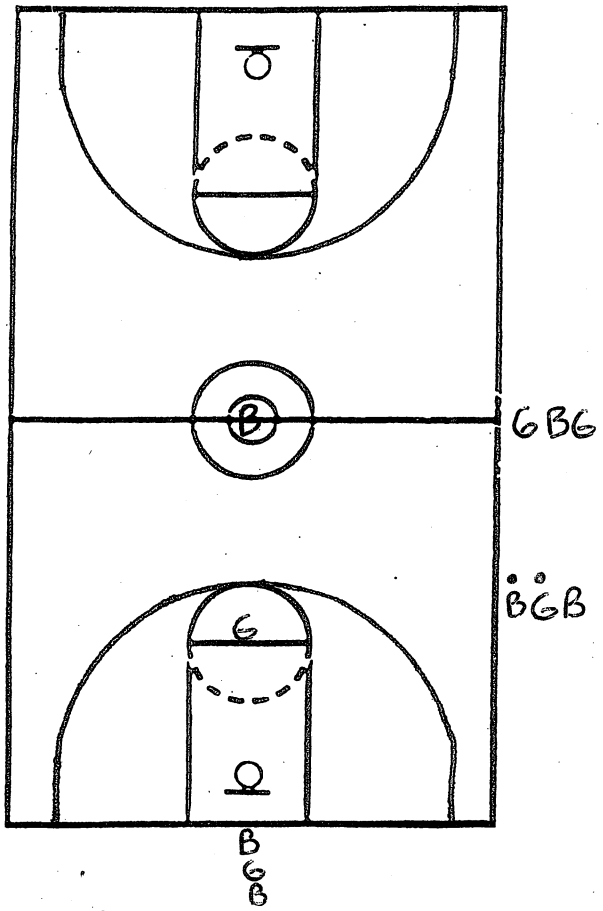
LAY-UPS Right side

Diagram 1



Lay-ups Right side

Diagram 2



TEXAS 1121

Diagram 3

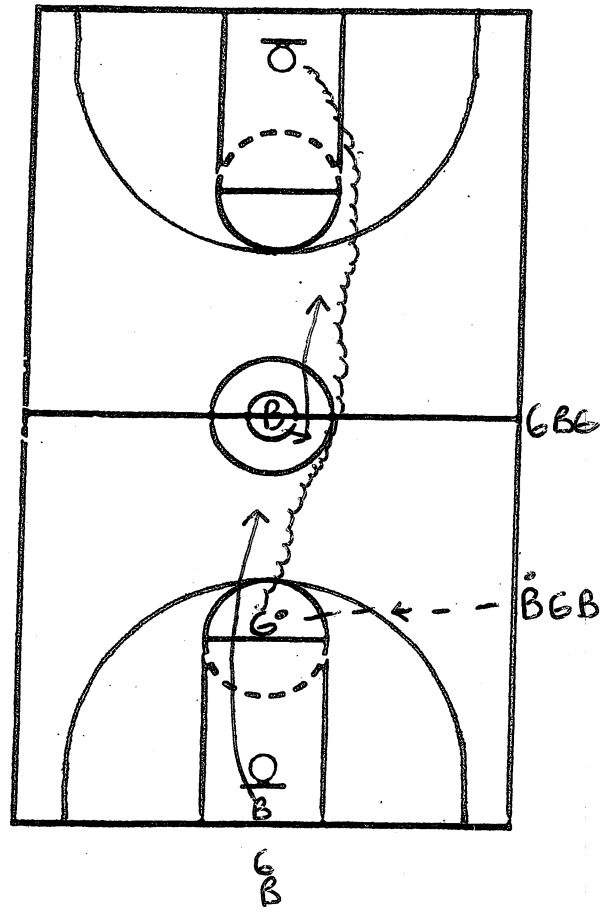


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Diagram 4

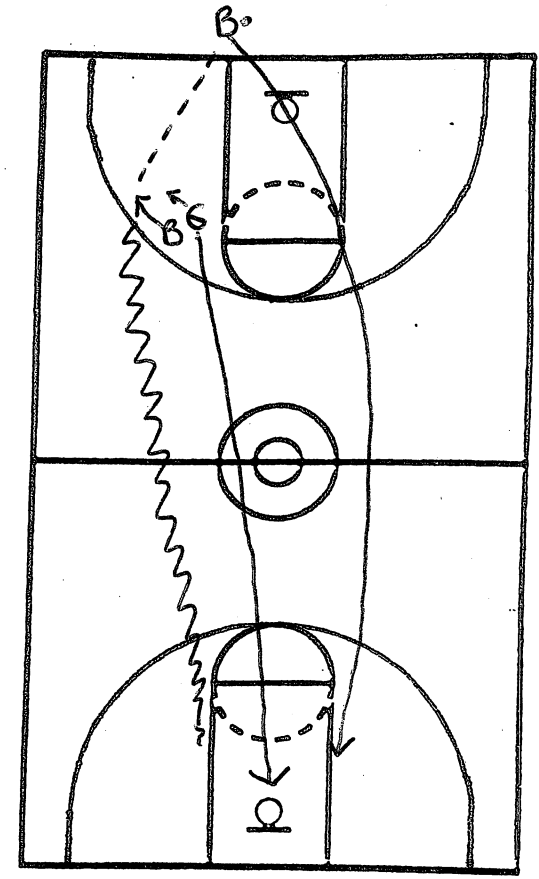

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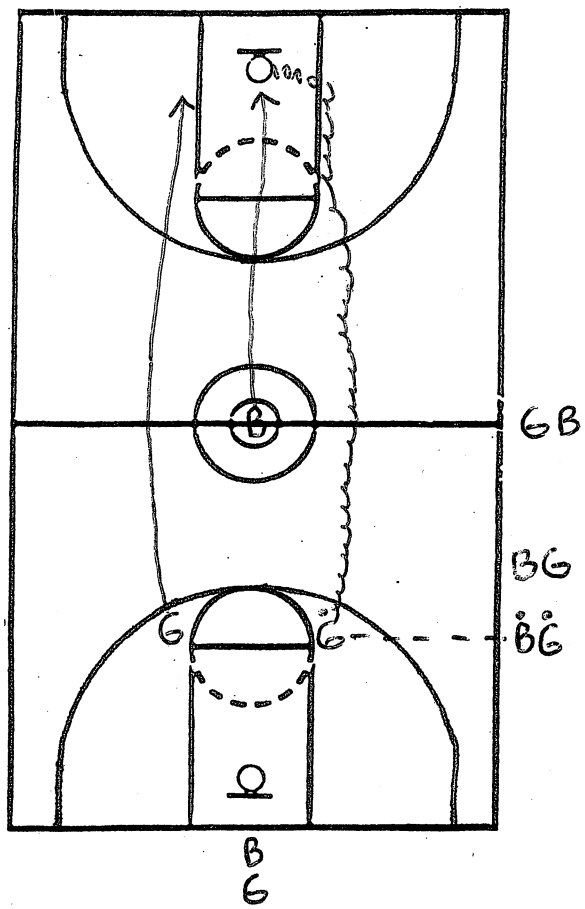
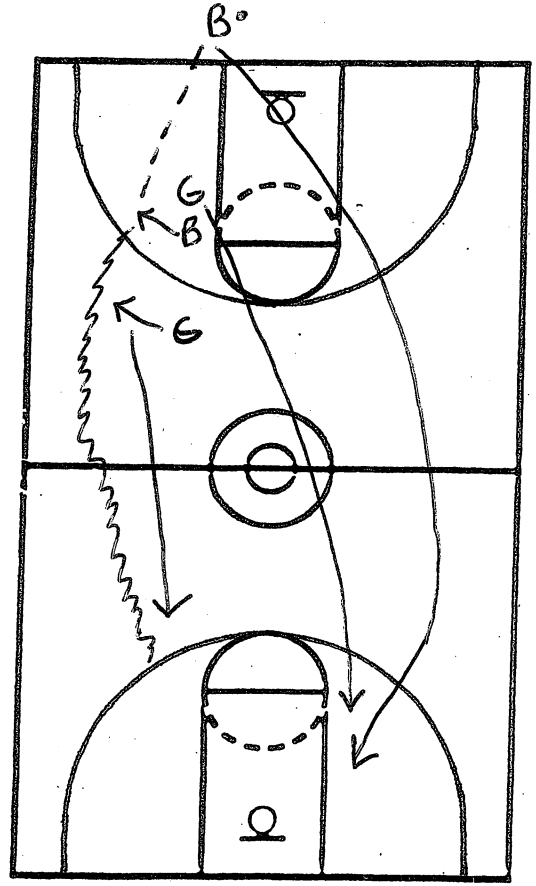
Diagram 5



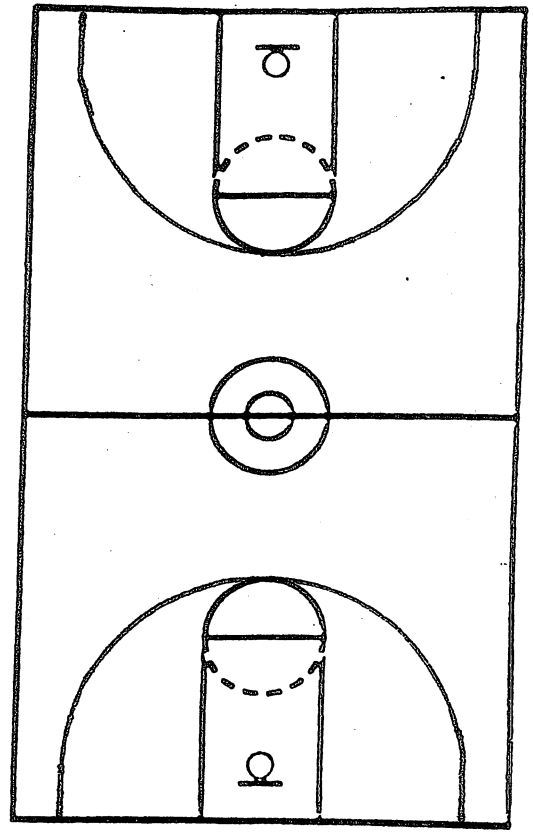
TEXAS 22

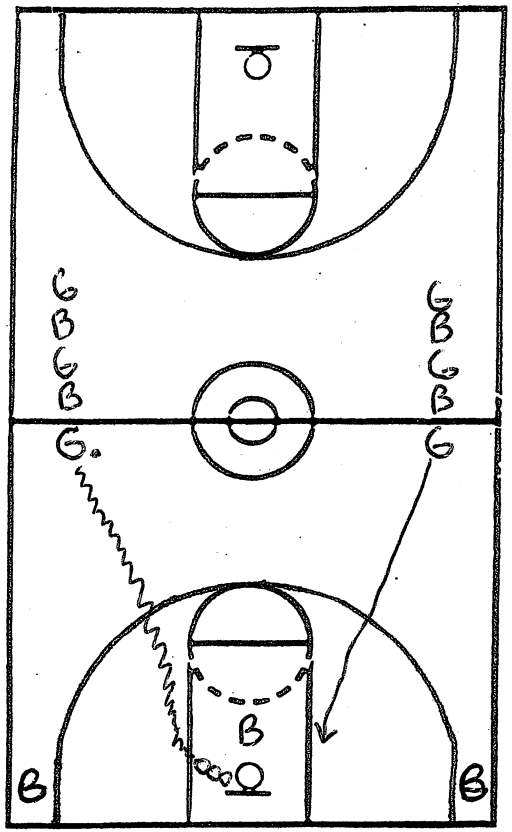
Diagram 6



TEXAS 22

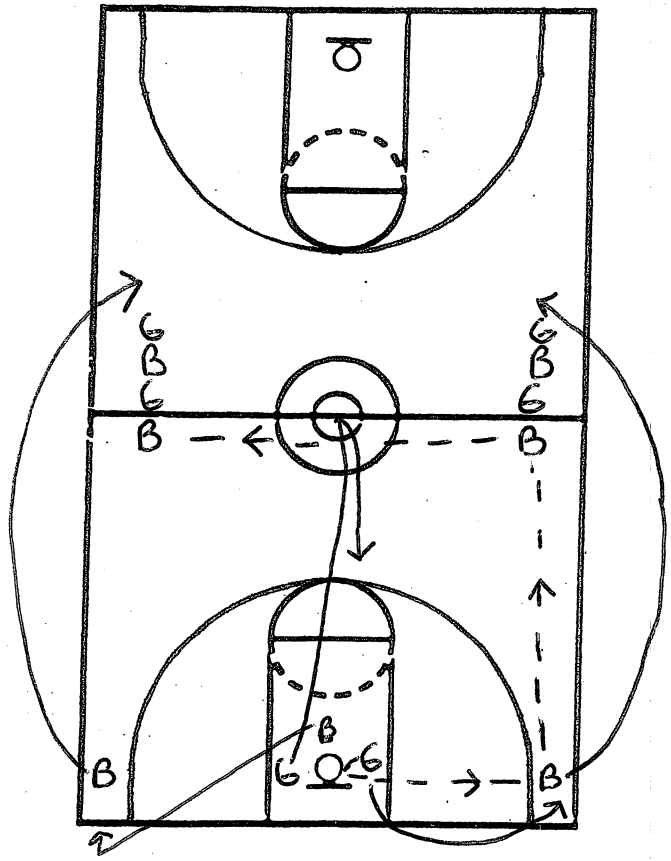
Diagram 7





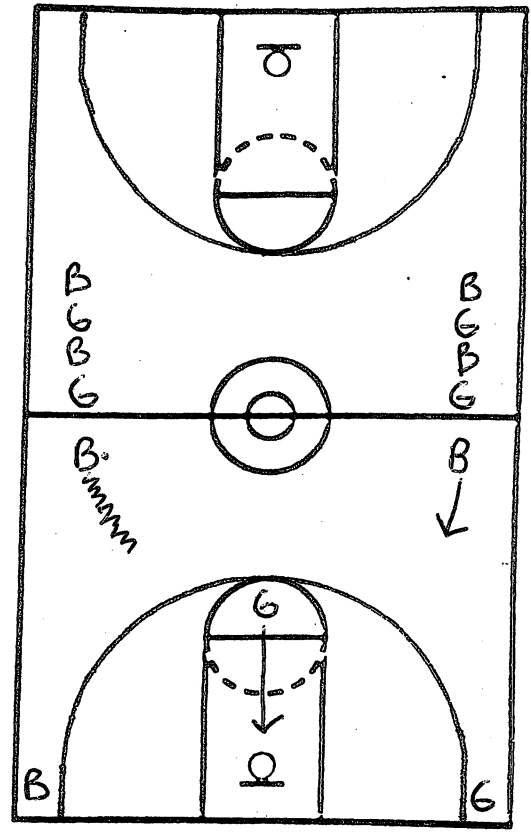
21 1/2 Court Score + Recover

Diagram 8



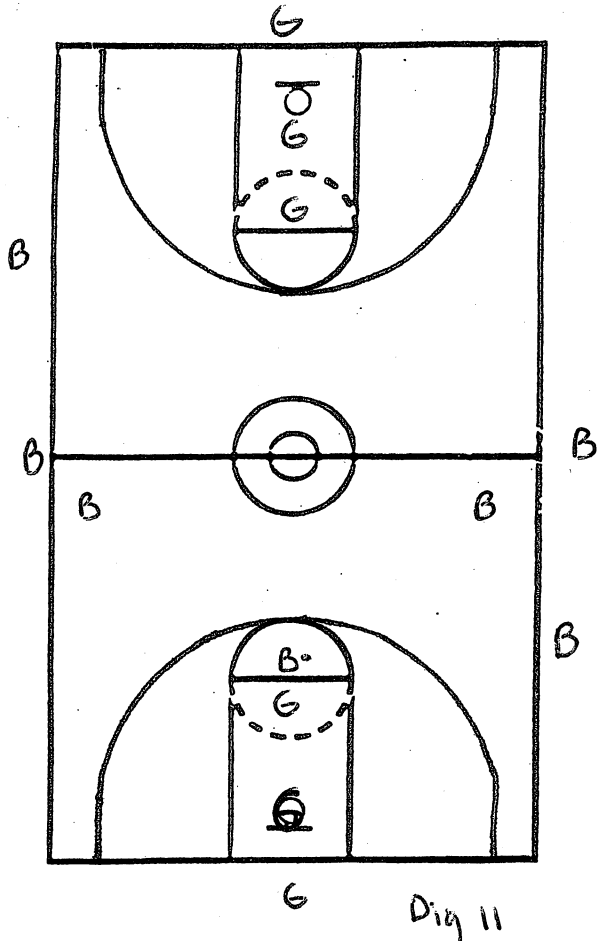
21 1/2 Court Score + Recover

Diagram 9



21 1/2 Court Score + Recover

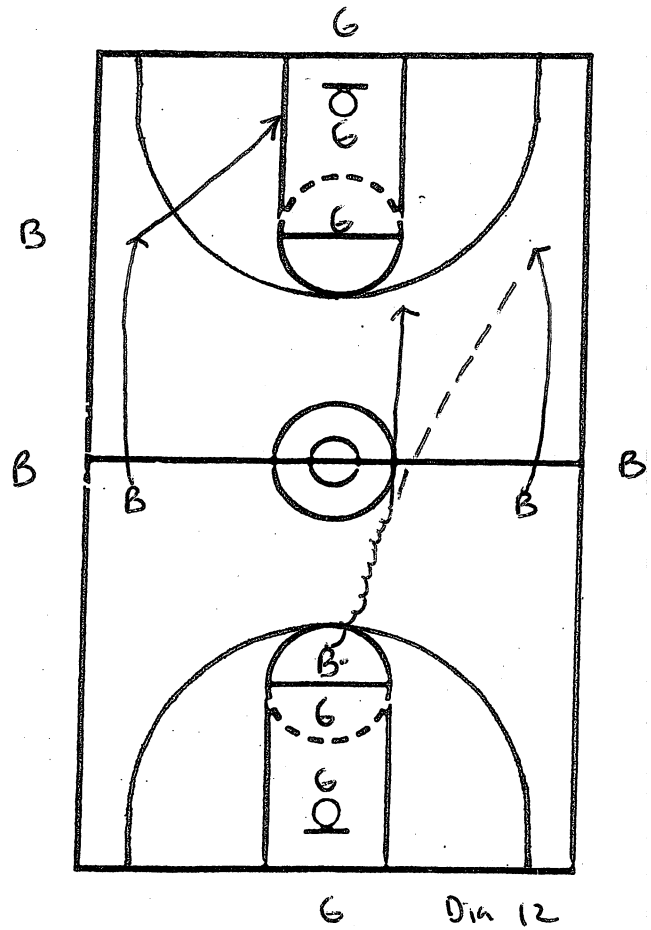
Diagram 10



Dig 11

North Carolina

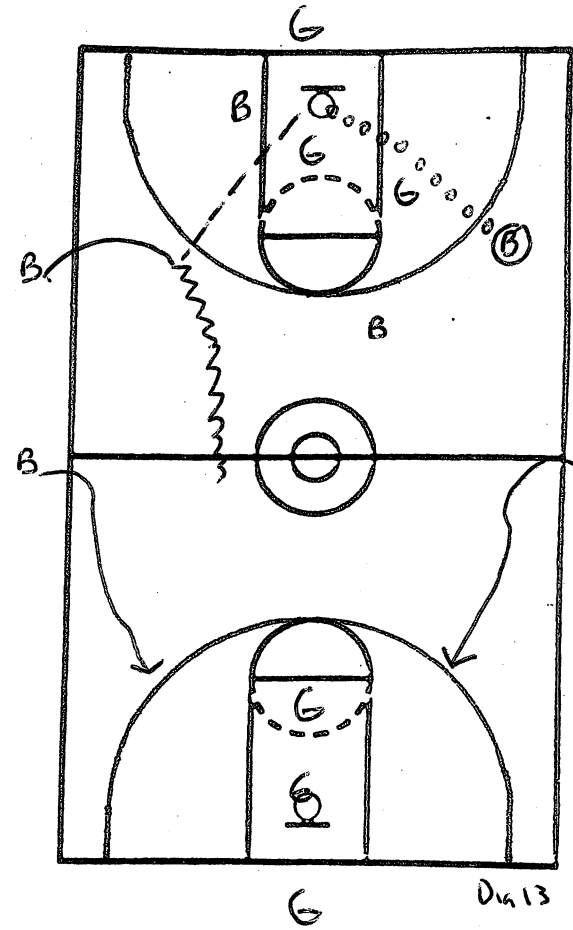
32 push ahead



Dia 12

North Carolina

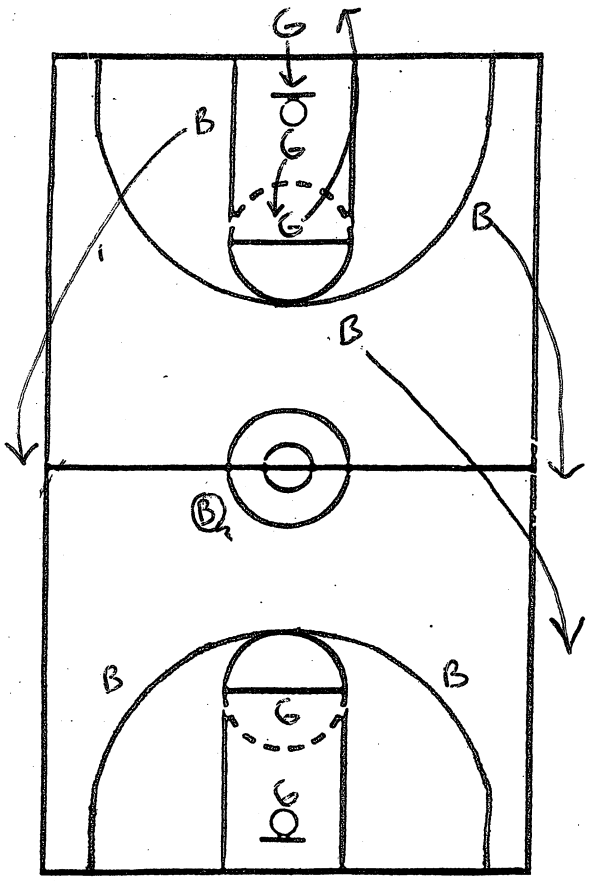
32 push ahead

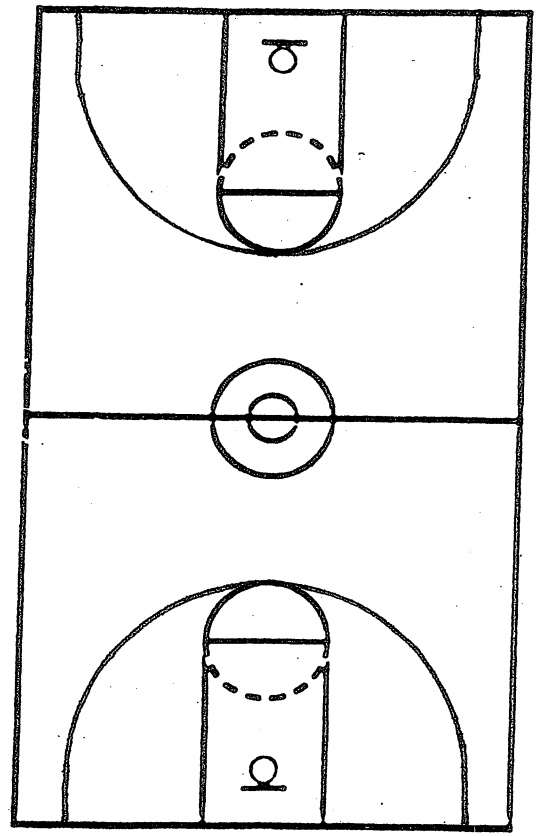


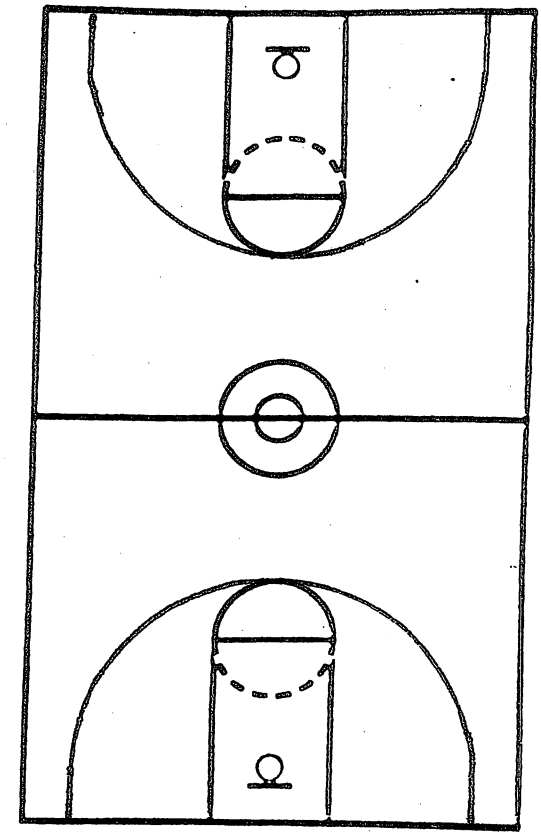
Dia 13

North Carolina

32 push ahead

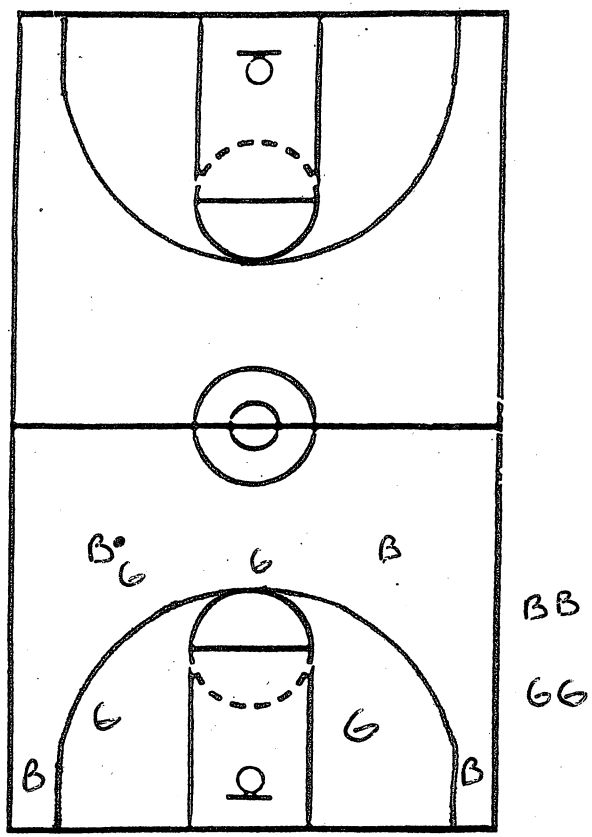






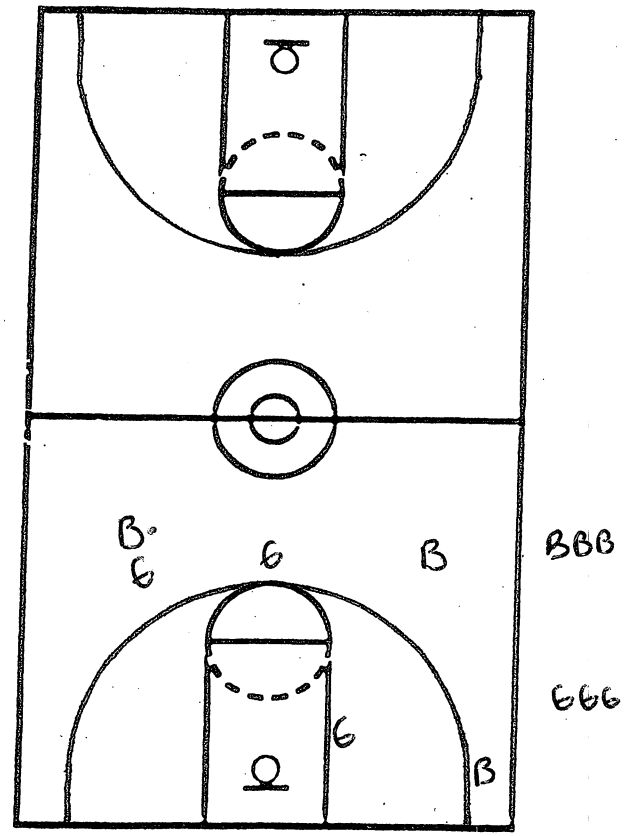
G Dia 14

North Carolina 32
push ahead



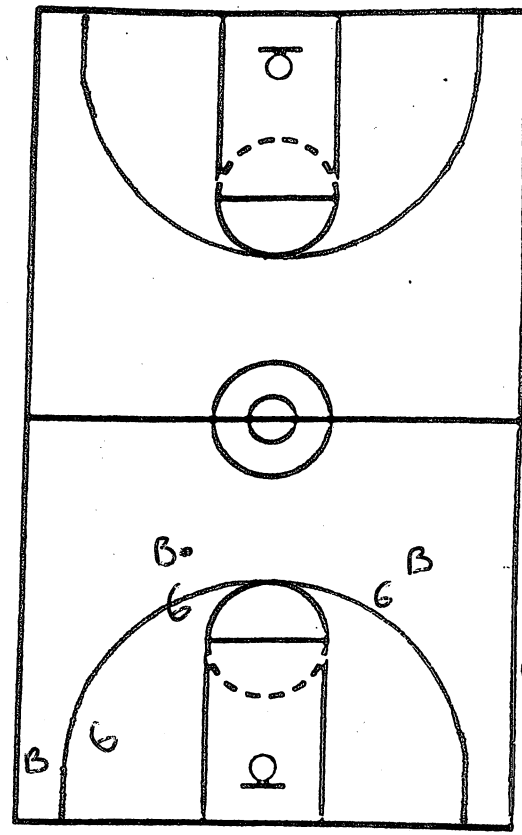
Dia. 15

OREGON STATE
44



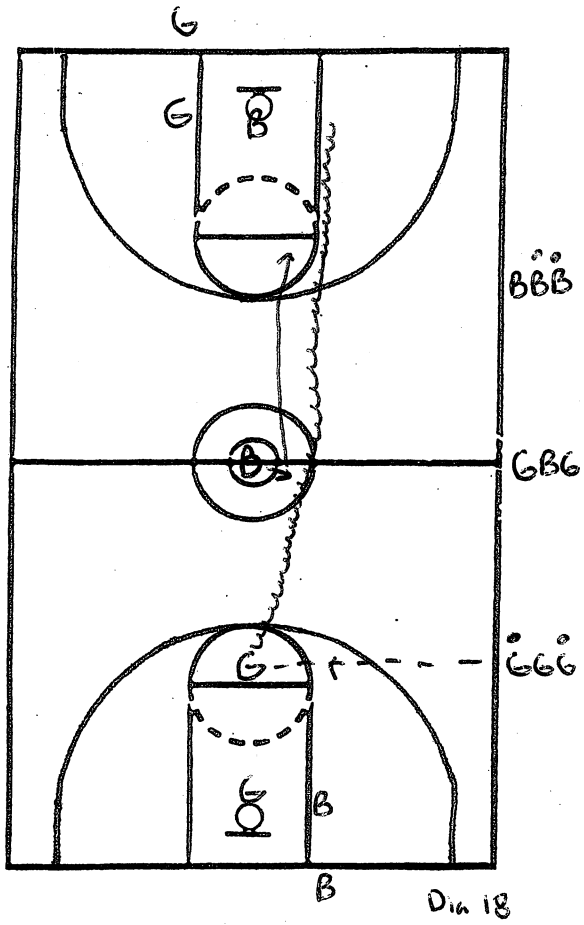
Dia 16

OREGON STATE
33 w/A3



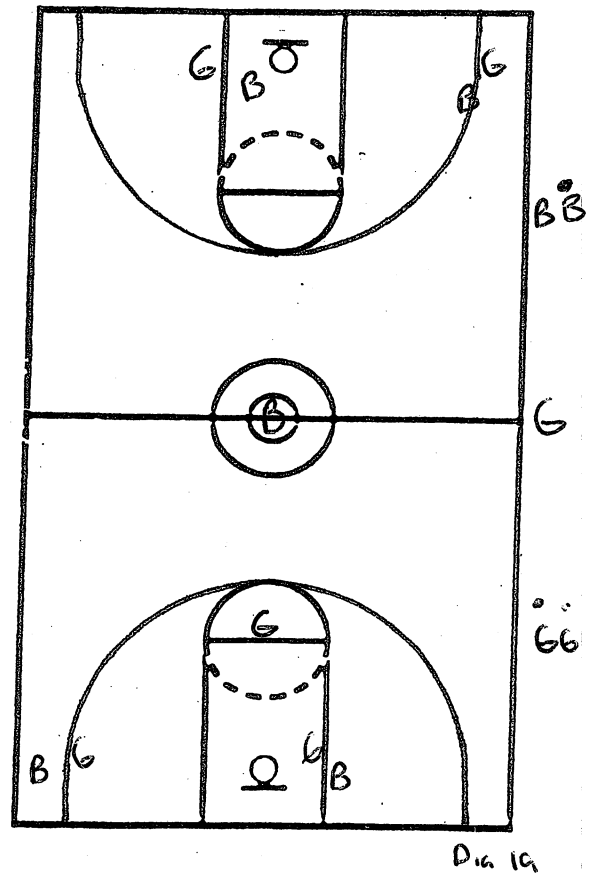
Dia 17

OREGON STATE
33 w/A2



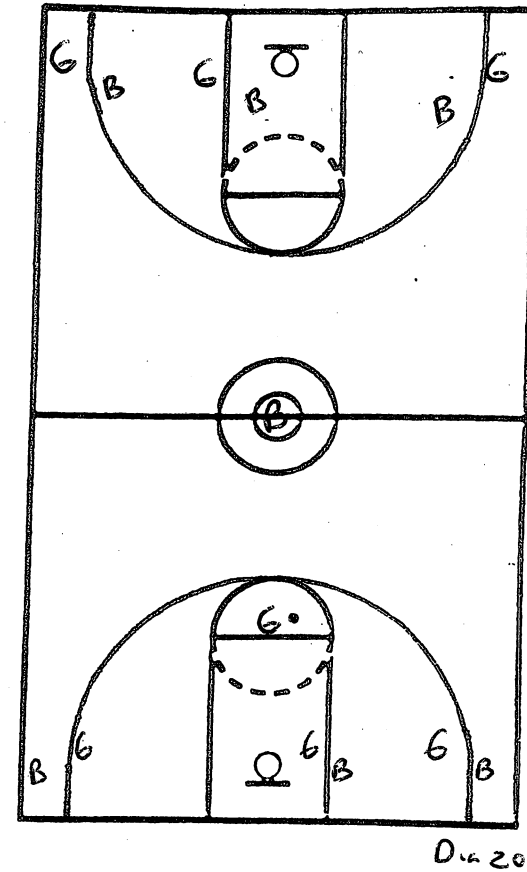
Dia 18

GAPS
22



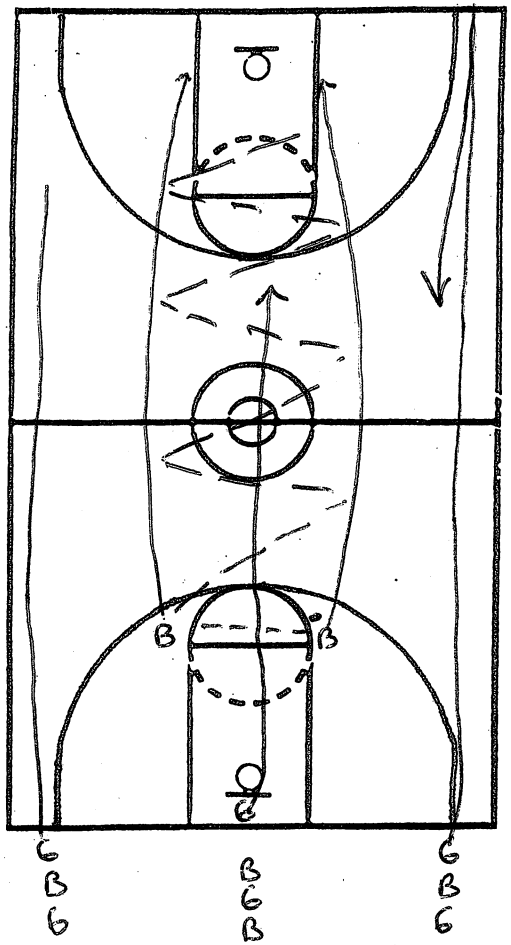
Dia 19

GAPS
33



Dia 20

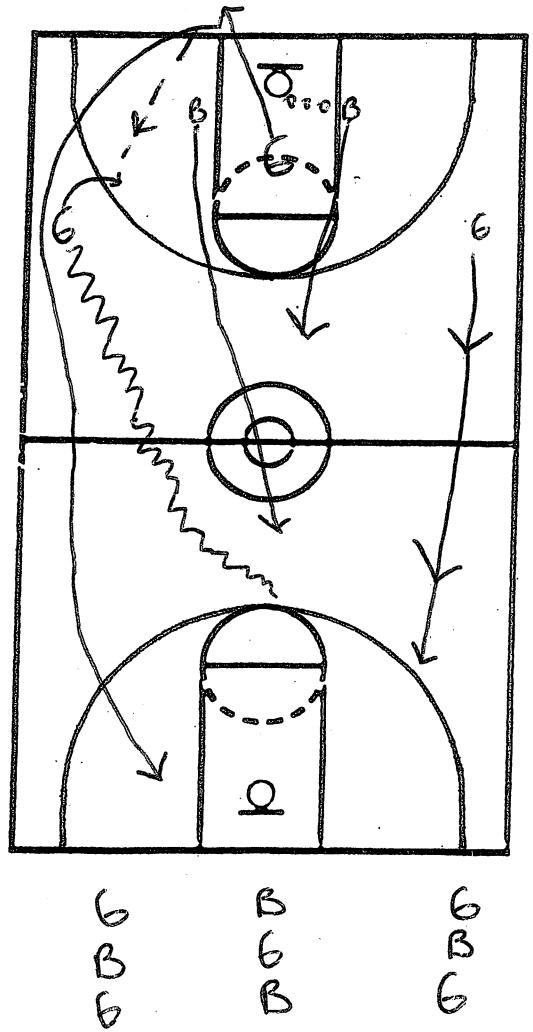
GAPS
44



Dia 21

St. Anthony Chase

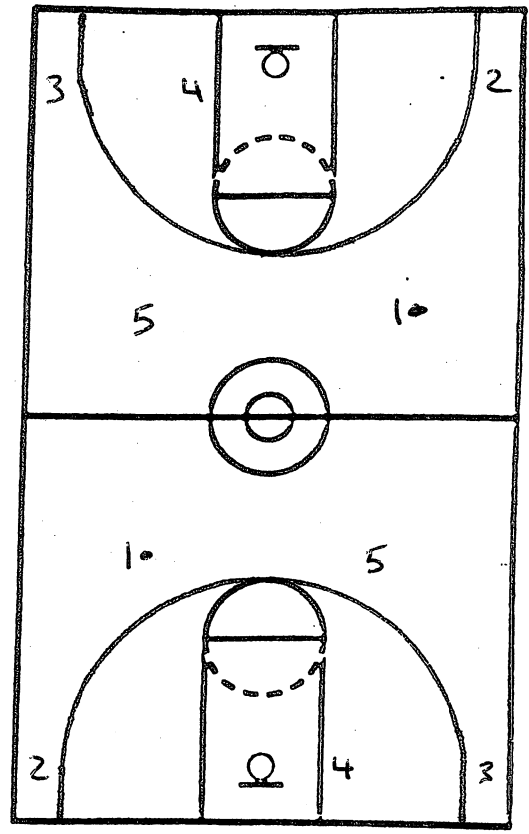
the passer



Dia 22

St. Anthony Chase

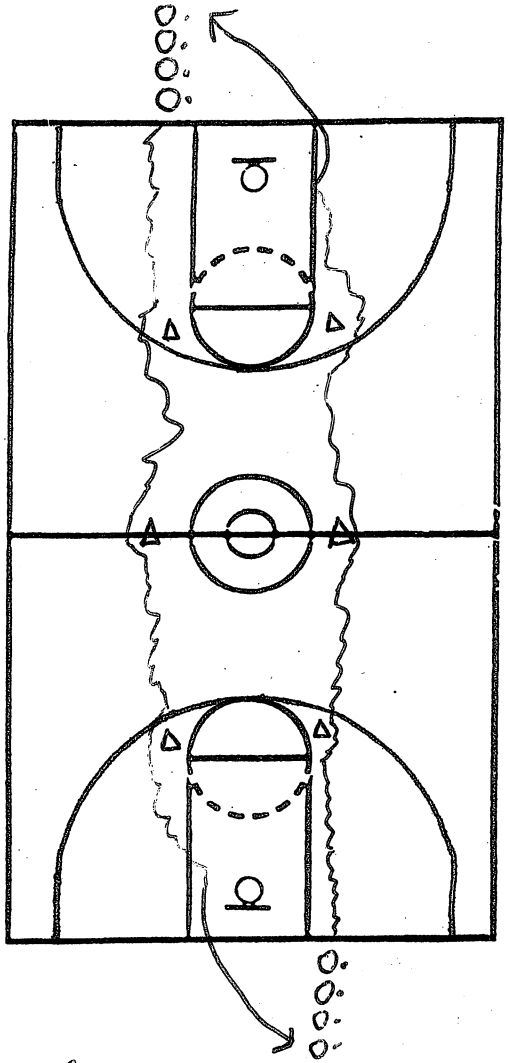
the passer.



