2-1-2 Modified Flex

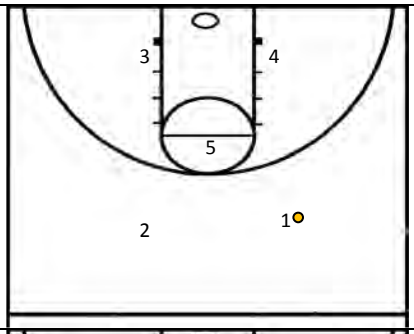
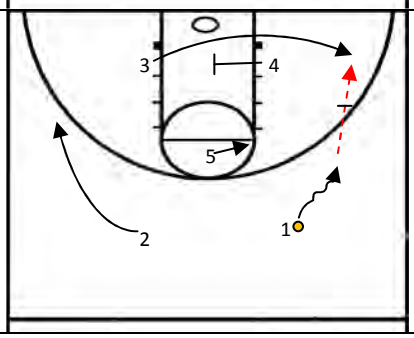
Introduction

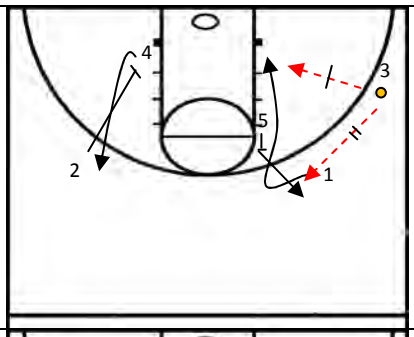
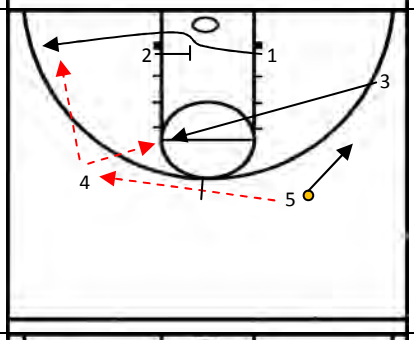
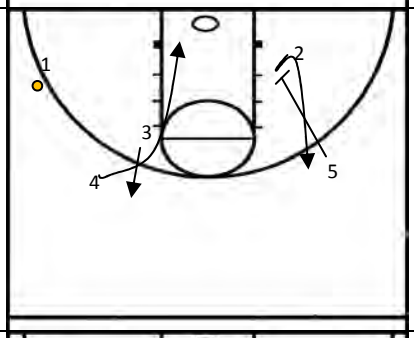
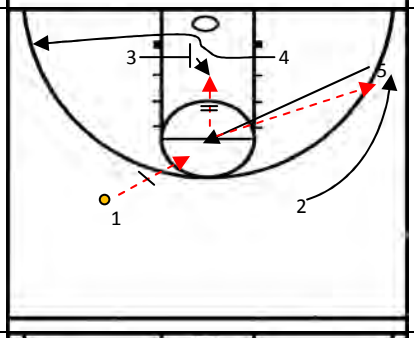
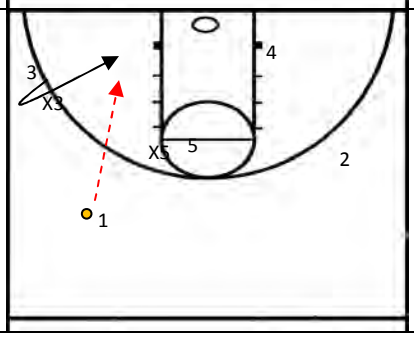
The flex offense is utilized in all levels of basketball, and there have been many variations of this offense. The base cuts of the 2-1-2 Modified Flex is the "Flex Cut" and "UCLA" back screen. As with the other flex offenses, players need to be able to make reads on defensive overplays. Also, as a coach, you will have to decide if you want to "head hunt" the defense when you screen or screen an area and have your cutters rub the screen. Either way, the offensive cutter and the screener are going to have to work together in order to get open looks. If the cutter is not going to allow the screener to get set, you are going to run into some timing issues.

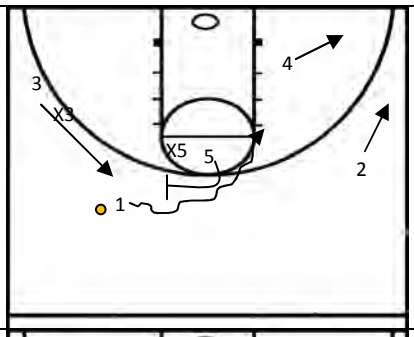
Being that this is a continuity offense, all 5 players need to be able to play all the positions on the floor. Therefore, your post players are going to have to be able to play on the perimeter and your guards are going to have to be able to in the post. Allowing time for individual development is therefore vital to the success of this offense.

In this offense, every time a player catches the ball, he needs to use the Rim Post Action philosophy. On the catch, players should look to shoot or drive (Rim), dump the ball in the post (Post), or make a ball reversal pass (Action).

Spacing is also critical in this offense. You will want to spread the defense so that there is more room for cutting and penetration. When players dribble penetrate, the other players are going to have to move to open penetration lanes and to make themselves available for kick outs and post feeds.

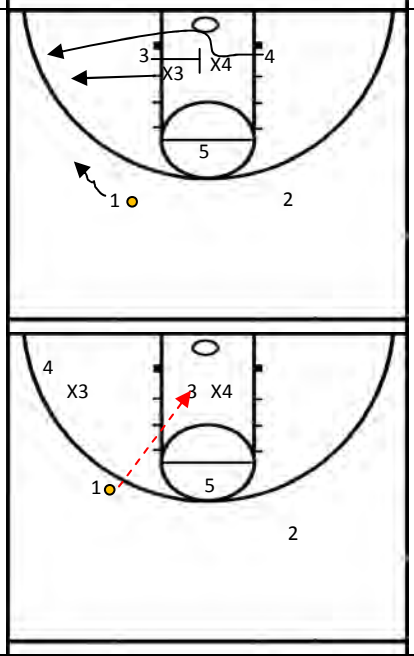
		**Basic Set Up** 1. Start out of a 2-1-2 set. Remember that each spot is interchangeable, so you can have players start in different positions based on your primary break.
		**Flex Cut** 1. Either guard initiates the offense by attacking a side with a dribble entry. 2. 3 man cuts through to the ball side corner off of a flex screen set by the 4 man. 3. 5 man flashes to the ball side elbow (there will be some reads that the 5 man has to make if his defender sags on flex cut)

			**UCLA Cut** 1. If the guard passes it to the corner, he will rub off of the high post to the ball side block. 2. The 5 man will shape up off of the back screen (RPA) 3. Opposite wing (2) sets a down screen for the weak side low post (4).
			**Ball Reversal with High Post Flash** 1. When the ball is reversed to 5, he should look Rim, Post, Action. 2. When the ball is reversed to 4, the opposite corner man flashes high post. This is where spacing is crucial. 4 man has to be high and wide to allow room for the high post flash
			**Continuity Cuts** 1. Make the same continuity cuts
			**Defensive Reads and Counters (High Post Entry)** 1. If the ball goes to the high post on the flash, look to: a. Shoot b. Hit the flex screener on the duck in c. Drive d. Kick out to the weak opposite wing
			**Defensive Reads and Counters (Corner Deny)** 1. If you can not hit the flex cutter you can due to denial of the passing lanes, look to: a. Backdoor cut



Defensive Reads and Counters (High Post Deny / Ball Reversal Deny)

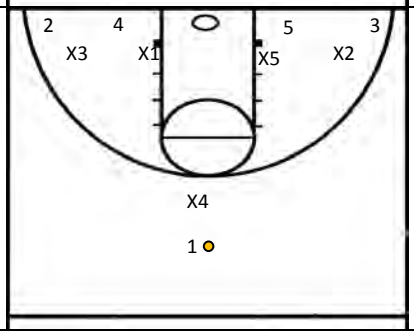
1. If you can not hit the high post flash or reverse the ball you can look to:
    a. Set a high ball screen for a screen and roll
    b. 2 will drift with the drive
    c. 4 steps out short corner
    d. Opposite wing will crack back



Defensive Reads and Counters (Switching on the Flex cut)

1. If teams start to switch the flex cut, the person who sets the screen should pop back to the ball and seal the other defender.
2. If the high post defender sags to help on post defense, high post should be open.

Note: This is why it is important that your guards are able to play in the post. Also, if teams are going to switch all screens, players are going to want to look to slip screens and use quick cuts.

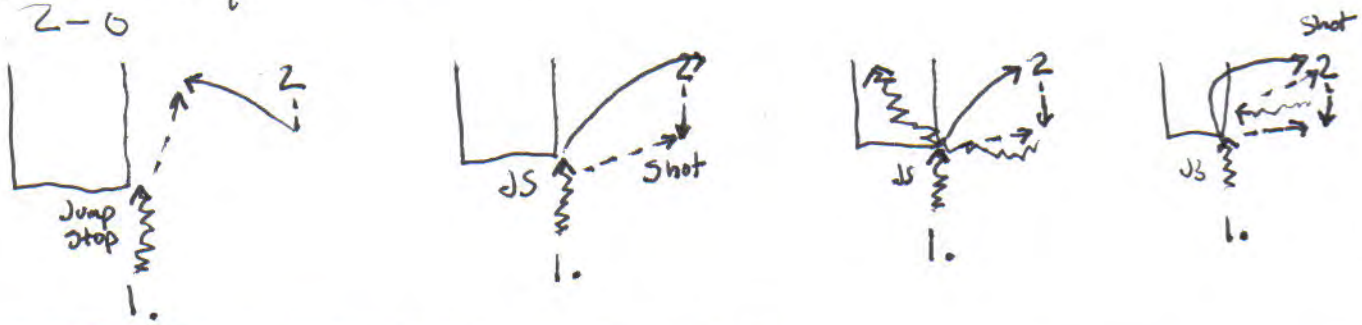


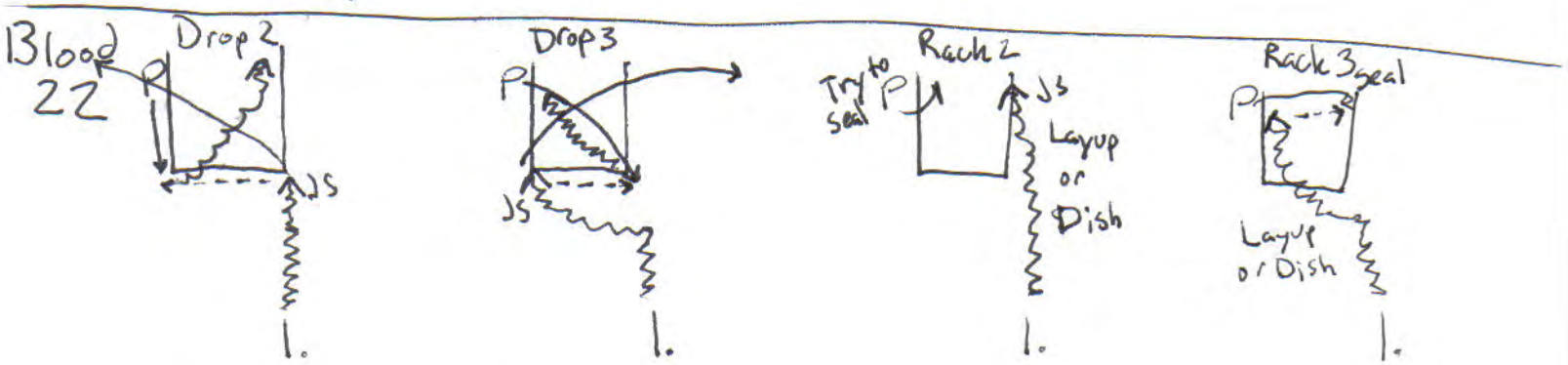
Defensive Reads and Counters (Post Defender Defending Guard of Screen Switch)

1. If you happen to get a post defending a guard, go into a 1-4 low and allow your point guard to penetrate and create for himself or his teammates.
2. Other 4 offensive players need to be sure to get below the defense to make it difficult for the defense to see the person they are guarding and the ball.

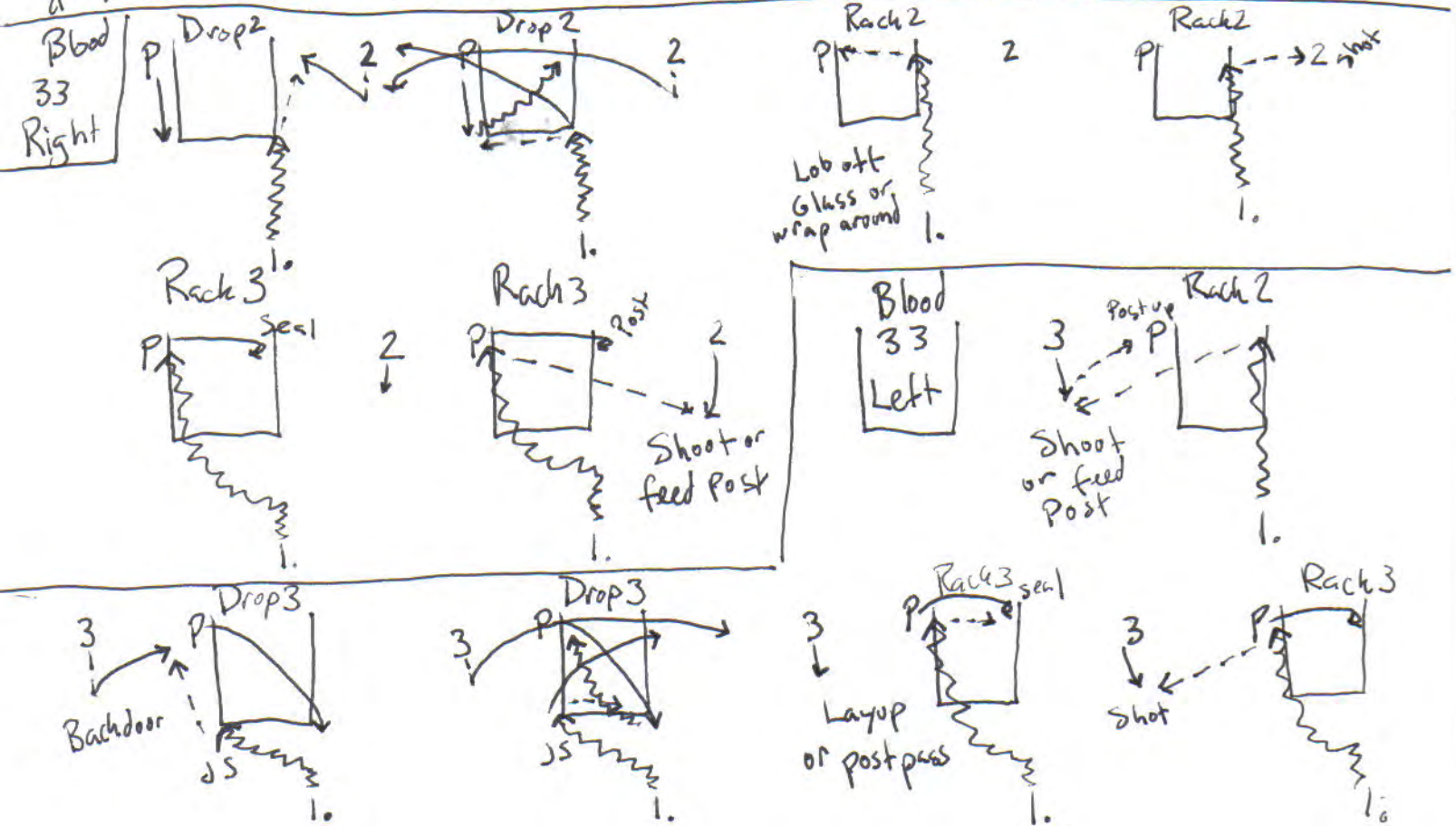
2-1-2 Modified Flex Quick Hitters

2 Man Plays Drop 2



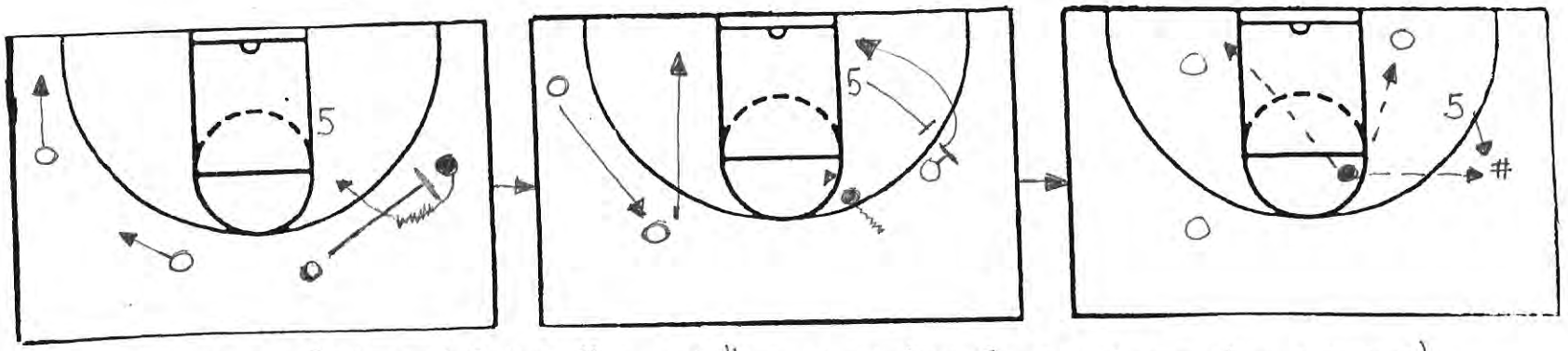


* PG Starts at Center Circle

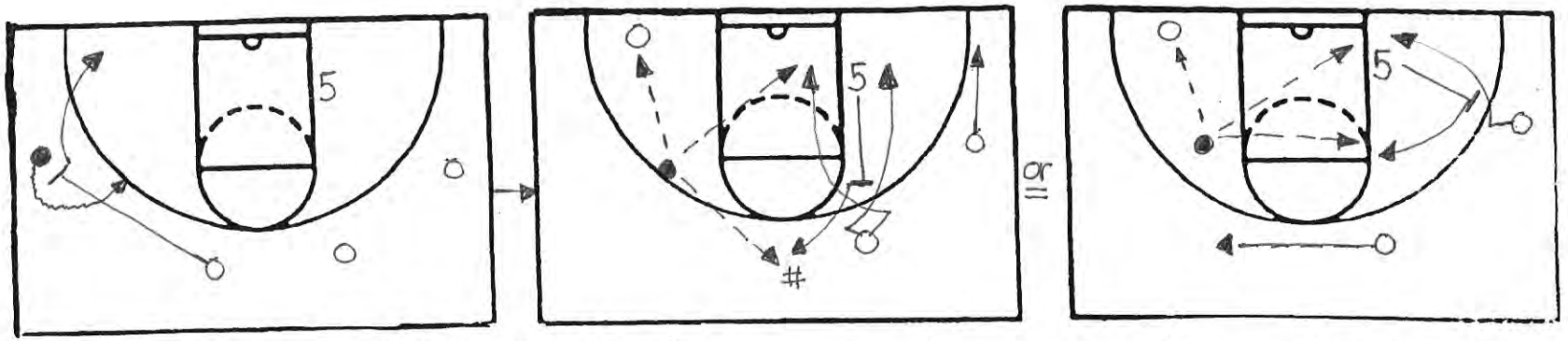


Set Plays Four Around One

(Pick and Roll)



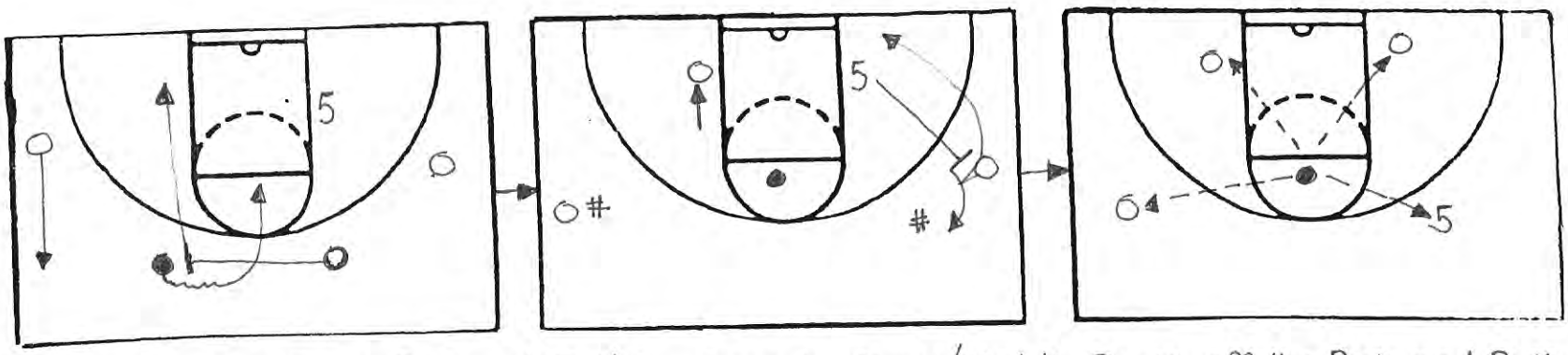
* Strong Side : Pick and Roll : "Quick" on the Wing (screen the rolling screener)



* Open side : Pick and Roll : "Quick" on the Wing (screen weak/two options)

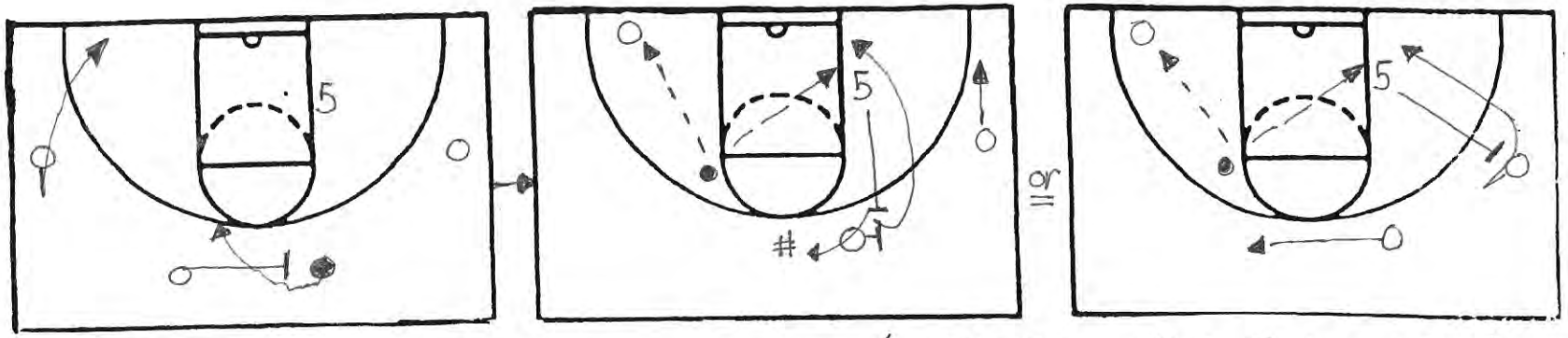
you can precall the weak side screen or give your center the option

Set Plays Faur Araund One
(continued)



★ Strang Side Top : Pick and Roll : Open to Strang/Middle Drive off the Pick and Roll

[We call these "Head" or "Pat" because nomally the player with the ball pats his head when he wants the screen. You can do this an the wing instead of calling "Quick".]



★ Weak Side Top : Pick and Roll : Strang to Open/Middle Drive Off the Pick and Roll

Set Plays Four Around One
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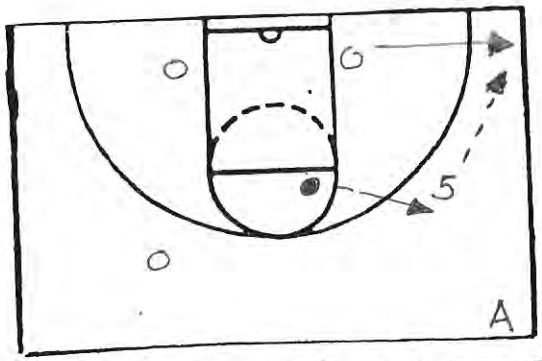
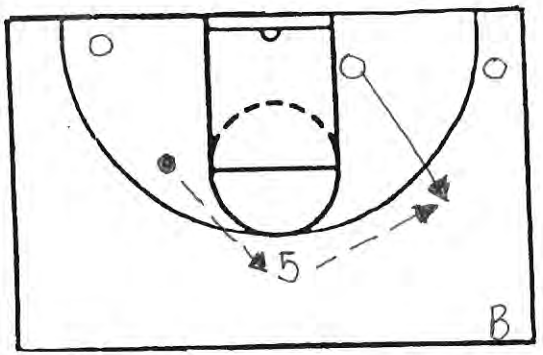
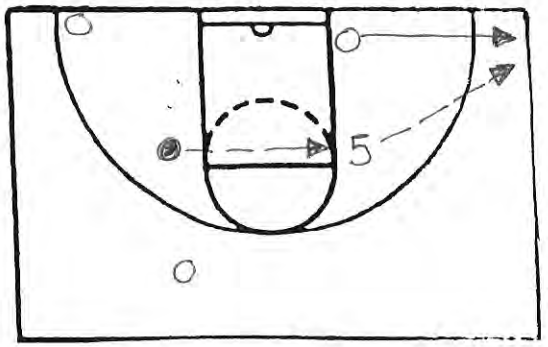
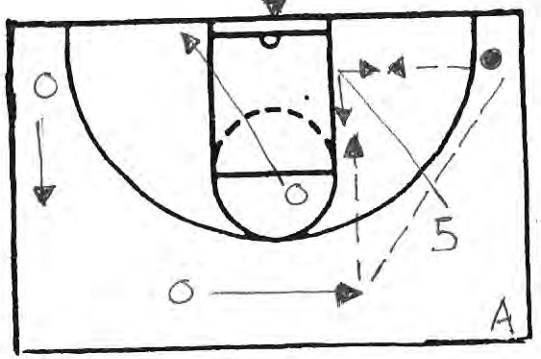


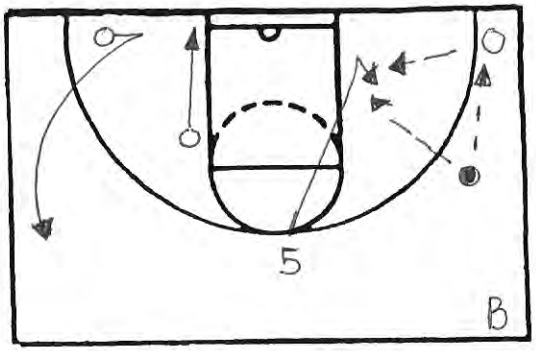




★ Counter the Back Screen Switch: On all the earlier Pick and Roll plays from the weak or open side, the center screened a perimeter player. If your opponents switched to counter that screen, you can use these sequences to repost your center versus the mismatch. You can use the same concept after the backscreen on the rolling screener! Perimeter steps out and O_5 pass/cut/repost.



★ Feed the Post



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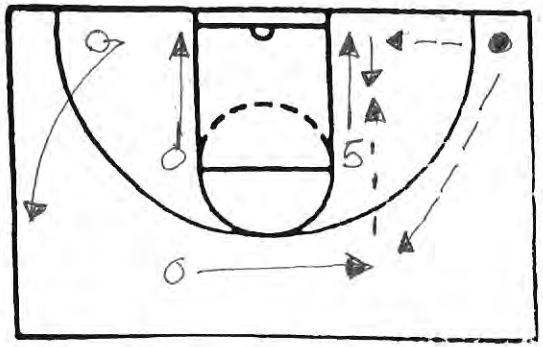
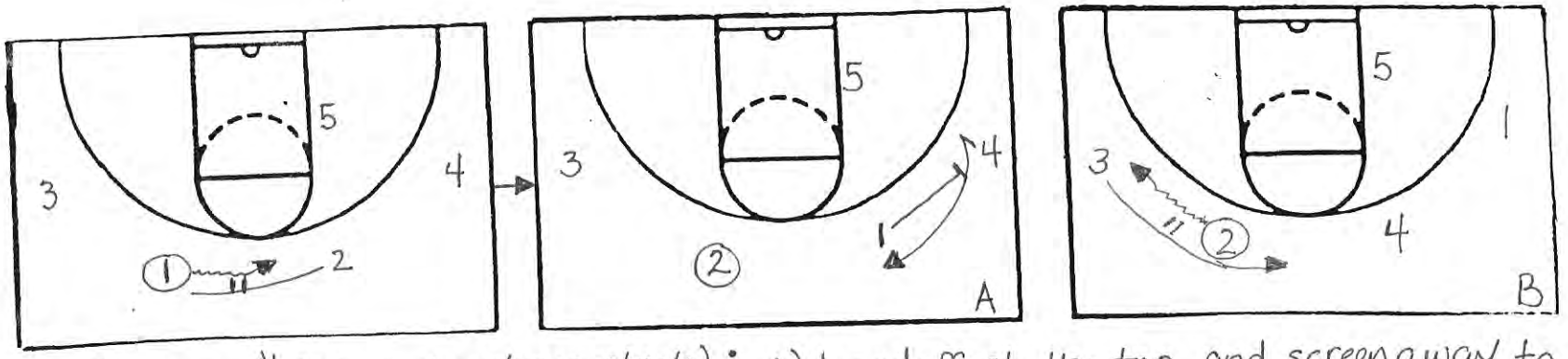


★ Feed the Post

Set Plays Four Around One

(Weave)



★ "Weave" (open to strong start) : A) handoff at the top and screen away to reset

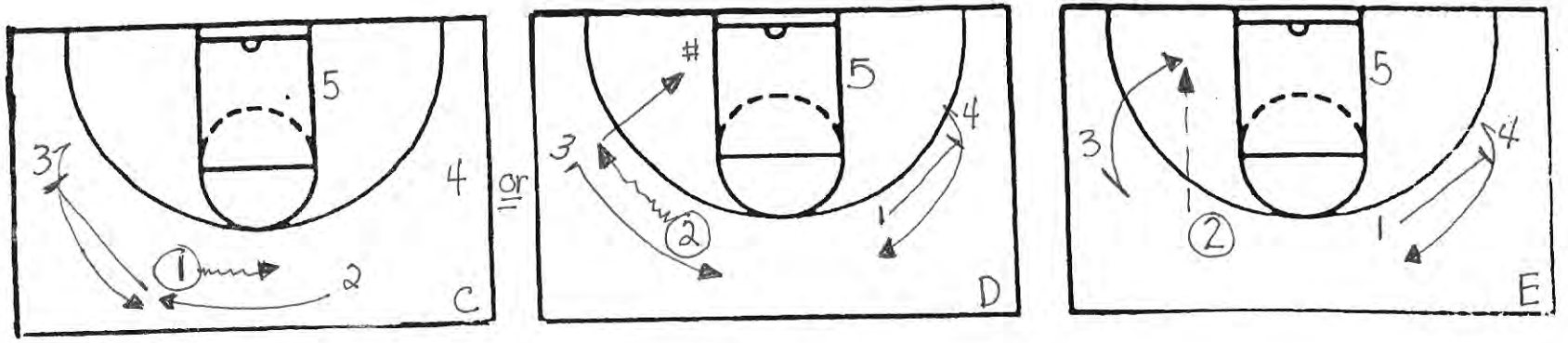
[example]

B) handoff on the side and reset

C) no handoff at the top and screen away to reset

D) no handoff on the side/drive and score (open side)

E) fake the weave and backdoor cut (open side)



Set Plays Four Around One

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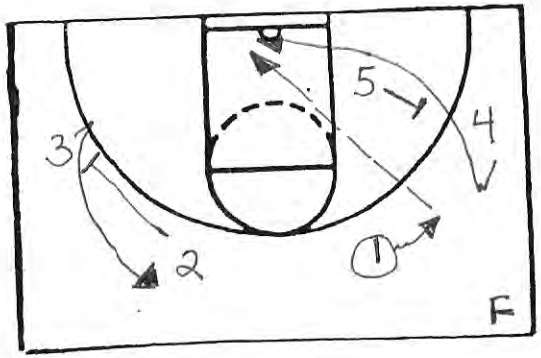
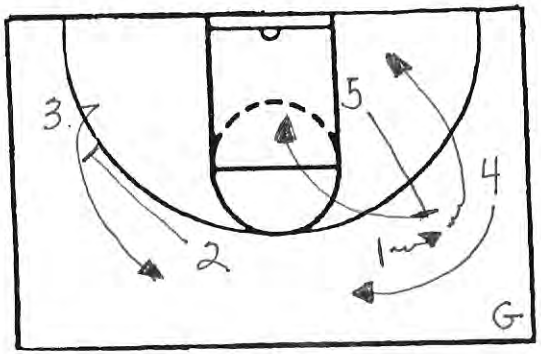
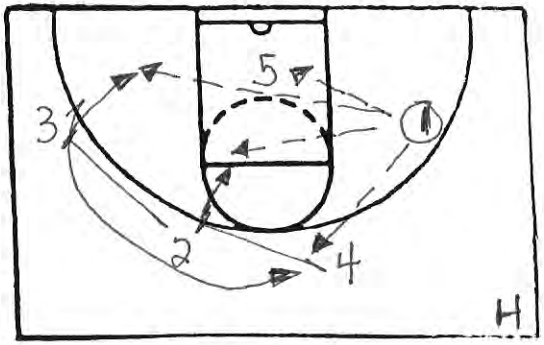




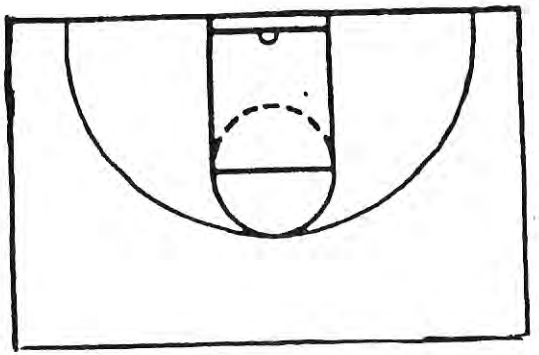


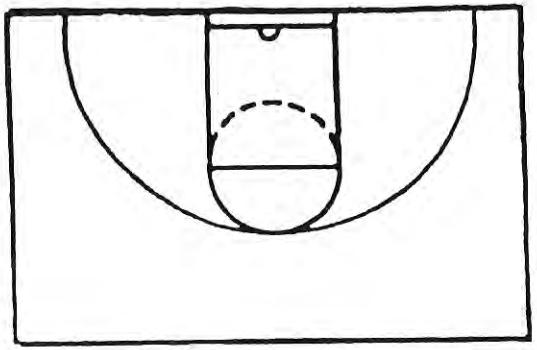
F) Fake the weave and backdoor cut (paverside)

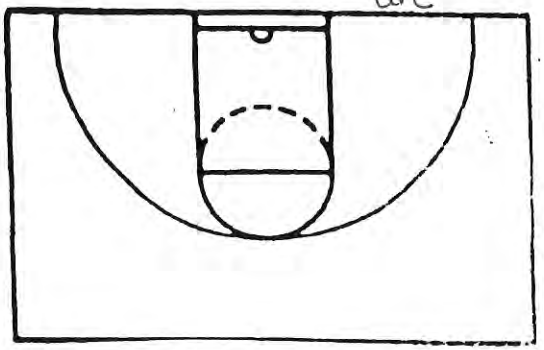
G) no handoff power side / drive and pick and roll

(O_5 screens the ball, traditional pick and roll)

H) this sequence can be called or read / instead of pick and roll or if it goes dead or opposite the pick and roll use a staggered screen series at the arc

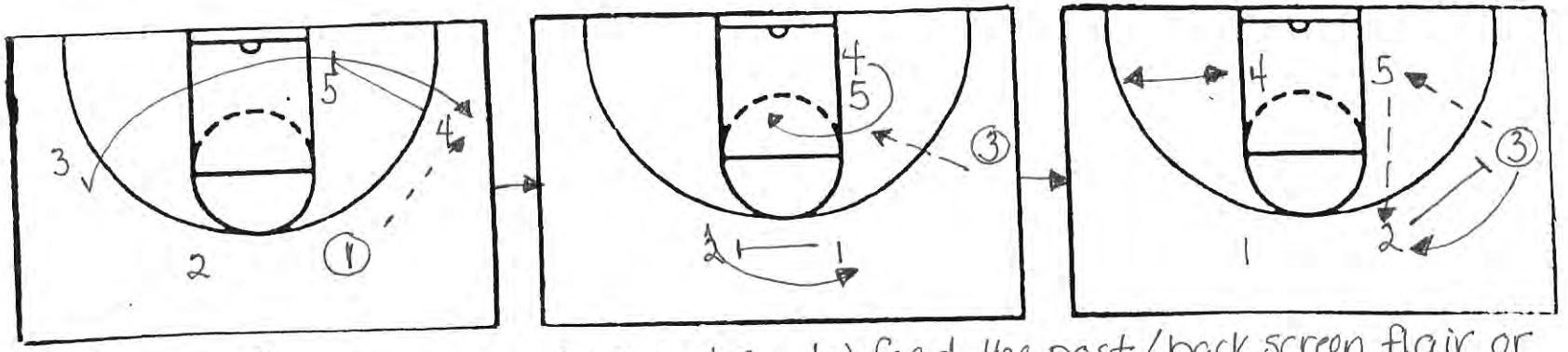




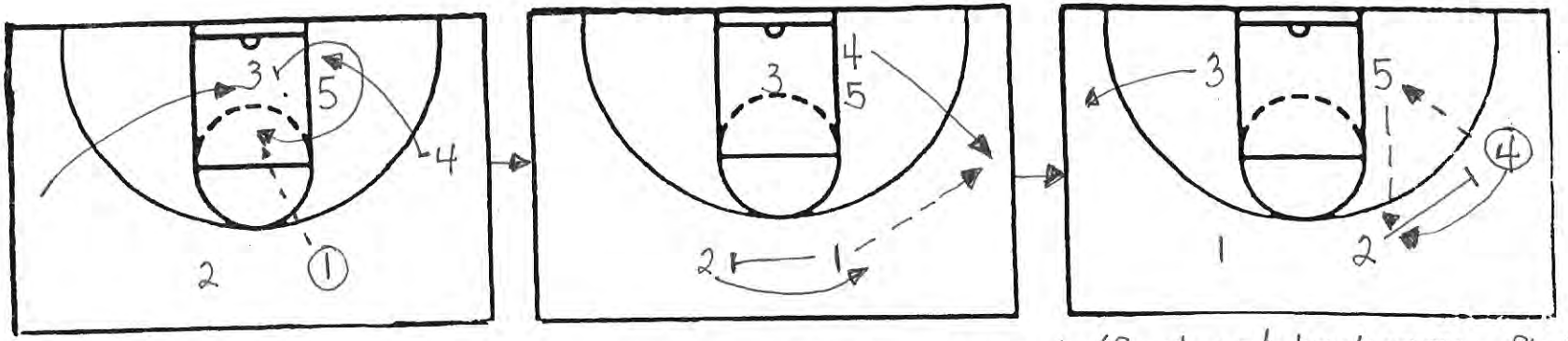


Set Plays Fair Around One

(Staggers)



"Double": (wing pop out) a) curl O4 b) feed the post/back screen flair or side pick and roll



"Double": (wing curl) a) curl O3 b) O4 pop out/feed and backscreen flair or side pick and roll

Set Plays Four Around One

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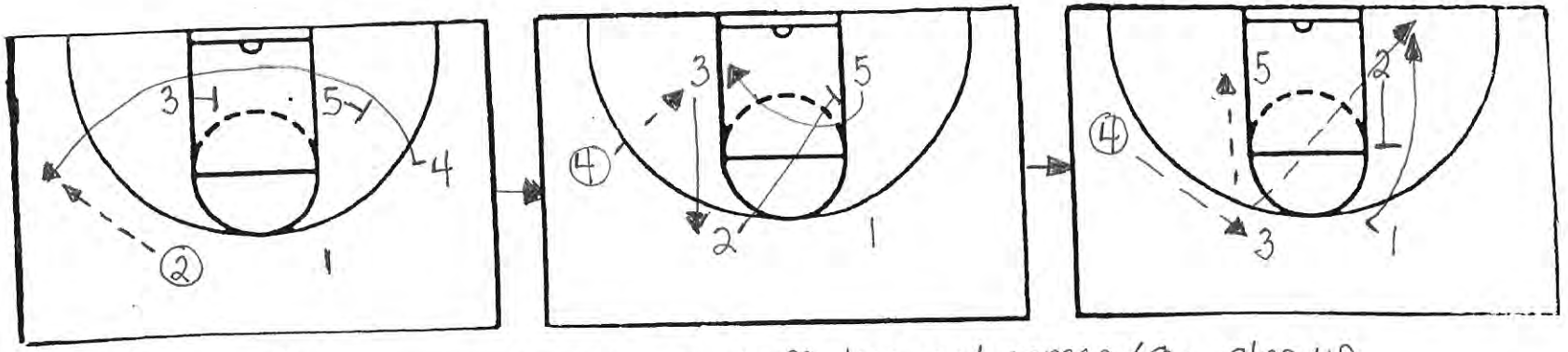
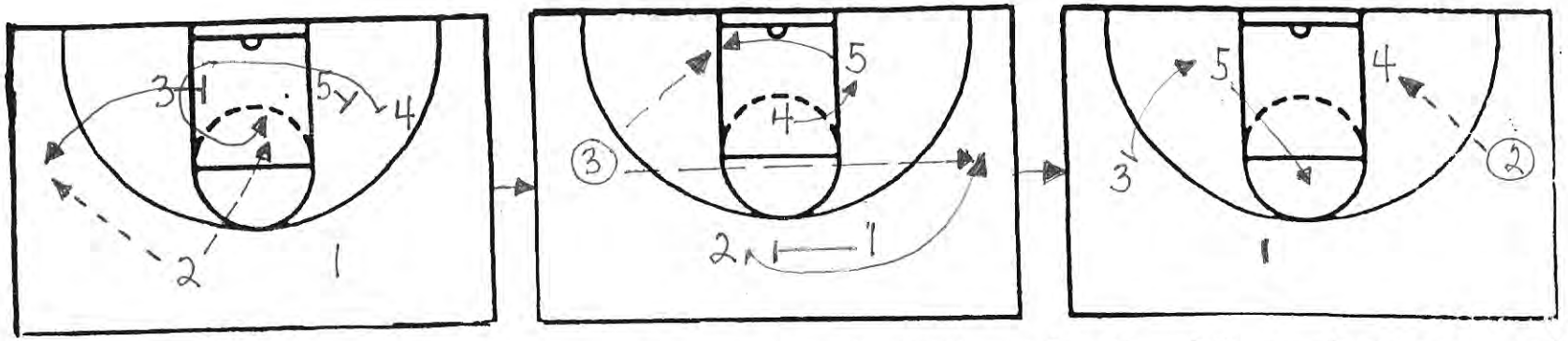


"Single": (wing pop out) a) O_5 curl off diaganal screen/O_3 step up
b) O_3 feed the post/O_1 off weak back screen



"Single": (wing curl/pop back) a) O_4 Curls/followed by O_5 b) back screen and flair for the skip and feed the post/flash high and back cut on post entry

BO Ryan Man to Man Defense

Philosophy:

I. Give up fewer shots
- turnovers
- eliminate 2nd & 3rd shots

II. Poorer shots
- shots out of range
- low % shots
- off balance

Whole Method:

- keep ball out of middle
- keep ball out of post
- force catch outside the 3 pt line
- one pass away deny/gap

shell drill/lane line

-hand up hand down/ mirror ball
-maintain committed side
-one pass away deny (thumbs down) hand in passing lane
-2 passes away weak side- one foot in paint
-in post 1 step cushion

shell drill/ wing

-ball close out, hand up and down (post pass)
-one pass away in post/DEAD FRONT
-one pass away, jump slightly to ball/hand in passing lane
-two passes away-drop to middle of lane (back to basketball, until ball is put on floor)
-opposite wing-middle of lane (see ball and man).

shell drill/to other lane line

ball close out
1 pass away/hand in passing lane
2 pass away/1 foot in paint

shell drill perimeter
-ball close out
-one pass away deny/hand in passing lane
weak side help/middle of floor
post/dead front

shell drill/post feed
-if post "D" gets caught behind, stay between man and basket
-1 pass away, help and dig up
-RAID the post/be ready for skip pass/close out recover

STANCE
-base wider than shoulder
-sitting position
-back straight
-hands out
-play bigger than you are
-if dribble/dig up

DRILLS
1. shadow drill
2.zig zag
*dead-mirror ball, pass to coach, jump to ball
*charge, and get up quick
3. wipe the floor
* 2 slides open up/square back up/dribble swipe up/shot, yell hot block out, square back up,/drop, dive,/dead, mirror ball

Wing denial drill
-show in gap
-open in post

Close out drill
-get high hand pressure
-contest pass into post
-quick short steps
-guard against triple threat
-move when ball is in air

Driving line drill
-force offense to baseline
-after ball is dead, make pass to coach go again

Jump to ball drill
-jump to ball/front cutter
-pass to coach, jump to ball, slide, open, secure ball (CHIN UP)
- go 15- 30 sec.

Post "D" drill
-don't lean or hug post/1 step cushion
-wing pass is made to wing "D" drive leg up and over to dead front
-"O" trying to pin
*Med. To high post
-deny
-go behind
-3/4 front
-IF post dives low-FRONT

Post "D" 1 on 1
-all players work on post "D"
-"D" has to beat post player to spots
-go low to high
*30 sec. to 1 min.

Help and recover wing pent. Drill

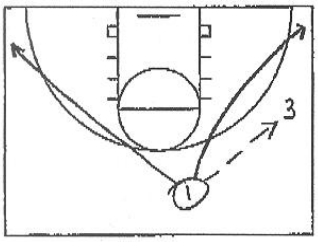
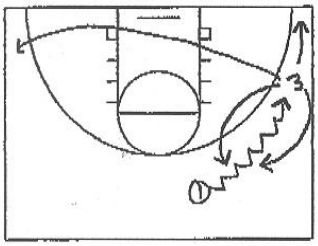
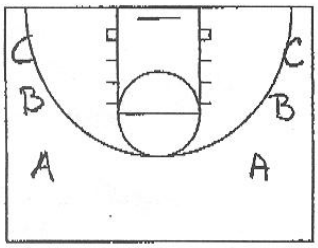
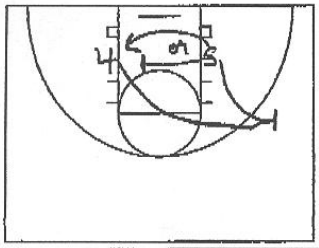
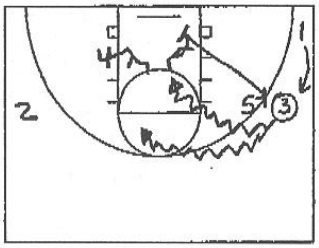
**Dribble pent. From wing*
-help, stop pent. When dribble is dead/recover
-kick for shot/recover high hand pressure
-block out, rebound, chin, outlet

**Post drop rotation drill*
-"D" start in paint
-meet dribble pent. Before paint(help with chest up, hand back, don't reach)
-rotate recover on shooter
-block out/ chin/outlet
MUST HAVE SYNERGY

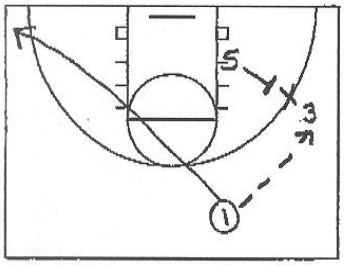
NOTES:

1. Defense is hard work
2. guard players like you hate to be guarded
3. 5 on 5
4. Heart and Desire
5. Defense can always hold you in a game
6. Conditioning is a MUST!

David Milson Kansas Ball Screen Offense READS.

	Call: Fist Notes: Fist is a ball screen offense where 4 & 5 screen the high wing, wing or corner. Basic cuts for 1 are shown in dia. 1. 1 can pass to wing then corner cut ball side or weak side.
	Call: Notes: Dia. 2: If 1 can't pass ball to wing he can dribble the wing down or through.
	Call: Notes: Dia. 3: 2 & 3 may catch the ball in A-high wing B-wing or C-corner. If they can't get open they may move to either corner, shallow cut to top or weave.
	Call: Notes: 4 & 5 Ball Screeners Rule 1: Must get separation from your defender so that the defense can't make a good hedge or double team. Create bad hedge. Rule 2: The 4 or 5 that goes to screen is determined by their defender. Send the one that has a defender that can't hedge. Rule 3: If both defenders are good, have 5 screen for 4 to free him. Example: the bigger slow one, the one in foul trouble, or the lazy defender.
	Call: Guard Ball Side ***Guard goes to ball side corner Notes: Screener (Side Screen) Post make a solid screen, make contact. On the screen your chest should be facing the sideline. Do not screen air! Make the guy you screen go over the top if he goes under bury him with a reverse pivot butt screen. Option 1: After the screen you must dive to the lane and post with both feet in the lane. Option 2: Screen the guard in the corner for a 3 point shot. Then post

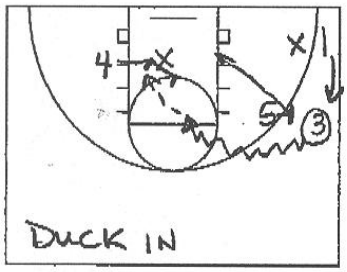
NOV-18-2008 12:24PM FROM-WARRENSBURG HIGH SCHOOL 660 747 8731 T-248 P.002 F-305



Call: Guard Opposite ***Guard goes to weak side corner
Notes: Screener (Butt Screen)

Post makes a solid screen, make contact. On the screen your chest should be facing the defenders back. Do not screen air! Bury him with a reverse pivot butt screen.

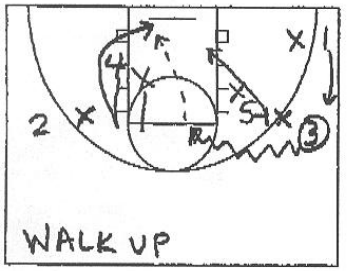
Option 1: After the screen you may roll for 2 man game.
Option 2: Or you may pick and pop



Call:
Notes: 4 & 5 Non-Screener
The 4 or 5 that doesn't screen has a number of reads.

Read 1: Duck In

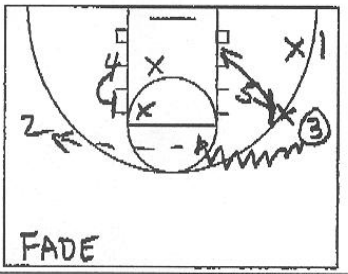
If your defender is on midline or playing soft DUCK IN hard.



Call:
Notes: 4 & 5 Non-Screener con't.

Read 2: Walk Up

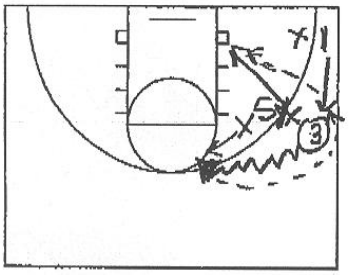
If your defender is body to body with you being aggressive WALKUP and when the guard drives middle show and go back door for the lob.



Call:
Notes: 4 & 5 Non-Screener con't.

Read 3: Fade Screen

If wing on your side is playing good helpside defense set a fade screen for him and look to post or slip.



Call: Pass Back
Notes: Ball side Corner

The player in the ball side corner must be alert and sprint up to replace the guard that drove off the screen so that we may pass the ball back for a 3 point shot or a post feed to the screener that rolled to the lane.

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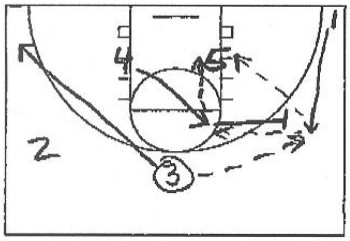
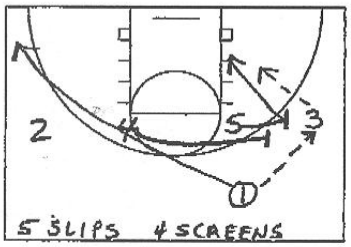
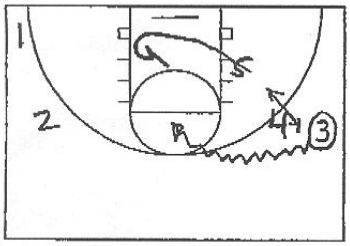
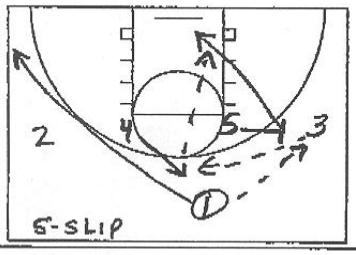
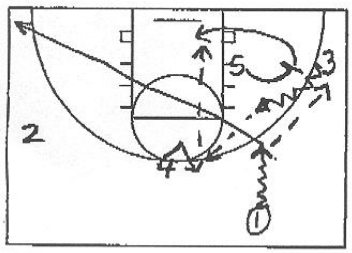
	Call: Pass Back Notes: If we pass back to guard coming up from the corner he has 4 options 1. 3 point shot 2. feed low post 3. if low post is fronted hit the back side post flashing for the hi-lo 4. wait on post flashing to step out and ball screen **If pass is made to flashing post and he can't go hi-low with it he reverses the ball and sets a ball screen.
	Call: Under Notes: This is a counter we run if the team is hedging hard or trapping. We start both post high and both sprint to screen at the same time but the 1st post man there slips and goes to basket for a return pass from the wing.
	Call: Under con't. Notes: If this pass isn't there the second post man sets the ball screen and we are into our normal Fist action with the 1st post man going to opposite side and ducking in.
	Call: Over Notes: This is a counter we run if the team is hedging hard or trapping. We start both post high like under. As the 1st post goes to screen the 2nd post pops out high for a pass from the wing. We look to hit high post from the wing then high post throws a lob to the 1st post man that screened the ball or slipped the screen.
	Call: Buna Fist Notes: The 1 passes to the wing in the low wing area not too deep in the corner. Then 1 cuts through or gets high and wide. 5 man is low and 4 is high(like Buna set). The low post 5 screens the 3 and dives to basket for a lob from the high post. If 4 can't hit 5 then he reverse it to 2 and ball screens and we are in Fist.

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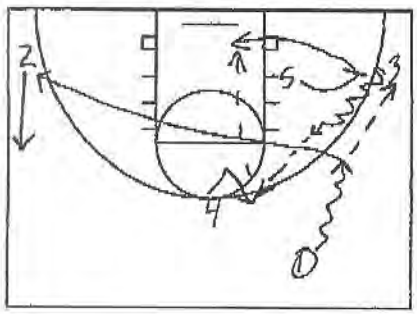
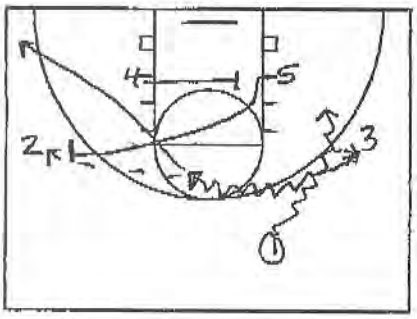


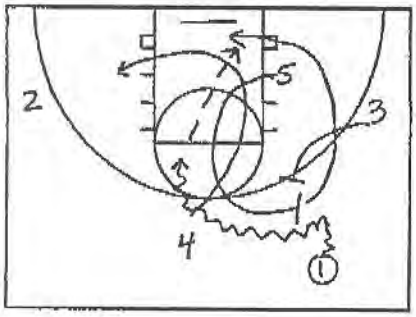
Call: Buna Fist con't.
Notes: Kansas did this in the finals a number of times.

In Buna set if they hedge when 5 screens the 3 in corner 3 sh
and 4 hit 5 hi-low(or lob for dunk)

Notice five goes out to screen and picks a side late so that it
bad hedge.

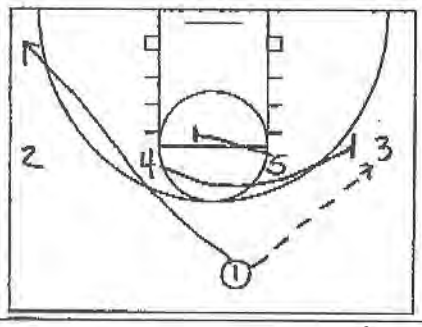


Call: Weave with a 4 to 5 screen
Notes:



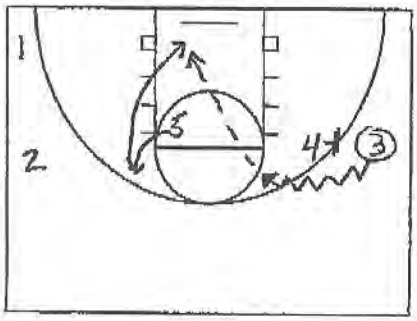
Call: Push 5
Notes: Set play we run versus pressure.

We circle 4 down in front of 5 and 5 come out and sets a ball
while 4 relocates opposite block. 3 must not go to low befor
to screen for 5. Tell 3 not to show obvious screen. 1 dribble
then throws it to 5.



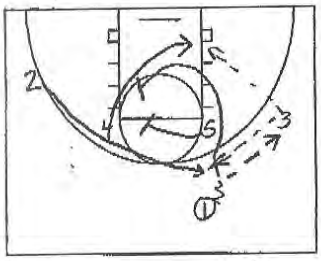
Call: 1-4 Fist with a 5 to 4 screen
Notes: Great set to run the Under play

You can continue from here into any option of Fist.

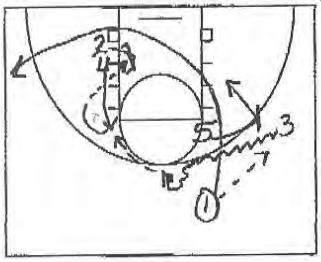


Call: 1-4 Fist w/ 5-4 ball screen con't Weak Side w/walk
Notes: Anytime the 1 goes opposite of his pass the post has
option of setting a butt screen.

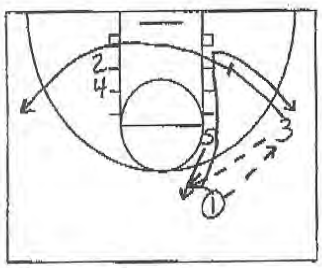
12:24PM FROM-WARRENSBURG HIGH SCHOOL 660 747 8731 T-248 P.005 F-305



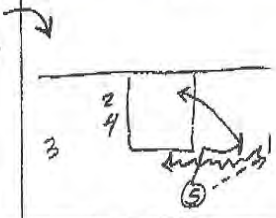
Call: Old 1-4 (Daniel) into Fist
Notes: This is an entry that gives you a lay-up or a 3 before entering fist.

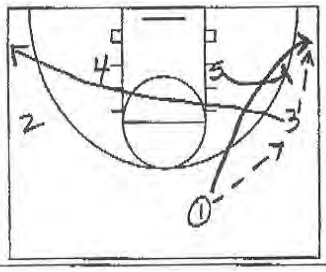


Call: UCLA entry
Notes: 5 – 3 pick and roll with **Strong** action to post up big guard



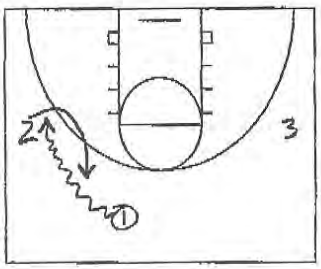
Call: UCLA entry
Notes: 5 – 1 pick and roll





Call: Corner
Notes:

Normal Fist play with 1 cutting to ball side corner and receiving pass from 3. 3 clears to backside. 5 steps out of low post and we ball screen 1. You can continue with any read by the backside 4 man. This is a very good option as a change up.



Call: Shallow
Notes:

1 dribbles to a side and the 2 is denied so he shallow cuts to the top.
This is not a play it is just a simple counter to the wing denial.
Run Fist from here.
It also sets up our Blue play for later.

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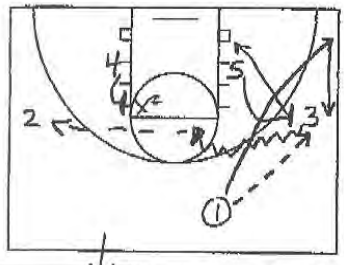
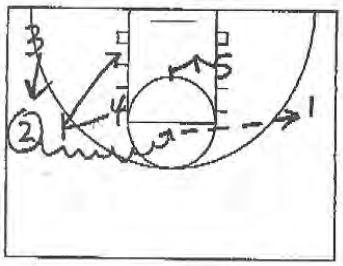


Call: Possible scenario
Notes: It is very hard to diagram every option. The post men have the ability to screen for each other before setting the ball screen.

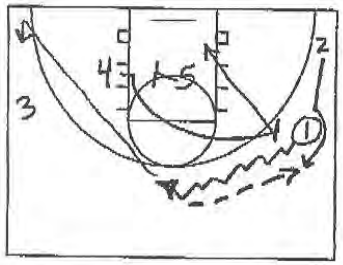
Here is what a possession might look like on 3 ball reversals.

1 ball side corner cut, 3 dribbles off5 screen and reverses to 2, 4 set a fade screen then a ball screen for 2



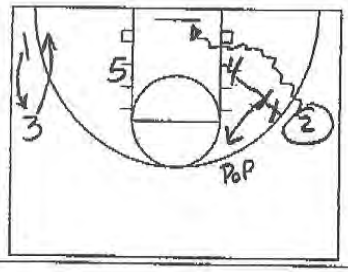
Call: con't
Notes:

2 drives of 4 screen and 5 ducks in hard but doesn't get it. 2 passes to 1 who came out of the corner and 2 cuts ball side corner.



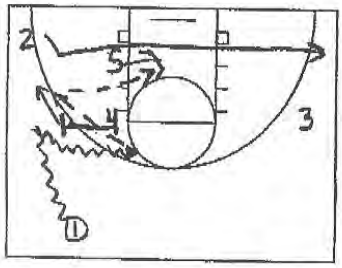
Call: con't
Notes:

5 after duck in he screens away for 4 to come set ball screen for 1. 1 drives middle and does a Pass Back to 2 and 1 cuts to weak side corner.



Call: con't.
Notes:

4 now comes out and sets a butt screen for 2 to have the option to go either way. 2 drives baseline for a power lay-up.

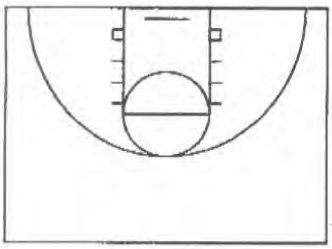
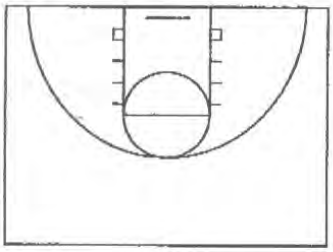
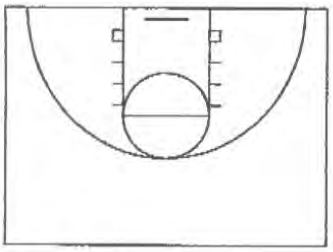
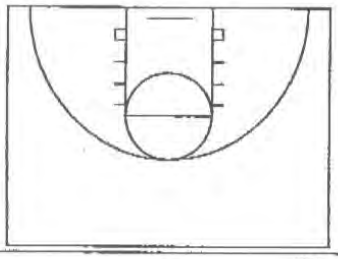
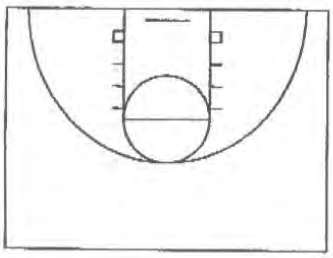


Call: Side
Notes: This is an entry to get ball in the paint quickly.

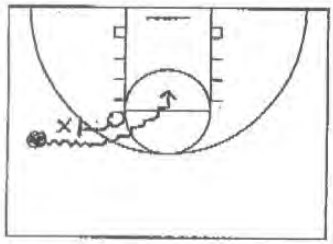
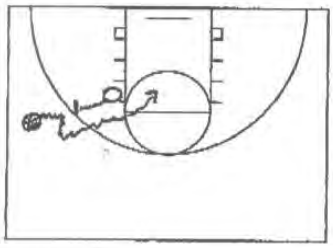
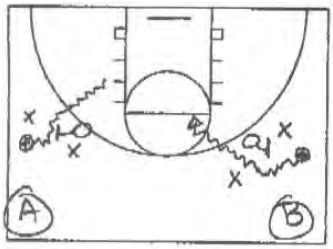
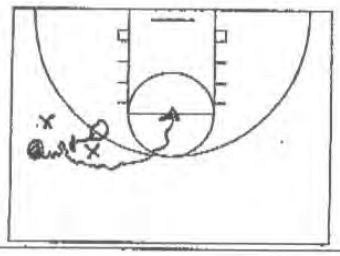
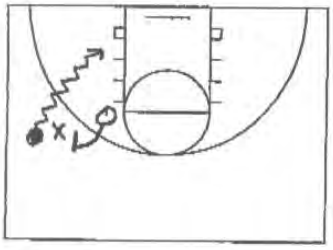
1 dribbles to out to opposite corner where 3 will screen down for him.

1 keeps dribble and drives off of 4 inside the 3 point line. 4 pops and receives a pass back from 1 and he feeds 5.

NOV-18-2008 12:24PM FROM-WARRENSBURG HIGH SCHOOL 660 747 8731 T-248 P.007 F-305

	Call: Guard Play in Fist. Notes: The 1, 2, and 3 must have a good understanding of their defenders position when they get the ball. They must set their defender up after they get the ball by: kicking him off (jab step hard at him or in a specific direction) reverse pivoting kick off reverse pivot fake and go back down dribble pass fake or shot fake
	Call: Guard Play con't. Notes: 1, 2, 3 Off the Ball: DO NOT run toward the ball screen. Give space and read defender Keep your man occupied Read the help. Try to create bad help Communicate with teammates
	Call: All Players Notes: Understand the goal is to win each possession and win the game. Understand the reason for your movements. Understand position of post defenders and make your play accordingly. Know your strengths. Know your teammates strengths. Know where your shooters are and set them up. Know your defenders strength and weaknesses. Know the shots you should take. Know the time and score.
	Call: Post Play in Fist Notes: Screen: they must seek contact and hold position(don't release too soon) Going to screen: They must understand concept of getting separation and creating bad hedges. Angles: they must understand the angle in which they should screen and where the guard is trying to go with the ball.
	Call: Post Play con't. Notes: Slip: must understand this concept and how to read their defender. Backside Post: Know your reads: Duck in, Walk up, Fade screen, Slip, Flip Out Flash, High Low, Pick and Pop, Positioning

NOV-18-2008 12:24PM FROM-WARRENSBURG HIGH SCHOOL 660 747 8731 T-248 P.008 F-305

	Call: Go Notes: Foot first then the ball. Work from low to high. Put your shoulder on your screeners hip
	Call: Hesitate and Go Notes: If soft hedge and recover. Offense hesitate and go, take 1-2 dribbles past the screen and shoot. Remember to go downhill and get in the paint.(not to deep)
	Call: Split Screen Notes: A. Split early: if your defender forces you to use the screen. B. Split: If the hedge defender over runs the screen.
	Call: Fake the Split Notes: Use an inside/out dribble to freeze the hedge defender
	Call: Reject Notes: If your defender does not allow offense to use screen. Defensively this is called 'Blue'. Fake at the screen and drive hard opposite.

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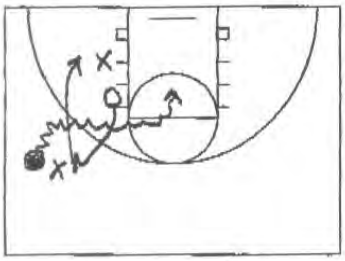
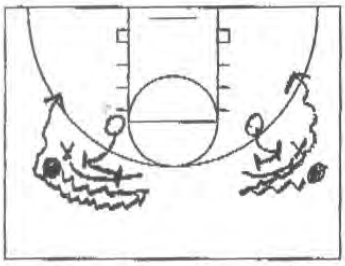
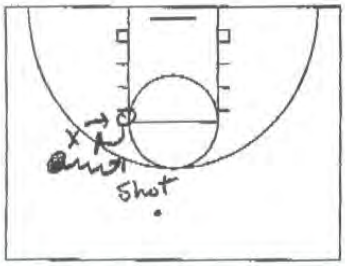
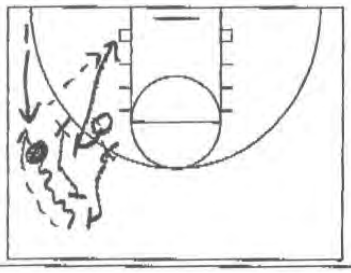
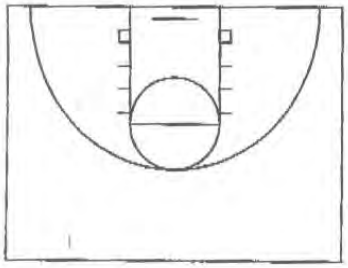
	Call: Attack the Blue call Notes: Your defender forces you down to the big, you then try to crossover after 1 dribble baseline and drive middle forcing the big to step up. Tony Parker does this a number of times per game vs the blue call.
	Call: Re-Screen Notes: If the defender gets over the ball screen, you bring it back off of the screen. The screener just turns and gets you again.
	Call: Defender goes under Notes: Attack the screen and Shoot behind it. Screener- buries the guard's defender with a reverse pivot butt screen.
	Call: Drag to a Pass Back or Buna Fist Notes: Drag the defensive hedge or trap hard toward mid-court and mid-line. You want to drag the defense away from their man and stretch the defense to create good spacing and bad defensive rotation.
	Call: Notes:

NOV-18-2008 12:25PM FROM-WARRENSBURG HIGH SCHOOL 660 747 8731 T-248 P.010 F-305

White & Black Press

Bobby Gonzalez
Manhattan College

Philosophy Behind Our Press

1. The press is a great equalizer (sometimes we can play and beat teams with more talent and more size because of our pressing style).

2. It's great for recruiting because players love to play this way. In addition, the fans/alumni/media all love this style, as evident in our attendance the last several years.

3. Playing time. It is very hard to keep 13 players happy. When you press, it forces you to utilize more players and allow them to contribute, which the helps morale.

4. Mindset. It gives you confidence and an aggressive, never quit mentality. When you press you are never out of the game. You are coming out and acting, rather than reacting and the press gives you the mindset of swinging first and never backing down.

5. Preparation and scouting. The press forces our kids to be in great shape and play hard with a high level of intensity. Because of this, our pressing team becomes extremely difficult to prepare for, simulate and ultimately play against us. Unless you practice and play this way every day, you may be in for a difficult time.

6. Pressing is also great for tournament basketball because of matchups and preparation time.

Indicators to Measure the Success of Our Press

1. **To be a successful pressing team, a team must be committed to it.** We work on our press everyday for 15-20 minutes in both the full and half courts. In the preseason we do agility slides tailored for our press. We do shooting drills in practice based on where we might be in our press. We will also film our pressure segments in practice and do film edits of game footage teaching our press so our players will not only hear it verbally, but also see it visually. In addition, we chart everything we can in practice concerning our press.

2. **Our Deflection Chart.** It measures intensity.

   Filled in black circle = tipped ball
   T = back tip
   S = steal
   B = blocked shot
   R = recovery

We have a 20+ deflections goal for halftime and 40+ goal for the game. When we get 40+ deflections and shoot 40% or over for the game, we have won 95% of our games.

3. **The Effects of Our Pressure**
   - Spurtability – allows us to go on quick runs, which could be the difference in the game.
   - Momentum – the press can help game momentum, change momentum and regain momentum if we are not being aggressive enough.
   - Opponents Decisions – forces teams to ply on the fly very quickly, which leads to poor shot selection, turnovers, getting out of rhythm and getting out of sync. Makes teams play faster than they are comfortable with.
   - It mentally and physically wears you down. The advantage goes to the pressing team.
   - The press dictates tempo and forces people to play fast.

4. **Stats of the Press**
   - It helps to get steals. Our goal is 11 steals/game. We have led the league 4 straight years in steals.
   - It causes more turnovers. We led the league in forced turnovers 4 years in a row. Our goal is to force at least 14 turnovers/game.
   - Positive results of those 2 categories were, we often led the league in FG% because the steals and turnovers create easy baskets.
   - Our team FG% defensively is very good because we get into teams legs and wear them down. The opposing team will take quick, confused and off-balance shots.
   - We lead the league in scoring (78.9 ppg) because we get a lot of offense from our defense. Even on nights when we are shooting a low % our press allows us to put points on the board.

White & Black Press

Our two main presses are our White and Black Press. These are both match-up, man-to-man presses with some zone principles. We like to use our presses on made FG's, made FT's and dead ball situations. In some cases, side out of bounds.

We love to change pressure out of time-outs and sometimes even off missed FT's. We may pick our pressure based upon the type of score (ex. FT/2/3) or depending on who scores.

The **White Press** is a match-up press out of a 1-2-1-1 type alignment in which we have **a man on the ball**, preferably a forward, and we are not face guarding. In our White Press, we like to designate certain areas on the floor to certain players.

- We like to have our 4 man on the ball because he is normally the most skilled and athletic forward.
- We like to have our 2 and 3 up at the elbow because they are normally the longest/quickest and most athletic defenders for us.
- We like to have our 1 man ballside, ½ court because he is normally the quickest and best anticipator on the floor.
- And we have our 5 man weakside ½ court ready to go deep and long as our protector.

You must communicate and match up with the closest guy in your area. You will point and trade off and communicate. Our goal is to force a trap or force an out of control speed dribble. We will run at a speed dribbler. We want to keep the ball out of the middle of the floor, we want to push it to the sideline and trap it. Our trap rules are 2 on the ball, big /tight/together, 2 in the lanes. Our anticipation guys are ready to shoot the gaps for deflections and steals, you cannot be locked on your guy. We have 1 protector whose main job is to protect the lane and the rim. **Our #1 rule in the press and traps is to not foul because fouling negates hustle.** Make the other team make a mistake.

The Black Press

The Black Press has the same rules as the White Press except for it is a full denial press with **no man on the ball** and we are face guarding.

The man who is off the ball is a centerfielder. He is the eyes of the press.

The centerfielder will be determined by who is taking the ball out.

In the Black Press, we are matched up with our man in an all-out face guard denial in which we will switch all screens and try not to let the ball inbounds.

Once the ball is entered, the Black Press and the White Press have the same rules. We **especially** do not want to get beat over the top long because we have a centerfielder back protecting an over the top pass.

Conversion From Full to Half

- The press is never over. You must sprint up from behind, run through lanes trying to get backtips/deflections/steals or grab a quick rebound.
- Once you get to the front court you are trying to match up the best you can with a man.
- Even though we are a pressing team we care a lot about our ½ court defense.
- We work on contesting shots, close-outs and sound fundamental ½ court defensive principles just as much as we work on our press.

Scouting & Game Adjustments with the Press

- We will adjust our press according to scouting of the opponent.

- We can take our man off the inbounder and double team the point guard.

- We will purposely run at a great ball handler and trap him in order to get the ball out of his hands.

- If the opposing team inbounds the ball with one of their forwards or big men, we may take our man off the ball and allow the forward to get the ball back after the inbounds pass and then force him to make decisions by shutting out and totally denying the ball away from the other four players on his team.

- We will designate one player on the opposing team who we are completely shutting out. It will be the sole responsibility for 1 member **on our team** to make sure that designated player does not receive the ball.

- We may also adjust our press according to what we see in scouting another team and what they use for a press breaker. We may change our alignment if we see another team uses a 1-4, 1-3-1, or 2-1-2 press breaker.

- Finally, we want to take away all advance passes. We will allow a retreating or parallel pass, but we never want to give up an advancing pass. We love when a team passes the ball through the air as it gives us an opportunity for a steal and conversion.

Coach's Final Thoughts

1. When you press you have to be prepared to give something up. But understand you are getting something in return.

2. Do you want to press aggressively or conservatively?

3. It is a myth that you cannot press with slow non-athletic players. The key is positioning, anticipation and intelligence.

4. Because we are a pressing team, we know going into every game that is the way we are going to play regardless of the opponent and regardless of the opponents' strengths. We are sure at some point of the game our press will have an effect on the other team. Example: Games take on a personalities sometimes. The press may not be a factor early on, but our kids know we are going to stay with it. Usually from the 14 to 10 minute mark is when we would almost always make our run.

5. At one point last season the longest winning streaks in the country were:

University of Louisville	(17 games)
Manhattan College	(15 games)
University of Florida	(14 games)

   There is a direct correlation between winning streaks and style of play.

6. You must understand it takes great conditioning and sacrifice to play this style of play.

MARYLAND OFFENSE

Brenda Frese

I would like to share with you some of our offensive sets that helped Maryland win the 2006 NCAA Women's national title.

MAN-TO-MAN OFFENSE SET UP

We initially line up in a three perimeter and two i nside player set. The three perimeter players stay outside the three-point line, while the two inside players are set up with one at the corner of the free-throw area and the other opposite to her in the low post position.

CREATING A TRIANGLE

1, the point guard, has two choices for starting this play:

- If she dribbles towards 2, it means that 2 must go to the deep corner (diagr. 1).

- If she can pass to 2, 1 will cut and go in the deep corner (diagr. 2). In this way we start to form a triangle on one side of the court.





ENTRY PASS

Once the triangle is loaded, we are looking for a quick pass to the low post 5, from 1, in this case, or from 2, if 1 is able to pass the ball to 2 on the wing. On this pass, 4 will dive hard down to the low post, on the same side of the court, while 3 will slide up (diagr. 3).





If we cannot pass the ball to 5, because she is overplayed on the side, 1 will pass to 2 and 2 will pass the ball to 5. If 1 passes to 2 and 2 cannot pass to 5, 1 will cut in the lane and will go on to the opposite side of the court, outside of the three-point line to clear out the ball side side of the court. 5 will come out and screen on the ball for 2. 2 will attack the defender and 5 will roll to the basket. As this action is taking place, 4 will screen for 3 (diagr. 4).

If there is no chance of shooting, 2 can come off the screen, dribble towards 3 and pass her the ball, while 5 goes to the low post position (diagr. 5).

3 will now be able to set a new triangle on the other side of the court: she will dribble the ball to the wing position, 4 will goin the low post area, while 5 will come up in the high post position, opposite of 4 (diagr. 6)





If 3 passes the ball to 5, 5 can look to pass to 4, who has cut inside the three-second lane. As an option, we can also do ahand-off pass between 5 and 2 (who must set up her defender before going towards 5 to receive the ball). This offensive play is very hard to guard against and gives a chance to 2 to get open for a shot (diagr. 7).



ZONE OFFENSE

With this offense we want to create maximum players movement that will enable us to use the same basic attack versus various zones and match-ups. I want our team to be able to use dribble penetrations, posts-ups, screens, overload, and slides into the open areas. You can initiate the offense from various sets, such as the 1-4, the 1-3-1 or 2-1-2 set, or out of the transition, with the guards at about 4 meters apart to ensure easy passes between them, if necessary.

ENTRY PASS

On the entry pass, from 1 to 2, in this case, the weak side post 4 cuts to the ball on the short side corner, in an open area on the baseline in the gap of the zone. The other post, 5, hunts the ball and is in line with the ball and the basket (diagr. 8).





RULE 1

On any point guard to wing pass, the offside post curls to the ball side short corner. The strong side post gets in line with the ball and the basket (diagr. 10). On a pass to the weak side (diagr. 12), 5 flashes hard to the ball side and 4 loops to the strong side short corner (it's also possible to start with one of the post players in the short corner).

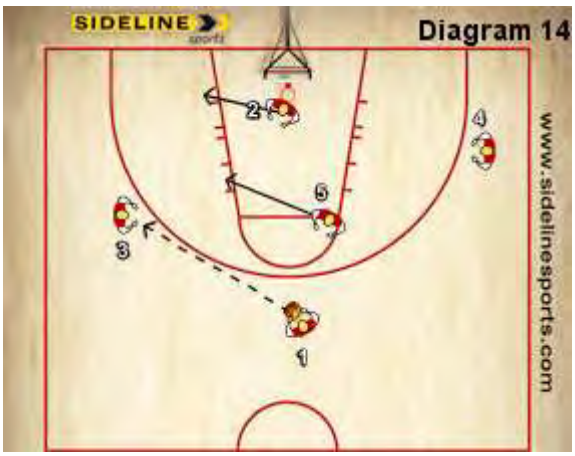




RULE 2

On any pass from the wing back to the point guard, or from a wing to a wing, the passer makes a skip pass and cuts to the basket, becoming the next short corner player on whichever side the ball is passed. The short corner player replaces the wing that cut, and 5 continues to stay in line with the ball and the basket (diagr. 13)

From here, if 1 swings the ball to 3, then 2 becomes the short corner player on the ball side. 5 stays in line with the ball and the basket (diagr. 14). If 1 had passed the ball back to 4, 2 would be the short corner player on 4's side, and again 5 would be in line with the ball and the basket (diagr. 15).





BASIC MOVEMENT RULES

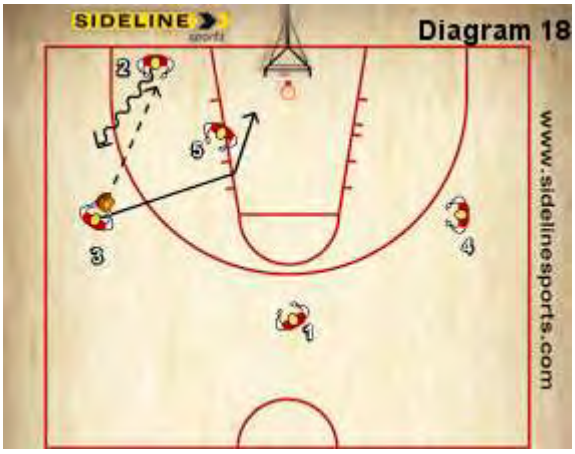
When a wing passes to the point guard, or to another wing with a skip pass, that wing first cuts to the basket and becomes the next short corner on the ball side. The short corner player replaces the wing, while the post stays in line with the ball and the basket (diagr. 16 and 17).

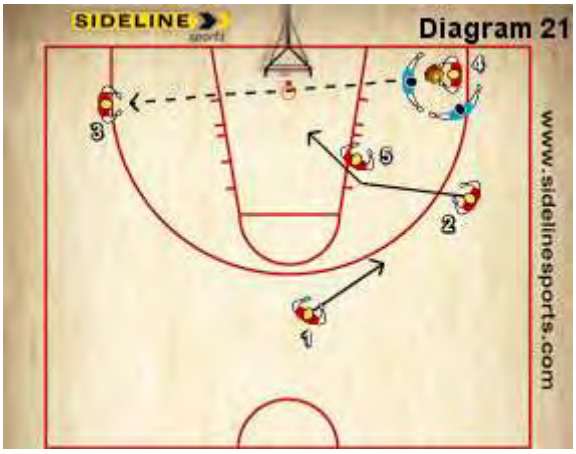




RULE 3

On any pass to the short corner, the wing that made the pass cuts to the middle of the lane and becomes the next short corner player on the ball side (diagr. 18).





RULE 4

The short corner player must catch the pass, face up to the basket, shoot, drive, or drag the ball back out to the wing. If a player is double teamed, she should look for the diagonal pass to the point guard or across the baseline to the wing, who has dropped (diagr. 19, 20, and 21).

SCREENING THE ZONE OR MATCH-UPS

Anytime the wing passes to the point, she may screen the strong side back line player in the zone, or match-up. After the screen, 2 slides into the short corner and 4 replaces 2 at the wing (diagr. 22).





Or, the short corner player can back screen the back line of the zone for the alley-hoop pass to 2, cutting to the basket. If the pass is not thrown, then 4 slides out to the wing to replace 2, and 2 slides to the short corner on the ball side (diagr. 23 and 24).

RULE 5

When a pass is made into the post, everyone spots up to shoot. The short corner player changes sides of the floor, looking for the ball (diagr. 25).





OFFENSIVE REBOUNDING

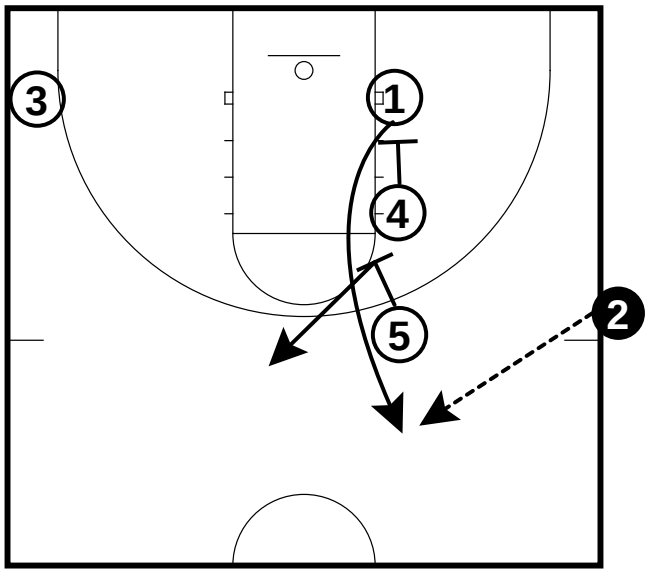
Offensive rebounding is quite effective because the cutters are in excellent position to "get to the glass." In addition, the short corner players have good angles for sneaking in for rebounds. Obviously, we always rebound with both the wings and the posts, while the point guard goes back defensively to prevent the fastbreak. Against the odd front zones, simply tilt the offense by dribbling the ball off the center court, while everyone keeps the proper spacing.

Slobs

Davidson Play vs. Kansas

Slob's - 2 is Stephen Curry

Frame 1

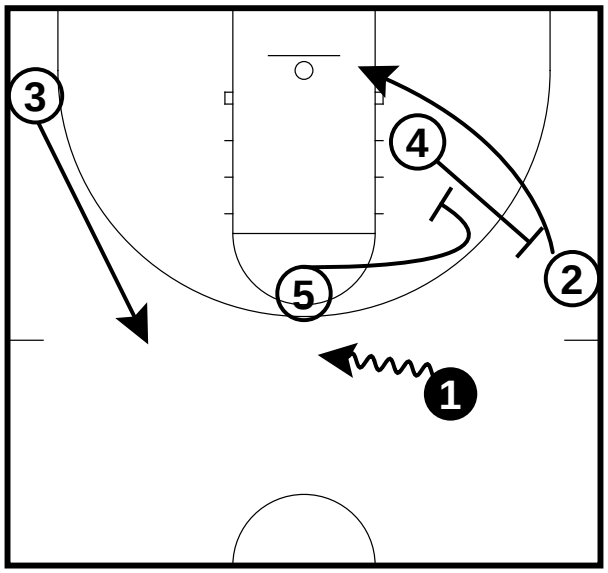


3 stays in the offside corner. 4 and 5 downscreen for 1. 2 passes the ball to 1. 5 screens and pops to top of key

Davidson Play vs. Kansas

Slob's - 2 is Stephen Curry

Frame 2

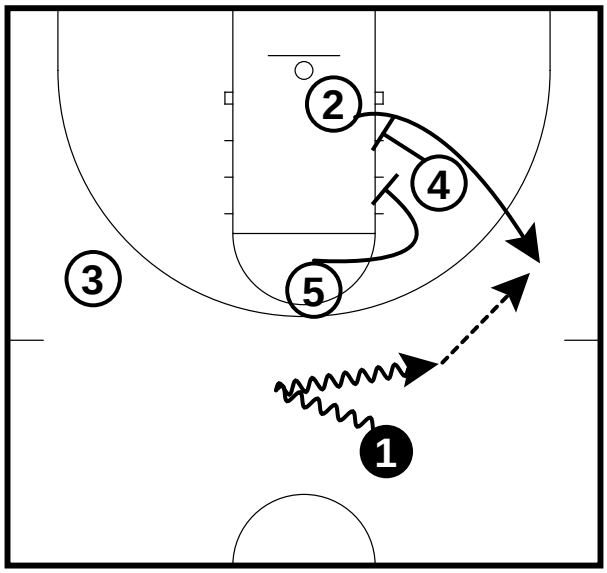


3 sprints to leftside top wing. 4 sets a backscreen for 2. 5 goes to set up a downscreen. 2 goes off the backscreen to the block. 1 dribble away to middle.

Davidson Play vs. Kansas

Slob's - 2 is Stephen Curry

Frame 3



2 ducks his head under the rim to set up the downscreens from 4 and 5. 1 reverses field and dribbles back to right side and passes to 2 off the screen for a "3".

Keystone Oaks Basketball

These are drills I use that I feel are effective in teaching the Blocker/Mover offense. I picked up these drills from various sources. Specifically, I got a lot of these drills from the Winning Hoops Special Report on Motion Offenses written by Bruce Brown, Uniontown Lake HS. Other sources include Bob Knight, Dave Arsenault and Mark Few videos. If you need further explanation of the drills let me know, sometimes a diagram of the drill is easier to follow.

I. 2 on 0, 1 Ball Drills to Use in Teaching Free Offense

A. 2 on 0 Backcut Drill (3 players, 1 Ball)

a. 1 Player has a ball and passes to additional player.
b. Screener sets a back screen on Mover, mover cuts off back screen and receives pass to score.
c. Rotate players
d. Vary the areas/angles the screens take place.

B. 2 on 0 Fake Curl to Post Cut Drill (3 players, 1 ball)

a. Mover with ball starts at top of key, he passes to player on wing and sets up for a screen away to Mover on other wing.
b. The cutter fakes a curl cut over top of screen and just before reaching screen cuts low to the basket to receive pass.
c. Rotate and change sides of floor.

C. 2 on 0 Wing Entry to Flare Screen (3 players, 1 ball)

a. Players set up on wings and point. Point player with ball.
b. Point player pass to wing, opposite wing sets a flare screen on point player.
c. Wing with ball throws skip to the flare cutter for shot

D. 2 on 0 Flare-Screen-Re-Screen –Curl Screen Drill (3 players, 1 ball)

a. Same set up as "C"
b. After wing sets flare screen, the wing with ball does not throw skip pass.
c. The screener will then turn and re-screen for the flare cutter. Flare cutter will now run a curl cut to the basket to receive pass.

E. 2 on 0 Dixie Cut to Backcut Drill (2 players, 1 ball)

a. This drill teaches the "Dixie cut". Player at point starts with ball. Other player is on wing. Point dribbles at wing player.
b. Wing player then makes a shallow cut from wing to wing, (basically dribbler and cutter cross each other)
c. Dribbler turns back and pass to cutter who is now on opposite wing.
d. Passer now makes a basket "give and go" cut.

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II. **2 on 0, 2-Ball Drills (4 players)**

a. Essentially you can do all of the drills above but just add an additional player and ball. Now whenever the screen and cut are made 1 passer passed to cutter and 1 passer passes to screener. Therefore, 2 shots are taken on each sequence. Also you add to the drill by instructing the screener to either pop or cut to receive the pass. The emphasis on these drills is to teach the screener to be a potential scorer.

b. Additional 2 ball drills:

i. Down Screen to flare screen to slip drill

1. Setup with 4 players on perimeter. Player on point has ball and player on far right wing has the other ball.
2. Point player pass to right wing player then sets a down screen on left wing player.
3. Left wing player curl cuts to basket. After curl cut, the screener re-screens for this cutter and sets a flare screen.
4. Player who ran curl cut and then flare cut receives skip pass for jumper. After setting the flare screen the screener slips the screen to the basket for pass from other player with ball.

ii. UCLA Cut to Pop Drill

1. Setup with player with ball at point, screener on left block, and 2 players on right wing, the wing player closest to corner has a ball.
2. Point player passes to wing. Screener on block comes up the lane line to elbow to set a back screen for the point player who executes a "UCLA" basket cut

III. **2 on 1 Drills (1 Ball) and 2 on 2 Drills**

a. Now you can do all of the same drills listed above but add a defender. When first teaching specifically tell the defender how to react, i.e. fight over screens, go underneath, etc. By telling the defense how to play the screens you get your offensive players to learn the correct response by repetitive drilling.

b. After practicing all defensive scenarios then let the defensive player freelance and check to see if the cutter makes the correct read and cut.

c. Once 2 on 1 is mastered repeat drills but add a 2nd defender to teach options for blockers.

i. Specific 2 on 2 Drills with a Coach

ii. Flare Cut to Curl Cut—Defender goes underneath

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1. Set up with offensive player at point with a ball and the other offensive player on left wing. Two defenders on, coach on right wing.
2. Pass to coach and wing sets a flare screen on point. Point flare cuts to wing.
3. Tell point defender to play the screen "soft" and go underneath.
4. When screener sees this, he then re-screens down on the defender and the point will read the defense and run a curl cut into the lane if the defender gets caught in the screen.

iii. Down Screen to Slip—Defender hedges screen

1. Same setup.
2. On Pass point screens away.
3. Defender who is getting screened "skinny's" around screen and goes over top.
4. When reading this the screener will automatically slip the screen to the basket to receive pass.

iv. Down Screen to Pop—Defenders Sag

1. Same setup and same downscreen.
2. Tell defenders to sag in lane to cover curl cut.
3. Screener will step back (pop) looking for jump shot.

IV. 3 on 0/3 on 3 Drills

a. The focus of these drills is to teach players that if one screen and cut does not create a score they must keep moving and flow into another screen and cut action.

b. You can be creative and essentially set up numerous formations and cuts to be run. Some examples are:

i. Flare cut to lane cut.

1. Setup with 3 players on perimeter. Ball in middle.
2. Point passes to left wing. Right wing sets a flare screen. Wing player with ball will dribble at the screening action (attack the elbow) and then throw skip pass.
3. After setting flare screen, the screen will then reposition himself to set a back screen for the passer, who will then run a curl cut into the lane.

ii. Dixie Cut to Down Screen

1. Same setup.
2. After point passes to left wing, wing with ball will dribble to top and replace point, as point makes a Dixie cut to the wing at that he just passed to.
3. Player with ball will then pass to right wing. After pass, he will set a down screen on the player who just made a Dixie cut and is now on left wing.

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4. Player on wing can then curl, back cut, bump, etc. depending on the call by the coach.

iii. 3 line—12 Second Shooting Drills

1. **This is one of my favorite shooting drills.**
2. Set up with 2 players on each side of the center circle. Player on right side has ball. Third player is on right wing at three point line. 12 seconds on clock.
3. Player with ball will dribble at right elbow. On dribble the wing player will make a basket cut and go all the way through to opposite side of court. The player who started on the left side of center court will sprint to left side of court and will work will set a screen for the cutter.
4. Now players will run the various screens and cuts, and passes for 12 seconds and take a shot at the buzzer. Don't give the offense too much to think about, just have them "play" out of concepts. The only "rule" we use for this drill is that whoever has the ball should have that side of the court to himself. The other two players should be screening and cutting on the other side of the court. After a few repetitions the players will get used to working with each other and will surprise you with the motion concepts that they have picked up.
5. Players like this drill as well if you use the clock because they get to take shots at the buzzer.

iv. 3 line—12 Seconds 2 shots drill

1. Same setup as prior drill and same initial action.
2. This time however players work together and take a shot about 6-7 seconds into drill.
3. After shot the shooter will run to the top of the key. Other players go to the offensive glass, whoever does not rebound will then sprint to the top to screen for the initial shooter. The rebounder will then pass to the shooter so he gets a second shot at the buzzer as he comes off of the screen

V. **5 on 0/5 on 5 Drills**

a. We then work up to 5 on 5 (or sometimes 4 on 4) drills and games.
b. We will start with 5 on 0 and explain the rules of our free offense (i.e. rules for blockers/movers). We will then simply let the players pass, screen, and cut in a 5 on 0 situation so they can learn to work together and settle into an offensive flow. Here is where you really can teach and stress the general principles of the offense such as,

spacing, catching and holding for a 2 count, floor balance, and all of the other fundamentals that were discussed in the other handout.

i. **No dribble game**
   1. Play 5 on 5, running blocker/mover but do not allow dribbling unless it directly leads to a lay-up.

ii. **Designated Shooter Game**
   1. Make the offense run screens and only a specific player can shoot. Sometimes tell the defense who the designated shooter is to increase the difficulty.

iii. **Only Blockers Can Shoot Game**
   1. Run the offense and restrict the offense to only letting blockers score. This is an essential drill because it makes blockers be offensive threats. Also it shows the blockers that they are still in fact "allowed" and actually encouraged to be offensive threats.

iv. **5 Good Screens Game**
   1. Run the offense but allow no shots until 5 good screens are set. Have coaches count out loud whenever a good screen has been set.

v. **Number of Passes before a Shot Game**
   1. Set a number of required passes. Do not count out loud, which forces the offense to concentrate. If they take a shot too early if gives you a great teaching opportunity to discuss paying attention to detail and concentration,

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Spacing, ball movement, player movement, cutting, screening, wise shot selection, team play, taking care of the ball, rebounding, and scoring are the key ingredients that make for a great offense. Our Blocker/ Mover offense is a combination of everything that can be done on the basketball court with the main ideas and concepts taken from former Wisconsin Coach Dick Bennett. We signal this offense by raising our fist in the air.

Blockers

We designate three players on offense as Blockers. Our three Blockers are the backbone of this offense. Blockers must be tough, excellent screeners, and unselfish team players. Blockers are constantly looking to set screens for our two Movers. Blockers never screen for other Blockers. It is our Blockers responsibility to free our Movers so they can get open to create offense.

In our Blocker/ Mover offense we have two types of blockers. One is a called a Free Blocker and the other is called a Lane-to-lane Blocker. Because we use three screeners in our system, we designate two of them (players #2 and #3) as Free Blockers and one of them (player #5) as the Lane-to-lane Blocker.

Free Blockers

Free Blockers have the freedom to move all over the court. They are constantly looking to set screens on the perimeter for our two Movers (down screen, flare screen, and the double screen).

We never allow Free Blockers to set ball screens. If one of our Movers has the ball, then our two Free Blockers are moving to set a double screen for the other Mover. This action is very difficult to defend.

Another great action we ask our Free Blockers to execute is the dribble-weave. Free Blockers are encourage to initiate the dribble weave action with a Mover whenever possible on the perimeter. The dribble-weave is very hard to defend and creates some excellent dribble penetration opportunities for our Movers to exploit. After handing the ball off to a Mover, the Free Blocker rolls to the basket looking for the return pass.

Lane-to-lane Blocker

Our Lane-to-lane Blocker (#5) is our big post player. We want our #5 to stay close to the lane area to take advantage of draw-and-kick situations, to post up, and to get weak-side offensive rebounds. Our Lane-to-lane Blocker screening responsibilities include the following:

1. Player #5 sets a back-screen for our #4 player (Mover) after he passes the ball on the perimeter. After setting the back-screen, he rolls back to the lane in the opposite direction in which #4 made his cut with his hands up looking for the ball. This back-screen action for the passer is very hard to defend and often produces either a lay-up or a short jump shot.

2. Player #5 sets a ball-screen on the perimeter for our #1 player (Mover) whenever he catches the ball on the perimeter. Player #5 steps out away from the lane and looks to execute the pick-and-roll with our point guard. As soon as the point guard moves shoulder-to-shoulder with #5, he rolls to the basket looking for the return pass. This pick-and-role action is a thing of beauty when run to perfection.

Blocker's Rules for Setting Screens

- It is the Blockers responsibility to free the Mover from the defender. Set your screen on the defender's numbers (head hunt).
- Communicate -- call the Mover's name to let him know you're coming to set a screen for him.
- Come to a jump stop with your feet shoulder-width apart.
- Bend your knees when setting the screen.
- Place your hands in front of your midsection.
- Set the screen approximately an arm's length away from the defender.
- Be firmly set and ready for contact.
- Hold all screens for a "two count."

- After the screen occurs, read the defense and flash into the open area as the "second cutter."

Movers

Movers (players #1 and #4) are the cutters in the Blocker/ Mover offense. The primary job of the Mover is to play tag with the defense. Movers must be hard to guard. After setting their defender up with a v-cut, Movers must cut toward the basketball or the basket in a manner that will take them away from their defender.

Simply put, a Mover's job is to attack the basket. A Mover must love to penetrate into the gaps (north and south) and look to either draw-and-kick or kick-out to the open shooter. His dribble penetration sets up himself and others for open shots.

Mover's Rules for Receiving a Screen

- Set up your defender -- make a v-cut prior to using the screen.
- Wait for the screen -- do not go early. Give the Blocker time to get set.
- Drive your defender into the screen. Make shoulder contact with the Blocker as you cut.
- Read the defense. The type of cut you make is determined by the defensive player's position.
- Be ready for the pass. Get your hands up as you come off the screen.

Blocker/Mover Offense Fundamentals

- Play unselfish team basketball.
- Read the defense.
- Always pass to the open man.
- Play smart. Take care of the basketball.
- Don't force shots.
- Don't force passes.
- Catch, turn, and face - see the court.
- Chin the ball and bend your knees.
- Make the extra pass.
- Pass away from the defense.
- Get open as a receiver.
- Make maximum use of the v-cut to get open, with or without a screen.
- Show a hand target and call for the ball.
- Create offense for your teammates.
- Look to dribble penetrate to the elbows to create offense.
- Stay off the baseline unless you can score.
- Attack the basket to pass, not shoot. We want to use the dribble to create draw-and-kick and kick out situations.
- Use two hands to pass the basketball.
- Don't jump to pass the ball.
- Pass and move; don't stand still.
- Maintain floor balance. We do not want more than three players on one side of the court.
- When overplayed, a backdoor cut is automatic if the ball is being dribbled towards you.
- After passing the ball into the low post, cut to the basket looking for a return pass.
- Rebound the offense. Players #5, #4, and #3 must crash the boards. Players #1 and #2 must get back.

The Blocker-Mover Offense:
"Go Where the Action Is!"

Introduction

One of the more popular offenses making it around the basketball world in the 1990's was brought to us by Washington State University's Head Coach Dick Bennett who began his career more than 35 years ago as a high school coach in Wisconsin. Coach Bennett went on to success at Wisconsin-Stevens Point where his team lost in 1984-85 NAIA National Championship game but where he earned National Coach of the Year honors. Further success as the Head Coach at Wisconsin-Green Bay leading the Phoenix to several NCAA tournament appearances landed him the Head Coaching job at Wisconsin where back to back 20 wins season produced the Badger's first Final Four appearance in 2000 since 1947. The Blocker-Mover Offense came about as the result of many years of experience and adjustments trying to get players with greater scoring ability the ball more often in scoring position.

Blocker and Mover Offense Concepts

The Blocker-Mover is based upon the notion that some players on your team will have better ball handling and scoring skills than do others. There are different variations of the offense but the one we will show you today in our Highway Feature clinic animations is based upon Dick Bennett's version where he designates two players primarily as blockers (B), and the remaining three players as movers (M).

Prior to introducing the offense it is important to understand three offensive concepts Coach Bennett believes are productive for attacking any defense. To begin with it is important for any offense to develop a "side-top-side" mentality. This involves reversing the ball from one side of the court to the other. Another important offensive concept taught within the Blocker-Mover Offense is for players to be deliberate and patience when the ball is on top in order to read screening actions, and encourages quicker decision making when the ball is on either side of the court. Finally, Blockers are encouraged to look to screen first and find looks off of all screening actions, while Movers are to "create" action and look to shoot first prior to distributing the ball for further action. Applied to other offense these are sound concepts as well. In today's feature clinic we will teach you the four basic sets used by Coach Bennett but it is first important to understand the basic rules for what to teach both Blockers and Movers. These sets are called the Lane: Lane Set, the Wide: Wide Set, the Lane: Wide Set and the Top: Bottom Set. We will look at each of these in more detail as this clinic progresses.

Blocker- Mover Responsibilities

Regardless of which of four different sets are run in Blocker-Mover the primary responsibility of the Blocker is to first screen for a Mover and then look to seal or shape up a position looking for the ball. The Blocker-Mover does not limit a Blocker from scoring but rather emphasizes the importance of their screening first and using the defenses attempt to help or switch situations to shape up and create scoring looks for the blockers. In a sense the Blocker becomes the counter-punch in the offense. Blockers are limited in the areas they are allowed to set screens as well by the specific set that is being run.

The Movers are required to be active all over the court with their primary responsibility being to create scoring opportunities off of blocker's actions. Movers can also be screeners but that is of secondary importance to their primary duties. The techniques for Blockers and Movers vary slightly with a particular set begin run and these will be discussed as each set is presented.

Teaching the Blocker-Mover

Coach Bennett is a strong proponent of having your players learn Blocker-Mover options by practicing these sets as a whole. He spends an inordinate amount of time working on shooting footwork coming off of screens and screening fundamentals where the goal is repetition to the point of automation. He is less concerned with a specific screening action location than on adhering to the principles of good ball movement and perfect execution. Coaches who try to teach this offense should listen to his experience rather than focusing to much on a specific pattern and failing to practice individual execution. If your players can catch and shoot off of quick screening actions, and set rock solid screens you will get scoring opportunities. Scoring against quality opponents comes down to successful execution. The more you practice the individual skill components of the Blocker-Mover and then practice the sets as whole systems allowing your players the ability to learn to read and react to each other the more effective this offense will become.

Lane: Lane Set

There are times offensively when you want both keep your post players at home. In this particular set called Lane: Lane the blockers are instructed to set screens anywhere on their side of the lane but are not permitted to cross to the other side of the lane. They are not allowed to step out away from the basket as well. Movers again are given the freedom move anywhere on the court to create action but are strongly encouraged to use one or more blockers to set up open perimeter looks. Blockers in the Lane: Lane set are instructed to pin or screen to the inside whenever there is "action" to the inside of them. When there is no Mover in their area to screen for, Blockers are encouraged to either shape-up in the low post, or move to another area up the lane.

Offensive Guard Play: Beating Pressure and Finishing

Don Meyer and Jerry Meyer

Characteristics of a PG--- Being able to control the game

1. High skill level (pass, dribble, shoot, defend, finish, rebound)
    a. Need to be able to string the skills together
    b. Needs to be the most skilled player
2. Stamina
    a. Both physical and mental conditioning
    b. Need to be able play at a high level for a number of minutes
3. Courage
    a. Need to be able to make the big plays
    b. Not worry about messing up
4. Intensity
    a. Work the hardest in both practice and games
    b. Need to be mentally focused on what needs to be executed
5. Communicator
    a. Verbal – offensive and defensive sets
    b. Needs to be a coach on the floor
    c. Non Verbal – what type of image do you project
        i. Are you easily rattled?
        ii. Do you show frustration?
        iii. Do you show weakness?
6. Awareness
    a. Pay attention to details
    b. Make adjustments during the game
        i. Who has the mismatch
        ii. Who is getting open and how is he getting up
    c. Be able to predict what will happen. ---- the 6th sense
7. Timing
    a. When to force the issue and when not to
    b. Read the momentum of the game
    c. When to take a chance and create
    d. Who to get the ball to and when to get the ball to them
        i. Get a shooter the ball where he can shoot it
8. Deception
    a. Be unpredictable

b. Be efficient with your movement so that you don't give your moves away.
c. Use your eyes as a deceiver - - passing

Beating the Press

- **Receiving the Pass**
  - Try to avoid the baseline and the sideline when receiving the inbound pass
  - Try to catch the ball as far up the court as possible
  - Use a jump stop when catching
    - If cannot use jump, use a middle pivot for maximum vision of the floor
    - Be sure to swing elbow and should on pivot
  - Should be facing the basket when you land looking up the middle for cutters
  - After a made basket, get open before your man can deny you the ball
  - If you are being denied
    - 1st Option
      - Start in the middle of the court about at the FT line
      - Look for a direct pass over the defenders head if he does not have vision on the ball
        - PG has to use deception and can not telegraph the ball is coming
    - 2nd Option
      - If the defender is in your shirt
        - Beat his front foot and seal him by sitting on his leg
        - Use economy of motion for deception
        - Catch and use a pivot
        - If the defender takes away the step over, use a reverse pivot tight on the defender to seal on the opposite side
    - 3rd Option
      - If the defender is sagging off
        - Make a hard cut towards the ball to get tight to the defender
        - Once you are tight to the defender make a hard towards the ball
        - If the defender tries to get his arm in front of you, chop down on the arm while you run to the ball
        - If the defender jumps in front, use a V-cut to cut behind him
        - Cut against the momentum of the defender so he is off balance
    - 4th Option
      - If the defender is sagging off
        - Walk him down to the baseline --- get tight
        - This will allow the lob over the top

            - Keep hands high to prevent a push off foul
        - 5th Option
            - If you are getting denied
            - Iowa State
                - Look at getting the ball to the side line on the inbounds pass
                - When ball is at the sideline, make a hard cut up the floor
- **Using the Screen to Get open**
    - Start ball side
        - Most teams will switch initial screens
            - Make a hard cut to the ball to receive the pass or get a good screening angle
                - Back should be to the ball when setting the screen
            - On the screen
                - Screener should step through and seal the defender to receive the pass
- **Principles for Handling the Ball Against the Press**

1. Be ready to attack immediately
    a. Defense might not be ready and set
    b. Cannot be passive
2. Never expose the ball to the defense
    a. Keep your body between the defense and the ball
    b. Dribble low and hard
3. Maintain maximum vision of the court to see your teammates and the defense
4. Be ready to make the quick pass
    a. Convert the dribble into a pass
5. Stay away from the sidelines, stay in the middle third of the court
    a. Pass the ball across half court rather than dribble across half court
6. Immediately make a cut towards the ball after you pass the ball

- Catch the ball and attack the dribble before the defense is set
    - If you catch the ball and the defense is closing quickly and drive against his momentum
- If the defense is set when you catch the ball,
    - Use a quick head and shoulder fake with out foot movement to shake the defender
        - Go the other way of the fake and go hard
    - Use a pass fake and drive with out moving your feet
- Once you are dribbling the ball up the floor and you need to change direction, use a dribble between the legs
    - You have a leg between the defender and the ball
    - Ball is moving away from the defense
        - Cross over brings the ball towards the defense

        - Drive the defender back and change direction as he is trying to cut you off
            - Plant the outside foot, and step the opposite directions with your other foot while drive the ball through your legs
    - Using the Pull Back Dribble
        - Good for when you are in trouble, such as a trap
        - Need to use an arm bar to protect the ball
        - Add the cross over to try and beat the defender as he is coming forward
        - Sometimes it is good to fake the cross over and attack the defenders momentum
    - Need to be able to turn the dribble into a pass
        - Key: Dribble Pick Up – snatch the ball up with the non passing hand to the passing hand
- **Breaking the defender down in the open court**
        - Need to remember that there are players coming up behind you
        - Don't want to go full speed right away, so that we still have some kick left
            - Go at an 8 speed
        - Attack his eyes so he cant get his feet at a 45 degree angle
            - We want his feet parallel
        - Make your move about 10 feet away. This is when you should be going at a 10 speed
            - Use a fake cross over (in and out move)
                - Try to pin the defender behind you by attacking his shoulder so he cant catch up
            - If the defender tries to make a play and stay in front of you
                - Attack against the momentum by using a cross over and attack the opposite shoulder
            - Use the spin dribble if there is going to be contact with the defender to seal him off
                - Pull the ball with you to prevent the defensive ball tap
                - Stay tight and low to the defender
        - When you practice these moves, use different combinations
        - Should develop a Go To move and a Counter Move

Finishing the Fast Break

- Anaylze the fast break
    - What am I working with?
        - Shooters? Finishers? A team mate in foul trouble?
    - What am I working against?
        - Aggressive team or Passive team

        - Is a defender in foul trouble
        - Does the team give a lot of lay-ups or 3 balls?
    - Make the Percentage play
- Turn the break into a 2-on-1
    - Look at being able to pull up for the 3 point shot
        - Forces the defender to guard the 3 point shot
            - Makes for an easy offensive rebound if the defender is defending the shot
            - Makes for an easy feed to the backside offensive player
        - Need to have good balance
        - Sit back in a chair when you shoot
    - If we are looking to get a close finish
        - Dribble with your INSIDE hand outside the lane --- makes for an easier pass
        - Teammate should be slightly behind you
        - Need to have the mindset to score first dish second
        - If you are going to make a pass, make a bounce pass
            - Bounce the ball close to the defenders feet, hard to get to then
            - Use deception of the body and eyes
    - After you make the pass, veer off the defender to avoid the charge
    - Identify the best 3 point shooter and the best finisher
        - When in doubt, give the ball up early
- Beating a 3 on 2
    - Break down the defender on the opposite side of the best finisher
    - If you can not break down the top defender, throw the ball against the grain
    - Use a pass fake out to the shooter, and feed the finisher or vise versa

Post Play

Don Meyer - NSU

Defensive Ideas

1. **Transition** – 3 strides and find the ball and your man. Have vision on transition as you assume an on and up the line stance. Stance, vision, and move to position.
2. 4 and5 man exchange men in transition if necessary. We can always switch back.
3. **Denial stance** – On and up the line in a denial stance with a forearm on the man's hip if the ball is above the circle.
4. **Dead front** – When you front the post, try to bury him as deep as possible (when the ball is below the free throw line extended)
5. Dead front only the low post; play high side of medium to high post if the ball is above the circle; play low side if the ball is below the circle. Key: The thing to stop is the roll to the low post from the mid or high post position.
6. If sealed on the high side of the post, don't get caught chicken fighting. Spin and release contact to give help or to re-establish position. Key: Do not give baseline angle.
7. Front a man's favorite side, play behind the man's non favorite side.
8. What is the individual defender good at? Slow footed and strong play behind; quick and agile play in front.
9. **Playing behind** – Start high side and on the pass jump behind and ride him out with your lower body. If he catches, take a step off to the baseline side.
10. Show hands when caught behind the post.
11. Middle drives – no inside help; fake and recover
12. **Easy scores** – don't give up angles for easy scores. Don't sell out the team by lunging at a pass and giving up your defensive angle.
13. Emphasize posting without fouling
14. Keep the man in jail with arms up when he is even or below the backboard. Umbrella all moves to the basket.
15. When the ball swings to the top you go UNDER and then fight to deny the high low pass (prevents the easy scoring angle); If the post is a good sealer, you might have to play behind and ride high with hips while showing hands (prevents foul)
16. **Skips** – Go under all skips and swings, work from baseline and then up. Give no baseline angle because you have no help on the skip.
17. **Flashes** – on all flashes and duck in moves into the lane, you must meet the player with your chest in a denial stance to jam him.
18. **Cross screens** – tag cutter on cross screen. Take a small push step towards him to make contact and ride him over the top of the screen. Man guarding the screen jumps to the ball to protect the basket.

