BILLY GILLISPIE
TEXAS A & M

- We wanted to practice like a National Champion every day.

- We like the Shell defensive drill. But we took the Shell Drill and made it into a Full court Defensive Drill. In addition to helping us with our basic defense, it helped us with our transition defense also.

Things to work on in the Shell:

1. Jump to ball
2. Front the cutter
3. Help & recover
4. downscreen
5. backscreen
6. 2 on 1 situations
7. zigzag, turn & run
8. Take charges
9. Fade screen
10. Ball screen
11. Rebounding drills (3 on 3 w/guards, 2 on 2 w/posts)

Coach must be tough on players during rebounding drills

Don Haskins always asked, "How many guys are you going to get back on defense.

THOUGHTS ON WINNING

1. Get good players
2. Shortcuts don't work
3. There are no secrets
4. "David was nobody until he knocked Goliath out"
5. Special teams think of others first
6. Work as hard as you can. Think about yourself. You must be there.
7. Make statements to & from your team (ask team for statements)
8. Prepare to win
9. Get good help – Let them coach
10. Get the best gear for your players
11. Develop players
12. Everyone has to change, including you
13. Make sure players don't feel like a commodity, treat like an individual
14. Have an "expert" on each area as a member of your staff
15. No excuses
16. Stick with your decisions, then evaluate
17. Don't sacrifice your standards

BILLY GILLISPIE (CONT.)

18. Have a good attitude yourself
19. Raise extra money for your program
20. Play to win your last game
21. Study winning people (reason they win)
22. Watch & evaluate your game tapes
23. Coach how you believe
24. The Head Coach has to get involved
25. You set the tone daily
26. Love your players – they'll love you back

Practice in 4 quarters (practice 30 min.; practice 30 min.; practice 30 min.; practice 30 min.
Practice situations every day (May be more important for coach than players)

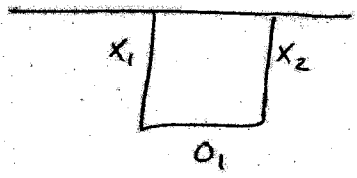
OTHER IMPORTANT PARTS OF PROGRAM

- Must have a tournament at your home site to be an elite program
- Put your principal in the team photo
- Schedule like you want to win - prepare
- Write letters to players' homes
- Employ your former players at your camps
- Set a start & ending time for meetings
- Get our of your office to sell your program
- Best to use handwritten notes…rather than e-mail
- Develop special teams for substitutes
- Don't make rules you won't enforce
- Have a media day for your program (even if it is one reporter)
- Have a player defensive week
- Take your team to a college or pro game
- Tape games & watch (NBA games best for Sideline OB plays)
- Make a highlight tape for each player
- Schedule time off to stay personally sharp
- Force assistant coaches to spend more time with their families
- Be accessible to everyone
- Type your practice plan
- Have "specialist" managers ("Experts" – Experts at laundry, Experts at statistics, etc.
- Enlist help from school
- Practice hard on game day

Bobby Huggins - Intense Practice Drills

3:00

Start practice - keep score on ~~tape~~ (Cheat ??)



make - out of bounds
miss - outlet

2on1 / 3on2 / 4on3

Go to 10

Def
Allow no layups !!

off
Try to get layups !!

Competitive Practice Drills

Always take the ball in from out of bounds after a basket is made in practice.

(go by 2's and 3's)

Working on: (1) Communicate offensively
(2) Communicate Defensively.

Every point they lose by is a suicide

" Don give up easy basket during drills

(They don't sprint in Drills the they sprint sidelines)

(If they score layups in game / Take them out from the next Day)

Bobby Hayslip - Intense practice Drills

(4on3, 5on4, 5on5) → 5on5 run transition

"Always play until you hear a whistle"

"A fast paced Drill placed in the beginning of practice helps to set the tone"

Positive Reinforcement

Run Sprints for your up layups and offensive Rebounds

4on4 plus one

Play 10 possessions → How many stops Run the difference

One → moves Block to Offside or High Post

Post Player

(Starts at half court Allows you to get a good defensive setup.)

Rule #1 - can't throw to post on first pass.

(To be a good defense, you must know how the opposition scores on you)

(often the defense scores on direct passes)

Bobby Hussey - Intense practice Drills

Post play → Don't throw too many bounce passes, too slow

(No power players anymore)

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4 on 4 plus one - Alternate

Help / Recover - In line

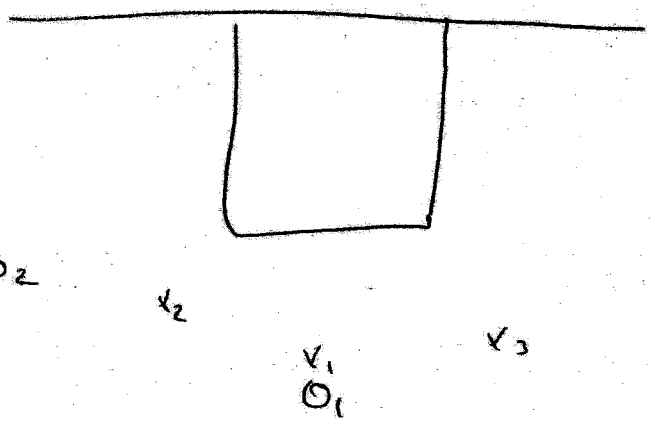
Bob Huggins - Intense practice Drills

"3 on 3" (Play 10 possessions / Loser runs the Difference)

offense - try "Penetrate / Pitch"

"Jump to the ball - not the basket"

Pky 10 possessions
Loser runs difference

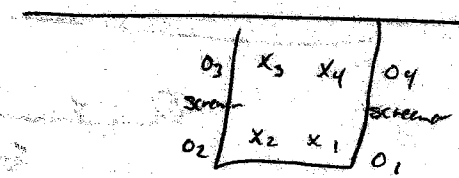


(off to the ball, not off to the basket)

(Good defenders can't be screened)

Bob Huggins – Intense practice Drills,

Breaking the screen



Screeners – use pads

Have 4 steps
2 turnovers – 1 stop

(When you are closing screens, take the shortest distance)

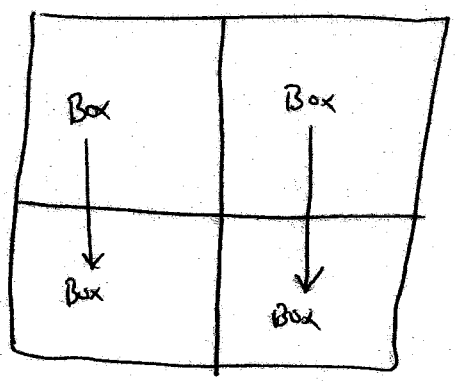
(This Drill keeps you constantly cutting to get over and through screens)

(Coaches must Demand that players play the game right.)

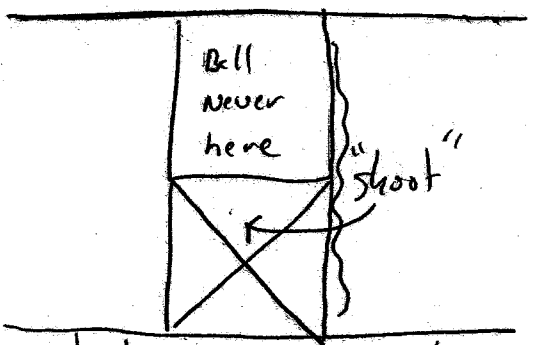
10:2:36

Bobby Huggins – Pressure Def.

Box Theory



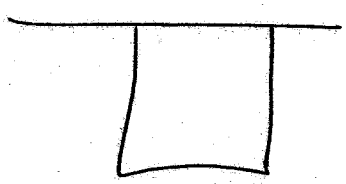
"Smaller the box
Less area that you
have to guard"



The main goal is to force teams to get ball out of the "shoot".

"Dribble penetration is the method most teams use to score"

Tpoint Denial - "Have player begin by denying the wing.



C

X1 O1

(1) Wing Denial
(2) Backcut Denial
(3) Post Denial
(4) Flash Denial
(5) Wing Denial
(6) Backcut Denial

"Be sure to chart Drills you use to ensure that drills are not repetitive".

Bobby Hussits - Pressure Def.

"Let them catch on ways - Don't Deny them."

"Try to force players to catch the ball moving away from the basket."

(12:11)

"Never allow your opponent make a Straight-line Pass.

"Make them catch it away from the goal"

Boyd Grant - How do people score on you??

(Defense shall never allow the offense make a direct pass)

(Defensive player shall step directly into the passing lane)

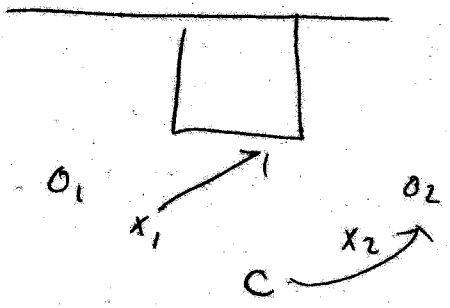
"Over" and "under" - good Direct pass - "Bad"

No Flat Triangle - (on the line / up the line)

"Cost Play" - is about creating space and angles.

Bobby Huggins - Pressure Defense

"Sprint to help" - Turning and running into a help position.
"2on2"



When you "sprint to help" - don't open up. (Be in denial position)

If you are going to play pressure defense, you need to have "high hands".

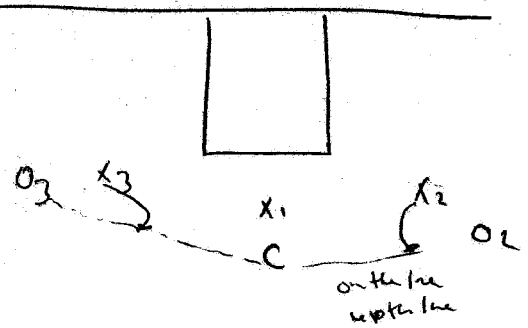
"Do not allow your men to move the ball back into the center."

"Force your men to the baseline without allowing a drive to the basket."

Do not Allow the offense to turn or reverse the ball.

Bobby Huggins - Pressure Defense

3on3 "Sprint to help"



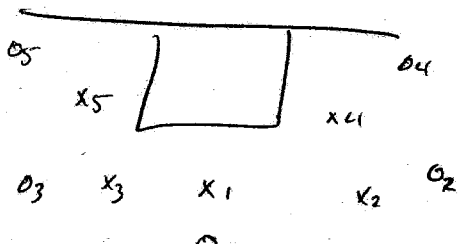
Try to force your man to move away from the basket to receive the pass.

"Good spacing for the offense is approximately 15-17 apart"

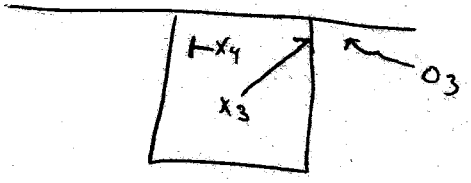
"Disrupt the spacing of an offense can help cause turnovers"

5on5" Sprint to help

(41:58)



"Leave your best Rebounder to compete against their best Rebounder"



Closed fist → means "Live"

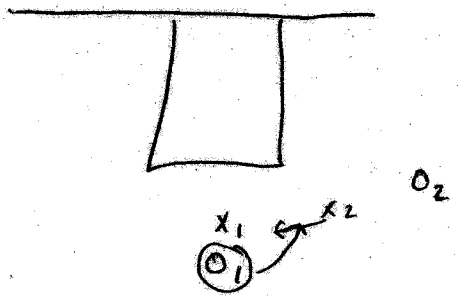
Every day - Sprint to help

"Do not Allow players to slide"

Have them turn and Run

"Never allow the offense to get the ball into the circle."

Bobby Hussey - Pressure Defense



Make pass "over", "under", "Around us"
Never through us!!

"Never allow an offensive player to split a trap"

"Players will telegraph passes based on where the shoulders are pointed"

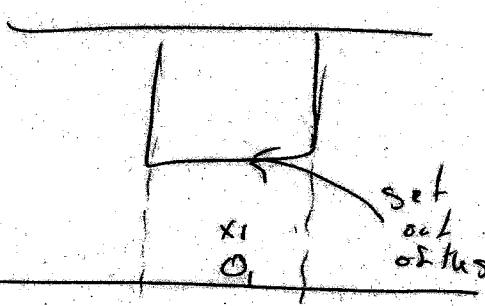
"Read the "Lead" shoulder" — tell where the ball goes.

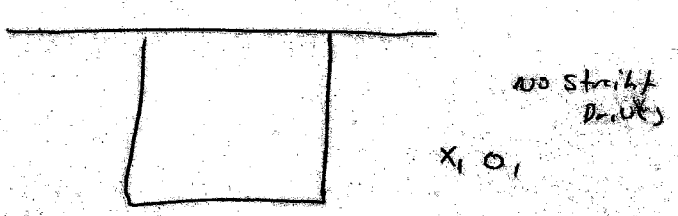
Closeouts → try to practice a variety of close-outs for ten minutes each day.

(1) Skip passes
(2) Penetrate / Pitch

"Never allow the offense to make a straight-line drive to the basket."

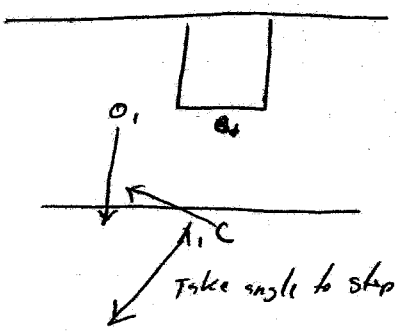
1:01:20





Bobby Huggins – Pressure Defense

"The best place to trap a player is at the ½ court line.



Everday Drill

(using proper angles can make a player three to five steps earlier.)

(Never "Run" through the ball – put teammates at terrible disadvantage)

(Don't knock it out of bounds!!) (If you can get a hand on it – secure it!!)

Big Sign – Don't settle

Find a Way!!

Trapping Post

1X – guy on ball

2X – second guy away from ball

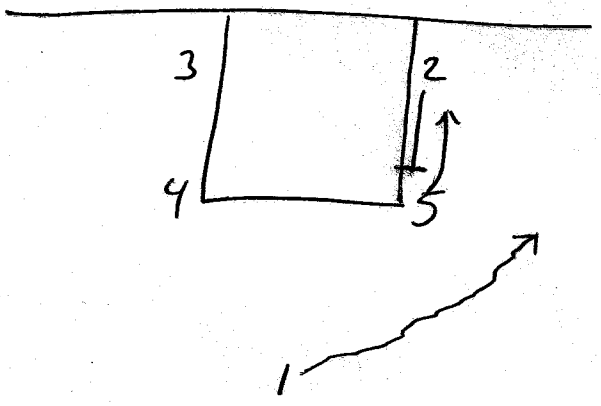
3X – Furthest guy away

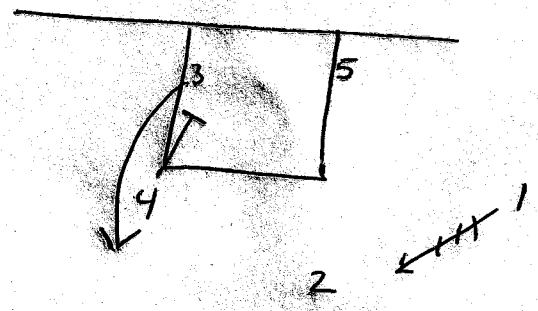
4X – Post trap

Post trap – Don't let post player turn away from the help. (cut off baseline)

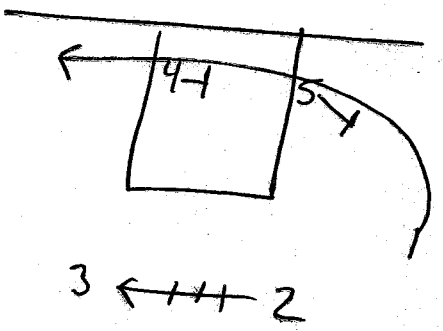
Bobby Lutz - 4 out / 1 in offense
Set plays

Box Series - Box 1





1st option

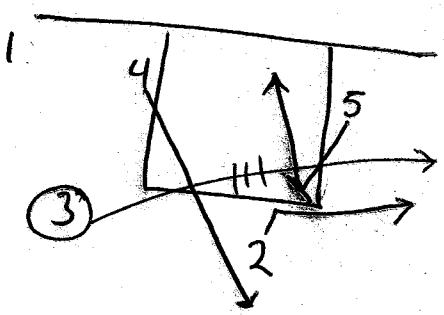


Screens on the baseline

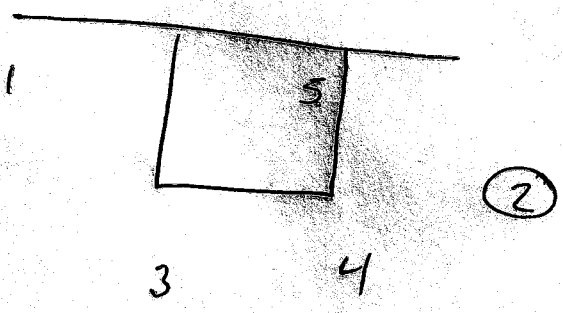
(1) Very hard to guard

(2) Second screen must be used.

(3) Adjust to screen the man

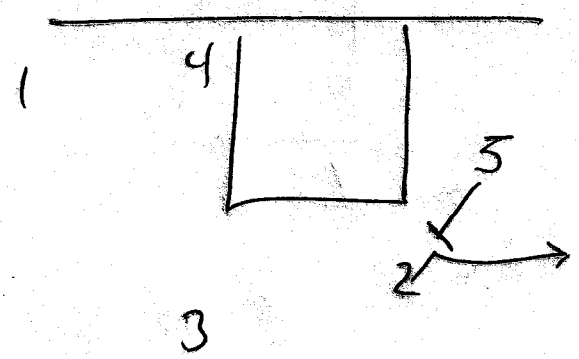


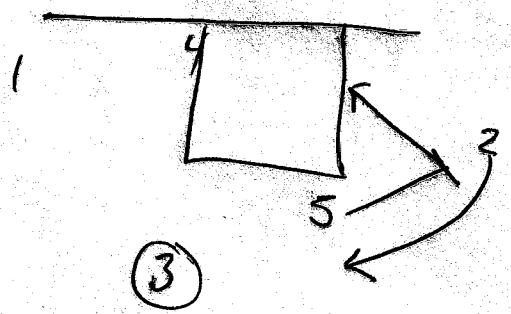
Screens



Bobby Lutz - 4 out / 1 in off set plays

Counter - Play in the flare screen then Rescreen it.



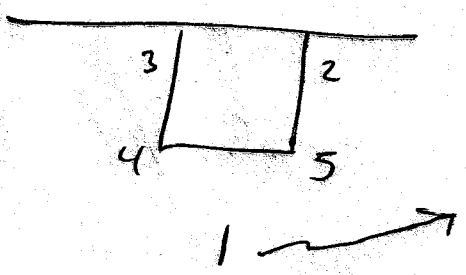


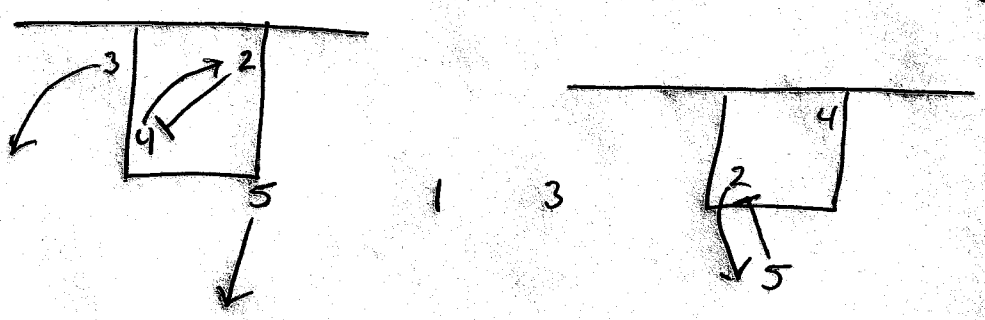
(Post - Head Hunt and they will get open shots)

Backdoor cut on Bigs

Always throw Late and Low

"Box 2" - Power Basketball



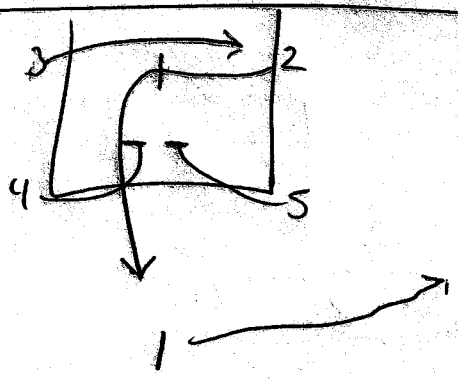


Box Set plays

(1) chart success / failure of different sets throughout each game.

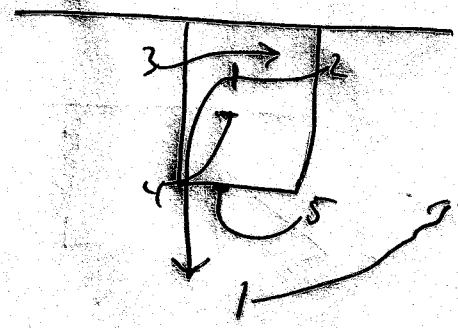
Bobby Lutz - Yout / In off.
set plays

Americas Play / Phoenix



Double screen

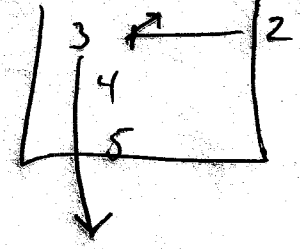
or



Staggered screens

(They prefer Staggered Screens)

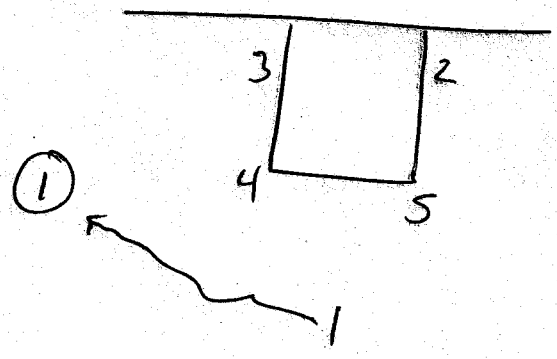
Counter - Jumping the cross screen (Defense)



Bobby Lutz - 4 out / 1 in offense

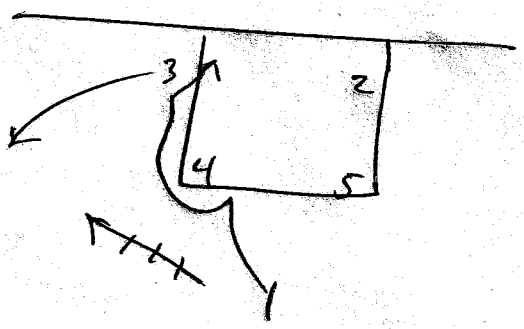
Set Plays

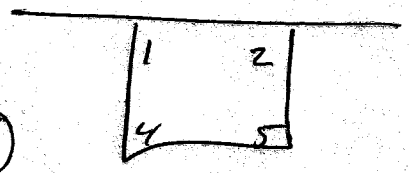
(Ball Screen Action)



(We recruit our "4" men to be a 3pt shooter)

Action starts when the guard Dribbles off or when we do a shuffle cut





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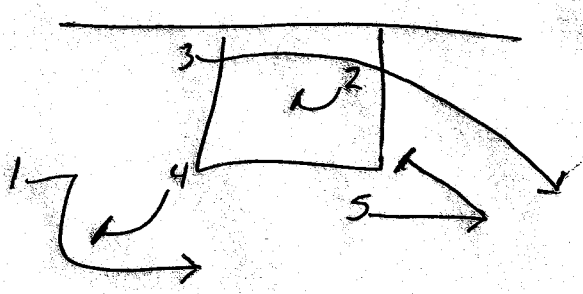


1st option - P3 off Ball screen

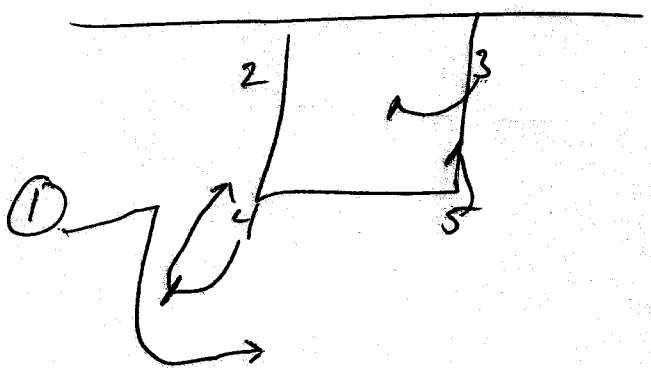
2nd option - Set back "3" for 4 man

3rd option - 3 coming off stressed screen.

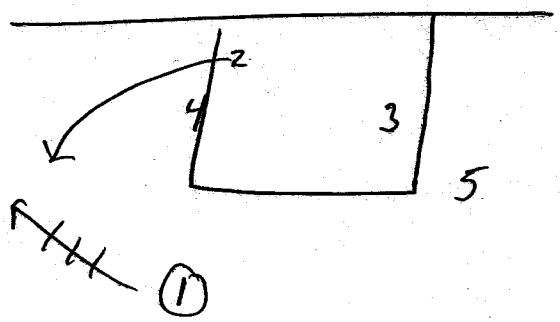
It is an "ISO" for 4 man

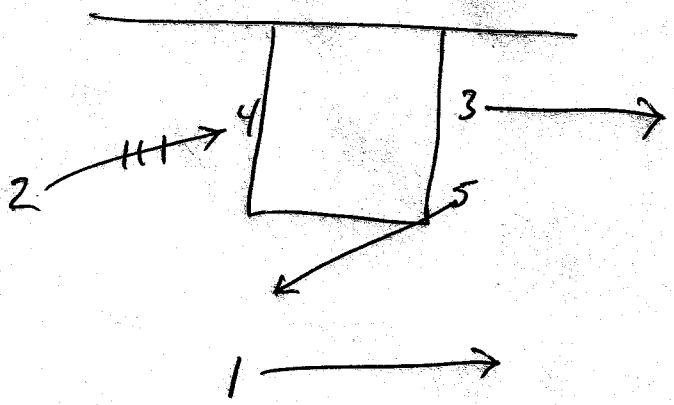
Bobby Lita - Set plays

(Another option)

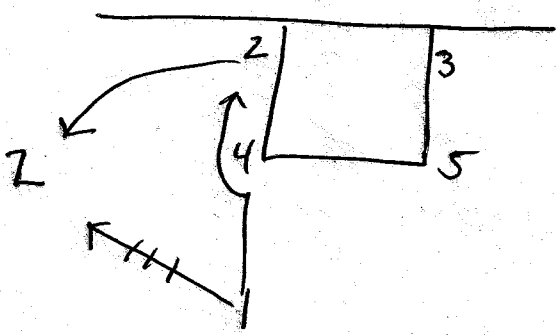


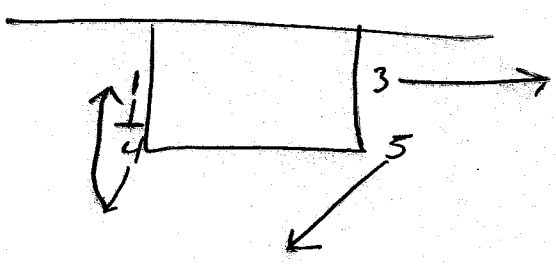
If they "show" hard on Defense





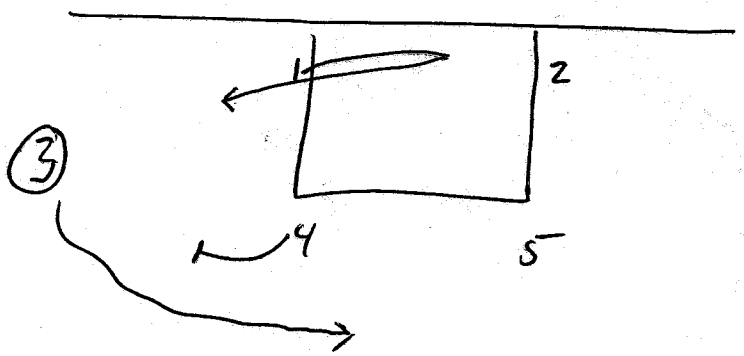
"Back" option

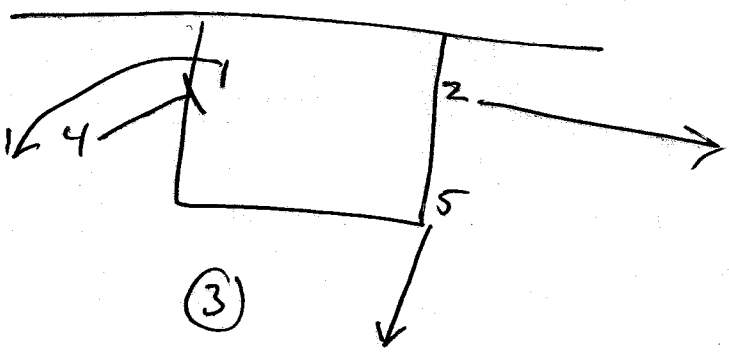




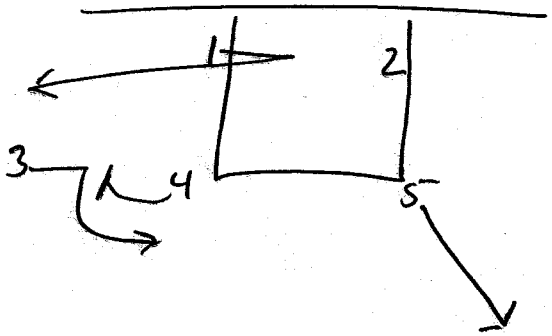
(2)

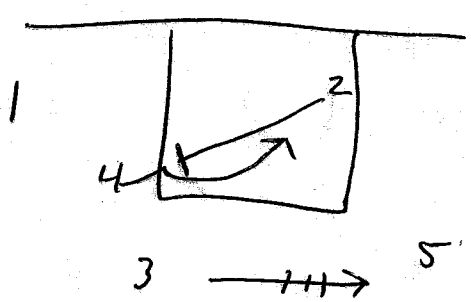
Down Screen option

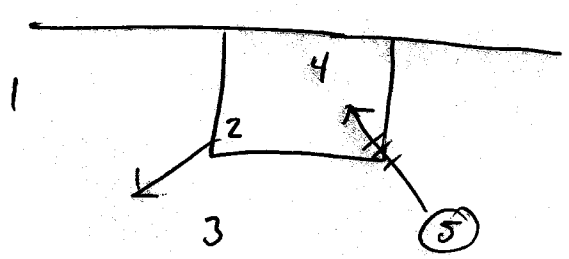




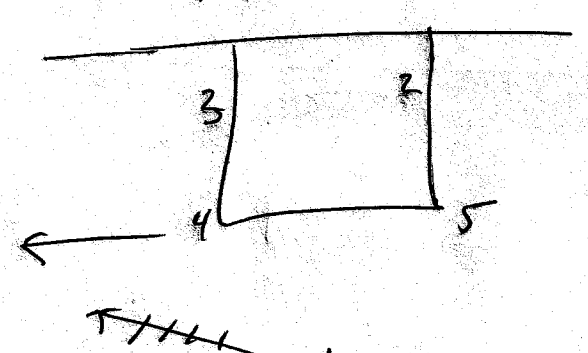
Shuffle cut option

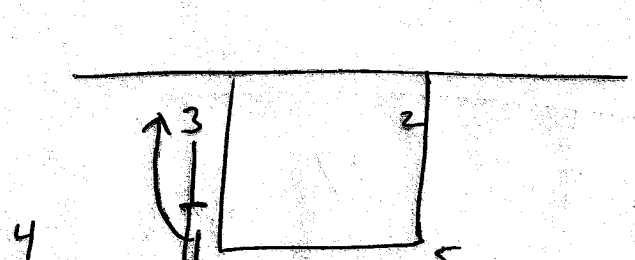


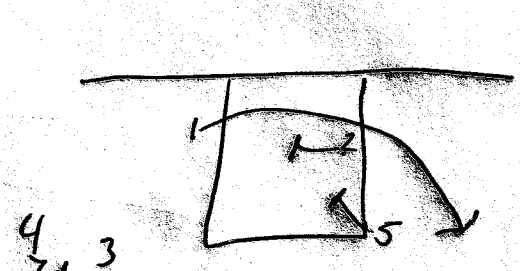




4 inch "Iso"

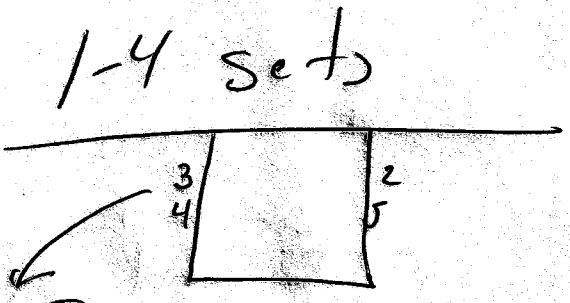


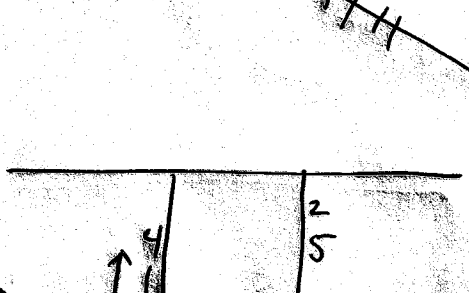




A-10 Pkg

1-4 set



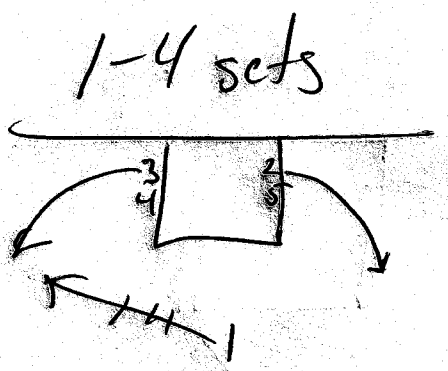


(3)

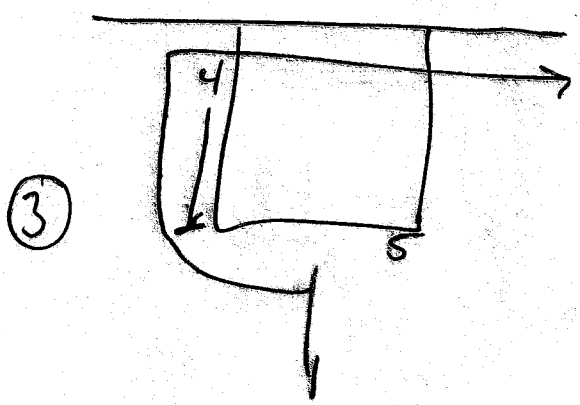


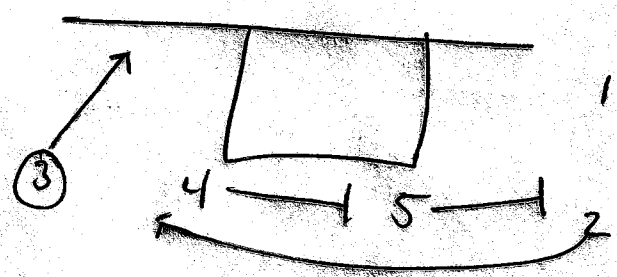


(2)



(great like game shot)





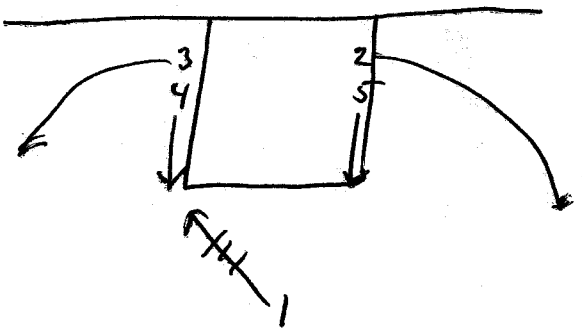
3 drives like going to the basket and then find "2" off the screen.

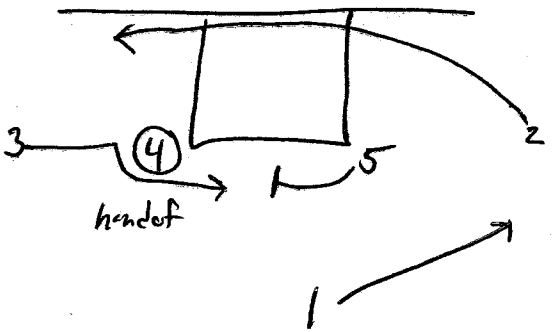
"head hunt the screens"

"Whatever you are going to do - you need to practice it."

"4 hit

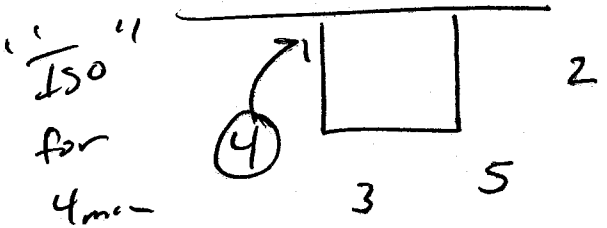
1-4 sets





(Make sure 2 holds till he sees the handoff)

No handoff



BRAD SODERBERG
SAINT LOUIS UNIVERSITY

Use a Free throw ladder to improve free throw shooting. We shoot 50 FTs at end of practice the first week, then rank the players and place on a ladder for the rest of the year. First day, have 1 play 2, 3 play 4, 5 play 6, etc. Number of FTs they shoot will vary but all shoot the same number each day. Winners change places with losers. Second day, 1 gets a bye...2 plays 3, 4 plays 5, etc. Use this ladder all year and it will improve concentration in free throw practice. INCLUDE YOUR COACHES IN THE LADDER...IT WILL IMPROVE TEAM BONDING.

All of us need to understand ultimately what our job is:

(1) Teach youngsters how to work hard. Demand punctuality and hard work.
(2) Teach kids how to be a part of a team. They must learn that the well being of a squad is more important than they are.
(3) Devise a system that allows your kids to have a chance to win. One of the beauties of coaching is figuring out a system that gives your kids a chance regardless of size, speed, etc.

* Make sure you end practice on time. If you go beyond the scheduled time, you lose the attention of your players.

PACK DEFENSE:

If an opposing player scores 30 on you, ask yourself...should we have defended him another way.

If I am going to have less talent, I am going to defend less court.

I use the Dick Bennett system of man defense if our players are not real quick and have the ability to overplay. In the "Pack" defense, we defend less court. We draw a circle 16' around the basket which we call the "pack" line. One player gets up on the ball handler, the other players get inside the "pack" line.

We exert every effort to keep the ball out of the lane!!! In the "pack" defense, we want the opponent to "shoot over us." We do not try to keep the ball out of any area outside the 16' circle including the area from 18' to 16'.

The "pack" defense gives us an opportunity to blockout and rebound.

IF YOU CANNOT COMPETE ON THE GLASS, YOU CANNOT COMPETE!!!!

Mike Dunlap – Colorado Coaching Academy

- **Offensive Transition** – ① reaction time – build habits unpredictability (blow whistle) Somebody has to be the bad * guy (coach) correct & emphasize all minor details

② Depth of outlet – bigs get rebound, 1 dribble to outside & outlet

③ How hard your players run – sprint through endline (overcoach) make wings run through end line not free throw line extended

* ④ Quick ball reversal – reverse twice in 5-7 seconds

⑤ Everybody goes to off. boards on early shot.
* If you shoot within first 5 seconds you get ball back 65% time.
Instructor – watch off ball spacing

- **Full Court Pressing**

work
① ball pressure – take dribble out of practice to get * ball pressure. Belly button to Belly Button
* Good coaches work on off. & Def. in same drill. Be efficient in your time. Station work is inefficient.

② Rotation – w/ absolute ball pressure, you will get beat So you must rotate.
– You find out who you are when you lose

Harvest
③ Rebound – spend time on this. How do you cheat time? – Cap your rim. Good coaches work on * things at once. Cap rim, play full court – No drill
** Take the dribble out of your practice!

Cap rim to find out who rebounders are. Teach kids where ball is going to come off from where its shot

Post Development (spacing)
- Get touches at elbow area (hard to guard)
- Post feed to elbows & short corner & mid post

① Catch & Square at elbow
"surrender position" "take the guy's face" - swim move
swim move Catch w/ shoulders pointed to passer
Catch, jump stop, front pivot, shot 15 ft., follow, hard outlet
* - Play slower in order to be smarter

② Catch & drop step at elbow Dribble, half-hook
point foot at rim - stay on driving line *
Jump stop - hook Keep contact - 3 pt. plays

③ Catch @ mid post
surrender, swim

④ Catch @ short corner

⑤ Screen & Flash (front pivot or reverse pivot)
- cutter wait till screener jump stops

OFFENSIVE TRANSITION — MIKE DUNLAP

1. reaction time
   unpredictability in every drill (use whistle)
   someone has to be the bad guy - get players to do things they don't want to do to make them better.
   Be vigilant about emphasis

2. Depth of outlet

3. Run the floor hard
   Sprint all the way through the endline - overcoach*
   don't sprint to free throw line extended

4. Quick Ball reversals
   reverse twice in 5-7 seconds

5. Everyone attacks the off. boards on early shot -
   Shoot within first 5 seconds, you will get off. reb. 65% of time

* keep your eyes off the ball, & watch spacing
  Get the right guy the right shot

FULL COURT PRESSING

1. absolute ball pressure - no dribble, get in 6 inch. zone
   - let them foul & let them get beat by dribble in 1st month
   - put your belly button on off. belly button
* - Teach ball pressure by taking the dribble out of your practice - takes time to teach
* - Great coaches work on offense & defense at the same time. Be efficient w/ your time. Station work is inefficient.
* - Overcoach to prevent slippage

2. Rotation

You find out what you value when you lose

3. Rebounding - time commitment (* cheat time by capping your rim)

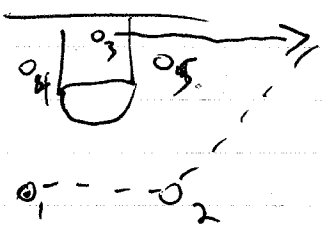
* Drill: Def. is set in 2-2-1 press on one end, cap the rim on the other end, when you get the def. board let them transition to Offense, take away dribble so you work on press attack vs. a missed shot

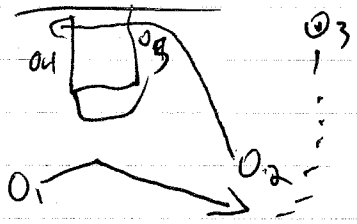
*Take dribble out of practice!
Add the dribble when you see them improving on cut & replace 1, 2, 3 dribble

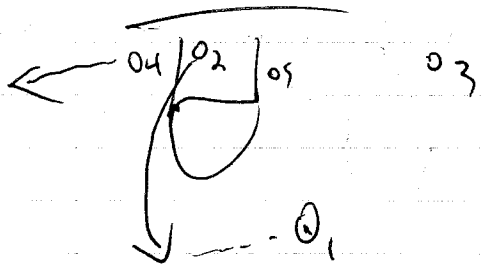
* - Good rebounders can rebound outside their arm length
- others won't pursue
- Teach kids where ball will bounce depending on where shot was taken

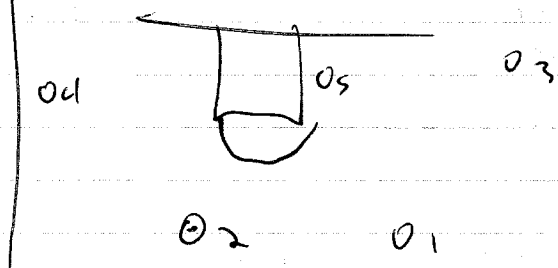
Half-Court offense – Mike Dunlap

Initial set – 2 guard front



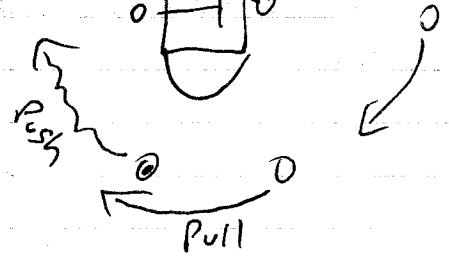




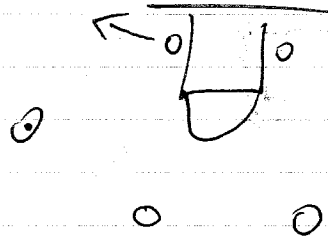


* Biggest decision – Using an open or closed post

Push / Pull concept –

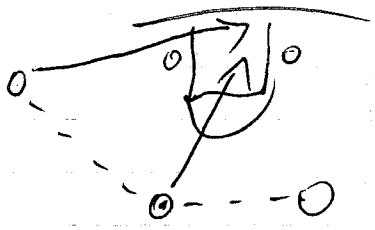


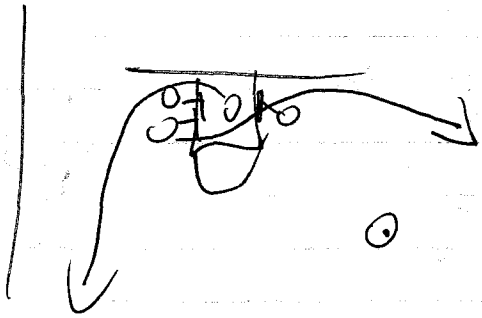
go to shot comes to open post

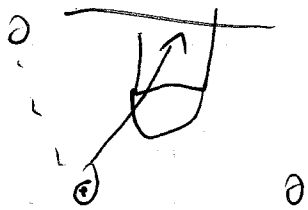


* Anytime you pass the ball you cut
Don't let them replace themselves in first 3 weeks.

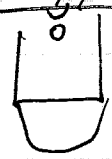
* Coach to the level of the talent you have





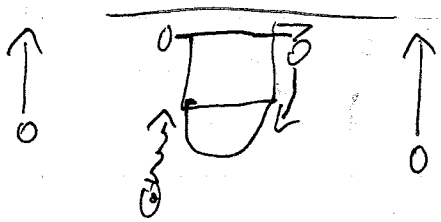


best spot in gym is crows nest



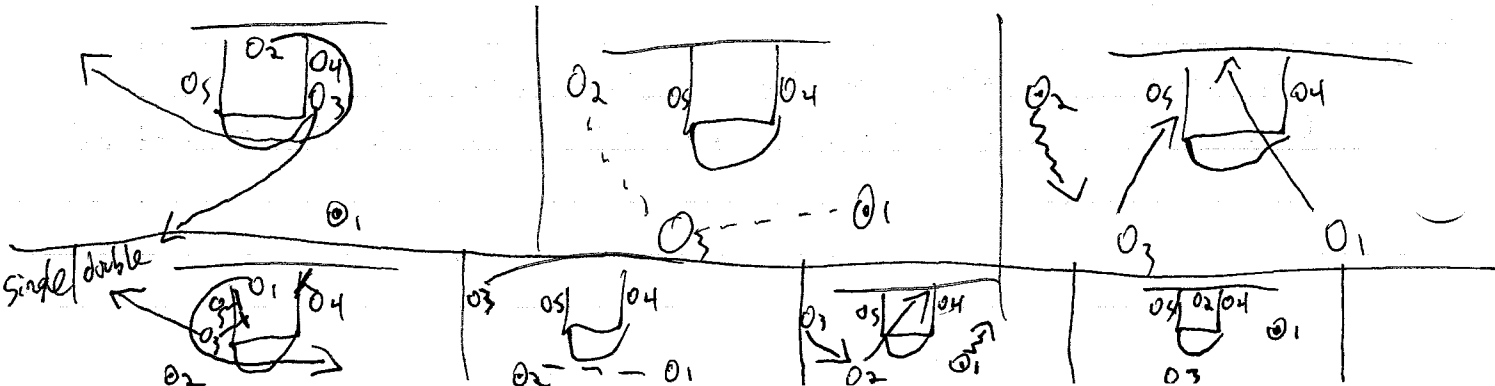
#4 & #5 are screeners & re-screeners
Make the official call 3 seconds

Rules of penetration



* Anytime there is penetration the wings go to the corners, the post goes behind

Stack set - 1st 3 weeks make curl cut over the double

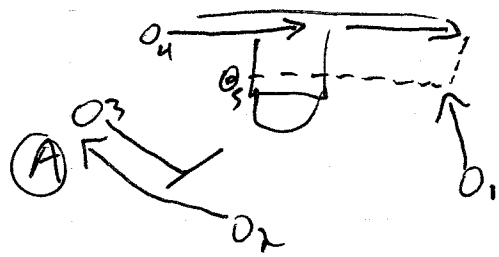


Ball movement
- move ball in a box shape
- Never curl in 1st 10 seconds, you can't reverse
- we want 3 reversals in 1st 10 seconds
- Never have 4 players inside the arc at once



Triple pick
Screener - slip

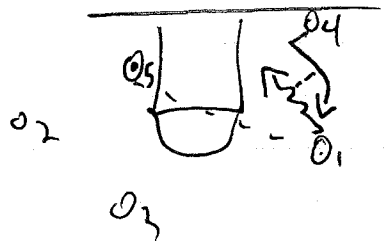
Rules when the ball goes to the post



make the easy pass

extra pass

upscreen on all post feeds

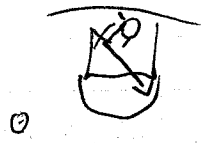


dribble hand-off - 2 dribbles

POST DEVELOPMENT - Derrick Clark

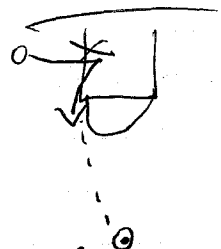
Spacing: Get elbow touches - hard to guard - that is a post feed
" short corner "
" mid-post "

1) Catch & square up at elbow
- "Surrender position", walk your man away from where you want to go - be deceptive
* - "Take the guy's face" - use swim move
Swim move - put your left arm on defenders right shoulder, swing right arm across defenders face. Elbow high



* Jump stop on catch
* front pivot if you can't feel defender
* Play slower to be smarter, read defense

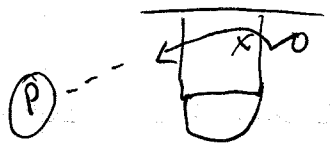
a) Front pivot & shot
* "run thru the pass"
* make them do it again if not physical enough



get own rebound & snap pass back to passer

2) b) Catch & drop step @ elbow (1 dribble, shoot half hook)
Jump stop - hook
* - use when you feel defender on your inside
* - keep your driving line - keep contact
* - Don't expose basketball (ball - you - man)
- finish w/ eyes up
* - If they don't do it right, have them do it again
* - Ask, " Why did ya miss that shot?

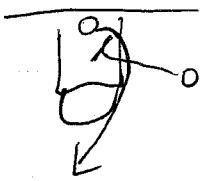
3) Catch at the midpost
surrender position, swim move, catch, hook



catch w/ 2 feet in paint

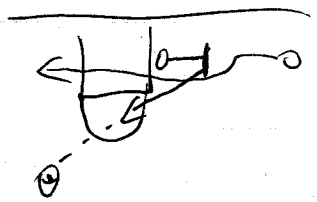
4) Catch the ball in the short corner
- if fronted, go to elbow or short corner

5) Screening & flashing
- cutter wait till screener jump stops, hit defender



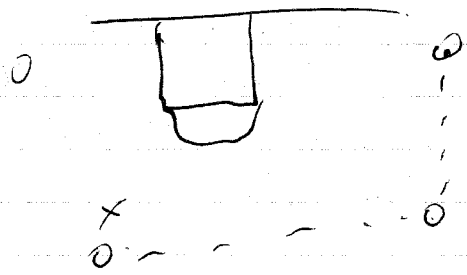
screen - reverse pivot or front pivot

6) Flex pick & flash to the elbow



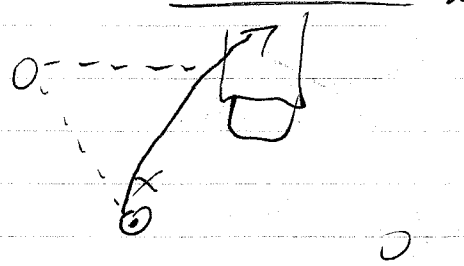
Guard Development - Brady Bergeson

* 1.) Rip pivot & front cut (step past defenders foot towards rim)
  - Hard passes, outside hand
* Def. does not jump to ball in time - front cut



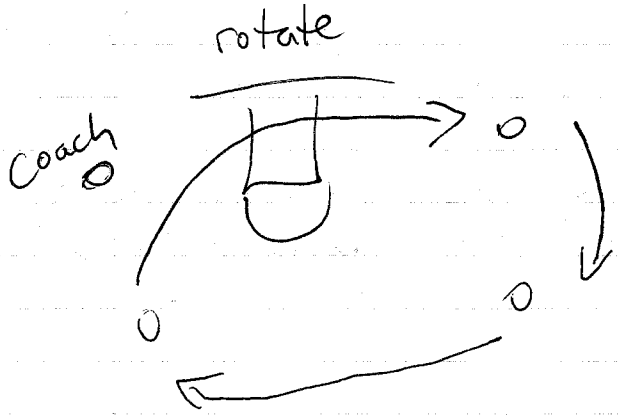
Then change direction (both sides)

a) Pull-up for a smart shot bank shot



* use right foot to step past defenders foot w/o breaking stride. Don't catch stride stand up, stay low

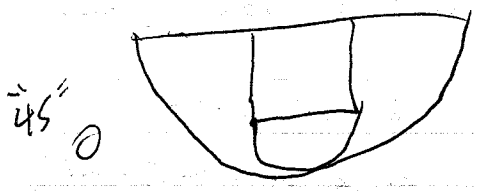
Shoot smart shot, get reb. & take long dribble to corner



* b) pass, 7-cut w/ swim move, smart shot
  use 7-cut when def. jumps to ball
  call out receivers name when you pass

* - If player does not pass to outside hand, stop them, ask what they did wrong & have them do it again

* 2) Utilizing the inside foot while pivoting
  - jump stop through the pass
  - If you don't feel defender - front pivot & shoot
  - If you feel defender - drop step & drive




reversal spot

- use long dribbles
push dribble out
don't eat up time
the difference betw. getting your shot off & not getting your shot off.

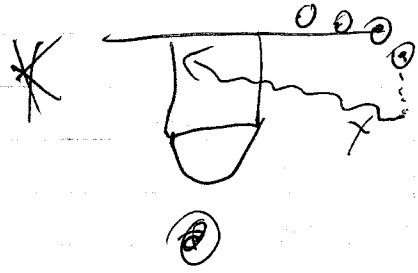
rip, shot fake, go



spin ball catch, rip pivot, 1 dribble, reverse lay-up. Use 1 dribble to make then use long dribble, reverse lay-up vs. shot blockers. Use the rim as a screener

a) rip, shot fake, go
b) rip & go

- As a coach use yourself as a defender to start drill & make them go hard, take yourself out once you've got them going. Use hit pads

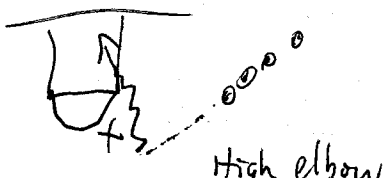


spin ball, rip, hit, go, reverse lay-up

vs

hit defender, use hit pad

Change angle of drill

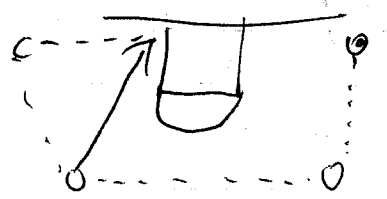


Keep your driving line
catch, rip, go, smart shot

x - use hit pad

Guard Development — warm-up drill

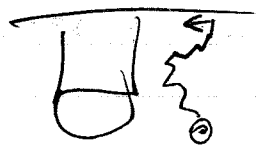
① Rip pivot & front cut
Pivot & step past defenders foot & cut
don't break stride



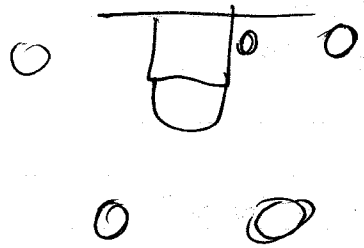
② Rip pivot, swim move, front cut *
* "Smart shot" - pull up jumper to prevent charges
take long dribbles, pass to outside hand *

③ Utilize inside pivot foot
* use rim & net as screener vs. shot blocker
Rip & go. off. - hit def. to keep driving line
Smart shot off glass.

④ Step over move (step back)
2nd dribble - step over not back *
high elbow on shot. Go hard on driving line * to get def. moving backward



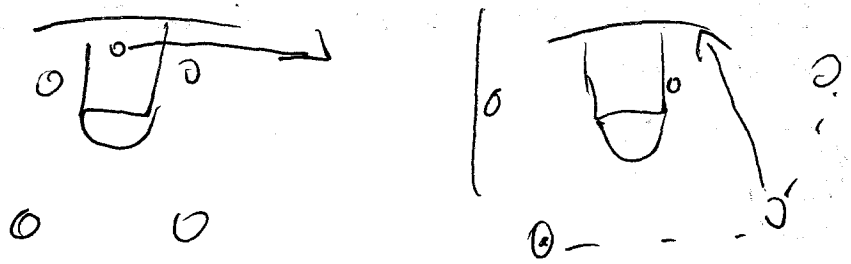
Half Court Offense



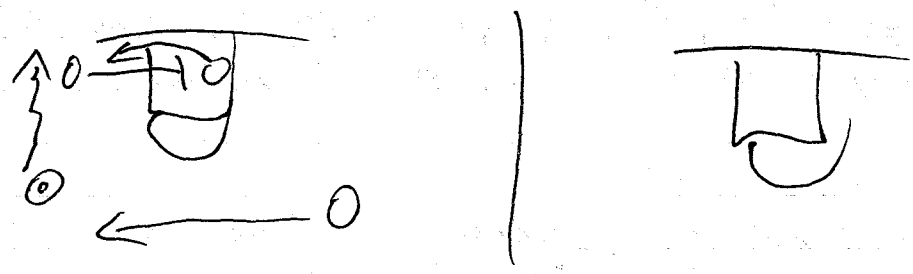
* Biggest decision - are you going to open your post or close your post?
on ballside

OFFENSE

2 Guard front



Push - Pull



Pass & Rim cut

Don't let them replace themselves

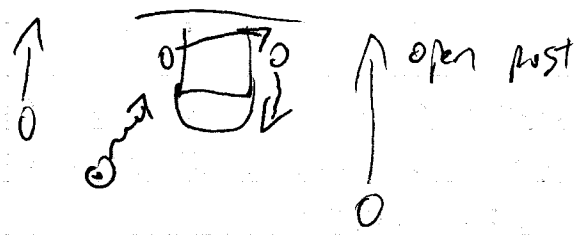
Coach to the talent that you have

* Best spot in gym - crows nest (under set)

Arm your players w/ skills

* Stay in lane until officials call 3 sec.

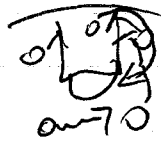
Rules of penetration



go to corner

Go behind

Stack set



Curl cut

2 guard front

Ball movement

Methodology of Teaching – Mike Dunlap

– most important section

5 laws of teaching ① Explain ② Demonstrate ③ Have them show you ④ Correct demonstration ⑤ Repetition

* – use your best demonstrators when teaching

Know how students learn

– Auditory learners – use pregnant pause in lecture to

* let words resonate. Use cadence of your voice as a tool (modulate your voice)

* – Writing: use student notebooks for entire year. Keep in lockers. Show them how to diagram

* Cross-teach – video, notebooks, kinesthetic, auditory etc.

* If a kid says "I feel" – he is kinesthetic
"I hear" – auditory
"I see" – visual

~~Underclassmen~~

30 sec. shooting drill – give personal records (PR) time & score

Have small group & big group competition

– have winner at each basket & overall winner

– use different levels of teaching all in 1 drill

* Brief and Debrief – "anybody get 8?" "What did you get at your basket?" 4 "What is your PR?" 8 "what are you doing?" Alright lets go again

* Praise – Prompt – Leave & Challenge

- Get the most out of your players in the most positive way

* - Teach in small increments (make them be good in small increments) Give them things they can achieve in the first ⅓ of practice

* - Advantage/Disadvantage teaching: make sure they have success in the point you are teaching
Ex. - transition Def, take dribble away & give advantage to def.

Ex - when you put your 2-2-1 press in, go 2 vs. 5 not 5 vs. 5

* Teach to the advantage until you get a conditioned response, then teach to the disadvantage

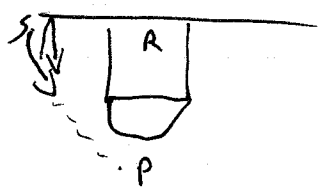
- Disadvantage teaching: overload your players
4 vs. 5 Def. drill - 4 def. & 5 off.

Know when to introduce the disadvantage

Know your audience (computers, TV) small attention span keep them moving

* ① 5 laws ② Do it ③ Brief & Debrief
④ reteach ⑤ keep moving

Methodology of Teaching Cont'd



2 ball

"What is your PR?" & "Do you have a in you?" ~~Alright lets~~ Yes "What are you willing to bet big boy?"

Alright lets go!

- most injuries come in 1st 3rd of season. Don't max your players out
- use ankle boards w/ your players

* - The coach is an actor at practice
modulate your voice

- <u>Anticipating problems & working for solutions</u>
- Universal teaching technique – find the problem & fix it.
coaching spoiled kids
- see, listen, talk Use sources of information
use needs assessment
- * – Shooting: correcting Don't say anything until you watch them, then give them 1 thing at a time (simplicity w/ detail)

Metro State changes offense every year, tweaks defense every year

* Praise, Prompt, & Leave - positive sandwich

* Relay teach - peers teach peers
  Promote this but monitor

* Create your own language - short phrases ~~to use~~ to say what you mean "Lock & snap" = "Shoot the line"

* Use your voice as a tool - high, low, pause. Charge it up

* Speak in word pictures - make associations through stories

Overload Principal - 3 vs. 4

* Teach in sequence - A to B to C

Teaching Cutthroat - Best Drill (Snow Valley - Dick Motta)
3 on 3

<u>Offensive Cutthroat</u> - play to 3
rules ① No dribble ② Rim cut - all passes ③ Eyes to rim
④ Floor balance all shots keep rules small & simple
- use w/ 5 yr. olds but give them 2 dribbles
They call always pass to coach as outlet if you kill dribble w/ 5 yr. olds.

Def. rules ① if you get a stop you go to offense
② Take charge you win

- Let the whistle do your teaching
Peer pressure when mistakes occur. This drill corrects attitude

* - If kid walks off floor after mistake, you tell him next time he does that his team loses the game "run to endline"

- if offense gets reb., def. is off

Change the rules

never change eyes & feet to rim
1 dribble, 2 dribbles
1 post feed 1 penetrate & pitch

* • build your offense w/ your rules
ex. - upscreen on post feed

Defensive Cutthroat

- Score points by getting stops
- if offense scores, they go to defense
- rules: ① high hands on closeouts ② jump in direction of pass ③ must face block out your opponent

Change rules

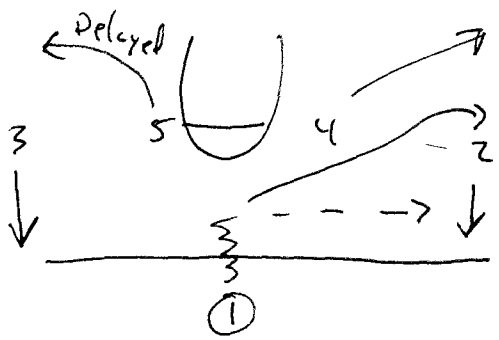
Ball Pressure, Talk, Stance

Use different entries to begin cutthroat possessions (downscreen, pindown, flare, flex etc.)

Dean Smith - 4 Corners

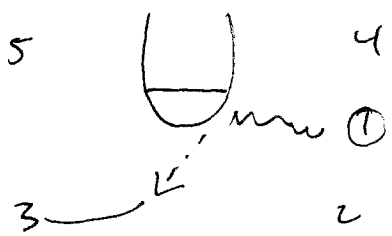
- Why ? & when
  - vs. a good team (you have lead & want to control clock)
  - Score of game & time
    - end of half / game & you are leading
  - Momentum
    - big lead lost
  - Fouls
    - You have good players in foul trouble

(A)

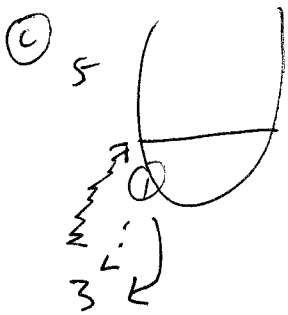


P6 crosses ½ ct. 2 & 3 release high. 4 releases to corner. 5 delays & once 1 passes, 5 releases to corner. P6 (1) becomes the chaser & remains one pass away

(B)



Ball handler tries to beat his man, but when help arrives he passes back out. He does this b/f the double team

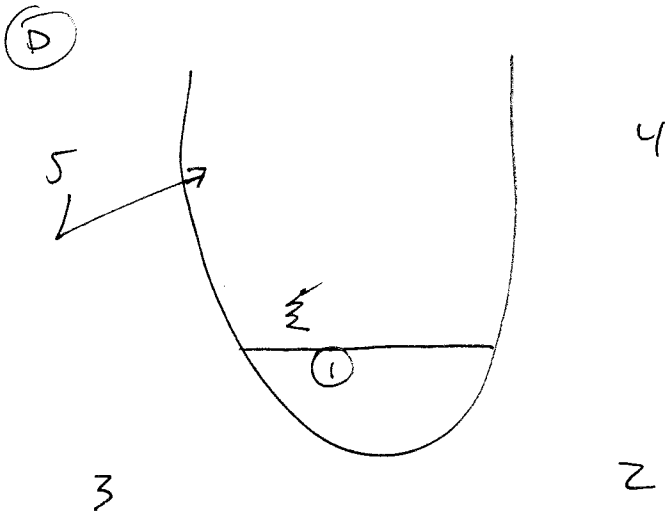




Chaser can change. If 1 gets tired, or ball handler has opening to drive, ball handler can drive to middle. 1 ~~ret~~ replaces ball handler.

Ways to Score

- Fouls: teams need to foul or set lazy guarding
- One on one dribbler
- Penetrate + ~~kick~~ kick (see D)



Dean Smith: Run & Jump

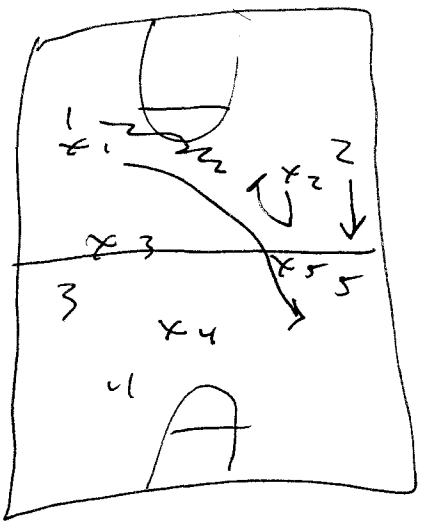
Advantages

- Surprise
- prevents planned breaks or offenses
- good against screens
- fun for players / coaches / fans

Weaknesses

- Gambling D
- requires good rotation
- May leave an open jumper
- poor rebounding position
- can hurt regular man-to-man principles

(A)



- PG may not be @ head of press
- X_2 - X_5 play good helpside D
- X_1 pressures ball, making O_1 dribble @ 45 deg. angle
- Dribble direction does not matter. When O_2 leaves, X_2 follows O_2 for a few steps & then jumps O_1
- No certain rules for picking up next man
- Here, X_5 rotates to pick up the next closes guy O_2
- X_1 rotates downcourt & picks up the first unguarded man
- Usually only 3 people switch

Run & Jump Responsibilities

X_1 - tight pressure, but don't get beat
force dribbler R or L @ 45 deg. angle
don't let PG in middle of court
Once jump comes, rotates to pick up next available man

X_2 & X_3 - these are the defenders one pass away
- prevent easy pass to O_2 & O_3
- when dribbler dribbles away, sag in help side
- when dribbler dribbles towards them, prepare for the jump. Go with man for a few steps & then jump the dribbler

X_4 & X_5 - defenders 2 or more passes away
- prevent easy pass to O_4 & O_5
- when dribbler dribbles away, sag in help side
- when dribbler dribbles towards them, prepare for rotation. If O_2 or O_3 is left unguarded on ball side, X_4/X_5 should rotate to guard them

EIGHT INTERCHANGEABLE OFFENSIVE SETS ①

DOUG BRUNO
DePaul UNIVERSITY

OFFENSE CREATED SO ALL TYPES OF PLAYERS CAN BE UTILIZED — POST PLAYERS, SLASHERS, AND SHOOTING GUARDS WHO NEED SCREENS TO GET OPEN

DO YOU RUN A SYSTEM OR CHANGE YOUR OFFENSE EVERY YEAR TO CATER TO YOUR PLAYERS?

THIS OFFENSE IS A SYSTEM THAT DOESN'T HAVE TO CHANGE EACH YEAR BUT CAN USE WHATEVER TEAM STRENGTHS YOU HAVE FOR THAT YEAR

ONE OF MOST IMPORTANT CONCEPTS IS INSIDE-OUTSIDE BALANCE:
GOOD 3 POINT SHOOTING COMBINED WITH STRONG POST

PERFECT BALANCE: 5 PLAYERS ON THE FLOOR WHO AVG. 10-14 PPG BUT ARE EACH CAPABLE OF GETTING 20 POINTS ON ANY GIVEN NIGHT

BRUNO BELIEVES THAT AT END OF GAME YOU DON'T WANT TO DRAW UP NEW PLAYS YOU WANT TO CALL OUT SOMETHING YOU ALREADY HAVE

THIS SYSTEM ALLOWS YOU TO CONTROL TEMPO AND ALSO TO "QUICK SHOOT."
SOME COACHES DON'T LIKE TO "QUICK SHOOT" BUT WHEN DEALING WITH A SHOT CLOCK YOU SOON DISCOVER THAT YOU CAN GET A BAD SHOT AT THE END OF THE CLOCK AS EASILY AS YOU CAN AT THE BEGINNING

IF YOU QUICK SHOOT AND DON'T DEFEND YOU ARE SETTING YOURSELF UP FOR DISASTER
IF YOU QUICK SHOOT AND MISS

THIS SYSTEM IS EFFECTIVE WHEN DEALING WITH SWITCHING MAN TO MAN DEFENSES

LETS YOU "BRING THE GAME HOME" BY CONTROLLING THE LAST 7 MINUTES OF THE GAME

HAVE TO TEACH TRANSISTION BASKETBALL EVERY DAY — PLAYERS MUST KNOW HOW TO BOTH ~~RUN~~ SCORE AND DEFEND ACCORDING TO "NUMBERS"

THIS SYSTEM SEEMS VERY COMPLICATED AT FIRST BUT EVERY DEPAUL FRESHMAN HAS PICKED IT UP IN 6 WEEKS. START TO UNDERSTAND DIFFERENT NUANCES AND BECOME BETTER PLAYERS.

THIS SYSTEM FORCES KIDS TO LEARN HOW TO PLAY (NOT JUST LEARN PLAYS)

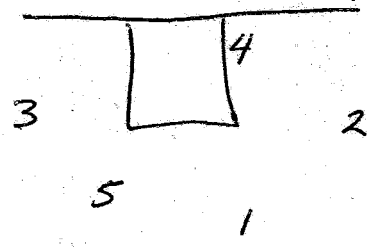
- PREPARES PLAYERS FOR NEXT LEVEL

THIS IS A HYBRID OFFENSE USING THE BEST ASPECTS OF:
- MOTION
- PASSING GAME
- EUROPEAN DRAW AND KICK

MOTION REQUIRES 60% OF YOUR TEAM (3 OF 5) TO MAKE DECISION:
- PASSER
- SCREENER
- SHOOTER

DRAW AND KICK REQUIRES ONLY 2 PLAYERS TO MAKE CORRECT DECISION

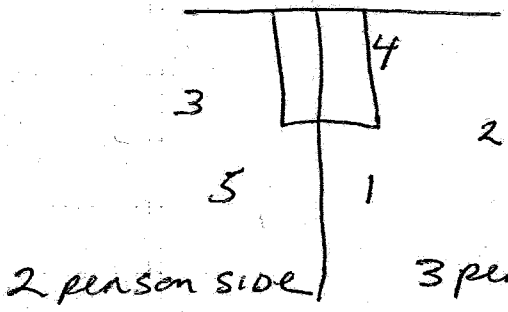
Initial Set up



NUMBER DIFFERENTLY THAN MOST
- 1 = PG
- 2 = RT WING
- 3 = LFT WING
- 4 = biggest player
- 5 = more guard like Big player

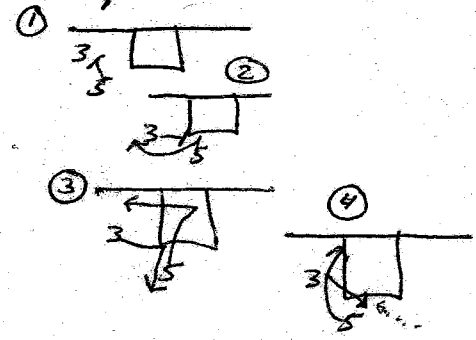
THE perfect team is 5 GUARDS WHO Can all POST up Can also START THIS OUT OF 1-4 HIGH OR BOX SETS

DIFFERENTIATE BETWEEN SIDES OF FLOOR



2 player actions – execute any of these

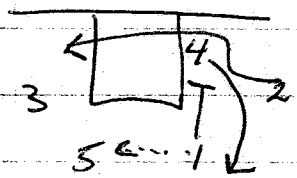
1. Simple DOWN screens
2. Simple Flare
3. Back Cut with "L" replace
4. 2 pass Back door



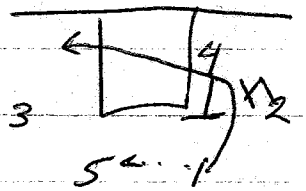
3 player actions – execute any of these

1. Flex
2. Back Screen
3. STRAIGHT DIVE
4. Bump with 2 pass Back door (Bump = post breaking to strong side)
5. Reverse
6. Blast: Flare
7. Blast Back

FLEX

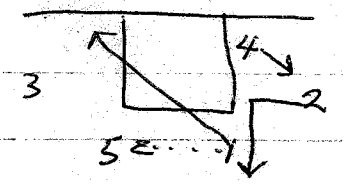


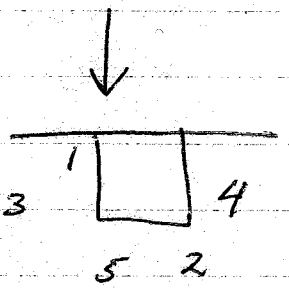
BACK SCREEN



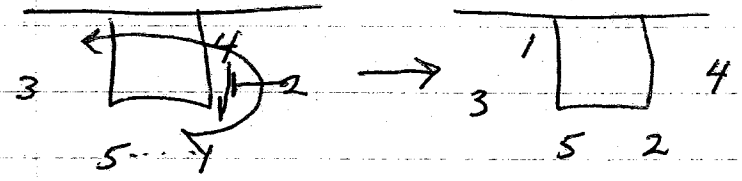
2 SCREENS THE SCREENER
THEN REPLACES 1

STRAIGHT DIVE



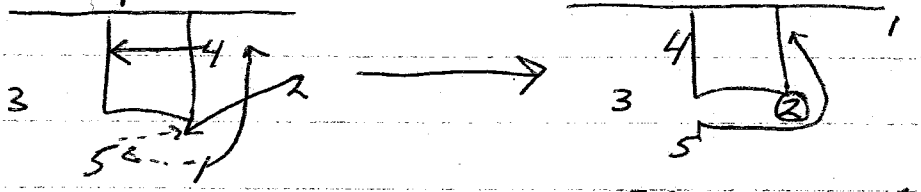


REVERSE



AFTER 1 CLEARS
4 PIVOTS ON LEFT FOOT
AND PICKS FOR 2

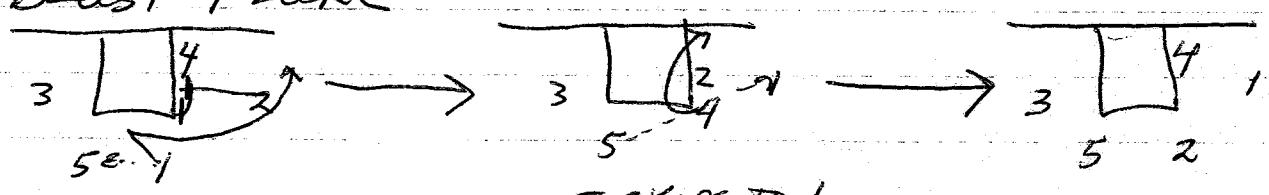
BUMP WITH BACK DOOR



4 BREAKS STRONG SIDE
2 BREAKS TO ELBOW
1 GOES BACKDOOR THEN
FADES TO CORNER

5 COMES AROUND FOR HANDOFF
DRIVE AND KICK TO 1 IN CORNER

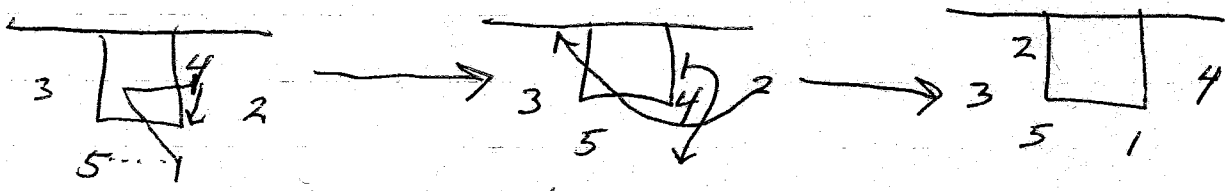
BLAST FLARE



4 & 2 SET DBL FLARE

5 SKIPS TO 1
4 CURLS INTO POST
2 STEPS OUT TO TOP

BLAST BACK SCREEN

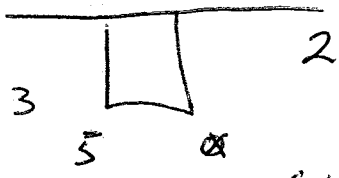


1 STEMS TO DRIVE & SETS DBL W/ 4
2 CURLS OVER THE TOP

How to Teach the Offense

1. Instruction
2. Demonstration
3. Imitation
4. Repetition

Drill #1

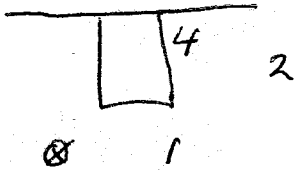


2 side players continually execute the 4 available actions

Use coach as passer / outlet

(#3 is the ~~initiator~~ initiator of the action)

Drill #2



3 side players execute the 7 actions (#4 is the initiator of the action)

Critical that every player can run every spot

Pick each of 7 actions and run continually

Goal is to perform without thinking

3 Beginning Sets

1. Live post w/ stagger
2. High Low
3. Flare

> Demonstrators couldn't run these

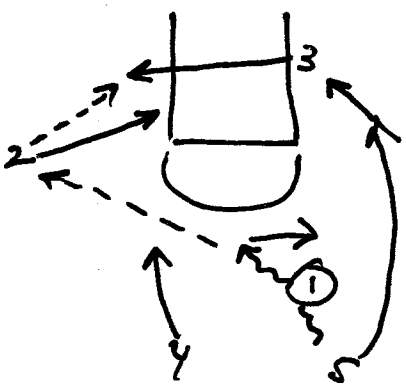
2 player side and 3 player side constantly change

Can be run as continuity offense or quick hitter offense

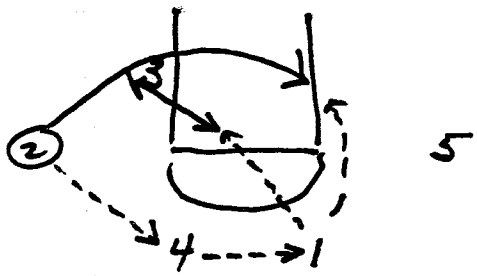
Actions can be mixed/matched to give several options / offenses out of 1 basic set

Tom Davis – Modified Flex

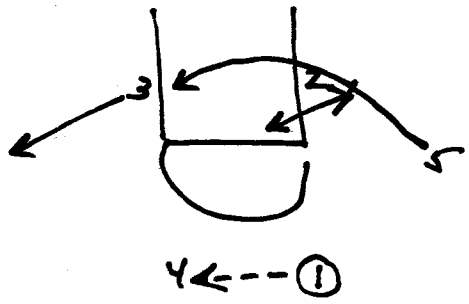
① Based on Nemelka Reverse Action – call it "Regular" Continuity
② Based on "Power Sweep" analogy (Lombardi's Packers)
a) See how def. attempts to take away basic continuity + counter those things.
b) Show continuity then counter



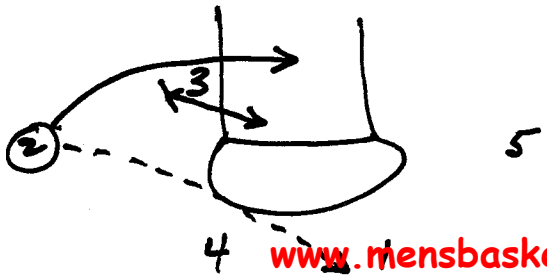
If 2 not open for "3" then make "1st CUT" which is 3 man across lane
5 rebounds opposite block if 2 or 3 shoot



"2ND CUTTER"
4 passing ball to 1 – 3 screens for 2
1 feeds 2 with high or low pass.
1's second look is to the "Screener step-in."

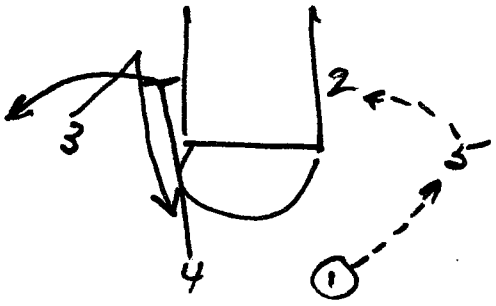


"3RD CUTTER"

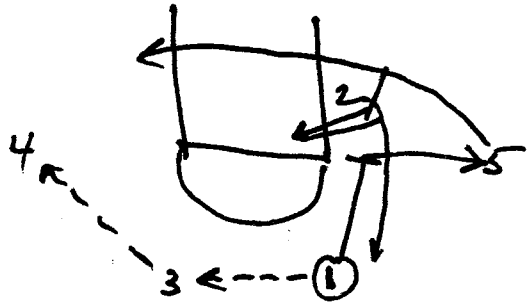


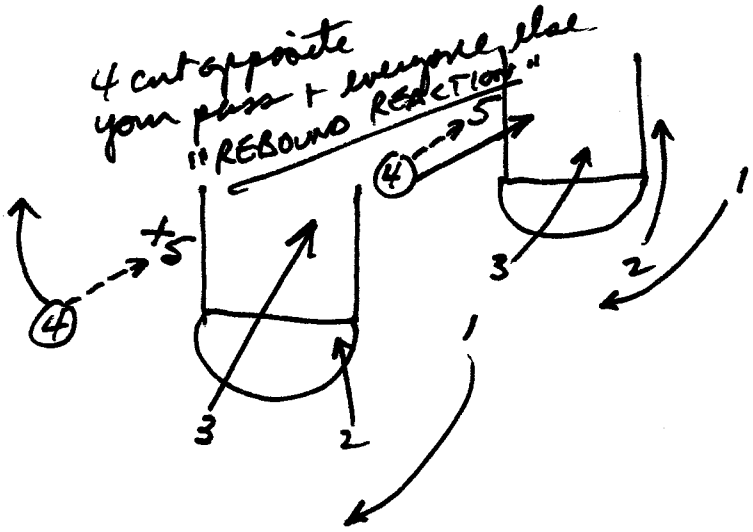
SKIP PASS = same screen

www.mensbasketballhoopscoop.blogspot.com



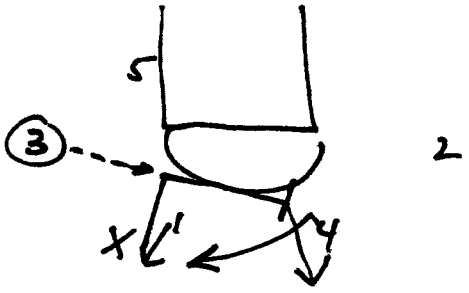
PASS TO WING = down screen + pop out opposite





Spacing

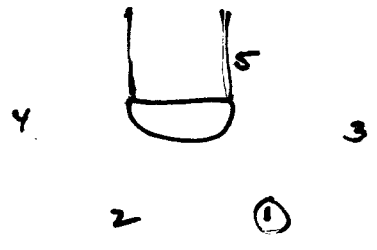
① Countering overplay
- drag defense out + backdoor cut



② Hold opp. guard for quick reverse action

Teaching

① Use off. to run clock — "run 5 cutter", etc.
- Spread guards out higher
  Same with wings
- As begin to attack @ 15 sec on shot clock, step in to normal spacing



② "Rebound reaction" is key

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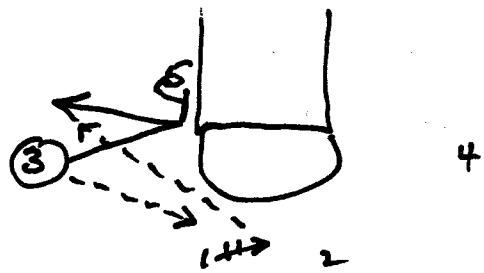
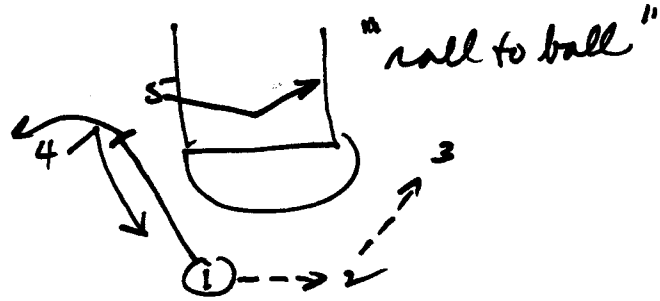
③ Fake cut + step back

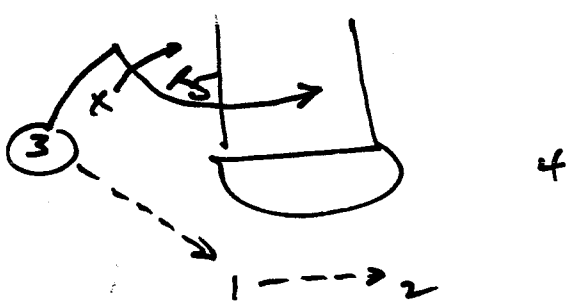


④ Hold 5 man





⑤ Low cut (vs) High Cut



If x goes baseline side of screen – 3 subs x off high

⑥ Shot → Rebound Reaction → No Put Back = Spots

Key → Swing it after Spots

outlet pass or dribble out

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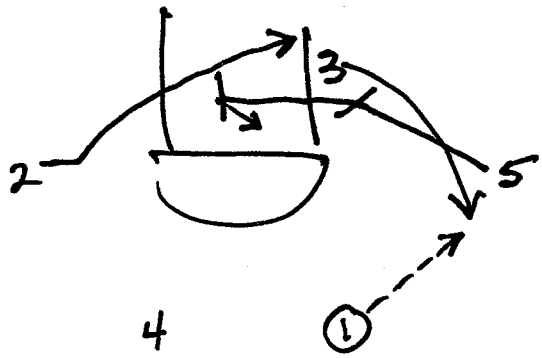
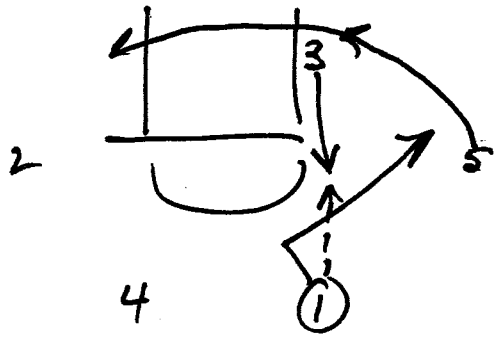
Entries

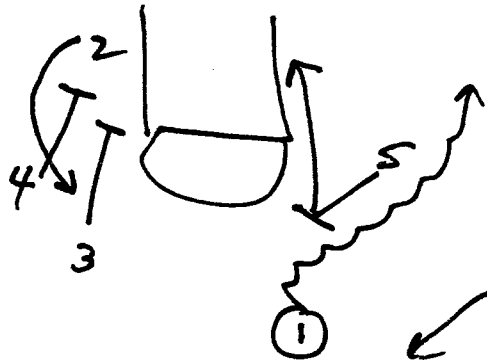
① Down Screen
↓
Spots

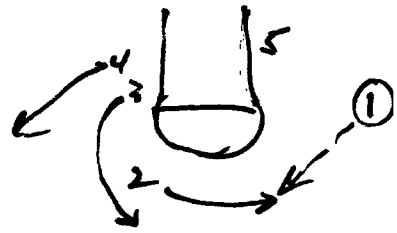


② High Post
↓
Spots



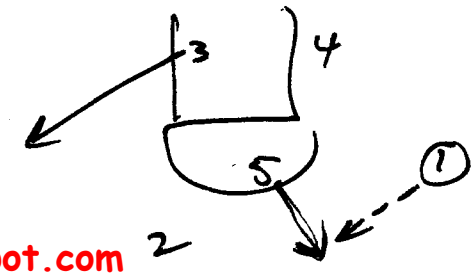
③ P+R
↓
Spots





④ Ball Screen Lob
↓
Spots





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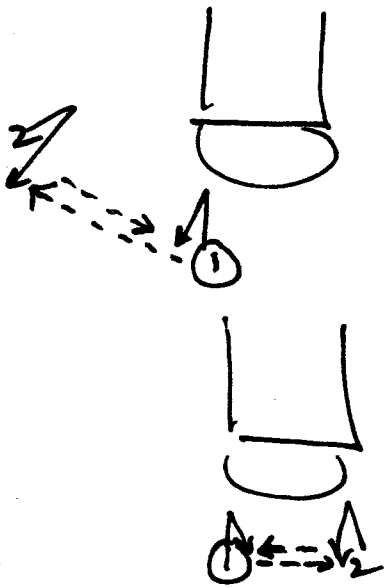
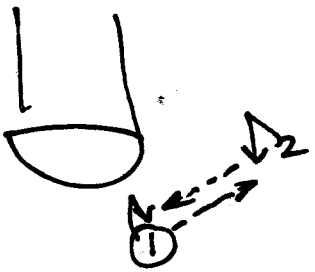
Drills

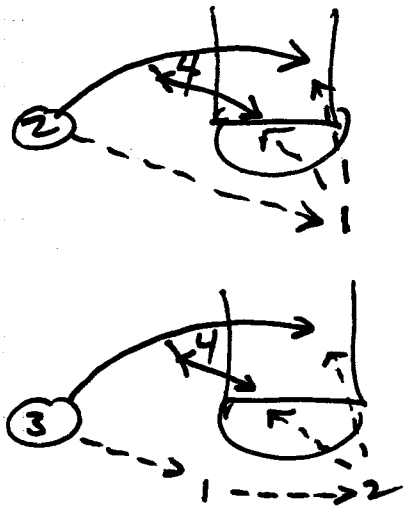
① 2 Man Regular Passing Drill



- 10 completed passes + change spots
- Pass to outside hand
- Add defense 2/2



② Cutter / Screener Drill



"Rebound feet" in all drills

3/0, 4/0, 5/0





③ Shoot from drills

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Duke Agility and Conditioning Drills
For Defense
Coach K

"Duke Agility and Conditioning Drills For Defense"

Ive Built our teams over the years on outstanding Defensive play. This tape is about Strength and Agility Drills that will prepare your team to play Outstanding Defense.

These Drills are Designed to Give you a Wider Base, to Strengthen your Hip and Groin areas

Active Warmup

Jog to endline and Back
High Knees to ½ court - Jog to endline
Defensive Slide to ½ court - Change Directions (Face other way) Continue to endline
Carioca Down and Back - Change Directions at Half
Backpedal to ½ court - Jog to endline

Stretching Routine

Stretch & Strengthen ankles w/ Flex Bands
Quads - Left and Right - Lay on Side
Spinal Twist for Lower Back
Groin
Hip Flexor
Sumo Squat - Get as low as possible (Stay wide) push knees out
Calf & Achilles Stretch up against wall
Partner Stretches - Slight Resistance
Groin
Hamstrings
Rotational Hip and Groin

Jump Rope - Front, Sideways, Dbl Step, Speed Jump

Defensive Slide form DRILL
Face partner - (watch eyes)
Stay Low and wide - (emphasize)
START 1/2 speed then increase
Maintain perfect form
Repeat USING Resistance BANDS

Defensive MIRROR
Space partners out along sideline
"Offense" SLIDES Back and FORTH - "Defense" tries to keep up and Stay IN FRONT OF Offense
12-15 SECOND Reps
Constantly emphasize Low and WIDE

DRIVING Line - ONE ON ONE
WINGS Get Open F.T. Line EXTENDED. Catch, Square up and DRIVE TO Basket. Defense STOP DRIVE/PENETRATION

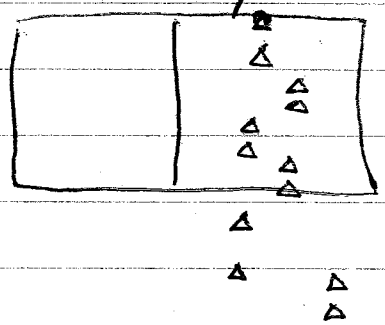
Speed Skater - Develops Muscles FOR Lateral movement
ONE at a time WIDTH OF COURT
Emphasize STAYING Low and EXPLODING laterally

Lateral BOUNDS
LENGTH OF COURT - PUSH OFF and BOUND as FAR as possible
Land ON OPPOSITE FOOT - MAINTAIN Balance
Keep Hips and Shoulders Square - BUTT DOWN

REACTION DRILL
1. COACH POINTS - players SLIDE
Stay Low and WIDE - COVER as much Ground possible
2. Hip ROTATION
Stay IN STANCE - players Should Keep Shoulders Square TO THE COACH
COACH POINTS - players move QUICKLY as possible
3. COACH POINTS - players SPRINT - LEFT, RIGHT, BACK, UP

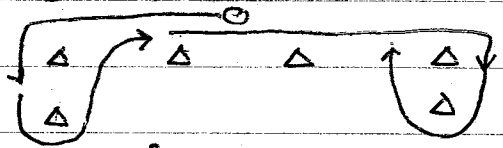
THIS DRILL WORKS ON REACTION TIME, BODY CONTROL & SPEED

4. parapet
players alternate RUNNING & SLIDING THRU CONES
VARY DISTANCES OF CONES TO EMPHASIZE BALANCE & FOOTWORK
CAN GO 2 GROUPS AT ONCE - RACE - MAKE COMPETITIVE



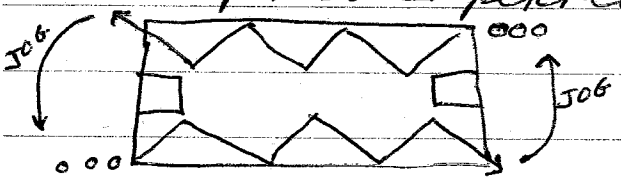
DUKE LINES parapet LIKE THIS
BIGS COULD ~~DO~~ DO THIS EVERY DAY TO IMPROVE AGILITY

5. BARBELL DRILL - DEVELOPS TRANSITION FROM SPRINT TO SLIDE THAT IS COMMON ON DEFENSE



ALTERNATE SPRINTS and SLIDES AROUND CONES
RUN-GLIDE-RUN STAY LOW and WIDE

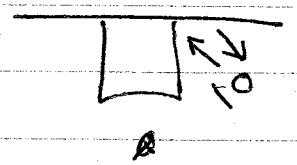
FULL COURT DEFENSIVE ZIG ZAG
GOOD DEFENSE STARTS WITH GOOD BALL PRESSURE
COULD BE WARMUP DRILL
EMPHASIZE PERFECT FORM - STAY LOW - NO HEAD BOB



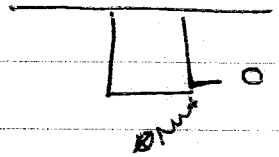
FULL COURT DEFENSIVE ZIG ZAG W/ BALL
SAME AS ABOVE BUT ADD OFFENSE - 1/2 SPEED

6 POINT DRILL

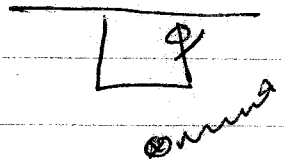
MOVE QUICKLY FROM 1 POINT TO NEXT. GO THRU ALL 6 POINTS THEN TO END OF LINE — WORK BOTH SIDES FLOOR



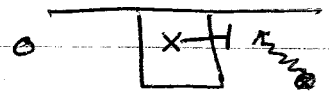
DENY WING



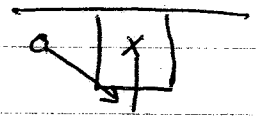
OPEN UP & HELP ON DRIVE



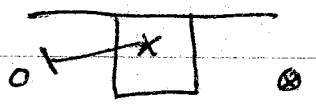
FRONT POST



HELP ON DRIVE



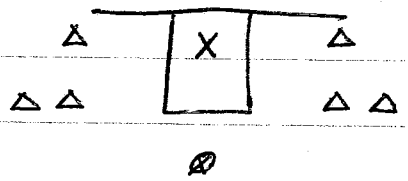
DENY FLASH



CLOSE OUT ON SKIP

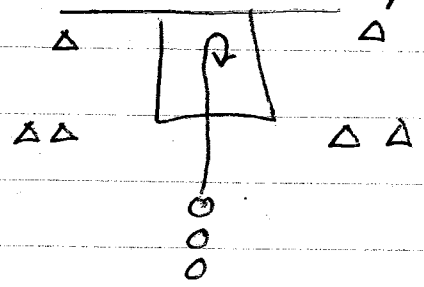
USE COACHES & MANAGERS TO DO THIS AT AS MANY BASKETS AS POSSIBLE — ELIMINATE STANDING AROUND

HELP and RECOVER PROGRESSION DRILL



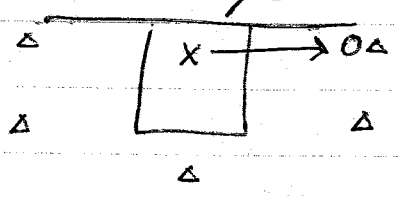
COACH POINTS TO CONE. PLAYER CLOSES OUT TO HELP and THEN GETS BACK INTO (SLIDE) POSITION. FINAL MOVE IS GO AROUND 2 CONES AT TOP and RUN UP SIDELINE TO OTHER END OF COURT (SPRINT TO 1/2)

TRANSITION HELP and RECOVER



SAME DRILL AS ABOVE BUT PLAYER SPRINTS DOWN MIDDLE THEN TURNS AROUND and "FINDS" OPEN MAN (COACH POINTS)

CLOSE OUT / SCREEN OUT (CAN DO THIS WITHOUT a BALL)



DEFENDER CLOSES OUT ON SHOOTER, SCREENS OUT, THEN SPRINTS TO BASKET and TOUCHES RIM. OFFENSES ROTATES SPOTS WHILE DEF. TOUCHES RIM. WORK WAY AROUND PERIMETER
OFF → DEF → END OF LINE

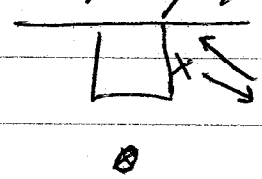
Keys to Drill
1. Hand up
2. Contact on screen out (let shooter land)
3. Sprint to run

This is Great Conditioner!

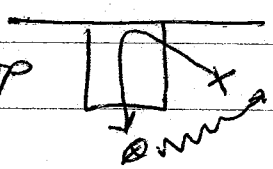
Turn drills into Contests to keep players interested and enthusiastic

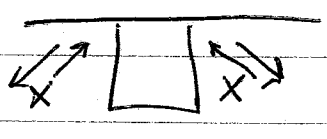
Practice Technique and Form Drills often (at least every other day) to make moves instinctive

Overplay & Contrest Drills

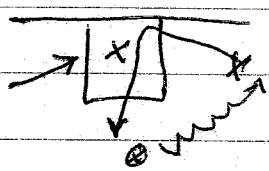


1 on 0 Overplay
- Coach Drives to elbow - Defender "Helps" and stop drive
- Coach Dribbles to wing Defender Overplays cut to top

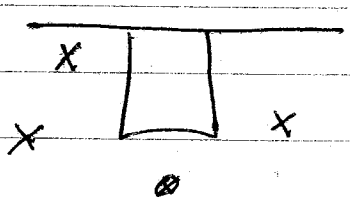




2 on 0 Overplay
- Both ready to help on Drive down middle
- As Coach moves to wing WK side defender keeps head under basket
- Coach "Drives" - WK side meets outside lane



Players must move as ball moves
Co-ordinated effort - almost like Dancing



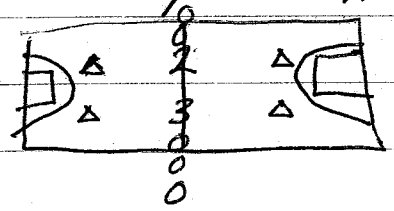
Same as above - takes coordinated effort and communication

When Coach Dribbles to wing - "WK side" interchanges

This can be ugly at first but requires/forces defenders to work together

These are good drills to use day before games or even day of game to put team into defensive frame of mind

AGILITY SHUTTLE

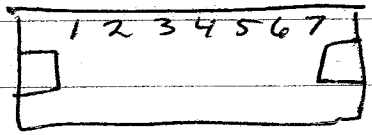


Players face each other - "60" - sprint to one cone then other one then back to first one

MIX IN SLIDES, BACKPEDALS

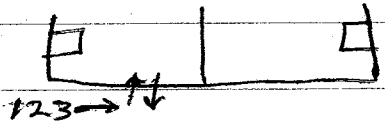
THIS emphasizes FOOTWORK, change of DIRECTION, speed and competition (can make this a relay)

SPEED SKATER SPRINTS



Speed skate movement left
Speed skate movement right
PUSH OFF RIGHT leg and SPRINT
CROSS COUNT

WHISTLE SLIDE DRILL



SLIDE. ON WHISTLE "SPRINT" TO SIDELINE and BACK
KEEP SLIDING. SPRINT TO LINE and BACK ON WHISTLE
REACT TO WHISTLE - DONT ANTICIPATE IT

Lateral Wall SITS - 15-30 sec. reps

Wall SITS - can work up to 2:00 GREAT FOR QUADS

Greg McDermott - Set play offense

Preperation — How do they defend screens??

Before game. (Attack how they defend)

(Coaches make adjustments during the game)

(We can counter the defensive rules of the other team with our set plays.)

Every play has to have some type of "counters".

If there is a system you use, you must be able to run it multiple ways.

Iowa State has 120 set plays!!!

Every play has 8 or 9 counters for each play that they run.

Greg McDermott - Set play offense

off. philosophy - (1) Using a "different" system can make your team more difficult to play.

(2) Use a system that effectively takes advantage of your team's talents.

"Running set plays doesn't mean your players need to overlook open scoring opportunities"

(Set plays can help players know where the defense is.)

"Set plays allow you to position players where they are most likely to succeed."

"With setplays, coaches can make reads in preparation before the game."

Greg McDermott - Set play offense

If you want players to buy into your system, they must feel that they are an important part of it.

Every Player has plays for them

(1) They never forget a play for them.

If I can watch a play that works on us, and we can't agree on how to defend a specific play then add that play to your offense.

"Running a lot of sets forces the defense to react to all of your screening activity."

They call 80% from our huddle.

Players always huddle to tell each other the play - free throw line, timeouts.

Greg McDermott - Set play offense

First - Last second shot - It will choose each game. (quick hitters)

Set plays - good guards for it.

"Having different guards that can start the set play is critical."

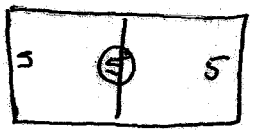
"Having a large catalog of set plays makes it very difficult for your opponent to prepare.

When teaching set plays: Players must:

(1) See it happen
(2) Do it themselves
(3) write it down
(4) watch themselves do it.

Greg McDermott: Set play offense

5 on 5 on 5



Six possessions on offense

I will give them #1, #2, #3, #4

Last two - screen out the play that I want. Then you are done.

Adding set plays

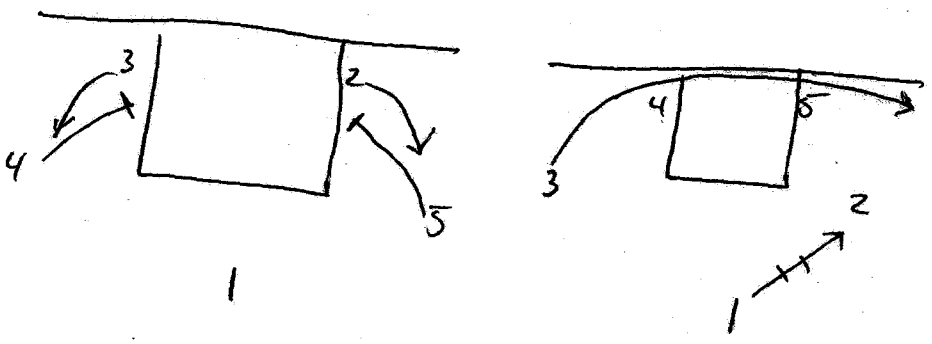
(1) ½ speed with Defense

(2) Dummy offense

(3) Full speed.

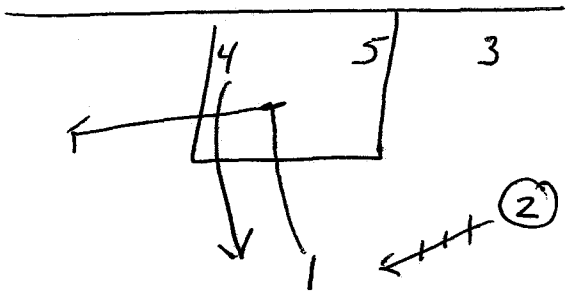
Playing against dummy offense too often develops unrealistic movement habits.

"Kimberly" - against pressure Def.



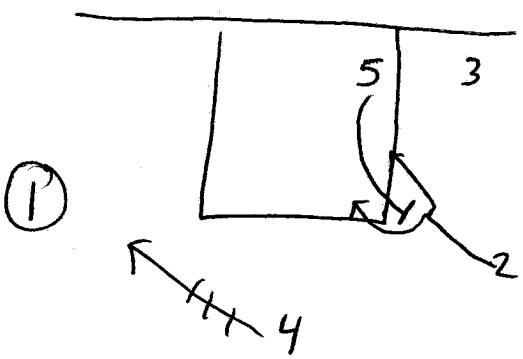
Greg McDermott - Set play offense

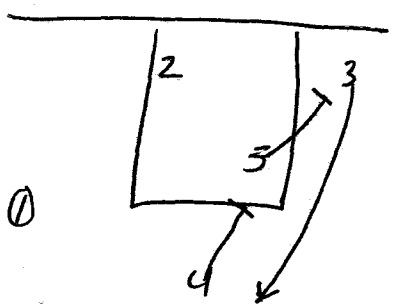
"Kimberly"

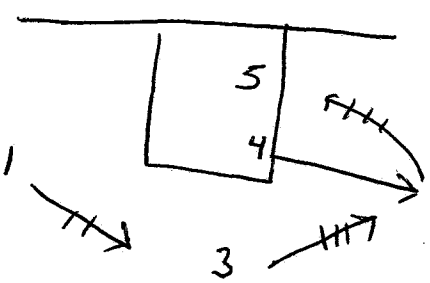


On the screen

(1) - is told to wait till the ball is in the air, then front pivot and catch the ball.







"Pop" and Seal

Looking for

(1) shuffle cut

(2) staggered screen

(3) pop and seal

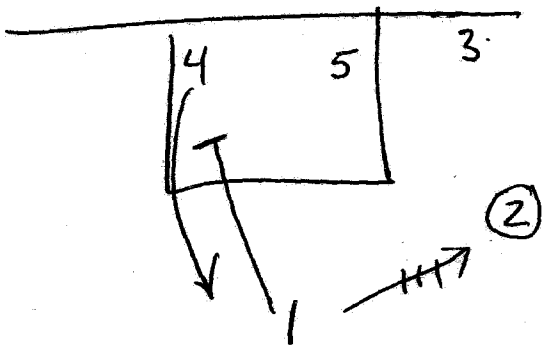
4 men - pops out

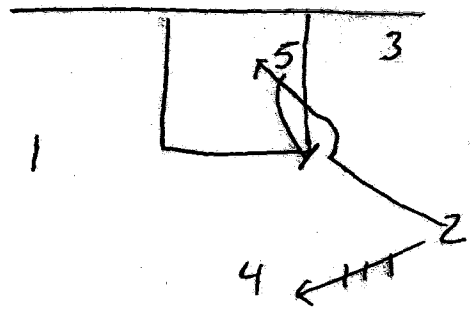
5 men - seals the post for the score.

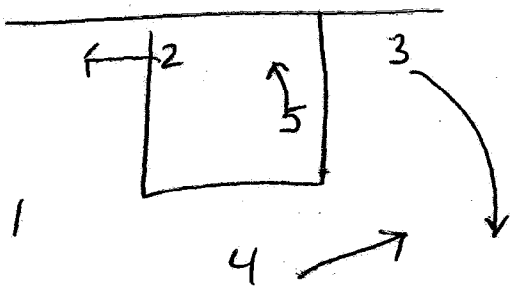
Greg McDermott - Set play offense (7)

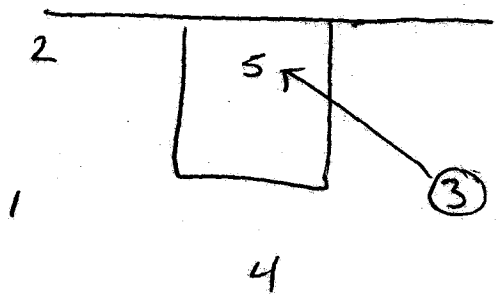
Counters for "Kimberly"

Kimberly Comeback - help on shuffle cut with their post player

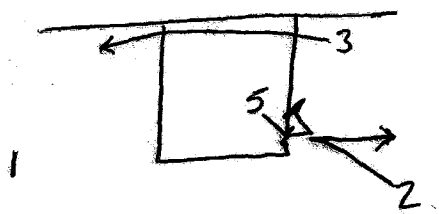






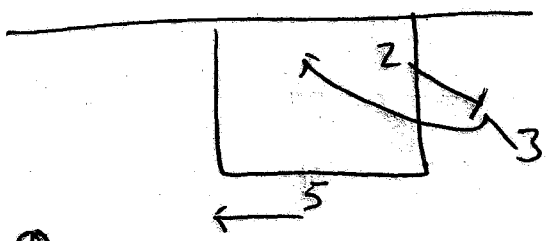


Kimberly "Fake" - They are trying to beat him to the block. (30:14)



Greg McDermott - Set Play offense

Green Bay Lob



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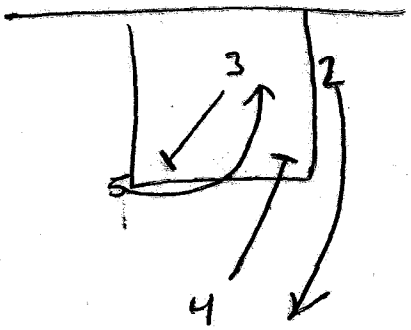
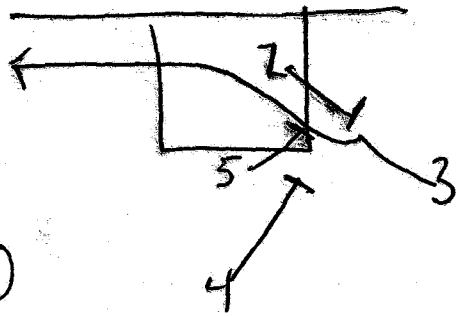
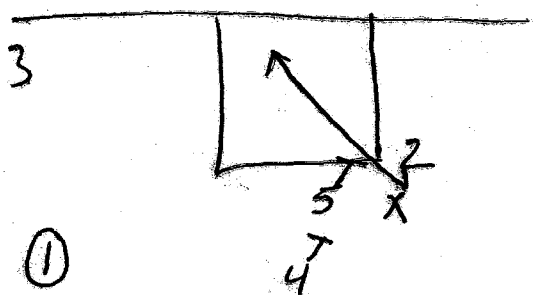


"Start this play to the side of the post players strong hand."

Green Bay to the screener → switch the guard to guard back screen

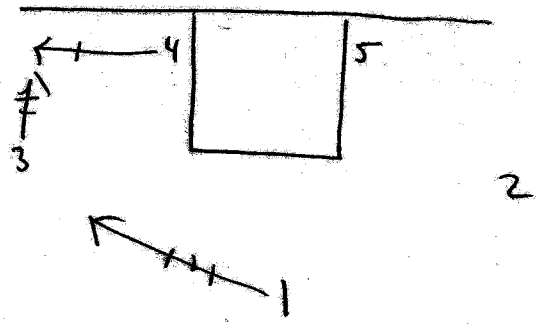


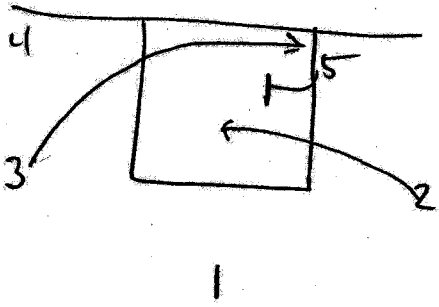


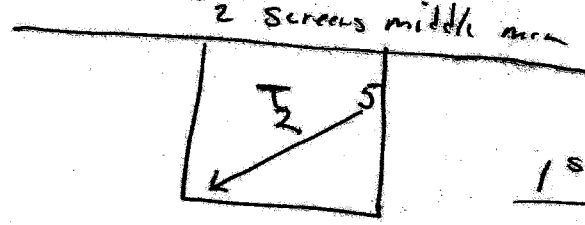
2's man is high side Plays the switch

Reverse pivot the "2" back to the basket.

Greg McDermott - Set play offense





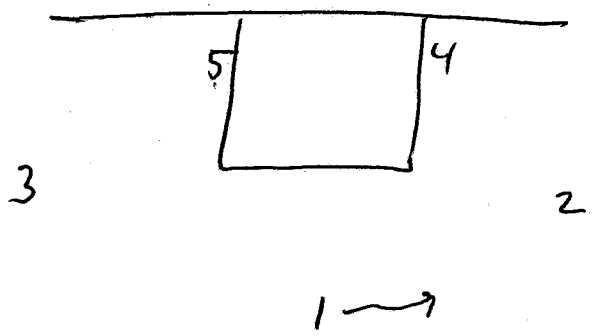


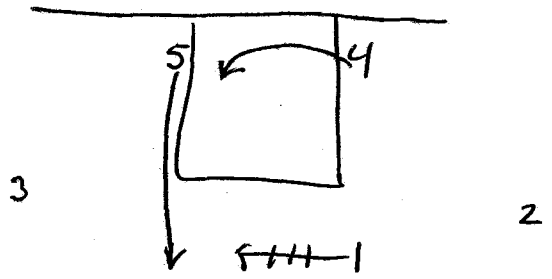
1st option

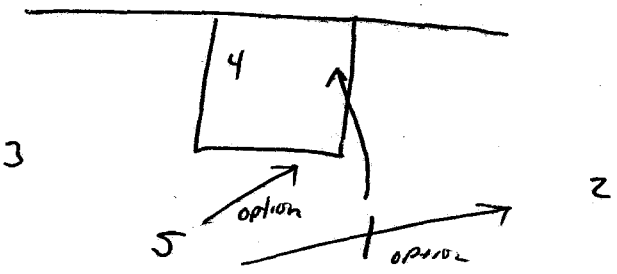
5 men for "5" at elbow

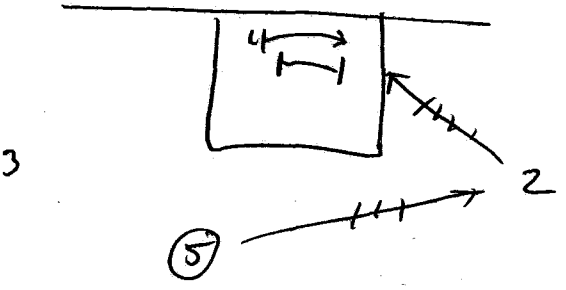
Greg McDermott - Set play offense

Attacking the Wing Defender → Screening the middle of zone



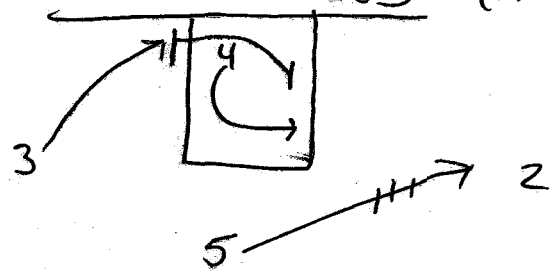






Get half a body low on the screen to force the defense to go over the top

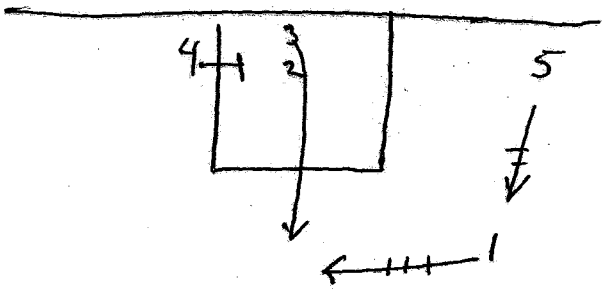
Counter – Lob (Instead of screening the post)

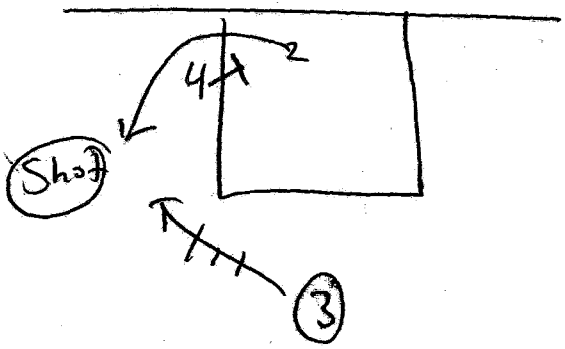


Looking for the Lob for the "3".

Greg Mc Dermott - Set play offense

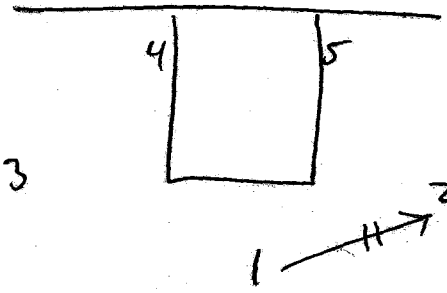
Counter for Last shot



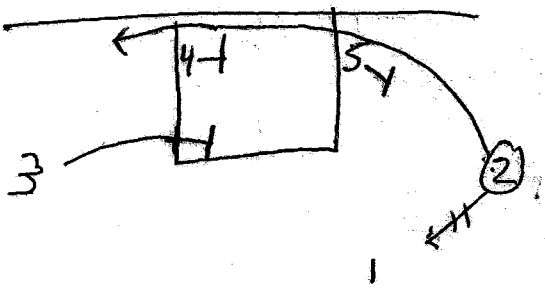


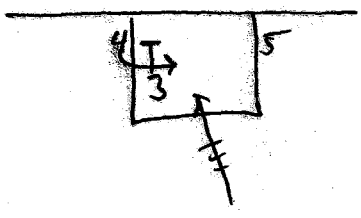
When they start to cheat ball side, we use this counter.

Outside Decoy



one hand dribble then back

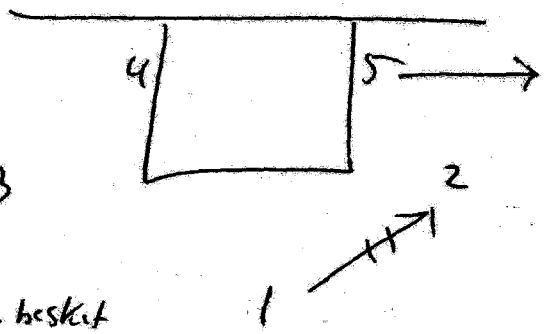




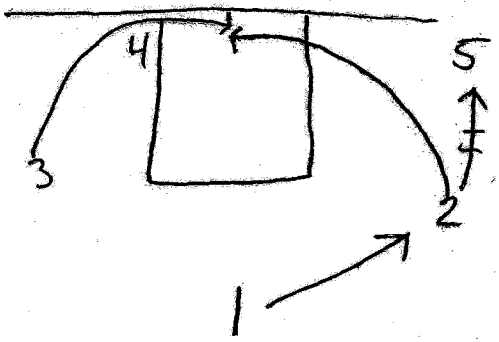
Greg McDermott – Set plays offense

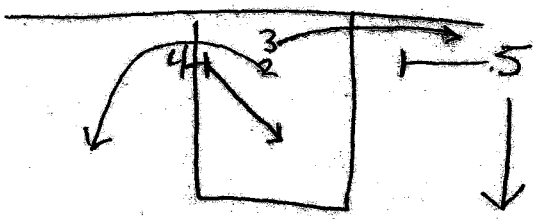
"Set plays can frustrate a zone defense as they typically are not use to being screened,

Last Shot

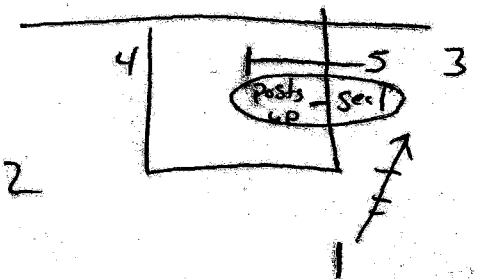


2 and 3 Step hands underneath basket





1 (one dribble and then back)



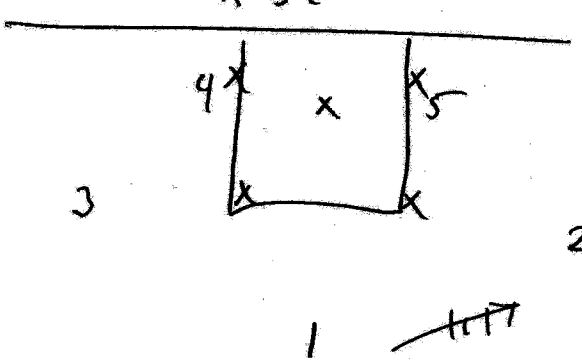
Greg McDermott - Set play offense

"Set plays can frustrate a zone Defense as they typically are not use to being screened."

"Last Shot"

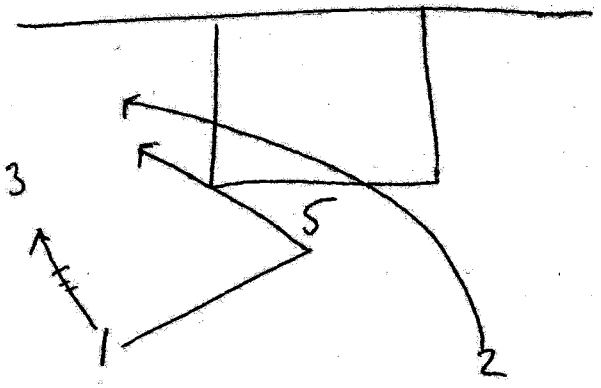
vs

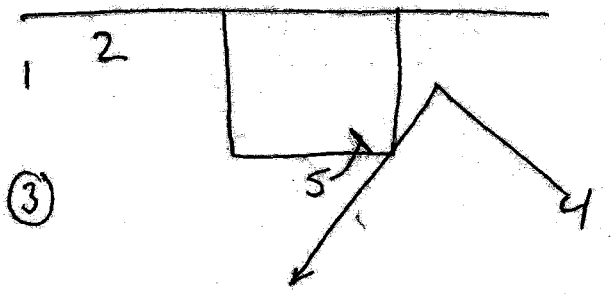
2-3 zone

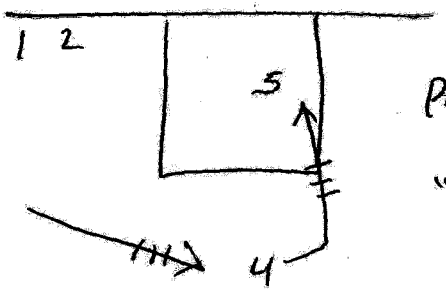


Gregg McDermott - Set play offense

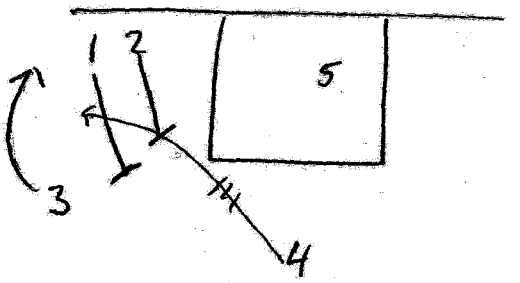
"Green Bay - Post up"





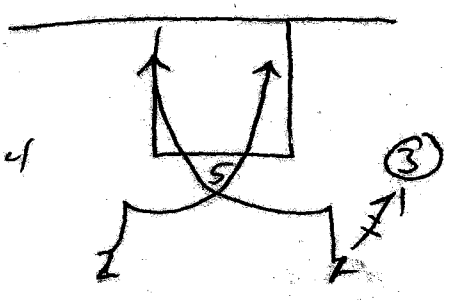


Post up for "5"

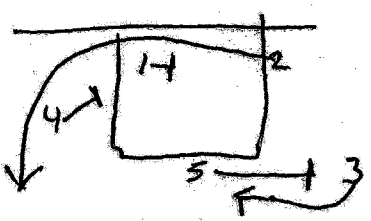


"Flare screen option"

"Green Bay - Bell Screen"



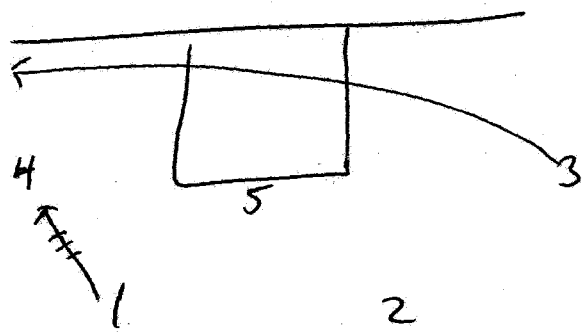
The Shooter is more of a decoy. He wants something out of the two man game.

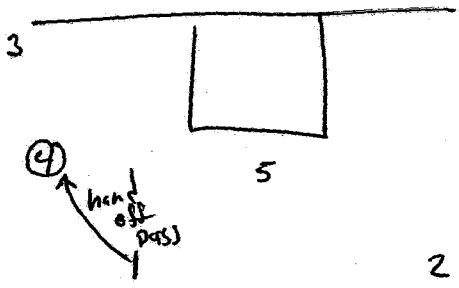


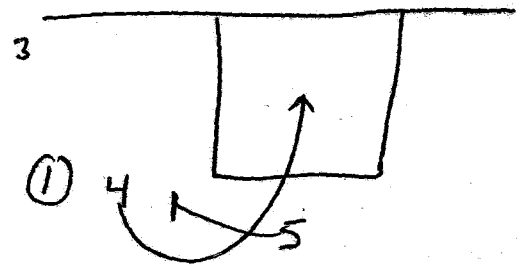
Options - Pick-n-Roll on Shooter.

Greg McDermott – Set play offense

"Green Bay Multi-option" — For Late shot or shot clock expiration

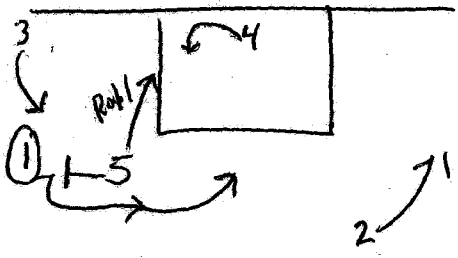


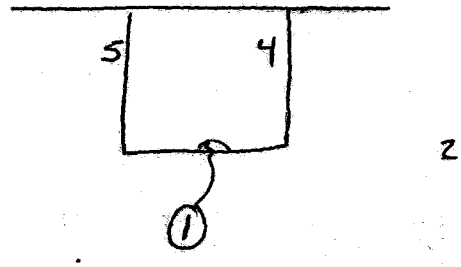




1st option Lob

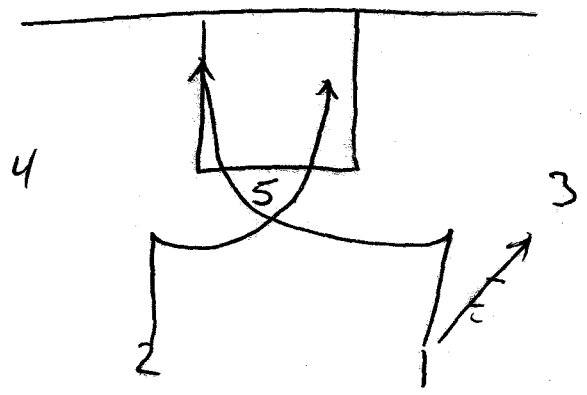
#4 - Seals post





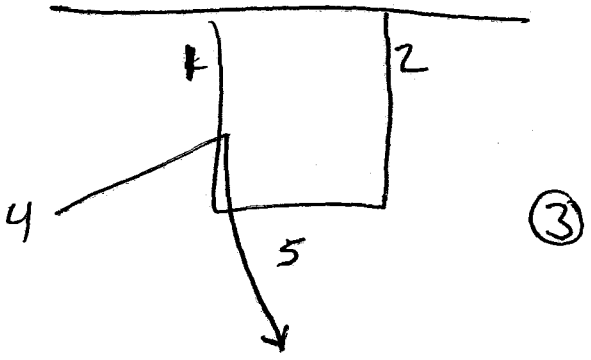
Greg McDermott – Set Play offense

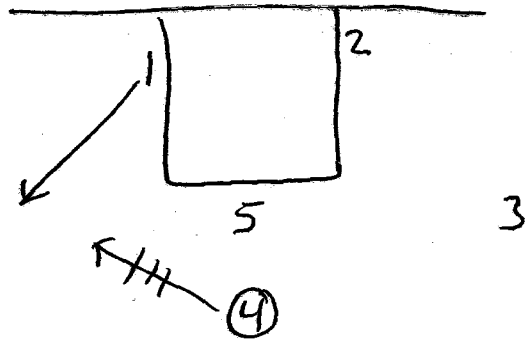
"Green Bay"

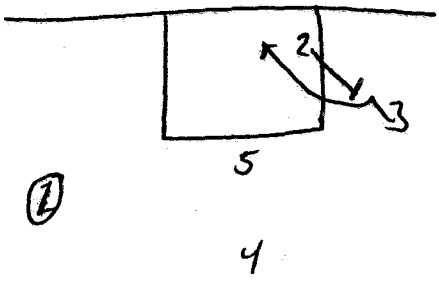


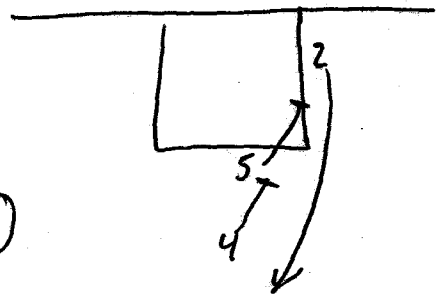
Sometimes for Bell Reversal

They basketcut their guards and fill the reversal with "Bigs"

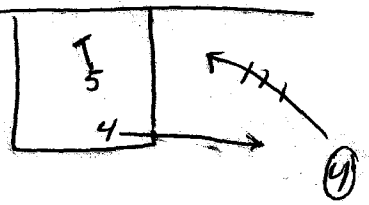








"Pop" and Seal at the end



4 - pops out

5 - seals post

2

Greg Mc Dermott - Set play offence

You can use the same signal to signify the same action out of different sets.

Using Consistent signals makes it easier for your players to remember the play.

How to simulate the set plays

(1) Run the first 5 min. of a game

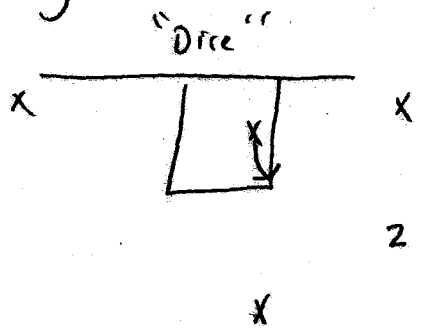
(2) Tip ball, 3 sets plays.

(3) Subs - 3 more set plays. (Be Discreet with hand signals and names)

If New sub comes in, Pg's responsibility to grab jersey and tell him here is what you have next.

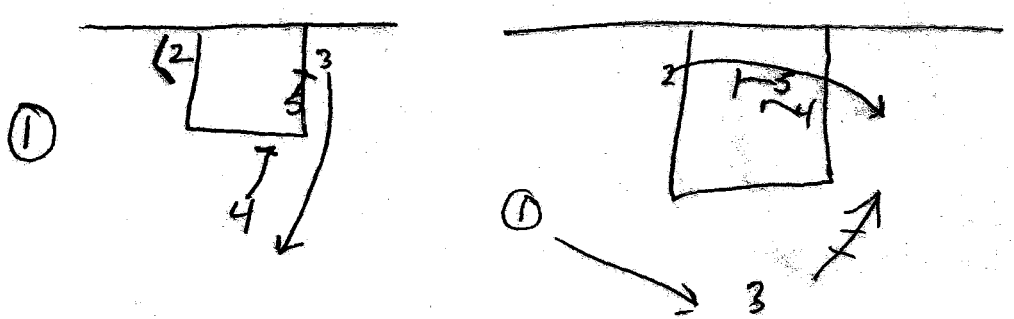
Greg McDermott - Set play offense

What if they trap the first pass? Run "Dice"



"Dice" is out playing the trap by attacking it.

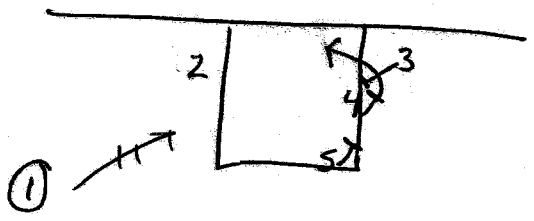
Kimbery "off the dribble" - if "2" is fronted then use "off the Dribble"



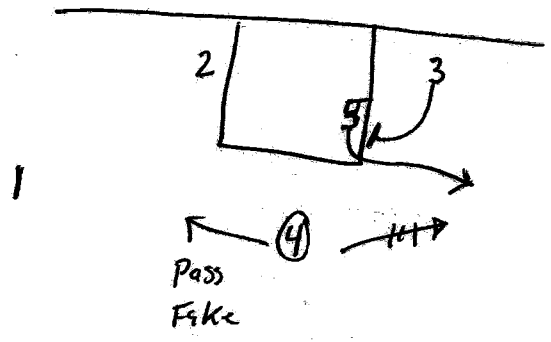
"A front on defense gives the offensive player extra time when he comes off the screen"

Grey Mc Dermott - Set play offense

Kimberly - Lob → when post guy defender is falling asleep Run it. 4's man.



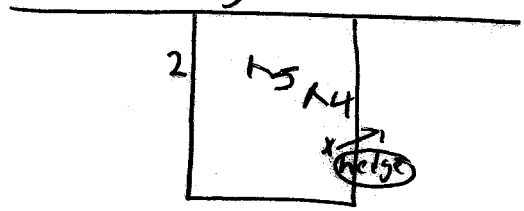
Kimberly "Big 3pt Shot"

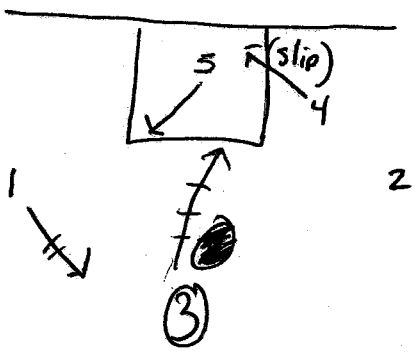


This play is more likely to get you a good, open 3pt Look.

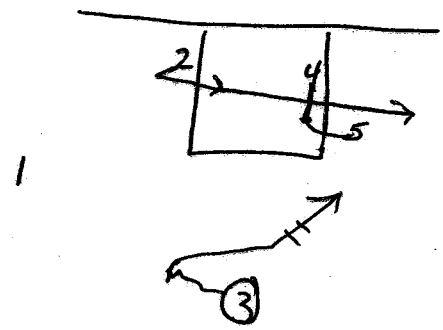
Greg McDermott - Set play offense

Kimberly "Slip" - If 4 man's defender hedge's staggred screen





Kimberly - "Pinch screen"



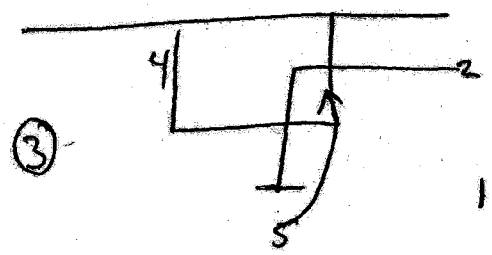
"3" takes one hard Dribble to the left.

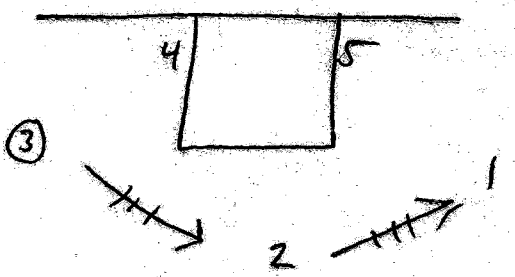
"2" takes one hard step then goes through Pinch "Screen"

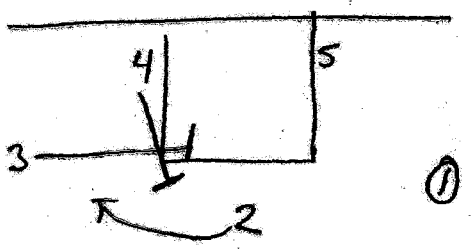
(Timing is important)

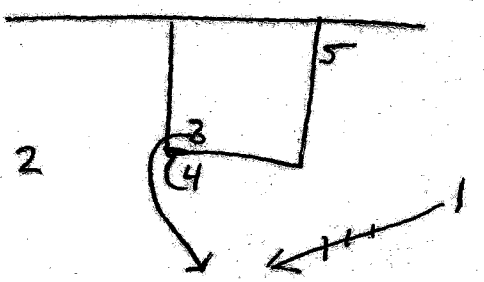
Greg Mc Dermott - Set Plays offense

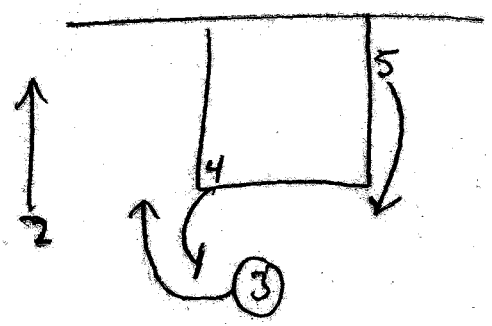
Transition - Two slows, want the ball on the outside 1/3 of the floor.

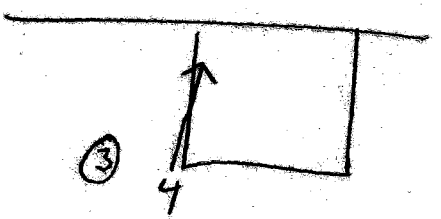






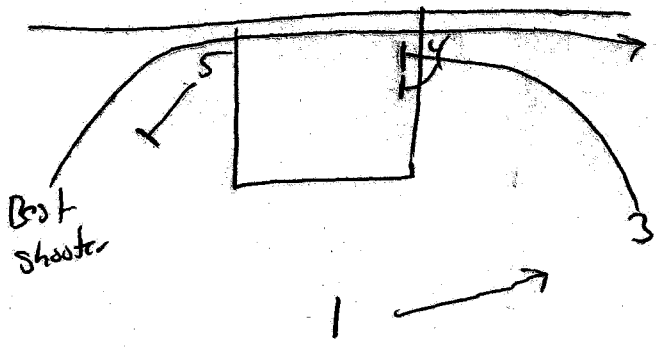






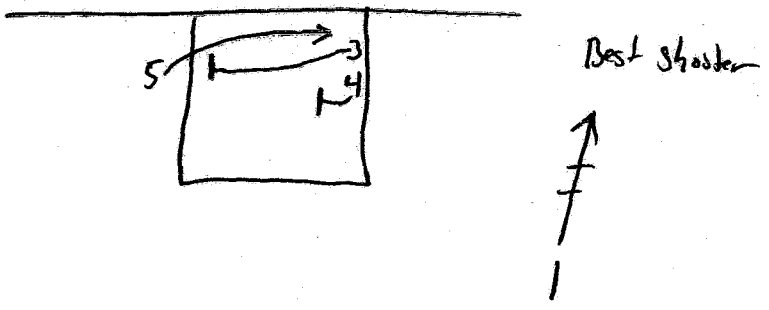
"Basic Transition"

Greg McDermott - Set play offense



Very effective against 1-3-1.

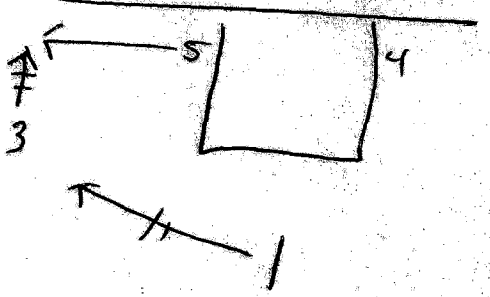
Screen middle / backside

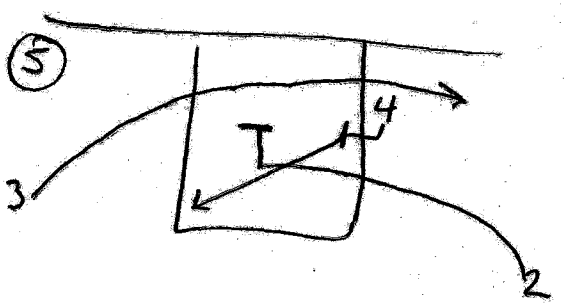


"You need to build systems that fit your team and their talents."

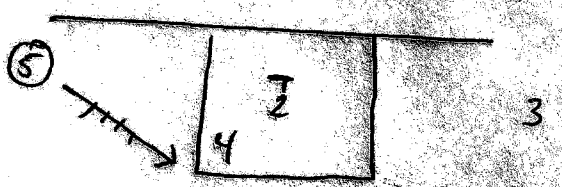
Greg McDermott - Set play offense

Triple option - vs 2-3 zone

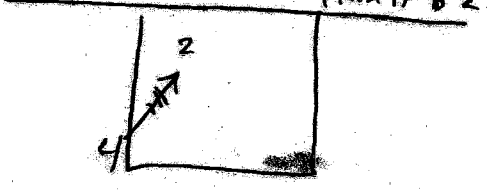




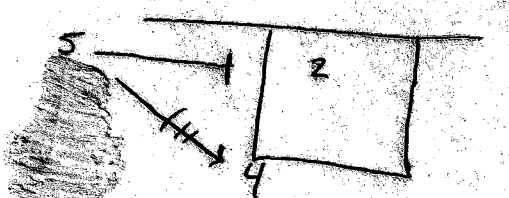
1st option - shot for 4



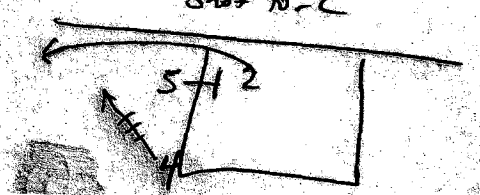
2nd option - collapse on 4 pitch it to 2



3rd option



shot for 2



Greg McDermott - Set play offense

Game goal: Try to make more free throws than your opponent attempts.

(Scouting - Sideline Analytics)

MARSHAM → PRESSURE MATCHUP

"35" = 1-1-3 MATCHUP COVERS ROUGHLY 35% OF COURT

WHY?

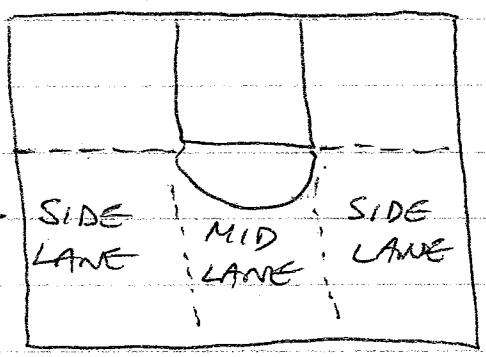
1. When outmatched athletically
2. Foul trouble
3. Opponents don't shoot well or attack it well
4. Stop offensive flow

"35" Run Through — show whole method

GUARDS

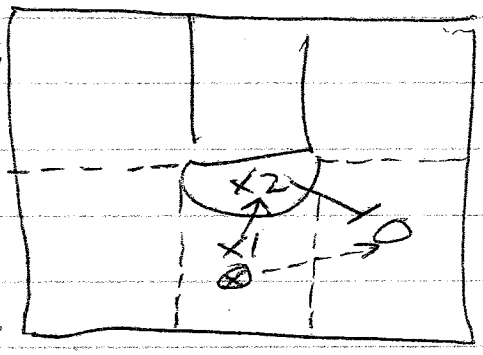
X1 — picks up between ½ ct line + top of circle
— stays with ball on dribble to FT line extended

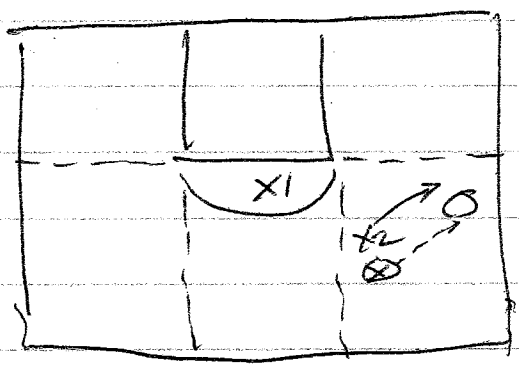
- Three Lanes designates X1 + X2 coverage



Ball stays in same lane guard follows it — if ball changes lanes, guards pulley switch + cover

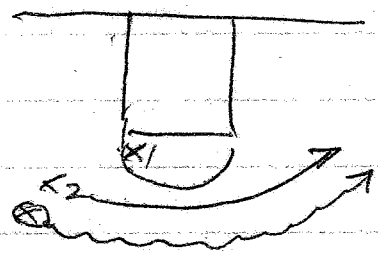
- Teach "next pass" scenarios
- Who covers next pass?
- Guards always pulley





- When one guard is out, the other in high post with bottom hand covering post
- Guards never turn back to ball

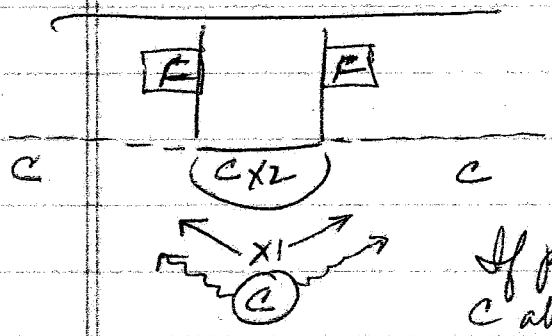
- Any pass out of the corner is guarded by halfside high post guard (even if pass is below FTLE)
- No guard pulley if ball is dribbled from one lane to another



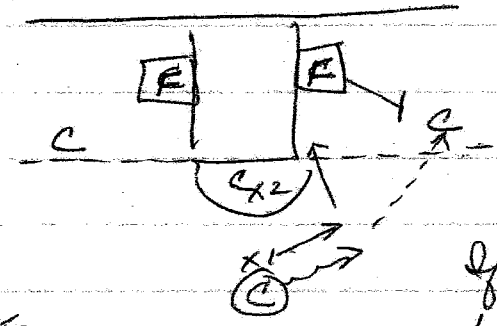
- Guards open up to ball with closest hand + foot leading to post on pass.
- High hand closests – take away jump shots first
- Closest man (guard or forward) covers the skip pass.
- Guards are key rebounders esp. weakside.

GUARDS BREAKDOWN DRILL

C = coaches
[F] = coaches or mgrs. as forwards



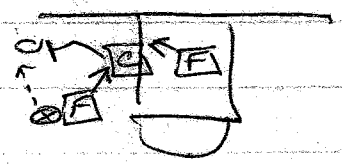
If pass to C above FTLE guard covers



If pass to C below FTLE forward covers

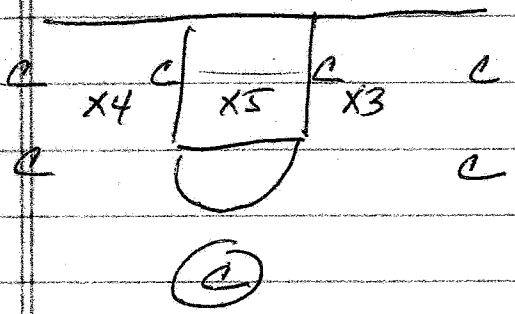
BACKLINE

- Communicating always w/ each other + guards – esp. when pass thrown to FTLE area.
- Generally, [F] takes ball at FTLE or slightly above. Always [F] if pass below FTLE
- Pass below [F] = short slide [C] takes corner, opposite [F] show face



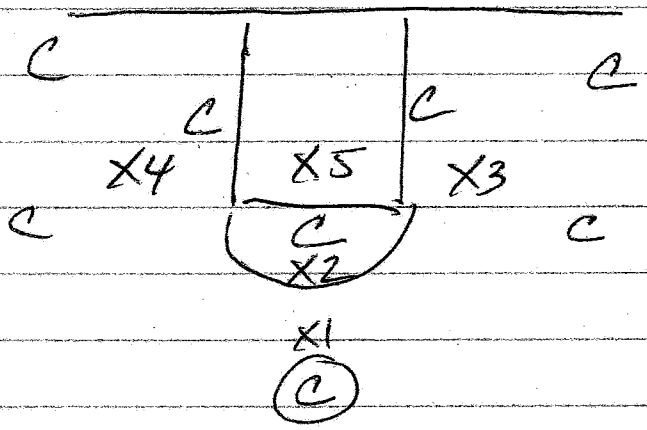
- Prefer short slide because rebound weakside better
- Deadfoint all low posts
- Rebounding is key — weak F find someone
  - C get to 50/50 position

BACKLINE BREAKDOWN DRILL



* on short slide — open up + sprint to cover post while facing the ball.

8 ON 5 DRILL



- Make 7 passes then shoot — blackout
- Weakside forward shows face on short slide but still must rebound the backside.
- Everyone: see ball!!

- Follow flashing players until hand him off to another defender
- Skip pass = closest defender covers it
- Better 2 than none on the ball.
- If guard bumps player off the ball, readjust to cover next pass.
- If ball is dribbled out of corner, guard takes it as if it were passed out.

VILLANOVA MOTION OFFENSE

Coach Harry Perretta

Numbering System for Cuts in the Motion Offense

1. **Basket Cut**
2. **Curl Cut**
3. **Backdoor Cut**
4. **Slip**
5. **Back Screen/Flare Screen**

Numbering System for Options in the Motion Offense

6. **Pick and Roll with the 4 and 5 Players (designated post players)**
7. **Dribble Handoffs**

Offensive Concepts of the Motion Offense

1. To initiate the offense, the ball is on the top (middle) of the floor. With the ball on top, action begins on both sides.

2. There are NO mistakes in this offense. Players play through any spots of confusion or uncertainty.

3. After making a basket cut, you will always fill an open spot. (You must read if the opening is on the ball side or the weak side.)

4. When ball is caught in the middle of floor, always look back to the side of floor from which it was passed.

5. Whenever ball is passed on top, both sides of the floor create action.

6. Whenever you are overplayed and are 1 pass away from the ball, execute an automatic backdoor cut (#3).

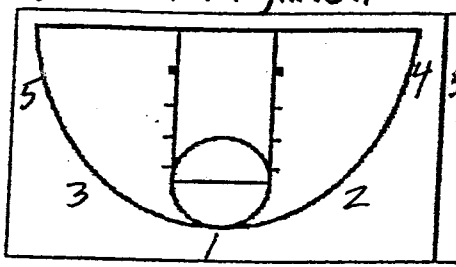
7. Slips (#4) can be utilized at any time. (Based on player reads.) (Exception: when cutter is executing a #2 or #3 cut.)

8. When 2 players screen for one another, the screener can execute a #4 cut into a post up if the defenders switch and the match-up is advantageous. (How long post player stays is personnel/philosophy driven.)

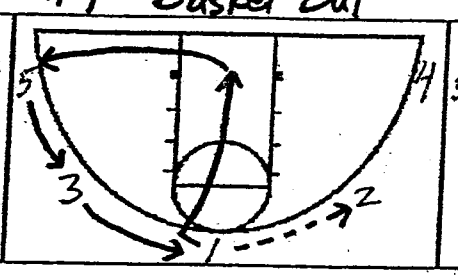
9. "Option" call: players play basketball using any of the 5 cuts and 2 options. (We strongly prefer big on small screens and handoffs. Therefore a heavy emphasis is placed on the 4 and 5 players executing #6 and #7 options.)

MOTION OFFENSE: INITIAL ALIGNMENT AND NUMBERED CUTS

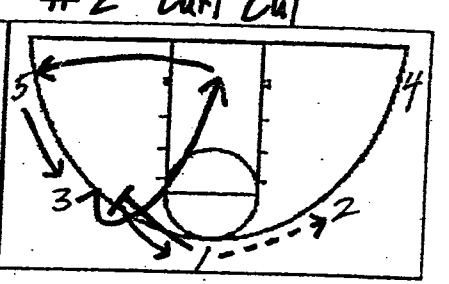
Initial Alignment



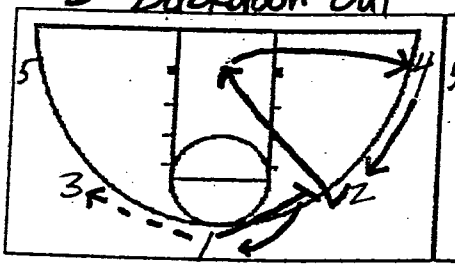
#1 - Basket Cut



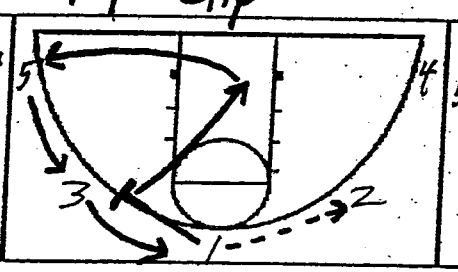
#2 - Curl Cut



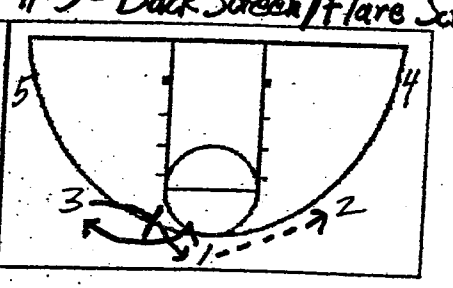
#3 - Backdoor Cut



#4 - Slip

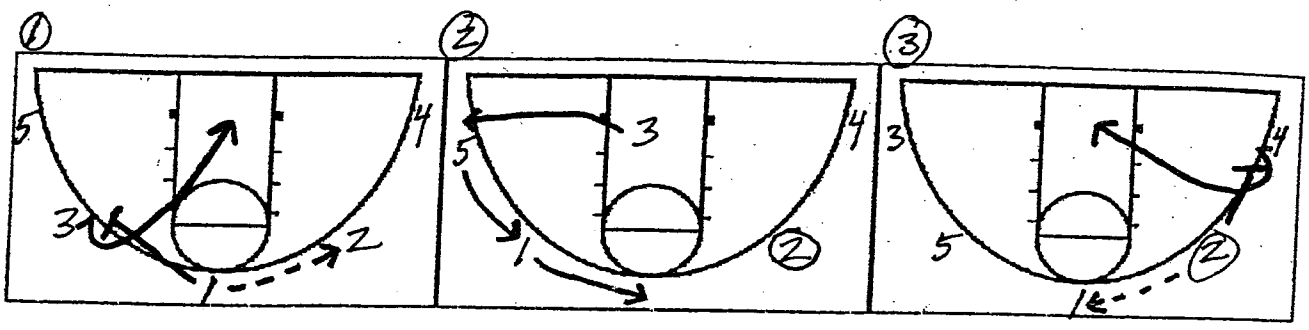


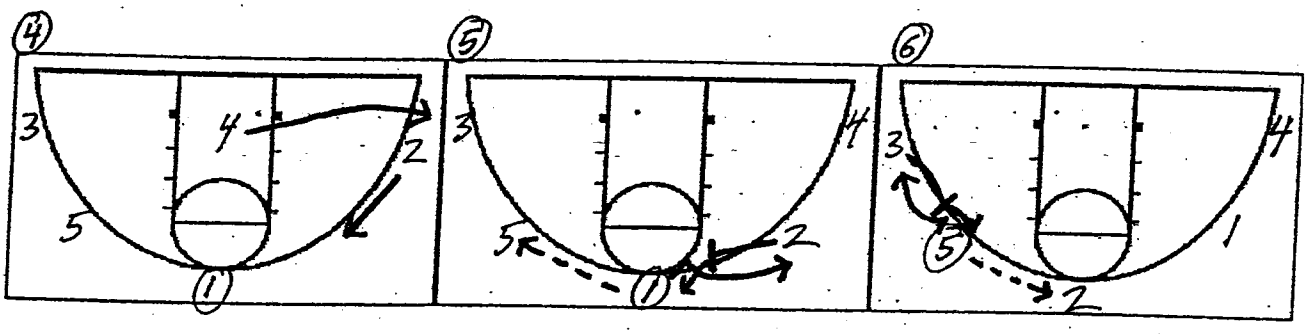
#5 - Back Screen / Flare Screen

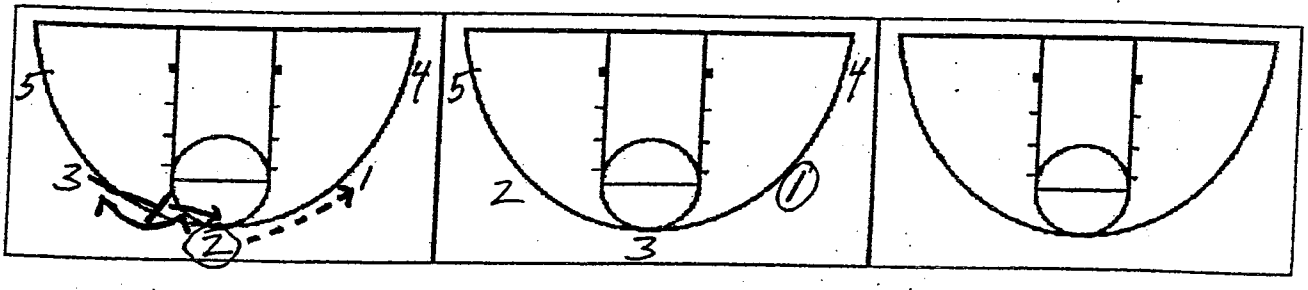


MOTION OFFENSE: DIAGRAM OF A "25" CALL

(The first 2 cuts are curl cuts, the remainder of cuts in possession are off back screens.)







HERB SENDEK
NORTH CAROLINA STATE

- Be careful of what and how you say things to a player. Avoid "flippant" comments. Such remarks may stay with that young player the rest of his life.
- You MUST develop confidence in yourself. Key is to prepare diligently for your coaching.
- Teach with passion. Avoid imitating other coaches. Teach your way and teach what you believe in.
- Develop the ability to listen. None of us would suffer if we grew big "elephant ears". AWARENESS. For us to know what our team needs, we must be aware. Listen to our players and then trust our instincts. Count on everyone around you to get you information...assistant coaches, managers, equipment managers, etc.
- Must be able to recover from a loss. If you do not, your players will detect that.
- DISCIPLINE. It is hard to talk to your team about discipline if you do not have discipline in your life.

* Tape yourself at a time out. Play it back and learn from it. You may be giving information to your players they cannot understand. Zero in on one or two key points at a timeout. If you tell them 7 or 8 things to do, they have no chance of remembering. I try to give my team one thing on offense and one on defense at the timeout. Same thing at half-time. If you gave players a quiz on what you covered, would they pass the quiz? Usually better off saying less than more.

- At time outs, have players sit by position. If you want to talk to your point guard, know where he is sitting. If you want to talk to your center, know where he is sitting.
- Have an "IDEA" day. Everyone on your staff comes to your first meeting of the day with an "idea". Good ideas cam come from anyone.
- Consider what your players are hearing from other people.
- I recommend you read LINCOLN ON LEADERSHIP. As a leader you cannot show a sign of weakness to your team. Leaders have to make decisions.
- Have less rules, not more. Best leaders do not have a lot of rules.
- Nothing wrong with admitting it when you make a mistake.
- Tell your players far more positive things than negative. Unfortunately, you tell them one negative and ten positive things, they may only remember the negative.
- Linger after practice to give chance for players to talk to you.
- Call your players on their cell phones.
- Define your coaching vocabulary and insist your assistants use the same teaching words than you do. If you say "helpside" they cannot say "weakside" for example.
- When you talk to your team, change locations. Talk to them at center court one day...at a free throw line another...in the stands another, etc. Improves their attention span.

How to win with less talent
Hubie Brown

Purpose of the tape is to stimulate your thinking. Nothing is Gospel. Remember, this is only one way of doing something. It all comes down to two things A) How well you teach and B) do you have talent to make your philosophy work.

How do you get your guys to be good free throw shooters?
Shoot F.T. 20 minutes a day at lunch time. Make 2 in a row then rotate. No talking

I know you can win when you have all the talent
But can you compete and win when you have less talent.

Keys to winning with less talent

1. Control Defensive Boards
   Sounds easy but it's not (USA team just lost 3 games to Argentina, Yugoslavia and Spain and was outrebounded in all 3 games)

2. Get more shots
   Dont tell me you have a bad shooting team - I know that already because you're either too young or just starting to develop - we've all been there! Dont think you're the only one to go through this. And if you haven't been through it already - just wait because it's coming!
   A. Force turnovers
   B. Offensive rebounding

3. What are you shooting on the line? How many free throws are you getting?
   - You must have an inside game
     Doesn't have to be a post up game - Can be dribble penetration - want 3 point plays

THE KEY IS CAN YOU GET TO THE LINE? CHECK THE NBA STATS: 9 OUT OF 10 TIMES, THE TEAM THAT TAKES THE MOST FOUL SHOTS WINS. 9 OUT OF 10.

GIVE ME THE BIGGEST GAME YOU LOST THIS YEAR — DID THE OTHER TEAM'S BIG 3 PLAY ALL 32 MINUTES?

WHEN YOU GET OFFENSIVE REBOUNDS AND YOU ATTACK THE PAINT THE OTHER TEAM FOULS. THEN THEY HAVE TO SUB. YOUR GUY MIGHT HAVE LESS TALENT THAN THEIR GUY BUT MORE TALENT THAN THEIR SUB

4. GET YOUR BEST SHOOTERS HIGH PERCENTAGE SHOTS
   3 BEST IN THE PROS 2 BEST IN HIGH SCHOOL

DONT TELL ME YOU'RE RUNNING THE PASSING GAME OR THE SHUFFLE AND ARE GETTING HIGH PERCENTAGE SHOTS FOR YOUR 2 BEST PLAYERS - ESPECIALLY AT THE END OF THE GAME

THINK OF YOUR 2 BEST SHOOTERS - DO THEY SHOOT A HIGH PERCENTAGE FROM BOTH SIDES OF THE FLOOR AND FROM THE CENTER OF THE FLOOR?

CHART YOUR SHOOTING DRILLS AND YOU'LL SEE THAT THEY SHOOT WELL FROM 2 OF THE 3 SPOTS, BUT NOT ALL 3.

IS YOUR OFFENSE GETTING YOUR BEST SHOOTERS SHOTS THAT THEY CAN MAKE?

WHAT % DO YOU SHOOT OFF OF THE BREAK?
IF YOU'RE NOT SHOOTING 60%

1. INCORRECT TEACHING
2. POOR SHOT SELECTION
3. TOO MANY TURNOVERS

IS THE OFFENSE FOR YOU OR IS THE OFFENSE FOR THE TEAM?

HUBIE TELLS STORY OF PUTTING IN THE FLEX AS PART OF SECONDARY BREAK. BERNARD KING and BILL CARTWRIGHT ASKED HUBIE TO DITCH THE FLEX - THEY DIDN'T LIKE WHERE THEY WERE CATCHING THE BALL. SINCE THEY WERE HIS TWO BEST SCORERS, HUBIE DITCHED FLEX immediately.

GOSPEL OF OFFENSE

1. SPACING - NO ONE Defender plays 2 GUYS
2. Be able to REVERSE THE BALL
3. Have a SHORT pass and a LONG pass
4. Leave an area and Replace
5. Be able to START THE offense IF THEY take away THE FIRST pass
6. Have a BACKDOOR game
   ARGENTINA KICKED USA'S ASS BY RUNNING 1-4 HIGH and BACK CUTTING

* THE DIFFERENCE BETWEEN GREAT TEAMS IS OFTEN THE TIME IT TAKES TO ADVANCE THE BALL FROM TOP OF KEY TO TOP OF KEY

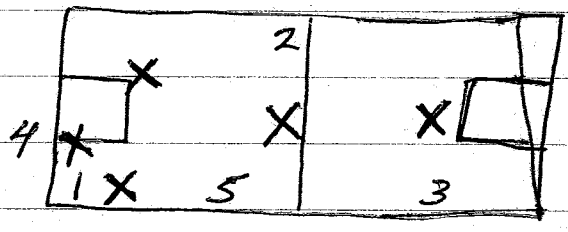
WHAT KIND OF a ZONE TRAP DO you use after a F.T.?
We used a 2-2-1 Because it can be used after BOTH a make and a miss
PUT 2 GUARDS ON F.T. Lane and CENTER BACK
GET RIGHT INTO press REGARDLESS OF MAKE OR MISS

1 HAND INBOUNDS pass = $50 FINE
CAN'T PULL IT BACK
THROW CHEST pass OR 2 HAND OVERHEAD PUSH

WORK ON REBOUND and TURN IN ONE MOTION

AIM TO SCORE ~~OFF~~ AGAINST FULL COURT PRESSURE. NOT EVERYONE DOES THIS. SOME COACHES ARE JUST HAPPY TO GET THE BALL PAST HALF COURT. I'M GOING TO PRESS THOSE TEAMS/COACHES ALL NIGHT LONG

ATTACKING FULL COURT 1-2-1-1



THIS ALIGNMENT PUTS PRESSURE ON MIDDLE BACK AND SHOULD CREATE 2 on 1 BREAK

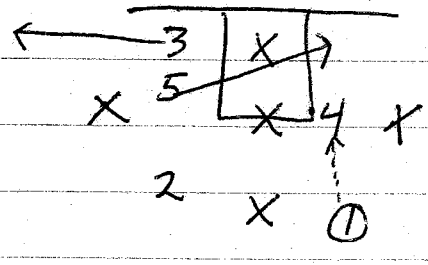
THE EASIEST PLACE TO POST IS ON THE DOTTED LINE IN FRONT OF THE RIM. WHY? BECAUSE EVERYONE PLAYS BEHIND YOU!

YOU WATCH 1000 GAMES NEXT YEAR AND I GUARANTEE YOU WONT SEE 2 TEAMS FRONT THAT GUY IN THE CENTER OF KEY

ALL PRESSING COACHES PRESS IN THE 1ST 1/2 SO THEY CAN SEE YOUR PRESS BREAK – LET'S THEM MAKE ADJUSTMENTS AT HALFTIME

IN YOUR SHOOTING DRILLS DO YOU PRACTICE THE SHOTS YOU'RE GOING TO GET IN YOUR OFFENSE AND PRESS BREAKS?

ATTACKING a 1-3-1 (MORGAN WOOTEN AT DeMATHA H.S. RAN THIS

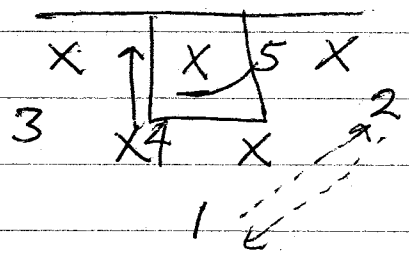


1 passes to 4
5 BREAKS opp BLOCK to OCCUPY LOW DEFENDER
3 BREAKS OUT to CORNER
EITHER 3 OR 2 WILL BE WIDE OPEN

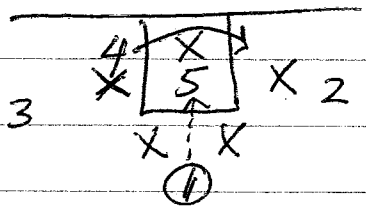
ATTACKING a 2-3 ZONE

NEVER HAVE 2 PLAYERS LOW AT SAME TIME - DOESN'T MATTER IF PLAYING AGAINST MAN OR ZONE
INSTEAD ALWAYS BE HIGH/LOW

GREAT OFFENSES START ONE WAY THEN REVERSE THE BALL



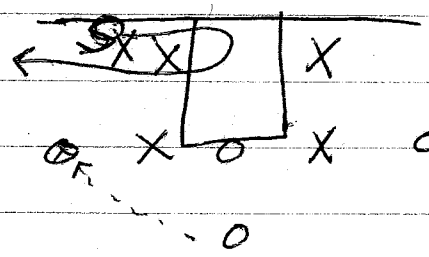
1 PASSES TO 2
2 RETURNS BALL TO 1
5 POSTS IN MIDDLE OF KEY
AS 5 POSTS 4 RUNS TO LOW BLOCK



1 PASSES TO 5
4 BREAKS TO OPP BLOCK
IF BOTTOM DEFENDER STAYS THEN 5 PASSES TO 4 FOR LAYUP
IF BOTTOM DEFENDER LEAVES WITH 4, THEN 5 PASSES TO 3 FOR SHOT/LAYUP

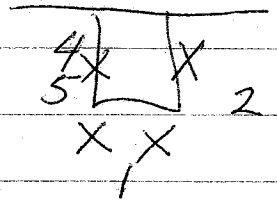
TRAPPING THE LOW POST: TRAPPER FORMS AN "L" DOESN'T ALLOW POST TO TURN MIDDLE. TURNS POST TOWARDS BASELINE. EMPHASIZE "TURN HIS SHOULDER."

ATTACKING A BOX & 1



OFFENSE LINE UP IN 1-3-1 W/ SHOOTER ON BASELINE SLIGHTLY BEHIND BASKET
PASS TO WING - SHOOTER RUNS ALONG BASELINE USING DEFENDERS AS PICKS

ATTACKING BOX & 1



(3 is Being Face Guarded and Keeps moving)

1 DRIBBLES up TO BOTH GUARDS and passes 2

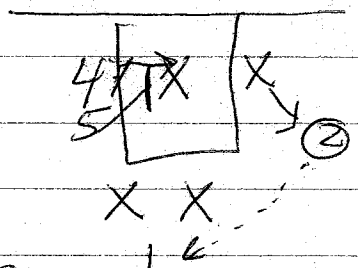
ZONE SHIFTS

2 passes BACK TO 1

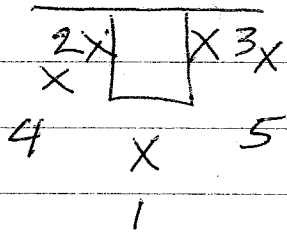
5 PICKS ZONE

4 GETS SHOT

IF Center RUNS OUT THEN 4 DUMPS IN TO 5



ATTACKING TRIANGLE and 2



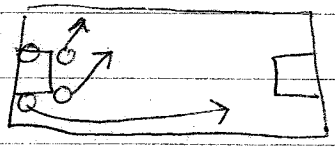
PUT players BEING Defended DOWN on Blocks

WHAT ABOUT movement?

YOU DONT NEED a LOT OF movement IF you Have GREAT ALIGNMENT.

DO THE people IN your league KNOW WHAT TO DO AGAINST a TRIANGLE & 2?

TRANSITION



REBOUND and OUTLET TO OUTSIDE

2ND pass GOES TO GD IN MIDDLE

3rd pass GOES TO WK SIDE FILLING LANE FOR LAYUP

THIS DRILL FORCES:

1. GUARDS TO CATCH & LOOK up
2. PLAYERS TO PASS THE BALL
3. SELFISH GUARDS TO GIVE IT up
4. BIGS TO RUN & FILL THE LANE

THE ONLY PERSON HAPPY RUNNING SUICIDES IS THE COACH!

DONT let any KID WAG your tail. Kareem & OSCAR ROBERTSON were extremely coachable. ON every Great Team, THE TWO Best players are coachable

IT'S when you allow THE DOG, THE KID WHO NEVER COMES THROUGH IN THE BIG Game, TO WAG your tail — THAT'S WHEN you'll Have a PROBLEM

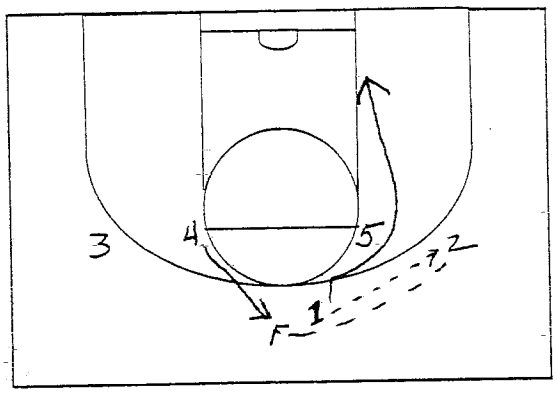
THINK of THE BIGGEST Game you played LAST YEAR and LOST — THE KID WHO'S ASS you've BEEN KISSING all YEAR — MAKING all THE EXCEPTIONS — I'll BET you #1000 RIGHT NOW THAT KID DION'T play up to HIS POTENTIAL WHEN you NEEDED HIM THE MOST.

Iowa State University
Women's Basketball

Hilton

#1 passes to the wing – cuts off post - (#1 may post)
#2 passes to #4 stepping to 3 point line

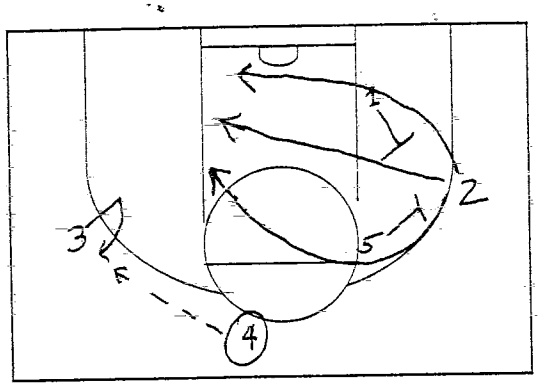
Note: #1 may dribble enter - #2 goes to the block



Notes:

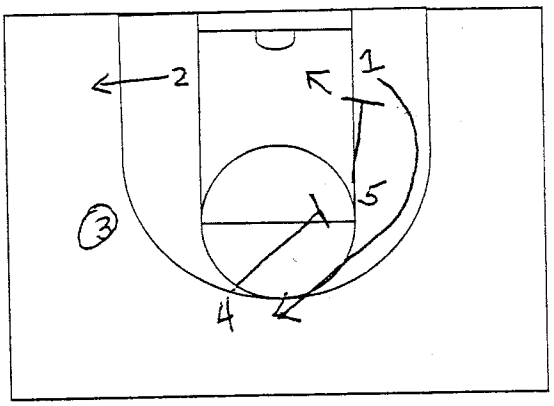
#4 passes to #3 (#3 may back cut)
(#4 has 1 on 1 opportunity)

On the pass - #2 cuts off screens by #1, #5 - #2 cuts hi/lo/middle



Notes:

#4/#5 stagger screen for #1 (#4/#5 may slip after screening)

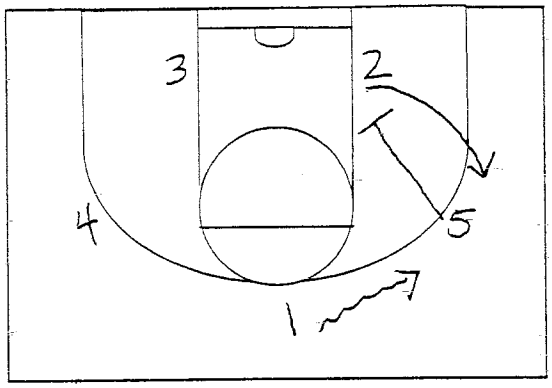


Notes:

Iowa State University
Women's Basketball

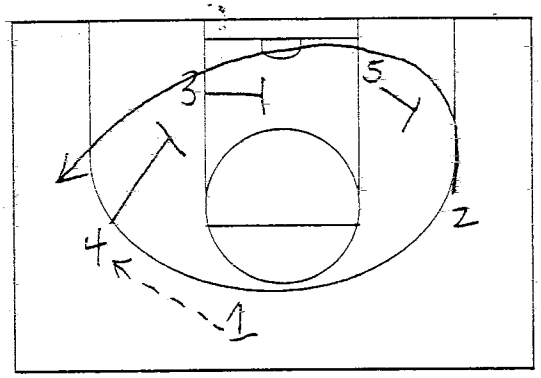
Cardinal

#5 down screens for #2
(If open #1 passes to #2 for shot – always look to #5)
#2 can return ball to #1
or
#1 keeps the ball



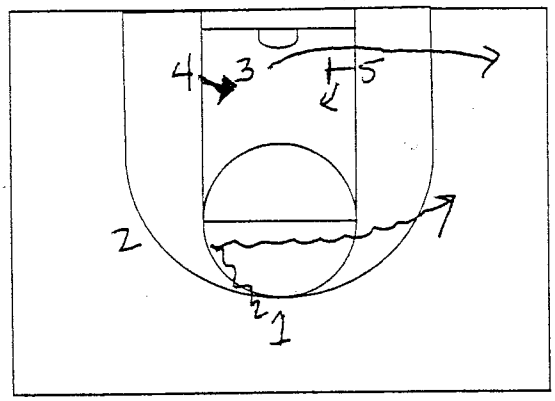
Notes:

#5 screens/#3,-#4 screen for 2



Notes:

#5 screens for #3
#4/#5 screen then post!

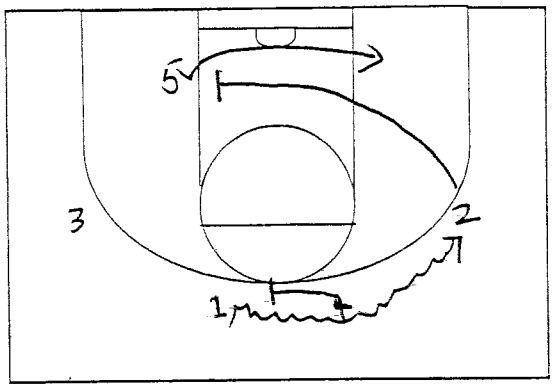


Notes:

Iowa State University
Women's Basketball

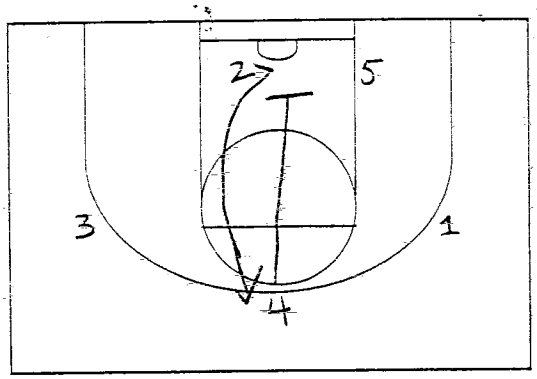
Cyclone

#4 ball screens for #1 who dribbles hard to the wing – Wing #2 screens for #5
#3 stays wide



Notes:

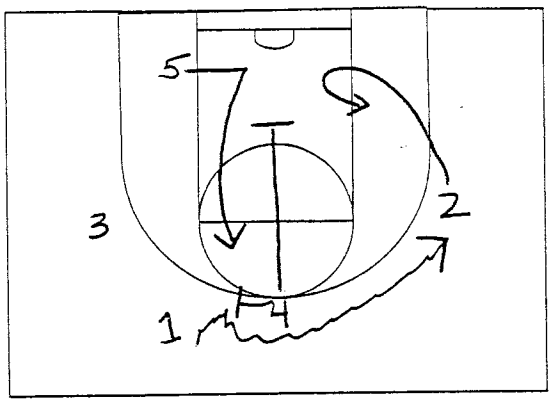
#1 -
- Passes to #5
- Passes to #2 (to motion)
- Passes to #4 slipping screen
- Skips to #3 (shot, hits #4)



Notes:

OPTION

#2 will pivot and post
#4 screens for #5

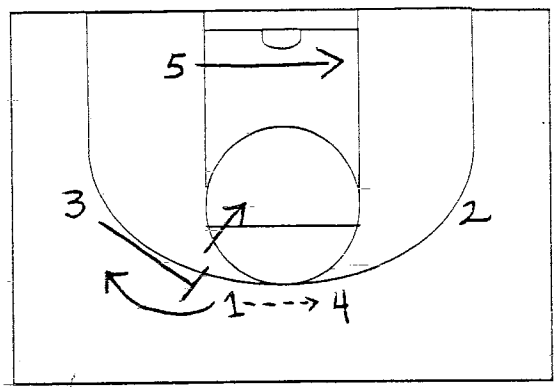


Notes:

Iowa State University
Women's Basketball

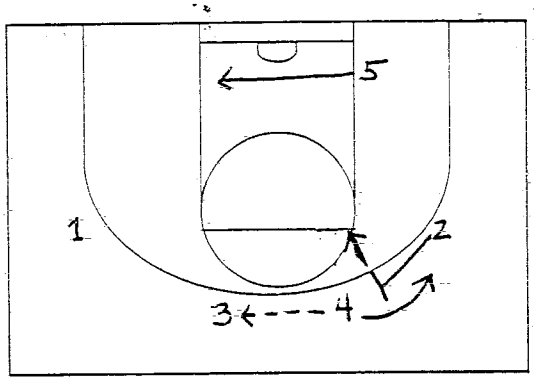
State

#1 passes to #4
#3 backscreens for #1 (may back cut)
#5 follows the ball



Notes:

#4 passes to #3 (#5 follows the ball)
#2 backscreens for #4 (#2 may back cut)



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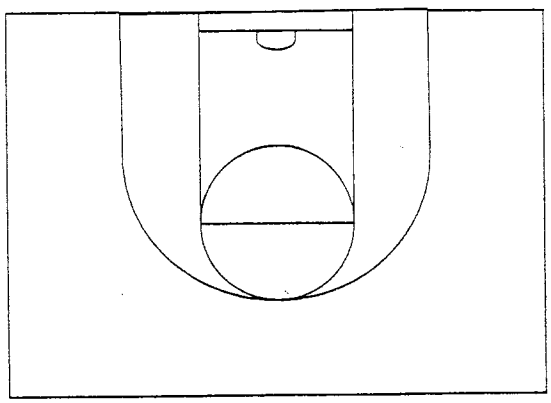


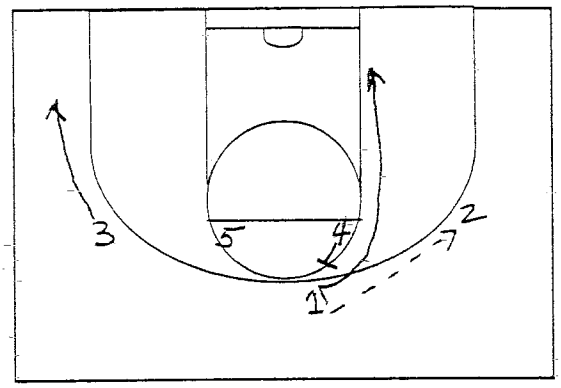
Notes:

Iowa State University
Women's Basketball

Gold

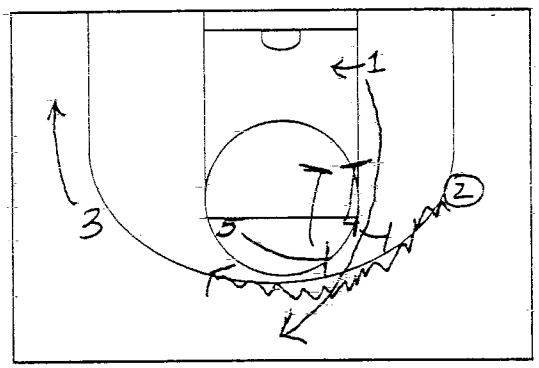
1-4 Set (4/5 interchangeable)

Entry to Wing
#2 hits #1 on basket cut or #1 can post



Notes:

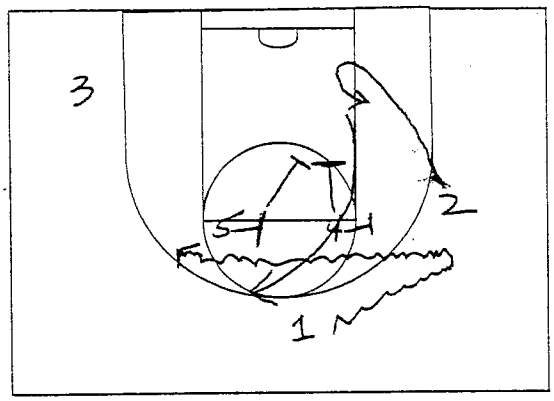
2 dribble off ball screens by 4/5
- Turn corner and go
- Kick to 3
- #1 off double (#1 may back cut if over played)



Notes:

Dribble Entry

Same motion (#1/#2 have exchanged spots)

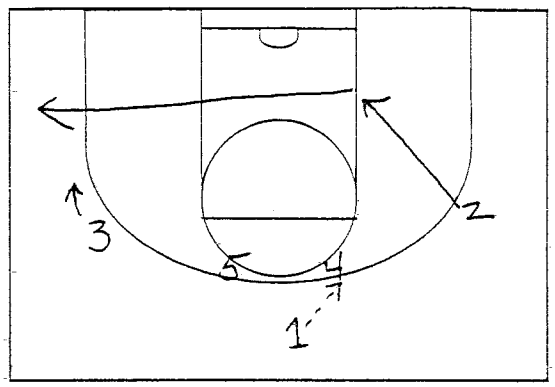


Notes:

Iowa State University
Women's Basketball

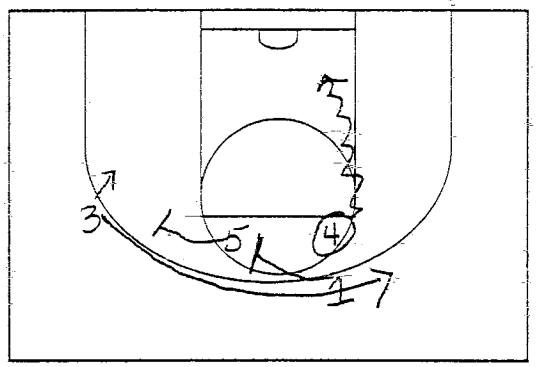
Gold – Entry to High Post

Entry to high post
#1 to #4
#2 back cuts and clears



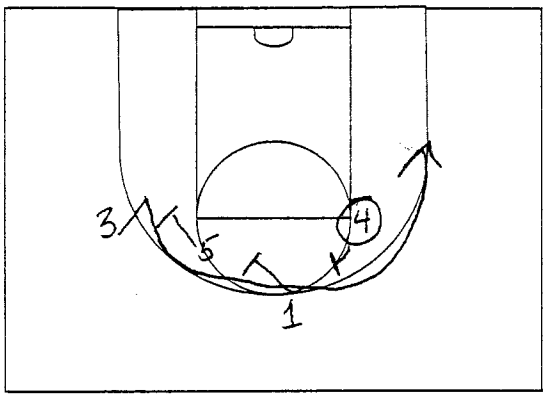
Notes:

#4 1 on 1 from high post



Notes:

#3 cuts off stagger screen set by #5, #1
#4 takes hard dribble @ #3 and hands off to #3



Notes:

Clinic Notes
Jay Wright
"Special Situations"
5-13-06
Las Vegas, Nevada

- "Keep it simple, the most important thing is what the players know. In time & score situations do what the players know and are comfortable with."

Press Offense:

- Spacing is the most important thing when being pressed – teach the players proper spacing – give them room to make plays.
- Attack the press & do not look backwards.
- (Diagram Attached)

Time & Score Situations:

- Players need to know that each basketball move they make takes 1 second off the clock (dribble, pass, shot fake, shot)
- Villanova uses two series' of plays to identify which play to run in a certain time & score situation.
    1. "White" – between 1 & 3 seconds remaining
    2. "Blue" – between 4 & 7 seconds remaining

- Free Throw (make or miss), Baseline, Full-Court, Sideline

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www.nikebasketball.com

Nike Championship Clinic Headquarters
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Clinic hotline: (503) 671-3041
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CLINIC Jay Wright - "Special Situations"
DATE 5-13-06
Las Vegas, Nevada

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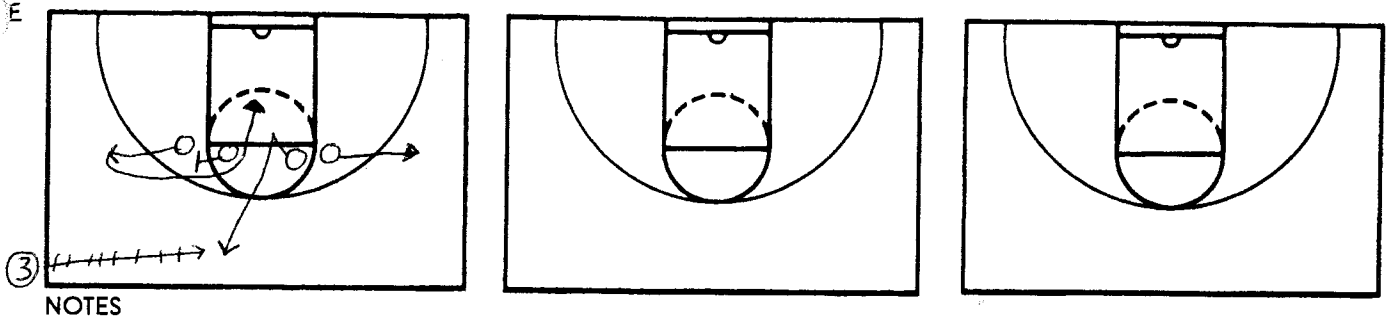

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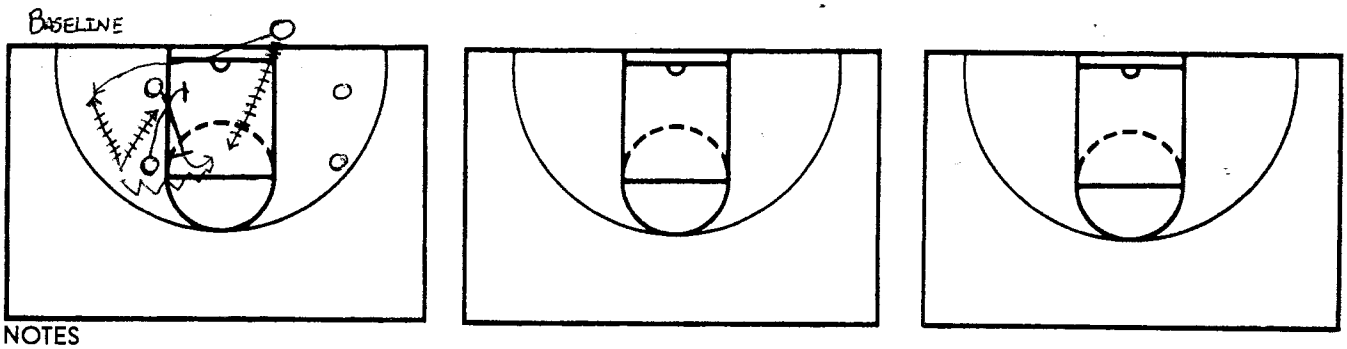
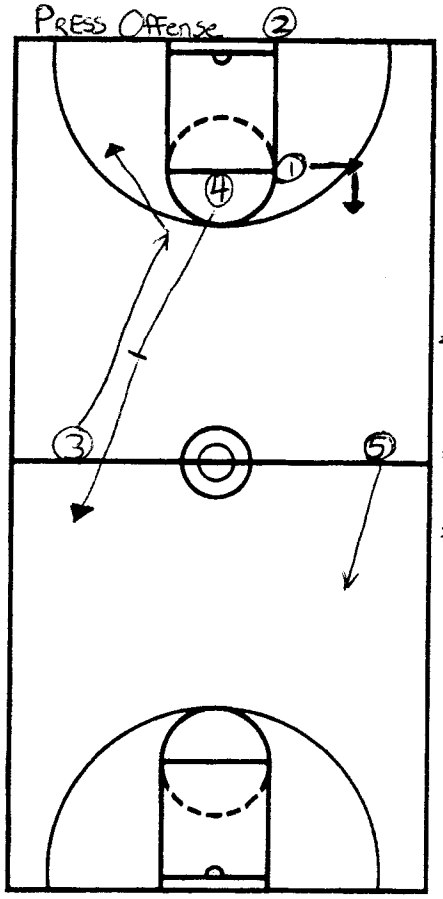


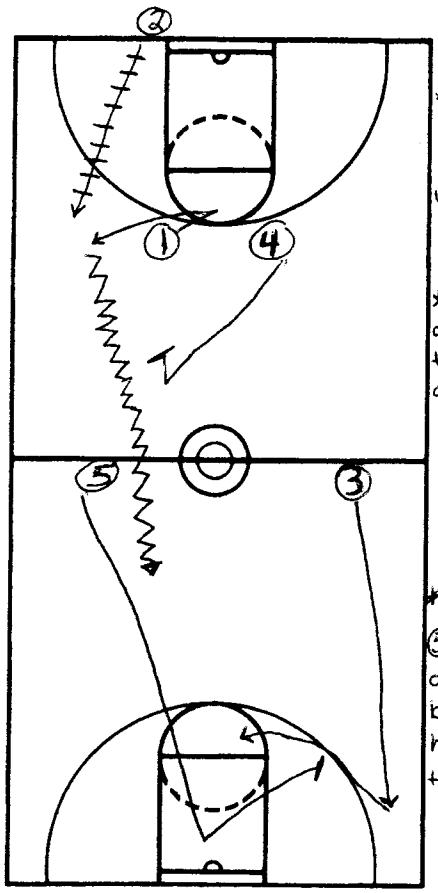
NOTES
• Villanova lines up same way every time

JUST DO IT



NOTES

* Use Space on Strong Side to enter the ball to ①
*① has to go to ball-lob into Space if Denied. Don't go below 1st lane marker (Trapzone)
*③ Cuts up w/defender on inside - Plant at top of key & Break opposite
* IF③ catches, ① Flashes Middle & Attack
* Look middle & Advance the ball Opposite - weak side big man will go to the rim



*① & ④ work together
③ & ⑤ work together

*① Catches as Far down the court as possible

*① can hit ⑤ going to rim or take to the basket or hit ③ off the Screen

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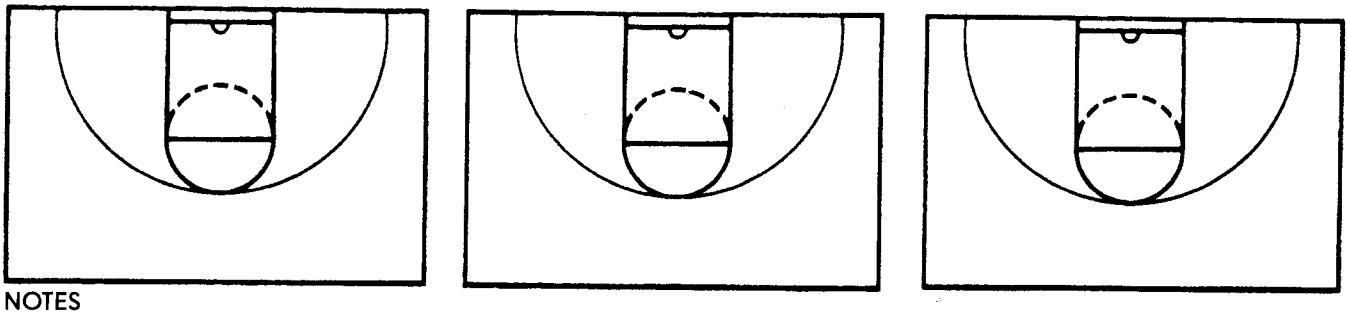
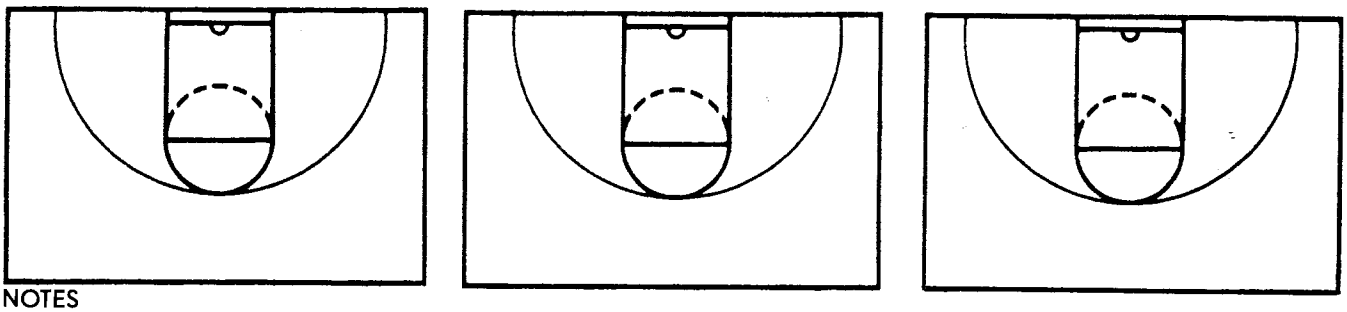
CLINIC Jay Wright - "Special Situations" (2)
DATE 5-13-06
Las Vegas, Nevada



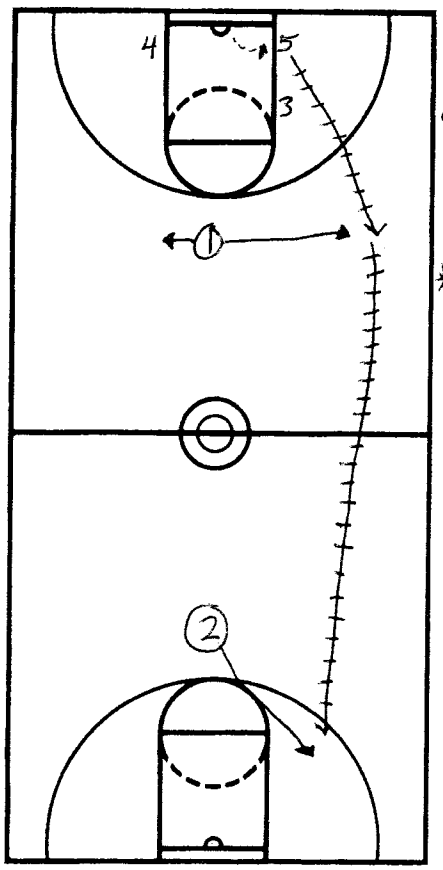
NOTES



NOTES

JUST DO IT

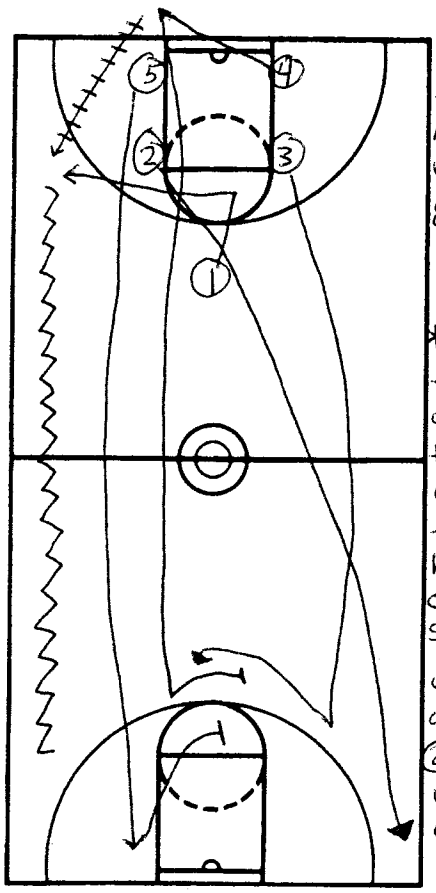
FREE THROW TIME & SCORE



NOTES

* Down 1, Opponent on FT Line, Miss, 3-5 sec. left No Time-out

* Must Secure Rebound



* Opponent Makes FT w/at least 8 seconds

* ① looks to turn corner and get to the rim or looks to drive and hit ③ coming off Staggered Screen or Drive and Pass to ② Spotting up in the Corner

McCallie – Matchup

1

Team Building

1. Weak in business of developing people – have to work @ connecting w/ them.
2. Xs + Os work only if you develop people first
3. Choice, not chance, determines destiny.
4. Choose to become a champion in life.
5. You can never delegate a relationship – head coach must have 1 on 1 relationship + communicate – delegate administrative stuff.
6. Sometimes you have to take a chance on a player
7. Want players to play free – help them remove their baggage.
8. Typically don't talk about insp. things w/ players on game day – sometimes take a risk if need to – follow intuition
9. Recognize where your players are in their lives
10. Communication – don't miss the details moments w/ your players.
11. Book → "Do you want to be a champion" by Mich Saban.

Matchup

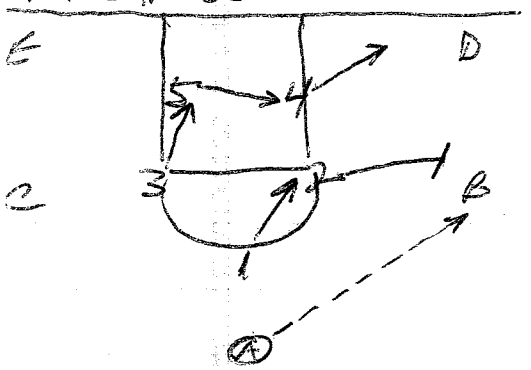
(Joe Ciampi)

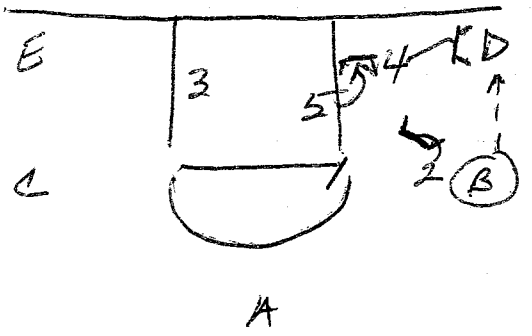
1. Have to grow it every year (3 year project) – it is never static
2. Structure is similar every year – then develop it – certain beliefs
3. Multiple defensive concept
   a. full ct → 1-2-1-1 and 2-2-1 / man full into matchup
   b. half ct → 1-2-1-1 and 2-2-1
   c. basket → matchup
4. Always ball pressure – never let BH see floor / Early help on ball
5. Great transition def – cannot be screened
6. Difficult to scout
7. Protects players in foul trouble
8. Fun to teach + play
9. Few teams play against it – hard to play against
10. Everything is an adjustment once you see what offense is doing.

How Matchup is beaten:
1. Lots of penetration
2. Great 3 point shooting — 4 shooters on floor
3. Physical cutting team from weakside

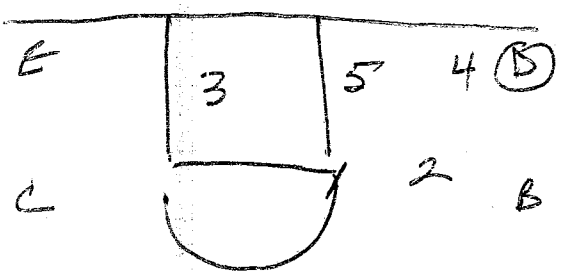
Head on ball body position < Play the ball / Hands above shoulders / Thumbs pointed @ ears
facing sideline — sometimes

PASS RULES





- 2 goes under w/ hands out + takes away inside angle

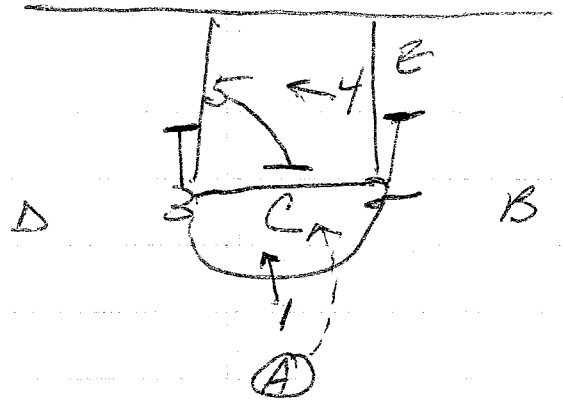


- 4 + 5 are "post buddies" — when one guards ball in corner, other plays baseline side of post
- 3 corners block opposite

- Teach initially w/ pass to next man in line and no skip passes. Hold ball for a count and pass.
- Add a little dribble penetration — don't overhelp
- Call "ball" and have "active arms" — quick w/ arms off ball defenders call "I have help"
- Don't lunge — lunging makes you slow — keep head level same
- Top guard — DO NOT let ball get in semi-circle

** Do a lot of 1 on 1 full ct, 3/4 ct, 1/2 ct and 1/4 ct to make sure each defender can stop ball.

DRIBBLE RULES



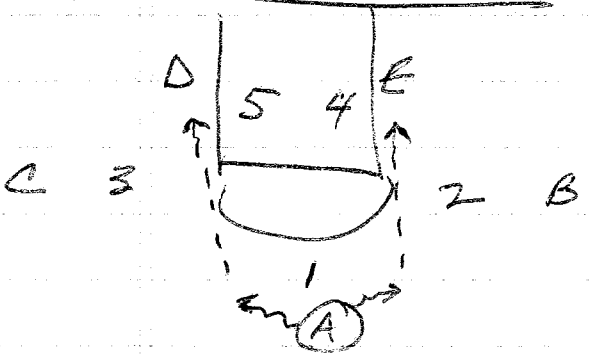
* Want deflect + steals

Pt to Wing dribble + Rotated HB

Pass to HP = 5 take ball + force to weak hand
= 4 tandem drop / 2+3 drop to blocks

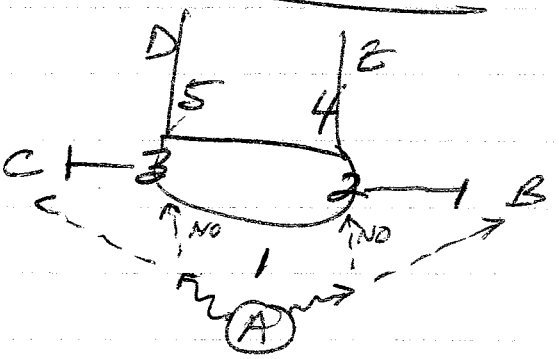
* Move w/ ball in the air
* Play the defense from the inside - out which means we allow no passes between defenders to core of defense

OUTSIDE - IN

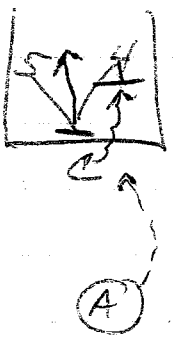


NO!

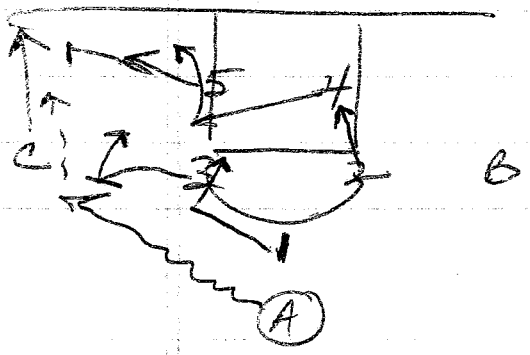
INSIDE - OUT



YES!

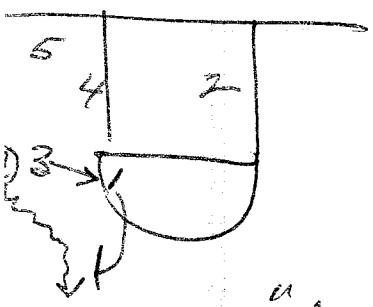


If © beats 5 - 4 takes him + 5 rotates low



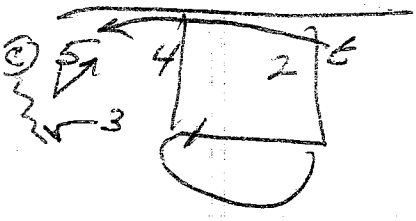
Pt to wing dribble = 1+3 switch

1 = "Pirate" (steal + deflects)
= Pirate can force ball sideline + even trap w/ aware 4 + 1's call.



1 forces sideline — aggressive if ont that high
1 can also call 2 to trap w/ him

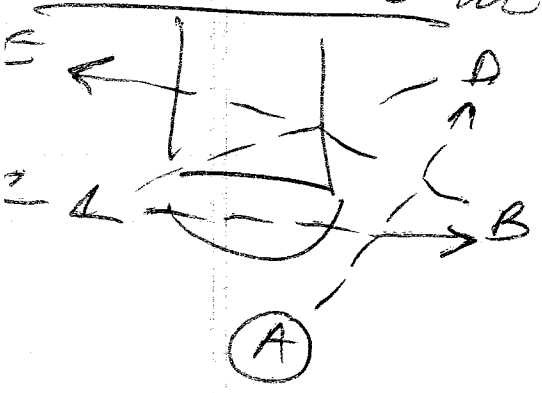
"NEXT PASS" RULES → who has next pass?



Posts never get pulled out of corner — 5 be ready for baseline cutter + throw back

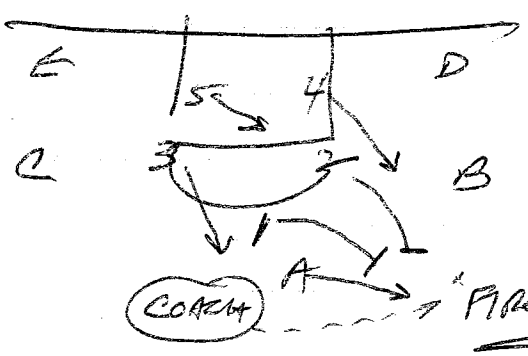
Skip Pass = If 2 players arrive @ same time = "CRUSH"
= Don't watch ball in flight — rather sprint to where ball is going and arrive there w/ ball

Skip Pass Drill



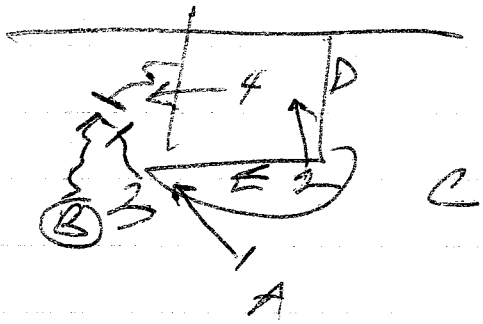
1. Just skip passes
2. Make 3 skip passes + dribble penetrate
3. Never have 2 post players step up to ball

Any loose ball = automatic "FIRE"



Drill — coach passes to off player = play normal (A) coach rolls loose ball = FIRE

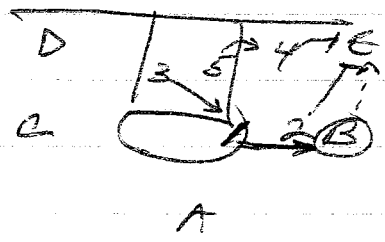
Ball dribbled down to corner = "CRUSH"



CRUSH always take away block + elbow

Being "behind the ball" is when Annie lets on pass.

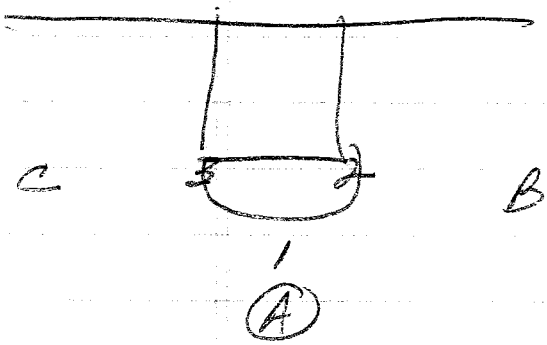
Using → Corner "FIRE"



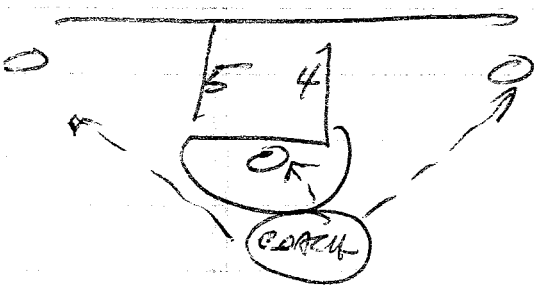
setup drill like this + play out of it

Matchup takes shape of the offense
1-2-3 are totally interchangeable

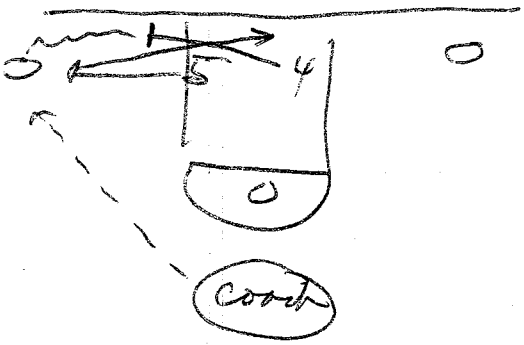
Breakdown Work



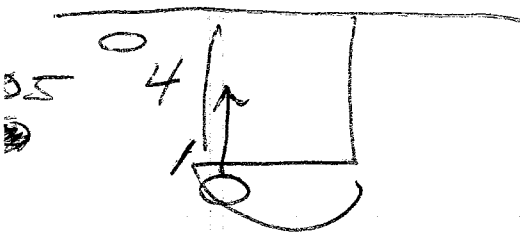
3 on 3 no cutters for guards (1, 2, 3)
- offense passes to each other + tries to dribble penetrate to score
- never allow ball into semi-circle 1's top responsibility
- add skip pass from W to W



3 on 2 for posts (4, 5)
- Throw to HP + tandem
- Cover corner by splitting receiver w/ inside foot (no baseline drive)

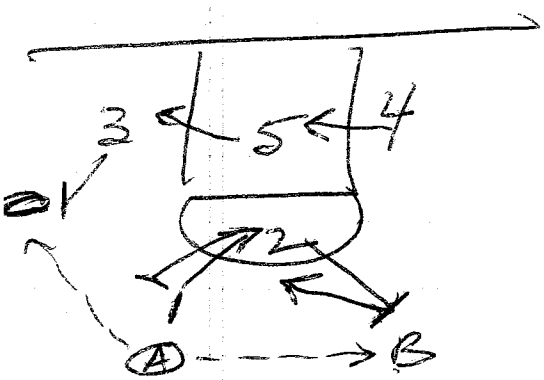


If 5 beaten baseline, 4 stop ball & switch



Diver drill

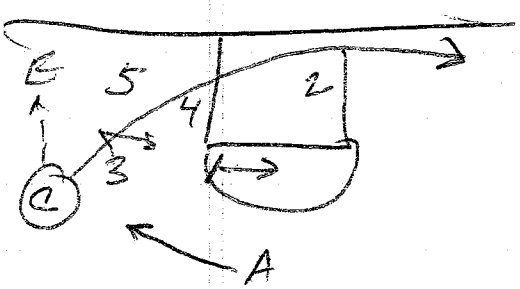
4 open stance in every situation except when playing baseline side of low post – if low post goes to short corner, 4 open up



Two Guard Front

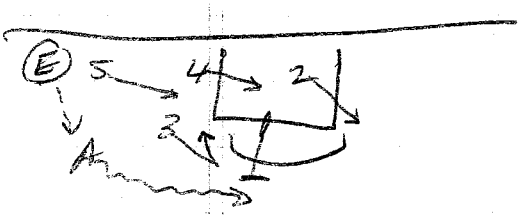
Hand 2 "call it & claim it"

3 drop down



Pass & Cut Flurry 3

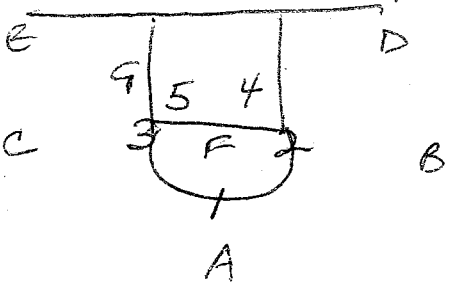
3 bumps C & look for replacement cutter



McCarne — Match Up

- Learned multiple def system from Jeliampi @ Auburn
- Matchup is the great equalizer
- Great transition defense because you can't screen it
- Difficult to prepare against it
- Keeps best players out of foul trouble — no isolations
- Not a zone — great ball pressure with great help
- Sell it → Defensive philosophy
- Coach your passion — make the defense theirs
- Matchup negates athleticism

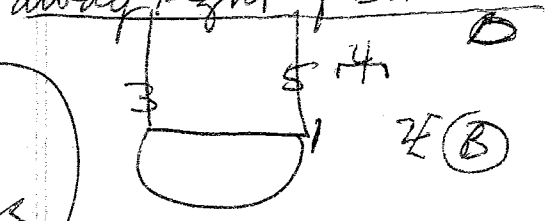
1-2-2 to teach rules but doesn't stay 1-2-2



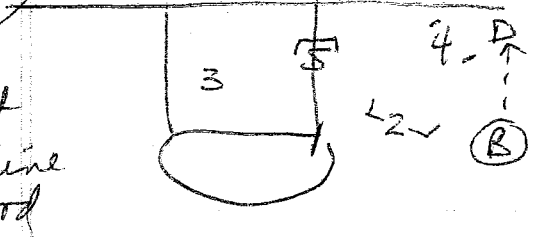
2+3 have inside hands in post
1 both hands up in ball pressure stance
4+5 knees bent w/ both hands up

Play defence w/ entire body — big + quick

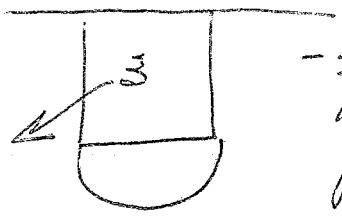
Head on ball stance helps take away sight of BH



PASS RULES

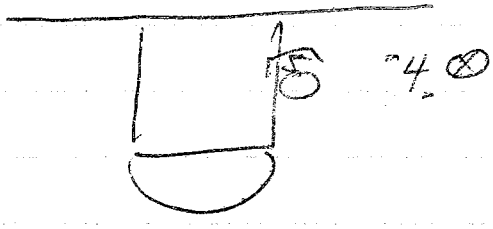


- 3 at midline w/ good vision
- Head on ball stance by 2
- 3 open stance bouncing w/ back to baseline
- 2 talking "ball-ball"
- 4 inside foot up ready to cut off baseline — lead foot splits corner receiver — 4 has green light to go after shooter in corner + block shot — 4 runs at great shooter + runs off line into help — free 4 up to attack + scare shooter in corner — others converge to "drop spots"
- 5 has back to baseline + 3/4 fronts on baseline
- 2 in open stance
- Footwork is critical in matchup



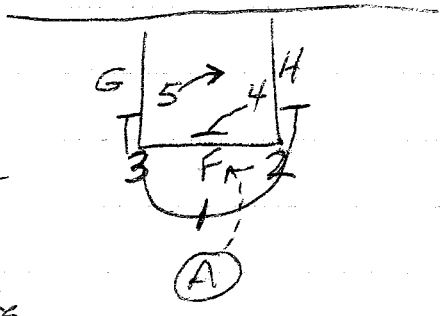
- 3 points after skip pass to get it
- sprint when ball in air
- defenders arrive on catch

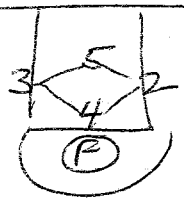
- Only time side guard past is when ball is in corner + other post is out
- 5 can go in front or behind just get to spot - beat O to spot
- Posts have lots of hip movements with free arms Lock people out w/ body Play w/ whole body



HP RULES

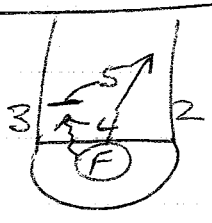
- 1 is pirate - steal ball
- 4 takes ball + 5 tandems
- 2 + 3 drop using arms to steal





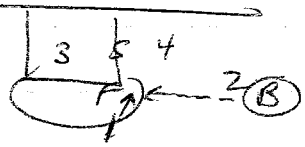
- 4-5-3-2 form diamond
- drill w/ shooters or wings to force 3 + 2 to cover them

- 5 must be open stance + trust that 4's ball pressure will prevent low passes - 5 cannot hug G or H.



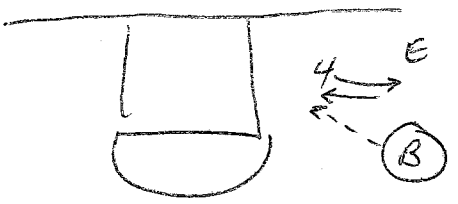
- If F drives 5 attacks + 4 drops + deflects

DRILLS



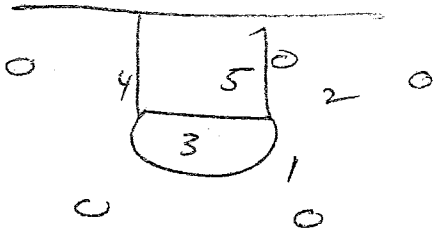
- Get steals by 1 baiting HP - 1 doesn't stand next to F - open up lane + steal pass

DRILLS

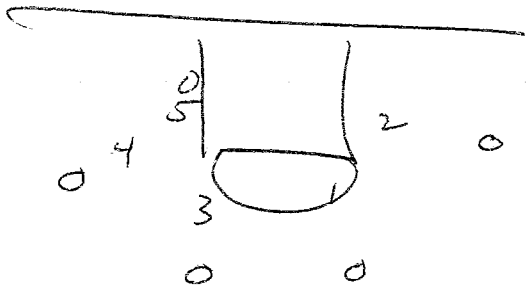


- "jump lane" - shooter 4 jump into lane to good shooter & bait pass to post - "jump & recover"

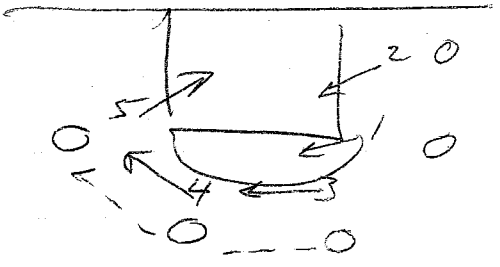
- There are always options in matchup:
  1. go through w/cutter
  2. play man w/ guy
  3. trap
- Communication is key
- Don't get screened - have arm back up as feelers
  - hard to screen a defender who is always moving
- Matchup w/ opponents set / looks like offense



Play rules same way
Key: NEXT PASS RULES



4 can play out but if it's 5 bump back inside - based on scouting report



Drill m/up vs 8, 7, 6, then 5

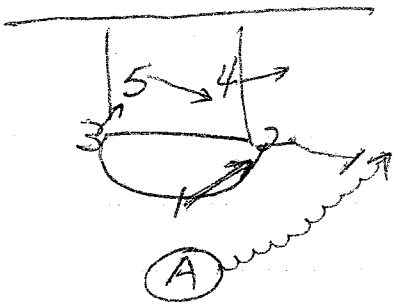
Ball Pressure drills



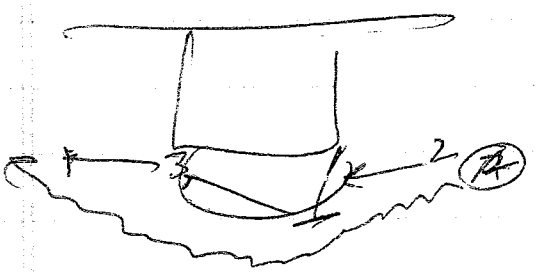
Don't come out of stance "Head level" + swim w/ arms
Meter stick for "head level"

Disrupt ball + vision - if they can't see, can't execute

DRIBBLE RULES

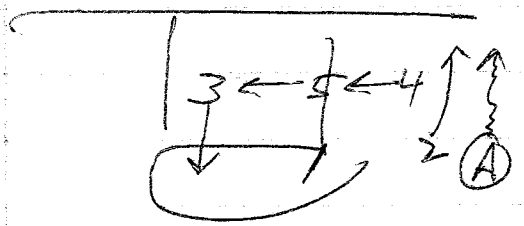


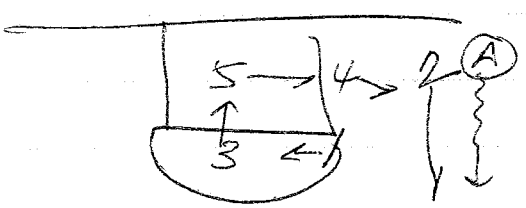
- Give 1 some freedom to jump ball, etc. w/o giving up HP
- Play like a pass



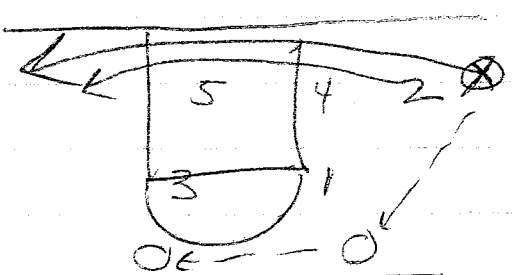
- 2 makes move to take away inside pass – don't float – find "next pass" off ball.

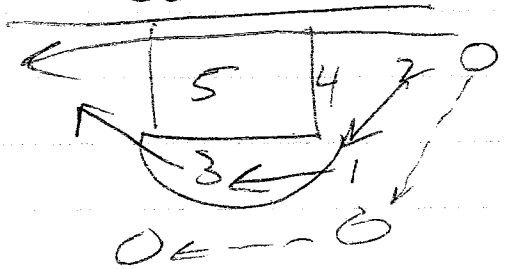
"ROTATE" called by 2





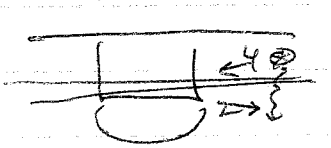
Shift – Amalba post

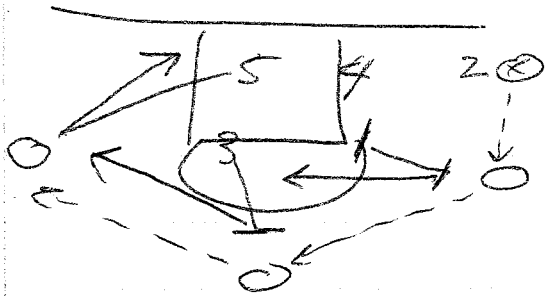




2 ways to play cutter
① Run w/ cutter } if shorts "go thru"
② "Bump up"
Not a read – tell them what you want.

Post never leaves above volleyball line – switch double out





NEXT PASS RULE

5

- FIRE
- CRUSH

Keith Eastman – Skill Development

"Use only what you think you can coach and what you believe in."

Objectives

(1) Stimulate thinking in multiple areas

(2) Explain the why, what, and how behind ideas and drills.

(3) Share many Drills

(Skill Development should come from your offense)

Do you allow your teams to call a timeout in practice?

(When they see something not RIGHT – they call timeout and get things fixed and back on the court.

Time out – 1 minute

Kevin Eastman — Skill Development

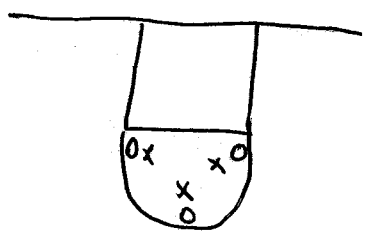
Absolutes of the game.

(1) Reversing the ball breaks down the defense.

(2) The closer you run your offense to the rim the more physical it can be.

(He ran two different offenses in college - flex type close to the basket and a spread High / wide offense away from it.)

Are you always looking for better ways to teach and get your point across?



Have Run Motion in this circle. Defense switch and If they catch run the defense both.

It emphasizes the point of being spread apart from the basket.

Keith Eastman - Skill Development

Find ways to show your players why you do what you do.

Play 3 on 3 - "When in doubt / spread out"

(Motto - to keep them spread)

(Spreadyout is defined by getting out beyond the 3pt line)

"Try Moving the ball faster if you don't have talented post players"

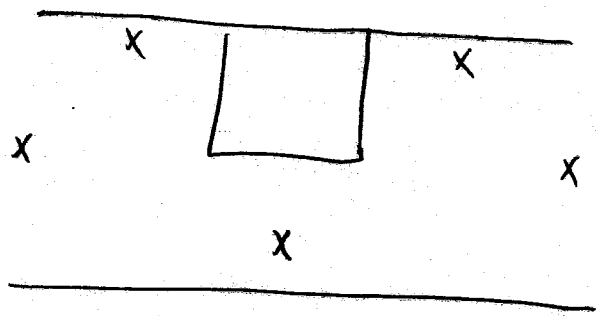
(The faster the ball moves, the closer defenders stay to the person they're guarding) — Excellent Point

The defense stays closer to their man so more drive opportunities"!

Kevin Eastman — Skill Development

If you have talent in the post consider slowing the ball down.

Do you give your team visuals



(Force them to the x's)

A good offense will get penetration, but you can control where they penetrate.

(Use Dry erase paint)

If you really believe in something, you need to fight for your head coach's mind space.

Kevin Eastman — Skill Development

Help. Defense — Never help with the outside help.

All help is with inside foot and hand.

Zone offense → screen the first guy, post the second guy

Six "Musts" to create Buy-ins

(1) Thoroughly study the game; let them know that you know.

(Knowledge gains respect)

(2) Thoroughly study your system. Show players that they can get better in your system.

(Breakdown where your players are going to get shots)

(Plus breakdown the angles for those shots)

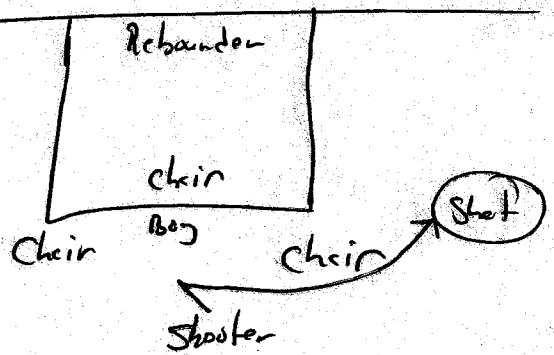
(Not only where the shots are, but how they come there)

(3) Catch your players doing something right.

(Let your players know you believe in them)

Kevin Eastman — Skill Development

Chair pickup Drill

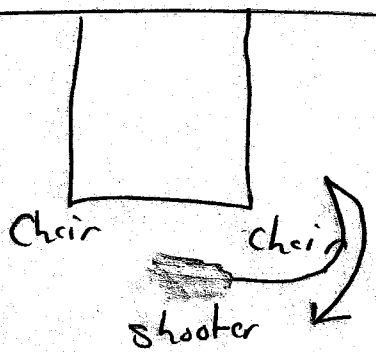


Fake one way so the other way.

This is a good drill to work on perfect feet and playing low to high.

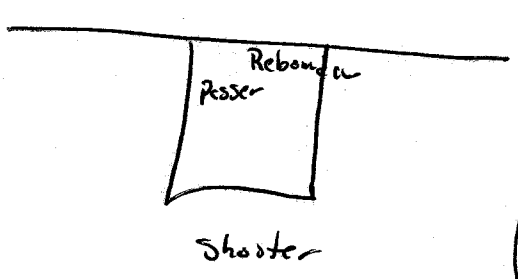
Reverse Elbow pickup

Quick Square ups



Kevin Eastman - Skill Development

Quick Release Jump shots



Right handed Shooter

(Shooter - Left hand behind the back, Right hand is out. Catch the ball, pound it, Shot.

Left foot up / Right foot back, move into jump shot when you catch the ball.)

Catch, pound, Shot!!

("Higher the level of play that you go, the more the floor shrinks and the faster the floor shrinks")

"Game is played Low to high" / 2 second release Shots

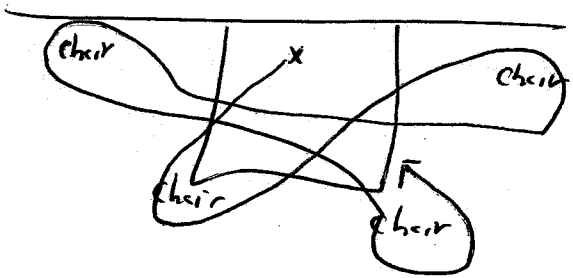
(Shooters shoulders have to be lower than Screener's shoulders at the point of the screen.)

Kevin Eastman - Skill Development

(All of this stuff is off-season stuff)

(Preseason - system specific shots)

4 chair ball shots - Quick shots



(Have them go opposites)

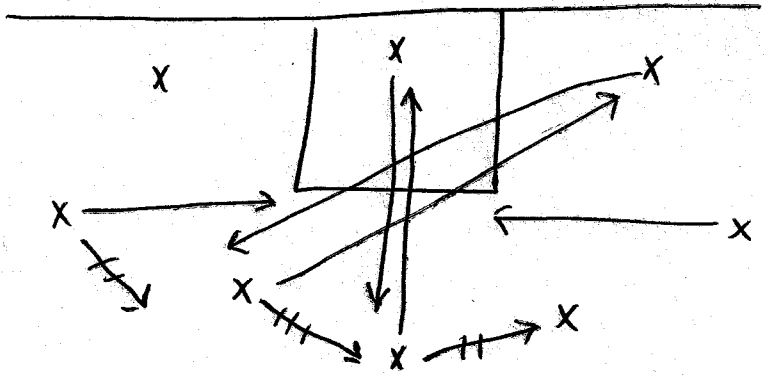
4, 8, 12, 16, 20, 24 ← (A grind - Shoots Stamina)

(You must learn to focus on making a good cut, Not on the contact by your opponent)

Low - offensive shoulders below Defensive shoulders

Kevin Eastman - Skill Development

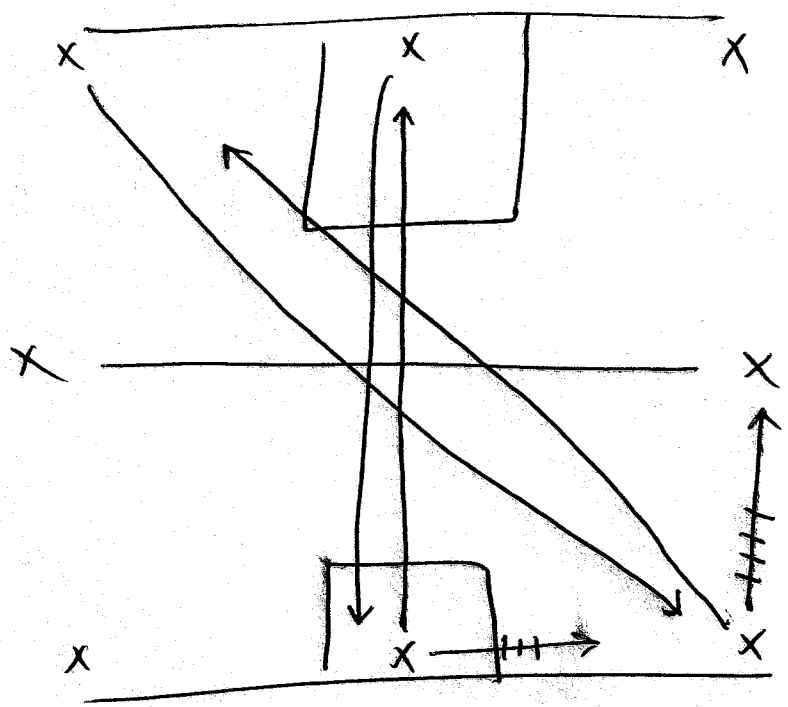
Eight man pass and Rotate



Pass to Right - Sprint to who you are matched up with.

#1 Rule - Run into someone you are stupid.

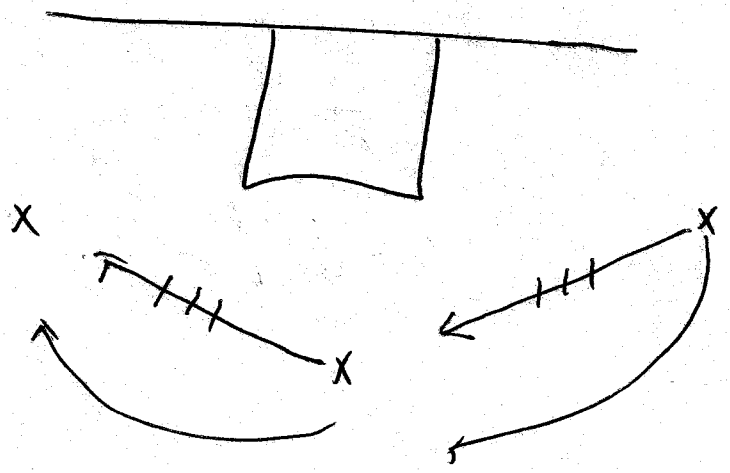
Argentina - Fullcourt



Pass Right / sprint

Kevin Eastman - Skill Development

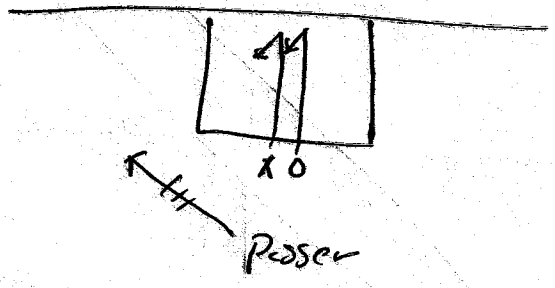
Pass, Reverse, Replace Layup



Catch, Sweep, Left Layup.

"Feet first, Ball second"

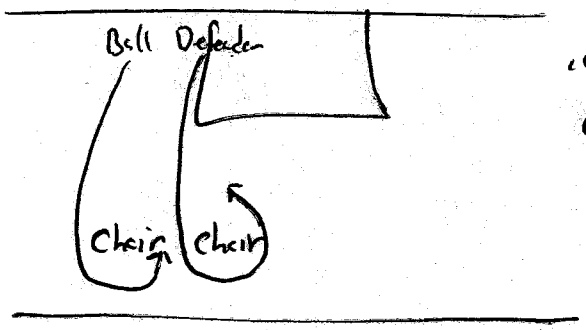
One on one Baseline track



"Get open before ya catch"

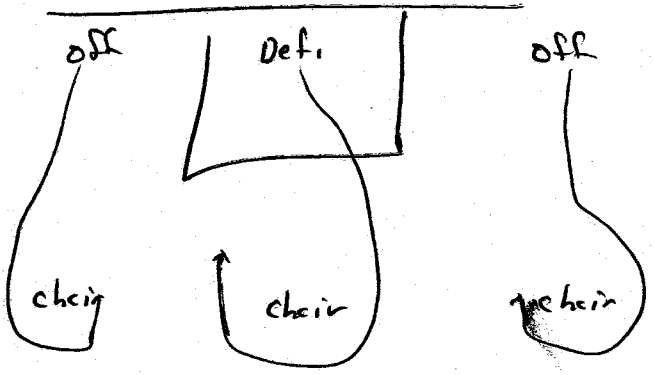
"The first two steps are the most important when trying to get open"

One on one Attack



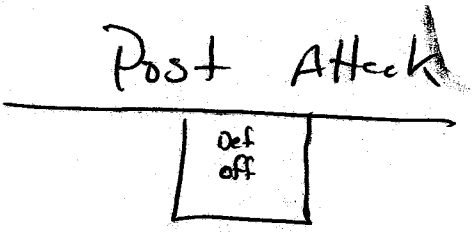
"Offense attacks the basket"

2 on 1 Attack



Think Drive first then pass next.

Post Attack



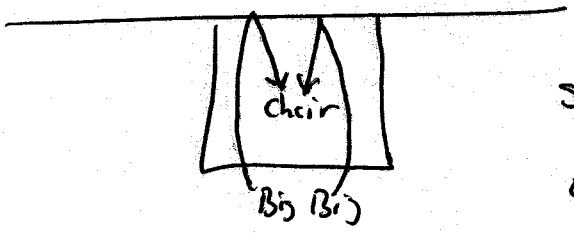
Passer

(Two moves before shot)

This Drill is for "Bigs" to work on foot awareness.

Kevin Eastman Skill Development

"Bigs" Attack



sprint to baseline / first to chair

on offense.

First step - Seal him

Second - step - Separate

Third step - Receive

(Head Coach's Bring it every day)

Mike Anderson "40 minutes of Hell"

"Start with Defense"

"Anytime we do anything → we get after it"

"Fundamentals are still the Key"

"You must be committed to it"

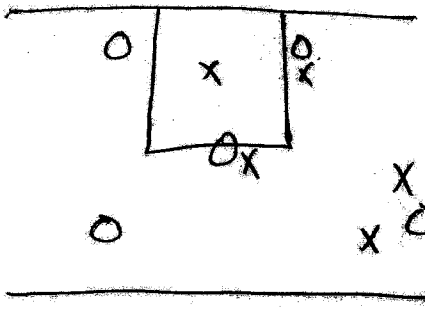
Keys to Pressure defense

(1) Pressure on the ball

(2) You have to be in position to see.

(3) Dribble penetration, it breaks down your defense.

(4) Trap with opportunities (Trap all corners)

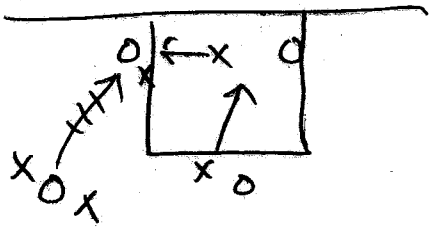


"Let them have the skip pass"

Mike Anderson – 40 minutes of Hell

Keys to Pressure Defense

(5) Double on the post → Put pressure on the ball



"Move on the pass → Fix the problem"

Full court

(1) Speed up the game.

(2) Attacking from Defense and offense.

(3) Conditioning is very important in full-court defense.

Mike Anderson "40 minutes of Hell"

Keys of full court Defense

(1) Deflections

(2) Pressure on the ball

(3) Trap corners on the baseline.

(4) Utilize sidelines for the extra man.

(5) Rotation is important

"It isn't the first trap, it is the second or three traps that help."

(It puts the ball in poor ball handler's hands)

(We press every single day!!)

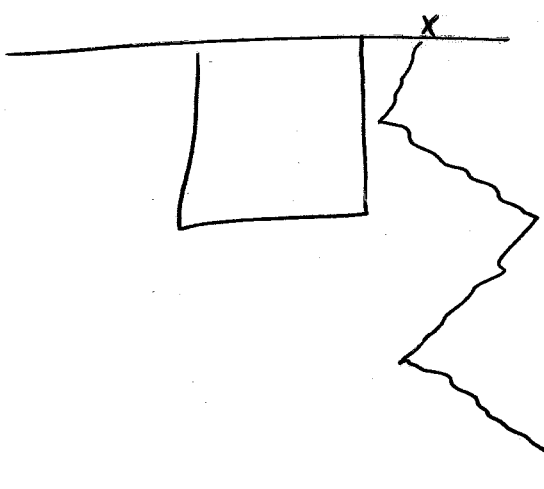
It is the constant pressure all game!!

"Versatility is Important" (23:02)

(Bigs must be Athletic)

"Mike Anderson 40 minutes of hell"

One on one drills



(All the defense is trying to do is turn him)

(Head up on the ball)

* Make the opposing player turn *

(When they pick up the basket → mirror the basketball

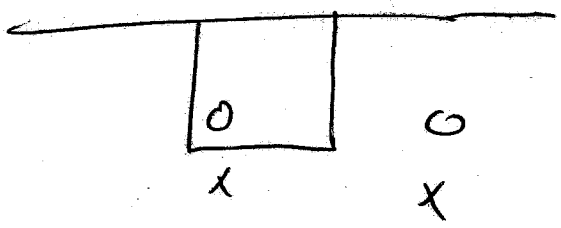
Basketball is a game of angles!!

"Reading is very important in trapping the defense"

Is it smart to trap a "Big" if he isn't a great ballhandler??

"Mike Anderson 40 minutes of Hell"

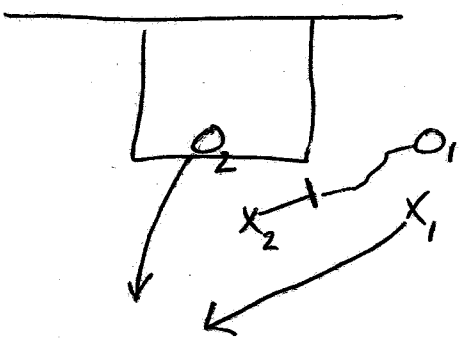
2on2 Full court



(No lob passes)

(Men without the ball dangs!!)

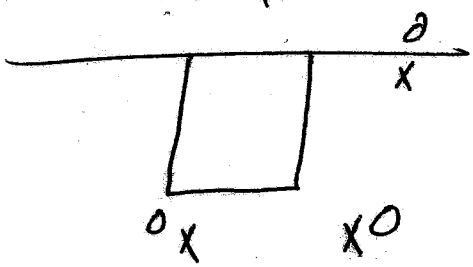
2on2 Full court - Run and Jump



X_1 → Runs back to intercept the pass.

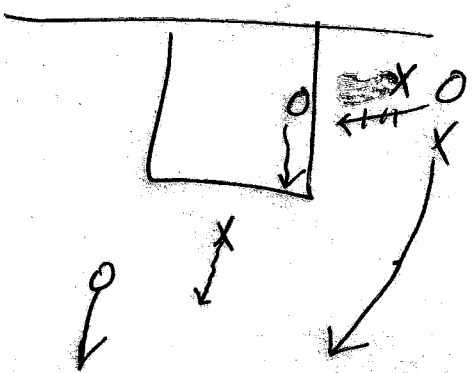
X_2 → goes to Attack the ballhandler

Three on Three



(Score then pick them up)

(Try to make them catch the ball in the corners.)

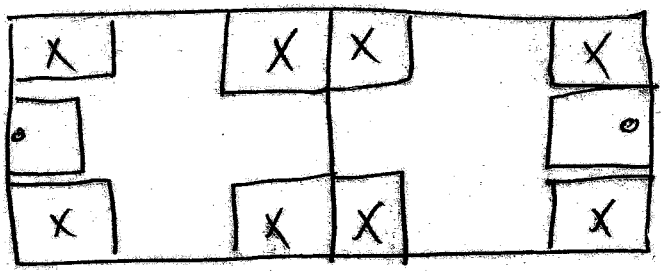


When the ball is passed out!! The guy that sees the trap leaves.

Mike Anderson "40 minutes of Hell"

The man that comes to trap - stays when the trap is broken.

4 on 4 Full court



(Trap all the corners)

"Winning is the most important thing"

(You make adjustments - you aren't married to it)

(You have a 'man and a half to guard)

Everyone sees the basketball!!

Mike Anderson "40 minutes of Hell"

Normally like Big says on the ball of the trap since they are already there for Rebounds.

(Use your hands attack them)

Trap opportunities

If they bring you together – then trap them.

Hunting the ball – chasing it from behind.

Mike Anderson "40 minutes of Hell"

"Be in position to see the basketball and teammates"

"Scouting allows you to set your defense up"

(You must stop the basketball)

(Communication is very important on Defense)

(We chart Deflections every single day)

4 on 4 passing game → 1:00 or 2:00 minute games

Offensive pass completion = 1pt.

Defensive Deflection = 1pt

Offense has two dribblers

Steal = 2pts

Layup = 2pts

Deny the basketball!!

(Steals come from Deflections)

Mike Anderson "40 minutes of Hell"

3on3 - dribble handoffs

3on3 - set ball at post - trap and rotate.

(Believe in what you are doing!!)

The Dvd has at least 45-60 minutes on practice and game footage to emphasize his points. If you are going to play this way then buy the dvd to watch the practice footage

1-4 DOUBLE (2-3 ZONE TRAP)

MIKE DIVILLBISS
UNIV. OF IDAHO

"THE BUZZ"
2-3 ZONE TRAP

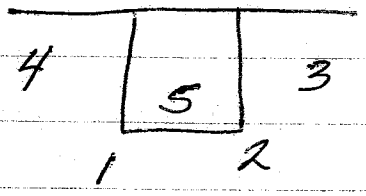
PURPOSE IS TO FORCE LOB passes and make Teams play against you - can't HOLD BALL WHEN FACING THIS Defense

MUST BE AGGRESSIVE and INTENSE TO RUN THIS Defense IF NOT you will LOOK VERY SILLY

ADVANTAGES:
- Capitalizes on athleticism
- Forces Tempo
- PROTECTS BIGS
- Success Vs. STRUCTURE
  - FORCES opponents to make plays
- EASY TO DISGUISE
- Spreads out offense
  - makes REBOUNDING ABOUT AGGRESSION & QUICKNESS and NOT ABOUT SIZE

YOU can Get away WITH Smaller POST players IN THIS Defense IF THEY are AGGRESSIVE

ALIGNMENT - KEEP IN MIND TRYING TO FORCE LOB passes TO RIGHT SIDE OF FLOOR



5 MUST BE able TO RUN/MOVE. STAYS BETWEEN BALL and BASKET. FRONTS HIGH POST

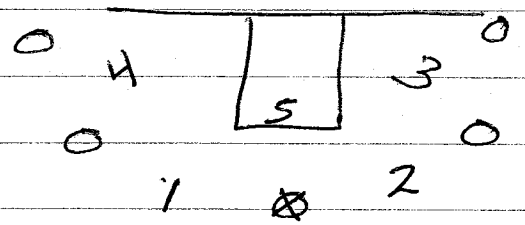
4 BEST REBOUNDER. MOST SHOTS WILL BE TAKEN FROM RIGHT SIDE and 70% OF MISSES WILL BE LONG.

3 BEST ATHLETE. GREAT ANTICIPATOR WHO WILL GO AFTER LOB passes

2. BIGGEST GUARD

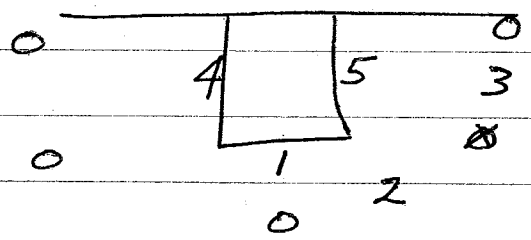
1. SMALLEST GUARD

Guard passing lanes NOT players OR spots
Whole premise is TO force LOBS - force teams to attack



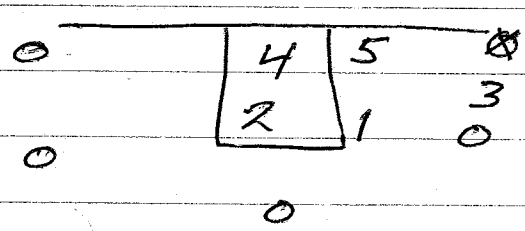
3 & 4 have their backs pointing to the corner
1 & 2 are in passing lanes

IF there is a low post 3 or 4 would be responsible looking to intercept LOBS
5 IS NOT responsible for any LOB
Must deny high post and force LOB



2 & 3 in passing lanes
5 Between Ball and Basket
4 responsible for LOBS to post and skip passes to wk side
1 Keep Ball out of middle

Offensive Basketball is about getting Ball to middle of floor. Defensive Basketball is about keeping Ball out of middle



everyone yells "Fire" when Ball passed to corner
3 in passing lane
5 off lane line - fronting post
Deny baseline drive
2 responsible for pass to PG
1 responsible for pass to wing

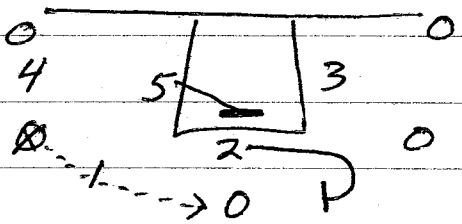
Make pass look open and then steal!

Skip passes - closest defender to the Ball takes the Ball

Never play BEHIND LOW POST when playing 2 zone
always have weak side help

Skip passes to GREAT SHOOTER standing ON 3PT
line = HARD TRAP

OUTSIDE 3PT line OR average SHOOTER = CLOSE OUT
SOFT and GET INTO passing lane



When Ball passed WING TO POINT
GUARD SPRINTS TO WK SIDE passing
lane
5 RESPONSIBLE FOR MIDDLE OF FLOOR

(IF PG STANDING ON 3PT line THEN 1 & 2 TRAP)

CLOSER BALL IS TO BASKET THE CLOSER THE WINGS
play TO MIDDLE

SINK and CLUTTER ON all DRIVES

5 MUST NOT RUN AT BALL - WILL leave TOO MUCH
ROOM FOR DROP pass LOW
JAM MIDDLE - make SHOOT OVER

Same applies TO DRIVE FROM WING = EVERYONE
SINKS and CLUTTERS
make offense KICK BALL OUT OR SHOOT IN
HEAVY TRAFFIC

COMMUNICATION = AGGRESSION
TALK ON DEFENSE

players MUST SPRINT ON PASS NOT SLIDE

DO NOT OVEREXTEND VERTICALLY WITH 3 & 4
Can play WIDE BUT DONT line up TOO HIGH

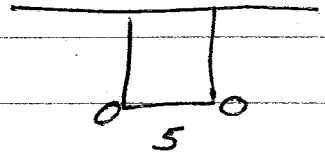
GUARD THE passing lanes
emphasize over and over

Will Give up Some 3 pt Shots But many times the shots are Rushed Because Shooter knows that Trap is coming

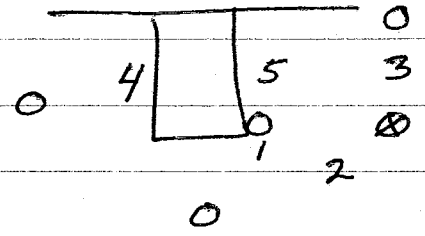
High Post Coverage

1 High Post = 5 Fronts when Ball @ point

2 High Posts (1-4 High) = 5 plays Between and a Step towards Ball



Stay Balanced and wide



1 can't Full Front = will never Be able to Get in passing lane to stop reversal pass from point to wing

2ND STRAIGHT LINE pass Breaks Defense DOWN!

ex: wing to point pass DOESN'T Hurt Defense But 2ND pass (point to wing) DOES

Skip pass DOESN'T Hurt Defense But Skip and THEN 2ND pass to Corner DOES

IT'S amazing How Many passers THROW THE Ball RIGHT INTO THE Defender's HANDS if they are up

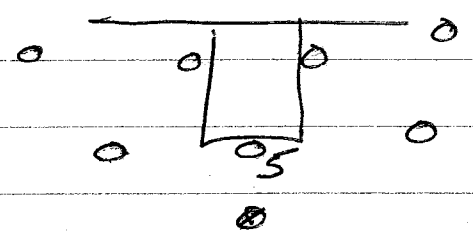
5 = DON'T Trap Ball IN THE CORNER – Stay Halfway Between Corner and Low post

However, more panic = more aggression

Dead DRIBBLE = Trap

Getting Screened is NOT an acceptable excuse to Give up a Basket

ONLY DO ONE BREAKDOWN DRILL - EVERYTHING ELSE IS 5X5 OR 5X7



PASS BALL AROUND - 5 MUST SPRINT TO EACH SPOT

GOAL: GET TO THE SPOT AS THE BALL IS CAUGHT. MUST MOVE ON THE PASS NOT THE CATCH

CRUCIAL THAT 5 GETS GOOD AT COVERING HIGH POST WHEN BALL IS PASSED FROM WING TO POINT. OFFENSES WILL TRY WING-TOP-IN THEN DRIVE FROM H.P.

DONT LET THE OFFENSE DO THE SAME THING OVER AND OVER. MAKE THEM DO SOMETHING DIFFERENT

DEFENDING THE DRIBBLE
SPRINT AHEAD - TAKE THE ANGLE
DO NOT FOUL THE DRIBBLER!
TRAP THE DRIBBLER
SINK and CUTTER

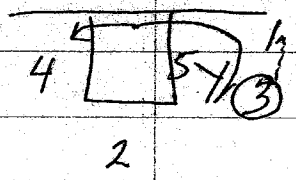
REBOUNDING - 70% MISSES LAND ON WEAK SIDE
WHEN SHOT TAKEN FROM WING BOTH GUARDS SPRINT TO WEAK SIDE (ONLY ONE DEFENDER THERE)
WK SIDE DEFENDER (3 OR 4) RESPONSIBLE TO SCREEN OUT WK SIDE BLOCK

SPREAD TRIANGLE
MUFFET McGRAW
NOTRE DAME

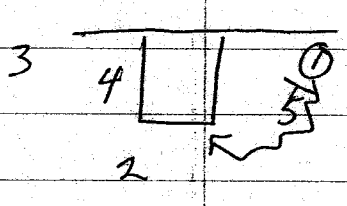
THIS INCORPORATES BEST PARTS OF THE TRIANGLE INTO THE 4 OUT 1 IN SPREAD THAT A LOT OF TEAMS ARE RUNNING

THE PROBLEM WITH THE BULLS and LAKERS TRIANGLE IS THAT IT'S NOT REALLY A CONTINUITY OFFENSE BECAUSE THE NBA SHOT CLOCK IS SO SHORT...

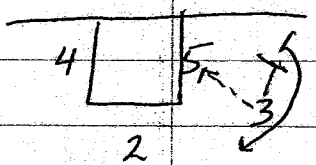
1ST PASS PRIMARILY USED TO CREATE THE TRIANGLE. ALL OF ACTION IN TRIANGLE IS BASED ON THE 2ND PASS.



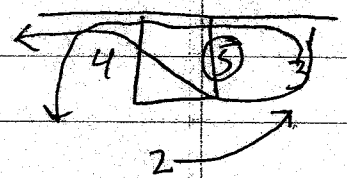
WING passes to CORNER → 5 BACKPICKS and 3 CUTS BALL SIDE = FORCES 5's DEFENDER TO HELP



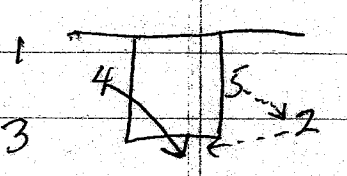
IF POST defense LIKES TO STAY INSIDE and JAM up MIDDLE — RUN pick and ROLLS.
NO HEDGE = OPEN SHOTS



WING passes to POST & DOWNSCREENS FOR 1
1 can LOOK FOR SHOT

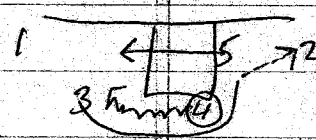


AFTER pass to POST 3 DOWNSCREENS FOR 1
THEN CUTS Baseline and up TO opposite WING.
1 CURLS THE SCREEN and BREAKS DOWN MIDDLE
2 FILLS SPOT ON WING

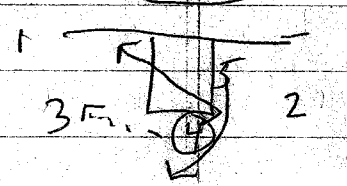


5 passes OUT TO 2
4 BREAKS INTO HIGH POST & RECEIVES pass FROM 2
4 HAS 3 OPTIONS:

A) HIGH/LOW pass TO 5

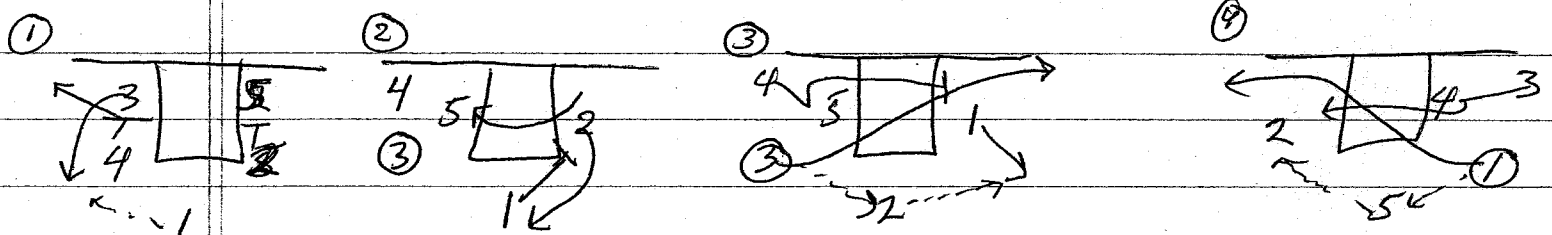


B) DRIBBLE HANDOFF TO 3
2 SPOTS up IN CORNER OR WING
5 BREAKS TO opposite BLOCK



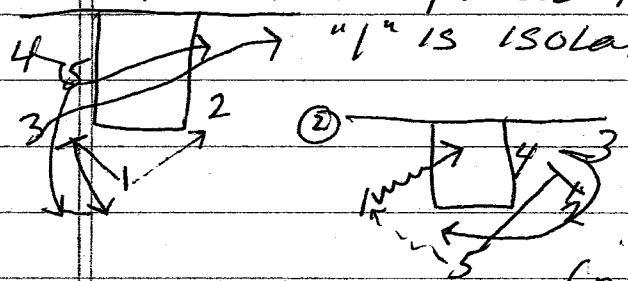
C) passes TO 3 and BREAKS DOWN TO STRONG BLOCK (5 COMES HIGH)

Rewatch video of BIG Games and/or Games LOST
How did we score? Chart offenses



2 Reverses to 1
3 Cuts Hold to Corner
4 Flex Cut
2 Downscreen for 5

① "1" = Run spread triangle continuity until your "1" is isolated on the wing



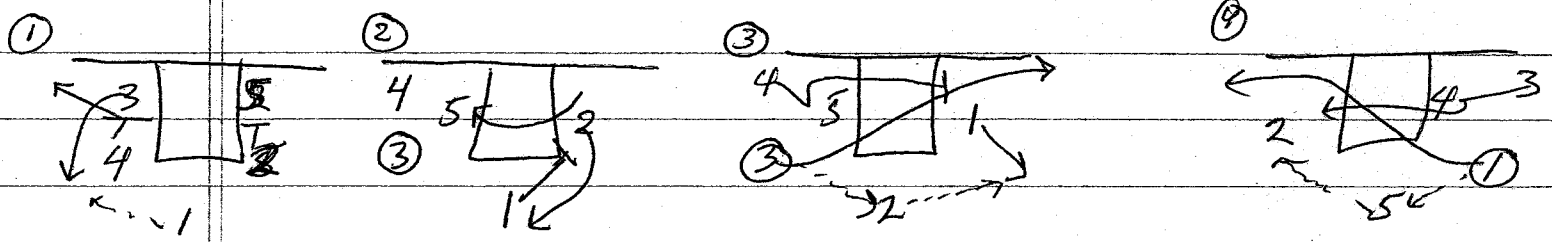
"1" takes defender 1 on 1 while 5 & 2 set screens for shooter coming to top (drive not open → reverse pivot)

Can also run "2" "3" "4" or "5"

This offense provides continuity, triangle options and still gives coach some control as to who shoots.

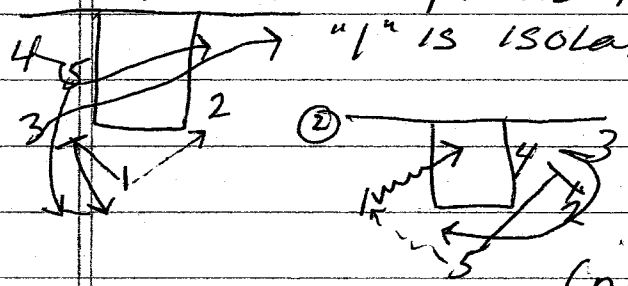
- The problem with the Flex and other motion type offenses is you can't really predict who is going to be open for the shot
- This is great offense to use some clock and still get a good, predictable shot

Rewatch video of BIG Games and/or Games LOST
How did we score? Chart offenses



2 Reverses to 1
3 Cuts Hold to Corner
4 Flex Cut
2 Downscreen for 5

① "1" = Run spread TRIANGLE CONTINUITY UNTIL YOUR "1" IS ISOLATED ON THE WING



"1" TAKES DEFENDER 1 on 1 WHILE 5 & 2 SET SCREENS FOR SHOOTER COMING TO TOP
(DRIVE NOT OPEN → REVERSE PIVOT)

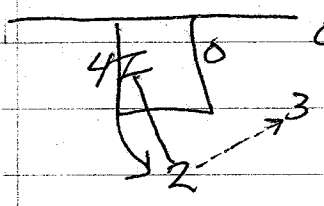
CAN also RUN "2" "3" "4" OR "5"

THIS OFFENSE PROVIDES CONTINUITY, TRIANGLE OPTIONS AND STILL GIVES COACH SOME CONTROL AS TO WHO SHOOTS.

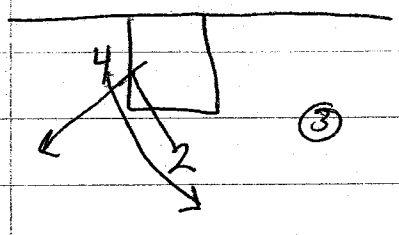
— THE problem WITH THE Flex and OTHER MOTION TYPE OFFENSES IS YOU CANT REALLY PREDICT WHO IS GOING TO BE OPEN FOR THE SHOT

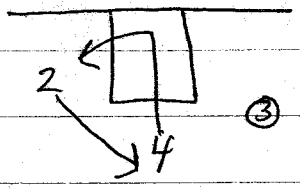
— THIS IS GREAT OFFENSE TO USE SOME CLOCK AND STILL GET a GOOD, PREDICTABLE SHOT

3 ON 3 BREAKDOWN

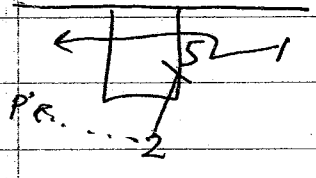


0 LOOK FOR SHOT OR HIGH/LOW PASS





IF DEFENSE SWITCHES
BACKCUT AND REPLACE
UNTIL OPEN AT TOP

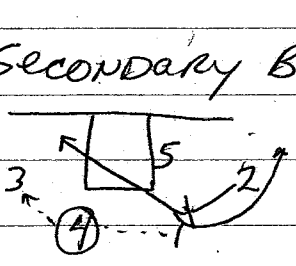


FLEX CUT

5 on 0 Review

RUN SPREAD INTO A) "1"
B) WEAK SIDE DUCK IN
C) FLASH (2 pass BACK DOOR)

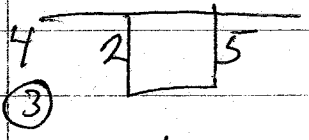
SECONDARY BREAK OPTION



2 SETS FLARE FOR 1 AND THEN BREAKS TO LOW BLOCK

4 passes TO 3 and FILLS TRIANGLE

1 COMES BACK TO TOP FOR
A) WK SIDE DUCK IN
B) PINCH OPTIONS



ROY WILLIAMS
NORTH CAROLINA

PHILOSOPHY:

1. RUN THE FLOOR – GET UP AND DOWN
2. NO NEGATIVE THOUGHTS
3. 4 & 5 TAKE BALL OUT (FIGHT FOR IT…KEEP STATS ON WHO TAKES OUT THE MOST)
4. PRESS OFFENSE – GET BALL INBOUNDS BEFORE OPPONENT CAN SET UP PRESS
5. ON BREAK…(1) VS. 2 OR FEW DEFENDERS, USE PRIMARY BREAK (SHOOT WITHIN 2 PASSES) (2) MORE THAN 2 DEFENDERS, USE SECONDARY BREAK

BIG GUYS MUST RUN THE FLOOR ON EVERY POSSESSION!!!

FIRST STEPS ON POSSESSION (1st, 2nd, and 3rd steps) MUST BE FASTER THAN OPPONENTS.

I'D RATHER HAVE A 6-6 PLAYER WHO CAN RUN THAN A 7 FOOTER THAT CAN'T.

GOAL: MAKE MORE FREE THROWS THAN YOUR OPPONENTS SHOOT

- IF YOU GET THE BALL INSIDE –YOU HAVE A CHANCE TO GET THE BEST PLAYER ON THE OTHER TEAM IN FOUL TROUBLE

ON PITCH AHEAD, NO 3 POINT SHOT. SHOOT 3 ON INSIDE BACK TO OUTSIDE

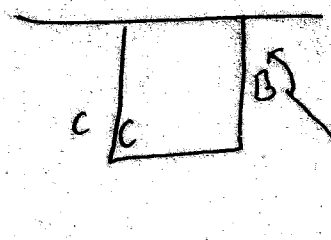
OFFENSIVE RULE AFTER SECONDARY: 3 PASSES UNLESS A LAY-UP (LET DEFENSE MAKE A MISTAKE)

FAST BREAK DRILLS:

1- 3 LINE FAST BREAK DRILL
2- PITCH AHEAD
3- 3 ON 2/2 ON 1 FAST BREAK DRILL
4- FAST BREAK RECOGNITION

2 minute offensive Rebounds

(1) Shot goes up – Don't run to a back!!



(1) spin baseline

(offensive player – chin it / then finish)

Do it from
the ① left wing
② middle
③ Right wing

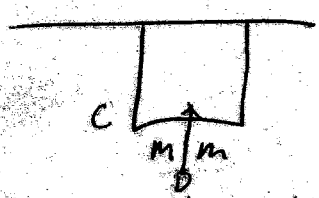
(2) spin middle

(3) go baseline then come back / show him back.

(4) offensive block out (push in)

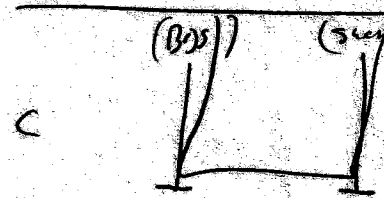
"Show your hands" – beat him with your legs.

Offensive Rebounds with pads.



(Two managers / coaches with pads)

4 minute Drills – Knicks Drill



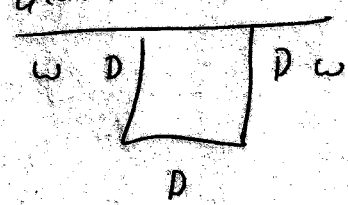
(Bigs) (guards)

"Losers Run"

off Reb – putback
Def Reb – outlet

1st – Pass & follow
2nd – cross

4 Corner Drill (4 min Drill)



Off – ① straight + run (Don't be clever!!)

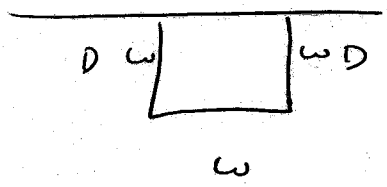
Def

(1) 3 straight Defensive Rebs to get out

2 minute Drills

"Once you get contact / Keep contact"

"3 on 3 Rotate the box"

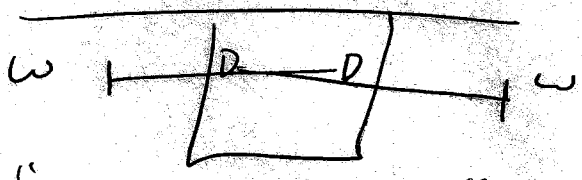


(1) go Right
(2) go Left
(Every one goes once)

"Block out the way to your Right"

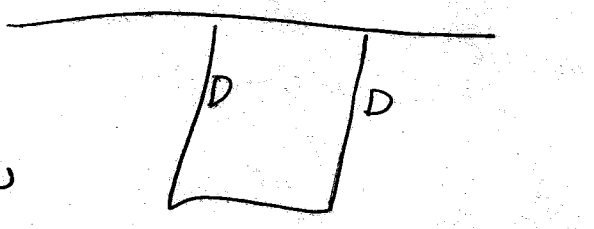
(1) Block out till it bounces

2 on 2 cross Blockout



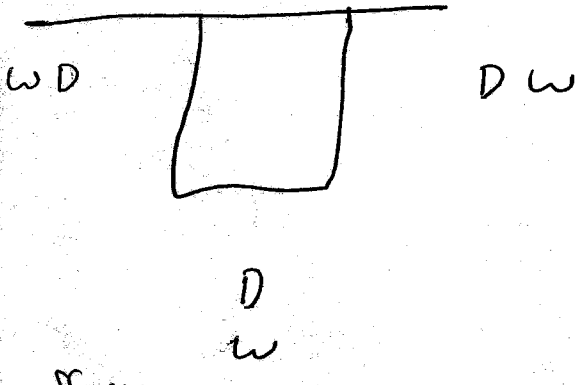
"Defensive must talk."

2 on 2 Helpside Blockout



(Go make contact!!)
(No white guys foot into lane)

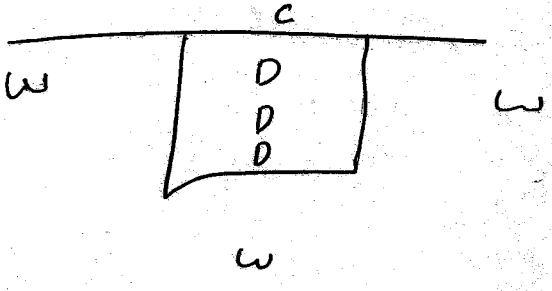
"3 on 3 Box the shooter"



offensive
(A) can use shot fake
(1) ~~No Dribble~~
(1) No Dribble
(2) One Dribble
(3) Two Dribbles

~~Def~~ Defense
(1) contest shot
(2) Block out

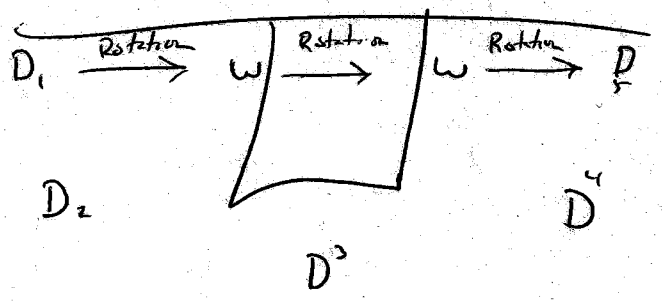
"Central Blockout"



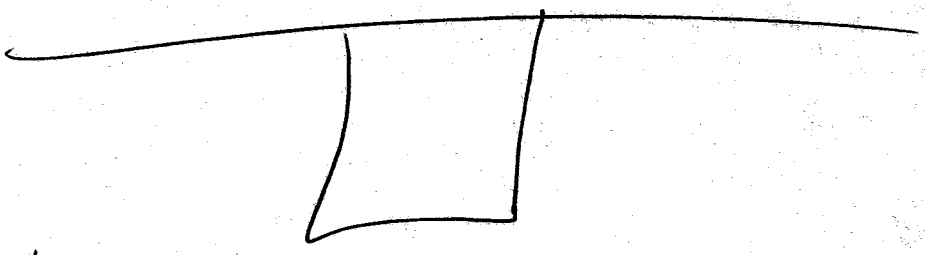
(1) offense "One Dribble"

Different guy each time - blockout

Rebound by Numbers — 4 minute Drill



8 minute Drill - "Lucy Drill"



((1) Coach shoots / No white guys get fed in lane / offensive don't run to back)

(Ps helps double somebody)

Point System

If Reb - 1pt / ~~3rd~~ 2pts - Shot / 3pt

(Def gets 1pts if they score on the other end)

Points given

(Don't let your teammates down)

worst names

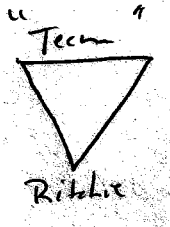
(1) Scott

(2) Traitor

(Open Gym) - Tip-ins count two points !!)

Triangle Theory - 

- Parents perspective



Coach's perspective

"Contrast" - Alcohol, smoking, curfew "Loyalty" (2.25)

Rebel Waldo Emerson (??)

Chief want in life is someone who can make you do what you can do.

Don't let your staff tell you how bad they are / what are we doing to make them better.

Aggressive:
The Disposition To Dominate!

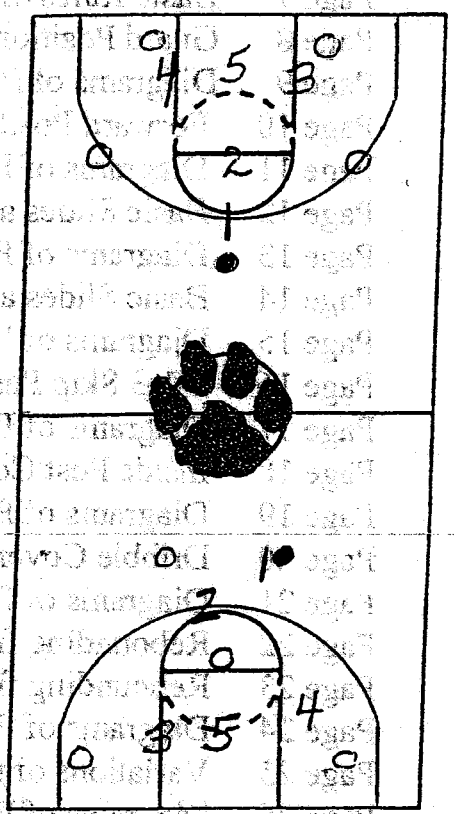
No D - No W

Spencer Tiger

Scratch and CLAW Defense!

1-1-3 Matchup Defense

[ONE AND DONE OR NONE!]



Bob Hook Spencer HS Spencer, IA

THE CLAW

(1-1-3 MATCHUP DEFENSE)

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The Master Coach Excels

At Teaching Defense:

1) **Understand It!** (Study-learn-study-learn-etc.) (Never stop learning or improving.)

2) **Believe In It!** (Be sold yourself.)

3) **Sell It!** (Sell your players and fans.)

4) **Teach It!** (Teach it as well as you can.)

5) **Emphasize It!** (It is not so much what you do, but what you emphasize!)

6) **Demand It!** (Hold your players accountable.)

7) **Applaud It!** (Be your player's biggest fan. Cheer them - encourage them.)

8) **Record It!** (Chart it.) [Stay with what is working.]

9) **Recognize It!** (Privately and publicly.)

10) **Reward It!** (Constantly look for ways to motivate and challenge your players to play great defense.) (Be positive and confident.) (Be enthusiastic and excited.)

Teams might have a reputation because of a good offense, but teams win games by playing great defense!!

SMOTHER THE PLAYER WITH THE BASKETBALL:

In the 1-1-3 Matchup Defense we must stop the ball and attack it!
We must put tremendous pressure on the ball! We use the term (SMOTHER). We want to be as aggressive as we can without fouling. Our definition of aggressive is:

THE DISPOSITION TO DOMINATE!!

In both our pressure man-to-man and pressure matchup defenses we want to force the ball to the outside and to the corner. In the 1-1-3 we force the ball to the corner for these basic reasons:

1) To force certain pass patterns.

2) We can defend the low post and high post very well when the ball is in the corner.

3) The corner shot is the poorest percentage shot.

4) With the ball in the corner we can do a better job of shutting off the passing lanes and forcing a turnover.

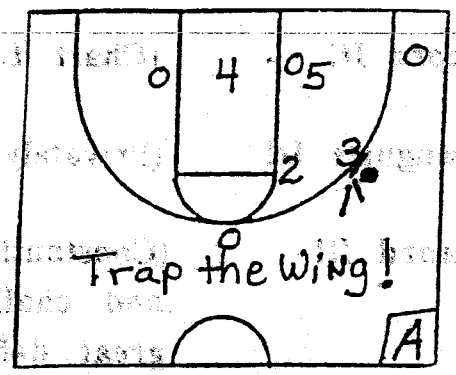
5) We can easily trap the corner if so desired.

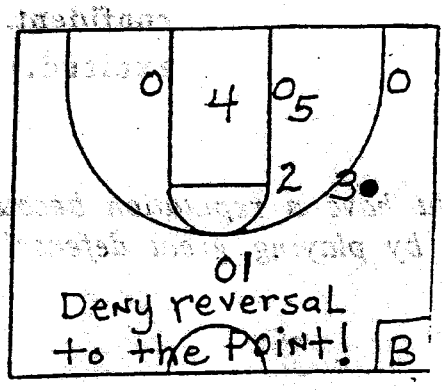
6) A missed corner shot is ideal to fastbreak from.

A double team (TRAP) on the wing should force the pass to the corner or force a continued dribble to the corner . We can also use our regular wing coverage , but deny the ball back to the point position with our support guard which would force the pass or dribble to go to the corner. (Diagrams A and B).
Our regular wing coverage should also force the ball to the corner!



"Stay in his face, Harold. If you keep up the pressure, he'll eventually come unraveled."





1-1-3 MATCHUP DEFENSE

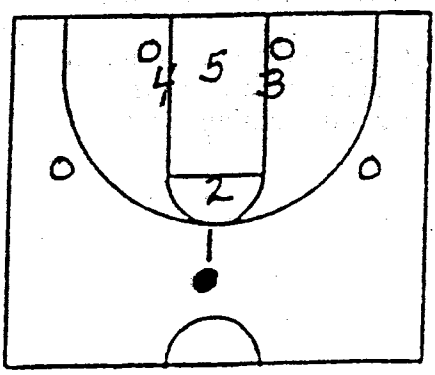
The 1-1-3 Matchup defense has been a fun and very effective defense for us at Spencer High School. I first became interested in the defense when I watched UNLV be so successful with their Amoeba matchup defense in the early 90's. I wanted something that would compliment our man-to-man pressure defense as well as possible.

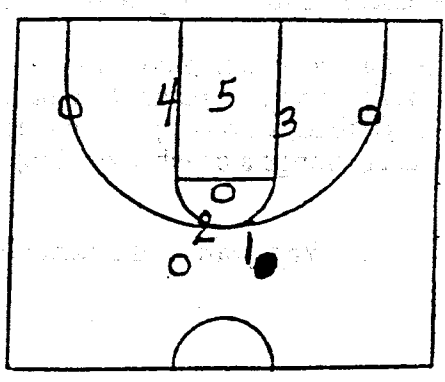
In 1991, right after the state tournament, I started to find as much information as I could on the Amoeba. I learned it was actually a 1-1-2-1 or 1-1-3 matchup defense. Ron Adams, who taught this defense to Lute Olson and Jerry Tarkanian, came to Drake University that summer to be an assistant coach for Rudy Washington. I called him up and inquired about the defense and he invited me to come down to Drake in August of 1991 to go over the 1-1-3 matchup defense. I also heard Ron speak at two clinics on the 1-1-3 matchup defense in the fall of 1991. I was sold on the defense and asked Ron to write a letter to our team to help sell them on this new defense, too. Ron Adams wrote a very good letter and that is when we started using the 1-1-3 matchup defense.

It is a great complimentary defense to a man-to-man defense. Many of the defensive principles are the same. We have used it in some games as our primary defense and in some games as our secondary defense. Some of our biggest wins over the last few seasons have been a result of using the 1-1-3 matchup defense. Our motto has been "No D, No W !!"

HOME BASE SPOTS

When the ball is out front, the defense should be in the 1-1-3 set. The baseline (3,4) men start with one foot on the lane line and above any postman on their side of the floor. #5 stays in front of the basket. #2 denys the high post area. #1 is forcing the ball to the sideline. The main objective of the original alignment is to keep the ball out of the center of the court. #1 must force the ball out of the center of the court to establish a ballside and a helpside for our defense. Against a two guard front, the defensive alignment is a 2-3 set. Always remember, the two guards work together as a tandem and are interchangeable. The three forwards work together and are interchangeable.





his team be without defense?

Page 5

Drake Basketball (1991-92)

Bulldog defenders have ...ved Missouri Valley ...ference foes, but Drake has still struggled to a 4-8 record.

By RANDY PETERSON
REGISTER STAFF WRITER

Is the Missouri Valley Conference weak, or have Drake's offensive problems become contagious?

Or could it be good, solid defense, as Bulldog Coach Rudy Washington has contended all along?

"Drake plays the best defense in the league," Illinois State Coach Bob Bender said. "You know what they're going to do. You know they're probably going to be in some variation of a zone. But you just can't attack it.'

Tulsa Coach Tubby Smith agrees.

"You pass the ball around, looking for some sort of a shot, then all of a sudden you're doing it all over again," Smith said. "Their inside people aren't big, but they move quickly. Finally you get frustrated and start taking long shots."

Then why does Drake have a 1-4 record in the conference and 4-8 overall? Washington would rather phrase the question this way:

Where would his team be right now without attention to defense?

Bt... Nation

...enters Saturday night's ...ainst Wisconsin-Milwaukee ... Veterans Memorial Auditorium

with a defense that allows 61.6 points a game, 16th in the country among NCAA Division I teams, and behind only Southwest Missouri State in the Missouri Valley Conference. Defensive highlights include:



Adams

"Sell defense"

- Holding Bradley to 41 points, the lowest total against Drake in a conference game since Feb. 2, 1948, when the Bulldogs defeated Creighton, 51-36.
- Limiting league leader Southern Illinois to 35 field-goal attempts while forcing 22 turnovers in a game at Carbondale.
- Limiting Colorado State to 29.2 percent field-goal shooting in a 68-40 victory on Jan. 2. That was the lowest total scored against Drake since the Bulldogs beat Iowa State, 39-38, on Dec. 23, 1949.
- Holding three opponents to 47 points or less.
- Keeping all five conference opponents from reaching their scoring averages.

The architect of the defense is first-year assistant Ron Adams, who was an assistant at Nevada-Las Vegas last season. He wrote a book called "A Man-To-Man Pressure Defensive System" in 1981, but he said it's the zone that has worked at Drake.

"We've really tried to build a good man-to-man base, although recently we have not played a great deal of man-to-man," Adams said. "As far as what makes the defense effective at times, I think it's a matter of execution. The defenses we run are based on good position, various slides and good man-to-man pressure on the ball. When we do those things well, it makes for a pretty tough defense to work against."

But it's still defense, not the more crowd-pleasing aspect of basketball.

"You have to sell defense, and once you do, then year after year it becomes a source of pride," Adams said. "We're at the stage right now of starting on that journey. I think most of the people on this team bought into what we were doing early on and understand that defense will work for you."

Pressure on Ball

But it took a while, said Drake forward William Celestine, who has been involved in more than one summer pickup game where the only defense is trying to avoid being elbowed out of your place in the line for the water fountain.

"We like defense a lot now," Celestine said. "We take a lot of pride in it. Last year, we played a regular 2-3 zone with not much pressure on the ball. This year, we're playing a matchup zone, but it's almost like a man-to-man because there's somebody pressuring the ball at all times."

Adams does not claim to be a miracle worker, but he calls himself a perfectionist.

"If you talk to someone else, they might be talking in glowing, glorious terms about our defense," Adams said. "Maybe I should be doing more of that, but I just think this team has a lot of defensive potential and room for a lot of improvement. When we have played together defensive we have been very, very solid. Bu think we can be much better than are now."



BILL NEIBERGALL/THE REGIS

Darrin Dafney, left, and Brett Sherrill pressure Lou Dawkins of T... sa. Drake's is holding foes to an average of 61.5 points a game.

Dear Team: (Fall of 1991)

I hope my note finds all of you healthy, happy, and in an excited state of anticipation regarding your basketball season. As I understand it, you have a chance to be very good this season.

Coach Haak, who I have a great deal of respect for, has met with me regarding a new defense that you will be trying this season. It is a defense that I have taught for over twenty years with great success. For the past two seasons, UNLV used this defense successfully as did Fresno State University for a number of years. Arizona, New Mexico State, and Colorado State are just a few of the many good teams who play this defense. It is a very sound defense, it is fun to play, and it can help you be a more successful team.

Lastly, Coach Haak is an outstanding coach who knows this defense well. He has studied it and will make it work for you. You are fortunate, as a team, to be led by a man who thoroughly knows basketball, who is a great teacher, and who is an outstanding human being who represents the things a coach should represent.

Best wishes to all of you. Work hard and dream big.

Best wishes,

Ron Adams
Assistant Basketball Coach

REASONS FOR USING THE 1-1-3 MATCHUP DEFENSE:

1) Some teams don't attack a matchup type defense as well as a man-to-man defense.

2) Sometimes defensive changes are necessary to change the tempo and momentum of the game for your team.

3) Some teams have difficulty adjusting to defensive changes. (Chart what is working best!)

4) The matchup defense covers up and defends very well both the inside game and the perimeter game. It covers up the 3 point shot as well as or better than any other type of zone defense. It also covers up the inside game very well.

5) Less fouls should be committed in a matchup defense. You can play very aggressively without fouling. Your players must adjust to the officiating.

6) The matchup defense forces the contested outside shot! This should lower your opponents FG%.

7) The matchup gives the team with lesser ability a better chance of winning. If your team has more ability it can help you dominate your opponents!

8) The matchup will neutralize speed, size, and quickness. It will also highlight those qualities if your team has any of them.

9) The matchup is a very good transition defense as well as a good defense to fastbreak from.

10) The matchup forces your players to play as hard as they can for as long as they can. It also lends to developing a great team defensive unity!!

BASIC 1-1-3 MATCHUP ZONE RULES:

(THE CLAW)

1) Always pressure the ball! (Smother—Don't Foul!)
(Make it as tough as possible to shoot, pass and dribble the basketball!)

2) Always front the low post!

3) Always protect the hoop! (Don't allow easy baskets!)

4) Move on the pass, not on the catch!
(Move when the ball leaves the passer's fingers!)

5) Sprint to your coverage area with great closeouts!

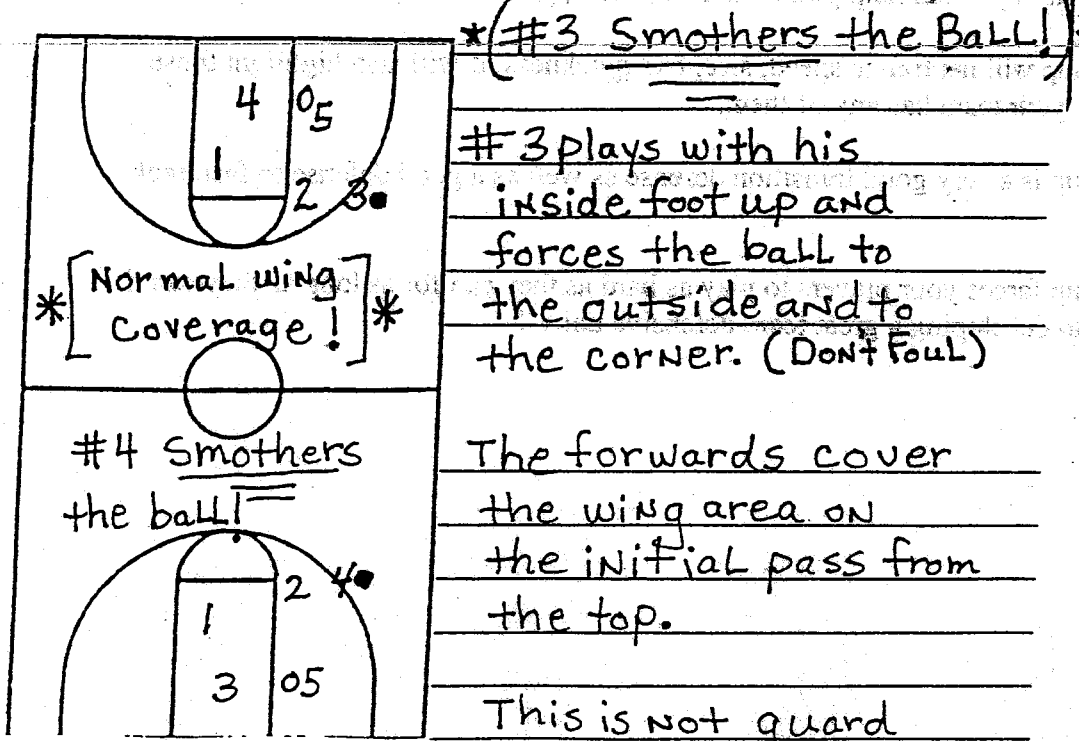
6) Closest man to the ball pressures the ball and all the other players adjust!

7) Arms are up, active and wide! (Challenge all shots!)

8) Guards must keep the ball out of the high post area! Guards also must deny the ball coming back out of the corner!

9) All 5 players MUST REBOUND! (Finish our defensive effort!)

10) All 5 players must play intense, aggressive, all out, hustling, scratch and claw, TEAM DEFENSE!



GUARD POSITIONS:

The guards will play in (4) basic positions:

1) BALL- Above the freethrow line extended.

2) HIGH POST- Middle, Elbows, Top of circle, Side of circle.

3) WING- Passes back out of the corners. Skip passes.

4) SUPPORT- Help position. (Dotted circle.) Skip pass coverage.

Sometimes on skip pass coverage the guards will cover the corners. The Hoop man however, will bump them back to the wing position as soon as possible.

GUARD RESPONSIBILITIES:

1) Pressure (SMOTHER) the ball when it is in your coverage area. (See below for guard coverage areas.)

2) Keep the ball out of the high post area! *(This is essential!)*

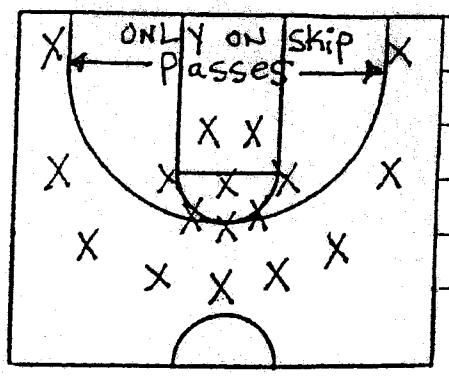
3) Work together with the other guard, many times in a tandem position. (Support and help). When one guard has the ball, the other guard has the high post!

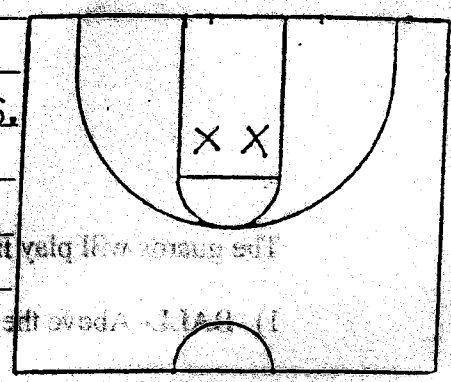
4) Do a great job on skip pass coverage! When a forward has the ball at the wing, one guard has the high post and the other guard has the help position (support) on the dotted circle. Stay 10-12 feet apart from the other guard to really help on skip passes.

5) Both guards MUST REBOUND!!

6) When the ball is in the corner covered by a forward, one guard is at the wing position denying the pass back out of the corner! The other guard is denying the high post area on the ballside!

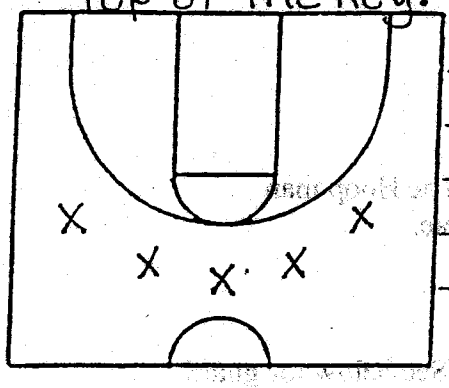
Guard Coverage Areas.

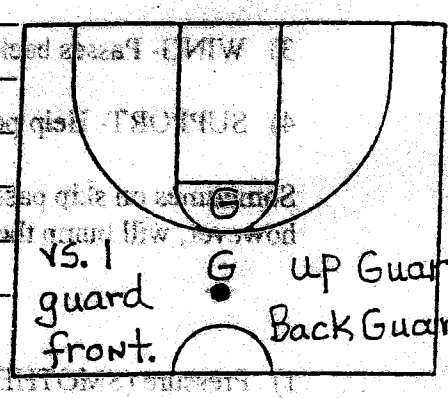




Top of the Key.

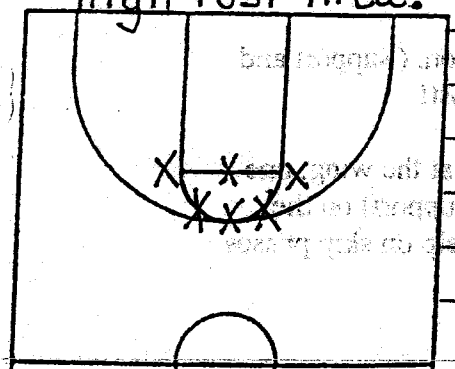
The two guards work together in a tandem.

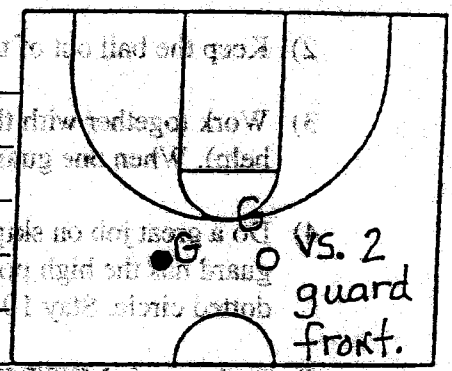




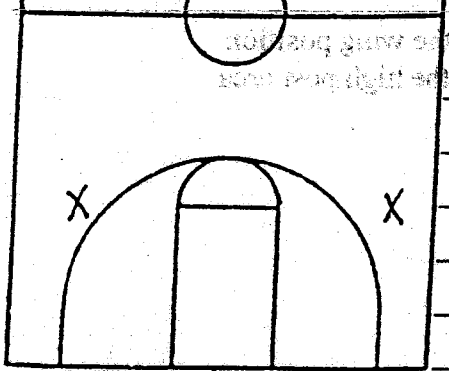
High Post Area.