Dia 23 5-0

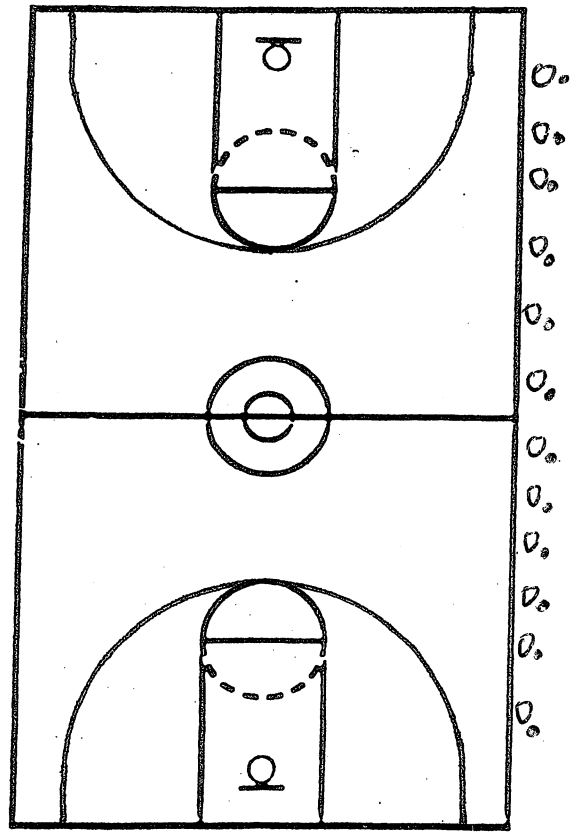
1/2 work

"CALLS"



Clovis WEST CONES

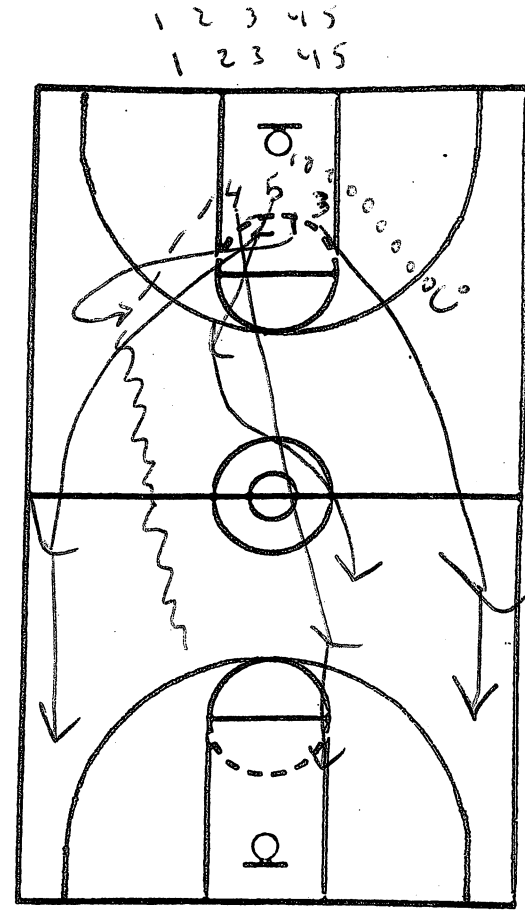
Dia. 24



GRANTS PASS

Ball handling

Dia 25

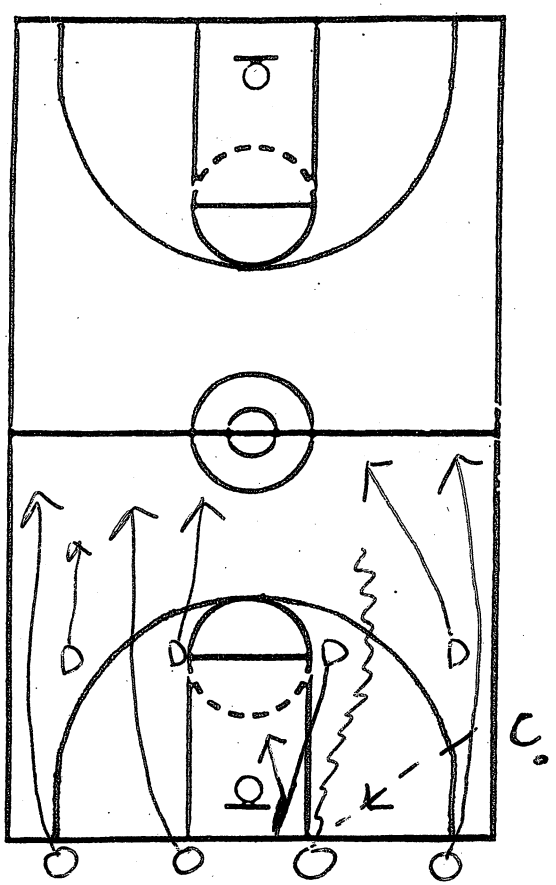


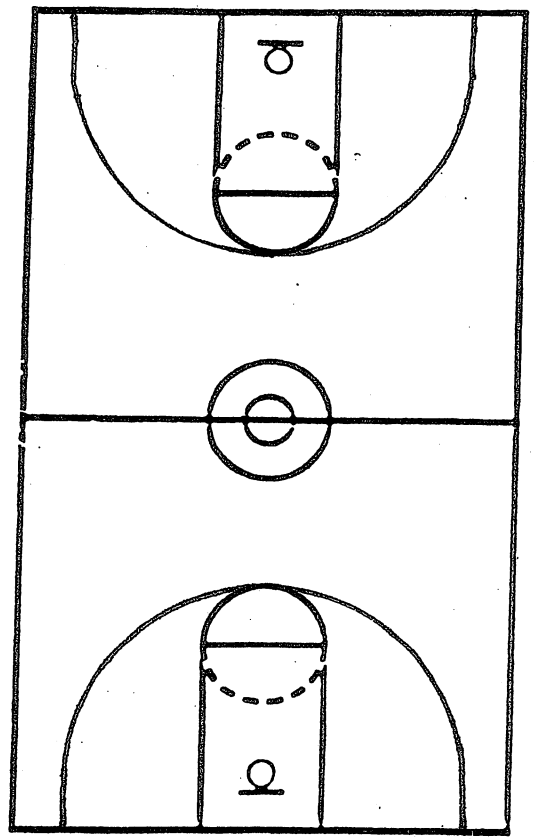
"D - BOARDS Verbals"

to "O" BOARD Coverage

to 5 on 0

Dia 26





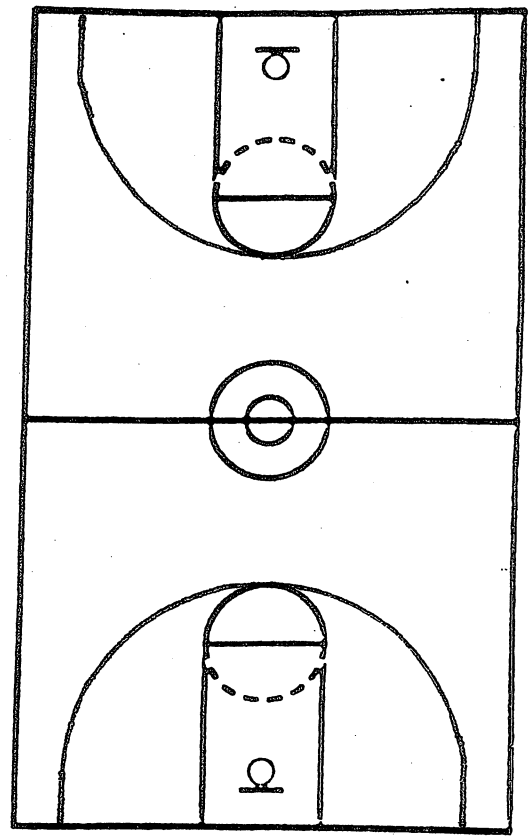


Diagram 27

UNLV

see it + fix it

Set up for GAPS DRILL

This is your set up for Blood 44: Your 2, 3, and 4 men are in their spots, with the x's defending them. Please note that there is also a defensive x at the ½ court in the circle, he will be defending the 1man. Other primary ball handlers are waiting off on the side. The two coaches or managers will be outlet guys. The coach with the ball will start the drill. (Diagram 1)

Note: Understand that blood 22, and 33 Left or right, have the same basic rules as blood 44. Only blood 22 is with the point and the post, and blood 33 Left would be with the 1, 4 and 3, while 33 Right would be with the 1, 4, and 2.

At the start of the drill the coach will throw the ball to the guard at the top of the key, who will then go on the attack. The middle court x's rule is that he must wail until the 1 man hits the edge of the ½ circle before he can defend, do not let him start to back pedal out early. We want this to be an attack, we want to run it with 3 of the 4 defenders already back, but we do not want that point defender sneaking back early. The point defender needs to wait for the point to hit the edge of the ½ circle before he can start to try to cut off the point. (Diagram 2)

We now simply play by our offensive principles. We might get a drop drag, or rack on in the 2 gap. Or maybe the 1 man crosses over, and attacks the 3 gap, now our post would back cut, etc. We don't really care what they do, just as long as follow our principles. Here we get a drop zone jump shot, and we hit our 2 man on a back cut as our 4 cleared to elbow when he saw the jump stop in the drop zone.

When the ball is shot, assuming they didn't turn it over, both offensive and defensive players crash the boards. The offensive only gets 1 shot, but we will give them a point for an offensive rebound. When the play is over, rebound, steal, turnover, made shot, etc, the rule is to what ever player ends up with the ball, outlet the ball to the coach. We will now be going the other way

As the ball is being advanced, the first player from each of the two lines between the coaches, (your 1's and 5's, or whoever you let bring the ball up the court.) Start to drift out, one of them to ½ court area, the other to the top of the key area. Obviously the ½ man can start to drift out a little sooner, the top of the key guy, needs to wait, and then hustle out to the top of the key area. As soon as play has ended at one end, the other coach now outlets the ball to the new point or primary ball handler, at the top of the key, and he now goes on the attack in the other direction. With his first line of defense being the new x at ½ court. (The point who just attacked and the ½ c x defender will leave the court and get to the back of the 1 and 5 line.)

Here we show 2 making the lay-up, an x getting it out of the net, and out-letting the ball to the coach. The coach hits the new point, who hustled out as the play was ending, remember he can start out as soon as the ball is shot, because there will be no second shots. We run this with our players in two different jersey colors Letting our gold attack for the first 2 minutes, then our brown attack for two minutes. Keeping score fro baskets, steals, rebounds etc. Diagram 4

Note: For 44 Blood you need at least 14 guys, and even then your primary ball handlers will not get any rest, which in some cases might not necessarily be a bad thing. When they are not able to rotate out, you just have to give them a second to get your x defender reset to the ½ circle. With 15 you will get one man coming in from the side line, with 16 two, etc. For blood 33, and 22 your numbers will not be an issue, in fact with blood 22, I feel there are too many people standing around. We will run some, or all, of our blood series, blood 33 left or right, or Blood 44 everyday. We usually will run Blood 22 every other day. The decision making involved in blood 22 is so simple; you just don't need as much time with it. The one nice thing about blood 22 is that it allows some of your non primary ball handlers a chance to handle the ball in an attack mode. In blood 33 you can either have some non primary ball handlers in the ½ court lines, or have some of your extra guys sub into the baseline spots. As a rule we never stay with any one drill more then 6 minutes. However in our early season practices, we might run this at two different times during our practices to get 12 minutes of work at this.

Walberg feels this is the core drill in his system. The thought behind the drill is that your primary ball handlers get to make a lot of decisions, in transition, in a short amount of time, and your 2 .3, 4 spots are learning the principles of our off the ball movement.

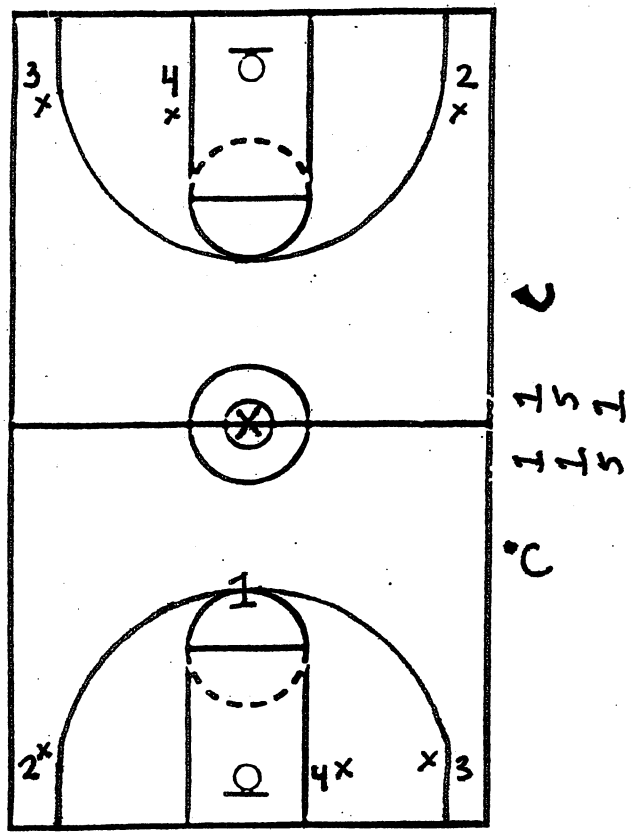


Diagram 1

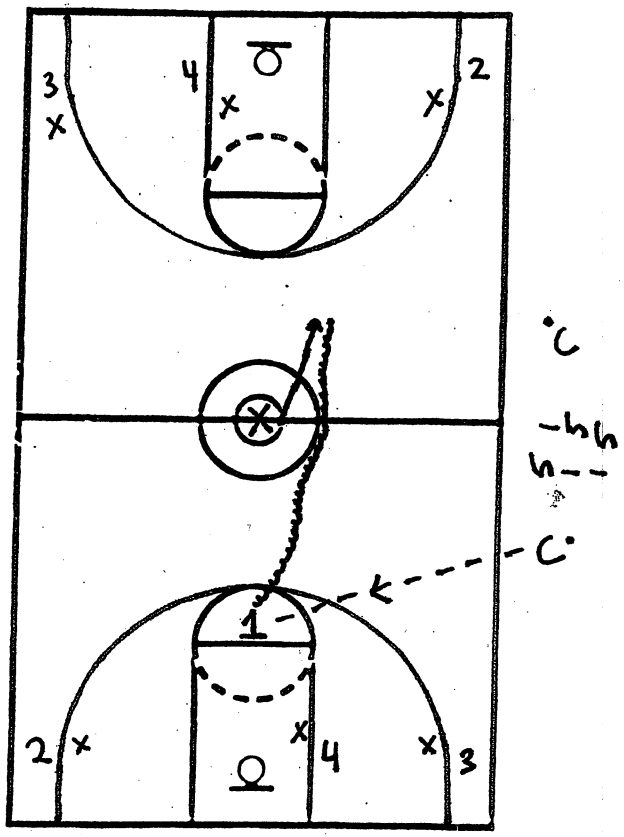


Diagram 2

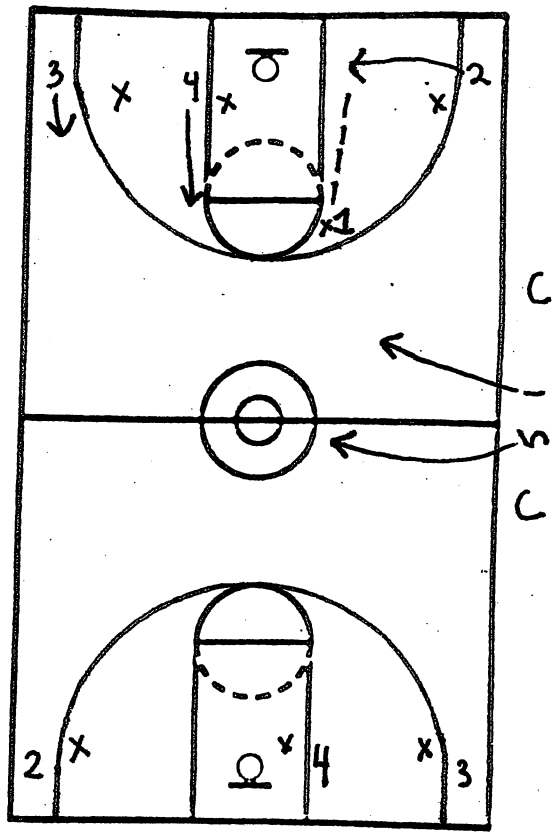


Diagram 3

Diagram 4

2006-2007 Drill Information

Lay-up sequence

Right side 1. Right hand, right side
2. Right hand, left side reverse
3. Cross over left hand left side
4. Hesitation left hand right side (Diagram 1)

Move lines to 1 and 3 spot
5. 1 drop zone back door with 3
6. 1 drop zone blur screen with 3, 3 lay-up right side, right handed
7. 1 diagonal to 3 for quick 3 pointer.
8. 1 blur screen with 3, 3 penetrate, back to 1 for the 3 pointer. (Dia. 2) (Passer rebounds)

Left side: 1. Left hand, left side
2. Left hand, right side reverse
3. Cross over right hand right side
4. Hesitation right hand left side

Move lines to 5 and 2
5. 5 drop zone back door with 2.
6. 5 drop zone blur screen with 2, 2 lay-up left side, left handed.
7. 5 diagonal to 2 for quick 3 pointer.
8. 5 blur screen for 2, 2 penetrate, back to 5 for the 3 pointer. (Passer rebounds)

Note: Work only one side each day of practice. If you have a lot of players on your team, use both baskets. We want overhead passes up the sideline.
Names called of the guy you are throwing the ball to, and
On lay-ups 1 through 4, the lines are at ½ court, do not let them cheat up.
Lay-ups need to be at game speed.
Shooter rebounds on 5, 6, and 7, passer rebounds on 8.

Texas 1121
Basic setup B=brown, G=Gold. (Diagram 3)

Texas 1121 continued

The B at ½ court can not move defensively until the G attacking hits the edge of the ½ court circle The B at the baseline is chasing the ball. (Diagram 4)

Texas 1121 continued

G scores, (If G missed, or the ball is stolen, the B's are going the other way right now) B takes it out of bounds, inbounds it to his teammate who is being side fronted by the G who just scored. They will now attack 2on1 to the far end. If the lone defender steals it in the backcourt, he tries to score again, if he steals it in the front court, the next players will come out. Play to 1, we want lay-ups with this drill. Anytime the offense is outmanned they are free to get second shots, on the way back it's a 2 on 1 offensive advantage. Their rule is 1 front court pass, and 1 shot only. (Diagram 5)

Texas 1121 continued

The next players in the front of the line quickly move out, receive an outlet at the free throw line, and off they go. Rotate from ½ court to free throw to base line when leaving the floor.

Texas 22 Basic set-up (Diagram 6)

A lot like Texas 1121 only now it is 2 on 2, the ½ court defender may get back to the basket as soon as the free throw line catch is made. Upon a score it is a full court pick up with a full front and our "fist" player shadowing the back side of the intended receiver. (Diagram 7)

Duke 21 ½ court Score and Recover Basic set up (Diagram 8)

On the 2on 1 attack we want a lay up, you have a 1 pass limit. The person who shoots the ball, or throws it away, sprints back and touches the ½ court, then recovers to defend. The ball is out-letted to the nearest corner, then up the floor, then across the floor, (we want overhand passes going around the horn) at which time the offense can now attack. The previous defender and the non shooter fill out to the corners, the corner men rotate up the floor. Games to 11 (Diagram 9)

Next attack on its way (Diagram 10)

North Carolina 32 Push ahead Basic Set up Diagram 11

B with the ball at free throw line, wings just this side of ½ court the G's have two guys at each basket. The ball handler is looking to push the ball ahead to a wing player near the FT line extended at the 3 point arc. The point will follow his pass to the FT lane extended up at the 3 point arc. Opposite wing gets to the block. (Diagram 12)

Wing shot the ball, this is a one and done drill, who ever gets the ball hits the new B outlet swinging in, (Banana Cut) and off the new B's go in the other direction attack the other G's defending the far basket. Two new wing players also come in from the ½ court area out in front of the ball. (Diagram 13)

The three B's who just finished offensively hustle to the ½ court area, and the outlet spot. They will be ready to attack as soon as the present attack has ended. (Diagram 14)

Note each team gets 2:30 minutes to run against the other, and then switch the offensive and defensive sides. As seen in the diagram the G's are rotating in after each ½ court attack. Team with the most points after their 2 ½ minutes wins, both 2's and 3's will be shot.

After a pass to a wing, and a return pass to the point, assuming the wing didn't shoot the ball, the point either shoots the ball, or can pass it to the opposite wing at the block. There are no more passes allowed after that due to the offensive man advantage (3 on 2).

Oregon State 44 basic set up (Diagram 15)

Oregon State 33 with a 3 man, basic set up. (Diagram 16)

Oregon State 33 with a 2m man, basic set up (Diagram 17)

This starts in the ½ court we are in our gap set with an open post.
Simply live basketball. When a team shoots it is absolutely live, either someone will be taking it out, or in a rebound or steal transition situation. The teams transition to the other end, and then come back and finish on the end they started on. You sub in at this point.
3's and 2'2 will be shot.
In this drill we pick up immediately after makes or misses, after misses, if the defense starts retreating, we stop the drill and run an 11(Up and Back)
We are in full court man, always looking for trap or run and jump possibilities.
We are teaching them to get the ball slowed down immediately, we need strong ball containment in this, not flagging at the ball and missing.
You need to pick up the man that was guarding you as the ball was shot, if the defense switched men during your offensive movement, etc, you have to be aware of it.

Other special note: This drill ends when there has been a shot attempt at the near basket, then the far basket, then the near basket again If a team gets the ball stolen from them 6 times in a

row with out a shot, the sequence could go on a while before the new subs come in. Play to 11, 2 and 3 pointers will be shot.
Gaps 22 basic set up (Diagram 18)

Gaps 33 left or right, shown as Gaps 33 right (it's with a 2 man, 33 left would be with a 3 man) (Diagram 19)

Gaps 44 basic set up (Diagram 20)

This is really the nuts and bolts drill for having your guards under standing the offense, and having to make a lot of quick decisions in a short amount of time.

If you don't have enough to run Gaps 44, you need at least 14, and even then, your guards will not get to sub out, and either you are a manager will have to be the out of bounds outlet man.

What you can do is run Gaps 44 at one end and Gaps 33 at the other at the same time.
This would take 14 guys at least you have subs for your guards. You can also run 44 at one basket, and 22 at the other which would also take less people. You could also do 33 at one end, and 22 at the other, etc. This is a great way to be able to run this much needed drill with fewer players. To keep this drill moving, the offense can rebound, but no put back shots. The rules for this are in the blood drill attachment. We will not call this blood, but Gaps 22, 3, or 44.

St. Anthony Chase the Dribbler
2 browns just inside the foul line, one gold with foot on volleyball cover, (Move them a few feet to find the right spot for your guys.) Coach says go, and the two browns play catch as fast as they can go, and try to get a lay-up, they may not dribble the ball. The lone Gold is chasing them. The Left lane gold sprints to the outlet, the right lane gold needs to sprint to the far baseline. (Diagram 21)

The browns mage the bucket, the chaser takes it out, fits the outlet who takes it on a banana cut, and dribbles up the floor at a diagonal towards the player that had to touch the baseline, and is now running for the FT line at the 3 point arc. The take out man runs hard and fills the right lane, usually filling the right block. It's an advantage/ disadvantage drill, so this is a one and done on both ends as it is a player advantage situation. If the players miss on the 2 on 1 the chaser, doesn't take it out, but just blows out in a fast break situation. The two passers, are getting back as fast as they can to defend the basket. On the 3 on 2 it is limited to a total of three passes; we are in attack mode, not a set up. 2 and 3 pointers can be taken, game to 11. (Diagram 22)

"5-0 Calls" Basic set up (Diagram 23)
Work both ends call actions for them.
Drop zone back cut
Drag zone drifts,
Euro's
Wave throughs,
Ball reversal and post, followed by an off guard dive etc.

The possibilities are limitless. We are also working on Offensive rebounding coverage. This needs to happen every day.
Clovis West Cones Basic Set up (Diagram 24)

Attacking 3 cones, with called moves, front cross, between, behind, Phil ford, Hesitation, pull back cross over, combos. We need to plant and go at each cone, not just a fly by. We finish with a lay-up, either speed or power, but I like power in this drill. Go to the back of the other line, after you rebound your own shot. Timing is necessary, next guy should not go until player in front has made move at last cone, etc, adjust accordingly. Just do each one a couple of times, this drill can get tiring in a hurry. Game speed or we will run. (Diagram 24)

Grants Pass Ball handling set up (Diagram 25)

See attached dribble notes for Grants Pass ball handling drills.

"D board Verbals" (Diagram 26)

Players in the paint, coach shoots, try to miss, team boards. If 2 or 3 rebounds they declare the trail verbally, and the 5 will run to their spot. If 5 rebounds, you need to decide if your 5 is a primary or not, if he is not, he needs to outlet to the 1. The 4 will never trail as a rule; he will hit the outlet, and sprint to the post. On the far end have a pre called set ready, and they need to execute the proper O board coverage, get a score, get the ball out, and then come finish on the end they started on, then the next 5 players step out.

UNLV See it and Fix it. 33, 44, or 55 Basic set up (Diagram 27)

Offensive Players on the baseline, defensive players in front of them on the free throw line. Coach will throw the ball to one of the baseline players. The defender who is guarding that player must now sprint, and touch the baseline. The offense is now on the attack, the defense needs to see it and fix it, second shots are permitted. Once the defense gains control of the ball, we will set up the same thing at the other end. The only adjustment we would make is that the offense will now be the defense, and vice versa. Shown is UNLV 44.

Offensive Philosophy

Like our defense, our offense will dictate the game for 40 minutes. We will put tremendous pressure on the opponent's defense by attacking the rim and shooting the 3 – nothing inbetween. We will be extreme.

Components of our attacking offense:

A. 4 out 1 in, 3 out 2 in sets
B. Constantly attacking the rim
C. Utilizing the 3 pt shot as a weapon
D. Putting tremendous pressure on individual man defense of our opponents

Positions:

1

-our main ball handler
-the catalyst of our attacking offense
-will be our best penetrator / creator
-will look to attack at all times

2

-our best shooter
-will run the right lane – sets up w/2 feet above FT extended
-is opposite end @ FT line extended vs. pressure full court
-SOB=weak side corner

3

-our 2nd post or biggest guard
-runs the left lane – sets up w/2 feet above FT extended
-sets up in weak side corner vs. pressure in the full court
SOB=weak side block

4

-our best offensive post player (catcher and finisher)
-our best rebounder
-SPRINTS the floor to rim – in a straight line!!
-is opposite end of floor vs. pressure
-sets up on left block if doesn't have anything in transition
-SOB=ball side block

5

-our 2nd best ball handler, creator
-one of our best passers
-one of our best off. players
-inbounds the ball with speed, trails, or streaks through middle vs. pressure looking to receive

Offensive Rules: AASAA (attack-attack-skip-attack-attack)

-ATTACK
-4out set will have right block open initially to drive
-must fill four perimeter spots on miss (interchangeable)
-on make – numbered break
-must have drag man (fills in behind ball on penetration – 5 initially)
-if denied-1)extend defense (creates larger gap to penetrate)
2) hard back door (hard dribble at you or ball fake at you)
-opp. Wing flares corner on penetration (extends the defense)
-if there we dribble to corner on 4's side – instant high low
-drivers, create contact off the dribble, 1st and secondary contact vs. defense
-penetrators almost always empty out left
-this will result in a wheel action
-never pass the ball to a teammate inside the 3 coming away from the basket
-standing dribble not very productive – unless great penetrator (learn to play off catch)
-anytime we have '4' catch on the block = a dive by the next biggest player on the weak side to the opposite block, as well as a shooter on the weak side making a diagonal cut anticipating a skip 3

2 Game

-Zone offense if we see a really good one
-1 post goes block-FT-block (triangle), other short corner to short corner
-weak wings set flares for pt

3 Set or 'Kickbacks'

-easier to penetrate (only 3 on perimeter)
-easier to get 3's in this offense
-look to get ball into 'golden areas' at the elbows
-strong side post seals on penetration
-opp. Wing flares corner

-strong wing reads defense (loops)
-penetrator empties opposite, or banana cuts out depending on where ball side wing catches

4 Set

-more of a passing offense
-post on left block (if penetrators break thru shell – no one home)
-overplayed = extend defense or back door
-never 2 wings on right side at same time

'X' cut
-this is when the 1 passes to 2 or 5 and instead of cutting thru, gives 5 trailing a rub screen to either drive or cut to receive a pass from 2

2 Set

-this is our stall
-3 and 2 will be in the corners instead of a step above FT line extended
-5 and 1 will play keep away with the ball up top - WIDE
-4 is always on the block opposite the ball

5 Set

-this is our 2-1-2 press break
-easy- 4 comes middle to be an outlet

4 Down _____

-iso for inside guy / can go anywhere to get ball
-stationary on perimeter – can interchange with next closest if pressured
-good against sagging defenses where we can swing or reverse the ball with ease (defense can't get around in time)



TEAM PLAYBOOK / NOTEBOOK



MICELLANEOUS INFORMATION

CORE OBJECTIVES

HEAD

You, as a Tolleson WOLVERINE, must PLAY SMART (use your *HEAD*)! Playing smart means with good execution and poise. It means treating each possession as if it were the ONLY one in the game. We expect all WOLVERINES to execute well and with precision. We can accept physical mistakes but not MENTAL ones. Ultimately, when all five WOLVERINES understand their own physical limitations and their ROLES on the TEAM (and perform within those ROLES) we will become a smart TEAM.

HEART

You, as a Tolleson WOLVERINE, must CARE! You must PLAY with and LIVE with HEART. Living and playing with heart means taking a chance – risking getting hurt. It is the emotional / moral passion, compassion, love, affection, courage, and the unquenchable thirst for what you are doing and with whom you are doing it with. It is your innermost character, feelings or inclinations toward basketball and your teammates. It is the essential and most vital part of LIFE. It is caring so deeply and passionately for something that there is no doubt you will be the last to surrender to mediocrity because you have INVESTED so much into this endeavor.

HARD WORK

You, as a Tolleson WOLVERINE, must PLAY HARD! You must play with effort, energy, determination and courage. You must give everything you have every second out on the basketball court (practice or game), in the weight room or during conditioning. It also means applying this trait into your every day LIFE. Whether you are the smallest, tallest, slowest, or fastest etc…, during any game or practice, does not matter because it is out of your control. BUT, each of you CAN CONTROL the effort with which you undertake a task. As coaches, we should NEVER have to coach EFFORT!!! Our dream, as a WOLVERINE STAFF is: a team whose commitment to HARD WORK and improving drives them to put in extra time without a second thought and do it because it is for their own good and more importantly, the GOOD of the TEAM.

HAVE FUN

You, as a Tolleson WOLVERINE, must HAVE FUN! You must always remember: Basketball is just a game (albeit a very important game to all of us). It is supposed to be fun, and we can have fun while we are busy using our *HEAD,* our *HEART,* and *WORKING HARD* at it.

TOGETHER

You, as a Tolleson WOLVERINE, must PLAY TOGETHER! You must know the secret to YOUR success as a team will be understanding and following the FOUR CORE objectives above (*Head, Heart, Hard Work and Have Fun)* and doing it *TOGETHER*. You must respect one another and each of our ROLES. You must play UNSELFISHLY as a UNIT. This means not caring about individual scoring averages. It means that you will point to a TEAMMATE to thank him for a good pass that led to a score, or taking a charge when you know you are going to get slammed. It is passing up a good shot so a teammate could get a better one. It means diving for loose balls ALWAYS! Simply put, playing TOGETHER means that each of you are as thrilled with a teammate's accomplishments as you are with your own because you don't care who gets the credit.

Finally, you can CONTROL your *HEAD*, your *HEART*, your *HARD WORK*, and you can *HAVE FUN* while doing it UNSELFISHLY *TOGETHER*! Always remember: *ONE… team, game, goal, direction…TOGETHER!*



YOU ARE A WOLVERINE WHEN….

You have the desire to excel for the benefit of those relying on you.

You have an unquenchable need to exceed past your limitations.

You play and know, without a doubt, that you competed like a champion.

You understand your COMMITMENT to your teammates.

You understand the irrelevance of individual awards.

You would rather encourage a teammate to success than benefit personally from his / her mistakes.

Your RESPECT for the game outweighs your personal pride.

You make mistakes and use them to improve instead of using them as excuses.

Your ability to make your teammates better increases each time you play.

You do the LITTLE THINGS right when nobody is watching.

You SERVE your teammates with UNSELFISH motives.

You understand your ROLE and strive to perform it better.

You GIVE more than what is asked and take less than what is deserved.

You PURSUE VICTORY WITH HONOR!



The longer I live the more I realize the impact of attitude on life.
Attitude, to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do.
It is more important than appearance, giftedness or skill.
It will make or break a company...A church...A home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace that day.
We cannot change the inevitable.
The only thing that we can do is play on the one string that we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it.
And so it is with you...We are in charge of our attitude.

--Charles Swindoll

ONE...

team, game, goal, direction...

TOGETHER!

Whether you think you can or you can't...your right.

SUCCESS

Success is a journey not a destination.

DETERMINATION

The race is not always to the swift...but to those who keep on running.

NOTHING IS IMPOSSIBLE

If you don't care who gets the credit...

ATTITUDE

I can complain because rose bushes have thorns...or rejoice because the thorn bush has a rose.





RESPONSIBILITY

The quality or state of being able to fulfill one's obligations and being accountable for one's actions.

COMMITTMENT

An agreement, trust, or pledges to carry out one's responsibilities.

DEDICATION

Devoted to some serious purpose.

SACRIFICE

Yielding of something for the sake of something else.

COURAGE

Mental and moral strength to venture, persevere, and withstand danger, fear, or difficulty.

"PRIORITY"-ORIENTED

The ends toward which effort is directed.

DETERMINATION

Resolute and decisive action to accomplish "priorities".





WHAT IS CLASS?

Class is something that is hard to define, but easy to recognize. It is being a good person, always taking responsibility, and showing consideration for the consequences your actions have for others. It is having humility, poise, confidence, and above all, tremendous pride.

Class people handle victory and defeat in the same way graciously, with their heads held high. They do not brag in victory, or make excuses in defeat.

CLASS always SHOWS, whether you win or lose. "If you have class, you do not need much of anything else. If you do not have it, whatever else you have will not make up the difference."

Fame, fortune, trophies, etc…are all fine, but they alone cannot give you class. Only you can give yourself that – only you can give yourself class.



THREE LITTLE WORDS TO SUCCESS

These three little word *("AND THEN SOME")* are the secret to our success here at Tolleson Union High School. They are the difference between *average people and teams* and the *top people and teams.*

The top people and teams do what is expected...*AND THEN SOME*...

They are thoughtful of others; they are considerate and kind...*AND THEN SOME*...

They meet their obligations and responsibilities fairly and squarely...*AND THEN SOME*...they are good friends and helpful neighbors...*AND THEN SOME*...

They can be counted on in an emergency...*AND THEN SOME*...

We are thankful for teammates like this, for they make the world (and our team) more livable and fun - Their spirit of service is summed up in these little words...*AND THEN SOME*...





WE ALL HAVE THE SAME QUESTIONS: WHY IS LIFE (and Coach Lefebvre) SO TOUGH? WELL, THERE'S AN ANSWER:

Bad is easy. Good is hard.
Losing is easy. Winning is hard.
Talking is easy. Listening is hard.
Giving advice is easy. Taking advice is hard.
Flab is easy. Muscle is hard.
Stop is easy. Go is hard.
Take is easy. Give is hard.
Lying is easy. Truth is hard.
Sleeping is easy. Wake is hard.
Holding a grudge is easy. Forgiving is hard.
Play is easy. Work is hard.
Falling is easy. Getting up is hard.
Spending is easy. Saving is hard.
Doubt is easy. Faith is hard.
Criticizing is easy. Taking criticism is hard.
Pride is easy. Humility is hard.
Borrowing is easy. Paying back is hard.
Argument is easy. Negotiation is hard.
Dumb is easy. Smart is hard.
Messy is easy. Neat is hard.
Cowardice is easy. Bravery is hard.
Reaction is easy. Action is hard.
Can't do is easy. Can do is hard.
Following is easy. Leading is hard.

IF YOU ASK WHY ALL THIS IS SO, WHY IS LIFE SO HARD, I'LL TELL YOU, IT JUST IS! NOTHING IN LIFE THAT IS GOOD AND WORTHWHILE COMES WITHOUT EFFORT.

WE ARE BORN, ALL OF US, WITH A NATURE THAT IS DRAWN TO THE EASY RATHER THAN THE HARD. KNOWING THIS ABOUT OURSELVES AND OTHERS SOFTENS THE HEART AND BUILDS IRON INTO THE WILL, KEEPS US GOING WHEN ALL AROUND IS CRUMBLING, WHEN FRIENDS FORSAKE, WHEN THE HEART BREAKS, AND THE COURAGE AND CONFIDENCE SHATTER.

KNOWING THAT SUCH EXPERIENCES ARE PART OF THE DEAL GIVES US OPPORTUNITIES TO CHOOSE TO DO HARD THINGS. CONSTANT CHALLENGES MAKE OUR JOURNEY EXHILARATING, WONDERFULLY FULFILLING, NEVER, NEVER BORING. AS THE ARABS PUT IT, "ALL SUNSHINE MAKES A DESERT."

AND HERE'S A SMALL SECRET THAT MOST SAD AND LONELY PEOPLE NEVER LEARN: DEEP DOWN INSIDE WE ARE ALL ASKING THE QUESTION. NO MATTER WHO YOU ARE, LIFE IS HARD, AND WE ALL ASK WHY IT SHOULD BE SO.

BUT THERE IS COMFORT IN KNOWING WE'RE NOT ALONE. SO MAYBE YOUR TEAMMATES - OR THE PERSON SITTING OVER THERE - OR YOUR COACHES - NEEDS TO HEAR FROM YOU RIGHT THIS MINUTE THAT SOMETIMES YOU QUESTION TOO, BUT THAT THE ONE WHO KNOWS US BEST AND LOVES US MOST PROMISES THAT FOR THOSE WHO CHOOSE THE HARD WAY, "THE DAWN GIVES WAY TO MORNING SPLENDOR WHILE THE EVIL GROPE AND STUMBLE IN THE DARK."

EASY IS ITS OWN REWARD. HARD IS MUCH FINER.



Michael Jordan on the Pursuit of Excellence

GOALS

I visualized where I wanted to be, what kind of player I wanted to become. I knew exactly where I wanted to go, and I focused on getting there.

FEARS

I never looked at the consequences of missing a big shot. Why? Because when you think about the consequences you always think of a negative result. Some people get frozen by that fear of failure. They get it from peers or from just thinking about the possibility of a negative result. They might be afraid of looking bad or being embarrassed. I realized that if I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it. I don't believe you can achieve anything by being passive. I'm not thinking about anything except what I'm trying to accomplish. Any fear is an illusion. You think something is standing in your way, but nothing is really there. What is there is an opportunity to do your best and gain some success. If it turns out that my best isn't good enough, then at least I'll never be able to look back and say I was too afraid to try. Failure always made me try harder the next time. That's why my advice has always been to "think positive" and find fuel in any failure. Sometimes failure actually just gets you closer to where you want to be. The greatest inventions in the world had hundreds of failures before the answers were found. I think fear sometimes comes from lack of focus or concentration. If I had stood at the free throw line and thought about 10 million people watching on the other side of the camera lens, I couldn't have made anything. So I mentally tried to put myself in a familiar place. I thought about all those times I shot free throws in practice and went through the same motion, the same technique that I had used thousands of times. You forgot about the outcome. You know you are doing the right things. So you relax and perform. After that you can't control anything anyway. It's out of your hands, so don't worry about it.