19. **Fighting screens** – get your arm out and tag screeners. Don't let them get to your feet; be big, be aggressive, be strong
20. **Trapping ball screens** – show before the ball gets to the screen and don't let the ball get to the screen
21. **Help** – help with the body rather than reaching. Recover to where man is not where he was.
22. **Close outs** – post man should close out short with high hands. You will almost always be driven on by a non post man. Post players usually are not good perimeter shooters.
23. **Be a communicator** – talk to teammates on all screening action, help, and post defense positions
24. Hold the lane vs. a post that steps out and can't score from the perimeter. This is an option for the very big post men and against driving teams

Defensive Drills (5/2 – the offensive player is listed first)

1. 5/2 arm bar tag to stop cuts and screens
2. 1/1 with no hands (wing to top passes)
3. 1/1 skips (line of three air dummies to go under on skip pass)
4. 4/1 live start from transition (top, wing, flash, skips, drives) – for 30 seconds
5. 2/3 trap and recover baseline drive (defend high and low post, wing is unguarded)
6. 4/2 keep him in jail (guard 2 low post players, wings drive)
7. 2/2 communication drill (slower movements and emphasis on talking our defense)
8. 2/2 live post defense with 2 bigs inside (30 seconds)
9. 2/2 cross screens
10. Ball screens
11. 1/1 cut throat (either high or low position)
12. 2/2 close outs inside the arc

Receiving Ideas

1. Get your work done before you catch and score. Use your feet to obtain proper position where you catch the ball.
2. Catch with a Low Body Balance Base Of Support (LBBBOS)
3. Catch perpendicular to the line of the pass. Make a quarter turn in the air to the basket if you want to face the hoop.

4. Safely catch as close to the hoop as possible without getting buried underneath.
5. Catch with 2 feet, to eyes and 2 hands
6. Post release pressure on a dead ball, or a closely guarded dribbler to avoid a 5 second call.
7. Chin the ball on the shoulder away from the turn. Turn to your right shoulder; ball in on your left shoulder.
8. When working by yourself you can either throw a pass in the air or spin a bounce pass and quickly chin the ball upon reception.
9. Use a block and tuck method to catch a pass.
10. On all pass back to passer drills, re-establish pass angle and seals.
11. All post will catch with a half or quarter turn in the air when a pass is made to either their left or right. If the fee is right at them, they will come and meet the pass with no turn in the air. Then use a pivot to make their moves.

Catching Drills

1. 2 Ball passing (1 tennis ball)
2. Whiffle ball catching
3. 2 hand over head outlet passing and 1 hand catching
4. Back to passer (post catching and scoring)
5. 2 ball pick ups
6. Bad pass reaction
7. High hard feeds
8. Post catching with a tennis ball
9. Call out name passing (back to player, player passes, when player calls out name, turn around and catch)
10. Rodman drill: One coach with a ball. Player faces the coach as the coach throws the ball off of the backboard. Player turns and locates the ball coming off of the glass, catches it, and scores.

Passing Ideas

1. Fan outs – only three players can spot up (ballside, top and opposite). The 4 man will dive to the basket. The weak side overload work best against teams that play zone.
2. Fan out and relocate when in poor position initially. Take up space and seal.
3. Stay low until you make the pass out (LBBBOS). You must see all your options upon safely receiving the ball.
4. You can throw the bounce pass to your partner who is cutting to the basket if you not move or are double teamed. He needs to try and stay six feet away from you.
5. When you catch the ball on top, you first look down at the low post, the look opposite at the screening action or to reverse the ball, and third look back where the ball came from .

6. On any duck in to the low post position, the bounce pass that is thrown from the high post, usually is the best pass to throw. It must be thrown low and hard.
7. Read where the double team comes from and hit that teammate who should be spotting up or cutting to the basket to open a passing lane.
8. You can back dribble out of a double team. Try to dribble up at a 45 degree angle from the backboard. See the open man, make the pass, and your pass hard.
9. On all drills, the post will make a two hand overhead pass out to either a coach or player.

Rebounding and Passing Drills

1. Rebound pulls, chins and outlets
2. Fan out after post feed; follow the pass (seal air dummy, catch and score)
3. Drop pass to a teammate that is diving to the basket
4. 2/2 cut throat – coach shoots, 1 point fro rebound, 2 points for the put back
5. 1/1 rebounding from a dead front position (spin and go under)
6. 2/2 block out – use a big ball or heavy ball
7. 3/3 block out air dummy (front low block, high post, and weak side)
8. 2/2 high post flash – read the defense (if open shoot the jump shot, make a bounce pass to the low post duck in; if neither are open reverse the ball)
9. 3/3 post fan outs, read double team, could dribble it up, see open man, follow pass (designate who doubles)
10. Rebound pulls and put backs vs. air dummy
11. Rebound pulls and long outlets
12. Wall slams (emphasize strong power move with a soft touch on finish)
13. Rebounding off of the down play from both sides of the basket. Get in position for put back
14. Rebounding and shooting drill. Shooter in the high post – have a closeout and contest the shot, have a denial of a low post player then a block out, both offensive players try to get the offensive rebound

Getting Open and Staying Open Ideas

1. Be the best runner in transition on the floor each night you play. Beat your defender down the floor

2. The first big man down the floor posts under the basket and seals the defender on the secondary break. Put your body on him first. This is the 1st way to get open. Other methods to get open are: V cut across the lane (defender low, you cut low; defender high, you cut high), go away and come back (good to use especially if pushed off your mark); Nelson posting (letting the ball come back to you and step in and bury your defender), duck in as the pass is made to the top, I cut or drop to the mouth of the basket on a perimeter drive, back pins for a perimeter, if fronted, point the ball to the top and immediately seal out. IF you are played behind, try to

get the defender to shade you to one side so you can get a better angle to score. Just because the defender is behind you, doesn't mean there is nothing you can do to get better positioning.

3. Fight the front foot of the defender. Sit on the defender's let. Show your numbers to the ball. Make yourself big and wide with your arms and legs. Take up space
4. Post at the 2nd hash make if the ball is on the wing. If you can bury the defender, bury him parallel to the baseline. IF the ball in on top you can bury the defender down toward the baseline.
5. Leg whip from Nelson posting (on skip) and pop the air dummy
6. Hold your seal. Don't chase the ball around the perimeter and release the defender
7. Post men seal with both hands up. See the back of your hands. Thumbs should be pointing towards your ears.
8. Use the pin screen along the lane for a good player. After the cutter uses the screen, take up space and post. Don't just turn around, find the defender and seal.
9. On any driving moves to the basket by a teammate, you either step off the lane, step up of the lane, or you step into the lane opposite of the drive. You need to create a passing angle.
10. You can use a basket cutter to get open. Start away from the ball and off a cutter's heals as you flash to the ball to safely receive a pass.
11. Pick a good player that is a threat to score and set back pins for him. Back screen for him, and then re-screen him along the lane (pin screen). We call these back pins. After the cutter uses the back pin, you will take up space and then post.
12. First side post feeds must be "sweet" (a pass that leads to a non created shot, the post must have paint and / or angles). If you cant get the ball sweet, work for the ball on the second or third side. * You and your teammates must know your best side.
13. Timing with the guards and the ball on getting open is crucial.

Sealing Drills

1. Consecutive sealing 1/1 (emphasize on the feet vs. wrapping with the hands, call top)
2. 2/2 transition sealing with high post trailer, post men bury defender under the basket (live defense, defender on the high post sag some and pressure some)
3. 1/1 v cut and seal vs. air dummy (take him higher if high, lower if low)
4. 4/1 seal out on swing for the high low feed. Let the defender front you if he fights hard, the work for the high low feed or a 2nd or 3rd side post feed.
5. Back pin and seal (use cutter)

6. Ball screens. Set it and roll it.
7. 2/3 zone sealing and movement (set up the bottom of a zone with three men vs. two offensive post men)
    a. Screen in the wing, then step in and seal the 5 man.
    b. Seal out (high low)
    c. Center screen as buddy flashes short corner, then you seal
    d. Duck in for high low
    e. Flash high or short corner for shot or feed

Screening Action by the Post Ideas

1. If you have two post players inside, vertical screens are harder to guard than horizontal screens. Set NO flat cross screens. One player fills the low post, the other player will start from what call HOME BASE (opposite elbow in the high post). From these spots, the two post players can set screens for each other (down, back or cross screens).
2. When you receive a screen, step away first. Then read the defense and use the screen.
3. As a post player, you can set a flare screen for a perimeter player from home base or you can step out and ball screen for a perimeter. IF teams play off you in the high post, set ball screens for a good player. As a post player, you should be able to shoot the free throw line jumper.
4. Dive to the basket if the low post catches the ball.
5. Always look for back cut opportunities for yourself or your teammates.
6. Set all screens with your hands up. We want our post player's screens in this manner so they will not get their hands pinned down and also they will have their hands ready to receive a pass.

Shooting Ideas

1. Know your favorite side, go to move, and counter move.
2. Hook shots – learn and practice both hooks, running hooks and two foot jump hooks. Determine which is best for you.
3. Jump hook – catch with a quarter turn in the air, point your shoulder at the rim, and shoot the ball off of your ear.
4. The jump hook to the middle (or any move to the middle), sets up all the other moves you have. If you don't have a move to the middle, you can only score on a poor defender. Your baseline move and your up and under move are set up by your move to the middle.
5. After doing shooting progression, you can do 5 clean power moves at a high rate of speed and 2 clean free throws to get you mentally prepared.
6. Post men can have a higher shooting pocket because they don't to have great range.

7. One power shots carry the ball the basket with two hands and lead with your elbow and extend your arms. Don't short arm the shot. Never change a power shot (double clutch). You either get fouled or get it blocked. Don't evade a foul; get 3 point plays.
8. You will never work enough on:
    a. LBBBOS
    b. Compact
    c. Economy of motion (2 inch shot fake)
    d. Footwork (starts, stops and turns)
9. Keep 60% of your weight on your pivot foot.
10. Less is more. When you have a foot in the lane, don't dribble.
11. You must post high enough so you can have angles to use the glass when you make your baseline moves.
12. Concentrate on your target when you are closely guarded. Don't look at the defender. You can't work enough with air dummies to teach concentration and balance.
13. When making a 2 handed power dribble, use a 6 inch power dribble off of the floor.
14. The quality of your shots is determined by your positioning and body control. You don't win championships by taking bad shots.
15. A good post player must be guarded by 2 men. If doubled at your favorite spot, you can still score. If double at your non favorite spot, find a player diving to the basket or kick the ball back to where the double came from.
16. Take up space and shoot the ball close to the basket than where you received it. Don't fade away. This gives the defender room to block your shot. Put a body on him.
17. On a turn around jump shot, pivot on ball of your foot, and keep the ball by the ear opposite of your turn. A turn around jumper substitutes for a week hand hook for more post players.
18. You want to get a shot blocked before you start to shot fake. Use a 2 inch shot fake without using a foot fake. It will pay dividends later on.
19. When you receive a pass either on your left or right side, this tells you where the defender is located. The guards are taught to pass away from the defense. If they feed you in the middle, the defender is right behind you.
20. Shoot to the top of the square on bank shots. We want the ball coming down when it enters the hoop.
21. Vary your rhythm in the post. Looking at cutters can loosen the defense. Making your move quickly can help avoid a double team. You must learn to change speeds. Young post players tend to move to fast when executing a post move.
22. Post play is based on location, location, location.
    a. You location
    b. Defensive location
    c. Basket location
23. We want no wasted possessions and no wasted shots.
24. When flashing vs. zone, flash to the short corner on ball side if your buddy is defended on the top side. If your buddy is defended on the low side, flash to the high post on the ball side.

25. Keep your game simple. Know who you are and what you can do. Make the same old simple successful moves rather than fancy, unpredictable moves.
    a. Get open
    b. Stay open
    c. Receive safely and score simply
26. Priority of shots
    a. Primary break
    b. Secondary break
        i. Ball side wing feeds
        ii. Top down feeds
        iii. Opposite wing feeds
        iv. 3rd side feed
    c. Power move (no dribble, no move needed, you have an angle or defense is buried)
    d. Power move 1 dribble
    e. Go to move
    f. Counter move
    g. Rebound relentlessly at all times follow your shot, hunt your teammates shots.

Shooting Drills

1. Primary break finishes. Start at half court, run full, catch and finish with lay up. Throw passes from both sides and the middle. Add a chaser for added pressure.
2. Secondary break finishes vs. air dummy (play at basket, front, and behind)
3. 1/1 power moves only. Get an angle and bury him.
4. Go to or counter moves after making a move to get open (v cut, go away and come back, pin and spin, screen and seal)
5. Post moves – emphasize varying your rhythm in the post.
6. Pin screen air dummy for wing to post feed.
7. 1/1 cut throat (high or low post).
8. 1/1 live defense behind (wings and top feeds)
9. Penetration; shooting off of I cuts and step outs
10. 2/0 cut off a cutter for a shot – 2nd cutter
11. Make 5 in a row; put backs count (ball cant hit the floor on a miss). Have a transition to the half court line after each make.

12. 2/2 two ball shooting (add screening and cuts)
13. Three post men behind the foul line, three ball shooting. Get the cutter open. He will receive the first pass, and the other two posts will receive their pass.
14. Zone 2 ball shooting
15. Zone shooting (high post and short corner flashing). Add shot fakes and drives
16. Back screen step out
17. Power moves and got moves vs. 2 air dummies giving great pressure.

Shooting Drills

1. Dot drills
2. Jump ropes
3. Power dribble across the floor
4. Shooting progression – add hook
5. Lateral line jumps
6. Sidewinder defensive slide. Slow pace or game speed

Don Meyer Clinic Notes

Perimeter Drills

Shooting Progression

1. Form shooting with no ball
2. Lay on back form shooting with no ball
3. Lay on back form shooting with ball
4. Form shooting off the glass – use the side of the bank board – try to hit the bolts
5. Form shooting trying to make – start in close and gradually work your way out

1 on 1 Moves / Ideas

1. Spin pass to yourself into triple threat
2. Dribble bust out after the ball goes through the hoop – Reverse pivot into triple threat
   Option: you can lolli pop pass the ball out and catch – reverse pivot into triple threat
3. Establish dominate pivot foot – drive hard towards the lead hand of the defense
4. Circle tight rather than rip the ball
   a. Small circle right with the ball when you drive left
   b. Small circle left with the ball when you drive right
5. Crossover drive needs to have a big step
   Direct drive needs to have a medium first step and a big second step – Keep a low center of gravity

Wing Progression

1. Start with a 3 pointer
2. Drive middle across the rim finish – drive baseline across the rim finish
3. Pull up jumper off the drive (middle drive – baseline drive)
4. Quick shot (middle and baseline)
5. Space maker – plant with inside foot to create space from defense (middle and baseline)
6. Hesitation (middle and baseline)
7. Jab Step to the 3 ball
8. +2-2 Free throw (+1 for a swish, 0 for a make, -1 for a miss)

   Scoring: Makes = 1, Swish = 2, Miss = 0

Power Dribble

- Done into protective dribble
  - Slide forward and backwards

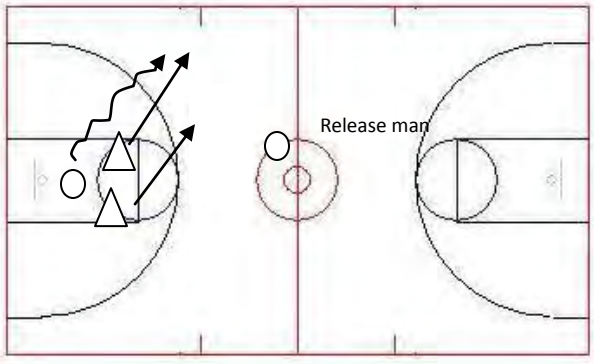
- Quick between the legs to change directions
- Be low and tight

Pull Back Crossover

- Progression: Side-to-side, front, baby step, lunge step, ALL OUT
- 3 Out
  - Take the ball towards middle of floor at 45 degree angles – FAST
  - Pull back crossover to change directions – between the legs to switch to the other hand
  - 3 dribbles forward – 2 dribbles back

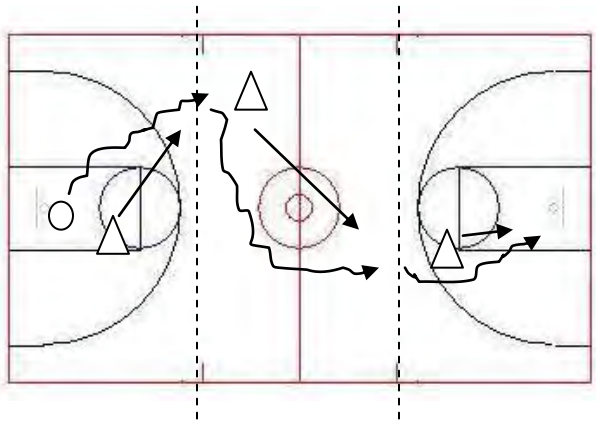
Full court 2-on-1

- Rule: Offense goes the length of the floor to score
  - Don't try to split the defense, attack one of the 2 defensive players
  - Never turn your back to defense (reverse pivot)
  - Add a release man at half court to pass to
    - Release man must pass the ball back to the offensive player

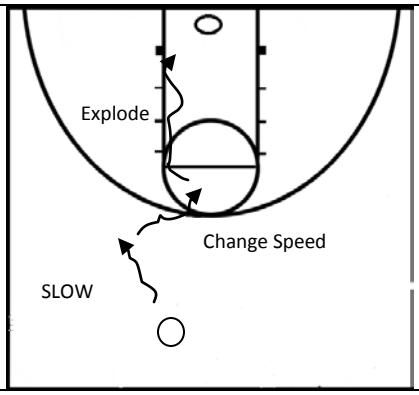


1 on 3 Full Court

- Defense can not leave their designate zone
- Offense tries to score



3 Different Speeds

• 3 Different speeds to the basket • Last speed needs to attack the basket for a finish	

1-2-3 Shooting

1. Start with a layup = 1 pt for no rim
    a. Use a shot fake
    b. Shoulder on hip of defense on the drive
    c. 1 dribble – jump stop – chin ball – shoot
2. Jump shot = 3 points for a swish, 2 points for a make
    a. Use a shot fake
    b. Shoulder on hip of defense on the drive
    c. 1 dribble pull up
3. 3 point shot = 4 points for a swish, 3 points for a make
    a. Teammate rebounds long shots
    b. Ball does not touch the floor – follow your shot

25 in a Row

- Cant miss 2 in a row
- If you miss 2 in a row, you have to swish the next shot to stay in
    - Run if you fail

4 Up

- 1 team has to get 4 shots ahead of the other team
- Once you get 4 ahead, your whole team needs to be sitting
- Each player needs to mimic the shooting motion (even if you are not shooting)
- Push ups for losers

Beat Steve Nash

- Make a FT = +1 Miss a FT = Nash +3
- Make a jump shot = +1 Miss a jump shot = Nash +2
- 1st one to 10 wins ---- last shot has to have a shot fake involved

FT Game

- Make 4 pts with 3 FT shots
    - 1 make = +1 point
    - 1 swish = +2 points
    - 1 miss = 0 points
- Can split into groups 1, 2 or 3

+2 -2 FT

- Swish = +1 Miss = -1 Make with rim = 0
- Goal is to get +2 before -2

16 FT in 6 Minutes (1-and-1 situation)

- Miss 1st FT you run a killer (5 dribble max on the length of the court)
- If you miss the backend of the FT, you run up and back 2 times with the ball
- If you make both FT's, you have 1 sprint up and back with the ball
- Note: you can use NO rebounder

Team 1-and-1

- 1 at each basket
- Shoot the front end of a 1-and-1 FT ---- set a team goal
- If they don't meet the goal – team runs

Buy the Bank

- Teams of 3 – Alternate shots
- 1 point for each make ---- team accumulates points
- Whoever misses accumulates those points

Cheer FT

- Take turns shooting FT
- If they miss, they run
- Those not shooting clap and cheer for the person shooting
- If someone is not cheering, team runs

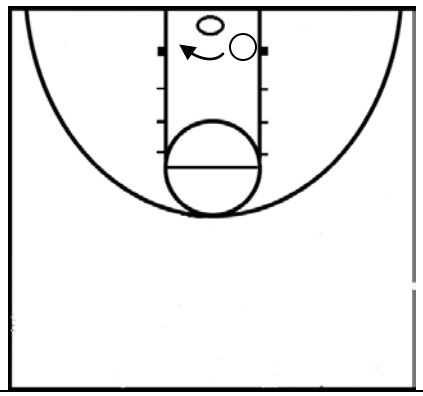
Bubby FT

- Bubba = 75 Team = 73
- 3 people per team – all get 1 shot attempt ---- 1 point per make

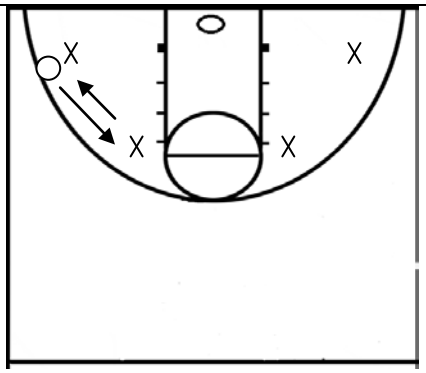
Scrimmage

- When a player is taken out of the scrimmage
    - Has to make 6 FT's in a row before he can come back in and play

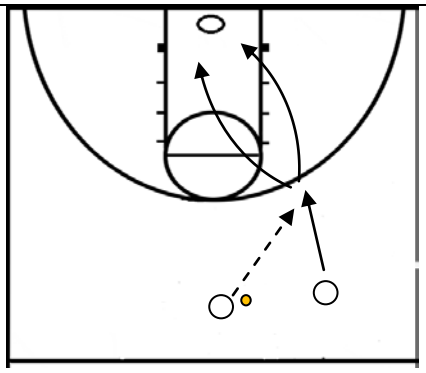
Finishing with the Rim

1. Give a shot fake, and finish on the opposite side of the rim 2. Rim helps protect shot from being blocked	

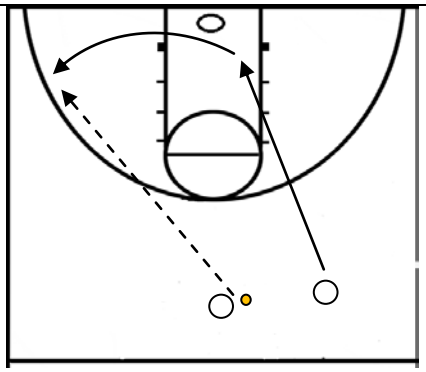
Windshield Wiper Shooting

1. Alternate from each spot (x) for a set amount of time - Baseline to Elbow - Elbow to Elbow - Elbow to Baseline	

Transition Drill

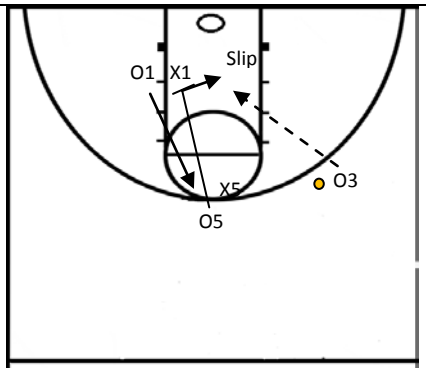
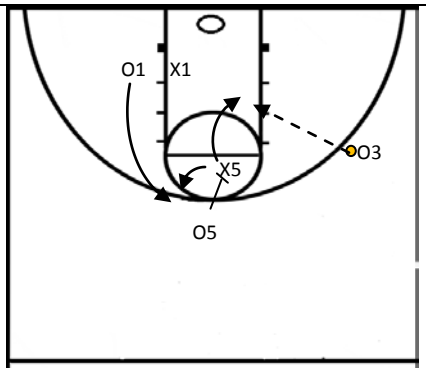
1. Rip the ball through on the catch 2. Extend through the cut 3. Explode to the rim – work on middle drives as well 4. Coach can serve as the passer **Option**: can pull up for jumpers on both middle and baseline drive	

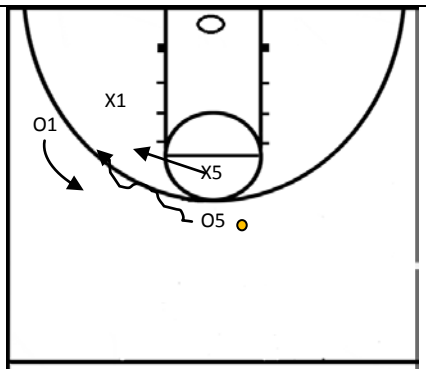
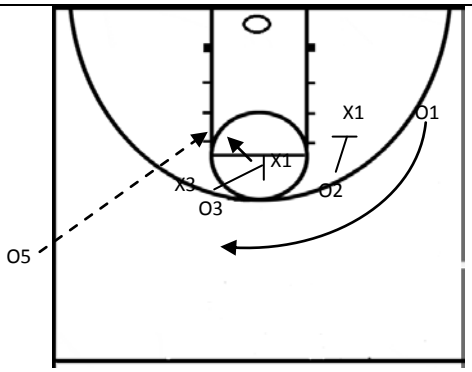
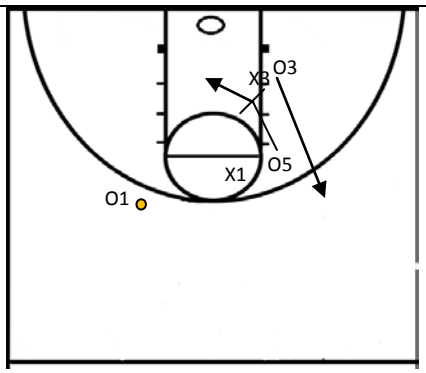
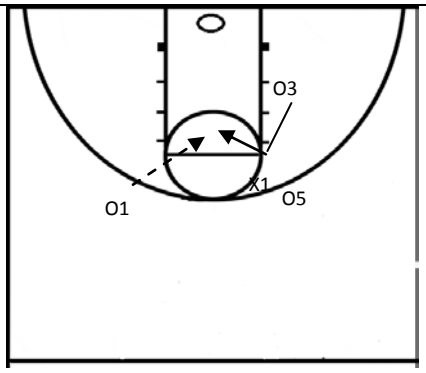
Transition Catch and Shoot

1. Rip the ball through on the catch 2. Extend through the cut 3. Explode to the rim – work on middle drives as well 4. Coach can serve as the passer **Option**: can pull up for jumpers on both middle and baseline drive	

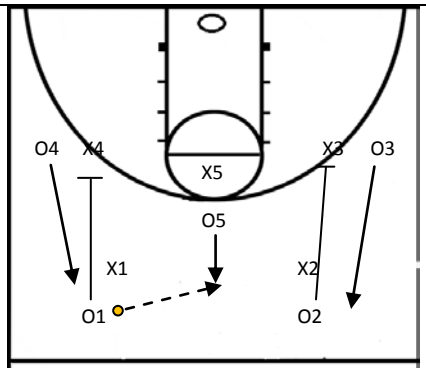
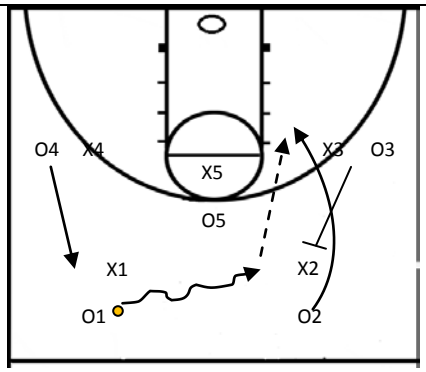
Special Situations

Switching Defenses

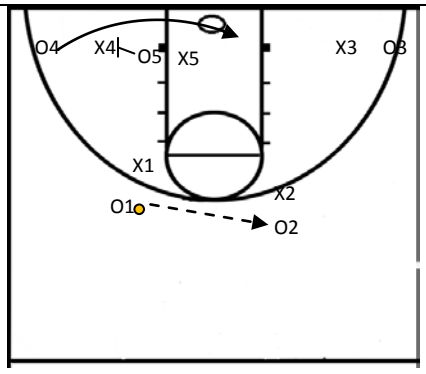
Down Screen 1. On the down screen, the screener should look to slip and show to the ball.	
Screen Your Man 1. Screen your man to prevent slip. 2. If your man fights through, screener slips	

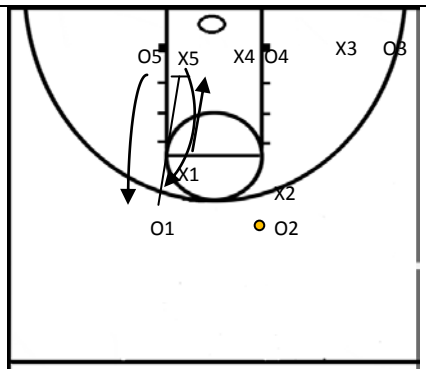
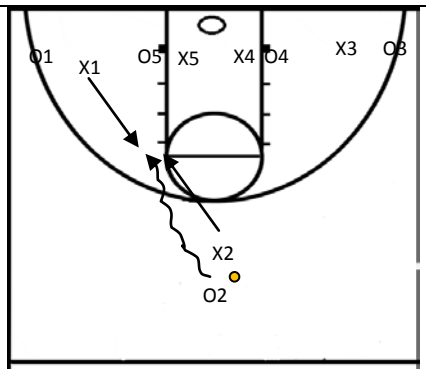
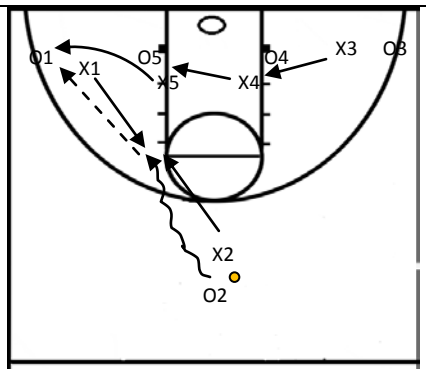
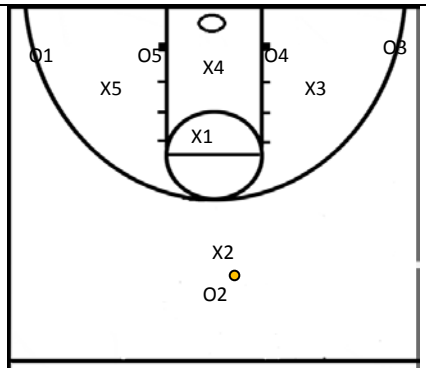
Dribble Handoff 1. Use a dribble handoff to get the match up you want	
Quick Slips from SLOB 1. On switching defenses from a SLOB, use a quick slip.	
Quick Slip with Hand Signals 1. Inside hand raised, quick slip. 2. Outside hand raised is a screen	
Back Pick Slip 1. Has to be high for a back pick slip	

5 High Delay

1. Replace and fill 2. Post has to flash HIGH	
1. Back screen on a spread 2. Replace and fill	

Defending the Flex

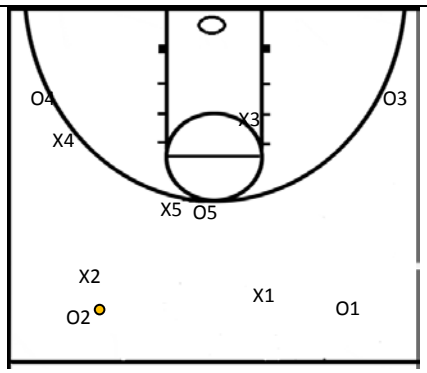
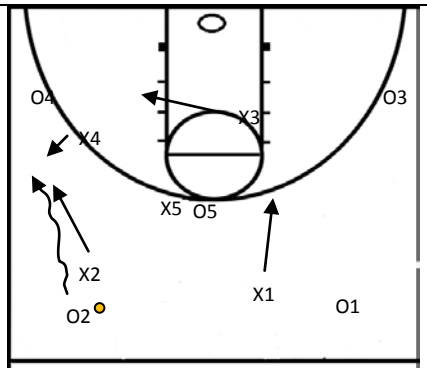
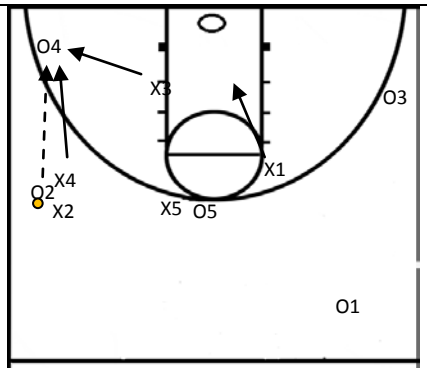
1. Stop guard to guard pass	

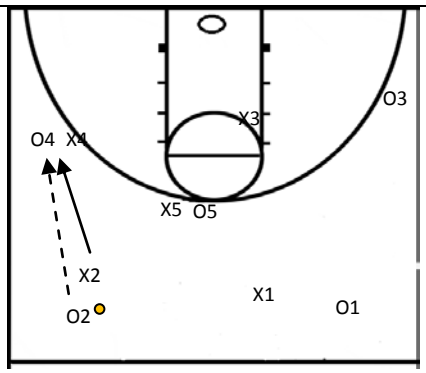
1. Tunnel the down screen 2. Down screen needs to have a tunnel for the person getting screened to get through 3. Need to shove the person through the screen 4. Get your bigs in the middle and guards up top and then switch all screens	
1-4 Low Defense – Dork Trap 1. O1 is the DORK – person guarding the dork will come trap the ball on 1-4 low clear out. 2. If the ball is passed to the dork, trapper recovers	
1-4 Low Defense – Shooters in Corner 1. O1 and O3 are shooters – person guarding the shooter will come trap the ball on 1-4 low clear out. 2. Everyone rotates over 1 position in the direction of the trap	
1-4 Low Defense – 1-1-3 1. Play the passing lanes	

5 Levels of Coaching

1. Survival – Don't know anything
2. Striving for success
3. Satisfaction – Get to comfortable
4. Significance – Most dangerous time
5. Spent – Cant do it anymore

Delay Defense

Regular Defense 1. Use regular aggressive man to man defensive 2. Deny passes, play help	
Zipper 1. Tunnel ball to sideline and trap	
Zipper (continued) 1. Tunnel ball to baseline and trap 2. Other defenders need to rotate	

Trap 1st Pass 1. Tunnel ball to sideline and trap	
Foul 1. Need a hand signal	

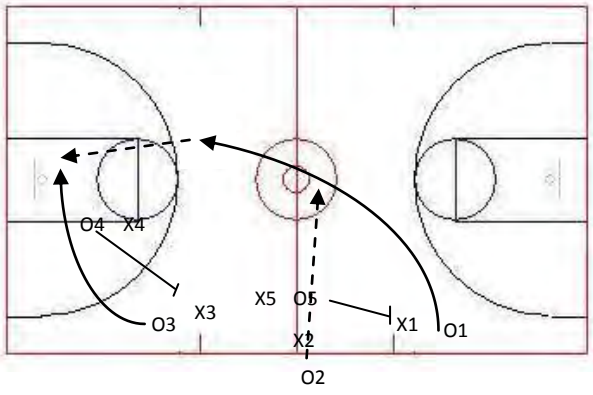
BLOB Defense

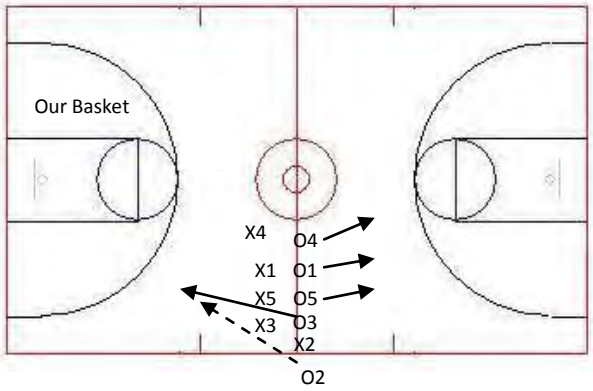
1. Ball defender needs to play at an angle and can not allow himself to get pined
2. Belly up the post
3. If they throw the ball to a corner, trap
4. Guard covers long corner

SLOB Defense

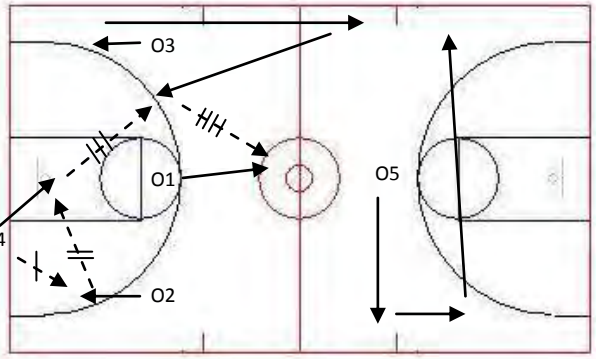
1. Play hands, eyes, feet of the passer
2. Play on the line up the line in the passing lanes
3. Don't face guard because you cant see the ball

SLOB Plays

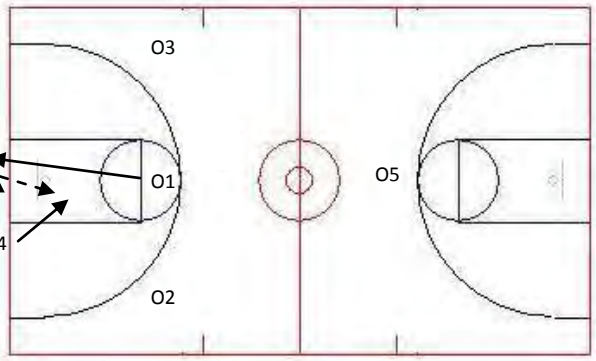
Play 1	

Play 2	

Press Breaker

13 Breaker 1. Catch and look opposite 2. Reverse the ball 2 times 3. Don't throw the ball over an athlete	

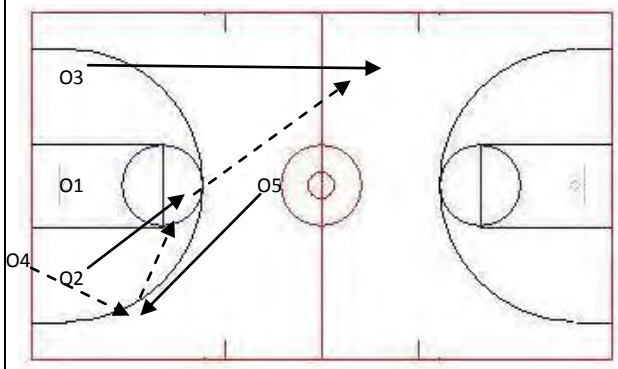
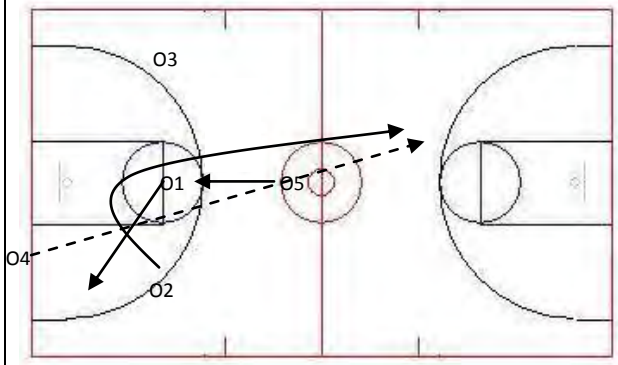
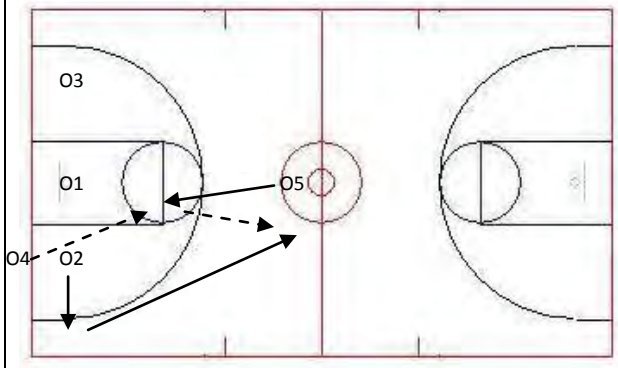
Late Game Fouls

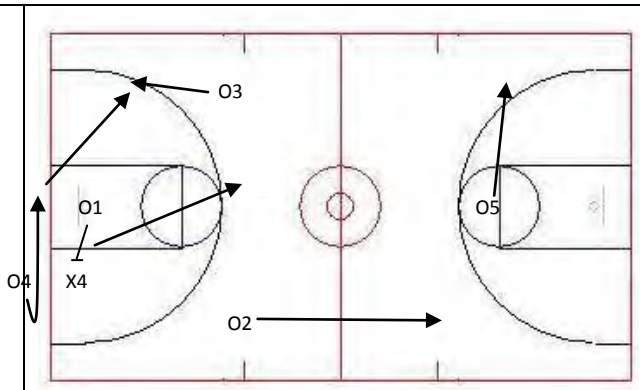
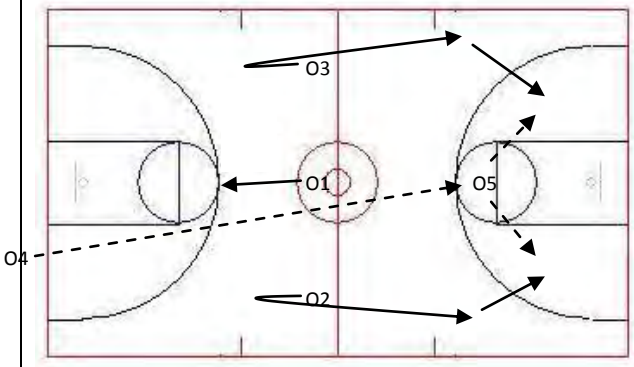
1. Have your best FT shooter take the ball out 2. Be strong with the ball and be ready for the foul	

Comeback Game

1. Put shooters in for offense ---- Sub defenders in during dead ball and time outs --- need to teach players how to foul

Full Court Specials

Spread into Iowa State	
Kentucky Run Out	
Spread Pull Iowa State	

Wake Up 1. Goal is to draw a foul on X4	
Home Run	

Motion Offense For Freshman?

1. 4 out 1 in motion
    a. Take turns back pick your way out
    b. All players need to learn to play in the post; face the bucket
    c. Also good for zone attack
        i. Have your best player be the only cutter
    d. “What you except in victory is what you also except in defeat”

Camp Drills?

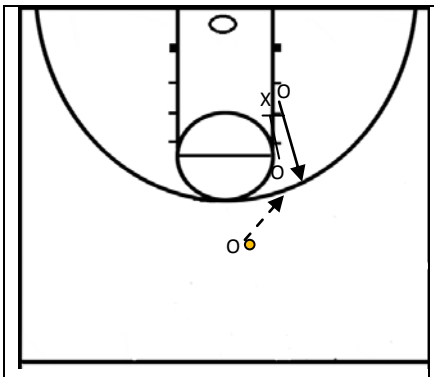
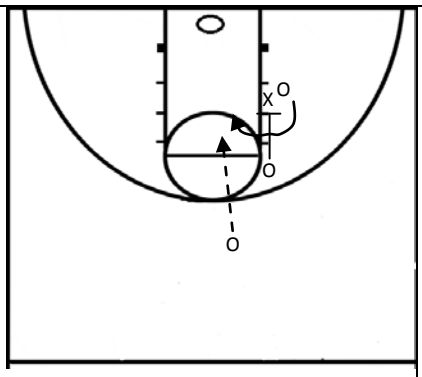
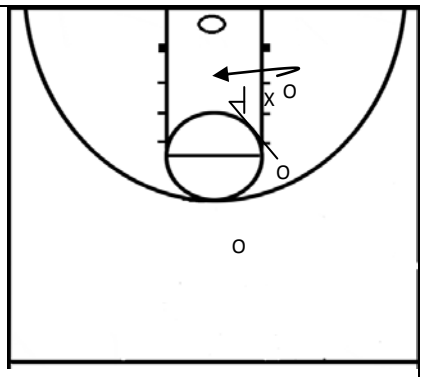
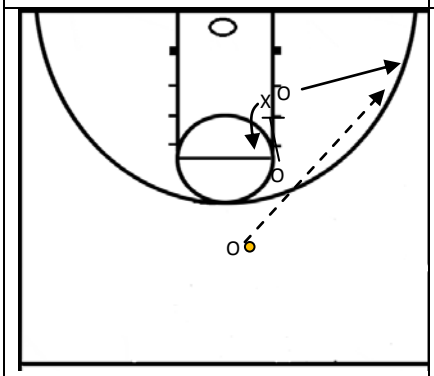
1. Use split breaks – half the campers rest while the other half works
2. Use progression drills

Develop Young Coaches?

1. Allow them some responsibility and opportunities to talk and teach
2. Check on their progress
3. At the start of practice, each assistant coach has duties to perform
4. Ask your assistants for suggestions
5. Give the articles to read for development
6. Supplement their pay with help at camps
7. Have assistants who keep track of best zone team, best hold team….

Get Good Shooters Open?

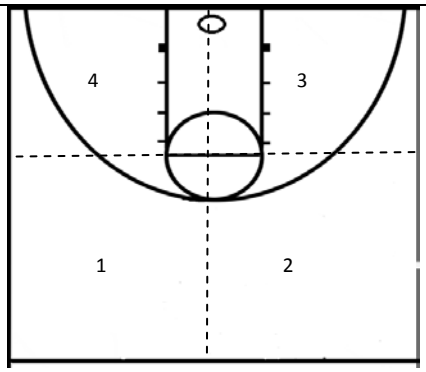
1. Fast break – shooters have to run the floor
2. Off the ball (3 steps) – read the defense – then burst

 Straight Cut	 Fish Hook Cut	 Back Cut
 Fade Cut		

Match Up Zone Principles – When To Play?

1. Cant play man to man defense --- play match up zone
2. If they cant attack a zone --- play match up zone
3. If they have a really good post player --- play match up zone
4. Keep bigs in smalls out – play match up zone

1-3-1 Zone?

1. Don't allow someone to dribble from 1 quadrant to another quadrant	

Rebounding Drills?

1. Use rebounding in every drill
2. You might have to sacrifice someone to Just block out ---- not rebound
3. **Jerry's Drill**
    a. Get with a partner
    b. Once partner bounces the ball high, the other partner blocks out, pursues the ball, chins the rebound
4. **Rebound Sequence**
    a. 3 defensive players (wing, top of key, wing) with blocking arm pads
    b. 3 offensive players match up with the defensive players
        i. Offensive players need to SWIM by the defense
    c. Coach shoots the ball
        i. Offense gets the rebound and puts it back in
        ii. Offense gets back into 3 step defensive transition
5. **Help Side Blockout**
    a. Shooter on one side of baseline
    b. Defensive player is in help position (head to rim)

c. Offensive player is at the opposite baseline or wing of shooter

d. On the shot, the defensive player tries to force the offensive player to the middle on block out --- make a 90 degree turn (front or reverse)

e. Quote: “Forearm in the chest, butt in the gut”

6. **FT Block Out**

    a. Get the right guys by the right guys

    b. Top 2 guys have to pinch, but 1 has to take the shooter

5 Things That Make Your Team Great

1. Practice like you lost your last game
2. Leadership
3. Consistency
4. Compete
5. Closeout

Teaching Winners

1. Look for opportunities to win
2. Don’t linger on a loss
3. Replicate game situations in practice

Things That Kill A Team

1. Negative attitudes
2. Energy suckers
3. Illness
4. Ineligibility

“What would the team be like if everyone had your attitude?”

2 Types of Pain

1. Pain of suffering
2. Pain of regret

Survey

You can only have one of these roles ---- circle 1

1. Parent
2. Player
3. Coach
4. Ref

Roles

1. Define
2. Understand
3. Accept
4. Fulfill

“What can you do to make your team better?”

“Always have your phone with you so your players can call you (Bail out of jail, ride home, pregnant, family issues)”

“Less is more” – shorten practices

2 Ways to Get Better

1. Get better athletically
2. Improve your skills

“Cant want something for someone anymore than they want for themselves”

2 Things Parents Need To Do

1. Need to release the kid to the coach

2. Comes a time when a kid needs a parent more than the coach

Ball Pressure

"Pressure the ball as much as possible without giving up penetration or fouling"

- Middle penetration kills
- If you are not quick, you have to guard the middle of the floor

"A quite team is a scared team"

"Make points of contact" ---- develop a connection

Game Preparation

1. Know the other players number and their game
2. Eat 3 hours before the game
3. Sit together
4. Guards meeting / posts meeting ---- then team meets
5. Go through the scouting report
    a. Quiz players on their responsibilities

Half Time

1. Players write down what they did well
2. Players write down what they need to fix
3. Warm up --- 5 minutes to warm up ----- needs to be better than the pre-game warm up

Post Game

1. Write down what they did well
2. Eat bananas and drink Gatorade after the game
3. Move on to the next game

Wooden Work

1. Pre-game Warm Up

a. 4-4-4
b. Quick cuts
c. Post seals / entry
    i. Baseline pass
    ii. Top entry
    iii. Back screens
d. Close outs
e. Shooting / Stretching

8-4-2000 Doug Woodard
Bellevue West

Pressure Basketball: The Reward is Greater than the Risk!!

Definition of Pressure:
Extending yourself with a sense of urgency-intense, unrelenting forward motion

Why Pressure??

***Reality of the** HUMAN CONDITION : We like to do that which is easy and comfortable-
- We like to perform free of STRESS and OBSTACLES

* **Your Opponent is Forced to Play at a PACE they** NEVER PRACTICE **At!**
In practice they can jog back—in practice they can take their time inbounding, advancing ball, etc...Mistakes will occur simply because they are performing under PRESSURE at an UNCOMFORTABLE PACE !!

*"**Get there the** FASTEST **with the** MOSTEST" N. B. Forrest- In basketball as in war if you consistently outnumber the opponent at the POINT OF ATTACK your chances of victory greatly increase

***Passing: The** LOST ART - Coaches nationwide bemoan the lack of fundamental passing and ballhandling skills—Do SOMETHING to MAGNIFY that real weakness.

Misconceptions or Partial Truths

*Must be EXTREMELY QUICK and ATHLETIC → BOTTOM LINE IS PLAYING HARD.

*Must be REAL DEEP. JUST NEED ROLE PLAYERS, 2 OR 3, WHO CAN PLAY HARD FOR 7 OR 8 MINUTES.

* PRESSURE Gives up COACH'S CONTROL.

BALL OUT FOULS — GOT BALL PICKED UP & GOT DUMB REACH IN FOUL.

How Pressure??

Defensively: Pressure the BALL - Pressure the PASS - Pressure the SHOT

GET UP IN PASSING LANES.

HOT AREAS — CORNERS, SIDELINES. DON'T TRAP IN MIDDLE OF FLOOR.

*Full Court- Must MATCH UP at the front end—Trap "HOT" Areas-- Don't Rotate to REDUCTION -- No "BAIL OUT" Fouls-- SPRINT out of trap and "SMELL" the ball—Hidden Imperative: CONSTANT COMMUNICATION!- One Lay-up per quarter

DON'T ROTATE UP AWAY ← FROM BASKET

WHEN OFFENSE PASSES OUT OF TRAP.

DON'T GET BEAT ALL TIME ON BALL.

*Half-Court- Constant- CONTAINING Ball Pressure- Deny BALL REVERSAL - Rotate to DIRECTED penetration-Recover to CHALLENGE Shot- Finalize possession by GETTING THE BALL!

Offensively: Outlet or inbound in 4-5 SECS. or less- Must SPRINT WIDE to designated spots- If long 1-2 or 1-3 is open MUST be thrown- #4 (Middle Runner) must be involved to keep him running and SOFTEN their middle- Stay disciplined through EARLY (LONG PASS) MIDDLE (QUICK HIT INSIDE) and LATE break-Take first good shot and CRASH glass

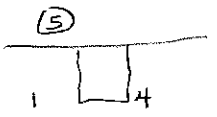
WHEN BALL PASSED OUT OF TRAPS, TRAPPERS TURN & SPRINT TOWARDS BASKET, NEAREST TO BALL TRIES TO KNOCK FROM BEHIND.

DIRECT PENETRATION TO BASELINE, THEN LEARN HOW TO ROTATE.

Results of Pressure

Positive- You will create STRESS and FATIGUE - You will create EASY scoring opportunities- Your opponent will consume PREPARATION time- More PLAYER INVOLVEMENT because it is a higher possession game.

Potential Negatives- More FOUL PRONE -- More chance for MISMATCHES to occur-- Can become TOO DEPENDENT on pressure at expense of EXECUTION in other areas- YOU must SELL pressure and the resultant level of work ethic to the players-- YOU will be more open to CRITICISM !!



ON MADE BASKET 4 MAN STAYS ON RIGHT ELBOW, FOR SAFETY VALVE.

FAVORITE DRILLS TO INSTILL PRESSURE SYSTEM

Offense:

2 ½ Cycle Drill- 5 start in the paint- Rebound make or miss- Complete 5 trips up and down the court shooing in numerical sequence- Goal is to complete in 27 seconds- Run for 5 or 10 min. with score kept- Set goal – Vary with All make or must shoot 3 3 pt. Shots, etc…

5-on-2 & 5-on 3- Five players go up and down two cycles versus two defenders that are on one end and three on the other- Run 5 or 10 min. –Compete by giving the defenders a 20 or 25-0 lead-They can add more points by forcing turnovers-

Defense:

Press Build-Up- Begin 1-on-1 and work way up to 5-on-5 –See accompanying sheet

Quick Recognition- 5 players on offense and 5 on defense- 2 Coaches pass the ball back and forth around top of key-Coach shoots and scores- Team that was on offense immediately jumps into press matching-up to front shown by press breaking team (A Coach uses hand signals to have press breaking team show a variety of fronts)

Full Transition:

Permanent 4-on 4—Two teams of at least 8 players on opposite side of ½ court- Competition begins by coach throwing ball off of glass and four players from Team A rebounding the ball and running fast break to the opposite end- As soon as a player from Team A touches the ball THREE players from Team B race to touch the center circle and retreat to defense- When the ball crosses ½ court the 4th player from Team B races in to touch the circle and help his teammates- Play continues non-stop- Add your presses after a made shot--

PRESS BUILD-UP DRILLS

1. **One-on-One:** Baseline to baseline-must turn 5 times-Use sprint-cut-off technique if ever beat sideline-Use sprint-back-tip technique if beat middle

2. **Two-on-One**: Two trap one dribbler-Can use as conditioner by making defense score three baskets or offense one

3. **Two-on-Two:** All players begin in one quadrant of court-Have offense inbound ball with one defender taking ball position and technique and the other defender in up technique-NO LONG PASSES BY OFFENSE-Force uncontrolled dribble-Trap-Recover to short lateral or backwards pass

4. **Three-on-Two**: Coach inbounds-Guarded by ball man-Other two offensive players are set up one up and one back-Get trap early take vertical flash away-SPRINT back out of any unsuccessful trap

5. **Three-on-Three:** All players begin in same ½ of court-One on ball-one up and one back-Force dribble-**Trap-Recover-Re-trap-No long passes**

6. **Four-on-Three:** Fourth Defender is on ball-Again Coach throws inbounds-Two offensive players up and one back—Stress back men NOT rotating up unless CERTAIN **of steal**

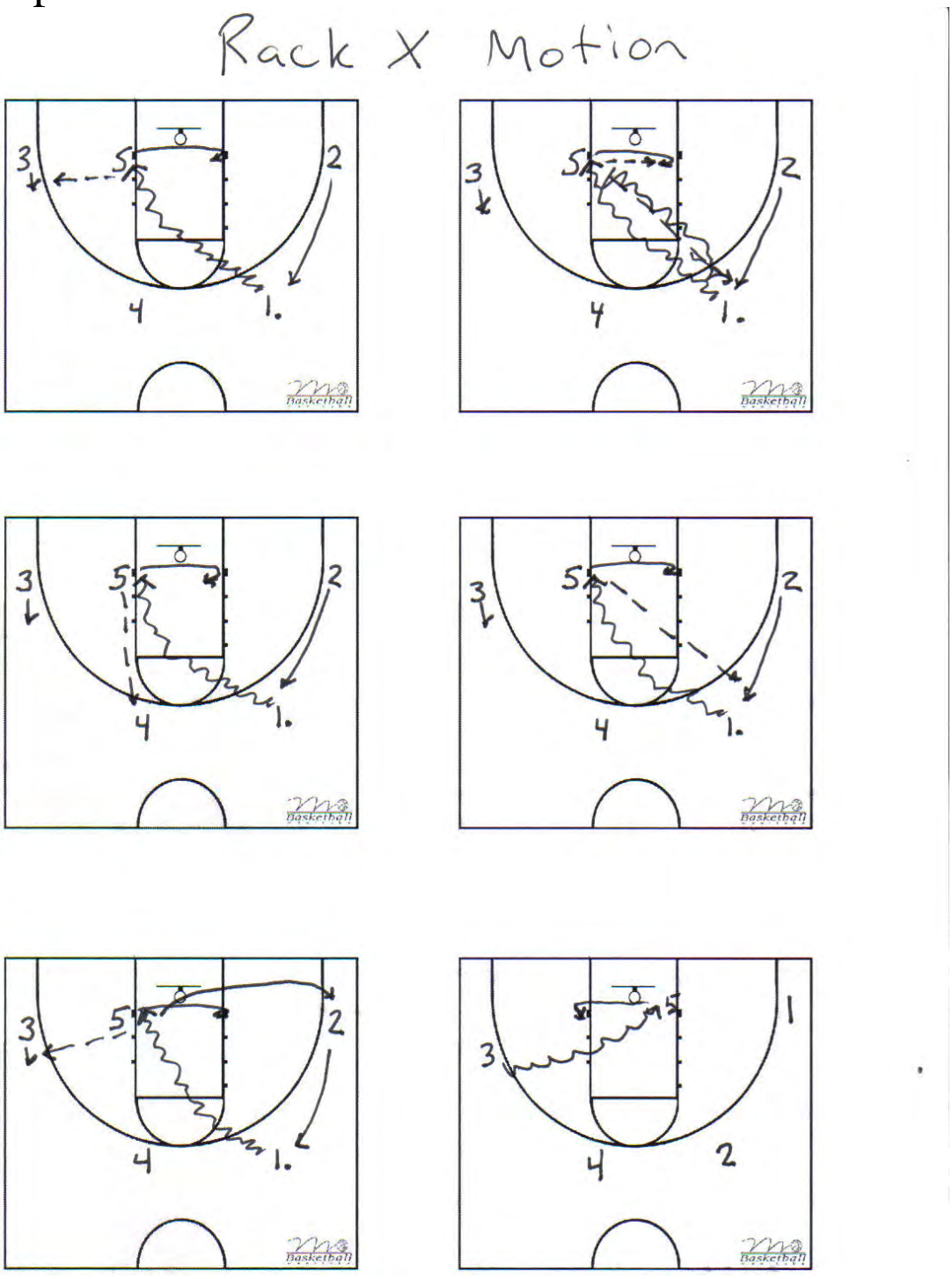
7. **Four-on-Four:** On ball and both up-One player back-Long passes are permitted-Stress communication, especially back to front!

8. **Five-on-Four**: 5th Defender is on ball-Coach throwing the ball in

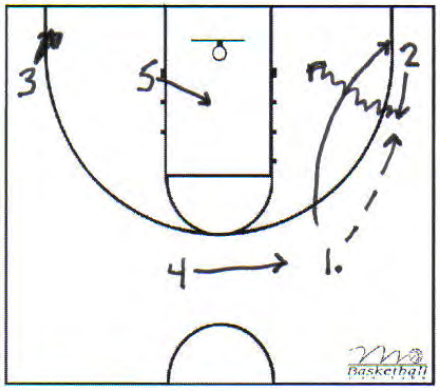
9. **Five-on-Five:** Regular-Show different fronts

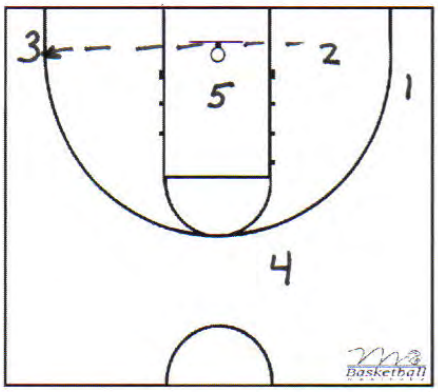
10. **Quick Recognition:** Start press team as if on offense-Coach shoot-On score or miss straight into press matching up to whatever front you see

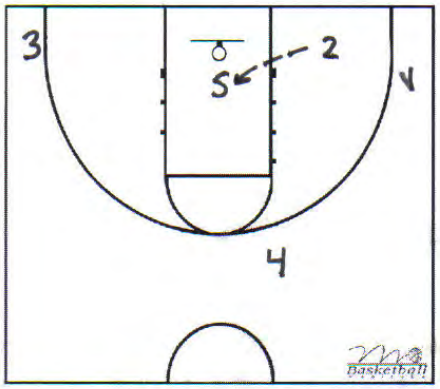
DDM
Options

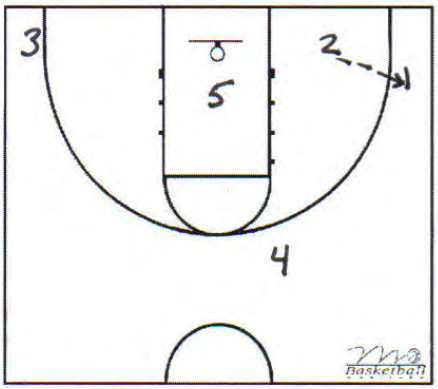


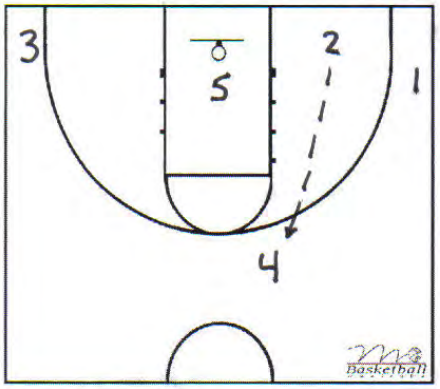
Baseline Drive

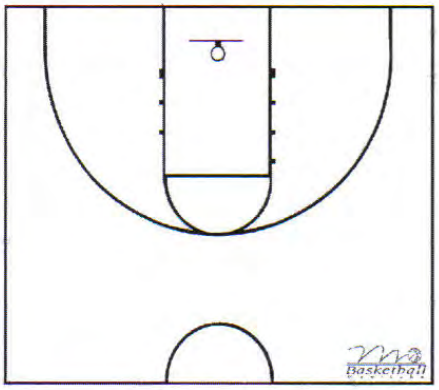




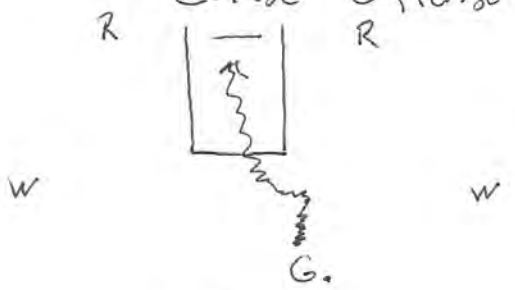








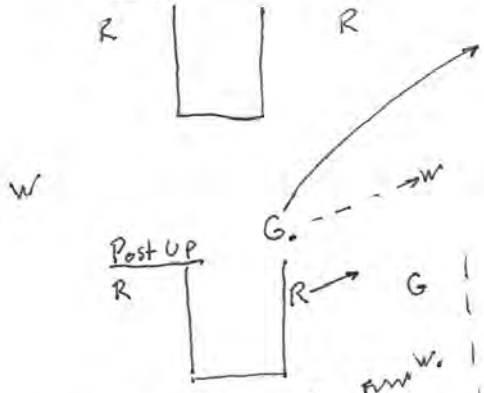
"Chase" Offense Spread DDM



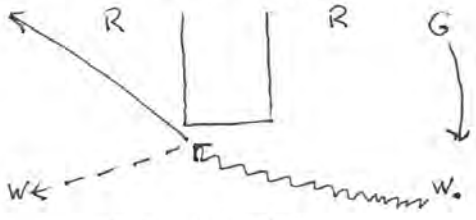
Initial Setup

- Any perimeter player can be the guard. The other 2 fill.
- Ideally Guard breaks "D" down.
- Rovers start short corner below back board.

Wing Pass



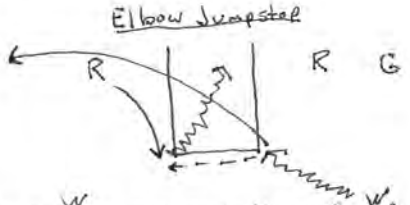
Continuity



Post Up

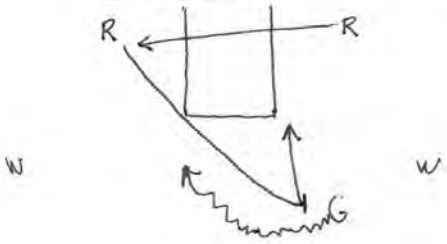
W Rover can post until the ball hits the ground on the dribble. Return to short corner

Elbow Jumpstop

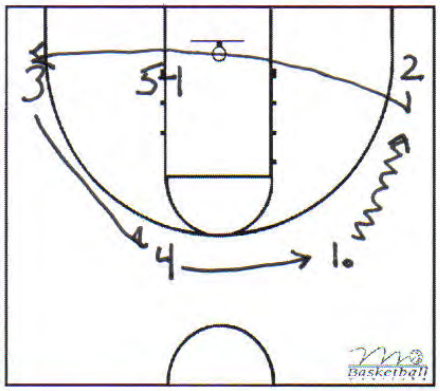


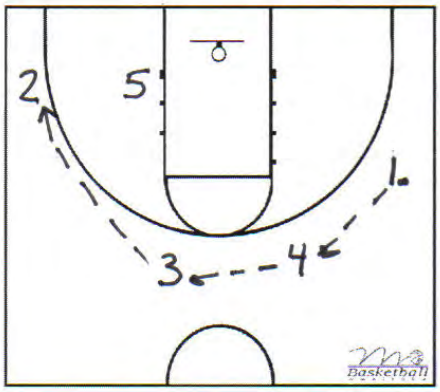
- If wing can only make it as far as elbow jumpstop. Rover goes to opposite elbow. If overplayed can backdoor, if he gets pass drive off the cutting wings tail.

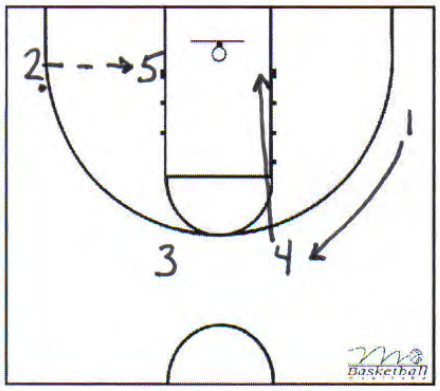
Pick & Roll

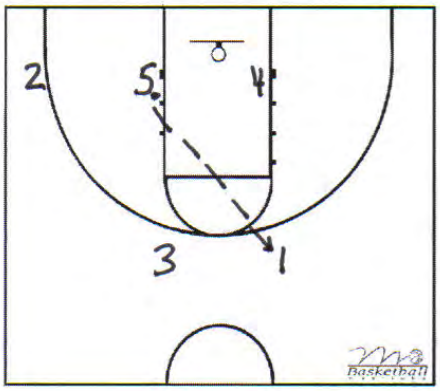


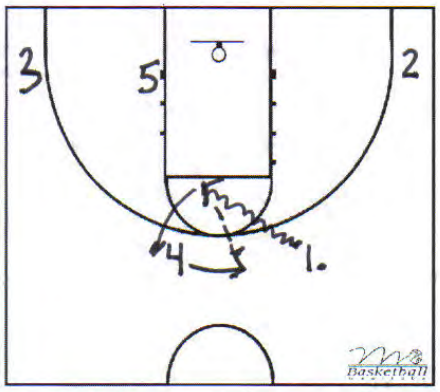
Circle Options "Wave Through"

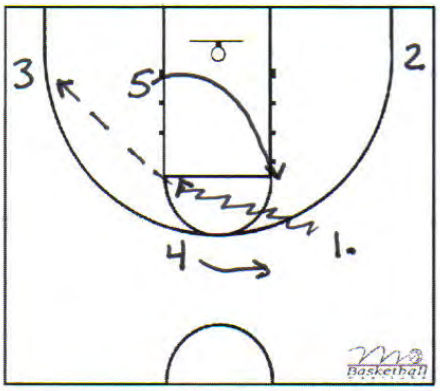




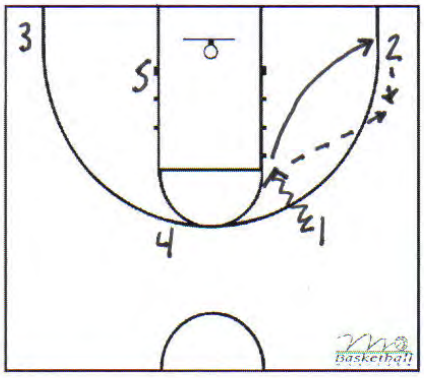


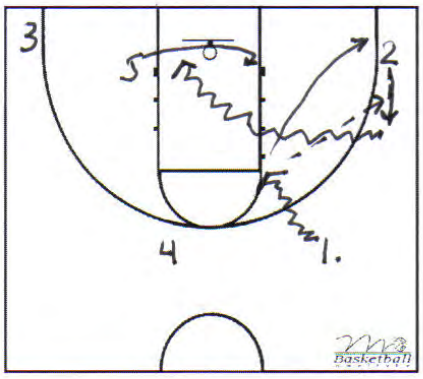


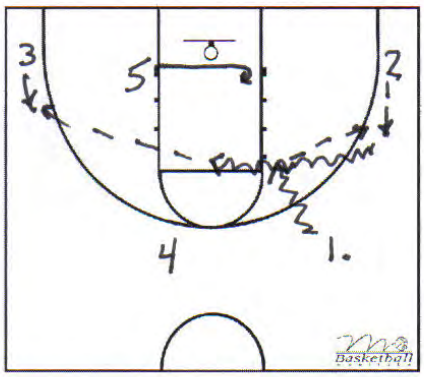


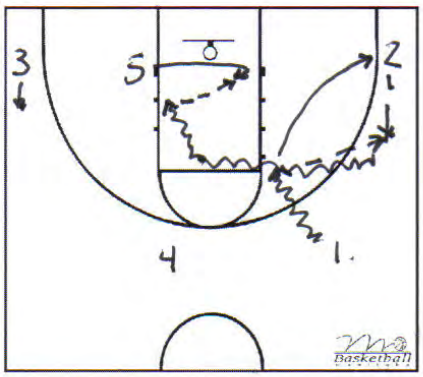


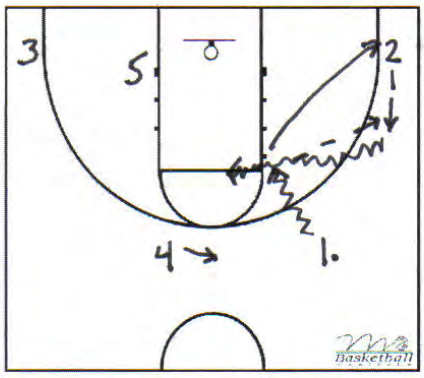
Drop 2 Motion

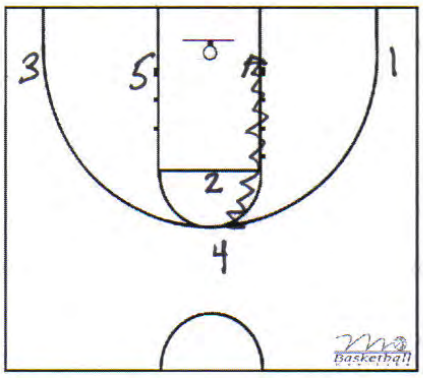




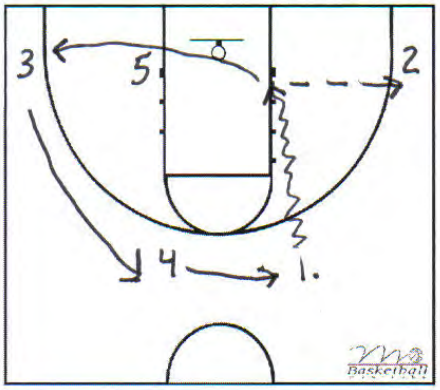


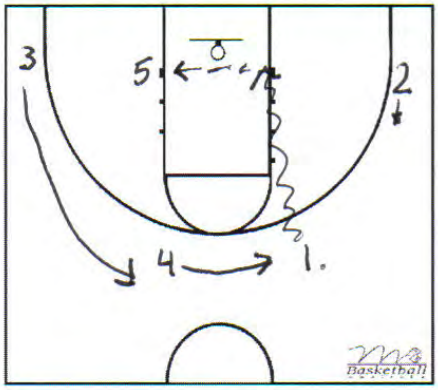


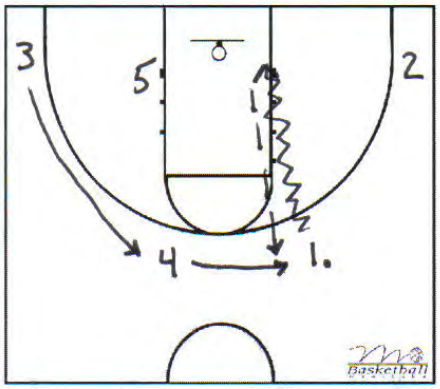


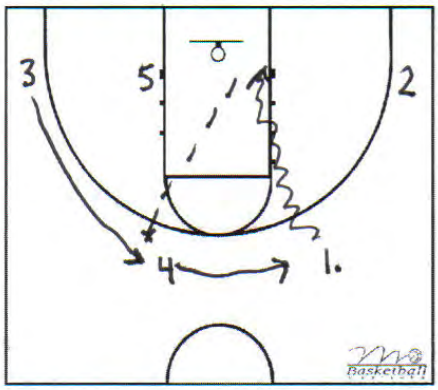


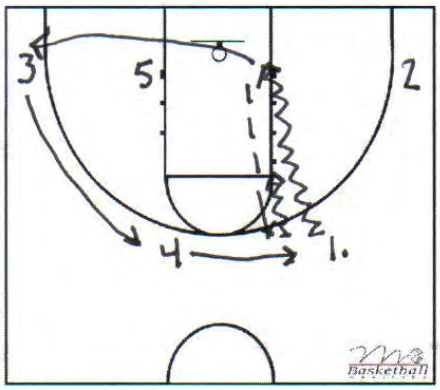
Rack Motion

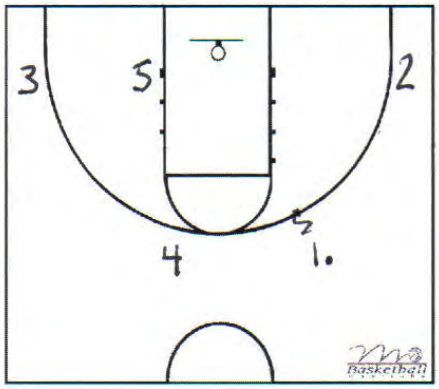












Dribble Drive Motion Offense
Breakdown Drills

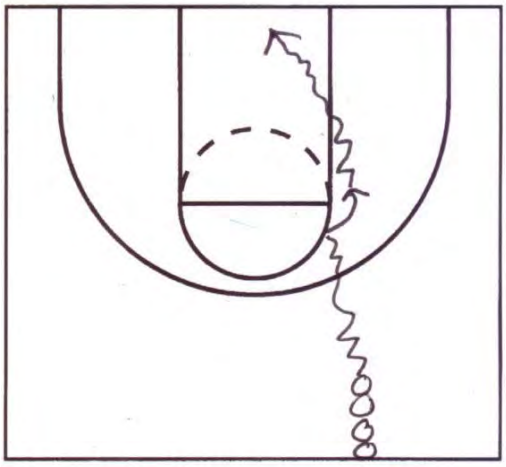
Interpreted from DVD's by: Herb Welling (Asst. Coach: Omaha Central H.S.)
Presented by: Jerry Auger

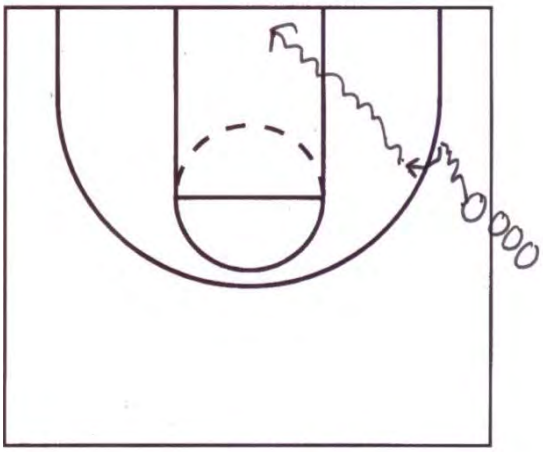
Many coaches hang their hat on defense but if you look at the number of skills required or listed in any general book on basketball you need to be spending a great deal more time on offense. The great teams that Rupp and Wooden coached practiced shooting for 40 minutes per practice. You need to be able to shoot in order to run this offense.

Lay up of the Dribble Moves:
Solid two foot jump stops; change of pace and direction; cover both sides of the floor from a variety of angles; watch their "vision"; drive aggressively in straight lines.

From Lane Line at Half Court:

1. Hesitation at the elbow to two foot jump stop at the "Rack 2" and lay up (keep shoulders parallel to backboard/baseline on the shot)
2. Dribble left handed to "Drop 2", crossover and go for lay up.
3. Left hand to "Drop 2", change direction between legs and drive to two foot jump stop at "Rack 2", right front pivot to the outside, shot fake, up & under to score.
4. Left hand dribble to "Drop 2" go behind back and drive to the "Rack 2", two foot jump stop and baby hook.



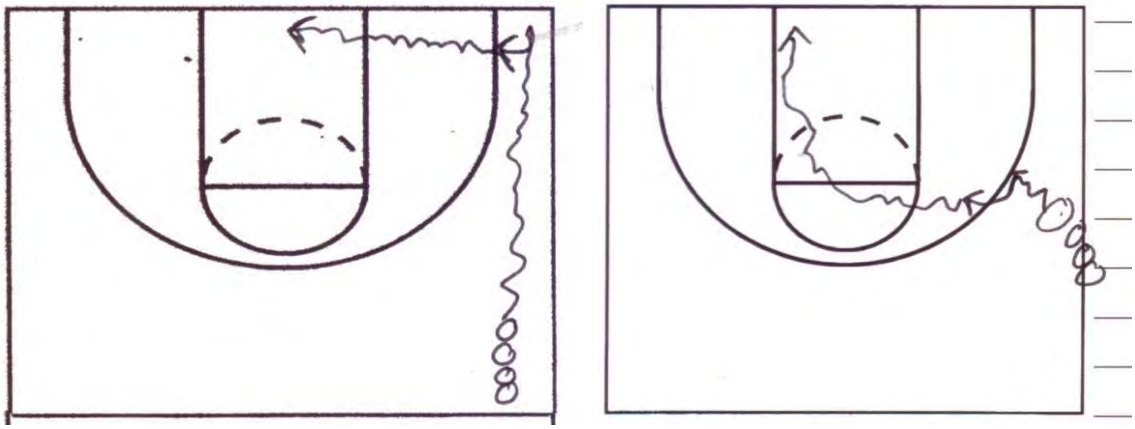


From Wing:

1. One dribble to overhand lay up.
2. One dribble to underhand lay up.
3. Left Hand lay up
4. Reverse lay up

From Half Court Side:

1. Drive to the corner, spin move and do a left handed lay up on the opposite side of the rim.
2. Drive to the corner, change direction right handed and do a right handed reverse lay up.
3. Drive to the corner, reverse pivot with exchange of hands and do a left handed lay up.

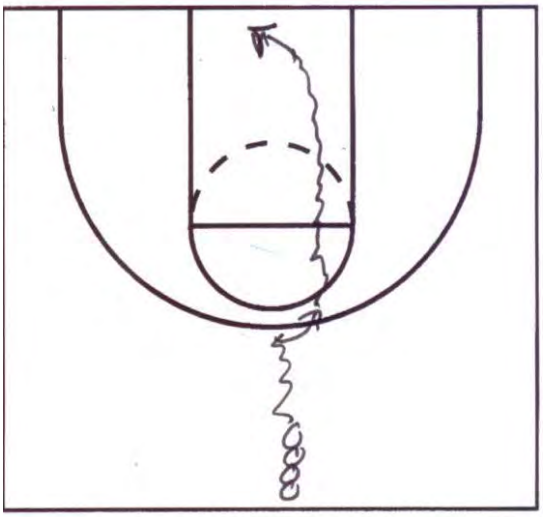


From the Wing:

1. Drive from the wing, crossover at the three point line, drive opposite to a two foot jump stop and a left handed layup.

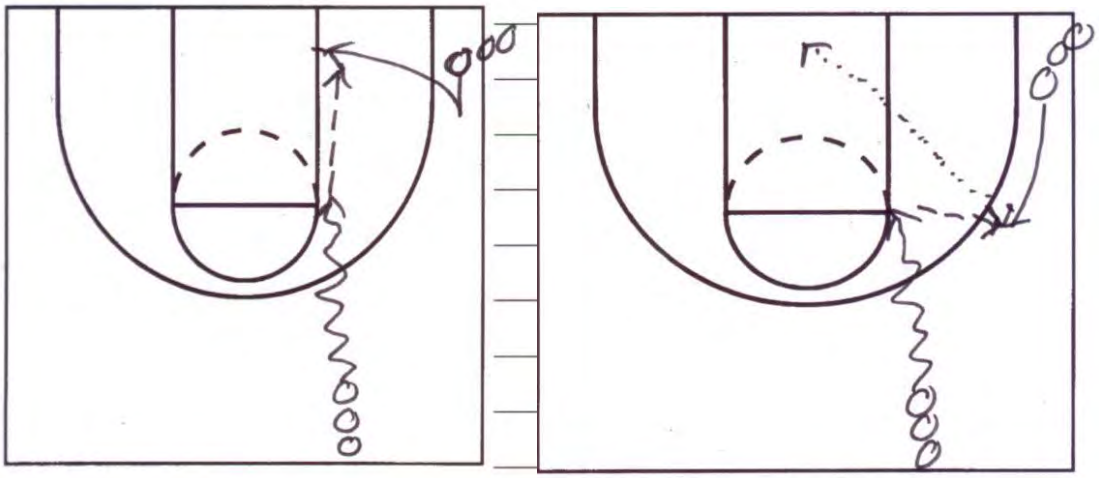
Drive Middle:

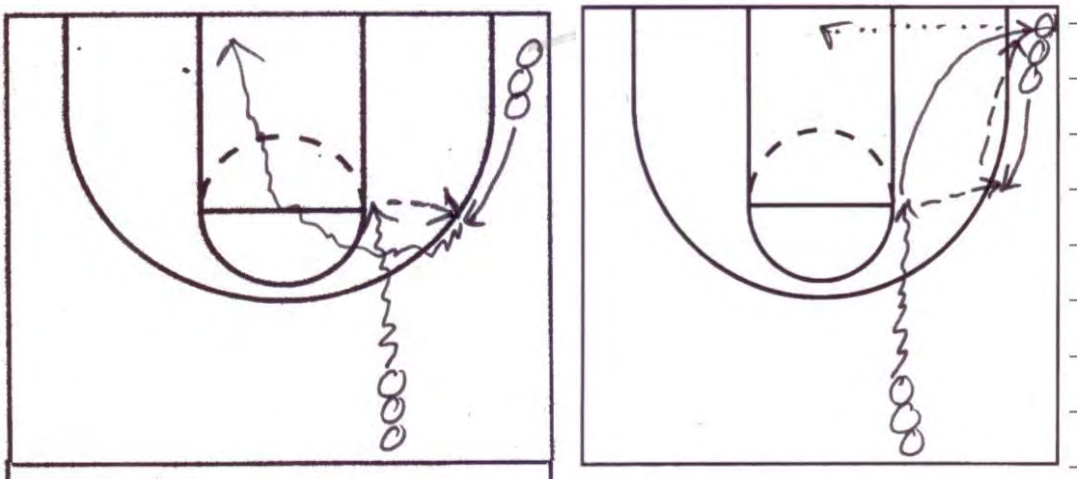
1. Stutter stop at the top of the key and drive to the front of the rim for a one foot lay up RH & LH.
2. Stutter stop at the top of the key and drive for a reverse lay up RH & LH (Princeton twist)



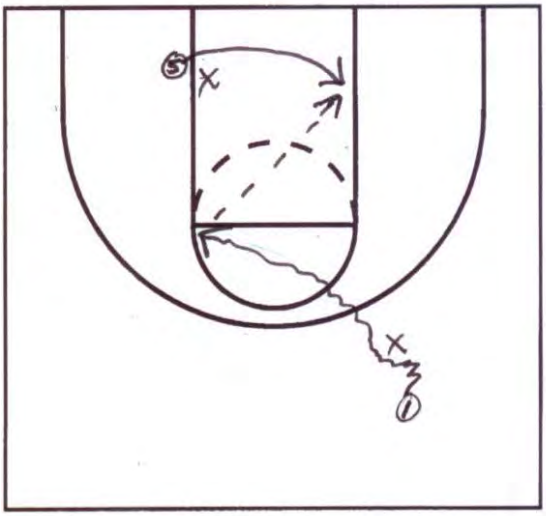
Two Man Drills:
Do these with your 1 & 2 and 1 & 3 and do both sides.

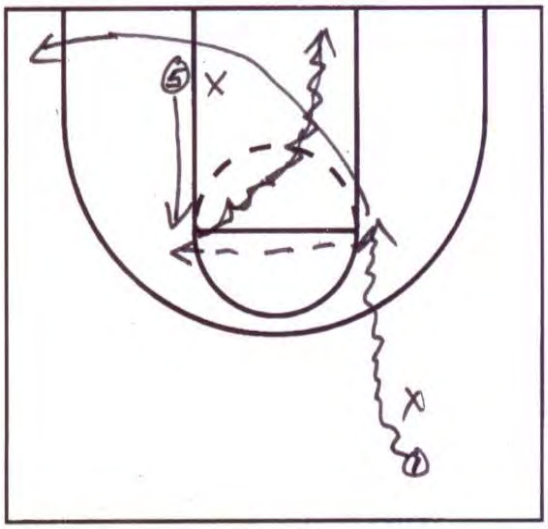
1. Backdoor play off the drop zone. 1 dribbles to drop 2 and jump stops. 2 takes two steps up and cuts backdoor for lay up. 1 loops through to 2's previous position as per the continuity. Everyone should do these drills so that you develop your players at all positions. "Fake a pass to make a pass" is especially pertinent when developing pressure releases.
2. 1 dribbles to drop 2 and jump stops for a kick out pass to 2 for the three point shot and loops under to 2" line.
3. 1 dribbles to drop 2 and jump stops for kick out pass to 2 for the hard drive to the opposite side of the rim.
4. 1 dribbles to drop 2 and jump stops for kick out pass to 2. 2 does a hard step back move and throws and overhand pass to 1 in the corner for three point shot.



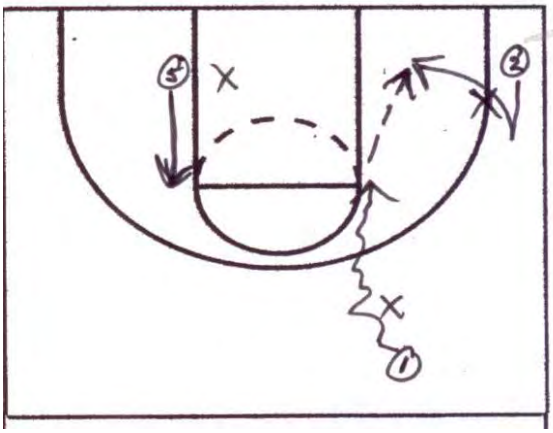


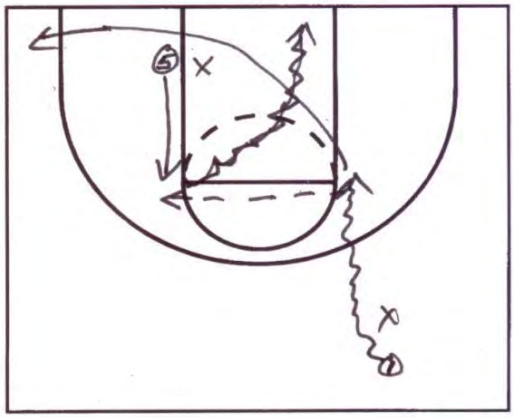
Blood 22:
Practicing the 1 and 5 positions they learn to make reads in the drop 2 & 3 zones as well as the rack 2 & 3 zones. You can run this as a full court drill. 5 starts at the weak side block or short corner. Bigger/stronger post probably would use the blocks more and smaller/quicker posts start in the short corner. If 1 gets to the rack zones we want him to get in the paint and make a strong move. The post player needs to make great reads.





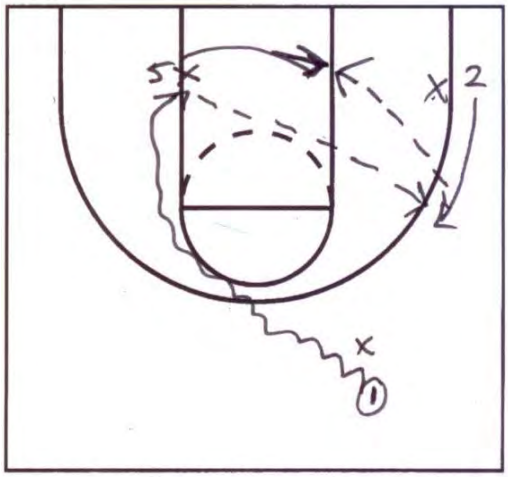
Blood 33:
1 drives to drop 2 and 2 is over played and cuts back door for the layup.

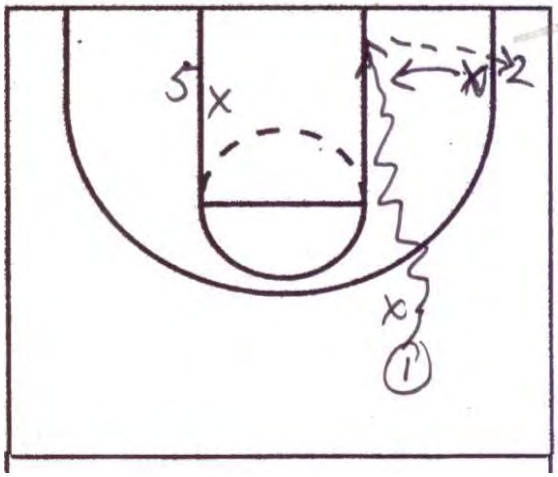




1 drives to drop 2 and 2 is over played and cuts back door but is not open. 1 passes to 5 at drop 3 and cuts through. 5 drives over top of 1's cut.

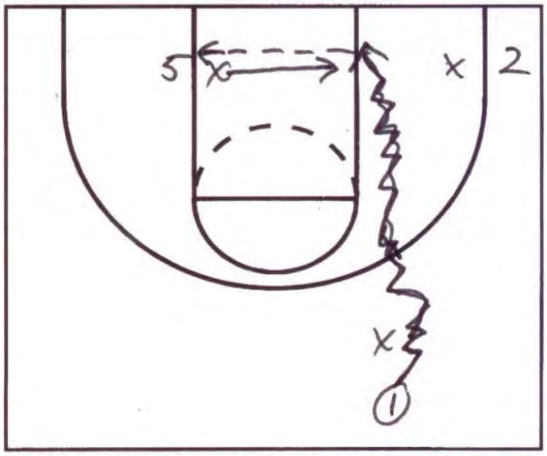
1 drives to rack 3 and kicks to 2 spotting up for an entry pass to 5.

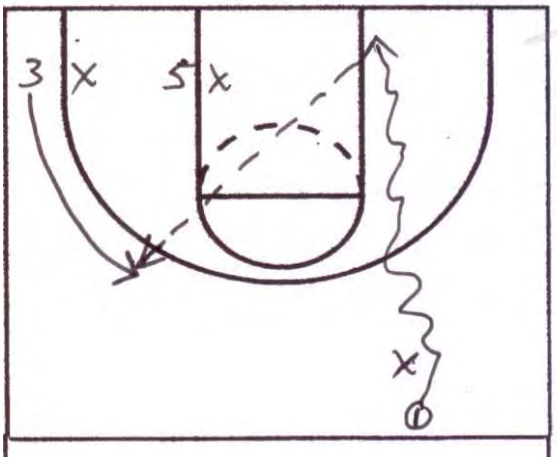




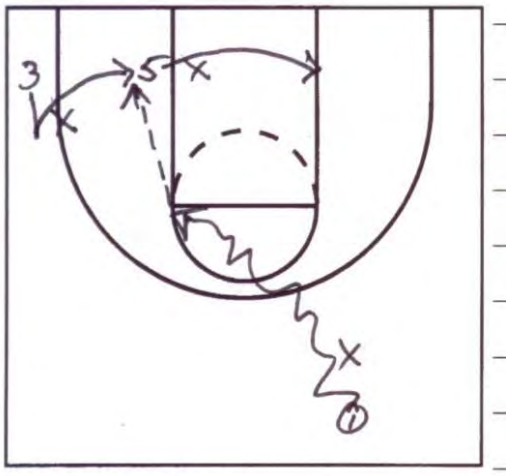
1 drives to rack 2 and dishes to 2 for the three point shot.

1 drives to rack 2 and 2 and 5 must read 5X on defense. If 5X helps across 1 dumps off to 5. If 5X helps up 1 lobs to 5.





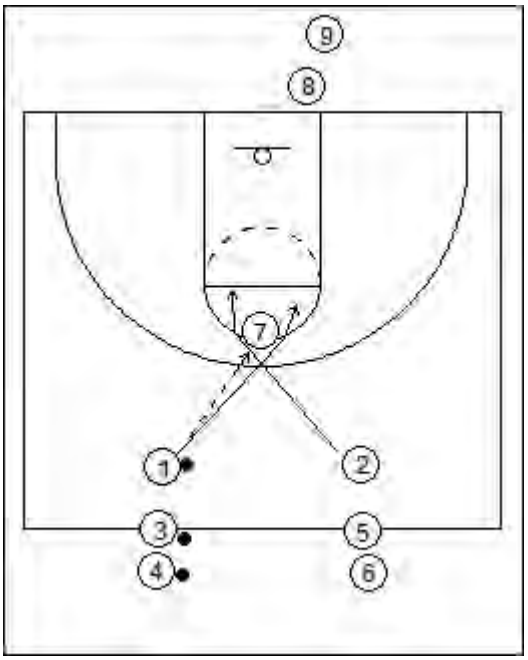
1 drives rack 2 and passes to 3 for the three point shot.
1 drives rack 2 and passes to 3 for the post entry.



1 drives rack 3; 5 cuts weakside and 3 steps forward and then cuts back door for the layup.
1 drives to rack 3 and 3 is not open on backdoor cut. 5 cuts to drop 2 for pass from 1. 1 cuts across and 5 drives over the top.

Geno Auriemma Teaching the High Post/
Triangle Offense
All Drills Are To Be Done On Each Side Of The Floor

Drill 1



1 passes to 7 and immediately cuts around 7 looking for a handoff. 2 cut off of 7 next also looking for a handoff. 7 makes the handoff and goes to the basket.

The drill continues as 3,4 and 8 step on.

**Options

The cutters can pull up for a jump shot Neither cutter receives the ball and goes to the corners and the post dribble attacks the basket finishes or kicks.

Drill 2



1 passes to 4 then cuts through to form a strong side triangle. 7 is in the MID-POST. That is very important.

Drill 2 Cont.



4 passes into 7 and then cuts looking for handoff or drop pass. If 4 does not recieve the ball then will continue to the corner. As soon as 4 makes its cut, 1 comes off of 4's rear end over the top of 7. 1 looks for the hand off or drop pass. 1 does not get the ball, will continue to the opposite wing. Now 7 has a post move for a score or a post move and kick opposite.

*Options
The wings can do so many things, and it becomes a read and react. Example: As soon as 4 passes to 7, 1's man turns his head and 1 immediately takes off on a back door move. 4 reads what 1 did and can go toward 7 and then fade for a jumpshot, continue on with regular cut and fill opposite. Most teams just learning will stick to basic cut.

Drill 3



If the wing is overplayed, 7 will pop to the high post area. As this is happening, 4 takes man up higher and cuts hard backdoor as the ball is in the air to 7. 7 looks to pass to 4 on the backdoor cut and continues to the corner. If not there, 1 comes around 7 for a handoff and goes to the basket or pulls up for the jumpshot. 7 can also attack the basket with a jumpshot or dribble move. 1 and 4 are spotted up for the kickout.

Drill 4



On the guard to guard pass, 7 steps up to set a backscreen for 1. 4 looks to 1 coming off of the backscreen. 7 then sets a screen for 4.

Drill 4 Cont.



4 can use the screen and has options:
a. shoot(we like the ball to get to the elbow)
b. pass to 7 on the
roll to the basket or the pop.
c. pass to 1 for a shot.

4 does not have to use the screen especially if defender is looking to get over the screen early.

Drill 5



1 passes to 4 and 7 sets the backscreen for 1. This time instead of setting a screen for 4, 7 pops high for a pass back from 4.

Drill 5 Cont.



4 sets a downscreen for 1 who goes to the wing. 4 opens up to the ball and looks for the pass from 7. 7 passes to 1 and receives a backscreen from 4. 1 looks to 7 going to the basket or 4 stepping out for the shot.

Drill 6



This is where ball reversal begins. This is also the most used option.
1 passes to 4 and cuts to the corner to form a strong side triangle. 4 looks inside and then passes to 1.

Drill 6 Cont.



7 steps up to set a screen for 4. 4 goes all the way through to the corner if she does not receive pass for layup from 1.

7 then plays screen and role with 1. 1 has the option to:
a. shoot
b. hit 7 on the roll or pop
c. draw and kick to 2
d. draw and kick to 4

Drill 7



Weakside Play

1 passes to 2 and fills the corner spot. 3 goes to the top of the key area.
If 3's man is above the three point line, the pass goes to 7 who is flashing at the same time. As the ball is in the air to 7, 3 cuts hard backdoor.
7 looks for the backdoor pass. If 3 does not get the ball, she fills to the corner.

For the drill sake, the perimeter players move in a counter clockwise movement from wing to point to wing.

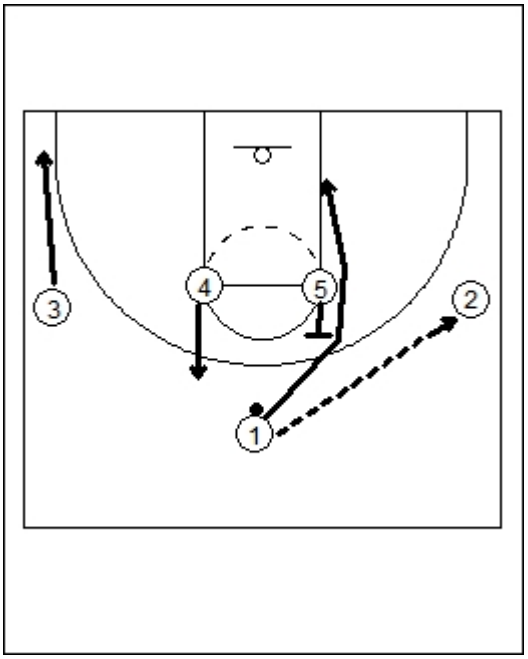
Drill 7 Cont.



If 3's man is inside the three point line, then 2 passes to 3 and 7 will screen for 3 and play pick and roll.

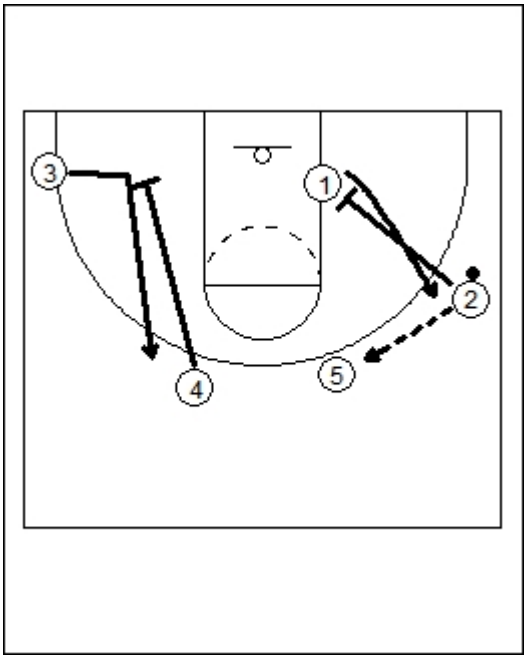
He then goes into sets that he uses to get the team to take advantage of defenses or to get movement.

40 series



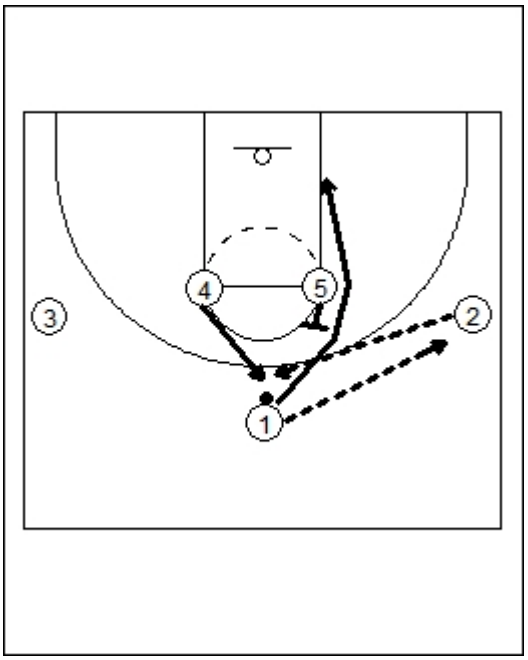
40

1 passes to 2
5 sets a back screen (UCLA) for and 1 goes to the block
3 slides down toward the corner
4 steps out above the three point line

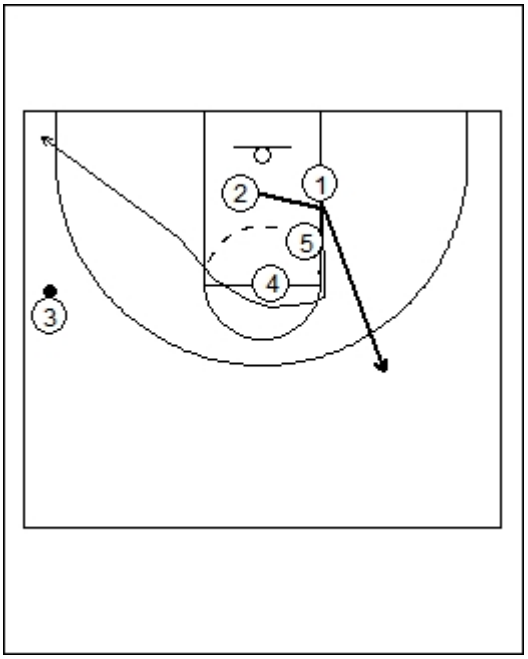


2 downscreens for 1 and opens up or fades to the corner
1 goes to the 3 point line
4 downscreens for 3 and can slip or post
3 can:
curl
tight curl
flex cut
fade

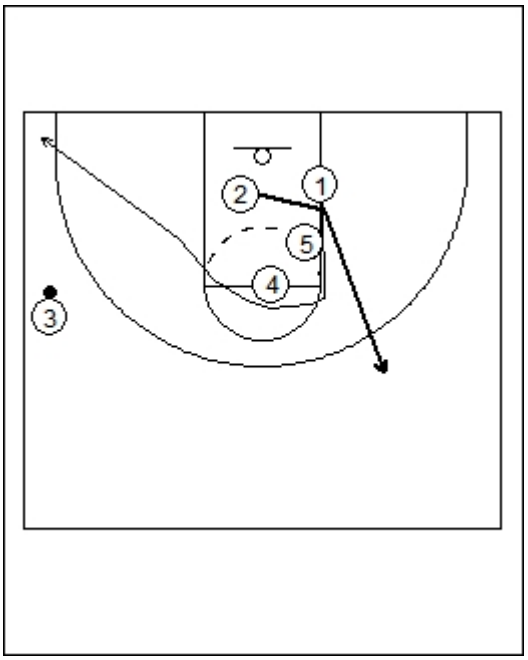
41



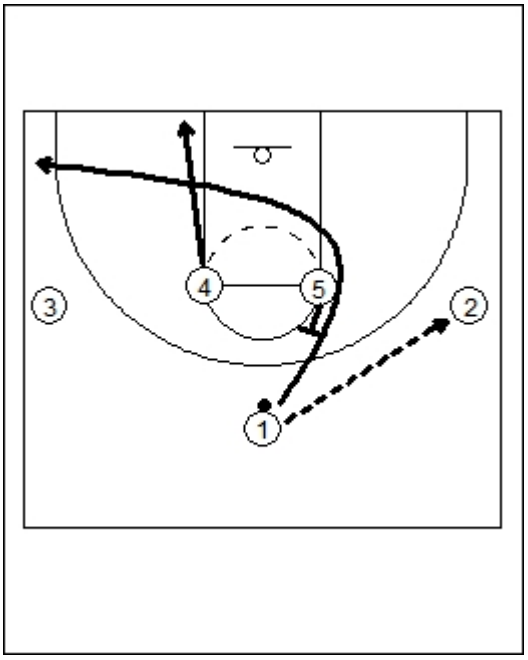
1 passes to 2 and runs off of 5 backscreen.
4 steps out past three point line



4 reverses 3
1 backscreens for 2

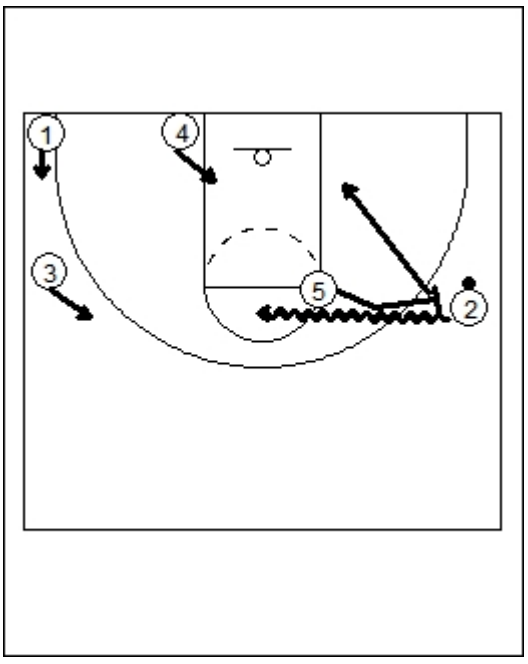


5 and 4 set a staggered screen for 1 then 2



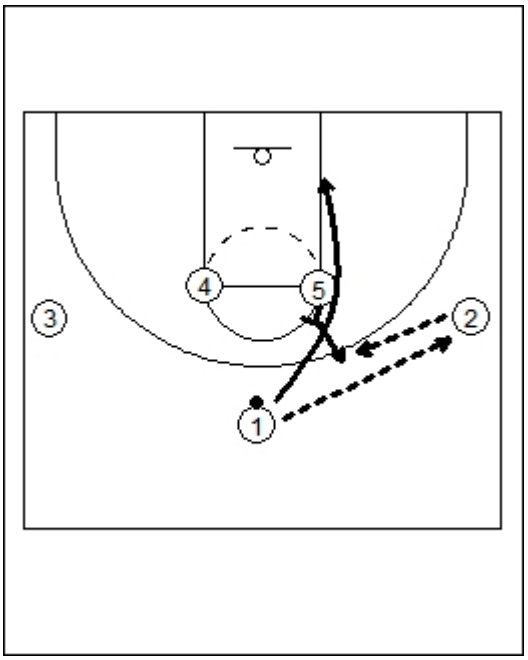
43

1 passes to 2 and goes off of 5 backscreen and continues to the corner
4 goes to the baseline

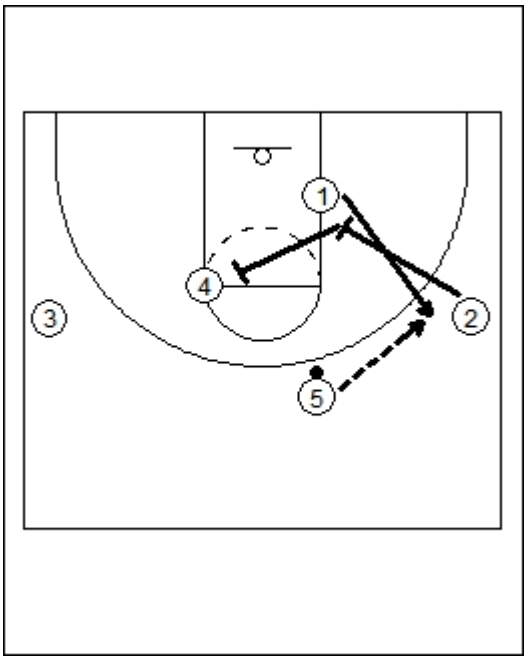


5 screens for 2 and rolls to the basket
4 steps into the gap
1 and 3 slide to open spots

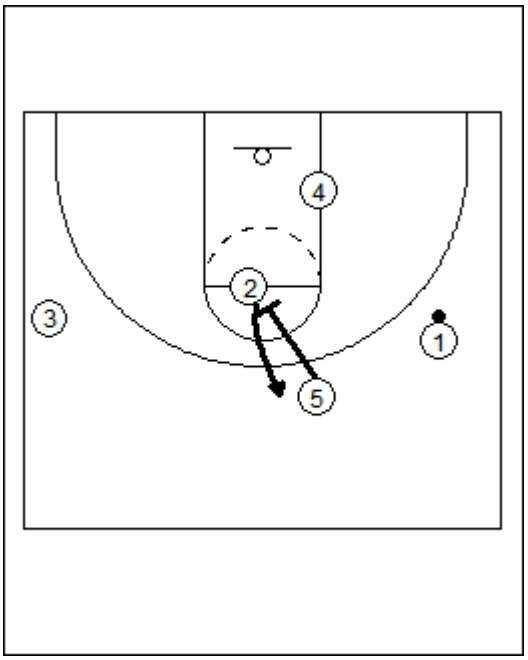
44



1 passes to 2 and goes off of 5 backscreen
5 steps out past three point line for return pass

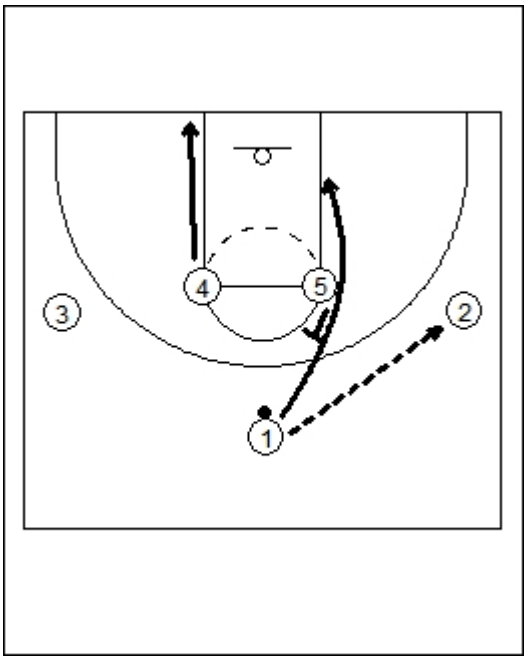


2 downscreens for 1 then continues to screen for 4
5 passes to 1

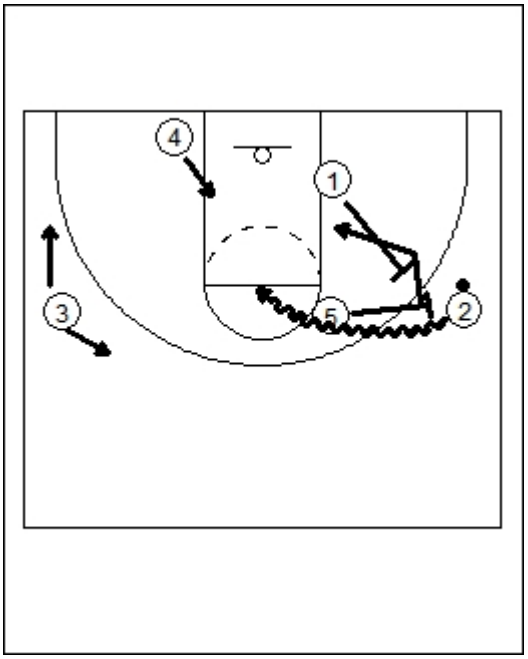


5 then downscreens for 2

45

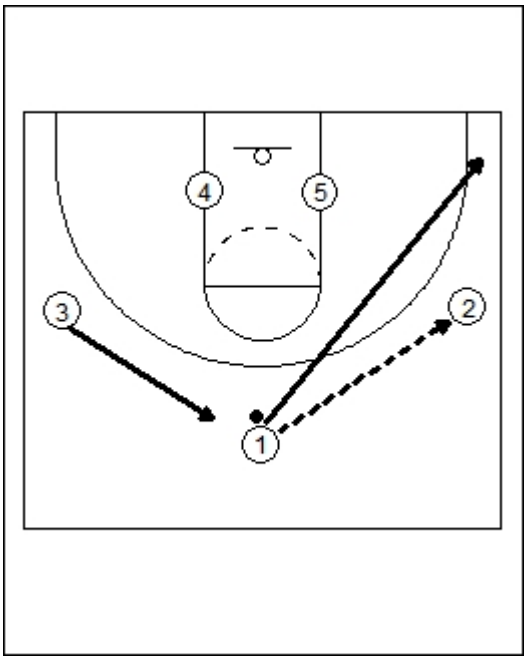


1 passes to 2 and goes off of 5 backscreen
4 goes to the baseline

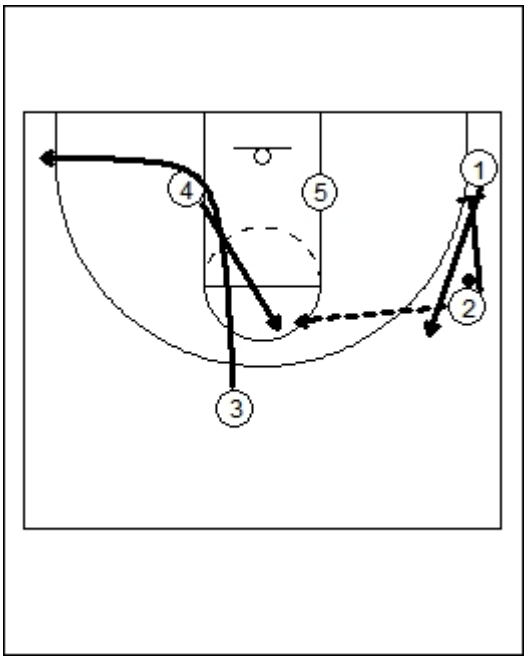


5 screens for 2
1 backscreens for 5

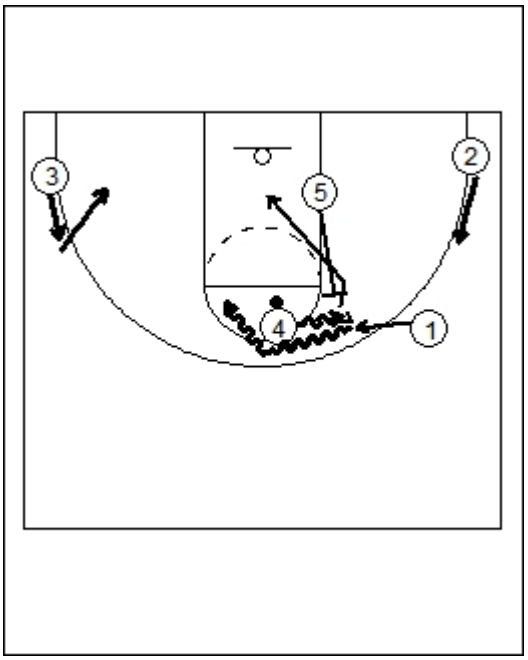
46



1 passes to 2 and cuts to the corner
3 goes to top of the key



4 flashes to the elbow area
2 passes to 4
3 cuts hard backdoor
2 downscreens for 1



4 dribbles handoff with 1
5 backscreen for 4

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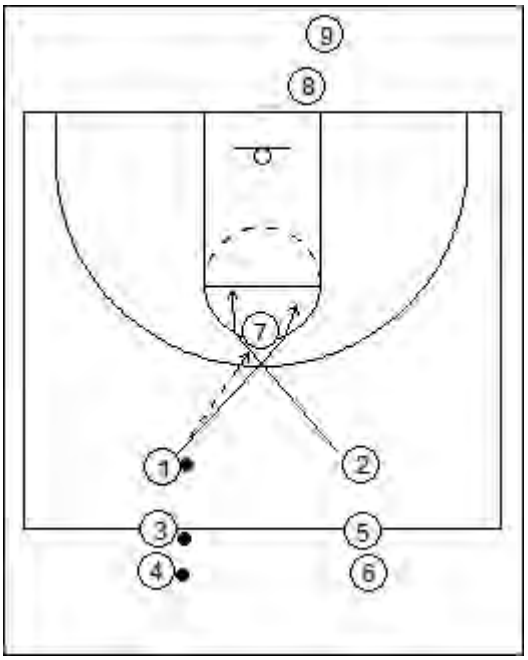
Drill 1



1 passes to 7 and immediately cuts around 7 looking for a handoff. 2 cut off of 7 next also looking for a handoff. 7 makes the handoff and goes to the basket.