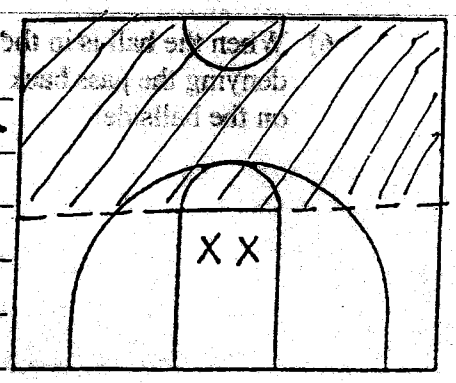
The two guards are interchangeable!





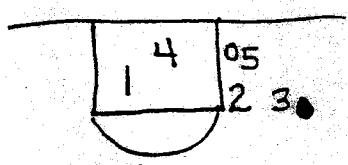
Guard Coverage Area. →





Wing Areas:

1) Denial of Reversal Pass from the Corner.
2) Skip Pass Coverage.



The guards should stay apart for better skip pass coverage.

FORWARD POSITIONS:

The forwards will play (3) basic positions:

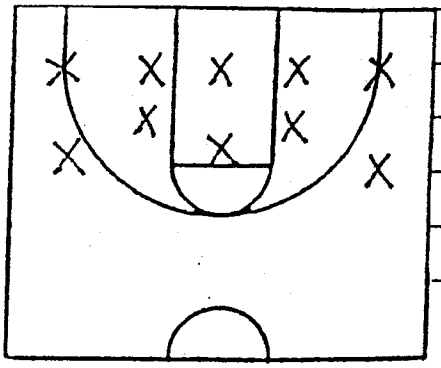
1) BALL- Wing or Corner. (SMOTHER!)
2) FRONT- Fronting the low post. Be in a direct line between the ball and the basket.
3) HOOP- Protecting the Hoop. Help on lob passes. Skip pass coverage. Use good helpside m-m principles.

FORWARD RESPONSIBILITIES:

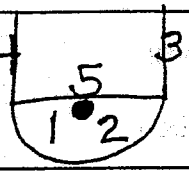
1) Pressure (SMOTHER) the ball at the wing or corner in your coverage area. (See below for coverage areas.)
2) Keep the ball out of the low post area.* (Always FRONT the low post!)*
3) Protect the HOOP and help on lob passes. (M-M Principles)
4) Do a great job on skip pass coverage!
5) REBOUND-REBOUND-REBOUND!!!

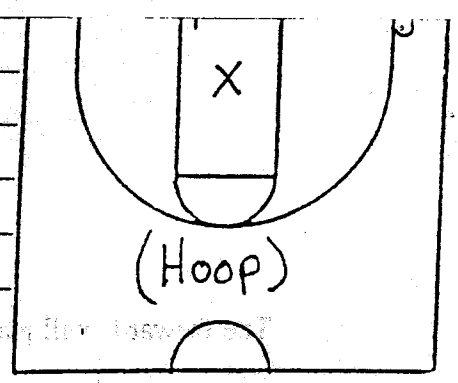
When the ball is passed into the middle high post area or the middle of the lane, the middle forward comes up and pressures the ball with the two guards. The other two forwards cover the block on their side of the floor.

Always remember, when the ball is passed to the wing area (freethrow line extended) or below from the point or guard position (above the freethrow line extended) the forward on the ballside closesout and pressures (SMOTHERS) the ball. This is not the guard's normal coverage area unless there is a skip pass thrown and the support guard is the closest man to the ball.

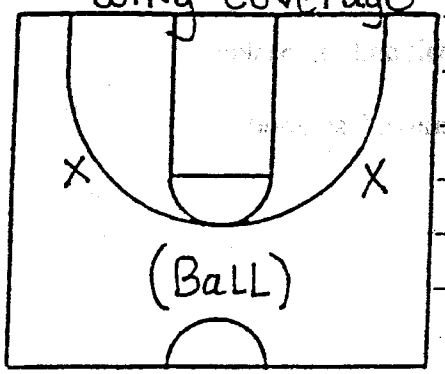


Forward Coverage Areas.



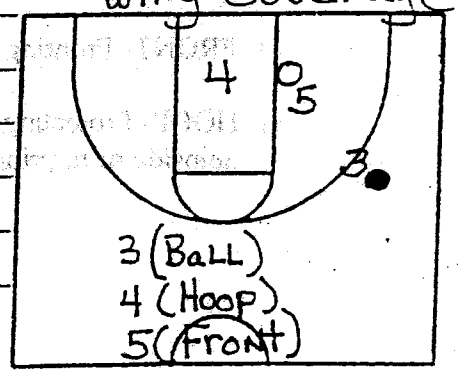


Wing Coverage

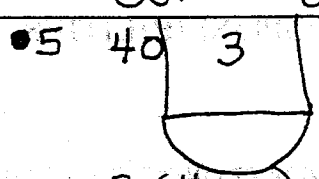


Middle High Post Coverage

Wing Coverage

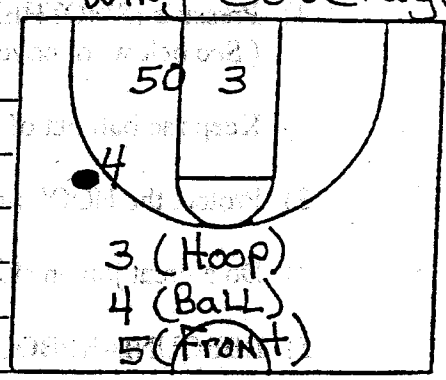


Corner Coverage

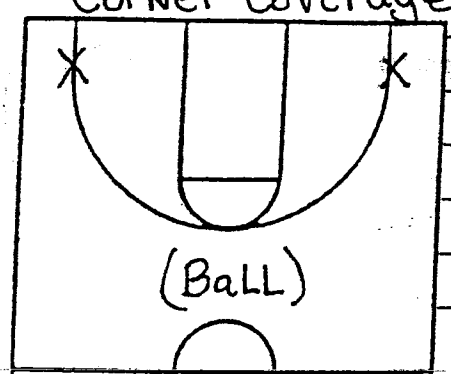


3 (Hoop)
4 (Front)
5 (Ball)

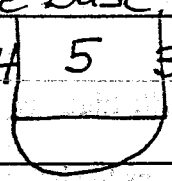
Wing Coverage



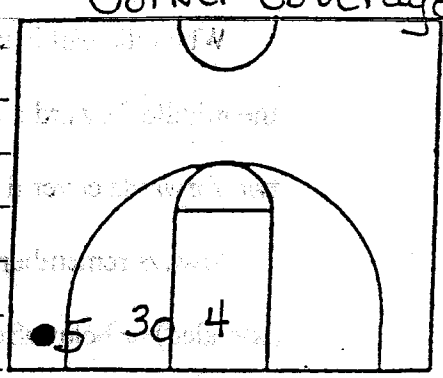
Corner Coverage



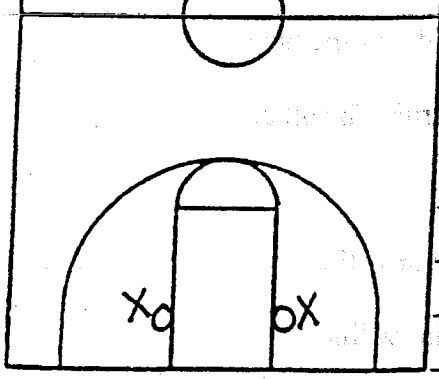
Home Base Spots



Corner Coverage

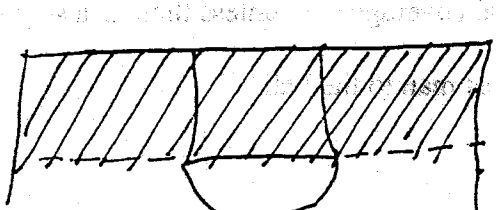


The (3) forwards are interchangeable!

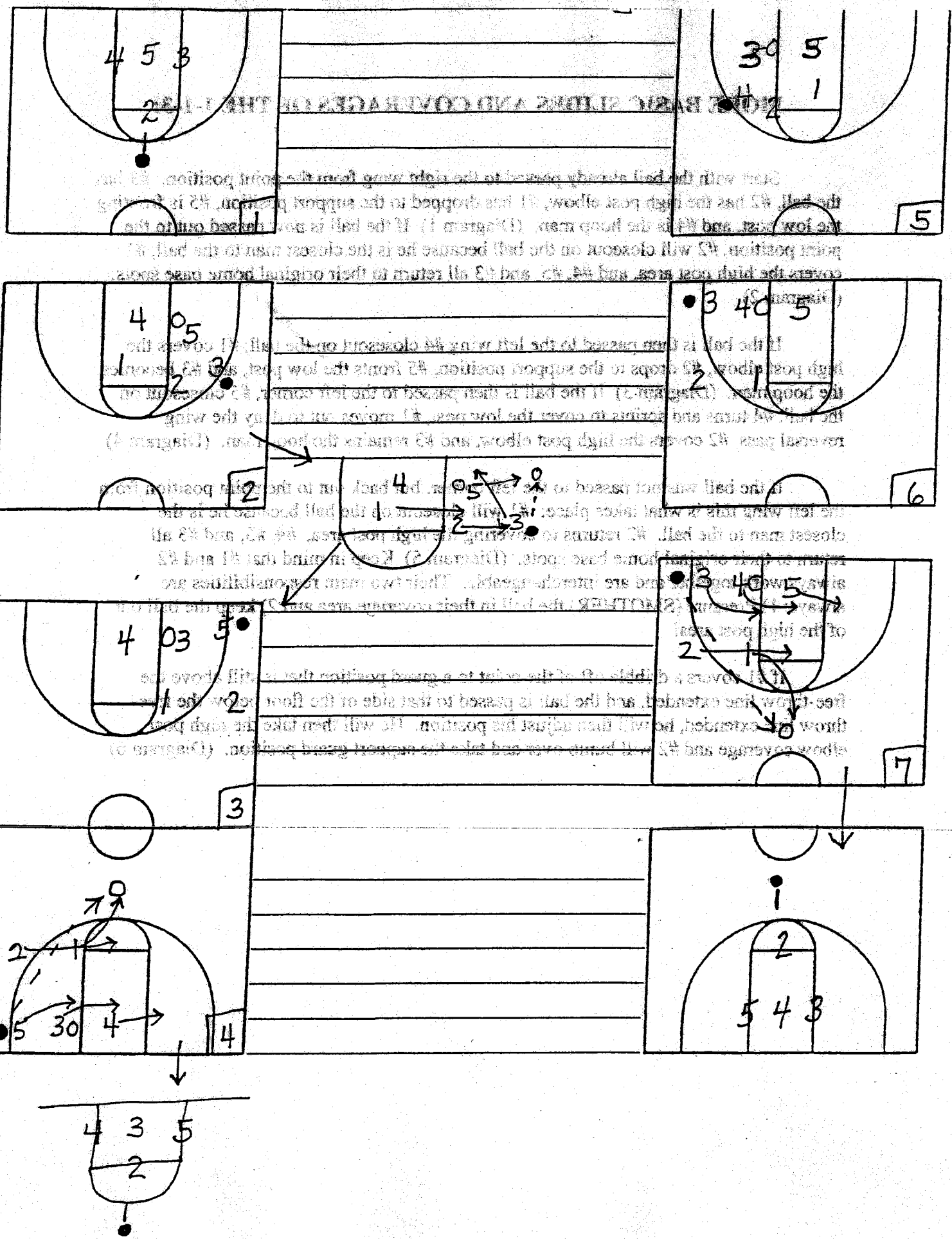


Low Post Coverage
(Front)

3 (Front)
4 (Hoop)
5 ([redacted])
(Ball)



Forward Coverage Area.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4 3 5
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MORE BASIC SLIDES AND COVERAGES OF THE 1-1-3:

Start with the ball already passed to the right wing from the point position. #3 has the ball, #2 has the high post elbow, #1 has dropped to the support position, #5 is fronting the low post, and #4 is the hoop man. (Diagram 1) If the ball is now passed out to the point position, #2 will closeout on the ball because he is the closest man to the ball, #1 covers the high post area, and #4, #5, and #3 all return to their original home base spots. (Diagram 2)

If the ball is then passed to the left wing #4 closesout on the ball, #1 covers the high post elbow, #2 drops to the support position, #5 fronts the low post, and #3 becomes the hoop man. (Diagram 3) If the ball is then passed to the left corner, #5 closesout on the ball, #4 turns and sprints to cover the low post, #1 moves out to deny the wing reversal pass, #2 covers the high post elbow, and #3 remains the hoop man. (Diagram 4)

If the ball was not passed to the left corner, but back out to the point position from the left wing this is what takes place: #1 will closeout on the ball because he is the closest man to the ball. #2 returns to covering the high post area, #4, #5, and #3 all return to their original home base spots. (Diagram 5) Keep in mind that #1 and #2 always work together and are interchangeable. Their two main responsibilities are always: 1) Pressure (SMOTHER) the ball in their coverage area and 2) keep the ball out of the high post area!

If #1 covers a dribble off of the point to a guard position that is still above the free-throw line extended, and the ball is passed to that side of the floor below the free-throw line extended, he will then adjust his position. He will then take the high post elbow coverage and #2 will bump over and take the support guard position. (Diagram 6)

Basic Slides and Coverages:

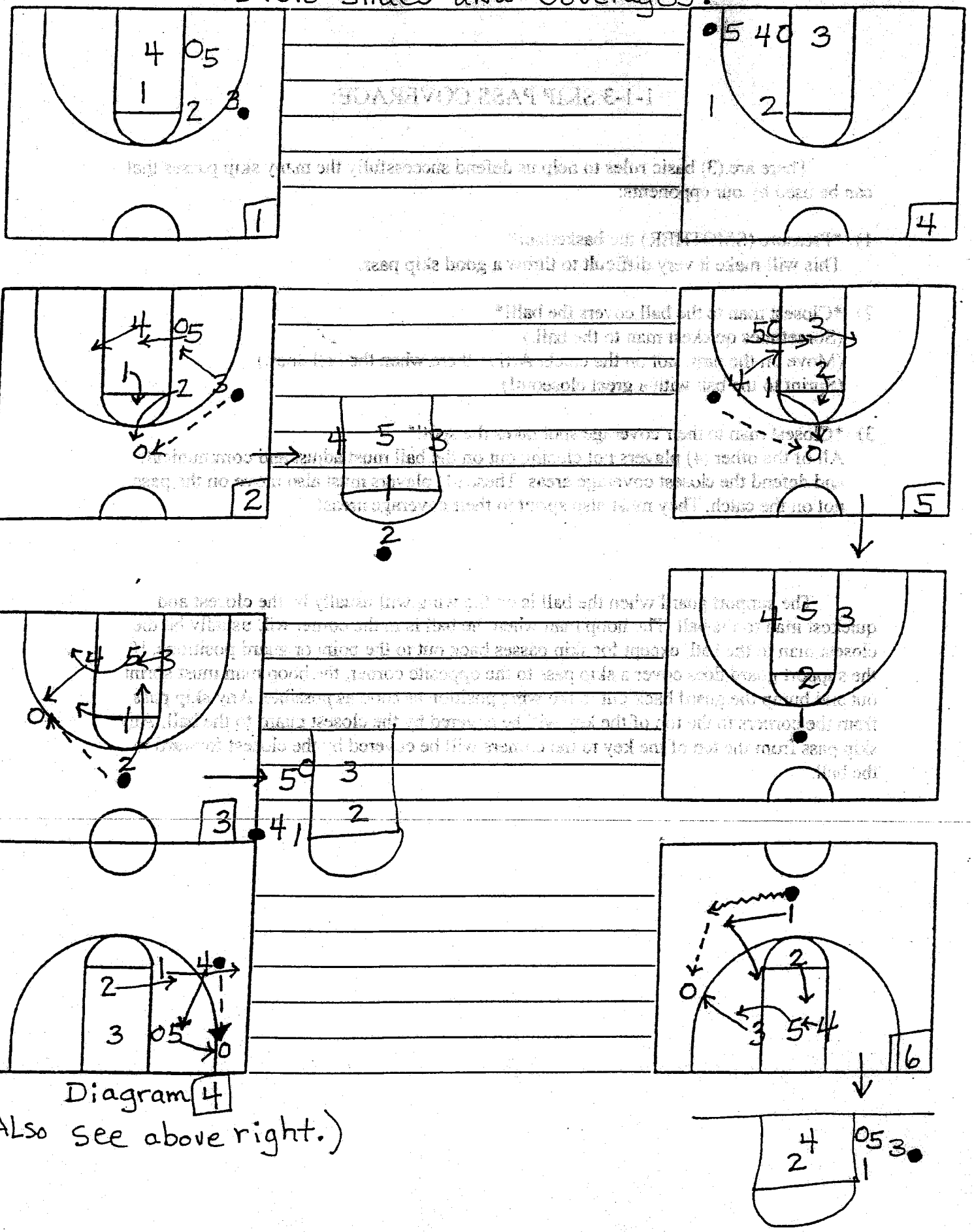


Diagram 4

(Also see above right.)

1-1-3 SKIP PASS COVERAGE:

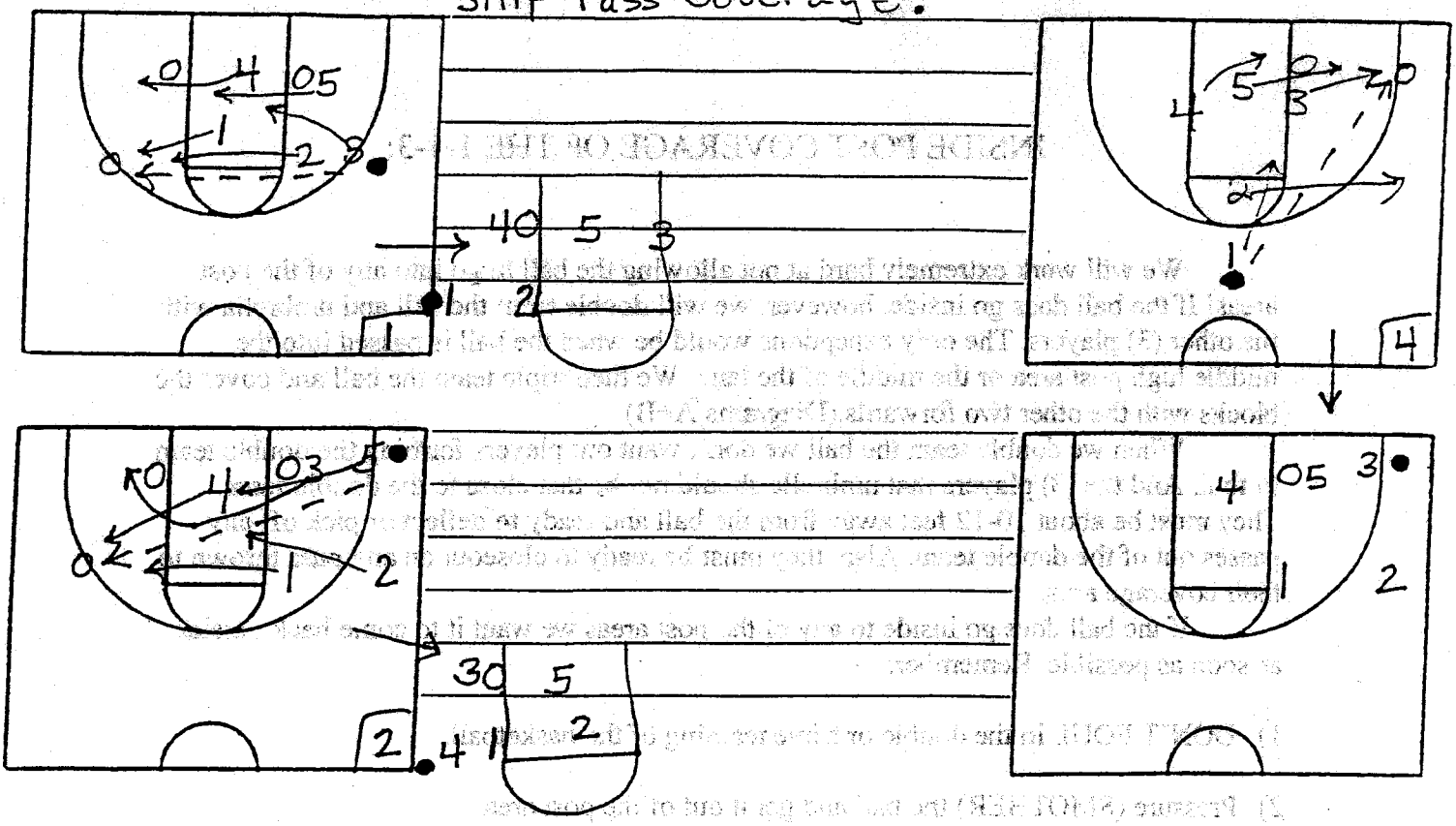
There are (3) basic rules to help us defend successfully the many skip passes that can be used by our opponents:

1) *Pressure (SMOTHER) the basketball!*
   This will make it very difficult to throw a good skip pass.

2) *Closest man to the ball covers the ball!*
   (Sometimes quickest man to the ball.)
   (Move on the pass, not on the catch. Arrive there when the ball does.)
   (Sprint to the ball with a great closeout!)

3) *Closest man to their coverage spot takes the spot!*
   All of the other (4) players not closing out on the ball must adjust and communicate and defend the closest coverage areas. These (4) players must also move on the pass, not on the catch. They must also sprint to their coverage areas!

The support guard when the ball is on the wing will usually be the closest and quickest man to the ball. The hoop man when the ball is in the corner will usually be the closest man to the ball, except for skip passes back out to the point or guard positions. If the support guard does cover a skip pass to the opposite corner, the hoop man must sprint out and bump the guard back out to the wing position as soon as possible. Any skip pass from the corners to the top of the key will be covered by the closest guard to the ball. Any skip pass from the top of the key to the corners will be covered by the closest forward to the ball.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INSIDE POST COVERAGE OF THE 1-1-3:

We will work extremely hard at not allowing the ball to go into any of the post areas! If the ball does go inside, however, we will double team the ball and umbrella with the other (3) players. The only exceptions would be when the ball is passed into the middle high post area or the middle of the lane. We then triple team the ball and cover the blocks with the other two forwards.(Diagrams A+B)

When we double team the ball we don't want our players forming the double team to foul. And the (3) players that umbrella should not be that close to the double team. They must be about 10-12 feet away from the ball and ready to deflect or pick off any passes out of the double team. Also, they must be ready to closeout on any pass thrown to their coverage area.

If the ball does go inside to any of the post areas we want it to come back outside as soon as possible. Remember:

1) DON'T FOUL in the double or triple teaming of the basketball.

2) Pressure (SMOTHER) the ball and get it out of the post area.

3) Protect the hoop. Don't allow easy baskets!

4) The (3) players in the umbrella must have great closeouts when the ball comes back outside to the perimeter.

5) All players must adjust and communicate when the ball is passed back outside the post area.

The semi-circle 15 feet from the basket is called the NO-BALL area. (Diagram C) We want to keep the ball out of the NO-BALL area and on the perimeter where we can cut down on the shooting percentages of our opponents. Good post defense is essential for any defense to be effective! We must make it as tough to score inside as possible! In the 1-1-3 matchup defense it is one of our top priorities!

BASIC SLIDES AND COVERAGES OF THE 1-1-3:

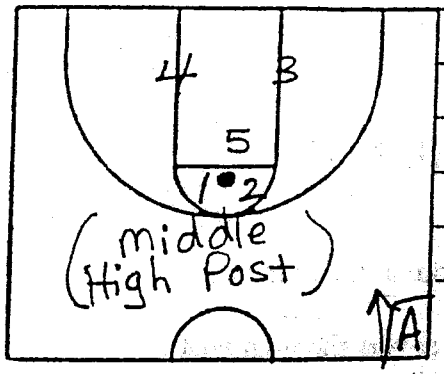
Start in the basic home base spots with the ball directly out front at the point position.(Diagram 1).
When the ball is passed to the right wing #3 closesout on the ball, #2 covers the high post elbow, #1 drops to the support position, #5 fronts the low post, and #4 becomes the hoop man. (Diagram 2). When the ball is passed to the right corner #5 closesout on the ball, #3 turns and sprints to front the low post (short or x slide), #2 comes out and denys the wing reversal pass, #1 covers the high post elbow, and #4 remains as the hoop man. (Diagram 3).

If the ball is skipped back to the point position #1 closesout on the ball, #2 sprints to cover the high post area, #4 returns to his home base spot, #3 is now the middle home base spot, and #5 moves to the right outside home base spot. (Remember, #3, #4, and #5 are interchangeable). (Diagram 4).

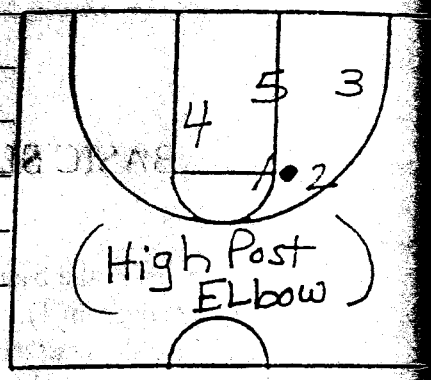
When the ball is now passed to the left wing #4 closesout on the ball, #2 covers the high post elbow, #1 drops to the support position, #3 fronts the low post, and #5 becomes the hoop man. (Diagram5).
When the ball is passed to the left corner #3 closesout on the ball, #4 turns and sprints to front the low post (short or x slide), #2 comes out and denys the reversal pass to the wing, #1 covers the high post elbow, and #5 remains as the hoop man. (Diagram6).

If the ball is skipped back to the point position #1 closesout on the ball, #2 sprints to cover the highpost area, #5 returns to the right side home base spot, #4 goes to the middle home base spot, and #3 moves into the left side home base spot. (Diagram 7).

Inside Post Coverage.

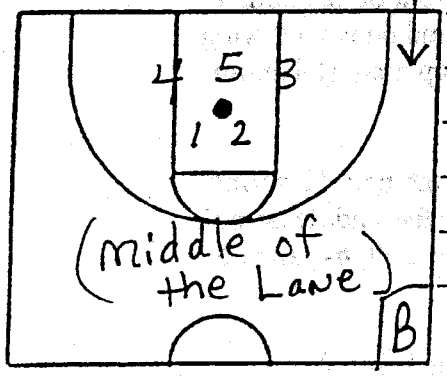


Make it as tough to score inside as possible!



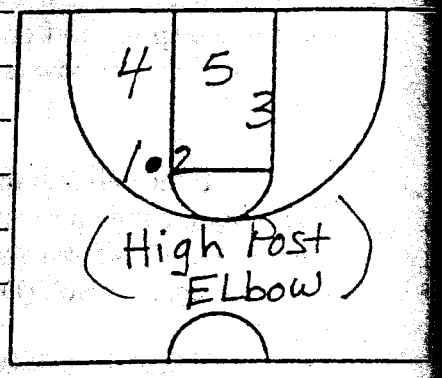
A

Triple team the ball and cover the blocks.

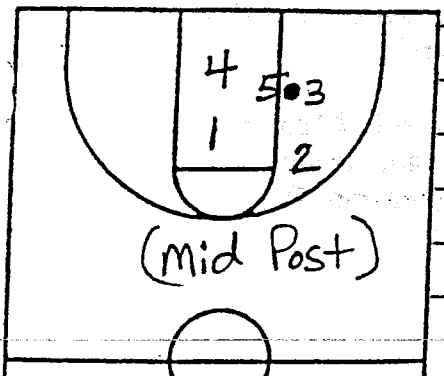


B

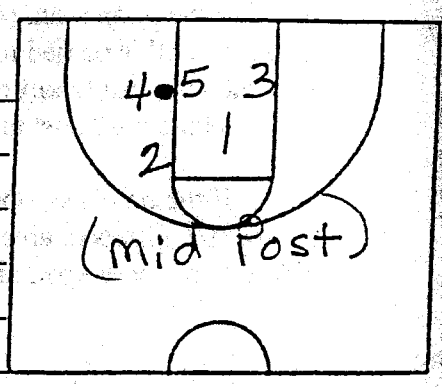
Keep the ball out of the post areas if possible!



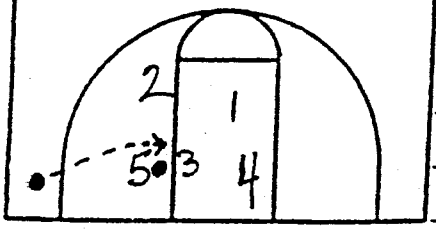
Double Team and Umbrella!



Force the ball back outside, as soon as possible!

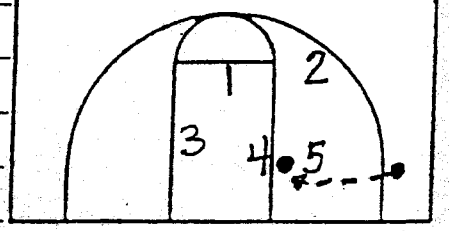


(Low Post)

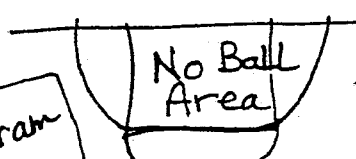


Don't Foul in the Double or Triple Teaming of the Basketball!

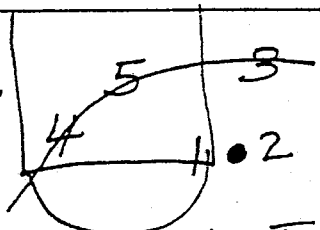
(Low Post)



Keep the ball out of this area.



15-Foot Radius from the Hoop.



Double Team the ball. The other (3) players Umbrella around the ball!

Protect the Hoop!

Good Closeouts on passes back out to the perimeter!

I gram C

DRIBBLE COVERAGE OF THE 1-1-3:

The man guarding and pressuring the ball stays with the ball anytime it is dribbled.
(Diagrams A-C).

When the dribbler continues to dribble into an area that another player is responsible for then that player can switch with the player who is pressuring the ball! (Diagrams D-F).

On any dribble penetration of our defense we will trap the ball and the other (3) players will umbrella around the ball 10-12 feet or less from the ball. They will closeout on the ball on any pass to their area. (Closest Man Rule!)

1) Trap penetration from the point. (Diagram G)

2) Trap penetration from the wing to the center of the floor. (Diagram H)

3) Trap penetration from the wing to the baseline. (Diagram I)

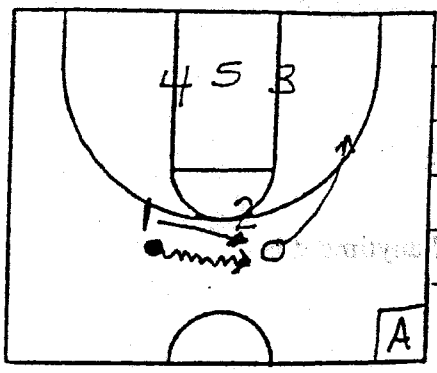
4) Trap penetration from the corner to the baseline. (Diagram J)

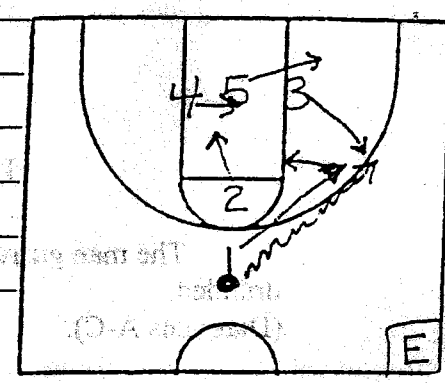
5) Trap penetration from the corner to the center of the floor. (Diagram K)

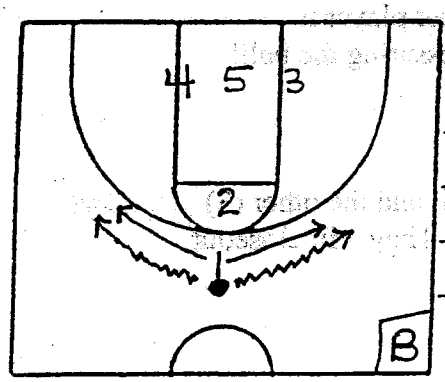
Never let the opponent split the trap! The guard at the elbow will always cover down on the post if the forward fronting the low post leaves to trap any kind of dribble penetration. (Diagrams I and J)

Dribbling of any kind should not hurt the matchup if our players (SMOTHER) the ball well and execute together!

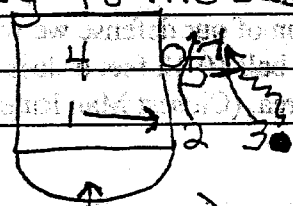
Double Coverage.



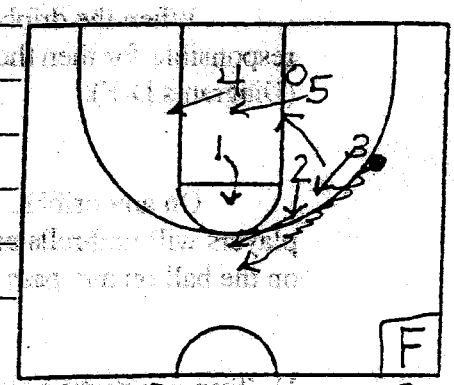




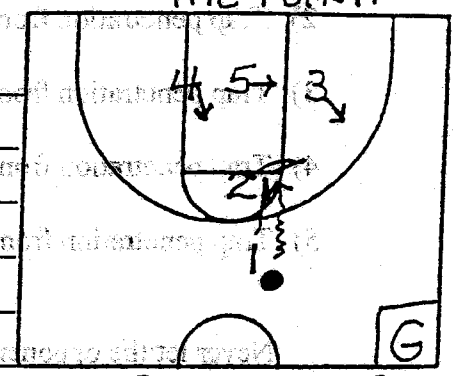
Trap penetration from the wing to the baseline.



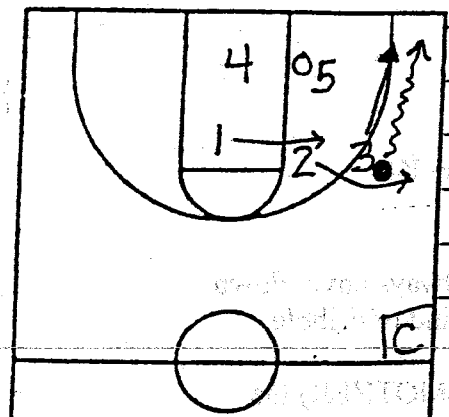
(Diagram I)



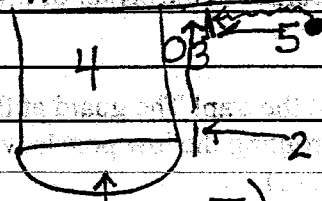
Trap Penetration from the Point.



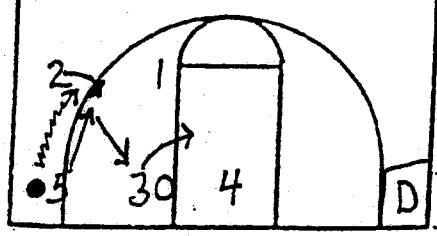
Trap Penetration from the wing to the center of the floor.



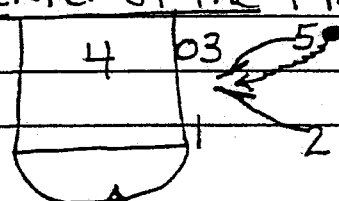
Trap penetration from the corner to the baseline.



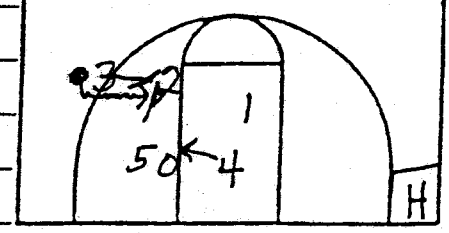
(Diagram J)



Trap penetration from the corner to the center of the floor.



(Diagram K)



REBOUNDING FROM THE 1-1-3 MATCHUP DEFENSE:

We constantly emphasize that ALL (5) defenders MUST REBOUND tough and aggressively on every defensive possession. We have a defensive and rebounding motto which we call: (ONE AND DONE OR NONE!). It means allow one contested poor shot and then rebound the ball, or force a turnover and allow no shot on that particular possession. We sell the idea that REBOUNDING is the EPITOME of the EFFORT areas! We always demand their BEST EFFORT to get the rebound on every possession. If we have played good team defense we don't want to allow our opponents easy scoring opportunities by giving up offensive rebounds. WE MUST FINISH OUR DEFENSIVE EFFORT BY GETTING THE REBOUND!!

On a shot from the point or top of the key, the guard pressuring the ball blocks out the shooter and then goes to the elbow area on his side of the floor. The other guard rebounds the deep middle of the lane or the elbow area on his side of the floor. The other (3) forwards rebound tough at each block and in the middle of the lane forming a good rebounding triangle. (Diagram A).

On a shot from the wing the forward pressuring the ball blocks out the shooter and then goes to the block on his side of the floor. The elbow guard rebounds the top middle of the lane. The support guard rebounds on the weakside middle area. The hoop man rebounds on the weakside block area. The front man always spins to the middle of the lane and tries to pin his man toward the baseline. (Diagram B).

On a shot from the corner the forward pressuring the ball blocks out the shooter and then goes to the middle of the lane on his side of the floor. The elbow guard quickly sprints to rebound the weakside middle area. The denial guard sprints and rebounds in the middle of the lane. The hoop man rebounds on the weakside block area. The front man always spins to the middle of the floor and rebounds the block area on his side of the floor. (Diagram C).

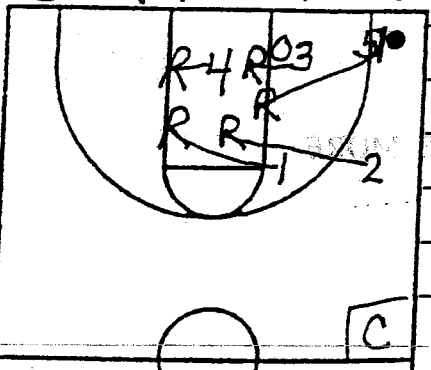
MORE REBOUNDING FROM THE 1-1-3 MATCHUP DEFENSE:

If a guard is guarding and pressuring the ball at the wing position and a shot goes up we rebound very similar to a shot from the top of the key. #1 blocks out the shooter and rebounds the elbow area on his side of the floor. #2 sprints over from covering the high post area on ballside and rebounds on the weakside middle or elbow area. The forward #3 on the weakside rebounds the block area on his side of the floor. The forward #5 in the middle of the lane rebounds in the middle of the lane. And the forward #4 fronting the low post spins to the middle and rebounds the block area on his side of the floor. (Diagram D).

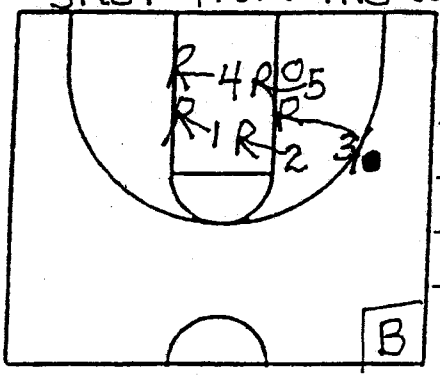
If we are getting hurt on the offensive boards because of our denial at the wing from the corner, we could go to no denial and sag the guards back into the lane to help with the rebounding from a closer area. When the ball is passed back out of the corner to the wing position the elbow guard closesout on the ball at the wing and the support guard would have to cover the high post elbow area on ballside. (Diagram E). When the ball is then passed to the point the elbow guard closesout on the ball and the wing guard must sprint to cover the high post area. (Diagram F).

Some coaches really feel that a zone type defense doesn't do a good job on the defensive boards because there are no certain blockout responsibilities. However, I feel if we emphasize and demand enough in practice that ALL (5) players in the 1-1-3 matchup, MUST REBOUND we will do a good job on the defensive boards! We can also, change up and play man-to-man whenever we want to. We chart our defenses and stay with the defense that is working! Always remember, (NO D, NO W!).

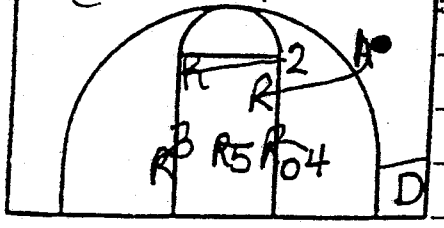
Shot from the Corner.



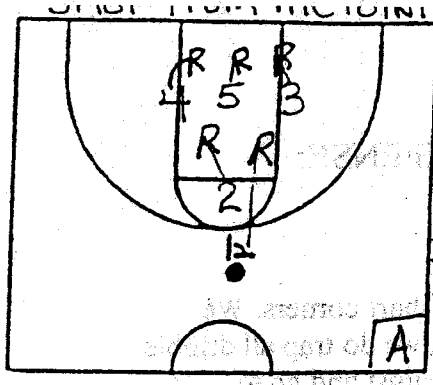
Shot from the Wing.

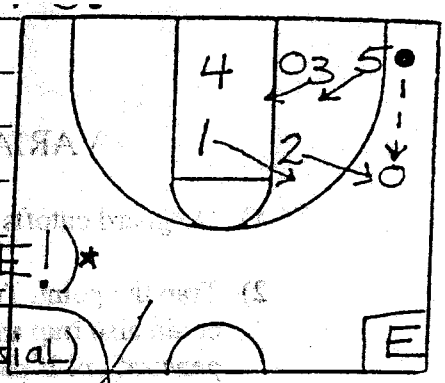


Shot from the wing.
(Guard pressuring the ball.)

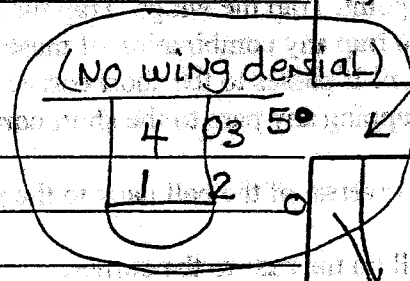


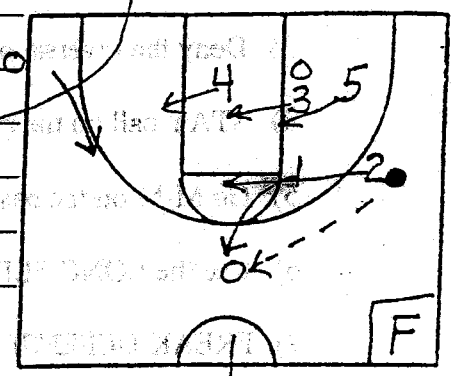
ALL (5) players *
* Must Rebound!
(ONE AND DONE OR NONE!)





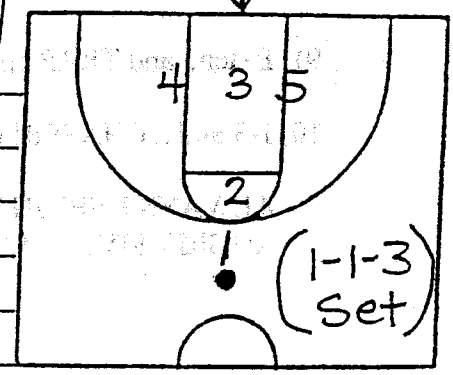
(No wing denial)





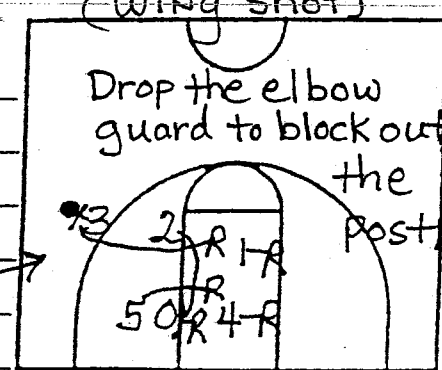
[Sell this Idea to your players:]

Rebounding is the Epitome of the Effort Areas!!

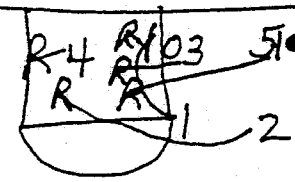


Some coaches have used this Rebounding technique:

(wing shot)



(Corner shot)



VARIATIONS OF THE 1-1-3 MATCHUP DEFENSE:

1) No guard cutoffs! (Arizona)

2) Trap the point. Trap the wings. Trap the deep corners. Trap the short corners. We could also trap any combination of these four areas. Remember, we do trap all dribble penetration! If passes to the short corner are hurting us we can adjust and go to always trapping any pass to the short corners!

3) Deny the reversal of the ball back to the point! (Cincinnati)

4) STAY call on the pass to the corner!

5) Go M-M on the pass to the corner!

6) Use the LONG SLIDE! (New Mexico State)

7) FREAK DEFENSE! (LSU)

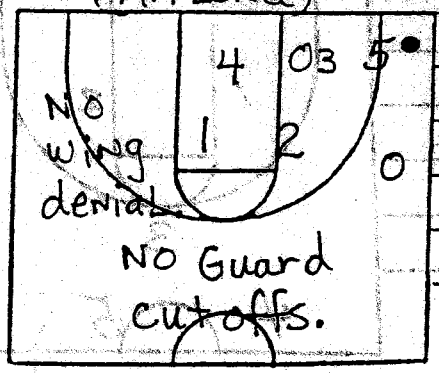
8) Extend and deny the wings! (UNLV and New Mexico State)

9) Extend and TRAP all over the court! (Cincinnati)

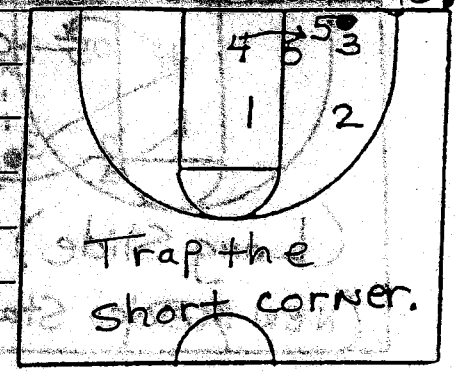
10) 1-3 and a CHASER! (Arizona)

ALWAYS KEEP IN MIND. THE SIMPLER THE DEFENSE THE MORE AGGRESSIVE IT WILL BE!!

(Arizona) Variations of the 1-1-3 Multiple Coverage:

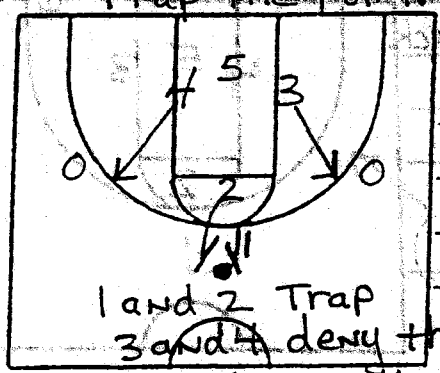


No Guard cutoffs.



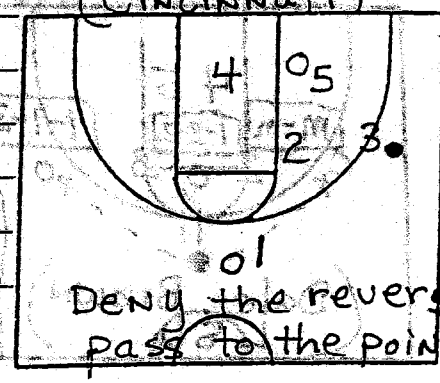
Trap the short corner.

Trap the Point.



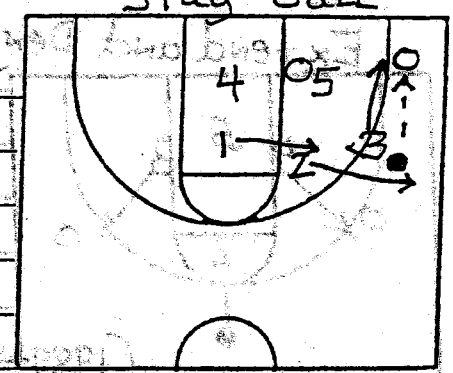
1 and 2 Trap 3 and 4 deny the wings.
5 plays centerfield.

(Cincinnati)



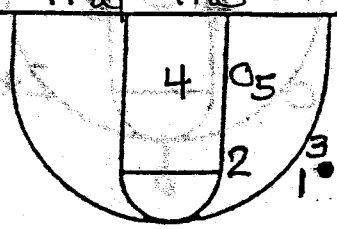
Deny the reverse pass to the point.

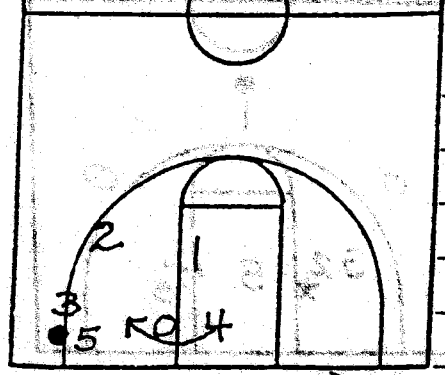
"Stay" call



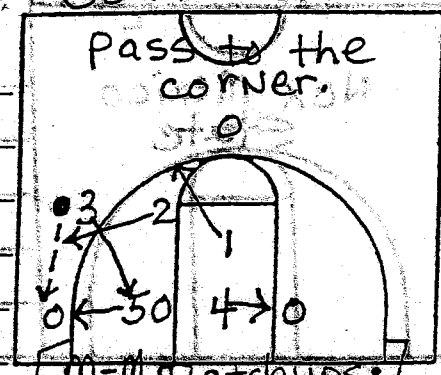
Go m-m on the pass to the corner.

Trap the wings.

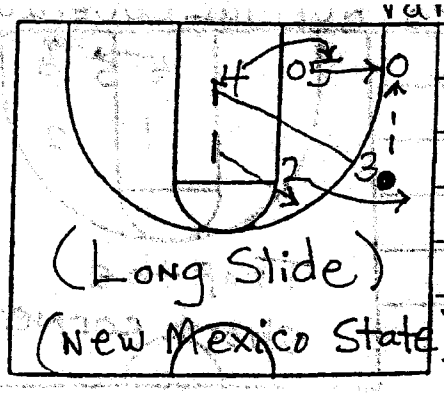




Trap the Deep Corners.

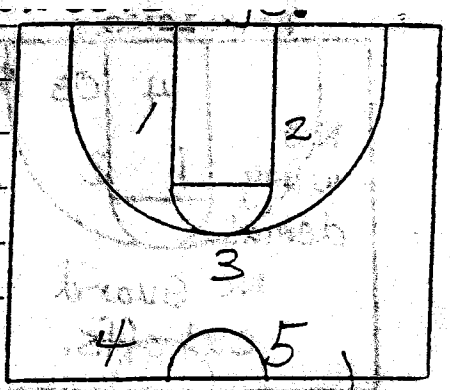


m-m matchups:
5 corner
3 Low Postman
4 Weakside Post
2 wing
1 point guard.

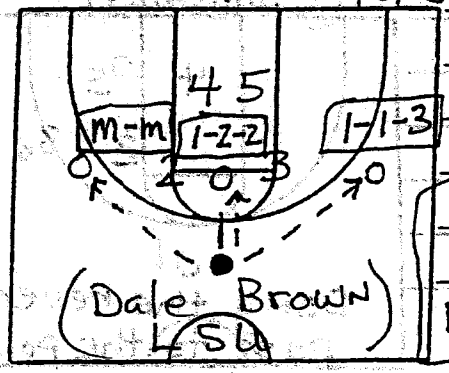


(Long Slide)
(New Mexico State)

Extend and Trap all over the floor.



Freak Defense:

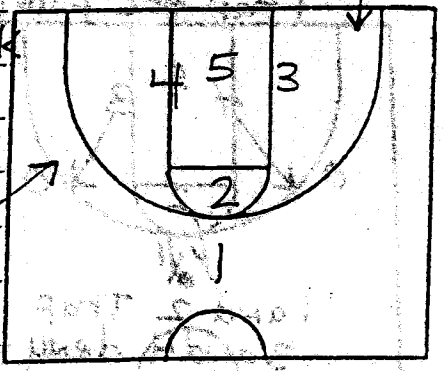


(Dale Brown LSU)

1-2-2 Base Defense

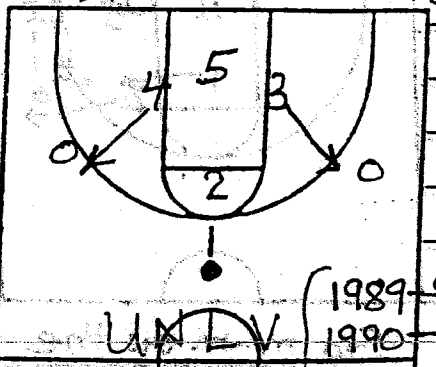
Drop back to the 1-1-3.

(Cincinnati)



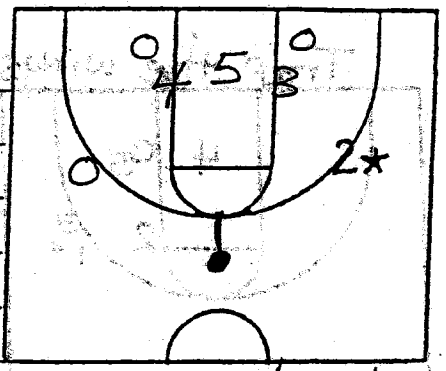
1-3 and a Chaser

Extend and Deny the Wings.



UNLV [1989-90 1990-91]

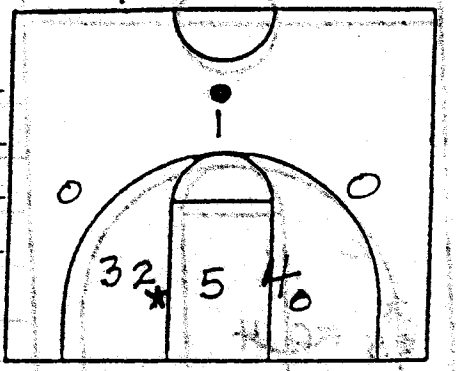
Star at the wing.



1-3 and a Chaser

Nex Mexico State

Star at the Low Post.



TEACHING THE 1-1-3 MATCHUP DEFENSE:

1) Whole Method! (5on0)
   A) Home Base Spots.
   B) Basic Positions and Responsibilities.
   C) Basic Normal Perimeter Pass Coverage.
   D) Regular Rebounding Coverage.
      (Emphasize and Stress Great Rebounding from Day1!)
   E) Basic Reasons and Rules for using the 1-1-3 Matchup Defense.

2) Teach Closeouts!
   (1 on 1 all the way up to 5 on 5)
   Use the 2 vs. 3 drill with everyone!
   We must demand and have great closeouts!

3) Teach Breakdown Drills!
   A) Guard Shell Drill.
   B) Forward Shell Drill.
   Teach vs. 1 guard fronts.
   Teach vs. 2 guard fronts.
   Teach vs. no postmen or with postmen.

4) Teach Special Coverages!
   A) Skip Passes.
   B) Post Passes. (High-Mid-Low)
   C) Dribble Penetration and Dribble Coverage.
   D) Out-of-Bounds Defense into the 1-1-3.

5) Teach 5 vs. 8! (GREAT DRILL)
   Teach vs. 1 or 2 guard fronts.
   Teach also 5 vs. 6, 5 vs. 7, and 5 vs. 9.

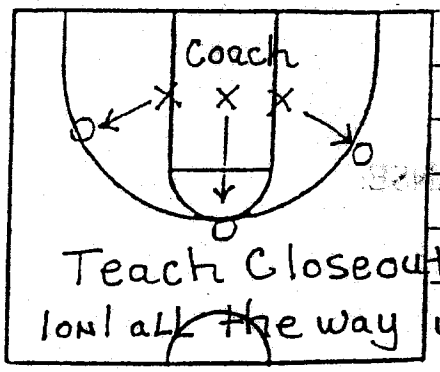
6) Teach 5 on 5 LIVE!

7) Teach Transition Defense into the 1-1-3!

8) Teach Presses back into the 1-1-3!

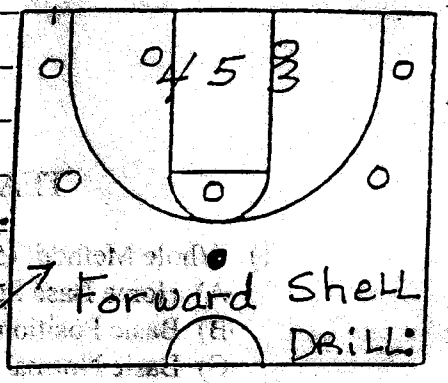
9) Teach TRAPS out of the 1-1-3! (1/4 court).

10) Teach Variations of the 1-1-3 if so desired!

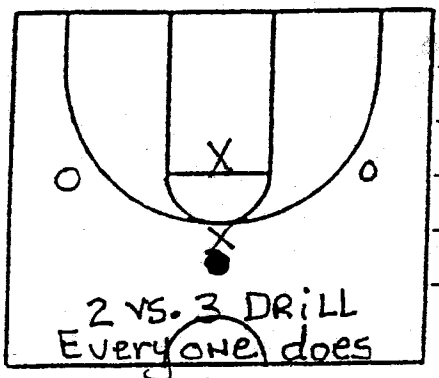


Teach Closeouts!
1on1 all the way up to 5on5.

Breakdown forward Coverages.
(Ball)
(Front)
(Hoop)

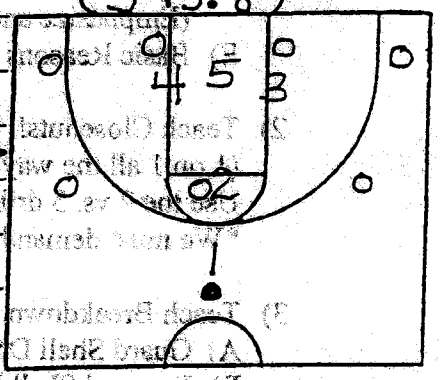


Forward Shell Drill:

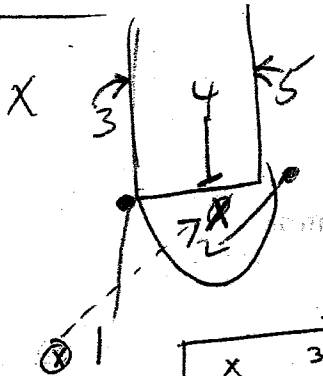


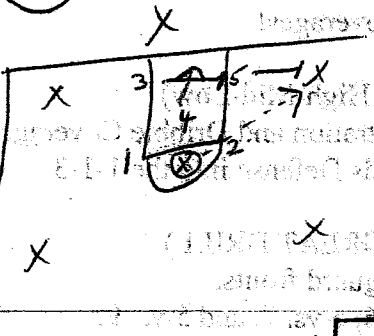
2 vs. 3 Drill
Everyone does this drill.

Great Drill: →

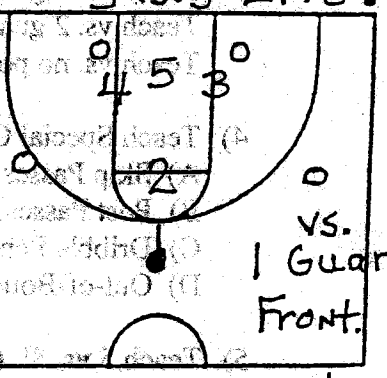


(5 vs. 8)



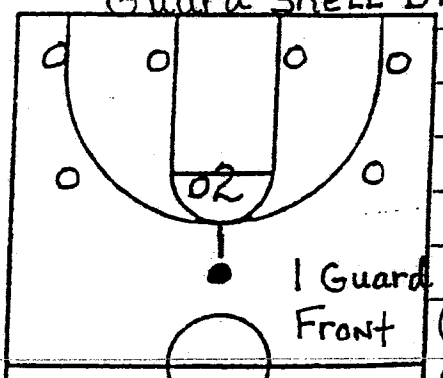


5 vs. 5 Live!



vs.
1 Guard Front.

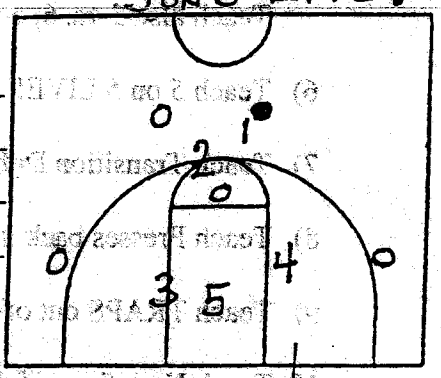
Guard Shell Dril



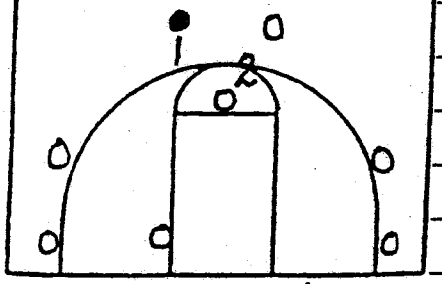
1 Guard Front

(Ba
(High...
(Wing)
(Support)

5on5 Live!



vs.
2 Guard Front



2 Guard Front

1-1-3 Matchup Defense:

The CLAW!!

[The Master Coach Excels at Teaching Defense!!]

LITTLE THINGS THAT MAKE THE 1-1-3 MATCHUP SUCCESSFUL:

1) No two players on the ball on the perimeter, unless we are trapping the ball.

2) Communicate and Adjust!
(The secret of a strong matchup defense is it's adjustability.)

3) On quick ball reversal or skip passes the postman who was fronting the low post must LOOP when going from a low post front on one side directly to a low post front on the other side of the floor. He must not sprint straight across from block to block because he can be pinned too easy that way.POST LOOPING is important for two main reasons: 1) It jams up and stops flash cuts to the ball. 2) It is much easier to reestablish a full front on the low post on the other side of the floor.

4) All other closeouts and defensive sprints are made in straight lines.

5) Force people to dribble the ball because that will create turnovers.

6) The 1-1-3 is a FUN defense to play because it will harass and frustrate our opponents.

7) The 1-1-3 is designed to keep the ball out of the 15 foot radius area from the hoop. (NO-BALL AREA)

8) There is constant pressure on the ball! (SMOTHER)

9) The basket is protected 100 percent of the time! (PROTECT THE HOOP!)

10) *THE LOW POST WILL ALWAYS BE FRONTED!*

If we pressure the ball, front the low post, and protect the hoop, it's going to take very good passes to beat us. The percentage is in our favor! A big reason for our defensive success with the 1-1-3 Matchup is that everyone believes in it! (NO D, NO W!)

DEFENSIVE PHILOSOPHY

There is no magic formula or single way for playing good defense. The desire, determination, discipline, and dedication has to be there to play consistently good team defense!

The philosophy of defense, I believe, is as follows: First of all, I believe in playing both a good pressure man-to-man defense and a good pressure match-up defense. I also believe that the simpler the defense is, the more aggressive it will be! Secondly, all the players need an understanding of their individual and team defensive responsibilities. Thirdly, our players must have total mental preparation as they attempt to play defense the way out coaching staff wants it to be played. Finally, along with the mental preparation, our players need to know that it takes a total physical effort for every player to play effective team defense.

Pressure defense begins and will end with the ability to PRESSURE and contain the ball-handler. Also, the biggest key for getting our players to play good team defense is simply for our players to PLAY HARD! To me, this is the most important factor. We emphasize and talk to our players about this all the time. They must be extremely aggressive and play as hard as they can for as long as they can on every possession that we are on defense.

Basically, we ask three things of our players. We want them to be: 1) Emotionally, 2) Physically, and 3) Mentally ready to play as hard, as smart, and as aggressive as they can! To me, that is what separates the good defensive teams from the average defensive teams from the poor defensive teams. Once again, we strongly believe in the concept that without a good defense we will not win games. (No D – No W) In short, good team defense is the single most important ingredient for winning basketball.

FIST PHILOSOPHY

My philosophy of how to get the most out of our basketball team is pretty simple, but very effective! I don't think players play as well as they can if they go into a game thinking we have to win or we can't lose.

We stress four main ideas about playing the game to get the most out of our potential. First, the players have to be relaxed enough to HAVE FUN and really enjoy playing the game. Secondly, we have to be INTENSE and play as hard as we can for as long as we can and rest on the bench not on the court. Thirdly, we have to play SMART, knowing our responsibilities and abilities and execute them to the best of our ability. And finally, we have to play TOGETHER! The first part of greatness is togetherness! Playing true team basketball is one of the most exciting and rewarding things about playing this great game of basketball.

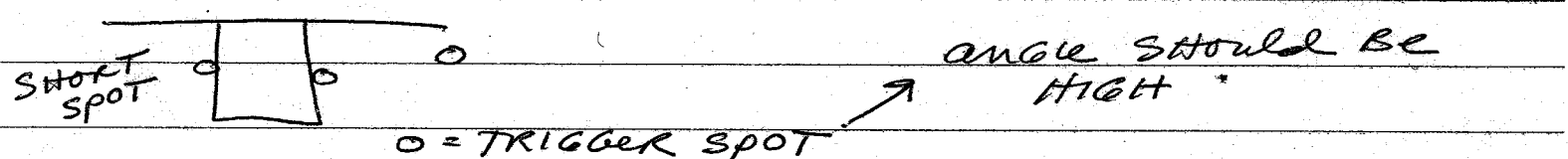
We call these four qualities the FIST PHILOSOPHY. (FUN-INTENSE-SMART-TOGETHER). If we can accomplish these four qualities, I think we will play the best basketball we possibly can play! I'm sold on this and so are our players, which is the most important factor in being a successful basketball team.

STANFORD'S TRIANGLE OFFENSE
TARA VANDERVEER

TRIANGLE OFFENSE IS SIMPLE
HARD OFFENSE TO GUARD
TAKES ADVANTAGE OF ONE ON ONE MATCHUPS
PLAYERS ENJOY THE OFFENSE
IT IS FUN TO COACH

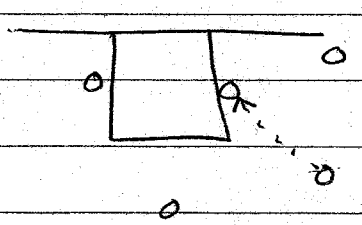
TO RUN IT CORRECTLY, PLAYERS NEED TO BE SKILLED PASSERS. PASS IS OFTEN A 4 LETTER WORD TO SOME OF TODAY'S PLAYERS

SPACING
EXTREMELY IMPORTANT – PUT TAPE ON FLOOR
PUT POST PLAYER IN MID POST NOT LOW BLOCK
CAN'T BE PUMPED
EASY TO PASS FROM THERE



ALL POSITIONS ARE INTERCHANGEABLE
TEACH IT ONE TIME TO EVERYONE
BIG POST – CAN KEEP IN ONE SPOT AND INTERCHANGE EVERYONE ELSE

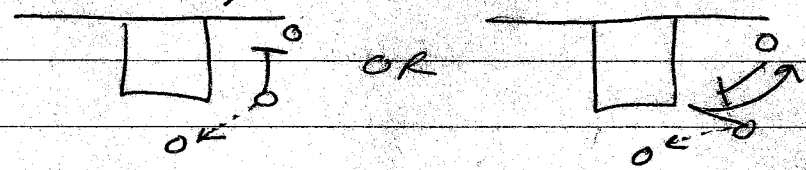
FIRST LOOK IS INSIDE!



WHEN PASS GOES INSIDE – TRIGGER MUST MOVE AND SCREEN EITHER UP OR DOWN (CAN ALSO SPLIT THE POST BUT THIS TAKES AWAY POST MOVE)

SECOND LOOK IS TO TOP SPOT

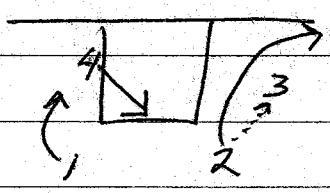
pass to top is followed by Down screen or Flare screen



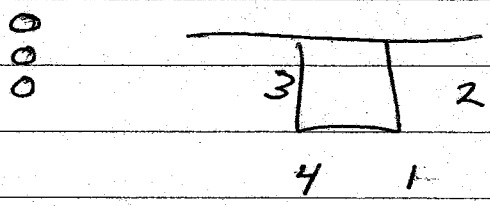
pre-game & pre-practice workups are always specific to the offense

DRILLS

Backdoor

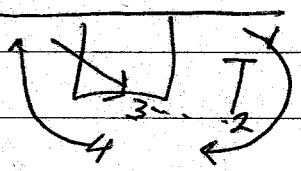


GO TO CORNER
4 FLASHES
1 GOES BACKDOOR
ROTATE SPOTS (1→2, 2→3, 3→4)
4→ OTHER END = NEW #1



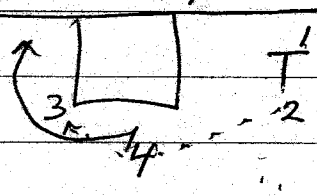
easier to remember and rotate this way

Dribble Handoff



Fake handoff to 4
2 downscreens for 1
3 dribble handoff to 1
1 = Jump shot
1 = drive & kick to 4

Pinch Options



4 passes to pinch
handoff
Fake handoff
inside screen
dribble handoff

pass to 1 for jump shot

Same notations as above — can't do what player in front of you does

Tara says that have 7 such drills but only showed 3 — what are the other 4?

Keys to Triangle
Spacing
Be strong with the ball
pass away from the defense

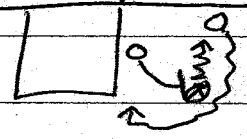
Take a Layup anytime, take a 3 anytime
But 5 passes for mid range Jump shot

must see 3 offensive rebounders every shot
for the basket to count

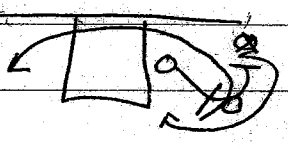
The "short spot" is the key against denial pressure
or fronting the post

Good idea to work on reverse layups - will shoot
When back cut from corner

Corner Options

#1 

Dribble handoff trigger to corner
post comes higher and picks for
corner
(post comes high as trigger dribbles)
corner can also backcut if defender
starts to cheat on handoff

#2 

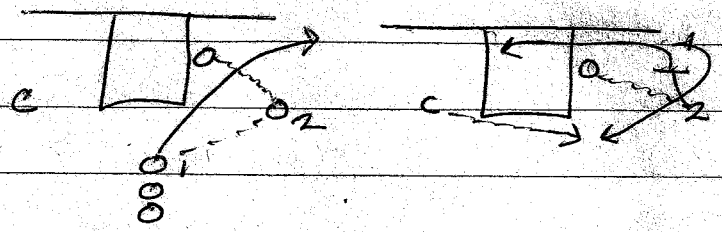
Ball passed to corner
post picks for trigger
post sets ball screen for corner

ONLY post can/should screen on the ball

Sideline Break/Transition offense
If ball hits ground after make - don't get it
Don't let ball hit ground

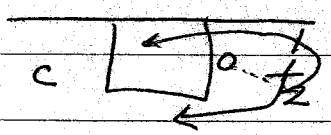
The majority of this offense is reading the defens

Screen Down

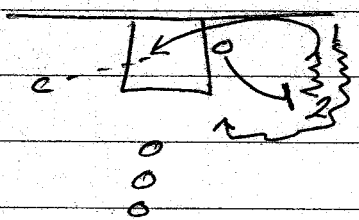


WORKS ON JUMP SHOT and REVERSE LAYUP

Screen up



DRIBBLE TO CORNER

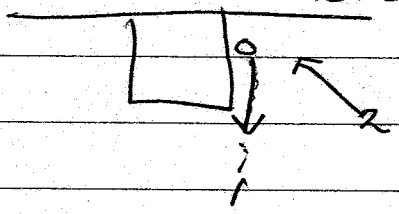


TRIGGER BACKDOOR

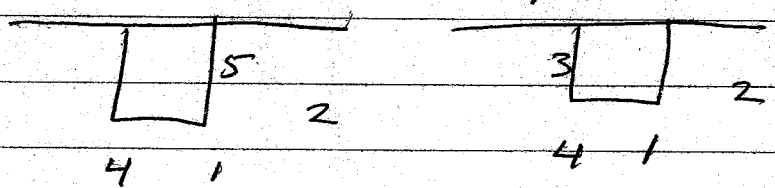
"SQUEEZE"

WING DENIED → POST BREAKS HIGH

WING BACKDOOR



DO A LOT OF 4 on 4 WORK TO EMPHASIZE CERTAIN PARTS



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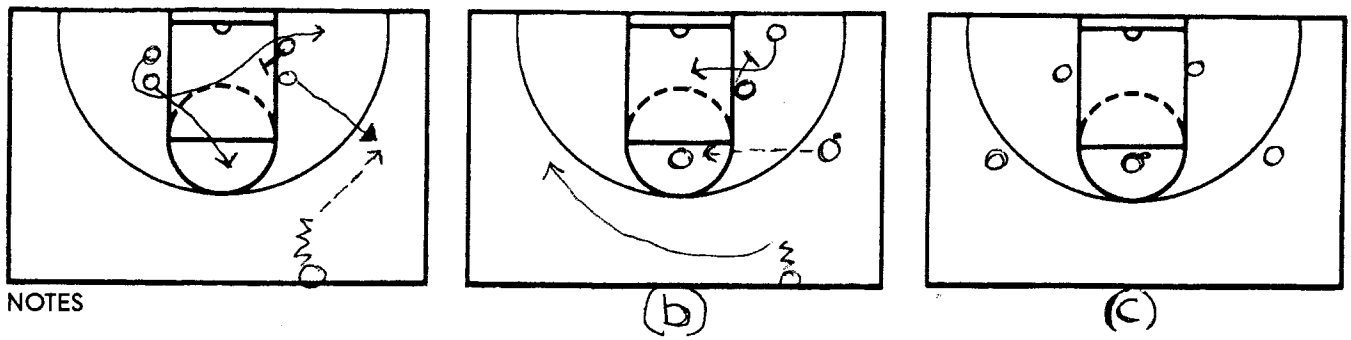
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
www.cbbonline.com

CLINIC Trent Johnson - "1/2 court Offense"
DATE 5-12-06
Las Vegas, NV

Stack Set #1



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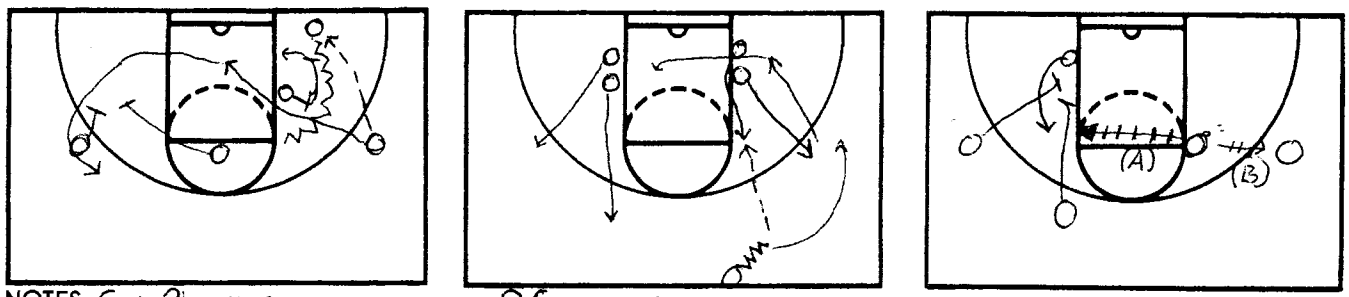


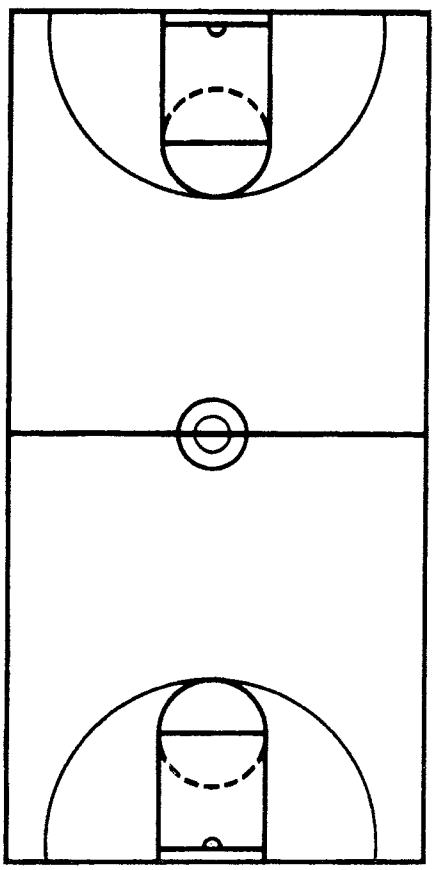
NOTES Set Play #1
(b) - Corner Option

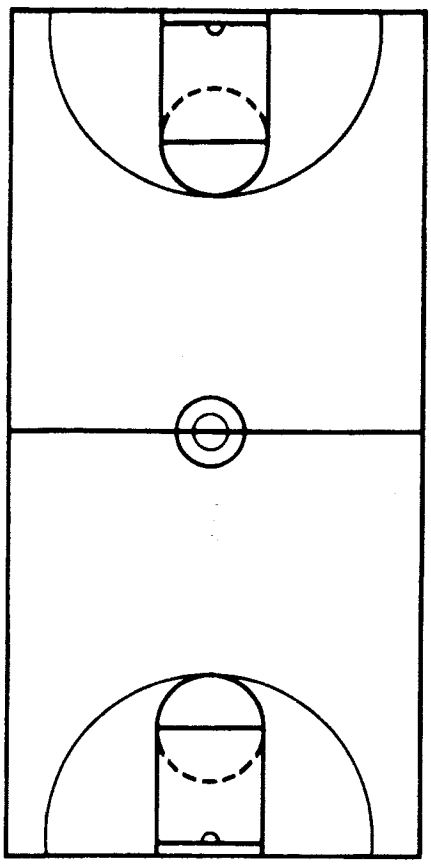
P Series #1

(A) Pass to man off - Double Screen
(B) Pass Back to PG for Pick-n-Roll

JUST DO IT

NOTES





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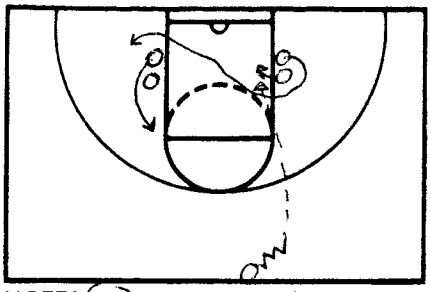
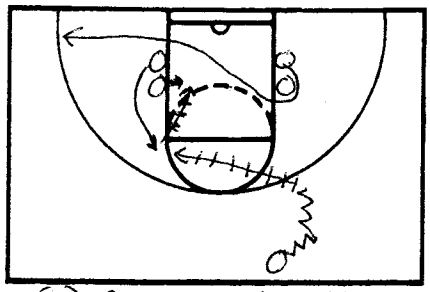
www.cbbonline.com

CLINIC Trent Johnson (2)
DATE

Stack Set #3

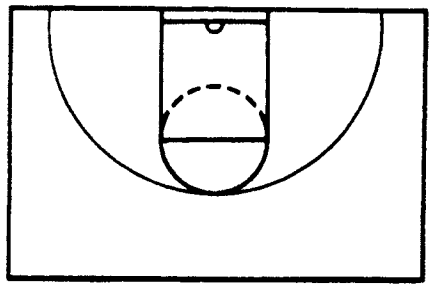


NOTES (a) Duck-in Option

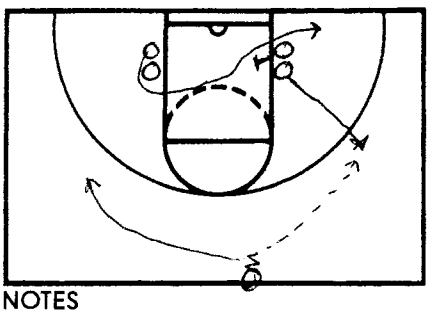


(b) Reverse Duck-in option

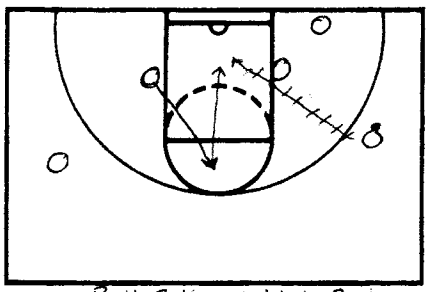
- If initial Duck-in is not open
- If 2nd Duck-in is not open get a block-to-block Pick



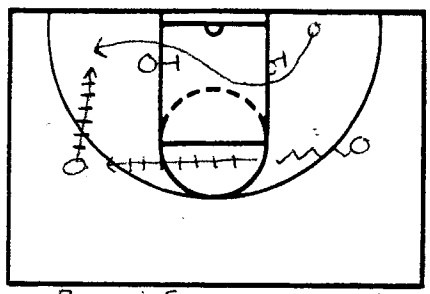
Stack Set #4



NOTES

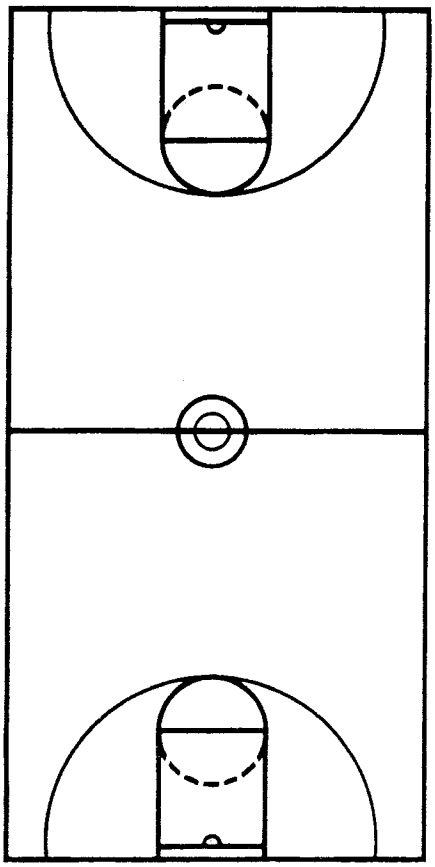


- Ball Fake at high Post
- Look for lob on Back door cut



- Reversal if no lob available

JUST DO IT



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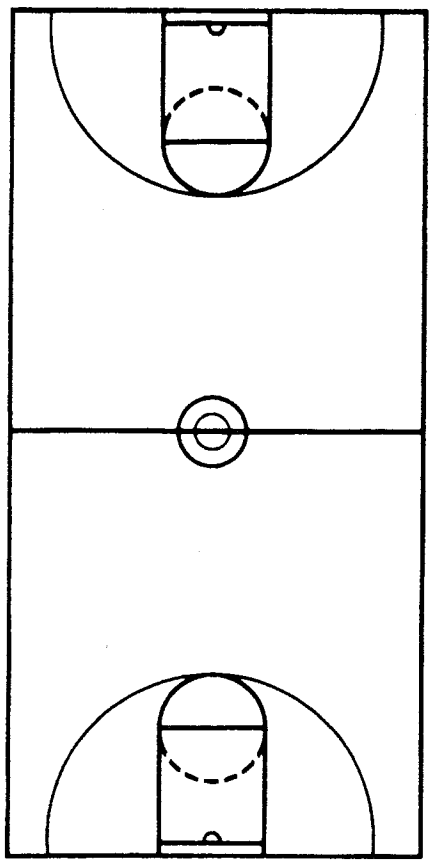
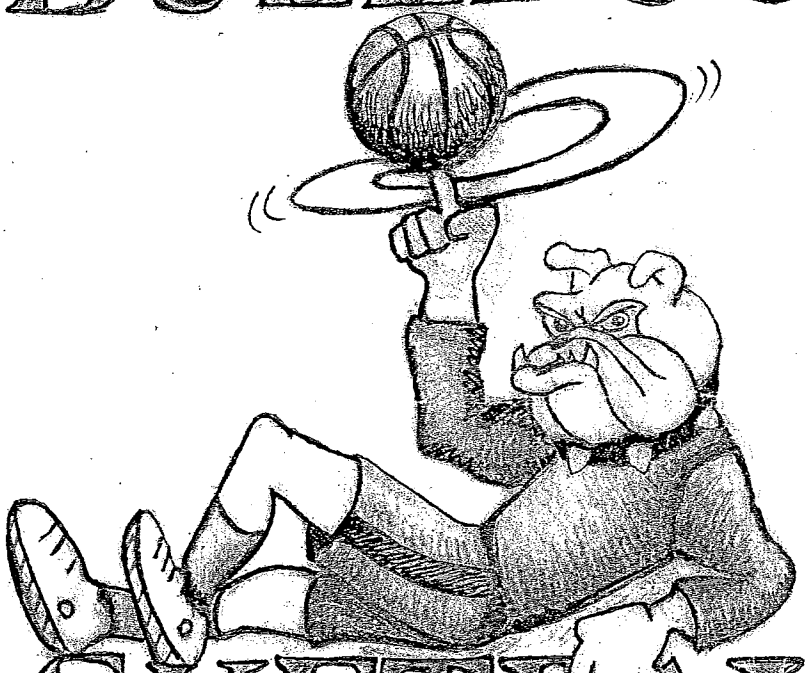


University of Redlands BULLDOG



BASKETBALL

2004-2005 SEASON

The Redlands System

2004-05

1- PRESS

a- Press on Made Field Goals and Free Throws; *deny* inbound passes.
b- Press on Missed Field Goals & Free Throws; *trap* and *scurry.*
c- Full court traps and gamble for steals. Anticipate, think ahead.
d- Trade quick shot by opponents for opportunity at steals and to create a furious pace.
e- Half court defense: create chaos with traps, denials of reversals and skips, force opponents to shoot early.

2- THREE POINT FIELD GOAL ATTEMPTS

a- Play the 3 for 2 game most of the time.
b- Early shots (60% 3's within 7 to 10 seconds) on made & missed field goals, free throws & turnovers.
c- Off of offensive rebounds with "kick out" pass.
d- Drive, jump stop, reverse pivot & pass back outside for open 3's. *"Cut the arc." "Back side screens." "4 men read 'drop'."*

3- OFFENSIVE REBOUNDING

a- Send 4 players to the boards on every shot.
b- Make contact, wedge them under and play for the long rebound.
c- Shoot it early before defense is organized to block out effectively.
d- Offensive rebound & kick out for a 3 point shot by teammate.

4- UTILIZE DEPTH

a- Short shifts, substitute often.
b- Create maximum effort, thus speed & *PACE!*

All of the above create *** More Possessions ***

and thus *** More Shots *** than our opponents.

REDLANDS FAST BREAK

INSTANT OUTLETS

Fast OB w/ long outlets.

FAST PUSH OF THE BALL

"Attack" opponents point guard.
"Straight lines" "Faster than a speeding bullet."

SPRINT LANES

Turn, thrust, pull.
Accelerate to fill lane wide. 2 right, 3 & 4 left.
Shooters spot up and show hands.

ATTACK

With 3's or lay ups within seven to ten seconds.
Catch and shoot.
Immediate drive, jump stop, reverse pivot and pitch to teammate for a 3.

REBOUND

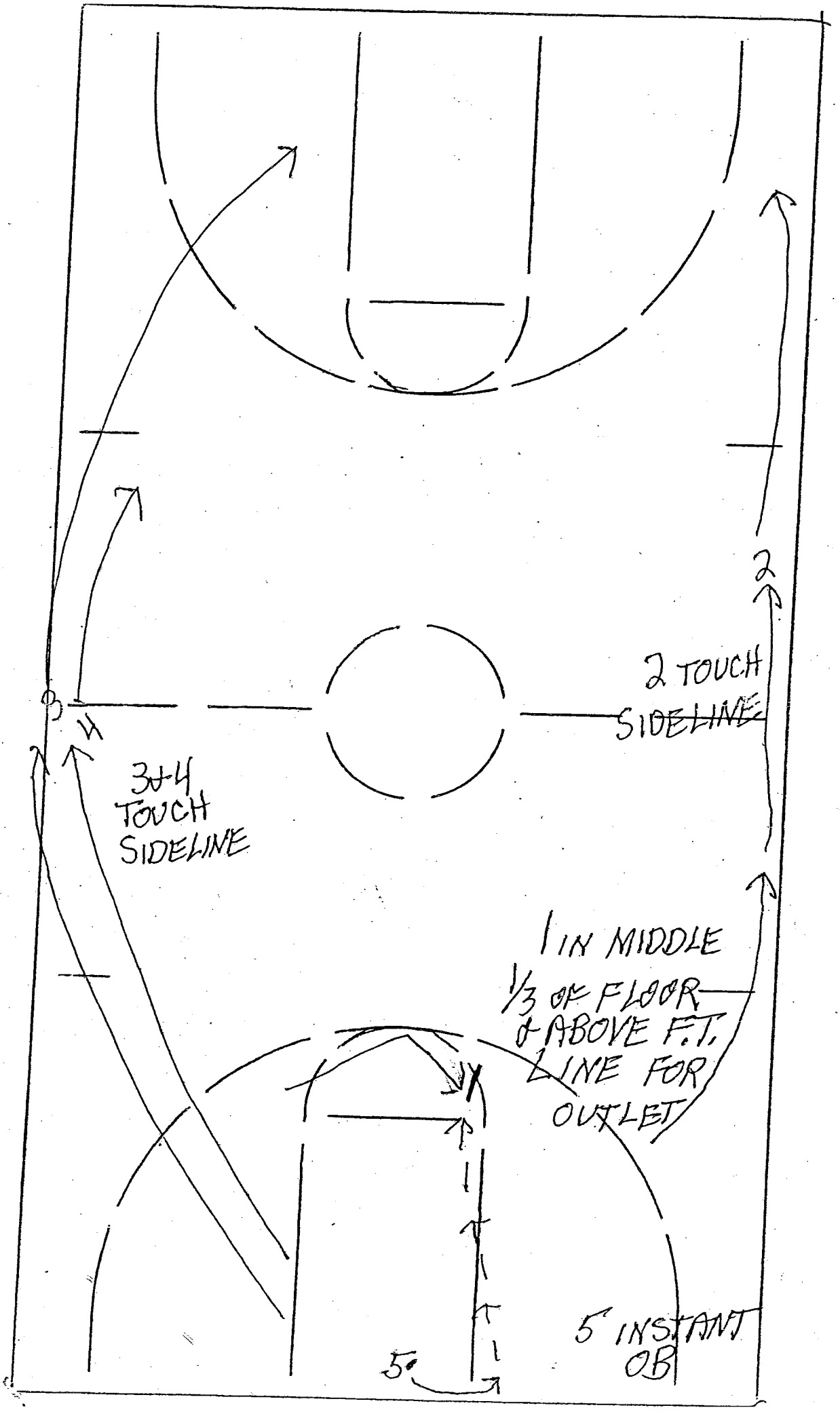
Relentless offensive rebounding.
Four to the boards, surround the ball.
Wedge 'em under with legs and inside arm up.
Be the best offensive rebounding team on the west coast.

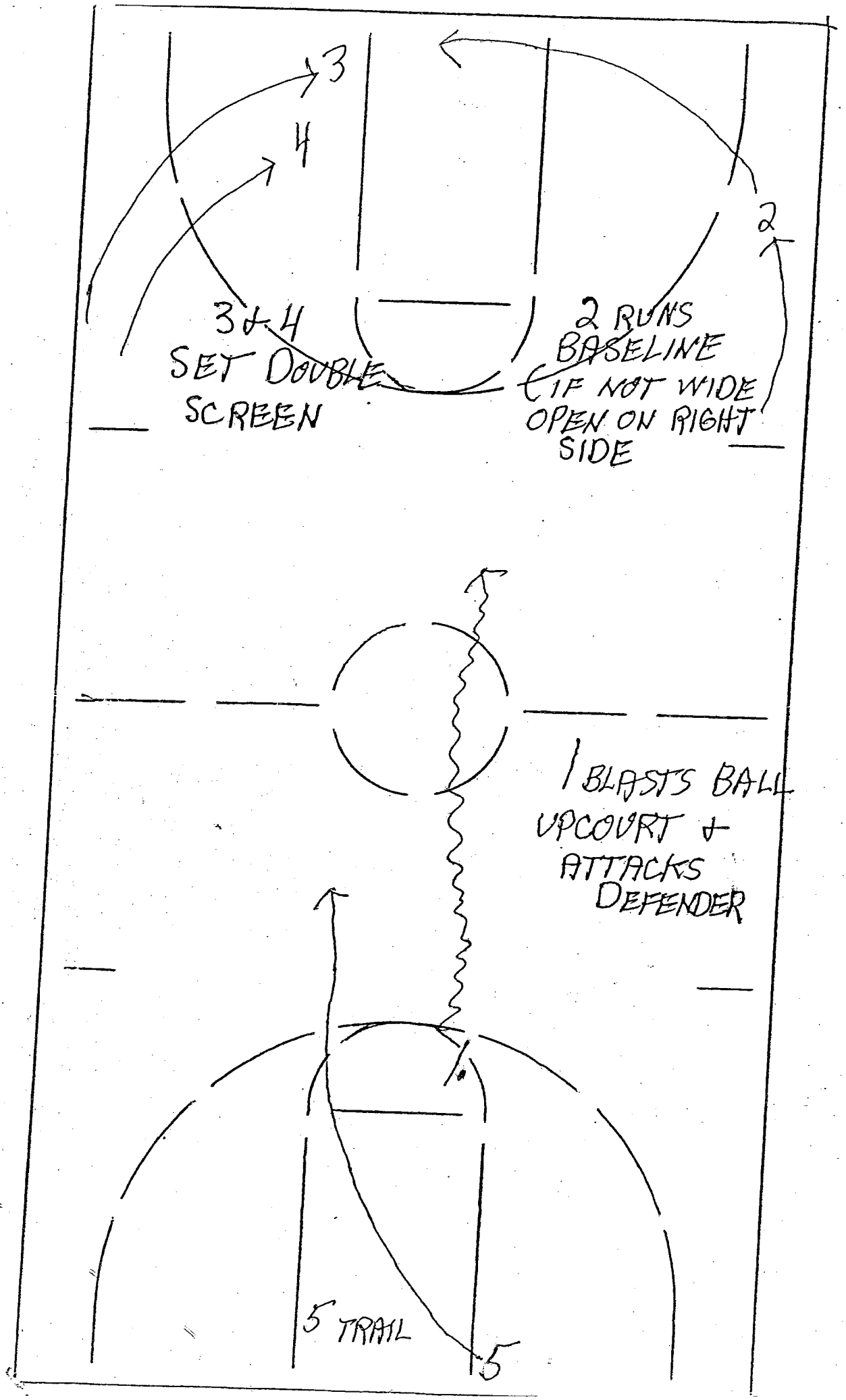
PASSES

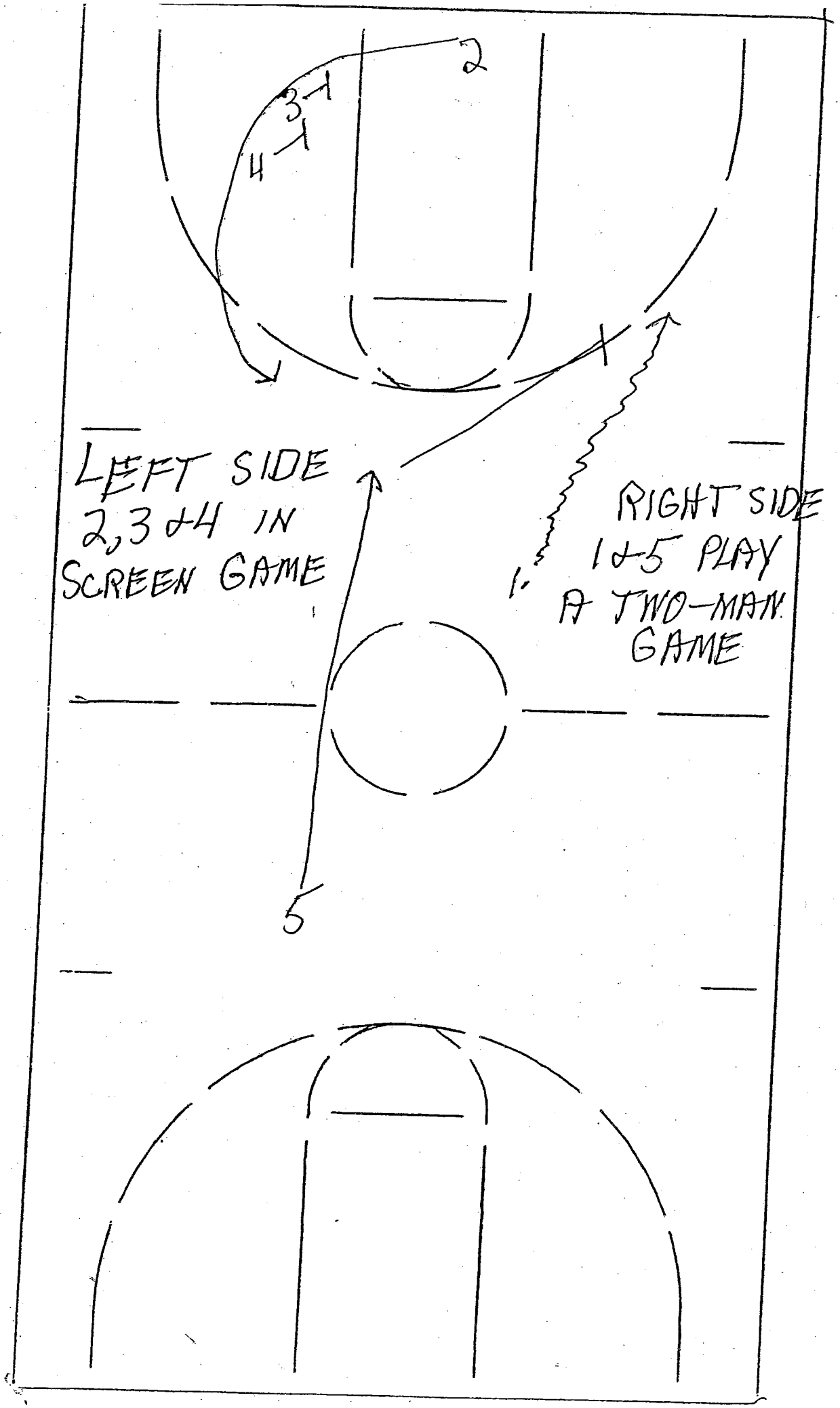
At the chin.
On time.

SHOOTERS

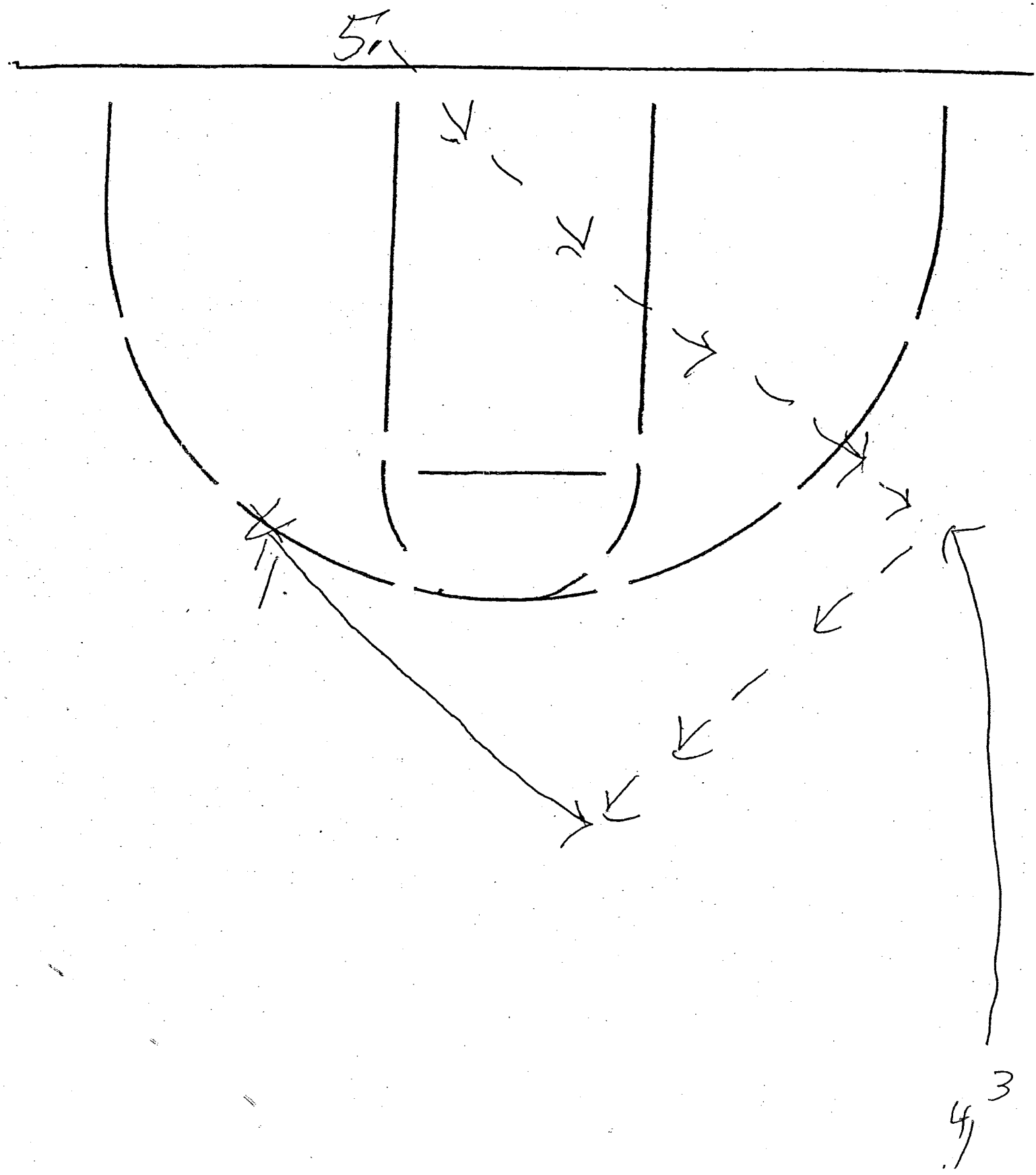
Measured steps. Hands up. Bunny hop (ball in air, feet in air).
No dip. Jump straight up & straight down. 6" or more behind arc.


2
2 TOUCH
SIDELINE
3
4
3 & 4
TOUCH
SIDELINE
1 IN MIDDLE
1/3 OF FLOOR
& ABOVE F.T.
LINE FOR
OUTLET
1
1
1
5'
5' INSTANT
OB


3
4
2
3 & 4
SET DOUBLE
SCREEN
2 RUNS
BASELINE
(IF NOT WIDE
OPEN ON RIGHT
SIDE
1 BLASTS BALL
UPCOURT &
ATTACKS
DEFENDER
5 TRAIL
5


2
3
1
4
1
LEFT SIDE
2, 3 & 4 IN
SCREEN GAME
RIGHT SIDE
1 & 5 PLAY
A TWO-MAN
GAME
1
5

VS. INBOUND DENIAL
5-3-1



Seven Ways Teams May Try to Defend the Bulldogs

1) Lock-on to shooters and chase (follow) the 2 man
2) Switch screens
3) Help off of out 4 man, post defender sags to help on drives while everyone else locks-on to shooters
4) Zone defense
5) Picket Fence. 1 and 5's defenders sprint back to top of key to prevent penetration by point guard. 4's defender might help with this also.
6) Force our point guard to the outer 1/3 of the court
7) Denial of inbound pass-front and back our 1 man

DO YOU KNOW HOW TO COUNTER EACH OF THESE APPROACES?

UNIVERSITY OF REDLANDS MEN'S BASKETBALL
DRILL LIST

SKELETON: 5 on 0 no defense some of these into simulated press, some "perfect" style.

- One Cycle Break
- Fast Break Lanes
- Run the Floor

SHOOTING

* Spot Up 4 spots w/ partner / catch & shoot, on the move, create shot
* Fade – Curl 14 seconds, 1 ball, 3 or 4 per station
*11 1 ball, 1 minute or until 0 or 21, 3 or 4 per station
* 6 Lines 2 ends
*5 Ball full court drill 3 min. usually
* Circle Shooting practice & pre game
* Free Throws streak style, golf style, star drill style,
* Win the Game Free Throws
* 1 & 5 end of break options

DRIVE & PITCH:

- 3 on 0 Drive & Pitch.
- Rapid Fire Curl
- Rapid Fire Fade
-

SCRIMMAGE

- 5 on 5 on 5 (5 on 4 + 1) (make it & take it) (defense goes w/ ball) (offense stays on for X # of trips) (press to half court & other end defense traps in half court)
- 5 on 5 No Press
- 5 on 5 One Team Press
- 5 on 6 or 5 on 7
- 3 on 5 on 5
- 5 on 5 situations
- Possible rules for any of these: 6 pts for successful kick out & made 3, 3 points for a good shot (irregardless of make or miss), minus X # of points for fouls & turnovers
- 5 on 5 2 or 3 basket games
- 5 on 5 on 5 Continuous Half Court*
- 5 on 5 on 5 Continuous Full Court*

OFFENSIVE REBOUNDING

- Triangle 3 on 3
- Scramble 4 on 3
- 5 on 5 Offensive Rebounding and Kick Out

- Kick out shooting (1 shooter & 3 rebounders)
- Rebound & outlet

ADVANTAGE / DISADVANTAGE
* 5 on 0 / 5 on 5 (or 5 on 0 / 5 on 4)
* Progressive fast break 3 on 0, 3 on 1, 3 on 2, 3 on 3, 3 on 4, 3 on 5

WARM UP
- Foot skill running. Also called Racing Form.
- 3 Line Full Court Lay Ups / 3 Man Weave (regular, wide, tight).
- One Cycle Break.

DEFENSE:
- Mass Stance
- 3 on 4 Denial
- One Cycle Break into simulated press
- 5 on 5 One Team Press
- 5 on 5 on 5 Continuous half court / 5 on 5 on 5 Continuous Full Court
- 5 on 5 on 5 (press to half court & other end defense traps in half court)
- Back tip drill.
- 5 on 5 Half Court Defense & 1 or 2 cycles.
- Simulation trap drills (in half & full court).

UP-TEMPO DRILLS USED IN PREVIOUS YEARS:
5 on 2 / 5 on 3
5 on 3 / 5 on 4
3 on 2 / 2 on 1
1 on 1 full court
Pairs shooting
Pantomine shooting
Snap back shooting W shooting
5 – 1 inbounds drill
Team Trail Post
5 -1 – 1 – 5
5 – 1 – 3 long

BULLDOG BASKETBALL PRESS CONCEPTS:

Made Basket Press: *OBJECTIVE is to force the pass over our head; go for deflections and steals and create PACE.*

1- Immediate pick up of "near man".
2- 4 man get up on OB man's throwing hand. Alternate cadence jump with arms extended – distort vision and force a lofted pass.
3- 1, 2 & 3 men turn and deny the "near man" (the closest man to you after basket is made). Point at this man and call out (talk) his jersey number.
4- 5 man is deep but has a man, he attempts to pick up the opponents deepest man. Seldom will our 5 cross half court in the initial phase of our press. If 5's man comes up this will force someone else (1,2or3) to become deep as 5 will continue to deny. 5 is a gambler, get up and go for steals.

Denial Fundamentals:

a- Vision w/ ball and man, b- wide base, keep feet apart (6" wider than than shoulders) and use small push-steps to move horizontally or vertically, c- when necessary use a complete "crossover" move to catch up to man (turn hips and run) and then get back into denial stance, d- keep a small "gap" between you and opponent, e- stay in a "quiver".

If an inbound pass is completed in front of you: *OBJECTIVE is to force a long diagonal pass down court.*

- Near men look to trap. "Run to your teammate" w/ active feet & hands. Do not allow the trap to be split.
- Get into lag lane (1st reversal) and the middle &/or sideline lane.
- Our "deep" player (often the 5) must get up to gamble and anticipate lanes also.
- Keep vision so you can "anticipate" – distance and speed are key ingredients. Move the instant the passer releases the ball, anticipate his pass.

Missed Basket Press: *OBJECTIVE is to apply immediate full court pressure, go for steals and create pace.*

1- Our "deep" player is whoever took the 3 point shot (or in the event of a 2 point attempt whoever is the deepest man on the floor at that time). This man is responsible for deep but gambles and anticipates immediately.
2- The two closest defenders to the rebounder will immediately trap him. The other two defenders will "scurry". They get up on the floor, anticipate passing lanes, go for steals and apply intense pressure.
3- If the ball is successfully passed out of this trap, the next trap in the backcourt is up to the near defenders.

KEYS:

- Immediate transition from offense to defense.
- "All out" effort.
- "Aggressive" full court mentality.
- "Anticipation" and thinking ahead.

DAWG TERMS Summer 2004

Pace
Keep the clock running.
Thievery in your soul.
Deflections.
Skip lane.
Trap with active hands.
Sprint outs.
Quick pick ups. Point.
Read "quality of trap".
Run & cut – re-trap.
Run to teammate.
Anticipate & gamble.

Fouls negate hustle.
Active feet, chop steps.
Lag lane.
No overruns.
No splits.
Back tip.
Hard denial.
Close trap together.
Inside-out / Outside-in.
Vision.
Think 2 passes ahead.

Instant outlets.
Attack opponents point guard.
First three steps.
Accelerate wide.
Run for your teammates.
Catch it shooting.
No dip.
ATTACK
Talk and signal the cut.
Feather pass at shooting pocket.
Jump stop and reverse pivot.
Kick outs.
Pick and roll.
Cut the spot.

Faster than a speeding bullet.
Middle 1/3 of court.
Turn, thrust, pull.
Keep middle of floor clear.
Message of the pass.
Bunny hop.
4-7 seconds, 7-12 seconds.
Curl / fade / trail / slip / dive.
Carry hands high.
2 dribble drive.
Float.
Pick and pop.
4 to boards.
Balance deep.

Fade—curl—trail—fade.
Spot up.
Pairs
5 on 5 Continuous
5 on 0 / 5 on 5.
5 on 5 on 5 make & take.

Mass Defense Denial
3 on 4 Denial Drill
5 on 5 One Team Press.

Platoons

6 Lines.
5 Ball Shooting
2 Ball Shooting
Fast break lanes.
One Cycle Break
5 on 5 no press.

Mass Defense Trap
5 on 5 Continuous ½ ct. & full court.

Shifts

Our half court defense is also designed to create pace. Here we trap most everywhere on the floor and send one defender to lag lane while another has either the skip pass lane or the corner lane (usually the skip pass lane). The 5th guy is our deep man assigned to the key. He is not there just for basket protection as we want him gambling with passing lanes. We have additional rules in the half court but very generally this describes it.

I hope this material has been helpful to you in understanding the very basic concepts of the "system" as we run it at Redlands.

Sincerely,

Gary Smith
Men's Basketball Coach

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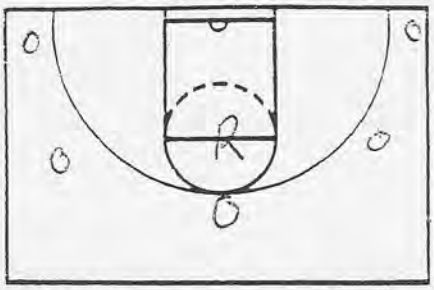
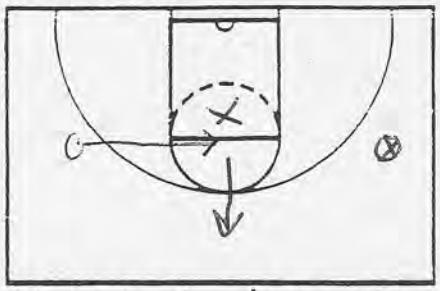
CLINIC Open Post
DATE Lebron Perkins

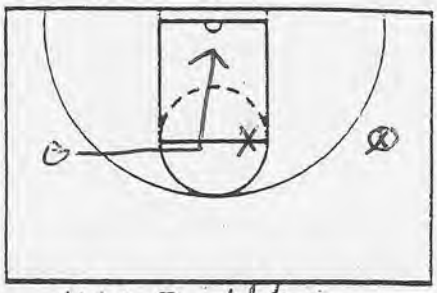


NOTES
Five spots

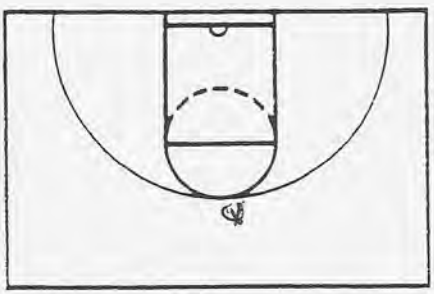
Read spot Rules



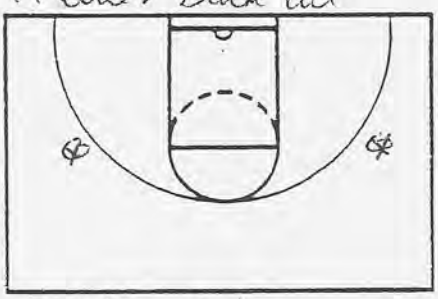
If defender below FT line: Back cut
If defender is even/above FT line: Back cut



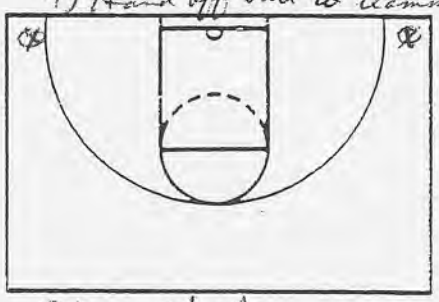
Use Dribble to
1) Drive or Drive/Shoot
2) Get out of trouble
3) Improve a passing angle
4) Hand off ball to teammate



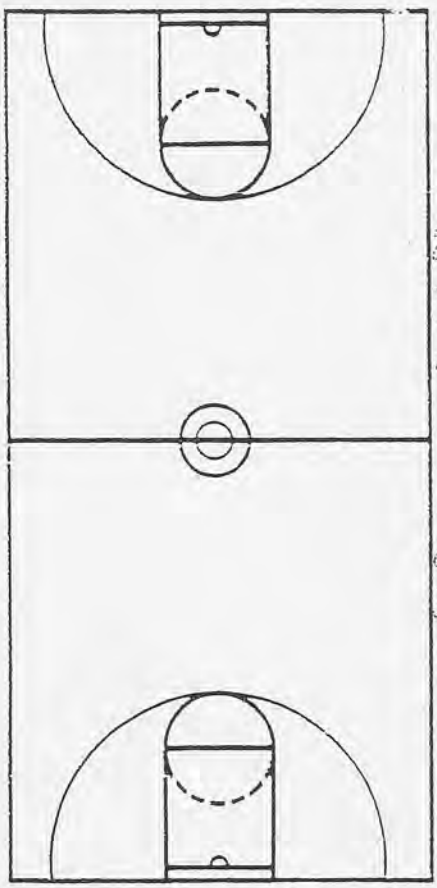
NOTES
Look to shoot / drive



Catch and face
Drive → Drive/Shoot

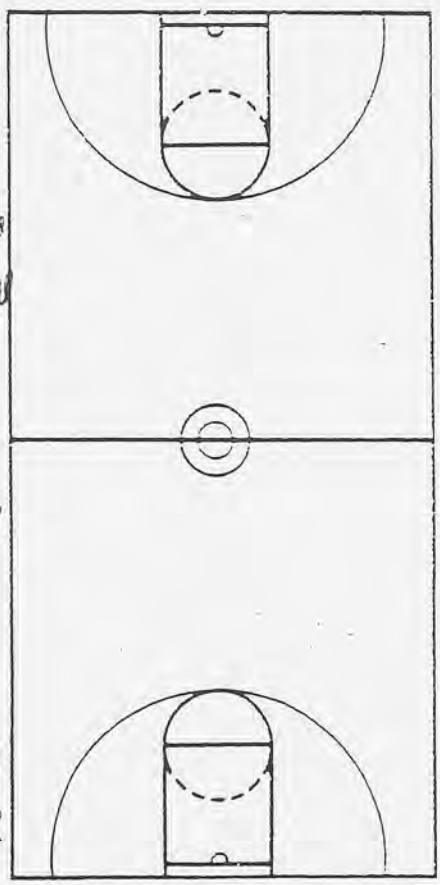


Stay alert
Don't hide
look to cut



NOTES
Reasons to use:
1) Spacing
2) Adaptable to team/talent
3) Teach skills of basketball
4) Fun to coach/play

Rules
1) Fill 5 spots
2) Fill spots closest to ball
3) Cut thru read spot
4) Back cut vs overplay
5) Dribbled at: Back cut
Dribble Hand off
Ball screen



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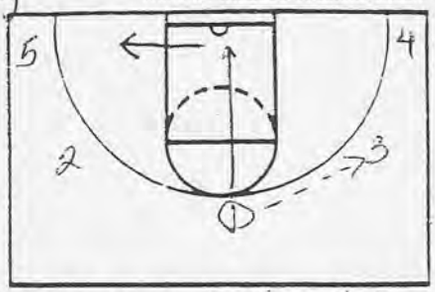
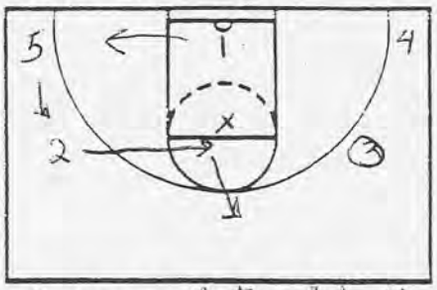
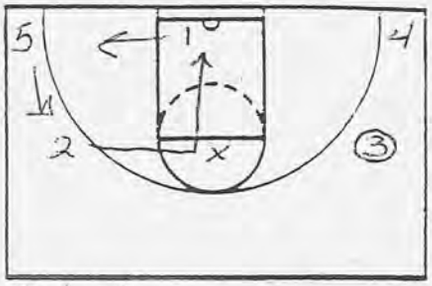


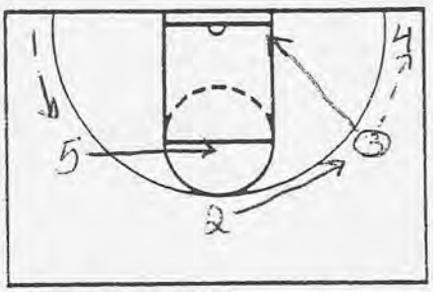
NOTES vs aggressive defense
1) Pass & basket cut
2) Back door overplay



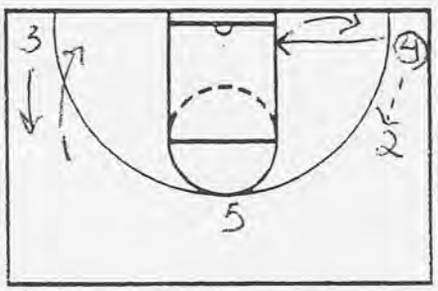
2 pops cut toward ball not straight out.
Defender underplay



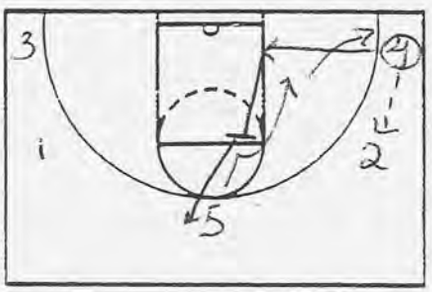
Defender overplay at red spot

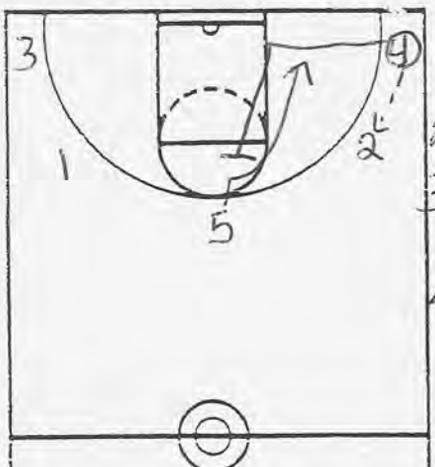


NOTES Wing to Corner

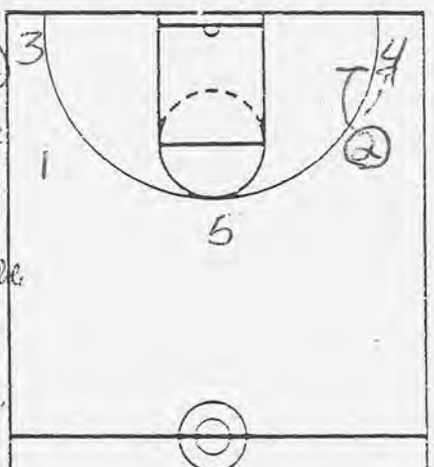


Corner options:
1) Pass to wing cut & replace self (3 & 1 can interchange/screen to keep weak side busy)
2) Drive
3) UCLA action





NOTES
1) Catch & face basket (pull)
2) Be ready on weak side
3) Use dribble to attack
Improve pass
get out of traffic
4) Reverse ball → Might reverse ball 5/6 x's facing quiet D"
(a standing defense wins)
(Shot selection should be your choice, not something dictated by the defense
5) Visual & Verbal cue for screens TALK
6) Cut to ball → Shorten passing lane
7) Get rebounds



Entries

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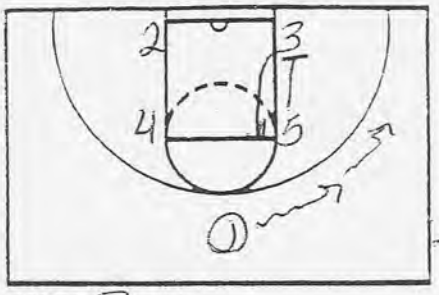
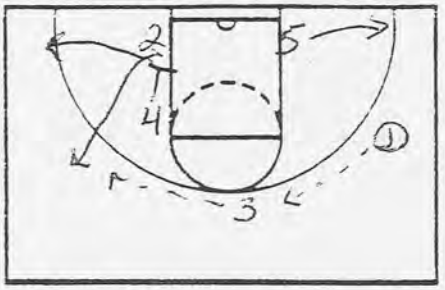
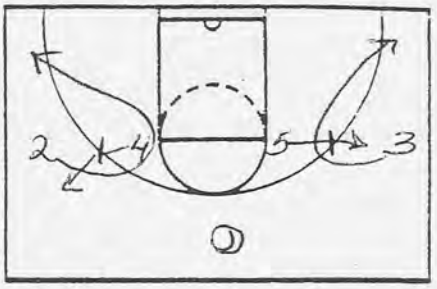
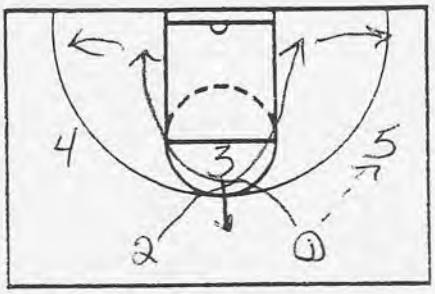




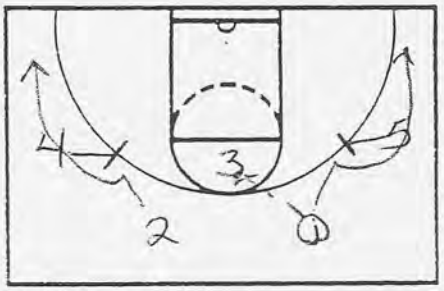
NOTES Box



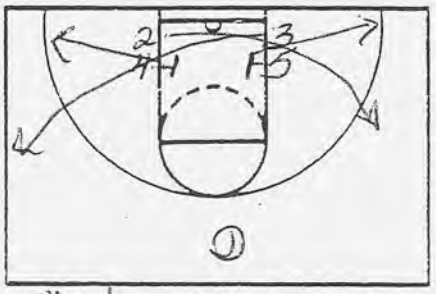
1-4



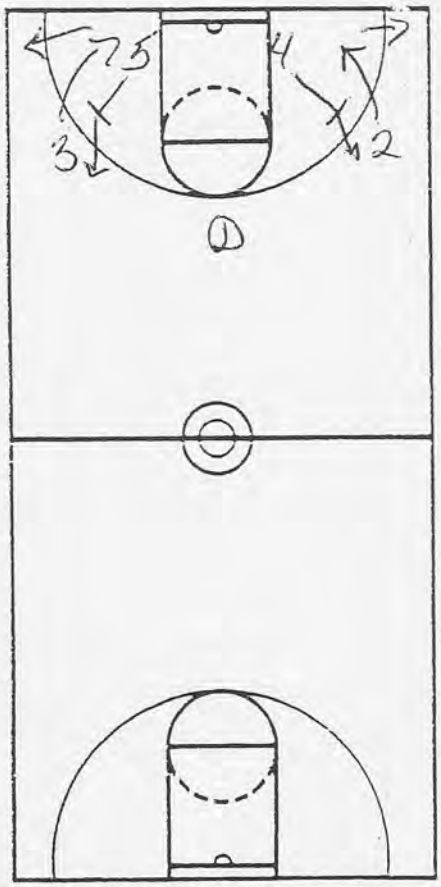
NOTES 2-3



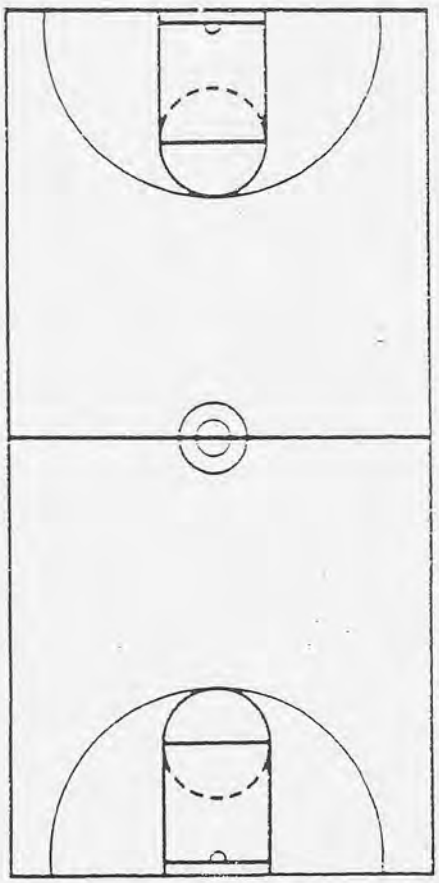
Flares



Stacks: 2/3 can pop out
or
2/3 can cross



NOTES
1-2-2
Basic



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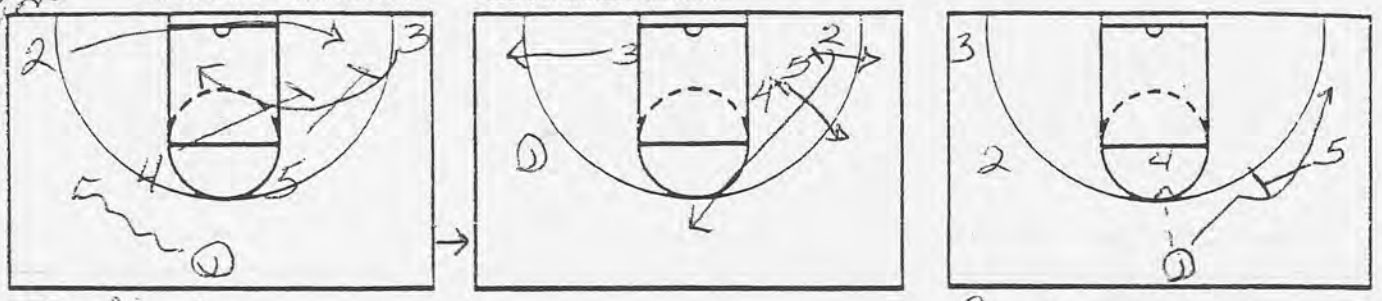
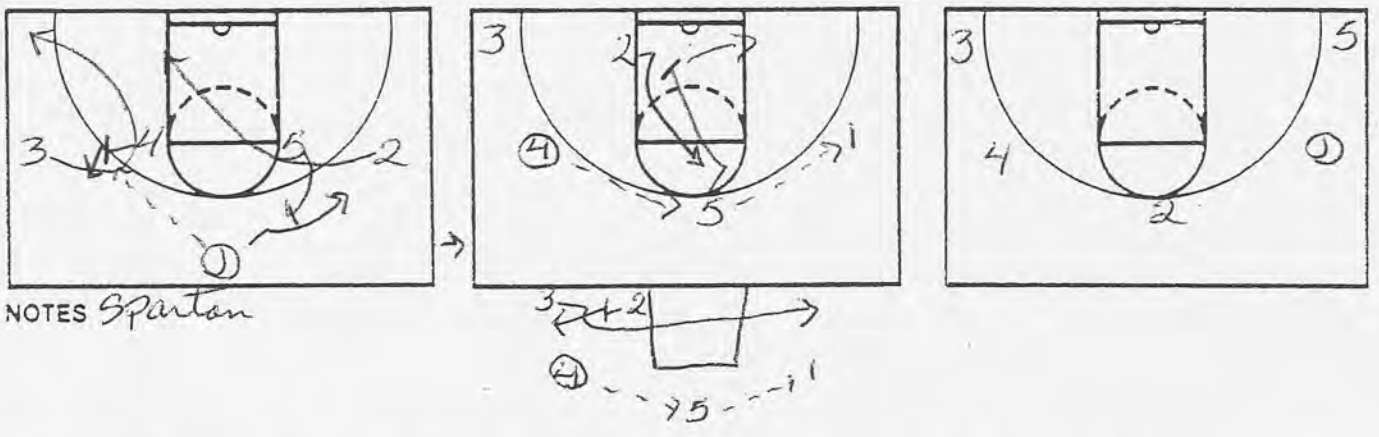
Baseline Option

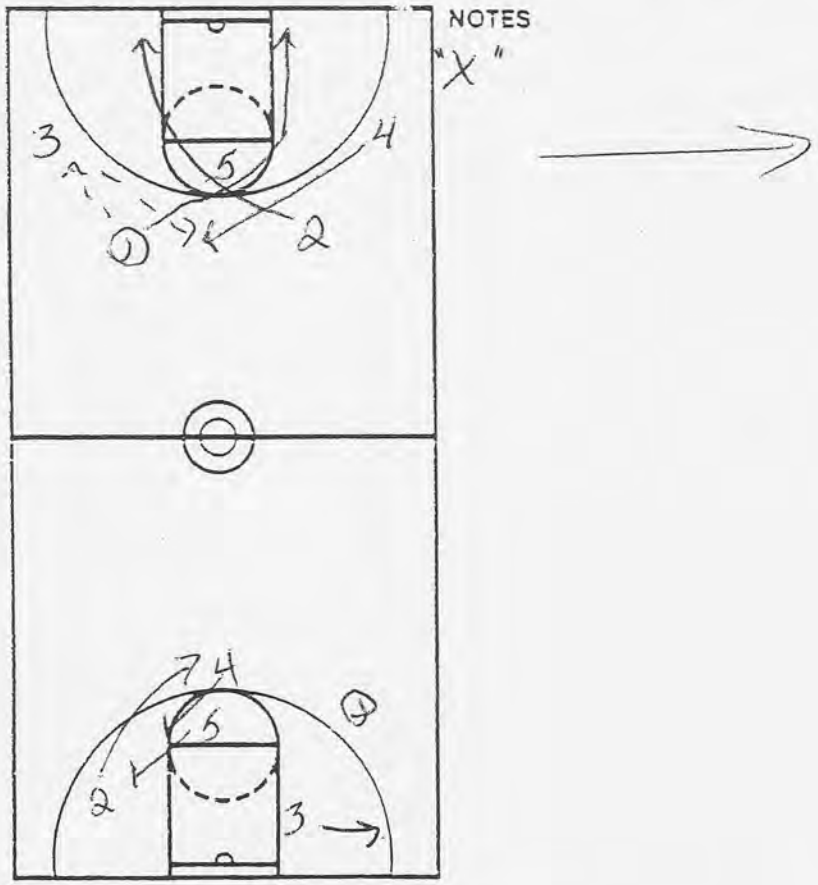


NOTES Circle

Cavs



NOTES Spartan



NOTES "X"

Post Option

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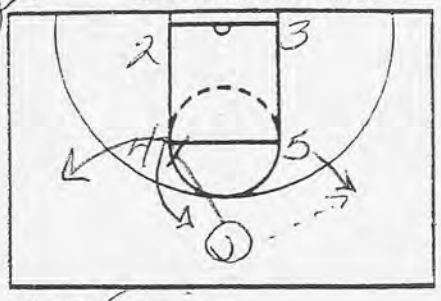
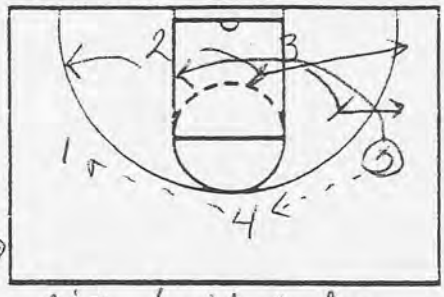
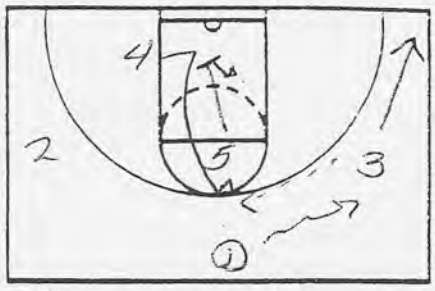


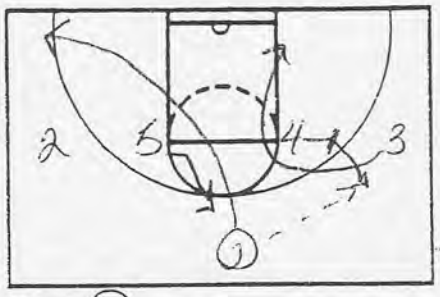
NOTES Sonic



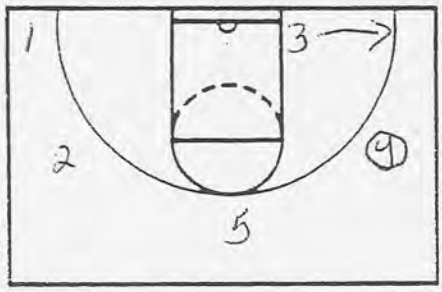
2 & 3 double back screen for 5

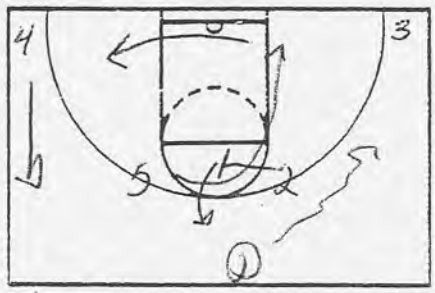


Bang

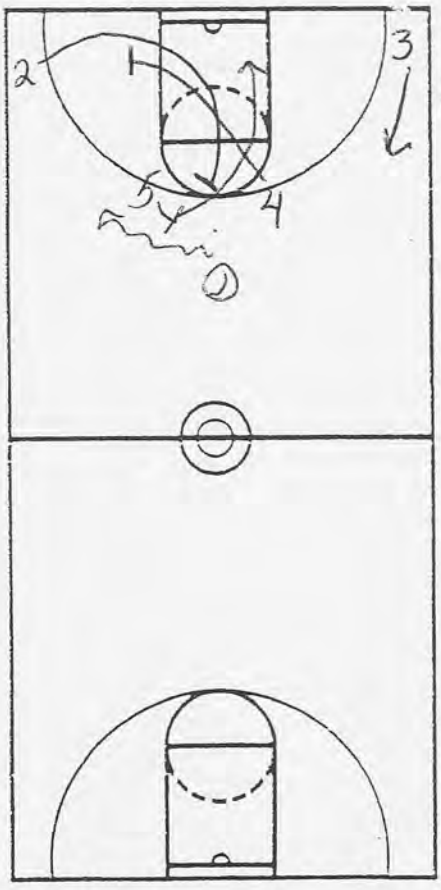


NOTES Drop



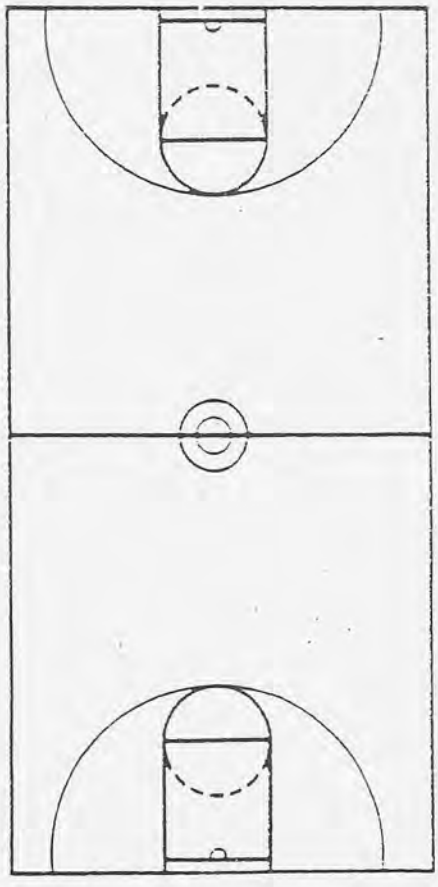


Hawk



NOTES

Lob



Pick & Roll

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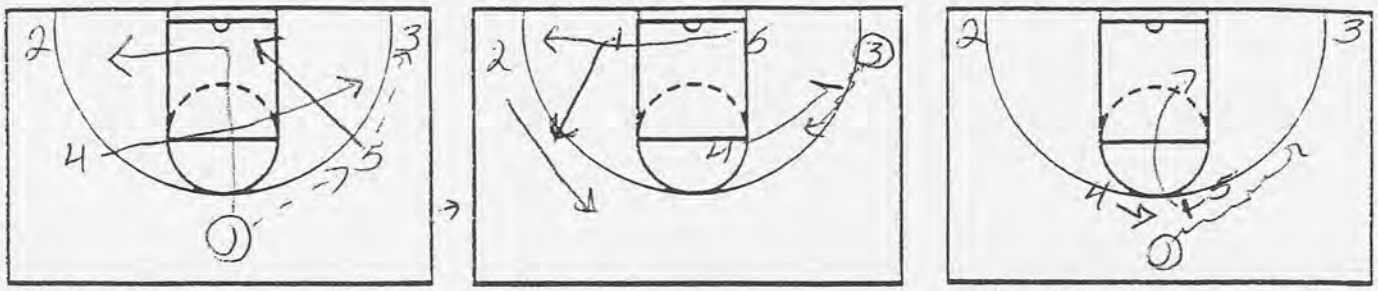
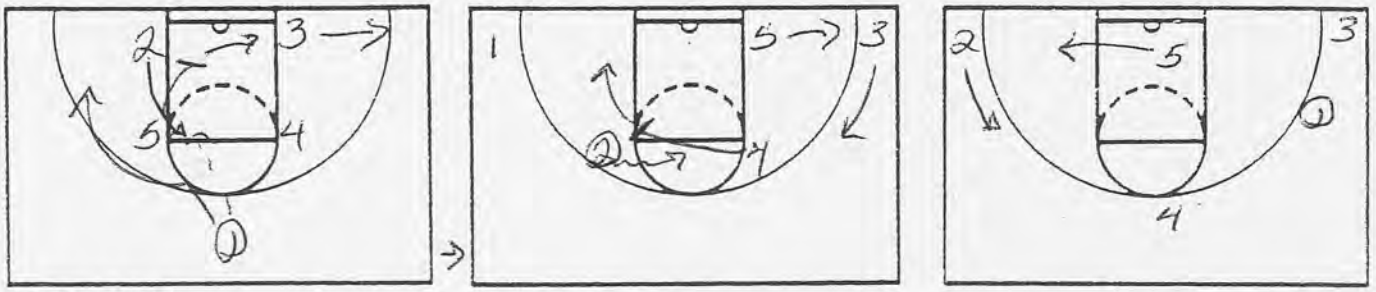
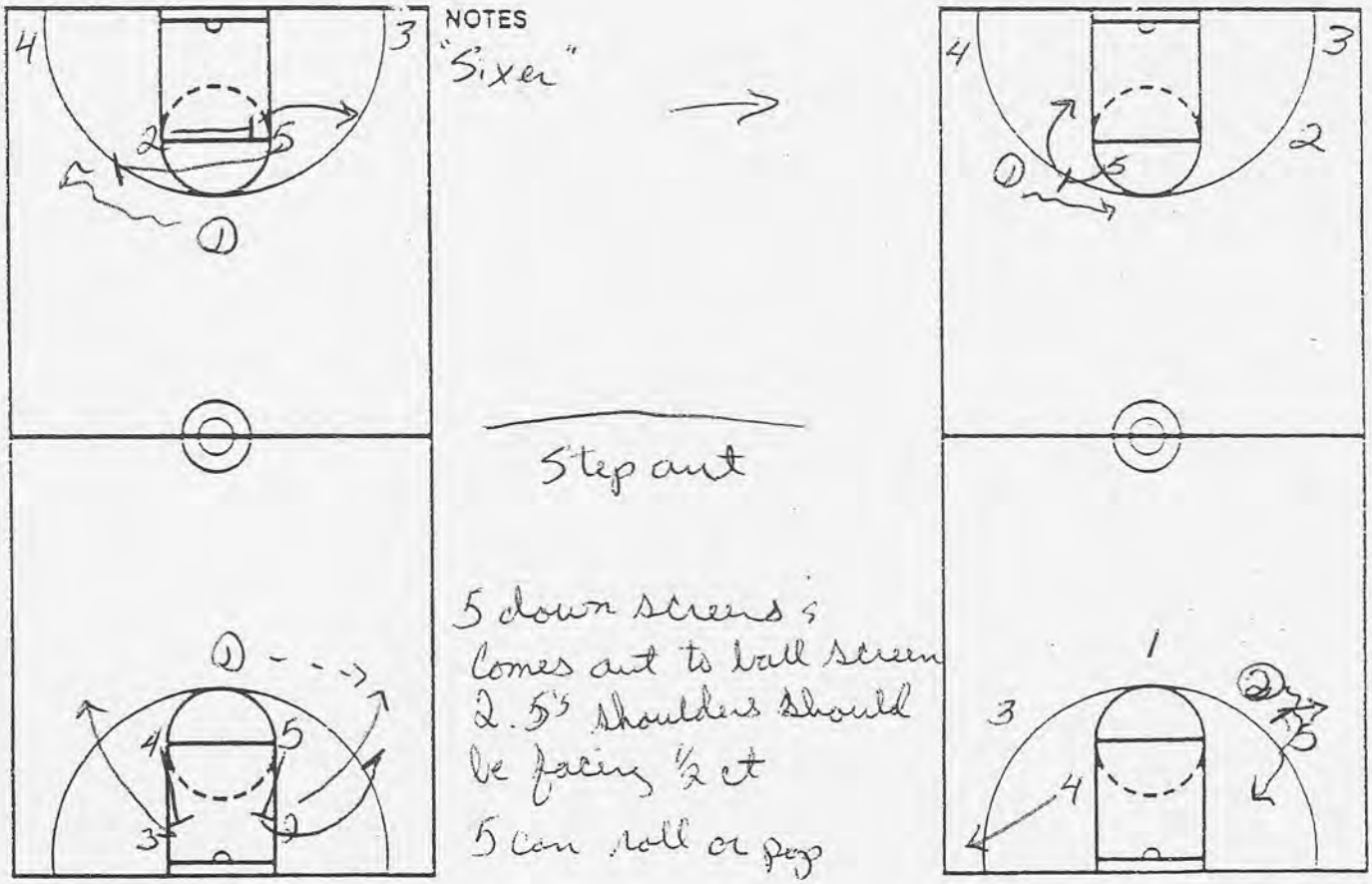


NOTES Corner

Double



NOTES Elbow



NOTES
"Sixer"

5 step out

5 down screens & comes out to ball screen 2. 5's shoulders should be facing ½ ct

5 can roll or pop

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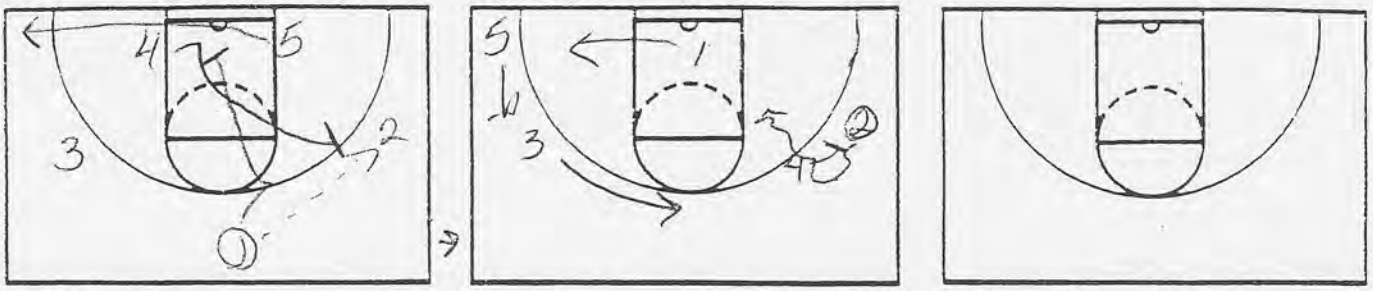
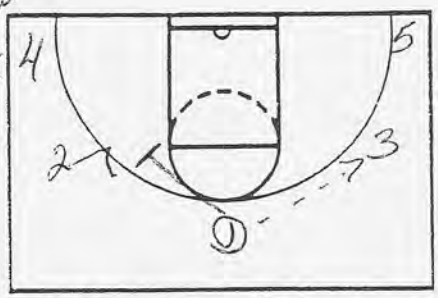
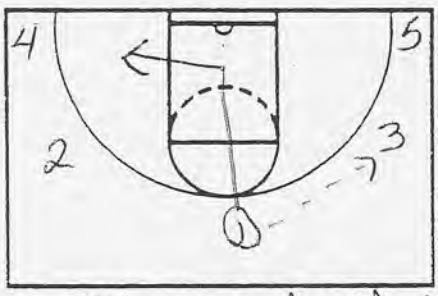
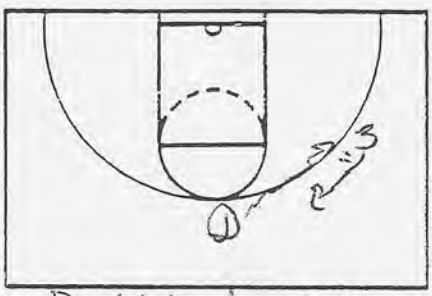


NOTES Side

Special Agent



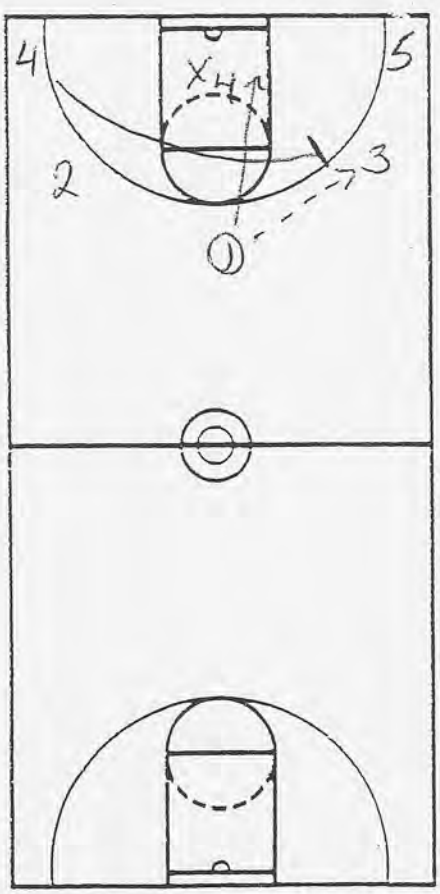




NOTES If the def switch: 1 screens his own defender

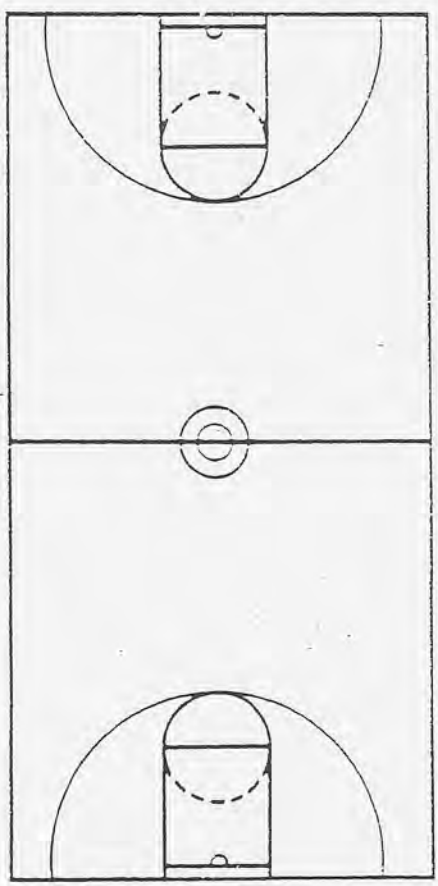
If weak ball handler Cutter rule: 2 is weak player => always back cuts

Dribble handoff
1 dribbles at 3's defender



NOTES

Ball screens
X_4 is big past "Zoning" up on defense (Cooped out in lane).
X_4's man comes from where ever he is to ball screen



Practice Drill

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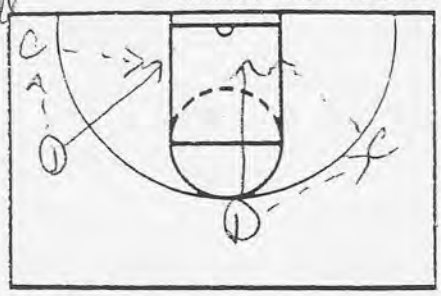

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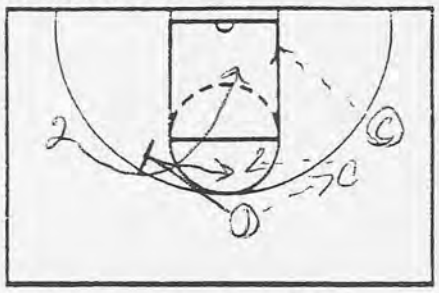
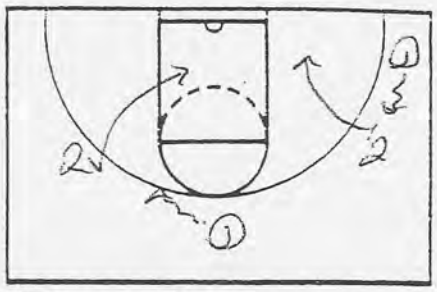
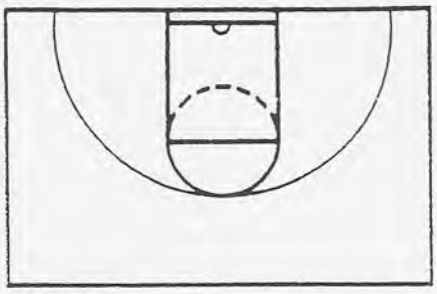


2 ball shooting
From all spots



Drive/back cut/lay up



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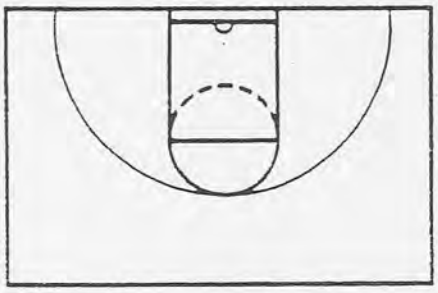
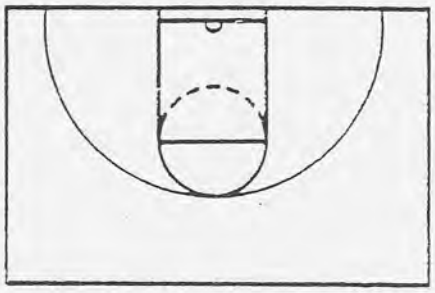
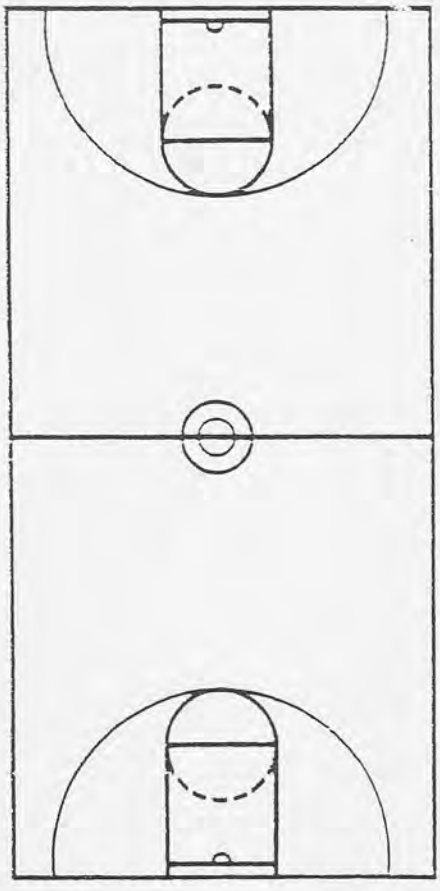
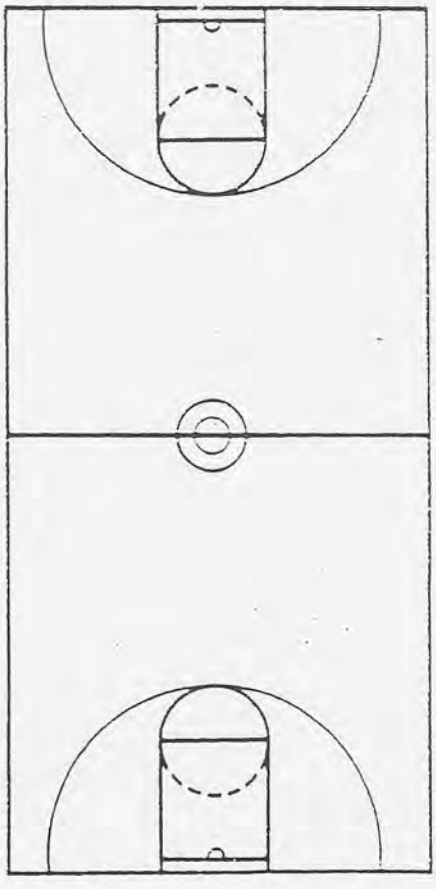






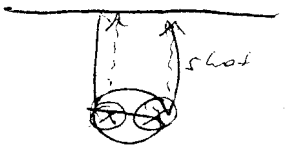
NOTES

Game Shots
from
Game Spots

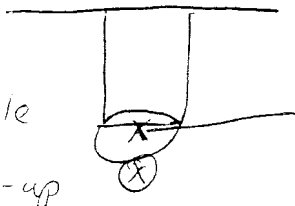


UMKC Matt Brown
Individual Offensive Fundamentals

- Backboard Shooting
  - 2 People @ same time
  - Shoot off backboard, get to come back to you (No Rim)
  - Catch ball w/ feet in the air (catch ready to shoot)
  - Soft Hands / Great Seems
  - Get Your Chest Over Your Shoes (Body Weight Almost Going Forward)



- Cont
- Shoot off backboard
- Shot fake, one dribble or continuation to lay-up

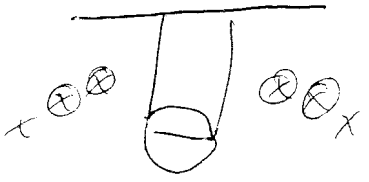


- Stand with hands out



must drive ball under arm off of hip
- Stay low and tight

- Pop Eye Shooting
  - All Back Slots
  - Rebound Chest Pass 12-14 ft
  - Walk Into Slot



- Make 4 as an individual / then just rebound
- First side to 12 wins drill

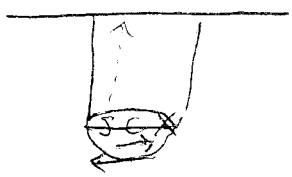
- 22 in 2:00
  - Shoot Outside 3, inside 3, outside 3, Moneyball – Partner Shoots Moneyball
  - All 3's worth 2, All 2's worth 1, Moneyball worth 3

- 50 3's in 5:00
- 20 3's in 2:00
  - Shoot 3, Shoot inside 3, Repeat
    - Look to make the goal
    - Good Conditioner

- Carry the Pizza
  - Keep Ball in Pocket
    - 2 Eyed Shooter

- Spin Out / Catch w/feet in Air / Carry Pizza / Look through Window as 2 Eyed Shooter

- More Backboard Shooting
  - Simulating coming off screen
    S = shooting
    C = coach
    X = player / hand slapper



  - Shoot / slap teammates hand on other side of coach
  - Rebound should be coming back by then for shooter to work on footwork pivot as if coming off screen
  - Shoot off backboard again

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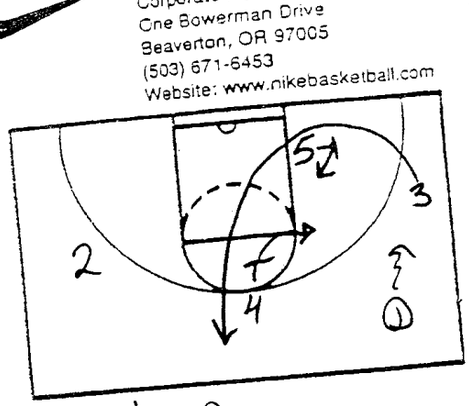
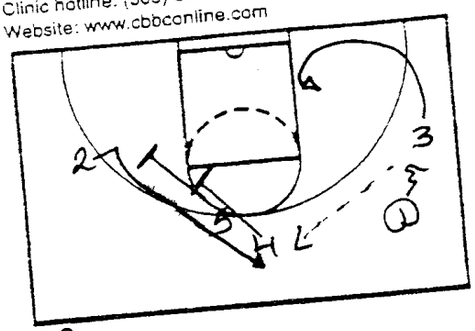
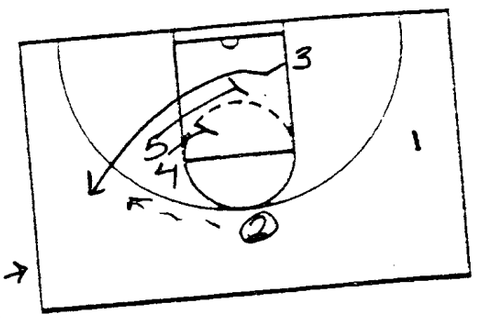
CLINIC
DATE Loren Perkins

(1)

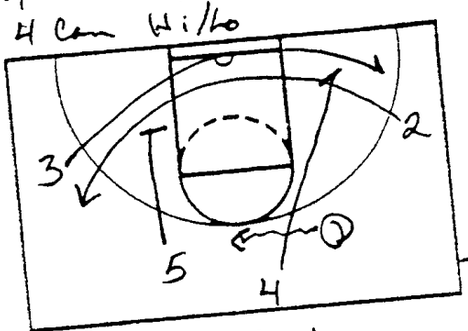


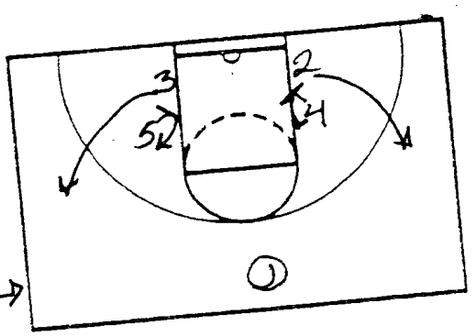


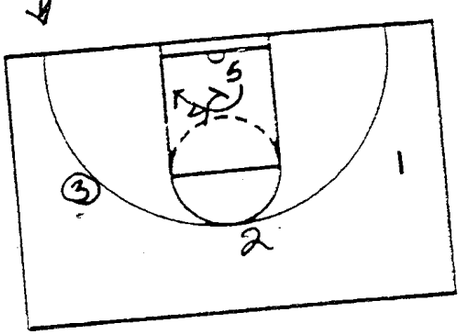


Away

NOTES Loop
5 Cam post after screen
4 Elbow flash " "
4 Cam W/Lo

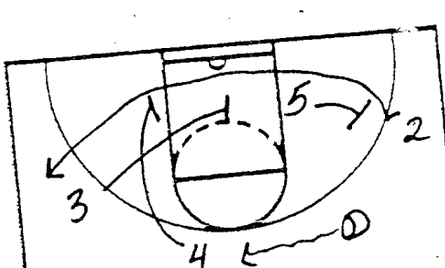


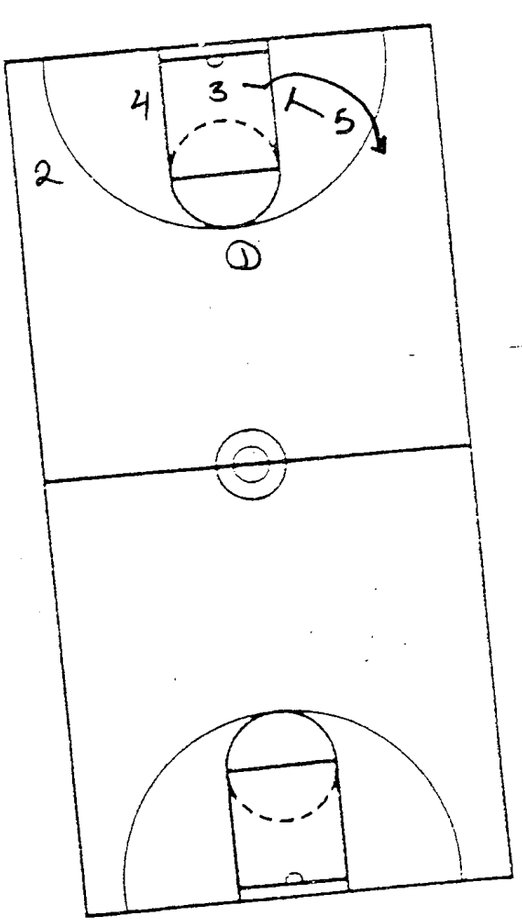


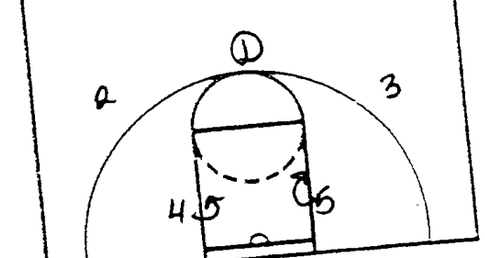


NOTES Basic Cut

NOTES
Triple







CLINIC

DATE Jason Perkins

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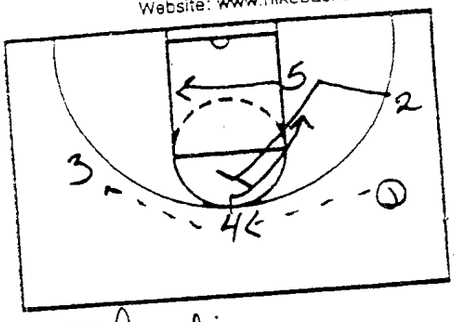
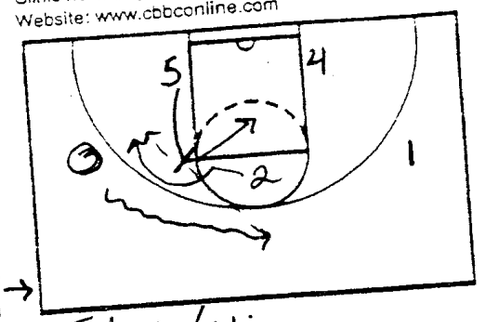
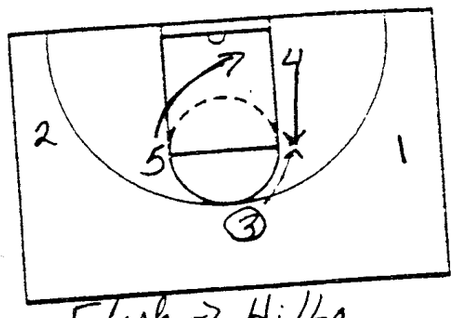


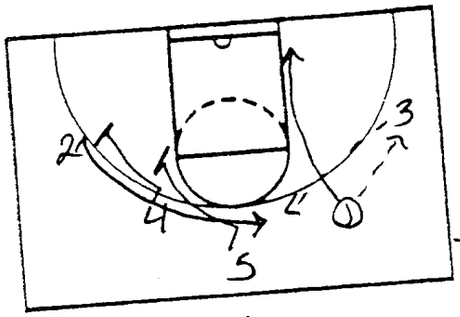


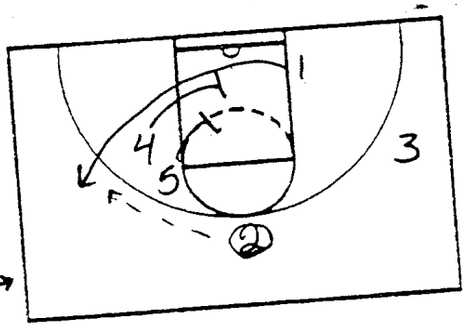
Flare/Slip

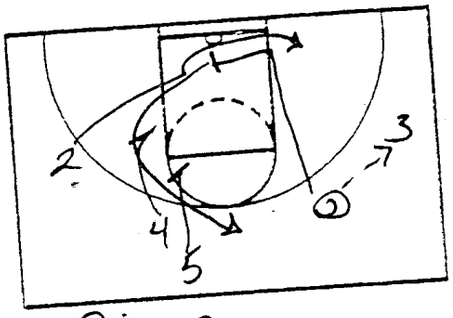


Flash → Hi/Lo

NOTES Carolina

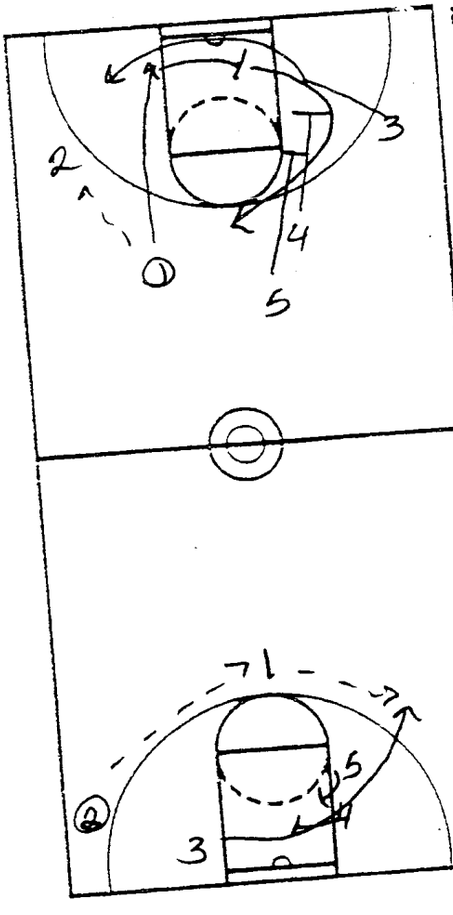






Dive 2

NOTES Dive 1



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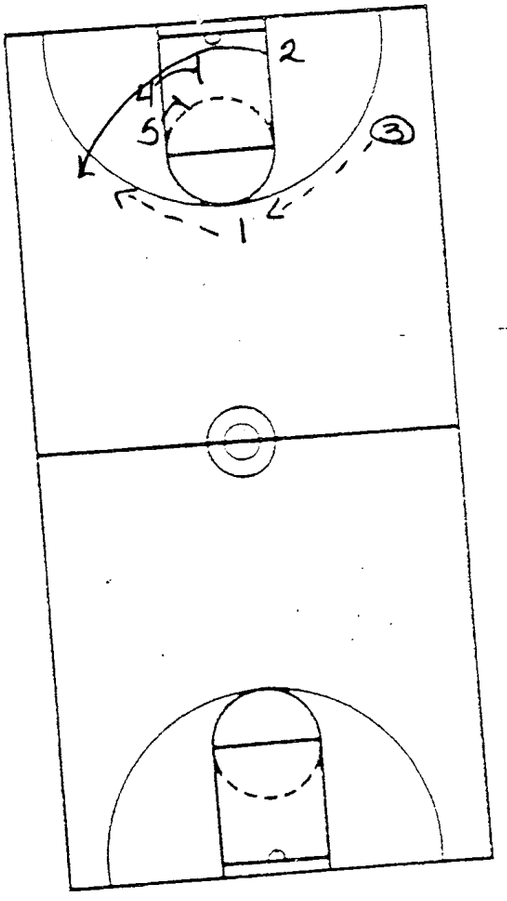
Dive 3



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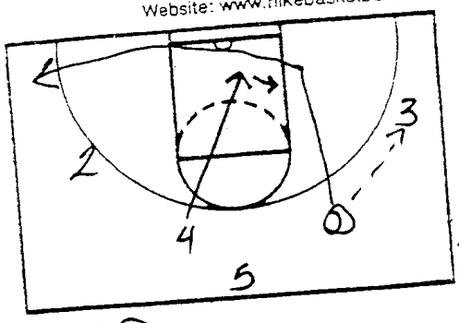
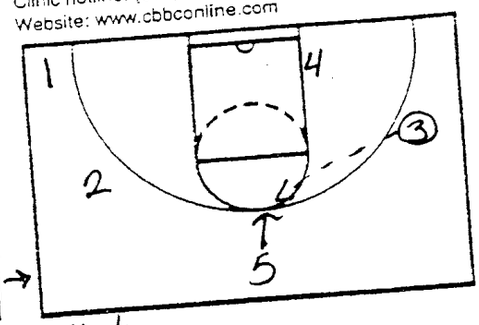
DATE

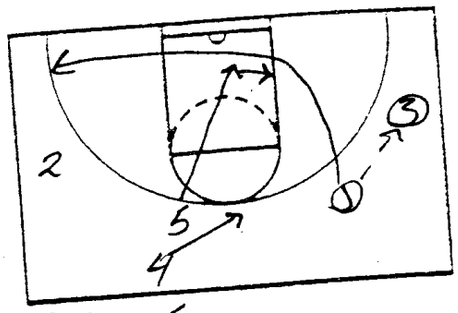
Jason Perkin

(3)



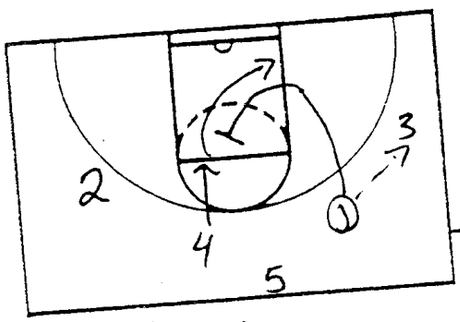


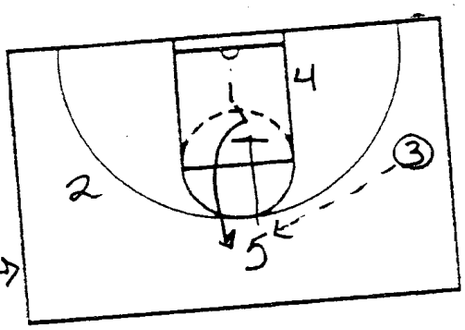
Hi/Lo

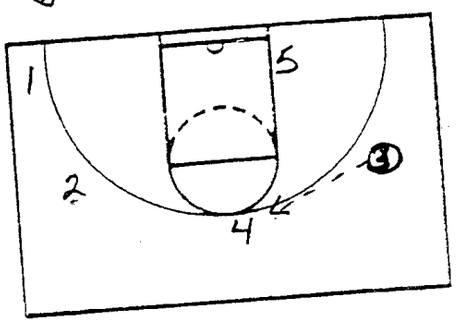


Dive 5

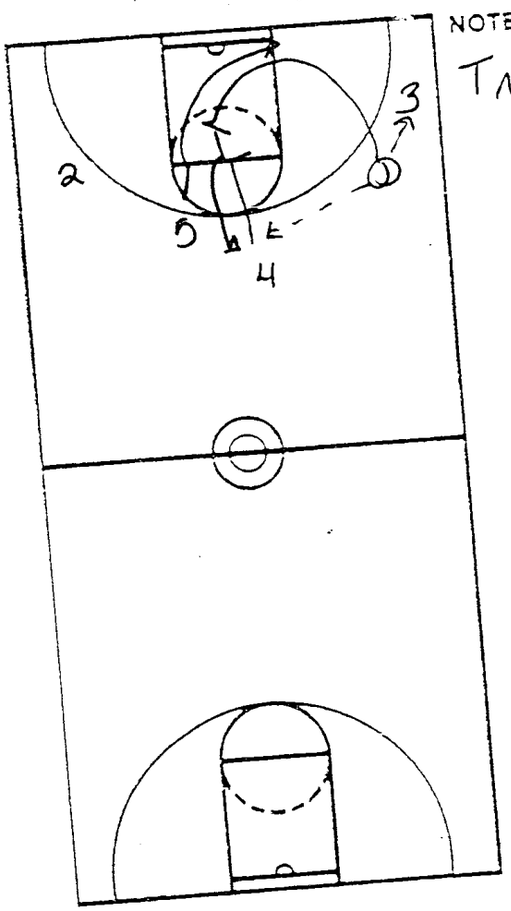
NOTES Dive 4



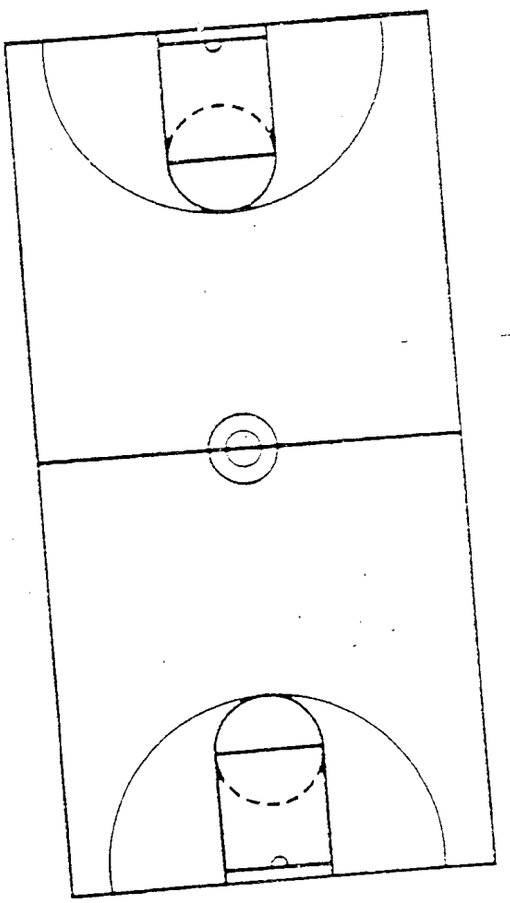




NOTES Triangle 4



NOTES
Triangle
5



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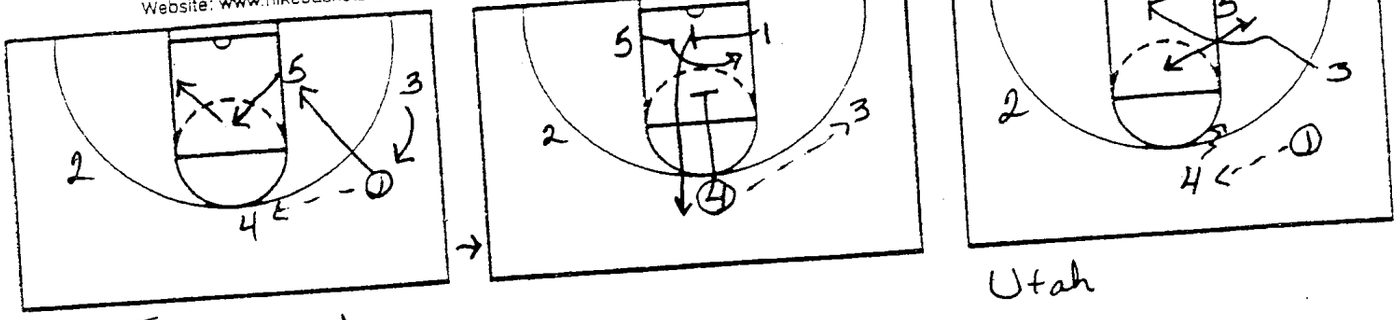
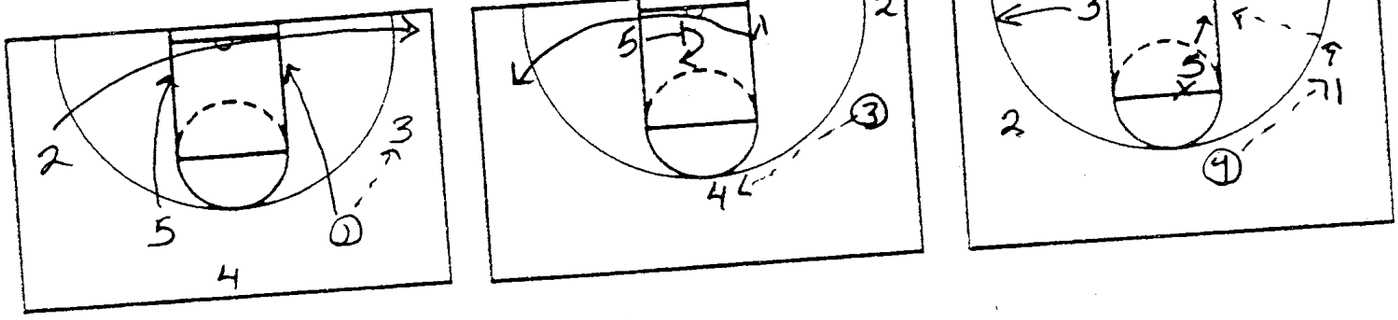
CLINIC
DATE Jason Perkins (4)

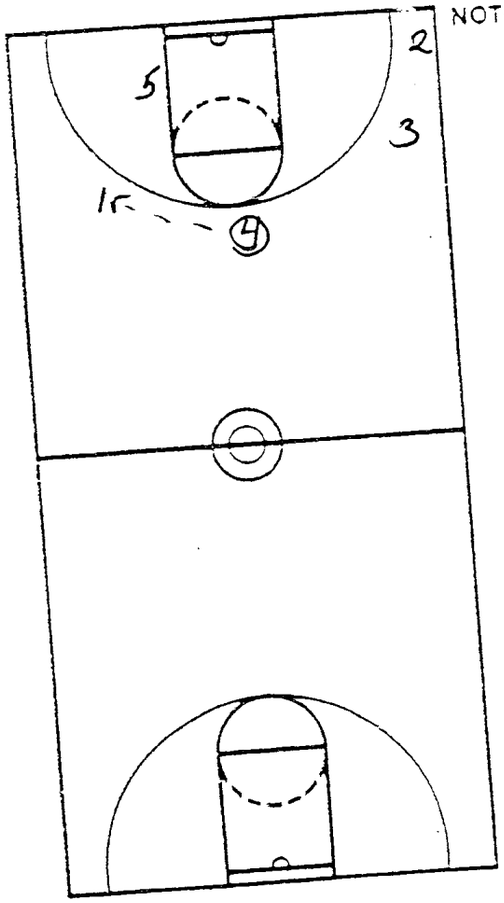


NOTES Throwback

Utah



NOTES Turn



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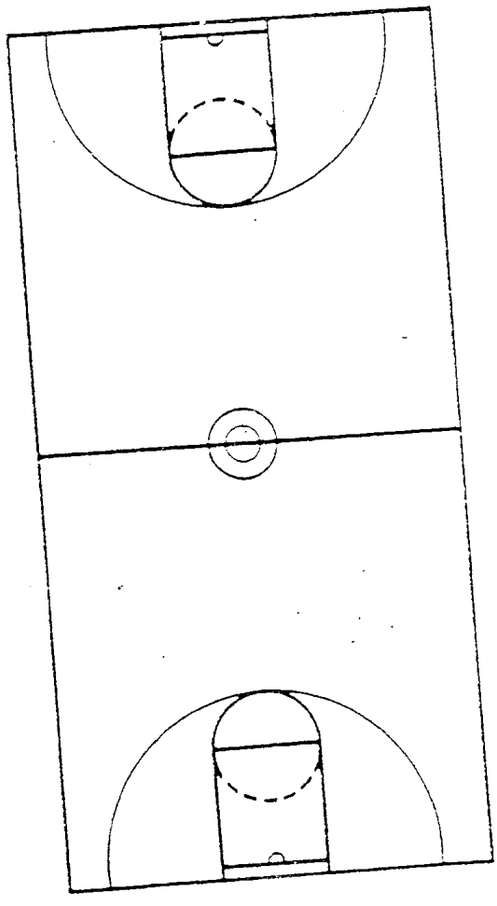

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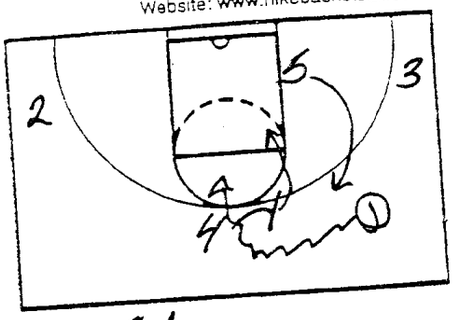
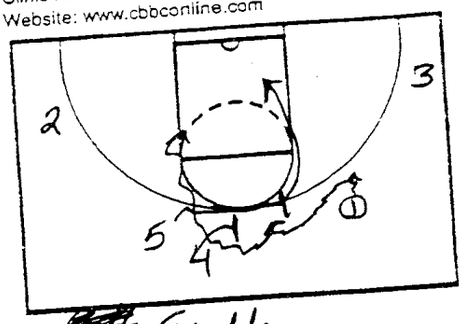
CLINIC
DATE Lora Parkins

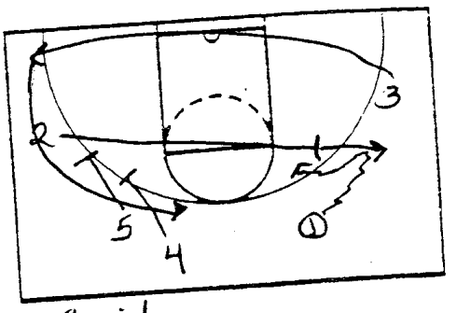
(5)



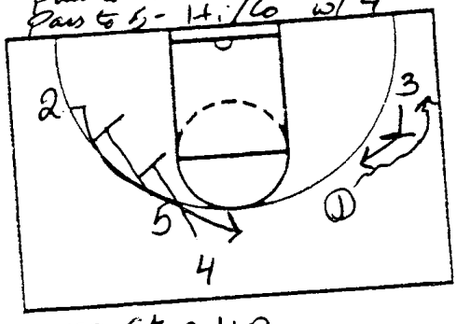
NOTES Side
1 can drive
Pass to 4
Pass to 2
Pass to 5 - Hi/Lo w/ 4



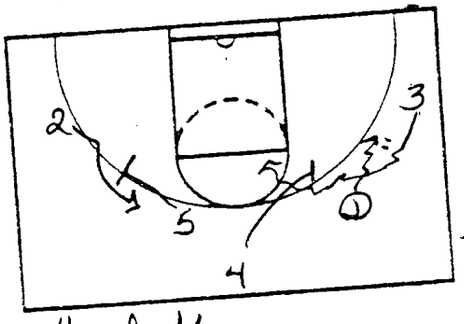
~~Post~~ Sudden
4/5 double ball screen
5 rolls 4 pops to 3pt line



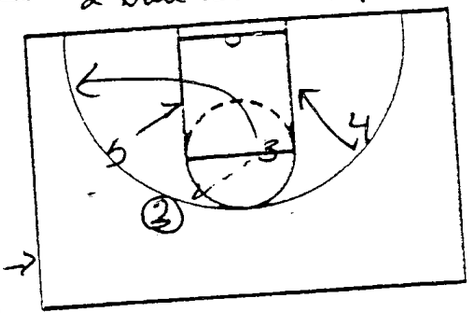
Quick
3 clear to corner - receive double stagger
2 ball screen & pop

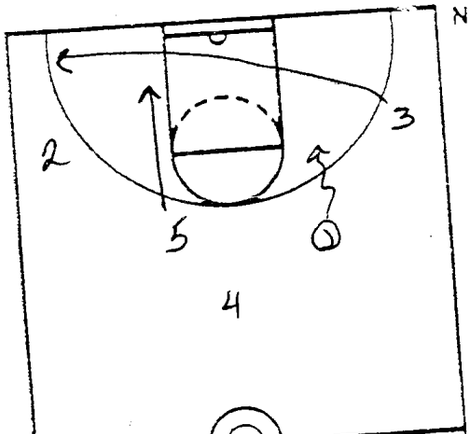


NOTES Step Up
3 shoulders face ½ ct on screen



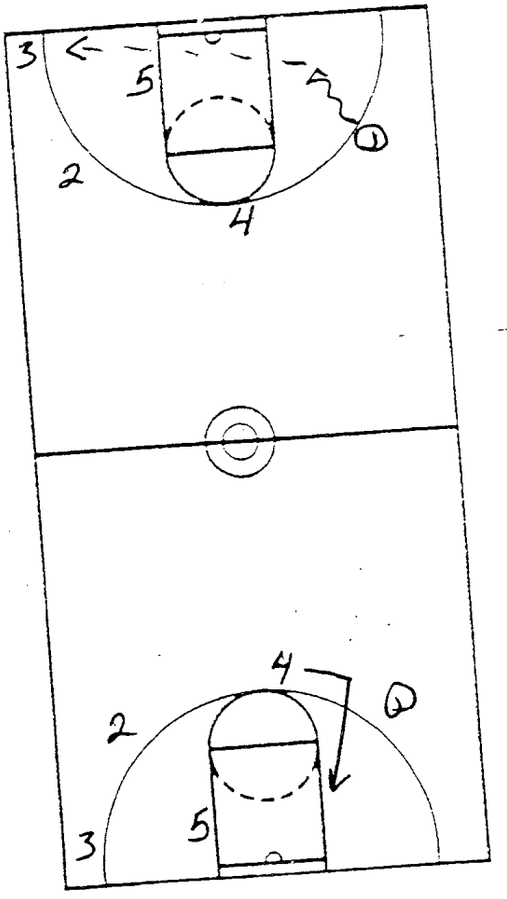
Hand off



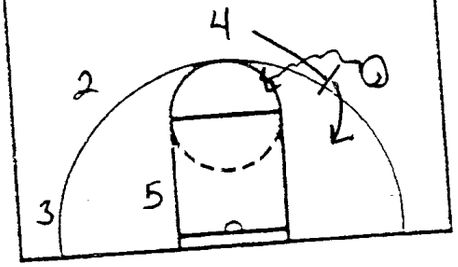


NOTES
Post
Drive

→ Drift



~~Post~~ Pick



Post

CLINIC
DATE Jason Pukin

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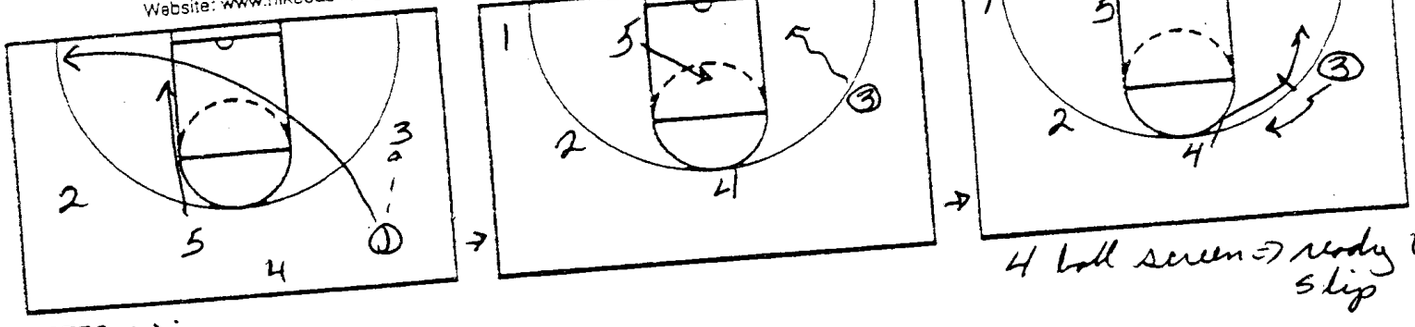
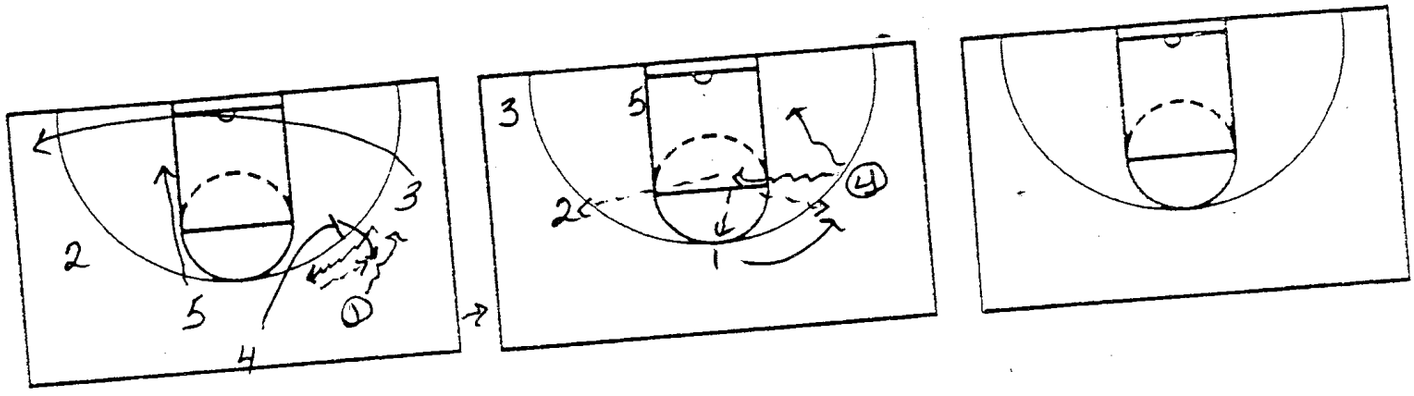
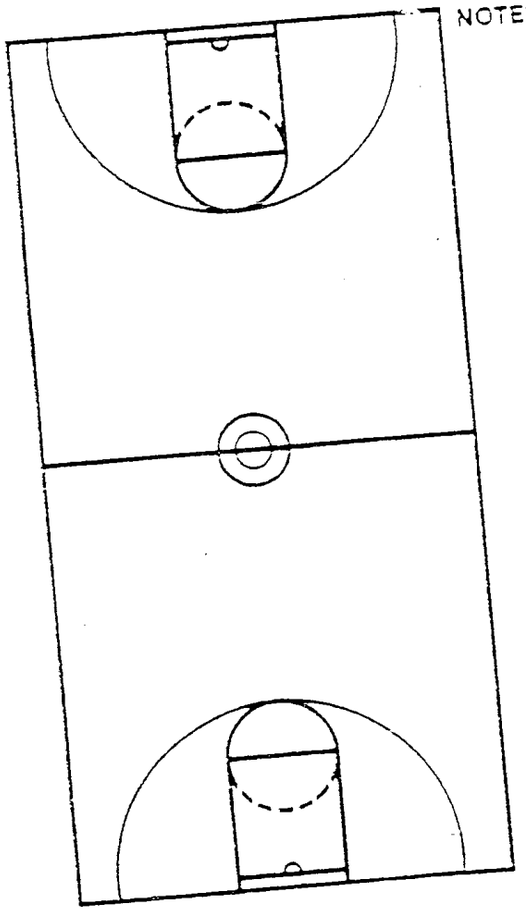


4 ball screen ⇒ ready to slip

NOTES Wing



NOTES
4 ball screen & pop
1 pass to 4



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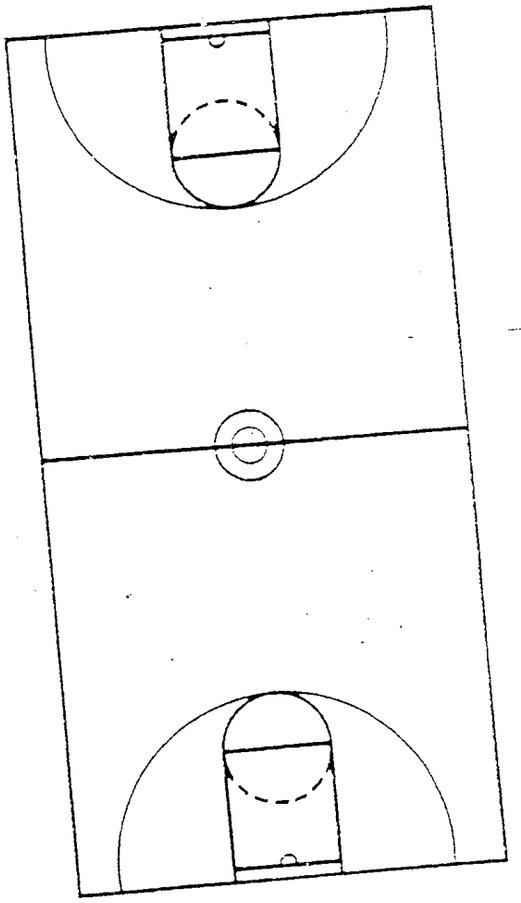

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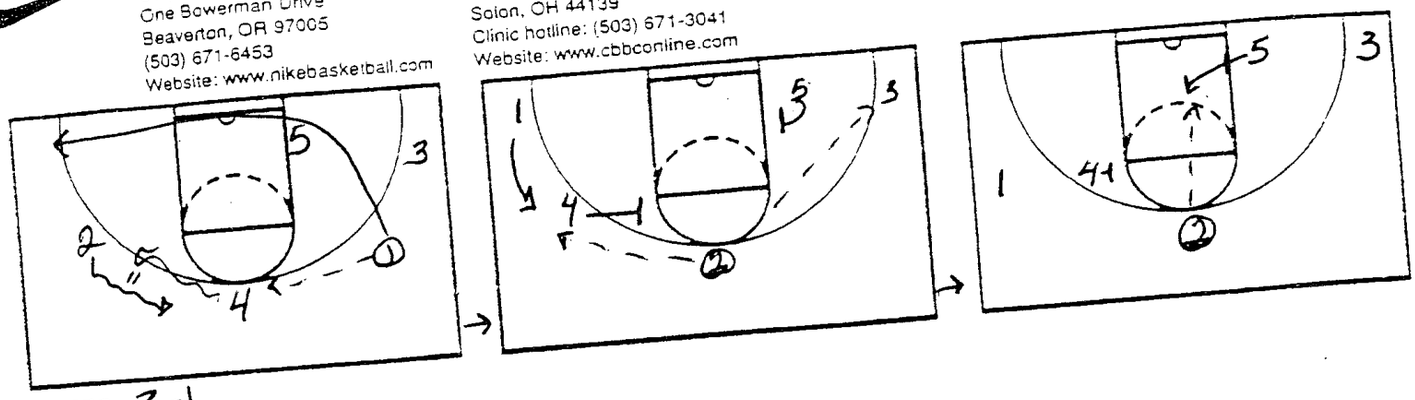
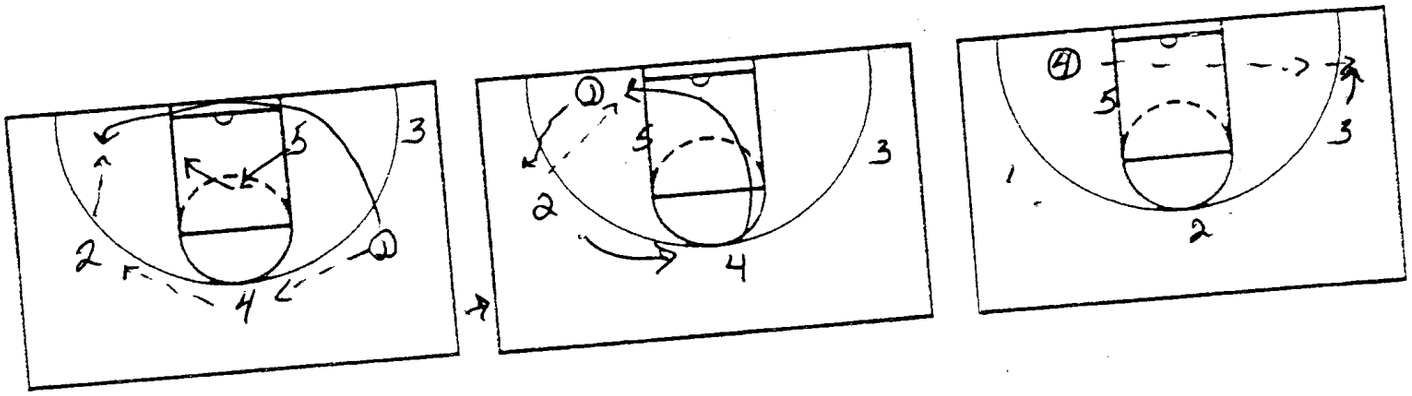
CLINIC

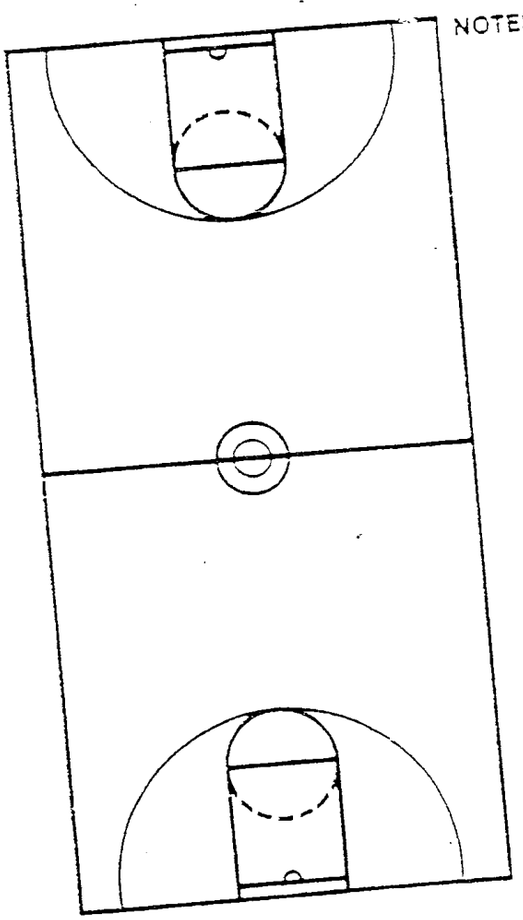
DATE Jason Perkins



NOTES 3pt



NOTES Clock SC



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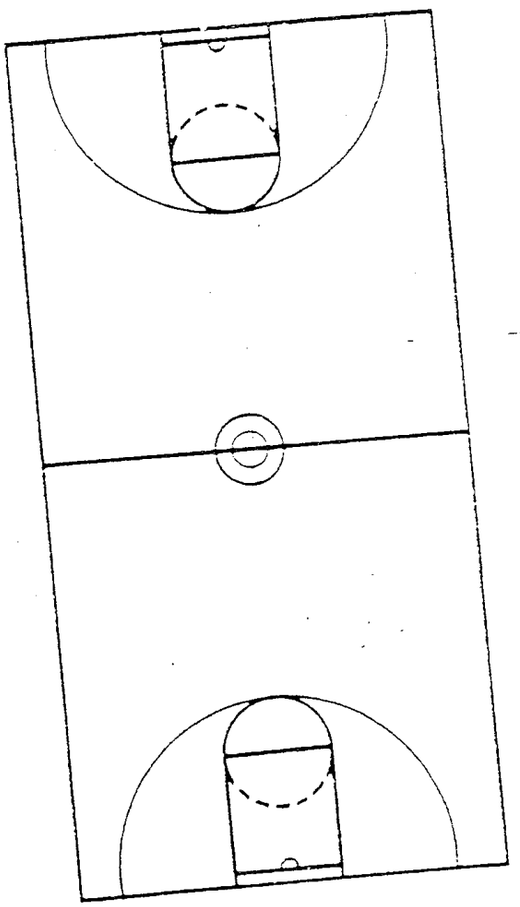

DATE

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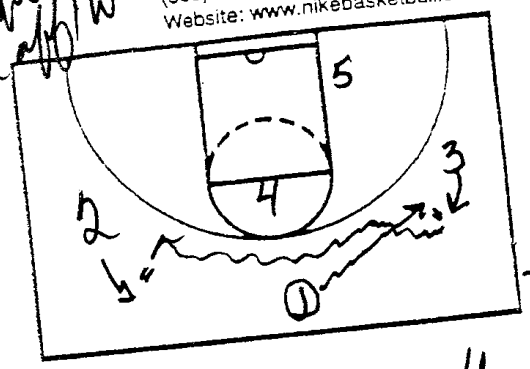

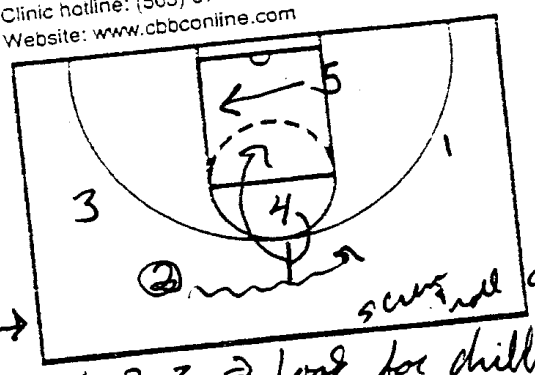

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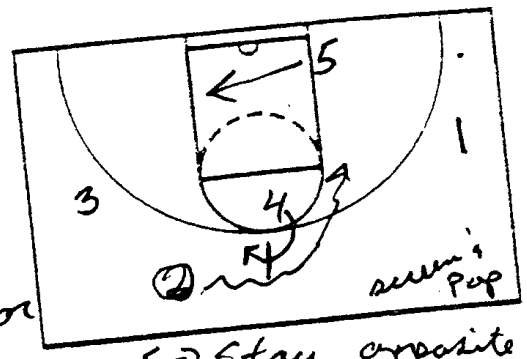


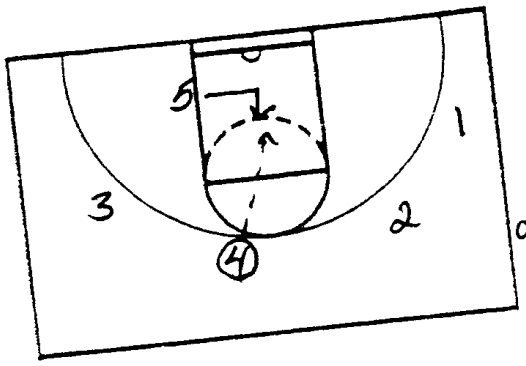
NOTES

Soviet Olympic offense

1-2-3 ⇒ Look for dribble Hand off

4 ⇒ Look to ball screen any time ball comes to middle of floor

5 ⇒ Stay opposite ball



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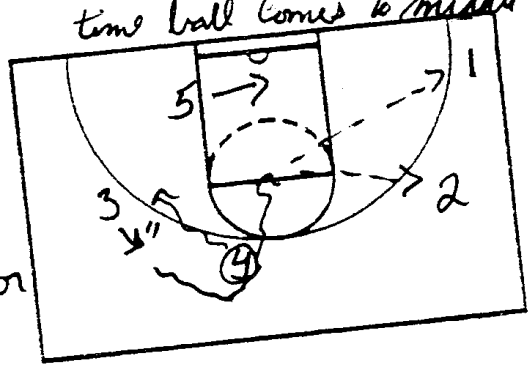
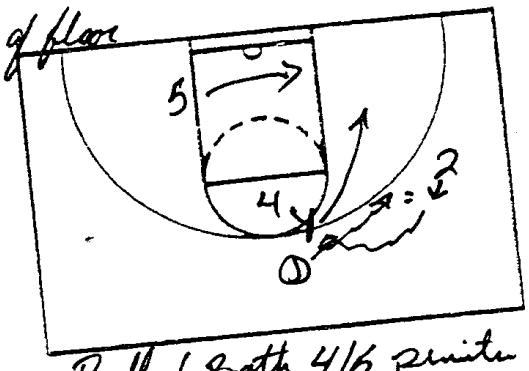
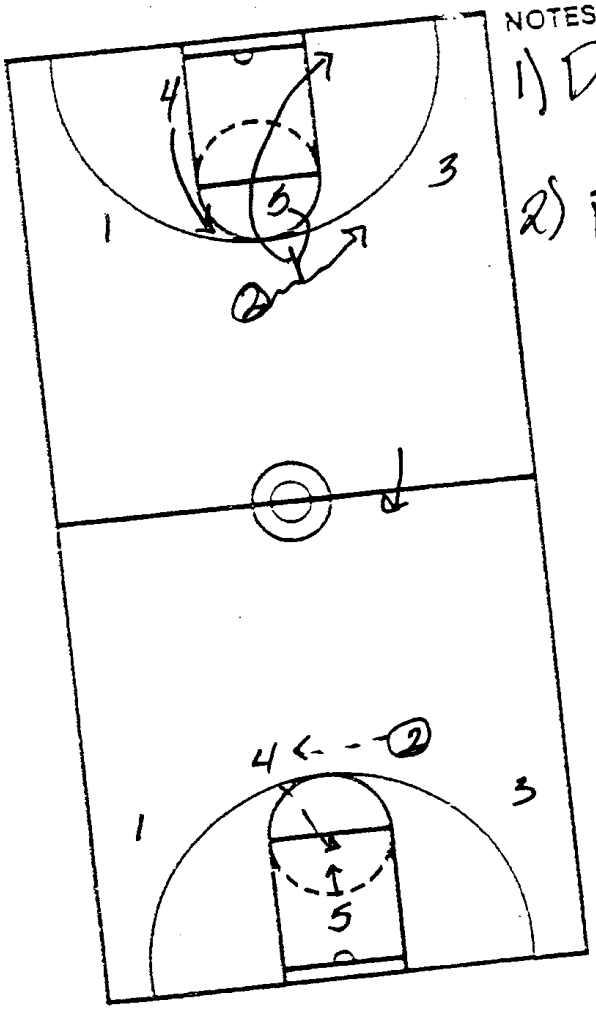




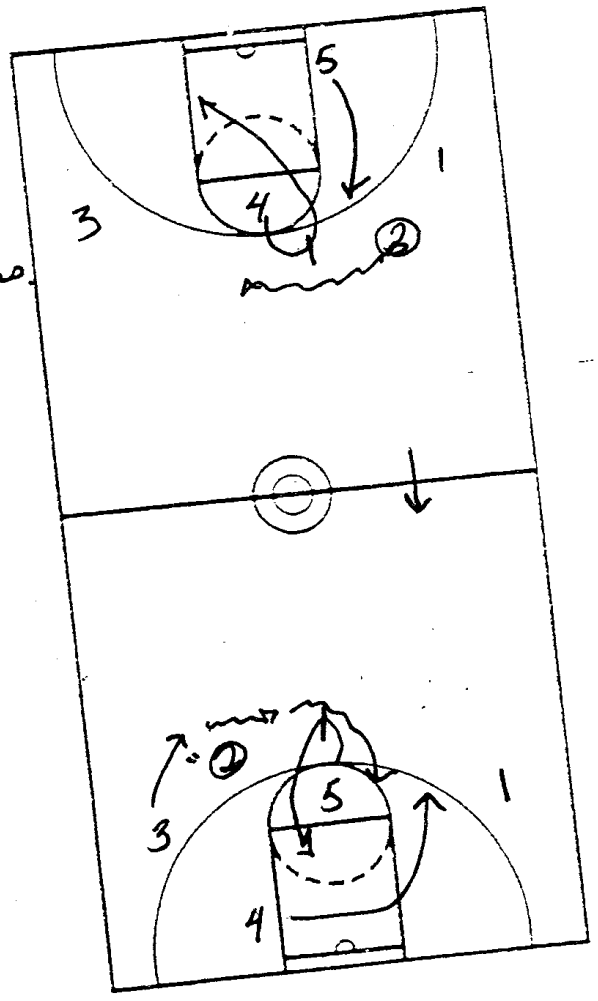
Roll (Both 4/5 pointer skills)

↓

NOTES



1) Dribble at teammate's defender
2) Post set ball screen



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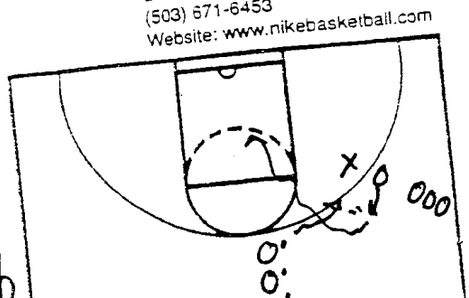
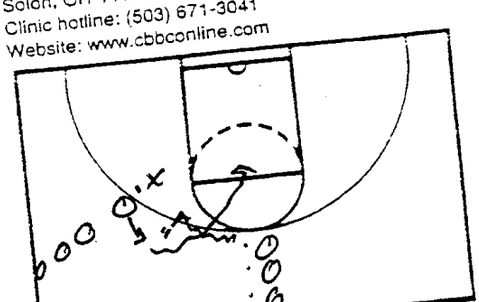
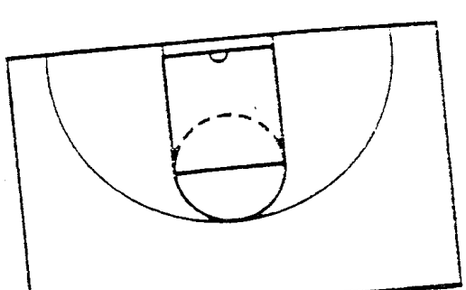
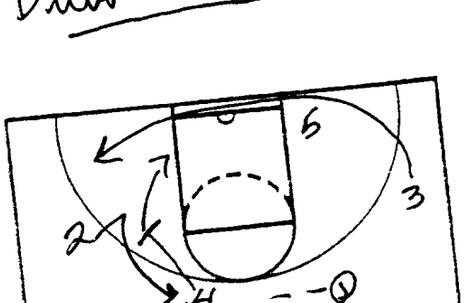


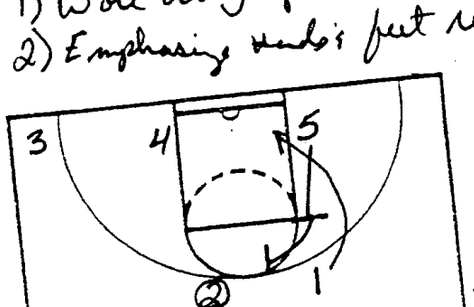


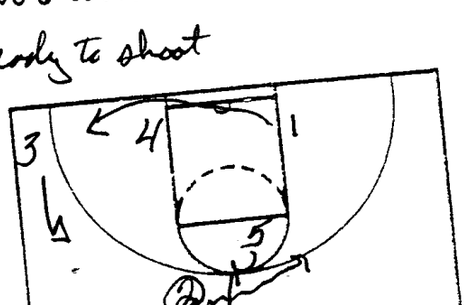


NOTES Dribble at defender!

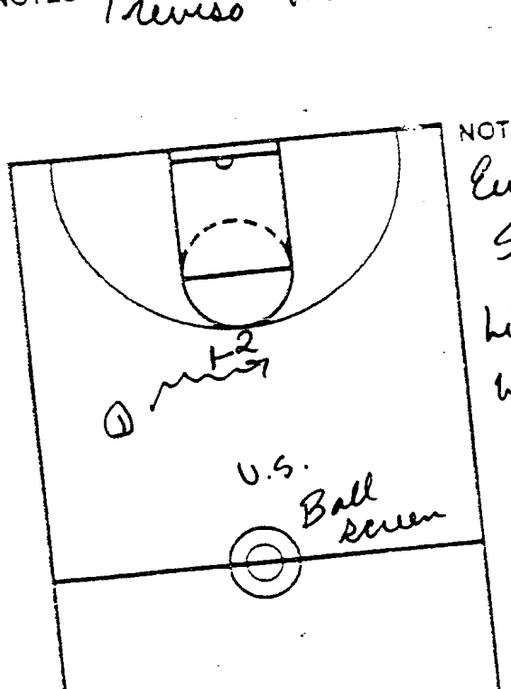
Teaching Points
1) Work on jump shot & dribble drive
2) Emphasize hands & feet ready to shoot







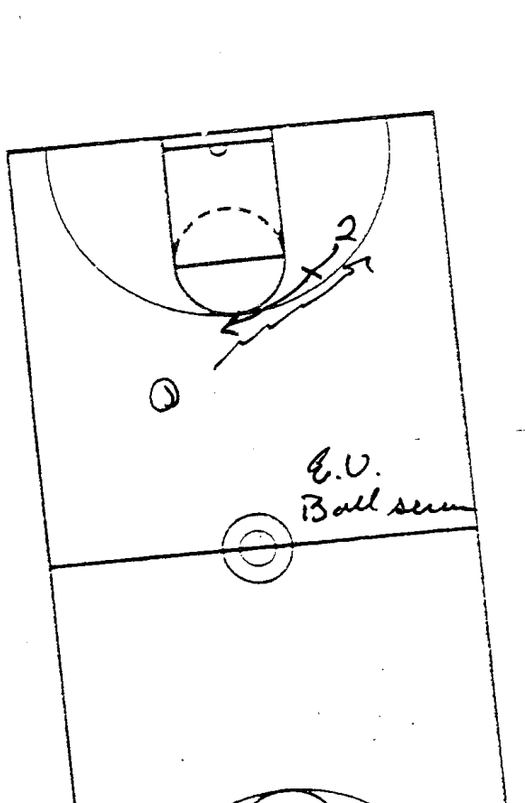
NOTES Treviso Pick



NOTES
Europe ball screen:
Sudden → flare

like to set screens
w/ back to ball

U.S. Ball screen



E.U. Ball screen

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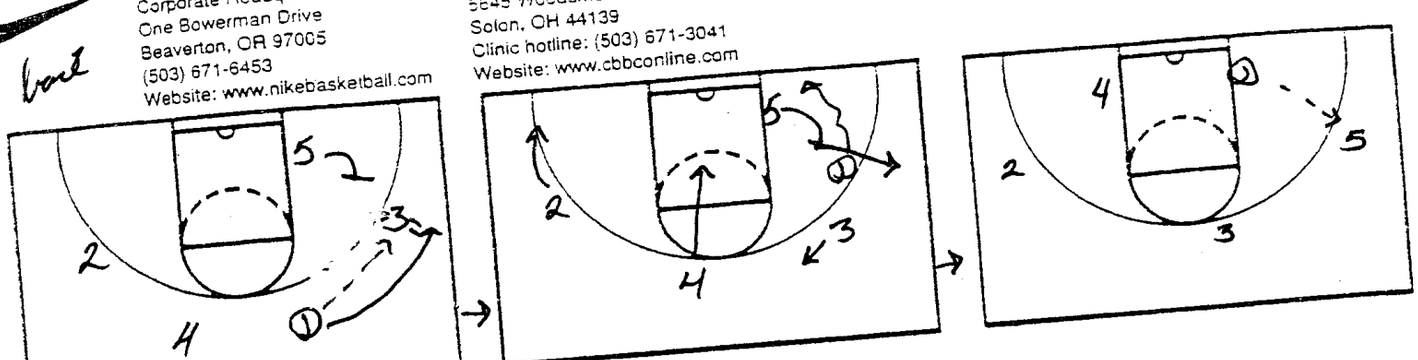
(5)



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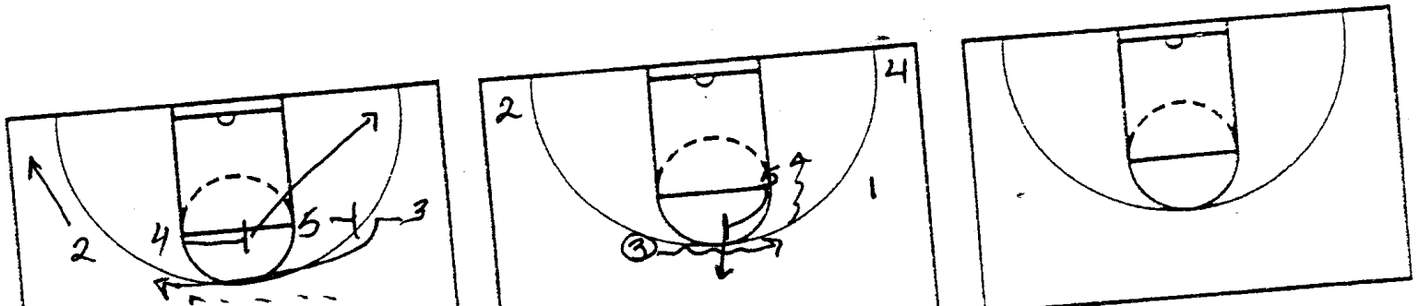
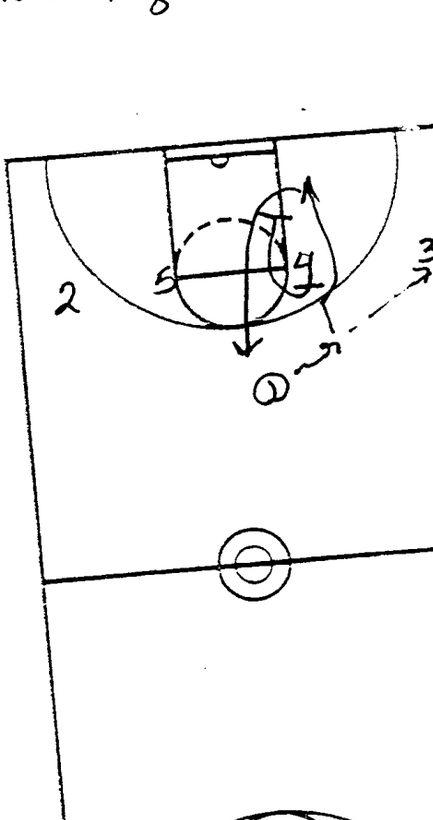
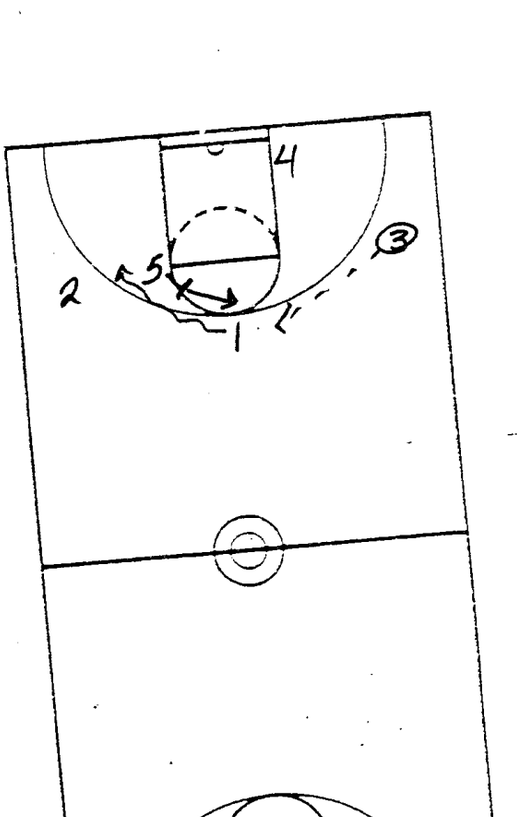


NOTES High Pick & Pop



NOTES
I take Pick & Pop

5 can roll or Pop!



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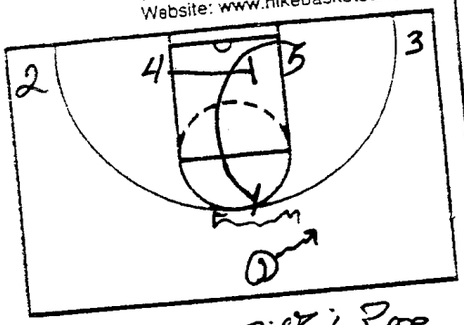
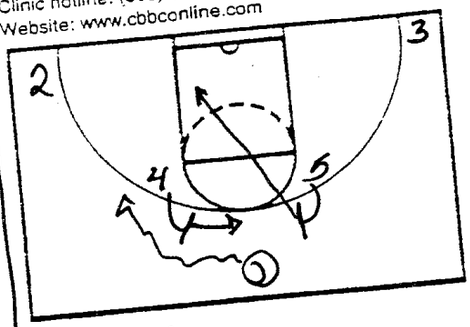
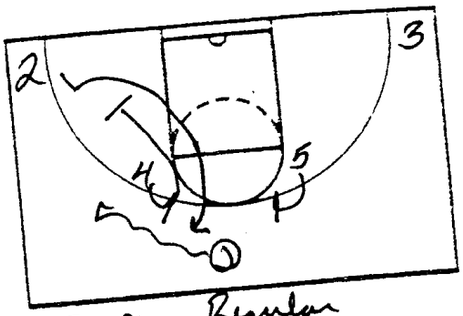


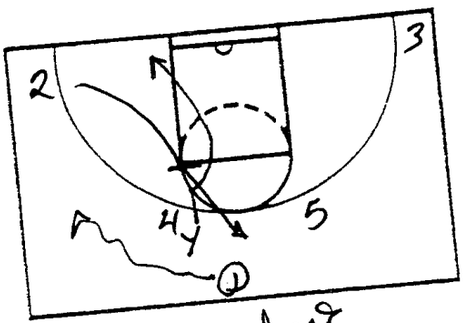
NOTES Low pick & Pop



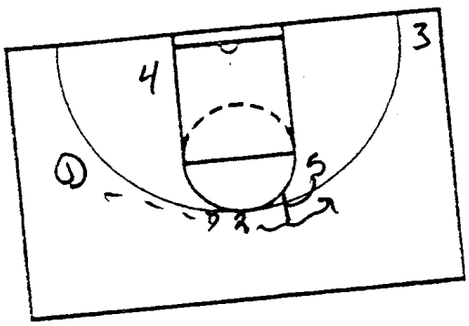
A-Set

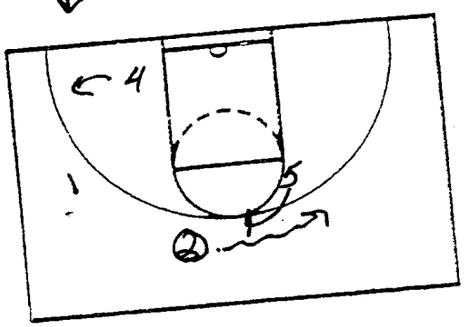


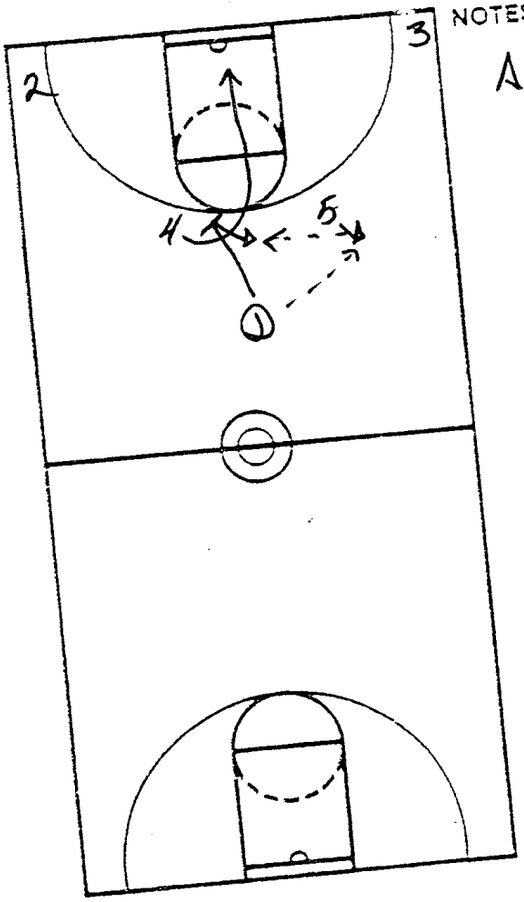
Zipper Regular



NOTES Zipper back
2 Back screen 4

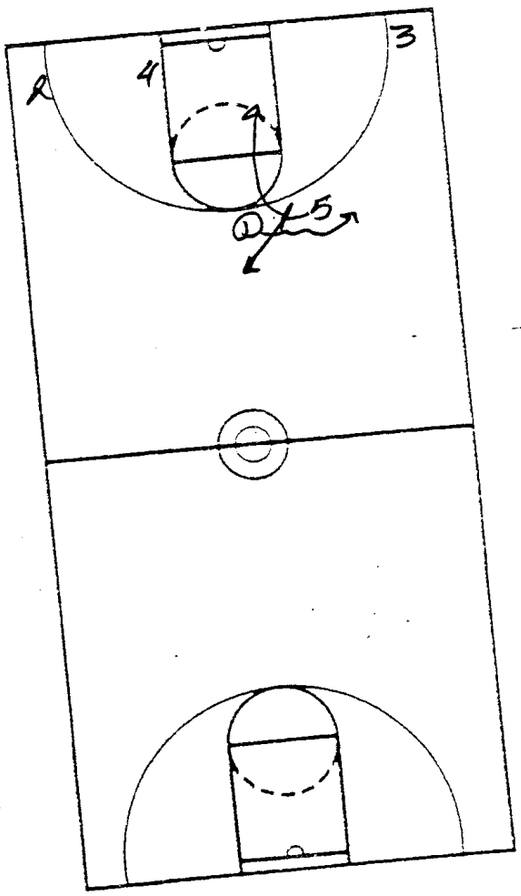






NOTES
A-set loop

5 can roll or Pop!



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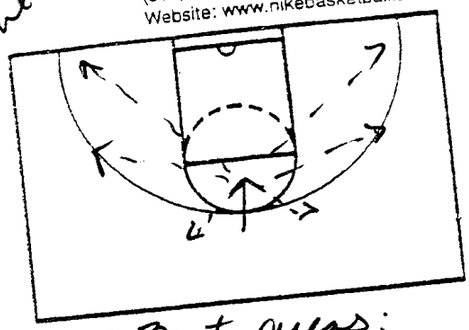

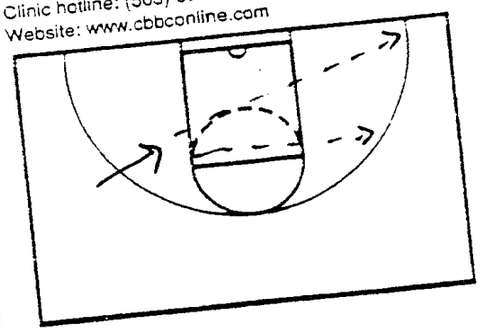

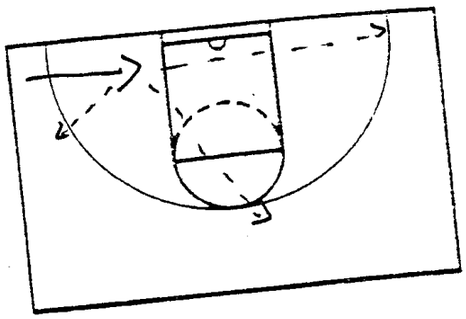

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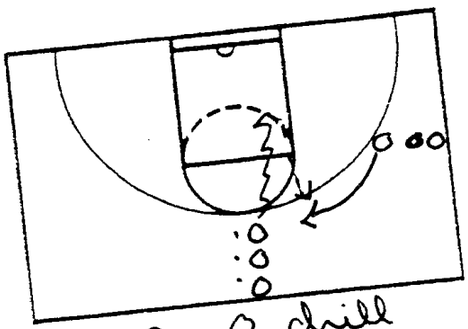
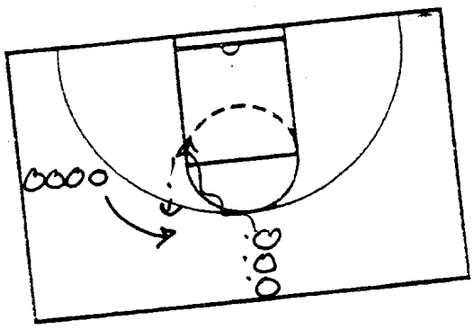
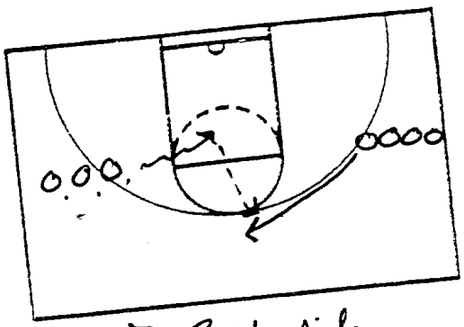
Top of Key

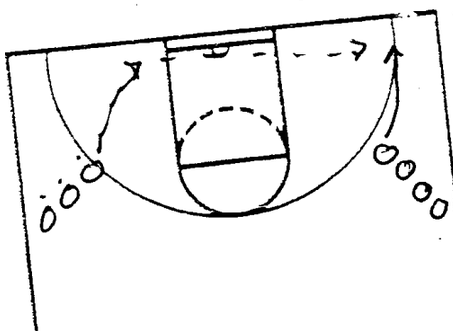


NOTES 2 on 0 drill
Top drive



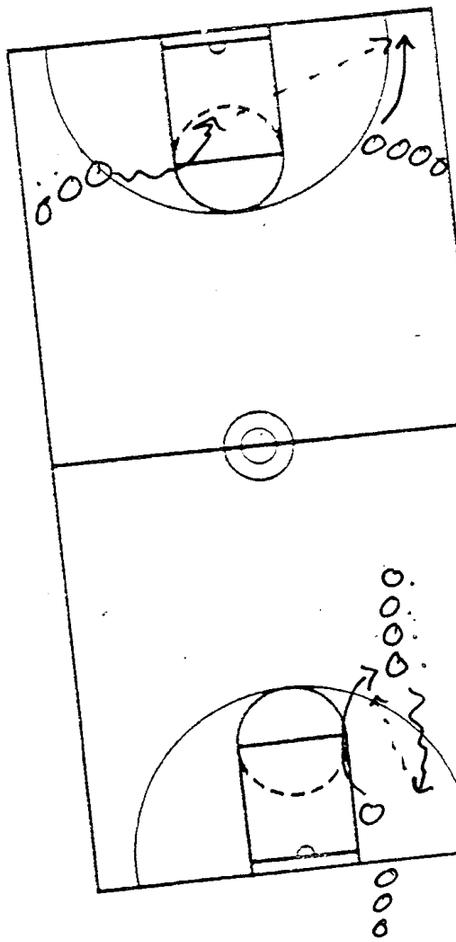


Work R & L side
Side drive



NOTES
Drift Baseline
Work R & L side

Drift Middle
Work R & L



Post middle
Post loop behind
drive to shooting
range
Work R/L

Post
Bo
Po
lo
sh
a

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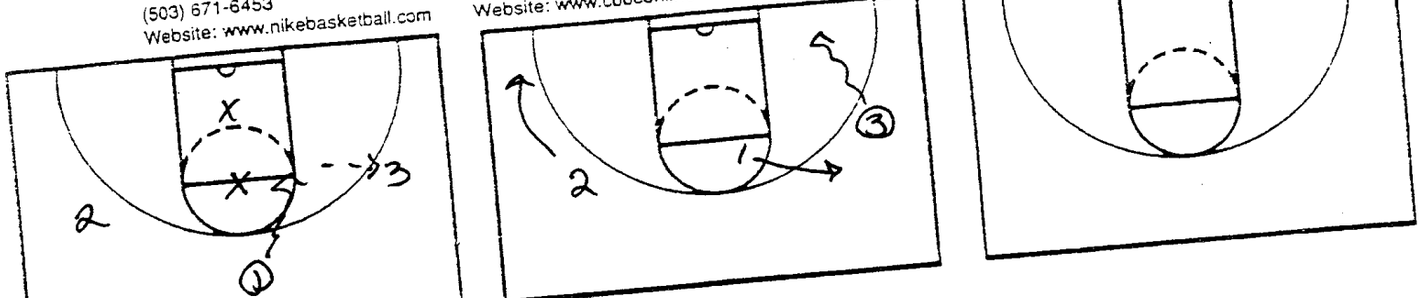
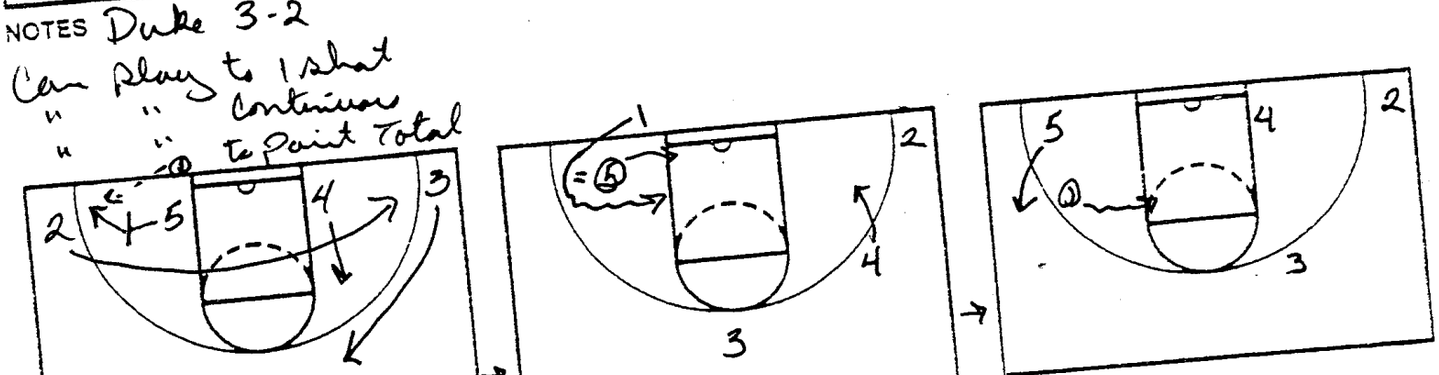


NOTES Duke 3-2

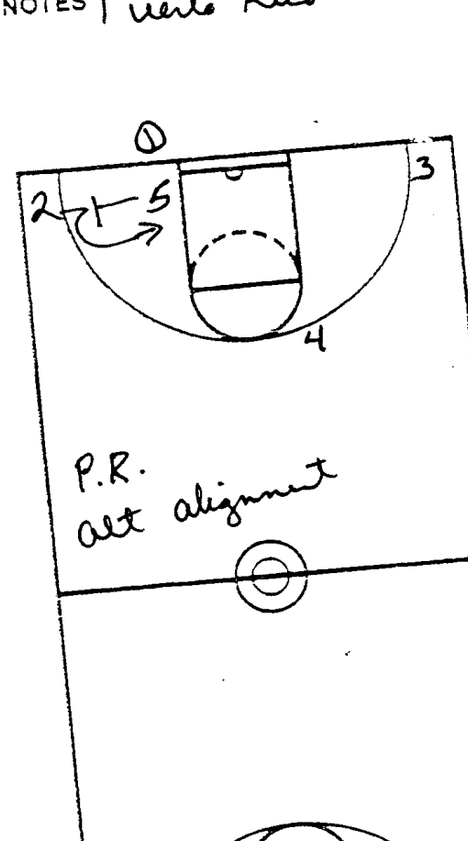
Can play to 1 shot
" " Continuous
" " to point total

OB



NOTES Puerto Rico

4 drives on hand off

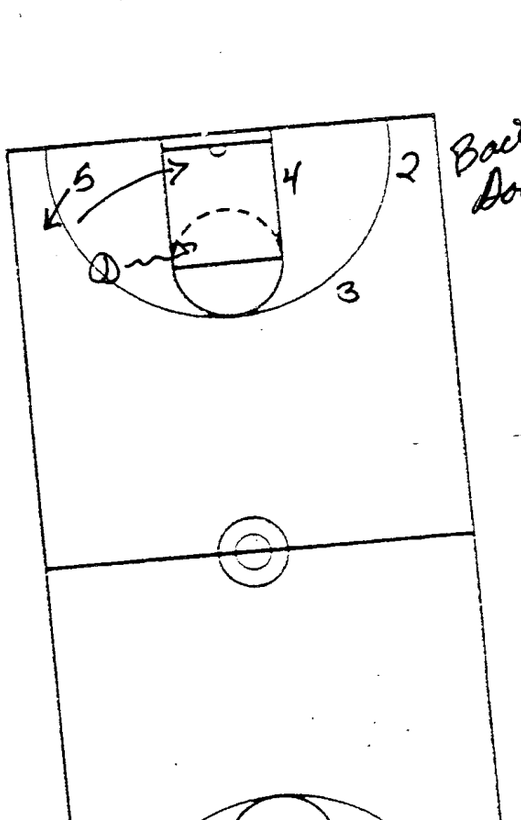


P.R.
alt alignment

NOTES Drive & Kick

Vary where you look to shoot from

Mon: Top drive
Tues: Wing drive
Wed: baseline
etc.



Back Door

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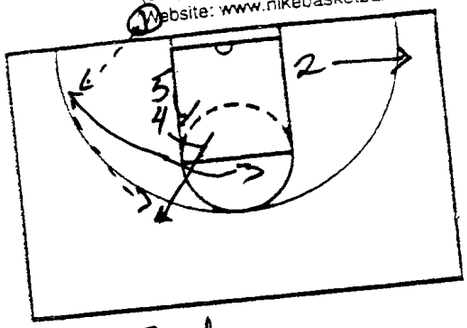
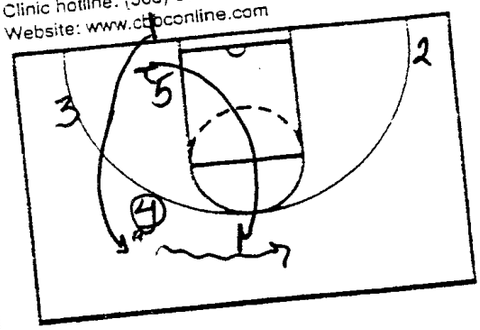
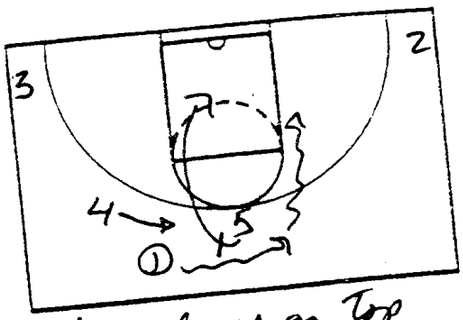
DATE Lamar Perkins

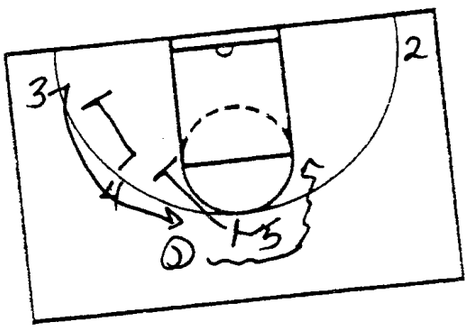


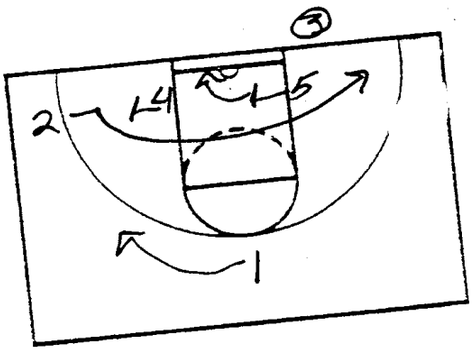


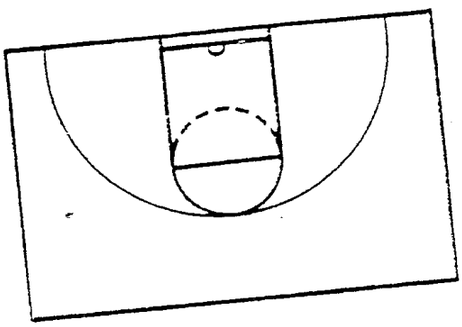


4 replaces on Top

NOTES Bologna

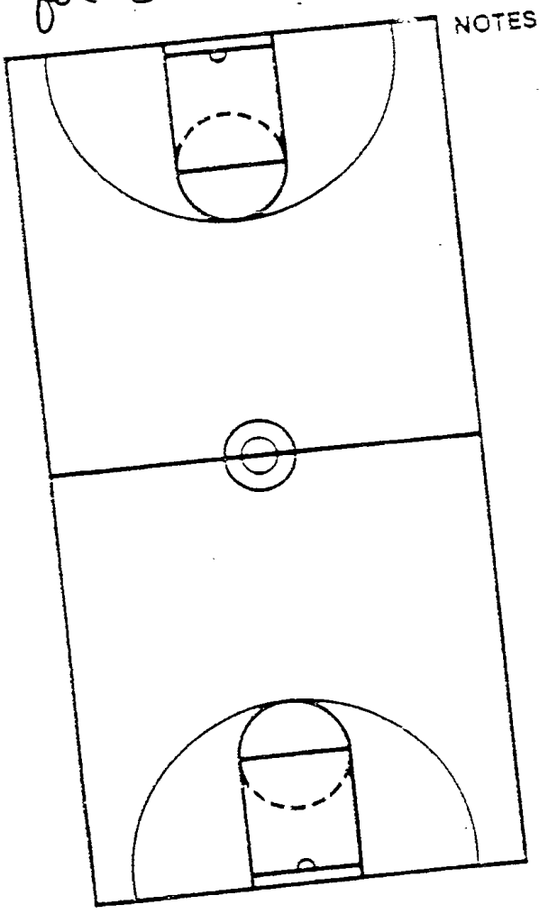


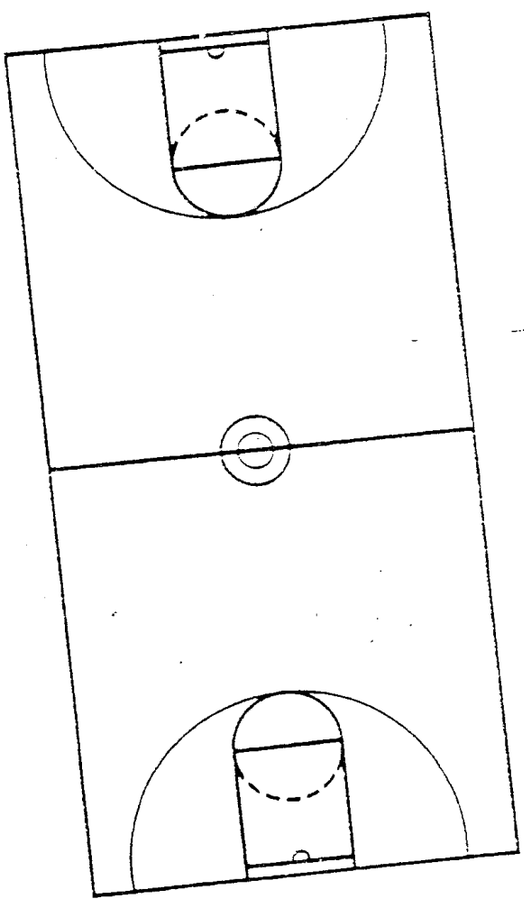




NOTES
4/5 double stagger
for 3

NOTES

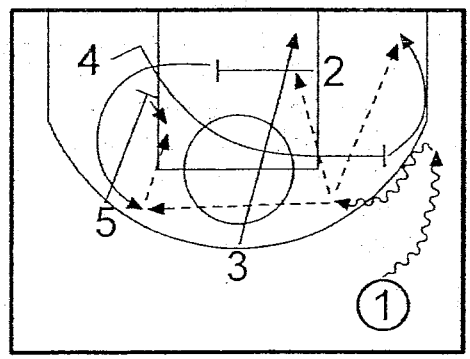




"SLASH"

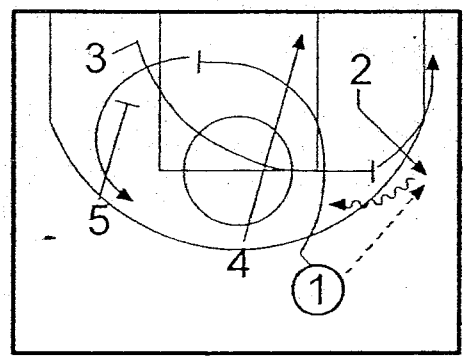
"SLASH" IS A MULTIPLE OPTION PICK AND ROLL SET RUN ON THE RIGHT SIDE OF THE COURT. IT STARTS WITH A CROSS SCREEN. 2 CROSSES FOR 4 UNLESS WE CALL OTHERWISE. IF WE WANT A DIFFERENT COMBINATION, THE FIRST NUMBER SETS THE CROSS SCREEN AND THE SECOND NUMBER COMES OFF THE CROSS AND RUNS TO THE PICK AND ROLL.

"SLASH"



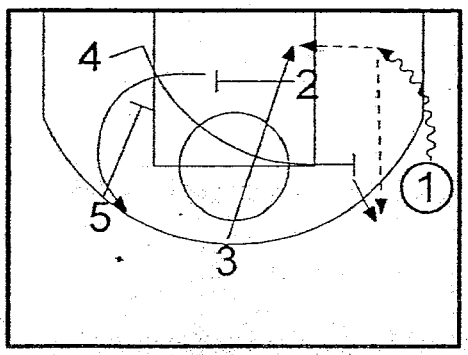
1 DRIBBLES OUT THE RIGHT SIDE. 2 CROSSES FOR 4 WHO RUNS TO A 1-4 PICK & ROLL. AS 1 COMES OFF THE PICK, 4 FLARES, 3 SLASHES TO THE RIM AND 5 PINS 2. 1 HITS 3, 4 OR 2. IF 2 HAS NO J, HE LOOKS FOR 5 IN THE POST.

"SLASH 13"



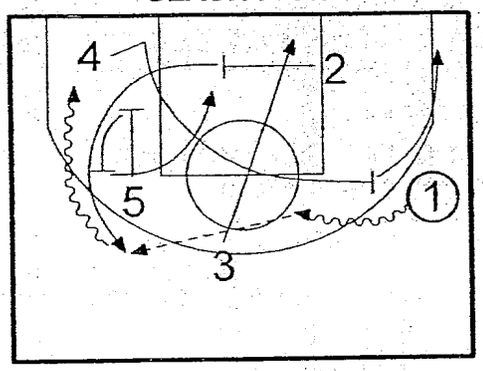
THE FIRST NUMBER INDICATES THAT 1 WILL SET THE CROSS SCREEN. 2 CREATES A LEAD ON THE WING. 1 HITS 2, BASKET CUTS & CROSSES FOR 3. 4 SETS HIGH & SLASHES. 2-3 PICK & ROLL. 5 PINS 1 ON THE WEAKSIDE.

"SLASH" VS. WHITE



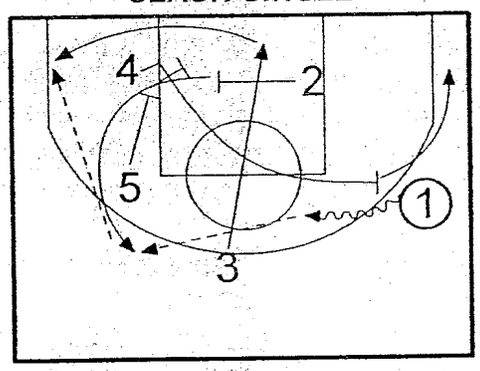
NORMAL **"SLASH"** PLAY BUT THE DEFENSE WHITES. AS 1 DRIBBLES BASELINE, 3 SLASHES TO THE RIM. 4 STEPS BACK. ON THE PASS BACK TO 4, 5 PINS 2. 4 HAS HIS NORMAL **BIG HIGH** OPTIONS.

"SLASH FLAT"



NORMAL **"SLASH"** PLAY BUT ON THE PASS BACK FROM 1 TO 2, 5 IMMEDIATELY STEPS UP INTO A **FLAT** PICK WITH 2.

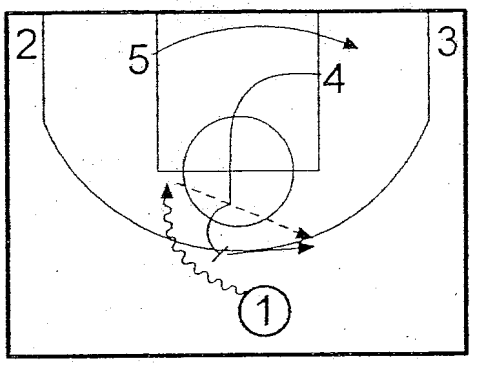
"SLASH SINGLE"



NORMAL **"SLASH"** PLAY, BUT WHEN 1 HITS 2, 3 COMES BACK OFF 5. 5 PINS 3 AND POSTS. WE CAN RUN THIS VS. **WHITE**, ALSO.

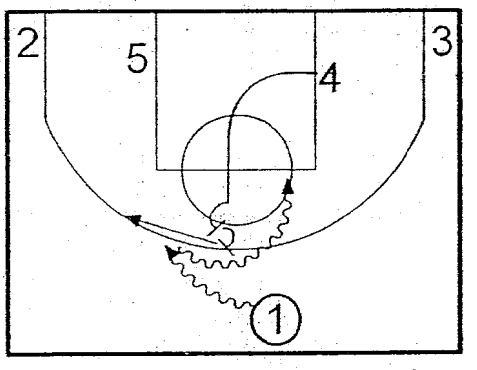
"THUMB" SERIES

"THUMB UP"



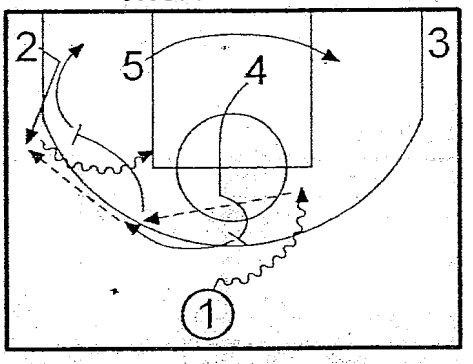
UNLESS WE CALL ANOTHER NUMBER, 4 ALWAYS SETS THE PICK. WE WANT TO COME UP THE MIDDLE OF THE FLOOR AND SET THE PICK ON EITHER SIDE, TRYING TO SURPRISE THE DEFENSE. THE **SCREENER FLARES** AS 1 COMES OFF. 1 TRIES TO CREATE A PLAY OR PASSES BACK TO 4 FOR SHOT, DRIVE OR ANY OF THE **BIG HIGH** OPTIONS.

"THUMB UP TWIST"



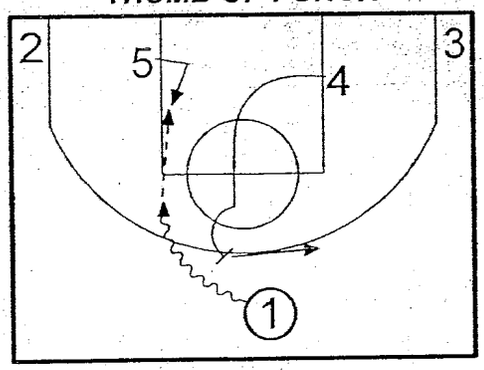
4 SETS THE PICK THE SAME WAY AS ON A NORMAL **"THUMB UP."** 1 COMES OFF THE PICK, THEN 4 TURNS AND RE-SETS THE HIGH PICK & FLARE WITH THE SAME OPTIONS AS ON **"THUMB UP."**

"THUMB UP GET"



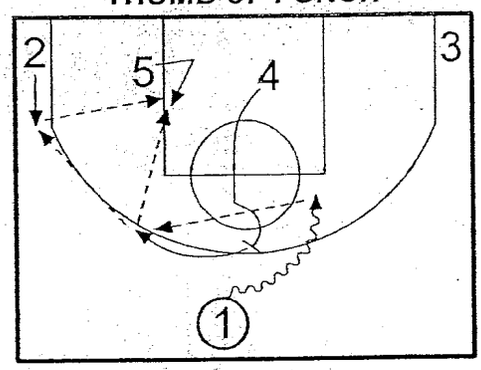
RUN LIKE A NORMAL **"THUMB UP."** 1 STILL TRIES TO ATTACK & CREATE A PLAY AND 4 STILL LOOKS FOR SHOT OR DRIVE. HOWEVER, IF WE HAVE NOTHING ON THE INITIAL HIGH P&R, 4 SWINGS THE BALL AND RUNS TO A SIDE P&R (OR IF THE WING IS DENIED, TAKES THE BALL ON A DRIBBLE HANDOFF).

"THUMB UP PUNCH"



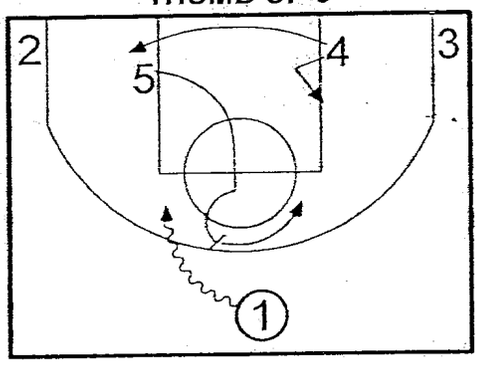
NORMAL **"THUMB UP"** BUT WITH A SPECIFIC FOCUS ON LOOKING INSIDE TO 5, AS 1 DOES HERE.

"THUMB UP PUNCH"



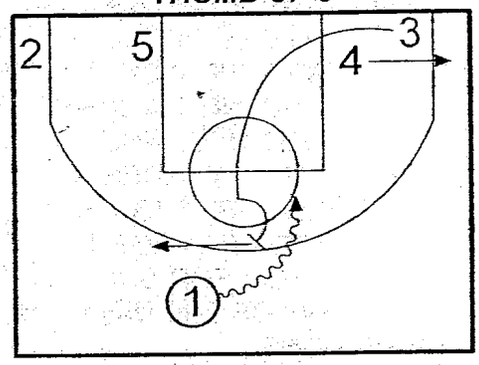
SAME IDEA GOING THE OTHER WAY. 1 PASSES BACK TO 4 WHO LOOKS INSIDE TO 5.

"THUMB UP 5"



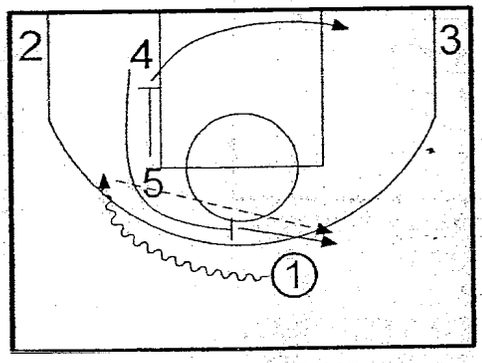
NORMAL **"THUMB UP"** WITH 5 SETTING THE PICK.

"THUMB UP 3"



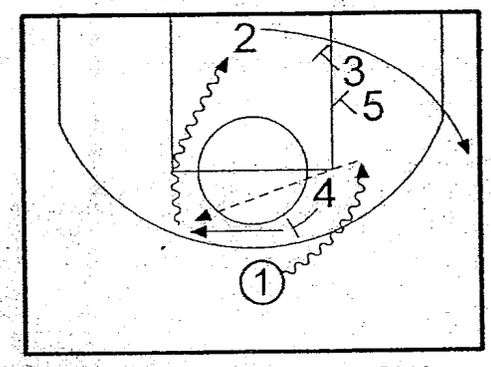
NORMAL **"THUMB UP"** WITH 3 SETTING THE PICK. 4 TAKES HIS SPOT IN THE CORNER.

"THUMB UP 54"



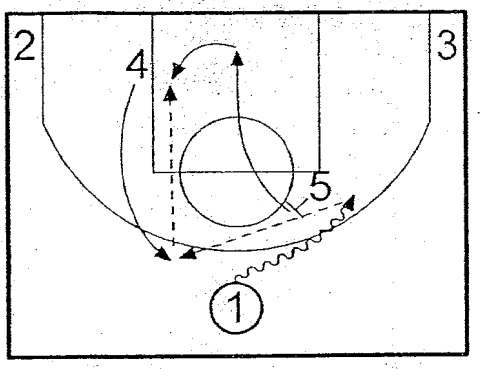
FIRST NUMBER, 5, PINS SECOND NUMBER, 4, FOR HIGH PICK & FLARE. AFTER THE PINDOWN WE RUN THIS JUST LIKE A NORMAL **"THUMB UP."**

"THUMB UP DOUBLE"



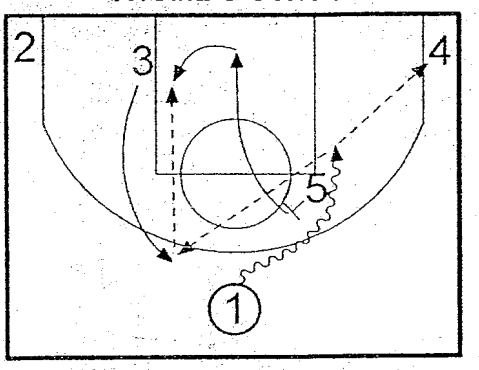
ALWAYS RUN THIS SPECIAL FROM LEFT-TO-RIGHT. AS 1 COMES OFF, 5 & 3 STAGGER FOR 2 AND 4 FLARES. 1 PASSES BACK TO 4 FOR DRIVE ON THE OPEN SIDE OF THE FLOOR.

"THUMB DOWN"



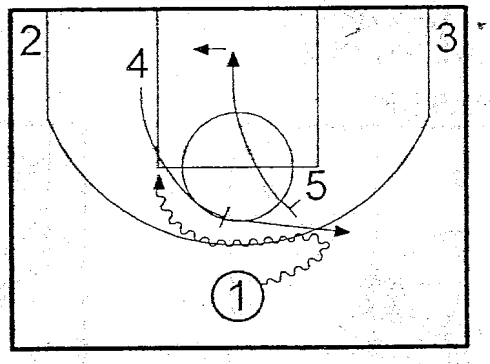
ALWAYS RUN LEFT-TO-RIGHT AND 5 SETS THE PICK UNLESS DESIGNATED OTHERWISE (I.E. **"THUMB DOWN 4"**). 1-5 HIGH P&R TO THE RIM. 4 COMES HIGH. ON THE PASS BACK TO 4, 4 LOOKS FOR 5 THEN HAS ALL OF HIS **BIG HIGH** OPTIONS.

"THUMB DOWN 53"



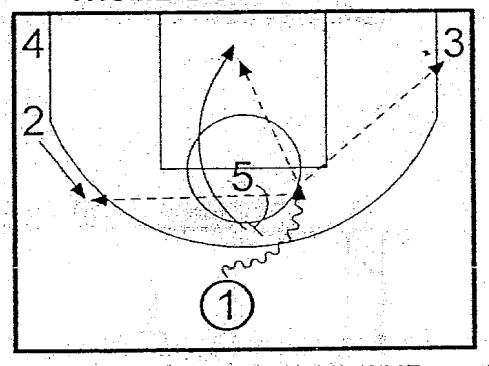
THE FIRST NUMBER, 5, IS THE SCREENER. THE SECOND NUMBER, 3, IS THE MAN COMING UP. 4 REPLACES 3 IN THE STRONGSIDE CORNER.

"THUMB DOWN TWIST"



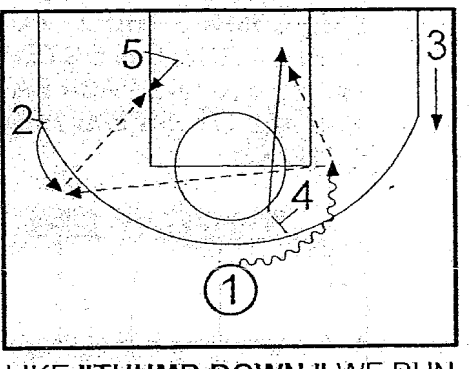
1-5 P&R TO THE RIM. 4 COMES HIGH AND SETS A SECOND PICK. 1-4 HIGH PICK & FLARE WITH THE SAME OPTIONS AS **"THUMB UP."** < THUMB DOWN PUNCH "

"THUMB DOWN SPREAD"



5 STARTS AT THE NAIL AND CAN SET THE PICK ON EITHER SIDE. 5 ALWAYS ROLLS TO THE RIM. 4 MAY SET IN THE SLOT OR IN THE DEEP CORNER. 1 COMES OFF & LOOKS TO 5 ON THE ROLL AND READS THE DEFENSE AND MAKES A PLAY TO AN OPEN MAN.

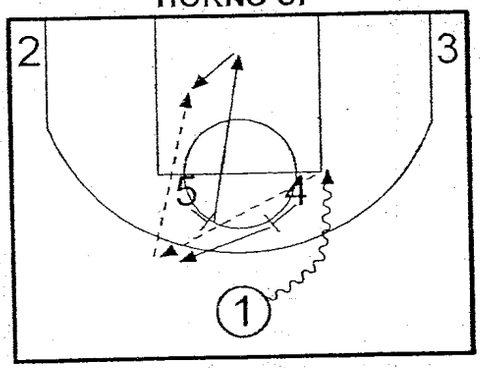
"THUMB OUT"



LIKE **"THUMB DOWN,"** WE RUN THIS FROM LEFT-TO-RIGHT. 4 SETS THE PICK UNLESS WE CALL OTHERWISE. 1-4 HIGH P&R TO THE RIM. 3 MOVES UP. 2 CREATES A LEAD ON THE WEAKSIDE. 1 LOOKS FOR 4 ON THE ROLL OR TO PASS BACK TO 2 TO POST 5, WHO DUCKS-IN DEEP.

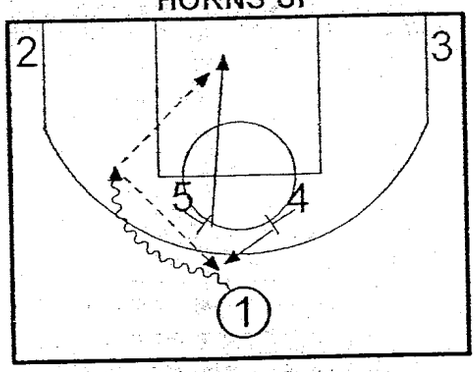
"HORNS" SERIES

"HORNS UP"



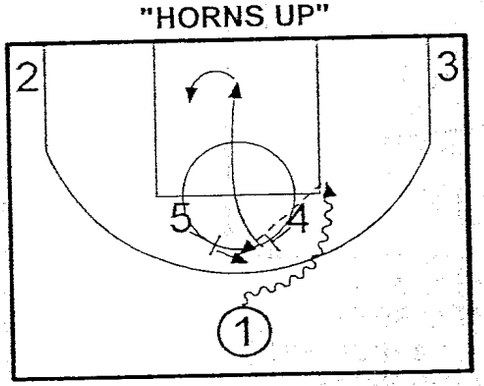
V-SET. 4 & 5 SCREEN ON THE CIRCLE. 1 MAY GO EITHER WAY. IF SHAQ OR ZO IS IN, **5 ALWAYS ROLLS/DIVES**. 1 COMES OFF 4, 4 FLARES & 5 DIVES. ON A PASS BACK TO 4, 4 LOOKS FOR HIS OWN SHOT, LOOKS FOR 5, THEN HAS ALL OF HIS **BIG HIGH** OPTIONS.

"HORNS UP"



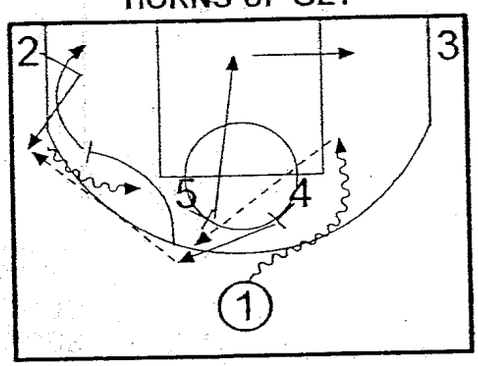
HERE, 1 COMES OFF 5. 5 ROLLS & 4 STEPS BACK. ON A PASS BACK TO 4, 4 HAS ALL OF HIS **BIG HIGH** OPTIONS.

"HORNS UP"



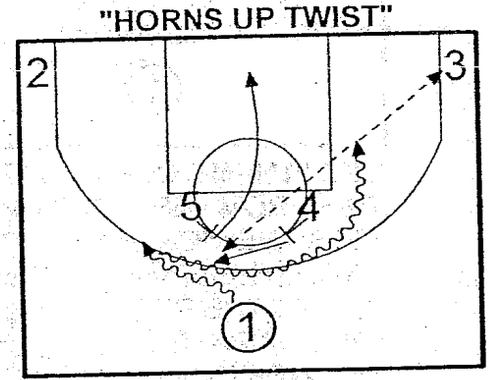
IF **NEITHER SHAQ NOR ZO** IS IN THE GAME, THE SCREENER ROLLS & THE OTHER BIG STEPS BACK. HERE, 1 COMES OFF 4, 4 ROLLS & 5 STEPS BACK. ON THE PASS BACK, 5 HAS ALL OF HIS **BIG HIGH** OPTIONS.

"HORNS UP GET"



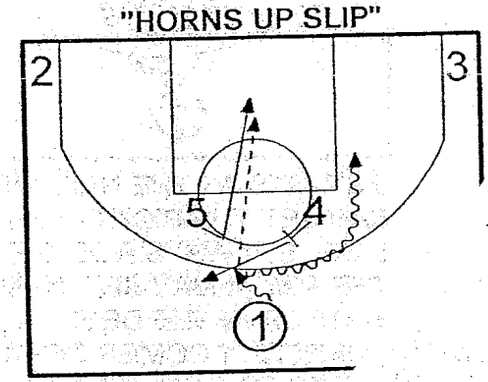
ON PASS BACK TO 4, 2 CREATES A LEAD. 4 HITS 2 AND GOES TO A PICK & ROLL (OR A DRIBBLE HANDOFF).

"HORNS UP TWIST"



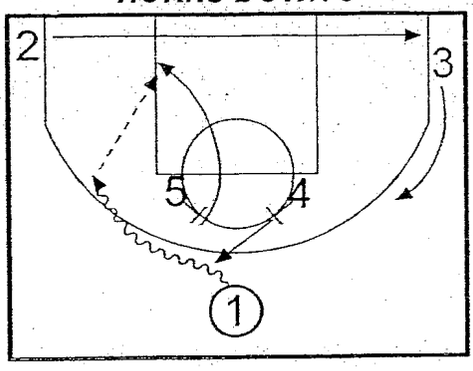
1 GOES OFF 5 FIRST. 5 ROLLS TO THE RIM. 4 SETS HI PICK & FLARES. SAME OPTIONS WE HAVE ON **"HORNS UP."**

"HORNS UP SLIP"



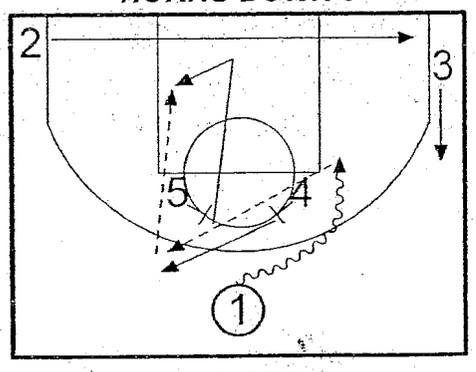
SAME IDEA, BUT WE SLIP THE FIRST PICK IF NOT OPEN, THE OTHER SETS THE HIGH PICK & ROLL.

"HORNS DOWN 5"



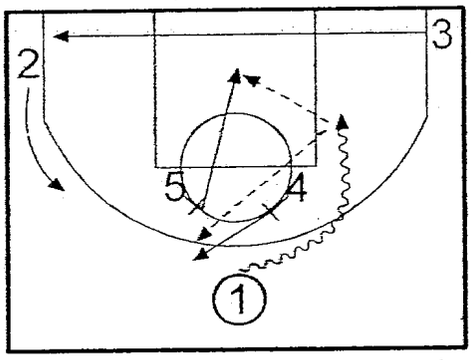
EXACTLY THE SAME AS **"HORNS UP" EXCEPT** WE CLEAR THE SIDE CALLED.

"HORNS DOWN 5"



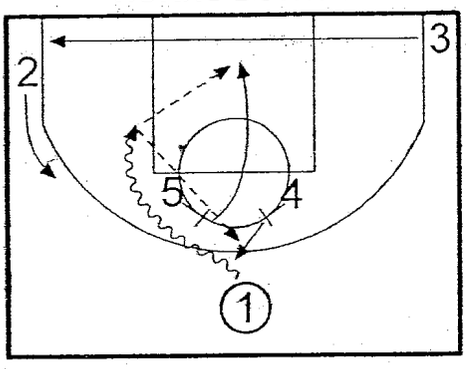
SAME COMING OFF 4.

"HORNS DOWN 4"



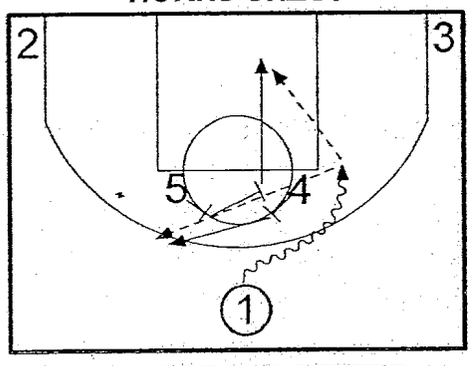
WE CLEAR 4'S SIDE, BUT STAY WITH OUR **"HORNS UP"** RULES.

"HORNS DOWN 4"



SAME COMING OFF 5.

"HORNS CHEST"



1 COMES OFF THE BETTER SHOOTING BIG. THE OTHER BIG CHESTS THE SCREENER, THEN SLIPS TO THE RIM.

PICK & ROLL OFFENSE - STAN VAN GUNDY
WE PLAY HARD COACHING CLINIC - SEPT. 9, 2006

I. INTRODUCTION
- Great clinic - lucky to have someone in your area like Coach Mircetic who takes his clinic and the teaching of the game of basketball so seriously - wish there were more like him
- I was a pain in the ass and I apologize for the disruption to the clinic schedule
- First fall in 26 years that I haven't been getting ready for a season
- More notes here than I would ever be able to get to in the time allotted, but you may find something of value in them
- We could talk on pick & roll offense for 6 or 8 hours and not thoroughly cover the topic
- If you have any questions at any time just raise your hand or shout out and get my attention - I'm here for you

II. CLINIC APPROACH
- Have to come here with a philosophy of how you think the game should be played (if you don't have one, then that's step one of your coaching career - define your philosophy).
- Speakers should not change your philosophy and may come from an entirely different philosophical bent (i.e. Coach Kloppenburg and Coach Karl vs. me) - that's OK - trying to get one or two things from each speaker that fit your philosophy.
- Thoughtfully consider the points on their merits not the fame of the source (i.e. my Box and 1 offense came from a HS coach) - don't think that we are better than any of you (position does not = competence; guys at DII level who kicked my butt)
- No one knows your team, your league and what you need to do better than you
- Beware clinic talk - "We work on this every day" etc.

III. TWO PIECES OF CAREER ADVICE
- **Give thought to your career and to your life** and how the two fit together - don't just get swept along trying to move up the ladder (Dick Bennett, Jay Mohr)
- Take a job because you want that job and **work at the job you have** - forget networking. Coaching advancement is unpredictable (my brother and I).

IV. DO YOU HAVE A SYSTEM OR DO YOU CHANGE EVERY YEAR TO FIT PERSONNEL?
- First, have to have a philosophy. For most successful coaches that won't change much (Dick Bennett), but that isn't always true (Gary Smith).
- My **offensive & defensive philosophies are on pages 6 & 7.**
- What changes is the system = what you run and how you run it to accomplish your objectives (difference between my first year and second year).

V. WHAT MAKES AN OFFENSE (OR DEFENSE) SUCCESSFUL
- Players - I get the question, "What is tough to guard?" (Lawrence Frank just asked). It's players - I think we have good stuff (as do most people in the NBA), but what made it tough to guard were guys like Dwyane Wade, Lamar Odom, Eddie Jones, Caron Butler, Shaquille O'Neal. (i.e. Phoenix = great system, but every time Steve Nash misses a game they get their butts kicked).
- Sound fundamentally - timing, spacing, screening etc. (your responsibility)
- Get players to execute with intensity and precision - teaching.

VI. CONCEPTS IN MY OFFENSIVE SYSTEM AND APPROACH

- Put players in positions where they can be successful (and hide their weaknesses)
- Be able to get the ball to your best players and get them the best matchups and most room possible. (I don't run plays for everyone – takes special kind of people like Udonis Haslem). NBA halfcourt offense is matchups and spacing as opposed to high school and college is which is more movement oriented.
- Since players make an offense tough to guard spend time developing your players (will talk about that more in the breakout sessions).
- Get right to it/ no foreplay = 1 pass at most and we're to scoring option
  - Don't fight shot clock
  - Fewer passes = fewer turnovers (1st year = young team & few turnovers = we didn't pass)
- Find something that works and ride it – my assistants used to laugh
- **Make your opponents think and adjust from their normal defensive rules**
  - How do you rotate on side pick & rolls or high pick & rolls?
  - Use your defensive principles against you. (Get ball inside, open jump shots/ 3's for 4 etc.)
  - Shouldn't be able to play against us and just use your normal rules and not have some coverage confusion or problems (NJ vs. us = strongs with Vince in strongside corner)
- **KISS = I don't totally agree**. We had a lot of stuff. I wanted to test your ability to cover a lot of different things.
- How we tried to have a lot of things and to simplify the best we could is by **terminology and consistency**.
  - An OUT call is always a side pick & roll, a CHEST is always a flare screen, a PUNCH call always means we are going inside etc.
  - When we throw the ball to a big in the high post, whether it is on a postup play, a high pick & roll or when a side pick & roll is forced baseline, he has the same options.

VII. WHY USE THE PICK & ROLL?

- First, in and of itself, the basic pick and roll is hard to guard (especially if both guys create problems/ can shoot the ball).
- Second, we can use the pick and roll to get a lot of other things =
  - Get ball to post deeper, with fewer fronts and less weakside help
  - Get shooters open off of screens with weaker or no stunts
  - Create better matchups

VIII. PICK & ROLL BASICS AND HOW TO ATTACK DIFFERENT DEFENSIVE SCHEMES

- **I'LL USE THE PLAYERS AND GO 5 ON 5 FOR THIS SEGMENT ONLY!!**
- Blitz/ Show & Over = **see page 8**
  - Attack the blitz = get around, draw foul
  - Split = when and how
  - Get off the ball =
    - Throw back = flare and flood
    - Kick pass = 2 on 1 vs. back defender
  - Second pick & roll on weakside = big concept for us
- Green = weakside duck in and kick = PUNCH call = **see page 9**
- Zone & Over =
  - Roll to rim
  - J
  - Turn zone into a blitz = go right at defender = make him stay on ball
- Show or Zone & Under =
  - Always screen lower half of body = can adjust later in game = don't want teams to go under (over = can turn corner)
  - Roll to rim, but have to be careful (Yao) = ridiculous rule
  - J (or Nash = dance behind the screen)
  - Twist = miss the first screen (big part of our offense)
- Root & Under = set screen deeper (fight for position), then same as above
- Switch = very disruptive to most teams = **see page 10**
  - Unless called differently (PUNCH or FLOPPY) we roll then ice (George Karl idea; used ve. Toronto = Bosh, Donyell, J. Rose etc.) =
  - PUNCH or FLOPPY call = post (problem is shot clock)
- White = forcing the pick & roll baseline = **see page 11**
  - Slip or dive = other big comes high
  - Flare (or pass back to other big) = BIG HIGH OPTIONS = **page 12**
    - Own J or drive
    - Other big inside
    - Swing & screen away
    - Swing & follow
    - Back to strongside & get
  - Flat picks = will show sets later = puts big 1 on 1with our guard
  - Pass & follow = tough to get to a White (Flashes)
- High Pick & Rolls = toughest thing in the game to guard
  - Screening angle = up the middle & try to surprise
    - Go to the defender = used to say top of key, but if we can screen higher and give guard more room vs. big = better (defensively we started backing up vs. good guards)
    - Still be aware of under (may not go as far)
    - Vs. Weak = screen it or slip flare
  - BIG HIGH OPTIONS = same as vs. White
- DRILL THE BASICS =
  - Guards = we'll show you what we do in the Breakout session
  - Bigs =
    - Screening angle (& screening the Weak on High picks)
    - J's and Drives
    - Slips & rolls to rim
    - Twists = high and side
    - BIG HIGH options

IX. PICK & ROLL SYSTEM =

- Pick & rolls out of our main set (show the set) =
  - 1 OUT 4 or 5 = **page 13**
  - 2 OUT/ 3 OUT = **page 14**
  - HORNS OUT 4 or 5/ HORNS OUT 2/ HORNS OUT 3 = **page 15**
  - Why all of this? = any combination on either side of the floor
- 15 Options on any of these pick & rolls = **pages 16 thru 18**
  - No matter what option we run the **guard is live on every pick & roll** (if they don't have to guard the pick & roll honestly the options aren't as effective)
  - WHITE is not a call on a play set = it is an automatic of how we attack on any pick & roll where the defense Whites
  - PUNCH
  - NAIL
  - SLIP
  - STRONG = (changes according to personnel = 5 on WS = stay low & duck)
  - DOUBLE
  - POP
  - FLOPPY
  - RIP = weakside bigh high
  - ROLL = big rip big
  - STACK = double pick = shooter flares
  - TWIST = (run it two different ways = need another call to clear up confusion)
  - FLAT
  - FLAT TWIST
  - CHEST = always a flare screen
- 4 OUT calls = 42, 41, 45 = **page 19**
  - How do you defend this?
  - Can run PUNCH, SLIP, STRONG, DOUBLE, ROLL, CHEST & WHITE options
- OTHER PICK & ROLL SETS =
  - 12, 13, 14,15, 21, 23, 24, 25 (always a weakside double) = **pages 20 & 21**
    - always look for shooter off double
    - get switch & ice
    - POP, FLOPPY, TWIST & **FLAT** (great 2nd P&R = not loaded up)
  - L = 14 or 24, TWIST = **page 22**
  - TURN 5 FLAT (& TWIST) =
  - C 5 FLAT (& TWIST)
  - SLASH = **pages 23 & 24**
    - Another multiple option play
    - Defense not loaded up (tough to red & get help = deep catch; tough to stunt on catch & shoot)
    - 13
    - WHITE
    - FLAT (great 2nd P&R = not loaded up)

- THUMB UP (& 2UP THUMB UP) options = **pages 25 & 26**
  - Screener up middle = go get defender
  - Guard's play to create
  - Pass back = BIG HIGH options
  - TWIST
  - GET (specific call for big to go to that option = for 2 = defense not loaded up)
  - PUNCH = either way
  - 54 = switch 4 & 5 or 4 is late coming up
- THUMB DOWN options = **page 27**
  - Always L-R
  - 53, 52
  - TWIST
  - SPREAD (& 2 UP THUMB DOWN SPREAD) = move 4 around
  - 2 UP THUMB DOWN PUNCH
- HORNS UP (& 2 UP HORNS UP) options = **page 28**
  - Who rolls or dives depends on personnel
  - Pass back = BIG HIGH options
  - GET
  - TWIST
  - SLIP
- HORNS DOWN (& 2 UP HORNS DOWN) options = call 4 or 5 = **page 29**
  - Exact same options as HORNS UP except we clear the side we call
- HORNS CHEST = flare screen for picker to BIG HIGH options = **page 29**

X. OTHER USES FOR THE PICK & ROLL

- VS. ZONE =
  - Zone coaches = how much time do you spend on defending pick & rolls?
  - Not only are pick & rolls effective, but we don't have to worry about what defense you're in
  - Run it into our zone offense
  - Run all of our basic pick & rolls (1 OUT, 2 OUT, HORNS OUT, HORNS OUT 2) =
    - Normal
    - Vs. White = attack the big, make guard help
    - PUNCH (usually what we run any way)
    - NAIL
    - STRONG
    - ROLL
  - HORNS UP
  - L
  - SLASH
- FRONT & BACK OF POST = man not being guarded
- Vs. SAG OFF THE PASSER
- E.O.O. =
  - SOG = left side = post side/ right side = get side

HEAT OFFENSIVE PHILOSOPHY

WE PLAY **ROCK SOLID** BASKETBALL AT A **HIGH ENERGY** LEVEL EVERY NIGHT. WE REACT QUICKLY TO EVERY CHANGE OF POSSESSION. WE GET THE BALL **OUT AND UP** THE FLOOR AS RAPIDLY AS POSSIBLE. WE **RUN HARD AND WIDE** AND ATTACK FOR LAYUPS, EARLY DEEP POSTUPS AND OPEN JUMPERS. IF WE HAVE NOTHING ON THE FASTBREAK WE PLAY THE GAME OR EXECUTE A SIMPLE CALL IN OUR **RUNNING GAME**. IN THE HALFCOURT WE **EXECUTE** WITH ENERGY AND PRECISION. WE UNDERSTAND THAT, WHETHER IN TRANSITION OR THE HALFCOURT, **OUR OFFENSIVE SUCCESS DEPENDS ON OUR EXECUTION AND OUR UNSELFISHNESS** = FIVE GUYS WORKING TOGETHER TO GET THE BEST SHOT POSSIBLE.

OUR **4 OFFENSIVE MUSTS** THAT FOLLOW THOROUGHLY EXPLAIN OUR OFFENSIVE PHILOSOPHY. THE KEY COMPONENTS ARE THESE =

- WE WANT TO GET AS MANY **EASY BASKETS** AS POSSIBLE IN TRANSITION BEFORE THE DEFENSE IS SET.
- WE PLAY THE GAME FROM THE **INSIDE-OUT,** CONSTANTLY LOOKING FOR DEEP POSTUPS AND DRIVES. WHEN THE DEFENSE HELPS WE KICK THE BALL OUT FOR OPEN JUMP SHOTS.
- WE ARE **FUNDAMENTAL AND WE TAKE CARE OF THE BALL.**
- **WE PLAY THE GAME UNSELFISHLY** LOOKING TO SHARE THE BALL, MAKE THE EXTRA PASS AND CREATE SHOTS FOR OUR TEAMMATES.

WE WILL EVALUATE OUR OFFENSE BY FIVE STATISTICAL MEASUREMENTS =

- **TURNOVERS** 13.7 9TH
- **FIELD GOAL PERCENTAGE** 48.6 1ST
- **POINTS IN THE PAINT** 44.9 3RD
- **FREE THROW ATTEMPTS** 30.1 2ND
- **3-POINT PERCENTAGE** 37.7 3RD

WE WANT TO BE AMONG THE TOP TEAMS IN THE NBA IN THOSE FIVE CATEGORIES. IF WE ARE, WE WILL BE A VERY DIFFICULT TEAM TO DEFEND.

WE REFUSE TO BE DEFENDED !!

HEAT DEFENSIVE PHILOSOPHY

WE TAKE PRIDE IN BEING THE BEST DEFENSIVE TEAM IN THE NBA. WE UNDERSTAND THAT **GREAT DEFENSE REQUIRES FIVE** GUYS GIVING MAXIMUM EFFORT AND CONCENTRATION ON **EVERY POSSESSION.** THERE ARE NO EASY ANSWERS OR MIRACLE SCHEMES THAT CAN BE CONSISTENTLY EFFECTIVE WITH MINIMUM EFFORT. GREAT DEFENSE RESULTS NOT FROM GREAT SCHEMES, BUT FROM THE DEFENSIVE DISPOSITION AND COMMITMENT OF PLAYERS. TO BE A GREAT DEFENSIVE TEAM WE MUST **TRUST = TRUST OUR SYSTEM** AND MAKE IT WORK, **TRUST YOUR TEAMMATES** TO DO THEIR JOBS AND MAKE SURE THAT THEY CAN TRUST YOU TO DO YOURS.

OUR **FOUR DEFENSIVE MUSTS,** THAT FOLLOW, THOROUGHLY EXPLAIN OUR DEFENSIVE PHILOSOPHY. THE KEY COMPONENTS ARE THESE =

- **WE GIVE UP NO EASY BASKETS.** WE TAKE PRIDE IN GETTING BACK AND STOPPING TEAMS IN TRANSITION.
- **WE CLOSE DOWN THE PAINT.** THE BALL DOES NOT GET TO THE RIM. WE PLAY FIVE AGAINST THE BALL.
- THEN, AFTER PROTECTING THE PAINT, **WE CLOSE HARD AND GIVE NO OPEN SHOTS.** WE MAKE SECOND, THIRD AND FOURTH EFFORTS.
- **ALL FIVE GUYS BLOCK OUT AND REBOUND.** OUR GOAL ON EVERY POSSESSION IS A CONTESTED SHOT AND A DEFENSIVE REBOUND.

WE WILL EVALUATE OUR DEFENSE BY FIVE STATISTICAL MEASUREMENTS PRIMARILY =

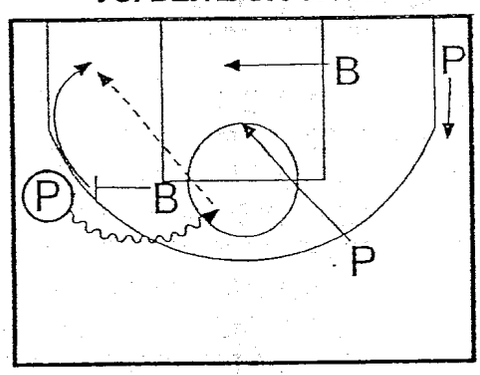
- **FASTBREAK POINTS ALLOWED**
- **POINTS ALLOWED IN THE PAINT**
- **FIELD GOAL PERCENTAGE DEFENSE**
- **FREE THROW ATTEMPTS ALLOWED**
- **DEFENSIVE REBOUND PERCENTAGE (AND 2ND CHANCE POINTS ALLOWED)**

WE WANT TO BE AMONG THE TOP TEAMS IN THE NBA IN THOSE FIVE CATEGORIES. IF WE ARE, WE WILL BE TOUGH TO PLAY AGAINST AND WE WILL **FRUSTRATE AND WEAR DOWN OUR OPPONENTS**. WE WANT TO MAKE EVERY POSSESION A DIFFICULT ONE FOR THE OPPOSITION.

OUR DEFENSIVE DISPOSITION IS TO DOMINATE!!

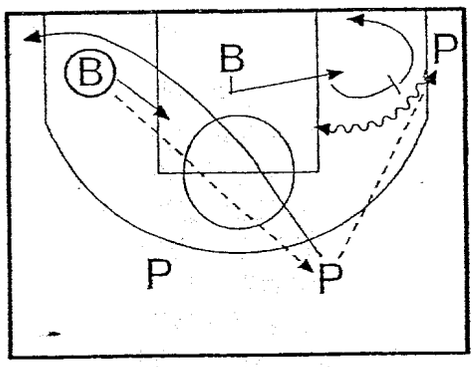
SIDE PICK & ROLL VS. BLITZ, SHOW, ROOT, ZONE ETC.

VS. BLITZ OR SHOW



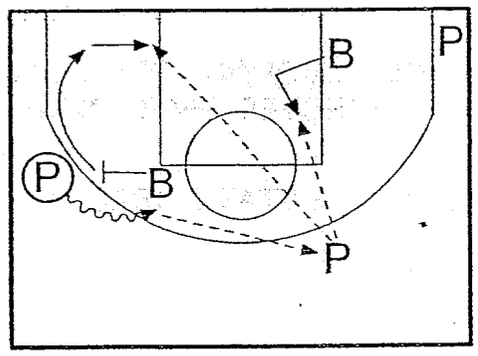
WE SET A SOLID PICK **HALFWAY BETWEEN THE LANE LINE AND THE SIDELINE.** THE GUARD COMES OFF & THROWS IT BACK TO THE SCREENER ON A FLARE PASS. THE **WEAKSIDE BIG FLOODS** (PERIMETERS ON THE WEAKSIDE HAVE THE OPTION TO DOUBLE FLOOD).

FLARE = FLOOD (CONTINUED)



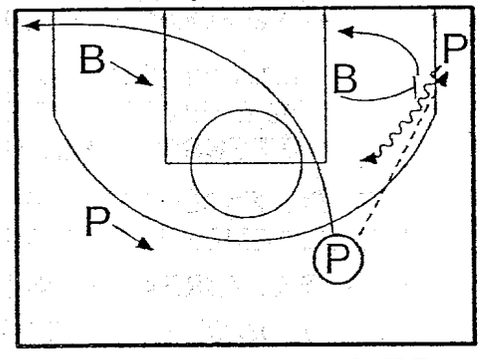
IF WE DON'T HAVE THE J, DRIVE OR FLOOD PASS, WE SKIP PASS. ON THE PASS FROM THE SLOT TO THE CORNER WE MUST SLOT CUT THROUGH TO CREATE SPACE TO **PLAY THE GAME.**

VS. BLITZ OR SHOW = KICK



THE GUARD KICKS TO THE NEXT PERIMETER WHO LOOKS BACK TO THE SCREENER GOING TO THE RIM OR THE BIG DUCKING IN.

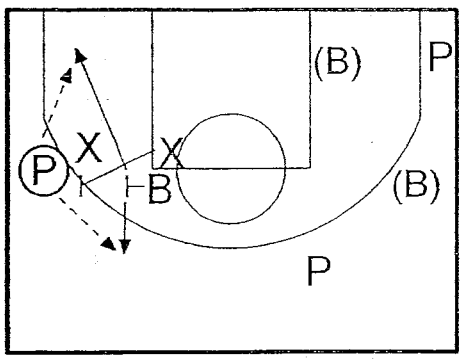
KICK (CONTINUED)



IF NO SHOT, WE SWING IT TO THE CORNER, SLOT CUT & **PLAY THE GAME.**

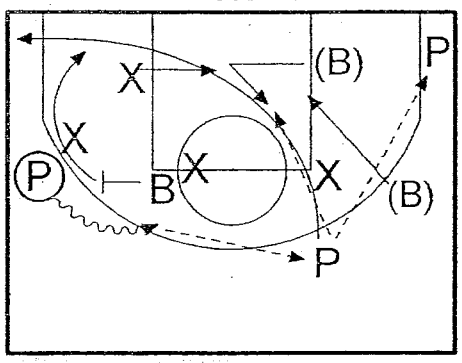
SIDE PICK & ROLL VS. GREEN & BLACK

VS. BLACK



WHEN THE DEFENSE **BLACKS** (TRAPS US BEFORE THE PICK), THE BIG CAN SLIP (TO THE RIM OR TO THE BASELINE). IF HE DOES, WE PLAY WITH THE SAME CONCEPTS WE USED VS. **BLITZ OR SHOW**. THE BIG **CAN** ALSO STEP BACK. IF HE DOES, WE USE OUR **WHITE** CONCEPTS.

VS. GREEN

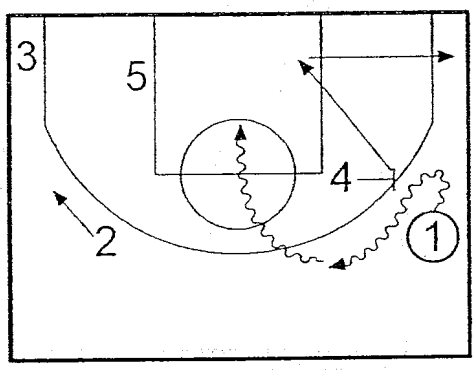


IF TEAMS **GREEN** (ZONE) OUR PICK & ROLL, WE SIMPLY COME OFF & KICK. WE LOOK FOR THE WEAKSIDE BIG STEPPING IN (VS. ZONE DEFENDER ROTATING BACK) OR FOR OPEN SHOT IN CORNER. AS ALWAYS, WHEN WE MAKE THE PASS FROM THE SLOT TO THE CORNER, WE SLOT CUT TO CREATE SPACE TO **PLAY THE GAME.**

SIDE PICK & ROLL VS. SWITCH

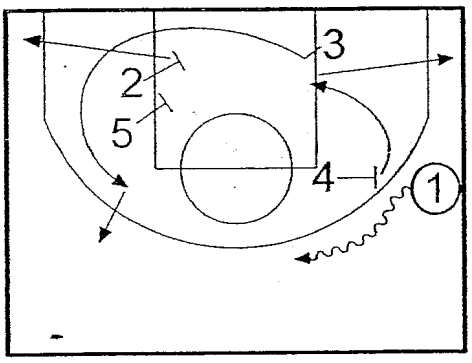
WHEN THE DEFENSE SWITCHES OUR PICK AND ROLL WE HAVE TWO OPTIONS = **ICE THE GUARD** OR **POST THE MISMATCH.**

"1 OUT 14" VS. SWITCH



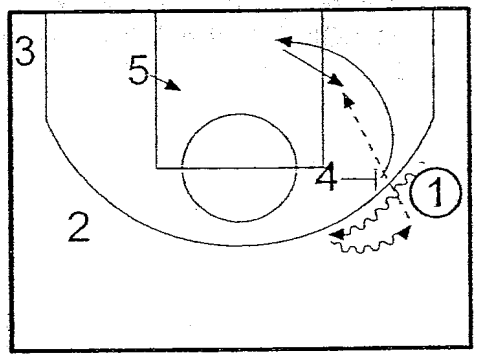
WE **ALWAYS LOOK FOR THE QUICK ROLL** TO THE RIM VS. SWITCH, BUT ON A STRAIGHT "OUT" CALL, 4 CLEARS TO THE CORNER AND 1 ICES IN THE SLOT.

"1 OUT 14 DOUBLE



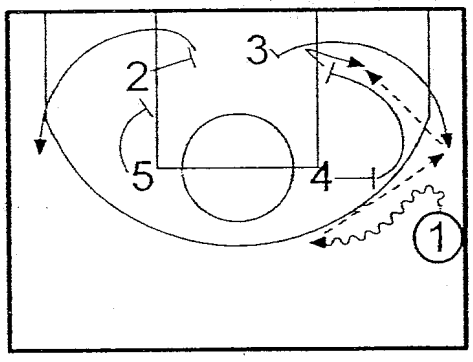
SAME IDEA = VS. SWITCH 1 LOOKS FOR 4 ON THE ROLL, THEN 4 POPS TO THE CORNER. 1 LOOKS AT 3 OFF THE STAGGER. IF NEITHER 3 NOR 4 ARE OPEN, 1 ICES IN THE SLOT.

"1 OUT 14 "PUNCH" VS. SWITCH



"PUNCH" IS A POSTUP PLAY = VS. THE SWITCH, 1 BACK DRIBBLES & THROWS THE BALL TO 4 IN THE POST.

"1 OUT 14 "FLOPPY"

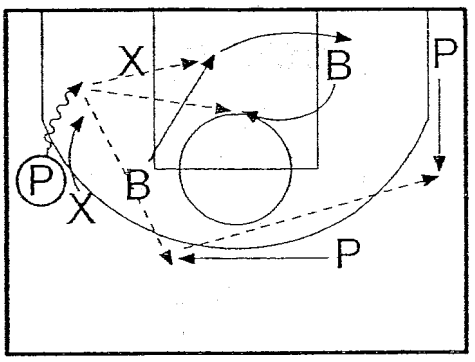


WE RUN THE **"1 OUT FLOPPY"** AND PASS BACK TO 4'S SIDE TO POST VS. THE SWITCH.

SIDE PICK & ROLL VS. WHITE

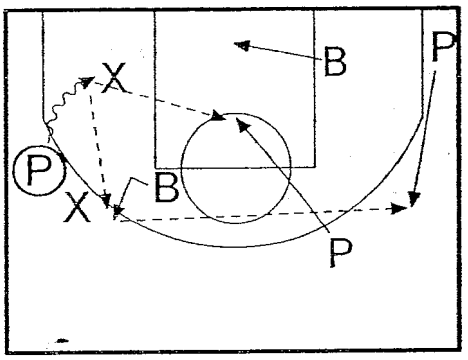
OUR FIRST OPTION VS. **WHITE** IS TO **ATTACK THE BIG** AND GET IN THE PAINT OR LOOK FOR THE **J OR DRIVE ON THE PASS BACK.** ON THE PASS BACK, WE HAVE ALL THREE **BIG HIGH** OPTIONS =

VS. WHITE = SLIP OR DIVE



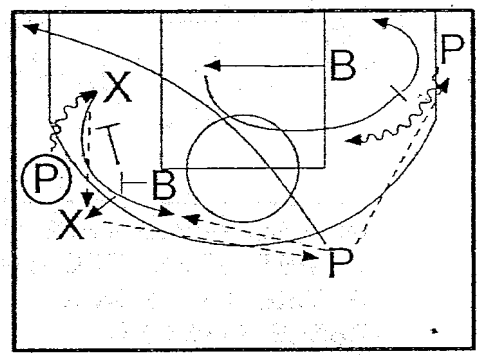
HERE, ON THE WHITE THE BIG CHOOSES TO SLIP TO THE RIM. THE WEAKSIDE BIG COMES TO THE DOTS. IF WE CAN'T HIT EITHER BIG, THE PERIMETER IN THE SLOT STEPS OVER AND WE SWING THE BALL & **PLAY THE GAME.**

VS. WHITE = DOUBLE FLOOD



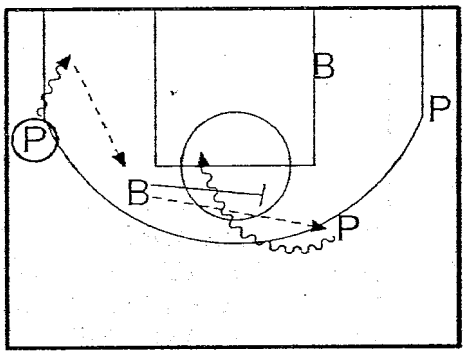
AS WITH THE BLITZ, THE MAN IN THE WEAKSIDE SLOT HAS THE OPTION TO FLOOD.