COMMITMENT

I approach practices the same way I approached games. You can't turn it on and off like a faucet. I couldn't dog it during practice and then, when I needed that extra push late in the game, expect it to be there. But that's how a lot of people approach things. And that's why a lot of people fail. They sound like they're committed to being the best they can be. They say all the right things, make all the proper appearances. But when it comes right down to it, they're looking for reasons instead of answers. If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. My sophomore season turned out to be my best season in college. Because of that, there were all kinds of expectations during my junior year. What I tried to do is come out and live up to those expectations. I was trying to live up to everyone else's expectations for me instead of following my own road.

TEAMWORK

When we started winning championships, there was an understanding among all twelve players about what are roles were. It's a selfless process, and in our society sometimes it's hard to come to grips with filling a role instead of trying to be a superstar. There is tendency to ignore or fail to respect all the parts that make the whole thing possible. One thing that I believe to the fullest, is that if you think and achieve as a team, the individual accolades will take care of themselves. I'd rather have five guys with less talent who are willing to come together as a team than five guys who consider themselves stars and aren't willing to sacrifice. Talent wins games, but teamwork and intelligence win championships.

FUNDAMENTALS

Fundamentals were the most crucial part of my game in the NBA. Everything I did, everything I achieved, can be traced back to the way I approached the fundamentals and how I applied them to my abilities. They really are the basic building blocks or principles that make everything work. I don't care what you're doing or what you're trying to accomplish; you can't skip fundamentals if you want to be the best. Some guys don't want to deal with that. They're looking for instant gratification, so maybe they skip a few steps. Maybe they don't practice ball handling because they don't handle the ball that much. Maybe they don't develop proper shooting techniques because they rely on their size to score. You can get away with it through the early stages, but it's going to catch up with you eventually. Get the fundamentals down and the level of everything you do will rise.



WE ARE THE WINNERS!

A winner makes mistakes and says, "I was wrong."
A loser says, "It wasn't my fault."

A winner works harder than a loser yet has more time.
A loser is always too busy staying a failure.

A winner goes through a problem.
A loser goes around it.

A winner shows he's sorry by making up for it.
A loser says he's sorry but he does the same thing again next time.

A winner knows what to fight for and what to compromise on.
A loser compromises on what he should not and fights for what is not worth fighting for.

A winner says, "I'm good – but not as good as I ought to be."
A loser says, "Well, I'm not as bad as a lot of other people."

A winner looks up to where he is going.
A loser looks down at those who've not yet achieved the position he has.

A winner is responsible for more than his job.
A loser says, "I only work here."

A winner says, "There ought to be a better way for doing it."
A loser says, "Why change it, that's the way it's always been done."



Some day this season you will wonder about the LOGIC that motivates a COACH and if you ask me I will tell you:

I love you enough to have team rules; high but reachable standards that you *must* aspire to, so that you will not settle for mediocrity in every aspect of your life.

I love you enough to have a hard, seemingly impossible pre-season conditioning program so that not only when you *THINK* you are tired in a game towards the end of a season, you can dig down deep and find that "reserve tank" ready to push you over the top, but you can also call upon that discipline in your everyday lives when it is more important than a *GAME of BASKETBALL!*

I love you enough to have *STUDY TABLE* three days a week and stand over you during that time making sure you are studying even though you may have a high GPA.

I love you enough to be silent and let you discover that your new best friend is a creep.

I love you enough to let you assume responsibilities for your actions even when the penalties are so harsh they break my heart.

I love you enough to let you see anger, disappointment, and tears in my eyes and hear me apologize for my shortcomings. A team must learn that their *COACHES* aren't perfect.

But most of all, I love you enough to say *NO* when I know you will hate me for it. Those are the most difficult battles of all. I am glad that I will win those battles because in the end you will win too.

I love you!

ONE...

Team, Game, Goal, Direction...

TOGETHER!

IN ORDER TO BE NUMBER ONE, A NUMBER ONE EFFORT IS REQUIRED EACH AND EVERYDAY!

"When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, "I used everything you gave me." - Erma Bombeck

These *PRIORITIES* should serve as benchmarks to help us attain the ultimate end result and that is to play at our *OPTIMUM* level every time we take the court *(PRACTICE or GAME)!*

To be the BEST, you must CHALLENGE yourself to be the BEST each and everyday in every possible way.

2006-2007
Team Defensive Priorities

No *LAYUPS* in transition
20 *DEFLECTIONS* per game
10 *STEALS* per game
20 forced *TURNOVERS* per game
Field goal percentage at *40% or LESS*

2006-2007
Team Offensive Priorities

75% *FREE THROW* percentage
45% *FIELD GOAL* percentage
40% *Three Point* percentage
At LEAST 24 Three Point Shots per game
At LEAST 36 Layups per game
Average fewer than 12 *TURNOVERS*

2006-2007
Team Rebounding Priorities

***OUT-REBOUND* opponent by +10**

2006-2007
Team *BONUS* Priorities

At least 3 *CHARGES* per game
***'AND 1'* plays**
All *LOOSE BALLS* have 2 of us on it (*HIT THE FLOOR!!*)





FRESNO OFFENSE

WOLVERINE
OFFENSIVE PHILOSOPHY

Discipline

In ALL that we do we MUST have discipline. Whether it is our Offense, our Defense, school or LIFE, we must have discipline. We all talk about this word but do you truly understand what we mean by being disciplined? This is a word that we want each and every one of you to understand so when we speak about it, you will know how to react. There are FOUR thoughts to be considered when we speak of DISCIPLINE:

1. **DOING WHAT HAS TO BE DONE: If you are a disciplined person, you do what HAS to be done.**
2. **DOING THINGS WHEN THEY HAVE TO BE DONE: It can't be done ten minutes late or two days from now. IT must be done NOW.**
3. **IT HAS TO BE DONE AS WELL AS YOU CAN DO IT: Whatever you are doing, when you are doing it, do it as well as you can.**
4. **WE TRY AND DO IT THAT WAY ALL THE TIME**

So, to summarize, we do what has to be done, when it has to be done, as well as it can be done, and we try to do it that way all the time.

Role of the Players

Firstly, you will have a role defined for you. We might expect a player to be a rebounder or a defensive player with his scoring being secondary and as a *WOLVERINE*, we expect that player to perform that role to the best of his ability for the TEAM. We will sit down with you and define your role for what is best for our TEAM to be successful.

Ability to Think

Thinking quickly and reacting properly is much more important than the offense or defense we are going to use. By thinking quickly and reacting properly we will be more efficient in whatever we do and with efficiency comes success.

Ten Reasons we will run "FRESNO"

1. **YOU will love to play it**
2. **Keeps the game simple**
3. **Fans enjoy watching it**
4. **We will play a lot of players – everyone has a role which helps with team chemistry**
5. **Allows us to play with better teams**
6. **Fun to coach**
7. **With limited practice time WE can have great practices within that time**
8. **Avoids upsets when we are not shooting well**
9. **Score a lot of points**
10. **WINNING!!!**



WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

FRESNO

BASIC OFFENSIVE CONCEPTS, RULES and FUNDAMENTALS

1. **The number one priority in this offense is the physical conditioning of each and every athlete on the team. Each student-athletes's conditioning MUST be at OPTIMUM levels. The term H.I.T. (HIGH INTENSITY TRAINING) is an understatement to where we need to be when the season starts. Pre-season conditioning, EACH and EVERY individual session, and OPEN GYM sessions MUST be performed faster, harder, stronger and more intense than you have ever done before in your basketball career.**
   a. **Guards / Wings MUST be able to run a 6:00 min. mile.**
   b. **Post MUST be able to run a 6:30 mile.**
   c. **Point Guards MUST be able to dribble from ELBOW to ELBOW in 2.5 seconds.**
   d. **POST players MUST be able to sprint from RIM to RIM in 2.8 seconds.**
   e. **Wings MUST be able to sprint the wing from free throw line extended (beyond the three point line) to free throw line extended (beyond the three point line) in 2.5 seconds.**

2. **The second MOST important concept within this offense is that you MUST play HARD *EVERY POSSESION!!!* Because you WILL BE in OPTIMUM CONDITIONING and because you WILL be in better condition than our opponents, we will keep the pressure on by sending WAVES of players at them. You WILL NOT save ENERGY while you play. You will give everything you have EVERY possession and when you are tired substitutions will occur so that the INTENSITY LEVEL, SPEED, and PRESSURE is MAINTAINED at that OPTIMUM level.**

3. **SUBSTITUTIONS are based upon how HARD you PLAY!!! You will come out of the game because:**
   a. **You are tired and either the coaching staff recognizes this fact or you raise a fist to let us know that you need a breather.**
   b. **Or YOU are "DOGGING" it**
   c. **If you take your self out of a game because you are tired you can put your self back into the game when you are ready to give that OPTIMUM level we are talking about.**

4. **DEFENSIVE REBOUNDING.**
   a. **Paramount in the offensive system. If we don't have the ball we CANNOT RUN!!!!!**
   b. **MUST have a nose for the ball.**
   c. **EVERYONE MUST CRASH THE BOARDS!!!**
   d. **When blocking out you must IMPEDE progress.**
      (1) Split crotch of offensive player with leg and hip – impede progress – THEN go get the ball.
   e. **MUST REACT to the BALL ("NOSE for the BALL") – QUICKNESS!!!**



WOLVERINE
OFFENSIVE PHILOSOPHY CONT…
FRESNO

BASIC OFFENSIVE CONCEPTS, RULES and FUNDAMENTALS CONT…

5. Shot selection is EXTREMLY IMPORTANT.
- **a. ALL shots are 3's and LAYUPS to the RIM.**
  - **(1) The Three Point Shot will be a catch and shoot. ONLY the point guard can shoot a dribble pull up three point shot.**
- **b. READ the defense and you will know what to do – REAL SIMPLE.**
  - **(1) If your man plays up on you – go by your man and TAKE the ball to the rim for a layup and FOUL!!!**
    - **(a) If your man stops your penetration you can escape dribble out and reverse the ball or (if you are in the DROP ZONE – SEE DROP ZONE INFO) pick up your dribble and look to kick out to an open shooter.**
  - **(2) If your man plays off you – shoot the three!!!**
  - **(3) If you have NOTHING – REVERSE the BALL!!**

6. The POINT GUARD is MOST important in this offense.
- **a. They MUST push the ball at a full SPRINT to the RIM every single time down the offensive end.**
  - **(1) If your man stops your penetration in the DROP ZONE (see DROP ZONE CONCEPT) you MUST pick up your dribble and look to kick out to an open shooter.**
- **b. If the WINGS are open up ahead the ball MUST be passed.**
- **c. If you pass to the wings in the half court situation (after the wings "BOUNCED" back off the baseline to the wing) the POINT GUARD will make a HARD basket cut looking for the ball.**
- **d. If you pass to the wings in the half court situation on a "high lead" (by hash mark) the point guard will make a HARD cut to the ball side corner.**

7. TWO Point Guards (#1 & #5).
- **a. If the opponent scores, the CLOSEST POINT GUARD to the ball will take it out of bounds.**
- **b. The other POINT GUARD will go as far down court as the defense will allow for the in bound pass. If the defense pressures the point guard receiving the in bound pass, he MUST banana curl back to the ball for pass.**
- **c. Once the ball is inbound he MUST push the ball in his LANE up court. His LANE is the LANE LINE EXTENDED all the way up court. The INBOUND POINT GUARD will be in the opposite LANE LINE EXTENDED all the way up court.**
  - **(1) If the POINT GUARD w/ the ball passes to the wing in the FRONT court he will CUT to the basket and the opposite point guard will "DRAG" in behind him to fill his spot on ball side.**
  - **(2) If you pass to the wings in the half court situation on a "high lead" (by hash mark) the point guard will make a HARD cut to the ball side corner.**
  - **(3) If the POINT GUARD w/ the ball penetrates to the basket the opposite point guard will "DRAG" in behind him to fill his spot on ball side & spot up for a "kick out".**

8. When CUTTING:
- **a. <u>SPRINT</u> to your cut.**
- **b. Look for the "Basket" cut (or "face") first**
- **c. Look for the "BACKDOOR" cut second**
- **d. When an <u>AREA is vacated</u> (w/ a CUT) that AREA must be:**
  - **(1) <u>REPLACED</u> w/ a CUTTER or a dribbler.**
    - **(a) If a <u>dribbler and a cutter tries to fill the same spot</u> - <u>the cutter MUST go backdoor</u>.**



WOLVERINE
OFFENSIVE PHILOSOPHY CONT…
FRESNO

BASIC OFFENSIVE CONCEPTS, RULES and FUNDAMENTALS CONT…

9. TWO Wings (#2 & #3).

- **a. The two wings MUST sprint wide and HARD (in 2.5 sec.) in their LANES (down each sideline outside the 3 pt. line).**
- **b. If the ball is NOT passed to one of them by the time they reach the free throw line extended (outside the 3 pt. line) they MUST continue to sprint to the baseline then "BOUNCE" back up to the free throw line extended (outside the 3 pt. line) HIGH WING area looking for a catch and shoot opportunity.**
- **c. The wings may cut hard to the "high lead" area (hash mark) and receive a pass from the point guard.**
  - **(1) If the wing receives the pass on the "high lead" area he MUST wait until the point guard CUTS hard to the ball side corner. The wing MUST then attack the middle on the dribble right off the hip of the point guard cutting to the corner.**
    - **(a) He can attack the rim for a layup.**
    - **(b) He can "drop off" with the other point guard (the trailing point guard).**
    - **(c) He can kick out to either wing for a three point shot.**
- **d. If the ball is passed to them on the wing they have three options:**
  - **(1) If your man plays up on you – go by your man and TAKE the ball to the rim for a layup and FOUL!!!**
    - **(a) If your man stops penetration you can escape dribble out and reverse the ball or (if you are in the DROP ZONE – SEE DROP ZONE INFO) pick up dribble & look to kick to shooter.**
  - **(2) If your man plays off you – shoot the three!!!**
  - **(3) If you have NOTHING – REVERSE the BALL!!**
- **e. If the POINT GUARD is penetrating on your side:**
  - **(1) Fade to the corner looking for a catch and shoot opportunity off the "kick out".**
- **f. If the POINT GUARD is penetrating on the opposite side:**
  - **(1) Fill high to the weak side POINT guard (LANE LINE EXTENDED beyond the 3 pt. line) spot looking for a catch and shoot opportunity off the "kick out".**

10. POST (#4)

- **a. The POST player MUST be able to sprint from RIM to RIM in 2.8 seconds looking for a pass over the top for a layup.**
- **b. The POST man MUST try and beat his man down court EVERY single TIME!!**
- **c. If #4 does not receive the ball for a layup he will go to the WEAK SIDE soft spot.**
- **d. On any penetration the POST will "V" up / down the LANE looking for the "dish off" from the penetrator.**
- **e. Being opposite the ball, the #4 man will be in perfect offensive rebounding position if a shot is taken.**
  - **(1) #4 MUST learn to read ALL shooters tendencies, the flight of the ball, and how to "pin" their defensive man for rebounding purposes.**
  - **(2) THIS POSITION IS SO IMPORTANT. If #4 PLAYS HIS ROLE he will make a "living" off of "garbage" points (ie –offensive rebounds, dish off on penetration, etc…)**

11. The "DROP ZONE".

- **a. The "Drop Zone" is the area from the 1st FT lane line across the lane to about 4 ft. outside the lane on both sides of the lane.**
- **b. If the POINT GUARD has not beat his man (his shoulders past the defenders shoulders) by the time he reaches the "DROP ZONE" line he MUST pick up the dribble.**
  - **(1) He will use a 360 degree pivot looking for "kick outs" to score.**
  - **(2) When this happens the ball side wing who flared to the corner on the penetration will either:**
    - **(a) Come up to the high wing area if his defensive man is playing off of him looking for the "kick out" and a catch and shoot opportunity.**
    - **(b) If the defense is playing tight then the wing can go back door along the baseline for a layup to the rim.**

*** NOTE * A general RULE within this offense is: When things break down fill the 5 SPOTS on the floor and begin again.**

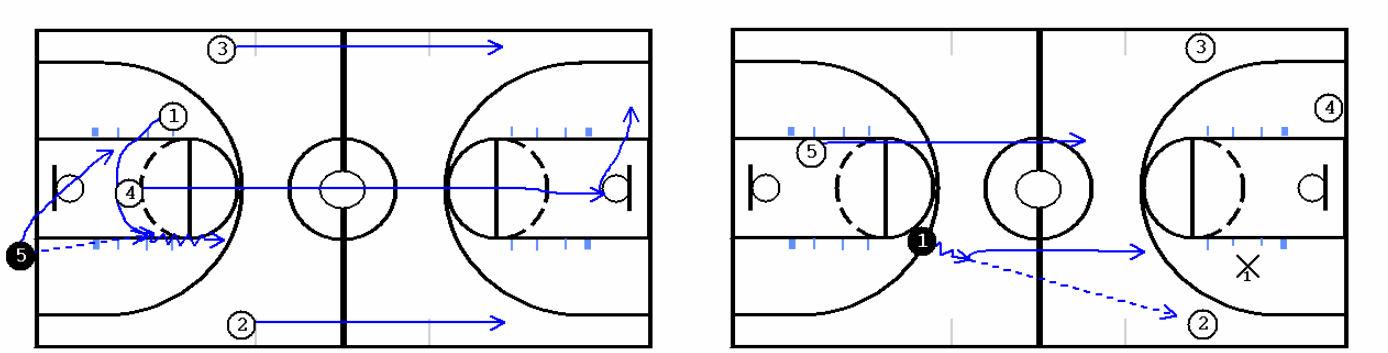
WOLVERINE

OFFENSIVE PHILOSOPHY CONT…

FRESNO

BASIC (1): Pass up to wing from back court / def. Playing off the WING

Step #1 **Step #2**



1. **#5 (In bounding Pt. Guard): The closest point guard to the ball.**

2. **#4 (POST): MUST sprint (beat his man) rim to rim EVERY possession in 2.8 sec. If he does not receive a pass over the top he will go weak side SOFT SPOT.**

3. **#2 & #3 (WINGS): MUST Sprint wide to FT line extended looking for the ball (in 2.5 sec.)**

4. **#1 (POINT GUARD): Will "banana curl" for inbound pass as far up court as the defense allows. He must first look up court to see if wings are open – if so, MUST pass up court to wing.**

5. **#5 (In bounding Pt. Guard): After in bounding the ball, #5 will sprint his lane (opposite ball LANE LINE extended) to 3 pt. line.**

6. **When #1 passes to #2 from the backcourt, #1 will sprint his lane and "DRAG" in behind to the 3 pt. line on ball side. #2 has 3 options once he receives the ball. In step #2 the defensive player is playing off #2. If this occurs #2 MUST shoot the 3 pt. shot. When the shot is taken #4 MUST watch the flight of the ball, anticipate where it will miss (IF it misses) placing himself in perfect rebounding position. #3 Will also come from the weak side and read / react to the rebound. #2 will follow his shot and the two POINT GUARDS will stay back for defensive balance.**

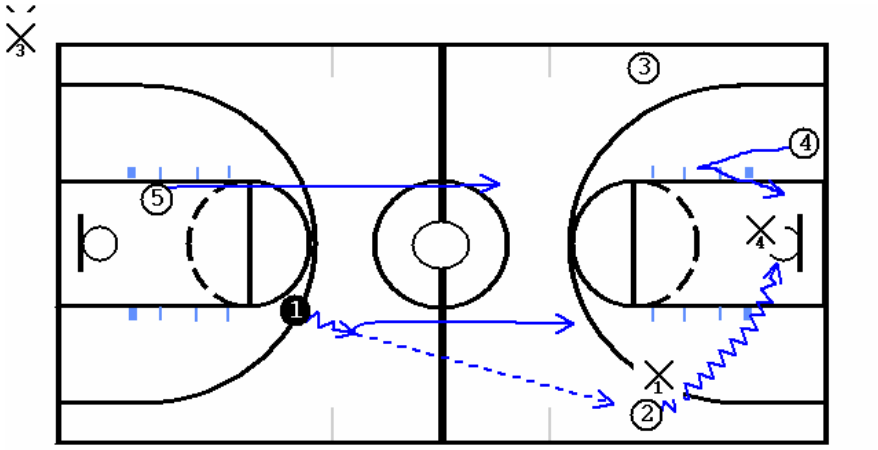


WOLVERINE

OFFENSIVE PHILOSOPHY CONT…

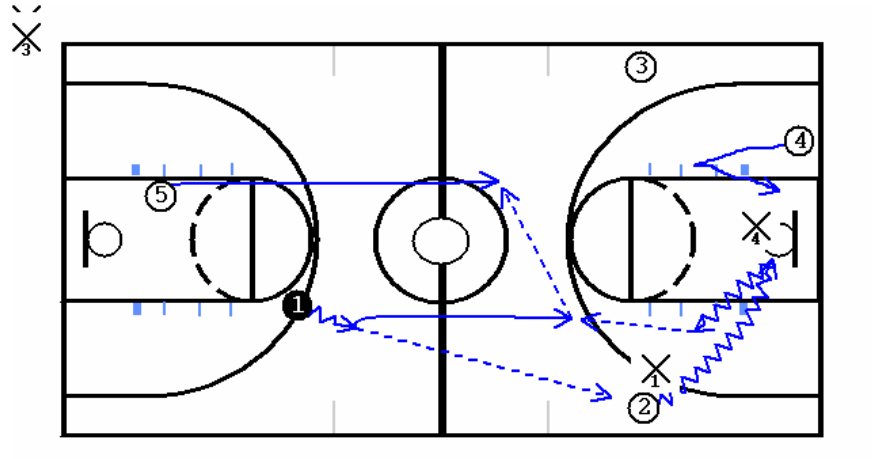
FRESNO

BASIC (2): Pass up to wing from back court / def. Playing TIGHT on the WING



1. **The def. Guarding #2 plays up tight when he receives the ball: #3 MUST drive to the RIM!!**
2. **#4's defensive man is playing help side and could come over to help on #2. #4 MUST "V" up the lane to an open spot at about the second lane line then to the basket looking for the "dish off" to him from #2.**
3. **IF #2 is stopped on the drive by his man then he will pick up the ball in the drop zone and reverse the ball (SEE next FRAME).**

BASIC (3): Pass up to wing from back court / def. Playing TIGHT on the WING / defense stops DRIVE



ONE…

Team, Game, Goal, Direction…

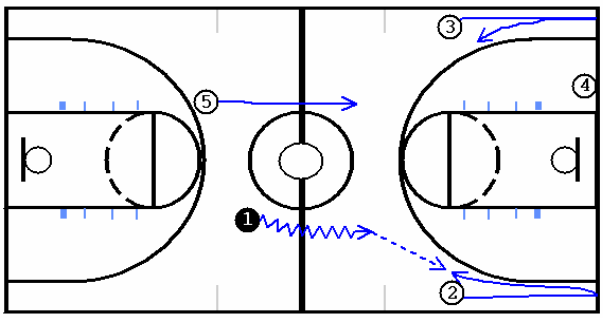
TOGETHER!

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

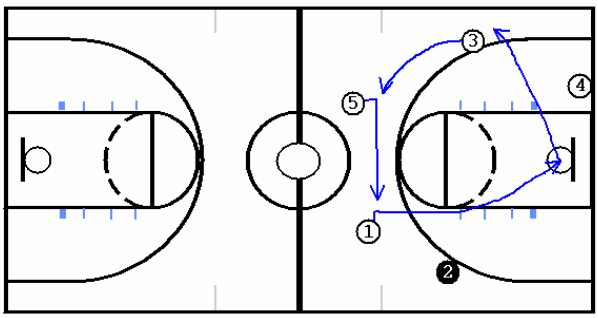
FRESNO

BASIC (4): Pass up to wing from FRONT COURT

Step #1



Step #2



1. **#1 Passes to the wing in the FRONT COURT. After the pass he will make a HARD SPRINT BASKET CUT looking for the return pass (Give and Go). #1 will then sprint out of the lane to the weak side wing position.**

2. **#5 (Inbound Pt Guard): He will "Drag" in behind #1 filling his spot ball side 3 pt line (LANE LINE EXTENDED).**

3. **#2 & #3 sprints their lanes and if they do not receive the ball by the time they reach the FT line extended they MUST continue on to the baseline then "BOUNCE" back up to the FT line extended.**

4. **#3 FILLS high the vacated #5 spot (weak side 3 pt. line LANE LINE EXTENDED).**

5. **#2 still has 3 OPTIONS**
   a. **DRIVE to the basket if he is guarded tightly.**
   b. **Shoot the three if he is softly guarded.**
   c. **Reverse the ball.**

6. **#4 reads the ball. If the ball is driven to the basket he will "V" up the lane then back down to the basket on the weak side.**



WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

FRESNO

BASIC (5): Pass up to wing from FRONT COURT to the "HIGH LEAD" area

Diagram One

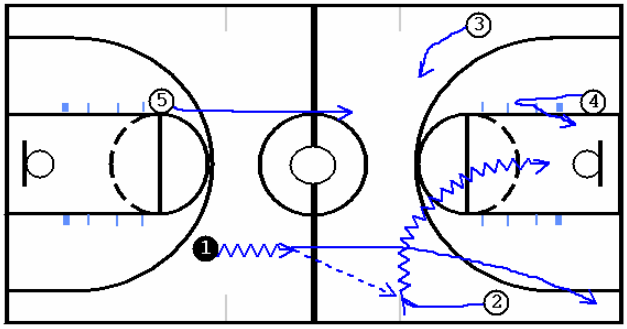
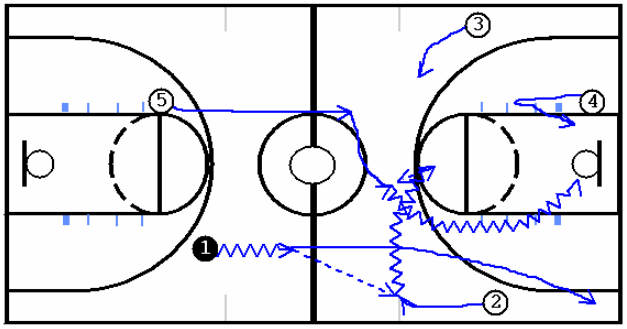


Diagram Two



1. **In Diagram One, #1 Passes to the wing (#2) in the FRONT COURT "HIGH LEAD" area.**
2. **After the pass he will make a HARD SPRINT CUT to ball side corner.**
3. **#2 then MUST wait until the point guard CUTS hard past him to the ball side corner. Once this occurs the wing MUST then attack the middle on the dribble right off the hip of the point guard cutting.**
4. **In Diagram One, #2 attacks the rim for a layup. He can also "dump down" to #4 for a layup, or he can "kick out" to #3, #5, or #1 for three point shots.**
5. **In Diagram Two, #2 can also "drop off" to the trailing point guard (#5) (SEE HIGH LEAD OPTIONS in the FRESNO HALF COURT OPTIONS / SETS).**

ONE…
team, game, goal, direction…
TOGETHER!

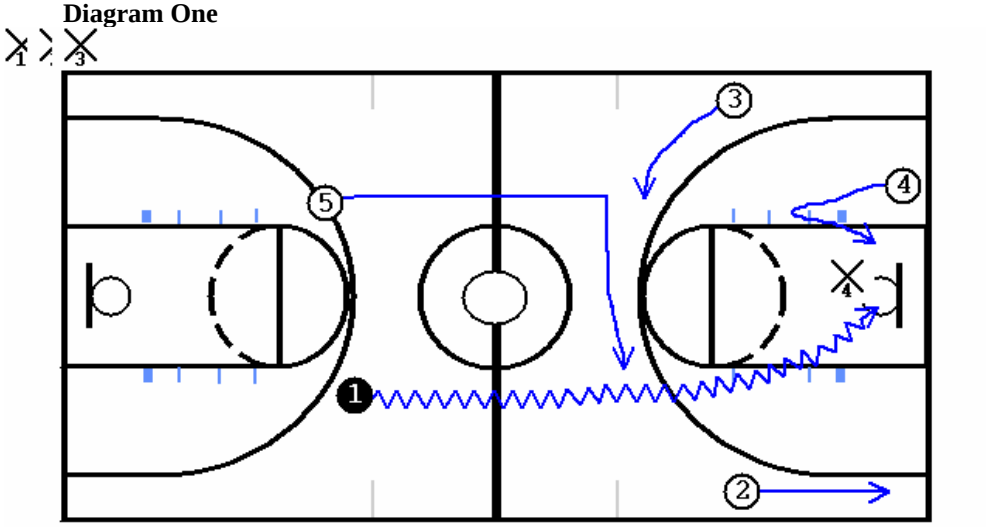
WOLVERINE

OFFENSIVE PHILOSOPHY CONT…

FRESNO

BASIC (6): Point Guard drive to the Basket

Diagram One



1. **#1, IF he cannot pass up court, MUST drive the ball to the BASKET at FULL SPEED!**

2. **Once #1 breaks the 3 pt. line #2 will fade to the ball side corner spotting up for a "kick out" for a 3 pt. shot.**

3. **#3 will come HIGH 3 pt line (LANE LINE EXTENDED) spotting up for a "kick out" for a 3 pt. shot.**

4. **#4 reads the ball. Once the ball is driven to the basket he will "V" up the lane then back down to the basket on the weak side.**

5. **#5 (Inbound Pt Guard): He will "Drag" in behind #1 filling his spot ball side 3 pt line (LANE LINE EXTENDED) spotting up for a "kick back" for a 3 pt. shot.**

6. **#1 MUST read the situation. HIS goal is to take the ball to the RIM BUT he must READ the defense.**
   a. **If he beats his man BUT X2 (#2's def. Man) helps up to stop #1's penetration then #1 MUST kick to #2 for the 3 pt. shot.**
   b. **If he beats his man BUT X4 helps over to stop penetration then #1 MUST "dish" down to #4 for a layup.**
   c. **If he beats his man BUT X4 helps over to stop penetration & X3 drops down to cover #4 then #1 MUST kick to #3 for the 3 pt. shot.**
   d. **If he beats his man BUT X5 (Inbound Pt. Guards man) sags into the paint to help on the penetration or interior passes # 1 MUST "kick back" to #5 "DRAGGING" in behind the penetrating #1's vacated spot for a 3 pt. shot.**
   e. **SEE NEXT FRAMES for #6a-6d.**

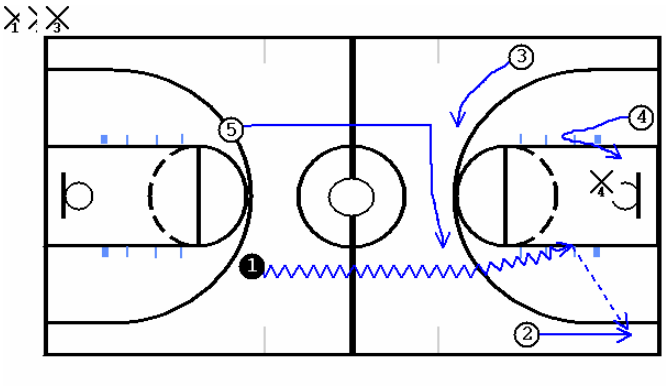


WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

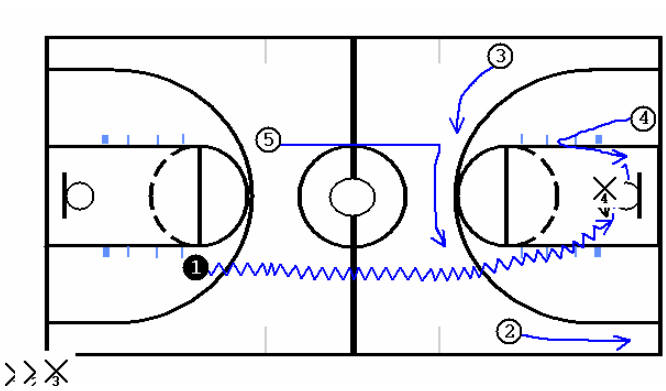
FRESNO

BASIC (7) Point Guard Drive to the Basket kick to the #2

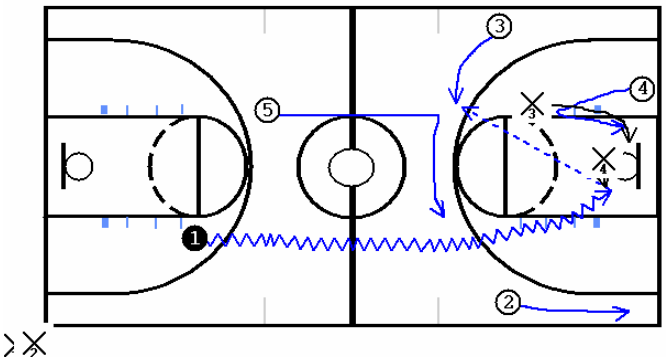
6a Frame (from above)



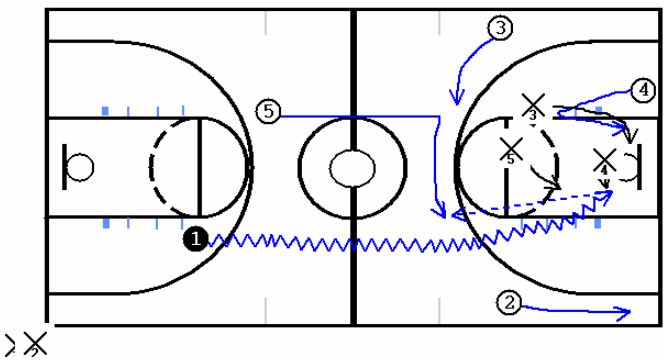
6b Frame (from above)



6c Frame (from above)



6d Frame (from above)



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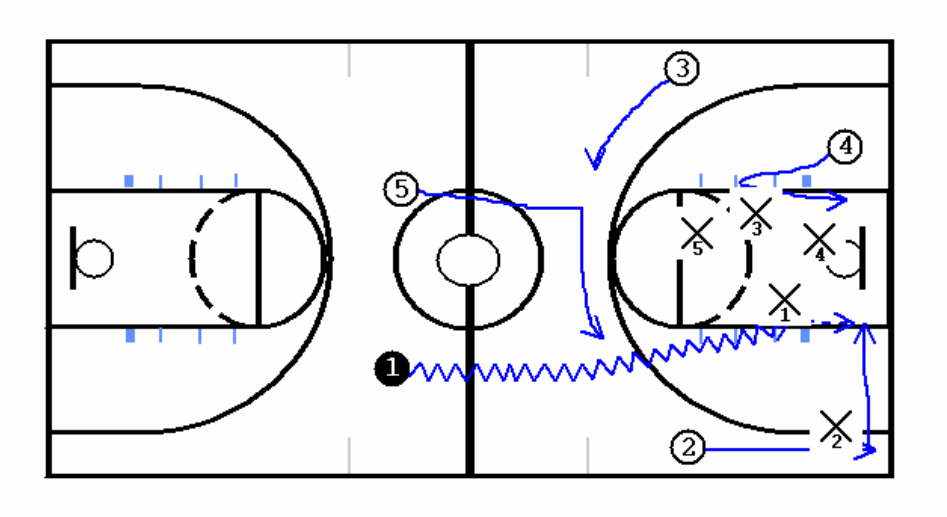
Team, Game, Goal, Direction...
TOGETHER!

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

FRESNO

BASIC (8) Point GUARD in DROP ZONE



1. The "DROP ZONE".

a. The "Drop Zone" is the area from the 1st FT lane line across the lane to about 4 ft. outside the lane on both sides of the lane.

b. If the POINT GUARD has not beaten his man (his shoulders past the defenders shoulders) by the time he reaches the "DROP ZONE" line he MUST pick up the dribble.

(1) He will use a 360 degree pivot looking for "kick outs" to score.

(2) When this happens the ball side wing that flared to the corner on the penetration will either:

(a) Come up to the high wing area if his defensive man is playing off of him looking for the "kick out" and a catch and shoot opportunity.

(b) If the defense is playing tight then the wing can go back door along the baseline for a layup to the rim.





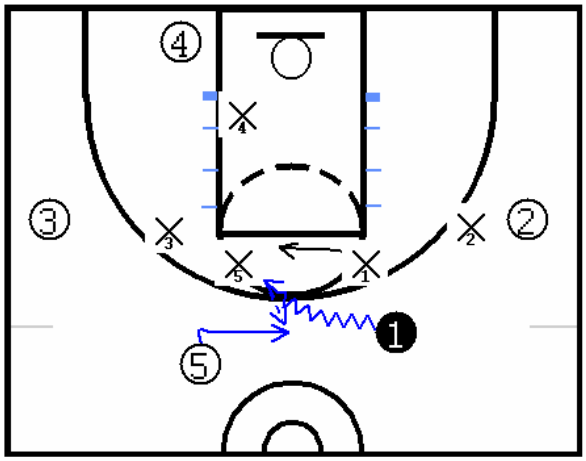
FRESNO HALF COURT OPTIONS / SETS

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

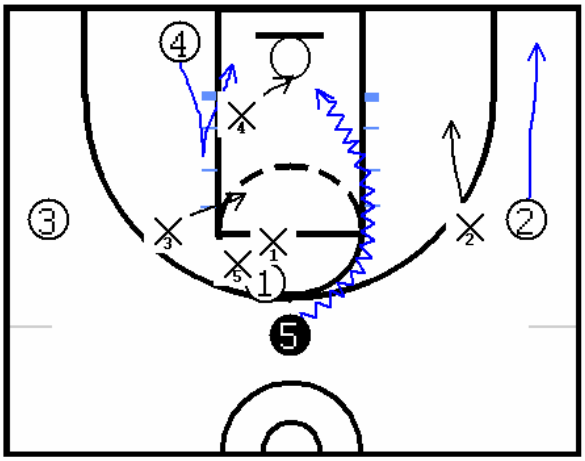
FRESNO
HALF COURT OPTIONS / SETS

DROP OFF

Step #1



Step #2



1. **In step #1: Pt. Guard #1 will drive middle towards X5 (Inbound Pt. Guard's man). As this occurs, #5 comes in behind the drive and receives a "drop off" pass off the dribble from #1. Depending how the defense is playing #5 can drive to the basket (as in step #2) – in this instance on the drive #2 fades to the corner, #4 will "V" up, and #1 is basically setting a screen on two men (X1 & X5).**

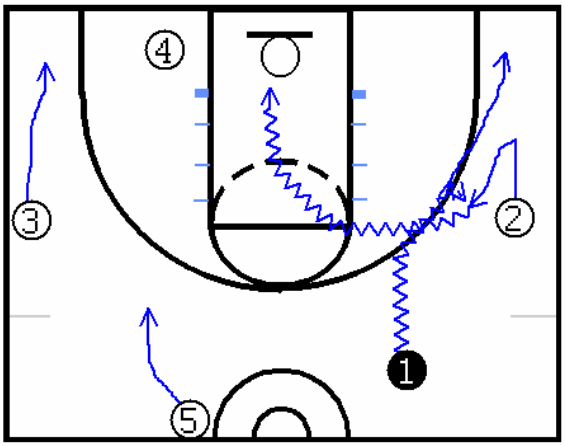
2. **If the defense plays off on the "drop off" pass, then #5 can pull up for a three point shot.**

ONE...
Team, Game, Goal, Direction...
TOGETHER!