The drill continues as 3,4 and 8 step on.

**Options

The cutters can pull up for a jump shot
Neither cutter receives the ball and goes to the corners and the post dribble attacks the basket finishes or kicks.

Drill 2



1 passes to 4 then cuts through to form a strong side triangle. 7 is in the MID-POST. That is very important.

Drill 2 Cont.



4 passes into 7 and then cuts looking for handoff or drop pass. If 4 does not receive the ball then will continue to the corner. As soon as 4 makes its cut, 1 comes off of 4's rear end over the top of 7. 1 looks for the hand off or drop pass. 1 does not get the ball, will continue to the opposite wing. Now 7 has a post move for a score or a post move and kick opposite.

*Options

The wings can do so many things, and it becomes a read and react. Example: As soon as 4 passes to 7, 1's man turns his head and 1 immediately takes off on a back door move. 4 reads what 1 did and can go toward 7 and then fade for a jumpshot, continue on with regular cut and fill opposite. Most teams just learning will stick to basic cut.

Drill 3



If the wing is overplayed, 7 will pop to the high post area. As this is happening, 4 takes man up higher and cuts hard backdoor as the ball is in the air to 7. 7 looks to pass to 4 on the backdoor cut and continues to the corner. If not there, 1 comes around 7 for a handoff and goes to the basket or pulls up for the jumpshot. 7 can also attack the basket with a jumpshot or dribble move. 1 and 4 are spotted up for the kickout.

Drill 4



On the guard to guard pass, 7 steps up to set a backscreen for 1. 4 looks to 1 coming off of the backscreen. 7 then sets a screen for 4.

Drill 4 Cont.



4 can use the screen and has options:

a. shoot(we like the ball to get to the elbow)

b. pass to 7 on the roll to the basket or the pop.

c. pass to 1 for a shot.

4 does not have to use the screen especially if defender is looking to get over the screen early.

Drill 5



1 passes to 4 and 7 sets the backscreen for 1. This time instead of setting a screen for 4, 7 pops high for a pass back from 4.

Drill 5 Cont.



4 sets a downscreen for 1 who goes to the wing. 4 opens up to the ball and looks for the pass from 7. 7 passes to 1 and receives a backscreen from 4. 1 looks to 7 going to the basket or 4 stepping out for the shot.

Drill 6



This is where ball reversal begins. This is also the most used option. 1 passes to 4 and cuts to the corner to form a strong side triangle. 4 looks inside and then passes to 1.

Drill 6 Cont.



7 steps up to set a screen for 4. 4 goes all the way through to the corner if she does not receive pass for layup from 1.

7 then plays screen and role with 1. 1 has the option to:

a. shoot

b. hit 7 on the roll or pop

c. draw and kick to 2

d. draw and kick to 4

Drill 7



Weakside Play

1 passes to 2 and fills the corner spot. 3 goes to the top of the key area.

If 3's man is above the three point line, the pass goes to 7 who is flashing at the same time. As the ball is in the air to 7, 3 cuts hard backdoor.

7 looks for the backdoor pass. If 3 does not get the ball, she fills to the corner.

For the drill sake, the perimeter players move in a counter clockwise movement from wing to point to wing.

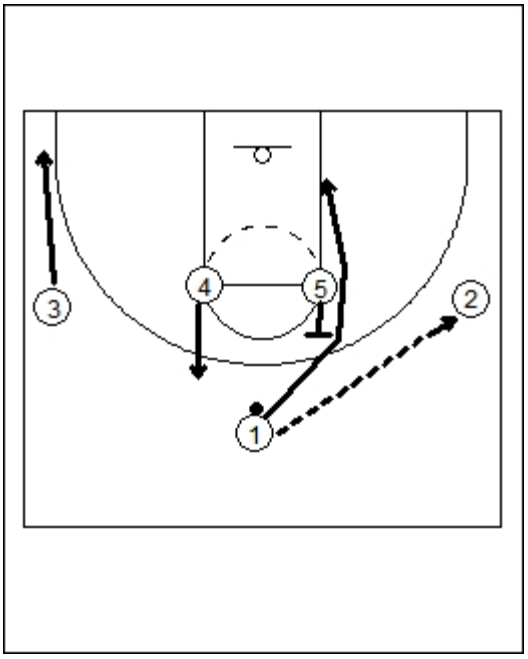
Drill 7 Cont.



If 3's man is inside the three point line, then 2 passes to 3 and 7 will screen for 3 and play pick and roll.

He then goes into sets that he uses to get the team to take advantage of defenses or to get movement.

40 series



40

1 passes to 2
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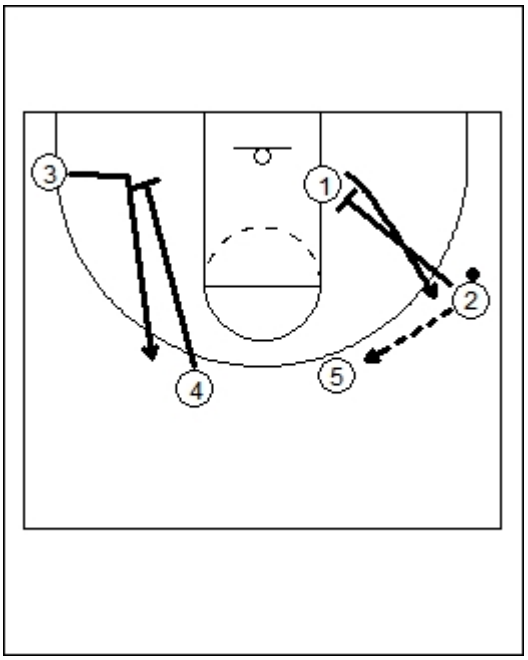
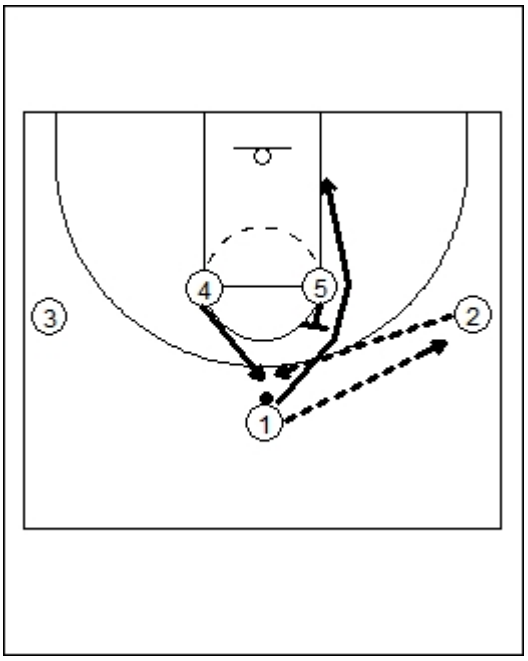
1 goes to the block
3 slides down toward the corner
4 steps out above the three point line



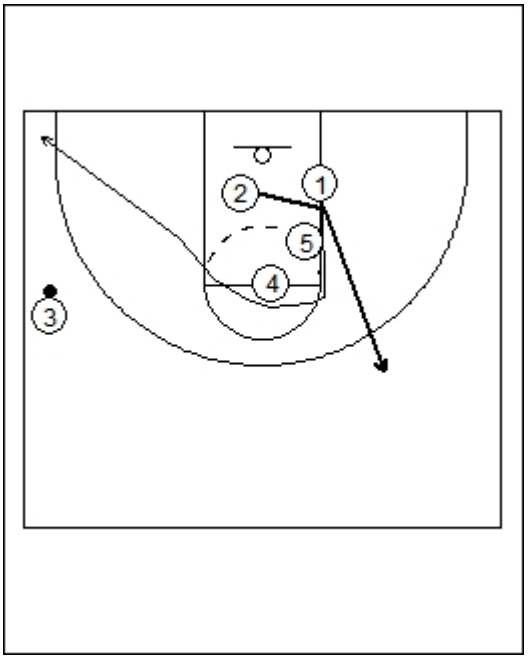
2 downscreens for 1 and opens up or fades to the corner
1 goes to the 3 point line
4 downscreens for 3 and can slip or post

3 can:
curl
tight curl
flex cut
fade

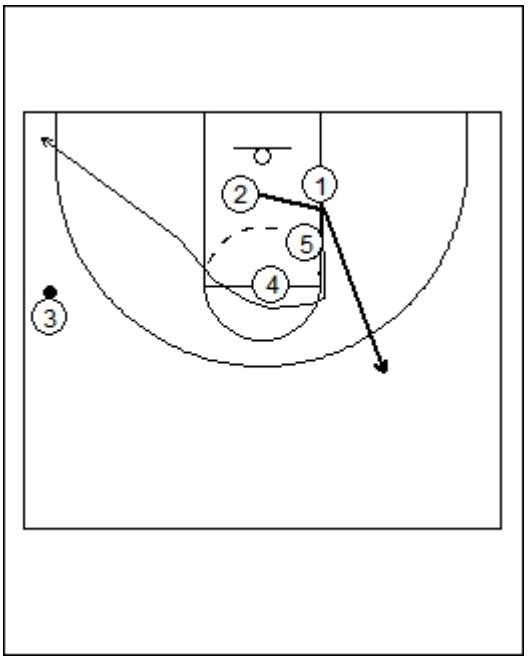
41



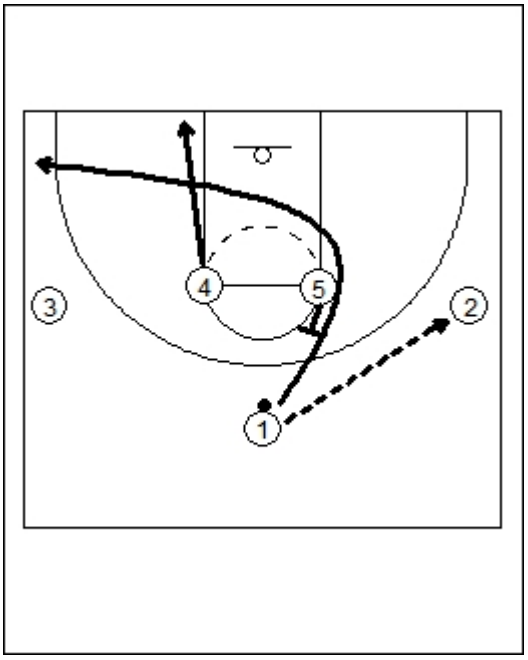
1 passes to 2 and runs off of 5 backscreen.
4 steps out past three point line



4 reverses 3
1 backscreens for 2 run out.

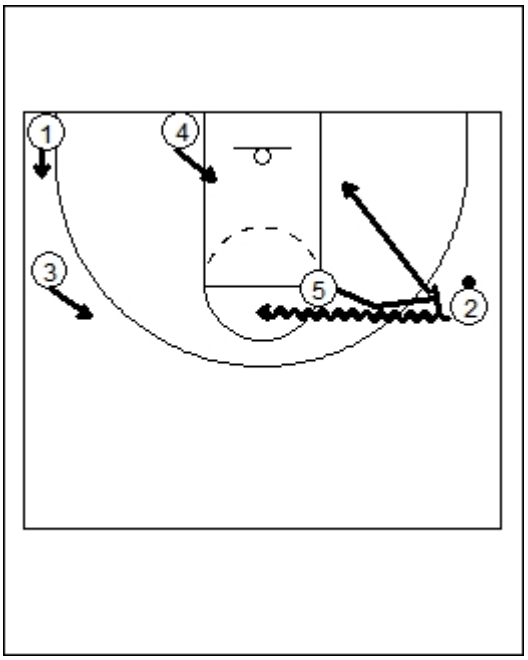


5 and 4 set a staggered screen for 1
then 2 cut on the screen of 5



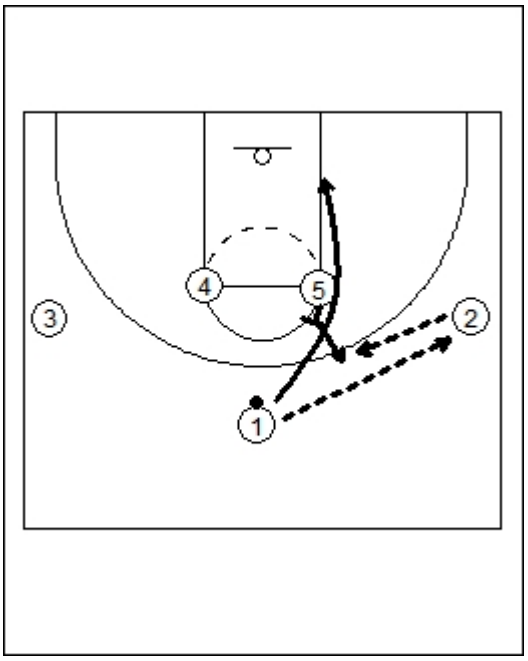
43

1 passes to 2 and goes off of 5 backscreen and continues to the corner
4 goes to the baseline

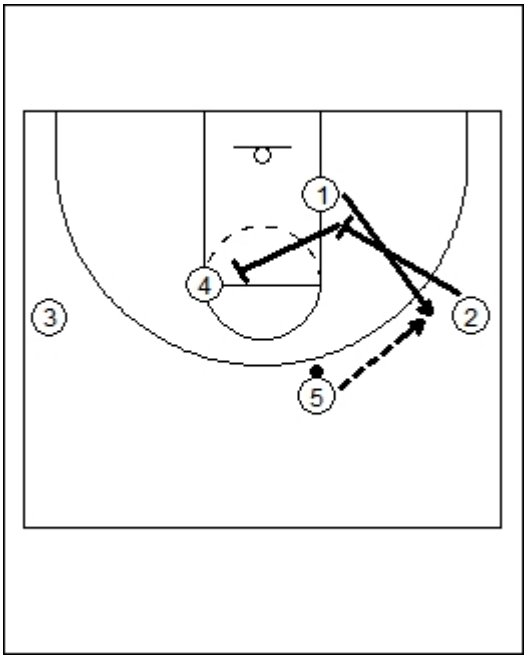


5 screens for 2 and rolls to the basket
4 steps into the gap
1 and 3 slide to open spots

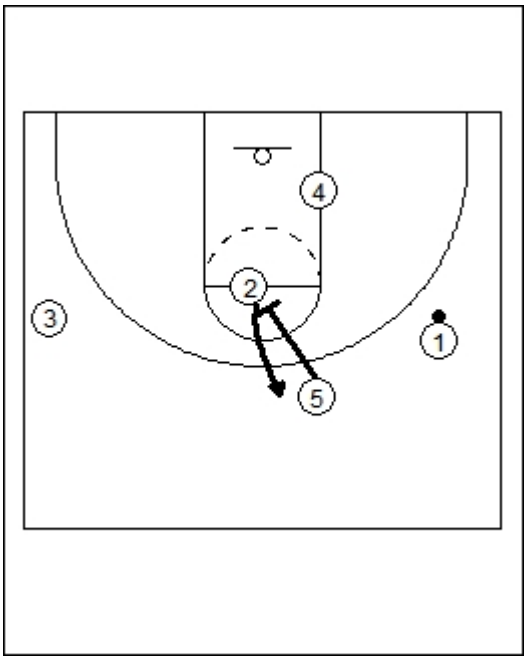
44



1 passes to 2 and goes off of 5 backscreen
5 steps out past three point line for return pass



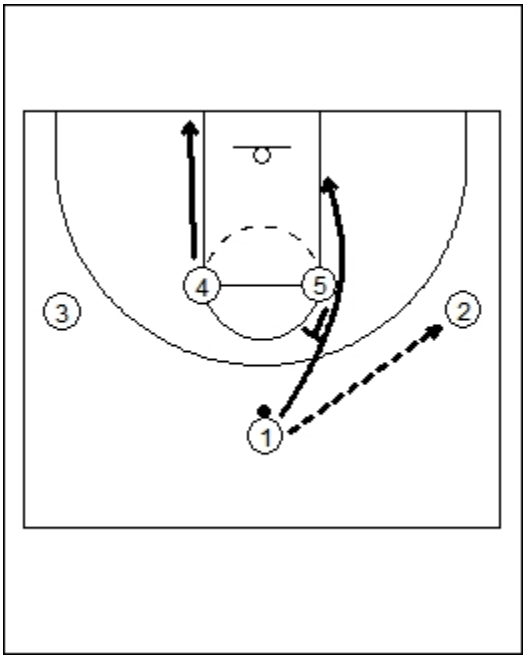
2 downscreens for 1 then continues to screen for 4
5 passes to 1



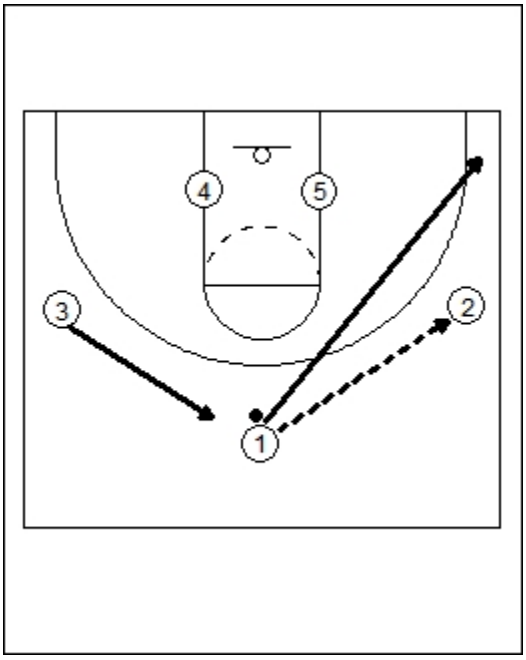
5 then downscreens for 2

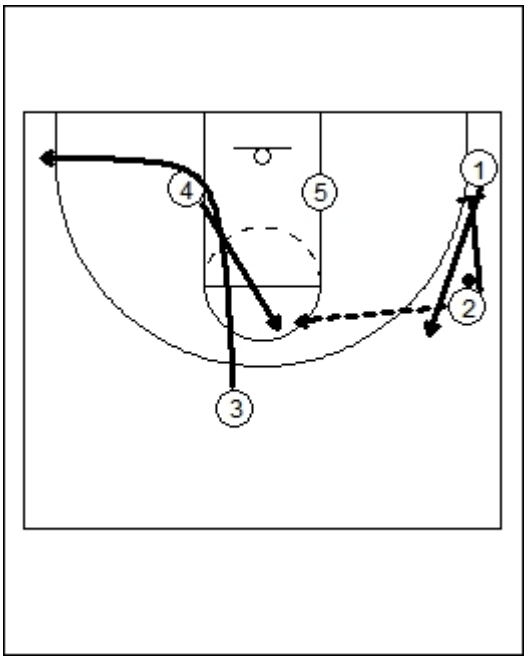
45

1 passes to 2 and goes off of 5 backscreen
4 goes to the baseline



5 screens for 2
1 backscreens for 5

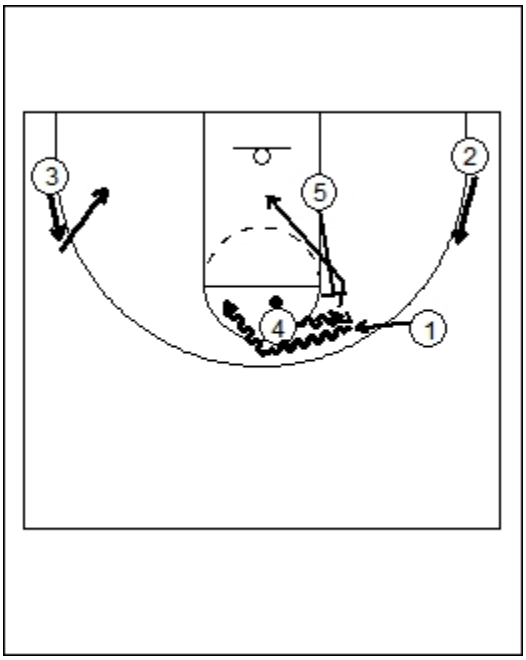




46

1 passes to 2 and cuts to the corner
3 goes to top of the key

4 flashes to the elbow area
2 passes to 4
3 cuts hard backdoor
2 downscreens for 1

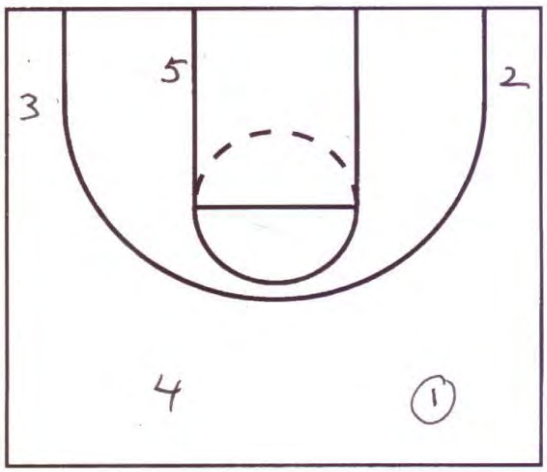


4 dribbles handoff with 1
5 backscreen for 4

Dribble Drive Motion Offense

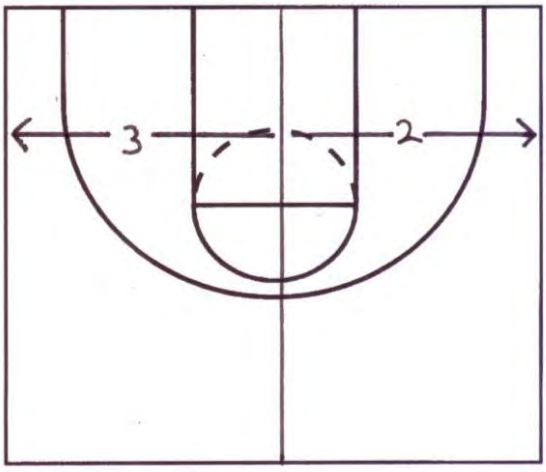
Interpreted from DVD's by: Herb Welling (Asst. Coach: Omaha Central H.S.)
Presented by: Jerry Auger

This offense is a four out/one in drive and kick motion offense.
We hate the pull up jump shots….we love lay ups and three point shots!



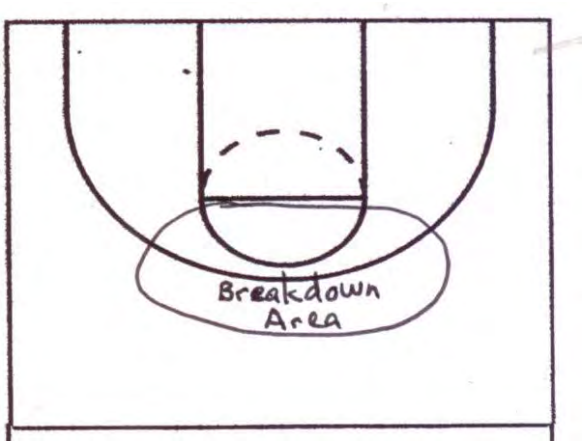
Player Positioning:

1 Catalyst; main penetrator, makes reads between half court and the three point line as to which side to attack. Once the point picks a side everyone else reads off of that.
2 Best shooter; better slasher/penetrator; needs to read what 1 does
3 Big Forward or second guard
4 Next best driver and pretty good three point shooter
5 Center who plays off the penetration of the 1 usually on the weak side block or short corner.

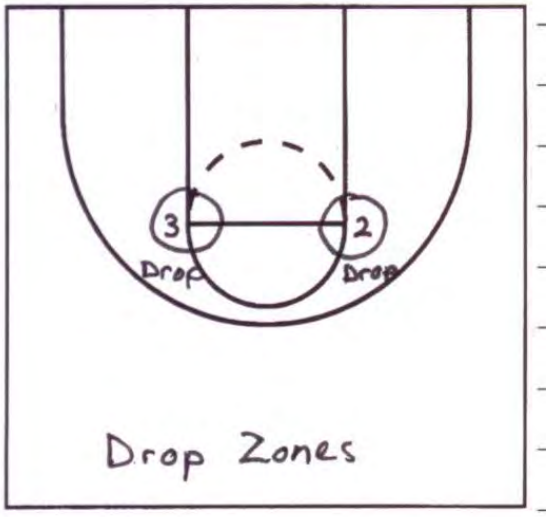


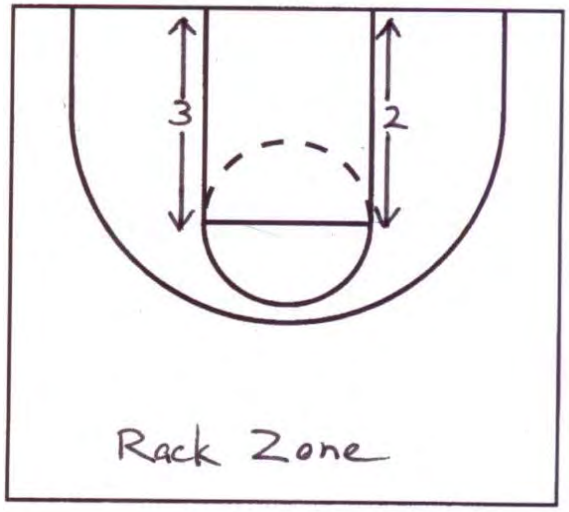
3 Side of the Floor 2 Side of the Floor

Breakdown Area:
Circle between guards where we make a lot of decision making as to which side of the floor we are going to attack.

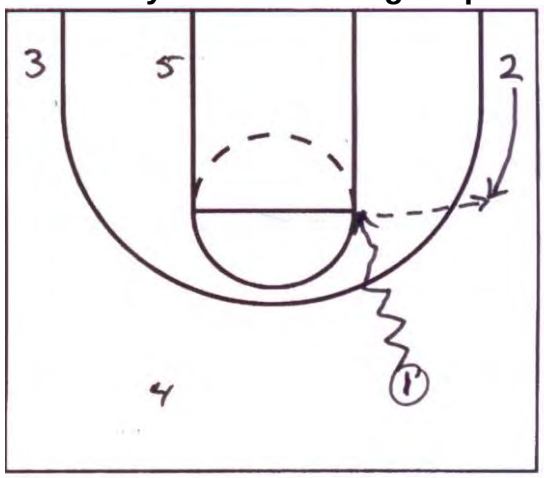


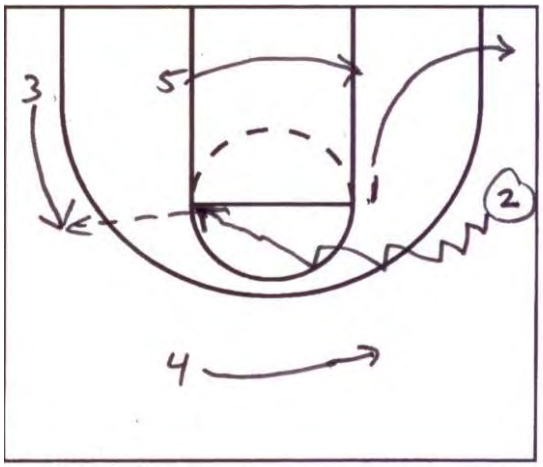
The main goal is to continually attack the basket. The drop zones and rack zones represent areas on the floor that we are going to operate from by attacking the basket and working off of two foot jump stops. This gives us the ability to attack while not leaving our feet and retaining the ability to kick out (ie. Steve Nash). Our actions at each of these four read spots will dictate how the offense is executed.

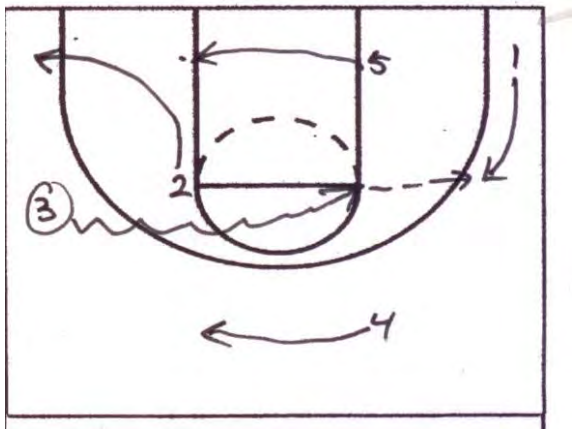




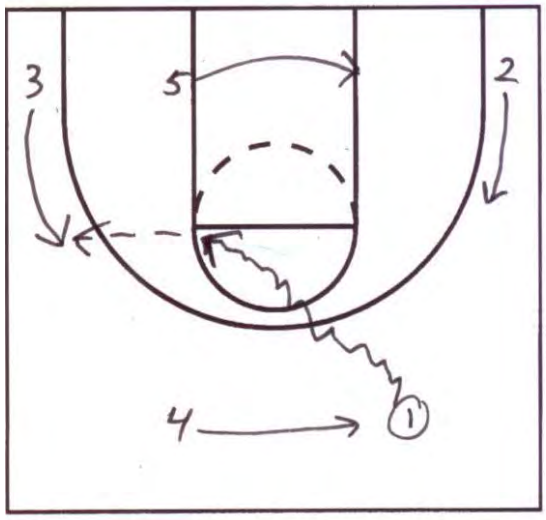
Continuity when attacking drop zone 2:

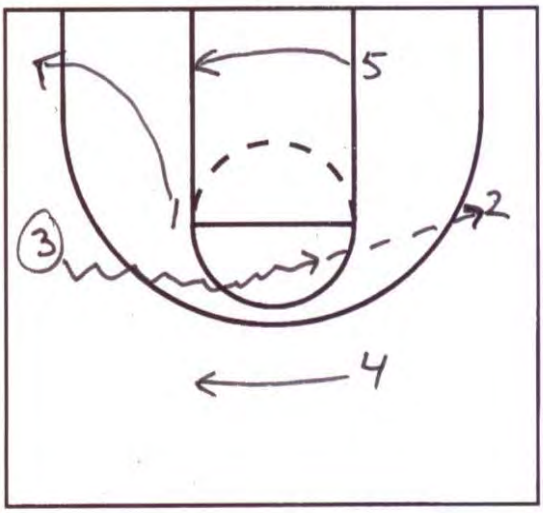






Continuity when attacking drop zone 3:





Options out of the drop zones:

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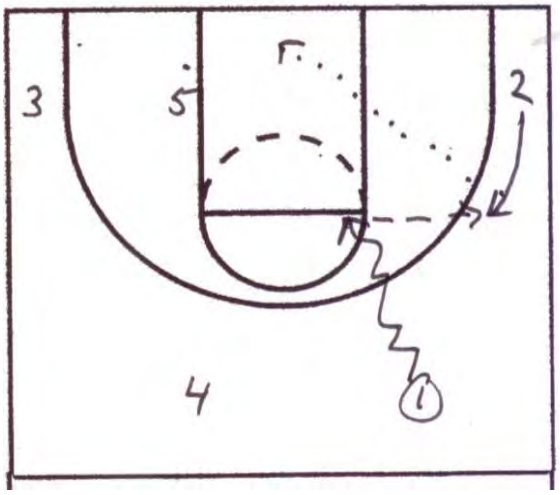
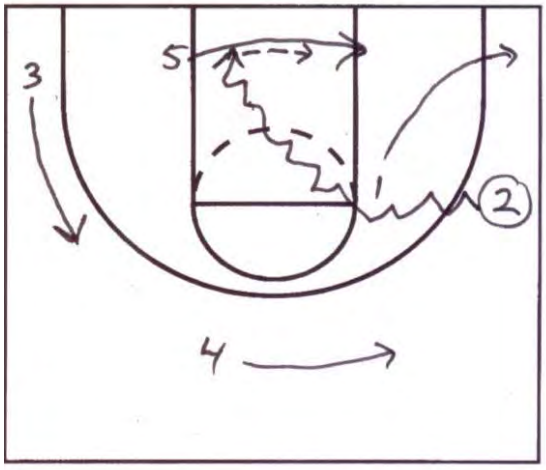
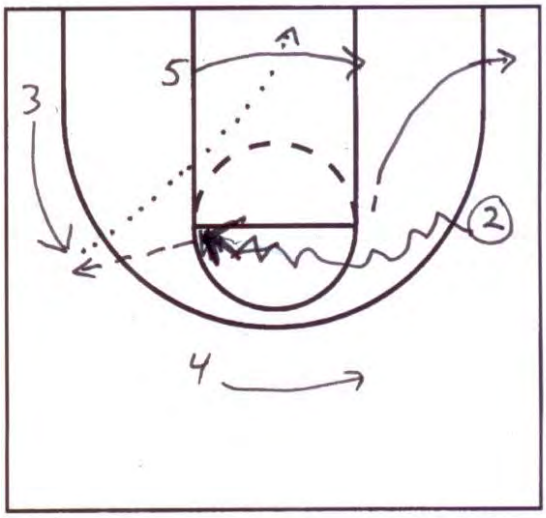


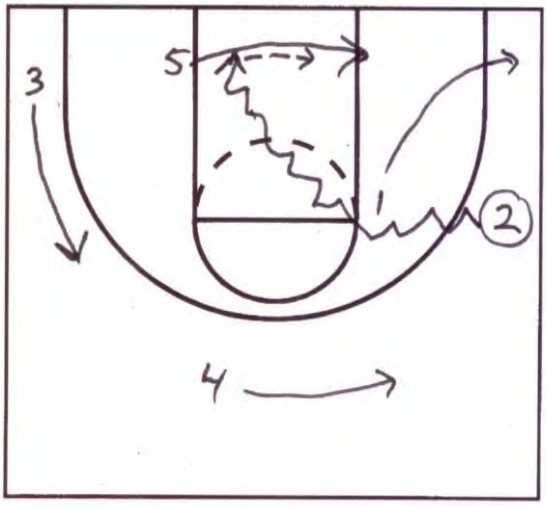
Option #2



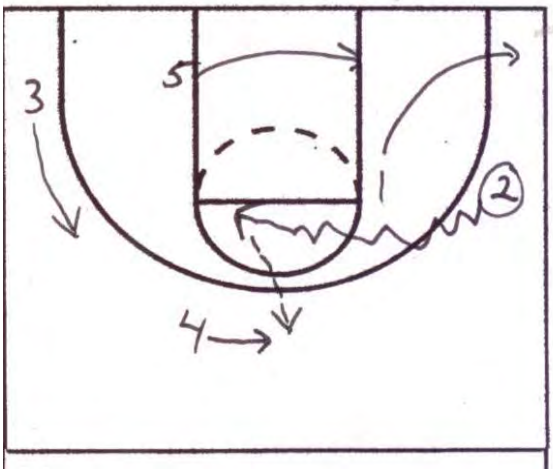
Option #3



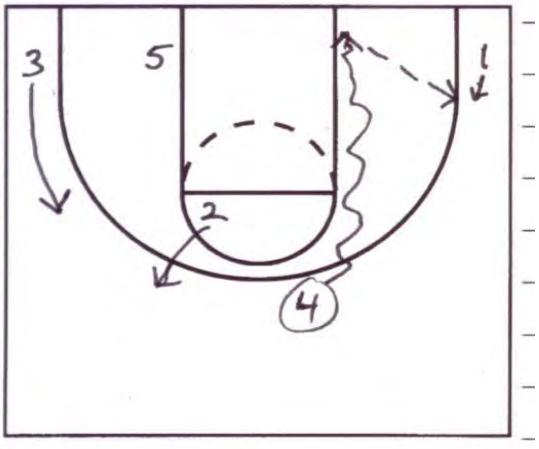
Option #4



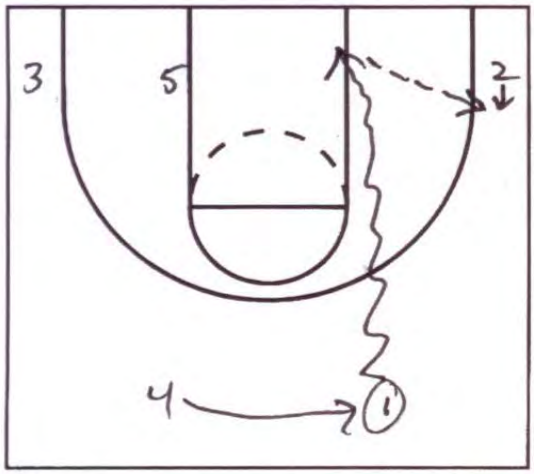
Option #5

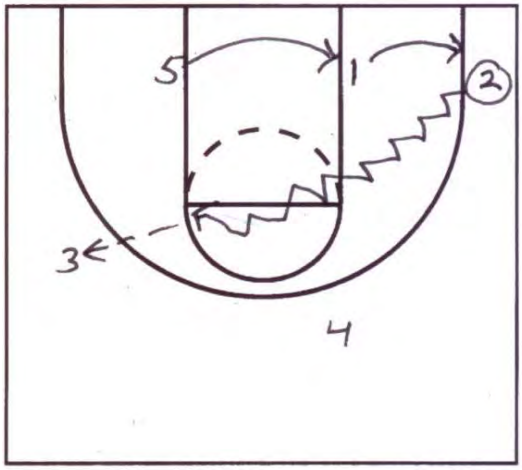


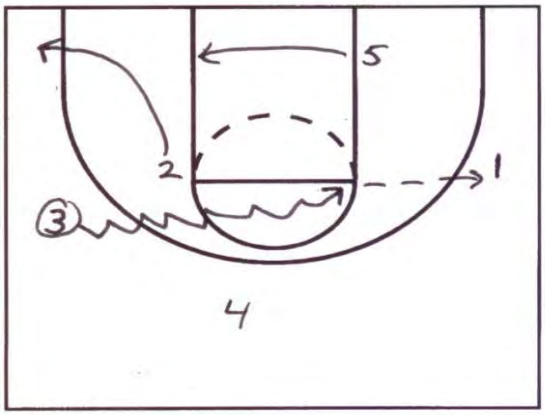
Option #5 (cont'd)



Continuity when attacking the rack zones:



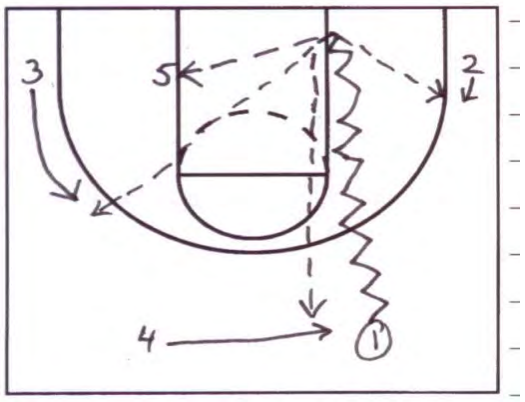




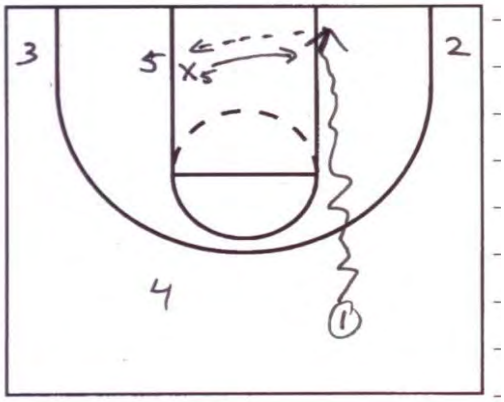
Options and Reads out of Rack 2 Motion:

As one drives hard into the two zone looking to score or get fouled everyone else is spotting up and reading the defenses reaction to 1's penetration. 2 spots up. 5 is getting ready to receive the ball for a weak side lay up and seeing how he's being played. 4 replaces 1 for a crack back and 3 shapes up in 4's spot for possible kick out. 1 is like a quarterback who drives hard, two foot jump stops looking to score in the lane and then if no shot is available looks to pass to 5,2,4&3. 1 does a front right pivot checking out the options.

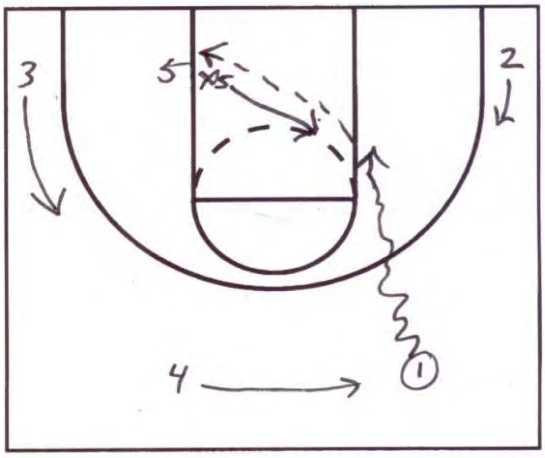
Four Passing Options out of Rack 2



5's man helps across; 1 dumps to 5

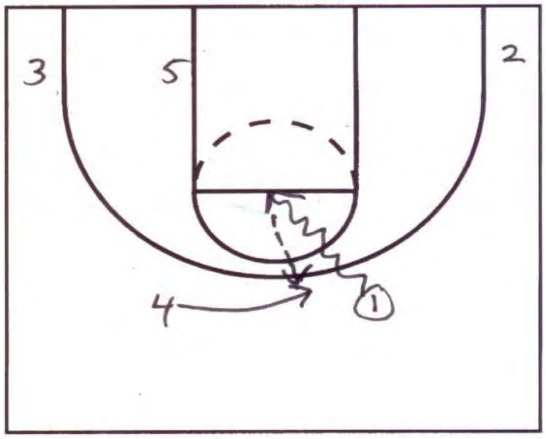


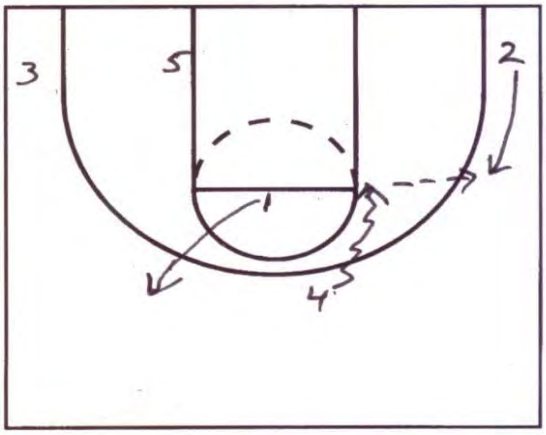
5's man helps up; 1 lobs to 5

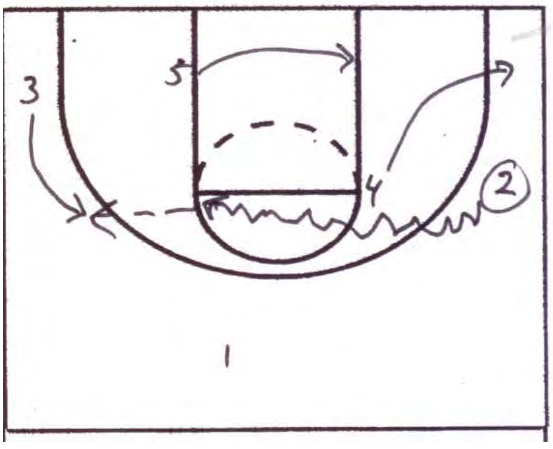


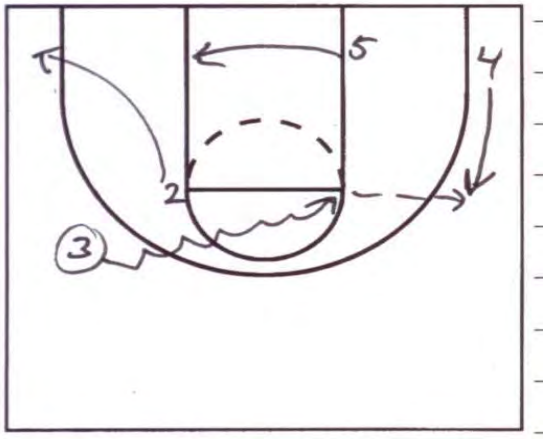
Dribble X Entry:

1 dribbles to nail hole and kick's to 4 and they replace each other and get into our regular continuity.

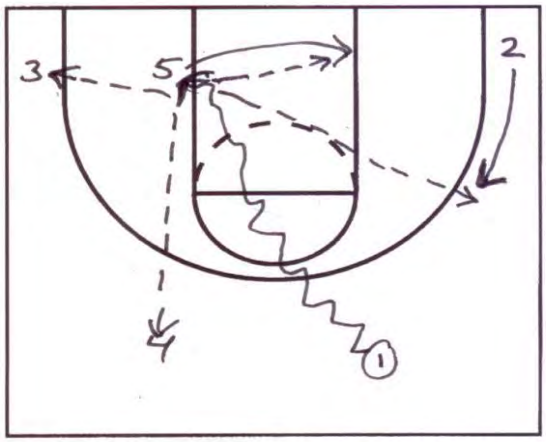




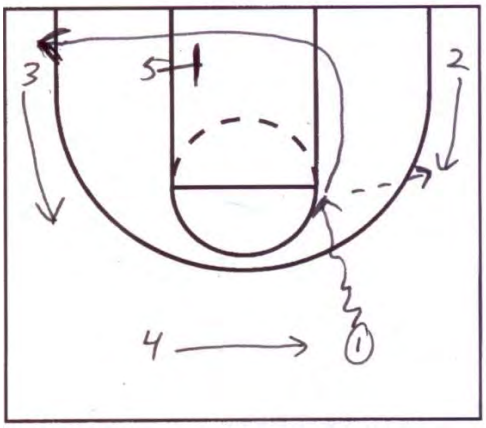


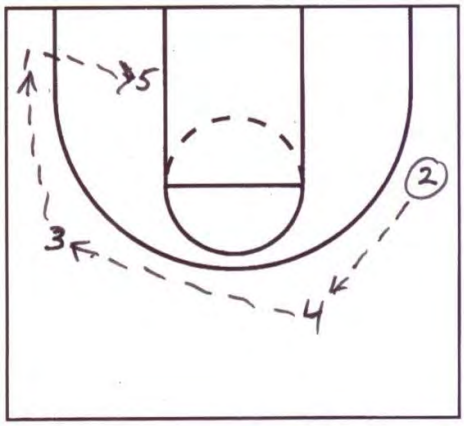


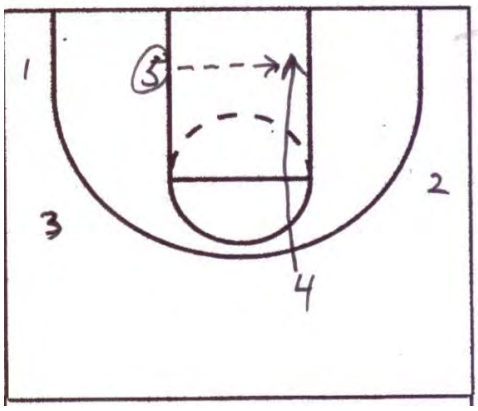
Rack 3X Entry:
1 drives hard to the 3 rack; 5 seals up the weak side for the dump or rebound; 3 shapes up for the shot; 4 is ready for the crack back. If none of the five options are available we just go back into motion.

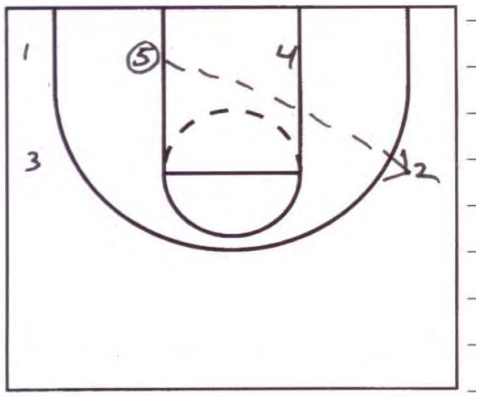


Wheel Entry:
1 passes to 2 and the ball is swung back to 1 in the corner looking for a post entry. You need to swing it quickly and 5 needs to screen in and seal. This entry works well against zones. Once 5 has the ball 4 dives to the basket and 2 shapes up on the wing. If there's no shot 4 cuts to the corner and you just get into your continuity.

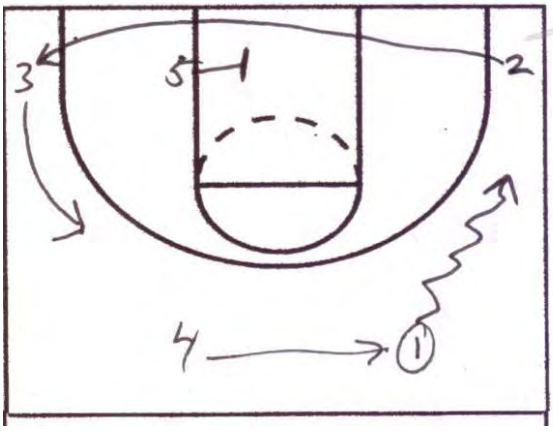


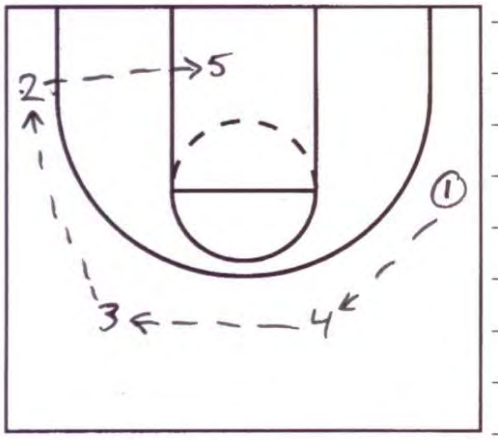




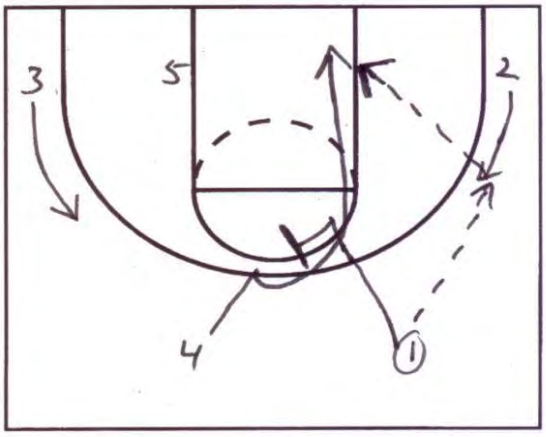


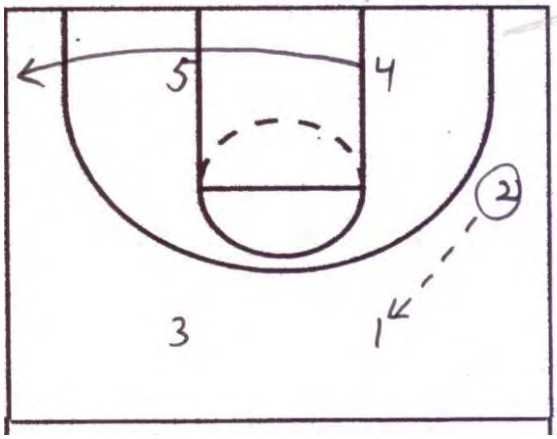
Circle Entry:
Wave 2 through. We can swing to 2 for a shot or for a post feed to 5. We do the same action on post entry as before; 4 dives and 1 shapes up.

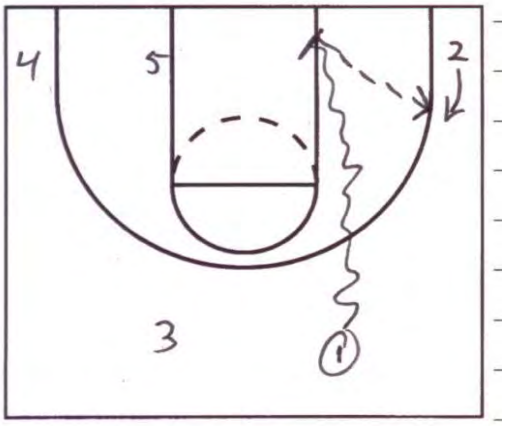




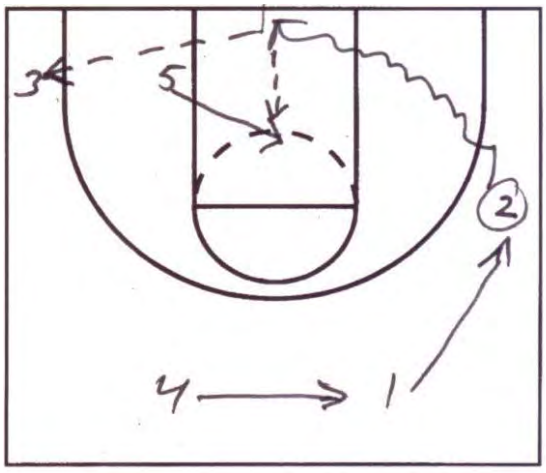
X Entry off the Pass:
1 passes to 2 and screens for 4 for a lay up. If nothing is there we just get into motion.

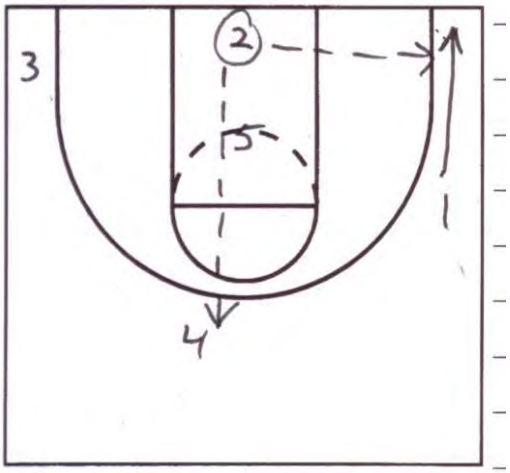




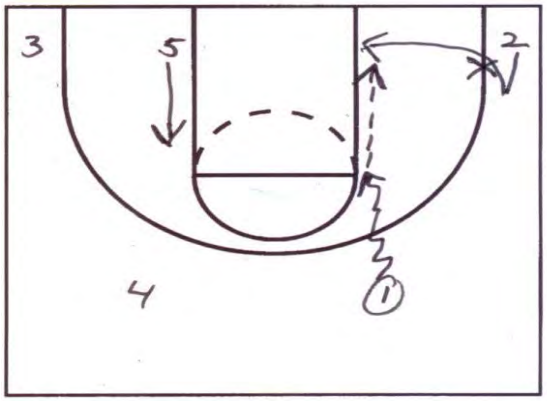


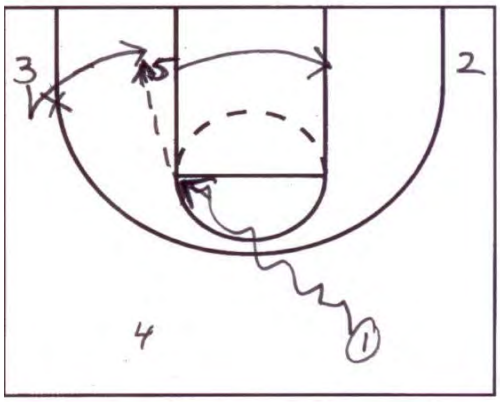
Driving Baseline:
As a rule you don't want to drive baseline. "Bad players drive baseline, great players drive middle."…Rick Pitino However it can be effective especially against zones.

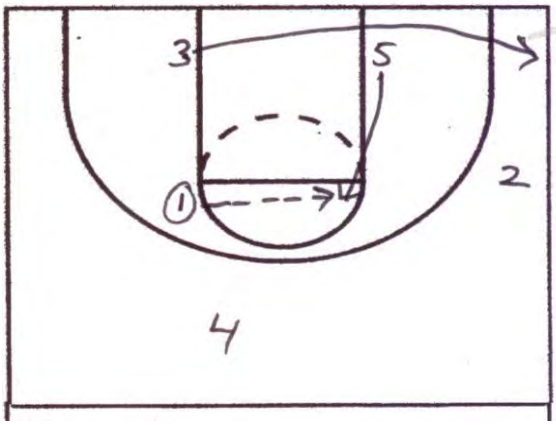


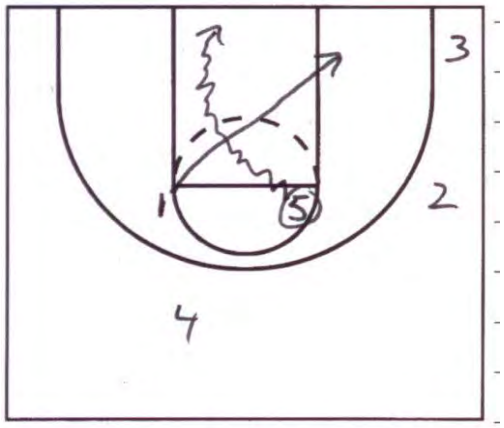


Vs. Aggressive Denying Defense:
The point guard determines as he crosses the half court line whether either 2 or 3 are being over played. Drop 2 especially if your 2 is a good scorer and is being overplayed. 2 takes 2 steps up from the corner. 5 clears up to the weak side elbow. 2 doesn't cut up until 1 has jump stopped. 5 Doesn't clear until 1 has jump stopped. Drop 3 if your 3 is a good scorer and is being overplayed.

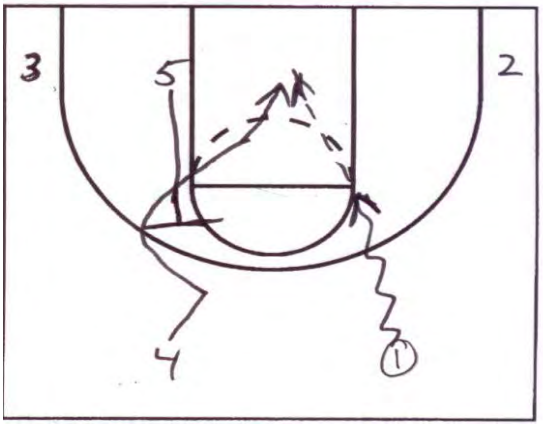


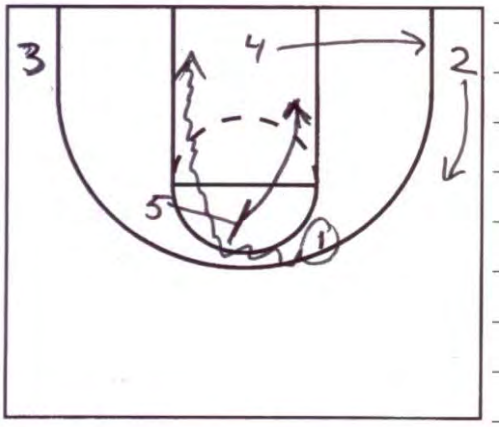




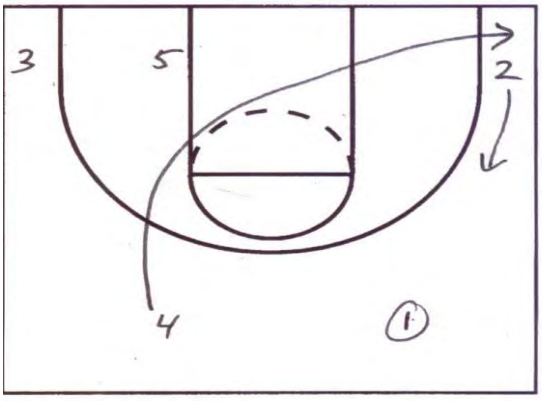


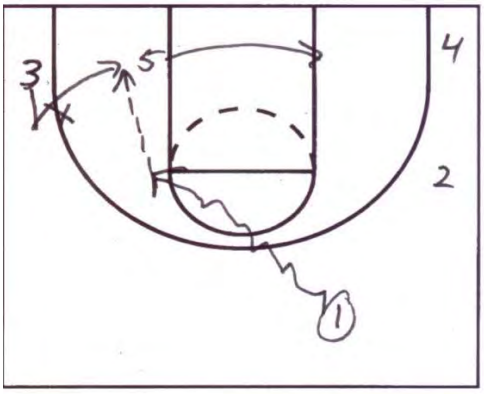
Chin Entry:
Princeton (elbow entry) 5 back screens for 4 for a pas from 1. If that's not open 5 and 1 have a high screen and roll situation. Off ball screens your first option is always to turn the corner and drive hard to score as a ball handler. The screener needs to wait for 2 dribbles and roll to the hoop.



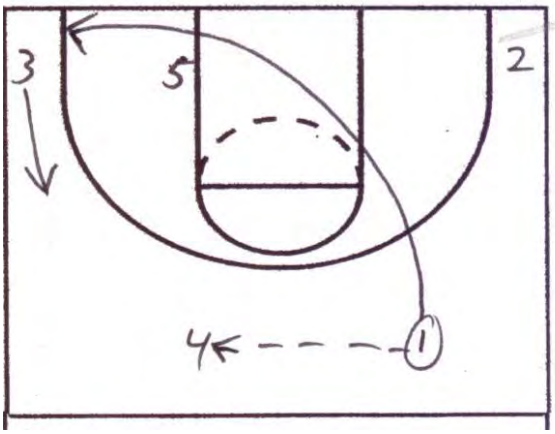


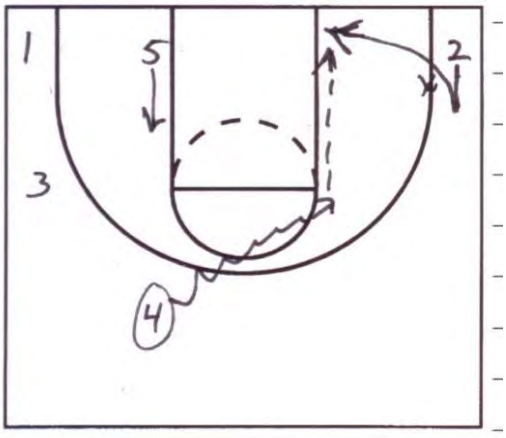
4 Through:
4 cuts through to the strong side corner giving the point guard the whole floor to operate from by spreading the floor.

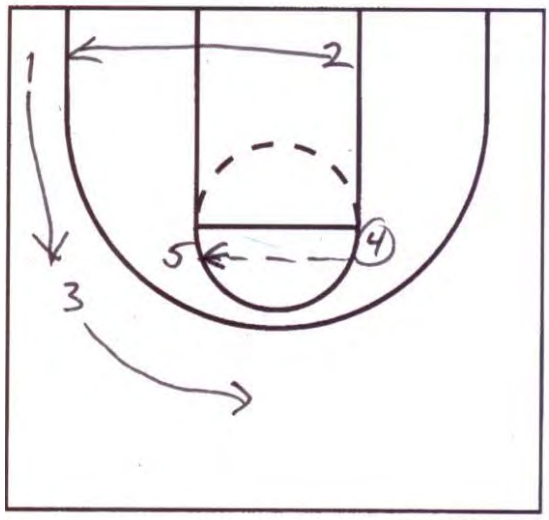


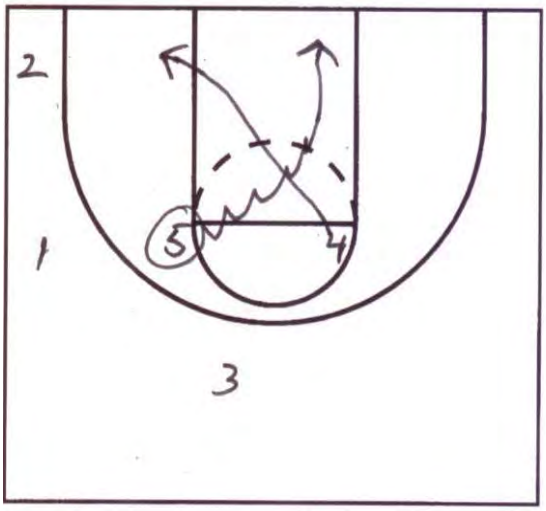


1 Through:
Looking to attack the 2 side of the floor

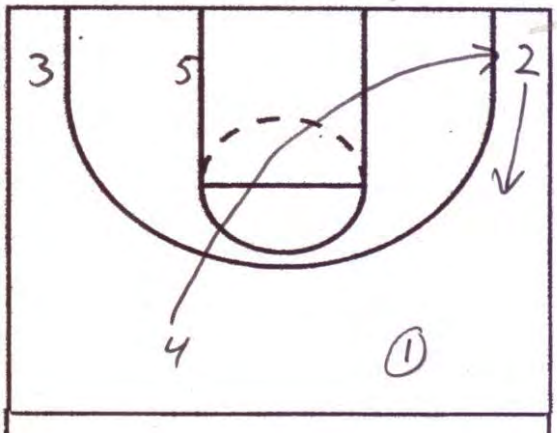


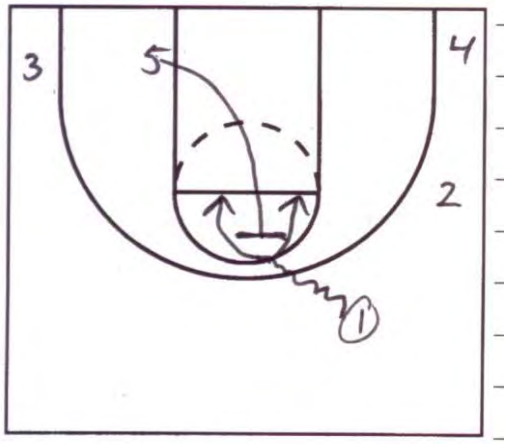




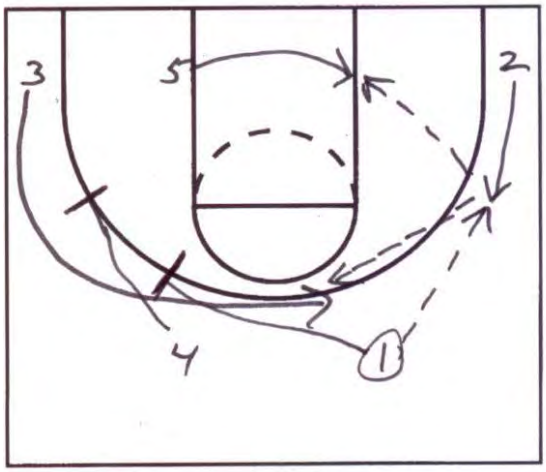


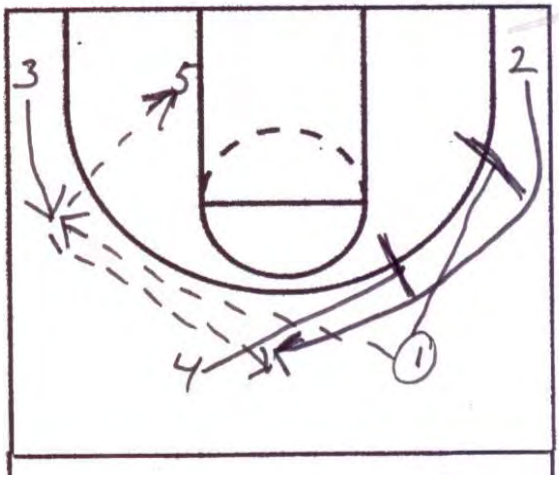
Phoenix:
4 cuts through; 5 sets a high flat screen for 1 so he can cut either way. You can pick and roll or pop depending on your 5's capabilities.



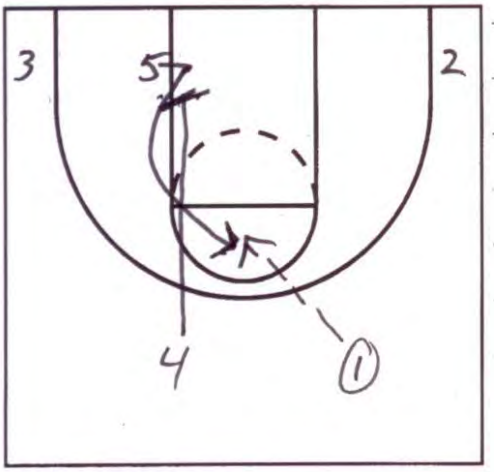


43 & 42:
Stagger away to get a hot shooter open or get a dump down into the post.





Friar:
Gets you some post action and a good high low.



JOE STOLZER

A. Warmup (Widths of the court)
    a. Run Forward, Run Backward
    b. Side Shuffle
    c. Lunges Diagonal
    d. Squat Thrusts
    e. Walk on toes
    f. Walk on heels
    g. Bearfoot run on a mat
B. Stationary Strength Training – with bench
    a. 1 legged lunges
    b. 1 legged squats – hold for 4 seconds
    c. 1 legged hops back and forth – hold for 4 seconds on each leg
C. Core
    a. Planks
    b. Scottie Pippen – on back, shoulders down, lift butt and hold (lower back)
    c. Baron Davis Figure 8- on back, bicycle legs and do figure 8 with basketball
    d. Lateral raises with 5lb. plates while doing bicycles
D. Forgotten Muscles
    a. Hands – pushups on ball
    b. Elbows- stationary run on bench, pump elbows hard
E. Defensive Speed Training
    a. 30 in 30 – lane slides- “Get to the spot”
    b. Lane slides with tennis ball – “Keep hands moving”
    c. Lateral hurdle – quick feet over a set of 3 boxes
F. Vertical Jump
    a. Pogo Jump – 20 short, 20 high – strength Achilles
    b. Long Jumps
    c. Split leg lunge with high jumps
    d. Jump squat – 3x10 – (pool) – “Limit ground contact”
G. Culture of Health
    a. Hydration is 28% of conditioning
    b. Replenish w/in 60 min of any workout

BILLY DONOVAN – "COACHING THE MINDSET"

A. "Basketball is the most unselfish game there is, but it is played by the most selfish people."
B. "Teach sacrifice, teach unselfishness"
C. What is the best way each player can be taught, mentored, motivated and inspired?
    a. Each player is very different
        i. Film?
        ii. On court?
        iii. 1 on 1 meeting
    b. Get into each players head individually
        i. Preach HEART, PASSION, TOGETHERNESS AND UNSELFISHNESS
D. Never underestimate the importance of role players
    a. Players do not accept their responsibility and role unless the star of the team looks out for them
    b. Building chemistry
        i. Your best players have the best opportunity to share
        ii. Joakim Noah – turned down every interview request unless it was about his entire team
    c. Coaches need to show appreciation to role players just as much as stars
        i. The next step is to explain to the stars why and how the role players can influence them – especially with getting to the next level
        ii. One key often forgotten to every player getting to the next level is his teammates
E. Difference between leaders on the floor and leaders in the locker room
    a. Leaders in the locker room
        i. It doesn't have to be a star player, but it has to be someone who has a strong personality
        ii. Adrian Moss – negative attitude thru January, had a very strong personality, changed his attitude and became a leader – every other player wanted him to get praise (shaking president's hand, cutting down the net first)
        iii. The sacrifice a role player makes needs to be PUBLICIZED AND NOTORIZED – it is THAT IMPORTANT!!!
F. Approach vs. Avoidance Goals
    a. Approach goals – goals that players can accomplish
    b. Avoidance – we can't do this (negative)
    c. Goal – LIVING IN THE PRESENT MOMENT
        i. Don't talk about stuff that we can't do
        ii. Focus on the approach goals – getting in a stance, getting a stop, etc…
        iii. Life often takes us back into the past or too far into the future
            1. Live in the right now!!!
            2. Something goes wrong, move to the next play and win the next play!
G. Players need to understand competition

    a. Competing TODAY at the highest level
    b. Being in the right frame of mine ALL THE TIME
    c. Motivations last for a small period of time
    d. When someone is inspired, it lasts a lot longer
        i. CREATE EPIPHONIES

H. 80% of what you tell your team they WONT remember
    a. Take 3-4 players that the team elects (not necessarily captains) and THEY ARE RESPONSIBLE for carrying the coach's message to the other players

I. Watching film with your team
    a. Don't hold prejudice with how you are playing
    b. If you're playing WELL, you better have film that shows your FAULTS
    c. After a tough loss, you may need to find a way to INSPIRE your team – not blast them!!!
    d. After wins, slippage usually occurs – THIS IS WHEN SHOWING FILM IS MOST IMPORTANT!!!

J. Creating epiphanies for some players
    a. Sometimes players need something else, other than talking with them 1 on 1 to INSPIRE them
    b. EX: Take players to less fortunate places
        i. Players and coaches get so caught up in themselves that its tough to see how great your life really is
    c. Nick Calathes- bad experience in Greece – sent him a box with a note inside saying, "Put this box on your shelf because it is over and done with. It is now time to move forward."

K. If possible, see a sports psychologist once a month

L. In order to generate and foster SERIOUS change, it can't always be in your words
    a. When your team thinks they are unbeatable, take them to a CHILDREN'S HOSPITAL!!!s

RICK PITINO

A. New book – "Rebound – The Art of Success"
B. 3 methods to achieve greatness
    a. Have a goal
    b. Develop a plan to get there…
    c. Get feedback
        i. Sit down with seniors each year to get feedback
            1. What did they like?
            2. What didn't they like?
        ii. You better trust them because change could be what is needed!
C. One thing he will always be remembered for is forcing the NCAA to change the 20 hr/wk rule
    a. Schedule at Providence
        i. 6:15-7:15 – Walk thru plays
        ii. 8-12 – 4, 1 hour workouts
        iii. 12:30-3 – Class
        iv. 3:30-6:30 – Practice
        v. 7-8 – Studyhall
        vi. 8… - 2 on 2 with coaches/players (optional)
D. Individual Workout – group of 4 players, doesn't matter if it is bigs/smalls
    a. Warmup – do this in the corners and lane lines extended
        i. Start on baseline, pass to coach in corner, run to coach and jump stop
        ii. Inside pivot, other pivot
            1. Rip and go – right and left hand layups
                a. Exaggerate how low you go
                b. Body to body
            2. Rip and go – pull-ups (right and left)
                a. "Shoot at a big rim" – arc
        iii. Same thing in a post up situation – force posts to move around, hold their seal, get their hands in the air
            1. Drop step middle, jump hook
            2. Turn around jumper baseline
        iv. When doing these at the lane lines (long post), change up the post moves
            1. Jab and rip
            2. Up and under
    b. 3 – 2 – 1 (Goal is 42 points)
        i. 7 spots – up to 6 points can be made at each spot
        ii. Start in corner, rebounder pass to shooter, contest 3
        iii. Ball fake and go – pullup
            1. "Ball goes up, you stay DOWN"
        iv. Jab and get to the rim and finish into a pad – AND 1's
        v. Then go to other corner and so on…
    c. Box Drills
    d. 3 Point Shooting Drills

i. 2 players on the gun
    1. 3's and 1 dribble pull-ups MOVING
ii. 2 players on the other end doing timed shooting
    1. Passer and shooting moving at all times
    2. Each person make 10
iii. Then switch, 2 guys at the gun to the timed shooting side, timed shooting side go to the gun
iv. Keep track of makes on the gun

E. Less than 22% of contested shots are makes!!!
    a. In drills, we never allow our players to take any type of contested shot
F. Defense
    a. No 3's
    b. No 2nd shots
    c. No shots at the rim
    d. All 2's are challenged
G. Stats that matter
    a. 6-8 steals per game
    b. 35 deflections
        i. "Fingers to the sky when guarding the ball on the perimeter"
        ii. Backtip
        iii. Steal
        iv. Block
        v. Loose balls
    c. +10 2nd shots
H. 1 on 1 is the best form of individual improvement
I. He doesn't let his team play open gym EVER
    a. Would rather have them all play a 1 on 1 tournament with each game to 3 points
    b. Pickup teaches bad habits EVEN if you have rules for it
J. You can't PERSONALIZE your critiques
    a. Players these days can't handle the embarrassment
    b. Players are mentally weak and you can't drastically change this
    c. It always has to be about WE or US
    d. 1 on 1 in an office is a different setting
    e. In practice, if you get on 1 guy, make it sound like you're getting on the team
        i. If Earl keeps messing up, blast the team not Earl
            1. Don't say "Come on Earl, fuck you Earl, this is bullshit"
            2. Instead, "Let's go guys. This is ridiculous."
        ii. Always focus on TEAM, TEAM, TEAM
    f. Treadmill
        i. Has 2 treadmills on the side of the court
        ii. If someone really messes up or won't work, force them to go to the treadmill on 9.0 for 1 minute
        iii. If they don't SPRINT over there, they have 2 minutes
K. Recruiting
    a. "If you don't love this game, you are the worst kid for me to coach"
L. Doesn't like to call timeouts at the end of games

    a. Scared of zone
    b. Can’t trust the players enough to run a play correctly

M. Some players DO NOT CHANGE
    a. If this is the case, the other players and coaches must work to make that players problems work towards a team goal

N. Team Ego
    a. Final score is all that matters
    b. Fuck the other stats
    c. If team ego is not preached, players will always revert back to their old ways
    d. On draft night, never has PPG been discusses
    e. Working hard is an acquired team skill

O. Practice
    a. Must have competition in every drill
    b. Make practice fun and entertaining for players
    c. At the same time, however, make them earn everything before you give them breaks

JOHN CALIPARI – "PRINCETON ON STEROIDS"

A. Always run DOWNHILL
B. Why is Memphis so good on the offensive glass?
    a. The offense allows the 4 man to be running in and flying in from the corners
    b. They chart going after rebound percentages during each practice and game

PETE GILLEN – "SURVIVE, ADVANCE AND CONQUER"

A. "People don't know how much you know, until they know how much you care."
B. Reasons for getting fired…
    a. Not winning enough
    b. Not recruiting own city/state
    c. Style of play
    d. $$$ - Attendance
    e. Players messing up (academics, drugs)
    f. Players transferring
    g. New AD/president

BOB HURLEY SR. – "BUILDING A PROGRAM WITHOUT ANY MONEY"

A. Keep a separation from the players
    a. "Coach" or "Mr. Hurley"
    b. Give yourself time to develop a style
        i. Be comfortable in your skin
        ii. Anything good and strong takes a while to build
B. Pickup Rules
    a. 2's and 3's to 8 points
    b. On game point, scorer must make a FT to VALIDATE the win
        i. If player misses, game goes on
        ii. If team misses 2 FT's, game is over and other team wins
C. Validation
    a. Validate wins in various drills
    b. If they miss the FT, they owe a sprint
    c. 1.75 lengths in 8 seconds
D. "Everyday there are ordinary players with an extraordinary will to succeed"
E. Say something positive to EVERY player within the first 15 minutes of practice

HUBIE BROWN

A. Don't let coaching do any of these things to you…
    a. Get an ulcer
    b. Become an alcohol
    c. Become a drug addict
    d. Go into a depression
    e. Get divorced
B. Reasons why players won't reach their potential
    a. Low pain threshold
    b. Low basketball IQ for what we are doing
    c. Is the player selfish?
    d. Can they do the intangibles? Will they do the necessary defensive rotations?
    e. Drugs/Alcohol
C. "Players make the system"
D. "Believe in what you can teach"
E. "Keep everything short"
F. "Shooting makes up for a multitude of sins"
G. "Never end a drill without a basket"
H. Rules
    a. "We never disciplined a player with the Grizzlies. The players would have to discipline themselves for not being a professional."
    b. The fewer rules the better but you better enforce the ones you have!!!
I. Stats to know that our team is working each quarter
    a. Deflections/quarter (7 in NBA game)
    b. Fastbreak points
    c. Offensive boards
    d. You can individualize this as well to show who is working the hardest because players CANNOT debate stats
    e. Have little goals (various small things each quarter) within the big goal (winning the game)
J. After every game, reward EACH AND EVERY player
    a. Shake their hand, tap him on the back, kiss him on the head
    b. They gave you their hearts, you better realize that – THANK THEM!
    c. "You gotta love your guys"
K. Break down the last 6 minutes of every game
    a. Did we get high percentage shots for our best shooters?
    b. Did we get to the FT line?
    c. How many turnovers did we have?
L. The day after the game, get the players at ½ court and whoever was on the court during the last play, go over with them what should have happened that last play (what we did well or what we could have changed)
    a. Offense or defense
    b. This is teaching!!!
    c. During this time, ask players if they have any better suggestions???

M. Zone Offense
    a. Can you score in the paint?
    b. Can you score and get to the FT line?
    c. Can we offensive rebound out of zone attack?
N. Press Offense
    a. Keep spacing
    b. Always have a short pass option
    c. Always have a long pass option
    d. “Leave an area, replace an area”
    e. Can I reverse the ball?
    f. When trying to get the ball in bounds, have 5 on the same side elbow as the guy taking the ball out of bounds
        i. 1 runs off the 5 and “WRAPS” him – grabs the post man so he can come off shoulder to shoulder with him
    g. Again full court zone traps, always overload the sideline before the trap comes
O. Less talented teams need this to win games…
    a. Defense rebounds
        i. More shot attempts per game
            1. By forcing t/o’s (steals, charges)
            2. Offensive boards
            3. Block shots
P. Staggered screens, DHO’s and back screens are the hardest types of screens for teams to guard
Q. Before each game, make sure you give the team about 30 seconds of silence to think about their own thoughts
    a. Then he always yells, “RESPECT THEIR STRENGTHS,” before bringing it up together as a group

Thoughts from Hubie Brown

Bible in Basketball

1. Organization
2. Winning philosophy
3. Discipline
4. Good people
5. Style

Organization

- Have a plan. Honor practice schedule.
- If you want maximum effort, put them in time frames
- Locker room-weigh themselves before they hit floor, know their day history, players must say hello, and read their eyes (bring together) so you don't face bad attitudes.
- Weight lifting program
- Look for players with long arms. Reach and jumping ability count first.

Winning Philosophy

- Can you get high percentage shots for your two best shooters?
- Who do you go to for the last shot?
- Must have one closers—
    - Can they make the shot if open?
    - Can they create out of a trap with a pass or by use of the dribble?
    - Can they create off the dribble and get fouled?
    - Can they make the foul shot?
    - Can they handle defeat?

- Did you choose the right person to close?
- Always change your defense on the last play of the game…element of surprise. Make them face something new.
- Change defenses. Prepare for the 6 best league opponents from day 1.
- You must get more shots when you lack offensive talent. How do you get more shots?
    - Steal the ball
    - Block shots
    - Hold you to one shot
    - Get to the offensive boards

Discipline

- Never make a rule you will not enforce. Let your team make the rules…remind them that you are enforcing THEIR rule.
- A coach doesn't punish a player…they choose to be punished.

- Always give a player a chance (during a game) to deal with their attitude, etc. "You have two minutes to straighten up out there!"
- Potential—spoiled players don't play to their potential in the big game. What stops a player from reaching their potential?
    - Low pain threshold
    - Low I.Q. for what they're doing
    - Selfishness
    - Won't do the intangibles
    - Drugs or alcohol

Good People

- Outwork people with potential who are uncoachable. "The most common thing in society are unsuccessful people with potential"…Coolidge. Winners have a winning appetite and aren't afraid of failure!
- Cycle of Achievement is:
    - Enthusiasm **What separates players with the same talent?**
    - Intensity
    - Improvement **Ego, Pride and Work Ethic**
    - Success
    - Confidence

Style

- What style of play do you preach? Power, finesse, passing game, three point, fast breaking, etc.
- If you can't press, can you come back with four minutes left?
- Can you create opportunities with your style?
- Can you score quickly using sets that emphasize your best players and good shots?
- When players first see you at practice, you set the tempo for the day! Are you ready? Is the preparation thorough? Are you positive?
- Give your players a chance to win…show a bit of ego and a lot of confidence.
- Style is presence! Command respect!

Being A Leader

- What makes a good leader?
    - They understand human behavior so they can get maximum performance under pressure.
    - Good leaders are always innovators and risk takers.
    - You must have clear, flexible and attainable goals and rewards. (Goals: yearly, weekly, game). Does everyone have the heart to reach these goals? Write down your goals…. show a commitment to your goals, right them down. Doers accomplish goals, dreamers don't.

- Always make everything that you do as a leader profitable for your team, yourself, and your family.
- Reward people for helping you.

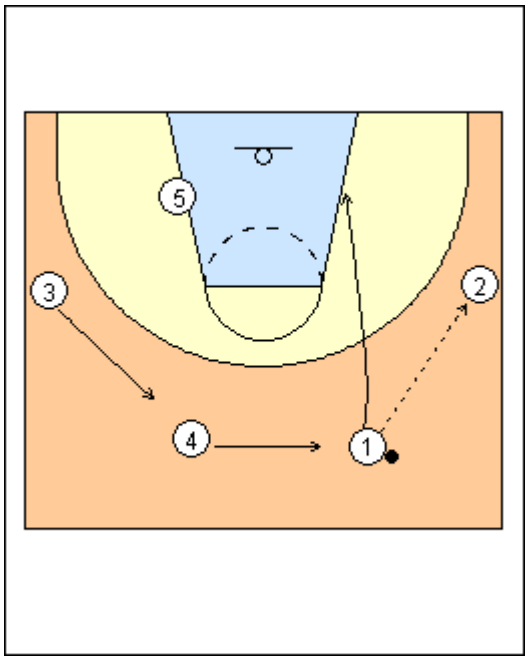
Teaching Aides

- Under pressure, always use teaching aides.
  - Have a playbook (plays, rules, conditioning, etc.)
  - Use a magnetic board (relate to your players under pressure)
  - Use game sheet (all offensive plays, all defensive plays, opponent plays, ours and opponents fast breaks and second shots…this shows what is hurting or helping you).
  - Statistics (let players see what you did and what worked…chart the percentages)
  - Videotape with audio. Players are more involved when they hear noise.

Who Do You Want To Work For You?

- You want the total package including, "I want the person to be a salmon." A salmon is someone who accepts the goals and work each year to achieve those goals.
- Never assume that someone who works with you wants it more than you. They will respect your work ethic.
- Develop their potential and their talents.

Pitt 4-out 1-in motion



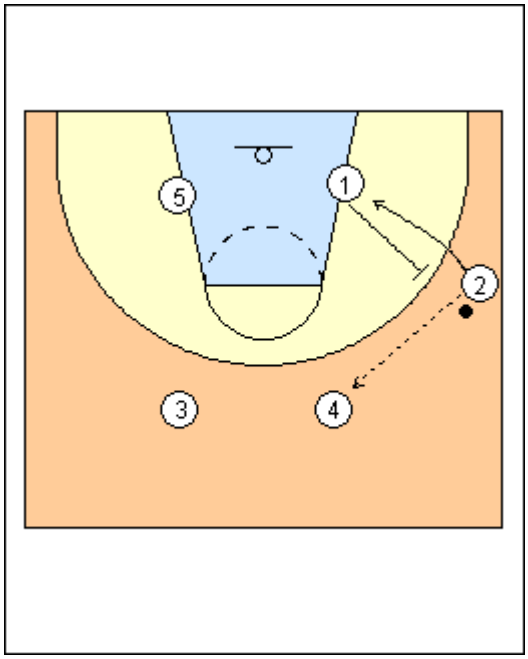
1

Jamie Dixon

Spacing is key (at least 12-15 feet). Stay wide with the wings above the foul line, there is room to backcut and drive baseline, and opportunities for 5 to post up. Make defences close out late and off balance. Create driving opportunities off screens, but don't screen guard to guard. Backscreen for passers. Dribble only to pass on a fade or flare.

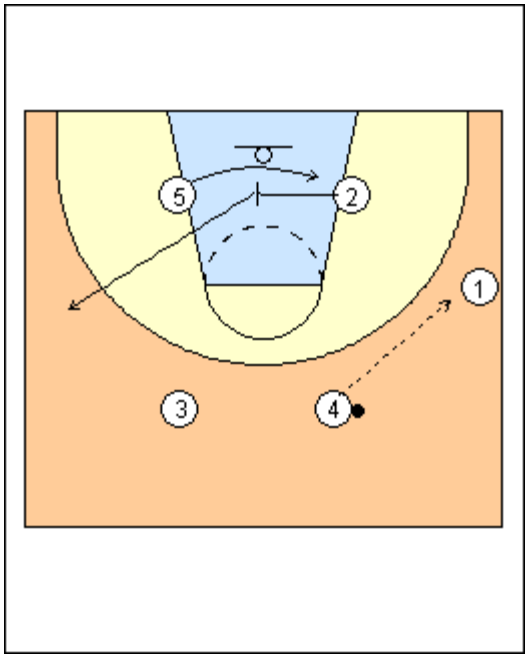
a)

5 can be ballside or weakside. An open post gives room to backcut or curl cut. Here 1 passes to 2, basket cuts, and can cross-screen for 5 or post up (shown).



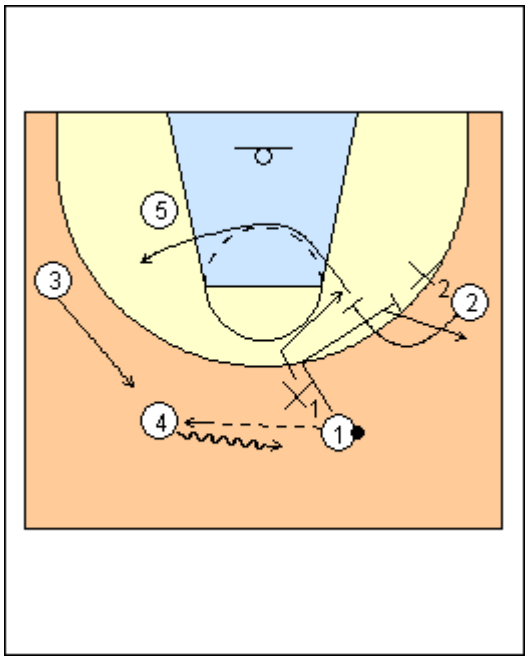
2

1 backscreens for 2 on a pass to 4.



3

2 can cross-screen for 5 on a pass to 1.



4

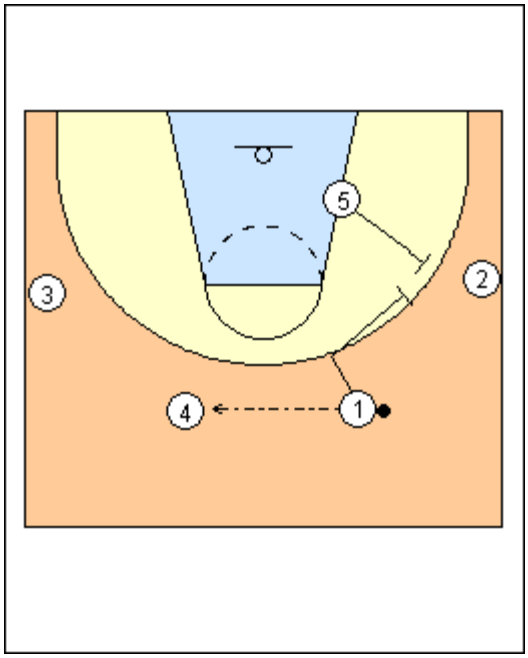
b)

1 passes to 4 and diagonal screens for 2. 1 takes one step to the basket to test the basket cut (if his defender doesn't jump to the ball) and get a better angle on the screen, then screens butt to the ball. 1 will basket cut if X1 does not jump to the ball, or slip to the basket if defenders switch.

2 stays wide, waits on the screen, and watches the defence (the 3 W's). 2's options include backcut if X2 is even with or above him, curl tight if X2 trails, pop out to the slot, and bump and fade ("seven") if X2 goes under the screen (ballside).

Curl and screen is another option (shown), 2 curls the screen then screens for 1 (a shooter), who pops out for a pass. 4 brings it on the dribble, 3 and 2 fill behind.

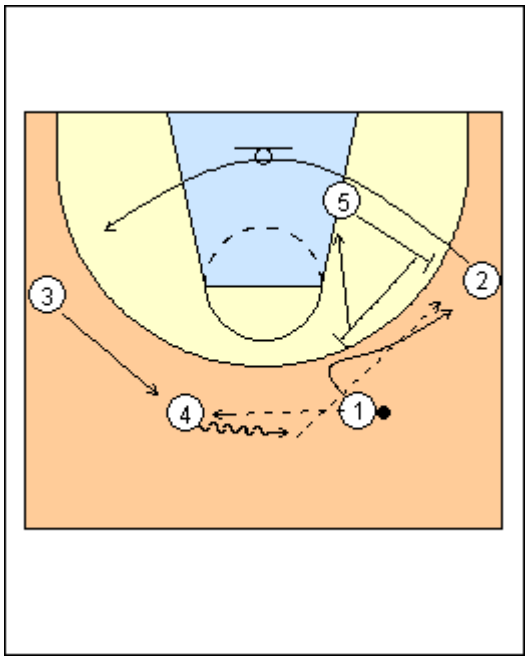
See Pitt screening in Shooting.



5

c)

Here 1 passes to 4 and diagonal screens for 2, ballside 5 backscreens for 2, who can use either screen.



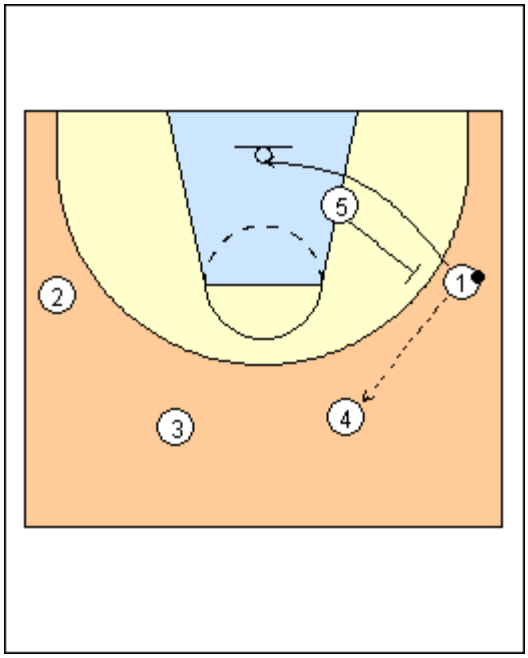
6

d)

1 passes to 4, 5 backscreens for 2, flarescreens for 1 then posts up. 4 brings it on the dribble, 3 and 2 fill behind.

1 takes his man in (get him ballside) then backs out, hands ready, butt down. If X1 goes over the screen, 1 is probably looking to sweep baseline. If X1 goes under the screen, 1 pops out, 5 re-screens (turns to downscreen).

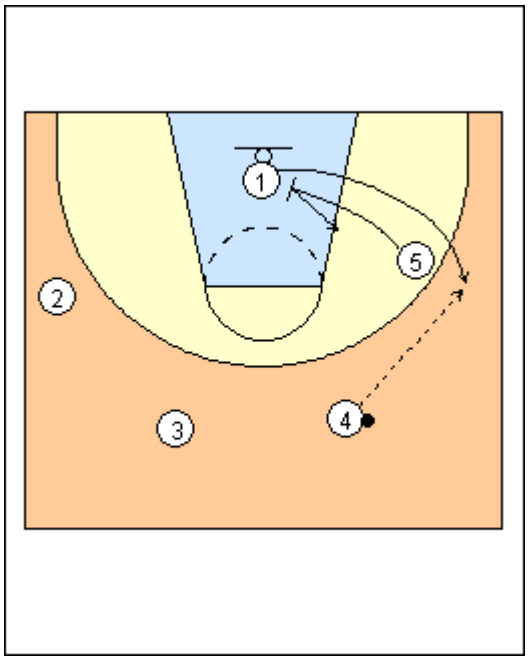
Set flarescreens only with the ball at the guard spot.



7

When 1 passes back to 4, 5 can backscreen.

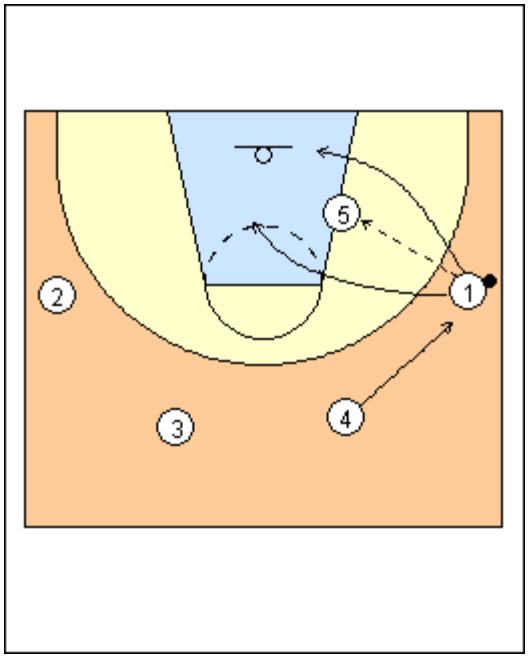
If X1 goes under the screen (trailing 1), 5 pops out. If X1 goes over the screen (ballside), 5 re-screens, 1 fades to the corner. If the defenders switch, 5 breaks off the screen and cuts to the basket, 1 pops.



8

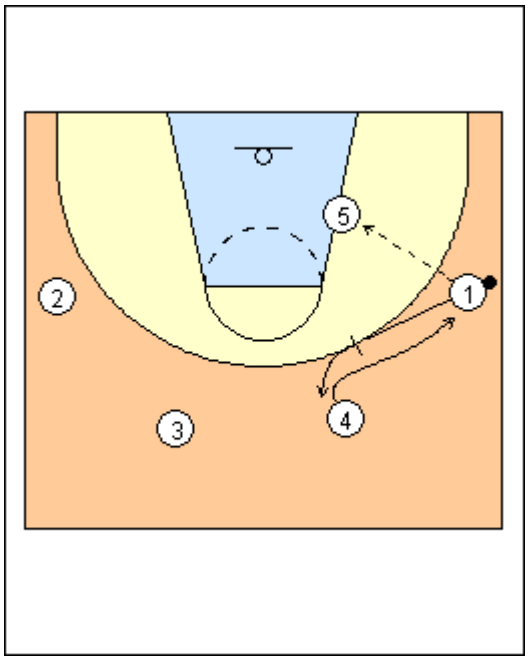
5 re-screens for 1 (goes to get him in the lane), then posts up.

5 doesn't flash cut a lot (follow the ball), he backscreens, and seals on the weakside as the ball is reversed.



On a post-entry pass, 1 can dive to the basket (Laker cut), usually going opposite his passing hand, 4 replaces him.

If X1 traps 5, 1 relocates baseline, 4 replaces.

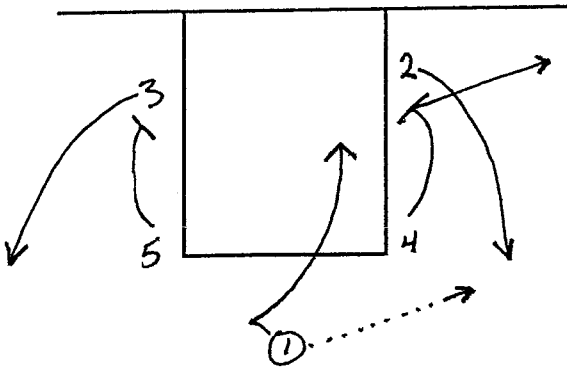


Or 1 can pass to 5 and screen for 4 (split action).

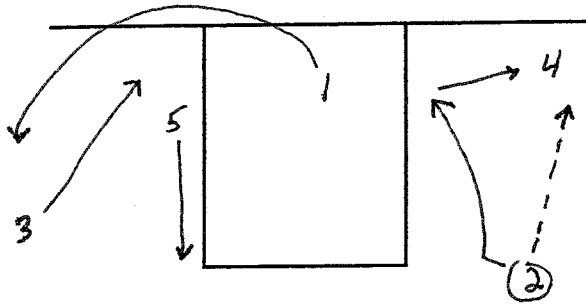
If 4 backcuts, 1 pops back to the wing (always an option there for 5).

If defenders switch and 1 breaks off to the basket, 4 replaces on the wing.

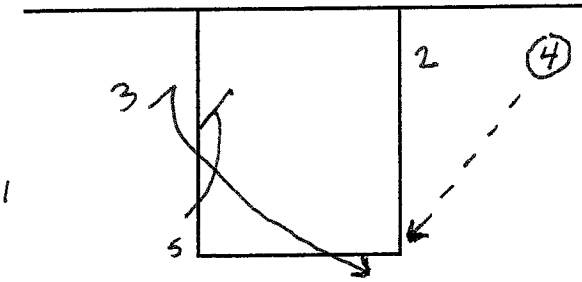
"THUMBS"



- START IN "BOX" SET
- 4 + 5 TURN AND SET DOWN SCREEN FOR PLAYER 2 + 3
- (1) PASS TO 2 ON RIGHT WING
  - AFTER SETTING SCREEN ON 2, 4 POPS TO CORNER
- AFTER PASS, #1 IMMIDIATELY CUTS TO BASKET LOOKING FOR GIVE 'N' GO W/ #2

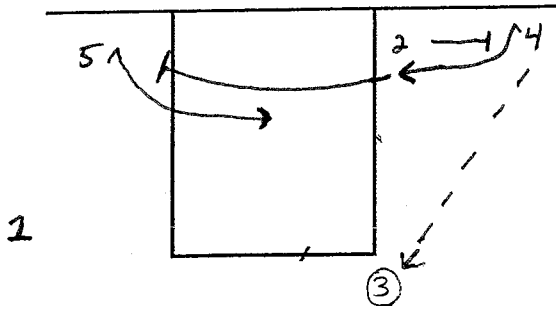


- #2 LOOKS FOR #1 ON GIVE 'N' GO AND IF HE IS NOT OPEN IMMEDIATELY PASSES TO #4 IN CORNER (INSIDE 3-PT LINE)
- #2 THEN MAKES BASKET CUT TO THE RIGHT BLOCK.
- #5 MOVES BACK TO ELBOW, #3 MOVE BACK TOWARDS BLOCK.
- #1 KEEP MOVING AND CLEARS TO OPPOSITE WING



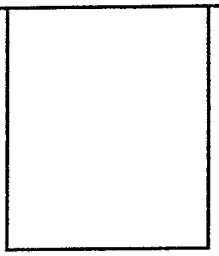
- AS #2 MAKES CUT TO BLOCK, #5 SETS AN ANGLED SCREEN FOR #3 TO MOVE TO RIGHT ELBOW FOR SHOT (OR SHOT FAKE AND ATTACK.)
- AFTER SETTING SCREEN, #5 SPACES OUT TO SHORT CORNER.

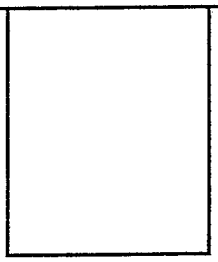
"THUMBS" (CONT.)



- AFTER #4 PASSES BALL TO #3, #2 SETS A BASELINE SCREEN (FLEX) FOR #4.
  - → #4 MUST GO OVER THE TOP OF SCREEN (FAKE DOWN)
  - → LOOK FOR PASS FROM #3
- IF #4 DOES NOT RECEIVE PASS FROM #3, HE CONTINUES ACROSS LANE AND SETS ANOTHER SCREEN FOR #5, COMING BACK TOWARDS BALL.

- #2 MAY BE OPEN FOR JUMP SHOT OFF INITIAL BASELINE SCREEN (PICK N' POP)





UNLV - Running Game

Jerry Tarkanian

- Believe in Pressure Defense and Pressure offense
- Put Pressure on the other team to get back
- Don't give their defense a chance to set up
- Must have an outstanding point guard

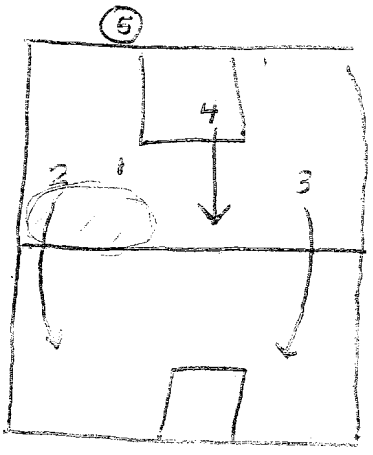
It's a #ed Break
1 - is PG
2 - is Right Wing
3 - is Left Wing
4 - is Power Foward
5 - is Center

- We assign everyone to a spot then try to exploit the offense
- Whether it is a Make or a Miss, we will always try to get the ball to the point Guard
- We will break on a make or miss.
- 2 + 3 will always streak as soon as we get a rebound
- If 2 or 3 get a Rebound, then 1 goes to that Wing Spot.

On a Make

- 5 takes the Ball Out ASAP
- 2 + 3 will Always run their lane
  - 2 runs the Right Lane
  - 3 runs the Left Lane

- 1 will Start @ the Ballside Elbow + Break after reading how they are being played

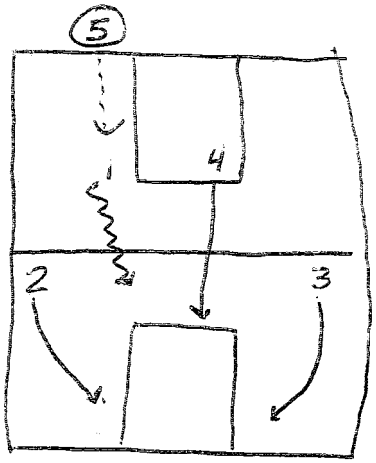


- 5's first look is for 2 in the circled area in the diagram above

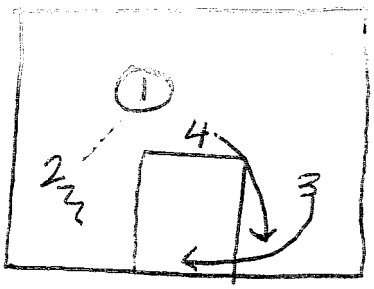
- 4 is the Quickest Guy + Streaks up the Middle of the floor

ON A DIRECT PASS TO 1

- WE WILL LOOK TO TAKE ANY LAYUP POSSIBLE SO...
  - 2 + 3 SPRINT TO THE BLOCKS

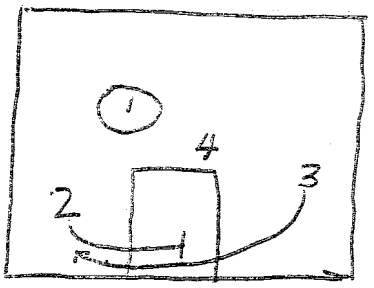


- 4 STOPS @ THE FOUL LINE AND READS IF 2 OR 3 GET THE BALL
- IF 2 OR 3 GET THE BALL THEN 4 GOES TO THE OTHER BLOCK WHILE THE OTHER WING CIRCLES

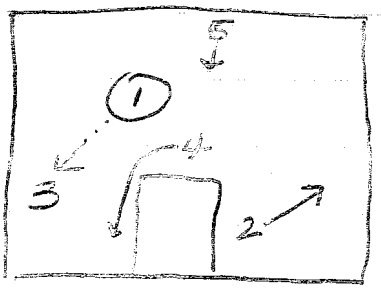


IF THERE IS NO LAYUP

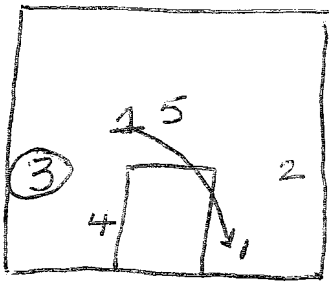
- 2 CIRCLES HIGH → TO SCREEN
- 3 CIRCLES LOW



- 1's FIRST PASS SHOULD NOW BE TO 3 & 4 WILL NOW POST UP ON THE SIDE OF THE FIRST PASS

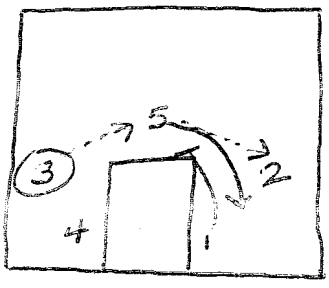


- 3's FIRST LOOK IS TO 4 ON THE BLOCK
- AFTER PASSING TO 3, 1 DIVES TO THE OPPOSITE BLOCK
- 5 HAS BEEN THE TRAILER MAN, WILL NOW BECOME THE BALL REVERSAL GUY.



ON REVERSAL FROM 3 TO 5 TO 2

- ON CATCH BY 2 → 1 SCREENS FOR 5 WHO DIVES TO BLOCK
- 2 TRIES TO ENTER TO 5 ON THE BLOCK



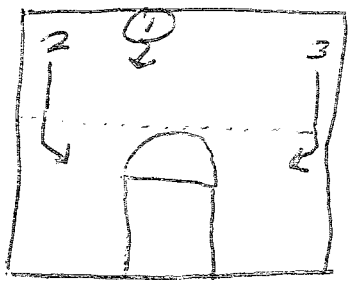
FROM HERE, WE RUN A 3 OUT / 2 IN MOTION SET

ON MISSES

* THE RUNNING GAME IS ALSO OUR FAST-BREAK OFF OF EVERY MISSED SHOT

- ON EVERY REBOUND, WE WANT TO OUTLET TO 1
- OUR GOAL IS TO ATTACK THE BASKET W/ ORGANIZATION

- 2 + 3 RUN WIDE UNTIL THEY ARE 1 STEP BELOW THE TOP OF THE KEY



- AT THIS POINT, THEY WILL BREAK FOR THE BLOCK

- 1 JUMPSTOPS @ THE FOUL LINE OR DRIVES TO THE BASKET IF THEY FEEL THEY CAN DRIVE TO THE BASKET.

- 4 + 5 SPRINT DOWN, YET WANT TO TRAIL THE PLAY
  - 1ST OF THESE 2 IS THE FOUL LINE / POS GUY
  - 2ND IS THE THE TRAILER.

WHEN DRILLING USE A SKELETON 5 on 0

~~BLOW DOWN SCREEN 5 on 5 + HAVE THE OFFENSE~~

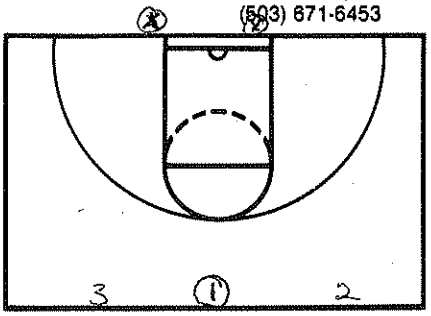
BOX OUT THEN GET INTO THE NUMBERED BREAK

- COACH SHOULD CALL OUT THE SEQUENCE OF PASSES

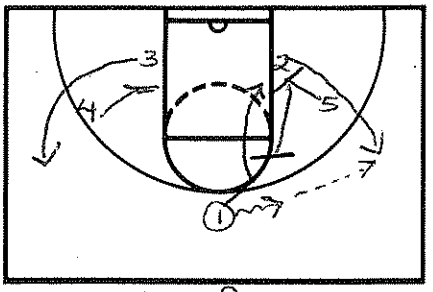
NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

CLINIC MBCA
DATE 9-13-95

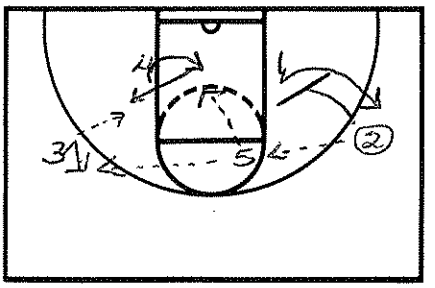
Jim Morris IA. Western CC
Potpourri



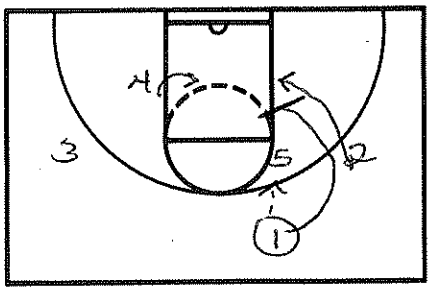
NOTES Warm Up Shooting Drill
3 man weave for 1
2/3 spot up at elbows



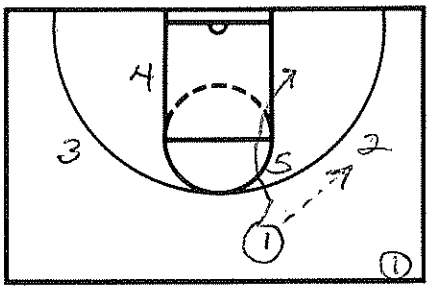
UCLA High Post Offense.
2 needs 36 ft line extended



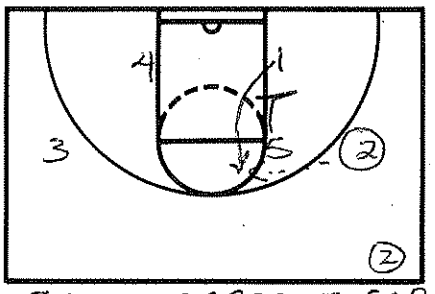
4 works on spin & seal.
Step in to left foot, spin
If 4 fronted, 5 to 3 to 4
2 downscreens for 1.