VS. WHITE = SWING & SCREEN AWAY



AS DEFENSE FORCES US BASELINE, WE ATTACK THE BIG (OR LOOK FOR POCKET J). THE BIG STEPS BACK & THE WEAKSIDE BIG FLOODS. ON THE PASS BACK, IF THE DEFENSE ROTATES WE CAN SWING THE BALL & SINGLE. WE SCAN THE POST, THEN CAN LOOK AT THE SINGLE OR SWING THE BALL AND CHASE DOWN SHOTS. ON THE PASS FROM THE SLOT TO THE CORNER WE MUST SLOT CUT THROUGH.

vs. WHITE = SWING & FOLLOW

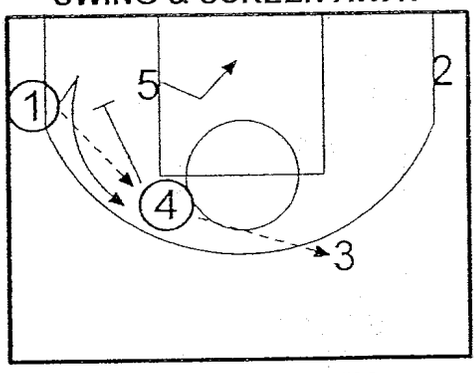


THE BIG MAY ALSO SWING & FOLLOW TO A HIGH PICK & ROLL (OR TAKE IT TO A DRIBBLE HANDOFF).

"BIG HIGH"

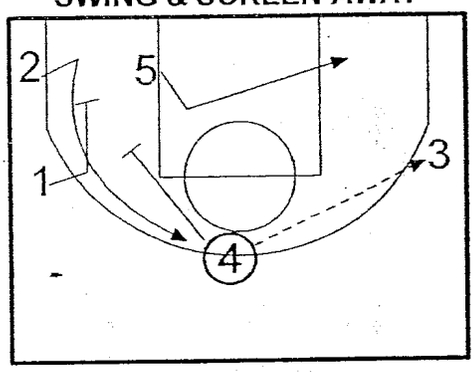
ON ANY SITUATION WHERE WE THROW THE BALL TO A BIG UP HIGH OR IN THE SLOT WE WANT THE BIG TO **FIRST LOOK FOR HIS OWN SHOT OR DRIVE**, THEN FOR THE **OTHER BIG INSIDE**. THEN, HE HAS THREE OPTIONS THAT FOLLOW:

SWING & SCREEN AWAY



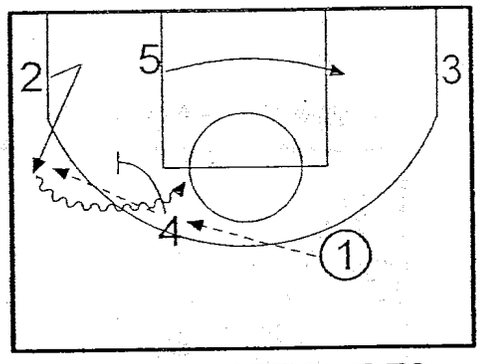
THE FIRST OPTION IS TO SWING THE BALL & SCREEN AWAY = IN THIS CASE A SINGLE, BUT...

SWING & SCREEN AWAY



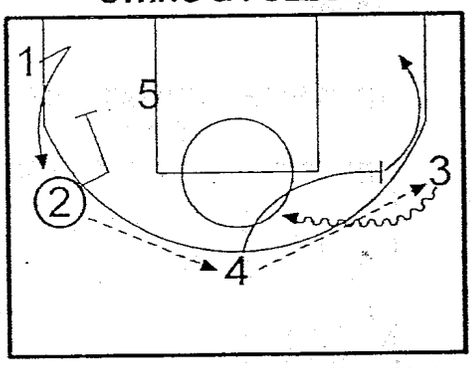
IN A STRONG SET, THE SCREEN AWAY COULD BE A STAGGER.

SWING & FOLLOW



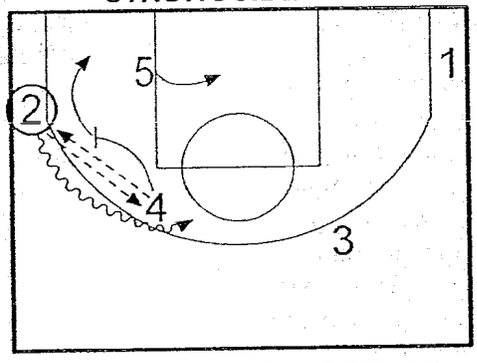
THE SECOND OPTION IS TO SWING THE BALL & FOLLOW TO A GET (OR TAKE IT TO 2 ON A DRIBBLE HANDOFF).

SWING & FOLLOW



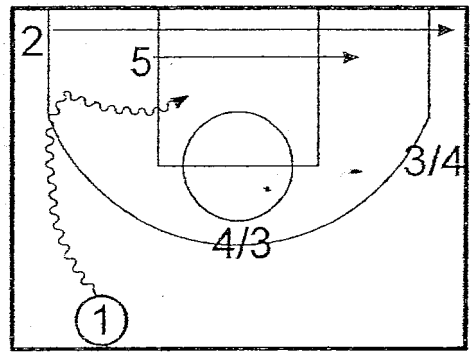
CAN ALSO SWING & FOLLOW TO A GET IN THE STRONG SET (OR TAKE IT TO 3 ON A DRIBBLE HANDOFF).

STRONGSIDE GET



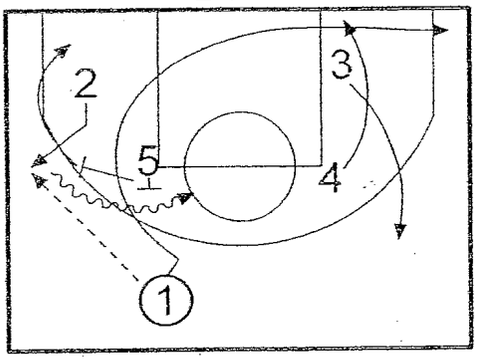
THE THIRD OPTION IS TO GO BACK TO THE STRONGSIDE & FOLLOW FOR A GET (OR TAKE IT TO 2 ON A DRIBBLE HANDOFF).

"1 DOWN"



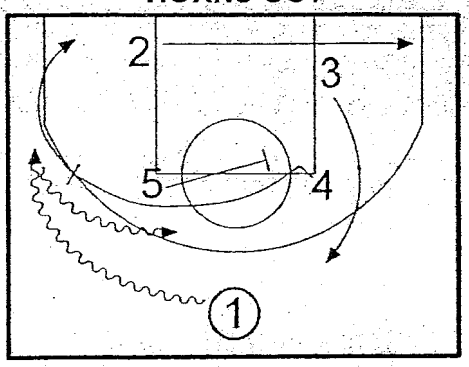
1 DRIBBLES OUT INTO AN ISOLATION/BACK-IN. 5 IS ON THE BASELINE, OUTSIDE THE HASHMARK. 3, 4 & 2 SPACE THE FLOOR ON THE WEAKSIDE.
NOTE: THIS CAN BE RUN ON EITHER SIDE OF THE FLOOR, & **"2 DOWN," "3 DOWN,"** & **"4 DOWN"** ARE THE SAME WITH THAT NUMBER HANDLING.

"2 OUT"



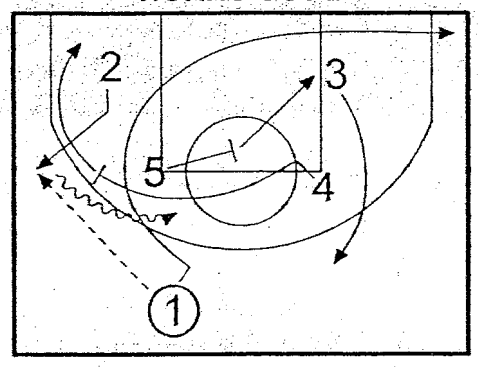
1 HITS 2 & UCLA CUTS OFF 5. 2 LOOKS FOR 1, THEN 5 STEPS OUT TO A 2-5 P&R. WE MAY RUN ANY OF THE SIDE PICK & ROLL OPTIONS DESCRIBED IN THE OFFENSIVE SITUATIONS SECTION. **(PUNCH, NAIL, SLIP, STRONG, DOUBLE, POP, FLOPPY, RIP, ROLL, STACK, TWIST, CHEST, WHITE)**

"HORNS OUT"



ON **"HORNS OUT"** WE ARE IN A BOX SET. 1 DRIBBLES OUT EITHER SIDE (WE MAY DESIGNATE A SIDE = THIS WOULD BE **"HORNS OUT 5"**). STONGSIDE BIG, 5, CROSSES & SCREENS FOR 4 WHO RUNS INTO A PICK & ROLL. 3 MOVES UP TO THE SLOT & 2 TO THE WEAKSIDE CORNER.
NOTE: WE MAY RUN ANY OF THE SIDE PICK & ROLL OPTIONS DESCRIBED IN THE OFFENSIVE SITUATIONS SECTION.

"HORNS OUT 2"

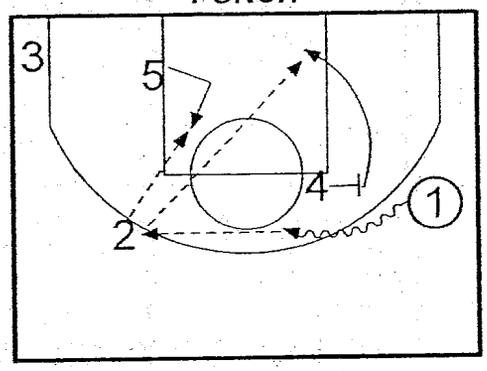


1 HITS 2 & UCLA CUTS OFF 5. AS 1 CLEARS 5, 5 SCREENS FOR 4 WHO RUNS INTO A SIDE PICK & ROLL WITH 2. 1 CLEARS TO THE WEAKSIDE CORNER & 3 MOVES TO THE SLOT.

SIDE PICK & ROLL OPTIONS

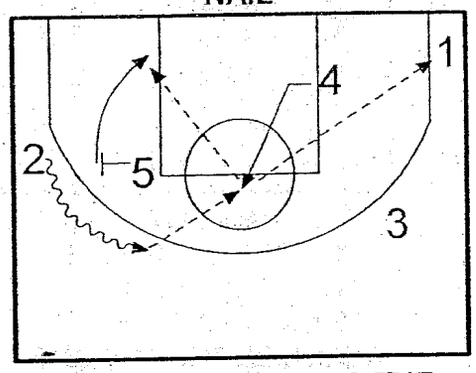
BESIDES OUR NORMAL PICK AND ROLL CONCEPTS AND OUR "**WHITE**" ATTACK WE HAVE 13 OTHER OPTIONS WE CAN RUN ON ANY SIDE PICK AND ROLLS.

"PUNCH"



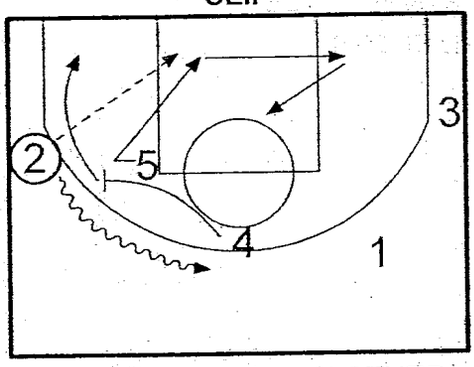
CALL DESIGNATES THAT WE WANT TO LOOK INSIDE. 1-4 P&R. 1 KICKS TO 2 IN THE SLOT. 2 LOOKS FOR 4 ROLLING TO THE RIM OR 5 DUCKING IN.

"NAIL"



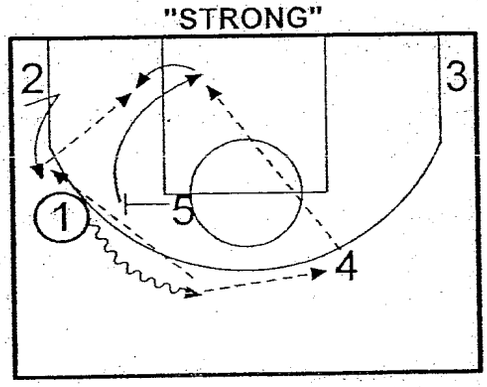
2-5 P&R. 4 FLASHES TO THE NAIL (3 STAYS WIDER IN THE SLOT). 2 HITS 4 AT THE NAIL. 4 LOOKS FOR HIS OWN SHOT, TO 5 ROLLING TO RIM, THEN TO THE WEAKSIDE.

"SLIP"



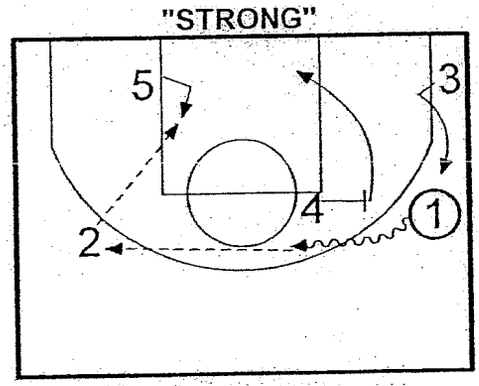
ON **"SLIP"** CALLS THE OTHER BIG STAYS HIGH. 5 RUNS TO THE PICK & SLIPS TO THE RIM. IF 2 CAN'T HIT 5, 4 COMES TO A 2-4 P&R.

"STRONG"



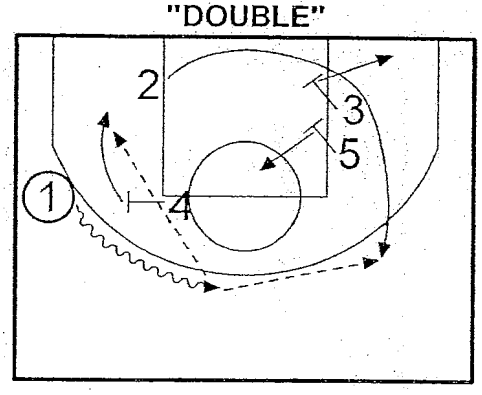
"STRONG" INDICATES AN OVERLOAD. 1-5 PICK & ROLL TO THE RIM. 4 STAYS HI IN THE SLOT. 1 MAY KICK TO 4 OR PASSBACK TO 2 TO POST 5. 5 TRACKS THE BALL.

"STRONG"



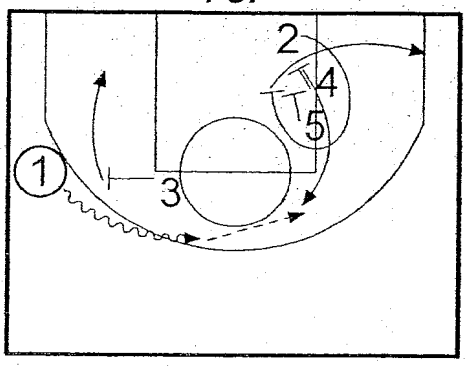
WITH **SHAQ OR ZO** ON THE WEAKSIDE, THEY STAY LOW. 1-4 PICK & ROLL TO THE RIM. 1 KICKS TO 2 TO POST 5.

"DOUBLE"



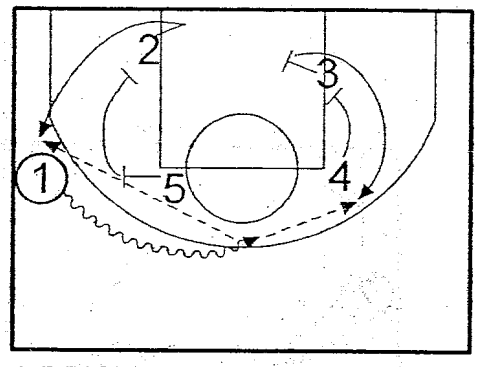
1-4 PICK & ROLL. 2 COMES OFF 3-5 STAGGER ON THE WEAKSIDE. 1 CAN HIT 2 OR PASS BACK TO 4.

"POP"



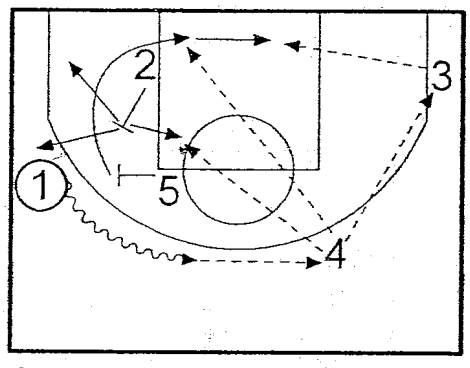
1-3 PICK & ROLL. 4 & 5 STAGGER FOR 2. 2 CURLS & PINS X5. 5 SCREENS X4. 4 POPS FOR J.

"FLOPPY"



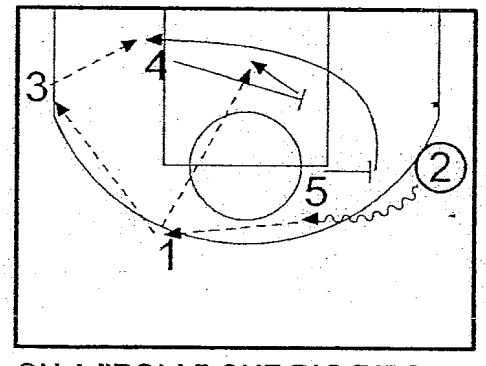
1-5 PICK & ROLL. 3 & 4 STAGGER FOR 2 ON WEAKSIDE. 5 ROLLS TO SET A SCREEN. 2 MAY GO EITHER WAY OFF THE FLOPPY. 3 GOES OPPOSITE 2.

"RIP"



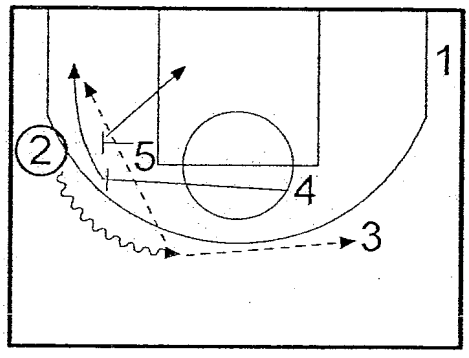
ON **"RIP,"** LIKE **"STRONG,"** 4 HOLDS HIGH IN THE SLOT. 1-5 PICK & ROLL. 1 KICKS TO 4. 2 RIPS 5. 4 LOOKS TO 5 (OR TO 2 VS. HELP) OR SWINGS TO 3 & 5 COMES TO THE POST.

"ROLL"



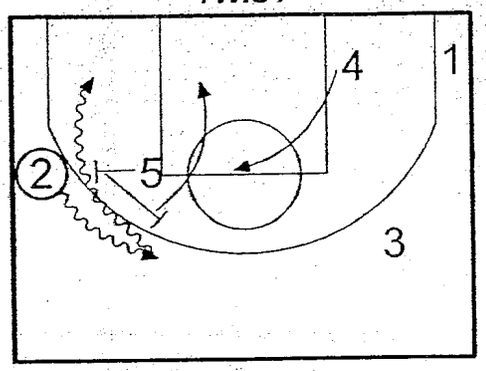
ON A **"ROLL"** ONE BIG RIPS THE OTHER BIG. 2-5 PICK & ROLL. 2 KICKS TO 1. 4 RIPS 5 AND THEN 4 BACKPOSTS. 1 LOOKS FOR 5 & 4, THEN KICKS TO 3 TO POST 5.

"STACK"



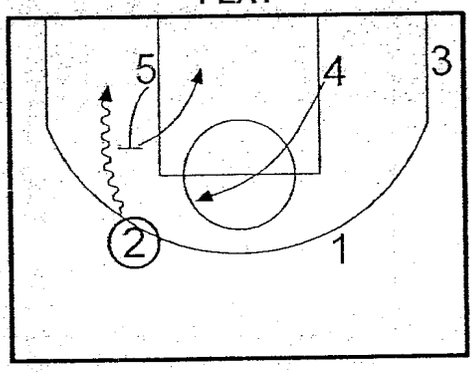
"STACK" IS A DOUBLE PICK. THE BETTER SHOOTER OF THE TWO BIGS FLARES, THE OTHER ROLLS TO THE RIM.

"TWIST"



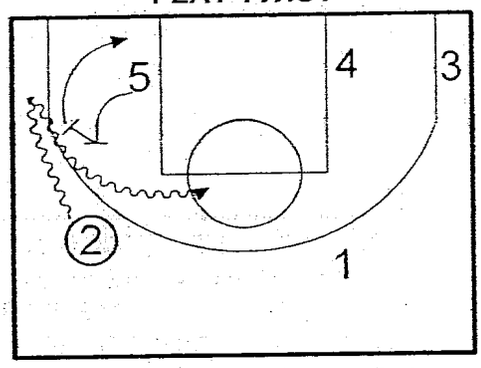
"TWIST" INDICATES A RE-SET OF THE PICK. 2-5 SIDE P&R RE-SET TO A FLAT PICK.

"FLAT"



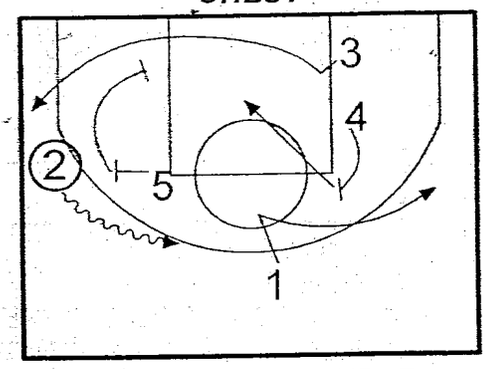
"FLAT" IS A FLAT PICK.

"FLAT TWIST"

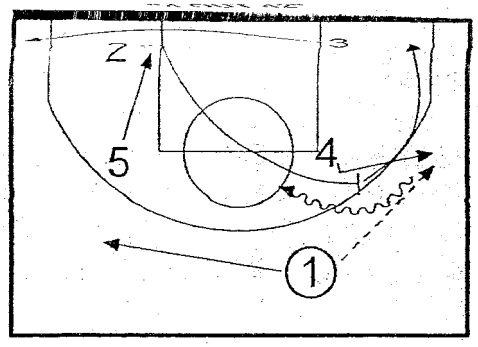


2-5 FLAT PICK RE-SET TO A SIDE PICK & ROLL.

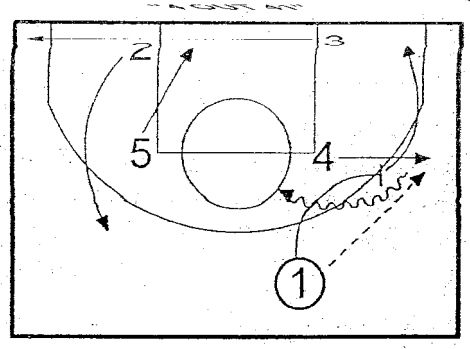
"CHEST"



2-5 PICK & ROLL. 4 CHESTS 1 & SLIPS TO THE RIM. 5 ROLLS & PINS 3.

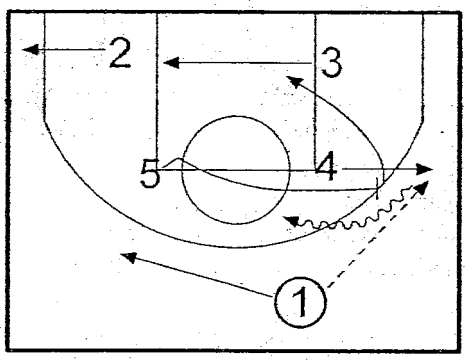


4 CREATES A LEAD TO CATCH ON THE WING. 1 HITS 4. 2 RUNS TO SET PICK FOR 4 = 4-2 PICK & ROLL.
NOTE: WE CAN RUN **PUNCH, SLIP, STRONG, DOUBLE, ROLL, CHEST** AND **WHITE** OPTIONS.



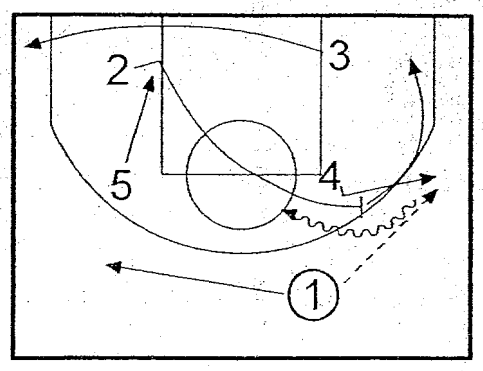
SAME THING, BUT 1 HITS 4 & FOLLOWS TO SET PICK.

"4 OUT 45"



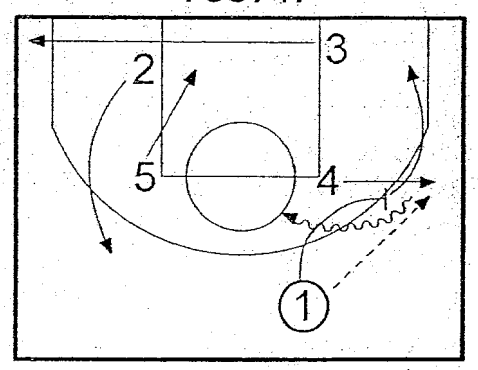
1 HITS 4. 5 RUNS TO A 4-5 PICK & ROLL. 3 AS THE BIGGEST MAN WEAKSIDE, GOES TO THE WEAKSIDE BLOCK.

"4 OUT 42"



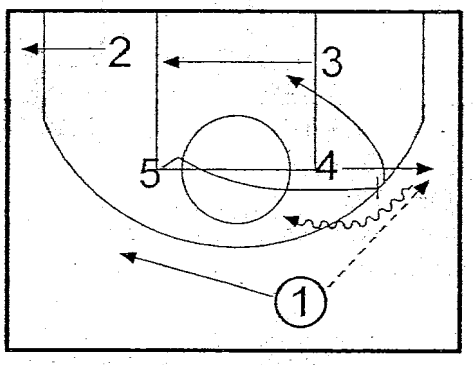
4 CREATES A LEAD TO CATCH ON THE WING. 1 HITS 4. 2 RUNS TO SET PICK FOR 4 = 4-2 PICK & ROLL.
NOTE: WE CAN RUN **PUNCH, SLIP, STRONG, DOUBLE, ROLL, CHEST** AND **WHITE** OPTIONS.

"4 OUT 41"



SAME THING, BUT 1 HITS 4 & FOLLOWS TO SET PICK.

"4 OUT 45"



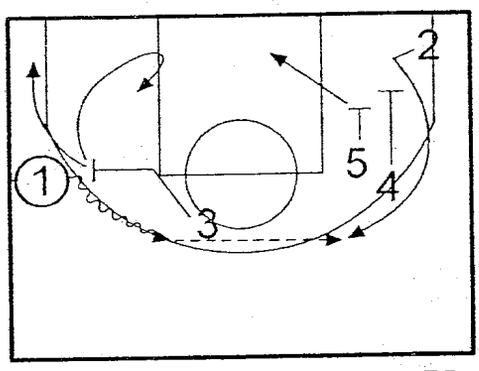
1 HITS 4. 5 RUNS TO A 4-5 PICK & ROLL. 3 AS THE BIGGEST MAN WEAKSIDE, GOES TO THE WEAKSIDE BLOCK.

"12"/"13"/"14"/"15"/"21"/"22"/"23"/ "24"/"25"

20

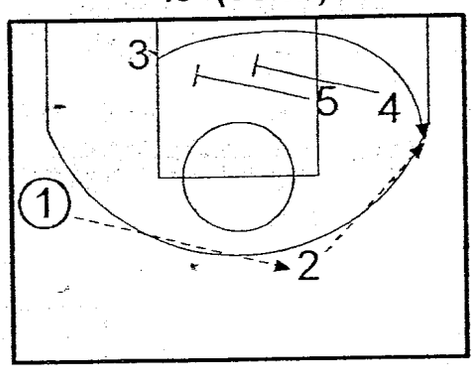
THIS IS A SIMPLE SIDE PICK & ROLL SET RUN ON THE LEFT SIDE OF THE FLOOR. THE FIRST NUMBER IS THE BALLHANDLER AND THE SECOND NUMBER IS THE SCREENER. WE ALWAYS SET A WEAKSIDE STAGGER FOR THE SHOOTER. EVERYTHING SHOWN HERE IS OUT OF **"13,"** BUT WE CAN RUN THE SAME OPTIONS WITH ANY PICK & ROLL COMBINATION.

"13"



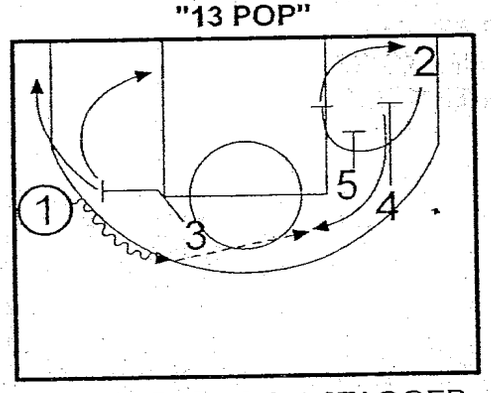
1-3 SIDE P&R. 5 & 4 STAGGER FOR 2. 1 ALWAYS LOOKS TO GET IN THE PAINT AND WE ALWAYS LOOK FOR THE SHOOTER. WE CAN POST 3 OR ICE 1 VS. A SWITCH.

"13" (CONT.)



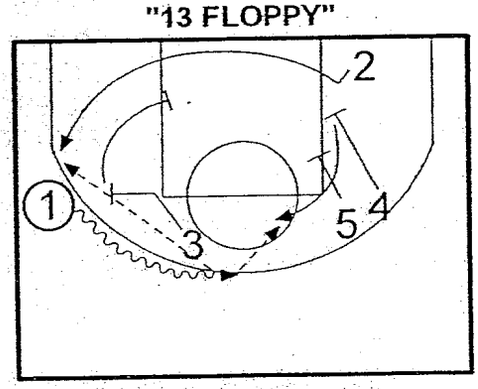
IF WE HIT 2, 5 & 4 STAGGER FOR 3.

"13 POP"



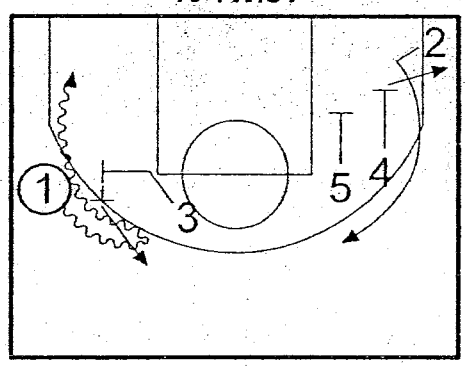
1-3 SIDE P&R. 5 & 4 STAGGER FOR 2. 2 CURLS & PINS 5'S MAN. 5 PINS 4'S MAN & 4 POPS FOR THE JUMP SHOT. IF 4 HAS NO SHOT HE HAS ANY OF HIS **BIG HIGH** OPTIONS.

"13 FLOPPY"



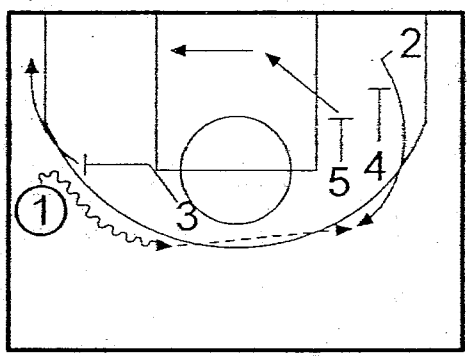
1-3 SIDE P&R. 3 ROLLS TO SET SCREEN IN **"FLOPPY."** 5 & 4 PIN 2. 2 MAY GO EITHER WAY. 4 GOES OPPOSITE 2.

"13 TWIST"



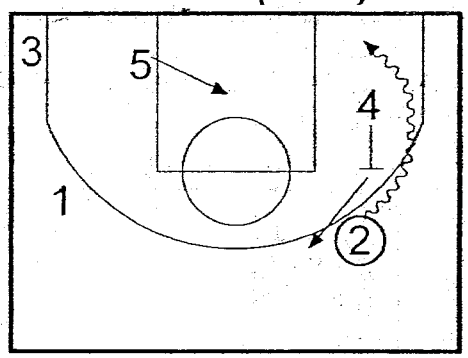
1-3 SIDE PICK & ROLL RE-SET TO A FLAT PICK. 3 FLARES. 2 HOLDS IN THE CORNER UNLESS & UNTIL 1 PASSES BACK TO 3. THEN 5 & 4 STAGGER FOR 2.

"13 FLAT"



1-3 SIDE PICK & ROLL 3 FLARES. 5 & 4 STAGGER FOR 2. 5 SLIPS TO THE STRONGSIDE. 1 HITS 2.

"13 FLAT" (CONT.)

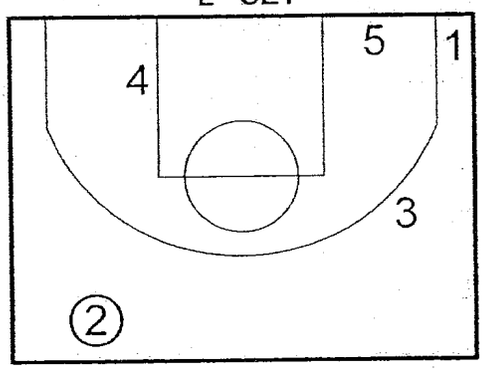


4 IMMEDIATELY FOLLOWS 2 OUT & SETS A FLAT PICK.

"L"

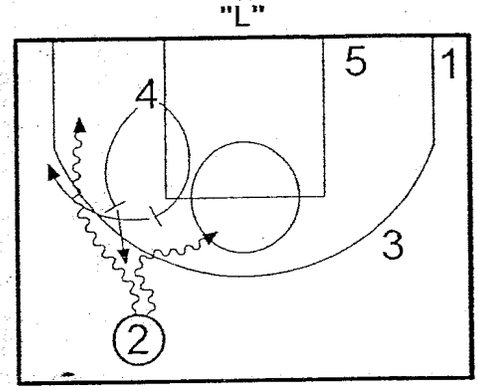
"L" IS A FLAT PICK OR ANGLED SIDE PICK & ROLL RUN ON THE LEFT SIDE. 4 IS THE SCREENER UNLESS WE CALL ANOTHER NUMBER AND EITHER GUARD MAY HANDLE THOUGH EVERYTHING SHOWN HERE IS WITH 2 HANDLING.

"L" SET



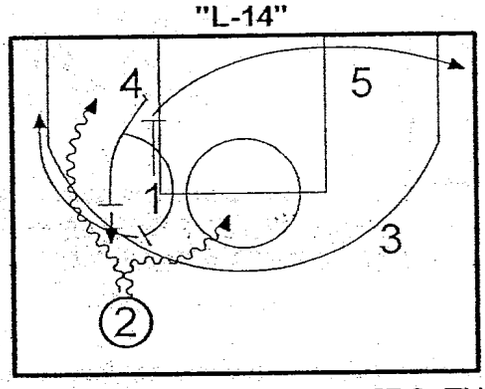
2 BRINGS THE BALL UP MIDWAY BETWEEN THE PRO LANE AND THE SIDELINE. 4 STARTS IN THE MID-POST TO HOLD HIS MAN IN. 3 & 1 STAY WIDE ON THE WEAKSIDE WITH 3 IN THE SLOT. 5 IS ON THE BASELINE OUTSIDE THE HASH.

"L"



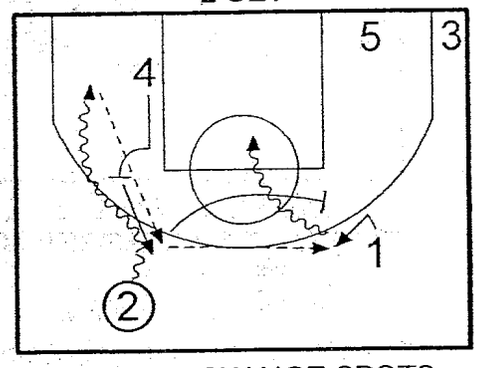
4 QUICKLY COMES TO THE ELBOW AND STEPS OUT ON EITHER SIDE TO SET THE PICK. 2 ATTACKS AND 4 FLARES.

"L-14"



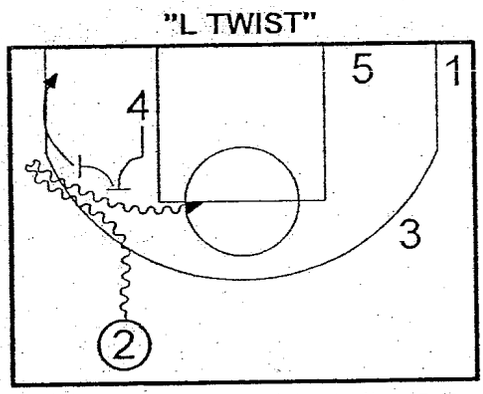
IF WE CALL TWO NUMBERS, THE FIRST NUMBER PINS DOWN ON THE SECOND NUMBER WHO RUNS TO THE PICK. SCREENER CLEARS TO THE WEAKSIDE CORNER.

"L GET"



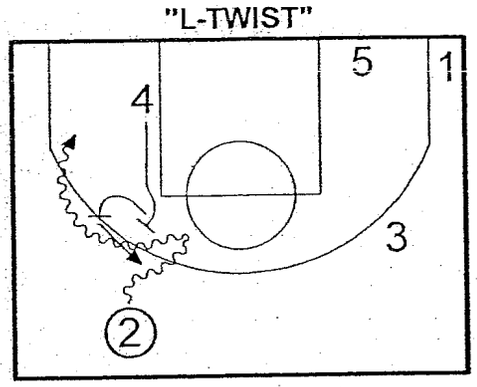
HERE, 1 & 3 CHANGE SPOTS. 2-4 FLAT PICK. 2 PASSES BACK TO 4. 4 SWINGS THE BALL TO 1 AND FOLLOWS FOR A QUICK HIGH PICK & FLARE.

"L TWIST"



SAME SET. 4 COMES UP TO A 1-4 FLAT PICK AND TURNS AND RE-SETS A SIDE P&R.

"L-TWIST"



OR, 4 SETS AN ANGLED SIDE PICK & ROLL AND TURNS AND RE-SETS A FLAT PICK & ROLL.

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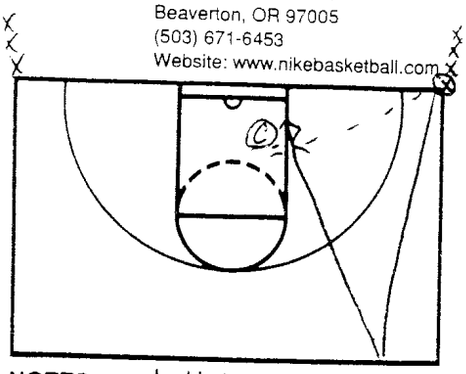
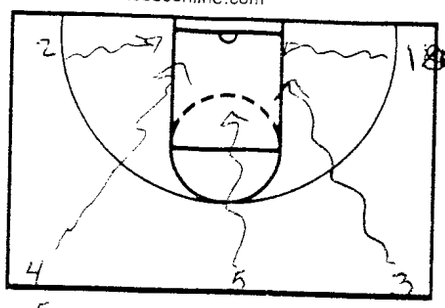
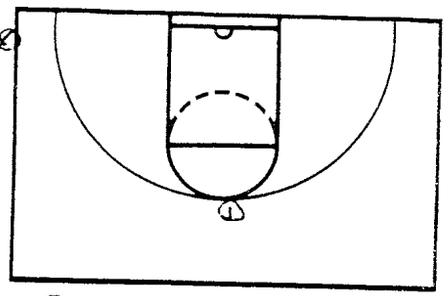


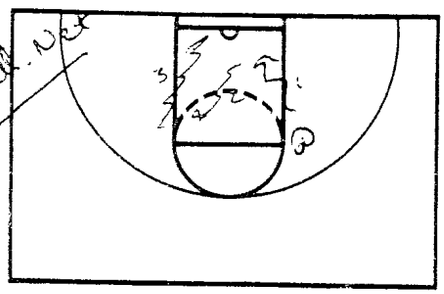
NOTES Hand off layups
Pass to coach → Sprint to ½ ct
Coach hand off for layup
F ll other corner



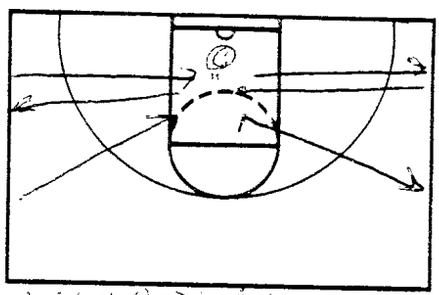
5 spot layup
Dribble drive from each spot



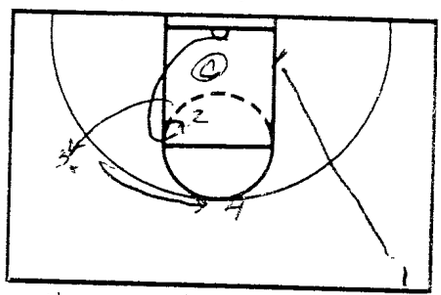
7 in 30
(R) - Dribble - layup - dribble & layup again
(L) - " " " "



NOTES
V - Layup (8 in 30 sec)
layup from R elbow - get rebound go to L " "
layup from L elbow



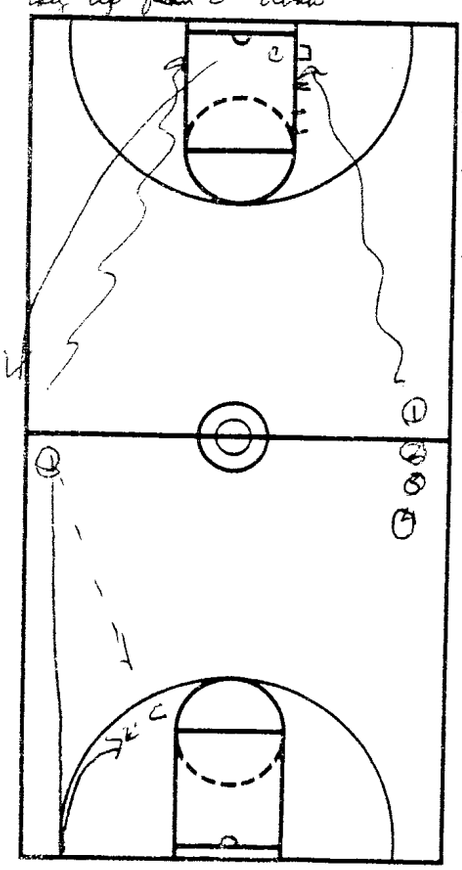
Sprint to C → hand off Sprint to other ct



4 spot shooting → Go Twice R/L (Pick any 4 spots)
Layup
Elbow
Wing
Top

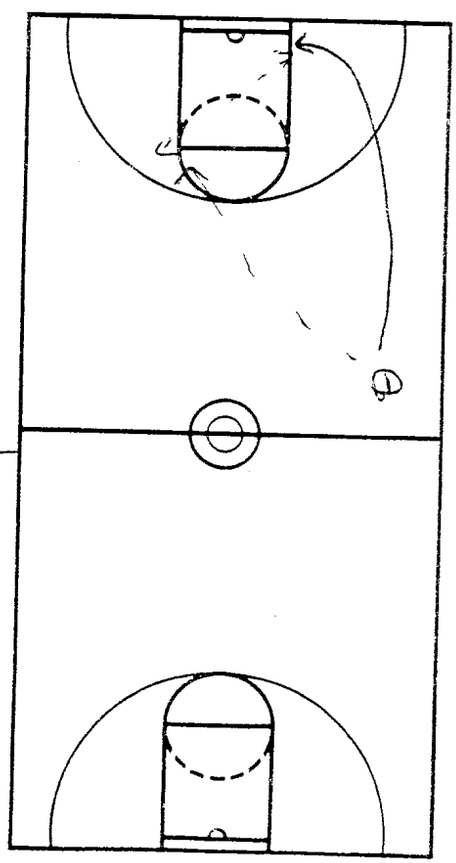
JUST DO IT

Block → Mid post → elbow



NOTES
1 layup from block
2 → First mark mark
3 → 2nd mark mark
4 → elbow
5 → wing

Variation →
Pass to coach at elbow → get return pass



Drills must have goals !!

SSmith @ Oak-Hill. Nat

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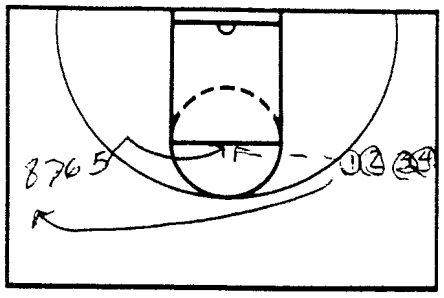
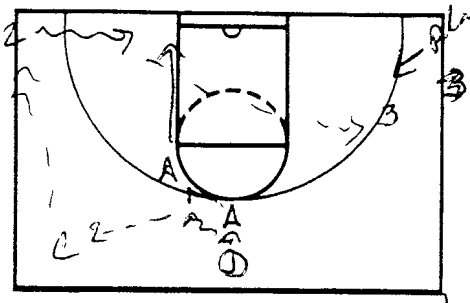
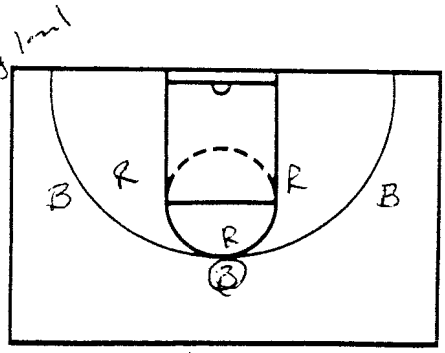


NOTES
Best ~~offer~~ at ½ time
5m practice -20 in 4 minutes
1 spirit for each make < 20

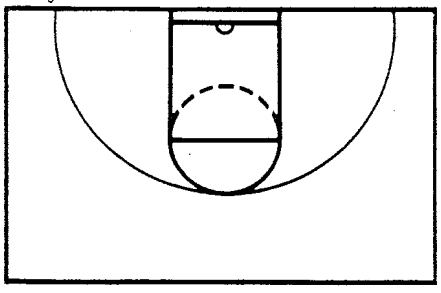


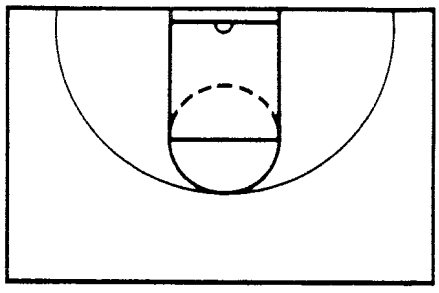
4 in 1
Coach rolls ball → A must get it on start cut

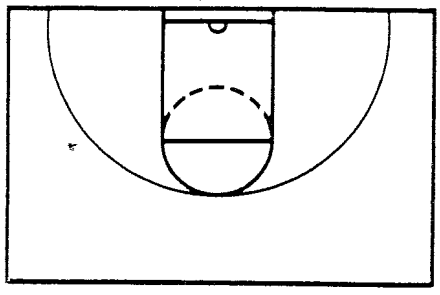


1 Pass Basket cut
2 Pass Screen away
3 Pass & Ball screen
4 ~~Head~~ Dribble Hand off

3-on-3

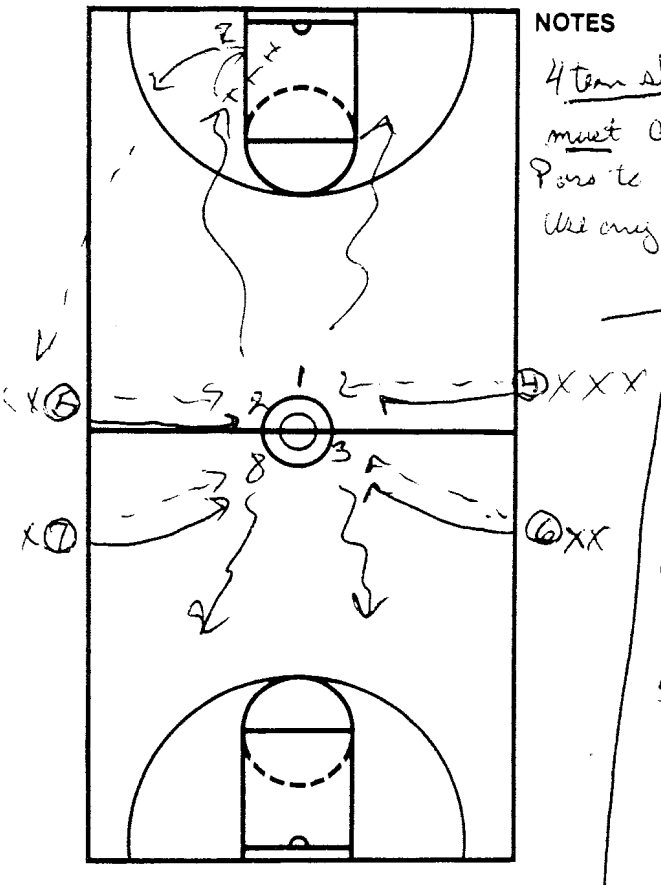






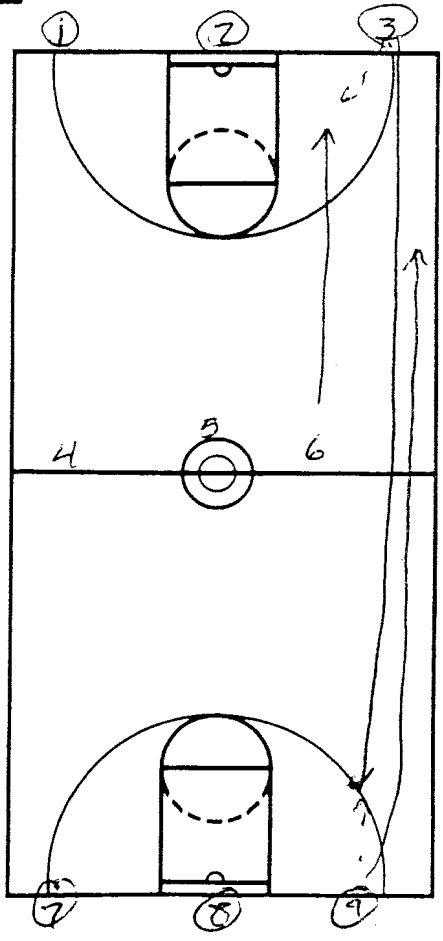
NOTES

JUST DO IT



NOTES
4 Team shooting
must catch in circle
Pass to circle and fill
Use any shot

3 down Shooting
15' shots
Put Big guy in middle
6/N on sides
20 shots per minute
5 total shots every min



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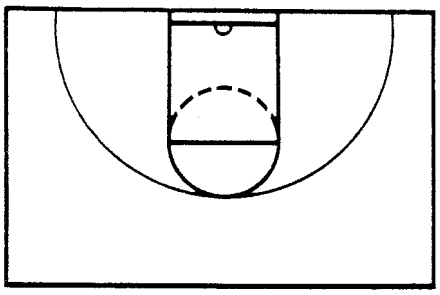
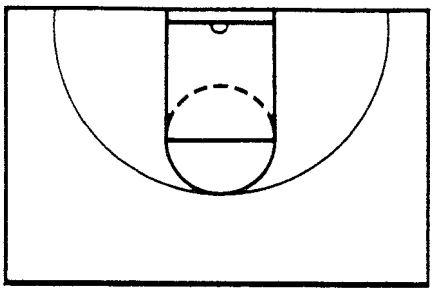
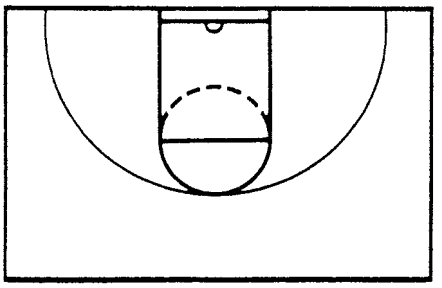
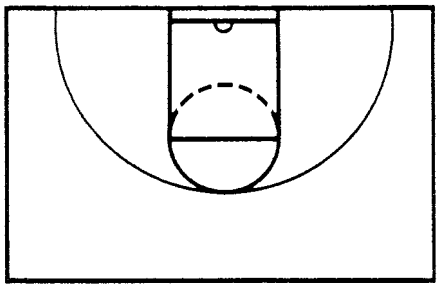
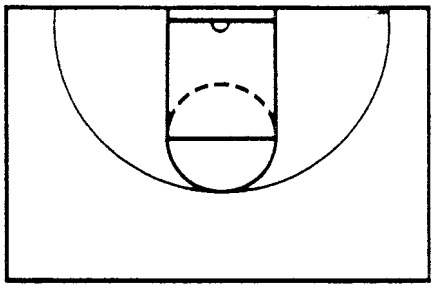


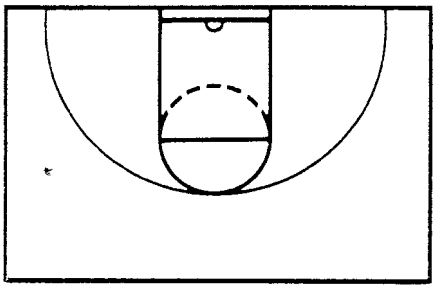




NOTES

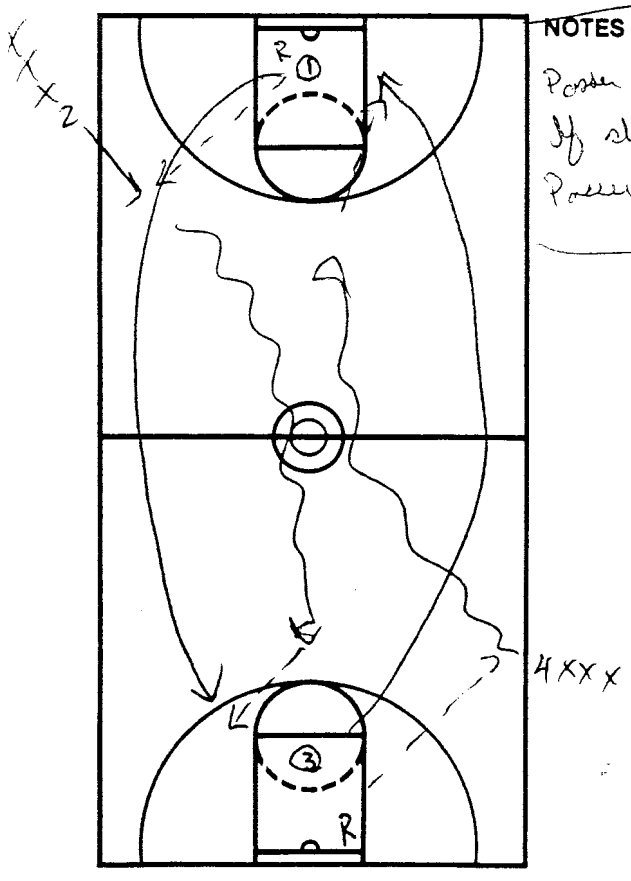






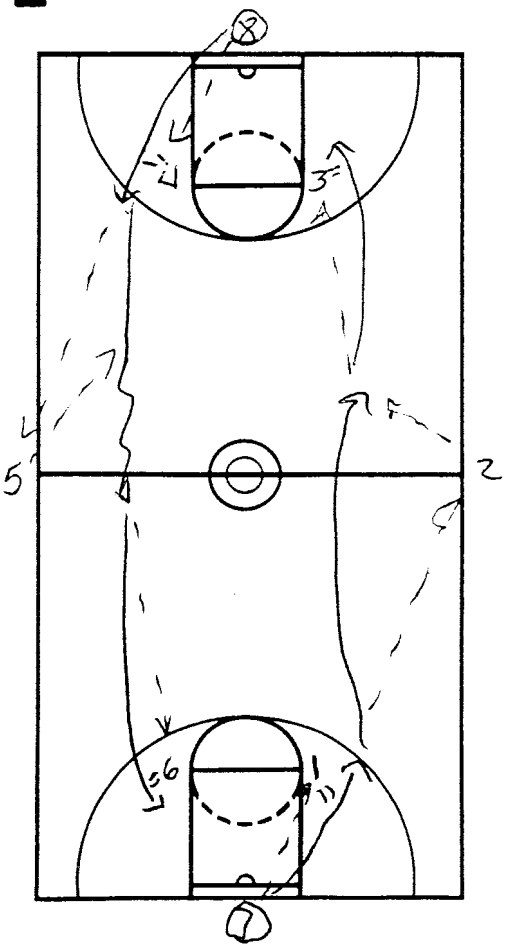
NOTES

JUST DO IT



NOTES

Passer Rebounds
If shot made
Passer steps out of bounds

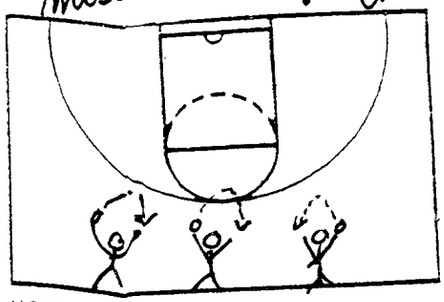


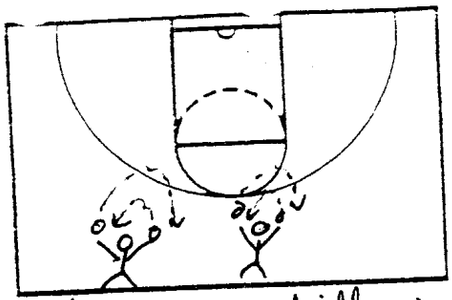
CLINIC
DATE Kevin Sutton
26 Skill development Drills

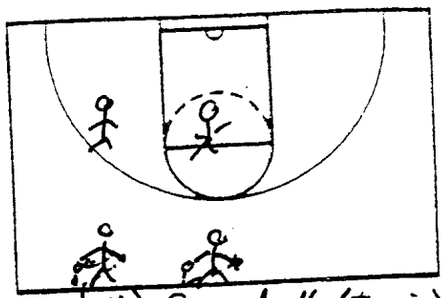
1

Don't fear making mistake

Dropped ball is a turnover







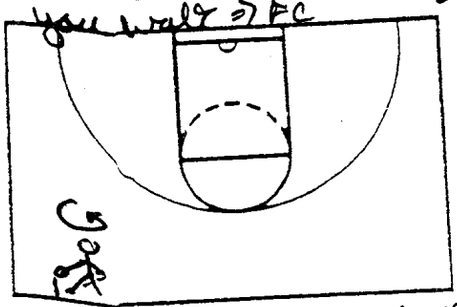
26 balls

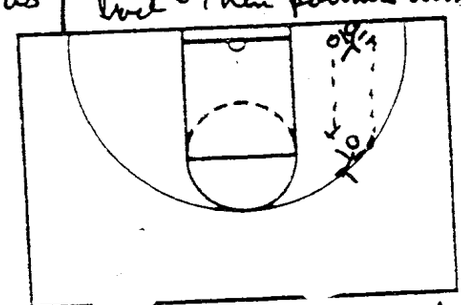
NOTES

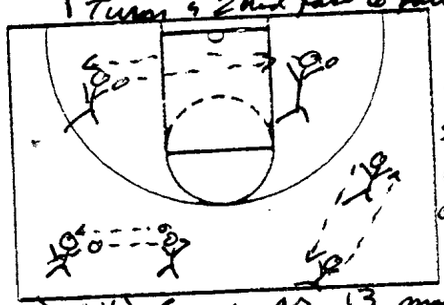
9) Walk hands above head
Toss tennis ball to self as you walk ⇒ FC

10) Same drill as 9 w/ 2 tennis balls
Partner up ⇒ ½ ct and last - Then partners turn

11) Drop ball (Tennis)
Pass are bad to next
Rt hnd drop ball to left ⇒ left hand pin pass to Rt ⇒ 6 x's
Turn ½ hnd pass to Partner







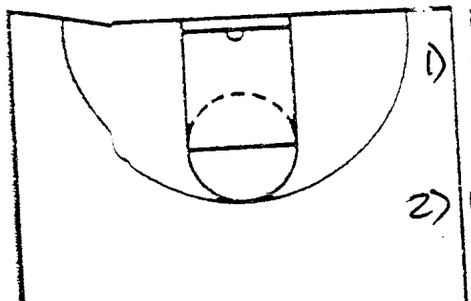
13-14 Stay in athletic stance

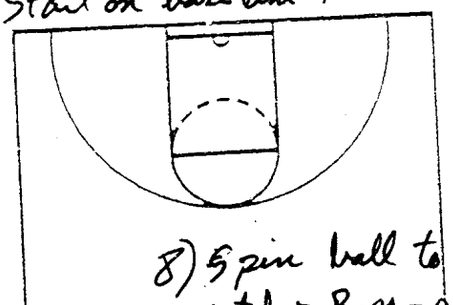
NOTES 12) Same as drill 11 ⇒ pivot while doing

13) Partner pass ⇒ Base line
Ft line ⇒ 2 Balls - Pass Rt hnd to Lt hnd - Lt hnd to Rt hnd ⇒ Step forward

14) Same as 13 main now ⇒ groups all over court

Ball handle/Stretch ⇒ Start on base line ⇒ FC





NOTES

1) Walk on heels - Dribble ball ⇒ Full Court

2) Walk elbow to opposite Knee ⇒ Dribble

3) Walk kick leg out touch hand ⇒ Dribble

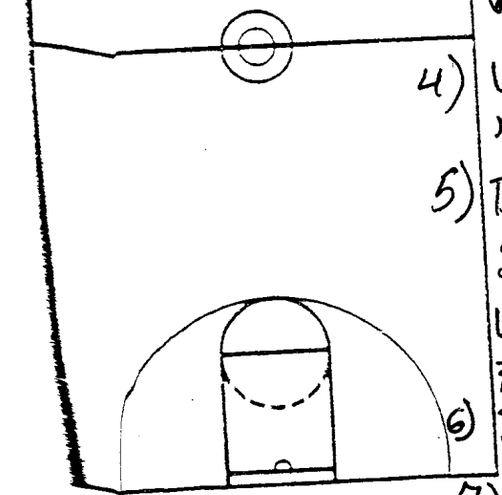
4) Walk backwards ⇒ long steps ⇒ through legs Dribble

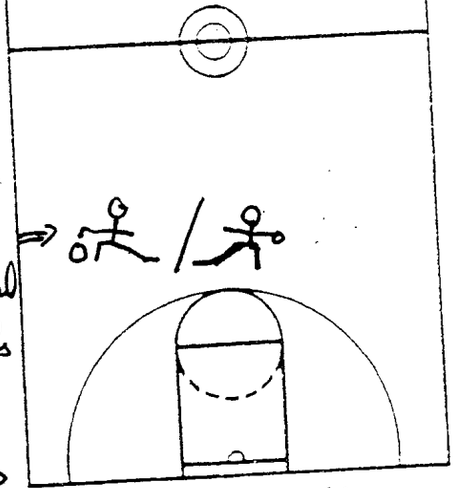
5) Dribble sideways ⇒ After 2-3 dribble lean way forward Way backward ⇒ stride quads Face same way - up and back

6) Dribble walk ⇒ between legs

7) Dribble ⇒ Touch body part called ⇒ Head to floor

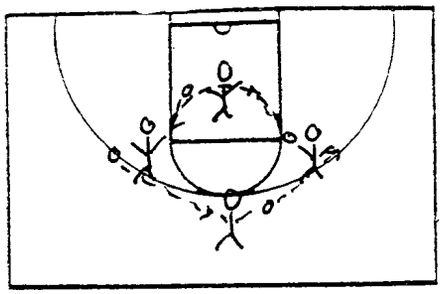
8) Spin ball to self catch ⇒ Boss - pivot

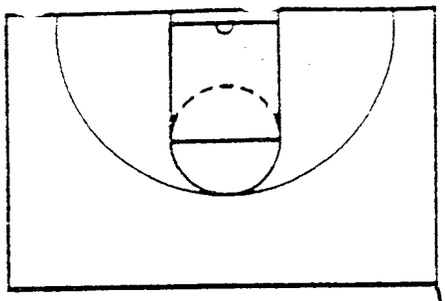


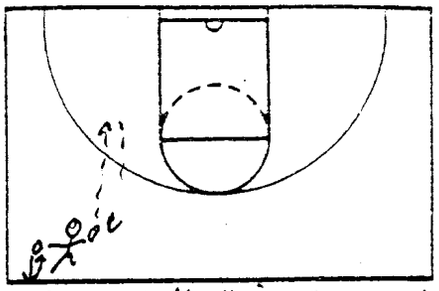


CLINIC
DATE Kevin Sutter
26 skill dev drills

(2)

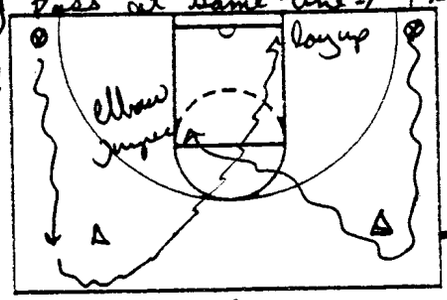


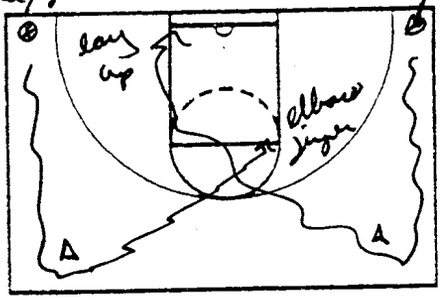


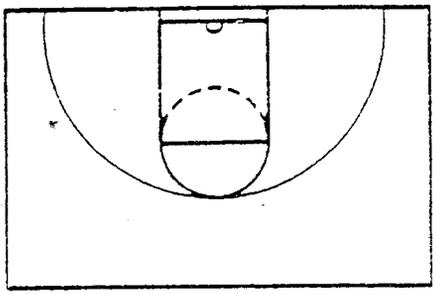


NOTES
15) 6 groups of 4 - 1 Ball per person ⇒ Throw ball to Rt - Receive from left Pass at same time ⇒ speed/get closer / Rev direction

16) 1 Basketball & 1 Tennis ball Dribble ball → Toss/catch tennis ball - Cross over dribble / Outside legs

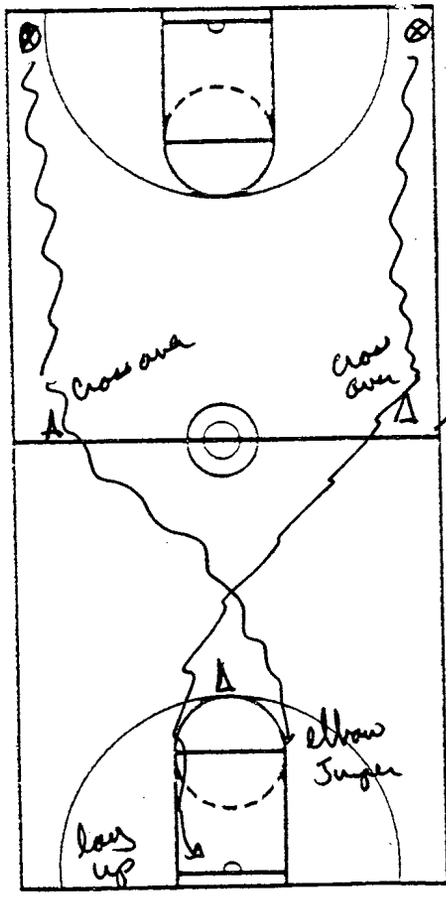






NOTES 17) 2 lines → go to end of opposite line after shoot

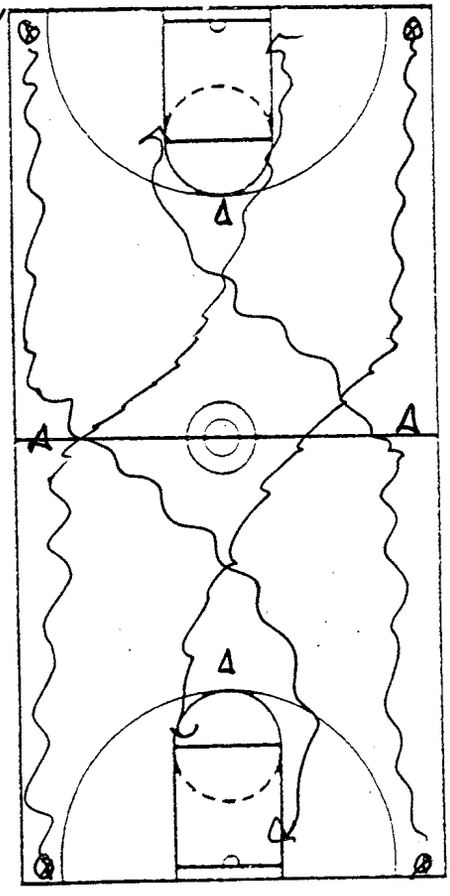
Reverse



NOTES
18) Full court version of 07

19) Same as 18 - 4 going at same time

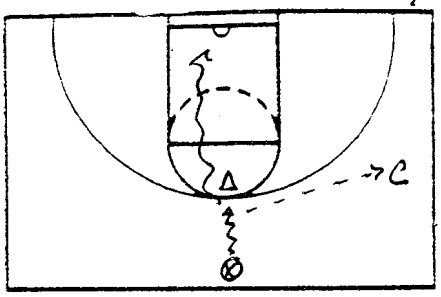
Must Communicate

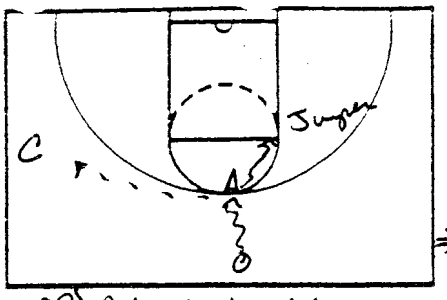


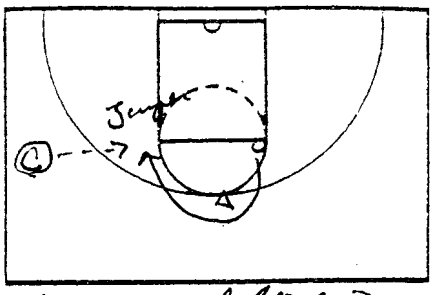
CLINIC
DATE Kevin Sutton

(3)

Bad Pass = no shot





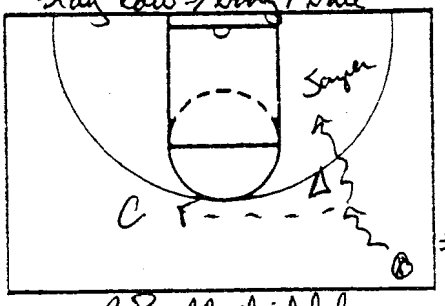


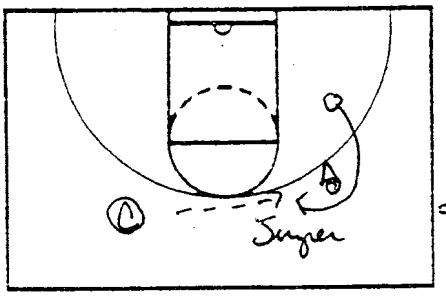
NOTES 21) 2 balls ⇒ 1 hand Dribble push pass to Coach ⇒ lay up w/ other hand

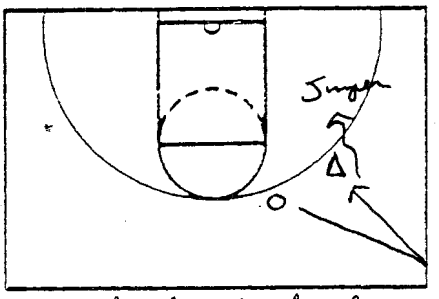
22) 2 ball dribble ⇒ pass to wing ⇒ elbow jiger

come around cone ⇒ receive pass jumper

Stay low ⇒ body & ball



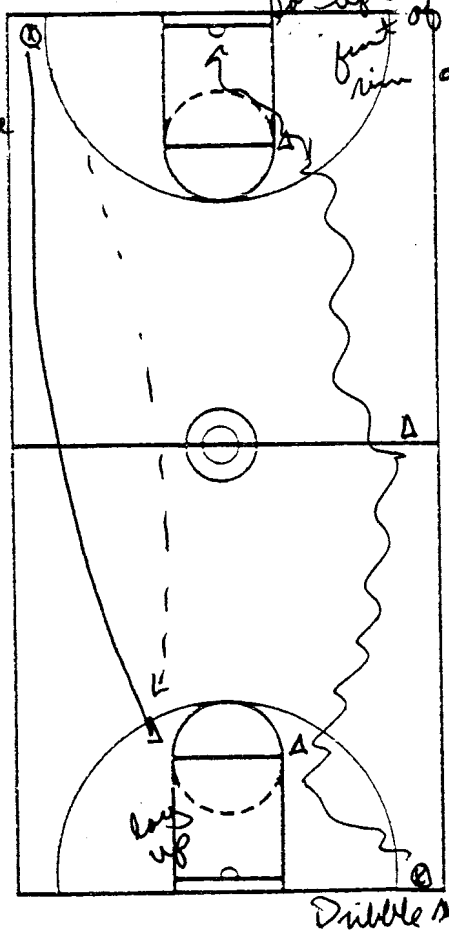




NOTES 2 Ball dribble ⇒ Push pass to coach ⇒

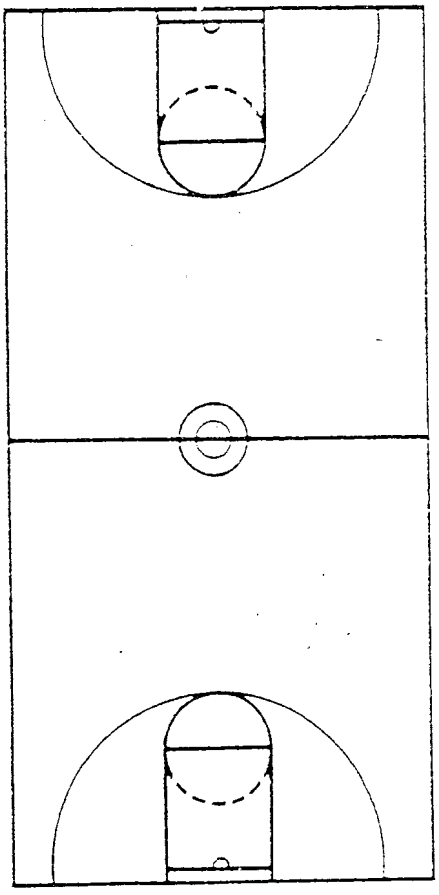
Get ball out of chair
Shot fake - 1 dribble jump shot

pass ball ahead, bounce for a lay up



NOTES
20) Italian lay ups

Dribble Move



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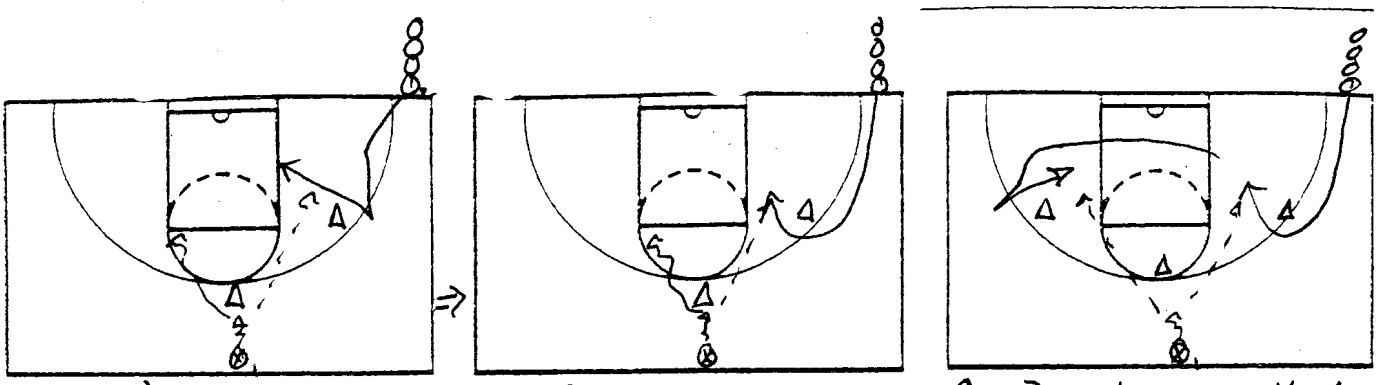
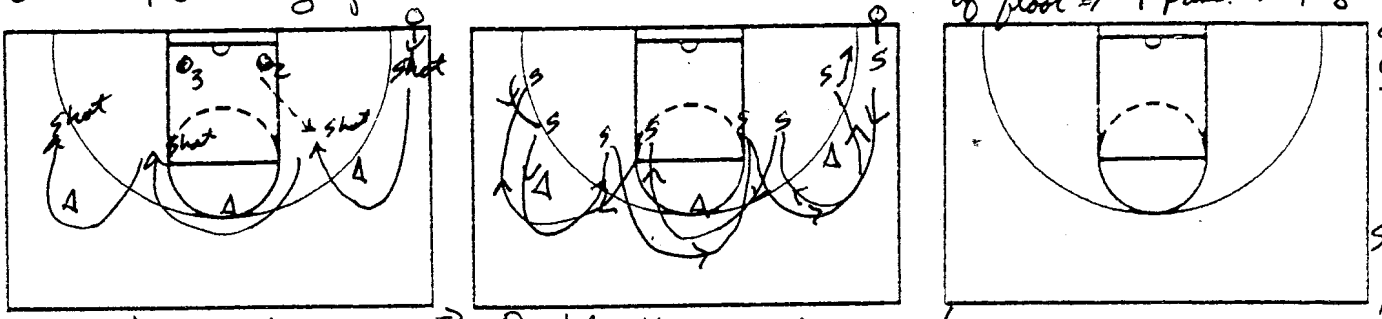
DATE Kevin Sutton (4)



NOTES 23) 2 ball dribble
Pass to O_2 on back door cut - O_1 elbow jumper

Curl move

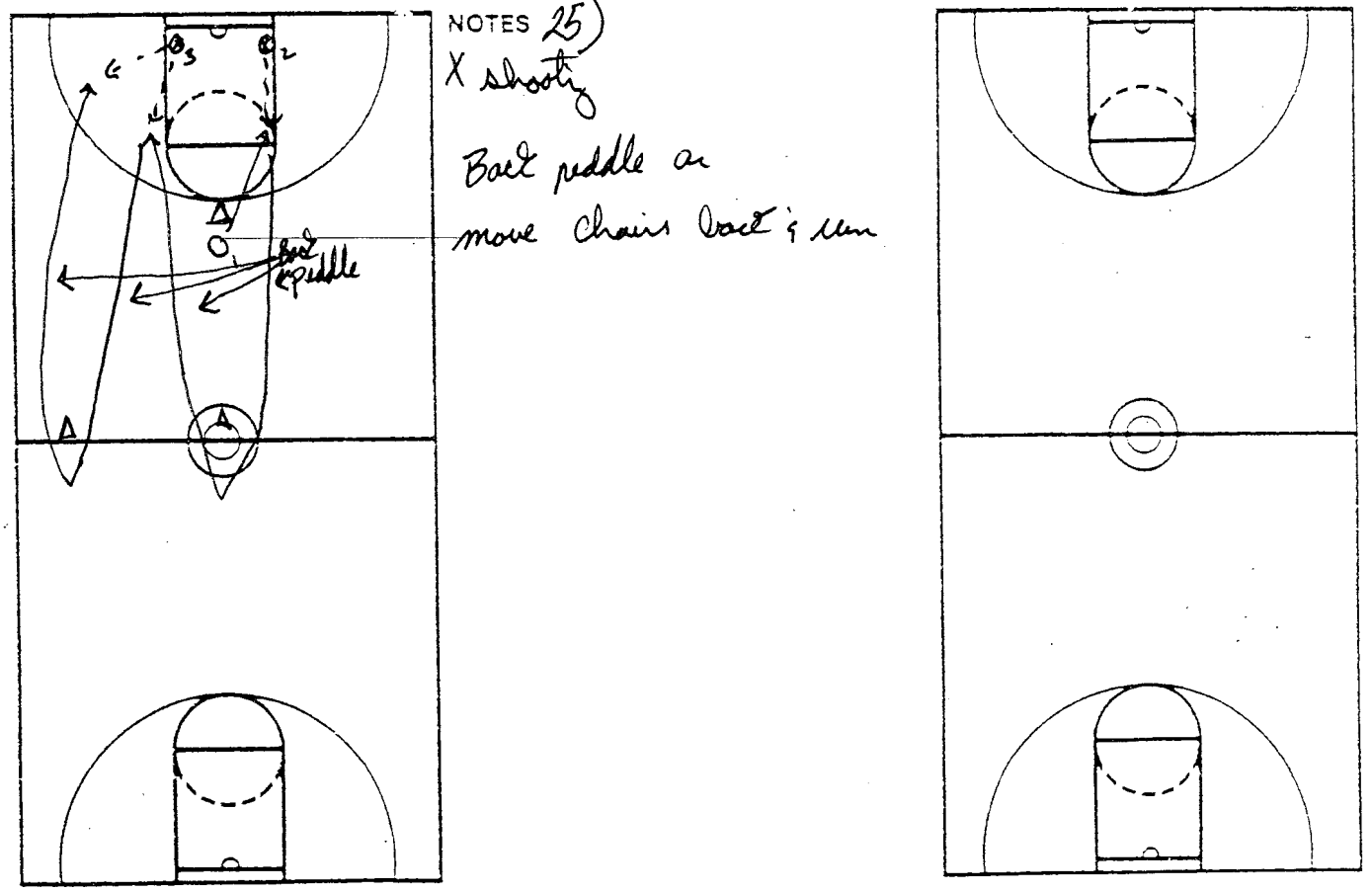
O_2 ⇒ make move off chair back cut or curl ⇒ O_1 pass
make opposite move other side of floor ⇒ O_1 pass. ⇒ O_1 gets 3rd ball out of chair at top of key ⇓ shoot fake ~~shoot~~ / dribble before switch line



NOTES 24) M shooting
3 guys ⇒ 2 balls

⇒ Double M ⇒ work
M ⇒ Then do over start

Can make drill competitive ⇒ Each basket = 1 pt
First pair to 6 wins.



NOTES 25)
X shooting

Back peddle or
move chairs back & run

BASKETBALL NOTES

Coach Jerry Wainwright



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



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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.

PRACTICES

Considerations for Planning Practices

1. Length of practices.
2. Space available: one full court, six goals, four goals, or two goals.
3. Time available. How many hours do you have the facility?
4. Number of players to work with – 18-20 players requires some different approaches than working with a squad of 10-12.
5. Number of returning players. Large number, you can allow less time for explaining drill procedures, rotation of drill lines, etc.
6. The school year schedule: holidays, concerts, and other functions that will take the gym. Considering these things in your master plan or weekly plan will help ensure getting what you need in on other days, or planning a day off.
7. When we think of conditioning, we consider both physical and mental. Through the year, we plan for and extemporaneously use tapes, records, talks by our staff, selected articles and poems, etc. to facilitate making the players more coachable.
8. We always try to begin our practices with flexibility and warm-up drills, and close with drills involving competition or fun.
9. One of the laws of learning is repetition. We believe in giving small doses and repeating frequently. Maximum effort for short periods of time.
10. We believe in small group or station teaching.
11. The most important considerations we can give to devising our practice plan is the organization of a drill so that the players are not standing in line for long periods of time.
12. Plan water break.
13. We try to make sure that all of our drills are applicable to our offensive and defensive systems and assimilate game situations. Don't drill for drill's sake.
14. We believe in using a drill or drills that incorporate most of the fundamentals, every day. We're sold on it and the players know it.
15. Since it has been established that the learning process is closely related to physical, mental, and emotional fatigue, we try to introduce our new material and do most of our teaching in the early part of practice.
16. We present the whole part on the floor initially in introducing a team system, work on breakdown next, and present the whole on the chalkboard, before working on the whole part.
17. Record and file each practice for later evaluation.

PRACTICE

Why Plan Practice

1. Assure maximum use of available time.

2. Ensure ample coverage of each phase of the game.

3. Eliminiate inadvertent over-emphasis on any one phase.

4. Maintain better player interest.

5. Allow for daily, weekly, and seasonal evaluations and to better plan for future seasons.

6. Allow for the maximum development of each player by avoiding idle time.

7. Allow the maximum use of coaches and managers.

8. Answer the 3 primary questions involving practices:

    a. What am I going to teach?
    b. How will I teach it?
    c. Why am I teaching it?

BASKETBALL NOTES

Coach Jerry Wainwright



WHAT THE STATS SAY

TURNOVERS

1. The most common turnover is related to passing errors.
2. The second most common turnover is due to poor footwork.
3. The third most common turnover is related to dribbling.
4. Body balance is related to over 65% of the turnovers.
5. The most common turnover in the latter stage of a close game is the passing error.

SHOOTING

1. Less than 40% of the shots are taken without the aid of a screen.
2. Late in the game, the defense fouled more than half the time versus shots inside the 3-second area.
3. Jump shooters who executed a good stop before shooting average 50%. This drops 35% without a well executed complete stop.

BASKETBALL NOTES

Coach Jerry Wainwright



ORGANIZING YOUR PRACTICE TIME
PREPARE FOR SUCCESS

Time on the floor with your players is very valuable. 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. ballhandling, 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 five or six 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.

BASKETBALL NOTES

Coach Jerry Wainwright



GET THE MAXIMUM FROM PRACTICE SESSIONS

1. ***Practice does not make perfect.***

   "Perfect, planned, purposeful practice makes perfect." Coaches are successful by design, not by chance. Athletes can then practice with a purpose and be confident that they will play as effectively as they have practiced.

2. ***Reinforcement, properly utilized, facilitates the learning of athletic skills.***

   Use positive reinforcement in concert with informational, instructional, and corrective feedback to insure the best results in the learning of athletic skills. Provide athletes with a *"reinforcement sandwich"* to develop the correct motor behaviors (e.g., first positively reinforce the athlete, then give feedback - instructional, corrective or informational, then use positive reinforcement again).

3. ***Individualize practice sessions as much as possible.***

   The most effective learning will take place when the coach and athlete work together one to one. We cannot "mass produce" skilled athletes since each athlete learns differently. Recognize and address individual differences and learning styles among athletes.

4. ***For maximum learning and retention, a progressive decrease in the frequency of reinforcement and feedback yields the best results.***

   In the early stages of skill learning, provide frequent and specific reinforcement and feedback. As the skill is mastered, reward the athlete only partially or occasionally and provide feedback when needed.

5. ***Conditioning is an essential prerequisite for successful skill learning.***

   Coach and athlete must understand the influence of physical stress on skill learning and performance. Although athletes must be ready to perform even when they are physically exhausted, they should avoid

attempts to learn skills when they are extremely fatigued. An athlete who attempts to learn and perform skills while exhausted will inevitably make mistakes, practice their mistakes, and therefore create bad habits. Avoid mixing conditioning drills with skill acquisition drills.

6. ***Regulate the practice environment for effective learning.***

Effective skill learning depends on the coach's appropriate use of distributed or massed practice sessions. Distributed practice sessions (DPS) are more efficient for performance and learning than massed practice sessions. DPS provide rest between practice trials which allows the athlete to mentally and physically assimilate new and potentially difficult movement patterns and to integrate them with previously learned skills. Massed practice sessions (MPS) can also be extremely effective in helping athletes with skill retention by having them engage in prolonged drills of learned skills. MPS are also beneficial for conditioning athletes.

7. ***Introduce skills in their entirety, keep instructions simple, and permit the athlete to try the skill as soon as possible.***

Utilize a whole-part-whole teaching approach so the athlete can progress from his or her understanding of how to perform a skill to developing a "feel" for how the skill should be performed in its final analysis. Although breaking skills down into their component parts can tend to make the athlete too mechanical in their movement patterns, it may be the only way for athletes to initially assimilate complex skills and movement patterns.

8. ***"Staleness" is a natural occurrence in the skill learning and performance process.***

Coaches can help athletes overcome these phenomena by suggesting rest, providing insight, and by increasing or varying learning drills.

BASKETBALL NOTES

Coach Jerry Wainwright



COACHING
Practice
Organization

1. Set a specific time for players to be on the floor ready to go. Punish those who are late.
2. Allow no one to miss practice without your expressed consent in advance.
3. Issue basketballs to players only after they are dressed and ready for practice.
4. Practice is a time for work. Do not permit horseplay.
5. Players should stop at once whatever they are doing when the coach calls for their attention.
6. Players should report any sickness or injury to the coach at once.
7. Displays of temper will not be tolerated.
8. Cursing will not be tolerated.
9. Coaches should dress the part during practice sessions.
10. Each practice session should be planned to the minute and written down for future reference.
11. Have a system for issuing and caring for equipment.

PRACTICE

Suggestions For an Effective Practice

1. Communicating to the players what is expected is a top priority. Terms we use are as simplified as possible and hopefully help identify.

2. We follow our practice plan with little variance. A manager keeps the clock or a stop watch and changes us from drill to drill.

3. We avoid distractions as much as possible. Practice is our classroom and we don't want it treated any differently. Teaching and learning should not be hindered.

4. We try to make our players understand that each drill has an objective and fits into the whole.

5. Utilize your coaches and managers.

6. Make sure that managers have (a) floor clean, (b) equipment needed, etc. all ready before practice begins.

7. Although we may be stressing a specific area, most drills incorporate the execution of others. We make sure that sloppiness or poor execution in other areas is not overlooked.

8. Along the same lines, we will have at least one coach watch and instruct the defense if we are emphasizing offense in a particular team session, and vice-versa.

9. We define the rotation of players in drills explicitly, so there is no time wasted in exchanging positions.

10. Our biggest concern and problem on occasion, in conducting our practices, is achieving our two primary objectives: (1) correct technique and (2) quick tempo, simultaneously. We feel that you must strive for both correct technique and a quick tempo, but you have to bend sometimes. One thing we do to establish a quick tempo is our exchange of drills.

11. Close or open practice sessions?

12. We have developed some guidelines for coaches, players, and managers to adhere to during practice sessions:

Coaches:
-be on the floor 15 minutes before official practice begins
-dress appropriately
-be enthusiastic
-be as positive as possible
-no sitting
-all eyes on a coach or player speaking to the whole group

Managers:
-at least one manager always at each teaching station
-no talking
-dress appropriately
-refer to practice schedule

Players:
-all activity stops on verbal command of coach
-be enthusiastic but no useless chatter
-at no time will a player sit or kneel
-all eyes on a coach or player speaking to the entire group
-no player may offer an excuse to any criticism during practice - we do, however, encourage the players to discuss any concerns they may have, after practice, or in the coach's office the next day
-be positive in your approach to new techniques and show a willingness to improve others
-never criticize a teammate
-concentrate
-control your emotions - because of physical and mental fatigue and body contact, slippage may sometimes occur briefly - this will always be settled with a handshake and never taken off the floor

We do follow these principles as closely as possible in planning and conducting our practice sessions.



Game Situations To Practice

One Point Series

Five seconds are put on the clock and the situations practiced are:

A one point lead and the ball in the process of shooting a 1 - 1.

A one point lead with the ball out of bounds from the sideline.

A one point lead with the ball out of bounds at the endline.

A one point lead with the ball out of bounds under the offensive basket.

A one point lead without the ball - - sideline out of bounds.

A one point lead without the ball - - endline out of bounds.

Two Point Series

The two point series operates under the same situations outlined above, except the point spread is two with ten seconds remaining.

Three Point Series

The three point series operates under the same situations outlined above, except the point spread is three with twenty seconds remaining.

Four Point Series

The four point series operates under the same situations outlined above, except the point spread is four with Thirty seconds remaining.

BASKETBALL NOTES

Coach Jerry Wainwright



COACHING
Drills
Ideas and Concepts

1. Each drill should have a purpose.
2. Use combination drills that teach several fundamentals.
3. The most valuable drills are breakdown drills of your offense and defense.
4. Use recognition drills controlling the offense or defense.
5. Most of your drills should be full court, full speed drills.
6. Drills should be competitive when possible.
7. Chart your drills, especially your shooting drills.
8. Practice every fundamental at game speed.

BASKETBALL NOTES

Coach Jerry Wainwright



COACHING
Practice
Ideas

1. Always use time factors.

2. Execution in practice is the key.

3. Taper the time of practices as the year goes on.

4. Have short practices not easy practices - <u>intensity</u>.

5. Treat all kids alike - "a day's work a day's pay".

6. Ask yourself are you getting enough running and enough shooting.

7. Use the scoreboard for time and score situations.

8. Ideas for "practice enders":

    1. Players sing - class vs. class! Worst "singers" run.

    2. Superman

        (a) The team picks one player to beat a standard - i.e. 12 full court lay-ups in a minute.

    3. "Senior Dismiss"

        (a) Seniors decide what drill to end on.

9. If the pre-game warm-up is 30 minutes and a team plays a 24 game schedule, here is 12 additional hours of practice.

10. Use a combination of coaching "up" and coaching "down" with emphasis on the "up".

11. Have your own team scouted in practice by an unbiased former coach.

12. Instead of scrimmaging so much, emphasize coach controlled team drills. Tell your players at your pre-practice meeting what the point of emphasis will be on that day and then concentrate on it.

13. Have a few excellent character or "gut" development drills. It is important to use these early in your pre-season practices. These very important drills can set the tempo for your practices and games for the upcoming season.



COACHING
Practice
Ideas
-2-

14. Correct mistakes in practice the moment they happen using these methods:

    (a) reenactment of the play or situation
    (b) verbal exaggeration of the incident and therefore learning by association
    (c) punishment for repeated mistakes - your punishment should be consistent from day-to-day and not based on the type of mood you are in - it should also be long enough in time to give them some time to think

15. No matter how good or bad the practice goes, always leave the court on a happy note. This will require a happy, light drill to end practice and it wil also require you talking to them as a team and individuals. This is very important. The next day they will be ready to go again.

16. Best learning time is slightly before the middle of practice.

17. The worst possible punishment I can give my players is to deny them the privilege of practicing.

18. You must accomplish whatever you set out to do in a drill.

19. Winning teams practice harder than losing teams.

20. The so called star player who loafs through practice needs a new coach.

21. Players who are too tired to give 100% in practice should be allowed to rest on the bench the night of the game.



Tips for Keeping Practices Effective and Fun

* Take time to prepare and organize your practice in advance. Know exactly what you want to do at the start of each practice.

* Keep your drills and various segments short and snappy. The players' ability to concentrate on one topic decreases the longer you spend on it.

* Keep the attitude upbeat and positive by handing out more praise than criticism.

* Have fun yourself, and take advantage of humorous opportunities. If the players see that you are having fun at practice, they will be more likely to have fun themselves.

* Keep everybody involved. If you are going 5-on-5, assign the remaining players to the two teams and let them reap the rewards or suffer the consequences of how their teammates fare. This gives those not physically involved a stake in what happens and keeps them part of the practice mentally and emotionally.



A Good Game Plan For Your Underclass Coaches

1. Develop the best players for future varsity competition.
2. Play players at positions they will play at the varsity level.
3. Settle on 8 or 9 players and make sure they get the majority of the playing time. It is very unusual that more than 8 or 9 players will make the varsity.
4. Treat everyone fairly but not necessarily the same.
5. All cuts will be made by the varsity coach.



You have to be a great coach to coach high school because you don't have the time a college coach has to develop players and teams.



The Measure Of A Coach Is Based On How Well He/She Can Create In Practice The Situations The Team Will Face In Games And Practice Them At A Level Where The Players Learn to React Instinctively In Their Execution.

BASKETBALL NOTES
Coach Jerry Wainwright



PRACTICE

Is The Day-To-Day

TEACHING

While

GAMES are the TEST



Create a training environment that makes the players say, "Sometimes the games aren't quite as challenging as practices."



Make it a point to PRACTICE as if you LOST your LAST GAME.



Practice sessions should be like dinner – save the dessert for last.

END PRACTICE ON A POSITIVE NOTE WITH A DRILL THAT THEY ALL ENJOY.



Practice always against pressure.



THE "TEMPO" PRACTICE

Never make more than 2 corrections in a row.

Don't talk too much – young coaches often do.

GET IN
MAKE YOUR POINT
GET OUT

BASKETBALL NOTES
Coach Jerry Wainwright



YOU MUST "MAKE" YOUR PLAYERS THINK IN PRACTICE

*Always take advantage of teachable moments!

Examples

1. Teach time and score in practice.

2. Teach players how to play with foul trouble and also how teammates must play when a player is in foul trouble.

3. Play segments of practice time without your point guard
   - players must cut harder and earlier
   - players must protect the back-up point guard

BASKETBALL NOTES
Coach Jerry Wainwright



10 Pointers For Winning A State Championship

#1 GET THERE – Gear your system to beat the best.

#2 ONCE YOU GET THERE, IT'S NO BIG DEAL – You're in it to win.

#3 DO WHAT YOU DID TO GET THERE – Don't change.

#4 BE AGGRESSIVE – Especially early on (maybe press).

#5 REST – More gold medals lost by overtraining than undertraining.

#6 GIVE NO EASY BASKETS – Take away lay-ups and second shots.

#7 GET EASY BASKETS – Fast break and go to the glass.

#8 MAKE YOUR FT's – Get to the line first, neutralizes athleticism.

#9 MAKE LAY-UPS – In all your drills, make "clean" lay-ups (no rim)

#10 GIVE REASON TO WIN – As an example, Pitino's "we deserve to win."

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).

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.

7. Theory is "you've experienced it before, you know what needs to be done".

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.

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



REASONS FOR A COACH TO CALL A TIME OUT IN THE LAST MINUTE

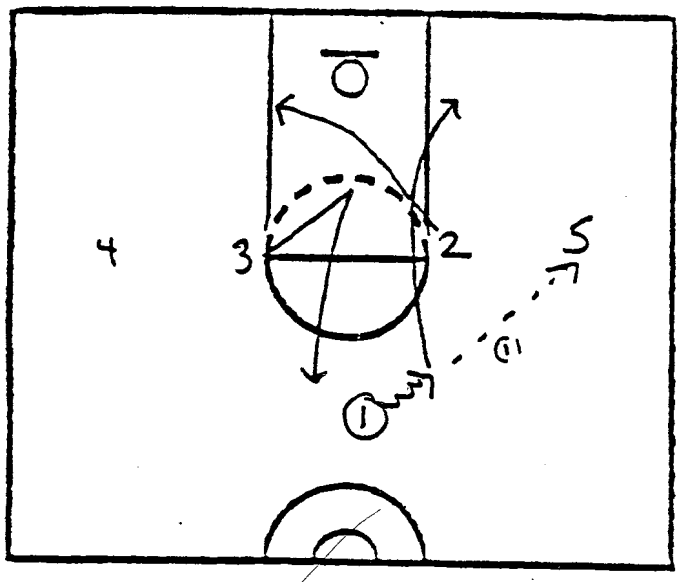
1. To calm the players.
2. To reinforce and motivate the players.
3. To run a special play or to cover a special situation.
4. To cover individual assignments.
5. To break the opponent's momentum.
6. To settle down the crowd.
7. To make an opposing free throw shooter think about the shot.
8. To give the players a rest.
9. To stop the clock.
10. To make a defensive change.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL OFFENSE
ALL PURPOSE ACTION

(A)



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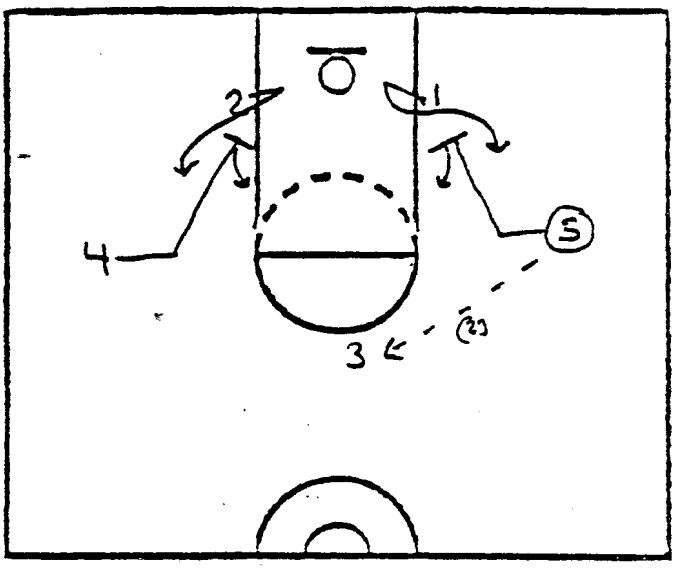


Diagram A

1. Players align in 1-4 set (with post players on wing).
2. 1 man passes to 5 man and cuts through the lane to the ballside box.
3. 2 man slices across the lane to the opposite box.
4. 3 man steps down lane to dotted line and then v-cuts to the high post.

Diagram B

1. 5 man passes to 3 man, steps to the ball, and then downscreens for 1 man.
2. 4 man steps to the ball, and then downscreens for 2 man.
3. 5 man and 4 man open to the ball after screening.
4. 3 man makes a play for himself or hits the open man.

NOTE:
1. Can run this action against zone defense also. Just screen zone areas and cutters flare.
2. Can run this action from different sets, just so the post man breaks out.
3. Can use as a last second play or as shot clock runs down.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL SITUATIONS
7 to 12 Second Play

(A)

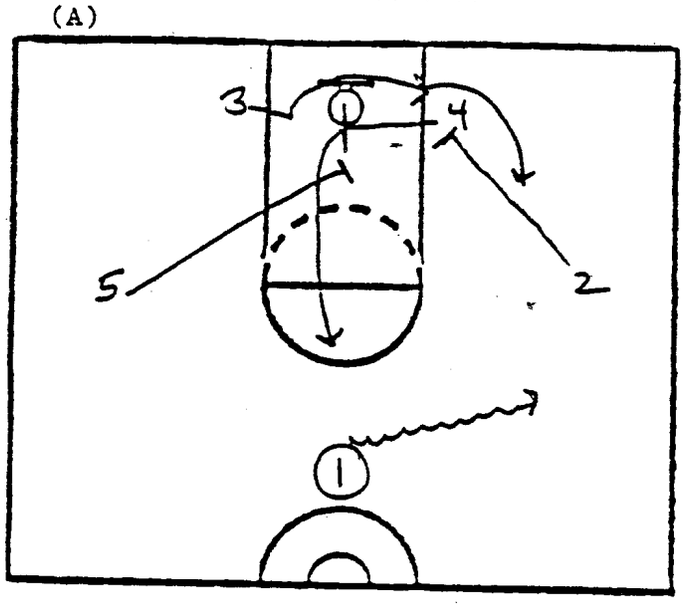


Diagram A

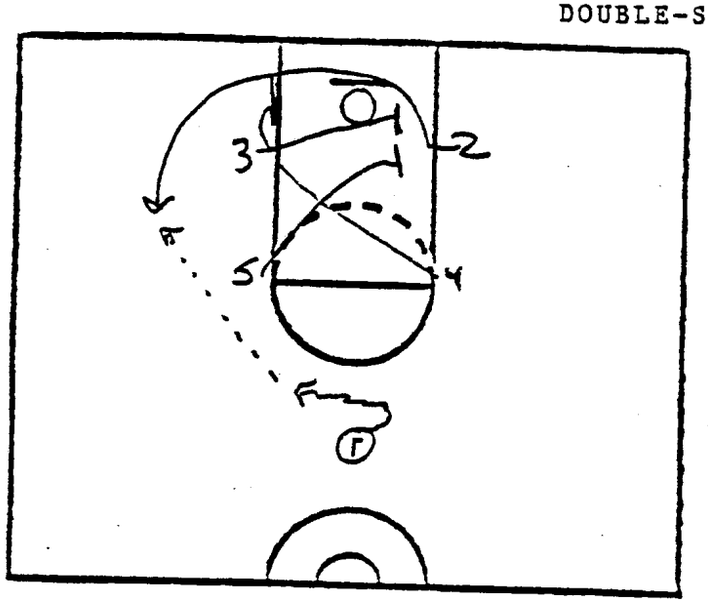
1. 1 man dribbles 2 man down.
2. 4 man screens across for 3 man and then receives screen from 5 man.
3. 3 man continues across off screen down by 2 man.
4. 1 man passes to open man.

BASKETBALL NOTES

Coach Jerry Wainwright

MAN-TO-MAN ACTION
DOUBLE-SINGLE READ

(A)



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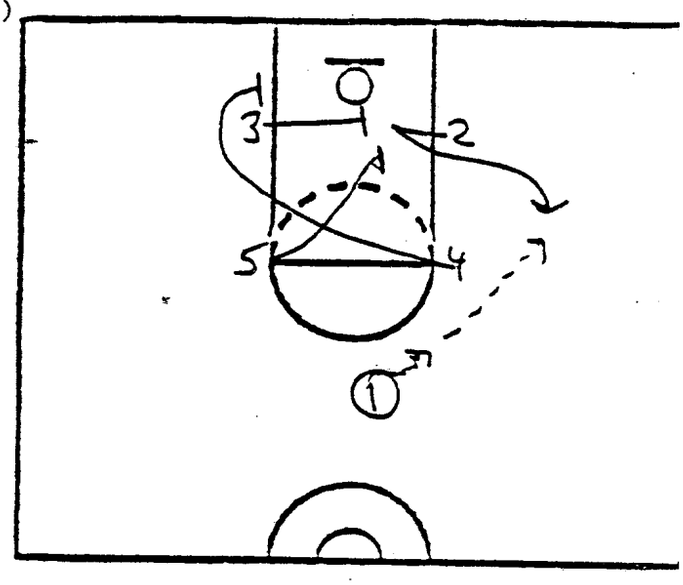


Diagram A

1. #2 is screener.
2. #5 and #3 move across the lane to set a double screen for #2.
3. #4 cuts off #5 to opposite block.
4. #2 cuts off double screen then off single screen.

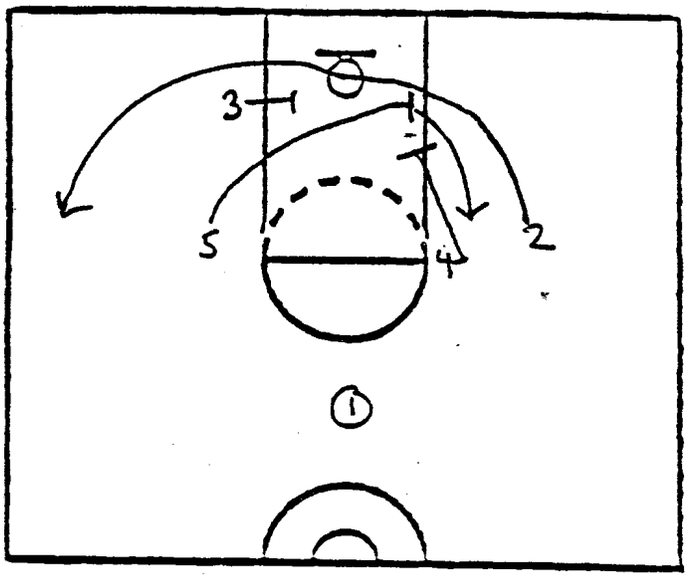
Diagram B

1. If #2 reads that the defense is cheating on the double, he pops back to wing.

BASKETBALL NOTES

Coach Jerry Wainwright

MAN-TO-MAN ACTION
SCREEN FOR SCREENER



1. #5 is scorer.
2. #5 sets screen for #2.
3. #2 continues off second screen for #3.
4. #4 screens down for #5 who pops to wing for jumper.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
PITTSBURGH ACTION

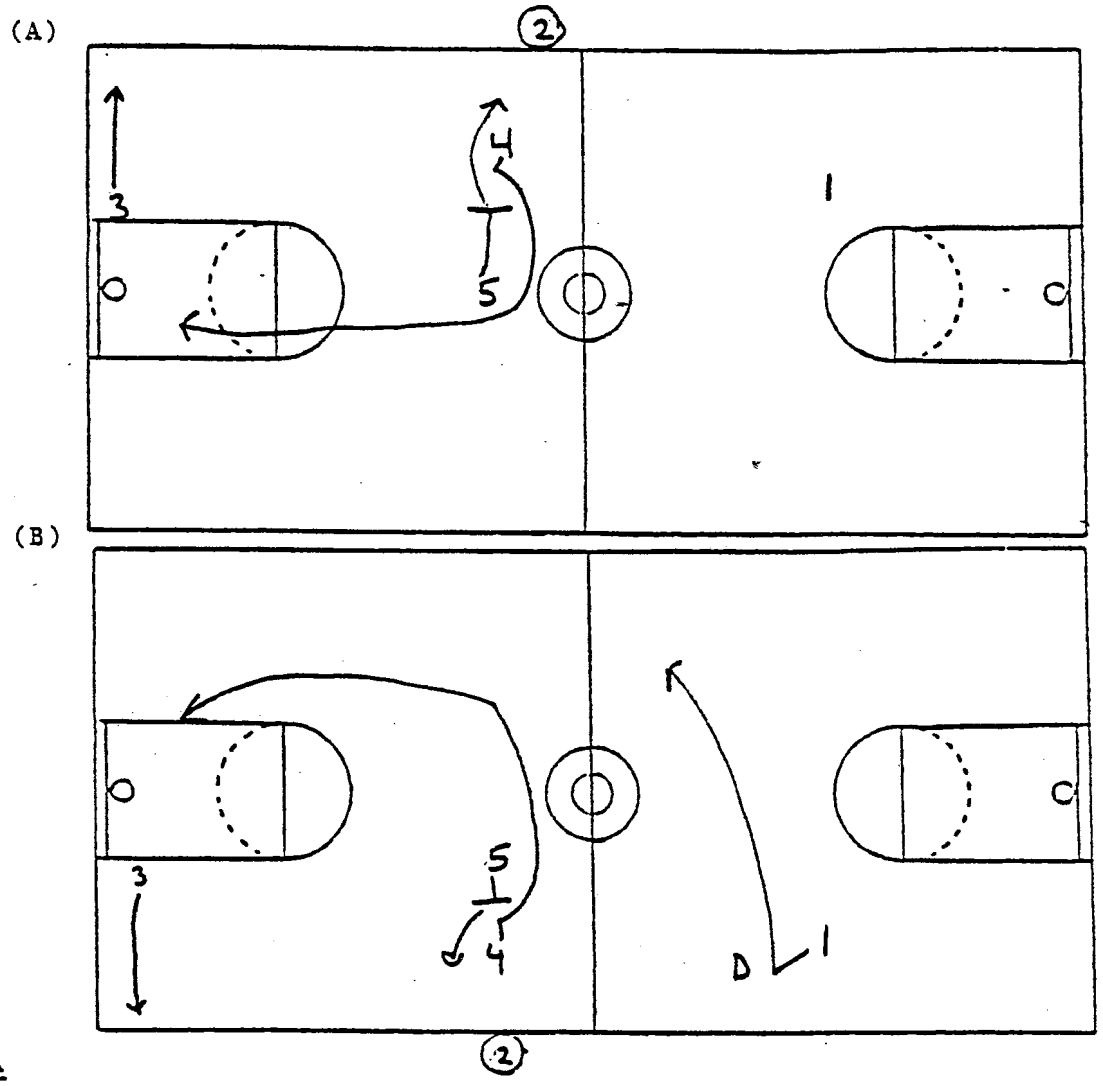


Diagram A

1. Players align as shown.
2. 5 man backscreens for 4 man who rolls off screen to the basket looking for lob.
3. 5 man after screen comes to the ball.
4. 3 man reads the defense, and either holds and posts, or cuts to the corner. (He is a 1-on-1 option.)
5. 1 man holds backcourt if no one plays him for the "safe" in.

Diagram B

1. If defense plays the 1 man hard, he walks him to the ball, then cuts hard backside (where there is no help).
2. After inbounding, 2 man steps in to open area.

NOTE: If 1 man receives ball in backcourt, get right into offense.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
"A" PLAY

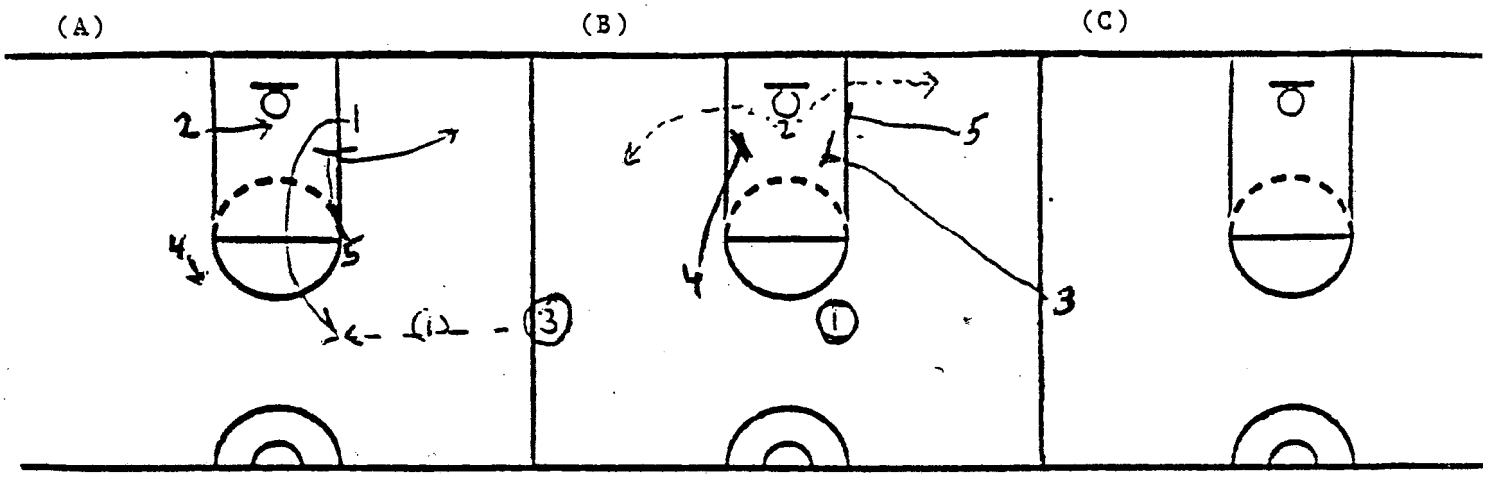


Diagram A

1. Players align in box, 2 man is primary shooter.
2. 5 man downscreens for 1 man, then opens and cuts to the ball.
3. 1 man cuts to the top of the circle and receives inbound pass.
4. 3 man steps in.
5. 2 man puts "head" under the basket.

Diagram B

1. 5 man and 3 man double downscreen for 2 man.
2. 4 man downscreens for 2 man.
3. 2 man comes off screens to either side.

NOTE: Use versus man or zone defense.

BASKETBALL NOTES

Coach Jerry Wainwright



OUT-OF-BOUNDS - SIDE
"B" PLAY

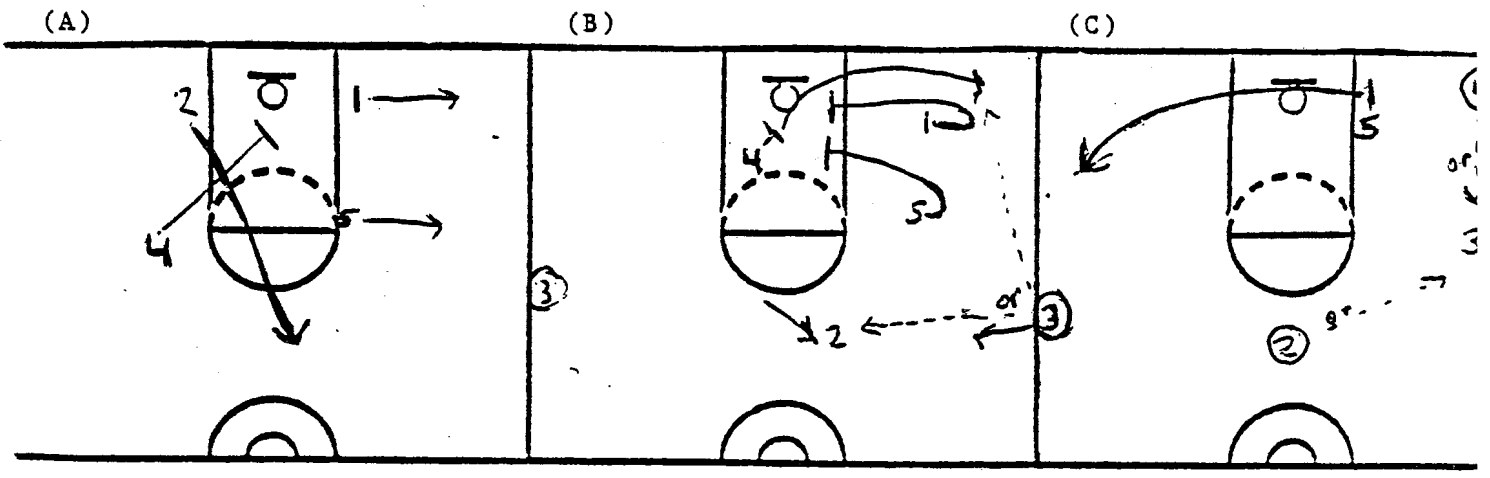


Diagram A

1. Players align in box set, 2 man and 4 man good shooters.
2. On ball slap, 1 man and 5 man cut to ball side, 4 man downscreens (sloppy) for 2.

Diagram B

1. 1 man and 5 man step back to double screen for 2 man.
2. 3 man inbounds to 2 man or 4 man, then steps in.

Diagram C

1. If time permits a second pass, return ball to 3 man on step in.

NOTE: 1. Use versus man or zone defense.
2. Good play when you need to score on first pass.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
PENN ACTION

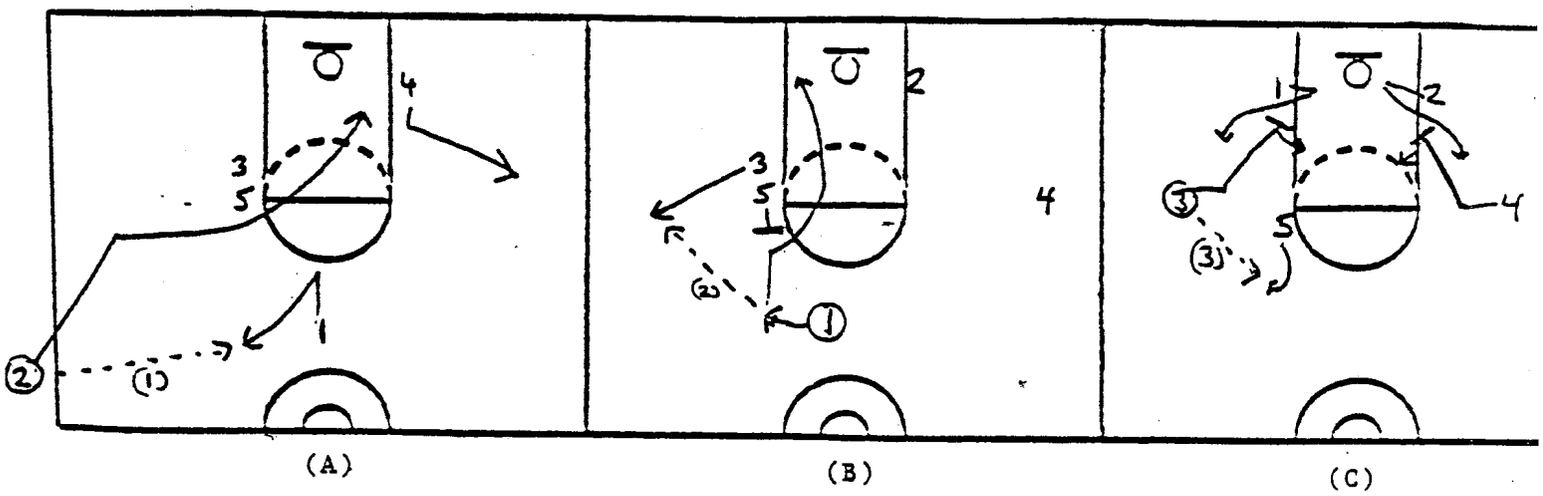


Diagram A

1. Players align as shown, 2 man inbounds the ball.
2. 1 man frees himself and receives inbound pass.
3. 4 man v-cuts to wing.
4. 2 man steps in after inbounding the ball and shuffle cuts off double screen set by 3 man and 5 man to opposite box.
5. 1 man looks to pass directly to 2 man.

Diagram B

1. If pass to 2 man is not open, 3 man steps out and receives pass from 1 man.
2. 1 man shuffle cuts off 5 man to ballside box.

Diagram C

1. 3 man reverses ball to 5 man, who steps out after setting shuffle cut screen.
2. 3 man and 4 man downscreen for 1 man and 2 man, and then roll back.
3. 5 man passes to open man.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL SITUATIONS
SIDE OUT-OF-BOUNDS
LAST SECOND SHOT

(A)

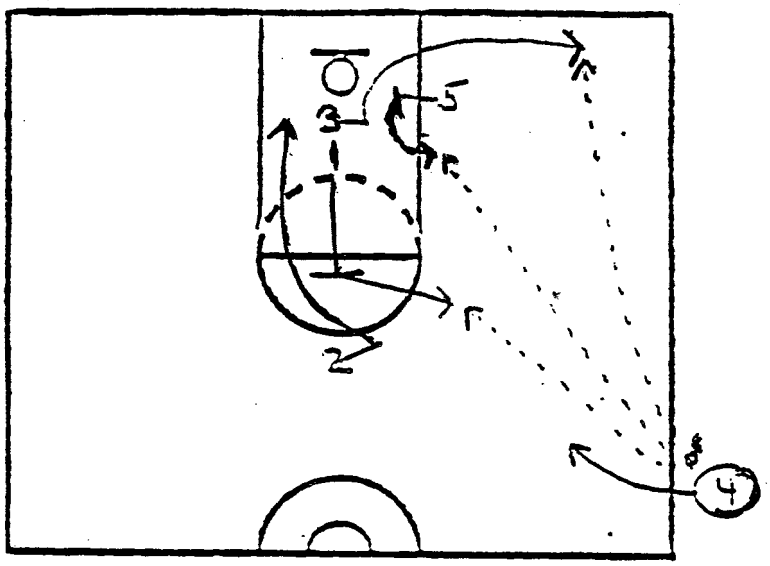


Diagram A

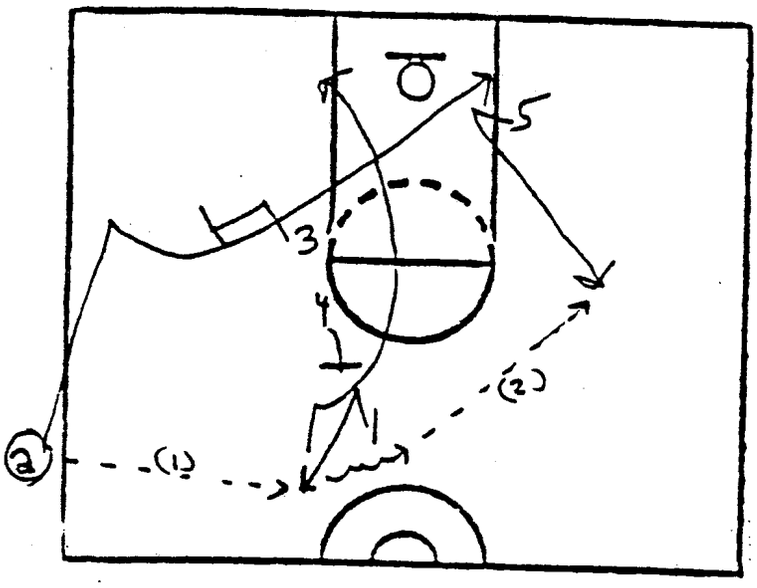
1. 1 man backscreens for 2 man who cuts to the basket looking for lob.
2. 1 man comes to the ball after setting backscreen.
3. 3 man cuts off 5 man's screen to ball.
4. 5 man opens after screen.
5. 4 man steps in after entering the ball for return pass and 3 point shot.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
IVY

(A)



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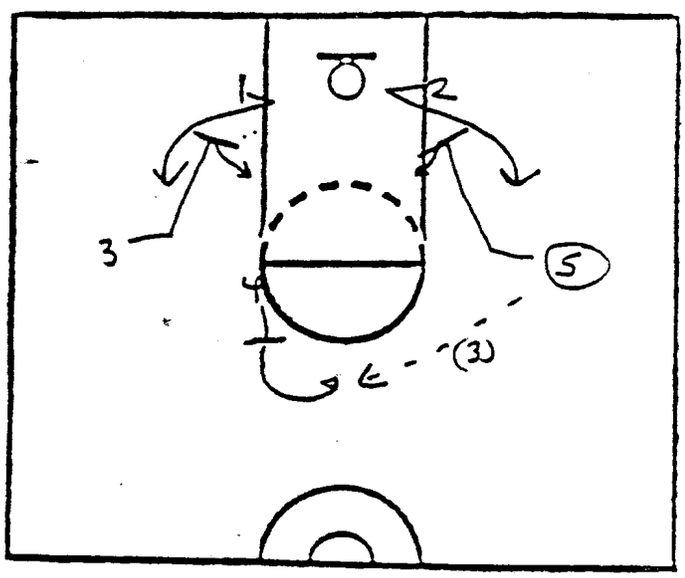


Diagram A

1. 1 man v-cuts to free himself and gets inbound pass from 2 man.
2. 5 man breaks out and receives pass from 1 man.
3. 1 man cuts off 4 man's backscreen and goes to box.
4. 2 man steps in and v-cuts off 3 man's backside to the ballside box.
5. 4 man steps out after setting backscreen.

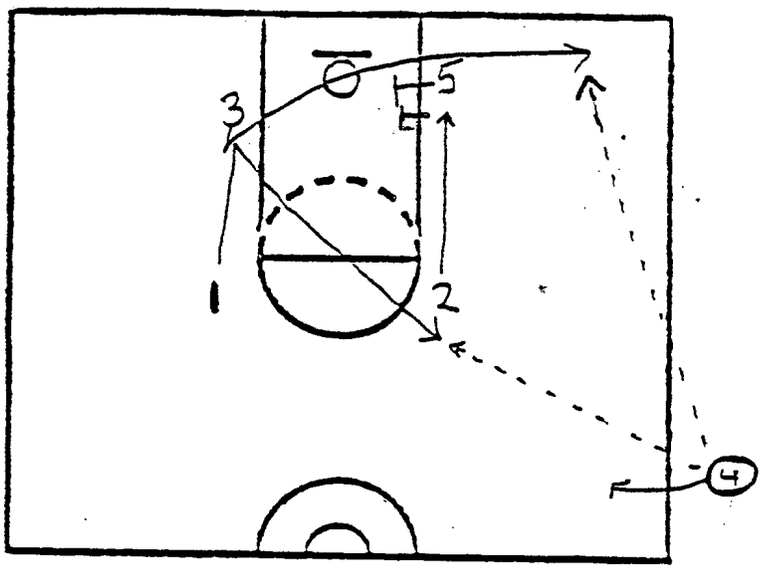
Diagram B

1. 5 man passes to 4 man, steps to the ball, and downscreens for 2 man.
2. 3 man opens and downscreens for the 1 man.
3. 3 man and 5 man open after downscreening.
4. 4 man passes to the open man.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
ACTION FOR UNDER 7 SECONDS

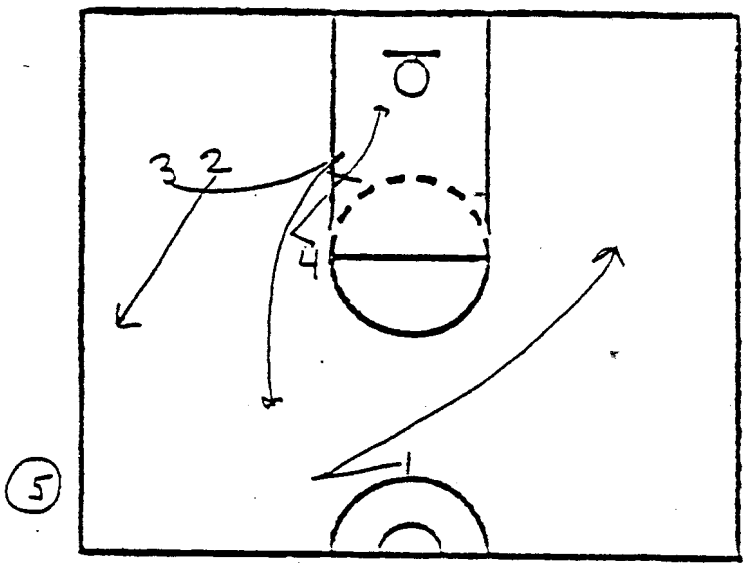


1. Players align in box set.
2. 2 and 1 cut down to 5 and 3.
3. 2 holds in double screen with 5.
4. 3 fakes up and cuts off double.
5. 1 flashes to ballside elbow.
6. 4 steps in for return pass.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
LAST SECONDS ACTION



1. 2 and 3 line up side by side.
2. On slap of ball, 3 cuts over 2. As he passes him 2 flashes to sideline.
3. 4 screens down for 3 and then rolls to basket.
4. 1 steps to the ball and fades.

BASKETBALL NOTES

Coach Jerry Wainwright

SIDELINE OUT-OF-BOUNDS
MILWAUKEE
(Last Seconds Play for 3 Points)

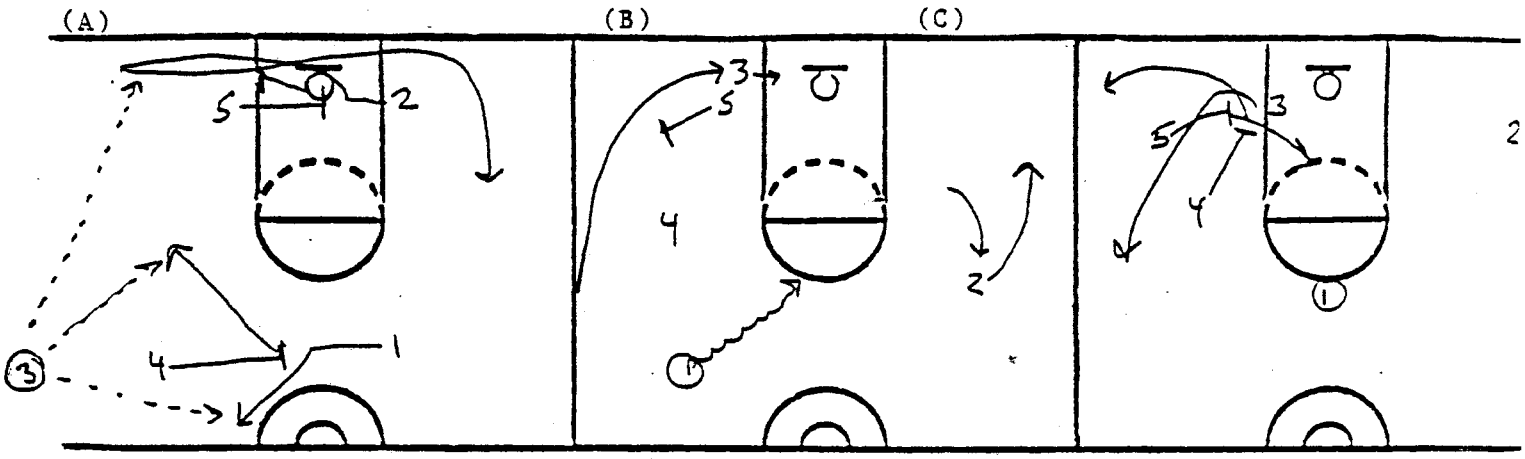


Diagram A

1. Players align in box as shown with 3 man inbounding ball.
2. On signal, 4 man screens for 1 man and rolls back.
3. 1 man breaks to ball.
4. 5 man screens across for 2 man.
5. 2 man breaks out off 5 man's screen, then backcuts off 5 man's backscreen.
6. 3 man inbounds to 1 man, 4 man, or if open 2 man on his 1st cut.

Diagram B

1. If inbounded to 1 man and 2 man is not open, he penetrates.
2. 3 steps in and comes off backscreen by 5 man to box.

Diagram C

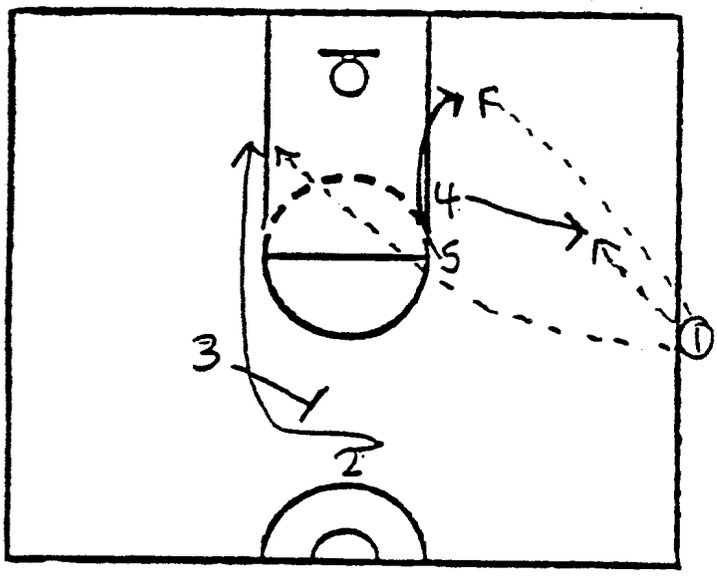
1. 3 man then breaks off double screen by 5 man and 4 man to 3 point range.
2. 4 man wheels off 5 man to 3 point range and 5 man opens in lane.
3. 2 man fades.
4. 1 man hits the open man.

BASKETBALL NOTES

Coach Jerry Wainwright

Out-of-Bounds Side
Versus Pressure Man-to-Man Defense
Action: Versus Man On The Ball

(A)



(B)

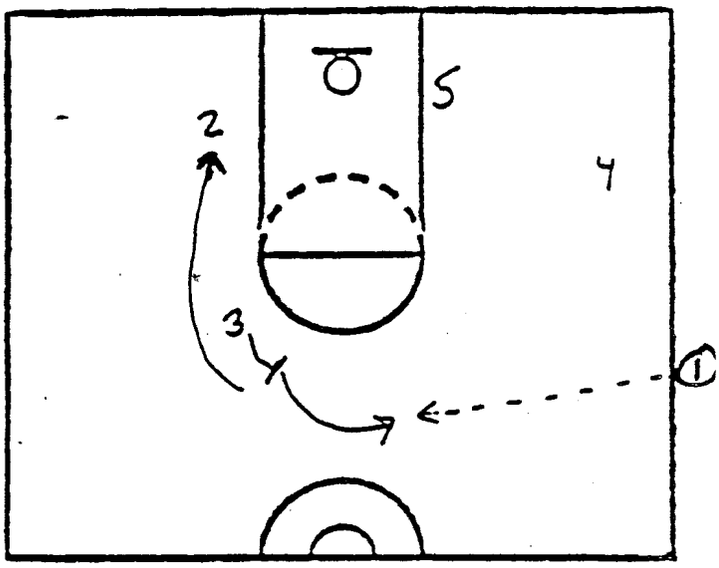


Diagram A

1. #4 breaks to ball.
2. #5 rolls down lane and posts.
3. #3 backscreens for #2.
4. #2 steps to ball, then cuts off backscreen looking for the lob.
5. #1 inbounds to the open man.

Diagram B

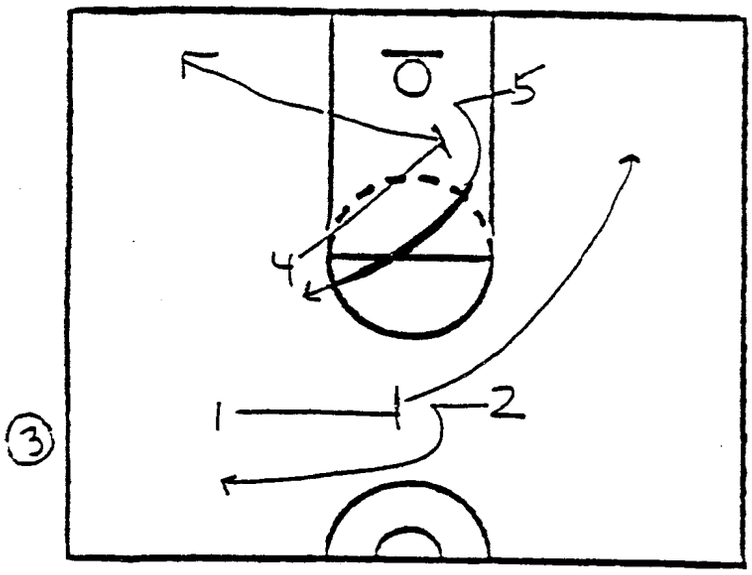
1. #3 rolls back to ball after setting backscreen as outlet.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
POST FEED ACTION

(A)



(B)

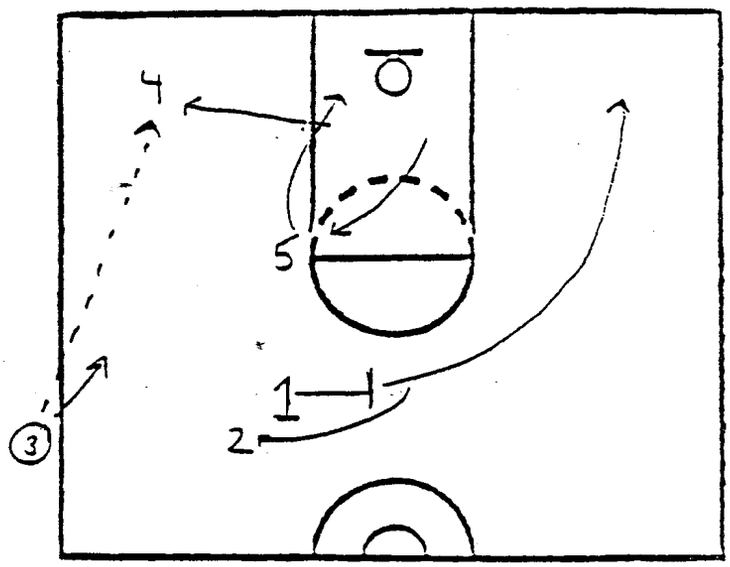


Diagram A

1. 1 screens for 2, then fades.
2. 4 diagonally downscreens for 5 and rolls hard to corner.
3. 5 cuts hard off the downscreen to "L".

Diagram B

1. 3 inbounds to 4.
2. 5 rolls hard down the lane looking for ball.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
DIRECT PASS (Last Seconds)

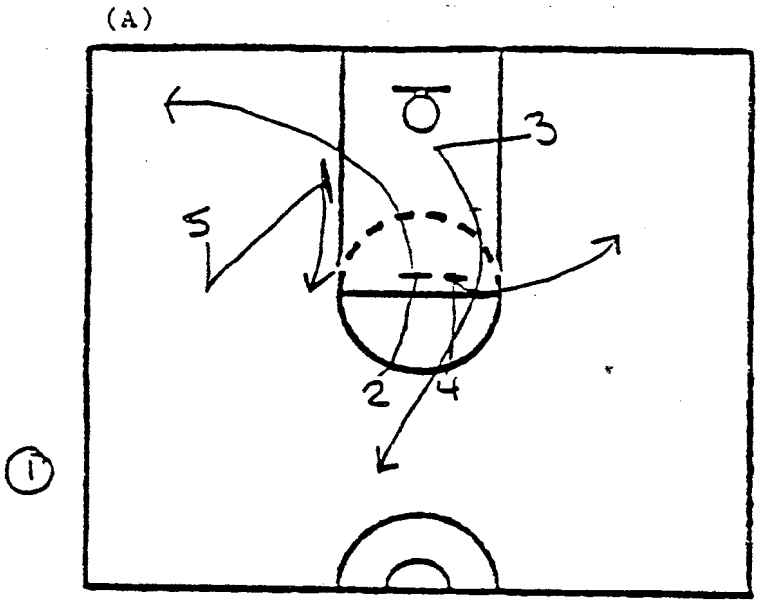


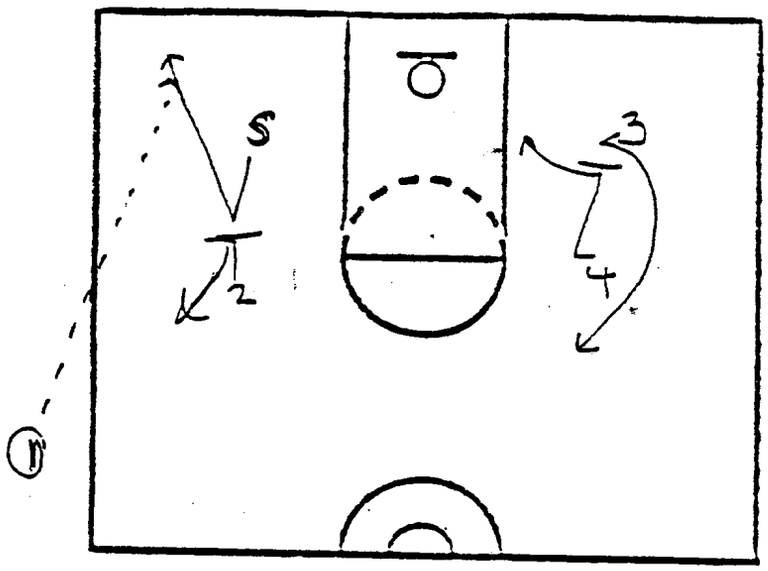
Diagram A

1. Players align as shown, 1 man is inbounder.
2. On signal from inbounder, 2 man and 4 man double screen down for 3 man.
3. After setting double screen, 2 man continues to corner off screen by 5 man. 5 man steps up lane after setting screen.
4. After setting double screen, 4 man spots up to wing.
5. 3 man comes off double screen ready to shoot.
6. 1 man passes to open man.

BASKETBALL NOTES

Coach Jerry Wainwright

OUT-OF-BOUNDS - SIDE
LAST SECONDS
(Celtics Action)

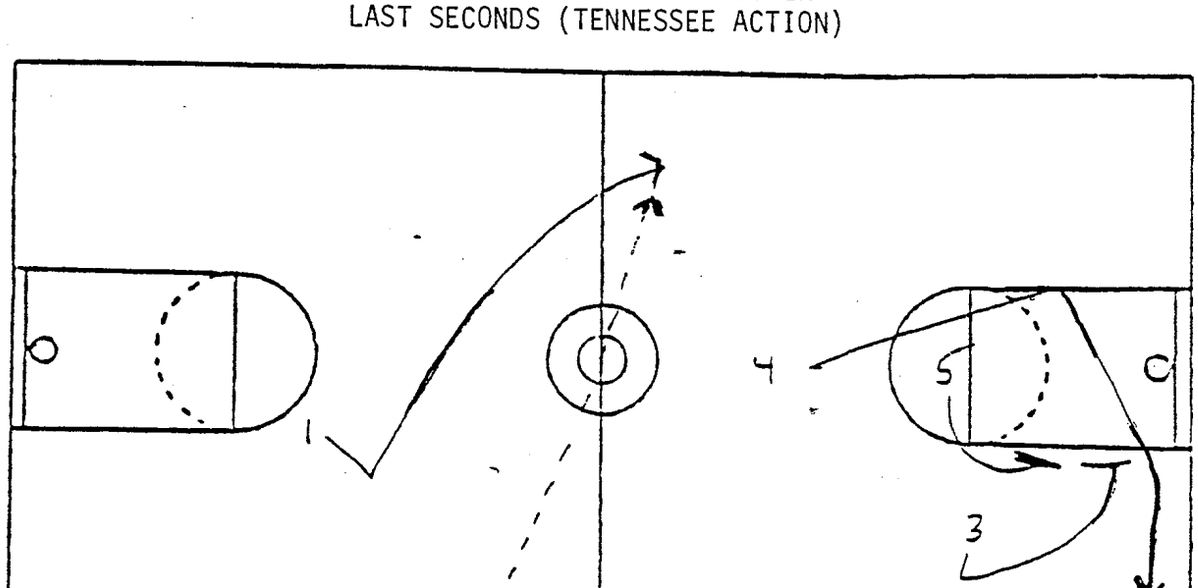


1. The 2 man takes two steps to down screen for the shooter (5).
2. 5 cuts hard to the level of the screen, then fades to corner looking for lob pass from 1.
3. 4 downscreens for 3, who comes hard to the ball.
4. 4 then opens to the basket.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL - 3/4 COURT
ACTION - DOUBLE SCREEN FOR SHOOTER
LAST SECONDS (TENNESSEE ACTION)

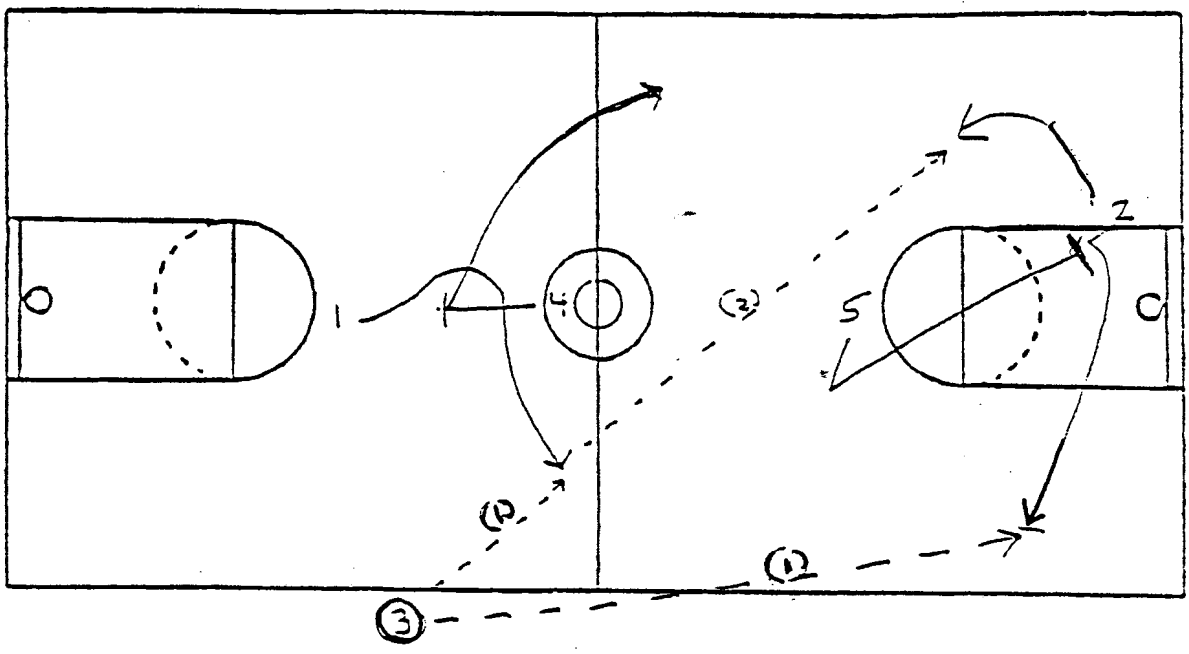


1. 4 is best shooter.
2. 4 cuts away, then comes off double by 5 and 3.
3. 1 steps to ball, then cuts backside.
4. 2 looks to 4 then 1.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL - 3/4 COURT
ACTION - LAST SECONDS

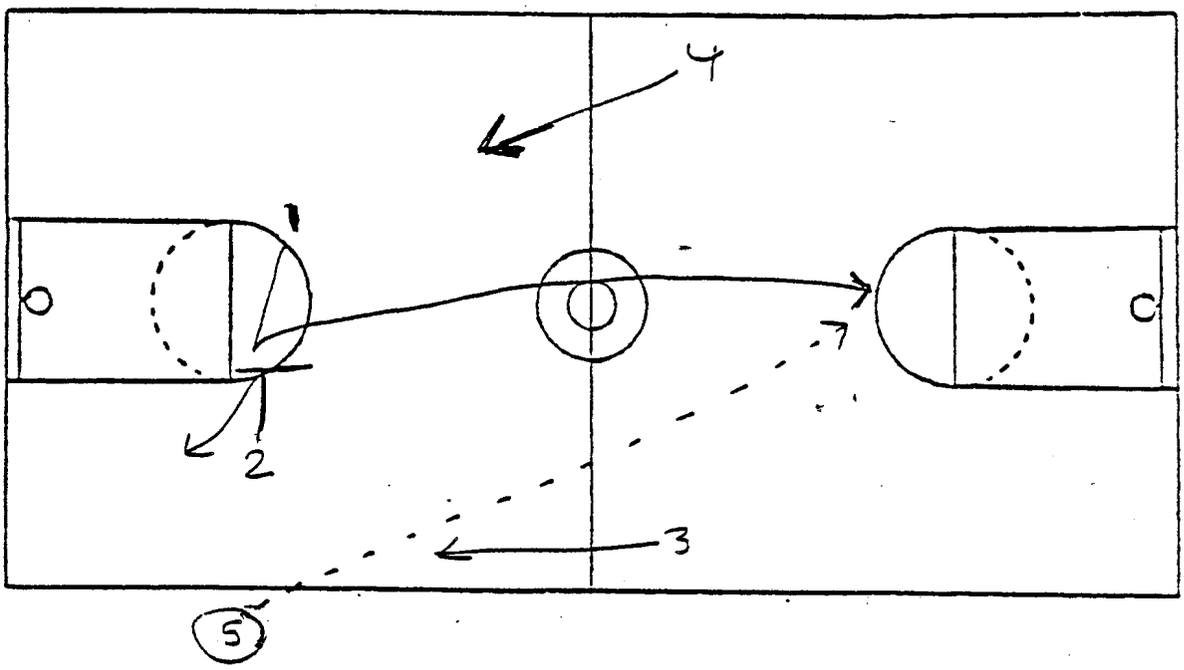


1. 4 screens for 1. 1 cuts up sideline to ball.
2. 4 fades opposite.
3. 5 screens for 2 and rolls back.
4. 2 cuts off screen toward ball.
5. 3 passes to open man.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL - 3/4 COURT
ACTION - DEEP FOR LAY-UP



1. 3 and 4 break hard to ball.
2. 2 pivots to set screen for 1 and then rolls back.
3. 1 cuts hard to level of screen and then streaks deep.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL - FULL COURT
LAST SECONDS
(3 POINT ACTION)

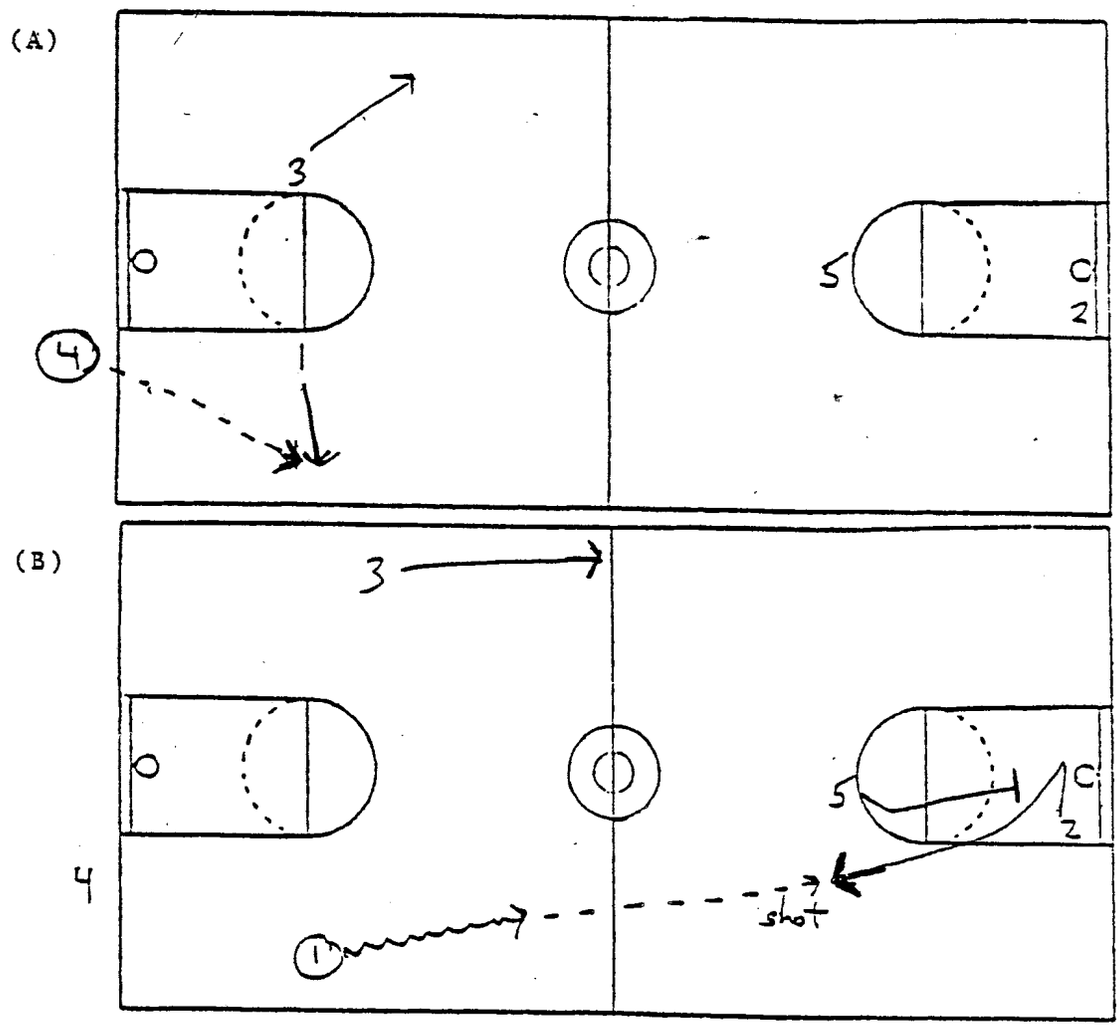


Diagram A

1. 5 is best screener, 2 best shooter.
2. 4 inbounds to 1.
3. 3 flares.

Diagram B

1. 1 "pushes" the ball.
2. 5 downscreens for 2.
3. 3 flares wide.
4. 1 looks to pass to 2 for shot.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL FULL COURT
ACTION TO CALL TIME OUT AT HALF COURT

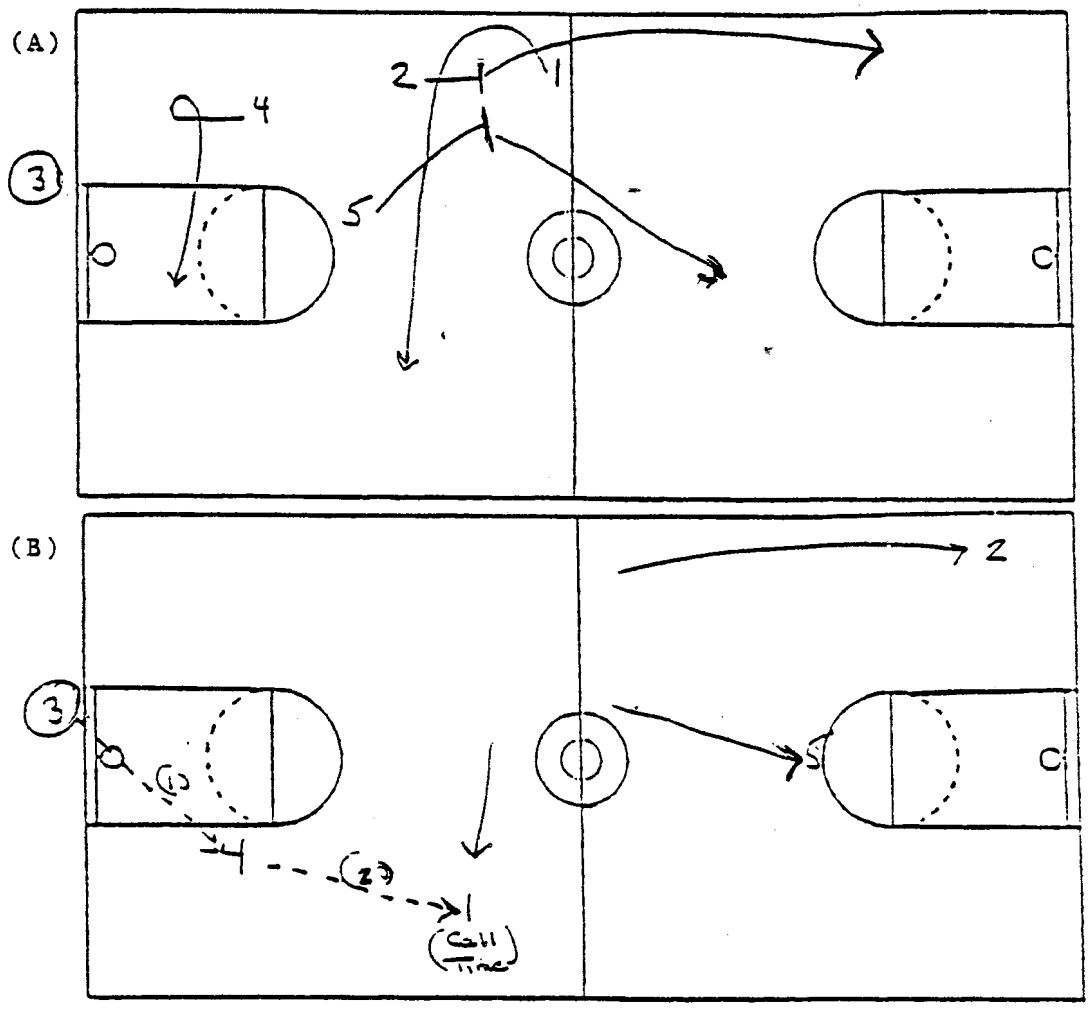


Diagram A

1. 4 steps to ball, reverses pivot, and cuts across the lane.
2. 2 and 5 screen for 1, then break deep.
3. 1 curls off double screen, breaking hard to the sideline.

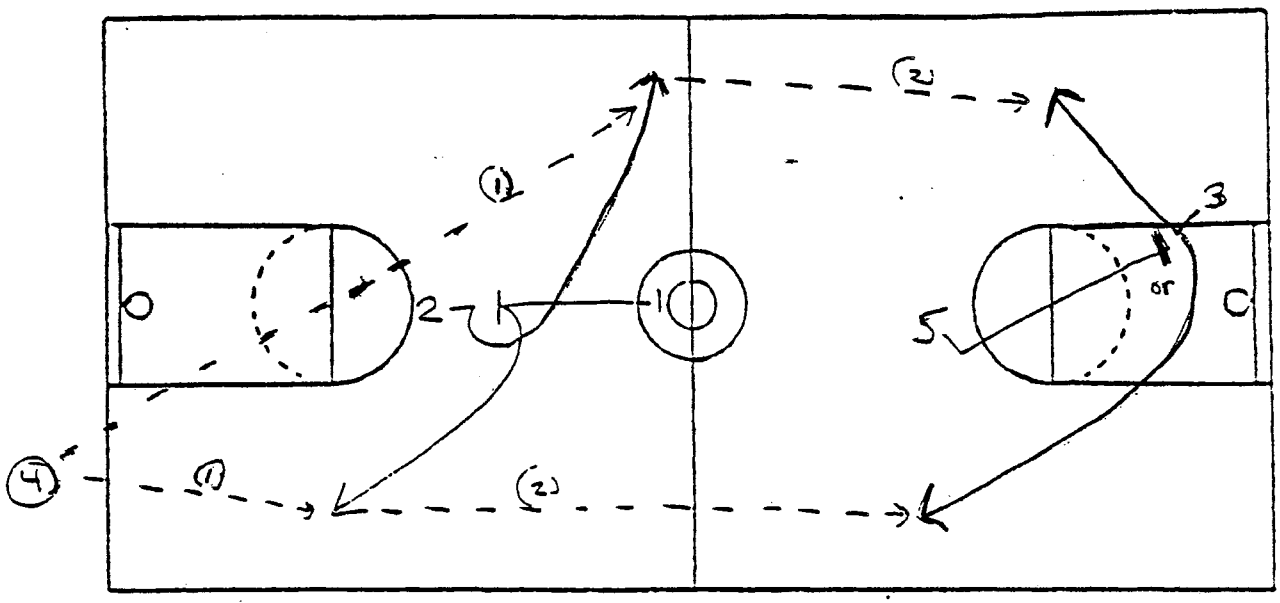
Diagram B

1. 3 inbounds to 4.
2. 4 looks up sideline to pass to 1.
3. 1 catches the pass and immediately calls time.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL FULL COURT
ACTION - LAST SECONDS



1. 3 screens for 2 and then cuts opposite 2's cut.
2. 5 screens for 3 and then rolls opposite 3's cut.
4. 4 passes to open man.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL SITUATIONS
NO TIME OUTS LEFT
5 SECONDS OR LESS

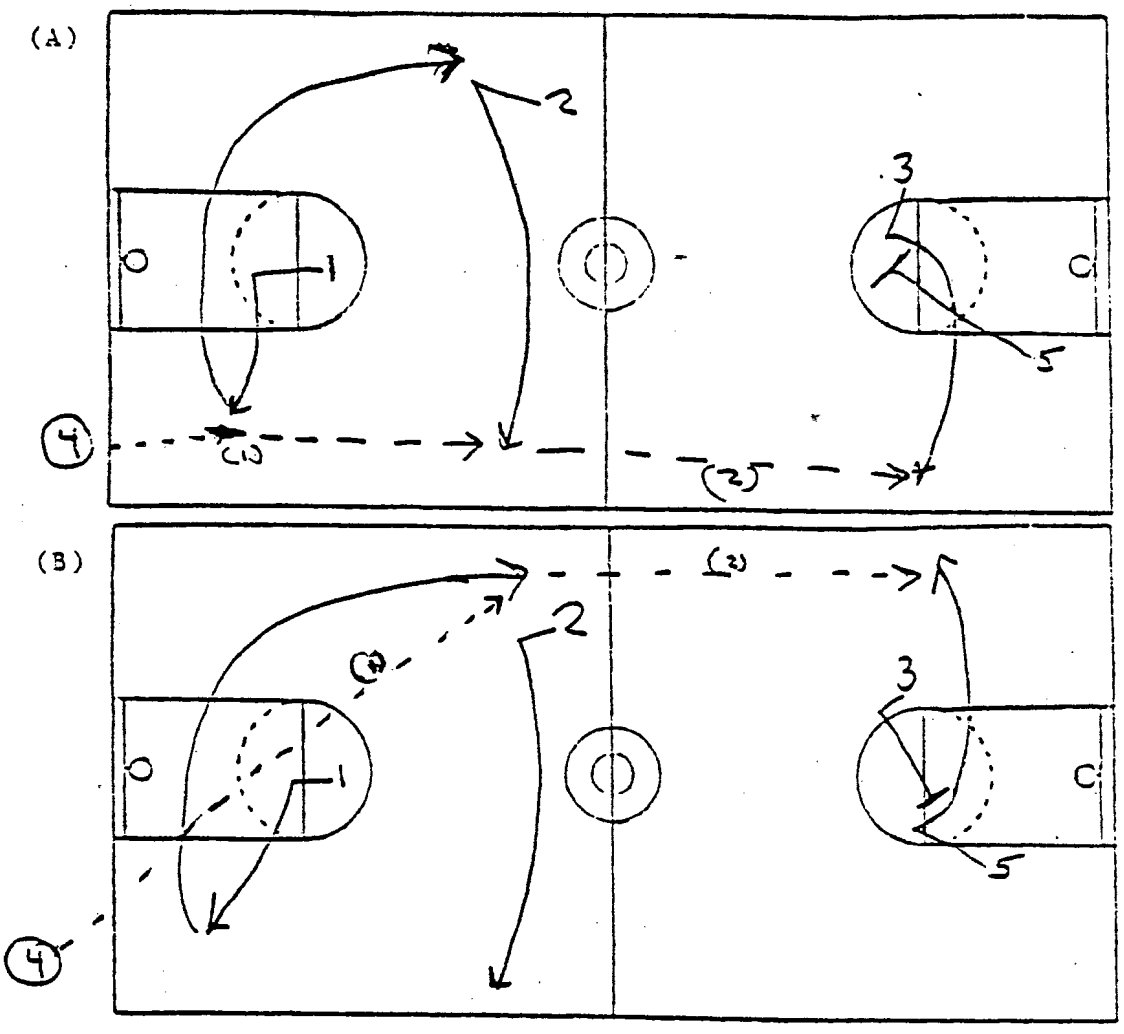


Diagram A

1. 1 man fakes hard and comes to ball, then empties on backside wing.
2. 2 man fakes to the ball then cuts hard across the court.
3. 4 man tries to inbound the ball to 2 man on the move.
4. When 2 man receives the ball 5 man "headhunts" on screen for 3 man.
5. 3 man sets his man up and curls off screen by 5 man.

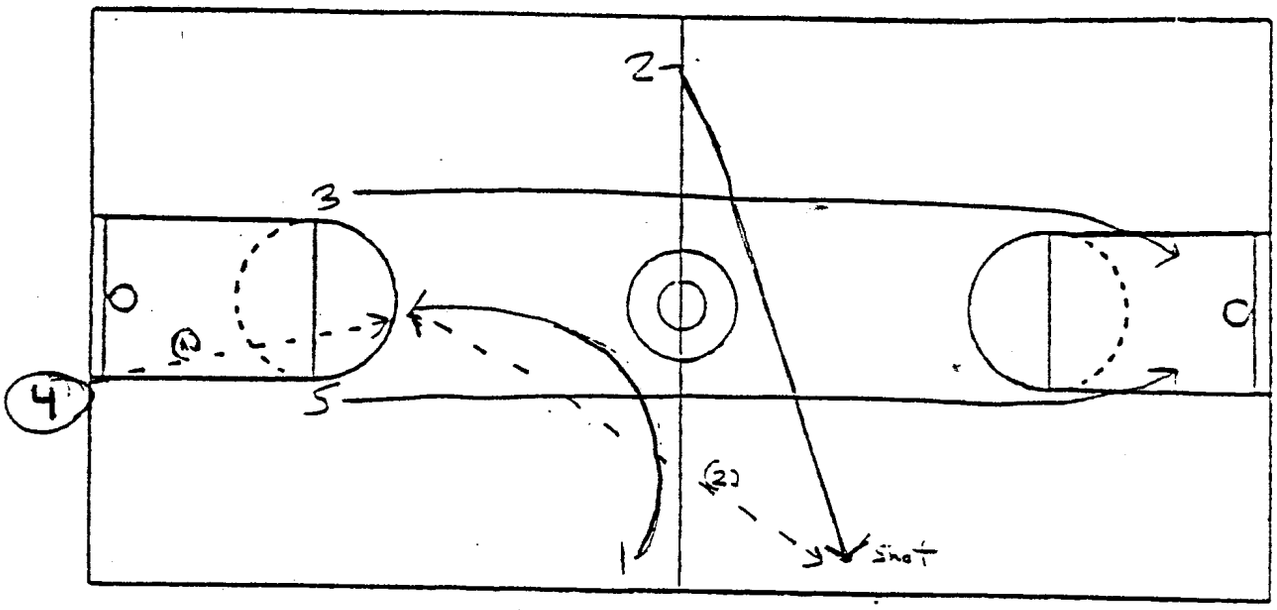
Diagram B

1. If ball is inbounded to 1 man, 3 man screens for 5 man.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL - FULL COURT
ACTION - UNDER 5 SECONDS



1. 1 is best passer and 2 is best shooter.
2. 5 and 3 sprint deep to rebound.
3. 1 circles through center and tries to get inbounds pass at top of circle.
4. 2 delays a count, then sprints opposite at a diagonal.
5. 1 looks to 2. If he is not open, he dribbles for shot.

BASKETBALL NOTES

Coach Jerry Wainwright

SPECIAL - FULL COURT
ACTION VS. MAN-TO-MAN DEFENSE

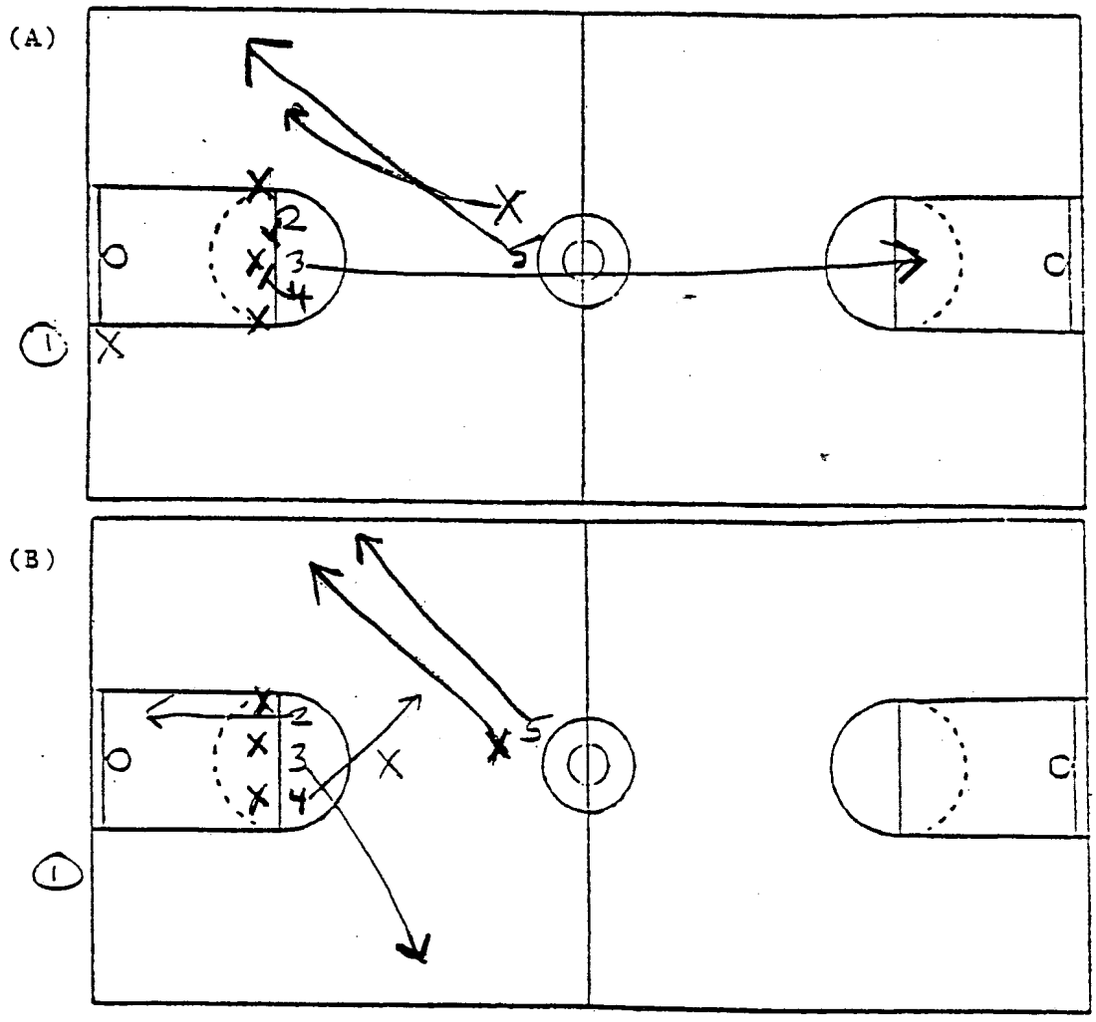


Diagram A

Against Man On the Ball Defense

1. 5 breaks to the ball.
2. 2 and 4 pinch in to screen and 3 cuts deep.

Diagram B

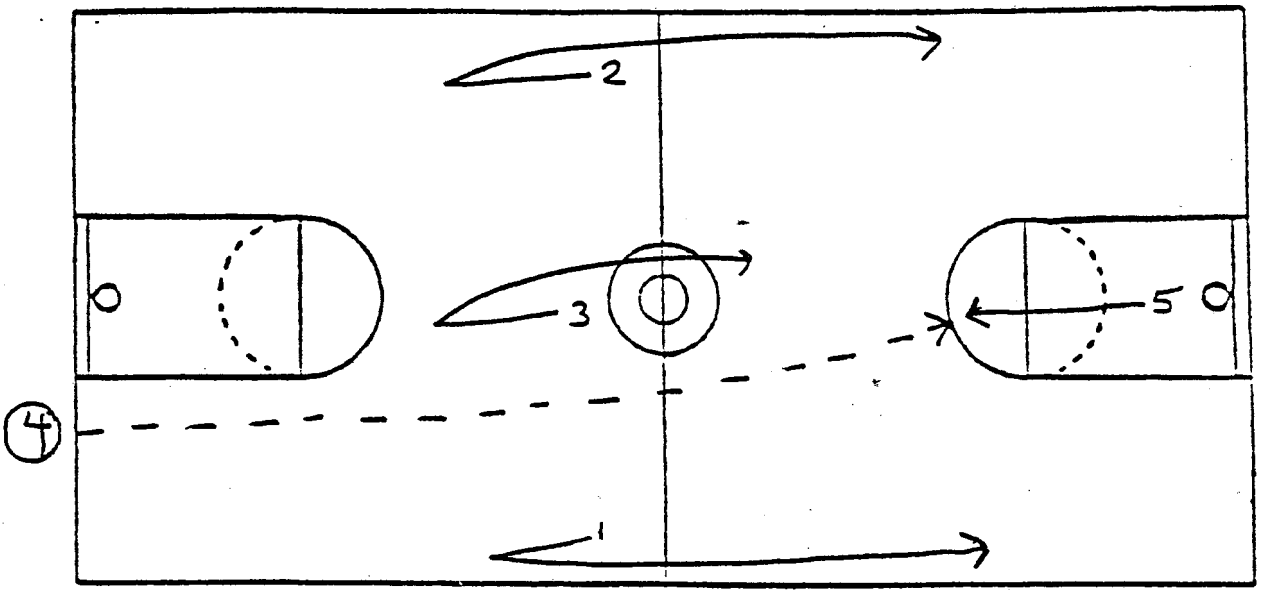
Against Man Off the Ball Defense

1. 5 breaks to the ball.
2. 4 and 3 x-cut as 2 breaks to the ball.

BASKETBALL NOTES

Coach Jerry Wainwright

FULL COURT SPECIAL
"HOME RUN" ACTION (LAST SECONDS PLAY)



1. Players align as shown.
2. 5 man breaks from under the basket up the lane to receive pass from 4 man.
3. If possible, 5 man catches and shoots immediately.
4. If 5 man can't make the catch, he "taps" the ball to one of the three men filling the lanes.

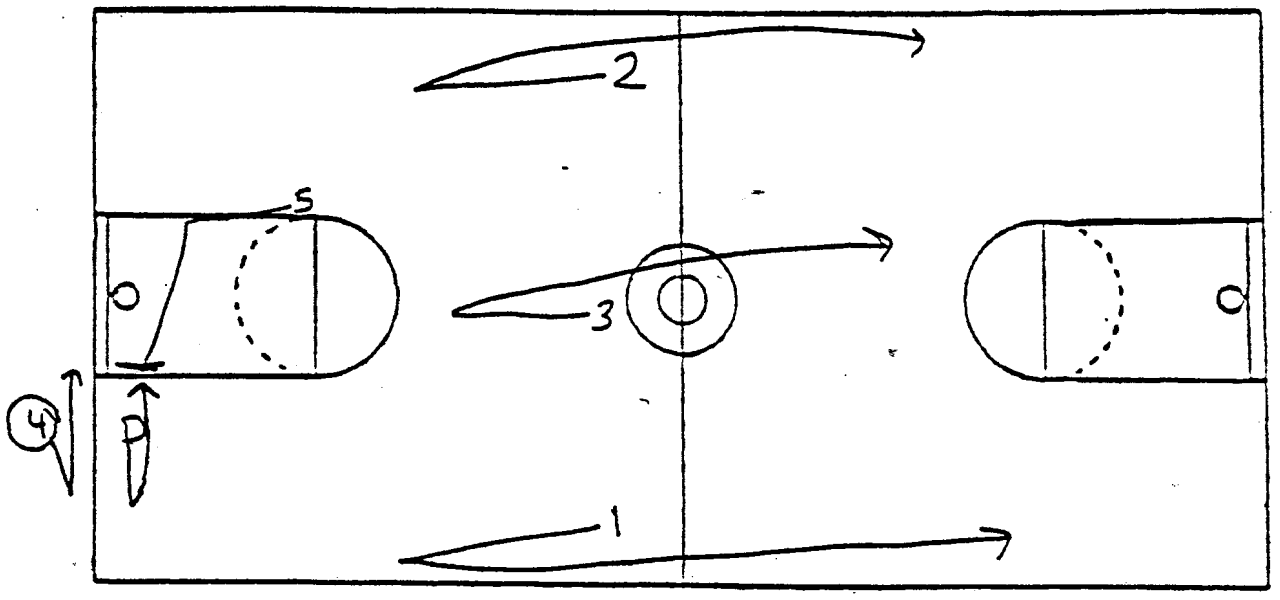
NOTE: Use with 2 or less seconds.

BASKETBALL NOTES

Coach Jerry Wainwright



FULL COURT SPECIAL
HOME RUN - BALL SCREEN COUNTER (LAST SECONDS PLAY)



1. Players align as shown.
2. 1 man, 3 man, and 2 man step hard to the ball and then break deep.
3. 4 man fakes pass and then runs baseline.
4. 5 man attempts to "blind pick" the man on the ball.

NOTE:
1. Tell the referee what you are going to do.
2. 5 man must take the "hit".
3. Use with 2 or less seconds to go.
4. Use only when you can run the baseline.
5. Use when the defense has a man aggressively on the ball.
6. Use when you have a timeout left, so if it doesn't work you can call it.

University of Georgia
Men's Basketball



BULLDOGS

Georgia Men's Basketball

University of Georgia's "Four Game"

This is our version of motion offense. It is a 4 out 1 in "tracked" motion which gives our players the freedom they need to be spontaneous and play off their instincts. While offering this freedom it still gives them enough structure to stay organized and keep good spacing, allowing effective ball movement and scoring opportunities.

Advantages

1. Isolates a low post player for room to operate.
2. Makes it more difficult for opponents to trap Post to Post.
3. Allows coach or players to control which post occupies low/high post.
4. Not restricting – gives players room to create and be aggressive.
5. Easy to learn – not to much to think about.
6. Advances simple principles important to all effective offense.
7. Emphasizes movement, and ball reversal
8. Emphasizes inside play via posting and driving
9. Due to the structure it gives your team good movement without fatigue often associated with running around in pure motion offense.
10. Easy to resume team offense after any type of action such as an aggressive drive, offensive rebound, post kick-out, etc....
11. Offers constant good spacing.
12. Players always know where their teammates will be
13. Constantly offers excellent Hi-Lo posting/feeding.

Disadvantages

1. A post must handle the ball on perimeter – if only to reverse the ball.
2. Pulls one of your post players away from the basket
3. Somewhat requires that one of your post players have some offensive range.
4. Straightforward offense – not difficult for opponents to figure out.
5. Not particularly diverse with regards to variety of screens and screening angles.

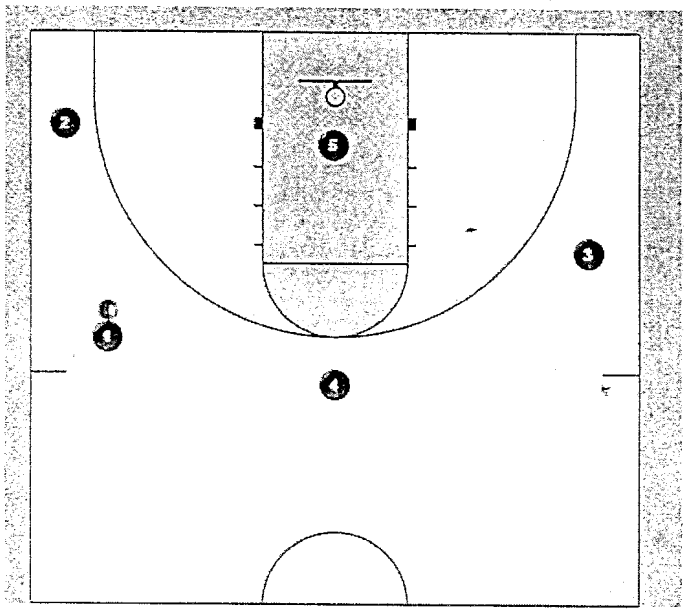
Four Game Vocabulary

Single Side	Side of court containing one guard.
Double Side	Side of court containing two guards.
High Post	(1)Area of court above FT line and inside the elbows. (2) Post players filling the high post area.
Score/Dump/Reverse	Procedure the High post adheres to in his order of "looks."
Screen Away	When high post down screens for a guard after reversing the ball.
Stagger Away	When high post and top guard stagger down screen the bottom guard on the double side after the post reverses the ball.
Post Exchange	Occurs when the high post and low post screen for each other to change positions.
Reverse Lo	Occurs when Low post cross screens for the other Post.
Two Guard Game	Occurs when the two guards on the double side screen for each other, with the top guard down screening for the buttom guard, or the bottom guard fade screening for the top guard.
Inside Cut	Occurs when point cuts to the ball side corner after entry pass to wing, establishing a double side and a single side.
Post Split	Two man screening game on perimeter when the post has been fed.
Drive Reverse	Occurs when guard catches in hi post off screen/stagger away then drives to reverse ball to wing to feed post.

4 Game

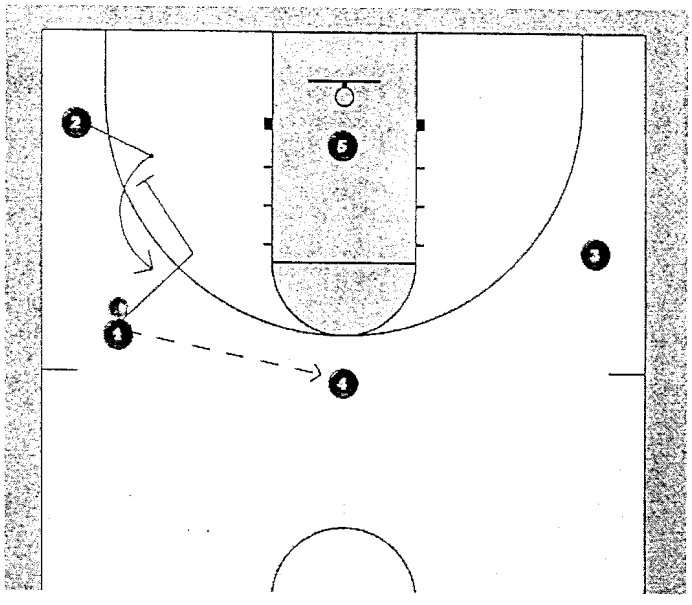
5 Spots to Fill

- There is always someone in Hi Post (4)
- There is always someone in Lo Post (5)
- There is always 1 guard on the single side (3)
- There are always 2 guards on the double side (1&2)



Two Guard Game

Every time the ball is reversed to the Hi Post, the guards on the double side run a "Two guard" game.

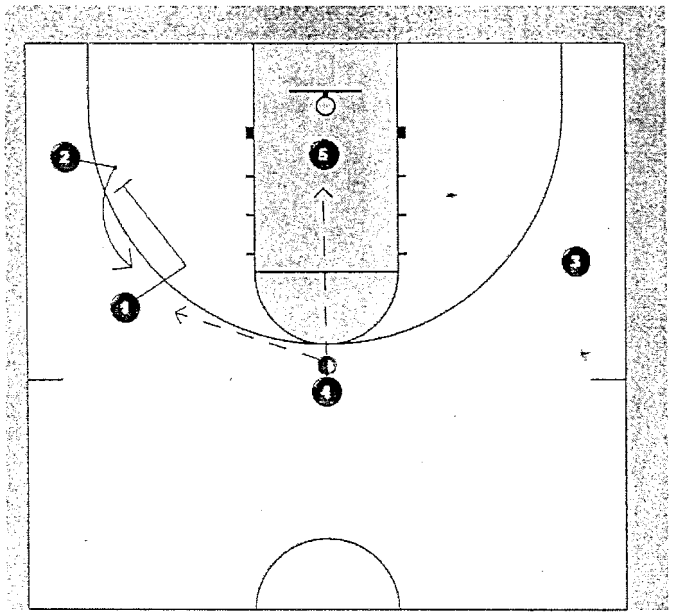


Either 1 down screens for 2, or 2 fade screens for 1.

Score, Dump, Reverse

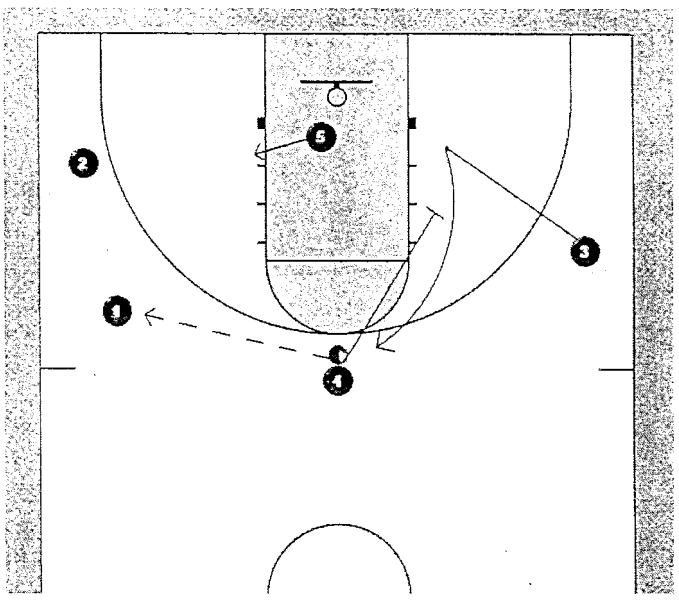
Every time the Hi Post receives the ball his looks are, in this order:

1. Score – look for a scoring opportunity
2. Dump – look for a feed to the Lo Post
3. Reverse - look to reverse the ball



Screen Away

Whenever the Hi Post reverses the ball he immediately executes a screen away to get a guard open for a top of the key catch.



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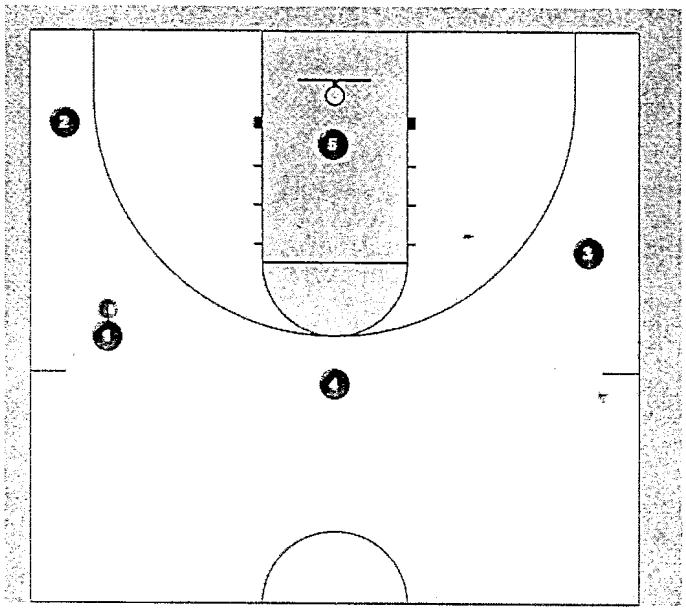

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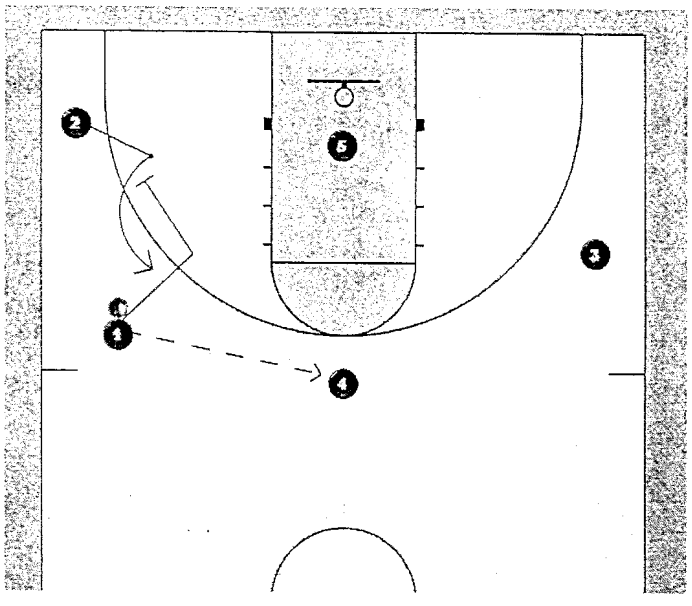
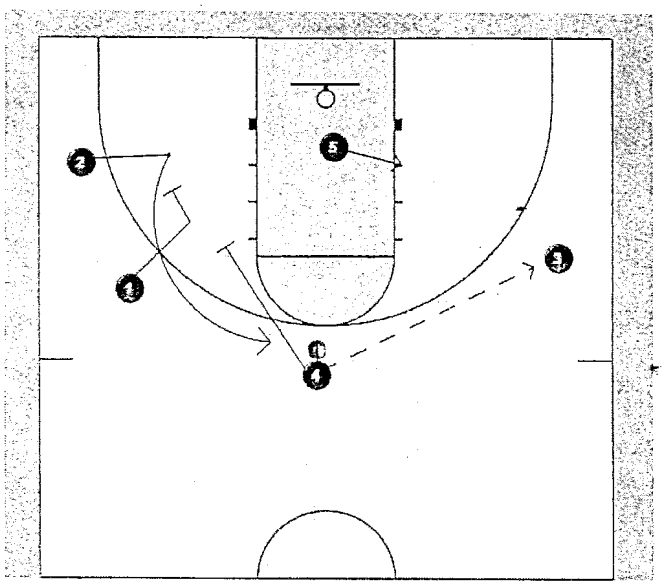


Either 1 down screens for 2, or 2 fade screens for 1.

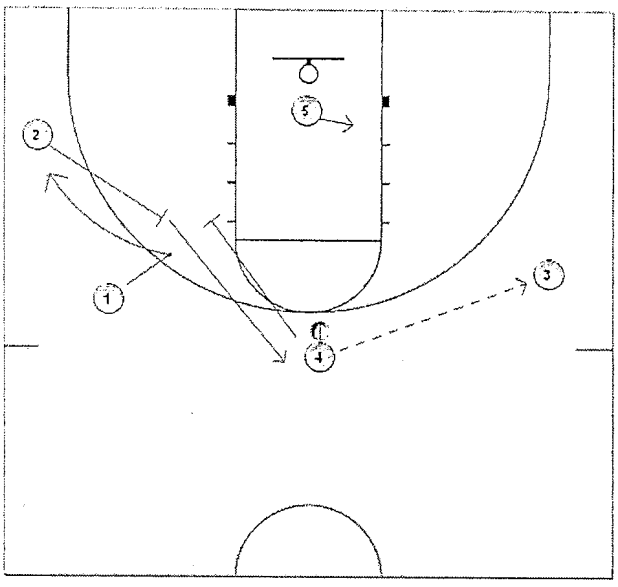
Stagger Away

A stagger away occurs when the Hi Post reverses the ball to the single side and screens away for a guard already receiving a down screen in the two – guard game.



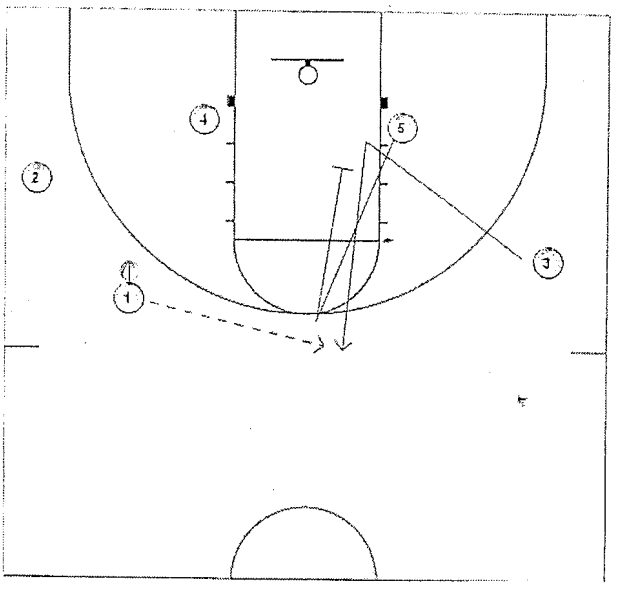
Screen-the-Screener

A screen-the-screener action occurs when the hi post screens away towards a 2 Guard Game occuring with a fade screen.



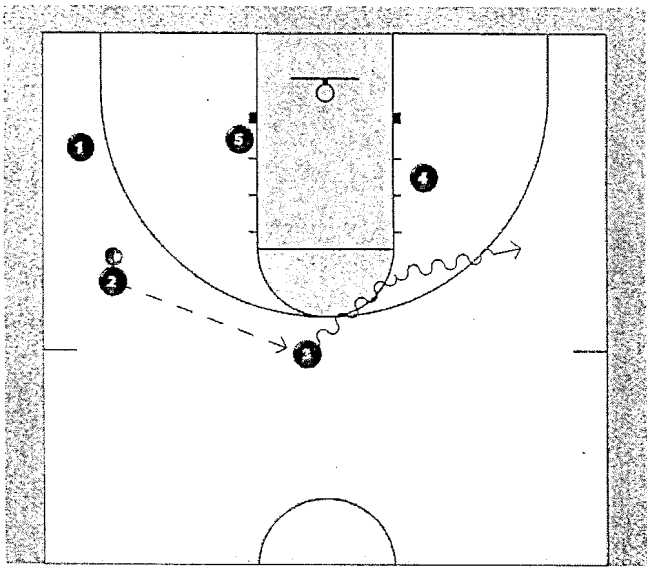
Hi Post Denied

Anytime the Hi Post is denied ball reversal, he automatically goes into a screen away.



Drive Reverse

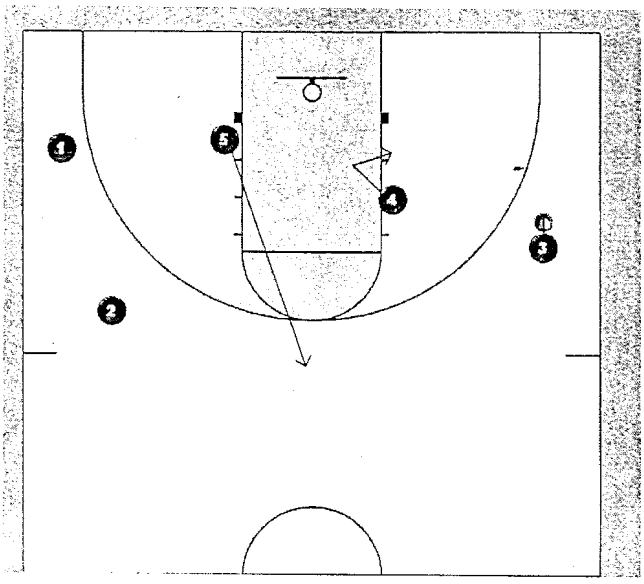
Whenever a guard receives the ball at the top of the key off a screen away, he executes a drive reverse by driving the ball back to where he came from thus using the dribble to reverse the ball. We call it "drive" reverse because we want the guard to always attempt to beat his defender with penetration first.



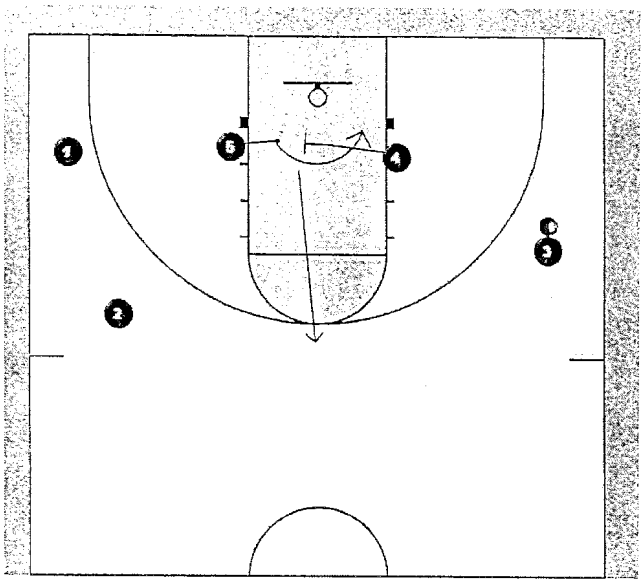
Drive Reverse Options

On the drive reverse the Hi Post who screened away can do one of two things:

1. He can post up, sending the opposite side post to the Hi Post (most common).

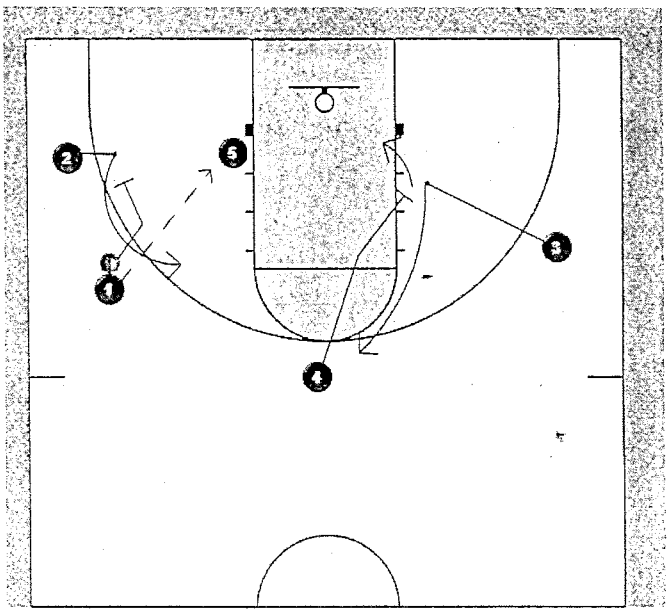


2. He can set a cross screen for the opposite post and then flash to the Hi Post.



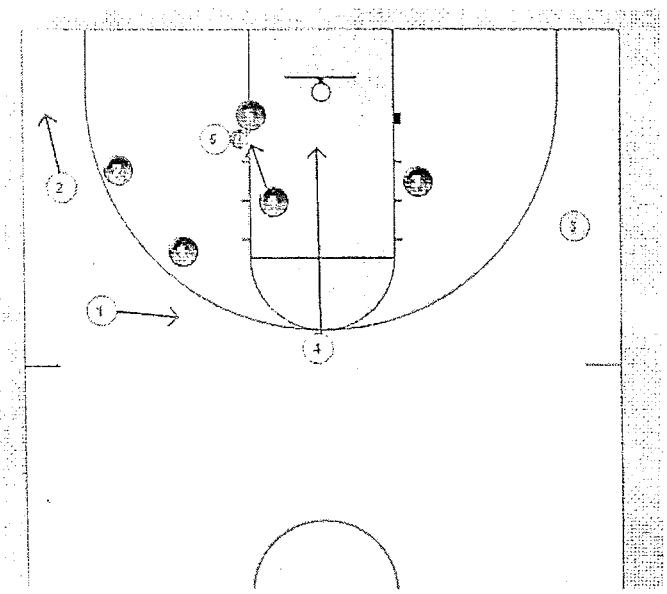
Post Split

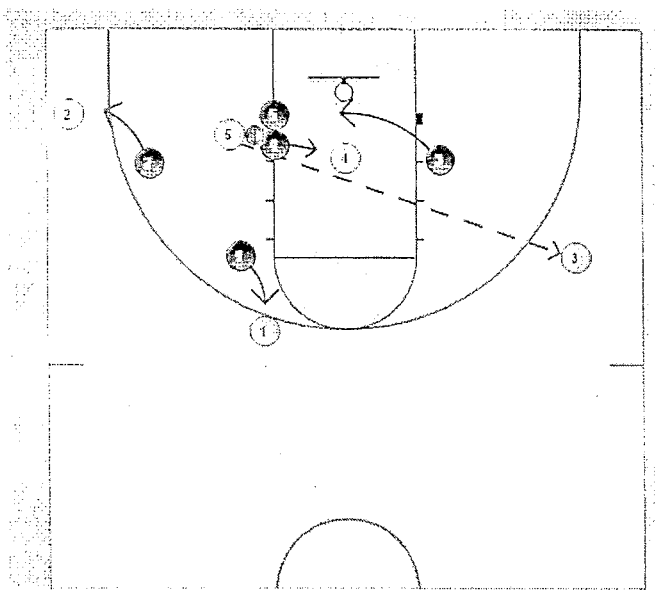
When we feed the Lo Post we like to execute a post split which is a two-man game(s) among the four players without the ball.



Post Trap Offense

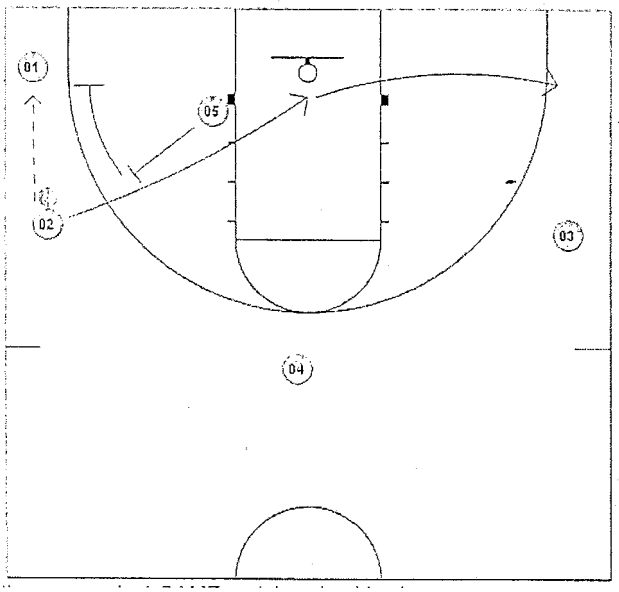
Whenever the post is trapped off the other post player, the post partner will dive to the rim and the guards space out.



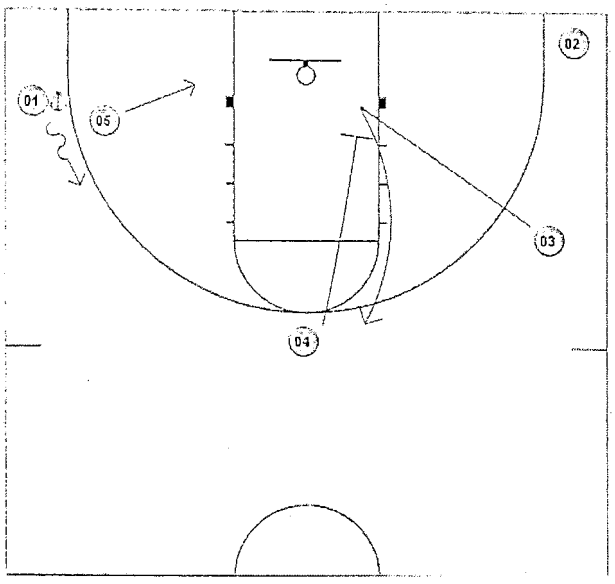


Corner Option

Anytime we are in 4 Game and the wing hits the corner on the double side, we run "Corner." 2 Passes to 1. 5 backscreens for 2, then ballscreens for 1 with both feet inside the three point arc.

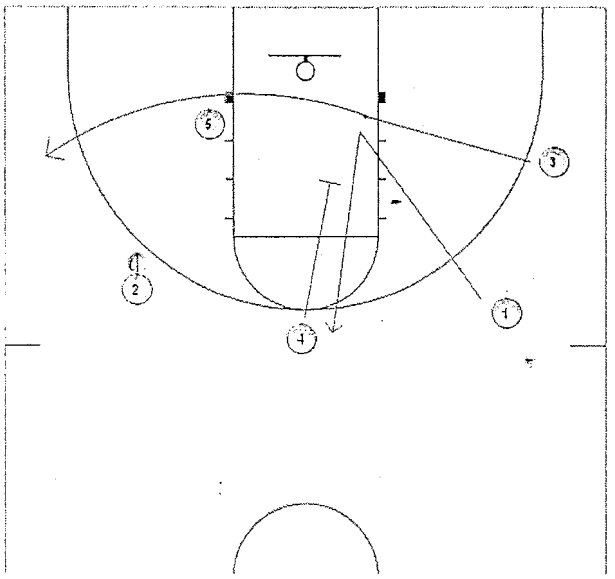


1 comes off ballscreen. 5 rolls to basket. 4 screens away for 3, and we continue 4 Game.



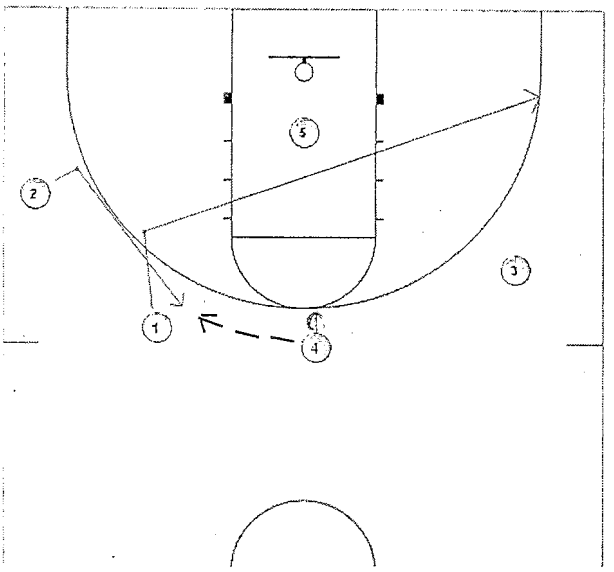
Switch Cut

We execute a "switch cut" at times when the guard defenders switch the stagger away in 4 game. As 4 and 1 begin to set the stagger away for 3 and recognize/communicate that the defenders are switching guard on guard, 3 cuts through to the ballside corner and 1 cuts off of a single down screen set by 4.



Pinch Cut

We execute a "pinch cut" when the defense is switching our 2 guard game. As the two guards begin to run a 2 guard game and recognize/communicate that their defenders are switching the screen, 1 cuts through the lane to the opposite side of the floor and 2 replaces 1.



University of Georgia Men's Basketball
Offensive Drills

4 out 1 in Hi Lo Offense – Drills

Transition

1. Primary Cycles
2. Primary Numbers

Post Feeding (Mix Post Def.)

1. 2 on 2 Sc. Away – drive rev. to feed
2. 3 on 3 Screen Away – drive reverse to feed / split post (1Post – 2 Gds.)
3. 3 on 3 Screen Away – drive reverse to feed / split post (2 Posts – 1 Gd.)
4. 4 on 4 Screen Away – drive reverse / flash – skip feed vs. front (2 Gds. – 2 Posts)

Shooting / Scoring – Guards

Screen Away Game

1. 1 Dribble lay up / jump shot
   Shot / hip fake / rip
2. Curl J / Up & Under

2 Guard Game

1. 2 on 0 2 shots – Add Pull & Kick
2. 2 on 2 Live
3. 2 on 2 Live vs. Switching
   - Slips
   - Re Screen
   - Screen own man

Shooting / Scoring – Posts

1. 1 on 1 Wing Lob vs. White Wall / steal / mix
2. 2 on 1 seal out Hi Lo vs. front
3. 1 on 1 Rim Runner
4. 2 on 2 Hi Lo w/ 2 coaches
5. 2 on 2 Hi Lo vs. Trap w/ 2 coaches

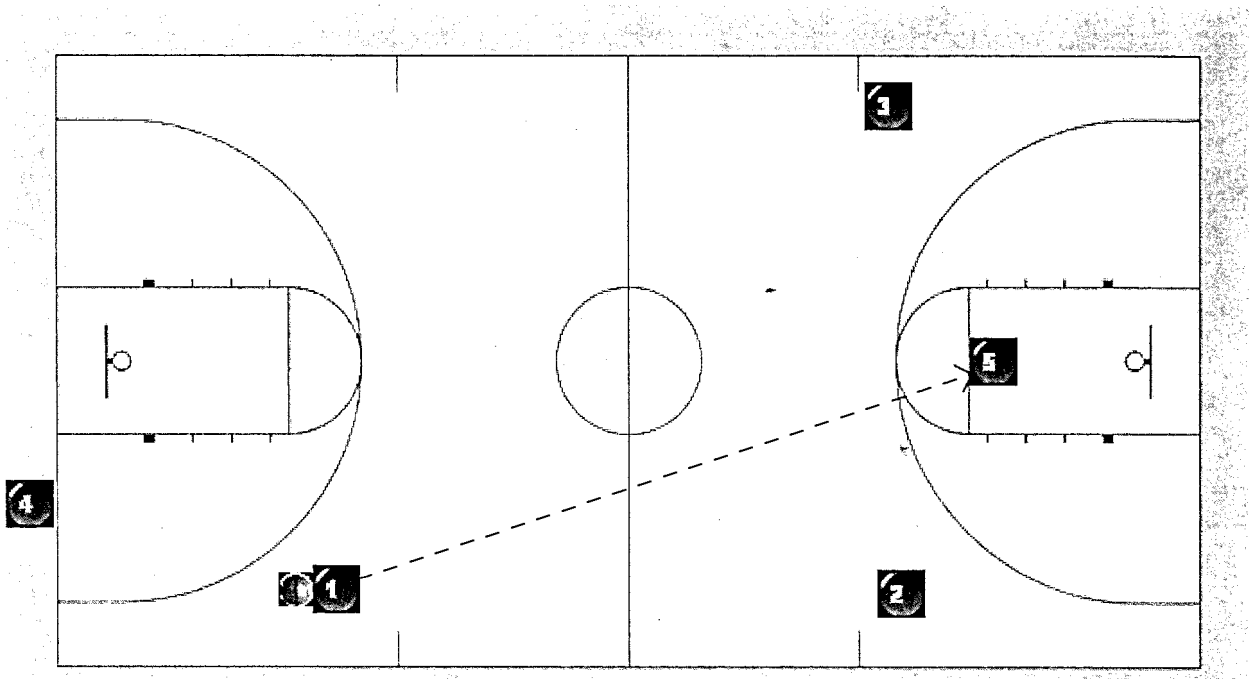
Screening to Score

1. 2 on 2 screen away to score
2. 3 on 3 Live – Stagger away switch cuts vs. switching

Primary Cycles

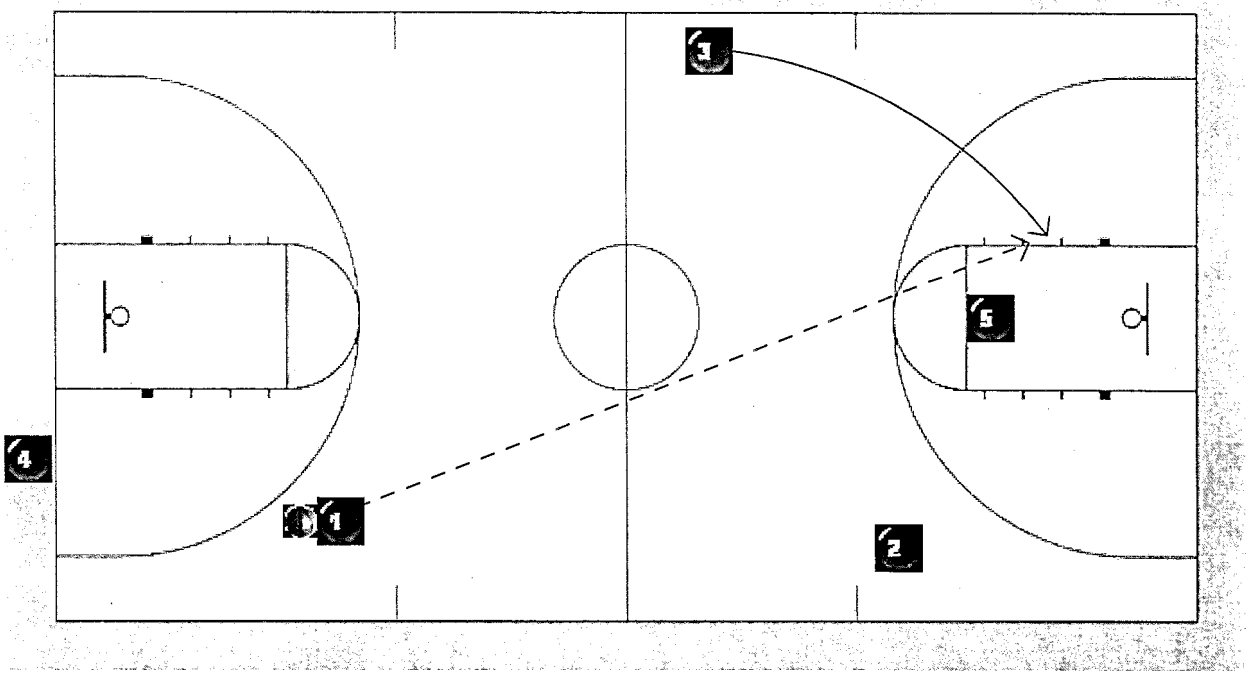
5 on 0 primary break drill in which the offensive team is attempting to score a series of five transition baskets within 35 seconds. To start, a coach shoots the ball. All five players look to rebound and secure the ball. Once the ball touches one of the 5 players the clock starts. Every miss is followed up with a rebound and score.

Frame 0



The point guard receives an outlet as deep as he can. The two other guards scrape the sideline while sprinting to the other end. The rim runner sprints ahead to receive an over the top pass from the point guard to score a layup/dunk.

Frame 1

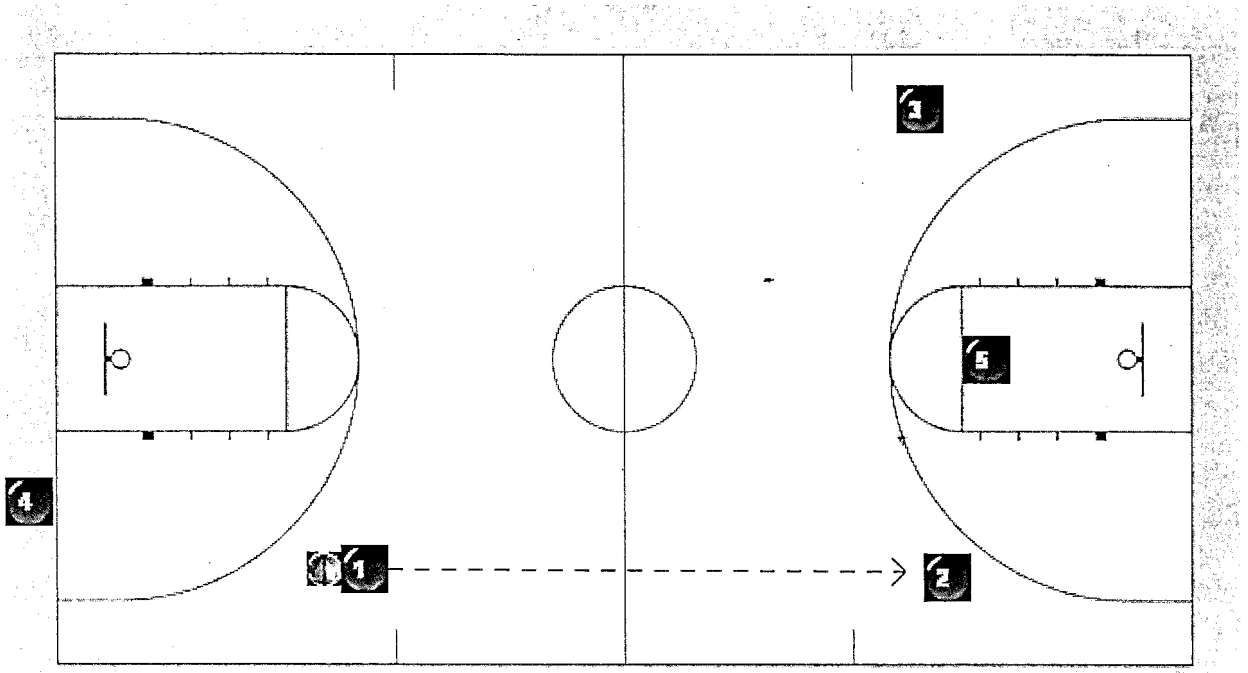


On the second trip, the point guard receives a deep outlet only to ball ahead on an over the top pass to the opposite guard sprinting for a layup.

Primary Cycles

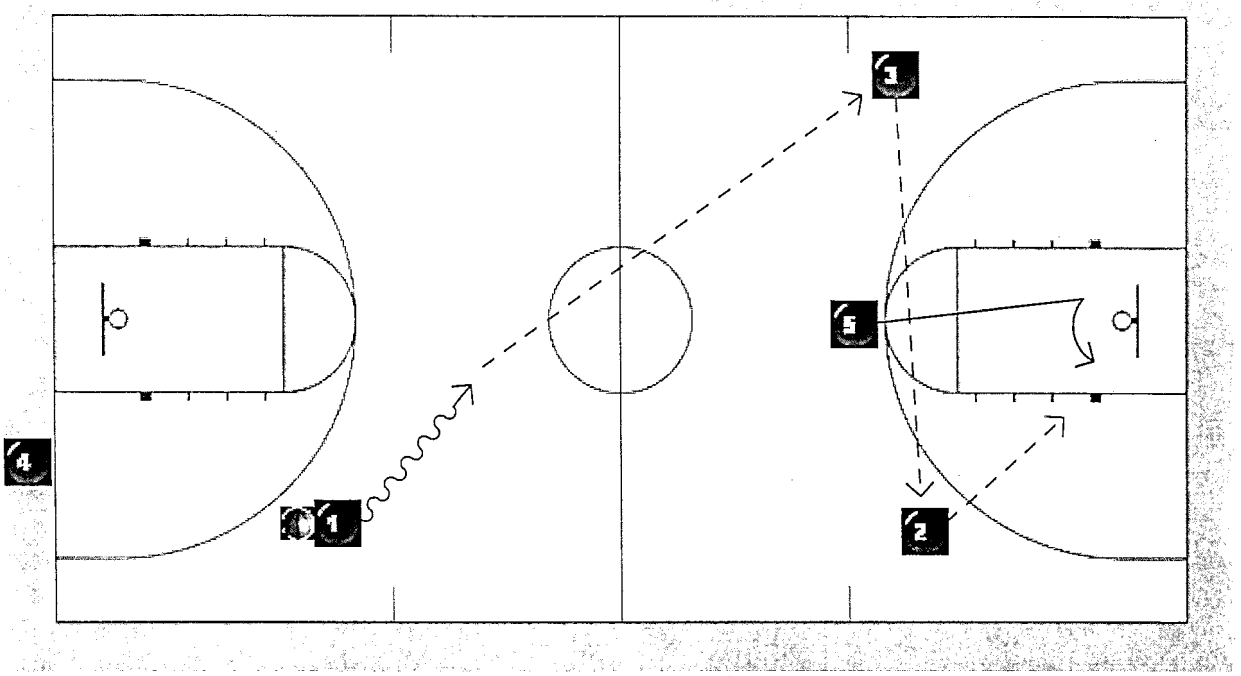
5 on 0 primary break drill in which the offensive team is attempting to score a series of five transition baskets within 35 seconds. To start, a coach shoots the ball. All five players look to rebound and secure the ball. Once the ball touches one of the 5 players the clock starts. Every miss is followed up with a rebound and score.

Frame 2



On the third trip, the point guard receives a deep outlet and passes up the floor to a guard to shoot a three pointer.

Frame 3

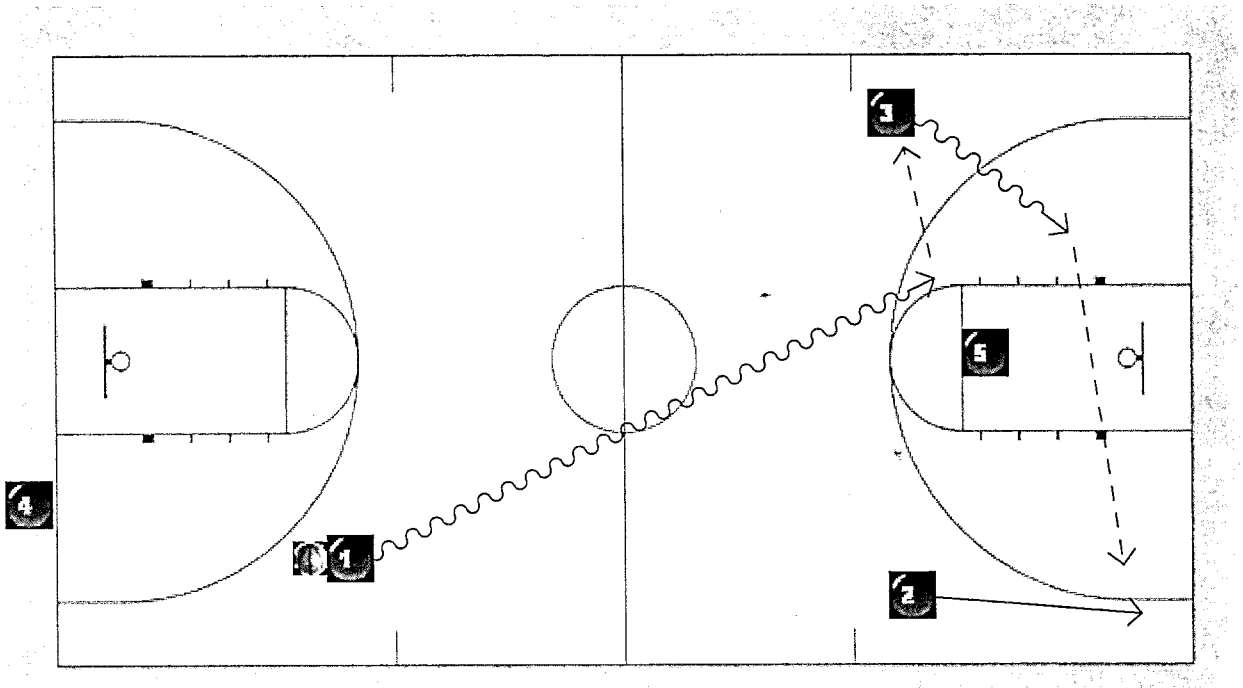


On the fourth trip, the point guard receives a deep outlet only to ball ahead to a guard. The guard then skips the ball to the other side of the floor, and the guard that receives the ball looks to feed the rim runner sealing for a layup.

Primary Cycles

5 on 0 primary break drill in which the offensive team is attempting to score a series of five transition baskets within 35 seconds. To start, a coach shoots the ball. All five players look to rebound and secure the ball. Once the ball touches one of the 5 players the clock starts. Every miss is followed up with a rebound and score.

Frame 4

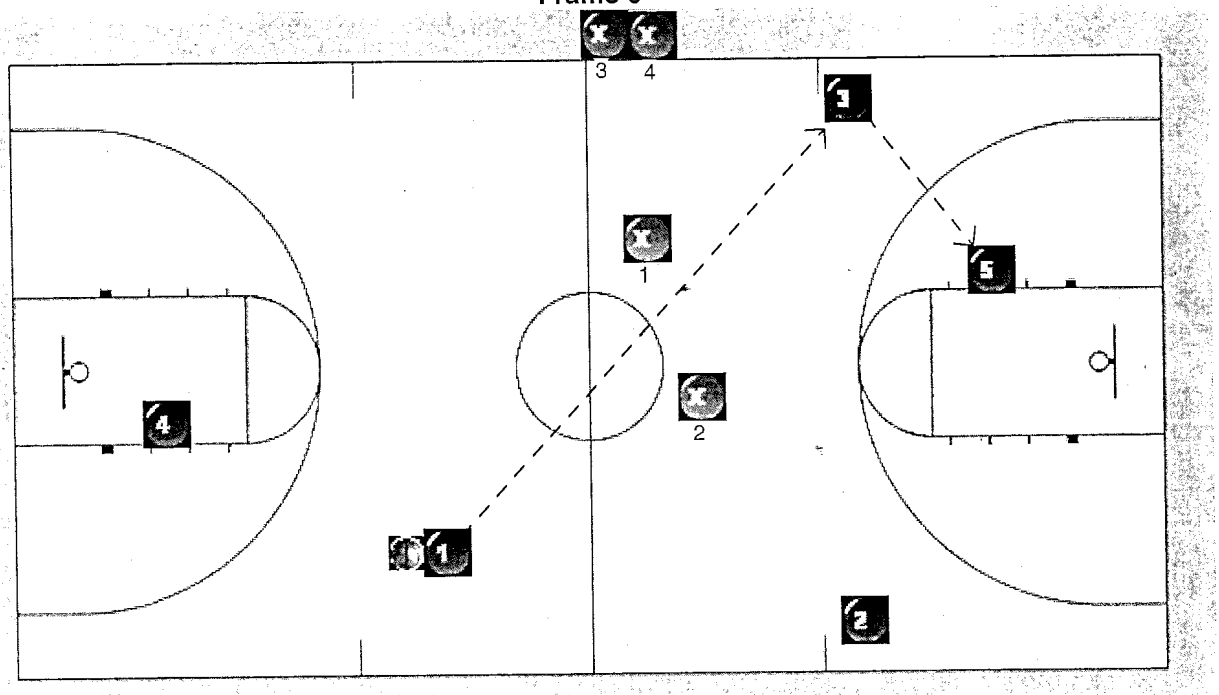


On the fifth and final trip, the point guard receives a deep outlet and pushes the ball down the floor, changing sides in the process, looking to create for his teammates. Everyone shapes up for scoring opportunities and the team continues to make extra pull and kick plays into a final shot taken before time expires.

Primary Numbers

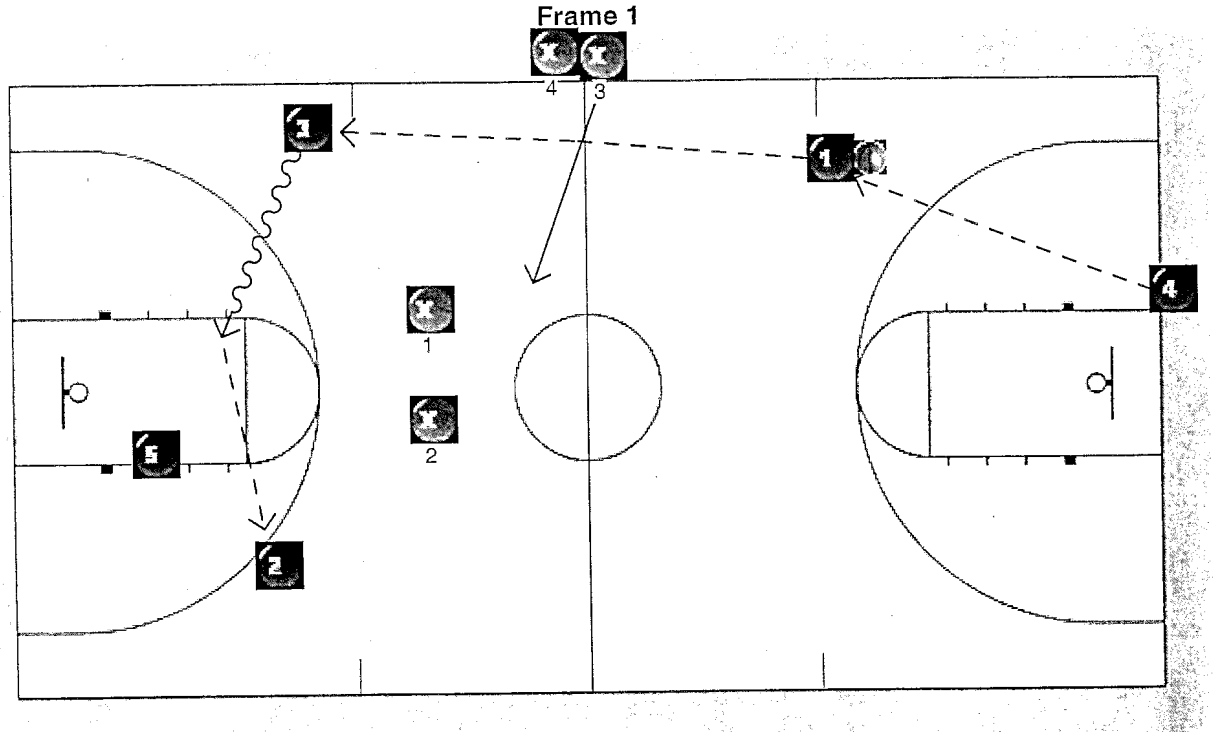
The coach shoots the ball with 5 players waiting to rebound. After securing the rebound, the offensive team pushes the ball to the other end of the court. The team will make three trips, with each time adding defenders. We start with 2 defenders and add a defender each trip for 3 total possessions, so there are 4 defenders on the last trip.

Frame 0



On the first trip ther are 2 defensive players attempting to stop any scoring opportunities.

Frame 1

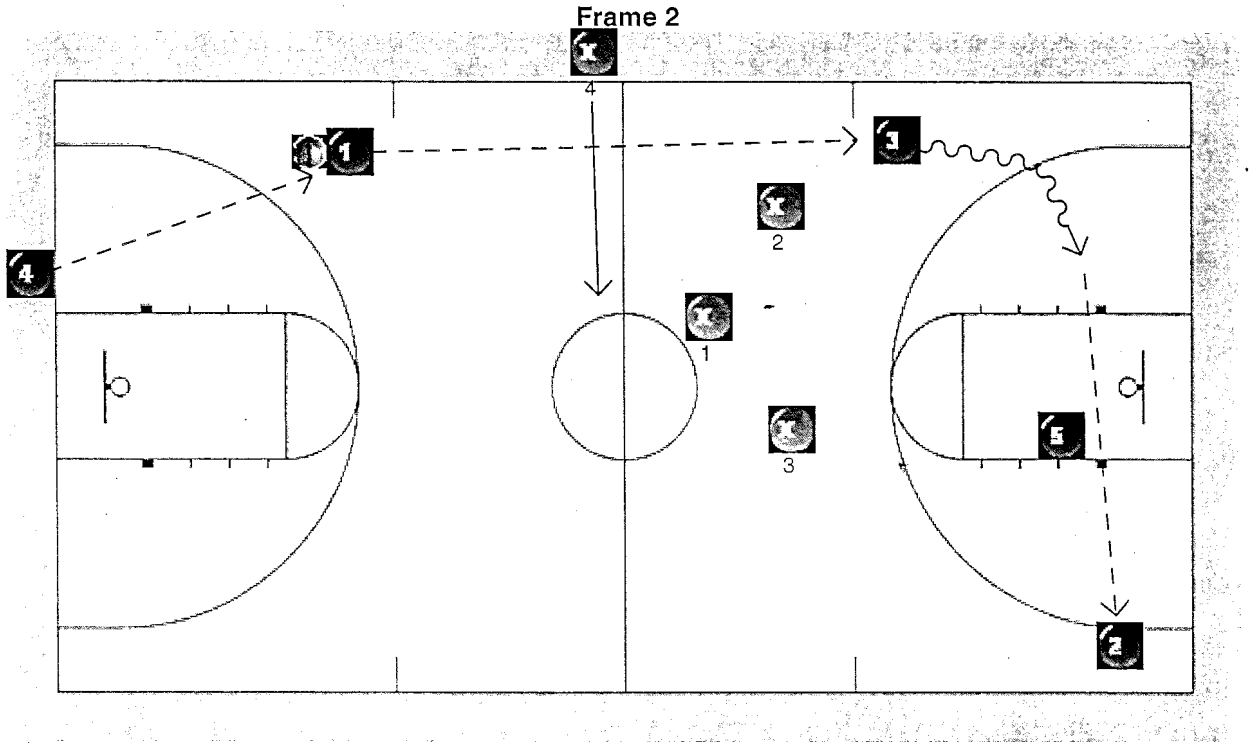


On the second trip, the offensive team faces 3 defensive players, adding one from the previous trip.

Primary Numbers

The coach shoots the ball with 5 players waiting to rebound. After securing the rebound, the offensive team pushes the ball to the other end of the court. The team will make three trips, with each time adding defenders. We start with 2 defenders and add a defender each trip for 3 total possessions, so there are 4 defenders on the last trip.

Frame 2

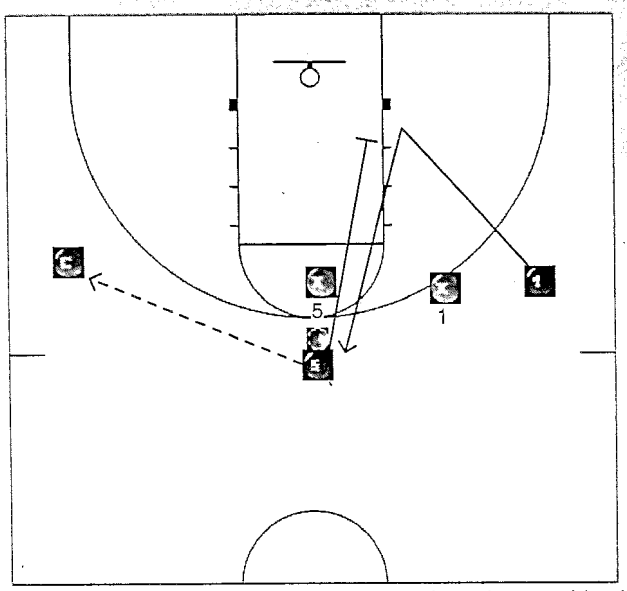


On the final trip, there are 4 defensive players, adding another one to disrupt the primary break.

2 on 2 Sc. Away

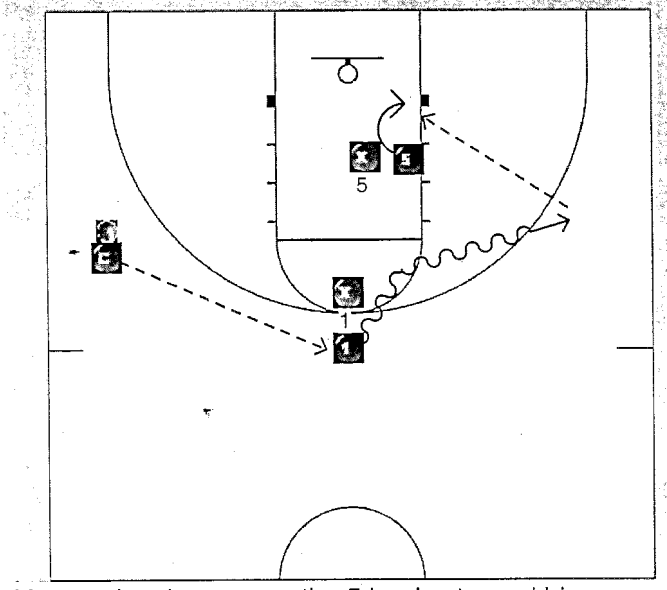
Drive reverse to feed. This drill involves two posts (off/def) at the top of the key and two guards (off/def) on a wing.

Frame 0



The 5 passes to a coach on the opposite wing and looks to screen away for the 1 who v-cuts and uses the screen to sprint towards the top of the key for a scoring

Frame 1

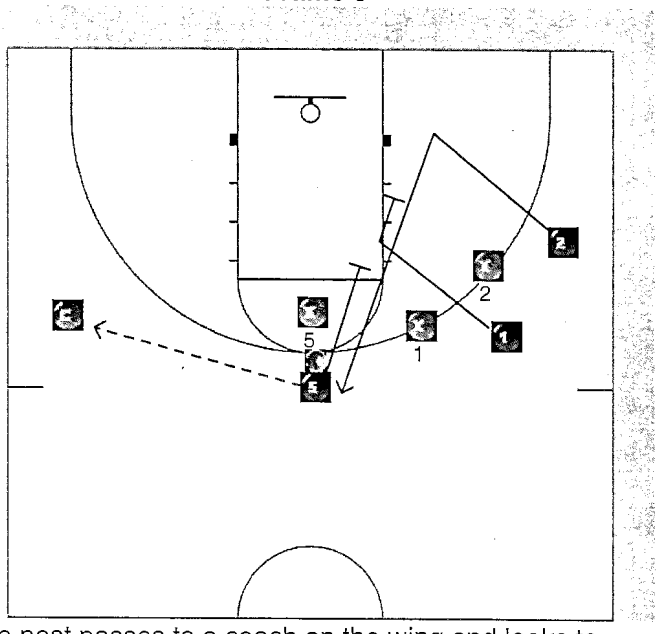


After setting the screen, the 5 begins to seal his defender and waits for the top jump shot or drive reverse. The guard either looks to score on the jump shot, drive reverse or feed the post.

3 on 3 Sc. Away (1 Post - 2 Gds.)

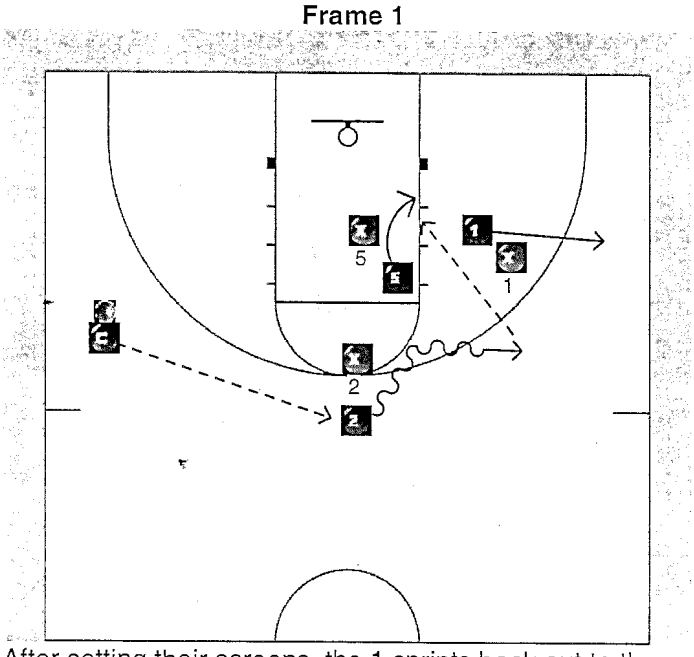
Drive reverse to feed / split post. Involves a post (off/def) and two guards (off/def).

Frame 0



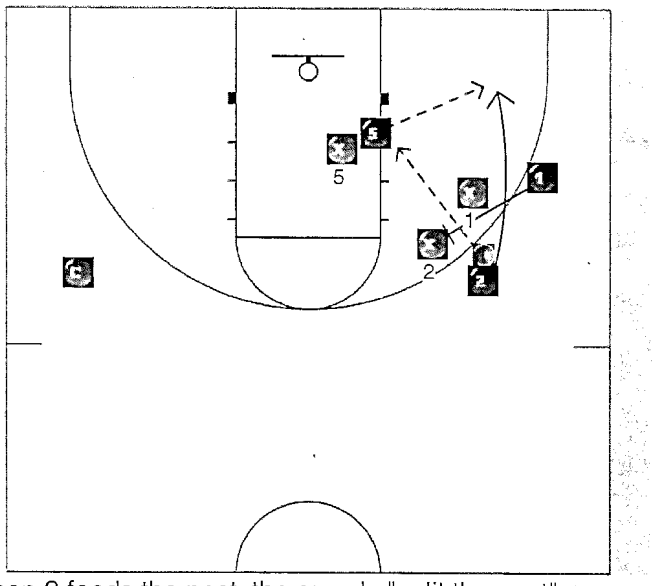
The post passes to a coach on the wing and looks to engage in a 3 man game with the two guards. In this example, a stagger screen is set for 2 who looks to v-cut and use the screens set 1 and 5 for a scoring opportunity at the top of the key.

Frame 1



After setting their screens, the 1 sprints back out to the wing while the 5 begins to seal his defender on the block. 2 looks to drive reverse to score or feed the post.

Frame 2



When 2 feeds the post, the guards "split the post" (screen each other to get open while the ball is in the post) and look to move without the ball for scoring opportunities. (Note) Sometimes we tell the 5 he must pass the ball back out for a score.

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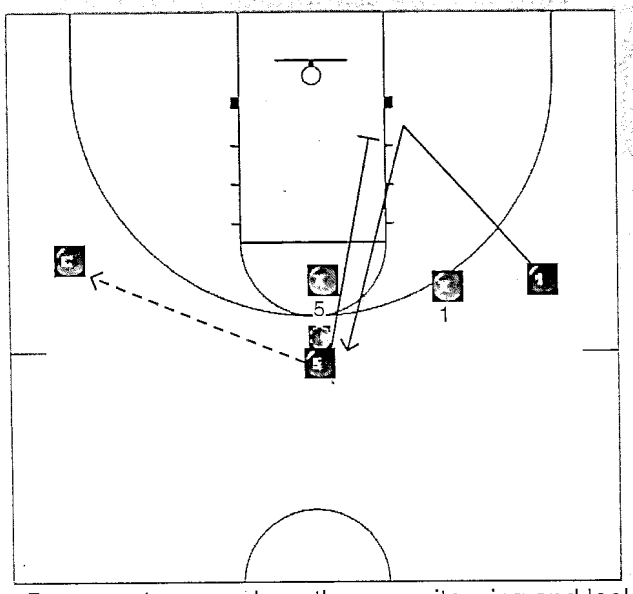
2 on 2 Sc. Away

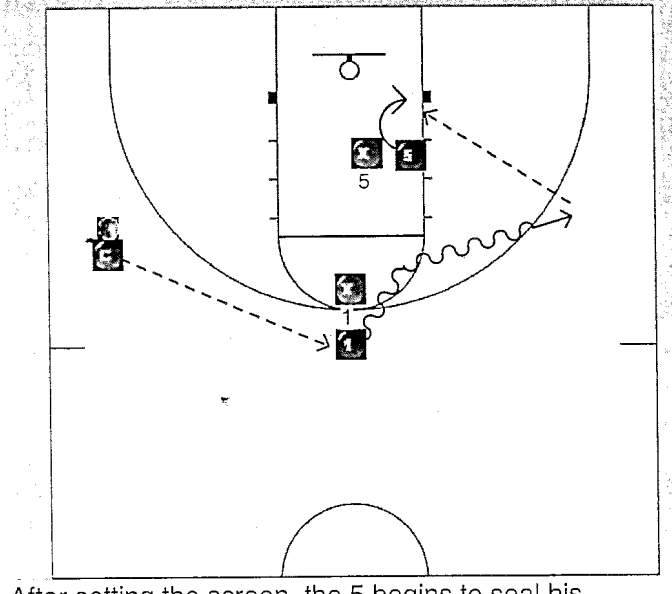
Drive reverse to feed. This drill involves two posts (off/def) at the top of the key and two guards (off/def) on a wing.

Frame 0



The 5 passes to a coach on the opposite wing and looks to screen away for the 1 who v-cuts and uses the screen to sprint towards the top of the key for a scoring

Frame 1

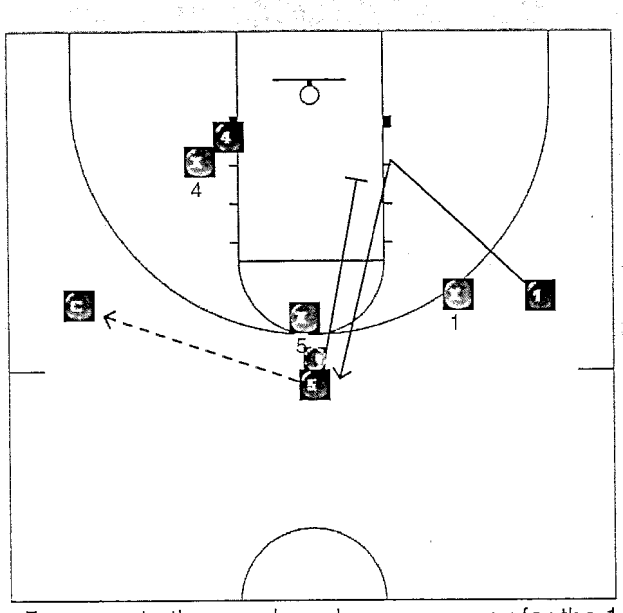


After setting the screen, the 5 begins to seal his defender and waits for the top jump shot or drive reverse. The guard either looks to score on the jump shot, drive reverse or feed the post.

3 on 3 Sc. Away (2 Posts - 1 Gd.)

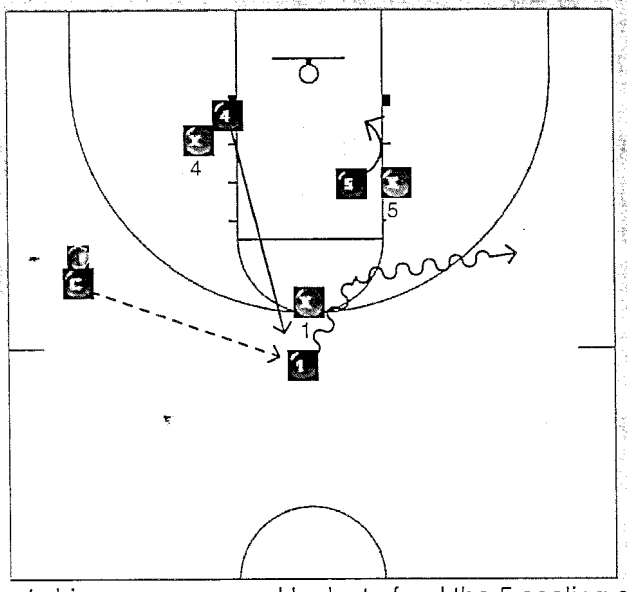
Drive reverse - Hi Lo feed vs. front defense. Involves two posts (off/def) and one guard

Frame 0



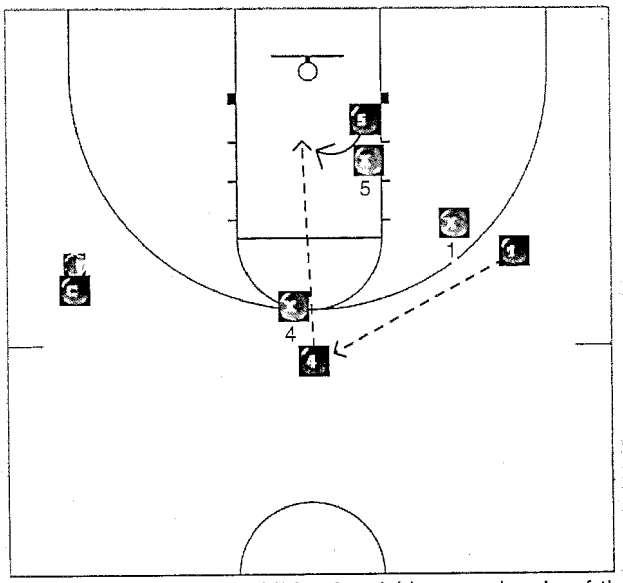
The 5 passes to the coach and screens away for the 1. The 4 on the block is posting up wanting the ball from the coach. The coach then passes to the 1 v-cutting to the top of the key.

Frame 1



The 1 drives reverses and looks to feed the 5 sealing on the block. Meanwhile, the 4 flashes to fill the Hi Post. (Note) We instruct the low post defender to defend the way we want, eg. full front, 3/4 front, etc.

Frame 2



1 reverses it to 4 for the Hi Lo feed (the emphasis of this drill). Once the ball gets inside, the 1 and the 4 move without the ball to look for other scoring opportunities.

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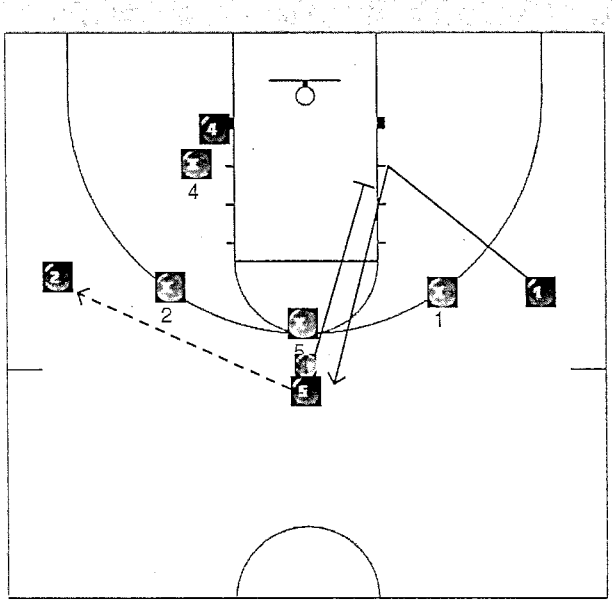
4 on 4 Sc. Away (2 Gds. - 2 Posts)

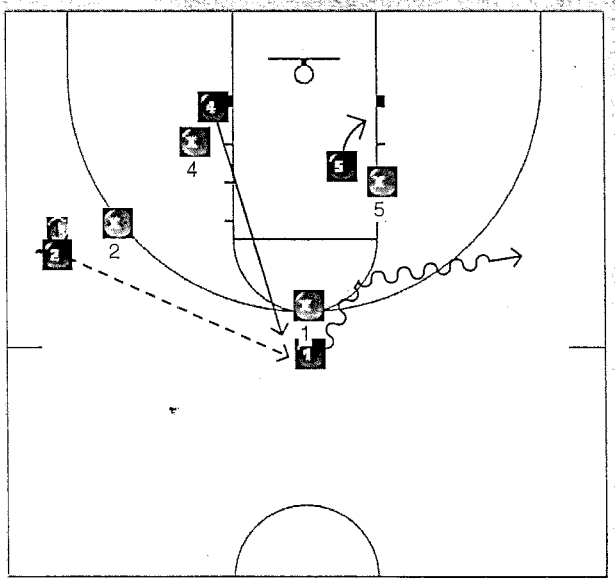
Drive reverse / flash - skip feed vs. front. This drill involves 2 posts and 2 guards (off/def).

Frame 0



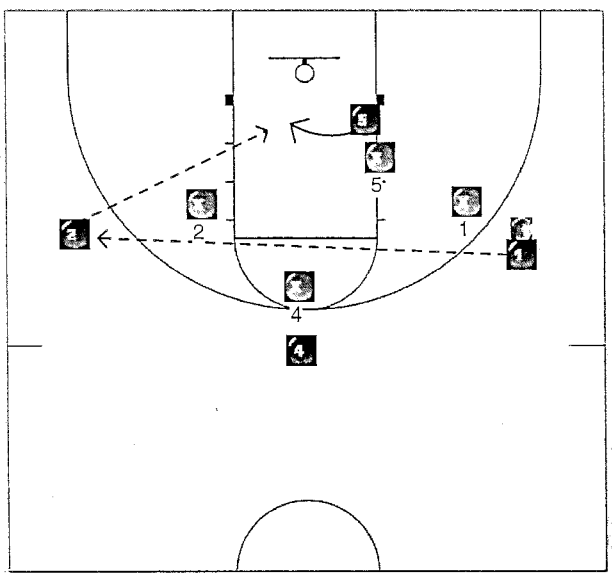
The 5 has the ball at the top of the key. The 4 is on the block posting up. The 1 and 2 are on opposite wings. The 5 passes to the 2 with the 4 on the ballside block. After passing, the 5 screens away for the 1 v-cutting to receive the ball at the top.

Frame 1



1 looks to drive reverse while 5 posts on the block. At the same time, 4 flashes to Hi Post. X5 full fronts 5 in the low post.

Frame 2



1 skips the ball to the 2 for him to feed 5 who is sealing X5 out.

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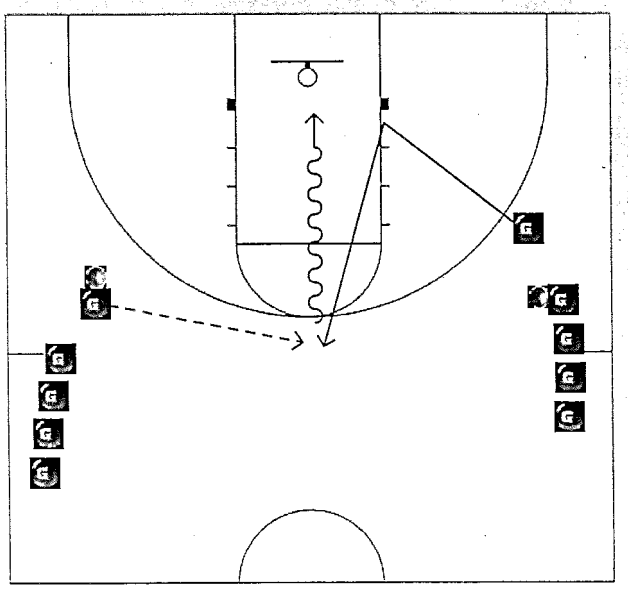
Screen Away Game

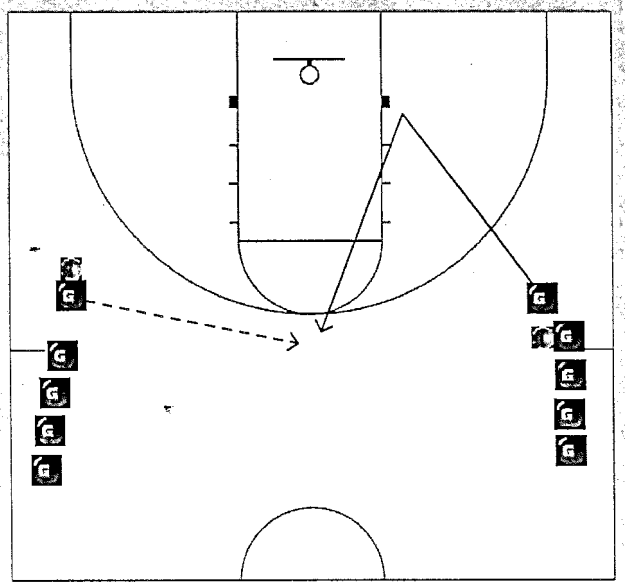
Players can work on all of these moves listed below when coming off a screen away. Players are lined up on wings with multiple balls. Players also alternate sides being passers and scorers.

Frame 0



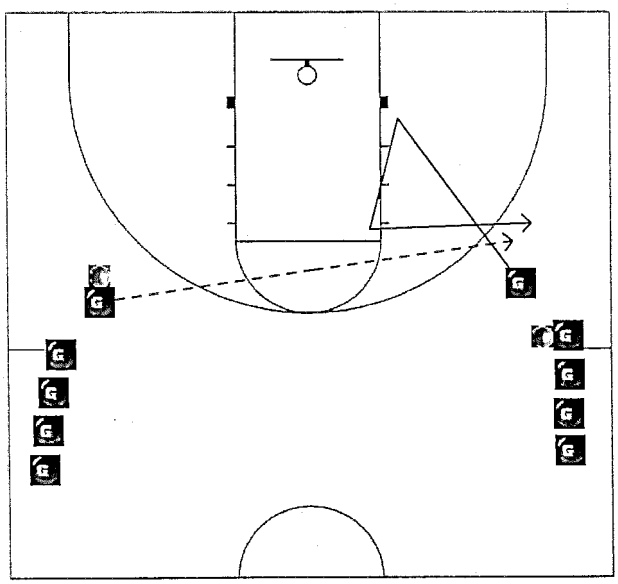
V-cut, catch the ball at the top, rip the ball through, use a hip to hip fake or shot fake to make a 1 dribble layup.

Frame 1



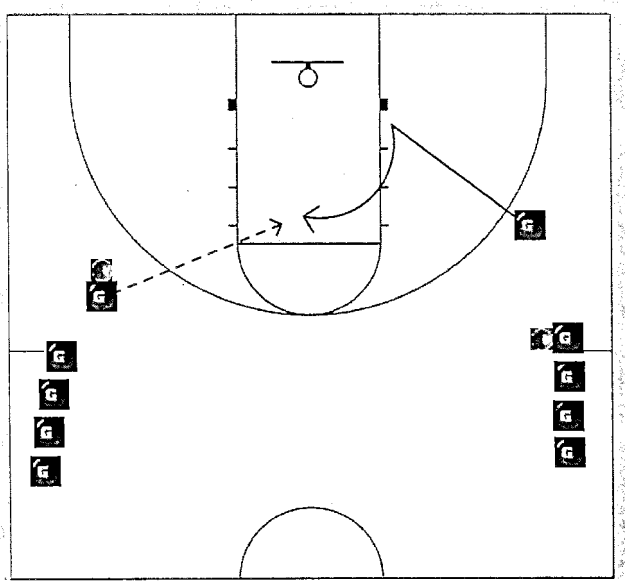
V-cut, catch the ball at the top and shoot a jump shot.

Frame 2



V-cut, fade cut for a jump shot or one dribble move.

Frame 3

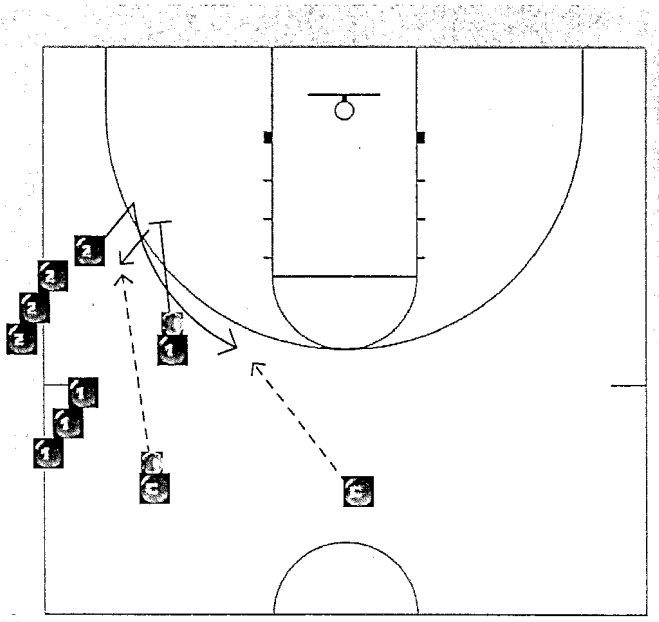


V-cut, make a curl cut to shoot or perform an up and under move.

2 on 0 2 Shots - Add Pull & Kick

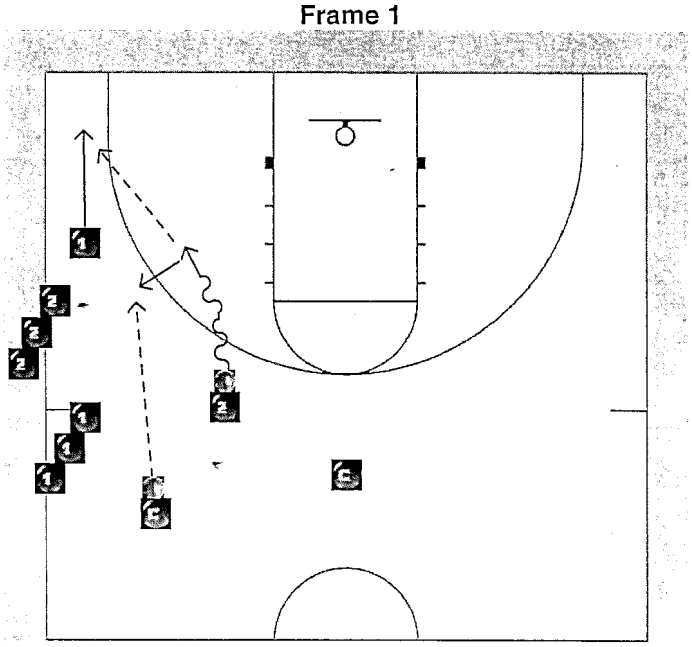
This is a drill that works on communicating and screening between guards during the "2 Guard Game." Both guards receive shots. The two guards are on the same wing and are spaced appropriately. Both communicate on who screens who, and what screen will be set (down or fade screen).

Frame 0



To execute a motion 2 man game, one coach hits the cutter and the other coach hits the screener. Both guards will get a shot.

Frame 1

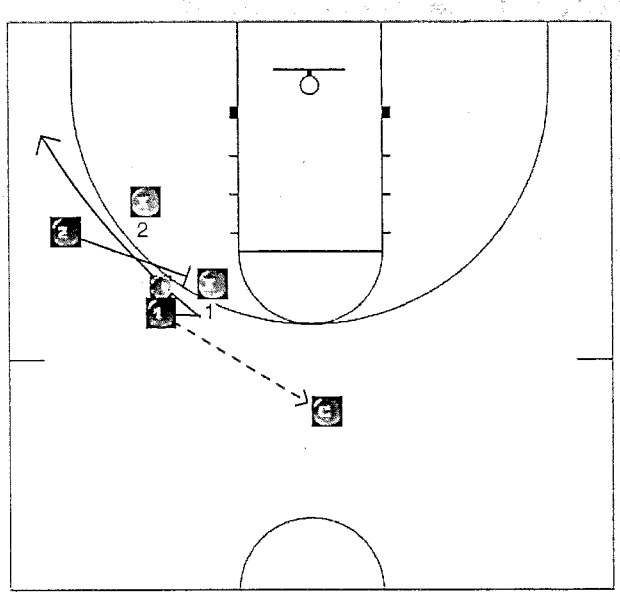


The same drill but now the first guard who receives the pass from a coach executes a pull and kick to his teammate. He then spaces out to recieve a pass from a coach for a shot.

2 on 2 Live

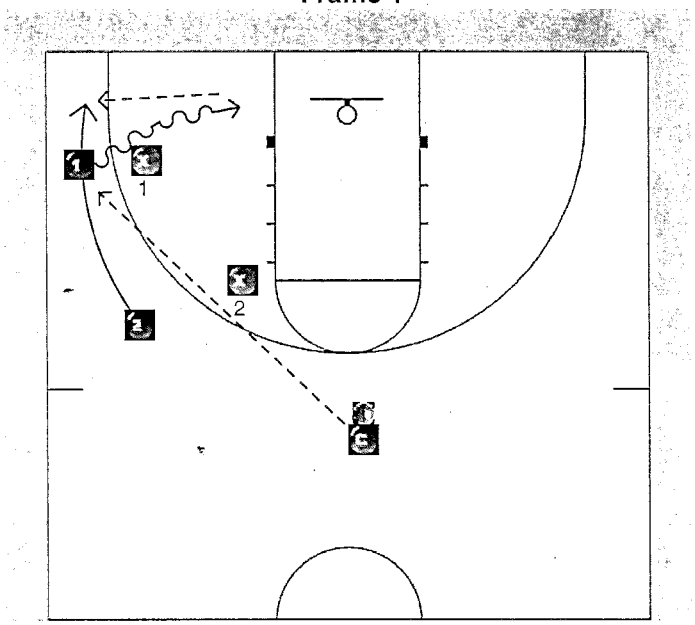
This play is similar to 2 on 0 pull and kick except their are defenders added to the drill. The drill is live with one ball and is for only one shot.

Frame 0



1 and 2 communicate on the screen being set, in this case a fade screen is being set by 2.

Frame 1



After setting the fade screen, the 2 sprints back outside the three point line. The coach passes the ball to the open man and they play 2 on 2 live from there. They can drive and kick to score.

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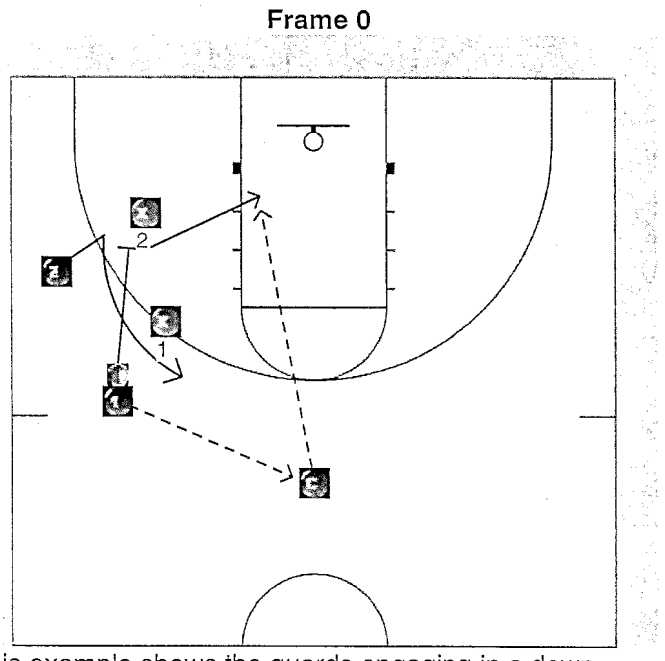
2 on 2 Live vs. Switching

The object of this drill is to set screens in order to get open on defenders that switch. Offensive players can use slips, re-screens, or screen their own man to get open.

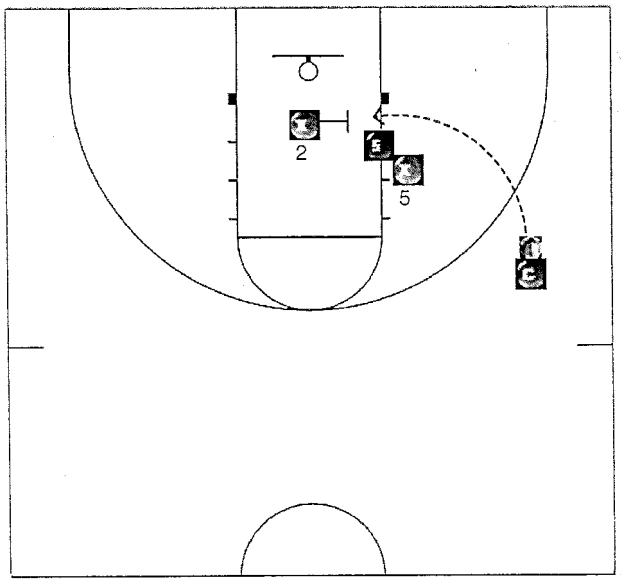


This example shows the guards engaging in a down screen. However, the screener slips due to the defenders switching. The other guard cuts to get open.

1 on 1 in the Post

Wing lob vs. white wall / steal / mix

Frame 0



The coach is throwing lob passes into the post. The post defender is fronting and there is helpside located in the center of the paint on our defensive help ("white line") side. The helper mixes up attempting to steal the lob or wall up once the post player has caught the lob from the coach. The coach instructs the help side defender on how to play the lob.

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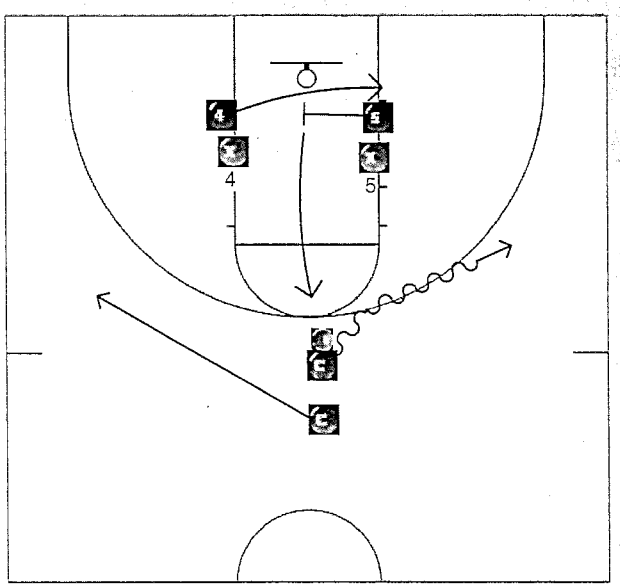
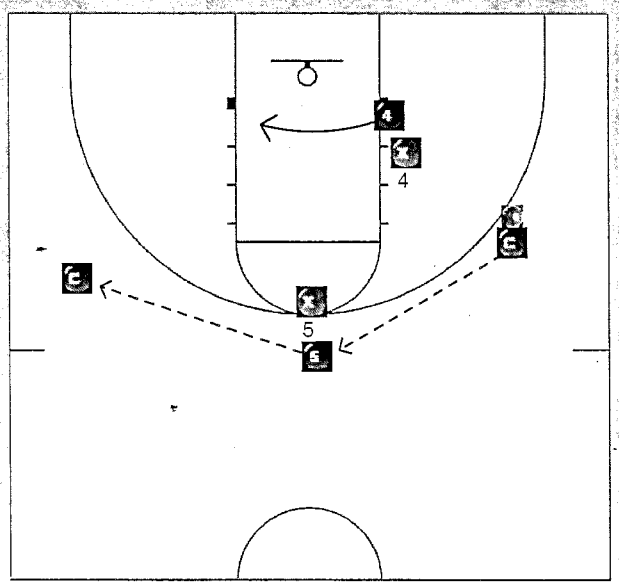
2 on 2 Hi Lo with 2 Coaches

Frame 0



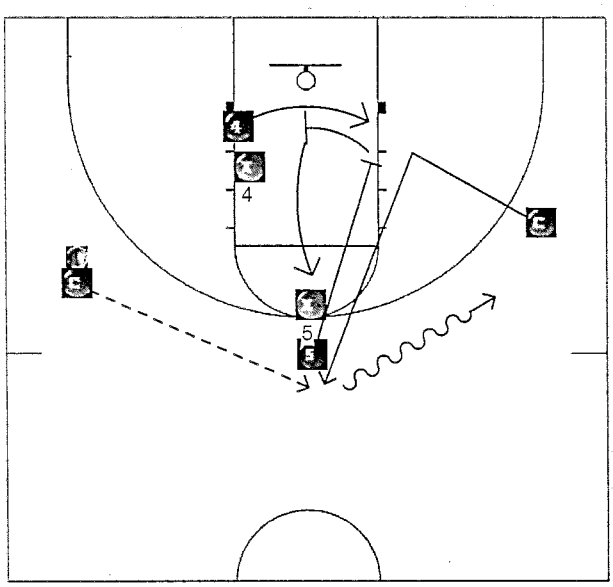
The coach starts with the ball at the top of the key. Both posts are defended and are on the blocks. The coach dribbles to a side sending the 2nd coach opposite. 5 sets a cross screen for the 4 and then flashes to the Hi Post area.

Frame 1



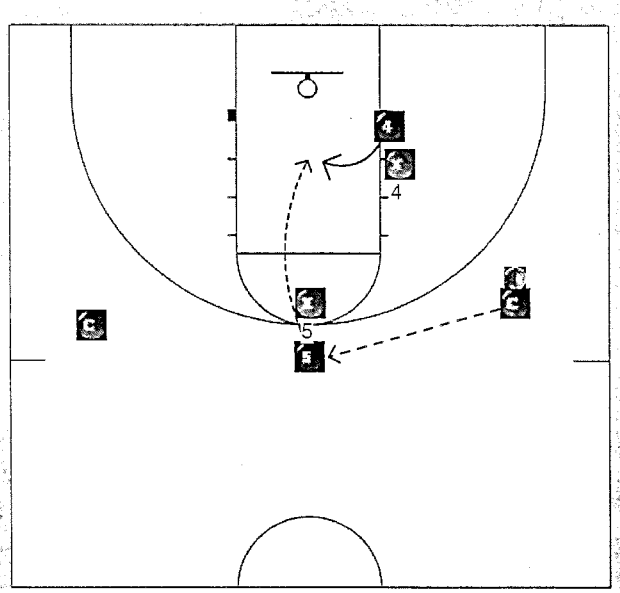
The coach can feed the Lo or Hi Post. In this case, the coach passes to the 5. When the 5 receives the ball he goes thru the score, dump, or reverse process. As the ball is reversed to the other coach, the 4 follows the ball and looks to seal ~~out~~ his defender

Frame 2



After passing, the post screens away for the coach and looks to either seal on the block or set a reverse Lo screen and roll back into the Hi Post. The coach drives reverses to the wing.

Frame 3



After setting the reverse low, the 5 flashes to the Hi Post to recieve the ball from the coach. He then looks for a Hi Lo pass to the 4.

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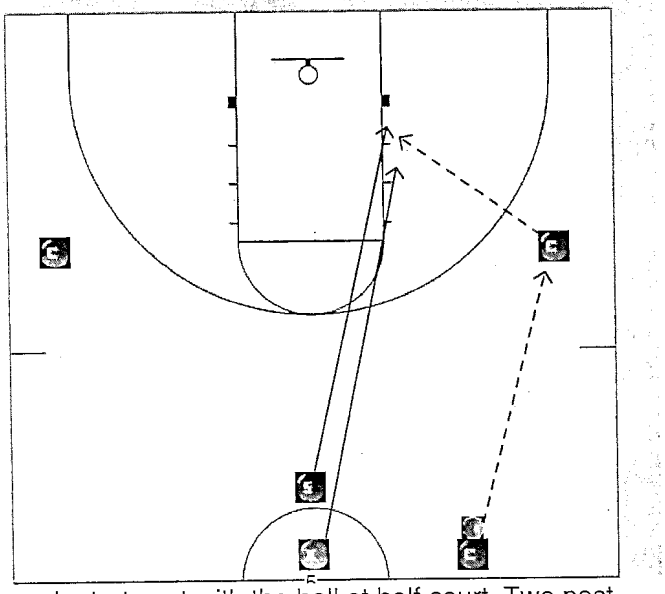
1 on 1 Rim Runner

Frame 0



A coach starts out with the ball at half court. Two post players also start at mid court. The offensive post starts a step ahead of the defensive post. As soon as the coach passes ahead to one of the coaches on the wing, both players sprint to gain position. The offensive player looks to seal and score before the defender can recover. (Note) The first scoring opportunity for 5 is to out hustle X5 for an "over the top" pass.

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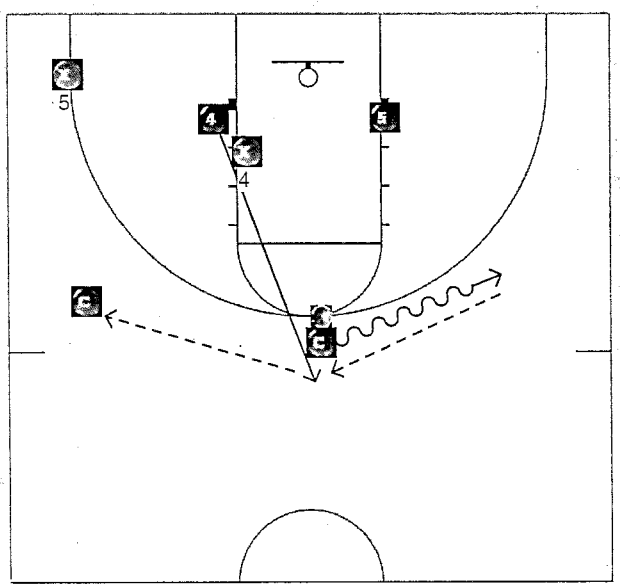
2 on 2 Hi Lo vs. Trap with 2 Coaches

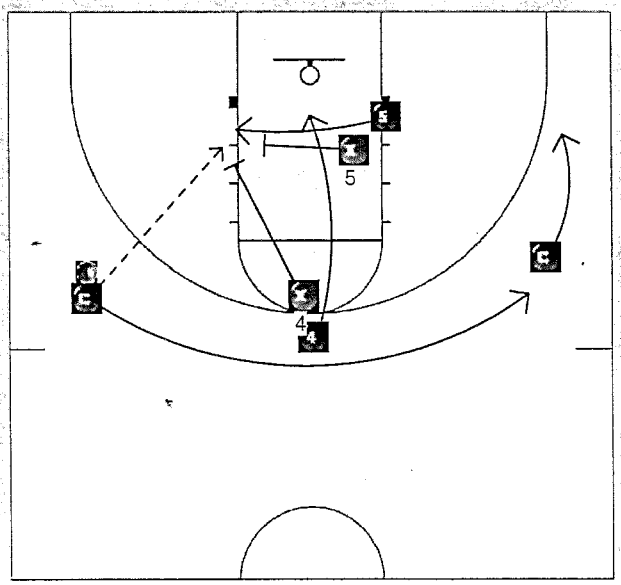
Same as the "2 on 2 Hi Lo with 2 Coaches" drill but here we add trap defense and trap

Frame 0



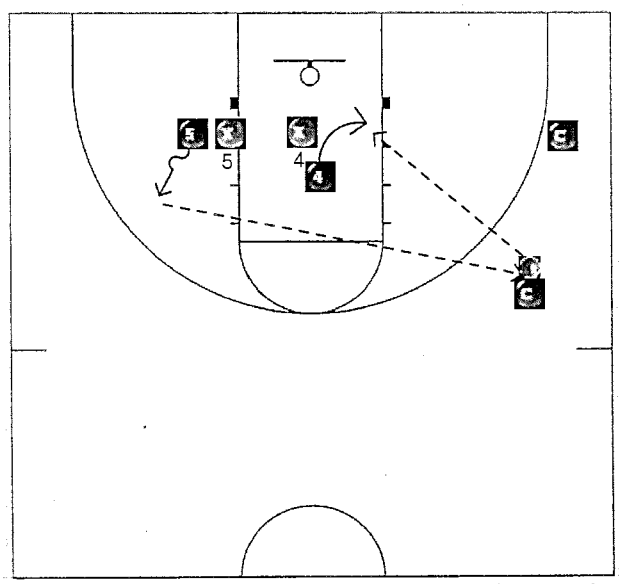
The coach starts with the ball up top. He dribbles to a side only to pass the ball to the flashing 4. The 4 then reverses the ball to the other coach.

Frame 1



The 5 follows the ball and recieves a pass from the coach. The two post defenders immediately trap and the 4 dives hard to the rim for a scoring opportunity. The coaches move opposite to serve as outlets for the 5.

Frame 2



The 5 can hit the 4 diving to the rim or pass it opposite to the coach on the wing. If this occurs, the 4 seals out his defender on the block and is fed by the coach.

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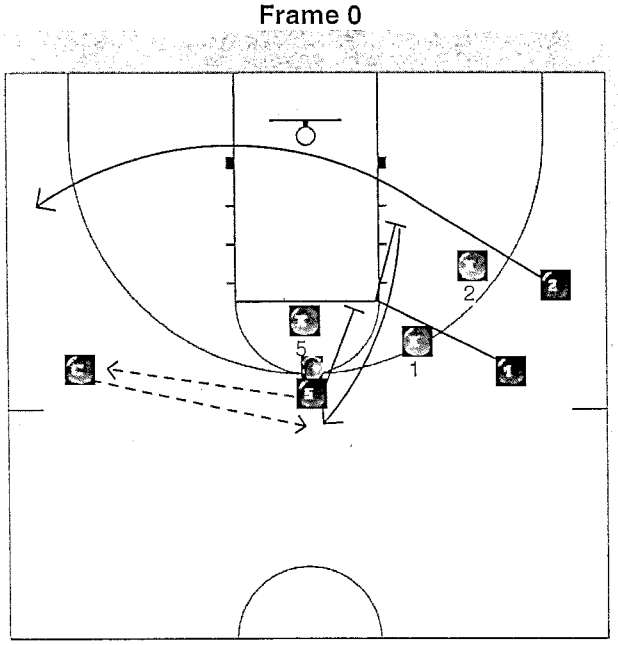
3 on 3 Live

Stagger away / switch cuts vs. switching

Frame 0



The 5 starts with the ball in the Hi Post. He then passes the ball to a coach on the wing. 5 and 1 execute a stagger screen for 2. Due to switching, the guards engage in a "switch cut" to counter the switching. 2 acts like he is going off the stagger screen but turns it down to back-cut to the ballside wing. Meanwhile the 1 uses the screen set by the post to cut up to the Hi Post. The live 3 on 3 game continues for a scoring opportunity.

VALPARAISO UNIVERSITY

BASKETBALL

INDIVIDUAL PLAYER DEVELOPMENT

by Caroline McCombs, Assistant Coach

1. Mental Ability
    A. Positive Attitude - coachable, teachable, eager to learn.
    B. Confidence - understand that we are working harder and smarter than our opponents.
    C. Desire - player must want it.

2. Physical Ability
    A. Strength - year round, maintain during the season
    B. Conditioning - stamina & endurance
    C. Coordination & Agility

3. Skill Level - fundamentals need to stay sharp & improve!
    A. Ballhandling / Dribbling
    B. Shooting
    C. Go-to & counter moves
    D. Rebounding
    E. Passing
    F. Footwork

4. Basketball Awareness
    A. Intelligence - thinking on the court, needs to become instinctive
    B. Reading the defense - "how are they playing me?" - playing against momentum
    C. Knowing game situations, etc.
    D. Deception

5. Player Intangibles
    A. Courage - step up and rise to the occasion, not afraid to make the big play
    B. Intensity - playing hard, focused
    C. Communication - coach on the floor, keep the team on track

MID CONTINENT

VALPARAISO UNIVERSITY

BASKETBALL

INDIVIDUAL PLAYER DEVELOPMENT IS ONLY AS GOOD AS THE PLAYERS MAKE IT!

Objectives in Player Development

1. To develop overall skills – a great opportunity to work with players 1 on 1 or in a small group setting – in the areas of ball handling, shooting, perimeter / post specific moves, footwork, game situations, etc.
2. To get to know the players
   A. Build rapport
   B. Spend time with players who are struggling or new to the program
   C. Player learns about herself and coach learns about player
3. To build confidence
   A. Feel good about themselves
   B. Enjoy working on your game and develop work ethic and work habits
4. Teach our offense in breakdown situations and simulate game shots in our offense
5. Create competition against self or others in workouts
6. Keep them in condition – if not playing as much
7. Show the type of work ethic and demand it from them in each individual
8. Work hard in your workouts for your TEAM!
9. What does it take to compete at your highest level?
10. Learn to coach yourself and improve your game

Players need to develop "A FEEL FOR THE GAME"

Good players can take coaching, great players can take coaching and improve

Players, not plays win basketball games

IT'S NOT WHAT YOU DO, IT'S HOW YOU DO IT!

MID CONTINENT

VALPARAISO UNIVERSITY
BASKETBALL

Player Development Drills

1. Mikan Drill
2. Ball Handling
   - -2 ball dribble (stationary & on the move)
   - -1 ball dribble moves
   - -Six in Thirty-six drill
   - -Off the board drill
   - -Open court dribble moves with resistance
3. Shooting
   - -Shoot & follow (warm-up)
   - -49 3's
   - -32 point shooting
   - -Sideline runs with jumpers drill
   - -"W" shooting
   - -Turn & go drill
   - -Penetrate & pitch drill
   - -Dribble up 3's
   - -Mid-range shooting
   - -High post shots
   - -Low post moves with passer
4. Rebounding
   - -Offensive rebounding drill
   - -V-cuts
5. Passing
   - -post feeds
   - -weak hand flick passes
6. LIVE
   - -1 on 1 from high post
   - -1 on 1 from closeout
   - -1 on 1 from low post
7. Incorporate FT's in drills as much as possible

MID CONTINENT CONFERENCE

VALPARAISO UNIVERSITY

BASKETBALL

BECOMING A "TRIPLE THREAT"

We want our players to be versatile and have the ability to score in 3 ways:

1. **3 point shot**
2. **Mid-range game**
3. **At the rim**

There are numerous ways to score and these are some that we emphasize with our team.

- Catch and shoot (3)
- Catch and shoot (2)
- Shot fake 1 dribble jump shot
- Shot fake 2 dribble jump shot in paint
- Step back
- Jab 3
- Jab 3, finish at the rim
- Step thru
- Runner in the lane
- Slide by
- Spin and finish at the rim
- Hesitate and finish at the rim
- Lay-up at the rim
- Power lay-up at the rim

Our players work on all of these moves to develop a go-to and counter move. Each player is different and better at one move than the next. We like our players to be versatile and have an arsenal of moves to be aggressive and attack the defense.

MID CONTINENT

VALPARAISO UNIVERSITY

BASKETBALL

Ball Handling / Dribbling

1. 2 ball dribble - stationary
   (Eyes up / Be quick with the ball)
   - CONTROL - both below knees (rhythm / non-rhythm)
   - SPEED - both balls high (rhythm / non-rhythm)
   - HIGH/LOW - one ball control dribble, one ball speed dribble
   - IN/OUT
   - SIDE/SIDE
   - FRONT/BACK
2. 2 ball dribble - on the move
   - same as above, walking to half-court and back
   - 2 balls together - balls hit simultaneously at game speed
   - alternating dribble - alternate dribble right/left hand so that the balls hit the floor at different times.
   - Zig/zag - 2 dribbles right, 2 dribbles left. Change pace and direction.
   - Behind the back / crossover

Types of Dribbles

1. Speed - cover as much ground as possible
2. Hesitation / Stop & Go - dribble fast, slow up, dribble fast (purpose is to FREEZE the defender)
3. Crossover - low and quick, need lots of repetitions at this
4. In & Out - head and shoulder, fake a crossover move, keep same hand on top of ball
5. Between the legs - the ball needs to go from back to front towards the basket slightly. A good way to protect the ball and change hands so the defense can't get to it
6. Behind the back - place the ball in your opposite hand with forward momentum
7. Spin - keep your hand on top of the ball and spin if you feel the defense leaning on one side of your body. Don't make a habit of it or the defense will double team
8. Fake Spin - good counter move to spin dribble
9. Pull back - get lower on 2 dribbles back and use and explosive dribble forward
10. Pull back crossover - use 2 dribbles back (push step, low), 1 crossover dribble, then explode
11. Any combination of the above moves

MID CONTINENT

VALPARAISO UNIVERSITY
BASKETBALL

MIKAN DRILL

- Position player with the basketball facing the basket at the front of the rim, with the ball at shoulder height.
- We want the player to make alternating left and right hand "baby" hook shots using the backboard.
- The shot should be a short touch shot to the corner of the square.
- The inside elbow should be toward the (imaginary) defender, and the shot should be off the inside foot.
- The ball needs to be kept high as it is taken out of the net and not brought below the player's shoulders.
- Time this drill for 1 minute and count makes.
- Can also do Reverse Mikans - everything is the same except the player's head is under the basket facing the entire court.

SIX IN FORTY-FIVE DRILL

- Make 6 full court lay-ups in 45 seconds or less (6 trips) must make all lay-ups or redo
- Shoot 10 free throws
- Add a penalty for any missed free throw (push-ups, sprints, etc.)
- Keep track in notebook

OFF THE BOARD DRILL

Start in the lane facing the basket. Throw the ball off the backboard hard so it rebounds over your head. Go get the ball and execute a dribble move off the 1st bounce. Take the ball hard to the 3 pt. line where you perform a hard stutter (hesitation) followed by a dribble move. SCORE. Take the ball out of the net, speed dribble the length of the floor and lay it in. Try to make it in 5 dribbles. Repeat the sequence 4 times for a total of 8 trips. Shoot 4 free throws.

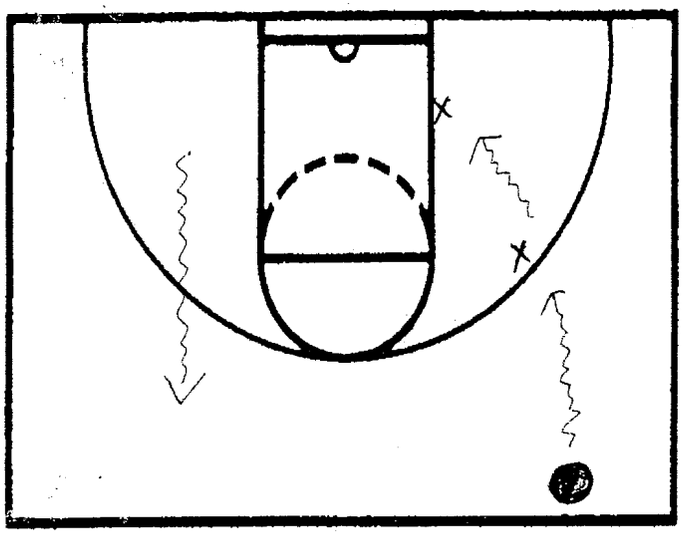
MID CONTINENT

VALPARAISO UNIVERSITY

BASKETBALL

OPEN COURT DRIBBLE MOVES FROM HALF-COURT

- Player starts at half-court.
- Coach at 3 pt. line, coach at low block with pad or some type of resistance.
- Player makes dribble move around 3 pt. line or first defender.
- Player finishes at the rim against pressure.
- Player gets own rebound, tosses it out and makes a turn to the middle of the court (always want to turn so you can see the most action on the court)
- Player makes a dribble move to half-court
- Repeat drill on opposite side



- After player makes initial move, work on different ways to score after they beat the first defender.
  - 1 dribble pull-up jumper
  - 2 dribbles, get to the paint and pull-up
  - Spin dribble at rim
  - Runner
  - Must go both right and left

MID CONTINENT

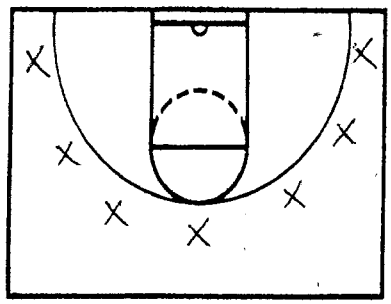
VALPARAISO UNIVERSITY

BASKETBALL

SHOOTING

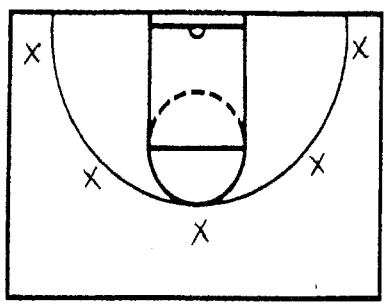
49 3's

- Make 7 shots from each of the seven spots as coach passes. Object is to do it in as few attempts as possible. Record.



32 pt. shooting

- 5 spots (3 shots from each spot)
- Point system = 3 (3pts.), 2 (shot fake 1 dribble J), 1 (layup)
- Shoot 2 FT's at the end. 1 pt. for each make
- ____/32 Total Score

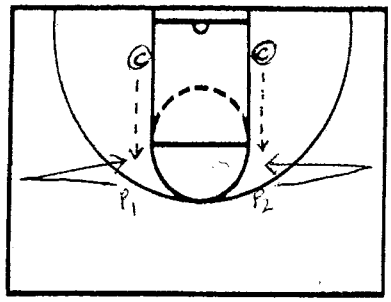


MID CONTINENT

VALPARAISO UNIVERSITY
BASKETBALL

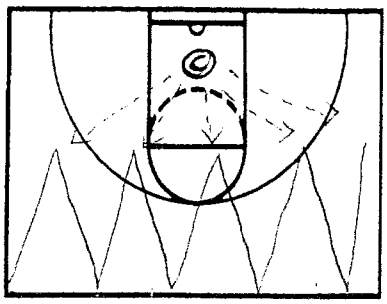
Sideline Runs with jumpers

- Drill can be done with 1 or 2 players, can make it competitive with 2 players against each other or against self and time.
- Each player starts at the opposite sideline and turns and runs hard to the elbow
- Each coach passes to player for a shot and the sequence is repeated
- Make it a shooting contest with winner making a specified amount of shots to end the drill.
- Drill can be done with a shot fake 1 dribble jumper or a 3 point shot



"W" Shooting

- Player starts at half-court/sideline with coach under the basket with a ball
- Player makes a hard sprint to the wing area and receives a pass for a jump shot
- After the shot, player makes a hard run back to half-court and runs back for shot at the elbow area
- Player continues this pattern for a total of 5 shots
- Once player gets to the other side, works way back
- Drill can be done with a shot fake 1 dribble jumper or a 3 point shot



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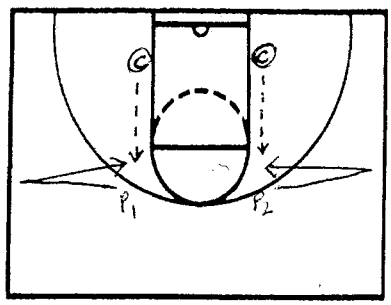

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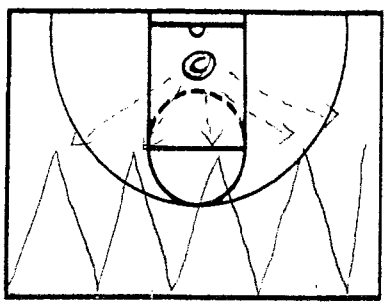
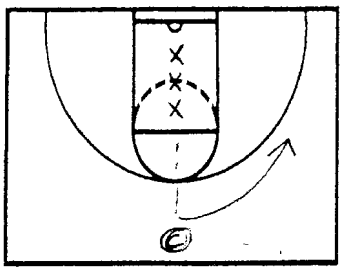


VALPARAISO UNIVERSITY

BASKETBALL

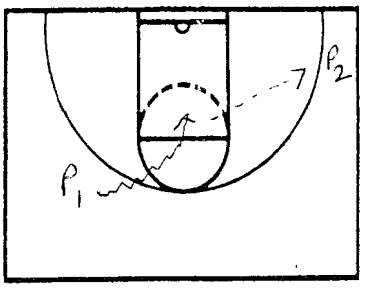
Turn and Go Drill

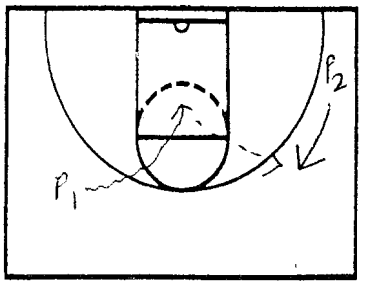
- Each player has a ball and starts underneath the basket
- Player 1 throws chest pass to coach and follows her pass by sprinting towards the coach
- Player touches ball in coaches hand, plants and turns to the right side of the floor
- Coach throws ball over the head of the player
- Player must run ball down off the pass, square up and shoot the ball or make a dribble move (see attached sheet for a list of different scoring moves to use)
- Once player 1 has thrown the first pass, player 2 starts with her chest pass
- Players do drill continuously for specified time or a specified number of shots made (8-10)
- Shoot free throw as rest, than repeat drill on the opposite side of the floor.



Penetrate and Pitch

- Player 1 starts with ball on the wing and drives it in the gap (drive to score first, pass second)
- Player 2 is on the opposite baseline waiting to receive the pass
- Player 2 would space up to the wing from the baseline if the defensive help was late / Player 2 would stay on the baseline if the defensive help was early
- Player 1 receives the pass and shoots; Player 2 gets to the backside with high hands to rebound a miss. Then they rotate from passer to shooter.
- Can compete to make a specified number of shots, or against another group





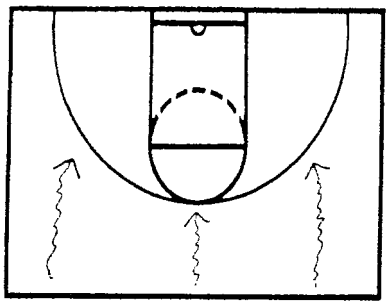
MID CONTINENT

VALPARAISO UNIVERSITY

BASKETBALL

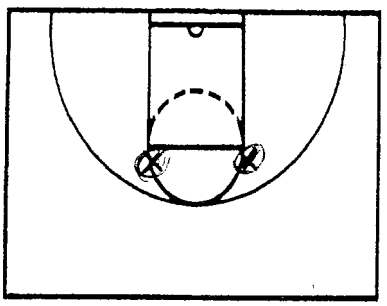
Dribble up 3's

- Shoot 3 sets of 10, 3-point shots
- Use change of pace dribbles and different momentum to get to the 3 point line
- Shoot from both right and left wings and the top
- Record number of makes ____/30



High Post Shooting (pinch post)

- Turn and shoot
- Turn, shot fake, drive
- Turn, shot fake 1 dribble jump shot
- Catch on a hop (gives you an option of pivot foot)
- Stay low on turn
- Must turn and look shot first - can adjust to defensive pressure

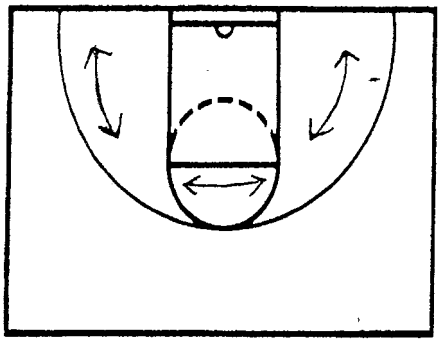


MID CONTINENT

VALPARAISO UNIVERSITY
BASKETBALL

Mid-Range Shooting – 15' Jumpers

- Get in a good shooting rhythm and have a partner to rebound or rotate in drill
- Baseline to right wing (1 minute)
- Elbow to elbow (1 minute)
- Baseline to left wing (1 minute)
- Record total number of makes in 3 minutes



Low Post Shooting

- Drop step – step towards the basket and take a power dribble, feet should land parallel to baseline. Power it up and in.
- Turn around jumper – make a quick pivot and shoot (top foot = middle), (bottom foot = baseline)
- Up and under - fake a turn around jumper, then step through
- Jump hook – shoulder pointed towards basket, can go off of one or two feet. Need to land in a rebounding position.
- Sikma move – catch with back to the basket, make a rear turn to create space, face the defender and score.
- Spin move – quick pivot to the baseline away from the double team...must be very quick

- Players need to develop a simple way of scoring in the low post. Must have a go-to and counter move.

- To Practice: Work 1-0 until the move becomes natural to the player. It will take time to develop moves that aren't comfortable. Then add in a defender to show them what the pressure will feel like. The final step is reading the defense and letting the player use their instincts. The best way to learn is *REPETITION, REPETITION, REPETITION!*

MID CONTINENT

VALPARAISO UNIVERSITY

BASKETBALL

Back to basket moves - working on low post moves, holding ground and maintaining position. Have partner hold pad for resistance.

- 5 moves baseline
- 5 moves middle
- 5 turn around shots
- Repeat on opposite side

Missed Shot – Offensive Rebounding Drill

- Player stands at free throw line facing the basket
- Partner throws ball off the glass from behind player
- Player moves quick to the ball, rebounds it, and finishes the play with a power move
- Object is to encourage quick movement to the ball, keep the ball high and perfect the power move technique.