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

FRESNO
HALF COURT OPTIONS / SETS

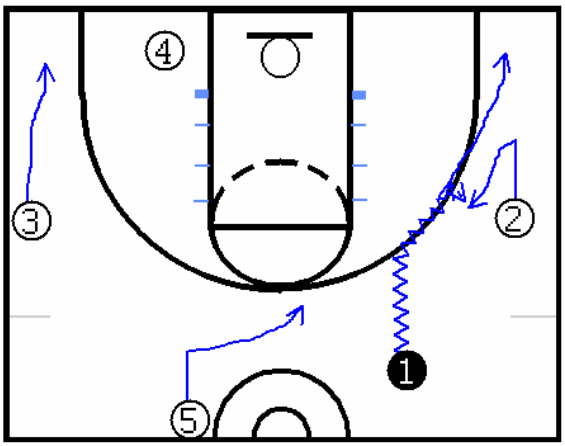
WING DROP



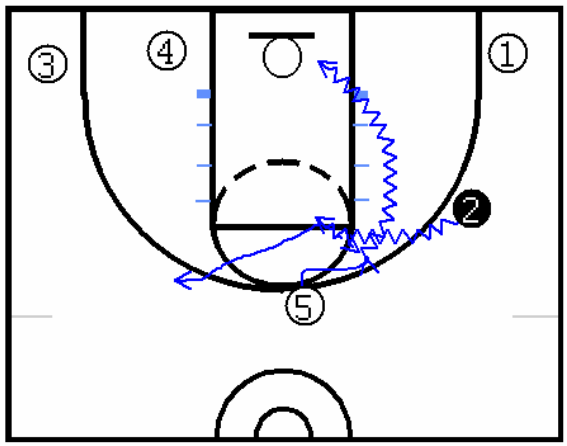
1. **#1 will drive hard toward the basket but will veer toward #2. #2 will V-CUT then comes in behind the drive and receives a "drop off" pass off the dribble from #1. Depending how the defense is playing #5 can drive to the basket down the middle or pull up for a three point shot. #1 & #3 will then fade to the corner spotting up for a "kick out" pass for a three. #5 will fade to the weak side top for a "kick out" pass for a three.**

WING DROP WEAVE

Step One



Step Two

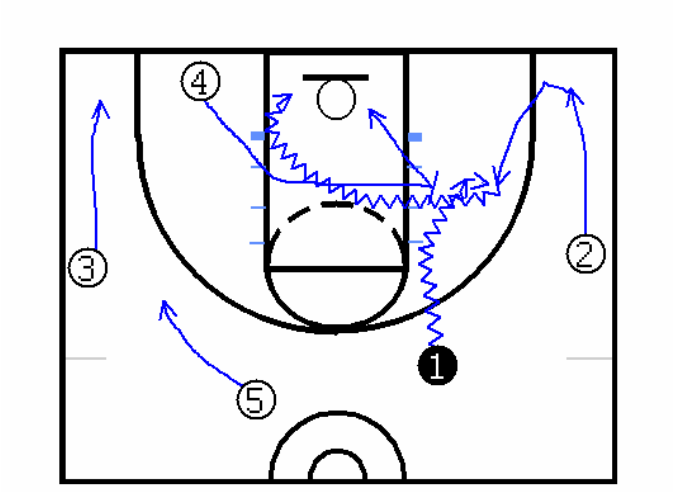




WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

FRESNO
HALF COURT OPTIONS / SETS

WING DROP "FIST"



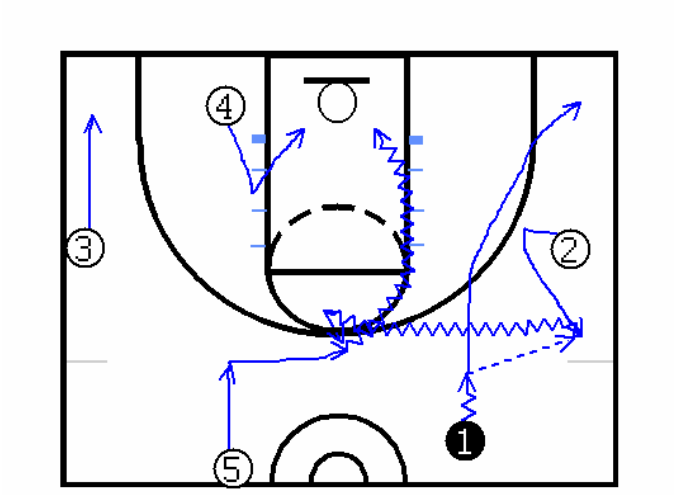
1. **#2 & #3 fade to the corner. #1 drives at #2.**
2. **#1 dribble hand off to #2.**
3. **#4 comes up and times it so when #2 receives the ball #4 sets a ball screen for #2 then rolls.**

ONE…
team, game, goal, direction..
TOGETHER!

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

FRESNO
HALF COURT OPTIONS / SETS

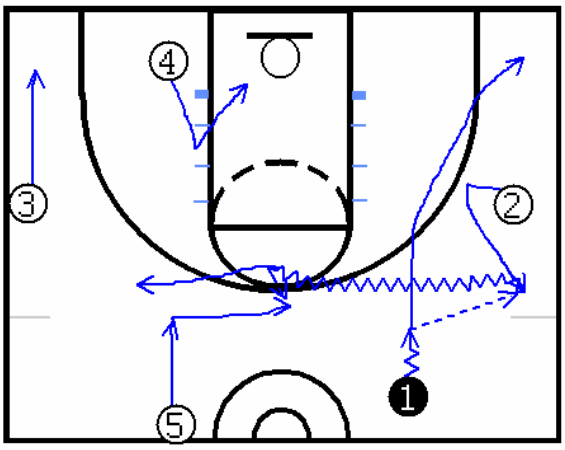
HIGH LEAD DROP



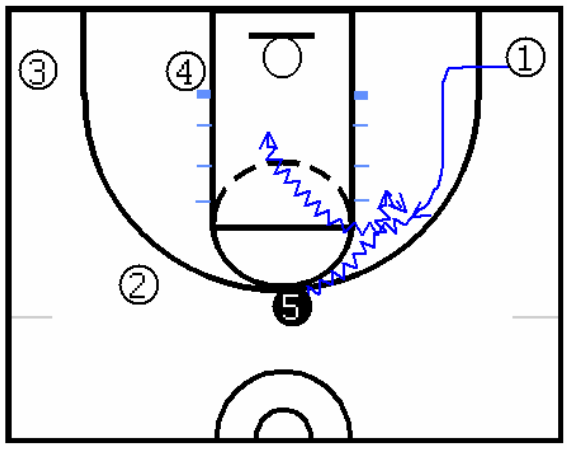
1. **#2 "pops" to the "high lead" area (hash mark) and receives a pass from #1 (point guard). #1 then cuts HARD to the ball side corner. #2 will dribble middle HARD right off #1's butt. #2 will make a "drop off" pass to #5. #5 can drive, shoot, pass to #1 in ball side corner, pass to #3 in weak side corner, or "dump down" to #4 for a lay up.**

HIGH LEAD WEAVE DROP

Step One



Step Two

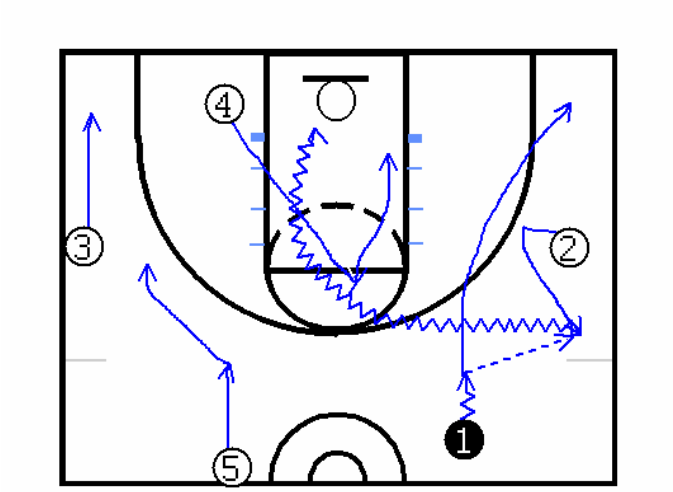


1. **#2 "pops" to the "high lead" area (hash mark) and receives a pass from #1 (point guard). #1 then cuts HARD to the ball side corner. #2 will dribble middle HARD right off #1's butt. #2 will make a "drop off" pass to #5. #5 tries and turns the corner to drive BUT will make a "drop off" pass to #1 coming middle. #1 can score, pass to #2 or #3 for a three point shot or he can "dump down" to #4 for a lay up.**

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

FRESNO
HALF COURT OPTIONS / SETS

HIGH LEAD "FIST"



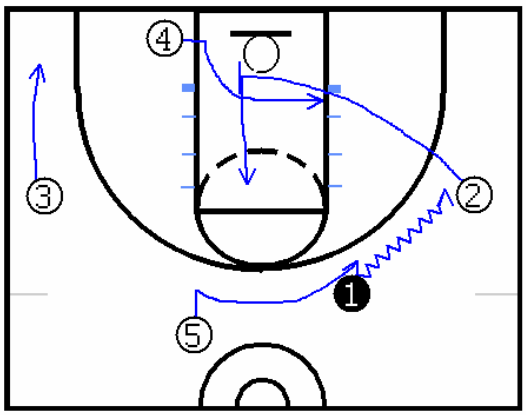
1. **#2 "pops" to the "high lead" area (hash mark) and receives a pass from #1 (point guard). #1 then cuts HARD to the ball side corner. #2 will dribble middle HARD right off #1's butt. #4 will cut HARD to the FT line area for a pick and roll with #2. #3 fades to corner, #5 (point guard) flares to high wing, and #1 reads to see where open spot is for a "kick out".**

ONE…
team, game, goal, direction…
TOGETHER!

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

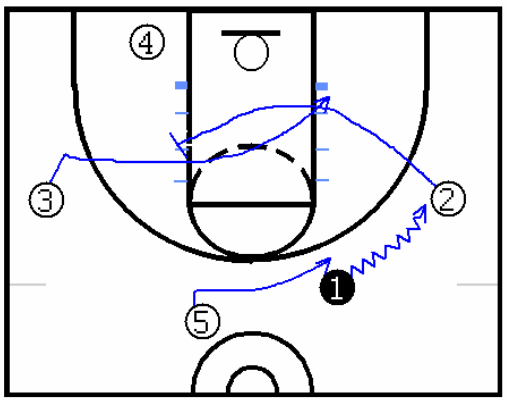
FRESNO
HALF COURT OPTIONS / SETS CONT…

24 or 34 SET (depending side)



1. **#1 dribbles the WING (#2) out.**
2. **#5 "drags" in behind #1 filling his spot on ball side.**
3. **#2 sets a screen on #4's man bringing him to the ball side block for a post up opportunity.**
4. **After #2 sets a screen he will come high looking for a pass from #1. If the pass is made to #2 he will drive hard to the left side of the court to the RIM. #4 will clear out to the opposite corner.**
5. **On the drive #3 will fade to the corner spotting up for a "kick out" for a 3 pt. shot.**
7. **If there is no immediate play then #2 pops up to guard spot lane line extended 3 pt. line opposite the ball. #4 goes weak side soft spot, and now the ball can be reversed.**

23 or 32 SET (depending on side)



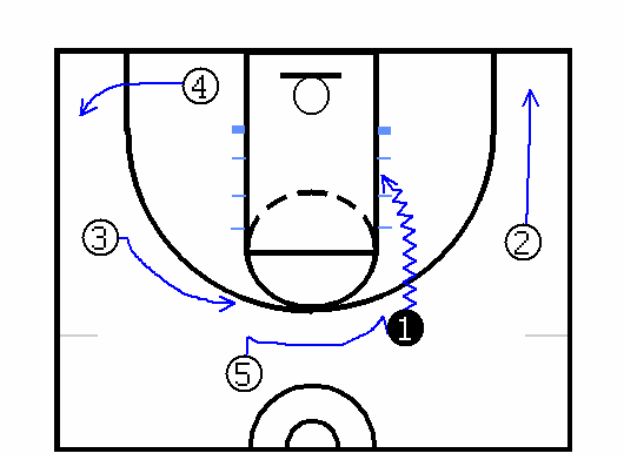
1. **SAME as ABOVE #'s 1 & 2.**
2. **#2 sets a screen for 33 for a shuffle cut across the paint looking for a quick layup.**



WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

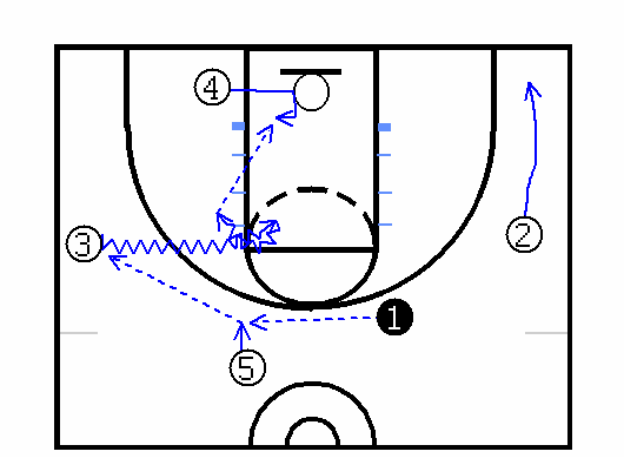
FRESNO
HALF COURT OPTIONS / SETS CONT…

NASH



1. **This set is when we invert our point guard and our post.**
2. **The point guard penetrates and stops in the "DROP ZONE" if he cannot go to the rim.**
3. **On the penetration #4 clears out to the weak side corner.**
4. **#3 comes high.**
5. **#5 fills in behind #1 on the penetration.**
6. **#1 now has 4 out as options to "kick out" for a three point shot.**

POST



1. **The ball is reversed to #3.**
2. **When the ball is reversed #4 would normally go baseline to the opposite soft spot.**
3. **When #3 drives middle #4 will start to go baseline.**
4. **When #3 gets to about the elbow he will reverse pivot. At the same time #4 will "LEG WHIPS" his defender, sits down and pins him under the rim.**
5. **#3 passes inside to the post for a score.**



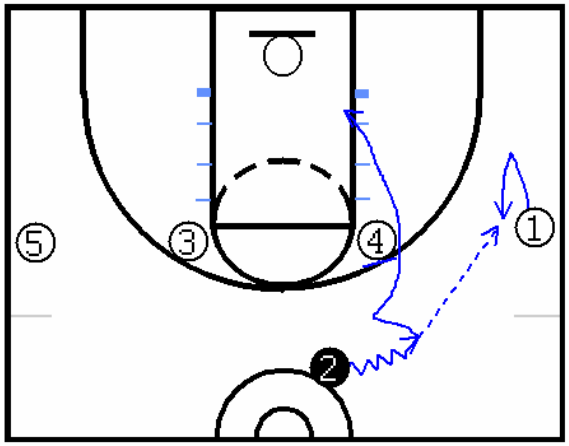
POWER SERIES
SET OFFENSE

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

POWER SERIES SET OFFENSE

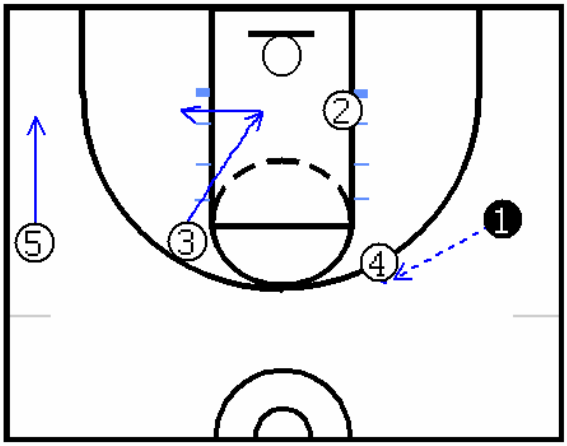
POWER #1

Step One



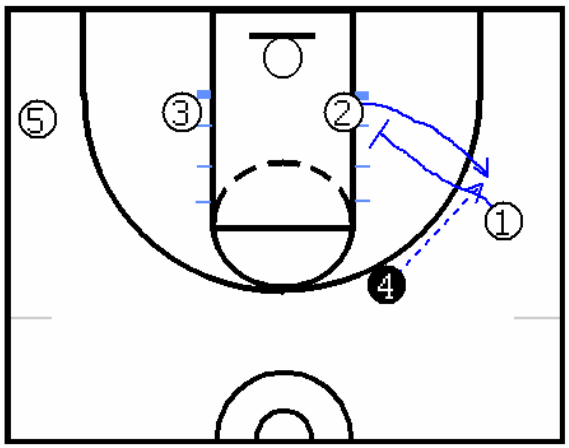
In Step One, #2 will pass to #1 on the wing and UCLA cut off of #4 to the POST. #2 will POST up.

Step Two



In Step Two, #4 will step out to receive a pass from #1. Once #4 receives the pass #3 cuts to the basket and looks to pin his man under the hoop for a pass and layup. If #3 does not receive a pass he will vacate to weak side block. #5 (point guard) fades to weak side corner.

Step Three



In Step Three, #1 down screens for #2 for a shot.

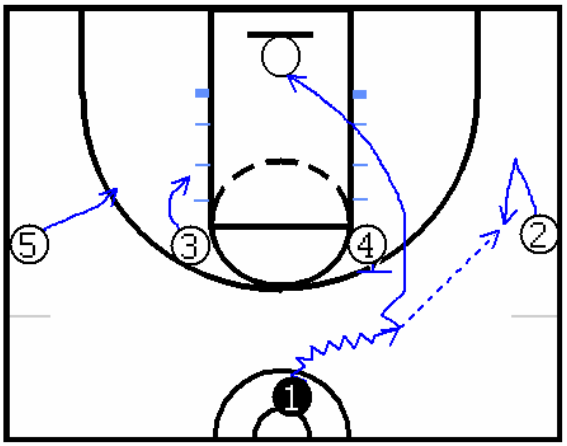
ONE…
team, game, goal, direction…
TOGETHER!

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

POWER SERIES SET OFFENSE

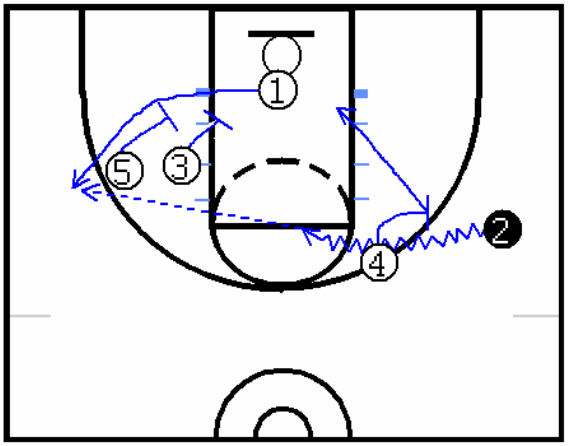
POWER #2

Step One



In Step One, #1 will pass to #2 on the wing and UCLA cut off of #4 to the basket. #3 & #5 (point Guard) steps toward the weak side lane.

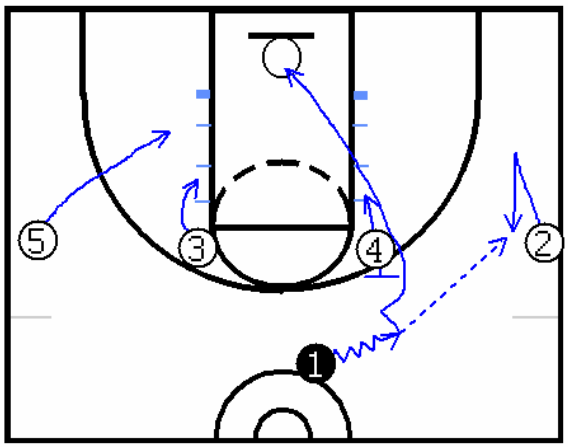
Step Two



In Step Two, #4 sets a ball screen for #2 and then rolls to the basket. #3 & #5 sets a double screen For #1 for a three point shot.

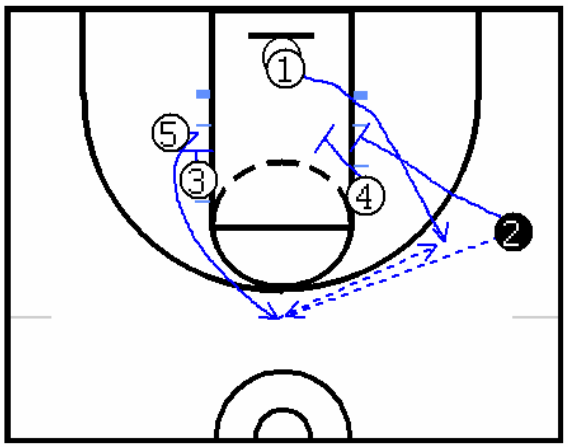
POWER #3

Step One



In Step One, #1 will pass to #2 on the wing and UCLA cut off of #4 to the basket. #3 & #5 (point Guard) steps toward the weak side lane.

Step Two



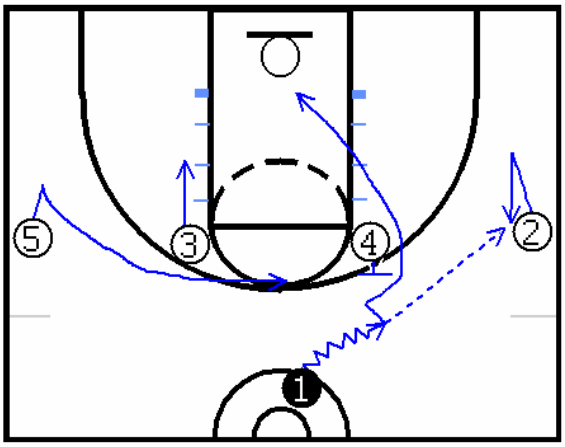
In Step Two, #3 sets a screen for #5 (point guard) coming to the top of the key for a pass from #2. #4 & # 2 will set a double screen for #1 coming Back to strong side for a three point shot.

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

POWER SERIES SET OFFENSE

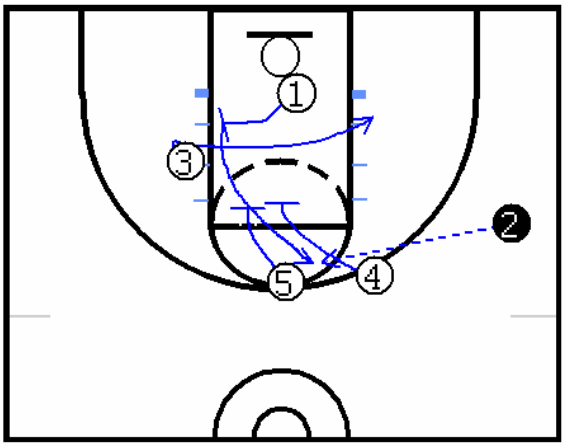
POWER #4

Step One



In Step One, #1 will pass to #2 on the wing and UCLA cut off of #4 to the basket. #3 drops to the mid-post area. #5 (point guard) flashes to the top of the key.

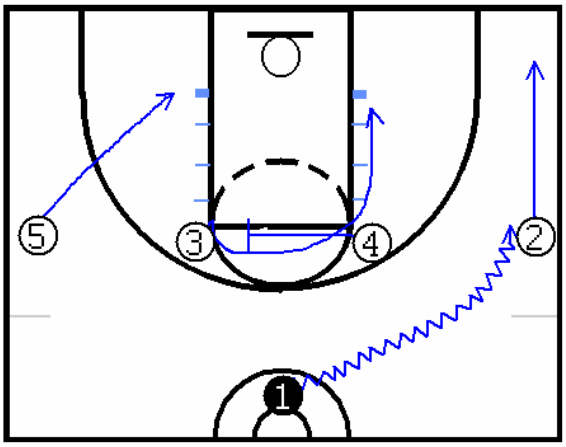
Step Two



In Step Two, #1 sets a cross screen for #3 coming to the block to post up. #5 & #4 sets a double screen for #1 coming up for a shot.

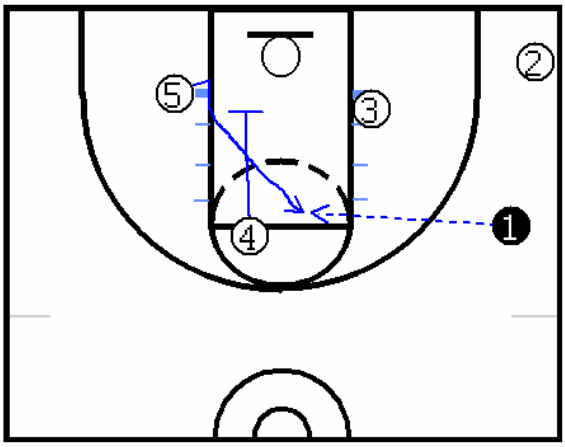
POWER #5

Step One



In Step One, #1 dribbles to the right wing and clears #2 to the ball side corner. #4 sets a shuffle cut screen for #3 bringing him to the ball side block. #5 cuts to weak side soft spot.

Step Two



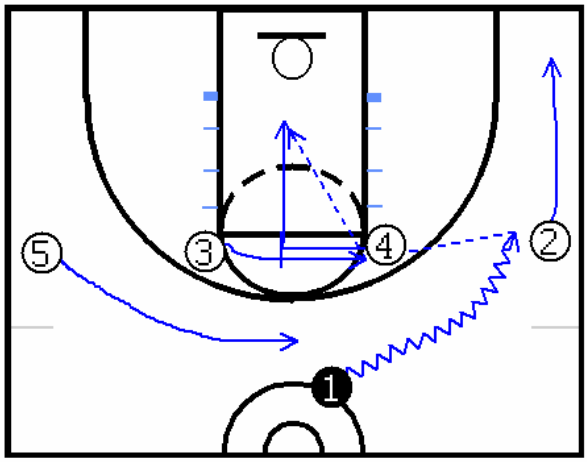
In Step Two, #4 sets a down screen for #5 (point guard) coming to the FT line for a shot.

WOLVERINE
OFFENSIVE PHILOSOPHY CONT…

POWER SERIES SET OFFENSE

POWER #43 (OPTION 1)

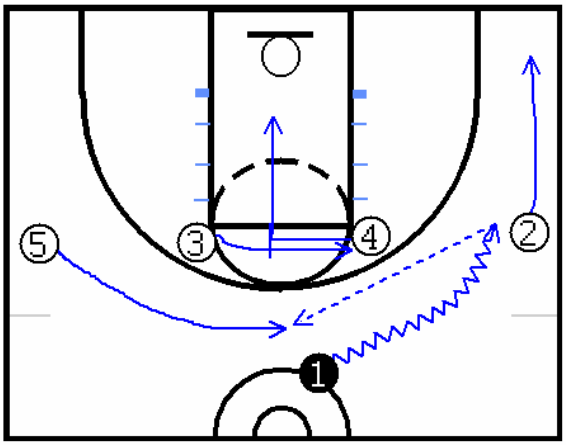
Step One



In Step One, #1 dribbles to the right wing and clears #2 to the ball side corner. #4 sets a shuffle cut screen for #3 bringing him to the ball side elbow for a pass from #1. #4 rolls to the basket after screen and looks for a high low pass from #3. #5 flashes up to high top of key for balance.

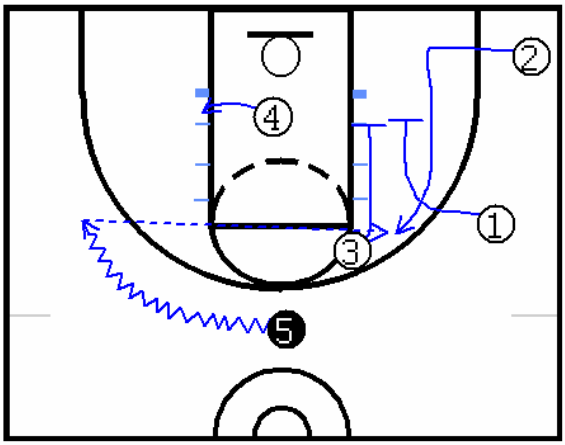
POWER #43 (OPTION 2)

Step One



In Step One, #1 dribbles to the right wing and clears #2 to the ball side corner. #4 sets a shuffle cut screen for #3 bringing him to the ball side elbow. #4 rolls to the basket after screen. #5 flashes up to high top of key for a pass from #1.

Step Two



In Step Two, #5 (point guard dribbles to the left wing as #4 goes to ball side block. #3 & #1 sets a double screen for #2 coming up to the right elbow for a shot.



DELAY SERIES

DELAY SERIES

Control the Tempo and Control the Clock

We will be confronted with game situations that require us to control the tempo and work the clock. It has been our experience that the term delay game is often a misnomer. In reality delay games are not meant to delay or stall the ball, but to work the clock to the advantage of the team in the lead.

Define the Goal of Your Delay Game

What is our ultimate goal in our DELAY SERIES? In most cases it will be to take as much time of the clock as the defense allows with the last shot being a wide open lay-up or drawing a foul by the defense with free throws. In the last minute of a game with more than a 3 points per 30 second possession lead we will "ice" the ball and wait for the defense to foul. While it is most useful to use delay games with a lead late in games we will not limit our team to using delay games at the end of a quarter or half. There will be times when we go to one of our DELAY SERIES offenses so to re-focus our TEAM while making the defense guard us for a period of time, take control of game tempo or deflate an over aggressive pressing teams. Other opportunities in which we will employ our DELAY SERIES are as follows:

- To spread the floor and reduce the effectiveness of teams that play very hard aggressive deny man-to-man defense.
- Against teams that are athletic but not fundamentally sound in their individual defensive technique.
- When we are in foul trouble and want to protect our players from fouling out by working the clock to reduce the amount of time they must play on the defensive end of the court.
- When we are facing a team athletically superior who excel in an up-tempo game.

Teaching Points of Emphasis

If we expect our delay game to be effective we must be able to execute fundamentals critical to all delay games. These include:

- All players must come hard to meet any pass.
- Whenever you receive a pass square up hard and into the defender to avoid being bellied-up by the aggressive defense.
- Any overplay by a defender is an automatic backdoor cut.
- On any backdoor cut a teammate must come back to replace the hole created by the backdoor.
- When a teammate is in trouble, take your player two hard steps away from the ball and sprint back to provide a pressure release pass for that teammate.
- Avoid receiving a pass near the half court line, baseline, or corners of the court.
- Maintain good spacing of all five players on the offense to reduce double teams and improve passing angles and options. Normally 15-18 feet is a good distance to maintain because it allows space for cuts and makes it difficult to double the ball without leaving an open man.
- Keep the ball off the floor unless all your teammates are denied the ball. Then only use dribble penetration for a lay-up or to draw a second defender opening up a passing lane.
- Keep the ball in the hands of your best free throw shooters and ball handlers. If you need big men in the game for rebounding and defense but they are poor ball handlers freeze them out of the delay game.



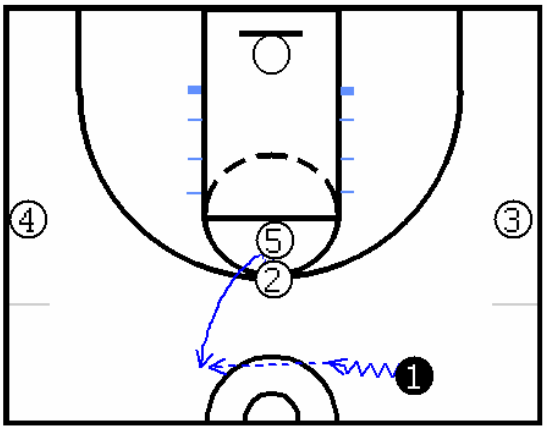
DELAY SERIES

TRIANGLE

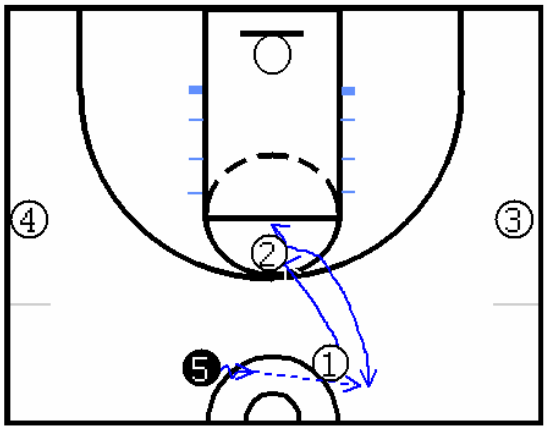
The Triangle Delay set uses 3 good ball handlers and creates difficult cutting and screening situations for the defense to handle. The initial alignment has #1 (pt. guard) on the right side high top (near the edge of the center circle). #5 (pt. guard) and #2 sets up in a stack the high post area between the FT line and the top of the key (middle). Your #4 (POST) and #3 (Wing) (or players you do not want handling the ball) are placed on the wings, staying above the free throw line extended.

#1 (pt. guard) starts the action by passing to #5 (pt. guard) coming out of the stack. On the pass to #5 (pt. guard), #1 (pt. guard) will screen for #2. #2 pops out and #1 replaces #2 at the high post. #5 can pass to #2 or hit the wing. If #5 passes to #2, he now screens down for #1 in the high post. #1 pops out and #2 can hit #1 off the screen or pass to the wing.

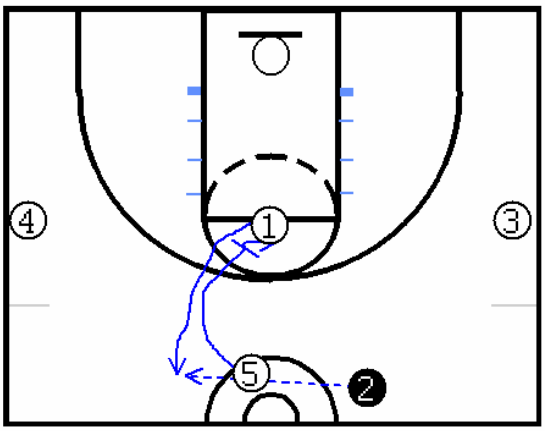
Step One



Step Two



Step Three



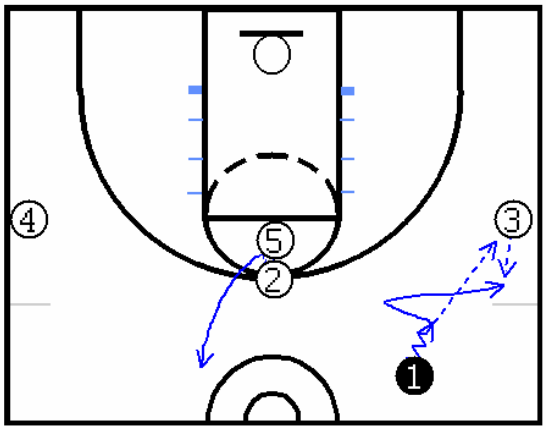
DELAY SERIES

TRIANGLE CONT…

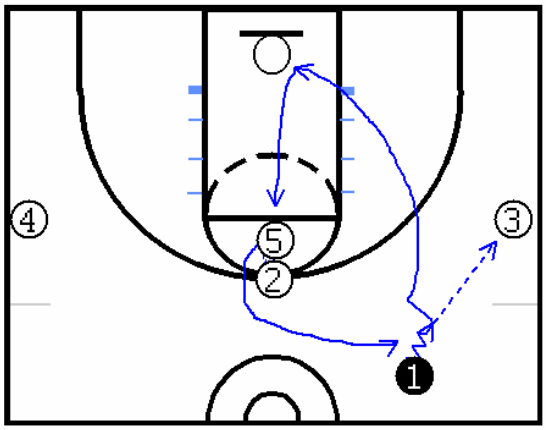
Anytime the ball is passed to the wing, the passer can:

- Come back to the ball and receive a return pass and start triangle again ***(Step One A).***
- Basket cut quickly while the other guards screen and pop open for a pass back from the wing ***(Step One B).***
- Screen down for the guard in high post area ***(Step One C).***

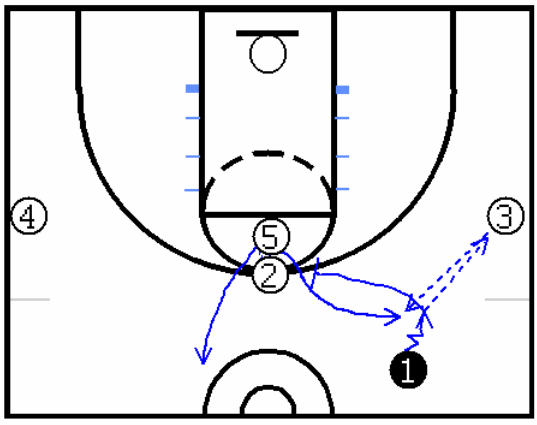
Step One A



Step One B



Step One C



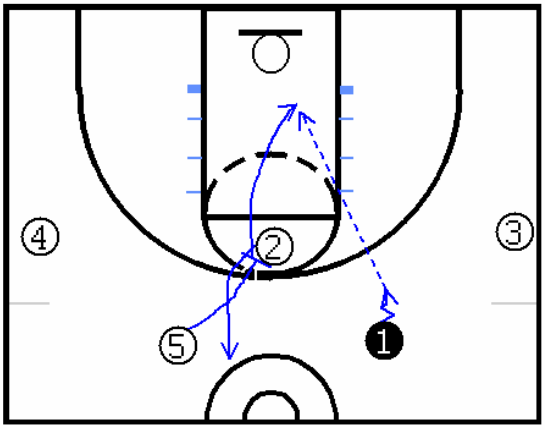
DELAY SERIES

TRIANGLE CONT…

After repeating the standard TRIANGLE pattern a few times, the defense will begin to adjust and attempt to overplay the cut. One option available is for the screener to slip to the basket after screening.

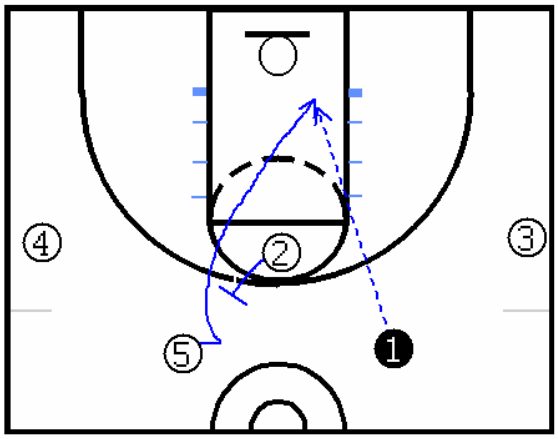
Here, #5 (pt. guard) makes a cut to the basket after screening for #2. If #5 is not open, he quickly gets into the high post and the pattern continues.

Step One



Another option available is to back screen instead of down screen. Here, #2 passes to #1 and gets a back screen from #5. #1 can hit #2 if open for the lay-up.

Step One





DELAY SERIES

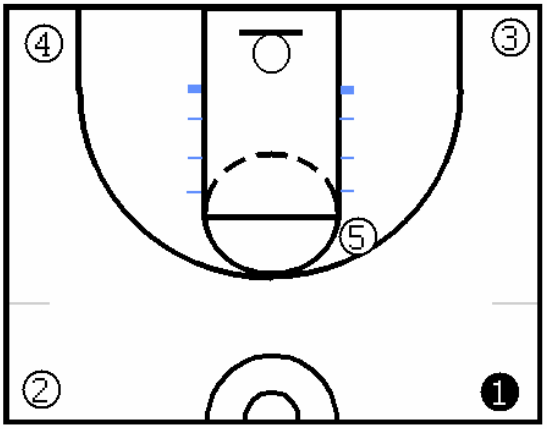
CAROLINA

This offensive half-court set is used when we want to stall and take time off the clock, control tempo, when we want to go for a last shot, or when we want to go for only a good, high percentage shot.

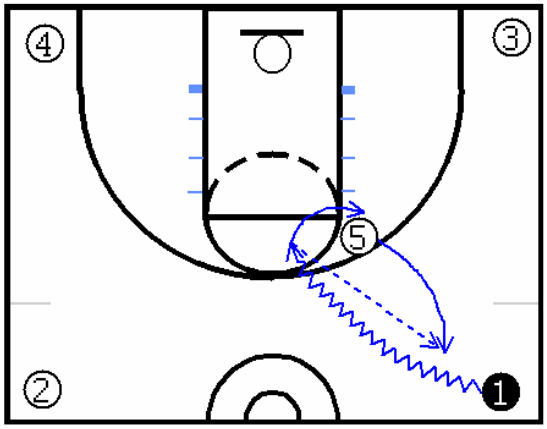
Also, if we have the lead and the opponent changes to zone defense, this can also be a counter strategy to get the zone defense to come out and play man-to-man. We will hold the ball until they come out of their zone (depending upon the game situation at the time).