NOTES If 2 denied,
1 to 5 hooks 2 backdoor
1 hoops & downscreens for 2.

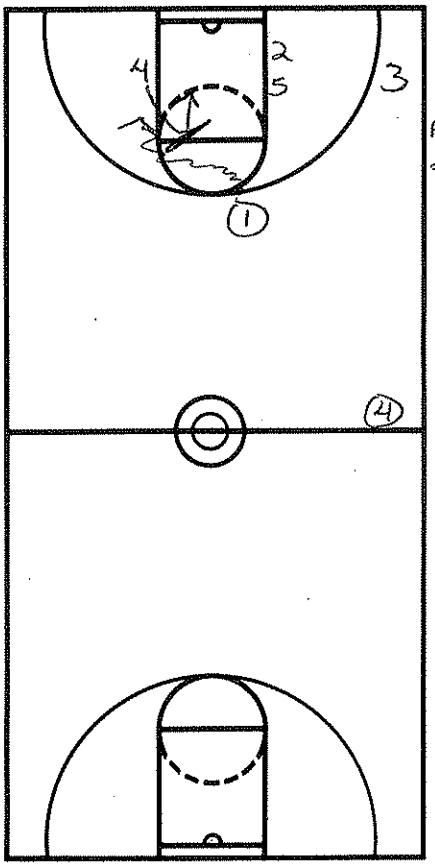


"Magic" special

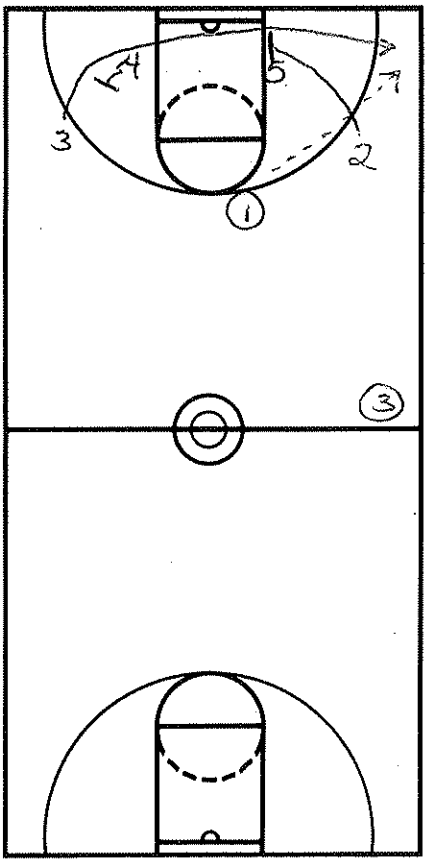


5 downscreens for 1, 2 looks 1 for jumper or 1 to 5 inside.

JUST DO IT

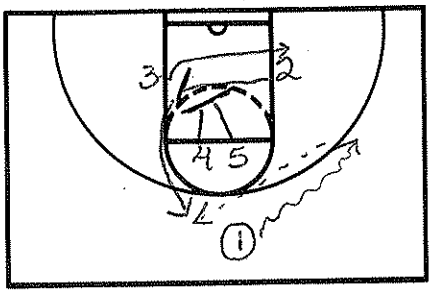


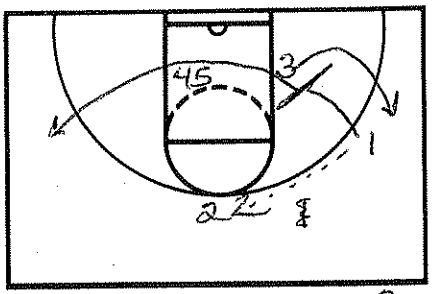
NOTES
1 & 4 run screen & roll.
1 doesn't pass to 3 unless open for jumper

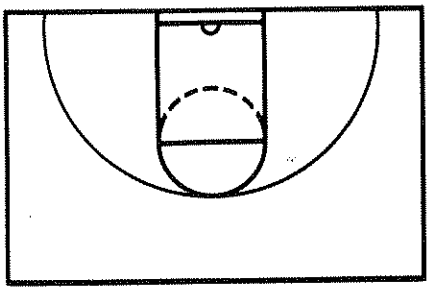


NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

CLINIC MBCA
DATE 9-13-95
MORRIS P. 2

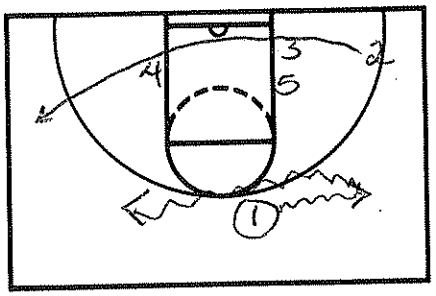


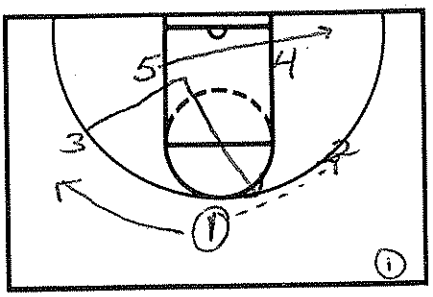


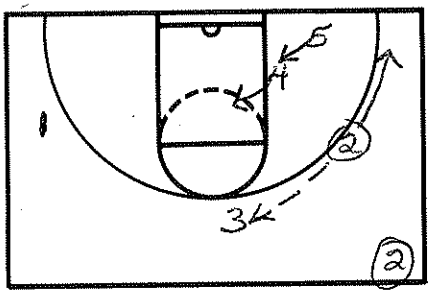


NOTES "BOSTON" SPECIAL
1 DRIBBLES F.T. LINE EXTENDED
3 RUNS LOW SIDE OF 2's SCREEN
H/S DOUBLESCREEN 2.

1 HITS 2, SCREENS 3,
1 CONTS. TO OPPOSITE
CORNER FOR 3







NOTES "POWER"
1 LOOKS "2 IN "EYES"
DRAG DRIBBLES BACK
LOOKS FOR 2 OFF DOUBLE,
SINGLE SCREENS.

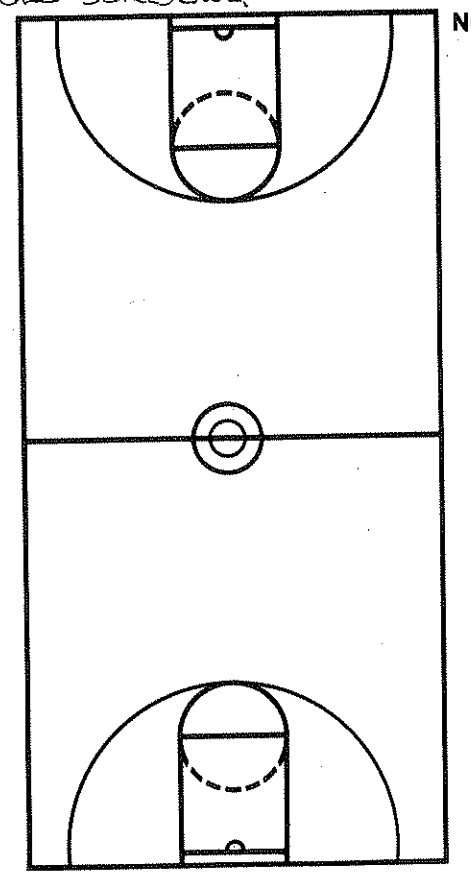
"CHICAGO" ZONE OFFENSE
vs. 3-2 ZONE

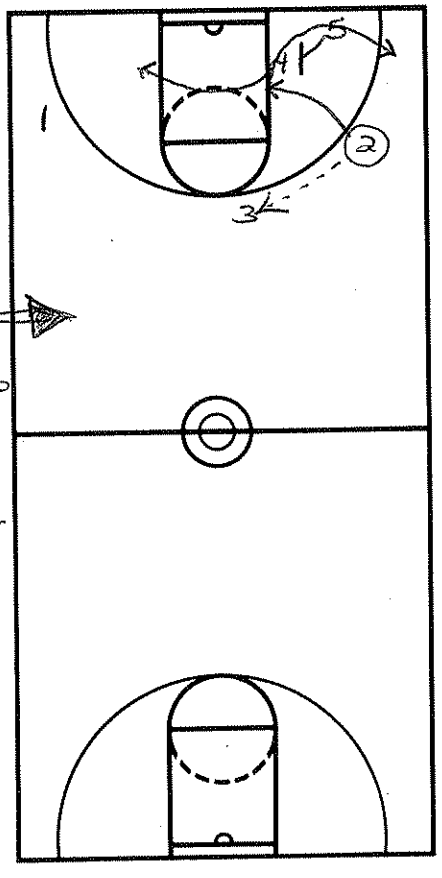
2 TO 3, 4 FLASHES SEAM
5 FILLS BLOCK HARD
2 FLATTENS OUT ON
BASELINE

JUST DO IT

1 PASSES TO 2, 5 CUTS

NOTES SHORT CORNER, 1
CLEARS AWAY
3 CUTS TO BLOCK &
CUTS HIGH. 4 ON
2ND LANE MARK.





SPECIAL
OUT OF
ZONE OFFENSE

2 HITS 3,
CUTS BLOCK,
5 SCREENS BACK
OF ZONE FOR 2.

Michigan Basketball- John Beilein

BCAM Meeting 10/7/07
888-30-hoops
Date of future Michigan Clinic Nov. 3, 2007

- The wolf gets his strength from the pack and the pack gets its strength from the leader
- You can do anything you want in practice but not everything you want- simplify
- Be who you are off the court on the court
- Embrace adversity- let it push you forward
- It is a marathon not a sprint
- After all of your games watch what you say. After studying the film you will realize your team and your players were not as good or bad as you thought. Do not destroy their confidence.
- Get a ball with stripe around it (www.anacondasports.com)
- There are lots of ways to win- open your mind
- Philosophy
  1. No turnovers- get a shot
  2. 3 points is more than 2 points (film your shooters)

Drills

- He makes his players qualify with runs in order to practice
- If they cannot make their times on these drills they must re-qualify with a run time
- These teach them a sense of achievement
- Make drills harder than the game will be
- Tape them to show them how hard they are practicing
- Give them goals and hold them accountable to them

- **Circle the ball around your body**
  1. Guards- 120/min
  2. Forwards- 110/minute
  3. Bigs- 100/minute
  4. Circle the ball around your waist
  5. After 10 rotations slap the ball and reverse directions

- **Ball between the legs**
  1. Both hands are in front of the knees
  2. Release the ball and catch it with both hands behind the knees
  3. Goal 40 in 30 seconds counting only the hands forward position

- **Pretzel**
  1. Ball between the legs with one hand in front of the knee and the other behind
  2. Goal 40 in 30 seconds counting only the right hand forward position

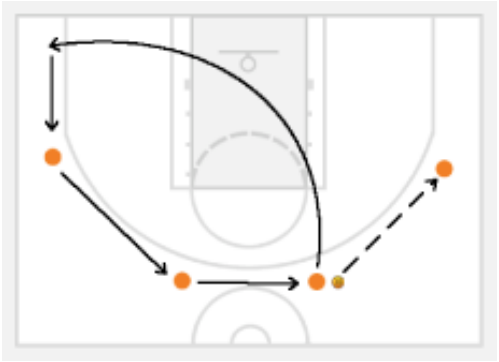
- **Dribble behind the back**
  - Goal 55 in 30 seconds counting only the right hand touch

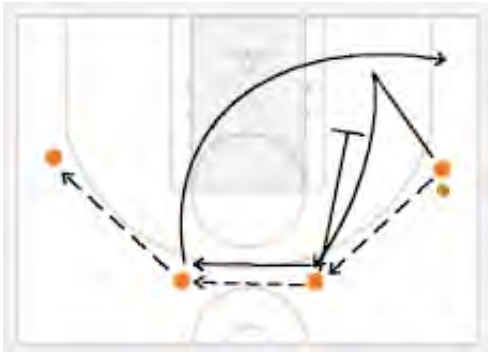
- **Fifty 3's in 5 minutes**
  1. Shoot 3-3's and then a 2 at the elbow
  2. Keep moving to different spots

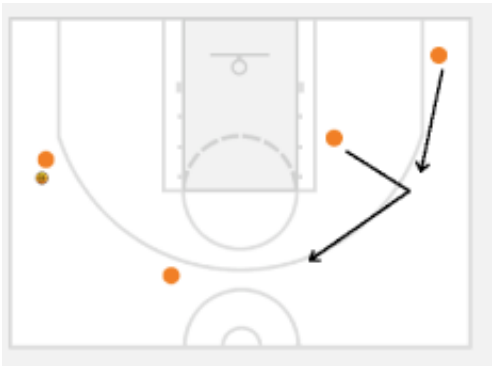
- **Michigan Passing- 2 players and 1 ball**
  1. If the ball is in the air your feet are in the air to receive a pass
  2. Catch it on 2 and step with a hot foot (the shooting hand foot)

- **Michigan Box Passing- 4 players and 1 ball**
  - Same drill as 2-player drill with a catch, hot foot pivot right and a pass to the right
  - Same drill with a catch, hot foot pivot moving right foot to the left and a pass
    1. Pass to the outside hand
    2. Come open when the ball sees you by stepping down (out), showing hands, calling for the ball
    3. After passing move back in to re-establish 15-18 foot passing spacing
  - Blast to the ball
    1. Same drill with a catch, hot foot pivot left and a pass to the left but now you must run to the ball to catch it
    2. Throw to the outside hand
    3. Right foot on fire- move it quickly
    4. Bring the foot through before extending the arms to pass, as this will protect the ball
  - Passing- all of these drills can be done again by adding another ball

- **Perfect Passing- 10 perfect passes in 30 seconds**
  - Players must complete 10 passes with perfection (outside hand, foot fire, 2 feet in the air, clean catch)- if they are not successful, they run until the 30 seconds is completed





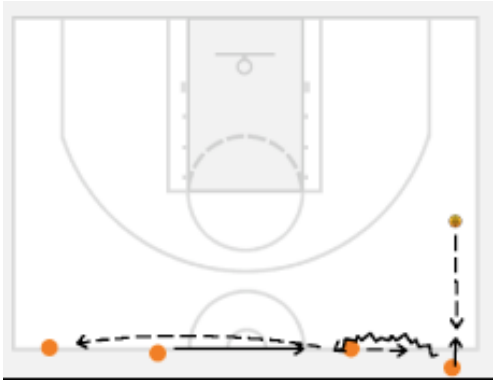


- **Perfect Passing against Defense- 10 perfect passes against defense**
  - Dribble the ball over half-court
    - 10 passes or 1 backdoor cut and a pass out of the backdoor qualifies as a success
    - Play team against team and transition on turnovers
  - 5 perfect passes with 1 dribble playing 4 against 5 defenders
    - Same rules as before
    - Play team against team and transition on turnovers

- **Michigan Penetrate the lane- 4 balls and 8 players with 4 stationary defenders**
- Show shot (shot fake or can use a pass fake) while keeping knees bent and shoulders low
  - Drive right past the defender body to body with one or 2 dribbles
  - Jump stop and shot fake
  - Pass to the player in the line to the right of you
  - This player is calling out "1 more, 1 more"
  - Try to get into the lane with 1 dribble
  - Catch the ball on a hop
  - The dummy defender does not move but has wide hands
  - Have soft feet on the jabs and on the catch/hop
  - When the ball penetrates the lane and gets picked up, you should hear a pop of the ball (ball slap)
- Same drill but go left with a crossover move with the hot foot
  - Shot fake and pass to the left and rotate left
- Same drill with a right attack and a spin dribble
  - Pass left



- **Michigan 4 on a line**
  - Key thought- get by the defender shoulder to shoulder to get back to the line
  - Ball is passed to the offensive player as he comes to half-court
  - Dribble pas the defender who has close out and get back to the line
  - Pick up the ball and the next defender closes out
  - Must make a clean pass to the next player



- **Conditioning 17 sidelines in 1 minute**

A successful offense will

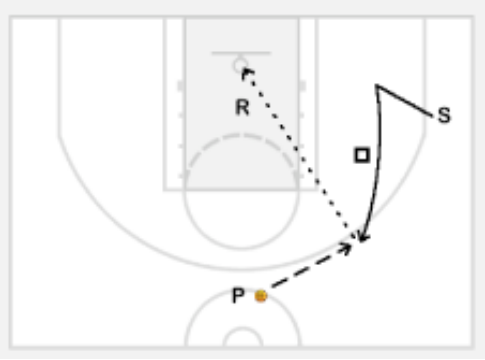
1. Cut behind the defense
2. Get the ball behind the defense

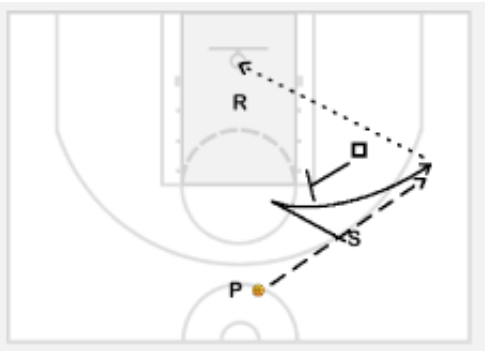
Backdoor cuts

- Do not fake a backdoor cut
- 2 types
  - Sudden- the player reads he is being tightly guarded and goes backdoor
  - Signaled
    i. A play is called
    ii. The offensive player with the ball my dribble away and then spin back as the wing has cut backdoor

Michigan Shooting

- 10 shots and 7 makes in 30 seconds
- The shooter comes off of a down screen and then a flare screen for shots
- All 3 players in the drill run if they are not successful (the screener does not run)
- If not successful- run to half-court and back in 5 seconds





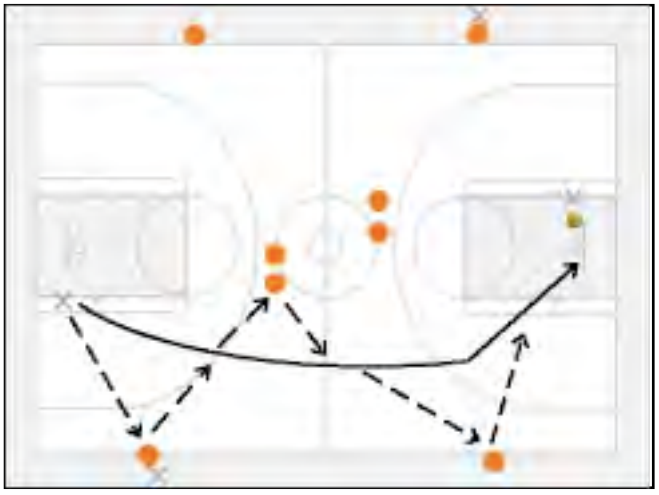
Coach Beilein would not address any questions about his 1-3-1 zone (how to play it or how others have broken it)

He came across as a very positive man and a good, no non-sense leader

End of Clinic

Full Court Pass and Catch (not from Beilein but I did not want to start a new file for 1 drill)

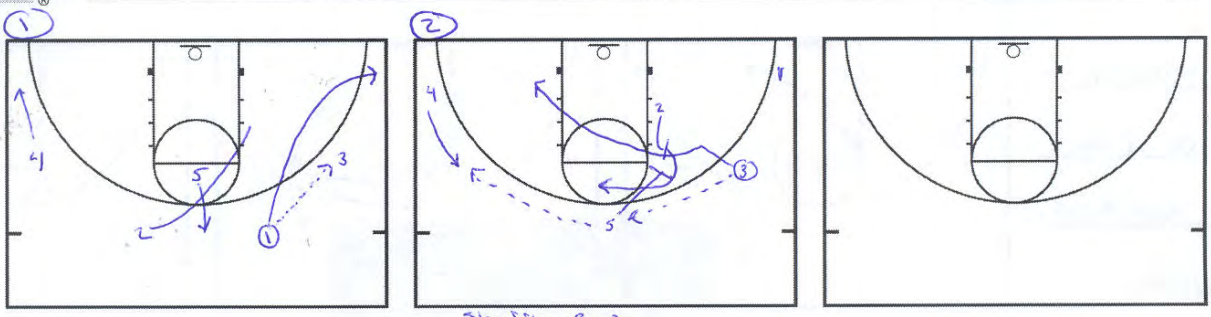
- Two players start with a ball on the baseline
- Pass to the wing and the wing passes back to the player as the player sprints down the court to the other end
- Pass to middle and back
- Pass to next wing and back for a lay-up
- After each pass, the wing sprints to now become a middle passer and the middle players sprints to become a new wing
- The far wing sprints under the basket to rebound the next players lay-up and then makes a wing pass, etc.
- The drill can be run with 3 or four balls (extra player starts with pass to middle and extra middle players are needed)
- Keep track of the number of made shots in the allotted time period- if unsuccessful, condition them



John Beilein 2 Guard
Princeton Offensive System

2 Through

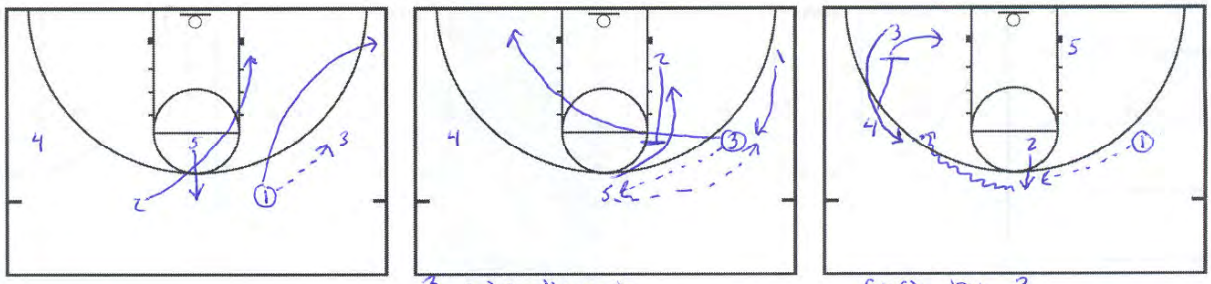
Shuffle



Shuffle Cut
Screen the screener

2 Through

Post UCLA

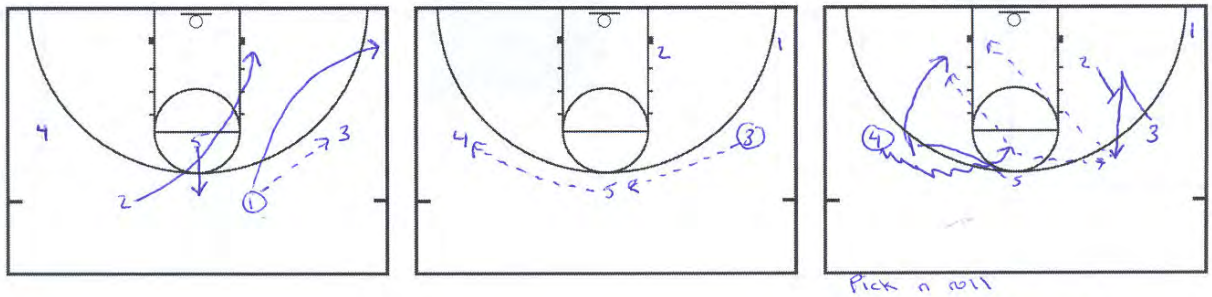


3 cuts through
5 passes back to 1
UCLA cut

Curl by 3
If no pass, handoff by 2

2 Through

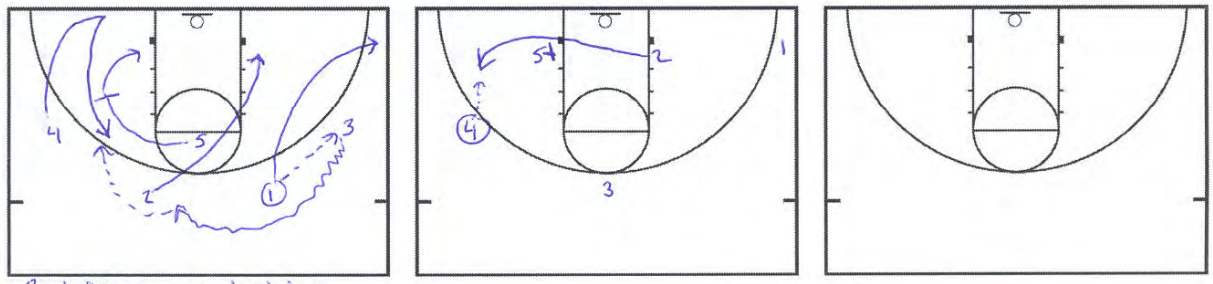
Pick-N-roll



Pick n roll
3 fakes back pick

2 Through

Backside Curl



3 dribbles up looking for 4/5

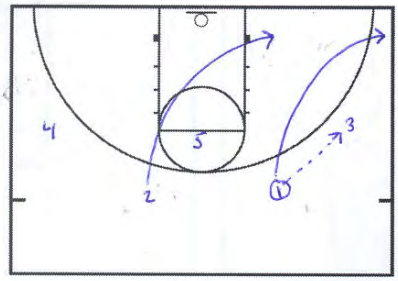
Notes: Anytime 5 is overplayed on pop out = backdoor cut
Can use handoff to wing instead of pass

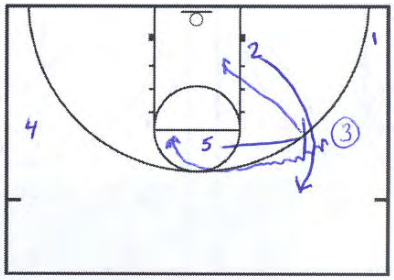
John Beilein 2 Guard
Princeton Offensive System

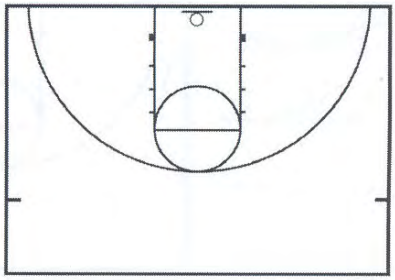
2 Through

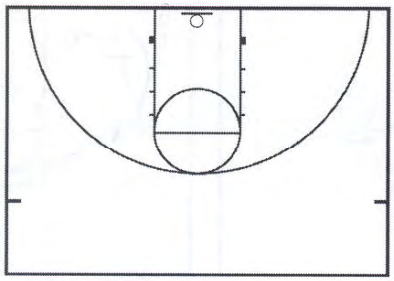
Quick Pick

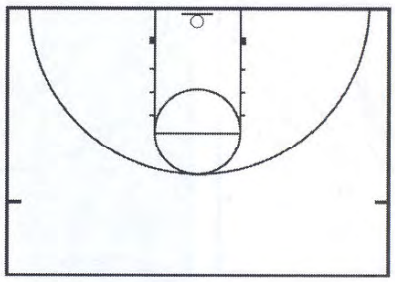
And Roll

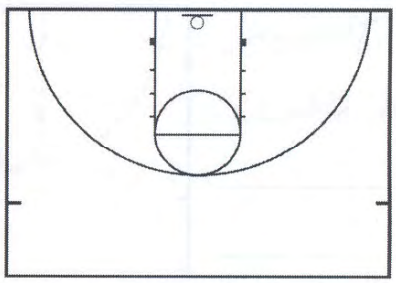


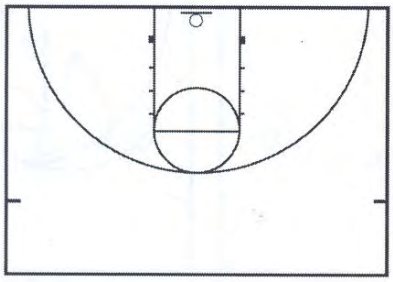


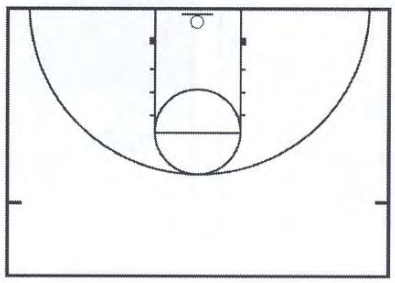


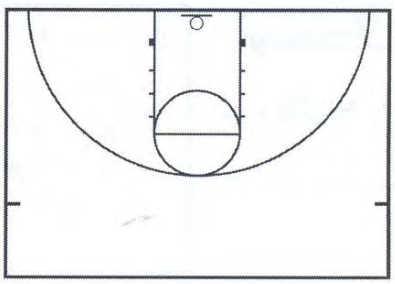


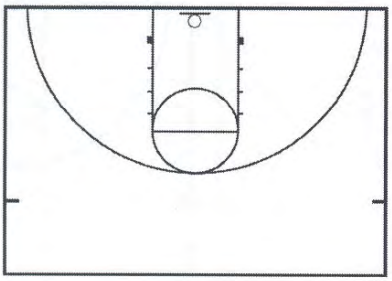


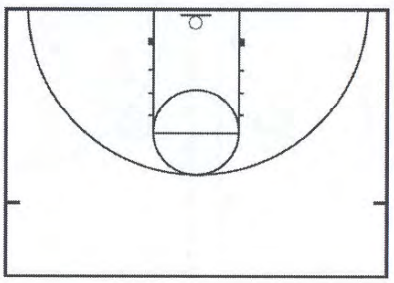


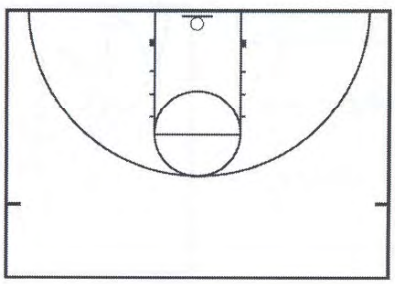






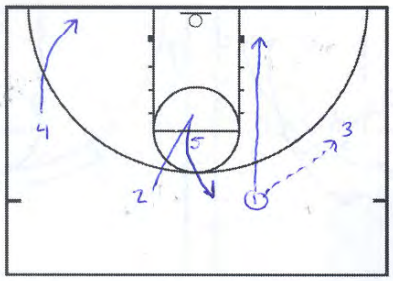


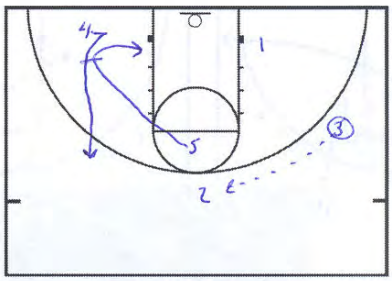


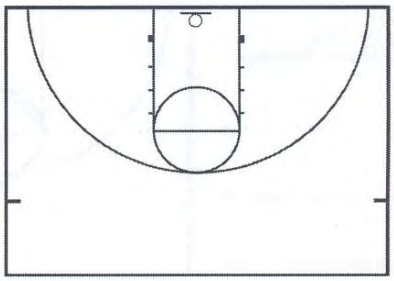


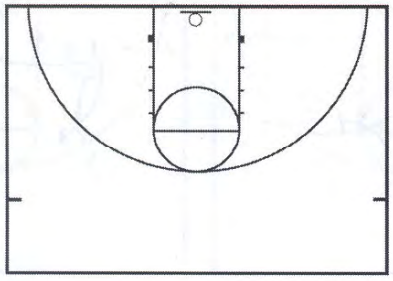
John Beilein 2 Guard
Princeton Offensive System

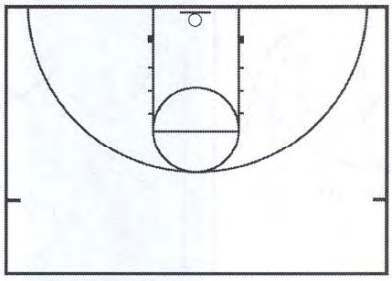
1 Through

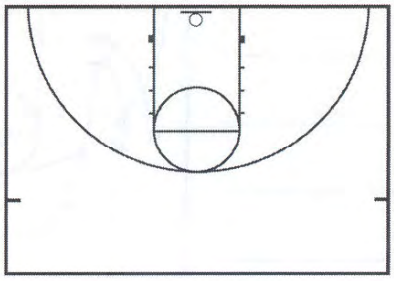


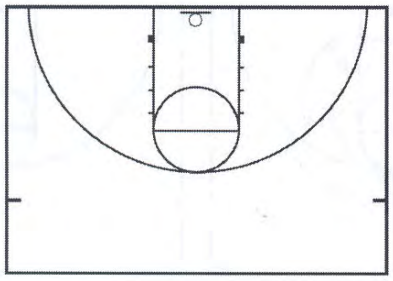


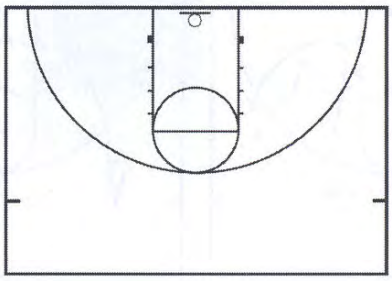


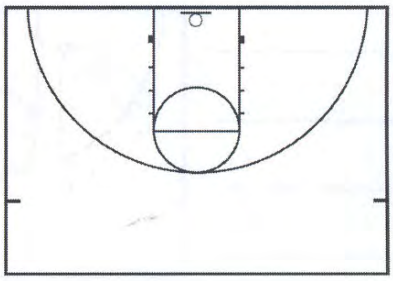


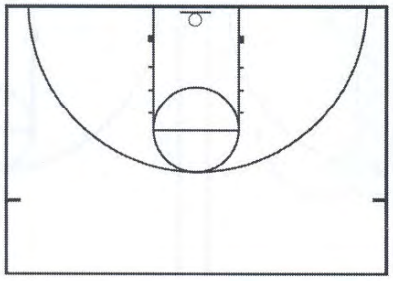


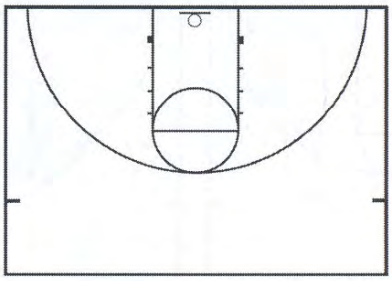


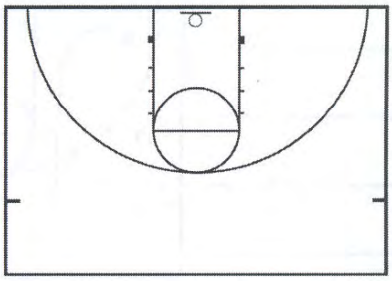






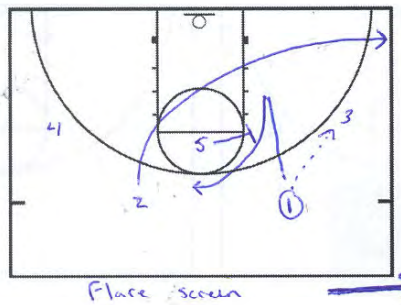






John Beilein 2 Guard
Princeton Offensive System

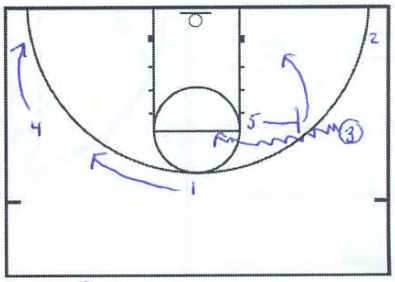
Point Flare



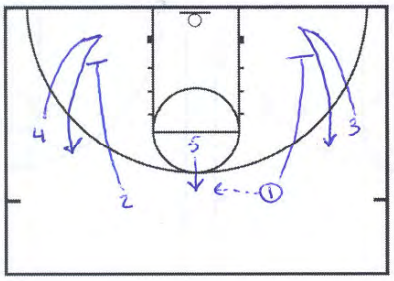
Flare screen

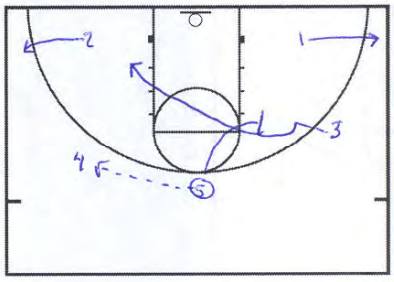


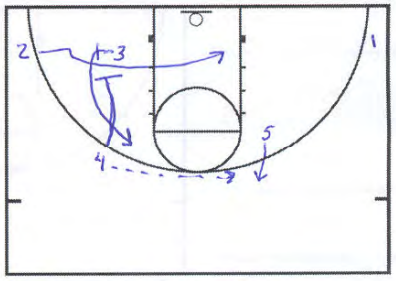
If passed to Flare
- Shuffle cut for 3
- Pass to 4
- Double for 2



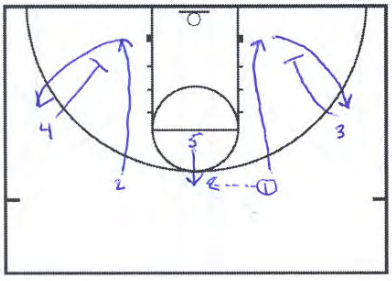
Pick-n-roll

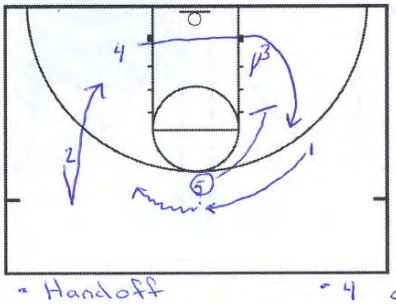




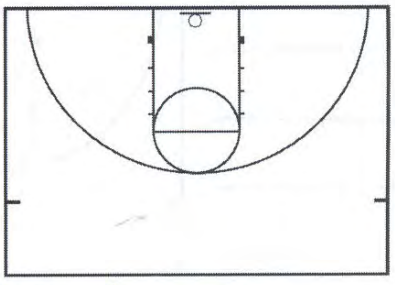


Could run into flex

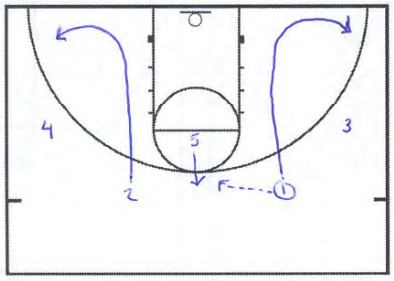


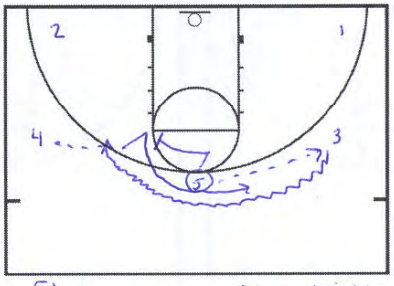


- Handoff
- Backdoor look

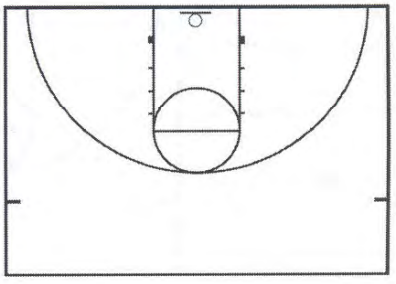


- 4 clears out coming around double





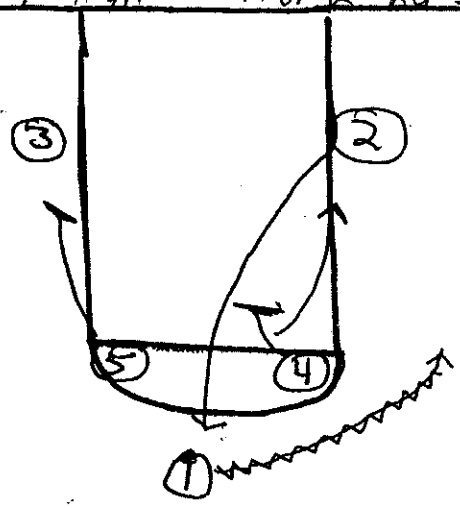
Flare screen after dribble



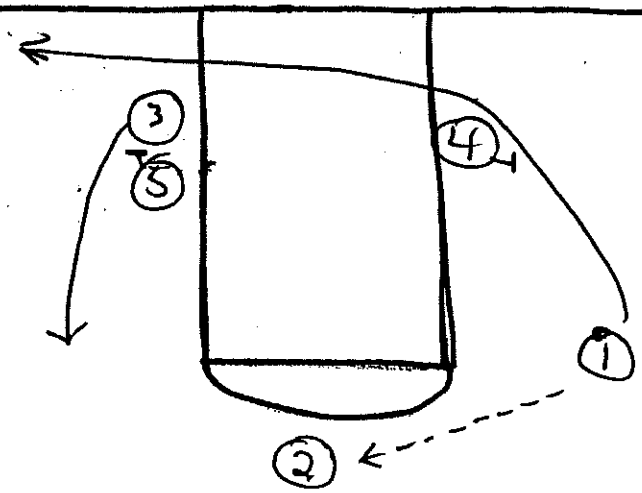
Shoot Pass Drive

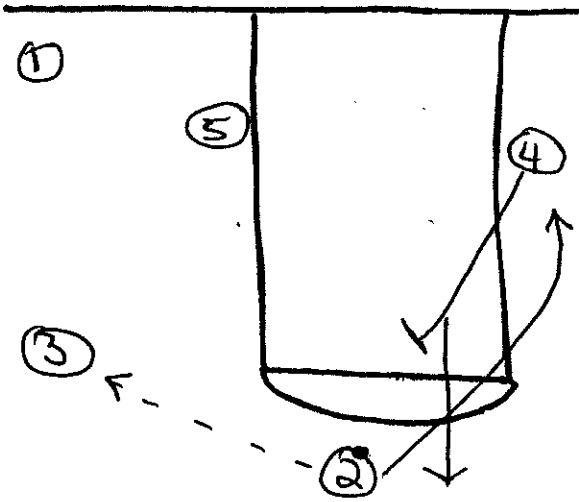
LSU

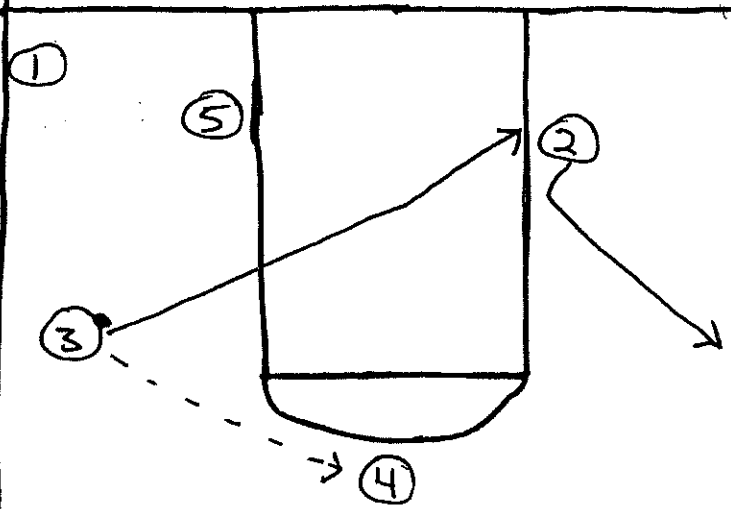
Post up High Rork 2 or 3 go



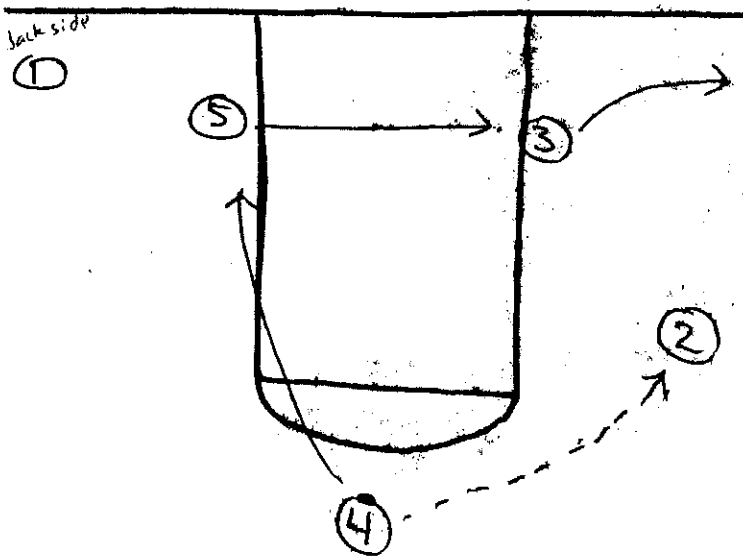
Man-to-Man

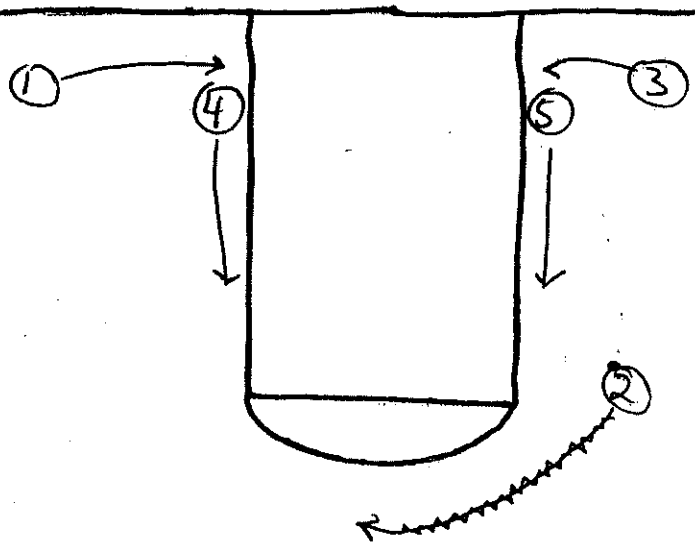






Jack side





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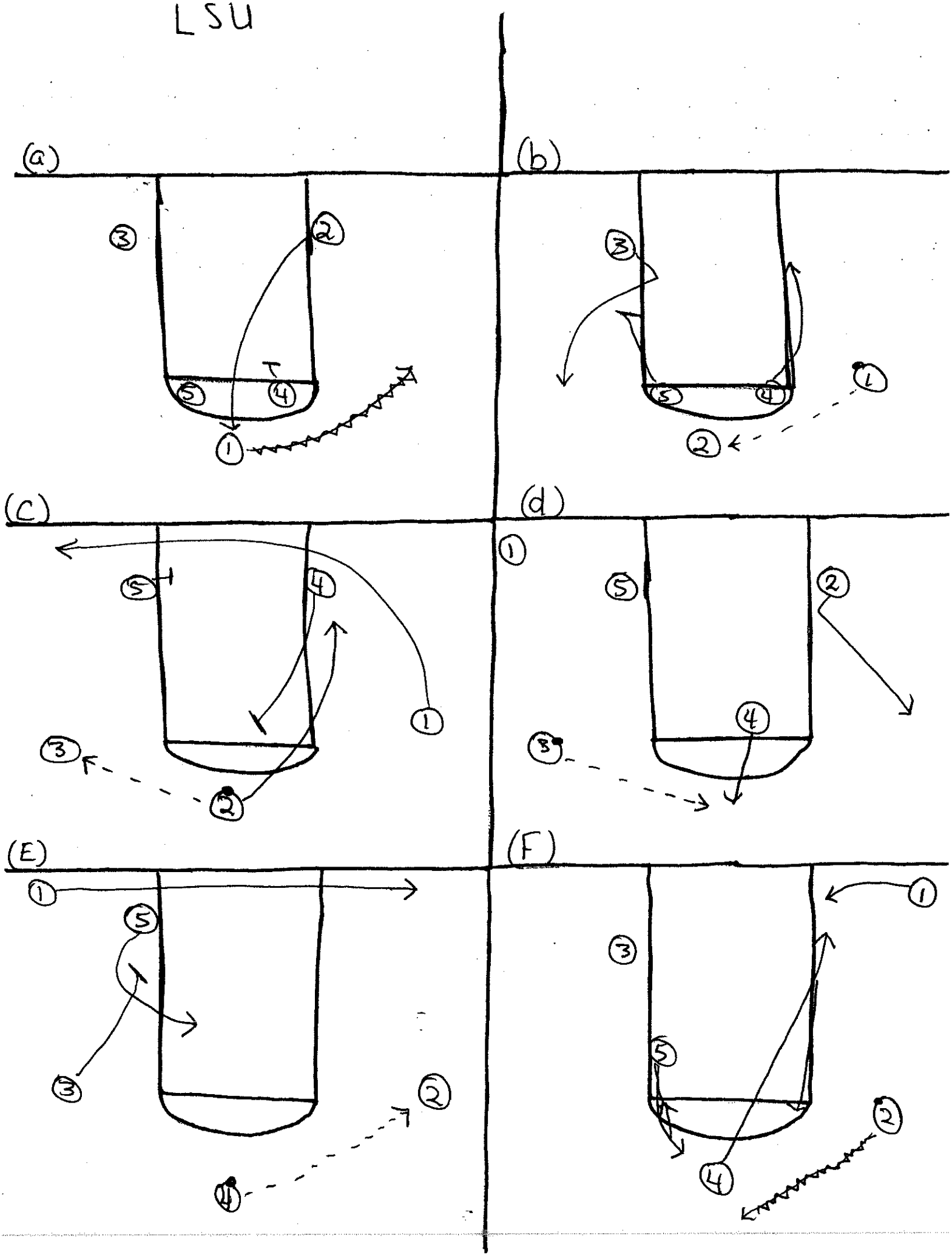

LSU

(a) - ① dribbles to wing area (rt. or left); ② comes up the middle of lane area to top of key off screen from ④.

(b) - ④ screens and rolls to block looking for pass from ①; ① looks to shoot, looks for ④ rolling, looks for ② at top of key;

(c) - 2 looks to shoot or drive to basket, looks for 4 or 5 sealing on block or passes to ③ on wing area. ① goes baseline after pass. ② after passing goes off back screen from ④.

(d) - ③ looks for shot, looks for ② on back side, looks for ⑤ posting, looks for ① in corner, and looks for ④ stepping to top of key after screening.

(E) - ④ looks to drive/shoot, looks for ① coming baseline, looks for ⑤ coming off screen from ③, or passes to ② on wing

(F) - ② looks for shot, looks for ④ cutting to block, ② dribbles back to top of key and resets the play.

COACH BURNS
BASKETBALL

Coach,

This coaching packet is for the dribble drive motion offense. I hope that it helps you to think, to know, and to understand the philosophy of the dribble drive motion offense.

I have included the basic motion pattern with coaching points and diagrams. The "Throwback" option is an excellent way for players to learn about the dribble drive offense. It is also has coaching points and diagrams.

In addition, I have included a great full court 2 on 1 game, which incorporates principles of the dribble drive offense. My final page has breakdown drills that are excellent for players to better understand the small details of the offense.

Please feel free to contact me if you have more questions.

Thank you,

John Burns

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COACH JOHN BURNS BASKETBALL

Important Keys to Dribble Drive Success

DRIVER KEYS

1. Beat your man
    a. No Dribbling Moves, Attack the Elbow
2. STOP at the Elbow to Pass (All Passing Options are Always the Same)
    a. Attacking below the elbow means shot or pass ONLY to 5 man
3. Cut to the Block, then on next drive, cut to corner spot
    a. If pass is thrown to top, stand at in middle of ft line, and read drive to fill top spot

BALL SIDE CORNER MAN KEYS

1. Be in Your Spot (Block extended outside the 3pt line)
2. Step Up Only When Ball is in Air on Pass
    a. Backdoor if Pass is not thrown- NO FAKING
3. As Catching- Look to Drive Baseline
4. On Catch- Look for Pass to Cutter
5. On Face- Beat your man to Elbow!

5 MAN KEYS

1. Be in Your Spot (Facing ball weak side between block and 1st hash mark)
2. On all Drives, Step into your man to post or seal

TOP MAN KEYS

1. Be in Your Spot (Middle of Court a few feet outside the 3pt line)
2. On all Drives, Read your man and Slide to Lane's Edge (usually weak side)
    a. Backdoor if Pass cannot be thrown- NO FAKING
3. On Catch & Face, Read Defense to Attack Either Elbow

WEAK SIDE CORNER MAN KEYS

1. Move to Your Spot (FT extended outside the 3pt line) on 1st Attack of Elbow
2. As Catching- Look to Drive Baseline
    a. Backdoor if Pass cannot be thrown- NO FAKING
3. On Catch- Look for Post Man or Cutter
4. On Face- Beat your man to Elbow!
5. Be Ready to Be Ball Side Corner if Pass is Thrown to Top

TEAM ISSUES TO SOLVE

1. The Start- Play a 2 man game to start or run quick hitters that lead into the spacing
2. Keep Timing & Spacing- Drivers usually don't go fast enough while catchers go too fast
3. Can't Drive It, Then Pass It, and Continue Motion just like ball was driven (Be Aware that the Passes are longer than a typical offense)
4. Psychology- You'll miss more layups than usual but you'll be shooting & making more.
5. Practice Domination by either team means lack of max effort or lack of shape by losers

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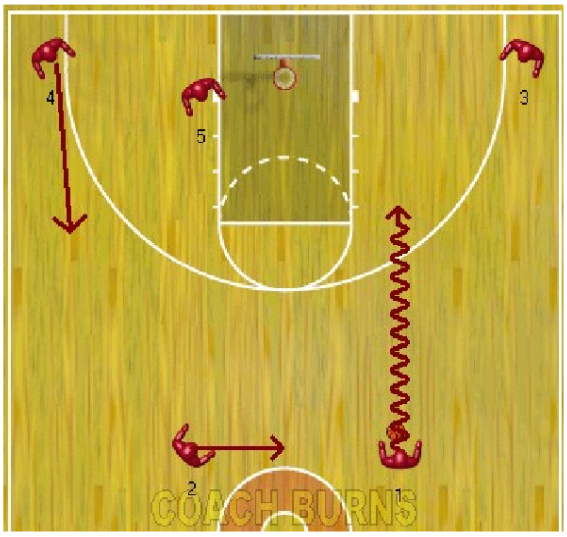
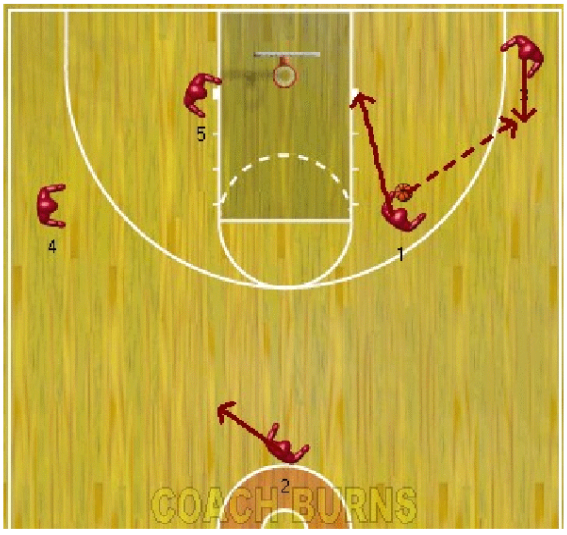
COACH JOHN BURNS BASKETBALL

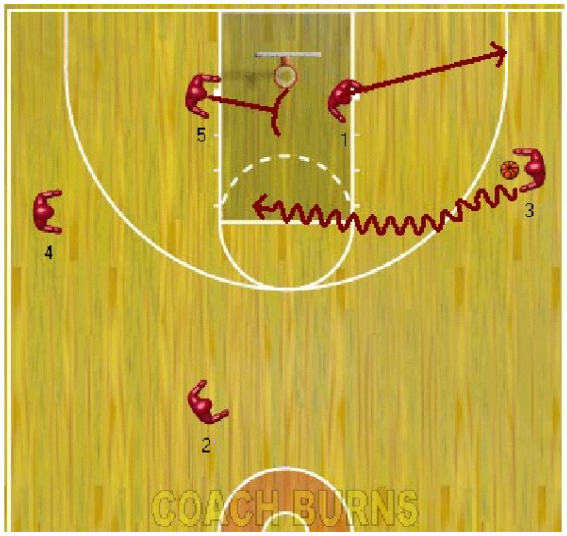
Dribble Drive Motion



- 1 attacks elbow
- 4 steps up ft line extended outside 3pt line
- 2 slides to middle for read



- 1 jumpstops at elbow and passes to 3
- 3 steps up ONLY when 1 makes pass
  - 3 looks to attack baseline then
  - 3 looks to pass to cutter, 1
- 2 reads and slide to lane's edge on weak side
- 1 cuts to block



- 3 attacks elbow
- 1 replaces to corner as 3 attacks
- 5 steps into seal/post his man

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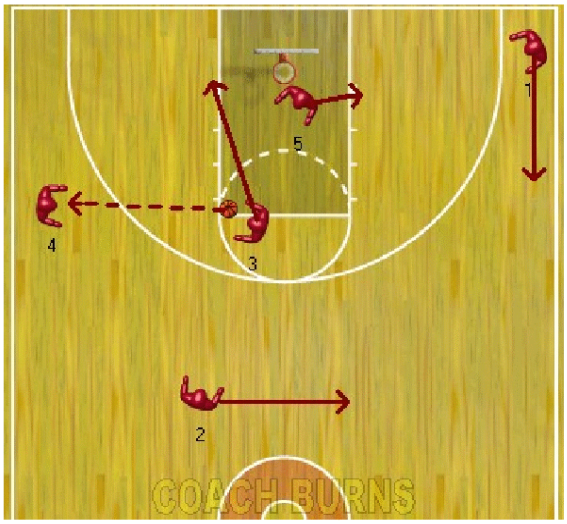
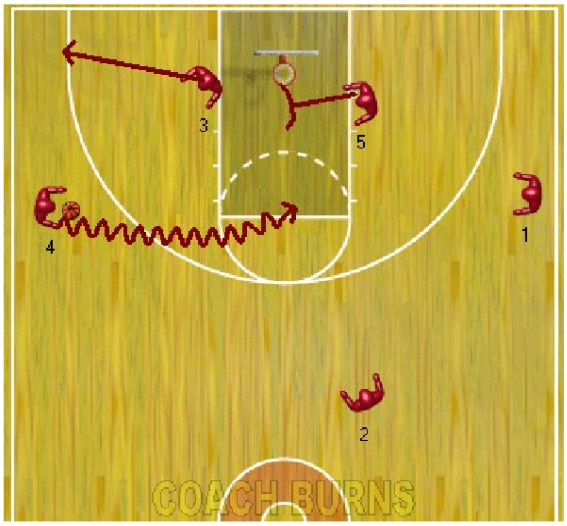
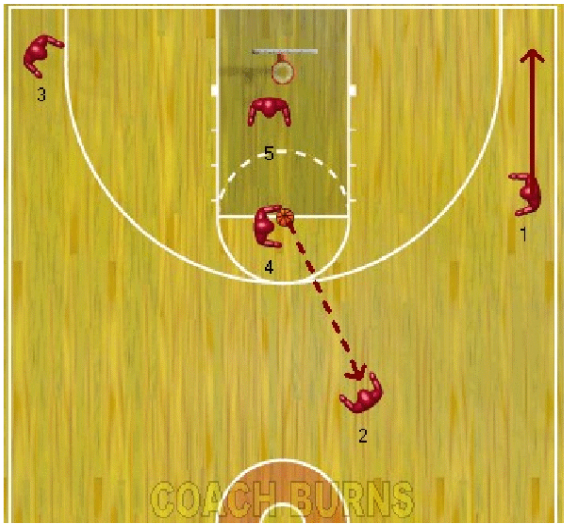
Dribble Drive Motion



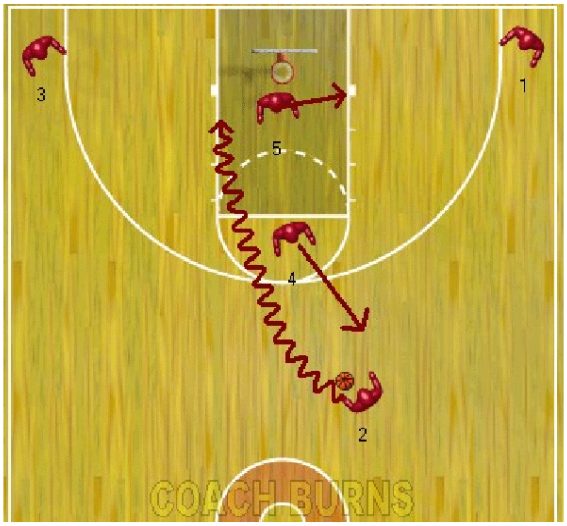
- 3 skip passes to weak wing, 4, then cuts to block
  - 4 looks to pass to 5 or attack baseline then
  - 4 looks to pass to cutter, 3
- 5 rolls out to weak side block
- 2 slides to lane's edge on weak side
- 1 steps up ft line extended outside 3pt line



- 4 attacks elbow
- 3 goes to corner as 4 attacks
- 5 steps into seal/post his man



- 4 passes to top, 2
- Weak wing,1, slides to corner



- 2 attacks either elbow
- 4 and 5 read and step opposite the drive

COACH JOHN BURNS BASKETBALL

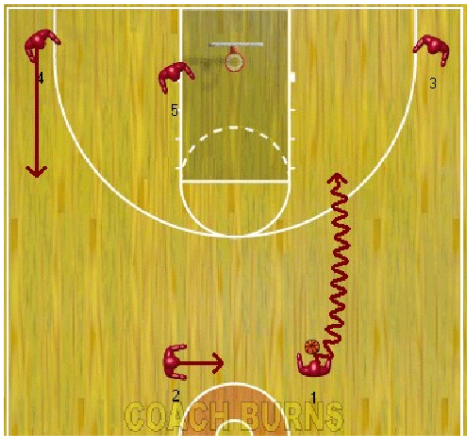
Dribble Drive Throwback Motion

Reasons to Practice Dribble Drive Motion by Using Throwback Pass

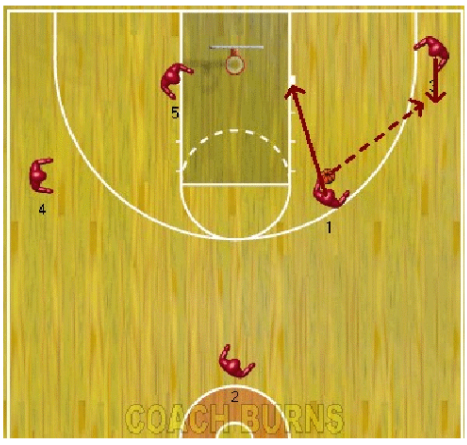
1. All Players Learn & Understand All the Spots
2. Drivers Learn & Understand How to Attack from All the Spots
3. Off the Ball Players Learn & Understand How to Space with Timing
4. All Players Learn to use the Throwback Pass as an Option (Open 90% of time)

Keys to Practicing the Dribble Drive Motion by Using Throwback Pass

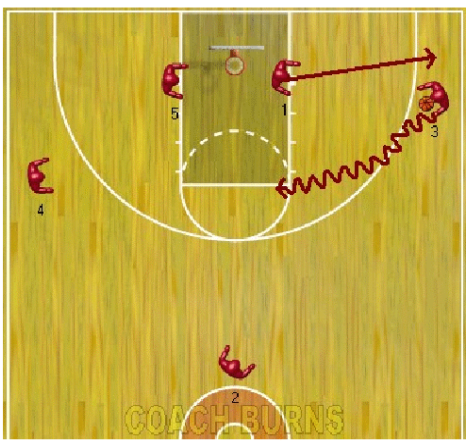
1. All Players Move the Same as the Dribble Drive Motion
2. The ball can only be advanced by the driver who started the 1st attack
3. Next driver always uses throwback pass to the starter
4. Go 4x, Have a different perimeter player start the ball (perimeter players rotate one spot)



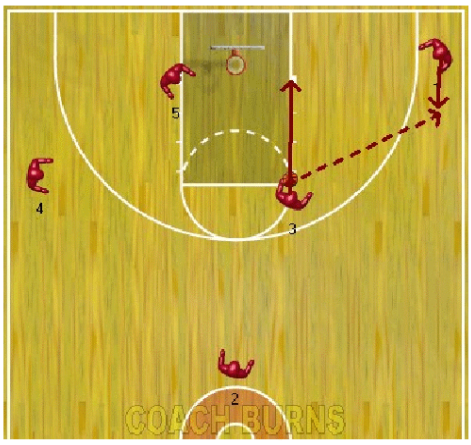
1 attacks elbow



1 passes to 3, then cuts to block



As 3 attacks elbow, 1 goes to corner



3 throws back to 1, then cuts

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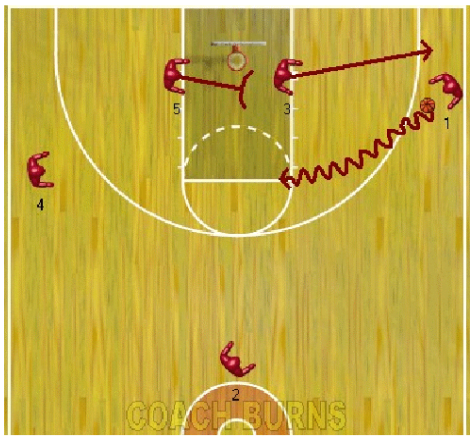
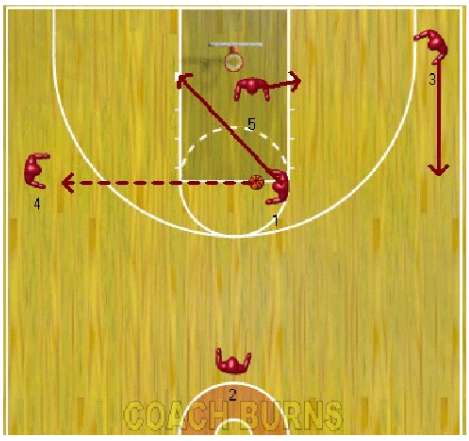
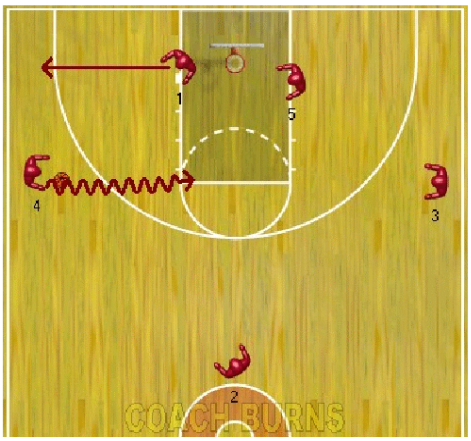
Dribble Drive Throwback Motion



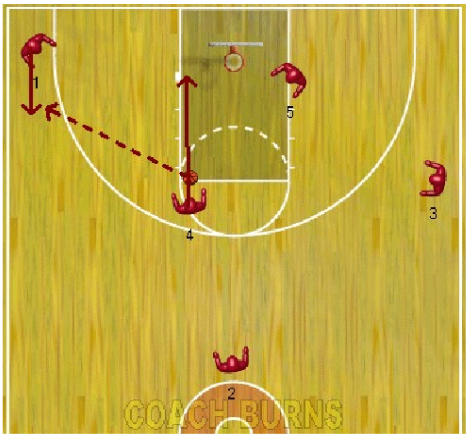
As 1 attacks elbow, 3 goes to corner



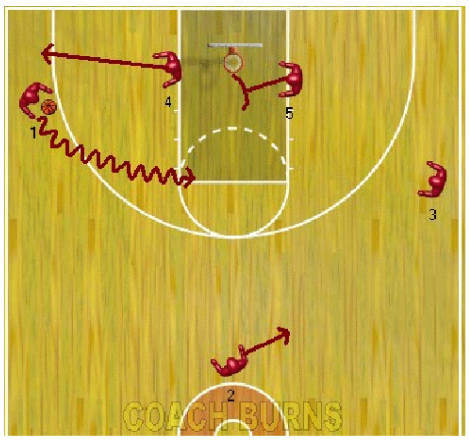
1 skips passes to 4, then cuts to block



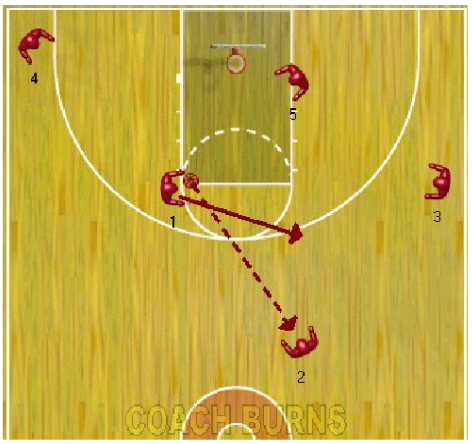
As 4 attacks elbow, 1 goes to corner



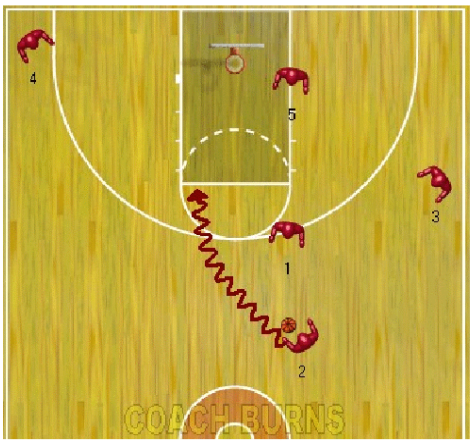
4 throws back to 1, then cuts



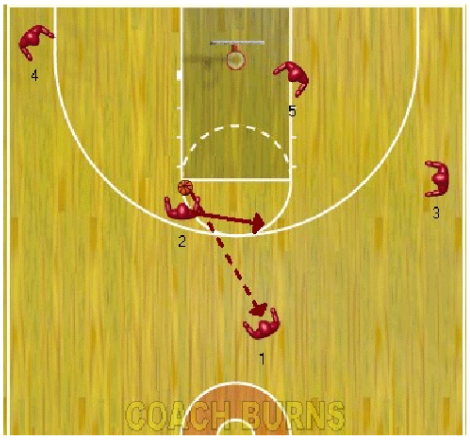
As 1 attacks elbow, 4 goes to corner



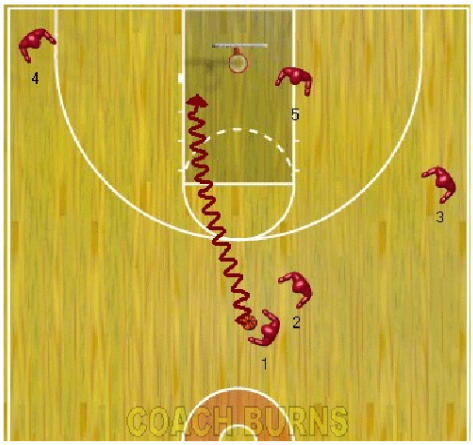
1 passes to 2, then steps middle



2 attacks elbow, 1 steps out



2 throws back to 1, then goes middle



1 attacks elbow for layup

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COACH JOHN BURNS BASKETBALL

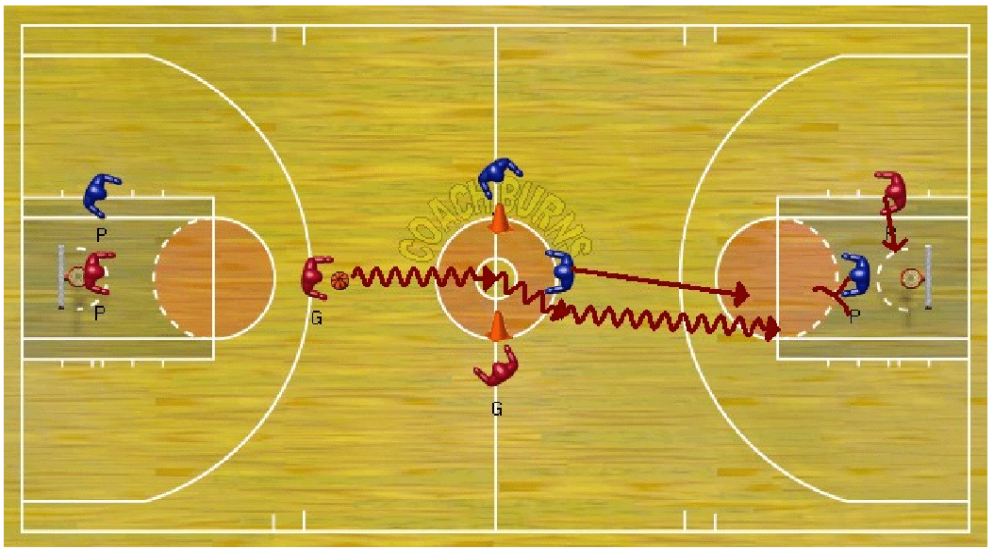
2 on 1 Full Court Game

Reasons to Practice 2 on 1 Full Court Game

1. Drivers Learn How to Beat their Man & Post Players Learn How to Seal, Post, and Space
2. Drivers Learn When to Shoot a Layup, Pass to Post, and Stop at Elbow
3. It's a great competitive and conditioning game involving Dribble Drive

How it the Game is Played

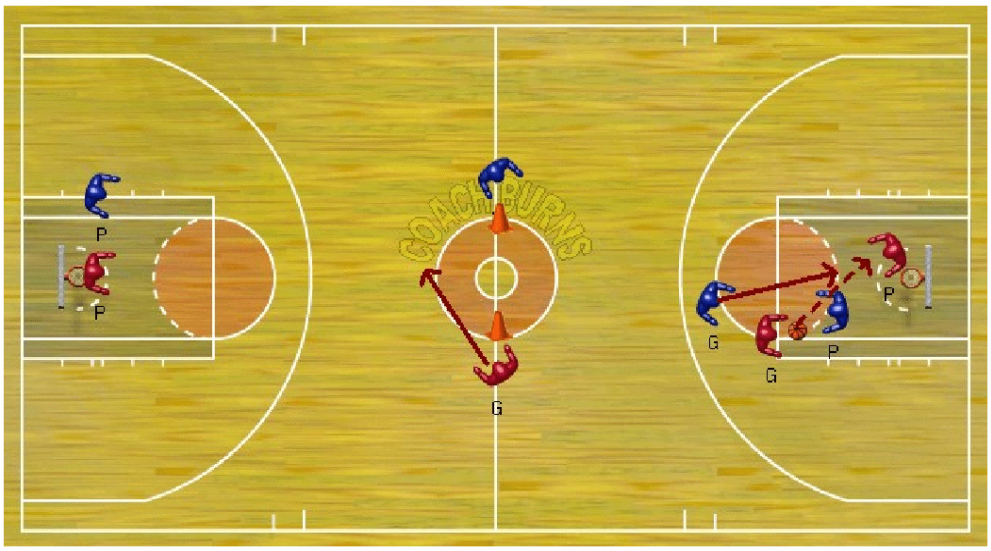
1. See set up below, extra perimeter players can form line behind half court cones, extra post players can rotate in from the baseline.
2. To start, guard with ball attacks basket, defensive has feet on circle & cannot move until ball passes half court. As a result, a 2 on 1 situation occurs.
3. Made basket or a defensive foul = 2 points, Defensive guard gets ball & attacks other basket immediately off of a made shot, a rebound, a turnover, or a foul. Non-stop Action
4. Play for 2-4 minutes or play to a score (10 points)



Red guards attacks Blue guard who has feet on circle.

Blue guard cannot move until ball passes half court.

Red Team has created a 2 on 1 situation.

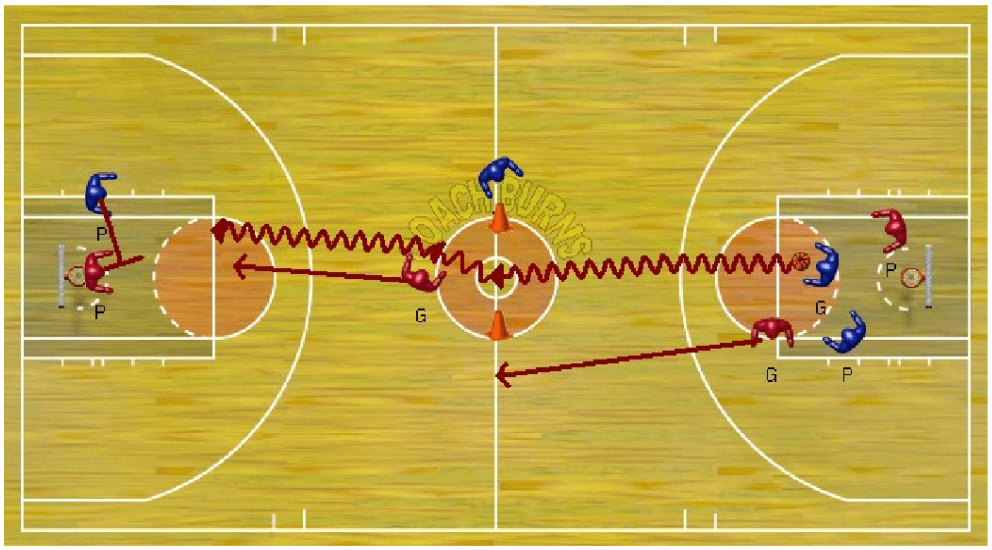


Next Red Guard Gets into Defensive Position

Red Team Tries to Score & Blue Team Tries to Stop Them

COACH JOHN BURNS BASKETBALL

2 on 1 Full Court Game

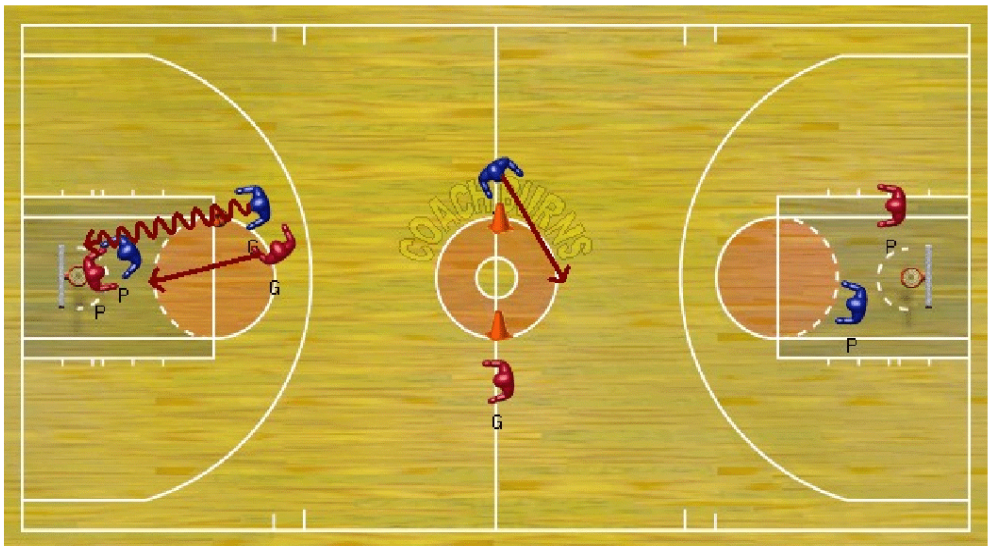


Blue Team gets Ball Back off a Rebound, Turnover, Foul, or Made Shot, Non-stop Action

Blue Defensive Guard Attacks other Basket

Red Defensive Man Cannot Move Until Ball Passes Half Court

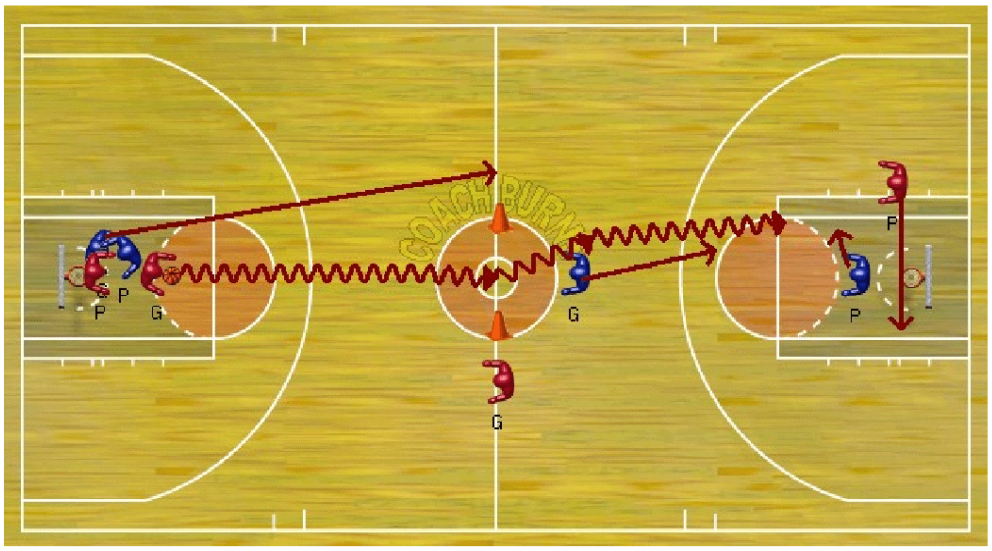
Red Guard Gets Back in Line at Half court, Red & Blue Post Man Rotate Out if Subs are on Baseline



Blue Team has a 2 on 1 situation

Blue Team Tries to Score & Red Team Tries to Stop Them

Next Blue Guard Gets into Defensive Position



Red Team gets Ball Back off a Rebound, Turnover, Foul, or Made Shot, Non-Stop Action

Red Defensive Guard Attacks other Basket

Blue Defensive Man Cannot Move Until Ball Passes Half Court

Red Guard Gets Back in Line at Half court, Red & Blue Post Man Rotate Out if Subs are on Baseline

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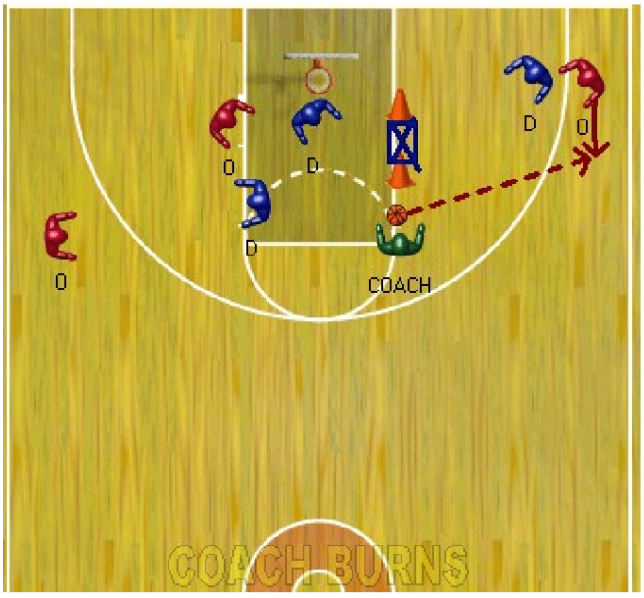
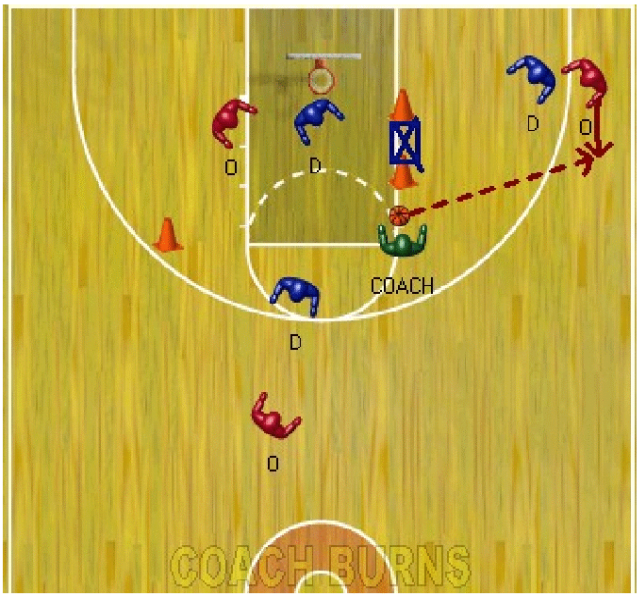
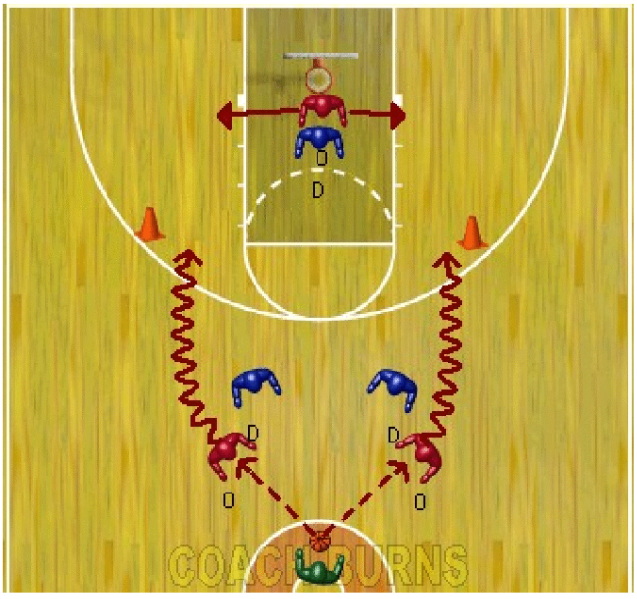
Breakdown Dribble Drive Drills



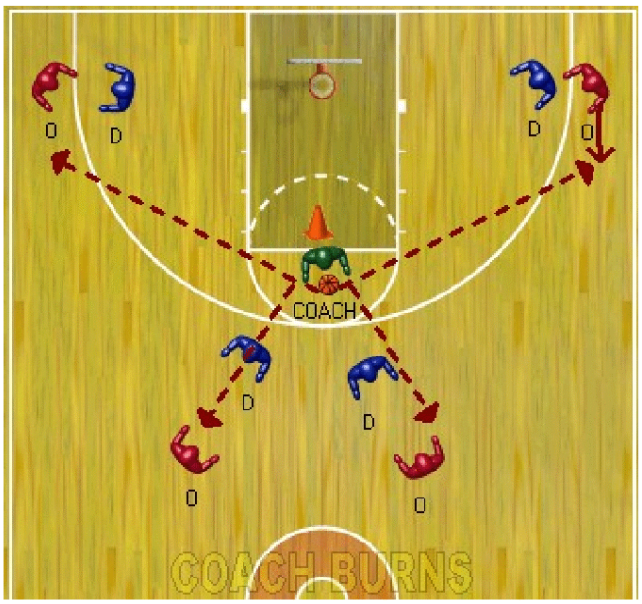
3 on 3- Corner & Weak Wing Spots w/ Post
Starts live, Coach has Ball, Passes to Corner Stepping Up or Backdooring, Coach Steps Off, Corner Man Can't Drive b/w cones



3 on 3- Corner & Top Spots w/ Post
Starts live, Coach has Ball, Passes to Corner Stepping Up or Backdooring, Coach Steps Off, Corner Man Can't Drive b/w cones & Top can't Drive outside weak side cone



3 on 3- Top Spots w/ Post
Starts live, Coach has Ball, Passes to Either Top Man, Ball Must Be Kept b/w cones.



2 on 2 or 4 on 4- Top & Corner Spots, NO Post
Starts live, Coach has Ball, Passes to Any Man, Ball Must Be Kept to Ball Side of Cone for 2 on 2, Allow Skip Pass to Play 4 on 4

John Beilein

1. Guys that shoot 40% or better and shoot a lot, have to be kept track of defensively. There are a lot of 35-38% shooters out there, but guys that shoot over 40% and shoot a lot are "lights out" type of shooters and require special defensive attention.

2. Sometimes you score more when you slow down the tempo. It's not when you shoot, but whether it's a good shot or not. Sometimes you also have to slow the game down just to set the defense.

3. If a guy is feeling it and making his shots, we want him to keep shooting. When kids get into a "zone", you have to let them go. That's sort of the rule we have. You have to shoot when you are hot and when you are open. As a coach, you have to learn to let them go when they're feeling it.

4. We want people to walk away from our games – win or lose – and say, "This was fun to watch." We try to play entertaining basketball that people enjoy.

5. If you are playing hard, you should be tired at the end of a half or the game.

6. When you shoot well, you are difficult to defend.

7. We frequently get out-rebounded. It's all about possessions. If you take control of the ball and value it, you can win with smaller, skilled guys who don't rebound well. We simply aren't going to beat anyone off the board.

8. Good people are not selfish. When there is a sincere love for your teammate and want him to do well, then passing the ball is not a problem. A basic rule of basketball is to shoot when you are open and pass when you are not. Who is more open?

9. Guys are more apt to pass to a shooter and a shooter is more apt to shoot.

10. A center that makes 3-pointers is an absolute treasure.

11. There has to be a confidence in each other and in what we do. Our guys know that sometimes our offense and our defense will not work in a game, but it will work more often than not. So, you have to have confidence and stay with it.

12. We recruit players that can play multiple positions. Versatility is very important to us.

13. If you score 70 points, you usually win in college basketball.

14. The notion that "you win by the 3, you lose by the 3" is not necessarily true. How many teams can win when they shoot as poorly as we did from the 3 point line? The 3-pointers are a very important part of our offense, but you still have to play good defense and handle the ball in order to win.

15. The statistics I look at are: 3-point FG%, number of assists, turnovers, total baskets made and rebounding.

16. Sloppy basketball is playing in such a way that you are throwing the ball around the gym, not when you miss shots. Missing shots is simply missing shots.

17. We don't go out and say that we have to hold opponents under a certain number of points.

18. As a coach you try to anticipate how teams are going to play you. The first 5 minutes of every game are very interesting for our staff as we determine what they are doing against us.

19. Freshmen have to learn to play at a much higher intensity level than they are used to in high school. Usually a player learns that from the seniors.

20. Typically, we play 4 games in 14 days, not 5 games in 12 days like we have. Rest is important.

21. Having a great March run like we had last year gives our players confidence that they are good players.

22. Playing good teams in hostile environments helps you down the road.

23. We like to go down the stretch with the guys who have done it before. Experienced seniors are the key.

24. We've had several games where the opponents had three days prep and we had two, or they had two and we had one. But, you can't make excuses – you always have to fight through things. It's impossible to always have the same number of prep days, so I'm not complaining.

25. Good instincts are very important in our defense, as is having long arms and getting your hand on the ball. Then being in good position to do those things.

26. The key is mental toughness. They have seniors and we have seniors, so who is going to withstand it? We were on a mission in the 2nd half and we needed to be.

27. Our game preparation is never more than one day. We like those "get better" days when we work on getting better at the things we do. Normally we spend half the practice on the opponent and then have a walk-through the day of the game. Sometimes you worry so much about stopping them that you can't run any of your things well.

28. A player has to be very careful and can't let his last shot affect his next shot, especially when he's getting good looks. That last shot is history.

29. When good shooters are closely guarded, they have to work a little harder over and over again to get their good looks.

30. Mental toughness is our only edge. And we can't lose it, even for a 4 minute stretch in a game because it can cost you. What about when that other team is really challenging you and distracting you? We just cannot give in.

31. We are playing at a high level and that's all we can ask for. We just have to hope the breaks go our way.

32. A shooter has to get out of a shooting funk by maintaining poise and keep shooting.

33. When you don't shoot well from the field, you have to turn the other team over to help your scoring.

34. Everyone is fatigued at this time of the year and you have to find ways to get the job done.

35. When you get good looks and miss, so you shoot them again and again until you make them.

36. The way we all watch tape on each other and guard each it is important to have one or two guys who don't need a play to score. The guys who can get you a basket on their own without much help.

37. Our zone works best when the other team has some selfish guys who are not tall so they can't pass over us.

38. In trying to get into the NCAA as an at-large a good loss is better than a bad win. Yet, we don't ever talk about moral victories.

39. It is very hard for us to get easy baskets. It's advantageous to get 10-12 offensive rebounds that lead to 4-5 easy baskets or just throw the ball up to the rim to somebody. Teams like this play a vertical game. The higher the ball is in the air, the greater their advantage. We're just not going to have that kind of advantage. Teams with guys like that usually have a very simple approach to the game.

40. It's never one thing in a game. It's always a combination of little things.

41. For us it is not about beating the #1 team, it is about getting better every day. We're not worried about March. We're worried about getting better. We'll learn from this game.

42. Even in a loss you can gain confidence.

43. After every game there is always someone on your team who is questioning his confidence. It's like dr. Phil around here. Players have to trust themselves and not themselves.

44. With one day to prepare between games, we went live for 16 minutes before today and that may have been too much. Next time we won't even break a sweat with the guys who played a lot. We will just walk-through stuff.

45. Always see challenges as opportunities.

46. Our offensive style is to adapt to the talent we have and recruit to the style we like most. Some years we throw the ball inside and others we crank threes. We do whatever is best to win. We value the ball and assists – we're normally among the leaders in the country in both areas. We like versatile players who play a lot of positions.

47. We like great kids who never quit and who just play no matter what. We like low maintenance young men remembering they all need help. Everyone needs someone there to help them. Want kids who can concentrate on basketball and still have their priorities straight. I value players that fit-in with the student body, but who also are close with their teammates. Don't want players who are on an island. Want our students to come out and watch their friends play, not to watch the team play. Want unselfish players who love to play together. Want players who work hard, who love their teammates and who want a family situation. These are the things that make coaching a lot easier. There's no magic formula – just a feel for how we want to do it.

48. We have prided ourselves on having self-motivated players and teams who are self-starters. You give a man a fish and you feed him for a day, you teach them to fish and you feed them for a lifetime. We want to teach them to fish. We pride ourselves on giving guys a plan with goals and things to work on over the summer. They are expected to achieve those goals and if they don't, they will get to know the running track very well.

49. You have to recruit your current players every day to become better players.

50. Our goals are to do our best and get better each day.

51. You are in the wrong business if you think that people are not going to have high expectations. That's why coaches get paid what they do.

IN BEILEIN'S BOOK: Rules, drills -- and when not to brag

April 4, 2007

BY MARK SNYDER

FREE PRESS SPORTS WRITER

ATLANTA -- John Beilein was making a beeline for his next stop.

In the whirlwind of a Final Four weekend, still recharging from West Virginia's NIT championship in New York two days earlier, Beilein was set to make a presentation titled "West Virginia Basketball" on the second floor of the Atlanta Hilton on Saturday morning.

Racing from a National Association of Basketball Coaches ethics meeting, Beilein was already late for his 11:15 a.m. presentation, and half the large parlor was filled with eager-eyed coaches, tapping their feet.

Yet just outside the room, the 54-year-old man who is will be introduced today as Michigan's next basketball coach came to a dead stop to shake hands and chat with a veteran basketball mind from days past.

Dressed in his pewter West Virginia warm-ups, complete with the Nike swoosh, Beilein stepped to the front of the room and was introduced by a New York high school coach whom he has known for years.

That's when Beilein stepped in front of the stage and podium and tried to relate.

"Mind if I stand here?" he asked, shunning the microphone, admitting he vividly recalled his first job like those listening, coaching a junior varsity high school team in 1975. "I just want you to know I planned to have notes, but I was a little busy this week."

And that was the last comment he made about his team's success.

For 45 minutes he opened the floor to questions, and each time his life's focus burst through.

"It would have been easy for him to come in and talk about his team and how special that team was, being picked so low in the Big East and winning the NIT," said Akron assistant coach Lamont Paris, one of the few college coaches in the room that day.

"A lot of guys would have taken the opportunity to do that. It was more trying to educate those guys to get them to abide by the NCAA rules. The NABC is trying to push that. I don't think they told him to say that. But you can tell he abides by them."

Beilein spent the first 25 minutes of the presentation discussing rules -- with surprisingly little lecture. The bulk of the talk was presenting real-life examples and how Beilein deals with them -- like slowly backing away from a mother who wants to hug, a potential NCAA violation.

"We're trying to steer the ethics of coaching basketball," Beilein told the group. "There is a right way to do this. Remember, it's all about the spirit of the rule. The problem is, many of you don't know any better."

That's where he filled them in. Yet the preaching never arrived. Despite his reputation for toeing the line, Beilein didn't judge his peers who don't follow the same code. He just explained his standard.

Like the time a high school coach approached him during a non-contact evaluation period. Beilein said they couldn't talk, and the coach responded that so-and-so had talked to him just a week before. The simple answer: That's not right, but it's that coach's business.

"Part of that came from because he just left the meeting with the ethics committee," said Romulus High coach Nate Oats, who has two former players on U-M's roster -- Jerret Smith and Ron Coleman -- and sat through Saturday's speech. "As he said, a lot of the rule-breaking can be reduced if high school coaches were informed."

But the masses were there to hear about Beilein's coaching acumen, and few left disappointed.

"I don't show videos," Beilein said about his clinics. "But we can talk."

The talk riveted the audience, from his explanation that his players must run a 5:30 mile each fall or they don't play -- for former Mountaineer star Kevin Pittsnogle "I started the clock and waited 10 seconds," Beilein joked -- to his explanation of drills.

For the most part, that's the area that enthralled these coaches, who are well aware of Beilein's dues-paying rise up the coaching ladder, from the high school job through six college spots before the job at U-M. Though he didn't diagram his remarkably efficient offense, he used the time to talk about the 50 three-pointers-in-five-minutes drill, the one that he insists has made his players better shooters -- a theory some coaches don't embrace.

"He also shared some good drills with those high school coaches, and I took a couple of those, too," Paris said. "The one thing he said was he gives them 10 goals; they have to complete eight, and one was to smile more. It's simple and one thing every kid can do. He's right in believing that's going to make a more positive program."

These may be the plans that sold Michigan athletic director Bill Martin on Beilein's approach.

"He's got more energy than people realize, and he's going to come in and get after it," said Oats. "It sounds to me like some people are not wanting to give him a chance because he's older. If he gets the right staff in here and he's passionate, the big thing about recruiting is letting kids know you want to win. He'll do that."

When the speech ended because time was running short, Beilein offered to stay as long as there were questions. And, for the next 20 minutes, the high school coaches wanted to shake his hand.

So he waited, laughed and enjoyed the dialogue.

"I don't know how many coaches you find that will preach it publicly and hold themselves to that same standard and practice," Paris said. "He has developed a belief and sticks to it religiously."

Pocono Invitational Basketball Camp

Presents

"Pocono Preseason Workout Series"

Leading up to your season we here at Pocono Invitational are going to offer you a weekly series of drills and workout plans to help you get ready for the year.

Week 3

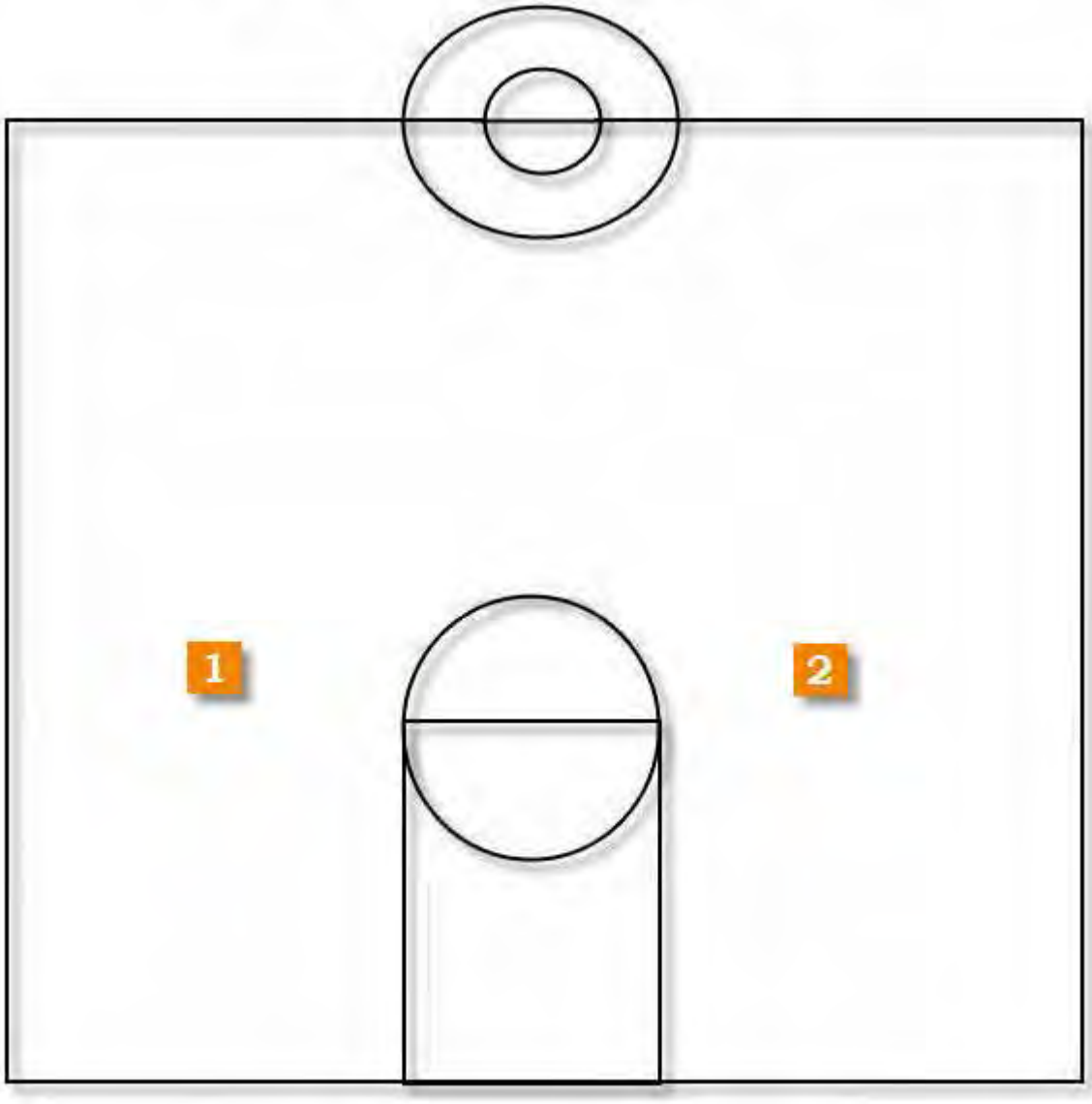


Kevin Boyle
Half Court Dribble Series

* **This series must be done at 100%. Don't pace yourself while doing these moves and handling the ball because if you don't practice at game speed the drill will never translate over to competition. There are a number of moves listed below you can do with this drill and it is up to you to decide how many and which ones you will use based on what you need to work on and how good of shape you are in.**

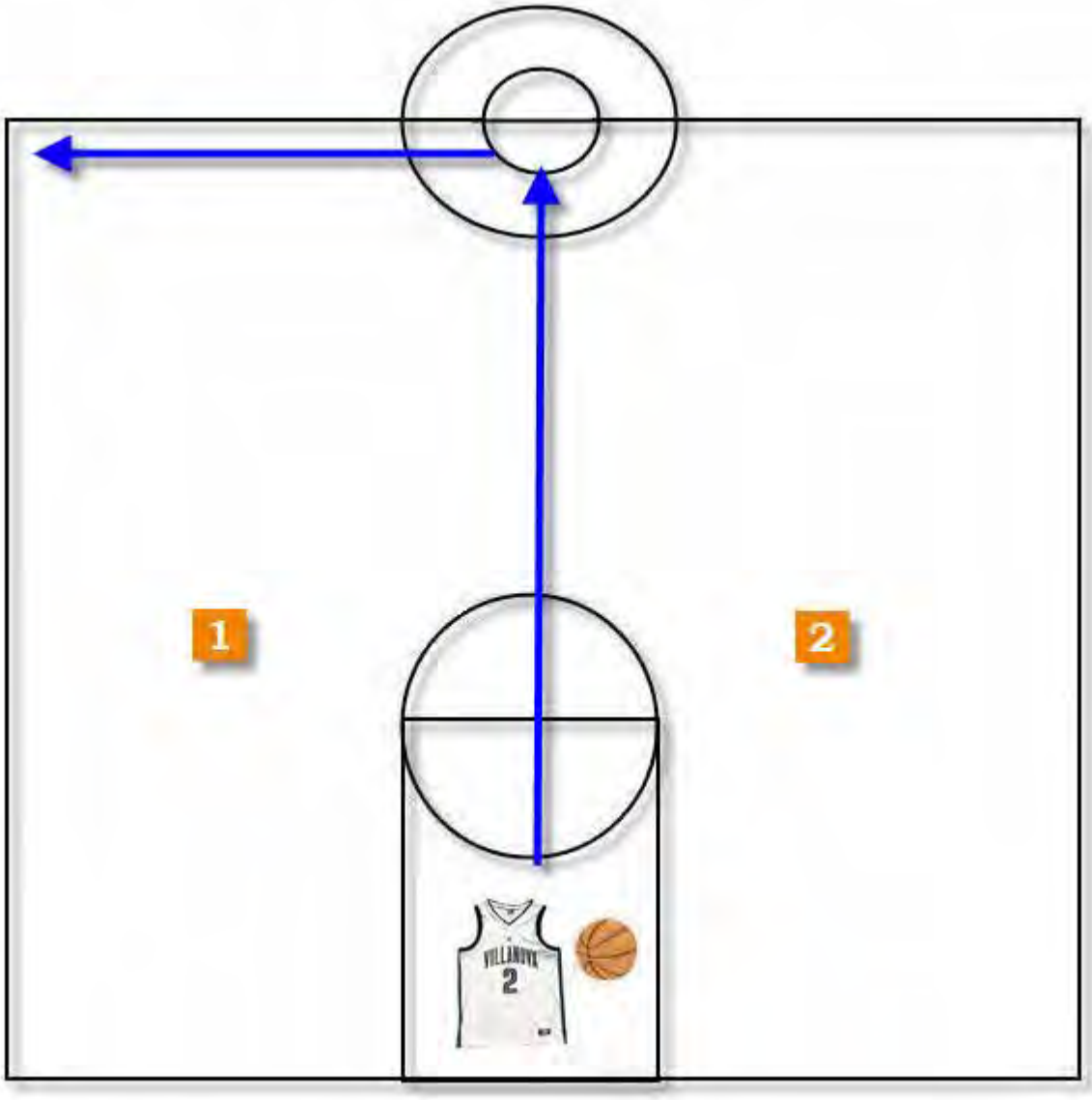
Setup

Put two chairs or cones on each wing at the three-point line. If you don't have anything to mark the spots remember them for later use.

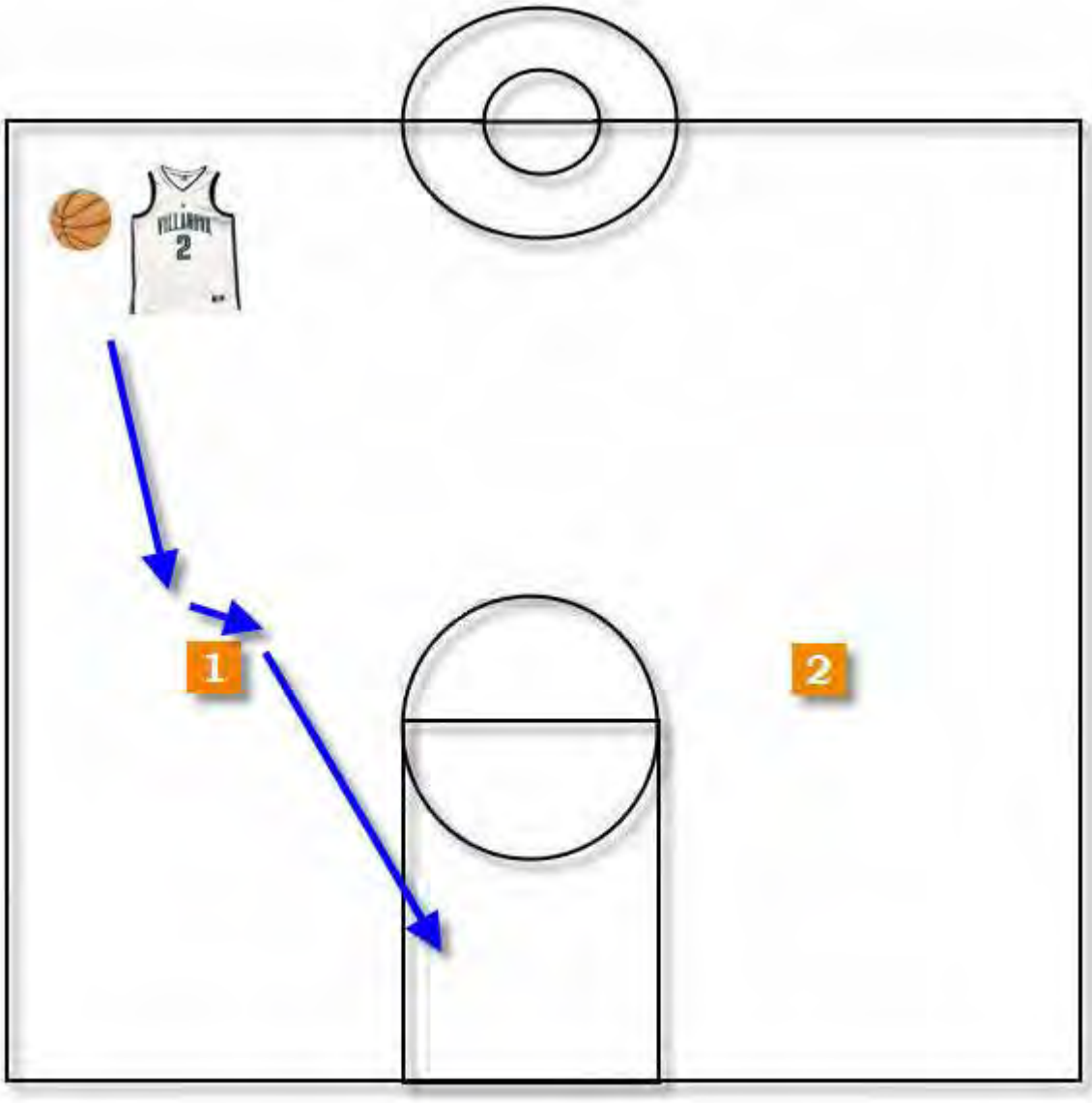


Drill

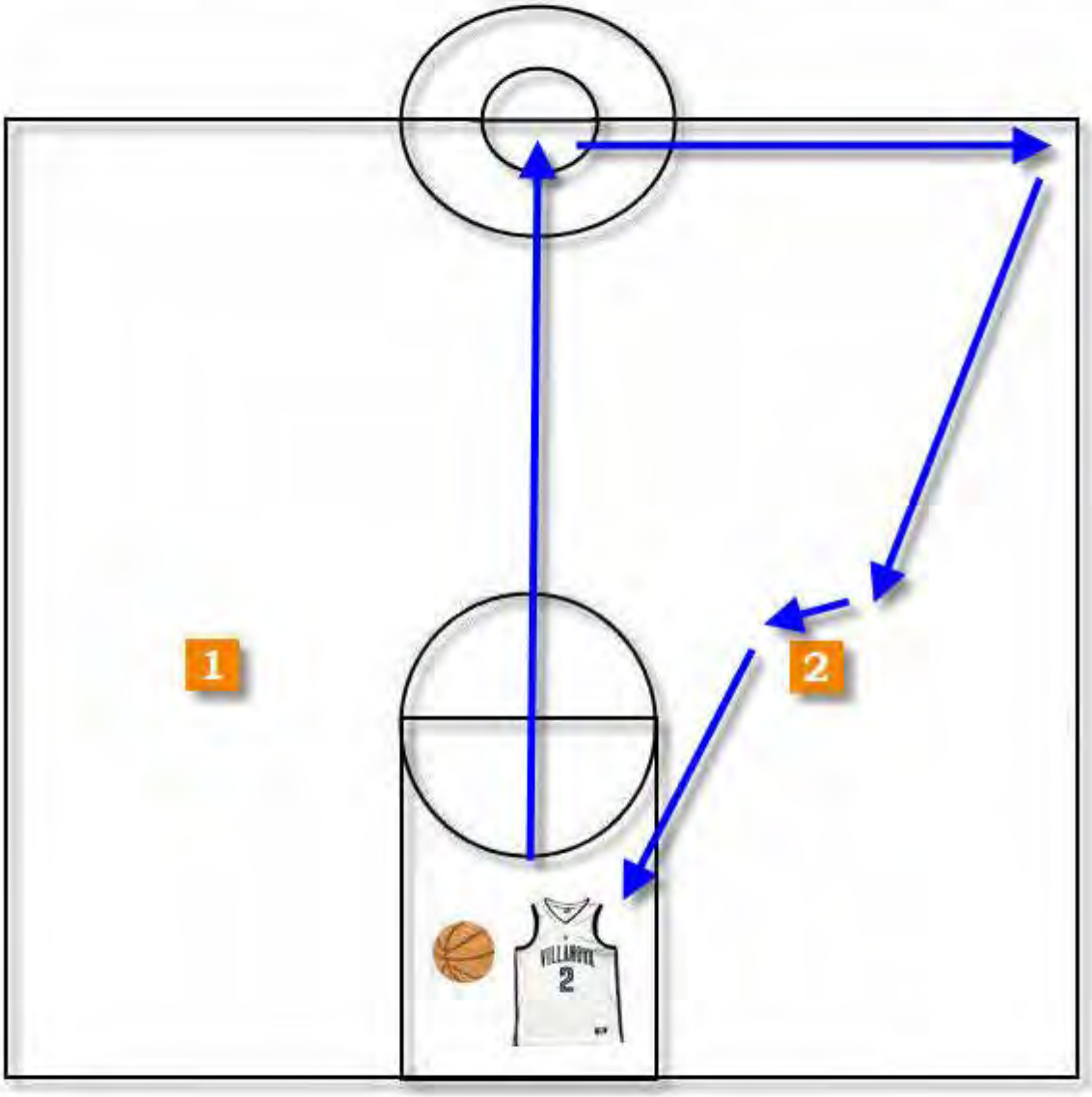
1) **In this drill you start under the basket with the ball and dribble out hard to half court with the right hand. Your eyes should be focused on the opposite rim so you can see the whole court. Make sure and keep your eyes up during the entirety of the drill. Once you hit half court turn and dribble toward the left sideline with the ball still in the right hand.**



2) **Once you get to the sideline you turn and head right at the chair on the wing as if it is a defender. You want to attack it head on before you make a move so you aren't giving the defender a chance to react to where you are going. Once you get to the chair you make your move and explode by, taking one dribble to get to the rim and finish. Remember to focus on the quickness of your move while selling it to the defender. You also want to have a quick, explosive first step out of the move that goes right off the defenders hip toward the basket, not side to side.**



3) **When you finish the layup get the ball out of the net and dribble back up to half with the left hand. Dribble toward the right sideline this time and turn to attach the chair on the other wing. Finish the same way you did on the first side.**



4) You do this 5 times on each side with each move. For younger players it may only be 2 or 3 times from each side. When you finish take 10 free throws before moving on to the next move. You can do different moves on each day. Say Monday you do four moves, then on Tuesday you can do a different four. You can also mix up whether you finish with a layup or a pull up jumper. If you do four or five different moves each day this drill will improve your handle, explosiveness off the dribble, finishing ability and conditioning.