Passing

- Feeding the post – away from the defense, lead them into their move
  Fake a pass, to make a pass (fake high = pass low, fake low = pass high)
- Any opportunity that we have, our players work on passing with their weak hand. This may occur in our drills at practice and in individual workouts. On an individual basis, they practice against a wall making "weak hand flick passes."

Footwork

- V-cuts (getting open in the post)
  Low = take lower, High = take higher; then explode
- Starts, stops, and turns

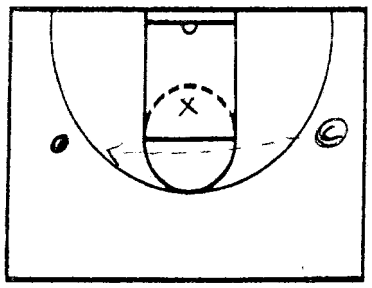
Coordination & Agility

- Jump Rope
- Dot drill
- Ladder
- Sprint work (on the court)

MID CONTINENT

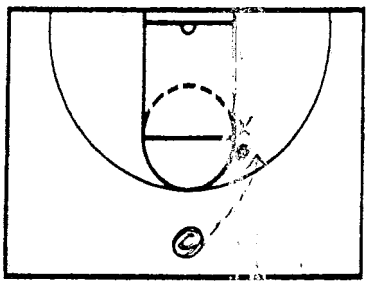
VALPARAISO UNIVERSITY
BASKETBALL

1 on 1 from a Closeout



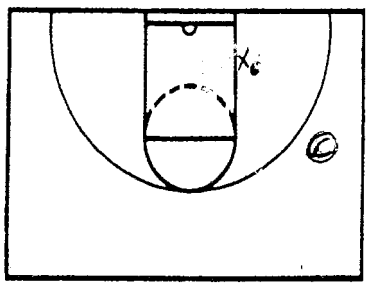
- Coach starts with the ball on the wing
- Offensive player is on the opposite wing
- Defensive player is on the helpline
- On the skip pass from the coach, defender "closes out" and play is LIVE
- How we score: 1 pt. score, 1 pt. stop, 1 pt. offensive board

1 on 1 from the High Post



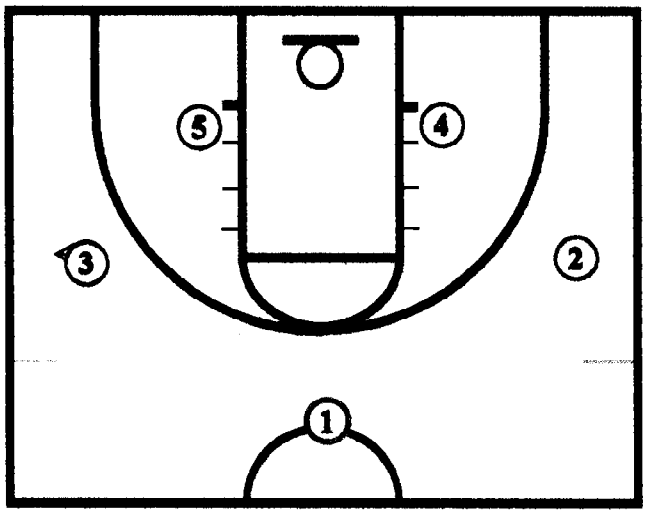
- Coach starts with the ball on top
- Offense and Defense at the high post area
- Coach passes away from the defense, to the offensive player's outside hand to start
- On the catch -it is LIVE
- How we score: 1 pt. score, 1 pt. stop, 1 pt. offensive board

1 on 1 from the Low Post - back to the basket



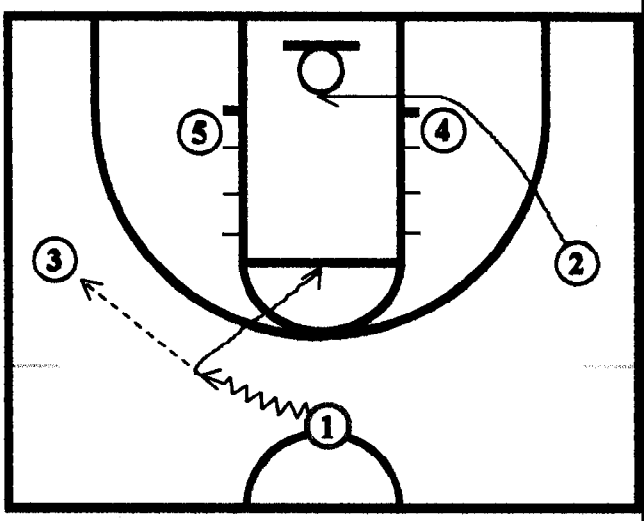
- Coach starts with ball on the wing
- Offense and Defense in the low post area
- On the catch in the post it is LIVE
- Defense can guard any way they want
- How we score: 1 pt. score, 1 pt. stop, 1 pt. offensive board
- OPTION: can also add in passers around the perimeter to work on various post skills: passing it out and flash cutting, sealing out, etc. This gives the post an opportunity to direct the ball and communicate with teammates.

MID CONTINENT



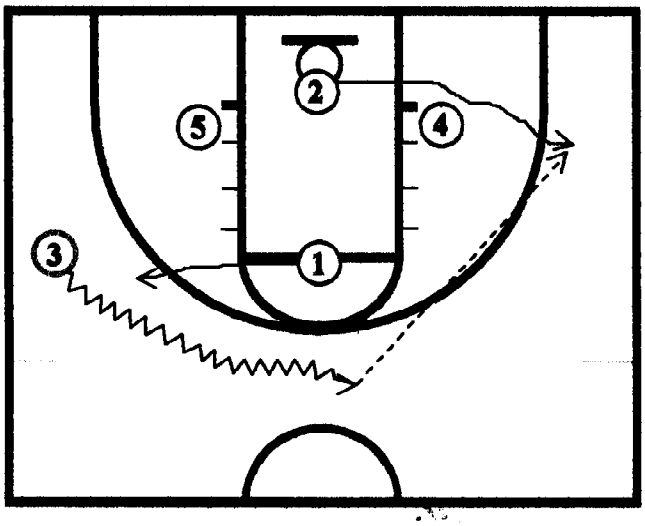
Frame A

1-2-2 Set: 4 and 5 are a step wider than the lane and they are facing each other. You need to run this set for your best shooter.



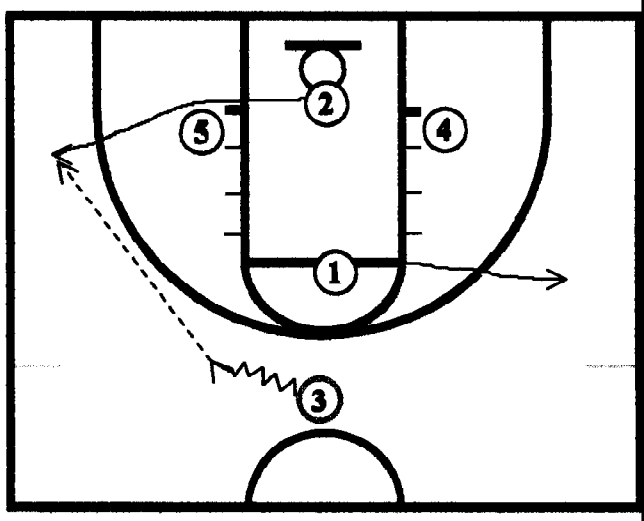
Frame B

1 dribbles over and passes to 3, as 1 is dribbling 2 runs and stands under the rim. After 1 passes to 3 he will break and stand right in the middle o the free throw line.



Frame C

3 will dribble to the top of the key and look to for 2 to break outside. Here 2 breaks off of 4's screen and 3 passes him the ball. 1 pops out to the weak side wing.



Frame D

In this frame 2 choses to come off of screen. 3 passes to 2 and 1 pops out the right wing. 2 can shoot the ball pass to 5 posted up.

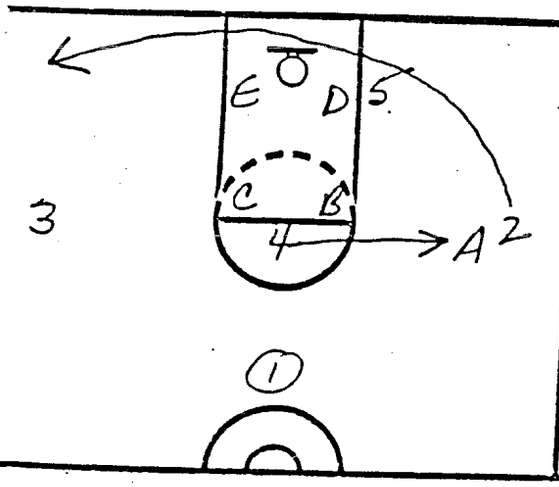
General Comments

Memphis can be run against a man to man or zone defense. 4 and 5 must set tou screens to get 2 open. This type of screen is called a two sided screen. 2 wi pick a screen to use. He should not use the same screen twice in a row.

vs box+1

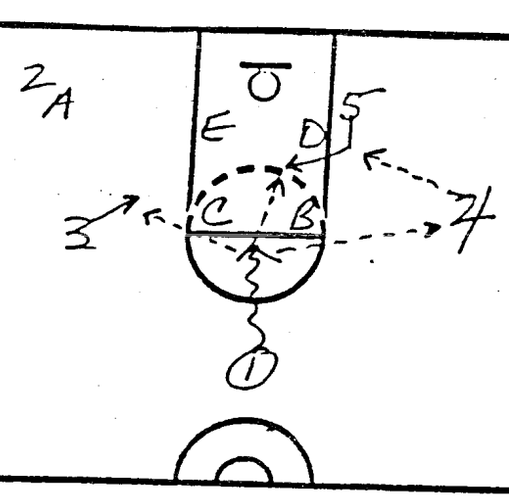
COACH WILL REY

Box+1 vs a wing



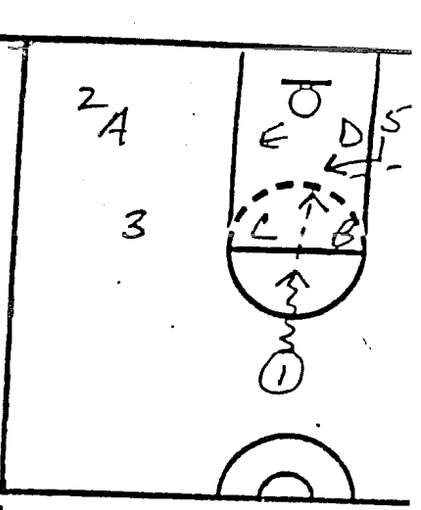
2 clears out
4 fills wing

open in 1-3-1 set

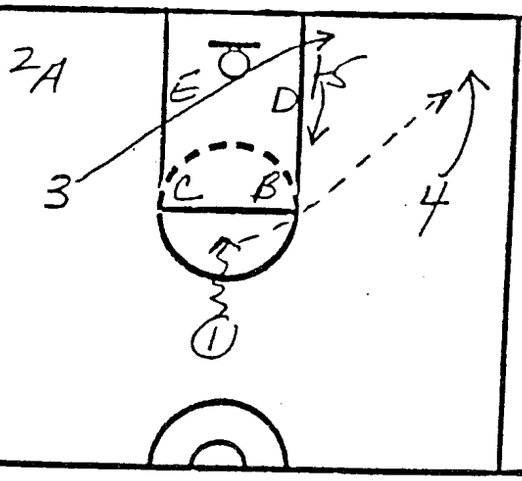


play 4 on 4 without star
involve other kids in the offense

options



options



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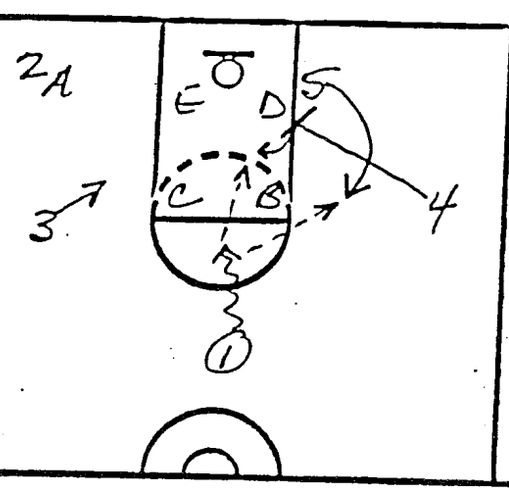
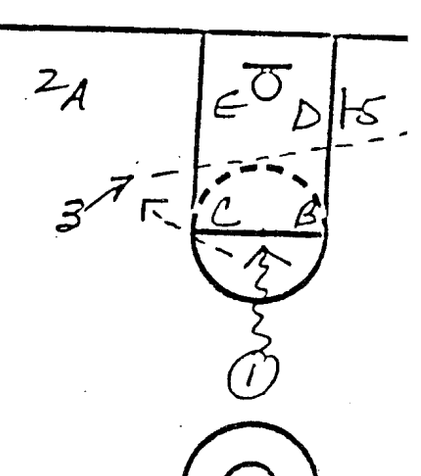


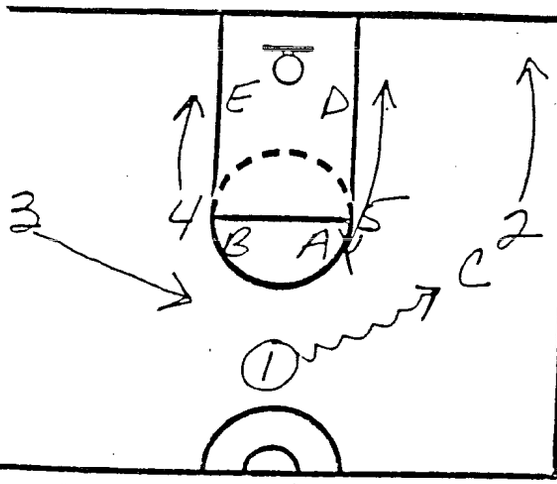
options



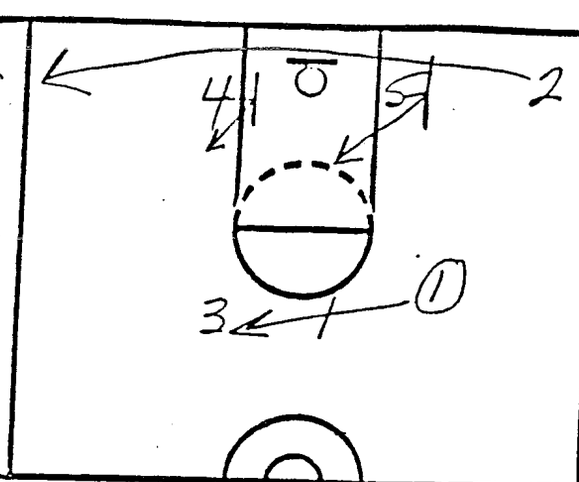
options

5 backscreen for 4 (or) 4 backscreen for 5

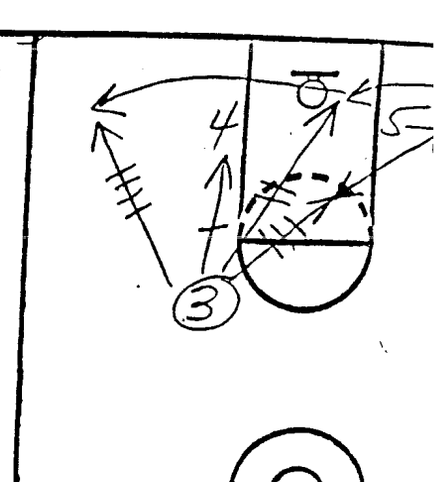
COACH WILL REY



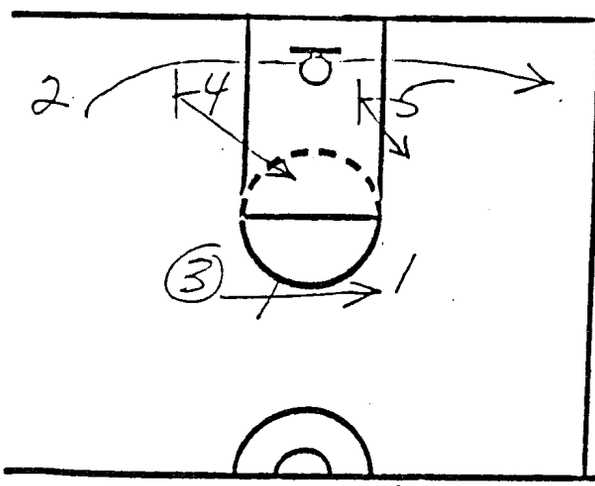
- 2 is played M2M
- ① dribbles to 2's side
- 5 screens top man in box + rolls to basket.
- 4 dives lane for possible lob.
- 3 rotate up for reversal



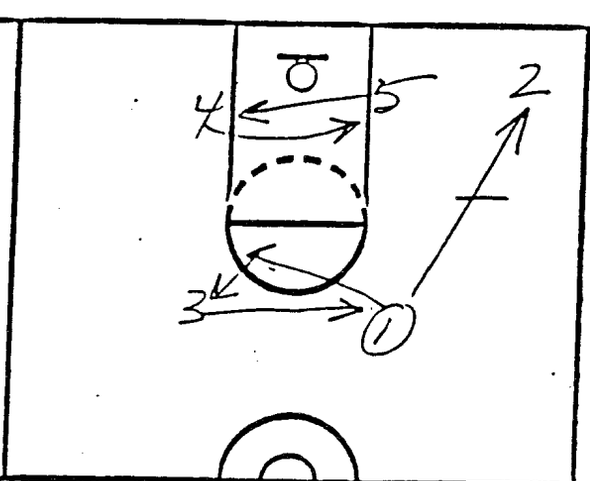
- 1 hits 3
- 5 screens for 2 and steps in
- 4 posts then screens for 2
- 4 posts



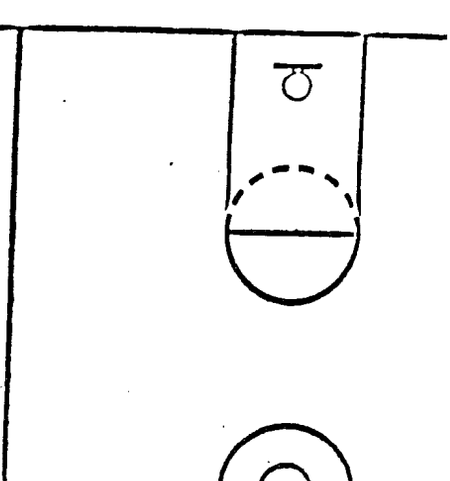
-③'s looks:
a) immediate pas
4
b) 2 off 5's scre
c) 5 on step in
d) 2 or 4 (read p
second screen,



-③'s final option is to reverse to 1 and run again.



- Anytime hit 2 on baseline, 1+3 change sides
- 4+5 can also change
- Key: 1, 3, 4, 5 look for gaps

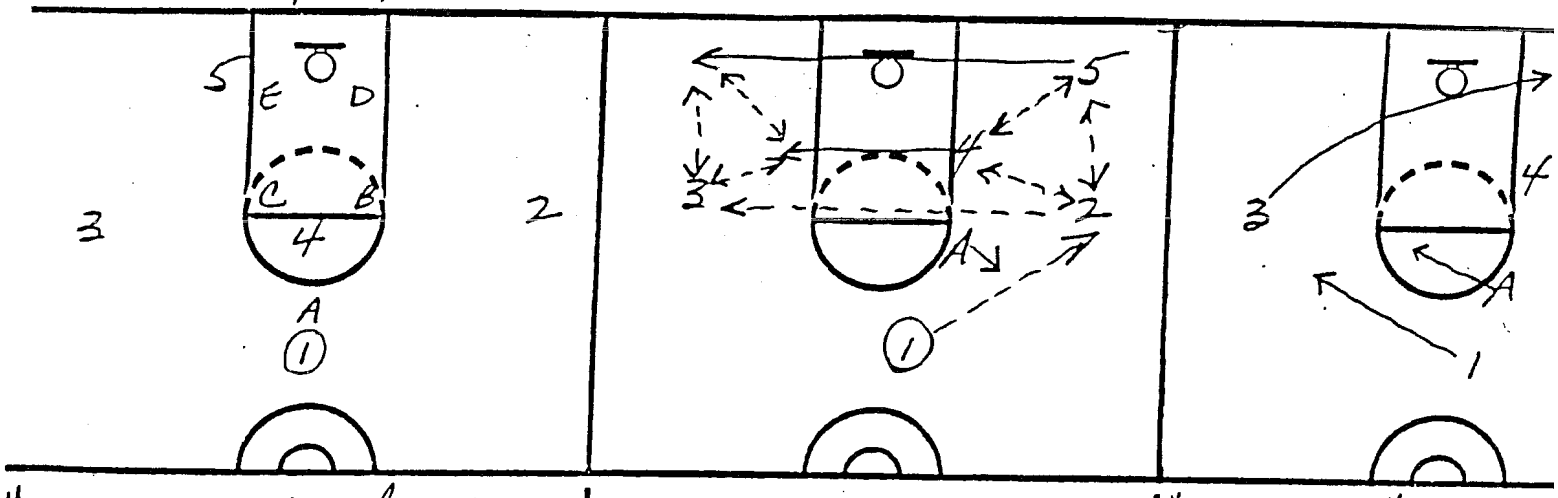


VS BOX+1

COACH WILL REY

BOX + 1 ON POINT GUARD

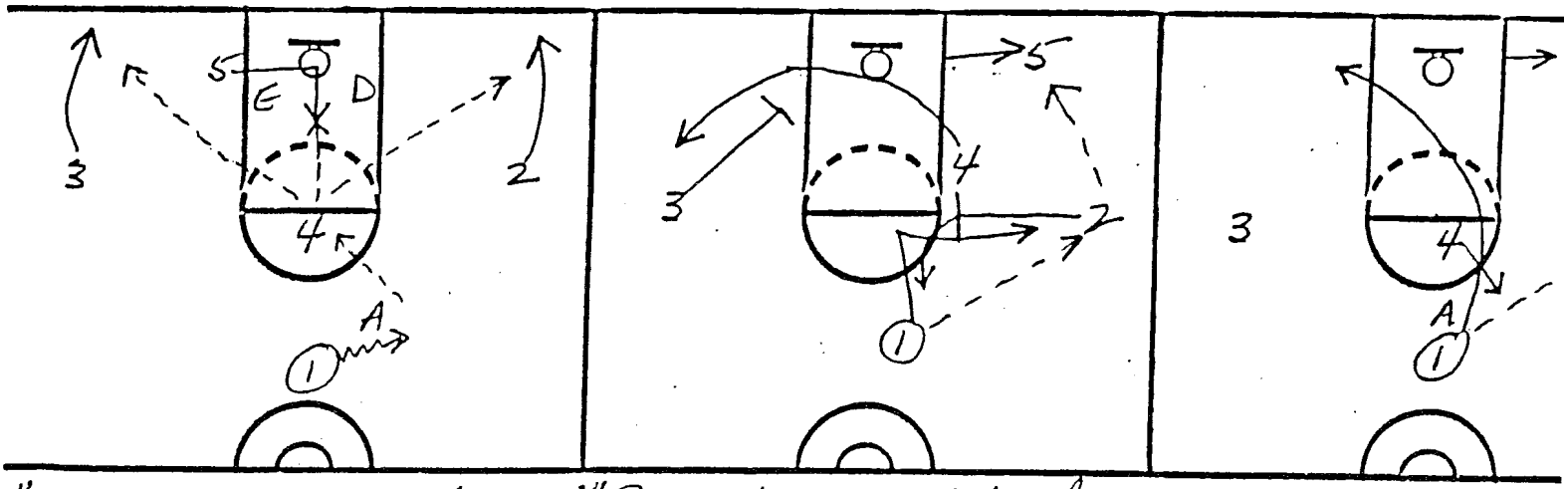
NOTE: If top scorer is a guard, play him at point for this to work.



"INITIALLY" — If def allows reversal to ①, use 1-3-1 set and attack like a 1-2-2 zone

Play ballside △ If △ cuts reversal, look skip pass and play △ on other side

"OVERLOAD" — On pa to baseline oneils 3 low and 1 go away —



"POST" — 4 step out of high post — play 3 on 2 on baseline

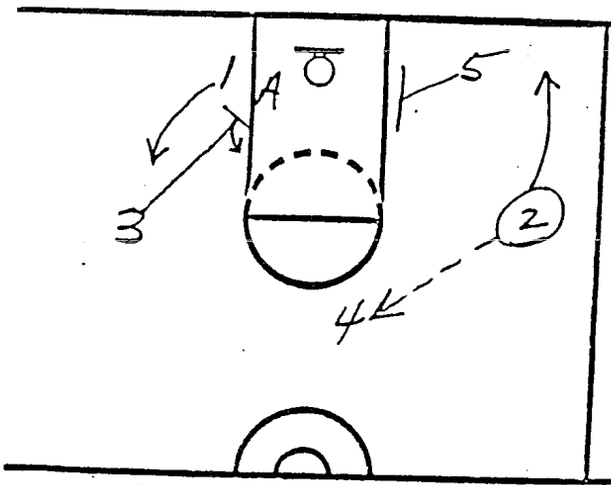
"Screen" — 2 hit baseline 4 cut through and out weakside off screen 2 screen for 1 — 2 becomes point

"PASS/CUT" — ① hits cuts opposite low 4 steps out as reversal man

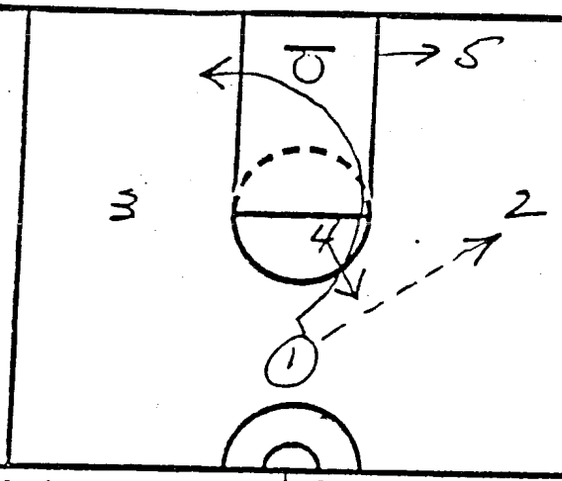
VS BOX+1

COACH WILL REY

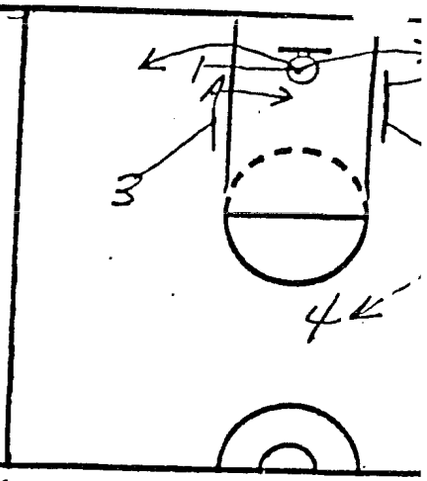
BOX + 1
VS PT. GD
(CONT'D)



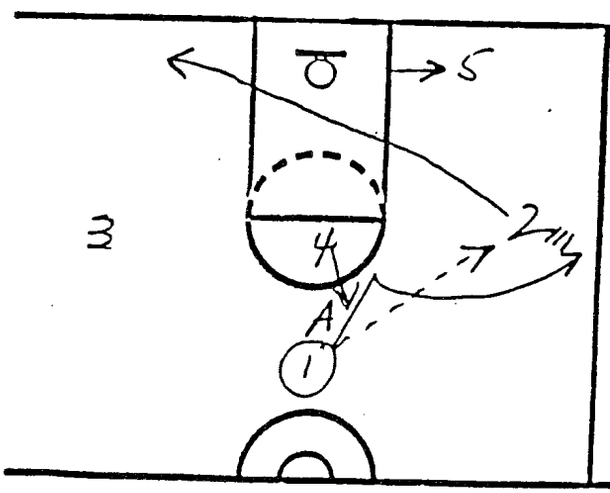
"PASS/CUT" — ② hit 4
3 screens for 1
5 backscreens for 2



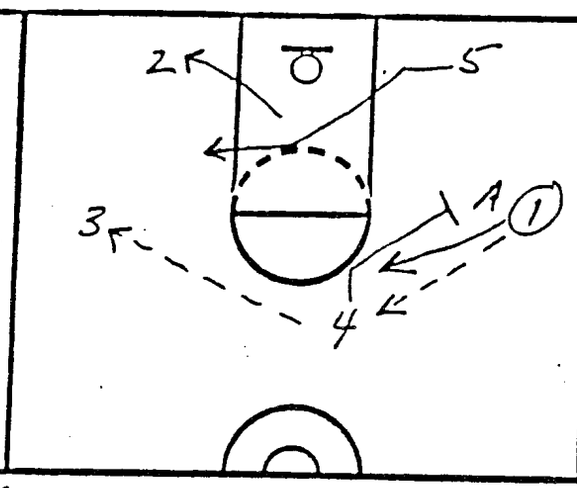
"SPECIAL" — ① hit 2
4 step out to reversal



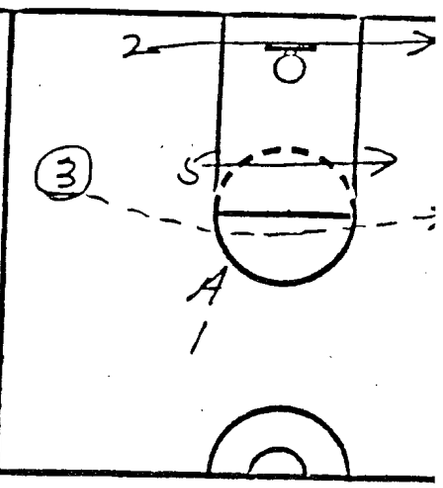
② hits 4
5 and 2 double for 1
3 single for 1
1 has choice



"HIT/GO BEHIND" — ① hits 2, goes behind for handback —
4 steps out for reverse
2 cuts through to grey opposite



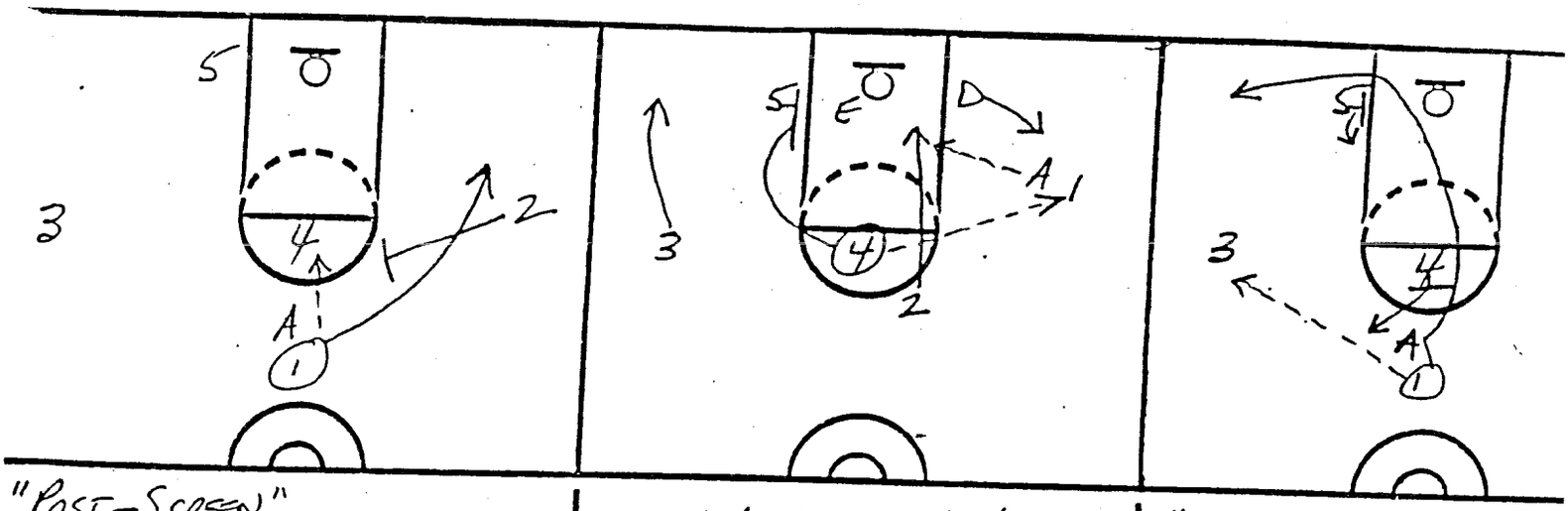
4 reverse to 3
5 cut high off of 2's tail
4 screen for 1



look across stree
to 4
keep 4 wide
keep 2 (a guard)
baseline vs slow
backmen of bo

COACH WILL REY

BOX + 1
VS PT. GD
(CONT'D)



"POST-SCREEN"

① hits 4 – 2 screens for 1

4 may have shot or drive –

4 hits 1 for shot

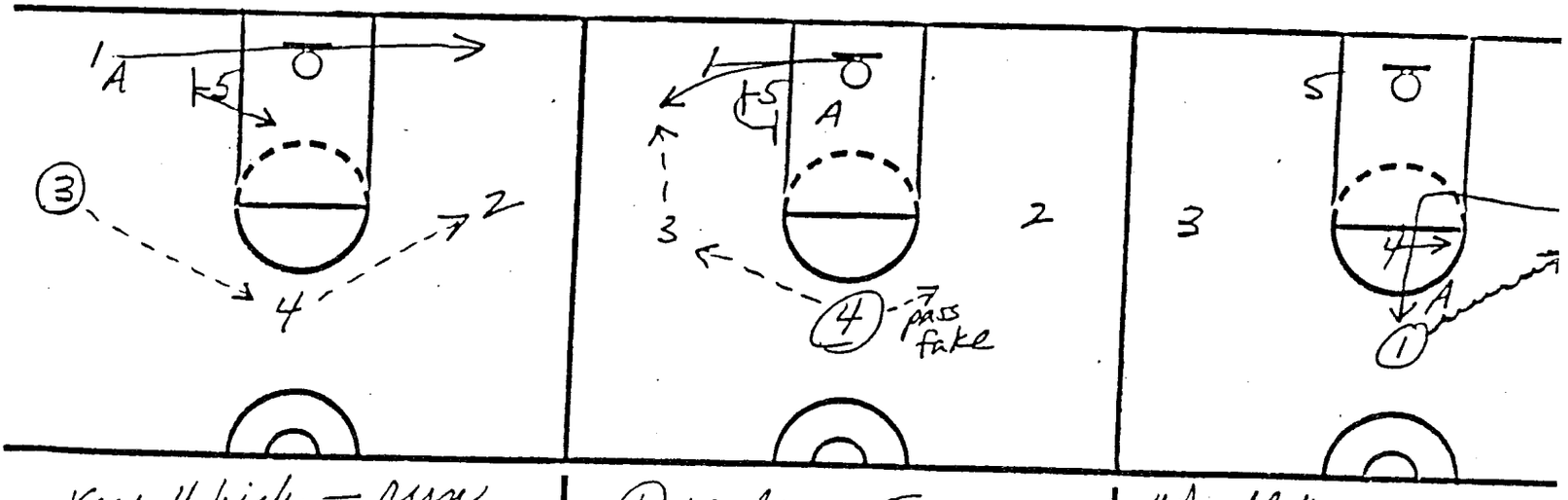
2 cuts hard on ballside, if D helps on ①, 2 may be open

4 and 5 screen for 3

① looks to 3

"SHUFFLECUT"

① hits wing and cu off 2 screens



Keep 4 high – run ① off of 5's screen on baseline

continuity

① reads – 5 can change angle of screen if A jumps – 3, 4, 2 move ball on top

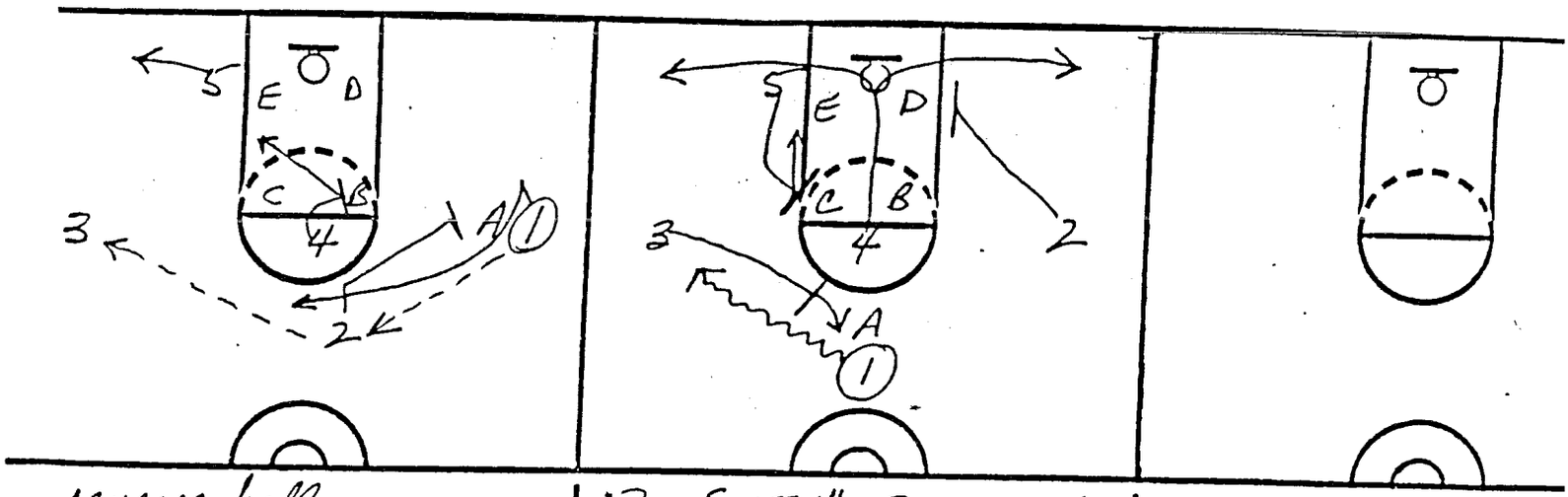
"Double"

① dribbles at 2 circles up to pass

4 follows ball

COACH WILL REY

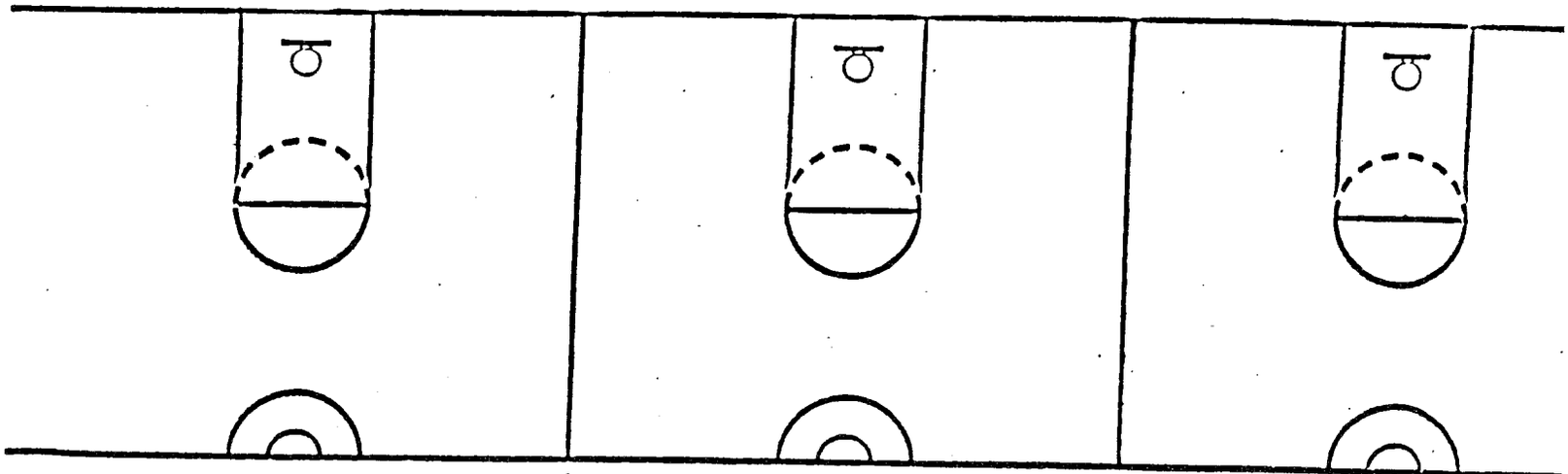
Box+1 VS Pt. GD (CONT'D)



reverse ball
2 and 4 double screen for 1

note: 4 screens top man in box

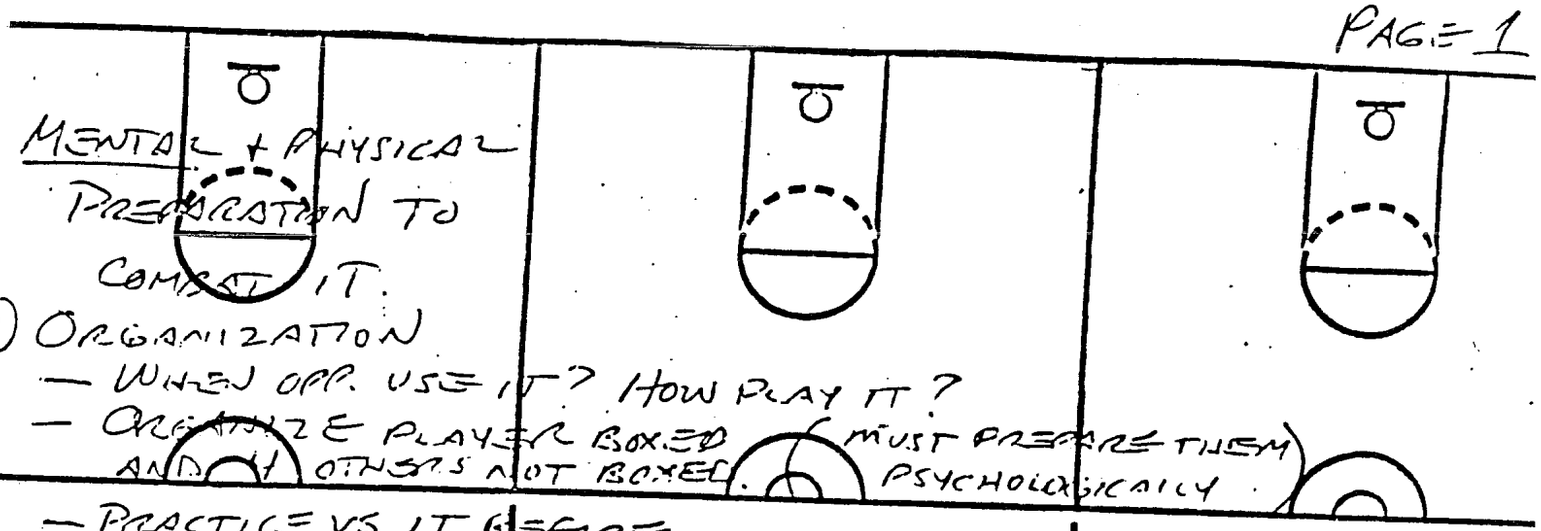
"Box Screen" - 2 screens D
3 screens A
5 screens C
4 fills corner on either side
Reverse quickly to 4
① will have shot off dribble screen -



VS BOX+1

COACH WILL REY

ST. JOHN'S

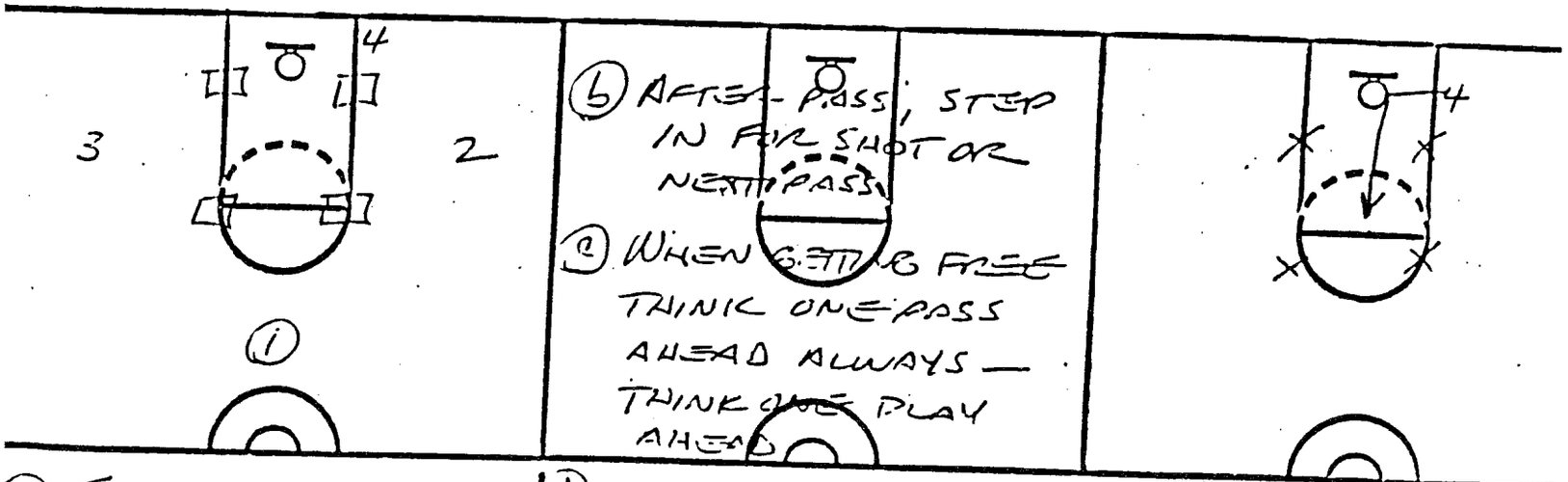


MENTAL + PHYSICAL PREPARATION TO COMBAT IT.

① ORGANIZATION
- WHEN OPP. USE IT? HOW PLAY IT?
- ORGANIZE PLAYER BOXED AND 4 OTHERS NOT BOXED. (MUST PREPARE THEM PSYCHOLOGICALLY)
- PRACTICE VS IT BEFORE SEASON BEGINS.

② THEME → HAVE TO GIVE GOOD PLAYER A LOT OF HELP TO GET FREE - MUST SCREEN FOR HIM.

PRINCIPLES OF ATTACK:



ⓐ SPLITTING
- FILL GAPS - CREATE PROBLEMS WITH ORIGINAL ALIGNMENT
- MAN BEHIND ZONE IS A MUST! (LOCK IN BACKLINE DEEP OPEN MIDDLE SEAM

ⓑ AFTER PASS, STEP IN FOR SHOT OR NEXT PASS.

ⓒ WHEN GETTING FREE THINK ONE PASS AHEAD ALWAYS - THINK ONE PLAY AHEAD

ⓓ CATCH - FACE HOOP
- CATCH BALL FACING BASKET.

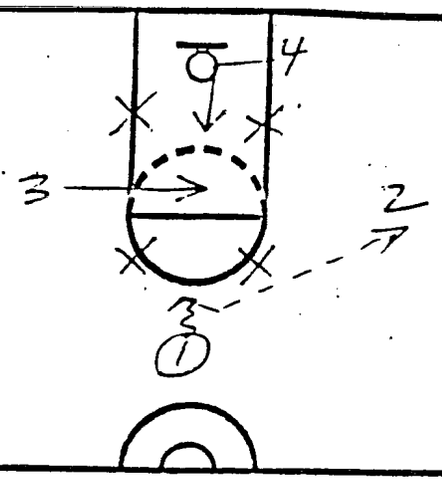
ⓔ USE OF THE POST
- GET WIDE (BOTH HANDS UP)
- BE AVAILABLE

ⓕ TIMING - MAKE PASS WHEN OPEN.

ⓖ OFFENSIVE REBOUNDING

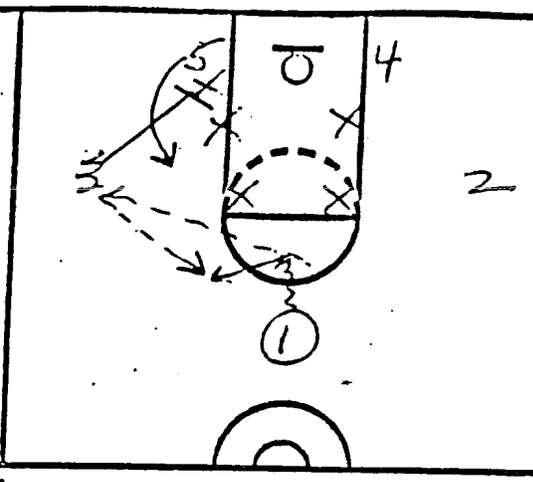
- BASKETBALL NOTES

COACH WILL REY



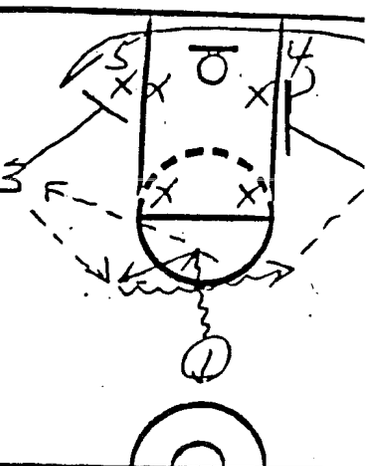
1ST LOOK ("SPLIT")

- FREE-LANCE; FILL GAPS, DRIBBLE PENETRATE, FLASH, ETC.



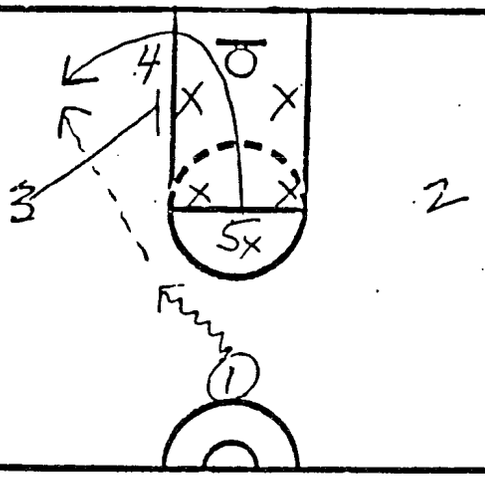
"MULLIN"

- DRIBBLE PENETRATE
- PASS, RETURN, DOWN SCREEN FOR STAR
- IF SWITCH, 3 ROLL BACK
- THINK WEAKSIDE: 4 + 2 FLASH

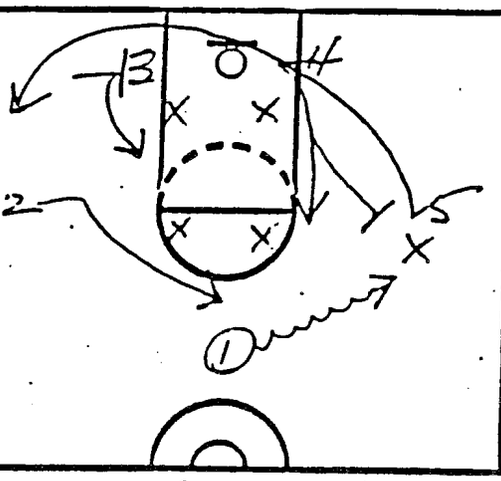


"DOUBLE" - LOW

- DOUBLE MEN SPLIT ON PASS T
STAR - 2 STEP
HIGH

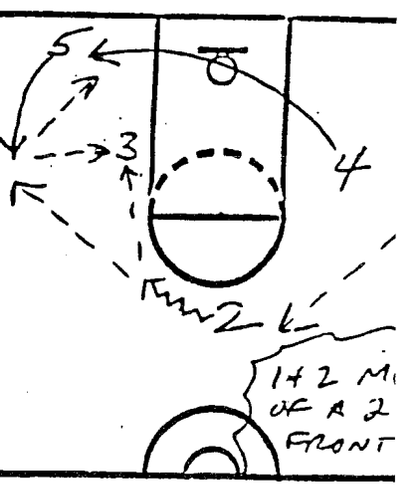


"DOUBLE" - "HIGH"



"RED SERIES"

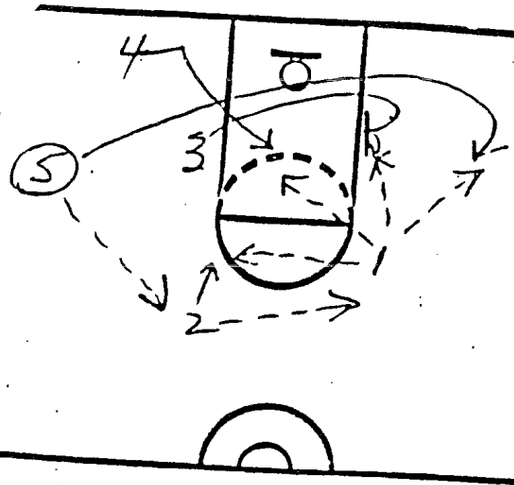
- GOOD VS ZONE, MAN, △ + 2 + BOX + 1
- START 1-2-2 LOW INTO 1-3-1
- (1) PASS (OR) DRIBBLE
- 4 FLASH OR BACKPICK



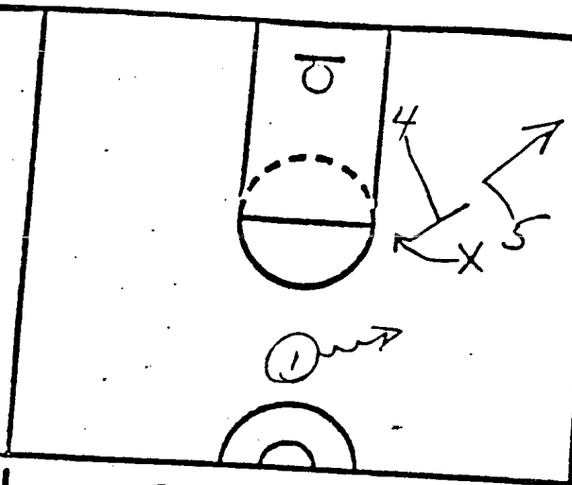
- (1) CAN ALSO PASS GET HANDOFF FRO
- 4 ROLL INTO GRE OVERLOAD
- 2 LOOK TO STEP I FOR SHOT

GIVE KIDS HOPE - A
YOU CAN DO AS COACH

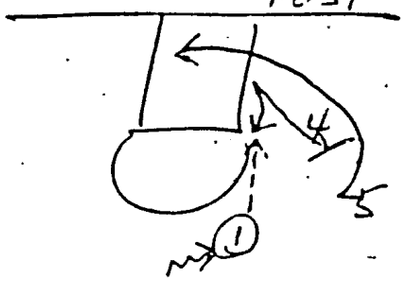
COACH WILL REY



- OVERLOAD SIDE NOTHING
- ON REVERSAL – 3 SCREENS WEAKSIDE, 5 CUTS OFF SCREEN, 4 FLASHES AFTER 5, & 2 STEP IN

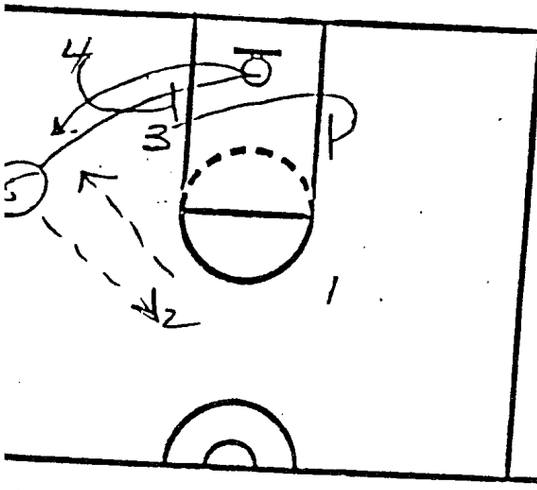


- 5 CAN FADE OR PIN FOR POST



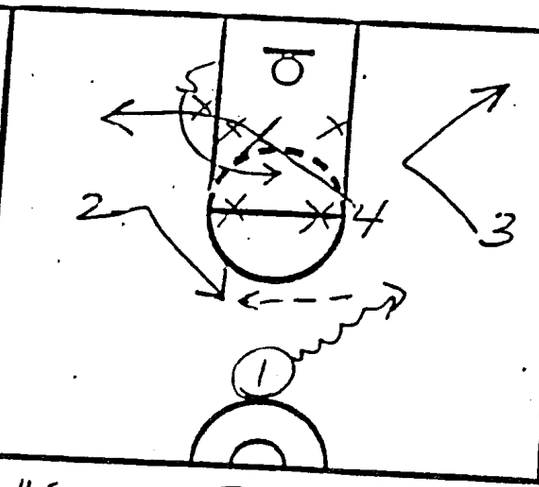
"COMEBACK RIGHT"

- ① KEEP DRIBBLE ALIVE
- 5 PUT HEAD UNDER RIM AND CUT OFF 4



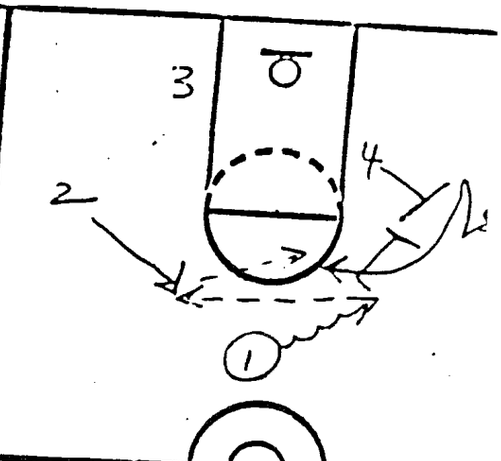
"COMEBACK LEFT"

ON TURN FROM OVERLOAD SPOTS



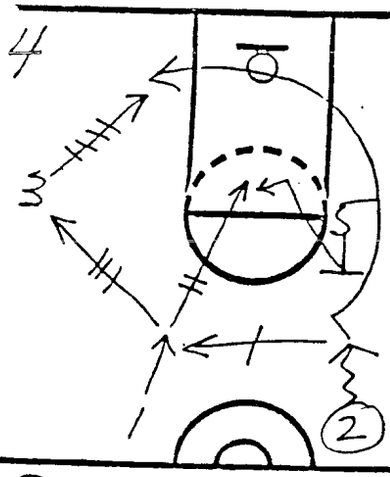
"START STAR LOW"

PUT 5 HIGH

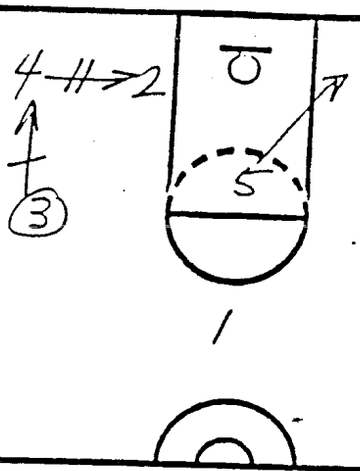


"PT. SCREEN AWAY"

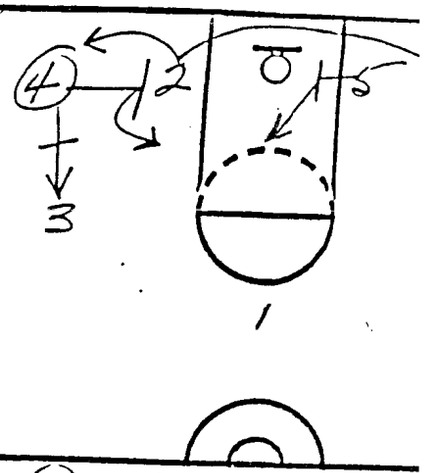
COACH WILL REY



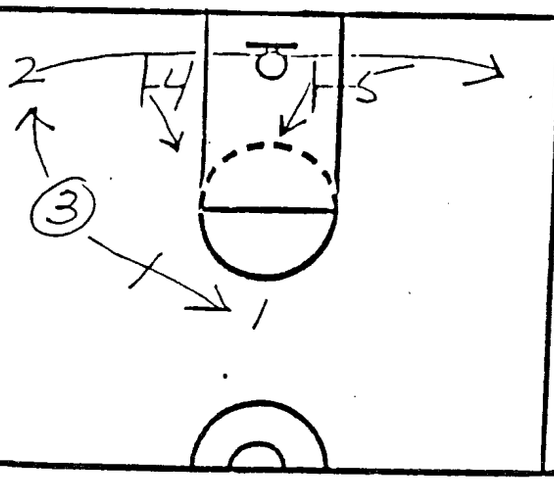
- ② is played MIZM
- ② hits 1 and cuts off 5 into low post.
- 5 flashes, 1 may hit him in lane
- 1 hits 3 for shot or feed to 2



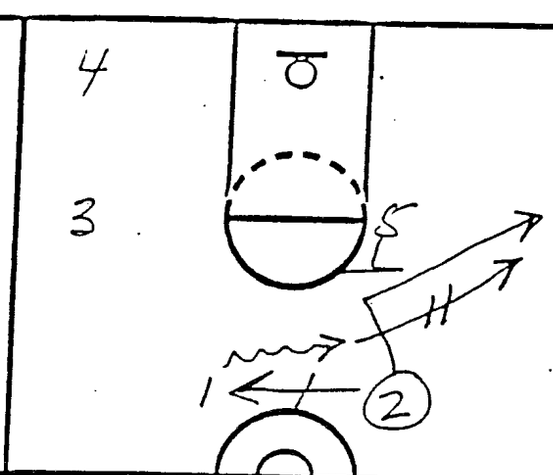
- ③ can hit 4 on baseline for shot or feed to 2
- 5 to low post opposite



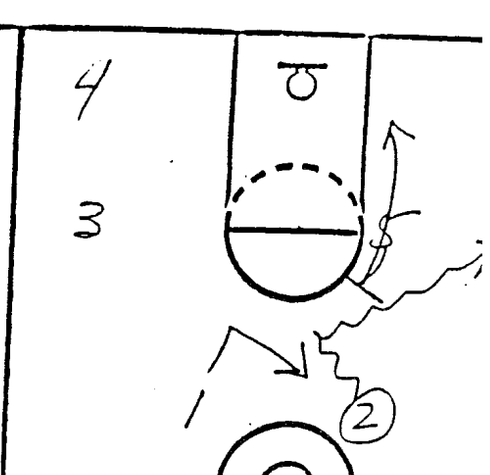
- ④ returns pass to 3 and screens for 2
- 2 can cut off 4 to ballside or 5's screen to weakside
- ③ looks for 2, 4, or



- ③ hits 1, 2 runs baseline off screens
- 1 looks for 2, 4 on step in, 5 on step in, or 3 flaring to corner



- Entry screen: ② hits 1 and can flare off 5 instead of cutting into post

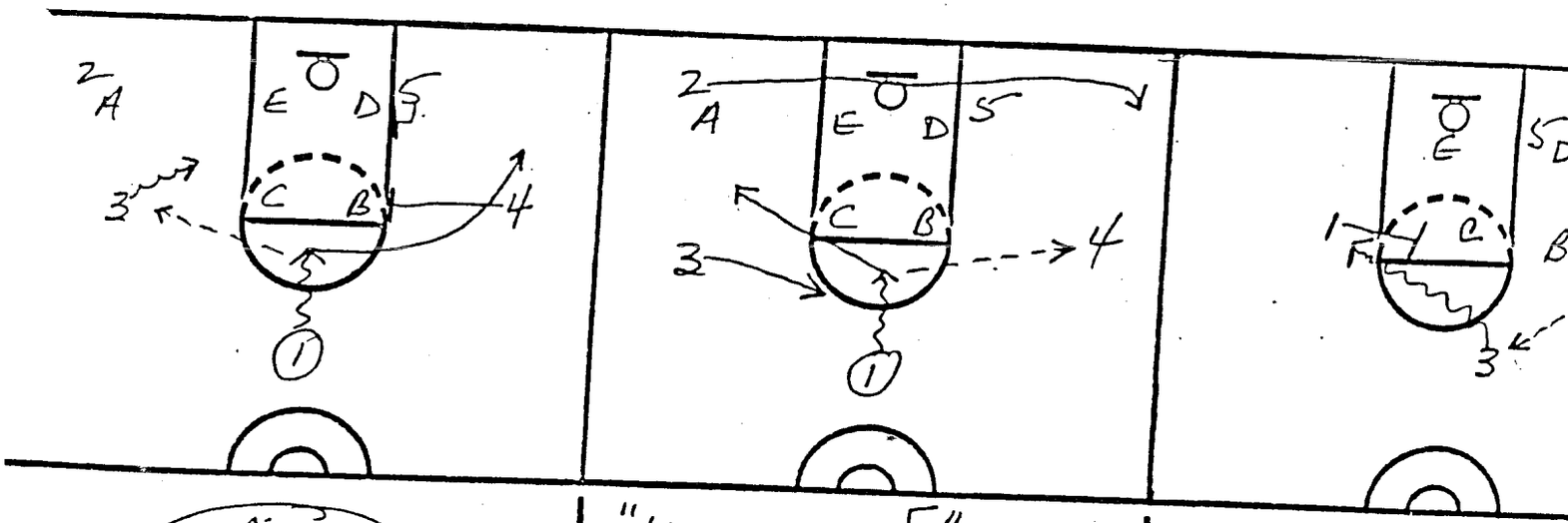


- Also, can screen & roll
- 2 looks for shot, 5 on roll, 3 in skip position, or reverse to 1

COACH WILL REY

Box + 1
VS A WING

pg. 2



options

5 and 4 double for 1

"MISDIRECTION"

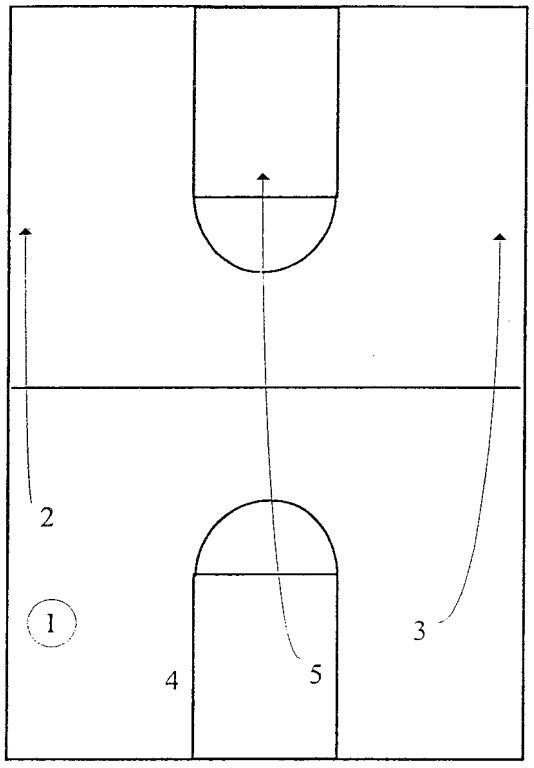
① hits 4 and exchanges with 3

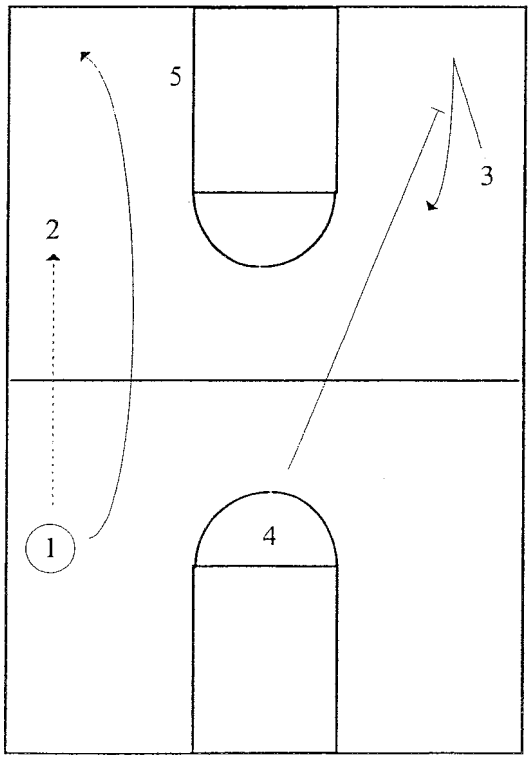
2 runs baseline as a decoy

return to 3 and backside pick

University of Oregon
BASKETBALL

OPEN





Open is designed to take advantage of skilled, athletic wing players in combination with a skilled trailing big man. As you'll see, Open is simply a downscreen in transition. Because of the floor spacing and the skills of the players involved, that downscreen becomes very effective scoring weapon.

Open begins as does the other two Oregon breaks. We send the 2 and 3 up the sidelines and our runner, the post not rebounding the ball up the center of the floor to the ballside post. If we can kick the ball ahead quickly for an easy layup, three point shot, or dump inside to the post, that becomes our primary option. Since we run to tire the opponent as well as get easy buckets, it is important that we constantly push the ball and put as much pressure on the defense in transition as possible. Therefore, we always look for the easy basket first and formost prior to initiaiting the offensive sequence.

The offensive sequence begins with the point guard passing the ball ahead to either the 2 or 3 on the wing. We ask that the wing player stay high and wide on the floor to give himself a driving option and to create a better passing angle to the weakside of the floor. Following his lead pass ahead to the wing, the point guard sprints on an inside cut to the ballside corner. This needs to happen quickly to clear all passing lanes to other side of the floor as this is where the action will take place.

We have a very savvy point guard who has the capability to push the ball up the court very quickly by himself. Because he is also our best passer, we want him making as many plays as possible and have allowed him the option to dribble the ball up the court in transition if he does not quicky recognize the pass ahead to the wing. As this happens, we ask that the wing simply push down to the ballside corner allowing our point guard to dribble the ball into an area where he can make the play to the weakside of the floor.

As the ballside action occurs, our weakside wing prepares to accept a downscreen from the trailer by moving toward the baseline. The trailer sprints up the floor and headhunts the wing player's defender to screen him. Normally we like to see the screen set with our trailer facing the corner about 15' away from the basket on a 45 degree angle from the hoop. This gives our cutter room to utilize a baseline backcut to the basket or a comfortable flare to the 3-point arc as options to score.

As the cutter sets his man up to utilize the screen, we ask that he make one of SIX READS .

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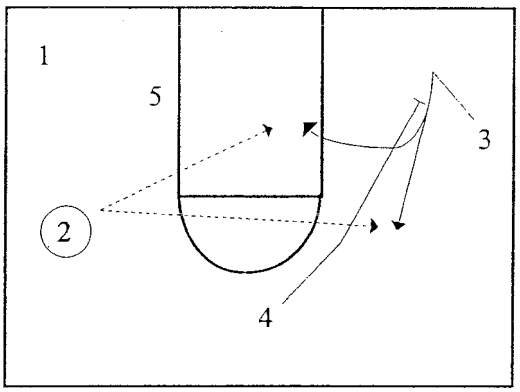
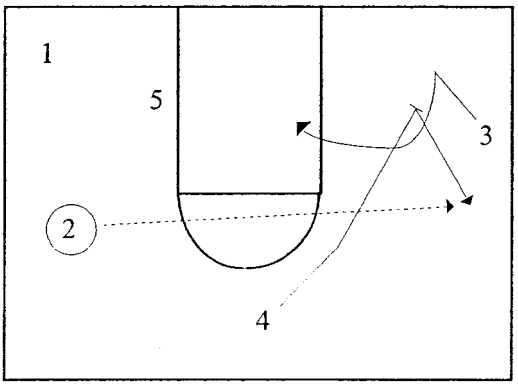


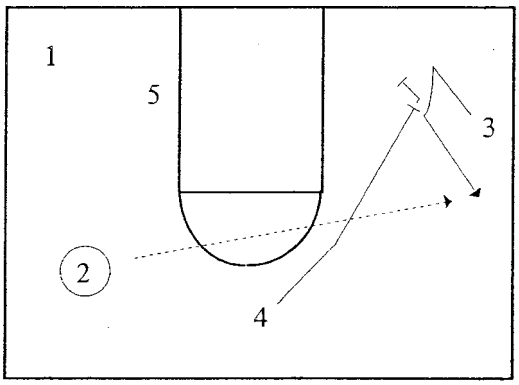
READ #1

The cutter's defender gets stuck on the screen set by our trailer. The cutter uses the screen to get an open jumpshot from the 3-point arc. Should the cutter's defender trail the play, we like our cutter to make a rounder cut and curl into the paint for a short jumper.



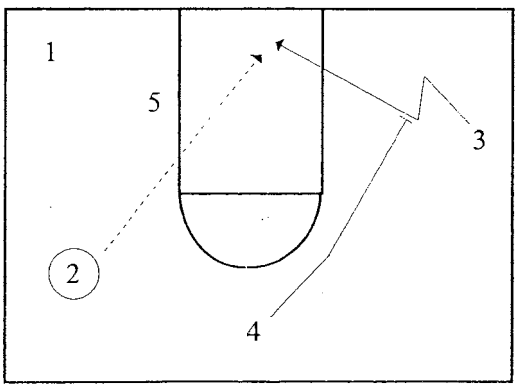
READ #2

The cutter's defender trails the play, forcing our cutter to curl to the basket. Sensing that his teammate may get beat, the screener's defender also slides over to take the curl away. This leaves our screener unguarded; he simply flares to the 3-point arc opposite the cutter for an open shot.



READ #3

The cutter's defender goes BALL SIDE of the screen. Reading this, the cutter executes a POCKET CUT and pops back to the 3-point arc. As the wing player makes the cut, our trailer turns toward the basket to rescreen the defender. As such, the shot end up being taken from the screener's 'HIP POCKET".



READ #4

The cutter's defender overplays the initial cut. Seeing that he can get "BEHIND HIS DEFENDER'S HEAD", our cutter backcuts to the hoop to receive a lob pass for the score.

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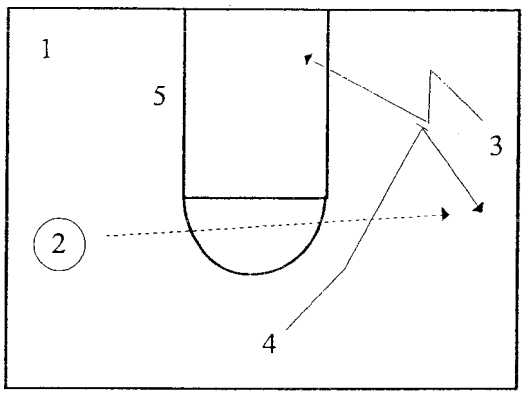
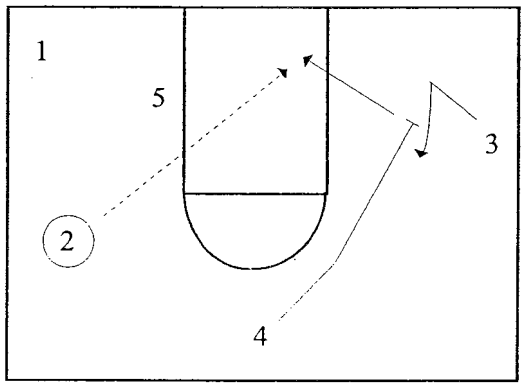


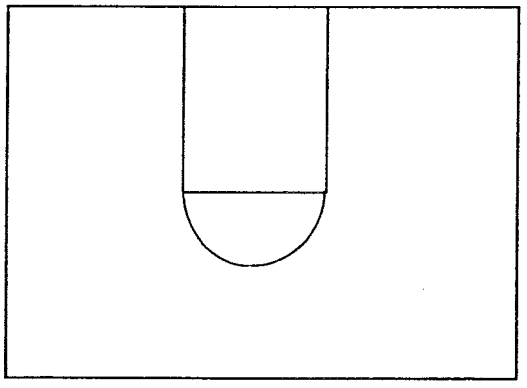
READ #5

The cutter's defender overplays and our wing player backcuts. This time, both the cutter's defender AND the screener's defender dive to the hoop to protect against the lob pass. Our unguarded screener simply pops back to the 3-point arc to receive the pass for the score.



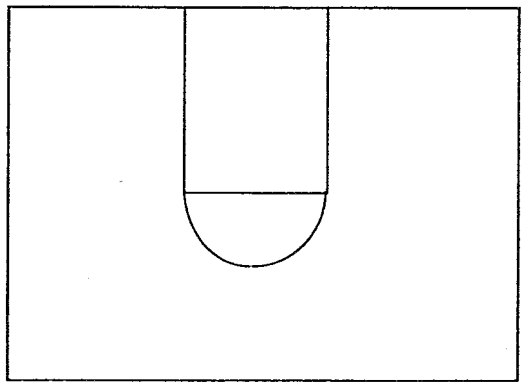
READ #6 -- THE SLIP

Anytime the screener senses that his man is hedging or stepping out to impede the cutter coming off the screen, we give our screener the option to SLIP THE SCREEN or make a basket cut.



A FINAL NOTE

Open is designed to be a quick hitting play out of transition - for the passer as well as the cutter. We have named the play open because we feel that the floor is "opened" up for the ballhandler to drive as well as look for the pass for the score. Therefore we encourage our ballhandling wing player to not forget his option to drive to the hole should he feel that he can take his man off the dribble. Should this or any of our other options break down, we simply flow into a motion game and continue the possession.



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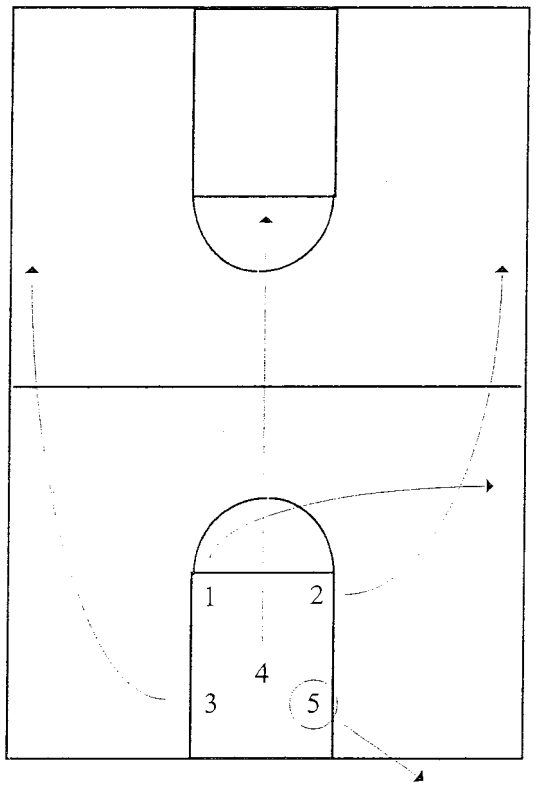
BASKETBALL

"EARLY OFFENSE"

Philosophy:

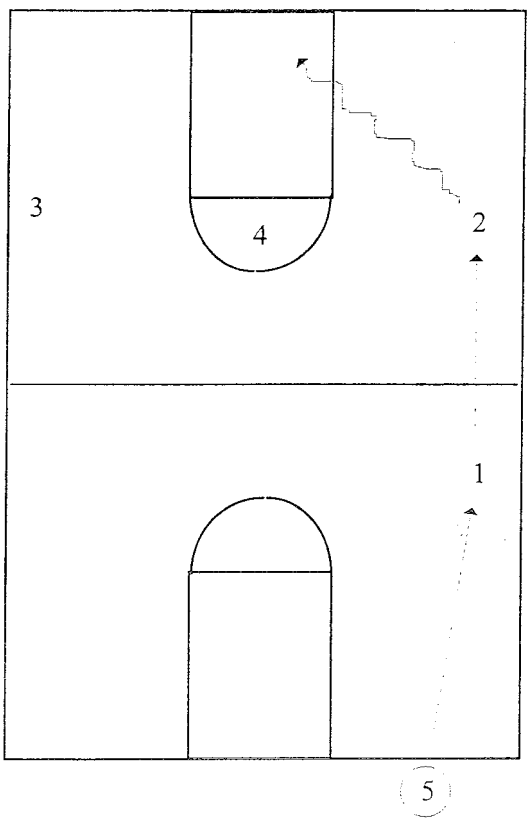


Why Run?:
1) Easy Shot Opportunities
2) Fatigue the Defense
3) Player Enjoy the Style -- Easy Sell!
4) Fans Enjoy the Style -- Fill the Gym!

Needs:
1) Runners -- Not necessarily athletes!
2) Depth -- Must play 9-10 guys
3) Quality Point Guard - Keys the break
4) Commitment - A must
5) Quality Defense

Defense Keys the Oregon Break - "1 Tough Shot Only"
1) Stop the Ball
2) Contain Penetration via Pass & Dribble
3) Force Perimeter Jump Shot Under Pressure
4) Block Out & Rebound

Personnel:
1 = Point Guard - Catch ARC EXTENDED
2 & 3 = Wings - SPRINT the sideline on rebound
4 = Runner - SPRINT the MIDDLE
5 = Inbounder - Get ball to point guard QUICKLY



Option 1 = Primary Break for a Layup

-- Rebound the Ball
-- 2 & 3 sprint the sideline - Get to 1/2 court then look
-- 4 sprints the center of the floor
-- 1 receives the outlet at least ARC EXTENDED
-- 5 outlets to 1 who advances ball to 2 or 3 for layup

NOTE: If the shot is made prior to the break, 5 must SPRINT to get the ball inbounds as quickly as possible while making sure his pass clears the side of the backboard.

** We want to first look for a score out of the primary break every time down court, BUT...

If we do NOT get the layup, we make sure that our players do not force the shot as there are other options to follow.

REMEMBER: One of our goals is to fatigue the opposition - we DO NOT have to score out of our break every time down court, but we do have to SPRINT HARD on every possession so that the defense is forced to exert themselves in transition.

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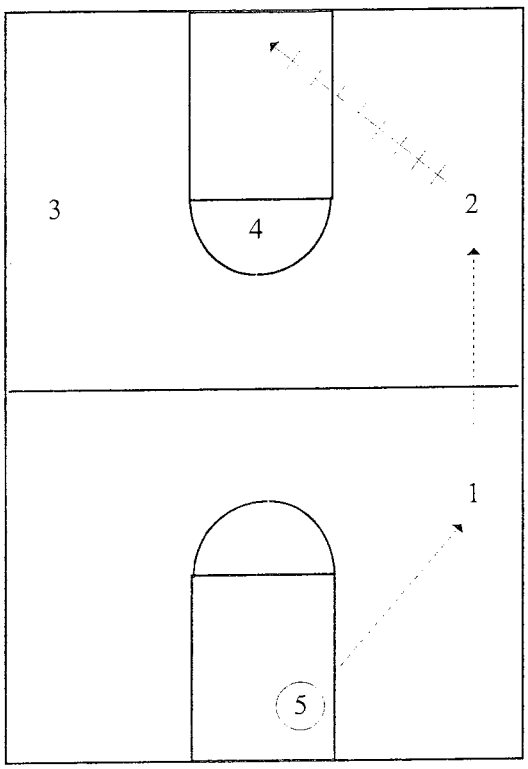
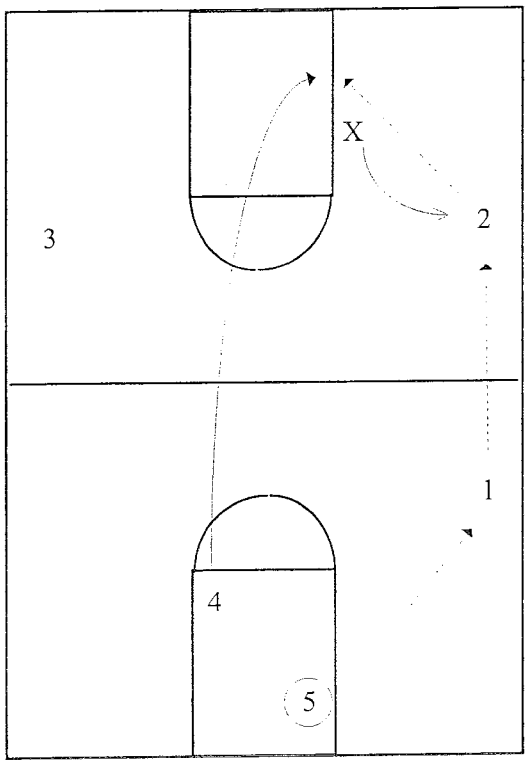


Option 2 = Sideline Pass for 3-Point Shot

-- Same action as option 1 but wing player pulls up and shoots the 3-point shot.

**The purpose of offense is to get GOOD SHOTS, (ie: on-balanced shots with no shot pressure) If we can get the ball to the RIGHT player, we freely encourage this option.



Option 3 = Sideline and Inside

-- Outlet to 1
-- Quick pass ahead to 2 or 3
-- Wing makes pass inside to 4-man on the block as the defender guarding the hole closes out.

After several made layups and or 3-point shots, the defensive player guarding the basket must come out to defend our wing sprinting the sideline. This move opens up the block and makes the pass inside an option.

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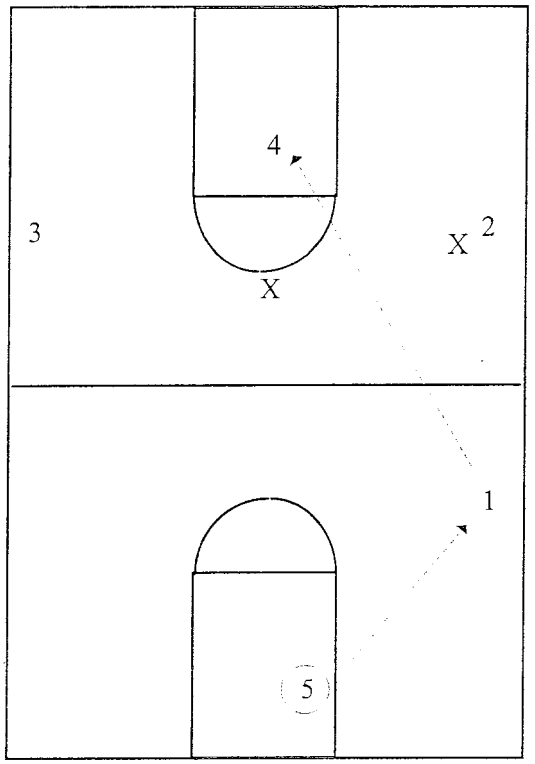


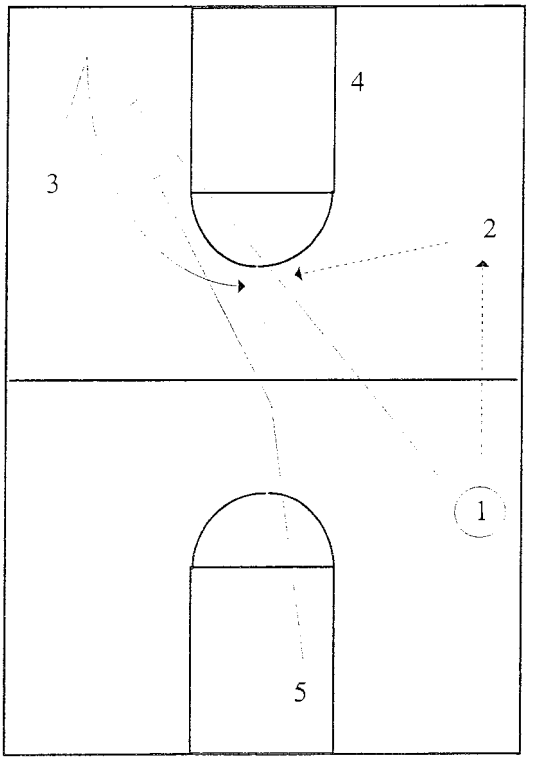
Option 4 = "Over the Top" to the Runner

--Outlet to 1
--2 & 3 are guarded
--Pass is made to 4-man over the top as he outsprints the oppostion

This option becomes effective after we have scored several layups or 3-point shots and the defense makes the adjustment to TAKE AWAY THE SIDELINE PASS.

As the defensive wings transition the Sideline, the middle of the floor opens up for the "over the top" lob pass or a direct chest pass

**This option becomes very effective if we have an athletic mismatch with the opposition's 4-man or if we feel that the opponent's 4 is lazy in transition.



Option 5 = Double Away Jump Shot

-- 1 hits ahead to 2 or 3 up the sideline who cannot score or pass inside to 4-man.
-- 1 and 5 sprint to set a STAGGERED screen for the weakside wing
-- Wing sprints off the stagger looking to shoot the 3-point shot

In most instances against quality defensive teams, our break progresses to this point. There are several teaching points that must be worth noting:

1. Should the defense transition smoothly and force a slow break to develop, it is important for our wings stay high and wide, at least ARC EXTENDED. Our break requires a wing entry which becomes difficult to make against good teams when the wings get too close to the corner.

2. The staggered screen should be set deep with the POINT GUARD setting the FIRST SCREEN. This lets the big set the second screen making a switch difficult.

3. The shooter must WAIT for the stagger to be set before using it. If he rushes, the second screen will be set too high forcing the NBA rather than the college 3-point shot.

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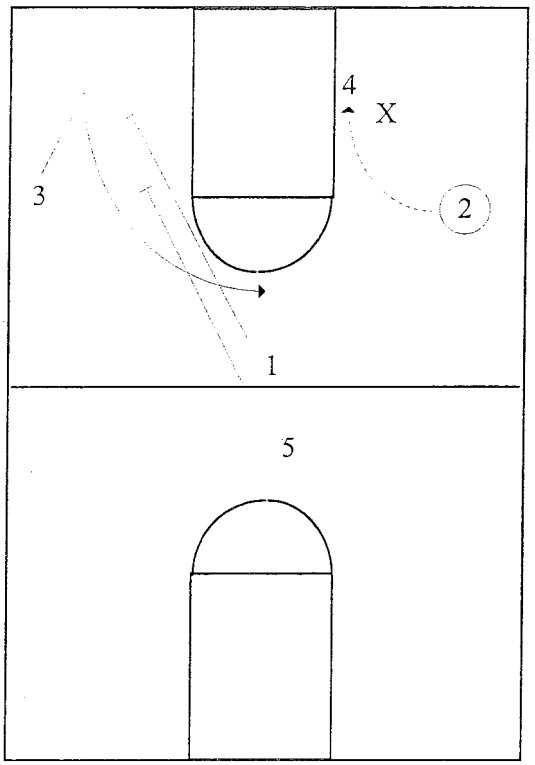
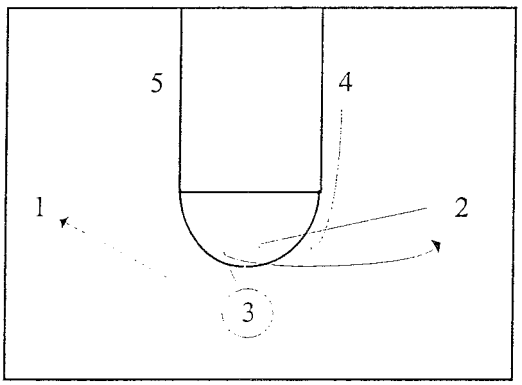


Option 6 = Fake the Double, Lob to 4 Posting

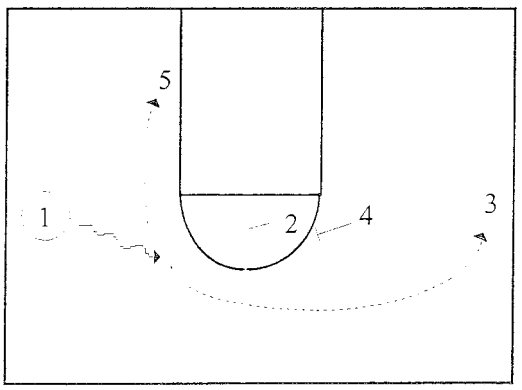
-- Same initial action as the double away option
-- Fake the pass to the shooter off the double, lob the ball to the 4-man inside.

This option becomes available after the shooter knocks down a couple of 3's. His shooting forces the big man guarding our 5 (the second man in the stagger) to hedge to stop the perimeter jumper. This takes away any weakside help if the post is fronted leaving the lob pass over the top as the read to make.



Option 7 = Double Flare to Motion

-- The shooter does not have a shot off of the double stagger screen
-- He IMMEDIATELY reverses the ball to 1 who has popped to the wing after setting the first screen in the stagger.
--Our shooter now cuts off a DOUBLE FLARE for the possible 3-point shot.
--1 has the option to pass over the top for the 3 or dump the ball back inside to 5 posting up.
--If no shot is available, we flow into motion offense.

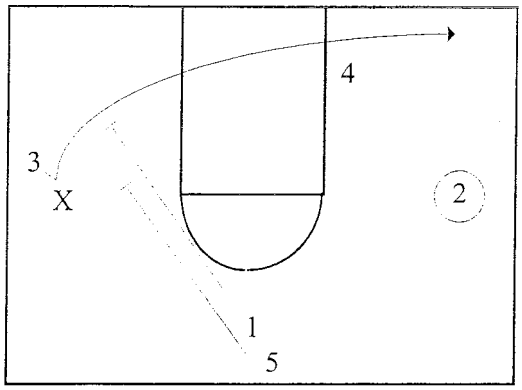


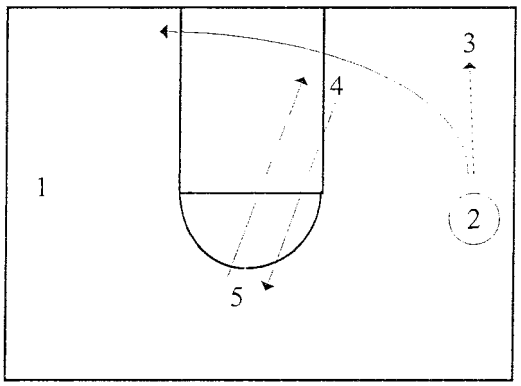
This is the final option in our Early Offense. A couple of teaching points must be noted.

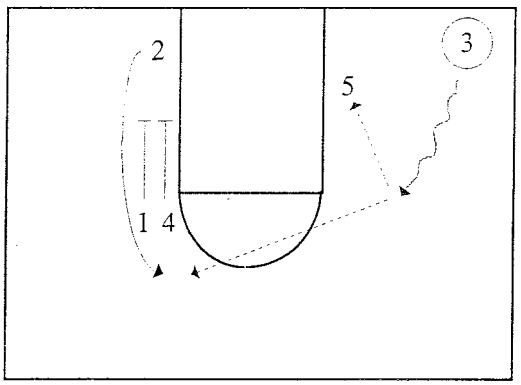
1. We ask that the shooter reverse the ball quickly if he determins the 3 is not there. The quick reversal lets us get to the next option efficiently before the defense is set.

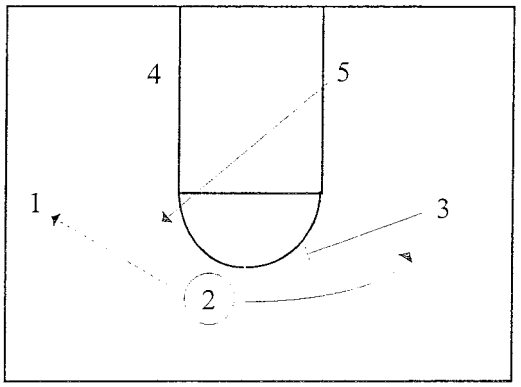
2. The point guard must SHORTEN HIS PASS to the shooter by dribbling to the point. Otherwise a floating lob pass stands a good chance of being stolen.

University of Oregon
BASKETBALL









Turnout:

Should the defense allow us to make the Double Away Stagger Screen and subsequent cut for the 3-point shot, our Early Offense will end with the Double Flare into Motion - Option 7.

However, some teams have jumped up on the high side of our shooter not allowing him to make the cut off of the stagger. Because we rely on the flow of our EO options to get us into offense, this defensive move hurt us considerably and forced us to reset our offense practically every time down court. We developed TURNOUT to counter this move. It has also become an excellent option for us in SLOW BREAK situations.

-- Run Early Offense through to the Double Away Option
--Because the defense is playing HIGH, shooter backcuts though to ballside corner
--Wing passes ball back to the shooter in corner then makes a basket cut to weakside block
--Posts exchange as cut is made - We want the 5-man in the low post every time we can get him there.
--Shooter dribbles HARD out of the corner as wing cuts off double set by 4 and 1
--Shooter can pass to wing off the double or dump the ball into the post
--If wing receives the ball but has no shot, he reverses the ball to 1 and screens away as the posts execute HI-LO ACTION
--If no shot is created, play flows into MOTION

NOTE: We will use Turnout in many slow break situations even if the defense does not play high on the shooter. This gives our offense better timing and allows the wing who has received the initial pass up the sideline an opportunity to make a pass quicker to alleviate potential pressure put on by his defender.

MICHIGAN BASKETBALL

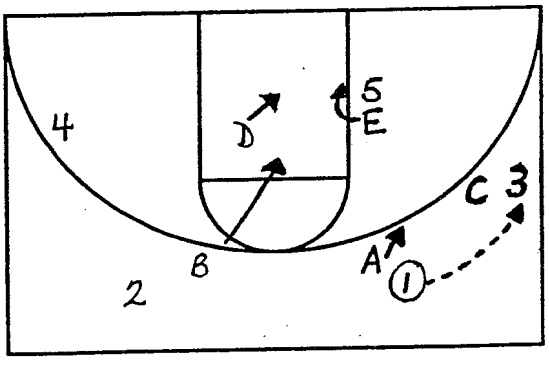
The Post Double

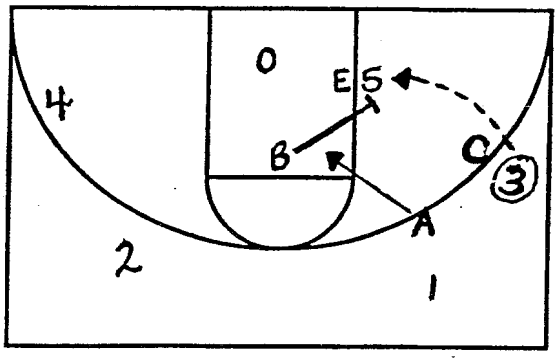
WHY HAS IT BEEN SUCCESSFUL?

1. Forces the opponent to do something they haven't practiced.
2. Is difficult to prepare for in a couple of days.
3. Takes your post player out of the game - from a scorer to a passer (forces bad shot, TO's). Examples: Laettner, Houston, Montross
4. Makes it an athletic game.
5. Takes you out of your set play (makes you make quick decisions).
6. Usually ends up on perimeter jump shot.
7. Is difficult to scout (doubling from different angles).
8. Players really like it.
9. Keeps post players out of foul trouble.
10. Develops players' reaction and communication - develops the total player.

BASIC CONCEPT

1. Basic teaching technique is to double from high opposite the post.





WHEN PLAYING THE POST:

1. Never want the ball to be entered from above the FT line extended.
2. The guard should have to dribble down and enter the ball below the FT line extended.

3. Post defender is in a wrap position denying entry above and pushing the defender down the lane and holding him there.
4. As the ball is taken below the FT line, a midline is established in which the defense is sitting on. At the same time we have slid behind the post trying to displace him off the lane (never allowing him to catch it directly on the block).

THE DOUBLE

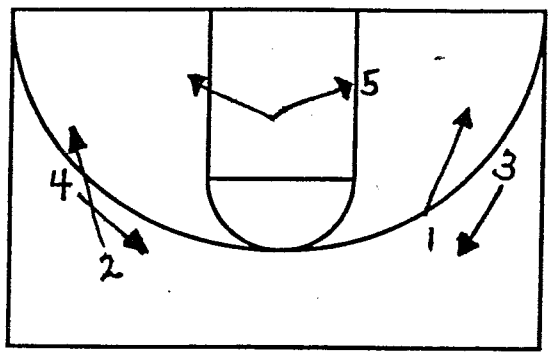
It is very important to have your players anticipating from the midline, and at the same time seeing the ball and man (in case of weakside flashes). As stated earlier, whoever is high opposite (gd. or fwd.) doesn't matter. We want them to be quick and aggressive on the post double (proper angle on the double).

On the pass, it is very important that we don't allow the post man to spin baseline. You should direct him to the middle. Force him to turn into the doubler. The doubler shouldn't let him get his shoulders turned to the point where he can spot the shooters or cutters on the helpside. It is very important to press into the post with your chest, with your arms raised. The players should also be harassing the post, creating chaos with the post player, who should have problems getting it out. Often the post player will become frustrated and try to shoot it out of the double, once again upsetting the coach because the shot is not of a high percentage. (Note: Good board coverage is needed!)

It is also important to not allow him to split you - if he lowers his shoulders and forces it, take the charge. It will be called nine out of ten times. If post man reverse-pivots and retreats to the sideline with a dribble, decide as a staff before-hand whether to press all the way into him and keep the double on, or to retreat back to your man if he retreats out. (Note: We have had instances where the post man doubler was a non-scoring big man who hurt us with some passes. A second-half adjustment was needed to take the double off him and keep it on for everyone else. Teams seem to struggle with that because they work for 3 or 4 days using that player as a decoy. Suddenly we're not doubling him - suprise!)

THE OFF-BALL DEFENDERS

It is crucial that our off-ball defenders react and recognize the post pass coming. Again, he should never lose sight of his own man. We like to add a post player and let him go block to block working hard to receive the ball in a posting area. Perimeter players may exchange on their sides or cut to the basket. Also in the shell drill, be sure to rotate your players so they get conditioned to all movements and coverages.



Once again, (E) doesn't let (5) catch it above the FT line extended (put arm in the passing lane, and use arm bar to push him down the lane, then slide behind him, moving him off the lane). (E) bumps and slides behind. Meanwhile, (B) and (D) are in position and anticipating the pass into the post (See Diagram 1). As (3) makes the pass into the post, (B) is there on the catch, pressing into (5) (See Diagram 2). (A) has dropped into the paint and splits the difference between (1) and (2), "reading" the shoulders, eyes, and feet of the post man. (D) can also get a read on the pass, but is also the goal tender, reading any cutting action and staying open so he sees both the ball and man. If (D) turns and loses sight of (4), you will be suspect for easy cuts from the helpside. (C) then drops about a half step, never losing sight of the ball and man (absolutely never giving up any three-pointers on ballside), and not giving (5) an easy pass back court to (3).

Diagram 1

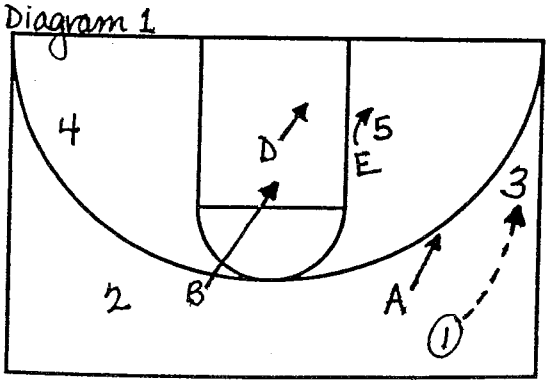
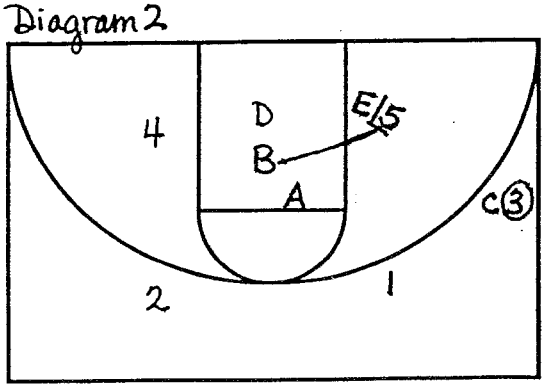


Diagram 2



On the pass out, we must read, react (shoot the gap) and communicate. Usually (A) will take the first pass out and pressure with good closeout, stirring the ball to the outside. (B) will sprint out of double team and take (1) (we don't care about gds. and fwds. matching up - take the next available man, and play half-court defense). (Diagram 3)

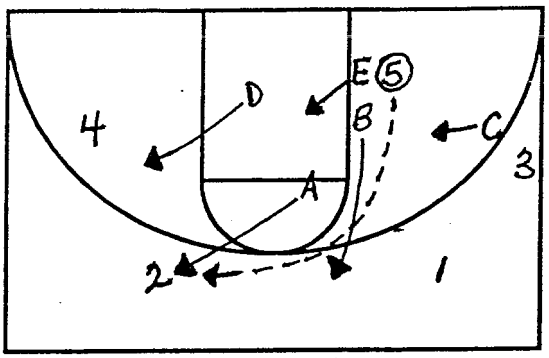


Diagram 3

If you don't sprint out of the trap, you will give up open three's. The player on the double must quickly read, pass out, and move as the ball is in flight. Often (B) (the doubler) stops, looks, and loses one or two important seconds of the half-court defense. Remember, on a pass-out everyone will be shifting, moving, and communicating.

Once again, we work this drill out of our 4-4 shell concept by adding a post player and defender. Also, we do this from day one, all the way through the season, fixing and adjusting different parts as we go along.

SITUATIONS

There have been several situations where we have altered our concept to fit our game specific plan.

Situation 1. The Pass-Out with Screen In. There have been many times when teams have tried and worked on the skip pass out, while trying to screen in the intercepter. (Diagram 4)

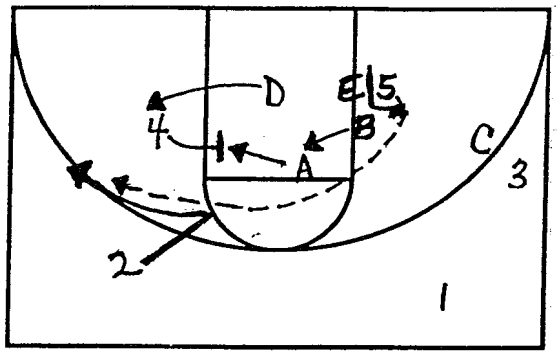


Diagram 4

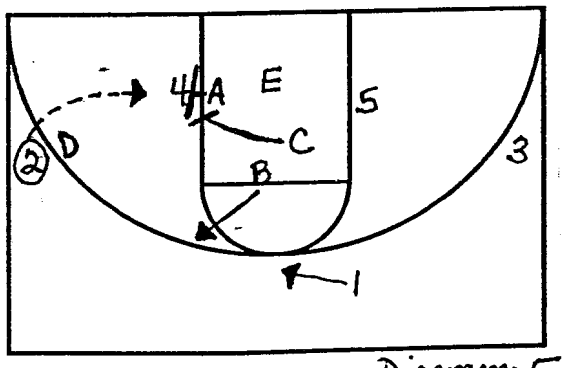
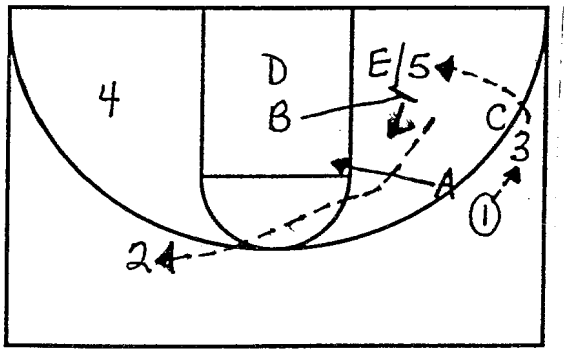


Diagram 5

(D) must then be the player who covers out on (2). (A) recovers to take (4), and (B) takes (1). Some might advise to throw it to (4). Now that a guard is on him (your concept stays consistent), we would be doubling him aggressively with (A) and (C). (Diagram 5)

Situation 2. Two Guards Tight on the Ballside - The topside player A has to get into the paint and be the intercepter. (Diagram 6)



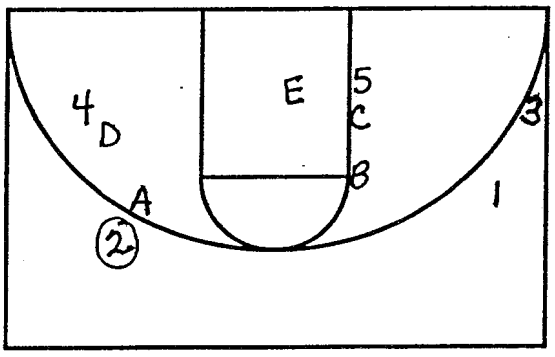


Diagram 6

For some reason, players have a hard time recognizing two players from the same side - below FT line extended. When this happens, it is a different angle on the coverage. Because (A) thinks he is ballside and doesn't get to the coverage spot, he should rotate so that he will cover (1) and (2). Tell him to get both feet into the paint and try to see the ball and both players, and intercept the pass out. After the pass comes out, everyone else must communicate and rotate.

Situation 3. First Player From the Midline to Get There Will Be the Double Man . It could be the goal tender (D) who doubles, meaning (B) would drop and (A) would still be the intercepter. The rotation would be the same concept we talked about earlier. You will find that some players are quicker to read and will be better at doubling than some others. We have found out we like to take advantage of this, so we might go a segment or game of "whoever is the first player from the midline to get there is the 'double man'." As years have rolled on, we have found this to be a most effective and productive double - especially with a veteran ball club, in which the players' know each others' movements. (Diagram 7)

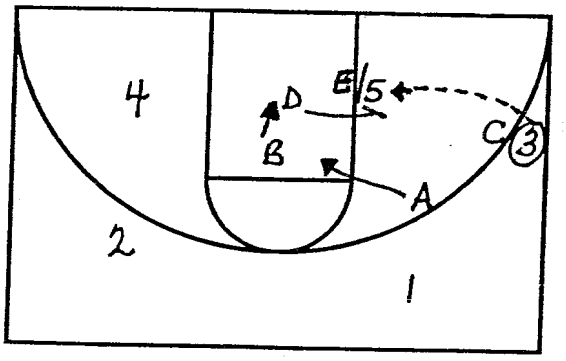


Diagram 7

Situation 4. Covering the Great Shooter on the Helpside if You Leave Him - In the past we have had some great shooters go through the Big Ten Conference (Shaun Respert, Kevin Lynch, Steve Smith, Todd Leslie, Jim Jackson), so we have had to make some adjustments, though nothing drastic to our basic philosophy of doubling in the post. Several times we have tried putting a colored jersey on one of our players and made the other players react to him. Two basic things we worked on:

1.) Not doubling from that shooter (this is difficult to do and takes special preparation time).
2.) Doubling from the shooter, but everyone else recognize and favor the shooter (or cheat toward him, so you give him no good looks at the basket).

Situation 5. High-Low Concept - With the size of players and the way they are able to pass, we see a lot of high-low concept. When high-low, the post man high will be doubler or intercepter. Also, we never want the ball entered to the elbow, and so we deny it, work extremely hard to keep it out, and try to give an easier look to the low post man.

A.) High Post Man As the Doubler. It is usually very difficult to see out of the "double" with two post players. Also, the post players usually love the chance to double. (Diagram 8)

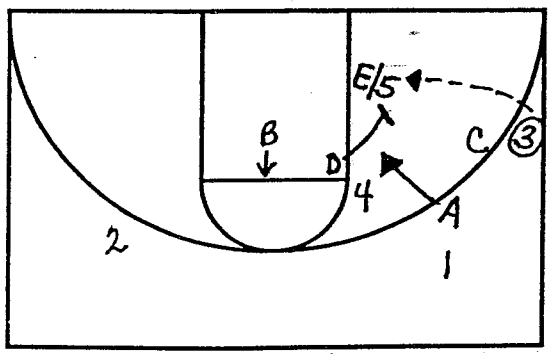
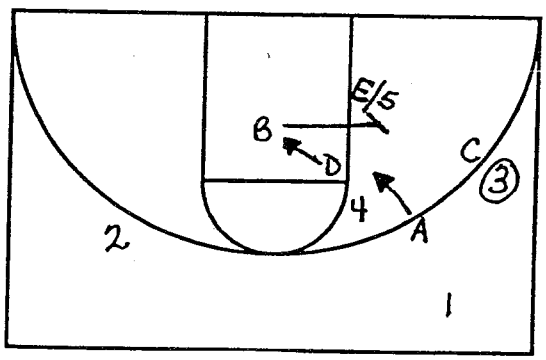


Diagram 8

B.) Helpside Is the Doubler. (B) becomes double man and (D) rotates to be goal tender, and (A) drops into the elbow area to become the intercepter. (A) then takes the first pass out and we then rotate and communicate. (Diagram 9)



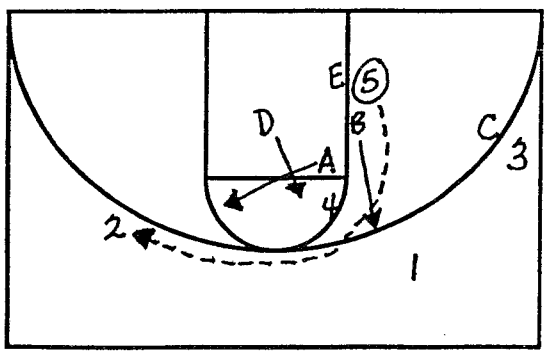


Diagram 9

BREAKDOWN DRILLS

1.) <u>2 on 2 "The Double" w/2-0 Coach.</u>

Player (E) attempts to bump, slide behind and turn (5) into the doubler. Player (B) works hard at seeing the ball and man and anticipating the pass into the post. If they start cheating, skip it to (2) for an easy "3". Work hard at getting feet together with (E) and press into (5), not letting him turn (proper angle on trap is very important). Be aggressive and keep hands up!! On the pass out, spring to line of ball (1). (Diagram 10)

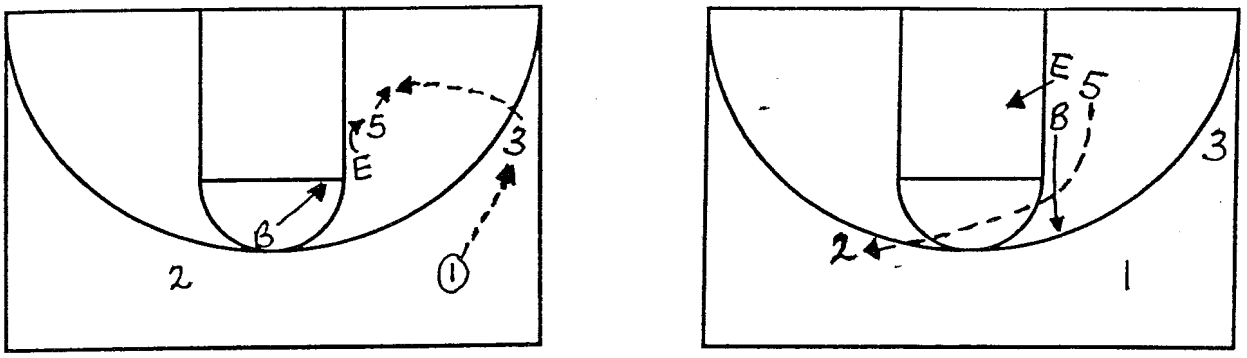


Diagram 10

2.) <u>1-1 Post Defense w/2-0 (w/ Dribble Entry, w/ Pass).</u>

Work hard at meeting the offensive player at the foul line extended, bumping him off the lane, and sliding behind. Throw it in and play 1 on 1. (Diagram 11A)

Try to keep the pass from entering the elbow area. As the ball is dribbled down, you will bump and slide behind, and move (5) off the lane on the catch. (Diagram 11B)

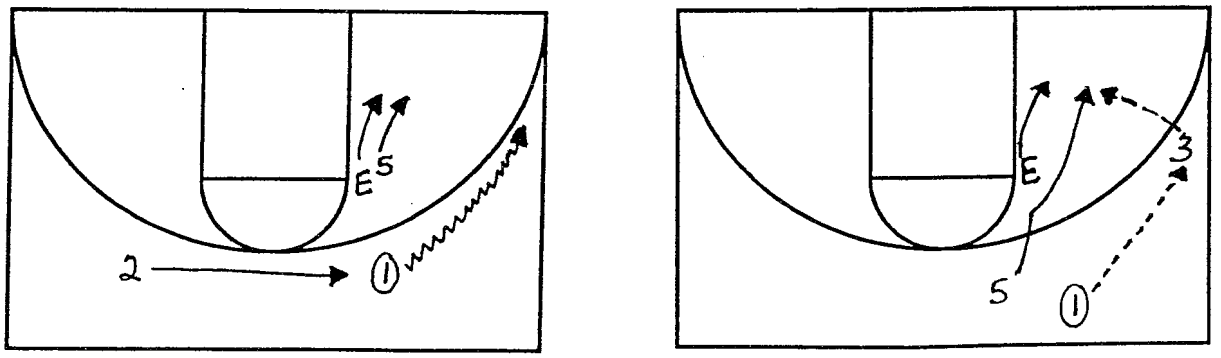


Diagram 11A

Diagram 11B

3.) <u>3-3 Double Closeout w/1-0 Coach.</u>

Player (A) works hard at reading the eyes, shoulders, and feet of the post player and tries to anticipate the pass out (shoot the gap).

Player (B) works hard to press into (5), double, and get a deflection. He then works on the sprint back out to the line of the ball. If the doubler is slow getting out of double, have (2) swing it to (1) for the shot. (Diagram 12)

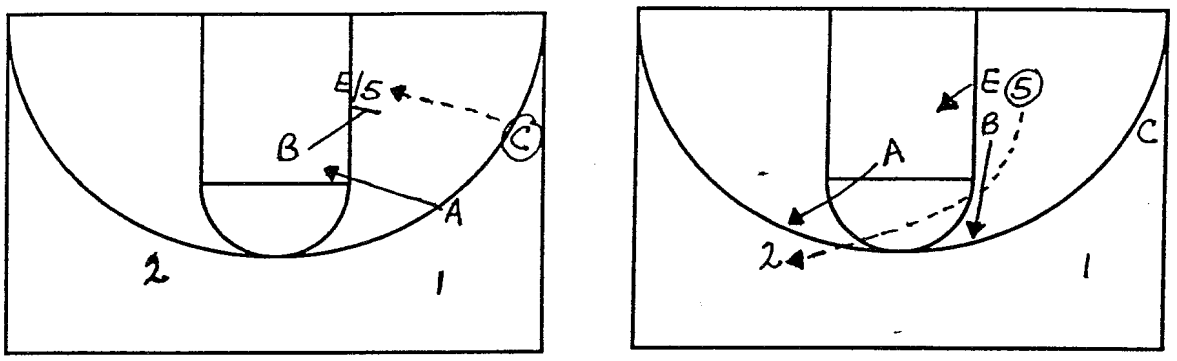


Diagram 12.

4.) <u>4-4 Shell w/1-1 on Post (Dribble Entry on G-F Pass).</u>

Start out stationary with minimal movement. Let the players feel their way around on the floor. Have them communicating, rotating, and getting used to the new adjustments. Once they have done it for a couple of days, have (5) move from midpost to midpost. (Diagram 13)

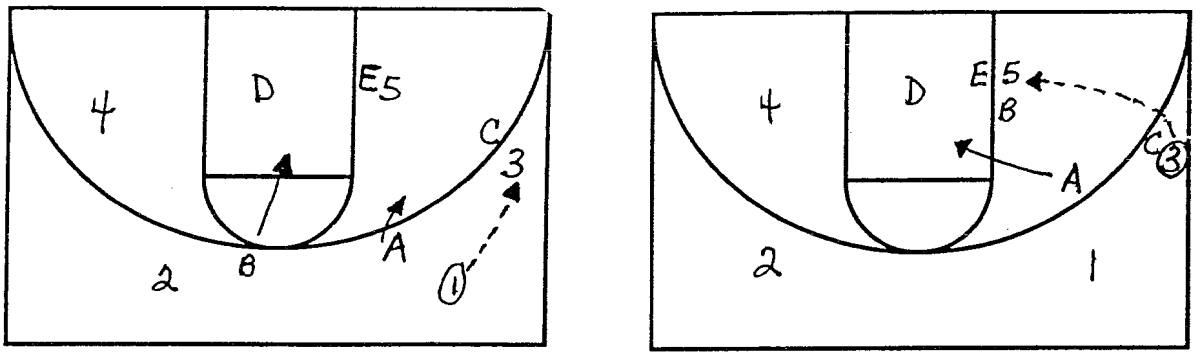


Diagram 13.

DOUBLING BALLSCREENS & HANDOFFS

-With Post Player Away from Basket
-Forward, Guard
-Pick 'n' Roll (not executed very well anymore)
-Handoff, Then Ball Screens

Doubling ballscreens and handoffs were, in part, derived from the same concept. We wanted to take teams out of their set play, make them do something they hadn't practiced, and make it an athletic game where they had to make quick decisions on the fly. It has been very effective for us and the players love it. When we scout teams they are really tuned in to the opponents' sets and where we are able to double.

THE BALLSCREEN

We try to be very basic and simple in teaching doubling ballscreens. The most important element is communication of the screen coming. This has to be demanded from your entire staff, and when it happens in a game the bench has to be very verbally active.

GUARDING THE DRIBBLER RESPONSIBILITIES

It is extremely important to us that we work very hard at guarding the dribbler with good pressure. Once the ball crosses half-court, we try to keep it on a side or make the offense arc the ball to get it reversed. In today's game of so many talented athletes, it is difficult to absolutely keep it on a side or totally deny the wing (thought: if you want the ball on one side, why deny entry? Get them to make entry 3 or 4 feet beyond the arc.). We have found that most ballscreens happen out of set plays or 3 out 2 in motion where the post steps out from elbow area, usually for a guard or a forward.

GUARDING THE SCREENER

The player must be alert and verbally anticipate the screen. Many times players recognize the set play coming (i.e., they're tuned in!!) and call out the screen before it happens. This will usually destroy the play, or the

point guard will reset it. He may never run that play again for the remainder of the game. Otherwise, if you can get a turnover or cause major problems, the coach may take that play(s) out of the game plan entirely.

When the defensive player sees the screen coming and calls it out, he must step out and up early, and show his numbers (with his hands on his hips). He must be ready to move with active feet and hands. Remember in any of your doubling, no splits, no fouls, and occasionally you will give up some easy baskets - maybe! Usually the turnovers or disrupting tempo heavily outweigh the scores.

OFFBALL DEFENDERS

The rule of thumb that we like to use is that the closest player to the screen will be the intercepter and the other two have to read where the other three players are, and split the difference between them, again reading the eyes, feet, and shoulders of the dribbler. A good double on the ballscreen will push the dribbler out toward half-court, usually creating an off-balance pass out, allowing for a steal.

It is important to remember that once the pass is thrown out of the double, the doublers need to spring back to the paint and read, react, and be ready to pick up. Regardless of forward, guard, or center, communicate and be matched up. When the chance comes to switch for a better watch up - get it clear.

The players off the ball need to be aggressive in their reads, especially when you first put it in. Players don't want to leave their man - they must so you can create easy scoring opportunities.

Situation 1. With Post Player Away From Basket and Not In Scoring Area.

Often when this happens, the post player won't roll. He steps out and tries to be a passer. We won't run at him - we may jab and retreat, then let the post man who doubled him recover back. We make this decision before the game or at half time as an adjustment. Getting a post man twenty feet from the basket usually makes him uncomfortable. He may try to show everyone his ballhandling skills and force a turnover (because we're making him do something he hasn't practiced).

Situation 2. Guard-Guard Ballscreen.

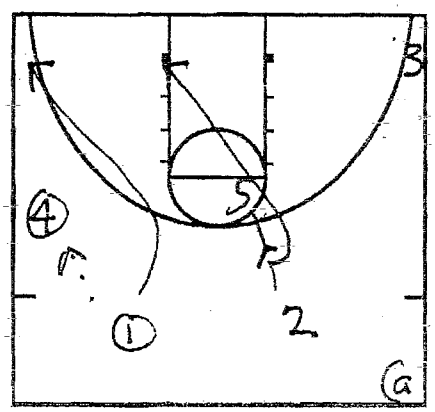
Teams will often try to screen with another guard. Occasionally we will double it, but usually early recognition or just switching it will handle this rather easily.

Situation 3. Slip Screen.

A situation you must be aware of is the slip screen, or fake screen. Our philosophy doesn't change. We still want to anticipate early, stepping out and up, showing our numbers with hands on hips. If you feel him leave, communicate it by the feel of your hand on his hip. The communication will help the players at the midline to cheat over and read the pass. The player guarding the ball hears this and still tries to arc the ball, knowing it won't be a double. A lot of times, it is a judgement call. Your players have to be drilled on this so they are ready for all situations.

Play Call: "BASIC" : SETS

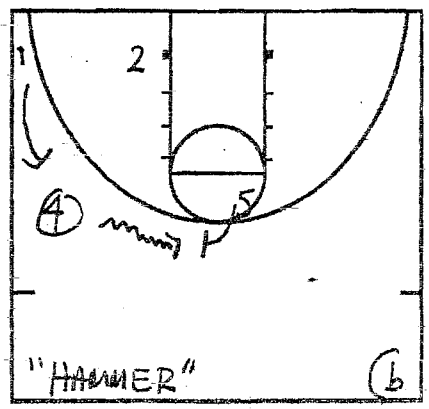
Basketball



"HAMMER"

1 to 4

BASIC CUT ACTION

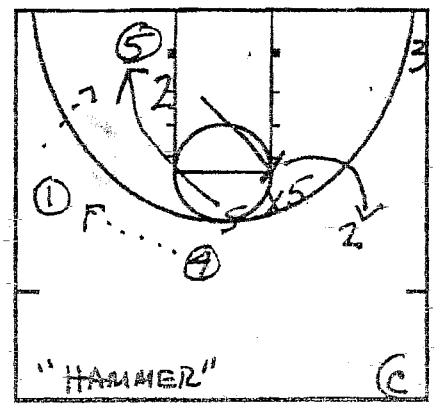


5 SETS up HIGH

BALL SCREEN

4 DRIBBLES @ 5

1 FILLS TO BALL

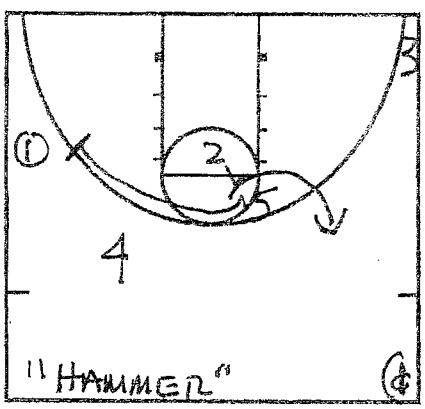


4 PIVOTS, THROWS

BACK TO 1

2 HAMMERS X5

ON SCREEN & POPS. 1 to 5

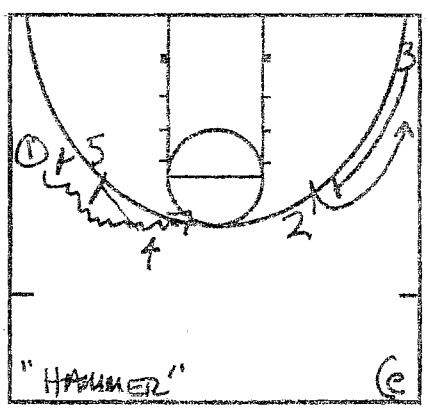


OPTION FOR SHOOTER @ 5

5 COMES OFF 2's SCREEN

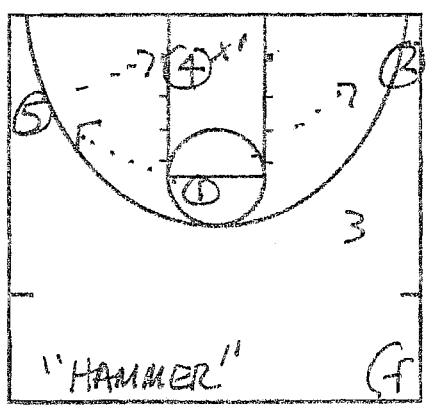
RIGHT TO A WING

BALL SCREEN



4 SETS A DOUBLE

3 FLARES 2



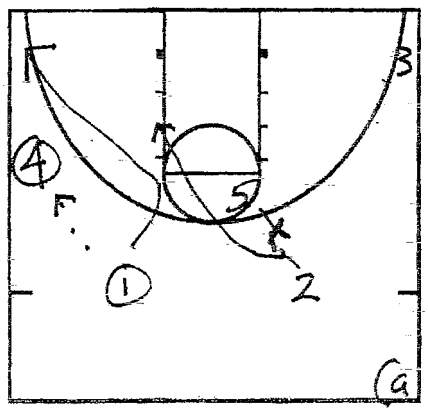
5 POPS

4 ROLLS TO POST

EXPLOIT A 1 ON

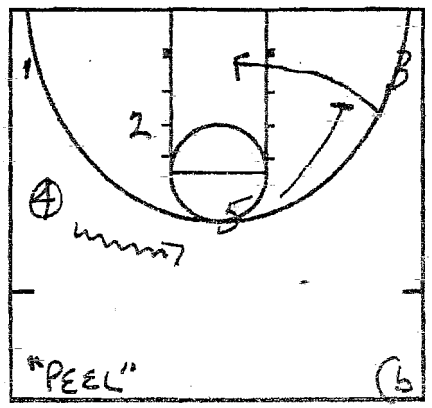
4 SWITCH

Play Call: "BASIC" : SETS



"PEEL"

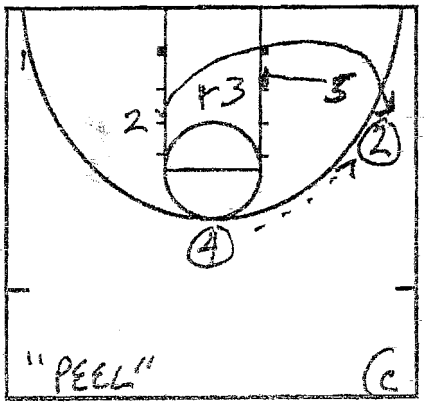
1 to 4. BASIC CUT ACTION. 2 STOPS @ 2ND MARKER



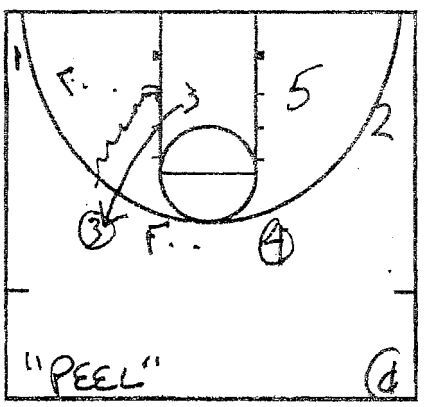
5 SETS WDS FOR 3

3 BACK CUTS

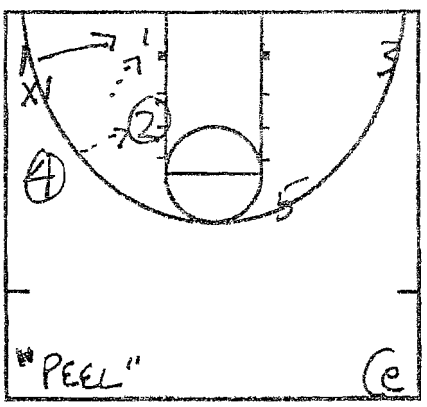
4 USES DRIBBLE



2 PEELS OUT. 3 SETS GET IN WAY SCREEN. 5 STAGGERS 4 to 2 FOR SHOT



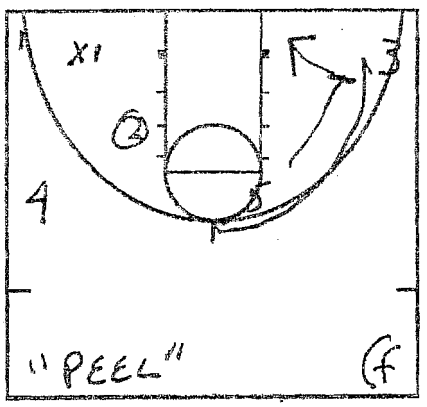
4 CAN THROW BACK TO 3 FOR SHOT, DRIVE, KICK, OR POST FEED TO 5



IF 4 HITS 2 @ 2ND MARKER

2 CAN GO 1 ON 1

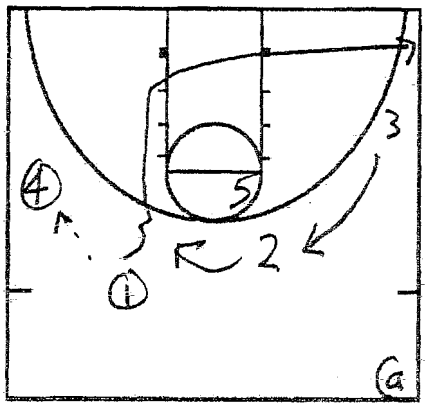
1 BACK CUTS VS X1 DENY



5 SETS WDS FOR 3

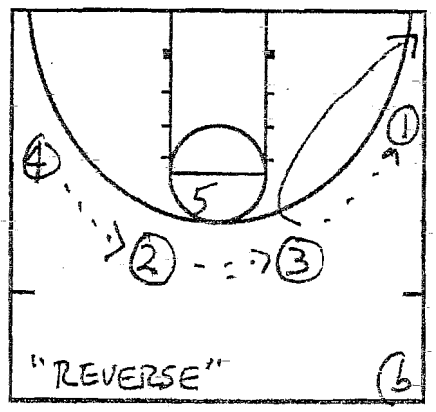
"READ & FEED"

Play Call: "BASIC" : SETS



"REVERSE": ENTRY TO BASIC

1 TO 4. 1 BASKET CUT OUT OPPOSITE

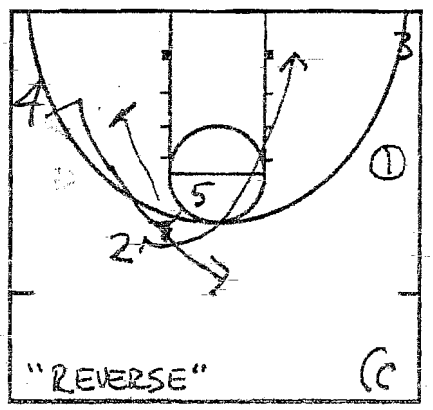


2 & 3 FILL

4 to 2. 2 to 3.

3 to 1. 3

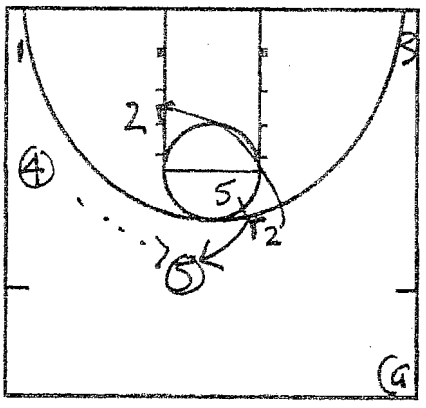
BASKET CUTS



5 CRACKS 2

5 WDS 4

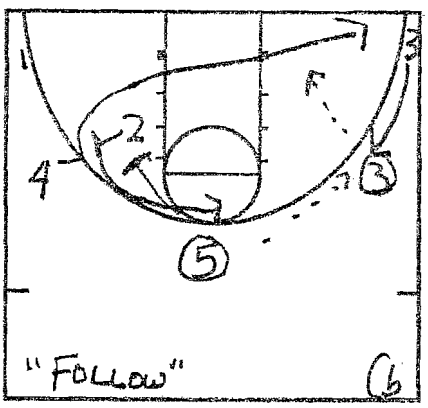
"BASIC"



"FOLLOW"

5 CRACKS 2. 5 POPS OUTSIDE KEY TO BALL

4 to 5. 2 @ 2ND MARKER

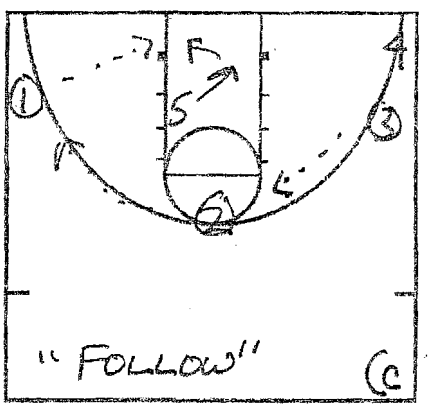


5 REVERSES TO 3

2 BACKSCREENS 4

4 to POST & OUT

5 SCREENS

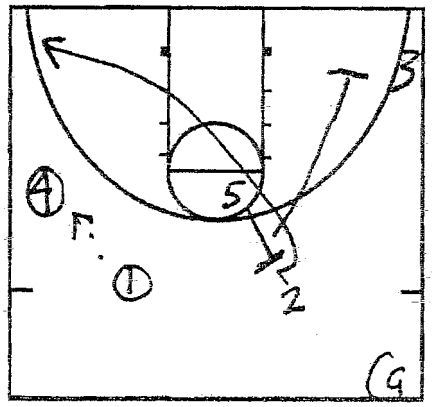


3 TO 2. 5 CAN SLIP. IF 2 CURLS BACK CUTS, 5 POPS

2 SHOT OR REVERSE TO 1

Play Call: "2 DOWN"

Basketball

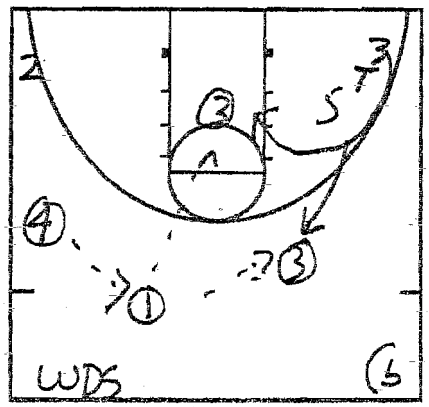


WDS

1 to 4

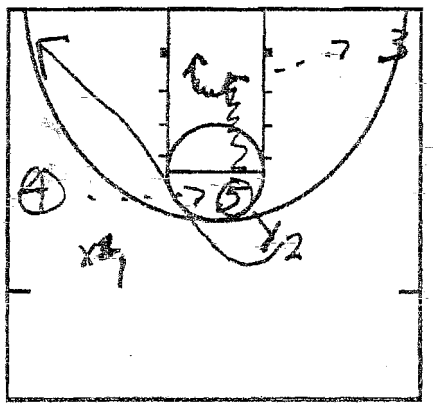
5 BACK SCREENS 2

5 WDS 3



4 QUICKLY BACK TO 1

1 TO 3 OFF WDS

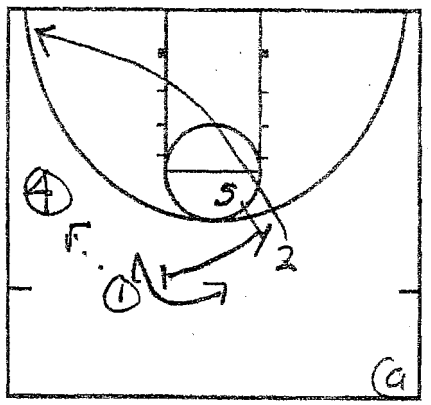


5 POPS

5 POPS TO BALL

AFTER BACKSCREEN

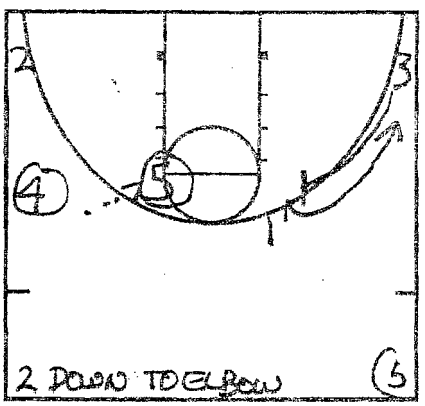
5 SHOT, DRIVE, KICK



2 DOWN TO ELBOW

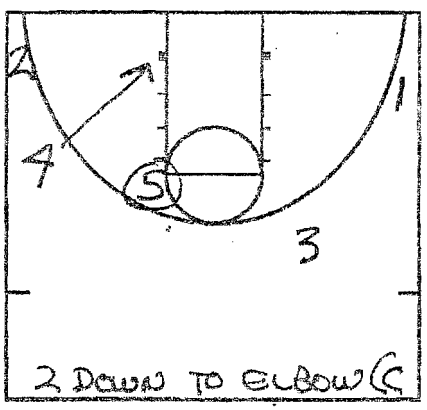
BACK SCREEN

FLARE SCREEN



4 to 5

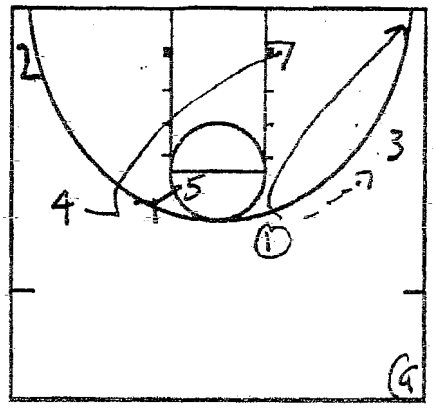
3 FLARES 1



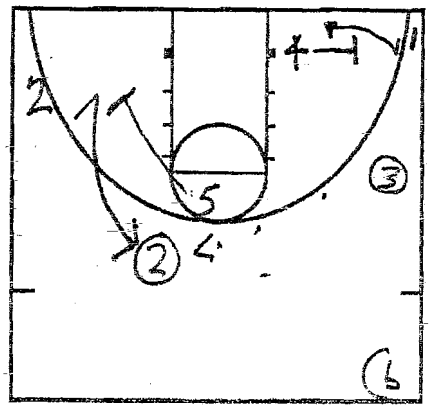
ELBOW ACTION

Play Call: "2 Down"

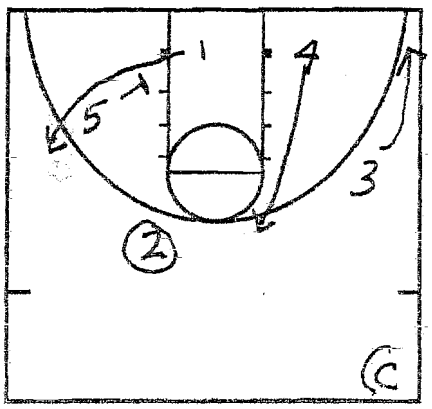
Basketball



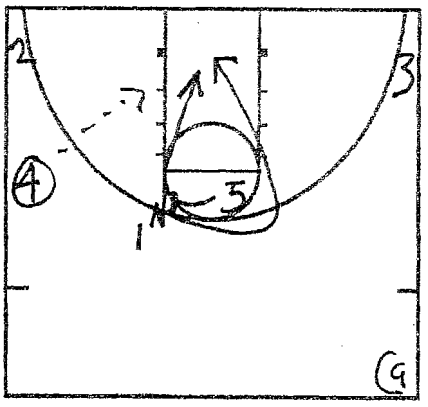
ON A QUICK
REVERSE 1 to 3
w/ 5 HIGH, WE
TRIGGER BASIC



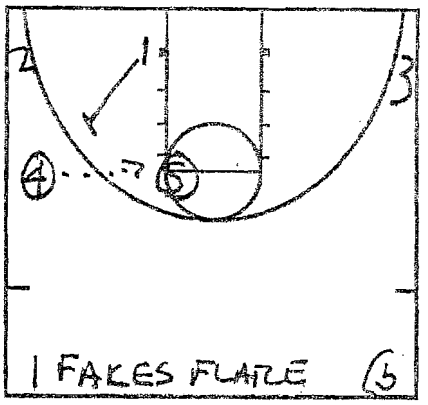
5 WDS 2
4 BLS 1



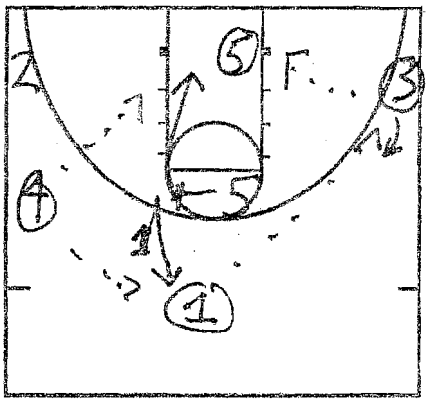
5 HIGH PIN FOR 1
4 POPS
3 DRIFTS



1 FAKES FLARE
1 BASKET CUTS OR
CURLS
4 to 1 ON CUT OR POST



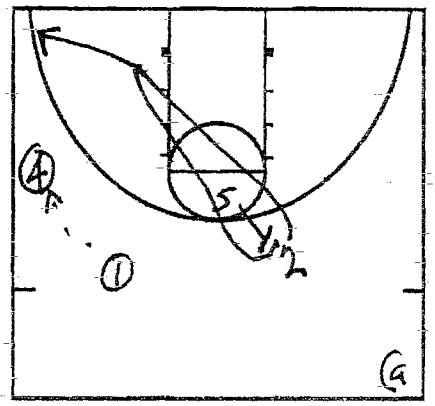
4 to 5 =
"CHOP"



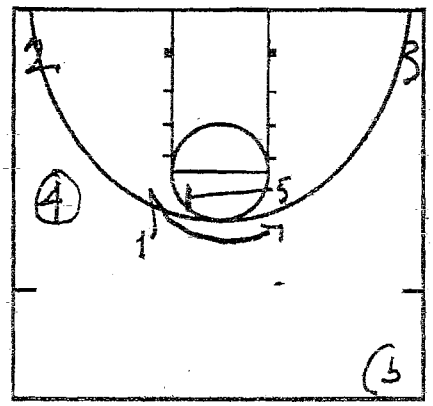
BUMP & SLIP w/5
4 to 5
4 to 1 FOR SHOT
4 to 1 to 3 to 5

Play Call: "2 DOWN"

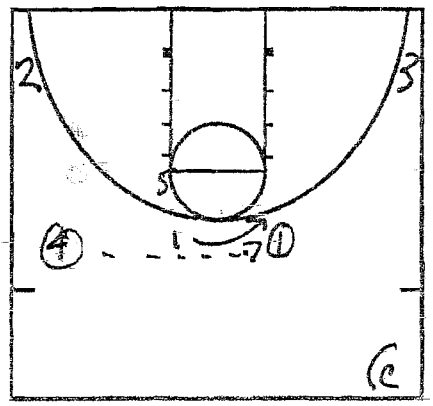
Basketball



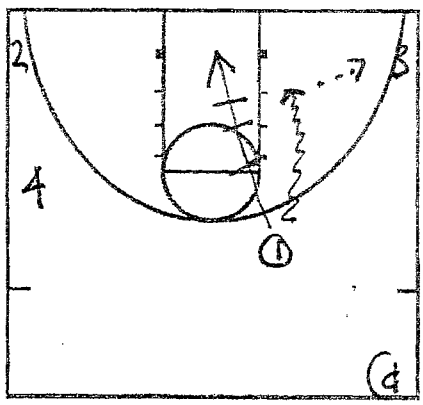
2 DOWN = 2ND CUTTER FIRST 5 STEPS OUT TO SET A BACKSCREEN



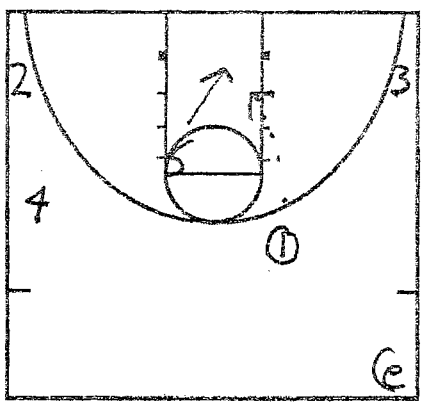
2 TO POST & OUT 5 SETS FLARE FOR 1. 1 BEGINS BASELINE CUT & NUDGES DEFENDER



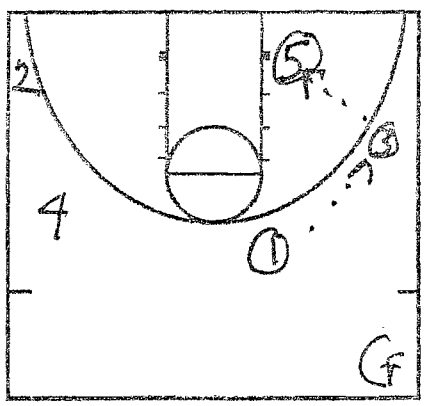
TO CREATE SPACE 4 to 1. 4 CAN USE DRIBBLE TO PASS



1 LOOKS SHOT, DRIVE KICK



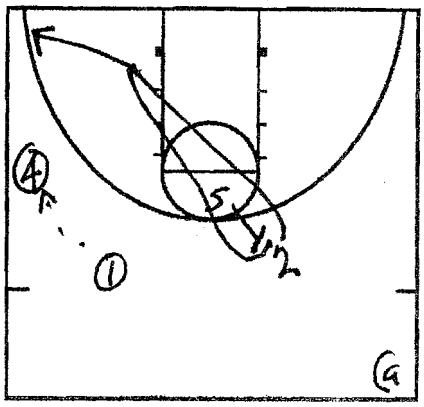
1 HITS 5 ON SLIP CUT.



1 TO 3 TO 5 - POST & CUTTERS -

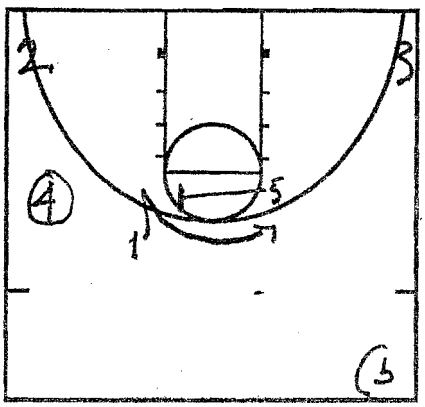
Play Call: "2 DOWN"

Basketball



2 DOWN = 2ND CUTTER FIRST

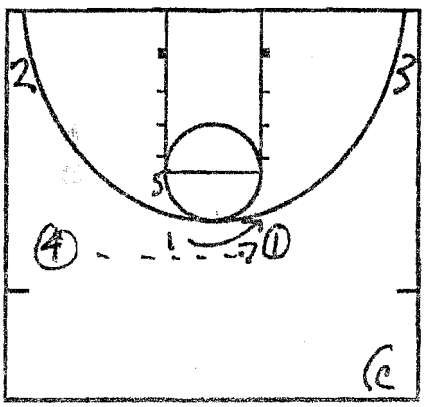
5 STEPS OUT TO SET A BACKSCREEN



2 TO POST & OUT

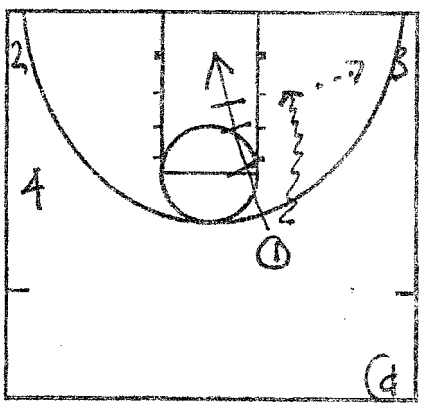
5 SETS FLARE FOR 1

1 BEGINS BASELINE CUT & NUDGES DEFENDER

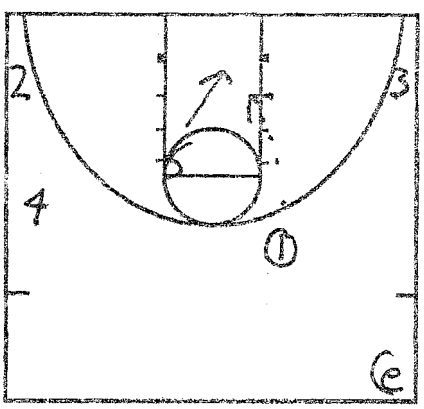


TO CREATE SPACE

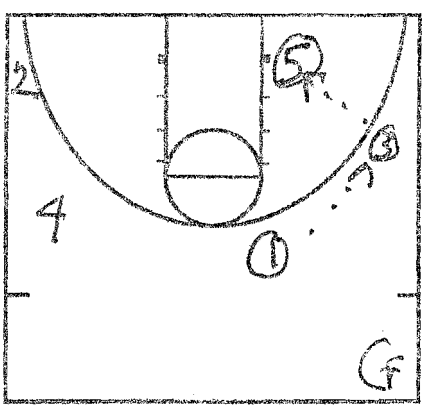
4 to 1. 4 CAN USE DRIBBLE TO PASS



1 LOOKS SHOT, DRIVE KICK



1 HITS 5 ON SLIP CUT.

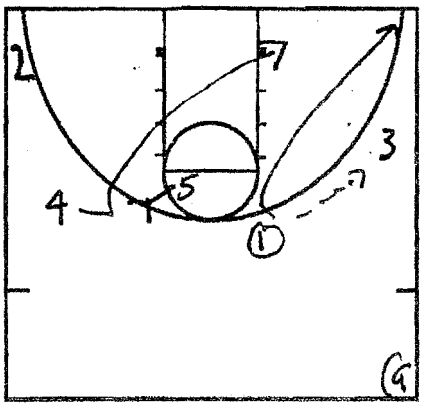


1 TO 3 TO 5

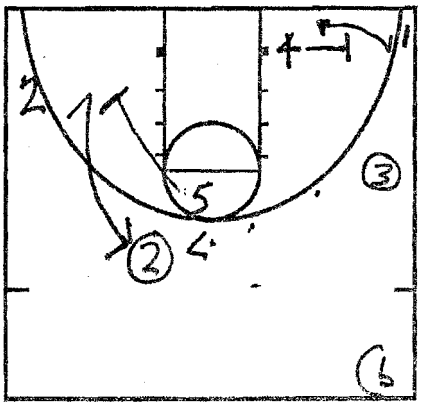
- POST & CUTTERS -

Play Call: "2 DOWN"

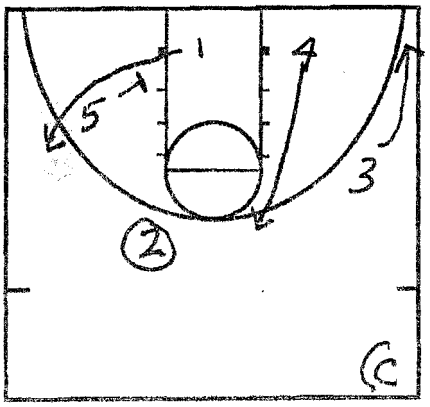
Basketball



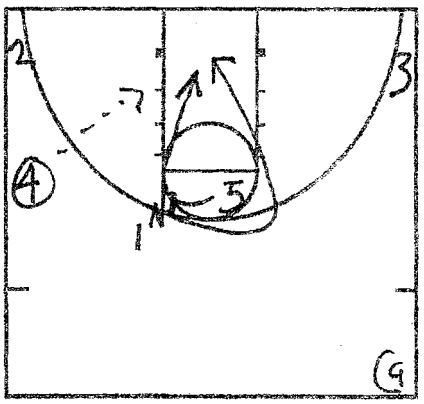
ON A QUICK
REVERSE 1 to 3
w/ 5 HIGH, WE
TRIGGER BASIC



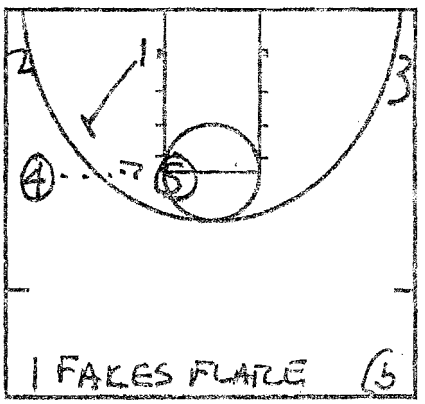
5 WDS 2
4 BLS 1



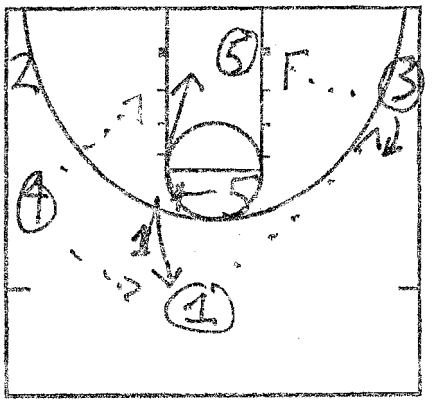
5 HIGH PIN FOR 1
4 POPS
3 DRIFTS



1 FAKES FLARE
1 BASKET CUTS OR
CURLS
4 to 1 ON CUT OR POST

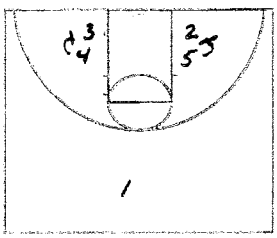


4 to 5 =
"CHOP"

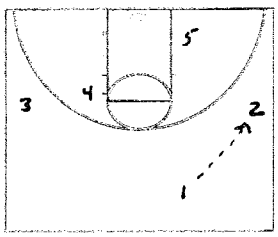


BUMP & SLIP w/5
4 to 5
4 to 1 FOR SHOT
4 to 1 to 3 to 5

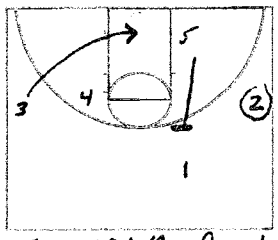
"**Middle**" Total Option Offense

① 

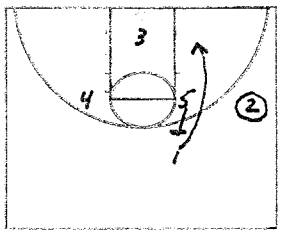
Basic Set up

② 

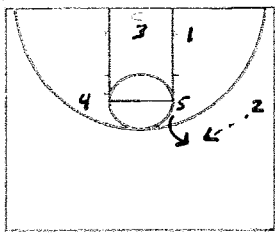
After Double Stack

③ 

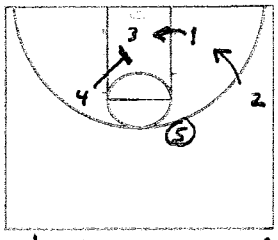
5 UCLA for 1
3 cuts to net

④ 

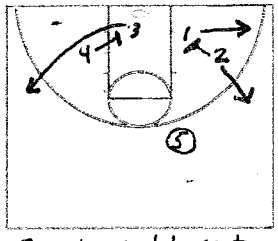
UCLA Cut

⑤ 

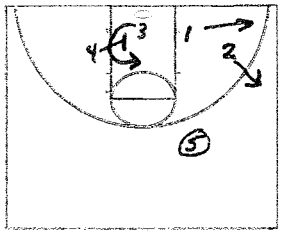
2 to 5 pass

⑥ 

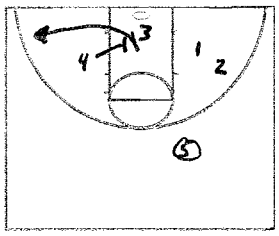
4 downscreen for 3

⑦ 

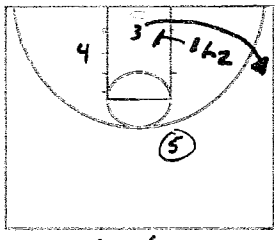
3 straight cut

⑧ 

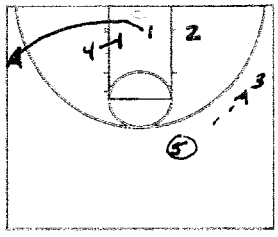
3 curl cut

⑨ 

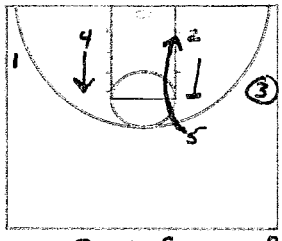
3 Flare Cut

⑩ 

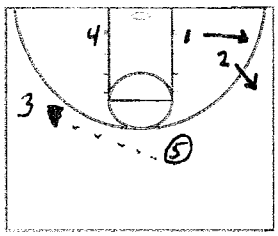
3 off stagger

⑩a 

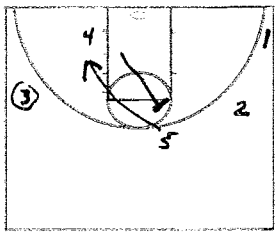
5 pass to 3
1 go through

⑩b 

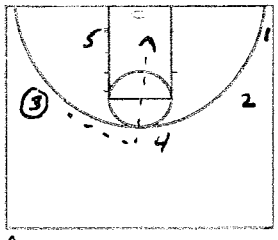
2 Back Screen for
5, 2 step out

⑪ 

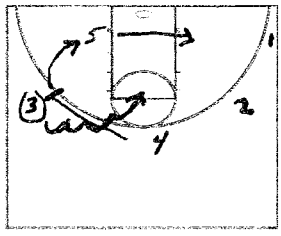
Options off the
swing pass

⑫ 

4 backscreen for 5

⑬ 

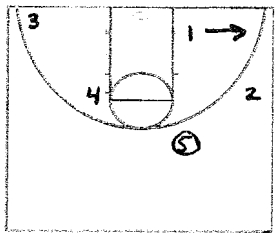
Can go Hi-Lo

⑬a 

Ball Screen; 5
clears to opp. side

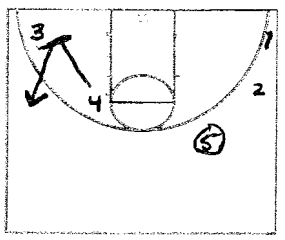
Middle Tennessee Women's Basketball

(14)



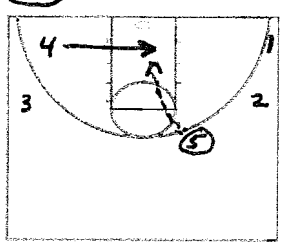
"White" set

(14a)



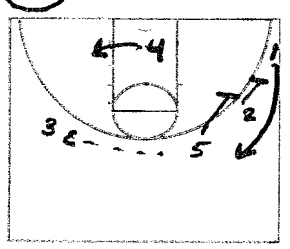
Set down Screen @ 3 pt line

(14b)



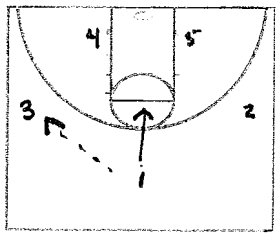
4 slips to goal 3 spaces to the '3'

(14c)



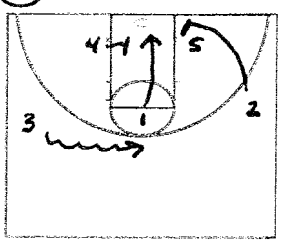
If we swing to 3, 1 gets stagger from 5+2

(15)



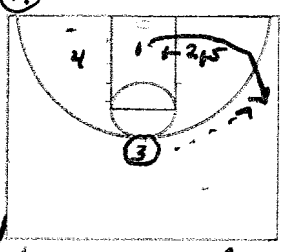
Middle Motion"

(16)



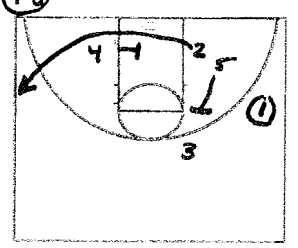
Pass to '3 - 1 cuts to free throw line

(17)



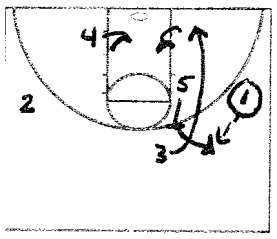
1 can go off Stagger from 2+5

(18)



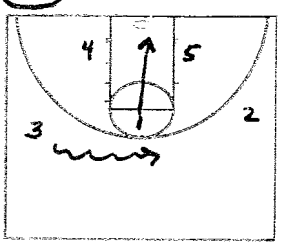
3 gets UCLA from 5

(19)



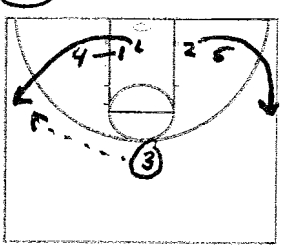
Both 4 + 3 Duck in 5 steps out

(17a)



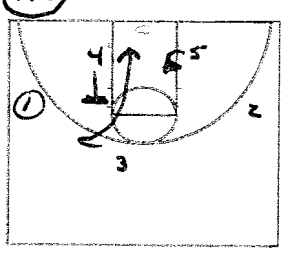
1 can go off 4 and get a Kickback screen

(17b)



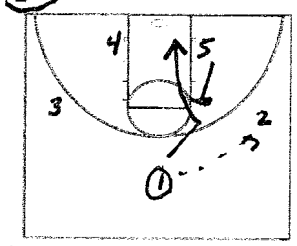
3 passes to 1 4 UCLA for 3

(17c)



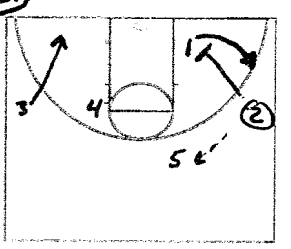
3 + 5 Duck in, 4 steps out to get ball

(20)



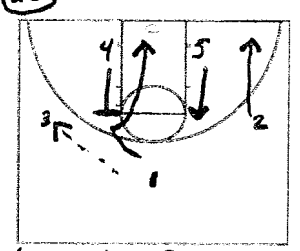
"Middle Special"

(21)

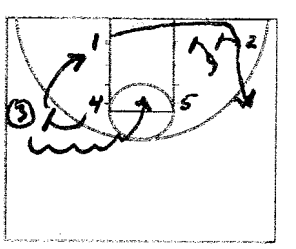


2 pass to 5 2 Downscreen for 1

(22)



"Middle Pick"



5 + 2 set stagger for 1

4 sets POB for 3

* Like to use * to post a smaller guard if they switch

PASSING GAME OFFENSE

There are three important factors in the passing game:

1. Passing
2. Movement
3. Screening

Passing game entails all three and they are points of concentration. The passing game is a passing offense, a motion offense and a screening offense.

There is no predetermined order of movement. It's constant movement of the ball and people. Move the ball and move people. The more rules, the closer you get to a pattern offense. You're structuring and this is what the passing game doesn't need. The player's movements should depend on "reading the defense". Intelligent movement is the key. Read the defense and learn to make use of the opportunities presented by the defense. Any rules you install will affect the structure of your offense.

ADVANTAGES OF A PASSING GAME

1. Player's like.
2. Encourages individual play.
3. Adjustment can be made to suit your talent.
4. Results in good percentage shots when executed.
5. Adaptive style to fastbreak, control and delay.
6. Emphasizes team concepts.
7. Takes advantage of poor defensive player's by creating visual problems.
8. Helps teach your own team M-M defense.
9. Requires conditioning.

DISADVANTAGES

1. Difficult to predetermine who will shoot.
2. Conditioning - if you use less than 8 players.
3. Loose defensive balance.

POINTS OF EMPHASIS

Head Coach must emphasize offense goals over and over again.
Get free without the ball - that's how offense works.
If we execute, we'll score.
If your next logical receiver and don't get the ball, you must move -- go away. Set a screen or cut to the basket.
Be aware of defensive balance.
You'll need 2, 3 or 4 basic alignment to run out of. You must create problems for the defense.
You shouldn't restrict alternatives on offense initiation - it doesn't matter, because ball will be passed to an area where you can initiate.

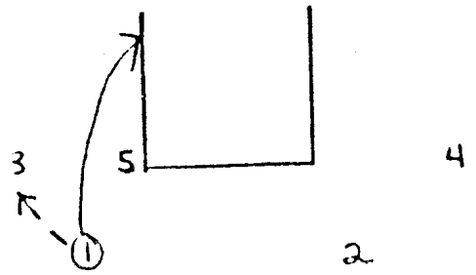
Be patient - it takes time.
Never say "set it up".

RULES

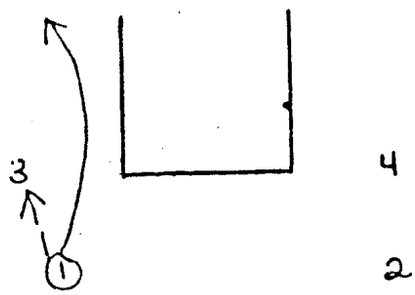
1. You must move every time a pass is made.

2. Don't make 2 consecutive cuts in the same direction.

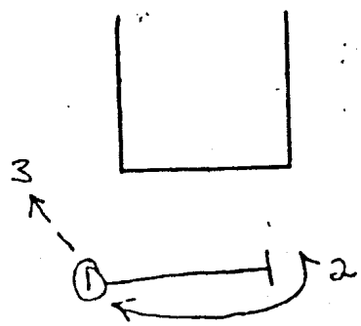
(A) Pass and cut to basket:



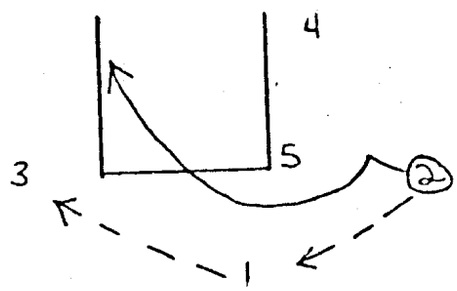
(B) Pass and make direct inside cut to baseline:



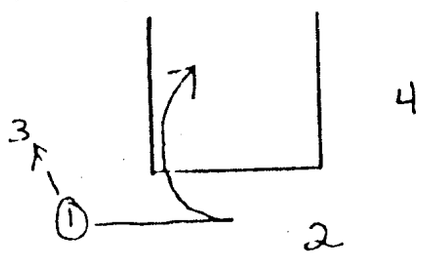
(C) Pass and screen away:



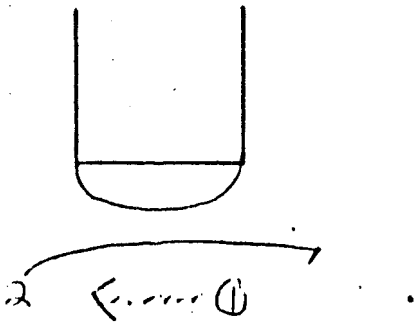
(D) If there is a high post, pass and shuffle cut:



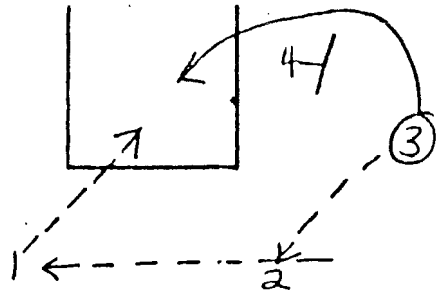
(E) Pass, start to screen away, and cut to basket:



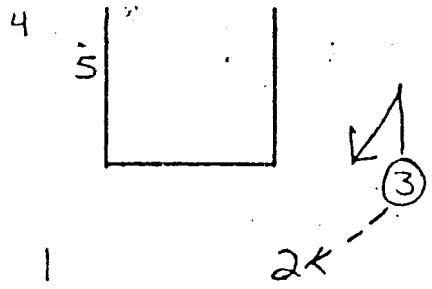
(F) Banana cut - to release initiation pressure:



(G) Duck under:



(H) Replace yourself - flare:



3. Upon receiving a pass, turn and square to basket and hold ball for 2 count. Develope a sense of "ball rhythm" after squaring up. Make fakes to keep defense occuppied.

4. Maintain 15 to 18 feet spacing.

5. Look below you to screen and carry all screens to the baseline.

6. Avoid dribbling - dribble only to:
   1. Bring it up against pressure.
   2. Drive.
   3. Improve passing lane.
   4. Change court location of the ball.

In the Passing Game, there are 6 major areas of teaching:
1. Alignment/initiation.
2. Passing.
3. Cutting.
4. Screening.
5. Ball possession.
6. Posting.

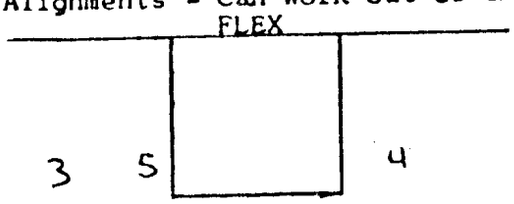
1. Alignment/initation:

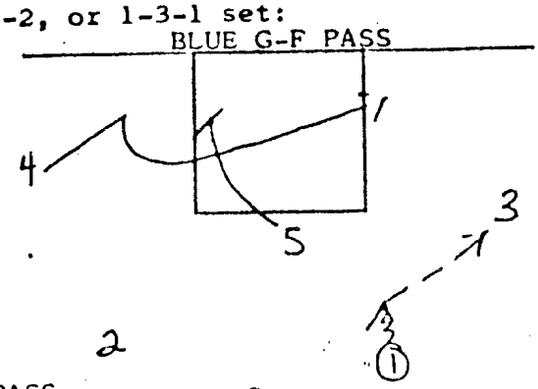
Only 1 rule - post man must be in post area. Post area is no more than 3 feet from

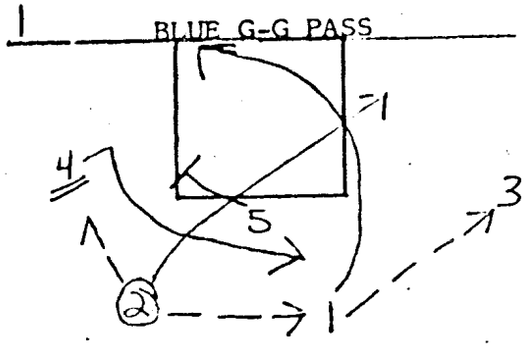
As ball crosses midcourt, all players must begin movement.

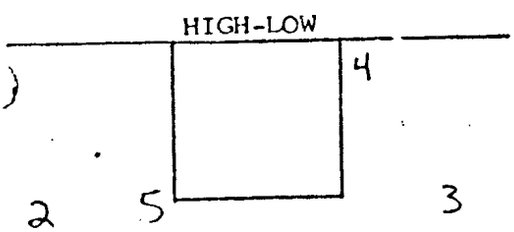
V cuts - always set defensive man up before moving to receive a pass - with or without the aid of a screen. Take defensive man away from direction you want to cut (at least 2 or 3 steps and then break back hard).

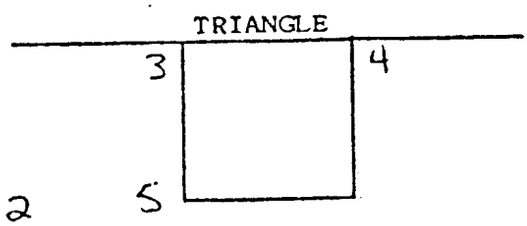
Alignments - Can work out of a 2-3, 1-2-2, or 1-3-1 set:











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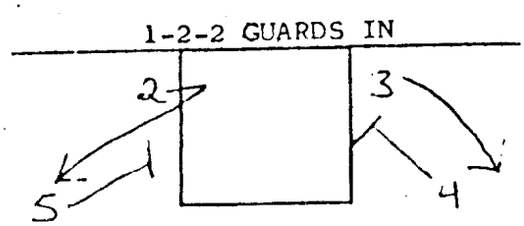


1

Initiation:

Breakdown V cut drill for guards and forwards.

Banana cut.

Forwards stack, cross, line.

Dribble entry.

After receiving a screen you can: 1. Fill, 2. [illegible]

After you receive a pass you can:

1. Shoot.
2. Drive for a score.
3. Pass.
4. Dribble.

Concentrate on developing a sense of "ball rhythm".

Dribble only to:

1. Drive.
2. Bring it up against press.
3. Improve passing lane.
4. Change court location of the ball.

OFFENSIVE MOVES:

Must develope move according to type of shot offense provides.

Shooting drills:

Jump shot.
Curl back.
1 dribble power lay-up.
2 dribble power lay-up.
Reverse - dribble jump shot.

6. POSTING:

Development of offensive moves.
How to "post up".
How to move without ball - V cuts in lane.
How to screen (and roll back).

IDEAS

Begin teaching by showing basic movement.

3 on 3, 4 on 4, and 5 on 5.

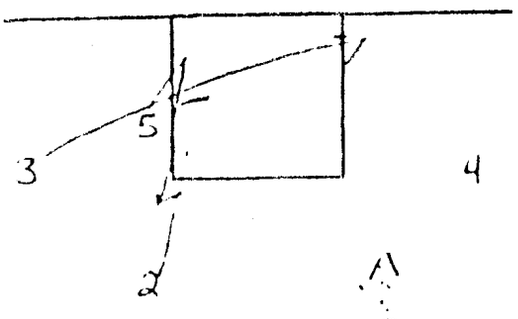
Passing game becomes your "control" game.

Designate a shooter.

1 point for defense if you throw less than 6 passes, 1 point for offense if more.

MOTION

Flex - Guard Screens to the baseline:



Post feed.

Combination entry drills.

Give and go cut.

2. PASSING:

Perimeter passes are:
Pass over, pass down, pass out, pass in.

Post passes are:
Pass down, pass out.

Concentrate on teaching what is a good pass. Throw passes only to a man who is ready and can do something with it.

Pass away from defense.

On guard - forward pass, always "cover the Pass". Throw all passes to the outisde. Do not follow your pass.

Establish drills for passing properly. Teach passing and catching.

3. CUTTING:

Cuts through the middle occur after you "read the defense" or on initiation of the offense.

Avoid 2 cutters in the same direction.

Avoid diagonal cut away from the ball.

Cuts through the middle should be ballside to the buffer and then away <u>if</u> a problem occurs.

4. SCREENING:

3 types of screens:
1. Down screen (vertical screen) - screener goes towards baseline to screen.
2. Cross screening (horizontal screening) - screener and cutter are on same plan.
3. Up screen, back pick or duck under. When cutter is above screener.

Always pick a man who is in position to be picked effectively. If a man is below you, down screen. Up screen ball side, down screen away, screen away in low post area.

Be able to see ball after you set a screen. Particularly on inside screen - screen and roll back to ball.

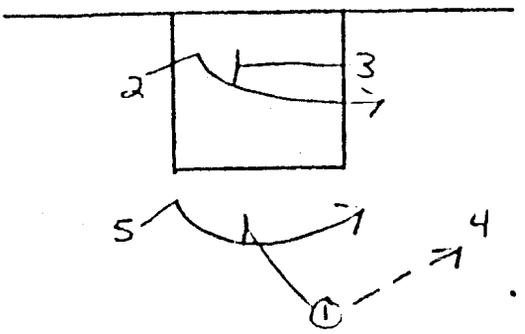
Wait on screen don't move too early.

If defensive man comes man side of screen, cut off tight.

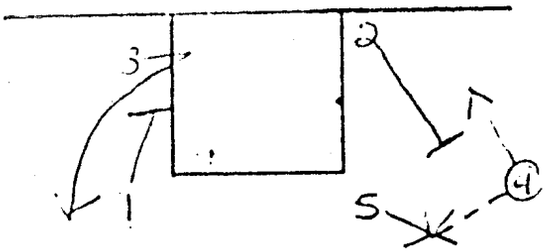
If defensive man stays ballside of screen, cutter flares.

Against switching teams players should screen and step back to ball thus becoming a primary receiver. Emphasis cross screens and back screens.

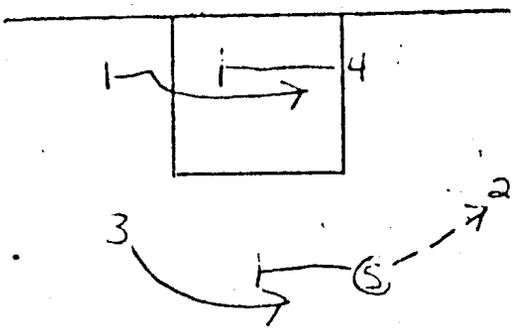
Pass Down, Screen Over:



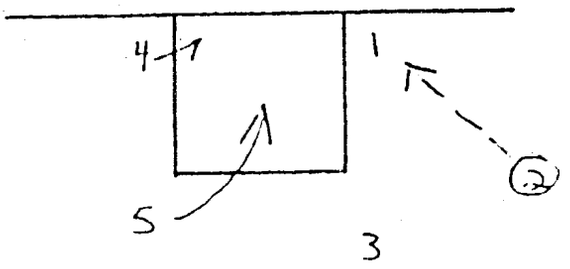
Pass Out, Up Screen Ball Side, Down Screen Away:



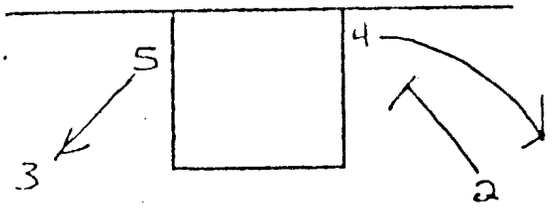
Pass Down, Screen Over:



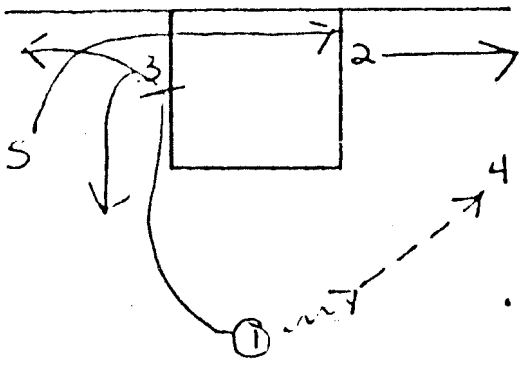
Post Feed:



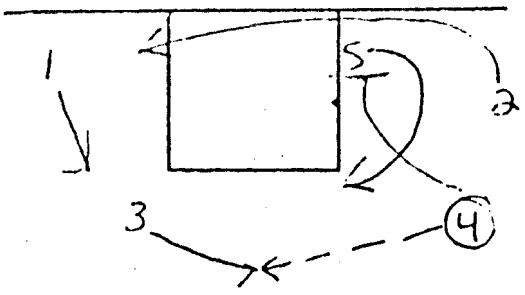
1-2-2 Set - Down Screen To Initiate:



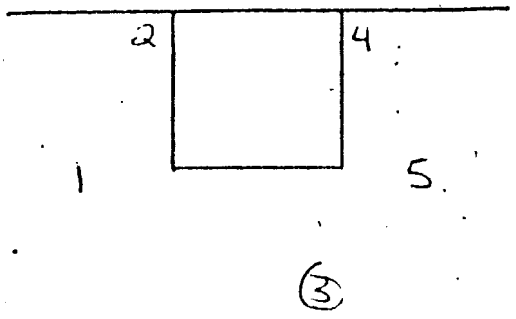
Pass Over - Flex:



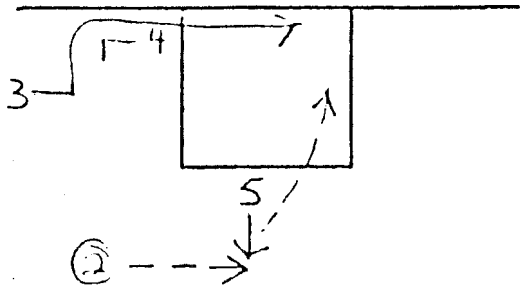
Flex:



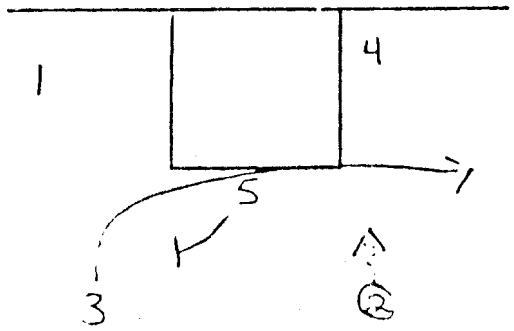
Original Set:



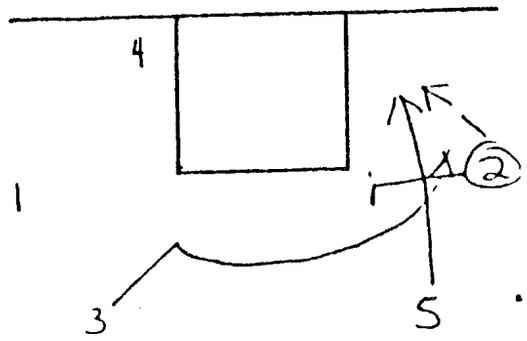
Use horizontal pick of low post - duck under:



Use highpost to create lead:

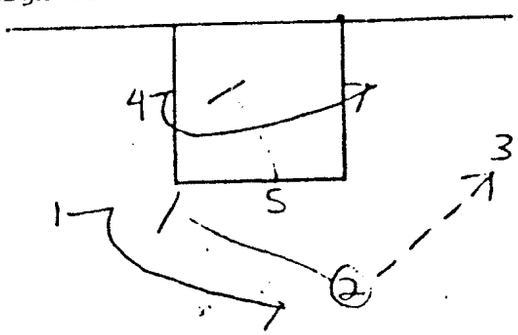


Get ball to low post and split:

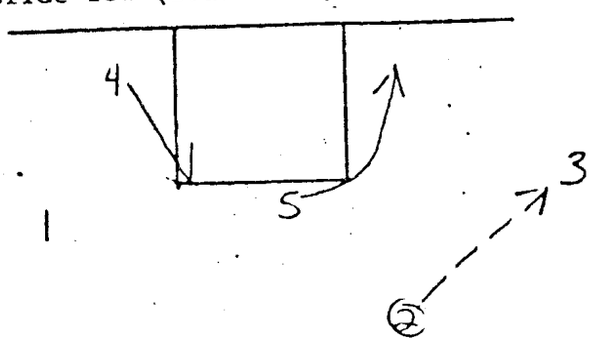


HIGH POST RULES:

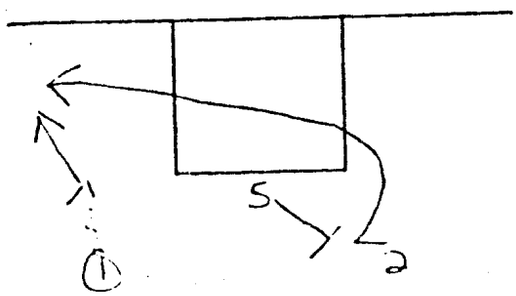
1. High screen for low:



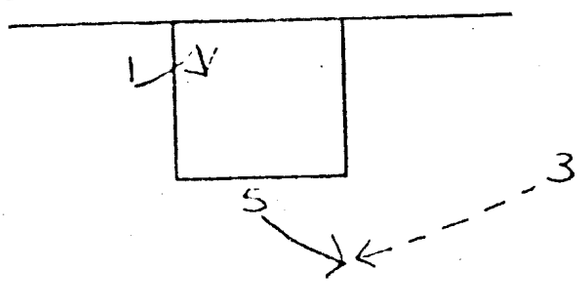
2. Slide low (ball side):



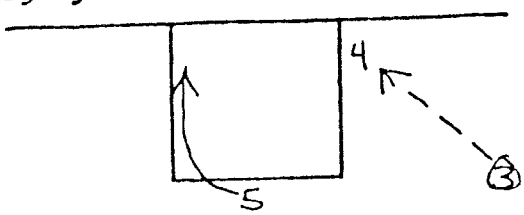
3. Screen for 1, 2 or 3 men to start motion:



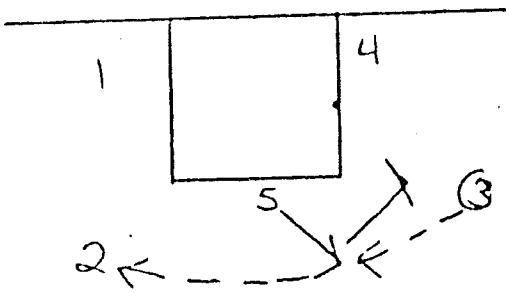
4. Pass to low from High:



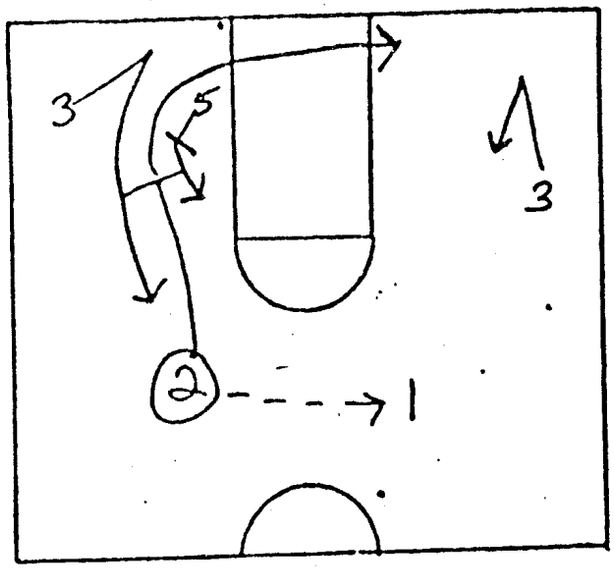
5. High goes low if ball goes low:



6. Step out and relay ball and screen:



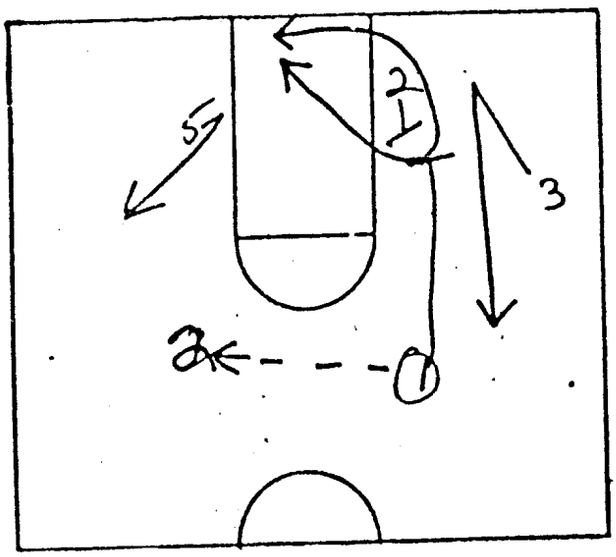
PASSING GAME

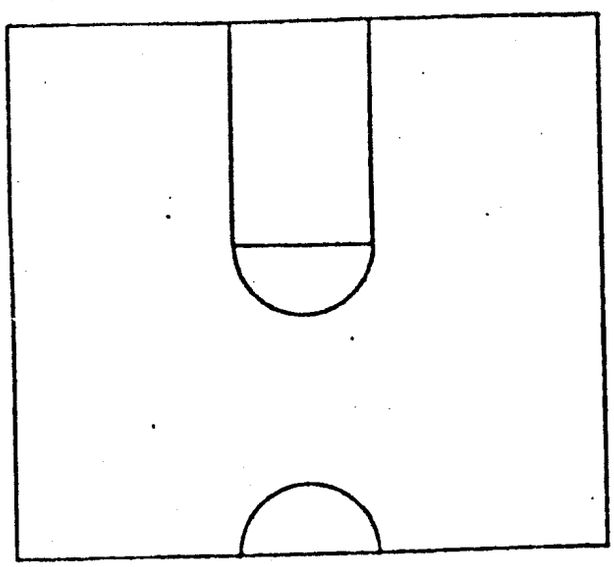


Variation of Flex

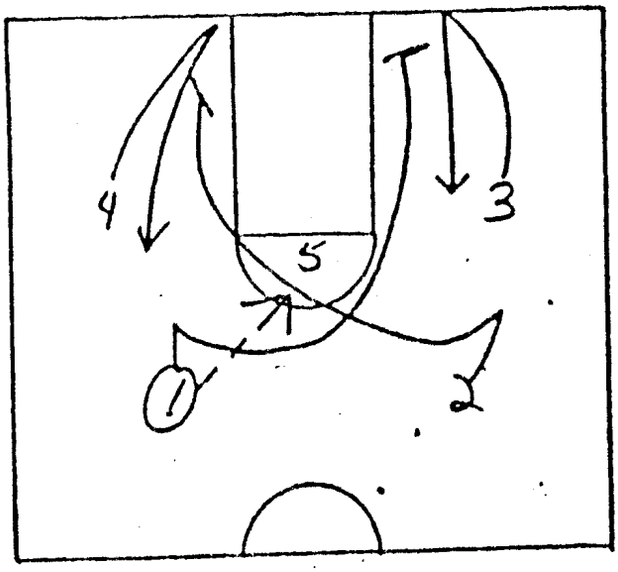
Guard Release

Pass over, screen down and release

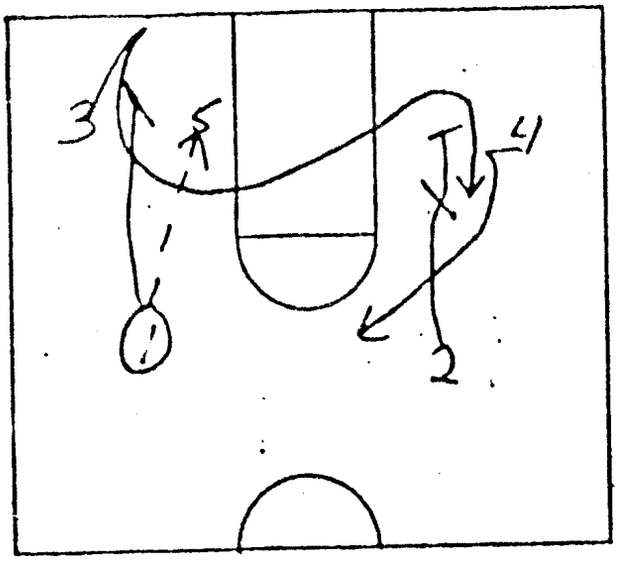




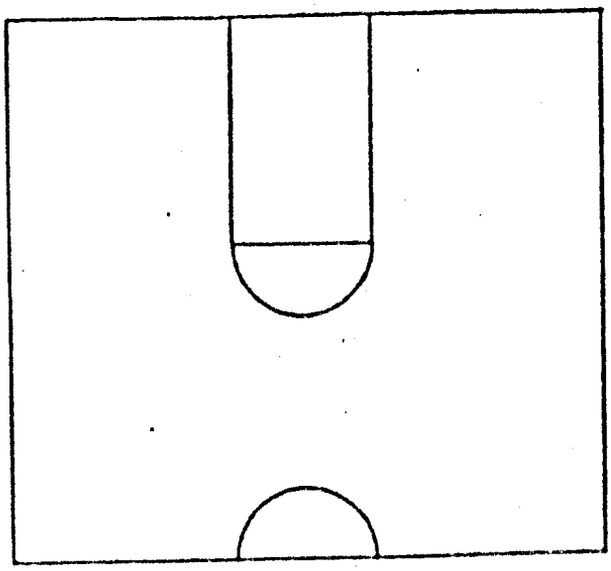
PASSING GAME



H-P split



Low post split



RANDY NESBITT
CITADEL
MOTION OFFENSE

1. Why Motion offense?
   - A. Personel
   - B. Mental capacity.
2. Motion offense
   - A. 5 men constant movement
   - B. 4 men periniter 1 post man
   - C. Rules
     1. ALL FOUR perimeter players do the same thing.
     2. Passer options
        - D. I
          - a. cut to basket hard
          - b. Screen AWAY
            1. can't replace himself
            2. can't go to the ball
     3. Receiver
        - a. 1st pass not usually good scoring opportunity
        - b. 1st rule hit first open man
        - c. shot
        - d. Drive
     4. perimeter players if you flash to a spot and do not receive the pass go backdoor. D. II

5. Post Men

a. Get open yourself because of movement of the ball

b. O. III Ball his side didn't get it on pass back out set a backscreen Look for Lob.

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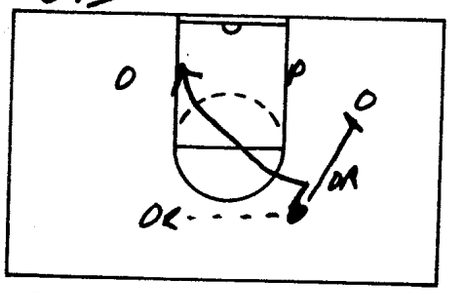
Beaverton, Oregon 97005

CLINIC _____

DATE _____

D.I



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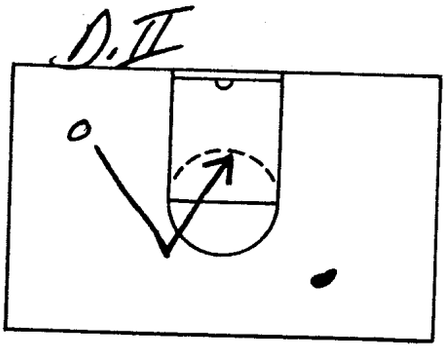

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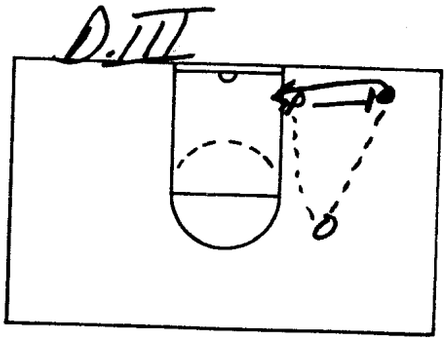

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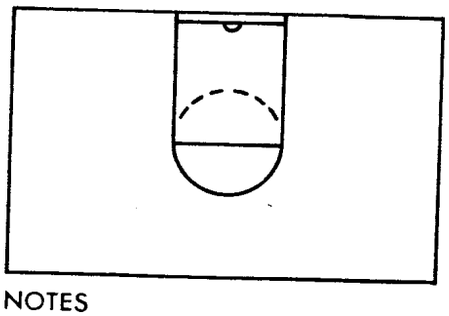

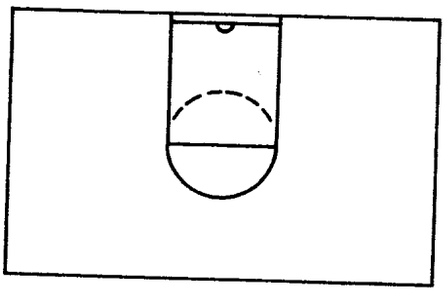

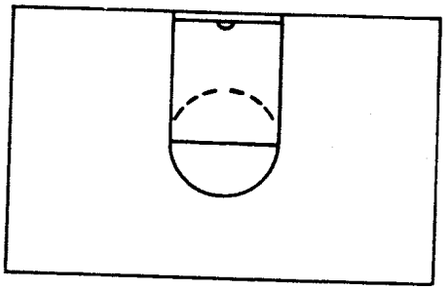

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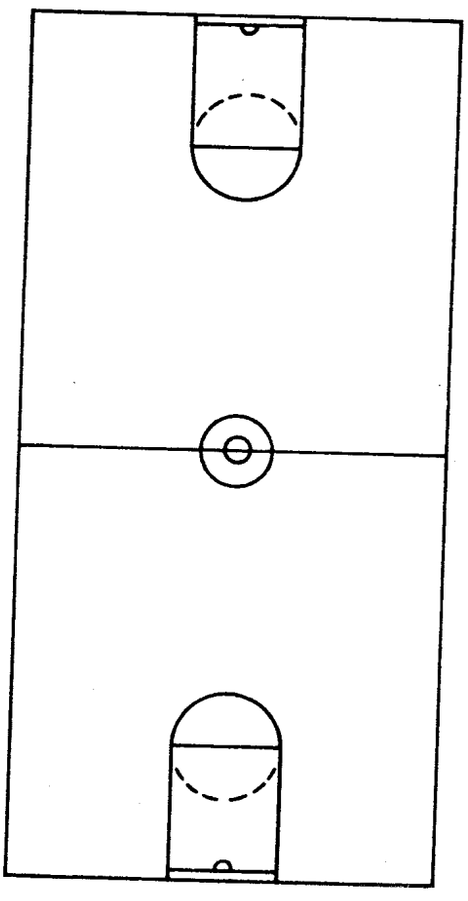

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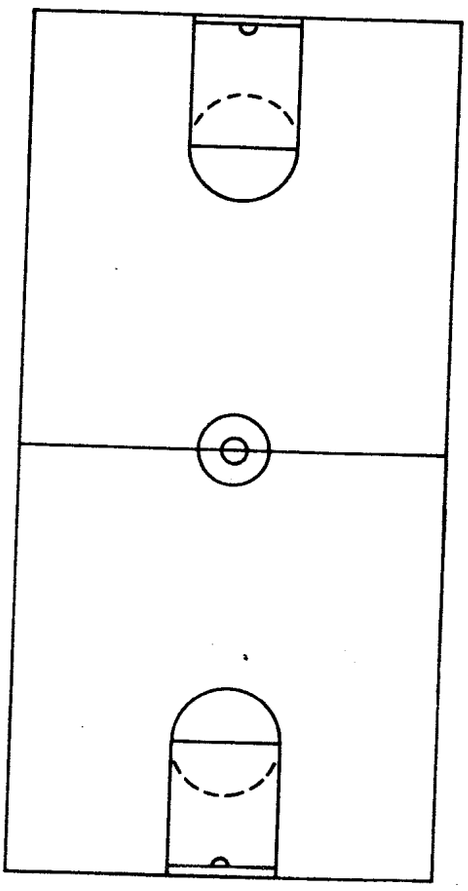


TIME OUT

A MONTHLY BASKETBALL CLINIC

August 1, 1985 Volume 1 No. 12

INDIVIDUAL IMPROVEMENT DRILLS - PART #3: HAND DEVELOPMENT

(The third part of the individual improvement drills.)

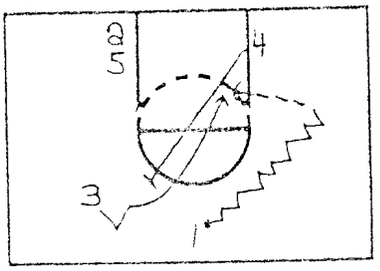
Passing and catching appears to be the most neglected skills in basketball. On all levels of play, the ability to catch and hold onto the basketball is taken for granted. Study of the number of turnovers which occur would find the majority related to catching the basketball.

Below are several drills to improve hand development, specifically catching the basketball. In the first two drills, either a toss-back or wall can be used.

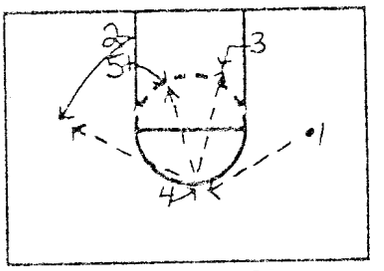
1) Walk Into The Ball - The athlete begins approximately ten feet from the wall with a basketball in his hands. The ball is passed into an imaginary spot at eye level. As the ball comes off the athlete steps to catch the ball. This process is repeated until reaching wall. Then the athlete works back out to the original starting position. Emphasis is on crip passes and catching the ball "with the eyes". This drill develops basically the pass and catch skill.
2) Two Balls Into The Wall - The athlete begins approximately five feet from the wall with two basketballs. With a ball in each hand, they are passed one at a time into the wall. As the ball comes off it is caught by the hand which threw the pass. Once confidence is built, the athlete begins to walk into the wall on each pass. After reaching the wall, the athlete works back out to the starting position. This drill develops hand-eye coordination.
3) Popcorn - The athlete holds the ball at eye level with the hands under the ball. The ball is squeezed into the air by the right hand then the left, alternating as quickly as possible. Emphasis is on keeping the ball in the air rather than on the hands. This drill develops a feel for the ball and hand strength.

MAN TO MAN POWER PLAY

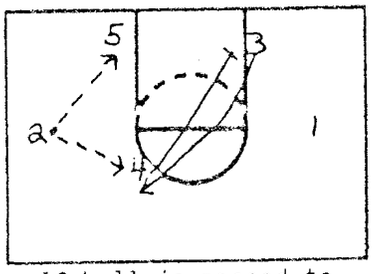
Many coaches have a small forward with the abilities to post up and score inside. The following play is very popular to use to post up a small forward versus man to man defense.



- #1 dribbles to the right - #4 comes to set screen at top of circle - #3 walks up and cuts off screen - #1 may go all the way on drive or pass to #3.



- #1 reverses ball to #4 - #2 pops to wing - #5 ducks in hard - #4 looks first to #5 ducking in - second option is #2 on wing or #3 down low.



- If ball is passed to #2, #5 post up hard - #4 down screens for #3 - #2 may pass to #5 or #3.

BALLHANDLING ROUTINE

I. Slam ball from one hand to the other - 20X

II. Flip ball from hand to hand keeping the ball on finger tips - start at head level and work ball down to knees and back up again - 5X

III. Take ball around body at waist - bring ball down to knees and back up again - switch directions - 5X

IV. Do a FIGURE 8 with the ball around your legs without dribbling - switch directions - 5X

V. Bounce ball between legs and catch it behind you, bounce it again between your legs and catch it in front of you - 5X

VI. Flip ball between your legs and catch it behind you, flip ball between your legs and catch it in front of you - 5X

VII. Hold ball between legs with one hand in front, one hand in back. Switch hands so the ball can't hit the floor - 5X

VIII. Walk a FIGURE 8 both frontwards and backwards - 5X

IX. Bounce ball between legs and catch it behind you, flip ball up and catch it behind your neck - 5X

X. Place ball on ground, slap it with your hand so that you can dribble the ball - alternate hands - 5X

XI. Dribble two balls at the same time:

a. Dribble one high, one low
b. Dribble one ball between legs-one in a crossover dribble.
c. Dribble a Figure 8
d. Dribble one ball stationary other in a circle around opposite leg.
e. Spin dribble
f. Crossover dribble
g. Behind the back dribble
h. Between the legs dribble

PRACTICE!!!!

TOMMY GAITHER BAPTIST COLLEGE
MAN-MAN DEFENSE

1. Coach must form a Philosophy.
2. How to WIN? Execution PLAYING hard playing together you must sell the players on these three goals.
3. Why play MAN-MAN?
   A. Learn principles MAN-MAN you can play any defense.
   B. Don't have to be great players to play good defense - play smart + together
   C. Control the game with man whether fast or slow
4. Tell players start pre-season we are going to play man-man that is all just man- Then player is going to start thinking if I'm going to play this year I better learn to play man Players will work harder to learn to play it.
5. GOALS MAN-MAN EACH GAME
   A. ELIMINATE OPPONENTS TWO EASY WAYS TO SCORE
      1. LAYUPS - Get back on defense
      2. Foulshots - don't make cheap foul when a player is at the line there is no defense

B. STOP PENETRATION after you get back. Point guard don't let ball get inside top of the key.

C. Build up the lane - Hedge gaps have good helpside Defense play your man and the ball. Keep ball out of lane.

D. Don't Let post get ball.

Offensively we like to get ball inside because if we do three things could happen

1. score
2. get fouled
3. Both score and get fouled. also this means foul on there center and another team foul

E. Make the offense take a shot they didn't want to take.

3 rules when guarding a man who takes a shot

1. hand up in face <u>intimidate</u>
2. <u>Box out</u>
3. <u>REBOUND</u>

F. Disrupt offensive flow

1. Make them go backdoor
2. Don't let them reverse the ball.

G. Draw charges on + off the ball
ONE rule in the book for defense CHARGE
ALL Best help offensive player
H. BOX OUT - 1 shot - Rebound - Outlet Pass and RUN
Team that gets second shots usually will WIN

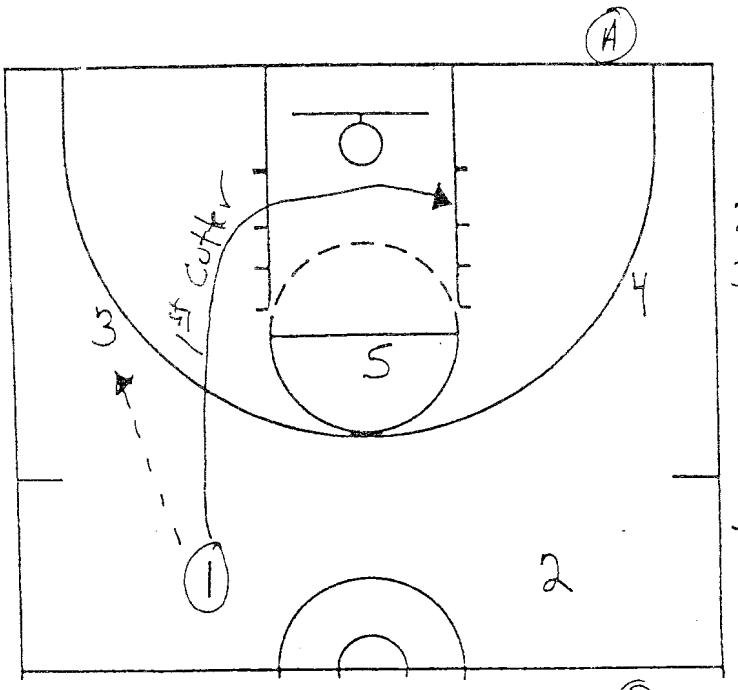
6. GETTING BACK ON DEFENSE
A. Anticipate when you are going to lose possesion
B. ALways have Somebody drift back Ball goes up or INSide - point guard Goes back or if he gets caught inside ballside wing back. Run down middle 1/3 floor Looking over inside shoulder. Running down Middle floor helps keep ball out of Middle, if ball is out of middle you can do less things with it.
C. Once get back -
1. Build Fort
2. STOP Penetration
3. TALK
4. Hedge traps
5. Stop ball going inside by fronting Low Posts.
6. STOP Reverse of ball

(Secondary Break) Keep the ball on the wing don't let them pass it back out - Make them Dribble it out to set up the offense.

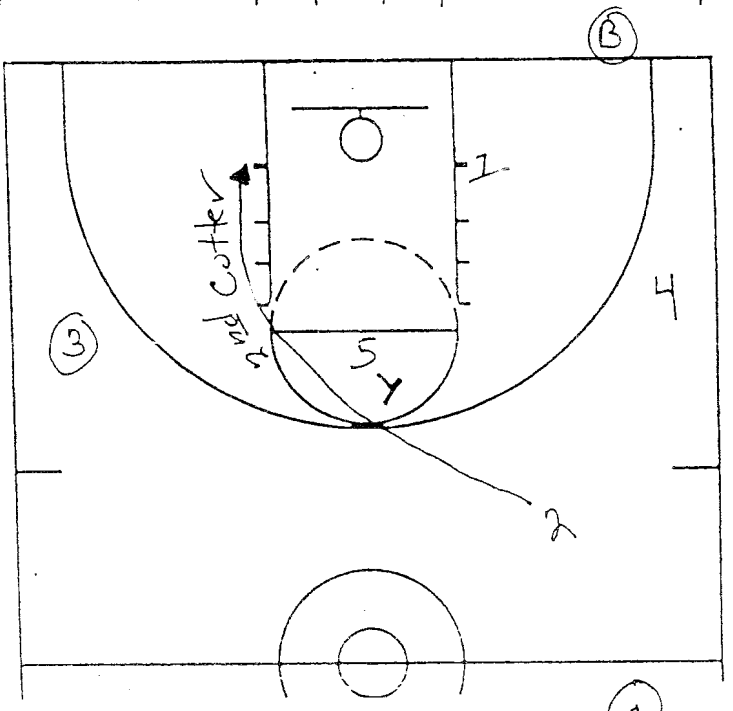
7. Walk up situations
   A. Pick up high as possible - Don't let ball come down court in a straight line.
   B. Ball crosses midcourt let them go either way then pin the offense on this side don't let them reverse the ball
      1. Deny Wings - make the offense catch the ball going away from the basket
      2. Don't let ball reverse dribble eliminates second entry

Man Offense
"Motion"

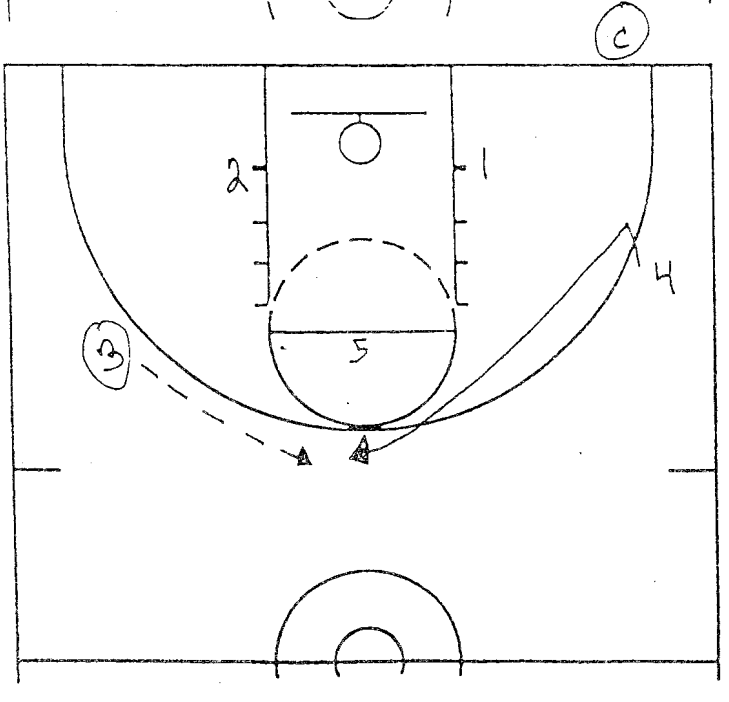
"Motion" vs Man



1. 1+2 in two guard front
2. 5 at ft. line
3. 3+4 high and wide. 3+4 may have to V-cut to get open
4. 1 has the ball and passes to 3.
5. 3 looks to dribble baseline, then looks for 1 cutting to hoop.

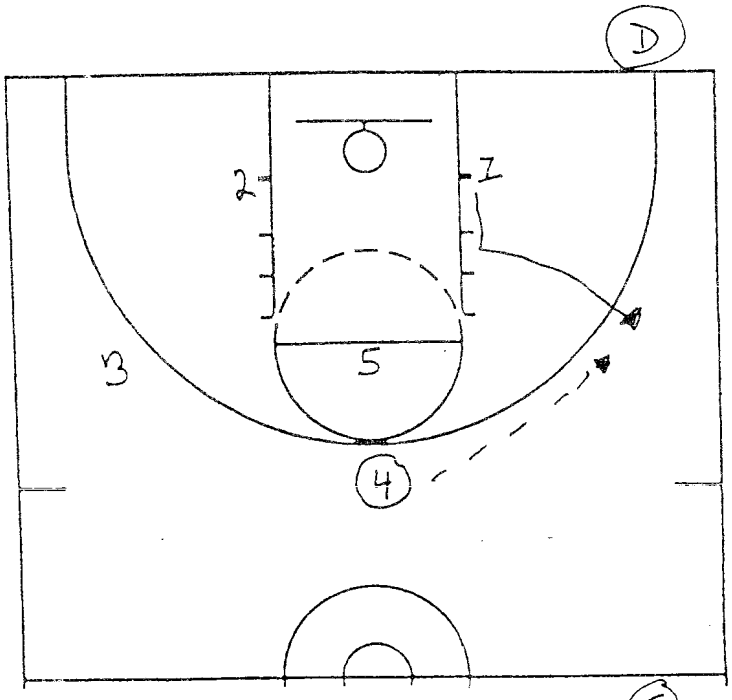


1. 3 has ball
2. 2 cuts hard to ballside box looking for pass from 3.
3. 5 sets screen for 2.

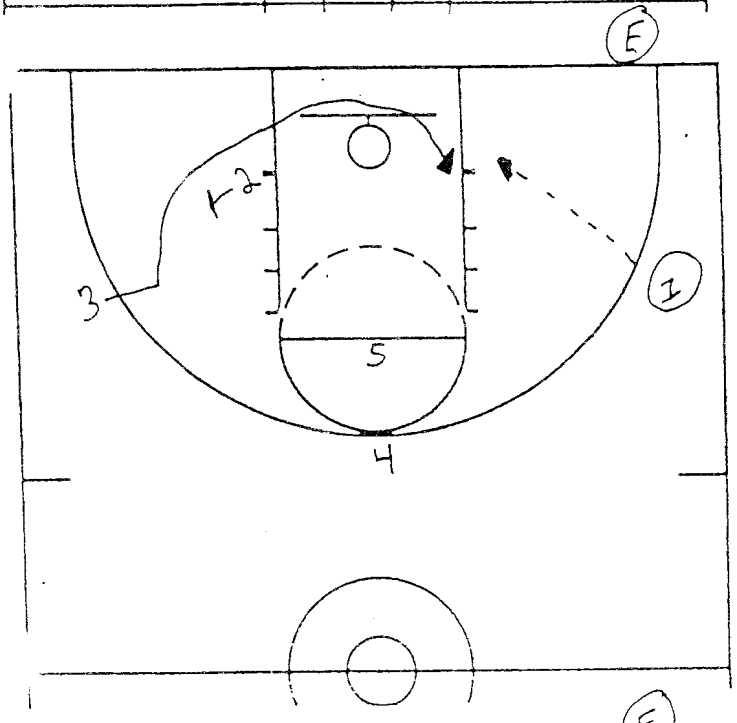


1. 3 has ball
2. 4 v cuts and cuts hard to top of key
3. 3 passes to 4 at top of key

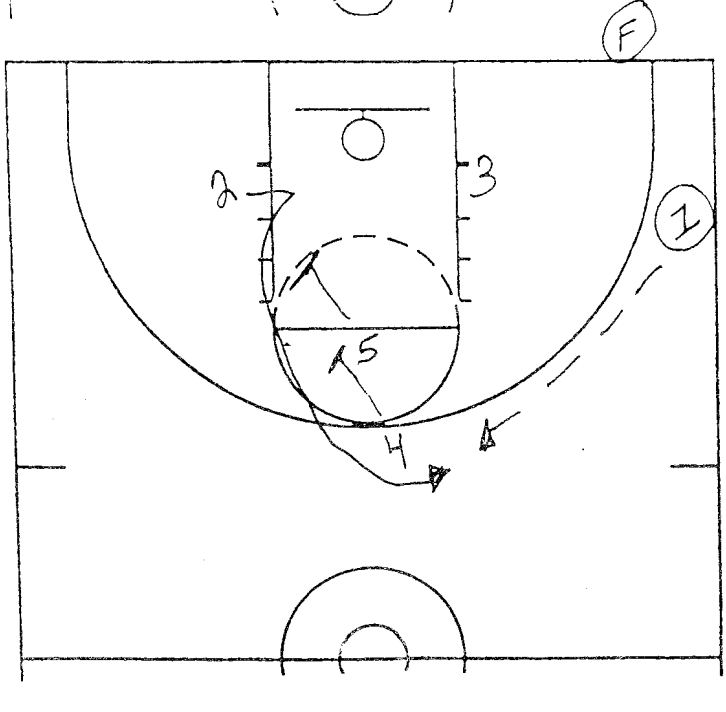
"Motion" vs Man



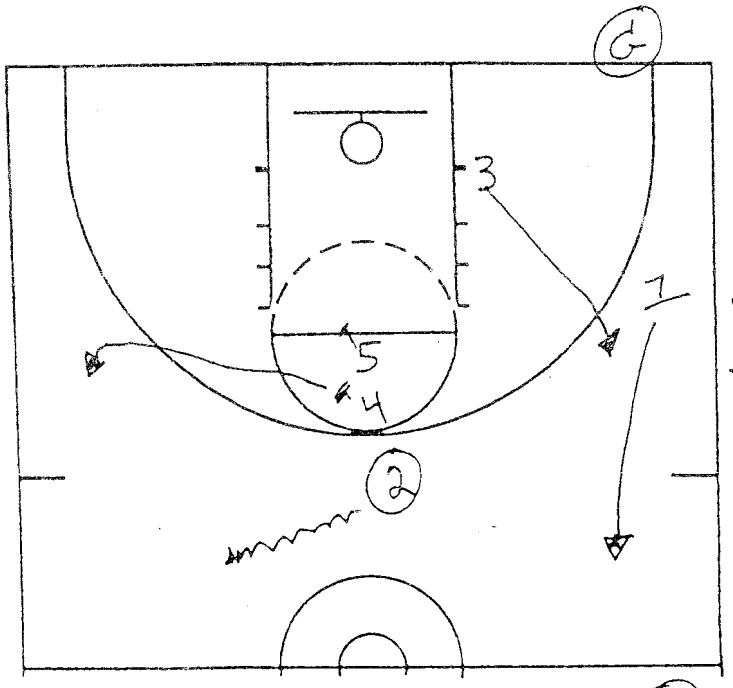
1. 4 has the ball
2. 1 v-cuts and goes to wing
3. 4 passes ball to 1



1. 1 has the ball
2. 2 backscreens 3, 3 cuts to ballside box
3. 1 looks to pass to 3

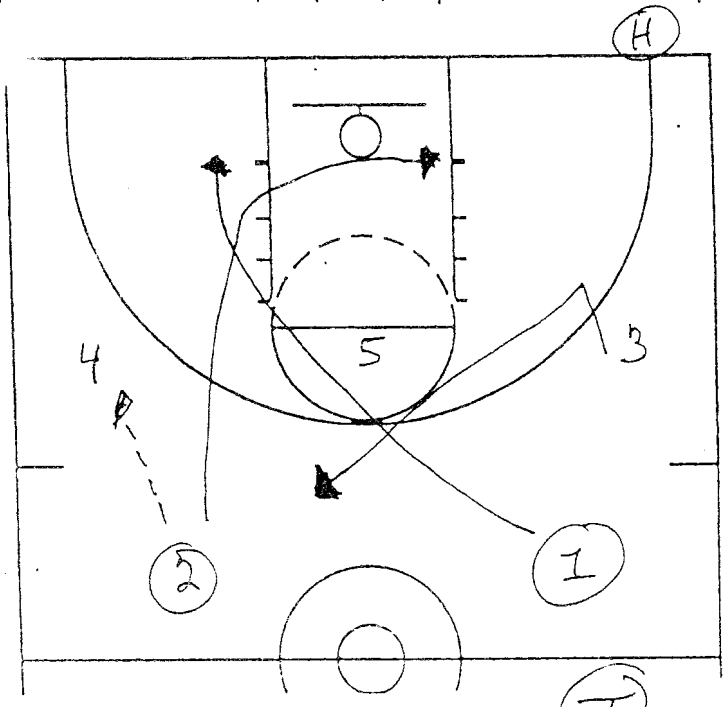


1. 1 has the ball
2. 3 was not open
3. 2 after the backscreen for 3 cuts to the top of key
4. 5 + 4 set staggered screen for 2.

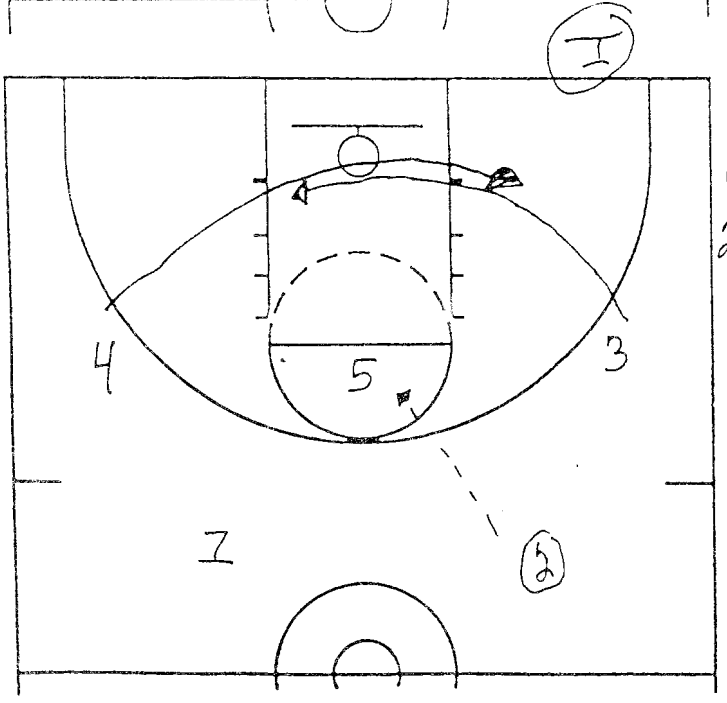


"Motion" vs Man

1. 2 has the ball and doesn't shoot ball
2. Reset the offense.
3. 1 cuts to top
4. 3 cuts to wing
5. 5 goes to ft. line



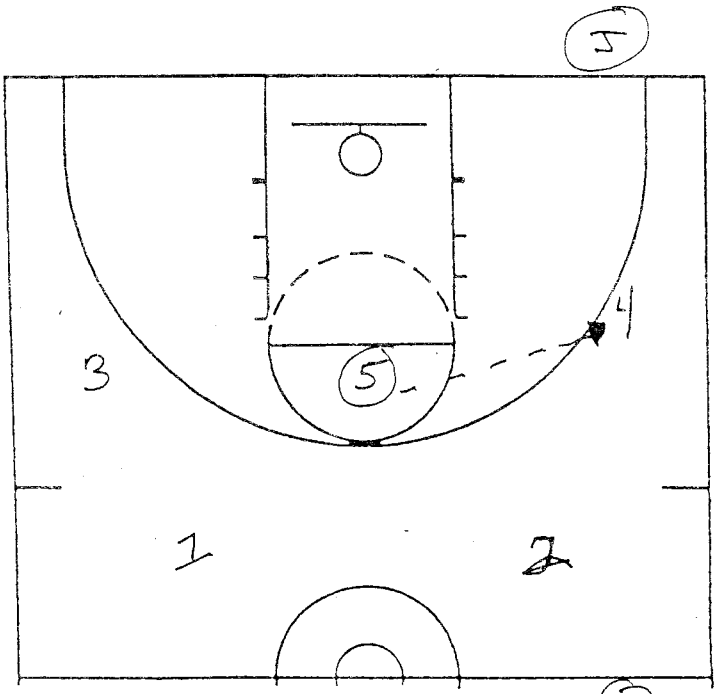
1. 2 has the ball and passes to wing.
2. Continuity continues



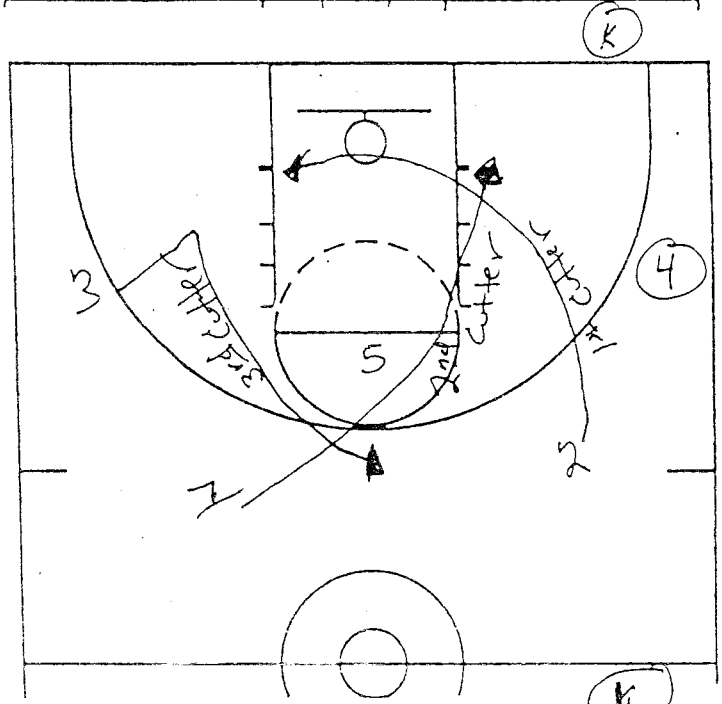
OPTION - Pass to Post

1. 2 has ball and passes to 5
2. Rule: Any pass to post, wing cut backdoor and continue to opposite wing if they don't get ball

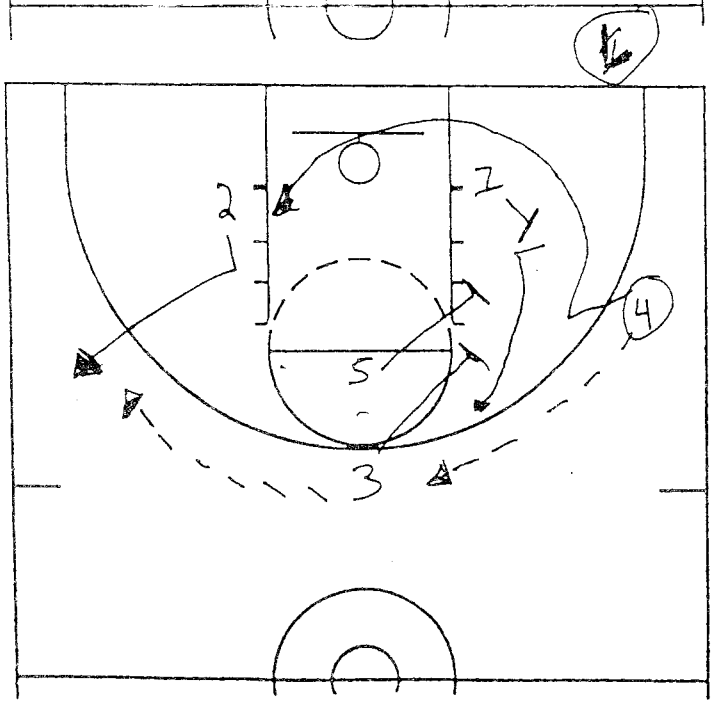
"Motion"



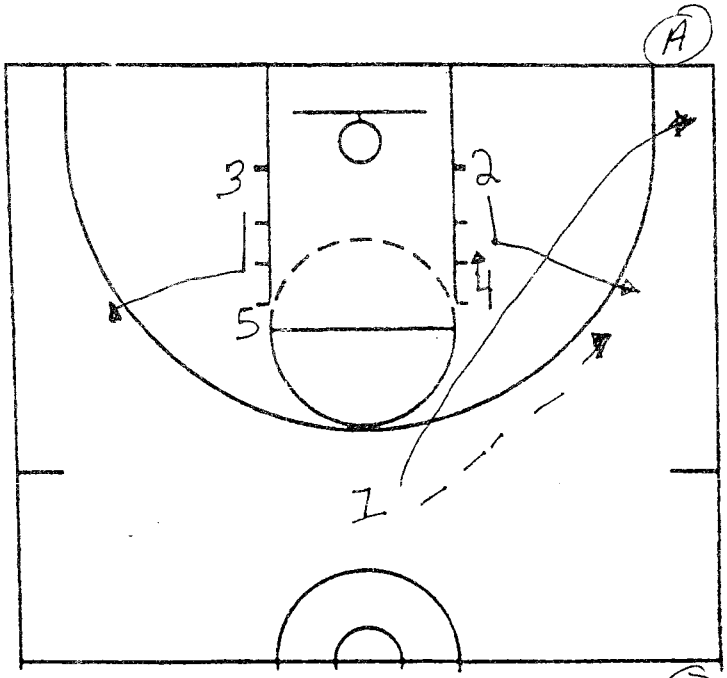
1. 5 has ball, looks for backdoor cutters and his own 1 on 1 offense.
2. If nothing develops, 5 can pass to wing or top and continuity continues.



1. 4 has ball
2. Continuity begins



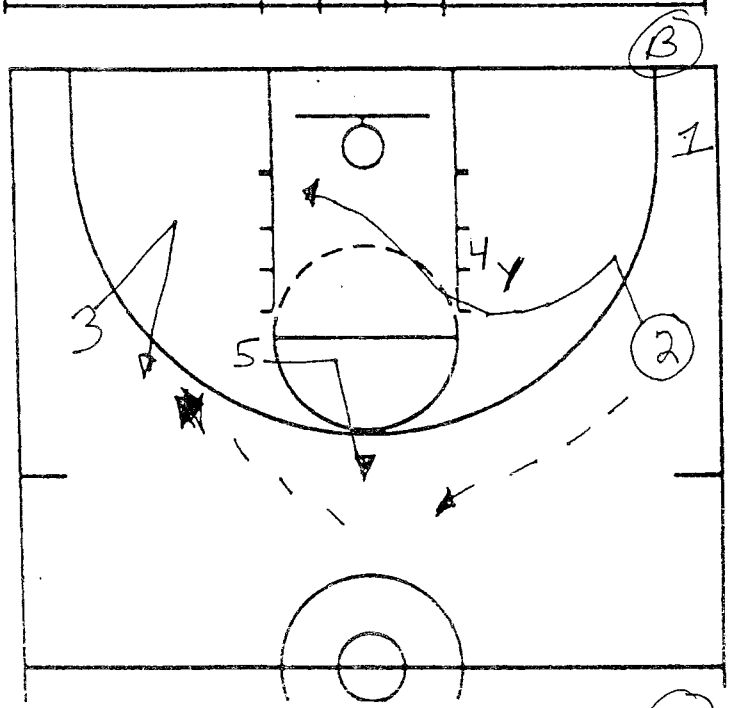
1. 4 passes to 3
2. 3 passes to 2
3. 1 backscreens for 4
4. 4 cuts to box
5. 5+3 set staggered screens for 1
6. 1 cuts to top of key



"State"

1 passes to 2 and goes ball side corner

4 slides to mid post



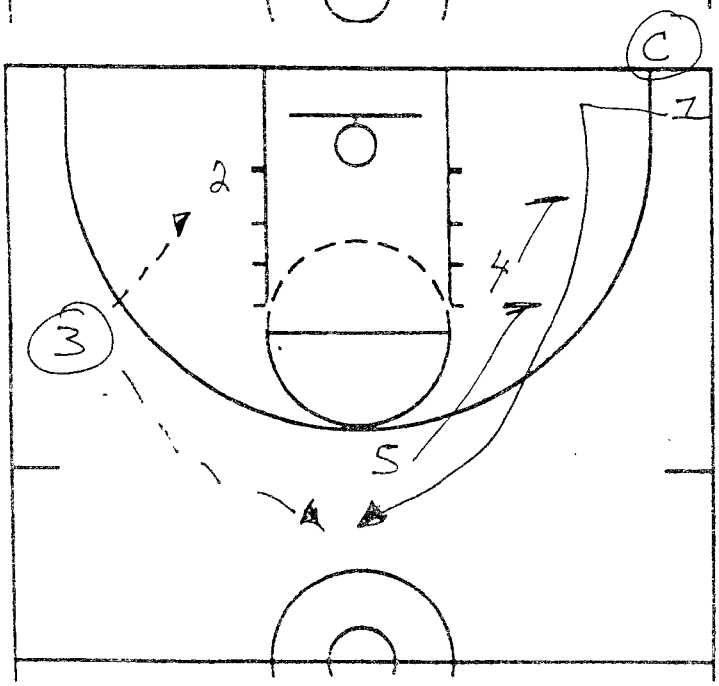
5 V cuts to top of key

2 passes to 5

3 V cuts, 5 passes to 3

(3 looks for backdoor if denied)

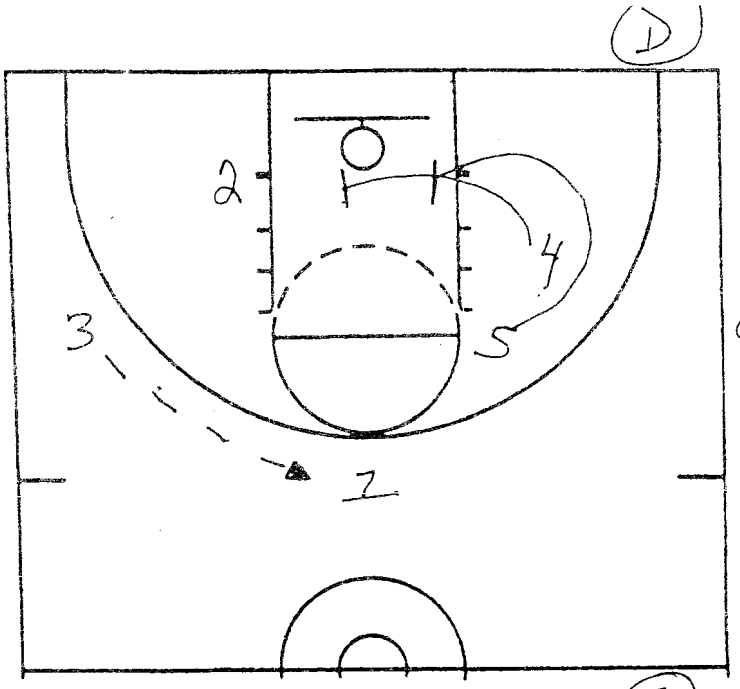
2 shuffle cuts off 4 to ballside box



3 has two options:

A. looks for 2 cutting then posting on box

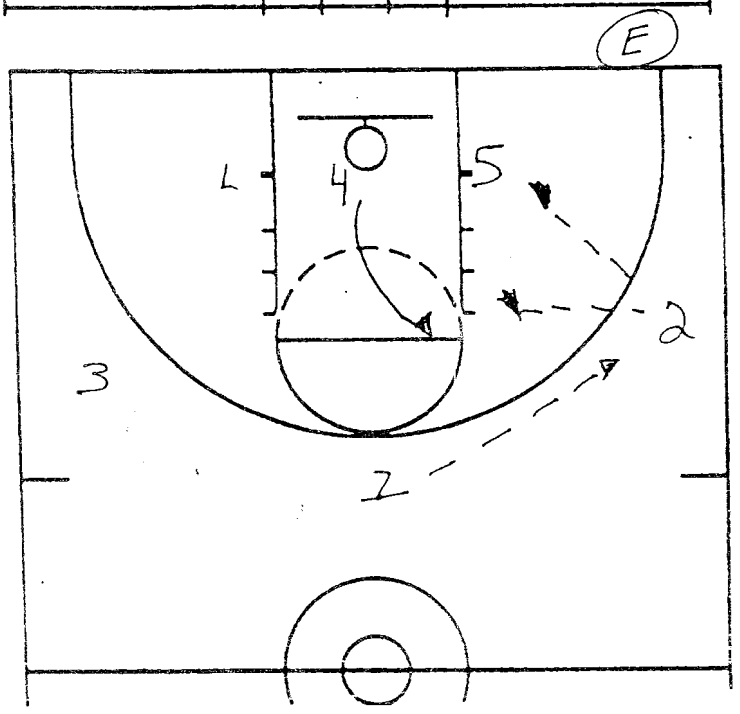
B. looks for 1 coming off 4+5's staggered screens



"Stak" (cont.)

3 passes to 1, 1 has no shot

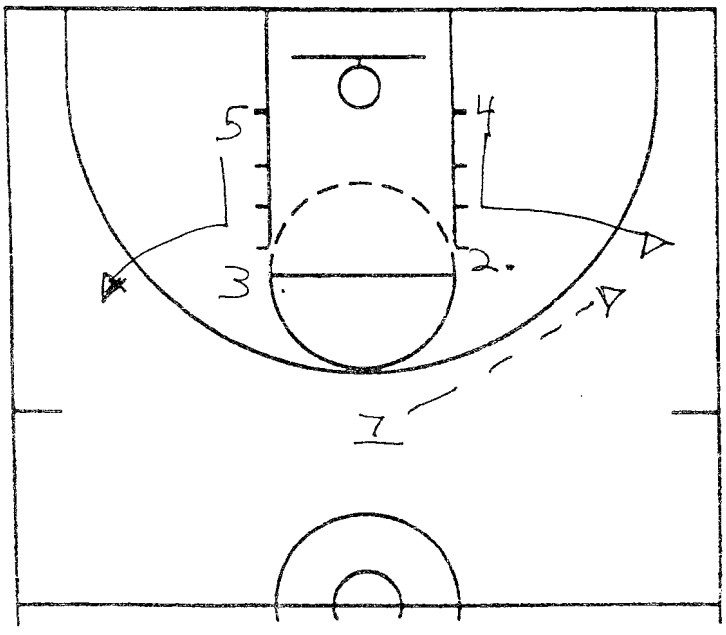
4+5 set a staggered for 2 cutting to baseline/wing area



1 Passes to 2

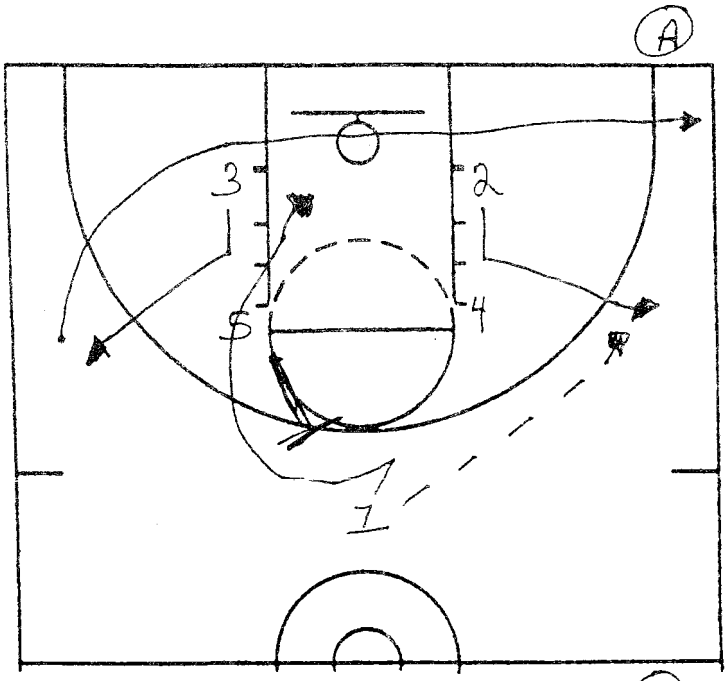
2 has shot, 4 flashing to elbow or 5 posting on box

Options!



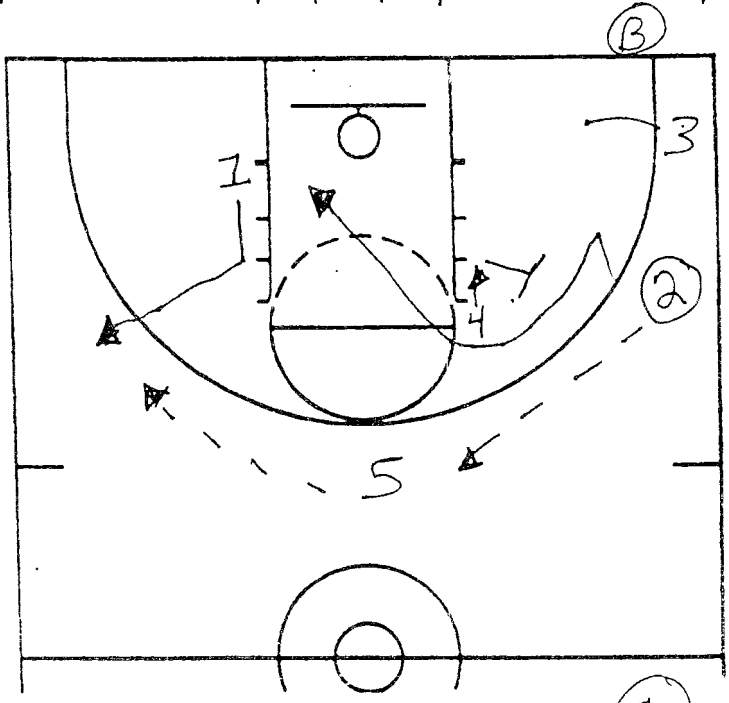
A. We can run state with the big guys catching the ball first and the big guy will be cutting to hoop

B. State can be run from side out of bounds The cutter will be the inbounder.



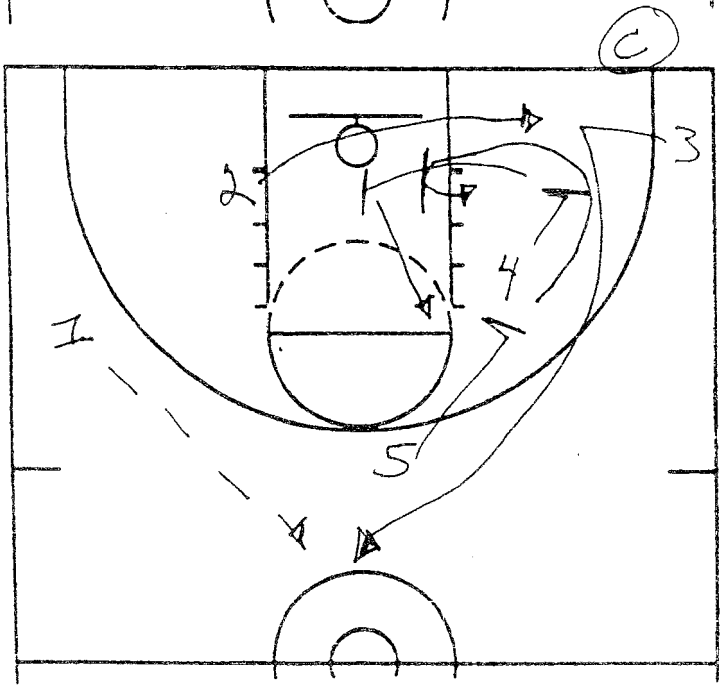
"Stak 1" (Good option if pt. guard can't shoot)

1 passes to 2
3 cuts to ballside corner
5 sets a backscreen for 1
2 looks for 1 cutting to hoop



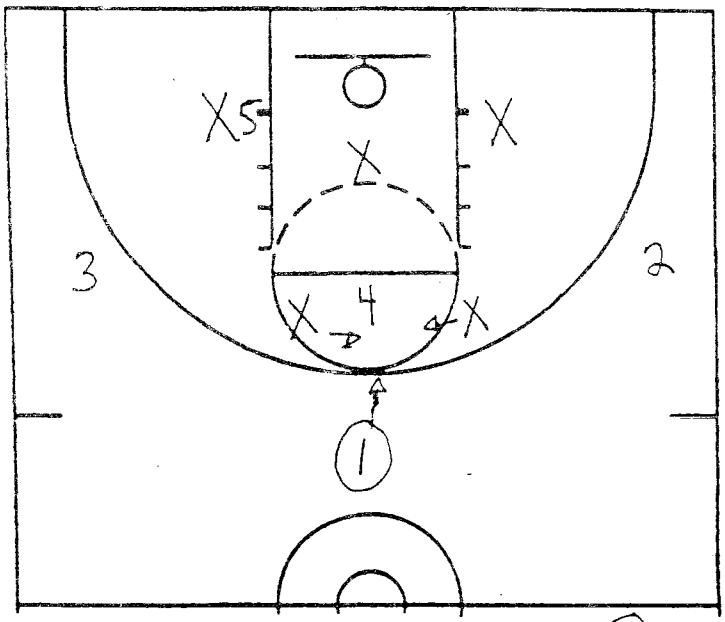
2 passes to 5
1 cuts and gets open
5 passes to 1

1 has 2 options
2 cutting to box
3 coming off staggered screens



1 passes to 3
3 has no shot
4+5 stagger screen for 2
4 cuts to ballside elbow
5 posts ballside box
2 cuts to baseline/wing area

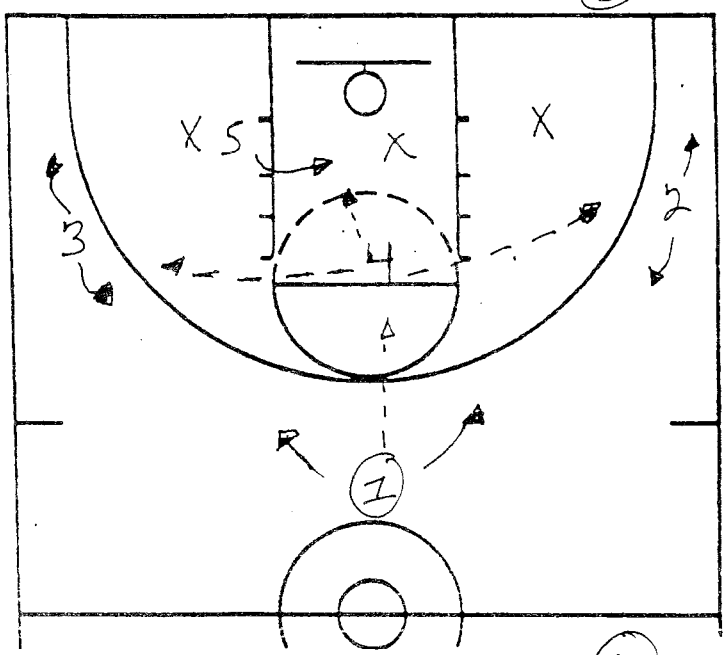
(A)



"St. John's" vs 2-3 zone

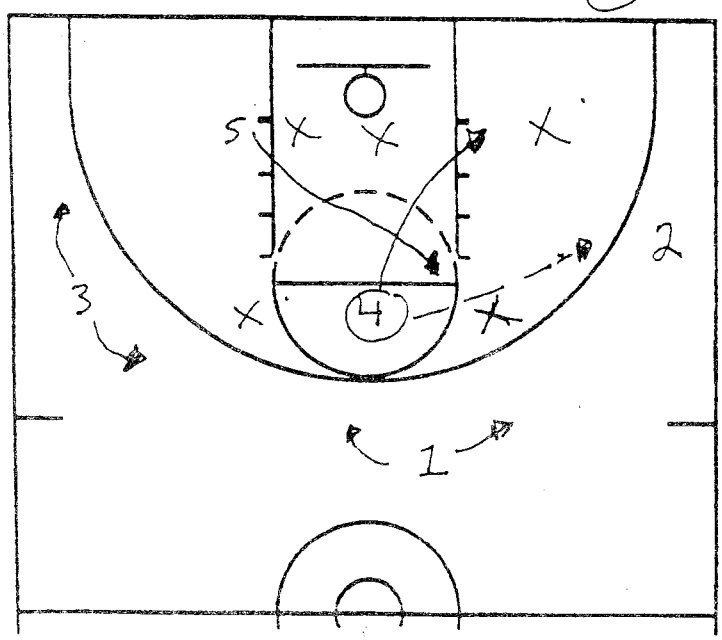
1. Odd front vs even front zone
2. 1, 2, 3 on perimeter (work together)
   4+5 - post players (work together)
3. Perimeter players "gap" the zone
   2+3 should be between the front and back of the zone
4. 1 needs to attack gaps draw defenders and kick
5. 4 at free throw line, 5 on a box

(B)

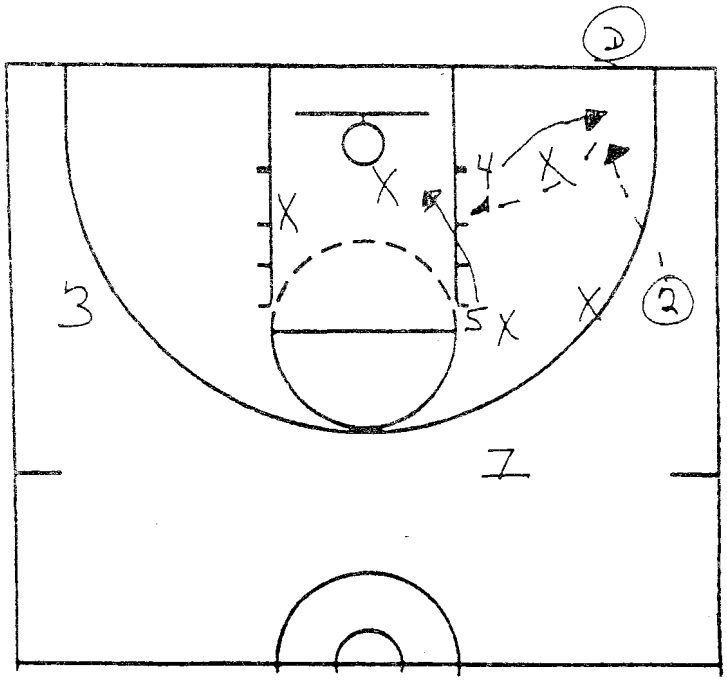


1. Options:
   A. 1 passes to 4
   B. 4 has many options
      1. 2+3 spotting up
      2. 5 ducking in strong
      3. Back to 1, who moves to a open area
2. 4 passes to 2

(C)

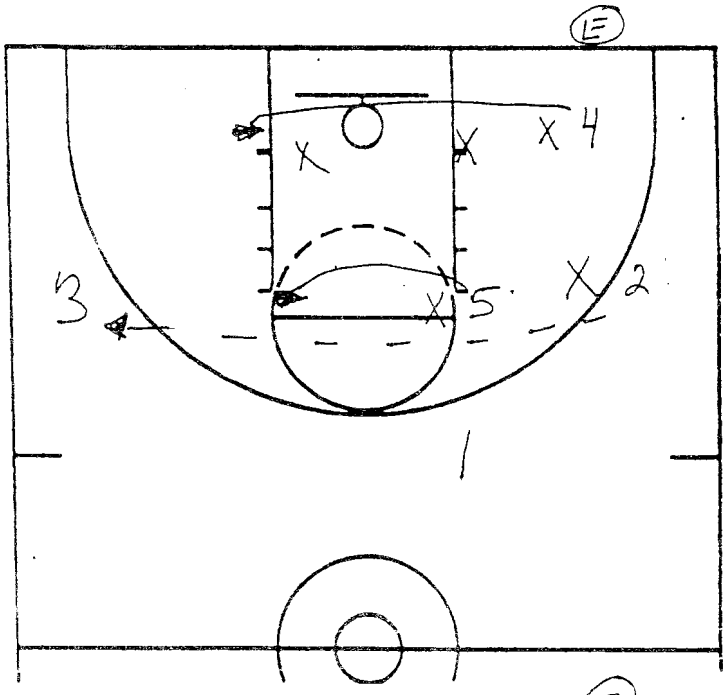


1. 2 has ball. Options
   1. Ballside box (4)
   2. Ballside elbow (5)
   3. top of Key (1)
   4. Skip (3)
2. Rule: Any pass to wing, Start > "X cuts by post players"
3. 4 cuts ballside box
4. 5 cuts to ballside elbow > "X movement"
5. 1 moves to open area for shot, reversal
6. 3 moves to open area for skip pass

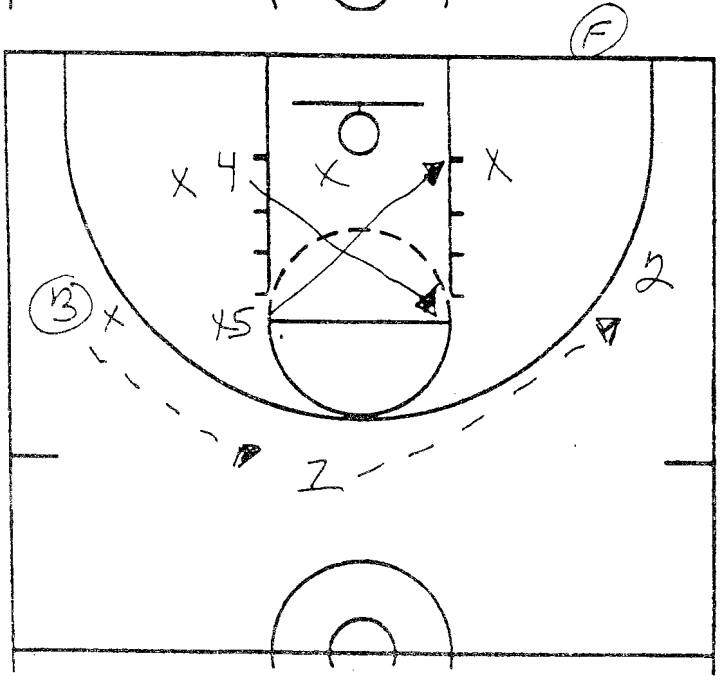


"St. John's" vs 2-3 zone cont.

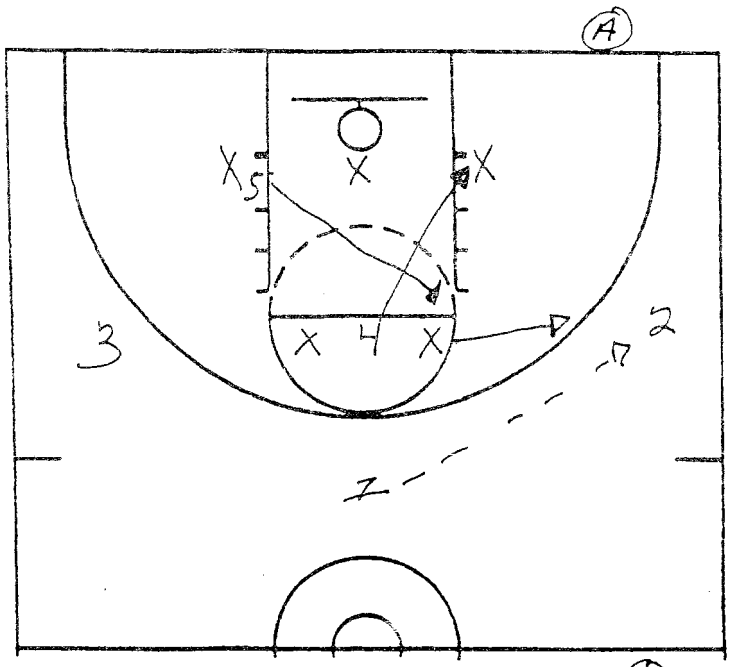
1. 2 has ball
2. Rule: Post player (4) can step out to short corner after posting up
3. 2 passes to 4
4. Rule: any pass to short corner automatic dive to rim by opposite Post player



1. 2 has ball, 2 skips ball to 3
2. Rule: Any skip pass, direct flash to box and elbow (boxing)



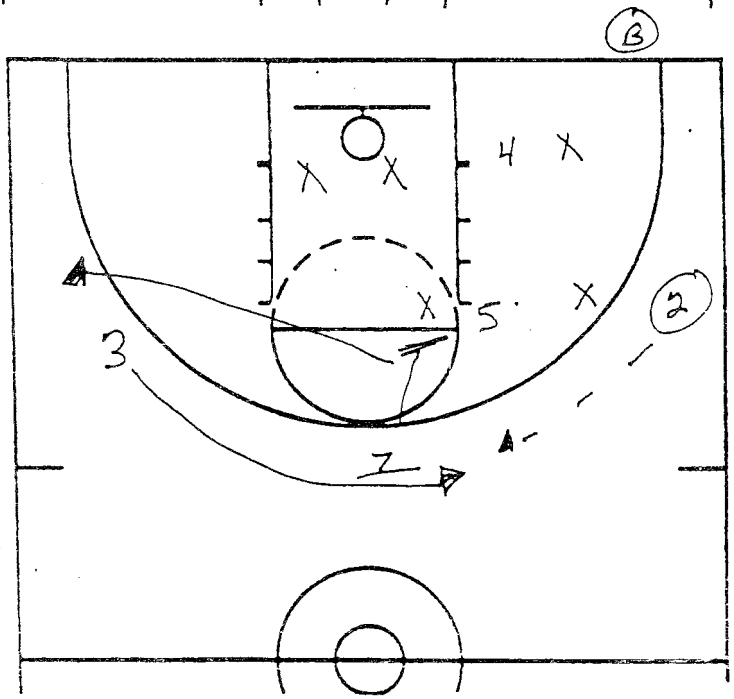
1. 3 has ball, 3 passes to 1
2. 1 looks for opening)
3. 1 passes to 2
4. Post X: 5 dives ballside box 4 flashes to ballside elbow
5. 1 + 3 relocate looking to gap defense and get open.



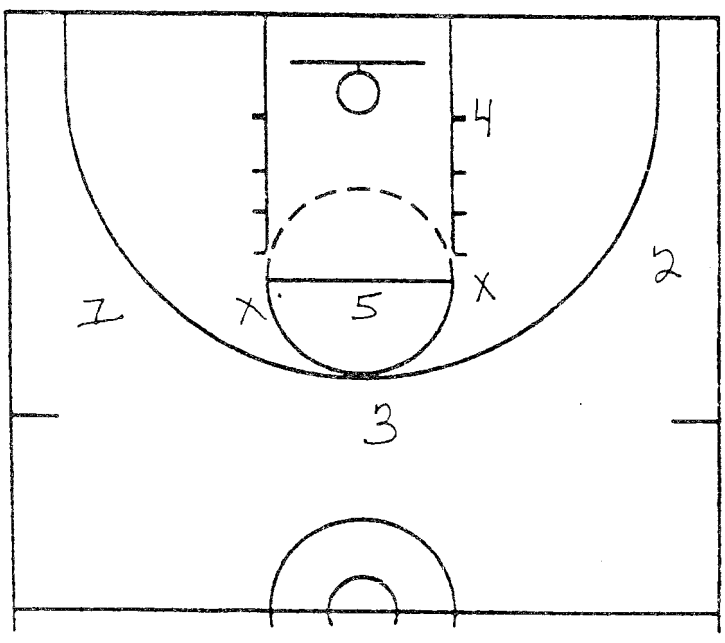
St. John's vs 2-3 zone

option: " Down "

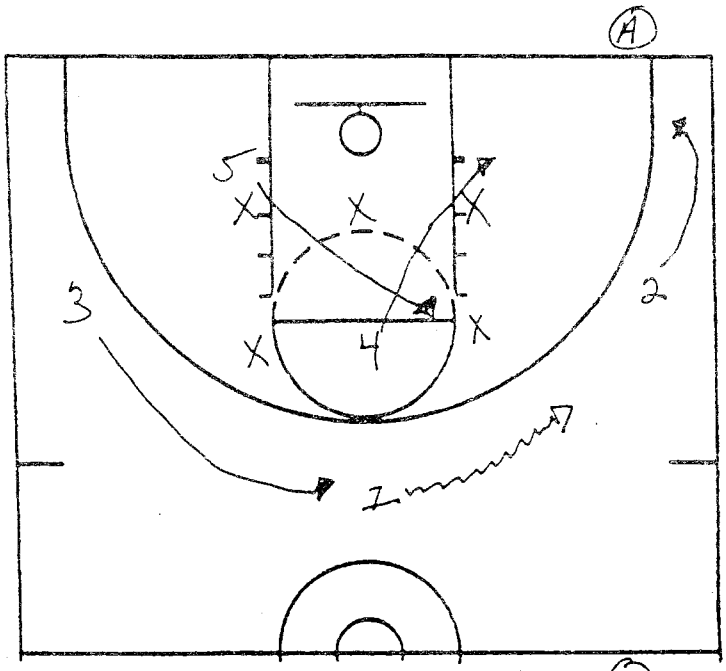
1. 1 has ball, 1 passes to 2
2. 4 dives ballside box
   5 flashes elbow



1. 2 has ball.
2. 1 screens down on Zone
   1 screens man covering top of key area
3. 2 looks post (4), elbow (5) and top of key (3)
4. 1 can cut to opposite wing area
5. 2 passes to 3



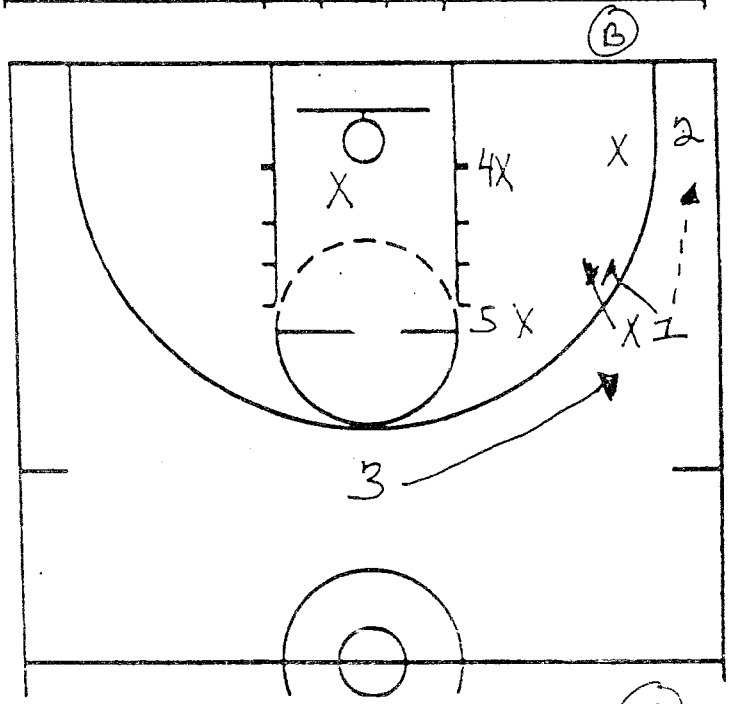
1. 3 has ball, no shot
2. 3 can run: St. John's
   - dribble entry
   - wing
   - exchange
   - Down



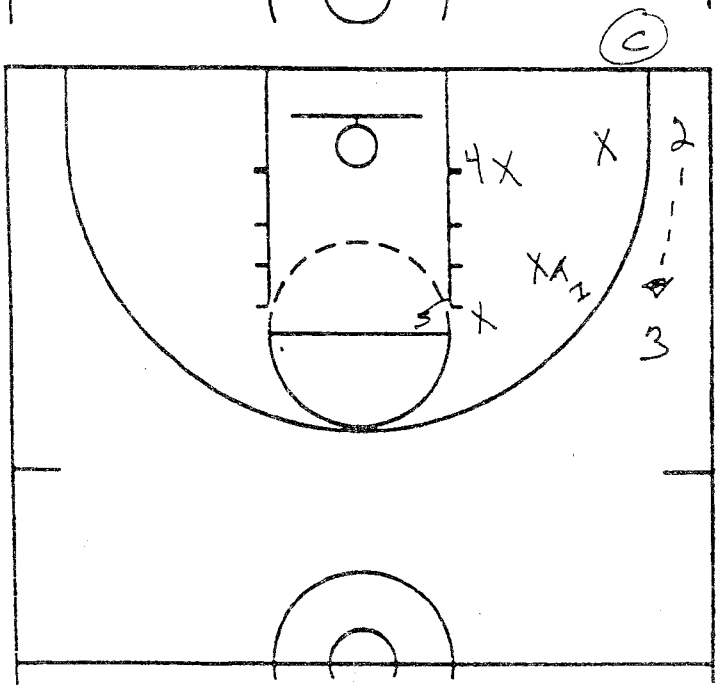
"St. John's" vs 2-3 zone

Option: "dribble entry"

1. 1 dribbles at wing, waves 2 to corner
2. 3 follows 1, and fills top of key
3. 4 + 5 "X" 4 dives bot
   5 flashes elbow
4. we are looking to overload the zone

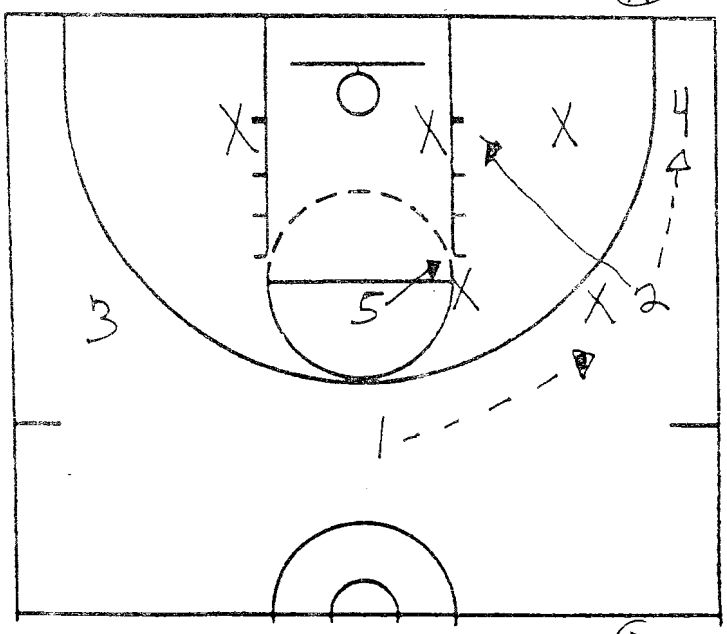


1. 1 has ball, passes to 2
2. 1's defender must drop in to cover cuts, flashes etc.
3. 1 screens his man, 1 must go down and get him!
4. 3 reads screen, cuts to wing



1. 2 has ball, 2 passes back to wing
2. 1 has set a screen for 3 to cut to wing and shoot if open.
3. 1 has two options after screen: 1. fill top of key
   2. fill opposite wing area for skip

(A)

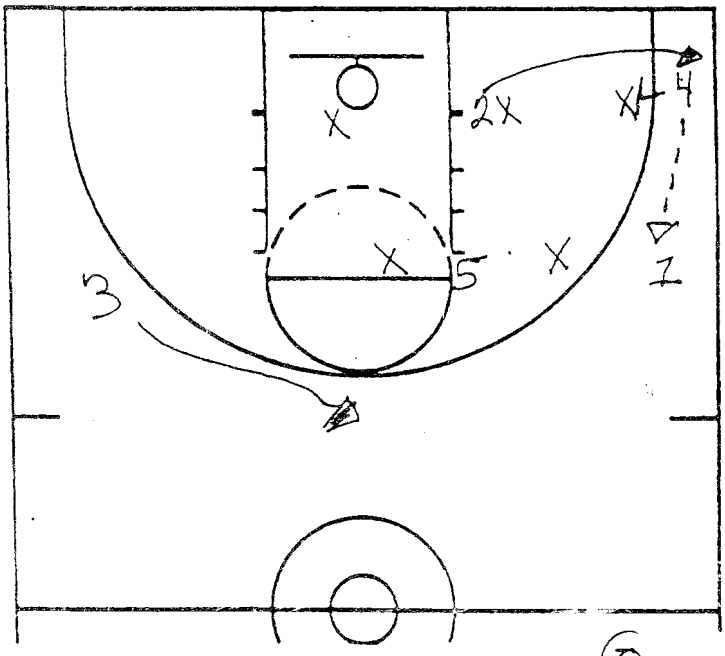


"St. John's" vs 2-3 zone

option" exchange"

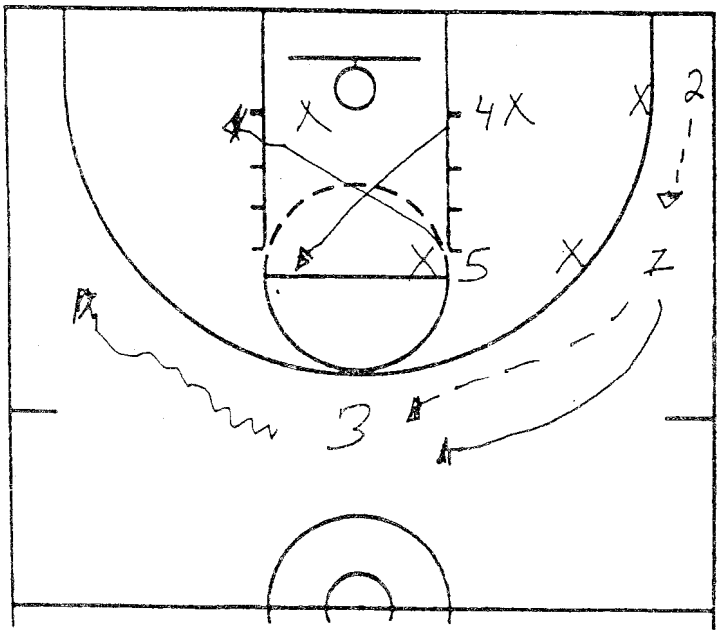
1. 1 passes to 2
2. 4 who dove ballside box steps out to corner
3. 2 passes to 4, 2 cuts to box
4. 5 steps to ballside elbow
5. 1 replaces 2 on wing
6. 3 opposite wing - open area

(B)



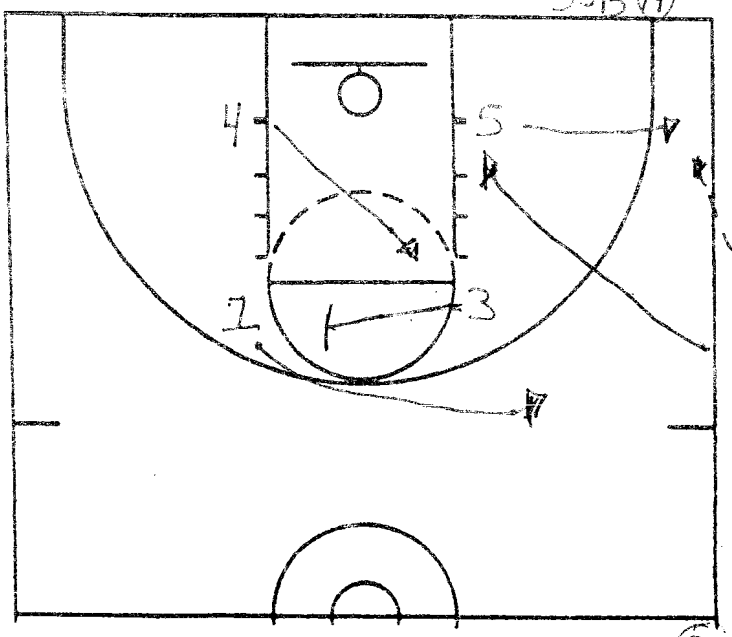
1. 4 passes to 1, 4 screens down on bottom of zone
2. 1 fakes reversal, passes back to corner for 2 (who has used 4's screen)
3. 1 passes to 2 in corner
4. 4 posts ballside screen
5. 3 top of key for reversal

(C)

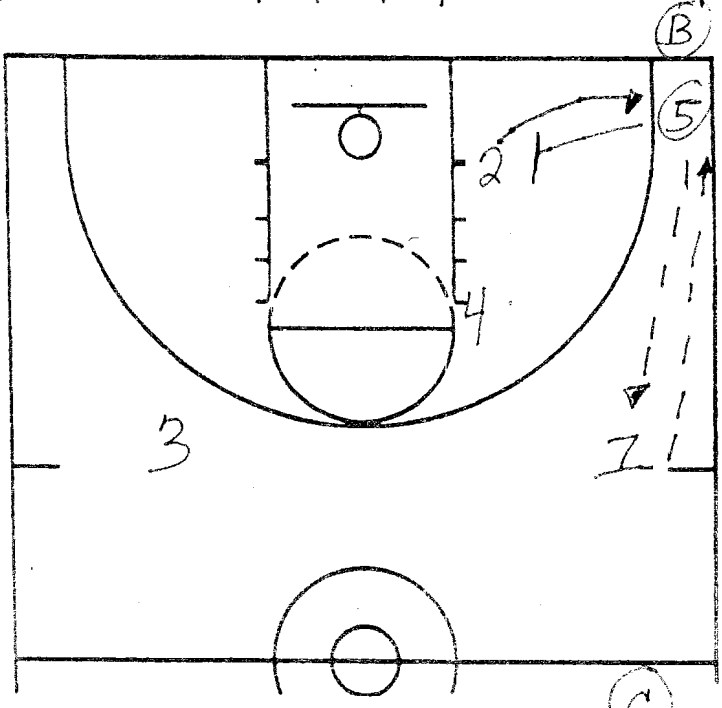


1. 2 passes to 1
2. 1 reverses ball to 3
3. 3 can dribble to wing
4. Big man "X"
   5 dives ballside corner
   4 flashes ballside elbow
5. 1 follows 3 to top of key
6. 2 can fill 1's spot or we can run "exchange" on this side
7. 5 wald step to corner + 2 wald cut baseline to ballside box

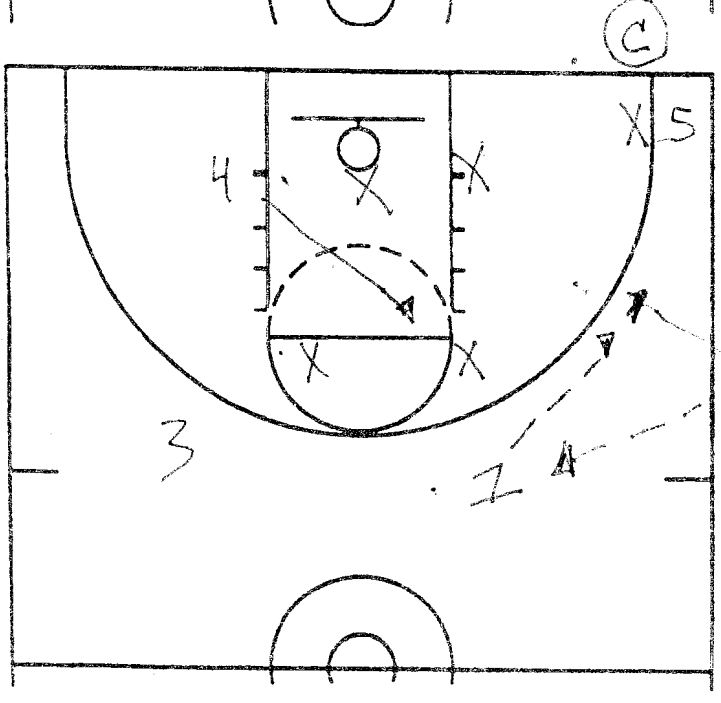
"Exchange" vs Zone



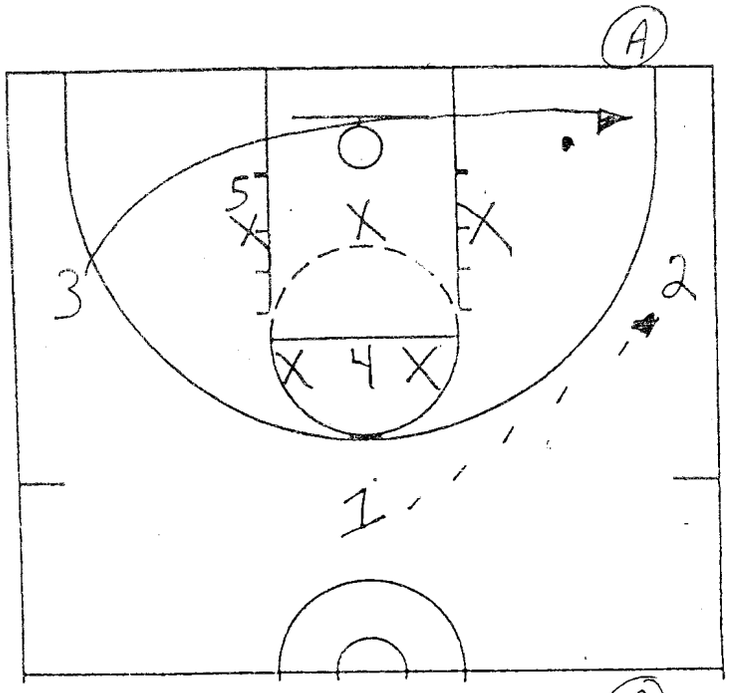
5 pops to corner
2 passes to 5, 2 cuts to bot
4 flashes to elbow
(2) 1+3 change spots



5 passes to 1
5 downscreens for 2
1 fakes reversal and passes to 2 for shot
2 waited for screen



If 5 is denied:
2 passes to 1
2 steps in on wing
2 1 passes to 2 for shot



"St. John's" vs 2-3 zone

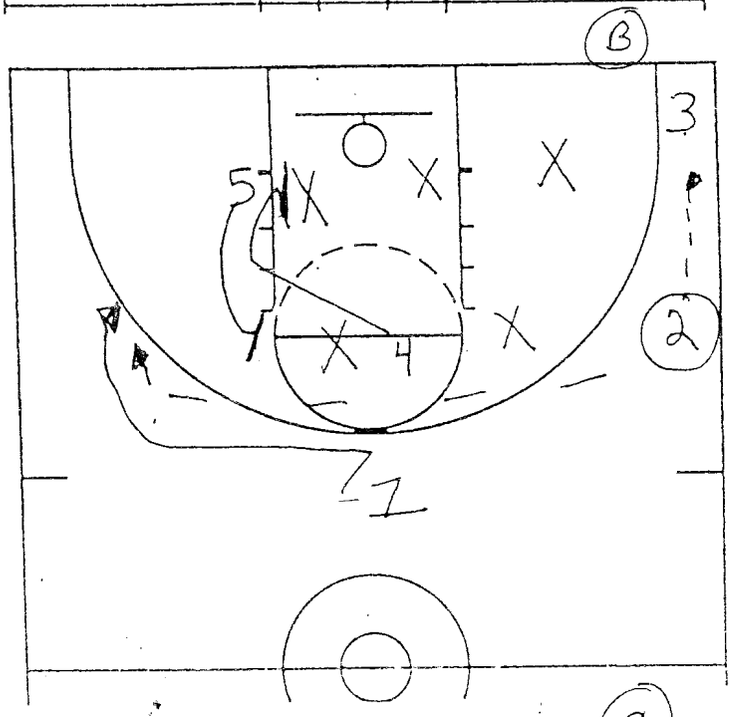
option: "Fade"

1 passes to 2

3 cuts ballside
(It must be a hard cut to draw defensive attention)

2 can pass to 3

2 looks at 3 to sell the play

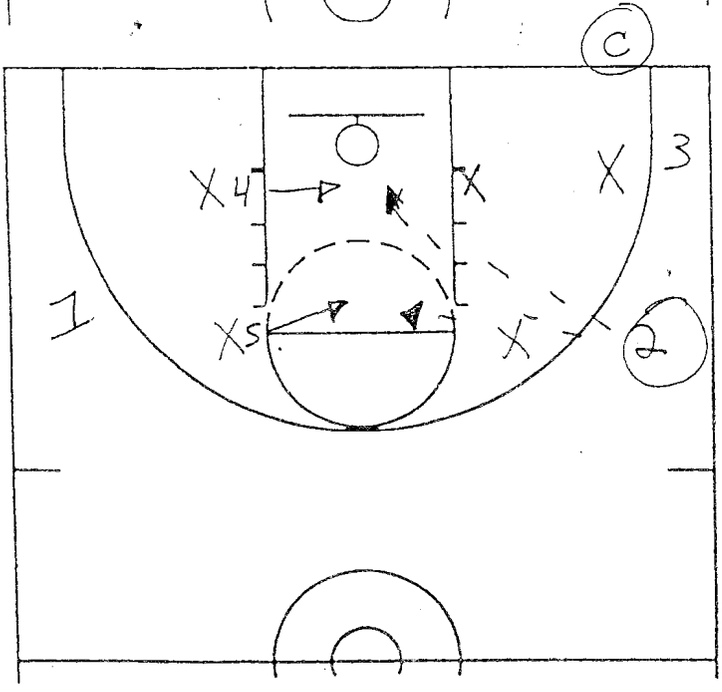


ON the pass to 2

A. 1 cuts to opposite wing

B. Rule "Big men X opposite"
(4 would go to opposite box, 5 would go to opposite elbow)

4+5 screen the zone
2 looks to skip to 1,
4+5 post up after screening

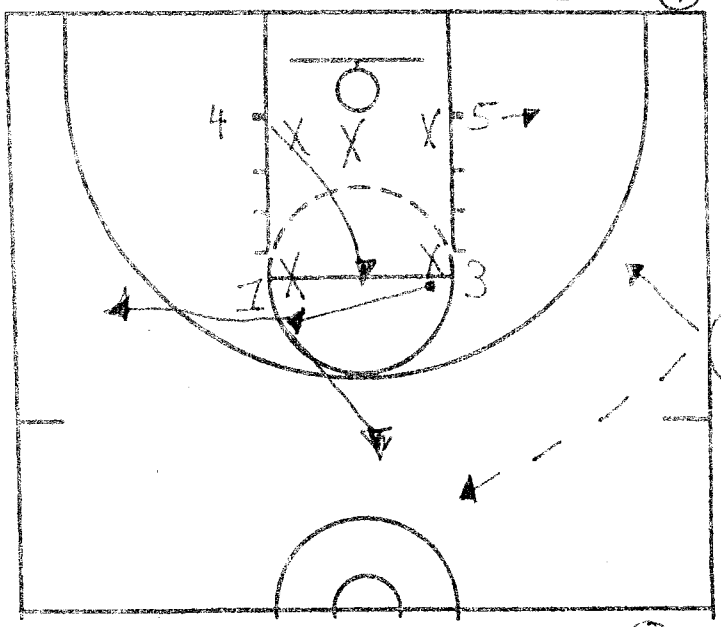


If the zone cheats:

A. Big men don't fight the zone

B. 4+5 flash to ball
2 looks to pass to open man

SOB (A)

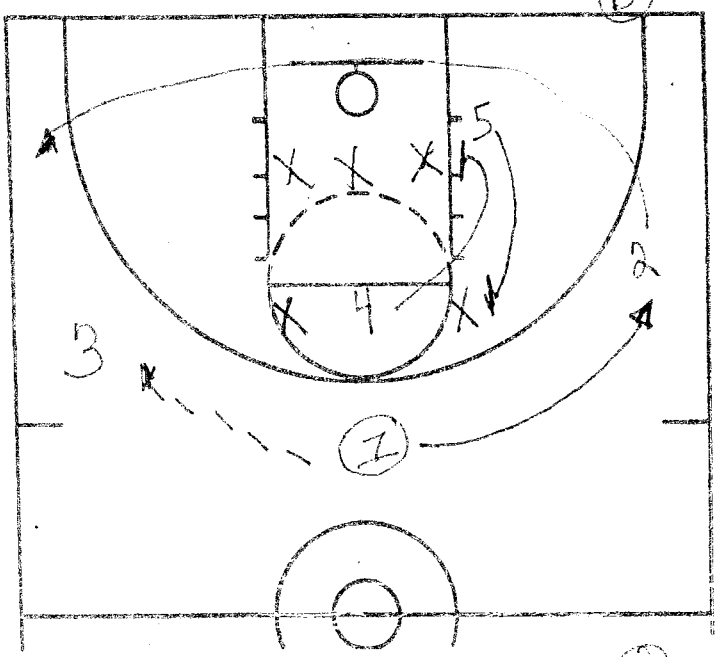


"Fade" vs Zone

1 cuts half court area (shooter)
3 cuts opposite wing
5 cuts to corner if needed
4 cuts free throw line

2 passes to 1
2 steps in ballside

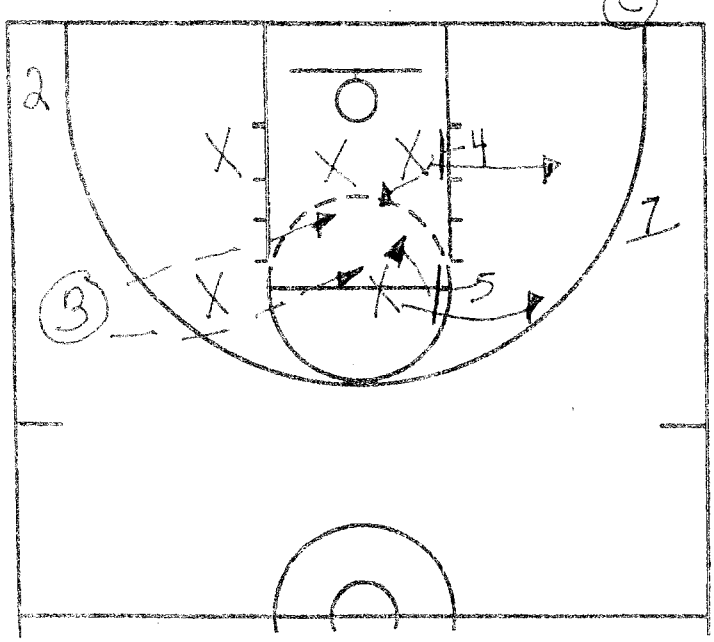
(B)



1 can pass to either side and initiate "fade"

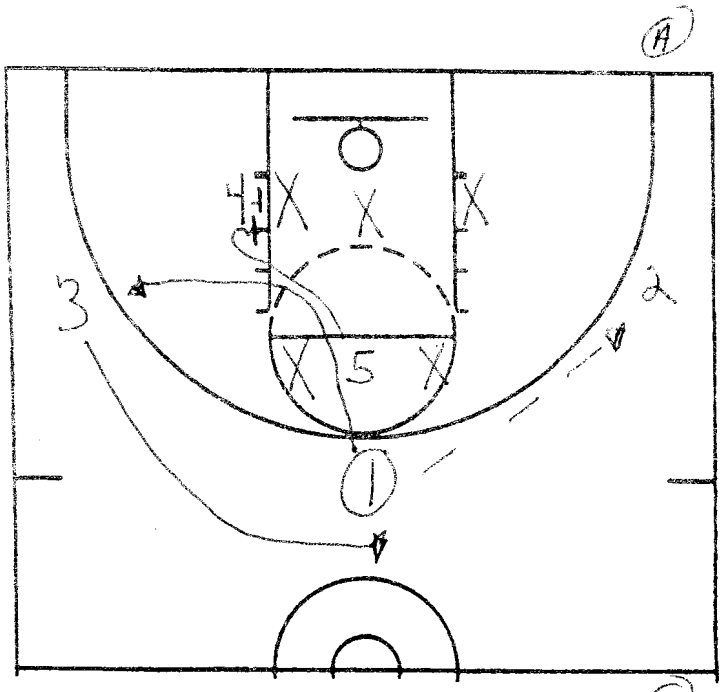
On the pass to 3
A. 2 cuts ballside corner
B. Rule "Big Men X opposite"
(4 would go opposite box
5 would go opposite elbow)
4+5 screen zone
3 looks to skip to 1
4+5 post up after screening

(C)



If the zone cheats:

A. Big men don't fight zone
B. 4+5 flash to ball
3 looks to pass to open man



"St. Johns" vs 2-3 zone

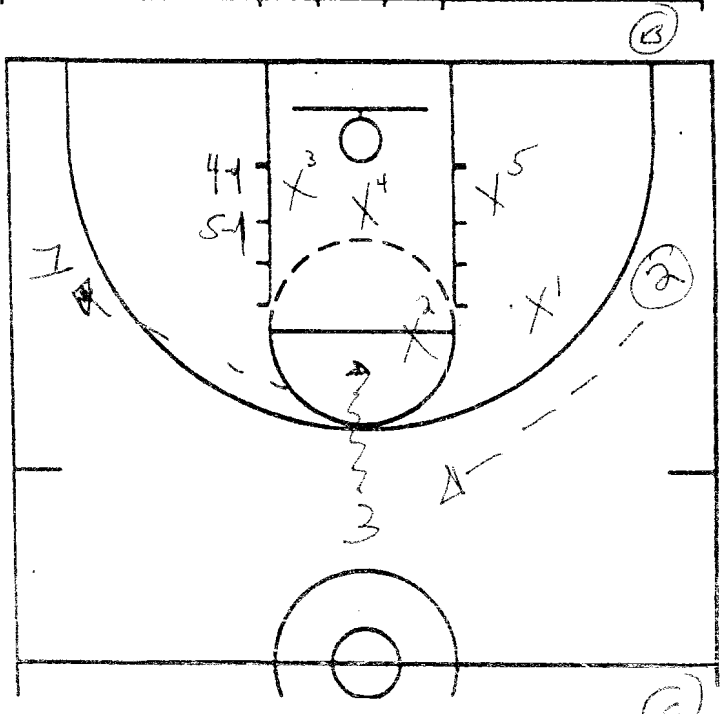
option: "stack"

1 (shooter) passes to wing

2 shallow cuts to opposite wing

3 replaces 2

Post Rule: stack opposite

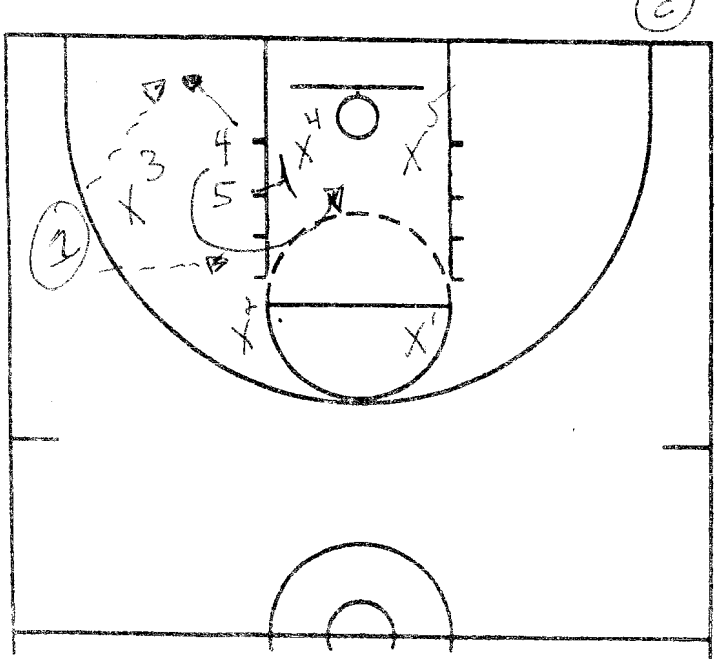


2 reverses ball to 3

3 dribbles at guard (X3) then passes to 2

4+5 screen bottom of zone

3 passes to 2 for jumper



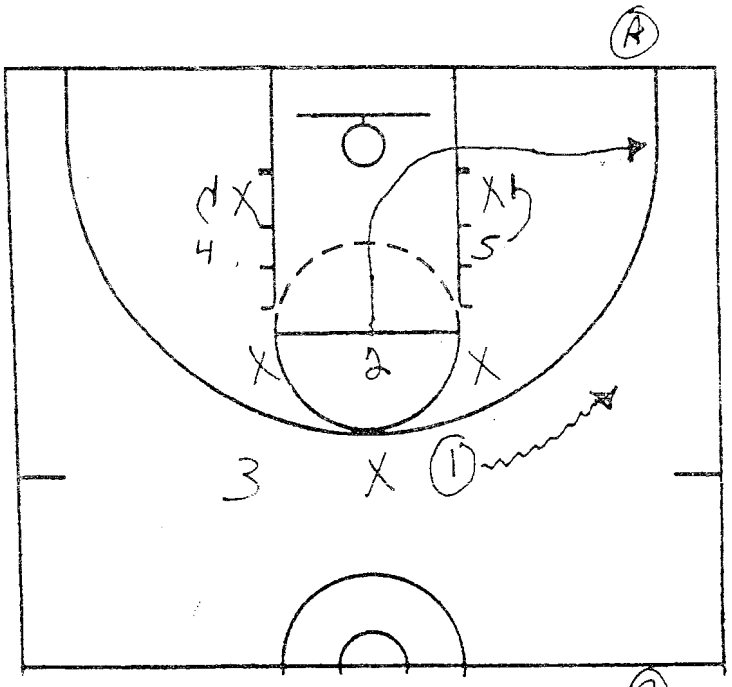
X3 fights over screens and covers 2

5 screens middle of zone

4 curls over top or goes to short corner

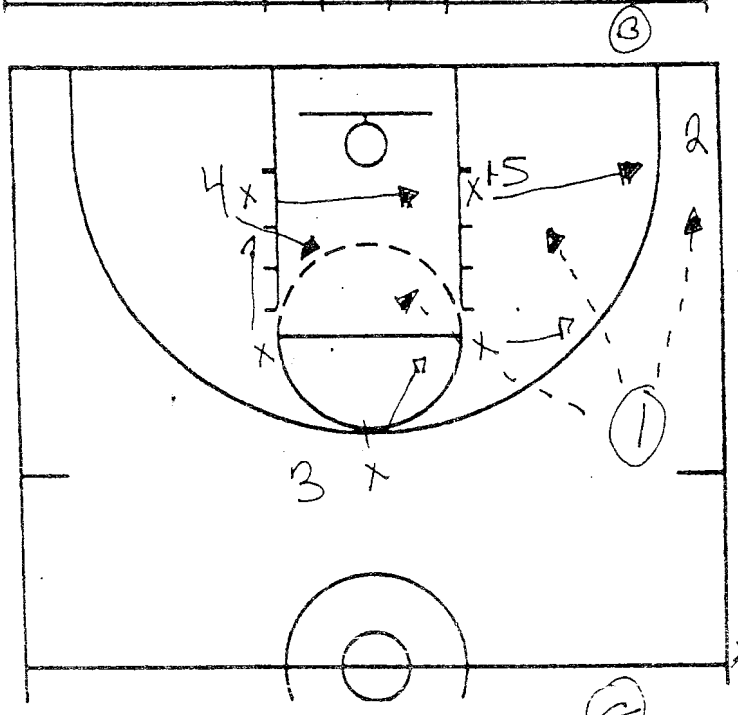
5 reads 4 and goes opposite

2 looks to pass to 4 or 5



"Florida"
option vs 3-2 zone

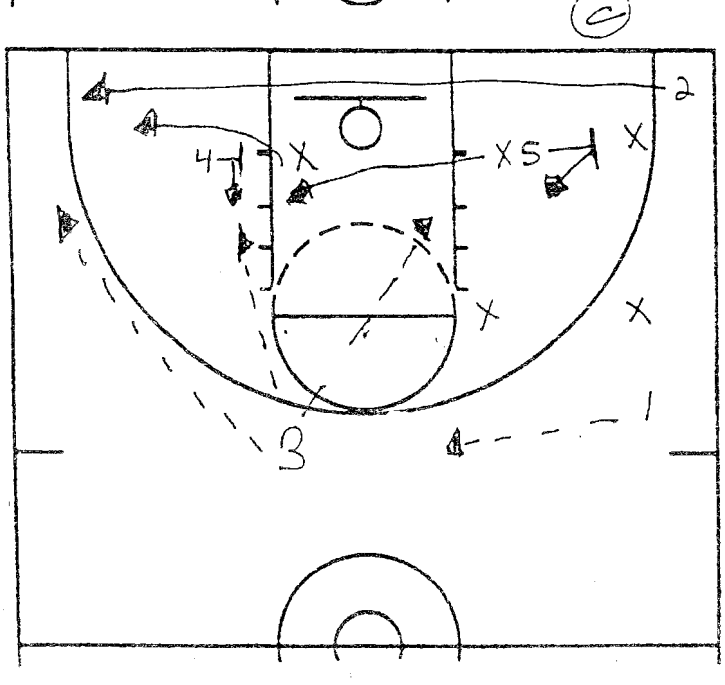
1. Even front vs. odd front zone
2. Trying to attack baseline
3. Put best shooter at foul line
4. 2 cuts down middle and goes to a corner



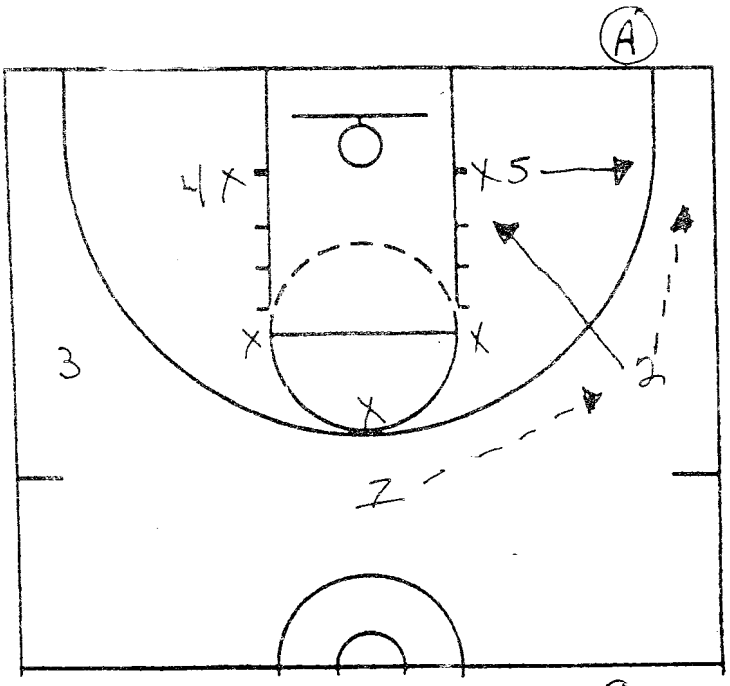
Post Rule: 4+5 must screen outside defender first

- After post screens outside defender then they can post
- opposite post can flash middle but must be on box when shooter runs baseline

* - If middle of zone covers ballside box, 5 can screen point drop and 4 can flash to ballside box

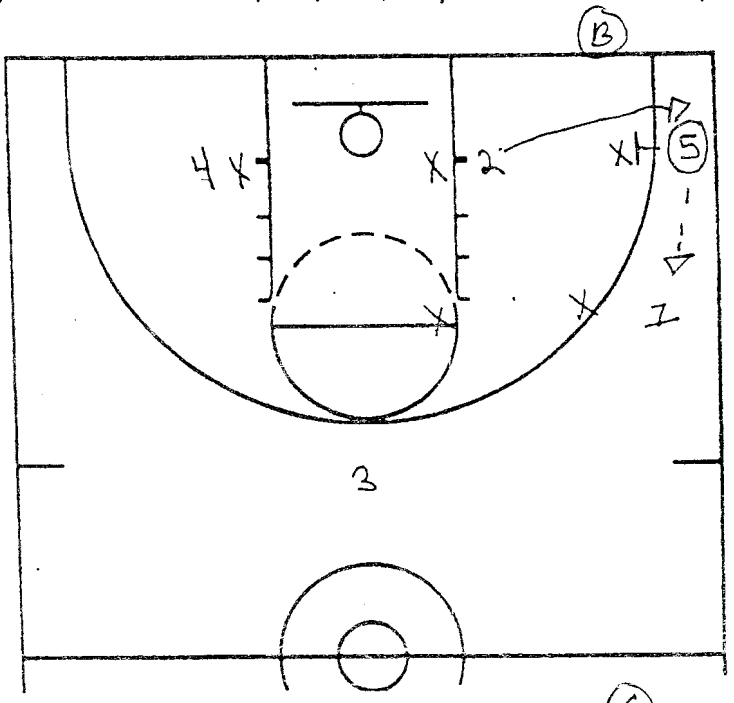


1. 1 passes to 3
2. 2 runs baseline
3. 4 screens bottom of zone on baseline
4. 5 screens the man who was covering 2 in the corner
5. 3 has options: 1. 5 stepping back to ball w/ defender on back
   2. 2 on baseline
   3. 4 stepping to ball

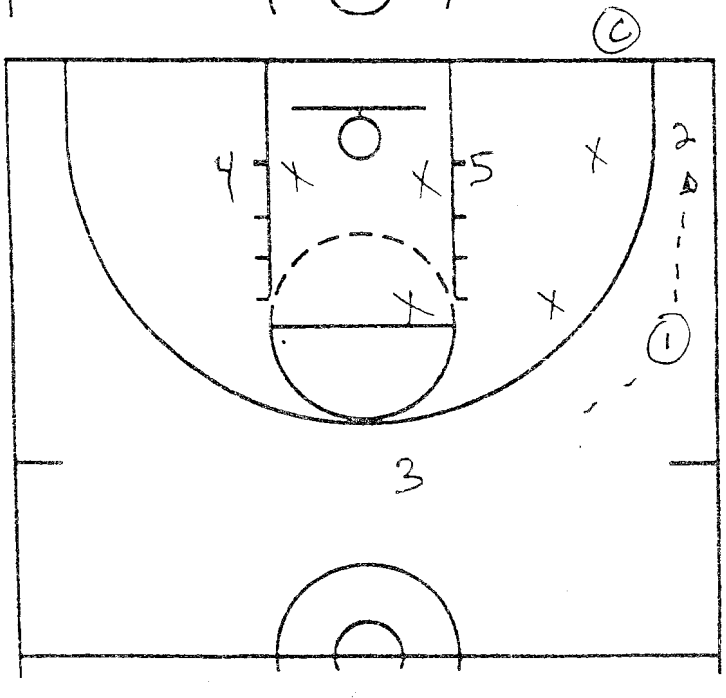


"Florida" -vs 3-2 zone
option "exchange"

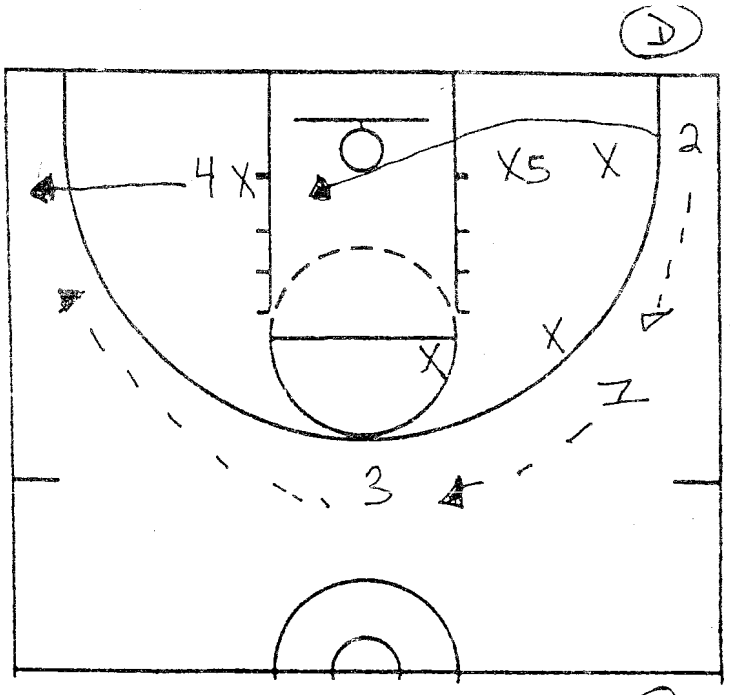
1. 1 has ball - passes to 2
2. 5 pops to corner, 2 passes to 5
3. 2 cuts to ball side box
4. 1 replaces 2
5. 3 opposite wing open area



1. 5 passes to 1
2. 1 fakes reversal to 3
3. 5 downscreens zone
4. 2 pops to corner
5. 1 passes to 2

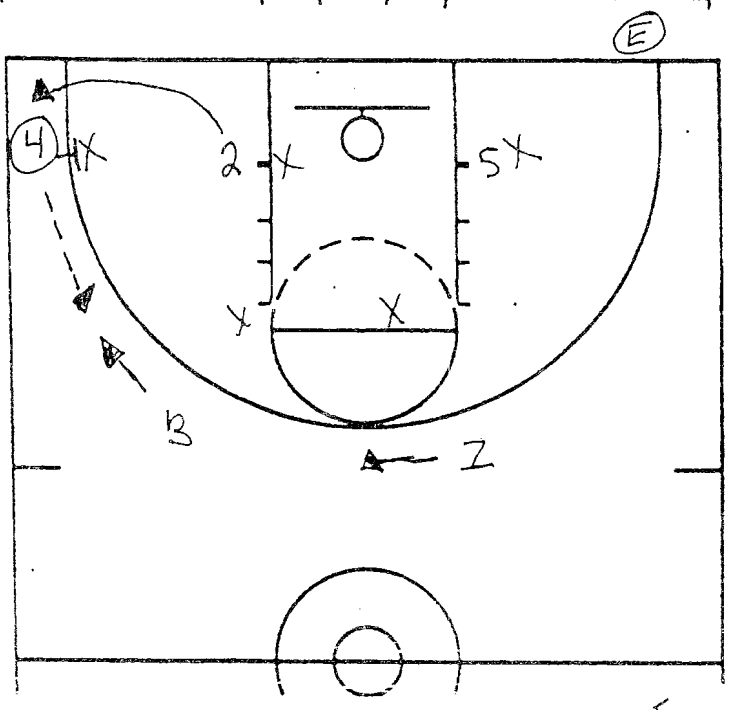


1. 2 shoots or passes to 5 or back to 1

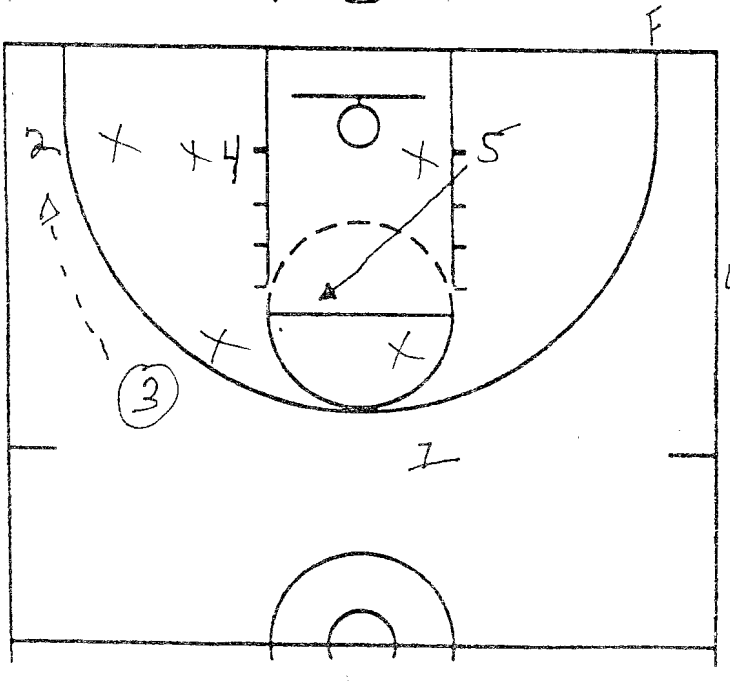


Florida vs 3-2 zone
"option" exchange" cont.