See the diagram below. In Carolina we will use a basic "4-corner" setup with #3 (Wing) in the bottom right corner, #4 (POST) in the bottom left corner, #1 (Point Guard) with the ball in the right top corner, #2 (Wing) in the left top corner, #5 (Point Guard) between the elbow and three point line on the right side. #1 (Point Guard) can just hold the ball until challenged by a defender or is free to dribble at the top until someone guards him ***(Step One A).*** If guarded he can dribble-penetrate the middle of the box (toward the left) ***(Step One B)*** or the wing (toward the right) ***(Step One C)*** until he is stopped. As the defender picks him up or the double team comes, #1 should quickly dish the ball off to #5 (Point Guard) popping (in the opposite direction) up to replace #1 in the top right corner ***(see all steps)***. If he is not open he can also pass to one of the four corner players

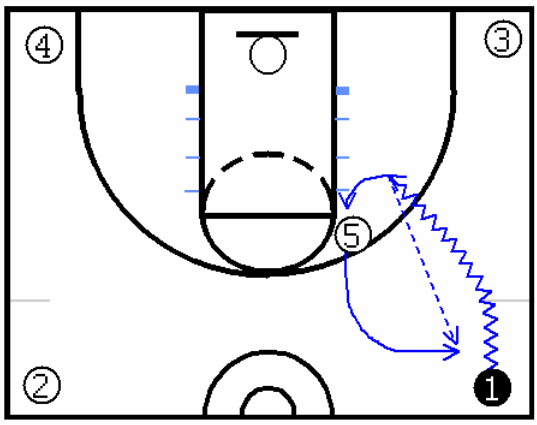
Step One A



Step One B



Step One C

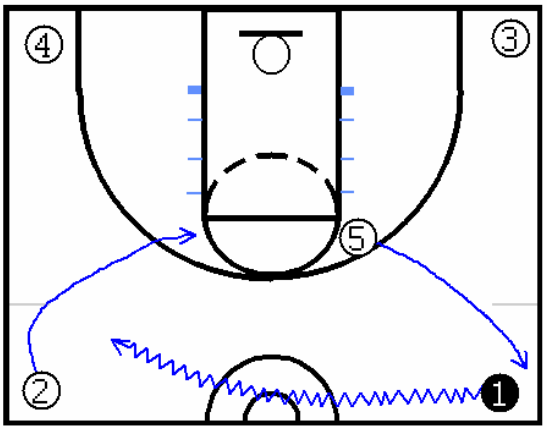


DELAY SERIES

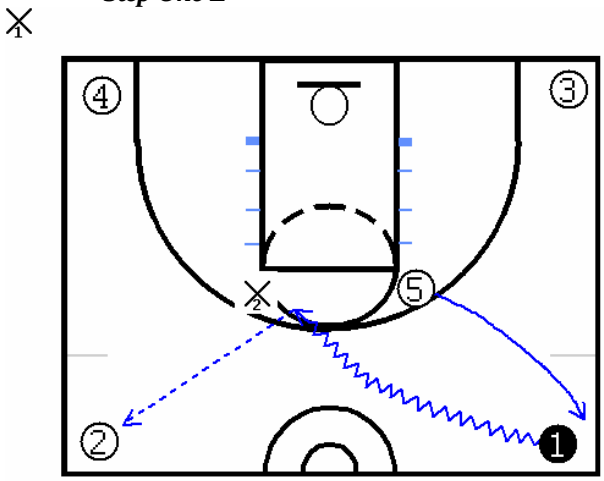
CAROLINA CONT…

If you want to reverse the ball you can dribble switch with the #2 in the left corner while #5 rotates up to the right top corner and #2 rotates to the middle ***(Step One D)*** or if as he is penetrating to the middle (toward the left) the #2 defender is helping off (sagging) then #1 can kick to #2 in the left corner and become the middle man ***(Step One E)***. Passes to the left wing can ONLY be made if the space between the two offensive players is reduced and a high percentage pass is made to a wide-open teammate. Again, all passes must be crisp and accurate and high percentage. Do not throw across court into traffic, where it could be intercepted and taken for the game-winning lay-up on the other end. When you pass, fake a pass one way, and pass another. You can look the defender off to open the passing lane.

Step One D

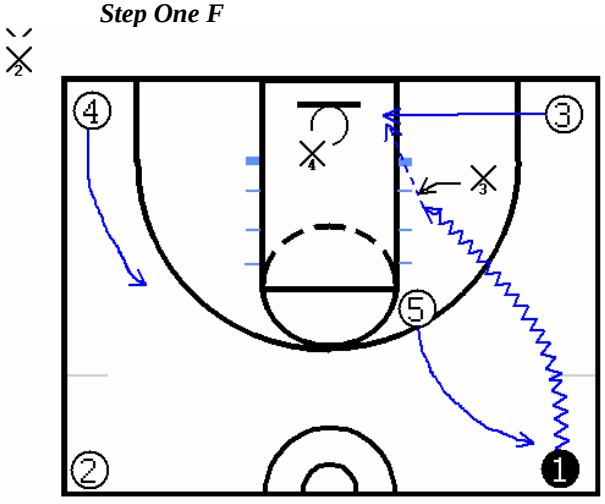


Step One E

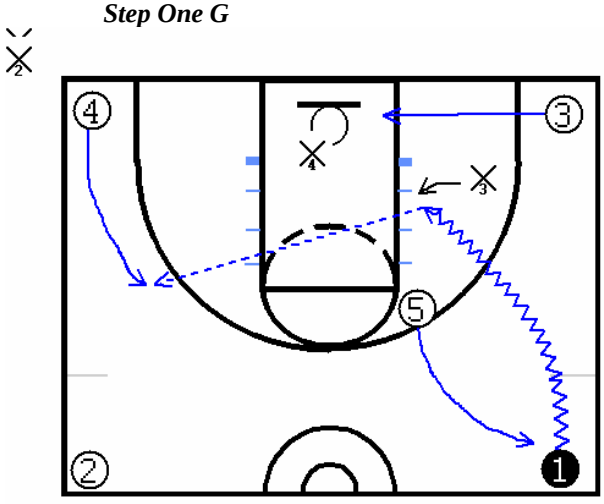


If #1 penetrates all the way to the lane and the ball side bottom corner defender comes to help – bottom corner man MUST CUT baseline back door for a return pass layup ***(Step One F)***. The opposite bottom corner man must READ his defender. If he is LOW toward ball side come high wing for a "kick out" ***(Step One G)***. If he commits to the help on the penetration and his back is turned go to the hoop on the weak side for a "dump down" pass and layup ***(Step One H)***.

Step One F



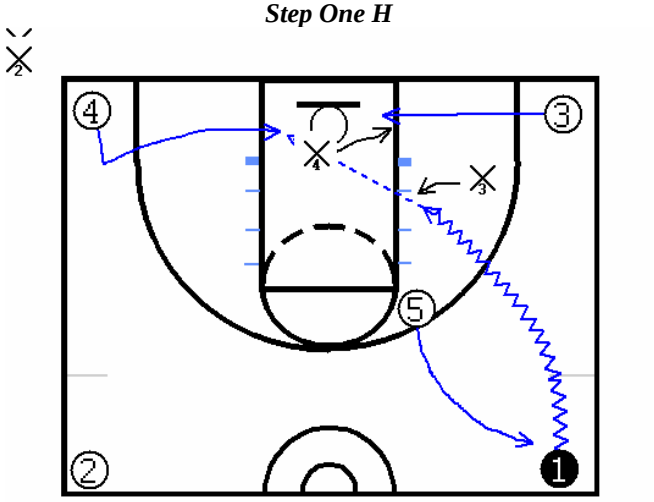
Step One G



DELAY SERIES

CAROLINA CONT…

Step One H



ONE…
Team, Game, Goal, Direction…
TOGETHER!

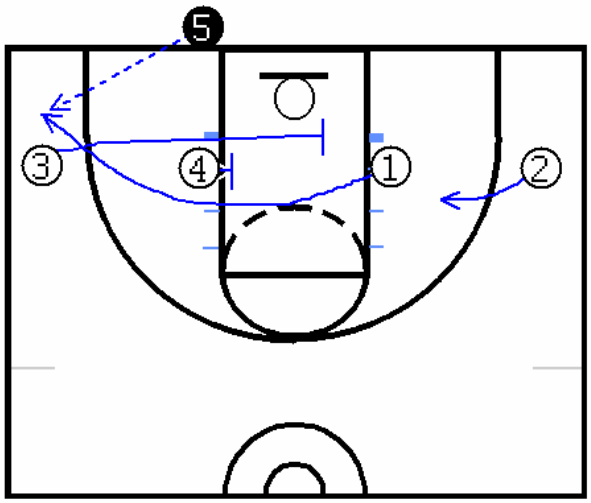


BLOB AND SLOB SERIES

BASELINE
OUT OF BOUNDS (BLOB)

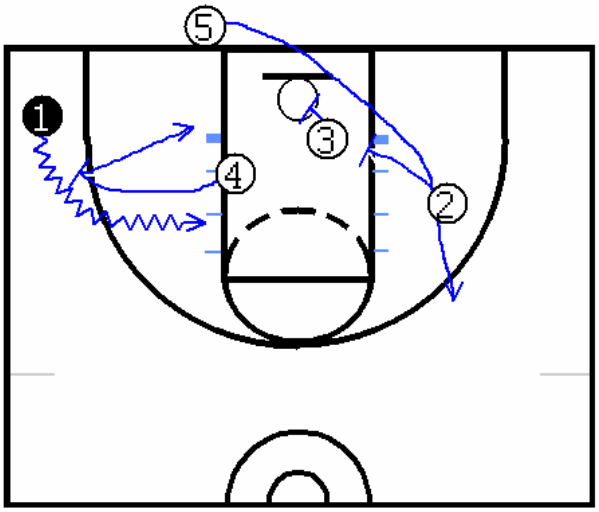
Baseline #1

Step One



In step one #5 (pt. guard) takes ball out. #4 (Post) in-screens for #1 (pt. guard) to receive pass in corner. #2 back screens for #3 bring him to the basket.

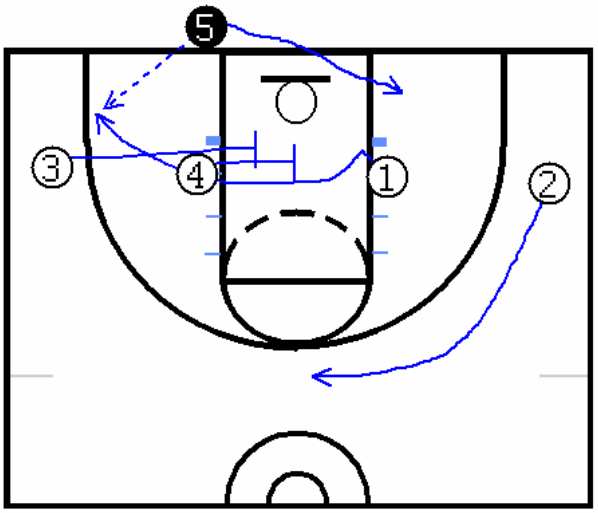
Step Two



In step two #4 (Post) ball screens for #1 for a pick and roll while #3 & #2 (wings) back screen for #5 bringing him to weak side 3 pt. line for possible pass from #1.

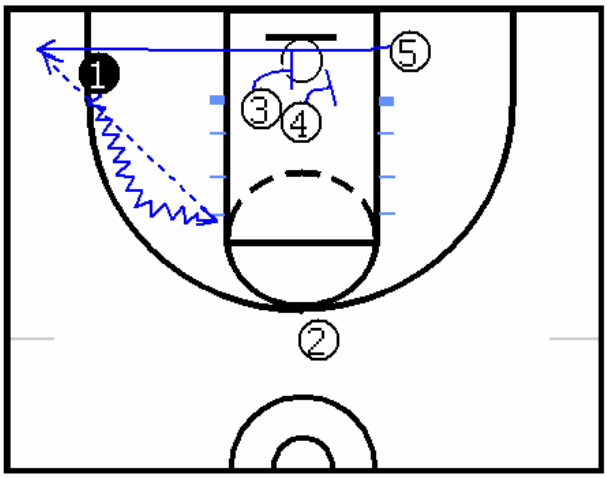
Baseline #2

Step One



In step one #5 (pt. guard) takes ball out. #4 (Post) & # 3 (wing) in-screens for #1 (pt. guard) to receive pass in corner. #2 (wing) comes high for safety release. #5 goes opposite soft spot.

Step Two

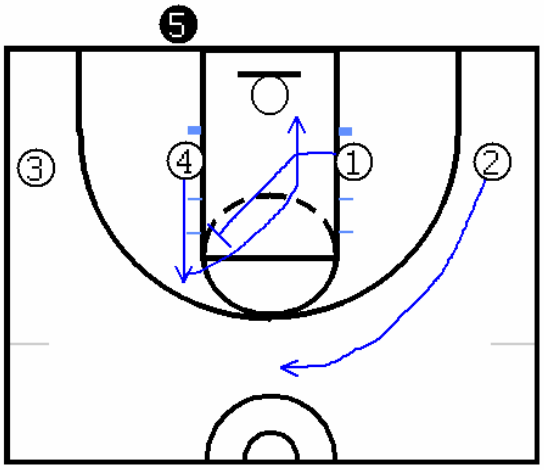


In step two #1 dribbles up toward middle trying to penetrate & score. #4 (Post) & #3 (wing) in-screens for #5 bringing him to ball side corner for a 3 pointer. #5 looks for #5 if he can not score.

BASELINE
OUT OF BOUNDS (BLOB) CONT…

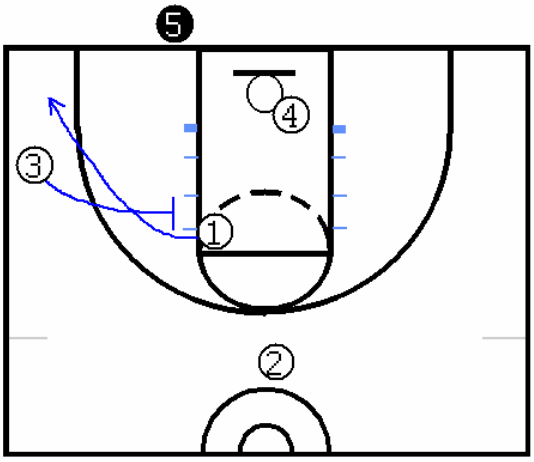
Baseline #3

Step One



In step one #5 (pt. guard) takes ball out. #4 (Post) fades back on ball side outside FT line. #1 flashes in to lane then up to back screen for #4. #4 comes down lane looking for a layup. #2 (wing) comes high for safety release.

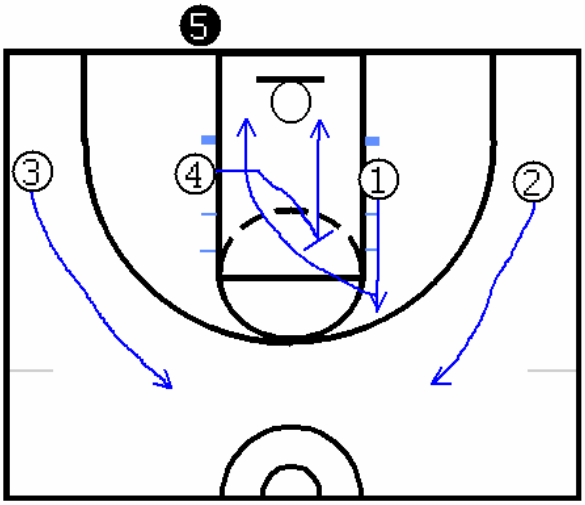
Step Two



In step two #3 in screens for #1 bringing him to ball side corner for shot (screen the screener).

Baseline #4

Step One

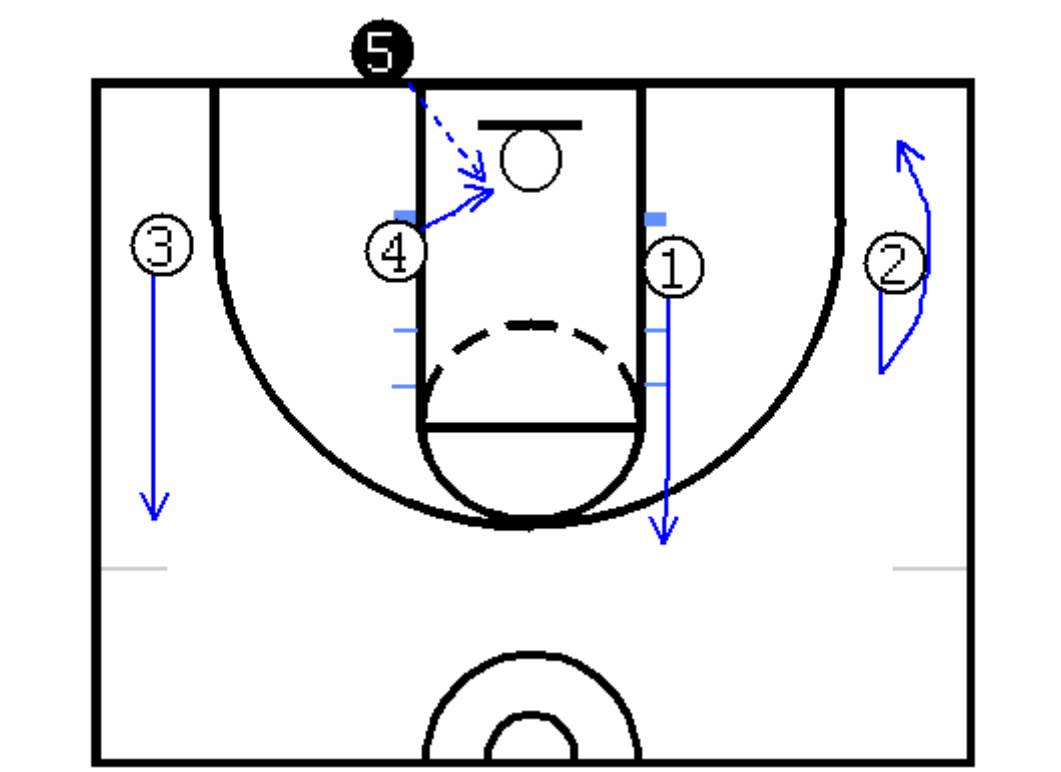


In step one #5 (pt. guard) takes ball out. #1 (pt. guard) fades back on weak side outside FT line. #4 (POST) flashes in to lane then up to back screen for #1. #1 comes down lane looking for a layup. #2 & #3 (wing) comes high for safety release.

BASELINE
OUT OF BOUNDS (BLOB) CONT…

Baseline #5

Step One



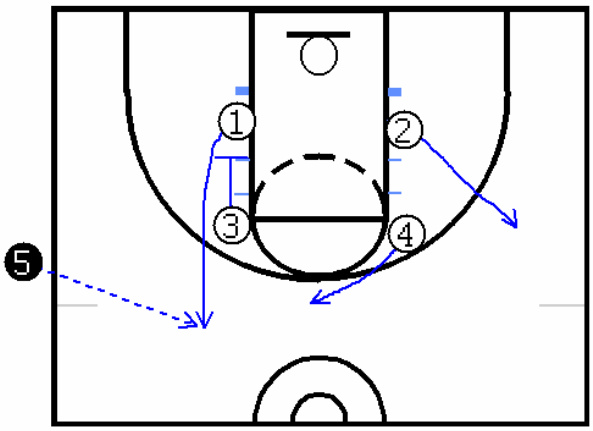
In step one #5 (pt. guard) takes ball out. #1 (pt, guard) fades back on weak side outside 3 pt. line. #3 (wing) fades back for safety release and #2 (wing) comes up the back to corner for possible 3 pt. shot. #4 PINS in HARD looking for inbound pass for layup.

ONE…
Team, Game, Goal, Direction…
TOGETHER!

SIDELINE
OUT OF BOUNDS (SLOB)

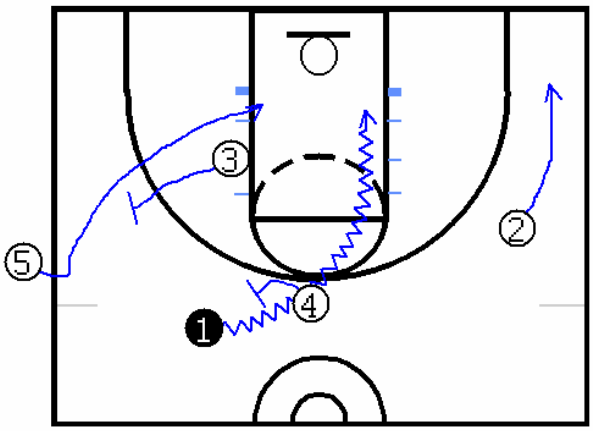
Sideline #1

Step One



In step one #5 (pt. guard) takes ball out. #3 is on ball side elbow and down screens for #1 (pt. guard) coming up to receive ball. #4 on weak side elbow flashes to the top of the key. #2 on weak side block flashes to weak side wing.

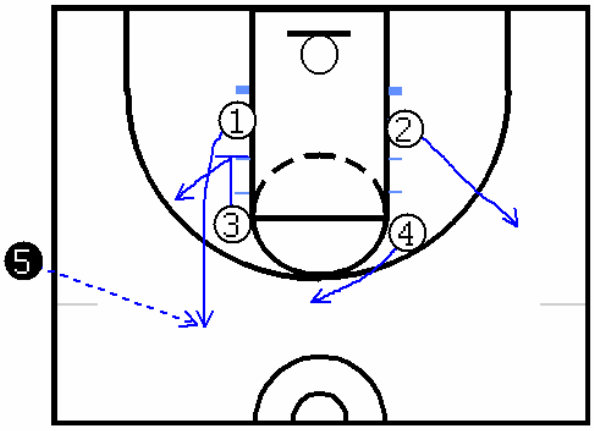
Step Two



#4 ball screens for #1 for penetration to the rim. #2 fades to the corner on the penetration for a "kick out". #3 back screens for #5 coming in from out of bounds for a cut to the rim.

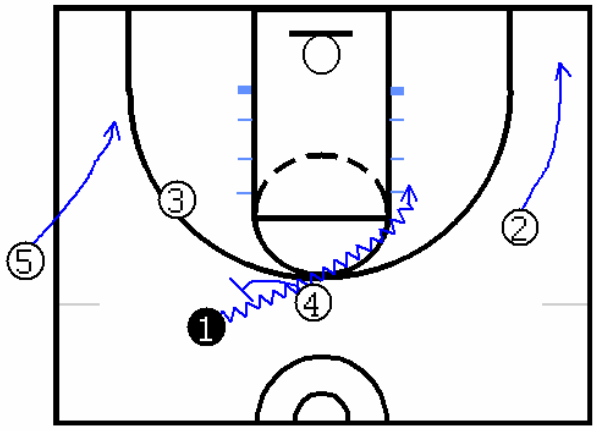
Sideline #2

Step One



In step one #5 (pt. guard) takes ball out. #3 is on ball side elbow and down screens for #1 (pt. guard) coming up to receive ball & then #3 pops back to the ball.. #4 on weak side elbow flashes to the top of the key. #2 on weak side block flashes to weak side wing.

Step Two

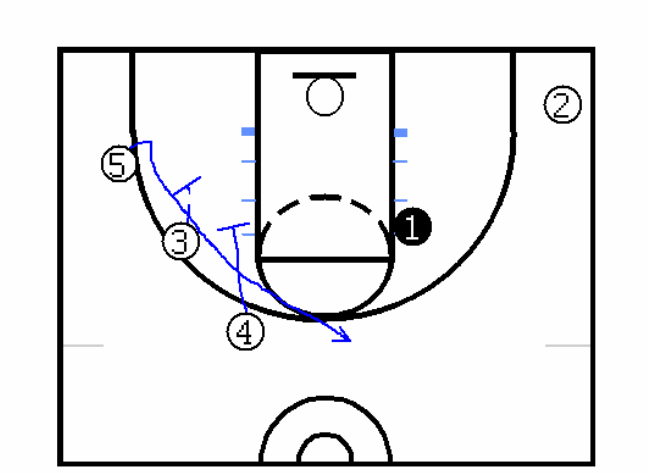


#4 ball screens for #1 for penetration to the rim. #2 fades to the corner on the penetration for a "kick out". #5 fades to weak side corner as soon as he in bounds the ball.

SIDELINE
OUT OF BOUNDS (SLOB) CONT…

Sideline #2 Cont…

Step Three



#3 & #4 down screens for #5 for a shot.

ONE…
Team, Game, Goal, Direction…
TOGETHER!



PRESS ATTACK

PRESS ATTACK

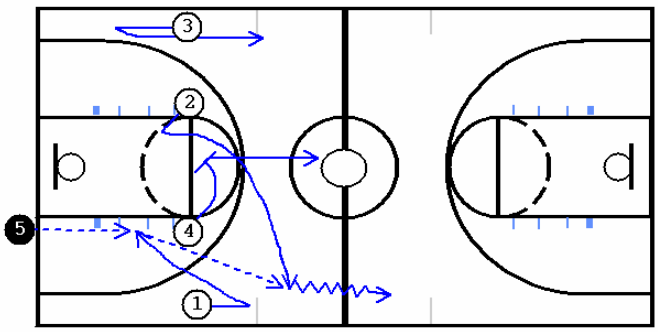
Full Court Press Attack

First and foremost in our offensive system is **ATTACK!** We want to push the basketball up court in 2.5 seconds EVERY single time. We want one of our two point guards inbounding the basketball to the other EVERY single time. We MUST be QUICK. The point guards have the responsibility to get the ball IMMEDIATELY and inbound the ball IMMEDIATELY. They can not "pout" about being scored upon or take their time inbounding the ball. AGAIN, they MUST ATTACK at ALL times!!! With this ATTACK mentality it will be virtually impossible for our opponents to set up in their press. Because of this and because of our offensive system we should be able to get easy layups when teams try and set up in a press.

There will be times when the defense will have the opportunity to set up (ie after a time out, after a dead ball situation, etc…). It is when these situations occur we will set up in our **"14" PRESS ATTACK.**

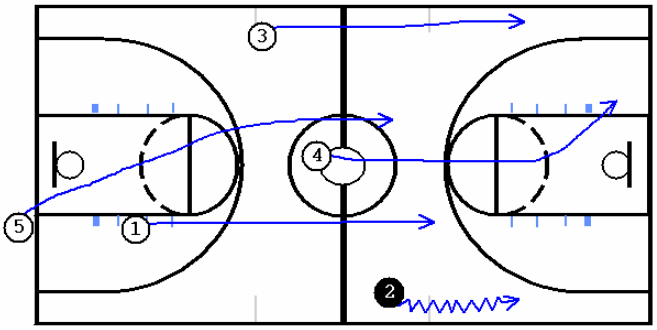
Standard Option

Step One



In the standard option we are trying to get the ball to the wing (#2) up the sideline in an area of the court that is hard for the defense to cover in a pressing situation. (Step One)

Step Two



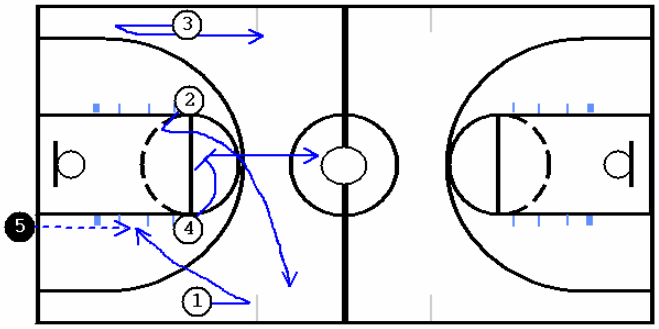
Once we get the ball to the wing we will do what we do: ATTACK, ATTACK, ATTACK! (Step Two)

ONE...
Team, Game, Goal, Direction...
TOGETHER!

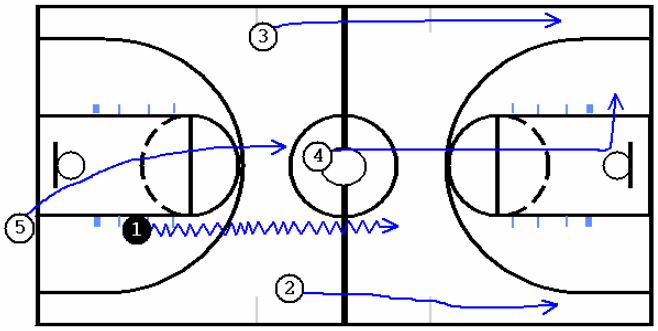
PRESS ATTACK CONT…

Alternate Option #1

Step One



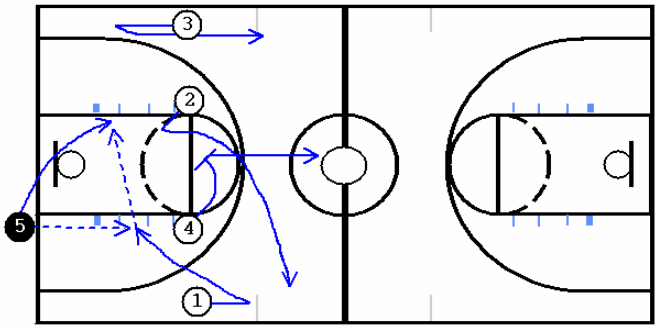
Step Two



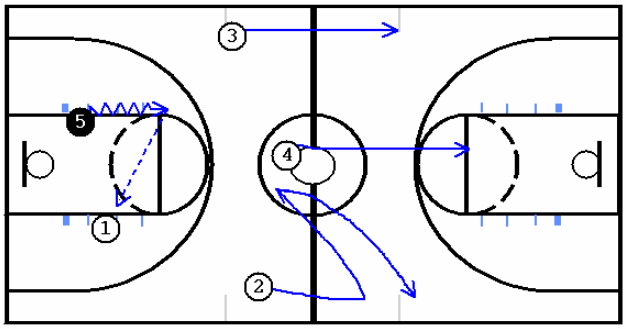
In this option #2 is not open (or #1 has a lane). #1 can push the ball with the dribble BUT must keep his head up to see any one open up court. At this point it is our regular OFFENSE (Fresno) which is, again, ATTACK, ATTACK, ATTACK!!!

Alternate Option #2

Step One

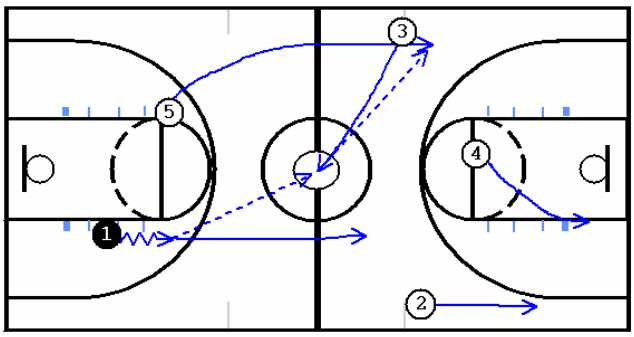


Step Two



In step One the ball is reversed back to #5 (Point Guard). The opposite wing MUST see that the ball is not being pushed as quick as normal and MUST flash back to the ball in the middle. In step Two and Three the ball is again reversed. The wing will always flash back to the ball. If he receives a pass in the middle he MUST look long opposite to the point guard (#5 in step three) filling the wing lane.

Step Three



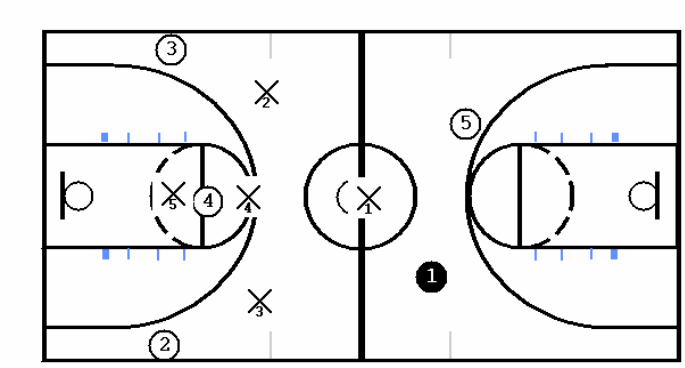
PRESS ATTACK CONT…

HALF Court Press Attack

In a dead ball situation a defensive team may have the opportunity to try and press us in the half court. There are several types of half court presses but with each one we will continue to be aggressive and ATTACK! The following will diagram each type of press and how we will ATTACK it.

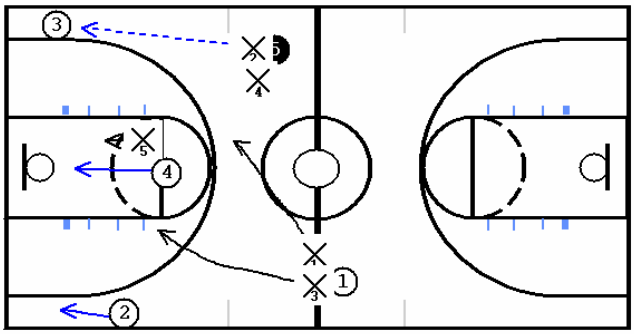
v. 1 – 3 – 1 HALF Court Press

Step One



We will have our two point guards in their LANES flanking the point defender. We will have our two wings (#2 and #3) deep up the sidelines flanking the one deep defender and beyond the three-across defenders but looking to come back to the ball if needed. #1will dribble a little toward one side to try to get the point defender and the zone to commit to that side. #1 can make the pass over-the-top of the zone up the sideline, or can quickly make the reverse pass to the opposite point guard (#5) who is still behind (neither have crossed the 10-second line yet). Now #5 (point guard) can look for the pass up his sideline, or dribble penetrate if the zone is shifted out of position.

Step Two

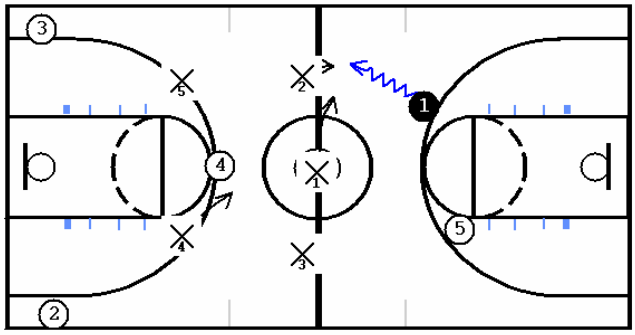


They may try to trap on the reversal so #5 (point guard) needs to learn to pass up the side quickly before the trap arrives. If the middle back defender (X5) slides over to the sideline to prevent that pass, then have your middle player #4 drop to the basket in the middle and hit him with the pass over the top. Another option... if X2 and X4 attempt to trap #5, then #4 can slide to that sideline for the pass from #5.

PRESS ATTACK CONT…

v. 3 – 2 HALF Court Press

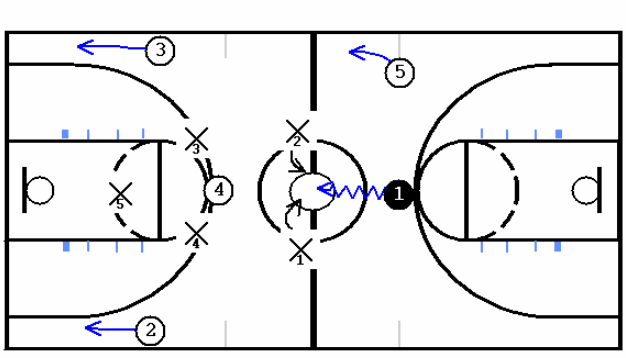
Step One



We will have our two point guards in their LANES flanking the point defender. We will have our two wings (#2 and #3) deep up the sidelines but looking to come back to the ball if needed. #1will dribble a little toward one side to try to get the point defender and the zone to commit to that side. #1 can make the pass over-the-top of the zone up the sideline, or can quickly make the reverse pass to the opposite point guard (#5) who is still behind (neither have crossed the 10-second line yet). Now #5 (point guard) can look for the pass up his sideline, or dribble penetrate if the zone is shifted out of position.

v. 2 – 2 – 1 HALF Court Press

Step One

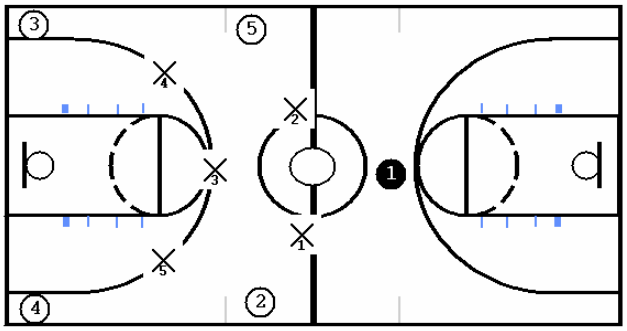


#1 (point guard) will attack the middle if possible and draw the two defenders who are waiting to trap him. Just before the trap arrives, #1 must make the pass to the open teammate (most likely #5 (point guard). Against the 2-2-1, we will place our #4 (post) set up in the middle between the two "second tier" defenders. We will have #3 and #2 move quickly down into the opposite corners. The #1 (point guard) can pass to the #4 (post in middle), or to #3 or #2 in the corners. Vulnerable areas of the half court press are in the corners. Good accurate long passes over the will beat this defense. If the back defender starts cheating toward the corner, then the middle is open.

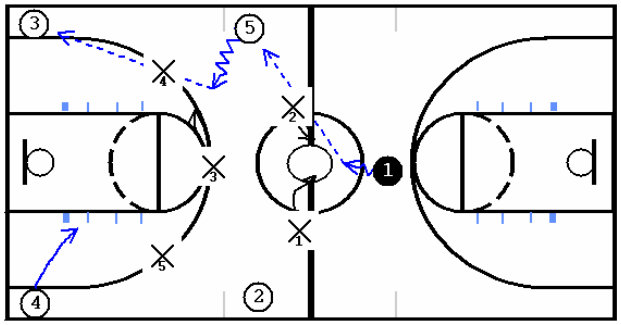
PRESS ATTACK CONT…

v. 2 – 1 – 2 HALF Court Press

Step One



Step Two



#1 (point guard) must make the pass just as the double team is coming. He will draw the two defenders and then makes the pass to the side before the double team arrives. We MUST have no lazy soft lob passes. We MUST be sharp. We MUST "look the defense off" and pass the opposite way to clear the passing lane.

The point guards (#1 & #5) MUST keep his head up, see the floor, be patient, stay calm and find the open teammate with a good quick pass, just before the trap gets to him. We MUST avoid dribbling between two or three defenders, but stay patient and make the good pass. Once the pass gets into the high wing area or up the sidelines, you should have cutters slashing to the hoop for a quick pass and lay-up.

Once we get through the press line at half court, we will have the defense beat and we MUST be looking quickly for a lay-up or a quick score.

ONE…
Team, Game, Goal, Direction…
TOGETHER!



PRESSURE
TEAM DEFENSE

DEFENSIVE SYSTEM

Point of Attack	Man to Man (FIST) (Contain)	Man to Man *"Scramble"*	Run and Jump *"BLITZ"*	ZONE *"HEAT"*
FULL	**4**	**4**	**4**	**4 (2 – 2 – 1 variation)**
3/4 COURT	**3**	**3**	**3**	**3 (2 - 2 - 1)**
1 / 2 COURT	**2**	**n/a**	**2**	**n/a**
19'9	**1 (MAN SWITCH)**	**1**	**n/a**	**23 (Amoeba ZONE) "23 HEAT" (2-3 ZONE TRAP)**

DIAMOND and 1: **11**

TRIANGLE and 2: **12**

ONE...
Team, Game, Goal, Direction...
TOGETHER!

DEFENSIVE PHILOSOPHY

Our defensive philosophy is based on one main concept; a pressure defensive system geared to ***"getting the ball stopped, as early as possible, before it penetrates either by dribble or pass"***. The number one priority of our pressure defensive system is to apply ***tremendous pressure on the ball*** while providing defensive help, both on the ball side and the help side

Our pressure defensive system will consist of three core defenses: (1) man to man, (2) 1-1-3 Amoeba Zone, (3) 2-2-1 press. These defenses will be broken down for you ("PART METHOD"), taught and re-taught, and put back together and re-explained ("WHOLE METHOD"). You will be expected to learn each one of them and their concepts. We as a coaching staff believe that once you have learned them and fully understand the concepts, you will be convinced that they will work and we as a team will be successful. These defenses will be the foundation for which we will apply ***intense defensive pressure*** on our opponents.

Everything you will be taught will be geared to our major philosophy of stopping the ball as far out on the floor as we possibly can. We will pressure baseline to baseline with the goal of getting our opponents to stop its dribble in the backcourt.

The following defensive concepts will be used in all three of our core defenses. However, they will make-up our man-to-man defense, which will serve as the foundation for which both the 1-1-3 and the 2-2-1 core defenses are built. For us to play intense pressure defense, whether full-court, ¾ court or ½ court, we must be able to effectively defend man to man. Without these man-to-man concepts, we won't be able to play the type of intense pressure defense that we need to make us successful.



WOLVERINE DEFENSE

MAN-TO MAN CONCEPTS

Remember, everything is geared to getting the ***ball stopped as early as possible.*** To accomplish this we will use the following concepts:

- **ANTICIPATION:** is the frame of mind that we want you to have. We **don't want you to react** on defense (or to the defense), but we MUST **anticipate**. In fact we want you to have a gambling, reckless abandonment as your attitude. We **don't** want you thinking reaction, but **domination, control, attack.** We want you to control everything that the offensive player does from where they pick up the dribble to where they even dribble the ball.