The Moves

1) Crossover
2) Inside out
3) Hesitation
4) Hard Studder Step
5) Between the Legs
6) Behind the Back
7) Spin Move
8) Half Spin

* You can also do any combination of moves (Ex. Inside out-crossover, between the legs-spin move, hesitation-behind the back, or any combination you want to work on)



This workout is from Kevin Boyle Basketball Camp's. His #2 nationally ranked St. Patrick Celtics use this drill year round to work on their ballhandling. Coach Boyle was named the National High School Coach of the Year after winning his second straight NJ State Tounament of Champions Title. He runs full week sessions and PG Boot Camp Weekends in the Poconos.

Kevin Eastman - Skill Development

Keys to Quality Shooting workout

(1) Get catch-shoot shots; spot ups.

(2) Get cut-catch-shoot shots

(3) Get shots off the dribble.

(4) perfect form on all shooting drills.

(1) Need perfect feel -

(2) Need perfect follow through.

"Expect" and "Accept" that even your best shooter will miss shots.

(5) Contest all shots

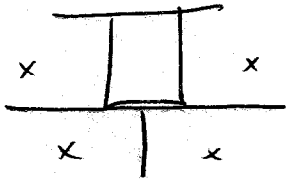
(6) Practice some shots from some spots at some speed.

(7) Chart shots as possible.

10 out 10 → 100%
10 out 13 → 76%
10 out 16 → 66%
10 out 17 → 58%

In a Row shots Drill

Celtic "40"



Kevin Eastman – Skill Development

(4) Have a Practice Plan

(5) Work on conditioning, dribbling and shooting everyday

(6) Theory of "two" – takes me two minutes to show you a skill, It will take 2 weeks to get comfortable with it and then two months before you can do it successfully in a game.

Must-haves in your Drill work

(1) Weak-hand development

(2) Footwork and Balance

(3) Playing through contact

(4) Contesty shots.

(1) Simple (just put hand up)

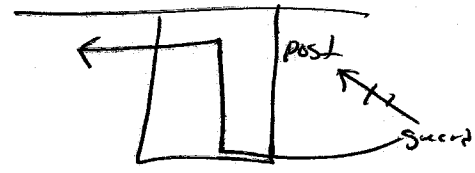
(2) Foul shooting – after he released then hit him on the arm.

(3) Anything goes

Kevin Eastman - Skill Development

Guard cuts to the basket

Cutting Disciple



(1) You must sprint out

(2) See the passer on the cut

(3) cut all the way to the rim

(4) You must space out

6 Keys to good Skill Development program

(1) Practice at a rate equal to or faster than game speed.

(2) understand that it's a process to improve.

(A) conditions - must be already there

(B) effective practice

(C) Improvement

(3) Eliminate workout killers

Kevin Eastman — Skill Development

Kobe Bryant — workout story — where he doesn't work out any more. He goes so hard that he tries to "black out". That's committed.

Skill Development — working on specific skills (not a lot of running, moving, etc)

Workout — tons of movement.

Rajon Rondo workout

Warmups — 20 makes on weak hand stuff
- 20 makes on runners
- 20 shots in 5 spots / (post feed cut 20 makes)

Guidelines are things you do 70% of the time.
Rules are things you do 100% of the time.

Kevin Eastman – Skill Development

(5) Coaches get bored.

4 Keys to improvement

(1) Consistency

(2) Repetition — "Rew" means your fault, he isn't getting enough Repetition.

(3) Simplicity in your teaching

(4) Overcome boredom. (Variety relieves boredom)

Statements thrown around alot

(1) Hard work - It is the price of admission, It's price of admission for being good. You don't talk about it. (You just do it!!)

(2) Competitiveness - Really good players are very competitive!!

(3) Commitment - Committed to everything.

Kevin Eastman - Skill Development

(7) Know where the opponent is on your body

leg whip him - if he is high then use your high leg to whip him.

(Go after every Rebound)

6 Stimulators

(1) Study your practice Deeper.

(2) pick-up ball - chart shots

(3) Don't forget to drill defense.

Down Screens - Get your inside Shoulder on his outside hip.

(4) Teach your own form of "bullet" basketball

Ex. Screening → (1) Take the screen to the defender.

(2) When you screen, put your back to the area of attack.

Kevin Eastman – Skill Development

7 Keys for "Biss"

(1) Play the game from low to high

(2) Understand its a shoulder's game

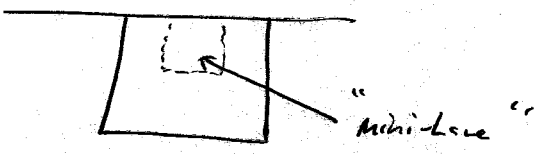
(3) It's a fist fight to set the ball and a foot-fight to score.

(4) Use the pound dribble.

(5) Own the midline.

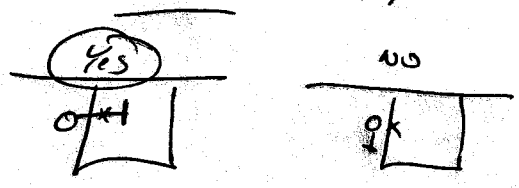
(If you own the mid-line, then you will score)

(6) Use visuals for them



Don't post on the pro lane.
(Try to post in the mini-lane)

(7) Try to post across, not post up.



(4) All players have labels.

(Identify labels and determine how to dispel them and improve them)

(5) It's not just what you know that counts.

You must bring energy, effort, and enthusiasm to each workout.

"Coaches like players that will sweat with them"

(6) Tell your players the truth.

(Do it privately) (Tell them and then show them)

Off Rebounding — If your defender turns his head back to the basket on the shot.

"Study the game, study your system"

Winning With The Princeton Style Offense

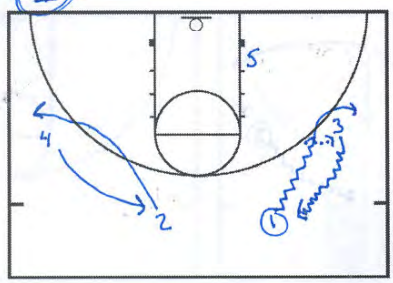
Coach Lee DeForest- Garrard County H.S.

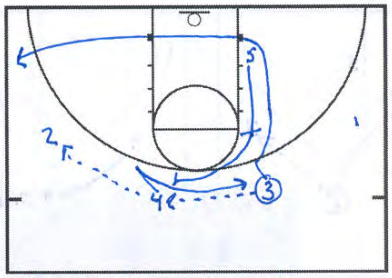
St. Wendelin

1

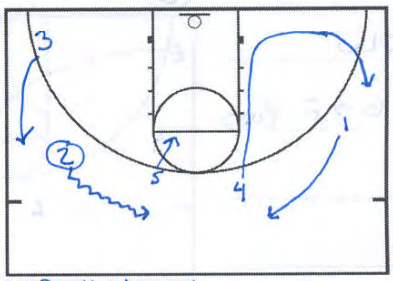
Chin

Basic Set





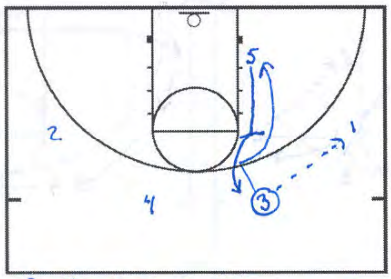
Weakside UCLA
Flare screen



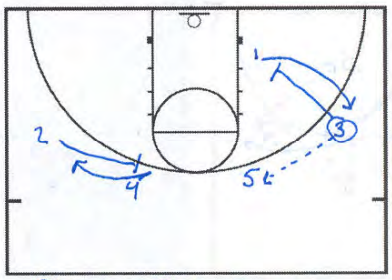
If 4 doesn't get flare cut to basket, then out
2 dribbles up, back into 2-3 hi-set

Chin

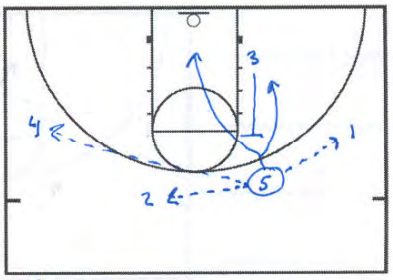
Strongside when G-6 is denied



Can't pass to 4 → go to 1



Strong - Downscreen
Weak - Flare

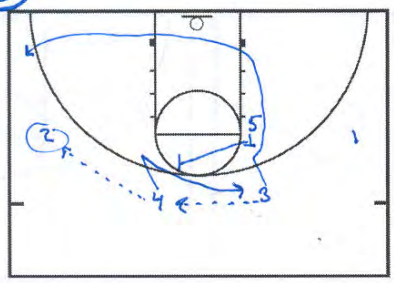


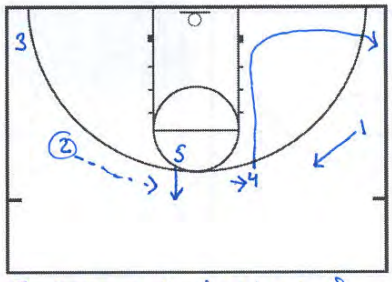
5 passes to open
3 screens 5 to get him back into Post
Setup in Chin Set

2

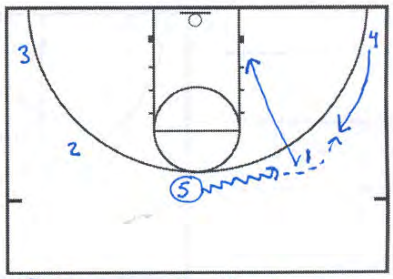
5-Out

After Chin Flare cut

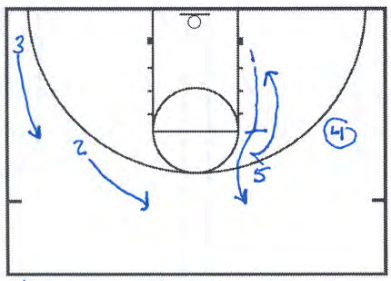




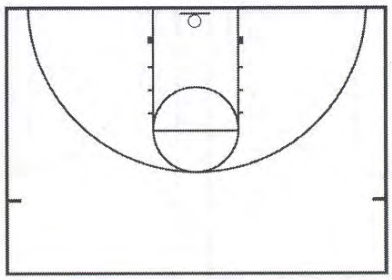
5 pops out instead of 2 dribbling up (in Chin)

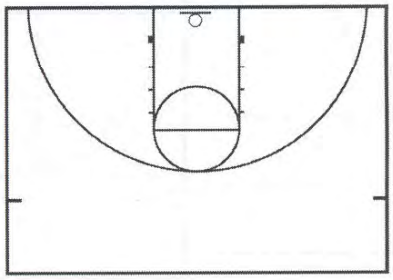


5 dribbles at 1 = backdoor
4 rotates up for pass
Look at 1 posting up



1 screens for 5 to get him back into post
Back into Chin set





Princeton Notes:
- When dribbled at = backdoor cut ALWAYS
- wait until ball is dribbled
- V cuts are to the basket, not out

Winning With The Princeton Style Offense

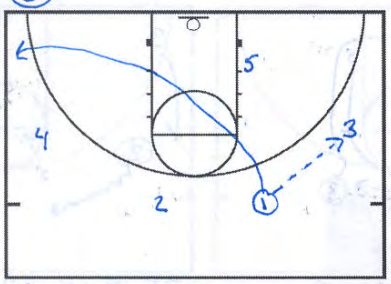
Coach Lee DeForest- Garrard County H.S.

St. Wendelin

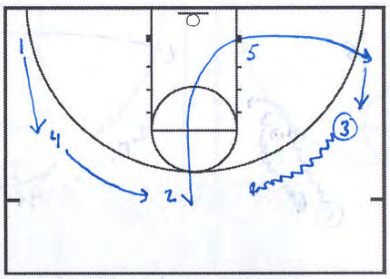
3

LOW

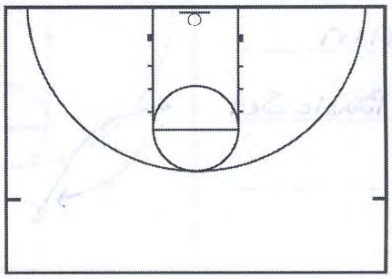
G → F Pass



Guard to Forward Pass
Look for post-up



Now into Chin set



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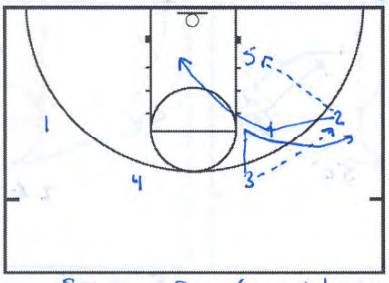
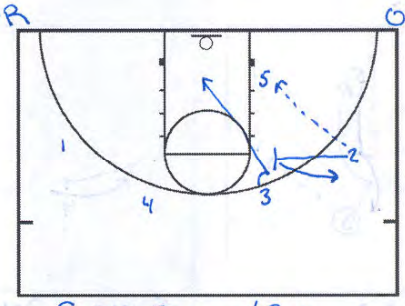
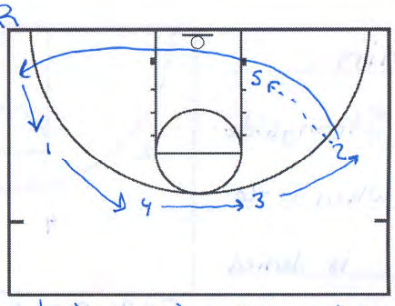


Screen for Guard/Dive

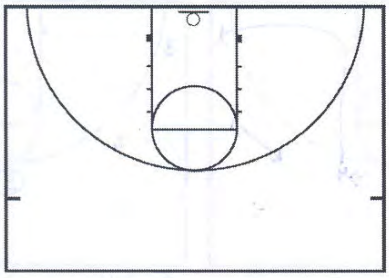
OR

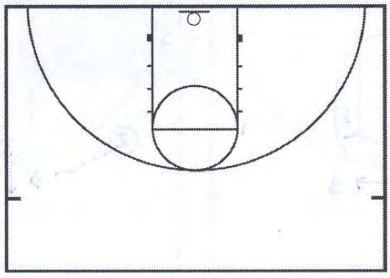


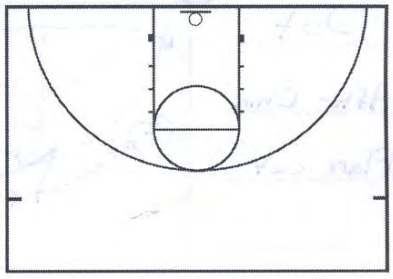
Fake Screen / Pop

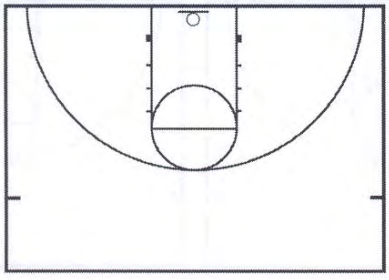


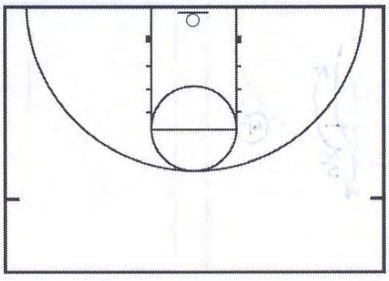
Later cut - All rotate

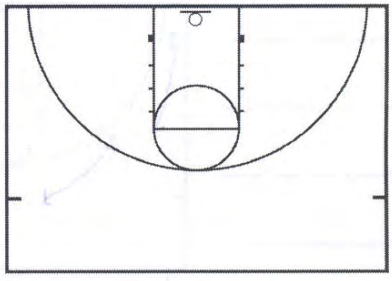












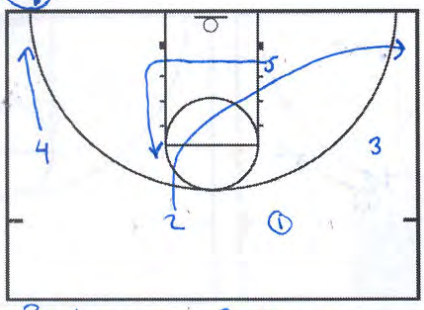
Winning With The Princeton Style Offense

Coach Lee DeForest- Garrard County H.S.

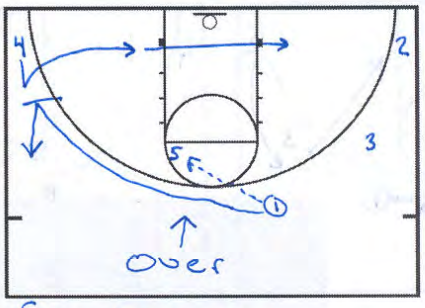
St. Wendelin (4)

Point

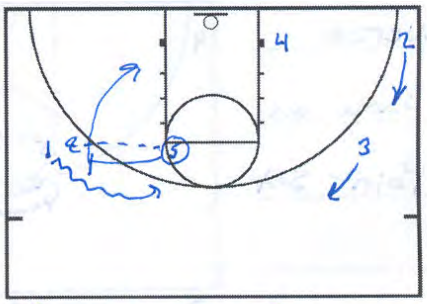
"Over"



Point waves 2 thru

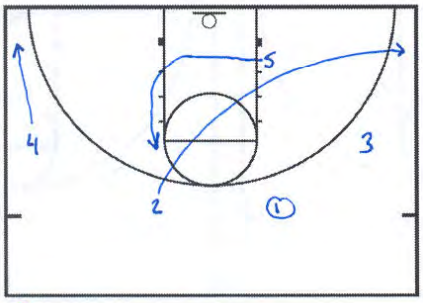


Fake downscreen go backdoor

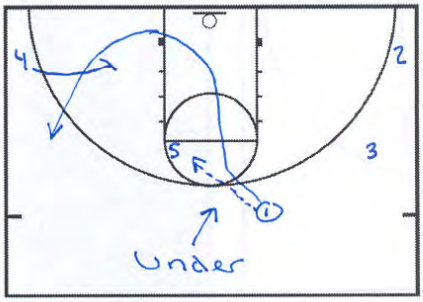


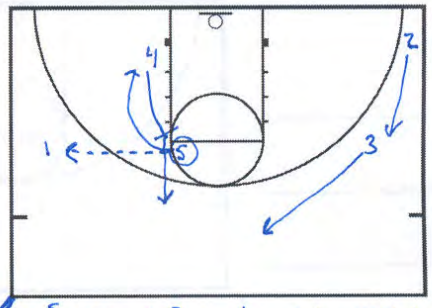
Go into Side Pick-n-roll

"Under"

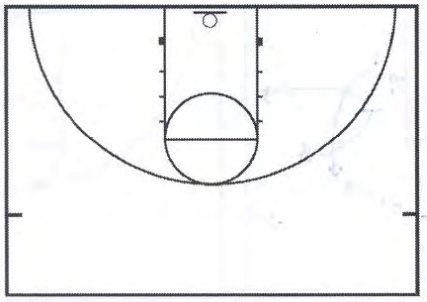


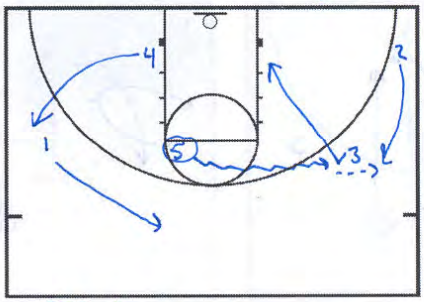
Point waves 2 thru



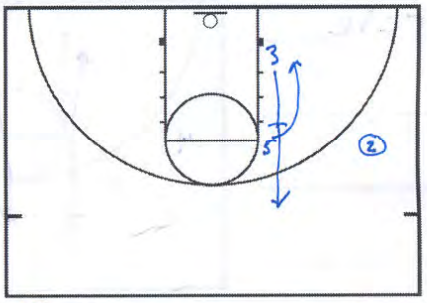


Screen + Pop to get post in



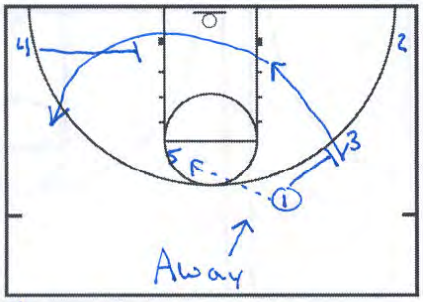


If 1 is not open, dribble to 3 who backdoors. 2 rotates to pass



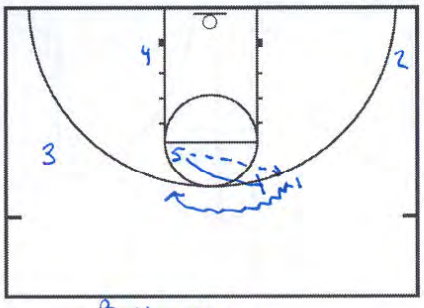
Just run screen into post on this side
Back into set to run -Chin/Low/Point

"Away"

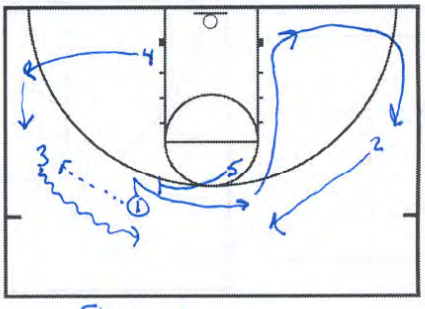


Run same wave thru set as before

1 screens away, look backdoor



Ballscreen



Flare screen
Same as in Chin set

Winning With The Princeton Style Offense

Coach Lee DeForest- Garrard County H.S.

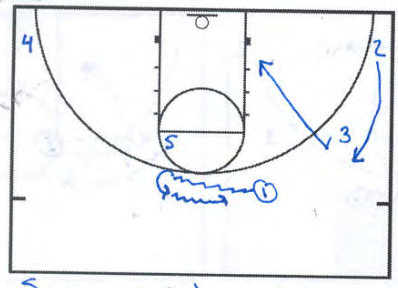
St. Wendelin

5

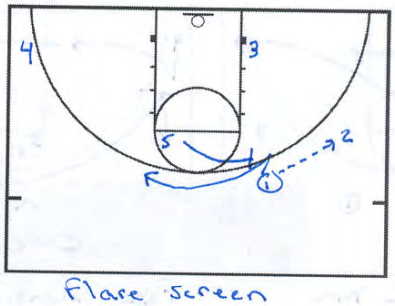
Reverse

Same as

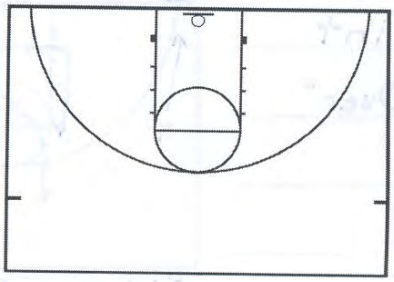
Point set

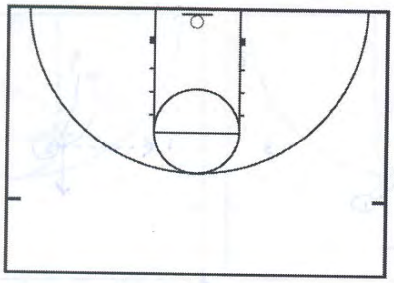


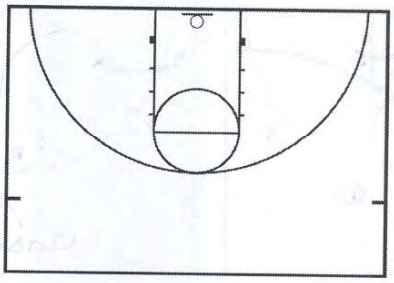
Same point set
- no pass to 5=denied
- Dribble at, spin dribble
- 3 backdoors on spin

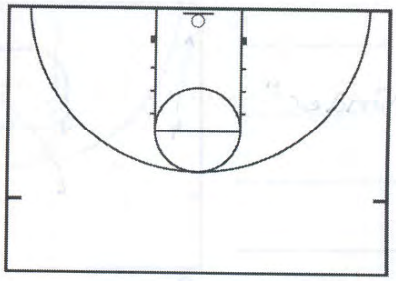


Flare screen



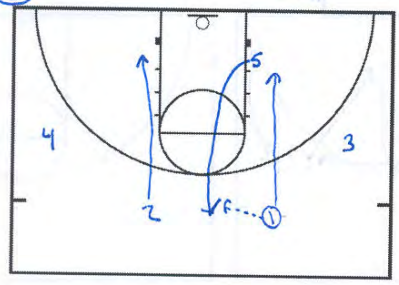


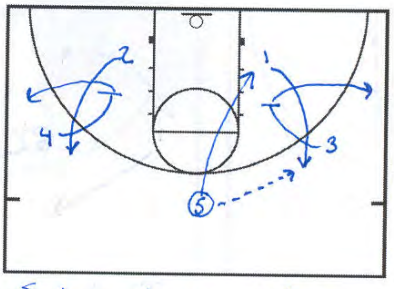




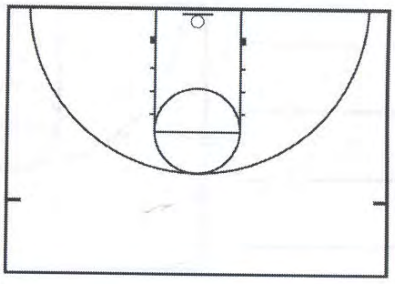
6

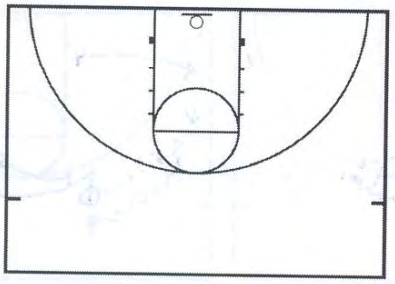
Circle

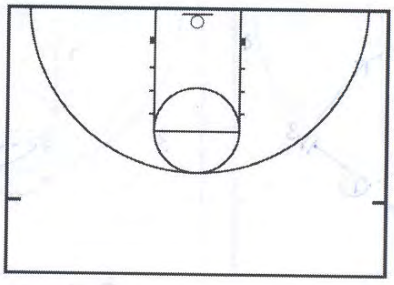


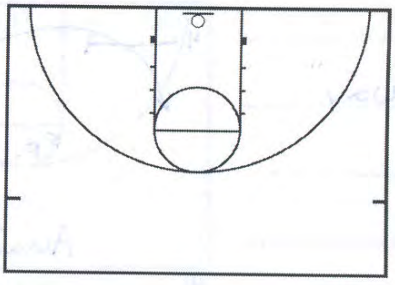


Setup back into original set

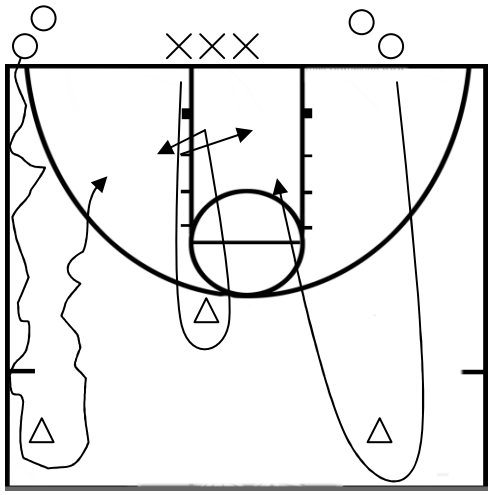






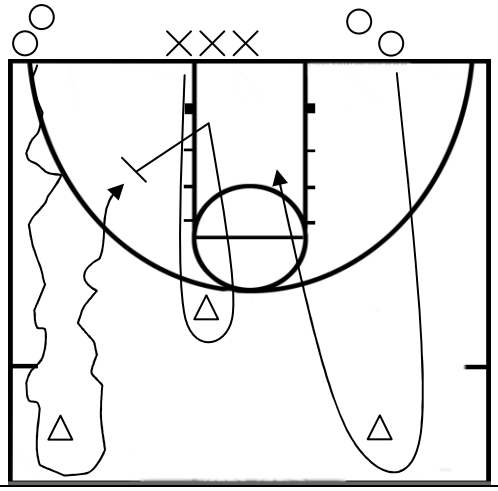


Southern Illinois - Chris Lowery's Defensive Keys



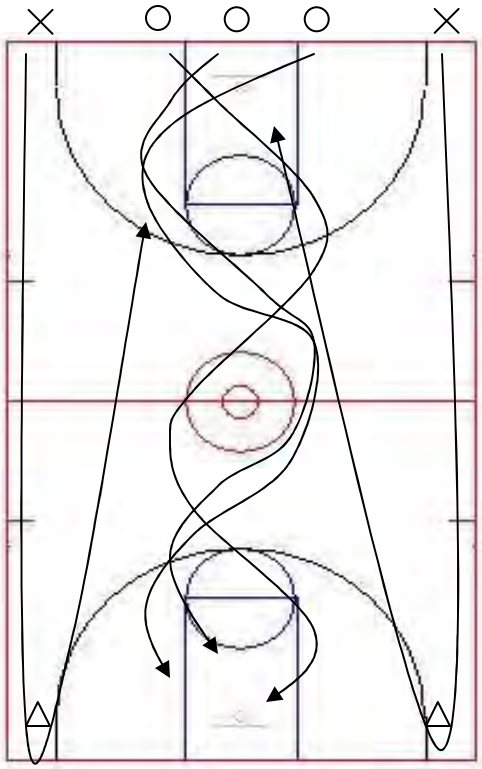
Keys To Stopping The 2-on-1 Break (A)

1. Place a chair slightly above the top of the key and a chair on each wing slightly in front of half court line.
2. 2 offensive lines line up on near the sideline and a defensive line lines up under the hoop.
3. On the coaches signal "Go" the offensive players sprint towards the far chairs. The person with the ball dribbles with the outside hand and circles the chair. The other offensive player sprints around the chair and then streaks towards the hoop. The defensive player sprints to and circles the chair and then back peddles to the hoop.
4. In this example, the defender fakes at the ball handler and then drops back on the back offensive player.
5. To many passes from the offense allows time for the other defenders to recover back in defensive transition.



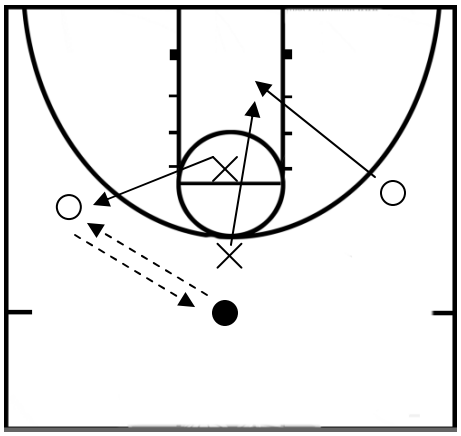
Keys To Stopping The 2-on-1 Break (B)

1. If a post player has the ball, there is a high chance of him/her being out of control, so the defender should try to take a charge.



Containing the 3-on-2 Fast Break

1. Defenders start in the corners and will sprint to the opposite end and circle the chairs and then sprint back in defensive transition.
2. 3 lines of offensive players start in the middle and will do a 3 man weave to the other end, and then head back in offensive transition.



3 – on - 2 Movements

1. When the offensive players reenter the front court, the low defender will take the first wing pass.
2. The top defender will rotate down to cover the opposite wing slashing to the rim.
3. When the ball is passed back to the top of the key, the wing defender will rotate back to the point.

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Corporate Headquarters
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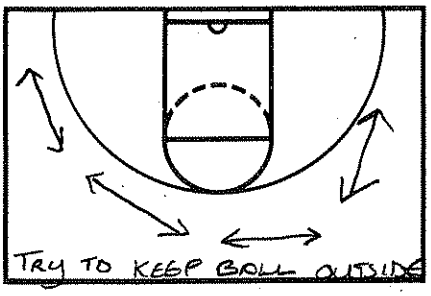
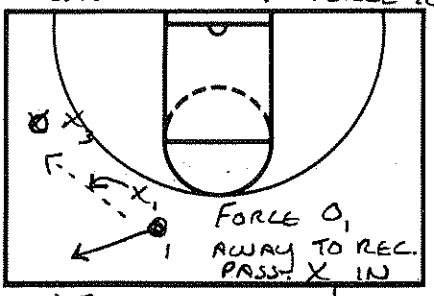
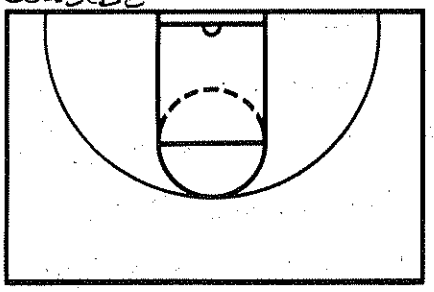
CLINIC Mike Krzyzewski
DATE The Winning Attitude
P. 1
Team Man Defense



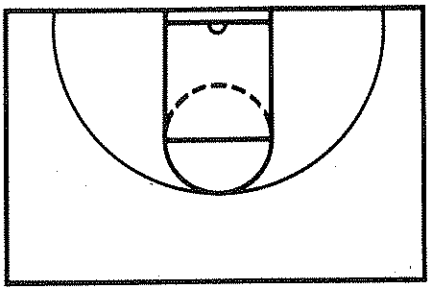
PRINCIPLE 5) "Force to outside"

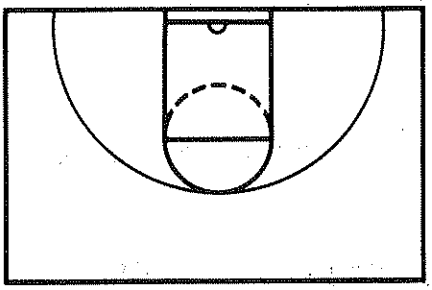


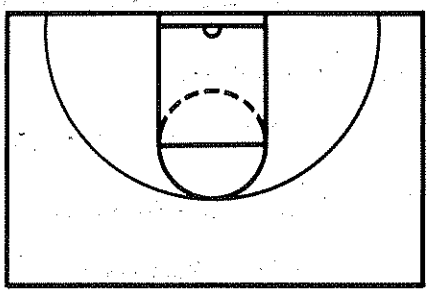


NOTES Analogy
Hit someone w 5 spread fingers
more force to hit w 5 united
a "fist"

6) Stop ball passing reversal lane.
more def. moves
more chance of mistake

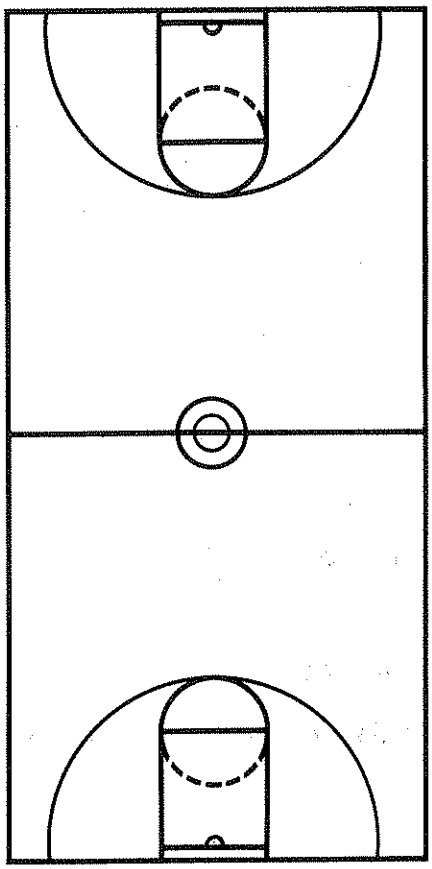




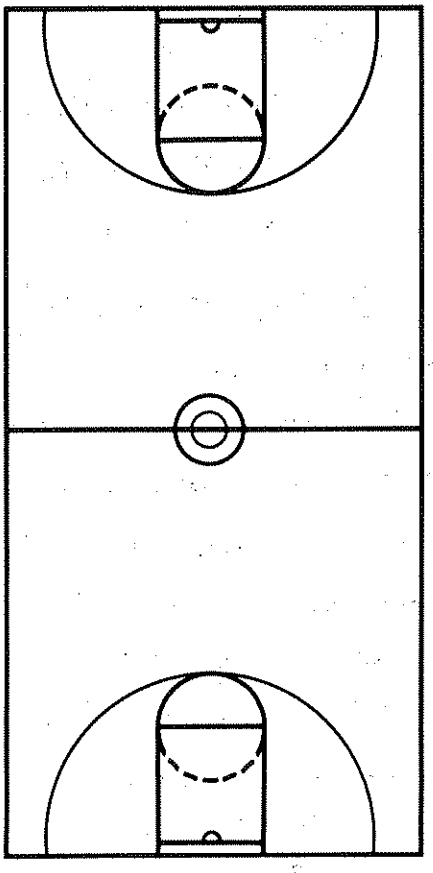


NOTES

JUST DO IT



NOTES



ADAPTABILITY

DEPENDS ON YOUR TEAM'S ABILITY

HOW MUCH PRESSURE ON BALL

POINT OF PICK-UP

TRAP OR NOT?

PINPT. RESPONSIBILITY

ALWAYS CAN TELL IF YOU'RE IN RIGHT POSITION

PYSCHOLOGICAL OPPS.

DEFENSE CAN BOOST PLAYER & TEAM CONFIDENCE

COMPONENTS OF GOOD DEFENSE

1) CONDITIONING

NEVER REST ON DEF. END

2) COURAGE

DON'T BE AFRAID DIVE FOR LOOSE BALL, TAKE A CHARGE

3) INTELLIGENCE

UNDERSTAND OUR DEF. IN GAME SITUATIONS

4) HABITS

CONSTANT REPS.

DO DEF. DRILLS DAILY ALL YR.

5) ATTITUDE

POSITIVE DEF. ATTITUDE

DON'T FEAR FAILURE

CONFIDENCE IN SELVES & TEAMMATES

PRINCIPLES OF DEFENSE

1) VISION

SEE BALL ALL TIME

2) MOVE AS BALL MOVES

MAKE GRADUAL ADJUSTMENTS IF AT ALL POSSIBLE

3) COMMUNICATION

GLUE THAT HOLDS ALL 5 PLAYERS TOGETHER

TO TALK MUST CONCENTRATE ON WHAT'S HAPPENING ON FLOOR

4) AGGRESSIVENESS

BUT DON'T FOUL

[COVER]

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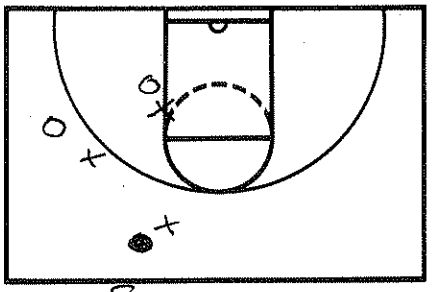
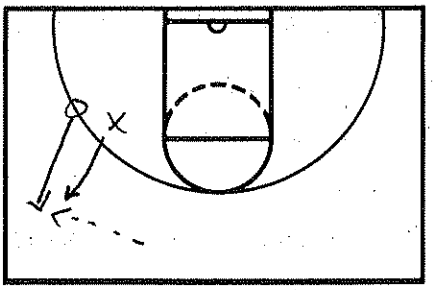
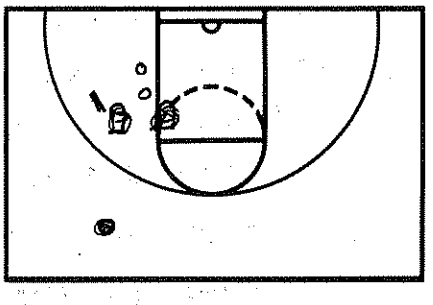
CLINIC Mike Krzyzewski
DATE Team Man Defense
P. 2



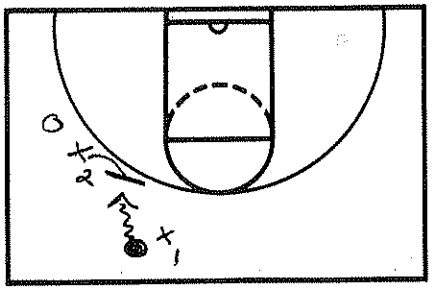
NOTES Stop penetrating pass.



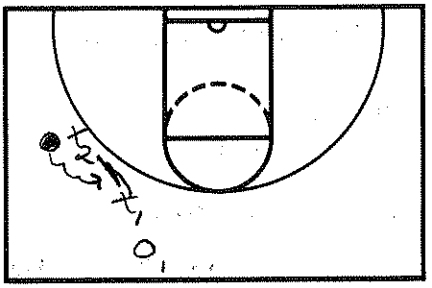
Make off. catch ball going away from basket.

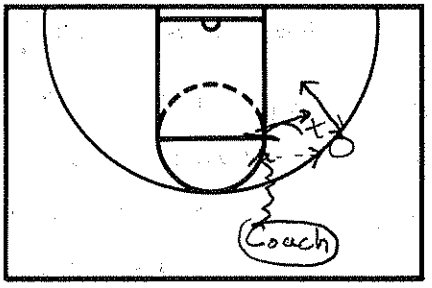


In post denial, get ft. ⊥ to off.



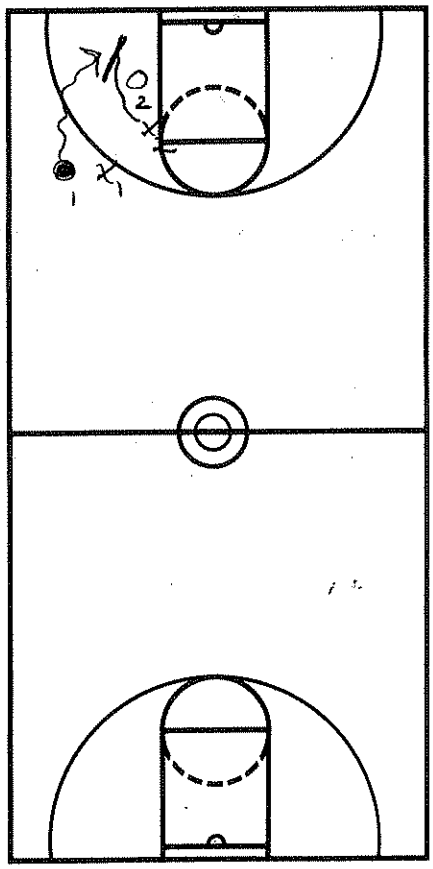
NOTES Help on ↑ → penetrating move.
X_1 gets beat, X_2 helps.





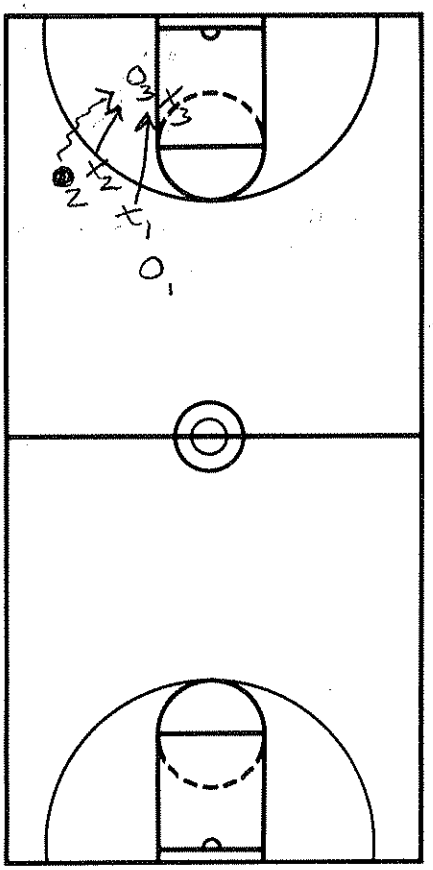
Help & Recover Drill

JUST DO IT



NOTES
Post must help on baseline.

Jump inside to help.



PRIORITIES & RULES

BALLSIDE

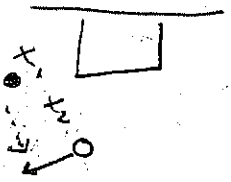
1) PRESSURE THE BALL
   - TAKES EFFECTIVE STANCE, WIDE & ON BALANCE
   - WHEN DRIBBLE LOST, ALL OUT PRESSURE

2) STOP THE PENETRATING PASS
   - BALL-&-MAN POSISTION
   - GOOD STANCE & BALANCE
   - ARM EXTENDED IN PASSING HAND
   - EYES PRIMARILY ON THE BALL
   - MAKE OFF. CATCH WING PASS GOING AWAY FROM BASKET

3) STOP THE PENETRATING MOVE
   - BE READY TO HELP ON THE DRIVE.

4) JUMP INSIDE TO HELP
   - IF BALL GOES TO LOW POST,
     - POST DEF. GET BEHIND OFF.
     - WING/PT. DEF. HELP INSIDE ON POST, KEEP YOUR BACK TO THE BASKET.

5) STOP BALL REVERSAL
   - I.E. F → G PASS, AT LEAST PUSH G FARTHER OUT



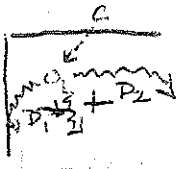
DRILL 2-ON-2

DRILL 3-ON-3 G-F-P COMBINING ALL BALLSIDE CONCEPTS

1-on-2 Trapping

coach throws ball into offense & 2 D men try to trap

show dribbler 3 options of sideline, middle, or baseline



Rebounding

3-on-3 Triangle: box out & then go to boards

5-on-5 Circle Block Out

position players around f.t. circle w-ball in middle on floor

on "go" off. tries to get ball, D boxes them away

see how long it takes off. to get ball

1-on-1 F.T. Rebounding

players at elbows go after coach's shot

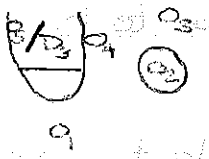
rebounder is on Off., other on D

Rat-and-Cheese [NOT IN BOOK]

Free Throw Rebounds to Fast Break

Junk Drill

in 2-3 zone, teach offside off. man to box weakside D away



Shooting

3 Man Shooting



2 passes to 1 & runs w-hands up

1 shoots, rebounds, passes to 3

1 runs at 3 hands up, 3 shoots, etc.

Team Spot Shots

2 Ball Inside Shooting

Putout - miss & you're out

especially w- lay ups

4 comes to ball, shoots

1 reb., passes to 3, 4 follows ball, 3 passes to 4, 4 squares & shoots

Stepback - start at ft. line, if make it back up 1 step

keep shooting until miss

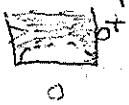
Opp. shoots from where he controls rebound, game is 25

Defensive Drills

Step-Slide: slowly, in unison, w-good form emphasized
discuss when in game the good stance is needed

Whistle-Pt. Drill: full spd., start w-15 sec. intervals & build up

Denying the Inside Pass: 3 permeter off. players, 1 off. post/1 def. post
try to deny ball going to post



shaded area is off. post man's limits

Monkey Drill (for punishment): while doing D slides, slap back knuckles on floor
slap knucks. on every slide

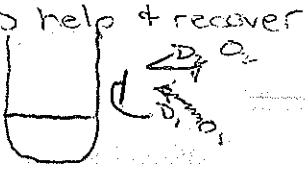
1-on-1 Lane Drills: early season off. makes no fakes
D cannot use hands, use towel behind neck

2-on-1 Half-Court D against Fast Break
teach D not to come too far out; how to fake attacking movements
keep score, 1 pt. for missed shots, 2 for block or steal, 2 pts. on off. for basket

Coach-4-Mouse Passing Drill

Chicken Fight Drill
can put teams out of bounds w-each player numbered
put ball in center circle, call out nos., those players race to ball

1-on-2 Help D Drill
have D on wing let man beat him & have corner D help & recover
when 1st do drill, do 1/2-speed



Nike Coaches Clinic

Mike Rice; Robert Morris University 4/17/2009

- I would first like to Thank Ed Janka and Nike for this incredible opportunity to come here and speak to you today.
- The topic this morning I am going to discuss is **½ Court Pressure Defense**

"Constant Intense Pressure will expose every crack in your opponent's offensive foundation"

Before we get into the way we build our defense just some stats from our last 2 seasons

	2006-2007	2007-2008
Forced Turnovers	415	637
Steals	214	337
FG% Defense	48%	44%
3FG% Defense	38%	31%

Premise of Our ½ Court Defense

The first thing we needed to drill into our players was ball pressure. We want to make people feel uncomfortable. Ball pressure is so important because, as we all know, it disrupts timing of sets, increase the number of bad decisions made by the offense which will hopefully lead to quick guarded shots, TO's and physical and mental fatigue.

We always pick up the ball handler as soon as soon as he crosses half court. As he crosses half court we try and steer him to a side. Once he is on a side we want him to stay on that side and we try with our ball pressure to make him feel as uncomfortable as possible.

1st Drill – Force Sideline and Baseline

2nd Drill – X 1 on 1

3rd Drill – Chair 1 on 1

Even though ball pressure is biggest component of what we do, the thing we drill the most is closeouts. Poor closeouts can break your defense down quicker than anything else if you are going to pressure in the ½ court. When our defense is at its best, our players literally seem like they are flying around the floor, but if we don't close out properly we will give up way to much penetration and it won't matter how good your defensively plan is, people are going to get great shots.

When we teach closing out we force the ball sideline and baseline, we cannot allow middle penetration. Our terminology is that we close out "high and hard". Both hands fully extended over our head and we try and put our chest on their top shoulder. There is how we drill it, and even though we use these drills to teach closing out, we are closeout fanatics in every drill we do. I will assign a coach to watch and yell about closeouts, it is that important to our defense

1st Drill – Closeouts

2nd Drill – Michigan St

3rd Drill – Penn Hills

4th Drill – UCONN 1 on 1

POST DEFENSE

When we defend in the post we 3/4. When the ball is above the foul line we are on the top side and when the ball is below the foul line we are on the baseline side. When we go from top side to ball side we go over the top in case we need to help on a baseline drive. Like everyone we work hard not to give good position in the post, remember we don't really have great size so if we let people catch in there we are going to be in trouble. The other positive in the way we pressure the ball is that we make it very difficult to enter the ball to the post cleanly. We also do a number of different things if the ball is caught in the post, in terms of scrapping, doubling, etc, and we practice all of those things in our shell work. Here is how we teach out posts to defend

1st Drill – Post D

2nd Drill – I Pass Away (Post)

3rd Drill – UCONN 1 on 1 Post

HELP THE HELPER

One of the things that is going to happen regardless of what D you play, but especially when you pressure like we do, is you are going to get beat. We spend a good amount of time working on what happens when someone gets beat on dribble penetration. I think a lot of times we spend so much time trying not to get beat which obviously is important, but we don't spend enough teaching what to do when the inevitable happens. How your team reacts when someone does get beat is the true test of how good your team is defensively. How well does your team scramble?

1st Drill – George Karl

2nd Drill – 4 vs. 3 Closeouts

3rd Drill – Help the Helper Baseline (Crowded Block)

4th Drill – Help the Helper Baseline (Open Block)

5th Drill – Help the Helper from the Top

SHELL

Something that we do and everyone does as well is the shell drill. We do some form of this everyday and we always try and come up with new and different wrinkles to challenge our guys. There are some of our favorites

Position Check

Pass and Screen Away

6 vs. 4

Change and Switch

Other to talk about: Paint Game, Beat Baseline, 1 Dribble in the Gap,

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1 on 1 Drills

Push Sideline / Baseline

- Apply as much pressure as possible without getting beat
- Stay on his top shoulder, no track stance

X 1 on 1

- Don't Retreat once you close out after last cone
- Quick Transition from Offense to Defense
- Again forcing sideline/ baseline – don't get beat middle

Chair 1 on 1

- As soon as you round the chair attack offensive player
- Chest up as he tries to go middle, use feet not hands

Closeouts

- Close out high and hard (2 hands high) mirror the ball
- Your chest on offensive players top shoulder
- No Middle
- Anticipate baseline drive, all not feet no hands
- Close out as far as you have to

Jumping to the Ball Drills

1 Pass Away (Michigan St)

- Close Out high and hard into the ball
- Move on the flight of the ball
- Be in the Gap –Early, Aggressive help to the ball
- No Splits

Penn Hills

- Close out high and hard
- Move on the flight of the ball
- Help has to get to the center line, has all help on baseline drive (outside the lane)
- Close out as far as you have to

UCONN 1 on 1

POST DEFENSE

Post D

- High Side above the foul line, Baseline side below the foul line
- Break Contact and Get around in front
- Middle of defenders chest splits offensive player in half
- If post steps out then go behind, sit on knees if he gets deep in the post

1 Pass Away Post (Michigan St)

- Ball side is fighting around based on where ball is, weak side defense is on center line
- Ball is skipped fight around in post, jump to center line
- Ball side defense has help on all baseline drives, opposite post has help the helper

UCONN 1 ON 1 POST

Help and Recover Drills

George Karl (Pitt Style)

- Coach penetrates and first defender has to help and recover early aggressive help
- Coach swings it and game is live, help up the line active hands on help
- Give your teammate a second to recover

Help the Helper Drills

Help the Helper Baseline

- Posted Block
- Then open block

Help the helper from the Top

- Big has to help aggressively
- Wing has to drop get on top of post player

4 on 3 Closeouts

- Offense must fill the shell spots, three defenders must closeout to ball and scramble
- Must communicate on who is taking the next pass
- All Closeout rules apply, offense can score it and defense must get a stop to get off

SHELL

Position Check
Pass Screen Away
6 vs 4
Change and Switch

(talk about paint game, help the helper, 1 dribble in gap)

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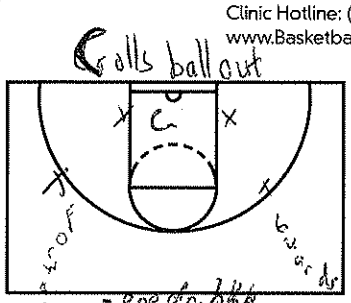

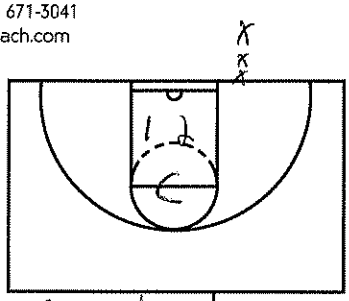

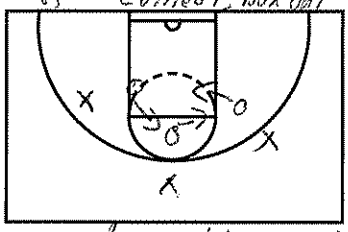

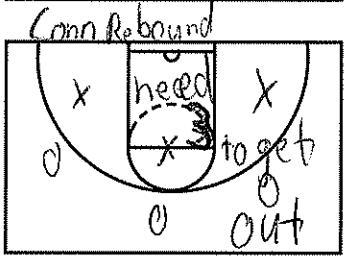

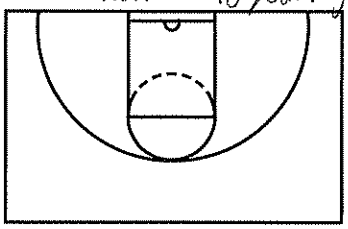

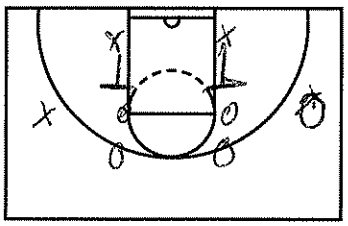

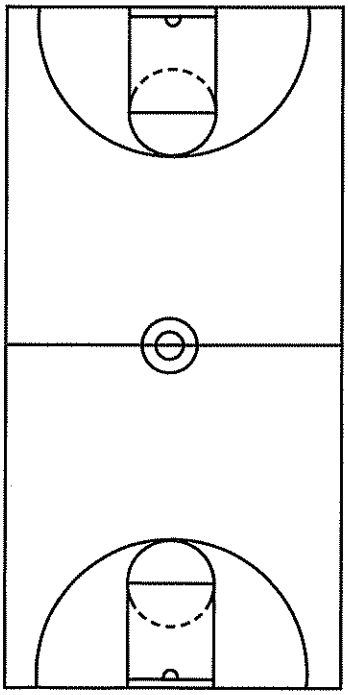

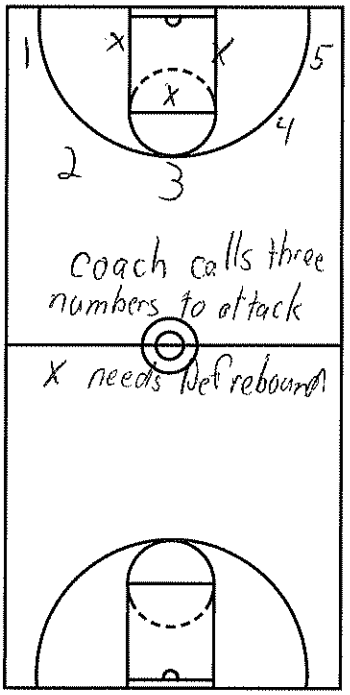

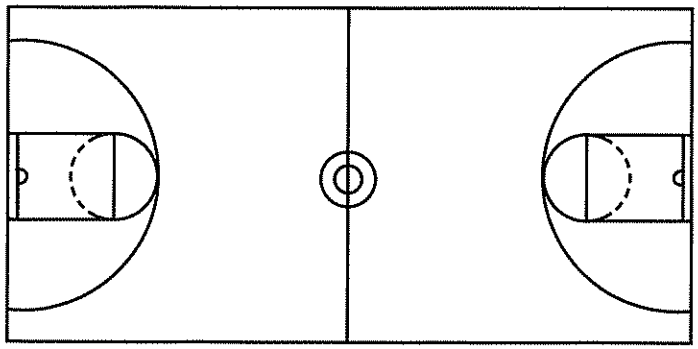

Rapts
C shots ball 1,2 battle for rebound
1 or 2 gets reb. outlets, posts and looks to score, score and new one in.

Run plays through with 3 to glass after shot 2 back.

Knick rebounding
Offense rebounding 2 1 min switch sides
Defense rebounding 1 then cross box outs
w/ outlet for defense

(w/b)
1 min normal
1 min cross
1 min switch (b/w)
1 " " cross

- Post the Man, not the block

- Never go for offense rebounds by laying on Def. Back. Try to hit a shoulder or spin off.

Great Players are made April - Oct
Team Oct - Mar

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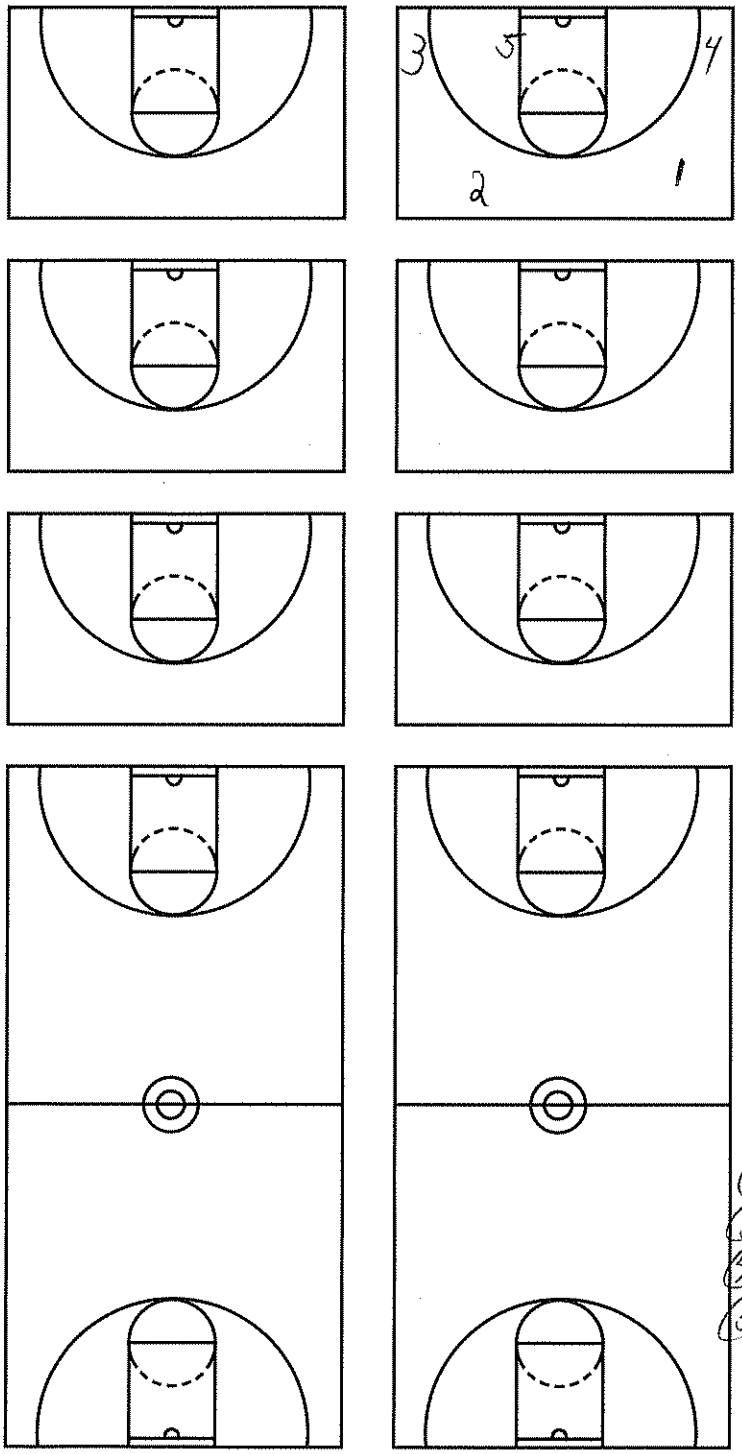

DOM

Coaching
Keys
① Can you say no?
② Demand a lot, get a lot
③ Set Standards
④ Create Family Atmosphere
- Define Roles
⑤ Work hard and make it fun

DOM - Thought
- can you coach with 90 miss lay ups
- No Screens

Points of Emphasis
- Drive to beat your man - designed for dogs
- Space to NBA line
- Create Driving alleys
- all cuts must be high cuts
- 3 or 4th drive or skip pass
successful pass,

- Keys Stat
① - Pts Per Poss
② - Uncontested 3's
③ - Post Ups
④ Mid Range Jumpers
⑤ FT's
opponents stats also

1 must stay away from sideline - needs space

A overplay go through

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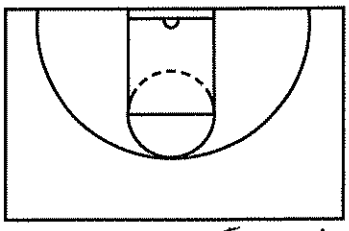
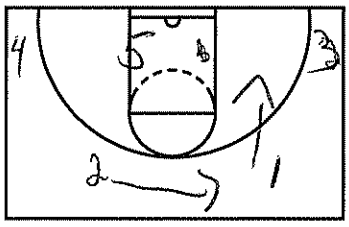
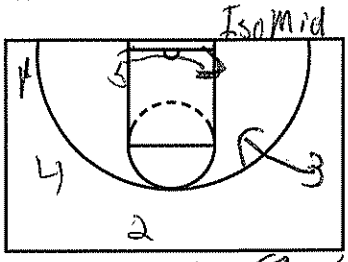
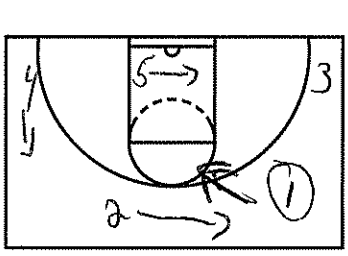


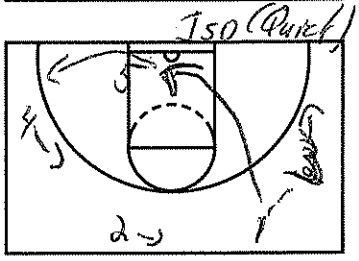


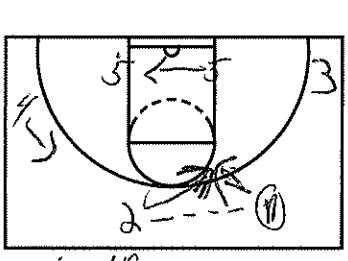
1 Drives R - 2 rotates over
4 moves up
5 seals his man





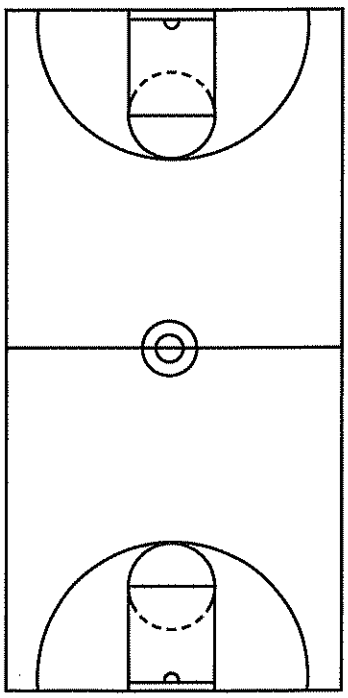
1 Drives L
5 must give lane

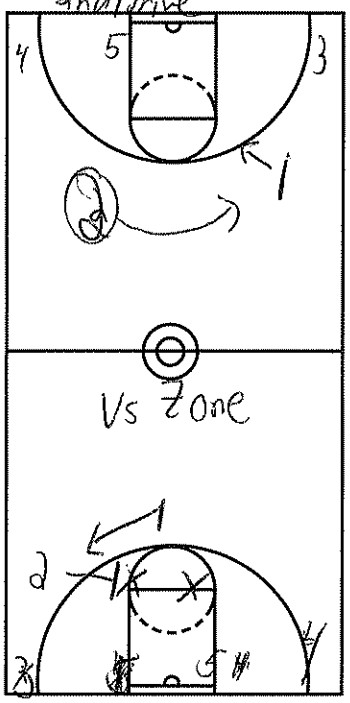




1 passes to 2
1 fills 2 spot's

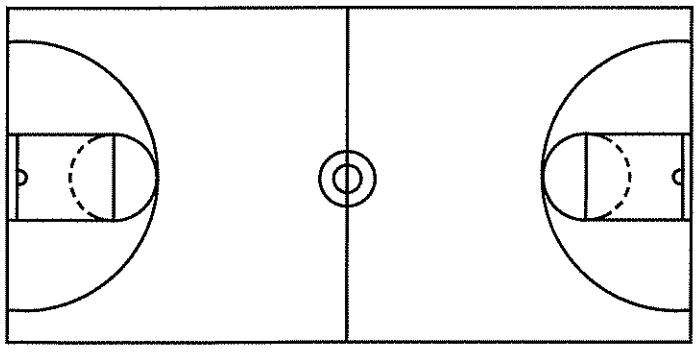
Iso 3 goes mid
5 goes low opp. block





Any Jump Stop on Foul line corners ballside should move up.

2nd Drive
1 drives pitch to 2
2 drives R
Looks for 3 to pass
3 drives 2 gets through



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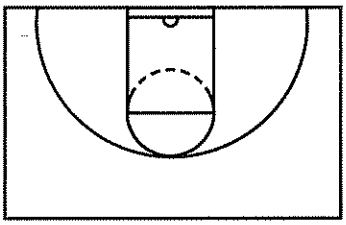
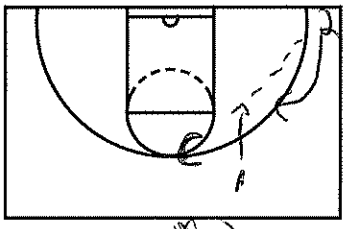
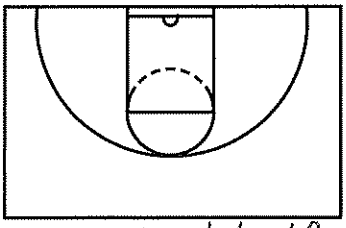
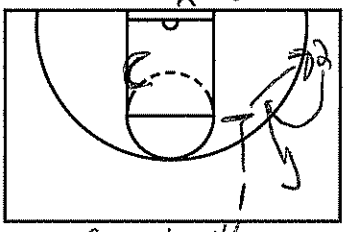




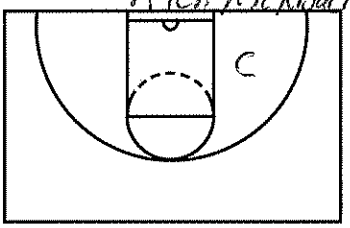
Drill #1
2 must stay corner don't leave early
1 passes to 2
C passes to 1 after he vacates



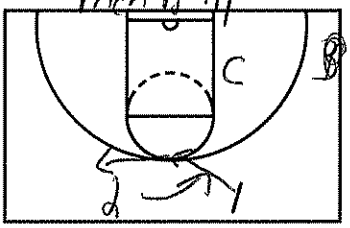


Drill #2
1 kicks
2 drives then Back dribbles
2 pass to 1 jumper
C passes to 2

Pitch KickBack

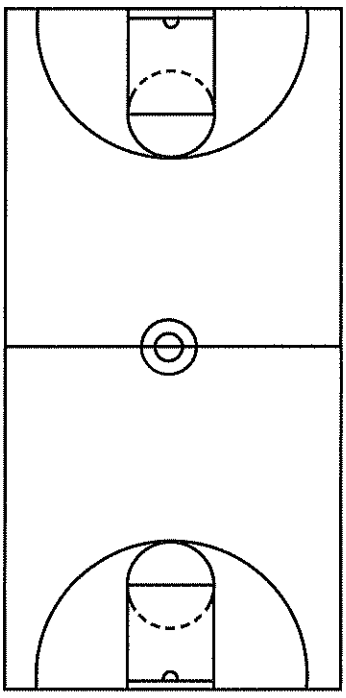


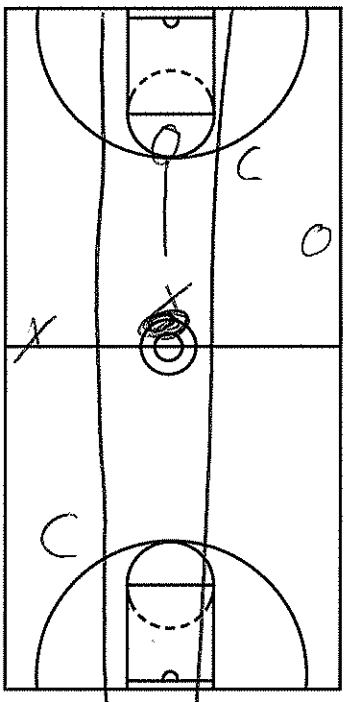
Pitch Drill



Pitch Drill
1 pitches to 2 (layup) - free dribbles
C passes to 1
min

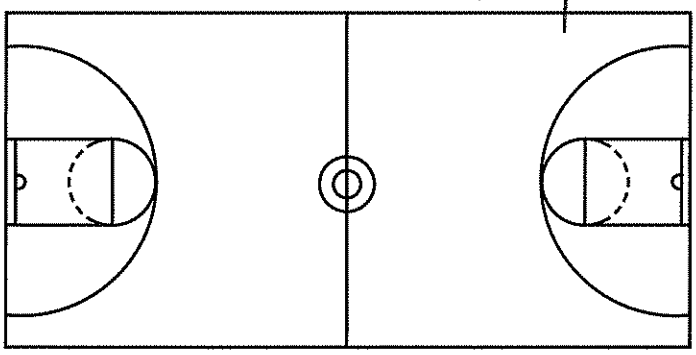
KickBack
2 kick back to 1
C passes to 2





Offense must stay with jump circles
Defense can't move up until Off hit midcourt jump circle

Defense goes to Offense
Coaches inbounds ball to Offense to start drill



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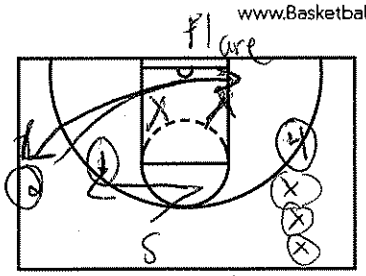

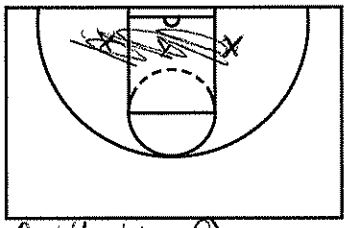

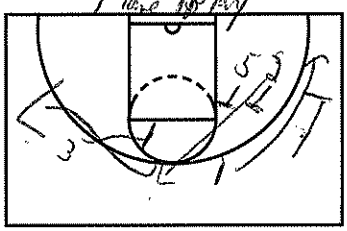

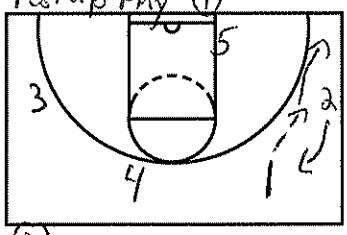

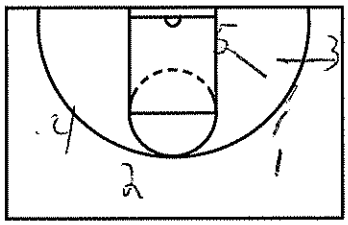

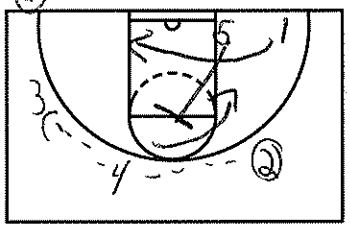

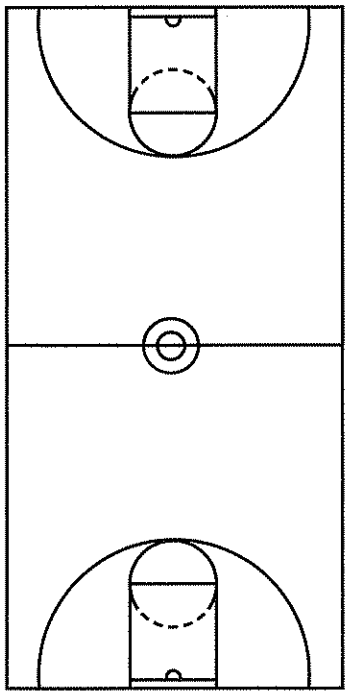

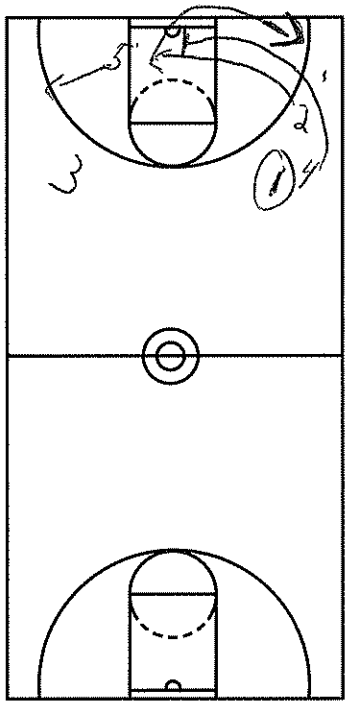

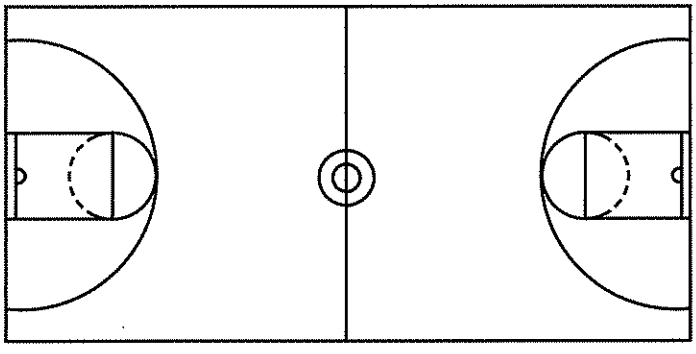

Reggie Miller Shooting drill

(1) Flare (4) 3 point

(2) V-cut to opposite block Then do from other

(3) Corner Jumper

180° - 3pt + free Throw + FG

(9) Diagonal V-cut screen for 3

(10) Diagonal Across Corner 3

(11) Top of key 3

(12) Single Double for Jumper

2 min 55 threes

- Give Players specific roles

- only switch to get deflections and steals

Post Up Play

1 hand off to 2

1 to corner

1 flex Cut off 5 - look for paint touch

5 back screens 4

2 → 4 → 3

Not scoring player should be in passing roles

2-5 Double for 1

2 Flares to top

~~2~~ passes to 4 to 1

4 and Roll

3 screens 2 flares off

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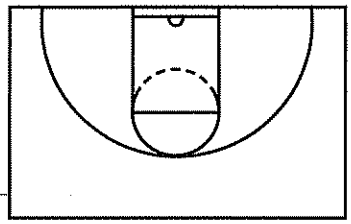
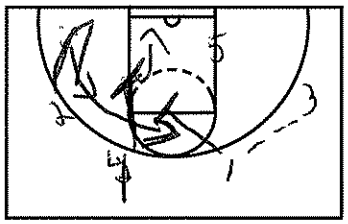
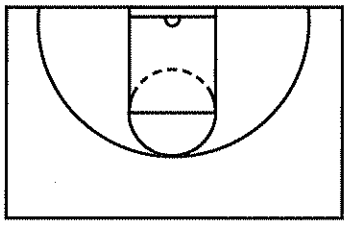
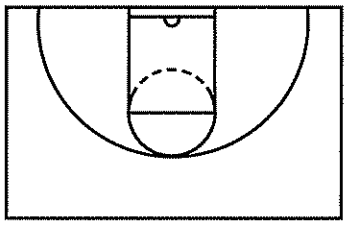
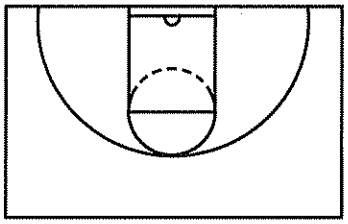


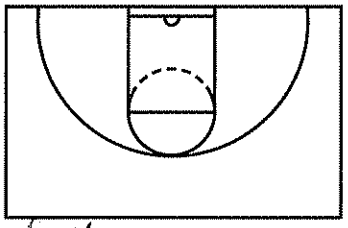


Double

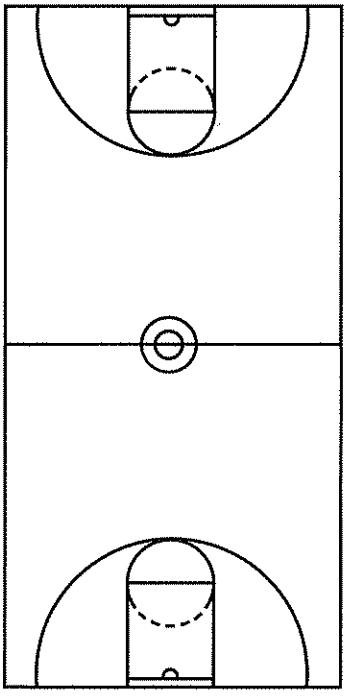


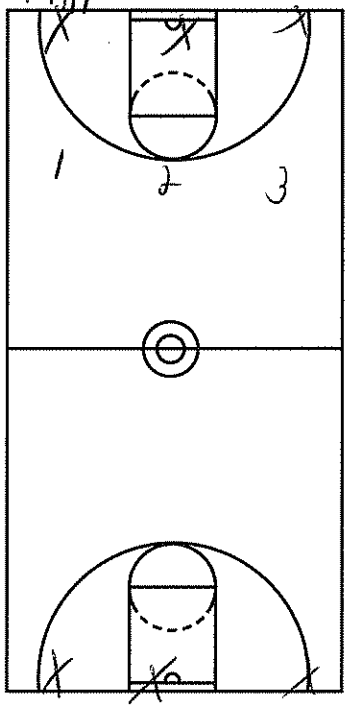






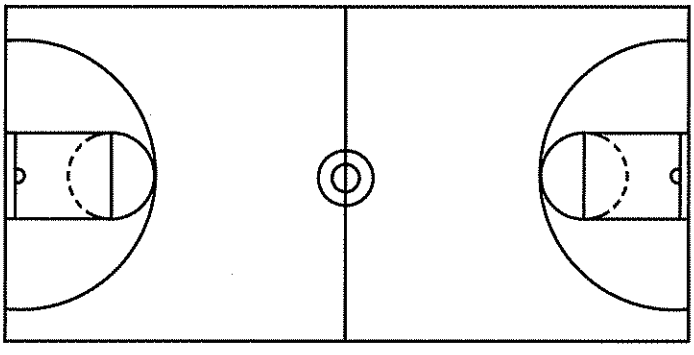
Drill





9 guys - Shooting drill

3 guys get pass from x's
Shot
run to other side, get passes from x's
- continous for allated time



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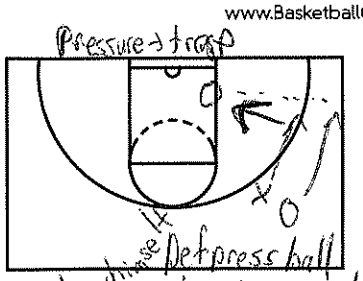
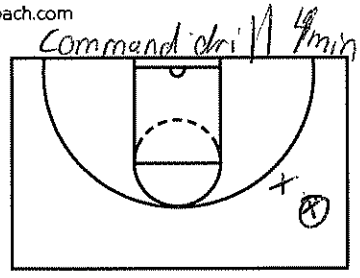
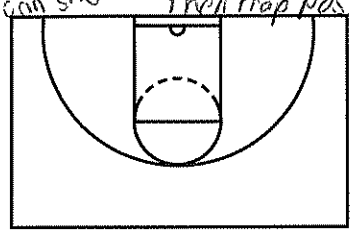
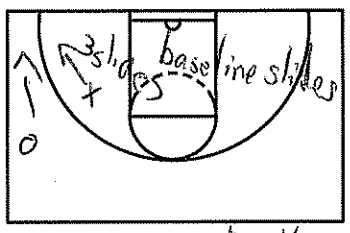
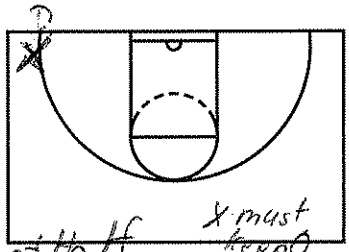
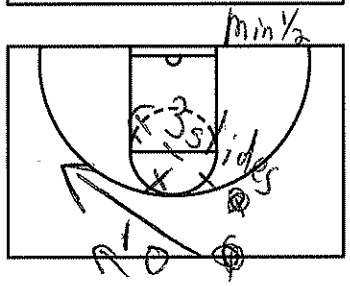


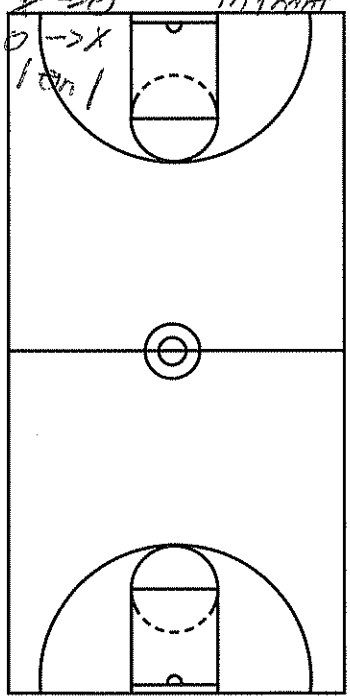


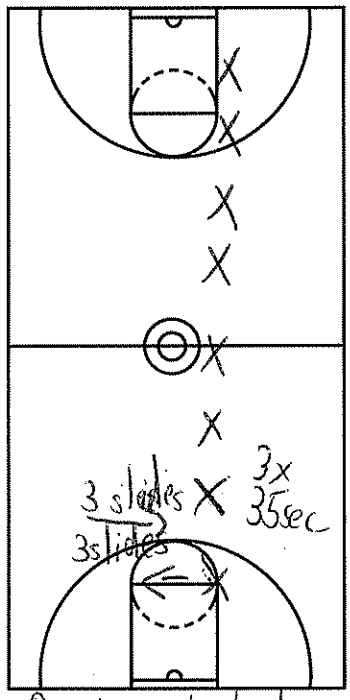




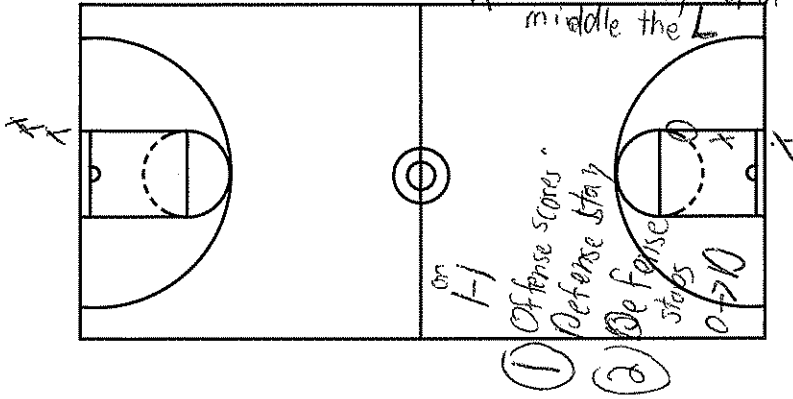








R momentarily stop in middle the L



D Command
- guard the shot
- pass
- take a charge
- foul
- 5 sec call

1st line of Post Defense is guard ball pressure

Stance and shuffle.

- close all gaps
- active feet, hand, MINDS
- guard w/ attitude
- aggressive/disciplined closeouts
- teach how foul w/o intentional foul

* Philosophy - Defense
- must work man + zone

- best player should be best defender
- be consistent + constant
- if you don't believe in something, don't do it.

- Constant ball pressure
- DON'T Foul
- pickup points on make + miss must be the same.
- No layups
  - keep ball in front of yourself
  - sprint offense → defense
- Communication
- No Catch and Shoot - Never Foul Shooter

NIKE CHAMPIONSHIP BASKETBALL CLINIC

April 17, 18, 19, 2009

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Mike Rice



Robert Morris University

"Half Court Pressure"

-Championships in basketball are won with defense. 80% of 1 bid league champions in 2009 ranked either 1st or 2nd in their conference in field goal % defense.

-Had some great opportunities to grow as a coach in his assistant coaching stops. Each one was a very good defensive coach, but all four went about in very different ways.

Mike Deane (at Marquette): Pack Defense defending everything inside-out

Phil Martelli (at Saint Joseph's): Defensive pressure and doing anything to keep offense off balance.

Jamie Dixon (at Pitt): "Thug 'em, Mug 'em Defense." Just tough, hard-nosed defense built through their practices where they do the same set of defensive toughness drills every day from October to March. "You couldn't bring soft recruits to practice because they'd be scared."

Nick Marcachuk (at Fordham): 1-3-1, 2-3, 1-2-2. Loved Zones

↑Learned from all these and began to create his own philosophy (was also blessed with the opportunity to work for the Hoop Group running Eastern Invitational where he would regularly attend practices of the best high school coaches in the East including Bob Hurley (St. Anthony), Kevin Boyle (St. Patrick's) and Speedy Morris (Saint Joe's Prep).

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-Even with all these experiences, the thing that most influenced his philosophy was a 15 minute cab ride. In 19__ while working as a restricted earnings coach at Marquette, one of his jobs was that he would ride with former coach Al McGuire to the airport. McGuire rarely talked basketball, but one quote changed the way Rice though about defense:

"The more they think, the slower their feet"

↑

Defense must be instinctive. You need to engrain the movements you want in your player's heads to the point where they no longer have to think them. You need to make your players instinctive. Instincts are always discussed offensively, but what about defensively?

-Has drilled the idea "If we defend, we have a chance" into his players at RMU

-It's simple: "How can I help my team?" ←As a coach, he needs to make the answer instinctive. The defensive rotations need to be instinctive, everything needs to be instinctive.

-His kids at RMU aren't as tough as he'd like so he's had to demand tremendous ball pressure in order to get possessions over with because he noticed that if the opposing team's offensive possessions lasted beyond 25 seconds, they were most likely going to finish the possession with an open layup because his kids weren't tough enough to defend for the full 35. Therefore, he's instilled tremendous ball pressure in order to get the possession done in 20 seconds.

- Our 5 Rules Defensively:

1. We dictate to you on defensively. We attack

2. Force ball sideline and baseline: our chin on your top shoulder. We don't drop our feet to open up. We dictate defensively what you do. EXCEPT on baseline or at the top of the key where you are chest-to-chest (defense there at the top of the key is so important because that's the penetration that really kills you because it is so tough to help on).

3. Make teams play faster than they want to

4. **Switch 1-4**: You might call us lazy because we don't want to fight through picks, but I just don't think I have tough enough or smart enough kids at my level to get through screens. We switch everything – downscreens, backscreens, ballscreens, dribble hand-offs. You need to be strong and athletic to play this (2 things we emphasize heavily in recruiting). Tough kids are so rare today.

5. **Energy + Intensity**: We have to have it.

-So important for us (and any defense) is containing dribble penetration because without having to help and rotate, it will be a much better defensive possession.

-We heavily emphasize closeouts (and mirroring the ball) because a. good closeouts prevent the offense from passing and reversing the ball with fluidity and b. if we get one great closeout, BAM, the offense is back to zero and everything they positive they had accomplished prior in that possession is negated because they're cowering with the ball behind their head

-You have to make things fun for your kids. Make everything a game to keep them interested. Whenever someone takes a charge at RMU all 4 players need to help him

-Don't deny wings or any perimeter passes, but instead sit in help.

- Because of our switching we love playing teams that get a bulk of their offense from set plays. It just drives them nuts. I don't want to rely on my kids handling the complexities of dealing with staggers and such so we just switch it.

-Make players talk because a loud defense beats a silent one.

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-Believes it to be truly easier in season to make your team a great defensive team than a great offensive team. Offense is predicated on skill work that's done in the off-season mostly.
-Incorporates the offensive concepts of their next opponent in that day's shell drill.

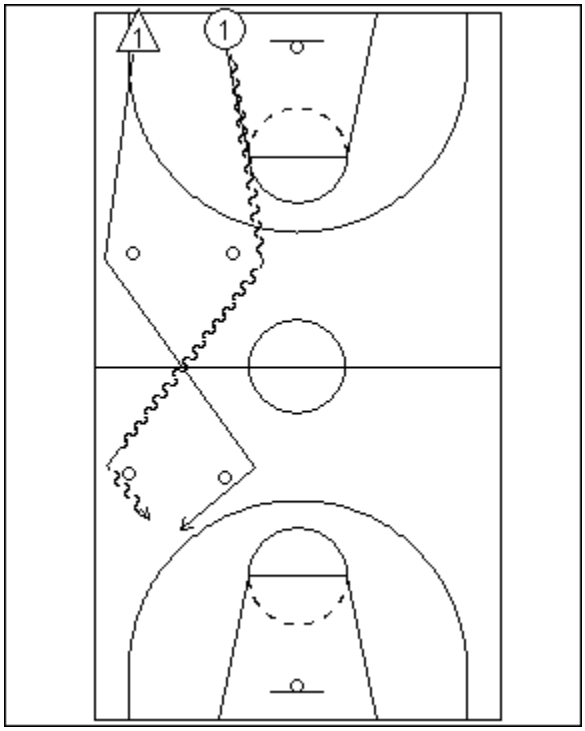
Drills:

-1-on-1 Dribble Advancement (Force Baseline):

Offensive player starts with ball at halfcourt with defensive player in front of him. Offensive player is trying to get middle as defender works to force him baseline. We are not dropping our foot. We FORCE him to go baseline.

- Chair 1-on-1:

2 chairs at halfcourt. Players on baseline—offense at 3 point line and defense on the lane. On Coach's "go," players sprint towards the chair (the offensive player dribbling). Offensive player circles the outside chair by going between the chairs and emerging on the outside while the defender runs outside the chairs and back through. Play 1-on-1, staying on this half of court. We don't want our defensive player to sag into paint. We want to be aggressive defensively. We want to attack.



- 4 Chair 1-on-1 (Fullcourt):

Same as previous drill, but there are now 2 additional chairs in the backcourt and offense now starts inside. The players weave the chairs and play 1-on-1. After throwing to a coach, the players play 1-on-1 on the other half of the court.

- Closeout Drill

Line of players on the baseline with a coach on the wing and a coach at the top of the key. The ball is rolled out to the coach on the wing and the defensive player sprints 3 and chops 3 to closeout (forcing baseline). Player mirrors the ball until the coach puts it on the floor one dribble towards the baseline before coach tosses it to the other coach and player sprints to touch baseline and closeout again. Coach shoots and the player boxes out to finish the drill.

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- Philly Closeout:

Drill starts with a coach on each wing and one defensive player (player 1) in a defensive stance at the FT line with the rest of players in a line underneath the rim. The ball is thrown to one of the coaches and the player from the FT line sprints to closeout. The ball is then skipped and the first player in line (player 2, with head under the rim) sprints to closeout as player 1 drops to help. On the subsequent skip pass the next player in line sprints to closeout as player 2 drops to help and player 1 heads to the back of the line. Repeat.

-Bigs Step Drill:

Drill starts with a coach on the wing and a coach at the top of the key with an offensive and defensive player on ballside block. Rice teaches when the ball is above the FT line his post is on the high side of the offensive player, but when the ball is swung beneath the foul line, the player moves to the low side of the offensive player. The coaches pass the ball back and forth as the defensive big makes this transition. Go 2-3 times and rotate.

-Uconn 1-on-1:

Drill starts with 1 coach at the top of the key, a player in a defensive stance facing him at the FT line and a line of offensive players on each wing. Coach throws ball to one of the wings and defensive player closes out. You need to get a stop to get off. If defensive player gets a stop he heads to the back of the lines and the offensive player is now the man at the FT line. On a score, the defensive man stays on.

-Uconn 1-on-1 with Bigs:

Same as the above, but now the 2 offensive players are on the block and coaches are on each wing. Same rotation concepts as above.

-Michigan State 2-on-2:

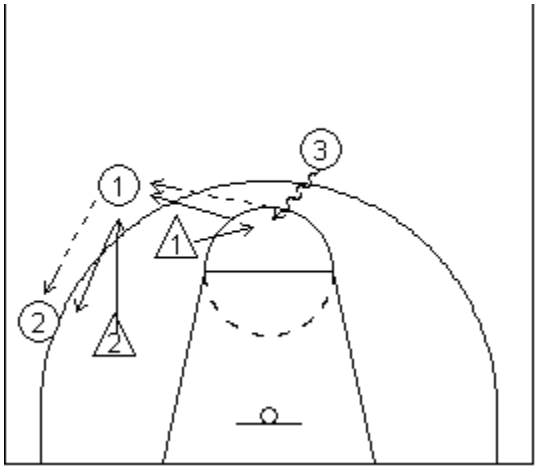
Drill starts with a coach on each wing being guarded by a defensive player. Ball starts with one of the coaches as his man pressures him and the other defender is on the basketline in help. On the skip pass the defender in help sprints to closeout and the other defender now drops to help.

-Michigan State 2-on-2 with Bigs:

Drill starts with a coach on each wing and a defensive and offensive player on each block. On the skip passes, defenders move to the proper defensive position. Enter ball into post if you'd like to play live or simulate double team action.

-George Karl Drill:

Drill starts with a coach at the top of the key and an offensive player on the wing and one in the corner with a defensive player covering each. Drill begins with the coach penetrating to the middle of the defense where x1 is forced to step in to help. The drill focuses on x2 as he is forced to **help up the line** on the pass to 1 and scramble back to his man as x1 sprints to recover. Emphasize helping up the line. X2 sagging back into the lane flat with x2 is NOT help defense.



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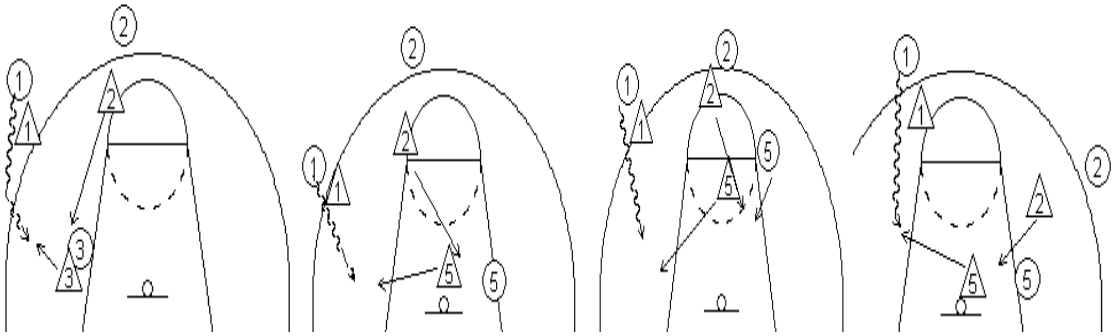
-Help the Helper Drill:

"I HATE working on getting beat, but you got to do it." Runs drill with several variations/formations. All drill variations begin with a perimeter defender being beaten. The post defender is forced to step over to provide help and the other guard must drop to discourage the offensive guard from making the dump-down pass to post (emphasize for the guard to have his hand across post's chest). 4 variations below.



-Wall Off Drill:

Drill begins with an offensive player slightly above three point line and a defensive player facing him standing just below the free throw line. Cones are placed at each elbow. A coach throws the offensive player the ball and the defensive player sprints out to meet him and closeout. The defense must attack the offensive player as the offensive player attempts to beat him off the dribble within the 2 cones. Offensive player can't turn his back on the defender.

-4-on-3 Closeouts:

Drill begins with 4 offensive players around perimeter with 3 defenders creating a triangle within the lane. The ball is passed to one of the offensive players and the 3 defenders scramble to cover. Emphasis is on closeouts as a good one will allow their teammates time to recover. Offense must shoot within 4 passes and cannot skip the ball. The offense CAN dribble.

-6-on-4 Closeouts:

Drill begins with 6 offensive players around the perimeter with the 2 corners manned by a coach/manager/walk-on. Drill is same as above, but limitations are placed on corner offensive players who can only shoot layups or drive and kick to a shooter.

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Billy Donavan

University of Florida



"Utilizing the Three Point Shot vs. Man and Zone"

-We try to gain an advantage at the three point line by creating situations offensively by using it and by taking it away defensively.

↑What is the best way to do this offensively? At my level, get better shooters. At the high school level, get your shooters better.

-A 4 that can shoot it creates so many offensive opportunities for your team (*side note: this was a point that was reiterated by 3-4 coaches over the weekend*)

-Four ways we try to get open threes:

1. Transition- push hard for early threes.
2. Dribble Penetration- drive and kick opportunities.
3. Post Kickouts- passing out of double-teams followed by ball reversal.
4. Offensive Rebounds- best time for open threes. Bigs feel that they're entitled to shoot the ball off of an o-board, but this is a great time to find a shooter sprinting to spot up in an open area.

-The more you force the defense to closeout on you, the greater chance you have of getting to the paint. So, your thinking offensively should be "how do I create closeout opportunities?"

-Loves the flat ball screen because defense has to go so deep under them to get through and because if the ball screen is overplayed, it is so easy to switch the angle to catch the defense.

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-Wants to keep the ball in the "alley" (middle of the court between the two elbows) because it prevents teams from establishing helpside.

Transition ideas:

-A team changing from offense to defense is one of the most difficult things in basketball. **Exploit this!**

-On a miss, free-for-all, score as quickly as possible.

-On a make, we want the ball the inbounded as quickly as possible by whichever big is closest to the ball and we want the ball advanced up the floor as quickly as possible as well. In UF's practices, ball isn't across half court in 3 seconds it is an automatic turnover.

-No set lanes, he wants his players to play. He asks his wings to run their lanes as wide as possible and sprint up the floor. If the two happen to be on the same side, it's the 2nd player's responsibility to call "push" and send the first wing through to the other side.

-Random ball screens: If our first big down the court is behind the ball or not in position to get the ball in the low post in transition, it's an automatic flat ball screen for strongside wing (trailing big can run in to set a double).

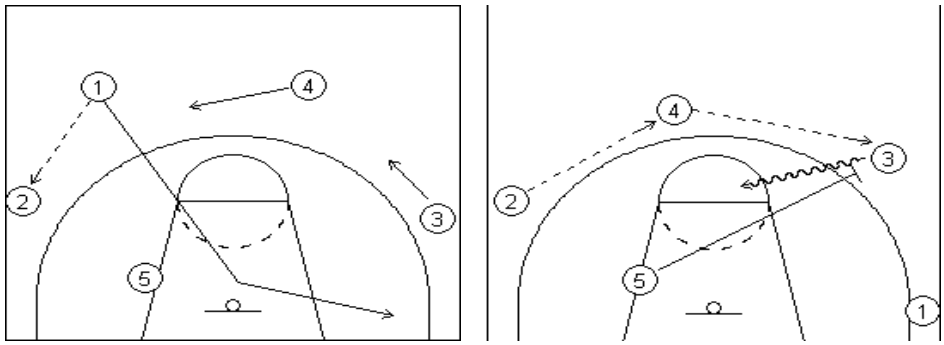
Drills:

-LMU :35 Drill:

Goal is to score 5 layups in 35 seconds. Drill begins with 5 players rotating in a circle. The ball is scored by a coach and the players sprint to transition. Progression: 1. Advance pass to wing 2. Advance pass to opposite wing 3. Over the top pass to big rim running 4. Pass to trailing big followed by a drive/wide pindown by trailing big followed by a seal 5. Ball screen for point guard by trailing big for layup.

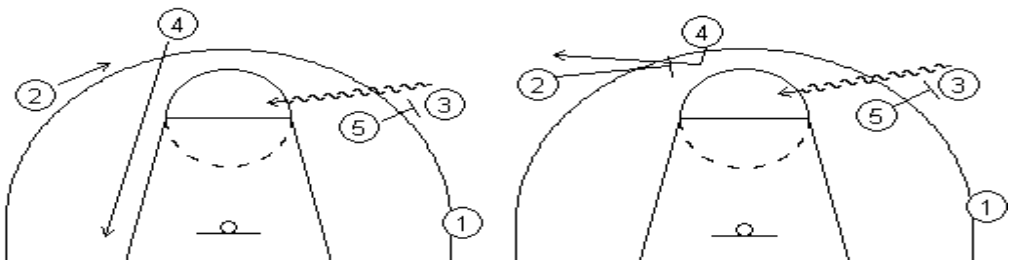
Diagrams:

"Flat" 1 advances to 2 and runs through. The ball is reversed to 3 as 5 runs to set a flat ball screen on wing.



With a non-shooting 4, on the weakside of the court while this ball screen is occurring, 4 will sprint to the short corner and be prepared for a dump pass from 3 on penetration as 2 lifts. With a shooting 4, 2 will set a flare for 4.

Non-Shooting 4 Shooting 4



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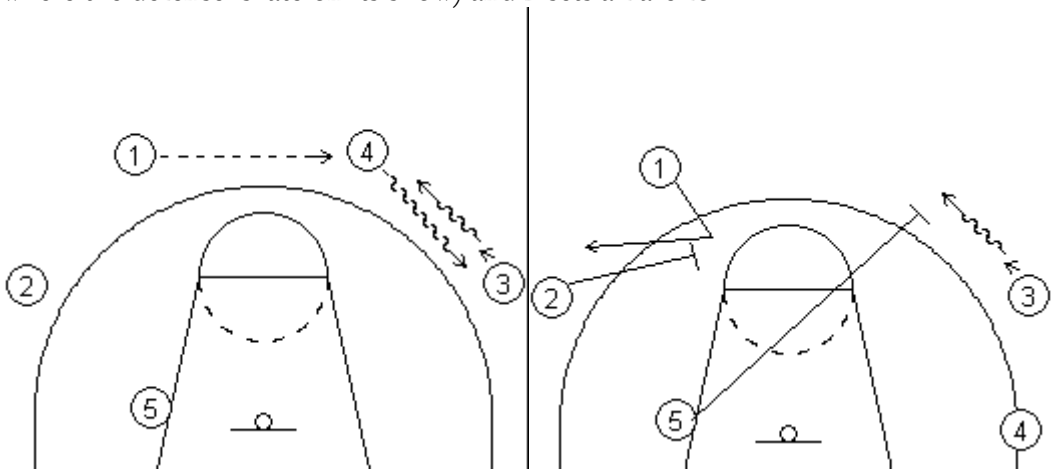
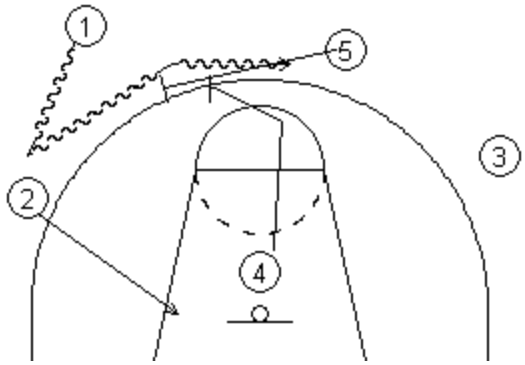
"Dribble"

1 passes to trailing 4 who executes a dribble-handoff with 3. 4 fades to corner, 5 **sprints** to a ballscreen (emphasized the importance of sprinting to ball screens and creating a situation where the defense is late on its show) and 2 sets a flare for 1.



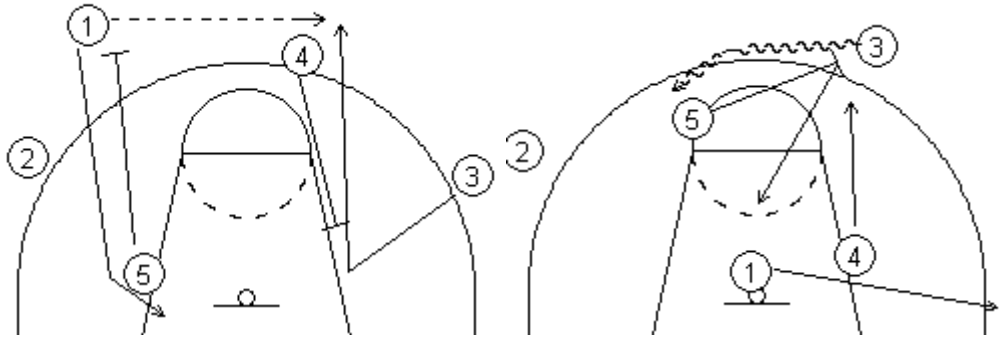
"Double"

Play can be run with either 1 or 2 being the ball handler. Diagram shows 1 sending 2 backdoor, but play can be run with 1 and 2 executing a dribble hand-off.



"Down"

Trailing big sets a wide pin-down for 3 who receives a pass from 1. 5 sets a back screen for 1 (who goes through to the corner) and then steps up to set a ball screen for 3 who attacks the middle of the floor.



"Down Out" is the same play, but 4 heads to the corner after the pin-down and 1 runs the fill on the ball screen (circling up behind the ball screen in accordance with 5's roll

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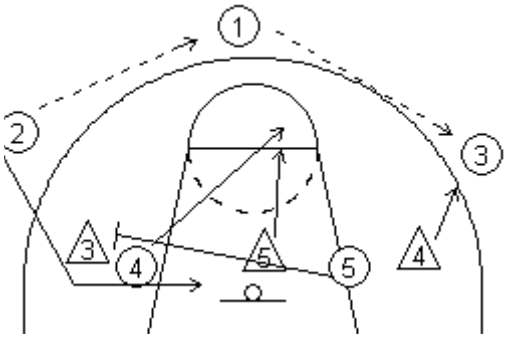
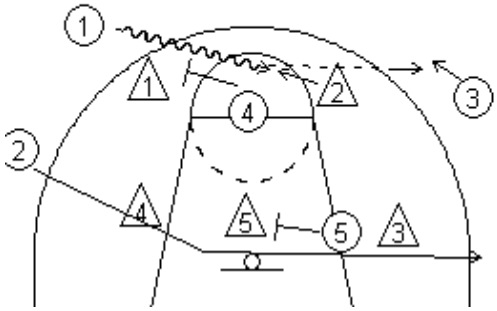
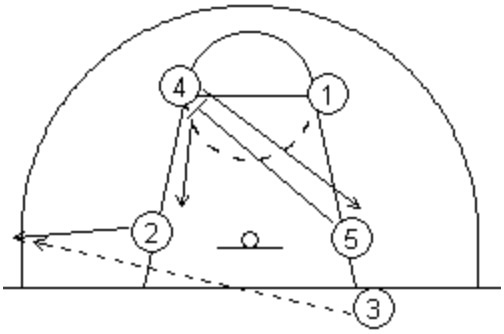
-Zone work:
1 dribbles down right side of court and receives a ball screen from 4 stepping out of high post, causing the other top defender to step in. 2 is running a baseline cut (with 5 screening the middle defender) as this is going on and on 1's kick to 2, x3 is left to cover both 3 on the wing and 2 on the baseline.



Lob play versus zone: ball is advanced to 2, but he swings it to the top and 1 reverses the ball to 3. 4 flashes to the high post, causing x5 to step up, while 5 runs and sets a back screen for 2. 3 should be your passes while 2 should be your best athlete.



-BLOB play versus 2-3 zone for three: 5 sets a diagnol for 4 who sprints to ballside block as 5 rolls to weakside block. The key though is 2 who kicks out to corner and will be left unguarded by the 2-3 zone as the middle defender will protect against 4's cut and the weakside guy will cover 5's roll.



Three Point Shooting Drills:
-Wave Drill: 4 lines of 3 players underneath basket on the baseline with every player in the middle line starting with a ball. The first group will begin the drill with the player in the middle of the lane passing the ball to the man to his right who passes it back to the middle who throws it to the player to his left. When he crosses halfcourt he begins dribbling and the two wings spot up at the three point line. He delivers a chest pass to either side with the opposite guard getting the rebounder and the passer filling the rebounder's line. They now form 3 lines on the baseline underneath that hoop. The next group would have started going as soon as the first group passed halfcourt and so forth with the 3rd group. They continue with this for 2 minutes with the goal being 20 makes.

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-Flood Drill: Similar to the last one, but now there are 3 lines of 2 players under both baskets on a court. On coach's go, the middle player dribbles the ball up the right lane line with his right hand before throwing ahead to one of the wings running with him for a spot-up three. Both sides go at the same time so make sure you designate which side is running outside and which side is running inside on the perimeter lanes. The next group goes as soon as the previous crosses halfcourt.

-Detroit Shooting: 3 lines underneath one basket with a ball in the hands of the first person in the middle lane and the 2nd person in each of the perimeter lines. The first three will proceed down the court via a 3-man weave. Down at the other end will be 2 players, one in each corner, with one ball each. The 3-man weave will finish with a layup, but the other two players will receive passes from the 2 corner players who then join the player who shot the layup in a 3-man weave back the other way. Continuous.

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Tom Pecora



Hofstra University

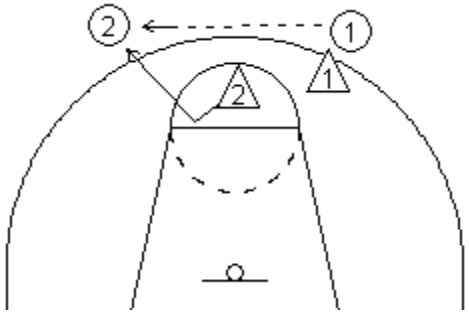
"2-3 Matchup Zone"

-Loves to switch defenses within a possession: go man-to-man first 25 seconds then throw go zone as the shot clock hits 10. So often you will catch a forward with the ball in his hands at the top of the key who freaks out in trying to get it to a guard that the clock is at 4 or 5 by the time everything settles in. Serves as a talent equalizer.

-Fronts all bigs because so few guys these days are able to make the tough entry lob pass over the front

-Has tape all over his practice floor of Offensive Sweet Spots (places we want to get the ball to offensively) and Defensive Pressure Points. There is a line taped running from rim to rim that he calls the Load Line (weakside guard is told to "load and look away" to keep an eye on a shooter on the weakside)

-Hofstra's philosophy is that you will have to beat us over the top with contested jump shots because we defend everything inside-out. Teaches the "defensive v-cut." Every jump they make to the ball on defense is a v-cut as the player drops beneath the ball before closing out (rather than in a straight line).



-Had the pleasure of being able to attend New York Jets' coaching meetings with their training center located on the Hofstra campus. Witnessed their tremendous use of terminology and the way they moved their players around in military-like fashion. Pecora believes that you need to have a football mentality as a defense.

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-Believes in simple one-word commands ("Ball," "Bump," "Flash")
-Doesn't buy you can't rebound out of a zone or the long-held belief that you go zone when you're big. Believes that some of this best zone teams were actually undersized.
-It's invaluable to have a smart and vocal middle player in the back of the defense that can direct traffic.
-The high post can kill matchup zones so defensively he emphasizes keeping the ball out of there (offensively against a matchup zone, Hofstra will put their 2 right at the high post and allow him to make plays). When the ball does enter the high post while Hofstra is running match-up, their center steps up to take him and calls "match" as they now revert to a man-to-man defense.
-Responsibilities:

Back middle: Any offensive ballside post.
Weakside forward: Any overload (flash to high post)
Weakside guard: Inside hand deterring the high post pass

-Plays ball screens like a man-to-man going under the screen (continuing the philosophy of playing inside-out).
-Wants his guards to be in "early help" where they're foot faking at ball handler. They're not coming to help, but they want you to think you are.
-"The majority of bad coaching is overcoaching"
-Don't let them throw the ball through your defense. Make them throw it over or around you (sidenote: this was also a point stressed by several coaches including Darin Horn and Bob Huggins throughout the weekend as a point of emphasis for the defense).
-In the matchup zone we cannot allow the ball to get to the middle of the floor, either by the pass or the dribble. ("Syracuse does this better than anyone because their length forces you to make plays going baseline).