1. 2 has no shot, passes to 1
2. 1 passes to 3
3. 3 dribbles to left
4. 4 pops to corner
5. 3 passes to 4, or looks for 2
6. 2 cuts to ball side bot



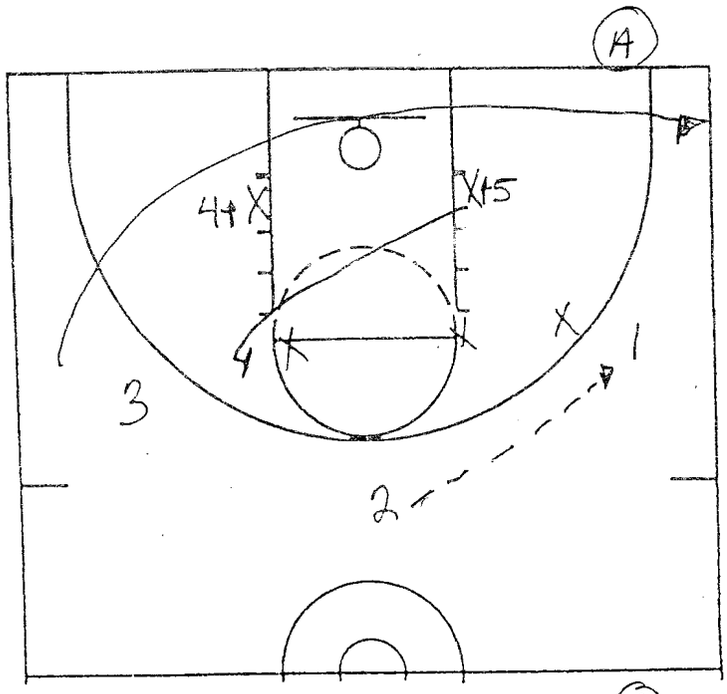
1. 4 has ball
2. 3 goes towing
3. 1 top of key
4. 4 passes back to 3
   4 screens outside of baseline zone
5. 2 cuts to corner



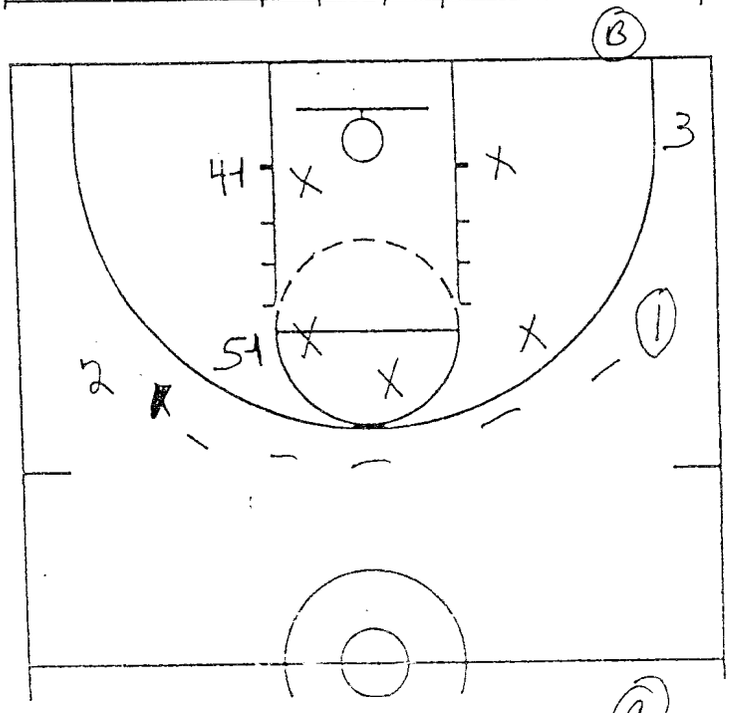
1. 3 has ball
2. 3 passes to 2 for jumper
3. 4 posts up
4. 5 can flash, responsibility is to screen bottom of zone on ball reversal.

"Florida" vs 3-2 Zone

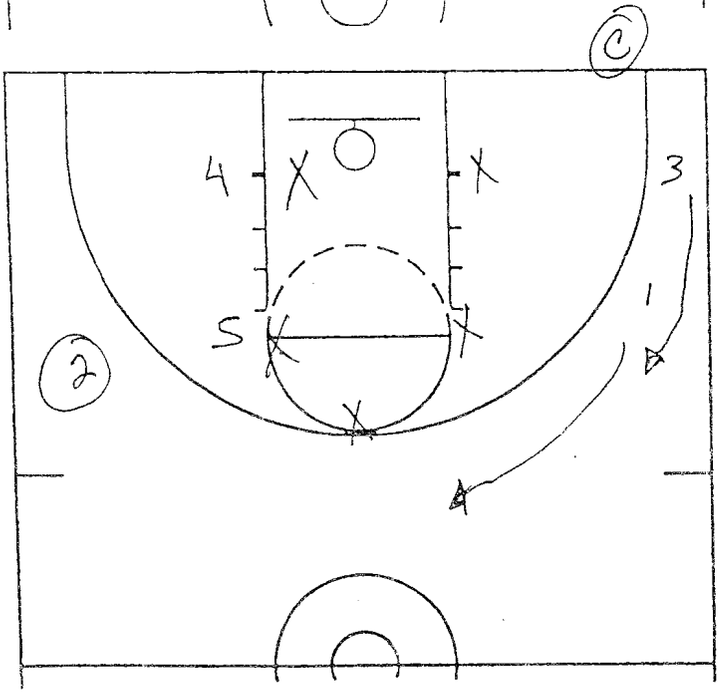
OPTION – "Fade"



2 passes to 1
3 cuts to ballside baseline
5 "Flashes opposite" elbow

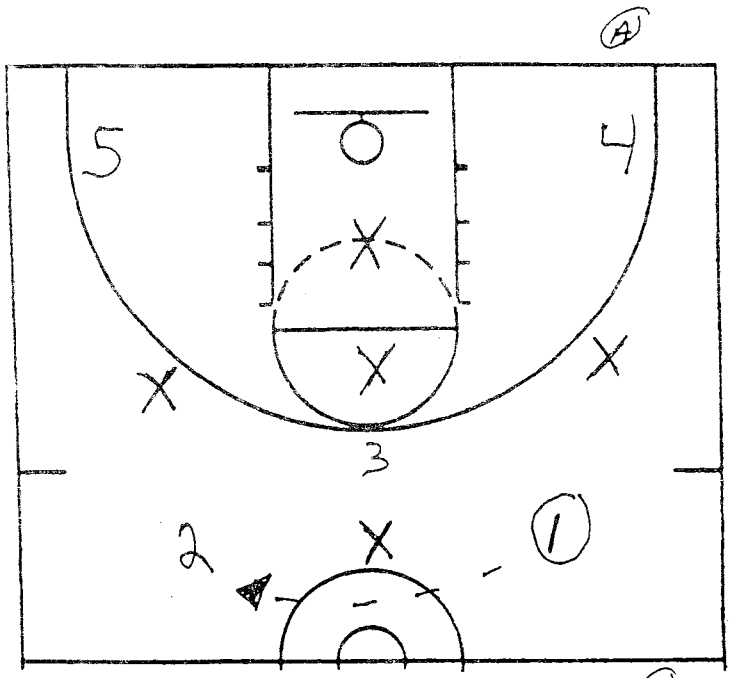


1 has the ball
1 looks to skip to 2
2 looks for shot
4+5 must screen the zone!!

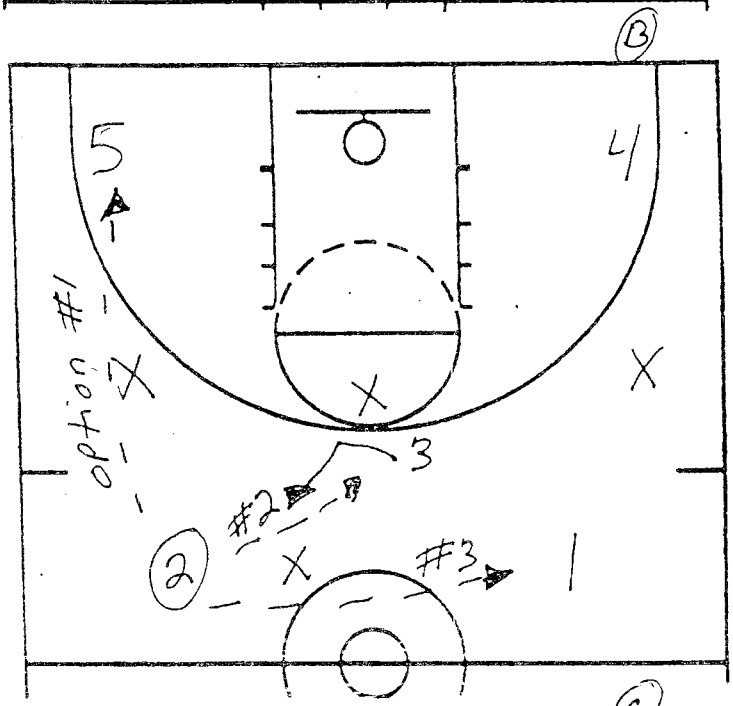


If nothing develops!
2 can run exchange, fade for point guard or run Florida
1+3 should come up to help 2 with offense

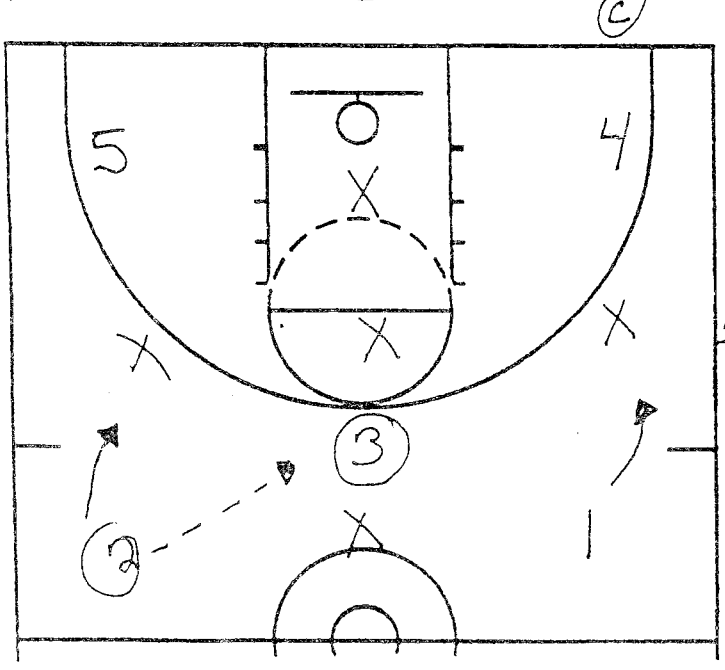
"Texas" vs 1-3-1 trap
run + jump
press offense



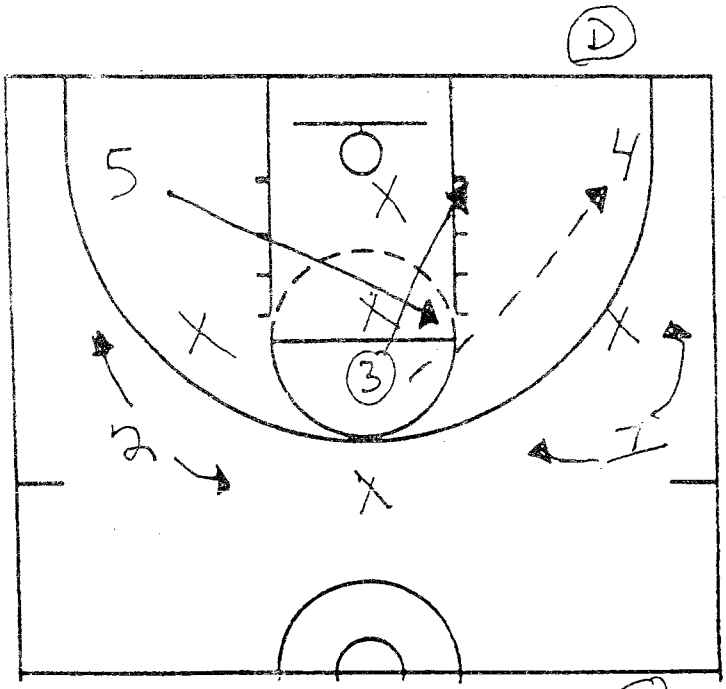
1. 1 has ball
2. 2 opposite 1
   3 in the middle, must move on angles
   4+5 on baseline near 3 point line.
3. 1 passes to 2



1. 2 has ball, looks for 3 in middle or 5 on the baseline, or pass back to 1
2. "Fake a pass, throw a pass"
3. 2 passes to 3

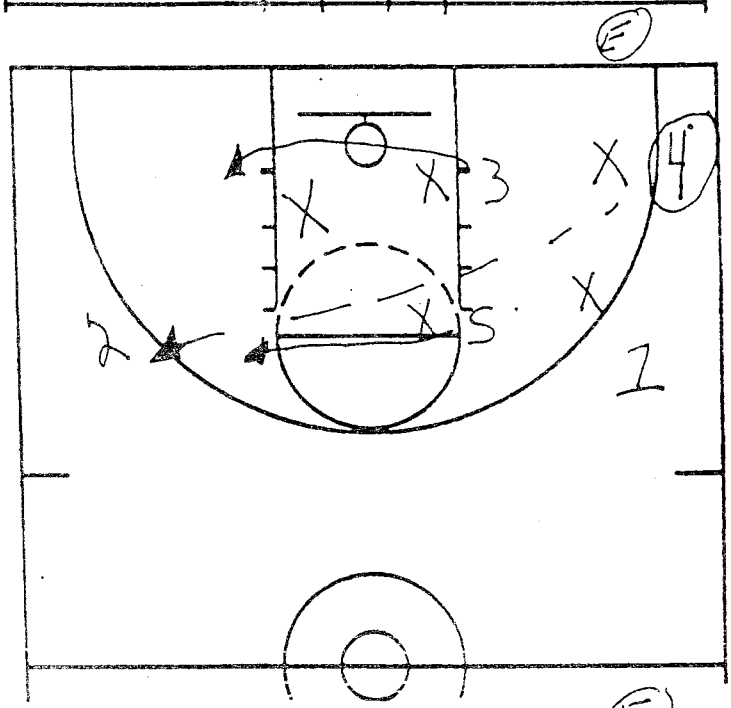


1. 3 has ball in middle
2. Rule: 1+2 go to an open area
3. Rule - 4+5 must read their defenders,
   - If their defenders play tight, cut to hoop
   - If defenders play off, stay in corner

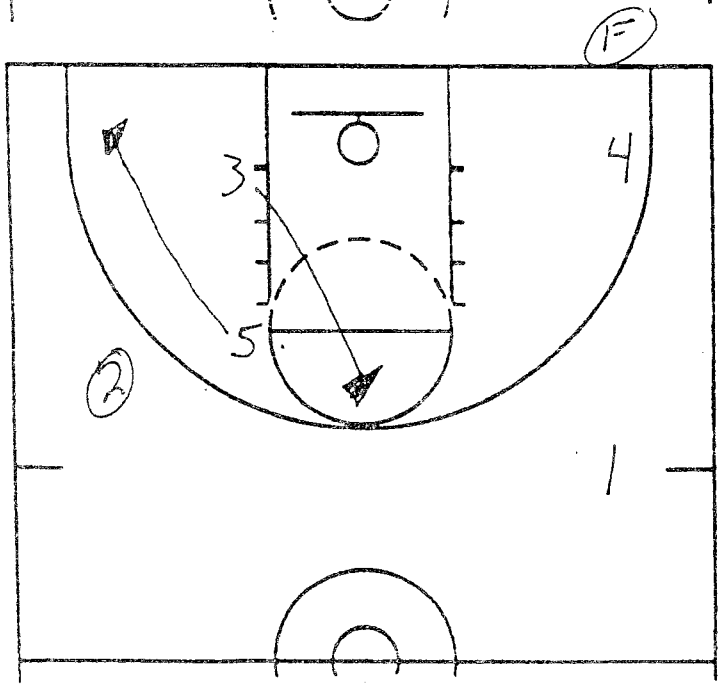


"Texas" cont. vs 1-3-1 trap run + jump press offense

1. 3 has ball
2. 3 passes to 4
3. Rule: 3 flashes to ballside box of where 3 passes
   5 (opposite baseline) must flash to elbow area
   - 1 - cuts to open area on ballside wing
   2 - goes to open area on opposite wing

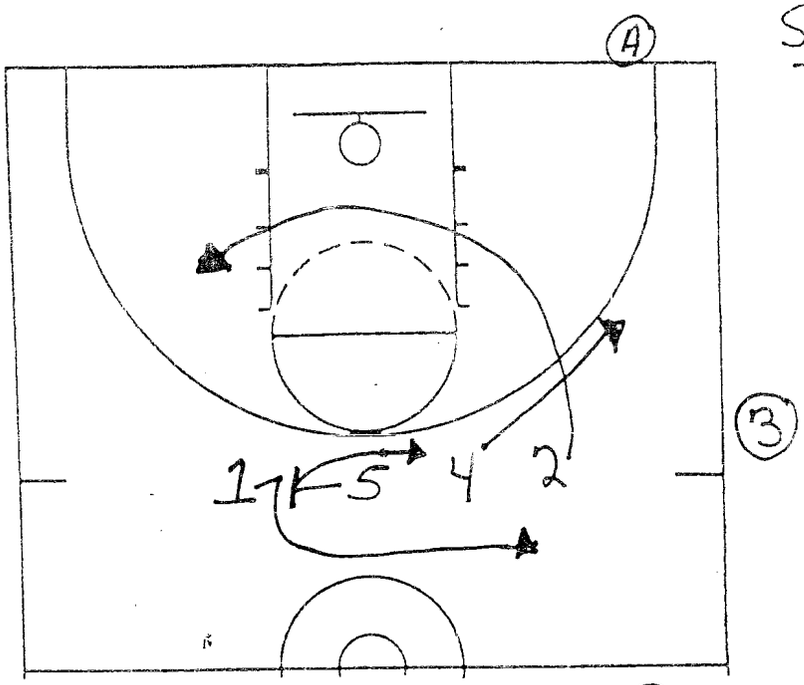


4. 4 skips to 2
   Rule - any skip pass - ballside flashes - straight across (3+5)

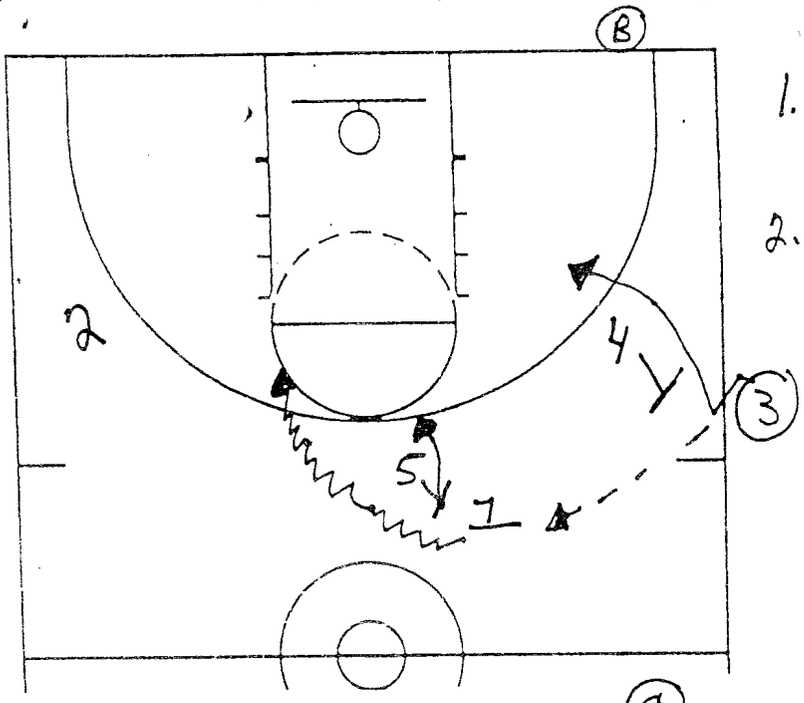


1. 2 has ball
2. 2 looked for 3+5 flashing to ball
3. If nothing, reset the offense
   - 3 comes up middle
   - 5 goes to baseline

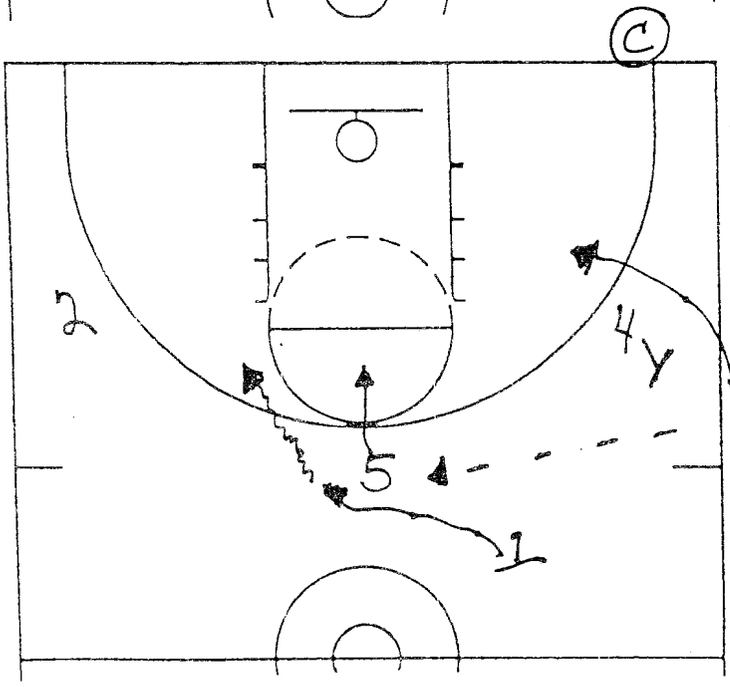
Sideline OB "Georgetown"



1. 3 takes ball out
2. 2 breaks to the basket
3. 4 cuts to the sideline
4. 5 screens for 1 and breaks hard to the ball

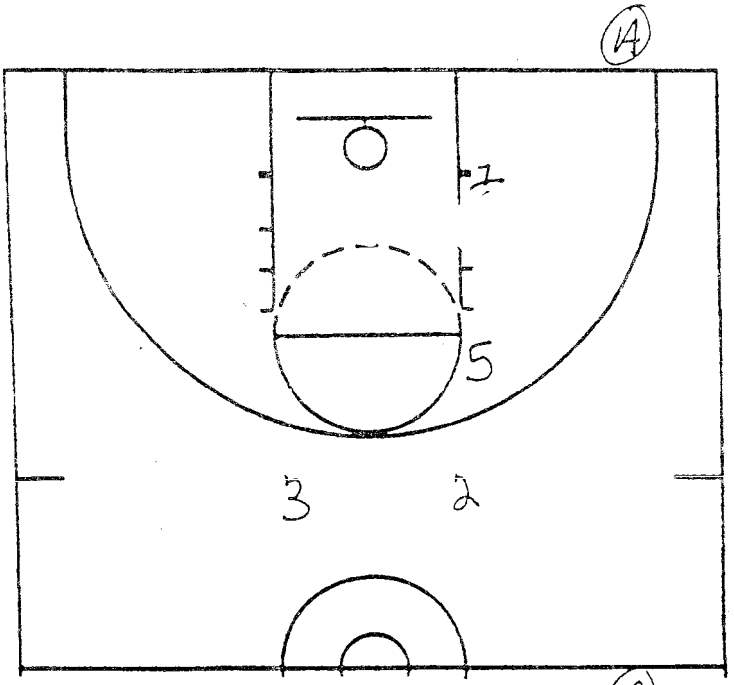


1. 3 passes to 1 and cuts off the backscreen by 4.
2. 1 dribbles off the pick by 5 and looks to penetrate
3. 2 spots up for the jumper

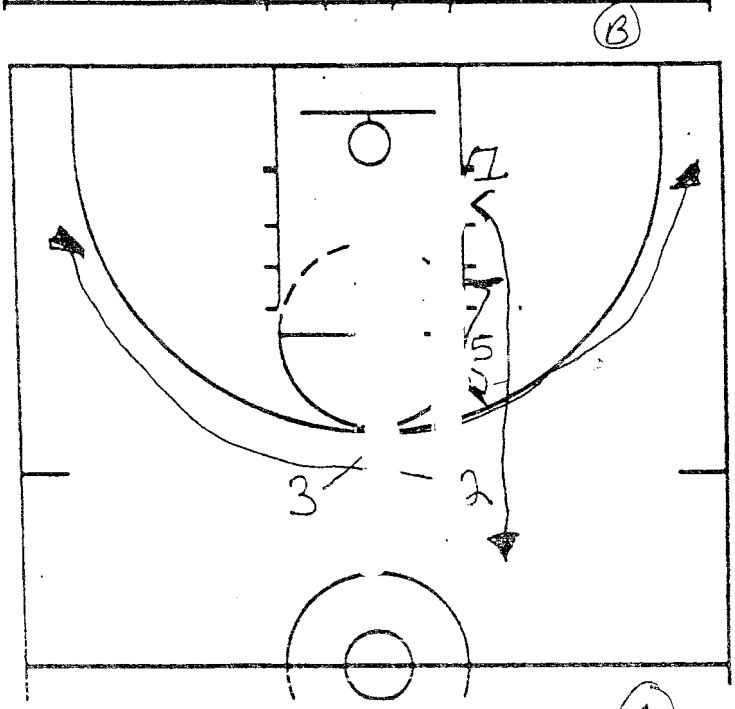


1. If 1 is not open, 3 passes to 5 and 1 runs past for a handoff.
2. 3 cuts off the backscreen by 4

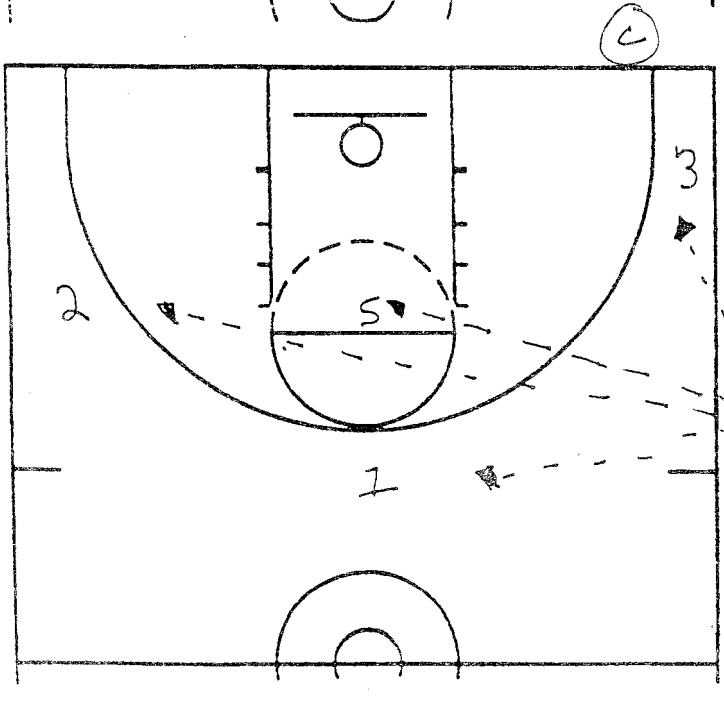
Sideline OB "Kansas"



1. 4 has ball
2. 1 ballside box
3. 5 ballside elbow
4. 2 + 3 across from 4, 10 feet apart (on volleyball line if available)

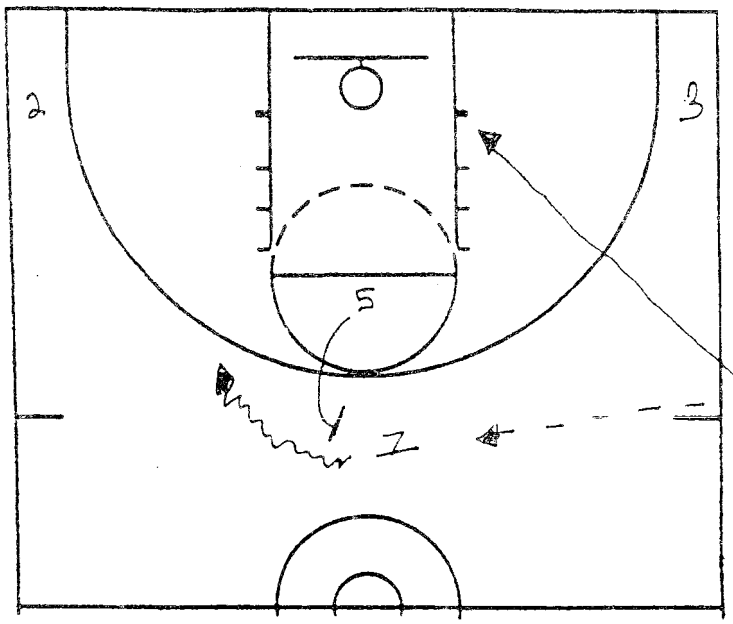


1. 2 cuts first to opposite wing
2. 3 cuts to ballside corner
3. 5 sets a screen for 3
4. 5 then sets a screen for 1
5. 1 cuts top to where the 2 was at start



4's options: 1. 2 on opposite wing
2. 3 ballside corner
3. 1 top of key
4. 5 stepping back to ball

D

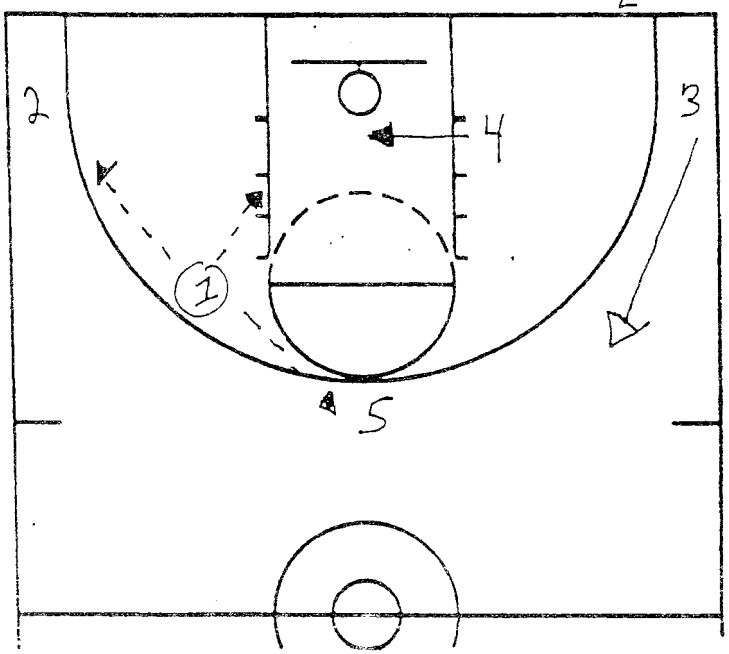


Sideline OB (cont.)

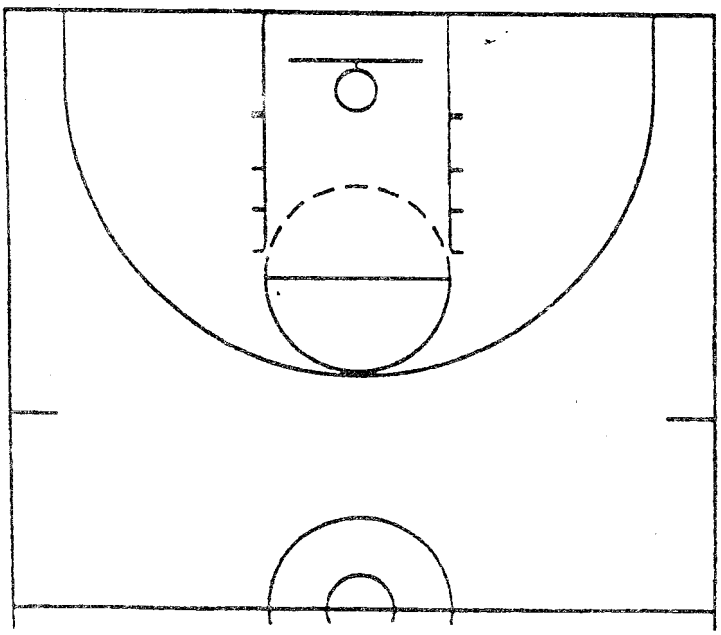
"Kansas"

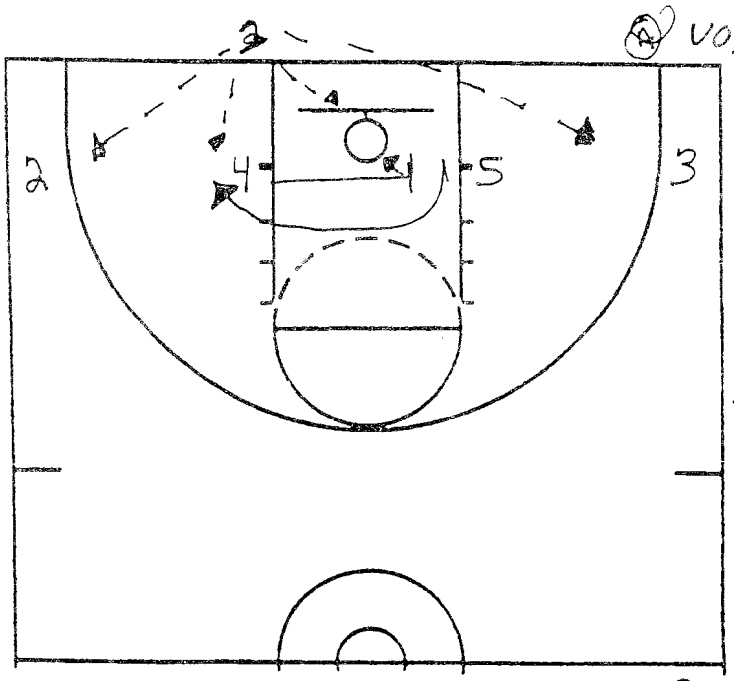
1. 4 passes to 1
2. 1+5 start "PACER"
3. 4 cuts to opposite bot
4. 2 must be ready to shoot
5. 5, 5 reads defense either!
   1. rolls to ball side bot
   2. Pops to top of Key
6. 1 must come off Pick+roll shoulder to shoulder ready to score.

E



1. Point guard option!
   1. 2 man in corner
   2. 4 sliding over if defender helps.
   3. 5 stepping back for reversal or shot
2. 3 man (opposite corner) must come up for jumper + defensive responsibilities

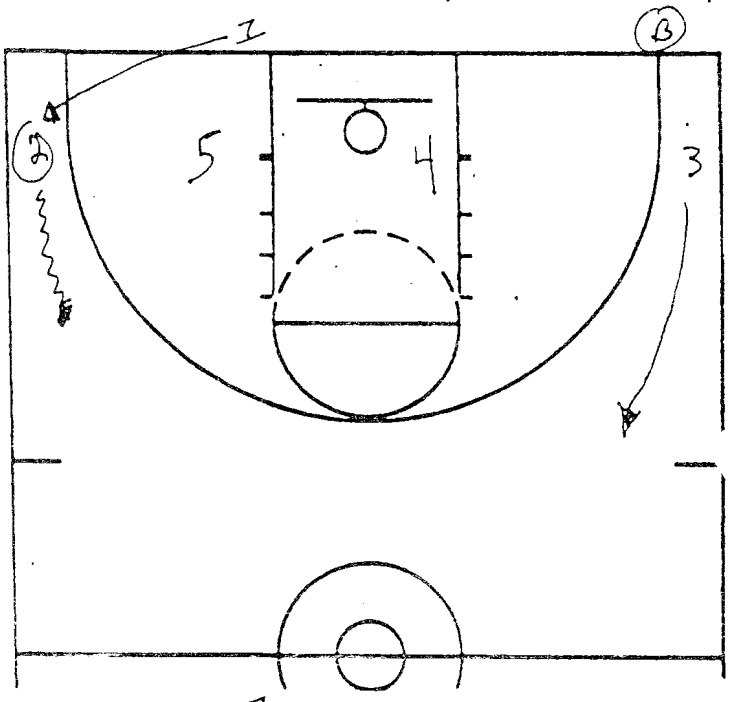




VOB out of bounds

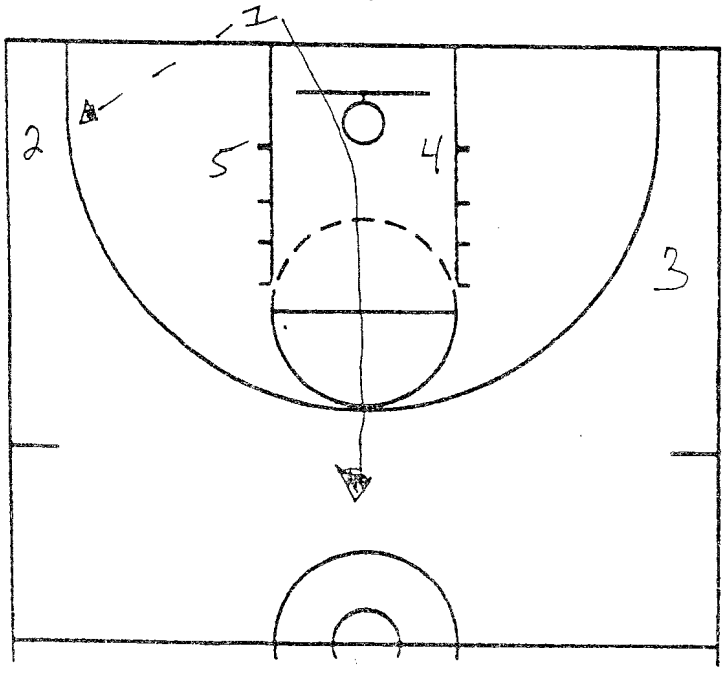
"Line" vs zone/man

1. 1, 2 or 3 can take ball out
2. On slap of ball, 4 screens away for 5 and steps back to ball
3. 5 cuts hard to ball side box
4. 2 must be ready on ballside corner



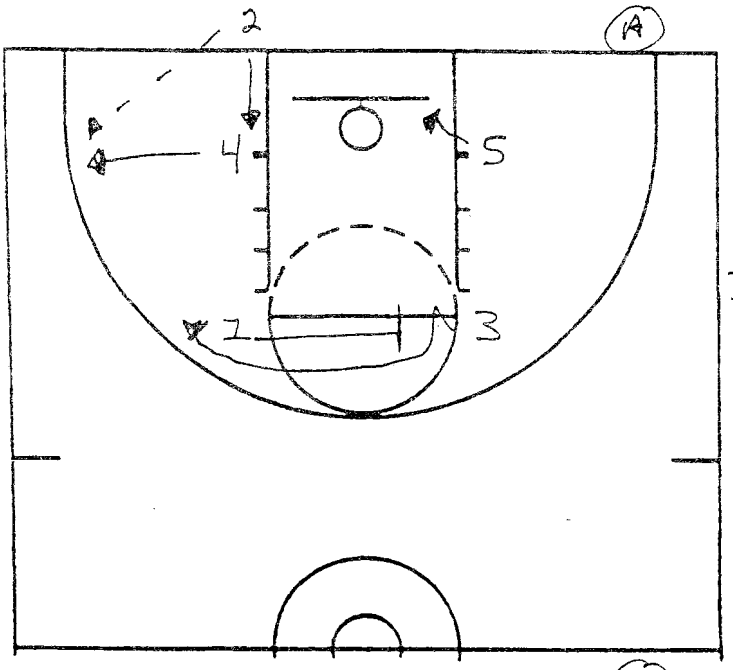
1. 1 passes to 2.
2. 2 dribbles to wing
3. 1 steps in ballside corner
4. 3 comes for defensive help.

Exchange Ends



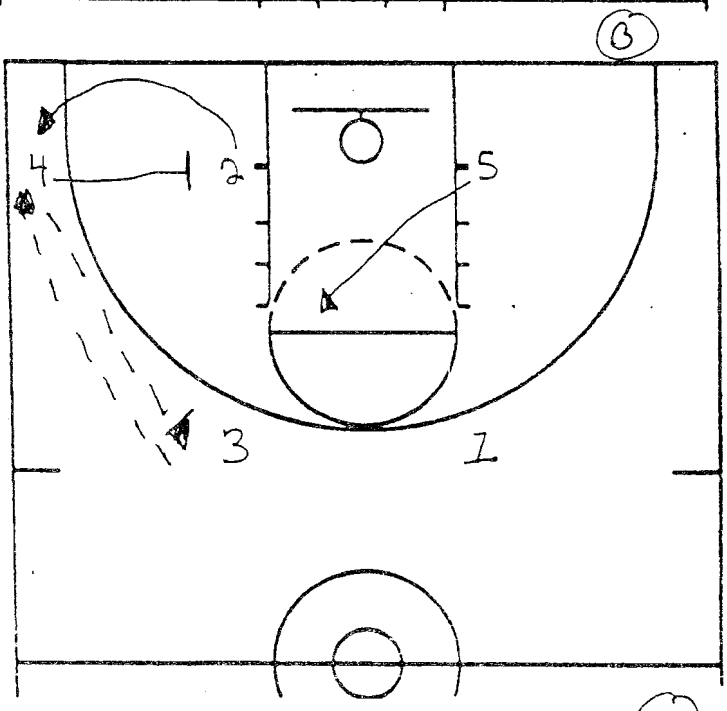
optic

1. 1 passes
2. 1 sprints

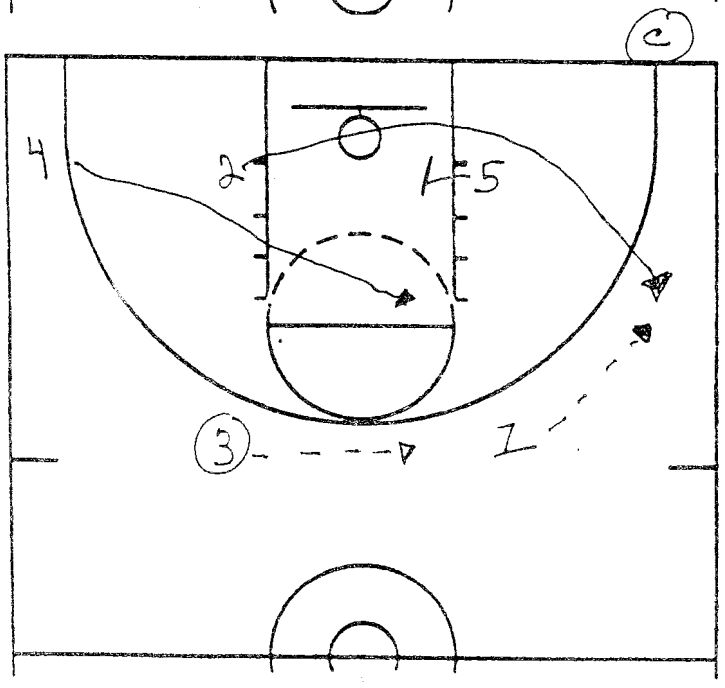


"2" Out of bounds vs zone/man

1. 4 pops to corner
2. 1 screens away for 3
3. 5 posts up
4. 2 passes to 4
5. 2 steps in ballside box

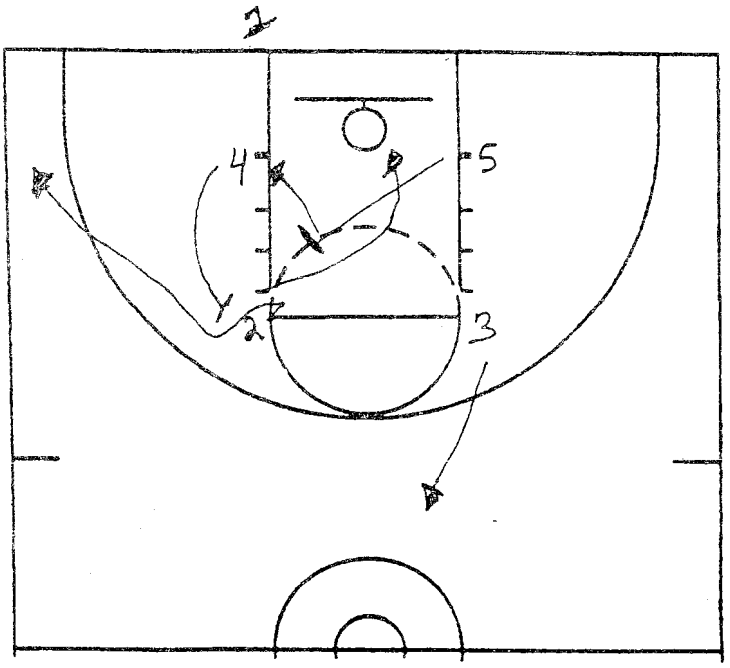


1. 4 passes to 3, 4 down screens for 2
2. 3 fakes reversal, and throws back to 2 in corner
3. 2 looks shot or for 4 posting up
4. 5 can flash elbow for shot or hi/lo with 4



Option

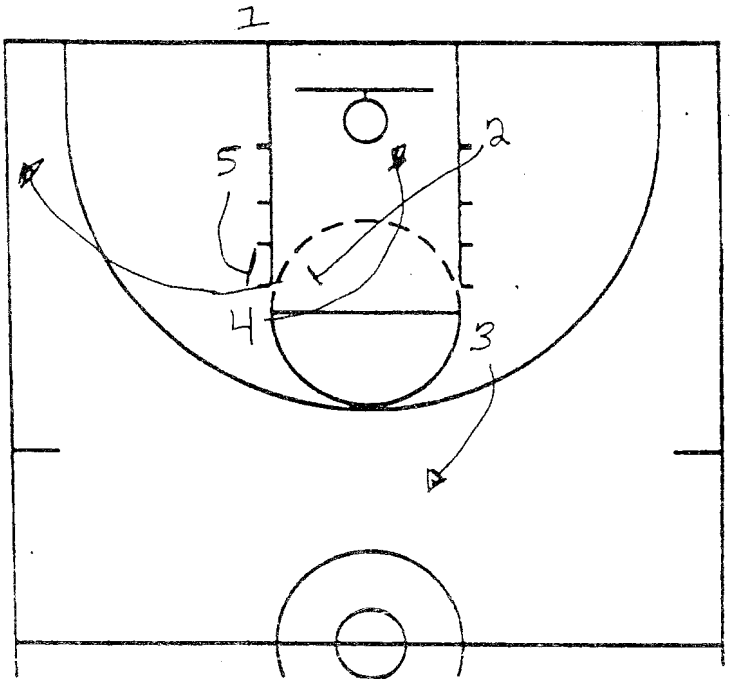
1. 3 has ball, defense is playing the play.
2. 3 reverses ball to 1
3. 5 screens for 2
4. 2 uses screen and cuts to wing
5. 5 posts up
4. 4 can flash elbow or stay opposite box



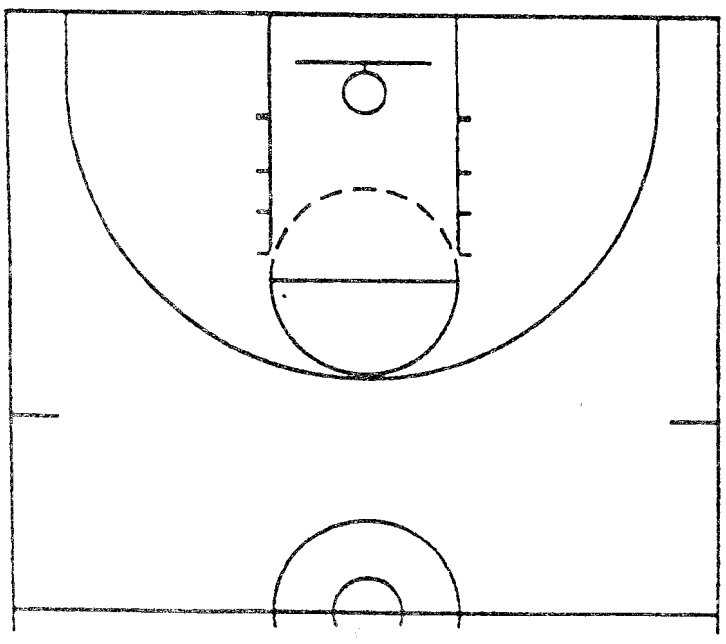
Out of bounds "1"

"Screen the Screener"

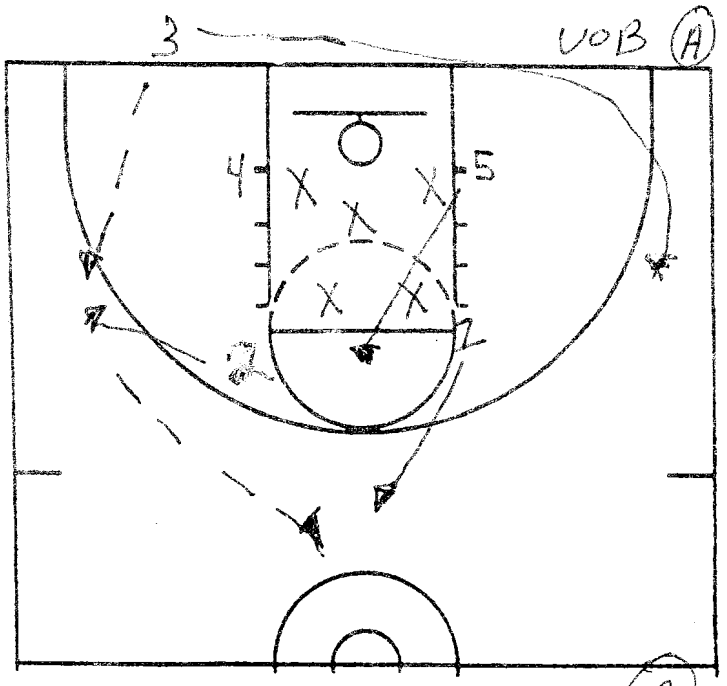
1. 4 screens up for 2
2. 2 cuts ballside corner
3. 5 screens for 4 at elbow
4. 4 cuts to opposite box
5. 5 flashes to ball side box
6. 3 back for safety release



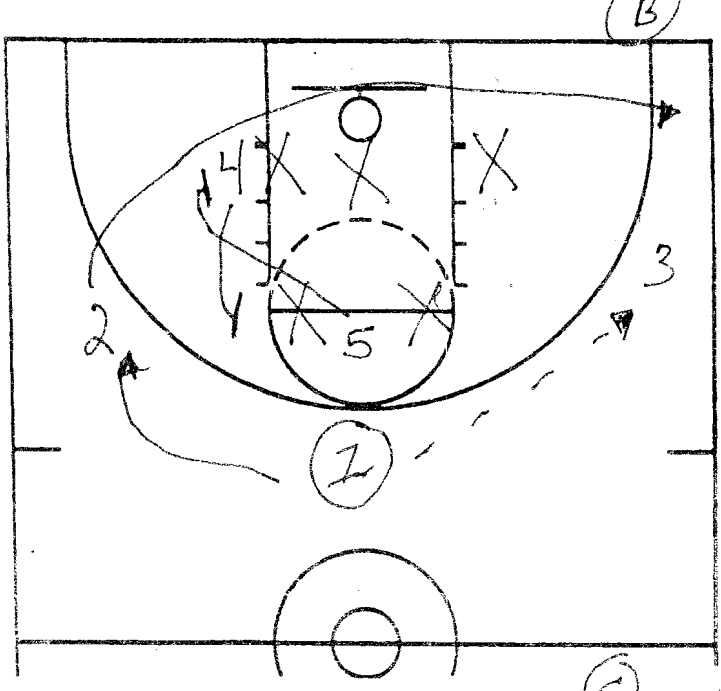
1. 2 screens up for 4
2. 4 cuts to box
3. 5 screens for 2 at elbow
4. 3 is safety



"Fade" vs 2-3 zone

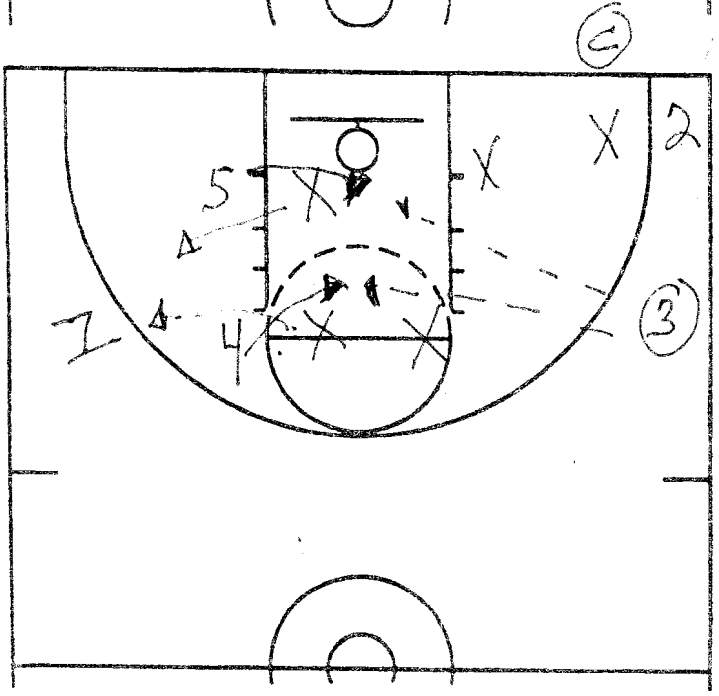


3 passes to 2 (2nd Best shooter)
1 pops top of key (Best shooter)
2 passes to 1
5 flashes ft. line area



1 can pass to either side and initiate "Fade".

On the pass to 3
A. 2 cuts to ballside corner
B. Rule "Big Men X opposite"
(5 would go to opposite box
4 would go to opposite elbow)
4+5 screen the zone
3 looks to skip to 1
4+5 post up after screening



If the zone cheats:

A. Big men don't fight zone
B. 4+5 flash to ball
3 looks to pass to open man

BASKETBALL NOTES

Coach Jerry Wainwright



PERIMETER RESPONSIBILITIES

I. Be a Leader - Coach on the Floor

- A. Communicate
- B. Play with poise and confidence
- C. Play with toughness
- D. Involve the post players

II. Make Smart Plays

- A. Eliminate mental mistakes
- B. Keep the offense moving - always the easy pass - unselfish
- C. Be opportunistic - threat to score
- D. Offense without the ball
- E. Make others better - bring out their best
- F. Make good decisions

III. Make Shots

- A. Three point shot - pullup shot
- B. Free Throws - 80%

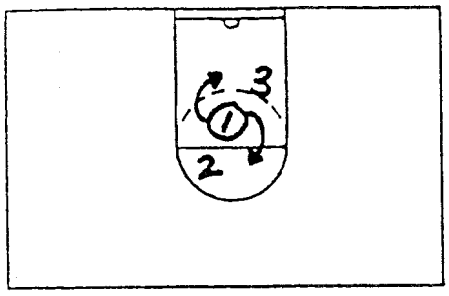
IV. Set the Tempo

- A. Offensive rhythm
- B. Defensive pickup points

BASKETBALL NOTES

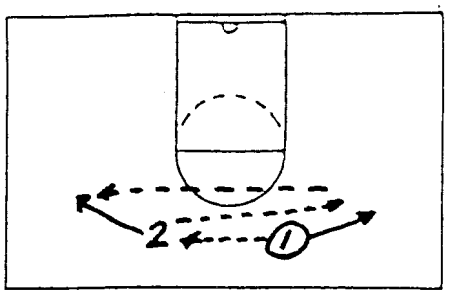
Coach Jerry Wainwright

PERIMETER
SKILLS
DRILLS



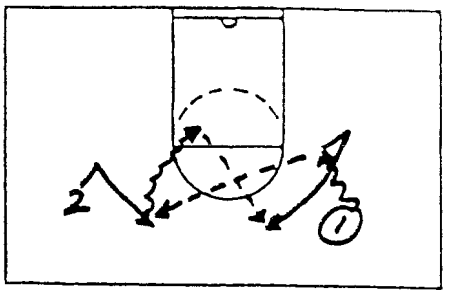
1 on 2 Toughness

- 3 players
- 1 has ball and cannot dribble
- 1 pivots and protects from 2 and 3
- rotate



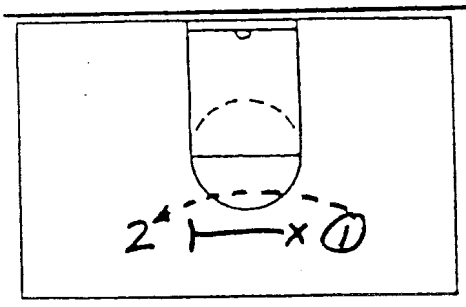
Firmness

- 2 players
- 1 has ball and makes crisp, firm passes with 2
- add pass fakes
- increase distance with every pass



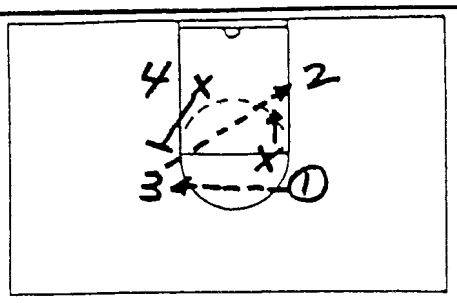
Don't Walk

- 2 players
- 1 has ball, shot fakes and takes hard dribble as 2 cuts to get open
- 1 hits 2 and repeat



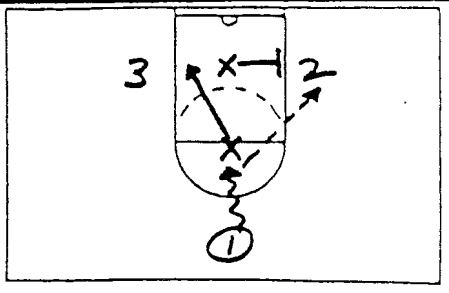
2 on 1 Passing

- 3 players
- 1 has ball, defense pressures him
- 1 hits 2 and repeat



Zone Passing

- 6 players
- 1 has ball and hits any of the others
- two defenders vary their coverages
- offense keeps the ball moving



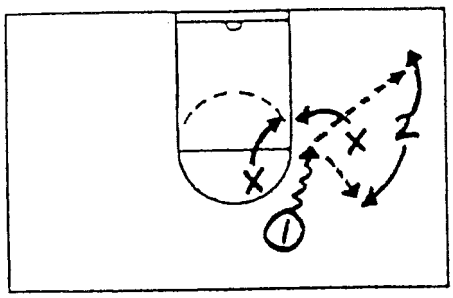
3 on 2 Passing

- 5 players
- 1 has ball and dribbles up to defense
- 1 hits open man and play it out until basket is scored

BASKETBALL NOTES

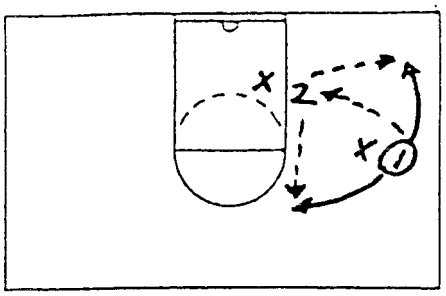
Coach Jerry Wainwright

PERIMETER
SKILLS
DRILLS



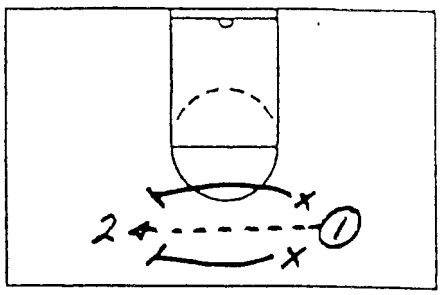
Draw and Kick

- 4 players
- 1 drives between two defenders and hits 2
- change angles
- vary positions on floor



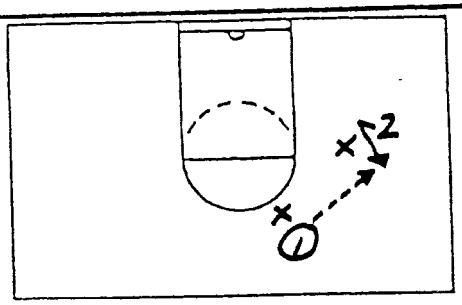
Feed Post and Relocate

- 4 players
- 1 hits 2 and relocates for return pass
- do on both sides of floor



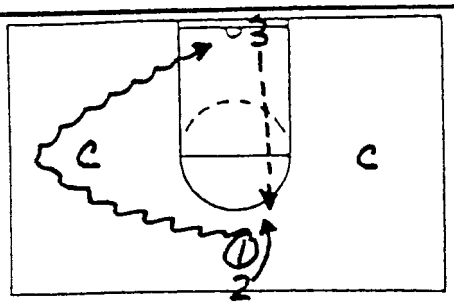
Trap Passing

- 4 players
- 1 has ball and two defenders trap
- 1 hits 2 and continue



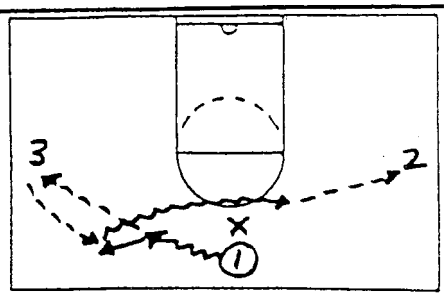
Pass Away from Defense

- 4 players
- 2 gets open, 1 passes away from defense and continue



Turn the Corner

- 3 or 4 players
- 1 shot fakes and dribbles around cone and explodes to basket
- 3 rebounds and hits 2
- go left then right



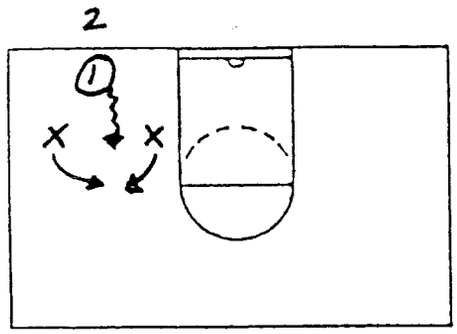
Dribble Swing

- 4 players
- 1 swings ball with dribble and hits 2 or 3
- 1 gets ball back and continue

BASKETBALL NOTES

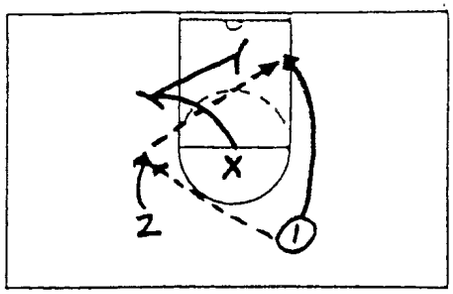
Coach Jerry Wainwright

PERIMETER
SKILLS
DRILLS



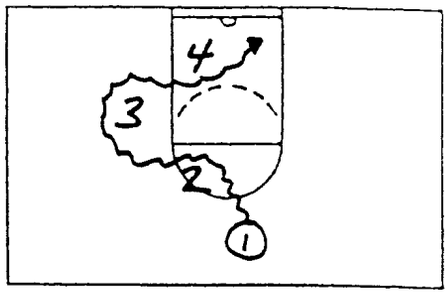
Single Advance

- 3 or 4 players
- 1 brings ball full court against two defenders
- rotate



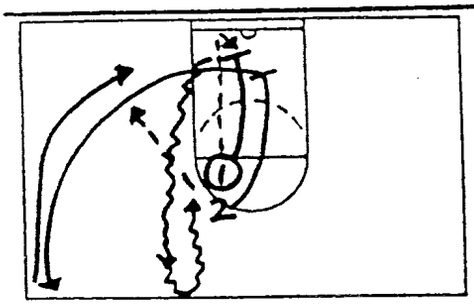
Finishing

- 3 players
- 1 has ball and hits 2
- two pass limit to score
- offense allowed only one shot
- rotate



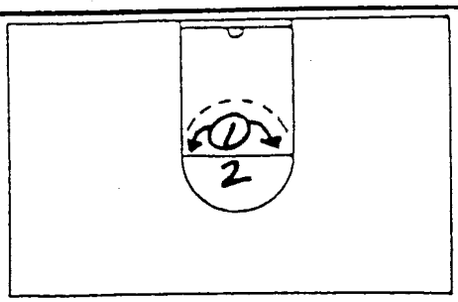
Dribble Moves

- 3 or 4 players
- 1 has ball and uses various moves to score
- rotate



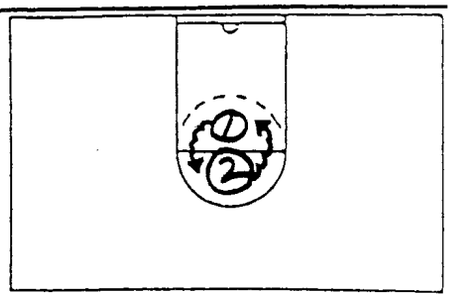
Bust Out and Fill

- 2 players
- 1 has ball and rebounds it off the board
- 1 busts out as 2 bothers him then fills the lane
- both players hit half court, reverse direction and attack same basket in a fast break fashion
- rotate



1 on 1 Toughness

- 2 players
- 1 has ball and cannot dribble
- 2 applies pressure
- rotate

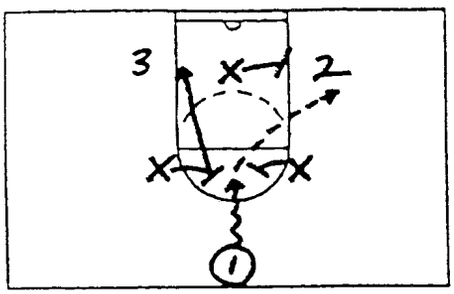


Dribble Knockout

- 2 players
- each has his own ball and attempts to knock the other's dribble out of the circle

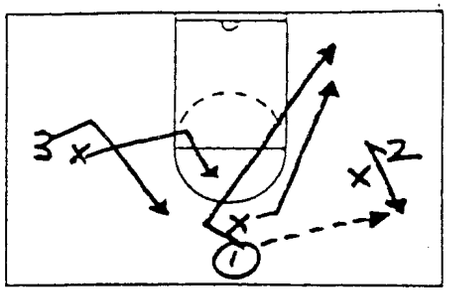
BASKETBALL NOTES

Coach Jerry Wainwright



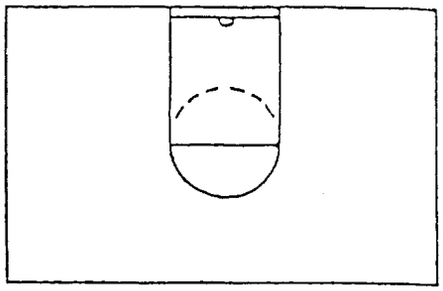
3 on 3 Passing

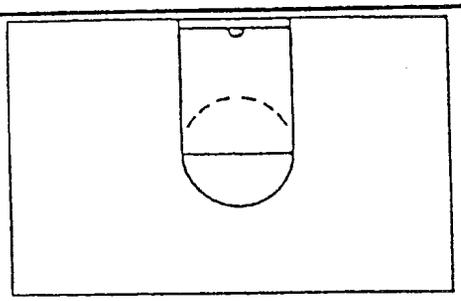
- 6 players
- 1 has ball and dribbles up to the defense
- 1 hits open man and play it out until basket is scored
- rotate

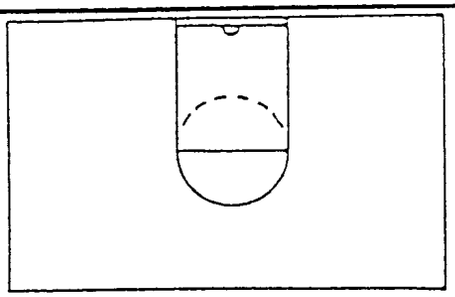


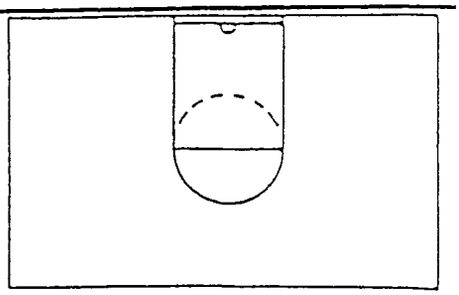
3 on 3 No Dribble

- 6 players
- regular game rules except offense can not dribble
- rotate











THE ONLY THOUGHT GOING THROUGH A POINT GUARD'S MIND AS HE ADVANCES THE BALL UP THE FLOOR SHOULD BE, "WHAT CAN I DO TO MAKE SURE WE SCORE ON THIS POSSESSION?" IT MAY BE (1) SHOOT IT, (2) PENETRATE AND SHOOT, (3) PENETRATE AND PASS, (4) FEED THE POST, (5) GET IT TO WHOEVER'S HOT, OR (6) SIMPLY INITIATE THE OFFENSE.



A GREAT GUARD NOT ONLY DOESN'T TURN THE BALL OVER, HE ALSO PREVENTS TURNOVERS BY THROWING SOFT, CATCHABLE PASSES; BY HITTING HIS TEAMMATES WHEN AND WHERE HE WANTS THE BALL; BY CREATING PASSING LANES, ETC.

BASKETBALL NOTES

Coach Jerry Wainwright



PLAYING GUARDS
Duties/Responsibilities

- Run the offense; set up the defenses - there has to be a leader out on the floor.
- Responsible for being the best ballhandler on the team.
- Responsible for having everyone in the right places on offenses, defenses, and in breaking the press.
- Score when needed but more importantly get the other players involved in the offense.
- Responsible for keeping everyone under control out on the floor the entire game.
- Responsible for controlling the tempo of the game.
- Must know all the positions on offense and defense.
- Watch clock and know when a shot must be taken.
- Primary safety after shooting FG unless he penetrates.
- Must be able to assume 2 or 3 positions in the event of traps, etc.
- Key decision maker on the team - must not decide until the defense is read!
- Make sure teammates know who they are guarding all the time - check at TO's, jump balls, substitutions, free throws, etc.
- Call huddle at FTs to check defenses, etc.

BASKETBALL NOTES

Coach Jerry Wainwright



WHAT MAKES A GOOD POINT GUARD?

I. The point guard is the head of the team:
   a) He must think for everyone on the floor.
   b) He must think like the coach does.

II. The point guard keep everyone happy:
   a) He must know who the scorers are.
   b) He must know who has the "hot" hand.
   c) He must know everyones shooting ranges.

III. The point guard must realize and accept the fact that his position is a "CATCH 22" position.
   a) Extremely important, but often over looked.
   b) When things are going right, it is not because of the point guard.
   c) When things are going wrong, it is because of the point guard.

IV. The point guard must always know time and score every-time down the floor. (keep score in your head)

V. The point guard must set and control the tempo of the game.
   a) When to run?
   b) When to walk?

VI. The point guard must be a leader.
   a) Vocal(show emotion, get people to play harder, call the offenses, & defenses).
   b) He must also lead by example(must be the hardest worker)

"THE LEADER OF THE RACE, DETERMINES THE SPEED OF THE RACE"

VII. The point guard does not turn the ball over.
   a) Make the safe play vs. the spectacular play.
   b) Look to hit singles before going for the homerun.
   c) Always know who you are passing to.

VIII. Good point guard must be able to make free throws.
   a) 80% in the first 28:00 of the game.
   b) 90% in the last 4:00 of the game.

IX. The point guard must be able to stick the wide open jumper.
   a) Foul line jumper.
   b) Three point jumper.

X. MUST ALWAYS BELIEVE IN THEMSELVES AND THEIR GAMES. BE CONFIDENT! PLAY CONFIDENT!

TIPS FOR GUARD PLAY

(compiled from conversations with major college coaches on what they look for in a major college guard)

Major college guards must be able to:

1. Get the ball up the court versus pressure using both their left and right hand while seeing the entire floor so they may be able to pass to an open teammate. Great guards can handle the ball while seeing the entire floor.

2. Take the ball to one side to start the offense and make the entry pass.

3. Demand the ball on the fast break. You must want the ball on the fast break and be able to take the ball to the opposite end with speed and control. You must be able to hit the jumper off the dribble at the end of the break.

4. Learn the pace of the game - when to speed it up or when to slow it down.

5. Develop passing skills with both hands.

6. Shoot the ball from the perimeter. (Point areas and wing areas because of the many zone defenses that you will face.)

7. Develop leadership abilities.

8. Understand your role and develop judgement on making the play. (Example: "be able to get the ball inside" versus a mismatch).

9. Be able to use quick one-on-one moves off both the dribble and the catch.

10. Play defense - you must be a defensive expert.

BASKETBALL NOTES

Coach Jerry Wainwright



HOW TO PLAY GUARD

Don'ts

1. Don't think you know what an opponent is going to do. Be alert and counter his threat.

2. Don't ever get discouraged as the going gets tough. Try all the harder and be calm and sure. Intensive deadly guards have often been the stabilizing influence of success.

3. Don't shoot at a basket and follow your shot in. You will be caught in a bad position.

4. Don't think it is the business of the forwards and center to score all of the points. Improve your free throwing and goal shooting.

5. Don't foul.

6. Don't leave your feet to stop an opponent's shot as he may fake and dribble around you. Leave your feet only to get ball off the defensive backboard.

7. Don't turn your head to follow the ball when your opponent makes a pass to a teammate, as that leaves your man free to cut for a return pass.

8. Don't cross or tangle your feet when guarding an opponent, but learn the boxer's step so that you are perfectly balanced to change direction at any time.

9. Don't let your man get behind you.

10. Don't try to take the ball away from an opponent. It is nearly impossible. Be content to stop his dribble so that he must pass or shoot.

11. Don't pass the ball across the floor under the basket you are defending.

12. Don't try to start even with a moving man who is approaching you. Get in the direction he is going as soon as possible.

13. Don't be off balance at any time.

14. Don't commit yourself until an offensive play has actually started.

15. Don't let an opponent shoot unmolested.

16. Don't rush or charge your opponent.

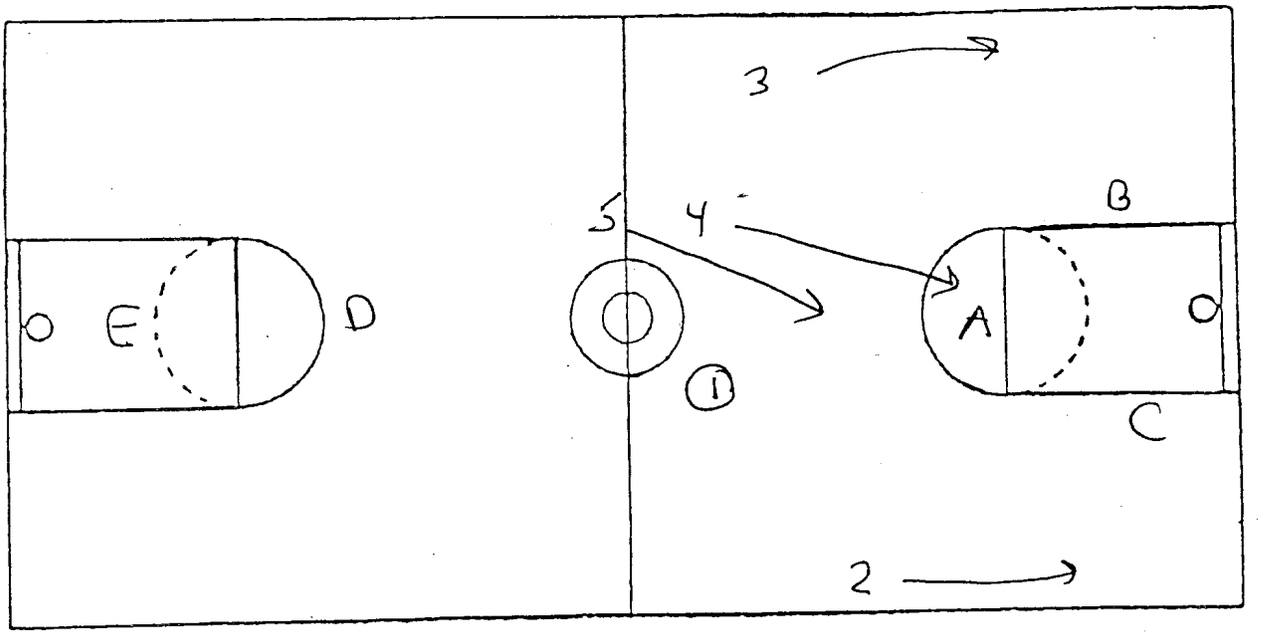
17. Don't wait for him flat-footed. Be able to change your direction quickly.

BASKETBALL NOTES

Coach Jerry Wainwright

DRILL NAME: **53/52 CONTINUOUS**

DRILL NO.: _____



PROCEDURE:

1. Offense runs fast break versus 3 defenders at one end and 2 at other end.

2. Offense scores: 3 points for 3
   2 points for 2
   1 or 2 points for foul

3. Defense scores: 3 points for charge
   2 points for steal
   1 point for rebound

3. Play for 1 minute on clock.

COACHING POINTS:

1. Stress all fast break fundamentals.

2. Change the length of the game.

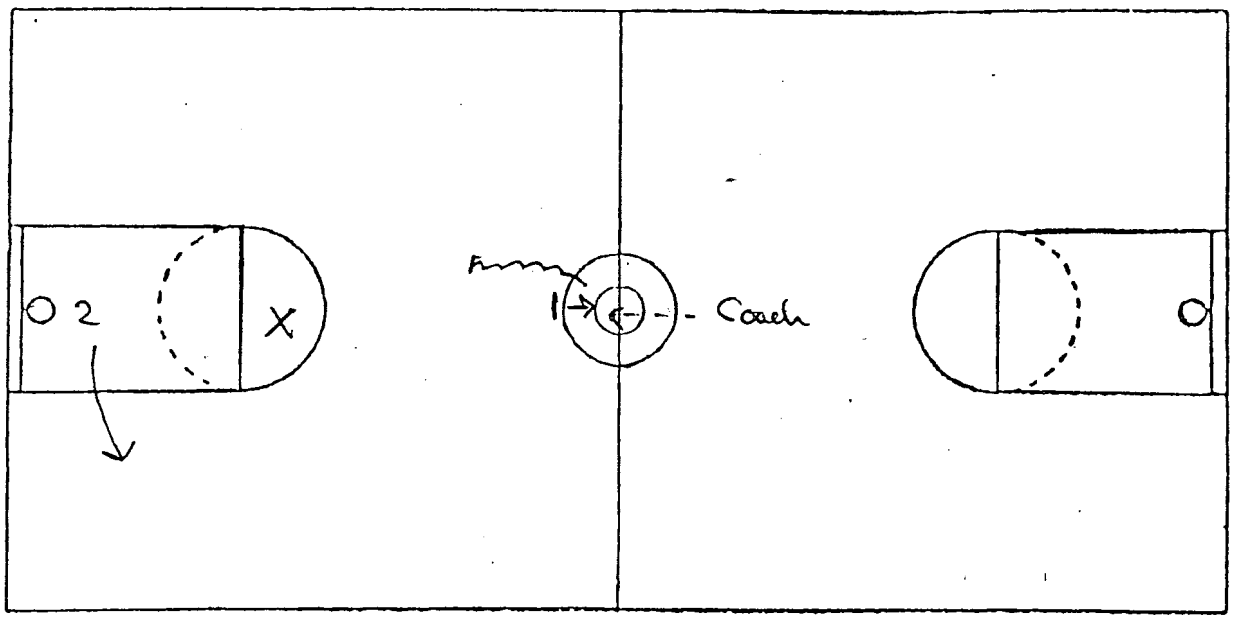
BASKETBALL NOTES

Coach Jerry Wainwright



DRILL NAME: 2-ON-1, SQUARE

DRILL NO.: _____



PROCEDURE:

1. 1 faces Coach with back to the basket he will attack.
2. On pass from Coach, 1 turns and attacks 2-on-1.
3. 2 must go opposite on 1's attack.
4. X plays 2-on-1, fake and fall defense.

COACHING POINTS:

1. Can put a limit on 1's dribbles (i.e. 2 or 3).
2. In 2-on-1 offense, make one play and get lay-up or short bank shot.
3. Emphasize X's defense.
4. Good drill versus press.

BASKETBALL NOTES

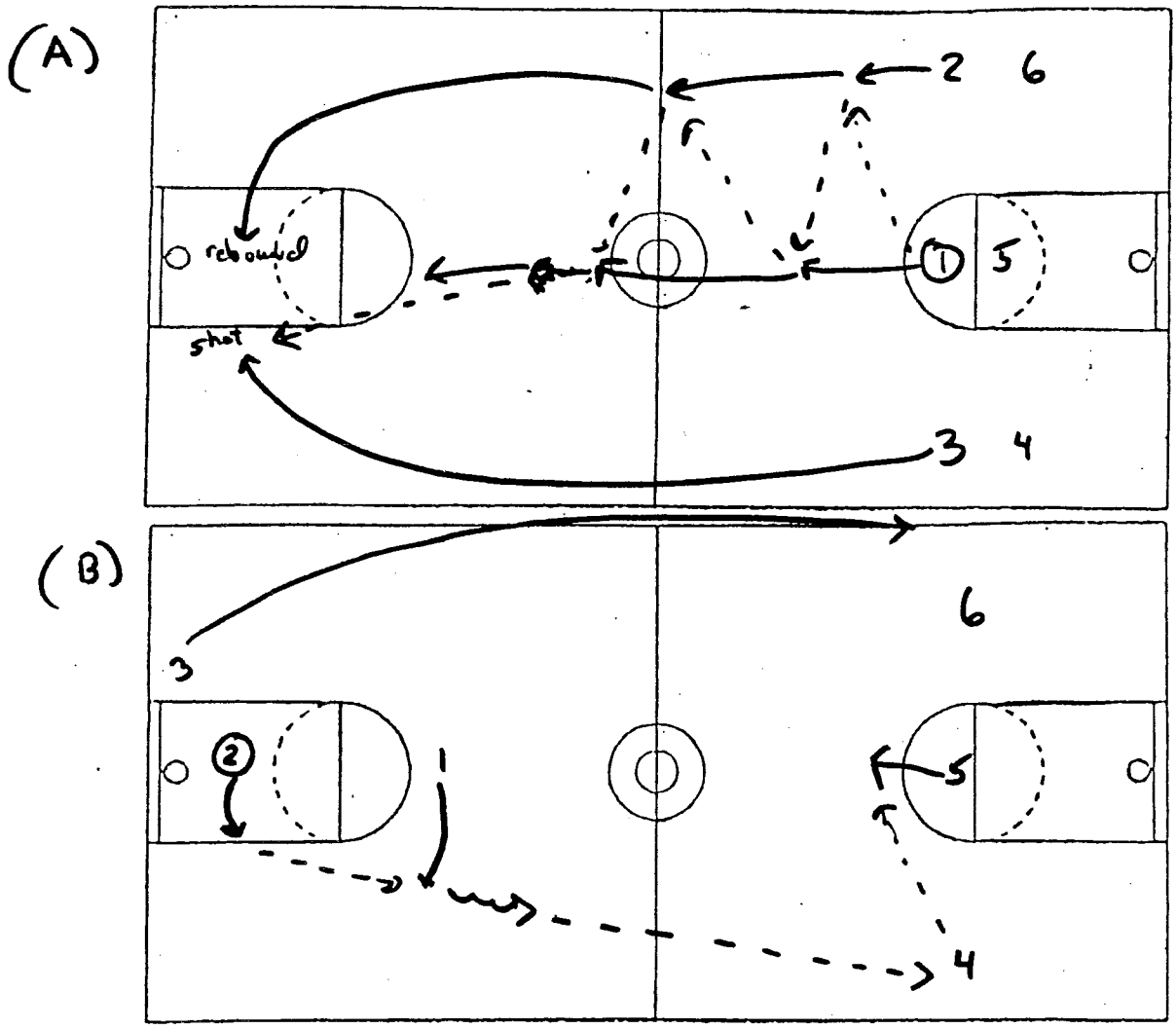
FAST BREAK



Coach Jerry Wainwright

DRILL NAME: Kansas #1

DRILL NO.: _____



PROCEDURE:

Diagram A:

1. 1 and 2 pass between themselves up the court. 3 runs the lane.
2. 1 passes to 3 for a lay-up.
3. 2 rebounds the shot.

Diagram B:

1. On a make or miss, 2 outlets to 1.
2. 1 takes one hard dribble and chest passes to 4 (1 could also baseball pass)
3. The drill continues for a specified time period.

COACHING POINTS:

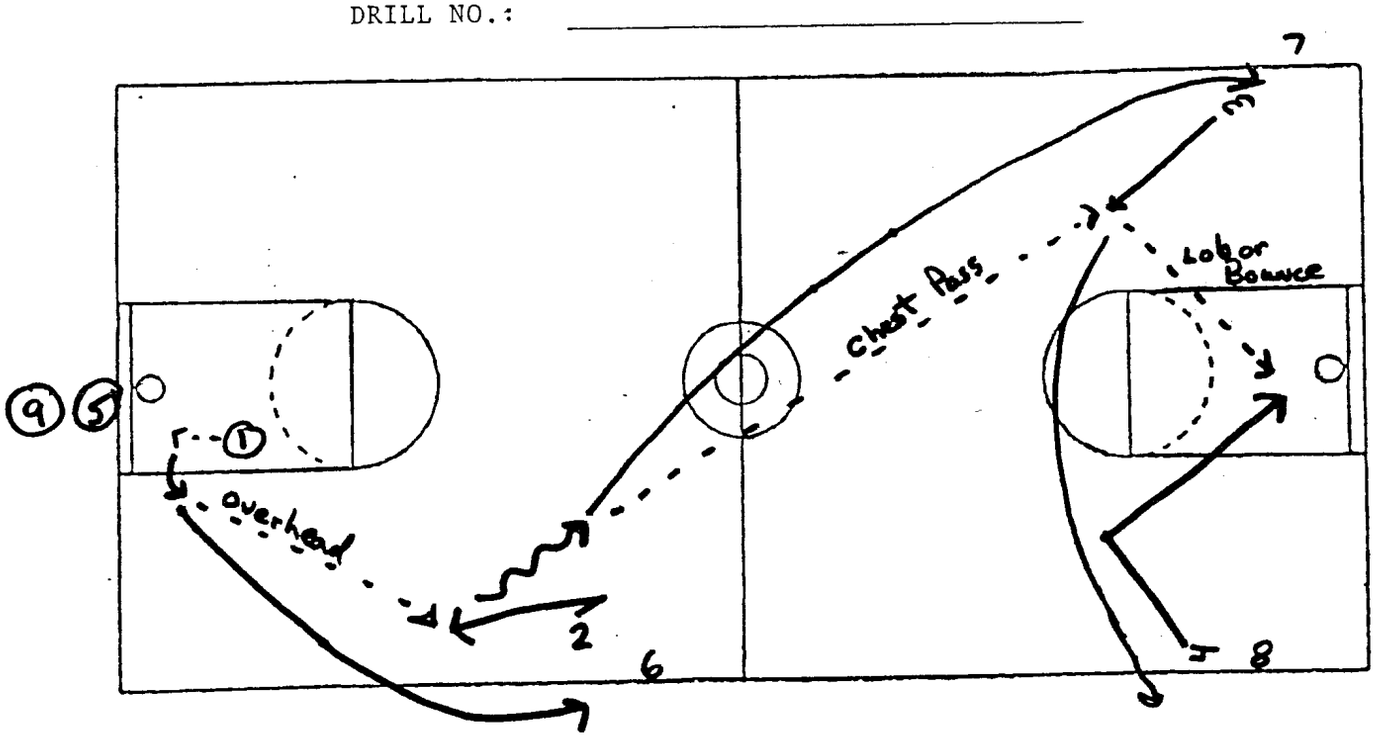
1. Snap all passes.
2. Run wide.
3. Sprint back to your lines wides (or off the court)
4. Make shots

BASKETBALL NOTES

Coach Jerry Wainwright

DRILL NAME: Jayhawk

DRILL NO.: _____



PROCEDURE:

1. 1 throws ball off board, rebounds, and makes an overhead outlet pass to 2
2. 2 receives the outlet, pivots, takes one hard dribble and chest passes to 3.
3. 3 meets the pass, pivots and either lobs or bounce passes to 4 cutting to the shot.
4. All players follow their passes to the end of the line they passed to. The shooter rebounds his own shot and dribbles full court (wide) to the rebound line.
5. The drill continues for a specified time period.

COACHING POINTS:

1. Swap all passes.
2. Meet all passes.
3. Use both sides of the floor.
4. The "next man goes" after the 2nd pass in the drill.
5. Make shots.

BASKETBALL NOTES

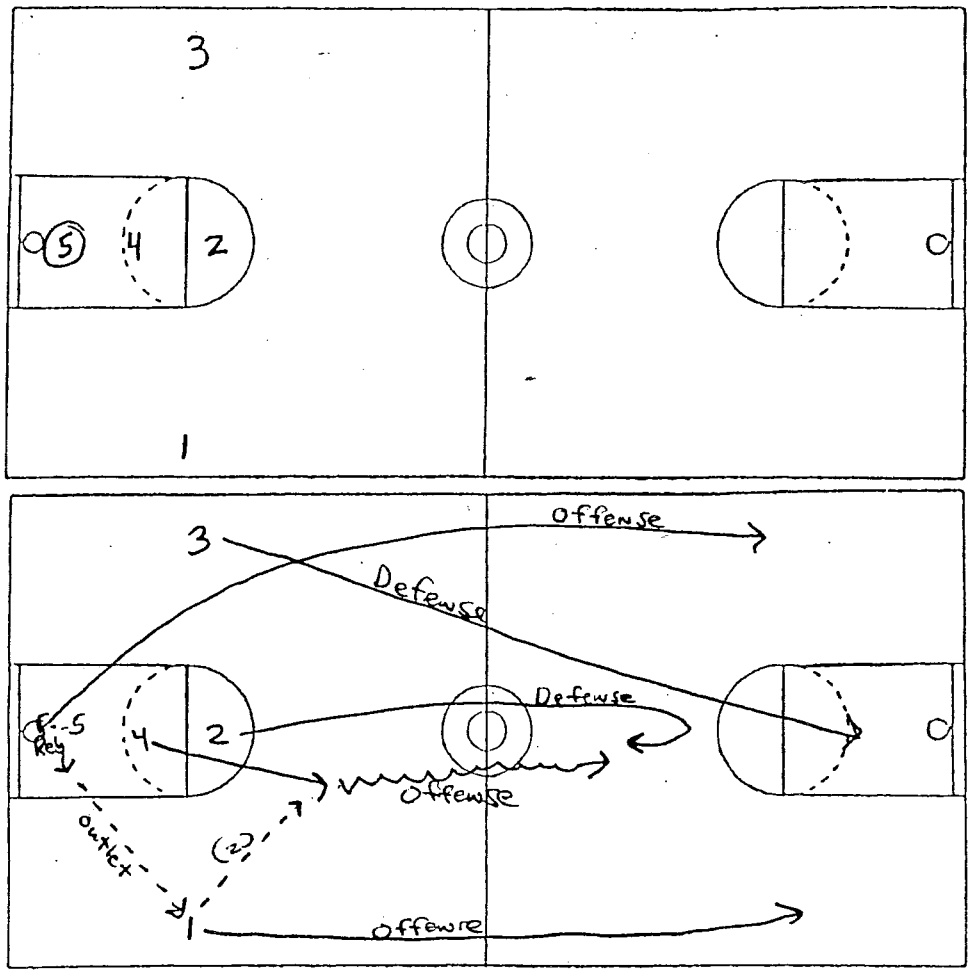
FAST BREAK



Coach Jerry Wainwright

DRILL NAME: Iowa State

DRILL NO.: _____



Procedure:

1. 5 players align as shown with #5 having the basketball. (Diagram A)
2. The players' responsibilities are (Diagram B):

   (a) #1 and #3 will be either defense or offense.
   (b) #2 is always defense.
   (c) #4 and #5 are always offense.

3. Drill begins with #5 throwing the ball off the backboard, rebounding it, and outletting it to either #1 or #3.
4. Whichever man he outlets it to, converts to offense while the other wing now becomes defense.
5. Players now canvert to 3-on-2 full court fast break drill.

Coaching Points:

1. Outlet man reads #2's defense. He tries to center the ball to #4 or takes it to the middle himself if #4 is denied.
2. Run wide in the lanes.
3. Be aggressive on defense.

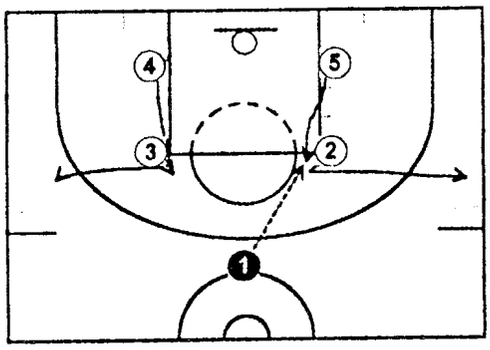
PISTON

3-Point Play

NEW ORLEANS PRIVATEERS

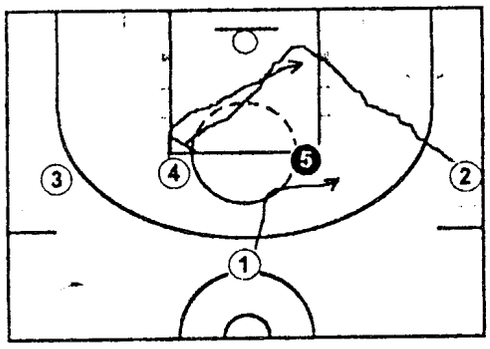
10-12-1997

FRAME A



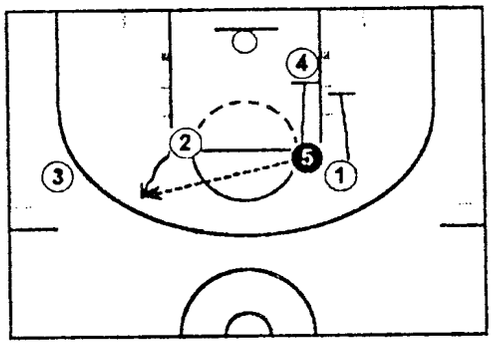
PISTON - BOX SET, ELBOWS (2&3) BREAK TO WINGS, POST'S (4&5) FLASH TO ELBOWS. ENTRY IS MADE TO EITHER SIDE.

FRAME B



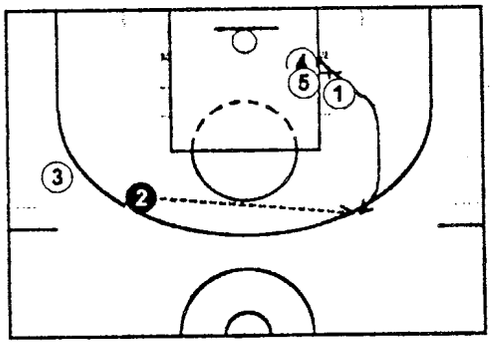
AFTER ENTRY IS MADE STRONG-SIDE WING IMMEDIATELY CUTS BACK DOOR. 1 COMES AND LOOKS TO RUB MAN OFF OF 5 WHILE RECEIVING A SCREEN. IF WING DOES NOT RECEIVE BACKDOOR, HE SETS SCREEN FOR WEAK-SIDE ELBOW.

FRAME C



5 LOOKS FOR 4 IN POST, IF DENIED BALL IS REVERSED TO 2 WHO STEPS BACK AFTER SETTING SCREEN FOR 4. 5 & 1 THEN SET STAGGAR SCREEN FOR 4 AT ELBOW AREA.

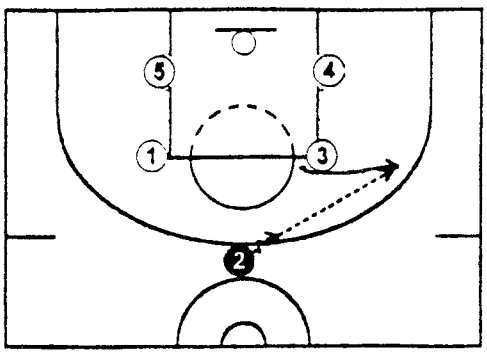
FRAME D



GENERAL COMMENTS

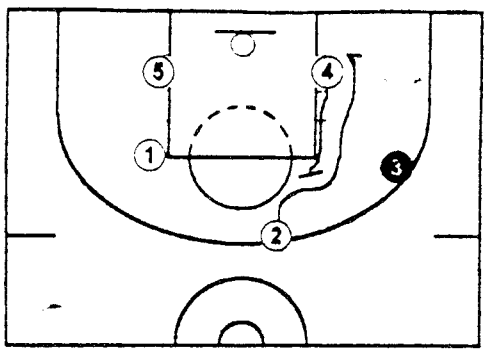
WEAK
3-Point Play

FRAME A



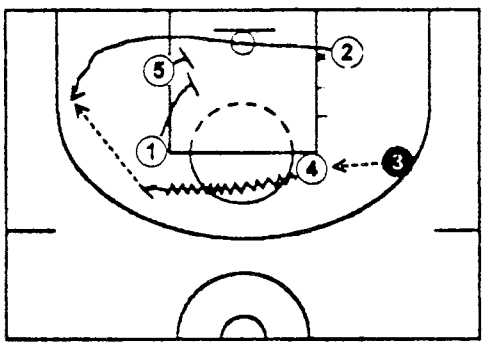
BOX SET, 3 BREAKS OUT AND 2 MAKES WING ENTRY

FRAME B



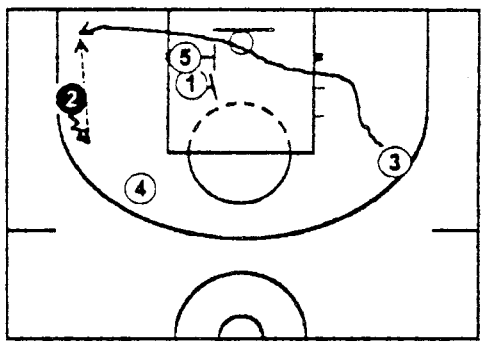
AFTER WING ENTRY IS MADE, 4 SETS "UCLA" SCREEN FOR 2.

FRAME C



4 RECEIVES PASS FROM 3 AFTER SETTING SCREEN. 2 THEN RUNS OFF DOUBLE SCREEN BY 1 AND 5. IT IS IMPORTANT THAT 4 DRIBBLES TO SIDE TO IMPROVE PASSING ANGLE.

FRAME D



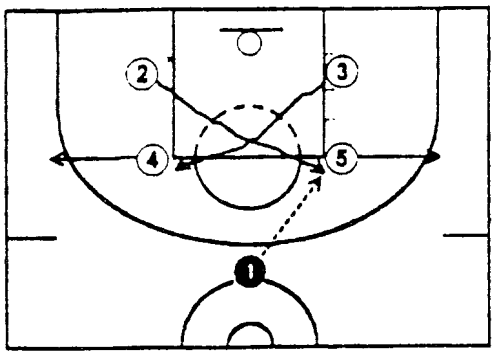
IF 2 CANNOT GET OFF SHOT, HE DRIBBLES UP TO WING AREA AND 3 RUNS OFF BASELINE DOUBLE SCREEN BY 1 AND 5.

GENERAL COMMENTS

POST OPTION

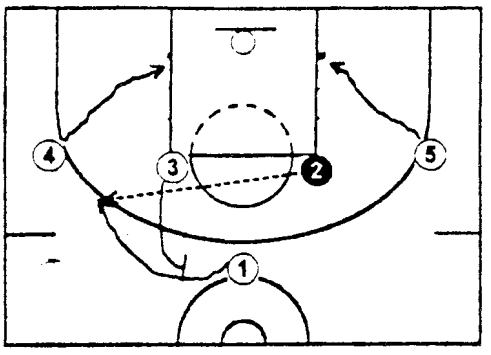
Post Play

FRAME A



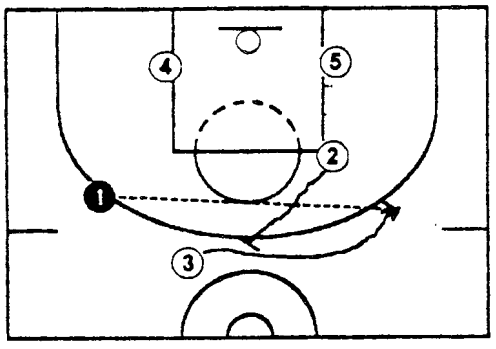
4 AND 5 BREAK TO WINGS WHILE 2 AND 3 CROSS, ENTRY IS MADE TO 2.

FRAME B



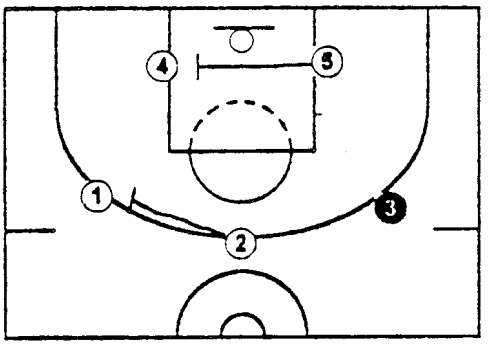
ON PASS TO 2, 5 CUTS BACKDOOR HARD, THEN POSTS UP. 4 DOES THE SAME THING ON THE OTHER SIDE. 3 SETS SCREEN FOR 1 FOR JUMP SHOT IF POST IS DENIED.

FRAME C



IF 1 CANNOT GET SHOT OFF, 2 SETS BACKSCREEN FOR 3 WHO FADES TO WING FOR THREE POINT SHOT.

FRAME D



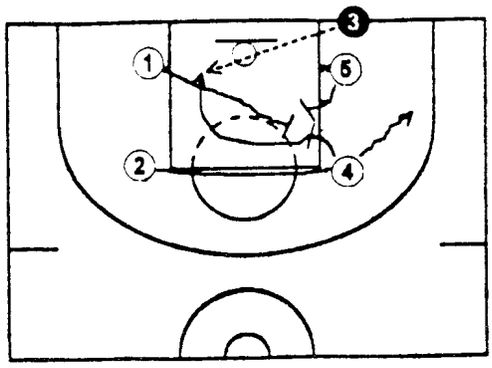
FROM HERE IF NO SHOT HAS BEEN TAKEN, WE ARE INTO ARE REGULAR OFFENSE

GENERAL COMMENTS

COAST - T - JAYHAWK - SPACE

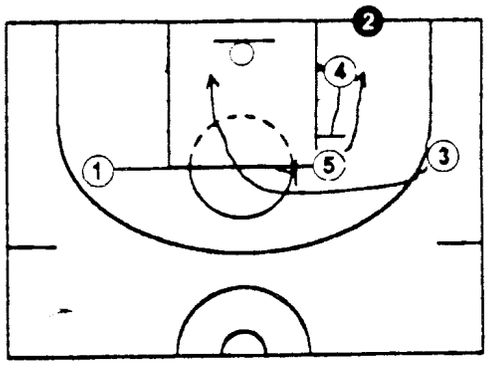
O/B Baseline

FRAME A



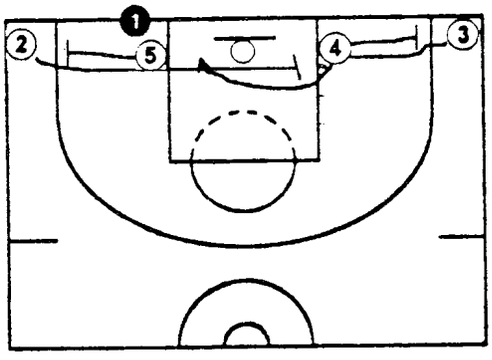
"JAYHAWK" - VERSUS MAN/MAN. BOX SET, 5 AND 4 SET DOUBLE SCREEN FOR 2. 1 SETS SCREEN FOR 4 ROLLING TO THE HOOP.

FRAME B



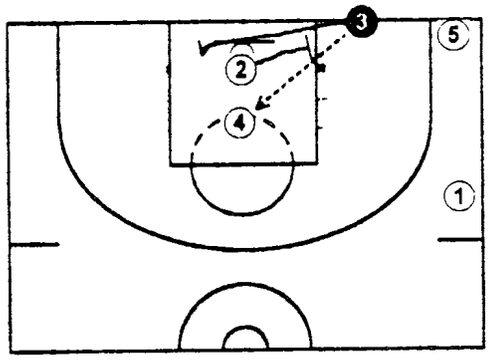
"T" - VERSUS MAN/MAN. 4 BACKSCREENS FOR 5 AND 1 CROSS SCREENS FOR 3 CUTTING HARD TO THE HOOP. 4 IS THE SAFETY.

FRAME C



"COAST" - VERSUS MAN/MAN. 4 ACROSS THE BASELINE, 5 SCREENS FOR 2, 4 SCREENS FOR 3. IF NEITHER LAY-UP OPTION IS OPEN, 2 CONTINUES THROUGH THE LANE AND SCREENS FOR 3.

FRAME D



"SPACE" - VERSUS MAN/MAN. 5 DRAWS THE CENTER AWAY FROM THE GOAL, 1 IS THE SAFETY. 4 LOOKS TO SEAL HIS MAN FOR LOB, 2 SCREENS FOR 3 THEN OPENS UP TO BALL. 4 HAS TO READ THE DEFENSE AND MAKE THE PASS.

GENERAL COMMENTS

Alan Stein, CCS, CSCS, The Stronger Team
"Off Season Strength & Conditioning: The Foundation of a Great Program"
Nike Championship Basketball Clinic, Chester, WV
Saturday, April 12, 2008, 9:15-10:30AM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- Communicate, toughness, compete.
- Players should workout 40-45 weeks per year.
- Instill a work ethic, create environment, set tone.
- Days of static stretching warm-ups are over. Use dynamic flexibility.
- Standardized warm-up – work all movement patterns.
- Learn to plant with both feet.
- Hold players accountable for everything.
- Put players in groups that will push each other.
- Do basketball specific strength training. We are basketball players, not Olympic lifters.
- alan@strongerteam.com

Warm-up:
- Go about 75%
- Full Court Angled Runs: Plant with inside foot (Diagram 7)
- 1 Step Verticals: Squat and jump straight up, land soft (Diagram 8)
- Ankle Line Series: Side-to-side and front-to-back. Start on baseline, on clap D-slide to half court and back. (Diagram 8)
- Four Corners: Each foot, jump in box motion (Diagram 1)

Dynamic Flexibility:
- Catcher to Hamstring: Start in catchers position with fingers on ground. Raise hips as high as possible with fingers staying on ground.
- Side Lunge to Crossover: Lunge to side then cross opposite foot over, reach down and touch floor.
- Inchworm to Touchdown: Start in push-up position. Inch feet forward then stand up and reach for sky.
- Low lunges: Regular forward lunge. Stay low.
- Scorpion: Push-up position. Cross leg across body underneath other leg.

Reaction Drills (Tennis Ball Drills):
- Full Court Running & Sliding: See attached sheet for progression. He added behind the back with outside hand. Forward runs and Defensive slides. (Diagram 15)
- Find & Get: Player with ball on sideline. Other player directly in front of him facing away. Player throws ball out, other player has to find and get on one bounce. Then, progress to 2 balls. (Diagram 4)
- Sideline Series: Drills start with player in pushup position facing away from tosser. When ball is rolled by partner, get up and get it as quick as possible. Get low to pick ball up. (Diagram 16)
  1. Roll one ball, get it then pivot towards tosser. Tosser throws second ball. Catch.
  2. Roll first ball right. Run and get it. Roll second ball left. D-Slide and get it.
  3. Roll one ball, do 3 quick foot circles around ball then pick it up.
- Sideline Drops: Drop ball from shoulder height. Get ball before it bounces twice. Start facing tosser first time, then start facing away from tosser. Tosser calls "ball" when he drops ball. Find and get. (Diagram 5)
- Sideline Suicides: 3 players, 3 balls. One player rolls balls, one runs and gets then brings them back to third player. Rotate after getting all 3. (Diagram 6)
- 2-Ball Dance: Tosser starts with 2 balls. Throws first one out. As soon as partner throws it back, throw second ball out. Try to make it difficult to get on one bounce. Players start a few feet apart. (Diagram 2)
- Ball Drops: One player holds ball straight out. Other player places hand on top of players hand with ball. When first player drops the ball, second player tries to catch before it hits ground.
- Toss & Catch: Start in middle of lane. Throw ball off backboard and go get as high as possible. (Diagram 3)

On Court Strength & Power Training:
- Basketball Push-ups:

www.mensbasketballhoopscoop.blogspot.com

1. One-Ball: Start in push-up position with basketball under right hand. Do one push-up. When to up position roll ball across to left hand. Do push-up with ball under left hand. Repeat.
2. Two-Ball: Do push-ups with basketball under both hands.

- Manual Towel Rows: Two players. One standing holding towel. One seated. Seated player grabs towel and does rows. Drill works back, fingers, arms and forearms.
- Manual Lateral Raise: Two players. One player stands directly behind other. Player in back places hands on top of other players. Player in front raises hands to shoulder height and back to sides. Repeat. There should be resistance both on the way up and down.
- Planks: With hands on ball and then feet on ball. Hold in up push-up position for 1 minute.
- Bicycles: With hands on ball in push-up position. Knees to chest.
- Disc Series (Use paper plates or round sliding device as disc):
  1. Front & Side Lunges: One foot on disc. Weight on other foot.
  2. Hip Circles: Start in push-up position. One foot on disc. Do quarter circle motion with foot on disc.
  3. Hip Flexor: Start in push-up position. One foot on disc. Bring foot on disc towards chest and then out to side as far as possible.
  4. Push-Pull: Start in push-up position. One foot on disc. Other foot off ground. Bring foot on disc towards chest then back to starting position.
  5. Hamstring Curl: Start laying flat on back with hands under butt. Raise one leg straight up. Heel of other foot on disc. In and out motion with foot on disc.

Conditioning:

- Suicide Square: Up to eight players. Sprint/retreat mini-suicides on coaches command. Then move to next spot. (Diagram 14)
- 5 Spot Contest: 2 Players. Offense and Defense. Imaginary shot from offense. Defense closes out, contests and boxes out. Offense sprints to half court then to next spot. Defense sprints under basket then closes out to next spot. Continue. (Diagram 10)
- Lane Slide w/ Crossover Step: 2-1/2 Defensive slides across lane. One crossover step on way back. (Diagram 11)
- 3 Cone: Yellow, Red and Green Cone setup inside 3-point line. Player starts under basket. Coach has 4 color coded visual cues. Player reacts to cue coach holds up. (i.e. Yellow & Red – Help side defense at that color cone, Green – Close out to green cone, Blue – Touch Rim) (Diagram 12)
- Get Backs: 5 Cones. 5 Players. Player at each cone. Defensive slide away from cone, sprint back to cone on verbal command. (Diagram 18)
- Sprint-Retreat-Break: Start on baseline. Change direction on verbal command. (Diagram 8)
- 1-2-3 Drill: 2 Players. Start at half court. Perform a specific task based on number called by coach. Then, get back to starting position. (i.e. 1 – Sprint to corner, 2 – Touch backboard, 3 – Slide to sideline) (Diagram 13)

Finishers:

- 100 Push-ups in 4 Minutes: Do as many push-ups as possible. Ten second break, then start push-ups again.
- Get-Ups: Start in sit-up position with basketball in hands. Try to stand up without letting arms touch ground.
- Clean The Square: One player in paint with tennis balls. Other players spread out around 3-point line and baseline. Player tries to clear all balls out of paint with other players try to roll them back in. (Diagram 9)
- Car Wash: Player starts at top of key with medicine ball. Coaches start on both elbows. Player tries to score while being fouled by coaches. He recommended using coaches to foul instead of players to prevent fights. (Diagram 17)

Note:

If you have any questions regarding these notes, contact me at the email address above and I will do my best to help. I also have personal notes on Steve Smith, Thad Matta, Jay Wright, Dino Gaudio, Kevin O'Neill, Sylvia Hatchell, Don Meyer and Seth Greenberg from this clinic. Please contact me at the email address above if you would like to trade notes or DVDs.

www.mensbasketballhoopscoop.blogspot.com

nike Championship Basketball Clinics



Off Season Strength & Conditioning: *The Foundation of a Great Program*

***Alan Stein** is one of the nation's leading experts on productive training for basketball players. He is the founder of **StrongerTeam.com** and is the head strength & conditioning coach for the **Montrose Christian Mustangs**, as well as the annual **McDonald's All-American game**, the **Jordan Brand All-American Classic**, and the **Nike Summer Skill's Academies.** He has been featured in **Winning Hoops, Time Out, Dime, Stack** and **Men's Health** magazines. For more information please visit: **www.StrongerTeam.com**.*

Components to emphasize during off-season workouts: **progression, toughness, & competitiveness**

Warm-up *(Raise core temperature, make muscles more elastic and lubricate joints)*
- **Full court angled runs** (45, 90, 135, 180 degree turns)
- **1 step vertical** (work on "landing", chest over knees over feet)
- **Ankle line series** (side to side, front to back, four corners, up the lane)

Dynamic Flexibility *(Increase active range of motion; prepare mind and body for workout)*
- **Catcher to hamstring, side lunge to crossover, inchworm to touchdown, low lunge, scorpion**

Reaction Drills (*Improve ability to react utilizing hand/eye coordination & basketball specific movements)*
- **Full court running & sliding** (inside hand, outside hand, lead hand, trail hand, 2 balls)
- **Sideline series** (ball pick-up, 1st step, quick foot circles, suicide)
- **Ball dance & ball drop** (catch and toss back with close hand, stay in defensive position)
- **Toss and catch** (self pass off backboard, catch at highest point)

On Court Strength & Power Training (*Reduce potential of injury and improve performance)*
- **Upper body:** Basketball push-up (1 ball, 2 ball), manual towel row, manual lateral raise
- **Lower body:** "Disc" series: rear/lateral lunge, hip circles/push-through, hamstring curl, hip flexor
- **Core:** Plank/knee touch/feet on ball, woodchoppers, over & under, twists, knee to chest

Conditioning *(Get in and stay in "basketball shape")*
- **Backboard snake** (keep the heavy ball high on the glass and run the floor)
- **Suicide square** (run short distance suicide and rotate to next group)
- **5 spot contest** (contest imaginary shot from 5 spots around the 3-point line)
- **Lane slide w/crosser step** (2 ½ slides across the lane, return with 1 crossover step)
- **3 cone** (help side defense, contest shot, and rim touch on visual cue)
- **Get backs** (defensive slide away from cone and sprint back on verbal command)
- **Sprint – retreat – break** (change direction on verbal command)
- **1-2-3 drill** (perform a specific movement to a specific spot upon a verbal cue)

Finishers *(Get players to leave their comfort zone)*
- **100 push-ups in 4:00** (:20 on, :10 off x 8)
- **Get-ups** (get to your feet without using your upper body or letting the ball touch the ground)
- **Clean the square** (get tennis balls out of the land as fast as possible)
- **Car wash** (score the heavy ball while being fouled by two teammates)

To contact Alan or to purchase any of his DVD's, please visit:
www.StrongerTeam.com

www.mensbasketballhoopscoop.blogspot.com

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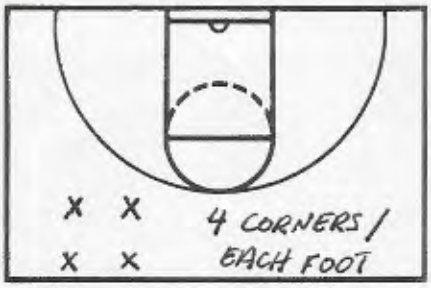
Solon, OH 44139
Clinic hotline: (503) 671-3041
www.BasketballCoach.com

CLINIC Alan Stein
DATE Off Season Strength & Conditioning
Pg. 1
michaeldbayer@gmail.com



NOTES

DIAGRAM 1

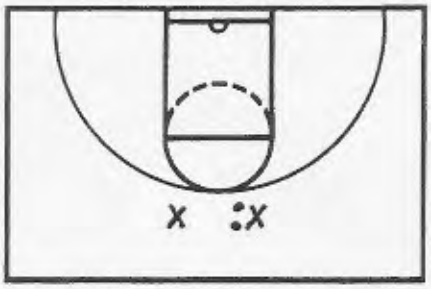
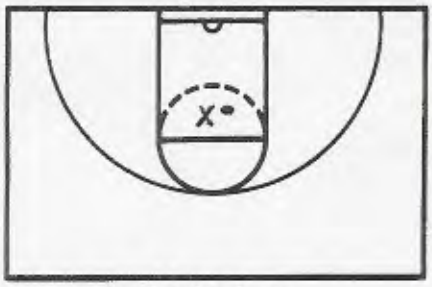


DIAGRAM 2



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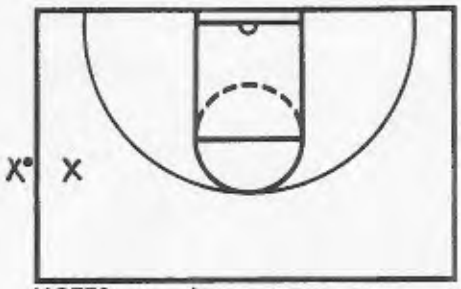

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DIAGRAM 4

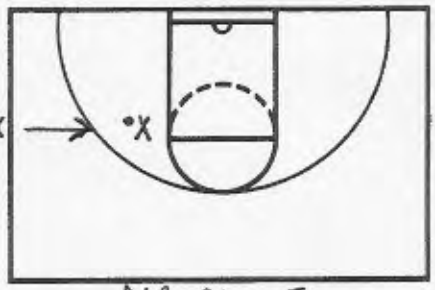


DIAGRAM 5

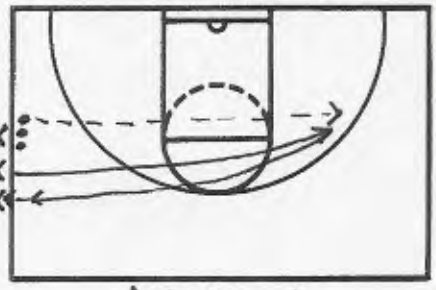
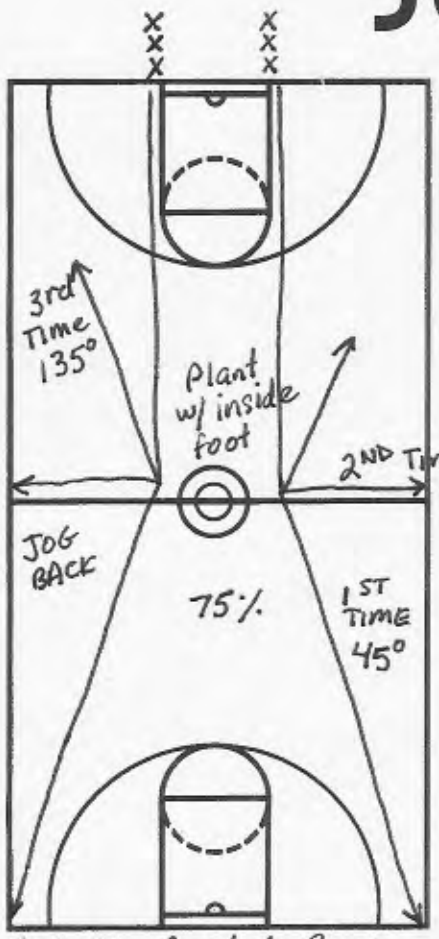


DIAGRAM 6

JUST DO IT



NOTES

DIAGRAM 7

Full Ct. Angled Runs



DIAGRAM 8

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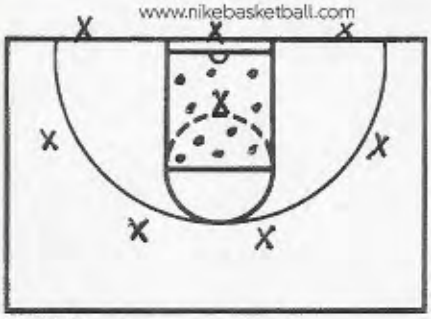
CLINIC Alan Stein
DATE Off Season Strength & Conditioning
Pg. 2
michaeldbayer@gmail.com



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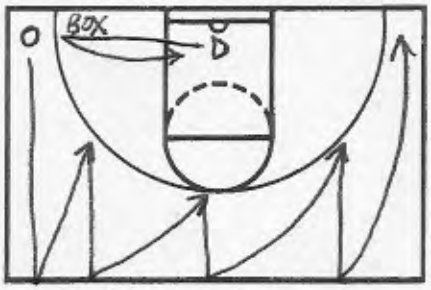

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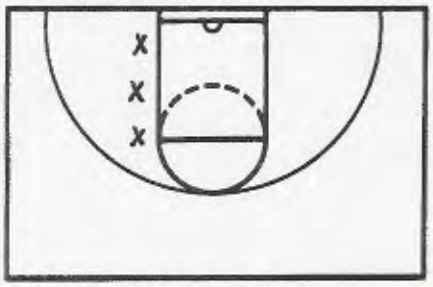

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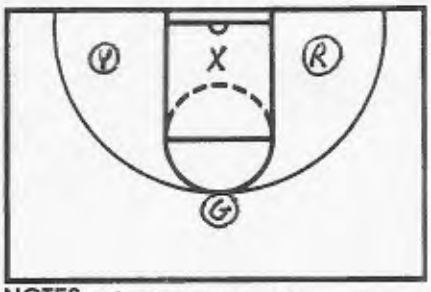

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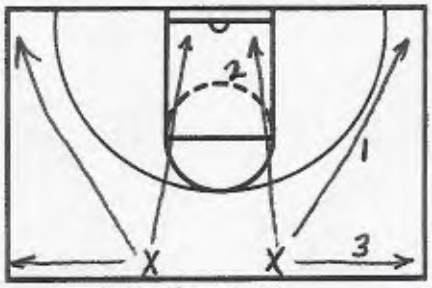

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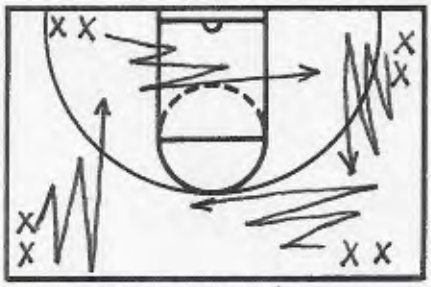

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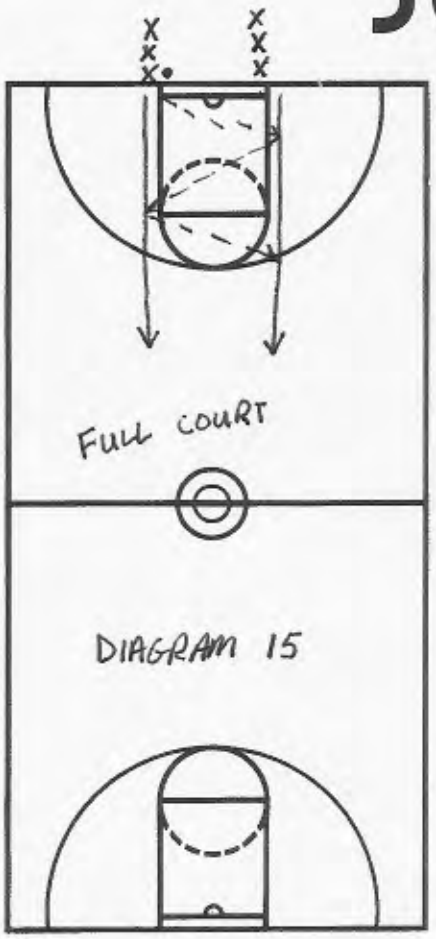

DIAGRAM 15

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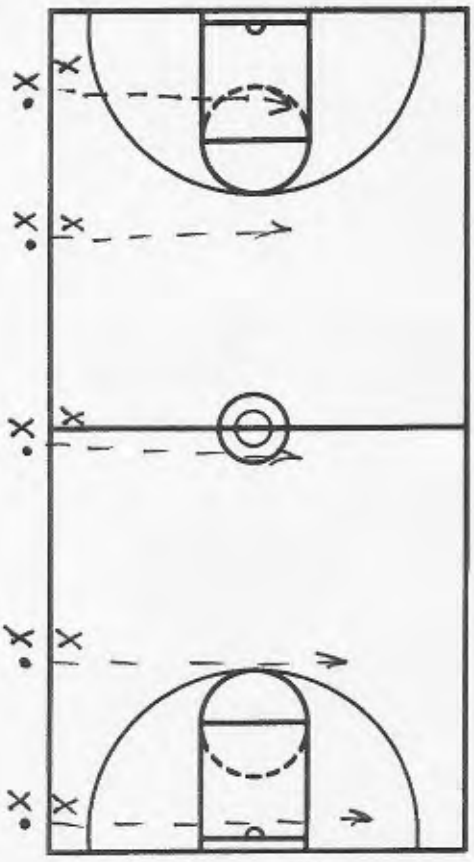

DIAGRAM 16

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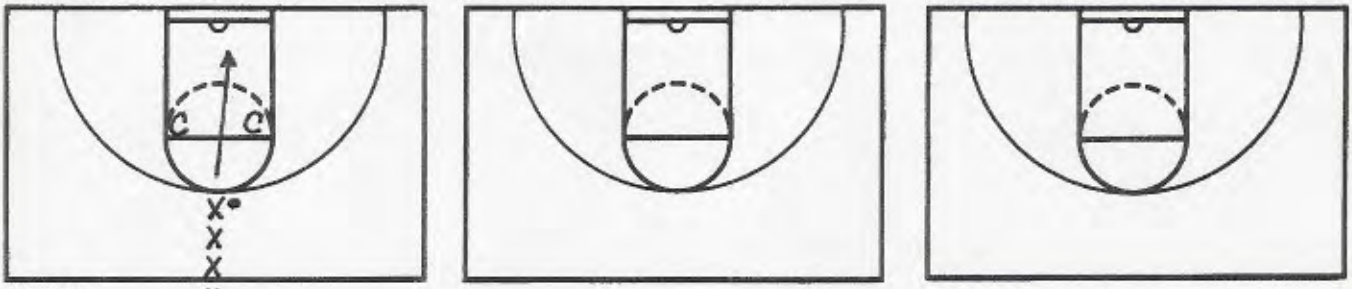

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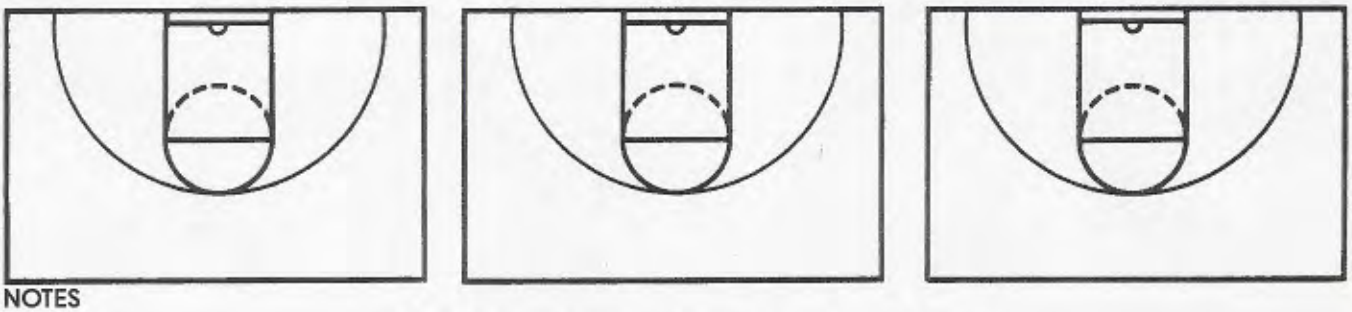
DIAGRAM 17



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JUST DO IT

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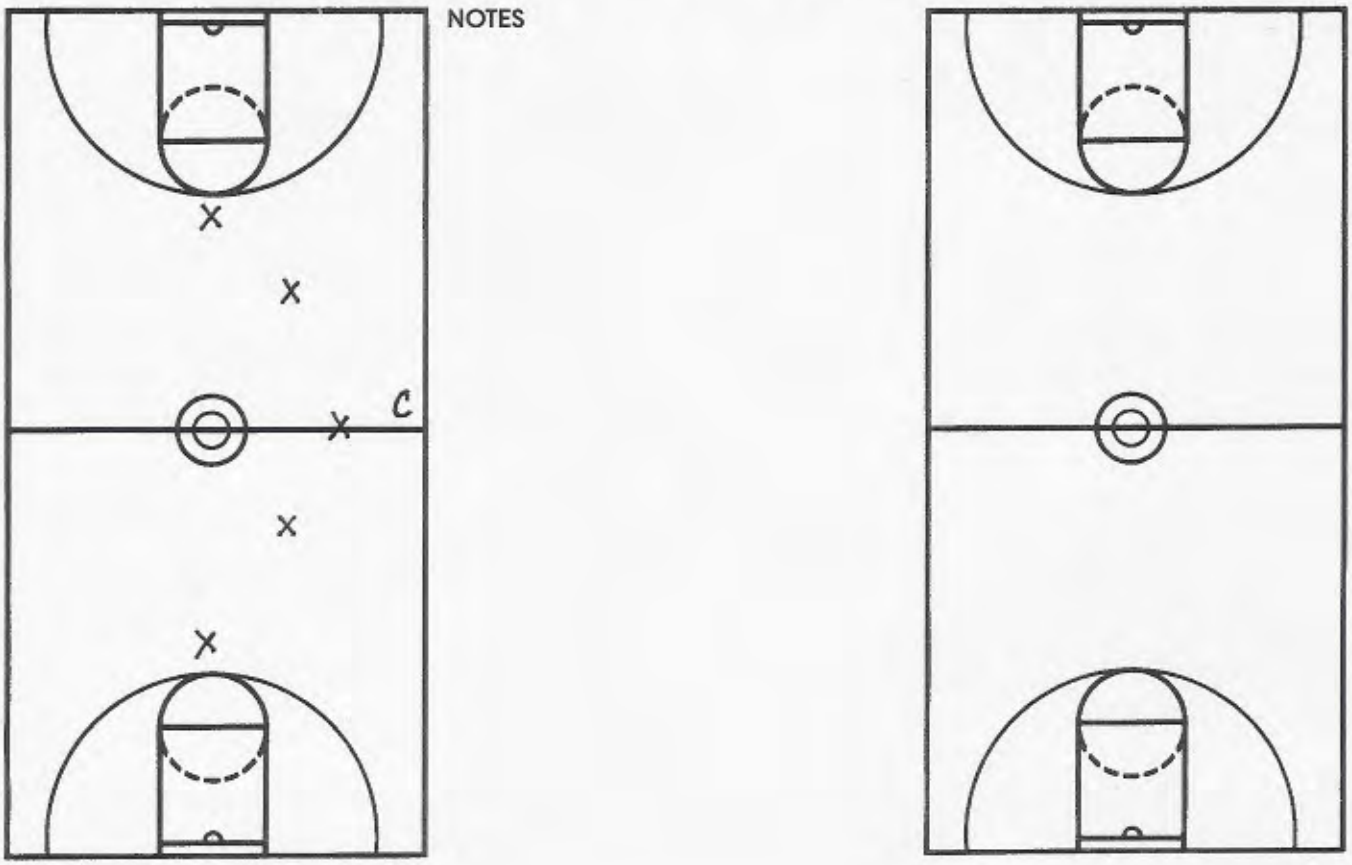

DIAGRAM 18

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Coaches,

I invested a lot of time into these notes. If you found them useful, please return the favor.

Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

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Dino Gaudio, Wake Forest
"Rebounding"
Nike Championship Basketball Clinic, Chester, WV
Saturday, April 12, 2008, 10:45AM-12:00PM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- Stressed having credibility & trust within your program.
- Treat everyone the same. Skip Prosser did this. No matter who the person was.
- Teams have personalities.
- Rebounding is a toughness and effort area.
- What we emphasize is what we do.
- Offensive rebounding: Highest percentage shot in basketball is the second shot.
- During 5-on-0 offense, they always send 3 offensive rebounders on shots and 2 transition defenders back. When basket is scored, all 3 offensive rebounders touch backboard.
- Use 2 hands when rebounding.
- To get to the next level as a coach:
  1. Do the best job you can do where you are at right now.
  2. Good work ethic & passion for the game.
  3. Form Relationships: It's about who you know.
- What makes a good coach? Knowledge of subject matter and the ability to give that knowledge to kids.
- Good teams are made from October to March; good players are made from March to October.
- When recruiting:
  1. Would I want that player in my family?
  2. Would I like to play with that player?
  3. Would I like to coach that player?

Offensive Rebounding Drills:
- Drills last 3 minutes.
- Spin Drill: 2 coaches with pad on each block. 1 coach with ball in middle of paint. Players split in lines on each wing. When shot goes up player runs for rebound and spins on contact with pad. (Diagram 1)
- 3 Man Rebounding: 3 Offense and 3 Defense. Coach shoots from elbow. If defense rebounds, back to coach for another shot. When offense rebounds, defense steps off court. Offensive player who rebounds tries to score on other 2 offensive players. The 3 players play live. Once player scores 3 baskets, he is out of drill. (Diagram 2)
- Free Throw: Offensive rebounders cross or offensive rebounders spin. If you can't grab rebound, try to tip it out. (Diagram 3)

Defensive Rebounding Drills:
- Drills last 3 minutes.
- 2-on-2 Cross Box Out: Coach shoots from free throw line. Defensive players must communicate who is going over top. (Diagram 4)
- 3-on-3 Rotate Box Out: Coach shoots from wing. Defense rotates as shown in diagram. (Diagram 5)
- Help Side Box Out: 3 Offense and 1 Coach around perimeter. 2 Defense start on block. Swing ball around perimeter. Defense gets to help side positioning as ball is swung. When shot goes up, find 2 other offensive players and box. (Diagram 6)
- 3-on-5 Numbered Box Out: 5 Offense each assigned a number. 3 Defense. Coach calls any 3 numbers when he shoots. Defense must find these 3 and box. (Diagram 10)

General Rebounding Drills:
- Push Out: Coaches with pads on each block. Players split in 2 lines on baseline near block. When coach yells shot, player boxes pad and drives out. (Diagram 9)
- Connecticut Rebounding: 3 Offense and 3 Defense. 2 Balls. One coach shoots, 2 coaches in outlet positions. Defense must get 3 rebounds in a row to get off court. On all defensive rebounds, outlet pass to nearest coach. (Diagram 8)

- Knick Rebounding: 2 Offense and 2 Defense. One coach shoots from free throw line, 2 coaches in outlet positions. Offense in lines on each elbow. Defense in lines on baseline across from offense. Start bigs on one side of court and guards on other side. On all defensive rebounds, outlet pass to nearest coach. Defensive Rebound = 1 Point, Offensive Rebound = 2 Points. 2 minute drill. Then, go cross rebounding. Defensive players will cross when shot goes up. It will be guard boxing big and big boxing guard. (Diagram 7)

Full Court Drills:

- 5-Across: 5-on-5 drill. 5 Offense on baseline, 5 Defense across free throw line. When coach throws ball into play, 2 defenders at elbows run and touch baseline and get back. Offense is trying to score on other end 5-on-3 with 2 defenders trailing. (Diagram 11)
- 5-on-5 Conversion Box Out: 3 Offense on baseline. 2 Offense on opposite wings. 5 Defense across free throw line. Coach throws ball in to offense. Wings on opposite end cross to corner. Offense looks to kick ahead. 1 to 2 passes then shot. Defense tries to recover and box out. If defense rebounds, 5-on-5 going the other way. (Diagram 12)
- 5-on-0 Break Drill: Try to make 5 lay-ups in 30 seconds. Go through fast break progression with 1-2-3-4-5 scoring in that order.
- Michigan State War Drill: 5-on-5 drill. Offense starts around 3-point line. Defense starts with at least one foot in the paint. Coach shoots to start drill. Scoring: Defense scores points by getting rebound and scoring on the other end (2 or 3 points). Offense scores 1 point for an offensive rebound then additional points (2 or 3) if they score. One trip down court then reset drill. 8 minute drill or to a predetermined score. (Diagram 13)

Note:

If you have any questions regarding these notes, contact me at the email address above and I will do my best to help. I also have personal notes on Steve Smith, Thad Matta, Jay Wright, Alan Stein, Kevin O'Neill, Sylvia Hatchell, Don Meyer and Seth Greenberg from this clinic. Please contact me at the email address above if you would like to trade notes or DVDs.

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(P9: 1)
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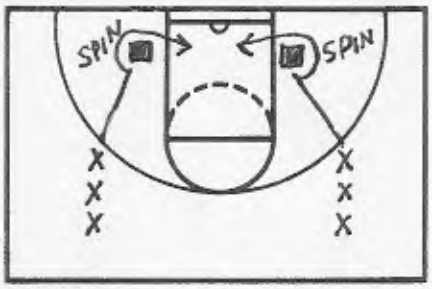

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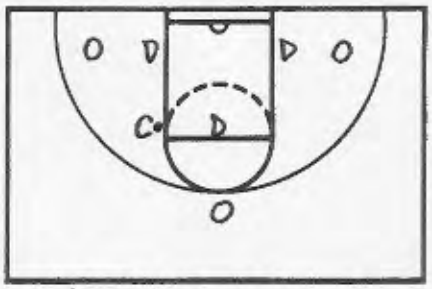

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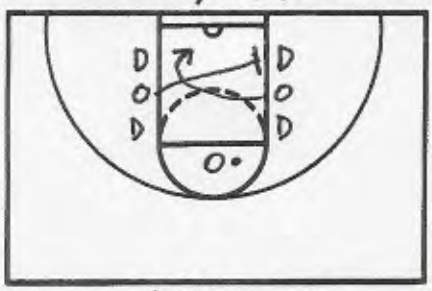

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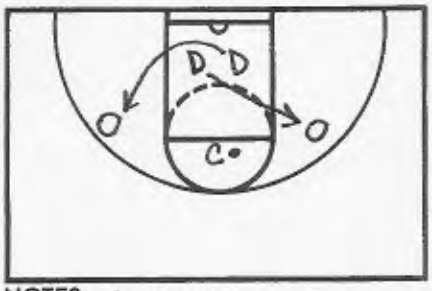

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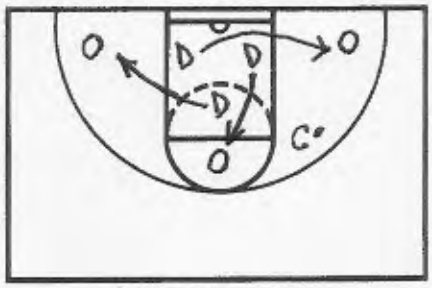

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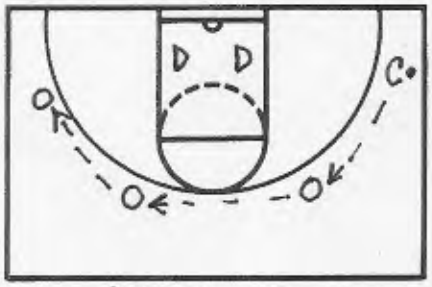

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JUST DO IT

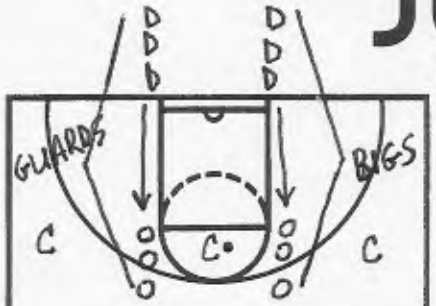
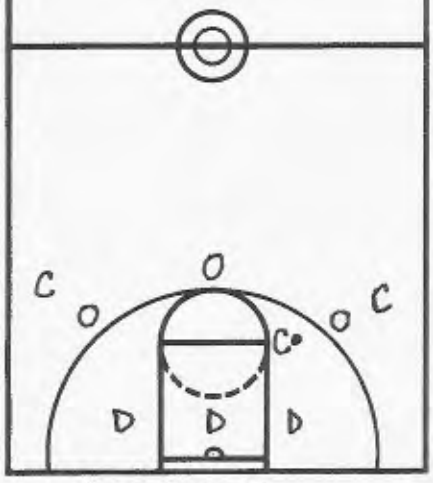


DIAGRAM 7

NOTES

C = coach
O = offense
D = Defense
■ = PAD
• = BALL



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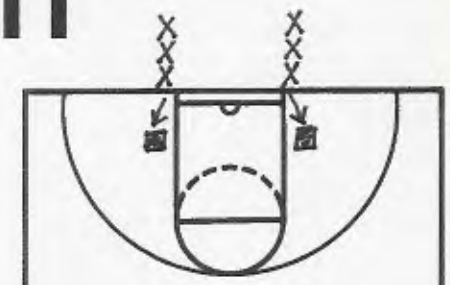

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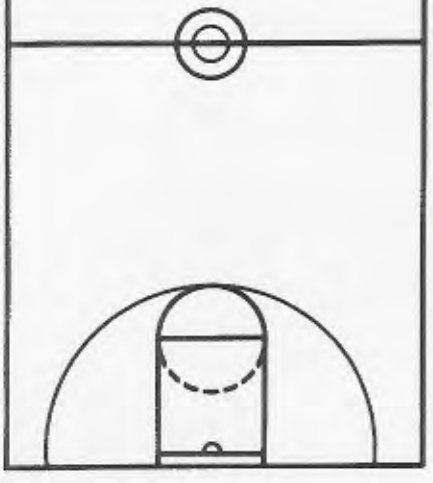

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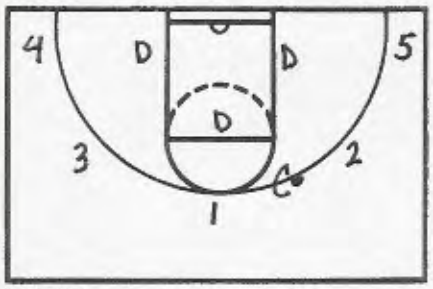
CLINIC Dino Gaudio
DATE Wake Forest
Rebounding
(pg. 2)

michaeldbayer@gmail.com



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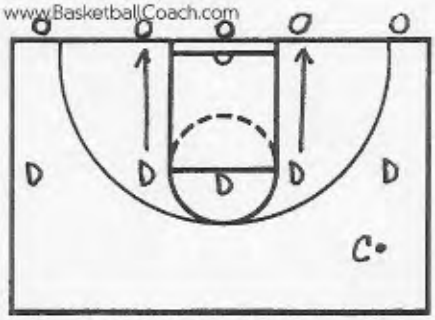

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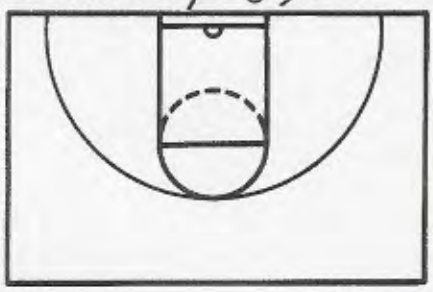

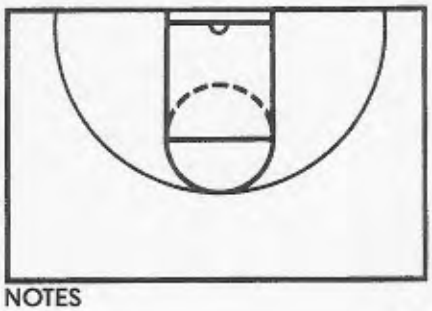

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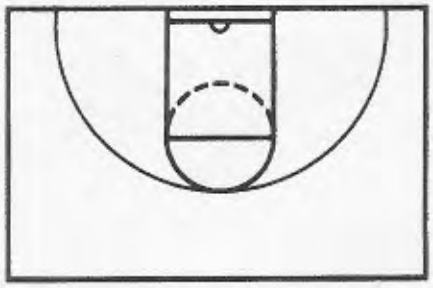

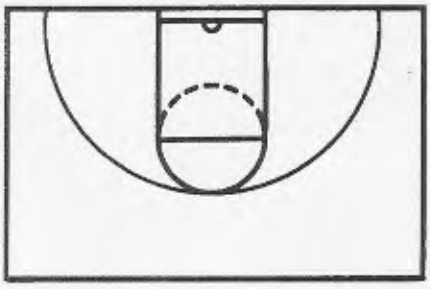

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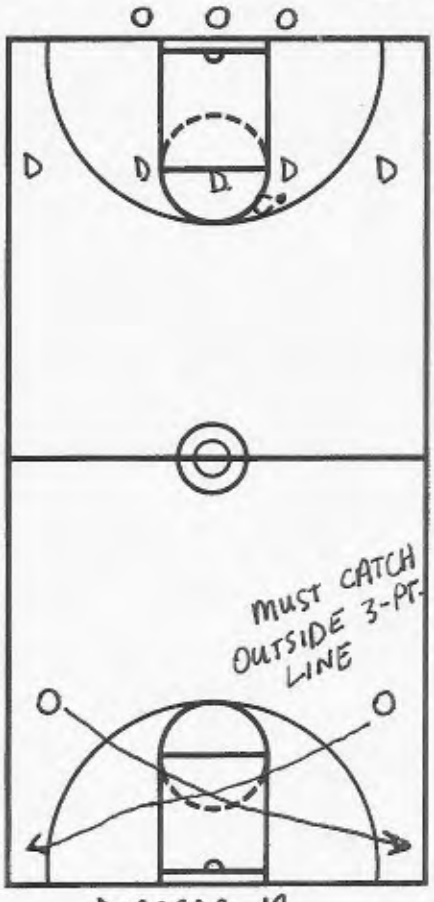

DIAGRAM 12

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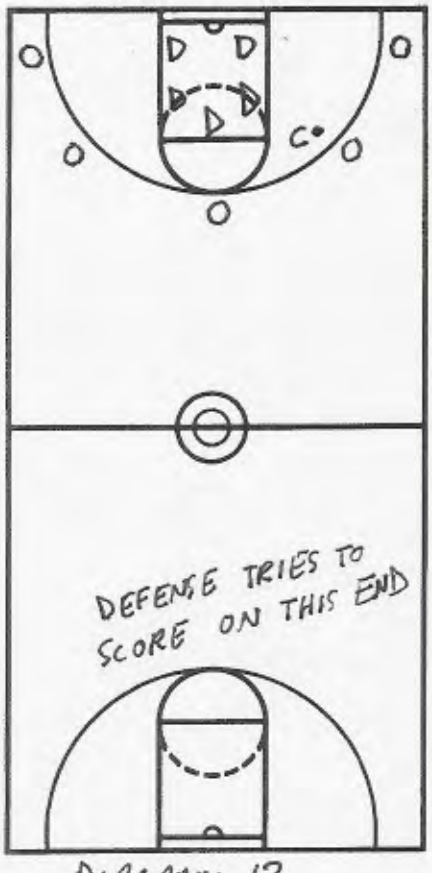

DIAGRAM 13

Coaches,

I invested a lot of time into these notes. If you found them useful, please return the favor.

Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

Kevin O'Neill, Arizona
"My Defensive Concepts"
Nike Championship Basketball Clinic, Chester, WV
Saturday, April 12, 2008, 2:00PM-3:15PM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- The most important people are your players.
- Be more prepared each time you see your players.
- Good people make a good product; bad people make a bad product.
- Have a defensive philosophy and don't waiver from your philosophy. "This is what we are about."
- When things are going good you never know how close they are to going bad and vice versa.
- In 5-on-0 offense instruction, get to offensive rebounding and transition defense positions.
- If you are a head coach, get a good staff.
- If you are an assistant coach, be a good assistant.
- Respect this business or it will bite you in the ass.
- Realize what type of player each of your players is. 3 Types:
  1. 30% will not compete no matter what
  2. 30% will kick your ass
  3. The remaining are somewhere in between. What you get out of them depends on how hard you push them.

Man-to-Man Defense Concepts:
- Half Court Man-to-Man: No lay-ups, no 3's, and contested 2's.
- When teaching defense, emphasize holding stance.
- Off of the ball: pistol point and head turning at all times.
- Don't deny non penetrating passes. Deny penetrating passes.
- Hard ball pressure.
- Be aware of who you are closing out on. If closing out on a good shooter, don't close out short (fly by). If closing out on a good driver, close out short.
- Basic Setup w/ Ball on Top: One pass away – help and recover, Two passes away – Help side, ¾ front the post. (Diagram 1)
- Basic Setup w/ Ball on Wing: Take away drive to middle & cut off baseline drive, dead front the post. (Diagram 2)
- Basic Setup w/ Ball in Post: Wing digs w/ butt towards baseline. (Diagram 3)

Transition Defense Concepts:
- Odd Man Break Situations (Diagram 7):
  1. 1st man back – under basket then close out.
  2. 2nd man back – to free throw line then stop ball.
  3. 3rd man back – to closest unguarded man to ball.
  4. 4th man back – to basket.
  5. 5th man back (load man) – to free throw line.
- 3-on-2 Situations: When offense is in no man's land, hold positions. Top man cannot allow blow by. If first pass is above FT line extended, top man covers. If top pass is below FT line extended, bottom man covers. (Diagram 4)
- 2-on-1 Situations: Get to nail until player with ball is within blow by distance. Once inside blow by distance, play the ball. Force a pass and think charge. (Diagram 5)

Pick and Roll Defense Concepts:
- Teach your philosophy on ball screens.
  1. Blitz
  2. Show
  3. Switch
- Blitz Rotations: (Diagram 6) On pass, bottom defender takes pass. Post defender from double team sprints to hoop. Middle defender fronts opposite post. Top defender takes skip pass.

- Show Rotations: Same as Blitz Rotations on throw back pass. (Diagram 6) On forward pass, get back to your man.

Defensive Drills:

- Half Court Drills:
  1. 4-on-4 Red Drill: Pass, cut and post on ball reversal. Work on defensive positioning. (Diagram 9)
  2. 4-on-4 Ball Screen Drill: Red cut same as in Red Drill. At least two ball screens before shot. Work on defensive positioning and pick and roll defense. (Diagram 9)
  3. 4-on-4 Charge Drill: Ball reversal and let wing drive to basket. Help side defense slides across and takes charge. (Diagram 10)
- Full Court/Transition Drills:
  1. 5-on-5 Switch and Change Drill: Play live from setup shown. Coach calls switch or change. Switch = Set the ball down and go on defense. Cannot guard player that was guarding you. Stay at same basket. Change = Set the ball down and go on defense. Offense transitions to other end of court. (Diagram 11)
  2. 5-on-4 Scramble w/ Cherry Picker: Closest defender picks up ball. Other 3 defenders stay in paint. On misses or makes look to player at other end of floor. Offense becomes defense and has to get back. Shooter stays at that end of court as cherry picker. Go for 5 minutes and keep score. (Diagram 8)
  3. 5-on-3 Scramble: As soon as dribbler crosses center court, go live. (Diagram 12)
  4. 5-on-4, 5-on-4 Continuous Drill: Go 5-on-4 one way. When defense gets rebound, shooter steps off court and player steps on for team going the other way.
  5. 5-on-3, 5-on-3 Continuous Drill: Same as 5-on-4 drill above. Shooter and passer step off court and 2 players step in for team going the other way.

Special Situations:

- Switch pick-and-roll late in clock.
- Go over Box-and-1, Triangle-and-2.
- Defending full court throws.
- Free throw box outs.
- End of game: down 3, 6, 8.

Note:

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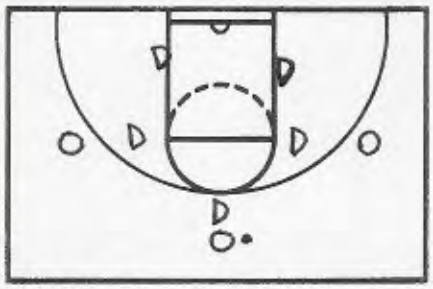

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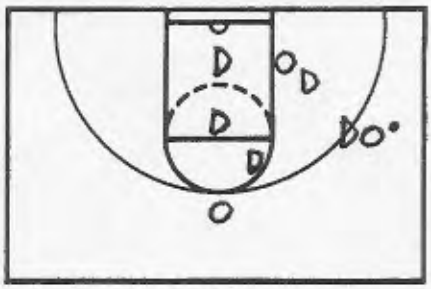

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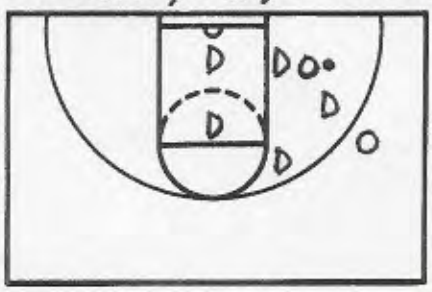
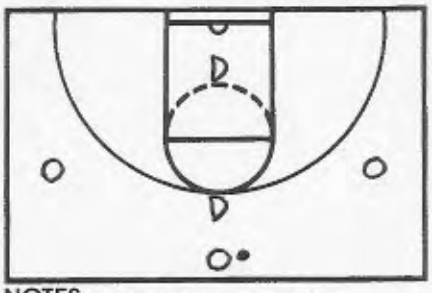


DIAGRAM 3



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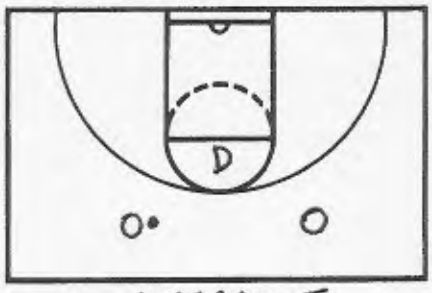

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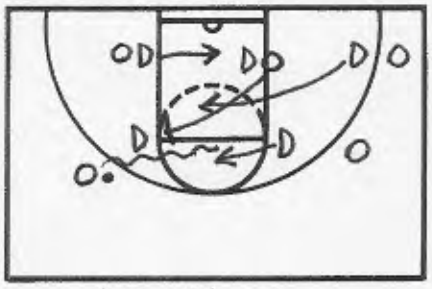

DIAGRAM 6

JUST DO IT

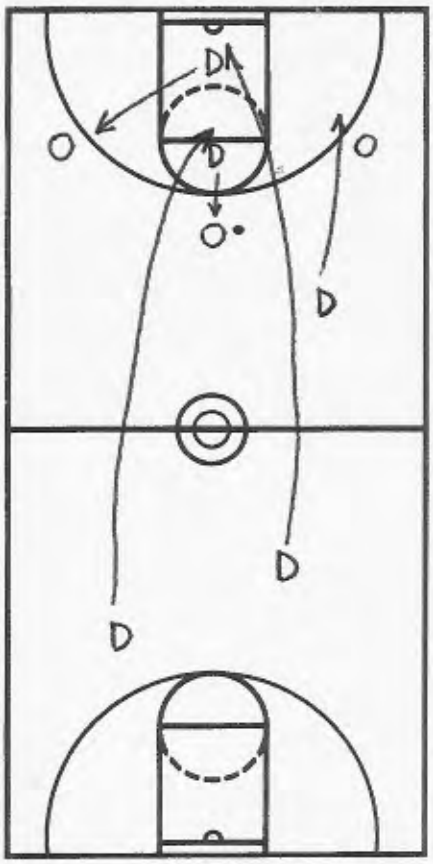

DIAGRAM 7

NOTES

O= offense
D = defense

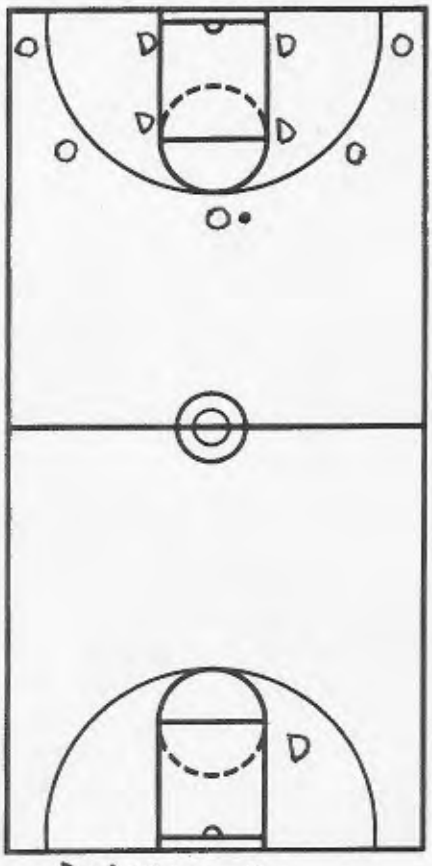

DIAGRAM 8

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www.nikebasketball.com

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

CLINIC Kevin O'Neill
DATE My Defensive Concepts
Arizona
(pg. 2)

michaeldbayer@gmail.com

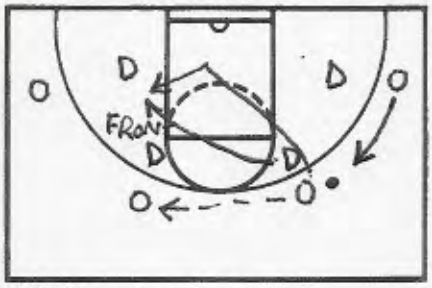

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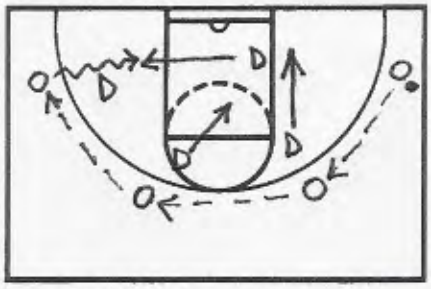
DIAGRAM 9



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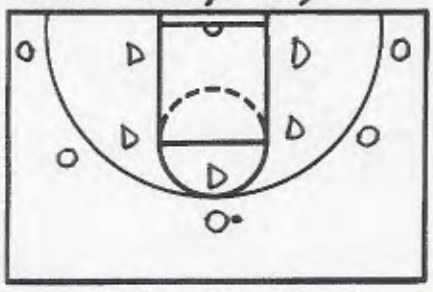

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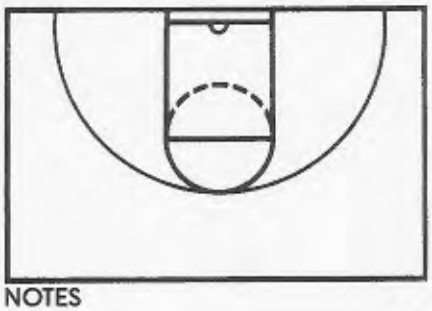

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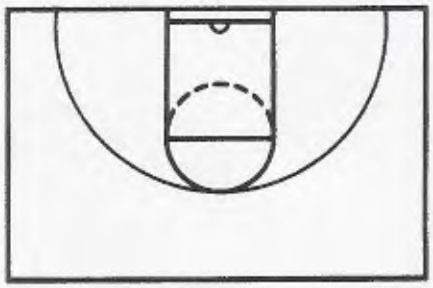

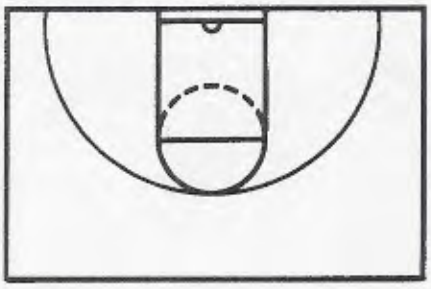

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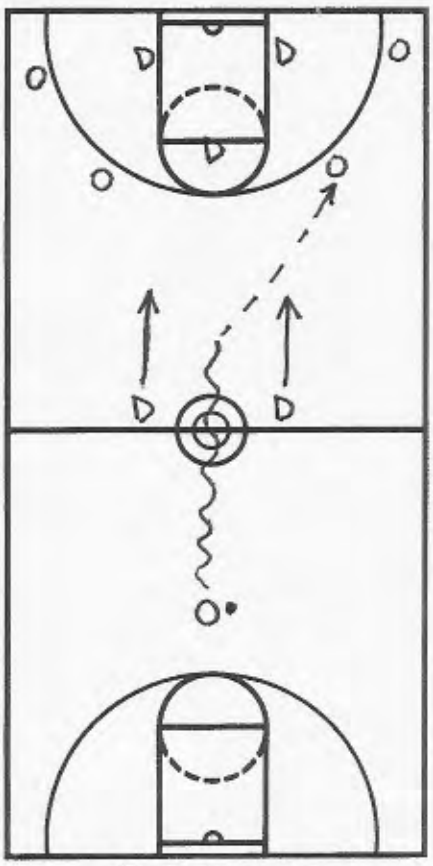

DIAGRAM 12

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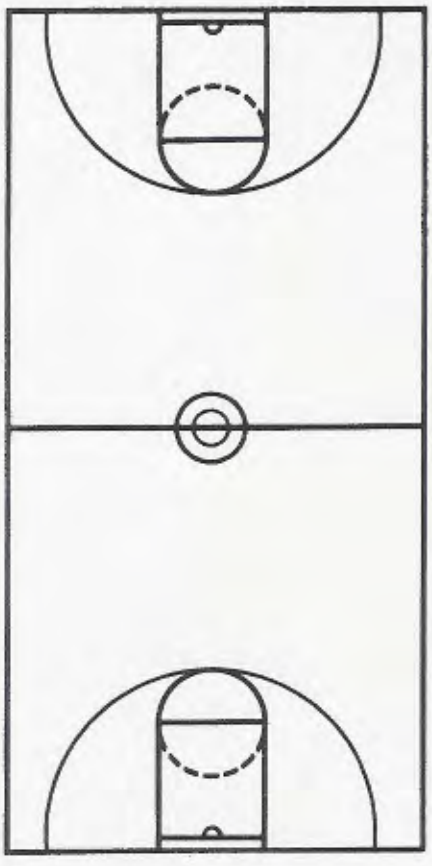

Coaches,

I invested a lot of time into these notes. If you found them useful, please return the favor.

Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

Sylvia Hatchell, University of North Carolina
"Winning the Carolina Way"
Nike Championship Basketball Clinic, Chester, WV
Saturday, April 12, 2008, 3:30PM-4:45PM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- Watch as many practices a possible.
- 60% against no defense = good shot.
- Movement is enemy of defense.
- Be organized during timeouts. Players in game sit in the following order: 5-4-3-2-1 from left to right facing the coach. Reserve players stand near the position they play. This allows them to understand what to do when they get in game.
- All coaches should visit North Carolina. A lot of good programs to observe practices, etc.

Transition Concepts:
- Her teams like to fast break.
- If you have to dribble across half court, the fast break is over.
- Point guard uses slice zig-zag dribble bringing ball up floor.
- 3-on-1 or 3-on-2 Transition: When receiving pass on wing, shot first, touch pass second, ball fake drive third, kick back last option. (Diagram 1)
- 2-on-1 Transition: Player in lead always has ball. If big man running floor with you, throw pass up high. (Diagram 2)
- Miss or make, no outlet pass below free throw line unless facing press.
- Out-of-bounds setup after made shot. (Diagram 7)

Continuity Offense:
- Basic Setup: 4-out, 1-in with ball side post
- 3 Rules:
  1. On top to top pass – back screen for passer. (Diagram 3)
  2. On top to wing pass – passer cuts through and other players rotate towards ball. (Diagram 4)
  3. When 4-man passes ball – backscreen from post player and they switch positions.
- Dribble drive option – reverse pivot kick back. (Diagram 5)

Set Play (Diagram 6)

Defensive Concepts:
- On the ball defense: If offensive player has ball above armpits, get up on him. When he brings it down, retreat.
- Always move back foot first on defense.
- On traps: Get nose on offensive players outside shoulder. Trapper closes the gap.
- Once ball is trapped: 2 trappers, 2 interceptors and 1 goaltender. No matter where trap occurs on court.
- Interceptors watch eyes and body language. Anticipate don't react.
- Trap Drill: Coach throws ball into offensive player trapped in corner. Go live. No lob passes allowed. Do drill with no dribble and then allow dribble. (Diagram 8)

Additional Concepts:
- Offensive Rebounding: Knock defenders hand down with your outside hand and swim move with inside hand. Or spin move.
- Point Guards Against Pressure: take 2 dribbles opposite way, then crossover to start offense. (Diagram 9)

Note:
If you have any questions regarding these notes, contact me at the email address above and I will do my best to help. I also have personal notes on Steve Smith, Thad Matta, Jay Wright, Alan Stein, Dino Gaudio, Kevin O'Neill, Don Meyer and Seth Greenberg from this clinic. Please contact me at the email address above if you would like to trade notes or DVDs.

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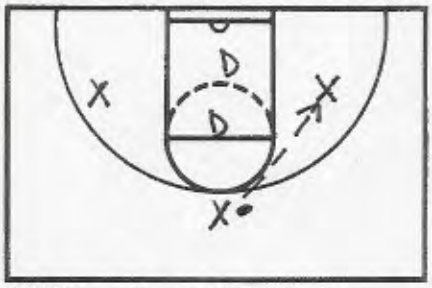
CLINIC Sylvia Hatchell
DATE North Carolina
Winning The Carolina Way



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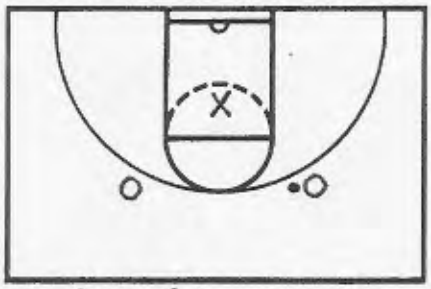

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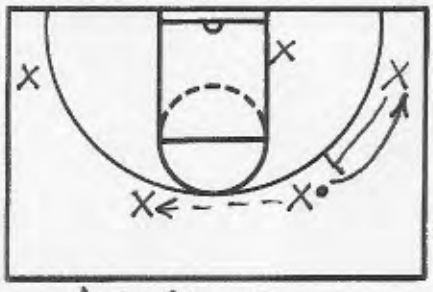

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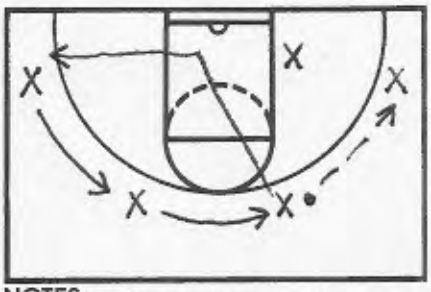

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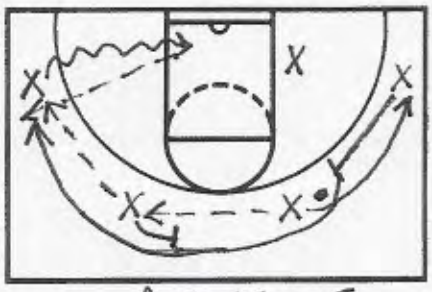

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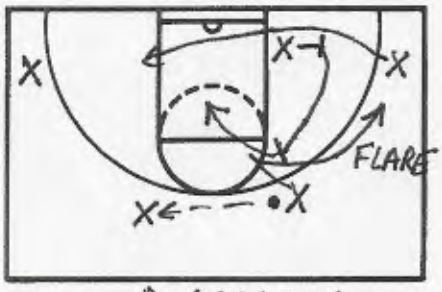
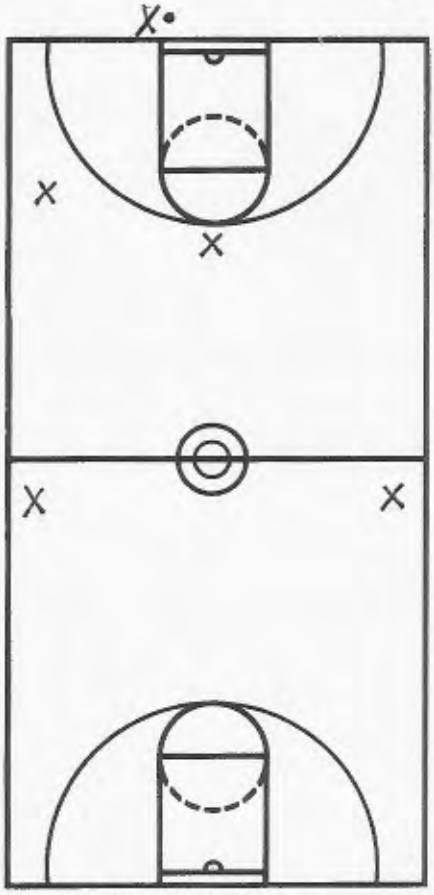


DIAGRAM 6

JUST DO IT

NOTES



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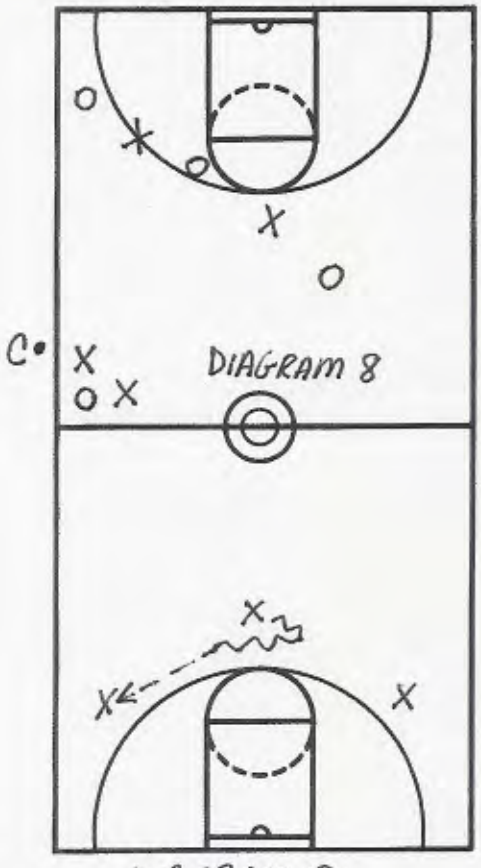

DIAGRAM 8

DIAGRAM 9

Coaches,

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Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

Don Meyer, Northern State University
"Our Game Sheet of Special Situations"
Nike Championship Basketball Clinic, Chester, WV
Saturday, April 12, 2008, 6:45PM-8:00PM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- At coaching clinics: Get all of the good ideas, but don't try to use all of the ideas.
- Be calm in the midst of storm.
- As a coach, you can't coach, play and officiate. Be coach only.
- Use your eyes to teach (observe practice). Don't pass or play in practice.
- Stay off of officials.
- www.coachmeyer.com
- scsmiley@northern.edu – Newsletter
- sastevens@wolves.northern.edu – Request clinic notes "Cycle of the Game."
- meyerd@northern.edu
- Plan/Prepare/Practice/Play like you lost your last game.
- Make it, take it in practice.
- Trap on air time, not on reception time. Good teams do.
- You can't teach or learn two conflicting habits.
- Play 3-on-4, 4-on-5, 5-on-6 in practice. Helps with pressure and defensive rotations.
- A good player knows where he is on the floor. A great player knows where everyone is on the floor. A superior player knows where everyone is on the floor and what they are going to do.
- 6-Step Rule:
  1. Defensive coverage
  2. Shot pressure: change or alter every shot
  3. BPCRO: Block out/Pursue/Chin rebound/Outlet
  4. Insurance: take care of ball
  5. Shot selection
  6. OBC: Offensive Board Coverage
- "Pass on time, on target." – Van Gundy
- There is a time in the game when we are looking for a shot we can't miss; not a shot we can make.
- 1 bad shot = 1 bad shot, 2 bad shots = bad player, 3 bad shots = bad coach.
- Every shot is a pass (offensive rebounding).
- Timeouts on loose balls.

Defending 1-4 Low Set:
- 1-1-3 (Diagram 1)
- Dork Trap: Dork = Player that can't shoot. Trap ball handler with dork's defender. (Diagram 2)

Special Situations:
- He went over his special situation game sheet which is attached.
- Jump ball positioning. (Diagram 3)

Note:
If you have any questions regarding these notes, contact me at the email address above and I will do my best to help. I also have personal notes on Steve Smith, Thad Matta, Jay Wright, Alan Stein, Dino Gaudio, Kevin O'Neill, Sylvia Hatchell and Seth Greenberg from this clinic. Please contact me at the email address above if you would like to trade notes or DVDs.

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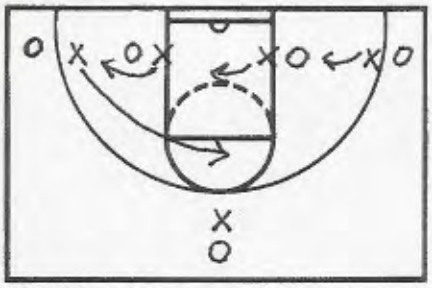
CLINIC Don Meyer
DATE Northern State University
Our Game Sheet of Special Situations



NOTES Diagram 1

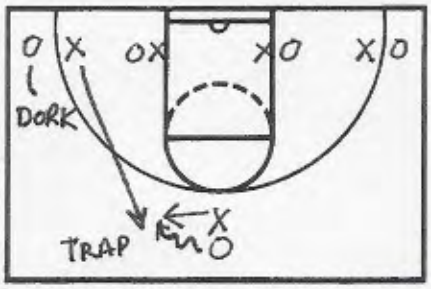
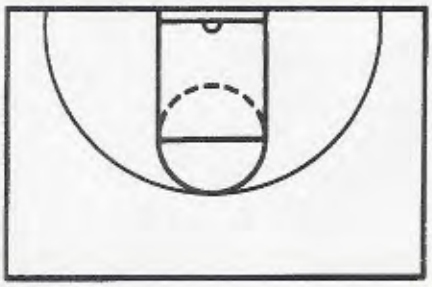
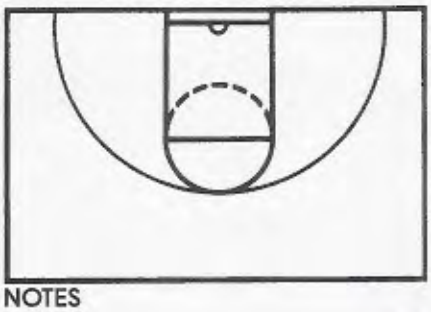


Diagram 2





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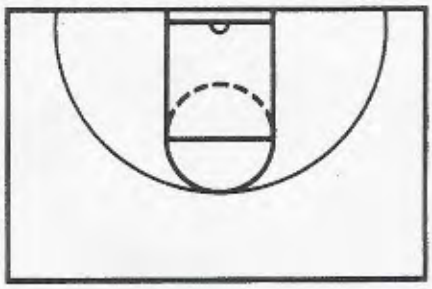

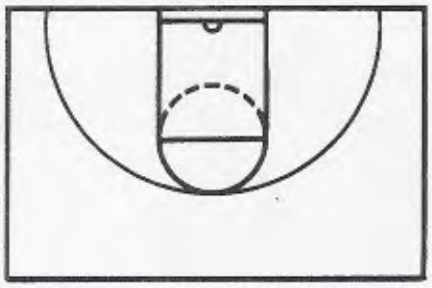

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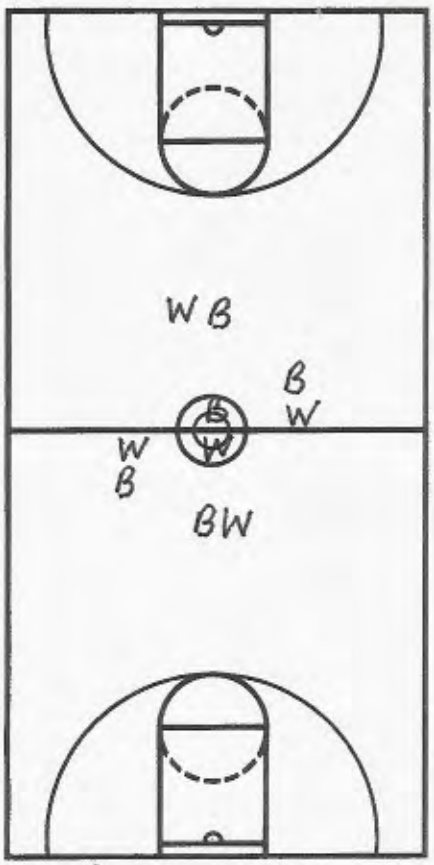
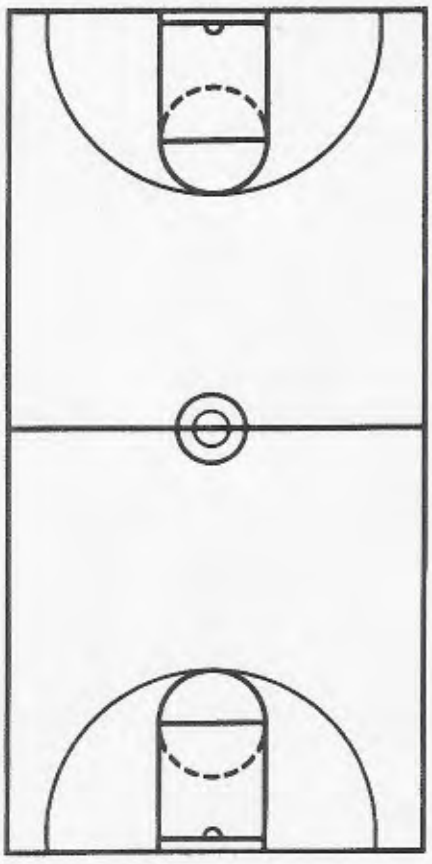


Diagram 3

NOTES

W = White
B = Black

We are black team.



SPECIAL SITUATIONS

*JUMP BALL: SANDWICH, HANDS UP, BOPCRO, STEAL, RUN SECONDARY, VIOLATE

*BASELINE O.B. DEFENSE: BODY UP, TAG, FREE MAN, FIST TO TRAP CORNER

*SIDELINE O.B. DEFENSE: ON/UP LINE, FREE MAN, BALLSIDE OF SCREEN, PURDUE ADJUSTMENT UP/ON HANDLER, 130 LET IT IN WITH FREE MAN IN FRONT OF POST

*1-4 LOW DEFENSE: FAKE TRAP, 1-1-3 TANDEM, DORK TRAP, CROSS FIST & ROTATE OUT

*DELAY GAME DEFENSE: REGULAR, ZIPPER,TRAP, FOUL (grab left wrist)

*SIDELINE O.B.: SPREAD, LINE, SECONDARY, KENTUCKY, PURDUE, WRONG WAY PLAY @ HALF, TRIPLE SLIP, PATTERSON PLAY,

*FREE THROWS: X, Y, SLOW X, MISS IT X, VIOLATE IF AHEAD, DOUBLE VIOLATION

*PRESSES: FAST BREAK, 12 / 13 / 14 VS ZONES, SPREAD, LINE, IOWA STATE, SPREAD PULL IOWA STATE, KENTUCKY RUNOUT, STEP OUT KENTUCKY RUNOUT; 1) BEST INBOUNDER 2) THREE AVAILABLE WITH DEEP DIAGONAL FINISHER 3) BEST IN MIDDLE 4) POST COMMIT BALLSIDE
5) SHORTEN THE PASS 6) REVERSE IT TWICE 7) ENGAGE TWO 8) CRACKBACK 9) CLEAR CRACKBACK 10) ATTACK THE MIDDLE
11) PASS FAKE & LOOK OPPOSITE 12) STEP OUT & STEP IN FREE THROW SHOOTER WHEN THEY ARE FOULING

*PRESSURE: CLOCK--ATTACK IT WITH CHASER, BACK SCREEN, BE AGGRESSIVE, 5 & 5 HIGH, DOWN

*COMEBACK GAME: PLATOON SHOOTERS/ FOULERS/DEFENDERS, KEEP REBOUNDERS IN ON FREE THROWS
GETTING THREE'S---CRACKBACKS, 33/66, DOWN TO A 3, #1 PENETRATE, GREEN, UP, FLORIDA UP, DENVER

*TRIANGLE AND TWO: #1 PLAY INTO MOTION, USE ZONE DEFENDERS FOR SCREENS

*BOX/MATCH AND ONE: #2 MOTION W\ ONE PLAYER SCREENING & USE THE ZONE DEFENDER AS SCREENER.

*GIVING A FOUL: FOULS TO GIVE, THREE POINT LEAD. DON'T FOUL _____WHO TO FOUL_____

*LAST SHOT OF GAME: WHO, WHAT, WHEN – REBOUND TO STOP OR GET PUTBACK- LONG HEAVE OFF ONE FOOT AT BUZZER, ONE MORE DRIBBLE, TRAP THE DRIBBLER WITH THE SHADOW, FOUL IF UP 3 IN SHORT SECONDS, FULL COURT SHADOW TRAP THE BALL HANDLER

* FULL COURT SPECIALS VERSUS PRESSURE- SPREAD, SPREAD IOWA STATE, SPREAD PULL IOWA STATE, KENTUCKY, WAKE-UP, HOME RUN (KEVIN, KYLE, MITCH Catch), LINE (ESPECIALLY IF THEY ARE FOULING)

*DON'T BANK TIME OUTS, CAN'T EAT THEM, USE WISELY CONTROL TEMPO- RUNNING TO'S
COACH CAN CALL TIME OUTS e.g. TEN SECOND CALL, etc...

*WHO HAS THE POSSESSION ARROW? Double violate to get possession when on defensive or offensive free throw, don't let them. Violate when they try to miss on purpose

DON'T LEAVE BENCH OR CELEBRATE ON LAST SHOT (Technical)

SUBSTITUTION
LISTEN TO INSTRUCTIONS
REPORT TO SCORE TABLE
REF BECKONS YOU IN
RUN IN, TOUCH & TALK
INSTRUCTIONS

MATCH UP POINT AND TALK
POSITIONING, ANTICIPATION, & TECHNIQUE ON & UP LINE
GUARD SOMEONE, DO NOT GUARD AIR
KEEP IT OUT OF THE MIDDLE, DRIVES AND HIGH POST
REAR END TO BASELINE/ HOOP COUNT THE SIDELINE RUN OFF & GET
MIDDLE POST DEFENDER TALK CONSTANTLY
FORWARDS FIRST PENETRATING PASS (OUT/UNDER)
GUARDS NON-PENETRATING PASSES (OUT/IN)

MOTION----SURENESS----SHOT DISCIPLINE---OBC

IN MOTION WITH BALL AT HALF LINE
TIGHT TRIPLE THREAT FACE SPACING
CENTER THE BALL, REVERSALS, ON TOP TWICE
SLOW THE BALL DOWN ON TOP
PIPE CUTS
TRIPLE — INTENSE DEFENSE (INVINVIBLE)
TURNOUTS — DISCIPLINED OFFENSE (VULNERABLE)
BASKET CUTS
CURL CUTS — RE-SCREEN
BACK PINS — BACK DOWN
FLARES — BACK FLARE
7 CUTS — FLARE DOWN
INDIANA'S — DOWN BACK
BACK PICK FLARE (Loop)
SCREEN OUT/SEAL OUT
INDIANA'S
CURL SCREENS TO POST OR POP

CUT & SPACE(GAGGLE)
DRIVE & SPACE
CONCEPTS VS. SWITCHES
7 PASSES
NO DRIBBLE

ATTACKING SWITCHES

HIGHER AND WIDER-----SCORERS SLIP & SHOOTERS POP
BACK CUT A DOWN SCREEN HARD, HARD CURL & POP
SLIP QUICKLY — READ MISMATCHES
2 MOTION
DOWN OR MOTION UNTIL BEST IS ON DORK
SCREEN YOUR MAN

MAN VS. BOB

1= TOP	RUN BOB FROM HIGH 1-4
2= POST SPIN or OOP	3
3= TRIPLE	4
4= 4 TRIPLE	*(STRETCH LONG CORNER)*
5= BOX UP	AUGIE X
SPREAD	

*****Single/Double Away for Inbounding Shooter

ZONE VS BOB

STACK

OKLAHOMA

#1 TOP

BOX SCREEN IN
BOX X

SCREEN IN FOR INBOUNDER (NEW JERSEY NETS)

___ - _____

___ - _____

___ - _____

___ - _____

___ - _____

___ - _____

___ - _____

___ - _____

___ - _____

___ - _____

3's: Must Dribble: WOLF: NO CATCH:

DRIVER'S: POST: MBO:

DOUBLE GAP: DORKS:

OUR DEFENSE

1. Transition & Talk
2. Ball Pressure (Deflections)

SQUARE UP, STEER, ZIPPER

3. Jump to the Ball
4. Anticipate Quick Rotations
5. Keep Out /Keep Off
6. Post Defense/Presence
7. Shot Pressure & BOPCRO

GUARDS MUST REBOUND
No Fast Break Shots
No 3's To A 3
No Rhythm Shots
No Second Shots
WHERE'S OUR HELP?

OUR OFFENSE

1. Break Package
2. Middle Catches, Top Twice
3. PASS, CUT & SCREEN
4. Sureness & Shot Discipline
5. Great Shot's and Great OBC

BREAK PACKAGE

PRIMARY – Crack Shell–FIRST TEN (sweet/ move on),
LAST TEN— What do we do short seconds?
SECONDARY DEAD BALL SECONDARIES
How is post guarded?
GO INSIDE TO OUR POSTS/POST PRESENCE
FAVORITE SIDE EARLY AND OFTEN
Who is guarding playmakers? How they guard the ball?
Spacing, Angles & Momentum
Early Three's?
GET OPEN EXPLOIT
ON TOP TWICE
# of passes? 4, 5, 7
Take the dribble out
SCREENING MIND, IN MOTION WITH BALL AT HALF LINE
CUT & SPACE GAGGLE
DRIVE & SPACE (Drift, Roll, Top, Crack)
Drive Momentum & Mismatches
OBC PRIDE (Eat Glass or Substitute)
EVERY PASS IS A SHOT —EVERY SHOT IS A PASS
4 OUT (Cutters & Screeners, Basket Cuts, Cut & Replace)
3 OUT (Buddy System, Fill Top, SOSO, Draw Fouls)
2 OUT (Flash High & Top Down, Screen Out/Seal Out,
Pipe Cuts, Back Pins, DUKE Stack - Pull, Curl, Post)
Reverse Action & "T" Game Concepts. Duke Lob
FIVE (Princeton, UCLA Cut to Post, Ball Screen) LOOP DRIVE
Open Alley from 5 Side DRIFT
FIVE HIGH (Monticello & Loop) 4 CORNERS ROLL
TOP
SHORT SECONDS— UP, FLAT, DOWN, DUKE CRACK

OPEN ALLEY

TRIPLE (OFF TACKLE)	BASKET CUTS
DENVER	PIPE CUTS
TURNOUTS	TRIPLE
UP SCREEN (on the run)	CURL CUTS
4 SIDE SCREEN	BACK PINS
5 SIDE SCREEN	FLARES
FLAT SCREEN	7 CUTS
#1 PLAY (Flare)	INDIANA'S
#1 CORNER HIGH-LOW	BACK PICK FLARE (Loop)
#1 CORNER WS Down Screen	SCREEN OUT/SEAL OUT
1 X	BACK DOORS
TRIPLE	OTAY
DENVER	TRIPLE OTAY
DENVER CORNER	WOTAY
	CAROLINA
4 SIDE SCREEN (dive/spurs)	OTAY/WOTAY
5 SIDE SCREEN (spurs)	TO GET 3'S
5 SIDE, FLARE, CRACK	DOWN (Switches)
DUKE	UP
STACK (Loop & Curl Screens)	FLAT
OPEN ALLEY ("A")	4 Side
UP SCREEN	INDIANA
SPRINT AND FILL	33 & 66's (1 INTO 33)
FLAT SCREEN	DENVER
SPRINT AND FILL	DHO 33
DOWN (Switches & Kevin)	YO, YO, KEVIN 33
UCLA (Special)	5 Side, Flare, Crackback
UCLA DENVER	

UNCOMFORTABLE PACE
INTENSITY + TECHNIQUE = HUSTLE PLAYS
SUBSTITUTE FOR DEFENSE
CONDITION - DEPTH - FOULS
On The Line/ Up The Line, Ball-You-Man & Ball-You-Basket
BALL PRESSURE W/OUT PENETRATION & FOULING

PRESSURE	STANCE	TALK
PACK	VISION	ANTICIPATE
MATCH-UP (2 & 3)	POSITION	ROTATION
TRAPS		TECHNIQUE

MATCH-UP AND 1
1) Ball 2) Off Ball 3) Situation 4) Recovery / Rotation

DOUBLE DENY HANDLER	SHADOW
SMART TRAP HANDLER	TRAP BALL BACK TO MIDDLE
POINT GUARD DENIAL	TRAP FIRST PASS
NO CATCH & NO HELP	TRAP DRIBBLER
STEER, CONTROL, ZIPPER	TRAP DRIBBLER ½ CT.
ATTACK POST ON DRIBBLE 1- PASSER 2- WOLF 3- HIGH I (IN GUARD) 4- LOW I (AUTOMATIC) 5- Big On Big	TRAP WING PASS ½ CT. CROSS FIST 1-4 LOW BACK FLOW/WOLF

ZONE ENTRIES
ZONE SECONDARY — From SOB & BOB
1 PLAY ZONE
LOOP SKIP (CS)
LOOP FLASH (Point Guard Drop to Corner)
SCREEN OUT/SEAL OUT (2out/3 out, with loop)
STACK CS
DUKE FLASH
VANDERBILT DOUBLE CROSS (4 or 5 man under)
NEW JERSEY NETS (Bottum) / NEW YORK (Top)
NORTH DAKOTA STACK LOB
UP
LOOP UP (CRAIG, KEVIN)
OPEN ALLEY VS. ZONE
NORTH CAROLINA X LOB

ZONE MOTION
WE DETERMINE THE MATCH-UPS
SURENESS AND SHOT DISCIPLINE (GO INSIDE)
OFFENSIVE BOARD COVERAGE
Who is guarding you? Drive mismatches...
Take him away from where he came.
San Francisco Attack from the rear. ALLEYS (Work the WSF)
PASS FAKE & SHOT FAKE EMPHASIS
****Screen Out /Seal Out—— Screen In/Seal In
FLASH INTO POCKET & FACE RIM, POST, OPPOSITE
Wide Short Corner/ High Post Pocket
Basket Cuts/ Dribble Follows/ Short Cut Follows
DRIBBLE OFF'S STEP OUTS
3 OUT (Wide Short Corner & High Post Pocket Step Outs)
2 OUT (21, 23 DEEP) SOSO, DOWN, OPPOSITE, SHOOTERS
4 OUT Basket Cuts, Short Cuts, Follows, SCREEN OUT
4 CORNERS

BALLS IN RACK SURENESS
SHOT GRADING (4'S & 3's) Hunt Great Shot's
OFFENSIVE BOARD COVERAGE

Coaches,

I invested a lot of time into these notes. If you found them useful, please return the favor.

Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

Scouting NCAA F4: Memphis DDM
Part I

The first 5:

DDM requires quick and explosive players, good ball handlers(both hands) and also able to press the opponent full court.
Memphis aligment with 3 small and 2 bigs, allow them to be creative and extremely mobile and on other end very aggressive in defense.



PG (1) Derrick Rose
Quick penetrator with exelent creative decisions.
Often receive outlet pass and push the ball up the court, hard to stop him.

Shooting guard (2) Antonio Anderson
Exelent shooter, penetrator and scorer

Smal forward (3) Douglas-Robert
Exelent player the best smal forward in NCAA.When catch he drive to lay up or shot 3 pointer.

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Forward (4) Robert Dozier
Good ball handler he can drive and shot 3 points, as well.

Center (5) Joey Dorsey
Run good in transition and his contribution is essential in offense.
He has role of ffirst trailer and he read and create passing angles very good.

Transition offense

They not play organize fast break ("numbered fast break"), they run through estabilished and try to out number opponents.They quickly bring the ball up the court by PG, what often produce lay up or open shot.

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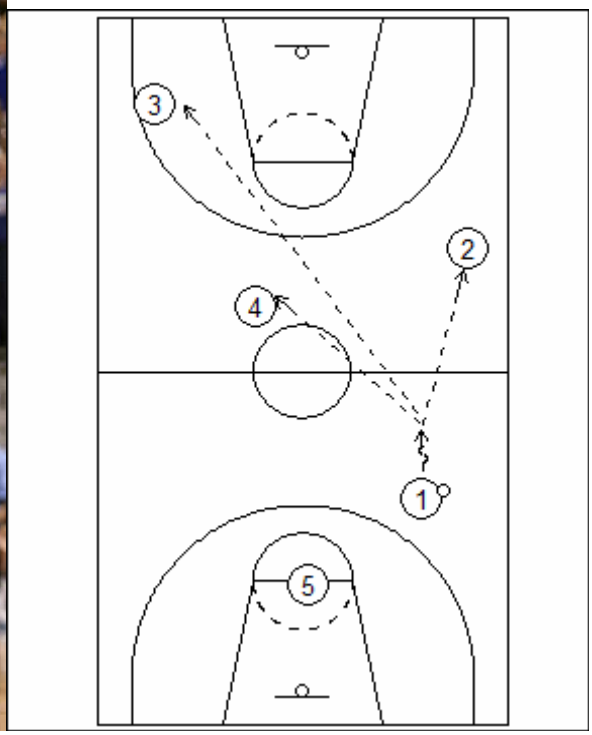

PG pitch ahead to 2 or 3.

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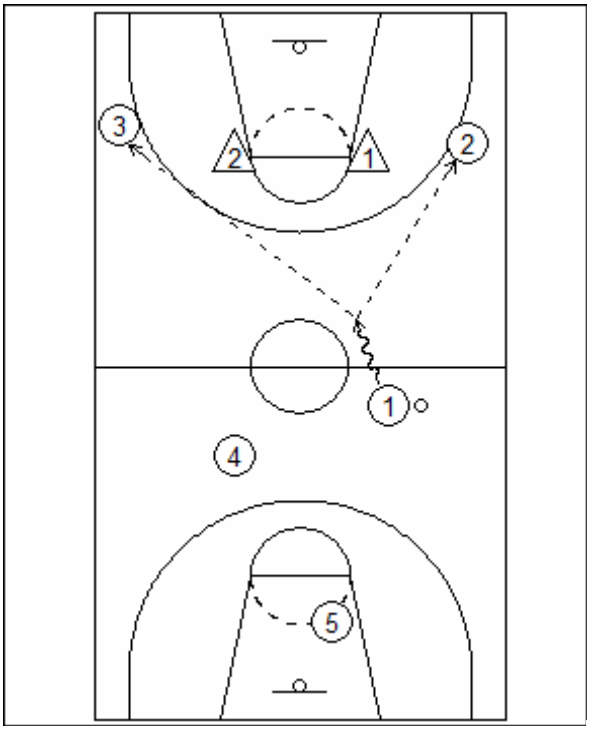

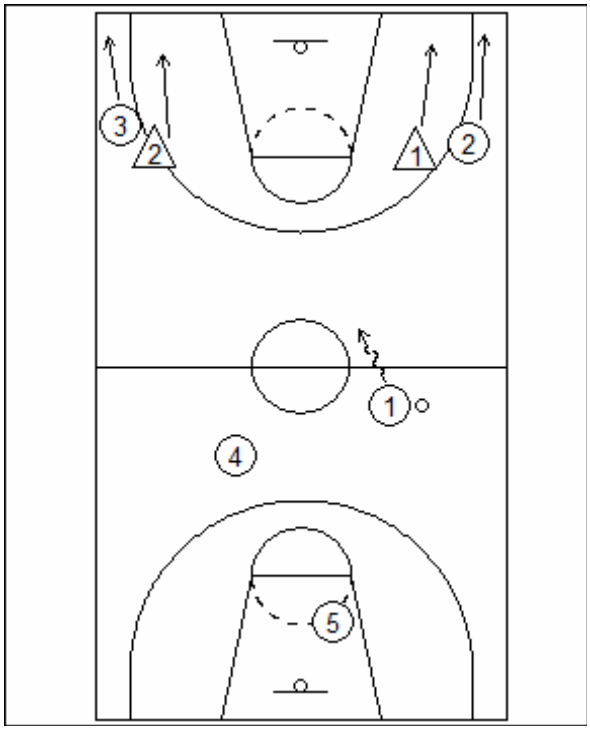

If nothing has happen 2 and 3 run in the corner, to open space for eventually drive.



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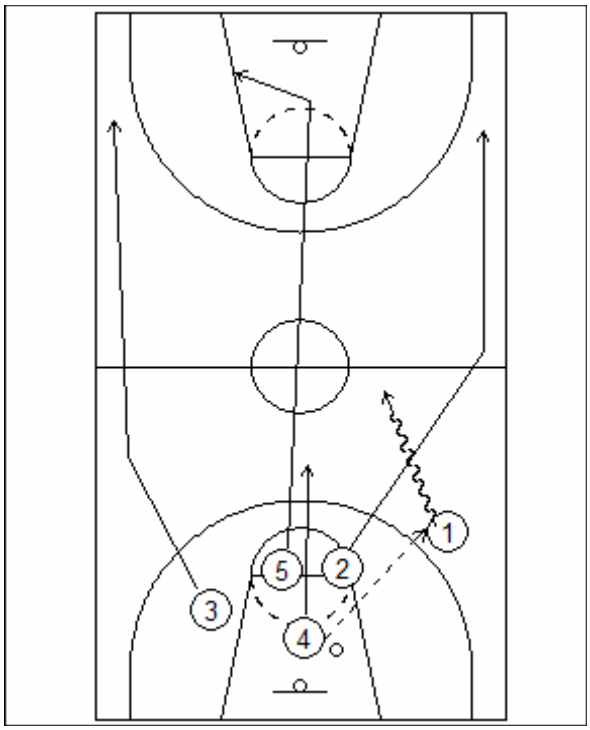
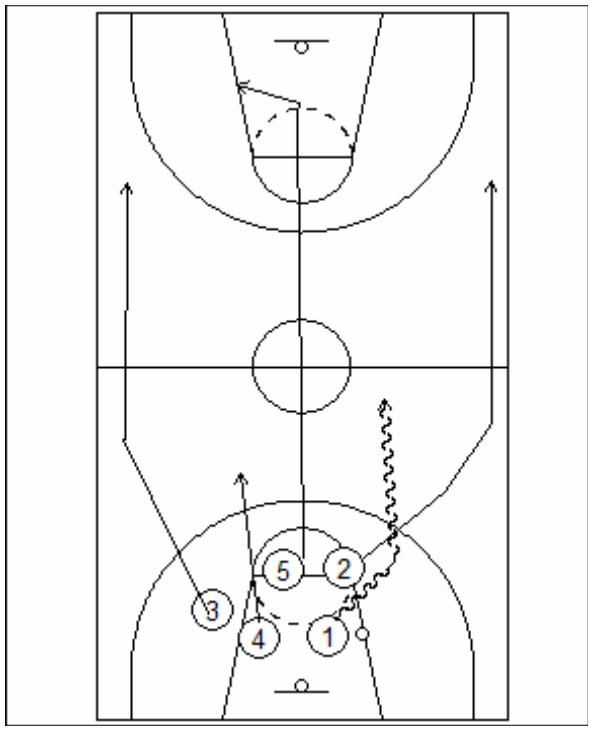
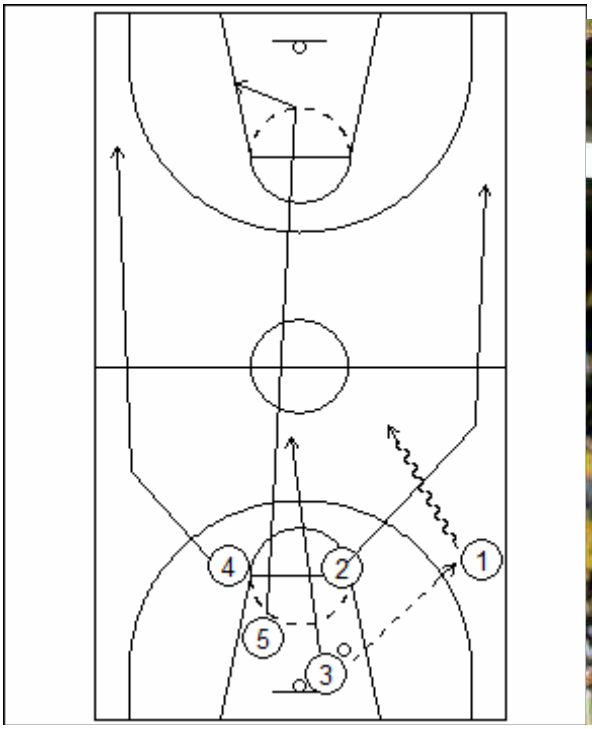
Transition rules:
Possesion "on misses"





If big rebound then 2and 3 fill up laterall corridors and 5 run through the middle.If small rebound then he pushes the ball "coact to coast".





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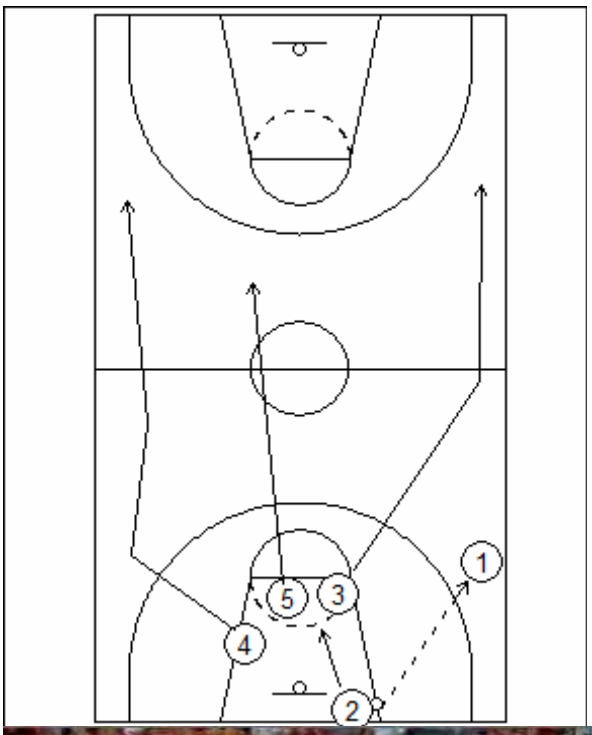
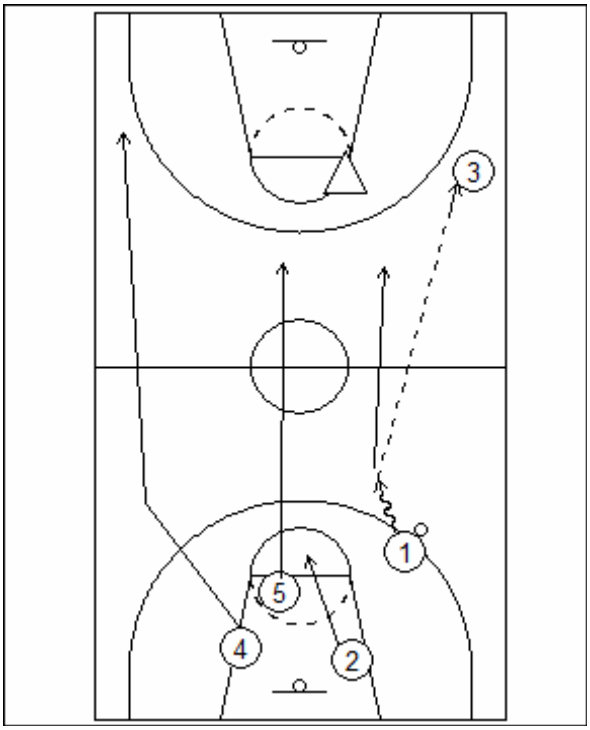
If 3 rebound then 3 and 4 exchange aligment up the court

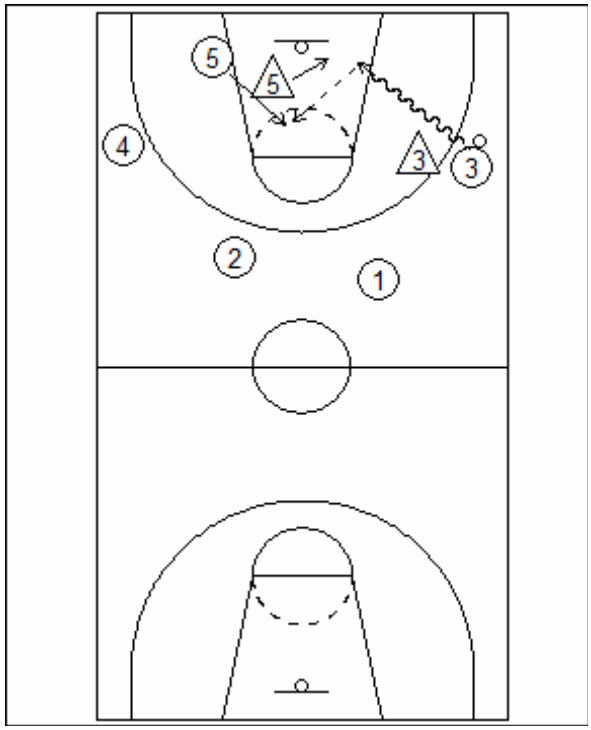
Possesion "on made"



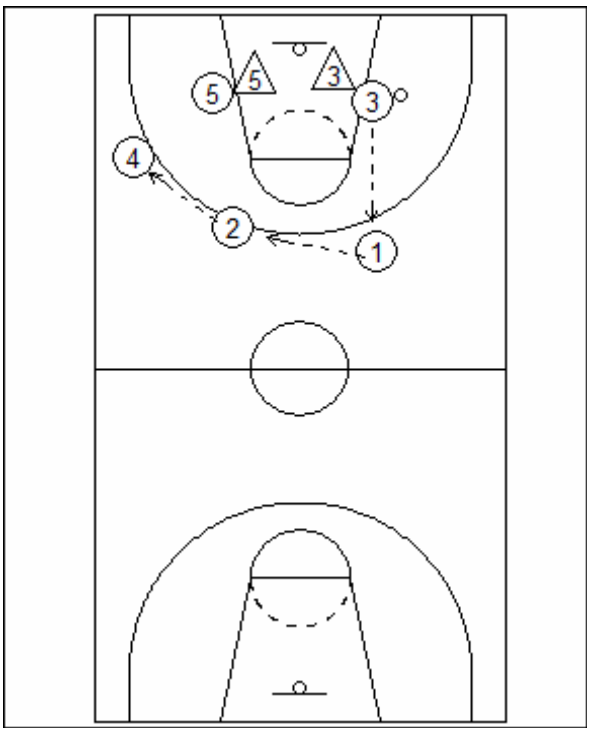


Often or 2 introduce the ball, the rest of players fill up corridors.





Pass ahead and penetrate, 5 creates passing angle.



If 3 canot make a layup or pass to 5, he pass to 1.

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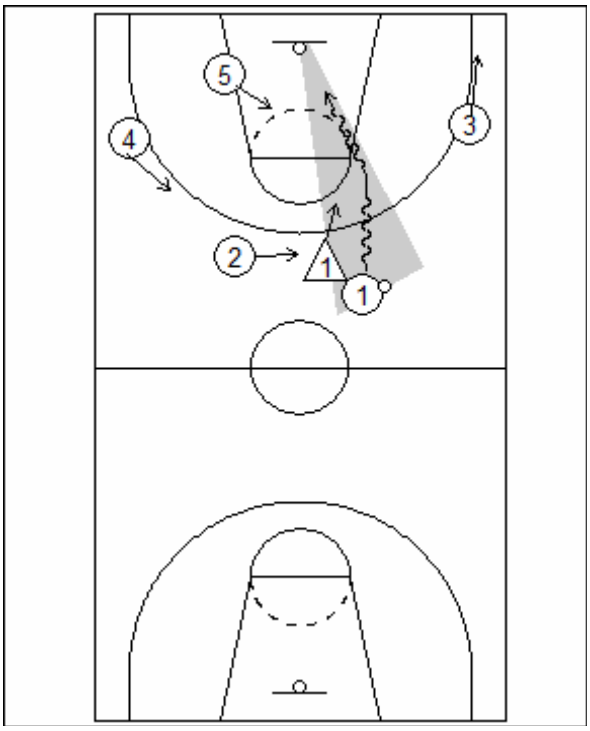
Scouting NCAA F4: Memphis DDM Guard penetration





If 1 can not pass in transition he dribble at maximal spped directly to X1
The rest of players w/out the ball create passing angles.
When 1 cross 3 pts line, 3 moves to the corner ready to catch and shot.2 and 4 move around perimeter and 5 moves in opposite direction of PG penetration.



PG penetrate to lay-up

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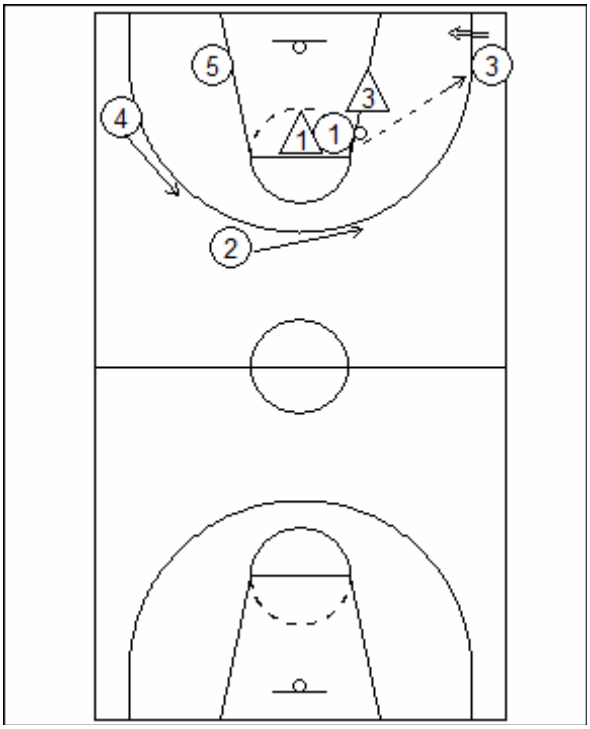
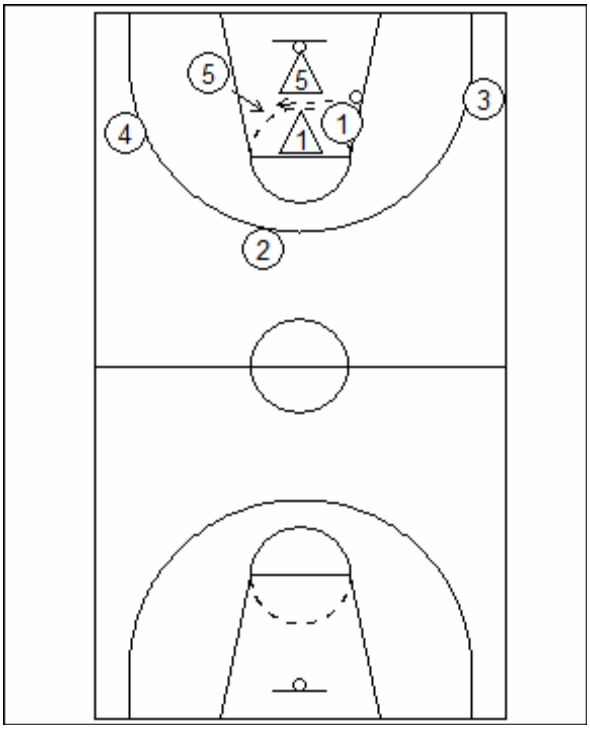




If X3 helps 1 will pass to 3 for long jumper, 4 and 2 rortate and fill emty spots.





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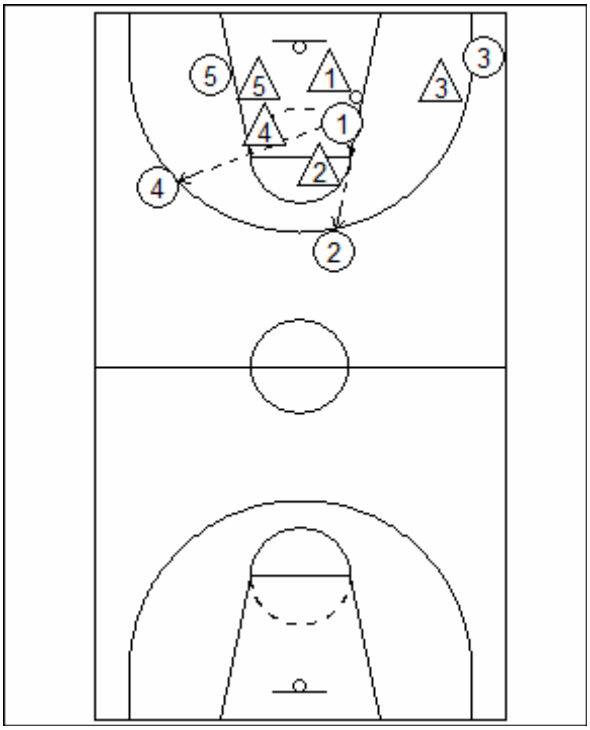
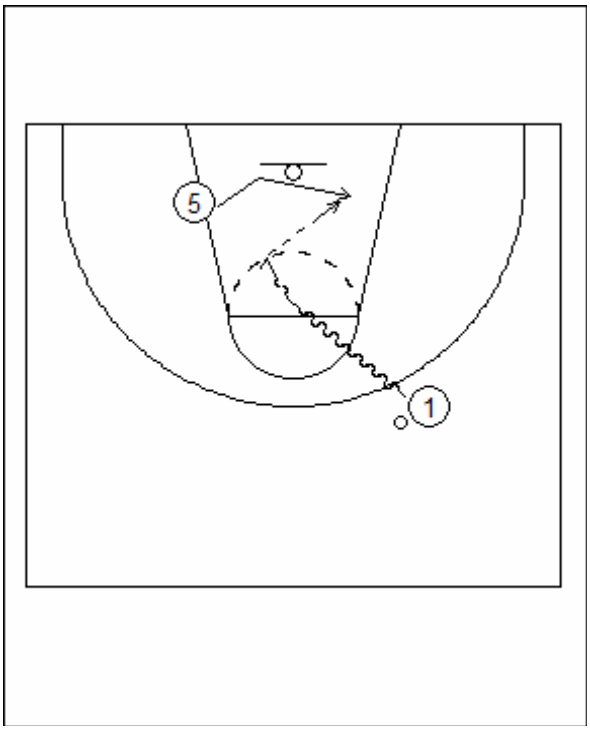
If X5 helps, then 5 move in empty space to receive pass from 1.

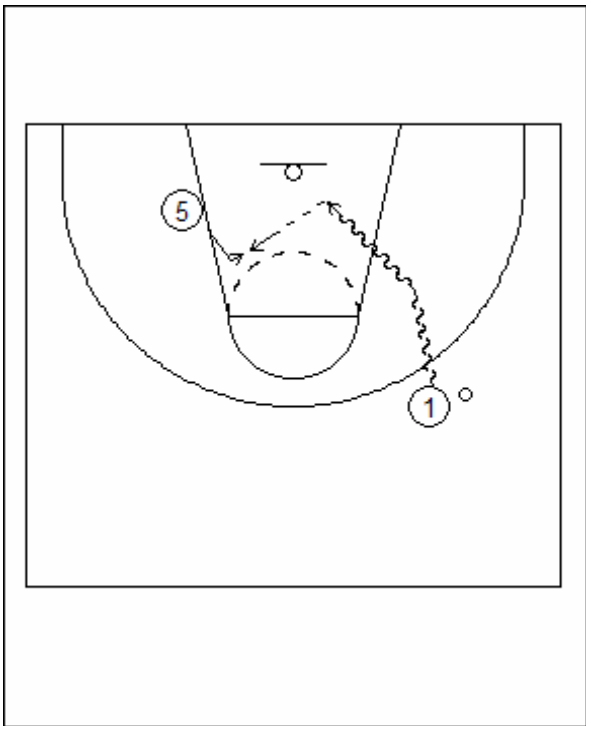




If defense collapse on PG penetration, he can find open players on perimeter 4 and 2

Drills for perimeter and interior players:





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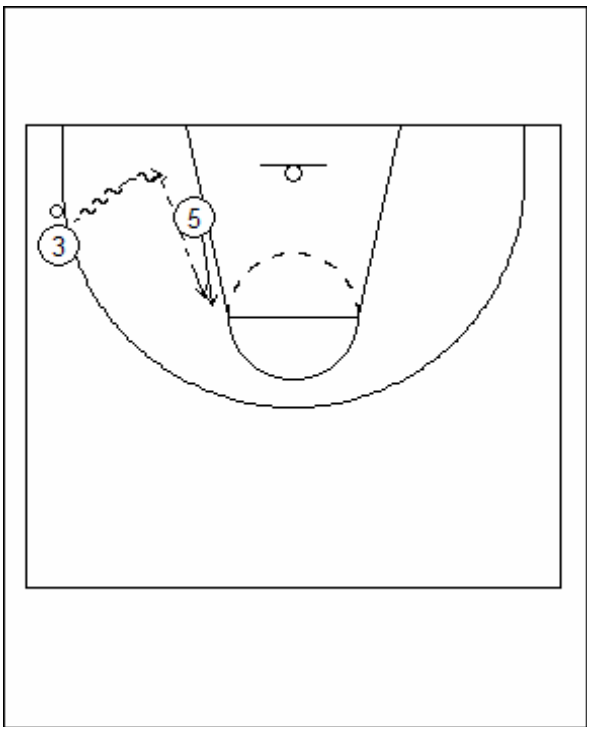

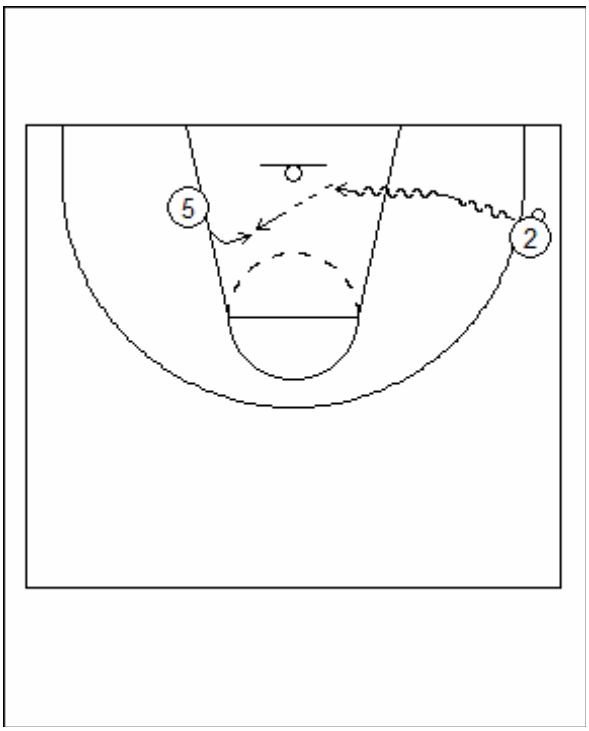

5 create passing angles



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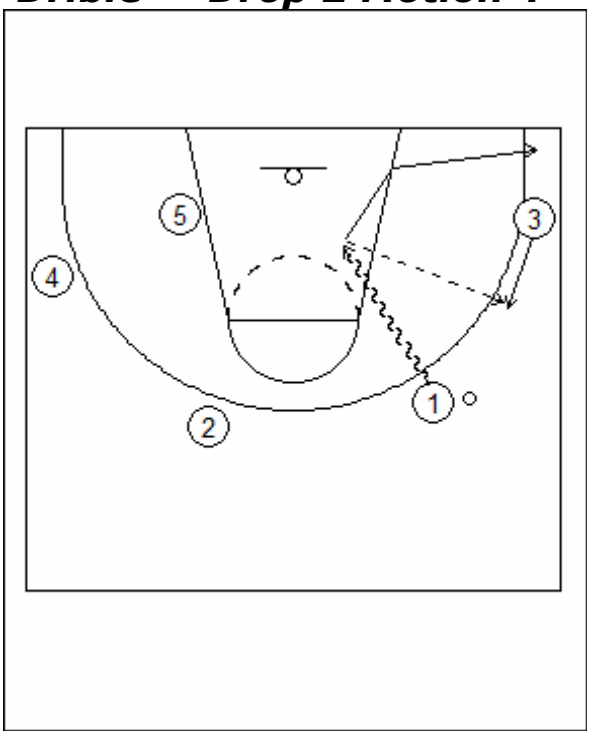
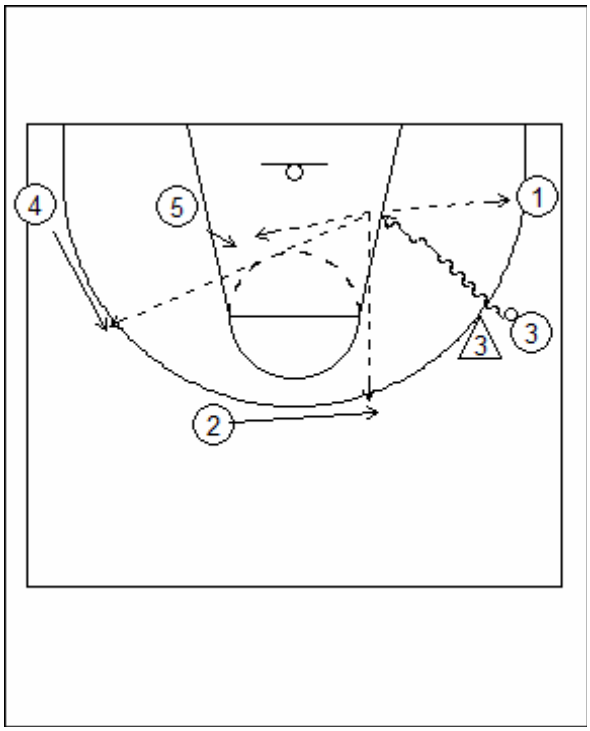
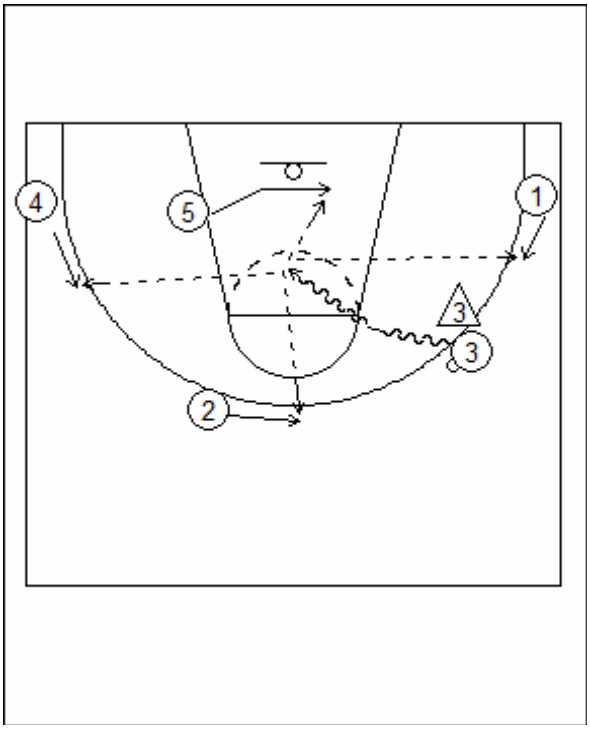
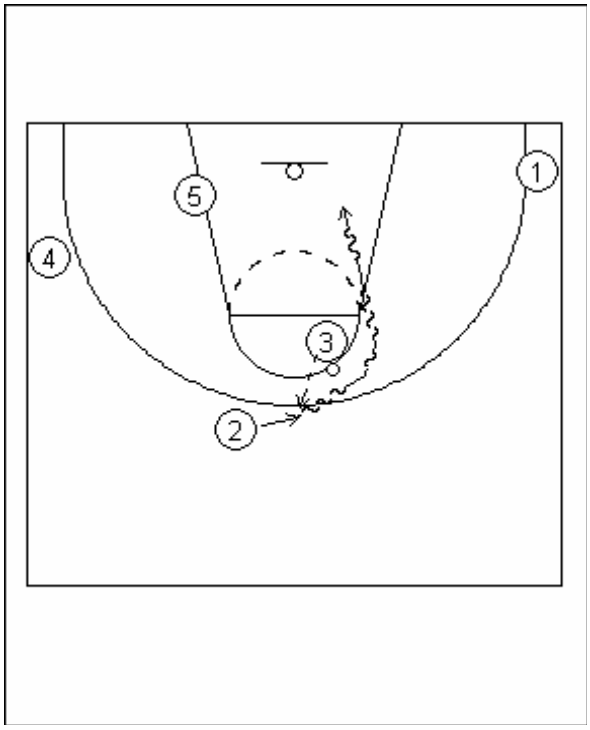
Half court offense

Drible - "Drop 2 Motion":









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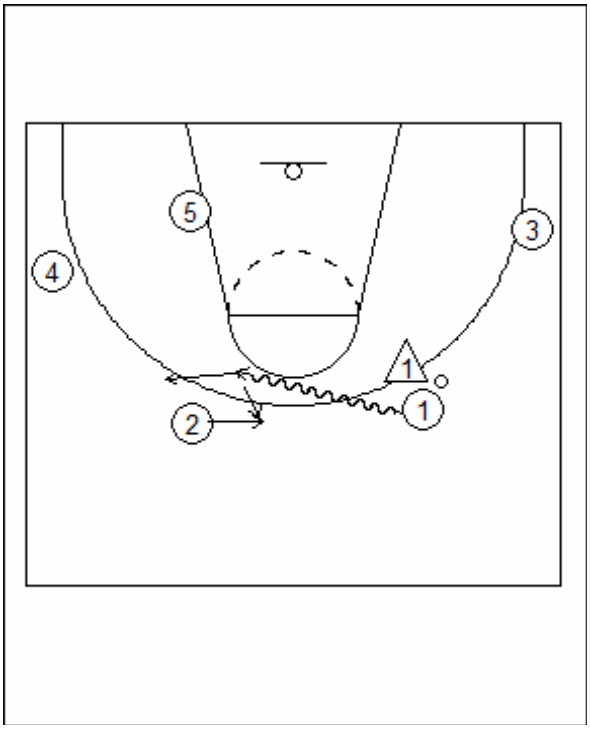
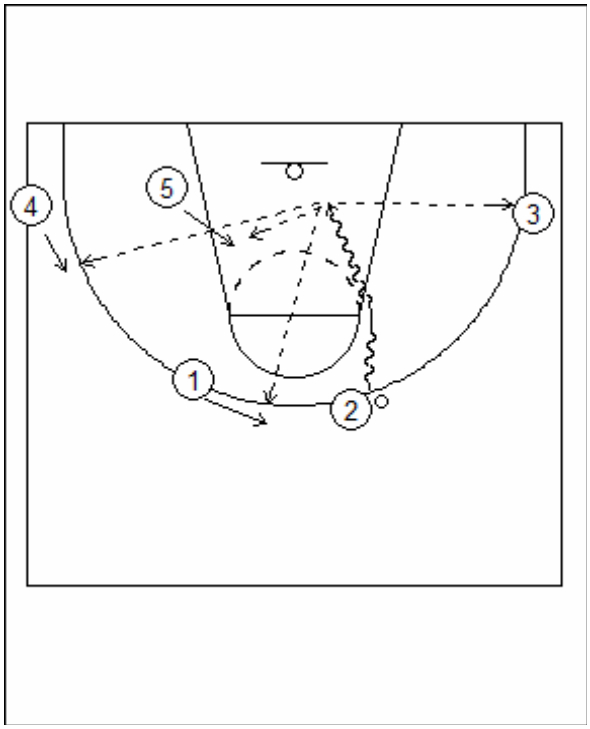
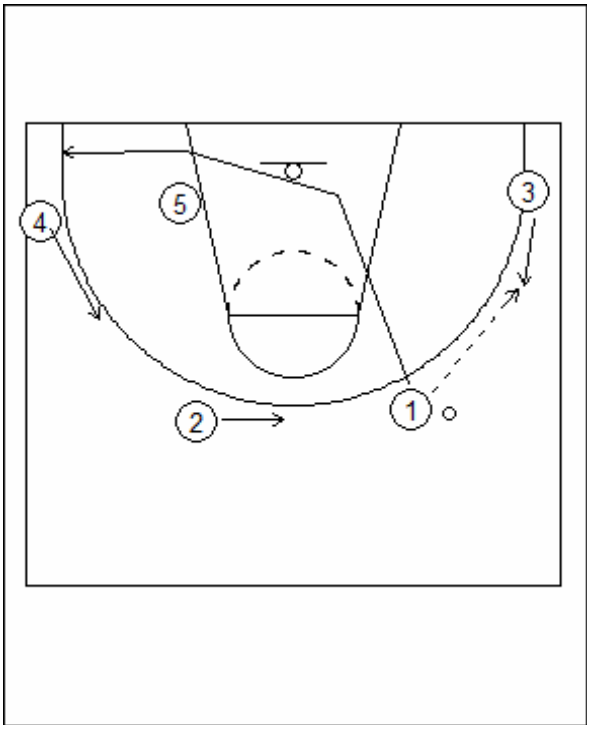
***DHO*:**

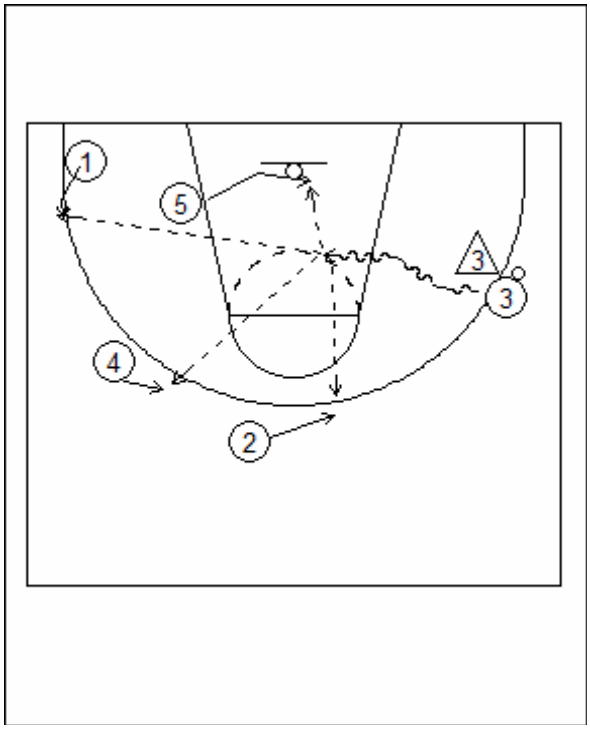




Against pressure defense. 1 nad 2 can exchange rolles using dribble hand off.

Rack Morion:





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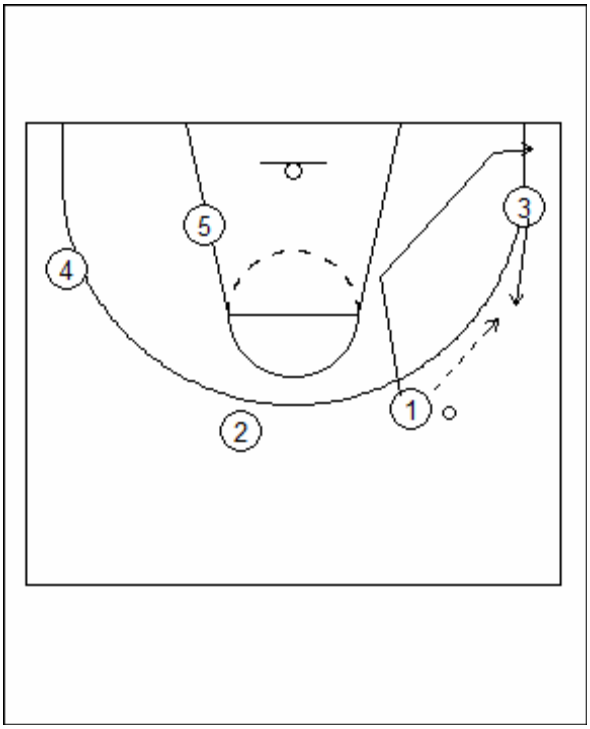
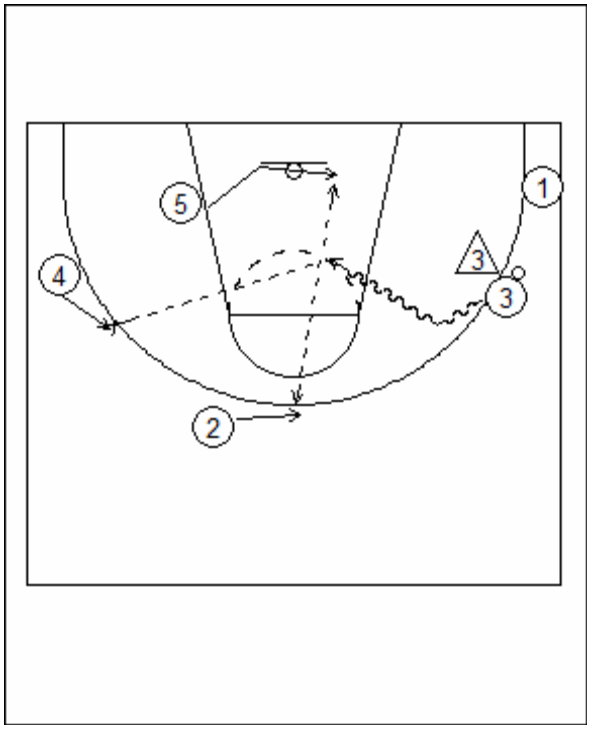
PG pass to 3 and move to the ws corner. 3 will penetrate in the middle and the rest of players create passing angles.

PG pass to 3 and cut to ss corner.





Option base line penetration:

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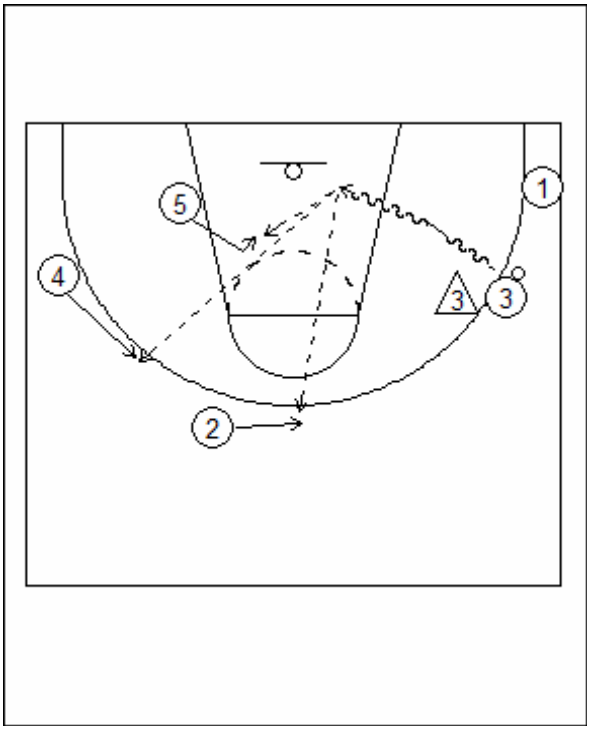
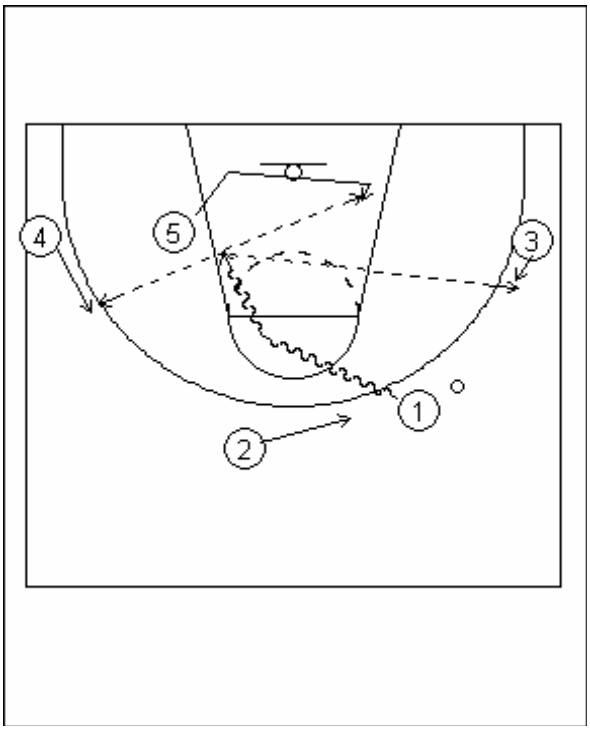
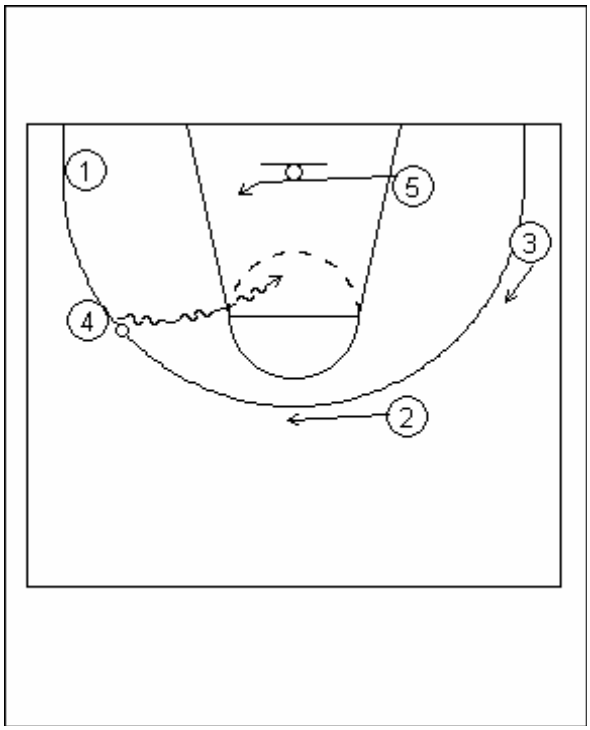


Rack x Morion:





Baseline Driver:

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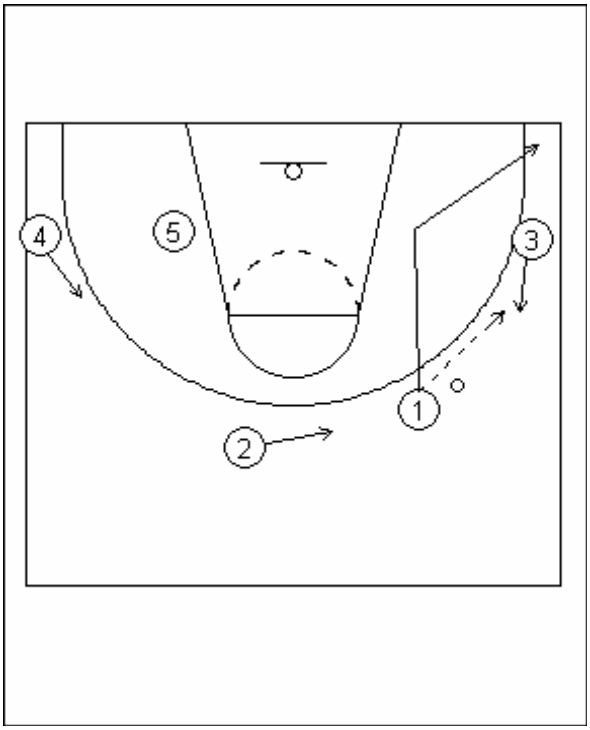
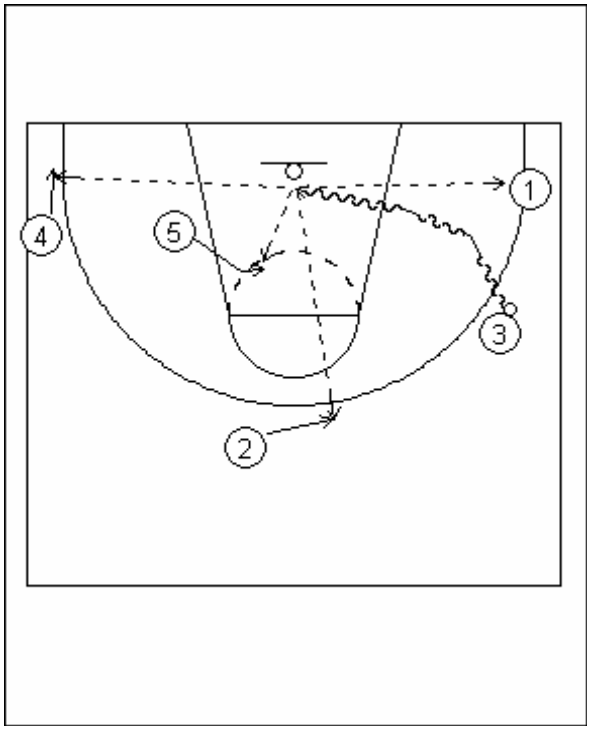
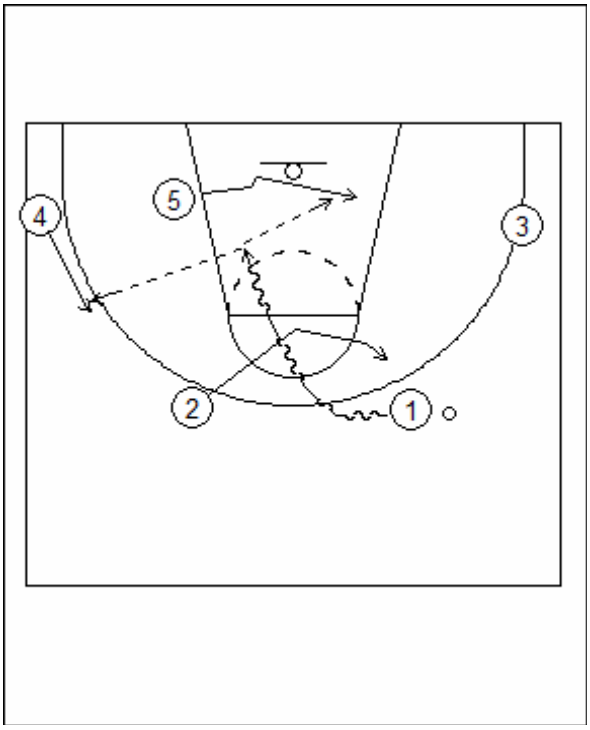




Blur pick:



2 and PG fakes DHO.

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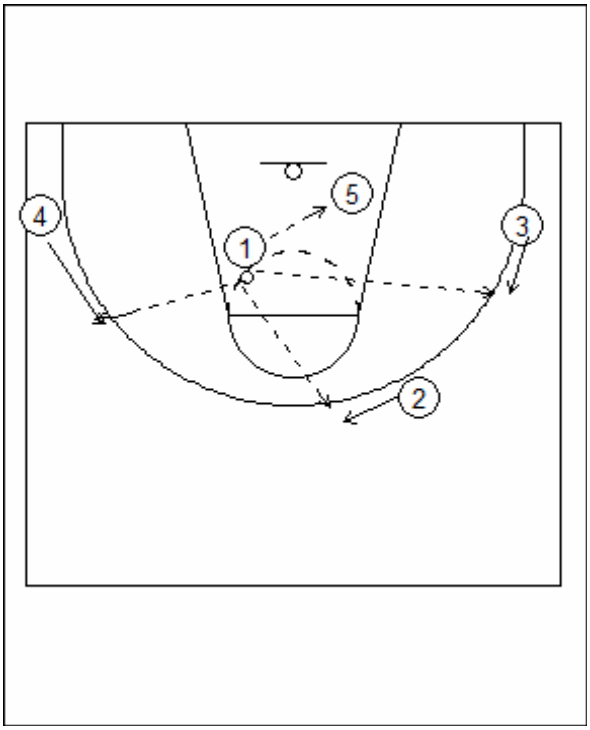



If defense sags PG will kick off to perimeter for open 3 pointers.

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Weave:

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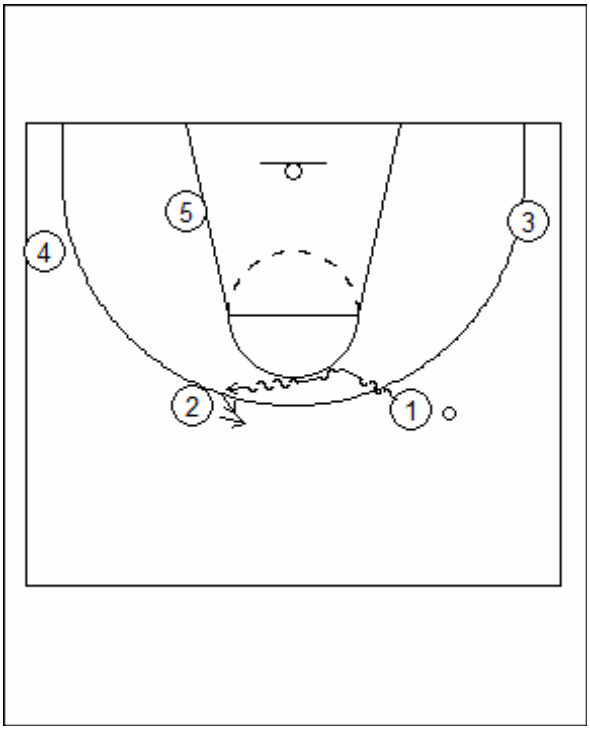

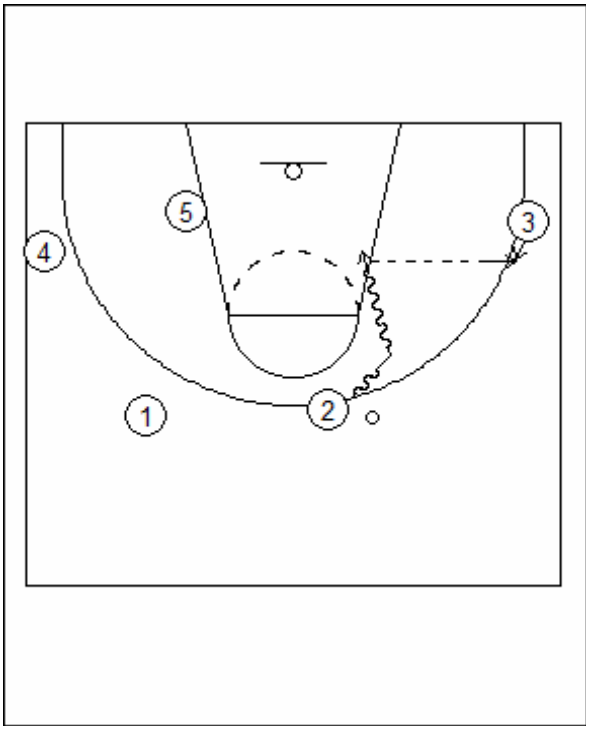

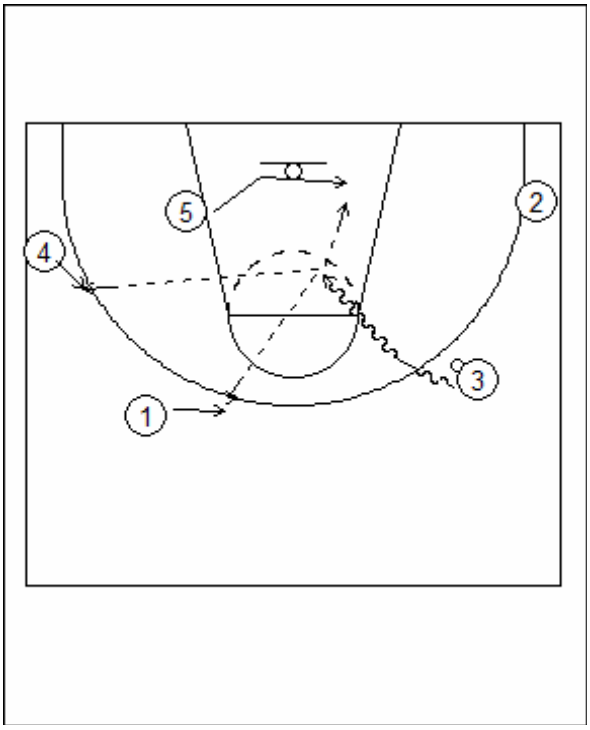

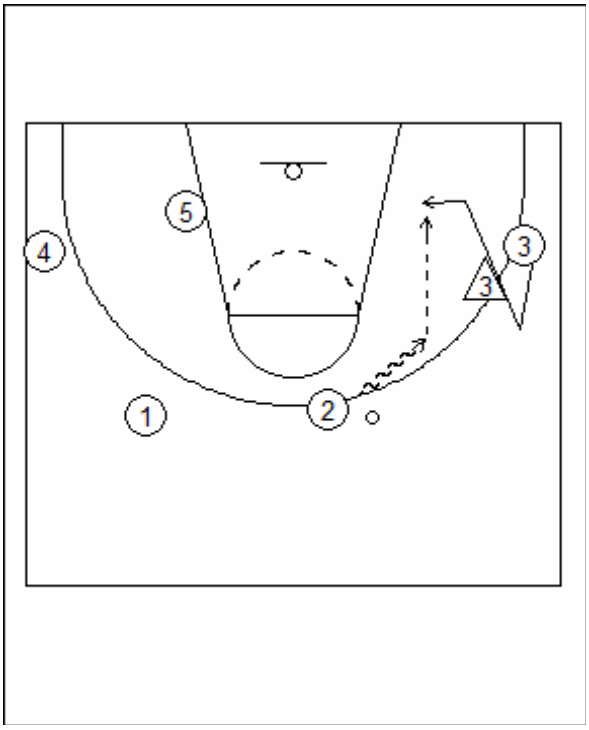

Penetrate and read defense

Circle option "wave through" and options:

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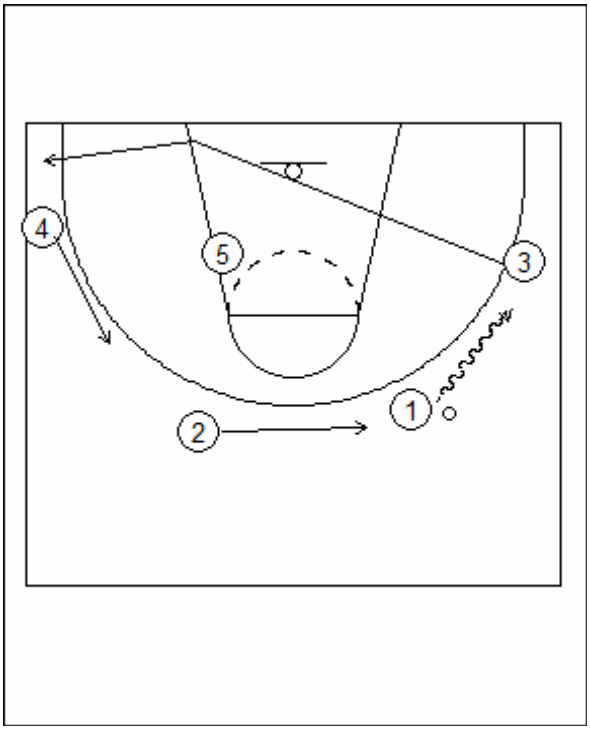

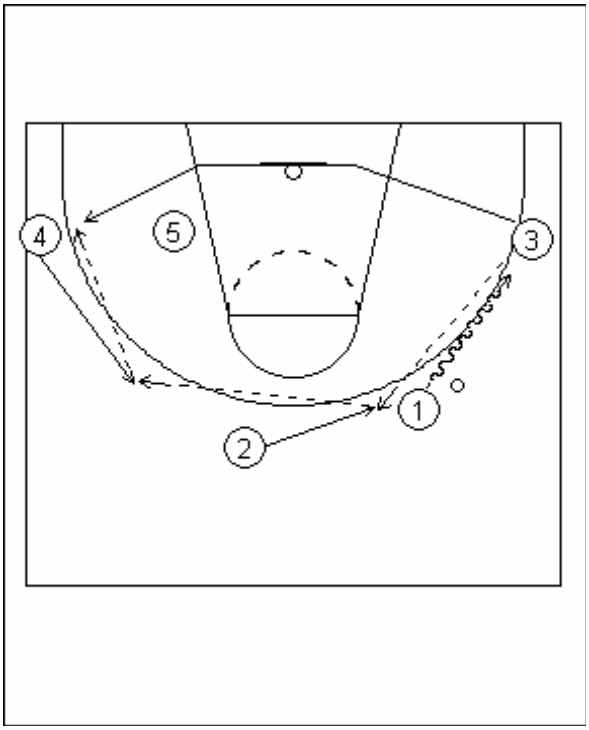

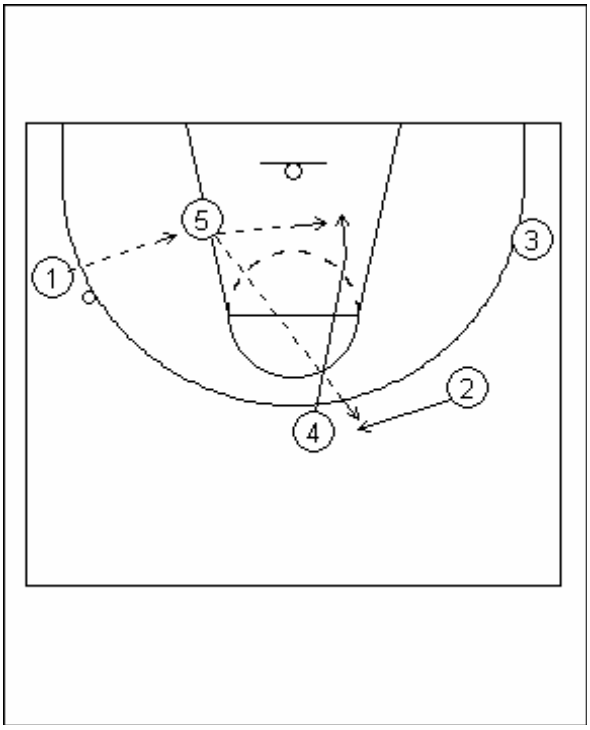

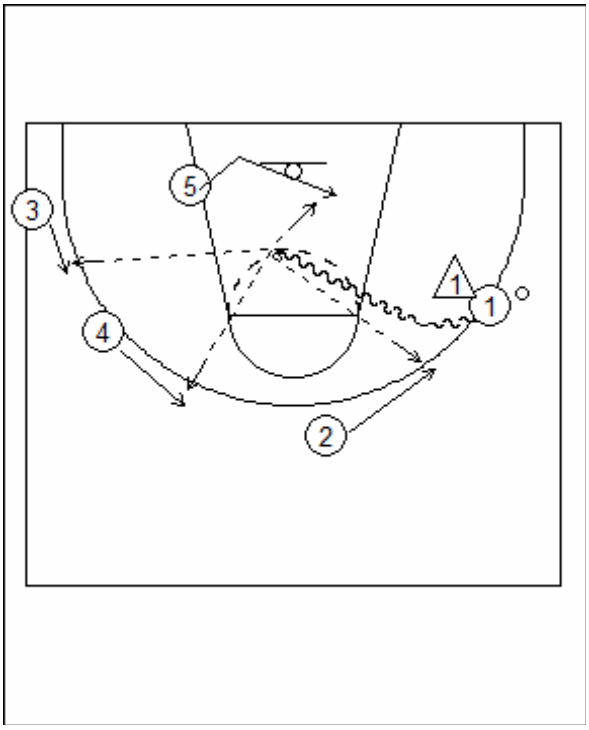

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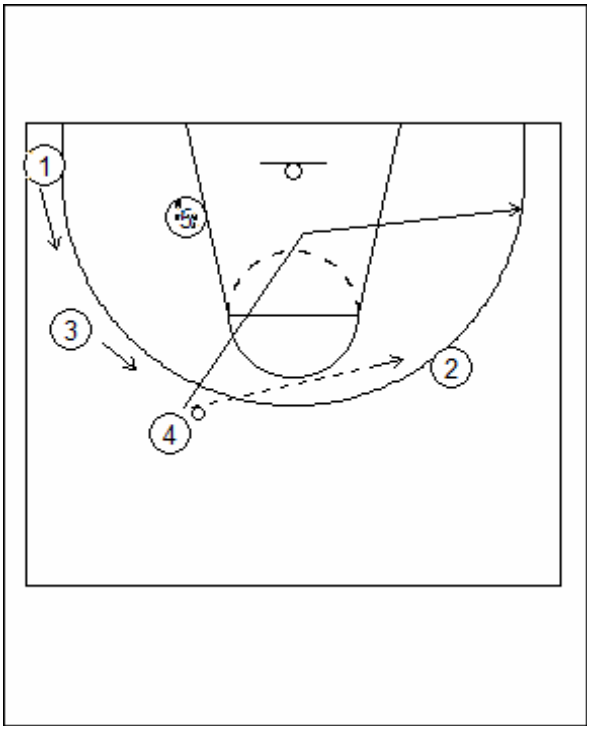

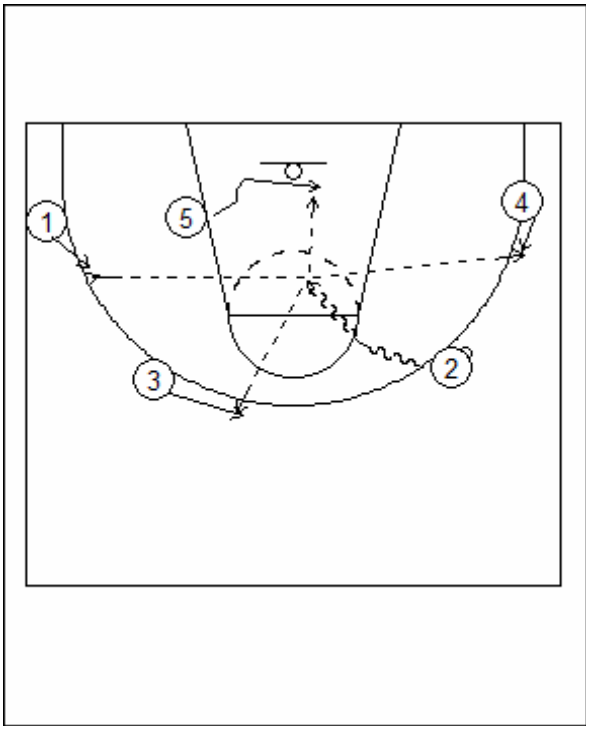

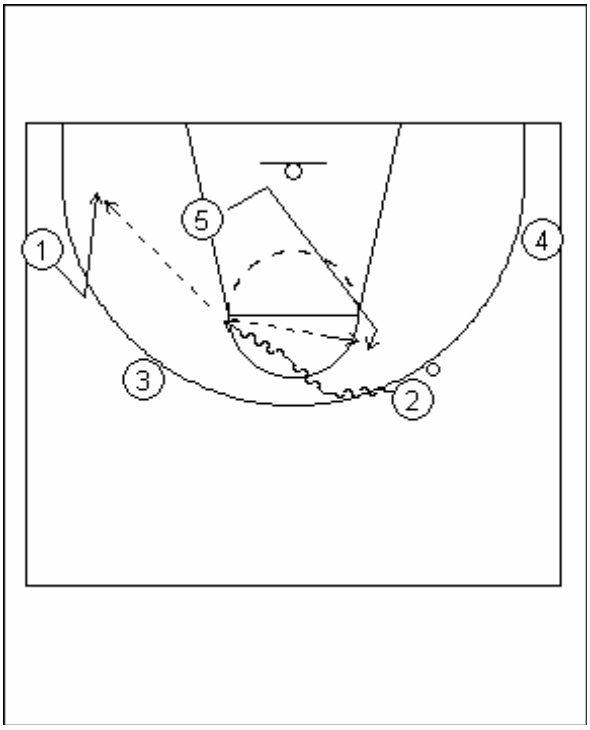

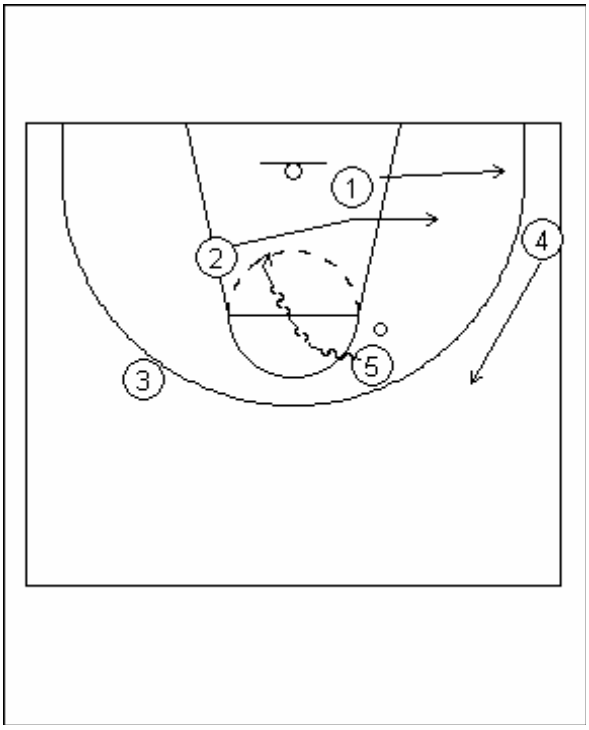

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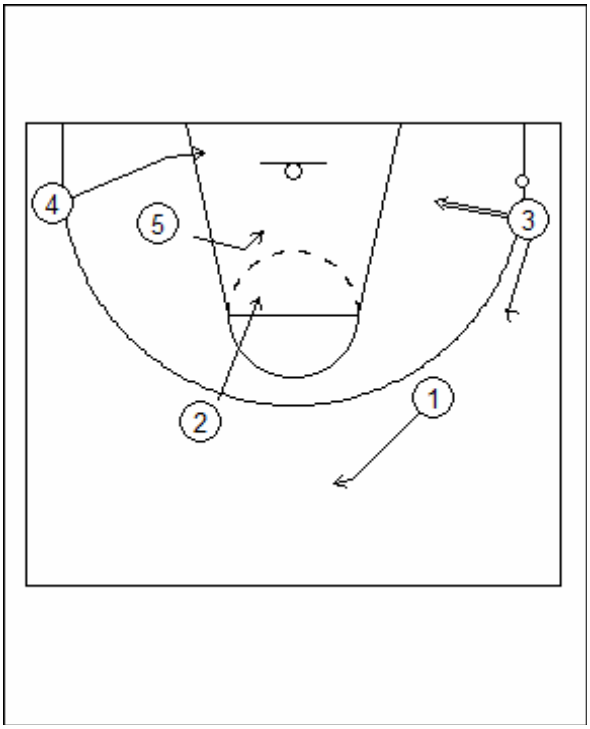
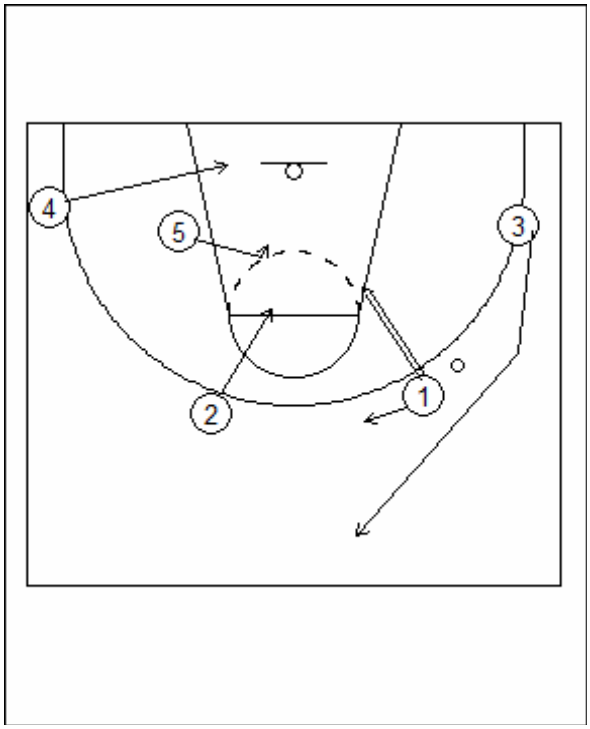
4 will shot or penetrate into the middle and read defense.The rest players create angles for eventualy catch and shot.





Tigers always have one player to cover basket when 3 pts jumper is launched.

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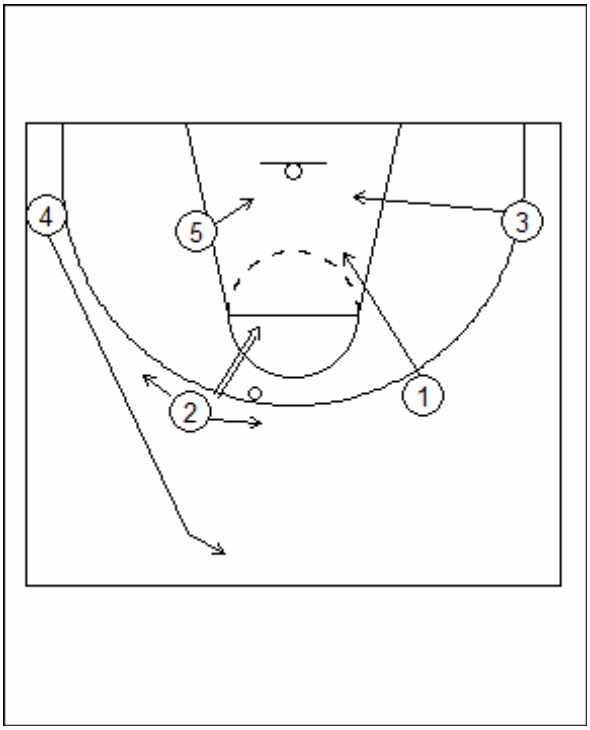

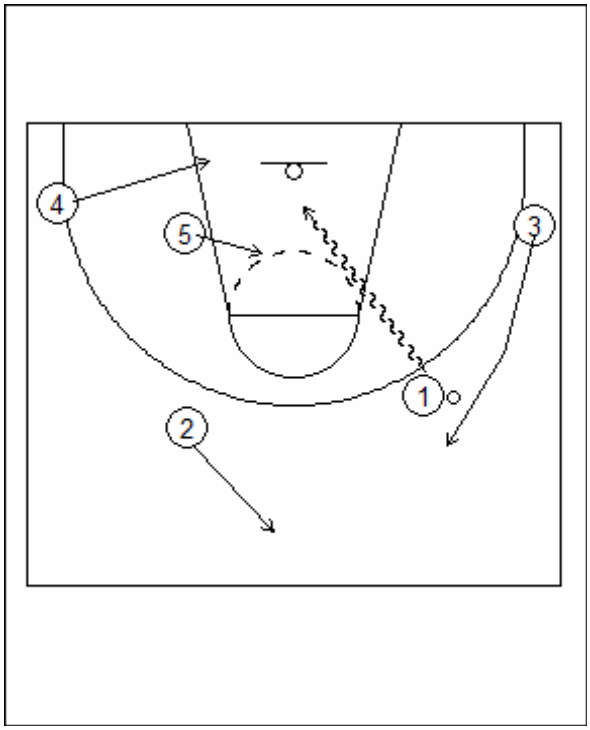

If shot is taken from perimeter, 4 sprints to CL to cover basket, 5,3 and 1 form offensive rebounding tringle and 2 is ready to make long rebound.

If shot is taken from pentration, then 2 and 3 sprints back to cover basket.

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Jay Wright, Villanova
"Plays For Your Players"
Nike Championship Basketball Clinic, Chester, WV
Friday, April 11, 2008, 8:15-9:30PM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- Utilize your personnel. Do what is best for the players you have.
- Watch other coaches & talk basketball with other coaches. Even if they have a different philosophy. It will help you with defending other systems.
- Plays his best players regardless of position. Last year he started 4 forwards and 1 guard.
- Spacing is offense and offense is spacing. Good spacing = good offense.
- If defense doesn't guard big on perimeter, use dribble handoff (1 dribble).
- Offensive rebounding: On screen and roll, get mentality of "roll to rebound."
- 1-800-344-CATS, Jason Donnelly, Practices open to coaches

Offensive Set:
- All of the options discussed started in a 4-out, 1-in set.
- 1-man starts with ball on top left side, 2-man starts in weak side corner, 3-man starts in ball side corner, 4-man starts on weak side top and 5-man starts on ball side block.
- Players start with 15-18 feet of spacing between each.
- All options started with dribble entry by 1-man.
- Offense creates scoring opportunities for any of the 5 players. Decide which player has advantage over defender.

3-Man Options:
- Option 1: Curl to basket on good screen (Diagram 1)
- Option 2: Pop to wing for skip pass (If his defender is cheating under screen) (Diagram 2-3)
- Option 3: Backdoor cut (If his defender is playing over top of screen) (Diagram 4)

5-Man Options (Post Game):
- Option 1: Ball reversal and post (Diagrams 6-7)
- Option 2: Ball reversal then skip back and duck-in post (Diagram 7-8)
- Option 3: Use 2-Man Option 3. If team is switching screens, 4-man and 5-man interchange positions. Don't set initial ball screen. On double screen, take advantage of 5-man on 2-man in post after switch. (Diagram 16)

1-Man Options (Drive Game):
- Option 1: Drive to basket on initial screen, 5-man slides up lane if his defender helps, 4-man drifts to baseline for kick out and ball reversal (Diagrams 9-10)
- Option 2: Start drive without screen. If stopped, 2-man backdoor or kickout and drive. Continue. (Diagram 11)

2-Man Options:
- Option 1: Backdoor on dribble entry by 1-man. Then, post defender on block. Entry by 1-man or 3-man. (Diagram 12)
- Option 2: Same as Option 1, but entry through 5-man flashing to ball side high post. (Diagram 13)
- Option 3: Double screen for 3-point shot. (Diagrams 14-15)

4-Man Options:
- Option 1: Use 3-Man Option 2. 4-man pops to short corner on skip pass. (Diagram 2-3)
- Option 2: Use 2-Man Option 3. If team is switching all screens, 4-man slips double screen & receives pass from 3-man. (Diagrams 14-15)
- Option 3: Use 5-Man Option 3, but keep normal positioning to start. (Diagram 16)

Post & Rip Rule:

- Rule applies no matter where players are located on court.
- On post entry to 5-man (Diagram 17):
  1. 1-man gets to weak side wing
  2. 2-man gets to top of key
  3. 3-man gets to weak side elbow, then dives down middle of lane
  4. 4-man cuts to weak side block

Special Situations:

- Must have sets for end of game with no timeouts:
  1. 0-3 seconds remaining
  2. 4-7 seconds remaining
  3. 8 or more seconds remaining. He uses Screener/Cutter options for BLOB, Drive Game options for SLOB and Post Game options for ELOB.

Note:

If you have any questions regarding these notes, contact me at the email address above and I will do my best to help. I also have personal notes on Steve Smith, Thad Matta, Alan Stein, Dino Gaudio, Kevin O'Neill, Sylvia Hatchell, Don Meyer and Seth Greenberg from this clinic. Please contact me at the email address above if you would like to trade notes or DVDs.

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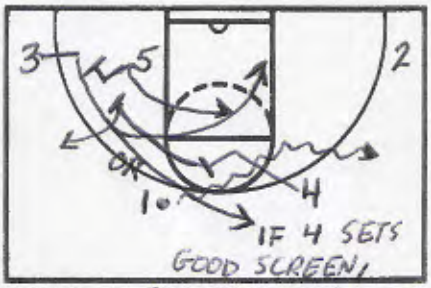


NOTES 3 CURLS TO BASKET

DIAGRAM 1

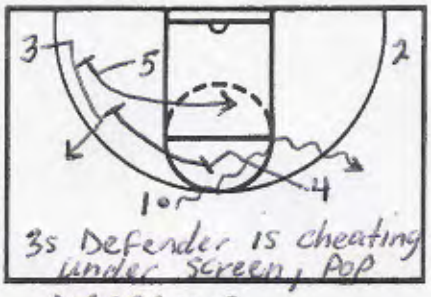


DIAGRAM 2

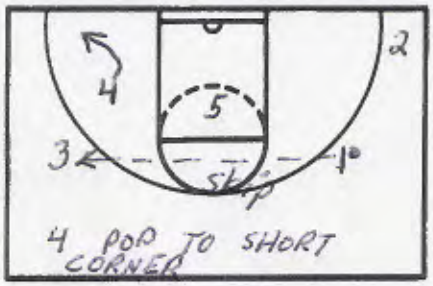
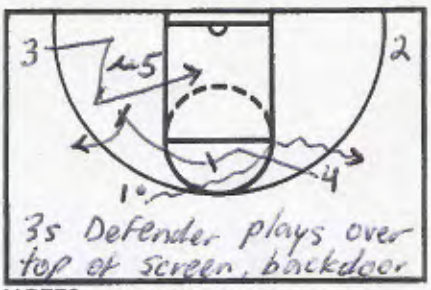


DIAGRAM 3

POST GAME OPTION 1



NOTES DIAGRAM 4

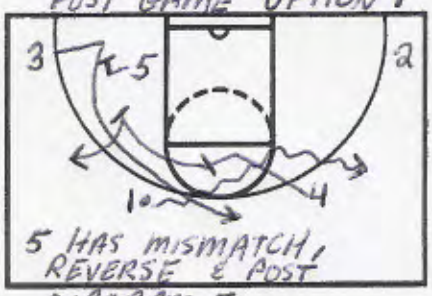


DIAGRAM 5

OPTION 1 CONT.



DIAGRAM 6

JUST DO IT

POST GAME OPTION 2

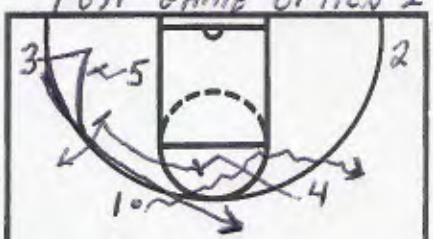


DIAGRAM 7

NOTES

POST GAME OPTION 2 CONT.

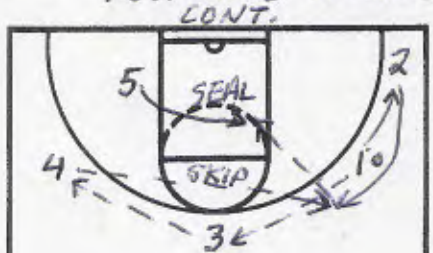
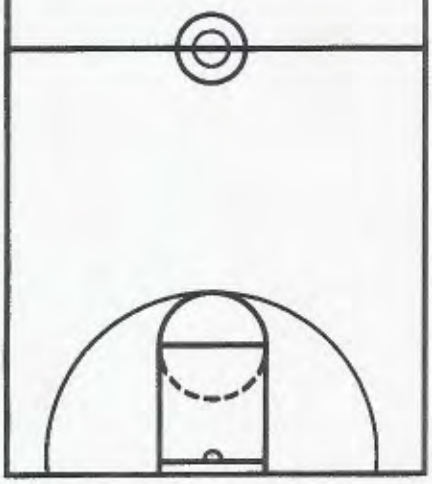
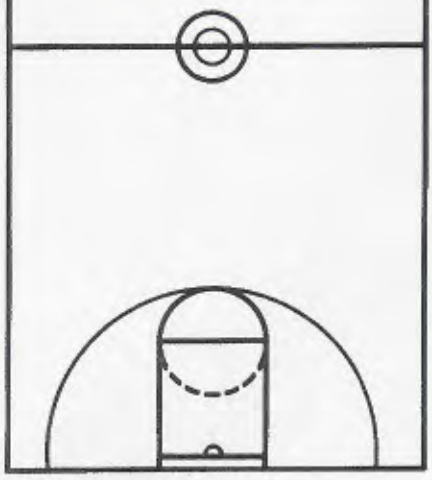


DIAGRAM 8





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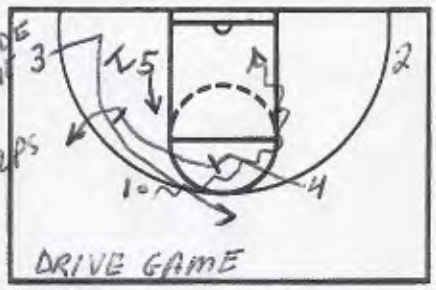
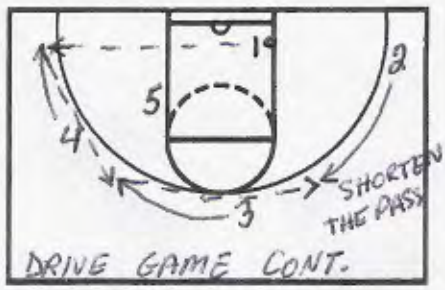


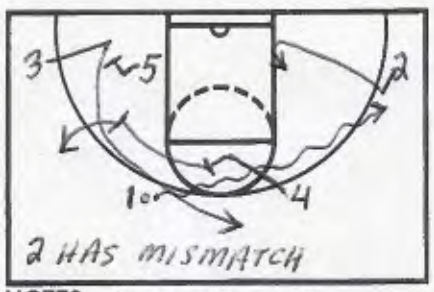
NOTES DIAGRAM 9



↑ DIAGRAM 10
IF 1 & 5 DEFENDED WELL ON DRIVE



DIAGRAM 11



NOTES DIAGRAM 12

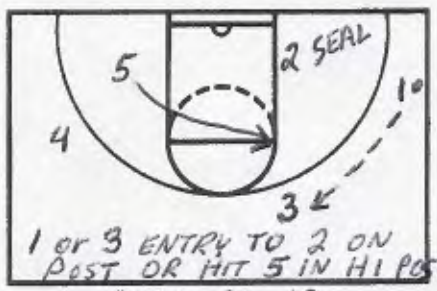


DIAGRAM 13

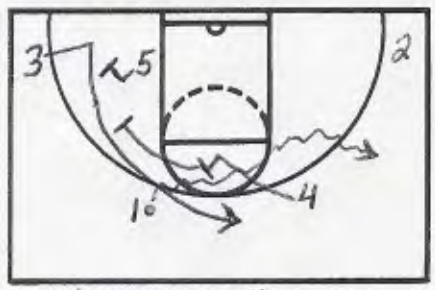


DIAGRAM 14

JUST DO IT

NOTES

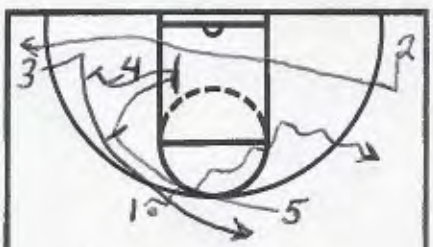
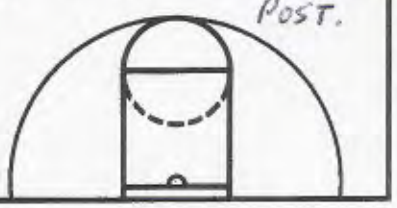


DIAGRAM 16

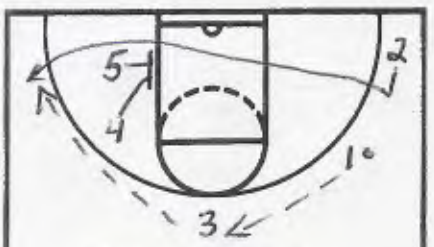
IF DEFENSE IS SWITCHING, INTERCHANGE 5 & 4

SPOTS. MISS BALL SCREEN W/ 1. ON DOUBLE SCREEN FOR 2, TAKE ADVANTAGE OF 5 ON 2's DEFENDER. POST.



IF BALL ENTERED TO 5, 3 LOOKS BACKDOOR CUT OR RELOCATE AT 3-POINT LINE ON PIVOT.

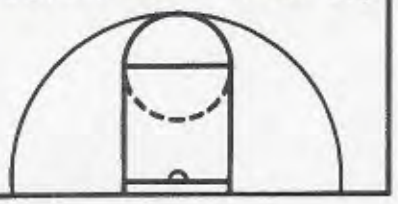
IF CAN'T POST 5, 3 LOOKS TO CREATE SHOT. 5 HAS REBOUNDING ADVANTAGE.



Cont. From Above

DIAGRAM 15

IF TEAM SWITCHES EVERYTHING, 4 SLIPS DOUBLE SCREEN & GETS PASS FROM 3.



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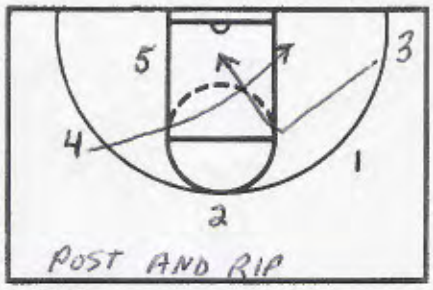
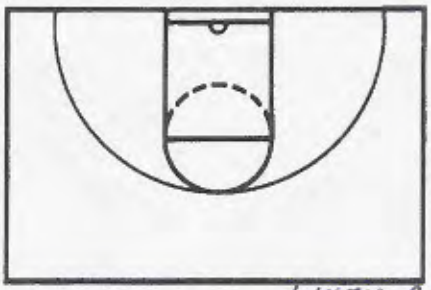
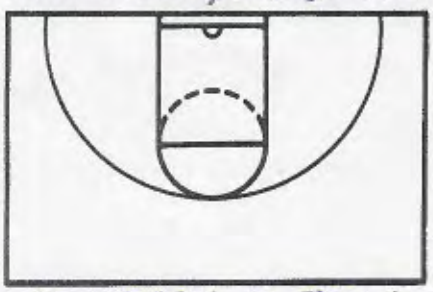
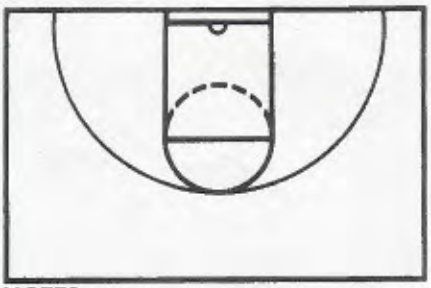
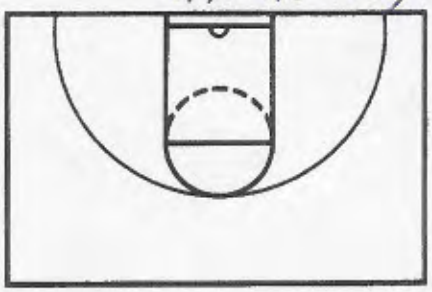


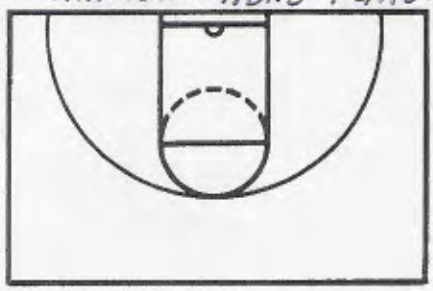




NOTES DIAGRAM 17 POST AND RIP - WHEN BALL IS ENTERED TO 5 IN POST, 4-man dives opposite block. 3-man cuts to opposite elbow, then dives down middle; 2-man to top of key. 1-man to opposite wing. NO MATTER WHERE PLAYERS ARE!







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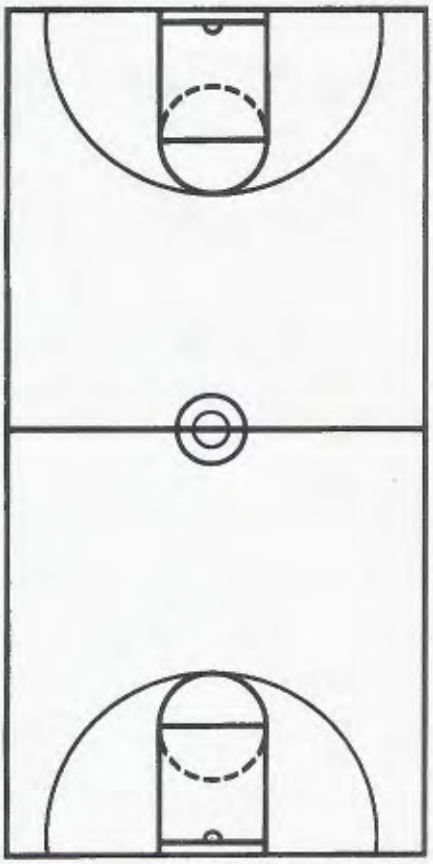
JUST DO IT



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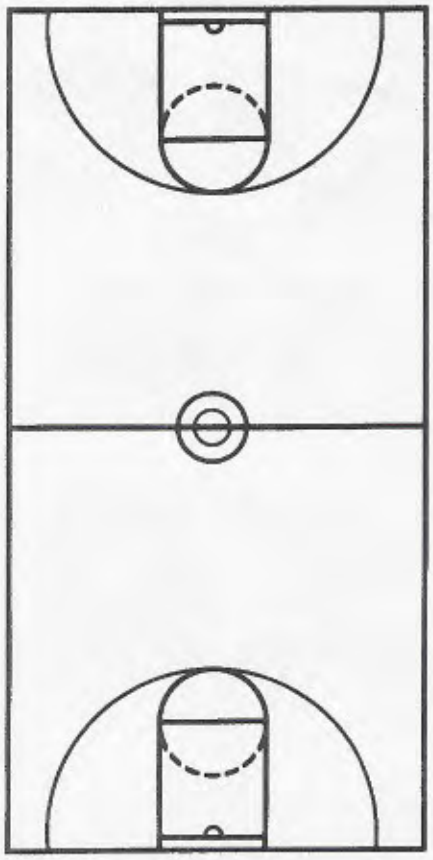

Coaches,

I invested a lot of time into these notes. If you found them useful, please return the favor.

Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

Thad Matta, Ohio State University
"Player Development"
Nike Championship Basketball Clinic, Chester, WV
Friday, April 11, 2008, 6:45-8:00PM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- Value your system
- Ohio State does 45 minutes of skill instruction at every practice. Even at the end of the season.
- As a coach, you have to make your players better.
- Study as many teams as you can and take the best drills from each team.
- Put pressure on your players. All drills should be done on the clock.
- "If you made every shot, you wouldn't be here right now." – Thad Matta On Practice
- Good shot = if a player can make 70% with no one guarding him
- Cycle drink breaks. While half of team is doing a skill development drill, other half gets drink.

Half Court Chair Drills (Diagrams 1-5):
- 2 chairs. Place one at each wing on one end of court.
- Players start with ball at corner of half court line and sideline facing opposite end of court.
- Player spins ball out to self and reverse pivots towards chair.
- Make move at chair and finish:
  1. Blast with RH lay-up finish
  2. Hesitation with jump stop hook finish
  3. Crossover with LH lay-up finish
  4. Inside-out with ball fake step-through finish
  5. Combo (inside-out then crossover) with pull-up jump shot finish
- Player rebounds own shot and goes to opposite corner of where he started on baseline.
- Repeat on way back with jump stop at half court.

Full Court Chair Drill (Diagram 6):
- 3 chairs. Place one at the top of each key and one at half court.
- Player starts with ball under hoop and does 3 Mikans to start drill.
- Players dribbles length of the court making move at each chair with lay-up finish on opposite end. Progress through the moves shown for the Half Court Chair Drills above.
- All moves tight against chair.

Full Court 1 Offense vs. 3 Defense (Diagram 7):
- 2 chairs. Place one on each side of the half court circle.
- Manager or player take ball out on end line. Inbound to offensive player who is denied by first defender. Must be bounce pass to avoid lob over defender. Once ball is inbounded first defender lets offense go.
- Second defender stands between chairs at half court. Tries to steal ball as offense dribbles up court. Offense must stay between chairs.
- Third defender picks up offense at the top of key on opposite end. Go 1-on-1 until offense scores or defense rebounds.