- **CONVERTING:** is the way we will get back on defense. You will be expected to sprint back as **quickly as possible** once we lose possession of the ball. I'm talking about an **ALL OUT SPRINT WITHOUT HESITATION!!!** The one time you will **immediately** be taken out of the game is when we feel you are loafing back on defense. Converting is absolutely critical because it's impossible for us to play pressure defense if we are in a retreating posture. We believe playing against five set defensive players is extremely difficult; we want you to **sprint back, set up, and ATTACK THE OFFENSE!!**

- **BALL PRESSURE:** this is probably the most important individual concept that you will be taught. It is paramount that you put intense and constant pressure on the basketball, especially in the backcourt. If you don't apply intense and constant ball pressure, then the rest of what we do will not be very successful. All defensive players, including the post, will be expected to apply intense ball pressure, even when on the perimeter. We want all defensive players playing on the basketball to **take away the outside shot, the free look inside, and dribble penetration back to the middle,** in fact the only thing the offense can do is put the ball on the floor to the outside. We simply want to give them one thing to do and that's to dribble the ball to the outside of the floor. However, that becomes difficult if the ball stays in the middle of the floor. The man with the ball must be made to dribble to one side of the court.

- **EARLY HELP:** deals with players who are helping the person who is guarding the ball. Those players who are playing off the ball defense, both on the ball side and the help side of the floor must be ready to HELP if we are going to be successful at applying this kind of intense and constant ball pressure. It is critical that when you are guarding an offensive player without the basketball you be aware of how important your help is. **The earlier you help the better. You can never help to early.** Your help **MUST** be there and it must be there **EARLY.** You will be taught when pressuring the ball to steer the ball to the outside where your help will be – AGAIN, early help. It's extremely important that we fill the gap between the ball and next offensive player to the outside with a defensive player. The player helping will be positioned in such a way that when the ball is forced into the gap that the help is there. **Early help is not a suggestion but a requirement.**



WOLVERINE DEFENSE CONT…

MAN-TO MAN CONCEPTS CONT…

- **NO BALL REVERSAL:** We want you to get the ball to one side of the floor and keep it there. That will make our defense much quicker and stronger because we will end up with five defensive players ready to defend, usually against three, or at the most, four offensive players. If we allow the offense to swing the ball from side to side without a very **intense** struggle, it's going to breakdown our defensive positioning and take away our ball side toughness.

- **DEAD FRONT:** we will simply dead front all post players for two reasons: (1) To keep the ball out of the post and (2) To put the post in a helping position - remember all on ball defenders are turning the ball to the outside. When we say "DEAD FRONT" the post keeps in mind that any player that is below the broken line circle is a low post player and we will only "DEAD FRONT" the post **when the ball is below the free-throw line extended**. If the ball above the free-throw line extended the post is to be defended like a perimeter player with a closed ¾ stance, up the line to the ball.

- **FILL AND SINK:** refers to the players on the help side of the floor. These players must fill in the spot left open under the basket when there is no defensive post player. The closest player, on the help side of the floor to the baseline, must step in and fill on the baseline. He must in fact take the place of the post defender. Sinking means that help side players must drop down to the level of the ball. **BALLSIDE DEFENSE MAKES THE DEFENSE TOUGH AND HELPSIDE DEFENSE MAKES THE DEFENSE SUCESSFUL!!**

- **ALL SINK:** When the ball does enter the post, whether by dribble or pass, all defenders must sink to the level of the ball. Perimeter players must turn and aggressively dig the ball out. The only option that we must give up is a return pass to the outside. **ALL SINK WHEN THE BALL PENETRATES!!**

- **BALL SCREEN:** We will TRAP HARD on all ball screens. The man guarding the screener MUST get his body up court and NOT allow the ball handler to "turn the corner". Everyone else MUST sag in GREAT help side defense so ROTATION can occur. The help side MUST anticipate passes for steals or deflections.



WOLVERINE DEFENSE CONT…

MAN-TO MAN CONCEPTS CONT…

The following are some variations and adjustments to our basic man-to-man offense:

- **MAN CONTAIN ("4" / "3" / or "2" FIST):** The main philosophy is containing the dribble, good help side, and taking away ALL layups. BALL PRESSURE is a MUST in ALL defenses. When in "4" (Full court Man Contain) ball pressure BUT containing dribble all the way up court. Off ball in good help side up line on line – help & recover position.

- **MAN SWITCH ("1" FIST):** Switch ALL screens at ALL positions. Possible no switch w/ one or two players.

- **SCRAMBLE ("1" / "4" / "3"):**
  - **"1" Scramble –** PRESSURE the ball and MAKE them make a PLAY! See BALL and MAN. All penetrating passes are denied. All non-penetrating passes (back out) are allowed. ALL must be in a sag help-side – when "jumping to the ball" we will DROP lower than the "ball line" – this will allow us to TRAP on penetration.. ALL penetration that gets to the paint is trapped with the closest person in the area from the TOP. We MUST face front the post. All penetration to the baseline soft spot are trapped with the post man-all others must rotate to the level of the ball and cover the post. When the ball is passed into the post it MUST be trapped from the TOP not the wing. Try and steal ALL LOB passes and BOUNCE passes. NO second shots – ONE and DONE!!

  - **"3" / "4" Scramble –** There will be ball pressure full court sending one other player at the ball handler to trap or force the ball handler to give up ball. MUST sprint back if ball is passed over double team's head.

- **RUN and JUMP ("4" / "3" / "2" BLITZ):** This is a man-to-man pressure defense which can be extended full court to the baseline, 3/4 court or even half court with multiple variations as simple as 1 Jump and done scenarios. This defense is designed to either speed or slow the offenses tempo, and to create a large number of turnovers in a short period of time. We want to create indecision on the part of an offensive team. It is NOT a trapping defense, but a surprise jump switch and rotation defense involving either 2, 3, 4 or all 5 players on the defensive team, and designed to slow the basketballs progress and add confusion to a patterned offensive pressure attack.

You have been presented with all the concepts that will be our pressure man-to-man defense. This will be the foundation that our other two core defenses will be built. Remember we are talking about a pressure defensive system, in which these core defenses are all tied together and will compliment each other.

WOLVERINE DEFENSE

ZONE CONCEPTS

AGAIN, we MUST remember, whether it is MAN or ZONE, everything is geared to getting the ***ball stopped as early as possible.*** Those concepts (SEE full description under MAN CONCEPTS) are: **ANTICIPATION, CONVERTING, BALL PRESSURE, EARLY HELP, NO BALL REVERSAL, DEAD FRONT, FILL AND SINK, and ALL SINK.**

The following are some variations of our ZONE DEFENSE:

- **"23" (1 – 1 – 3 Amoeba Zone):**
- **"23" HEAT (2-3 ZONE TRAP):** This is an aggressive 2-3 ZONE trapping defensive which will speed up tempo of the game and create turnovers or quick shots.
- **"3" HEAT (2 – 2 – 1 Three Quarter Court TRAP):** This is a 2 – 2 – 1 three quarter court trapping defense which will speed up tempo of the game and create turnovers or quick shots.
- **"4" HEAT (2 – 2 – 1 variation Full Court TRAP):** This is a 2 – 2 – 1 full court trapping defense which will transform into a 1 – 2 – 2 full court TRAP. This defense will speed
- **"11" (DIAMOND and ONE):** A zone / man mix in which we will play the other team's STAR player man to man FACE GUARD while the other defenders plays in a ZONE formation (i.e. Diamond, BOX, 1-3 or 3-1)
- **"12" (TRIANGLE and TWO):** A zone / man mix in which we will play the other team's 2 STAR players man to man FACE GUARD while the other defenders plays in a ZONE formation (i.e. standard TRIANGLE or an INVERTED TRIANGLE).



TWENTY-THREE

Basic Guard Position

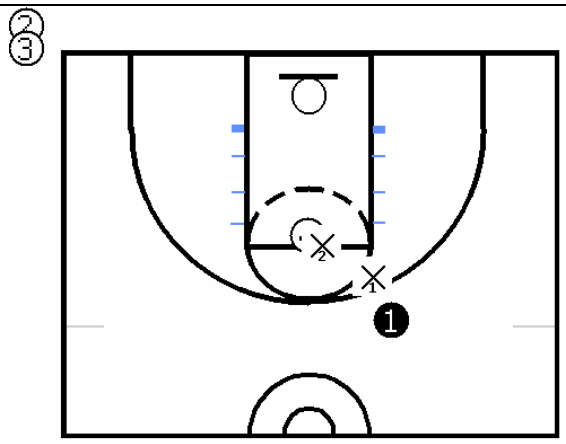
1. #1 Guard pressures ball forcing sideline (direct). #1 Guard can be in either "UP" or "BACK" position. In "UP" the #1 Guard will pressure the ball from half court to start. In "BACK" the #1 Guard will pressure the ball from the 3 pt. Line to start.

2. #2 side fronts high post or (if no high post) opens up at ballside FT line or elbow looking for any flashes.

3. Guards MUST keep the ball out of the middle of the court. IF the ball gets to the high post, too much pressure is put on the FORWARDS. If it does get to the high post the guards MUST double to get the ball out.

4. Guards should also attempt to discourage the GUARD to GUARD pass.

5. If the ball is dribbled by the TOP GUARD to the WING, the #1 Guard stays with the dribbler.



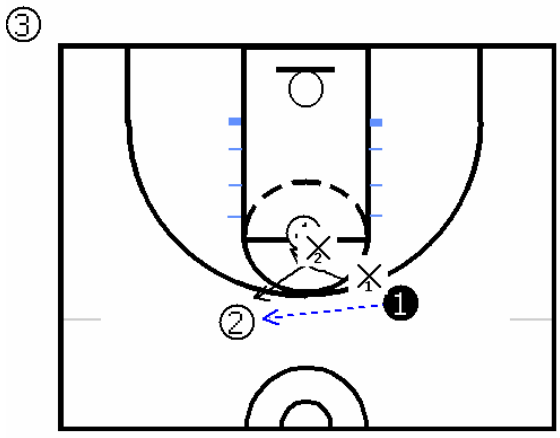
Guard Sprints

1. Guard to Guard pass across the middle:

a. #1 Guard covering passer sprints to side front high post and "BUMP" #2 Guard.

b. #2 Guard waits until #1 Guard bumps him, then he closes-out forcing sideline on new ball position.

*** MUST keep ball out of the middle / high post position.**

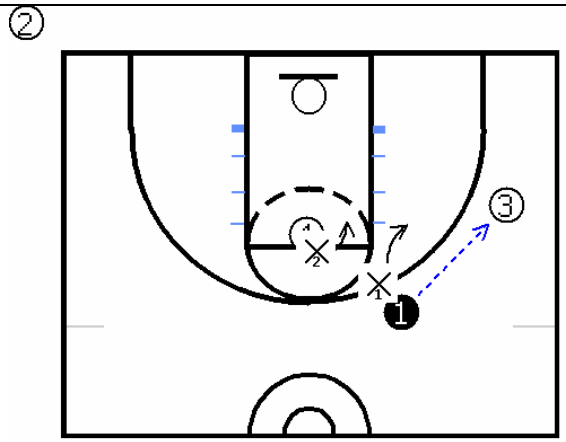


Guard Sprints CONT…

1. Guard to Wing pass on BALL SIDE (below FT line):

a. #1 Guard "jumps" to the ball and moves in the ½ WAY position (between Offensive WING man and ELBOW ball side watching for flashes) .

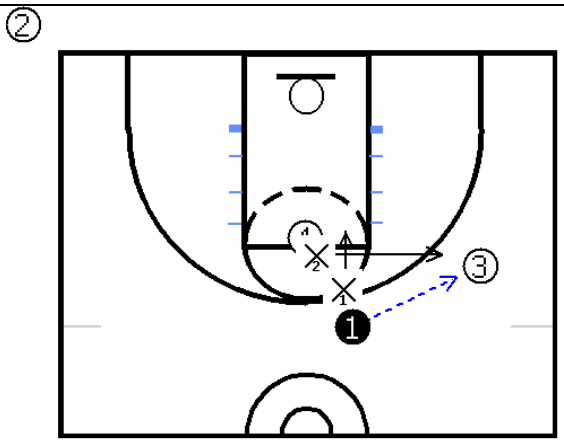
b. #2 Guard re-positions between high post and ball (middle). If high post flashes to ball side elbow / mid-post area then #2 Guard "passes off" the high post player to #1 Guard. #2 then drops middle for any flashes and opens up for better vision of the court.



TWENTY-THREE cont…

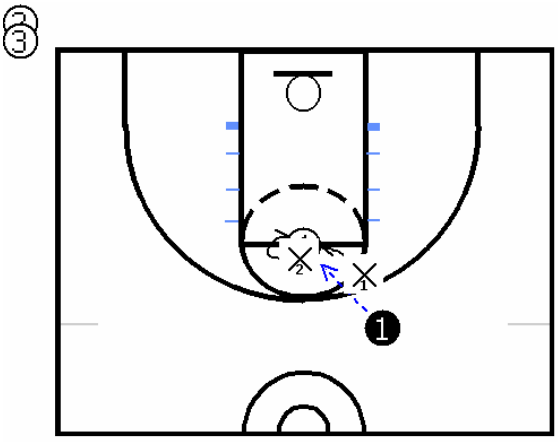
Guard Sprints CONT…

1. **Guard to Wing pass on BALL SIDE (above FT line):**
   a. **#2 Guard sprints from high post ¾ front position and closes-out on wing.**
   b. **#1 Guard dives to BALLSIDE elbow and side fronts high post. If no high post he OPENS UP middle for maximum vision of court and watches for FLASHES.**



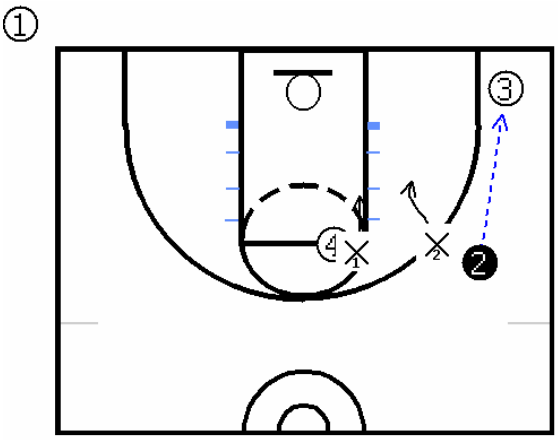
Guard Sprints CONT…

1. **Guard to high post pass (A "NO NO"!!):**
   a. **#1 Guard and #2 Guard MUST double team the high post and MUST force the ball back out. This is from BOTH a top guard to high post pass AND from the WING to high post pass.**



Guard Sprints CONT…

1. **Wing to baseline pass (from above the FT line):**
   a. **#2 Guard plays the ½ way position which is between offensive WING MAN and the BALL SIDE elbow.**
   b. **#1 Guard SPRINTS middle making sure high post is guarded (low side ¾ FRONT). If NO high post he opens up with maximum vision of court and picks up any flashes in middle.**
2. **Wing to baseline pass (from below the FT line):**
   a. **Both #1 Guard and #2 Guard stay in the ½ way and middle positions respectively but DROPS w/ level of ball – ie man to man help side principles.**



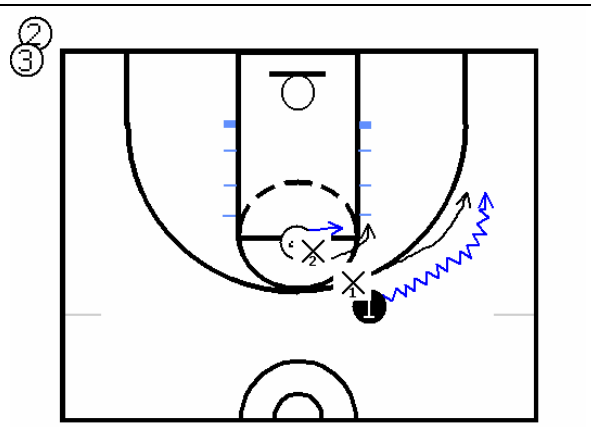
TWENTY-THREE cont…

Guard Sprints CONT…

1. **Guard to Wing Dribble (FT line or ABOVE):**

   a. **#1 Guard stays with the dribbler to the wing.**

   b. **#2 Guard is in the ballside Elbow position ¾ side fronting high post. If no high post opens up middle for maximum court vision watching for flashes.**

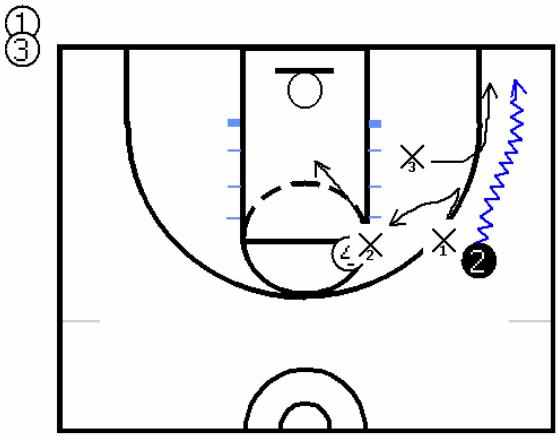


Guard Sprints CONT…

1. **High Wing dribble to Low wing or Corner:**

   a. **#1 Guard passes off to to the "UP' man Forward then "BUMPS" #2 Guard to the middle "HELP" position.**

   b. **#1 Guard is now in the ½ WAY elbow postion.**

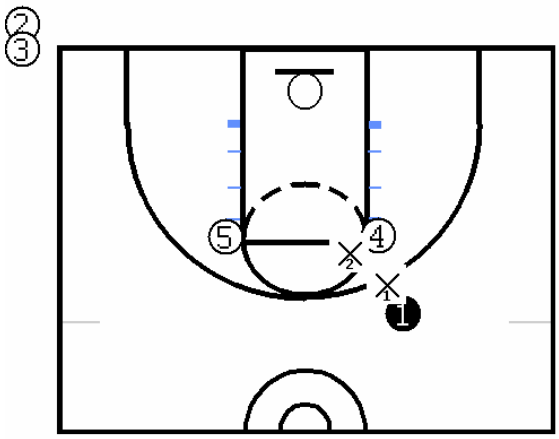


Guard Sprints CONT…

1. **SPECIAL SITUATION:**

   a. **If there are 2 high posts, #1 Guard ¾ side fronts closest to the ball BUT is conscious of the off high post. DO NOT allow a direct pass to the post area. Make them LOB it.**

   b. **If offensive guard dribbles across the middle of the court, the defensive guard that is "on-ball" stays with him (no GUARD ROTATION).**



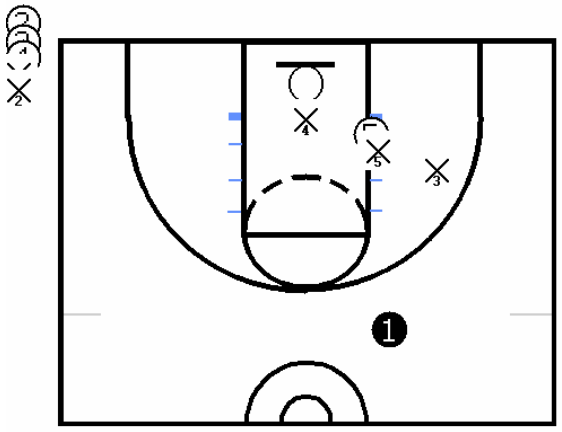
TWENTY-THREE cont…

Basic Forward Positions

1. "UP" Man Guards at FT line and below extended to three pt. line. If offensive player is on the wing the "UP" Man plays off close enough so as pass is made they can have on ball pressure immediately. If there is no offensive player in the area (on wing) then they in the "Grey Area' just below FT line extended, shoulders parallel to half ct. to discourage pass to the corner.

2. "MIDDLE" Man 3/4the to FULL FRONT denial at the low post. He also must be conscious of any man corner and high post. If there is no post, he plays strong middle or strong ball side.

3. "HOOP" man plays directly in the middle of the court (head under front of rim). He can see everyone on the floor – PERFECT HELP SIDE – and talks to his teammates about players coming from behind them.



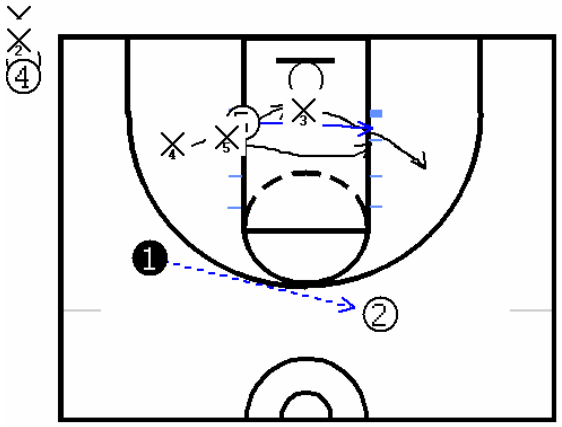
Forward Sprints

1. Guard to Guard pass:

a. "HOOP" man sprints to get into def. position and becomes the new "UP" man (NOT too far – between key lane and 3 pt. line.

b. "MIDDLE" man sprints to new "MIDDLE" man position on ball side of court.

c. "UP" man sprints to "HOOP" spot and becomes the new "HOOP" man.



Forward Sprints CONT…

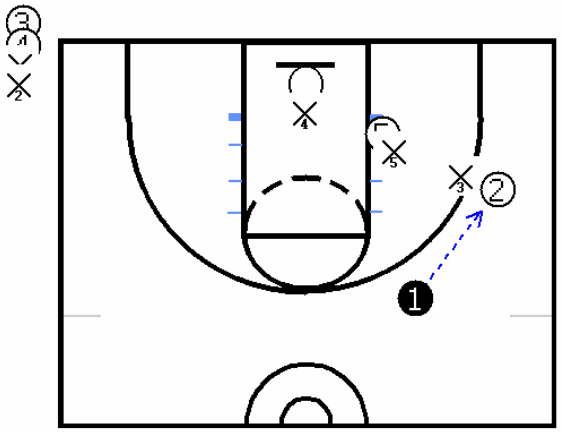
1. Guard to Wing pass (FT line and below):

a. "UP" man guards at the 3 pt. line and forces wing to baseline (w/ ball pressure).

b. "MIDDLE" man fronts low post man conscious of offensive man in the corner and in the paint. He provides HELP if the wing drives.

**** BE CAREFULE of man on baseline ****

c. "HOOP" man is conscious of LOW POST man or cutters that may flash in post area. <u>ALWAYS TALKING!!!</u> Must be ready to move in case of next pass.



TWENTY-THREE cont…

Forward Sprints CONT…

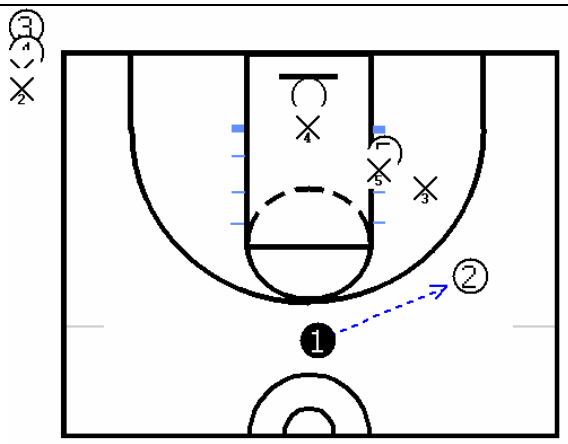
1. **Guard to Wing pass (FT line and Above):**

   a. **"UP" man plays ½ WAY position (GUARD has BALL).**

   b. **"MIDDLE" man fronts low post man conscious of offensive man in the corner and in the paint. He provides HELP if the wing drives.**

** **BE CAREFULE of man on baseline** **

   c. **"HOOP" man is conscious of LOW POST man or cutters that may flash in post area. ALWAYS TALKING!!! Must be ready to move in case of next pass.**



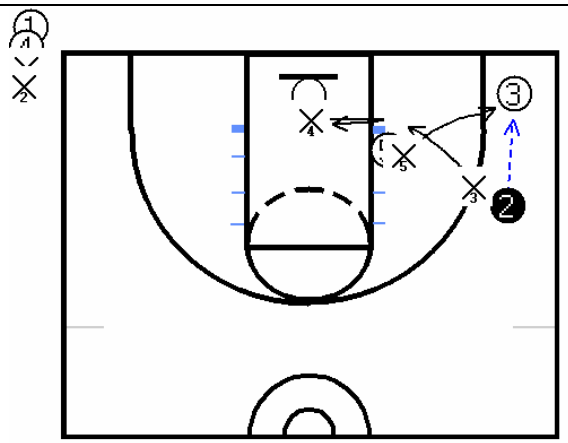
Forward Sprints CONT…

1. **Wing to Baseline pass:**

   a. **"UP" man sprints back and covers down on LOW POST and becomes "MIDDLE" man in FULL front position.**

   b. **"MIDDLE" man closes out to the corner and becomes the "UP" man. PRESSURE BALL at the 3 pt. line.**

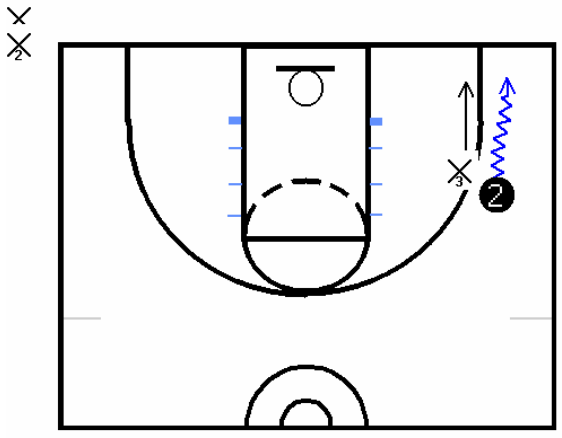
   c. **"HOOP" man comes over on baseline side to low post until "UP" man covers down and becomes "MIDDLE" man. CONSTANT TALKING is a MUST!!**



Forward Sprints CONT…

1. **Dribble to baseline from wing:**

   a. **"UP" man stays with the offensive dribbler from the wing t to the baseline corner.**



TWENTY-THREE cont…

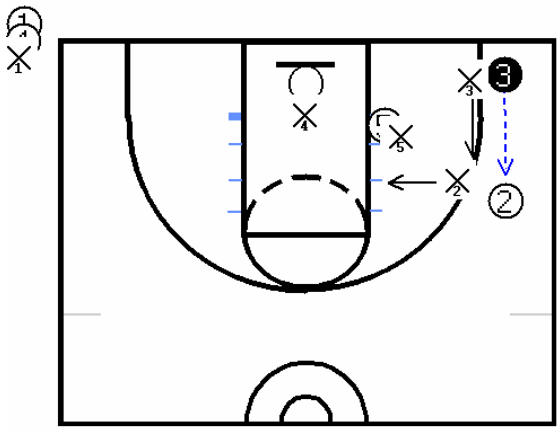
Forward Sprints CONT…

1. **Baseline to wing pass (below FT line):**
   a. **"UP" man takes wing by coming up in a close-out stance and "BUMPS" guard off. Continue putting pressure on the ball. #1 GUARD drops to ½ WAY point.**

   b. **"MIDDLE" man continues to full front the low post BUT needs to re-position so he is between man and ball.**

   c. **"HOOP" man's position does not change.**

**** NOTE ** If baseline pass is passed to the wing ABOVE the FT line #1 Guard will cover the new man w/ the ball while the "UP" man retreats to the ½ WAY position.**



Forward Sprints CONT…

1. **Baseline to guard pass at the top of key:**

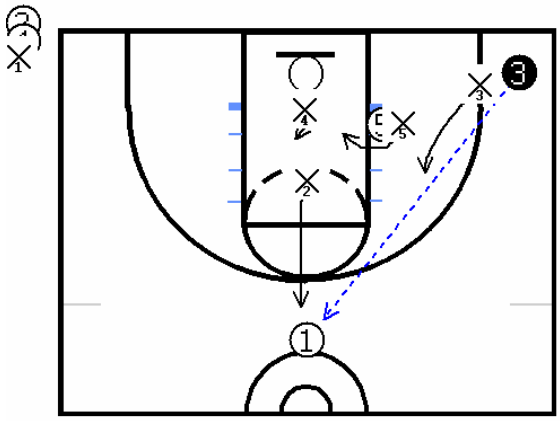
   a. **"UP" man gets to ½ way position on wing.**

   b. **"MIDDLE" man re-position himself between man and ball BUT still in full front position.**

   c. **"HOOP" man stays the same.**

   d. **#2 Guard (if he does not anticipate and steals this pass) closes out on ball and guards ball w/ ball pressure at 3 pt. line.**

   e. **#1 Guard drops to high post ball side elbow position (opening up to see court or guard high post.**



Forward Sprints CONT…

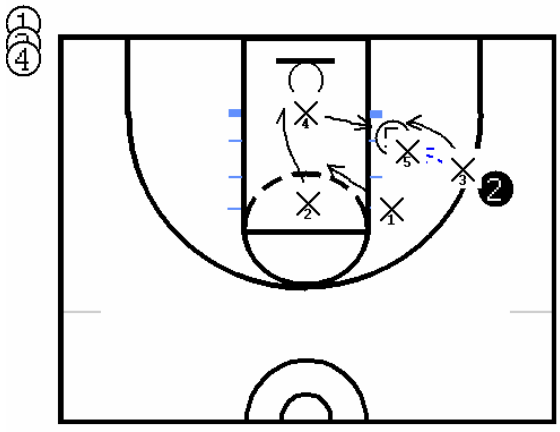
1. **Any pass – baseline or wing – to low post:**

   a. **"UP" man covers down on the high side – "DIGGING" w/ an "OPEN" stance so he can see the wing guard and close-out if ball is kicked back out.**

   b. **"MIDDLE" man attempts to deflect lob from his "FRONTING" position but, if unsuccessful, create a three man trap around the ball on the baseline side.**

   c. **"HOOP" man creates a three man trap playing behind the post.**

   d. **#2 Guard covers down in the middle or "HOOP" man position and #1 Guard sprints to FT line middle opened up and ready to closeout on a kick out pass.**

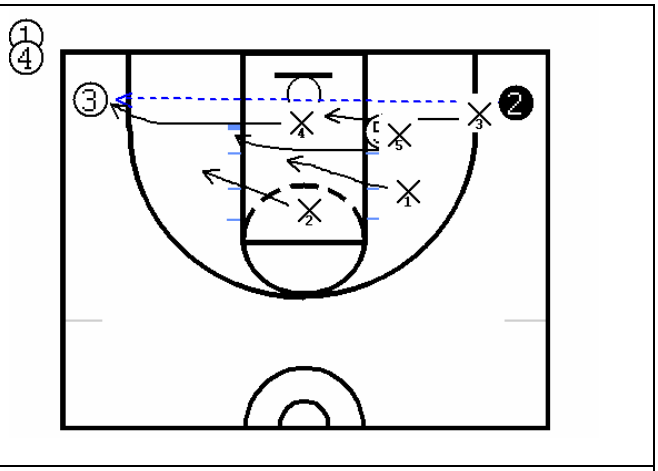


TWENTY-THREE cont…

OTHER CONSIDERATIONS

1. **Baseline to Baseline skip pass:**

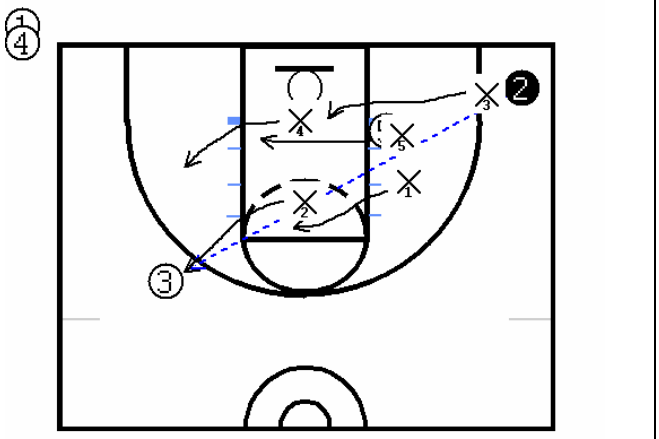
   a. **"UP" man sprints to the center of the lane and becomes the new "HOOP" man.**
   b. **"MIDDLE" man jumps to the ball on ball side block and looks for low post flashes. He will bump flashes and will front the low post on the new ball side.**
   c. **"HOOP" man sprints to new ball side baseline and closes out on ball. He becomes new "UP" man.**
   d. **#2 Guard sprints to new ball side ½ way position. He will open up for optimum vision positioning.**
   e. **#1 Guard sprints to middle help side position. He will open up for optimum vision positioning. He will take any flashes in the middle and will bump. He will guard ballside high post if that position is filled.**



OTHER CONSIDERATIONS CONT…

1. **Baseline to Weak side Wing skip pass (above the FT line):**

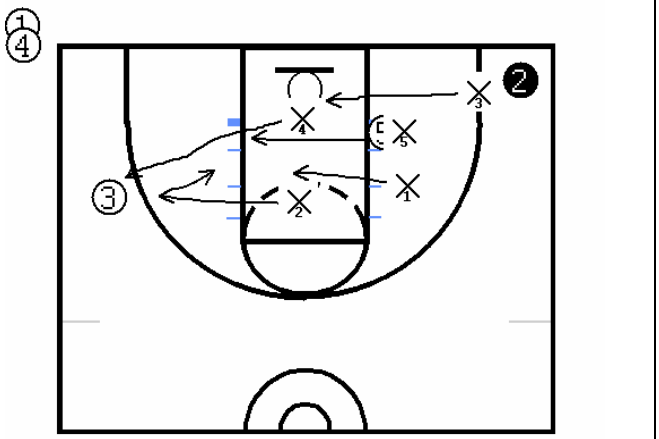
   a. **"UP" man sprints to "HOOP" spot and becomes the new "HOOP" man.**
   b. **"MIDDLE" man sprints to new "MIDDLE" man position on ball side of court. He jumps to the ball on ball side block and looks for low post flashes. He will bump flashes and will front the low post on the new ball side.**
   c. **"HOOP" man sprints to get into def. position and becomes the new "UP" man (NOT too far – between key lane and 3 pt. line.**
   d. **#2 Guard sprints and closes-out on ball – and CALLS "BALL"! Ball pressure is a must at the three pt. line.**
   e. **#1 Guard sprints to middle help side position. He will open up for optimum vision positioning. He will take any flashes in the middle and will bump. He will guard ballside high post if that position is filled.**



OTHER CONSIDERATIONS CONT…

1. **Baseline to Weak side Wing skip pass (below the FT line):**

   a. **"UP" man sprints to "HOOP" spot and becomes the new "HOOP" man.**
   b. **"MIDDLE" man sprints to new "MIDDLE" man position on ball side of court. He jumps to the ball on ball side block and looks for low post flashes. He will bump flashes and will front the low post on the new ball side.**
   c. **"HOOP" man sprints to ball. (CLOSEST MAN CONCEPT.**
   d. **#2 Guard closes out on ball. Whoever reaches the ball first between #2 or #4 guards the ball. In this case #4 reaches ball first & #2 backs off to mid-way point.#1 Guard sprints to middle help side position. He will open up for optimum vision positioning. SEE "e" ABOVE.**



TWENTY-THREE cont…

FINAL NOTES

1. **All players need to have HANDS UP and take up a lot of space. "BE BIG!!!"**

2. **All players need to be CONSTANTLY TALKING.**
   - **a. Calling "Ball".**
   - **b. "Help".**
   - **c. "FRONT".**
   - **d. Calling flashes, etc… so teammates know where flashes, etc… are.**
   - **e. calling ALL "BUMPS" so that the ball is ALWAYS covered and PRESSURED.**
   - **f. ETC…**

3. **All players MUST play this "ZONE" with LOTS of ENERGY and emotion. CANNOT play in slow motion or w/ out energy.**

4. **"BALL PRESSURE" is a MUST! WE MUST "jump" the ball handler to get pressure on at all times.**

5. **The ball MUST be kept out of the LOW or HIGH posts. If the ball gets into the LOW or HIGH posts it MUST be double or triple teamed so it is kicked back out.**

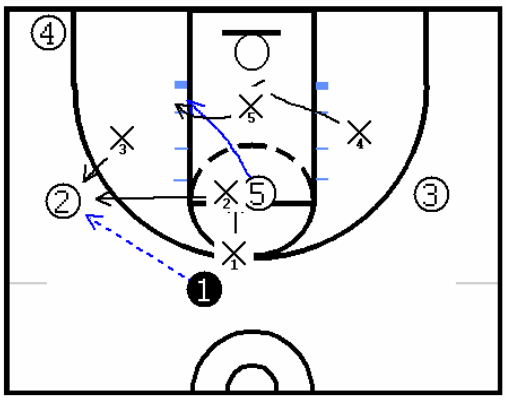


WOLVERINE DEFENSE Cont…

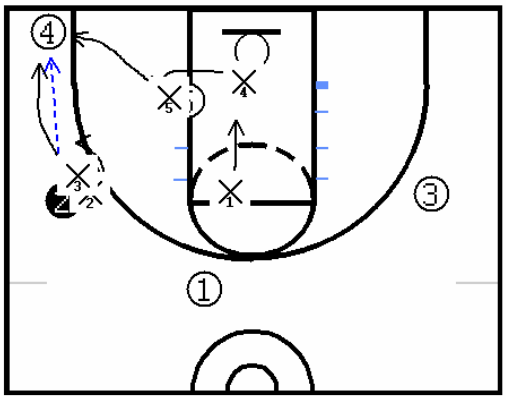
"23" HEAT CONCEPTS

In our 23 HEAT we will set up in our 1 – 1 – 3 SET at the three point line. If the point guard (#1) dribbles to the wing then X1 will stay with him and trap with the defensive wing. If the ball is passed to the wing (O2 in **step one**) then X2 will trap with the wing X3. X1 will drop to the ball side high post area, X5 will front the post on ball side and X4 will be in help side under the basket. When the ball is passed to the corner (**step two**), X3 and X5 will trap the corner hard. X5 MUST make sure that the baseline is covered when closing out on the man in the corner. X3 MUST close the door on the trap. X4 will come over and front the post, X1 will drop into the middle of the lane, and X2 will play midway between the wing and the corner "baiting" the corner man to throw the ball back to the wing so he can anticipate and steal the pass.

Step One



Step Two



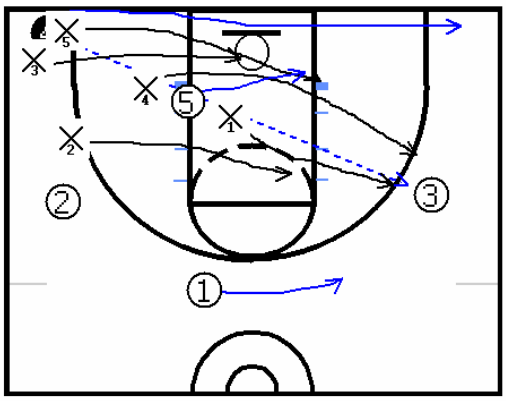
ONE...
Team, Game, Goal, Direction...
TOGETHER!

WOLVERINE DEFENSE Cont…

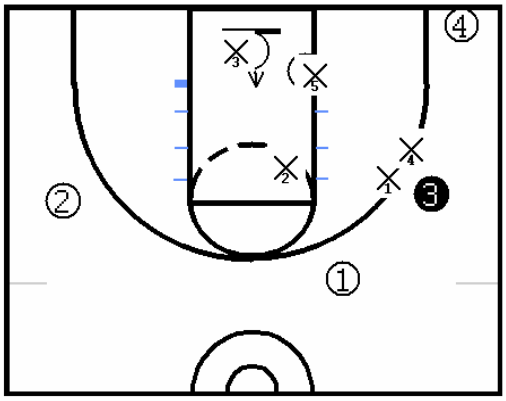
"23" HEAT CONCEPTS CONT…

When the ball is skipped cross court X1 (the middle guard) must closeout on the ball and force side line / baseline. X4 is trapper and MUST sprint on the flight of the ball so a trap is made with X1. X5 must sprint to ball side block and front anyone that comes into the post. X2 MUST sprint on the flight of the ball to ball side mid post area. X3 will also sprint on the flight of the ball to help side under the basket.

Step Three

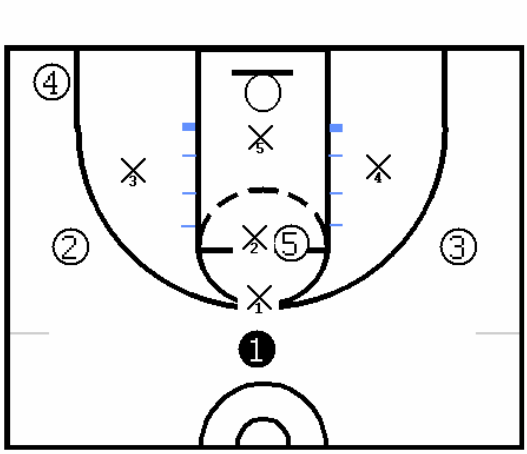


Step Four



When the ball is at the top of the key (centered) the defense will "center" also back to the 1 – 1 – 3 SET (**Step Five)** at the three point line.