Talent Equalizers (mixing up defense slightly to throw opposing offense off):

-Splits: go zone first 25 seconds of a possession then switch to man or vice versa.
-Crush: double the ball if it enters into the corner.
-Blitz: blitz ball screens.
-Porch Crushers: double team a short corner catch.
-Inversion: bring forwards up to man top positions of 2-3
-Thumb Up: a 1-3-1 halfcourt trap/2-3 matchup zone hybrid where they blitz the first pass made in the halfcourt.
-Thumb Down: a 1-3-1 halfcourt trap/2-3 matchup zone hybrid where they blitz the dribbler as they cross the time line.
-Big Thumb Up/Down: place your best athlete at the top of Thumb Up/Down.

-Loves these looks because they're something you can do early in the game to discourage something you don't want the opponent doing (Crush until the first media timeout can discourage the team from going to the corner all night) or you can save it until late in the game for a key possession to surprise the offense.

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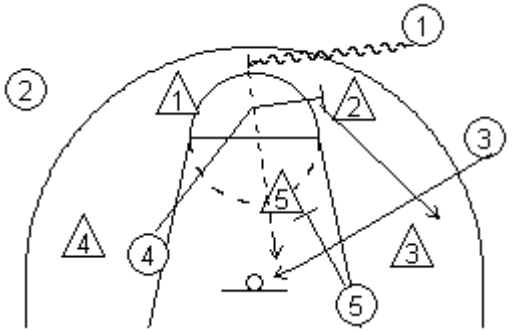
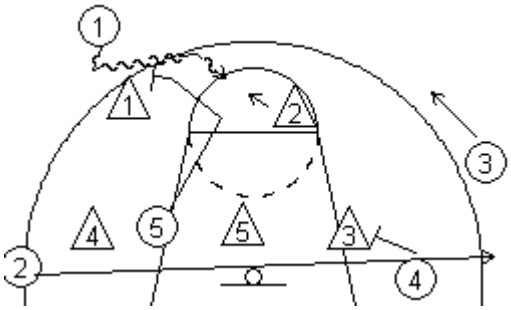
-A week before practice begins, he calls a coaches retreat where he rents a house on Long Island and meets with several former head coaches on Monday night. On Tuesday morning, Pecora leaves and his assistants meet with one of the coaches. From Tuesday night on it's just him and his staff for 2+ days. Got the idea from Rollie Massimino and believes it to be great for bonding.

Zone Offense Looks:

"Wiggle" lob play
1 drives off 4's ball screen into the middle of the floor as 4 pops to the corner. Just as 1 clears the ball screen, 5 steps up from the short corner porch to set a back screen on x5 (x3 should be hung up on 4's pop to corner)



"Ram" for Three Pointer
1 drives off 5's ball screen as 2 (best shooter) sprints baseline as 4 screens the weakside forward. Creates a 2-on-1 situation with 1 driving to the middle of the floor with 3 on the wing and 2 in the corner.



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Mark Few



Gonzaga University

"Man to Man Offensive Concepts"

-Started as a high school coach then took a graduate assistant job at Gonzaga for no pay. He was single and could afford to be broke for a couple of years.

-Took over Gonzaga in 1999 and for much of his first 5 years the Zags were a motion/flex team, but as they started receiving national exposure, their recruiting expanded and their talent improved. With the improved talent, they began running more sets and more 2-man game.

-Benchmarks they want to hit (they will post individual's numbers and the team average in the locker room): 50% FG 40% 3PT 75% FT

-They also stress offensive and defensive efficiency with an offensive goal of 1.15 or more points per possession and a defensive goal of limiting the opponents to .9 points per possession or less.

-Offensive Concepts:

1. Attack: Whether it's coming off the rim or out of the net, they are attacking and getting the ball down the floor as quickly as they can to put pressure on the defense. They want GREAT shots early in the clock. Few firmly believes that an open three early is often as good of a look as you'll get all possession.

2. Get to the Free Throw Line: The most underrated aspect of offensive basketball as roughly 25% points scored in division 1 basketball are from the free throw stripe. They have 2 goals surrounding this: make more free throws than the other team attempts and to be in the bonus by the 2nd media timeout (8 minutes in)

3. Limit Turnovers: Worst thing you can do offensively is turn it over because it allows you no chance for an offensive rebound or a chance to go to the FT line.

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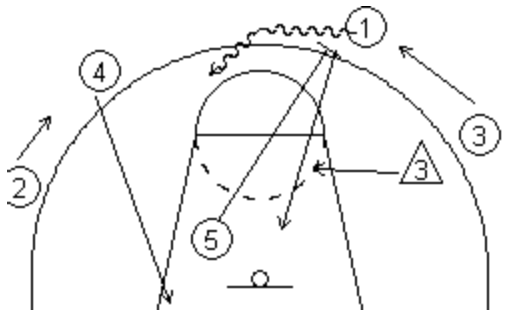
-To stress the importance of taking care of the basketball they will start scrimmaging in practice and have a ball rack on the sideline at practice with x number of balls on it. With each turnover the players commit, the ball is thrown away and they take a new one off the rack. When the rack is empty they stop scrimmaging and run for the remainder of the time.

Ball Screen Offense:

-Requires great spacing, utilizing the corners, and the ball handlers must slow down and read each screen. No two ball screens are the same; you can't setup a screen thinking "I'm going to turn the corner for a pull-up on this" or "I'm going to split this." You must read the defense and take what the defense gives you.

-Doesn't like his guards to split the high hedge because it's such a high-risk move. Would rather have them "Stockton Pivot" when trapped hard, pivoting off your inside foot and moving your high leg past the guard and throwing a bounce pass to the roll man.

-The Fill Guy is as important as the ball handler or the screener in a ball screen offense. In diagram to the left, 3 is the fill man. As his defender drops to help on 5's roll, 3 fills up back behind the screen. A good fill forces defenses to be honest with their help. Switch your fill guys as defenses begin to become comfortable with their rotation. A 4 that can shoot in this fill spot is extremely dangerous as the opposing 4 will have fits providing help and getting a hand up. Tells players that if you see the ball going away from you on a ball screen you can't stand, you're the fill guy. Move up the court behind the spot where the screen was set.



-Whenever a ball screen is going on one side of the court, the two players on the weakside do not just stand. They will run an exchange or a back screen, some kind of movement to make the helpside defenders think and move. They love an exchange with the corner moving up the court, but making a hard dive to the rim as soon as he gets to the wing.

-Emphasizes a dead sprint to ball screens by his bigs.

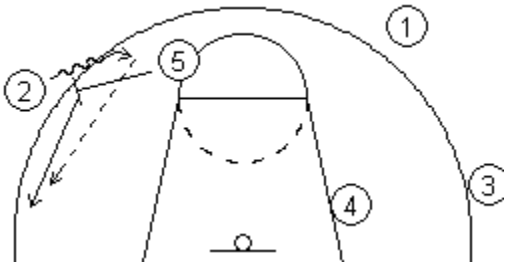
-Run 2 different ball screens: Regular (chest to sideline) and Flat (If you guess and show on one side, the big will just pivot to switch the angle and you're burned).

-Majority of ball screens they run will have the opposite block filled with a post who is stepping in hard in front of his defender as the ball handler is clearing the screen.

-Goal on every ball screen: get a piece of the paint.

-Can only pick and pop when there is an open corner→

Here in this diagram, the big can pop to the corner because there are only 2 people on this side, but on the diagram above, it has to be straight roll because of the 3. 4 would duck in hard as 3 and 1 would replace.



-1st pass of a ball screen is either a catch-and-shoot situation or a quick swinging of the ball. This isn't a dribble opportunity, it's either shot or swung.

"Regular"

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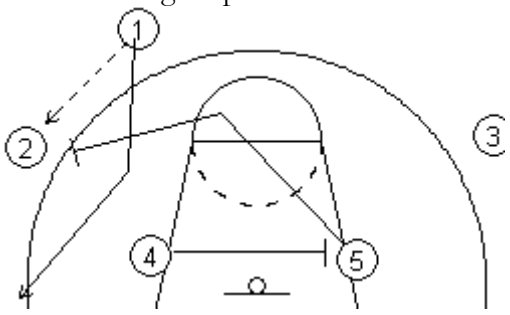
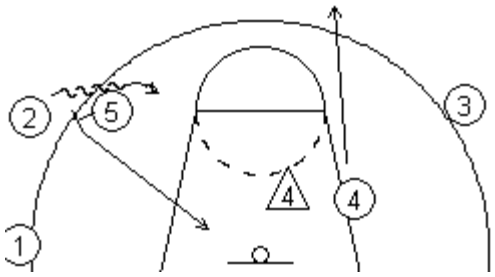
1 passes to wing and cuts through to ballside corner. 4 screens across for 5 who sprints into ball screen. 2 drives off ball screen as 4 pops to lane line extended and 5 rolls. This is especially dangerous with a shooting 4 man as x4 is stuck with the dilemma of helping on 5's roll or leaving 4 open.



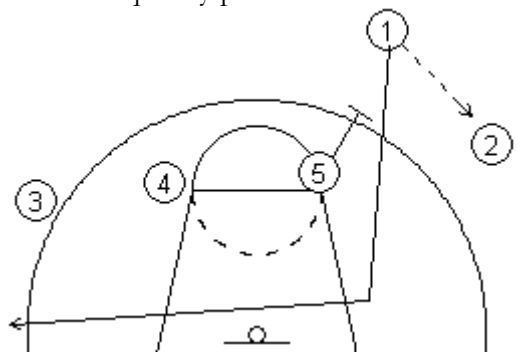


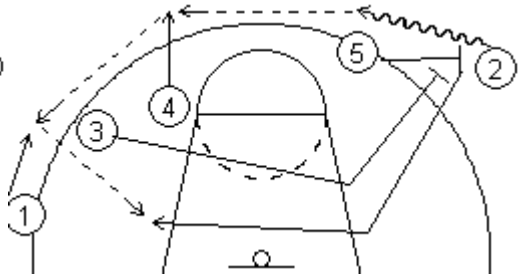
-Against a hard show:

Offense starts in a 1-4 high set as 1 passes to a wing and rubs off the post for a UCLA cut and proceeds through to weakside. Post who set the back screen steps into a ball screen for wing.

Option 1:

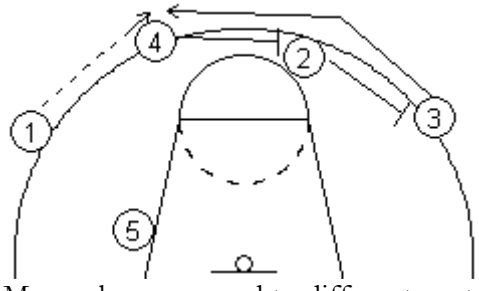
As this is happening, 3, the weakside wing, sprints to set a back screen for 5 after he ball screens.1 quickly passes the ball to 4 who hits 5 streaking to the block for a post-up.



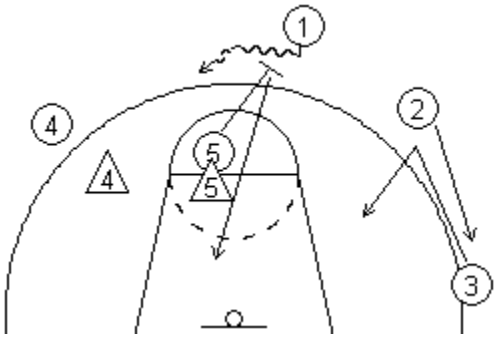


Option 2:

2 and 4 set a stagger for 3 (back screener for 5):



-Move players around to different spots. Test their preparation. If they've decided they want to "X" their bigs on ball screens. Put your 4 on the side the ball is being dribbled to off the ball screen. What do they do?



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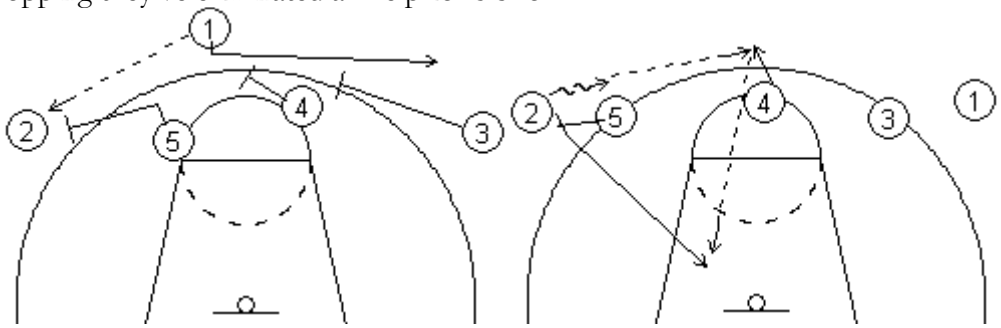
-"Eliminate Help"

Offense starts in a 1-4 high set with 1 bringing the ball down the middle of the floor. 1 passes to 2 and then receives a double flare from 4 and 3. 2 dribbles off ball screen and passes quickly to 4 who has popped to the top of the key. With the double flare and the 4 popping they've eliminated all help for 5's roll.



-Versus a switch, they will roll a big hard into the post and see if the guard can cover him.

-Versus hard traps, they will screen for the ball screener to make it so the trap is late showing.

-Anytime a big catches the ball up top it is an automatic pass and follow with a ball screen.

-Big component of pregame preparation is "How do they play their ball screens?"

-Big problem with players leaving ball screens too early, before the screen has arrived.

-Begin teaching ball screen actions in 2 person groups before moving to 3 and eventually 4 and 5 players at a time.

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Darrin Horn



University of South Carolina

"The Gamecock Defensive Philosophy with Drills"

-Two Defensive Keys:

1. What is our identity?

   It doesn't matter what it is necessarily, it just matters that you have one that you and your players firmly believe in. "What do we want to be about?" you have to ask yourself and it needs to be something that you and your players say "This is who we are. This is what we hang our hats on."

2. What are we willing to live with?

   Every defense has a fallback. We want to pressure you the length of the court and because of this, we will give up some easy layups. So, you must ask yourself "What are you willing to give up?"

-Two non-negotiables we have in our program:

1. Don't give up middle
2. Pressure (length and versatility are a must for us)

-At South Carolina they aren't very technical, it's more of a matter of "Just get it done." Because of this, as much of their drills is about creating a mentality than anything else.

-How do you measure yourself defensively?

South Carolina: Deflections, anytime you get a hand on the ball in any way. We need 40 a game to be successful. That's our number 1 goal defensively every game.

-What we believe: play hard and play with trust that your teammate will be there to help you.

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-Teaches an open denial stance learned from his college coach, Ralph Willard (who spoke later in the clinic). In the open denial stance, the defensive player is up in the offensive player's chest and the arm closest to the defender is extended (rather than the traditional denial stance with the arm closest to the ball extended) with the defensive player's body open to the ball handler. Player is one step off the passing lane and they will do this out to the NBA three point line. Players find it awkward at first, but they learn to really like it as it gives them a better chance at help and prevents the backdoor more effectively.
-Believes that there isn't an original idea left in basketball. Every scheme or thought is stolen or modified.
-In order to avoid confusion with his kids he calls the two transition periods, "Transition Offense" and "Conversion Defense."
-The method we take in instilling our defensive philosophy is whole-part-whole. We'll show them everything, break it down and then build it back up.
-We do work early to keep the ball out of the middle by our point guard pressuring the ball handler in the backcourt. We teach him to retreat back to the halfcourt circle until another guard passes then attack handler to force him sideline.
-The man covering the inbounder (or the man who jammed the man on the rebound) getting to the level of the ball and discouraging the middle drive.
-Another thing we want to take away is the quick advance pass up the sideline.
-Every drill, everything we do defensively has to be loud. There needs to be a talking aspect to everything we do.
-The most important steps in conversion defense are the first 3.You must sprint these out.
-We want you to be aggressive defensively. That doesn't mean reach and gamble, but you have the freedom to try to make plays in our system.
-Best way to slow offensive movement (besides having 6'8" athletes): have active hands.
-If you're going to pressure and trap, you CANNOT give up straight line passes. The lofted or tipped pass gives your defense time to recover.
-When trapping, don't reach, but be physical with your lower body. We can't afford to be split in our traps and we MUST sprint out of our traps. The best trap does us no good if we're walking out of it and the offense can do whatever they want after.
-Love 1-on-1 drills because it instills toughness and it forces you to find a way to stop the other guy, there's no hiding in a 1-on-1 situation.

Drills:
-Loves to do defensive stations at the start of practice: 3 different drills with 1 coach teaching each. 8 minutes on the clock then rotate.
-5 man weave → 3-on-2 → 2-on-1: Passer and shooter are the two defenders in the 3-on-2 situation. Their goals must be to force the offense to pick a side and to make the offense throw at least 2 passes because anything more will have help coming. On 2-on-1 the player must get deep in the lane (Tell them to run all the way to the rim because too many players stop at the free throw line on this).
-Fundamental Defensive Drill: A manager/coach starts with the ball with a defensive player just behind him. Defensive player must scramble to get in front of the ball. Coach passes the ball to a coach situated on the right wing as the defensive player jumps to the ball. Coach heads to the block where he is fronted before going away. Defensive player is now in help

until the ball is skipped to another coach on the other side and the defensive player moves into the open denial stance. Ball is shot, defensive player boxes out and the drill is done.
-1 Minute Drill: a 4-on-4 drill which begins with 1 minute on the clock and the defense needs a full minute of good defense to get off the court. If the offense scores or there is an offensive rebound or if the coaches just see something they don't like ("a stop isn't the ball not going in the hoop. A stop is defending an entire possession the way we want"), the clock is reset back to 1 minute. This can go as long as a coach wants it to (record is 37 minutes). This is a great drill for showing the players that defense is about competing and stopping the other guy from doing what he wants to do than it is about fundamentals.
-1-on-1 Cone Drill: as shown in Mike Rice notes.
-Loose Ball Drill: Every loose ball needs to be ours. Drill begins with 2 players on each lane line at the baseline. Coach rolls a ball out, player who picks up the ball is on offense. 2 dribbles max.

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Oliver Purnell



Clemson University

"Basketball Fundamentals & Offensive & Defensive Strategies"

-Had the opportunity to work with Larry Brown, Roy Williams and Gregg Poppovich on the Olympic staff in 2004 and he treated it like a clinic and tried to learn as much as he could from those guys.
-The main thing he took from Larry Brown was the importance of communication. Brown always said that Rasheed Wallace was the best defensive big he's ever coached because he communicated so well.
-Because of this lesson from Coach Brown, Purnell made "Communication" the theme of Clemson Basketball. He wanted an improvement in communication throughout his program from the secretaries in the office to the managers to the players to the coaches.
-Negativity will come, the important thing is that it must be met head on and confronted
-A part of this communication is the players understanding their roles on the team. If a player doesn't know his role on the team, he should speak up and ask a coach and, as a part of the communication theme, the coach must be honest in telling him his role.
-What do you do to work on communicating on the court?
-Clemson begins every practice with a series of communication drills that consists of a number of fast-break drills (3-man weave, 5-man weave, 3 man passing drill, 3 man passing drill with a big as a fourth man). For 5-10 minutes, they will do an assortment of these

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"communication drills" with Purnell calling out the variations on the fly. It isn't so much the drills themselves that builds the skill he is looking for, but how the players need to react instantly to his demand and communicate with others to accomplish the drill most effectively.

-Develop this habit of communication.

-"Basketball is a game of mistakes, how do we react?"

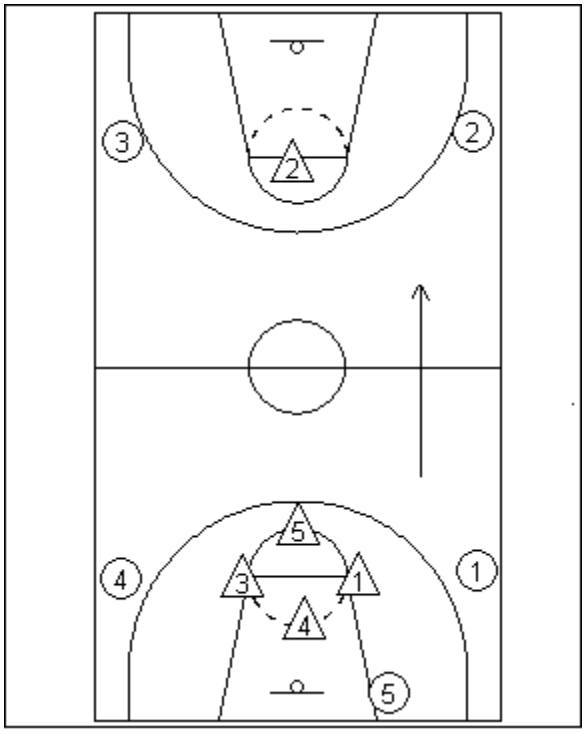
-Another theme Clemson has had over the years was "Will it help us win?" The question, in terms of off-court matters, has a great ability to simplify issues and allows you a clear answer to what can seem like a complicated matter.

-Transition defense: impossible without communication

1. Take care of basket.
2. Take care of ball.
3. Pick up next most dangerous guy (most likely this player will be on ballside).

-Bulls Transition Drill: Five players circle in paint until Coach calls "Go" and proceeds to dummy dribble down court as defensive sprints into transition defensive positions with point picking up ball. Coach dribbles ball all the way down to baseline as defense must shift ballside.

-"Go" Drill: 5-on-5 drill with offense dry-running their offense while defense moves. On Coach's "Go," offense throws ball to the side and a coach throws a ball to a defensive player who pushes the ball down court.



-Box Transition Drill: A full court drill that starts with 1 offensive player (in circles) on each wing on each side of the court with another on the far end line (offense moves up court in diagram). 4 defensive players are in a diamond in the foul circle in the backcourt while the 5th defensive player stands at the opposite foul line defending the basket. A coach throws a ball to one of the 4 offensive players situated on the wings and they transition up the court as defense sprints to get back to defend.

-Quick Offensive Thoughts:

-Play 4-out, 1-in. Will run very similar things versus both man and zone.

-Their motion set is lifted to the point where wings are situated not in the corners, but at foul line extended.

-Weakside positions will be either screening away or running flare screens for each other.

NIKE CHAMPIONSHIP BASKETBALL CLINIC

April 17, 18, 19, 2009

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Kevin Boyle



Saint Patrick High School
Elizabeth, New Jersey

"Attacking Zone Defenses"

-First, recognize why the team is playing you zone: Is it their staple? Often, it's not. Often, it's because either they can't guard you, they're not deep so they're trying to stay out of foul trouble, they're trying to make up for a size deficiency, or they're saying you can't shoot.
-The best way to beat a zone is to beat the zone down the floor with the fast break. Don't let the zone get set. Beat the zone before it is a zone. Either by throwing over the top to a big rim-running or throwing an advance pass to a wing who has sprinted to beat defense down the court. This is a great concept if you're NOT great versus zone.
-Your 2 and 3 are vital. They don't need to necessarily beat EVERYONE down the floor, they just need to beat below the opposing team's guards so on an advance pass the forwards need to come up out of the 2-3 to defend the wing (opens up post and creates a mismatch on the perimeter with a guard being covered by a forward).
-On a wing catch, the post evaluates. Can he post to score? If he can, he cuts to ball side block where he faces single coverage by the opposing team's big (the ball side forward has lifted as a result of advance pass to wing). If he doesn't think he can score, he cuts to the short corner with the trailing big heading right to ball side high post.
-On skip passes versus a zone, imagine there is a volleyball net running from rim to rim. Against good teams, your skip passes need to be able to get over that net. You can't have low skip passes, too many deflections.
-Best 3's in the game come in transition.
-Positioning: in a 2-3, wings should be halfway from the defensive guard's backs to the backline's (forwards and centers) chests.

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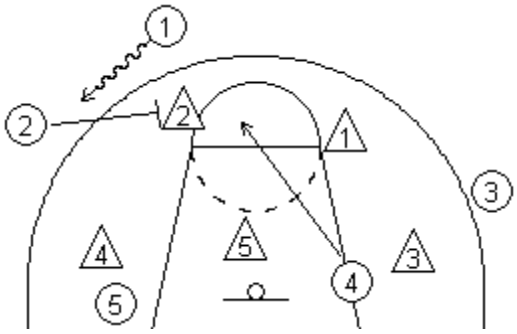
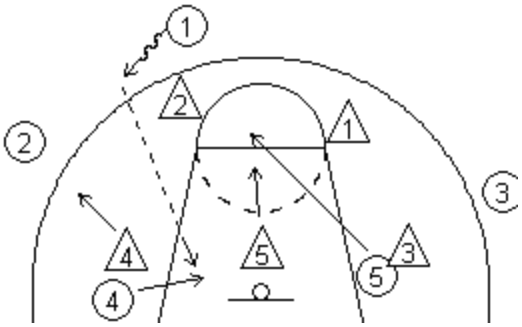
-Evaluate the zone's strengths and weaknesses. Put your best penetrator on the slower forward's side or your best rebounder on the weakest forward's side.
-Pass fakes and shot fakes: ultra important versus a zone. Make the defense react!
-Create 2-on-1 situations within the halfcourt where 1 defender is trying to cover 2 offensive players on his side.
-All zone teams are vulnerable to offensive rebounds. Send bodies to the offensive glass.
-Throughout basketball, even at the high levels, players shoot a poor percentage from 6-7 feet (bigs) and 10-12 feet (guards). Why? Because no one practices them.

Set plays versus 2-3 zone:

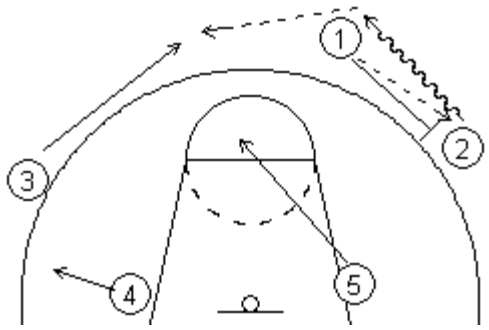
-"Thumbs Up": As the guard on the right wing (2 in diagram) sets a ball screen for 1, 4 flashes to the high post. 1 is looking for his jumper (if it's a good screen set by 2, x2 won't be able to get through the screen and x4 will have to scramble to get a hand up. This opens an opportunity for a dump to 5 or a pass to 4 at the high post.



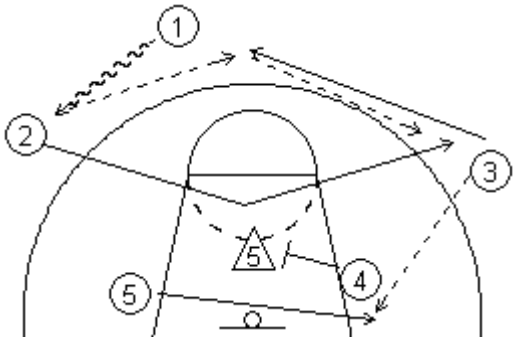
-"High": (against a team that is anxious to cover the high post) 1 dribbles at the right lane-line extended and motions the opposite block (5) to flash to high post. With 5's flash, 1 fakes to the wing (works better if he's a shooter) to draw 4 up the court before 1 throws a flick lob pass to 4 for a dunk/layup.



-"Thumbs Down": 1 passes to 2 and runs to set a wing ball screen for him (fades to corner after setting). 2 dribbles to the middle of the court and quickly passes to 3 who steps to the lane line extended to receive the pass. On 3's catch, 5 flashes to the high post. A 2-on-1 situation has been created as 3 and 4 are on side of the court being covered by 1 defender. (Play is especially dangerous if 4 can shoot from the perimeter).



-"Paint Across": 1 dribbles 2 out for a shallow cut to the opposite wing. 1 passes ball to 3 filling up top who reverses ball to 2. 4 is setting a cross screen on x5. 5 reads the defense and either cuts low or high off the screen. With quick ball movement, x4 will be forced to come up the court to defend 2's catch and 5 will be open off 4's screen.



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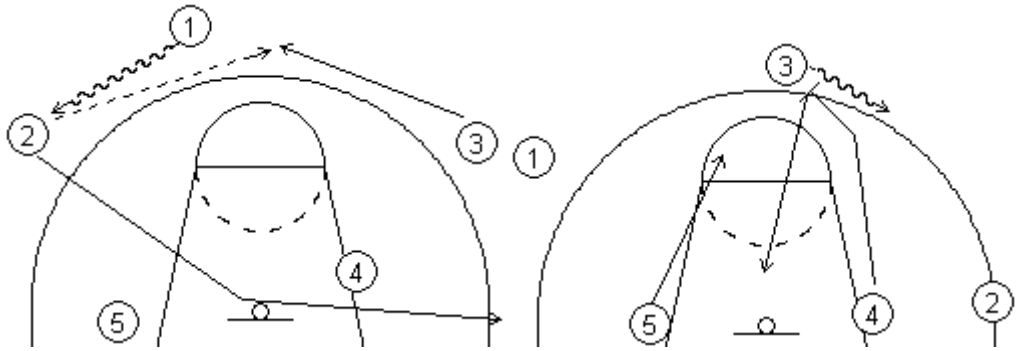
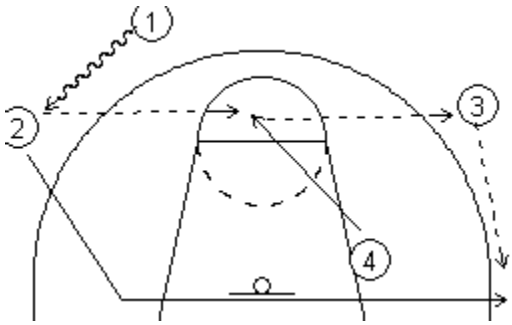
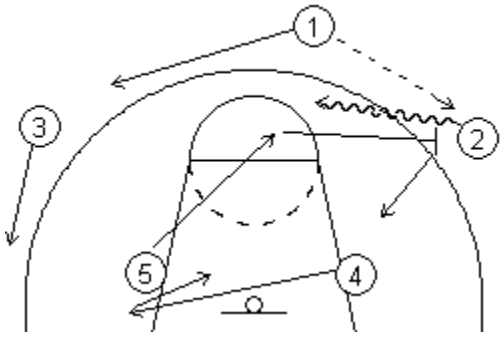
-"Paint Up": 1 dribbles to the right wing, sending 2 through to the opposite corner. 1 passes to 3 who has filled up top. 4 has sprinted into a ball screen for 3. 3 uses the ball screen and has plenty of options: pull-up jumper for himself, 2 in the corner, 4 on the roll and 5 on the flash to the high post.



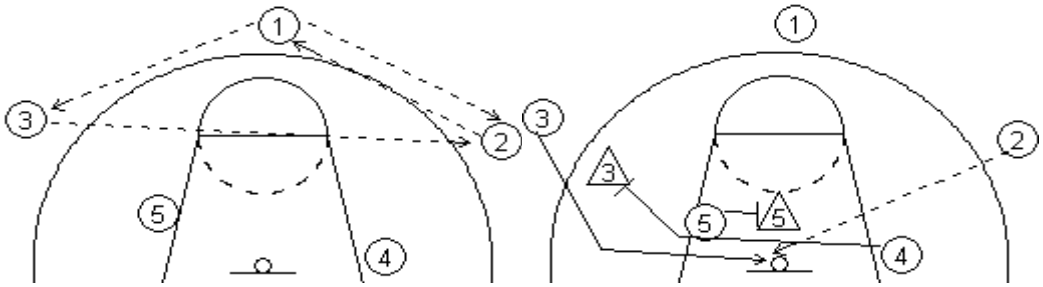
-"Shallow": (run this for a shooter. In diagram, 2 is the shooter) 1 dribbles 2 out and hits 4 flashing to the high post from the opposite block. On catch, 4 immediately looks across to opposite wing. 2 will have sprinted along the baseline to the corner and should have an open look off of 3's pass.



-"13" Play begins with a high post flash by 5. 1 passes to 2 on the wing as 5 then sprints to set a wing ball screen for 2. 1 and 3 filter to create space on the weakside while 4 (who ran to opposite block on 2's catch) looks to duck in over x5. Opportunities: 2 creating for himself, 4 ducking in, kick-out passes to 1 or 3, 5 on the roll.



-"Lob": (Run for athlete. In diagram, 34 is athlete) Play starts away from athlete with 1 passing to 2 who throws back to 1 who swings it to 3. With the quick ball movement, a skip pass opportunity is available. 3 skips it cross-court to 2. 4 comes from the opposite short corner to screen the bottom wing defender while 5 steps into x5 to screen. 2 throws a lob to 3 who, after throwing the skip, has sprinted to the hoop.



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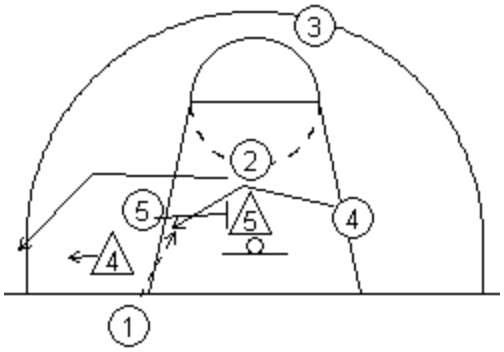
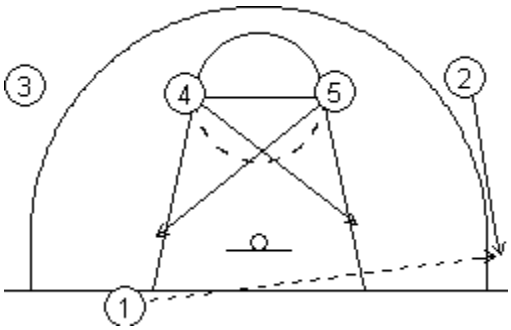
Baseline out of bounds plays versus zone (1 taking ball out on all unless otherwise noted):

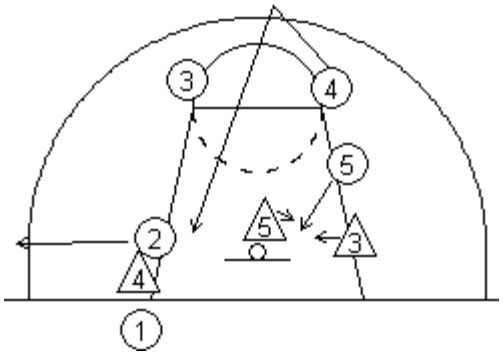
-"1-3-1": 5 lines up on the block directly in front of the ball, 4 on opposite block and 2 right in front of the rim. 5 screens x5. 2 comes off first, heading to ballside corner. 4 comes off next heading right to the block. 4 is usually open as x4 (covering the inbounder) reacts to 2's cut to the corner and x5 is unable to fight over 5's screen.



-"Direct" Play begins with 4 players lifted to the foul line height. On 1's slap, 4 and 5 x-cut off each other to the opposite block. 2 (opposite wing from the ball) drops to the baseline corner. The 2-3 zone neglects this corner on BLOBs and 2 will be open for a 3.



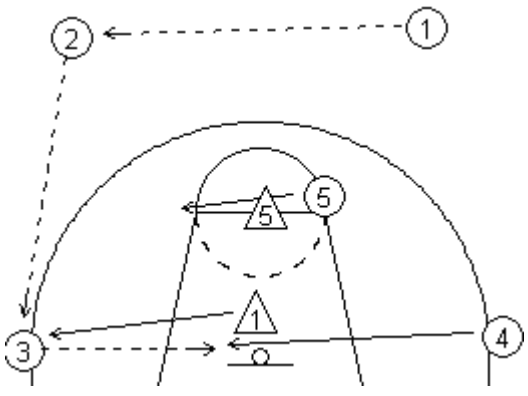
-"Box Wide": Play starts in a box set. On 1's slap, 2 moves from the near block to ballside corner while 5 fights to establish position right underneath the rim from x3 and x5. 5's fight is more of a decoy than anything else as he is attempting to tie up the two defenders rather than actually getting a pass. With x3 and x5 tied up, 4 acts like he is the safety on the play before sprinting down the middle of the lane and should be available.



Set plays versus 1-3-1 zone:

-A key to attacking the 1-3-1 is getting your players to understand the responsibilities of the defensive players.

-"Under": 1 passes across the court to 2 who is even with him. 2 swings it quickly to the corner to 3. 5 flashes to the high post while 4 sprints from opposite corner to the middle of the lane on 3's catch. This exploits a common mistake of 1-3-1 defenses: x1 sprints out to cover his corner responsibility, but with 5 in the high post, x5 is hesitant to drop, leaving 4 wide open underneath the basket.



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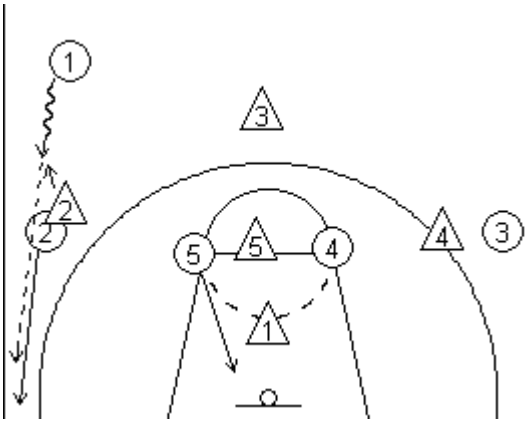
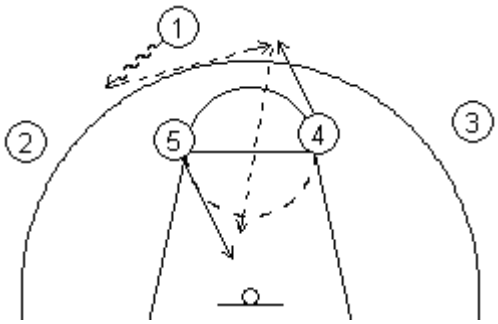
-"14 Drop": (Run for shooter. In diagram, 2 is a shooter) Play starts in a 1-4 high set. On 1's cue, the ballside high post (5) dives to the rim and 2 drops to the corner. The bottom defender (x1) is occupied with 5's dive and the corner is left open for 2. 1 must pass around x2, but if he can get it to him, 2 is wide-open for a 3 point look.



-"14x": A very quick action, play starts in a 1-4 high set again. Play is initiated by the high post opposite the ball (4) popping to the top of the key. 1 gives to 4 and on the release of the pass, 5 dives to the middle of the rim. X5 should have stepped up to cover 4, leaving x1 by himself to 5's dive.



-On BLOBs, bring the safety to the sideline and not back to half court so if the ball is tipped it goes out of bounds and is not sent towards the opposite end.

-Loves Bruce Pearl's attitude defensively on BLOBs as he doesn't let anything in.

-To practice playing against zones, in the offseason make every 4th pickup game yours players play a zone game in which both teams play zone.

NIKE CHAMPIONSHIP BASKETBALL CLINIC

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Bob Huggins



West Virginia University

"Practice Drills to Develop Toughness"

-WVU's practices tend to run 3 hours a day in preseason. During the season, practice will be 2 hours, but will be preceded by 30 minutes of film and 30 minutes of shooting.
-I want my players to instill in their minds that they're tougher than everyone else. With 4 minutes to go in a tied game, I want to be able to tell my players, "we have worked harder than they have."
-In our program, the seniors are responsible for the freshmen.
-Has the benefit of having THE best punishment tool out there: a treadmill on each baseline. A turnover, a defensive miscue, anything he doesn't like warrants 22 or 44 seconds on the treadmill going 14 MPH.
-If we defend and we rebound, we have a chance.
-Defensive rebounding: "First Blood" Initiate the first contact with the offensive player. Put a forearm into their chest.
-At the end of every pre-practice meeting, he finishes by telling his assistants 'Let's make these guys better."
-Keys to the game: get easy baskets, get to the ball, and compete.

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-Offense is about two things: 1. Create space 2. Create angles.

-What makes our drills so effective in developing toughness isn't necessarily the drills themselves, but the ramifications we've established and the follow through of those ramifications.

-"Your players are what you make them to be."

-Overload everything in practice. Make the defense constantly be at a disadvantage in practice. Goal should be to make practice harder than games.

Drills:

-6-on-4 Screening: The extra 2 offensive guys are coaches with pads. Their only goal is to get the offensive players open shots. "I enjoy watching soft guys get wacked by a pad by our strength coach."

-Disadvantage Progession Drill: 2-on-1→3-on-2→4-on-3→5-on-4→5-on-5. Drill starts with a player in white attempting a free throw with 2 players in black lined up in the lane. After ball is shot, it is 2-on-1 back the other way. 2 whites are ready to jump on at the conclusion of the 2-on-1 situation to make it 3-on-2. At the conclusion of the 3-on-2, 2 blacks are ready to jump on to make it 4-on-3. Keep score.

-4-on-4 plus 1: Uses this to prepare for opponents. If your upcoming opponent has a good point the unguarded player will be the point and the rest of the defense needs to react to cover him. If you're getting ready to play a team with a good post, the post player will be the plus 1.

-1 man or 2 man shell: an offensive player is on one wing being guarded by a defensive player with one coach at the top of the key and one on the opposite wing. Defensive player must react as ball moves, going from on-ball to deny to help. Offensive player crashes on coach's shot and defensive must block out (making first contact or "drawing first blood")

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Ralph Willard



College of the Holy Cross

"Making your Team Special Preparation"

-Your kids need to believe they can win every game. How do we do that?

1. Special Preparation 2. Circle of Opportunity

Special Preparation:

-Make your team tough to play against. Make the opponent play in a way that they're not used to – a way in which they don't practice.

-Games so often come down to execution and I would rather force the opponent to execute something they don't normally practice. We play a defense in which we start in a 2-3 alignment, but really it's man-to-man; how many teams practice running their offense against that?

-Have your kids take pride in the fact that, as a team, you are tough to prepare for.

-Knowing the other team is going to be confused gives us confidence.

-Loves to mix it up defensively. Will begin a defensive possession in what looks like a 2-3 zone, but really is a straight man-to-man or will play 2-3 until the 3rd pass of the possession where they'll switch to man.

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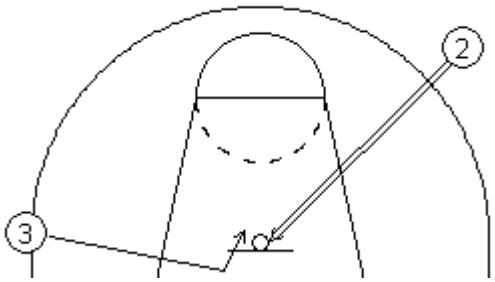
Circle of Opportunity:

-If we do execute these 8 things, we will 95% of our games and have a chance to win the other 5%

1. Deflections: our goal is 40 a game. 40+ deflections a game = .900 winning percentage.
2. Blockouts: we go back through tape and chart everyone on this.
3. Shot Contest: Every shot the opponent takes need to be contested on the ballside of their shot. If it is a righty shooting, we are flying directly at his right shoulder with 2 hands up as you can. There is a 4-5% difference between contesting on the player's shooting side to his non-shooting side.
4. Offensive Rebounding: If you have an opportunity to go to the glass, you better get there. From the corner, Willard teaches his players to go baseline-out (meaning a player runs along the baseline to underneath the rim before jumping back into play). In diagram, 2 shoots and 3 runs along the baseline before jumping in front of the basket to get a hand on the missed shot. Teaches bigs to do the same.



5. Charges: Chart the number of times your guys step up to take a charge when they have an opportunity. This is a sign of sacrifice—giving yourself up for the team.
6. Bull Pursuit: Loose balls are OURS. All great rebounders/ rebounding teams do 2 things: They get great position and they pursue the ball. Use the stat "Out of Area Rebounds" and really emphasize it to your team.
7. Confidence & Emotion: Players must be confident going into every game that they can win.
8. Transition Defense: Take away easy baskets.

-There's nothing in this circle that we can't do. I'm not asking you to do anything which you're not capable of doing. It comes down to execution and effort.

Miscellaneous coaching notes:

-To Young Coaches:

·Learn to teach. The number 1 element I look for in prospective assistants now isn't recruiting, but rather the ability to teach.

·Create a philosophy you're passionate about.

·Tweak to your personnel. You must adjust, your system can't win if it doesn't fit your players.

·Special Preparation: Make teams do things they don't practice everyday to beat you.

-On a baseline drive, two areas need to be covered: strongside block & weakside corner. We don't want our guy getting tangled with the weakside block because very rarely will the pass go there on a baseline drive.

-Importance of film: make subtle adjustments in predicting what they're going to run to negate what you do.

-Defensive rebounding:

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·On block: you have to step into the offensive player and make the first contact. We teach our posts "hands up, thumbs down, and rear ends out." The thumbs down forces players to subconsciously push elbows out, creating a wider base for the offense to go around to get a hand on the ball.

·On the perimeter: allow him to step before making contact with forearm.

-A big part of basketball is discouraging people from doing things. Take people out of something early and more times then not, they won't go back to it. Example: the first 10 blockouts are the most important of the game because if you're physical you can set a tone saying "you're not getting to the offensive glass."

-Offensively, anytime a big is penetrated at, he is instructed to back up and get his butt to the baseline.

-Great rebounders/rebounding teams do 2 things: They get great position and they pursue the ball.

-Key to defense is ball pressure

-Jams defensive rebounder with closest big to slow outlet. Jams by getting hands straight up in the air on the rebounder's inside shoulder.

-Switches into the passing lane on every interchange.

-Doubles every post pass. 90% of the double-teams come from the other big who steps into the offensive post with his chest with the objective of pressuring the offensive post's body and making him take a dribble away from the pressure. He will double from the top with his point guard if the opponent's 1 isn't a shooter. "It's who you double with, but **how** you double."

-We are in a special profession as coaches because if we do it right we can have a major impact on lives and more than any win, the thing I treasure most is the impact I've had on those young people that I've had the opportunity to **teach**.

-Against a flex offense he will switch everything and not worry about the passes over the top because of the tremendous pressure they will have on the ball up top. Anytime a big catches it up top they get right into his body with hands all the way up to make the big put the ball over his head and make a bad pass. Get into the offense's bodies!

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Bobby Lutz



Charlotte

"My Favorite Practice Drills"

-Importance of recruiting: "You don't win with X's and O's, but rather with Jimmies and Joes. I became so much smarter when I started getting better players or at least that's what everyone thought."
-Believes in having big dreams because he himself started at the lowest rung, taking a high school JV job after dropping out of law school and worked his way up.
-Kept every rejection letter he has ever gotten as a reminder to himself not to be afraid to fail.
-Take 4 things that your team is going to do better than anyone else in your league and structure your practices to emphasize those things.

↑Scrutinize your practice plans. Look them over and check to see if you're emphasizing what you want to be.

-Our four things:

1. Dictate tempo.
2. Change defenses.
3. Utilize the 3 point line offensively.
4. Out-rebound the opponent.

-"You can get all the great ideas, but you can't use them all." –Coach K. Pick and choose you want and make it fit your style.
-Points of emphasis defensively: keep ball out of middle and don't let posts turn baseline.
-How do you motivate your team? You have to know what gets them going.

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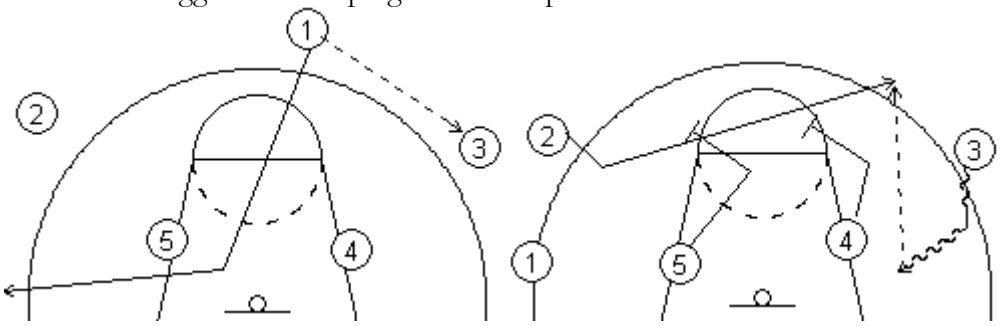
Occasionally you have a tremendous defensive player who you allow to challenge offensive players in the open floor, but everyone else we teach to fall back.

-Lutz and his staff don't talk very much during scrimmages. They believe this forces their players to communicate and the coaches will touch on all their points at the conclusion of the scrimmage.

-Your shooting drills should mirror your offense.

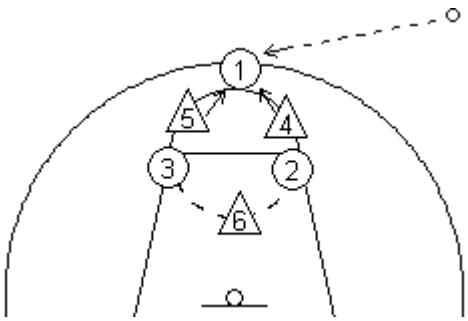
-Set play for 3: 1 passes to 3 and cuts through to the opposite corner. 3 drives baseline as 4 and 5 set a stagger for 2 looping behind 3's penetration.



Drills:

-"Vegas": Drill starts with 3 players, each with a ball, underneath the hoop and 3 coaches around the perimeter (1 on each wing and 1 at the top of the key). Players roll ball out to coach and closeout on him.

-"Florida Circle": Drill starts with 6 players (3 greens and 3 whites) lined up around the foul line circle. The players are positioned around the circle like shown below (with no 2 players on the same team standing next to each other. A coach throws the ball to one of the players on the green team as the 2 closest whites trap him. There is no dribbling and the drill continues until a turnover or a solid deflection (if 1 completes a pass to 2, 4 and 6 sprint to trap him now).



-"Roll 1-on-1" 2 players on the lane line who sprint out to a loose ball rolled onto the court by a coach. Whoever gets the ball is on offense and they play 1-on-1. On a score, offensive player stays. On a stop, defensive player stays.

-"Five Star 3-on-3 Full Court Transition": 3 offensive players lined up on the baseline with 3 defensive players lined up across them at the foul line. Coach throws the ball to one of the players on the baseline and calls out the name of one of the players at the foul line who has to sprint to touch baseline as the offense transitions to the other end.

-"4-on-3": 4 offensive players situated around the perimeter try to get an open look by the 4th pass against 3 defenders. No dribbling allowed. Defense is off with a rebound or solid deflection.

-"Blocks 1-on-1" Drill begins with one post player on each block and a coach at the foul line with a ball. The coach throws the ball to one of the bigs and the other big must sprint to defend. Ball is live off a miss and whoever scores is the one to stay on.

The basics of LMU's Numbered Break are:

1. On all made baskets, 5 will take the ball out of the net and diagonal cut out of bounds to the right side of the floor. (The ball should not have time to hit the floor after it goes through the net.)

2. 5 will quickly inbound to 1 who has moved to an outlet position on the right side of the floor at/above the foul line extended.

3. As the 5-1 pass is being made, 2 will sprint to the right side of the floor and advance to a 3-point shooting spot in the front court. (Often below the foul line extended and sometimes all the way to the corner.)

4. 3 will simultaneously sprint up the left side of the court--staying wide to the foul line extended--and cut to the left block.

5. 4 will initially set up at the left elbow in the backcourt. As the ball is advanced up the court, she will stay parallel to and slightly behind 1.

6. After making the outlet, 5 will trail the play as the ball advances.

7. 1 will push the ball upcourt as fast as she can and pass for a score.

*** 1 MUST ONLY PASS TO 2 OR 3 IF SHE DETERMINES THAT THEY ARE IN POSITION TO SCORE ***

8. The first look is the 1-3 pass. 3 can drive or shoot a jump shot.

9. The second look is the 1-2 pass. 2 looks for the 3-point shot.

*** ANY PLAYER WHO RECEIVES A PASS FROM 1 SHOULD LOOK FOR HER SHOT ***

It goes on from there, but you get the point. There have been some great posts by Coaches Zavada, Porter and others about options out of LMU, including Last Leg.

There are two Westhead videos that do a great job explaining the LMU break:

1. Basketball in the Fast Lane. This video includes footage of LMU's 1990 squad (including Gathers, Kimble, and Fryer) running the

break, and they also walk (err...run!) you through LMU's drills.

2. Fast Break Offense. This is a lecture video which doesn't provide as much detail as "Fast Lane"--it has no on-the-court teaching--but it really captures Westhead's energy and passion for up-tempo basketball. This was filmed during his George Mason days, and, after viewing it, I could see why Coach Zavada is such a big fan of Coach Westhead.

Unfortunately, those instructional videos don't provide much in the way of secondary options or quick hitters out of the break. In an earlier post on this board, Coach Buchanan made a great recommendation to get your hands on LMU game tapes. Mike also coaches high school girls, and found it helpful to watch game footage to see what LMU did when the initial break didn't immediately yield a scoring opportunity.

As far as Web resources are concerned, the following site was recommended earlier:

http://cldj.tripod.com/lmu.html

It diagrams the LMU break, and provides details beyond the basics I listed above.

Finally, be sure to use the Search option to review the messages on this board. There have been dozens of messages explaining LMU's numbered break, and dozens more discussing the Grinnell vs. LMU decision.

Hope this helps.

Dave Alexandro
Sacred Heart Academy
Hamden, CT

http://cldj.tripod.com/lmu.html
http://www.winnetkabullets.com/Loyolavr121304.html

Video Review: *Basketball in The Fast Lane*

00075
Free counters provided by Andale.

Coach Jerry Nicholson, Winnetka Bullets Basketball Academy, completed this video review. You can contact Coach Nicholson at jer166@sbcglobal.net **. More information about Coach Nicholson or the Winnetka Bullets Basketball Academy can be obtained from their web site at** http://www.winnetkabullets.com**.**

Basketball In The Fast Lane

By: Paul Westhead $39.95 1990. VHS /, Catalog Number: 84

Running Time: 58 Minutes.

Learn the Loyola Marymount scoring system that set the nation on its ear. Coach Westhead takes you through all the drills he used to teach the offense at Loyola Marymount. This easy to learn system will not only produce shot after shot but also will help your team with conditioning.

This video is informative and is an excellent resource for a coach who wants to implement a numbered fast break as well as a coach who wants to implement Coach Westhead's entire offensive system. The video is informative and entertaining. I recommend this video for a coach who wants to improve his fast break by implementing parts of the break as well as the coach who wants to implement the entire system.

The video is available from Sysko's on line at ww.syskos.com for $39.95.3

Details

Coach Westhead professes a pure and simple fast break offense where his players run on every possession regardless of a made basket or a defensive rebound. The philosophy is that over the entire game they will wear down their opponent who is probably not as well conditioned as they are. In this system the players are geared to shoot the basketball and understand that if they receive the advance pass they are expected to shoot the ball. Another important aspect of the offense is getting second and third shots from solid offensive rebounding.

The video starts with a chalk talk with Coach Westhead building the break and moves to the court for live demonstrations. The court demonstrations allow the viewer to get an idea of the break and how strenuous and tough it is for the offensive players.

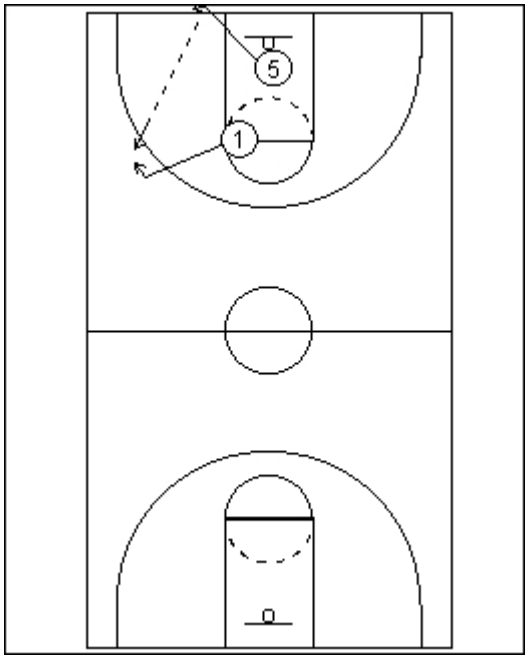
Fast Break Fundamentals

The system can be used effectively against a man-to-man or zone defense.

Early Break Rules

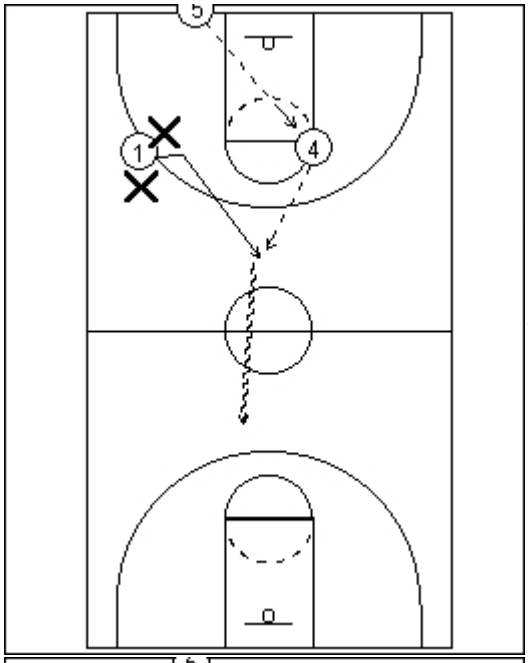
- On all made baskets 5 will take the ball out of the net and diagonal cut out of bounds to the right side of the floor.
- 5 will inbound to 1 who has moved to an outlet position on the right side of the floor above the foul line extended.
- As the 5-1 pass is being made 2 will sprint to the right side of the floor to a 3-point shooting spot in the front court.
- 3 will simultaneously sprint the left side of the court wide to the foul line extended and cut to the left block.
- 4 will initially set up at the left elbow and will stay parallel to and slightly behind 1 as the ball is advanced up the court.
- 5 will trail the play as the ball advances.
- 1 will push the ball up court as fast as he can and pass for a score.
- The first look is the 1-3 pass.
- 3 can drive or shoot a jump shot
- The second look is the 1-2 pass.
- 2 looks for the 3-point shot.
- If you get a pass from 1 look for your shot.

Loyola fast break



1

5 takes the ball out of the net
5 makes a diagonal cut to the right side
1 cut to outlet position above the foul line extended



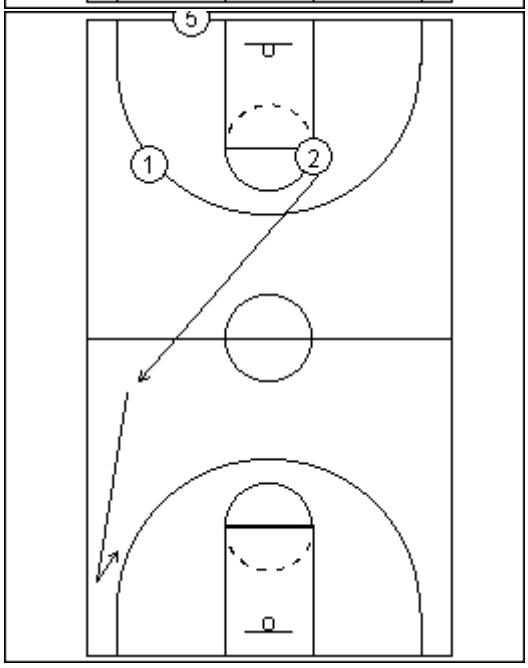
2

A common defensive tactic will be to jam the outlet receiver with one or two defenders to slow down the break

the 5-4-1 pass is used when that happens

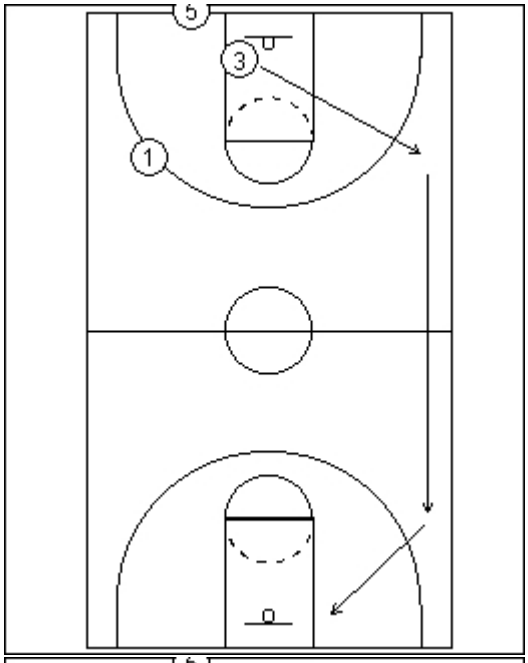
when 4 receives the pass 1 cuts middle for the 4-1 pass

1 drives the ball up the floor looking for the same options.



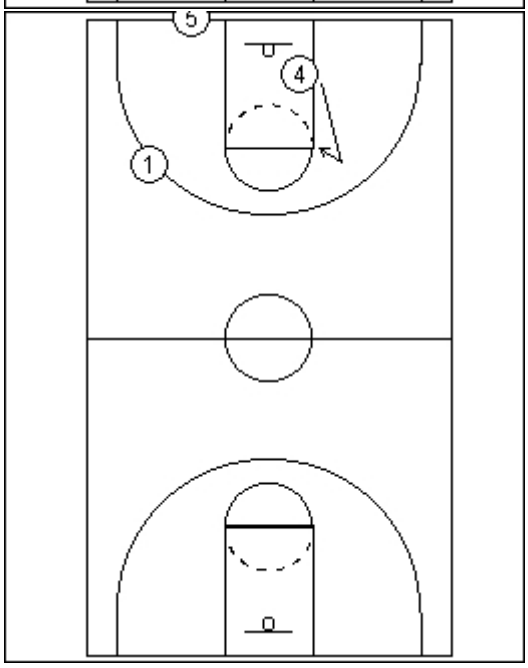
3

2 cuts up the right side of the court to a 3 point shooting spot



4

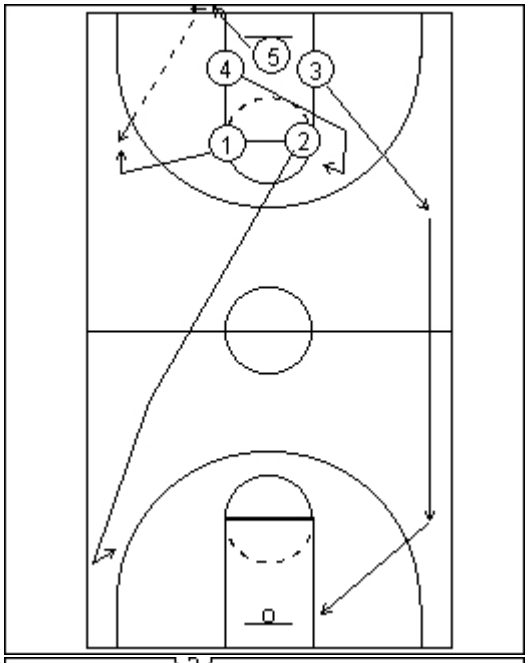
3 cuts up the left side of the court to the foul line extended and to the left block



5

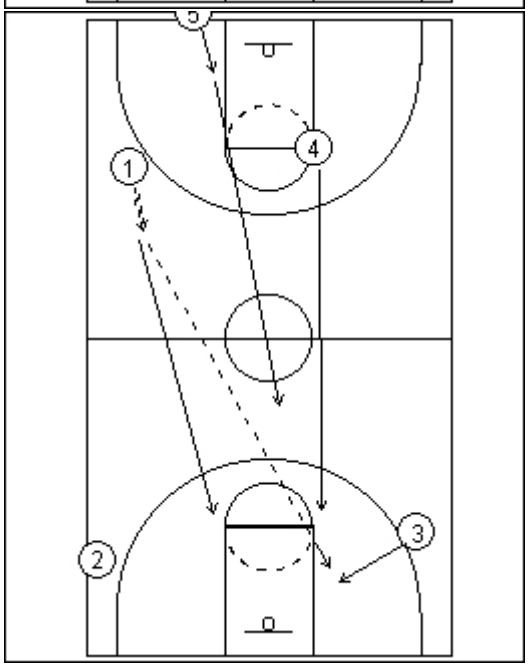
4 cuts to the left backcourt lane elbow and helps inbound the ball if necessary

6

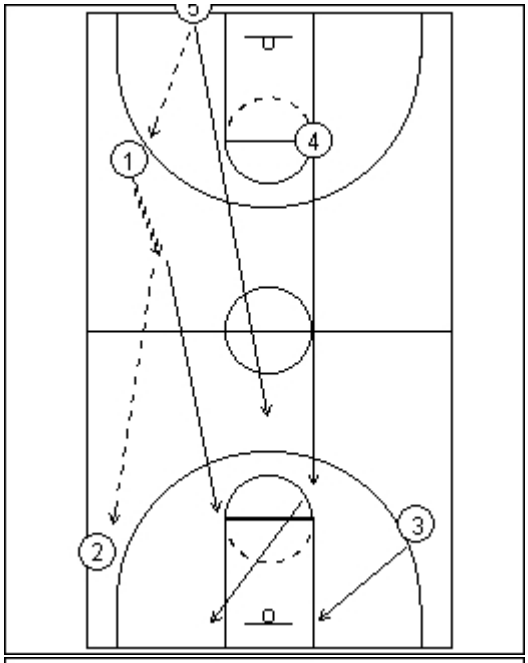


The initial movements of all players on a made basket

7



The first option is the 1-3 long diagonal pass



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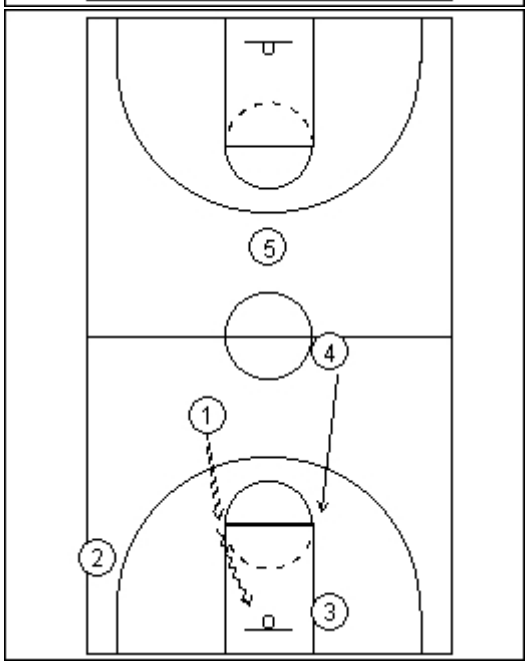
the second option is the 1-2 pass



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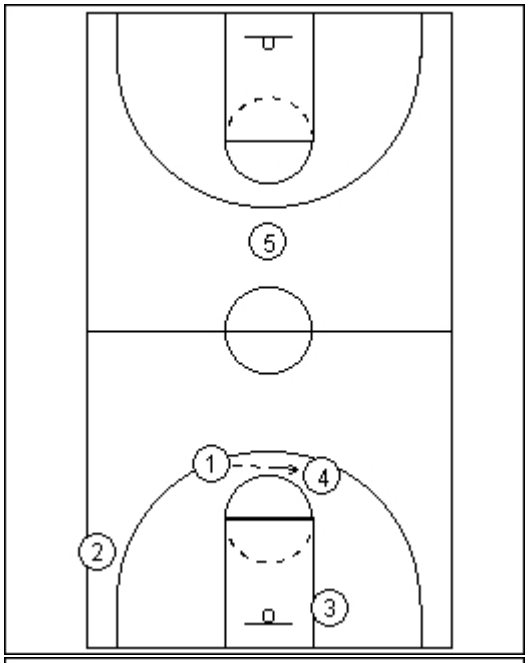
the third option is for 1 to drive to the right elbow and shoot or go all the way to the hoop



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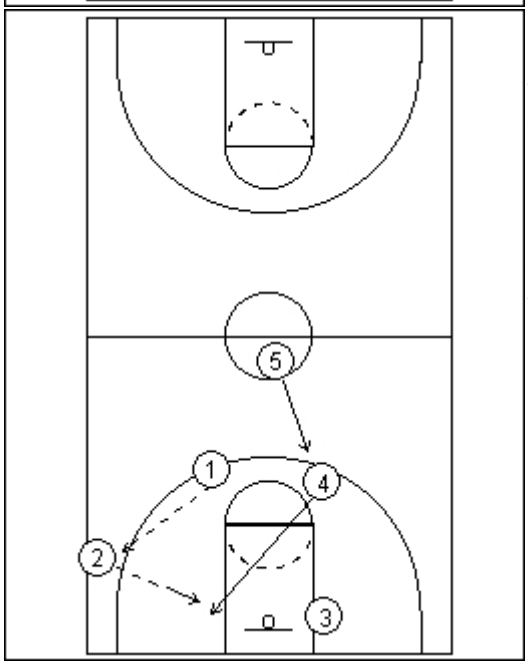
the 1-4 pass option is used when the 1-3 and 1-2 pass is not available

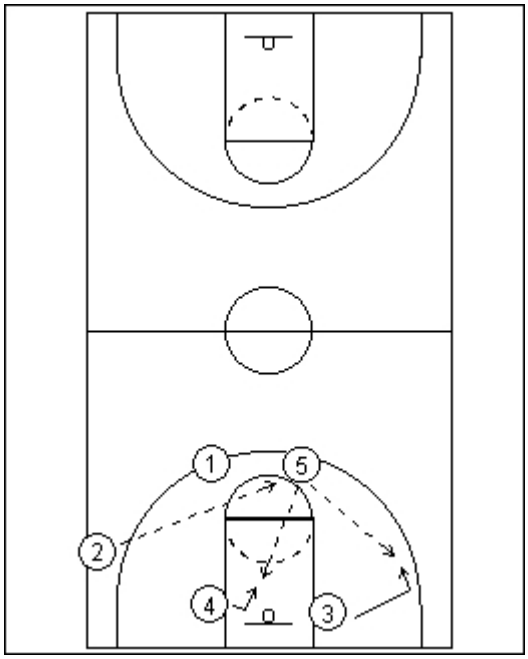


11

whenever the ball is passed to 2, 4 will diagonal cut to the right block

5 fills after 4 cuts

the defender is playing behind 4 will key a 2-4 pass



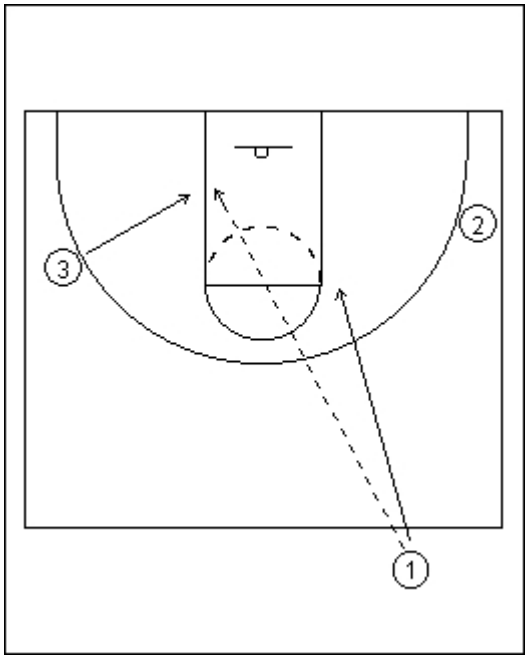
the 2-5 skip pass is used when the 1-4 pass is keyed when the defender is fronting 4

4 pins his defender and looks for the ball in the lane

3 initially pops out to a shooting spot

5 options:
5 shoot
5-4 pass
5-3 pass

End of Break Options



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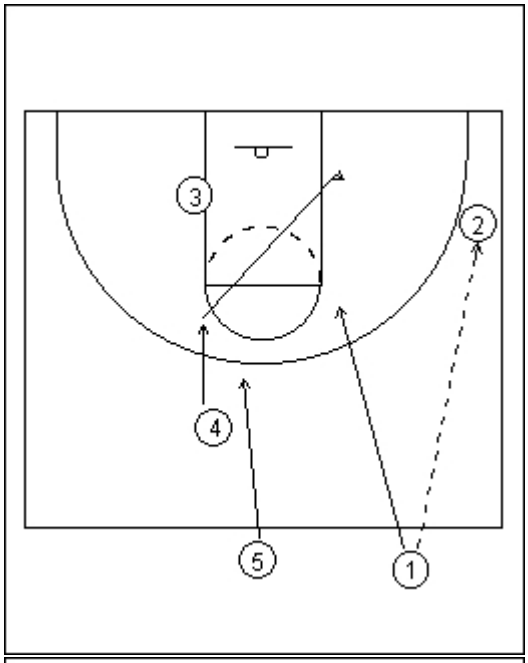

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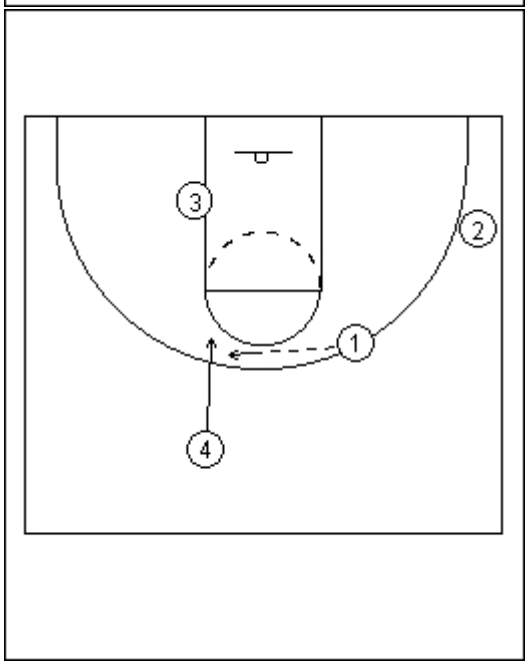

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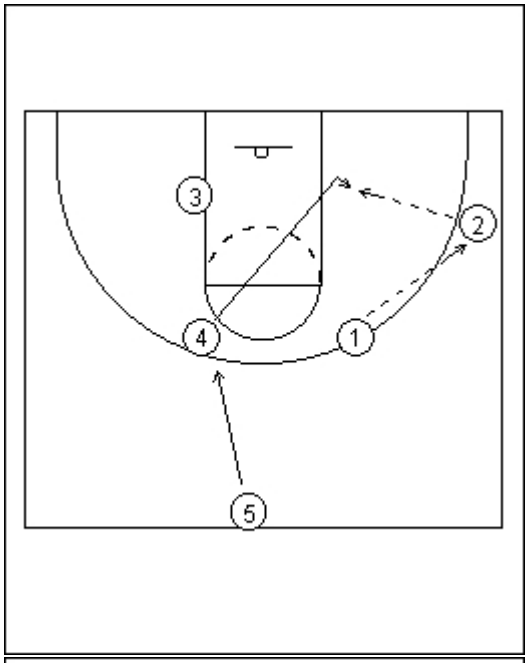

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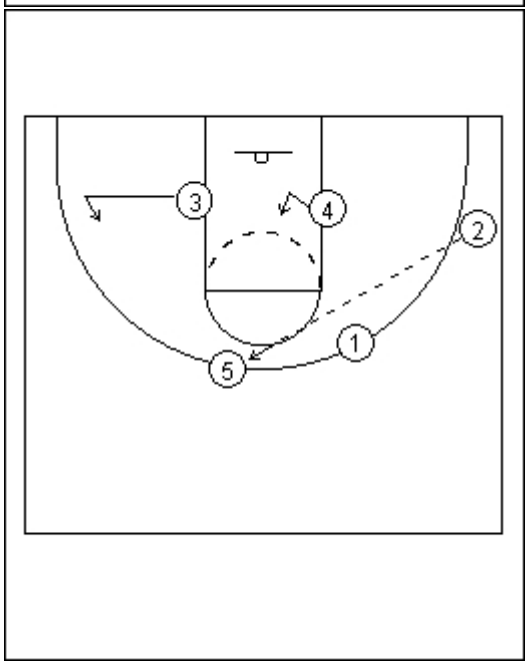

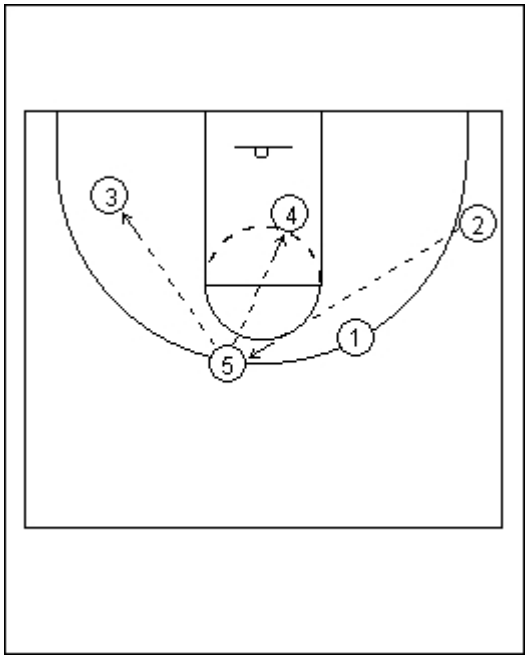

Rebounding

The success of the break depends on second and third shot attempts. All 5 players must crash the boards and rebound. Because of the speed that the break sets up it is difficult for the defense to block out on rebounds.

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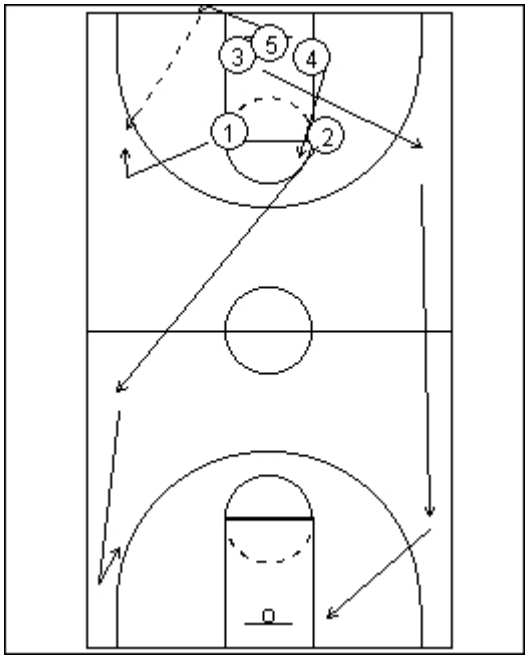
Fast Break Drills

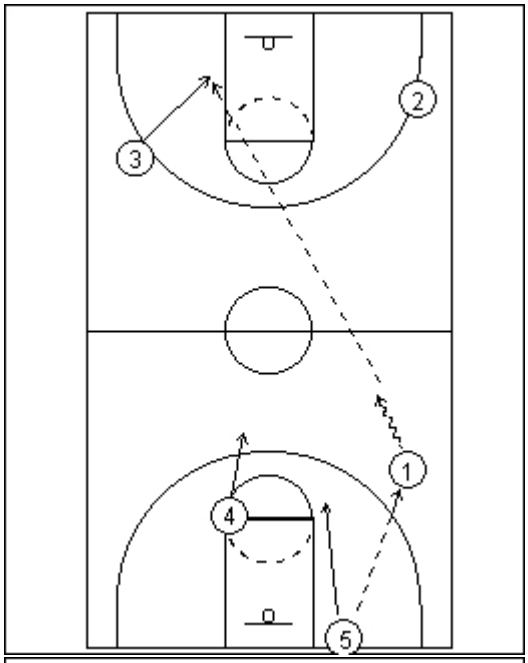


1

2 1/2 Cycle Drill

This drill is a drill without defense that runs through each of the basic options.

2



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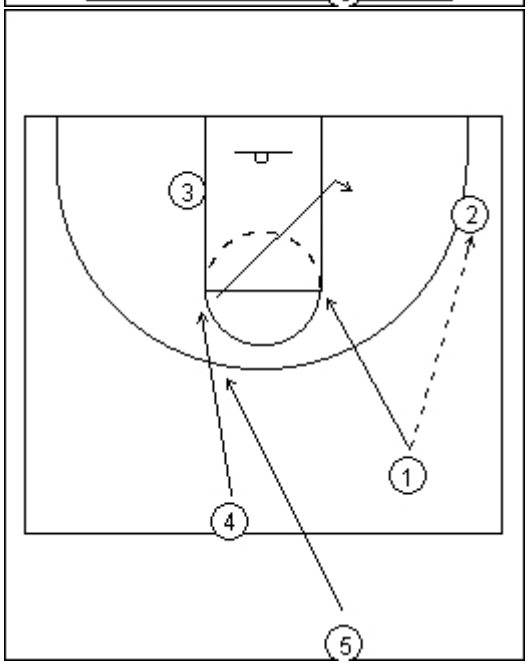

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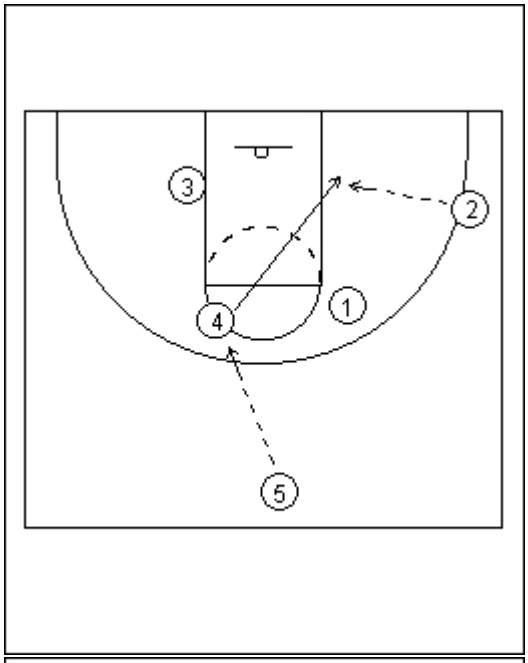

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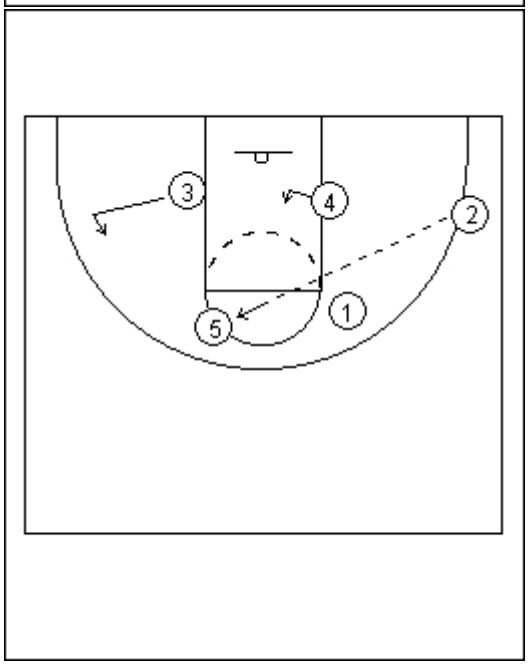

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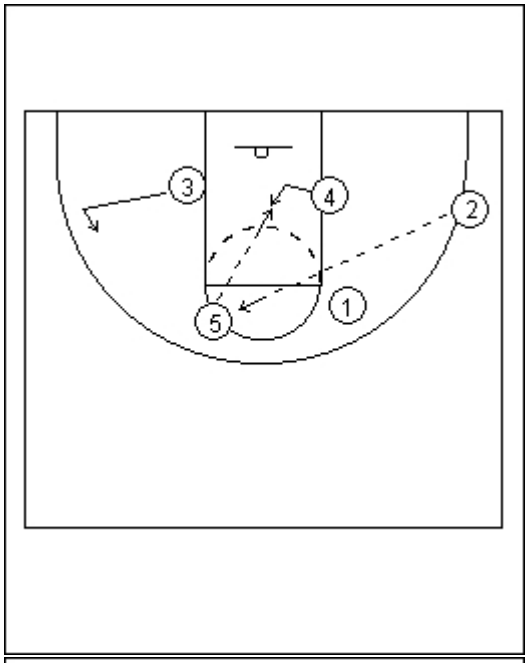

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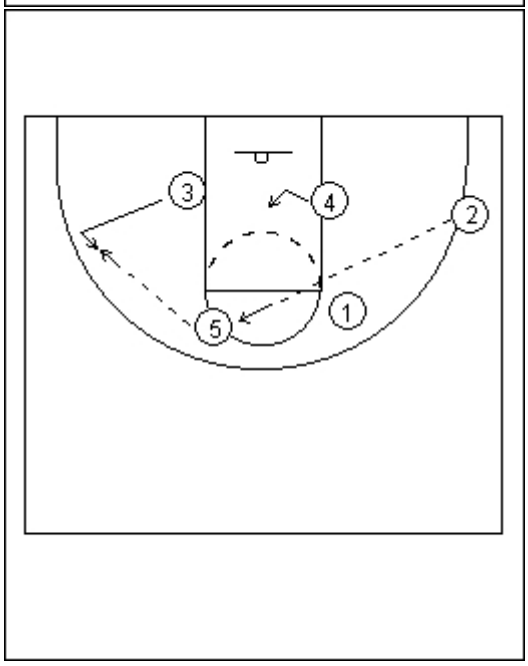

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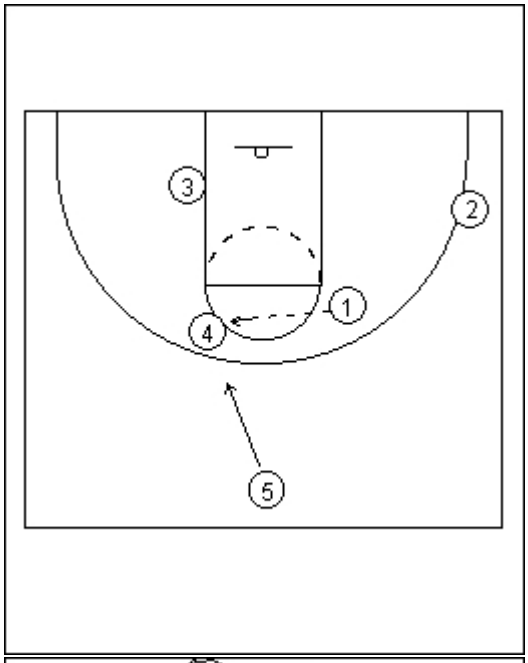

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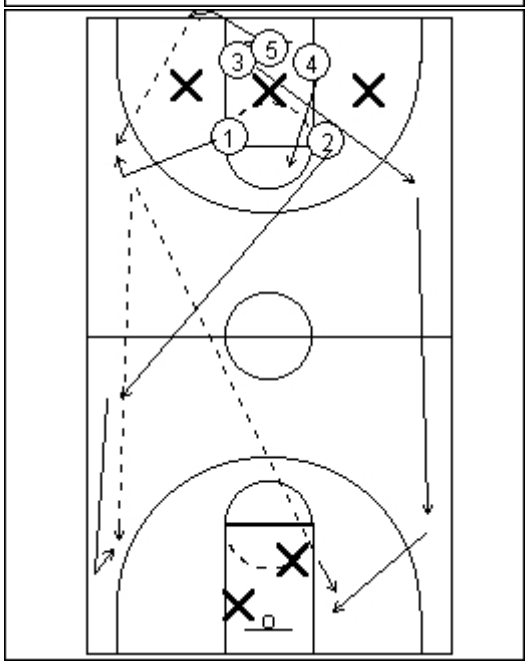
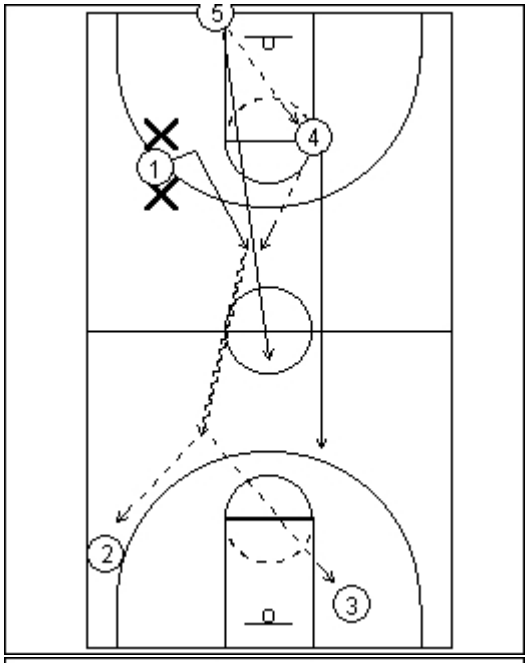


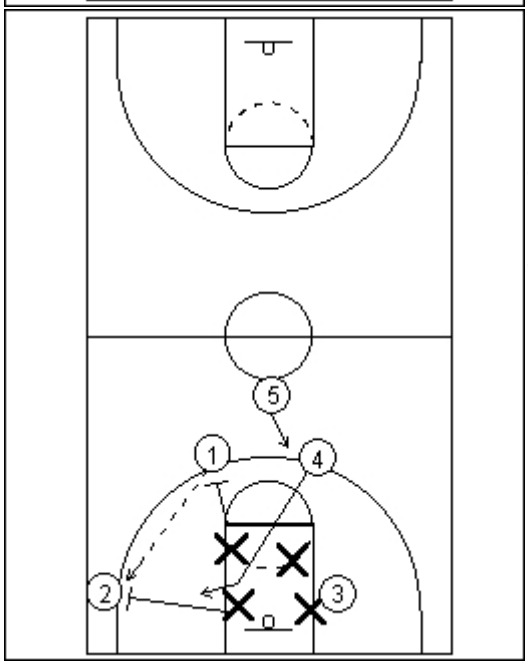
5x2 5x3 drill

10



5-4-1 vs Pressure Drill

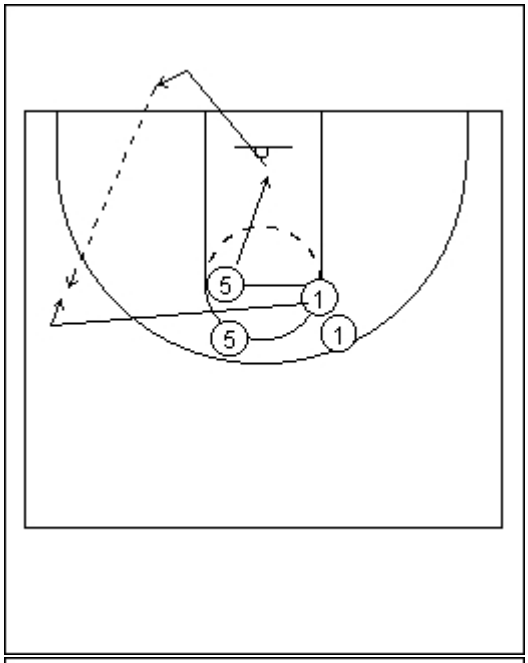
11



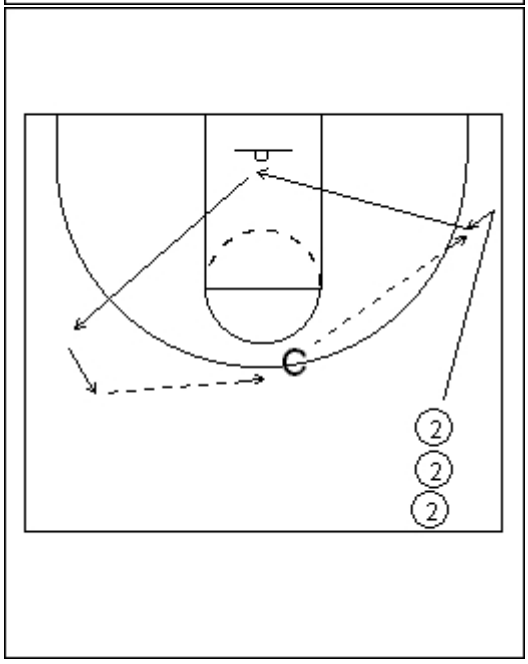
5x4 Drill
2 cycles

This drill simulates a zone defense

This drill is used for late break options which get 4 & 5 shots

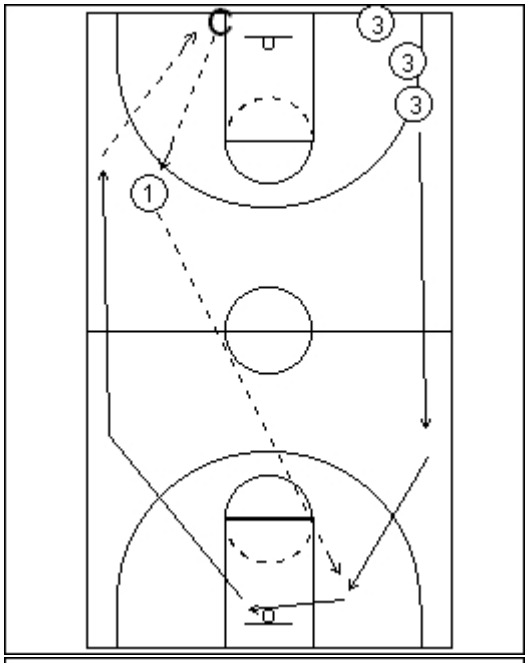


1-5 Outlet Drill



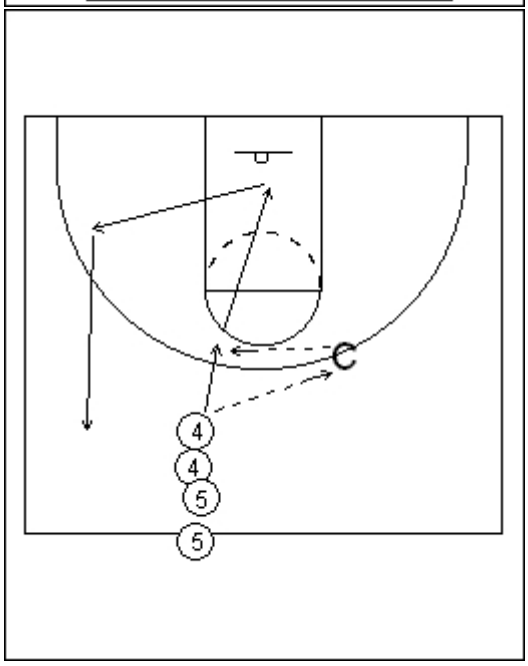
#2 Man Shooting Drill

14



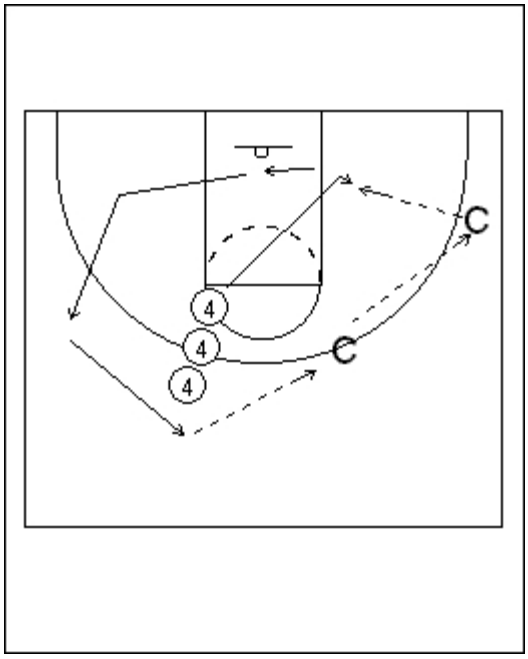
1-3 Pass Drill

15



1-4/5 Pass Drill

1-2-4 Cut Drill



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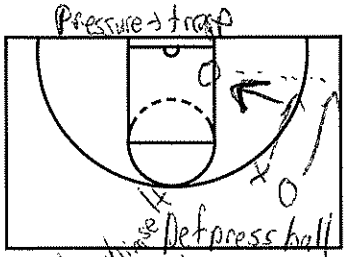
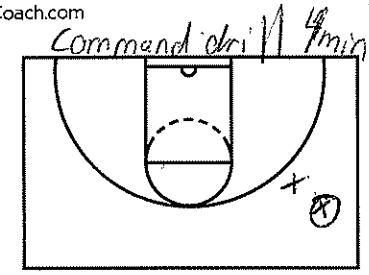
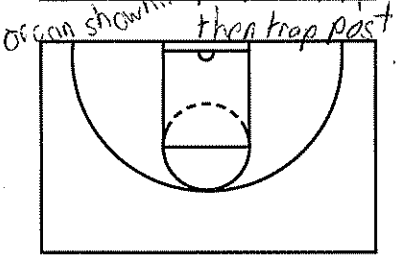
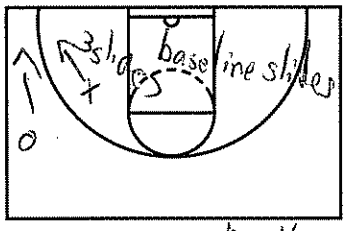
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic Hotline: (503) 671-3041
www.BasketballCoach.com

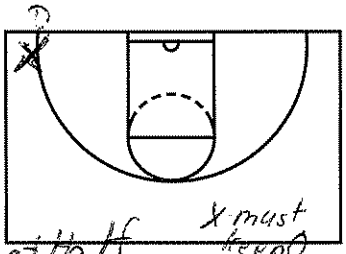
CLINIC Martelli
DATE 4-26-09

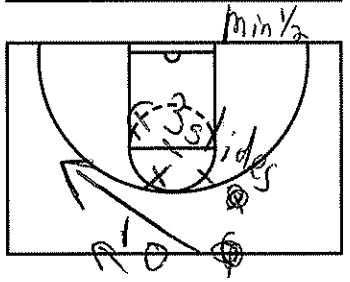


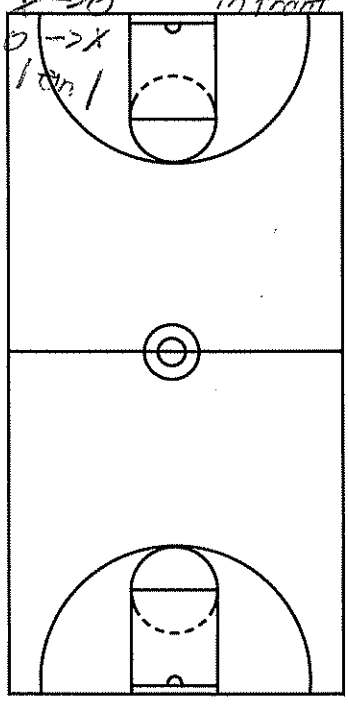


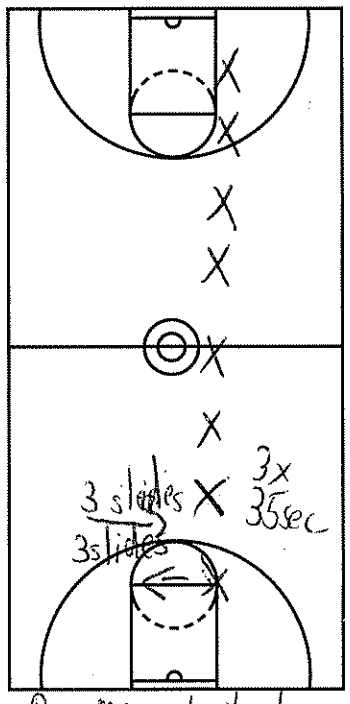


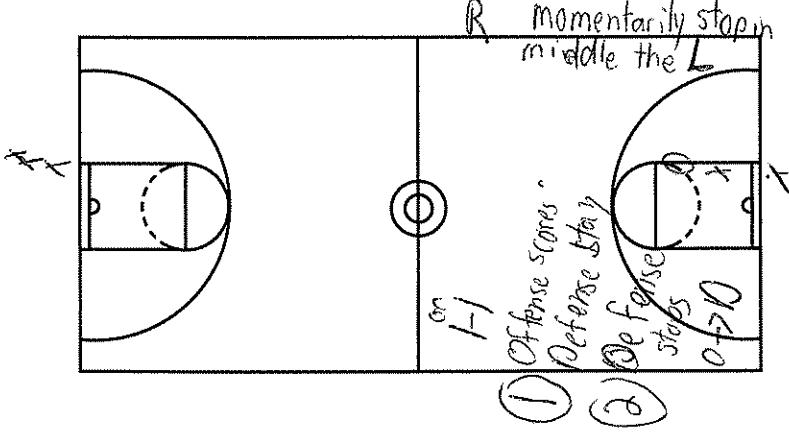












Command
- guard the shot
- pass
- take a charge
- foul
- 3 sec call

1st line of Post Defense is guard ball pressure

Stance and shuffle

- close all gaps
- active feet, hand, MINDS
- guard w/ attitude
- agressive/disciplined closeouts
- teach how foul w/o intentional foul

* Philosophy - Defense
- must work man + zone

- best player should be best defender
- be consistent + constant
- if you don't believe in something, don't do it.

- Constant ball pressure
- DON'T Foul
- pickup points on make + miss must be the same.
- No layups
  - keep ball in front of yourself
  - sprint offense → defense
- Communication
- No Catch and Shoot - Never Foul Si

Pennsbury Defense

Point zone

“12”



BASICS

- Initially a 2-3 look
- Player on ball must apply heavy ball pressure.
- Force to the baseline. Never the middle!
- Off the ball defenders must react to passes while they are in the air, not after they have been caught.
- Communicate! Great teams and players talk. Selfish teams and players are quiet.



5 MAN

- Must stay between the ball and basket at all times.
- Give cautious pressure at high post. Don’t get beat to hoop.
- Protect basket at all costs!



Point guard (1)

- Set up on the top side of zone.
- Set up on right side of floor. Most offenses trigger on this side.
- Call ball and contain.



Shooting guard (2)

- Sets up on left side of zone because most shots will come off to his side.
- He is the best rebounding guard



Small Forward (3)

- Sets up on the bottom of the zone on the right side.
- This player will normally be the better on ball defender of the forwards.



Power Forward (4)

- Sets up on the bottom left side because this player is the best rebounding forward.



Movements



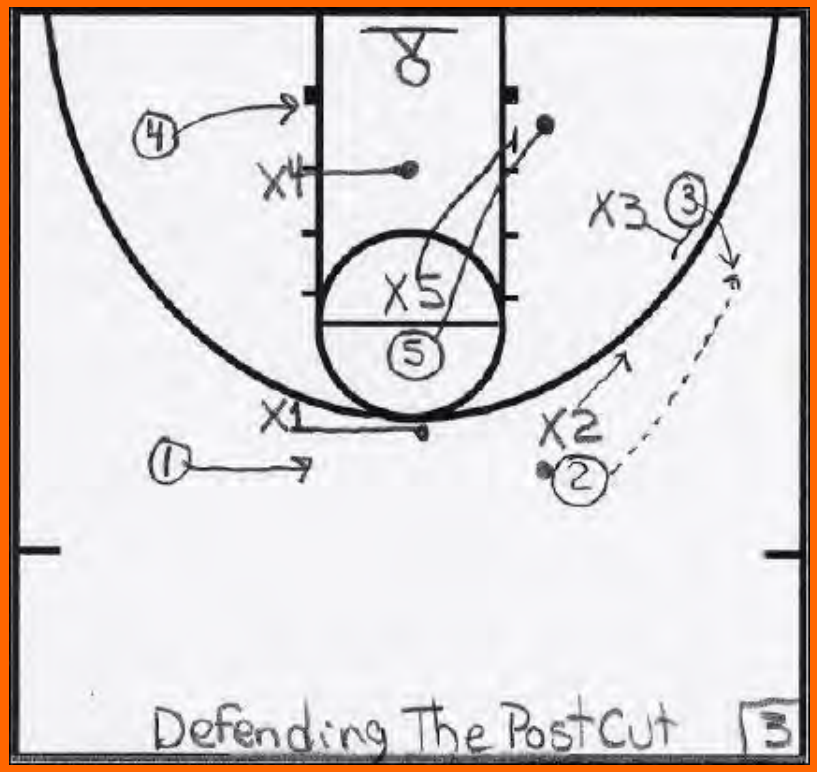
Talk-Fly-Contest-Deny

Movements



- Player on the ball MUST yell “ball” every time.
- The player opposite and behind is in the hole and MUST yell “hole” every time
- If point is on the ball then PF is hole man and vice versa

Ball reversal



- When the ball is reversed the 2-3 look will quickly change to a 1-3-1 once the “hole” man is established.

Bluffing



- When the ball is passed to the wing, the low man(3 or 4) will *bluff*, or foot fake to give the 1 time to get over.
- Thus, after the initial pass, the 1 will still be on the ball, with the 3 covering the baseline runner.

Off the Ball



- The high guard (1 or 2) will have a hand and foot in high post area to cover big man.
- Weak side low man will be the “hole man.”

Baseline Runner

- This can be tricky
- If ball side low man (3) is covering, the opposite low man (4) will have to come across, cover the runner and pressure and force baseline.
- The 3 will drop back into a help position on the high post (hand and foot).
- The 5 stays between ball and hoop
- The 1 is now the “hole” man, but he is looking to cheat the weak side wing.
- The 2 will be in basket protect position.

What if…the high post catches?

- The 5 will come out and give cautious pressure. (A hand up but not so close as to get beaten)
- If the ball is dribbled the 1 and 2 will get a hand in for a deflection.



What if…someone cuts through?

- Stamp the cutter until the 5 man or hole man picks him up.
- The get bask in position ASAP!



What if…someone dribbles penetrates?



- It better not!
- If so, the man on the ball stays with the dribbler.
- If dribbler is not penetrating and going around perimeter, the rule is…
- Rotate away from dribbler if he is coming toward you. Rotate toward dribbler if he is going away from you.

This is dedicated to all lovers of Zone defense!!!









8-4-2000 RICK MANERUS "FEEDING THE POST"

2 DRILLS FOR LEFT HAND

DRIBBLE LOW, ON BALANCE, W/ VISION, W/ EITHER HAND

a) 2 DRIBBLES FWD., 2 DRIBBLES BKWD. (FASTER THAN FWD.)

BALL BEHIND BACK LEG

THEN CROSS-OVER, DO SAME DRILL W/ RIGHT HAND.

GO FOR 2 MINUTES (OR W/ MY KIDS 1 MIN./30 SEC.)

b) MCHALE DRILL

START ON LEFT SIDE OF BASKET

TIP @ 2 W/ LEFT HAND ON BOARD/WALL, RIGHT HAND TOUCHES NET/WALL

THEN DO 3 W/ RIGHT HAND, THEN LEFT, THEN SCORE

POST PLAYERS

1) HAS TO DEMAND BALL, BE SELFISH, CREATE SPACE

2) BE GOOD FREE THROW SHOOTER

TO FEED POST - ASK HOW ARE YOU BEING GUARDED?

GOT GOOD SPACING, IF INSIDE 3, HAVE POST PICK FOR YOU. TAKE AT LEAST 2 DRIBBLES + LOOK FOR YOUR SHOT, THEN FEED. TRY TO TURN CORNER + GET IN PAINT.

TRY TO POST UP IN THE PAINT

3RD SIDE FEED IS ALMOST ALWAYS OPEN, REVERSE BALL (2x)

POST UP BY SPLITTING 1ST HASH ABOVE THE BOX

TRY TO FEED FROM WINGS OR ELBOWS

USE PASS FAKES TO FEED POST OR FAKE DEFENSE HELP → IN TO POST + PASS OUT TO OPEN MAN.

POST UP - TURN TOES TO BALL, LET PASSER READ YOUR SHIRT

ONLY SEAL AS A LAST RESORT

PASSER PASSES AWAY FROM DEFENSE, PREFERABLY → NOT A BOUNCE PASS.

SLOWER POSTS PLAY, THE BETTER, DON'T RUSH

POST MUST SIT DOWN LOW

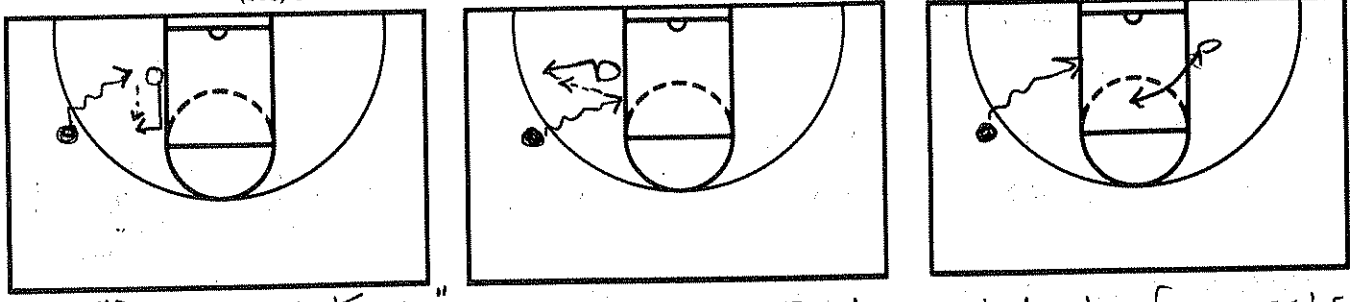
COMMON MISTAKES ARE TO PULL AWAY FROM PASS, OR STAND UP.

ON CATCH, POST MUST KNOW WHERE DEFENSE IS OR MUST LOOK

LOOK TO MIDDLE FIRST

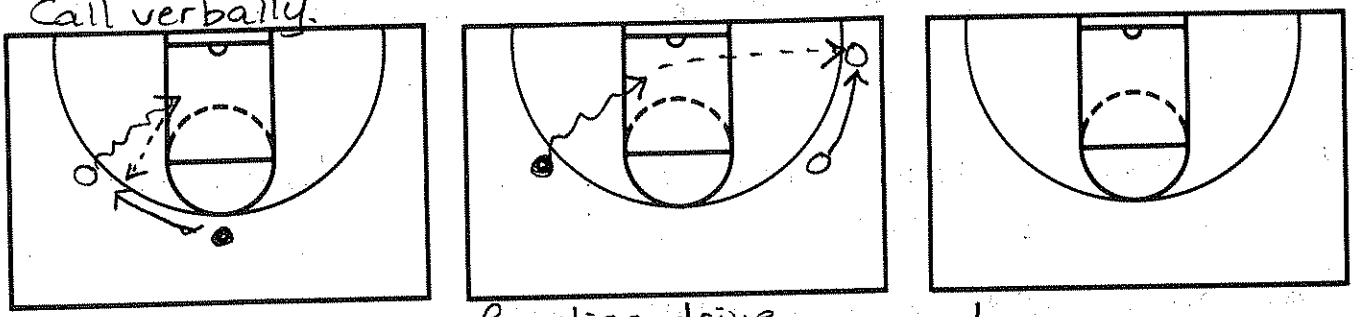
NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

CLINIC NCA Rick Maneus
DATE 8-3-95
"Passing Game"



NOTES "Draws & Kicks"
Pick up closest ft. to drive 1st
Watch ball
Give hand target
Call verbally.

3 draw & kicks for posts.

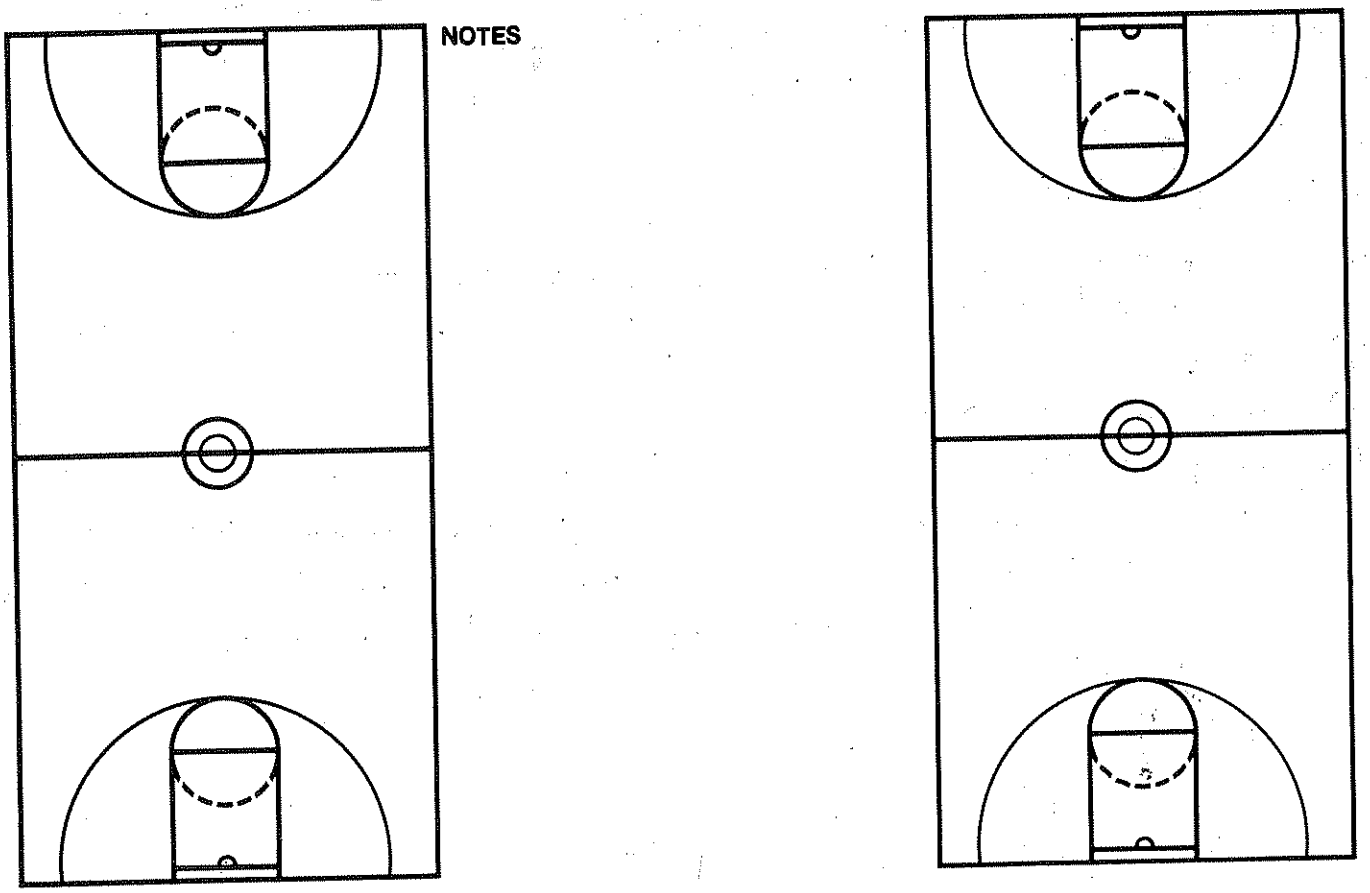


NOTES
Perimeters work on spotting hope.

Baseline drive, baseline kick. Bounce pass!