Shooting Drills:
- For all shooting drills: High hard passes and shooter should sit down and step left-right into shot.
- Hubie Browns – 2 Balls, 1 Shooter, 2 Rebounders, 1 Passer, Banana Cut back and forth (Diagrams 8-9)
- 7-Spot 3's – 2 Balls, 1 Shooter, 2 Rebounders, Shoot & Relocate, 1 min. (Diagram 10)
- Transition 3's – Sprint to spot. Catch and shoot. Work on squaring hips and shoulders to basket. (Diagrams 11-12)
- 5-Spot Mid-range – 1 Shooter, 1 Rebounder, Shoot & Relocate, 1 min. (Diagram 13)
- Tight Pickups – Chair at top of key. Start in triple threat. One dribble pull-up jumpers. Right then left lead foot. Then, start with lead foot off of the ground (in air). (Diagram 18)
- Steve Nash Drill – Player starts with ball on elbow. 360° pivot & shoot as quick as possible. Then, reverse pivot. (Diagram 19)

- Straight Line Pull-Ups – Player starts with ball in corner at 3-point line. Pump fake, one dribble, pull-up jumper. Right then left. (Diagram 20)
- 2 Dribble Shots – 3 Shooters, 2 Balls. Start outside of 3-point line. 2 dribbles then jump shot. Player gets own rebound and passes to player without ball. Relocate and continue. (Diagram 21)

Ball Handling – 2-Ball Dribbling:
- Groups of 4. In athletic stance. Great Focus/Great Concentration.
- Stationary:
  1. Unison
  2. Kills
  3. Right High/Left Low then switch
  4. V-Dribble (Side-to-Side and Front-to-Back)
  5. Crossovers
- Full Court:
  1. Unison
  2. Alternate
  3. Zig-Zag (BL-FT-HC-FT-BL)
  4. Zig-Zag Crossovers
  5. Speed Dribble

Ball Screen Work:
- Players in line at half court with ball.
- No Hedge: One dribble blow by (Diagram 14)
- High Hedge: Crossover Right to Left (Diagram 15)
- Normal Hedge: Hesitate the hedger (Diagram 16)
- Reject Screen: Crossover Right to Left before screen (Diagram 17)
- Drag D across and Re-screen (Diagram 24)
- Defense Sags: Pull up jumper off screen (Diagram 25)
- Defense Blitz (Trap) Dribbler: Drag D across & Reverse pivot pass back (Diagram 26)

Wing Triple Threat Series (Diagrams 22-23):
- Coach starts with ball at top of key. Players in line on wing. Catch with eyes on rim, get in triple threat and make following moves and finish (go to right and left):
  1. Rip & Go
  2. Jab step/Recover/Go
  3. Jab step/Recover/Shoot (Reggie Miller's – work on shoulders over knees)

2-Player & 3-Player Drive & Kick Series:
- "Area under basket is the most under used spot on the floor."
- Baseline Drive/Baseline Drift Shot – Player on each wing. Player with ball drives baseline to underneath basket. Kicks to other player drifting baseline. Shot. (Diagram 27)
- Baseline Drive/Drag Behind Shot – Player on wing with ball. Player at top of key. Wing player drives baseline to underneath basket. Top player drags behind to wing. Reverse pivot kickback. Shot. (Diagram 28)
- Circle Ups – Player with ball at top of key. Player in corner. Top player drives to elbow. Corner player circles up to wing. Pitch back and shot. (Diagram 29)
- 3-on-0 Basketball Moves – Player with ball at top of key. Player on each wing. Make 8 passes then shot. Use concepts above (Baseline drive, drifts, drags, circle ups) (Diagram 30)

Note:
If you have any questions regarding these notes, contact me at the email address above and I will do my best to help. I also have personal notes on Steve Smith, Jay Wright, Alan Stein, Dino Gaudio, Kevin O'Neill, Sylvia Hatchell, Don Meyer and Seth Greenberg from this clinic. Please contact me at the email address above if you would like to trade notes or DVDs.

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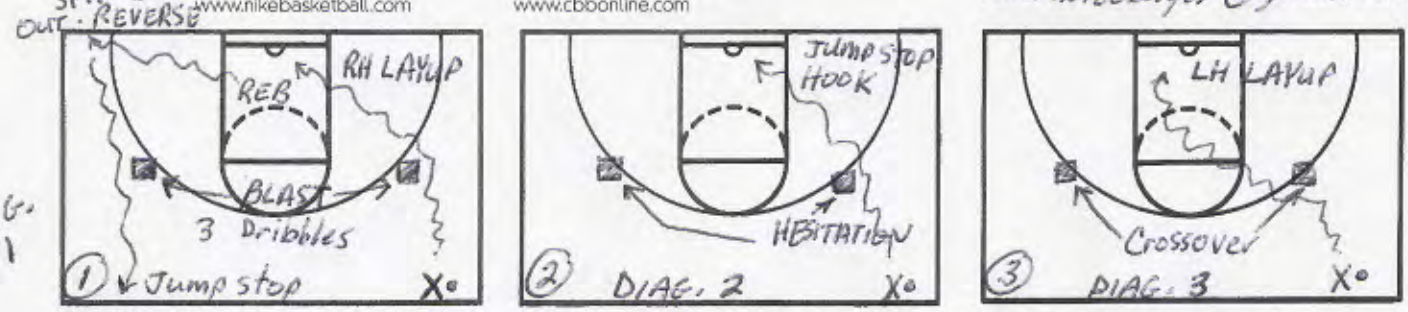
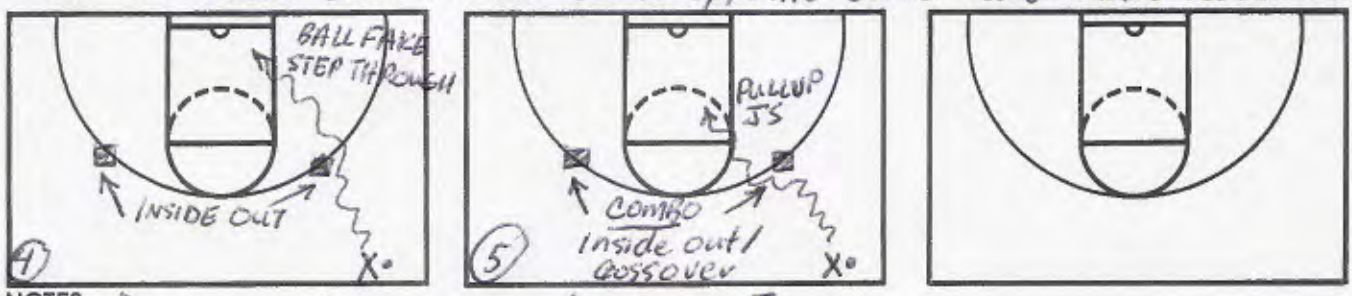
DATE Ohio State University
Player Development
(pg. 1)
michaeldbayer@gmail.com



DIAG. 1

NOTES Chair Drills ① - ⑤ For each drill, player starts facing opposite end of court w/ ball in position shown. Player spins ball out to self and reverse pivots towards chair (▨). Make move at chair and finish. Go to opposite corner and make same move back.



NOTES Diagram 4

Diagram 5

JUST DO IT

3 CHAIR FULL CT. DRILLS

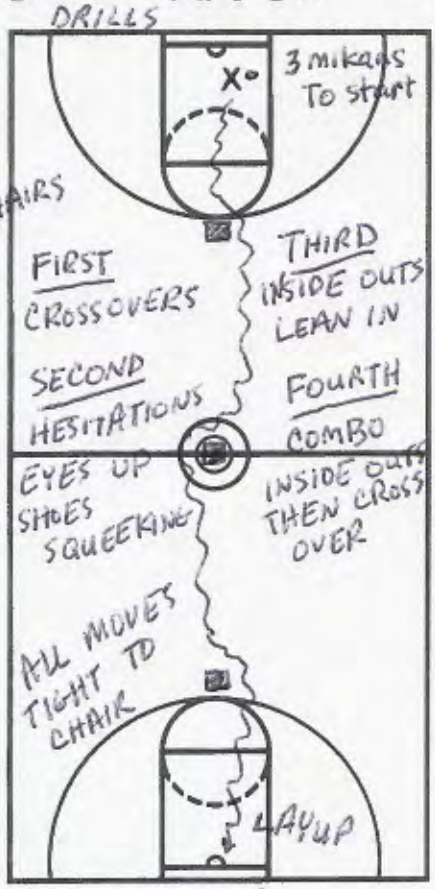


DIAGRAM 6

NOTES
- Value your system
- He does skill instruction for 45 mins. per practice even at end of season
- As a coach, make your players better.
- Study as many teams as you can and take the best drills from each.
- Put pressure on your players. All drills should be done on the clock.
- "If you made every shot, you wouldn't be here right now." - On practice
- Good shot = If you can make 70% w/ no one guarding you.

FULL CT. OFFENSE VS. 3 DEFENSE

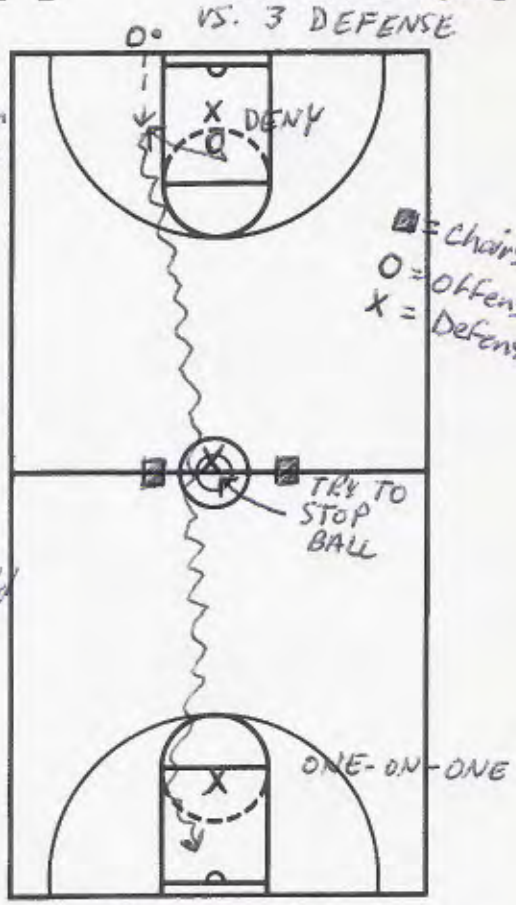


DIAGRAM 7

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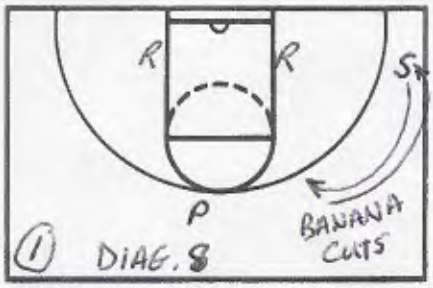
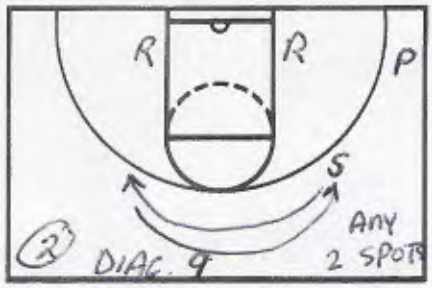
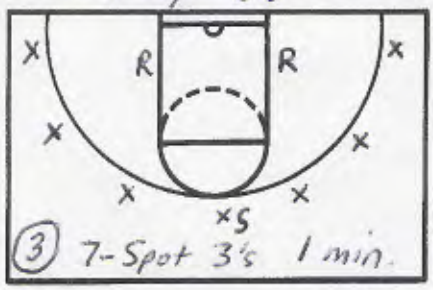


① DIAG. 8



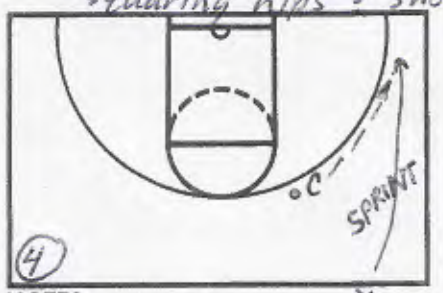
② DIAG. 9



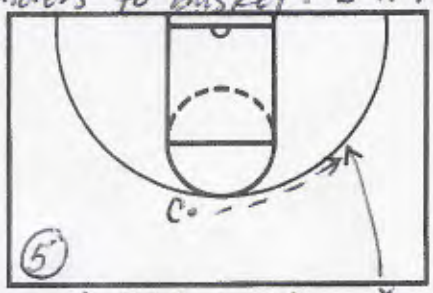
③ 7-Spot 3's 1 min.

SHOOT & RELOCATE
DIAG. 10

NOTES Hubie Browns ①-② R=Rebounders, S=Shooter, P=Passer 2 BALLS
Passer: High Hard Pass Shooter: L-R step sit Down Low
Transition 3's ④-⑤ Catch & Shoot 3 from different spots. Work on squaring hips & shoulders to basket. L-R footwork, Sit Low



④



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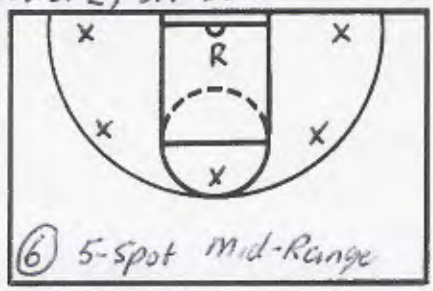

⑥ 5-Spot Mid-Range

NOTES DIAGRAM 11 DIAGRAM 12 1 min. DIAGRAM 13

JUST DO IT

usually in groups of 4

NOTES 2-Ball Ballhandling Drills:

Stationary
- Stance - stationary dribble
- Kills
- Right Hi / Left Lo then switch
- V-dribble - front & side
- Cross overs (circles)

Full Ct.
- Balls in unison
- Alternate dribbles
- Zig Zag FT-HC-FT-BL
- zig zag crossovers
- speed dribbles

Great Focus/ Great Concentration

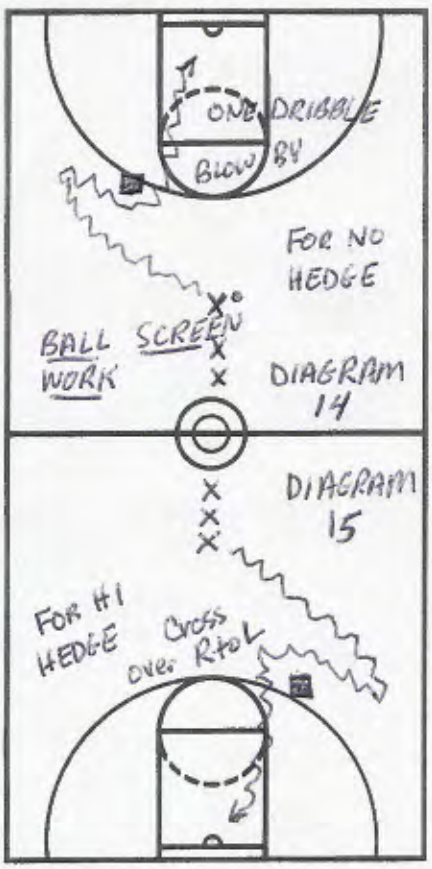

DIAGRAM 14
DIAGRAM 15

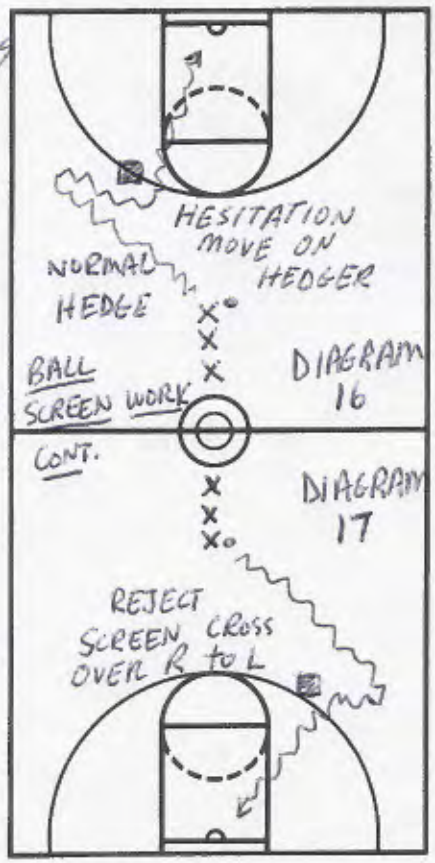

DIAGRAM 16
DIAGRAM 17

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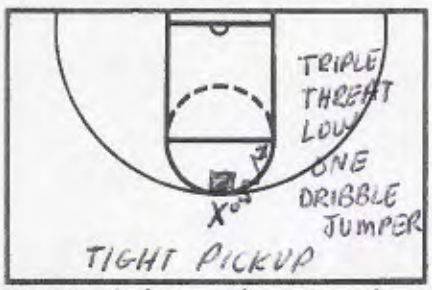
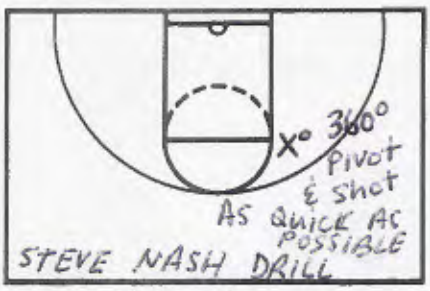


NOTES R & L Then lead foot off ground to start. DIAGRAM 18



Then Reverse Pivot. 360°
DIAGRAM 19

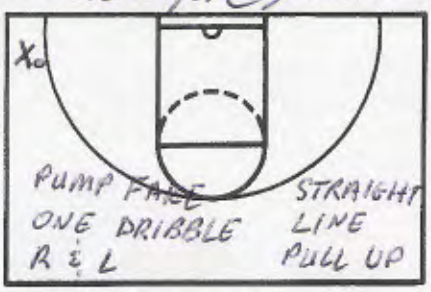
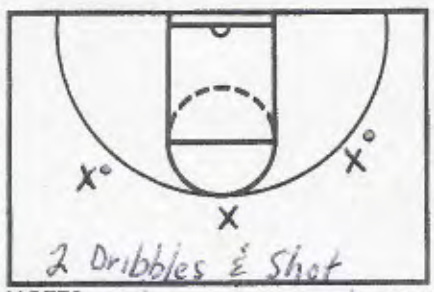
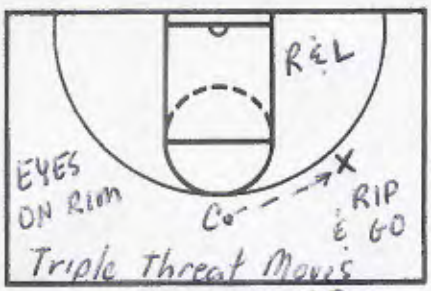


DIAGRAM 20



NOTES Rebound own & pass to next
DIAGRAM 21



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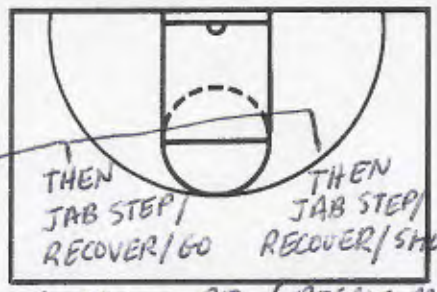

DIAGRAM 23 (REGGIE MILLER'S)
SHOULDERS OVER KNEES

JUST DO IT



NOTES • Cycle drink breaks. While half team is doing skill work other half gets drink and vice versa.



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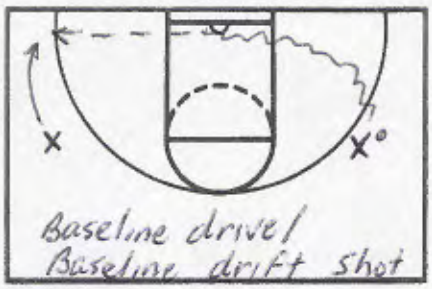


NOTES DIAGRAM 27

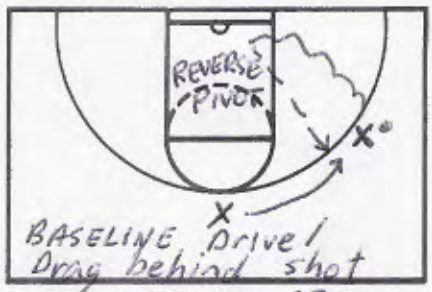


DIAGRAM 28

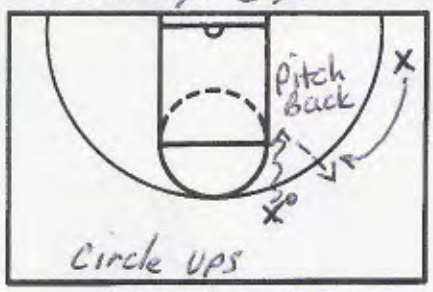
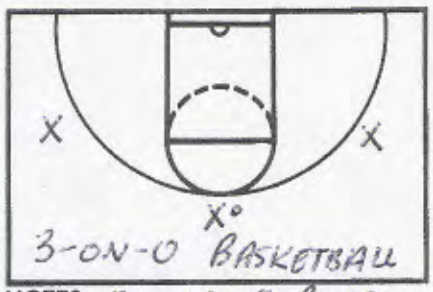
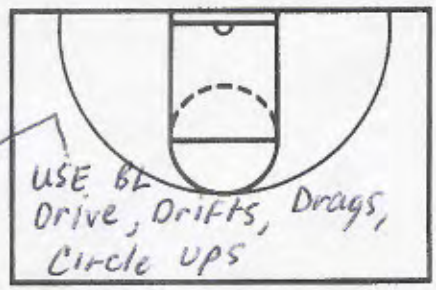
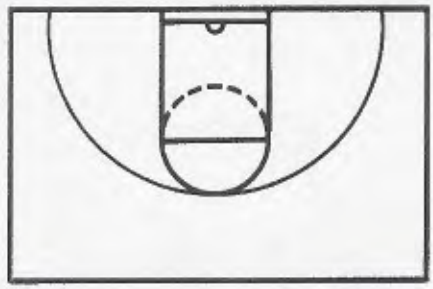


DIAGRAM 29

- Space under basket is the most under used spot on floor.



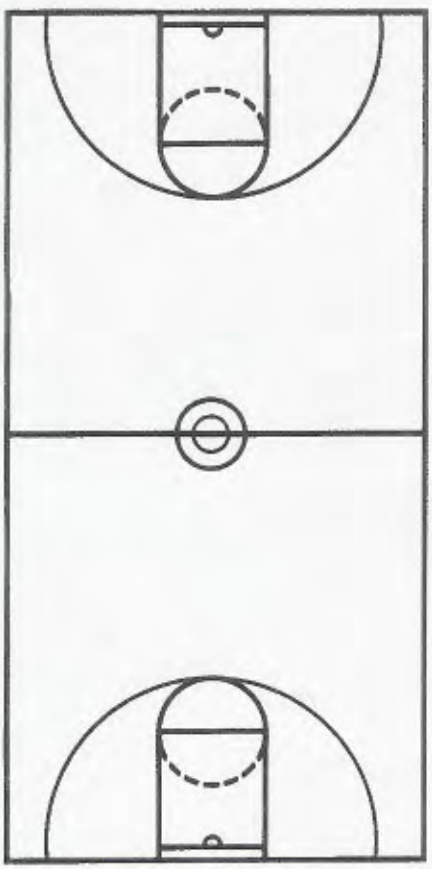




NOTES moves & passes then shot

DIAGRAM 30

JUST DO IT



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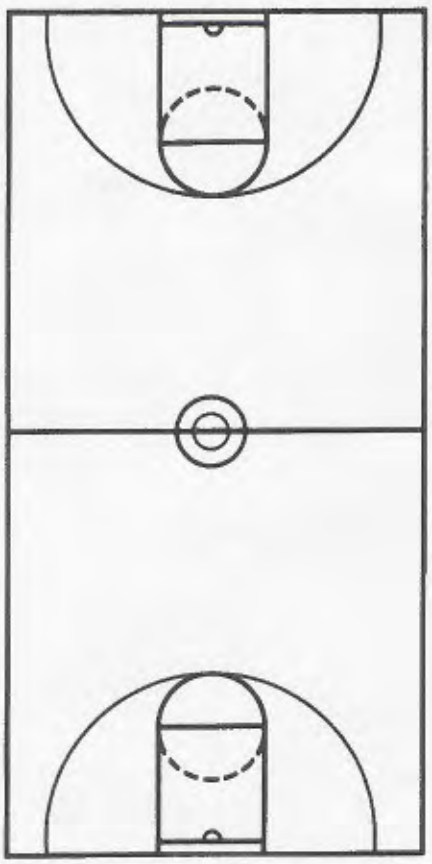

Coaches,

I invested a lot of time into these notes. If you found them useful, please return the favor.

Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

Steve Smith, Oak Hill Academy (VA)
"Oak Hill's Special Plays"
Nike Championship Basketball Clinic, Chester, WV
Friday, April 11, 2008, 5:15-6:30PM
Notes By: Michael Bayer (michaeldbayer@gmail.com)

General Comments:
- Oak Hill's Offensive System:
  1. Full Court Offense (Numbered Break)
  2. Quick Hitters – 1-2 passes & shot
  3. 1-4 Series (40 Series)
- Oak Hill's Practice Structure:
  1. Split Guards & Posts for 15 mins.
  2. Dummy Offense
  3. A few full court drills
  4. Stretch after those and then start practice
- Repetition – Go over offense a lot
- ssmith@oak-hill.net

40 Series Plays:
- 1-4 High Set for Man-to-Man Defense
- 41 (Diagram 1)
- 42 (Diagram 2-3)
- 42 Double (Diagram 4)
- 43 (Diagram 5-6)
- 44 (Diagram 9)
- 45 (Diagram 10)
- 46 (Diagram 11)

Dribble Entry Set Plays Against Man-to-Man Defense:
- Double Stack (Diagram 12)
- America's Play (3-point Shot) (Diagram 13)
- 2 Screens (Diagram 14)

Set Plays for 2-3 Zone Defense:
- Diagrams 17-20

Special Situations:
- Length of floor OB down 3 at end of game (Diagram 7)
- Fly – Have lead at end of game facing pressure man defense (Diagram 8)
- End of game facing zone press (Diagram 15)
- Delay Game – Half court offense; have lead at end of game (Diagram 16)
- BLOB Plays vs. Man-to-Man Defense (Diagrams 21-22)
- BLOB Plays vs. Zone Defense (Diagrams 23-24)

Note:
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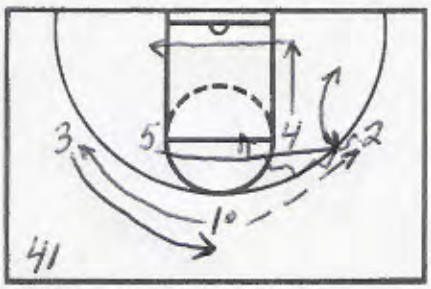

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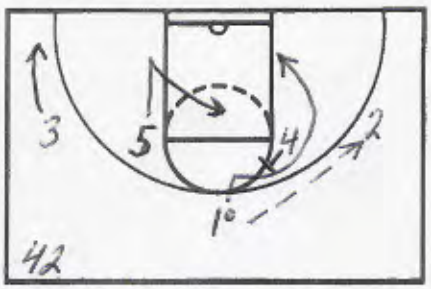

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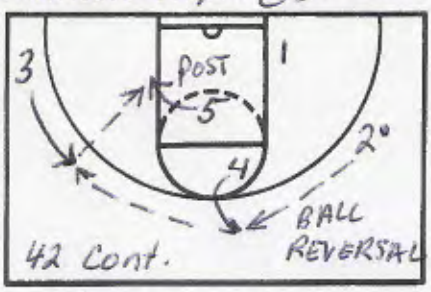

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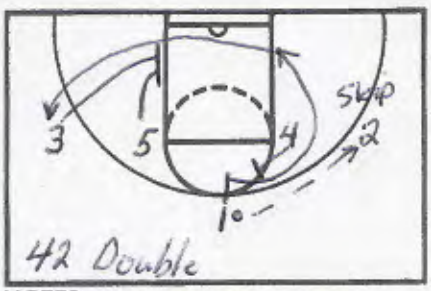
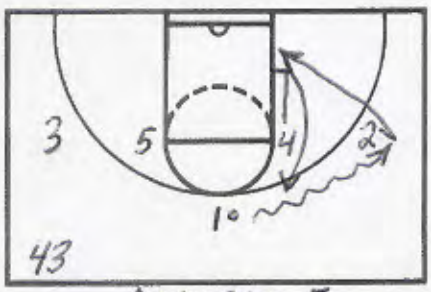


NOTES DIAGRAM 4



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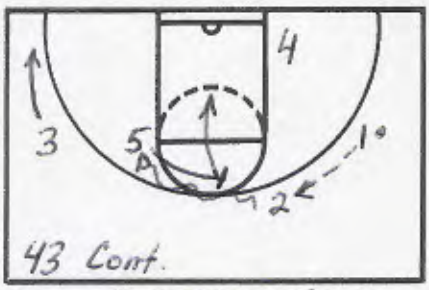

DIAGRAM 6

JUST DO IT

End Line OB
Down 3 End of Game

FLY - END OF GAME
UP AGAINST PRESSURE MAN

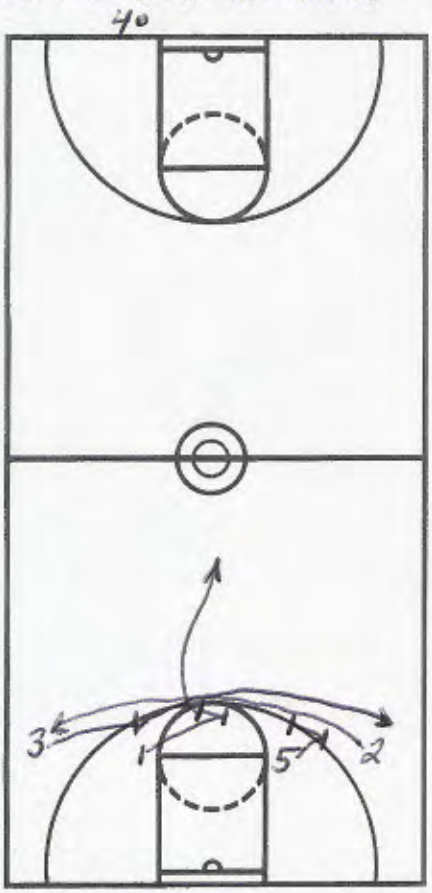

DIAGRAM 7

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- stretch after those then practice

ssmith@oak-hill.net

Repetitive - Go over offense

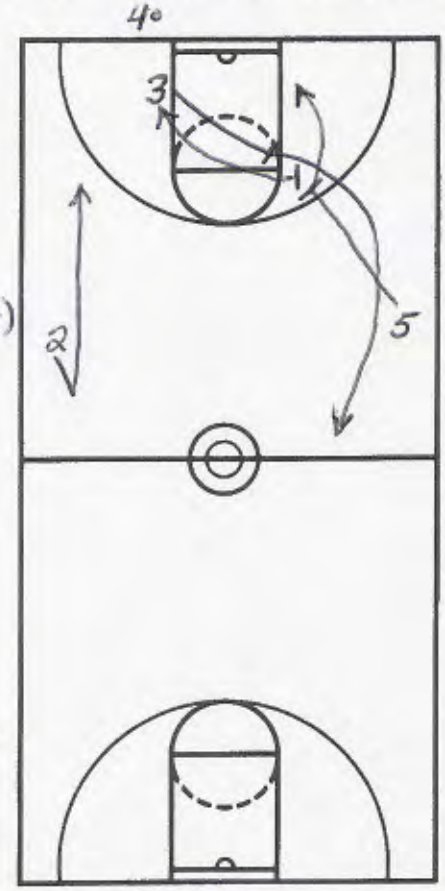

DIAGRAM 8

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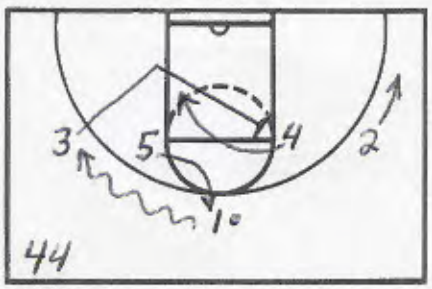


NOTES

DIAGRAM 9

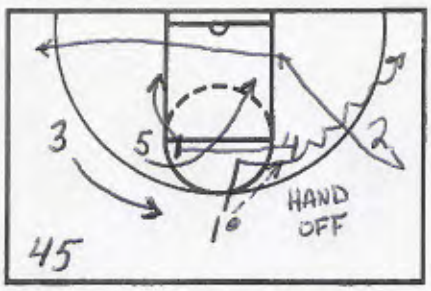


DIAGRAM 10

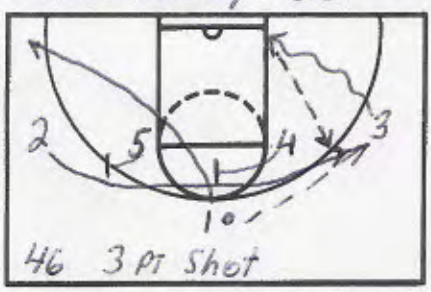
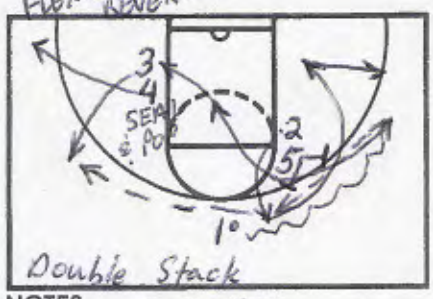


DIAGRAM 11

FLEX CUT ON REVERSAL



NOTES

DIAGRAM 12

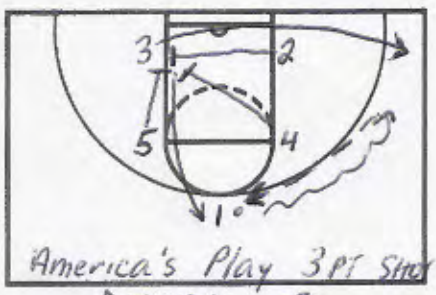


DIAGRAM 13

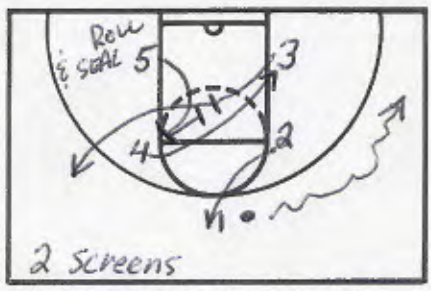
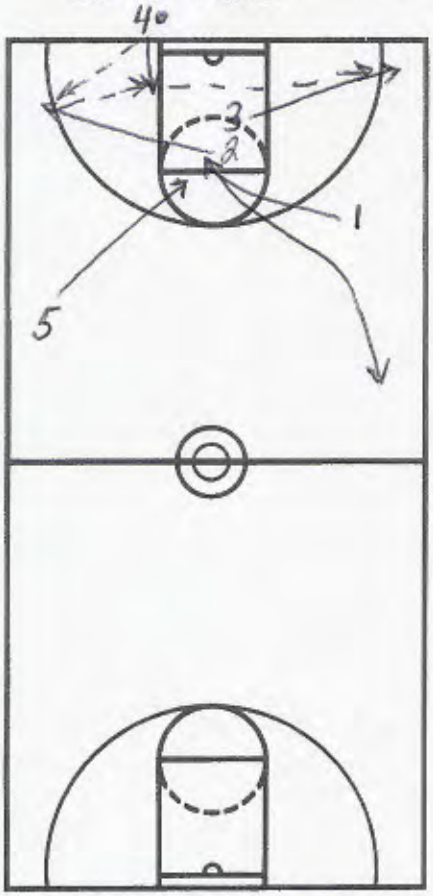


DIAGRAM 14

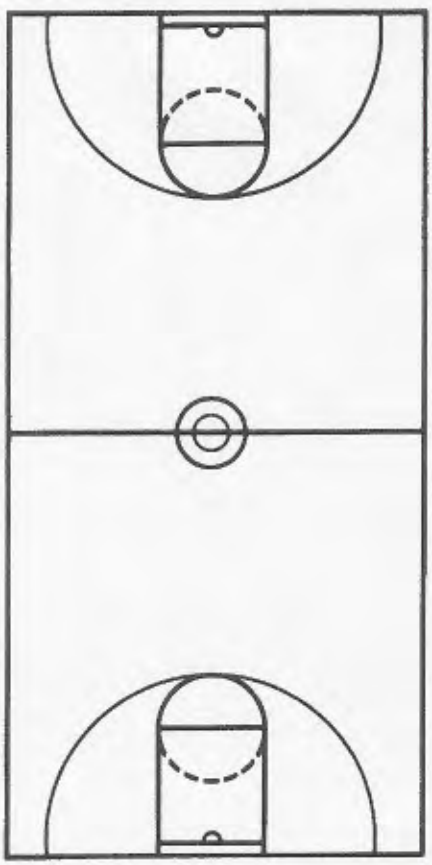
JUST DO IT

END OF GAME ZONE PRESS



NOTES

DIAGRAM 15



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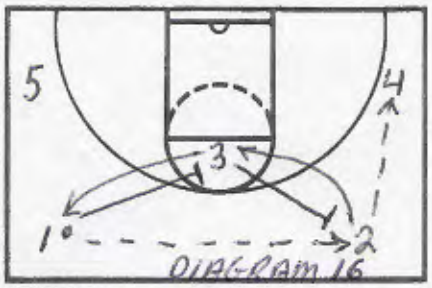
Beaverton, OR 97005
(503) 671-6453
www.nikebasketball.com

Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
www.cbbonline.com

CLINIC Steve Smith
DATE Oak Hill Academy
Special Plays
(pg. 3)
michaeldbayer@gmail.com



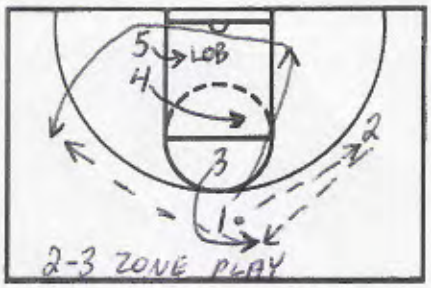


DIAGRAM 17

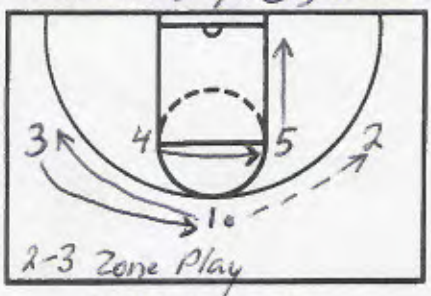
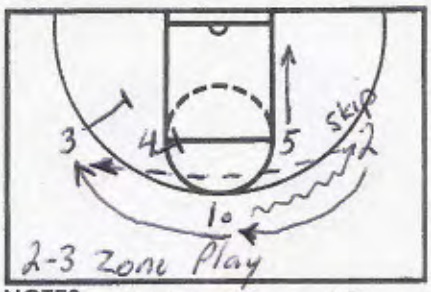
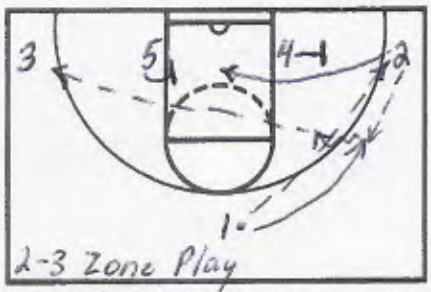
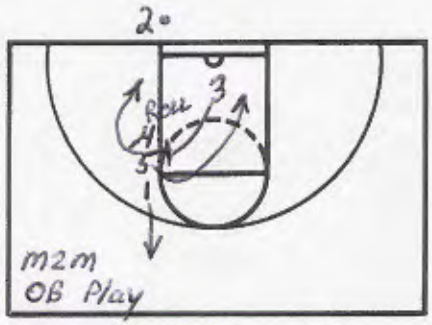


DIAGRAM 18

NOTES DELAY GAME
Guard to Guard Down Screen
Guard to Big Back Screen







NOTES DIAGRAM 19 DIAGRAM 20 DIAGRAM 21

JUST DO IT



DIAGRAM 22

NOTES



Coaches,

I invested a lot of time into these notes. If you found them useful, please return the favor.

Thanks,
Coach Bayer

Email:
michaeldbayer@gmail.com

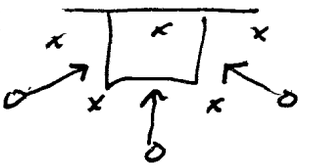
ZONE OFFENSE

MIKE BREY
10/7
OC CLINIC

"GAPS" – VS. EVEN FRONT

3 OUT, 2 IN

THE 3 OUT – ATTACK GAPS
- STAY WIDE
- MAINTAIN SPACING

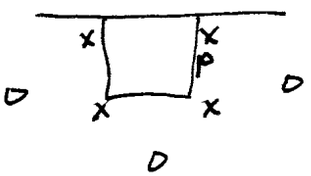


2/01 LIKES SHALLOW CUT + CIRCLE

(DRIBBLER MUST ATTACK GAPS & MAKE GO + FWD PLAY HIM)

1/00 IN – FLASH BEHIND
SCREEN BEHIND

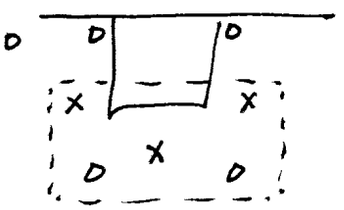
1/00 WILL PUT BIG MAN WHO CAN SHOOT AT FOUL LINE



BOX DRILL

1/00 (WON'T SEND PT. AWAY – IT LEADS TO TRAP)

"3 DEEP"



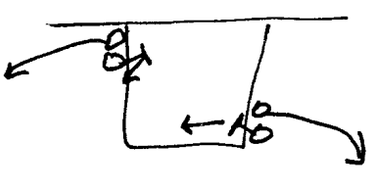
VS. ODD FRONT 4/01

CORNER – CAN RUN BASELINE

4/00 GPS – MUST CONTROL TOP 3 OF ZONE
IF ONE GUARD HAS BALL, THE OTHER MUST BE AVAILABLE

LIKES DIAGONAL PASS FROM GUARD TO POST

3 INTO GAPS



LOOK FOR POSTS SHAPING UP

MOTION V. ZONE TAKES TIME

VS. MATCH-UP 2/01 MOVE POST TO FL FOR PICK & POP

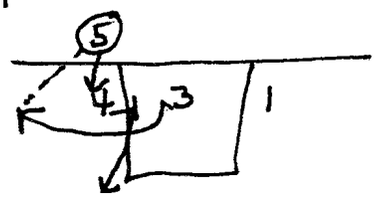
2/01 RUN MAN OFFENSE

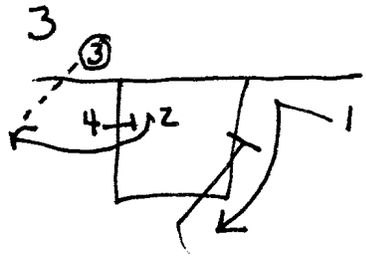
LATE CLOCK RUN CIRCLE

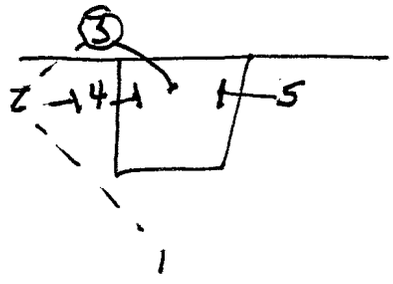
USE GROUP RESTRICTIONS EARLY IN MOTION

BLOB

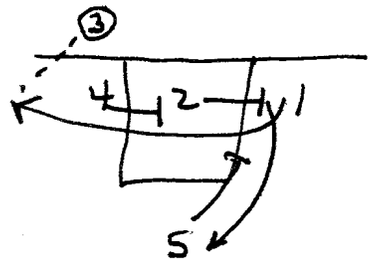
3UP







3 REVERSE



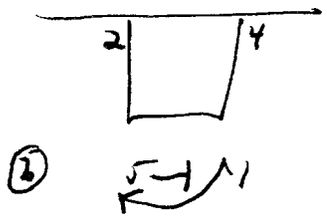
⇒ S/O FOR 3

DEFENSE –

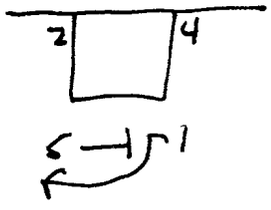
USE MAN ON INBOUNDER TO SWITCH OUT ON CUTTERS

SLOB

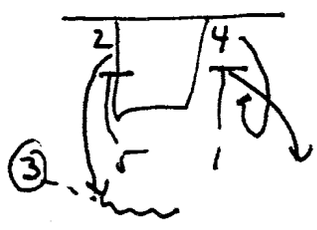
REGULAR



INVERT

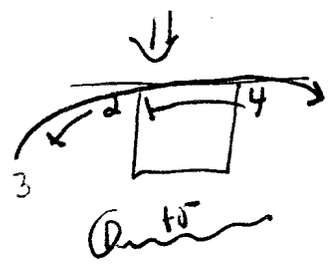


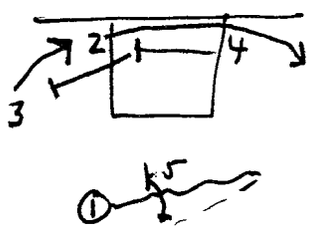
DOWN



SPECIAL

THROW BACK TO INBOUNDER

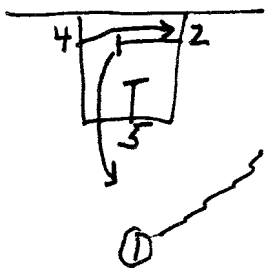




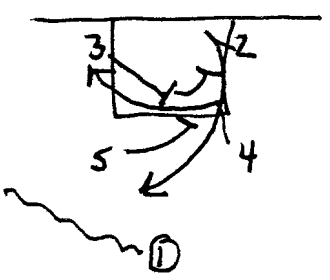
- DEFEND BACKSCREENS – TALK
  GO FOOTSTEPS
  SWITCH IN EMERGENCIES
  LOOK TO SWITCH BIGS INSIDE

BALL SCREENS – SHOW + CHASE IT OUT
- SWITCH IN A NO 3 SITUATION
- WORK ON THIS START-G 1ST DAY

5

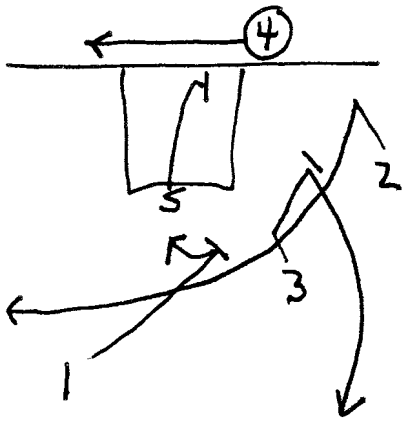


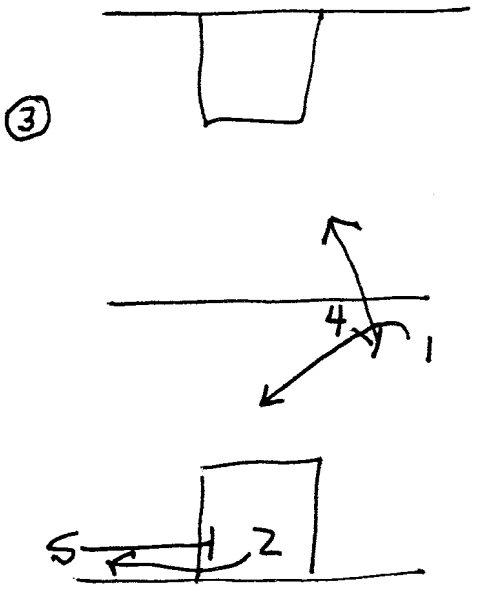
BOX X



VS. BOX +1 – RUN GAPS

VS. Δ + 2 – 3 DEEP, ELBOW DRIVES





BRAD NADBORNE

MANCHESTER SPARTANS

Manchester Spartans

Coach: _Brad Nadborne: Manchester_ **Topic:** _Special Situations_

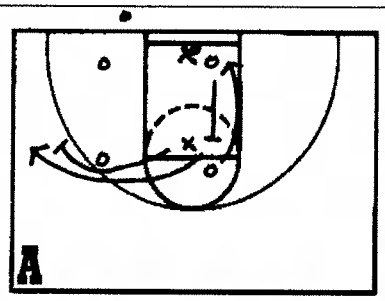
Clinic: _Mt. Vernon Clinic_ **Date:** _9/29/07_

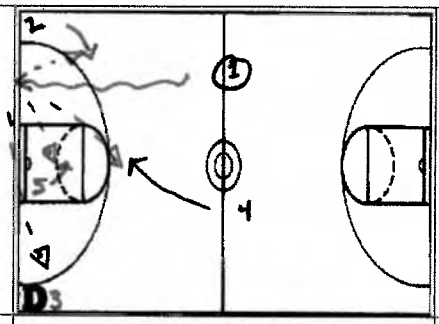
604 E. College Ave.
North Manchester (IN)
46962

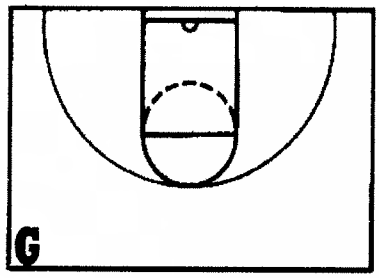
Head Coach
Brad Nadborne

Assistant Coach
Eric Dougal

Assistant Coach
Matt Storm





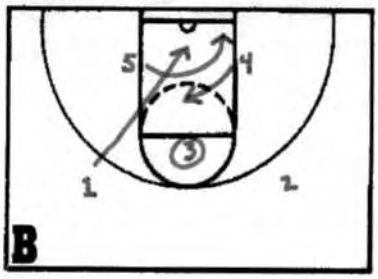


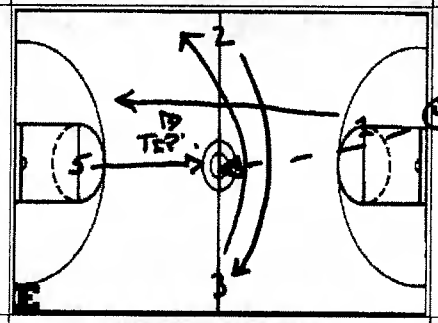
DEFENDING EOB'S

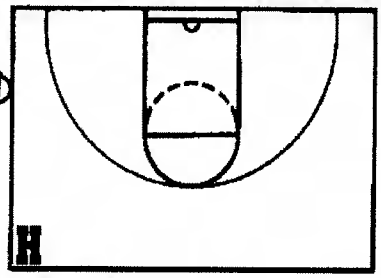
1. *Switch weak-side screens & chase on the strong-side*
2. *Will adjust strong-side defense to scouting report*
3. *Be really aggressive on strong-side*

HAWKEYE DEFENSIVE RBS. SITUATION

1. *1 sprint dribbles to baseline & jumps out of bounds to make kick-out pass for quick 3*

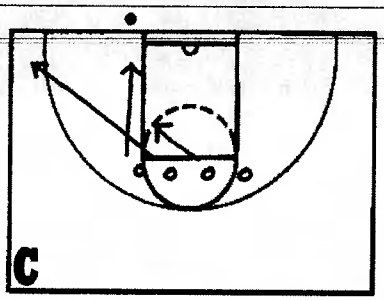


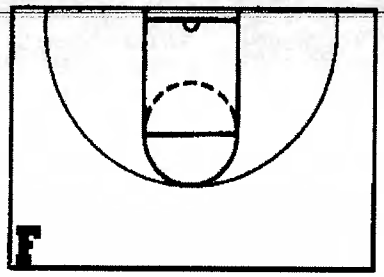


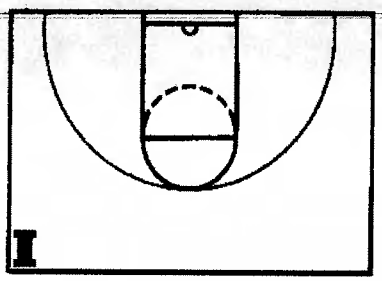


HAWK OFFENSIVE RBS. SITUATION

DEFIANCE: LAST SECOND PLAY







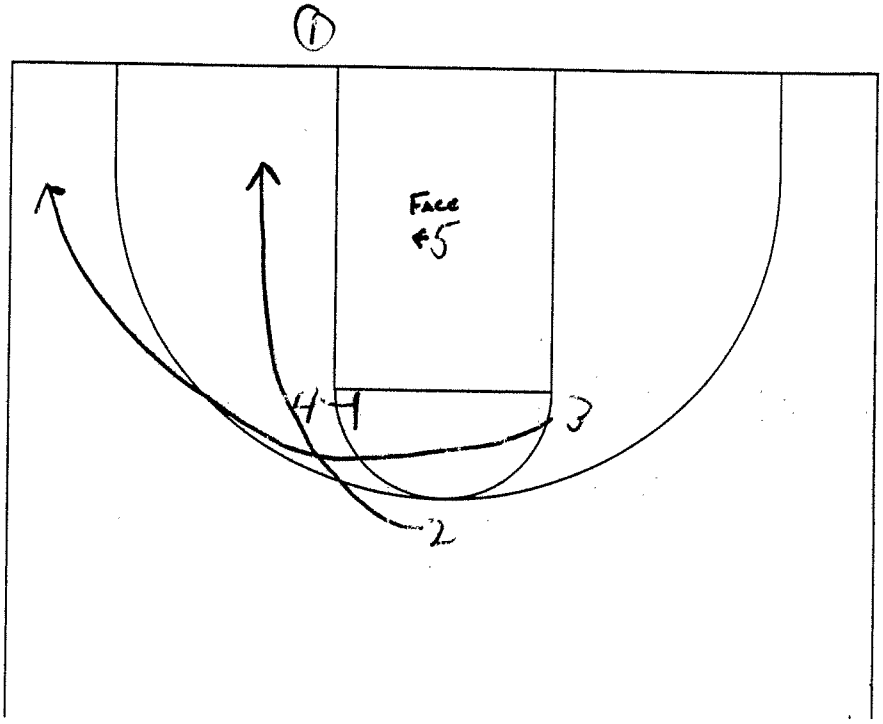
EOB v. ZONE

1. *Try to overload strong-side for entry pass*

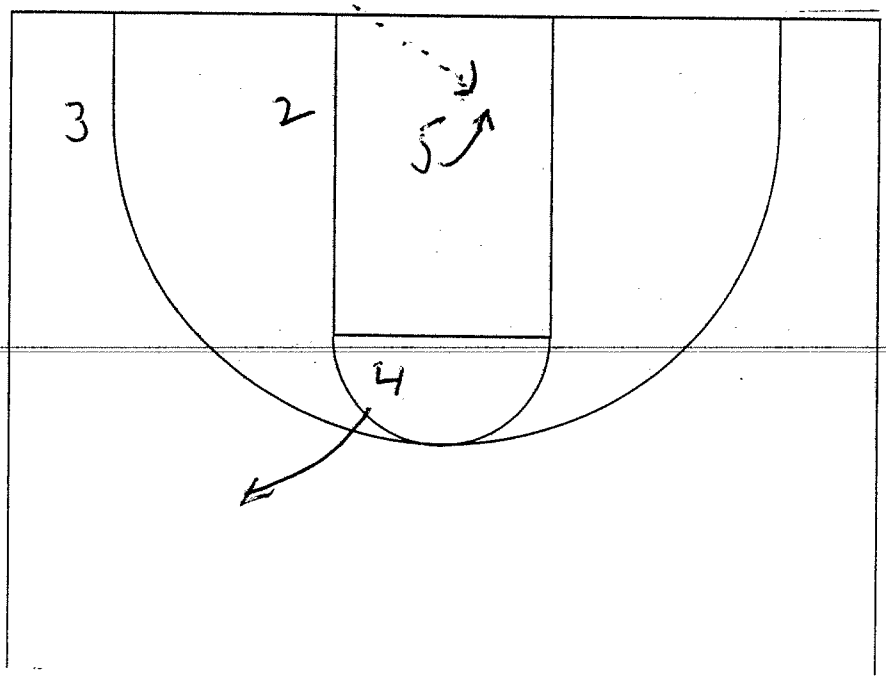
DIAMOND SERIES

CALL: "DIAMOND"

KEY: 5 facing ballside, hand up



- 5 facing ballside, hand up
- 4 screens 3
- 2 dives off 4's screen to block

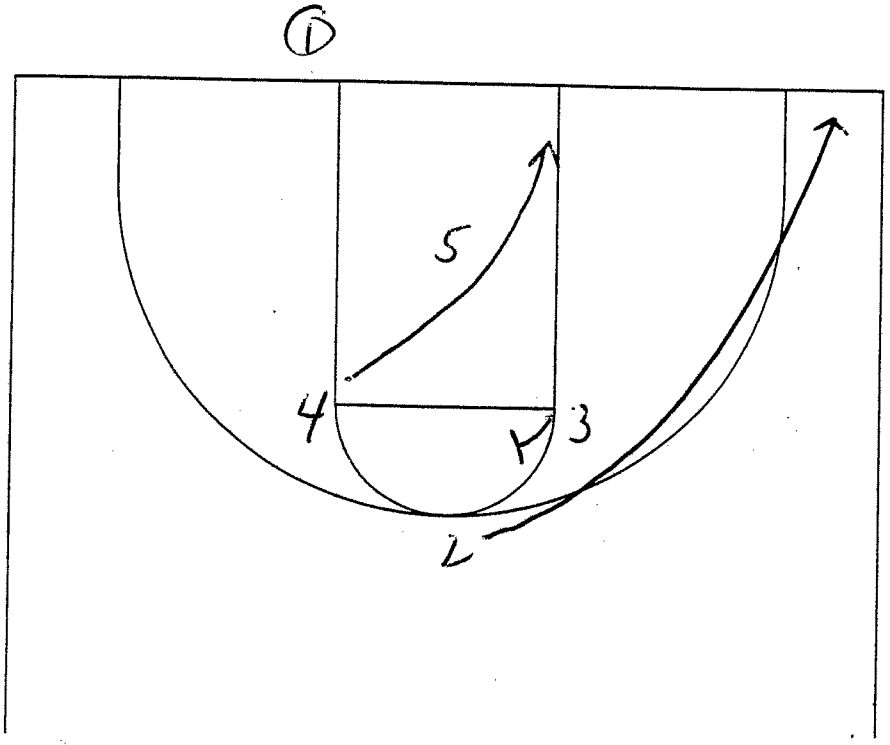


- 4 releases out
- 5 holds for a 2 count, looking for the ball over the top, then spins han looking for quick bounce pass

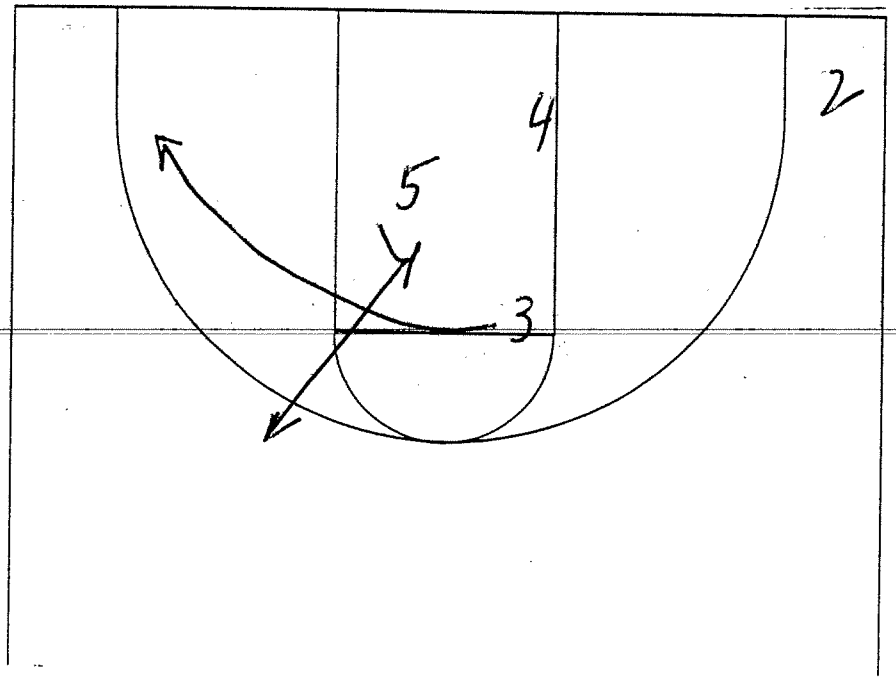
DIAMOND SERIES

CALL: "DIAMOND"

KEY: 5 facing opposite ball



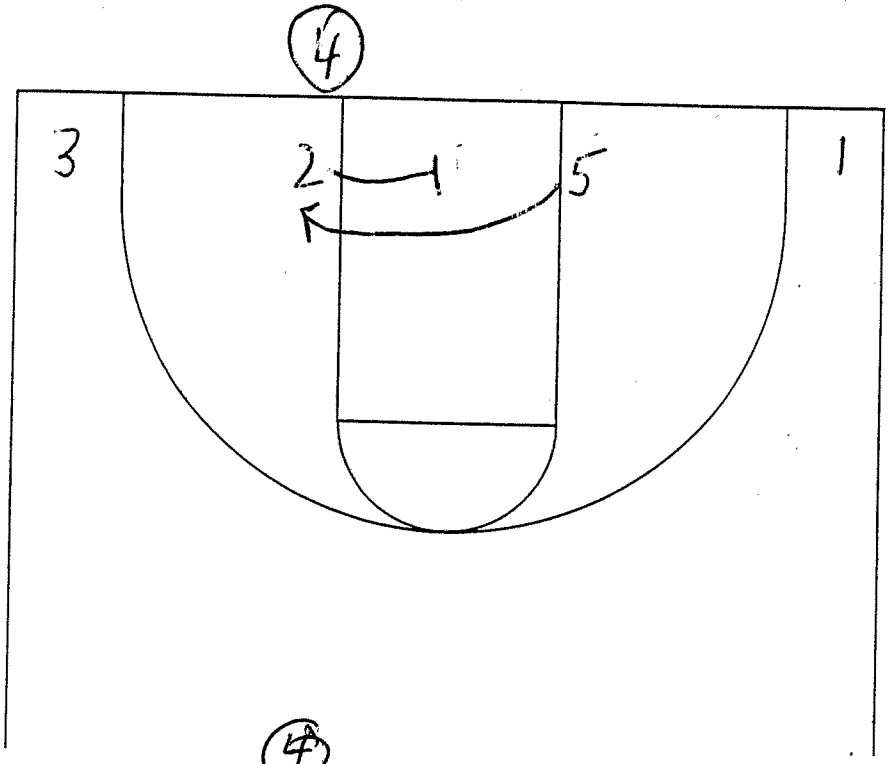
- 5 facing opposite ball
- 3 screens 2 to corner
- 4 dives off 5 to opposite block



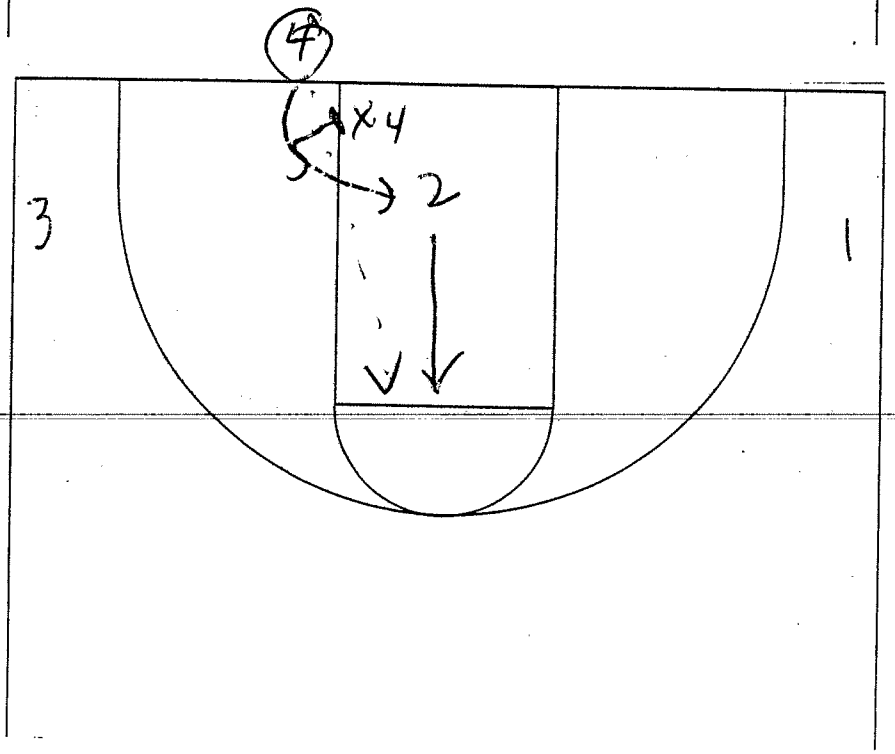
- 5 screens 3
- 5 releases

4 LOW

CALL: "1"



- 2 screens 5 (little on big)
- 3 HOLDS IN CORNER until needed as a pressure release
- 1 holds in corner for shot (poses - DON'T move).

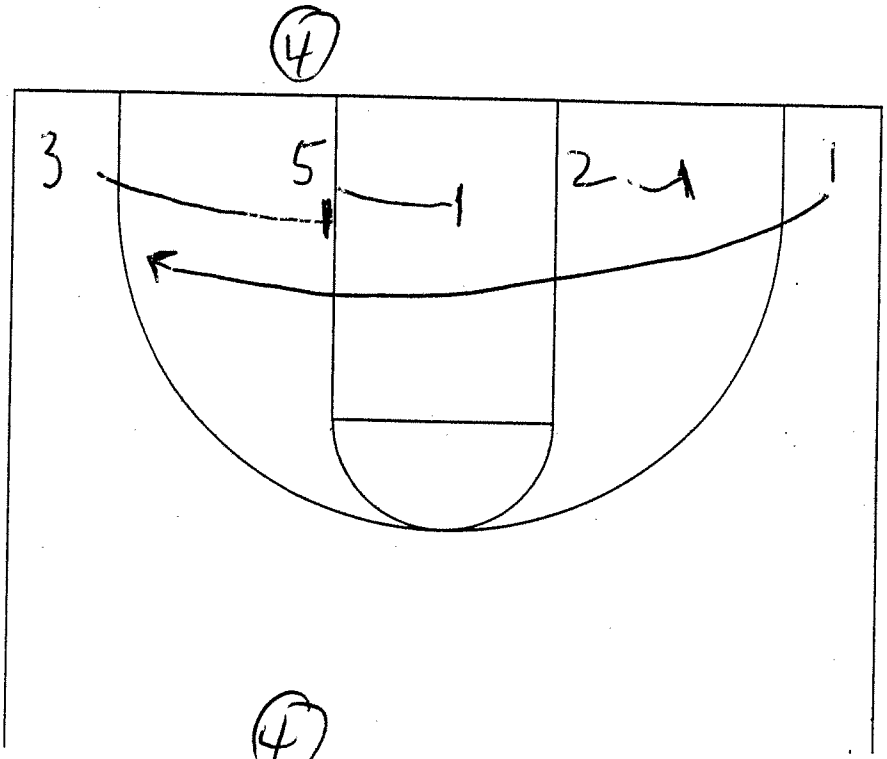


- As soon as 5 clears 2, 2 pops hard straight up the lane and 4 leads him on pass
- 5 head hunts X4 for 4 coming in-bounds.
- 1 and 3 stay wide

(- 3 can screen the screener with 5 after 5 screens for 4).

4 LOW

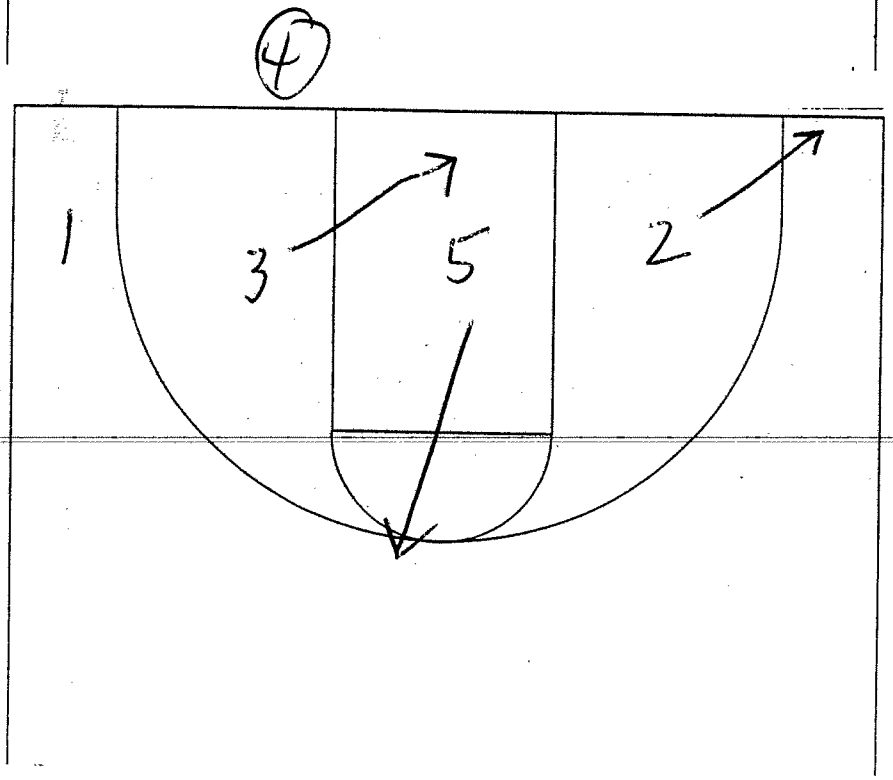
call: "3"



Notice that 5 and 2 have changed places.

- Triple screen for 1.

1 runs over the top of the screens.



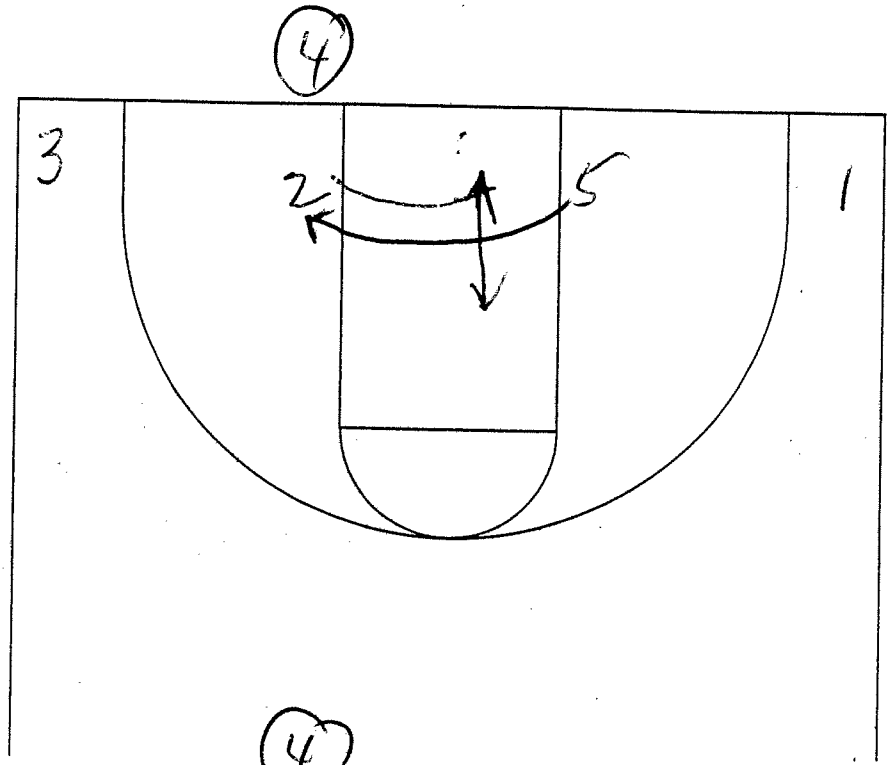
- 2 slips to corner and poses.

- 5 pops out.

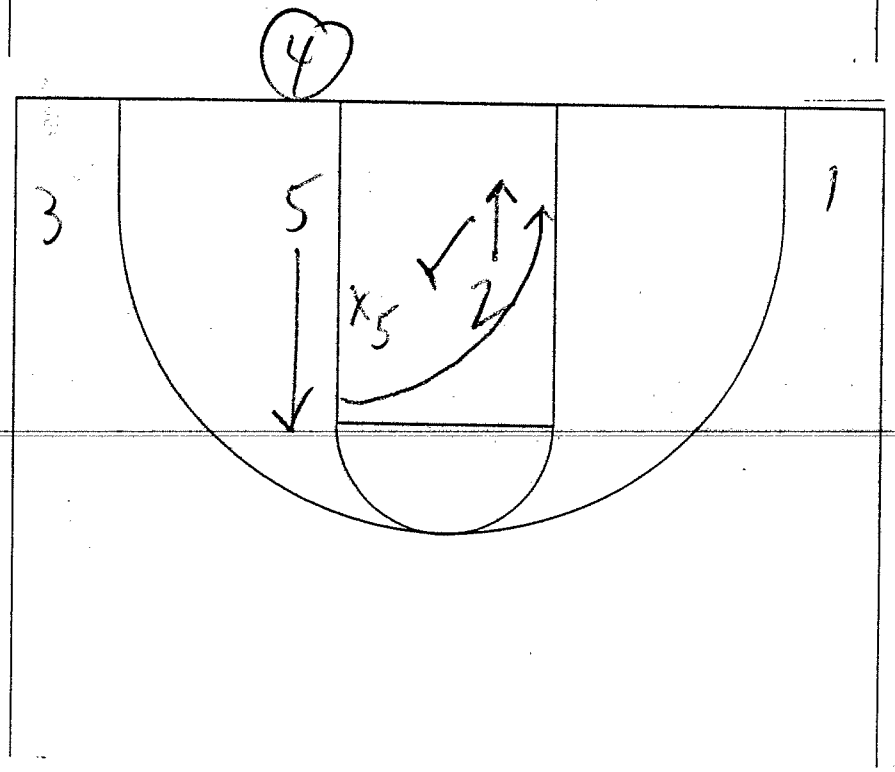
- 3 slips to basket.

4 Low

call: "5"



- 2 screens 5 across lane
- 3 holds in corner
- 1 poses in corner
- 2 starts up the lane like in "1", but back-cuts looking for ball.

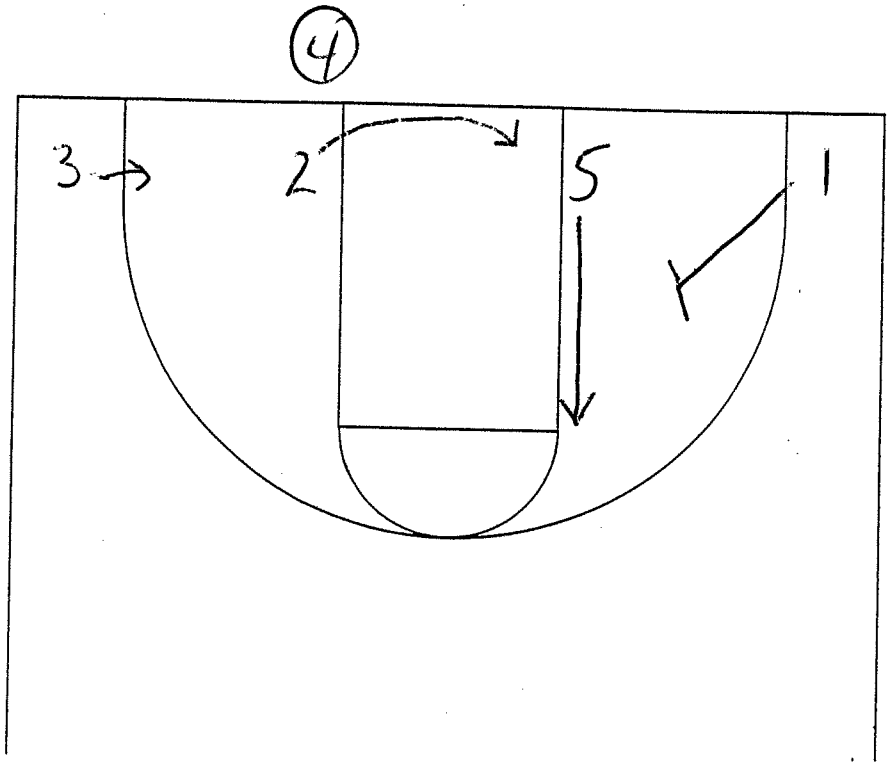


- 5 holds for a count in the post, then fades up the lane looking for the ball.
- 2 turns, sticks X5 in the back and 5 comes off the back screen.

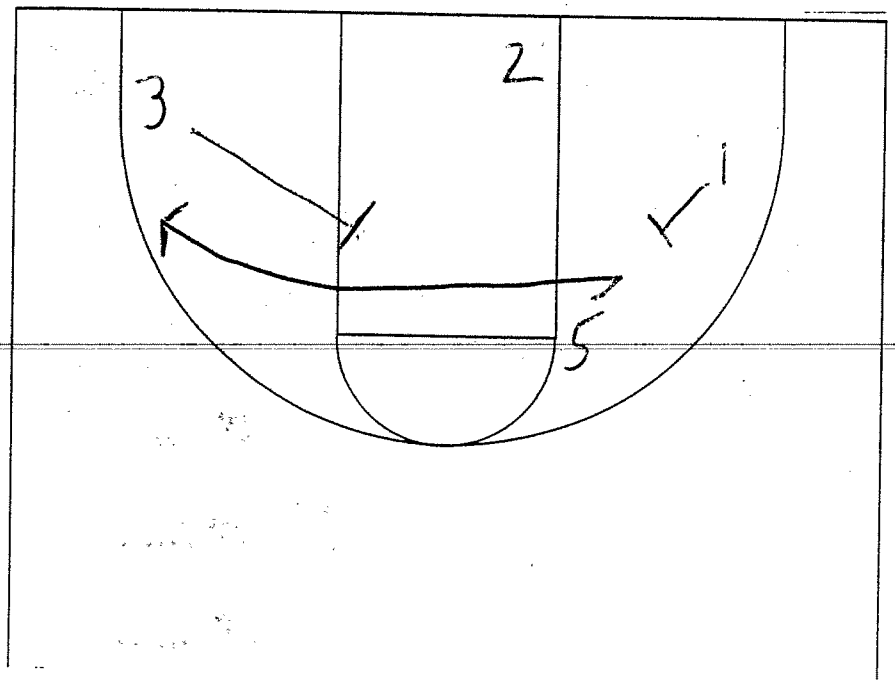
4 LOW

Call: "Bethel"

* Need Arrow



- 2 circles hard underneath
- 5 fades up the lane
- 1 comes in as if he going to screen 5 to corner
- 3 starts walking his man in.

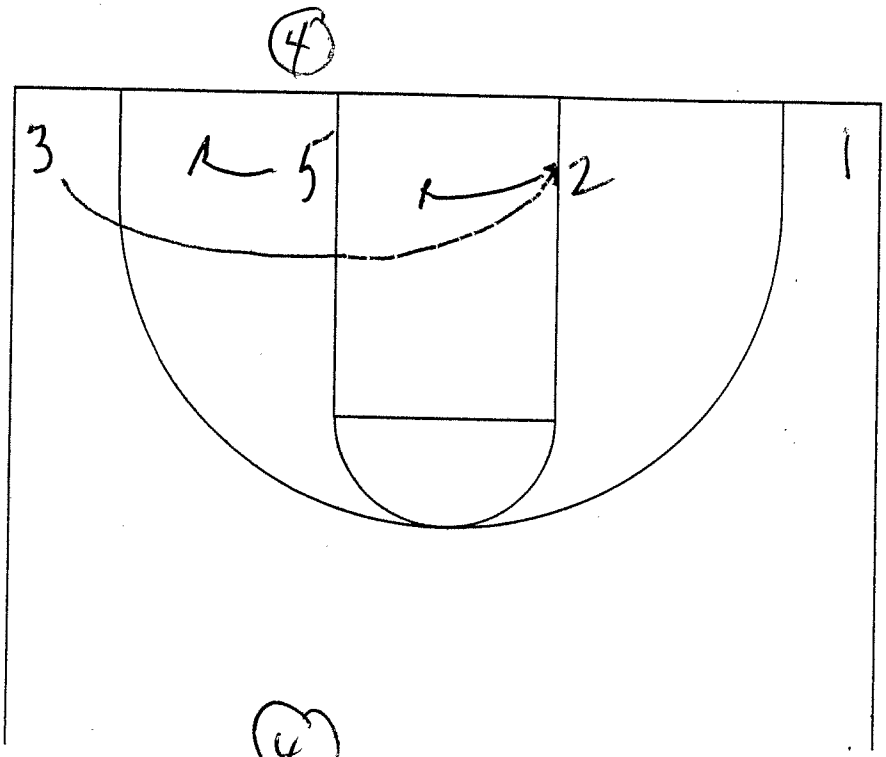


- 5 steps at 1 as if he's going to use 1's screen, then comes hard off 3's screen.

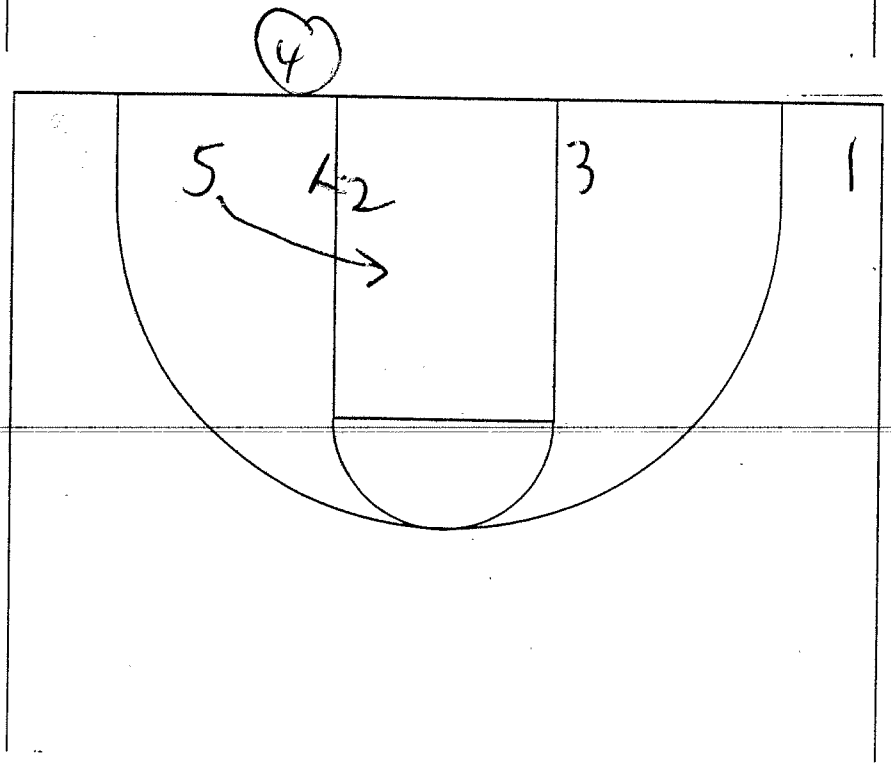
4 Low

Call: "Thumbs up"

(lob)



- 5 and 2 screen 3 to opposite block
- 1 poses in corner.

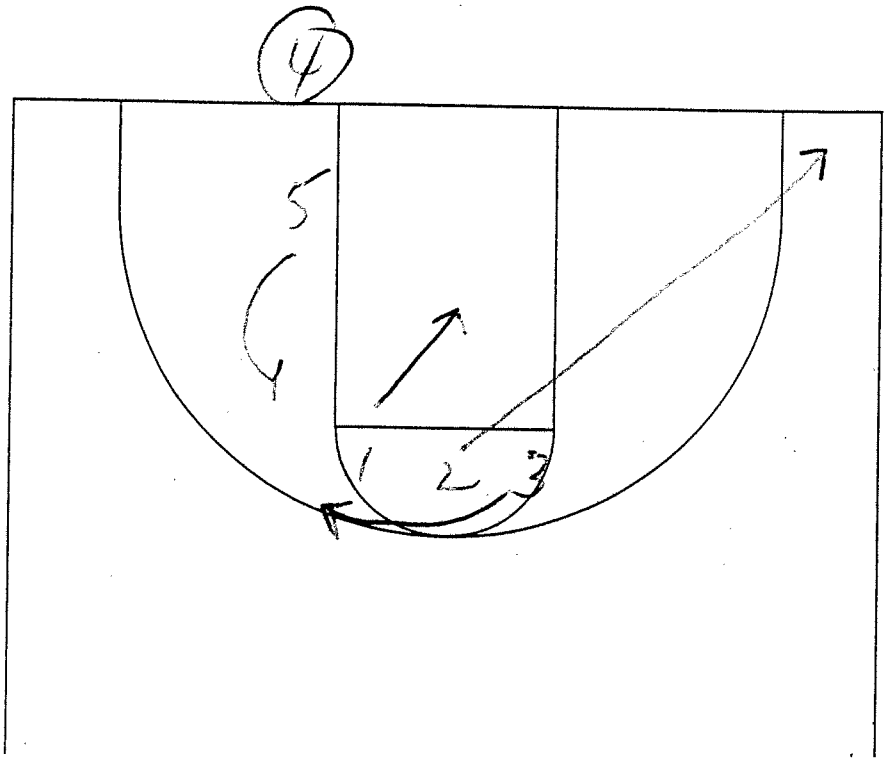


- 2 walks into his own man and 5 curls behind 2 and X looking for lob.

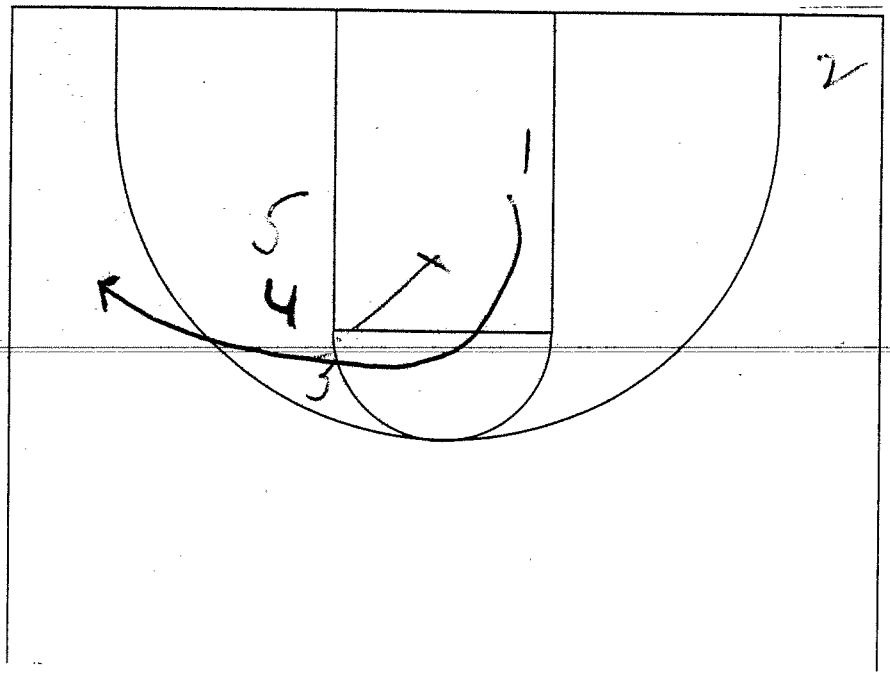
Spartan Series

Call: "1"

"Fist" overrides all calls.



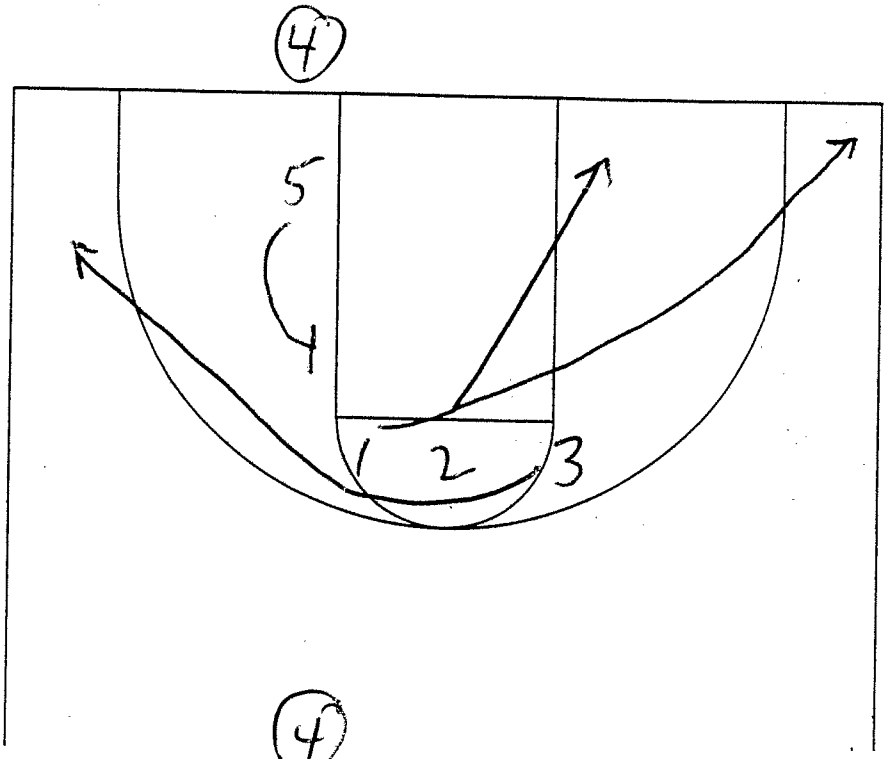
- 2 to opposite corner
- 1 starts for opposite block
- 3 comes behind 1 & 2 as if he is coming off 5's scre



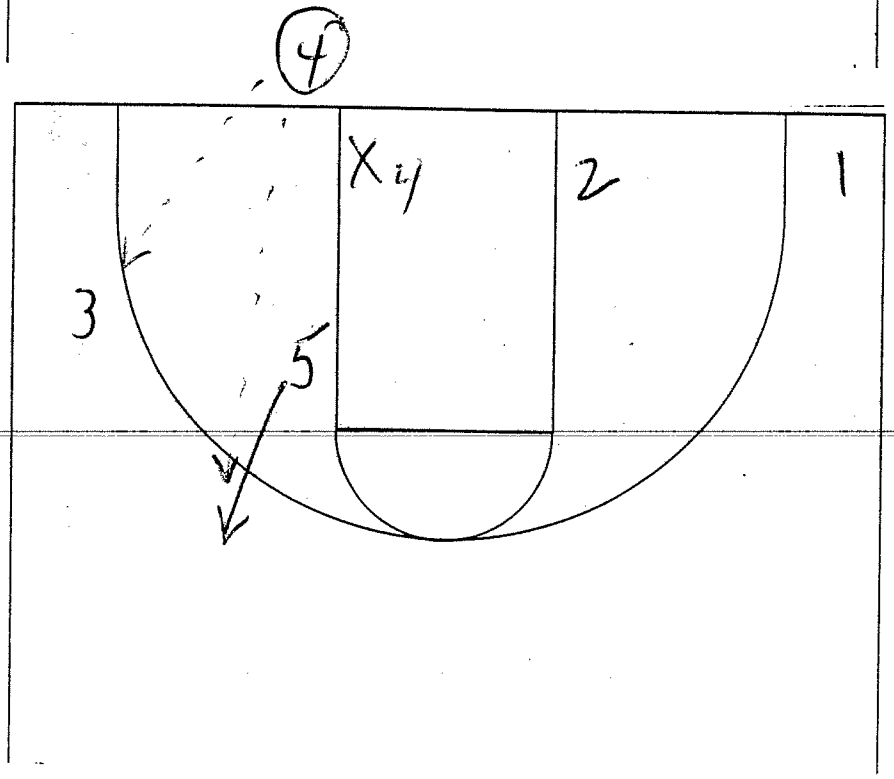
- 3 cuts back and screen down for 1.
- 1 reverses pivots out and comes off 3 & 5's screens.
- 3 continues to oppos block
- 5 pressure releases.

Spartan Series

Call: "3"



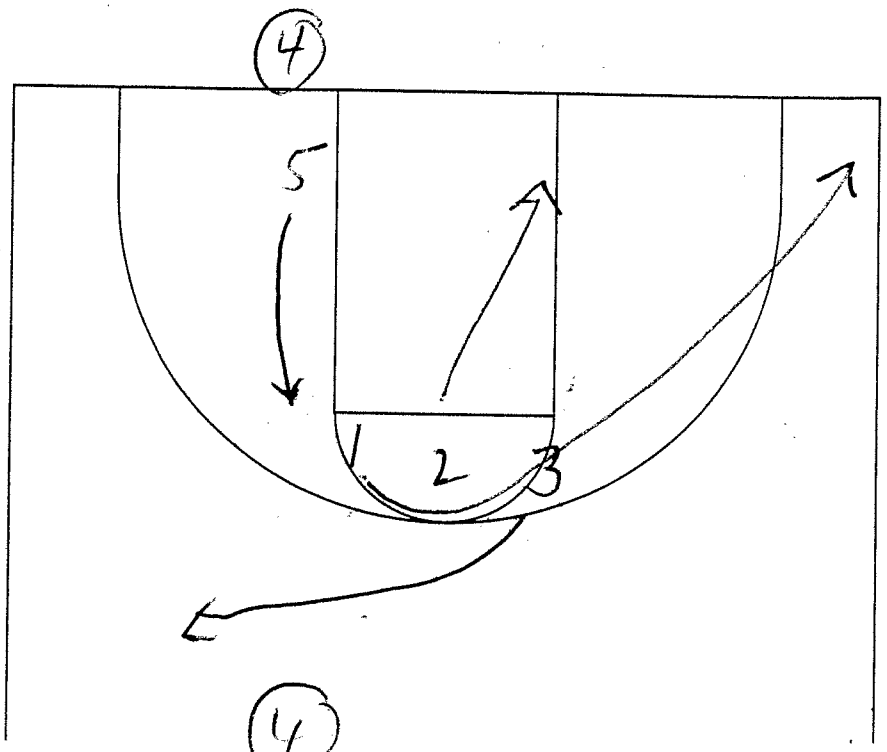
- 2 drives to opposit block.
- 1 cuts to opposite corner
- 3 comes off of 5's screen
- 5 pressure releases



- if (4) hits 3, then 5 screens down on X4 or X3
- if (4) hits 5, then screen in on both sides, single-side/double-side.

Spartan Series

Call: "5"

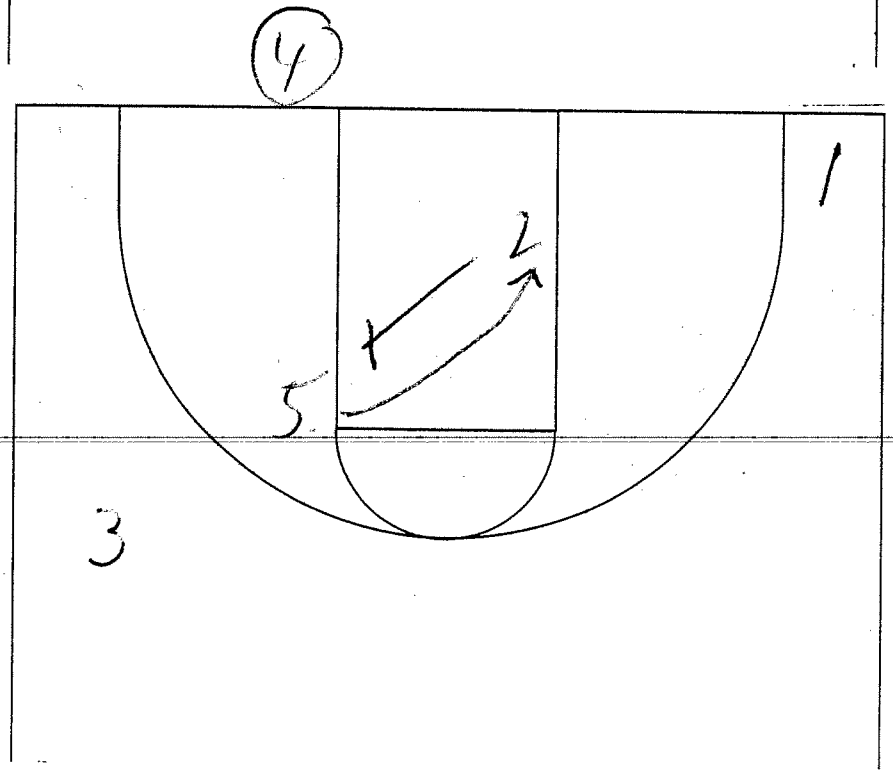


-1 to opposite corner

-3 out strongside

-2 dive to opposite block

-5 up the lane



-2 sets backscreen on 5


BRANDON MILLER
BUTLER BULLDOGS

Butler Bulldogs

Coach: _Brandon Miller: Butler Asst._ Topic: _Ball Screens_

Clinic: _Mt. Vernon Clinic_ Date: _9/29/07_

HINKLE FIELDHOUSE
510 W. 49TH ST.
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HEAD COACH
Brad Stevens

ASSISTANT COACH
Matthew Graves

ASSISTANT COACH
Terry Johnson

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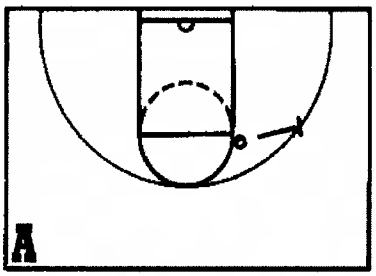
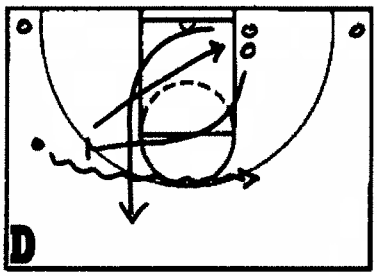
Brandon Miller

BASKETBALL OPERATIONS
Micah Shrewsberry

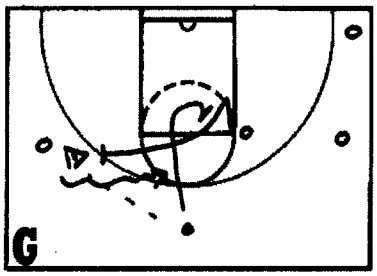


BASIC SIDE ON-BALL POSITION

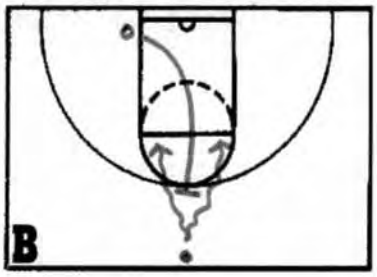
1. *3pt. line straight our from sideline: Top foot on FT Extended line*
2. *Role to the necessity of play: Put your head in the hole*



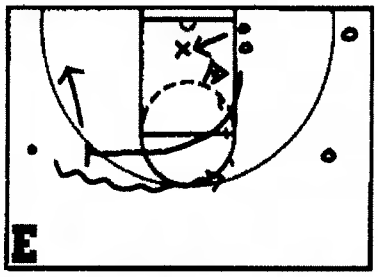
1 EYE: BUTLER



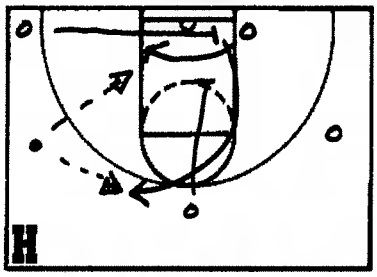
CENTER RIP TO ON-BALL



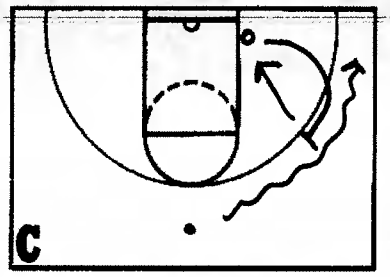
FLAT BALL SCREEN



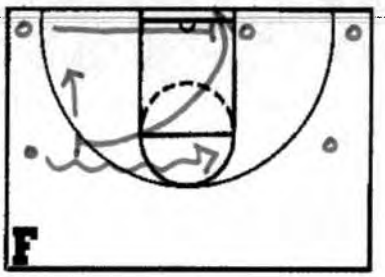
DUCK-IN v. ROTATION DEFENDER



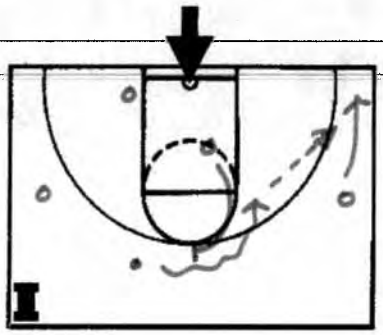
TRIANGLE TO ON-BALL



REVERSE ON-BALL



RIP TO ON-BALL



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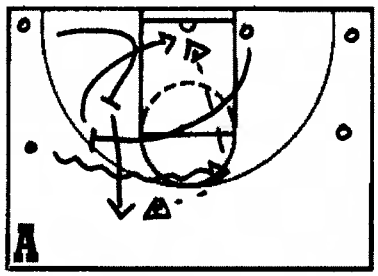
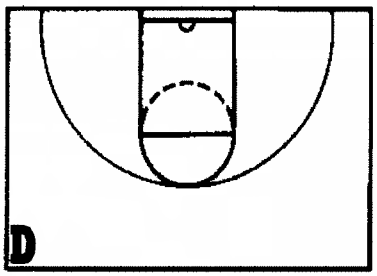
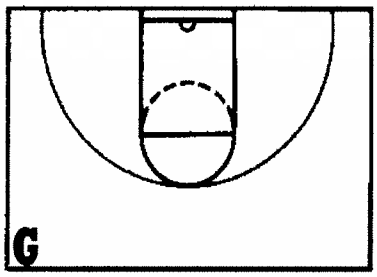


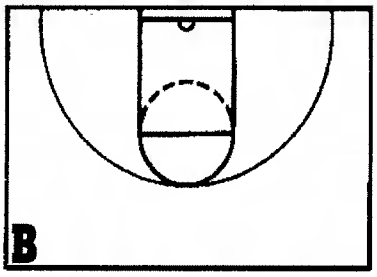


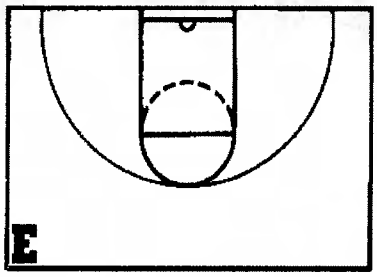


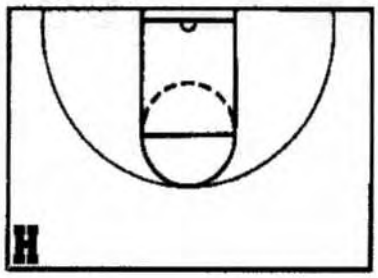
GONZAGA PLAY v. UNC

READS PROGRESSION

1. Paint & Make a play
2. Pull-up Jump shot
3. Pull & Kick
4. Throw back to screener



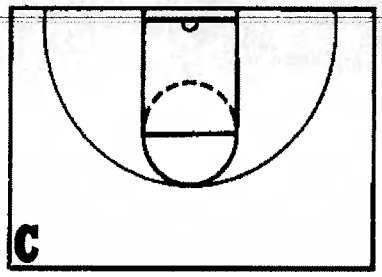


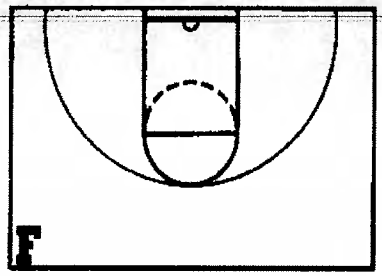


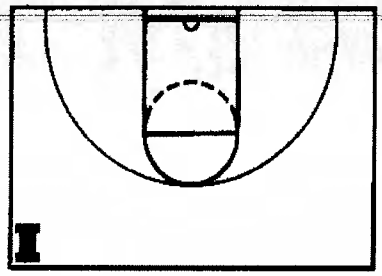
BALL SCREENING

1. Bring ball to the level of ball screen
2. Make a play in the lane
3. Hesitation & Go
4. Shoot behind the screen
- *Take extra dribble behind screen*

5.Split Hedge







6. Reject screen
7. Re-screen
8. v. Trap: Drag & get out of the trap w/ a pass

DAVID ARSENEAULT

GRINNELL PIONEERS

The System

Extreme Fast Break Basketball

Grinnell College

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.

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 under duress 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.

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*



DAVID MOE

EMPORIA STATE HORNETS

Emporia State Hornets

Coach: _David Moe: Emporia State_ | Topic: _Hornet Set Plays_

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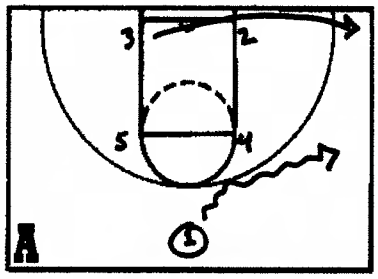
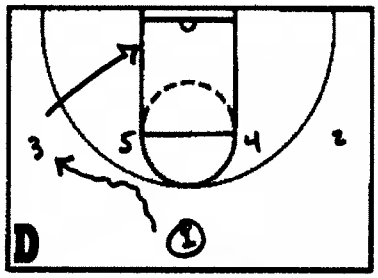
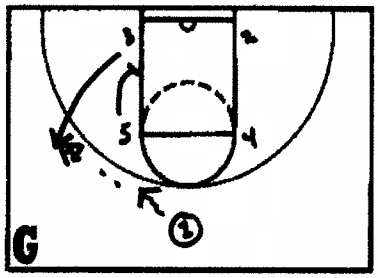
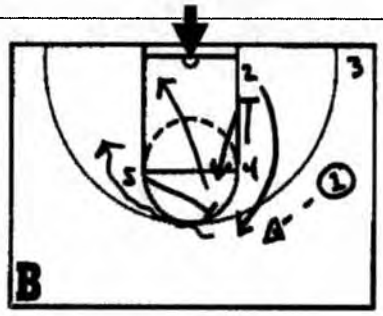
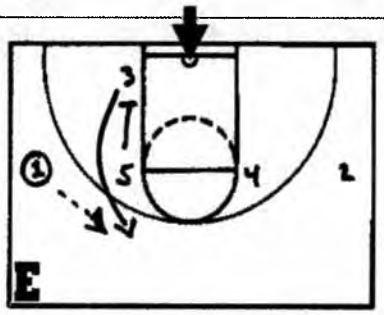


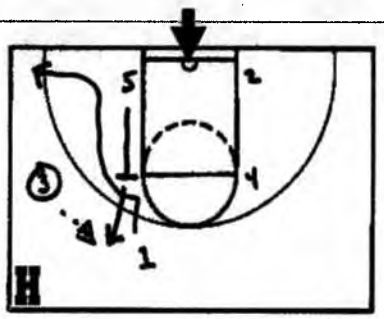


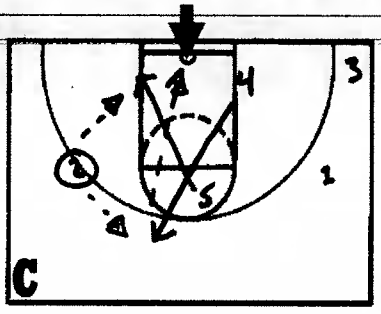


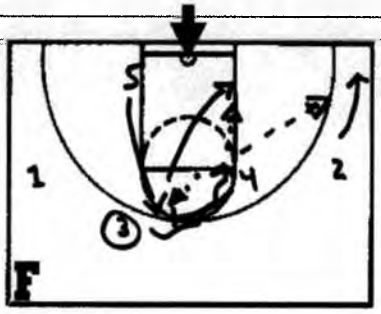
TAP HEAD | **ROLL** | **BOX**

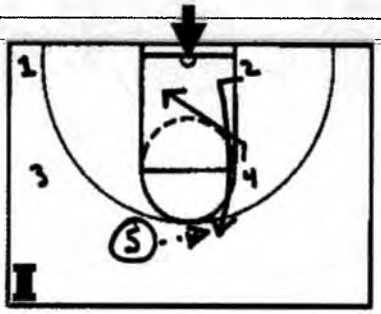












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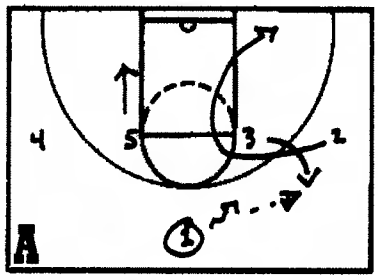

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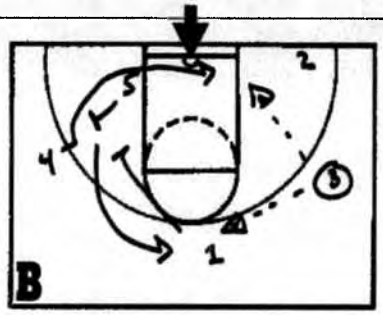

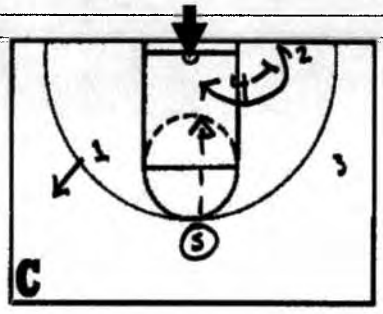

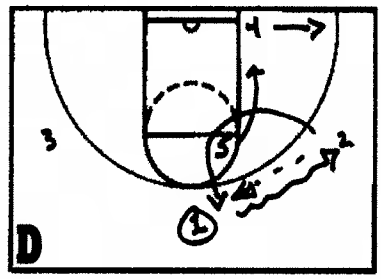

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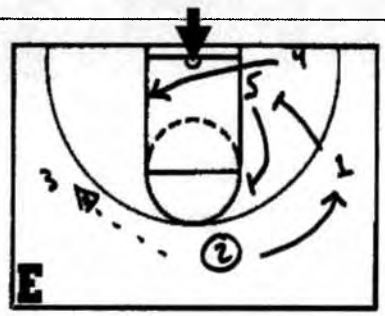
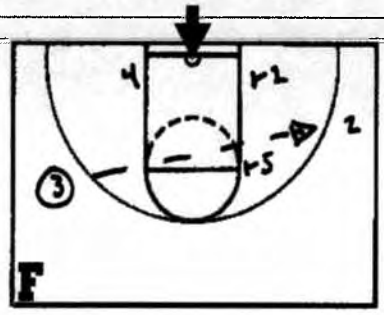
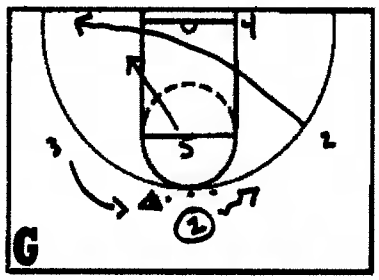
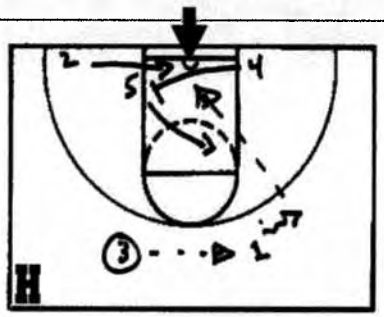


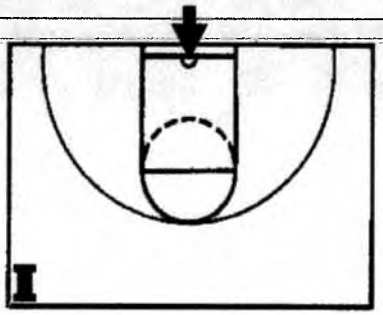




HOUSTON

V. 2-3 Zone





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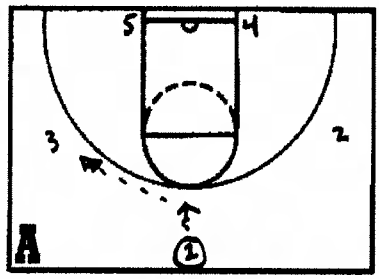

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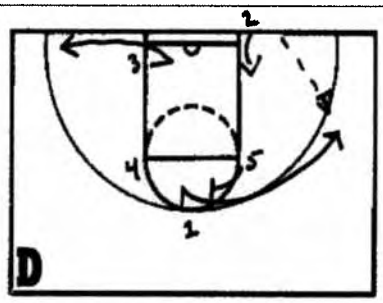
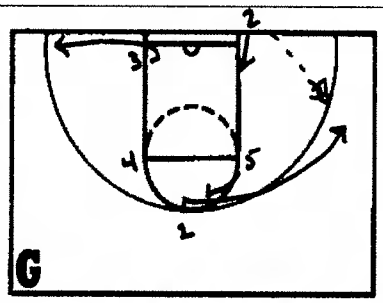


2 UNDER EOB



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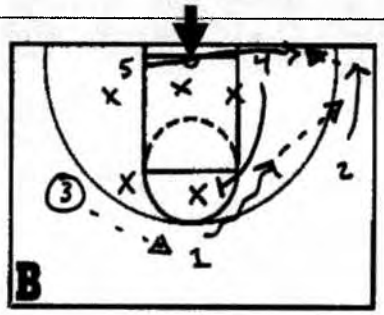
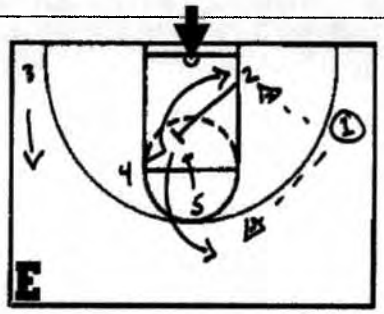
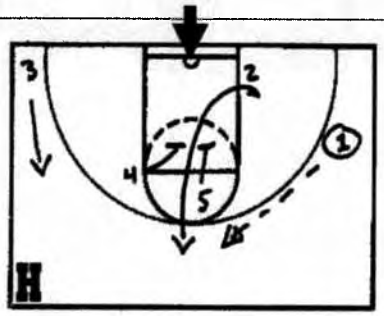
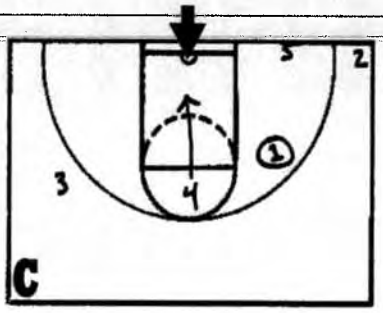
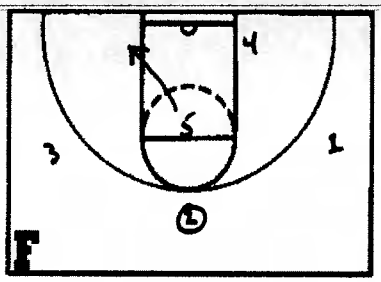
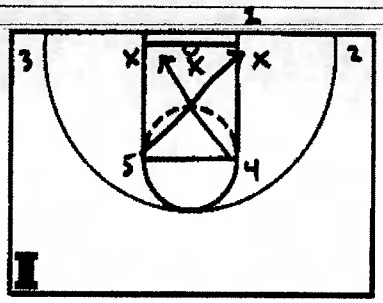












5 UNDER EOB

* 5 IS 1ST CUTTER

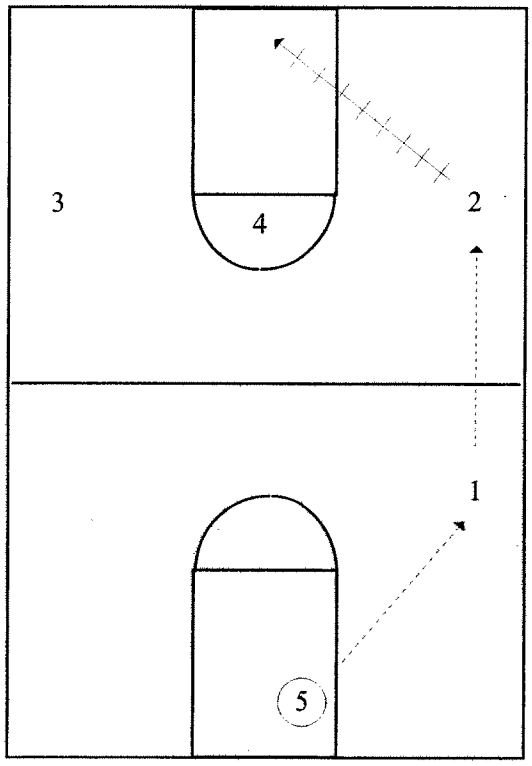
ERNIE KENT

OREGON DUCKS

OREGON

MEMBER OF THE PAC-10 CONFERENCE

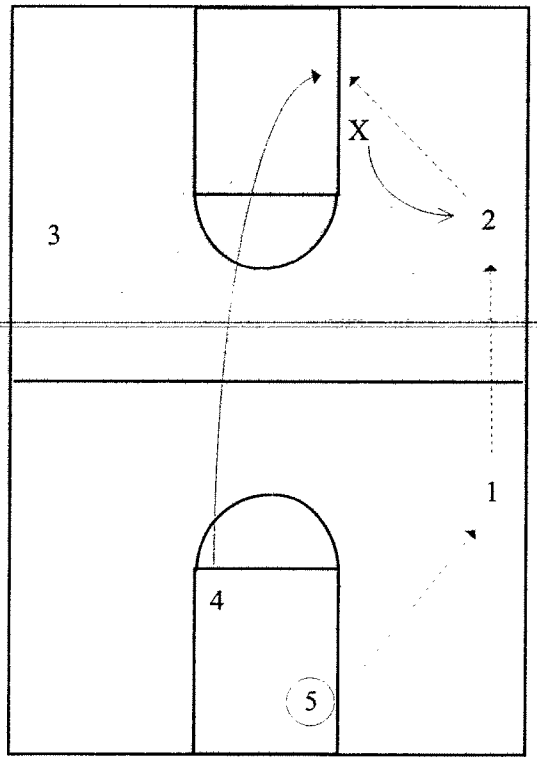
University of Oregon
BASKETBALL



Option 2 = Sideline Pass for 3-Point Shot

-- Same action as option 1 but wing player pulls up and shoots the 3-point shot.

**The purpose of offense is to get GOOD SHOTS, (ie: on-balanced shots with no shot pressure) If we can get the ball to the RIGHT player, we freely encourage this option.



Option 3 = Sideline and Inside

-- Outlet to 1
-- Quick pass ahead to 2 or 3
-- Wing makes pass inside to 4-man on the block as the defender guarding the hole closes out.

After several made layups and or 3-point shots, the defensive player guarding the basket must come out to defend our wing sprinting the sideline. This move opens up the block and makes the pass inside an option.

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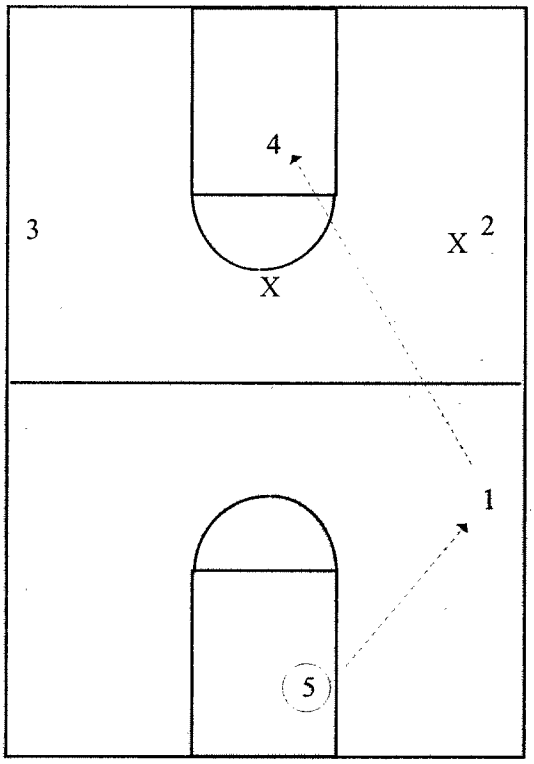


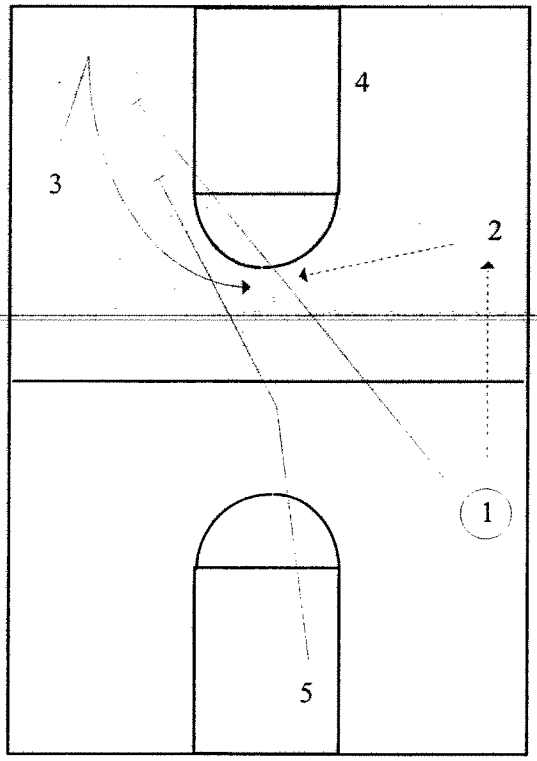
Option 4 = "Over the Top" to the Runner

--Outlet to 1
--2 & 3 are guarded
--Pass is made to 4-man over the top as he outsprints the oppostion

This option becomes effective after we have scored several layups or 3-point shots and the defense makes the adjustment to TAKE AWAY THE SIDELINE PASS.

As the defensive wings transition the Sideline, the middle of the floor opens up for the "over the top" lob pass or a direct chest pass

**This option becomes very effective if we have an athletic mismatch with the opposition's 4-man or if we feel that the opponent's 4 is lazy in transition.



Option 5 = Double Away Jump Shot

-- 1 hits ahead to 2 or 3 up the sideline who cannot score or pass inside to 4-man.
-- 1 and 5 sprint to set a STAGGERED screen for the weakside wing
-- Wing sprints off the stagger looking to shoot the 3-point shot

In most instances against quality defensive teams, our break progresses to this point. There are several teaching points that must be worth noting:

1. Should the defense transition smoothly and force a slow break to develop, it is important for our wings stay high and wide, at least ARC EXTENDED. Our break requires a wing entry which becomes difficult to make against good teams when the wings get too close to the corner.

2. The staggered screen should be set deep with the POINT GUARD setting the FIRST SCREEN. This lets the big set the second screen making a switch difficult.

3. The shooter must WAIT for the stagger to be set before using it. If he rushes, the second screen will be set too high forcing the NBA rather than the college 3-point shot.

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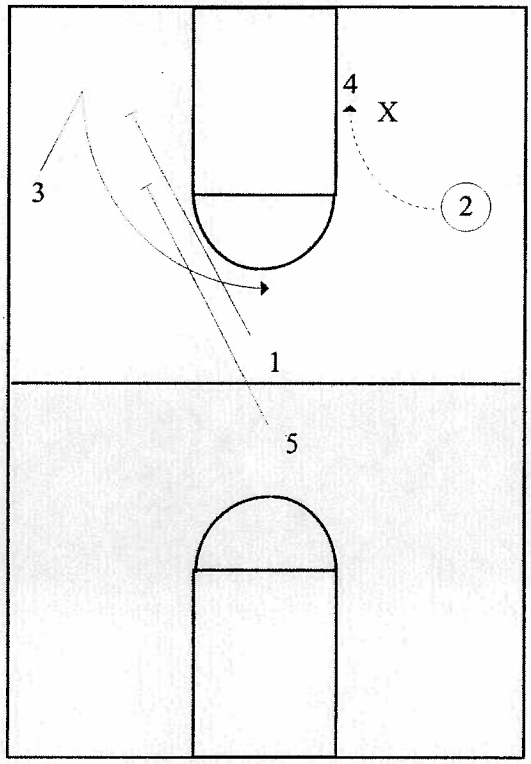
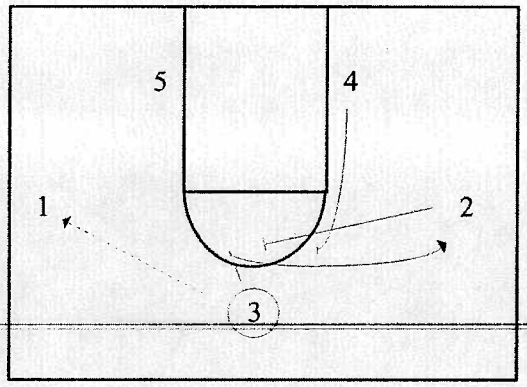


Option 6 = Fake the Double, Lob to 4 Posting

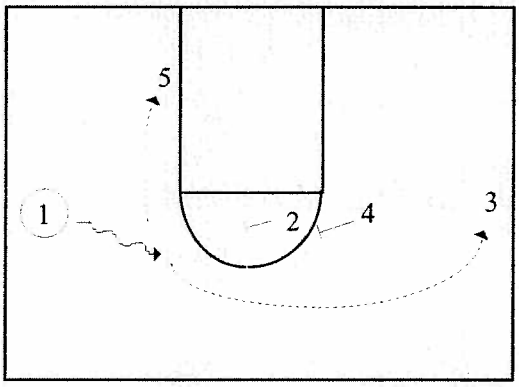
-- Same initial action as the double away option
-- Fake the pass to the shooter off the double, lob the ball to the 4-man inside.

This option becomes available after the shooter knocks down a couple of 3's. His shooting forces the big man guarding our 5 (the second man in the stagger) to hedge to stop the perimeter jumper. This takes away any weakside help if the post is fronted leaving the lob pass over the top as the read to make.



Option 7 = Double Flare to Motion

-- The shooter does not have a shot off of the double stagger screen
-- He IMMEDIATELY reverses the ball to 1 who has popped to the wing after setting the first screen in the stagger.
--Our shooter now cuts off a DOUBLE FLARE for the possible 3-point shot.
--1 has the option to pass over the top for the 3 or dump the ball back inside to 5 posting up.
--If no shot is available, we flow into motion offense.



This is the final option in our Early Offense. A couple of teaching points must be noted.

1. We ask that the shooter reverse the ball quickly if he determins the 3 is not there. The quick reversal lets us get to the next option efficiently before the defense is set.

2. The point guard must SHORTEN HIS PASS to the shooter by dribbling to the point. Otherwise a floating lob pass stands a good chance of being stolen.

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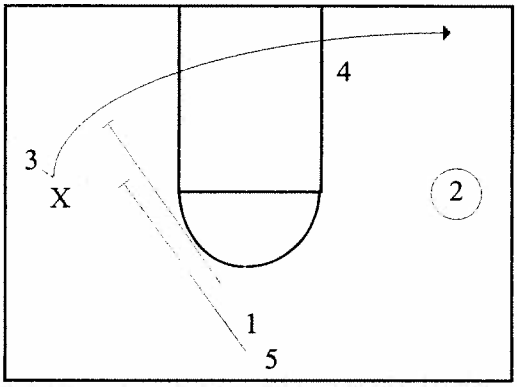

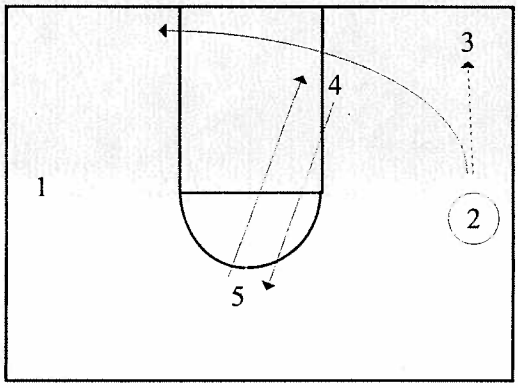

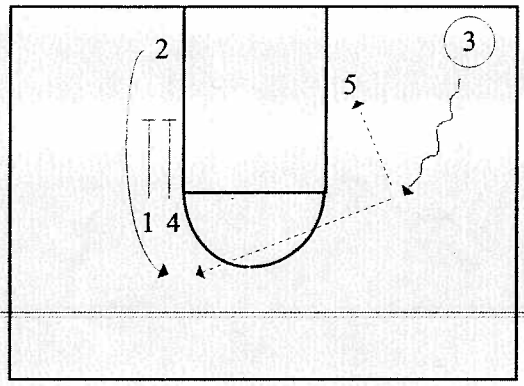

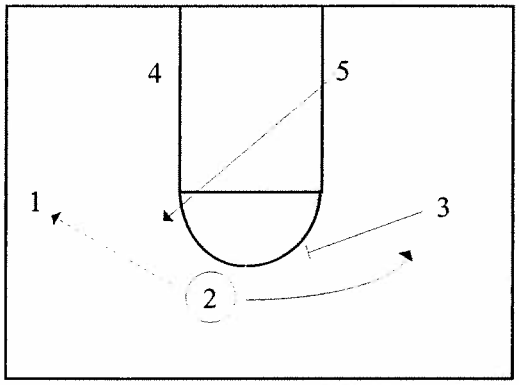

Turnout:

Should the defense allow us to make the Double Away Stagger Screen and subsequent cut for the 3-point shot, our Early Offense will end with the Double Flare into Motion - Option 7.

However, some teams have jumped up on the high side of our shooter not allowing him to make the cut off of the stagger. Because we rely on the flow of our EO options to get us into offense, this defensive move hurt us considerably and forced us to reset our offense practically every time down court. We developed TURNOUT to counter this move. It has also become an excellent option for us in SLOW BREAK situations.

-- Run Early Offense through to the Double Away Option
--Because the defense is playing HIGH, shooter backcuts though to ballside corner
--Wing passes ball back to the shooter in corner then makes a basket cut to weakside block
--Posts exchange as cut is made - We want the 5-man in the low post every time we can get him there.
--Shooter dribbles HARD out of the corner as wing cuts off double set by 4 and 1
--Shooter can pass to wing off the double or dump the ball into the post
--If wing receives the ball but has no shot, he reverses the ball to 1 and screens away as the posts execute HI-LO ACTION
--If no shot is created, play flows into MOTION

NOTE: We will use Turnout in many slow break situations even if the defense does not play high on the shooter. This gives our offense better timing and allows the wing who has received the initial pass up the sideline an opportunity to make a pass quicker to alleviate potential pressure put on by his defender.

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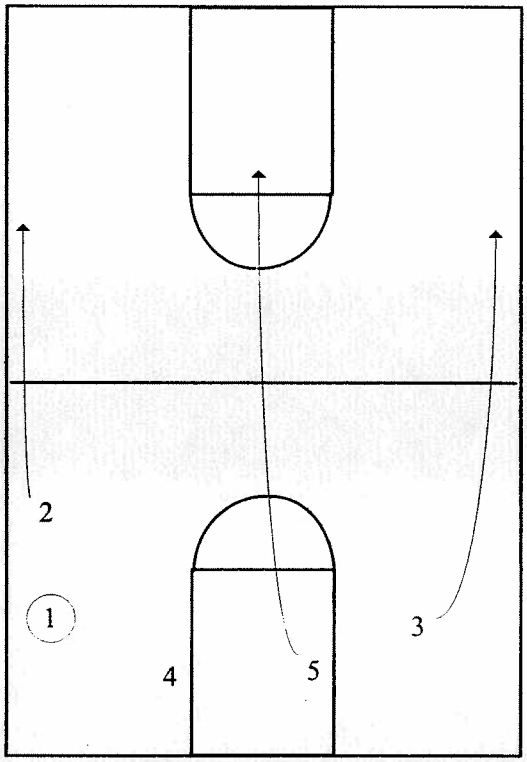
BASKETBALL

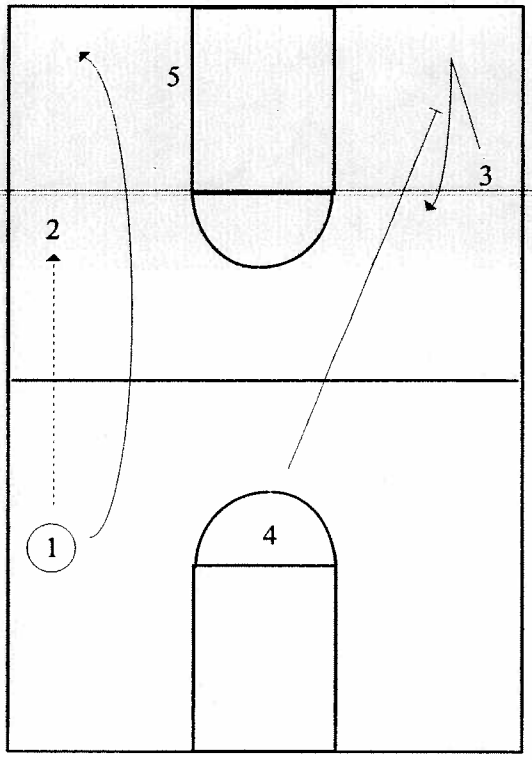
OPEN



Open is designed to take advantage of skilled, athletic wing players in combination with a skilled trailing big man. As you'll see, Open is simply a downscreen in transition. Because of the floor spacing and the skills of the players involved, that downscreen becomes very effective scoring weapon.

Open begins as does the other two Oregon breaks. We send the 2 and 3 up the sidelines and our runner, the post not rebounding the ball up the center of the floor to the ballside post. If we can kick the ball ahead quickly for an easy layup, three point shot, or dump inside to the post, that becomes our primary option. Since we run to tire the opponent as well as get easy buckets, it is important that we constantly push the ball and put as much pressure on the defense in transition as possible. Therefore, we always look for the easy basket first and formost prior to initiaiting the offensive sequence.

The offensive sequence begins with the point guard passing the ball ahead to either the 2 or 3 on the wing. We ask that the wing player stay high and wide on the floor to give himself a driving option and to create a better passing angle to the weakside of the floor. Following his lead pass ahead to the wing, the point guard sprints on an inside cut to the ballside corner. This needs to happen quickly to clear all passing lanes to other side of the floor as this is where the action will take place.

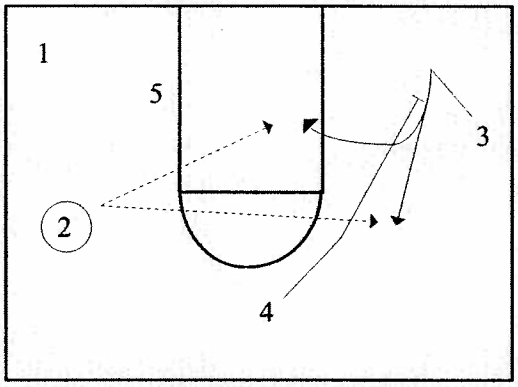


We have a very savvy point guard who has the capability to push the ball up the court very quickly by himself. Because he is also our best passer, we want him making as many plays as possible and have allowed him the option to dribble the ball up the court in transition if he does not quicky recognize the pass ahead to the wing. As this happens, we ask that the wing simply push down to the ballside corner allowing our point guard to dribble the ball into an area where he can make the play to the weakside of the floor.

As the ballside action occurs, our weakside wing prepares to accept a downscreen from the trailer by moving toward the baseline. The trailer sprints up the floor and headhunts the wing player's defender to screen him. Normally we like to see the screen set with our trailer facing the corner about 15' away from the basket on a 45 degree angle from the hoop. This gives our cutter room to utilize a baseline backcut to the basket or a comfortable flare to the 3-point arc as options to score.

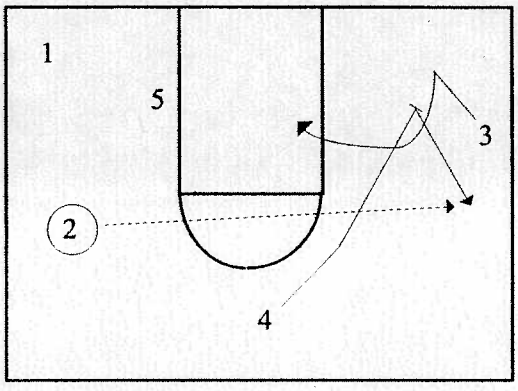
As the cutter sets his man up to utilize the screen, we ask that he make one of SIX READS .

University of Oregon
BASKETBALL



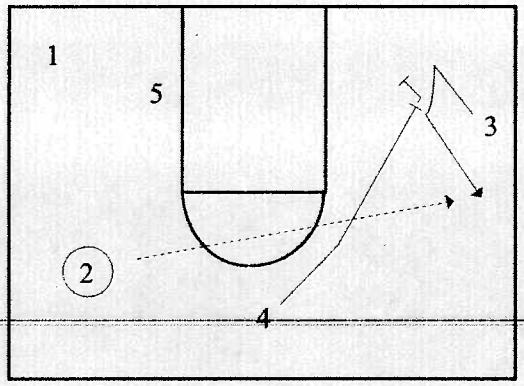
READ #1

The cutter's defender gets stuck on the screen set by our trailer. The cutter uses the screen to get an open jumpshot from the 3-point arc. Should the cutter's defender trail the play, we like our cutter to make a rounder cut and curl into the paint for a short jumper.



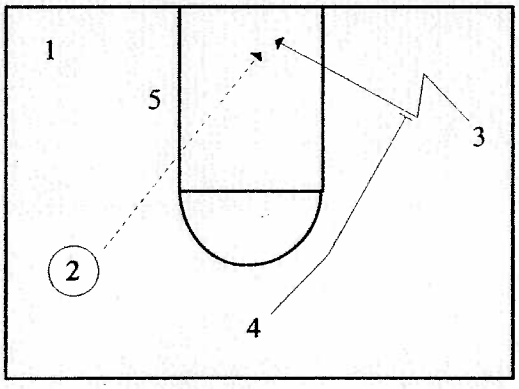
READ #2

The cutter's defender trails the play, forcing our cutter to curl to the basket. Sensing that his teammate may get beat, the screener's defender also slides over to take the curl away. This leaves our screener unguarded; he simply flares to the 3-point arc opposite the cutter for an open shot.



READ #3

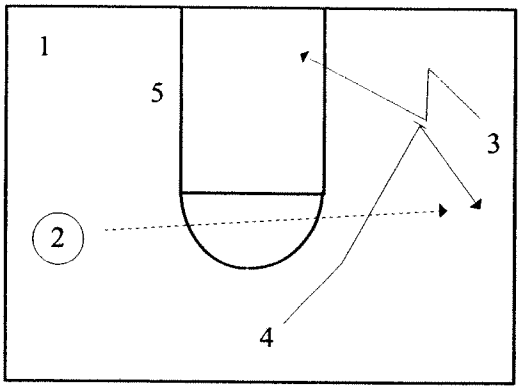
The cutter's defender goes BALL SIDE of the screen. Reading this, the cutter executes a POCKET CUT and pops back to the 3-point arc. As the wing player makes the cut, our trailer turns toward the basket to rescreen the defender. As such, the shot end up being taken from the screener's 'HIP POCKET".



READ #4

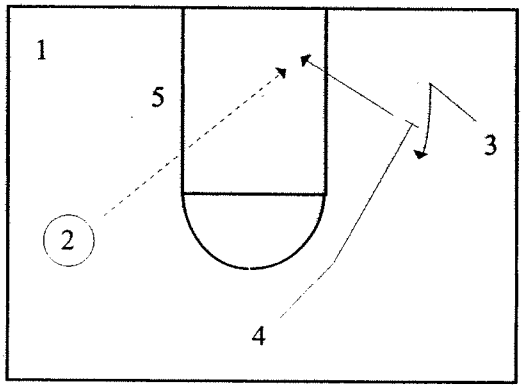
The cutter's defender overplays the initial cut. Seeing that he can get "BEHIND HIS DEFENDER'S HEAD", our cutter backcuts to the hoop to receive a lob pass for the score.

University of Oregon
BASKETBALL



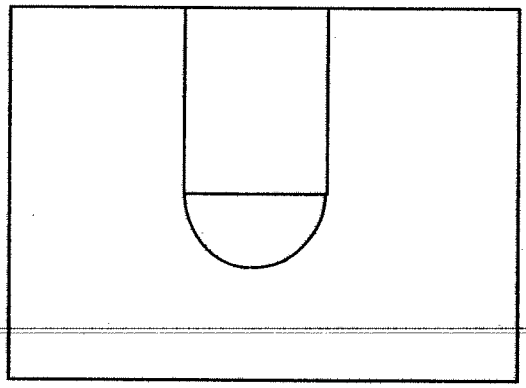
READ #5

The cutter's defender overplays and our wing player backcuts. This time, both the cutter's defender AND the screener's defender dive to the hoop to protect against the lob pass. Our unguarded screener simply pops back to the 3-point arc to receive the pass for the score.



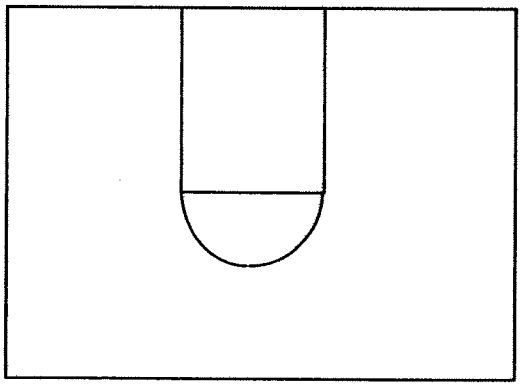
READ #6 -- THE SLIP

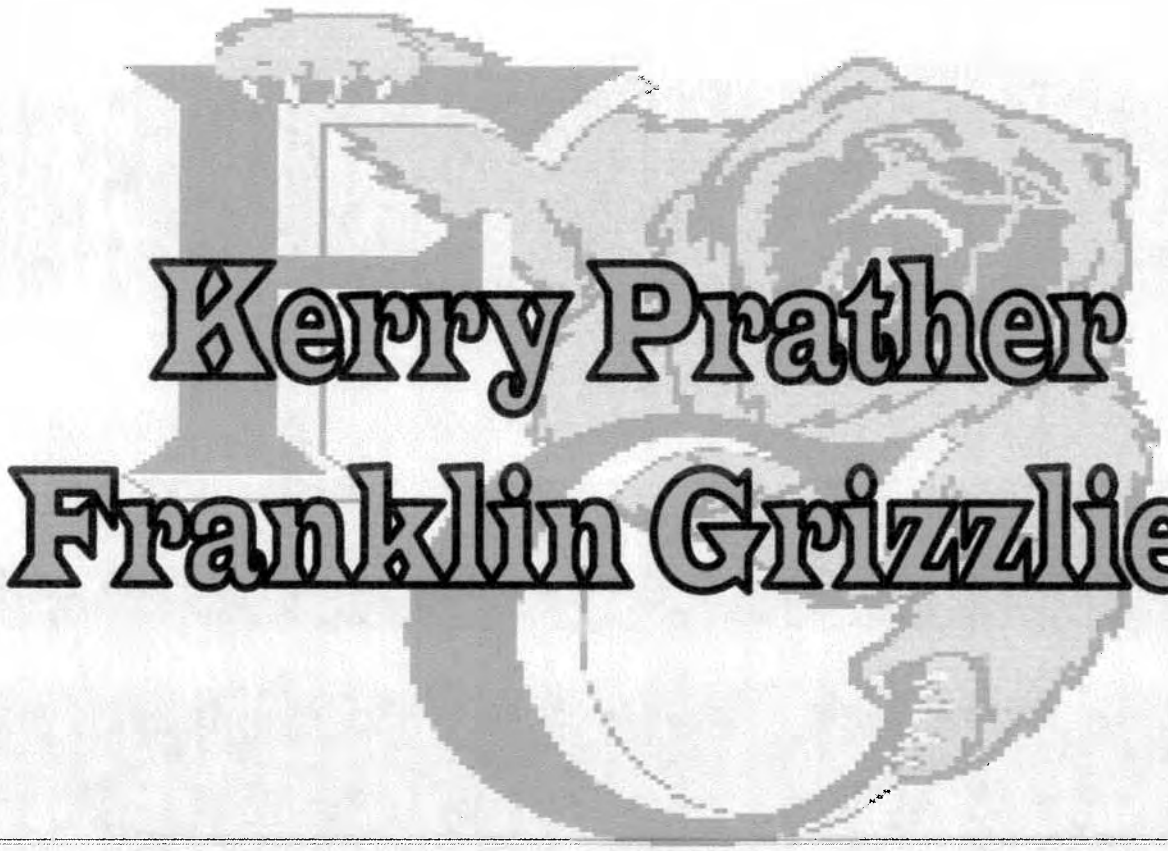
Anytime the screener senses that his man is hedging or stepping out to impede the cutter coming off the screen, we give our screener the option to SLIP THE SCREEN or make a basket cut.



A FINAL NOTE

Open is designed to be a quick hitting play out of transition - for the passer as well as the cutter. We have named the play open because we feel that the floor is "opened" up for the ballhandler to drive as well as look for the pass for the score. Therefore we encourage our ballhandling wing player to not forget his option to drive to the hole should he feel that he can take his man off the dribble. Should this or any of our other options break down, we simply flow into a motion game and continue the possession.





Kerry Prather
Franklin Grizzlies

Franklin College Grizzlies

Coach: _Kerry Prather: Franklin College_
Clinic: _North Putnam Clinic_

Topic: _Transition Offense_
Date: _9/2/06_

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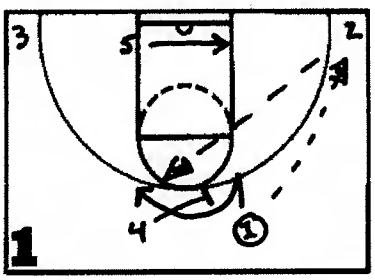
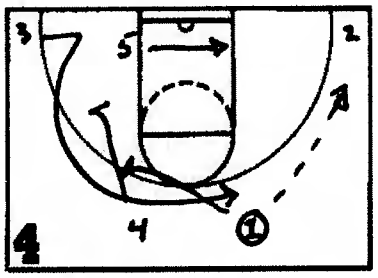
Head Coach
Kerry Prather



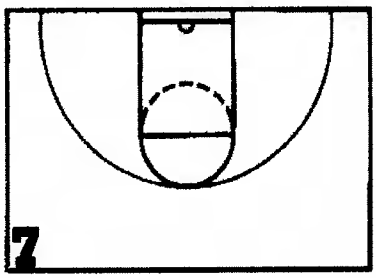
Secondary Flare

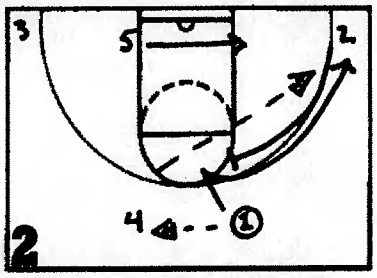
- *PG call*
- *Eliminates the defender guarding the 1 from sagging into the lane & helping on the post entry pass*



Single/Single

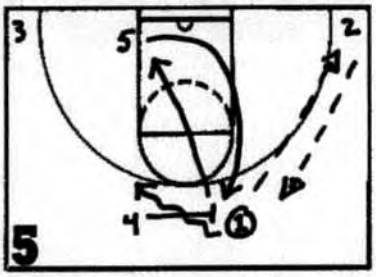
- *Can be run w/ initial pass to strong-side corner or w/ initial reversal*





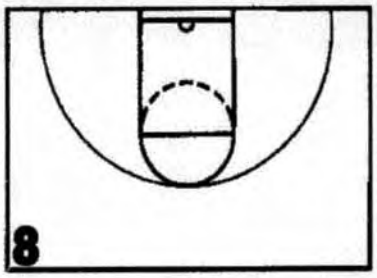
Secondary Flare w/ Reversal

- *Corner to Guard flare*

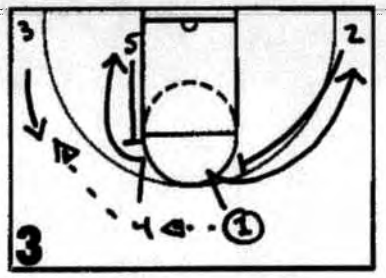


High Ball Screen

- *Want to stretch defense to the corner*
- *Get return pass to set-up high ball screen*
- *Screener rolls strong-side & post rolls opposite*

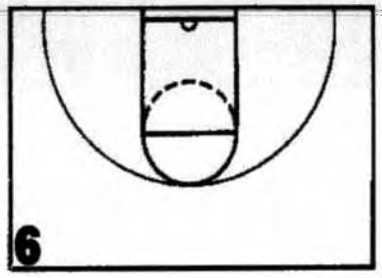


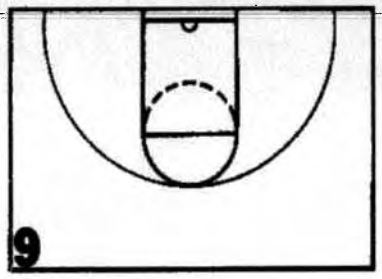
Assistant Coach
Jarrod Brett



Reversal w/ Illinois Action

- *Combination of Diagram #2 w/ UCLA screen*





Assistant Coach
Justin Brown

Franklin College Grizzlies

Coach: _Kerry Prather: Franklin College_
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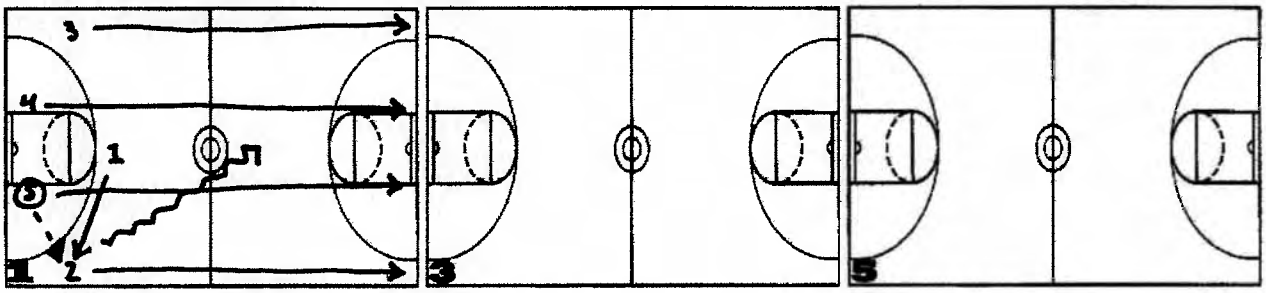
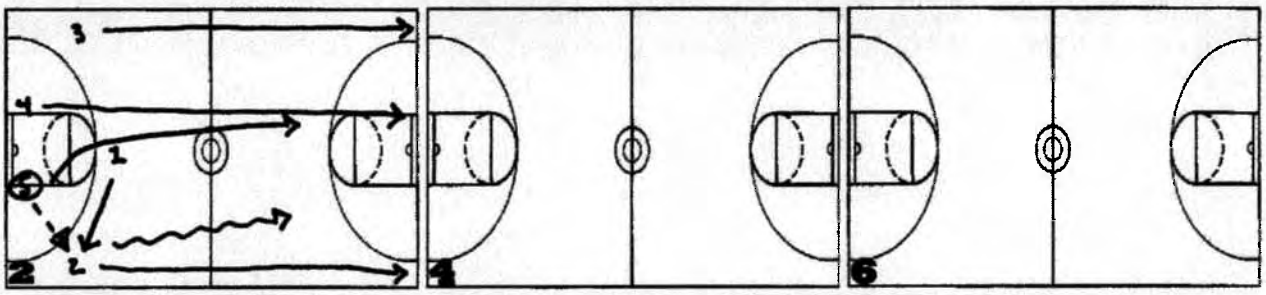


Primary Lanes

- *"Next Pass" w/in 2 dribbles*
- *1 wants to head to the middle of the floor*



Secondary Action

- *1 can never kill his dribble*
- *Low post must stay opposite of the ball until 1 gives the ball up*

General Notes

Notes

TO RUN SUCCESSFULLY

1) Play like you practice
2) Be able to play at 70 MPH & 30 MPH
3) Commit to going to the offensive glass

SECONDARY RULES

1) Rebounder turns outside shoulder 1st
2) 2 & 3 run hard & wide
- *Check the lanes in front of you—If lane is filled, cross the floor*

3) PG is defensive transition unless he is the shooter

5 V. 5 & OUT DRILL

1) Defense starts w/ 3 pts.
2) A stop & a score = -1 pt. (stop & no score = -1/2 pt.)
3) New offense on every score

GOAL: *Get to 0 pts.*

*** Make the defense take ownership of the drill*



KEVIN MCKENNA

INDIANA STATE SYCAMORES

Indiana State Sycamores

Coach: _Kevin McKenna: Indiana State_
Clinic: _NBCA Clinic_
Topic: _Spread Offense_
Date: _4/28/07_

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Kevin McKenna

ASSISTANT COACH
Greg Lansing

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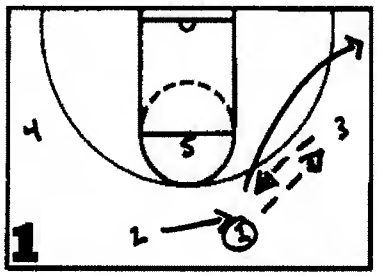
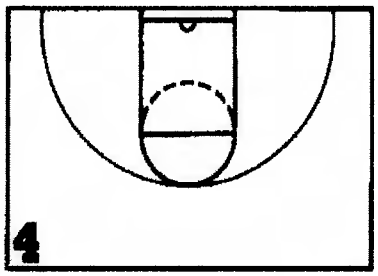
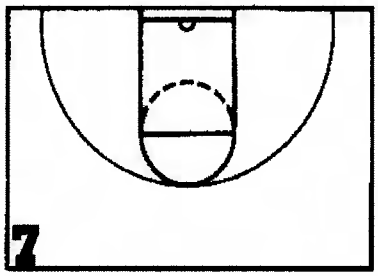
Sian Gouard

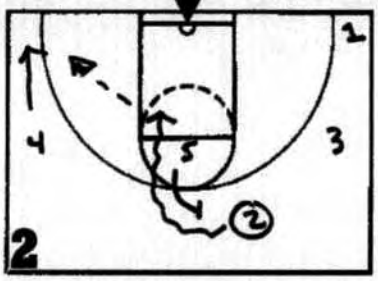
ASSISTANT COACH
Lou Gudino

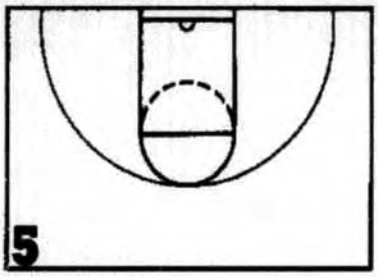


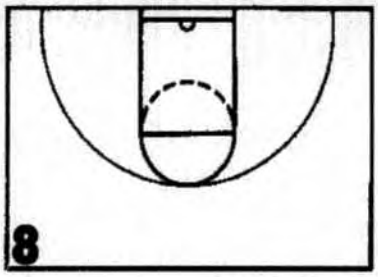


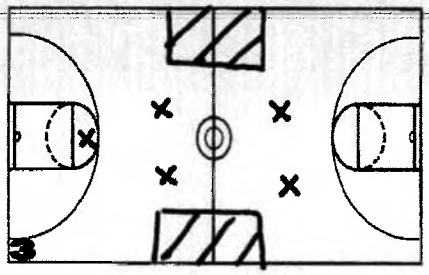


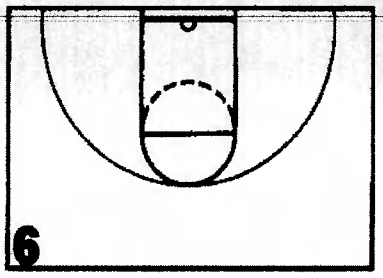
WEST VIRGINIA

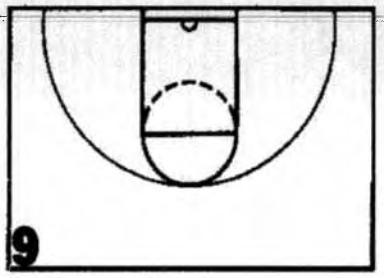












12 CONTAIN

Indiana State Sycamores

Coach: _Kevin McKenna: Indiana State_
Clinic: _NBCA Clinic_
Topic: _Spread Offense_
Date: _4/28/07_

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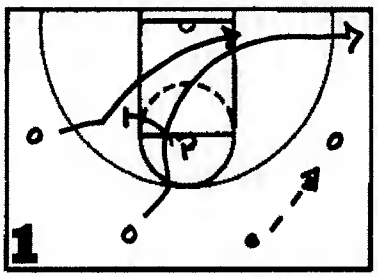
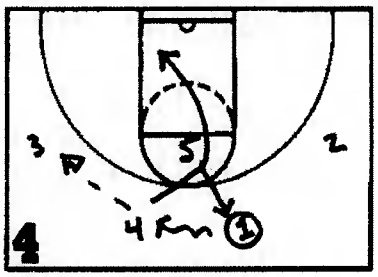
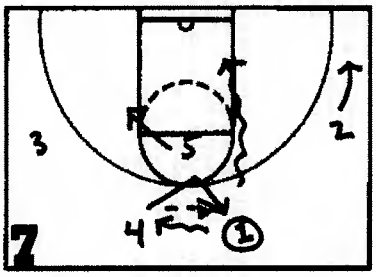


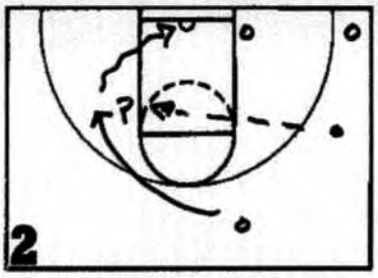
SPREAD OFFENSE: BASIC ALIGNMENT



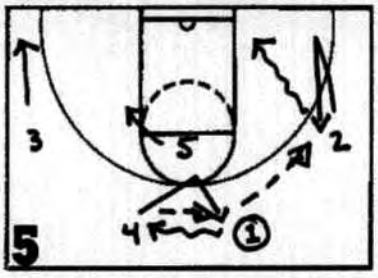
OVER COUNTER v. PRESSURE



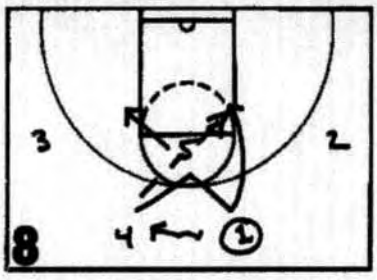
4 GAP



2-MAN GAME



ISO COUNTER FROM OVER



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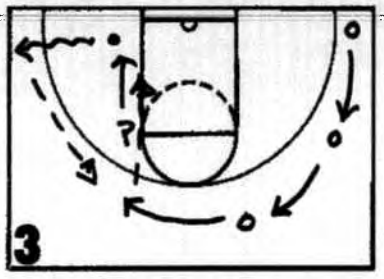
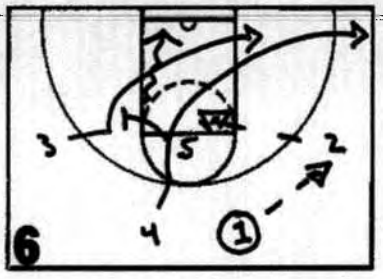
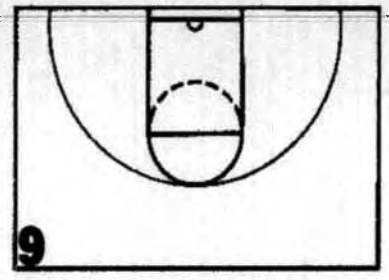


HIGH/LOW OPPORTUNITY



POST 90 COUNTER



Indiana State Sycamores

Coach: _Kevin McKenna: Indiana State_
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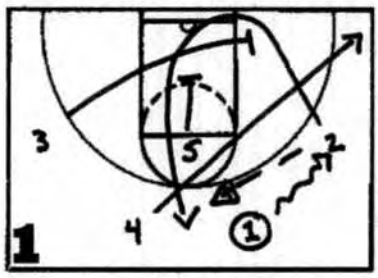
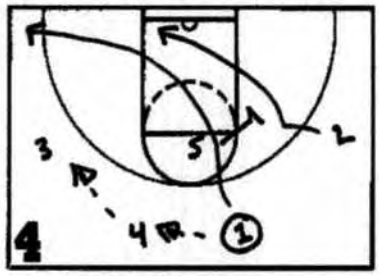
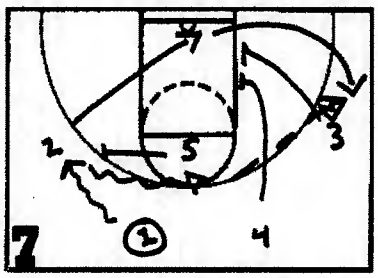


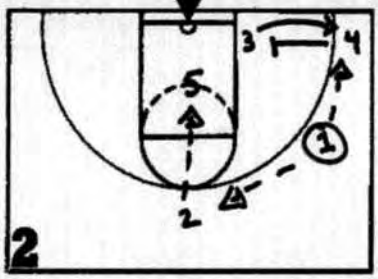


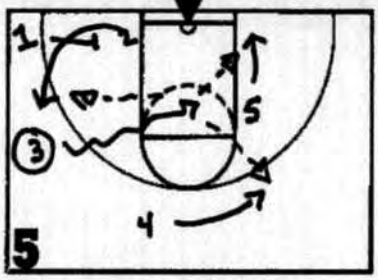


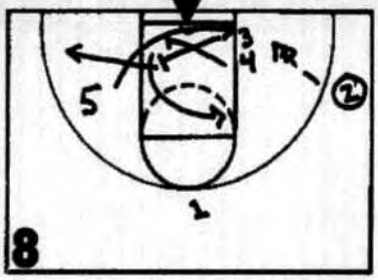
DRIBBLE

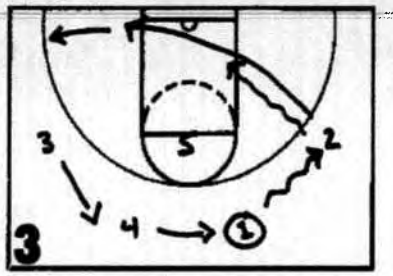
MIDDLE

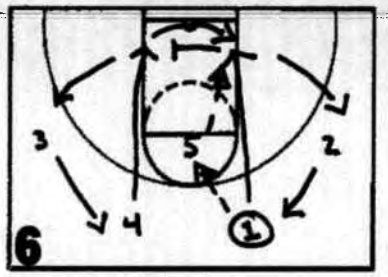
FIST OR 452 TWIST

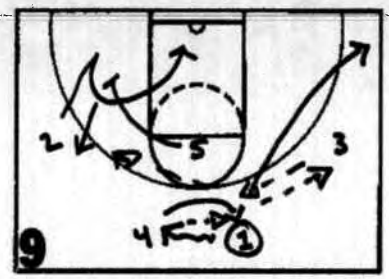












DRIBBLE HOLD

CHANGE

WV—PITTSNOGLE ACTION


KEVIN O'NEILL
ARIZONA WILDCATS

Arizona Wildcats

Coach: _Kevin O'Neill: Arizona Asst._ Topic: _Favorite Sets_

Clinic: _Kevin O'Neill Notebook_ Date: _Summer 2007_

McKale Center
1 National Championship
Tucson (AZ)
85721

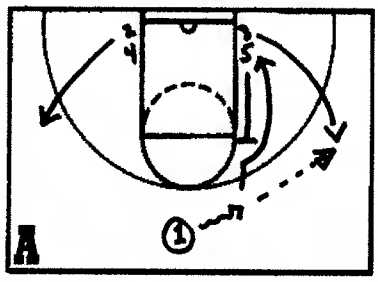
Head Coach
Lute Olson

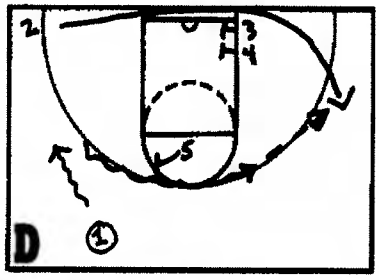
Assistant Coach
Kevin O'Neill

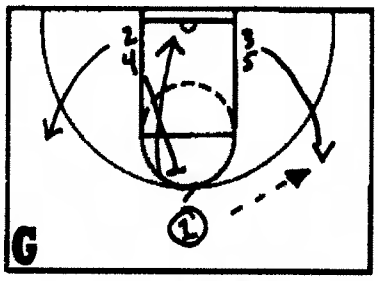
Assistant Coach
Josh Pastner

Assistant Coach
Miles Simon

Basketball Operations
Jesse Murmuys





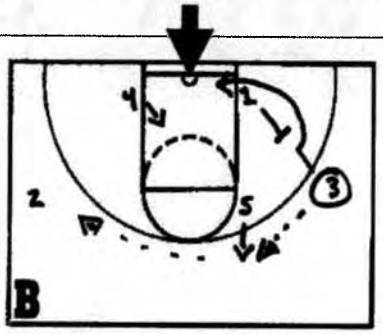


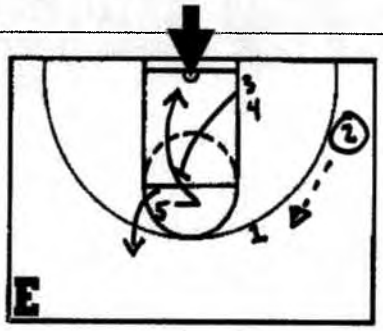
ONE PLAY

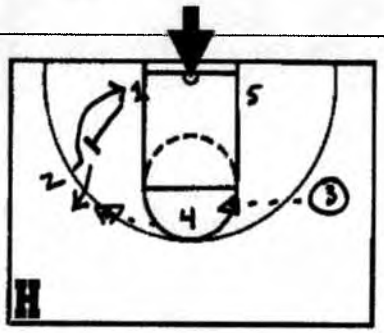
2 PLAY & 3 PLAY

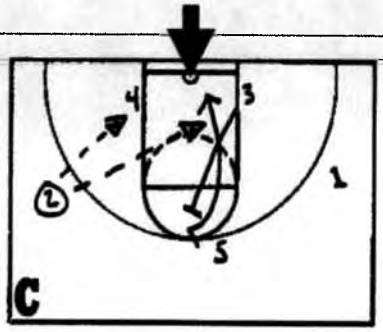
1. *2 Play & 3 Play are the same play, but on different sides of the floor*
2. *2 Play is ran from the left-side & 3 Play is ran from the right-side*

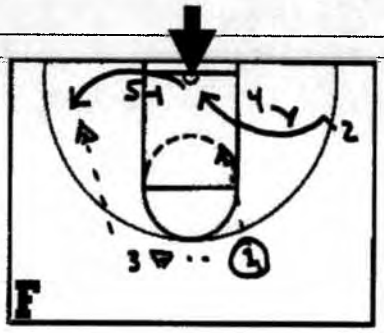
4 PLAY

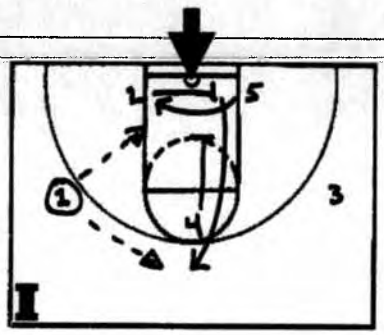












4 PLAY
(HIGH POST ENTRY)

Arizona Wildcats

Coach: _Kevin O'Neill: Arizona Asst._ Topic: _Favorite Sets_

Clinic: _Kevin O'Neil Notebook_ Date: _Summer 2007_

McKale Center
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85721

Head Coach
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Assistant Coach
Josh Pastner

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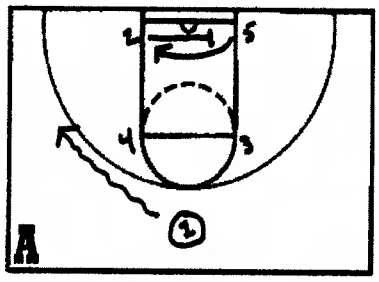
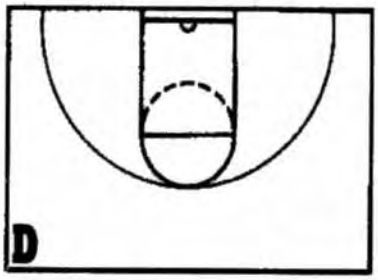
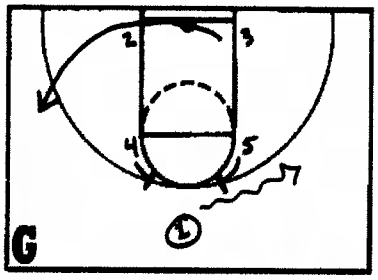
Miles Simon

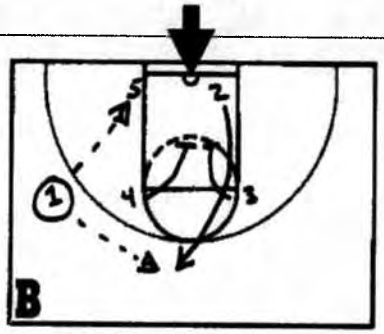
Basketball Operations
Jesse Mumuys

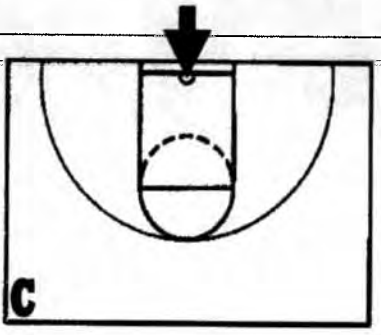




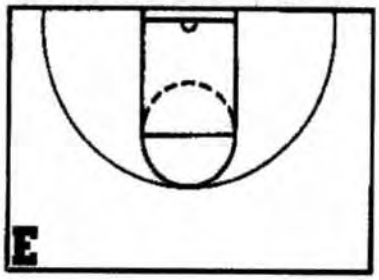


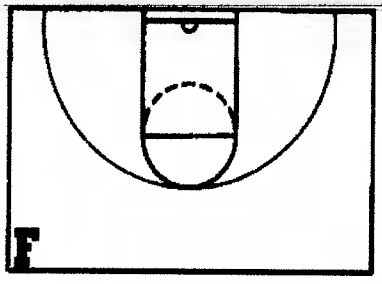
6 PLAY



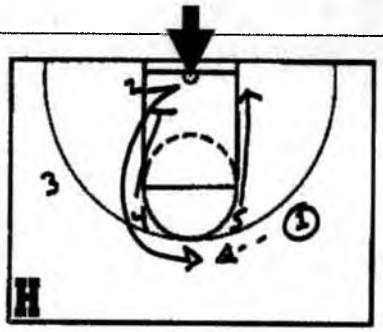


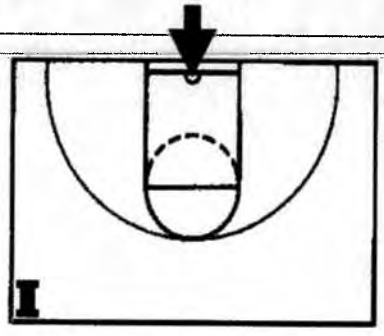
6 PLAY con't





7 PLAY





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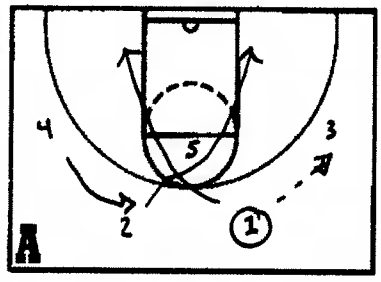
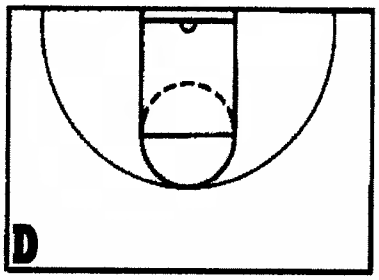
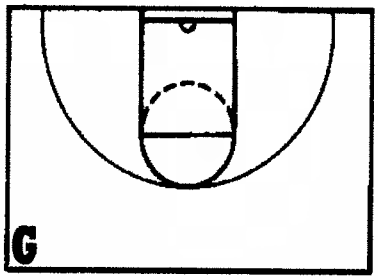
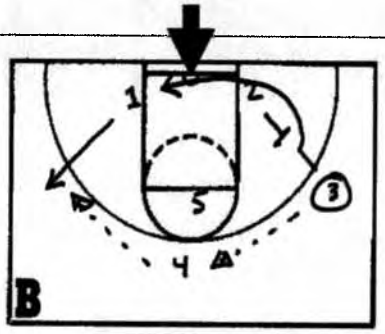
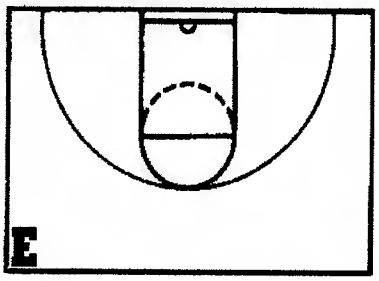


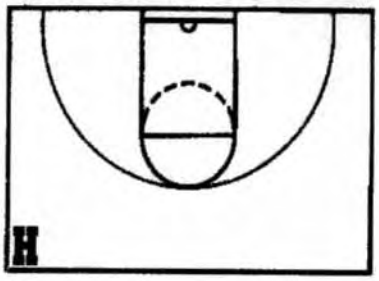


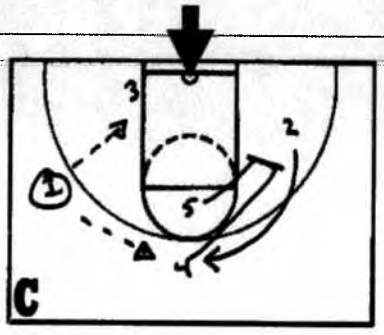


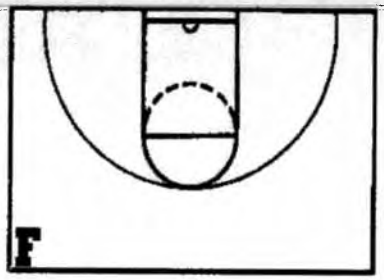
8 PLAY

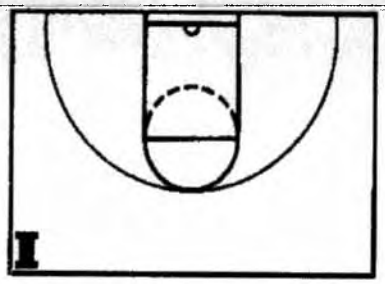














KEVIN STALLINGS

ILLINOIS STATE REDBIRDS

ILLINOIS STATE BASKETBALL

ZONE OFFENSE

PHILOSOPHY:

It is our belief that the offense should be flexible enough to attack whatever zone alignment is being used by the opponents. With this philosophy in mind, our regular zone offense includes a combination of screening, skip passes, give and goes, high-low exchanges, and baseline cuts behind the defense. By attempting to build a multiple attack within the primary offense, we believe we can attack all zones without confusing our players.

DEVELOPING A ZONE OFFENSE

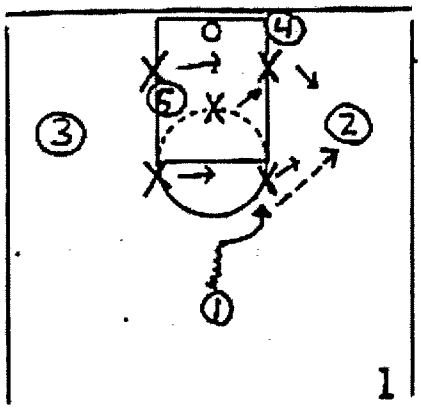
We believe there are some fundamental concepts in attacking all zone defenses.

1. Initial alignment should fill the gaps of the zone
2. Dribble penetration into gaps and crisp passes
3. Screening the zone
4. Spread the zone with the use of the skip pass
5. Beat the zone from the inside out
6. Movement of players and ball
7. Create a strong side of the zone, but attack the weak side
8. The most effective pass against a zone is to dribble in one direction and throw it back.

GENERAL RULES

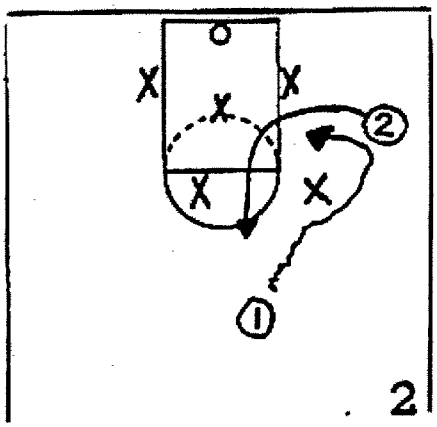
1. Patience, ball should see both sides of the floor
2. Triangle rebounding on the boards
3. Use pass fakes to move the zone
4. Read the defense, determine the front of the zone
5. Use shot fakes
6. Always show shot on the perimeter
7. Fast break the zone not allowing it to set up
8. Players should move to open areas
9. 15-18 feet spacing
10. Shot selection and range
11. Form triangle passing lanes
12. Overload to distort the zone
13. Make 2 defensive players guard 1 offensive player
14. Always position yourself as a threat to score
15. Make the zone make gray area decisions
16. When possible, influence away before passing

2. The point guard should declare a strong side of the zone taking the ball directly at the top guard attempting to distort the zone (**Diagram 1**).



1

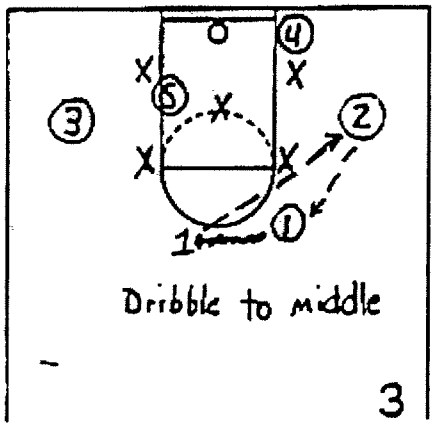
3. When the point-wing passing lane is closed, point guard should use a dribble entry into the wing gap. The wing player should replace the point guard on top (**Diagram 2**).



2

4. When the ball is reversed to the top, point guard must bring the ball to the middle of the floor before he can make a return pass (**Diagram 3**).

5. The point guard may pass the ball to the wing and make a shallow cut through the lane to the opposite side. He should be replaced on top by the weak side wing (**Diagram 4**).



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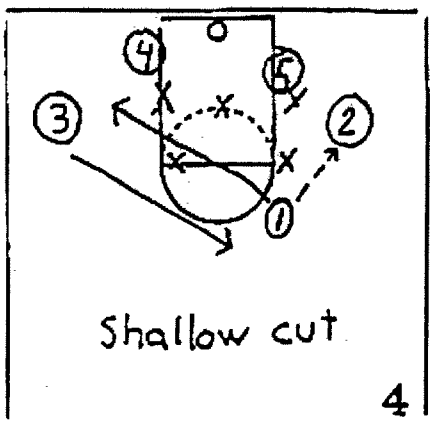
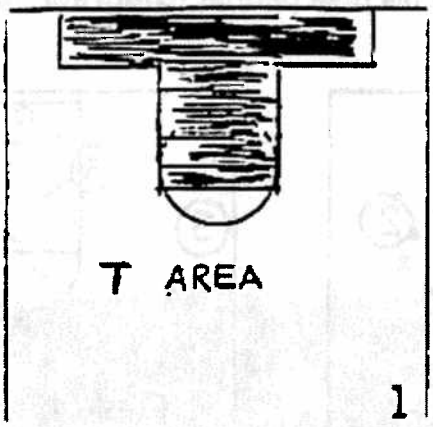
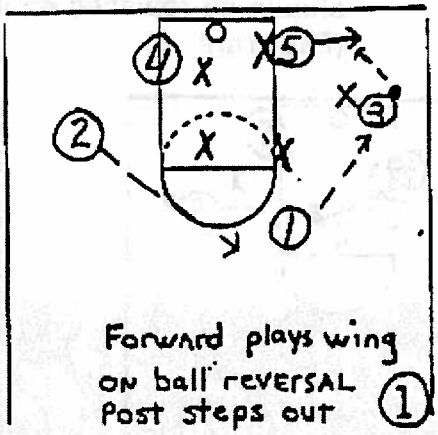


4

PRINCIPLES OF POST PLAY

1. Stay in the T area (Diagram 1).



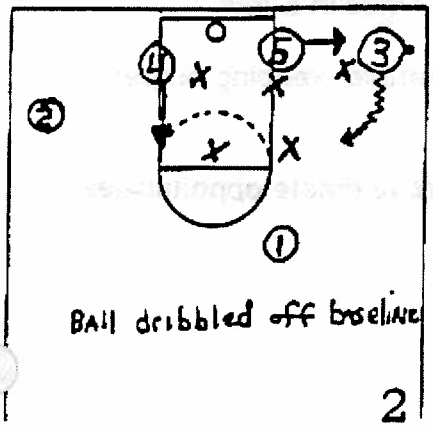


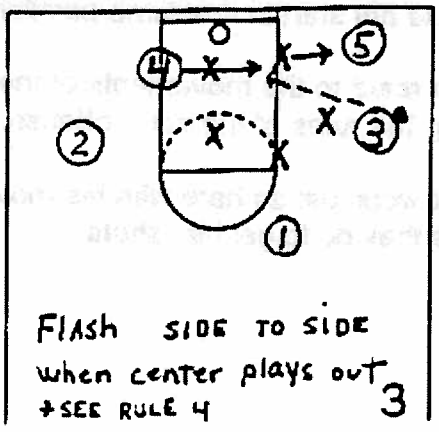
2. At least one post player must start behind the zone.

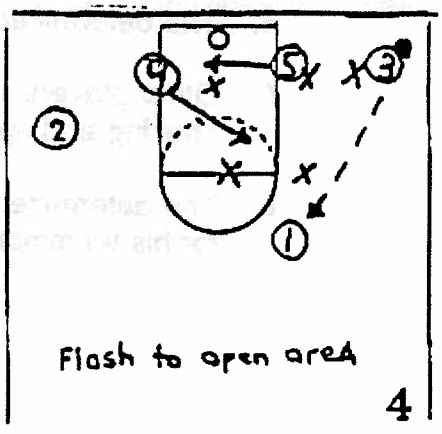
3. Post men must work together.
   a. If the ball is on the high post, low post man should cut to the basket.
   b. If the ball is in the low post, high post man should cut to the basket.

4. Anytime a bottom defensive player comes up to play defense, a post man should fill his position.

5. The low post has 4 basic options:
   a. Step out along baseline for shot when defensive forward plays the wing on ball reversal (Diagram 1).
   b. Step out along baseline when ball is dribbled off the baseline by the wing player (Diagram 2).
   c. Move across the lane from side to side when defensive center plays opposite post along the baseline (Diagram 3).
   d. Flash into middle when opportunity presents itself (Diagram 4)







PROGRESSION OF DRILLS

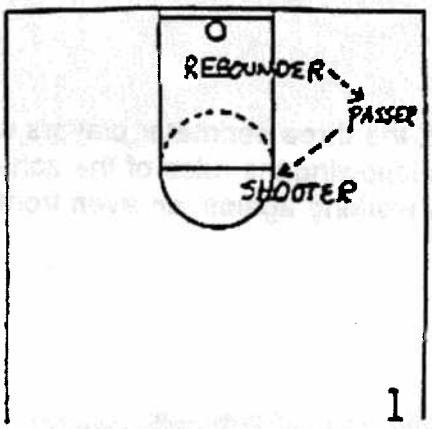
1. **2 Man Shooting Drills and Perimeter Play**

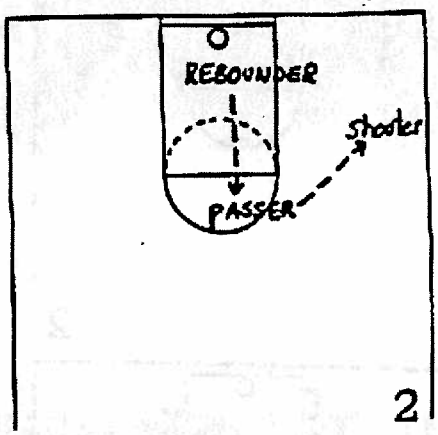
2. **Post Shooting and Development Drills**

3. **3 Man 2 Ball Shooting Drills for Perimeter Players**
   a. In this drill, you have a rebounder, a passer on the wing, and a shooter on the elbow (**Diagram 1**).

   b. In this drill you have a rebounder, a passer on the top of the key, and a shooter on the wing. In each drill, use both sides of the floor (**Diagram 2**).

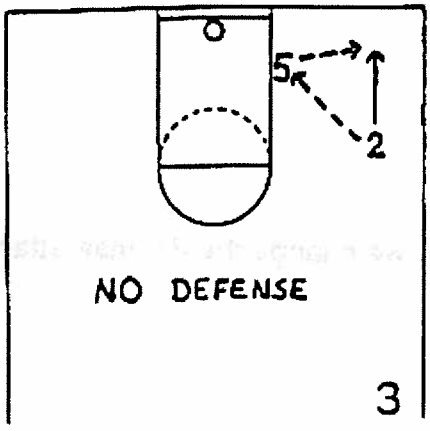
Note: It is important to receive the passes from the same area on the floor that you would in a game situation.

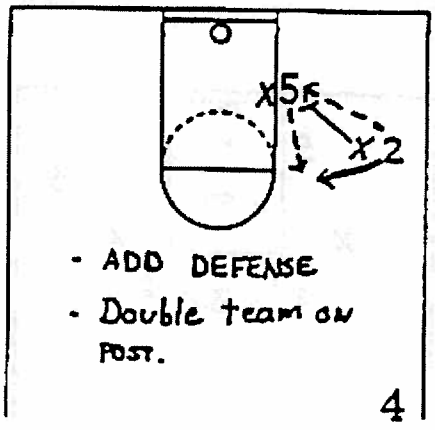




4. **Spot Up Drill:** In this drill we want to incorporate the post and perimeter.
   a. Guard passes ball into the post, moves to open area and receives pass back (**Diagram 3**).

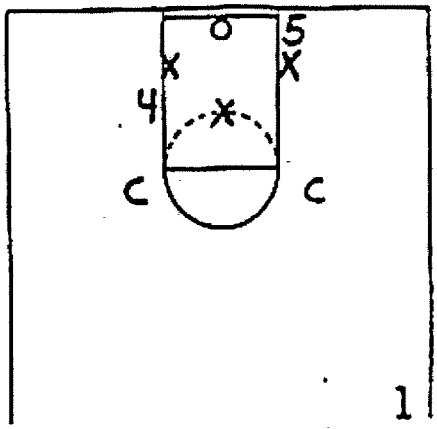
   b. Add defense to both players and work on a variety of post and perimeter shooting under pressure (**Diagram 4**).



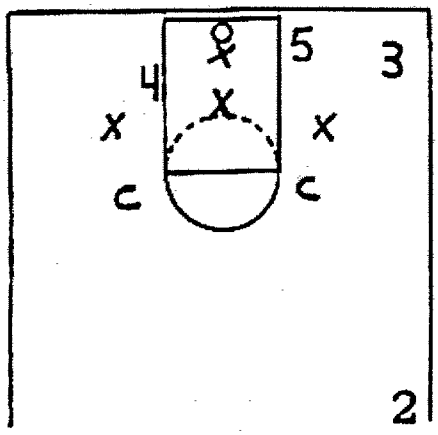


6. Post Gap Drill:

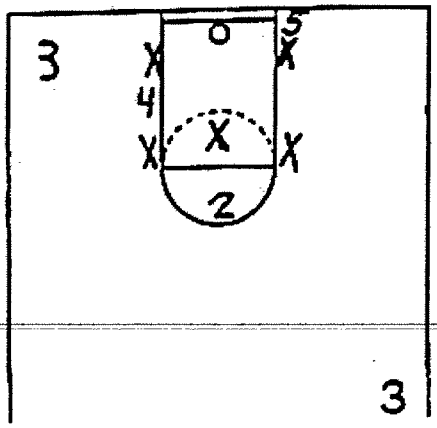
2 vs 3 (Diagram 1)
3 vs 4 (Diagram 2)
4 vs 5 (Diagrams 3 & 4)
5 vs 5 Develop team play



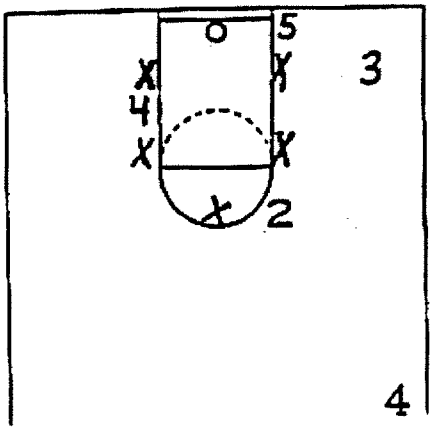
In **Diagram 1**, the post players learn to work together following the zone rules. Here they are attacking the bottom of a 2-1-2 zone defense. Coaches or players are used on the perimeter as passers.



In **Diagram 2**, the three post players work against the bottom of a 1-3-1 zone defense. Coaches or players are used as passers.

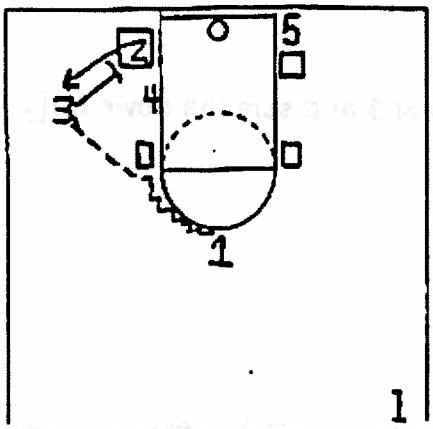


In **Diagram 3**, we incorporate the post play with the perimeter play. Here the offense works against a 3-2 zone.

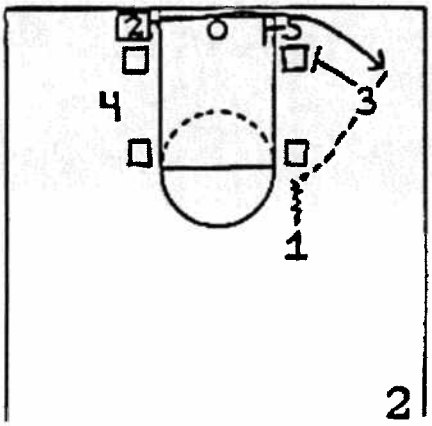


In **Diagram 4**, we incorporate post and perimeter play. Here the offense works against a 1-2-2 zone.

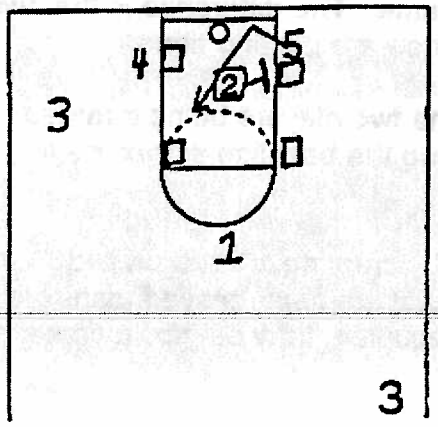
Getting the "boxed" player involved in the offense



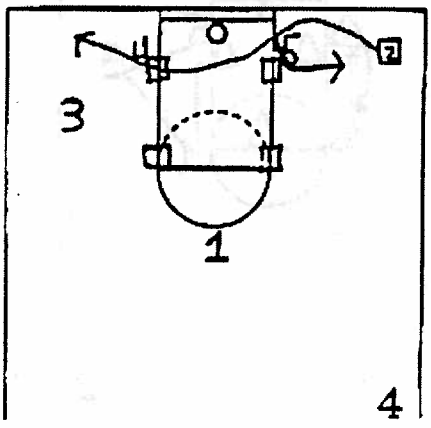
(Diagram 1) Here 3 sets a down screen for [2] and he looks for a pass from 1.



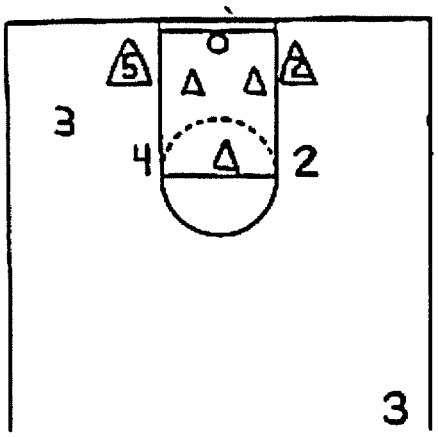
(Diagram 2) Here 3 & 5 set a double screen for [2] looking for a pass from 1.



(Diagram 3) Here we use [2] as a screener for 5.



(Diagram 4) Here we put [2] along the baseline. He may run the baseline using the post players as screens.



In (**Diagram 3**), we put the two players being guarded man to man in the low post.

Also you can put the 2 best shooters in the Elbow Area or slightly higher. They attack the top guy for elbow jumper. Then run the 3rd Offensive Player off baseline screens by the 2 guys being guarded man to man.

LEWIS PRESTON

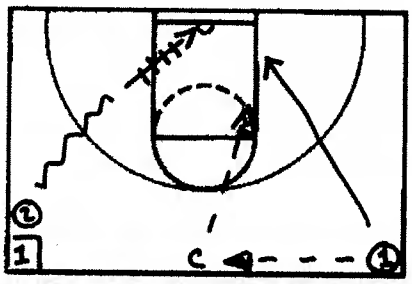
NOTRE DAME FIGHTING IRISH

Notre Dame Fighting Irish Basketball

Clinic Date

Lewis Preston → Notre Dame
Post Development
Notre Dame Clinic 10/17/04

Head Coach: Mike Brey
Assistants: Sean Kearney Lewis Preston
Rod Balanis Martin Ingelsby

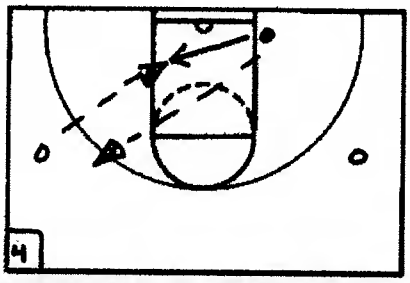


Notes PASS AHEAD

- Warm-up drill to get posts moving

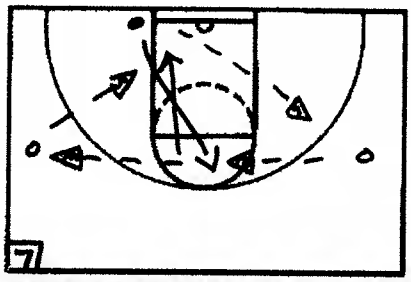
1) Lay-up
2) Power lay-up
3) 10' Bank shot

- Add dribble attack



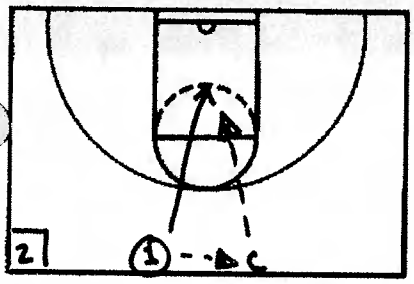
Notes POST MOVES SERIES

- Post w/ two feet in the paint
- Work one side at a time
- Teach the following moves
  A) Drop Step D) Up & Under
  B) Jump Hook
  C) Turn Around



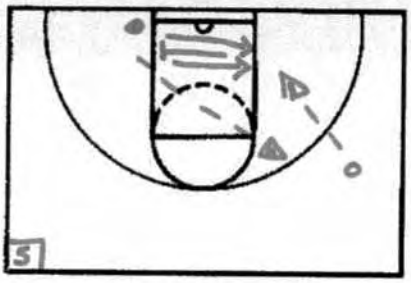
Notes LOOK OPPOSITE/ POST DIVE

- Same as Diagram #4
- Post flashes to high post for entry
- Immediate look opposite & dive to strong-side post



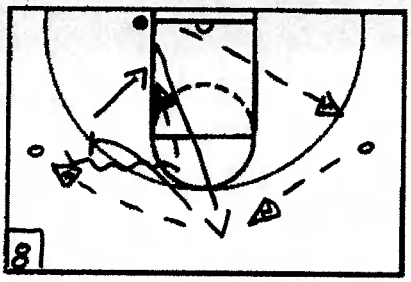
Notes POST TRANSITION SPRINTS

- Post sprints at the front of the rim for pass from coach
- Makes post catch & finish on the move



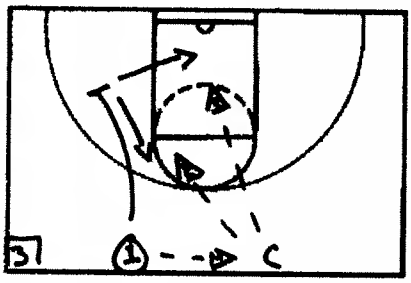
Notes POST/POST ACTION

- Same as Diagram #4
- Establish initial post position
- Screen away post/post
- Roll back for post feed



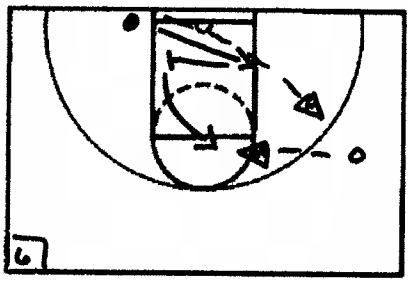
Notes POST REVERSAL & BALL SCREEN

- Same as Diagram #4
- Post steps to point for reversal
- Make post explore high/low
- Reverse ball to wing & follow for ball screen/roll



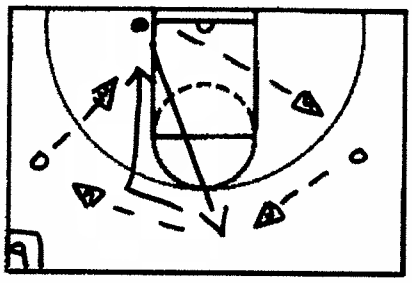
Notes SCREEN AWAY/ SEAL

- Post screens away on the wing
- Set solid screen & seal back to elbow for shot or slip to rim for lay-up



Notes POST FLASH ACTION

- Same as Diagram #4
- Establish initial position & screen away post/post
- Roll back to nail hole for post entry
- Add low balls wing to weak-side



Notes FAKE & SLIP

- Same as Diagram #8
- Sell the movement to the ball screen & dive hard to the strong-side block area for pass

Notre Dame Fighting Irish Basketball

Clinic Date

Head Coach: Mike Brey
Assistants: Sean Kearney Lewis Preston
Rod Balanis Martin Ingelsby

Lewis Preston → Notre Dame
Post Development
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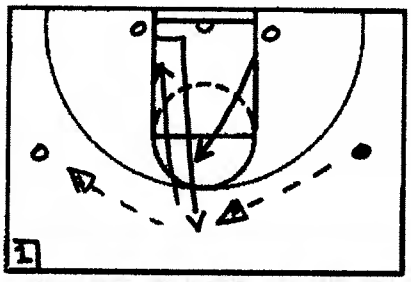
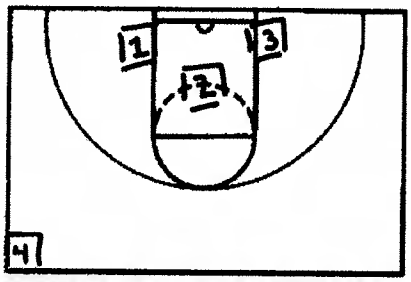


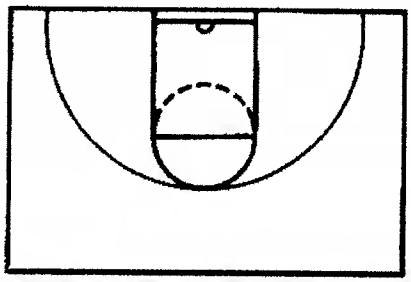
Notes 2 v. 0 Posts

- Posts cut off one another
- Lots of X-cuts (Similar)
- Must communicate
- Posts always try to stay opposite of one another



Notes Spin-Out Post Moves

- 3 designated post moves spot
- Add off-lane spots
- Shoot 10 of each w/ each hand
- Work various moves

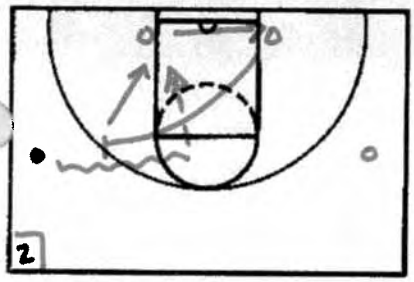


Notes

Keys To Post Development

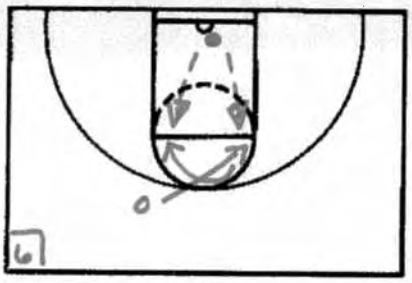
1) Be Patient - Posts Develop Slower

2) Determine What Your Post Player's Favorite Move Is



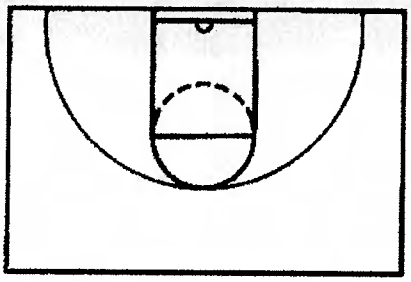
Notes Clear v. Ball Screen

- Low post must slide opposite of ball screen
- Key: Continue to move—Don't worry about spots
- Get your partner where they need to be



Notes Elbow Shooting

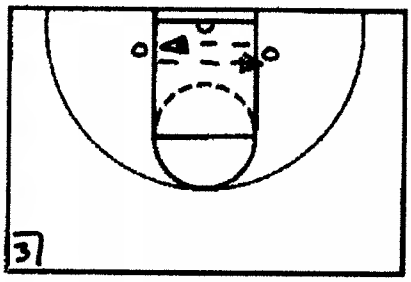
- Partner shooting drill for posts
- Work on lift w/ tired legs
- Must make a certain number of shots

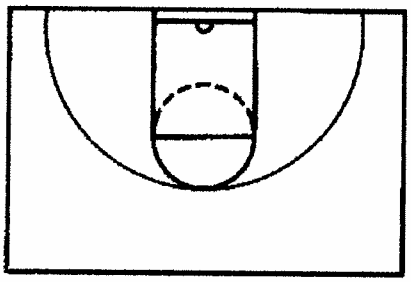


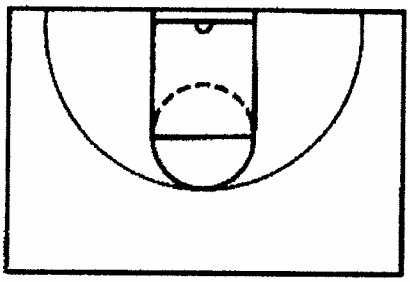
Notes

3) Throw As Much As You Can At Them As They Progress

* High / Low → Throw Pass To Corner Of Board







Notes Irish Passing

- Partner passing drill
- Ball starts in like hands
- Rhythm passing drill where passing passes one handed to his partner's opposite hand
- 2 balls always moving

Notes

Notes

POST PLAYER DEVELOPMENT & SKILL WORK

Post players are an essential component to any teams' success. Here at the University of Notre Dame, we work on a variety of moves inside and outside the paint. With the continuing evolution of the college game, the true back-to-the-basket post player is starting to become extinct. Although we continue to teach back-to-the-basket post moves, we have incorporated a variety of post moves that involves zero, one, and on occasion, two dribbles to the basket.

The past two seasons here at Notre Dame, our leading scorer has been a post player. The reason for our success in the post is the consistent work ethic and development of each player. As we talk about the skill work and development of a post player, keep in mind that each player goes at a different pace. Some of the drills we are about to show and explain may not show immediate positive results, but continue to work on them and find different ways to motivate players to reach their maximum potential.

Remember, post players on average take a little longer to develop than perimeter players. As a coach, your positive attitude and patience plays a key part in the success of any player.

I. DRIBBLE SERIES

Before we start to work on post moves, we like to have our post players handle the ball. By having your inside guys handle the ball, you are preparing them for a game situation in which an opponent may use a lot of full, three-quarter and half-court pressure. All players should have some familiarity with handling the ball. With our post players, we allow about eight (8) to ten (10) minutes for our dribble series. Here are some of the drills we use consistently for their development.

a) **Two Ball Dribbling** – We use two balls to get the players warmed up. Depending on court space, you can have the players dribble to half-court or full-court. We start with dribbling two balls at the same time. As they dribble, we emphasize to keep the ball below their waist. Also, we make sure that their legs are bent and backs are straight. Watch the player's head and make sure it is up and their eyes are alert to other action on the court.

b) **Two Ball Dribbling (Alternate)** – This drill is similar to the drill above. However, we want to alternate the dribbles this time. We are still focused on making sure the back is straight, knees bent, and head up. Continue to emphasize movement with the eyes to see everything going on around and ahead of the player on the court.

c) **Two Ball Dribbling (Zig Zag)** – We use this drill as a way to challenge our inside guys to develop skills similar to our perimeter players. Starting at the baseline, you zig zag to the opposite baseline. We let our post guys go up and down dribbling the ball at the same time, as well as going the length of the court with an alternating dribble. Continue to emphasize the dribble below the waist, knees bent, back straight and head up. Also, eyes are always moving and focused on what's going on around and ahead of the player.

d) **One Ball Dribbling** – Starting at the baseline, have the player dribble to opposite baseline and back with his strong hand. Do the same drill but have the player dribble up and back with his weak hand. To vary the drill a little, have the player dribble to half-court with his strong hand, then use his weak hand to dribble to the opposite baseline. As the player dribbles back, have him dribble to the half-court line with his weak hand, then to the baseline with his strong hand. Continue to make sure that the ball does not come above the waist, the players back is straight, his or her knees are bent and eyes are always roaming to see what is going on around and ahead of him or her.

e) **One Ball Dribbling (Crossover)** – Emphasizing the same fundamentals as above, the player dribbles to half-court with his strong hand. At half-court, the player crosses over to his weak hand and dribbles to the opposite baseline. You can alternate from weak hand to strong hand coming back down the floor.

As the players become use to these drills, look to "spice" them up a bit with your own drills. If you have more than one post player working out, use the drills competitively! Always stress the fundamentals mentioned above to get the best results. Remember, you must be positive and patient when teaching.

II. LOW POST SERIES

* Post w/ Both Feet In Paint
* Limit Dribbles In Post

Playing in the low post is a lost art these days. Post players today tend to drift short corner, high post and perimeter area. Even more alarming is the number of high school players who come into college without the ability to use both hands around the basket. These low post drills are not only good for the development of both hands, but also, are good moves to develop as "go to" moves when the game is on the line.

a) **Mikan Drill (one and two-feet)** – The most common drill used with the development of a post player. This drill starts the post player close to the basket. Starting on the side of the player's strong hand, the player steps with opposite foot and shoots a lay-up. As the ball goes through the net, the player must catch and step with his opposite foot and go up and score with his or her weak hand. You continue to alternate from one side of the basket to the other. You can time this drill in thirty (30) second to one minute intervals. The Mikan drill off of two-feet is just the same as described above off of one foot. The Mikan drill off of two-feet allows for more explosion, balance and stability around the basket. Keep in mind that you want to always shoot the ball above the rim and soft off the glass. Make it a goal to not have the ball touch the rim. This way, you get more shot opportunities. Make sure you keep count of the number made in the designated time intervals. Continue to chart this to follow a player's progress.

Post Feeds
- Throw It At The Post's Head
- Make It Easier For Guards To Get You The Pass

b) **Drop Step (Follow the Pass)** – The drop step can be one of the more effective moves for a back-to-the-basket player. However, the drop step is not effective if a perimeter or post player cannot pass the ball to the player on the low block. We teach to throw the ball to the side away from the defense to "lead" the post player to the basket. Furthermore, the low post player must keep the defense on the side away from the ball to avoid a steal or a potential offensive foul. To do this, the low post player must be low, back straight, hands up (to show) the perimeter player he is open and elbows parallel to the floor. As the pass is thrown, the post player catches, drop steps and explodes to the basket for an easy lay-up or dunk. We work on doing this over

both shoulders with at least ten (10) to twenty (20) repetitions. As a reminder, always have your post players' call for the ball. You want to create a great habit of communicating to your teammates when you are in good scoring position.

c) **Turnaround Jump Shot** – One of your more simple moves like the drop step. This shot is effective when the defense is playing on either the high or low side as well as behind the offensive low post player. On the pass, the post player catches. Already knowing where the defense is located, the offensive player turns opposite with a pivot and faces the basket and shoots. Good post players can use this move over both shoulders. Also, if the defense is playing behind the offense and being aggressive, look to make the same move, but with a reverse pivot. As the offense reverse pivots, rip the ball through (keep chest to shoulder high) and create space between the defensive and offensive player. As the space is created, you have to be ready to shoot in order for the move to work. Once again, you must be low, back straight, hands up and elbows parallel to the floor. Make sure you are a "BIG TARGET" for your perimeter passer.

d) **Mid-Post Turnaround Jump Shot** – This move is similar to the turnaround jump shot. However, this shot takes place usually ten (10) to twelve (12) feet away from the basket. Follow the same guidelines as mentioned above in the turnaround jump shot. Also, you can reverse pivot out of this movement. As the player continues to progress, you can add the elbow jump shot to increase the post players range to fifteen (15) to seventeen (17) feet. Also, look to incorporate the reverse pivot from this distance as well.

e) **Jump Hook** – Like the turnaround jump shot, the hook shot is best used when the defense is playing behind or the offensive player has great position close to the basket. On the catch, the low post player turns over the shoulder opposite the defense and shoots the hook shot. As the offense shoots the hook, he or she wants to use the opposite arm as protection against a potential blocked shot. Furthermore, it increases the offensive players chances of getting a foul called on the defense. Remember, the offensive post player must continue to be low, back straight, hands up, and elbows parallel to the floor.

f) **Up and Under (Kevin McHale move)** – The up and under move is one of the best moves to master in the low post area. This move is best used when the defense is playing behind you. Also, this move is great to use against players with the reputation of being great shot blockers. The perimeter player passes into the post. On the catch, the post player pivots and shot fakes to get the opponent out of their defensive stance. As the offensive player shot fakes, he steps through the defense and finishes with a lay-up or dunk. To use this move effectively, on the pass, catch and come down on two-feet. This way, you can pivot off either foot and really keep the defense off balance.

Remember, each one of these low post moves have an advantage for the offensive player when used properly. When on the low blocks, read what the defense is doing behind you and make a move accordingly. Also, when playing on the low blocks, an offensive player must sometimes give up ***position*** for ***possession***. Most importantly, work on these moves from both sides of the low block. This will help in creating a comfort level when in game situations.

III. BLOCK TO BLOCK POST SERIES

The block-to-block post series is designed to get players use to working together. Also, these series of drills help to create game-like situations where a player has to make numerous decisions in an instant. More importantly, a low post player gets to expand his shooting range.

a) **Block-to-Block Screen & Seal** – Post player starts out on ball-side block. Player goes to screen the other post. After opposite post uses the screen, the screener opens and seals the defensive man on his back. He receives the pass and goes up for a strong finish with a lay-up or dunk. On the screen, the offensive player must be low, wide, balanced and protecting them when screening. Furthermore, the offensive player cannot move on the screen. If they do, they will likely get called for an offensive foul.

b) **Block-to-Block Screen/Elbow Jump Shot** – Post player comes to ball-side block. Player goes and screens opposite post player. After the screen is used, the screener goes to the ball-side elbow to receive the pass for a jump shot. Continue to emphasize staying low on the screens and changing direction and speeds to get to the elbow to get a good fifteen (15) foot shot.

c) **Block-to-Block Screen/Rip Thru** – Post player starts on ball-side low blocks. Player sets block-to-block screen. After setting screen, the screener pops to the ball-side elbow. After receiving the pass from the wing player, the post player rips the ball through and takes one dribble looking to attack the basket. Finish the play with a lay-up or dunk. With this action, the offensive player must be low, balanced and alert to what the defense is doing. On the dribble, the head must be up to see all the action in front of the offensive player. More importantly, you want to be alert to avoid an offensive foul.

d) **Block-to-Block Screen/Rip thru/Short Jump Shot** – Starting on the ball-side block. Post player sets the screen for opposite post player. After the screen is used, the screener pops to ball-side elbow/top of the key area. After receiving the pass, the player rips the ball through and pulls up for a short ten (10) to twelve (12) foot jump shot. This move is used to avoid getting involved in a lot of traffic in the paint and avoid an offensive foul.

The Block-to-Block series provides a variety of moves to expand a post player's game. However, as the player becomes accustomed to playing in this area, look to add to the drill or incorporate the three-point line into play. Continue to stress the fundamentals of staying low, balanced and head up on the dribble. These fundamentals will eventually make the player a passing threat as well. Remember, work on both sides of the court to create a comfort level that will carry over in the games.

IV. HALF-COURT/TRANSITION SERIES

The half-court or transition series of drills allows for the coach to work closely with a player's eye, hand and feet coordination. Also,

these drills can be used as a source of conditioning early on in the season. Furthermore, as your season starts, these drills can be used as a warm-up to start practice with the low post group.

a) **Lay-ups** – Starting at the right side half-court line, players dribble in with right-handed dribble for a power lay-up or dunk off two feet. After the post player makes the shot, they get their rebound and dribble to the opposite half-court line (left-side). Do the same dribbling drill from the left side using a left-handed dribble.

b) **Short Jump Shot** – Starting from the right side of half-court, dribble to about ten (10) feet away from the basket and pull-up for a short jump shot using the backboard. After the shot, the player rebounds and dribbles to the left side. Each player does the same from the left side as well.

c) **Transition Sprint & Finish** – Coach has the ball at half-court. Post player sprints down the middle of the lane (looking over right shoulder) simulating the first post player in transition. Coach passes; player catches and finishes off two feet with a right-handed lay-up or power dunk. Do the same thing looking over the left shoulder and finishing with a left-handed lay-up off two feet or a power dunk.

d) **Elbow Jump Shot** – Post player starts at half-court. The coach is on right wing and post player passes ahead to the coach. On the pass, the post player follows his pass to the ball-side elbow and receives a pass from the coach. On the catch, the player shoots and follows his shot. Post player dribbles back to half-court and does the same thing from the left side.

e) **Ball Screen and Roll (Power Lay-up/Dunk)** – Post player starts at half-court. Coach is on the left wing. Player passes the ball to coach and sets a ball screen for the coach. After the screen is used, the player opens and rolls to the basket. Coach passes the ball and the player finishes with a power lay-up or power dunk off two feet. After the score, player rebounds the ball and dribbles back to half-court and does the same from the right side.

f) **Ball Screen and Roll (Short Jump Shot)** – Post player is at half-court. Coach is on the right wing. Player passes to coach and sets a ball screen. After the screen is used, the screener opens and rolls to the short corner. Coach passes the ball and player shoots. After the score, player rebounds the ball and

dribbles back to half-court and does the same thing from the left side.

The Transition/Half-Court drills give you a chance to focus on ball handling, footwork and short and medium-ranged jump shots. Continue to accentuate the positives as the players go through these drills. Also, continue to push them to go at game speed. Use these drills as great warm-up drills to start practice, or as great conditioners to end practice.

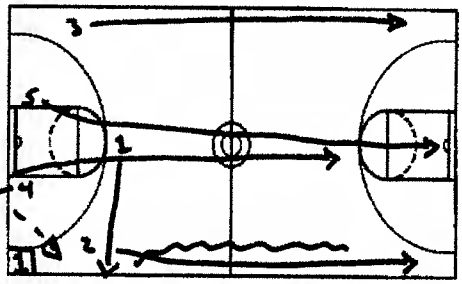
*** Here at Notre Dame, we use these drills to help in the development of our post players. We are always finding new ways to teach the game and keep the drills fresh. Also, we value our players input on what they want to work on as a team and individually. Continue to be patient and positive with your team. The rewards and success will remain with you for a LIFETIME!**

Linc Darner
St. Joseph's Pumas

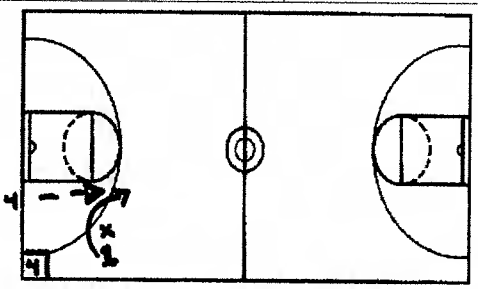
ST. JOSEPH'S PUMAS BASKETBALL

Head Coach: Linc Darner
Assistants: Richard Davis David Burkett

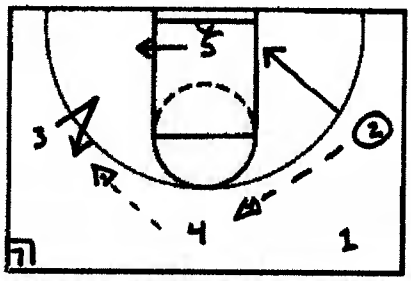
Coach Linc Darner → St. Joseph's
Topic Fast Break
Clinic Rhnsselaer Clinic 10/1/05



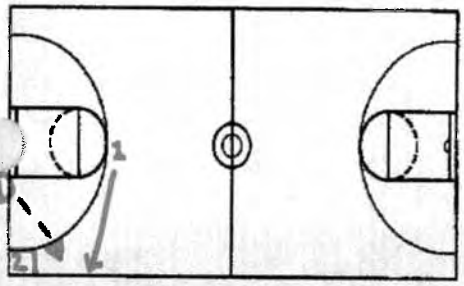
Notes FAST BREAK LANES
- *1 = Top of the Key extended—Wide*
- *2 = Wing*
- *3 = Wing*
- *4 = Top of the Key*
- *5 = Rim*



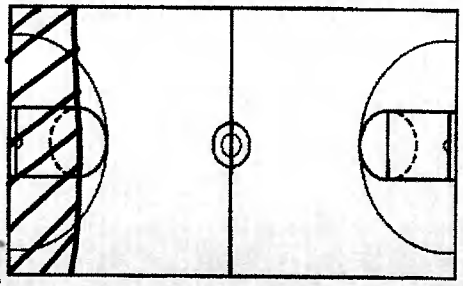
Notes LOOP CUT
- *If defender plays 1 tight—1 must sprint across the defender's chest & get his butt on the defender's hip*



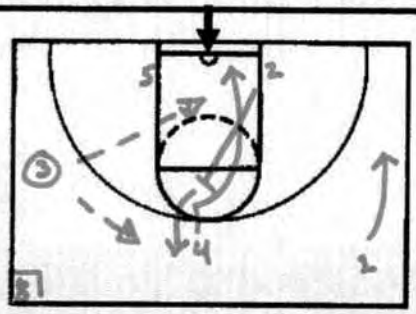
Notes REVERSAL ACTION
- *Teach 5 to run to the front of the rim & post*
- *Use rim as an extra defender*
- *When ball is reversed to 4 at the point—5 slides to the post on the reversal side*
- *2 walks to open block to create screening angle*



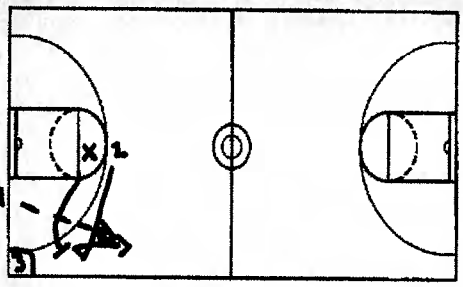
Notes STRAIGHT CUT
- *1 must get his butt to the sideline*
- *Never catch the ball below FT Extended*



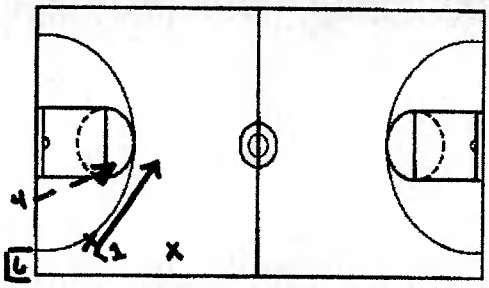
Notes PG DON'TS
- *1 should never catch the ball below FT Line Extended*
- *Don't go back to the ball*



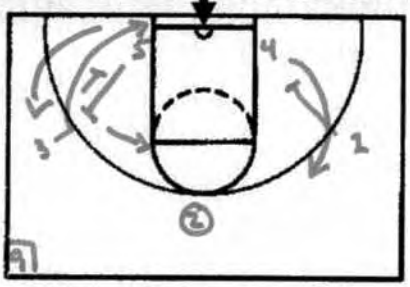
Notes
- *2 must set a solid back screen & bounce to perimeter for jump shot*



Notes OVER THE TOP CUT
- *If defender denies "Straight Cut" 1 must step into the defender & look for the pass over the defense*



Notes 1'S CUT V. FRONT & BACK
- *1 must step into the denial defender & cut opposite across the floor for entry pass*

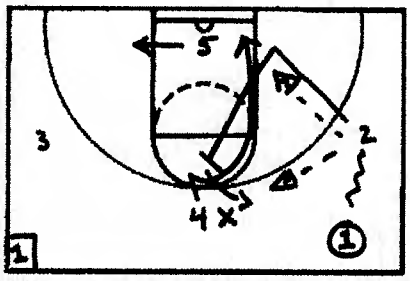


Notes
- *5 sets a back screen for 3—5 can re-screen OR step to the elbow/perimeter for jump shot*
- *1 downs screen for 4 on the opposite-side*

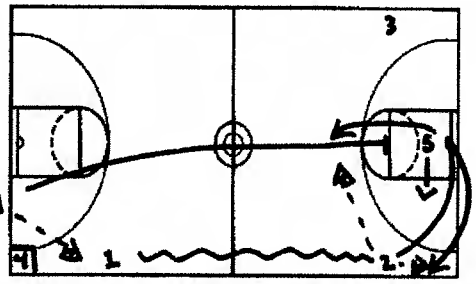
ST. JOSEPH'S PUMAS BASKETBALL

Head Coach: Linc Darner
Assistants: Richard Davis David Burkett

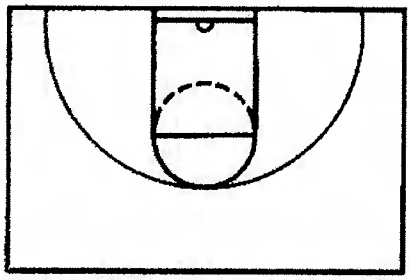
Coach Linc Darner → St. Joseph's
Topic Fast Break
Clinic Rungsgraver Clinic 10/1/05



Notes V. REVERSAL DENIAL
- *Reversal pass to 4 is denied*
- *1 must dribble at 2 to key a screening series*
- *2 walks to strong-side block to get screening angle & sets diagonal screen for 4*



Notes DRIBBLE OUT
- *1 can dribble out 2*
- *2 cuts to the basket on the low-side of the post player*
- *2 can cut back out to the strong-side corner or sprint to the Top of the Key off 4's screen*



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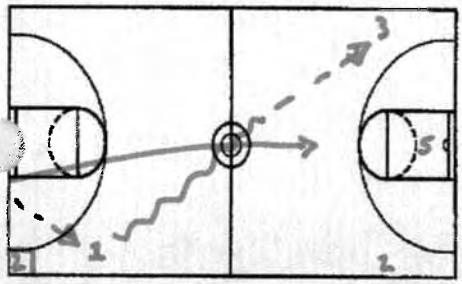
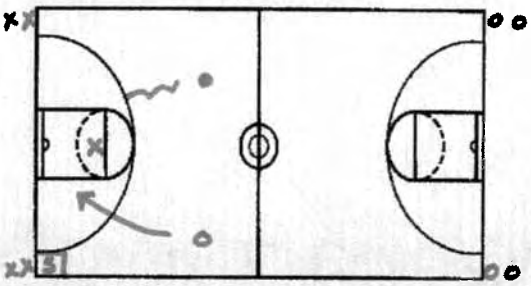
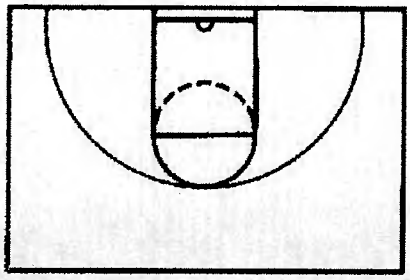


Notes CUT THE FLOOR
- *1 must take hard diagonal cut across the floor on the dribble to enter the ball to 3*



Notes RUN THE LINES
- *Continuous transition drill*
- *2 v. 1, 3 v. 2, 4 v. 3, 5 v. 4, 5 v. 5*



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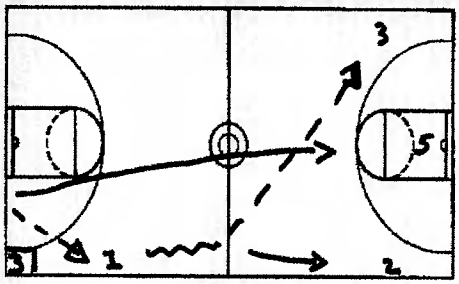
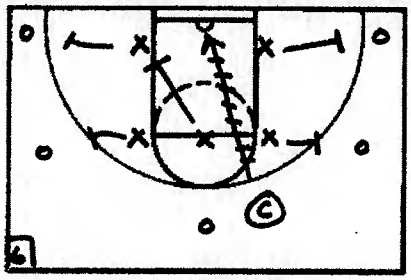
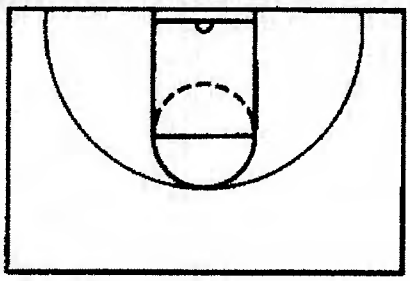


Notes SKIP PASS
- *1 makes diagonal skip pass from strong-side to weak-side wing*
- *Run right into Kansas Break action*



Notes RBS. WAR
- *Similar to "Spartan Wars"*
- *1 doesn't block out—Must sprint to the weak-side block on the shot*
- *Def. Rbs. transitions to Fast Break*



Notes



LON KRUGER
UNLV RUNNIN' REBELS

UNLV Runnin' Rebels

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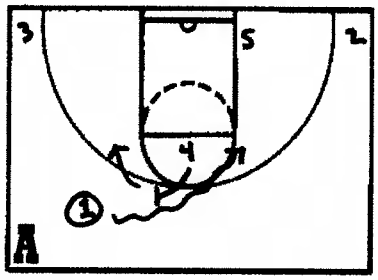

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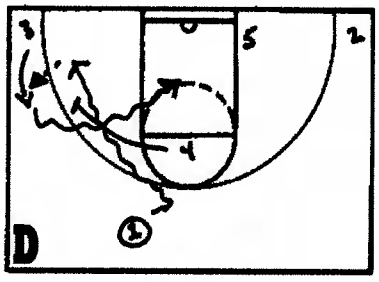
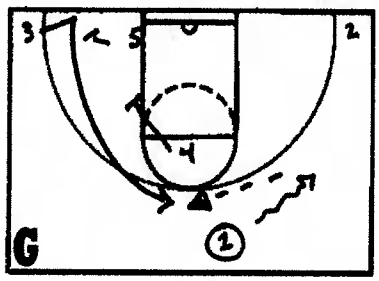


WEAVE 7



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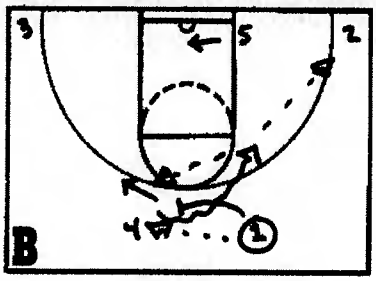
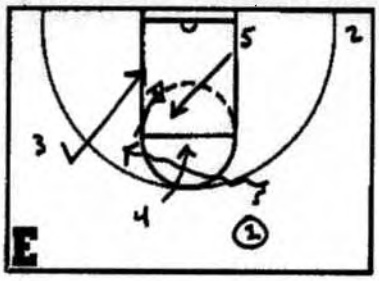


BIG 18



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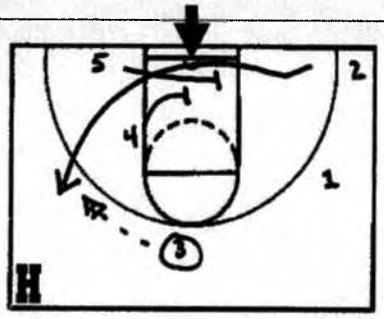

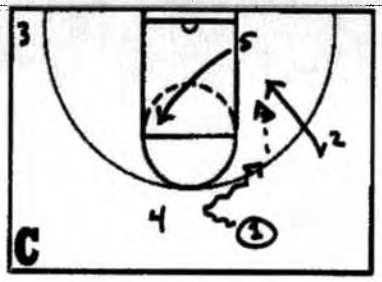

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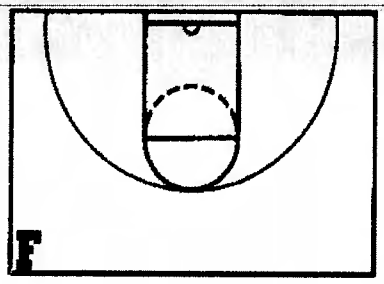

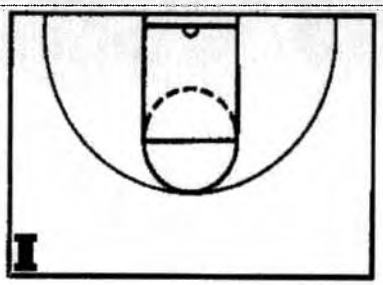

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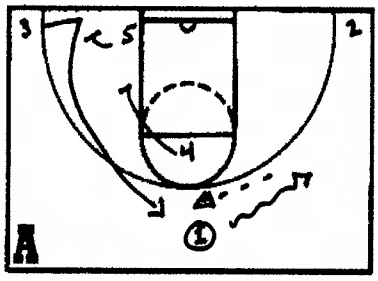

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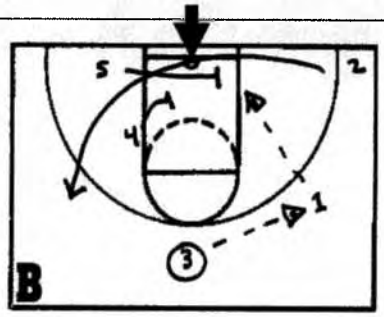

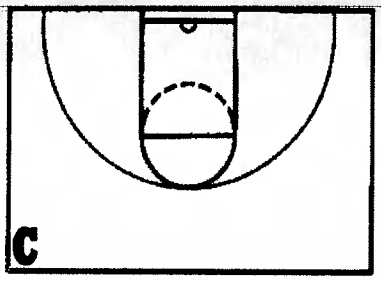

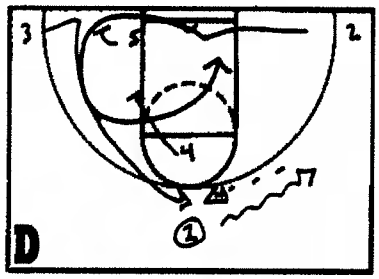

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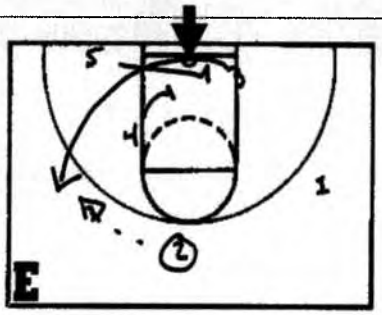
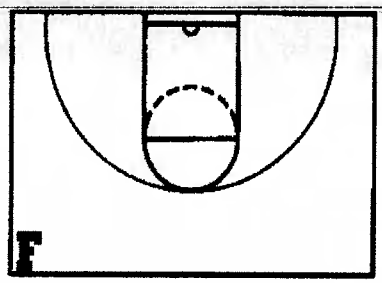
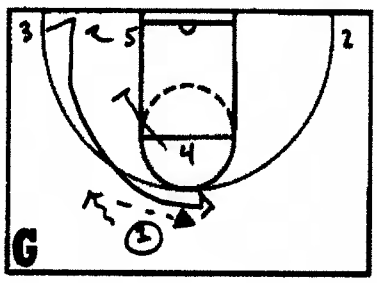
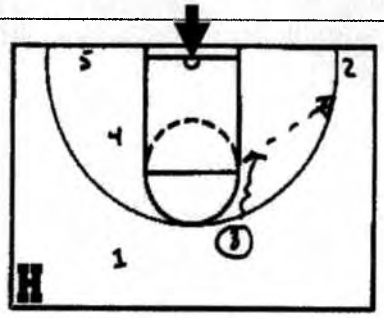
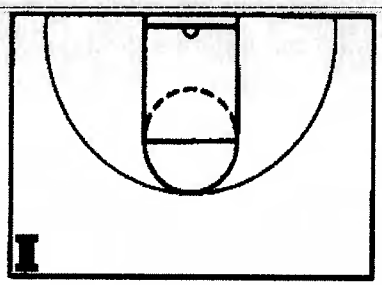






LOOP





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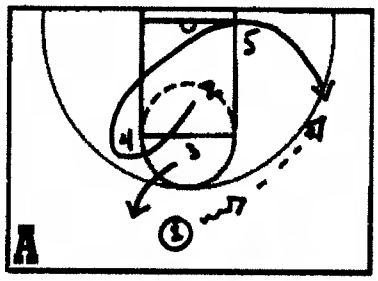

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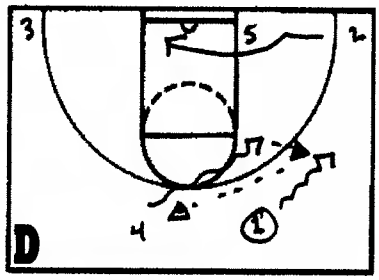

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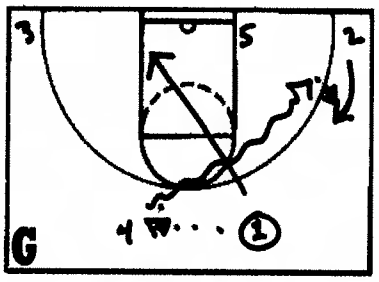

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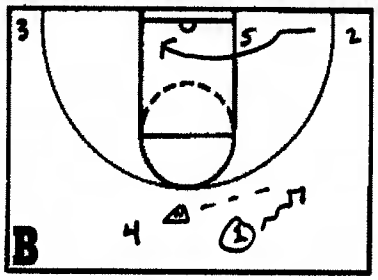

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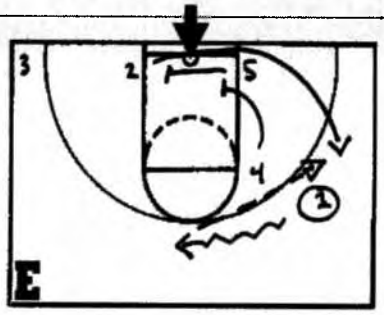

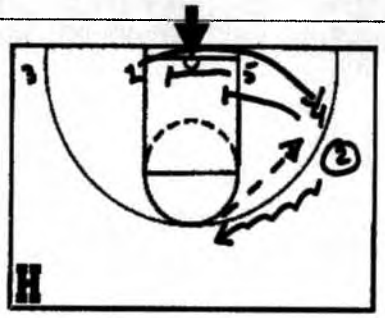

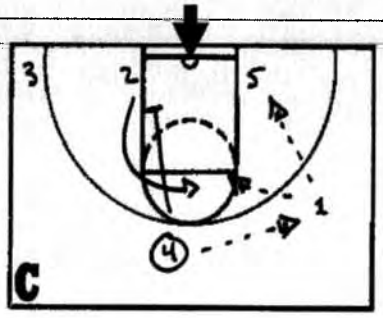

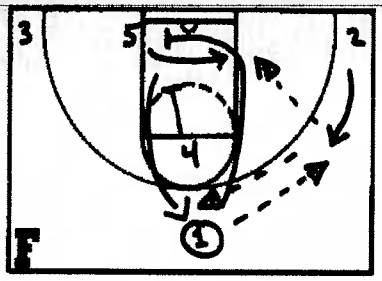

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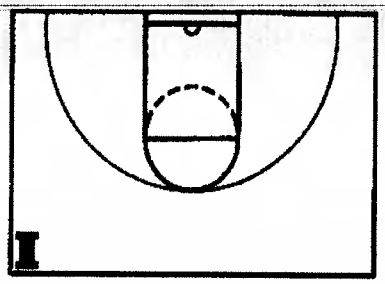

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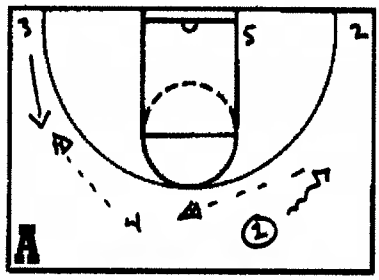
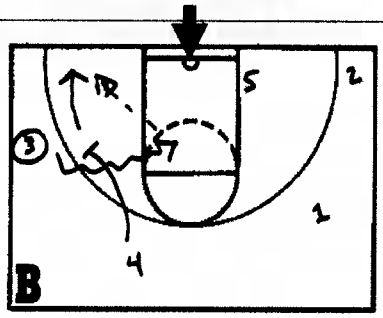
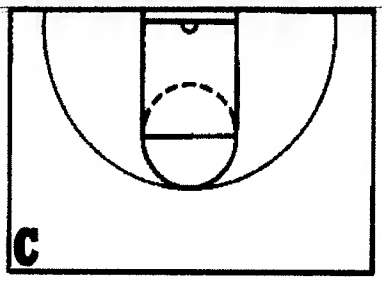
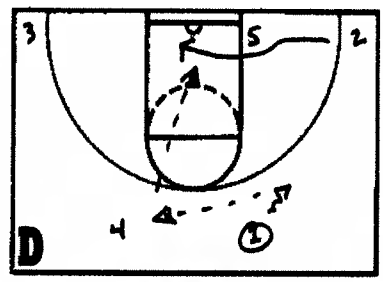


SWING 7







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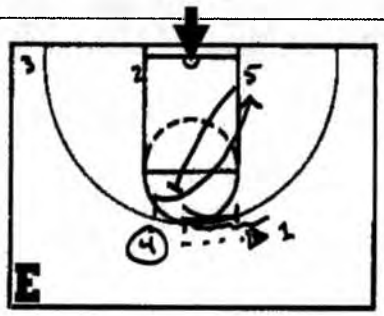

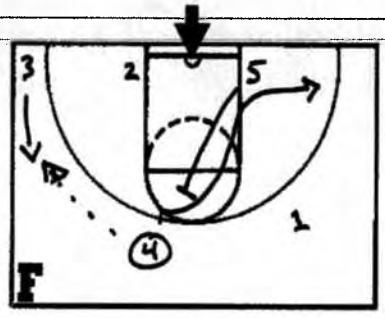

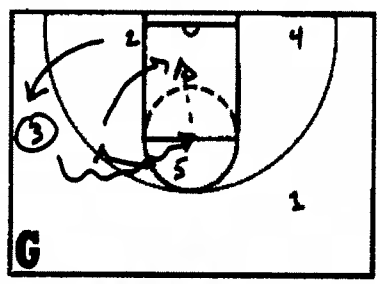

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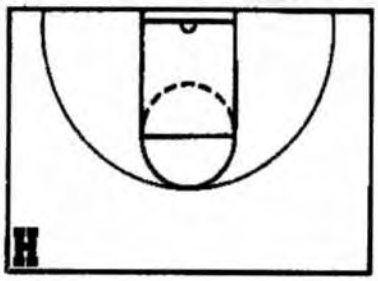

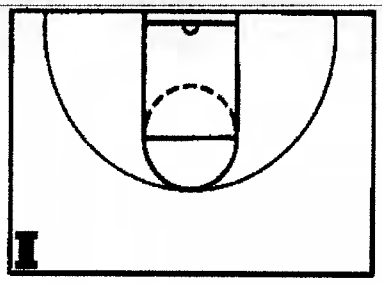

UNLV Runnin' Rebels

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Clinic: _UNLV Playbook Notes_ | Date: _Summer 2007_

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Lew Hill

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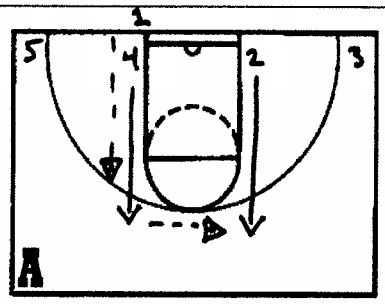
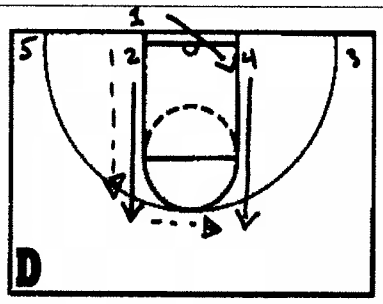
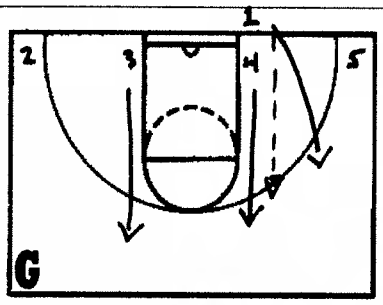
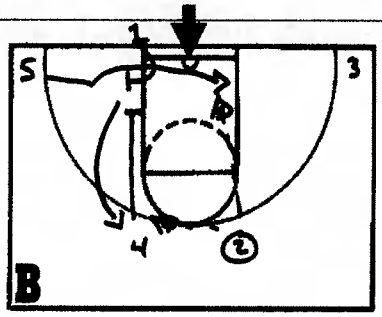
Mike Shepherd

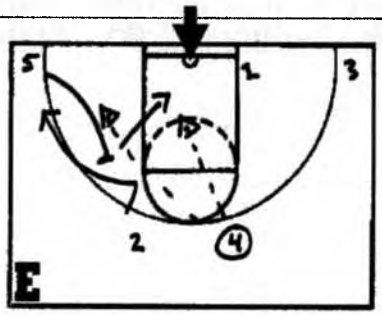


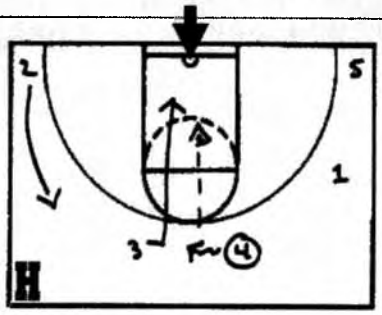


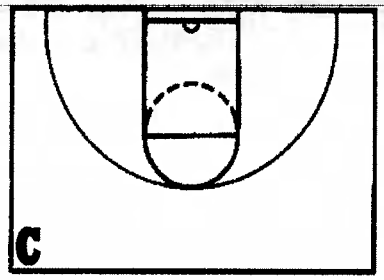


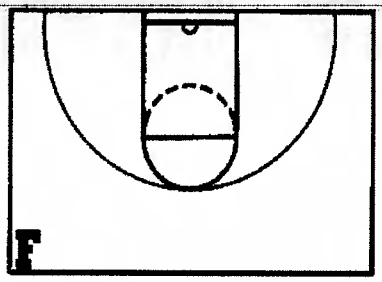
1 EOB | **2 EOB** | **3 EOB**

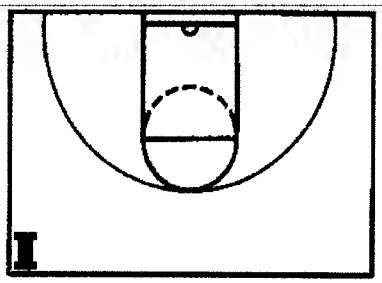












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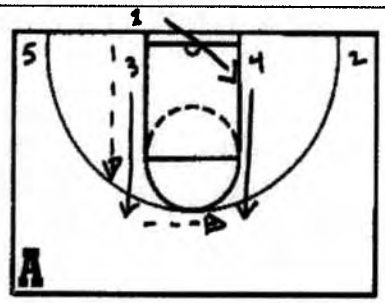
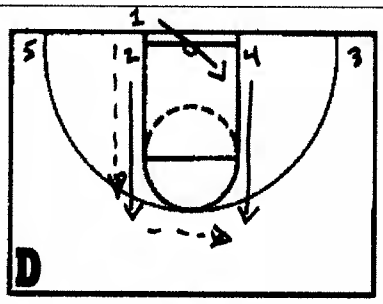
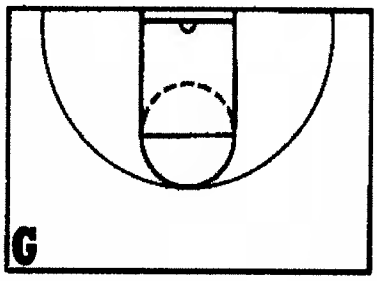
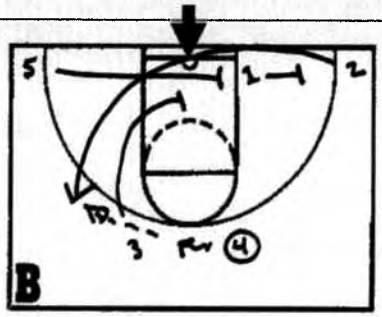


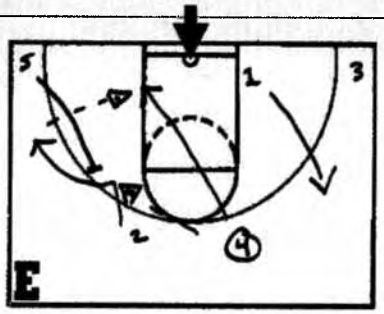


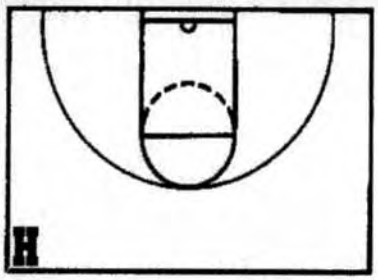


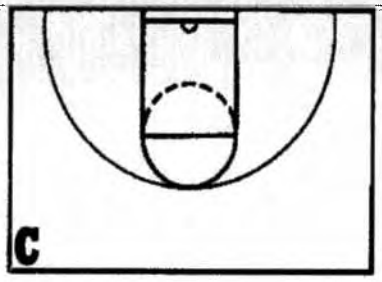
4 EOB

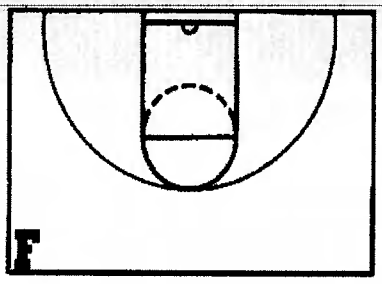
5 EOB

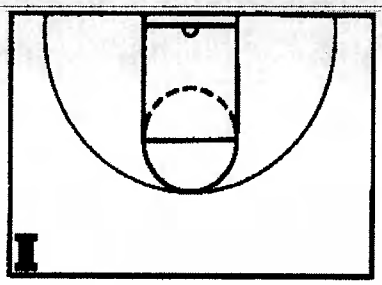












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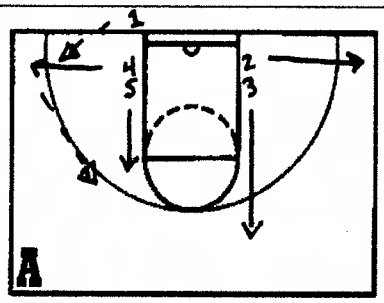
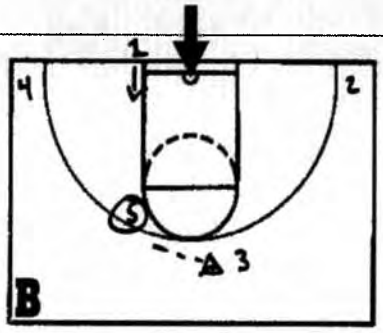
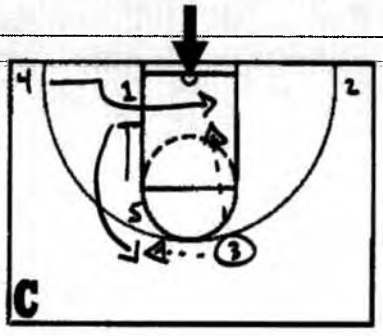
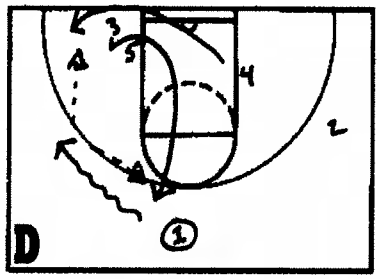


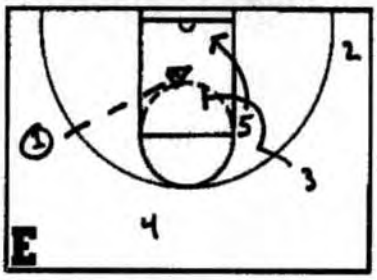
53 STRONG EOB



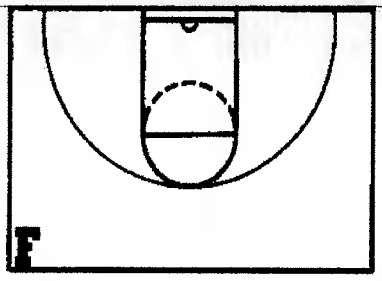


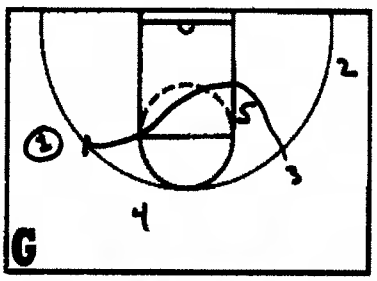


ZIP 3



DEAD BALL BUMP





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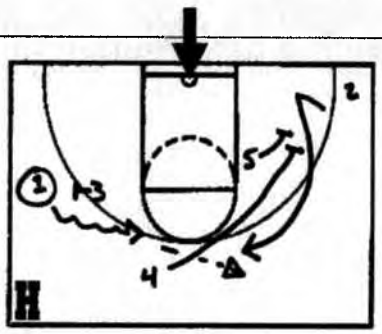

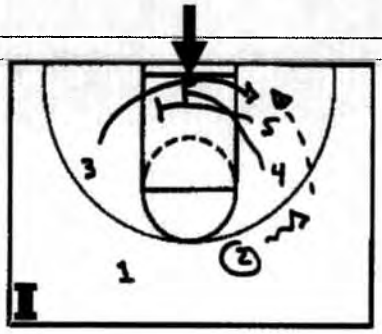

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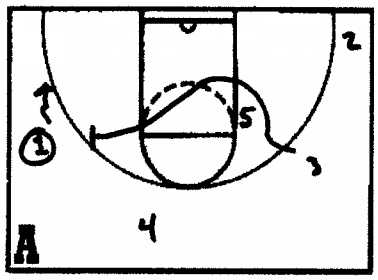

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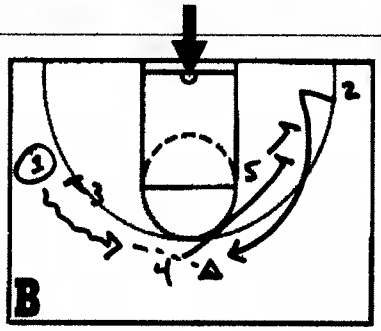

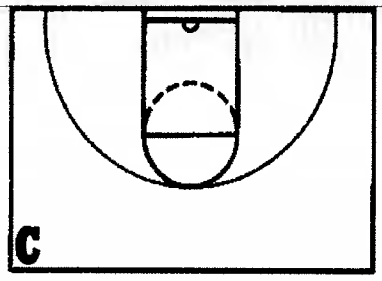

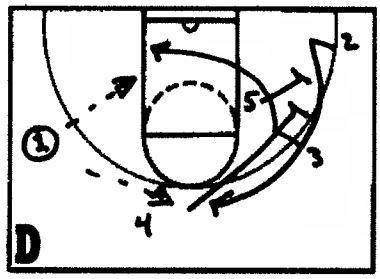

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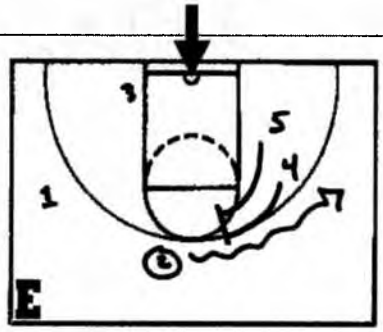
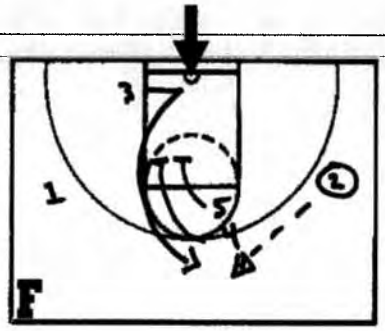
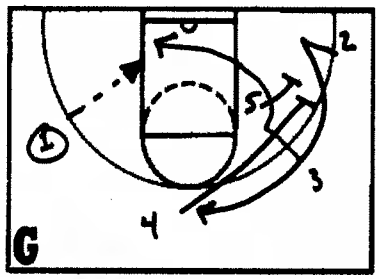
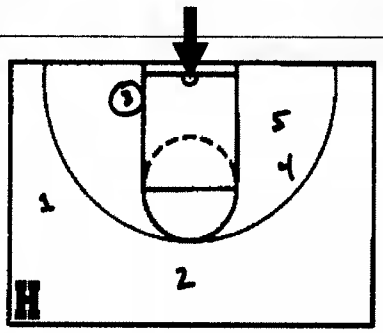
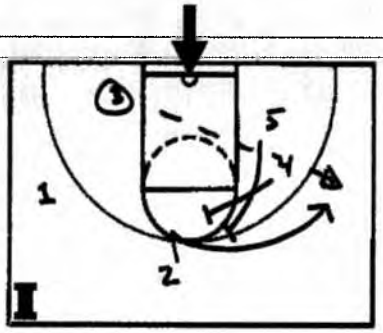






DEAD BALL FLARE





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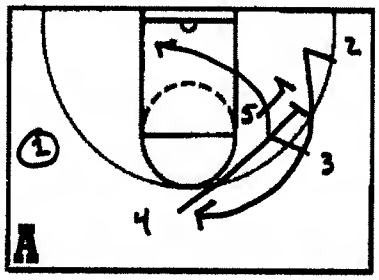

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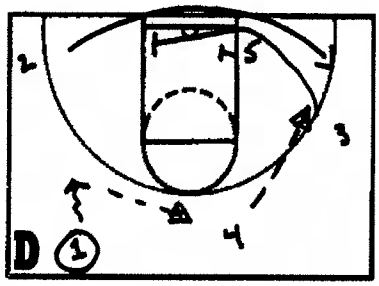

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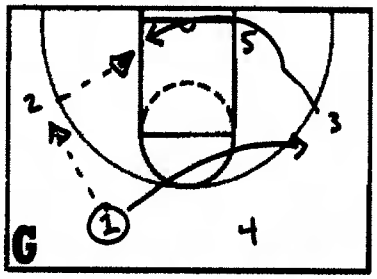

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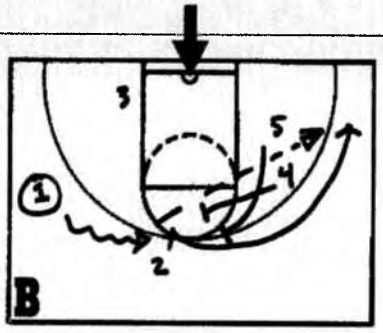
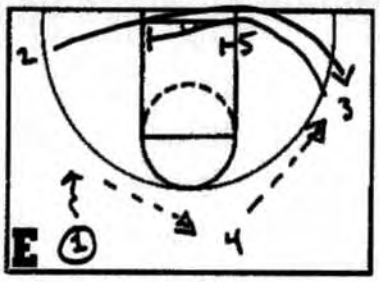
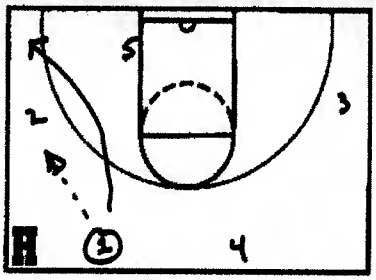




2 FIST



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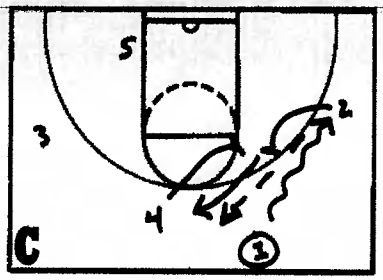
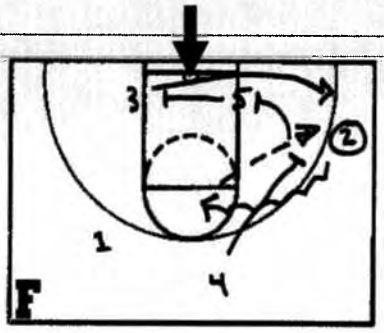
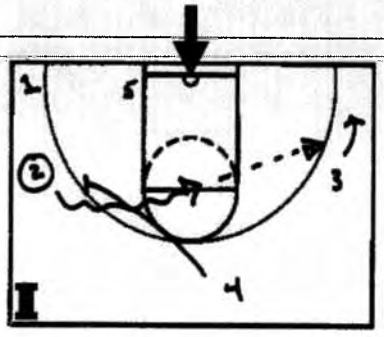


STEP UP





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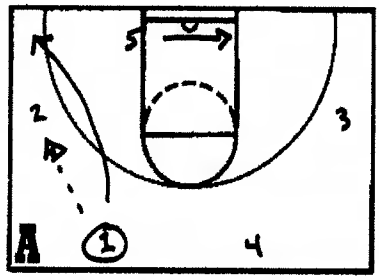
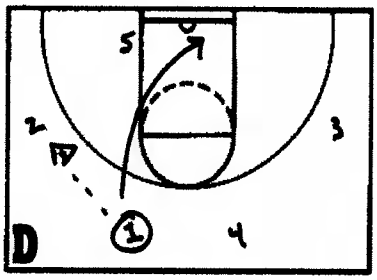
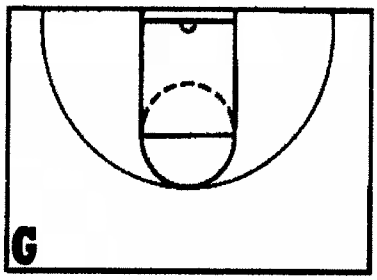
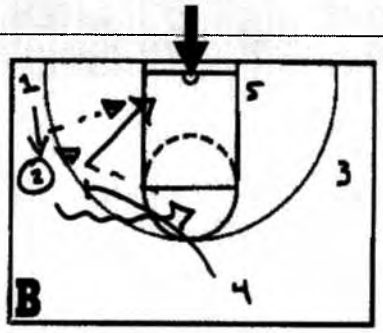


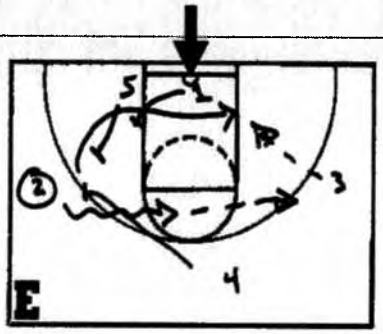


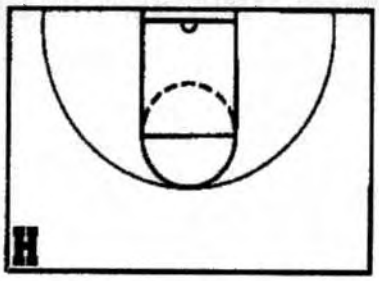


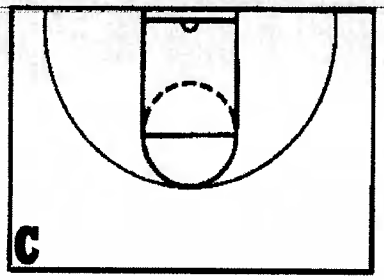
THRU FIST (COUNTER)

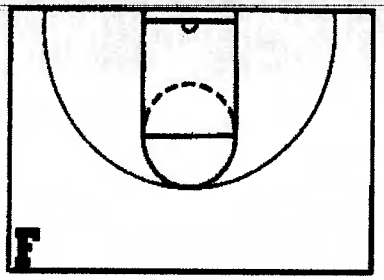
TWIST

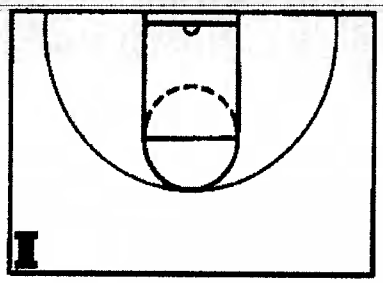


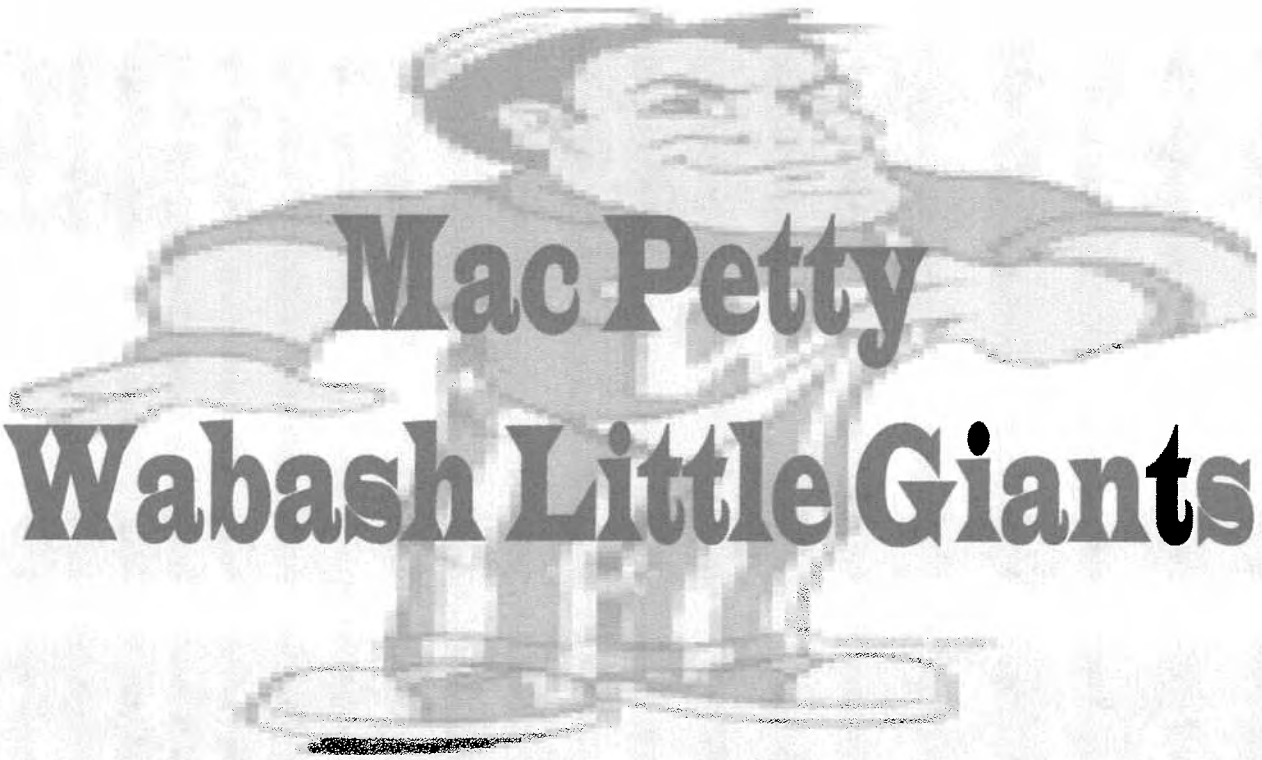










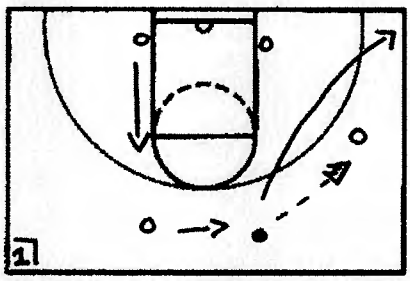


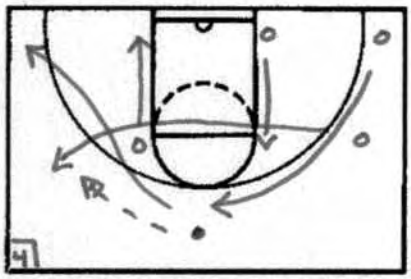
Mac Petty
Wabash Little Giants

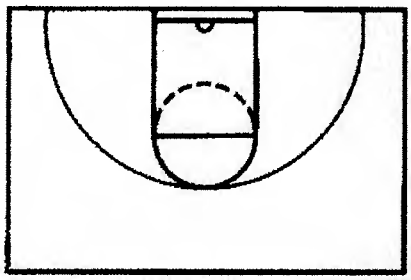
WABASH LITTLE GIANTS BASKETBALL

Clinic Date Mac Petty → Wabash
DePauw Scouting Report 1996

Head Coach: Mac Petty
Assistants: Curt Allen *Brad Actis*







Notes Triangle Offense

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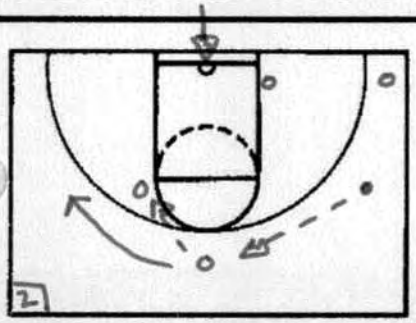

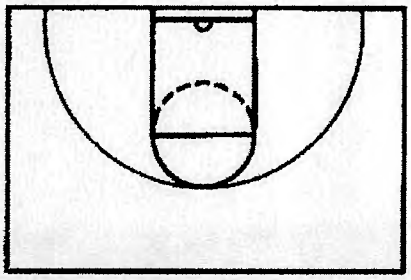

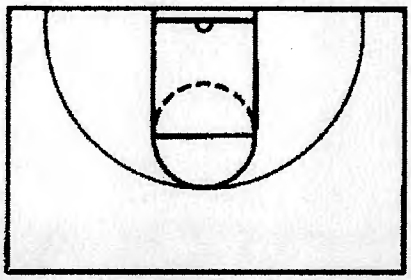

Notes Pinch Post

Notes

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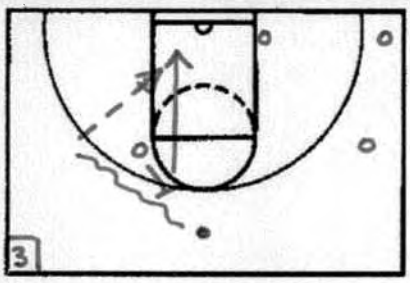
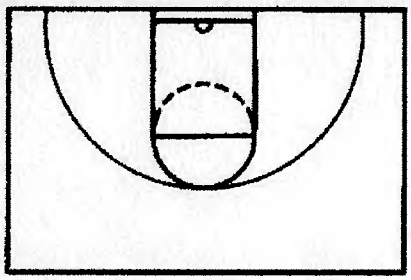
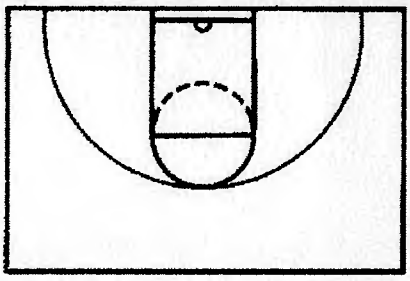






Notes Pinch Ball Screen

Notes

Notes

INDIANA BASKETBALL COACHES CLINIC

WABASH COLLEGE

MAC PETTY

X's and O's

Play Maestro 2000

6'10

North Putnam High School

September 2, 2006

5 Key Statistics on Winning the Game

1. Field Goal Percentage
2. 3 Point Field Goal Percentage
3. Fast Break Points
4. Bench Points
5. Assists

Absolutes In Coaching

- Basketball, like every other sport, is predicated on the execution of the fundamentals.

- The coach is a teacher; his subject is the FUNDAMENTALS.

- The highest level of achievement is attained by the teams with the best-conditioned players.

- Even the greatest players have a level of improvement to achieve.

- Even the greatest players accept coaching and value the need for discipline and the order it brings to the team.

- Winning is more related to good defense than good offense.

- Breakdown drills, under simulated game conditions, are essential to team success.

- Teams that play together beat those with superior players who play more as individuals.

- There are no physical limits to individual achievement.

- Although the game has become more sophisticated, simpler is better in developing and teaching a system of play.

- Players draw confidence from a poised, alert coach who anticipates changes in game conditions.

- Teams that never concede defeat can accomplish incredible victories.

DEFENSE

Competitive Drills

Drill Name: Duke's Defensive Privilege

Skill: Team defense and, more importantly, a way to keep practice intensity high
Players Required: Minimum 8, ideally 12 (4 on 4 on 4)

Description:
As we all know, after the first few weeks of practice the intensity level can really drop, especially on defense. The key to it all is to award points for defensive play, not made baskets on offense. The offense has to score a bucket to win the "privilege" to play defense.

Instructions:
Make teams of 4 and begin as you would shell drill. Explain the scoring - at first the kids can't imagine scoring points on defense! Award 1 point for a defensive rebound, 2 points for a turnover or steal, and 3 points for taking a charge. If the defense stops the offense, the offense goes off. If the offense scores, they've just earned the privilege to play defense. The next group always comes in on offense. Establish a score to play to (I like it low, say 10 or 12 points).

Tips:
(1) We like to run so I add transition once the kids understand the drill (about 2 or 3 days). For example, on a defensive board or a turnover that doesn't cause a dead ball (travel, out of bounds, taking a charge, etc.), the defense can break for 1 more point by scoring in transition.

(2) If you believe in practicing 1st-string, 2nd-string, etc., you may want to handicap the points like the odds at a race track. That third group will probably hate this drill if you don't.

(3) Manipulate the points awarded to fit whatever needs your team has. If no one will take a charge, weight it up to 5 points. We sometimes lunge too much into passing lanes and get caught playing 5-on-4 so I'll make some steals worth just 1 point but forcing a turnover with good ball pressure might be worth 3 points.

(4) You have to "officiate" the drill seriously. Once they know score is being kept, every close call is arguable.

(5) If you need to you can work in scouting reports. Let's say your next opponent shoots the three like it's going out of style. If the offense makes a three, not only do they get to play defense but the defense is penalized a point. The same could be done for points in the paint or a specific scorer who has to be shut down.

(6) Encourage your groups to plan offensively. You'll find that your kids are probably better coaches than you thought. And you won't believe how ball screens start popping into your offense! They quickly recognize what a tough decision it forces the defense into.

(7) Keep it fun and the kids will respond. Today's kids respond to keeping score. On days like preseason Saturday mornings and Christmas break practices when games aren't just around the corner, we'll go 45 minutes or more with this drill. And, even the, the kids beg to play it just one more time.

Competitive Defensive Work Up

1. 1 on 1 outside – 3 players at a basket
   a. Scoring: 1 point for each basket made – call out score
   b. Procedure: defense goes to the end of the line; offense becomes defense; no dribble on offense
   c. Time: 2 minutes; 1 minute F.T. (loser runs), go twice; total 6 minutes
   d. Winner: player with most made shots

2. 1 on 1 inside – 6 players at a basket
   a. Set up – 1 on 1 with 4 feeders
   b. Procedure – offensively – move in lane area to score. Upon loss of the ball move quickly from offense to defense by touching F.T. line. Defensively – move to deny ball and keep offense from scoring. Upon possession of the ball pass quickly to feeders, touch F.T. line and attempt to score.
   c. Time – 6 total minutes
   d. Winner: player who scores – only way to be a feeder is score
   e. Rotation: Scorer becomes a feeder a feeder comes in an offensive player.

3. 2 on 2 outside – 6 players at a basket.
   a. Scoring: 1 pt. for each made basket – call out score.
   b. Procedure: defense goes to end of line: offense becomes defense; 1 dribble on offense
   c. Time: 3 minutes; 1 minute F.T. (losers run0, go twice: total 8 minutes
   d. Winner: team with most made shots.

4. 2 pm 2 inside – 8 players at a basket
   a. Set up – 2 on 2 with 4 feeders
   b. Procedure: same as 1 on 1 inside only team has to move together from defense to offense and visa versa.
   c. Time: 8 total minutes
   d. Winner: team who scores – only way to be a feeder is to score.

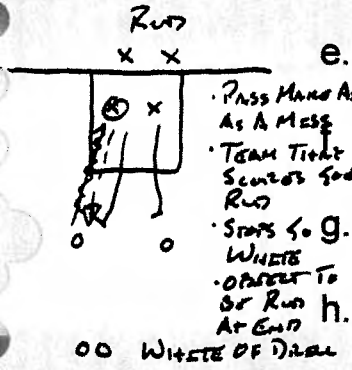
5. 3 on 3 outside
   a. Scoring – offensive team +1 for made FG, +1 for offensive rebound
      Defensive team +1 for defensive rebound, +1 for steal or forced turnover
   b. Procedure: Team #2 attacks team #1: #1 team gets defensive rebound they throw outlet to team #3, then team #2 becomes defense. Offensive team can continue to rebound even on made baskets, stay on offense until defense gets possession.
   c. Time: 10 total minutes
   d. Winner: Team with most points at the end of time (make sure each team has same number of opportunities)
   e. Reward: Winning team FT
      2nd place – 2 court length sprints
      3rd place – 1 suicide

6. 4 on 4 make it – take it
   a. Scoring: same as 3 on 3
   b. Procedure: Two teams compete offensively and defensively. Offense keeps possession as long as they score. Defense has to rebound and outlet to guard at hash mark, guard must take ball over half court to put ball in play as ofeense
   c. Time: 10 total minutes
   d. Winner: team with most points at the end of time
   e. Reward: winning team FT, losers 2 suicides

COMPETITIVE REBOUNDING

Red and White Rebounding Drill

1. Set up:
    a. Players 1 – 6 start in Red shirts under the basket.
    b. Players 7 – 12 start in White shirts on the perimeter.
    c. Start with two or three groups at a time.
2. Objective: Maintain **inside** position.
3. Procedure:
    a. 1 and 2 of Red Vs. 7 and 8 of White
    b. 1 throws pass to either 7 or 8 who shoots. If this first shot goes in play it as a missed shot out of the net.
    c. 1 and 2 boxout 7 and 8 as all four fight for the rebound.
    d. If 1 or 2 get the ball they may immediately shoot, or if covered may play 2 on 2 until they get a shot.
    e. If 7 or 8 get the rebound, they attempt to score against 1 and 2.
    f. The team that scores goes to the end of the lines **under** the basket and changes to Red shirts.
    g. The team that did not score goes to the end of the line on perimeter and changes to White shirts.
    h. Game continues with the next two or three teams competing.

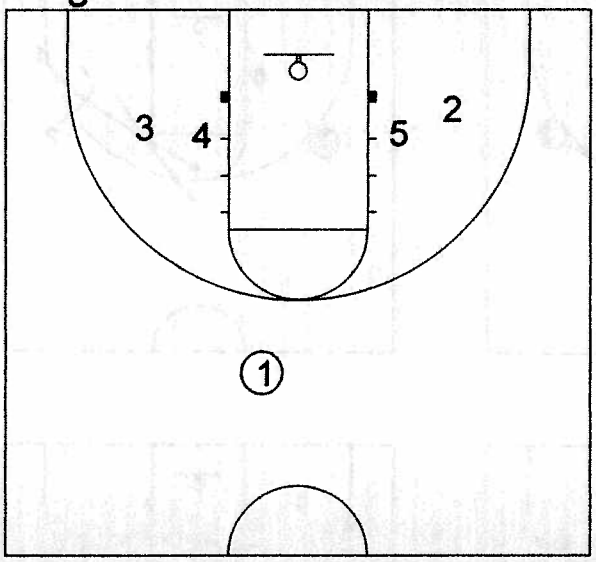


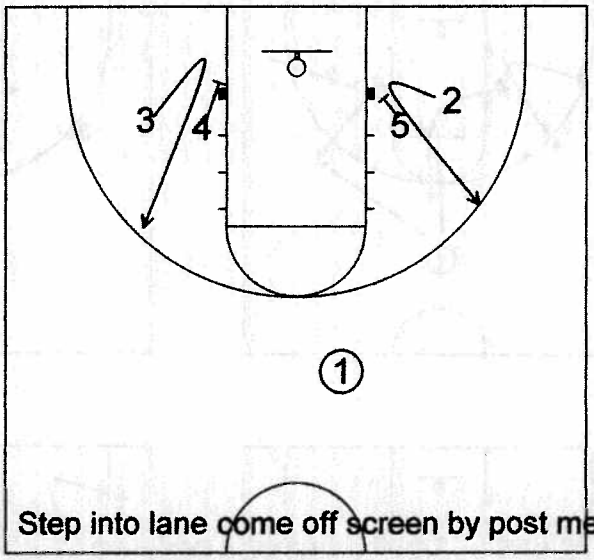
4. Winner: Group under the basket in Red shirts when the time runs out.
5. Time: Minimum of five minutes.
6. Rewards: Winners – Drinks and FT's. Losers – Suicides.
7. Problem: Excessive fouling. We ignore 95% of it off the ball and only call flagrant/deliberate fouls when shooting.
8. **No** dribble: It is a violation to dribble the ball and the "dribblers" are immediately sent to the end of the line on the perimeter, while the defenders move to the end of the lines under the basket.
9. Teaches: Position rebounding; 3 point play; boxing out; 2 on 2 basketball with dribbling; shooting under extreme pressure; inside moves without the dribble; POWER basketball in close.

OFFENSE

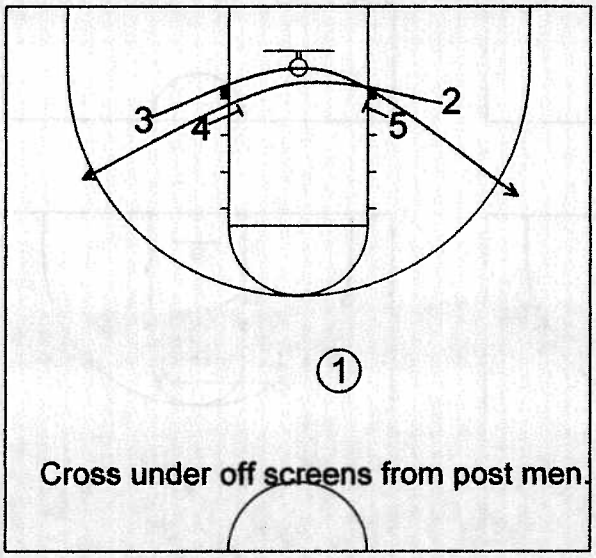
Ideas and Plays

Alignment and movement

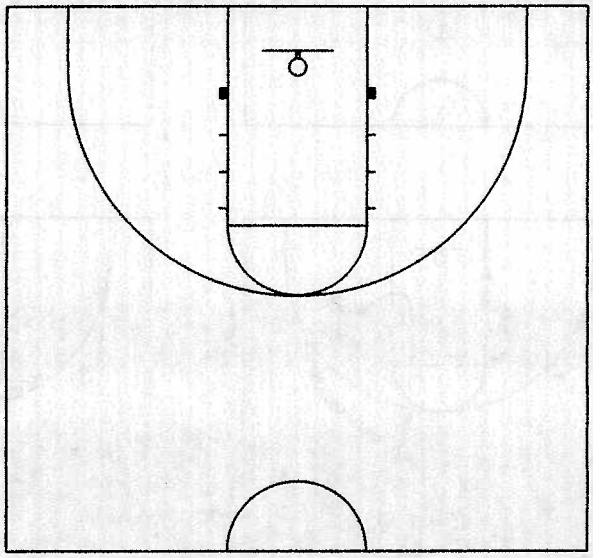




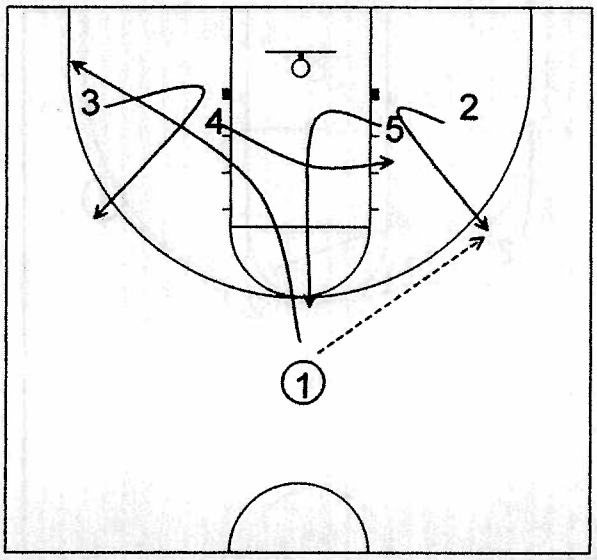
Step into lane come off screen by post men.

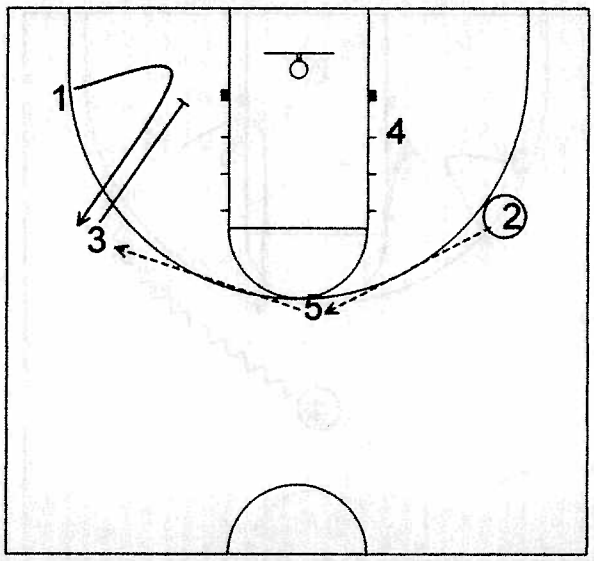


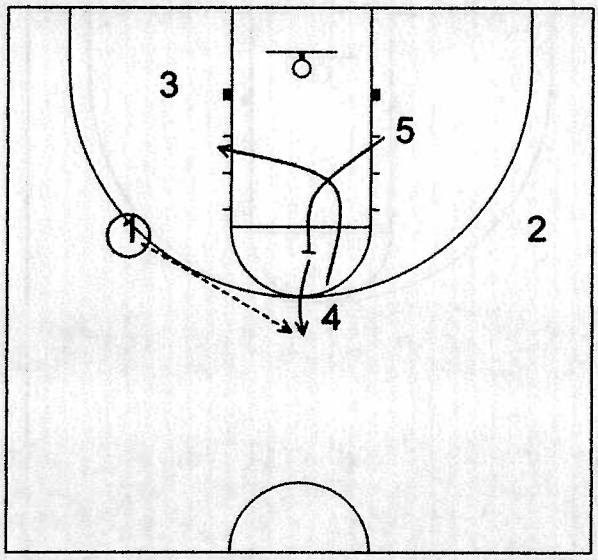
Cross under off screens from post men.

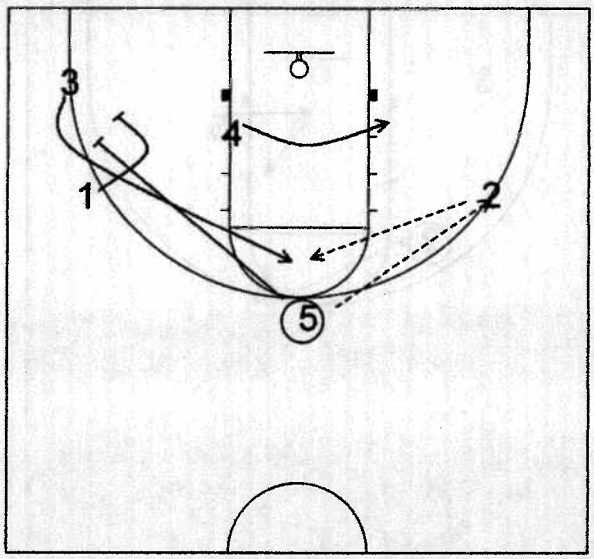


Solo cut out of post exchange



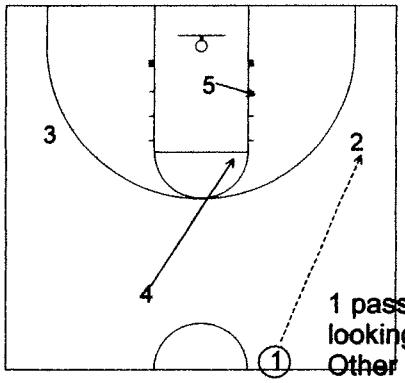




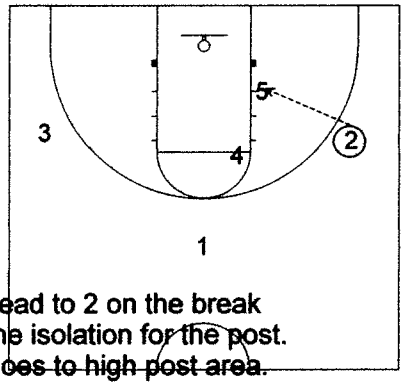


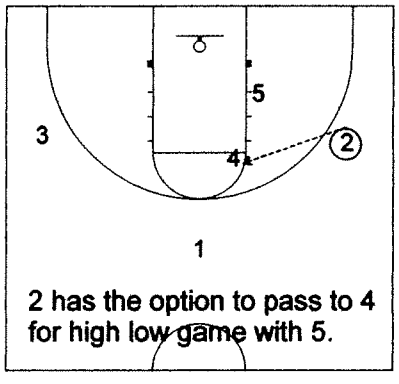
Transition

WABASH BASKETBALL

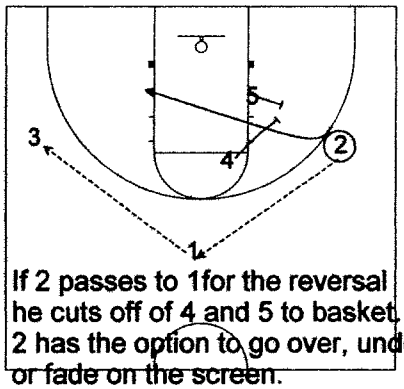


1 passes ahead to 2 on the break looking for the isolation for the post. Other post goes to high post area.

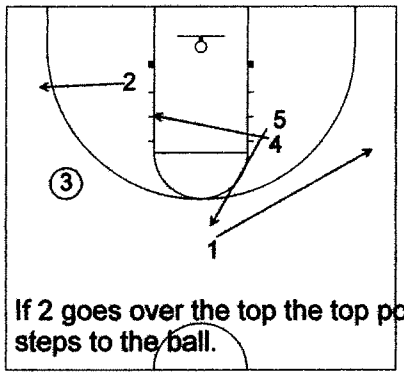




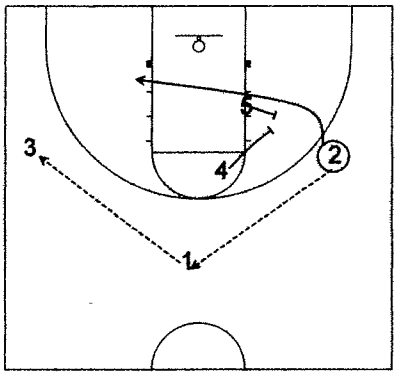
2 has the option to pass to 4 for high low game with 5.

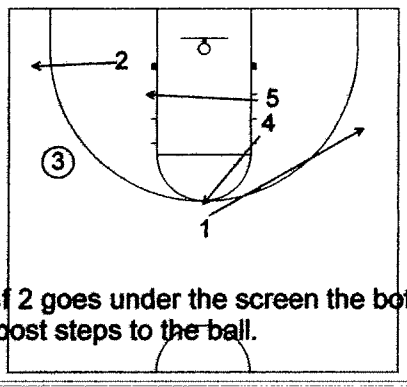


If 2 passes to 1for the reversal he cuts off of 4 and 5 to basket. 2 has the option to go over, under, or fade on the screen.

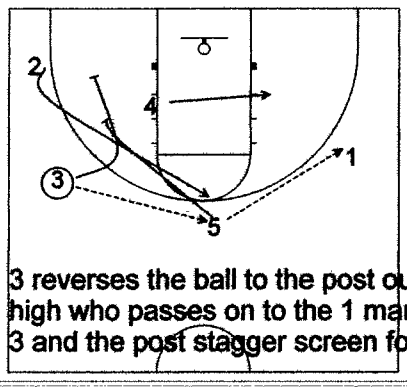


If 2 goes over the top the top post steps to the ball.

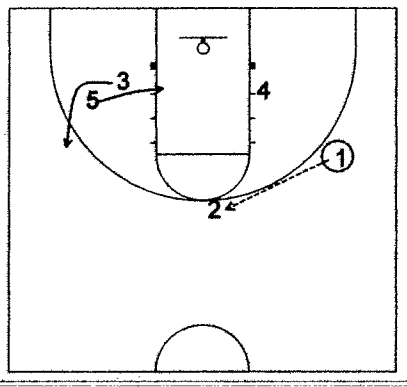




If 2 goes under the screen the bottom post steps to the ball.



3 reverses the ball to the post out high who passes on to the 1 man. 3 and the post stagger screen for 2.