Step Five



WOLVERINE DEFENSE Cont…

"23" HEAT CONCEPTS Cont…

FINAL NOTES

1. **When trapping you MUST go ALL THE WAY. The two defenders who are trapping must sprint to the TRAP with hands up.**

2. **Traps are on the wings no higher than a few steps above the three point line and traps are in the corners.**

3. **When the ball is passed or skipped cross court the defenders MUST "jump" (SPRINT) to the ball ON the FLIGHT of the ball.**

4. **POST must be fronted and when the pass is made to the corner the POST must sprint for the trap while guarding the baseline. The offensive man CAN NOT drive the baseline and it is the responsibility of the POST defender to stop baseline penetration so the trap can be formed.**

5. **The opposite wings and weak side guards MUST anticipate cross court passes or passes into the post on a lob over the fronting defender.**

6. **All players need to have HANDS UP and take up a lot of space. "BE BIG!!!"**

7. **All players need to be CONSTANTLY TALKING.**
   a. **Calling "Ball".**
   b. **"Help".**
   c. **"FRONT".**
   d. **Calling flashes, etc… so teammates know where flashes, etc… are.**
   e. **ETC…**

8. **All players MUST play this "ZONE" with LOTS of ENERGY and emotion. CANNOT play in slow motion or w/ out energy.**

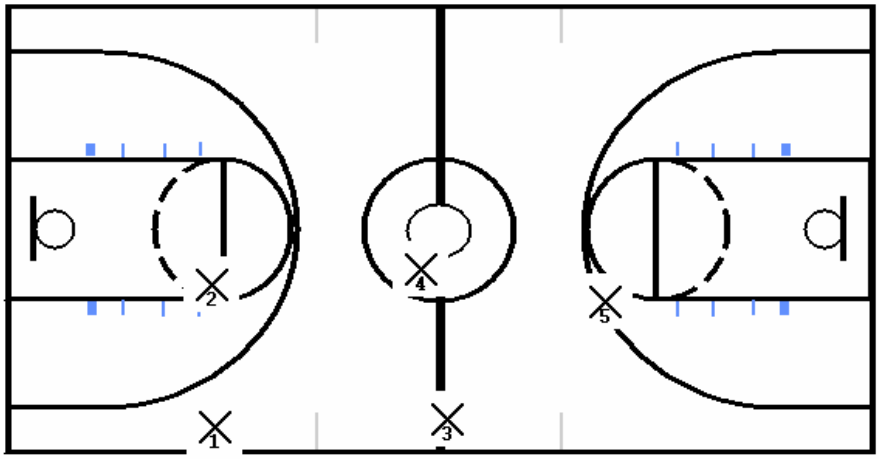
9. **The ball MUST be kept out of the LOW or HIGH posts. If the ball gets into the LOW or HIGH posts it MUST be double or triple teamed so it is kicked back out.**



WOLVERINE DEFENSE Cont…

"3" HEAT ZONE PRESS CONCEPTS (2-2-1 ¾ Court Zone Press)

We will set up our 2-2-1 zone press like this (see Diagram A). We will have two players at both ends of the free throw line. Two other defenders should be positioned just inside the half-court line, and the fifth player plays deep, protecting the basket.



X1= **"The Controller":** Will deny inbound pass. Applies tremendous pressure on the ball when dribbled; forces ball handler to change direction; keep ball out of the middle.

X2= "**The Gapper":** Traps and cuts off ball handler.

X3= **"The Taker":** Plays in the passing lane on the ball side sideline; takes away all sideline ball advancement.

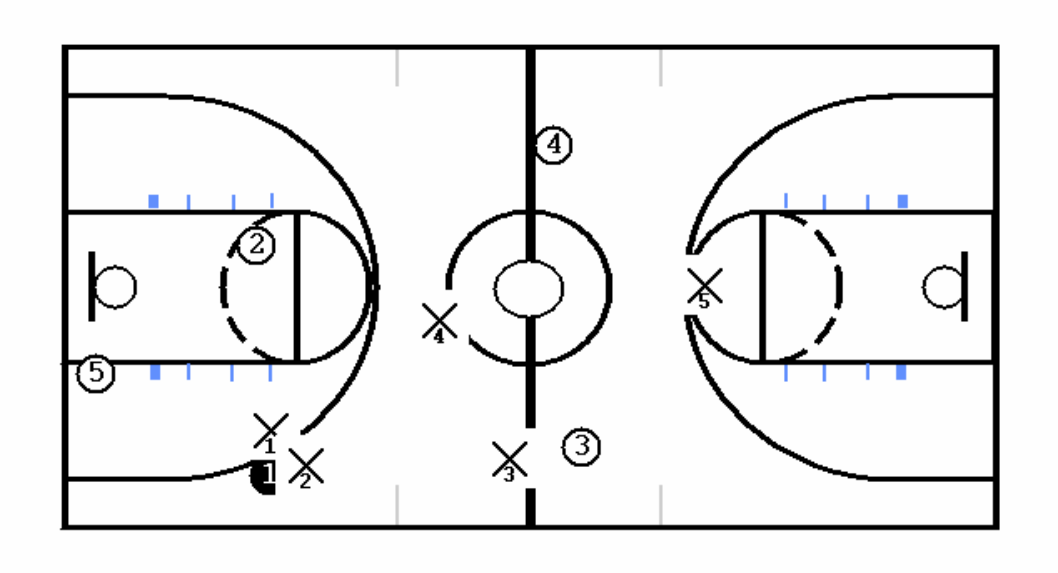
X4= **"The Reader":** Plays in the middle of the floor; defending all cutters and skip passes.

X5= **"The Teaser"**: Protects the basket and defends long skip passes.

In our 2-2-1 Zone Press, the inbound pass will be contested and guarded. Do not allow a pass to the middle of the floor. Defenders X1 and X2 should only allow a pass to the corner. Once the ball is inbounded, they will wait until the ball handler commits and start dribbling. **The defense doesn't start until the ball handler starts dribbling.** Once the dribble is started, X1 should attack and force the ball handler up the sideline. X2 will cut off the ball handler and trap with X1. X3 will deny sideline passing lane to take away any pass up the sideline. X4 will move up to the middle of the floor to defend all passes to the middle and pick up and cutters. X5 will drop back and protect the basket and look to intercept any skip passes.

WOLVERINE DEFENSE Cont…

"3" HEAT ZONE PRESS CONCEPTS (2-2-1 ¾ Court Zone Press)



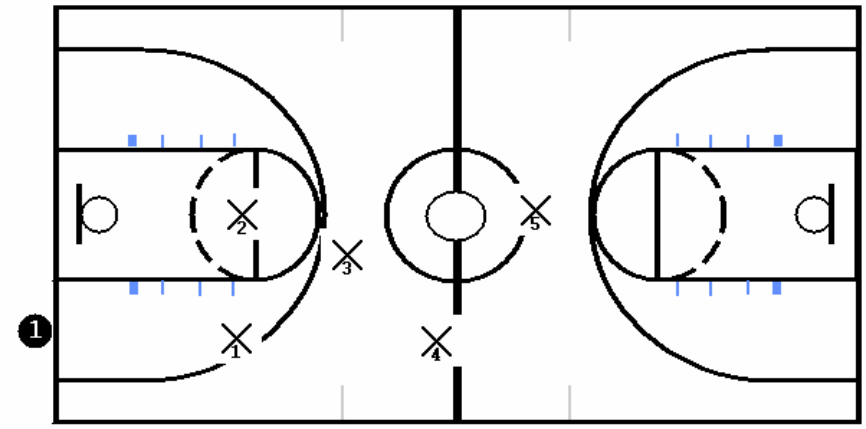
We will allow a backward pass, a retreating pass, as the 10-second rule is in our favor. If the ball moves to the opposite side, the traps and zones are set on that side as described above, only with the opposite defenders positioned as above. As defenders, you should never let the ball get ahead of you on the court. If it does you **MUST SPRINT** to recover. Once the press is broken, all defenders not on the ball must sprint back to protect the basket. The on-ball defender should stay on the ball and stop dribble penetration.

ONE…
Team, Game, Goal, Direction…
TOGETHER!

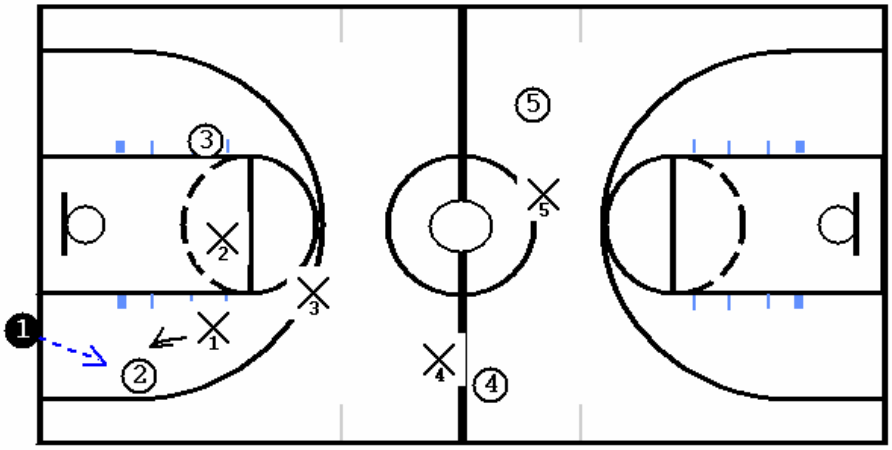
WOLVERINE DEFENSE Cont…

"4" HEAT ZONE PRESS CONCEPTS (2-2-1 Full Court Press)

We will set up our 2-2-1 Zone Press like this:



Two defenders X1 and X2 are positioned at the free throw line shifted to ball side. X3 sets up just behind the three-point line. X4 is at half court on ball side. X5 plays deep, guarding against the long pass and protects the basket.

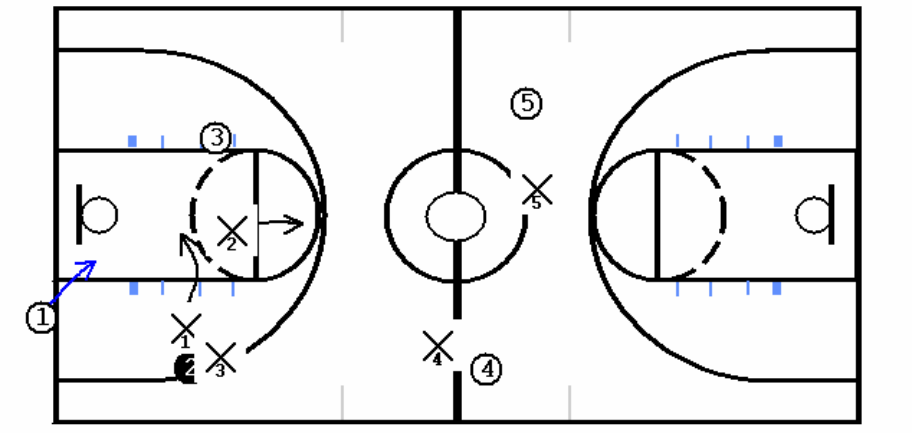


In our 2-2-1 Zone Press, the inbound pass is not contested or guarded. We will not allow a pass to the middle of the floor. Defenders X1 and X2, will only allow a pass to the corner. Once the ball is inbound, X1 attacks the ball handler and forces him to dribble up the sideline.

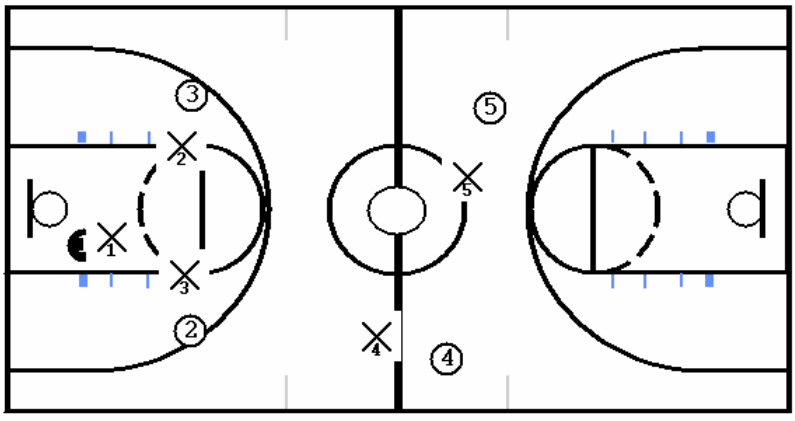
ONE...
team, game, goal, direction...
TOGETHER!

WOLVERINE DEFENSE Cont…

"4" HEAT ZONE PRESS CONCEPTS (2-2-1 Full Court Press) CONT…



Once the ball handler starts dribbling, X3 shoots up and attacks the ball handler forcing him to pick up his dribble and also creating a **"temporary"** double team with X1. X2 will drop back and replace X3 in the middle. Once the dribble has been stopped, X1 will drop off and replace X2, leaving X3 on the Ball, mirroring the ball handler intensely.

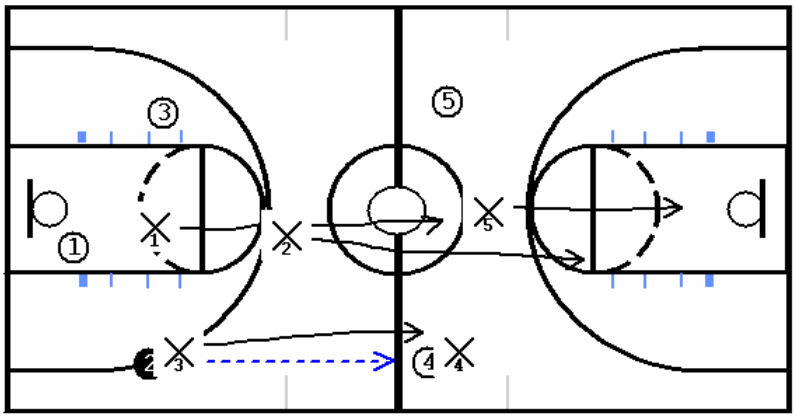


If the ball is passed back to the inbounder, X1 will attack and place intense pressure on the ball. X2 will shift over and play the gap between the weakside receiver and the ball. X3 will jump into the gap between the ball and the passer. X4 and X5 will play on the line, up the line with the closest offensive player in their area. Our positioning will be in a 1-2-2 alignment.

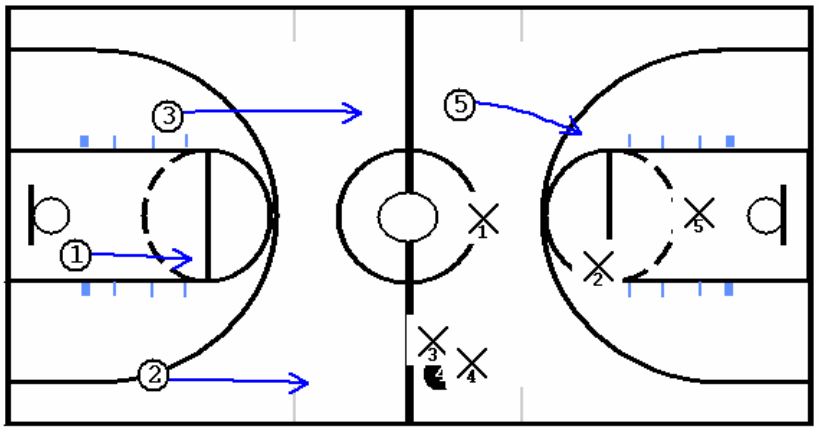
ONE...
team, game, goal, direction...
TOGETHER!

WOLVERINE DEFENSE Cont…

"4" HEAT ZONE PRESS CONCEPTS (2-2-1 Full Court Press) CONT…



If the ball is reversed to the other side, the zones are set on that side as described above, only with the opposite defenders positioned as above.



If the ball is passed up the sideline, the X3 sprints ahead and traps the ball with X4. X5 drops under the basket. X2 sprints to the free throw line. X1 drops back to hash mark.

If the ball is passed out of trap, we will set up in our half court defense.

ONE…
team, game, goal, direction…
TOGETHER!

WOLVERINE DEFENSE Cont…

“Junk” Defense
INTRODUCTION

No matter if we play “11” or “12”, we MUST make the "star" player (s) work hard, and not only for his shots on offense, but also make him / them play defense. Don’t let him / them rest on the defensive end. We MUST take the ball to the player (s) and force him / them to play defense, and expose the player (s) to picking up some early fouls. If they try to protect the player (s) by using a zone defense against you, put your better shooters on that side of the floor, and try to get most of your shots in his / their "zone". If they play man-to-man, find out which one of your players he / they is / are guarding. As soon as the opponent shoots the ball, send this player down court on the quick breakaway. This may cause the "star" to drop back on defense, and not pursue the offensive rebound, and may be a constant worry to him / them, perhaps affecting his offensive play.

In our OFFENSIVE style, as you know, we want to push the ball every single time we have possession and by fast breaking every opportunity we WILL tire the star, and make him less of a factor than he is in a "half-court" game.

On defense, know the "star’s" tendencies. Whether he wants to shoot or drive, play accordingly. One constant is we WILL face guard this player everywhere he goes. If he goes to the bathroom make sure you are there to flush the toilet for him!!! We MUST stay FACE to FACE with this player (s). We MUST, as a TEAM, understand that the person who has the assignment of guarding the "star" will not be able to help out on team defense, as he must stay with the star at all times.

“11” CONCEPTS

In our “11” defense, our standard formation is the Diamond and One. We will also alter the standard formation depending upon the situation and what needs to be covered. Other formations we will use are: 1-3 formation, 3-1 formation, and a BOX formation. I will discuss each of these formations starting with the DIAMOND.



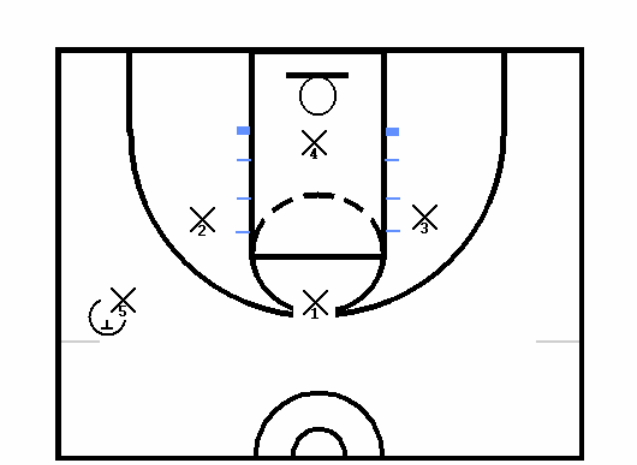
WOLVERINE DEFENSE Cont…

"11" CONCEPTS CONT…

DIAMOND and ONE Formation

This defense would work best against a team whose star is an all around good athlete who not only plays the wings and corners, but will also go inside. Again, your chaser is your best defender, and plays man-to-man against this star player. The other four defenders are set up in a diamond formation and play this as a zone. The diamond consists of a defender at the point, two wing defenders and a low post, middle defender. Weaknesses in this defense may come in the high post area or the corners. We MUST make the ball handler determine a side and have GREAT help side defense to cover the high post area. We MUST SPRINT corner to corner (NOT shuffle) so that we put our self in position to cover the weak spots in our DIAMOND. Again, ball pressure is still our main objective in any defense we run.

Diagram One



X1 is a point guard, X5 is our "chaser". The chaser is our BEST defender. X2 & X3 are our wings and X4 is our POST.



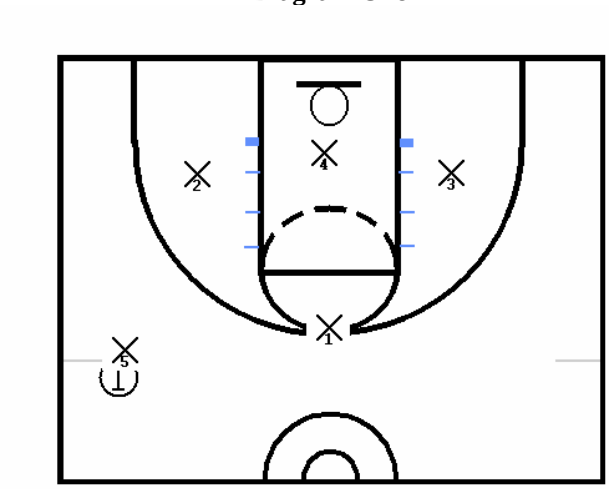
WOLVERINE DEFENSE Cont…

"11" CONCEPTS CONT…

ONE – THREE Formation

This defense will probably work best against a team with one exceptional perimeter player. In this case, three defenders play across the low blocks as they would in a 2-3 zone defense. The two low block defenders have corner and wing responsibilities. The "1" is set in the middle at the free-throw line, and is probably one of your quickest, best defenders. He has to cover from elbow to elbow above the free throw line, and try to contest the outside shot. Your best defender is the "chaser" who plays their "star" man-to-man. Good outside shooting teams can quickly rip apart this defense, but if the shots aren't falling, this can be an effective defense. Opponents will usually counteract this by using a two-guard front in order to split the defender out front. If this happens, we will change formation to the BOX.

Diagram One



X1 is a point guard, X5 is our "chaser". The chaser is our BEST defender. X2 & X3 are our wings and X4 is our POST.



WOLVERINE DEFENSE Cont…

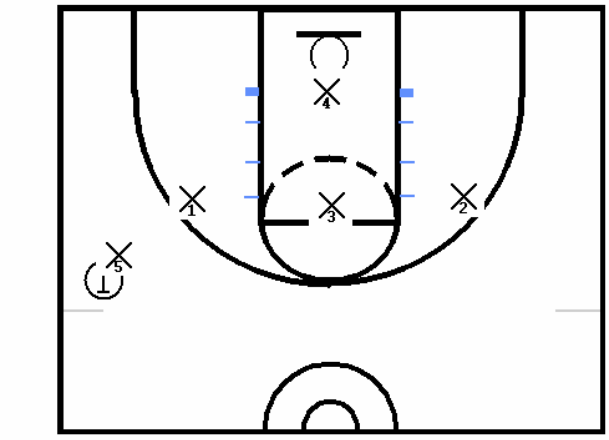
"11" CONCEPTS CONT…

THREE – ONE Formation

This defense can work well against a team with a good point guard, but only average low post play. It is essentially like a 1-3-1 zone defense, except that the chaser out front plays the point guard man-to- man, and the other four defenders play a 3-1 zone. This defense enables you to play the star point guard man-to-man, and still allows you to put pressure on the wing shooters and the high post. The low post is its weakness.

This is about the opposite of the "1-3 and a chaser". Both can be used against a star point guard. You would consider using the "1-3 and a chaser" against the team with weak outside shooting and stronger inside post play. Use the "3-1 and a chaser" against the team with the star point guard and good outside shooting, but only average low post play. You can also consider alternating between these defenses. If you are in the "1-3 and a chaser" and they start hitting the outside shot, change to the "3-1 and a chaser".

Diagram One



X1 & X2 are the wings and X5 is our "chaser".
The chaser is our BEST defender. X4 is our POST.



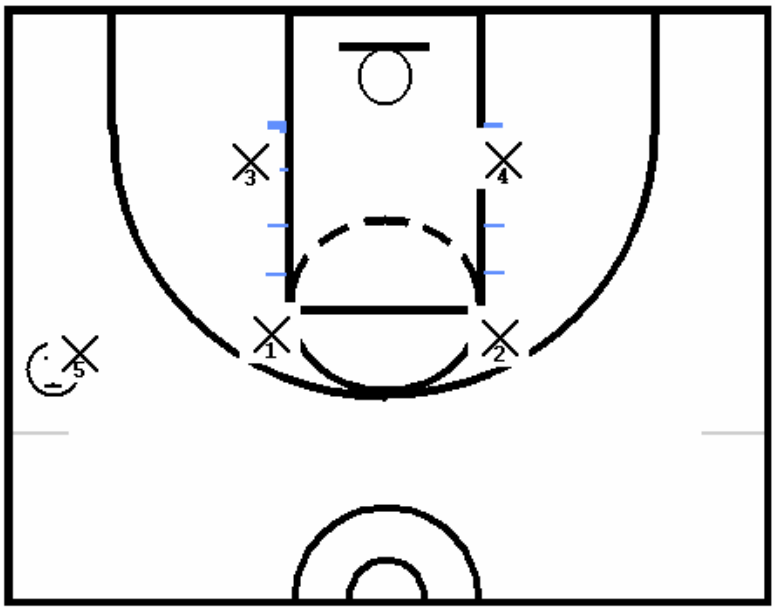
WOLVERINE DEFENSE Cont…

"11" CONCEPTS CONT…

BOX Formation

This defense uses four defenders playing zone defense in the standard "box" set-up. Two defenders are on the low blocks, and two are up at the elbows. The fifth defender plays man-to-man defense against the star player. This defense may work best against a team with a good point-guard or perimeter player.

Diagram One



X1 & X2 play the top of the "BOX" at the three point line (depending upon the shooting strength of the team you are playing. If they are not shooting well outside then "SAG" more inside). X3 & X4 will play on the BLOCKS. X5 is our "chaser". The chaser is our BEST defender.

ONE...
team, game, goal, direction...
TOGETHER!

WOLVERINE DEFENSE Cont…

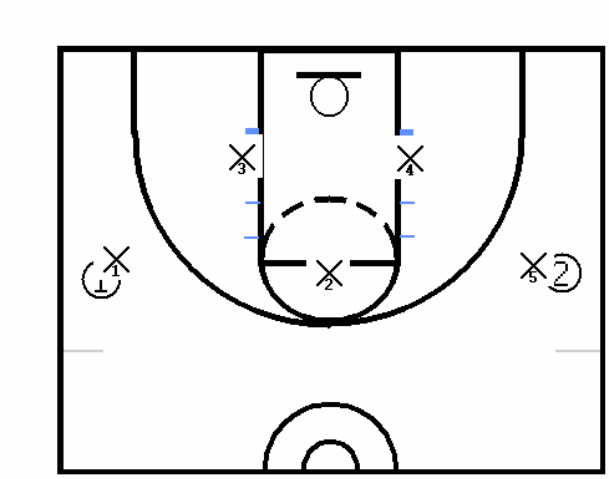
"12" CONCEPTS

In our "12" defense, our standard formation is the TRIANGLE. We will also alter the standard formation depending upon the situation and what needs to be covered. The other formation we will use is a INVERTED Triangle formation. I will discuss each of these formations starting with the standard Triangle.

TRIANGLE Formation

We will play this defense against a team with two excellent scorers and three average players. Two defenders play man-to-man against the two scorers. These TWO "chasers" WILL be our best and quickest defenders. The other three defenders play zone. Two play on the low blocks and have corner responsibilities too. Your hardest-working defender plays the middle position starting at the free-throw line. He must cover the free-throw line area and above. He must also cover the ball-side low block when the ball goes into the corner.

Diagram One



X1 & X5 will be our "chasers". X2 will play the Point of the triangle at the FT line. X3 & X4 Will play the BLOCKS.



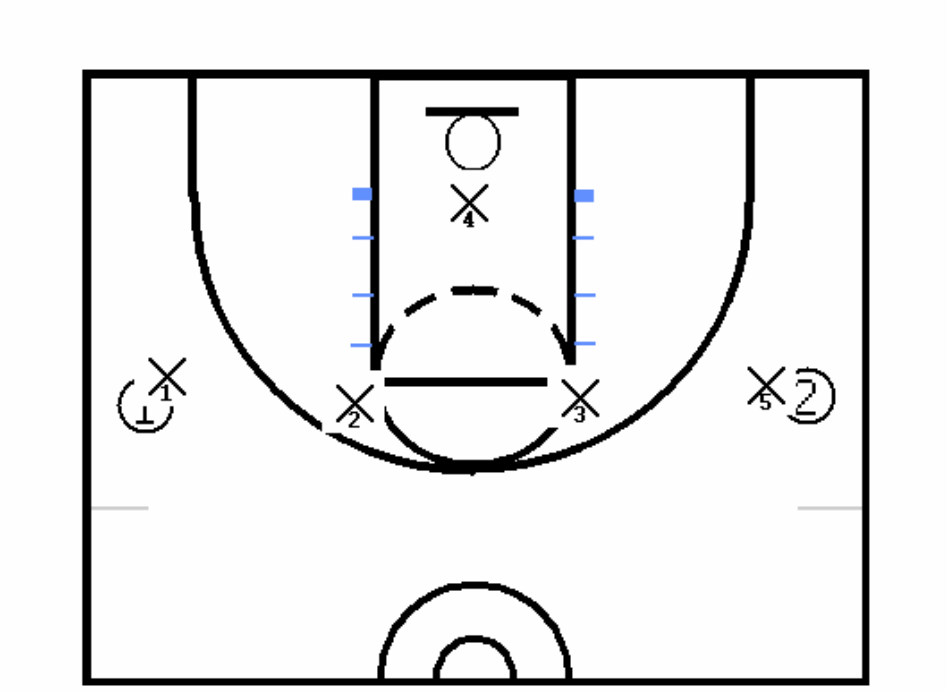
WOLVERINE DEFENSE Cont…

“12” CONCEPTS CONT…

INVERTED TRIANGLE Formation

When we run “12” (standard TRIANGLE above) and the offense splits the middle defender with a two-guard front, we will then move one of our low block players up to the free-throw line. We will now have an "inverted" triangle with two players at the elbows and one low in the middle of the lane.

Diagram One



X2 & X3 will play the elbow areas. X4 (POST) will play in the middle of the lane and X1 & X5 will be our “chasers”.





NOTES

BASKETBALL NOTEBOOK

ONE...

Team, Game, Goal, Direction...

TOGETHER!

BASKETBALL NOTEBOOK

ONE...

Team, Game, Goal, Direction...

TOGETHER!

BASKETBALL NOTEBOOK

ONE...

Team, Game, Goal, Direction...

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BASKETBALL NOTEBOOK

ONE...

Team, Game, Goal, Direction...

TOGETHER!

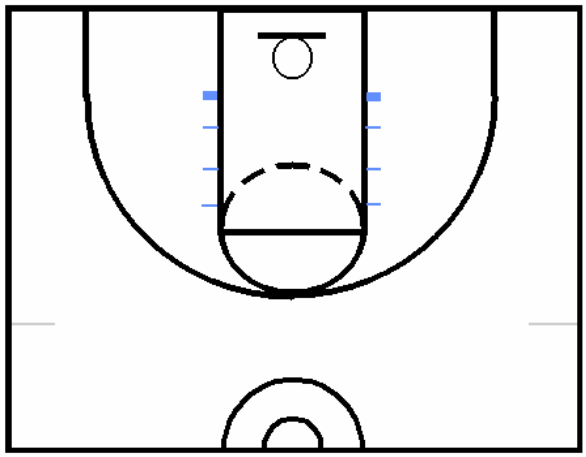
BASKETBALL NOTEBOOK

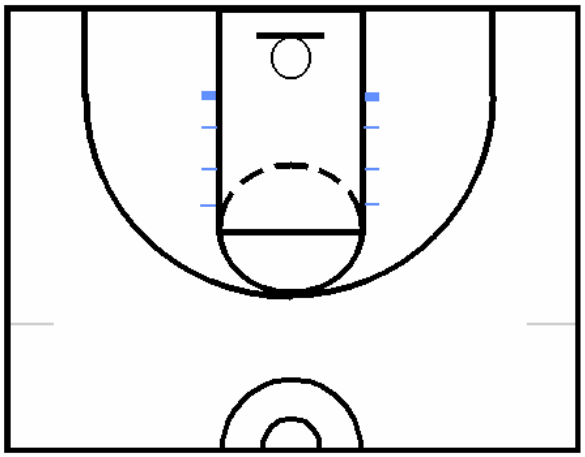
ONE...

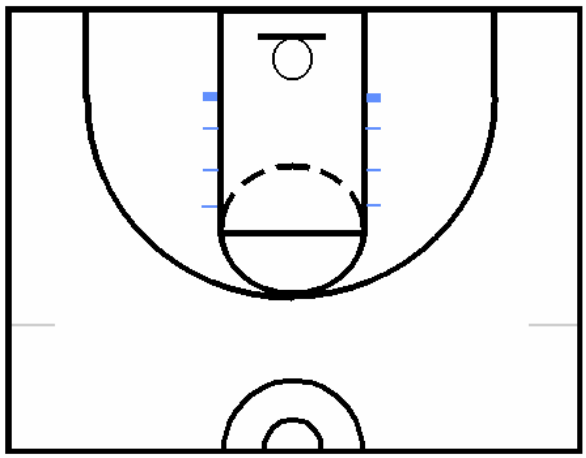
Team, Game, Goal, Direction...

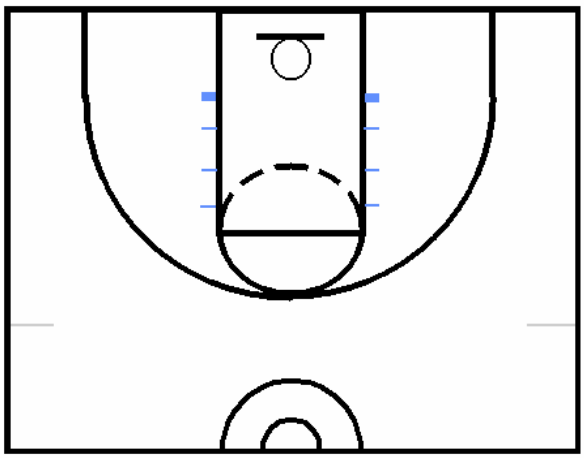
TOGETHER!

BASKETBALL NOTEBOOK

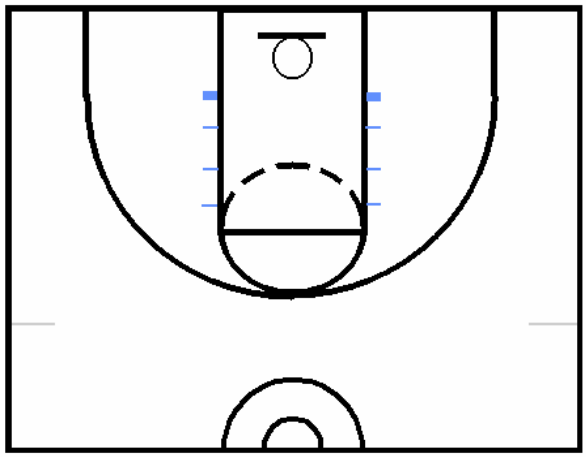


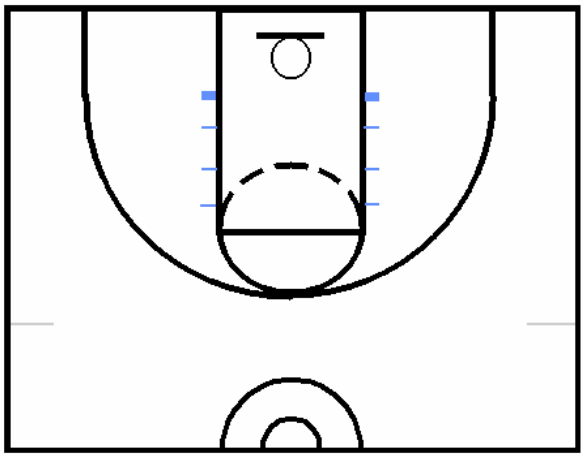


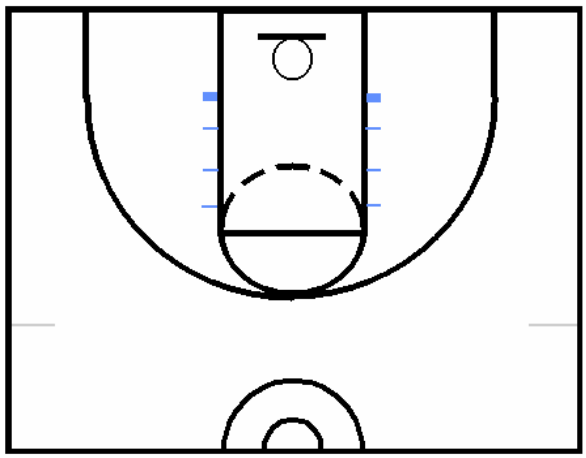


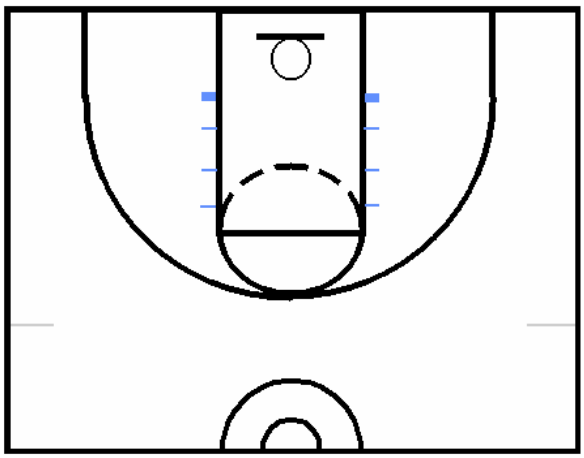


BASKETBALL NOTEBOOK

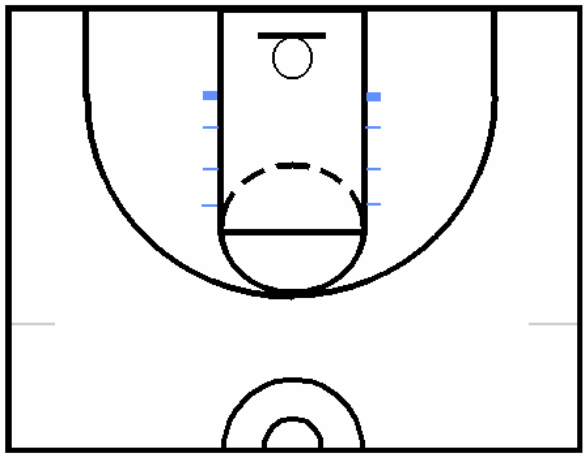


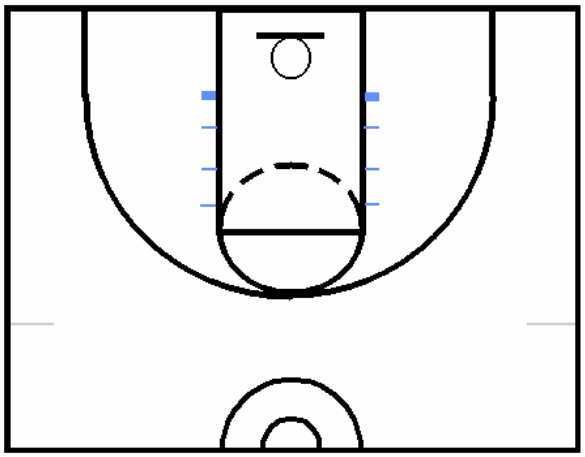


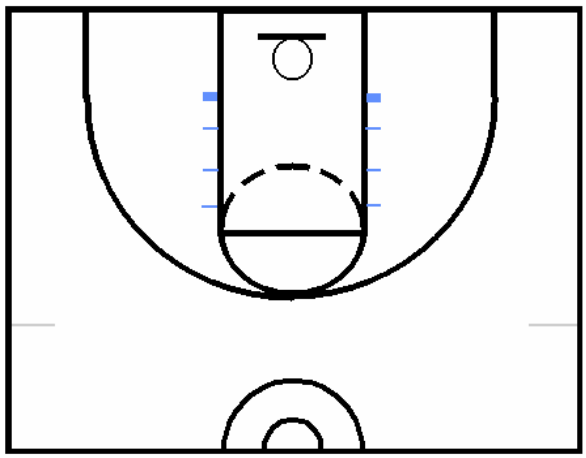


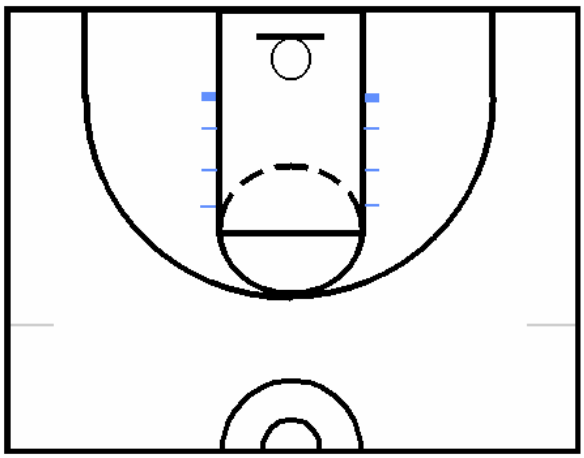


BASKETBALL NOTEBOOK









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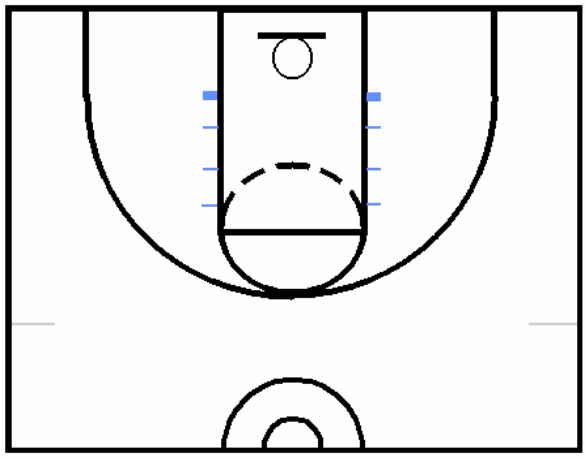