JUST DO IT

NOTES

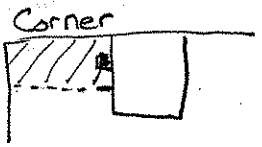


Emphasize spacing
i.e. Run transition drills w lanes on sidelines
Play to your strength "Cutters cut & shooters shoot"

RULES

1) Only dribble for a reason
   a) To acquire balance
   b) To go somewhere
   c) To break 5 sec. count

2) Ball only in corner for shot or post feed



3) "Cutters cut & shooters shoot"
   On post feed cut 2 men away to basket,
   go opposite wing outside 3 pt. line
   On post feed shooter spots up high or low for 3

4) Always fill top of key

5) V-Cut out to NBA 3 pt. line then backdoor cut
   Cut over block

6) Post up straddling first hash mark

* [Every day work on conversion defense & skill dev.ment] *
* [CENTERS SCORE 1/3 PTS. ON F.T. LINE] + [feed post only on 3rd or 4th side] *

4 CUTS - all ways to rim, outside 3 pt. line
1) Basket cut (Give & go)
2) V-Cut
3) Middle Cut
4) Cut & replace (Never a non-shooter
   Defender must jump 2 or more men removed

SCREENING
1) Wide base & low
2) Be a pain in ass

Focus on man you're screening ± on what your man does
If your man is level or lower when you're screening,
break off screen & step to ball in post up



Screen away put butt to ball
Backscreen put butt to basket

8-4-2000 Rick Majerus Utah "Defense"

In summer play, deny every pass

Get backdoored every time if you have to

Get a vertical hand up on every shot

Hardest thing individually is to guard dribble

All summer make guy you're guarding dribble to his shot

All great shooters miss long off back iron

In summer, block out every shot, all great rebounders create own space.

3 stances in basketball defense

1) On ball stance

2) Denial stance

3) Help stance

Defense

1) Hand up on every shot.

2) Get back on defense.

1 guard stops ball on ½ court

2 guard stops lane line ball side.

3, 4, 5 sprint to front of rim.

Get ball out of middle of floor.

3) Block out every shot.

Slows down offensive rebounders.

4) Communicate on defense.

3 things every day in practice

1) Skill Development - don't repeat drill from day to day.

2) Conversion Defense

If defense gets ball, gets to run.

3) Shoot Free Throws.

No talking, no drinks, coaches stay inside 4 ft

Shoot 2 at a time, only 4 during that set.

5) Keep ball off of elbows.

6) Either nose or ear in chest.

Must maintain stance + vision throughout entire possession.

7) TRAVEL ON AIR TIME OF BALL.
ANTICIPATE WHERE BALL IS GOING, & WHEN.

8) ACTIVE HANDS ARE A KEY.
TRACE BALL WHEN IT'S PICKED UP.
GET HAND UP ON SHOTS.
GET DENIAL HANDS IN PASSING LANES.

9) IMPORTANT DEFENDERS.
a) GUY ON BALL. b) HELPSIDE DEFENDER CLOSEST TO BASELINE.

10) MAKE A 3 POINT SHOOTER DRIBBLE.

STATS TO LOOK FOR - SHOT ALLOCATION, F.T. %, OFF. REBS.
MAKE SURE YOUR BEST PLAYERS GET SHOTS.
MAKE SURE YOUR PLAYERS KNOW "WHO AM I?", ROLE

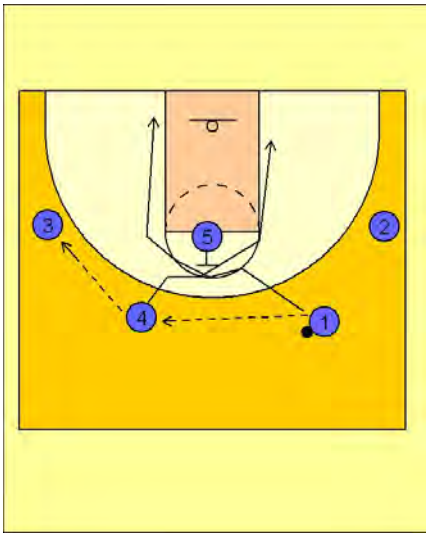
11) HELPSIDE DEFENSE
HOW FAST CAN YOU GET OUT OF THE LANE?
GET OUT OF LANE TO STOP PENETRATION.
GET OUT OF LANE ON SKIP PASSES, LEARN TO CLOSE OUT.
GET OUT OF LANE TO REBOUND! MOVE ON BALL'S AIRTIME.
GET OUT OF LANE TO CONTEST THE FLASH. "GET WORK DONE EARLY"
NOBODY CUTS BELOW US TO THE RIM.
GET OUT OF LANE TO HELP THE HELPER, GO TO WEAKSIDE BOX.

* DON'T BE AFRAID TO SWITCH TO CONTEST A SHOT.
SWITCH WON'T BEAT YOU, OPEN SHOT WILL.

* IF TEAM SWITCHES ON YOU, DON'T WORRY TOO MUCH ABOUT →
FEEDING POST, GET SMALL GUY TO DRIVE ON THEIR BIG.

WHATEVER YOU'LL ACCEPT IN VICTORY, YOU BETTER ACCEPT IN DEFEAT.

Louisville
Half court offense (1)

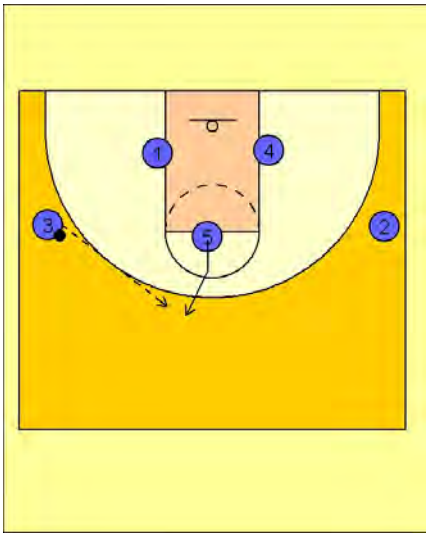


1

Louisville Half Court Offense

2 - 3 high alignment to start.
(#1) passes to (#4) who passes to the wing player (#3).

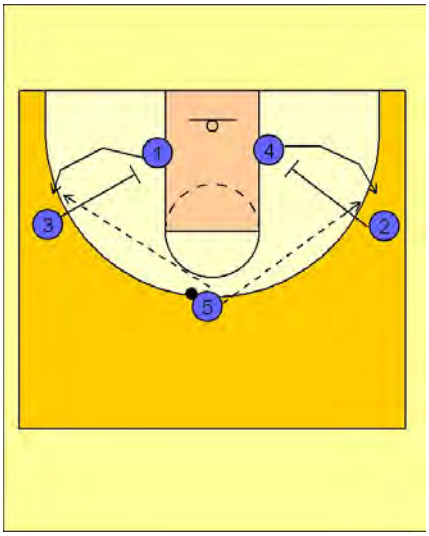
(#4) and (#1) "X" cut off the screen by the post player (#5).



2

Louisville Half Court Offense

After screening, (#5) steps out to the top of the key to receive a pass from the wing player (#3).



3

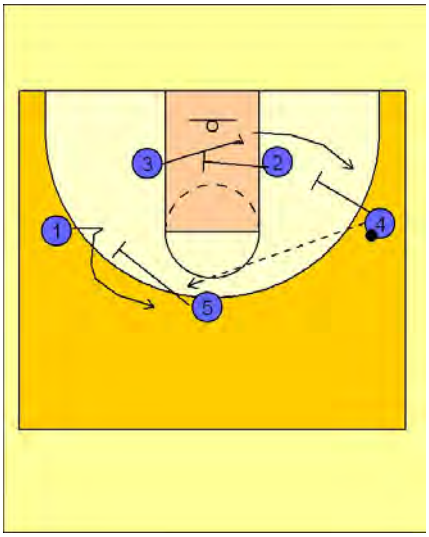
Louisville Half Court Offense

Once (#5) receives the ball a couple of options can happen.

(#2) and (#3) can down screen for (#1) and (#4) on the blocks bringing them out to their respective wing areas for a pass or shot.

Created with basketball playbook from www.jes-soft.com

Louisville
Half court offense (1)

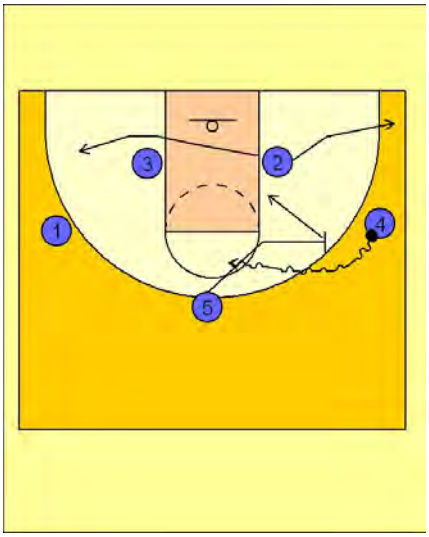


4

Louisville Half Court Offense

Once (#5) picks a side on the pass, one option he has is to screen away on the perimeter while the inside players screen across for each other.

(#4) passes to (#1) coming to the top off of (#5's) screen and then (#4) looks to down screen whoever is on the block.



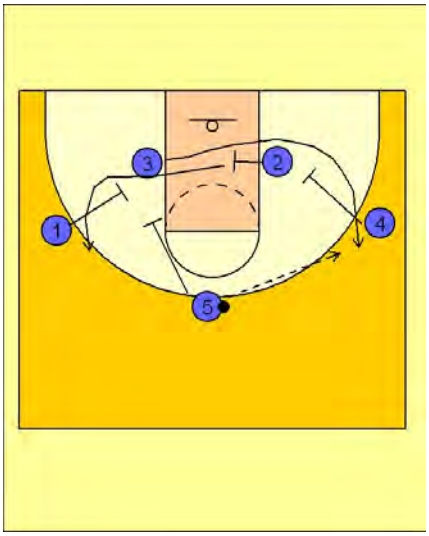
5

Louisville Half Court Offense

Another option the (#5) man has is to pass to a wing player, in this diagram (#4), and move over to execute a pick and roll on the wing. (#2) reading this would clear out so that (#5) has room to roll to the basket.

(#5) could also dribble over and performa dribble hand off on the wing with (#4) creating the same type of action.

The movement will continue throughout with slight variations to the offense. For example, the low post players (#2) and (#3) in this diagram, may move up at anytime and back screen the perimeter players to fade to the back side for a shot. In any event, the basic spots on the floor are filled with each knowing the various options available to them at each spot.



6

Louisville Half Court Offense

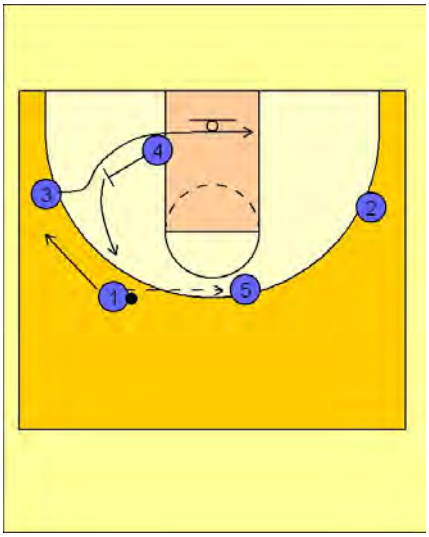
Another option off this popular alignment for Louisville is when the (#5) man has the ball on top, instead of (#2) and (#3) coming off the down screens, (#2) turns and screens for (#3). (#4) continues down and screens for (#3) as well.

(#5) will look first to (#3) coming off the staggered screens.

(#3) will then look for (#2) coming off the staggered screens on the other side of the floor.

Created with basketball playbook from www.jes-soft.com

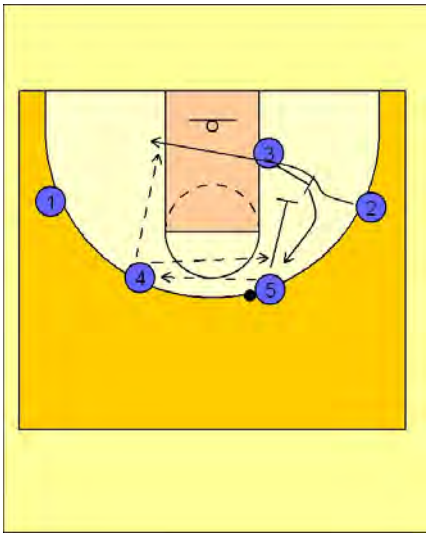
Louisville
Half court offense (2)



1

Louisville Half Court Offense

Louisville uses some flex action throughout the course of the game. #1 reverses the ball on top to #5. #4 sets a back screen for #3 who cuts across the lane looking for the ball. Usually #1 would set a down screen for #4 here, but Louisville had #1 cut away and #4 came straight up to the top without a screen.

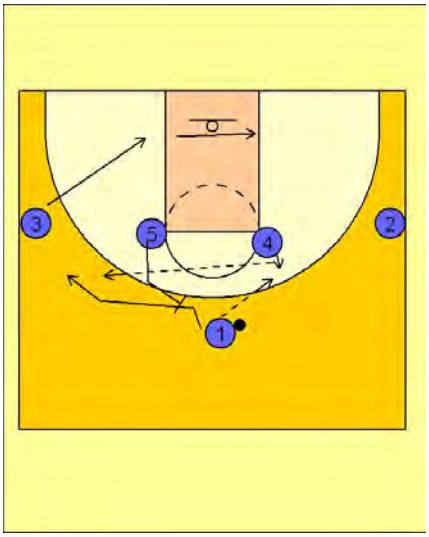


2

Louisville Half Court Offense

#5 hit #4 on top. #3 now back screens for #2 who cuts across the lane. #4 looks for #2 cutting across and then will look for #3 coming up off the down screen from #5, resembly the more normal flex action. From here, Louisville will either continue to run this action or will ball screen for someone on the perimeter and look to create, drive and dish.

Louisville
Set play (1)



1

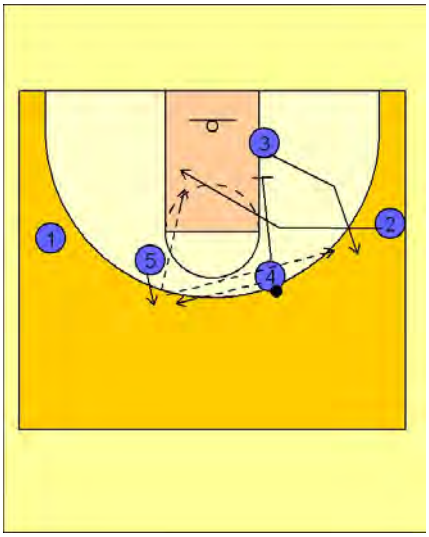
Louisville Set Play

1 - 4 high alignment.

(#1) enters the ball to (#4).

(#3) breaks to the block and then across the lane.

(#5) sets a back screen and (#1) fades to the back side wing area for a skip pass from (#4) and shot.

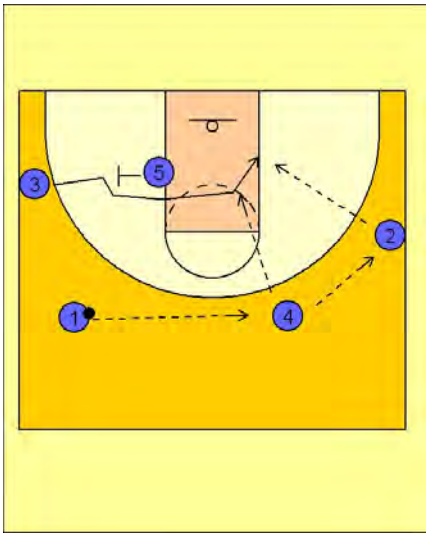


2

Louisville Set Play

(#4) reverses the ball to (#5).
After (#4) passes he sets a down screen for (#3) on the block. As he is setting the down screen, (#2) cuts off of his back for a pass in the middle of the lane from (#5). (#5) may also hit (#3) for a jump shot coming off the down screen from (#4).

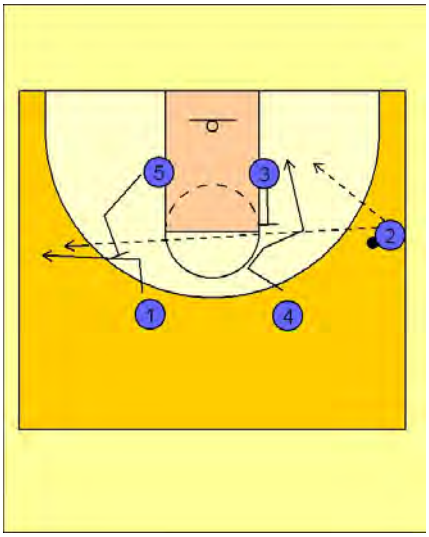
Louisville
Set play (2)



1

Louisville Set Play

(#1) reverses the ball to (#4) who passes to (#2) on the wing. (#5) steps out and sets a back screen for (#3) who breaks to the ball side block looking for a pass from (#2) or (#4) and a lay-up.

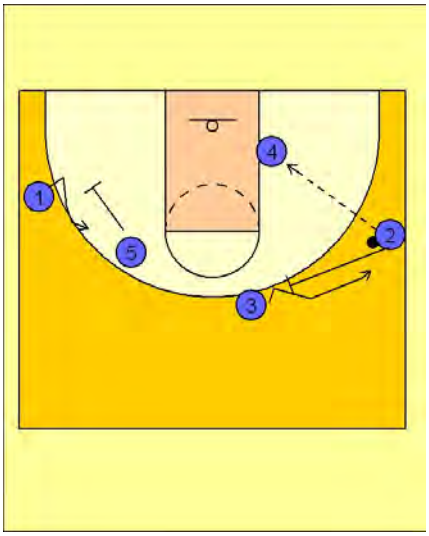


2

Louisville Set Play

Once (#2) receives the ball, (#5) sets a back screen for (#1) who fades to the back side of the floor for a skip pass from (#2) and a shot opportunity.

After (#4) passes to (#2), he receives a back screen from (#3) bringing him to the ball side block for a post up opportunity.



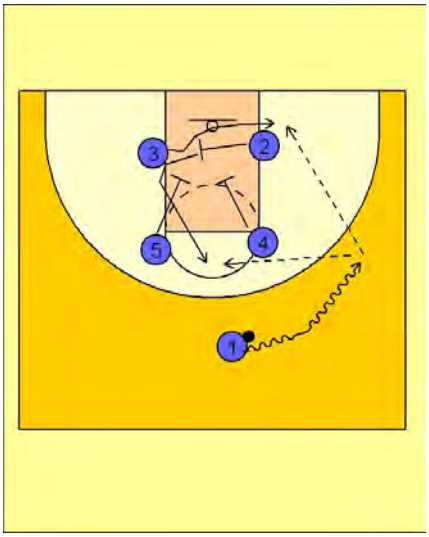
3

Louisville Set Play

If (#4) is open he receives a pass from (#2). When the ball enters the post in all of Louisville's offensive alignments they will always screen away on the perimeter looking to free shooters for some good inside / out action. Plus this screening action near and away from the ball will keep defenders from doubling the ball and will make their defensive runs back to their players that much more difficult.

Created with basketball playbook from www.jes-soft.com

Louisville
Set play (4)



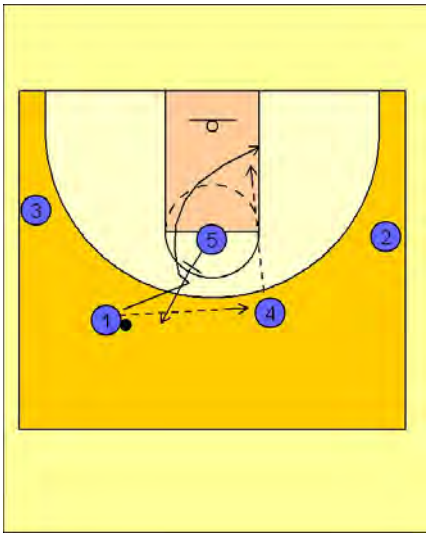
Louisville Set Play

Tabbed "America's Play" because so many teams run it.

(#1) takes the ball to one side. (#2) screens across for (#3). (#2) can hit (#3) on the block for quick post up.

(#4) and (#5) down screen for (#2) who has just set the screen. (#2) comes off the double screen looking for the shot at the top of the key area.

Louisville
Set play (6)

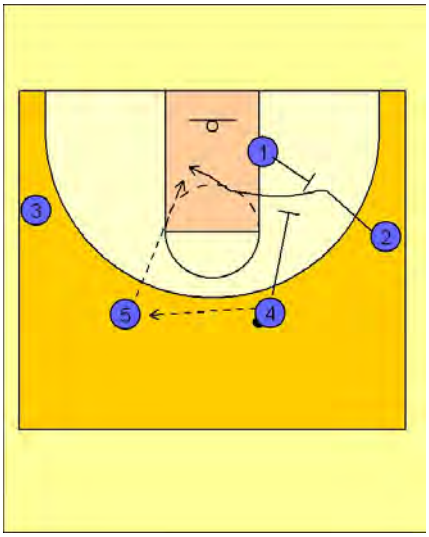


1

Louisville Set Play

Out of their familar 2 - 3 high alignment.

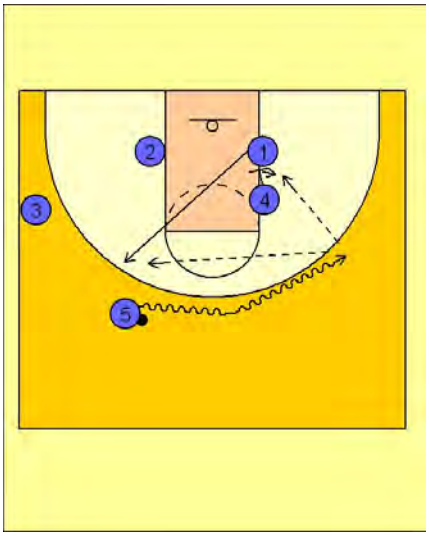
(#1) passes to (#4) and then cuts to the ball side block off the back screen from (#5). (#5) steps out after the screen.



2

Louisville Set Play

(#4) passes the ball to (#5).
(#1) steps out and sets a back screen for (#2) who cuts to the ball side block looking for a pass from (#5). (#4) sets a down screen for (#1).



3

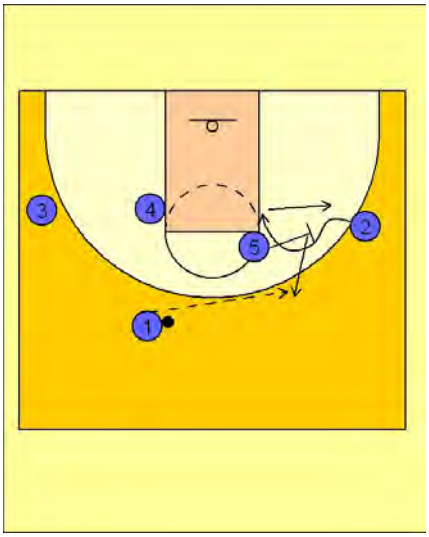
Louisville Set Play

(#1) can use the down screen from (#4) but will often come out to the opposite side of the floor on top because of the dribble action of (#5).

(#5) brings the ball over to (#4) on the block while (#1) pops out to the top on the opposite side.

Created with basketball playbook from www.jes-soft.com

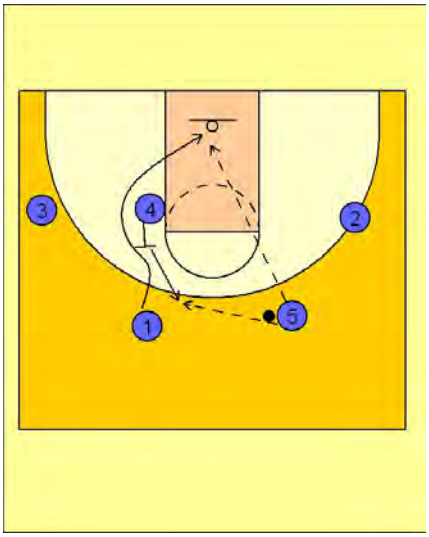
Louisville
Set play (10)



1

Louisville Set Play vs. Man Defense

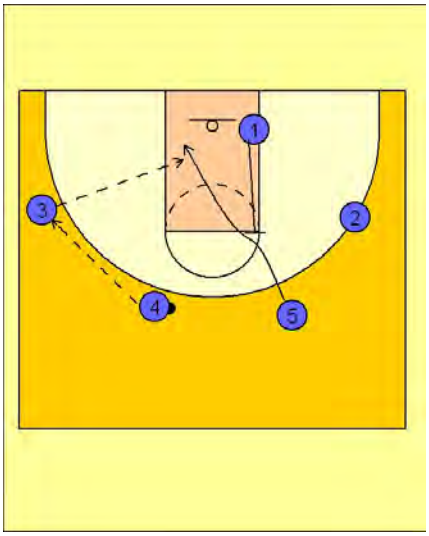
#5 screens for #2 who curls over the top and back out to where he started. #5 screens and pops out to receive the pass from #1. A fancy way of entering the ball, but anytime you can screen and pop back to the ball, it will always increase your chances of being open to receive the entry pass.



2

Louisville Set Play vs. Man Defense

#4 back screens for #1 who has just passed it over to #5. #1 cuts to the basket looking for the pass from #5. #4 pops out after back screening to receive the pass from #5.



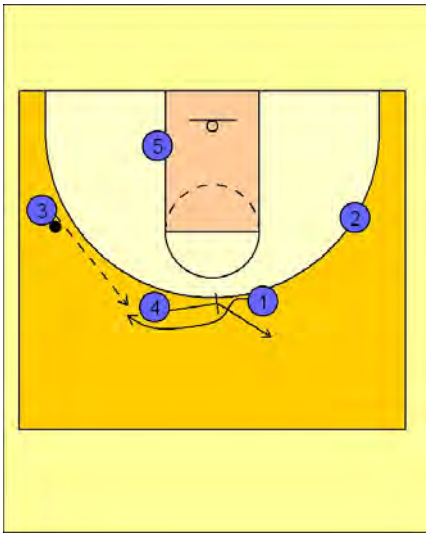
3

Louisville Set Play vs. Man Defense

#4 passes over to #3. #5 now gets a back screen from #1. #5 cuts to the basket looking for the pass from #3.

Created with basketball playbook from www.jes-soft.com

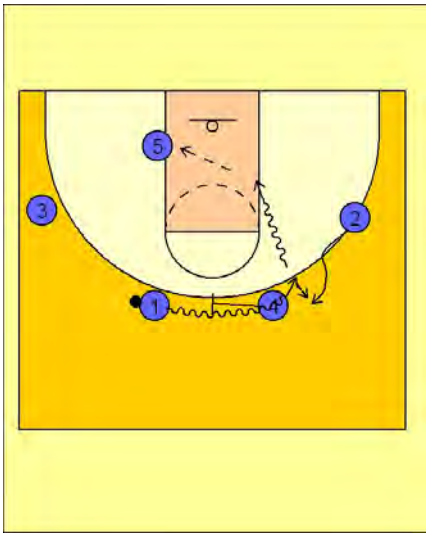
Louisville
Set play (10)



4

Louisville Set Play vs. Man Defense

#4 now screens across for #1. After screening, #4 breaks out to the area where #1 started. #3 passes to #1.



5

Louisville Set Play vs. Man Defense

#1 now gets a ball screen from #4. As #1 is coming off the ball screen from #4, #2 comes over the top of #1 looking for the dribble hand off. If #2 gets the ball he can look to shoot or score quickly off the dribble. #1 can also turn up after the screen and attack the basket to score or dump off to #5 if his man comes over to help.

Press Defense- Rick Pitino

To be a good pressing team, you do not need gifted athletes. You need

1. Outstanding quickness
2. Great anticipation
3. A desire to excel beyond everyone's norm

Change your presses

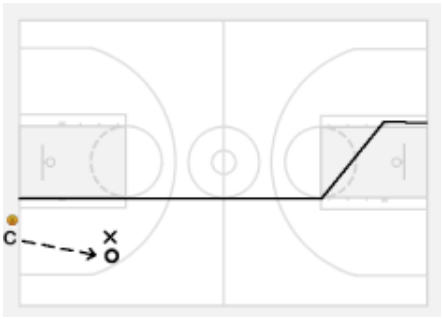
1. Jump shot→match-up press
2. Inside the paint shot→1211 press
3. 3-pt shot→half-court trap

Fouling negates hustle

Drills

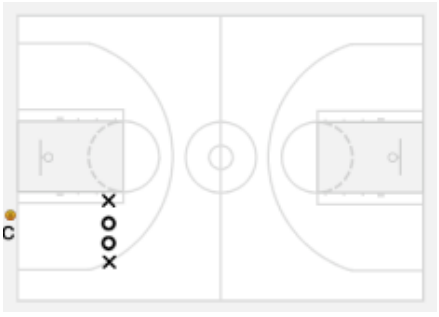
1 on 1 Full Court

- If the offensive player lines up outside the line of the ball, line up to his inside
- If the offensive player lines up inside the line of the ball, line up to his outside
- Play the ball and see the man- thumbs to shoulders position
- Do not close down on the man in a chest-to-chest position- flatten out to the baseline and make a steal by stepping in
- The ball is every players' responsibility
- Play from sideline to lane line extended
- Concentrate on both offense and defense in teaching these drills
- Offense- go by the defender and not side to side
- Defense
    1. If the player gets by you sideline, pick out a spot ahead of the ball and try to turn the ball handler by beating him to a spot
    2. If the player beats you middle, catch up and tip from behind to a teammate
    3. Turn sideline/ tip middle
- Wear down your opponents



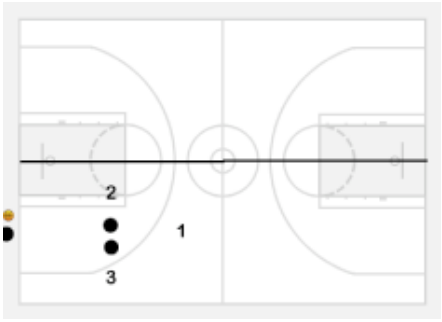
2 on 2 Full Court

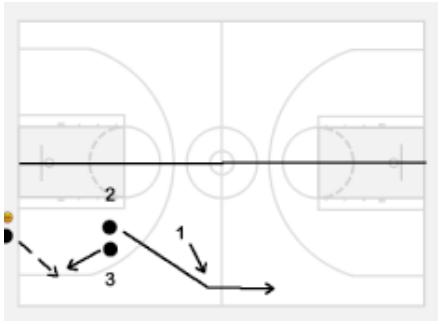
- The speed of the dribbler will determine whether you trap or not- try to get them into an uncontrolled dribble
- Defense
    1. On ball →Pressure the ball
    2. Off ball →see your man, play the ball
    3. If you can trap the dribbler→both defenders take 1 shoulder and lock legs
    4. If the offensive player pivots, move with him
    5. Get a deflection
    6. Sprint out of the trap when the ball is passed to tip from behind or stop the ball penetration
    7. **Do not reach or foul (Fouling negates hustle)**
    8. If the offense lines up in a tandem, both defenders play to the outside
- Rules
    1. Ball pressure
    2. If you see the man in a speed dribble, come and trap big
    3. If the man is under control, back up and wait for the uncontrolled dribble or just have a possession with no trapping but constant ball pressure
    4. If the ball handler goes middle but the defender is on the side of him, trap the uncontrolled dribble
    5. If the ball hander goes middle and gets by the defender, tip from behind and the second defender goes to the middle of the floor and must play 2
    6. If we can tip from the behind, the player that tipped the ball immediately releases down court to the sideline to receive a pass for a shot from his teammate
- If we knock the ball out of bounds into a dead ball situation→**change your press**
- The offense will win 95% of the time
- The goals of this drill are
    1. Work out sliding
    2. Learn when to trap and get deflections
    3. Learn how to back tip
    4. Learn how to level a ball handler off



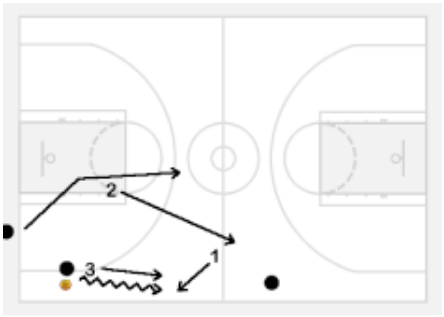
3 on 3 Full Court

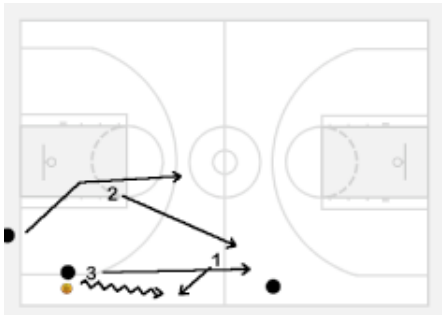
- The 3-man plays to the outside
- The 2-man plays to the inside
- The 1-man plays middle and is the safety preventing any long pass
- Read the shoulders of the in-bounder and move accordingly
- This way they can fill the lanes to a numbered offensive break
- Play from the rim-line extended to the sideline
- Make the offense catch the ball below the FT line
- The 1-man will need to switch men when the 2-man **calls out that he has the in-bounder** lets go of his man and now defends the ball but sees the in-bounder





- The #1 will now trap **or jump** any uncontrolled dribble on the sideline
- The #2 will now trap **or jump** any uncontrolled middle dribble
- On any sideline trap, the #2 will need to play 2 men and will shift to the sideline and wait for a 2 count and if the ball is not passed, shift back middle toward the middle offensive player





- The players in the trap try to deflect the pass
- See the man and play the ball
- If they offense misses a shot, take it and advance it to try to score (**learn to transition- get a lay-up or a 3-pt shot**)
- You want the offense to get into a run and gun situation

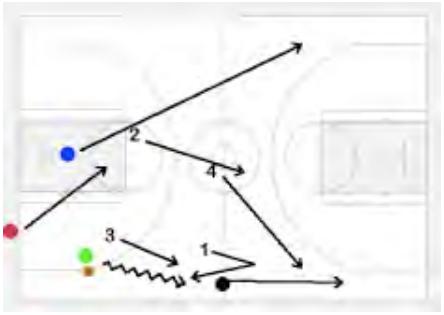
4 on 4 Full Court

- Locate where the offensive players are lining up
- Play the ball and see the man
- When the offense breaks, the #3 will take the man to the sideline and the #2 will take the man in the middle if he receives the ball





- If the ball is passed sideline, the #2 will rotate up slightly and take the in-bounder and the #4 will rotate up to play the man in the middle (the man originally covered by #2) and the #1 will rotate to the sideline. These four players form a **box when the ball is on the sideline.** The box may be distorted but it is still a box. When the ball is dribbled down the sideline, we will look to trap the uncontrolled dribble. We can also **hedge** (fake the trap and then recover to the man in your area) or **run and jump** this player as a variation.



- If the **ball is rotated to the middle, the four players form a diamond** and it too may be distorted. Here the #2 will form the tip of the diamond, the #3 and #4 the outside and the #1 the apex if the ball is in-bounded on the right side of the floor.





- If the ball rotates from the middle of the floor to the left, a **box is once again formed** and the #4 pressures the ball, the #2 helps middle, the #1 once again rotates to the sideline and the #3 covers mid-court middle.



- Stay with any dribbler and if he **dribbles middle, get into your diamond** and if he continues to **dribble to the sideline, get into your box**
- **When a trap is made, rotate over to fill the position the man has vacated**
- If the ball goes left, the #3 has point, #2 and #1 the outsides and the #4 the apex.
- Wear down your opponents mentally and physically by playing 10 men and being in top physical condition
- Read any spin dribbles and attack from behind
- Four across- the defense loves this attack as it is easy to defend. The #2 and #3 guard the middle, the #4 guards the gap and is staggered behind the offense and the #1 rotates to the ball side gap again to the defensive side of the offensive players. #5 protects the long pass. All 4 players must be able to play all 4 defensive positions.



5 on 5 Full Court

- No traps unless the man is in a speed dribble
- You may elect to double team with the #2 and #3 immediately to take the ball out of his hands
- Diamond press
- If the ball is passed into the corner and the man originally on the ball can see it, he immediately goes and traps and the #2 rotates up and the #1 rotates middle up
- If the ball is passed into the corner and the man originally on the ball cannot see it, he rotates into his box position, the #1 rotates sideline and the #2 rotates to a position near the jump ball circle forming a box
- On any steal, pass the ball ahead quickly
- Use the same principles of the diamond press to press at the half court sideline out of bounds

Post Play

Rick Majerus @ Don Meyer Coaching Academy

General

These are the notes that I took while listening to Majerus talk about post development. It is strictly on post development so some of the diagrams will not have all 5 positions covered, but will just focus on the development of the post.

Transition Topics

1. 1st 3 steps in transition are the most important.
2. Post players have to be strong and be able to run the floor. Have to beat the defense down the floor.
3. Post players have to be able to shoot free throws. Being big is not a reason for missing free throws.

3 Things To Do Everyday

1. Transition Defense
2. Skill Development – 20 – 40 minutes per day (Mikan Drill)
    a. Mikan Drill Specifics
        i. Step Heal Toe
        ii. Release Ball in between 1 o'clock and 12 o'clock
        iii. Pull ball out of the net
3. Free throws

3 Things to Develop Hands For Post Players

1. Soft Hands to Catch
2. Strong hands
3. Soft touch when shooting

Why Post Players Miss Shots

1. Not low enough
2. Don't focus on target
3. Don't get the ball high enough

Note: It is important to tape practice so kids can see themselves practice

Post Player Philosophy

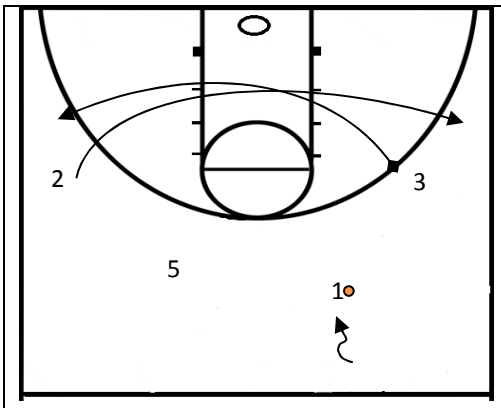
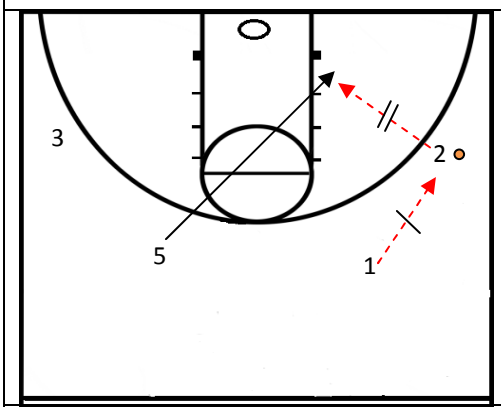
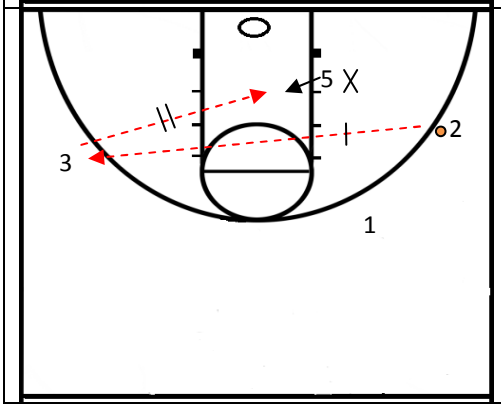
1. Low – sit in stance
2. Slow – be patient
3. Under control
4. Need to have 1 go to move
5. Need to have 1 counter move

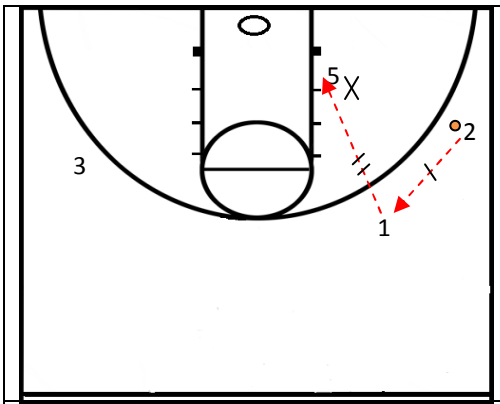
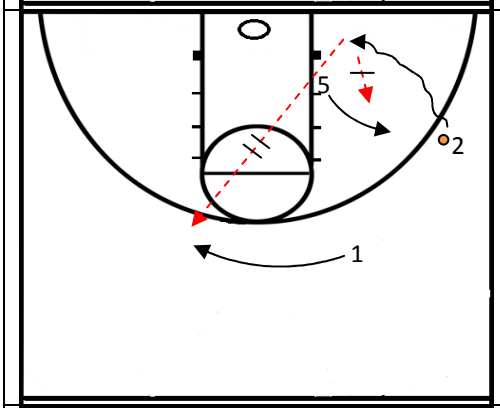
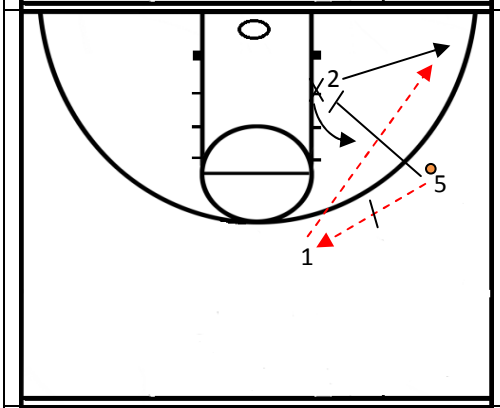
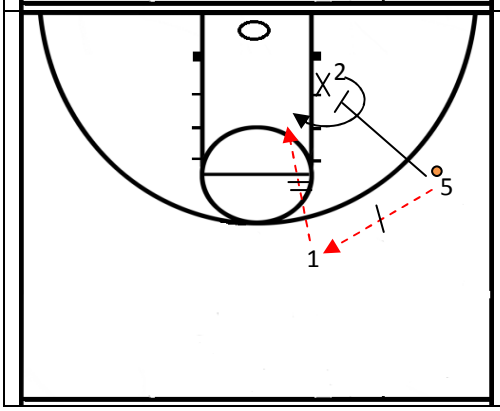
Working on Seals

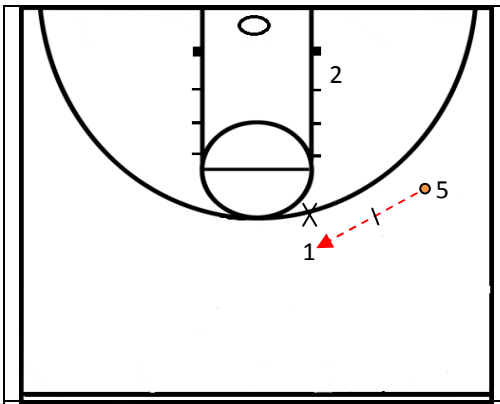
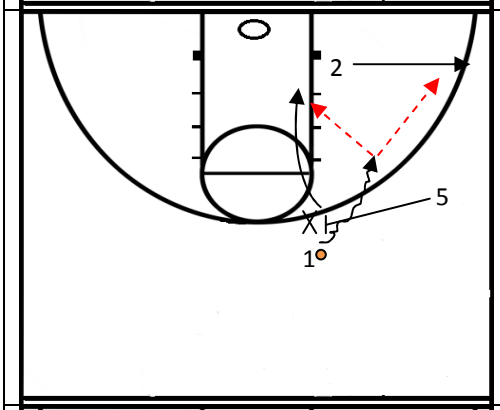
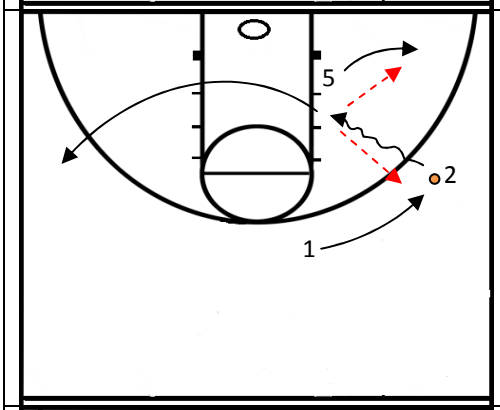
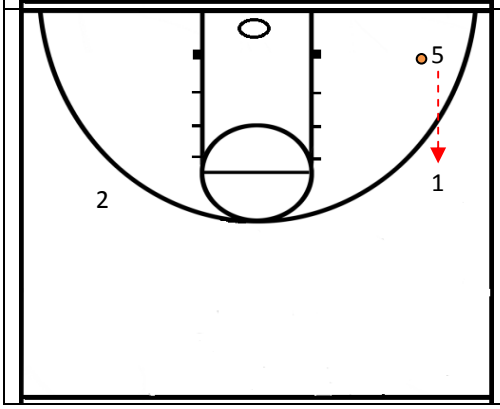
1. Must work on them every day – cover situations
2. Jump Hooks
    a. Keep contact on seal
    b. Don't leave the pass
    c. Keep body into the defense on the jump hook
    d. Keep head up to hoop

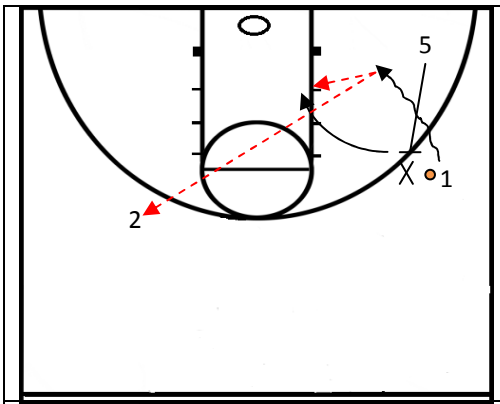
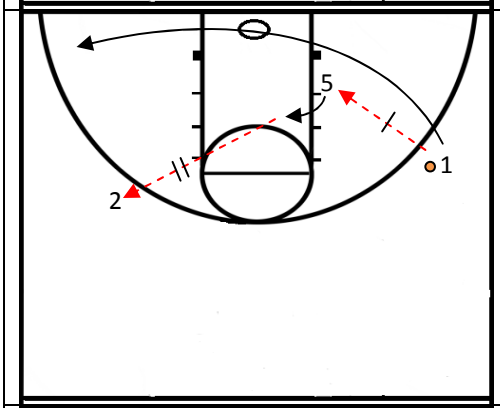
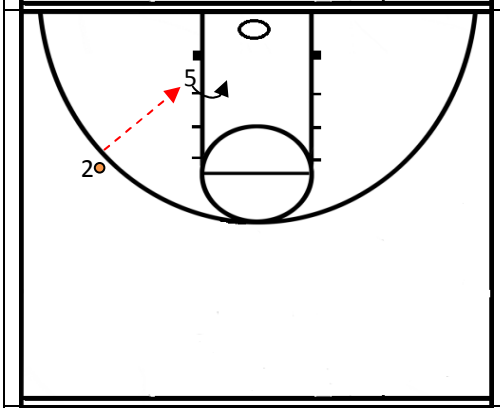
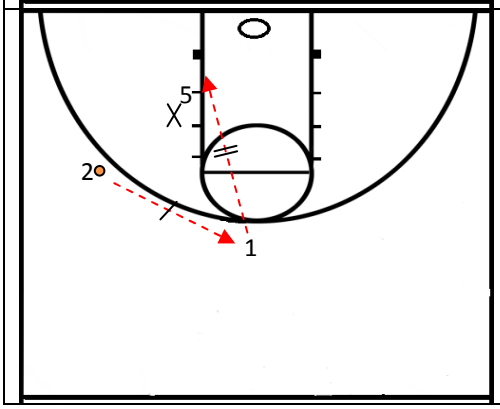
Essentials for Post Play

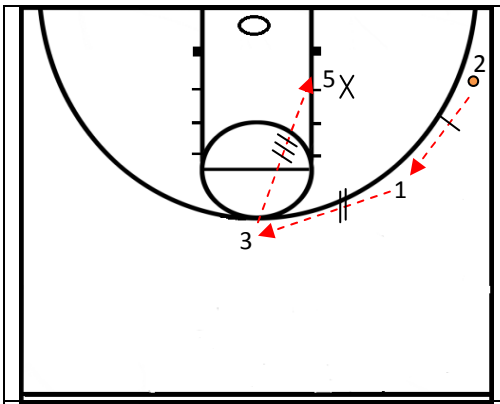
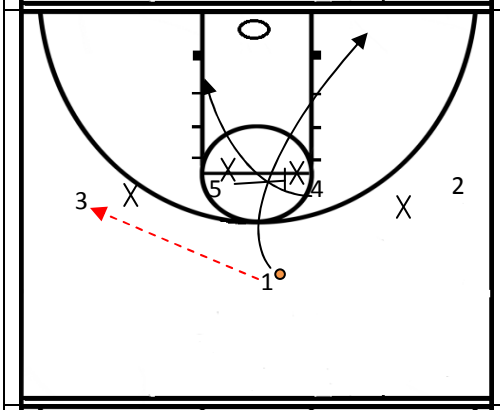
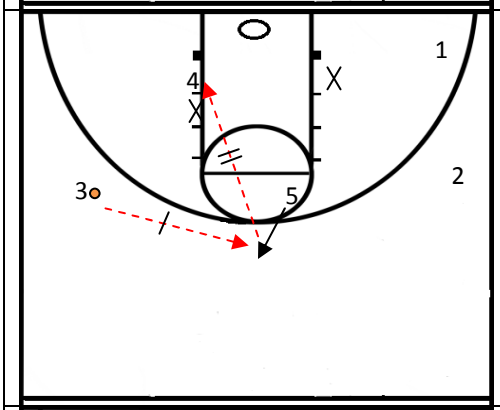
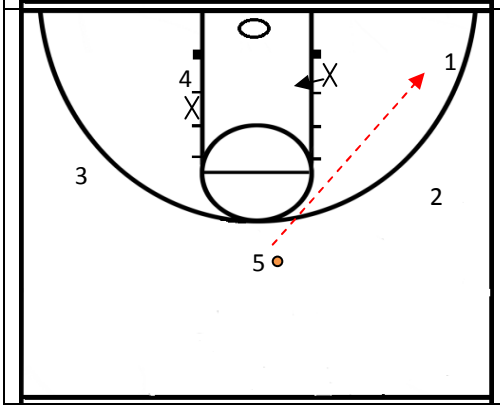
1. Front the post with heavy ball pressure
2. Pressure passer on Pick and Roll

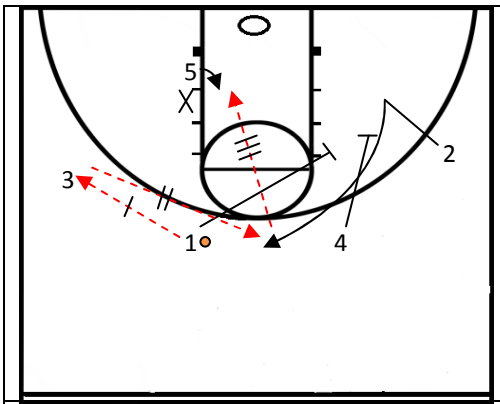
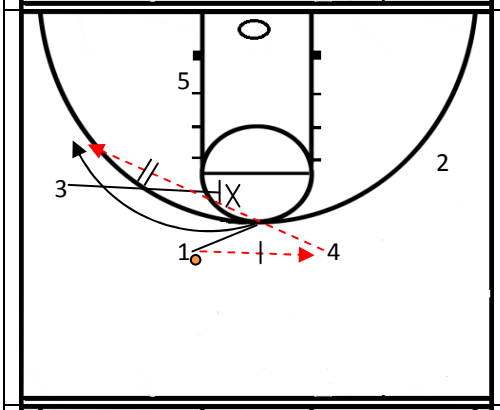
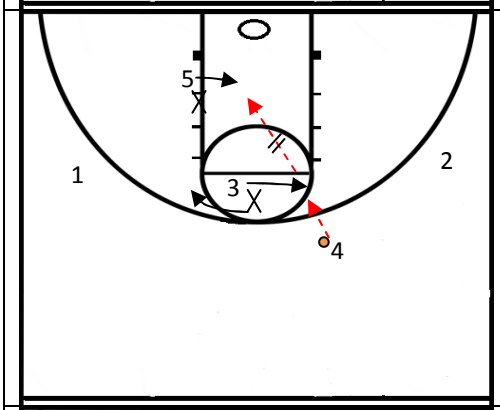
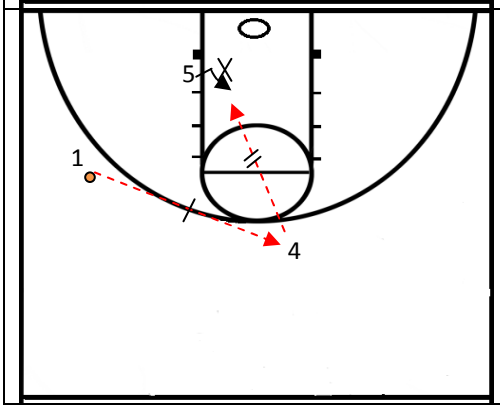
	**Transition** 1. In transition the 2 and 3 need to run an X cut and fill the outside wings.
	**Transition (cont.)** 1. 5 busts ball side block looking to seal as the ball is passed to the wing. 2. Wing looks to feed the post and the seal. Depending on how the wing is being defended, wing will have to either make a bounce pass
	**Fronting the Low Post – Option 1** 1. Skip pass to the opposite wing 2. 5 holds seal for the low post entry

	**Fronting Low Post – Option 2** 1. Reverse ball back to PG 2. 5 should look for a high seal to set up a lob; needs to push the defender up the lane to create space for the lob 3. 1 looks to feed 5 with the Hi Low lob.
	**Motion Set – Low Block Development** 1. On baseline dribble penetration, 5 flashes to wing. 2. 1 drifts **Note**: The wing who is penetrating needs to read help defense
	**Motion Set For Shooters -- Fade Cut** 1. 5 starts at the wing and swings ball to top of the key 2. 5 down screens for shooter at the low block. 3. Shooter reads the defender going over the top of the screen and fades to corner to create separation.
	**Motion Set For Shooters -- Curl Cut** 1. 5 starts at the wing and swings ball to top of the key 2. 5 down screens for shooter at the low block. 3. Cutter and screener read the defense chasing the cutter around the screen. Cutter needs to stay tight on the screen. 4. Passer leads the shooter right into his shot.

	**Option for a Non Shooter (1)** 1. Swing pass to the non shooter. Remember to use a V-cut to receive the pass
	**Option for a Non Shooter (2)** 1. Post comes to set a ball screen for the non shooter. 2. Shooter clears out on the drive to open the lane for the dribble attack. 3. Non shooter tries to draw shooter's defender and kicks out to shooter on the help 4. Can also look for the Post roll or post slip on the defensive hedge on the ball screen
	**Middle Penetration (1)** 1. On middle drive, post steps out. If post defender stops ball penetration, look for the post feed on the step out. 2. The other read is going to be the fill of the point position 3. 2 will then clear out to the back side of the defense
	**Middle Penetration (2)** 1. If post does not have a scoring opportunity, he should look at getting the ball to the player filling the wing position off of the middle drive.

	**Middle Penetration (3) – Wing Ball Screen** 1. Post can then set a ball screen for the wing * Drive and score * Hit the post on the roll or slip * Kick out to 2
	**Fake Hook and Kick Out** 1. Post entry pass 2. Guard cut through to clear out the post help 3. Post shows middle hook and kicks out to 2 for the 3 ball
	**Power Shot** 1. Reverse Pivot 2. Use low power dribble 3. Chin the ball 4. High finish
	**Seal Move** 1. Post on the 2nd hash mark 2. Keep contact on the defense as the ball reverse to the top of the key 3. Hold seal until ball is over post player's head 4. Keep ball high and finish high on the glass

	**Corner Feed** 1. When the ball is in the corner and there is a full frontal, get quick ball reversal to the top of the key for a top down feed. 2. Post needs to hold seal for the top feed. 3. Guards will need to use V-cuts to create passing angles on the ball reversal
	**Beating the Backside Help (1)** 1. On the wing entry, PG cuts through and clears out. 2. Cross screen action for the post to dive down to ball side block.
	**Beating the Backside Help (2) – High Low** 1. Post will shape up after the cross screen. 2. Swing the ball to the top to look for the High Low entry.
	**Beating the Backside Help (3) – Fake Dump** 1. If 1's defender is sagging off to help in the post, fake dump pass into the post to get the help defender to bite on the help. 2. Skip to the corner for the shot or penetrate on the heavy close out.

	**Double Stagger into a High Low Duck In** 1. 1 and 4 set a double staggered screen for shooter. * Shooter needs to V-cut prior to using the screens to set up defense. 2. Shooter can pop the 3 or look for the High Low “duck” by the post.
	**Flare Screen with a Post Duck In (1)** 1. On the Point to Point pass, 1 receives a back screen for a Flare cut * Ball can be skipped for the 3 ball
	**Flare Screen with a Post Duck In (2)** 1. If the defender really fights through the screen, 3 should look to slip the screen or flash for a high post entry.
	**V Cut Duck In** 1. Post player should look to V Cut duck if the post defender is even with the post player. 2. Get tight to the defender on the V Cut and give big target for the post feed.

9/26/03

SHERRI COALE · UNIV OF OKLAHOMA

(principle based)

"be good at what happens alot"

MOTION OFFENSE

- Centering the ball - dribble to shorten pass

1) get best shot possible → give players their offensive roles
(not first open, not 8ft by nonshooter)

2) Minimal levels of turnovers
(12 or less)

3) make 5 people guard us → make him do something
(lousy defenders on the floor / take advantage)
(what can we do to hurt them)

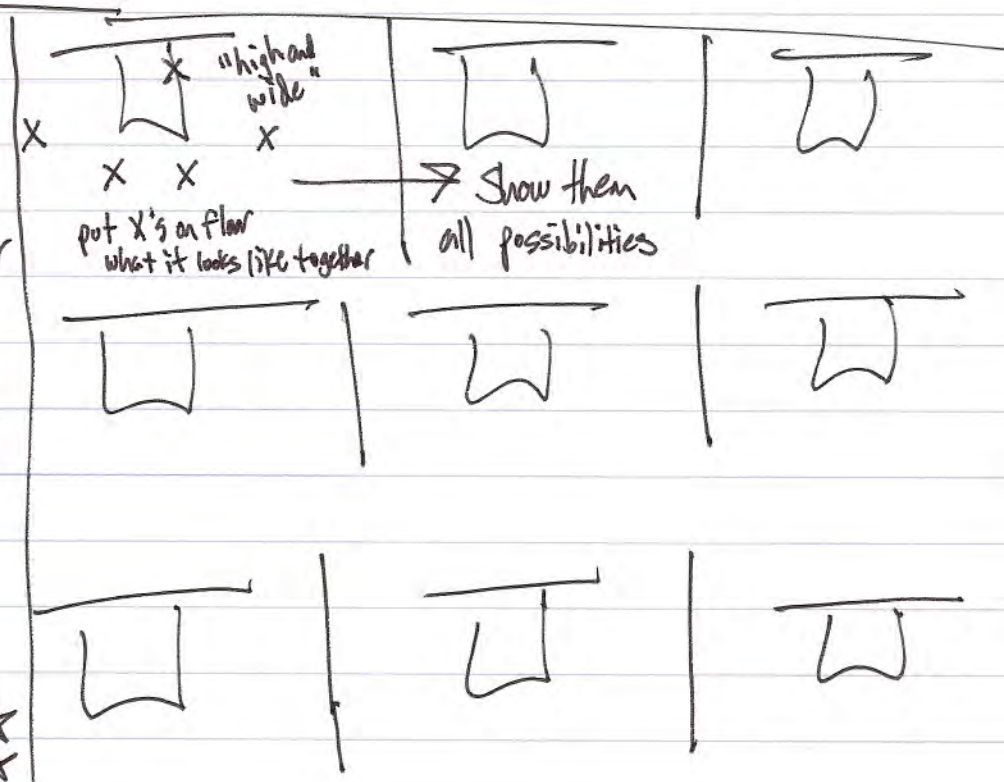
OPTIONS

" NO RIGHT OR WRONGS"
good
better
best

- if player denies → stretch them to create ↑ dribble penetration

1. Move
2. Move with purpose
3. Move with purpose together

- dribble attack
- once a pass is made; everyone is affected "be aware"
- basket cut sets offense
- every 3 secs center the ball "ball see you"
- what to do? watch man in front of you → he will tell you what to do "READ THE DEFENSE"
- everytime you pass - cut to basket -
- move the ball; move people; screen



- Can they make the shot if open?
- Can they create out of a trap with a pass or by use of the dribble?
- Can they create off the dribble and get fouled?
- Can they make the foul shot?
- Can they handle defeat?

- Did you choose the right person to close?
- Always change your defense on the last play of the game…element of surprise. Make them face something new.
- Change defenses. Prepare for the 6 best league opponents from day 1.
- You must get more shots when you lack offensive talent. How do you get more shots?

  - Steal the ball
  - Block shots
  - Hold you to one shot
  - Get to the offensive boards

Discipline

- Never make a rule you will not enforce. Let your team make the rules…remind them that you are enforcing THEIR rule.
- A coach doesn't punish a player…they choose to be punished.
- Always give a player a chance (during a game) to deal with their attitude, etc. "You have two minutes to straighten up out there!"
- Potential—spoiled players don't play to their potential in the big game. What stops a player from reaching their potential?

  - Low pain threshold
  - Low I.Q. for what they're doing
  - Selfishness
  - Won't do the intangibles
  - Drugs or alcohol

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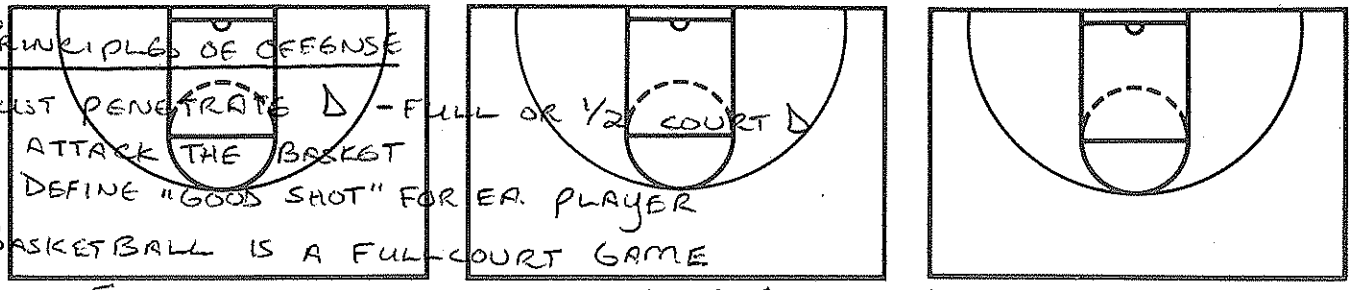
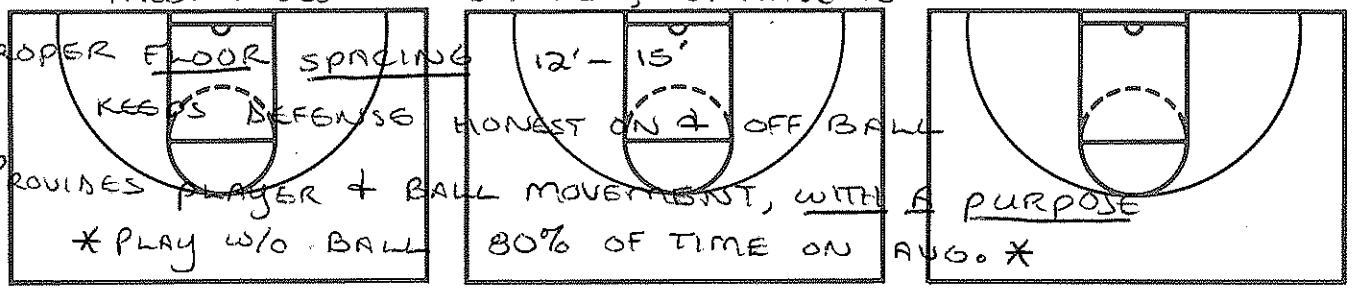
Tex Winter (1)
Asst. coach Chicago Bulls

7 Principles of Offense



1) Must penetrate Δ - full or ½ court Δ
   attack the basket
   Define "good shot" for ea. player
2) Basketball is a full-court game

NOTES Skills must be learned at a fast pace
Starts at defensive end of floor
Look to run at all times - make, miss, F.T., steal
Must flow into offense, not have to "set up"



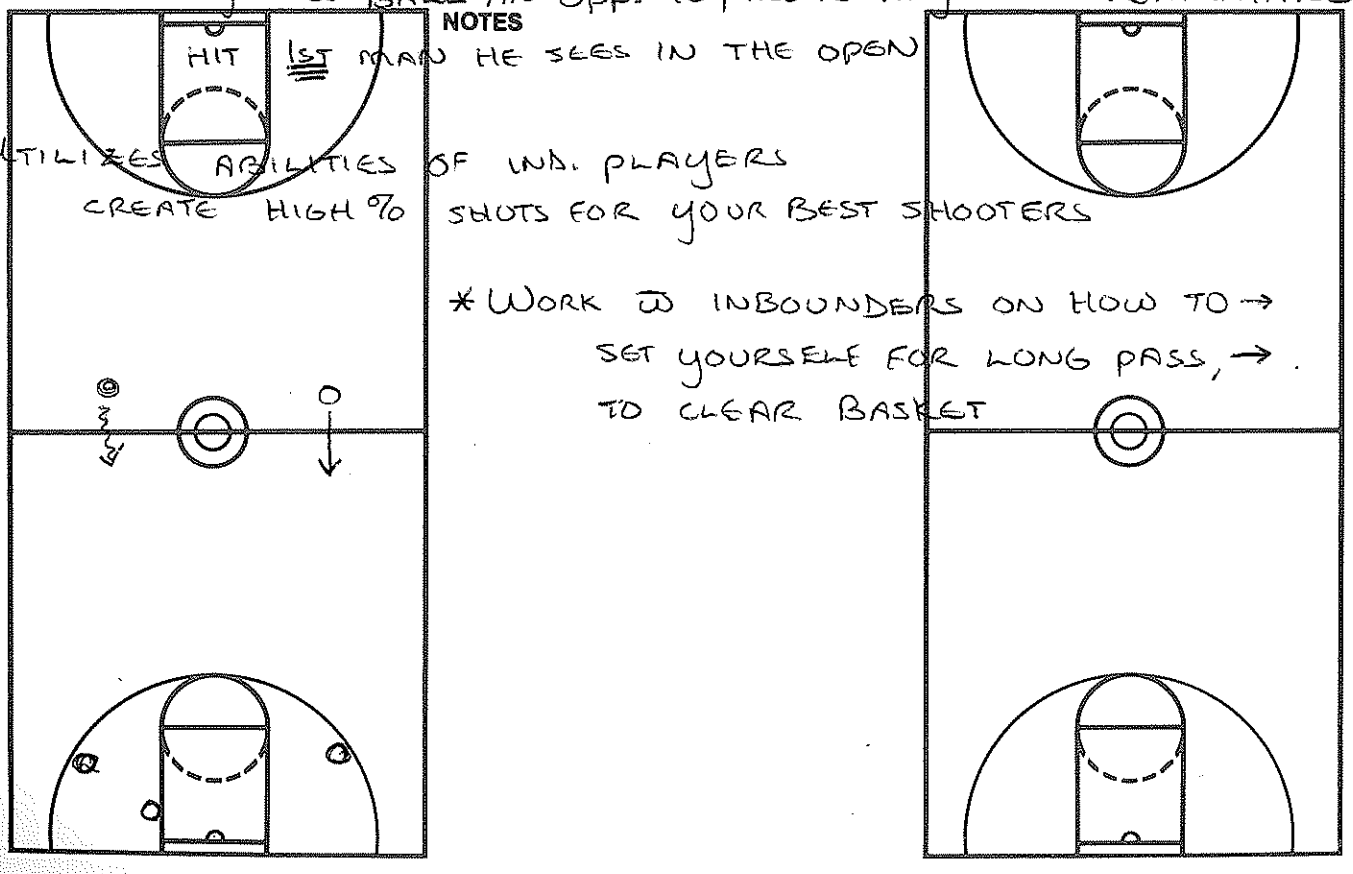
3) Proper floor spacing 12' - 15'
   keeps defense honest on & off ball
4) Provides player & ball movement, with a purpose
   * Play w/o ball 80% of time on Avg. *

NOTES
5) Provides strong rebounding position & good defensive balance

JUST DO IT

6) Provides player w/ ball an opp. to pass to any 1 of teammates

NOTES
Hit 1st man he sees in the open



7) Utilizes abilities of ind. players
   create high % shots for your best shooters

* Work w/ inbounders on how to →
  set yourself for long pass, →
  to clear basket

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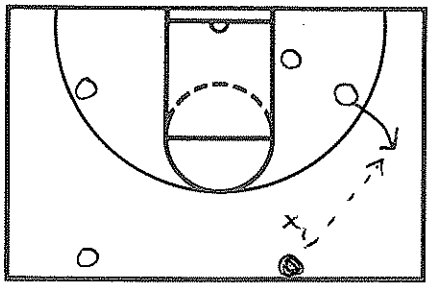
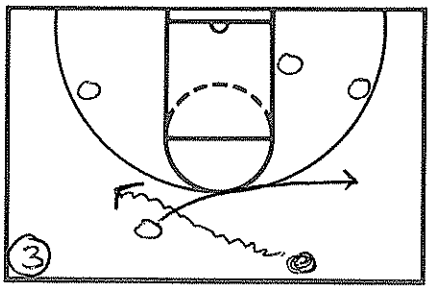
TEX WINTER (2)

(1)

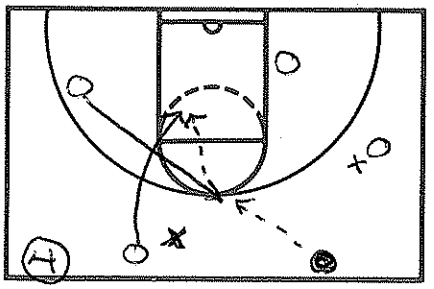


NOTES
WHEN X_1 GETS ⌀-IN 3 FT. OF BALL, WING POPS TO BALL. BALLHANDLER MUST BE UNDER CONTROL.



(3)

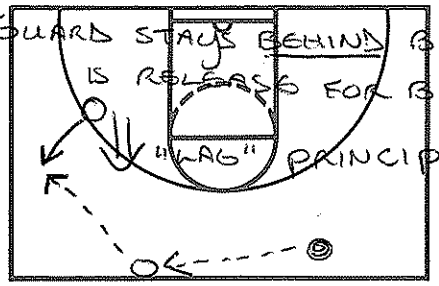
IF OFFGUARD GETS IN FRONT OF BALL, GUARDS SWITCH SIDES.



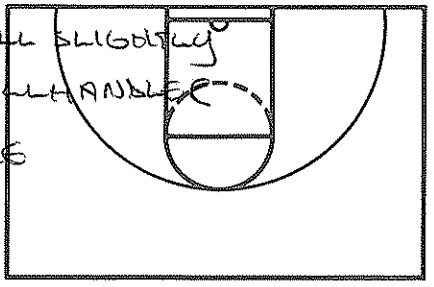
(4)

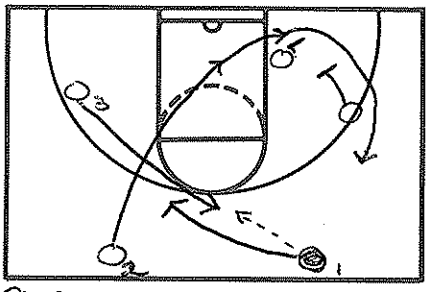
BACKDOOR IF WING & GUARD DENIED. "BLIND PIG"

(2)



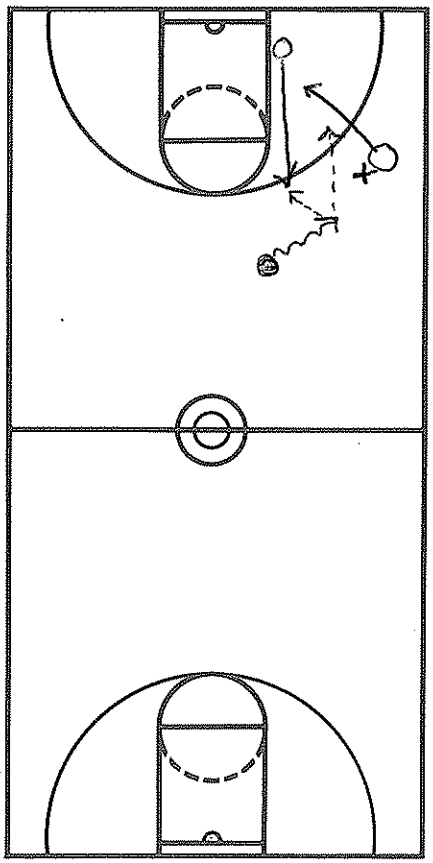
NOTES
OFF GUARD STAYS BEHIND BALL SLIGHTLY IS RELEASED FOR BALLHANDLER "WAG" PRINCIPLE





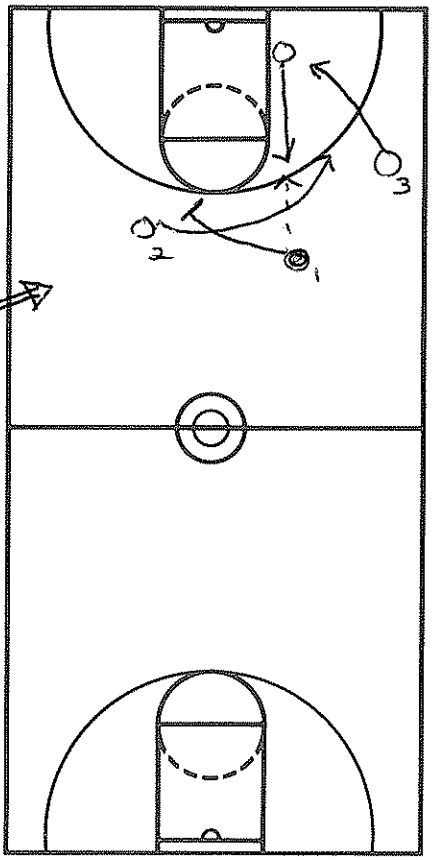
(5) REVERSE ACTION
O_2 CUTS 1ST
O_3 FLASHES HIGH
O_1 PASSES TO O_3 & CUTS
O_2 CONTS. OFF STAGGER SCREEN

JUST DO IT



NOTES
IF WING DENIED HARD, RUN BACKDOOR ⌀ POST COMING HIGH.
IF BALL GETS ⌀-IN 15' WING KNOWS TO GO BACKDOOR.

IF BALL HITS HIGH POST RUN GUARD SQUEEZE



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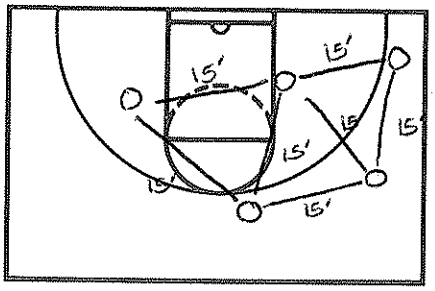
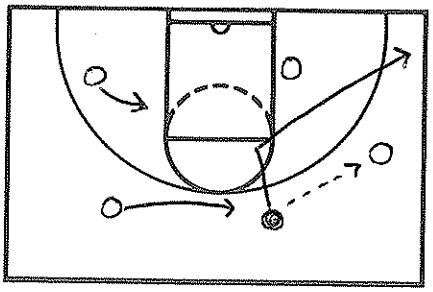
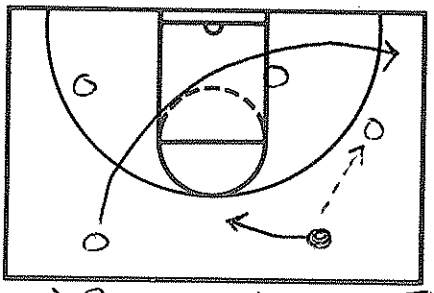


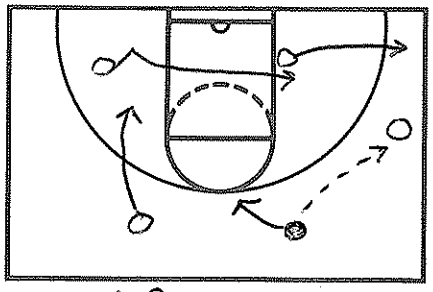
NOTES OFF THE BREAK DOESN'T MATTER WHO FILLS WHAT SPOTS.



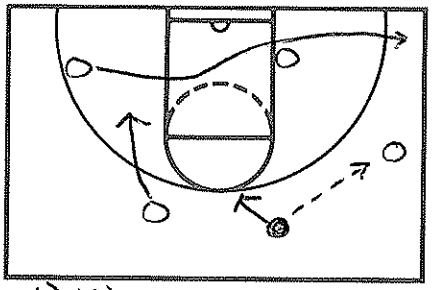
1) TO GET INTO Δs



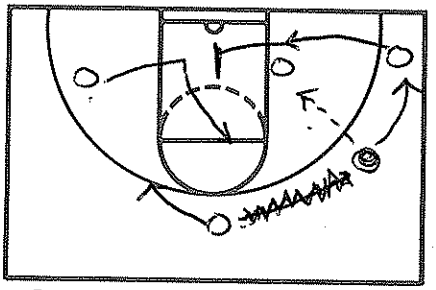
2) OFF GUARD CUTS TO CORNER, INTO Δs



NOTES 3) POST FLASH INTO Δs

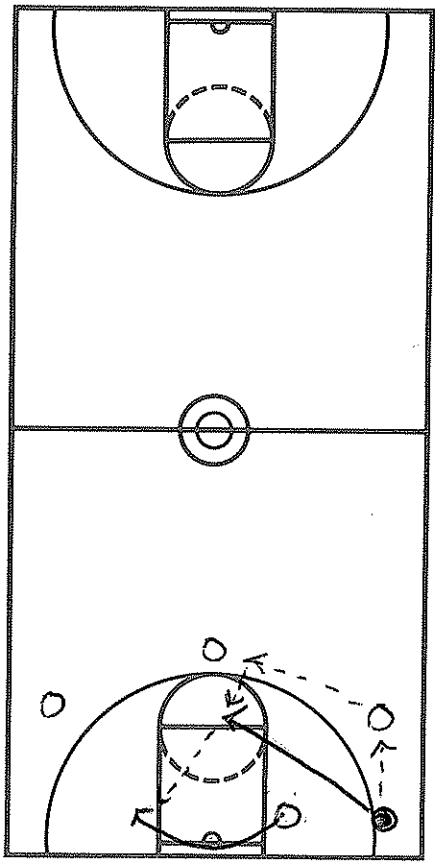


4) WEAKSIDE WING FLASH INTO Δs

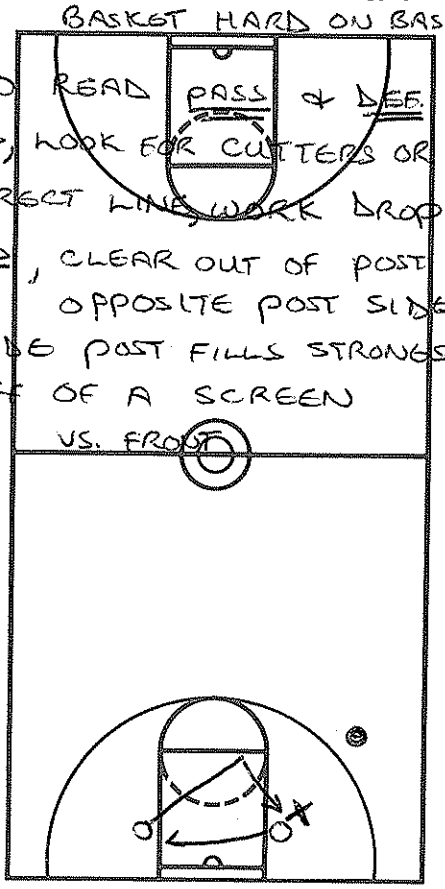


PASS FROM WING KEYS OFFENSIVE MOVEMENT. IF DIRECT TO POST, THEN BASELINE MAN CUTS BASKET HARD ON BASELINE

JUST DO IT



NOTES
TEACH CENTERS HOW TO READ PASS & DEF.
ON DIRECT PASS, LOOK FOR CUTTERS OR "SIGMA"
ON PASS OFF DIRECT LINE, WORK DROP STEP
IF POST FRONTED, CLEAR OUT OF POST TO OPPOSITE POST SIDE.
WEAKSIDE POST FILLS STRONGSIDE.
NOT OFF OF A SCREEN
VS. FRONT



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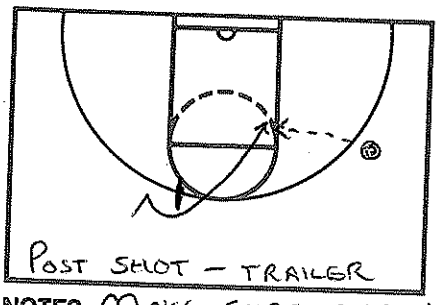
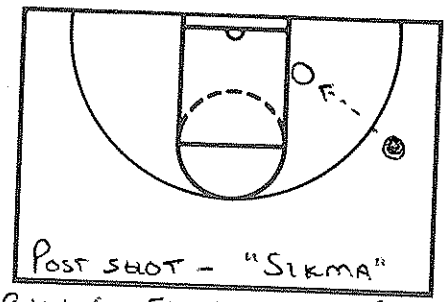
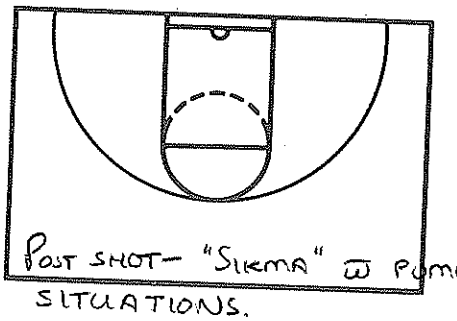
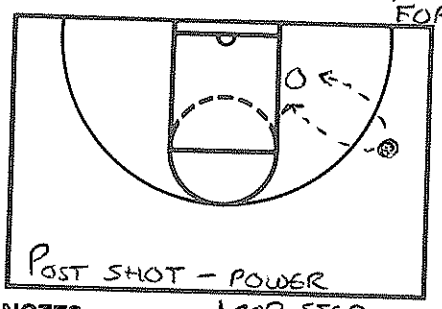
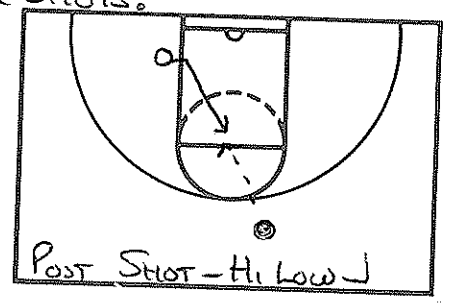


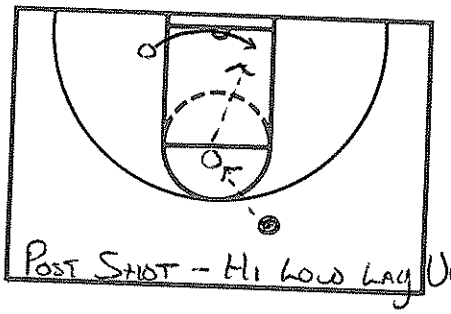




NOTES MAKE SURE OUR DRILLS SIMULATE GAME SITUATIONS.
SHOOTING DRILLS SHOULD SIMULATE TRANSITION SHOTS, MAN-TO-MAN SHOTS, DIFFERENT ZONE SHOTS.
ALL PLAYERS LEARN PERIMETER & POST FOOTWORK FOR SHOTS.

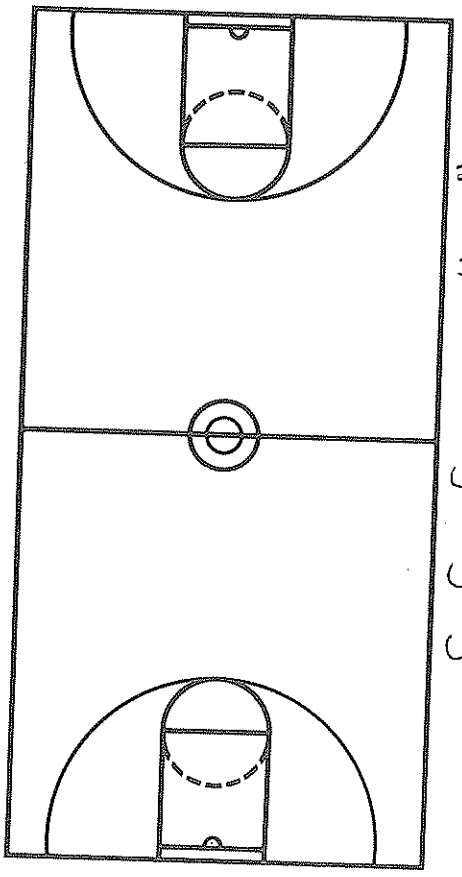






NOTES DROP STEP
EITHER RT. OR LT.
EITHER SIDE OF FLOOR

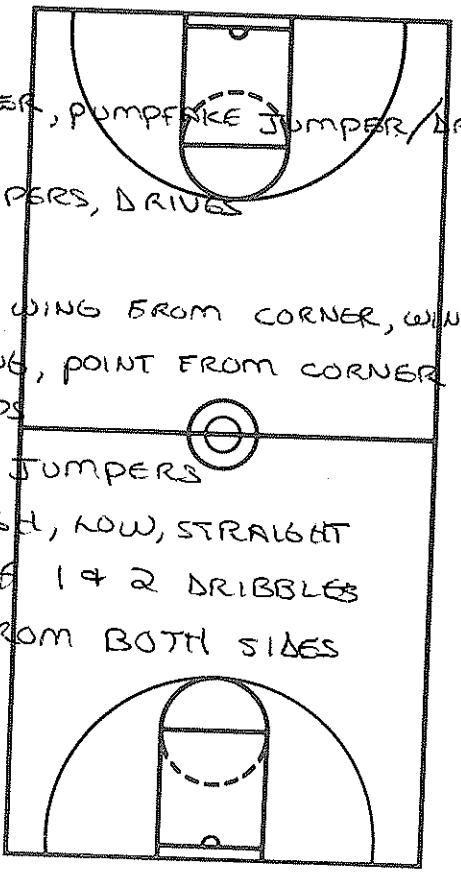
JUST DO IT



NOTES PERIMETER SHOTS

1) OFF DOWNSCREENS
BOTH SIDES JUMPER, PUMPFAKE JUMPER/DRIVE
2) OFF CROSS-SCREENS
BOTH WAYS JUMPERS, DRIVES
3) ZONE SHOTS
WING FROM PT., WING FROM CORNER, WING ON SKIP
POINT FROM WING, POINT FROM CORNER
CUTTER LAY-UPS

WORK ON STATIONARY JUMPERS
PASSES FROM HIGH, LOW, STRAIGHT
WORK ON JUMPERS OFF 1 & 2 DRIBBLES
WORK ON LAY-UPS FROM BOTH SIDES



TEX WINTER'S TRIPLE POST OFFENSE

The Triple Post Offense or Triangle as it is called by some coaches is an effective offensive attack that primarily uses the give and go concept of offensive movement. It is a quick hitting attack that is based upon the ability of the offensive players to read and react to the defense they are facing. It is basically a three pass offense. It has been used effectively at all basketball ability levels for over thirty years.

Although this offense has been effective for many years, its popularity has been recently rejuvenated by the World Champion Chicago Bulls and their success in the NBA. While the offense is very sound, it should be noted that it is not any more effective than many other offenses that could be run. It is not a panacea. It is only one of many means to an end.

The following criteria must be met when selecting an offense for one's team. This is the first consideration before selecting any offense.

1. Does the offense incorporate the offensive fundamentals that the coach wishes to utilize and teach? Does the offense fit the coach's philosophy?

2. Does the offense fit the personnel?

3. Is the offense versatile enough to be used against various defenses?

4. Do the players totally understand the offense? Is it comfortable for them?

5. Do the players accept this offense and believe the offense will produce opportunities for each of them?

6. Does the offense produce the desired results against the best teams on the schedule?

These criteria must be met no matter what offense is selected. The Triple Post Offense worked well for the Chicago Bulls because their management, coaching staff and players accepted it as their offense (the offense was empowered by the organization). Why did the Triple Post Offense not work for the Dallas Mavericks? Did the organization embrace the offense? Did the coaching staff know how to teach the offense? There may be a variety of reasons but the end result was that the players did not accept the offense. They did not believe it fit them. This offense or any offense must be embraced by all parties. As Tex Winter, Chicago Bull's Assistant and developer of the Triple Post Offense, has said, "It is the way we teach not what we are teaching that counts." "It is not the system but the execution of the system," adds Winter, that makes the system work.

This offense will only be as good as the personnel who run it and the coaches who teach it. There are many other offenses that can run as effectively as this offense and it must be noted that the Bulls run this offense only 60% of the time.

There are some aspects of this offense that do not fit every team. The Chicago Bulls did not win the NBA title with this offense without Horace Grant and Michael Jordan. When Jordan returned to the Bulls in 1994-95, the offense did not provide a World Championship that year either.

The following points may help explain the previous paragraph. Consider these points.

1. Does the team need to have three different people filling the low post spot?

2. If the answer to question number one is yes, then are the people filling the post able to comfortably play on the wing?

3. Does the personnel have the ability to get to the basket quickly from the corners of the floor and score on shots coming off the baseline from a "flat" angle?

4. The Bulls flow into this offense when the gain possession of the ball. Is this compatible with the coach's transition philosophy?

5. Does the team have personnel who can shoot the long range jump shot from either corner of the court (e.g. Paxton - Steve Kerr)? There will almost always be a player in the corner of the floor who is open for this shot.

6. Are the players executing this offense skilled as passers?

7. Do the players executing this offense know how to vary their speed on cuts?

9. Does the team using this offense have an outstanding offensive rebounder (Horace Grant or Dennis Rodman - examples)? The Bulls did not win without Grant or Rodman in the Power Forward position because this offense does not lend itself to good offensive rebounding position.

10. If the team using this offense has a creative, talented point guard who is an effective vertical penetrator like Jason Kidd of Dallas, then the offense does not fit. The vertical penetrator has limited opportunities to get inside the defense off the dribble. It must be noted that the Bulls do not have a penetrating point guard like Kidd or Gary Payton of Seattle.

11. There are more intersects (interchanges) than there are screens in this offense so the coach that wants to teach screening and use screening within this offense

will have to make adjustments. This offense is predicated on various cuts out of a give go (pass and cut) situation.

SOME KEYS TO RUNNING THE OFFENSE

1. The offense begins the moment the team gains possession of the ball and it is run the entire '94 of the floor.

2. Pass to the first open man and cut. Never pass and stand. It is a constant movement offense. The offense is based on the give and go (pass and cut) offensive principle.

3. The offensive players must learn to read and react to the defense. The defense dictates the cuts to be made. This puts the defense at a constant disadvantage.

4. Players must learn to play off of each other and play without the ball while maintaining a spacing of '15 to '18. A player must learn that by moving it will enable them to always be ready to receive the ball for a scoring opportunity.

5. Learning the timing on cuts is essential for the players - speed cuts, timing cuts, changing direction cuts, etc.

6. The players must learn to dribble the ball under control at the proper speed for the developing offensive situation.

7. This is a three pass offense. It can be more but that must be developed in practice. First pass is the entry pass. The second pass triggers the movement and the third pass is the ball reversal pass that may lead to other passes. Players must make good passes not just passes to get rid of the ball. The pass must lead to the shot, move or another good pass.

8. The players must master footwork at the various floor positions. It will take some time to teach all the players the footwork that is essential to make the offense work.

SOME TRIPLE POST TERMS

Blind Pig - this is run from a two guard front with a post pass and the opposite guard cutting to the basket.

Backdoor - the weakside forward flashes in the high post to relieve pressure from the wing and the top guard cuts behind the flashing forward to score a lay-up.

Pinch Post - Post players establishing position on the side of lane.

Guard Squeeze - the wing player sets a screen near the lane.

Line of Deployment - the passing line from the wing to the low post.

Moment of Truth - where the player bringing the ball up the court is first comfronted by the defense.

Line of Truth - where the two players defending the guards line up to defend their basket.

Space Awareness or Consciousness - Each player playing '15 to '18 from each other.

Flow - the movement of the offense from the time of possession through until the shot is taken.

Passes -

- Long Pass - the pass to start the transition.
- First Pass - the entry pass to start the offense
- Second Pass - the pass that triggers the cuts within the offense.
- Third Pass - the pass that reverses the ball.

Playing without the Ball - players learning how to play off of each while maintaining the '15 to '18 spacing.

Dribble Weave - An offensive maneuver when the ball man takes the ball to a teammate and hands off.

Intersect (interchange) - When two offensive players cross each others path on a cut to the ball to distract or possibly force a switch by the defense.

Switch Cut - Any cut that is made when the defense switches on screens.

Diagonal - the cut made by the guard to the opposite corner of the floor.

Bull's Head - the two spots on the Bull's court marked by a Bull's head where the wing players establish offensive position when coming down the court.

Lane Runners - These are players who are designated to run left and right lanes to expedite the offensive transition.

Post Sprinter - the 4 or 5 man who runs the floor after a score or rebound to get to the block in transition.

Weakside - the two man side of the offensive court.

Strongside - the three man side of the offensive court.

Lag Principle - the guard opposite the ball is staying behind the ball man in order to receive the ball if the at the moment of truth the guard with the ball wants to pass guard to guard.

Cuts - (other cuts are explained in the hand-out)

- Speed Cut - a quick, all-out cut to a certain spot on the floor.
- Timing Cut - a cut employing the variation of speed in order to get open or intersect with a teammate.

Bump Down - the guard dribbling the ball to the wing forces the wing to go to the corner.

SOME TRIPLE POST THOUGHTS

It is not the system but the execution of the system that counts.

Systems succeed and fail based on execution of the minute details of the basic fundamentals.

A complete mastery of the individual fundamentals is the first objective.

Learn to play without the ball.

Accurate passing is the key to making the offense work.

Players must be able to recognize an opportunity when it presents itself.

In transition, players must be drilled to race each other to fill the lanes.

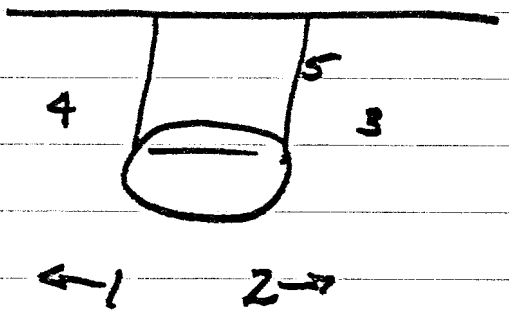
Never dribble when a pass is available.

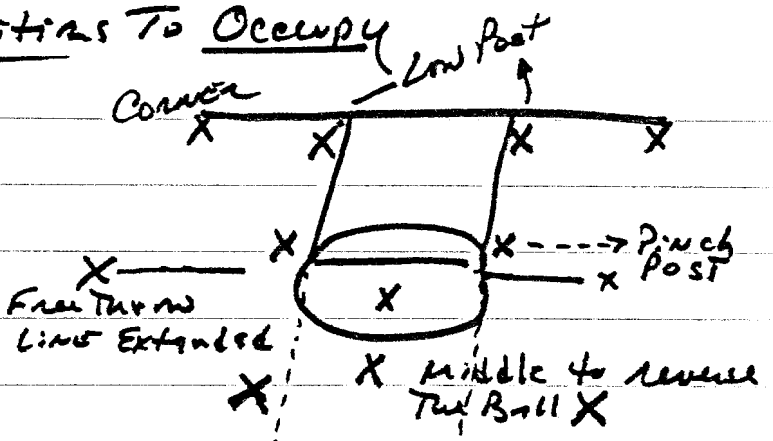
Pass to the man ahead as soon as he is open.

A great team has poise.

Triple Post

Floor Positions To Occupy





5-Low Post

3+4 side of Lane and off Lane About 10 feet

1+2 on Extended Lane Lines

Use Bull's Heads for 3+4 to identify floor area

Other Spots (12)

Each Corner (2)

Each Pinch Post (2)

Each Bull's Head wing (2)

Middle for Post (1)

Middle for Guard or Post in transition - (1)

Each Guard Spot (2)

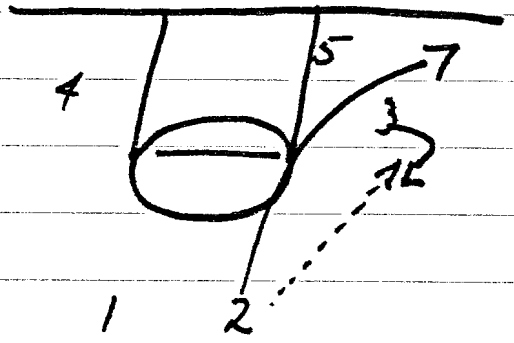
Each Low Post (2)

Floor Spacing is the key regardless of the Spots that are filled. The players must develop and understand of 15-18 feet and must constantly be adjusting this on the Court.

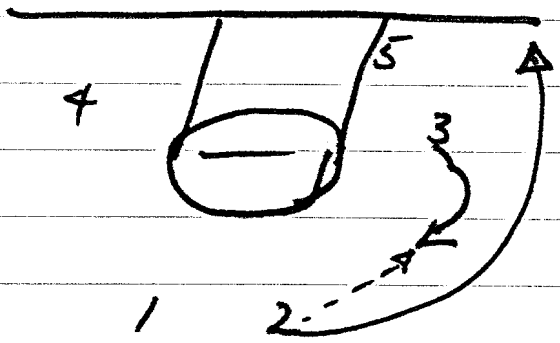
(6)- -Triple Post-

"Strong side Cuts" - After Pass -

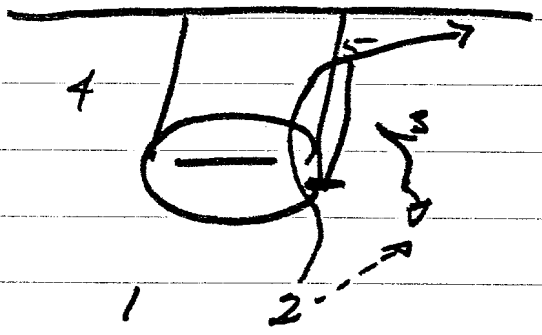
Pass (2)



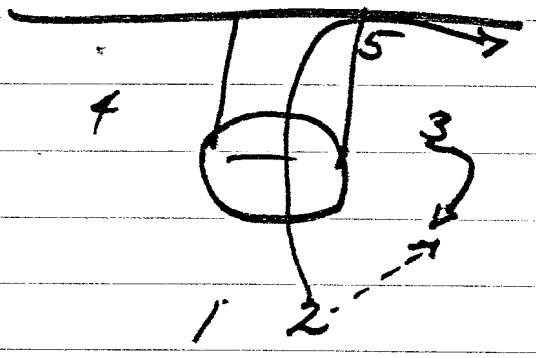
Inside Cut-
Speed Cut



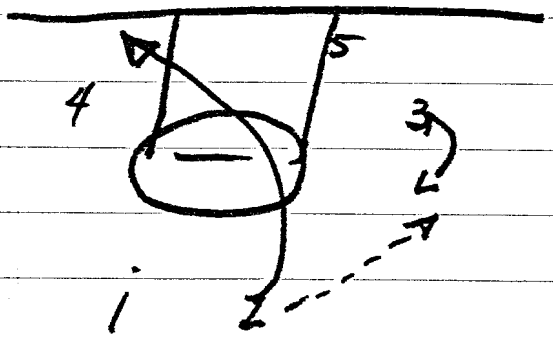
Outside Cut
Speed Cut



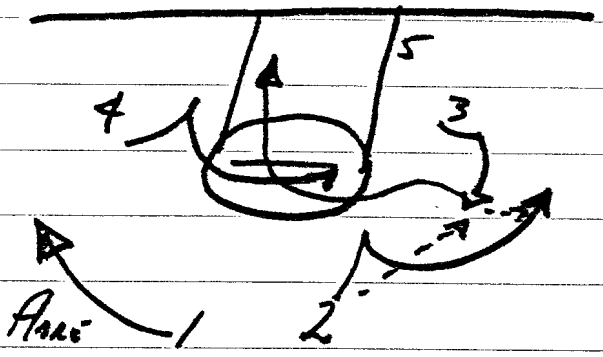
UCLA Cut- Post up
Use timing Cut



Basket Cut to Corner
Timing Cut-



Diagonal Cut to opposite
Block- Speed Cut- Watch Ball

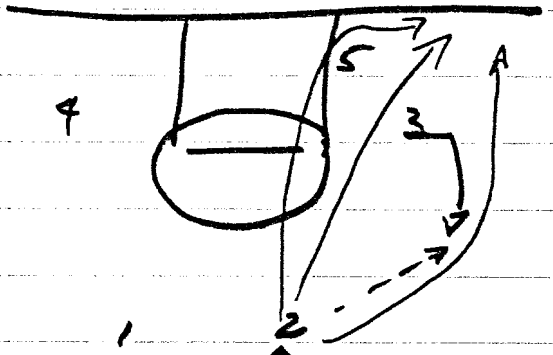


Hand back 3 off
4's screen to Basket-
Timing Cut.

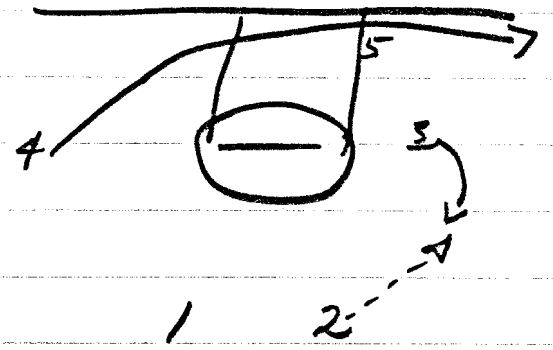
These cuts must be learned without defence checking Them and Then with defence checking Them to effect timing-

(5) Triple Post "Ways to fill Strong Side Corner"
"Off Pass"

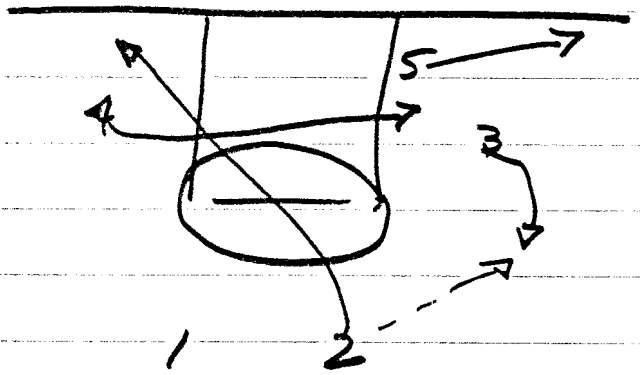
Pass (3)



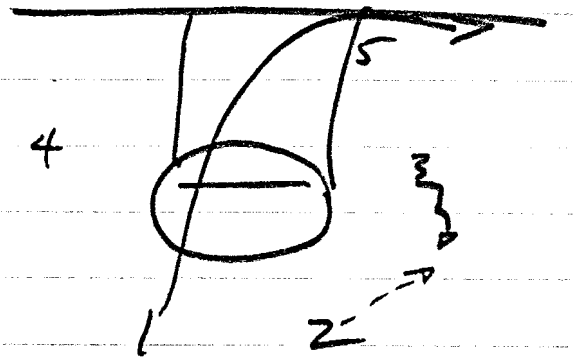
Any guard cut



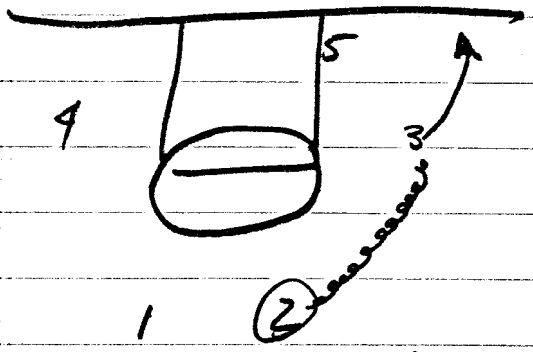
Opposide Wing fill
Must be either called or
Triggered by a certain Pass



Post Pop Out - Must be
Called or Triggered By A
Certain Pass - or could
be done on Hand back option



OPPosite Guard fill -
This is done if "Lag"
Principle is broken down -
i.e. There is NO "Lag" option -

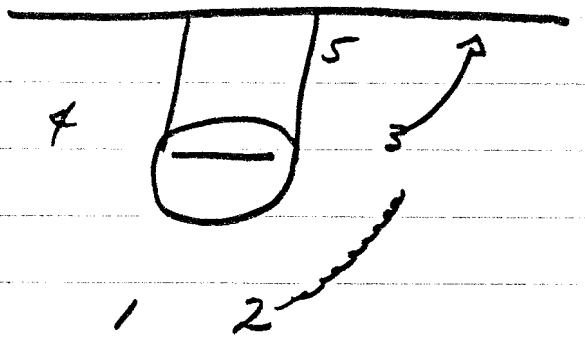


Bump Down or Dribble Entry

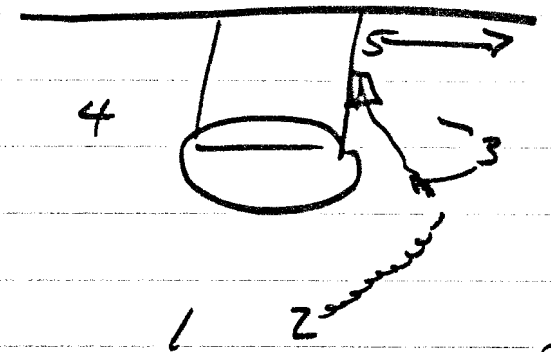
Dribble (4)

TRIPLE POST

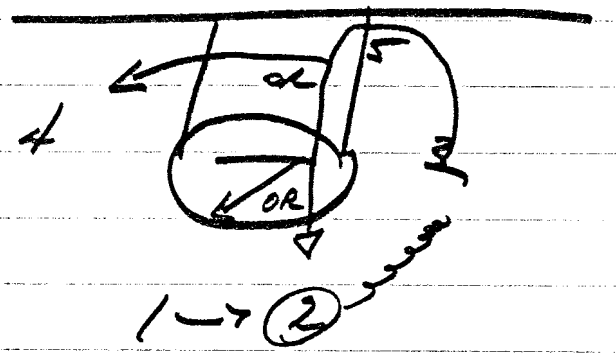
Strongside "Dribble Fatteries" — Strongside



Bump WING DOWN

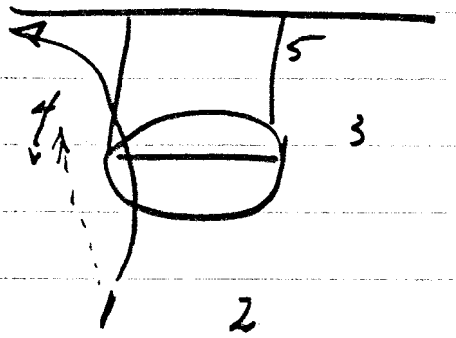


Dribble Entry Pick & Roll
Post Pops out -

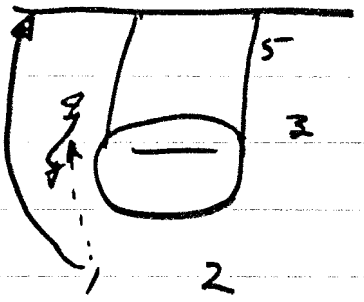


Dribble Clear Out - 3 replaces self or 1 slides over - Goes opposite up or out the other wing

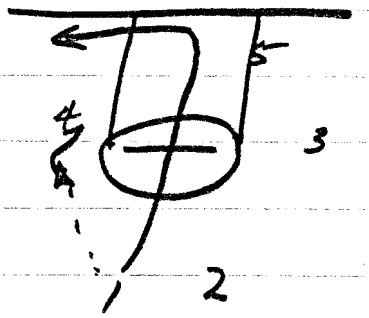
Triple Post
-2 Man Side Action - Off Pass or Dribble



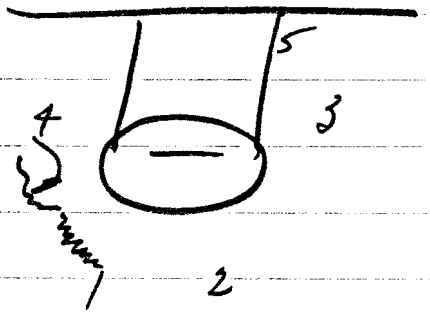
Ball side Cut Inside
Speed Cut



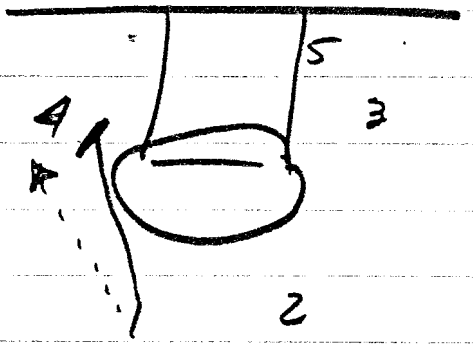
Outside Cut
Speed Cut



Basket Cut out
Ball side

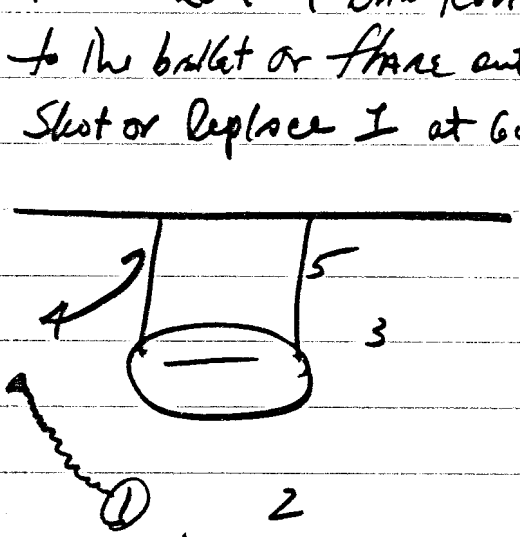


Pick + Roll - 4 can Roll
to the basket or flare out for
Shot or Replace 1 at Guard Spot

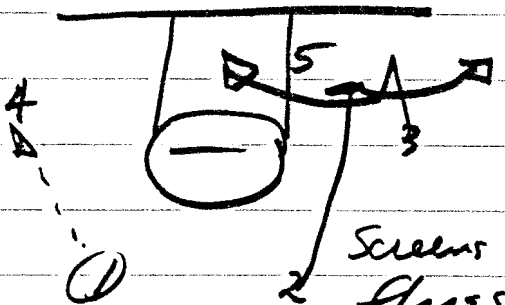


1 can Pass and set a Ball
Screen instead of Making
Cut

3 MAN SIDE with 2 MAN Entry Action



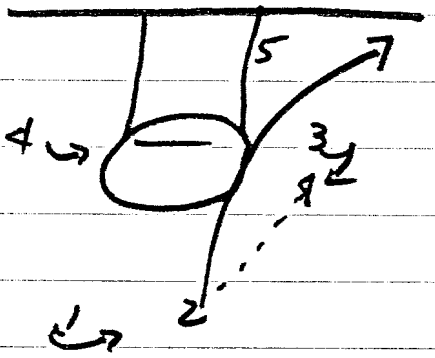
Clear 4 to Block on side
Dribble with No Ball Screen.