WABASH BASKETBALL

LAYUP SERIES

1. **Right handed lay up.**
2. **Right handed dribble – Crossover – Left handed lay up.**
3. **Short bank shot from the right side (jump shot).**
4. **Baseline dribble – Reverse spin – power lay up.**
5. **Free throw line extended – change of direction – To elbow – Change of direction – Lay up.**
6. **Left handed lay up.**
7. **Left handed dribble – Crossover – Right handed lay up.**
8. **Short bank shot from the left side (jump shot)**
9. **Baseline – Reverse spin – power lay up.**
10. **Free throw line extended – Change of direction – To elbow – Change of direction – Lay up.**
11. **Start center circle – Dribble to left elbow – Change of direction for right handed lay up.**
12. **Same as #13 - But pull up for 10' jumper.**
13. **Dribble to right elbow – Change direction for left handed lay up.**
14. **Same as #15 – But pull up for 10' jumper.**

MARK TURGEON

TEXAS A&M AGGIES

Texas A&M Aggies

WHITE COLISEUM
P.O. Box 30017
COLLEGE STATION
(TX) 77843

HEAD COACH
Mark Turgeon

ASSISTANT COACH
Scott Spinelli

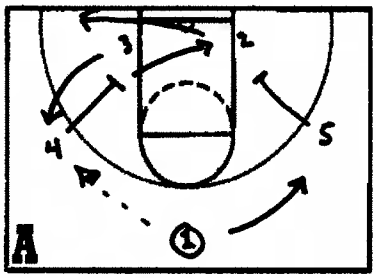
ASSISTANT COACH
Alvin Williamson

ASSISTANT COACH
Byron Smith

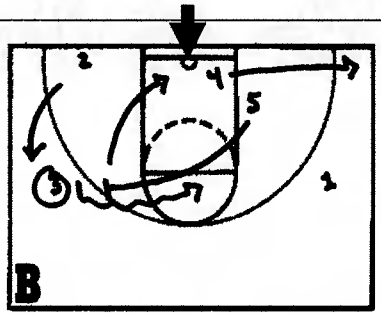
BASKETBALL OPERATIONS
Mike Rohn

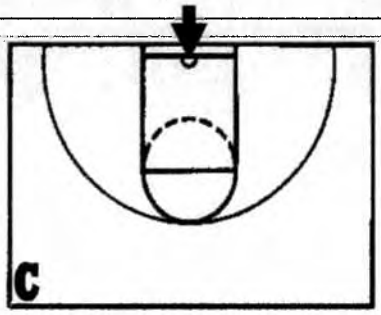
Coach: _Mark Turgeon: Texas A&M_ Topic: _Sets Plays_

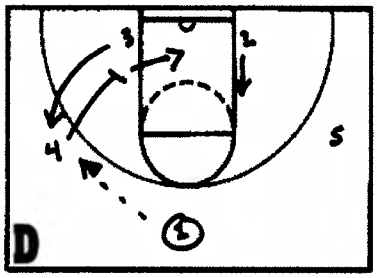
Clinic: _Texas A&M Notes_ Date: _Summer 2007_



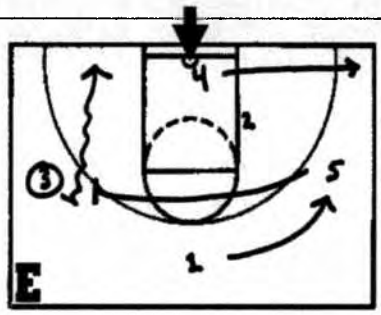
PLAY #1

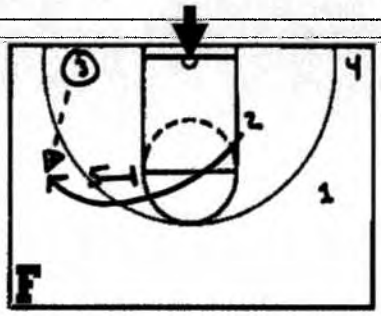


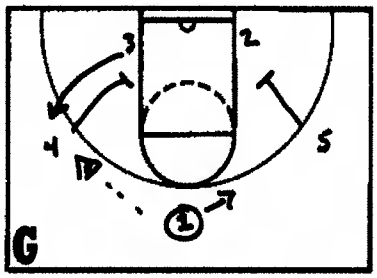




PLAY #2







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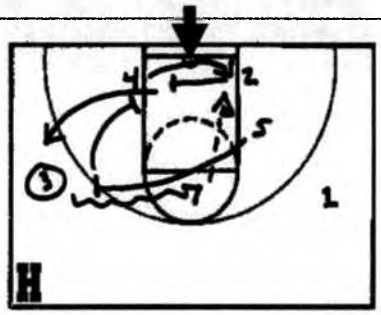

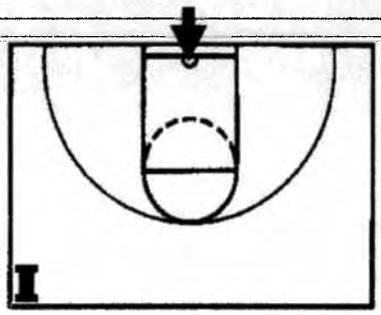

Texas A&M Aggies

Coach: _Mark Turgeon: Texas A&M_ | Topic: _Sets Plays_

Clinic: _Texas A&M Notes_ | Date: _Summer 2007_

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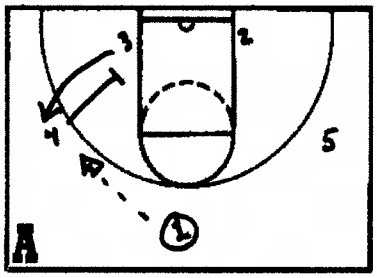
Mike Rohn



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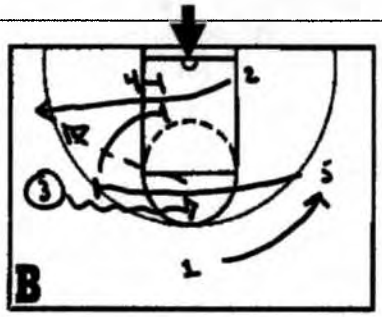

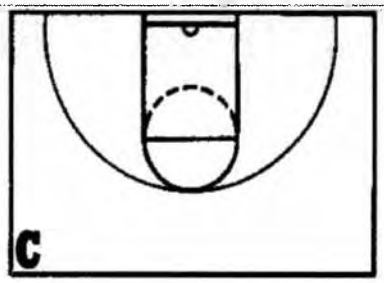

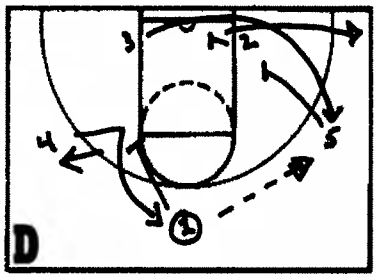

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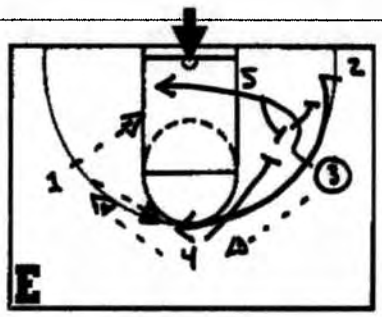

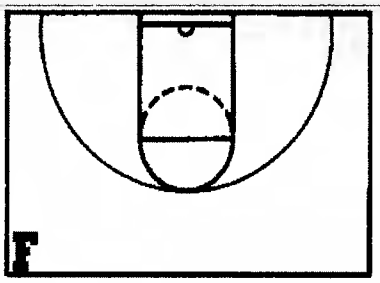

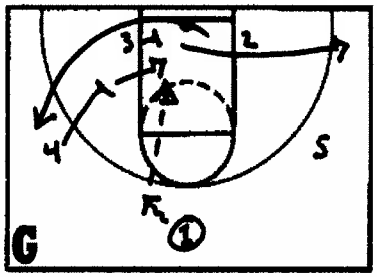

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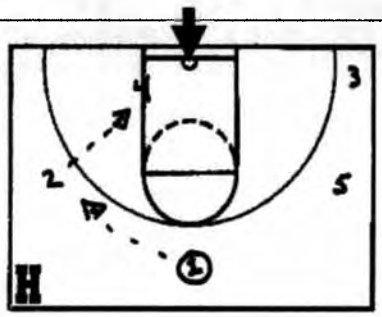

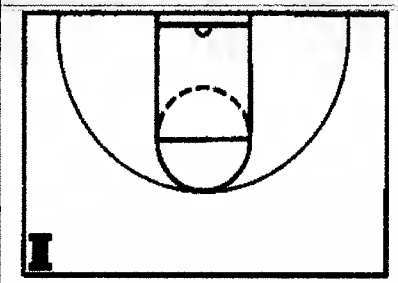

Texas A&M Aggies

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Mike Rohn

Coach: _Mark Turgeon: Texas A&M_ Topic: _Sets Plays_

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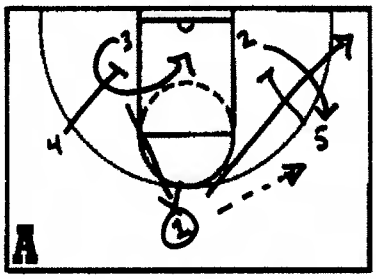

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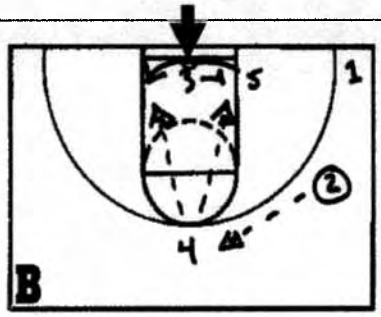

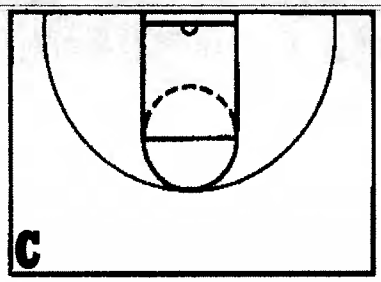

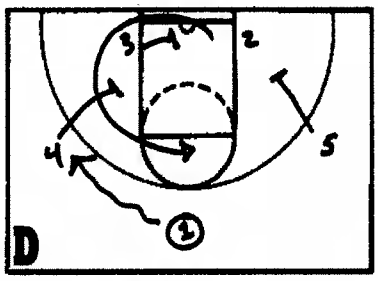

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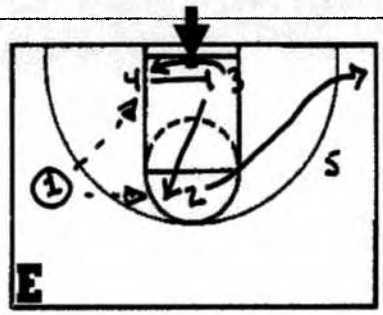

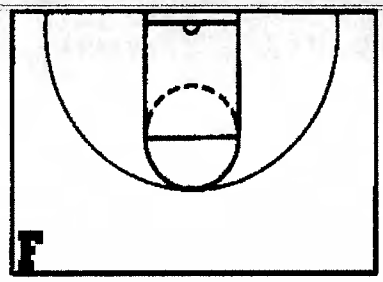

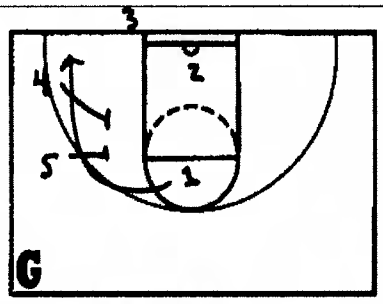

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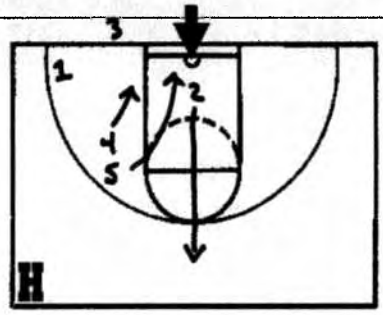

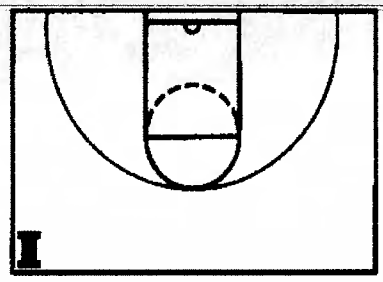

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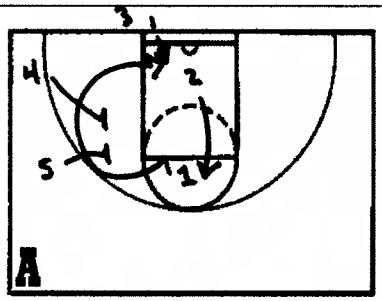

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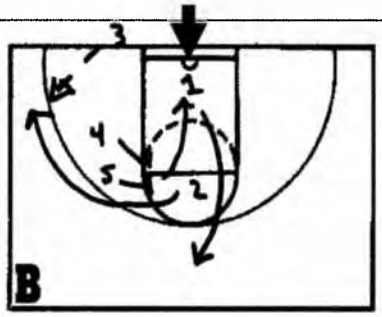

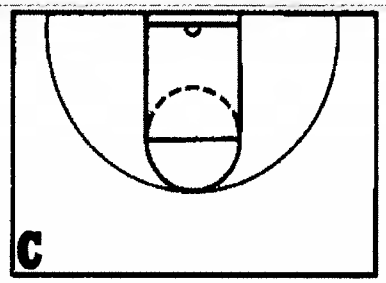

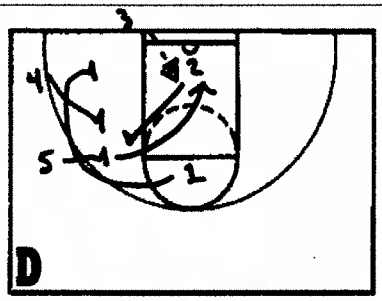

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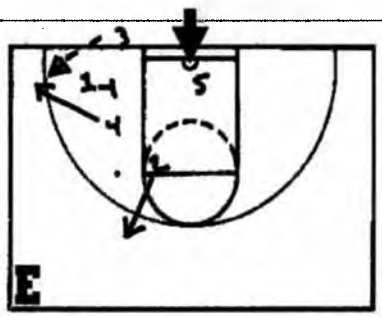

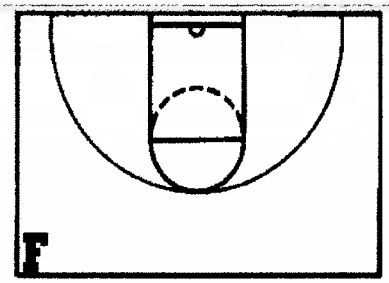

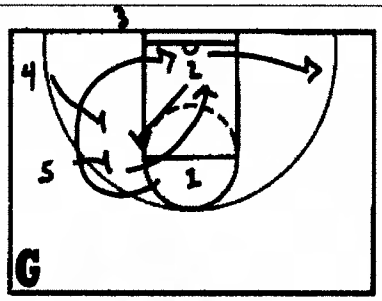

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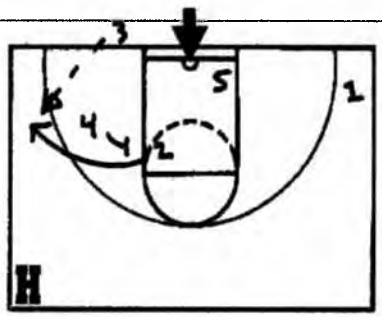

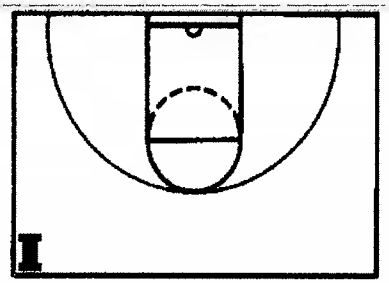

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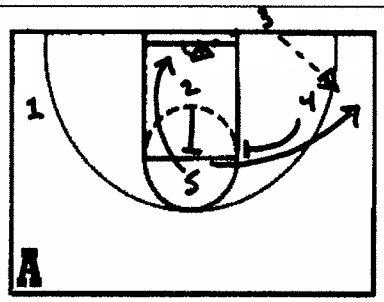
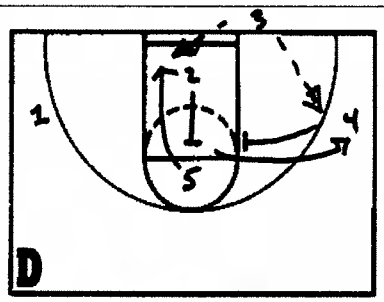
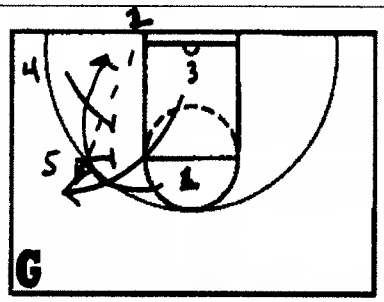


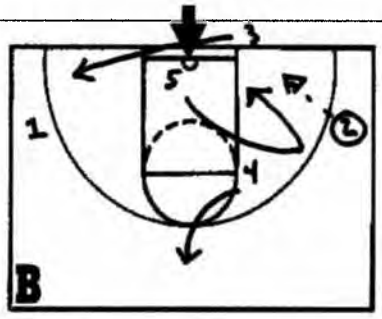


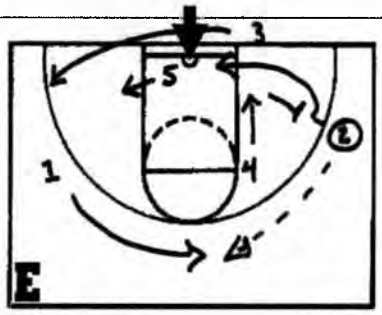


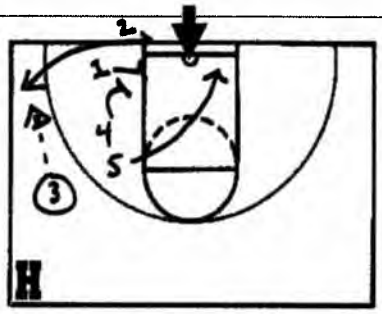
EOB #1

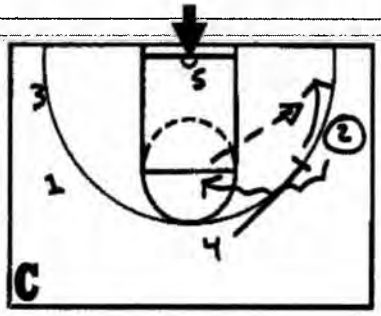
EOB#2

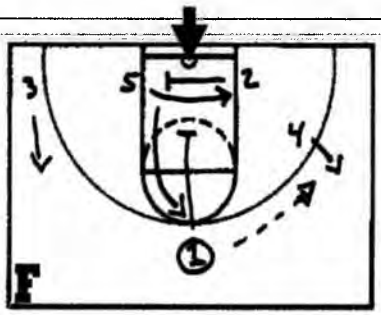
PHILLY QUICK EOB

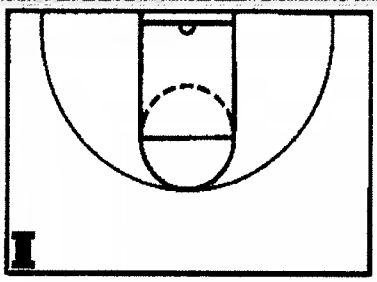












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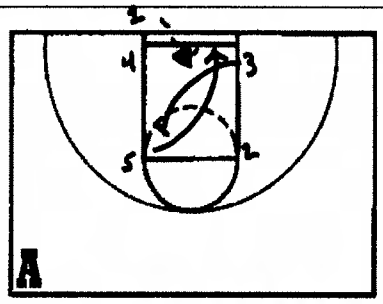
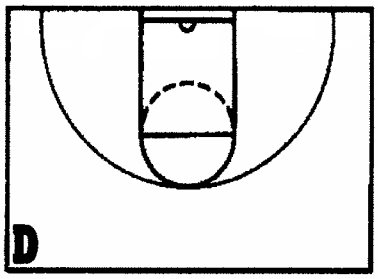
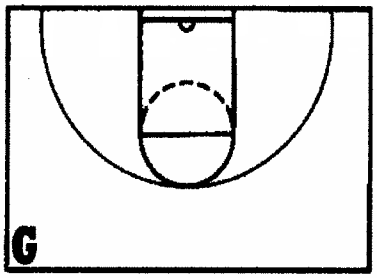
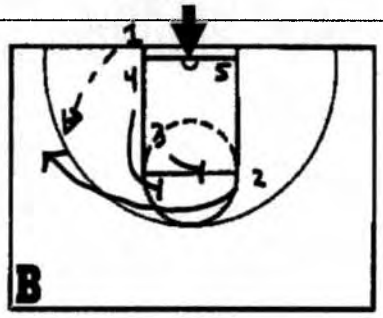
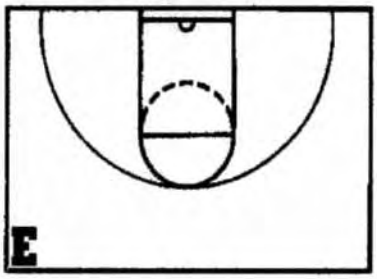


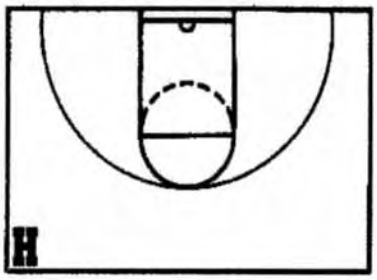


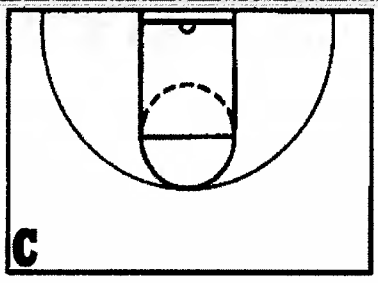


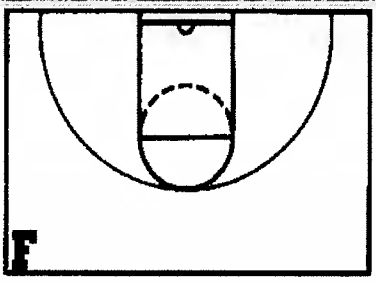
BOX DOUBLE EOB

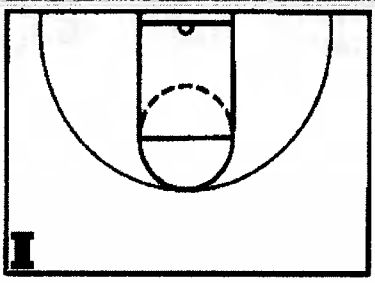












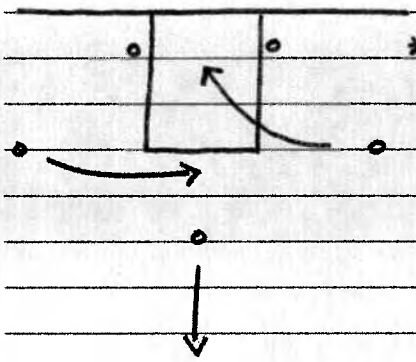
Matt Doherty
University of Notre Dame

Notre Dame Fighting Irish Basketball

Head Coach: Matt Doherty

Topic: General Coaching Thoughts

* 1 ½ Men Back For Transition Defense



* Rebounding Assignments

NCD? = "Never Catch Deflected Passes"

Communication → Transition Defense Calls Jersey Numbers

Don't Stop The Break Too High

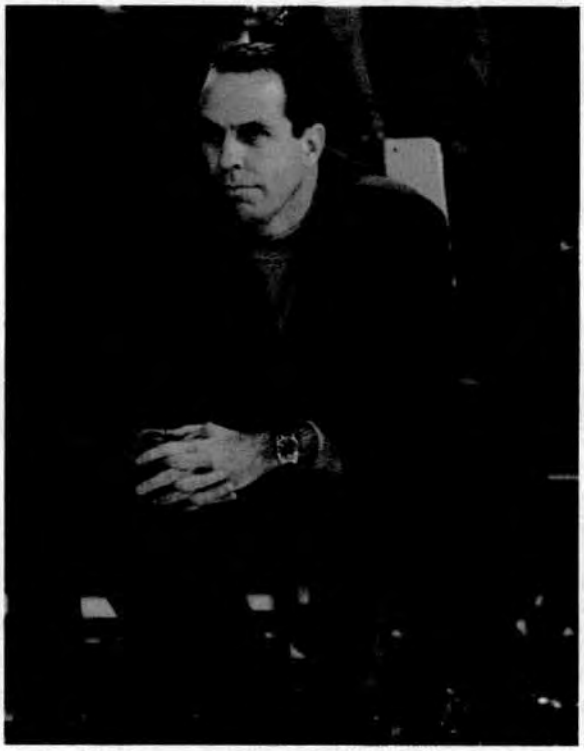
* Correct All Fundamentals Even Though They May Work For The Individual Player

* "Feed The Target – Don't Lead The Post"

* Use Pivots To Create Space

Mike Brey
Notre Dame Fighting Irish

NOTRE DAME BASKETBALL COACHES CLINIC 2004



Clinic Schedule
October 17, 2004

1:00 PM	**Clinic Registration – Joyce Center Gate 1**
1:30 PM	**Opening Remarks** **Mike Brey** **Notre Dame Head Coach**
1:45 PM	**Post Development** **Lewis Preston** **Notre Dame Assistant Coach**
2:30 PM	**Notre Dame's Motion Offense** **Sean Kearney** **Notre Dame Associate Head Coach**
3:15 PM	**Snack/Break**
3:30 PM	**Notre Dame Practice**
5:00 PM	**Practice Review and Questions** **Mike Brey**

THE BIG EAST CONFERENCE

BASKETBALL OFFICE • 113 JOYCE CENTER • NOTRE DAME, IN 46556-5678 • Office 574-631-6225 • 877-508-8135 • Fax 574-631-9345

2004-05 NOTRE DAME MEN'S BASKETBALL SCHEDULE

Thurs., Nov. 4	ST. JOSEPH'S (IN) (Exhibition)	7:30 p.m. (EST)
Wed., Nov. 10	QUINCY (IL) (Exhibition)	7:30 p.m. (EST)
Fri., Nov. 19	HARVARD	7:00 p.m. (EST)
Tues., Nov. 23	IPFW	7:30 p.m. (EST)
Fri. Nov. 26	CHARLESTON SOUTHERN	7:00 p.m. (EST)
Sat., Dec. 4	at Michigan (Crisler Arena) (ESPN)	12:00 p.m. (EST)
Wed., Dec. 8	at Indiana (Assembly Hall) (ESPN)	7:00 p.m. (EST)
Sat., Dec. 11	DEPAUL (ESPN2)	5:00 p.m. (EST)
Sun., Dec. 19	ARMY	1:00 p.m. (EST)
Wed., Dec. 22	MARIST	7:00 p.m. (EST)
Tues., Dec. 28	WESTERN ILLINOIS	7:00 p.m. (EST)
Thurs., Dec. 30	SAMFORD	7:00 p.m. (EST)
Wed., Jan. 5	at Seton Hall (Continental Airlines Arena)	7:30 p.m. (EST)
Sat., Jan. 8	VILLANOVA	12:00 p.m. (EST)
Mon., Jan 10	SYRACUSE (ESPN)	7:00 p.m. (EST)
Sat., Jan. 15	ST. JOHN'S	2:00 p.m. (EST)
Wed., Jan. 19	at West Virginia (WVU Coliseum)	7:00 p.m. (EST)
Sun., Jan. 23	at Georgetown (MCI Center)	12:00 p.m. (EST)
Wed., Jan. 26	at Villanova (Wachovia Center)	7:30 p.m. (EST)
Sun., Jan. 30	CONNECTICUT (CBS)	3:45 p.m. (EST)
Sat., Feb. 5	at Syracuse (Carrier Dome) (ESPN)	9:00 p.m. (EST)
Tues., Feb. 8	BOSTON COLLEGE (ESPN2)	7:00 p.m. (EST)
Sat., Feb. 12	at Pittsburgh (Petersen Events Center) (ESPN)	12:00 p.m. (EST)
Wed., Feb. 16	GEORGETOWN	7:30 p.m. (EST)
Sat., Feb. 19	at Providence (Dunkin Donuts Center)	12:00 p.m. (EST)
Mon., Feb. 21	at Connecticut (TBD) (ESPN)	7:00 p.m. (EST)
Sun., Feb. 27	UCLA (CBS)	2:00 p.m. (EST)
Wed., March 2	RUTGERS	7:30 p.m. (EST)
Sat., March 5	PITTSBURGH (CBS)	2:00 p.m. (EST)
Wed-Sat., March 9-12	BIG EAST CHAMPIONSHIP (Madison Square Garden)	TBA
Thurs-Sun., March 17-20	NCAA First/Second Rounds	
Thurs-Sun., March 24-27	NCAA Regional	
Sat.& Mon., April 2&4	NCAA Final Four Championship (Edward Jones Dome, St. Louis, MO)	

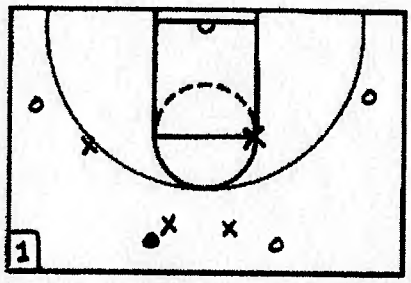
THE BIG EAST CONFERENCE

BASKETBALL OFFICE • 113 JOYCE CENTER • NOTRE DAME, IN 46556-5678 • Office 574-631-6225 • 877-508-8135 • Fax 574-631-9345

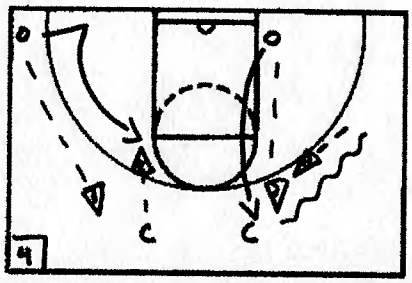
NOTRE DAME FIGHTING IRISH BASKETBALL

Clinic Date NOTRE DAME FIGHTING IRISH PRACTICE
TEAM PRACTICE 10/17/04
HEAD COACH: MIKE BREY

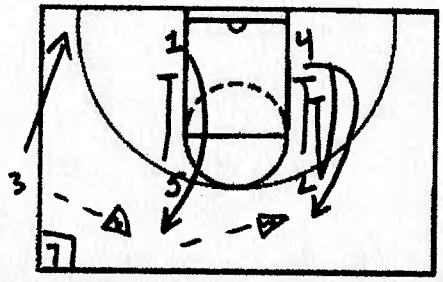
Head Coach: Mike Brey
Assistants: Sean Kearney Lewis Preston
Rod Balanis Martin Ingelsby



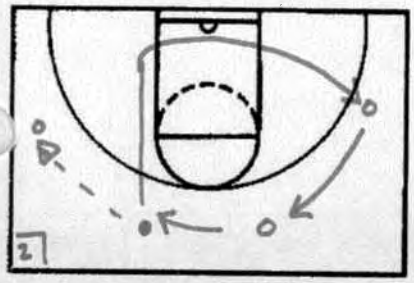
Notes 4-MAN JUMP
- 4-man Shell Drill
- Coach calls "Hold" to check position & check stance



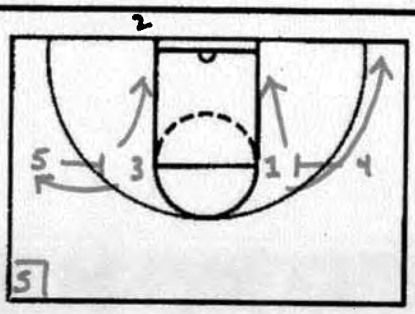
Notes PERIMETER WORK
- Perimeter players make all audible cuts to create spacing



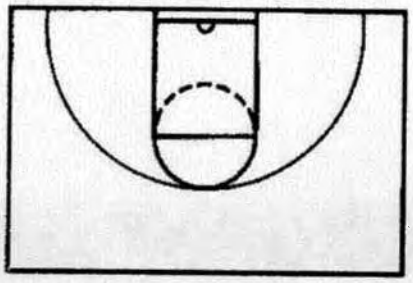
Notes DOWN S.O.B.
- 5 sets single down for 2 for entry pass
- 3 sprints to strong-side corner
- 2 sets single down on 4—4 cuts & re-screens for 2 once ball is entered
- 3 looks for 2 off single donw



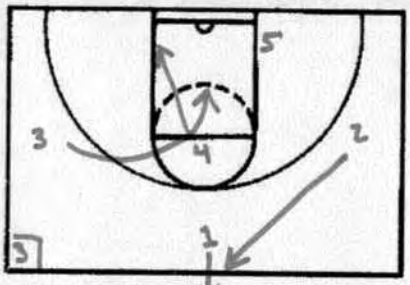
Notes SHELL CUTTING MOVEMENTS
- Pass, Basket Cut, & Fill the next perimeter spot above you
- Forces defense to jump to the basketball & guard movement



Notes 4-OUT E.O.B.
- 4 Across on the FT Line Extended
- Wings screen in for elbows
- Screens try to slip to goal for lay-up

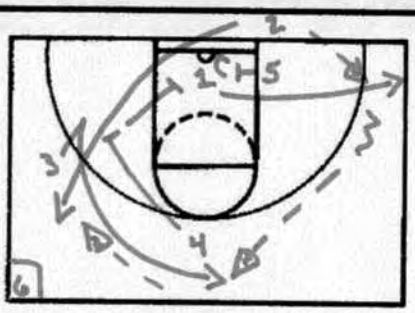


Notes

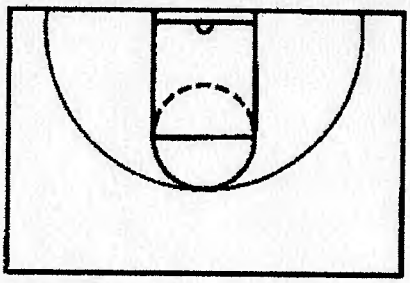


Notes OFFENSIVE RBS. ASSIGNMENTS
- Basic offensive rebounding assignments

1 = Full Ball to rim
2 = Half Back at 1/2 court
3, 4, 5 = Crash offensive glass



Notes E.O.B.
- 5 Pin Screens 1—1 cuts to the corner for entry pass
- 4 cross screens 3—3 cuts to the point for reversal pass
- 5 & 4 set stagger screen for 2

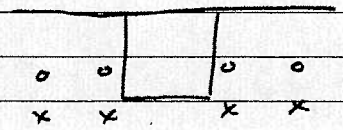


Notes

Notre Dame Basketball

Date 10/17/04 Practice No. 3

	TIME:	ACTIVITY:
		Pre-Practice Blue - Thomas, Carter, Latimore, Isreal, Murphy
	3:20-3:30	Ind work - Bigs and Per - D Footwork
	3:30-3:35	STRETCH
	3:35-3:40	3-0 on a side, 3 Man Weave
		5-0 F.C. Motion
	3:40-3:45	Zig Zag ("dribble used")
		2 Baskets - Per - 2 on 2 on top
		Bigs - Post D
V+S	3:45-3:50	4 Man Jump (cutter)
		4 Man Touch → Catch-Up Drill
		4 on 4 (staggers, ballscreen)
		5 on 4 (Talk) ↳ Must Start w/ Situation · Can Transition
V+S	3:50-4:05	5 on 5 (random movement) ↳ Transition Defense ↳ Circle Block-Out / Change Drill · Get 2 Stops In A Row
	4:05-4:10	8-11 Break ↳ FT's
	4:10-4:15	2 Baskets - Bigs + Per - Footwork and shoot
	4:15-4:20	2 Baskets - Bigs 2-0 Per 3-0
	4:20-4:25	5-0 Blue + White
		(intro side out down, under out 4)
V+S	4:25-4:45	5 on 5 (out of bounds situations)
	4:45-4:50	5 on 4
		8-11



Per: Forehand Top · Shallow · Curl

Bigs: · Post Flashes (Rotate to Post Development)

Notes:

MIKE DUNLAP

METRO STATE ROADRUNNERS

Metro State Roadrunners

Coach: _Mike Dunlap: Metro State_ **Topic: _Practice Planning_**

Clinic: _Video_ **Date: _Summer 2007_**

Auraria Events Center
P.O. Box 173362
Denver (CO) 80217

HEAD COACH
Mike Dunlap

ASSISTANT COACH
Brandon Hays

ASSISTANT COACH
Brady Bergeson

ASSISTANT COACH
Paul Moss

I. Time Allotment
1. *Know your time blocks*
2. *Don't become a slave to time*
3. *Time & Score throughout practice*
4. *Adjust to team needs*

II. Tempo
1. *Use time blocks to move practice along*
2. *Set aside teaching time*
3. *Know drill: Limits talking by coaches*
4. *Parts of practice should have game tempo*
   - *We want to play fast, so practice should be fast*
   - *Blitz Drill (3 v. 2 or 5 v. 3 for 5 minutes)*
     - *Work defensive recovery—Off ball movement*
     - *Emulate the pace and design of the game*

III. Teaching v. Drilling
1. *"You are a teacher first:" Do not become a slave to your drills*
2. *5 Laws of learning*
   A. Tell them
   B. Show them
   C. Have them show you
   D. Correct the demonstration
   E. Repetition
3. *Methodology is everything—How do you teach?*
   - *Premise*
   - *Prompt*
   - *Leave them alone*
4. *Whole v. Part*
   - *30% greater retention from the whole*
   - *Still work the part*
   - *At beginning of year teams are more game ready if you work out of the whole*
   - *More part at the end of the year (Details)*
5. *Ingredients of a quality drill*
   - *Time & Score*
   - *Winners & Losers*
   - *Rotations designated*
6. *Unpredictability—Whistle = Drop & Transition to other end*
7. *Players must teach players = Healthy team*
8. *Automatics w/in your own drills*
   - *Winners get water*
   - *Losers run*
   - *Never avoid*
9. *Cut your losses—Things just aren't working, move on*

IV. You are what you emphasize
1. *2-3 per practice: Team knew "high hands on close-outs was an emphasis"*
2. *Simplicity w/ detail*
3. *Follow through = Discipline, not punishment*
4. *Use the whistle to correct, moves practice forward & stops over talking*
5. *Verbal keys—Have your own language*

V. Physical v. Mental
1. *Must have physically demanding practices = Mental toughness*
2. *Know legs & heart rates—Recovery rates—2 hard & 1 light*
3. *Ask questions*
4. *Well designed contact drills—Makes you physical*
5. *Feedback—Personal or objective—Sometimes personal is needed*

VI. Competition
1. *Time & Score*
2. *Reward/Punishment system*
3. *Acknowledge the victory*
4. *Process v. results*
   - *Emphasize the process that leads to the results*

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VII. Brief/Debrief

1. *Ask players what they heard*
2. *Use a whiteboard & discuss practice before we start*
3. *Player notebooks are kept in lockers (Goals, System, Plays, etc.)*
4. *Video: Position coaches breakdown video together*
5. *Players as teachers*

VIII. Peer Pressure

1. *Small group/big group expectations*
2. *Players voice must be powerful—Higher order of teaching*
3. *Teacher as moderator*
4. *Body language—Practice & games*
   - *No grabbing the shorts & no faces to the officials*

IX. Habit Patterns

1. *Good habits are hard to break*
2. *Sprint from spot to spot = Hustle in games*
3. *Communication (Quick, efficient huddles)*
4. *How you start is how you should finish*
5. *Personal records helps et higher performance*
6. *Practices cannot lose enthusiasm as year finishes*

X. Brutal Reality

1. *What do we need to do to get better*
2. *Teacher = 20/20 vision*
3. *Address your struggles (Fix problems that day)*
4. *Know where you are going*
   - *"Here is where we are at, this is where we need to go, and this is how to get there"*
5. *A great coach has a vision*
6. *Why we do what we do*


Mitch Henderson
Northwestern Wildcats

Northwestern Wildcats

Coach: _Mitch Henderson: Northwestern Asst._ **Topic:** _Princeton Offense_

Clinic: _Western Central Indiana Coaches Roundtable_ **Date:** _9/28/2005_

WELSH RYAN ARENA
1501 CENTRAL ST.
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60208

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Paul Lee

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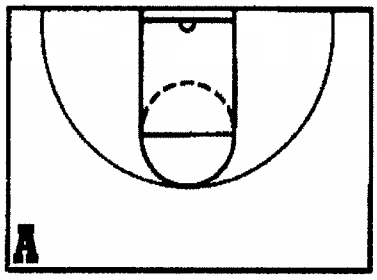
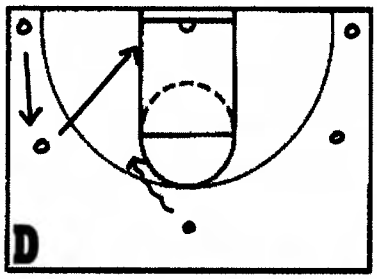
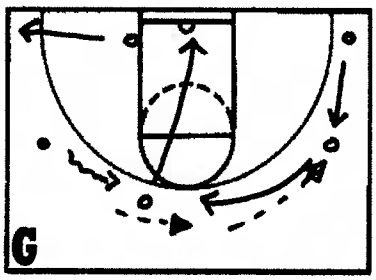
Tavaras Hardy

BASKETBALL OPERATIONS
John Davidson







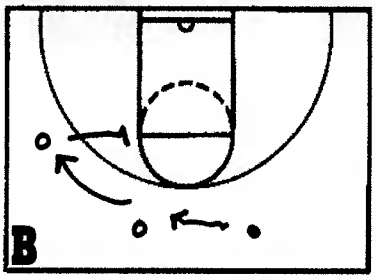
GOALS

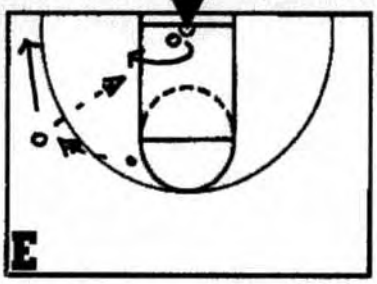
1. *Main is to get a good shot every time down floor*
   - *All scrimmage, no breakdown drills*
2. *Zones: Quality passing determines quality of shot*

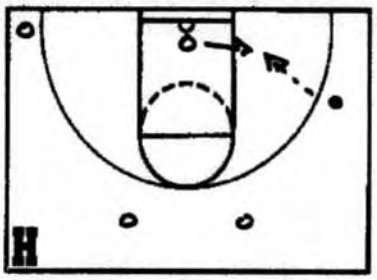
1-2-2 DRILL

1. *Starter Drill*
2. *How do you create shots?*
3. *Make eye contact w/ ballhandler*
4. *Don't throw v. open defender*
5. *Cutter: Complete cut to the basket*
6. *Always cut behind the defense*

DRIBBLE-OUT CUTTER





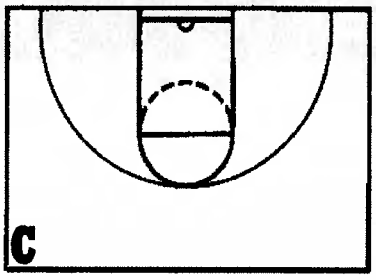


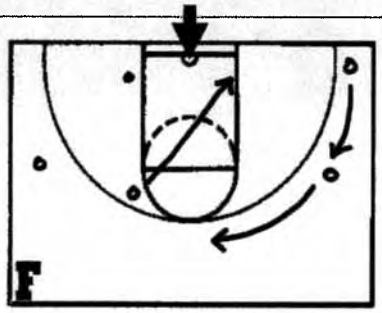
DRIFT SCREENS

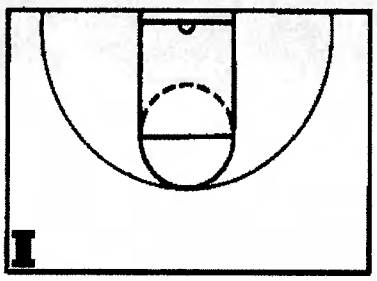
3. *Offensive Options*
   - *Hard cuts*
   - *Down Screens (Only as a diversion)*
   - *Back Screens*

EVERYONE POSTS

CUT SAME SIDE







4. *Faster you are the more screens you set*
5. *Stress every little thing counts—Let nothing go*
6. *Timing & Execution is key to everything*
7. *Make it look like you are helping your teammate w/ an offensive move*

Northwestern Wildcats

Coach: _Mitch Henderson: Northwestern Asst._ Topic: _Princeton Offense_

Clinic: _Western Central Indiana Coaches Roundtable_ Date: _9/28/2005_

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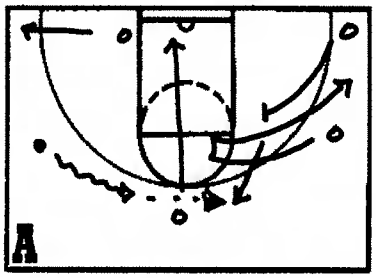
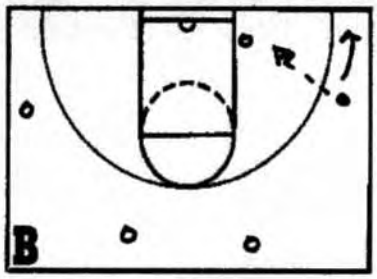
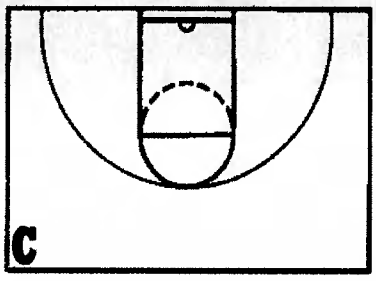
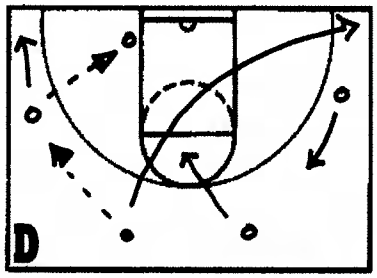


DRIFT SCREEN ACTION

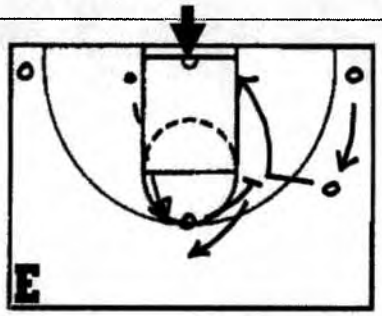


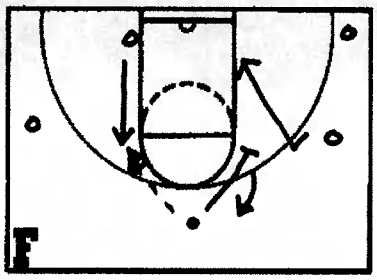
POST ENTRY & RE-LOCATE



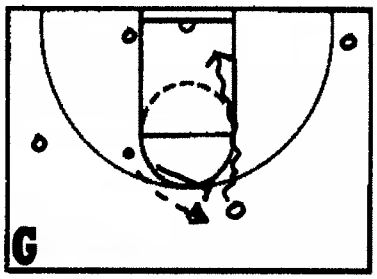


LOW POST PLAY

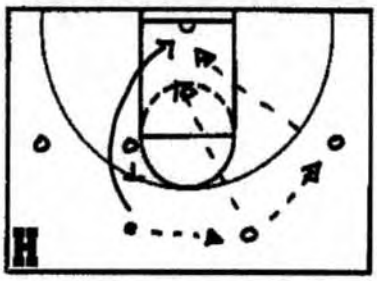




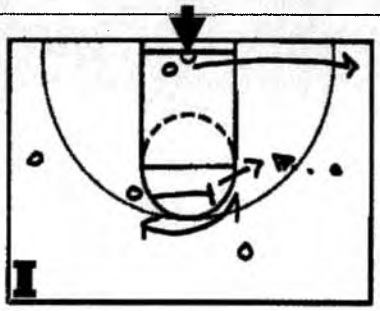
PINCH POST ACTION



PINCH POST CONT.



CHIN SERIES



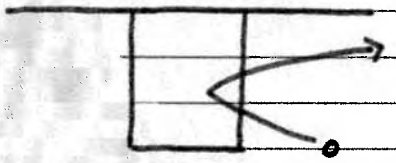
Royce Waltman
Indiana State Sycamores

Indiana State Sycamores Basketball

Head Coach: Royce Waltman

TOPIC: OFFENSIVE PREPARATIONS

1) PREPARE TO SCORE EARLY
   - A) NUMBERED BREAK
   - B) FULL COURT MOTION BREAK
2) PREPARE FOR SWITCHING
   - 1) BUST OUT W/ DRIBBLE
   - 2) RUN BY THEM
   - 3) ISOLATE THE POST
   - DON'T SCREEN
   - SCREEN UP & IN
   - SCREEN YOUR OWN MAN
   - SET DOUBLE / STAGGER SCREENS
3) MATCH-UP DEFENSES
   - CUTTERS → DON'T COMPLETE THE CUT
   - MISDIRECTION CUTS
   - PASS / BALL FAKES
   - PENETRATE → ATTACK A GAP



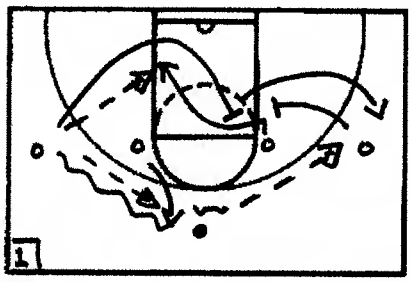
4) BOX & 1
   - USE YOUR "STAR" TO CROSS SCREEN & FLARE SCREEN
5) TRIANGLE & 2
   - USE "STARS" AS SCREENERS
   - BALL SCREEN & FLARE SCREEN
   - SET DOUBLE SCREENS
6) SCORE IN THE HALF COURT
   - A) 1 PLAY TO SCORE IN THE POST
   - B) 1 PLAY TO SCREEN FOR A SHOT
   - C) SCREEN THE SCREENER
   - D) PENETRATION

INDIANA STATE SYCAMORES BASKETBALL

Clinic Date

ROYCE WALTMAN → INDIANA STATE
ISU v. SIU 3/5/05
QUEEN HETS

Head Coach: Royce Waltman
Assistants: Dick Bender *Benjy Taylor*
Matt Mardis



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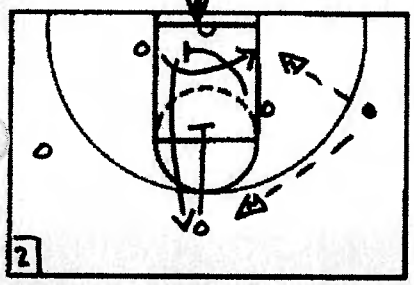
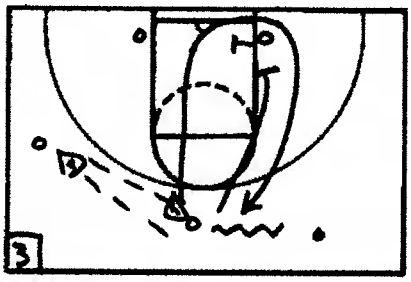


Notes



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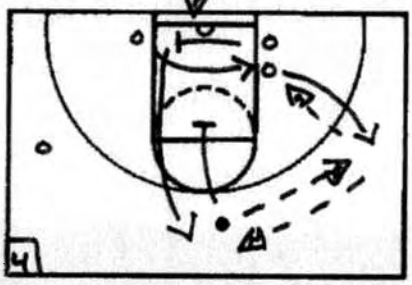

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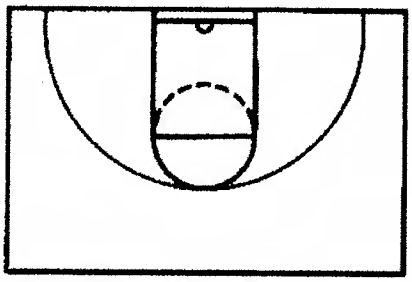

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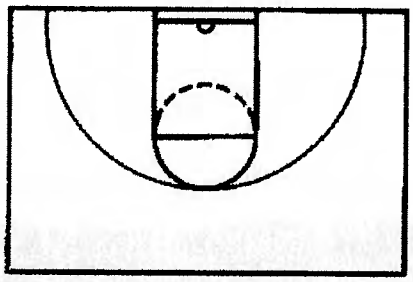

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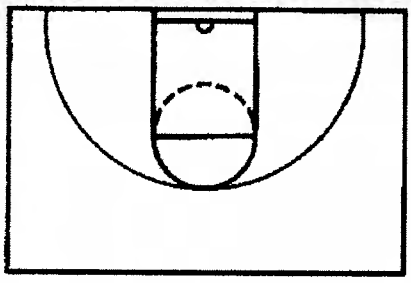

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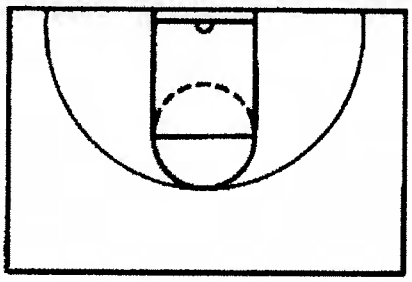

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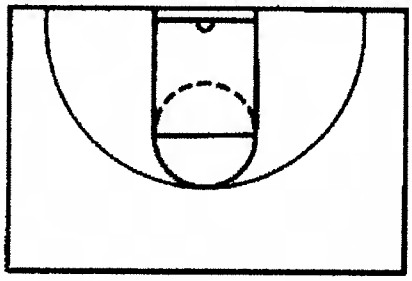

Notes

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ROYCE WALTMAN
INDIANAPOLIS
GREYHOUNDS

Indianapolis Greyhounds

Coach: _Royce Waltman: Indianapolis_ **Topic:** _Zone Offense_

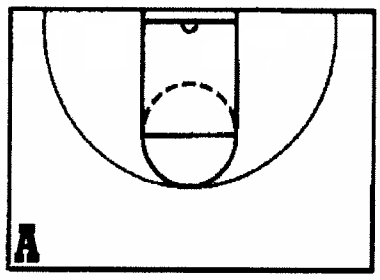
Clinic: _Mt. Vernon Clinic_ **Date:** _9/29/07_

1400 Hanna St.
Indianapolis (IN)
46227

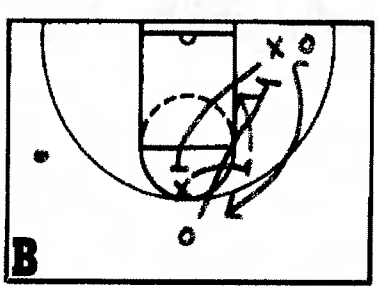
Head Coach
Todd Sturgeon

Assistant Coach
Royce Waltman

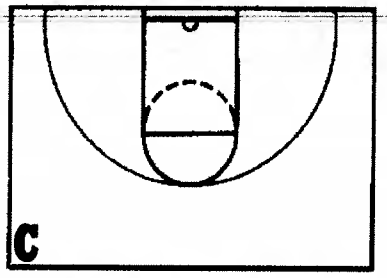
Assistant Coach
Fred Andrews



1. Best way to slip screens is from outside in



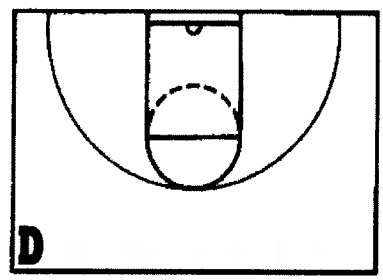
IF YOU HEDGE, YOU HAVE TO GO 3RD THROUGH



3 WAYS TO USE DRIBBLE v. ZONE

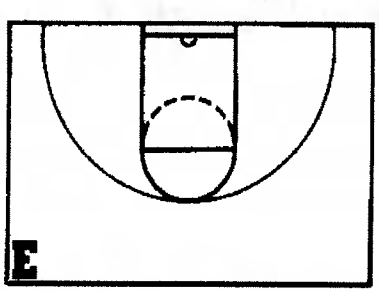
1. Dribble Penetration
- *Attack gap & run to the rim*

2. Misdirection
3. Use dribble to distort defense



2 THINGS v. MATCH-UP ZONE

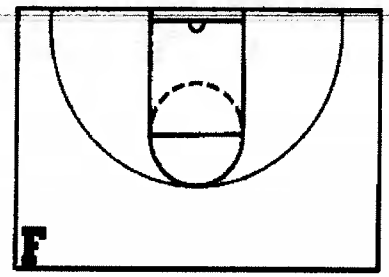
1. Drive the ball
2. Cut away & comeback after release



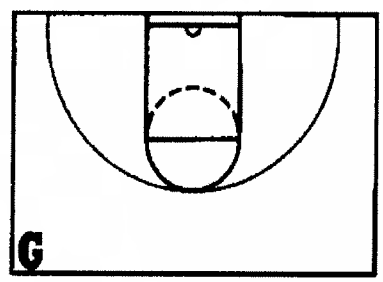
ZONE BUILDING BLOCKS

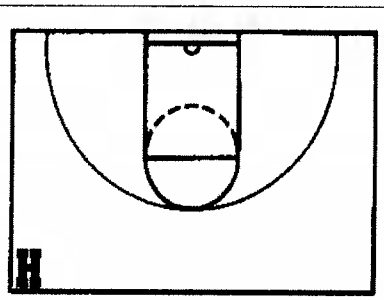
1. Use dribble judicially
2. Cut from behind zone
3. Combo #1 & #2
- *Penetration & Flashing have to go together*

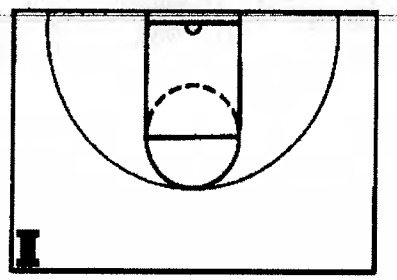
4. Throw the ball over the top



5. Screen someone
6. Combo #4 & #5
- *Pass Fake & Shot Fake*





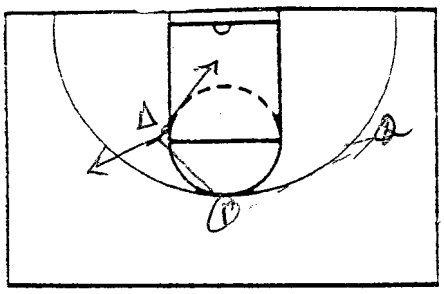


Practice
3:30-6:30
Yolanda

12-3-Sat
3-6-Sun

CLINIC
DATE Steve Alford
Motion Off

(1)



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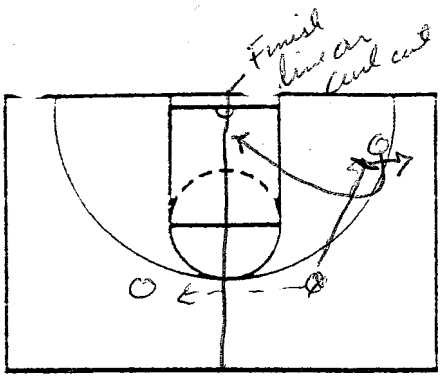
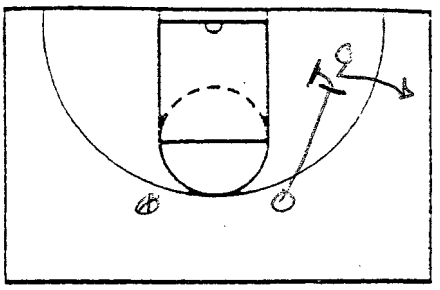
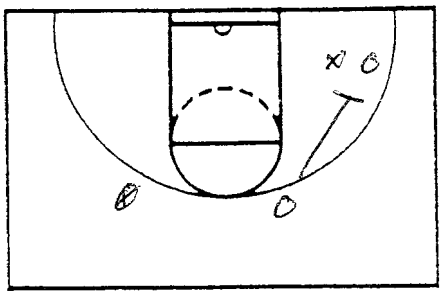


2 on 0 - Down screen
Curl cut
Pop cut (defender under screen)

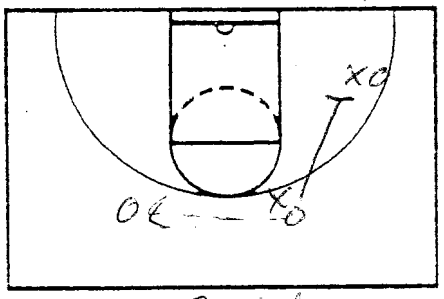


Coach Calls cut

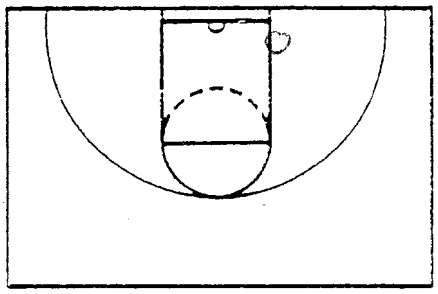


NOTES 2 on 1

Defense on cutter → lead
defender → curl
Pop
Back cut

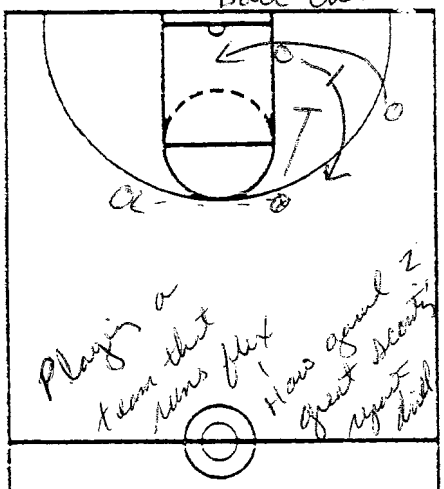


2 on 2 → line
Read defense
Practice vs switch
2 balls on 1 ball



Don't give up layups in game
Contested 6 ft

3 on 3
Coach
~~Calls~~
~~Cuts~~
defines
action



Player on team that wins ball, has equal 2 point scores against third

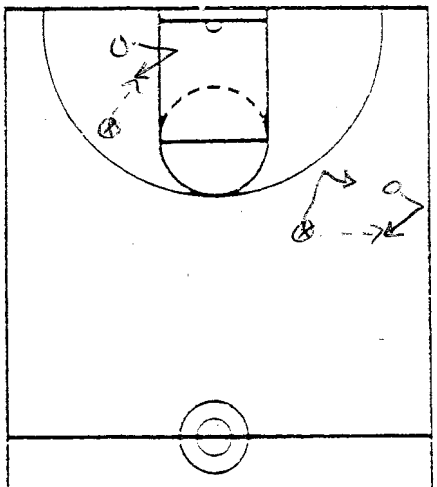
NOTES

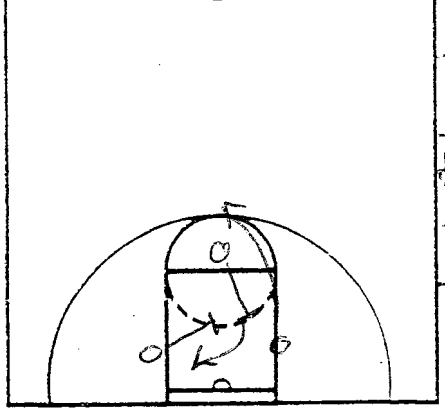
Catch/pivot
10 or fewer Turn overs
2 on 0 no turn overs
(2 steps set up - 1 cut)
Shot fake
1 dribble drive moves
Elbow right over Knee
Toes point at rim

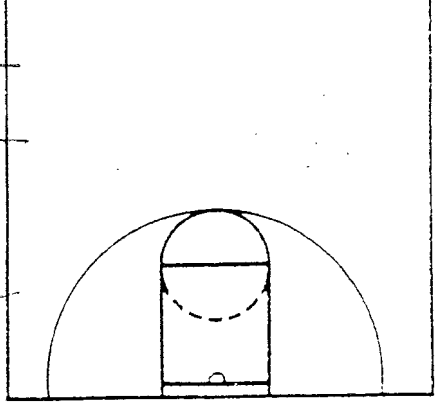
Screen & roll

* Eliminate Coaches from drills
* Players pass to players

Who wins at Ft line

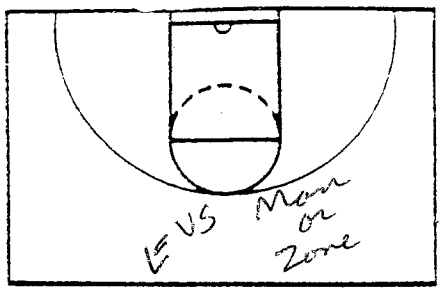


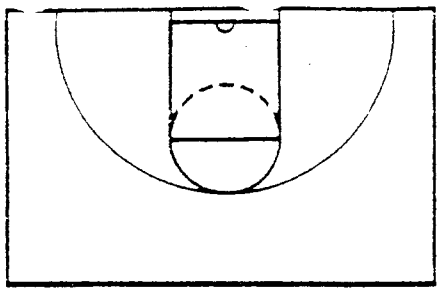


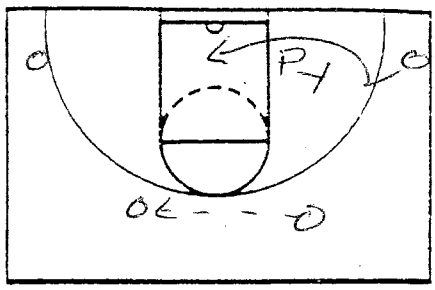


CLINIC
DATE Steve Alford
OAA

(2)



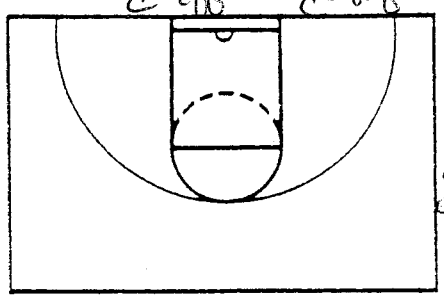


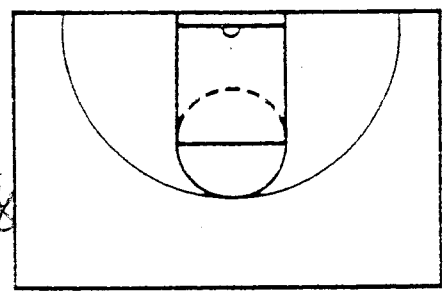


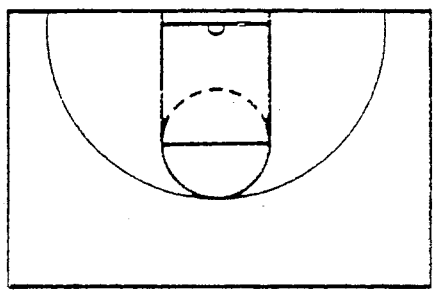
NOTES 5 v 5
1 dribble per catch
Restrictions (emphasis)

- Best player touch
- Post feed (2x's)
- Ball reversal (Post mid point) 2x's

Automatic Post look seen when ball goes away from you





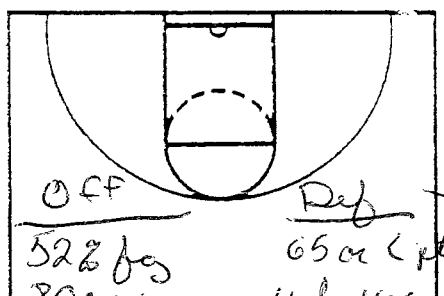


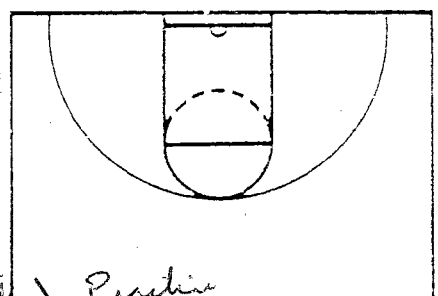
NOTES Coach set up at Practice

Pressure ft at Start of Practice

3 man weave - 4 passes 2 min 20 baskets

Practice ft rebounding





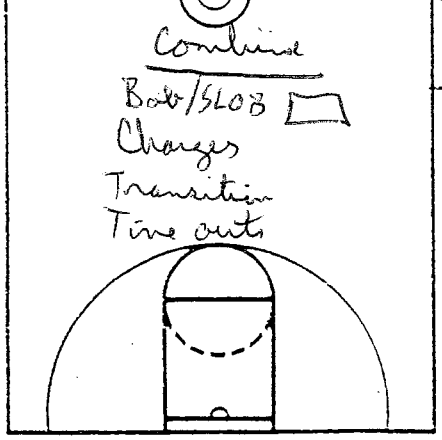
NOTES

Dribbly makes off stand

1 dribble get to paint

3' x 5" card - 1 side - team stuff other side individual stuff

15-20 min a day

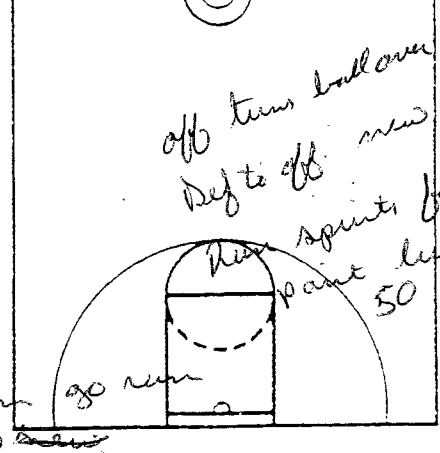


50 point game

4 on 4 on 4

1 pt per pass
10 - for basket
5 - for o board

Off get to 50 - def



off turn ball over - go on def to off new def.

Run sprints for each point less than 50

Sam Alford
University of Iowa

Iowa Hawkeyes Basketball

Assistant Coach: Sam Alford

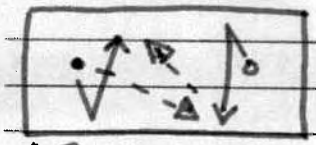
Topic: Team Offense

Team Offense

1) Play Offense At Offensive End
2) Be The Aggressor
3) Communication
   - Paramount
   - Know Who The Screener & Cutter Is
4) Cutting
   - A) Back Cut
   - B) Flare Cut
   - C) Tight / Curl Cut
   - D) Pop Cut

* Bent Knees → Explode

- Set-Up Your Cuts
- Catch & Pivot



5) Screening
   - A) Down Screen
   - B) Back Screen
   - C) Cross Screen
   - D) Basket Cut

* Screen w/ Your Butt To The Basketball

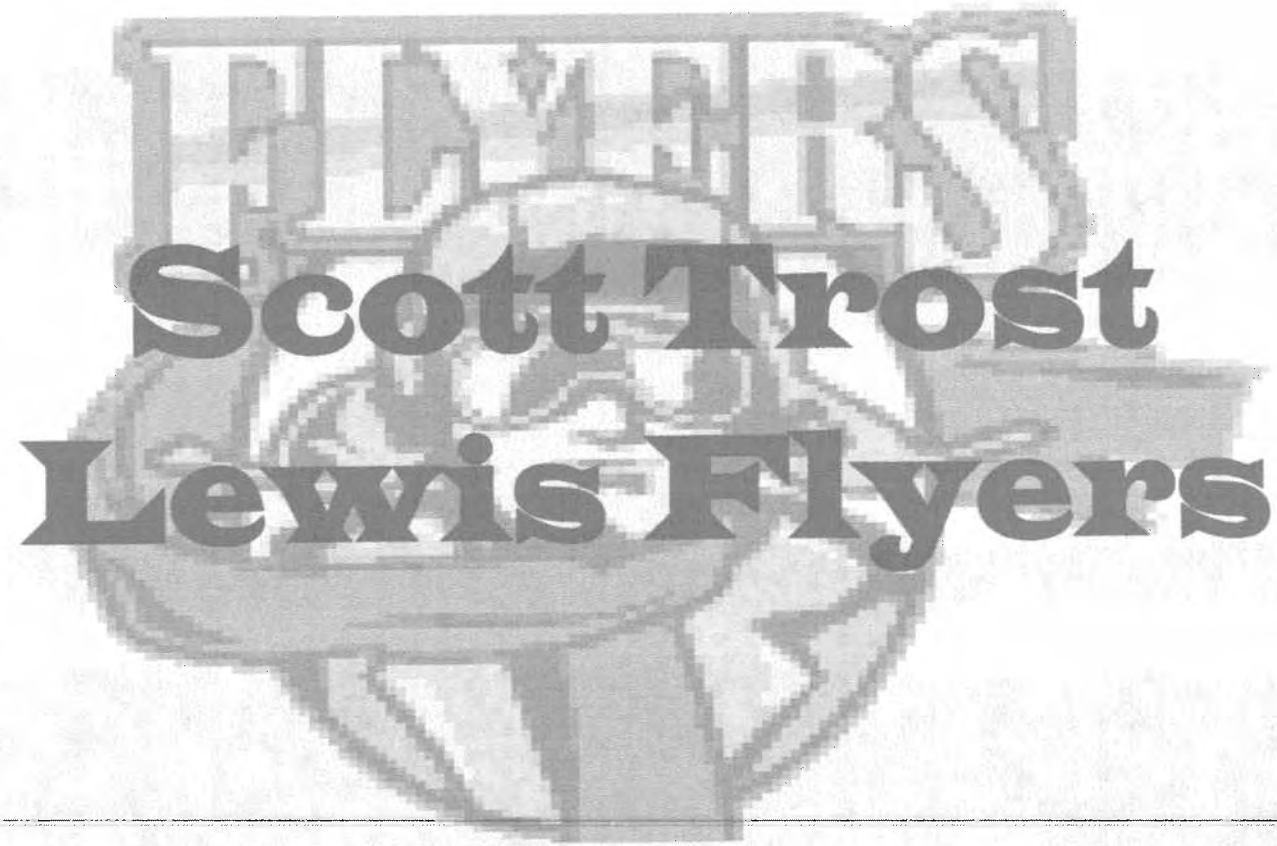
- Solid Base

* Must Read Defense

* Screener Must React To Cutter's Movements

6) Up Tempo
   - Be Quick, But Not In A Hurry
7) Set Shots Up
   - Solid Base
   - Shot Fake
8) Get To The FT Line
8) Inside / Outside Game
9) Crash The Boards
   - Weak-Side Boards
10) Keep The Ball Out Of The Corners
    - Only Time Ball Should Go To Corner:
      1) Shot
      2) Dribble Penetration
11) Pass Away From The Defense
    - Outside Hand
12) Dribbling
    - A) Dribble w/ A Purpose
    - B) Good Passing Angles
    - C) Penetration
    - D) Quality Pivots To Shoot Off Dribble

* "Accept Being Different"


FLYERS
Scott Trost
Lewis Flyers

Lewis Flyers

Team Objectives

Championship Practices

"When you want what you've never had, you must do what you've never done"

LD Goal: Midwest Conference & Sectional

PLAY HARD

Give a Winning effort
Learn how to compete
Leave it all on the floor, Always give 100%
Always practice at game speed
Make HARD WORK your Passion
Play with EFFORT, DETERMINATION, and COURAGE
Avoid mediocrity; Never accept anything less than your best
Make each day's practice a Masterpiece

Play Smart

- Know your role. Play within yourself
  Learn to "Think: the game
  If you won't do it a game, don't do it in practice
  Play with good execution and poise
- Remember PERFECT practice makes PERFECT
  Focus on W.I.N.- What's Important Now? Don't Worry About Tomorrow - Worry About The Moment
  Strive for perfection, That is your goal

Play Together

Embrace the TEAM concept - Fist
Put the TEAM before yourself
Trust your teammates. Depend on one another
Do your part. Be accountable!
Learn to be a great communicator
Remember the "FIST"- Stay Together
- Make winning an attitude of toughness

TPW = Tough Players Won

Have Fun

Live your dreams. Enjoy the journey
Never take one day for granted; Your career is too short
Remember, when it's all said and done …it's just a game

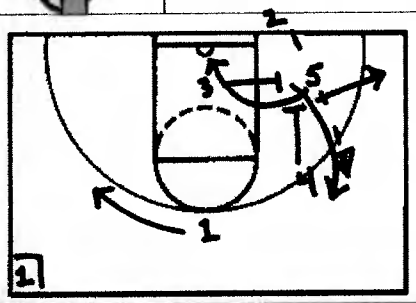
LEWIS FLYERS BASKETBALL

(815) 836-5451
TROSTSC@LEWISU.EDU

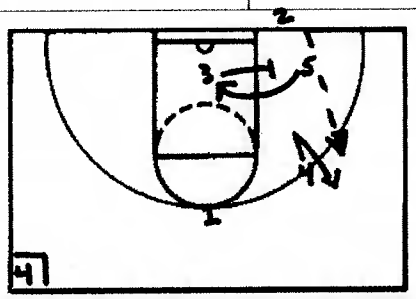
Head Coach: Scott Trost
Assistants: Ben Wierzba
Joe Steinkamp
Steve Turner

Coach Scott Trost -> Lewis
Topic Special Teams
Clinic I-55 - I-57 Clinic

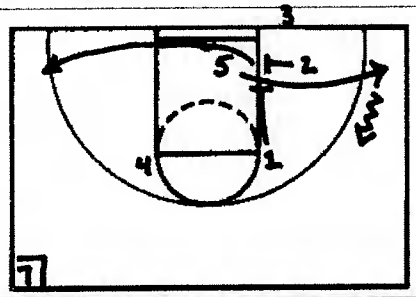
Member of the Great Lakes Valley Conference



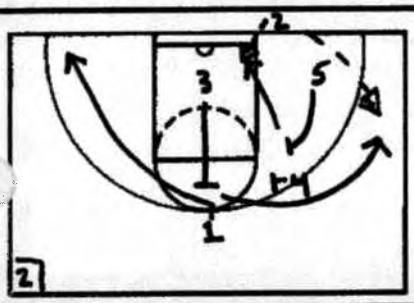
Notes **Duke EOB**
- *Quick hit EOB for a 3*



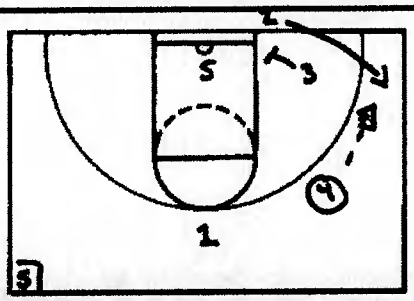
Notes **Corner Look #30**
- *Quick hit EOB with little time on the clock*



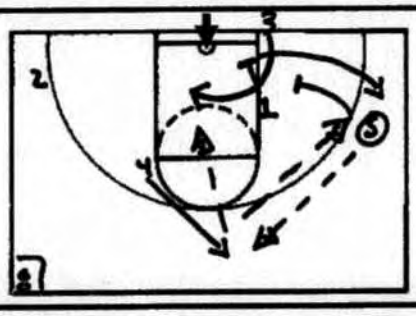
Notes **Version of Boston**
- *Quick hit EOB for curl in lane*



Notes **Version of Jayhawk**
- *Quick hit EOB for 3*



Notes **Corner Look #20**
- *Quick hit EOB v. sagging defenses*
- *Counter off Corner Look #30*



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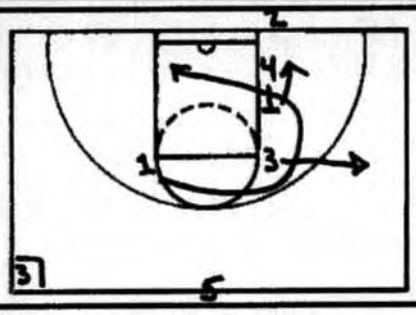
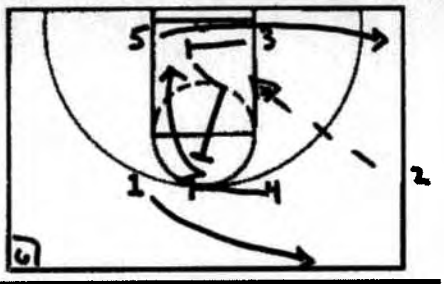
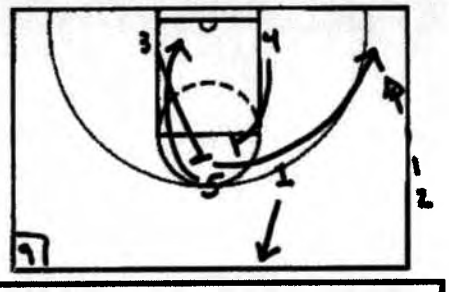


Notes **21 Baseline**
- *Cannot run the baseline*
- *Must go full floor*



Notes **SOB**
- *Quick hit SOB w/ little time on clock*



Notes **Tennessee SOB**
- *Tennessee v. Winthrop game winner from 2006 NCAA 1st Round Game*

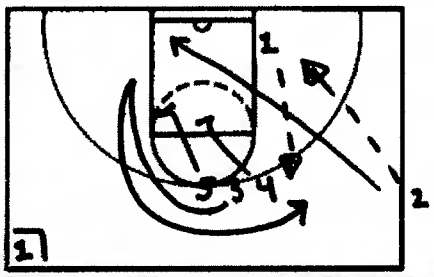
LEWIS FLYERS BASKETBALL

(815) 836-5451
TROSTSC@LEWISU.EDU

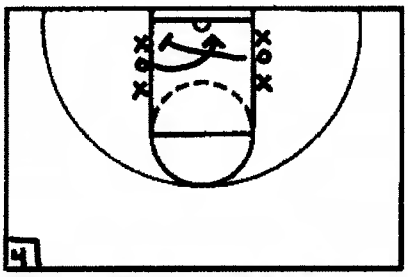
Head Coach: Scott Trost
Assistants: Ben Wierzba
Joe Steinkamp
Steve Turner

Coach Scott Trost → Lewis
Topic Special Teams
Clinic I-55/I-57 Clinic

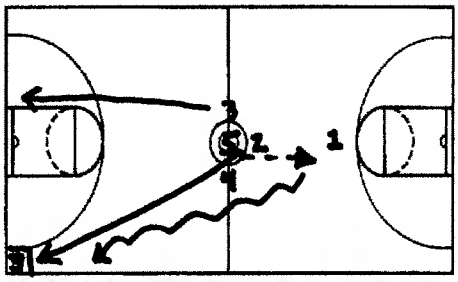
Member of the Great Lakes Valley Conference



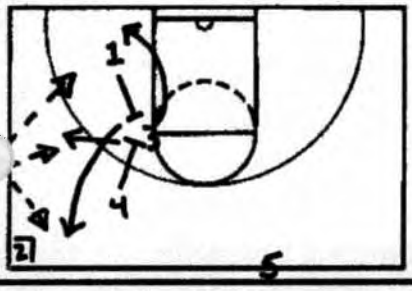
Notes Spartan 3 SOB
- *Quick hit SOB from a post entry*



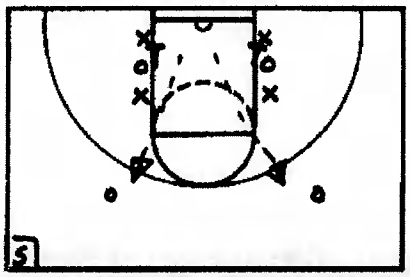
Notes Cross FT Play
- *Same as "Tap Move"*



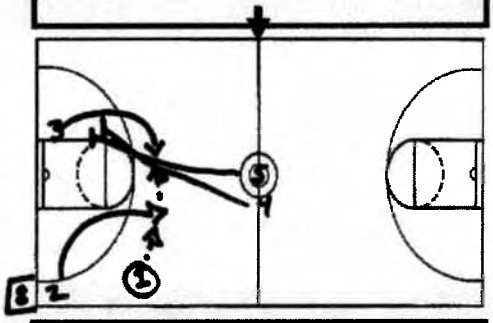
Notes Jump Ball Play
- *Quick hit Jump Ball Play for 3 pt. shot in transition*



Notes Triangle SOB
- *SOB in back court v. man pressure*



Notes Jam FT Play
- *Jam the block-out & shove defense under the basket*
- *Try to tap rbs. out to perimeter play for quick 3 pt. shot*



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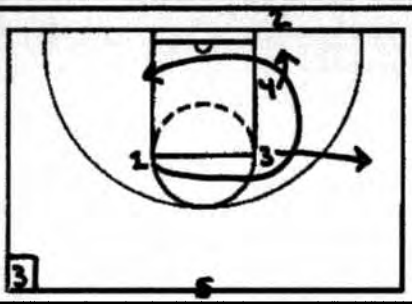
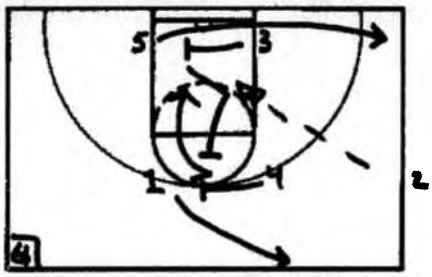
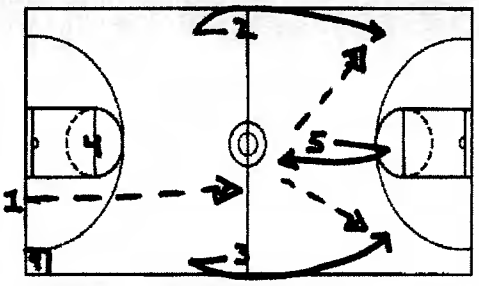


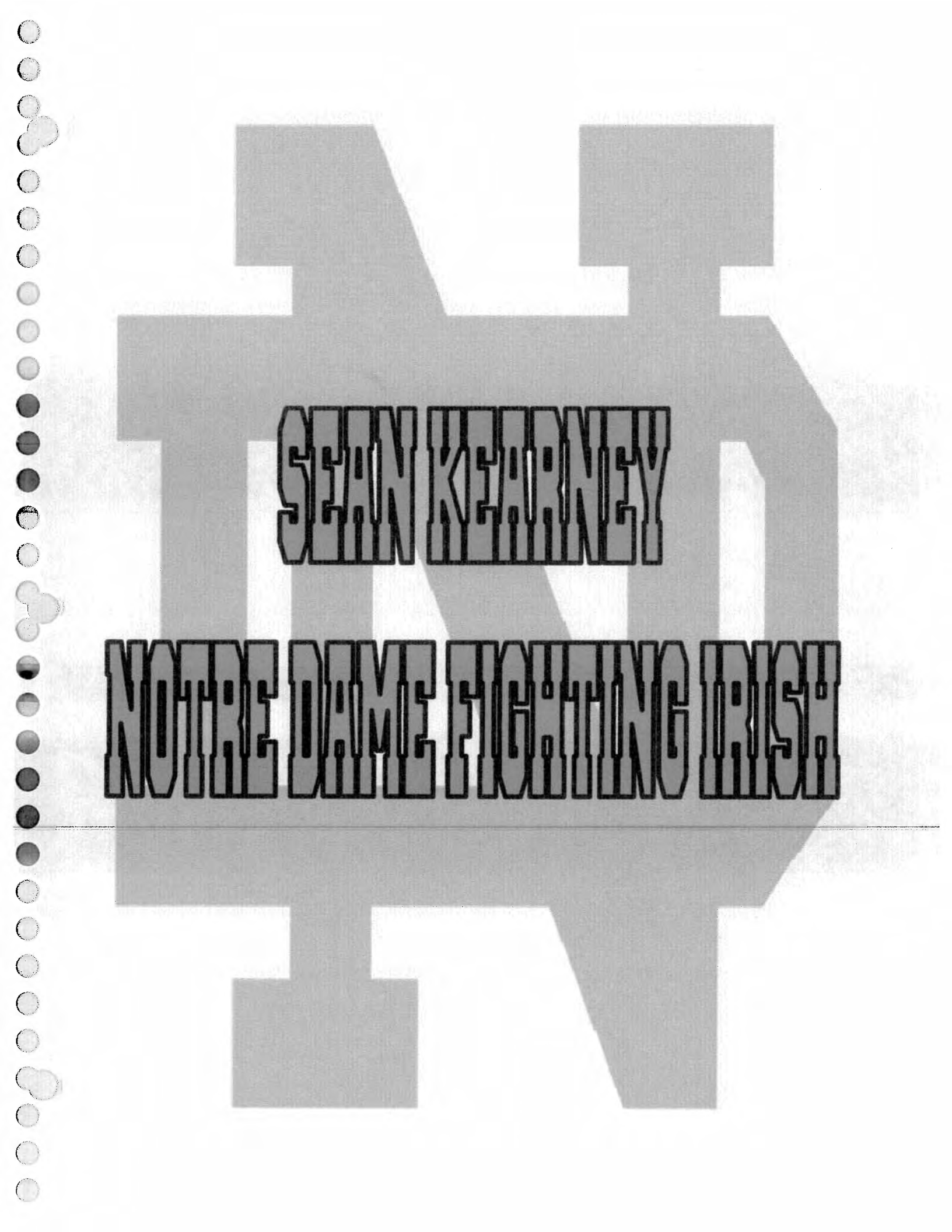
Notes 21 Baseline
- *Cannot run the baseline*
- *Must go full floor*



Notes SOB
- *Quick hit SOB w/ little time on clock*



Notes Valpo
- *Full court game winner*
- *Bryce Drew game winner v. Ole Miss in 1998 NCAA Tournament*

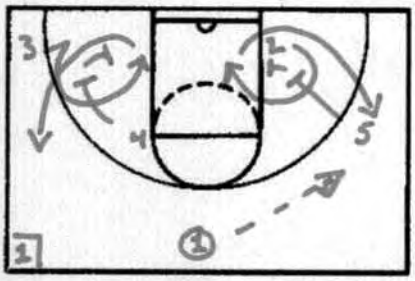

SEAN KEARNEY
NOTRE DAME FIGHTING IRISH

NOTRE DAME FIGHTING IRISH BASKETBALL

Clinic Date

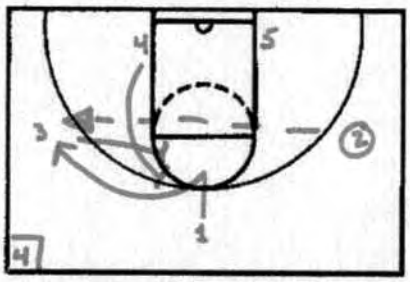
Sean Kearney → Notre Dame
ND Motion Offense: 3-out/2-in
Notre Dame Clinic 10/17/04

Head Coach: Mike Brey
Assistants: Sean Kearney Lewis Preston
Rod Balanis Martin Ingelsby



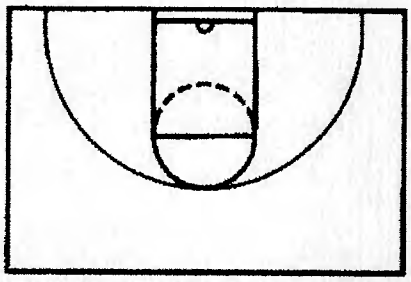
Notes BASIC ENTRY

- 4 & 5 always start opposite of one another
- Bigs are taught to screen & screen again for wings to get to the perimeter



Notes DOUBLE FLARE

- Double flare screen for the point
- Post player is the top screener & wing player is bottom screener
- 2 skips ball over the defense to 1 on the weak-side wing



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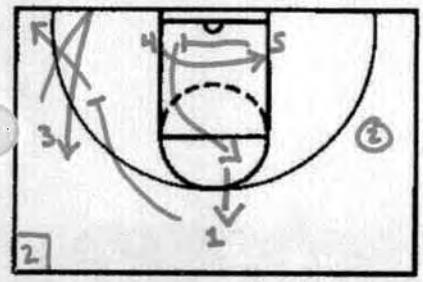
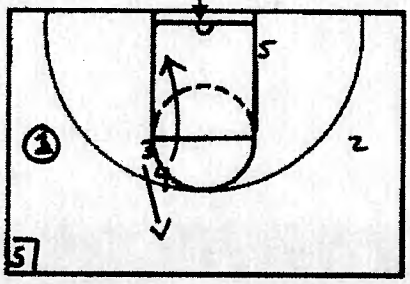


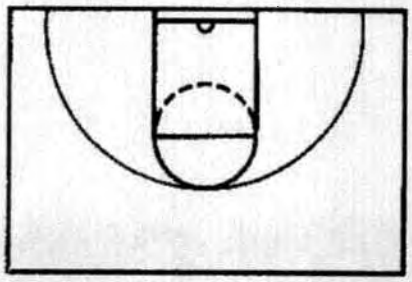
Notes HIGH/LOW ACTION

- Like to start w/ a post/post screen
- Screen always rolls high—Will step to point for reversal as well
- 1 cross screens for 3 who pops to wing position
- 1 slides to weak-side corner



Notes

- 4 rolls to the strong-side low block
- 3 fills the point for spacing



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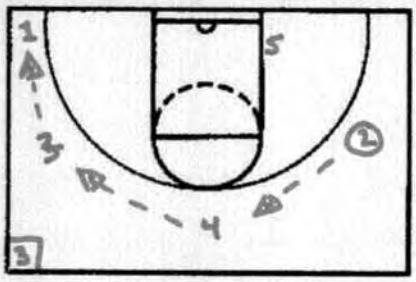
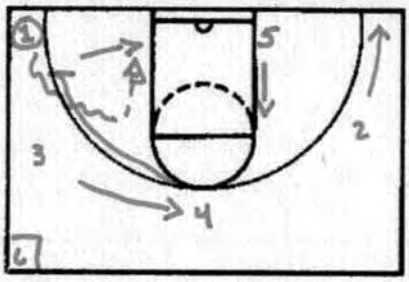


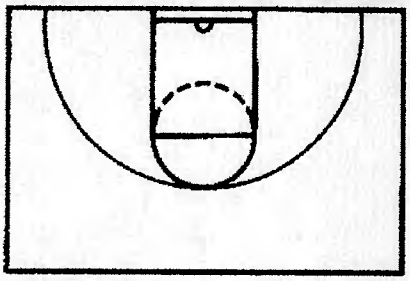
Notes REVERSAL SPACING

- Proper perimeter spacing for ball reversal & screening action



Notes 4 CORNER BALL SCREEN

- 4 sets ball screen for 1 & rolls to basket
- 5 steps to mid-post
- 3 must slide to point for spacing off penetration



Notes

NOTRE DAME FIGHTING IRISH BASKETBALL

Clinic Date

Sean Kearney -> Notre Dame
ND Motion Offense: 3-out/2-in
Notre Dame Clinic 10/17/04

Head Coach: Mike Brey
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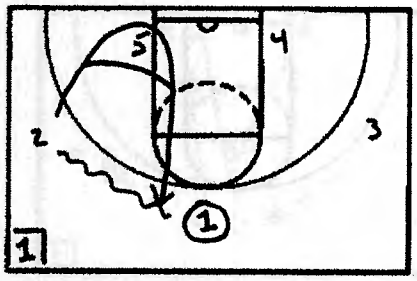
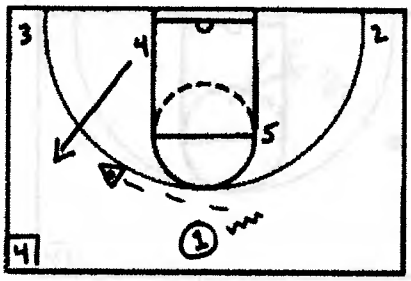
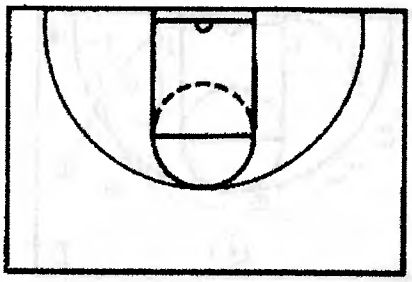


Notes SHALLOW
- Dribble entry from point
- Wing can cut below the low post **OR** they can cut above the post



Notes RELEASE
- Pop the low post hard to the wing for an entry pass
- Flows to motion from entry



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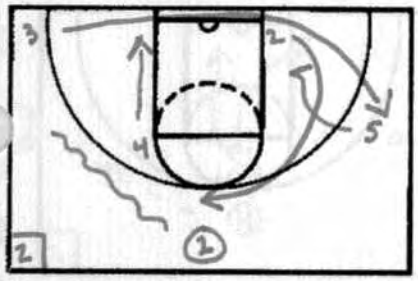
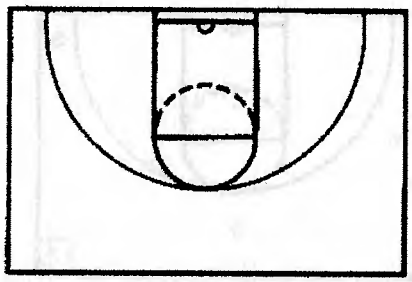


Notes CIRCLE
- Dribble entry to the wing from the point
- Dribble pushes the perimeter players one perimeter spot away from the dribble



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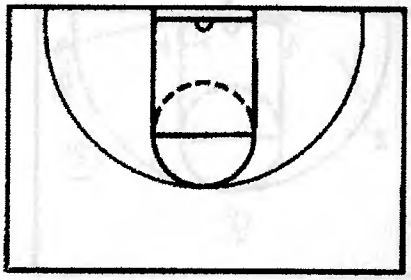

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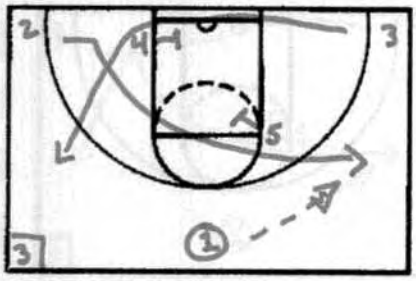
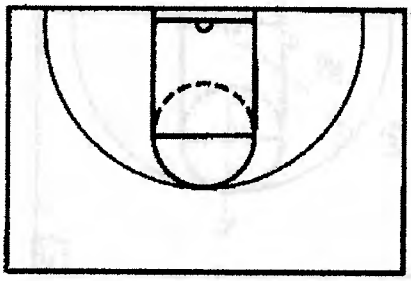


Notes CROSS

Over & Under look
- ND sets the right wing as a "over cut" & left wing as an "under cut"
- Posts start opposite one another



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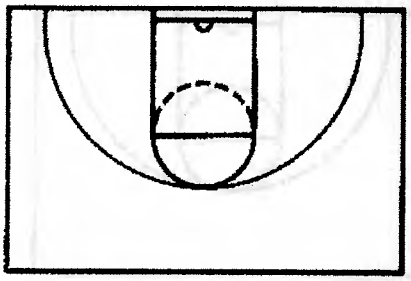


Notes

NOTRE DAME BASKETBALL

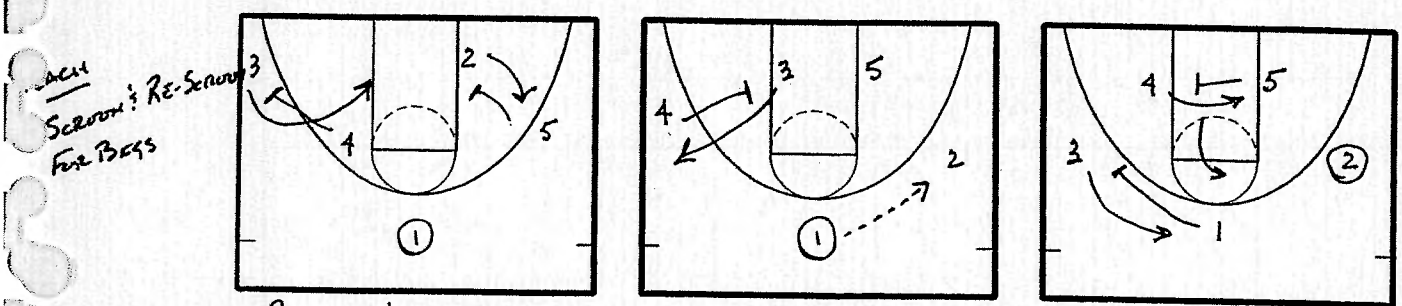
Motion Offense

Basic Principles
Our ND Motion Offense under Head Coach Mike Brey is basically 3 out, 2 in. In the halfcourt, with the ball on top we are in screening pairs with the two bigs working together with the perimeter players to get open. These initial screens can be a variety of different angles. We encourage the players to get to different spots on the floor to receive screens. We want to get away from it always being a big for perimeter down screen. Once we get the ball to the entry (foul line extended) the perimeter players will work together as will the bigs.

Why Motion Offense?
We love to be "hard to guard". We've been fortunate to have versatile / multi-talented players in our program that have flourished within this system. Naturally, as a result of our success we continue to recruit talented young guys who will fit us well. Young guys who just "know how to play" are invaluable.

Teams that run motion offense are difficult to defend and difficult to scout. We teach our guys to read the defense and make the right play. We have certainly instituted some rules but we try to give plenty of freedom to our players. Whether they are responsible enough to handle that freedom is something coaches need to work through. Defining roles with your group is just as important as where you are entering the ball. If your best perimeter shooter is not getting enough touches and shots then you have work to do. Teammates need to understand their roles and then trust each other within their own assignments. Coaches need to have the ability to loosen the reins at first, then pull them back in as your team handles this freedom

Initial ND Alignment
Bigs screen for perimeter and ball is passed to the entry. Spacing is so important for us in this offense. We use the three point line as a guide for our perimeter spacing. On the initial catch on the wing, we can either look to the ball side big to post up right away or have him screen block to block for the other big. At the same time, the perimeters off the ball are working together, either screening away or the opposite perimeter setting a fade screen and then shaping up to ball on top. If the big has screened block to block for his partner, after he does that he will immediately shape up high and get himself to the high post.



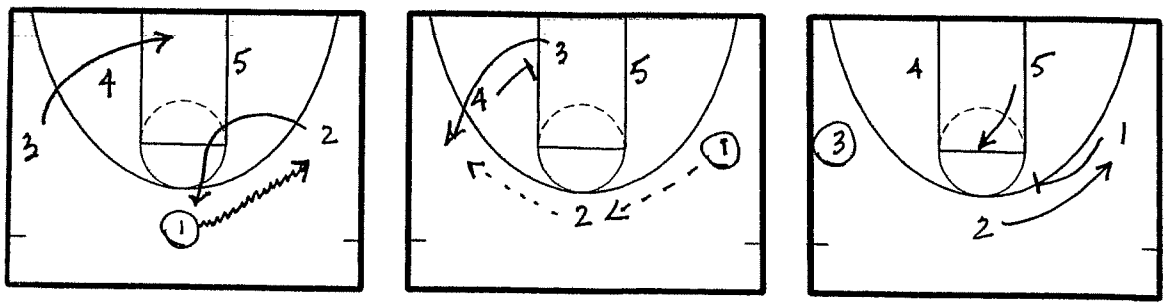
Like all good offensive situations, ball reversal is crucial to the success of this offense. It is so much easier to make a penetrating dribble or post feed after we've moved the defense some with reversal. Most often reversal will come through the perimeter player who has come to the top. We do, however, love to get reversal through the big in the high post. As the big catches in the high post, we teach him to look for his shot (depending on personnel), look to feed his partner in a hi-low situation, or to reverse to the opposite perimeter player at foul line extended. At times we have had a rule where anytime the ball is reversed through the high post you must follow with a ball screen. We will generally either roll the big to the basket or have him step out to the short corner. Our angle of the ball screen is usually back to the middle. On penetration, the guard will have numerous options which will include the other big at the opposite block or even the other perimeter player in a drive and kick situation.

It is important that once the ball is entered to the wing, the perimeters are patient to allow the bigs to work together before they look to reverse the ball. We teach that, for the most part, if you can see our bigs jersey and he has a guy on his back, the ball has to go in there. It may not always be for a scoring opportunity but it does flatten out the defense and we get more chances from there. We may play two man game on the same side and go inside out with a shooter. He may look to go low to high for the other big for an elbow jumpshot. Or we may look to skip it across to the perimeter for reversal. All good options in our motion.

Audibles

Along with our initial screening pairs we have several audibles we will utilize.

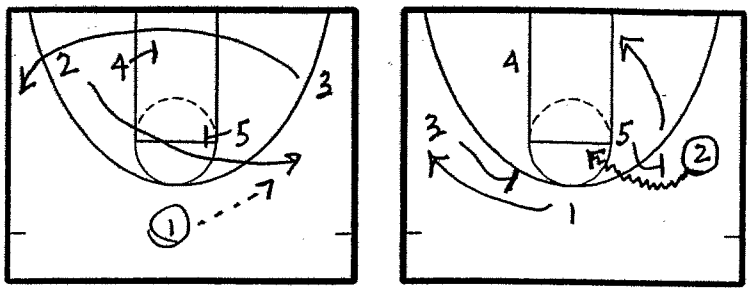
a) "Shallow" – probably used most often. Ball handler will dribble push at the wing and he will replace to the top. The wing without the ball may choose to go down below the big and get help with a screen or just get to the top as quickly as possible. For good spacing we encourage them to get a foot in the lane as they make their cut. Anytime we "shallow" a wing, the big and perimeter on the other side should time it so the down screen occurs just as the ball is coming back to the top. We will get an awful lot of good looks with this movement. The initial pass from the wing back to the top cannot be a lazy one. We don't use it as frequently but we could shallow from wing to top as well.



"Shallow"

b) "Circle" – Ball handler dribbles at the wing and pushes the perimeter players around on the three point line, each replacing the other. The ball side big will post up. The opposite big will look to down screen for the perimeter who was "circled" initially. Timing is important. We may or may not get a shot or dump down to the big but it does get us good ball reversal.

c) "Cross" – With ball in center of floor, perimeters will cross under the basket and receive down screens from bigs to get open. We have generally always crossed under the basket with both coming out on the low side. This year we have made a slight adjustment. The perimeter coming from left to right will come off at a different angle of the big at the right elbow. We are very interested to see this evolve. It should initially create some good three point opportunities. As teams look to fight over to get to our shooters, we should have bigs rolling to the basket. The perimeter will also have a significant driving area with the big high.



"Cross" - Semicenr To Double High Entry

d) "Exchange" – Perimeters will dribble exchange at any opportunity. It is more of an exchange than a dribble weave. We teach for the ball handler to try to drive the defense back by penetrating and flipping back to the teammate to create some space. This has even evolved to the point where we may wind up with one or two exhanges followed by a big ball screen on top.

e) "Release" – Most big defenders are not comfortable defending out on the floor away from the basket. Against teams who we have difficulty entering directly to the wing, we will just "release" to a big out high to begin our motion. Ball handler will take the ball away from that big on top and than pass the ball to him. We may look for a quick duck-in and post up and then we are into motion. You need to feel comfortable with that big catching and handling the ball and making decisions with it out there.

Player Development

Everything we do in regard to our individual improvement plan is centered around our motion offense. We want to teach them the offensive "dance" within our offense. Simple drills which emphasize catch and face without traveling are vital to our development. Can our bigs flash high, catch the ball and make a high to low post feed

without traveling? Can our perimeter come off a big down screen, catch at the entry and under great duress make a game winning post feed?

How Do We Build It?

a) Perimeters 3 – 0
Using all of the audibles, the perimeters work together to get open. Great emphasis for them on proper spacing, particularly in the high post, need to keep that area clear for the opposite big. Getting them to read drive and kick situations, reading the defense. May add a coach to the post to allow them to make post feeds and read situations off of that.

b) Bigs 2 – 0
With passers at each entry on the wings, bigs work together. Need to get both high and low posts filled and very important for them to communicate with each other. Must shape up to the ball after screening, screener most often the open guy! Bigs may also step out to ball screen for passers. Mostly coming from high post to be a ball screener but will also allow them to some out of low post to accomplish the same thing.

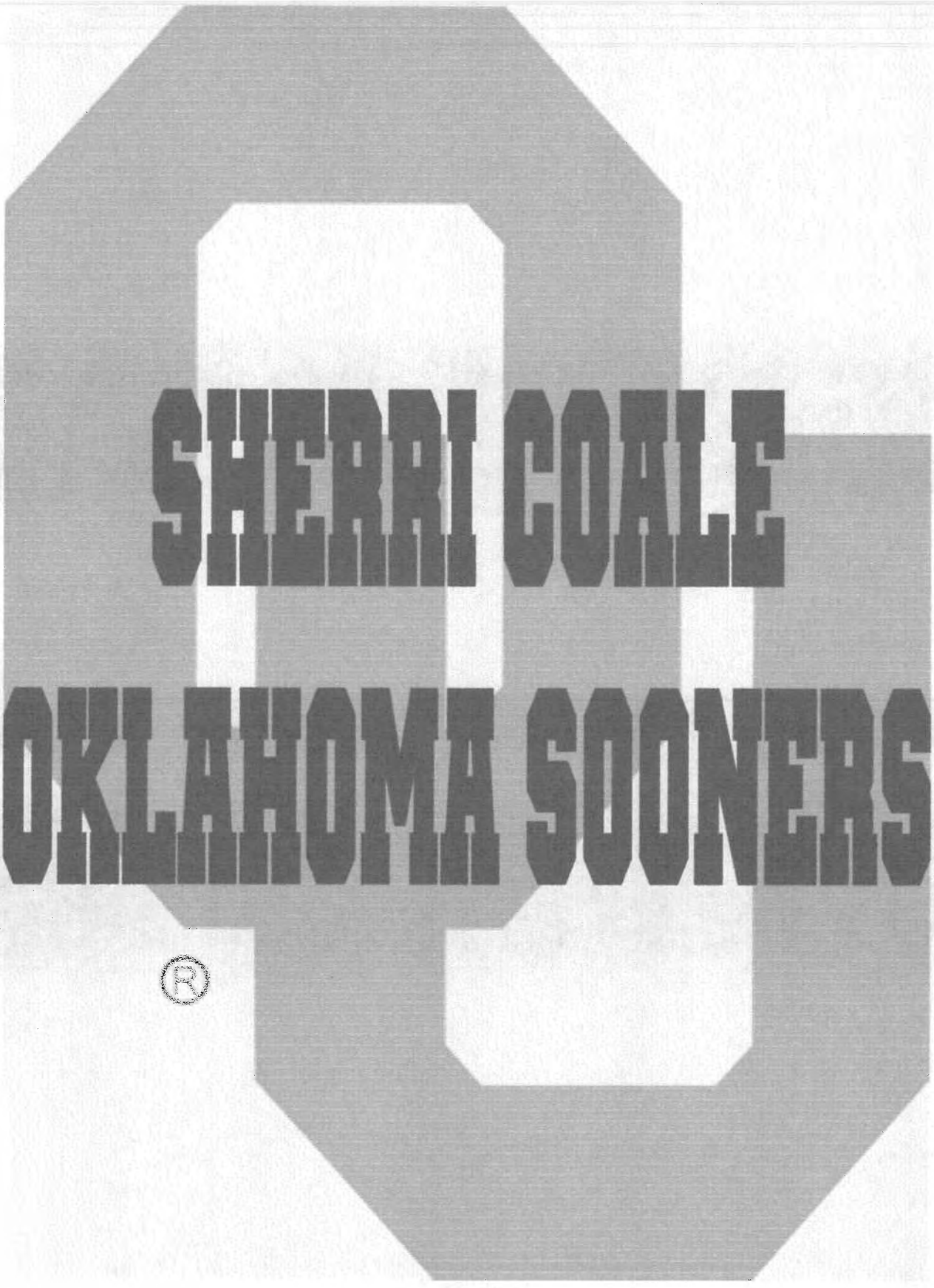
c) 3 – 0 on a side
With 12 players we will have four groups of three active in this drill, two at each end. Again without defense, ball handler has ball on top and big and perimeter are working together in screening pairs. We look to start in different alignments and get various angles. Once ball is entered to the wing, big posts up. On post feed, the perimeters work together, either screening for each other, basket cutting and replacing, or by just replacing themselves on the perimeter. Players look to score but are aware of the other group on the opposite side of the floor.

d) 5 – 0 Motion
We are now in a position to put it all together. We are using our initial screening pairs to enter the ball as well as our audibles. Footwork and communication are important. The wing who has just caught the ball may tell the ball side big to go screen away because he is not open. They have to TRUST each other that they will get it back and that they are helping each other. We are also in a position to preach defensive balance that when a shot goes up we are being sure that the guards are thinking about being back and not going to the boards.

Summary
Our ND version of the motion offense has truly "evolved" over the course of the last eight years under Head Coach Mike Brey. Initially we were much more inclined to have more rules than less because it is difficult to let the control out of your hands. Much of this evolution had as much to do with the players we were fortunate to have and their

individual abilities. Just as much had to do with their improved ability to read defenses and make decisions with the basketball. A one dimensional player, such as a low block only big man, may not enjoy great success in our system. Hopefully we can recruit the right type of player to help us continue to have success and win championships. In the meantime, we may continue to tinker with it some and make subtle changes. The interesting thing is that sometimes you can just sit back and watch what your team may be able to do with it themselves. *Players* can do that. Don't be afraid to let them show you some new things every once in a while.

There are many ways to run motion offense. Ours has helped us to three NCAA Tournament appearances including one Sweet Sixteen trip, a West Division title in the Big East and an average of 10 conference wins each year in the bruising Big East. On top of the successes, our Motion Offense and how we play are what we are known for. Our style of play is Notre Dame Basketball. Coaches and fans alike always remark to us about how well we play the game. What a great compliment for now! We're working to see if it can get us back to the NCAA's for a third trip!


SHERRI COALE
OKLAHOMA SOONERS

"Little Things that Matter" Sherri Coale, Oklahoma



It is not what you do, it is how you do it
Hold them to a standard
Make them do it over

North Carolina Fast break drill (4 minutes for a score)
Rebound line 1 line in front of the board –catch it at its highest point, at both ends
Outlet line –yell outlet DIRECT DRIVE
Opposite wing –calls for it, catches and makes layups (+1 clean, 0 make, -1)
Opposite end rebounding line –rebounds and drills to other rebounding line
Rotate from line to line

Practice planning is the single most thing you do to get you team better. It requires time, energy , and thought.
Practice plans – have a thought for the day (1st one of the year "The most thing you are doing is what your doing while your doing it") in the email age
Offensive emphasis - like CUTTING or SCREENING, REBOUNDING, or OUTLET, HAND TARGETS
Defensive emphasis - like CLOSEOUT short vs drivers

Multi – tasking is being shown not to help you be successful as the ability to FOCUS
FIRST 5 in everyday in practice –not necessarily the same drill but the same focus
Shoot, handle, rebound, 5-0 offense, stretch
The most ritualistic people in the world are ritualistic FOCUS

Offensive concept
- Center the basketball – we want the ball in the center of the floor
- The ball can see if it is the middle third of the floor it cans see
- Every 2-3 seconds get the ball in the middle (pass it or drive it to the center)

Post
"Get your jersey numbers to the ball" if you teach them 1 thing it is this

Echo concept
- Basketball to be effective needs to be talked about NON STOP
- We probably run more for punishment than anything else
- How do you do it? INCOPORATE it into practice
  - Start, stops and turns – "echo it"
- Tell 1 player – he has to echo it
- You did exactly what I asked you to, but ZERO more, what can you add? Talk to each other all the time

Why is this important? We change defenses – and all 5 players have to hold up the call for that defense
Talk echo even if it is wrong that is good because it helps all players get on the same page

Enthusiasm
Clapping school – clap –command –define it DO IT if you going to DO IT

Walking the arc
When we set and use screens we receive screens by 'WALK the ARC' vs V-cut
It spreads the floor for cutters, driving lanes

Mass group
Catching kids of doing things right
Start/stop in triple threat - and CATCH THE KID DOING IT RIGHT they all try Better

PRESSURE RELEASES
1 on 1 at the top and 1 on 1 on the wing (2 on 2)

a) back cut –shorten the pass and back cut
b) on ball screen – go to the basket
c) blind screen – post flash back door –if wing O/D are even through it to the open space
d) dribble 'at'

Point guard with lots of pressure – finally gets a wing entry pass
Tendency is to stand or go away – which takes the pressure off that pressure defender
INSTEAD

1. Basket cut or
2. Back screen him

TEACHING POINT ON OFFENSE
We don't feed the post from above the FT line (can't get #s to the ball)
Position dribble to feed
Fake a pass to make a pass –decide how you want to feed and fake the other way 1st
Not 97 fakes – just 1 fake

SECOND CUTTERS
Back to the ball – to screen the defense
Flair screen – back to the corner
Back screen – and slip -2nd cut
On ball screen – and slip -2nd cut –wait on them so you can read your second cut
Defense switch screens – 2nd CUTTER – slip the screen to score

BLOCKING OUT

Forward pivot – chest, swim and lift your hands (What are you going to rebound with, your forehead? -GONZAGA men Jerry Krause
In the post SWIM (no chest up)
Face guard offense rebound

USE YOUR IMAGINATION

No one knows what your team needs more than you

X passing drill 4 out 2 in alignment (lines)

2 balls – right hand left hand flick pass, post feed, post X-pass to the top opposite follow your pass --talk, feet in the air on the catch, correct hand, hand target
Competitive (no bobbles, no deflections)
make 25 clean passes
add 2 defenders in the pass
add wing defenders

Inverted X passing

A DD – the feeds from the CHANNEL (middle third of the floor)
1 line in the middle
Wing starts with the ball (post front) Center it, Post feed it (numbers to the ball)
Rotate lines at the top
Add defenders

ZONE OFFENSE

Rule – who is guarding me and where did he come from
Principles vs an offense
Short corner
Go where they aren't -gaps
X-offense – they can't cut hi or short corner
You cut by reading where the defenders pick people up

Say something that matters when talking

3 Things

If you do your team will be better

1. Meet with your players regularly, know them inside and out, goals, aspirations
2. Write notes (that is not sending and email) in pen -players, coaches, admin, teacher. Take the time to do it.
3. Stay fresh as a coach with the game. It is easy to get to busy.. that you don't change and expose yourself to different things. Keep learning and growing.

Email – she answers

Skip Prasser



Wake Forest University

Wake Forest Demon Deacons Basketball

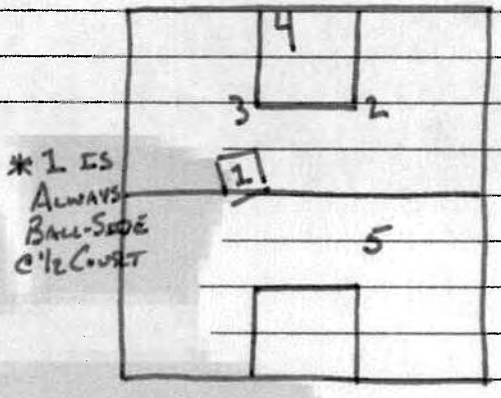
Head Coach: Skip Prasser

TOPIC: PRESSING DEFENSES — ATLANTA 10/03

*ALL PRESSES ARE MAN PRESSES W/ ZONE ALIGNMENT

BASIC PRINCIPLES

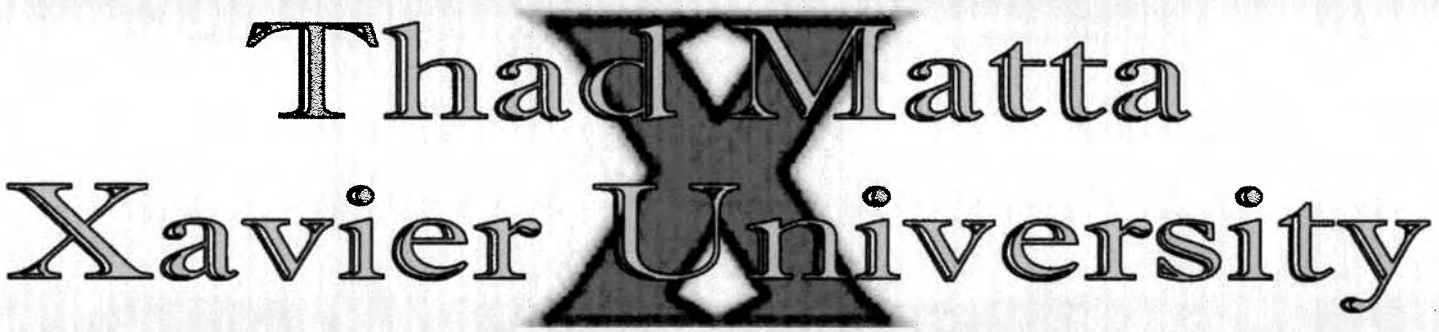
1) DENY 1ST PASS HARD
2) SWITCH ALL SCREENS IN PRESS
3) PRACTICE QUICK PECK-UP
4) BE COMMITTED
5) RETREAT TO LEVEL OF BALL
6) STEAL PASS OUT OF TRAP
7) PASS IT AFTER YOU MAKE A STEAL
8) DEFINE WHAT "PRESSURE" IS TO YOU
9) GET CHEAP POINTS
10) PRESSURE 84'
11) ALL 5 GUYS MUST WORK AT PRESS
12) MUST REBOUND BALL
13) SPURTABILITY
14) SEND AS MANY TO OFFENSIVE BOARDS
    • PG IS DEFENSIVE TRANSITION
15) DO NOT WORRY ABOUT MISMATCHES



PRESS RULES

1) POSITIONING
2) TRAP BEST BALLHANDLERS
   • MAKE OTHERS HANDLE BALL
3) SURPRISE TRAPS
4) TRAP RULES
   A) DON'T FOUL
   B) NO SPLIT
   C) STAY COMMITTED TO A TRAP
5) BE AGGRESSIVE
6) SPRINT OUT OF A TRAP
7) BACK TAPS & JUMPS
8) NO FALSE HUSTLE → DON'T TAKE YOURSELF OUT OF THE PLAY
9) MAN PRESS W/ TRAPS

MEMBER OF THE ATLANTIC COAST CONFERENCE


Thad Matta
Xavier University

Xavier Muskateers Basketball

Head Coach: Thad Matta

Topic: Defensive Philosophy — Atlanta (GA) 10/03

Xavier Way
1) Toughness
2) Take Pride
3) Intelligence
4) Passion
5) Relationship w/ Teammates

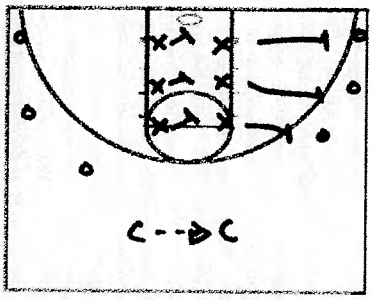
* 75% Defense To Start Practice Season
* "Gap" Style Defense
* PG Sprints Back On Left Of Shot
* 2 Sprint To Top Of Key

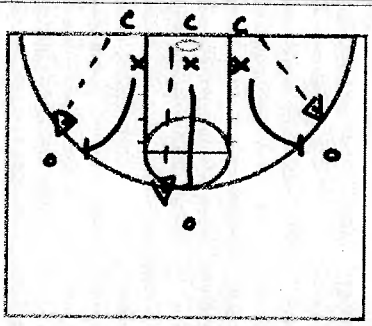
Defensive Rules

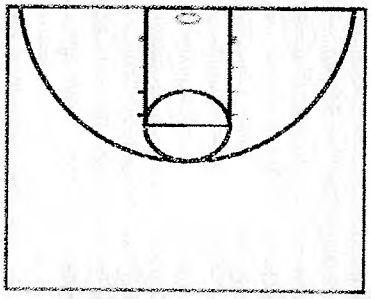
1) No Easy Baskets
   - Get Your Ass Back Ahead Of Their Ass
2) Stop Penetration → Ball Pressure
3) Post Defense
   - Front → On-Lane / Up-Lane
   - Set On Offensive Player's Legs
   - Starts w/ Ball Pressure
   - Quick Feet Like A Boxer
   - Chest & Straight Up
4) Ball Pressure
   * Paramount
   * Don't Get Beat
5) Off-Ball Screens
   - Don't Get Screened
   - Don't Step Outside Your Man When Guarding A Screen
   - Bump High - Go Low On Cross Screens
6) On-Ball Screens
7) Basket Cuts
   - Body Cutter
   - Snap Head or Open Up
8) Offensive Rbs.
   - Guards Have To Get In Paint & Attack The Ball
9) Screen / Screener Action
   - Don't Allow Yourself To Be Screened
   - Trail
10) 3pt. Range
11) E.O.B.'s
   - Force Action To The Outside Or Away From Basket
   - "L" The Post On 4-Across
12) Late Game 3's
   - Switch Everything

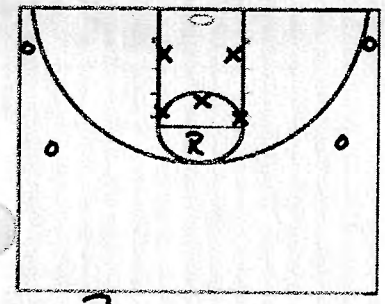
MEMBER OF THE ATLANTIC-10 CONFERENCE

Xavier Muskateers Basketball



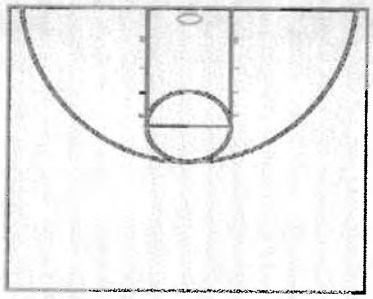


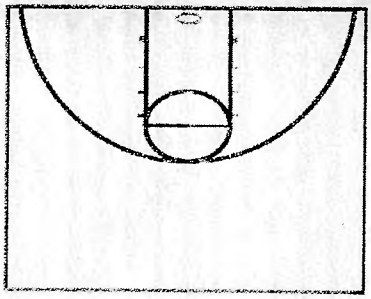


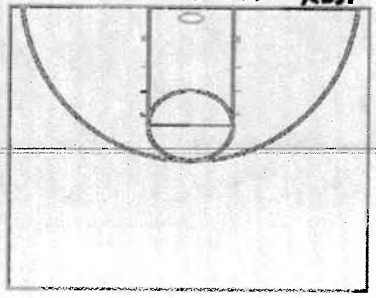


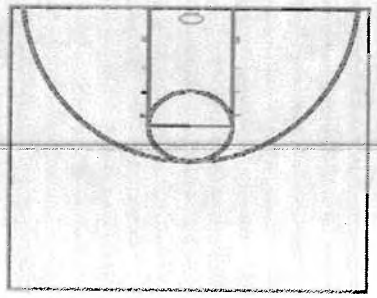
RAMBO

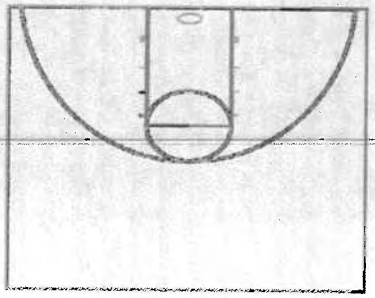
- DEFENSEVE RBS. TO TRANSITION
- RAMBO = 5 PTS.
  TURNOVER = 2 PTS. > OFF. RBS.

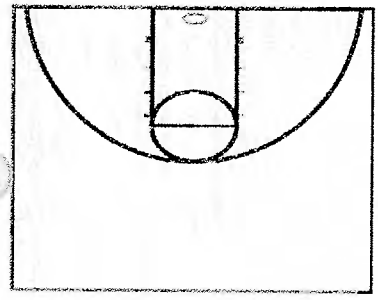


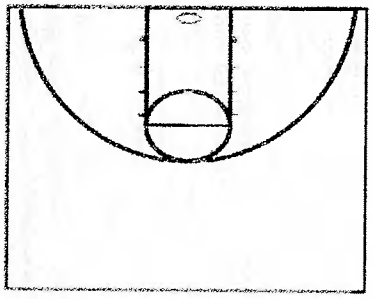


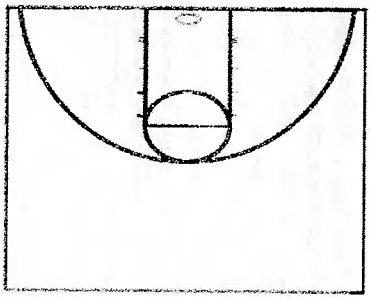








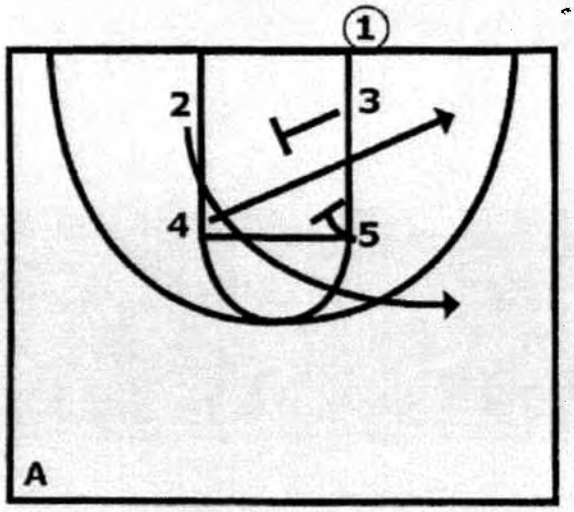




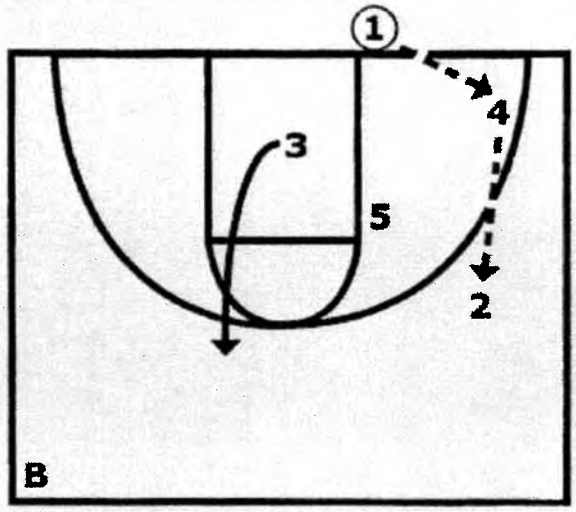
TIM FLOYD
USC TROJANS

2ND ANNUAL B.C. BASKETBALL RETREAT

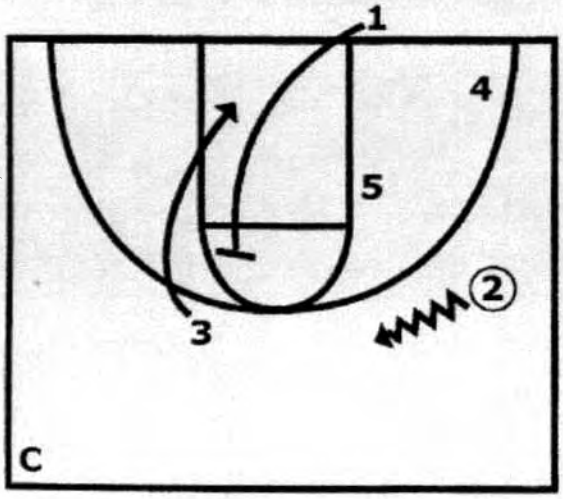
UOB OFFENSE - POST 3 - FLOYD



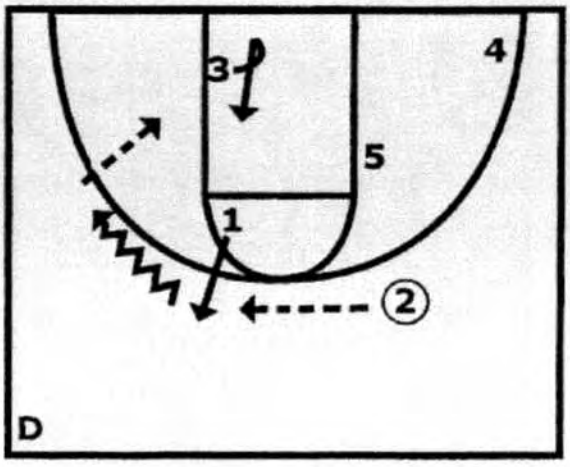
4 cuts off of the **3** screen. **2** rubs off of **4** and then **5**'s screen



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



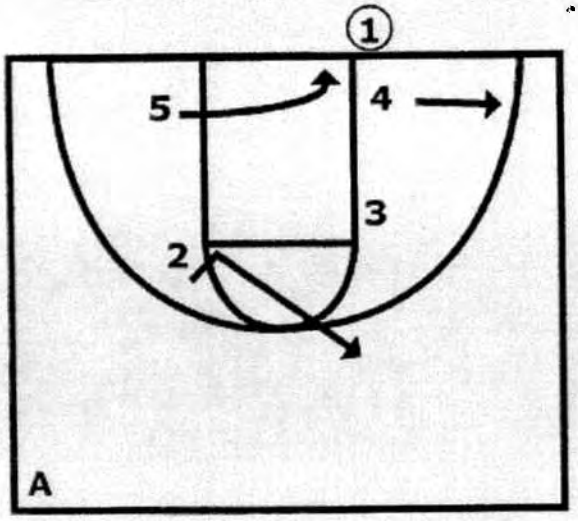
1 backscreens for **3**, **2** looks for a lob.



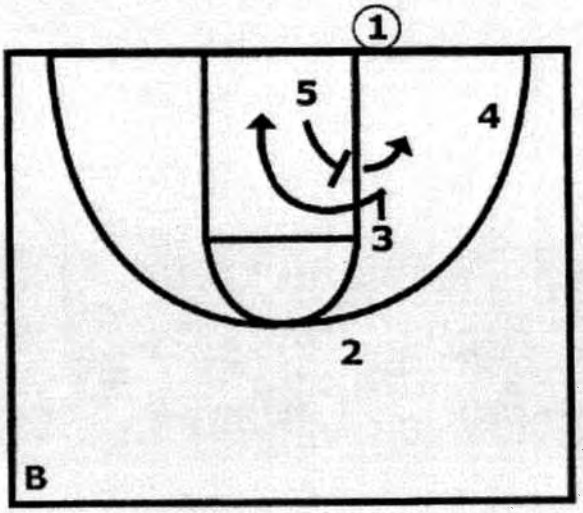
1 pops out. **2** passes to **1**. **3** posts up.

2ND ANNUAL B.C. BASKETBALL RETREAT

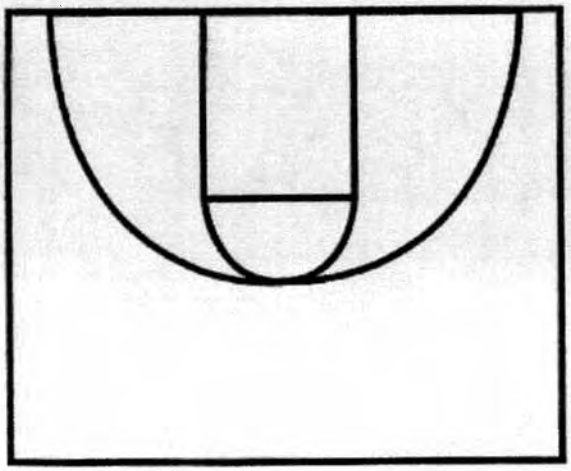
UOB OFFENSE - END OF SHOT CLOCK - FLOYD

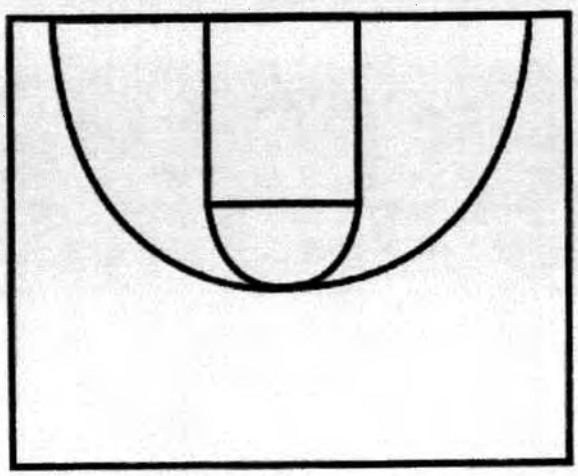


4 pops out, **5** comes across the lane and "asks for the ball".



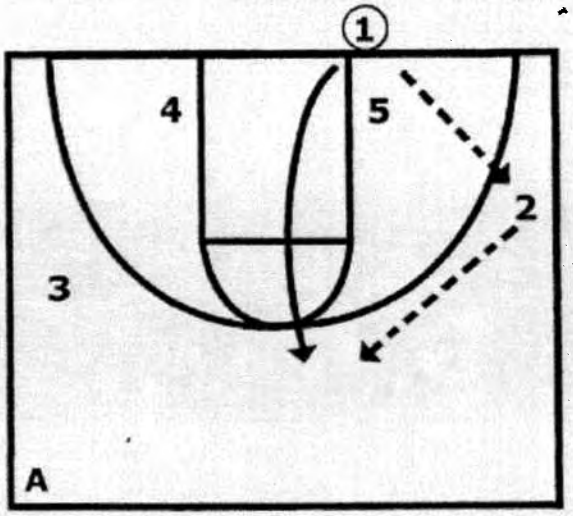
3 steps to the ball then cuts off of **5** for a lay up. **5** then locates.



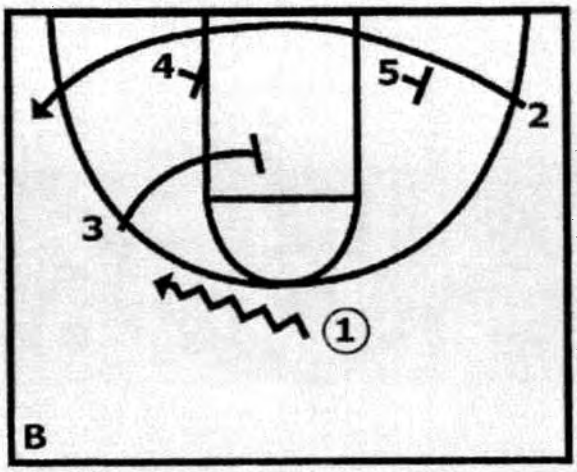


2ND ANNUAL B.C. BASKETBALL RETREAT

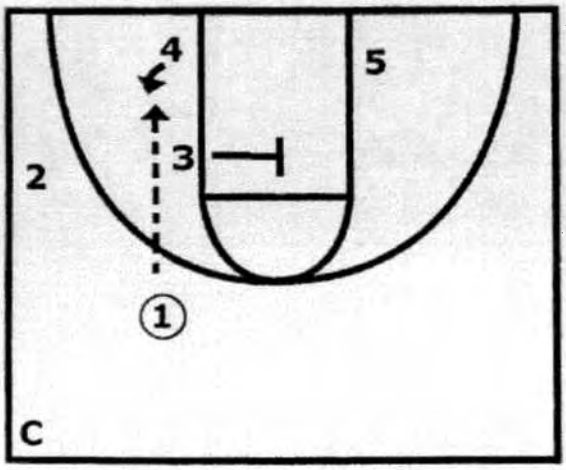
UOB OFFENSE - DIRECT TO 4 vs ZONE - FLOYD



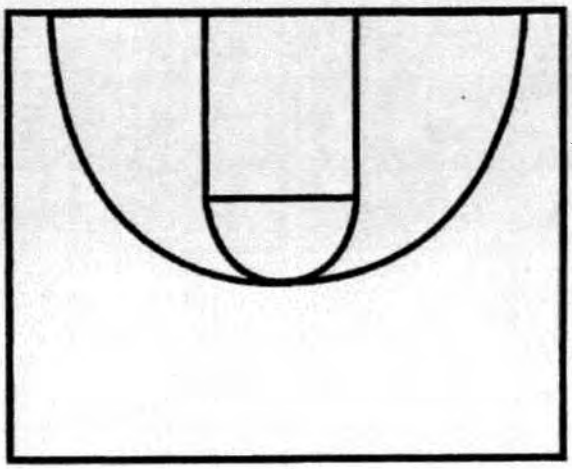
1 takes the ball out. Inbounds to **2** who is wide ballside. After inbounding, **1** goes to the top.



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

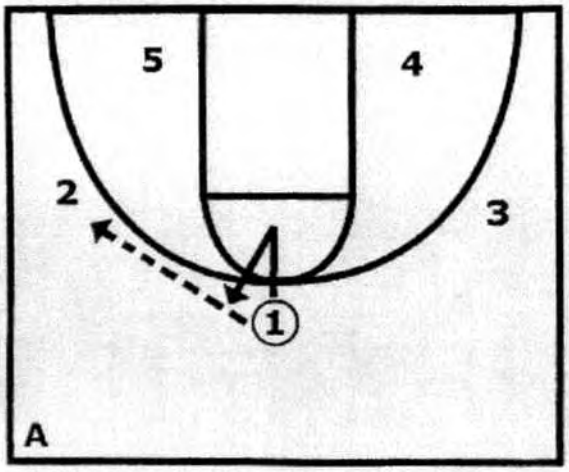


1 looks at **2** and passes to **4** behind the defense.

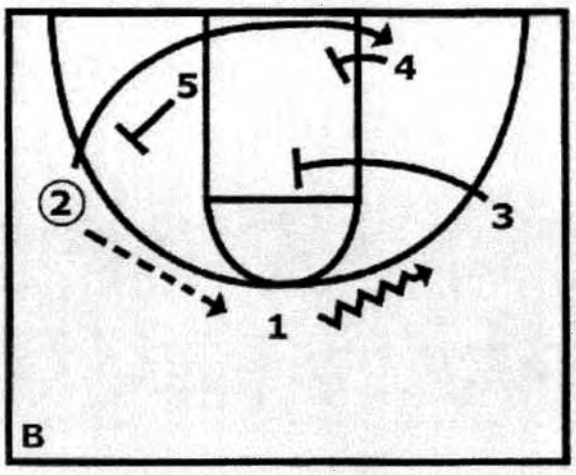


2ND ANNUAL B.C. BASKETBALL RETREAT

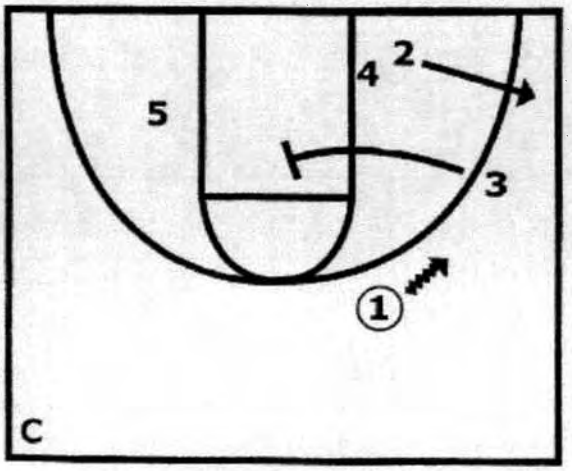
ZONE OFFENSE - DIRECT TO 4 - FLOYD



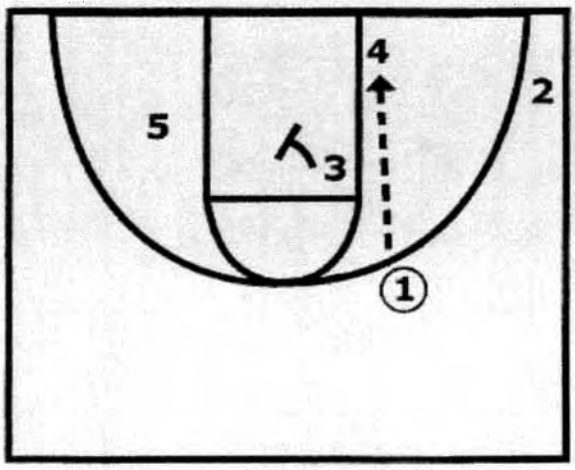
3 out 2 in alignment. **1** passes to **2** then replaces himself.



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



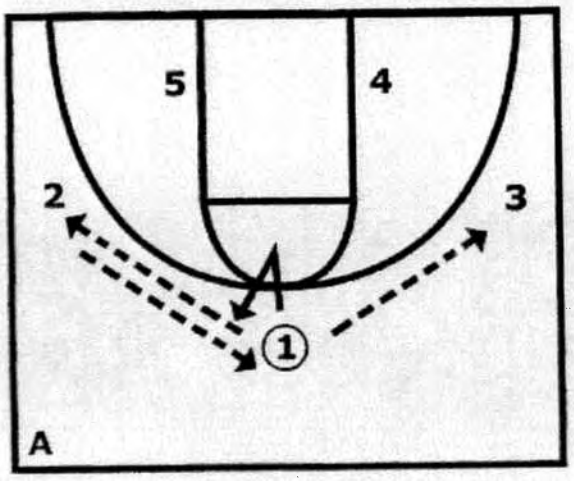
As **1** enters the right elbow. **3** screens the center of the zone. **1** looks at **2**.



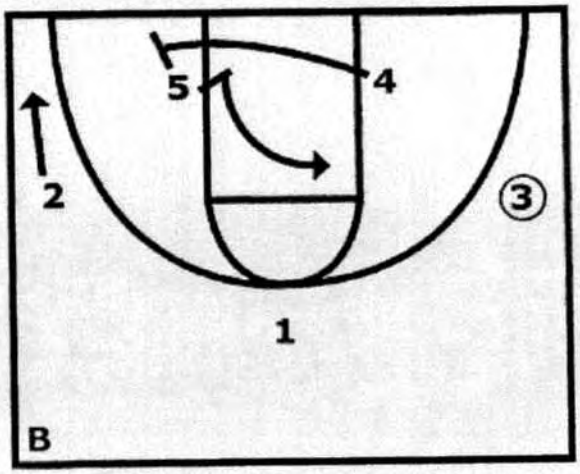
1 passes to **4** behind the defense.

2ND ANNUAL B.C. BASKETBALL RETREAT

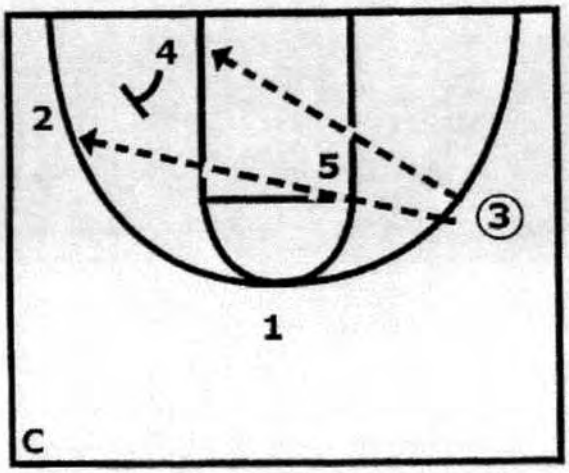
ZONE OFFENSE - MISDIRECTION - FLOYD



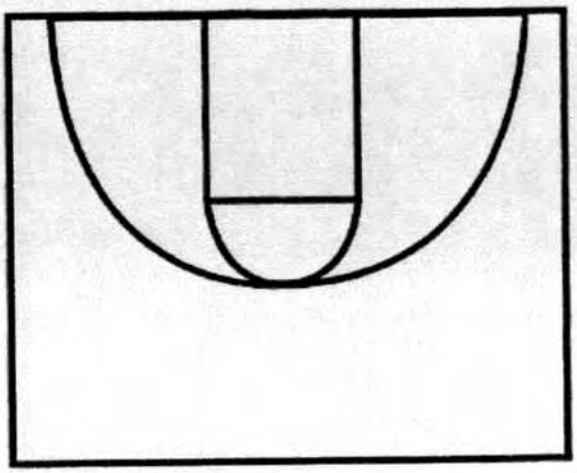
3 out 2 in alignment.
1 passes to **2**. **2** passes back to **1** and **1** quickly reverses the ball to **3**.



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

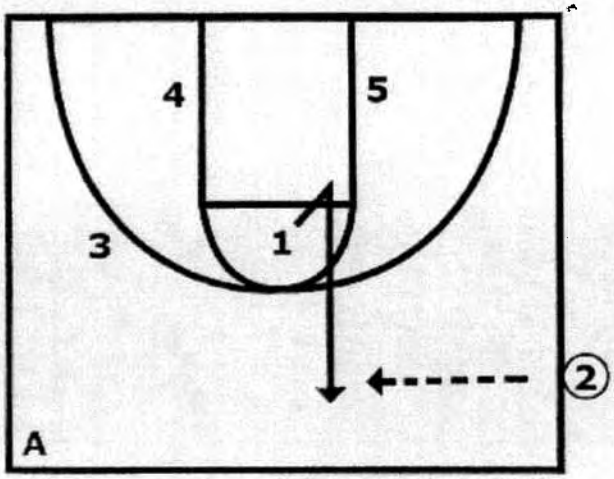


3 has two options. A direct pass to **4** sealing, or a skip pass to **2** fading.

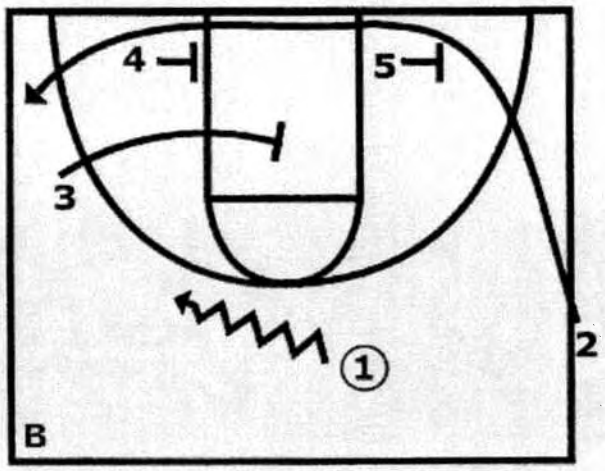


2ND ANNUAL B.C. BASKETBALL RETREAT

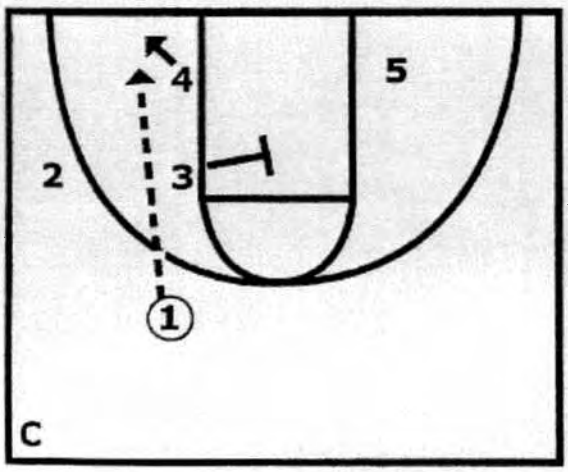
SOB vs ZONE - FLOYD



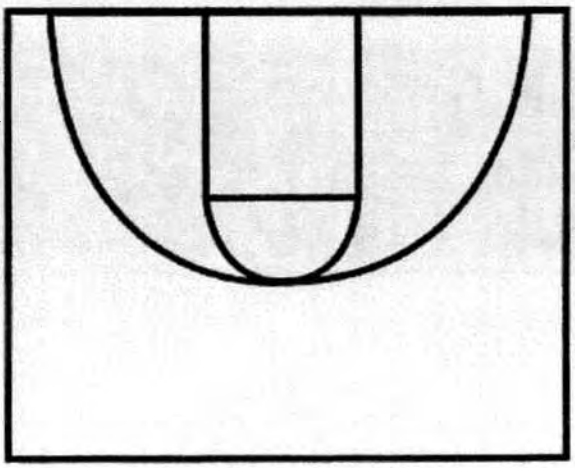
1 gets open. **2** passes to **1**.



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



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



John Groce
Ohio State Buckeyes



Ohio State Buckeyes Basketball

Head Coach: Thad Matta

10 Reasons For Meddle Ball Screen

1) Keep Ball In PG's Hands Majority Of Time
2) Isolates Low Post Player
3) Optimum Spacing
4) Opportunity To Get To FT Line
5) Position To Offensive Rebound
* 6) Player's Love It
   - They Get To Make Plays
7) Do Not Defend Ball Screens Well
8) Pulls Shot Blockers Out Of Lane
9) Forces Defense To Rotate
10) Great Pressure Release

* Every Player Is Worked-Out 1-on-1 w/ A Coach

2 Weaknesses

1) Defensive Floor Balance On PG Penetration
   - 2 & 3 Must "Circle-Up" To Defensive Transition
2) Face Guard Shooters
   - Move Shooters High
   - Play 3-on-3 In Middle

Low Post

1) Post Big
2) Initiate / Maintain Contact
3) Shoulders Square To Post Feeder
   - Unless Lob Situation
4) Show Target Hand

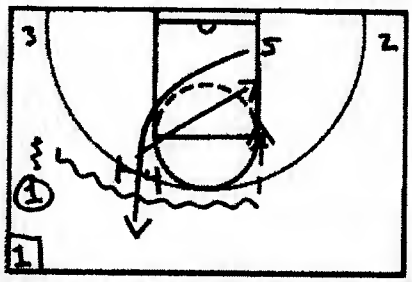
* Teach 2 Moves & A Counter To Each
* Jump Hook → Reverse Drop
* Turn Around → Up & Under
* Mid-Line Dribble → 2 Dribbles In Post To Mid-Line

OHIO STATE BUCKEYES BASKETBALL

Clinic Date

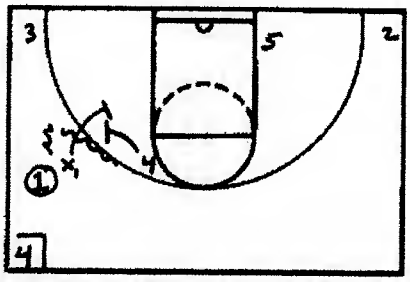
John Groce → Ohio State
Ball Screening & Post Play
Indy Sports Academy 9/18/04
Ohio State Basketball Office
(800) 678-6347

Head Coach: Thad Matta
Assistants: John Groce, Alan Major, Dan Peters, Brandon Miller



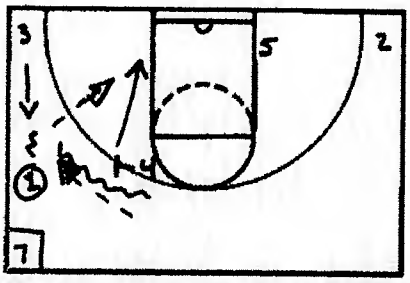
Notes BASIC SET

- Ball handler must get even or below level of ball screen
- Flows to 4-out/1-in



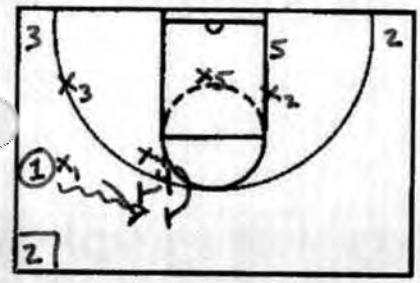
Notes READ #3

- v. Squeeze (Under screen)
- Move the screen lower on the court
- PG stops behind screen for 3 pt. Shot



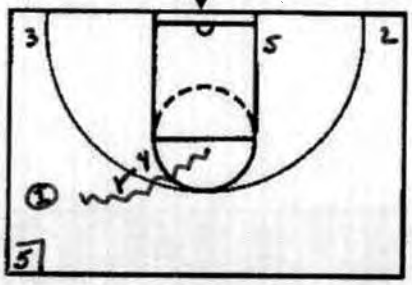
Notes READ #4

- v. Switch
- Take off ball screen—4 rolls to strong-side block
- 3 fills behind to wing
- Throw back to 3 on wing
- 3 looks to feed post



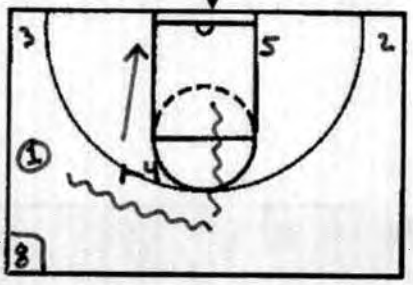
Notes READ #1

- v. Over Top & Hard Hedge
- On-ball defender goes over the top of screen & X_4 hedges hard
- Key Read: How does X_5 plays 4 who rolls to basket
- 1 must hesitate/stutter at level of ball screen to read defense



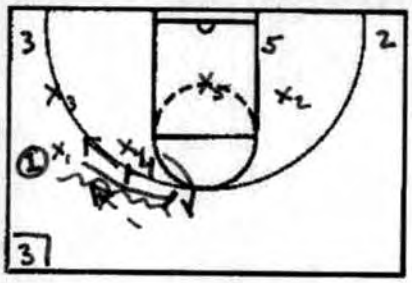
Notes

- Don't bring ball to ball screen level
- Attack screen at 45° angle



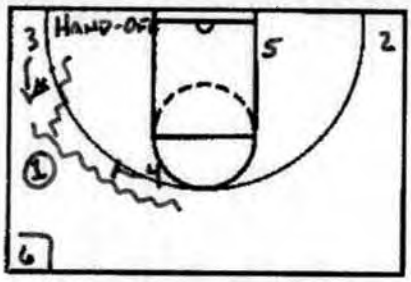
Notes

- Take off ball screen
- 1 centers ball & 4 rolls to post
- 1 creates in 4-Low alignment
- Great option if you have a quick PG who can create



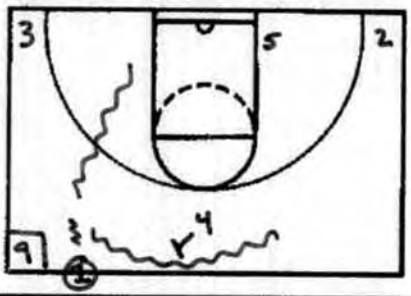
Notes READ #2

- v. Trap
- Screen & Fade
- X_5 must decide who to guard



Notes HAND-OFFS

- Basic ball screen set
- You can dribble hand-off w/ 2 or 3 & allow them use ball screen



Notes READ #5

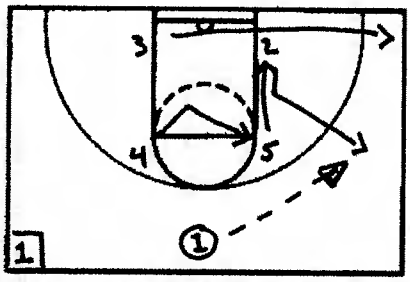
- v. Pressure on PG
- Move ball screen up to NBA 3 pt. Line level
- 1 can take ball to sideline & use ball screen OR turn corner at attack lane/ elbow

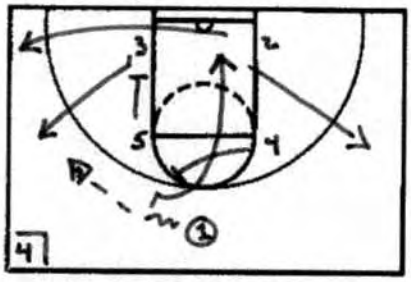
OHIO STATE BUCKEYES BASKETBALL

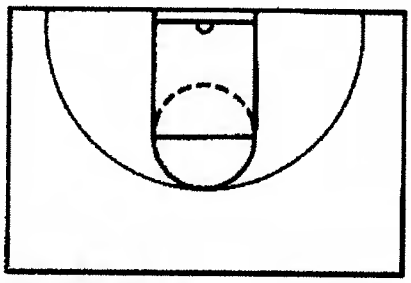
Clinic Date

JOHN GROCE → OHIO STATE
BALL SCREENING & POST PLAY
INDY SPORTS ACADEMY 9/18/04

Head Coach: Thad Matta
Assistants: John Groce, Dan Peters, Alan Major, Brandon Miller







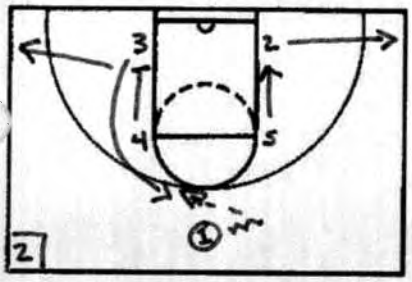
Notes 1ST ACTION/ OVERLOAD

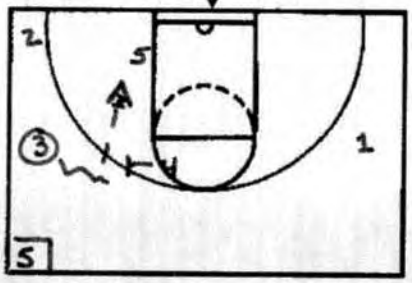
- No back-side help against low post
- v. Dead Front
  - A) Lob v. Front
  - B) High/Low Seal—Lob
  - C) v. Trap (Big/Big)—Post Dive

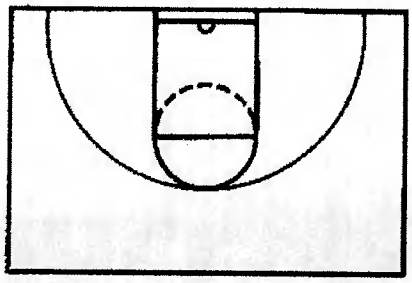
Notes 3RD ACTION/ BALL SCREEN

- Box set
- 5 sets single down for 3—3 pops to wing
- 4 back screens 1—1 cuts to basket for lob & fills out to weak-side wing

Notes







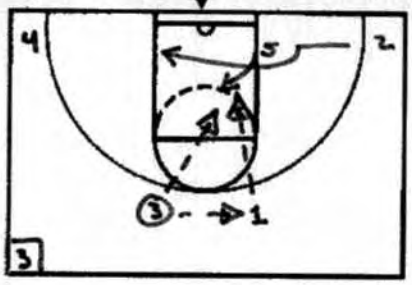
Notes 2ND ACTION/ FLEX DUCK-IN

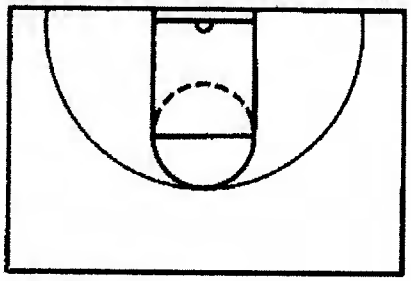
- 4 sets single down in box set & bounces to corner—3 cuts to elbow extended
- 2 slides to corner—5 slides to block

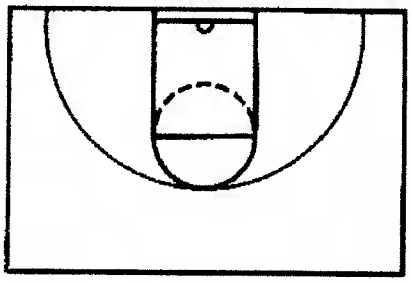
Notes

- 4 steps off back screen & sets ball screen for 3
- 3 acts like he is going to use ball screen
- 3 feeds post before he uses ball screen
- Pulls Post/Post double to perimeter w/ defense on ball screen

Notes





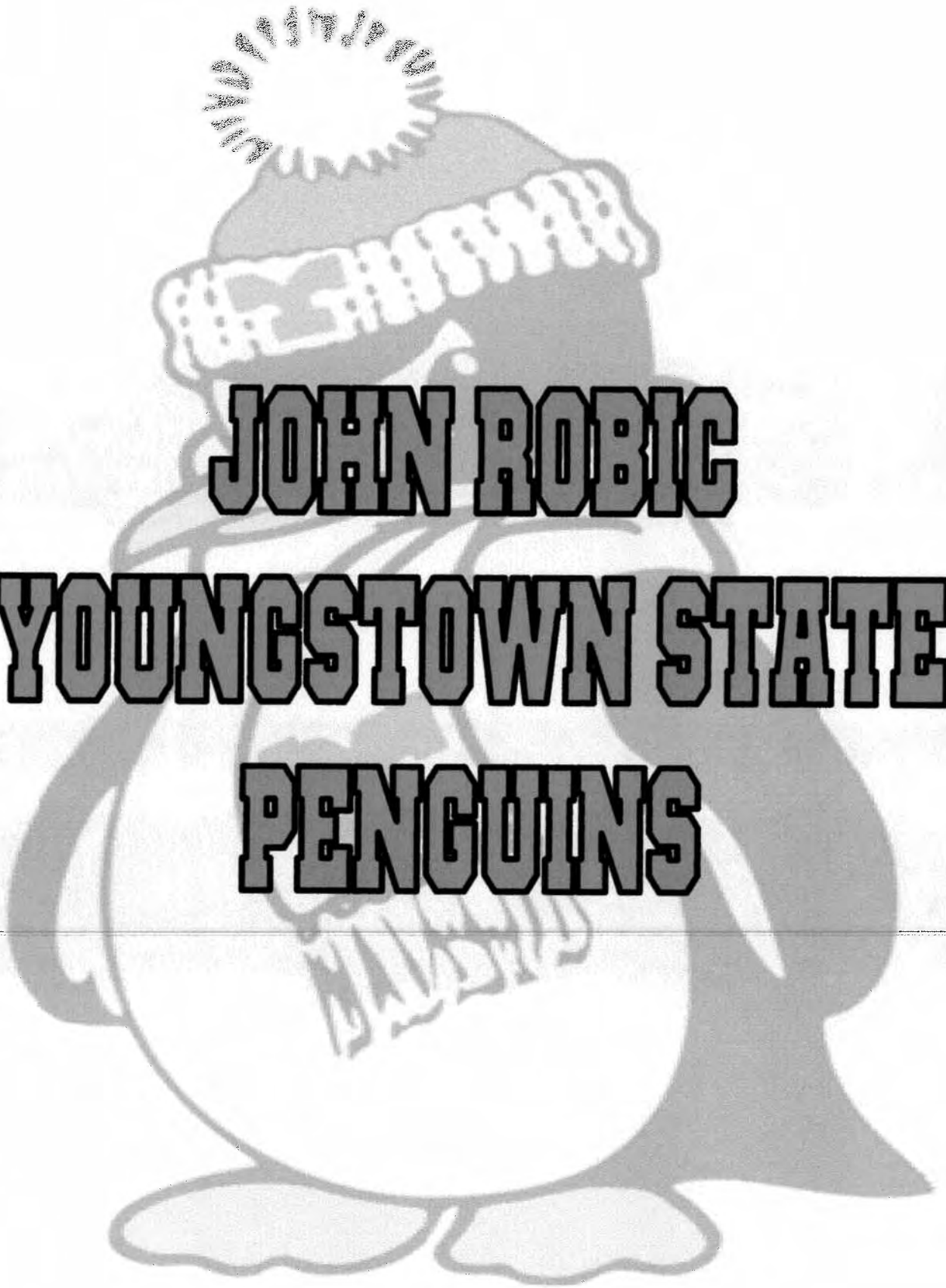


Notes

- 2 makes Flex cut—5 duck-in
- Look for High/Low pass
- Pulls Post/Post double team away

Notes

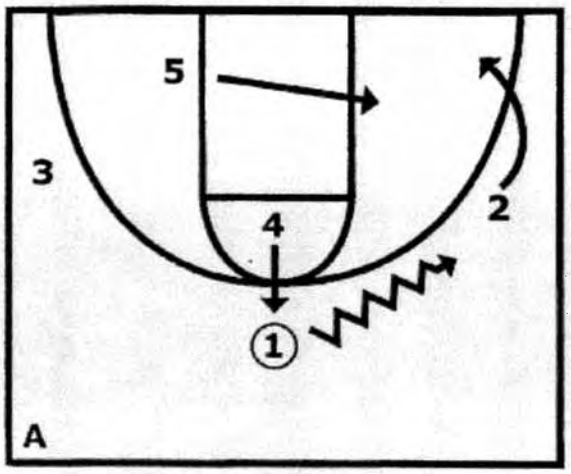
Notes



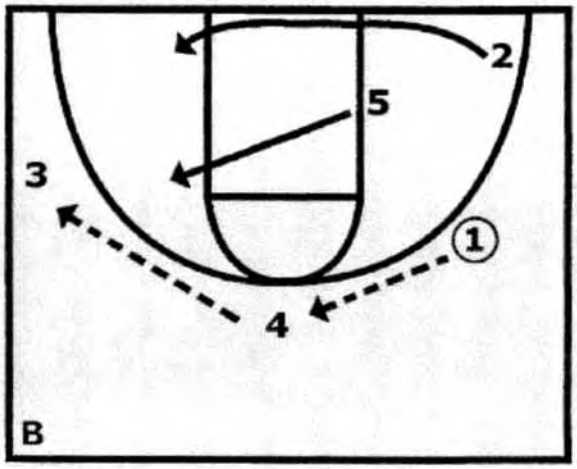
JOHN ROBIC
YOUNGSTOWN STATE
PENGUINS

2ND ANNUAL B.C. BASKETBALL RETREAT

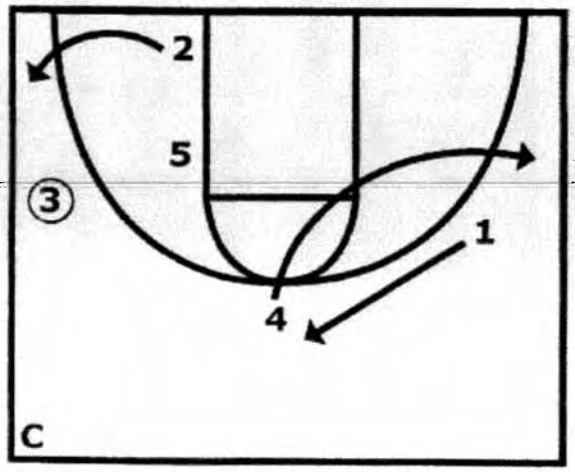
ZONE OFFENSE - BASIC CONTINUITY A-D - ROBIC



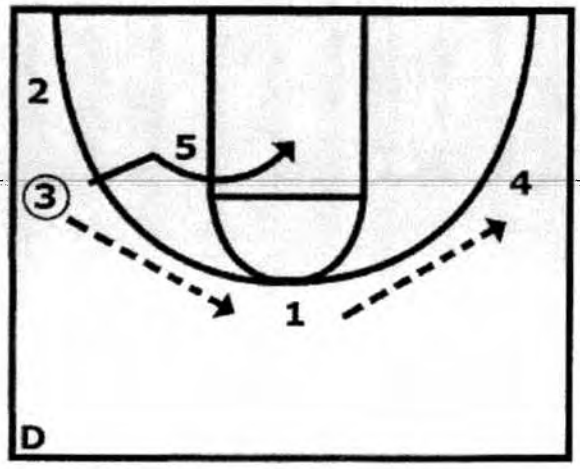
1 dribbles right. **4** pops out. **5** searches to the right block. **2** moves toward the baseline.



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



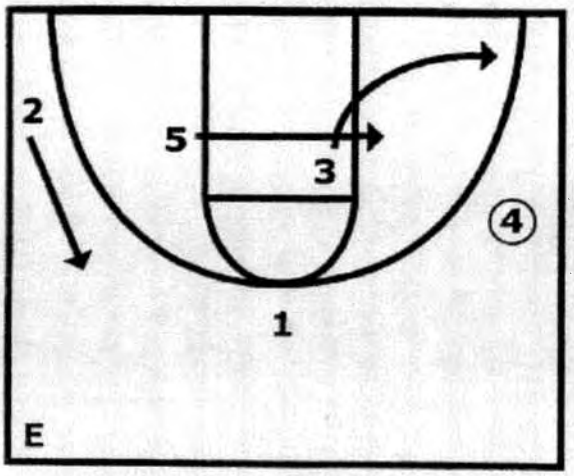
2 finishes his cut. **4** and **1** interchange.



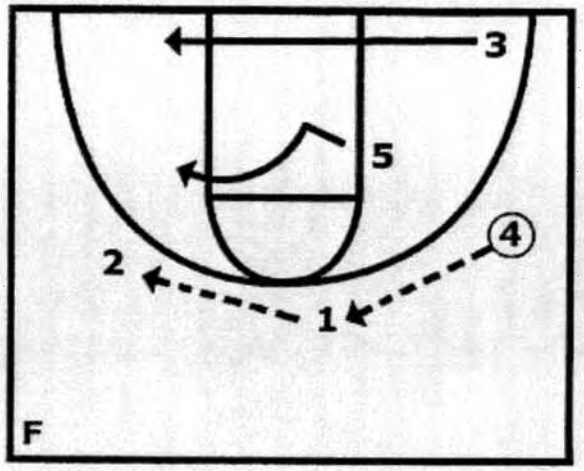
The ball is reversed to **4**. **3** cuts through the lane.

2ND ANNUAL B.C. BASKETBALL RETREAT

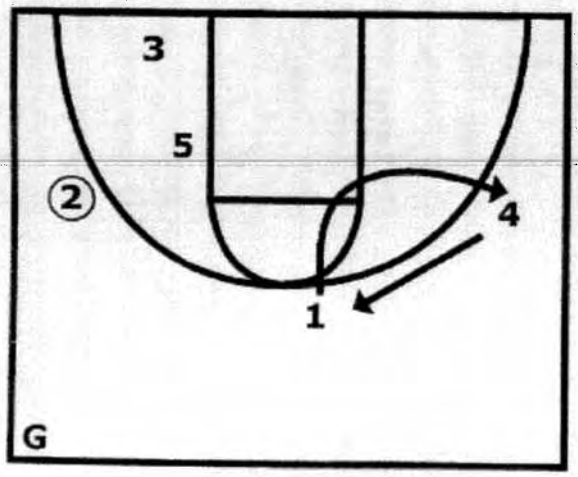
ZONE OFFENSE - BASIC CONTINUITY E-G - ROBIC



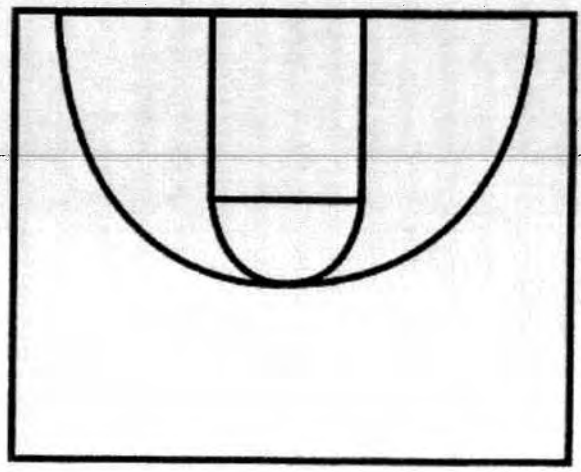
5 searches across the lane. **3** finishes his cut to the short corner.



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

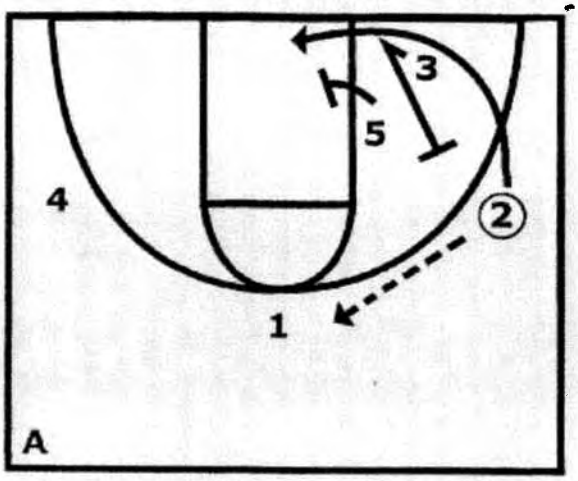


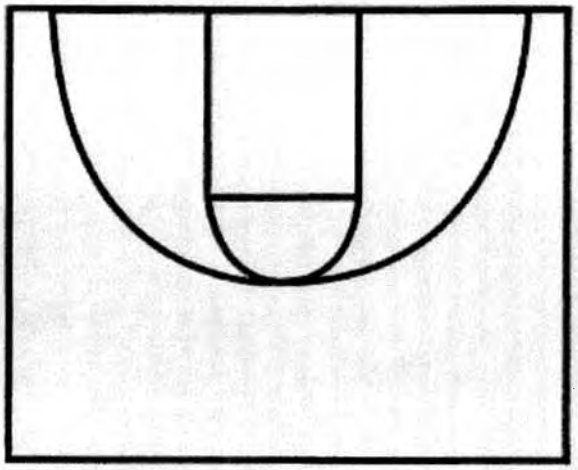
1 and **4** interchange. The continuity repeats.



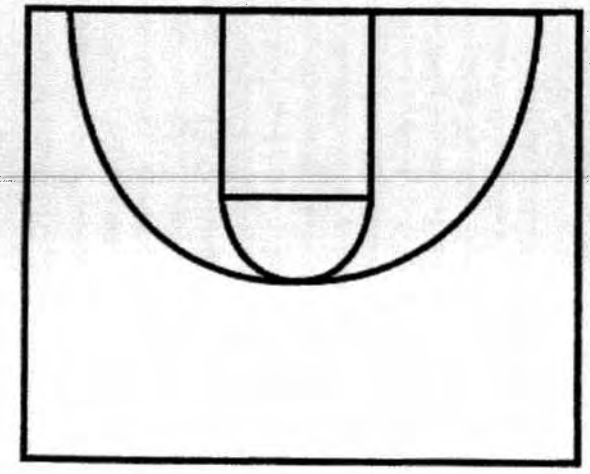
2ND ANNUAL B.C. BASKETBALL RETREAT

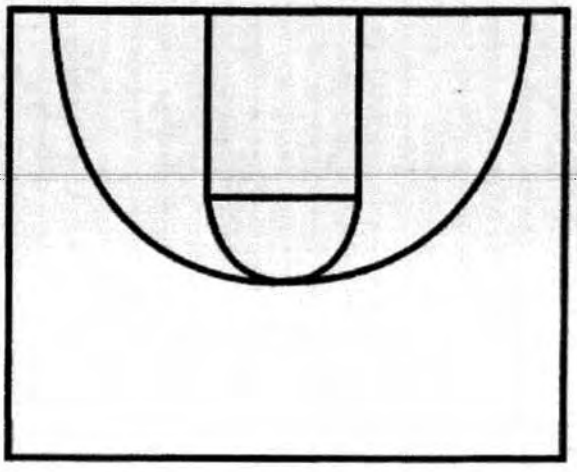
ZONE OFFENSE - BASIC CONTINUITY LOB - ROBIC





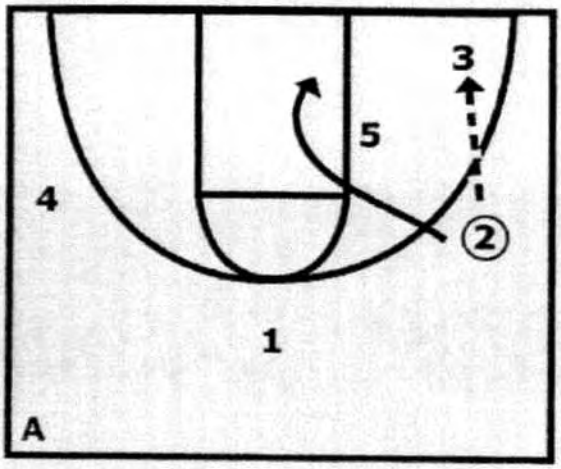
As **1** and **4** interchanged **2** passes to **1**. **5**, **3** screen the zone. **2** goes for a lob.



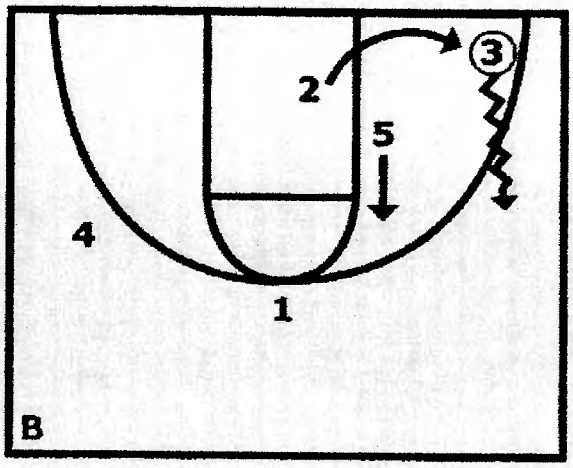


2ND ANNUAL B.C. BASKETBALL RETREAT

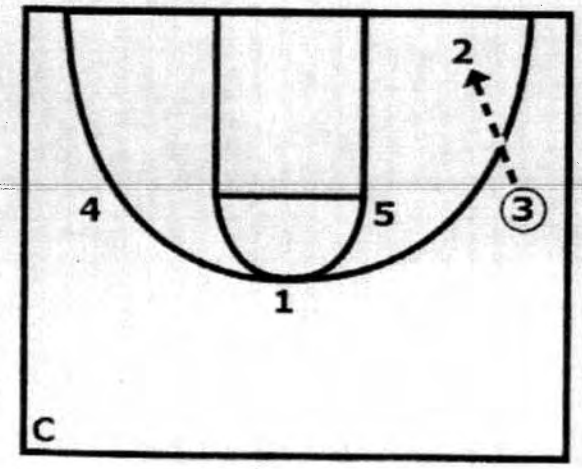
ZONE OFFENSE - BASIC CONTINUITY CORNER - ROBIC



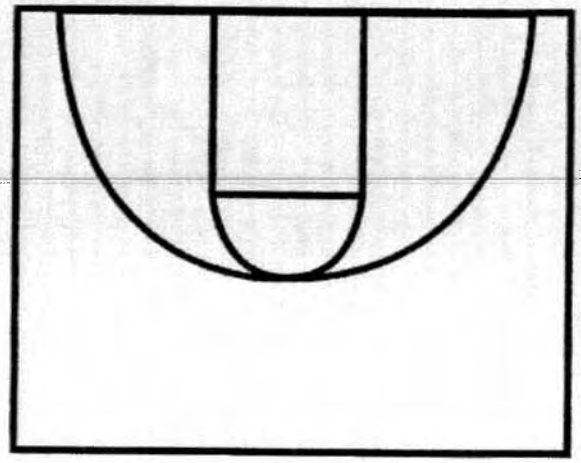
As **1**, **4** finish interchanging, **2** passes to **3** instead of **1**. **2** cuts into the lane after passing.



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

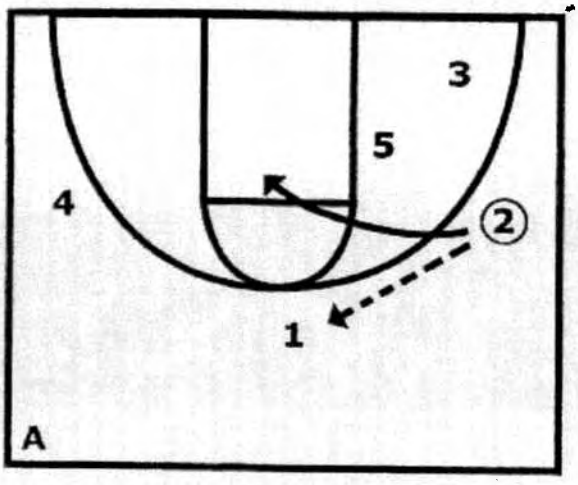


3 passes to **2** for a shot.

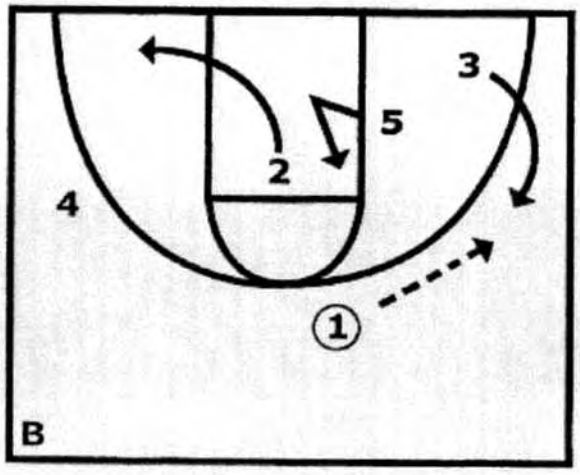


2ND ANNUAL B.C. BASKETBALL RETREAT

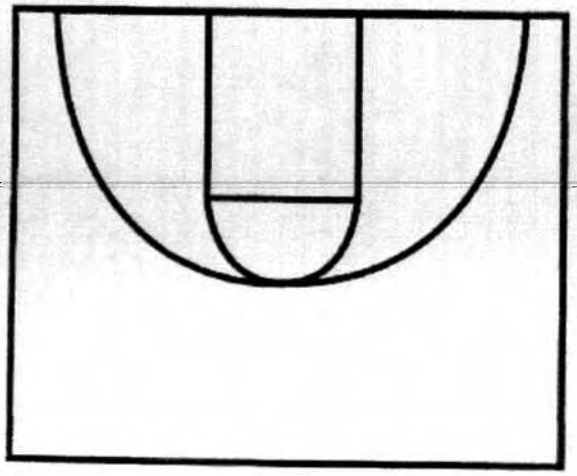
ZONE OFFENSE - BASIC CONTINUITY THROWBACK - ROBIC

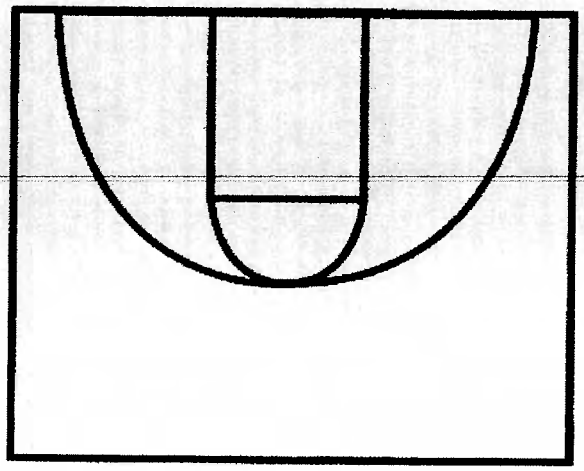


2 passes to **1** after **1** and **4** interchange.



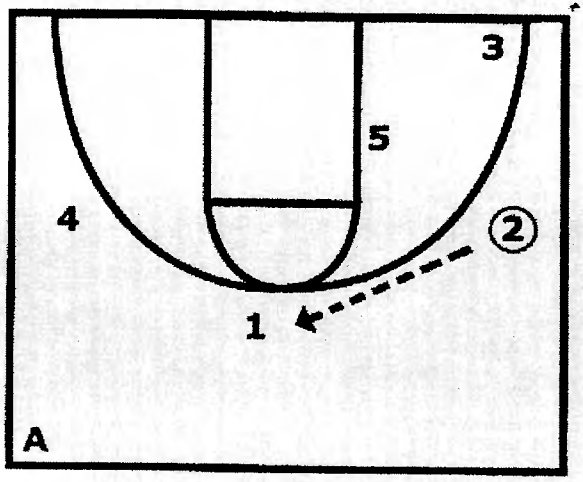
Instead of **1** reversing the ball to **4**, he "throws back" to **3** for a shot by **3** or a post up by **5**.



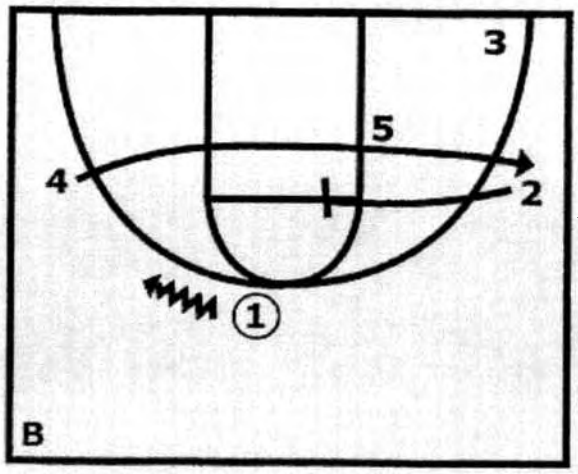


2ND ANNUAL B.C. BASKETBALL RETREAT

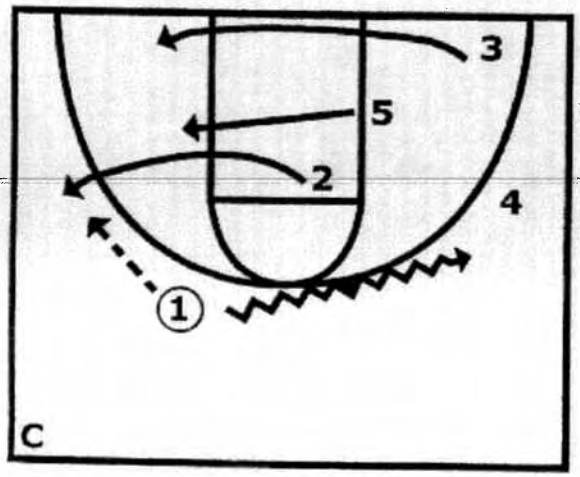
ZONE OFFENSE - BASIC CONTINUITY SWITCH - ROBIC



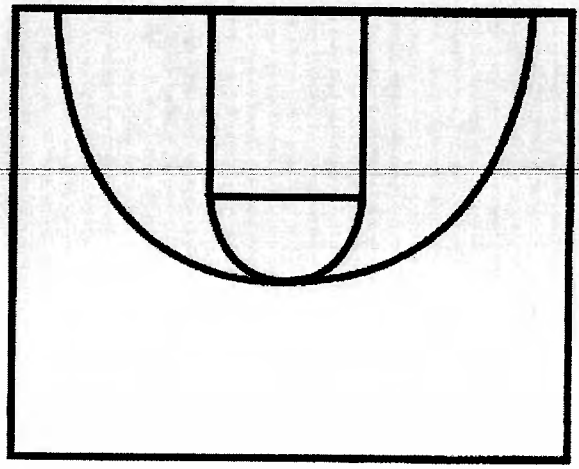
2 passes to **1**. After **1** and **4** interchange.

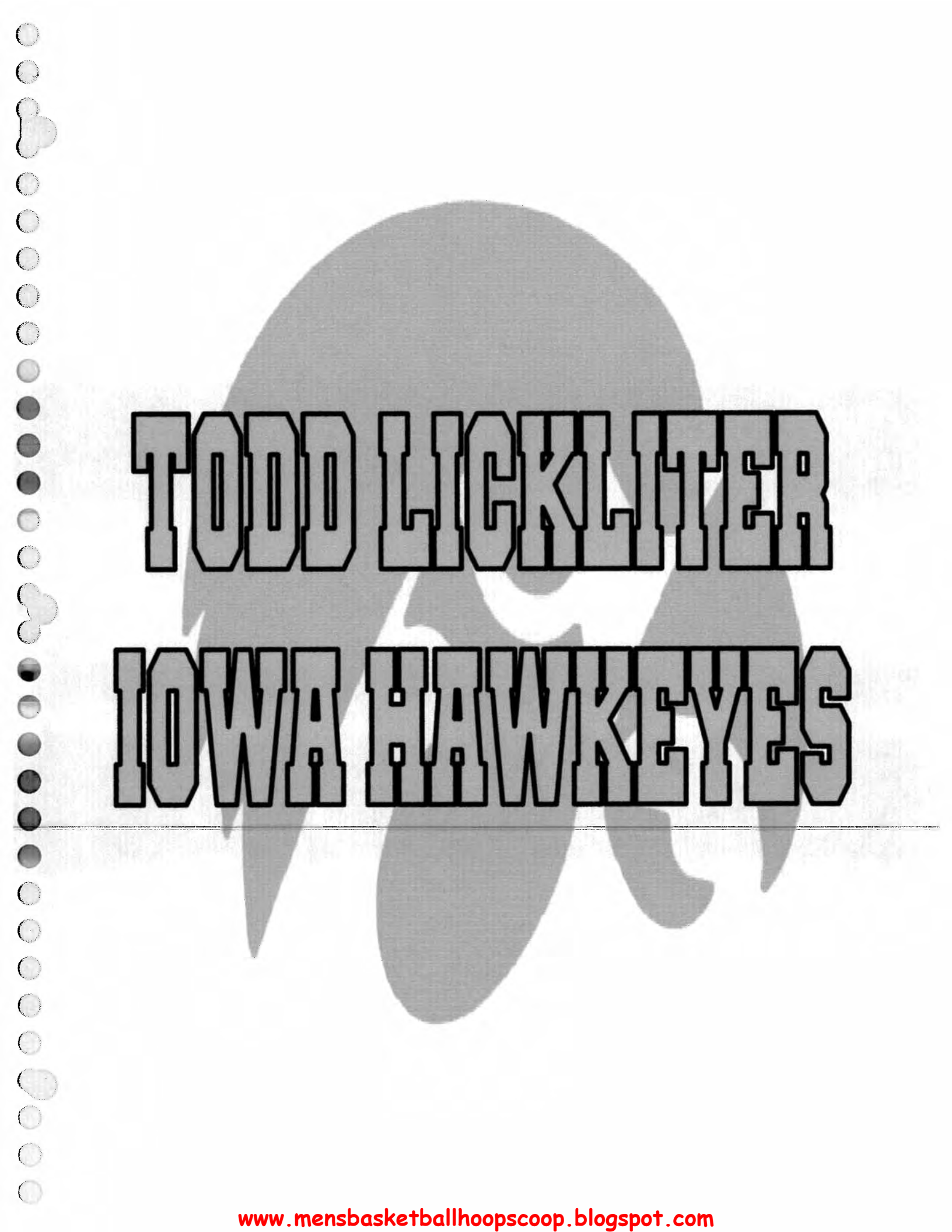


2 screens in for **4**. **1** can throw back to **4** for a shot.



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





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Todd Lickliter, Iowa, Offense Fundamentals



We value working smart over working hard

Greyhound bus driver: **"I have Good news and I have Bad News, we're making great time but we're lost" (work smart)**

We teach in progressions

Ball Handlers
We teach 2 things to be able to do

1. Push it to go by people
2. Pull it to get away from people

Ball handling progression Drills (in a stance with a vision)

- Push pull on the side
- Push pull In front
- Other hand repeat
- Pull back crossover in place -2 up push steps/ 2 back push steps / crossover
- Repeat this time fake the cross over / push up forward (inside out dribble)
- Change hands and repeat –they are going sideways across the court Break the count – 1 on 1 all over the court ..see the floor –coaches walking around randomly call for a pass / defense is trying to get a 5 second call
- 3 lines (2 minutes) -middle line is a team - they go 3 man weave down / outside lines are a team – while 3 man weave is going on they sprint to a cone at FT extended other end and get back / after middle team shoots a lay-up they turn around and transition into a 3 on 2 / the shooter from the middle team retreats back into a 2 on 1 and then the drill repeats
    - 3 balls in to start the drill take 1 away on each turnover game over when there are 3 TO's
    - 4 minutes (2 minutes and rotate)
    - 2 on 1 rule if they get IN YOUR PATH pass it if they don't lay it up
    - Keep score – end of clock defense/offense vs 3pt line

"Pass the ball with the same precision we shoot with, close doesn't go in"
"Good shooting teams are good passing teams"

- 1 on 2 dribble –attack cross the court the defense gives the offense uses the pull back dribble attacking the outside shoulder, change direction when he gets in front of you/ rotate with the players

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- Bull in the middle – keep away with 2 passers and defender in the middle, get in a stance -5 passing lanes –ear, ear, hip, hip, head - show a hand target / defender is going to drop step the direction of the pass, same as if you were trapping / 'air pass' – similar to air ball in that it was a bad pass, Did you hit him in the hands? How long can you hold on to the ball
- 12 second drill –from Bull in the middle using the pull back cross over, coach yells switch it for new man to get in the middle
- Circle traps passing – 5 man in a circle with 3 defense in the middle, defensive roles 2 trappers and 1 interceptor after the pass is made by offense (5 players) to another defense rotates to 2 trappers and an interceptor
- 3 vs 2 press offense in the back court (trappers, inceptors) offense has a guy at other end, as soon as the ball cross ½ court they pass it to that man for a layup and the offense turns around and goes the other way, the guy at the other end stays, offenses 3rd guy is at half court with a ball and the convert the other way, keep score, make it take it (turn your back, around your back is a change of possession) 10 seconds is not part of the game bc they are at a disadvantage
- 4 on 4 on 4 – 2 guys at ½ court trailers –Kentucky cut throat press game style, put time and keep score -2 for Turnover, -1 if you take a bad shot, panic etc and miss it, 0 if you make a bad shot, 2's and 3's for good makes ** great adder to our drill – add shot selection scoring to get the shot we want
- Numbers game alignment 5 across the FT line with 5 on baseline / call a name that person stays at the other end, defense goes back to a diamond defense pick up a man - play live, convert into press defense from offense, 4 offense on 5 defense the other way, 3 possessions and keep score and then change spots EMPHASIS – offense needs 3 outlets (reverse, middle, sideline)

Half court – any shooting drills in practice the emphasis on shooting and passing

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- Partner up in a line– jump stop in the paint, partner is behind him, driver pushes it to the paint and jump stops with eyes on the rim, the cutter is behind him and he goes to a wing of his choice and calls for the ball, driver waits to hear from him before passing GAME – 1st team to 4 or a game with a who team scores an amount
- 4 players 2 balls – middle drive, jump stop, kick to 3, rotate in a circle

Transition defense – you can guard anyone for 30 seconds and don't get pre occupied with switching back

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Avoid extending defense to build a wall, shrink the floor, we try to get inside the defense on offense

On ball screens make their team help, if we can get 2 people on the ball we can get find the open man

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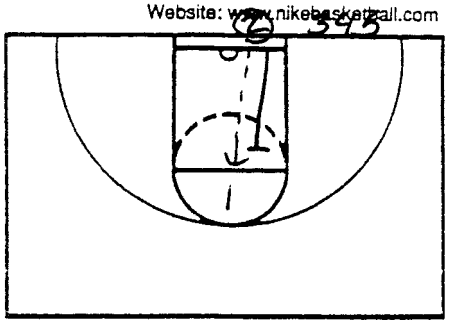
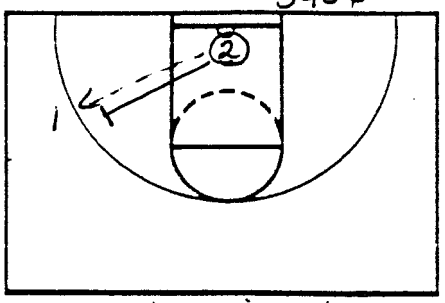
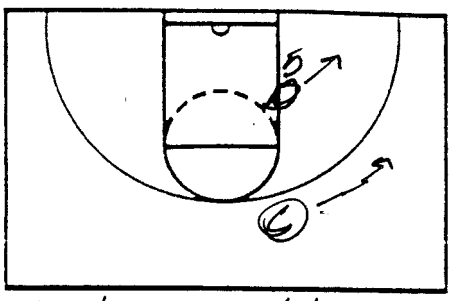
DATE Oakhill Def drills



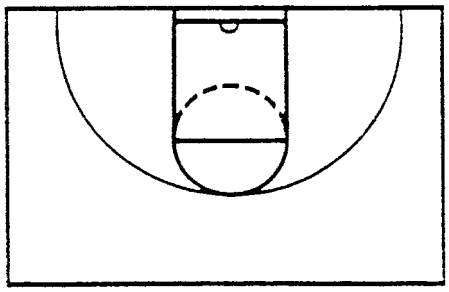
NOTES 1 on 1 Close out
- trace ball -3 pass fakes
- 1 dribble

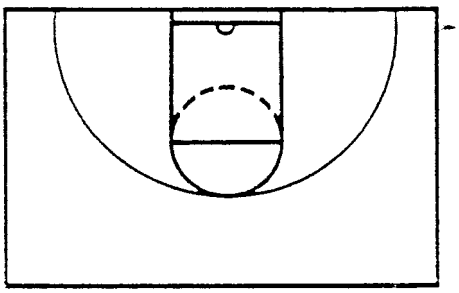


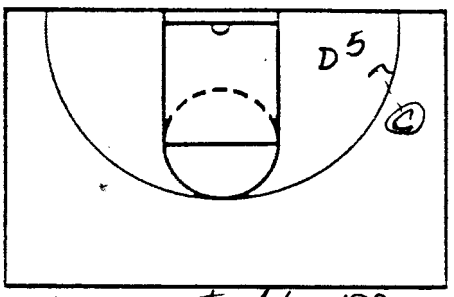
1 on 1 wing close out
- Close out
- 3 pass fakes
- 1 dribble



1 on 1 post def.
½ front → Ball below ft
X step



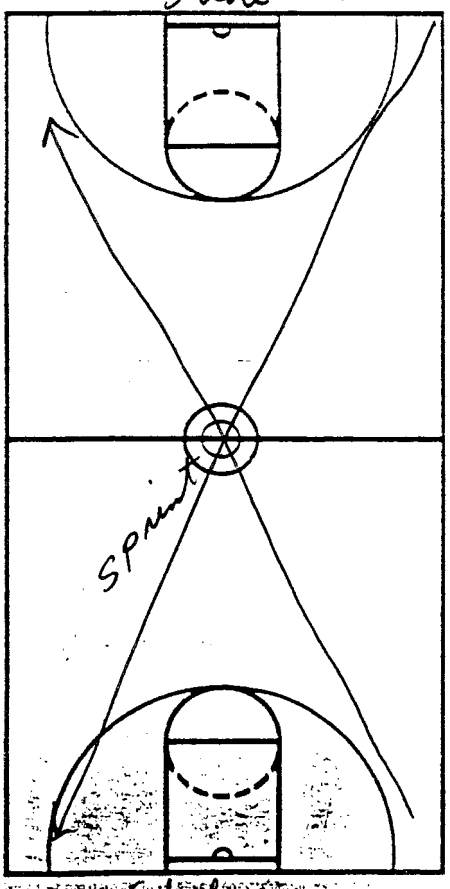




NOTES

after post def - off
steps out - faces baseline

Slide



Slide

NOTES

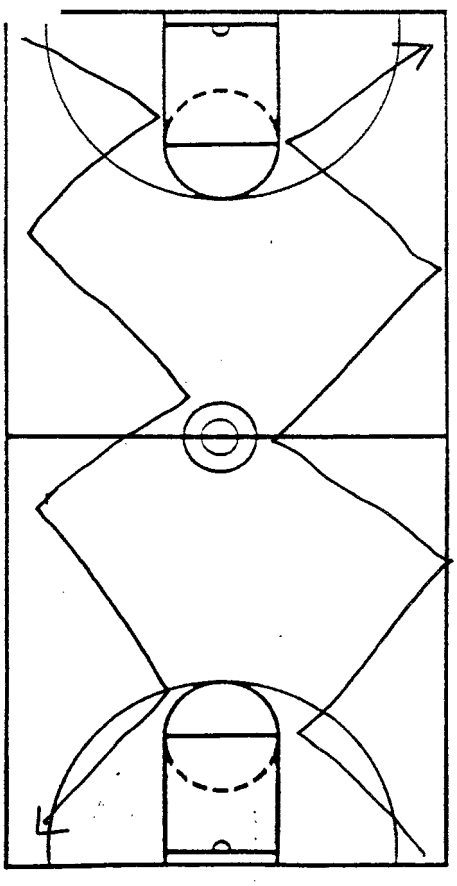
X drill

Sprint count

Slide baseline

Towel above head

Zig Zag
- Towel behind butt



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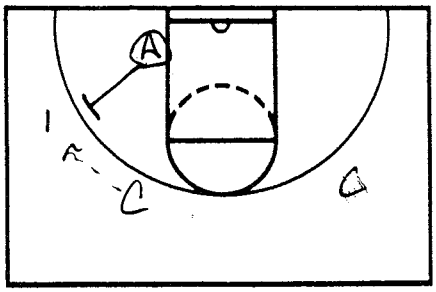
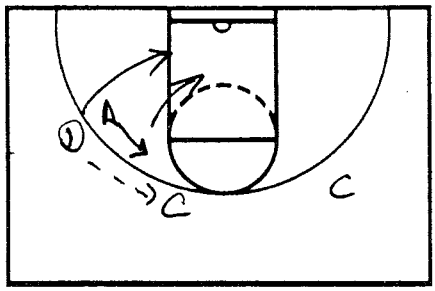
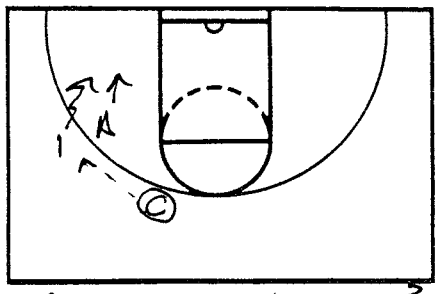
DATE Oak Hill Def (2)



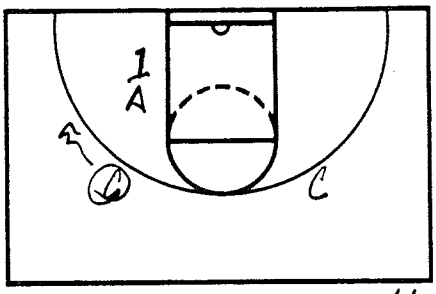
NOTES 6 in 1 drill 1
Close out



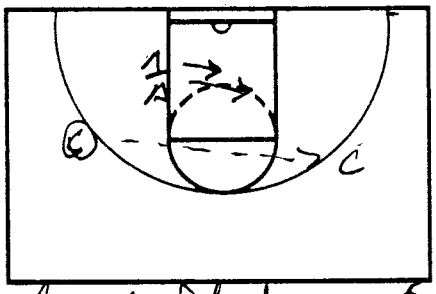
Jump to ball 2
Deny cut



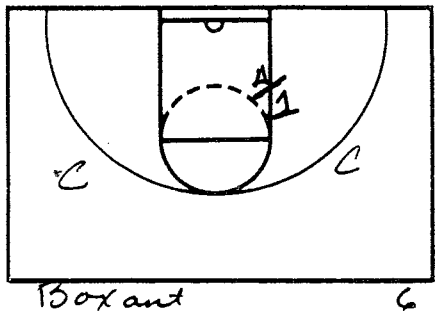
Guard 2 dribble 3
Force to line



NOTES
Guard low post 4

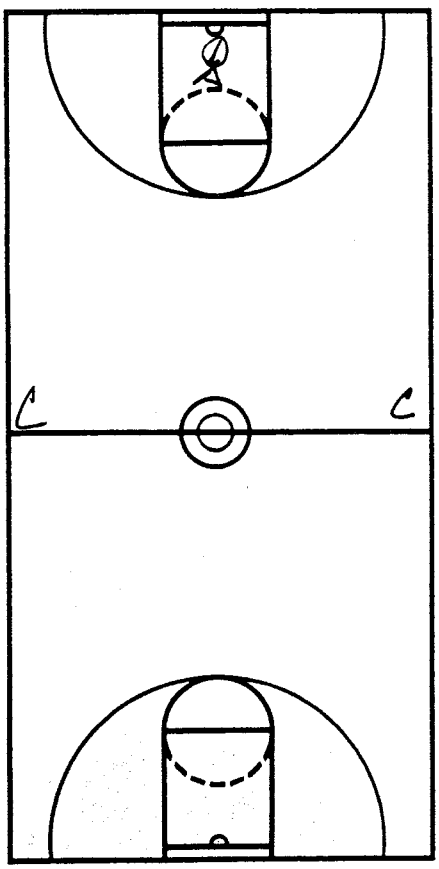


Guard Flash 5

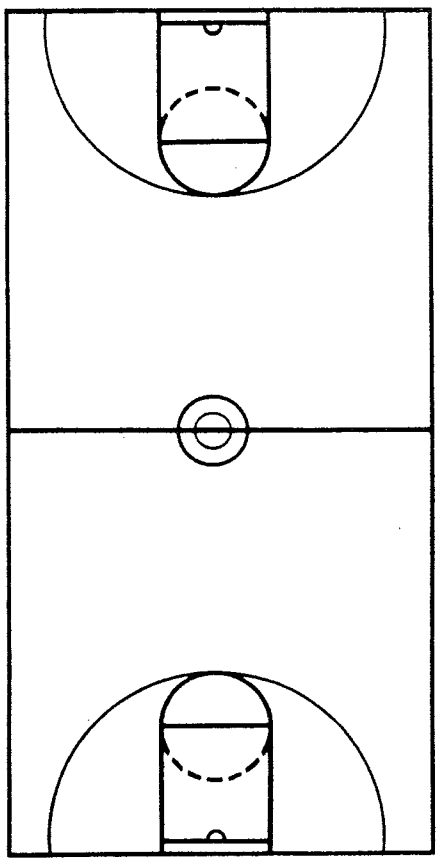


Box out 6

JUST DO IT



NOTES
1 on 1
FC
off cut pass
to coaches at ½ ct
Defense deny cut
then 1 on 1



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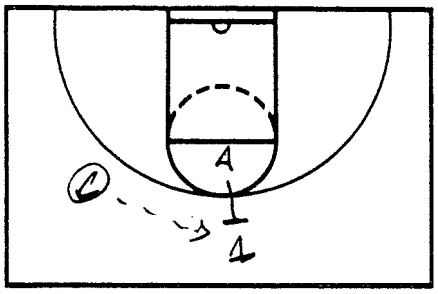
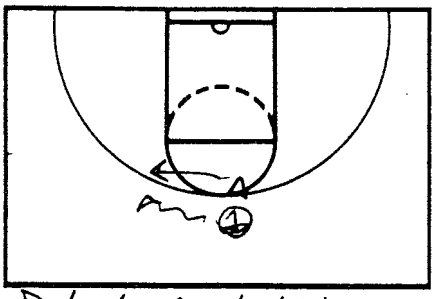
CLINIC

DATE Oak hill day

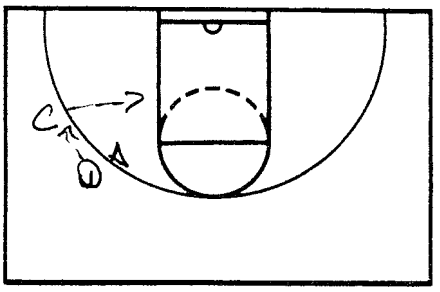


NOTES 4 in 1

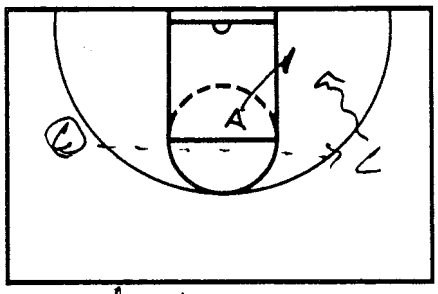
1 Close out



2 Defend 2 dribbles

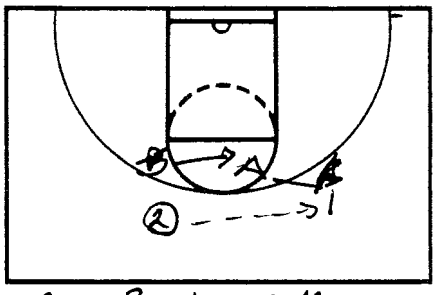


3 loose ball

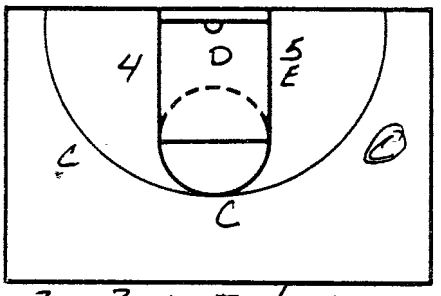


NOTES 3 ball reversal

4 Take charge



2 on 2 - Live ball



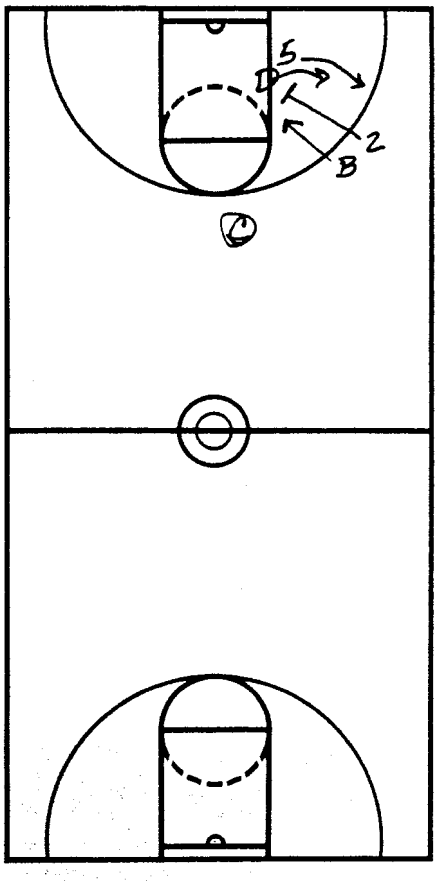
2 on 2 post clinic

½ front clamp

Help across

Switch screen away

JUST DO IT



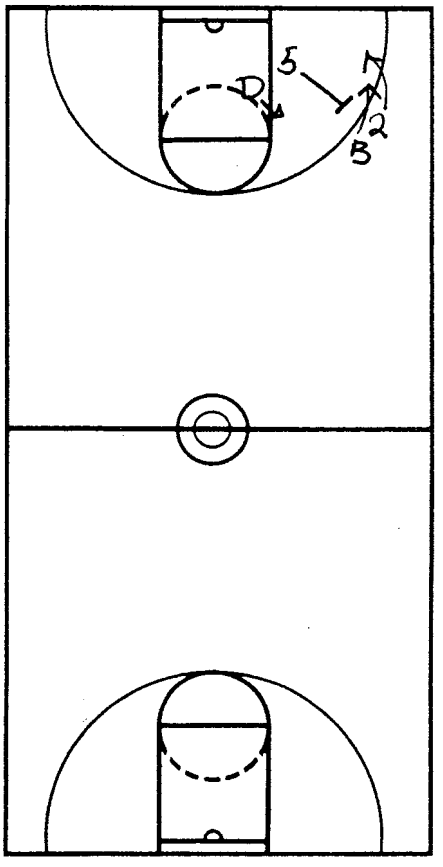
NOTES

2 on 2

Wing to post

Chase from behind on Down screen

D stacks middle



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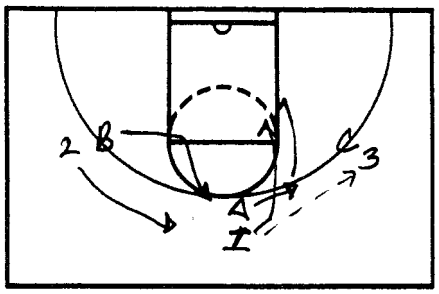
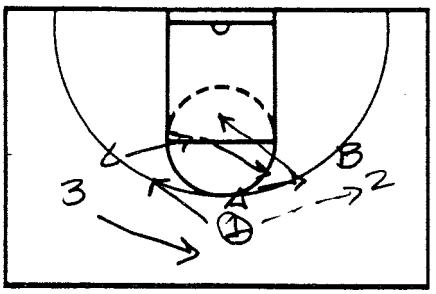
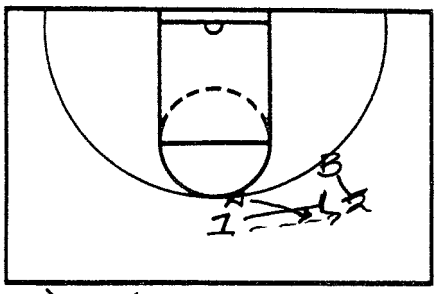
DATE Oak hill clf. (4)



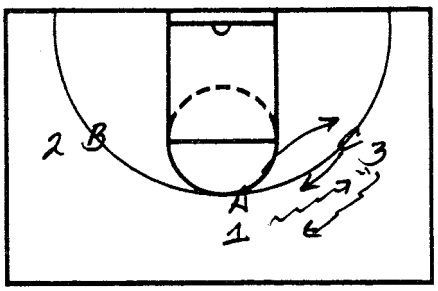
NOTES 3 on 3
Heels on 3pt line
1) Basket cut

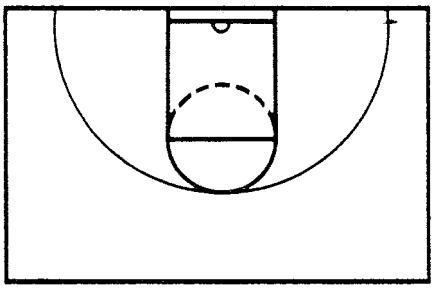


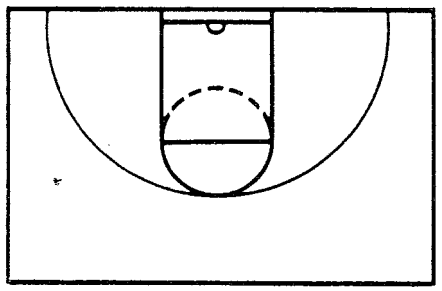
2) pass screen away
can't be screened
if you jump to ball



3) Ball screen - show & Recover

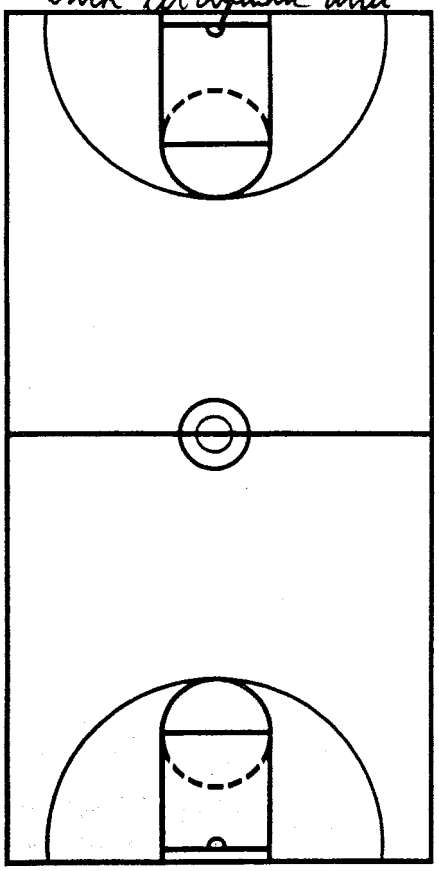




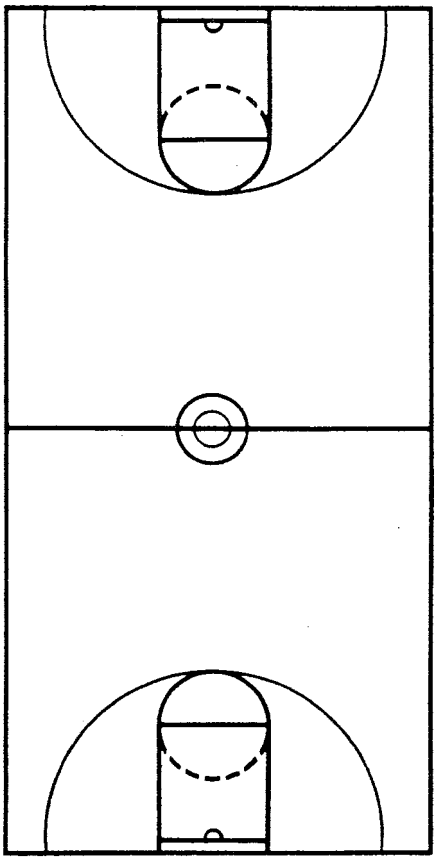


NOTES
4) Hand off
Ball defender step
back let defender thru

JUST DO IT



NOTES



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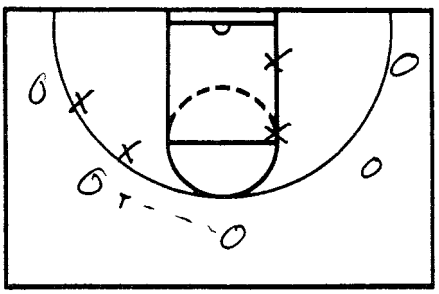
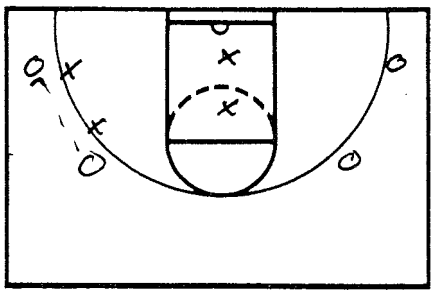
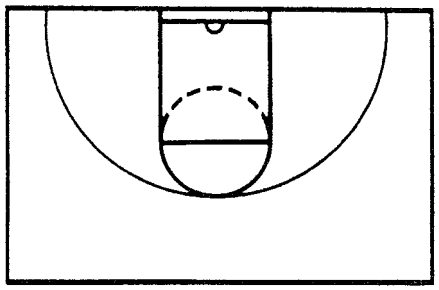
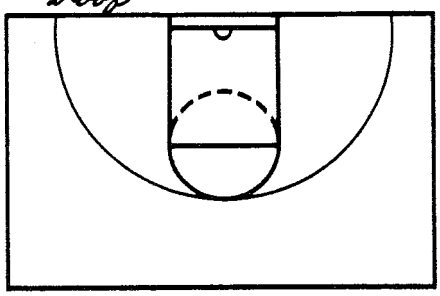
DATE Oak hill defense

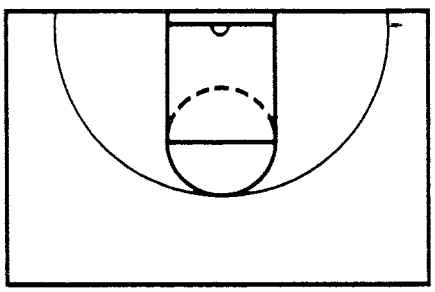


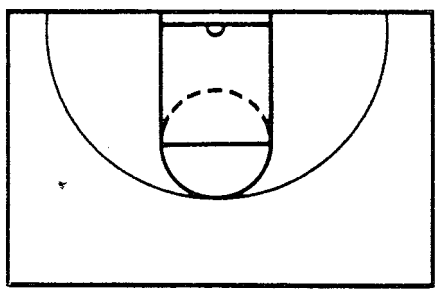




NOTES 4 on 4
When ball comes off
Point → we must cover
hoop

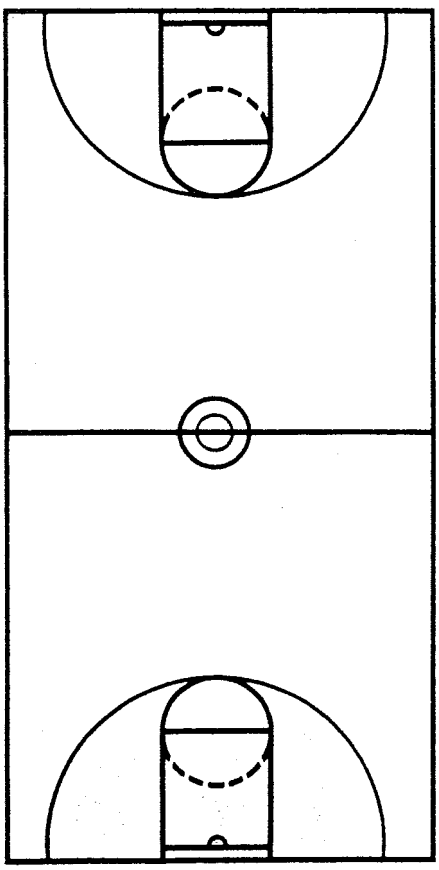






NOTES

JUST DO IT



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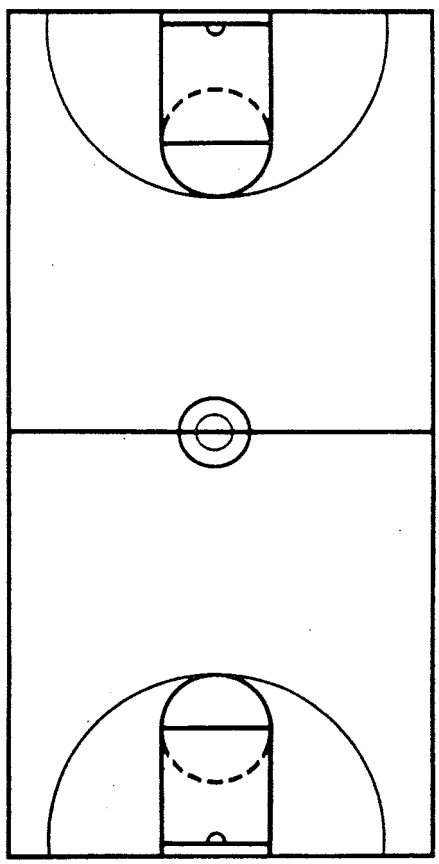
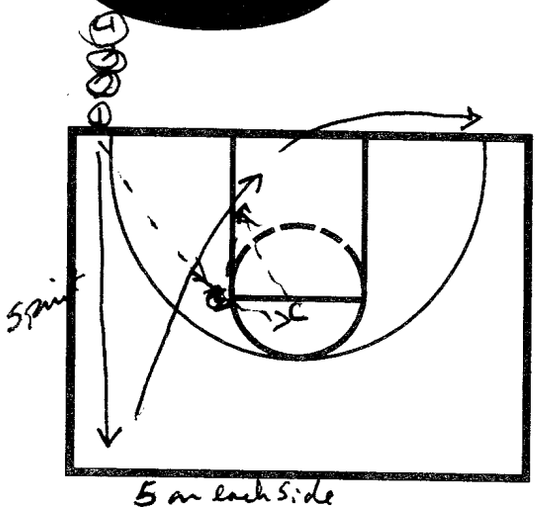
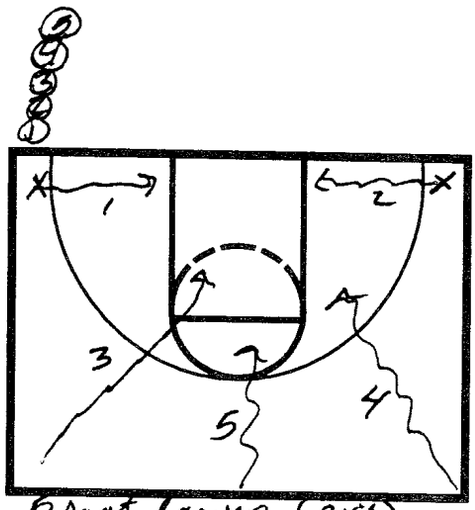


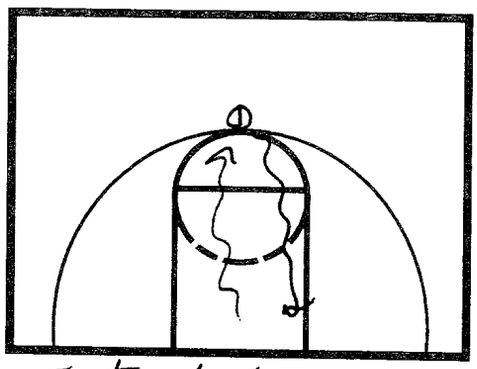
Oak Hill ⇒ Conditioning



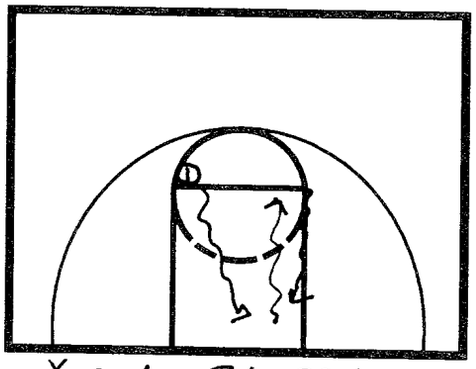
5 on each side



5 spot lay up (2 x's)

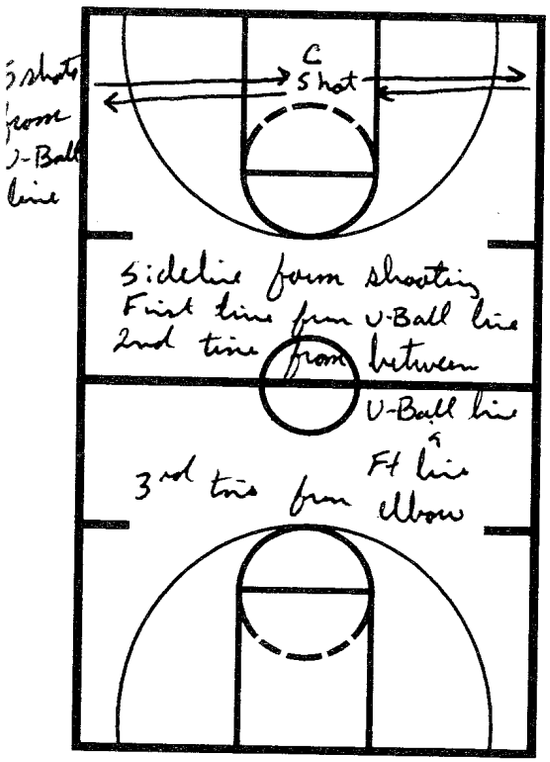


Intensity layups
2 x's
7 lay ups in 30 sec.
L Hand dribble L Hand lay up
R " " R " "

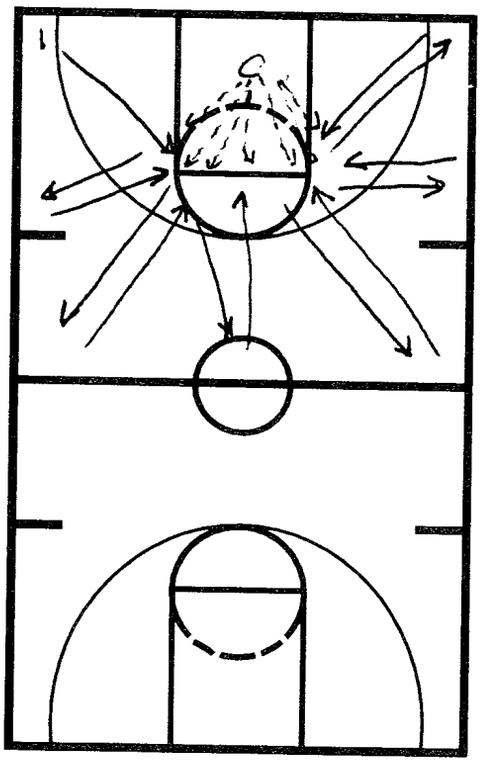


X out - 8 in 30 sec

after Intensity lay ups or
X out - player shoots
5 Ft.



5 shots from U-Ball line



Angle
Elbow
3 shot

NOTES:

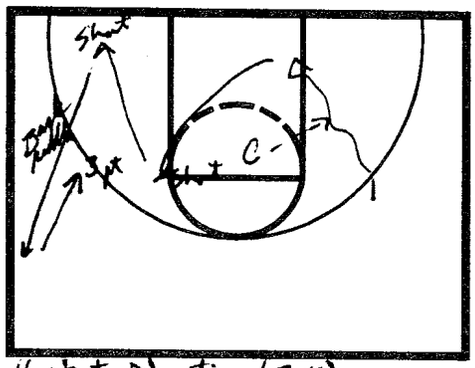
NOTES: Off. Shooting

Feet set

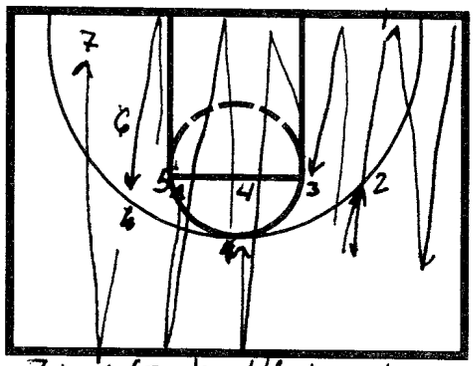
Shoot on way up (up release)

Finish strong

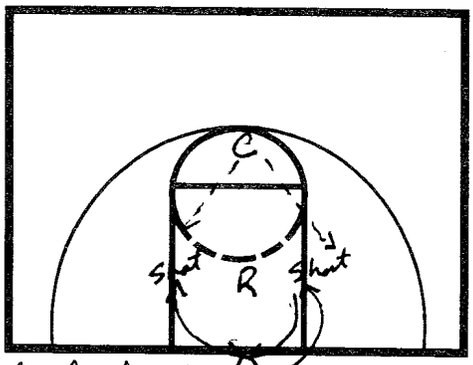
"Don't let front of rim beat you"



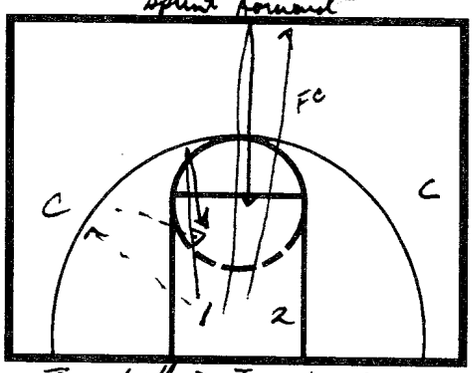
4 spot Shooting (3x's)



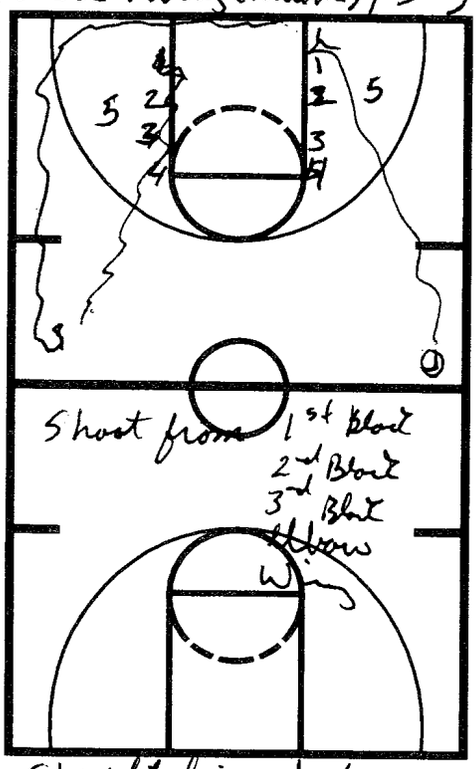
7 spot (Backpedale to UB line on ½ ct) sprint forward



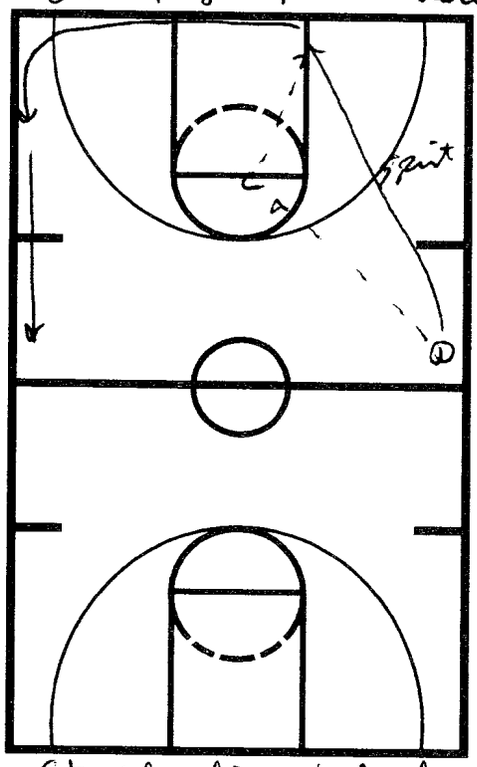
Curl shooting
Must make 10 shots
R side of floor → R L foot work
L side of floor → L R " "
/Block / wing (1 dribble) / 3's)



Tap drill → Tap off glass 5x's
Pass to coach sprint
1) To 3pt line → lay up
2) HL → lay up
3) FL lay up → other side
½ post player → post on block make a move



Straight line shooting
Pull up J.



Straight line w/ Coach

Todd Sturgeon
University of Indianapolis

Indianapolis Greyhounds Basketball

Head Coach: Todd Sturgeon

TOPIC: POST DEFENSE

POST DEFENSE

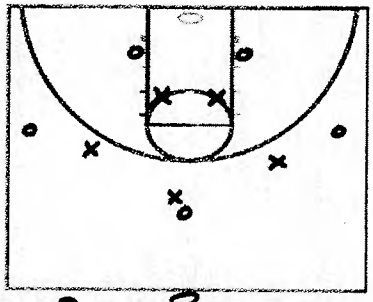
1) NO FEEDS FROM ABOVE FT EXTENDED
2) BALL PRESSURE
   - GET INTO THE OFFENSE'S VISION
3) POST DEFENDER → TAKE AWAY BASELINE
4) TRAPPER → ARRIVE W/ THE BALL
5) DENY ALL RETURN PASSES
   "ZONE-UP" ON HIGH POST
6) POINT DEFENDER
   - "ZONE-UP" & COVER HIGH POST
7) WEAK-SIDE DEFENDER
   A) POST / POST PASS
   B) CUTTERS
   C) REBOUNDERS
   } MUST TAKE THESE AWAY
8) TRAPPER MUST RECOVER BY 2ND PASS

DOUBLING POST

A) POSITIVES
   1) AGGRESSIVE
   2) HELP-SIDE

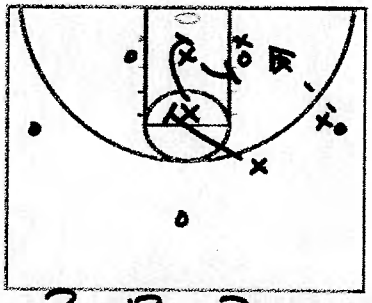
B) CONS
   1) REBOUNDING
   2) CRUTCH – LAZY

University of Indianapolis Greyhounds Basketball



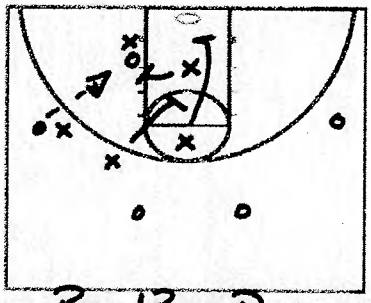
Basic Positions

- On-Lene/Up-Lene Principles
- Flat Triangles

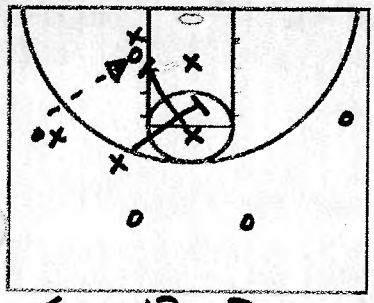


Post/Post Double

- Post Defender Take Away Baselene
- D2or? Rotate!

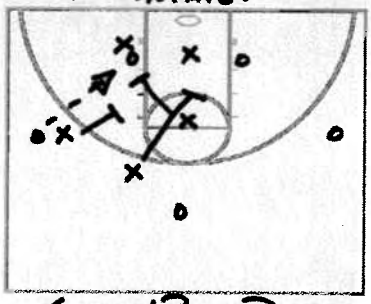


Post/Post Double v. Single Post

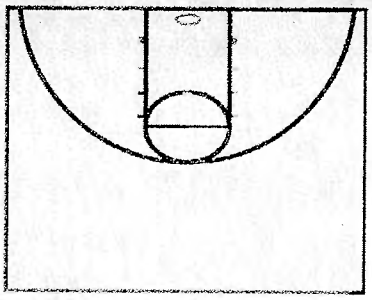


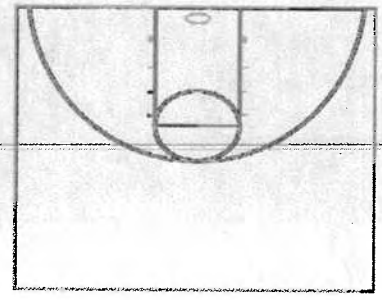
Guard/Post Double v. Single Post

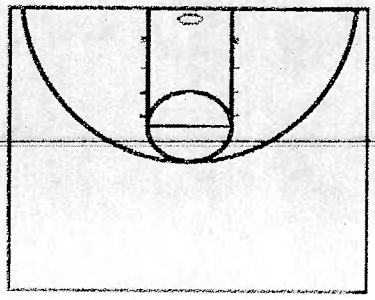
*You Can Designate Who Doubles

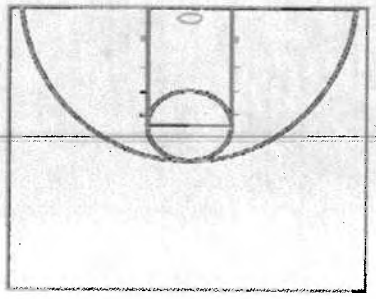


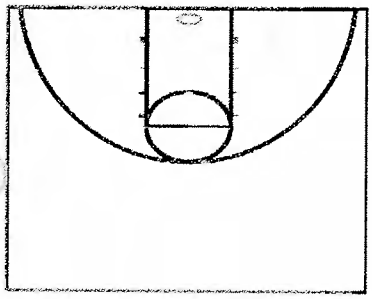
Guard/Post Double v. Double Post

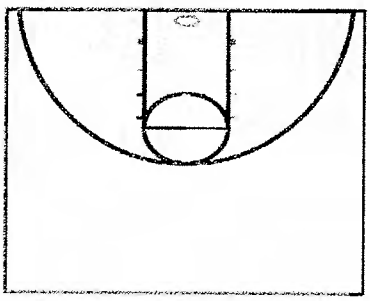


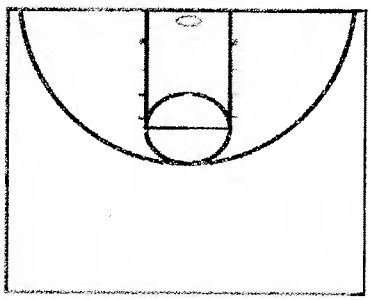










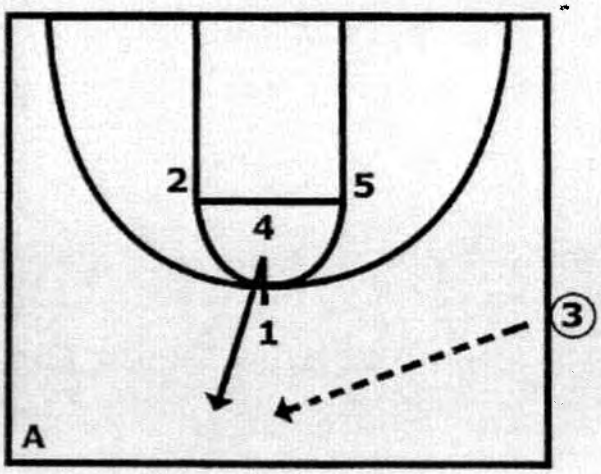


TOM GREAN

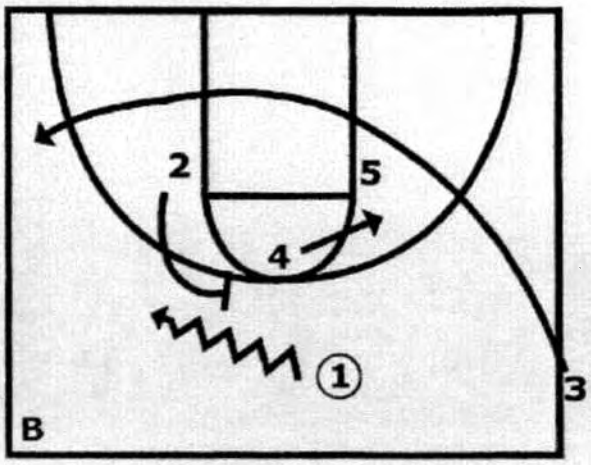
MARQUETTE GOLDEN EAGLES

2ND ANNUAL B.C. BASKETBALL RETREAT

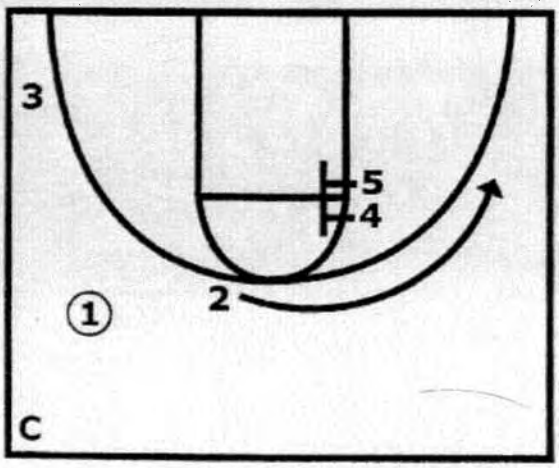
SOB - CREAN



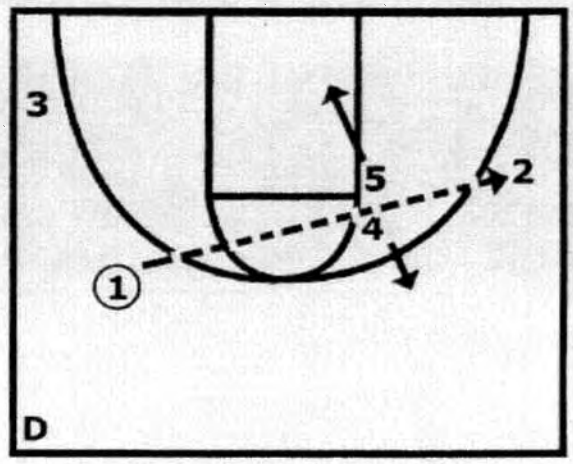
1 gets open, **3** inbounds to **1**.



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



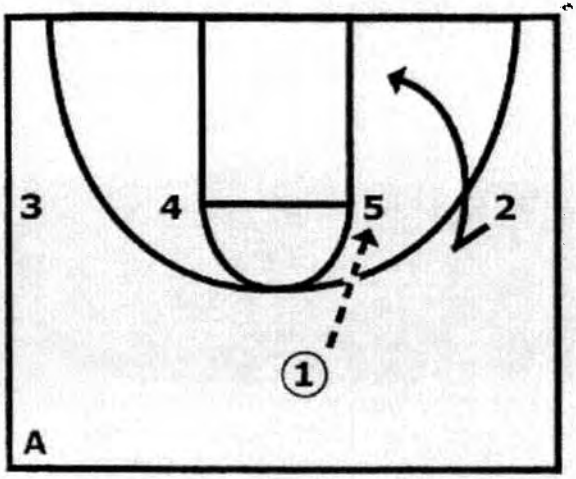
2 goes off of a **5**, **4** double flare screen.



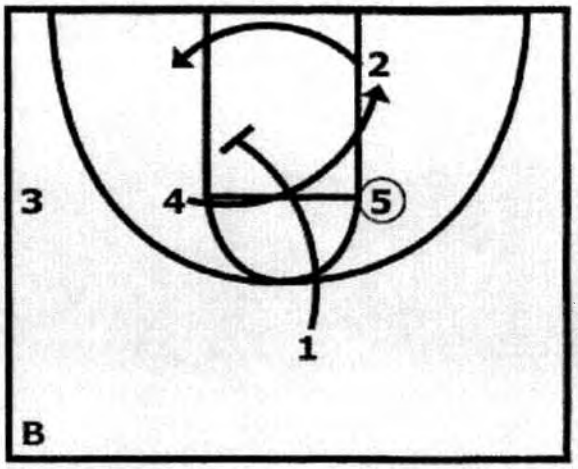
5 slips to the basket and **4** pops out after setting the flare.

2ND ANNUAL B.C. BASKETBALL RETREAT

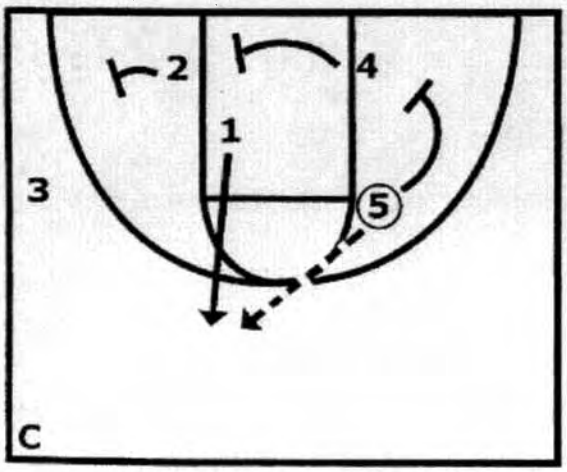
MAN OFFENSE - 1-4 RUB, TRIPLE - CREAN



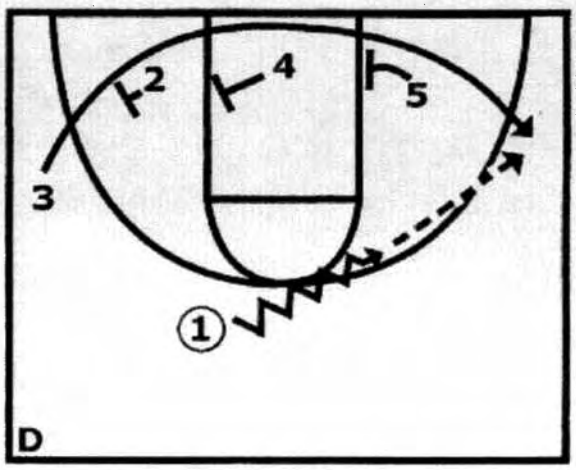
1 passes to **5** at the elbow. **2** goes backdoor.



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



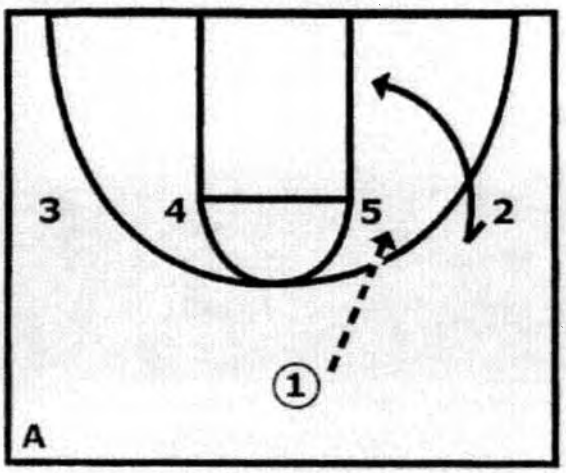
1 pops out. **2**, **4**, **5** set a triple screen for **3**.



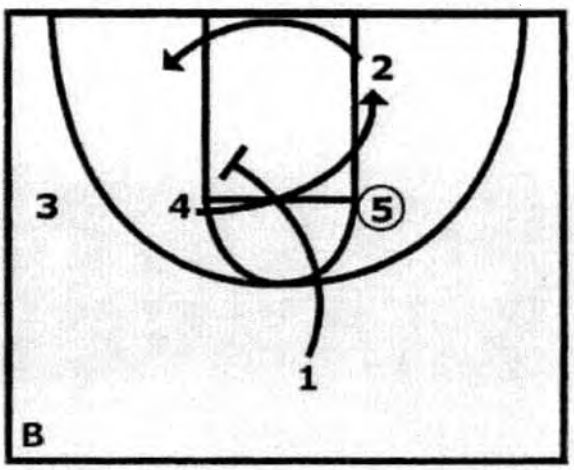
3 cuts off of the triple screen. **1** delivers the pass to **3**.

2ND ANNUAL B.C. BASKETBALL RETREAT

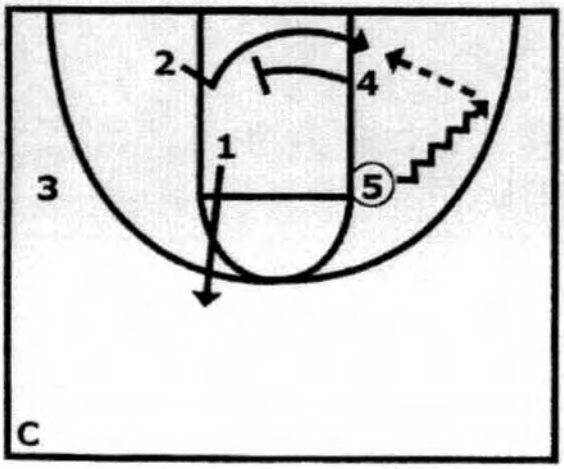
MAN OFFENSE - 1-4 RUB, 4 ON 2 SCREEN - CREAN



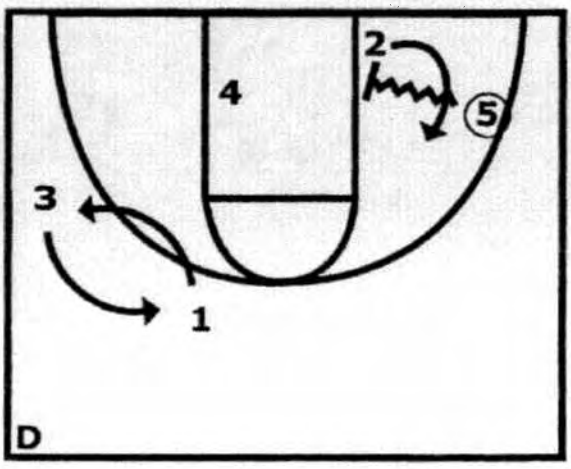
1 passes to **5** at the elbow. **2** goes backdoor.



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



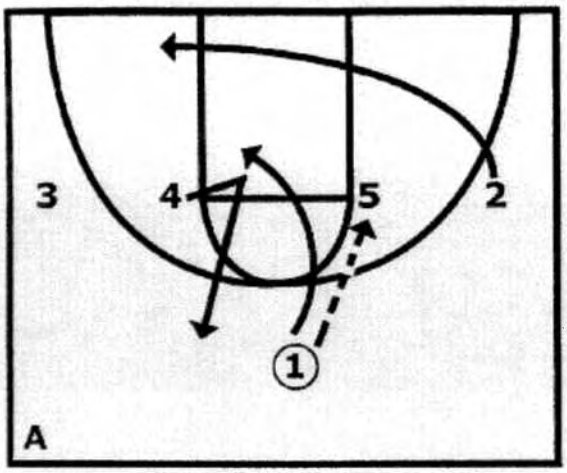
1 pops out. **4** cross screens for **2**. **5** delivers the pass to **2**.



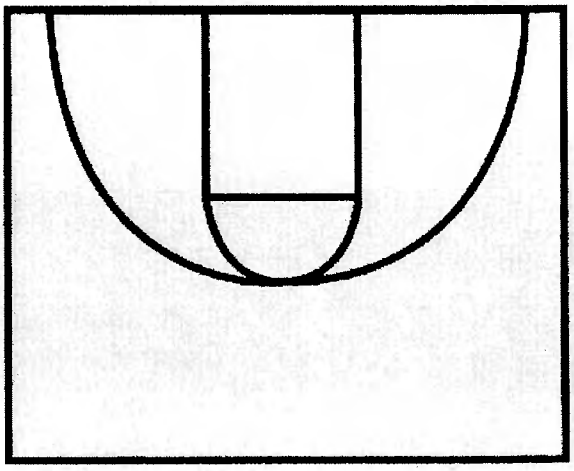
Possible dribble handoff for **2** from **5** after the cross screen.

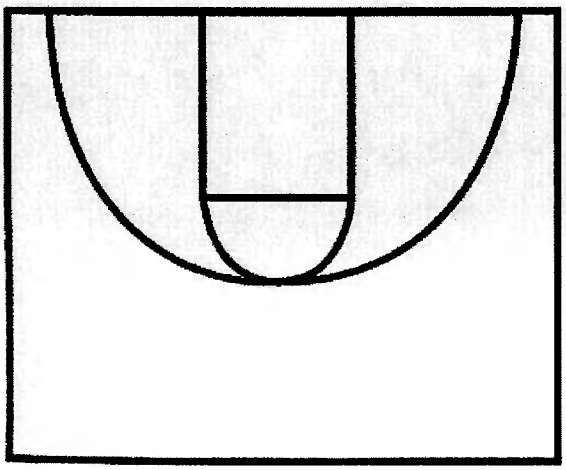
2ND ANNUAL B.C. BASKETBALL RETREAT

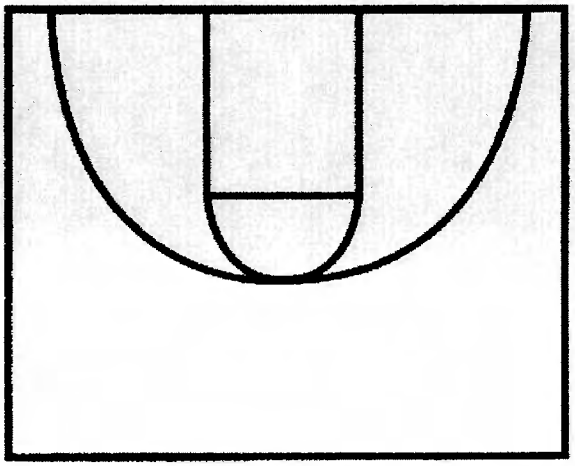
MAN OFFENSE - 1-4 RUB, 4 BUMPS - CREAN



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







DEFENDING BALLSCREENS

ALVIN GENTRY

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

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

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

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

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

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

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

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

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

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

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

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

JOHN LUCAS

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

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

TOM CREAN

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

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

2ND ANNUAL B.C. BASKETBALL RETREAT

JEFF VAN GUNDY

18. 3 ways to play ballscreens:

    A. Get over the top when guarding the ballhandler. Hard hedge when guarding the ballscreener (see Diagram 3). If in this scenario the ballscreener fades and can shoot with range on the catch, the xballscreener recovers back by closing out to the offensive player's top shoulder to force the receiver to drive baseline into the "trap box" situation (see Diagram 18 A-C).

    B. Full rotation occurs after an even harder, more aggressive hedge. If the ballhandler passes to the ballscreener and then the ballscreener skip passes across the floor as the "full rotation occurs", the top guy in the "eye or tandem" takes this pass. (See Diagram 18 D-F)

    C. "Blitz" the ballhandler before the ballscreen is set. This takes away any fade opportunity by the ballscreener and makes both the ballhandler and the screener react to what you are doing as a defense.

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

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

JOHN CALIPARI

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

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

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

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

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

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

LARRY BROWN

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

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

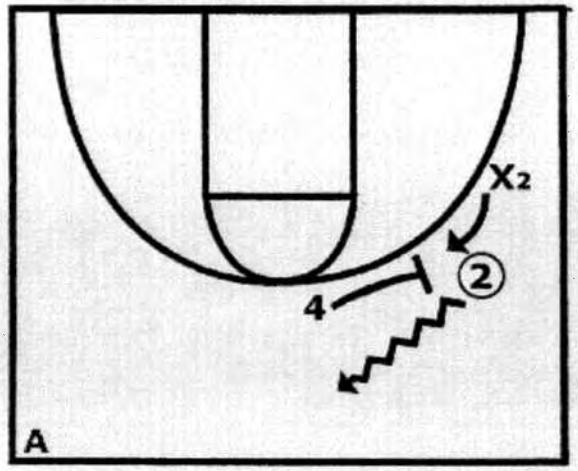
15. Question to Coach Brown: "What do you mean by saying 'I use the same rotations?"
Answer: Don't rotate Big to Big. The positions 1-5 of the defensive players involved are irrelevant. We form 2 interceptors and a goal tender through the rotation. An example of a full rotation because of a ballscreen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

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

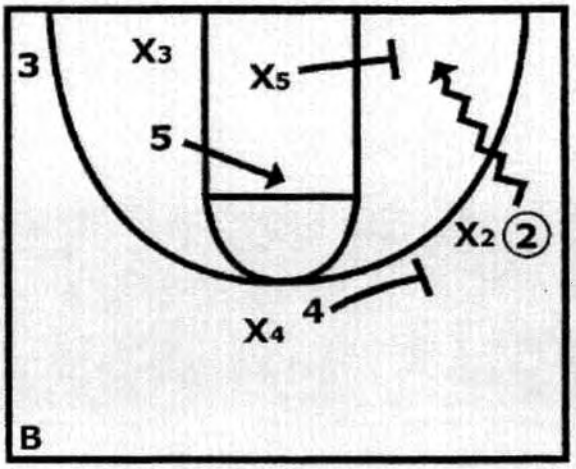
17. A ballscreener that starts at the middle of the foul line and circles out one way or the other is difficult to defend. (See Diagram 17)

2ND ANNUAL B.C. BASKETBALL RETREAT

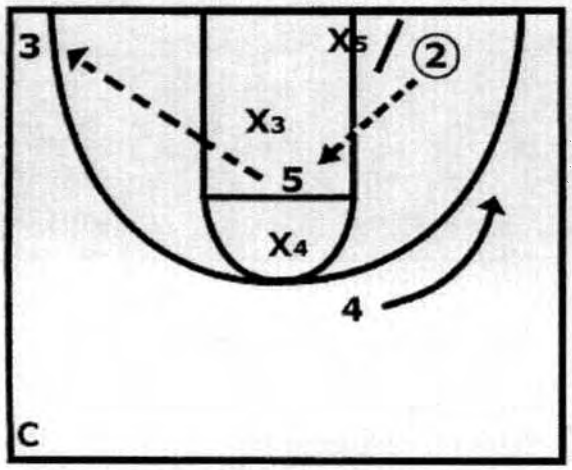
DEFENDING BALL SCREENS - DIAGRAM 2



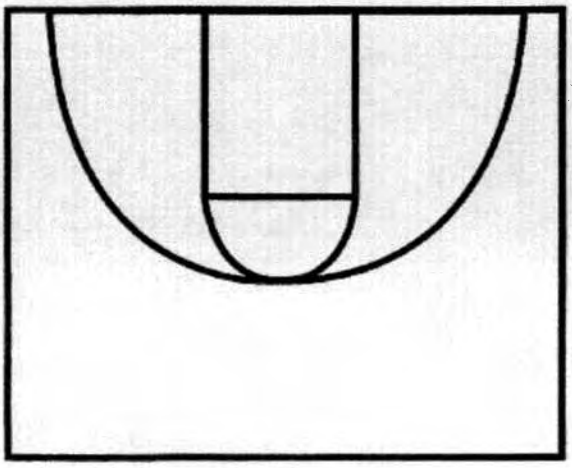
Make the ballhandler use the screen.



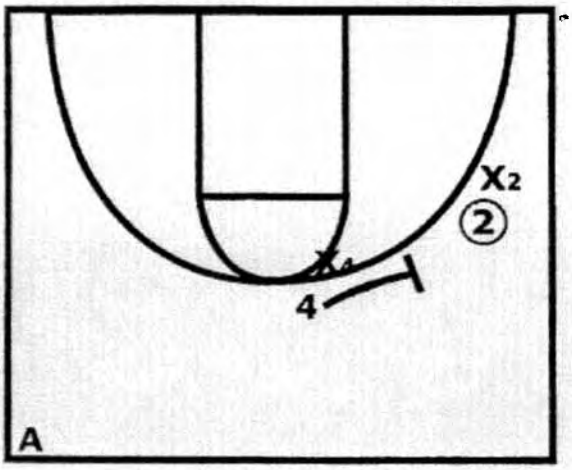
On a baseline drive rotations occur.



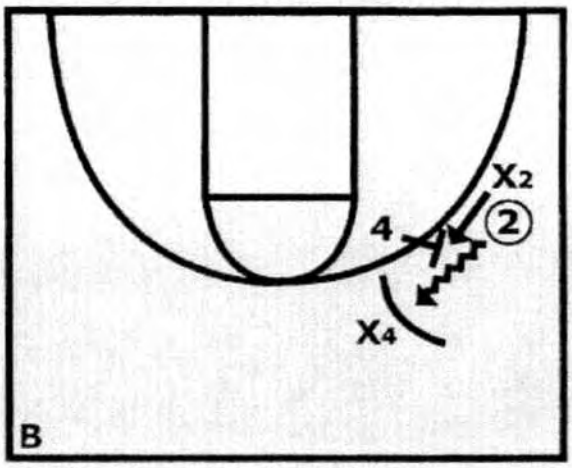
The rotating defense is exploited.



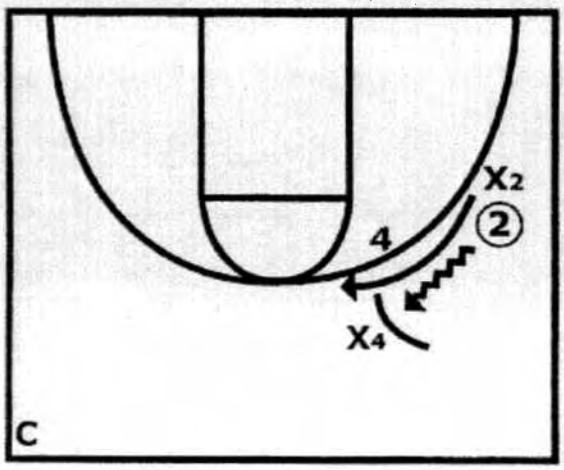
DEFENDING BALL SCREENS - DIAGRAM 3



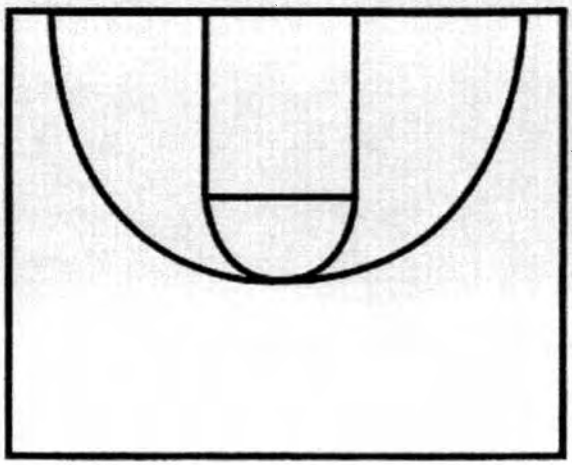
Sideline ballscreen.



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

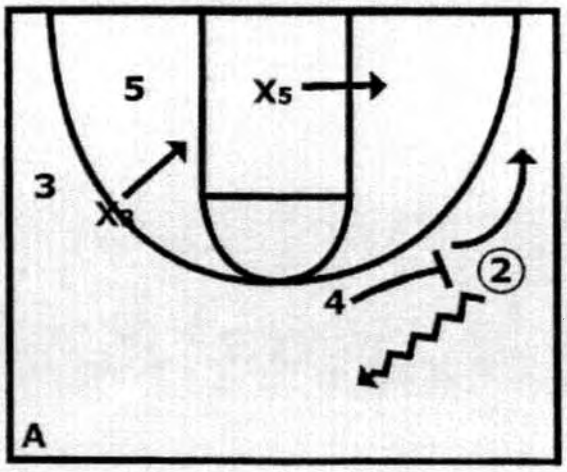


X2 slides under **X4** and over **4** - the ballscreener

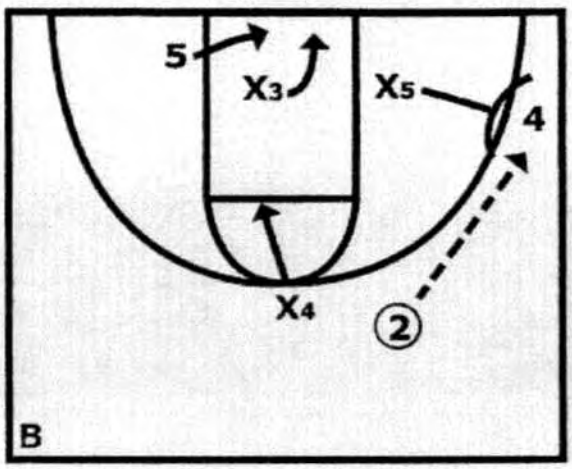


2ND ANNUAL B.C. BASKETBALL RETREAT

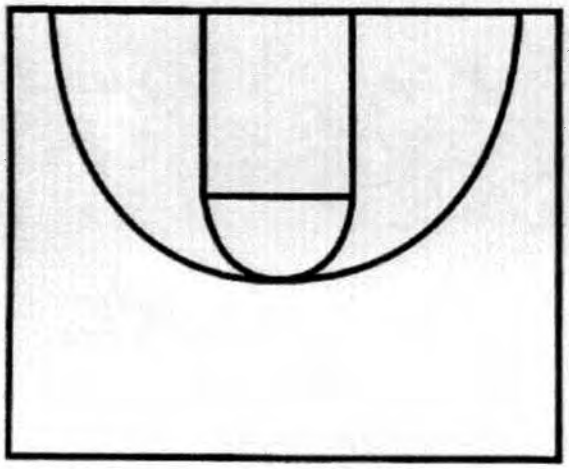
DEFENDING BALL SCREENS - DIAGRAM 5

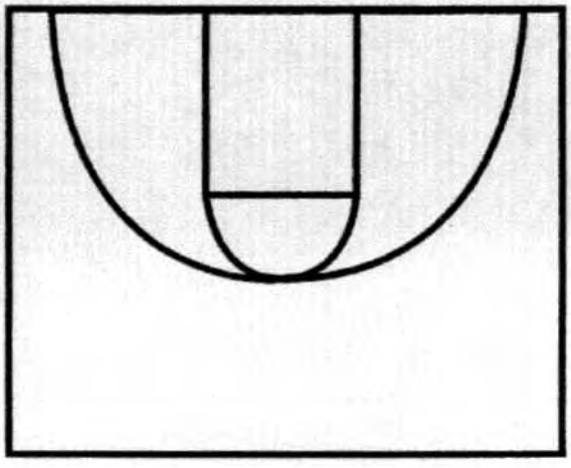


Ball screen with shooter occurs. The rotator - **X5** leaves early

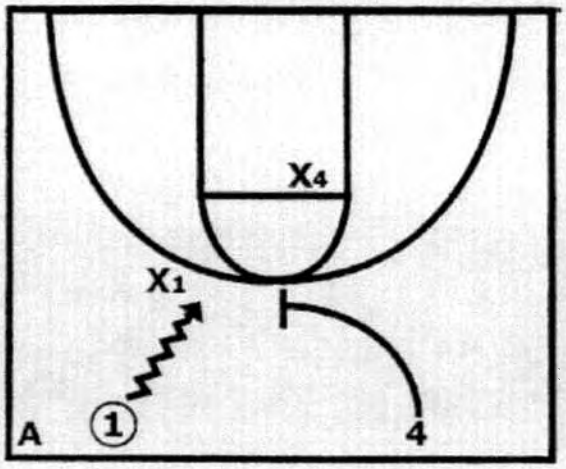


As the ball is in the air **X5** is already at **4**, **X3** also rotated early allowing him to fight the duck in by **5**

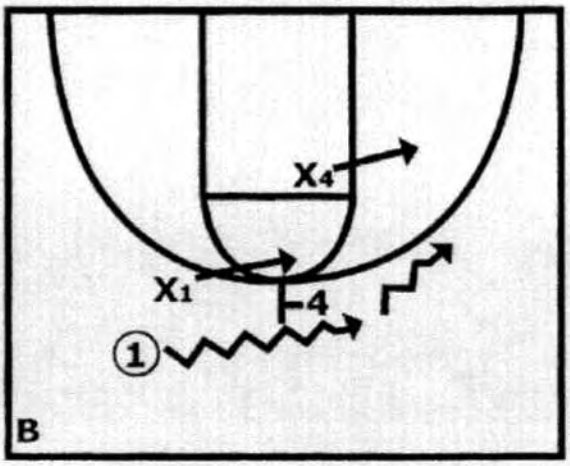




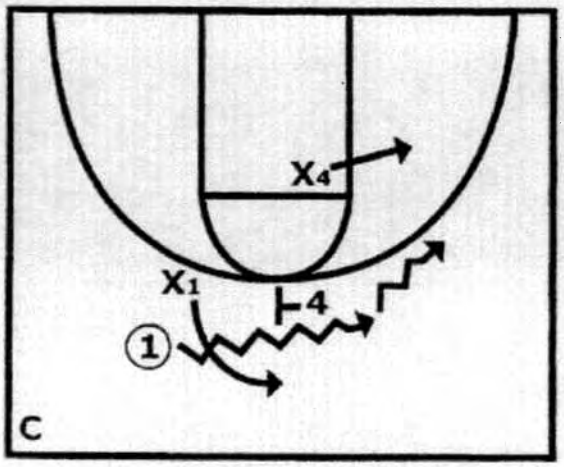
DEFENDING BALL SCREENS - DIAGRAM 7



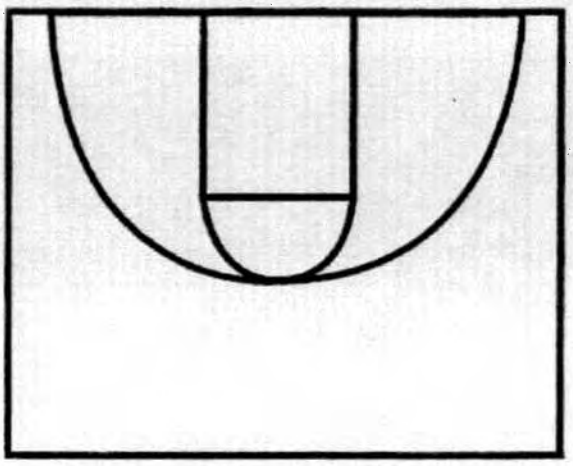
Transition ball screen occurs.



X4 "drops and plugs"
X1 goes under 4.

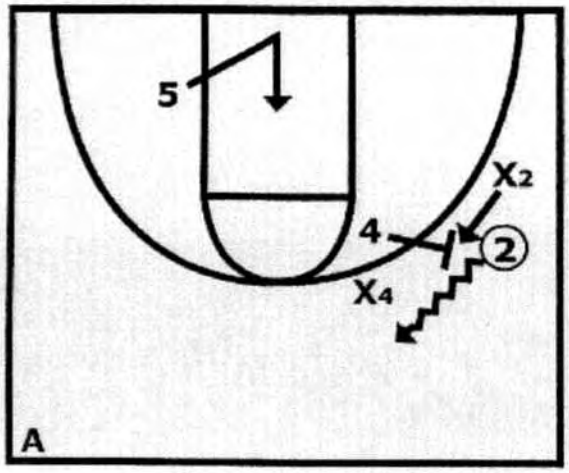


X1 goes over 4
X4 "drops and plugs" taking away penetration by 1.

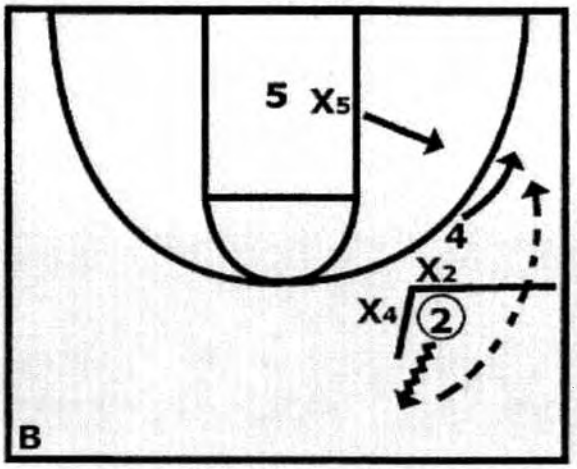


2ND ANNUAL B.C. BASKETBALL RETREAT

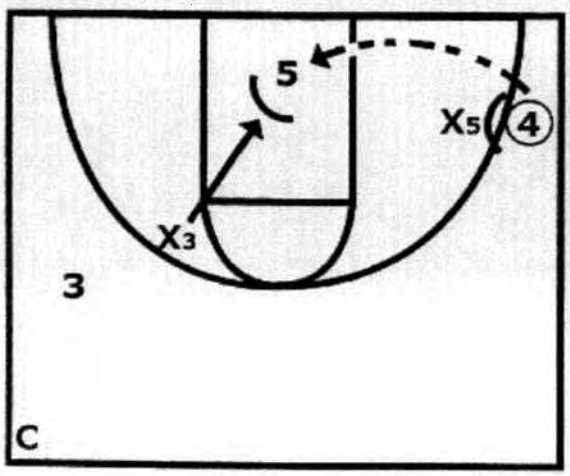
DEFENDING BALL SCREENS - DIAGRAM 8



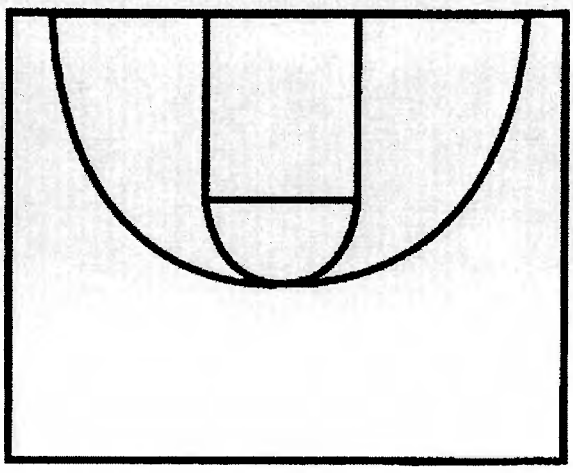
The trap occurs as **5** gets to the "punch" position.



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

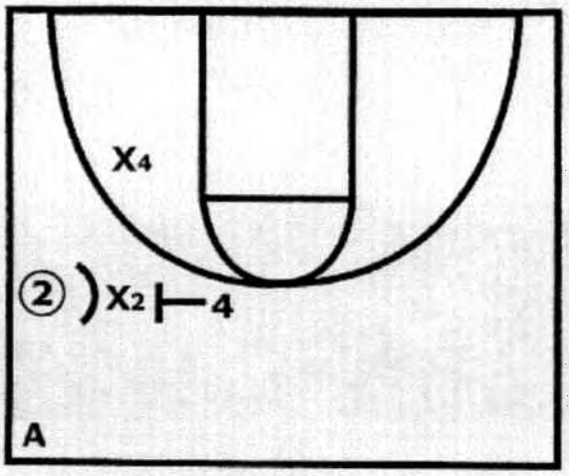


As **5** "punches in" the lane **X3** can't get in front of him to prevent a score.

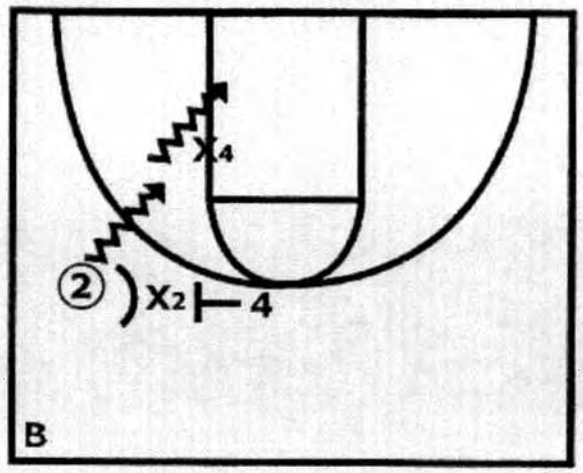


2ND ANNUAL B.C. BASKETBALL RETREAT

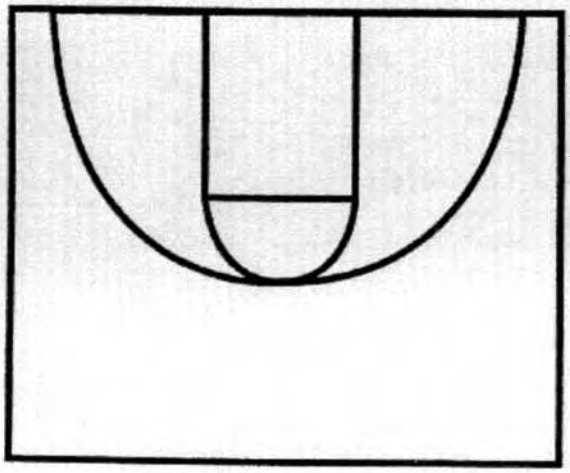
DEFENDING BALL SCREENS - DIAGRAM 10

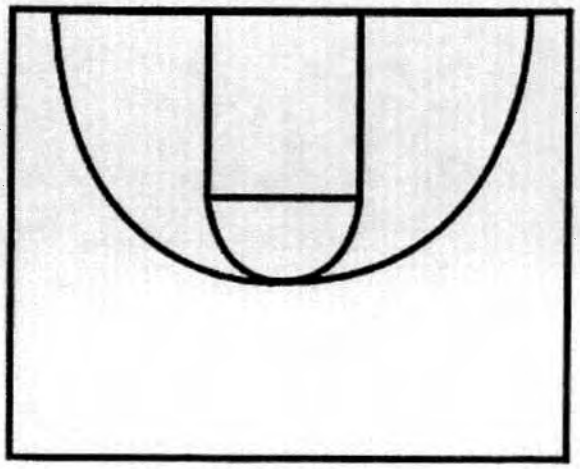


X2 is not allowing **2** to use the ballscreen by **4**. **X4** is in the direct line with the basket.



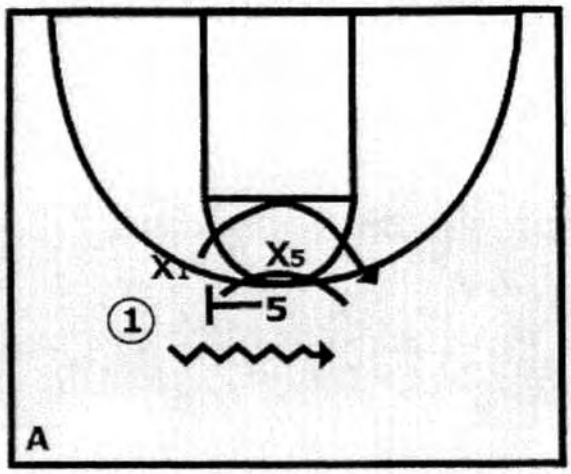
If **X2** doesn't defend **2** in an aggressive way, **2** can drive at **X4** hurting the defense



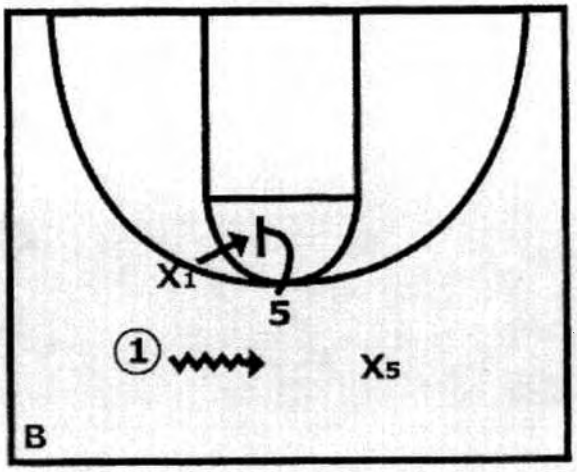


2ND ANNUAL B.C. BASKETBALL RETREAT

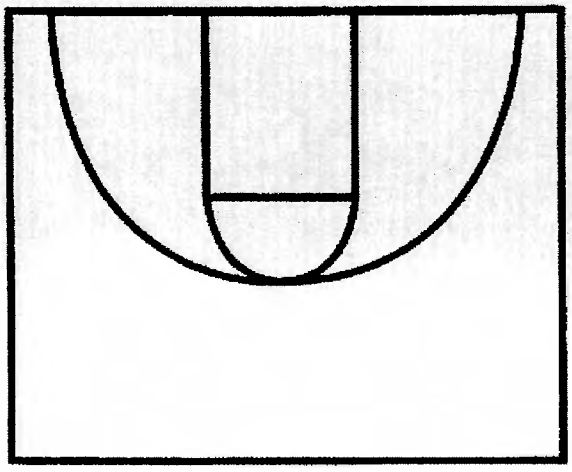
DEFENDING BALL SCREENS - DIAGRAM 11

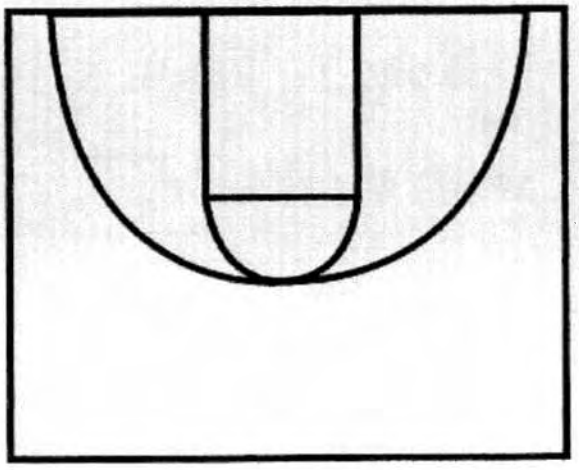


5 can't move down because **X5** is "squeezing" him. **X1** goes under.



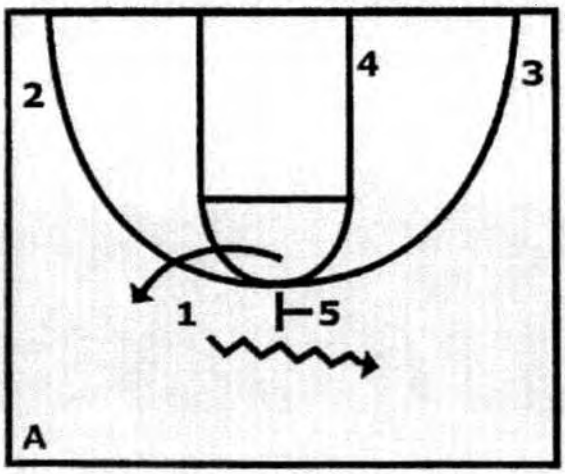
If **X5** doesn't squeeze, **5** can slide down to "crush" **X1** on the ball screen.



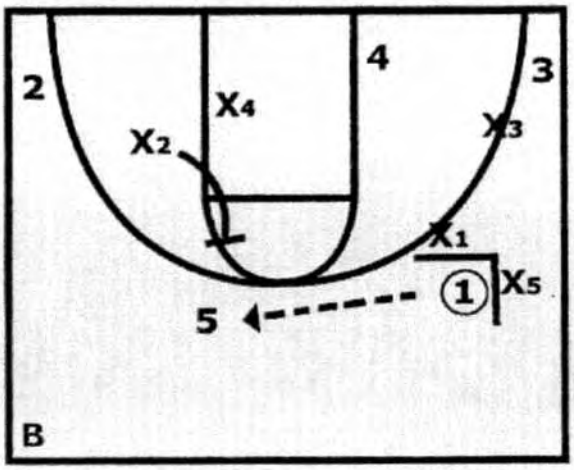


2ND ANNUAL B.C. BASKETBALL RETREAT

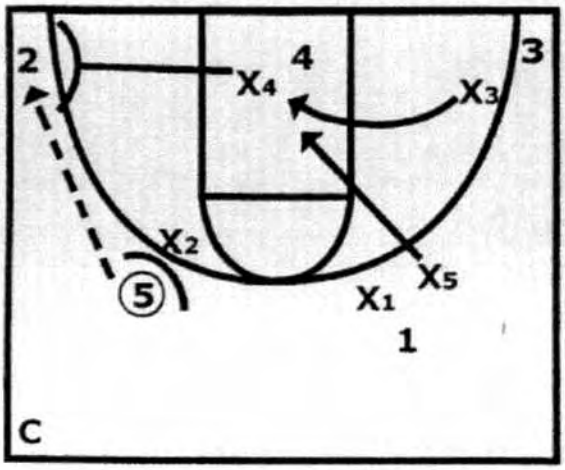
DEFENDING BALL SCREENS - DIAGRAM 12 A-C



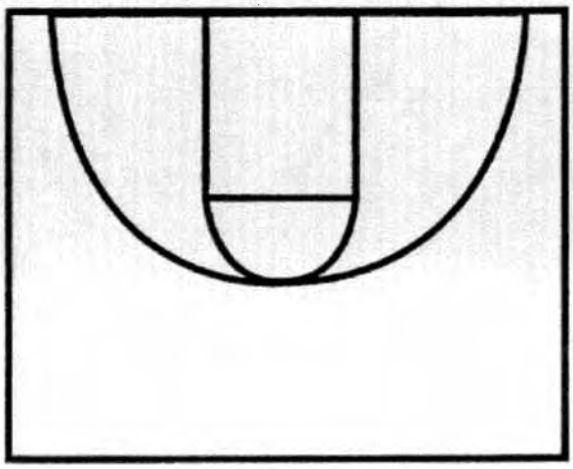
A ball screen is set with a shooter.



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

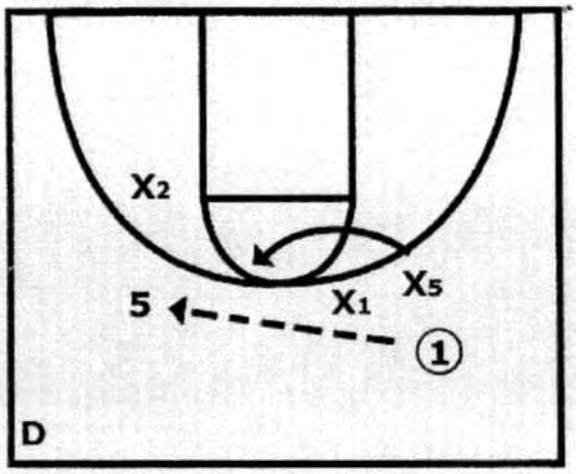


On the extra pass a full rotation occurs with **X4** leaving the basket and **X5** and **X3** covering.

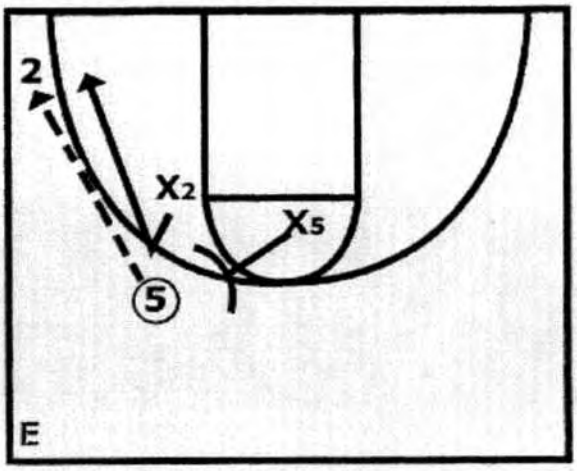


2ND ANNUAL B.C. BASKETBALL RETREAT

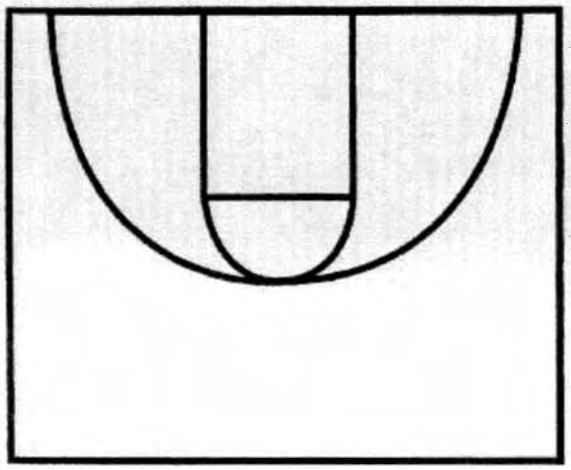
DEFENDING BALL SCREENS - DIAGRAM 12 D-E

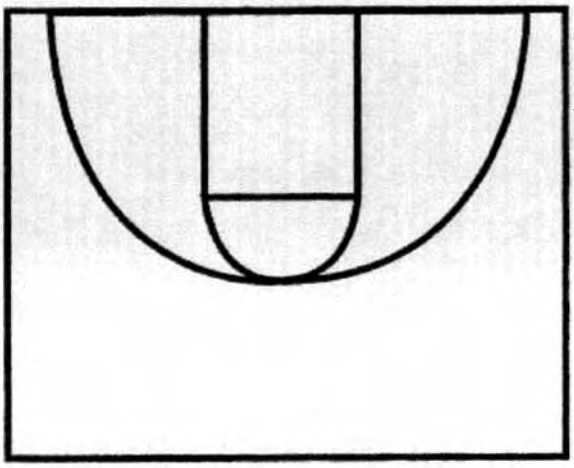


A ballscreen has been set with a shooter. **1** passes to the shooter - **5.** **X2** stunts dramatically.



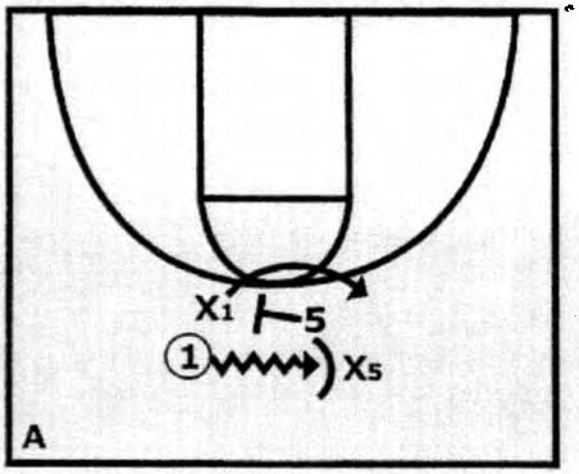
On the extra pass to **2**, **X2** recovers back to his own man. Therefore preventing a full rotation.



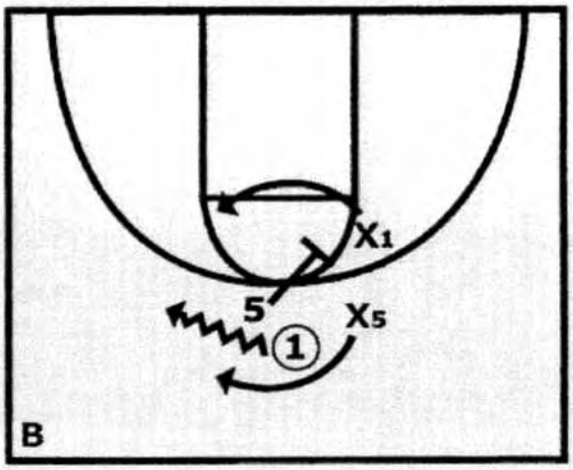


2ND ANNUAL B.C. BASKETBALL RETREAT

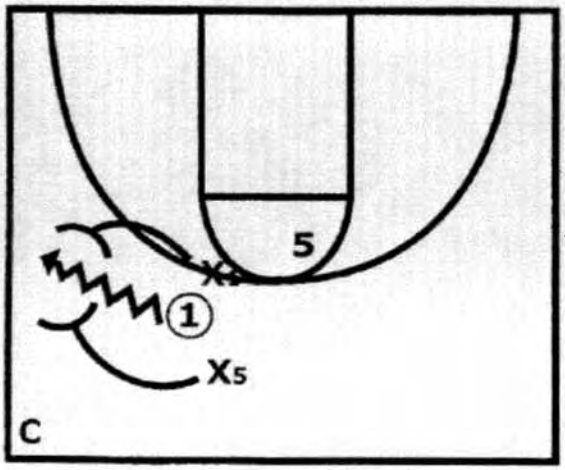
DEFENDING BALL SCREENS - DIAGRAM 13



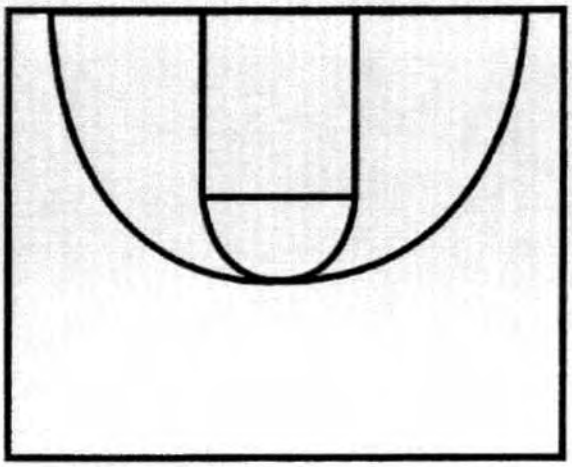
X1 goes under the ballscreen with **X5** hedging - Automatic rescreen by offense.



Rescreen occurs. **X5** chases **1** over top of the reballscreen

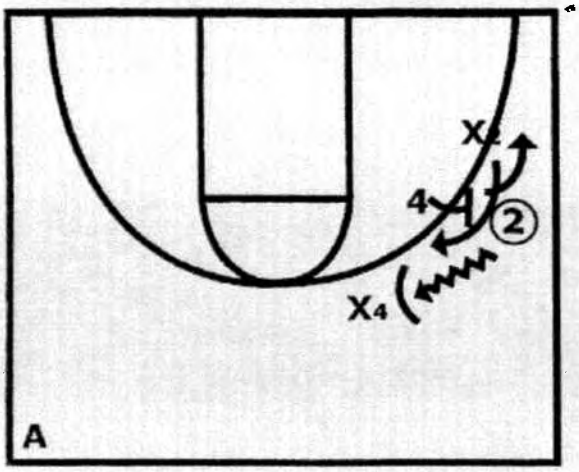


X1 and **X5** trap the ball handler.

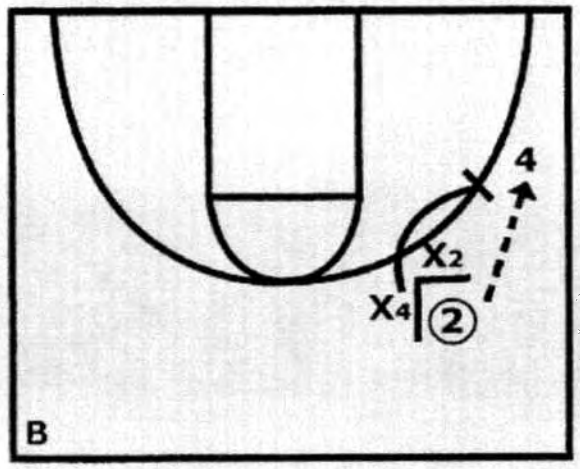


2ND ANNUAL B.C. BASKETBALL RETREAT

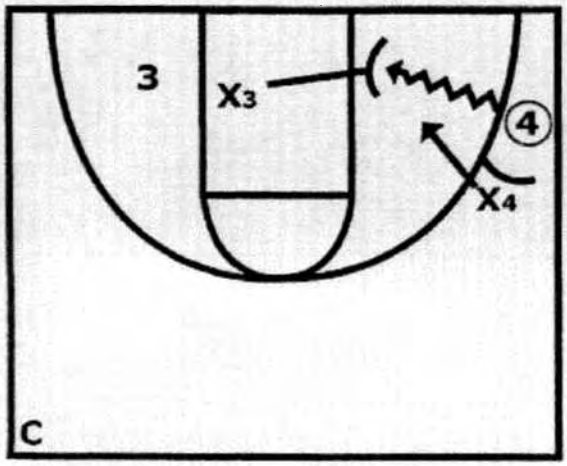
DEFENDING BALLSCREENS - DIAGRAM 18 A-C



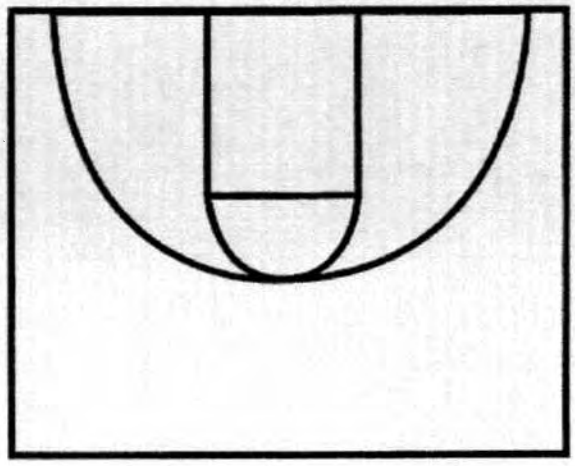
A hard hedge and over the top takes place versus the ballscreen.



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

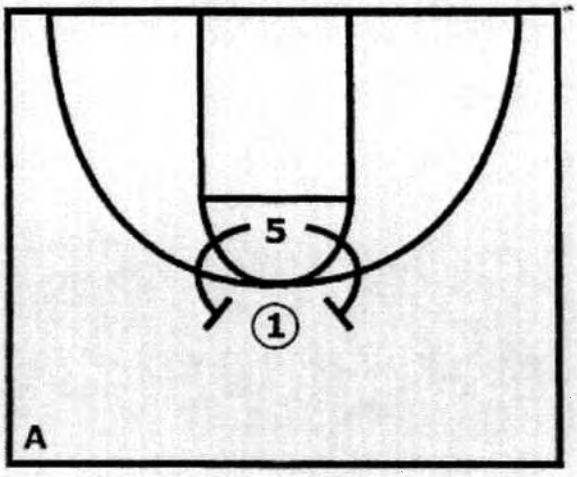


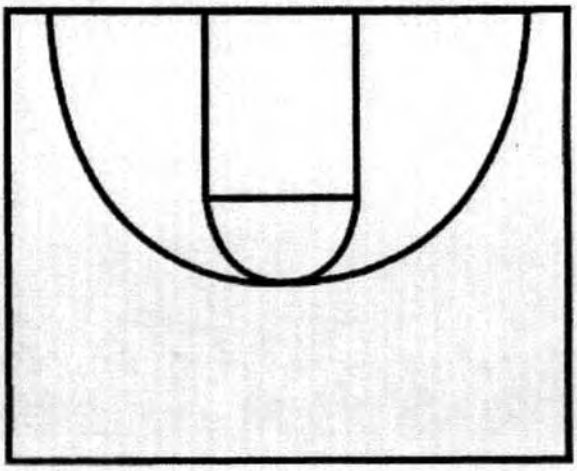
X4 forces **4** into a "trap the box" situation with **X3**.



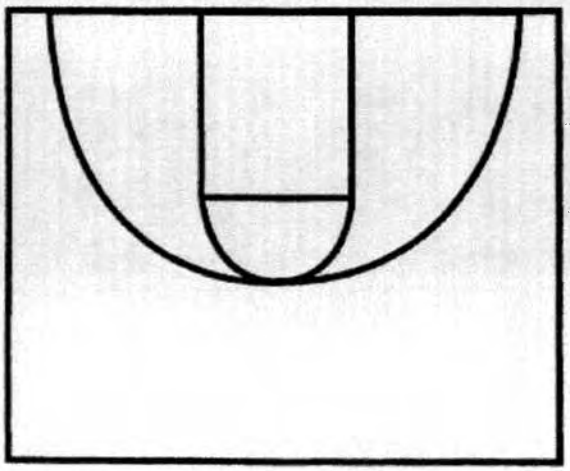
2ND ANNUAL B.C. BASKETBALL RETREAT

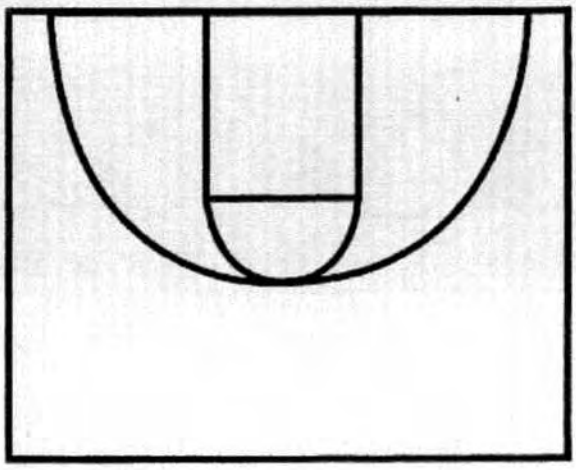
DEFENDING BALL SCREENS - DIAGRAM 17





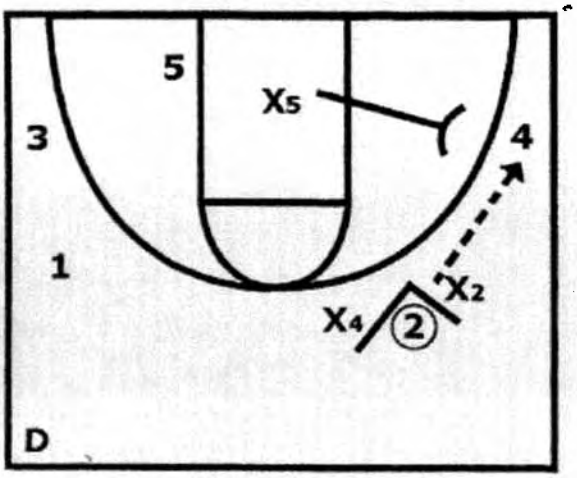
As **5** circles out either way X_5 and X_1 will have a hard time determining their hedge side.



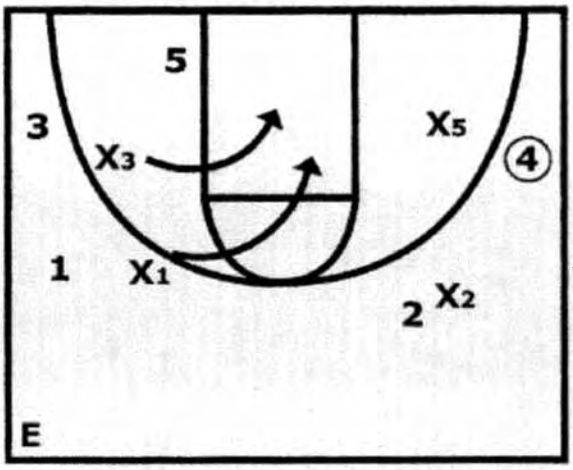


2ND ANNUAL B.C. BASKETBALL RETREAT

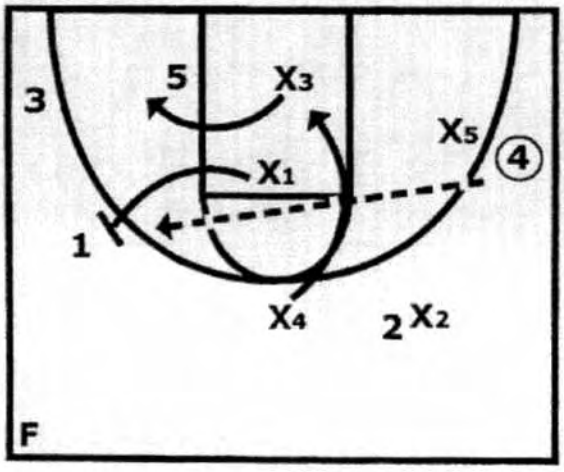
DEFENDING BALLSCREENS - DIAGRAM 18 D-F



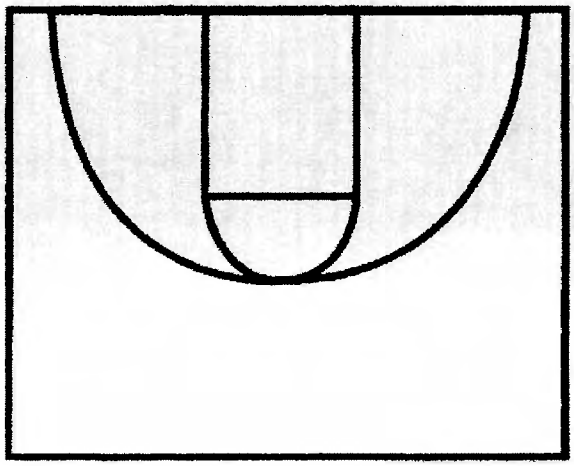
A hard hedge and over the top takes place versus a ballscreen, **X5** rotates to **4** on the pass.