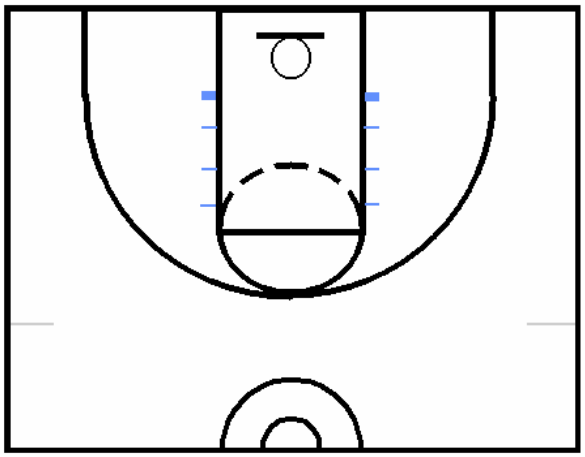

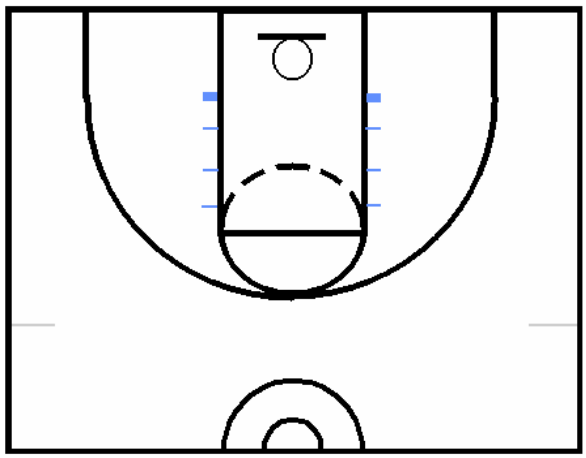

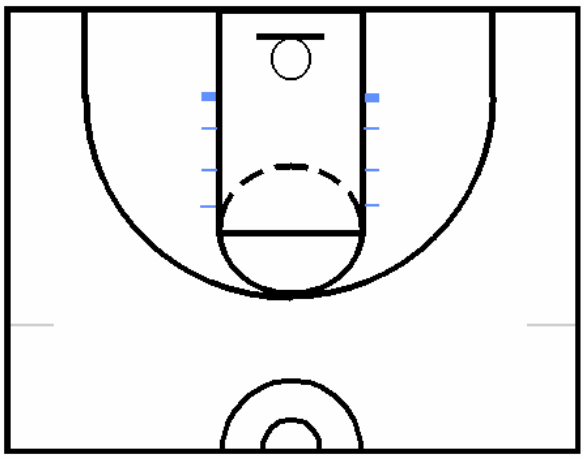

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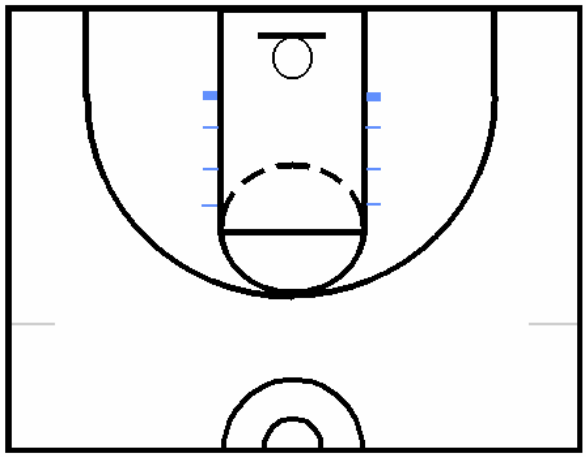

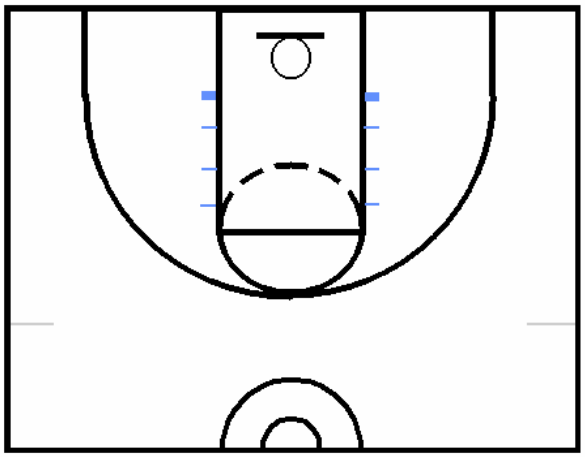

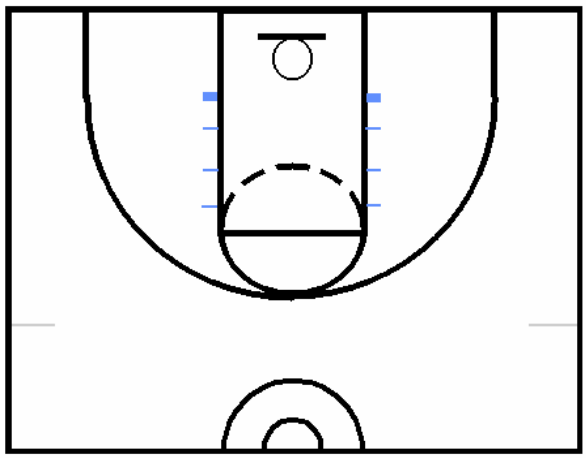

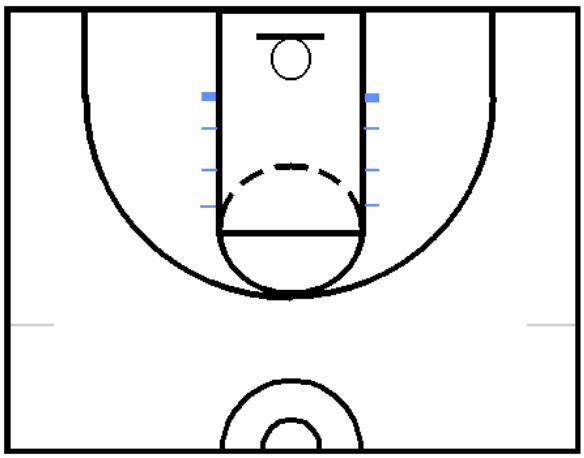

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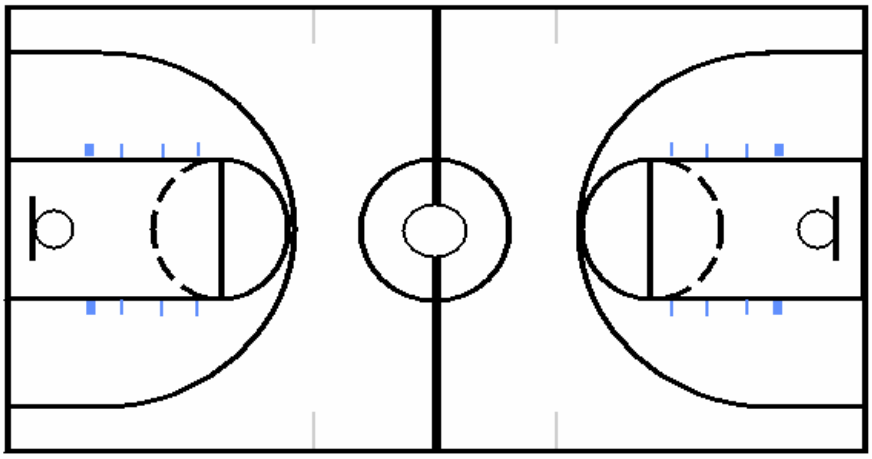

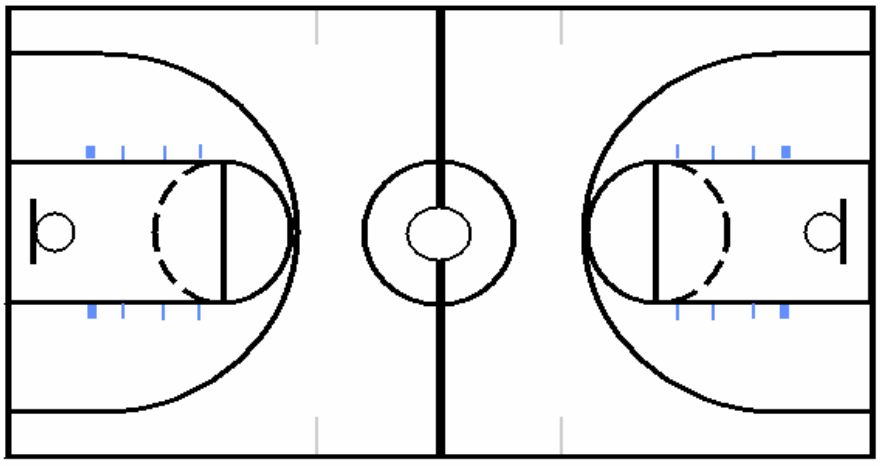

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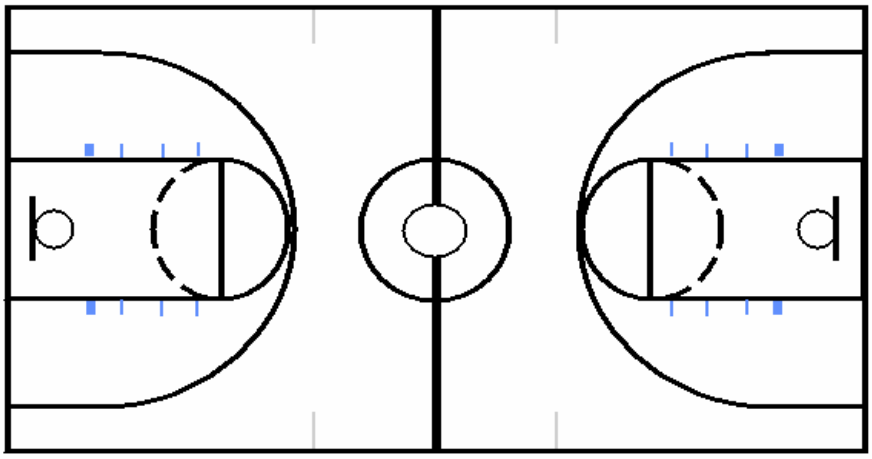

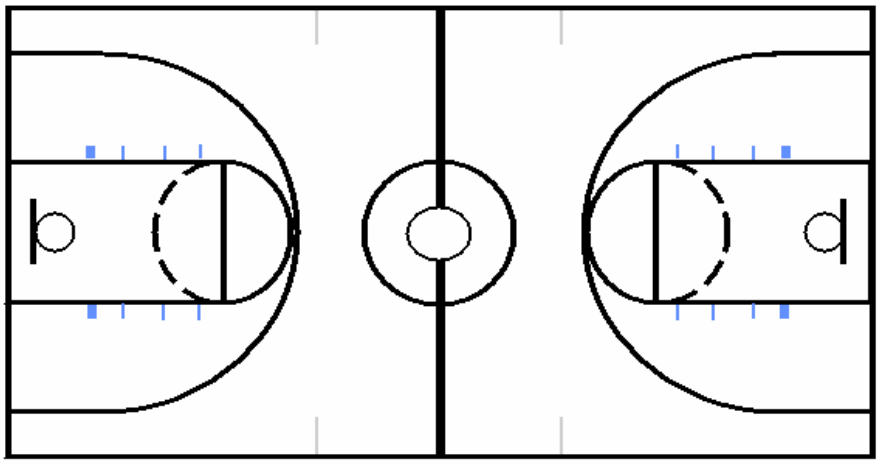

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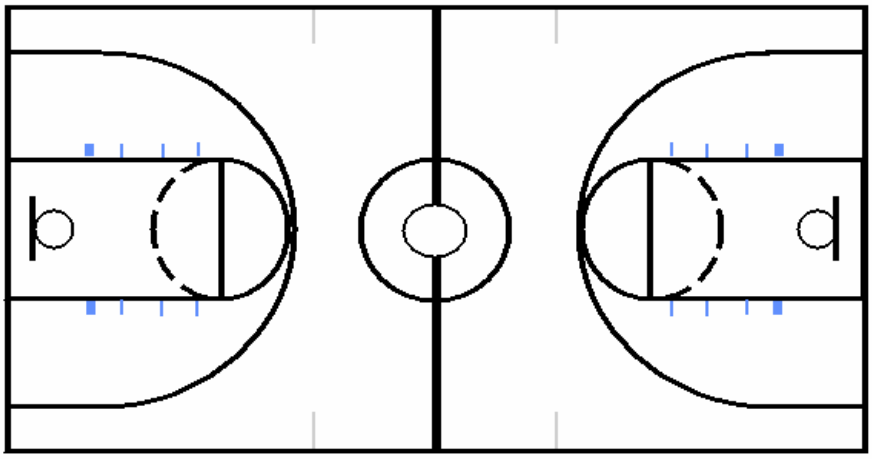

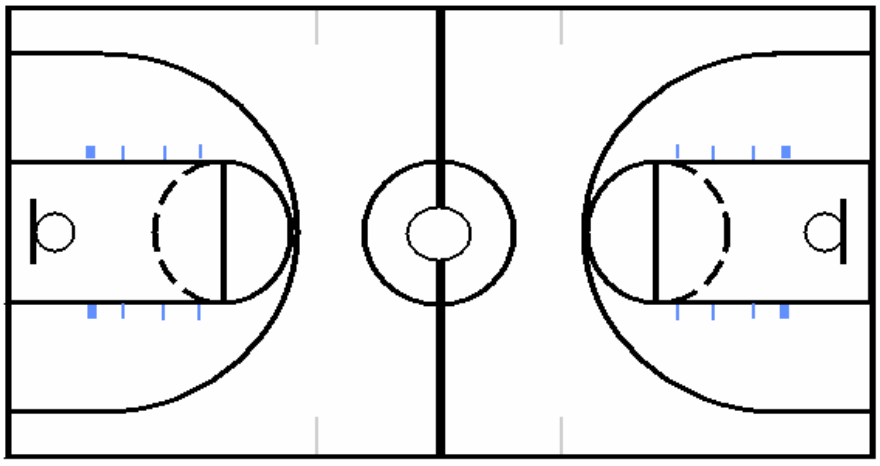

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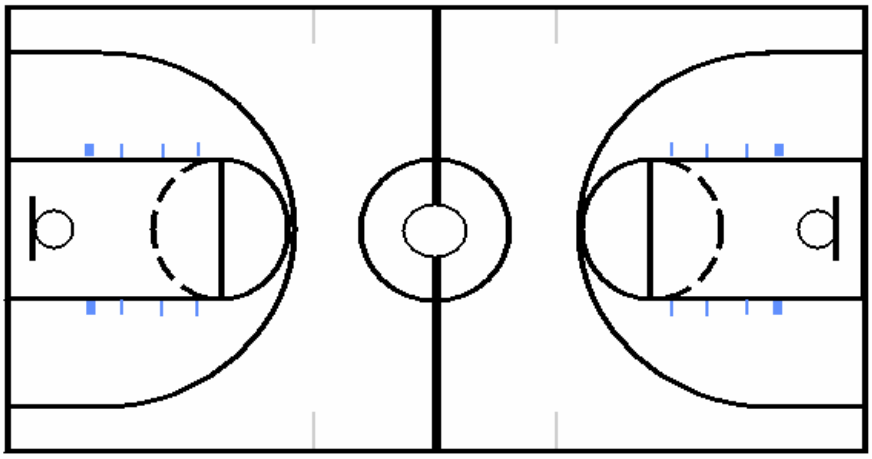

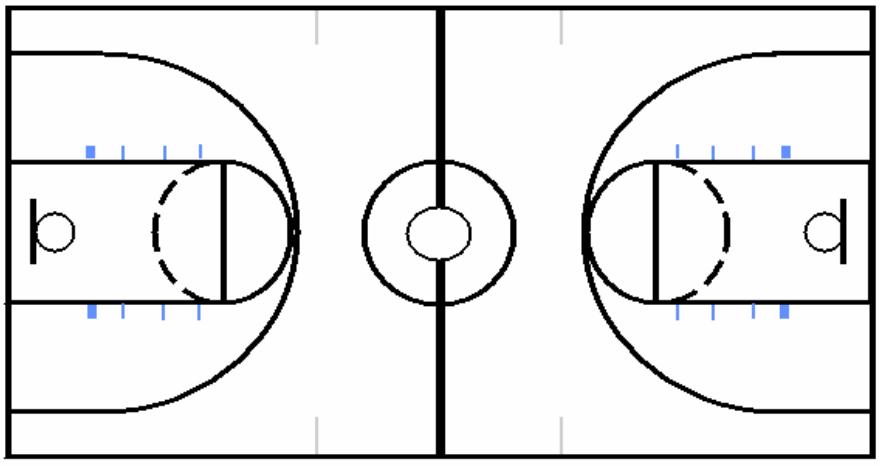

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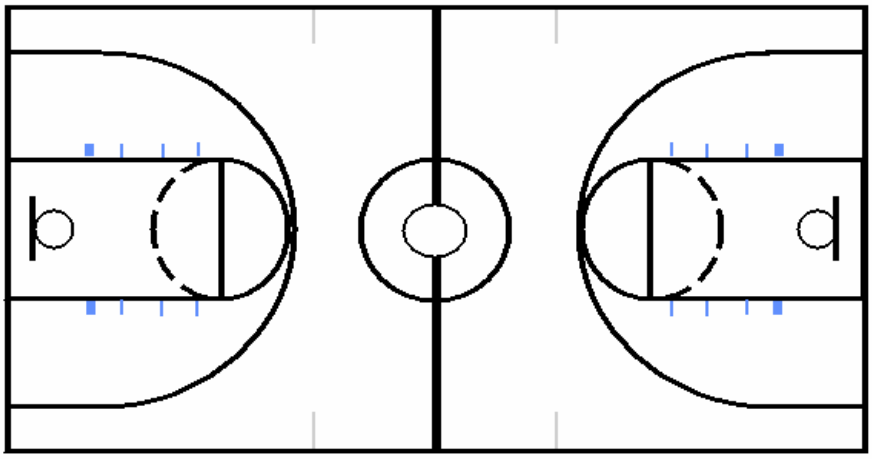
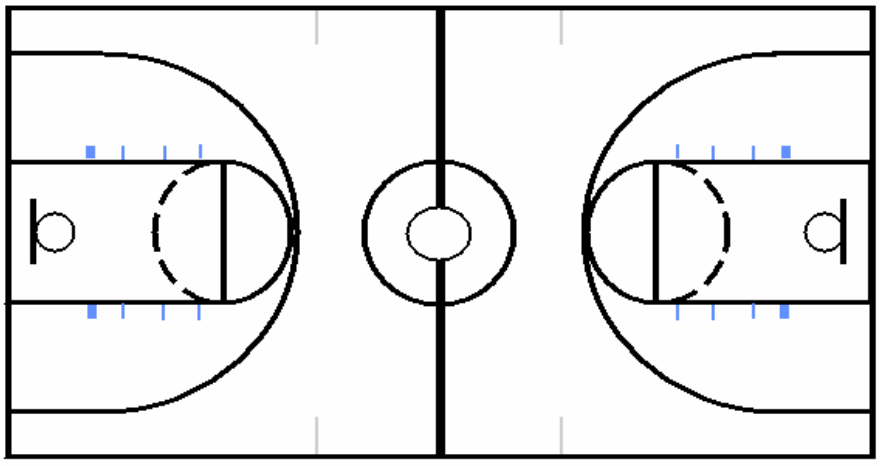
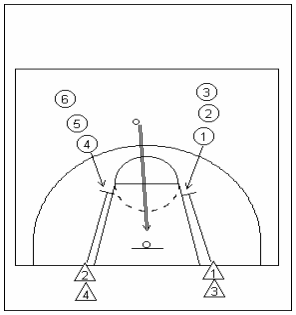




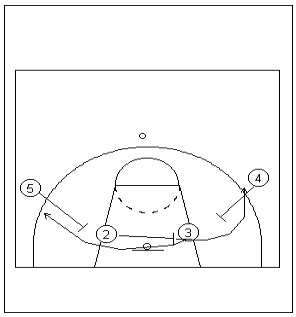
Wake Forest Men – Team Practice 20.10.2003

Knicks Defensive rebounding drill

- 2 lines on baseline & 2 lines above elbows
- Used oversize ball
- Coach shot from area at top of 3 pt circle
- Defensive pair started at the block, had to box out offensive pair starting just above the elbow
- If offensive board, pass back to coach for another shot
- If defensive board, outlet to coach on either side 45
- Use of over-size ball to encourage rebounding with two hands



Knick Rebound Drill



4 v 4 Shell (Coach entry)

4v4 shell

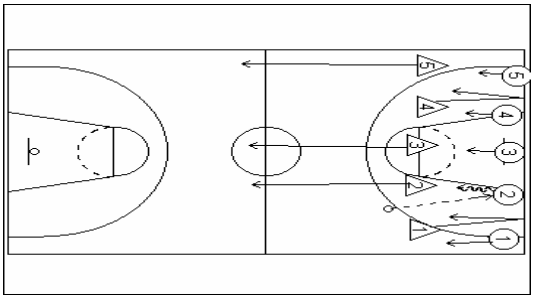
- 4v4 defending screens – coach entry
- Over on down screens
- Switch on cross screens
- Ball pressure
- Weak side positioning
- Offensive rebounding

Transition Defence

- Talked concepts and walked through the rules with athletes
- 4 players must make 2 feet into the paint when going to the offensive glass – this is charted in games
- Point guard always back – no offensive player to get "behind" the defence.
- Everyone sprints back – do not pressure the rebounder
- Pick up as soon as offensive players cross mid-court
- Post players to challenge offensive posts by the 3-point line (responsibility) – show hands high and impede with body.

Navy drill

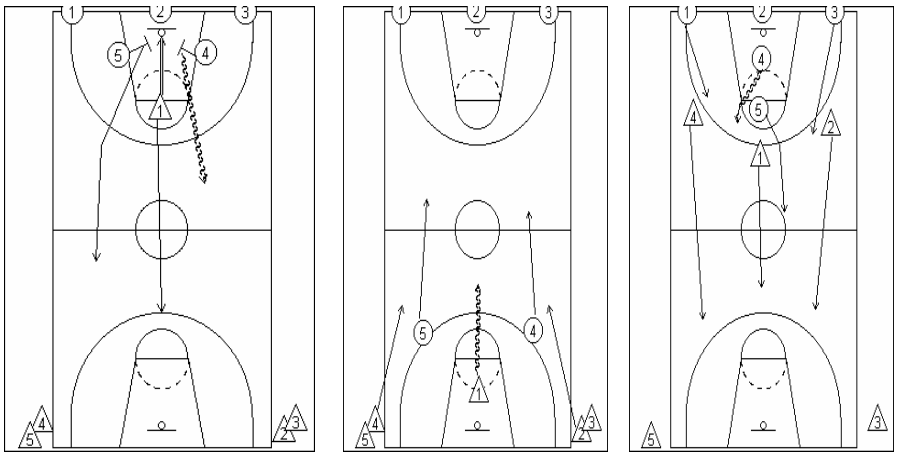
- 5 offence players on baseline & 5 across foul-line extended
- Coach threw ball to offensive players and verballed nominated two defensive players to touch baseline as offense goes.
- Defence sprints back and matches up – mis-matches are not a concern.

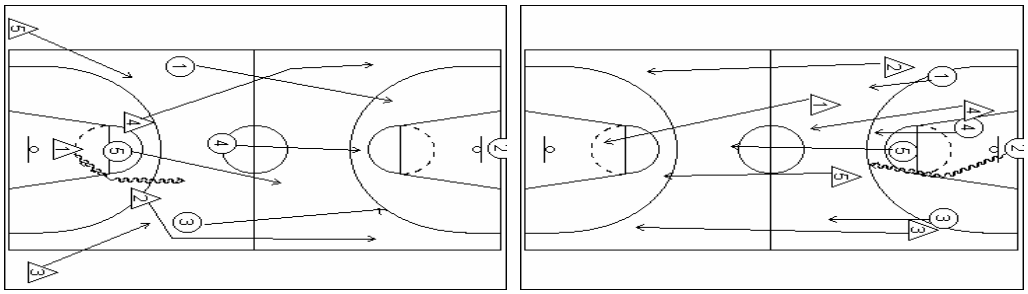


Navy Drill

Notre Dame transition drill

- Start with free-throw – convert to 2 v1 on rebound
- 3v2 on next trip – 2 offensive players join in from baseline
- 4 v 3 on next trip – 2 offensive players join in from baseline
- 5 v 4 on next trip 2 offensive players join in from baseline.
- 5 v 5 on final trip – final player joins in from baseline
- only time ball is taken out of bounds is in 5 v 5 phase





4 v 0 Motion – both ends

- Perimeter movement – no post man
- Use of down and up screens
- Verbalise all screens
- Cutting action off screens 1 to ball and 1 to basket

4 v 4 Motion

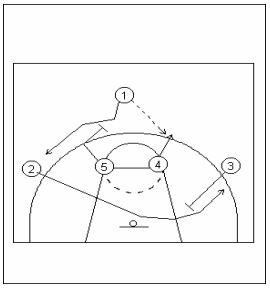
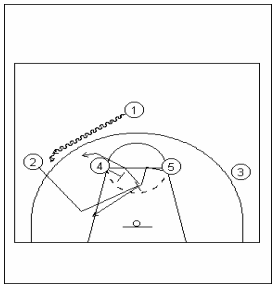
- No dribble
- No post man
- Principles as per 4 v 0.

5 v 0 Motion – both ends

- Principles as above
- Post man screens and re-screens
- Back screen from post on ball reversal.

5 v 0 Review of set plays as entries to motion

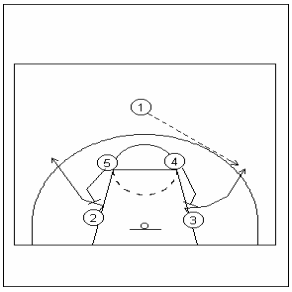
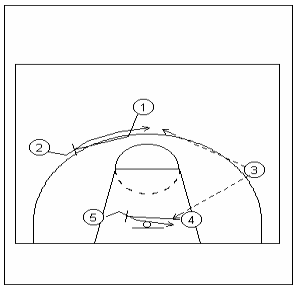
- 1 – up
    - 1-4 High alignment
    - One high post steps out for entry
    - Weak side high post up-screens for 1 to flare
    - 3 swings through to 'empty" out area for flare
    - 2 down screens for 3 swinging

1-up Dribble 5

- Dribble 5
    - 1-4 high alignment
    - Dribble entry
    - Ball-side wing up screens for opposite high post
    - screen for the screener action 5 to 3

- Illinois
    - Box set
    - Posts down screens either side of lane
    - As ball side wing catches, posy cross screens to block, weak side post to block

Illinois Box Set

5 v 5 Motion

- Up and backs
- Incorporating and reviewing sets/entries
- 3 groups of 4

- Free throw line extended
- Advance to mid-court then free throw ext at other end.
- Defensive slides/ change of direction/close-out

5 v 0 Motion – both ends

- Principles as above
- Post man screens and re-screens
- Back screen from post on ball reversal

Defensive Footwork Technique –

- Groups of 3
- Players maintain stance
- On coach command, execute defensive footwork – slide, drop step, close-out& box-out

Observations/post practice discussion

- Very physical in all aspects with a level of overt contact – key strategy by coaches to encourage intensity and aggressive play early in the season. Coach Prosser stated in post practice discussion that he wanted to establish an aggressive mindset and then limit fouling once that was in place. ACC officials were scheduled to attend practice within a week to assist in this area.
- Assistant coaches were very vocal and involved in all facets of the practice.
- Quite a deal if individualised feedback and instruction by coaches between drills and in breaks.
- Emphasis on playing hard & second efforts – the team led the BCAA in offensive rebounding in 2002/2003-11-13 Coach Prosser was a high school coach and teacher for many years, he still considers himself a teacher of the game.
- Evidence of a very strong player/coach rapport in the behaviours of the players post training.
- No post man
- Principles as per 4 v 0.

WOODSTOCK WOLVERINES BASKETBALL – THE SYSTEM

Initially, this strategic system (most closely aligned with Vance Walberg's style of play now at Pepperdine) was based on ten assumptions. These were ten things we, as "system" coaches, assumed about the game. However, since its evolution, basketball researcher Dean Oliver published Basketball on Paper, which breaks the game into four statistical categories, which complement the ten assumptions and provide statistical research to support these underlying assumptions.

Original Underlying "SYSTEM" Assumptions

1. One-on-one in open space, the offensive player always has the advantage.
2. Teams who make lots of free throws win lots of games.
3. When a defender recovers, he commits more fouls and gives up more offensive rebounds.
4. Offensive rebounds lead to fouls, points and free throws.
5. A turnover is a wasted possession.
6. Catching the ball already squared to the basket greatly improves a shooter's shooting percentage.
7. Dribble penetration is the toughest thing to defend.
8. Most teams rely heavily on starters and see a big drop-off after their fifth or sixth man.
9. Offensive players are ill-equipped to handle pressure for a full game.
10. Forcing players to make decisions at a faster pace leads to more mistakes.

Oliver's Basketball on Paper breaks down the game statistically to find patterns. After analyzing historically good offensive and defensive teams, he concludes successful teams control four factors:

1. Shooting percentage from the field.
2. Getting offensive rebounds.
3. Committing turnovers.
4. Going to the foul line frequently and shooting a high percentage.

As Oliver writes: "There really is nothing else in the game. These four responsibilities on the offensive side and these four responsibilities on the defensive side are it…If you aren't shooting from the field you better do the other three things. If you don't have the size to get rebounds, you better force turnovers. If you can't take care of the ball, you better get shots up before you turn it over, then go after the boards," (63).

"System" Basketball is effective at any level because it addresses these Four Factors. It creates good shots (shooting percentage); simplifies decision-making (turnovers); forces the opponent to scramble defensively (offensive rebounds); forces hurried shots (shooting percentage/defensive rebounds); forces teams to make rushed decisions (turnovers); and attacks the basket (free throws, shooting percentage, offensive rebounds). As a strategy, it eliminates many perceived disadvantages, like size, lack of a star, post play, etc, while creating advantages such as conditioning, speed of play, shooting and more.

As a means for developing players' skill level, it builds technical and tactical skills at a high rate of speed. The basic philosophy centers on skills every coach wants to see in a player: competitiveness, quickness, decision-making, conditioning, ball-handling, shooting and on-ball defense. By concentrating on these seven skills and attributes, coaches prepare players for continued development and implement a system that gives their team a competitive advantage.

Joe Ciampi, 1-1-3 matchup zone

Hand on the ball philosophy

- Pressure so you have to shoot or pass over me

5 on 5

- First week – allow no passes in the lane
- Second week – no passes inside the 3 pt arc

Delay, Disrupt, Deflect and Disguise

Permit non-shooters to shoot the ball

2 guard = best defensive guard = pirate - delays

- Pick up ball as quickly as possible
  - Makes 30 level – so you know what ball and weak side is
  - Miss 20 level

1 guard starts at high post

- 1 guards first pass to either side
- 1 is between ball and post

Easiest way to teach the matchup is 5 on 7

- 7 is 5 out with 2 low/mid posts

point to wing pass

- 5 is going to guard the post (where?)
- 3 has corner
- 4 is in line with ball and corner on weak side (pistols)
- 2 is ball level on midline

Ball back to point

- 2 has ball

Ball to opposite wing

Free throw line extended 4 picks up the ball

If above 4 shows and bumps to guard ball

Anytime 4 and 3 guard ball on wing 5 fronts post

2 has ball side elbow

3 in ball line with opp corner

1 is in CHS “skip”

Ball goes to ballside corner – Fire (foul line extended) passed to corner when guarded by 3 or 4

5 gets corner, hands up and take away the pass to post

3 defends post baseline side, then goes back to the rim – cut the flash!

4 fronts post

2 denies pass back to wing close denial for 1 count into open denial

1 ball side elbow looking for the point guard

Out of sideline timeouts – trap

1 and 3/4 trap – 5 fronts post – 2 denies pass back to wing – 3/4 goalie

Ball goes left – man, ball goes right – matchup

Post Defense

Ball goes point to wing

Ball goes to post guard closest to elbow doubles down

Verse dribble always 5 on 5 (no 5 on 7)

Guard stays with dribble

When 1 or 2 has ball on wing and dribbled to corner – CRUSH

1/2 traps with 3/4, 5 fronts, 3/4 back side at midline, 1/2 denies back to point

When 3 or 4 has ball on wing and it is dribble down it is a simple rotate

5 stays, ball side guard denies point pass, opposite wing stays midline

Rebounding – 5 people rebound

Hit and go to ball outside paint

Hit and hold inside paint

Create a big area to rebound

Shot taken from stop

Weakside guard and bottom defender must go out and hit

Ball at high post 5 doesn't guard it until the ball gets there

Guards drop to the level of ball, junctions

3 and 4 sprint to blocks

Skips Wing to corner or wing to wing

Sprint to cover the pass

If guard and bottom go at same time CRUSH

3 or 4 on skip don't permit the wing to shoot off the pass

If wing dribbles you cant ask 4 to cover shot or dribble

5 sprints to cover block and guard gets elbow – they have dribble

ONLY play shooters THIS WAY

4 on 4 with skip pass – off – def to end of line

Wing to wing skip wing has to make a play shoot or drive

4 gets wing to stop wing from shooting

5 ball side block

2 goes across to ball side elbow

Rebound the shot

If wing drives 3 or 4 sprints to paint

Trap ball handoffs point to wing

Don't guard more than one step over 3 point line

When guard is defending the wing and the ball goes to point – two steps to defend ball side junction

Drill – 2 balls

Ball passes to point from wing

Defense sprints opened up to junction deflects entry pass

Coach passes back to wing and closeout to live

FRESNO 2-19-05 VS. COS FINAL 110-88 FRESNO (29-0 REGULAR SEASON)

OFFENSE

- A LOT OF 1-5 THEN HIGH SPEED CUTS
- BACK CUTS FROM CORNER… AFTER BALL HANDLER JUMP STOPS
- REALLY TAKE IT TO THE BASKET… THEY CAN ALL DRIVE
- USE OF THE REVERSE SPIN ON DRIVES
- WAVE THRU…. WITH 1 WAVING 2 OUT , PERIMETER ROTATES TO BALL
- POST RE-POSITION BACK DOORS ON DRIVES FROM TOP
- POST GOES AWAY WHEN BALL IS IN CORNER IF HE ISN'T OPEN

DEFENSE

- THREE DIFFERENT PRESSES FIST, DOUBLE FIST, AND X
- PRESSES APPEAR TO MATCH UP TO O'S ALIGNMENT
- X IS THE ONLY ONE WERE THEY TRAP A NON DRIBBLER
- THEY MAKE YOU PLAY TOO FAST
- 2 MAIN FACTORS… BALL PRESSURE AND HUSTLE.
- THEY CAUSE A LOT OF TRAVELS, AND PASSES THROWN OB
- NOT A TON OF STEALS, BUT A LOT OF TURNOVERS
- HALF COURT TREMENDOUS BALL PRESSURE WITH GAP PROTECTION
- THEY SET UP THEIR PRESSURE EVEN AFTER A LOT OF MISSED FG'S
- NO LET UP OF PRESSURE AS GAME WEARS ON…DEPTH AND CONDITIONING
- THEY GET TO THE D BOARDS

OVERALL IMPRESSIONS

THEIR BALL PRESSURE, ATTITUDE, AND HUSTLE, SET THEM A PART
ALL THEIR PERIMETERS KNOW THEIR ROLES
MOST OF THEIR GUYS HAVE VERY HIGH DRIVING SKILLS
THEIR DEPTH MAKES THEM REALLY TOUGH TO BEAT THIS YEAR.

Notes from JC State Championship @ USD 3-12-14-05

Everything is a jump stop
Sharp skip passes
Ball fakes and Jab fakes
Read before they go anywhere with the ball
Their d is more about pressure then turnovers
They keep a constant attack to the basket on offense
When they come to high jump stops 12-15 feet, they look to back cut
Back doors are off jump stop ball fakes
Their help d in the 1\2 court is help (gaps) as # 1 priority.
They really sag off the help side way up and off.
Their intensity does not drop off as the game goes on

Walberg Notes: 9-22-01

Pressure Defensive 2005-2006

At this pace 2-2:30 seconds, then get your best guys a rest.

Don’t foul, 2 fouls in first half, you sit down.

Don’t let them split you and a teammate with the ball.

Fatigue will be a factor for your opponent.

42 minutes of drills, then a lot of 5 on 5.

Do everything quick and hard.

Can’t have it both ways, with extreme pressure, you will give up some lay-ups and dunks.

They will not run their offense.

We need to work hard every day for this, or any system to work.

We need to believe in this system.

#1 key of press... ball pressure

Just run and get there, not a lot of sliding involved.

On ball is “controller” everyone else is guarding two people.

You can’t pressure the ball and not get beat, make them beat you with the dribble, not the kick ahead pass.

We need to turn the ball at least once in the back court.

Learn to move on pivot, not on the pass.

Don’t worry about middle or sideline push, just pressure the ball.

We need to have the controller, gapper, taker, reader, and safety spots filled.

When the press is being challenged, “see it, then fix it”.

If you see the back of a dribbler, go double the ball.

Don’t go double the ball if it can see you coming.

We do not trap a player who is not dribbling the ball.

We do not need to steal the ball, we need to be disruptive, and let them make mistakes.

If beat, look to chase the ball, and punch it out from the dribbler.

Break the court up into 4 quarters length wise. Use the volleyball court Out side, inside, inside , outside.

Outside quarter, all five guys on midline.

Inside quarter, everyone within the confines of the court.

Controller Gapper

Taker Reader

Safety

We can run this out of 2-2-1, or man to man.

CLOVIS WEST PRESSURE DEFENSE GUIDELINES

- IMMEDIATE TRANSITION FROM OFFENSE TO DEFENSE
- LOOK FOR THE TRAPPING POSSIBILITIES EVEN AFTER MISSES
- CONTAIN THE BALL, PRESSURE THE BALL, HARASS THE BALL, AND CHANNEL THE BALL
- PROTECT THOSE MIDDLE GAPS
- FLOAT OFF THE WEAK SIDE PLAYERS
- DENY THE KICK AHEAD STRONG SIDE PASS
- DON'T GIVE UP EARLY ON TRAP OPPORTUNITIES… STAY ALERT
- **SPRINT BACK** ON ALL BALLS THROWN OVER YOUR HEAD
- TRAP THE SIDELINE… JUMP SWITCH THE MIDDLE
- HUSTLE, HUSTLE, HUSTLE
- WHEN THE BALL IS SHOT IN TRANSITION, SPRINT TO D BOARD, AND LOOK FOR A BODY TO SCREEN OUT
- COMMUNICATE WITH YOUR TEAMMATES
- IN GENERAL AVOID FOULING, ESPECIALLY A TRAPPED OPPONENT
- MAKE THE TRAPPED PLAYER THINK HE HAS OPEN RECEIVERS, STAY LOW AND READY OFF THE PASSING LANE
- WHEN THE BALL IS IN THE AIR …GO GET IT
- ON A STEAL, GET YOUR HEAD UP, AND LOOK DOWN COURT FOR AN OPEN TEAMMATE
- ANTICIPATE THE ANGLES NEEDED TO CUT THE BALL OFF
- PROTECT THAT MIDDLE FLOOR AREA
- 32 MINUTES OF "WEAR YOU DOWN" PRESSURE