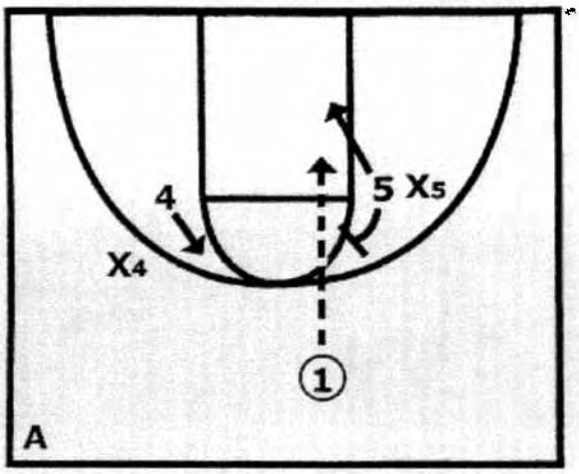
X1, **X3**, form the "tandem" as part of the rotation.



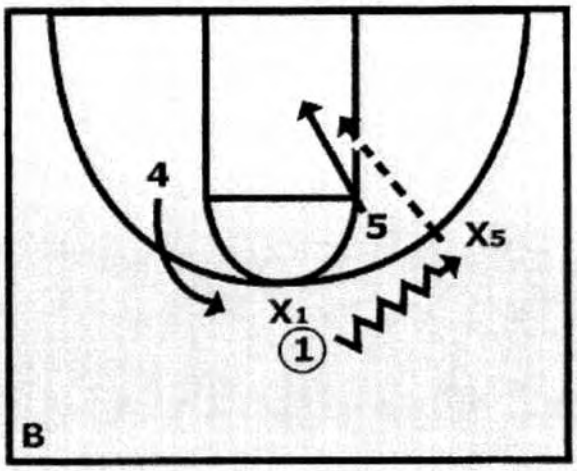
4 skips the ball to the opposite side. The top of the "tandem", **X1** rotates to the receiver of the pass.



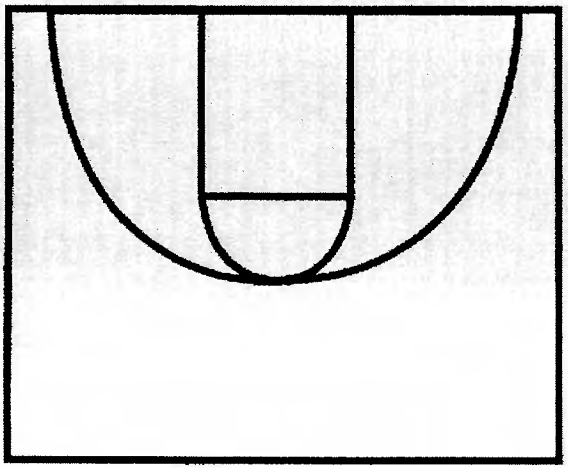
DEFENDING BALL SCREENS - DIAGRAM 19

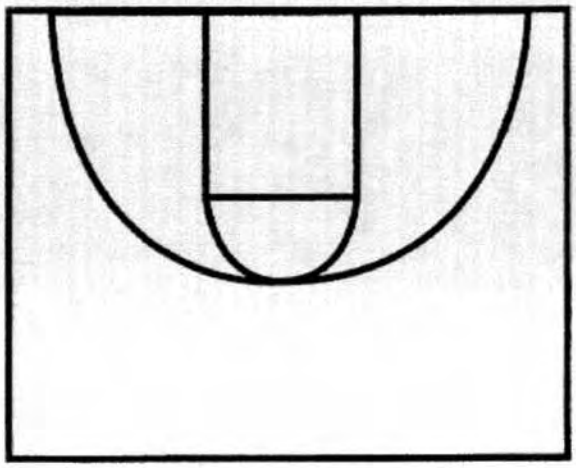


If **X5** or **X4** plays to the outside of the ball screen at the elbow - a slip will happen.



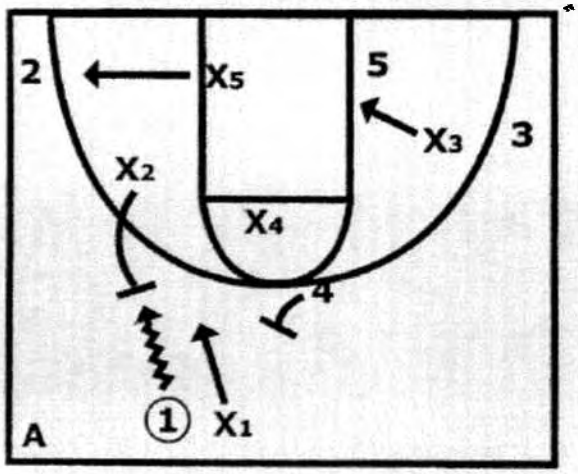
A dive to the front of the rim can happen as a slip if **X5** plays to the outside of **5**.



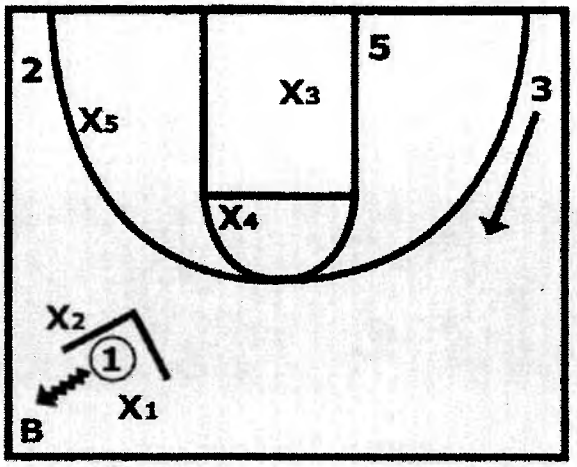


2ND ANNUAL B.C. BASKETBALL RETREAT

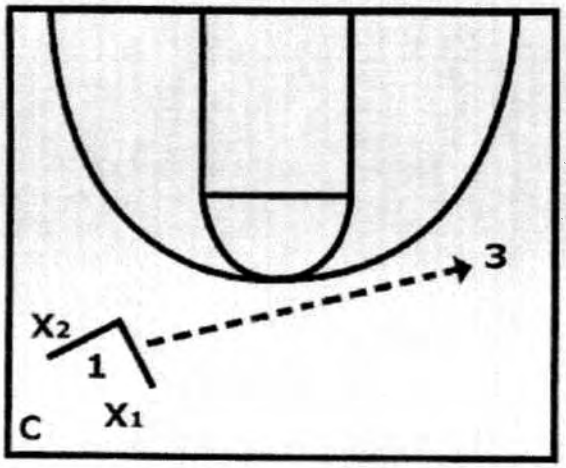
DEFENDING BALL SCREENS - DIAGRAM 20



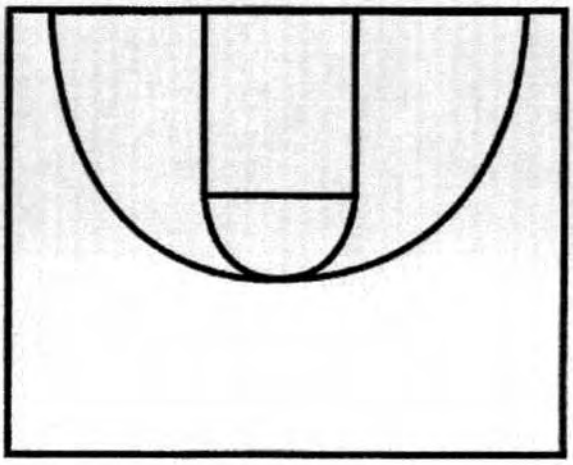
Weak is executed. X_1 forces **1** to go left - away from the ball screen. X_2 runs at him and a pre-rotation takes place.



1 is forced to use his weakhand away from the ball screen. X_5 rotates to **2** early.

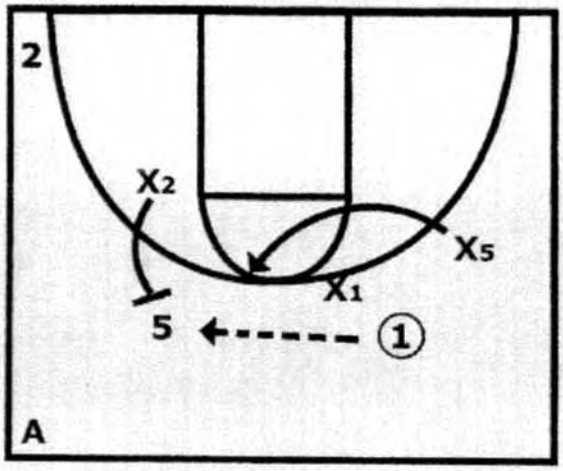


1 must make a cross court pass with the weakhand.

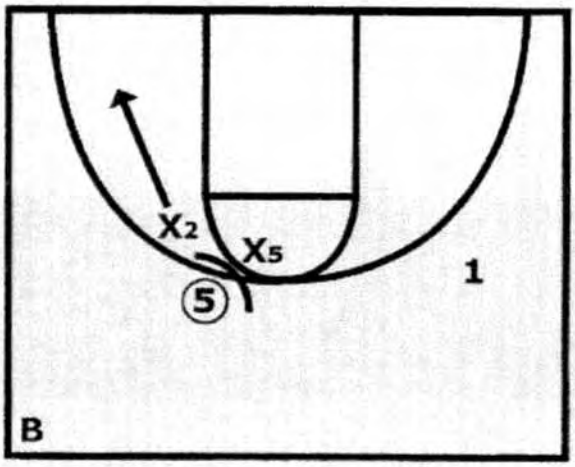


2ND ANNUAL B.C. BASKETBALL RETREAT

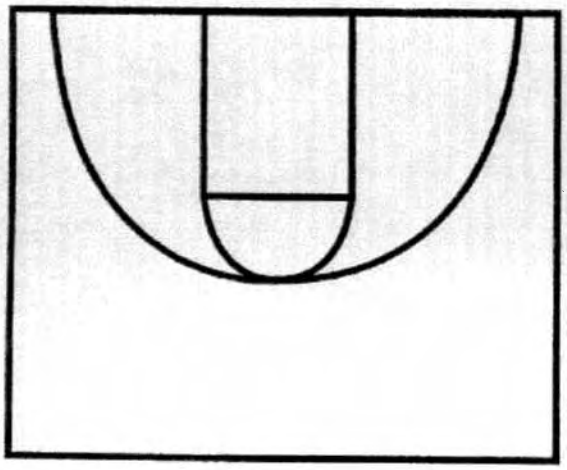
DEFENDING BALL SCREENS - DIAGRAM 21

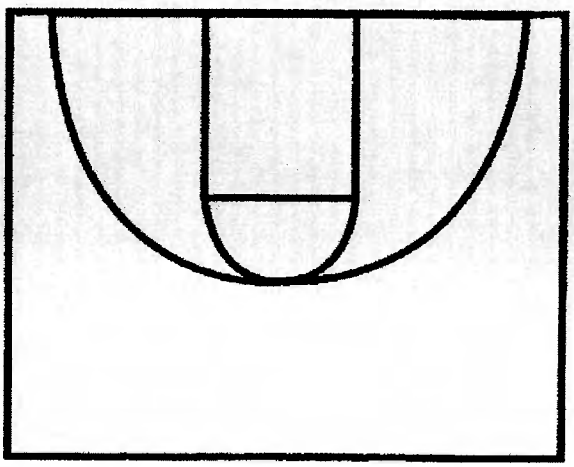


As **5** receives the pass from **1**, **X2** "stunts" in between **5** and the extra pass to **2** therefore delaying **5**'s movement.

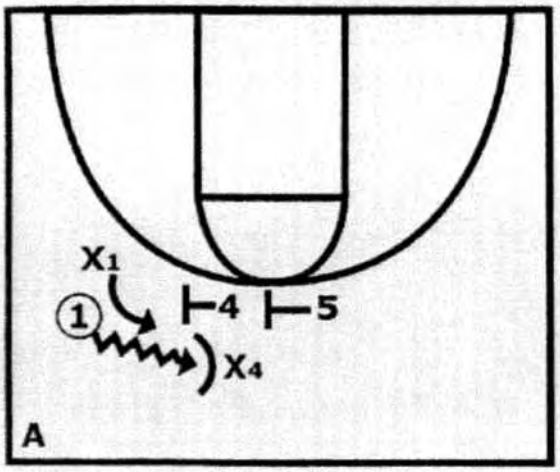


X2 recovers and so does **X5** as **X5** is now positioned in front of **5**.

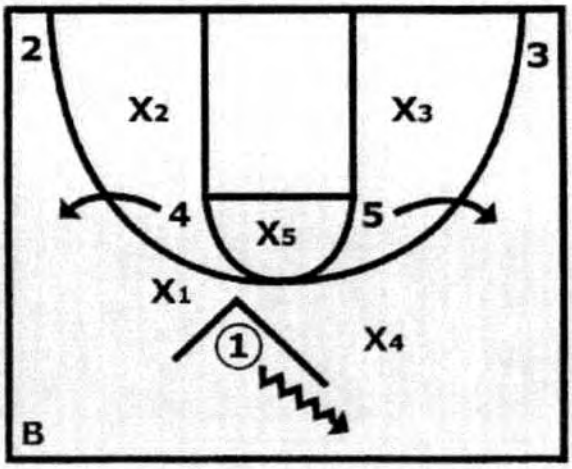




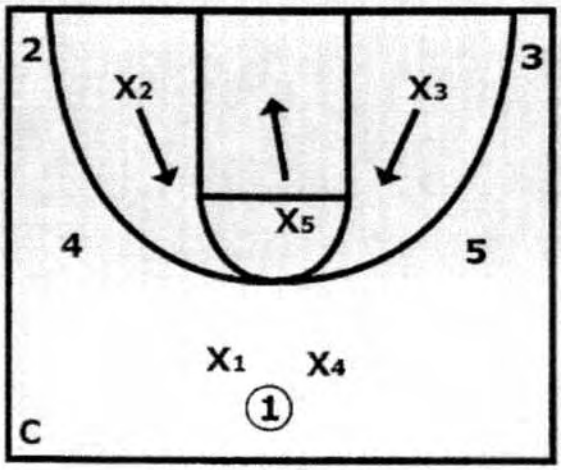
DEFENDING BALL SCREENS - DIAGRAM 22



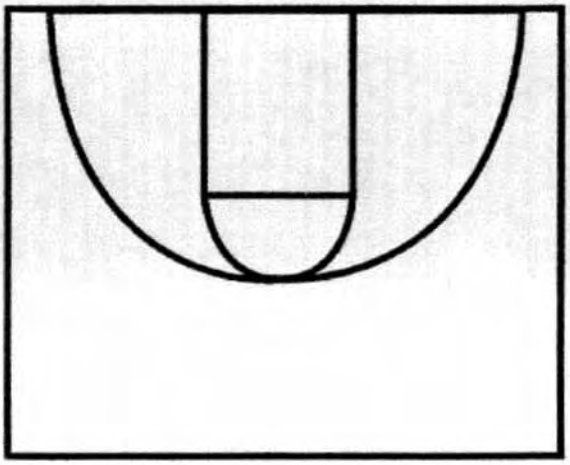
Versus a staggered ball screen, **X4** and **X1** begin to form a trap off of first ball screen.



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

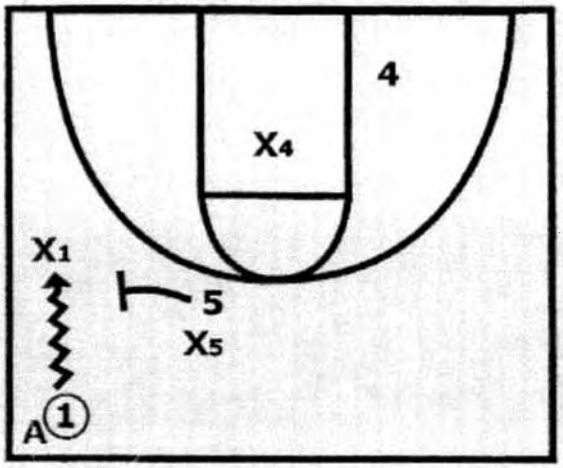


5, **4** split, however, if **5**, **4** go in other directions, **X2**, **X3**, **X5** form the two interceptors and a goaltender.

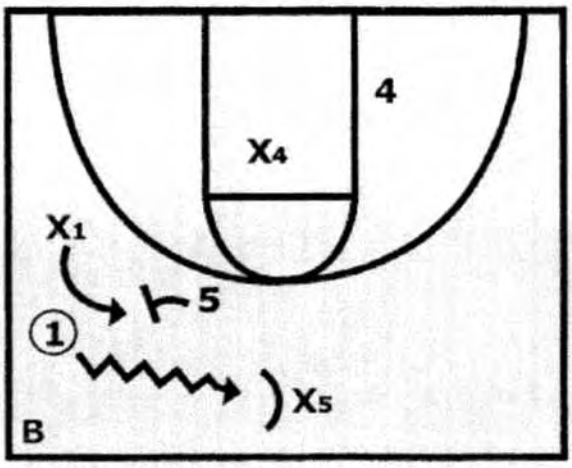


2ND ANNUAL B.C. BASKETBALL RETREAT

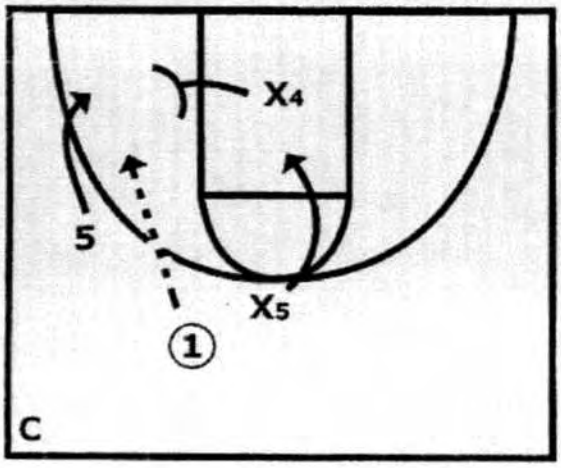
DEFENDING BALL SCREENS - DIAGRAM 25



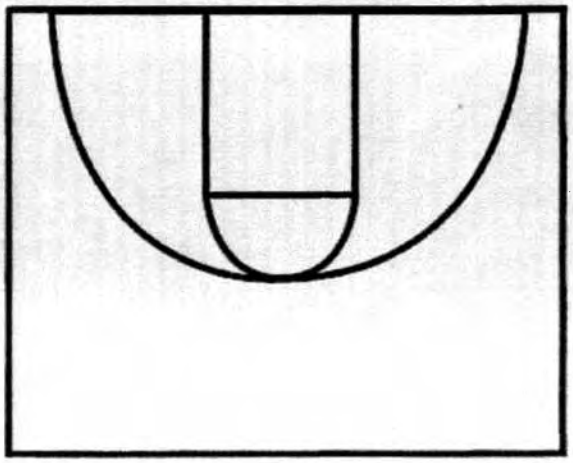
A sideline ball screen occurs. X4 is "zoning up" as his partner X5 "hedges".



Hedge and go over the top versus the ball screen.

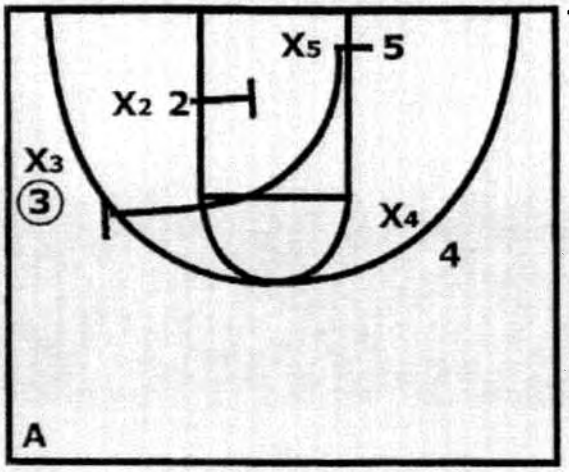


X4 and X5 crisscross and rotate together.

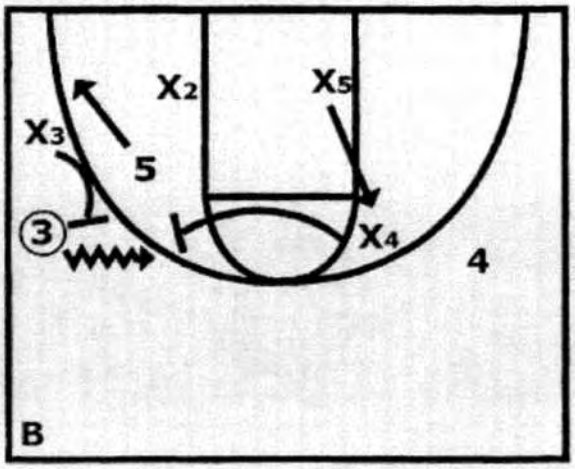


2ND ANNUAL B.C. BASKETBALL RETREAT

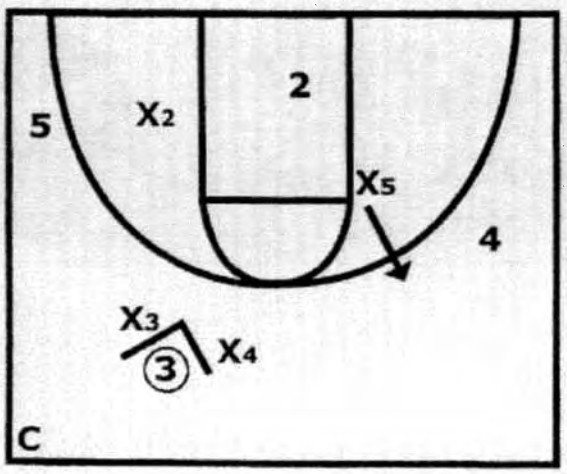
DEFENDING BALLSCREENS - DIAGRAM 26



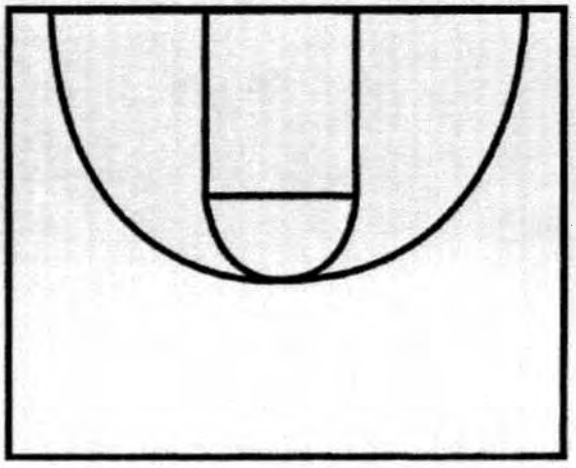
2 cross screens for **5**. **5** sprints into the ballscreen for **3**.



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

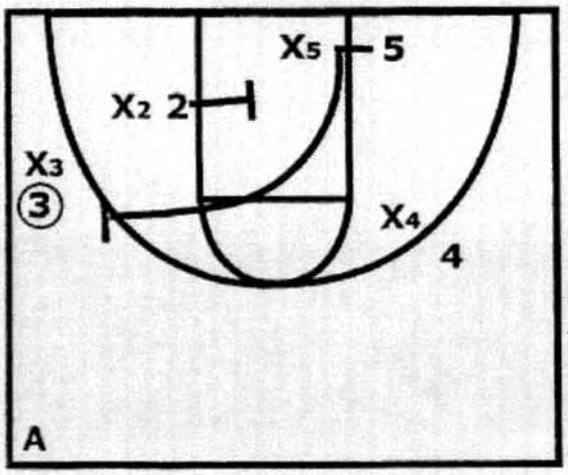


X3, **X4** form a trap on **3** as **X5**, **X2** form the two interceptors.

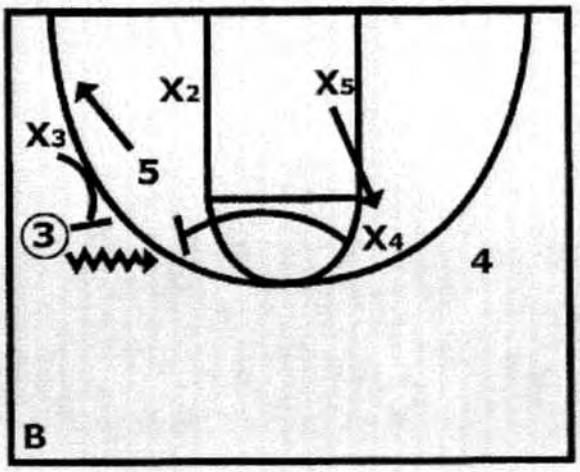


2ND ANNUAL B.C. BASKETBALL RETREAT

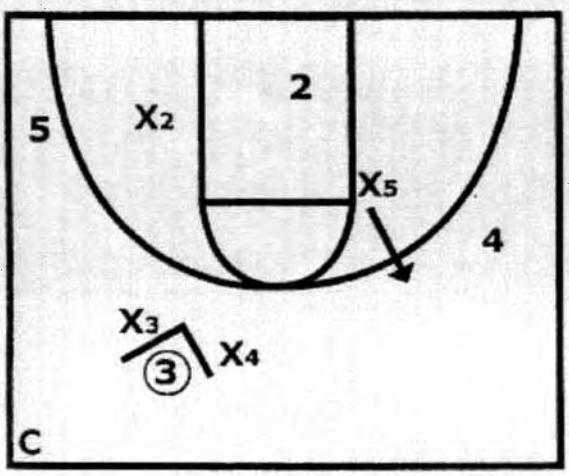
DEFENDING BALLSCREENS - DIAGRAM 26



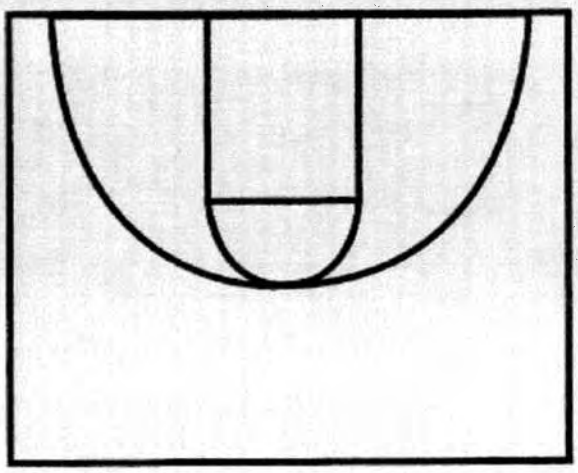
2 cross screens for **5**. **5** sprints into the ballscreen for **3**.



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



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



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

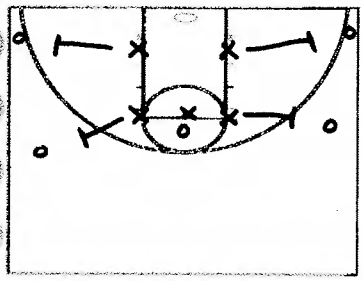
8) Dealing With Adversity
   - Only Focus On Making Program Better

9) One Voice In Program

10) Focus On The Process – Not Just The Results

MEMBER OF CONFERENCE USA

Marquette Golden Eagles Basketball

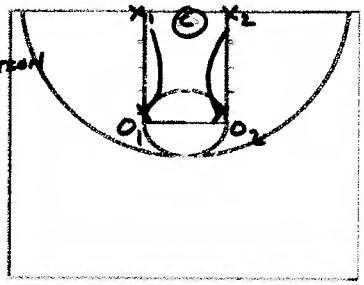


Notes

War Drill

* 1st Two Steps Are Vital To Transition

- Off. Rbs. = Score or Run Special
- Offense Set To Board ASAP
- 10-16 Men. Games T/O = -1
- 3 Games Charge: +2
- Def. Rbs = Secondary

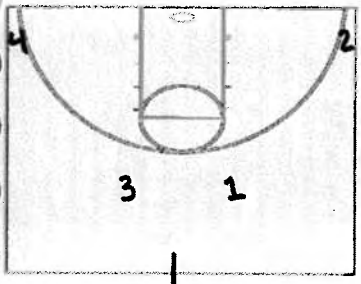


Notes

2-on-2 Block-Out

1's = Bigs 2's = Guards

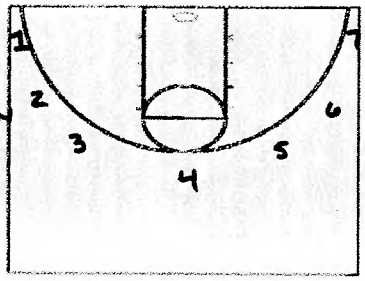
- Whoever Gets Rbs. Scores
- Play By 1's
- Ball Goes Outside Lane: Selected Action



Notes

4-Minute Shooting

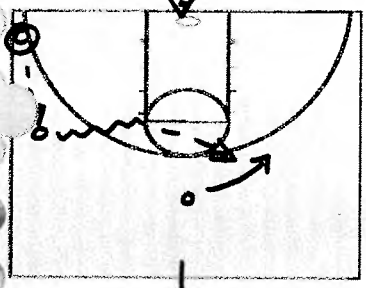
- Cross-Over Step On Penetration
- Rotate Every Minute
- Goal = 90



Notes

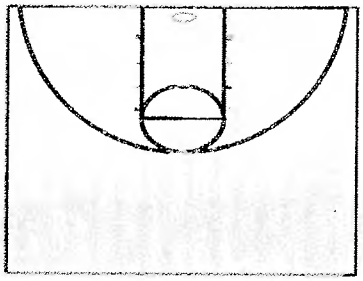
1:30 Shooting

- 14 Makes
- 2 In A Row To Rotate
- 1 Men. 30 Seconds

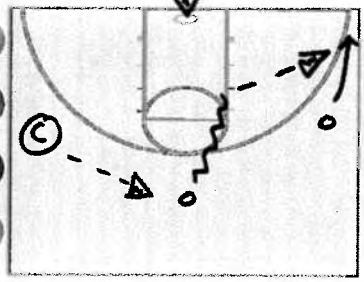


Notes

- Penetration For Spots 1 & 3

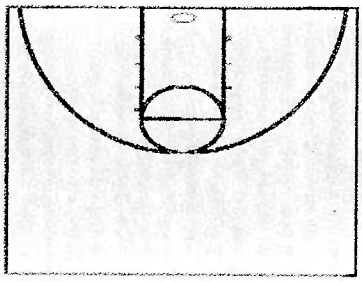


Notes

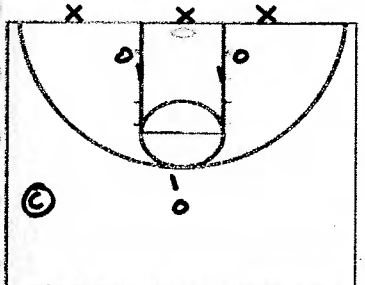


Notes

- Penetration For Spots 2 & 4



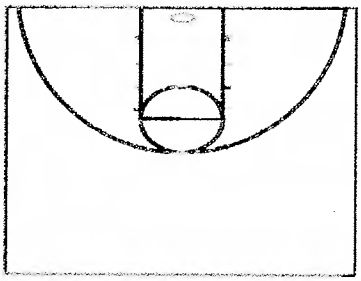
Notes



Notes

3-on-3-on-3 Be Ready

- Outlet To Coach
- Compete & Be Ready
- Winner Stays
- Hit 1st Open Man
- New Defense Must Sprint Close-Outs



Notes

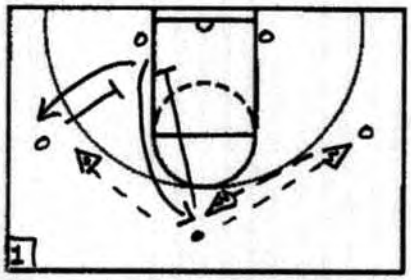
- Offense → Cut To Open Area

Play Hard Play Smart Have Fun

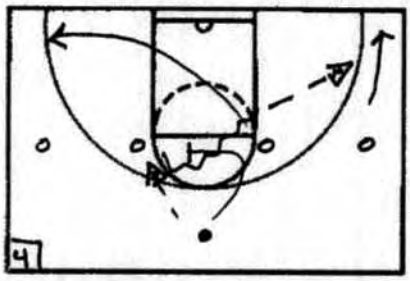
MARQUETTE GOLDEN EAGLES BASKETBALL **Clinic Date**

TOM CREAN → MARQUETTE
MARQUETTE V. DE PAUL 2/15/05
QUICK HITS

Head Coach: Tom Crean
Assistants: Jeff Strohm *Bo Ellis*
Jason Rabedeaux *Brian Wardle*



Notes MOTION ENTRY



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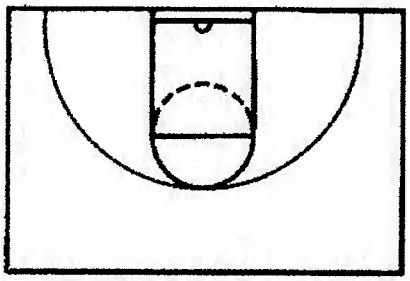
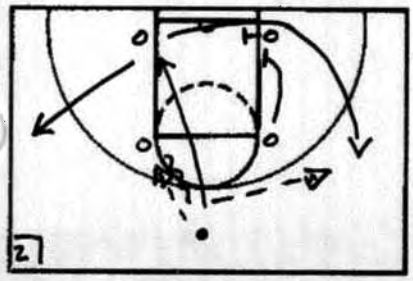


Notes



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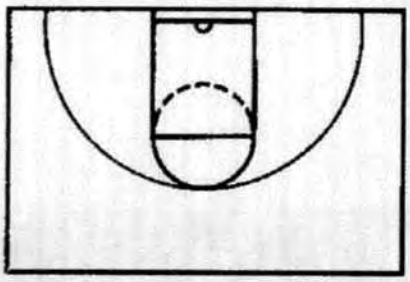

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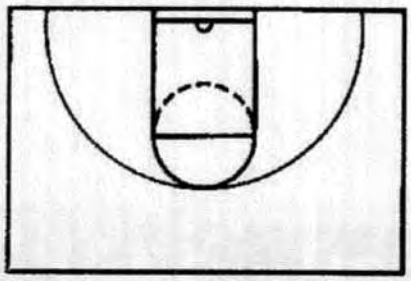

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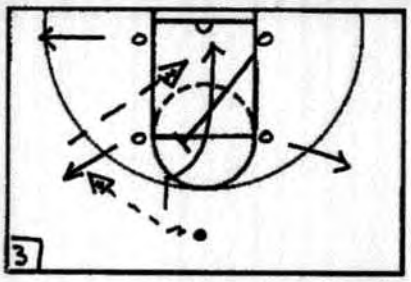

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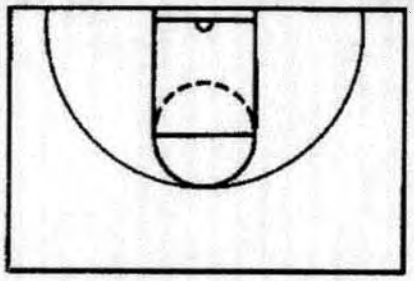
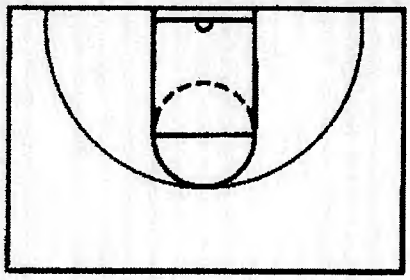


Notes



Notes

Notes

Notes

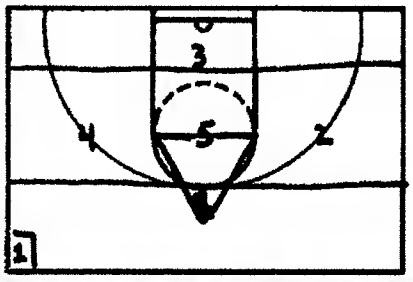
Tom Klusman
Rollins Tars



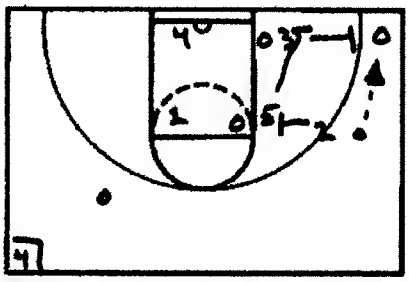
ROLLINS TARS BASKETBALL

Clinic Date Tom Klusman → Rollins College
1-3-1 Zone

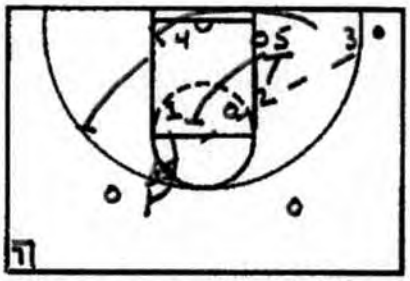
Head Coach: Tom Klusman
Assistants: Brad Ash *Kyle Frakes*



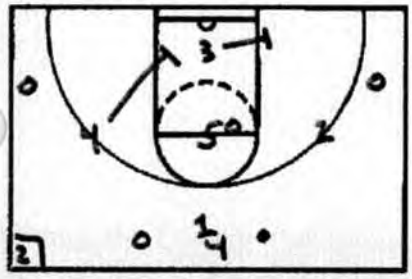
Notes Coverage Zones
1- Point - Elbow - Elbow Wedge
2- Tok Extended - Lane - VB Lane
3- Below VB Lane
4- Tok Extended - Lane - VB Lane
5- Elbow - Elbow - Block - Block



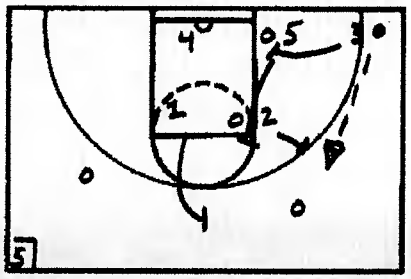
Notes Ball To Corner
1- Weak-Side Elbow
2- Strong-Side Elbow
3- Ball Pressure
4- Weak-Side Block
5- Dead Front



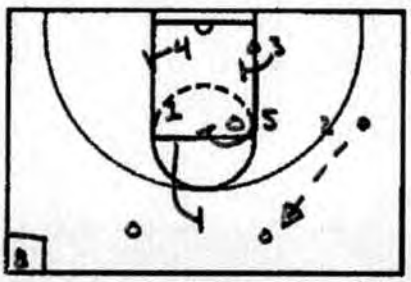
Notes Corner To Guard Skip
1- Ball Pressure To Deny Reversal
2- Weak-Side Block
3- Strong-Side Block
4- Ball Pressure
5- Meddle



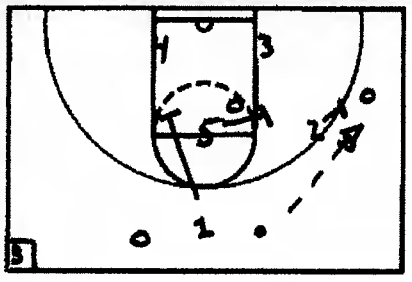
Notes Ball @ Guard Position
1- Deny Reversal
2- Strong-Side Wing
3- Strong-Side Block
4- Weak-Side Block
5- Meddle



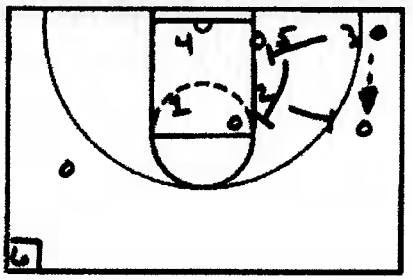
Notes Corner To Guard (Above Tok)
1- Deny Reversal
2- Ball Pressure
3- Strong-Side Block
4- Weak-Side Block
5- Meddle



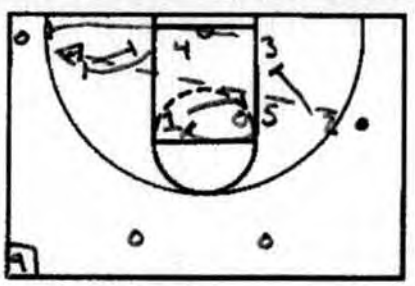
Notes Wing To Guard
1- Deny Reversal
2- Strong-Side Wing
3- Strong-Side Block
4- Weak-Side Block
5- Meddle



Notes Ball @ Wing (Below Tok)
1- Weak-Side Elbow
2- Ball Pressure
3- Dead Front
4- Weak-Side Block
5- Strong-Side Elbow



Notes Corner To Wing
1- Weak-Side Elbow
2- Ball Pressure
3- Dead Front
4- Weak-Side Block
5- Strong-Side Elbow



Notes Wing To Corner Skip
1- Weak-Side Elbow
2- Weak-Side Block
3- Ball Pressure
4- Take Away Shot - Fall Dead Front
5- Strong-Side Elbow


Tubby Smith
Kentucky Wildcats

Kentucky Wildcats Basketball

Head Coach: Tubby Smith

TOPIC: 1-4 HIGH OFFENSE (40 SERIES) LEXINGTON 10/97

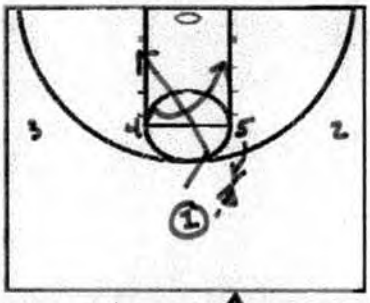
40 SERIES

1) SCREENS OPPORTUNITIES FOR POST & WING
2) MATCH-UPS
3) FOUL SITUATIONS
4) SHOTS FOR BEST SHOOTER

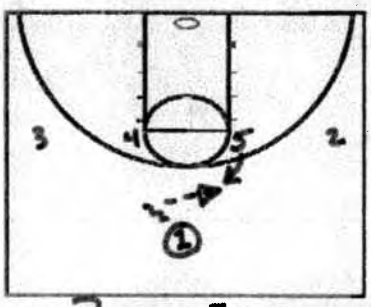
POST MOVES

1) DRIVE STEP
2) TURN SHOT
3) UP & UNDER
4) JUMP HOOK
5) SIKMA MOVE
   - JUMP SHOT
   - POWER MOVE

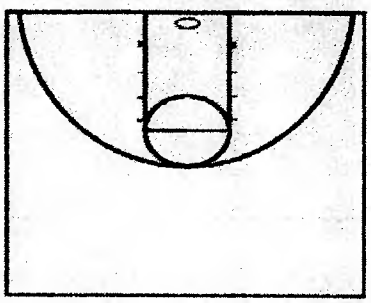
Kentucky Wildcats Basketball

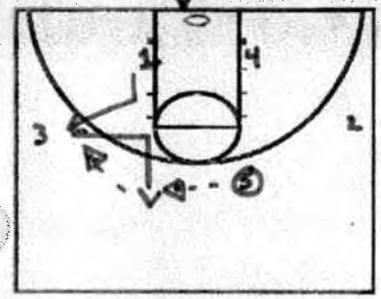


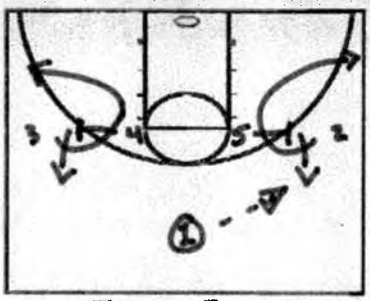
THUMB



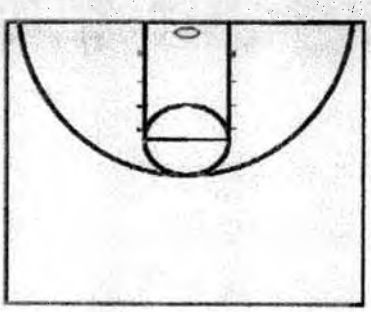
PETINO ENTRY

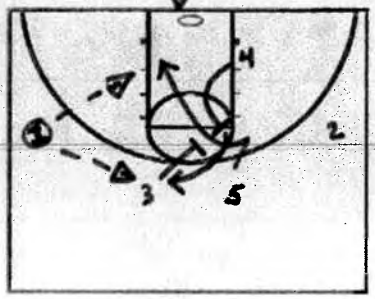


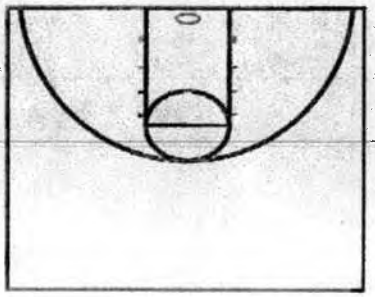


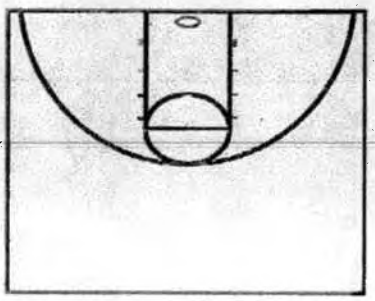


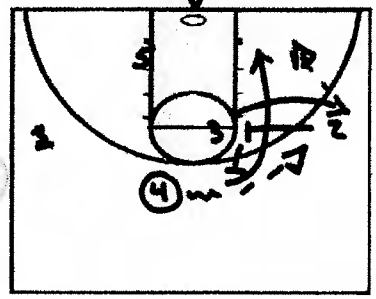
TUBBY ENTRY

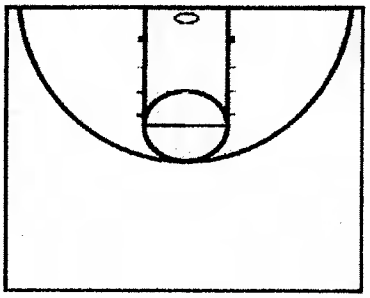


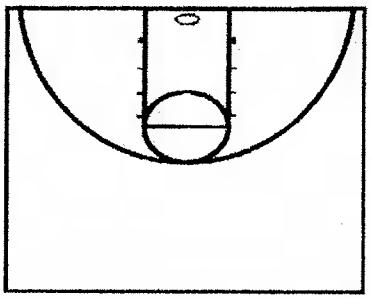




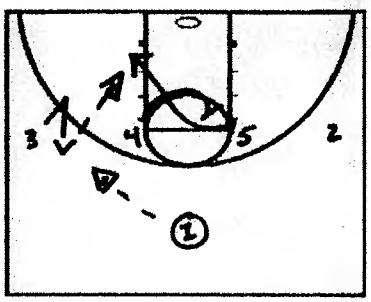








Kentucky Wildcats Basketball



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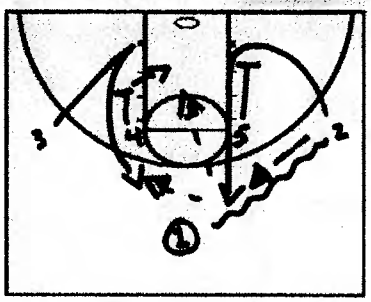
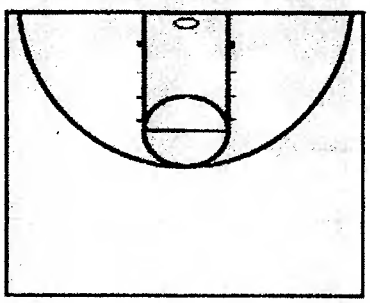
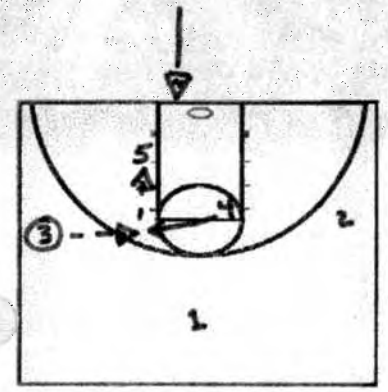
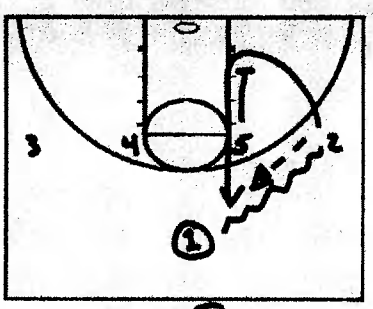


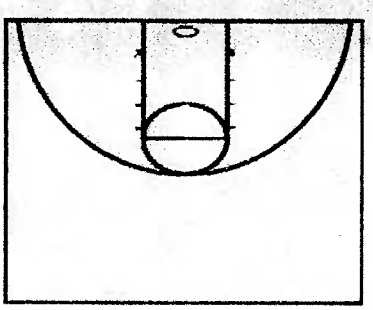
ZIPPER

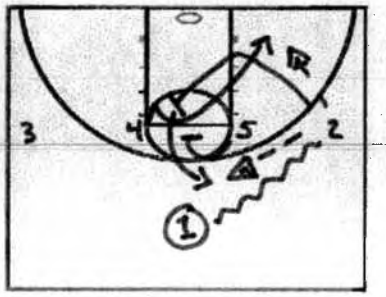






ZIPPER POWER





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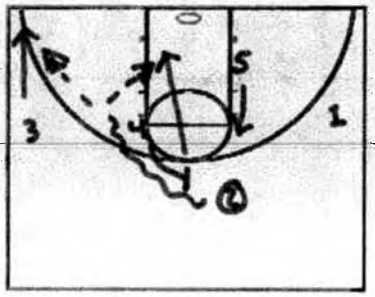

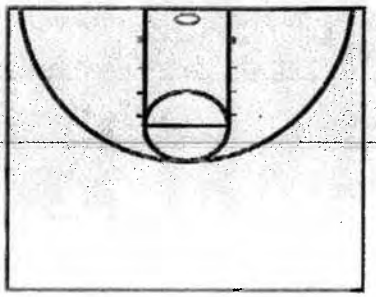

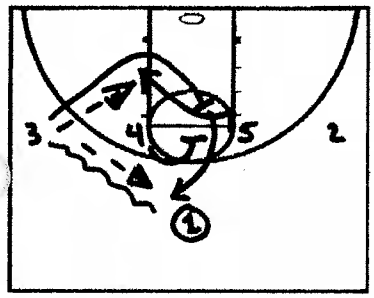

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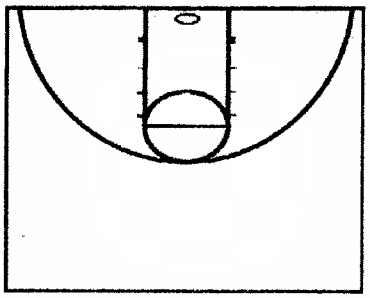
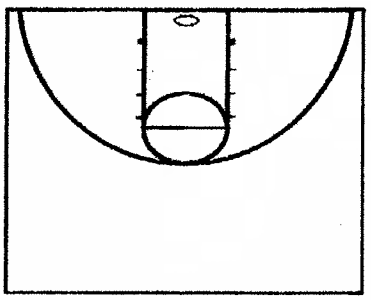
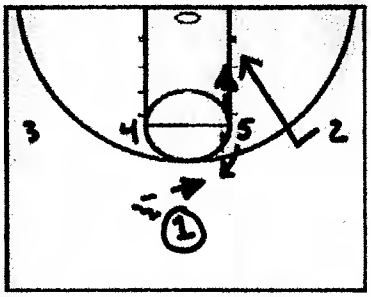




Kentucky Wildcats Basketball



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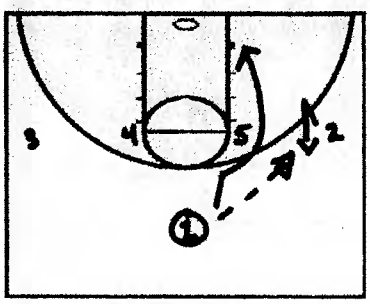
• Backdoor For 2



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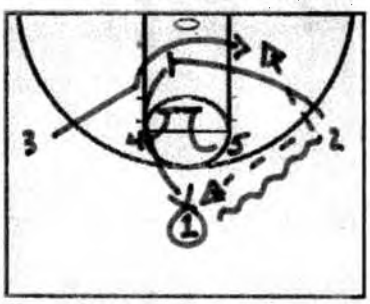
• UCLA Cut



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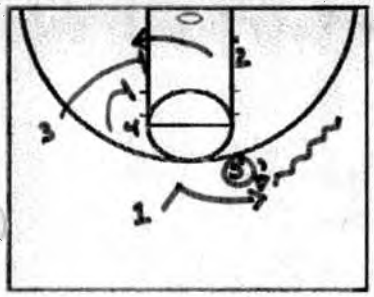

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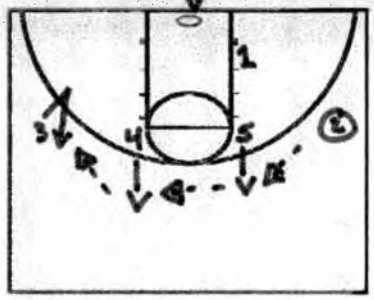
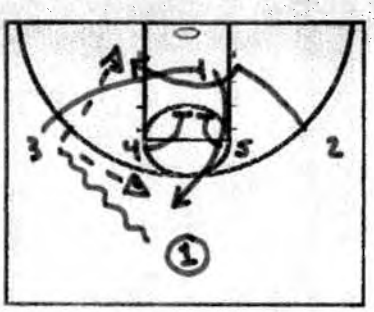


• Reversal



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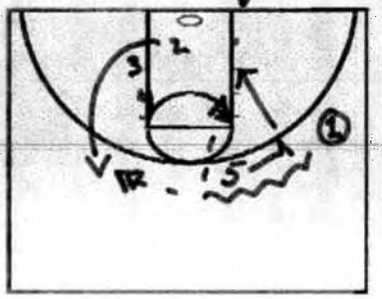
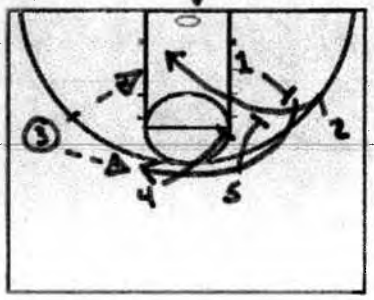
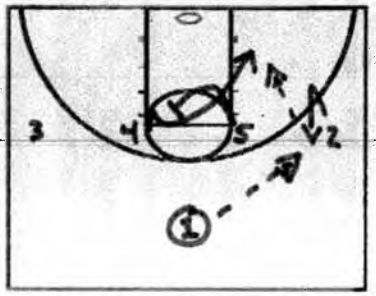


• Ball Screen & Double



• Flex & Stagger



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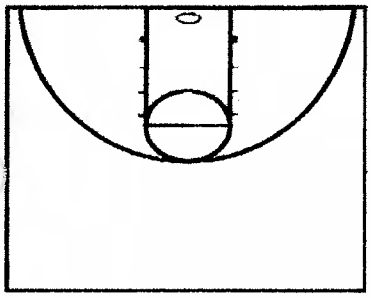

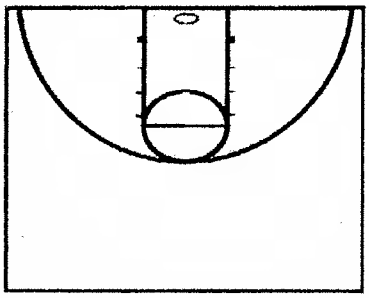

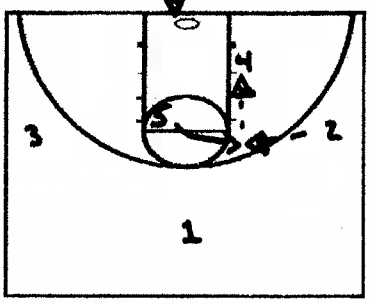

Tubby Smith's Kentucky Wildcats Basketball Clinic Itinerary

Friday, October 30th

2:30 – 4:30	Registration
3:30 – 4:00	Welcome by Coach Smith Friday's Practice Coverage
3:45 – 4:00	Players Stretch
4:00 – 4:05	Passing — Figure 8 Jump Stop Running 5 Lines
4:05 – 4:10	1 on 1 Turn 1 on 1 Live (pass to Coaches)
4:10 – 4:15	2 on 2 Full Court (stay up court, trap uncontrolled dribbler)
4:15 – 4:20	3 on 3 Half Court (press ball back to half court)
4:20 – 4:25	4 on 4 Overplay, Sag and Trap
4:25 – 4:30	Shell Catch and Adjust Defensive Positioning Live with exchanges
4:30 – 4:35	4 on 3 Contest the Shot
4:35 – 4:40	Circle Box Out
4:40 – 4:45	Shooting and Free Throws
4:45 – 5:00	Press Work 55 Black/White
5:00 – 5:03	Interior Passing 2 on 1 3 on 2
5:03 – 5:06	3 on 2 to 2 on 1
5:06 – 5:10	Fastbreak Recognition
5:10 – 5:15	Circle Transition
5:15 – 5:20	Offensive Breakdown

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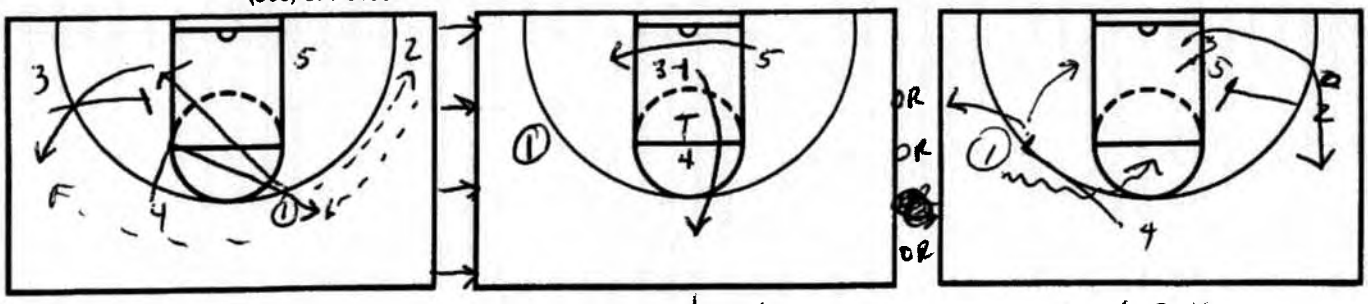
"1 cut"

CLINIC Ivory Smith
DATE 10/4/97
Milwaukee

SET plays on BREAK



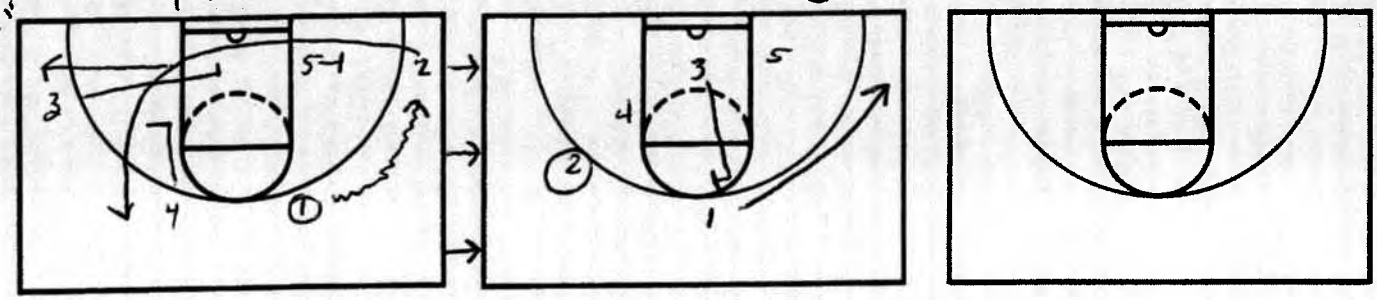
NOTES

1 Hits 2
2 Hits 4
3 Screens for 1
4 Reverses to 1 man

* initiated by 1 man cutting thru
3 Block screens for 5
4 Screens for 3

Pick & Roll
Stagger opposite

"Triple Stagger"

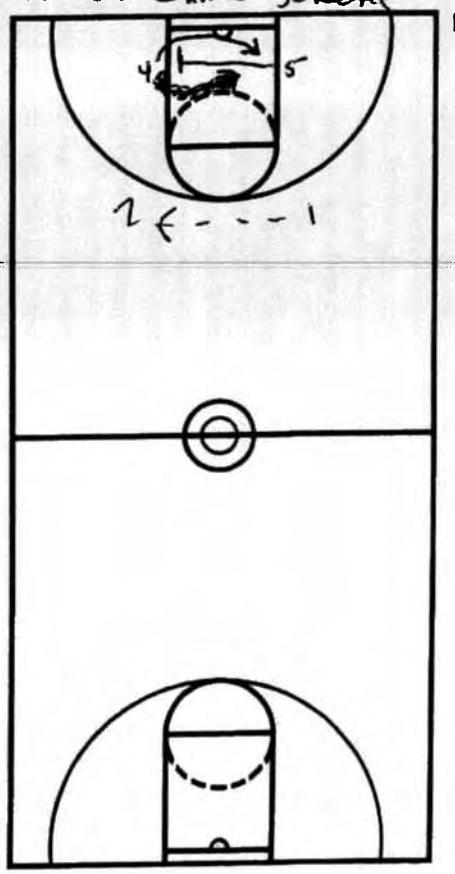


NOTES

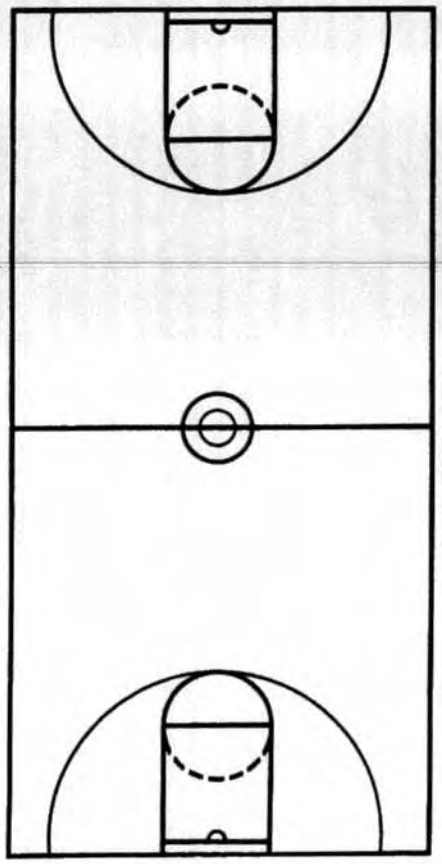
1 Dribbles 2 out
2 comes off triple

JUST DO IT

MisDirection Game screens



NOTES



CLINIC Tubby Smith
DATE 10/4/97
M. Iwan/cap

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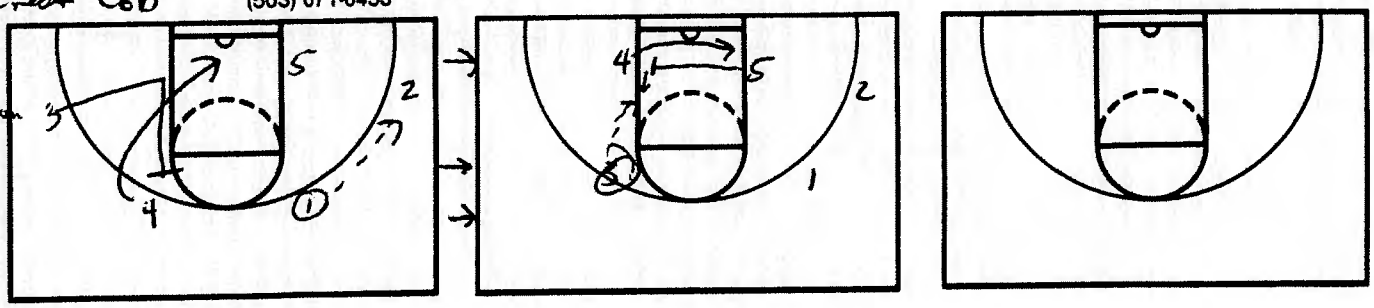
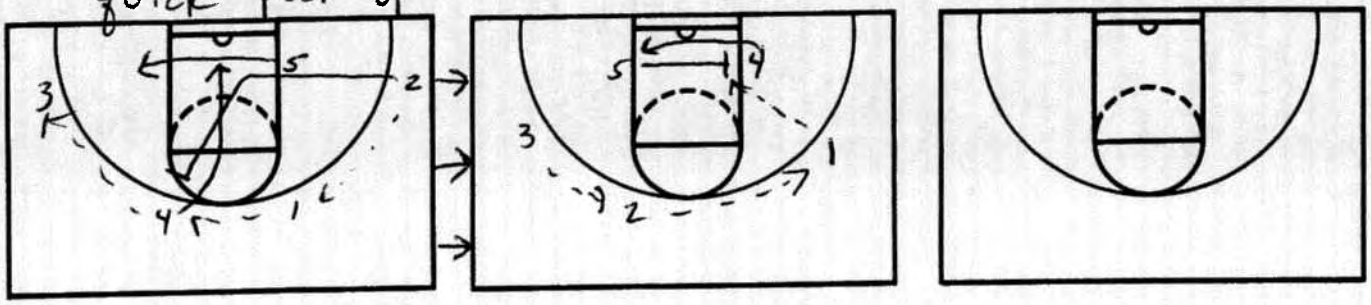
Screen Lob



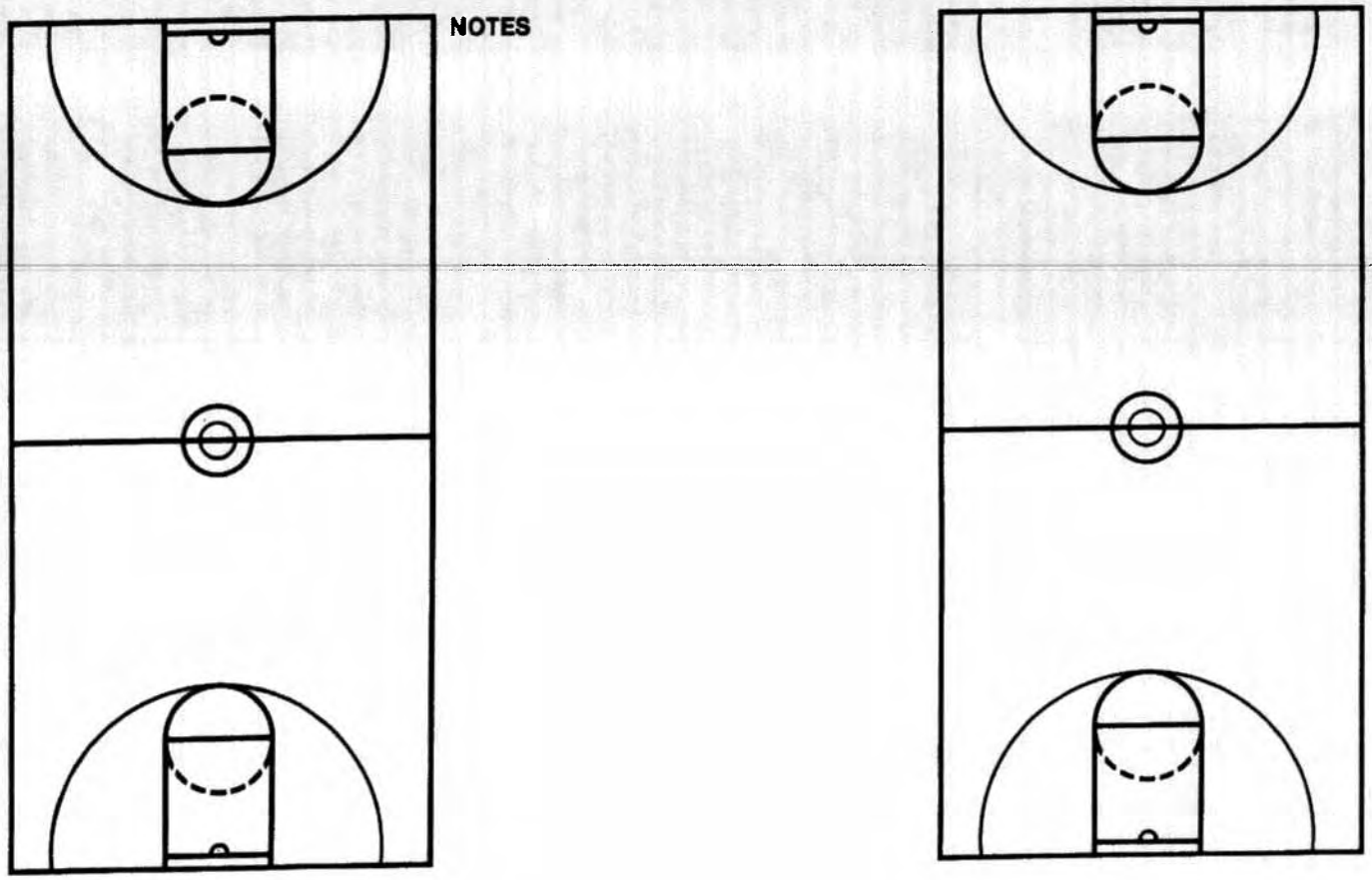
NOTES v. pressure
if lob isn't there
give to 3 man for
quick post-up



NOTES

JUST DO IT

NOTES



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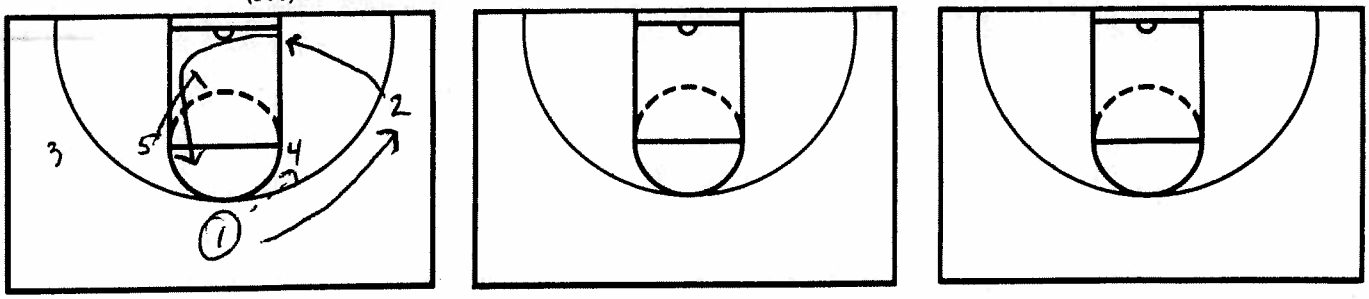
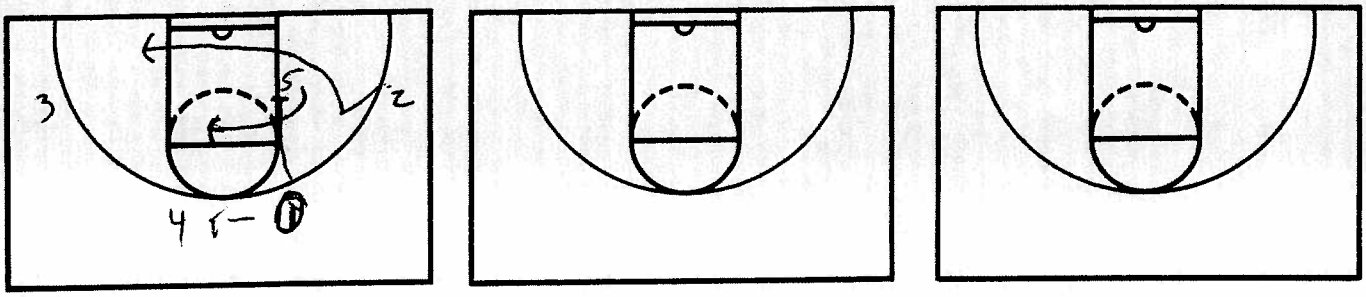
CLINIC Ubby Smith
DATE 10/4/97
M. Wecker



NOTES V. pressure on wings

Flex



NOTES

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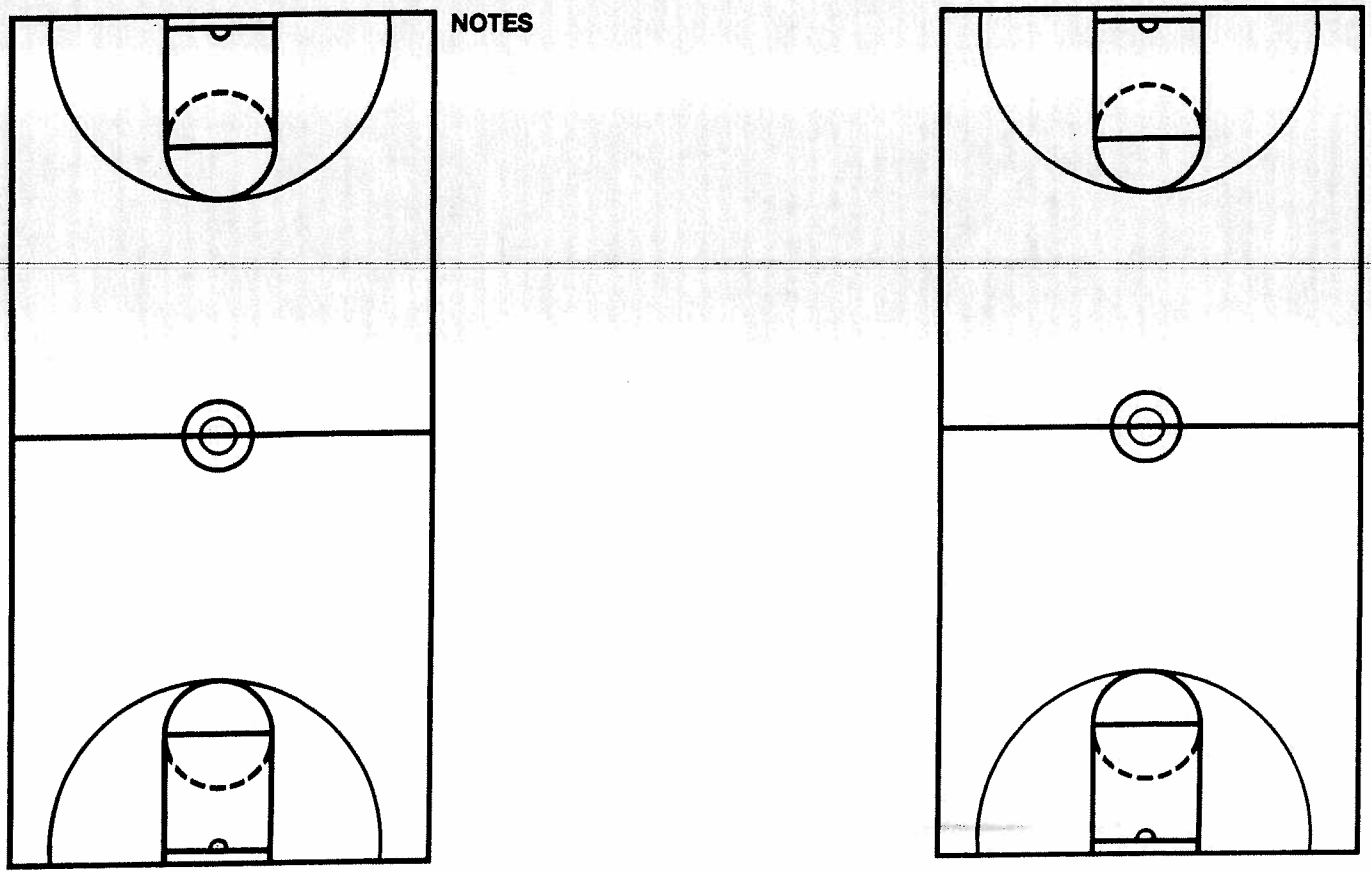
NOTES



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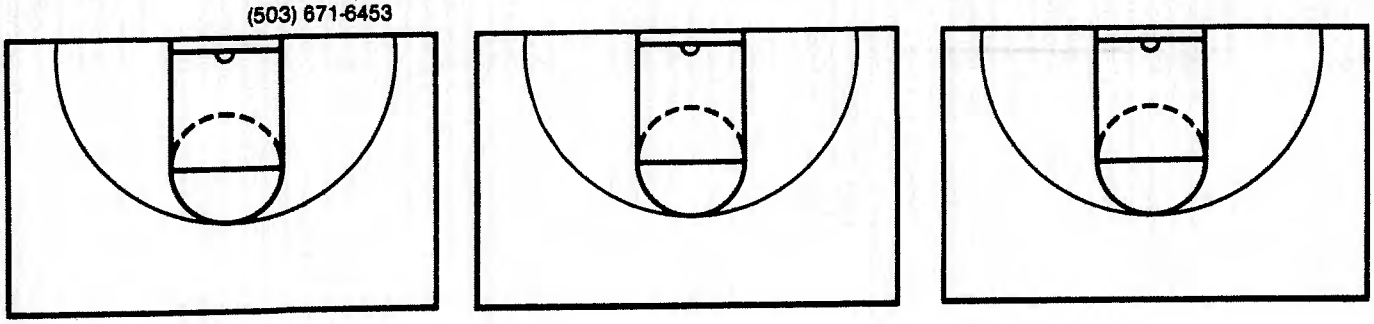
CLINIC Ivory Smith
DATE 10/4/97
Milwaukee



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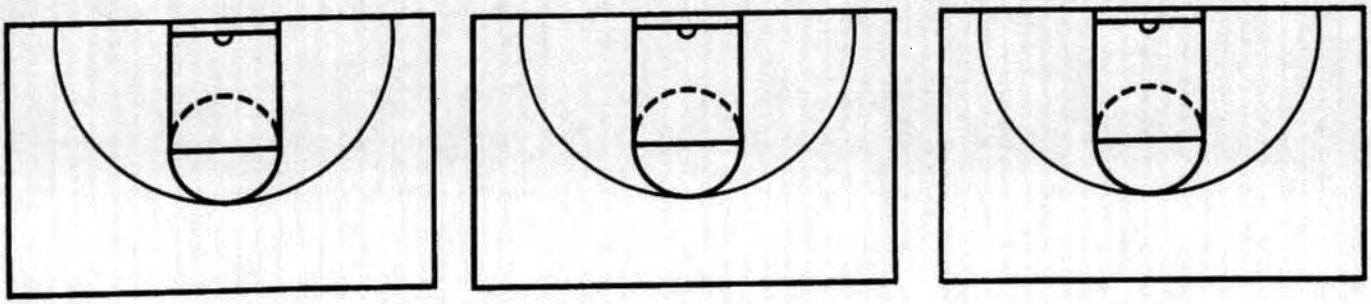
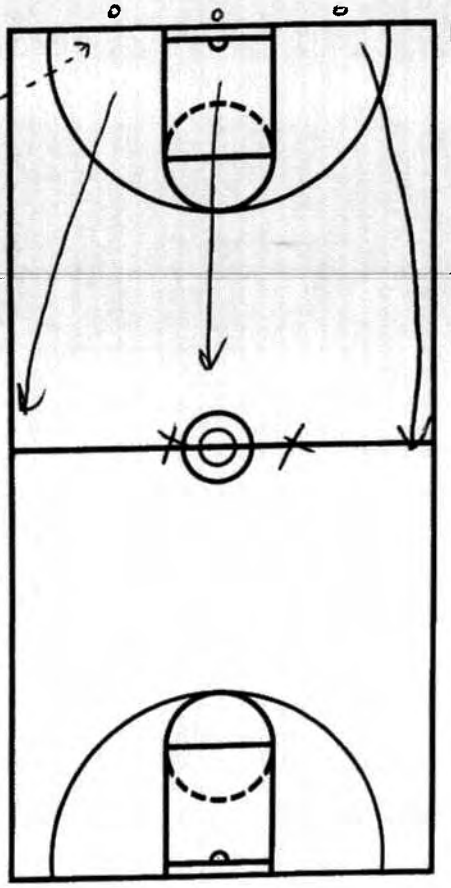


NOTES

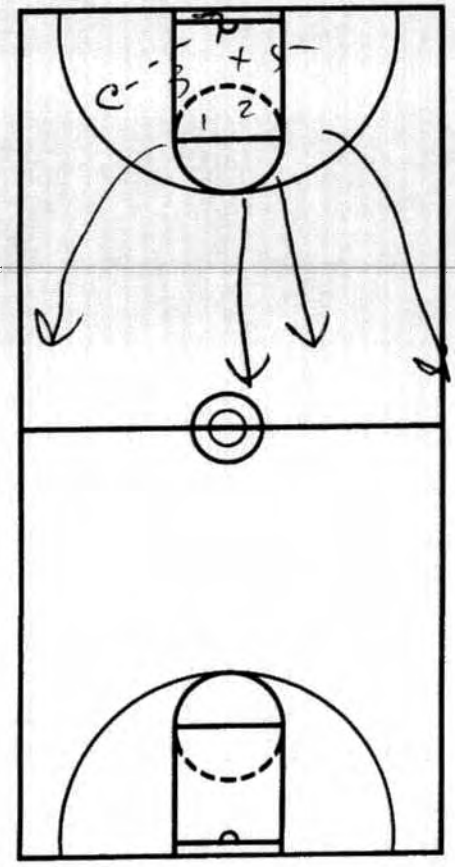
JUST DO IT

"F.B. Recogn-



NOTES

Drills:



x x x x
Coach stands in
a center of
defenders

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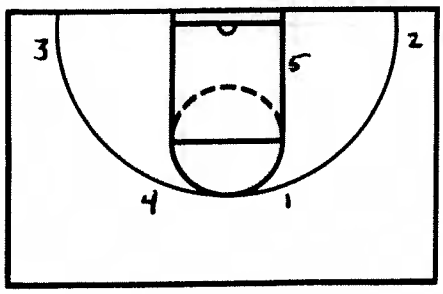
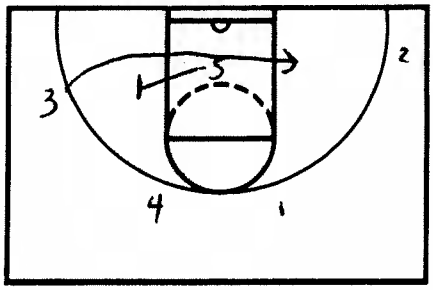
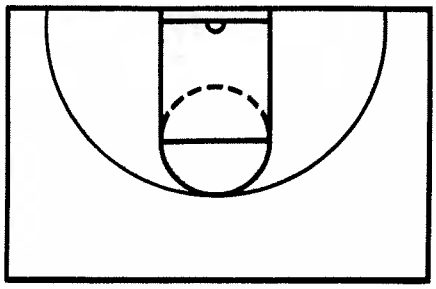
CLINIC Tubby Smith
DATE 10/4/97
Milwaukee

TRANSITION



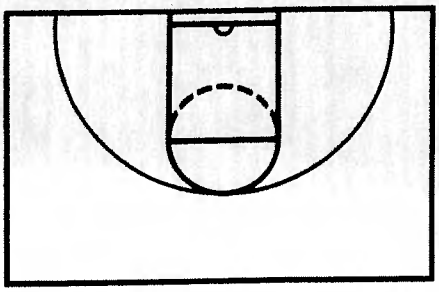


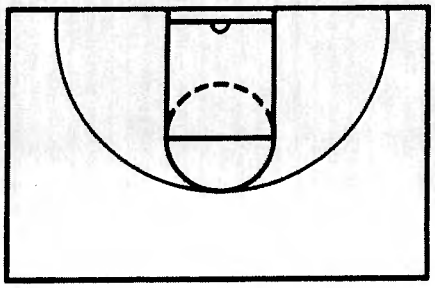


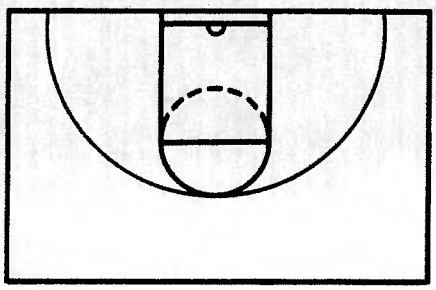
NOTES

Spot-up positions

if 3 can post

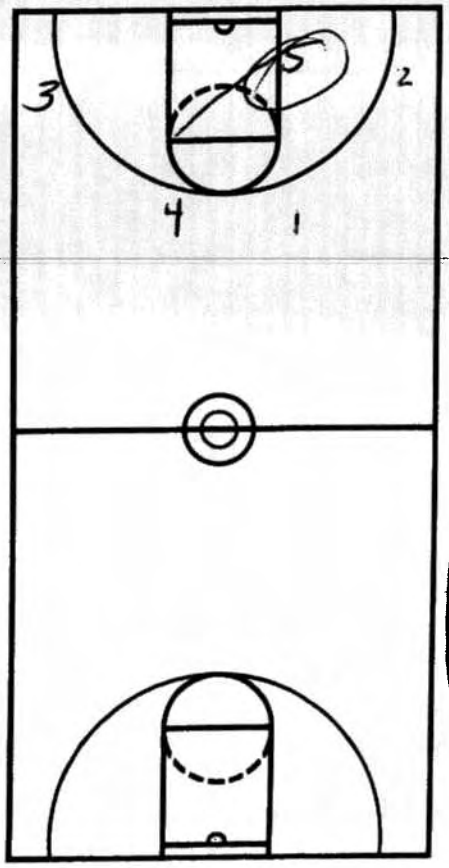






NOTES

JUST DO IT



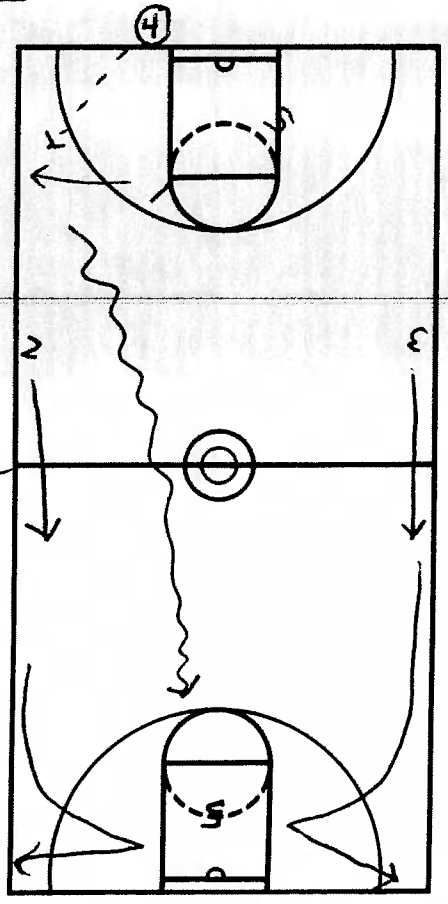
NOTES

4 out 1 in

Ugk

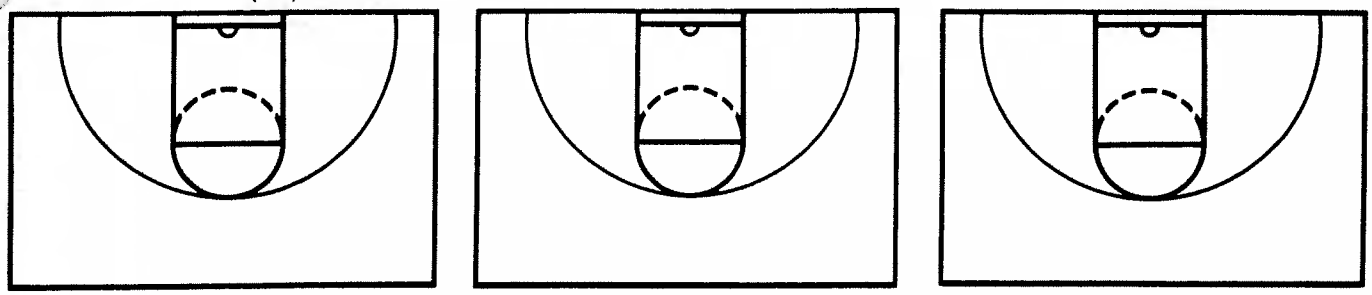
80 poss.
40% from fast Break

* Rebound *
2 on 1 on
Weakside



NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

CLINIC Tubby Smith - Kentucky
DATE 10/4/97
Milwaukee



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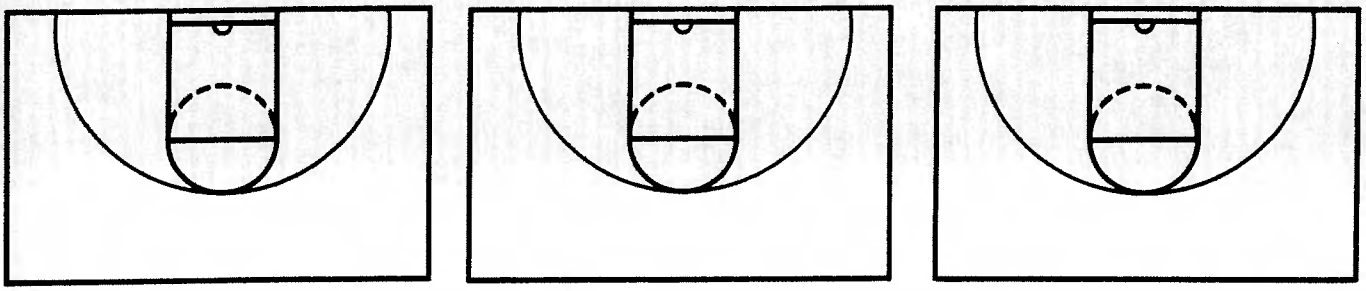
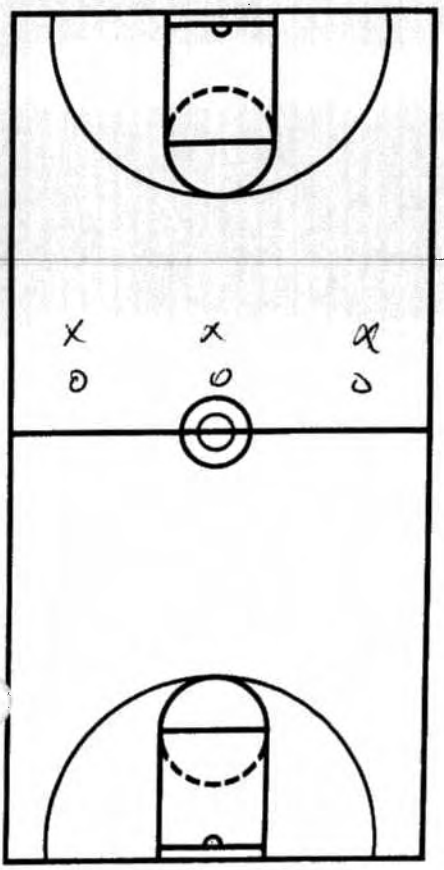


NOTES

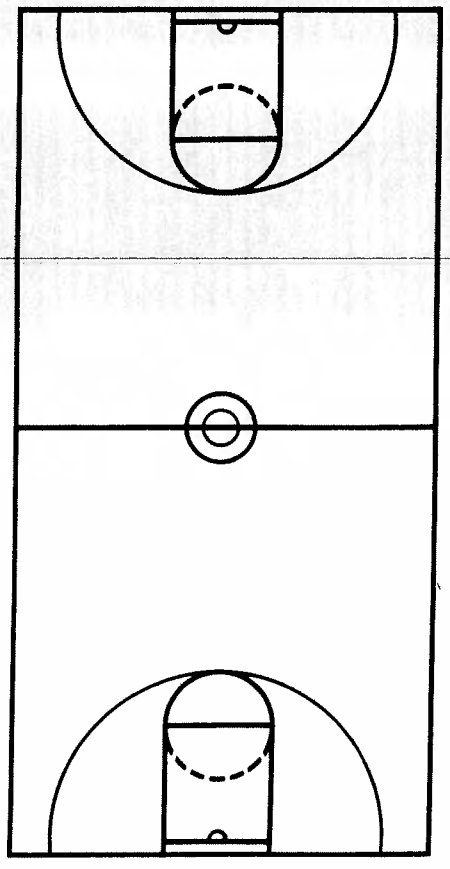
JUST DO IT

3on3 ~~#~~



NOTES

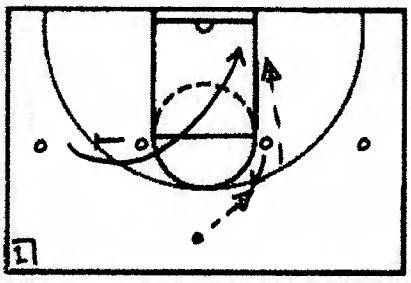
When offense scores they touch B-line and get back on defense



KENTUCKY WILDCATS BASKETBALL

Clinic Date Tubby Smith → Kentucky
Kentucky @ South Carolina 2/15/05
Quick Hits

Head Coach: Tubby Smith
Assistants: David Hobbs *Reggie Hanson*
Scott Rigot *Leon Smith*



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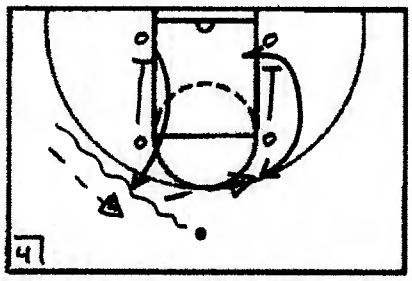

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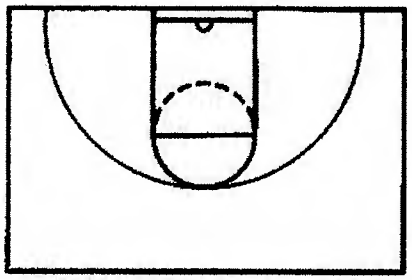

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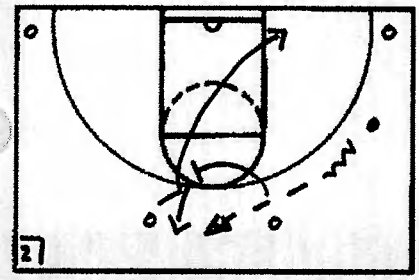
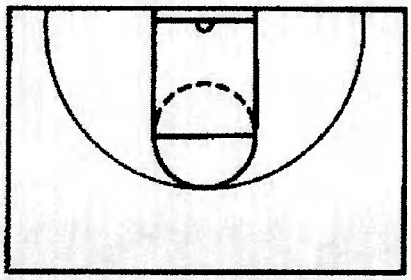


Notes Open To Flex



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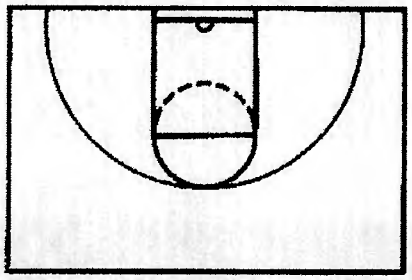

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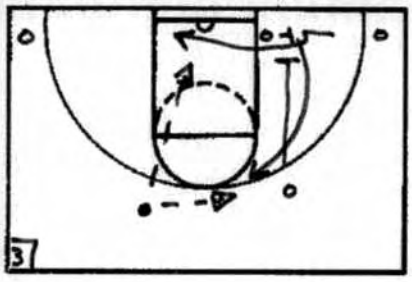

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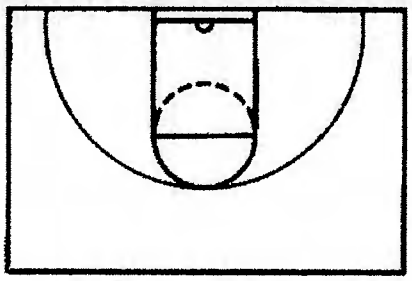

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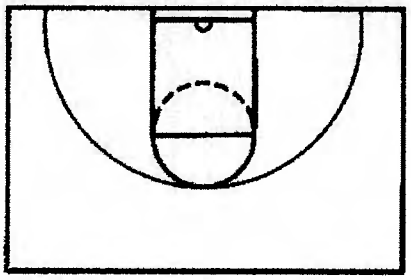
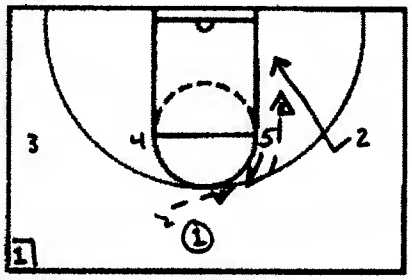


Notes

KENTUCKY WILDCATS BASKETBALL

Clinic Kentucky Wildcats
Date Tubby Smith
" 40 Series"

Head Coach: Tubby Smith
Assistants: David Hobbs *Reggie Hanson*
Scott Rigot *Leon Smith*



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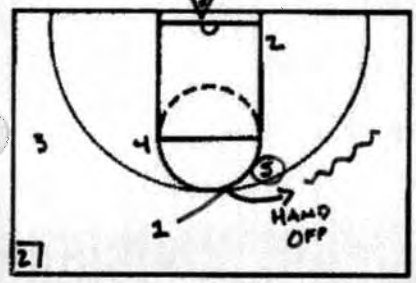

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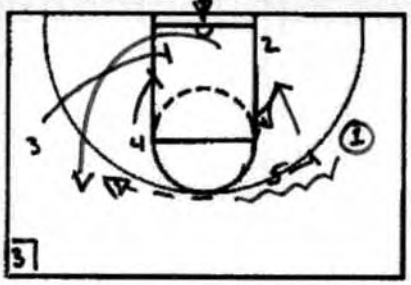

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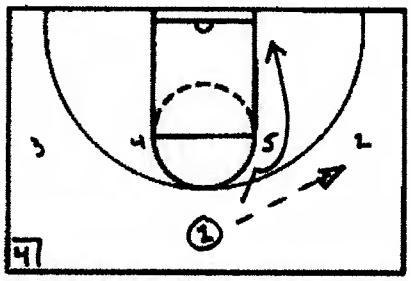

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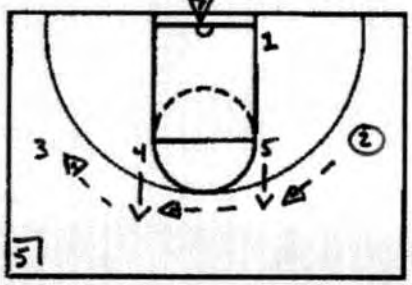

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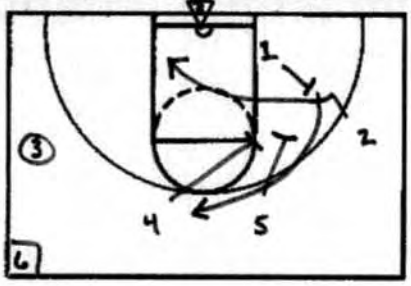

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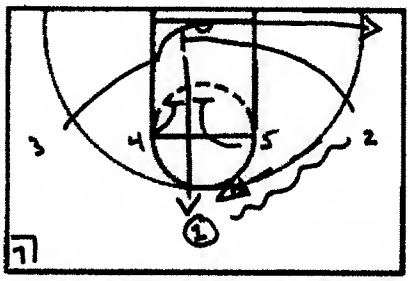

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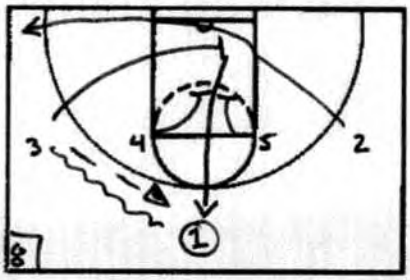

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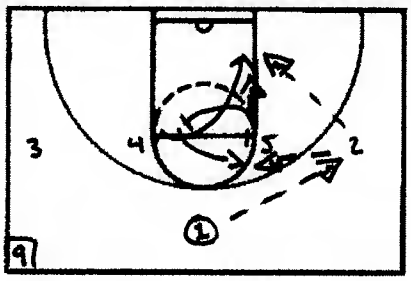


Notes "43"

Notes

Notes "44"

DANA ALTMAN
CREIGHTON BLUE JAYS

Creighton Blue Jays

Coach: _Dana Altman: Creighton_ Topic: _High Post Offense_

Clinic: _Nike Clinic @ West Lafayette_ Date: _April 2003_

Qwest Center Omaha
250 California Plaza
Omaha (NE) 68178

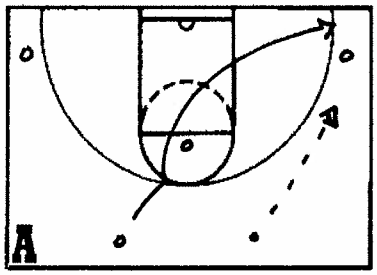
Head Coach
Dana Altman

Assistant Coach
Darian DeVries

Assistant Coach
Brian Fish

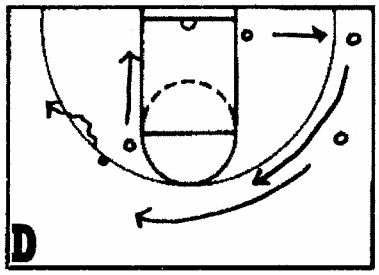
Assistant Coach
Mike Maker

Basketball Operations
Nick Earnest



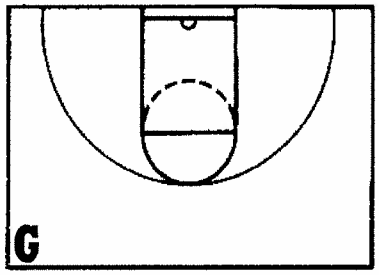
Guard/Forward Pass

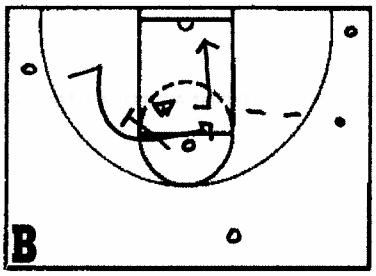
1. Weak-side guard basket cuts
2. Cut to basket & take up as much paint as possible



Hand-off Drag Rotations

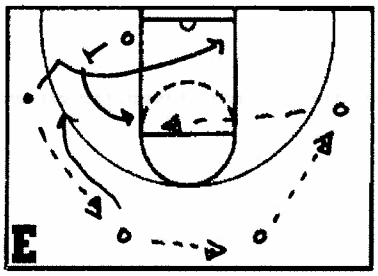
1. Cutter goes high-side of post
2. Post rolls to basket & then flashes Pinch Post





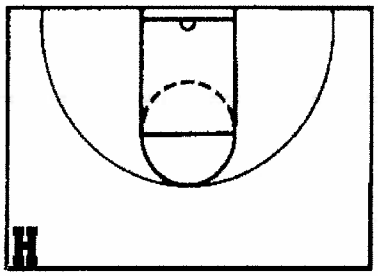
High Post Screening Action

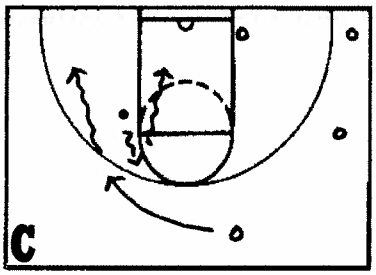
1. Look to skip to High Post



Reversal

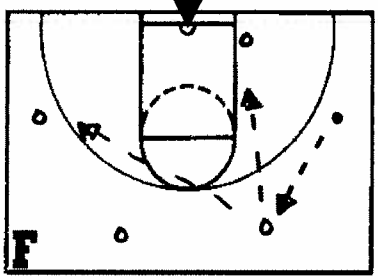
1. Post always ducks-in to Pinch Post from weak-side
2. Always look for skip pass as part of reversal options



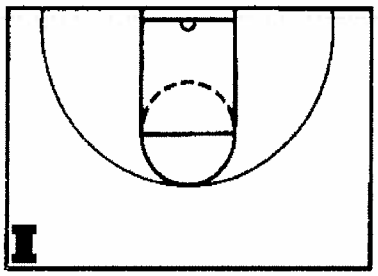


Hand-off Option

1. Post must reverse pivot to seal off defense in the lane



Skip Pass Reversal



Creighton Blue Jays

Coach: _Dana Altman: Creighton_ Topic: _High Post Offense_

Clinic: _Nike Clinic @ West Lafayette_ Date: _April 2003_

Qwest Center Omaha
250 California Plaza
Omaha (NE) 68178

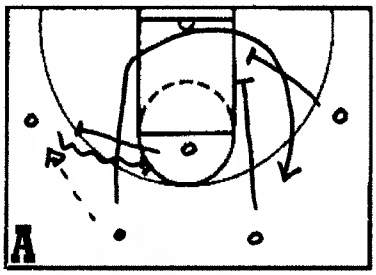
HEAD COACH
Dana Altman

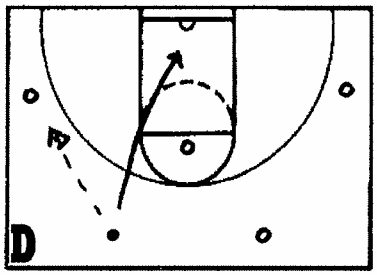
ASSISTANT COACH
Darian DeVries

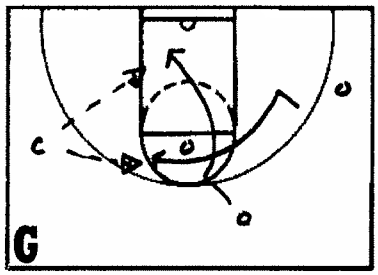
ASSISTANT COACH
Brian Fish

ASSISTANT COACH
Mike Maker

BASKETBALL OPERATIONS
Nick Earnest





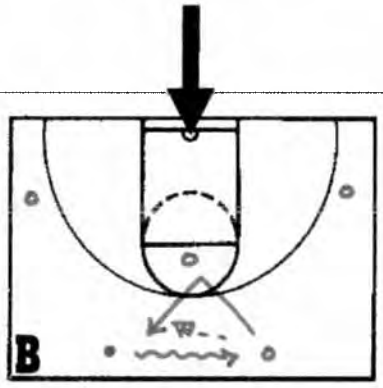


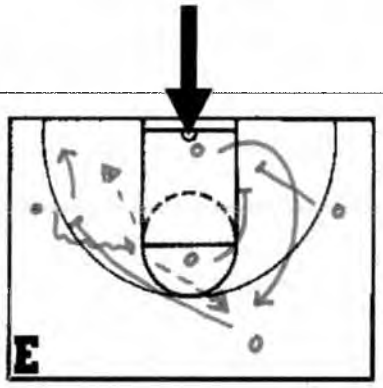
SPECIALS: GET IT IN THE PAINT

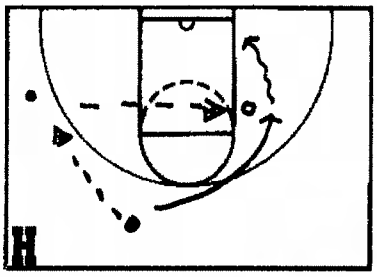
SPECIALS: FIST #4

1. Shooter is the ball screener
2. Pick & Pop situation

2 v. 0 CUTTER DRILL



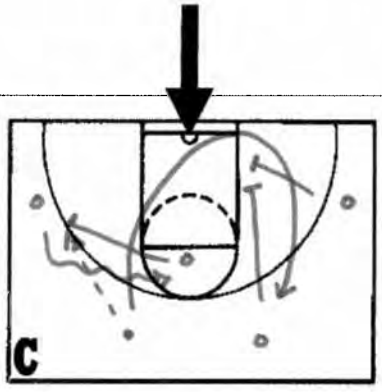


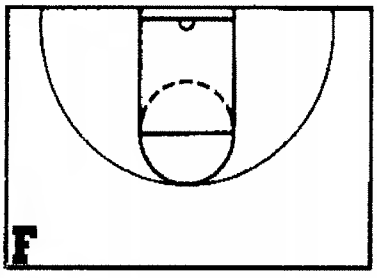


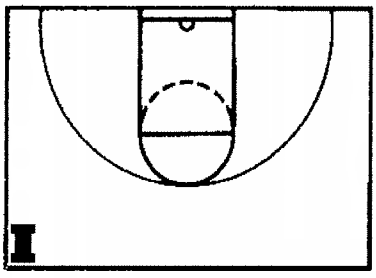
SPECIALS: OVER

1. Shallow cut as a form of pressure release

3 v. 0 CUTTER DRILL





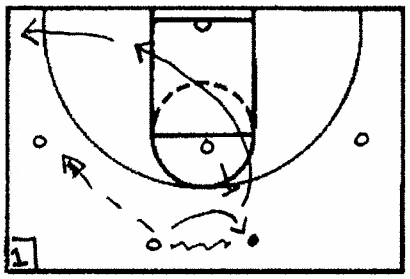


CREIGHTON BLUE JAYS
BASKETBALL

Head Coach: Dana Altman
Assistants: Greg Grensing Darian DeVries
Brian Fish Len Gordy

Clinic Date

DANA ALTMAN – CREIGHTON
CREIGHTON V. ILLINOIS STATE 3/5/05
QUICK HITS



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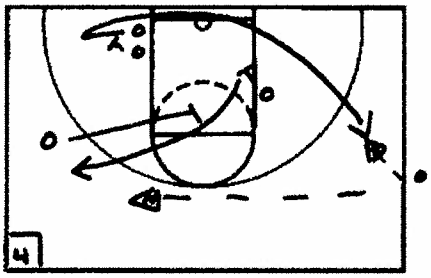

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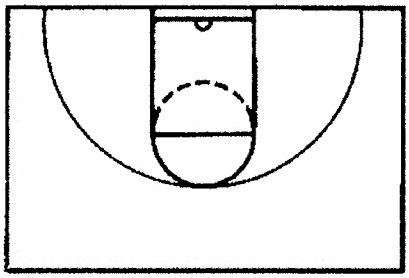

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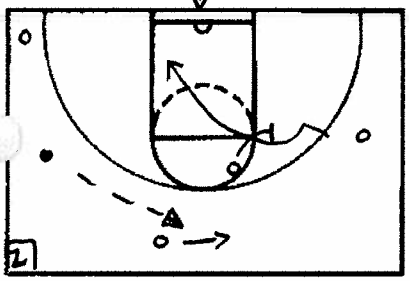

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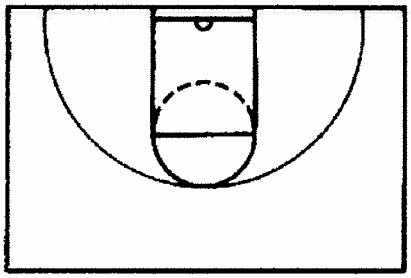

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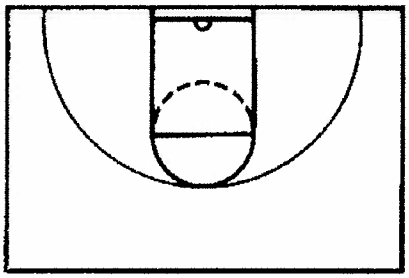

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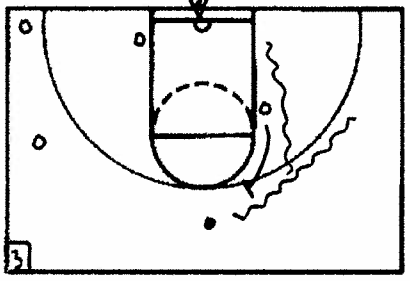

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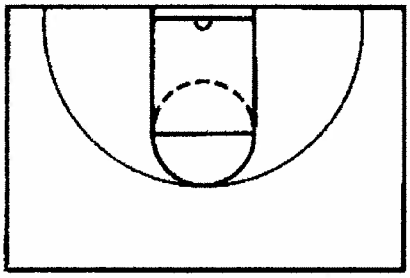

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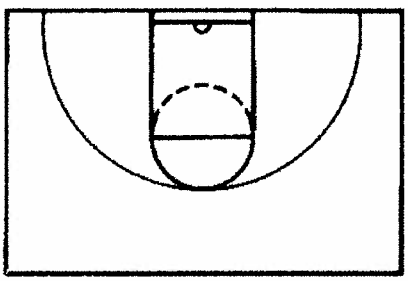
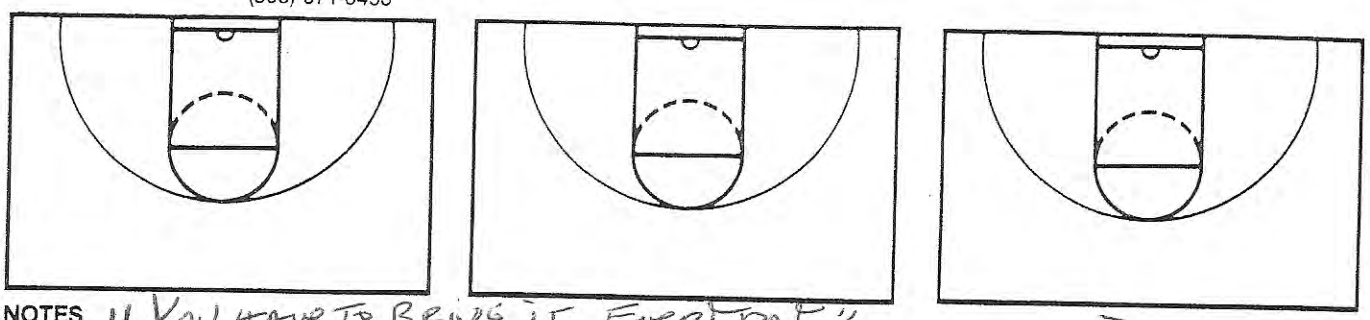


Notes

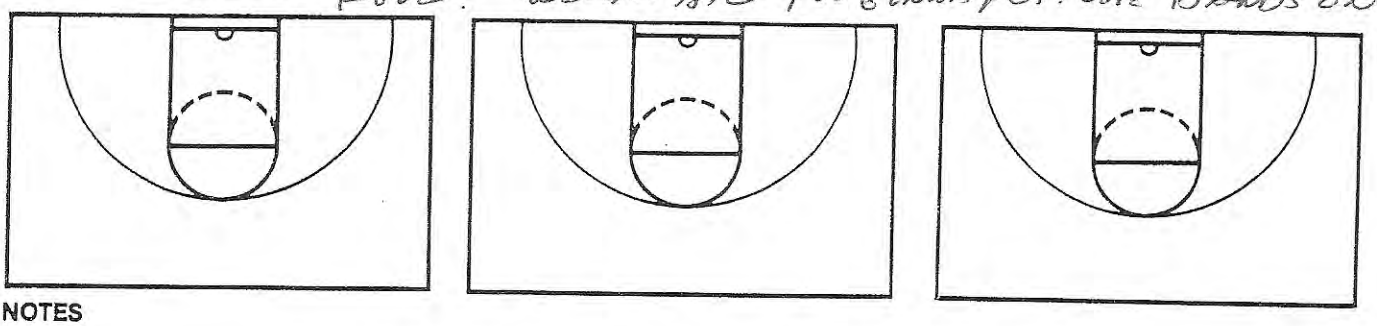
nike
NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

"IN YOUR FACE" PRESSURE DEFENSE DRILLS

CLINIC BILLY GILLESPIE
DATE DUD

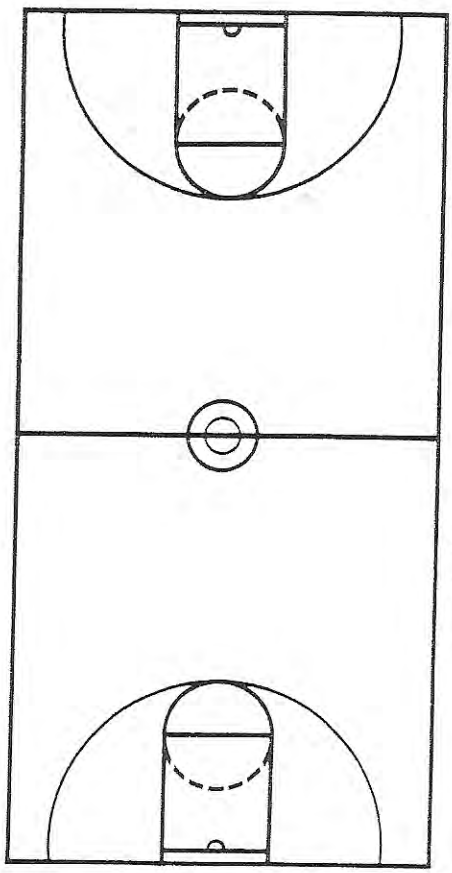


NOTES "YOU HAVE TO BRING IT EVERYDAY"
- HOW MUCH TIME ARE YOU GOING TO SPEND ON DEFENSE; WE SPEND ABOUT 50% OF OUR TIME ON DEFENSE. HOW MUCH ARE YOU GONNA FOUL? WHERE AND YOU GONNA PUT YOUR HANDS ON D?



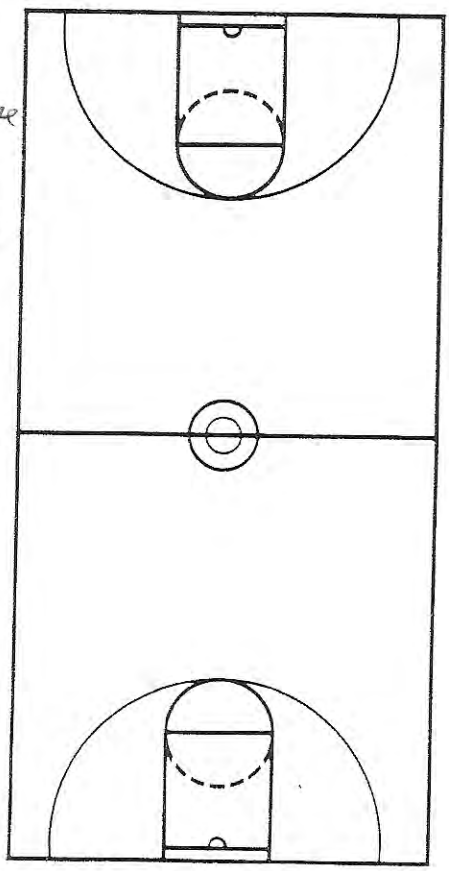
NOTES

JUST DO IT



NOTES PHILOSOPHY?

1. PRESSURE OR NO PRESSURE
2. FRONT POST OR NOT?
3. BLOCK OUT OR JUST GO AND GET IT?
4. FORCE BASELINE OR MIDDLE
5. WHERE DOES HELP COME FROM?
6. HOW MUCH TIME SPENT ON D?
7. FOULS AND USE OF HANDS



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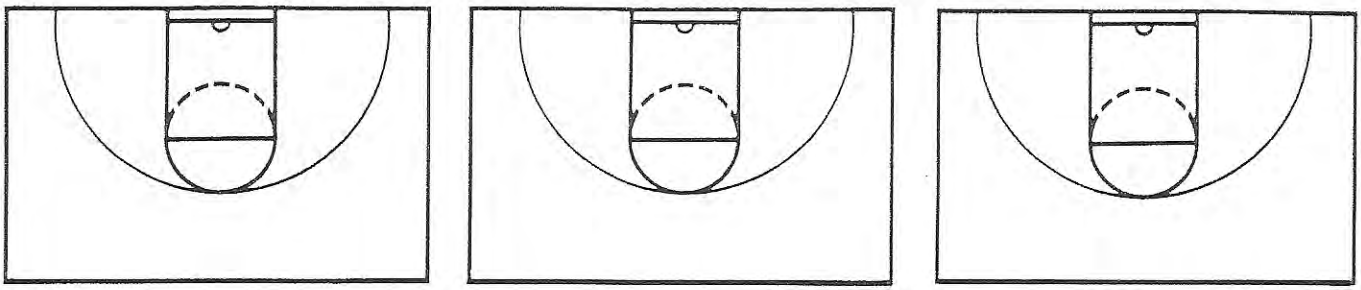

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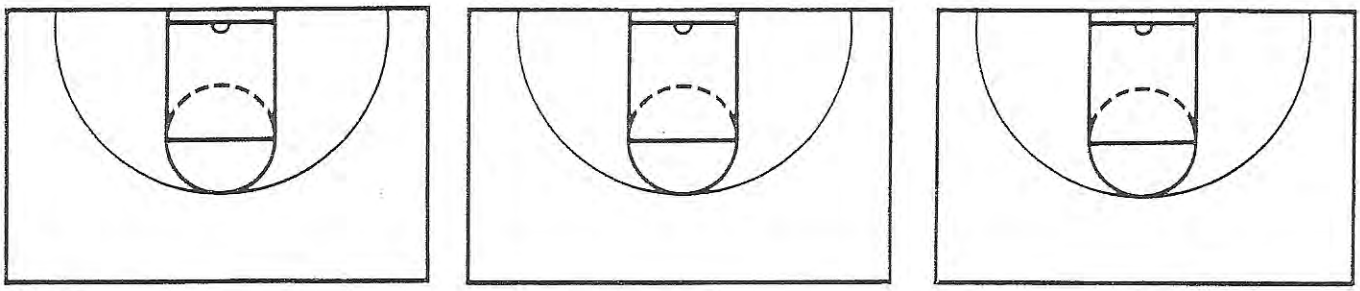

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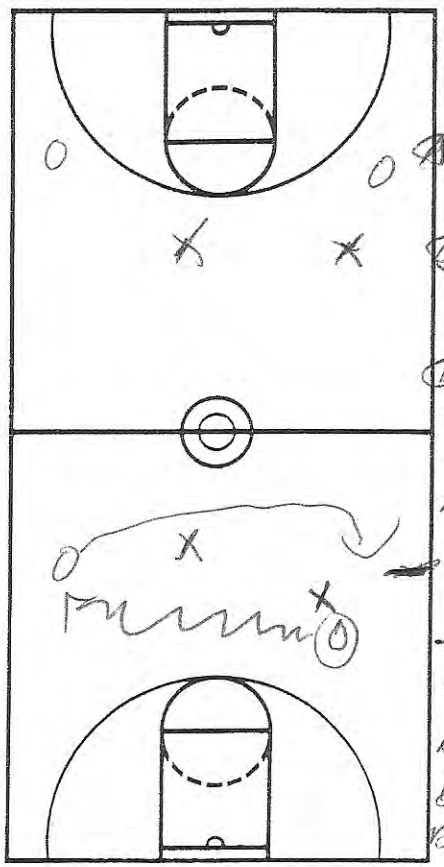
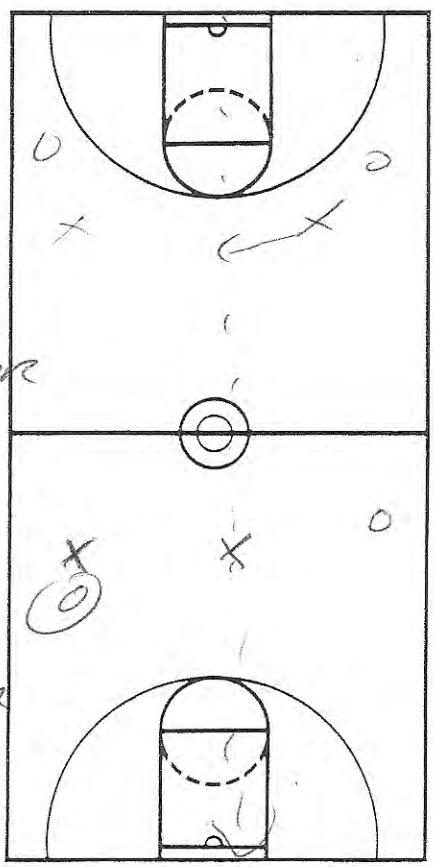


NOTES

- HALF COURT SHELL DRILL
- WE START OUR SHELL AT 28 FOOT MARK
- WE WANT TO PRESS HARD FORCE OFF MISS OR MISS
- EVERY TIME WE START SHELL, WE HAVE BALL HANDLER SWITCH SIDES OF COURT AND TRAIL OTHER GUARD MAKE SHALLOW CUT TO OTHER SIDE OF FLOOR.
- ON BALL DEFENDER JUST GUARDING HIM AND OFF GUARD DEFENDER HAS TO SEE BALL BUT GET TO OPPOSITE SIDE ON MIDLINE



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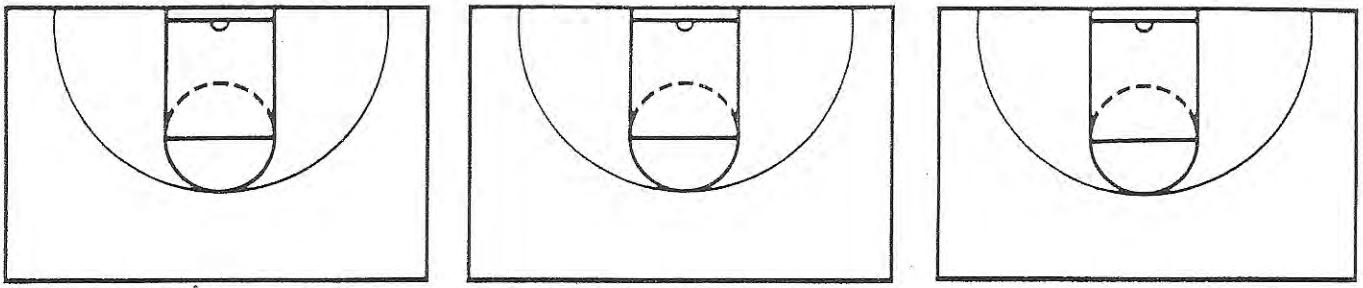
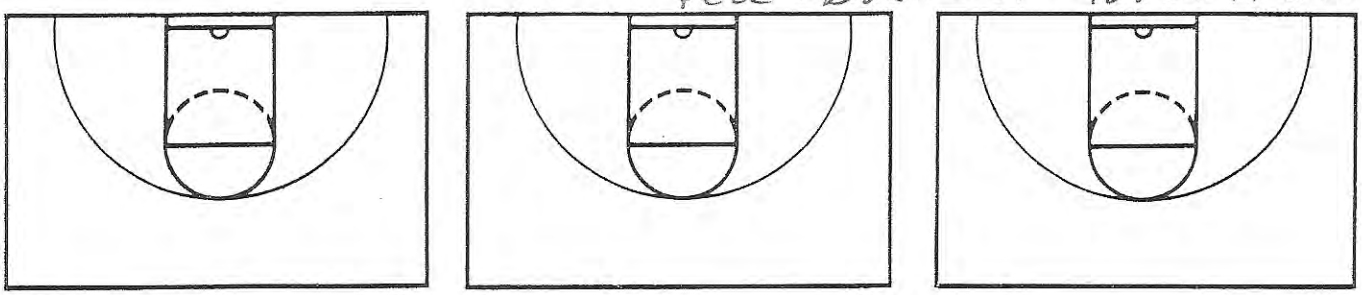


NOTES ONCE YOU CROSS HALF IN SHELL,
1. JUMP TO BALL (WE WANT TO TAKE AWAY INITIAL SHOT AND PLAY THEM AS A DRIVER) WE MAY PLAY FOR 30 SECONDS IN SHELL, PASSING STATION TO STATION, THEN WE WILL YELL "DRIVE IT" TO PUT IT ON FLOOR.



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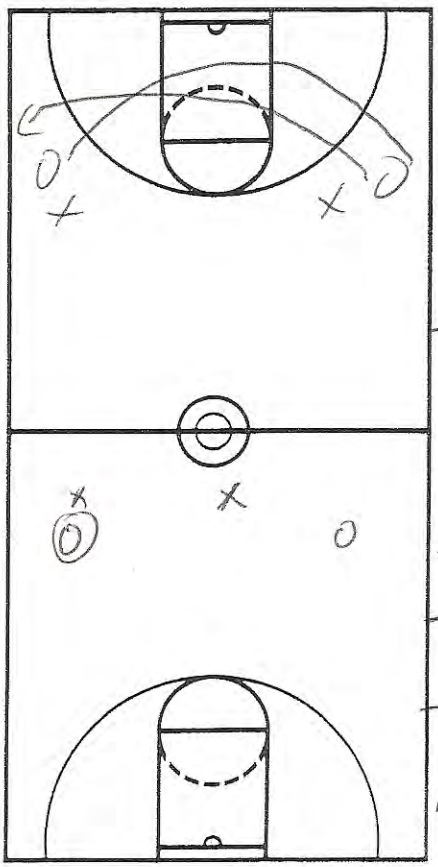
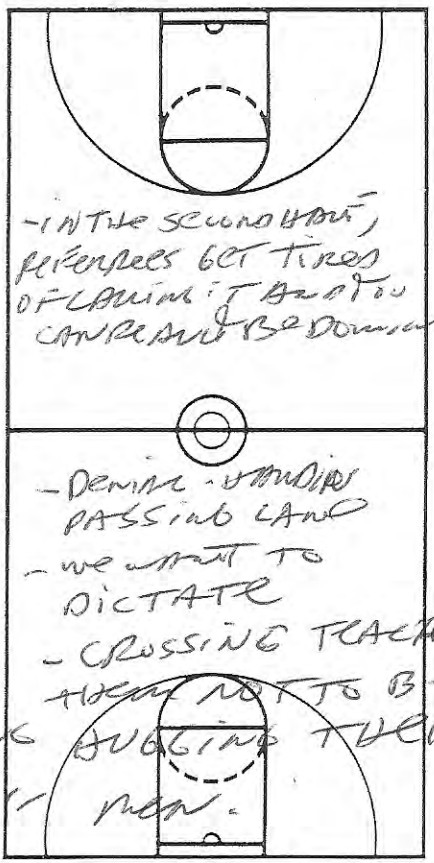


NOTES
- AT THE SAME TIME, THE WINGS WILL CROSS WITH FADERS DRIVING TO SWITCH SIDES AS WELL
- WE WANT TO GIVE STRONG HELP EARLY WITH BELLY TO MAN ON DENIAL
- ACTIVE HANDS ON BALL
- CLOSE TO MAN AS POSSIBLE
- WE WANT TO HAVE ALL FIVE GUYS FOULING AT ONCE, THE MOST TWO CAN CALL IS 1



- IN THE SECOND HALF, REFEREES GET TIRED OF CALLING IT AND YOU CAN REALLY BE DOMINATE
- DENIAL - HANDS PASSING LANE
- WE WANT TO DICTATE
- CROSSING TRACKS NOT TO BE BUGGING THEIR MAN.

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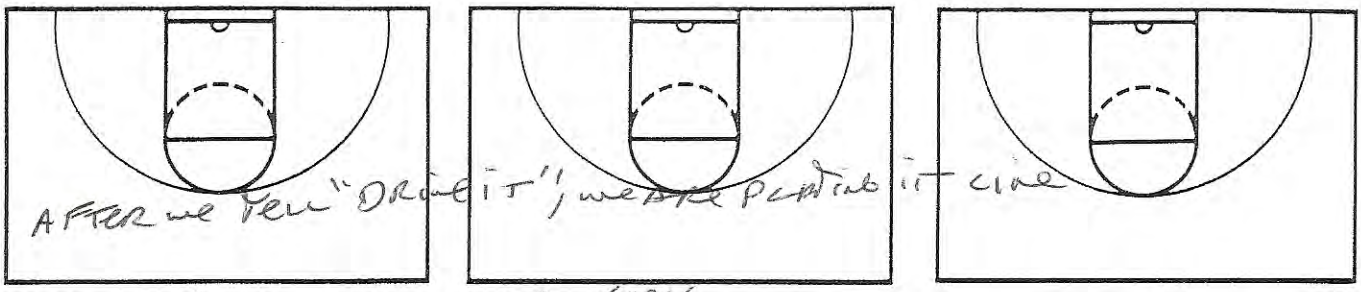
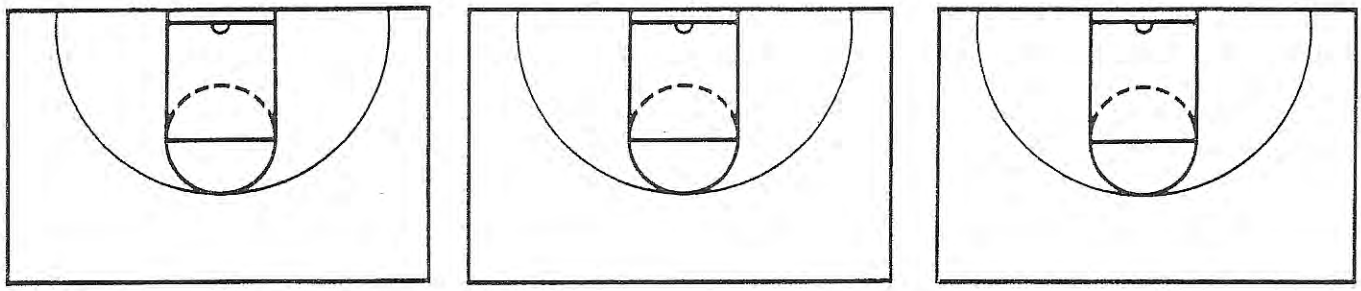
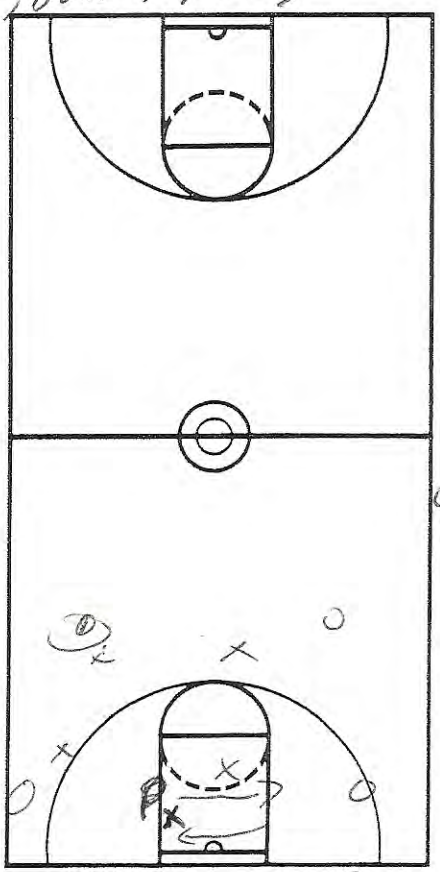


NOTES 2. FRONT THE CUTTER SHELL
IN OUR PRACTICE, YOU CAN EITHER BE TALKING, CLAPPING, OR RUNNING
IT MAKES PRACTICE FUNNER, IT BRINGS INTENSITY
WE WANT ALL DEFENDERS TALKING AT SAME TIME.

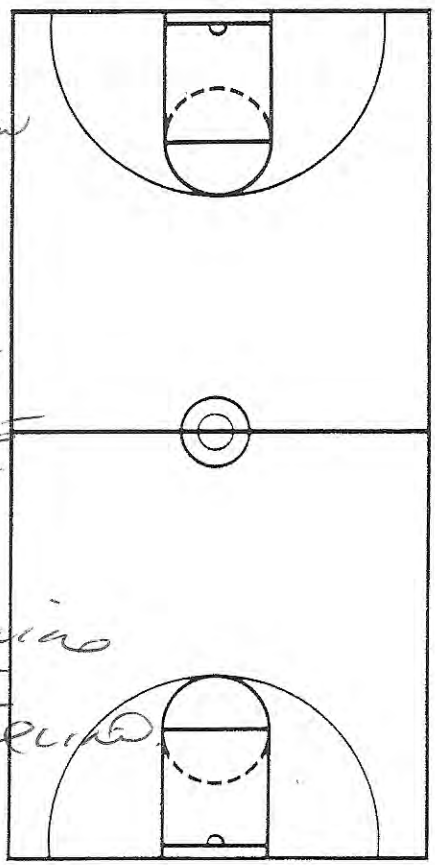


NOTES 3. DOWNSCREEN SHELL
(TRY TO SCISSOR THROUGH GAP, DON'T RUN)

JUST DO IT



NOTES
4. BACKSCREEN SHELL
(ROLL THROUGH BACKSCREEN WITH HANDS UP)
5. FADE SCREEN SHELL
6. DIVE TO POST SHELL,
RELOCATE TO MEN ON
PASS OUT WORK CLOSEOUT
ON BASELINE CLOSEOUT
OR BALL.
ON BASELINE, DIVE
WITH BUTT TO BASELINE
ON WING, YOUR BUTT
IS TO OPPOSITE SIDELINE



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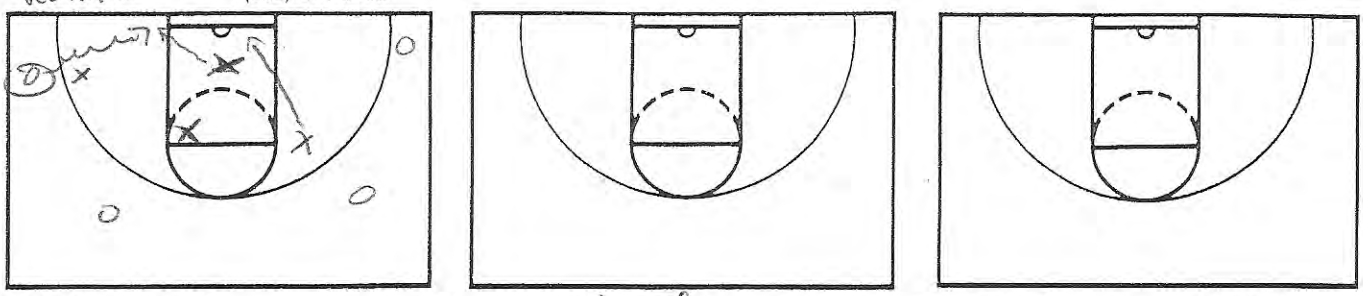
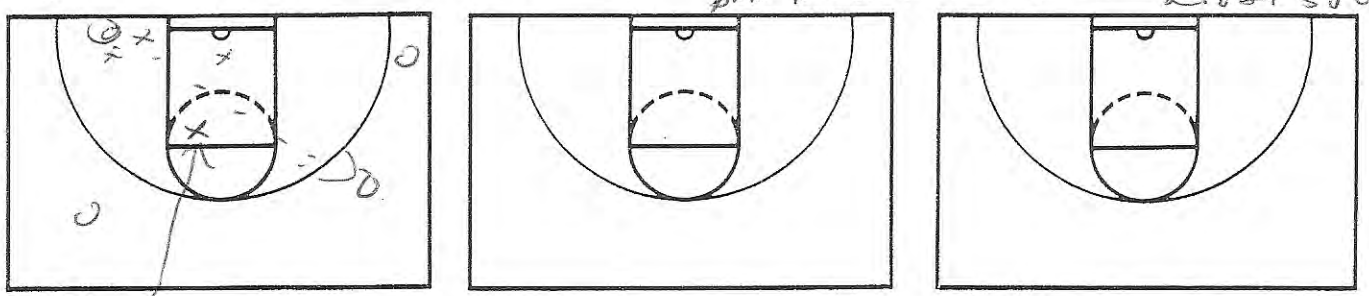
"ROTATE"

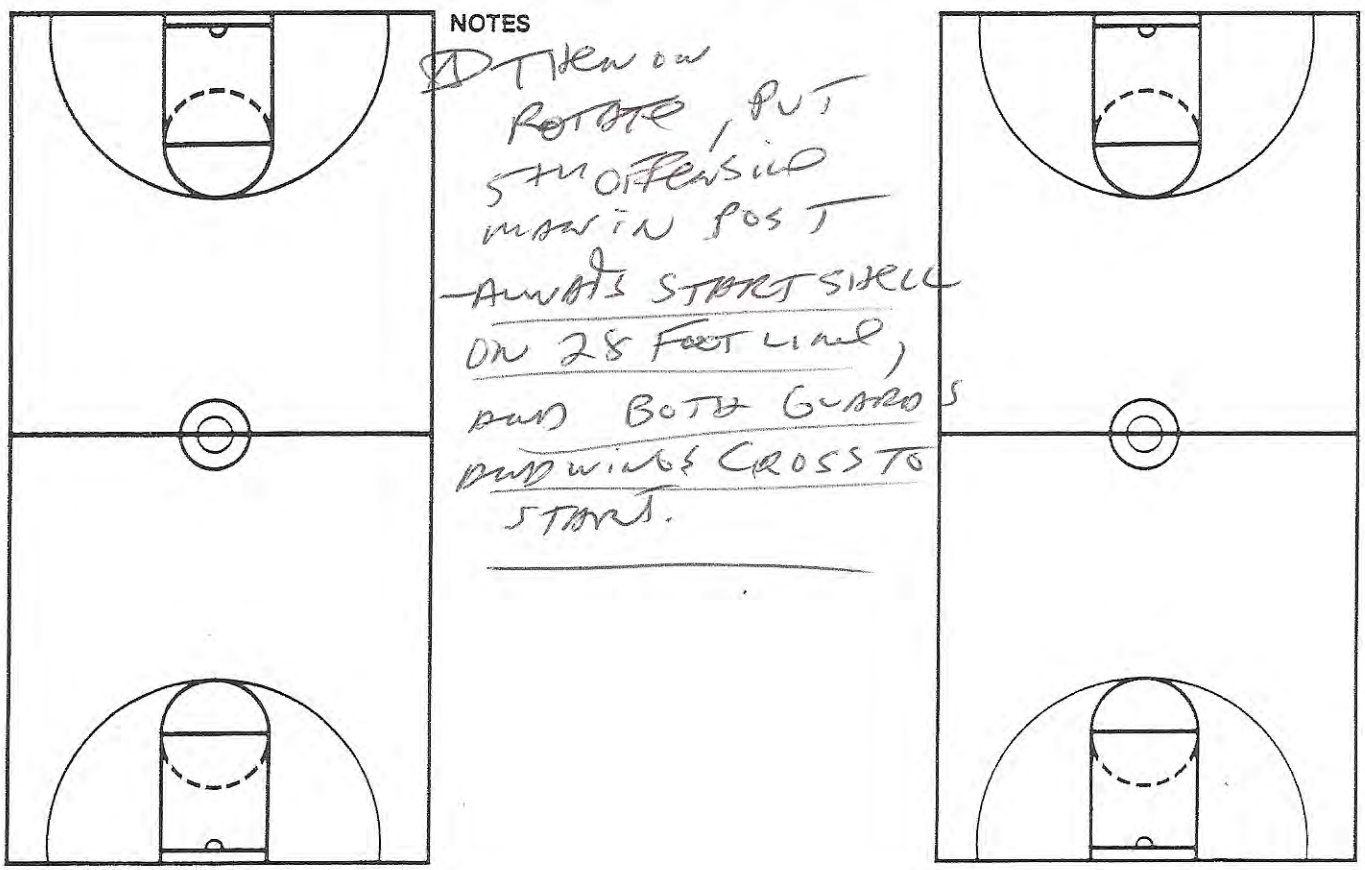


NOTES 7. ROTATE SHELL (IF YOU HAVE A TEAM WHERE ALL 5 GUYS CAN GUARD THE BALL) YOU ARE GOING TO BE GOOD) HOME BASELINE MAN GET BEAT, AND EVERYONE ROTATES TO RIGHT SPOTS.



NOTES ON THE DIAGONAL PASS OUT, THIS GUARD TAKES CLOSEST GUARD.

JUST DO IT



NOTES
① THEN ON ROTATE, PUT 5TH OFFENSIVE MAN IN POST
- ALWAYS START SHELL ON 28 FOOT LINE, AND BOTH GUARDS AND WINGS CROSS TO STARTS.

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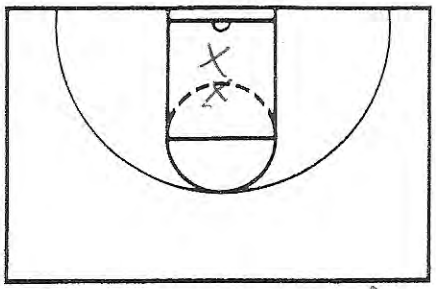
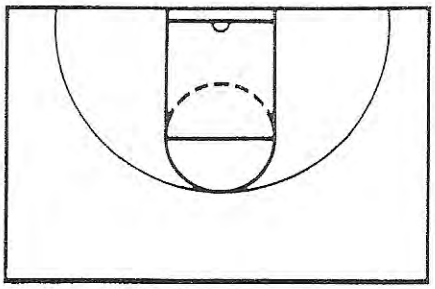
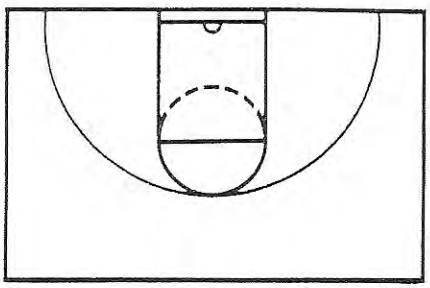
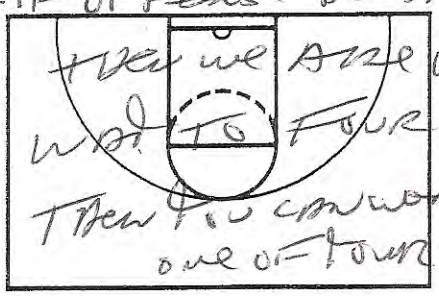
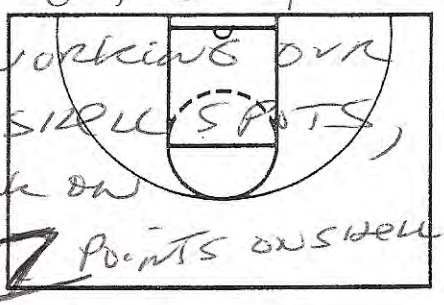
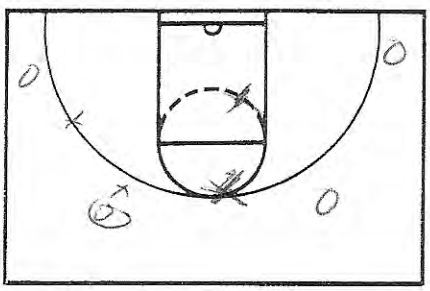




NOTES GET BACK OUTS ARE SPRINTING TO BASKET, THEN FANNING OUT TO BALLSIDE
- MAKE SURE YOU ARE STILL TALKING
- IF OFFENSE DOESN'T GET QUICK SHOT, THEN WE ARE WORKING OUR WAY TO FOUR SHELL SPOTS, THEN YOU CAN WORK ON ONE OF FOUR 7 POINTS ONSIDE

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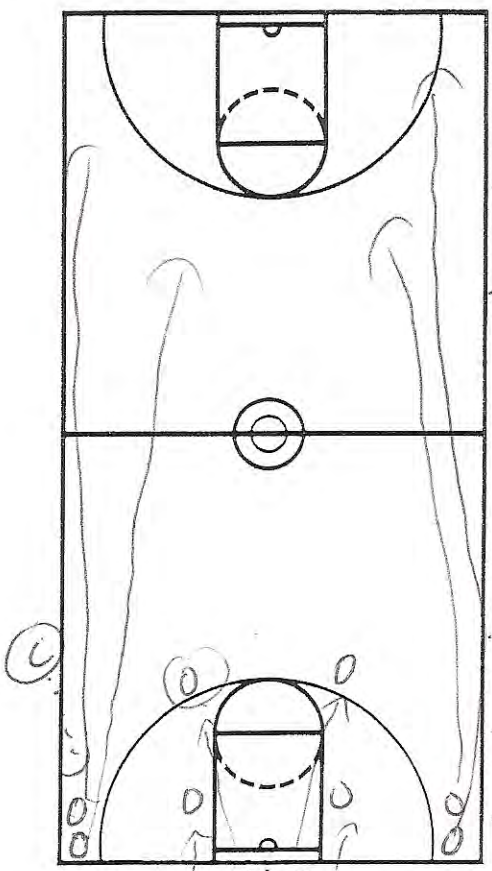
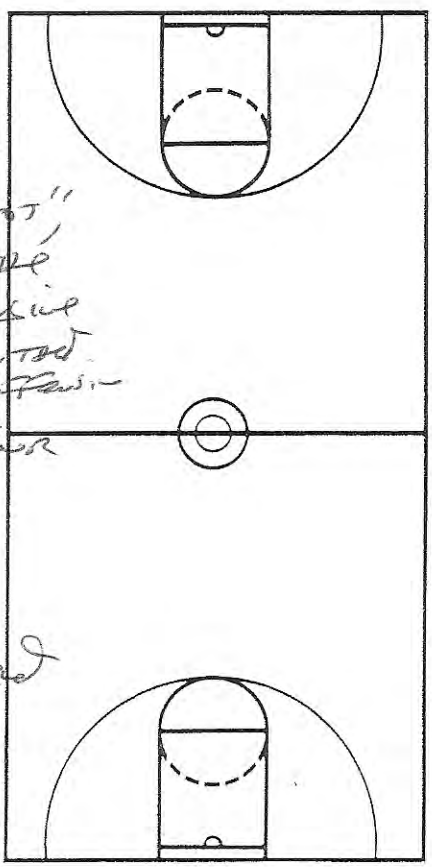


NOTES
FULLCOURT SHELL
- YOU WILL START WITH 4 ON 0, I HOLLAR "SHOT", THEN I WILL THROW THE BALL TO ONE OF 4 OFFENSIVE MEN IN CORNER, THEN THEY WILL SPRINT TO FOUR OFFENSIVE SPOTS, THEN THE FOUR ORIGINAL OFFENSIVE OUTS ARE NOW INTO TRANSITION D.
- AS SOON AS SHOT GOES UP, COACH IS IMMEDIATELY THROWING A DIFFERENT BALL TO BEGIN DRILL
- "YOU ARE EITHER A REBOUNDER OR A GET BACK OUT"



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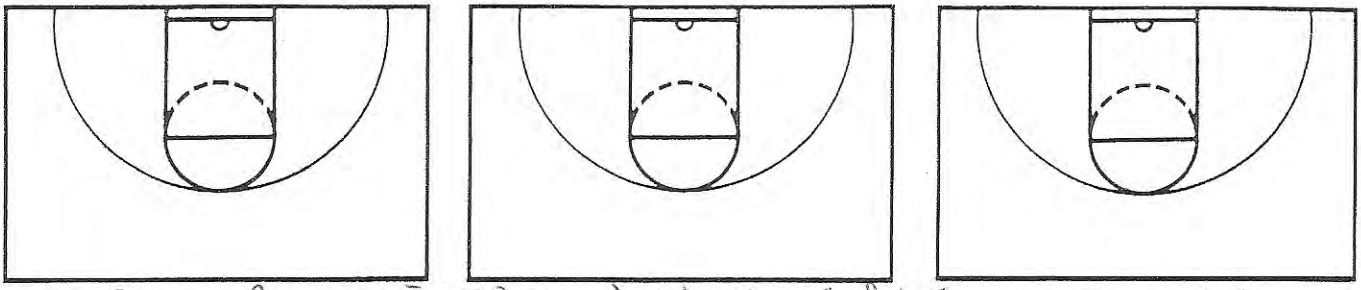
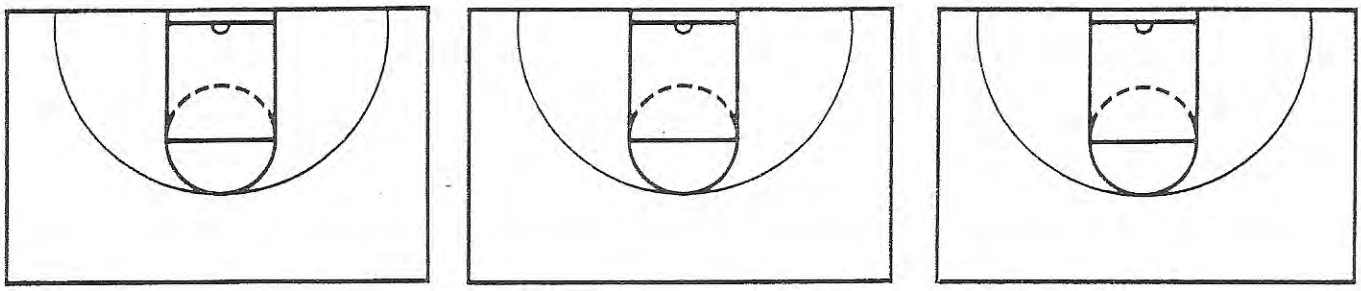


NOTES BEST WAY TO DO IT IS WITH 16 GUYS, AS SOON AS ONE RUSH GROUP GOES, YOU CAN HAVE NEXT GO ON, START FLOW INTO TRANSITION. COMPETE EVERY TIME



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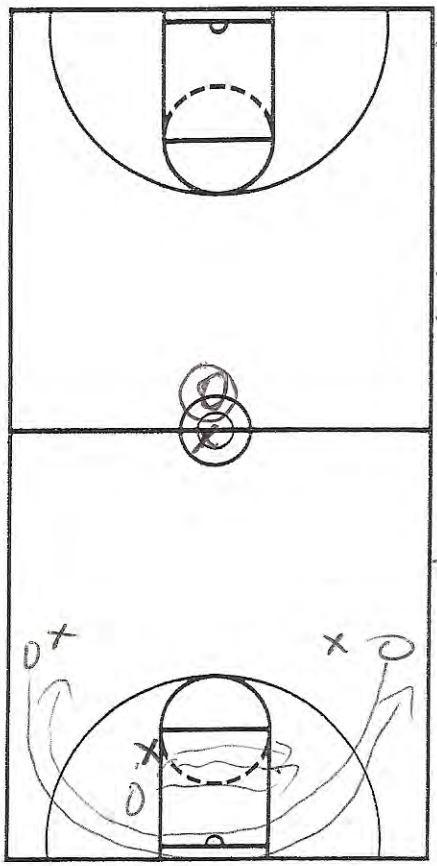
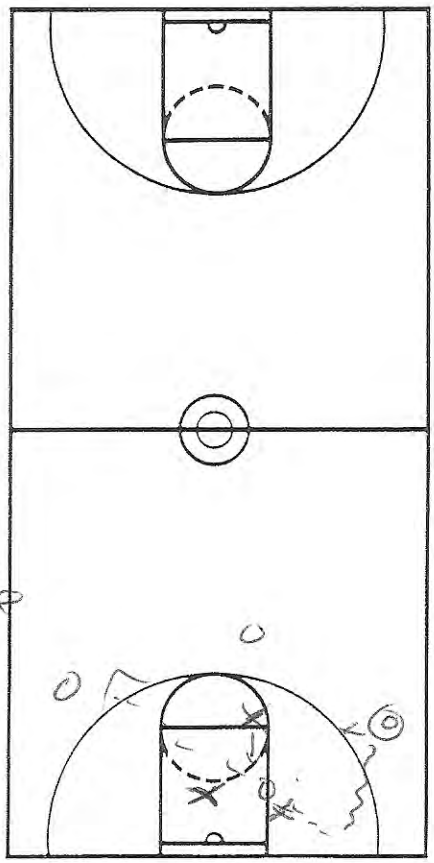


NOTES

* DIAMOND DRILL
  RUSH OR SUS
- START W/ WINGS CROSSING UNDER BASKET
- POST MAN GOING BACK SIDE
- POST PUSH ON HIGH SIDE, BUT IF HE BEATS HIM ON BASELINE, MUST GET BELOW POST FOR HELP SIDE D.
- MAKE THEM GO BASELINE
- TRY TO MAKE OFFENSE MAKE A SKIP PASS.
- TRY TO SKIP TO HOME
  DEFENSE WORK ON CLOSEOUTS.



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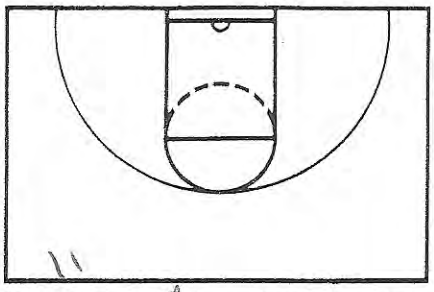
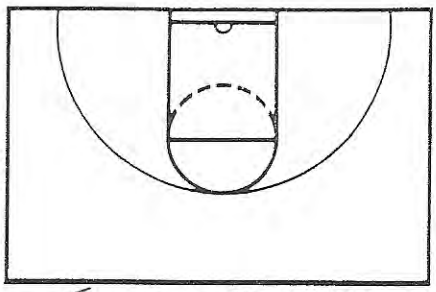
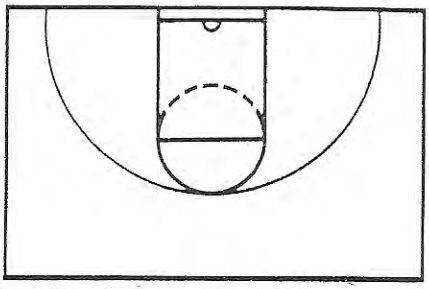
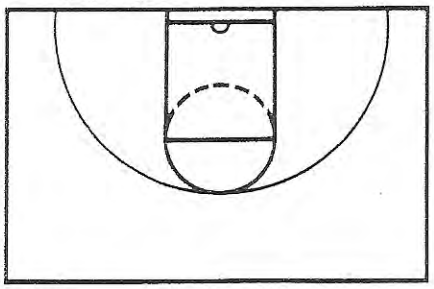
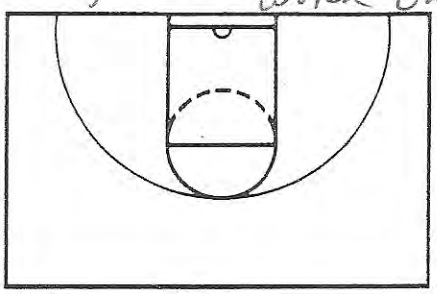
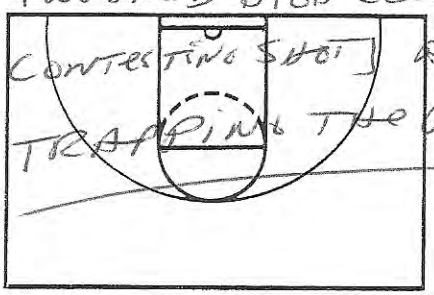




NOTES IF YOU GET GOOD AT FOUR COUNTY SKILL AND DIAMOND DRILL, YOU ARE GOING TO HAVE A GOOD DEFENSIVE TEAM. " IN DIAMOND DRILL YOU CAN ALSO WORK 3 ON 3 WITH POST CROSS SCREEN, WORK ON TRAPPING 1ST PASS, ETC. IT IS A GREAT DRILL. ALSO WORK ON TWO HAND HIGH CLOSEOUTS (CONTESTING SHOT) AND TRAPPING THE POST.

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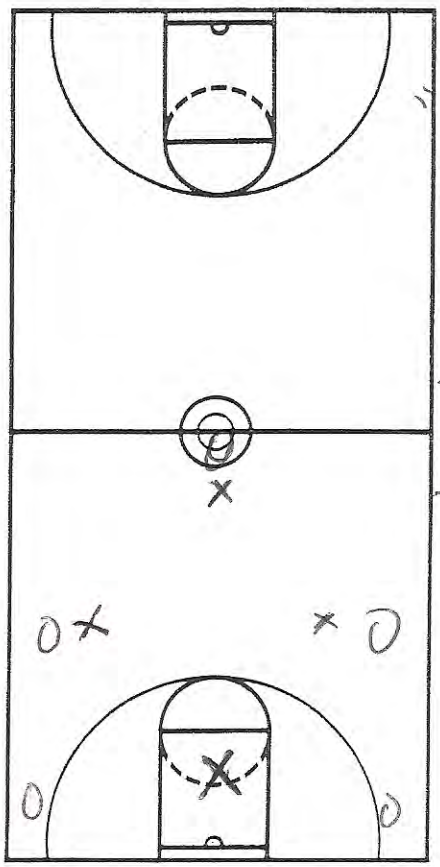
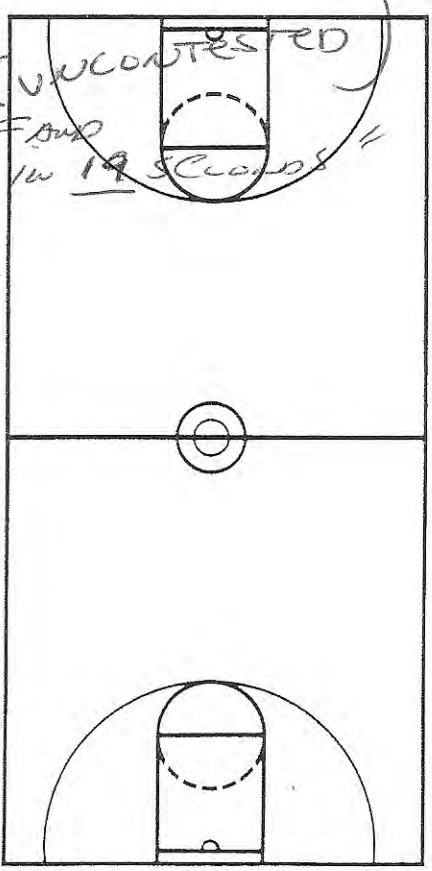


NOTES
5 VS 4
IF THEY GET AN OPEN (UNCONTESTED) SHOT YOU HAVE TO RUN HALF AND BACK AND FULL IN BACK IN 19 SECONDS
4 DEFENDERS HAVE TO GUARD THEM ALL 5
- OFFENSE CAN DO ANYTHING.
- TEACH YOU TO JUMP TO BALL, CONTEST SHOTS, AND TO COMPETE.



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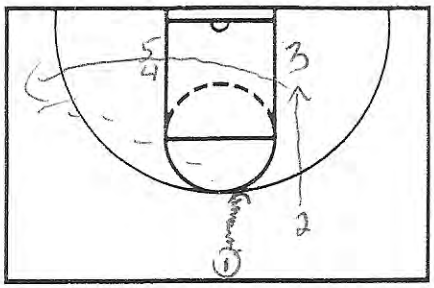
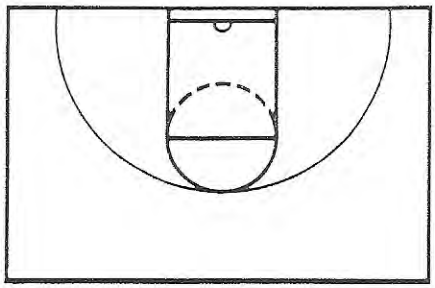
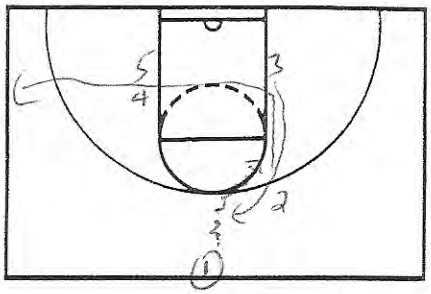
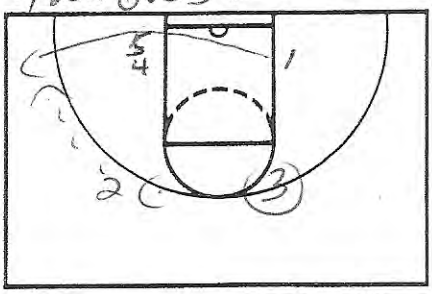


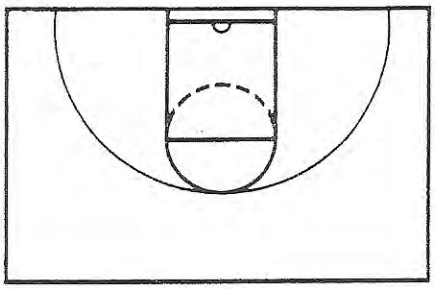


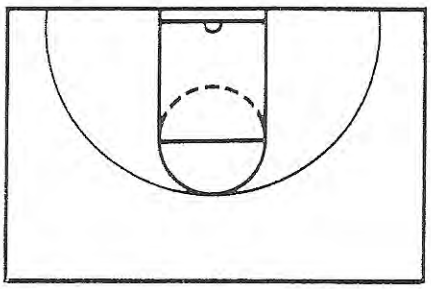


NOTES QUICK HITTER FOR A-3, 2 IS YOUR BEST SHOOTER 2 SETS SLIP SCREEN FOR 3, THEN GOES BETWEEN 4 AND 5

IF 2 ISN'T OPEN, THEN 1 GOES FULL SPEED INTO BACK OFF FOR FOR 3

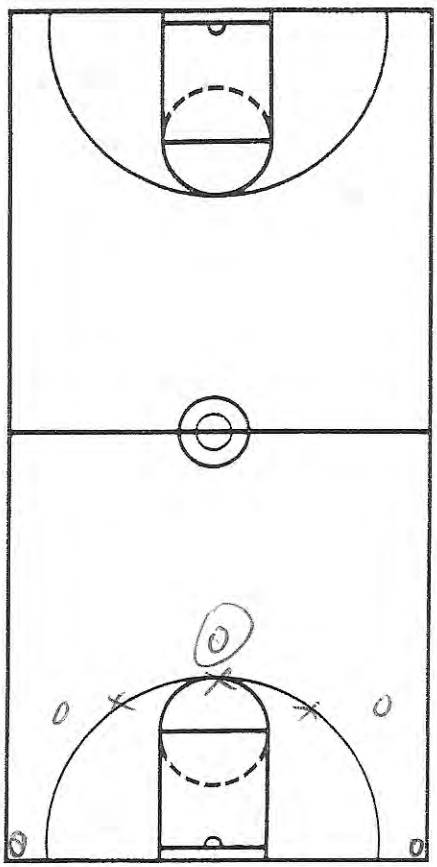






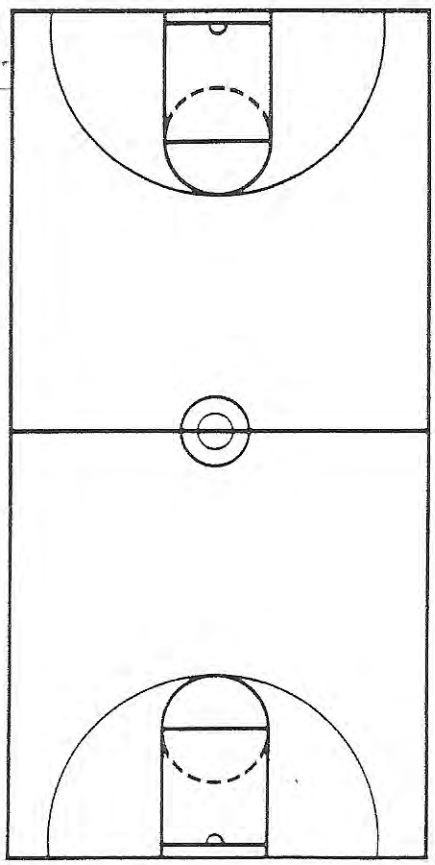
NOTES IF 3 CAN'T GET SHOT, 1 THEN GOES OFF DOUBLE TO CORNER

JUST DO IT



NOTES

3 ON 3, INTO 5 ON 5.
- PLAY 3 ON 3 LIKE, SHOT GOES UP, HAVE TWO GET BACKOUTS ASSIGN THEM, 1 TO BOARD, TWO MEN IN CORNER BECOME OFFENSE, INTO 5 ON 5 TRANSITION. PLAY UNTIL SCORE OR STOP ON OTHER END.
- COMMUNICATE



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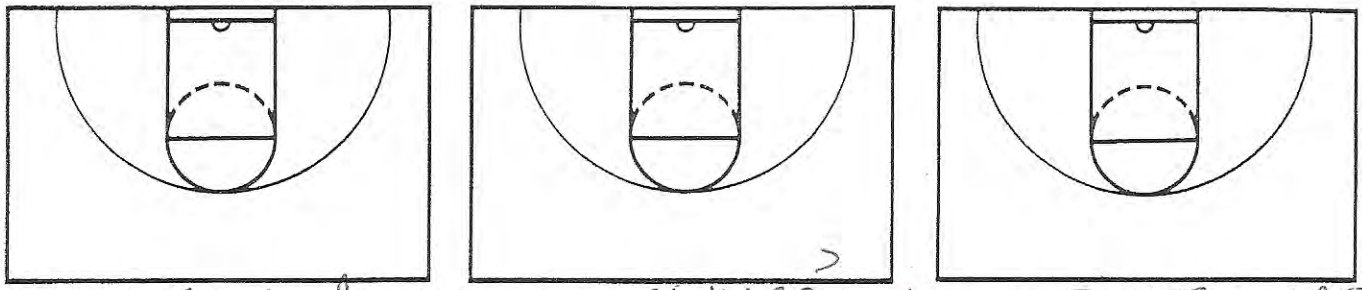
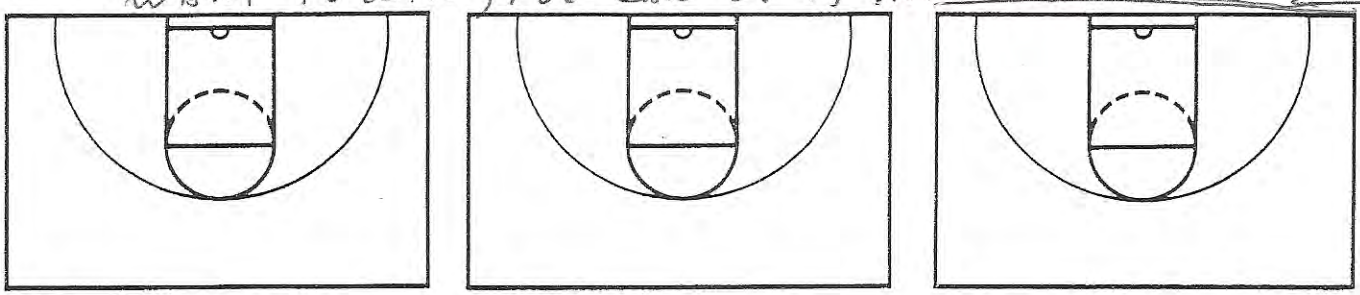


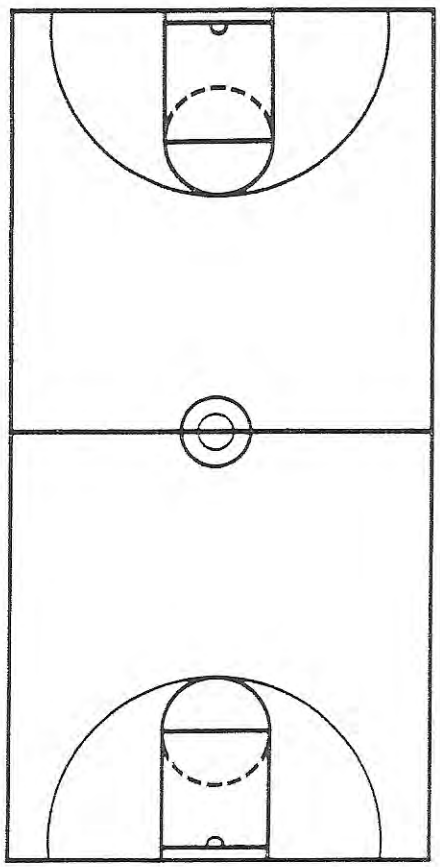
NOTES NOTES - ARE YOU GOING TO WORK HARD. - HOW MOTIVATED ARE YOU GOING TO BE AS A COACH? FIND PEOPLE TO HELP YOUR PROGRAM ★PREPARATION IS KEY, HAVE PASSION, IF YOU WANT TO WIN, YOU CAN DO IT. ★ELIMINATE DISTRACTIONS

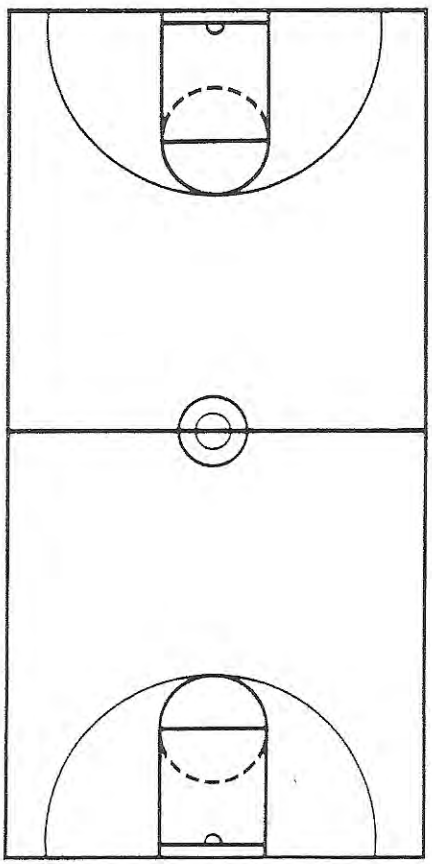


NOTES

JUST DO IT

NOTES





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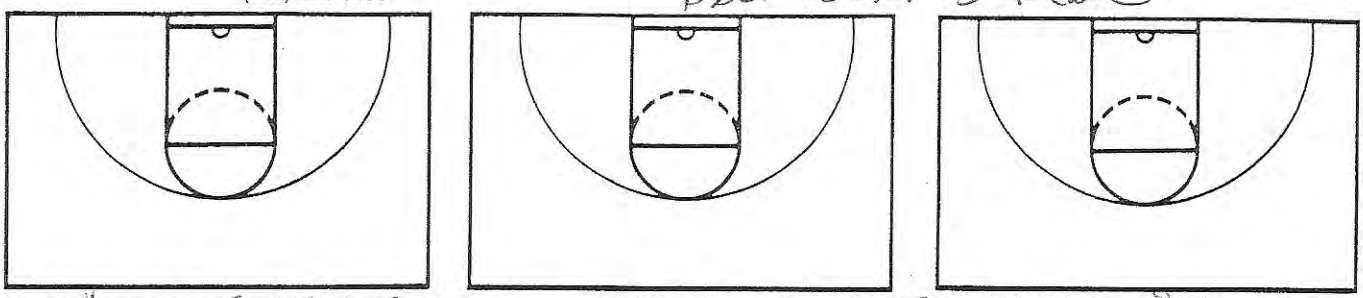
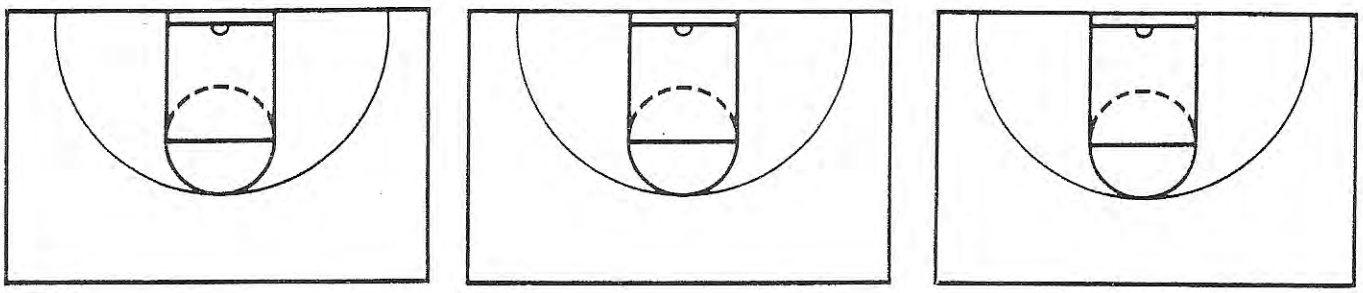
CHRIS LOWELL "BLENDING TRANSITION DEFENSE WITH HALF COURT DEFENSE"

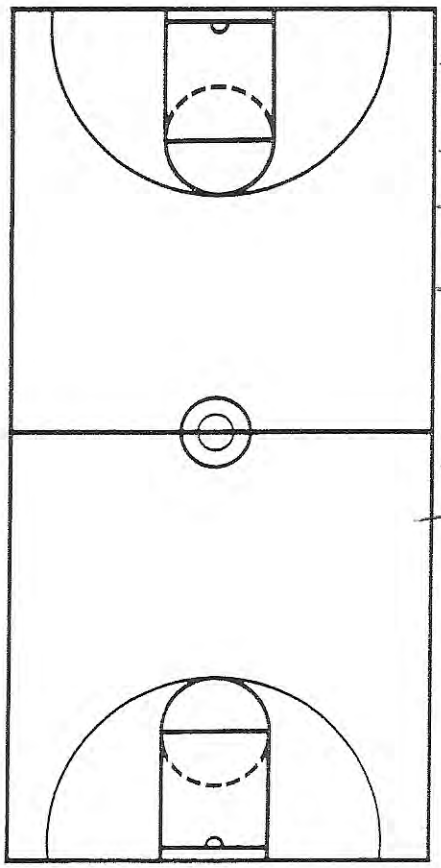


NOTES "I GOT THE JOB AT 31, AND I HAD TO ESTABLISH MY OWN IDENTITY, I HAD RECRUITED ALOT OF THOSE GUYS, SO WHEN I CAME BACK, I COULDN'T BE BUDDY-BUDDY WITH THEM."



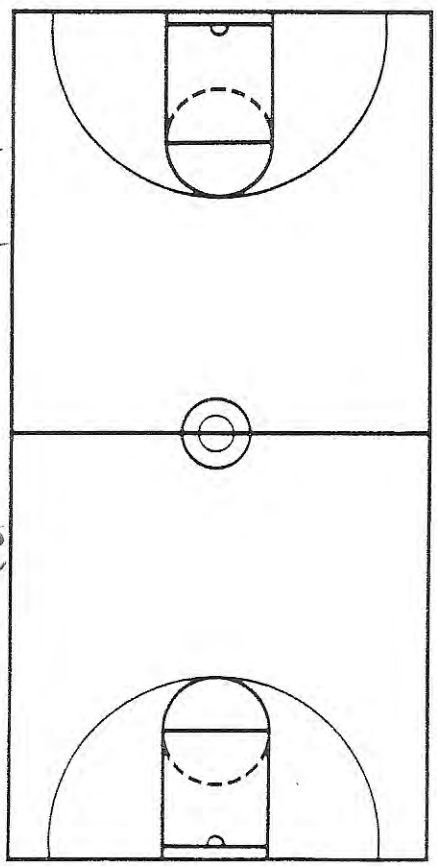
NOTES

JUST DO IT



NOTES IDENTITY

- WE PROMOTE PLAYING HARD.
- OUTWORKING PEOPLE
- COMMITTED TO HELPING TEAMMATES
- TRUST
- WE WANT TO GET TO YOUR BALLHANDLER AS QUICK AS WE CAN.
- NOT MANY TEAMS HAVE 2 BALLHANDLERS SO WE WANT TO WEAR HIM DOWN, OR MAKE HIM GIVE BALL UP.



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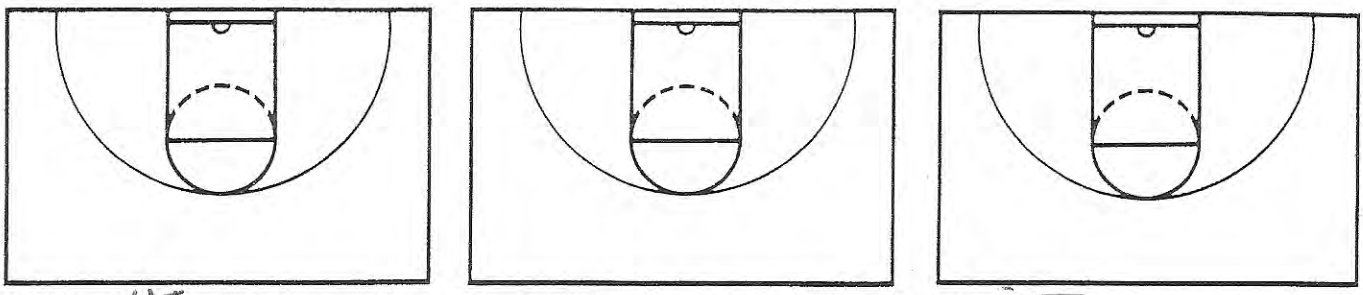
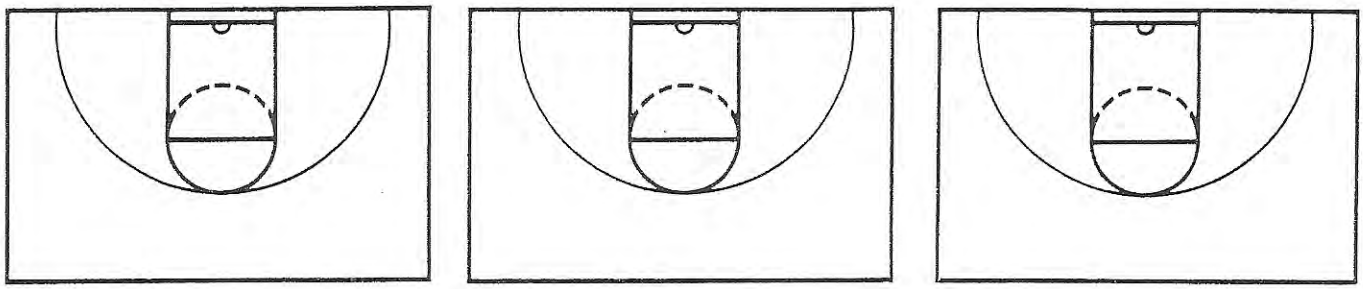
CHRIS LOWELL



NOTES YELL "LOOSE BALL" AND DIVE ON IT
WE HAVE OUR WHOLE TEAM YELLING "LOOSE BALL" ITS INTENSE.

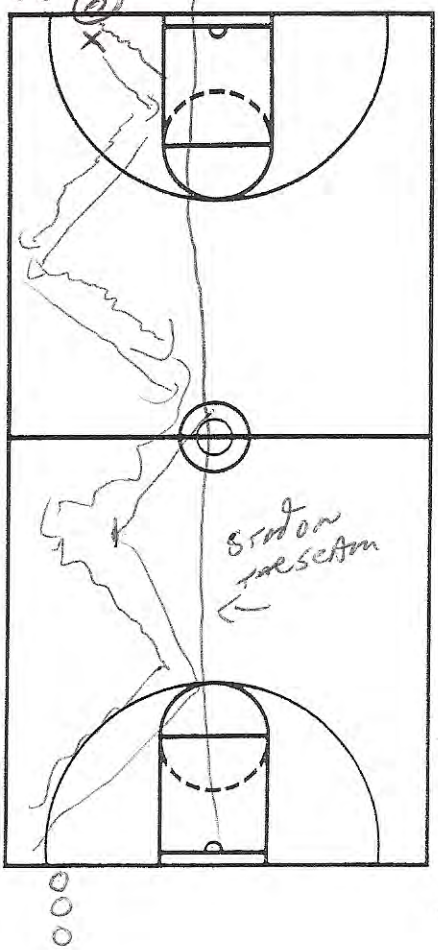


NOTES

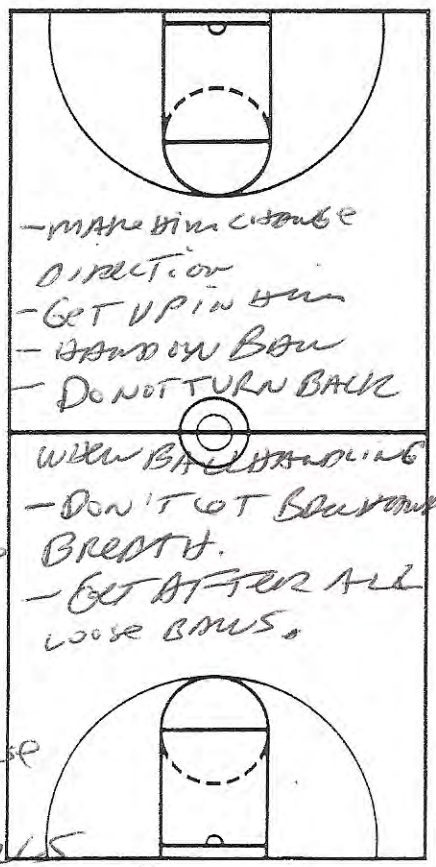
DRILL 1

"MAN IN THE HOLE"

JUST DO IT



NOTES
- MAN ON DEFENSE HAS TO GUARD FULL COURT IN ZIG-ZAG. DRILL 3 TIMES IN A ROW.
- THEN THAT MAN GOES DIRECTLY TO OFFENSE AFTER HIS 3 OFFENSIVE TRIPS. AND THE NEXT MAN IN LINE BECOMES THE "MAN IN THE HOLE" 3 TIMES UP AND DOWN
- OFFENSIVE MAN GOES TO END OF LINE. OFFENSE ONLY GOES 1 TRIP.



- MAKE HIM CHANGE DIRECTION
- GET UP IN HIM
- HAND ON BALL
- DO NOT TURN BACK WITH BALL HANDLING
- DON'T GET BAD BREATH.
- GET AFTER ALL LOOSE BALLS.

ANY LOOSE BALL, EVERYONE "LOOSE BALL" AND DIVE ON IT

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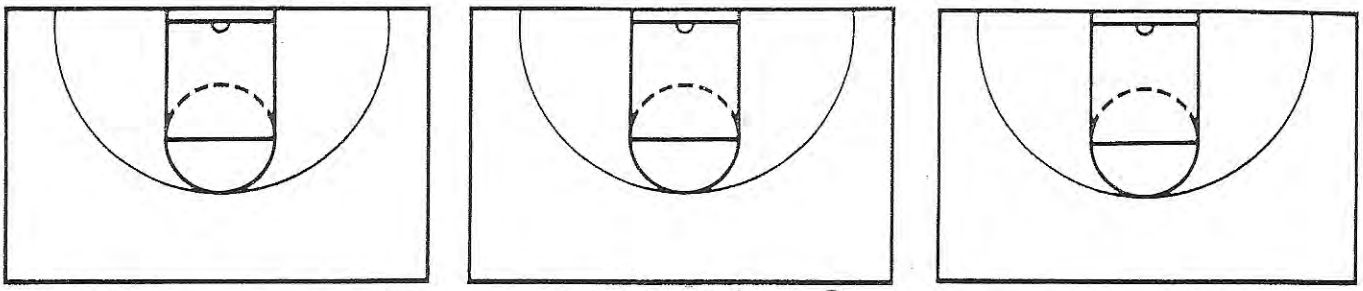
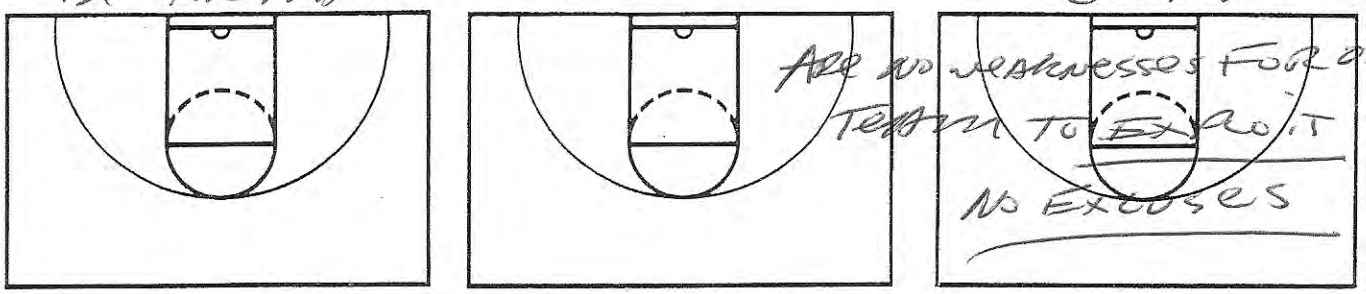


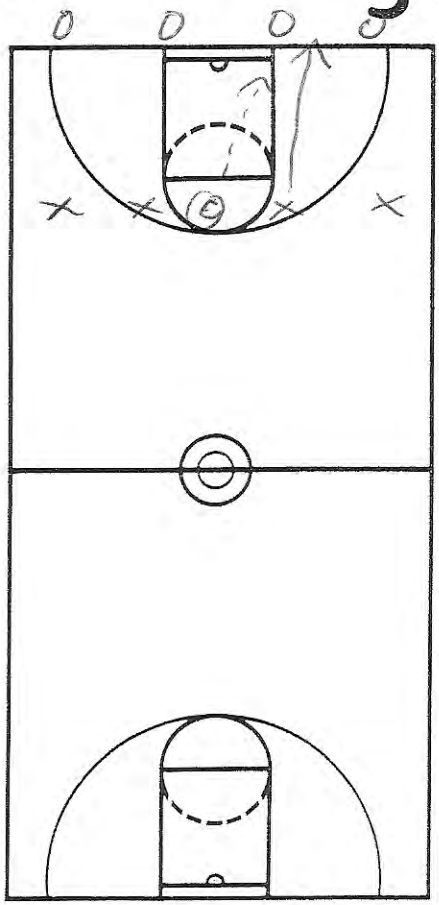
NOTES KEEP THE COURT ON THE DRIBBLER
- WE HAVE GUARDS ON ONE SIDE, AND BIGS ON THE OTHER SIDE FOR "WORK IN THE HOLE" EXPECT YOUR BIGS TO GUARD SO THERE ARE NO WEAKNESSES FOR OTHER TEAM TO EXPLOIT
NO EXCUSES



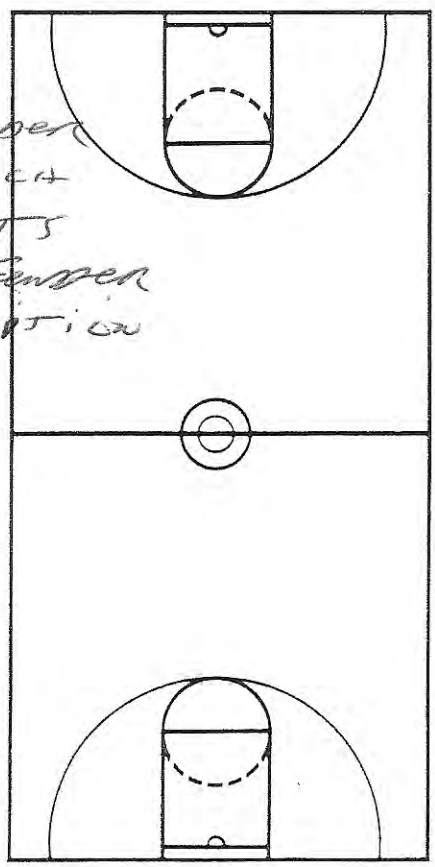
NOTES

JUST DO IT

DRILL 2 "RUSH"



NOTES
- CORRECT THROWS TO OFFENSIVE MAN, THAT MANS DEFENDER HAS TO GO AND TOUCH BASELINE, THEN IT'S 4 ON 3 UNTIL DEFENDER GETS BACK IN TRANSITION
- FULL COURT TRANSITION D



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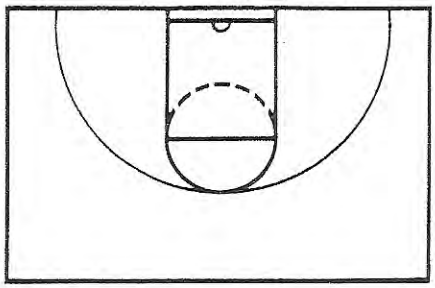
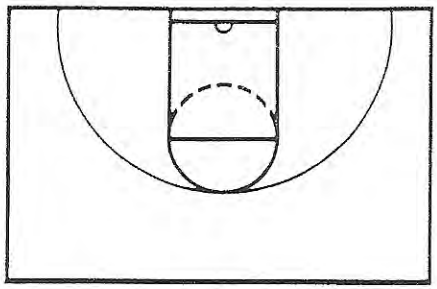
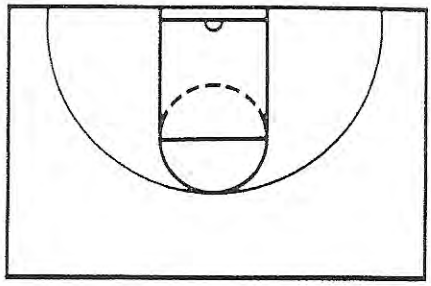
CHRIS L.







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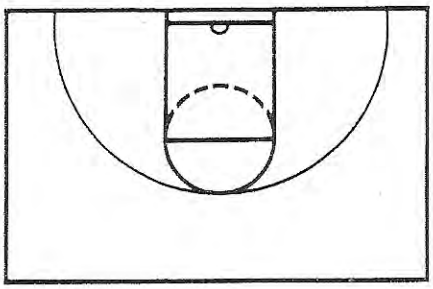
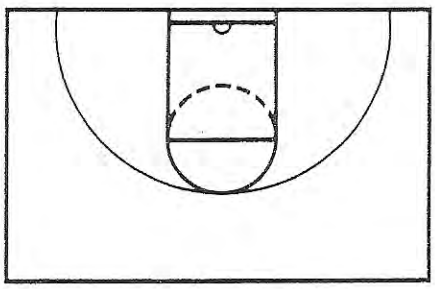
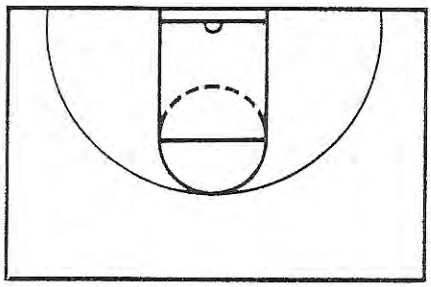


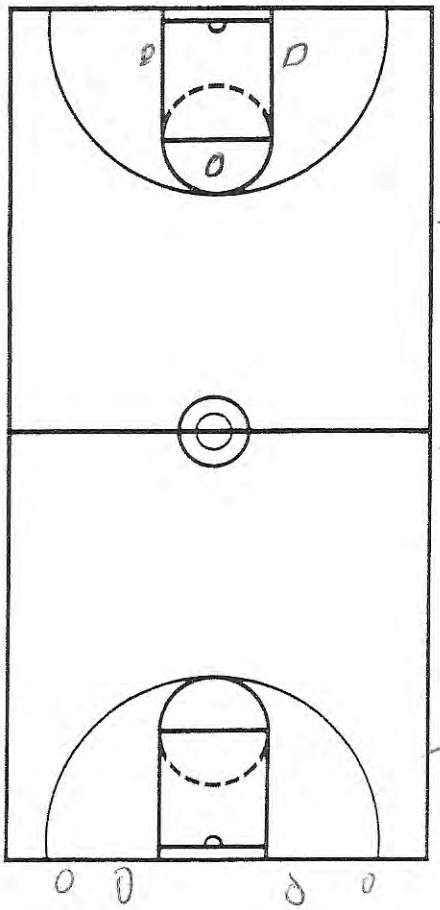




NOTES

"Drill 3 Progression"

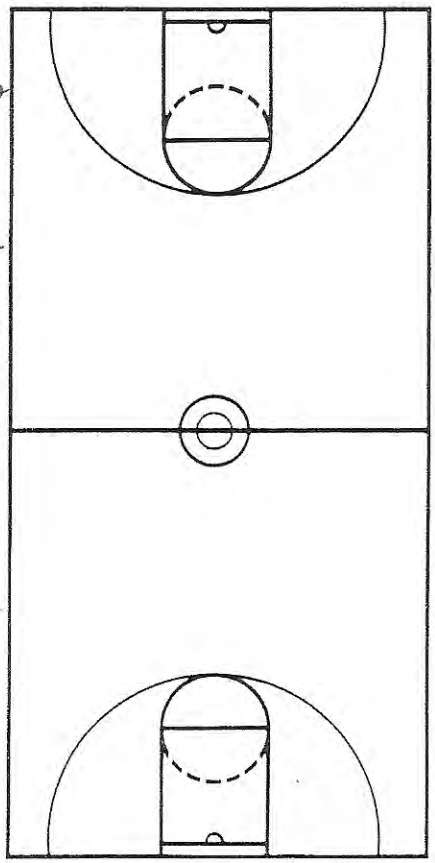
JUST DO IT



NOTES

- SPLIT INTO 2 TEAMS
- O TEAM STARTS WITH FREE THROW.
- THEN TO D MEN AND 2 ON 1 BACK, THEN 2 O MEN STEP ON FOR 3 on 2, THEN 2 D MEN ON FOR 4 on 3, THEN 5 on 4, INTO FINAL 5 ON 5

"Keep Score"



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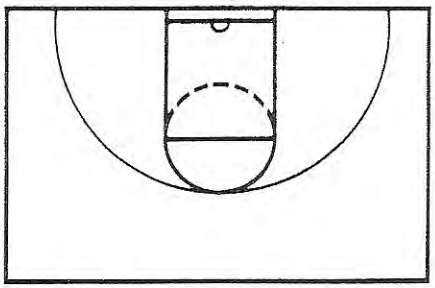
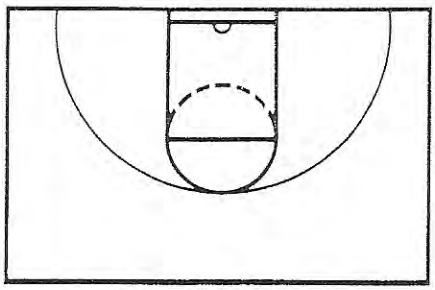
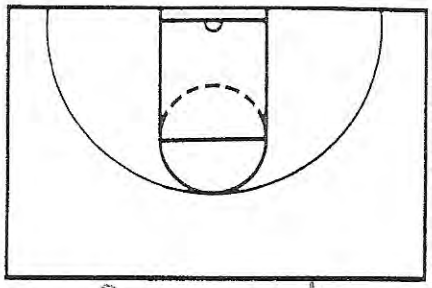
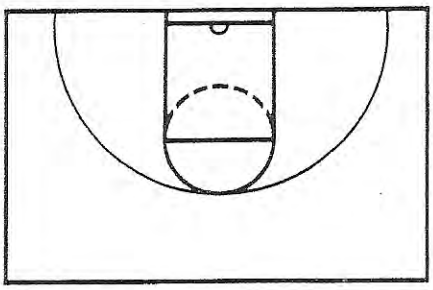
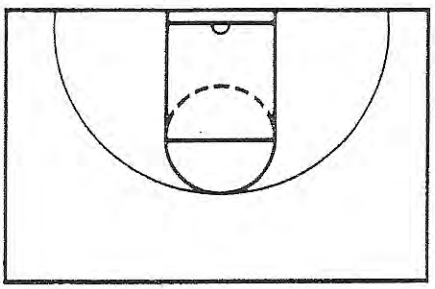
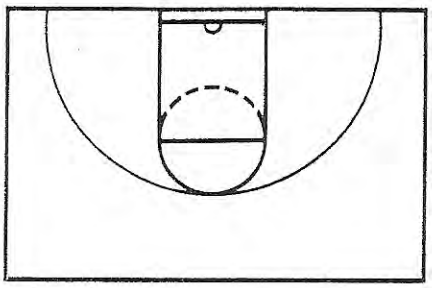
CLINIC Chris L.
DATE Area 5

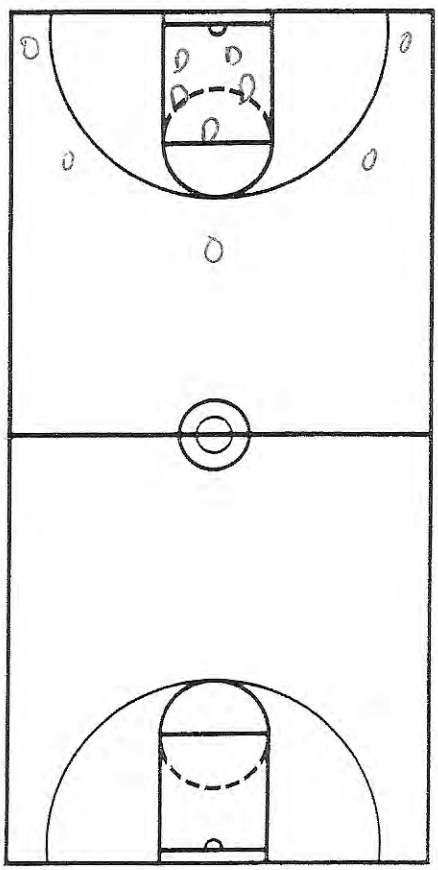




NOTES THEIR ARE NOT OUT OF BOUNDS. WE PLAY EVERYTHING.

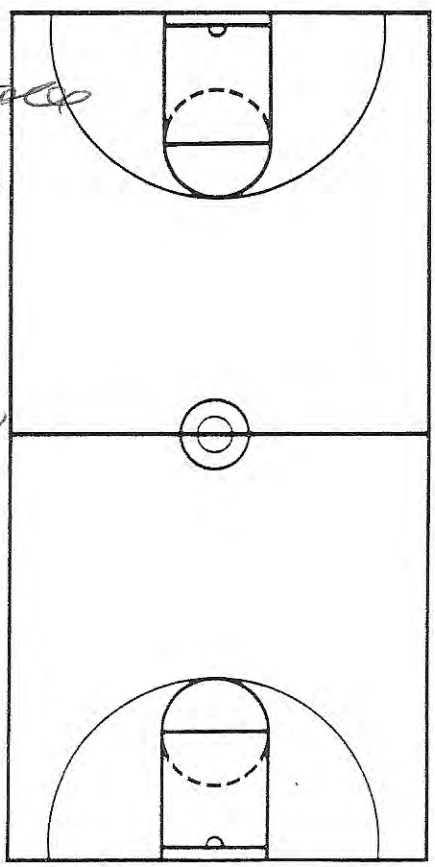




NOTES
DRILL 4
"MAN DOWN"

JUST DO IT



NOTES
- TEACH THEM TO PLAY AT A DISADVANTAGE
- SOME, THEN YOU YELL NAME OF OFFENSIVE PLAYER AND HE WILL BE "MAN DOWN"
- GAME TO GET 3 STOPPAGES TO WIN
- THEN IT'S FIVE VS FOUR IN TRANSITION "MAN DOWN" RUNS OFF THE COURT.



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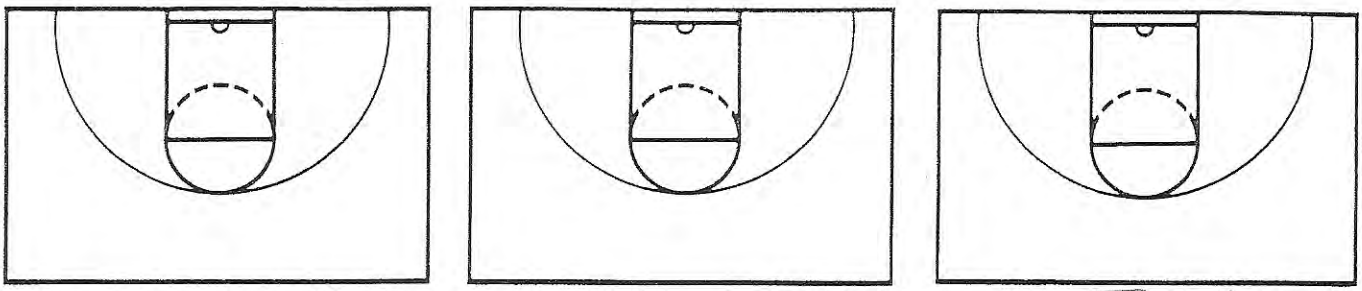
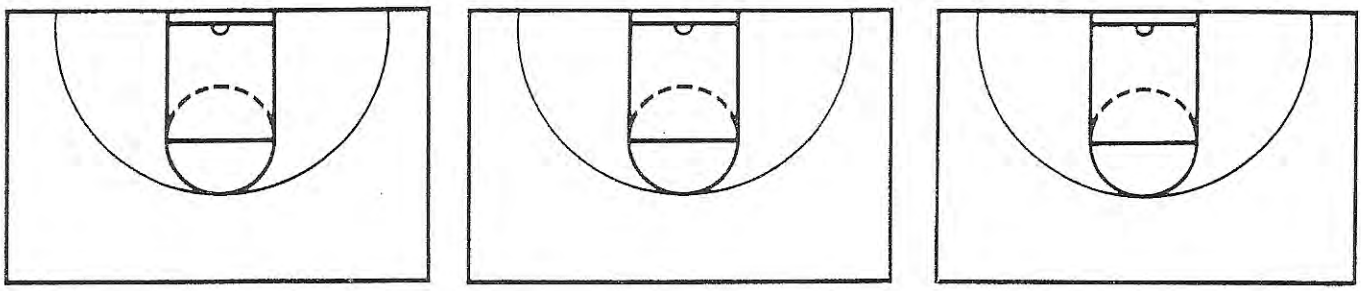
CHRIS C.



NOTES ON THE REBOUND, WE GO AND "TRUCK EM" GO MAKE CONTACT.

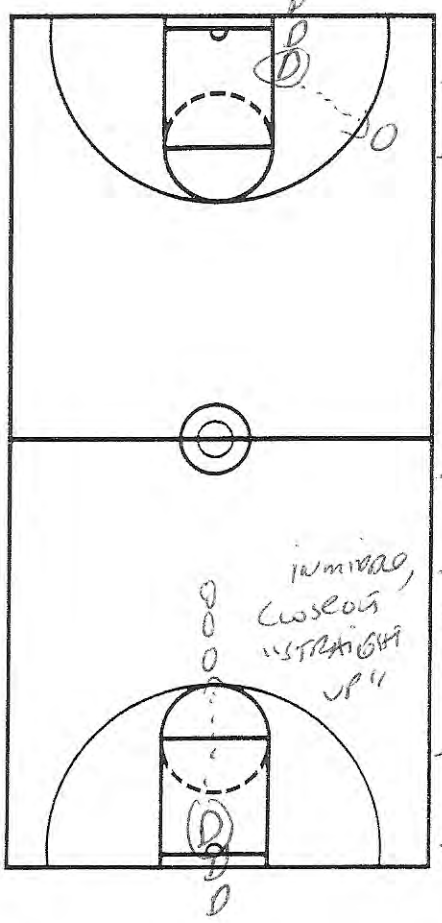


NOTES

Drill 5

"HALF COURT CLOSEOUTS"

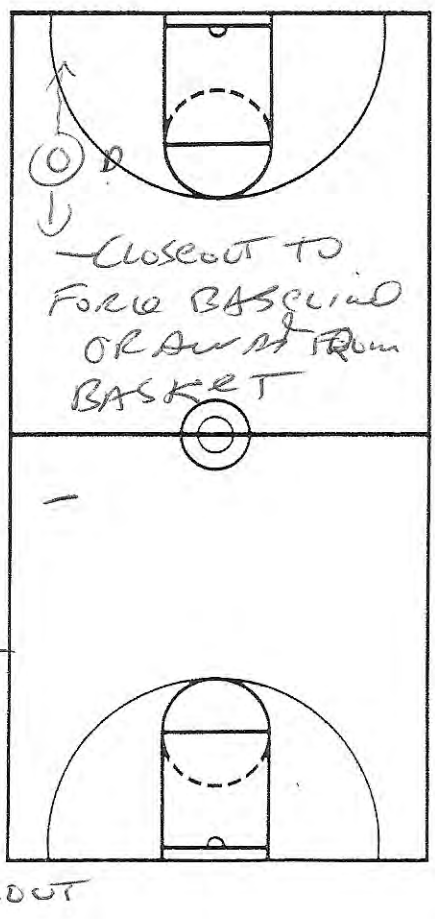
JUST DO IT



inward, closeout straight up"

NOTES

- DEFENSE TO OFFENSE
- HIGH HANDS WITH CLOSEOUT.
- ROLL THE BALL, SPRINT, AND CHOP YOUR FEET.
- CLOSEOUT TO HIS CHEST
- WHEN YOU SEE THE CATCH, THAT'S WHEN YOU CHOP YOUR FEET
- BOTH HANDS HIGH ON CLOSEOUT
- TWO HANDS SHOULD BE IN A DIAMOND TOGETHER ON CLOSEOUT



- CLOSEOUT TO FORCE BASELINE OR AWAY FROM BASKET

-

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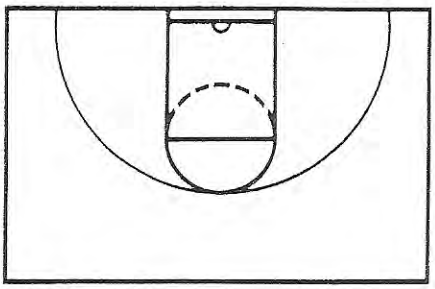

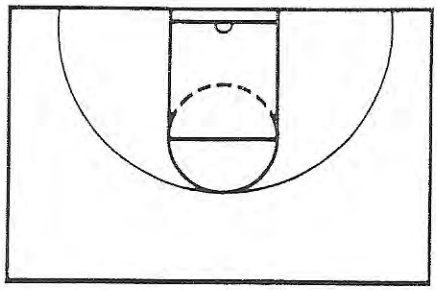

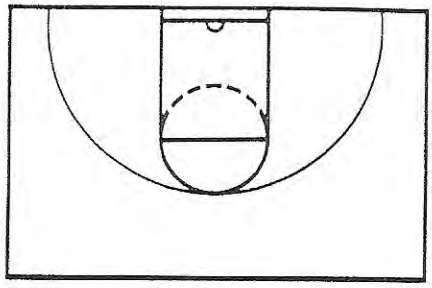

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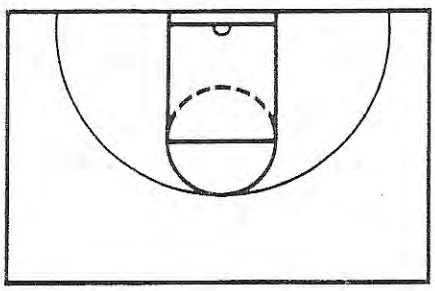
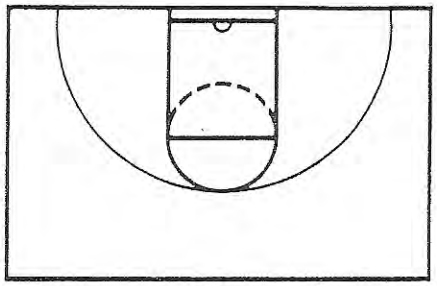
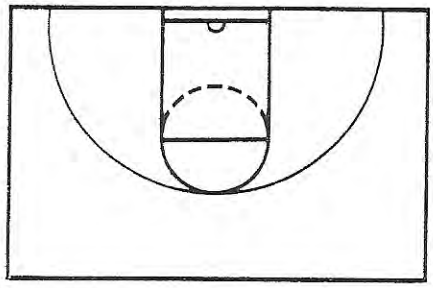


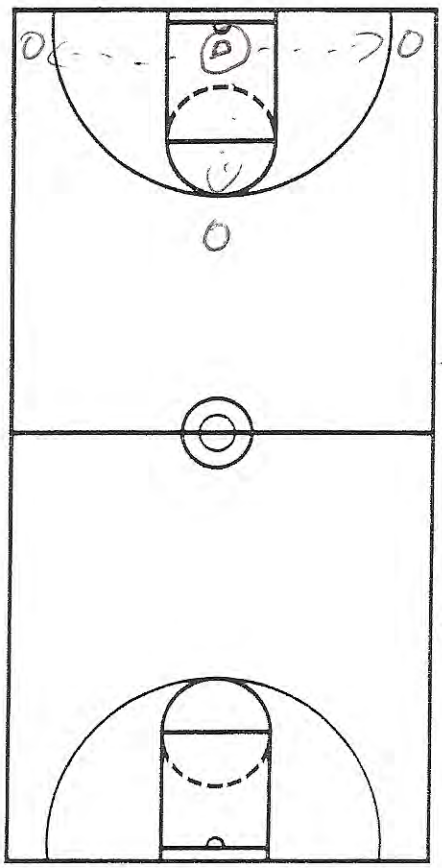




NOTES

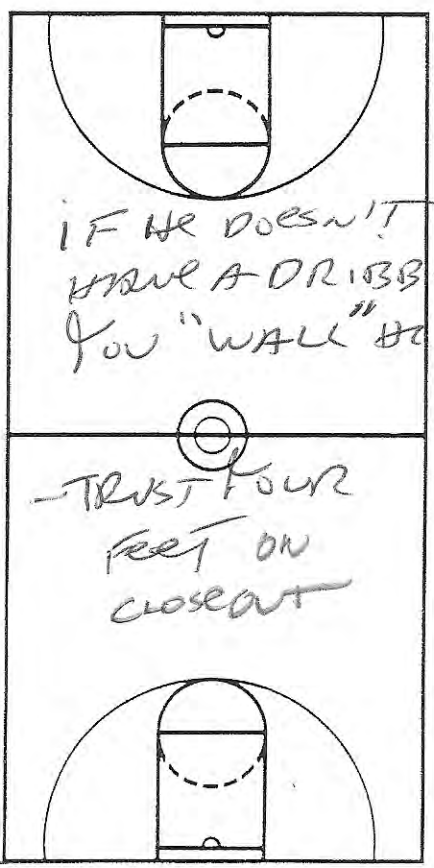
DRIVE "SUPERMAN"

JUST DO IT



NOTES

- DEFEND EACH MAN BEFORE DOING OFFENSE HAS 1 DRIBBLE TO MAKE PLAY
- DEFENDER MUST SECURE REBOUNDER BEFORE HE LOOK TO NEXT CUT.
- CLOSE OUT HARD GET UP IN THEM THEN DRIVE 1 DRIBBLE TO MAKE PLAY
- STOP ALL THREE CUTS



IF HE DOESN'T HAVE A DRIBBLE, YOU "WALL" HIM

- TRUST YOUR FEET ON CLOSEOUT

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CHRIS L.

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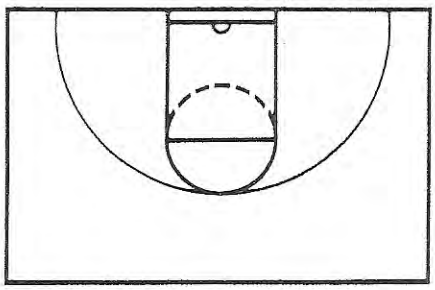
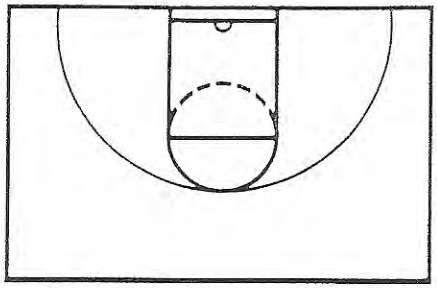
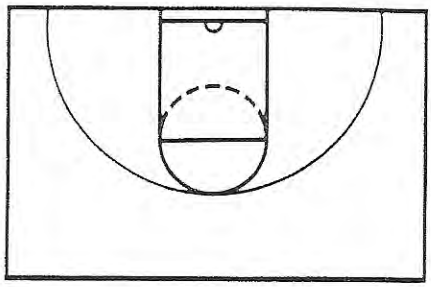

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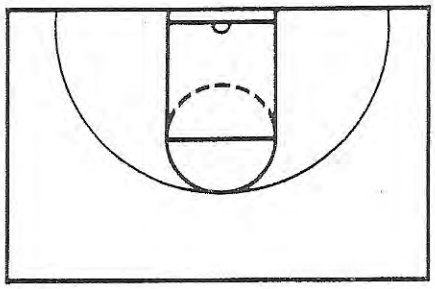
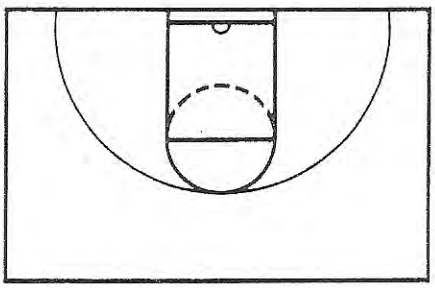
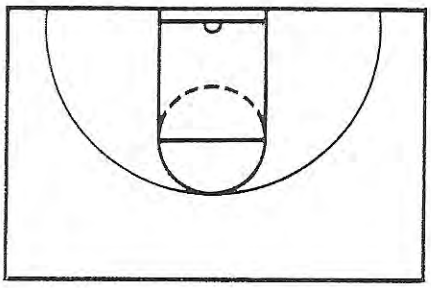
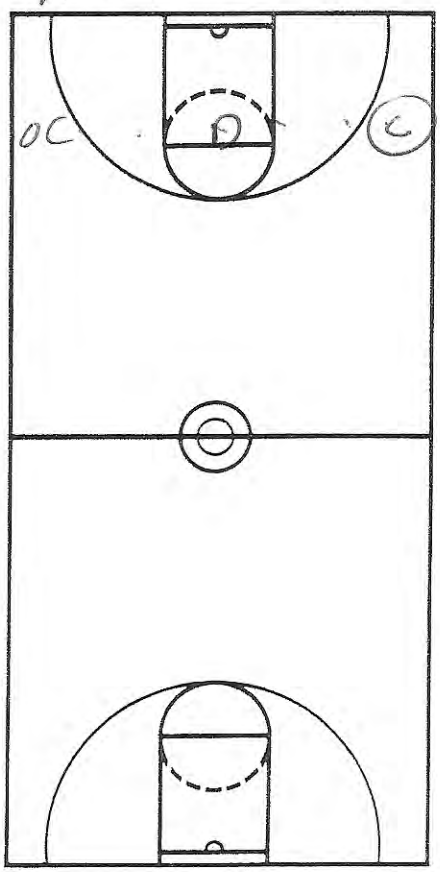




NOTES

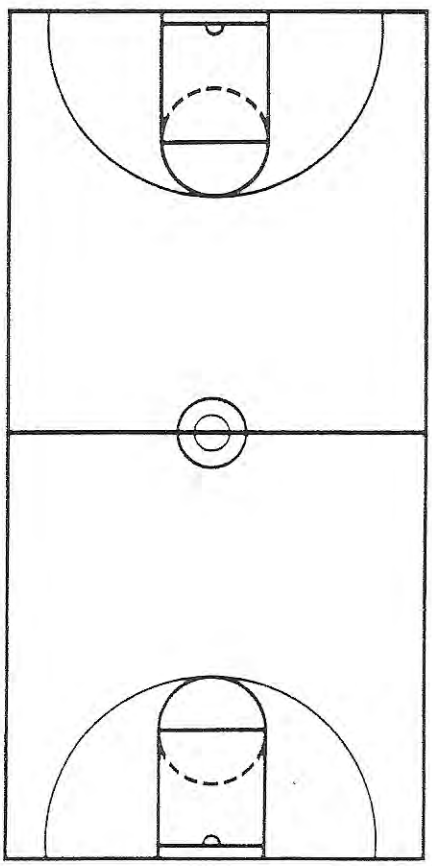
DRILL 7.
" SKIPPING INTO A CLOSEOUT "

JUST DO IT



NOTES

- CORD SKIPS
- OFFENSE DOES ONE DR. BBC
- AS SOON AS IT COMES CORDES HAND, TAKE OFF.
- CLOSEOUT TO HIS CHEST.



UNIVERSITY OF CONNECTICUT BASKETBALL
"REBOUNDING"



It is our contention that a team can only do a limited number of things well. Since we feel that rebounding is one of the most consistently controllable, we put a major emphasis in practice on this area.

I. PHILOSOPHY

Rebounding, we feel, is the most controllable. It keys our fastbreak, makes up for a poor shooting game, limits number of shots a good shooting team will take, demoralizes and intimidates an opponent, and changes an opponent's game preparation.

The single most important factor in rebounding is "wanting the basketball." You must acquire a rebounding attitude. This pride and courage in rebounding is developed by drills which are repetitious, constant emphasis in practice, and statistical and personal coverage of it during all games and practices. A rebounding attitude will become a source of pride for the entire team, and if maintained, will make any team at minimal a good rebounding team.

II. TECHNIQUES

Defensive Rebounding

1. Attitude
2. Contact-1st step
3. Box- Either reverse or front pivot
4. Control-butt, legs, elbows
5. Read-release, find ball, quickness to it
6. Rebound-strong, two hands
7. Outlet
8. Pin to the baseline

DEFENSIVE FOUL SHOTS

1. Feet together and close to offensive man
2. Push off foot closest to baseline
3. Thrust arm and leg up in a cut-off move
4. Regular techniques

OFFENSIVE REBOUNDING

1. Attitude - go after every ball
2. Active - don't allow yourself to stay boxed out
3. Spin, hook elbow, step away - step back
4. Tip ball to your other hand

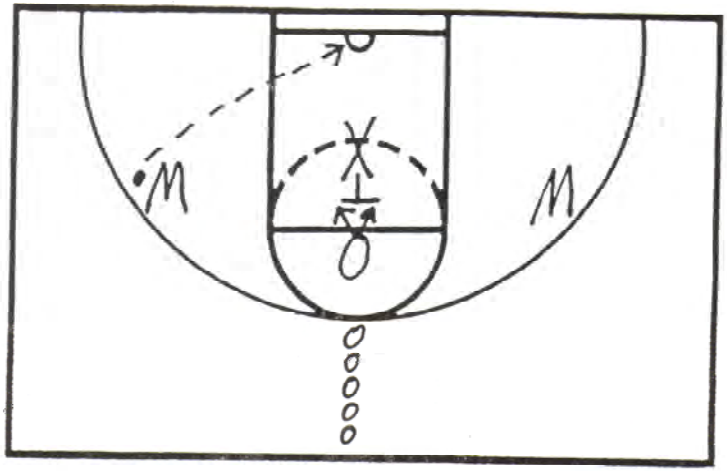
OFFENSIVE FOUL SHOT

1. Attitude
2. Quickness 1st step
3. Do not allow contact from defensive man
4. Line up away from defense

III. DRILLS

One-on-One Box-Out Drill

OBJECT: To improve the rebounding techniques and instill a "rebounding attitude" in the individual rebounder.



M-Managers
X-Defenders
O-Offensive players

The manager shoots the ball at the goal, the defender attacks the offensive player and boxes him out. He should attempt to force him in the direction the shot came from but, more importantly, he must make contact with the offensive player then go and secure the rebound.

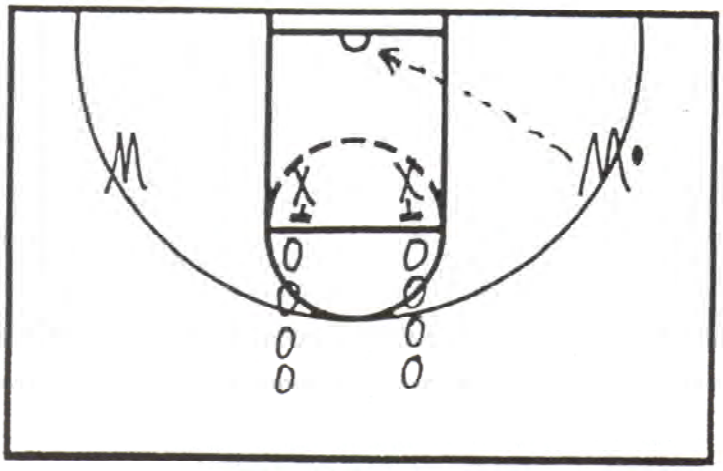
The ball is live once it leaves the shooter's hand until the outlet pass is made back to the managers. There is no out of bounds, play the whistle, no pushing with arms and no blatant elbows, use body.

Each player must secure three consecutive rebounds, he then moves to the rear of the line on offense and another player replaces him on defense. Every player must take his turn.

Note: This drill is also done from either weakside by moving the line of offensive players to the opposite wing from the manager shooting.

Two-on-Two Box-Out Drill

OBJECT: To improve individual rebounding techniques, instill a "rebounding attitude" and work on team rebounding skills and communication.



M-Manager
X-Defenders
O-Offensive players

A manager shoots the ball towards the basket, the defensive players move at the offensive players and box out. The offensive players may use several diversions like a pick or criss-cross to make the defensive players job more difficult and it is up to the defenders to communicate in this situation.

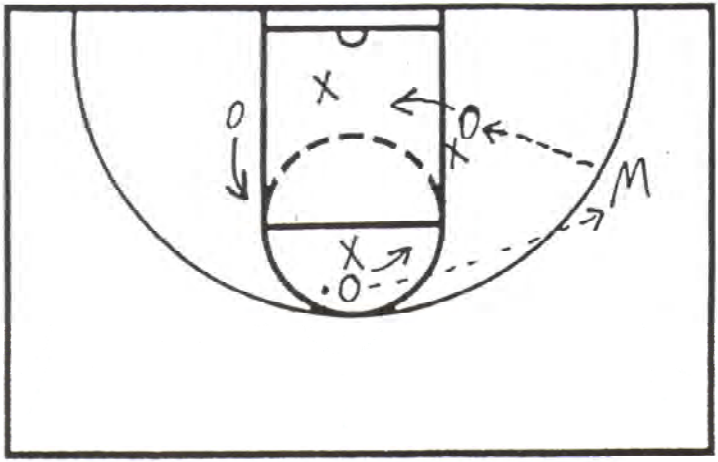
There are no boundaries and the ball is live until the outlet pass is thrown, play the whistle.

Again, three consecutive rebounds are needed before new defenders come out. Everyone must take a turn on defense.

NOTE: As in the one-on-one version, fatigue becomes a big factor once two guys get "stuck" in there trying to get three straight rebounds. They are constantly going against relatively fresh offensive rebounders. Coaches can really learn a lot about their players' hearts in this drill.

Three-on-Three Box-Out Drill

OBJECT: To work on individual and team rebounding skills in both zone and man-to-man situations, and instill a "rebounding attitude."



M-Manager
X-Defenders
O-Offensive players

The ball starts out front with the shooters and it is initially passed around the perimeter. The offensive players move in a circular rotation and the defenders play either zone or man-to-man defense. The shooters will hit any open postman in the first few passes or they will shoot.

Points of Emphasis:
Ball side - two step move defending the low post, must have head and hand in passing lane, lock offensive player with back leg, baseline side if below 45 .

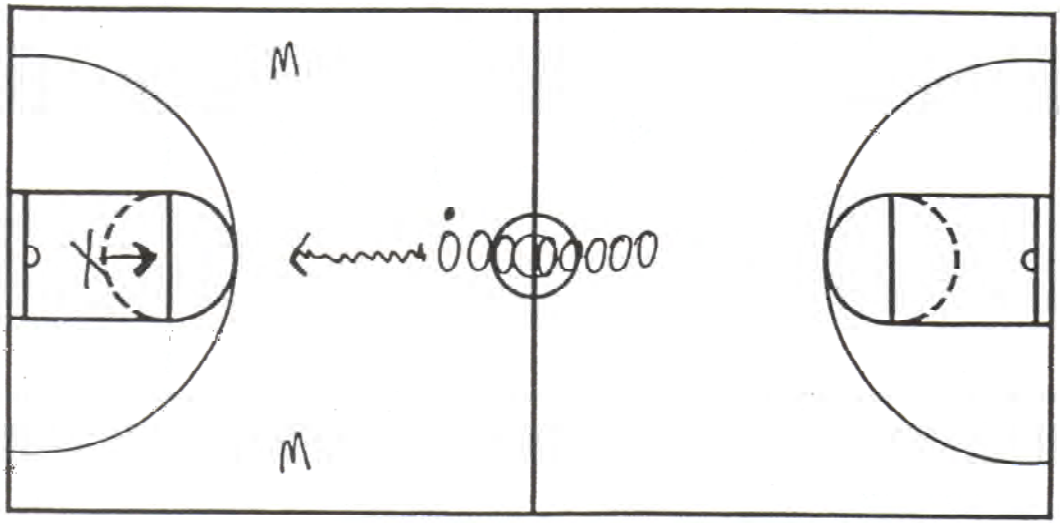
High Post - baseline side denial, lock offensive player with leg when the ball comes out topside front.

Weak Side - help position, step off line of the ball towards the basket, deny flash cuts to the ball and make sure you go to the man and box, DO NOT relinquish rebound position, contact is imperative, everyone boxes out.

The ball is live until the outlet pass is made. Go for as long as you feel necessary. No boundaries, play the whistle.

One-on-One 1/2 Court Box-Out Drill

OBJECT: Box out skills and attitude, reactions to ball, ability to defend break-away.



M-Manager
X-Defensive player
O-Offensive players

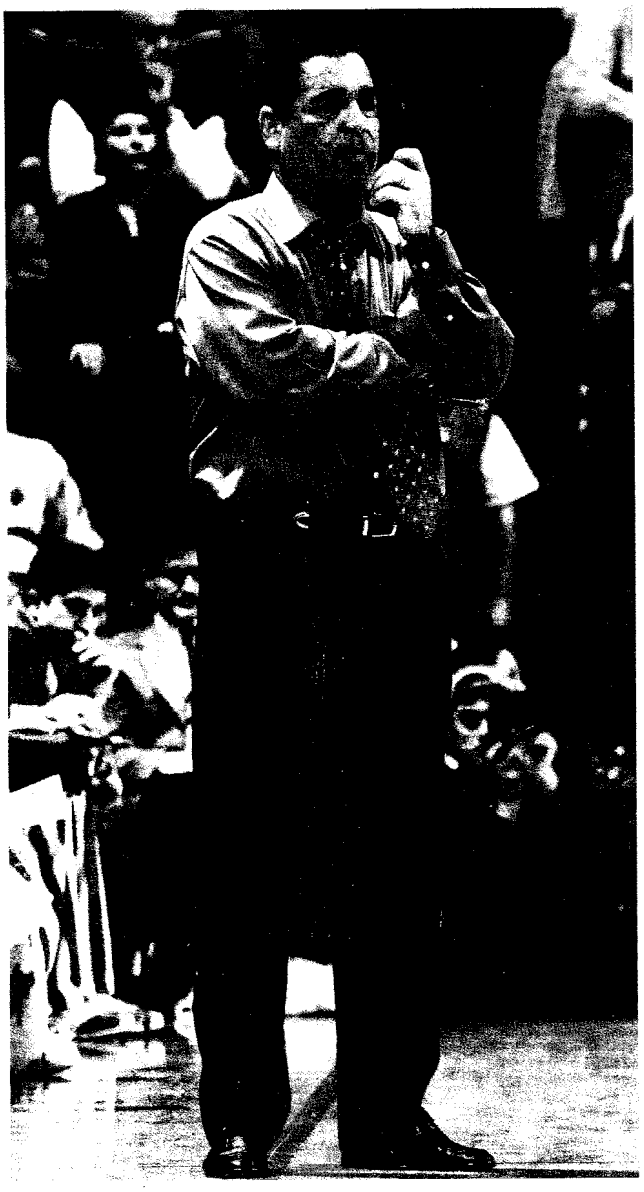
O begins at mid-court and dribbles in towards the foul line. Once inside the foul line, he has two dribbles. X picks up O around the foul line or above and attempts to force O to pull up for a jump shot. Once the shot is taken, X must box out and secure the rebound. As soon as the ball is rebounded and a perfect outlet pass is thrown to either manager on a wing, X must react to the next O who is already on the way.

There are no boundaries, no handchecks, play the whistle. Each player again needs to get three consecutive stops on defense. A stop consists of controlling the offensive player, contesting his shot, boxing him out, securing the ball, and throwing an outlet pass.

2007 Kelvin Sampson
Indiana University
Coaches' Clinic

October 20th

Assembly Hall



Featuring Coach Kelvin Sampson
and the Indiana University Basketball Coaching Staff

INDIANA

2007
KELVIN SAMPSON
INDIANA UNIVERSITY
COACHES CLINIC

DRILLS FOR BUILDING MAN TO MAN DEFENSE

OCTOBER 20, 2007

DAN DAKICH
INDIANA BASKETBALL

Indiana Hoosier Basketball

BUILDING MAN TO MAN DEFENSE

- Man to Man defense requires the elements all good program possess TOUGHNESS and ACCOUNTABILITY

- In modern basketball the dribble has become the most effective offensive weapon in the game. The dribble and dribble penetration has to a large effect taken the place of screening, and cutting- Guarding the ball is essential.

- In order to guard the ball effectively 5 areas have to be covered
    1. 1/ 1 Individual Defense
    2. Contesting and guarding
    3. Recovery into Guarding
    4. Defending the Ballscrreen
    5. Guarding in Conversion

Toughness

Every team has to be great at something. Rarely can a team be great at all things. That however is the goal!!

The one thing all teams can be is TOUGH!

Toughness takes on many forms. Defensive toughness comes in the ability of players to be disciplined, be accountable and play thru situations.

Most players and most teams give in to fatigue. Fatigue is a situation. It arises in both mind and body. It has to be overcome.

Defensive drills are designed to put toughness thru fatigue to the test. Put your players in situations in practice that extend them to their physical limit and you will reap the benefits in the tough games.

The defensive drills in this book are designed to be done in groups of no more that 4 and at different baskets. To move quickly, go from offense to defense to out. This enables each player a significant amount of reps and

creates working thru fatigue. These drills need to be high intensity and done within 5-10 minutes. They are also to be done one after another quickly.

Team Chemistry

- Teams need better chemistry on defense than offense
- The ability to commit to one another and hold one another accountable is essential to being a great defensive team
- Teams need to be put in adverse situation in order to develop chemistry
- That adversity comes by being relentless in your pursuits and demanding perfection. Adversity also comes by having team drills designed for the defender to be placed at a disadvantage.
- 5 vs. 4, 6 vs. 4, and Disadvantage Conversion drills are designed for the team to be put in situations of disadvantage. It places an emphasis on communication, discipline and accountability. All characteristics of great defensive teams

Drills for Building Man to Man Defense

Guarding the Ball

Middle circle or wherever Just try to steal the ball

1. Steal the Ball -
2. Driving Line – Bigs – Top of Key
   Guards – ½ Court/ Wing
   Wings – ½ Court/ Wing

Rules

- Limit No More Than 4 Dribbles
- No Basket/ No Paint
- Carry Over Hand Pressure from steal the ball drill. Don't worry about getting beat, get into him
- Big Step

3. Zig Zag
    a. Hands Behind Back
    b. Active Hands
    c. Live from ½ Court

4. Cone Drill
    a. 10 Second – Get to Baseline/ Half Court

Contesting (No Catch)

1. Contest/ Driving Line
    a. Top to Wing
    b. Wing to Top
    - Limit Dribble

2. Crosscourt Driving Line
    a. Open in Lane

3. 2 Man Contesting/ 2 Coaches

Recovery

1. Round Horn Recovery/ Driving Line
    a. 3 Coaches

2. Skip Recovery
3. 3 Man Recovery
4. Help/ Recover
    a. Guard/ Forward
    b. Forward to Guard
    c. Post to Wing (Baseline)
    d. Post-Middle Drive

* Remember throughout these build up drills that you still have to have the steal the ball mentality. Don't let them start by backing up.

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Post Defense Drills

1/1 Post
- Run Into
- Start in Lane
- 3 Feeders

1/1 Post = Baseline
- High Side
- Low Side
- Front

2/2 Post
- High/Low Flash
- Cross Screen
- Diagonal Screen
- 3 Feeders

Ballscreen Defense Drills

1. Hedge – Outside
2. Hedge – Inside the Screen
3. Switch
4. Trap
5. Pro Play

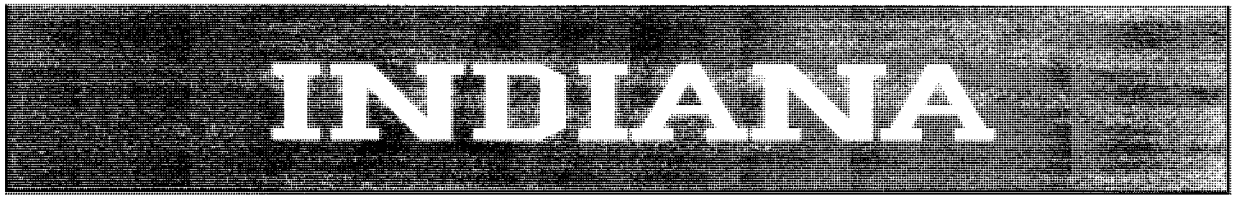
Team Defensive Drills

Disadvantage Drills

5/4
- 5 Offense vs. 4 Defense
- Not A Zone/ Leave Man Farthest from Ball

6/4
- 4/4 with Offensive Player Each Corner
- Corner Drives Only – Crash Offensive Boards

5/5 Change
- Offense to Defense – Pick Up Man Other Than Yours



Team Drills

3/3 With Post
3/3 With Low/High Post
2/2 Crosscourt
3/3 Crosscourt
4/4 Crosscourt

4/4 Shell
5/5 Shell
4/4 With Open Post
- Low
- High

4/4 Screening with 2 Pads

Conversion Defense

Building Conversion Defense

2 vs. 1
3 vs. 2
4 vs. 3
5 vs. 4
5 vs. 2
5 vs. 3
5 vs. 4

Baseline Disadvantage Conversion

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2007
KELVIN SAMPSON
INDIANA UNIVERSITY
COACHES CLINIC

PHYSICAL DEVELOPMENT
FOR BASKETBALL PLAYERS

OCTOBER 20, 2007
JEFF WATKINSON
INDIANA BASKETBALL
STRENGTH & CONDITIONING

Indiana Hoosier Basketball

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"The first principle on which the game of basketball was based was that it should demand of, and develop in, the player the highest type of physical and athletic development." -Dr. James Naismith, May 1914.

THE FUNDAMENTAL PURPOSES OF PHYSICAL DEVELOPMENT TRAINING FOR BASKETBALL ARE INJURY PREVENTION AND PERFORMANCE ENHANCEMENT. THIS IS ACCOMPLISHED THROUGH QUALITY PROGRAM DESIGN AND A COHESIVE RELATIONSHIP BETWEEN THE COACHING STAFF AND THE ATHLETE.

INITIAL CIRCUMSTANCES

STYLE OF PLAY - THIS IS DETERMINED BY THE COACHING STAFF BASED ON THEIR OVERALL PHILOSOPHIES AND PLAYER PERSONNEL; BY UNDERSTANDING THE STAFF'S APPROACH TO THE GAME, TRAINING PROGRAMS CAN BE DESIGNED WITH SPECIFIC OBJECTIVES AS THE FOUNDATION

PHYSICAL ASSESSMENTS - IT IS ESSENTIAL TO IDENTIFY EACH PLAYER'S STRENGTHS AND WEAKNESSES ON THE SELECTED PERFORMANCE ENHANCEMENT VARIABLES SO THAT TRAINING PROGRAMS CAN BE DESIGNED TO DEVELOP THE DEFICIENCIES AS WELL AS BUILD UPON THE STRENGTHS

TIME CONSTRAINTS - PRIORITIZING PERFORMANCE ENHANCEMENT COMPONENTS IS HIGHLY DEPENDENT ON THE DAILY/WEEKLY/MONTHLY TIME AVAILABLE TO ACCOMPLISH THE IDENTIFIED TRAINING GOALS AND NEEDS

EQUIPMENT AND FACILITIES - THERE ARE OFTEN LIMITATIONS SET BY INADEQUATE AVAILABILITY OF EQUIPMENT AND/OR FACILITIES; ADAPTABILITY TO ALL ENVIRONMENTS AND CONDITIONS IS VALUABLE IN DESIGNING AND IMPLEMENTING PROGRAMS

TRAINING METHODOLOGY

INTENSITY - SELECTION OF STRENUOUS EXERCISES, UTILIZATION OF OPTIMAL REST INTERVALS, A RELENTLESS WORKOUT FORMAT, UNYIELDING ATHLETE ACCOUNTABILITY, CONSISTENT PHYSICAL ASSESSMENT, MAXIMUM DEDICATION/EFFORT/FOCUS

SIMPLICITY - REALISTIC GOALS, ATTAINABLE RESULTS, FUNDAMENTAL EXERCISE SELECTION, THOROUGH INSTRUCTION, PERSISTENT COACHING

VARIABILITY - CONSISTENT MODIFICATIONS TO EXERCISES, METHODS, RESISTANCE, SPEED, REST INTERVALS, WORKOUT FORMAT, ETC

SPECIALIZED TRAINING METHODS - FUNCTIONAL STRENGTH TRAINING, TRAINING FOR MAXIMUM SPEED, TRAINING FOR MAXIMUM STRENGTH, TRAINING FOR FUNCTIONALLY EXPLOSIVE POWER, BASKETBALL-SPECIFIC MOVEMENT TRAINING, BASKETBALL-SPECIFIC ANAEROBIC CONDITIONING

SCIENTIFICALLY-ESTABLISHED RECOVERY METHODS - NUTRITIONAL EDUCATION, POSTWORKOUT SUPPLEMENTATION, EXERCISE BLOCKS/PAIRINGS, PROGRAM DESIGN AND PERIODIZATION, SPORTS MEDICINE

CONSISTENT EVALUATION - DOCUMENTATION OF BODYWEIGHT, SETS, REPETITIONS, LOAD, REST INTERVALS, CONDITIONING TIMES, WORKING HEART RATES, TOTAL TRAINING TIME, ETC. FOR PURPOSES OF MONITORING, MOTIVATION, AND PROGRAM EVALUATION

DEDICATION AND PERSEVERANCE - "NOTHING GREAT IN THE WORLD HAS BEEN ACCOMPLISHED WITHOUT PASSION." -HEGEL

QUALITY: FOCUS - INTENSITY - RESULTS - TECHNIQUE
QUANTITY: CAPACITY - DURATION - FREQUENCY - VOLUME

Indiana Hoosier Basketball

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PREPARATION
ELEVATE TEMPERATURE AND HEART RATE, INCREASE BLOOD FLOW TO MUSCLES,
AND ENHANCE JOINT MOBILITY AND NEUROMUSCULAR EFFICIENCY

MOVEMENT DEVELOPMENT
TRAIN THE BODY TO MOVE EFFICIENTLY, BOTH GENERALLY AND SPECIFICALLY TO THE GAME OF BASKETBALL

CORE DEVELOPMENT
STRENGTHEN AND STABILIZE THE MUSCLES OF THE ABDOMINALS, BACK, HIPS, AND GLUTEALS

STRENGTH DEVELOPMENT
STRENGTHEN AND STABILIZE THE MUSCLES, TENDONS, AND LIGAMENTS OF THE BODY
THROUGH FUNCTIONAL EXERCISES

POWER DEVELOPMENT
INCREASE THE RATE OF FORCE DEVELOPMENT OF THE MUSCLES, TENDONS,
AND LIGAMENTS THROUGH EXPLOSIVE EXERCISES

ATHLETIC DEVELOPMENT
INCREASE SPEED, AGILITY, QUICKNESS, AND JUMPING CAPABILITIES ALONG WITH BALANCE AND BODY CONTROL

CARDIO-RESPIRATORY DEVELOPMENT
DEVELOP THE LONG-DURATION AEROBIC, MODERATE-DURATION ANAEROBIC,
AND SHORT-DURATION ANAEROBIC ENERGY SYSTEMS

FLEXIBILITY DEVELOPMENT
TRAIN THE BODY TO DYNAMICALLY MOVE THROUGH GREATER RANGES OF MOTION WITH DECREASED INHIBITION

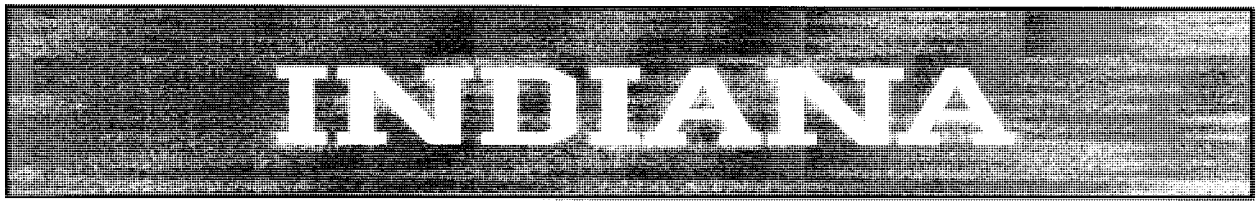
NUTRITIONAL DEVELOPMENT
INCORPORATE HEALTHY EATING HABITS AND PROPER SUPPLEMENTATION STRATEGIES
FOR HIGH-INTENSITY DEMANDS

BASKETBALL "SKILL" DEVELOPMENT
IMPROVE THE QUALITY OF GENERAL AND SPECIFIC SKILLS BASED ON NEED,
I.E. BALL HANDLING, PASSING, SHOOTING, SCORING, DEFENDING

PHYSICAL ASSESSMENTS
ANALYSIS OF MOVEMENT AND IDENTIFICATION OF PHYSICAL STRENGTHS AND WEAKNESSES

RECOVERY
UTILIZATION OF SCIENTIFICALLY-ESTABLISHED MODALITIES TO ENHANCE THE RATE OF MUSCULAR GROWTH AND
RECOVERY, I.E. SPORTS MEDICINE, NUTRITION, SUPPLEMENTATION

Indiana Hoosier Basketball



ACTIVE RECOVERY PHASE #1: TWO WEEKS — **END OF SEASON**
PERFORMANCE ENHANCEMENT: TWO TO THREE DAYS PER WEEK

POSTSEASON: FOUR WEEKS — **APRIL 2ND TO APRIL 27TH**
PERFORMANCE ENHANCEMENT: THREE-PLUS DAYS PER WEEK
BASKETBALL SKILL DEVELOPMENT: THREE-PLUS DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

FINAL EXAMS: ONE WEEK — **APRIL 30TH TO MAY 4TH**
PERFORMANCE ENHANCEMENT: TWO TO THREE DAYS ("OPEN HOURS")

OFFSEASON I: SIX WEEKS — **MAY 7TH TO JUNE 15TH**
PERFORMANCE ENHANCEMENT: FOUR-PLUS DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

OFFSEASON II: EIGHT WEEKS — **JUNE 18TH TO AUGUST 10TH**
PERFORMANCE ENHANCEMENT: FOUR DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

ACTIVE RECOVERY PHASE #2: TWO WEEKS — **AUGUST 13TH TO AUGUST 24TH**
PERFORMANCE ENHANCEMENT: THREE TO FIVE DAYS PER WEEK

PRESEASON: SEVEN WEEKS — **AUGUST 27TH TO OCTOBER 12TH**
PERFORMANCE ENHANCEMENT: FIVE TO SIX DAYS PER WEEK
BASKETBALL SKILL DEVELOPMENT: FOUR-PLUS DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

INSEASON: TWENTY-FOUR WEEKS — **OCTOBER 15TH TO SEASON FINALE**
PERFORMANCE ENHANCEMENT: TWO TO THREE DAYS PER WEEK
BASKETBALL PRACTICE: SIX DAYS PER WEEK

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Component	Postseason	Offseason 1	Offseason 2	Preseason	Inseason	ARP
Movement Development	4 days	4 days	4 days	5 days	6 days	2-3 days
Core Development	3 days	4 days	4 days	3 days	2-3 days	2-3 days
Strength Development	3 days	4 days	4 days	3 days	2-3 days	2-3 days
Power Development	3 days	4 days	4 days	3 days	6 days	No
Athletic Development	1 day	2 days	2 days	3 days	6 days	No
"Cardio" Development	2 days	2 days	2 days	5 days	6 days	Optional
Flexibility Development	4 days	5 days	5 days	5 days	6 days	2-3 days
Basketball Development	5 days	5 days	5 days	5 days	6 days	2-3 days
Physical Assessments	Postseason Testing	Workout Charts	Workout Charts	Pretests Posttests	Workout Charts	No

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Movement Development

Postseason:	Core-Movement, Dynamic Mobility, and Basketball-Specific: 2 days/week each
Offseason 1 and 2:	Core-Movement, Dynamic Mobility, and Basketball-Specific: 2 days/week each
Preseason:	Core-Movement, Dynamic Mobility, and Basketball-Specific: 2 days/week each

Core Development

Postseason:	Flexion/Extension, Rotational, and Stabilization: 1 day/week each
Offseason 1 and 2:	Flexion/Extension and Rotational: 1 day/week each Stabilization: 2 days/week
Preseason:	Flexion/Extension, Rotational, and Stabilization: 1 day/week each

Strength and Power Development

Postseason:	Strength-Endurance and Power-Endurance Moderate/High Volume with High Reps: 4-8 sets by 10-20 reps per set
Offseason 1:	Body Composition, General Strength and Power Moderate/High Volume with Moderate Reps: 3-10 sets x 6-10 reps per set
Offseason 2:	Maximal Strength and Power Moderate Volume with Low/Moderate Reps: 3-6 sets x 3-10 reps per set
Preseason:	General Strength and Power Moderate Volume with Moderate Reps: 3-6 sets x 6-10 reps per set

Athletic Development

Postseason:	20 minutes Speed, Agility, and Quickness...1 day/week 80 Total Jumps...1 day/week
Offseason 1:	15 minutes Speed, Agility, and Quickness...2 days/week 70 Total Jumps...2 days/week
Offseason 2:	20 minutes Speed, Agility, and Quickness...2 days/week 80 Total Jumps...2 days/week
Preseason:	30 minutes Speed, Agility, and Quickness...2 days/week 60 Total Jumps...2 days/week

Cardio-Respiratory Development

Postseason:	30 to 60 minutes Aerobic: 1 day/week
Offseason 1:	20 to 30 minutes Anaerobic (moderate to long)...2 days/week
Offseason 2:	20 to 30 minutes Anaerobic (short to moderate)...2 days/week
Preseason:	45 minutes Anaerobic (short)...3 days/week 60 minutes Anaerobic (moderate)...1 day/week 40 minutes Aerobic...1 day/week

Flexibility Development

Postseason:	Static: 4 days/week	Band-Assisted: 3 days/week
Offseason 1 and 2:	Band-Assisted: 4 days/week	Dynamic: 4 days/week
Preseason:	Static/Dynamic: 4 days/week	Band-Assisted: 3 days/week

Basketball "Skill" Development

Postseason:	Individual Workouts with Coaching Staff
Offseason 1:	Dribbling, Ball-Handling, Shooting, Scoring
Offseason 2:	Dribbling, Ball-Handling, Shooting, Scoring
Preseason:	Individual Workouts with Coaching Staff

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POSTSEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVEMENT CORE STRENGTH POWER FLEXIBILITY BASKETBALL	MOVEMENT ATHLETIC FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER FLEXIBILITY BASKETBALL	"CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER FLEXIBILITY BASKETBALL

OFFSEASON 1 AND 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVEMENT CORE STRENGTH POWER ATHLETIC FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER ATHLETIC FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER "CARDIO" FLEXIBILITY BASKETBALL	FLEXIBILITY BASKETBALL

PRESEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVEMENT CORE STRENGTH POWER ATHLETIC / "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER ATHLETIC / "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER ATHLETIC / "CARDIO" FLEXIBILITY BASKETBALL

Indiana Hoosier Basketball

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	EXCELLENT	GOOD	FAIR
ANTHROPOMETRIC MEASUREMENTS			
SUM OF 4 SKINFOLDS / % BODY FAT (ESTIMATED)			
TEAM	8% OR LESS	8.1% TO 10%	10.1% TO 12%
WINGSPAN			
TEAM	+ 4 OR MORE	+2 TO +3.9	0 TO +1.9
ATHLETICISM AND STRENGTH MEASUREMENTS			
STANDING VERTICAL JUMP			
A. GUARDS	34" OR MORE	31" TO 33.9"	28" TO 30.9"
B. POSTS	32" OR MORE	30" TO 31.9"	28" TO 29.9"
C. MAX HT	132" OR MORE	129" TO 131"	126" TO 128"
ONE-STEP VERTICAL JUMP			
A. GUARDS	37" OR MORE	34" TO 36.9"	31" TO 33.9"
B. POSTS	35" OR MORE	33" TO 34.9"	31" TO 32.9"
C. MAX HT	135" OR MORE	132" TO 134"	129" TO 131"
25-YARD COURT SPRINT			
A. GUARDS	3.10 OR LESS	3.11 TO 3.20	3.21 TO 3.30
B. POSTS	3.20 OR LESS	3.21 TO 3.30	3.31 TO 3.40
20-YARD SPRINT AGILITY			
A. GUARDS	4.10 OR LESS	4.11 TO 4.20	4.21 TO 4.30
B. POSTS	4.20 OR LESS	4.21 TO 4.30	4.31 TO 4.40
20-YARD LATERAL AGILITY			
A. GUARDS	4.50 OR LESS	4.51 TO 4.60	4.61 TO 4.70
B. POSTS	4.60 OR LESS	4.61 TO 4.70	4.71 TO 4.80
BENCH PRESS AT 185#			
TEAM	16 OR MORE	12 TO 15	8 TO 11
PULL-UPS AT BWT			
TEAM	20 OR MORE	15 TO 19	10 TO 14
CARDIO-RESPIRATORY MEASUREMENTS			
ONE-MILE RUN			
A. GUARDS	5:20 OR LESS	5:21 TO 5:30	5:31 TO 5:40
B. WINGS	5:30 OR LESS	5:31 TO 5:40	5:41 TO 5:50
C. POSTS	5:45 OR LESS	5:46 TO 5:55	5:56 TO 6:05
D. BIGS	6:00 OR LESS	6:01 TO 6:10	6:11 TO 6:20
SUICIDES X 3			
A. GUARDS	84 OR LESS	85 TO 87	88 TO 90
B. POSTS	87 OR LESS	88 TO 90	91 TO 93
SIDELINE 9'S X 3			
A. GUARDS	84 OR LESS	85 TO 87	88 TO 90
B. POSTS	87 OR LESS	88 TO 90	91 TO 93
SHUTTLES X 3			
A. GUARDS	183 OR LESS	184 TO 189	190 TO 195
B. POSTS	189 OR LESS	190 TO 195	196 TO 201

INDIANA

1													
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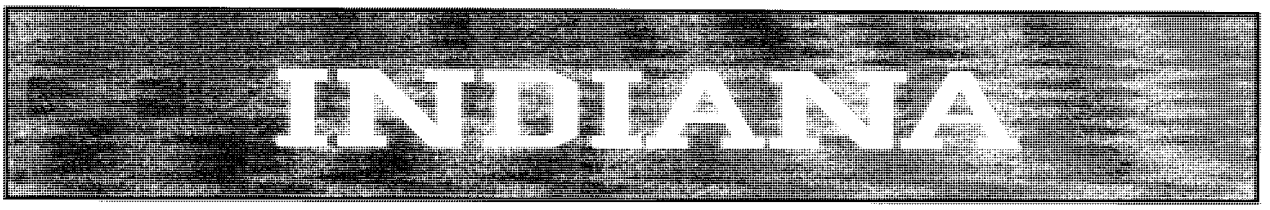
EXCELLENT GOOD FAIR

Anthropometric Measurements:
1. Height
2. Bodyweight
3. Sum of 4 Skinfolds
4. Fat Mass : Lean Body Mass
5. Standing Vertical Reach
6. Wingspan

Athleticism and Strength Measurements:
7. Standing Vertical Jump
8. One-Step Vertical Jump
9. 25-yard Court Sprint
10. 20-yard Sprint Agility
11. 20-yard Lateral Agility
12. Bench Press at 185#
13. Pull-ups at Bwt

Cardio-Respiratory Measurements:
14. VO_2 Max
15. Total Treadmill Time
16. One-Mile Run
17. Suicides x 3
18. Sideline 9's x 3
19. Shuttles x 3

Indiana Hoosier Basketball



PRINCIPLES FOR CONSISTENT METABOLISM AND ENERGY LEVELS

CHARACTERISTICS OF A SOLID NUTRITIONAL PROGRAM

EAT FOR PERFORMANCE RATHER THAN FOR PLEASURE
- -ATHLETES EXERT TREMENDOUS EFFORT IN DEVELOPING THEIR STRENGTH, CONDITIONING, ATHLETICISM, AND BASKETBALL SKILLS. A CRITICAL LINK IN THIS PROCESS IS PROPER NUTRITION…EATING FOR OPTIMAL PERFORMANCE, GROWTH, AND RECOVERY; INCREASING TRAINING CAPABILITIES; FOCUSED AND BURSTING WITH ENERGY

DEVELOP AN EFFECTIVE, INDIVIDUALIZED EATING PLAN
- -THERE ARE NO MAGIC PILLS AND NO SPECIAL FOODS THAT HELP ATHLETE'S PERFORM BETTER IN THE ABSENCE OF A HEALTHY, OVERALL EATING PLAN THAT IS CONDUCIVE TO THEIR GOALS, LIFESTYLE, AND SCHEDULE

DAILY NUTRITIONAL GUIDELINES
- -FOLLOW THEM, MONITOR THEM, AND ATTEMPT TO ADHERE TO THESE GUIDELINES >85%

NUTRITIONAL JOURNAL
- -LOG A WEEKLY JOURNAL AND RECORD DAILY THE FOODS YOU HAVE EATEN

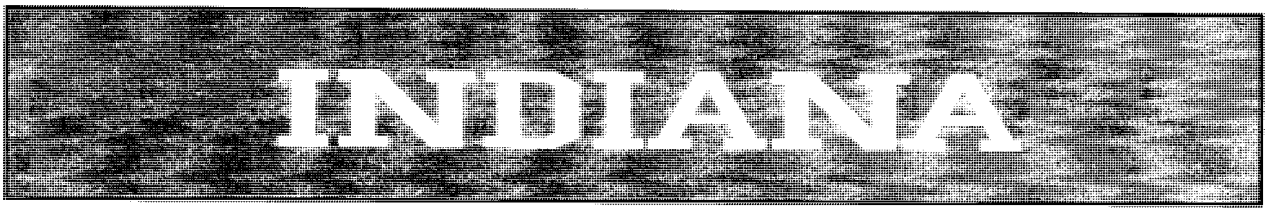
KEEP NUTRITIONAL GUIDELINES AND JOURNALS VISIBLE
- -PUT THEM ON YOUR DRESSER, LOCKER, MIRROR, AND/OR REFRIGERATOR SO THAT YOUR NUTRITIONAL GOALS ARE ALWAYS IN SIGHT AND ON YOUR MIND

LEADERSHIP THROUGH EXAMPLE
- -ATTEMPT TO IMPACT A TEAMMATE IN A POSITIVE MANNER BY CHALLENGING HIM TO ADHERE TO SOUND NUTRITION ALONG WITH YOU; THIS WILL HOLD YOU MORE ACCOUNTABLE FOR YOUR ACTIONS AND YOUR "PARTNERSHIP" WILL PROVIDE YOU WITH THE DISCIPLINE NEEDED DURING MORE DIFFICULT TIMES

EAT SMALL, FREQUENT MEALS THROUGHOUT THE DAY (4-6 MEALS PER DAY; EAT EVERY 3 HOURS)
- -THIS INCREASES METABOLISM; AFTER 3-4 HOURS OF NO FOOD, BODY SWITCHES TO A CATABLIC STATE (LOSE MUSCLE, GAIN FAT); EATING MORE FEQUENT MEALS KEEPS THE BODY IN AN ANABOLIC STATE; IT HELPS PREVENT CRAVINGS FOR JUNK FOOD AND EMPTY CALORIES, WHICH ARE GENERALLY DESIRED TO SATISFY HUNGER

CARBOHYDRATES, PROTEINS, AND FATS IN THEIR CORRECT RATIOS
- -EVERY MACRONUTRIENT MUST BE PRESENT IN ORDER FOR THE BODY TO ABSORB THEM AND USE THEM PROPERLY; ONLY CARBOHYDRATE = ENERGY LEVELS THAT CRASH IN ABOUT 30 MINUTES; THE BODY CAN STORE THE UNUSED CARBS AS FAT; ONLY PROTEIN = A LACK OF ENERGY AND THE INABILITY TO CONVERT PROTEIN INTO MUSCLE IN THE ABSENCE OF CARBOHYDRATE

CYCLE CALORIES
- -WILL NOT ALLOW METABOLISM TO GET USED TO A CERTAIN CALORIC LEVEL AND STAGNANT RESULTS; INCREASE MUSCLE MASS? 5 DAYS HIGHER CALORIE, 2 DAYS LOWER CALORIE; LOSING BODY FAT WHILE GAINING MUSCLE? 5 DAYS LOWER CALORIE, 2 DAYS HIGHER CALORIE; MAINTENANCE? 2 WEEKS HIGHER CALORIE, 2 WEEKS LOWER CALORIE



WEIGHT GAIN: INCREASES IN LEAN BODY MASS WITH NO CHANGE / DECREASES IN FAT MASS

MONITOR YOUR **CALORIC INTAKE**
- -MAKE SURE YOU ARE TAKING IN ENOUGH CALORIES TO REMAIN IN AN ANABOLIC STATE

EAT AT LEAST **1 GRAM OF PROTEIN** (PER POUND BW)
- -PROTEINS ARE THE BUILDING BLOCKS OF MUSCLE

EXCESS CALORIES SHOULD COME FROM **WHOLE GRAIN CARBOHYDRATES AND HEALTHY FATS**
- -THESE WILL PROVIDE YOU WITH SUSTAINED ENERGY AND YOUR NEED FOR INCREASED CALORIES IS MORE EASILY OBTAINED

CONTINUE TO EAT AT LEAST **4 TO 6 MEALS** THROUGHOUT THE DAY
- -MAINTAIN A HIGH METABOLISM TO KEEP FAT MASS LEVELS REDUCED; THIS ALSO KEEPS YOUR BODY FROM ENTERING A CATABOLIC STATE

POST-WORKOUT **WINDOW OF OPPORTUNITY** (THREE HOURS POST-WORKOUT)
- -CONSUME A POSTWORKOUT SHAKE IMMEDIATELY AFTER TRAINING; EAT A MEAL CONSISTING OF SIMPLE CARBOHYDRATES AND PROTEIN WITHIN THE NEXT HOUR; EAT A HEALTHY MEAL CONSISTING OF QUALITY CARBOHYDRATES, PROTEIN, AND FAT WITHIN THE NEXT 2 HOURS

REST AND RECOVERY
- -BREAK DOWN YOUR BODY WITH INTENSE STRENGTH TRAINING THEN BUILD IT STRONGER OUTSIDE THE GYM WITH REST

WEIGHT LOSS: DECREASES IN FAT MASS WITH NO CHANGE / INCREASES IN LEAN BODY MASS

DO NOT ATTEMPT TO DROP MORE THAN **1.0 TO 1.5 POUNDS** (PER WEEK)
- -MORE THAN THIS CAN BE DETRIMENTAL TO PERFORMANCE AND CAN ALSO RESULT IN LOSES IN LEAN MUSCLE MASS

EAT AT LEAST **0.5 TO 1.0 GRAMS OF PROTEIN** (PER POUND BW)
- -PROTEIN IS THE MOST THERMOGENIC OF THE THREE MACRONUTRIENTS, REQUIRING DOUBLE THE ENERGY SPENT TO DIGEST CARBS OR FAT; LEAN PROTEIN AT EVERY MEAL IS A MUST FOR A FAT LOSS GOAL

EAT AT LEAST **2 TO 3 GRAMS OF WHOLE GRAIN CARBOHYDRATES AND VEGETABLES** (PER POUND BW)
- -NUTRIENT-DENSE, FIBROUS FOODS WILL BOOST YOUR ENERGY AND GIVE YOU A FULLER FEELING

DECREASES IN DAILY CALORIC INTAKE SHOULD COME FROM A **COMBINATION OF CARBS AND FATS**
- -DO NOT DECREASE HEALTHY FAT INTAKE BELOW 15% TOTAL CALORIES; MAINTAIN A CARBOHYDRATE INTAKE OF 2-3 GRAMS (PER POUND BW)

CONTINUE TO EAT AT LEAST **4 TO 6 MEALS** THROUGHOUT THE DAY
- -THIS CONTINUALLY TRIGGERS THE THERMIC EFFECT OF FOOD, WHICH STIMULATES YOUR METABOLISM TO BREAK DOWN THESE FOODS. THIS ALSO MAINTAINS STEADY BLOOD SUGAR LEVELS, CONTROLS HUNGER, AND PREVENTS CATABOLISM

DRINK AT LEAST **10 GLASSES OF WATER** EACH DAY
- -DEHYDRATION IS EXTREMELY CATABOLIC TO MUSCLE TISSUE. WATER ALSO HAS A THERMOGENIC EFFECT; DRINKING COLD WATER BOOSTS METABOLISM BY AS MUCH AS 30%

MAINTAIN **INTENSE STRENGTH TRAINING** TO PRESERVE LEAN MUSCLE MASS
- -KEEP REPETITIONS LOW AND INTENSITY HIGH TO MAXIMIZE TESTOSTERONE, WHICH THEN KEEPS FAT BURNING AND MUSCLE GAIN AT AN OPTIMAL LEVEL

CARDIO IS ESSENTIAL
- -BURN OFF EXCESS CALORIES, ELEVATE YOUR METABOLISM, AND KEEP YOUR BODY BURNING CALORIES AT A HIGHER RATE THROUGHOUT THE DAY WITH INTENSE CARDIO ROTATED WITH LOWER INTENSITY CARDIO SESSIONS

PATIENCE
- -FAT LOSS IS A SLOW AND STEADY PROCESS; STAYING CONSISTENT WILL YIELD THE BEST RESULTS IN THE QUICKEST TIME

Indiana Hoosier Basketball

INDIANA

NUTRITIONAL POWERHOUSES THAT SHOULD BE INCORPORATED INTO MEAL PLANS ON A DAILY BASIS

YOGURT
-CONTAIN PROBIOTICS ("FRIENDLY" BACTERIA) TO SUPPORT THE INTESTINAL TRACT AND THE IMMUNE SYSTEM

BANANAS
-RICH IN MAGNESIUM AND POTASSIUM; GOOD SOURCE OF FIBER AND SLOW-ABSORBING CARBOHYDRATE THAT PREVENTS RADICAL SWINGS IN BLOOD SUGAR

SKIM MILK
-EXCELLENT SOURCE OF PROTEIN, CALCIUM, AND VITAMINS WITH LOW LEVELS OF FAT AND CHOLESTEROL

NUTS / SEEDS
-A SOURCE OF PROTEIN AND FIBER WITH HEART-HEALTHY OMEGA-3 FATTY ACIDS, VITAMINS, AND MINERALS

TOMATOES / TOMATO SAUCE
-FULL OF NUTRIENTS AND CONTAIN LYCOPENE TO SUPPORT IMMUNE FUNCTION

WHOLE GRAINS (BREADS, CEREALS)
-RICH IN COMPLEX CARBOHYDRATES, FIBER, VITAMINS, AND MINERALS

CITRUS FRUITS (ORANGES, GRAPEFRUITS, TANGERINES)
-THESE CONTAIN FLAVONOIDS/ANTIOXIDANTS AND ARE HIGH IN VITAMIN C, FOLIC ACID, AND POTASSIUM

SWEET POTATOES
-LOADED WITH CAROTENOIDS ANTIOXIDANTS, VITAMIN C, POTASSIUM, AND FIBER

APPLES
-A SINGLE APPLE CONTAINS FIVE GRAMS OF FIBER AND AN ABUNDANCE OF ANTIOXIDANTS TO SUPPORT CARDIOVASCULAR HEALTH

EGGS / EGG WHITES
-PROVIDE AN INEXPENSIVE SOURCE OF HIGH-QUALITY PROTEIN, ARE LOW IN CARBOHYDRATE AND SODIUM, AND CONTAIN ANTIOXIDANTS

CHICKEN / TURKEY BREAST
-A LOW-FAT PROTEIN CHOICE THAT IS RICH IN ZINC

BROCCOLI
-A GOOD SOURCE OF DIETARY FIBER AND COMPLEX CARBOHYDRATE

BERRIES (BLUEBERRIES, RASPBERRIES, STRAWBERRIES)
-BERRIES CONTAIN ANTIOXIDANT COMPOUNDS THAT REDUCE FREE-RADICALS IN THE BODY AND THE EFFECTS OF STRESS ON THE BODY

OATS / OATMEAL
-PROVIDE A GOOD SOURCE OF COMPLEX CARBOHYDRATES AND ABOUT NINE GRAMS OF FIBER PER HALF-CUP SERVING

OMEGA-3 FISH (SALMON, TUNA, TROUT)
-A QUALITY SOURCE OF LEAN PROTEIN AND OMEGA-3 FATTY ACIDS MAY REDUCE THE RISKS OF CORONARY HEART DISEASE

BEANS (BLACK, KIDNEY, PINTO)
-HIGH IN LEAN PROTEIN, COMPLEX CARBOHYDRATE, B-VITAMINS, POTASSIUM, AND FIBER

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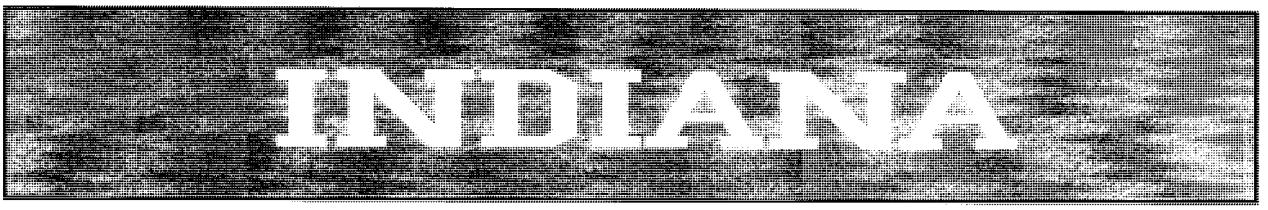


RULE #1: NEVER MISS **BREAKFAST**:
CEREAL WITH MILK AND FRUIT, EGG SANDWICH AND FRUIT, YOGURT WITH FRUIT.

RULE #2: UTILIZE YOUR **POST-WORKOUT** WINDOW OF OPPORTUNITY:
SHAKE WITHIN 30 MINUTES TO REBUILD AND RECOVER

RULE #3: EAT AT LEAST **THREE** QUALITY, BALANCED MEALS PER DAY:
CARBOHYDRATES, PROTEINS, AND FATS FOR ENERGY

RULE #4: **FRUITS/VEGETABLES**:
FIVE TO EIGHT TOTAL SERVINGS PER DAY

RULE #5: DRINK **WATER** THROUGHOUT THE DAY:
STAY HYDRATED WITH AT LEAST 10 CUPS OF WATER PER DAY

RULE #6: **LATE-NIGHT** CALORIES?
EATING AFTER 9PM: AVOID IF GOAL IS TO LOSE/MAINTAIN, CONSUME IF GOAL IS TO GAIN

RULE #7: ELIMINATE **ALCOHOL**:
HINDERS YOUR FAT-BURNING ABILITIES, MUSCLE-BUILDING ABILITIES, AND ENERGY LEVELS

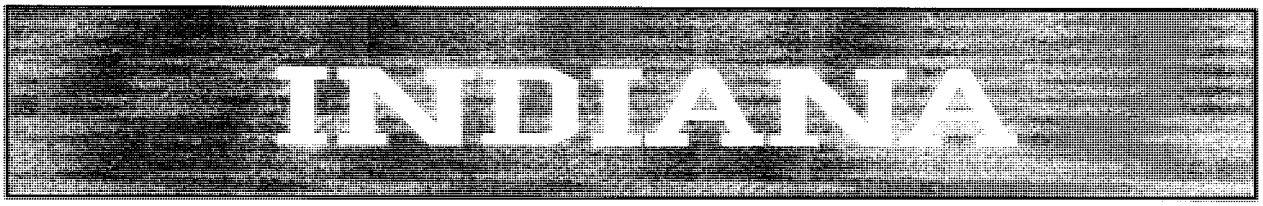
RULE #8: **SLEEP**:
EIGHT HOURS FOR THE BODY TO REBUILD AND RECOVER

WEEK OF: _____

RULES ↓ DAY →	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
POST-WORKOUT							
THREE BALANCED MEALS							
FRUITS / VEGETABLES							
WATER X 10 CUPS							
LATE NIGHT MEAL?							
NO ALCOHOL							
SLEEP 8 HOURS							
SUCCESS RATE →	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8

		FAIR	GOOD	EXCELLENT
ONE-DAY TWO-DAYS WEEKLY		6 OF 8: 75% 12 OF 16: 75% 40-44 of 56: 71 to 78%	7 OF 8: 87.5% 13-14 OF 16: 81.3 TO 87.5% 45-49 of 56: 80 to 87%	8 OF 8: 100% 15-16 OF 16: 93.8 TO 100% 50-56 of 56: 89 to 100%

Indiana Hoosier Basketball



WEEK OF: _____

MEAL # → DAY ↓	MEAL SNACK #1	MEAL SNACK #2	MEAL SNACK #3	MEAL SNACK #4	MEAL SNACK #5	MEAL SNACK #6
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

INDIANA

STATIC FLEXIBILITY SEQUENCE 20-SECOND HOLD AT EACH POSITION		
BAND-ASSISTED	SEATED	STANDING
1. STRAIGHT LEG HORIZONTAL	1. BUTTERFLY	1. WIDE LEG ROTATION
2. STRAIGHT LEG VERTICAL	2. "FIGURE -4" HIP	2. SIDE LUNGE
3. BENT LEG KNEE TO SHOULDER	3. WIDE LEG ROTATION	3. LUNGE ROTATION
4. BENT LEG KNEE TO CHEST	4. KNEELING ANKLE	4. SINGLE LEG QUADRICEPS
5. STRAIGHT LEG OPEN (ABDUCTION)		5. SLANT BOARD ACHILLES
6. STRAIGHT LEG OVER (ADDUCTION)		
7. BENT LEG GLUTEAL (ANKLE TO KNEE)		

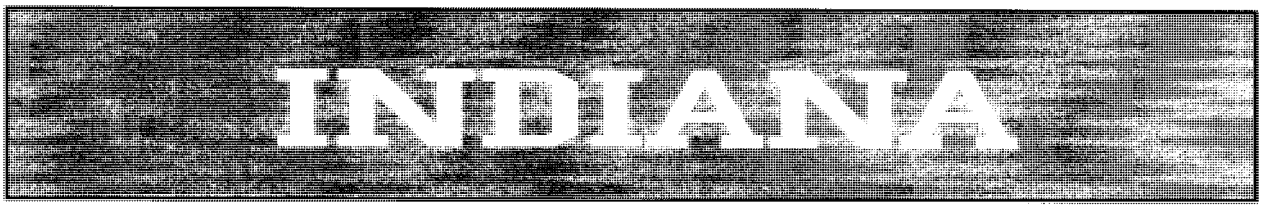
DYNAMIC FLEXIBILITY SEQUENCE MOMENTARY PAUSE AT END POSITION; PERFORM 5 REPETITIONS EACH	
1. ALTERNATING KNEE-INS	2. ALTERNATING LEG RAISES : GRAB CALF
3. ALTERNATING LEG RAISES : GRAB TOES	4. ALTERNATING GLUTEAL : GRAB ANKLE
5. WIDE LEG REACH TO BUTTERFLY GROIN	6. ALTERNATING WIDE LEG : REACH TO TOES
7. ALTERNATING MODIFIED HURDLER	8. ALTERNATING MODIFIED QUAD
9. PRONE: ALTERNATING QUAD STRENGTH: GRAB TOES	10. PRONE: ALTERNATING CROSSOVER BACK
11. ALTERNATING SINGLE LEG DOWN DOG CALF	12. SPHINX TO COBRA
13. ALTERNATING SIDE LUNGE	14. ALTERNATING FORWARD LUNGE WITH ROTATION
15. WIDE STANCE SQUAT WITH ALTERNATE ARM RAISE	16. WIDE 3-POINT STANCE WITH ALTERNATE ARM RAISE

INDIANA

SQUAT SEQUENCE		
1. Toe Touch to Squat	2. Squat to Rt-Hand Overhead Reach	3. Rt-Hand Reach to Two-Hand Reach
4. Two-Hand Reach to Lt-Hand Reach	5. Squat to Rt-Leg Stride Step	6. Rt-Leg Stride Step to Push-Up Position
7. Push-Up Position to Lt-Leg Stride Step	8. Lt-Leg Stride Step to Squat Position	9. Squat to Overhead Reach to Stand-Up
HURDLE STEP SEQUENCE		
1. Rt Knee Lift to Rt Knee Across	2. Rt Knee Across to Rt Knee Open	3. Rt Knee Open to Rt Leg Forward
4. Lt Knee Lift to Lt Knee Across	5. Lt Knee Across to Lt Knee Open	6. Lt Knee Open to Lt Leg Forward
7. Toe Touch to Rt Leg Backward	8. Rt Leg Backward to Lt Leg Backward	9. Push-Up Position to Hips Down/Chest Up
LUNGE SEQUENCE		
1. Toe Touch to Rt-Leg Stride Step	2. Rt-Leg Stride Step to Lt-Arm Reach	3. Lt-Arm Reach to Knee Down/Chest Up
4. Knee Down/Chest Up to Arms Overhead	5. Arms Overhead to Overhead Rotation	6. Overhead Rotation to Toe Touch
7. Toe Touch to Lt-Leg Stride Step	8. Lt-Leg Stride Step to Rt-Arm Reach	9. Rt-Arm Reach to Knee Down/Chest Up
10. Knee Down/Chest Up to Arms Overhead	11. Arms Overhead to Overhead Rotation	12. Overhead Rotation to Toe Touch

INDIANA

Basic Movements	
High Knee Walk pull knee toward chest	Heel-Up Walk pull heel to butt
High Knee Skip repetition speed	High Knee Skip repetition height/power
High Knee Run repetition speed	Heel-Up Run repetition speed
Straight-Leg Skip height of leg kick	Forward Lunge Walk reach with lead leg
Backward Lunge Walk reach with trail leg	Backward Run distance
Backpedal hips low; repetition speed; push wth quads	Carioca hip rotation; repetition speed
Lateral Lunge Walk trail leg straight	Lateral Rapid Feet hips low; repetition speed; feet apart
Advanced Movements	
High Knee Walk with External Rotation Pull shin toward waist	High Knee Walk with Internal Rotation pull foot outward
Heel-Up Walk with Straight-Leg Deadlift lift knee for height	Inverted Hamstring Walk Forward reach toward waist height
Inverted Hamstring Walk Backward reach toward waist height	Overhead Lunge Walk Forward hands held overhead
Overhead Lunge Walk Backward hands held overhead	Fwd Lunge Walk with Twist opposite elbow over front knee
Bwd Lunge Walk with Twist opposite elbow over front knee	Straight-Leg Crossover reach hands opposite direction of step
Basketball-Specific Movements	
Sprint to Stance crossover step to sprint to defensive denial	
Forward / Backward Shuffle push up and push back	
Close-Outs continuous; throw hands back overhead; hips low; on balance	
Lateral Defensive Slides feet apart; hips low; head, chest, hands up; on balance	
Lateral Defensive Kicks feet in contact with floor; kick with lead leg, drive with trail leg; on balance	
Backward Lateral Defensive Slides / Kicks change directions every three reps; on balance	



FUNCTIONAL STRENGTH TRAINING

INTEGRATED, MULTI-PLANAR MOVEMENT THAT INVOLVES THE ENTIRE CONTRACTION SPECTRUM WHILE OCCURING AT BASKETBALL-SPECIFIC MOVEMENT SPEEDS IN VARYING BODY POSITIONS

TRAINING FOR MAXIMUM SPEED

DYNAMIC EFFORTS: 8-10 SETS AT A SUBMAXIMUM 40-60% LOAD AT MAXIMUM SPEED WITH 45 SEC REST
LIGHTENED METHOD: BAND TRAINING, "INCREASED" LOAD DURING ECCENTRIC PHASE WITH "DECREASED" LOAD DURING CONCENTRIC PHASE
HEAVY-LIGHT METHOD: 3 SETS X 3-4 REPS AT 90, 92.5, 95% LOAD, 3 SETS X 4 REPS AT 60, 62.5, 65% LOAD
CONTRAST METHOD: SPEED STRENGTH OR STRENGTH SPEED USING BANDS AND/OR CHAINS
COMPLEX METHOD: MAX STRENGTH (I.E. SQUAT) FOLLOWED BY MAX POWER (I.E. BARBELL JUMP SQUAT) FOLLOWED BY MAX SPEED (I.E. DEPTH JUMPS) WITH 3:00 REST AFTER SERIES
OPTIMAL ECCENTRICS: FORCED OVERSPEED ECCENTRICS USING SPEED STRENGTH METHOD
TENDO ANALYZER: VELOCITY MEASUREMENT

TRAINING FOR MAXIMUM STRENGTH

MAXIMUM EFFORTS: MAXIMUM LOADS - 6-8 SETS X 3 REPS, 5 SETS X 5 REPS
RACK LOCKOUTS: PAUSE 3-4 SECONDS ON RACK, 6-8 SETS X 3 REPS, 5 SETS X 5 REPS
ABSOLUTE FAILURE: CONCENTRIC/STATIC/ECCENTRIC FAILURE
MAX OUT'S: PRIMARY EXERCISES ONLY (BENCH PRESS, DEADLIFT, SQUAT, WEIGHTED PULLUPS)
DESCENDING REPETITIONS: 5 - 4 - 3 - 2 - 1
MAXIMUM TENSION DROP SETS FOR STRENGTH: 4-5 SETS X 5 REPS (2 - 1 - 1 - 1)
MAXIMUM WEIGHTS: 6 SETS X 2-4 REPS
REVERSE PYRAMIDS FOR STRENGTH: 6 - 4 - 3 - 3 - 4 - 6; 5 - 3 - 2 - 2 - 3 - 5
WAVE SETS FOR STRENGTH: 6 - 4 - 2 - 6 - 4 - 2; 5 - 3 - 2 - 5 - 3 - 2
CLUSTERS: 5 SETS X (5 REPS: 1 AT A TIME, 3RM LOAD WITH 15 SEC REST)

TRAINING FOR MAXIMUM GROWTH

MAXIMUM TENSION DROP SETS FOR HYPERTROPHY: 4-5 SETS X 7 REPS (3 - 1 - 1 - 1 - 1)
REVERSE PYRAMIDS FOR HYPERTROPHY: 8 - 6 - 4 - 4 - 6 - 8; 7 - 5 - 3 - 3 - 5 - 7
TEN BY TEN: 10 SETS X 10 REPS WITH 2:00 REST, 5 SETS X 5 REPS
WAVE SETS FOR HYPERTROPHY: 8 - 6 - 4 - 8 - 6 - 4; 7 - 5 - 3 - 7 - 5 - 3; 3 - 2 - 1 - 3 - 2 - 1

TRAINING FOR FUNCTIONALLY EXPLOSIVE POWER

PLYOMETRICS: JUMPS, THROWS, ETC
BALLISTIC WEIGHTS: BARBELL SQUAT JUMPS, BARBELL THROWS, ETC
COMPLEX METHOD: MAX STRENGTH (I.E. SQUAT) FOLLOWED BY MAX POWER (I.E. BARBELL JUMP SQUAT) FOLLOWED BY MAX SPEED (I.E. DEPTH JUMPS) WITH 3:00 REST AFTER SERIES

BASKETBALL-SPECIFIC MOVEMENT TRAINING

DEDICATED TRAINING AND INSTRUCTION ON THE EXECUTION OF BASKETBALL-SPECIFIC MOVEMENTS, I.E. JABS, PIVOTS, SHUFFLES, SLIDES, KICKS, AND CLOSEOUTS

BASKETBALL-SPECIFIC ANAEROBIC CONDITIONING

COMBINATION OF BASKETBALL-SPECIFIC MOVEMENTS WITH ENERGY-SPECIFIC DEMANDS

Indiana Hoosier Basketball

INDIANA

STANDING

1. FEET WIDE, LEGS STRAIGHT, HANDS TO THE MIDDLE
2. FEET WIDE, LEGS STRAIGHT, HANDS TO THE LEFT
3. FEET WIDE, LEGS STRAIGHT, HANDS TO THE RIGHT
4. FEET WIDE, BUTT DOWN, CHEST UP, HANDS TO THE MIDDLE
5. FEET WIDE, BUTT DOWN, CHEST UP, RIGHT HAND UP
6. FEET WIDE, BUTT DOWN, CHEST UP, LEFT HAND UP
7. FEET WIDE, BUTT DOWN, CHEST UP, BOTH HANDS UP
8. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE RIGHT
9. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE LEFT
10. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE RIGHT, PIVOT
11. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE RIGHT, PIVOT, RIGHT HAND UP
12. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE LEFT, PIVOT
13. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE LEFT, PIVOT, LEFT HAND UP

SEATED

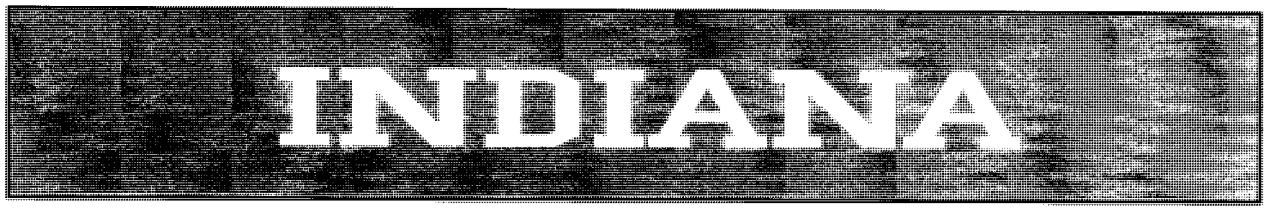
1. LEGS STRAIGHT, HANDS TO THE MIDDLE
2. FEET WIDE, LEGS STRAIGHT, HANDS TO THE LEFT
3. FEET WIDE, LEGS STRAIGHT, HANDS TO THE RIGHT
4. RIGHT LEG STRAIGHT, LEFT FOOT IN, HANDS TO RIGHT FOOT
5. RIGHT LEG STRAIGHT, LEFT FOOT OVER, ROTATE OVER LEFT SHOULDER
6. LEFT LEG STRAIGHT, RIGHT FOOT IN, HANDS TO LEFT FOOT
7. LEFT LEG STRAIGHT, RIGHT FOOT OVER, ROTATE OVER RIGHT SHOULDER
8. RIGHT SIDE, GRAB LEFT FOOT WITH LEFT HAND, PULL IT TO BUTT
9. RIGHT SIDE, LEFT KNEE BACK, RIGHT LEG BENT IN FRONT, LEAN BACK
10. RIGHT SIDE, LEFT KNEE BACK, RIGHT LEG BENT IN FRONT, LEAN FORWARD
11. LEFT SIDE, GRAB RIGHT FOOT WITH RIGHT HAND, PULL IT TO BUTT
12. LEFT SIDE, RIGHT KNEE BACK, LEFT LEG BENT IN FRONT, LEAN BACK
13. LEFT SIDE, RIGHT KNEE BACK, LEFT LEG BENT IN FRONT, LEAN FORWARD
14. PUSHUP POSITION ON CHEST, HIPS DOWN, PRESS UPWARDS
15. PUSHUP POSITION ON CHEST, HIPS DOWN, GRAB FEET, CHEST UP
16. V-UP POSITION, HEELS DOWN

STANDING

1. LEGS STRAIGHT, FEET TOGETHER, HANDS TO TOES
2. LEGS STRAIGHT, RIGHT OVER LEFT, HANDS TO TOES
3. LEGS STRAIGHT, LEFT OVER RIGHT, HANDS TO TOES
4. GRAB RIGHT FOOT WITH RIGHT HAND, PULL IT TO BUTT, BALANCE ON LEFT FOOT
5. GRAB RIGHT FOOT WITH RIGHT HAND, PULL IT TO BUTT, LEFT HAND FORWARD TO GROUND
6. GRAB LEFT FOOT WITH LEFT HAND, PULL IT TO BUTT, BALANCE ON RIGHT FOOT
7. GRAB LEFT FOOT WITH LEFT HAND, PULL IT TO BUTT, RIGHT HAND FORWARD TO GROUND
8. GRAB RIGHT KNEE, PULL IT TO CHEST WITH BOTH HANDS, BALANCE ON LEFT FOOT
9. GRAB RIGHT KNEE, PULL IT TO OUT TO SIDE WITH RIGHT HAND, BALANCE ON LEFT FOOT
10. GRAB RIGHT KNEE, PULL IT ACROSS BODY WITH LEFT HAND, BALANCE ON LEFT FOOT
11. GRAB LEFT KNEE, PULL IT TO CHEST WITH BOTH HANDS, BALANCE ON RIGHT FOOT
12. GRAB LEFT KNEE, PULL IT TO OUT TO SIDE WITH LEFT HAND, BALANCE ON RIGHT FOOT
13. GRAB LEFT KNEE, PULL IT ACROSS BODY WITH RIGHT HAND, BALANCE ON RIGHT FOOT

ALL PLAYERS ECHO COMMANDS - "RIGHT FOOT, TEN, GO" - AND COUNT TOGETHER

Indiana Hoosier Basketball



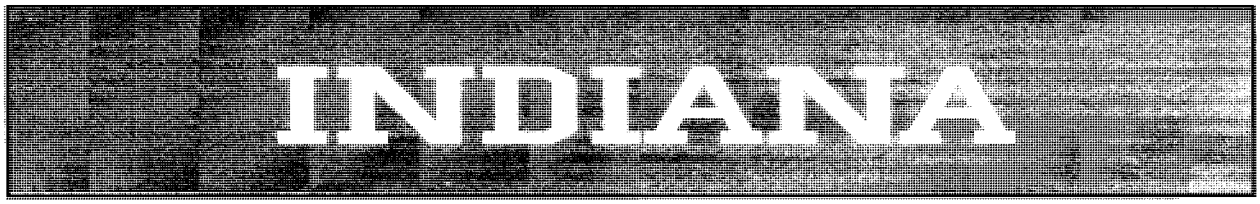
2007
KELVIN SAMPSON
INDIANA UNIVERSITY
COACHES CLINIC

TEAM SHOOTING DRILLS

OCTOBER 20, 2007

KEVIN KEATTS
HARGRAVE MILITARY BASKETBALL

Indiana Hoosier Basketball



Hargrave- Introduction

Military Life

Leadership
Character
Self Discipline

Academics

Advanced Academic Studies (Naval Foundation Kids)
Transcript Enhancement
Under Class/ Post Graduate

Basketball

To assist the late developer
To allow seniors with limited eligibility an opportunity to play
To compete without the loss of a year eligibility
To provide an additional year of growth & maturity
To allow for exposure and competition against top colleges and universities

Coaches Responsibilities

16 core- course rule
NCAA Clearing house
ACT/SAT test schedule/ registration
Students with disabilities
Sliding scale

Indiana Hoosier Basketball

INDIANA

Hargrave Pre Practice Warm-Up
P=Player, CA=Coach A, CB= Coach B

Players Line in the corner on the baseline.
Two Coaches free throw line extended

1. Players pass to Coach B, sprint to half court, receive ball back and make a hesitation to the left at Coach A and finish at the rim. (Two times through)

2. Players pass to Coach B, sprint to half court, receive ball back and make a hesitation to the right at Coach A and finish at the rim. (Two times through)

3. Players pass to Coach B, sprint to half court, receive ball back and make a right to left crossover dribble at Coach A, first time through finish at the rim, second time pull up jump shot.

4. Players pass to Coach B, sprint to half court, receive ball back and make a left to right cross over dribble at Coach A, first time through finish at the rim, second time pull up jump shot.

5. REPEAT OTHER SIDE

Shooting 5 Spots

1. Players line in corner pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach B closes out on player, player shot fakes finishes at the rim off two feet.

2. Players line up on the wing pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach A closes out on player, player shot fakes and shoots pull up jump shot. (Two times through)

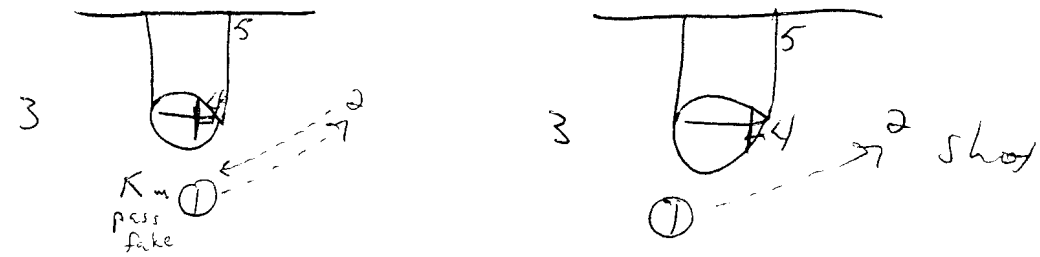
3. Players line up at the top of the key pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach B closes out on player, player shot fakes and shoots pull up jump shot at the elbow. Players go opposite directions as the player in front of them. (Two times through)

4. Players line up on the wing pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach A closes out on player, player shot fakes and shoots pull up jump shot. (Two times through)

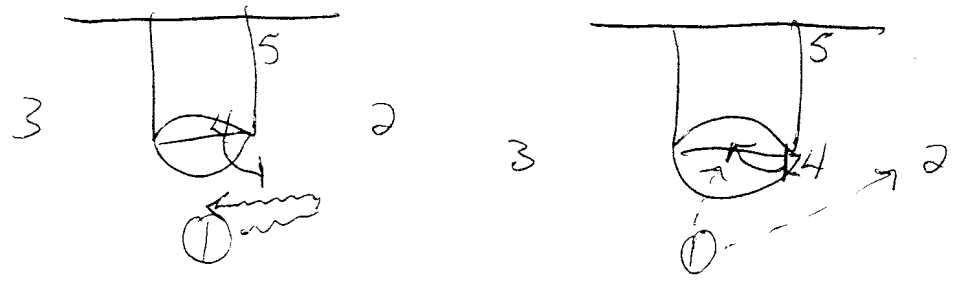
5. Players line up in the corner pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach B Closes out on player, player shot fakes and shoots pull up jump shot, next time through player shot fakes finishes at the rim off two feet to end the drill.

Bill Fennelly
Zone Offense

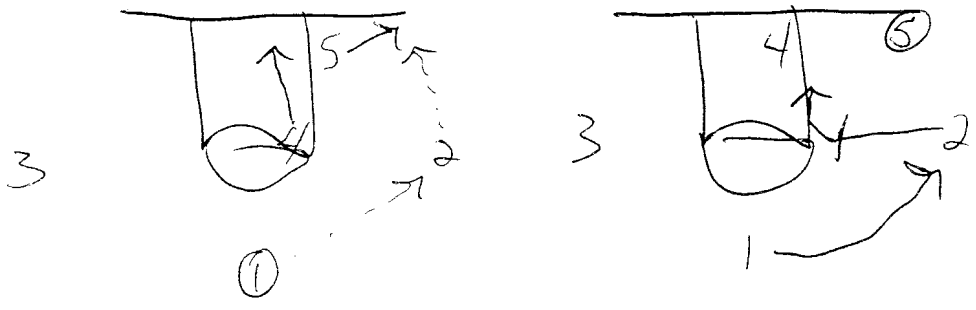
- Simple 3



- can also set on ball screen to start, 4 on slip as well

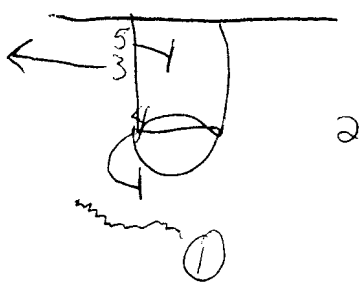


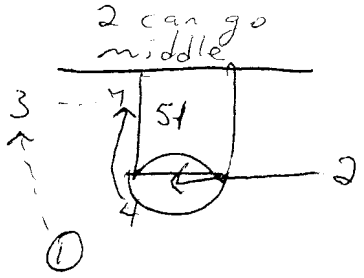
- Shot on Wing



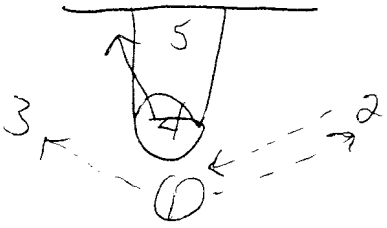
- Overload - Stack set

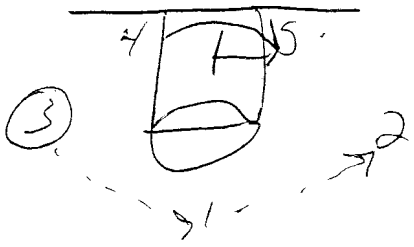
Good Against 1-2-2



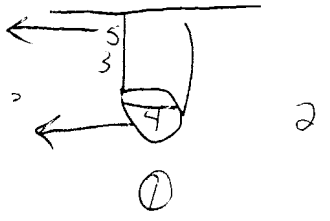


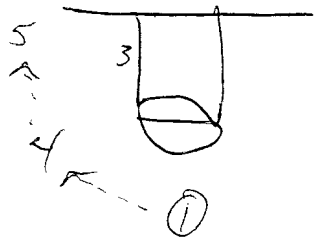
- center screen - start 4 High

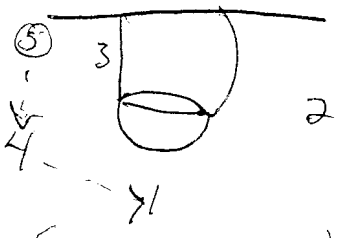




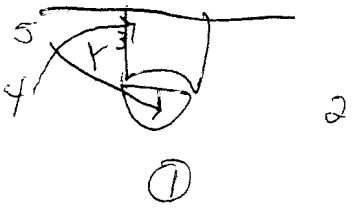
- Stack lob





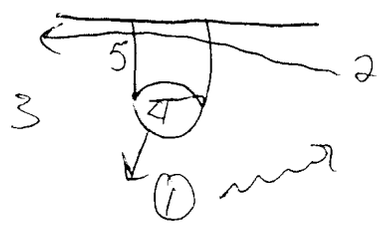


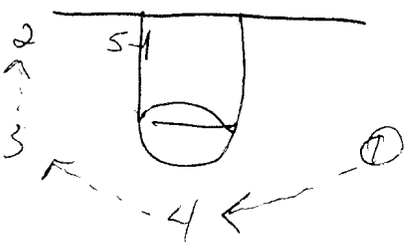
lob or 3 man on pop



- Hit the 5 coming to middle, lob then hit the

- Overload for corner 3 / feed





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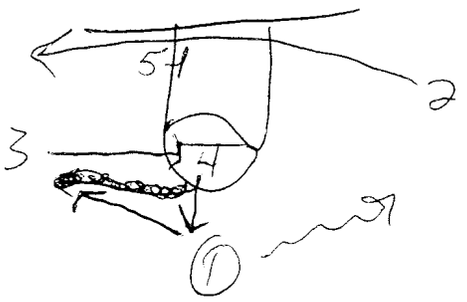

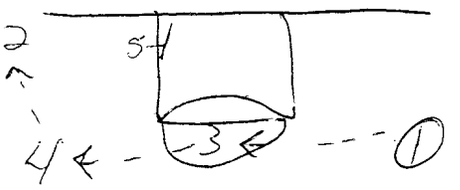

- Run if 4 man is denied high

- Shooting Drills
  - 6:00 Drill
    - 1:00 Closeout Shots
      - No Boxout
      - Just Shots
    - 1:00 1 Dribble Shot Fake Penetration
    - 1:00 Shot Fake then lay-up, jump stop lay-up

-1:00 each

- Random Note For Practice
  - Intense / Timed
  - Up tempo / Pressure
  - Keep Things Moving
  - Run Like College Football Program - Intense / Organized