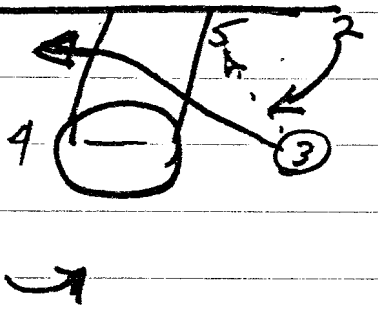


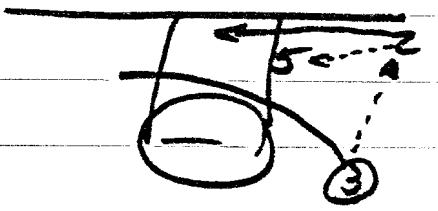
Screens ?
flares -

2 can Make the cut to
the Ball or Screen for 3 -
One flares the other cuts -
5 Must be Wide open -

Triple Post "Movement" Strongside Attack -

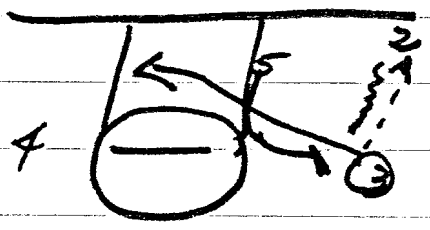




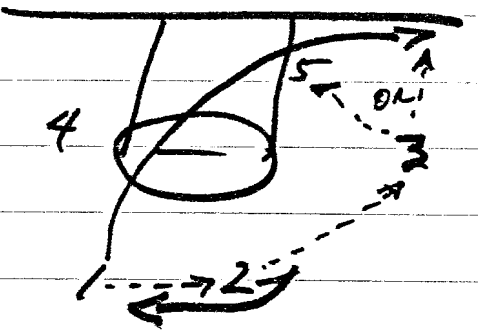


Split off Direct Post Pass from Wing

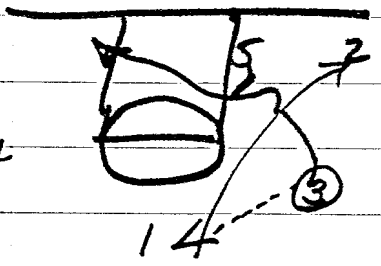
Wing Passes to the Baseline - 2 Passes To Post and cuts Base -



If 2 can't Pass to #5 Then #5 can Step out and Screen ON The Ball For #2

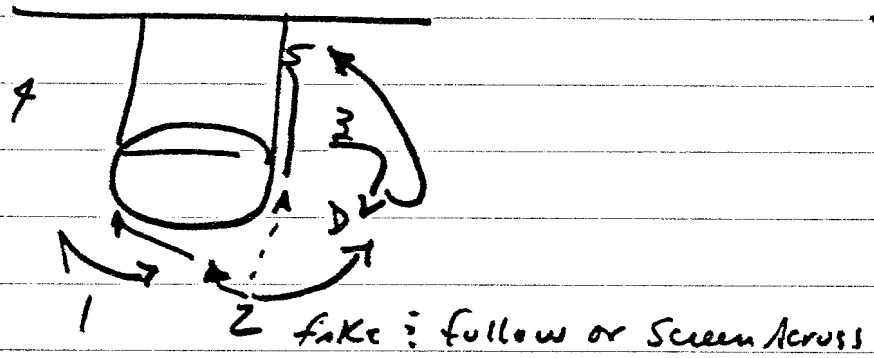


Guard-to-Guard Pass
Diagonal fill Strongside
#3 Passes to Low Post or to a L in corner

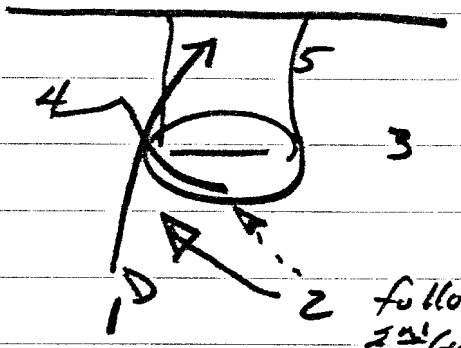


Wing Passes out to the point and uses "Rub" cut to get open -

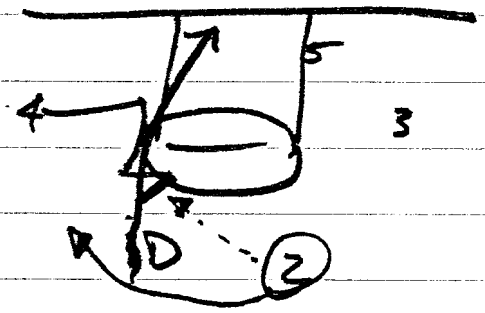
(Strong + Weakside) "Triple Post Pressure Releases"



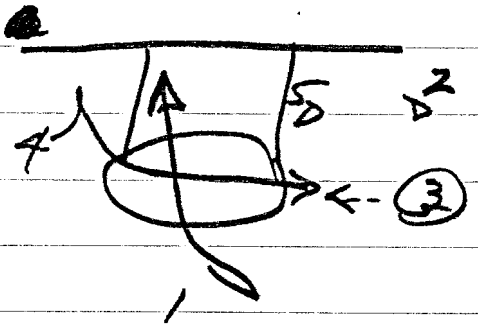
Wing Denial Strongside Backdoor



Blind Pig - on Denial of Guard-to-Guard Pass -

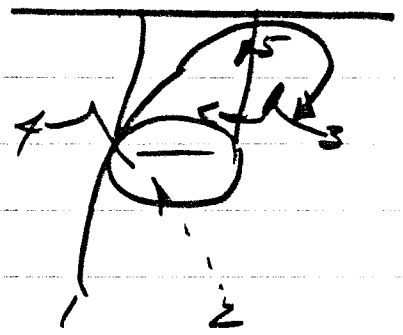


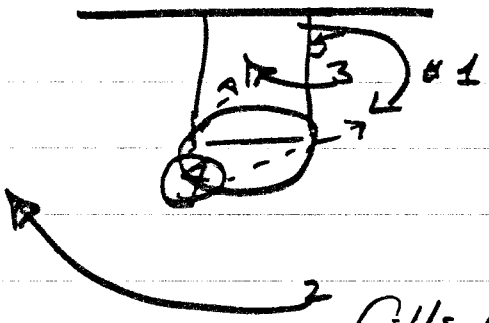
#4 sets A Pick on #1's Man
2 Passes to 4 and follows Pass



Backdoor because 5, 2 and even 1 may be denied -

Triple Post Specials

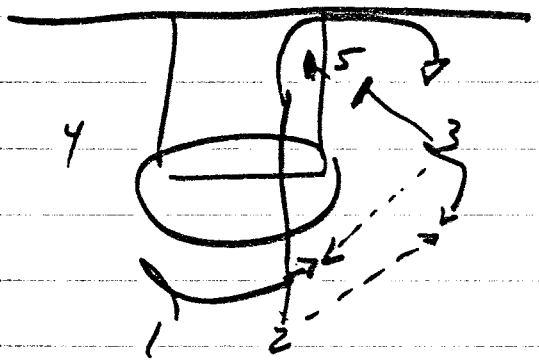




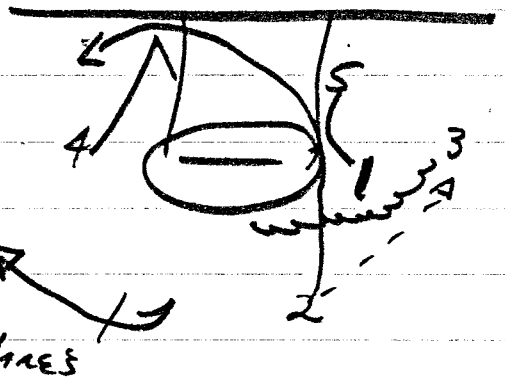
Double Screen Opposite

Double for #5
1 comes over Double Screen
and 3 slides to the Basket-

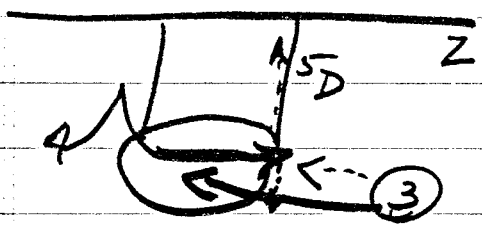
fills wide opposite

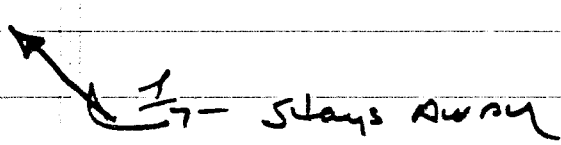


Double Screen to Strongside
with 2 or 3 getting SHOT
Called-



#5 Slides up to screen on
wing for #3 who drives
across the Lane looking
to Score or Pass to #2 off
Low Screen or #1 on Flare-

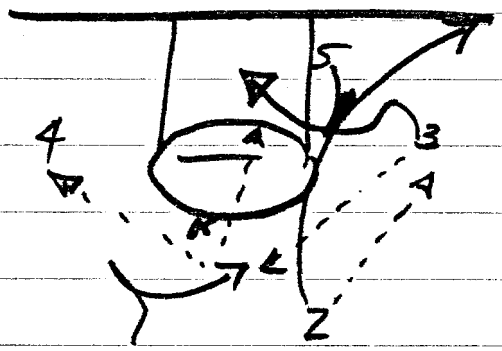


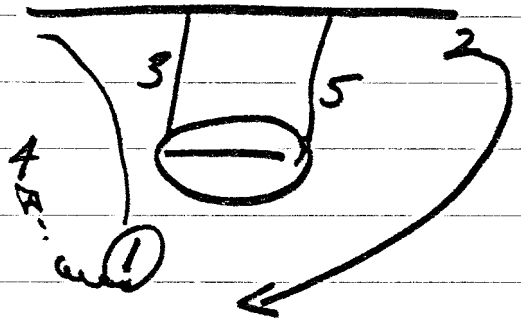


- stays Away

Low Post Denied #4 flashes
To the Ball side elbow - #4 Passes to #4 who look for #5 first - Drive or Hand-off to #3

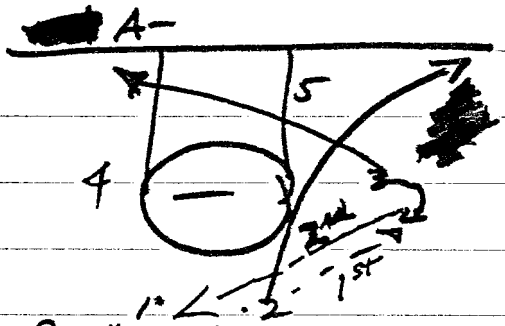
Triple Post "Specials"



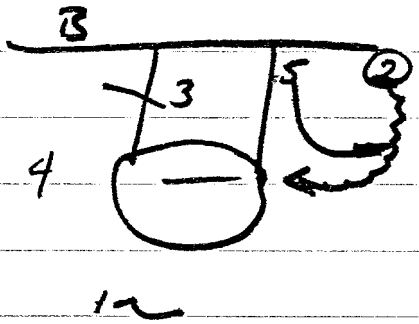


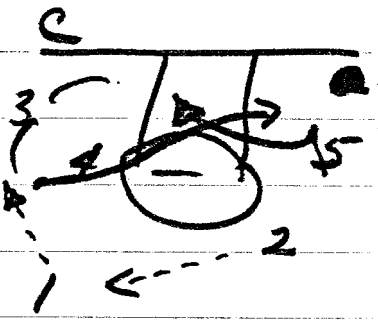
Continuation –

"Rub" Call – Forward Across –

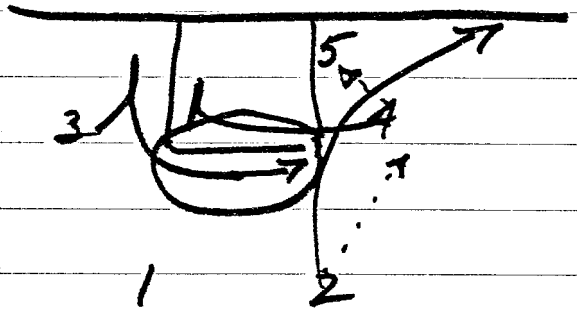


Post "Rub" after screening on The Ball

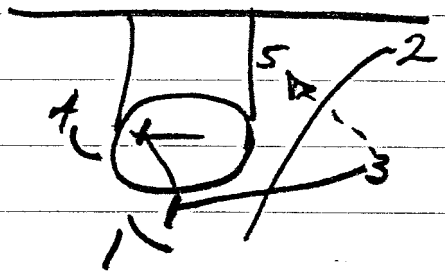




5 Rubs off 4 to get Backside

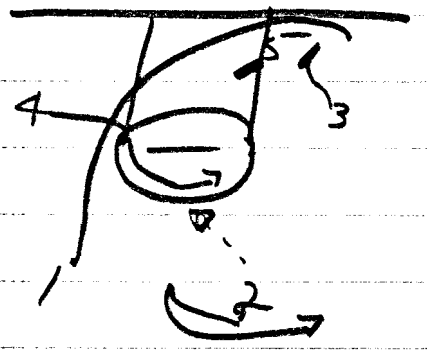


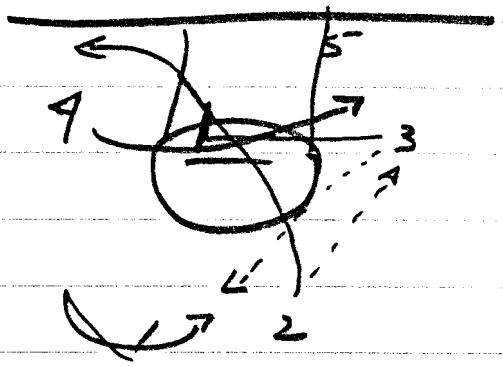
Wire-to-Wire Screen
Called or Automatic – 3 Comes off Screen by 4 looking for SHOT
2 is in corner



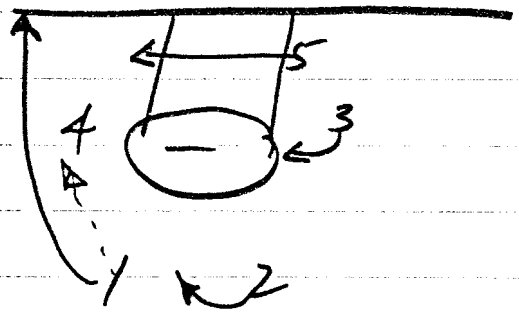
vs Body Checking where 3 is Having Trouble Cutting – 3 screens for #1 and Then for #4

Triple Post "Specials"

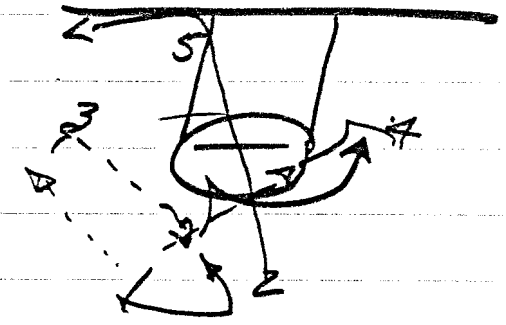




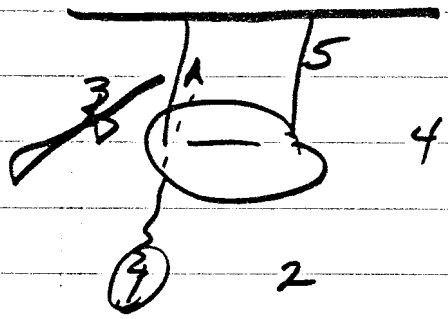
Double Screen off Blind Pig
2 Lines up to Receive Pass Back
To Lead 1 or Reverse the Floor



Post Cross Slide Ball Side
To Make 2 Man Side 3
Man Side

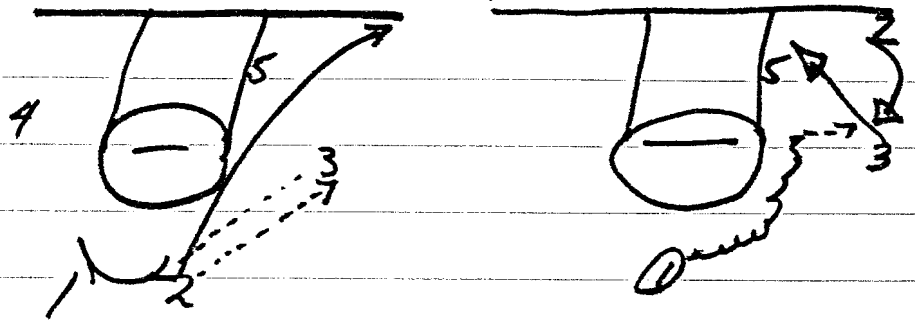


Reverse Ball after Diagonal
Cut Create Hi-2 Man
Same as in old Butler System

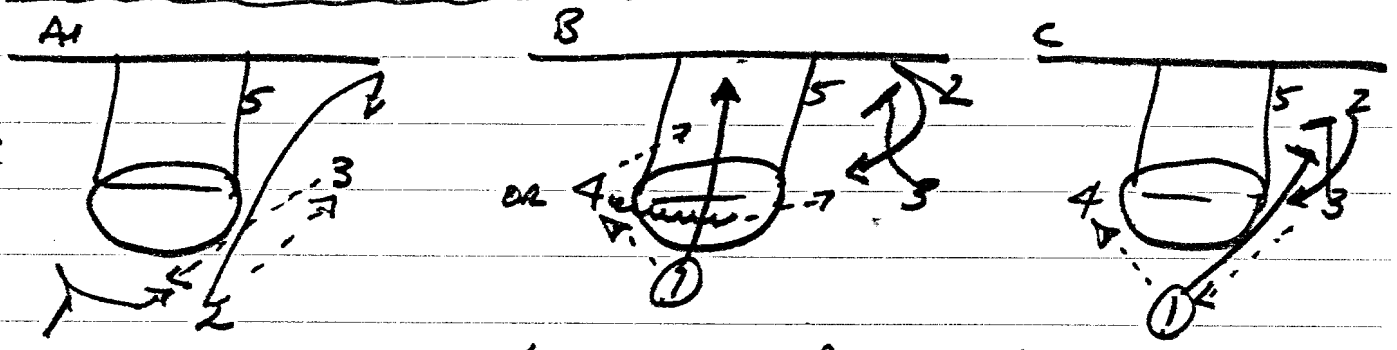


2 Man Side Wing Backdoor
or Wing Denial
Single Backdoor Pressure Release
for Wing Denial

Triple Post Specials –

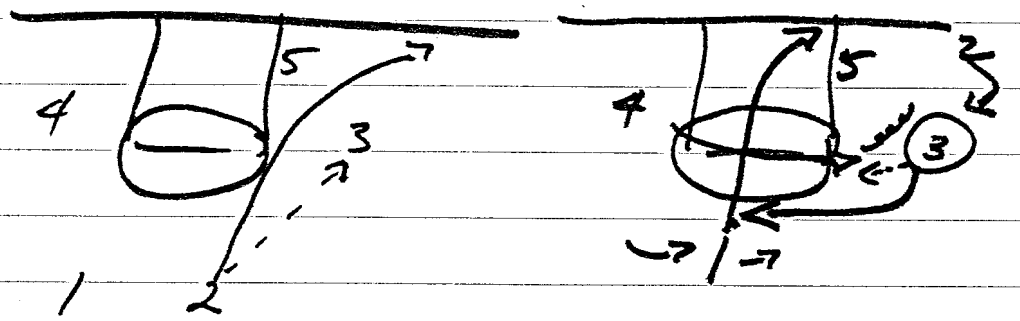


– Dribble Weave on Strongside –

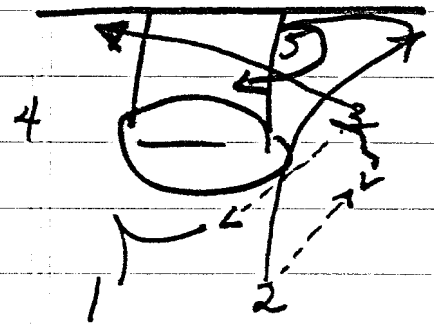


1 can use Basket Cut or Set Screen Away making this screen a Double Screen

Pinch Post Dribble Weave



Dribble Weave off Back door – 1 dribbles to hand off to #2 and #1 goes out Ball Side –



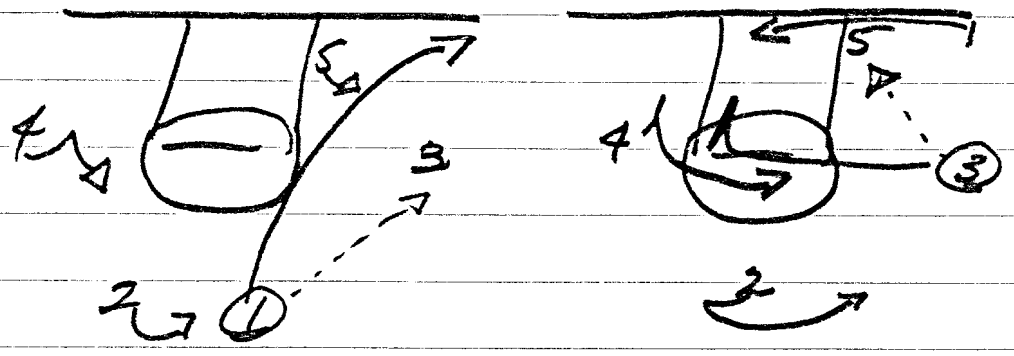
Drop Back

Or Run this Mp Switch 2 cutters go

On Ball Reversal WITH NO Pass to Post or Cutter – Back Reverse Pass –

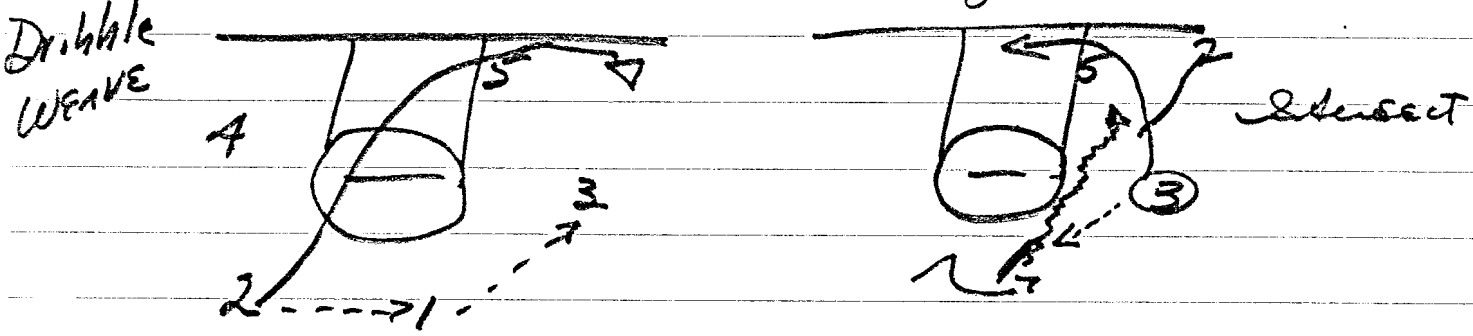
Triple Post Special Looks

3rd Cutter



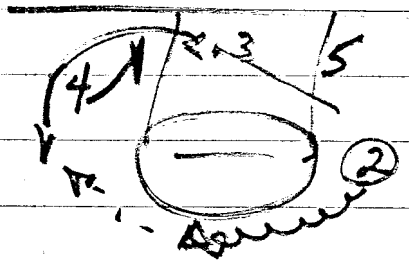
3rd Cutter - This was a big play for Horace Grant when he played for Bulls -

Dribble Weave



Guard Diagonal Cut & fills opposite Corner

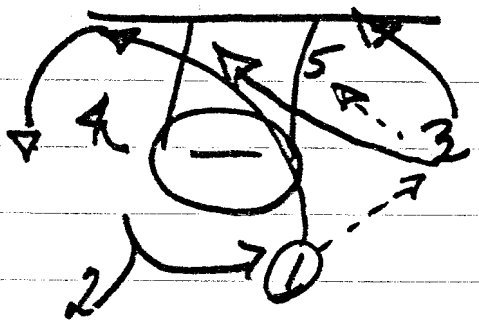
#1 Dribbles toward 2 & the receiving pass from 3 and 3 cuts to the basket -

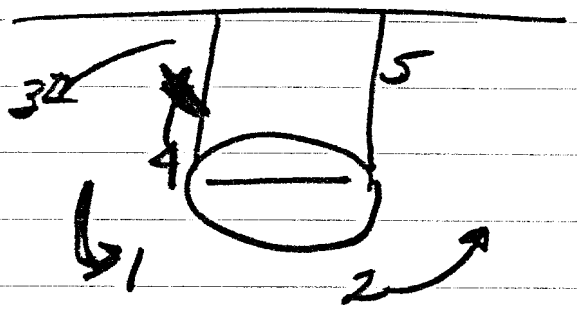


4 Screens Down for 3

Dribble Weave - Strongside option -

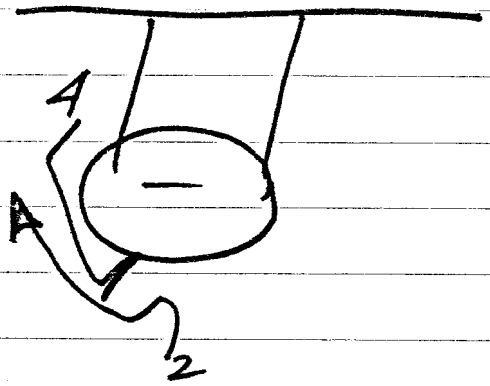
Triple Post



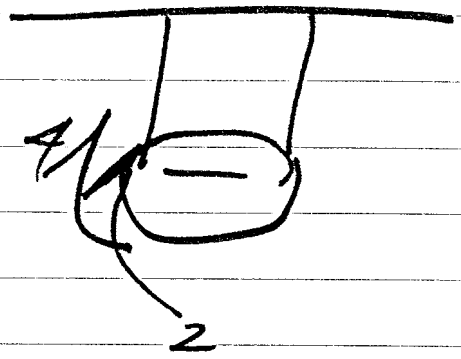


Call "Solo" - Diagonal Cut
After Pass

Two Solo Cuts By 1 + 3 - 1 cuts Diagonally low and then fills high - This is a clear out for The Post Player - 2 ROTATES comes over to accept Pass from 5 of 5 can't score 1 on 1.



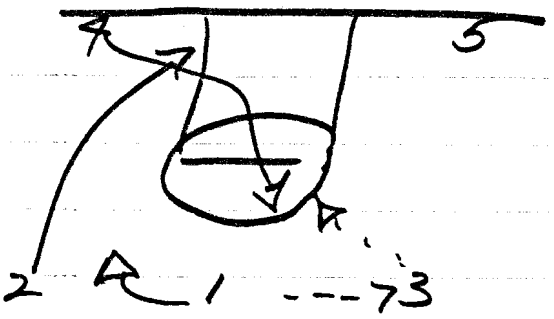
Weakside Screens
Inside sets Back Screen



2 Sets Down Screen for Pop + out Creating an Inside opportunity for 2.

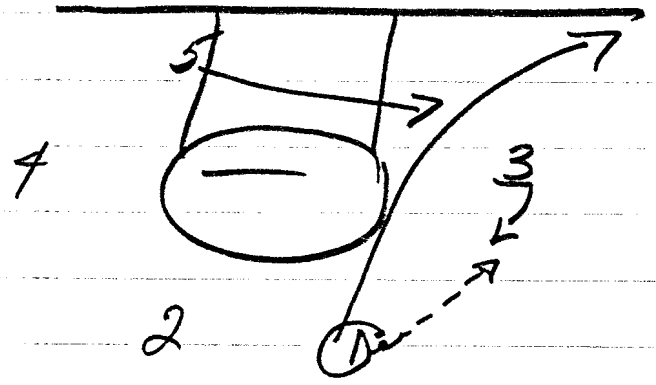
Triple Post

(14)

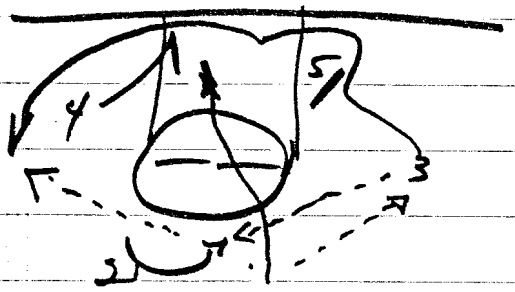


3 out 2 In at the
end of Quarter - 4 corner
Concept - Run Corner in Pivot
Backdoor cut into Triple Post
of NO Quick score -

Bulls call this
"OPEN"



Center Across Create Strong side
On original WEAKside.

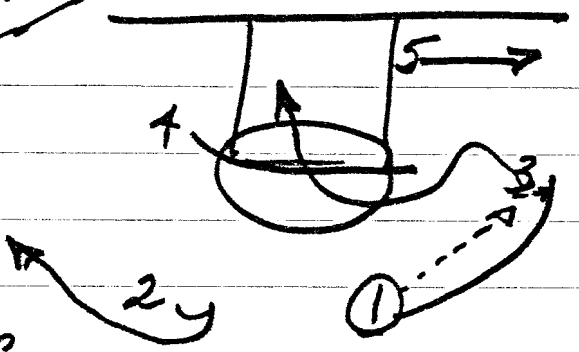


Triple Screen for Wide
5 Back Screen -
4 Cross Screen -
1 Down or Cross Screen depending upon Angle -

Hand back-LoB

Triple Post

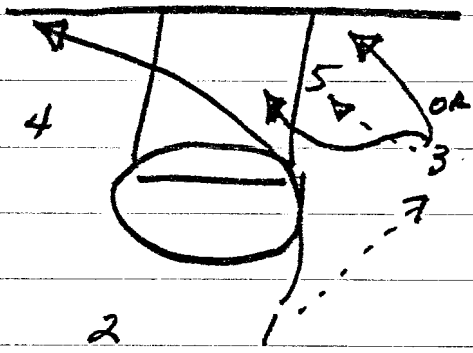
(15)



flare

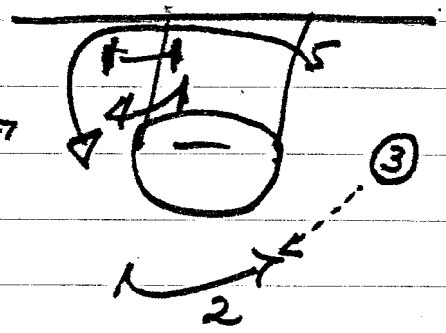
Hand Back-LoB to 3
for Slam -

"Solo"



Wing

OR →



Wing Solo - with Double Screen for Post if Ball is passed to the point outside of the Post

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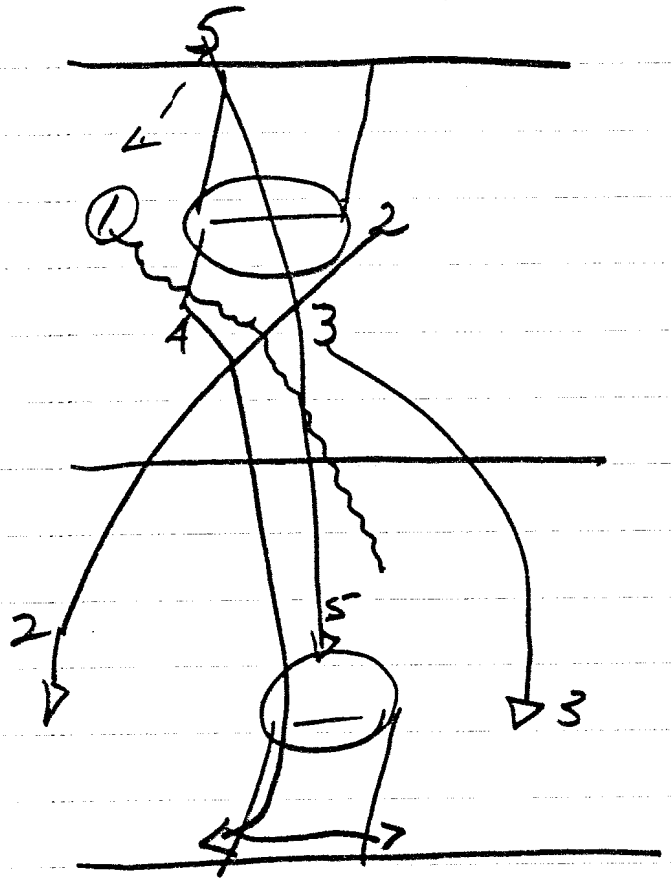
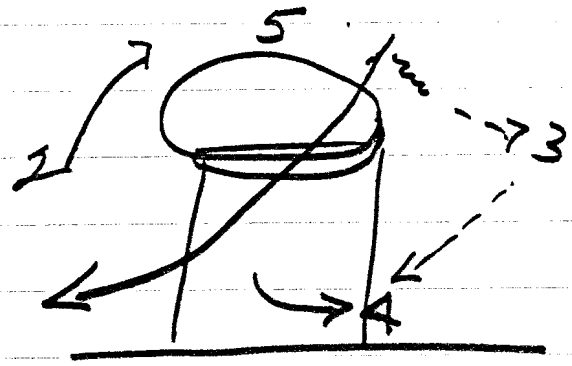
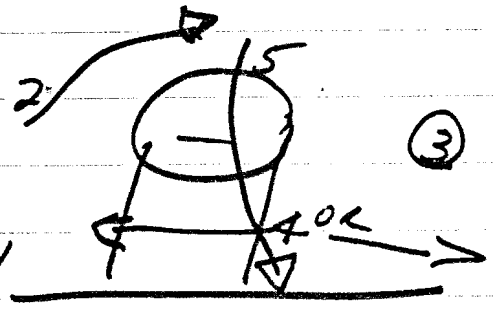
Triple Post
- Transition -

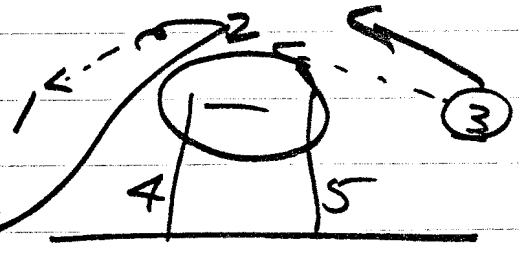


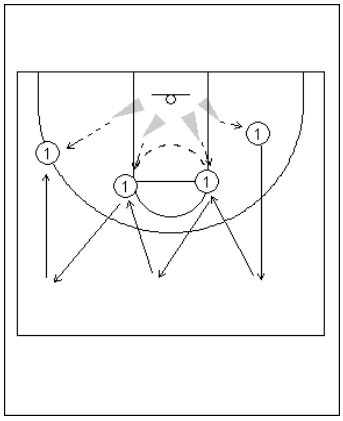
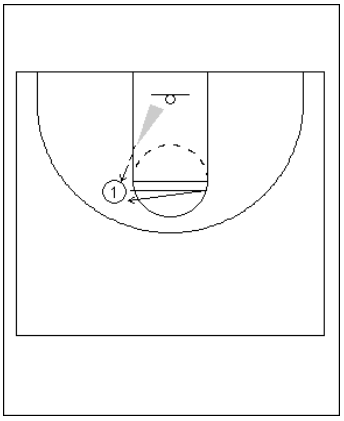
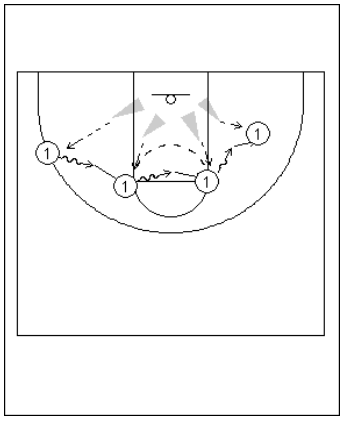
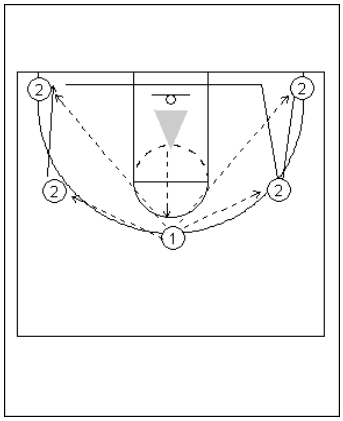
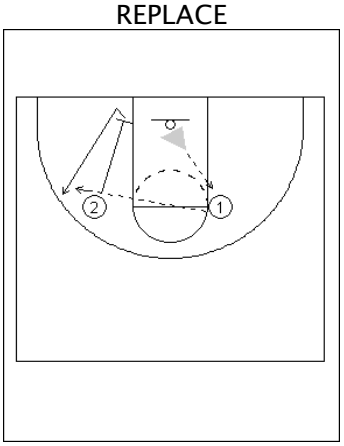
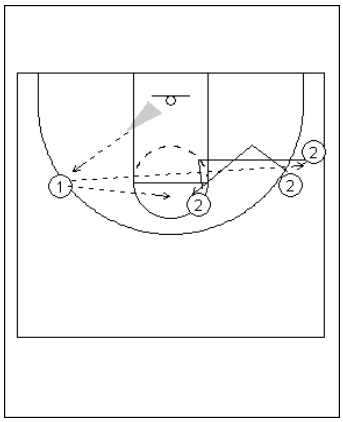
END

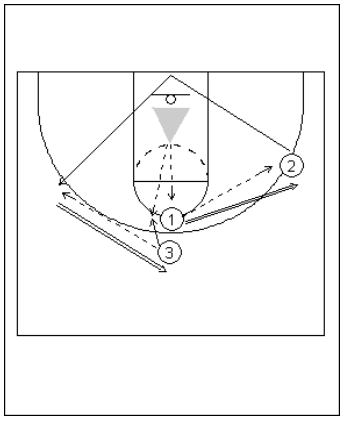
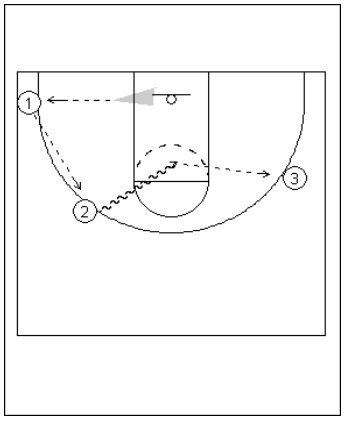
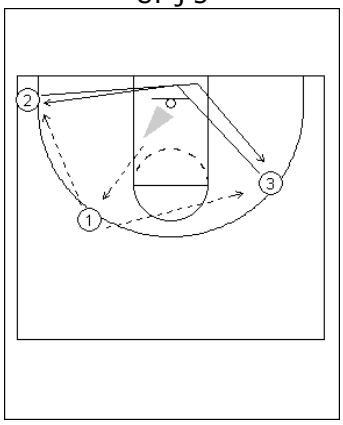




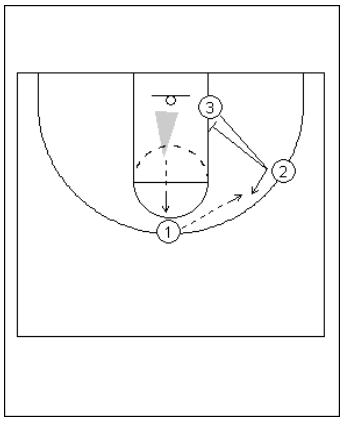
4 out or Away



1 PLAYER – BIG W'S  **Gun moves, player backpedals, relocate, backpedal, relocate, backpedal, relocate. 4 spots, Big W's.**	1 PLAYER – ELBOW TAGS  **Gun stays stationary. Touch opposite elbow and return for jumper. Continue.**	1 PLAYER – JAB N GO  **Gun moves. Catch, Jab & go. Where you ended, catch new pass, jab & go. Repeat.**
2 PLAYER – BASELINE RUNNER  **P1 catches pass to P2 at left wing, P2 shoots. P2 relocate to left baseline. P1 shoot. P1 pass to left bline. P1 shoot. P2 run bline to right wing. P1 pass, P2 shoot. P1 shoot, P2 relocate to right bline. P2 shoot.**	2 PLAYER – SCREEN N REPLACE  **P1 shoot. P2 downscreens, and replaces back to wing. P1 pass to P2. P2 shoot. Repeat.**	2 PLAYER – V-CUT N FLARE  **P1 pass to P2 after V-Cut. P2 shoot. P1 shoot. P1 pass to P2 for flare. P2 shoot. Repeat.**

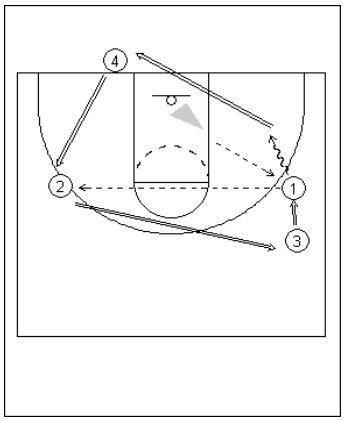
3 PLAYER – SHOOT N PASS MOVEMENT		3 PLAYER – PENETRATE N PITCH		3 PLAYER – CORNER & PULL UP J'S
				
P1 shot, shot. P1 pass to P2 for shot. P2 run bline to left wing. P3 pass to P2 for shot. P3 shot, shot. P3 pass to P1 for shot. P1 run bline. P2 pass to P1 for shot. P2 shot, shot. Repeat.		**P1 pass to P2. P2 dribble hit gap, pass to P3 for shot. P1 shot. Repeat. Players do not rotate.**		**P1 does not move. P1 shot. P1 pass to P3 for shot. P1 pass to P2 for shot. P2 & P3 exchange. P1 shot. Repeat.**

3 PLAYER – DOWNSCREEN POP OUTS



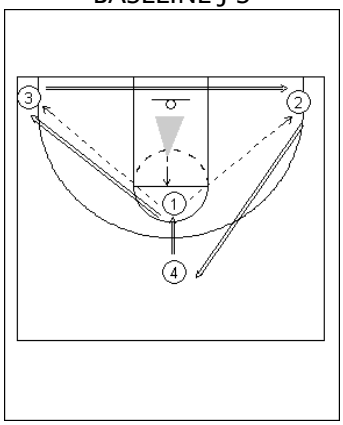
P1 does not move. P1 shot. P2 downscreen for P3. P1 pass to P3 for shot. Repeat

4 PLAYER – WING JUMPER & DRIBBLE DRIVES



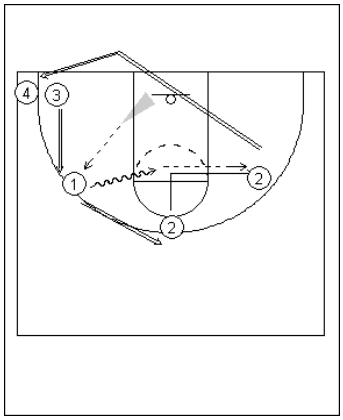
P1 pass to P2 for shot. P1 catch, dribble pull up. P3 pass to P4 for shot. P3 catch, dribble pull up. Rotate, Repeat.

4 PLAYER – FOUL LINE & BASELINE J'S



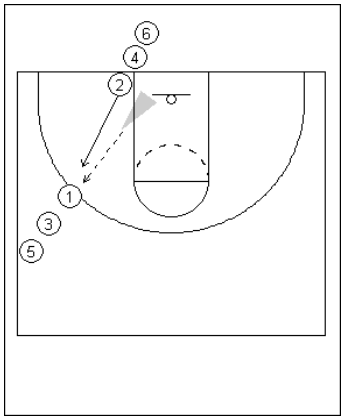
P1 shot, shot. P1 pass to P2 for shot. P1 pass to P3 for shot. P4 shot, shot. P4 pass to P3 for shot. P4 pass to P1 for shot. Rotate, Repeat.

PITINO – DRIVE N DISH



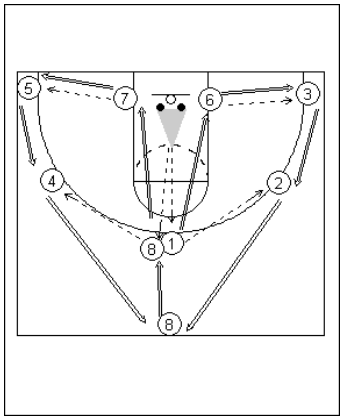
P1 catch, drive the gap, pass to P2 who relocates for shot. P3 catch, drive the gap, pass to P1 who relocates for shot. Rotate, Repeat.

SUMMIT – CATCH N SHOOT CLOSEOUTS



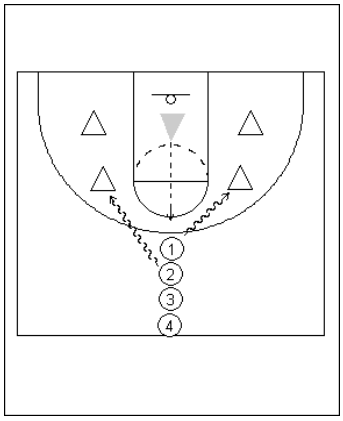
P1 catches, P2 closeout on P1. Get out of the way of the Gun's pass.

TEAM – 3'S



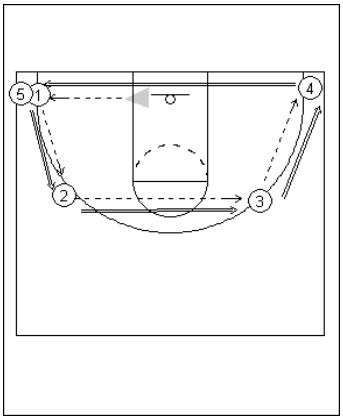
P1 pass to P2 for shot. P6 grabs ball from Gun and pass to P3 for shot. Opposite side. P8 pass to P4 for shot. P7 grabs ball from Gun and pass to P5 for shot. Rotate and Repeat.

TEAM – CONE SHOOTING



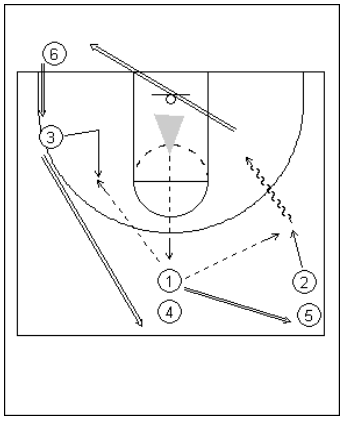
Catch and dribble pull up at cones. Go opposite way of person in front of you.

TEAM – SHOOT–PASS–FOLLOW



P1 shot. P1 pass to P2. P2 pass to P3, P3 pass to P4 for shot. Rotate and Repeat.

TEAM – FASTBREAK DRIBBLE DRIVE & V–CUTS



P1 pass to P2. P2 dribble pull up for shot. P1 pass to P3 on V-Cut. Rotate and Repeat.

Attack on Ball Screen Offense Tod Kowalczyk

*Play in transition as much as possible. Get easy baskets. It is easier to recruit kids to play that style, it sells more tickets and it is more fun to play that style.

*We like to shoot 3's. This offense sets that up.

*We run set plays to get our best players in a position where they are the most comfortable.

*Teams must prepare for your set plays.

*Run set plays for all players 1-5, this takes out all jealousy situations.

*I don't think you can do both motion offense and set plays and think you are doing them both well. He does think you can mix continuities into both. We run sets into continuities. We run between 50-75 sets out of a 1-4 high, 2 guard set and a box set.

*We have a defensive and offensive coordinator.

*Make sure you study 1-3 teams every year, College, NBA or fellow High School teams. This will certainly help your program.

*If you have a player that can create for himself or create for others, you need to give him a little more freedom to make mistakes.

*Ball screens create open threes, midrange, finishes and post ups.

*We will never be the most athletic team in our league. We will be skilled. This offense is very good for skilled players. We want bigs chasing defensively.

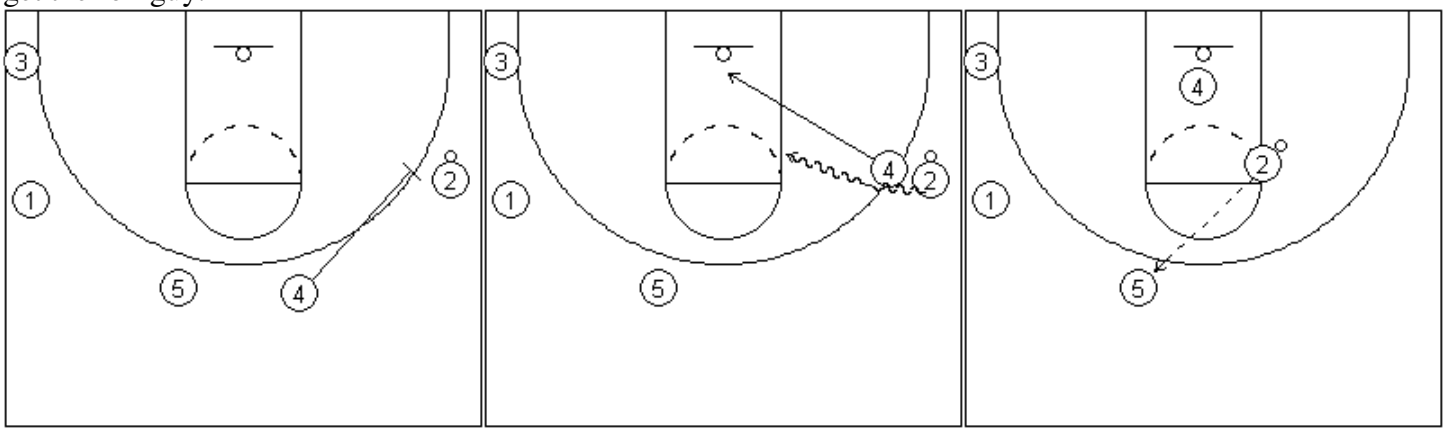
*We wanted an offense where I guys could just play and that was good against pressure.

Spacing

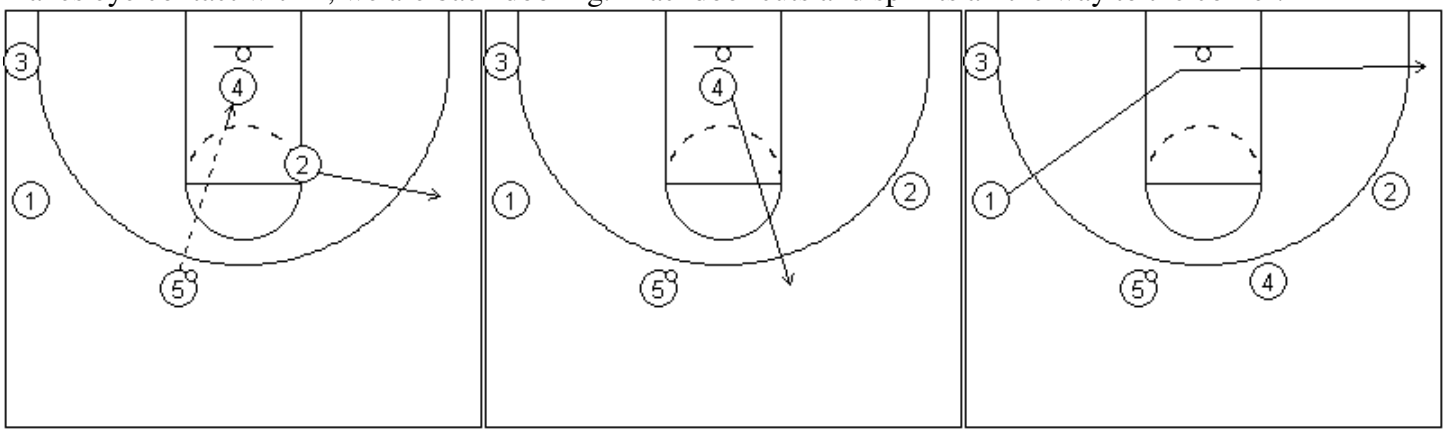
*Post players are on a string. They work together, one on the right side of the floor, one on the left. NBA 3 free throw lane extended.
*Wings are NBA 3 free throw line extended. Third wing is in the opposite dead corner. These guys are interchangeable.

Continuity

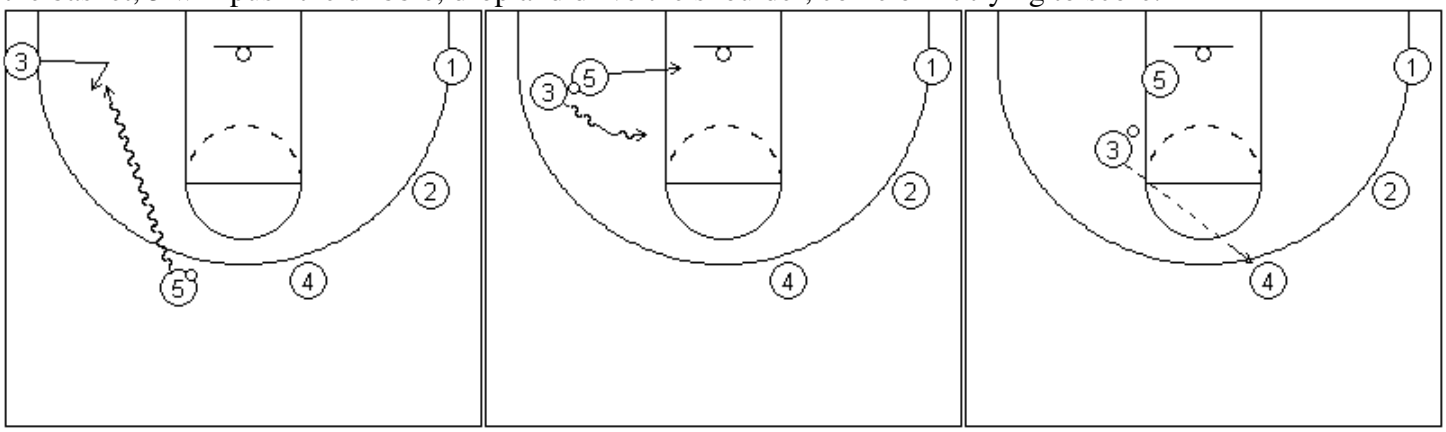
*4 sets a ball screen.
*2 pushes the dribble, drop and drive the shoulder, pound the dribble out in front of you, come off it trying to score. You must attack inside the elbow. On the ball screen 2's first look is score second look is the roll guy 4. We rarely get the roll guy.



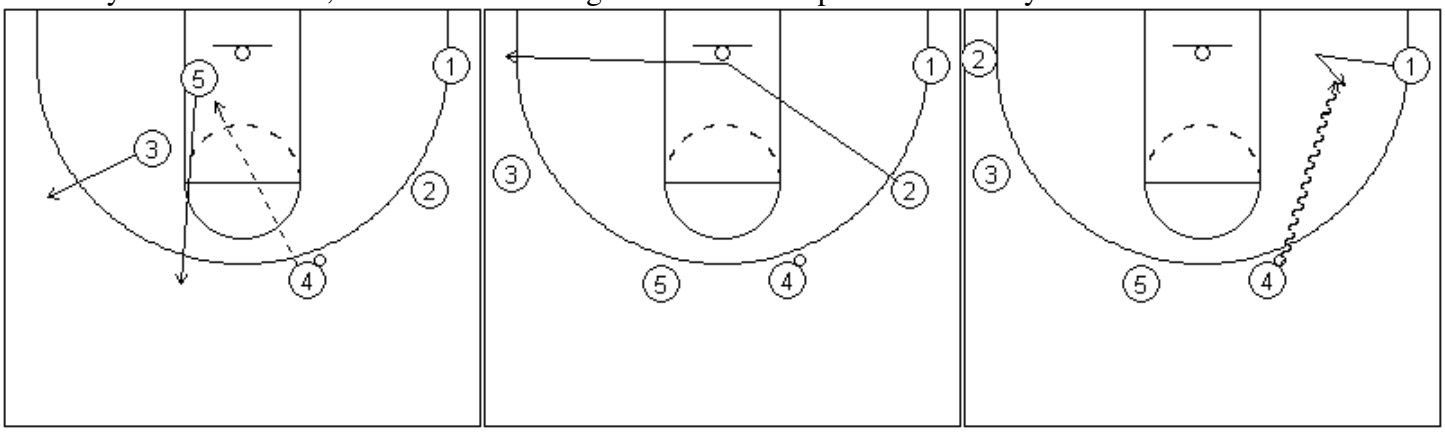
*On pass to the 5, Catch and shoot three is first look. Second look is high low. Third look is opposite. As soon as he makes eye contact with 1, we are back dooring. Backdoor cuts and sprints all the way to the corner.



*5 will then drive to the 16 foot line for the dribble handoff.
*On the handoff, the three should make a two step setup towards the basket and take the handoff. The 5 will roll to the basket, 3 will push the dribble, drop and drive the shoulder, come off it trying to score.

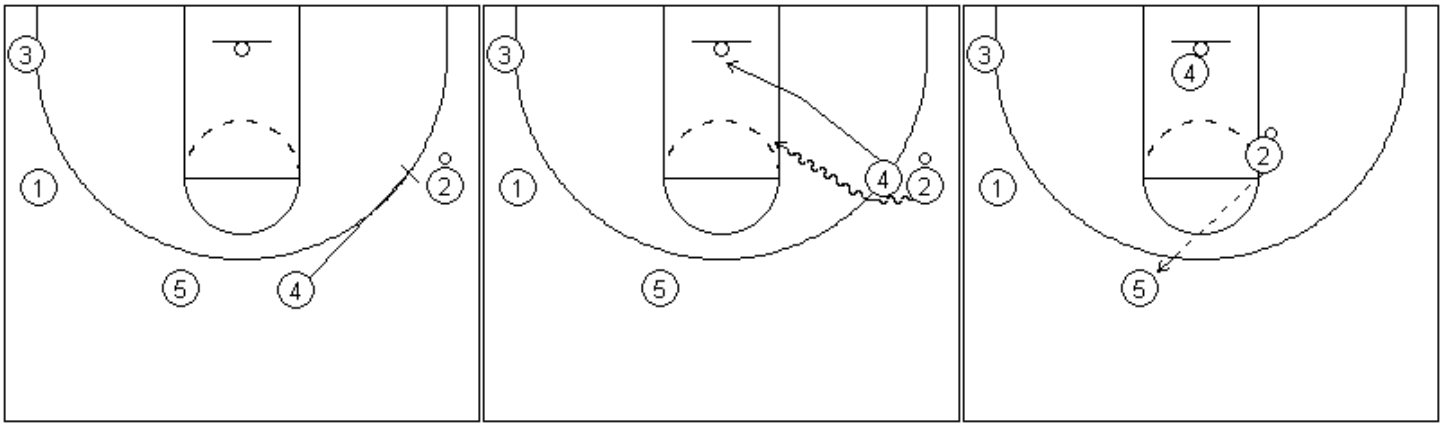


*On pass to the 4, Catch and shoot three is first look. Second look is high low. Third look is opposite. As soon as he makes eye contact with 2, we are back dooring. Backdoor cut sprints all the way to the corner.

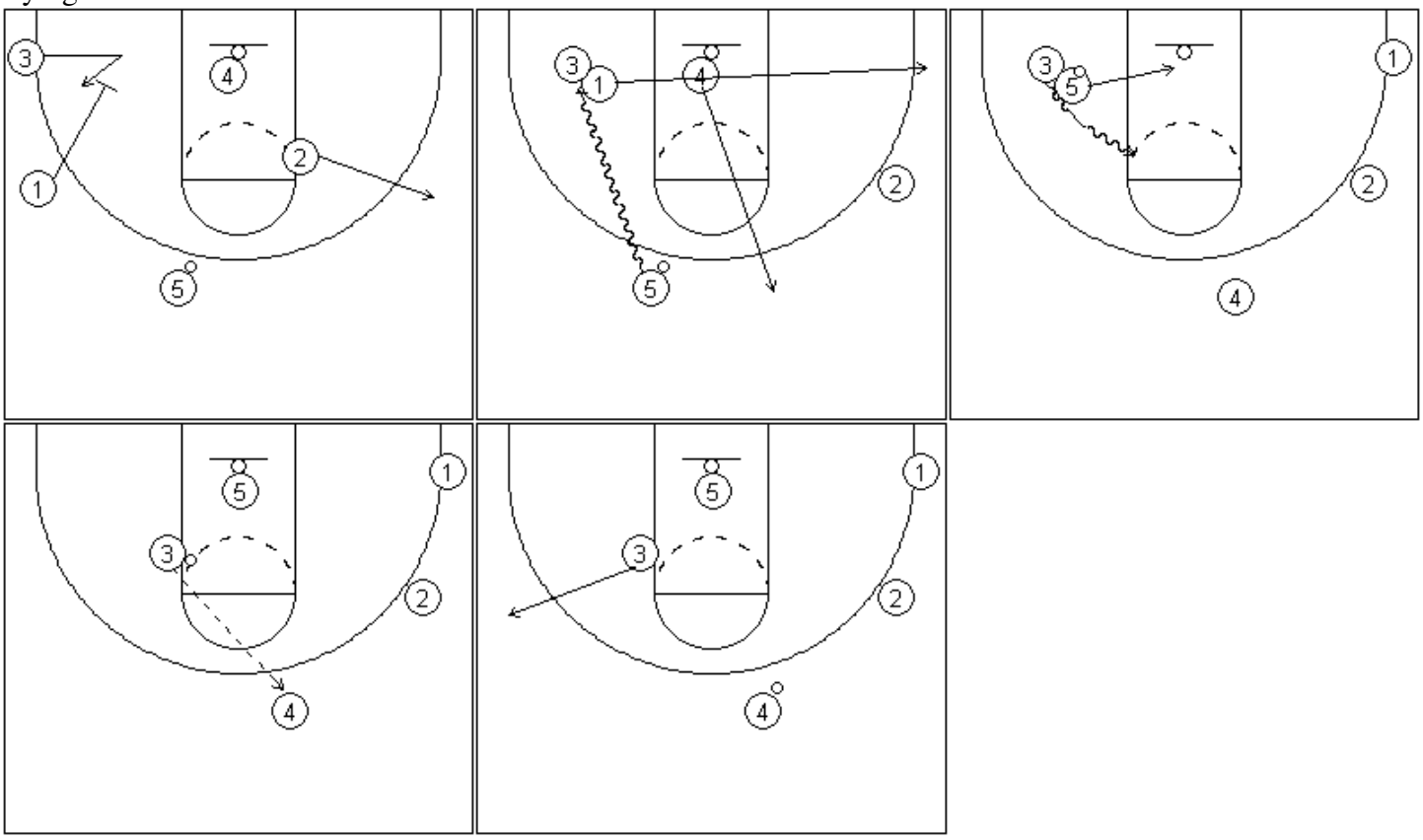


Pindown

*We like to add this wrinkle the second half of the conference season. Probably earlier this season. We add a pin down instead of all back doors. We will run 50% back door 50% pin down. Doesn't matter which corner the pin down guy goes to.
*4 sets a ball screen.
*2 pushes the dribble, drop and drive the shoulder, come off it trying to score. You must attack inside the elbow. On the ball screen 2's first look is score second look is the roll guy 4.

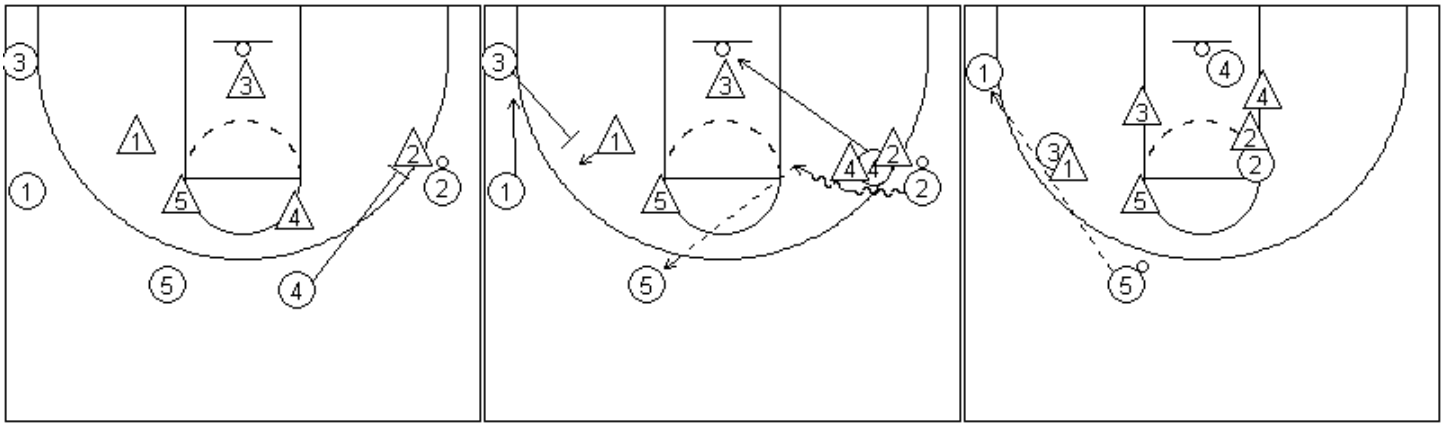


*On pass to the 5, Catch and shoot three is first look. Second look is high low. Third look is opposite. 1 is setting a screen for the 3. Backdoor cuts and sprints all the way to the corner.
*5 will then drive for the dribble handoff.
*On the handoff to the 3, the 5 will roll to the basket, 3 will push the dribble, drop and drive the shoulder, come off it trying to score.



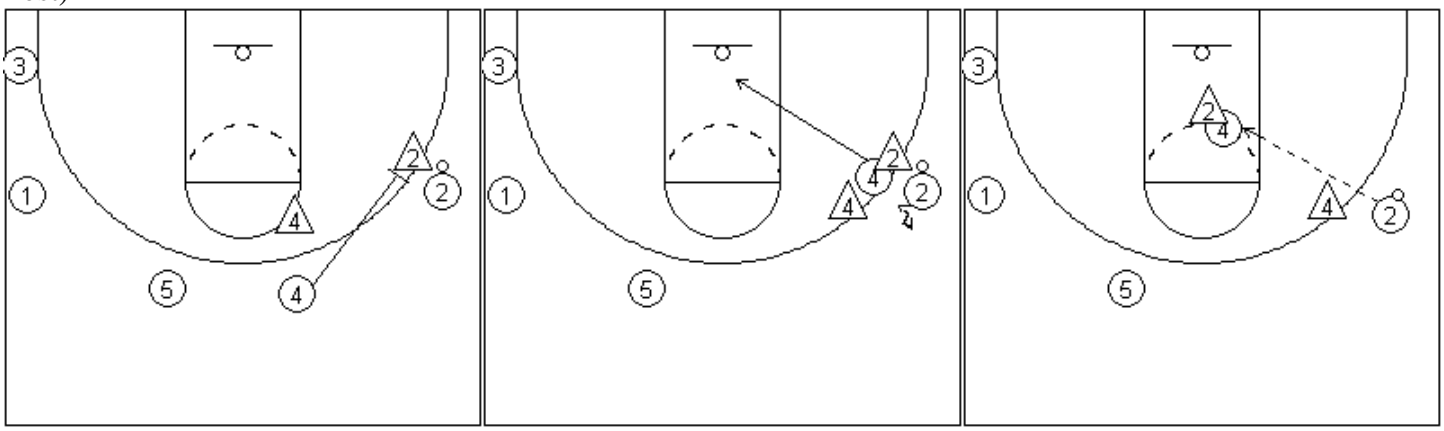
Reverse Flare

*The 2 will try to reverse the ball quickly to the 5. The 3 will set a flare screen for the 1. The 5 will hit the 1 for the three.



If They Switch the Screen

*Some teams will try and switch the ball screen. The 2 will pull back dribble and the 4 will sprint to the post. (Hook Post)

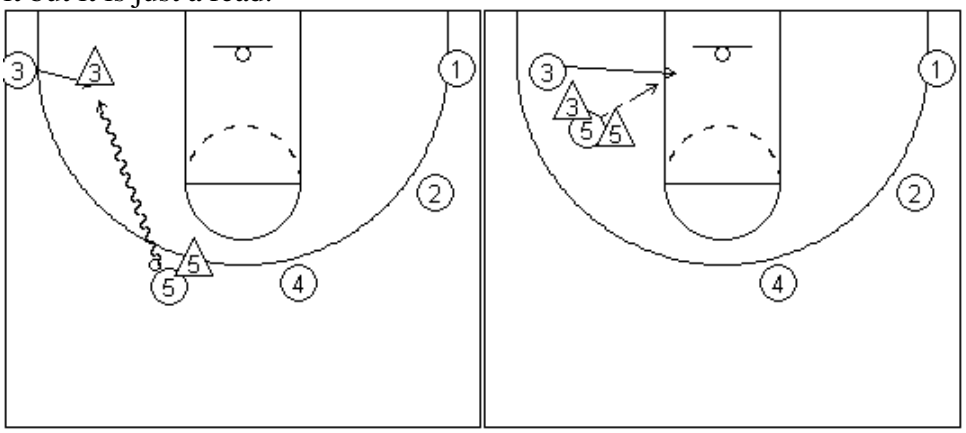


Keys to This Offense

*The ball has to move around.
*Allow your guys to play. Make basketball decisions.
*Take what the defense gives you.
*Timing is important. Everyone has to be patient. Waiting to receive the ball off the drive to elbow, waiting for eye contact to cut and waiting for the dribble handoff are very important.
*We have to have good cuts and good screens.

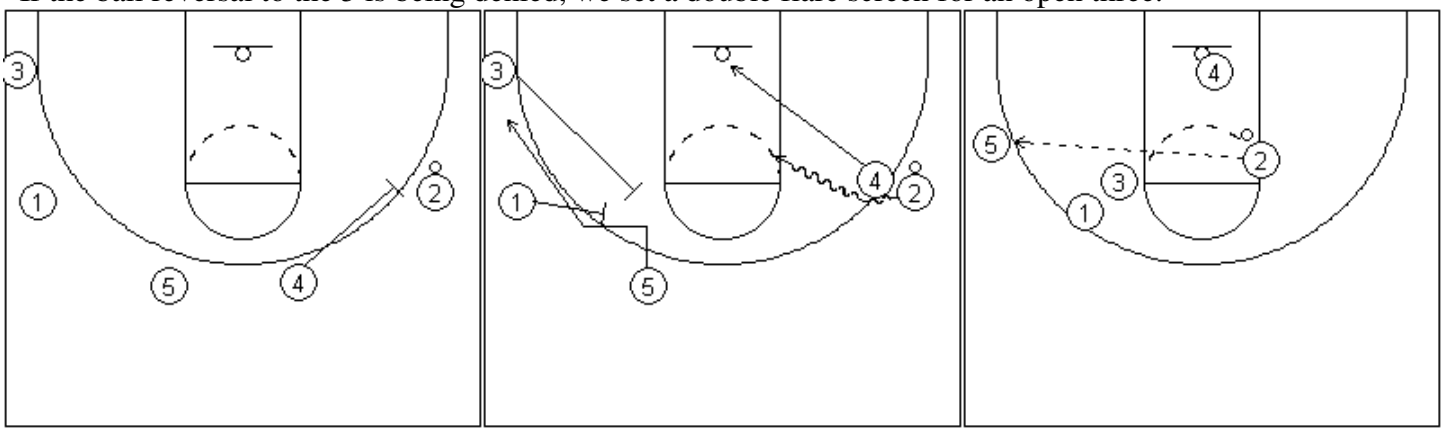
Adjustments

*If teams start trying to steal the hand off from us we just backdoor them. This is just a read. They do have a call for it but it is just a read.



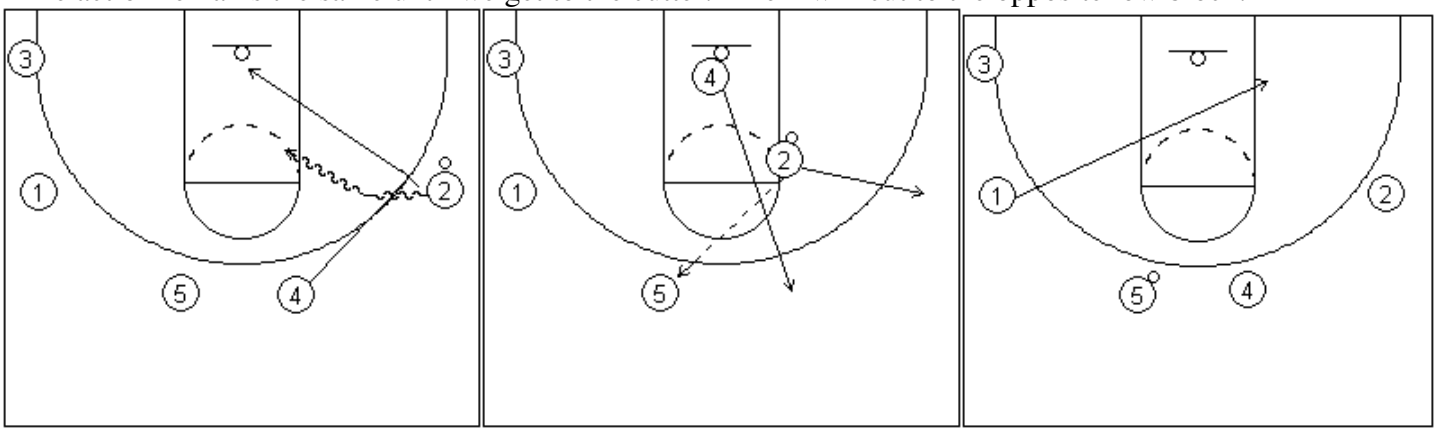
Top Flare

*If the ball reversal to the 5 is being denied, we set a double flare screen for an open three.



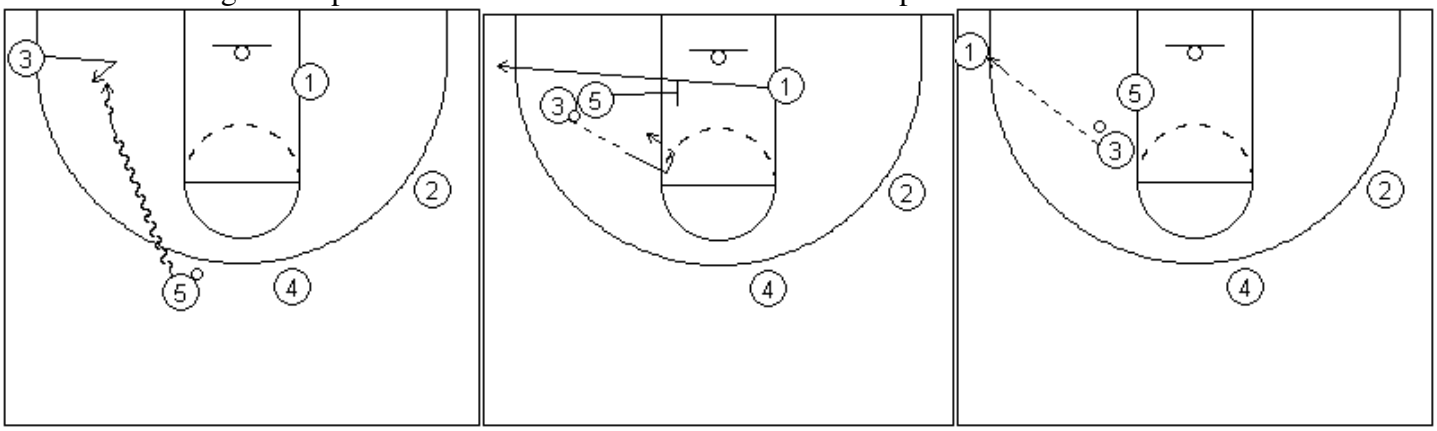
Misdirection

*The action remains the same until we get to the cutter. The 1 will cut to the opposite low block.

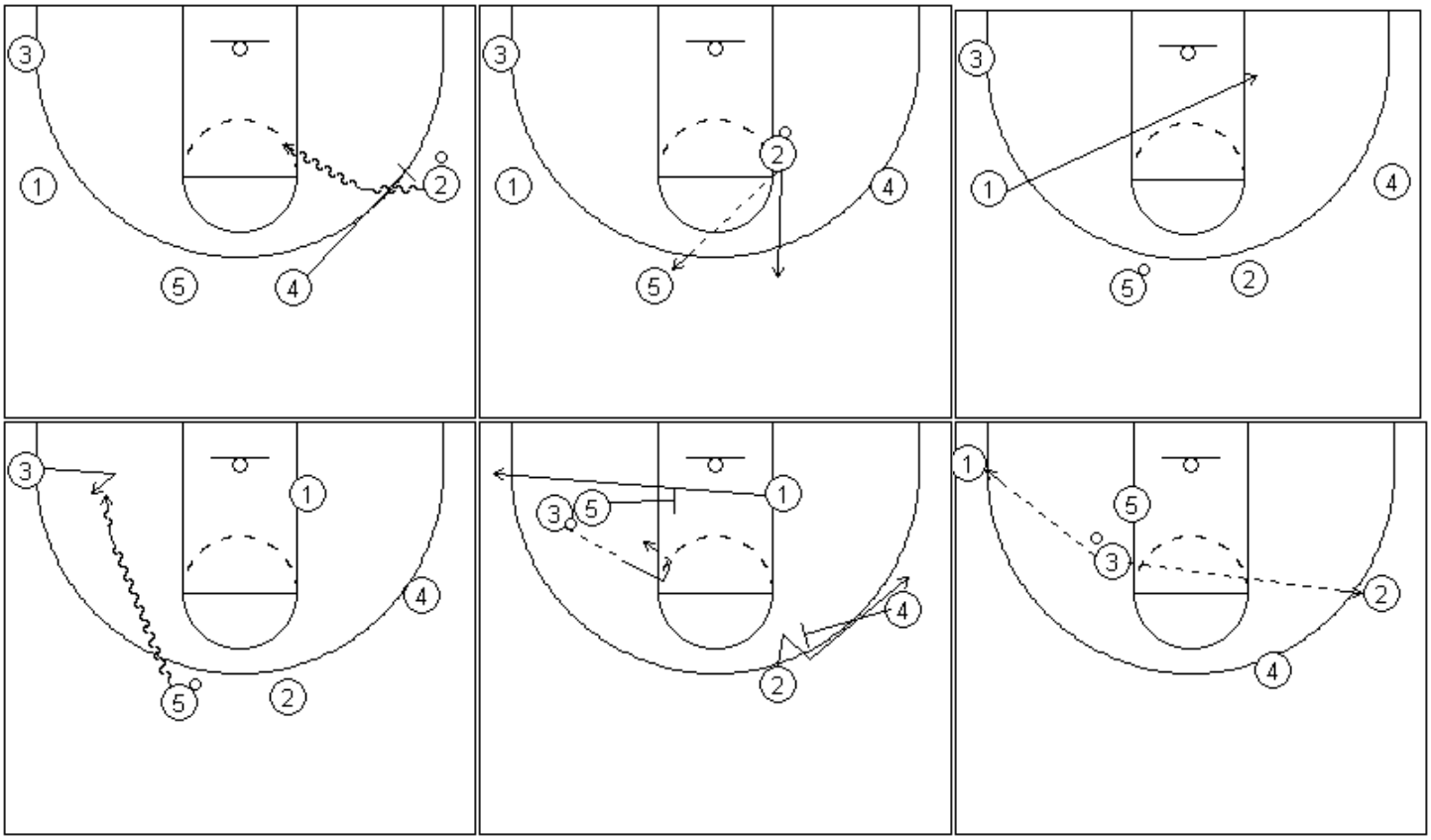


*The 3 and 5 must go hard on the dribble handoff. The 3 receives the handoff attacks and pitches back to the 1 who is coming off the screen.

*If the 1 doesn't get the open shot he looks back inside to the 5 in the post.

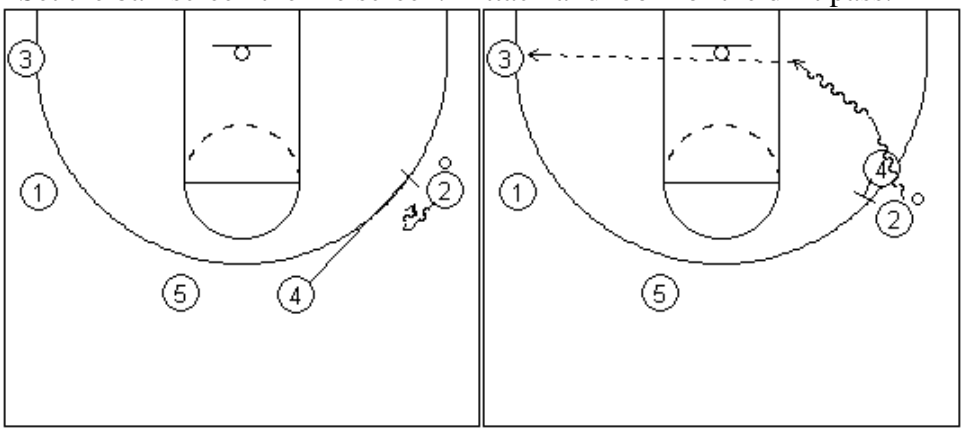


Misdirection Flare

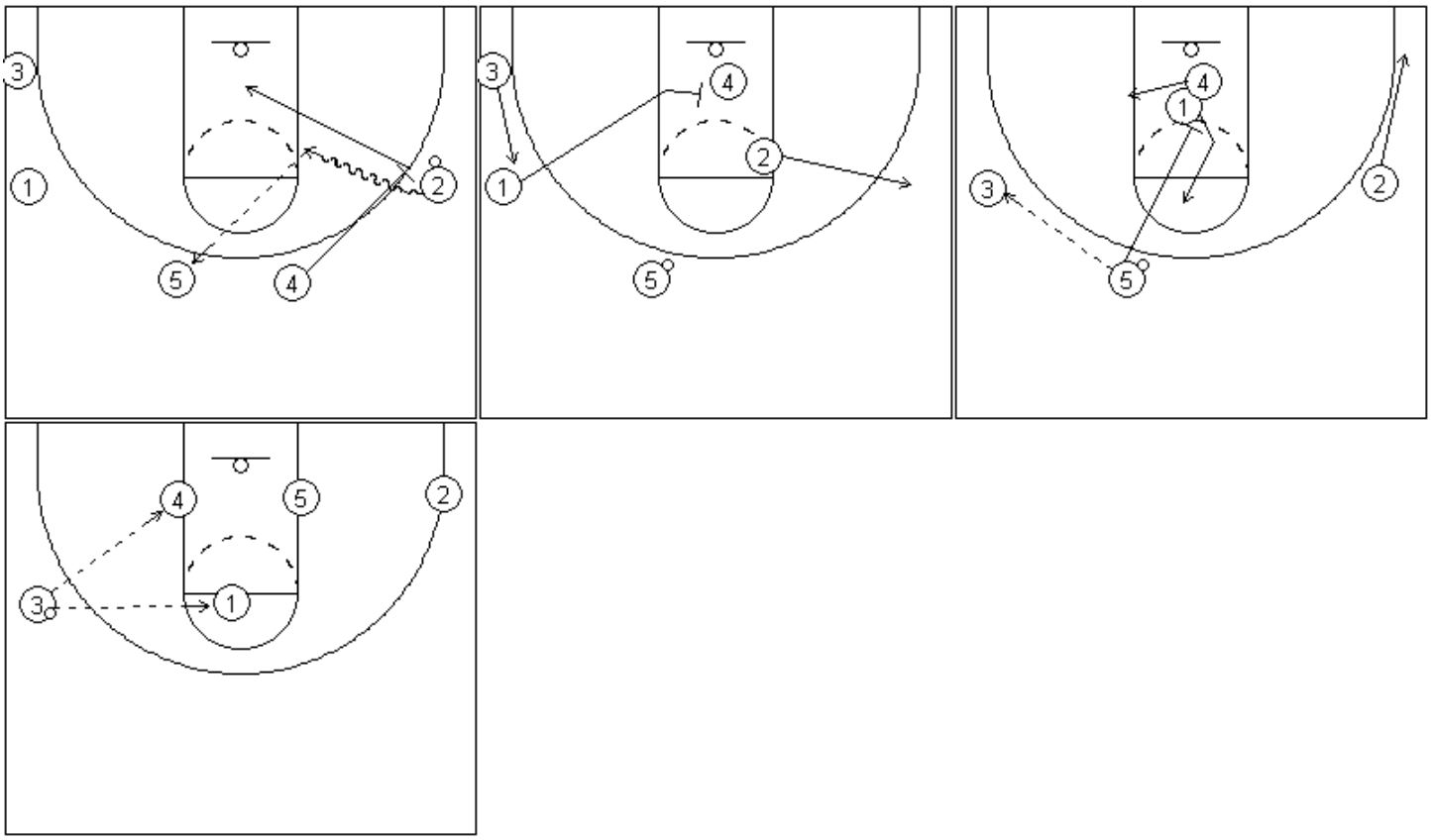


Rescreen

*Set the ball screen then re screen. Attack and look for the drift pass.

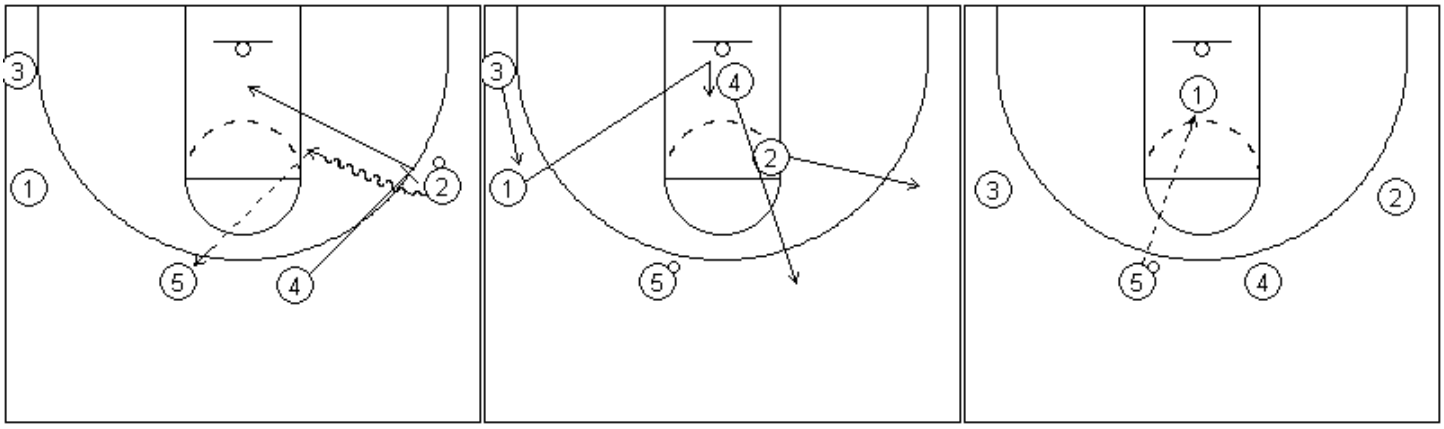


Screen the Screener



Hook Post

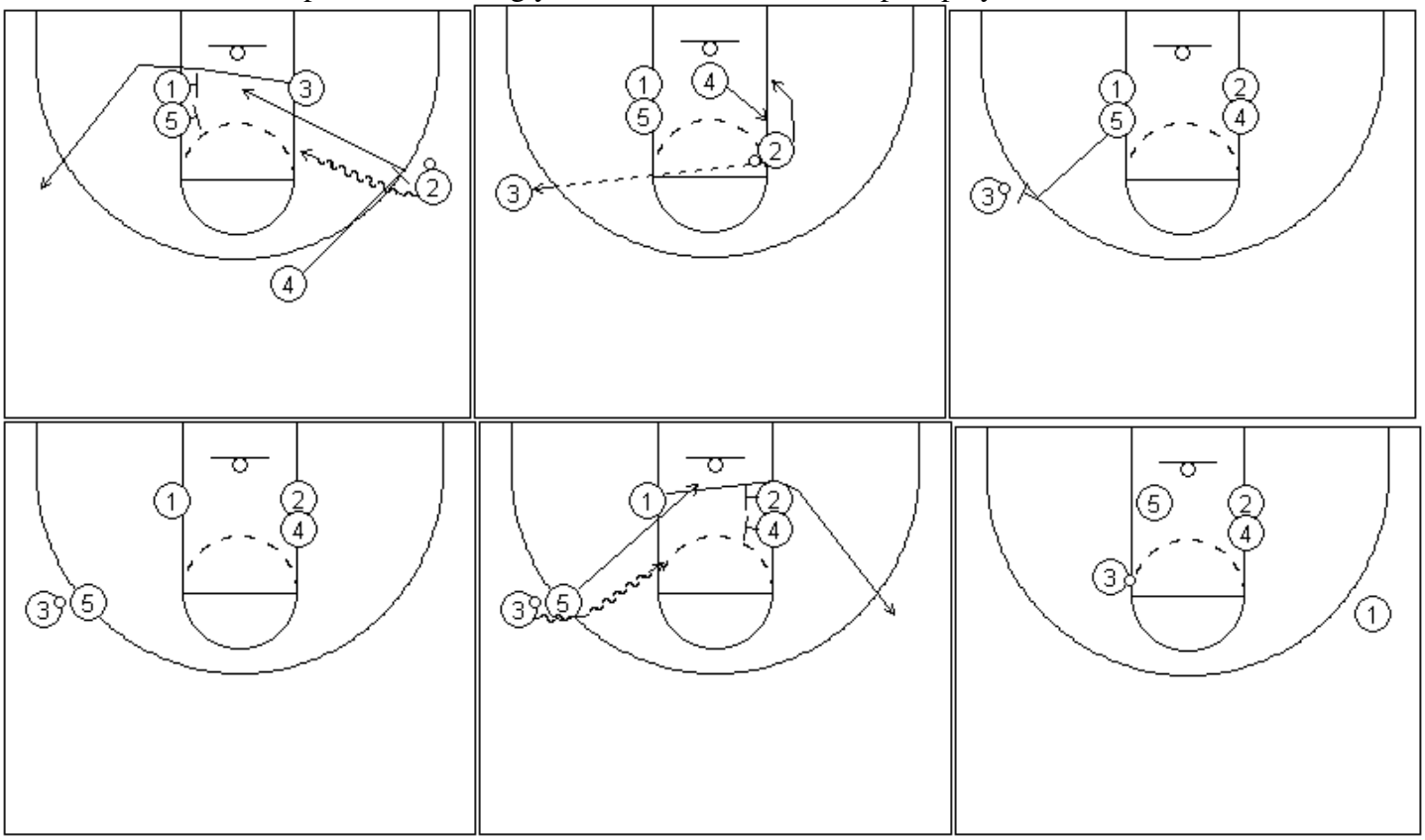
*We run this for our slasher.



Unskilled Post

*We don't run this but if you are the team that doesn't have a post player that can step out and shoot 15-21 foot shot, you might run this.

*This is a similar concept; it's something you can use with unskilled post players.

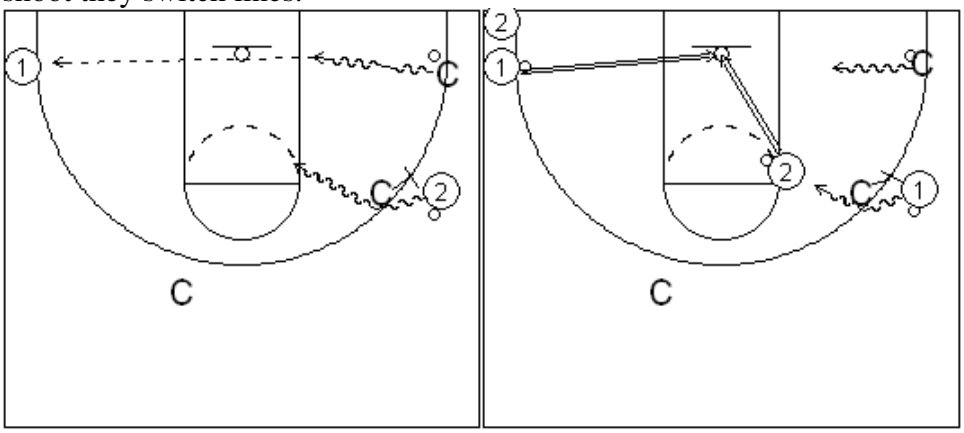


Best Breakdown Drills

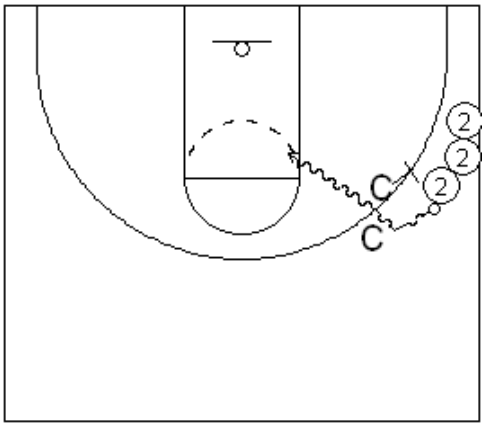
*Rapid fire.

*The 1's are catching drift passes. After 1's shoot they switch lines.

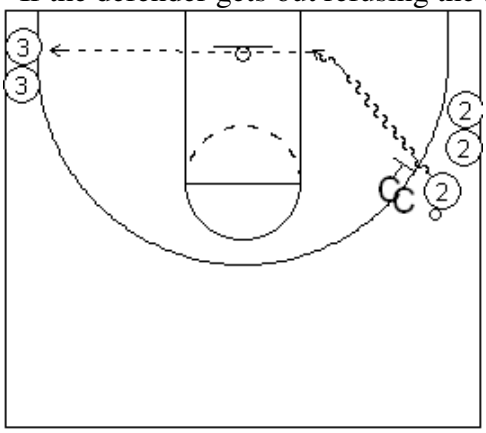
*The 2's are working on screen reads. Drop and drive the shoulder pound the dribble out in front of you. After 2's shoot they switch lines.



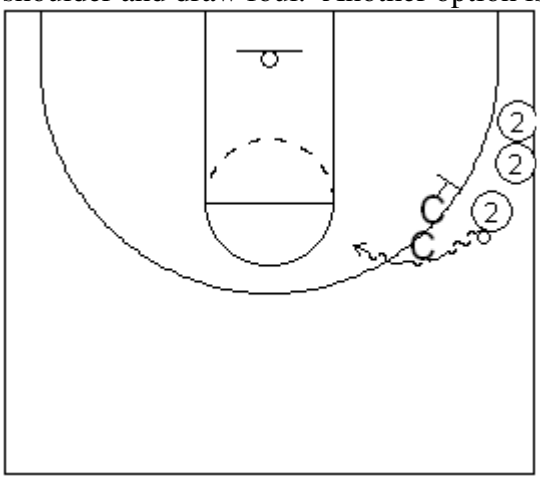
*If the defender hedges too strong and you see daylight, split it. Split the daylight with a crossover.



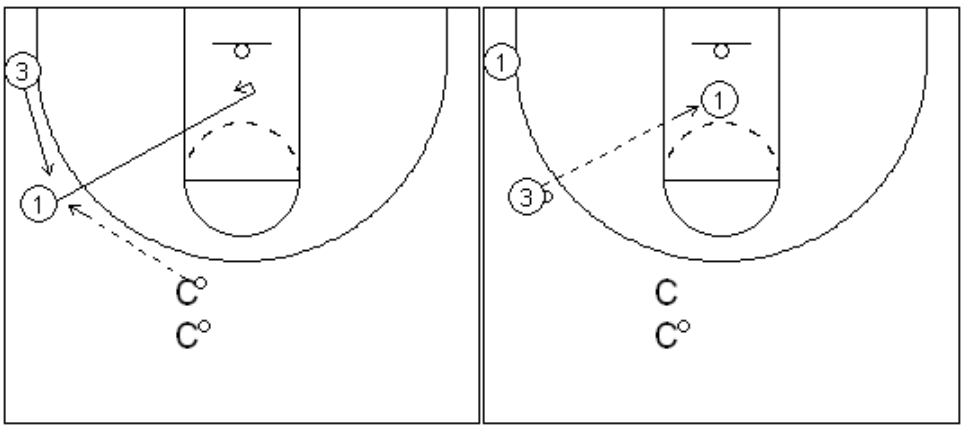
*If the defender gets out refusing the screen, drive baseline and drift pass.



*If they switch the screen attack the bigs outside shoulder. More time than not you can attack the bigs outside shoulder and draw foul. Another option is the pull back dribble.

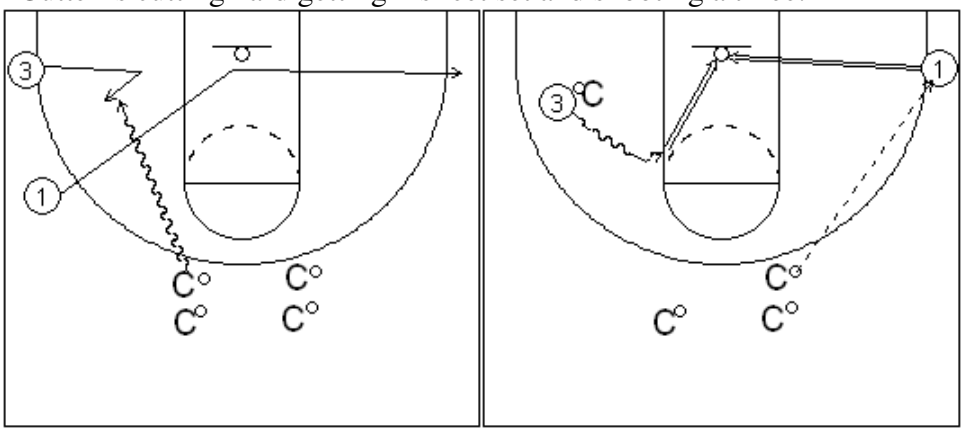


Hook Post Drill

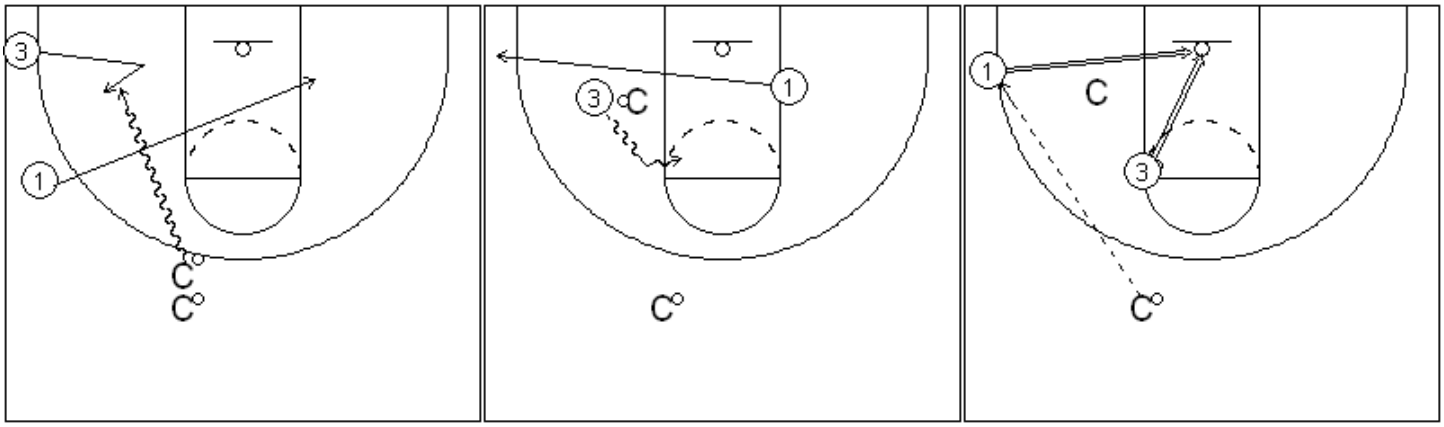


Guard Handoff Drill

*On this drill more than anything we are working on the two step setup. We will usually have a coach or manger guarding the guy taking the handoff making sure he is using the two step setup.
*Cutter is cutting hard getting his feet set and shooting a three.

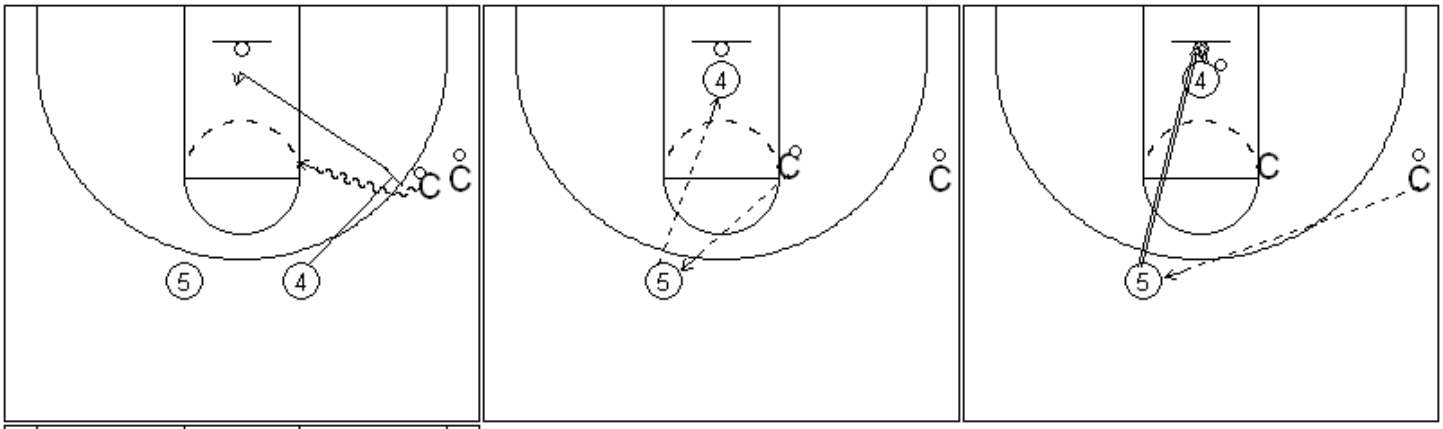


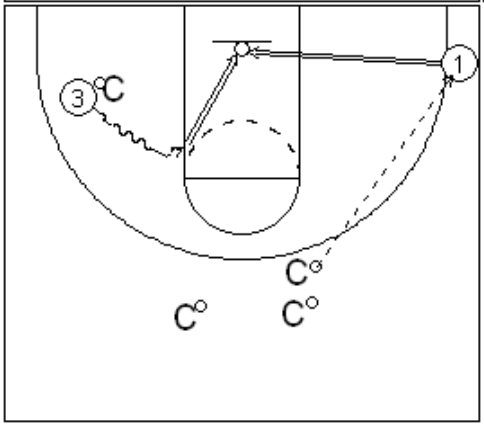
Misdirection Drill



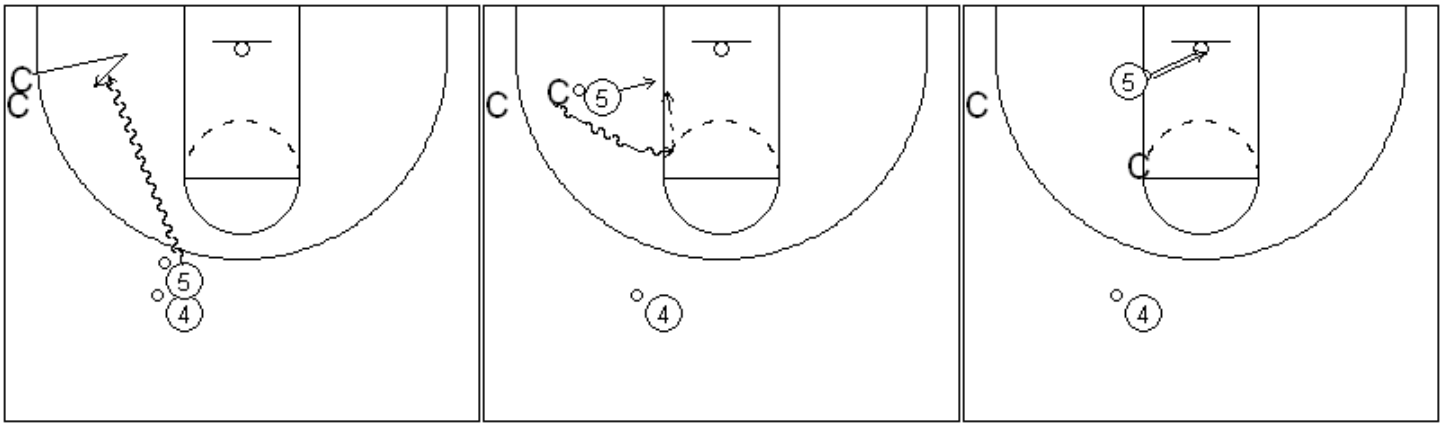
Post Drills

*Set Screen low and wide, I prefer they stagger the three point line. If they decide to go underneath our perimeter guy can shoot the three.





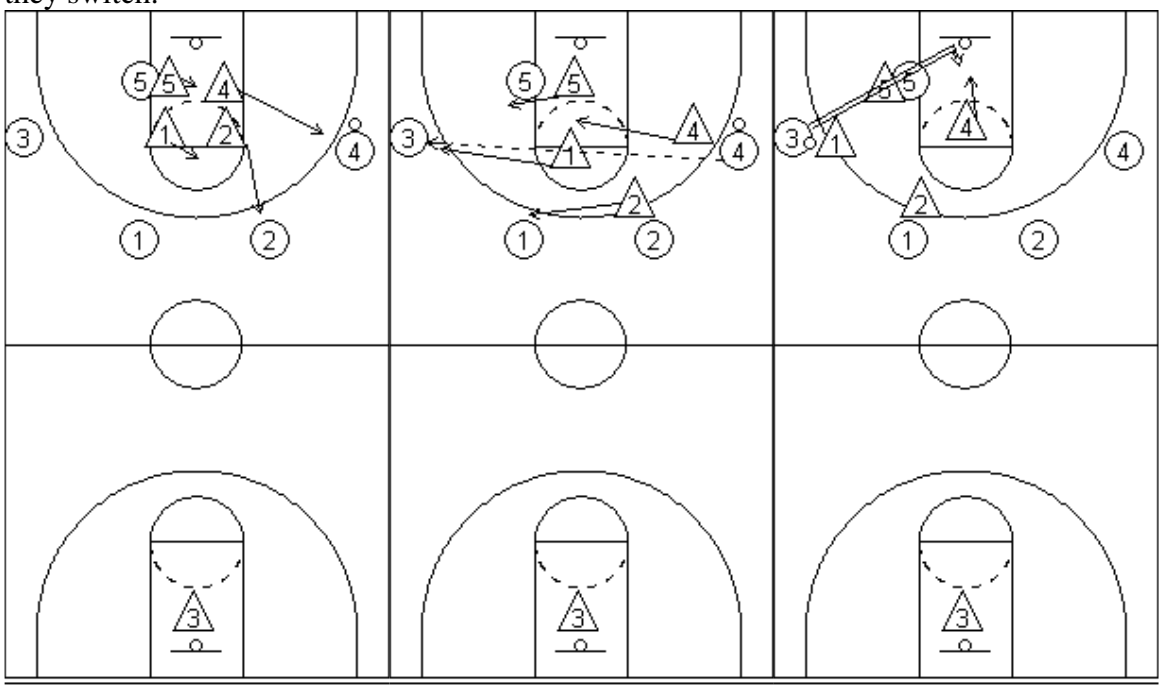
Post Handoff Drill

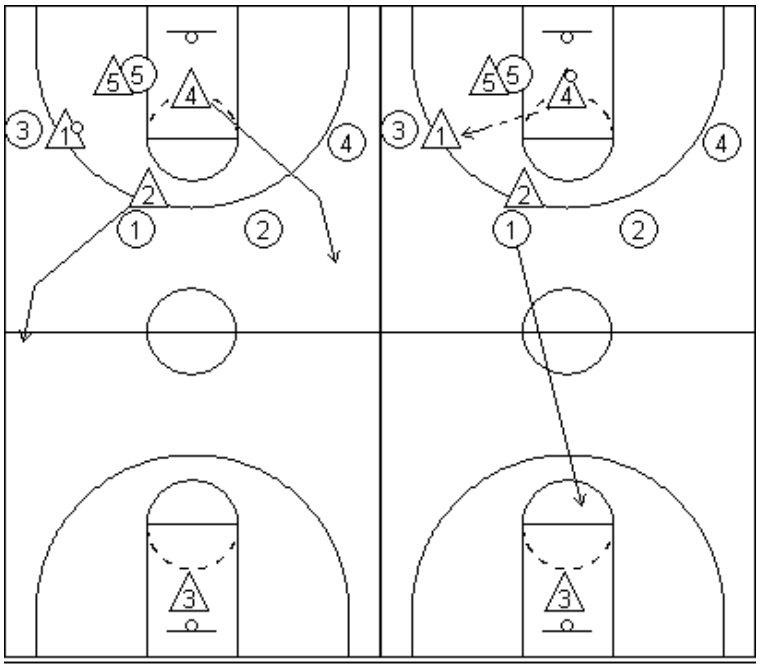


*This offense is extremely easy to get back into. In practice, We will run some set plays and I will tell the offense you can't score on the set play. On my whistle you need to get back into attack.

Transition Drill: 5 on 4 Transition

*The defesne starts inside the paint. They are not in a zone. It is man to man. We are not guarding the man that is furthest away. Inevitably in a game you are going to be in a scramble situation. Every time the ball moves you will have to guard someone different. On Offense you have one extra guy, find an open shot, move the extra pass and score. If the offense scores they stay on offense. The cherry picker (3) is live, point guard has to hustle back to prevent the layup. Stay on one end 5 on 4, then becomes 5 on 5 on other end, come back one more time 5 on 5. Then they switch.





We want to work on drive and kick basketball. You must attack and score quickly. You must communicate.

Things I think are important.

*Be positive with your team. I am a lot more positive now than I was six years ago.
*If you are a negative type person, make sure you have an assistant coach that is positive and vice versa. Balance your staff.
*There is too much emphasis on the jackasses today. Talk more about the doers, the successful kids in your program.
*25% rule. If you have a soft kid you can only make him 25% tougher. Don't expect complete change.
*Give yourself an evaluation midseason and post season. Your offense, defense, transition, etc. You have to be honest with yourself.
*Ask yourself could you play for you, could you work for you?
* Don't get fired for anything other than losing.
*Work hard, work smart and have fun.
*We all work too hard to not enjoy wins.
*Control your emotions.

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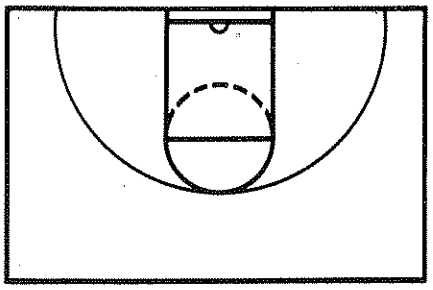
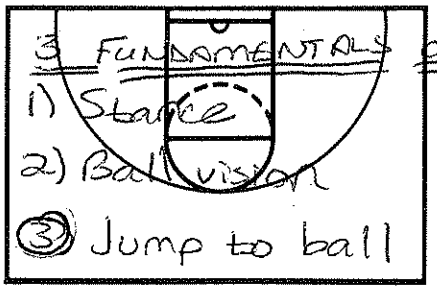
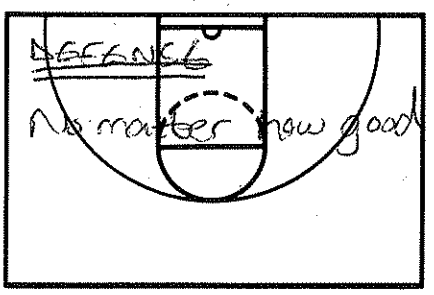
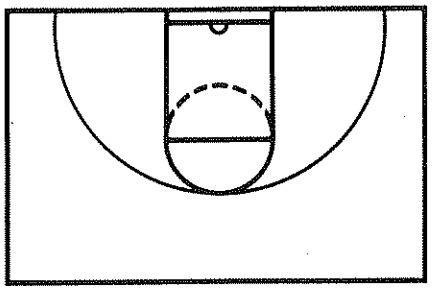
Tom Asbury K-State
"Man Defense"

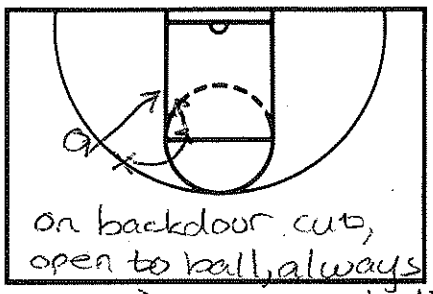


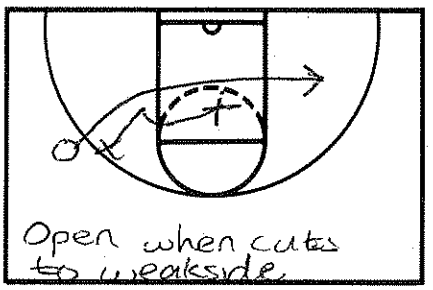




NOTES
1) Make your kids play defense.
No D, no play.



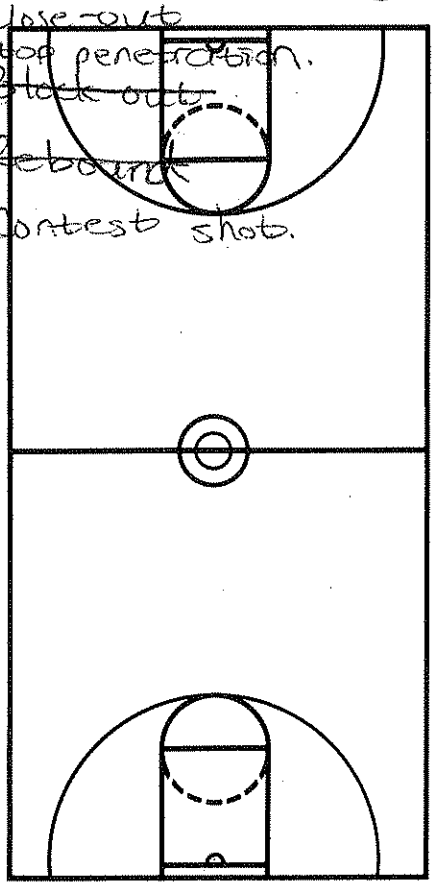




NOTES Ind. Defense (7 points)
1) Deny Ball
2) Open
3) Close-out
4) Stop penetration.
~~5) Rebound~~
6) Contest shot.

Stay down in stance.
Open in lane.

JUST DO IT

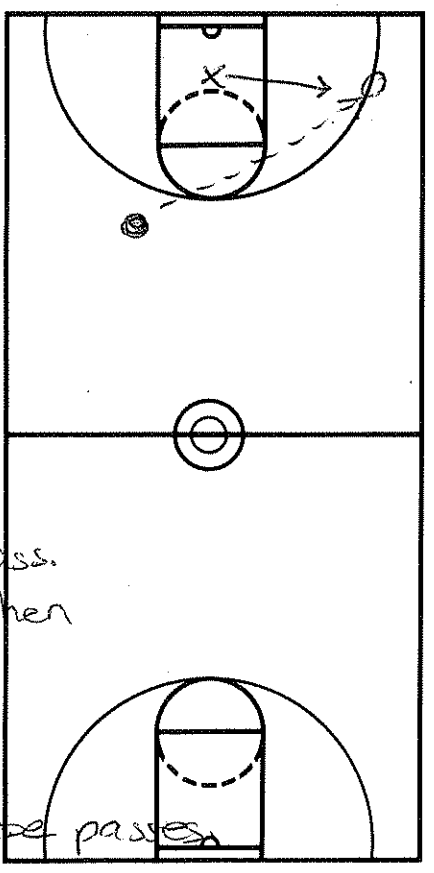


NOTES

3) Close-out
Sprint ½ way,
Slide ½ way.
Get there palms up. No reach, no grabbing. 1 arm gap on avg. player. Stop Penetration.

4) Stop penetration.
Off dribble & off pass.
Don't shorten gap when dribble picked up.

Pass penetration.
Shadow ball.
Know their favorite passes.



5) Contesting Shot
Put left hand up on right hand shooter.
Put right hand up on lefty.
Go straight up, use wrist flip.
Don't foul jump shooters, especially on 3's.

6) Block out.
Front pivot on shooter for 1-thousand one.
Reverse pivot other 4 for 1 sec., then go get ball.

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2-on-2 DEFENSE

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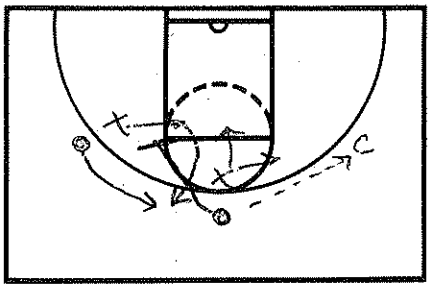
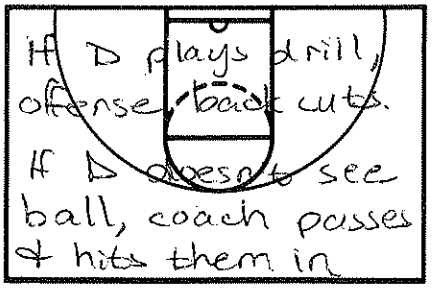
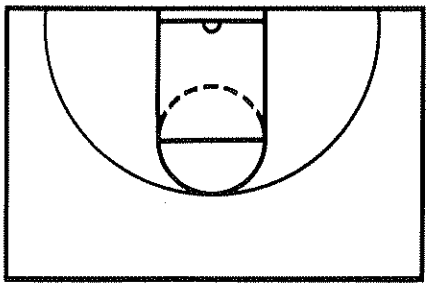


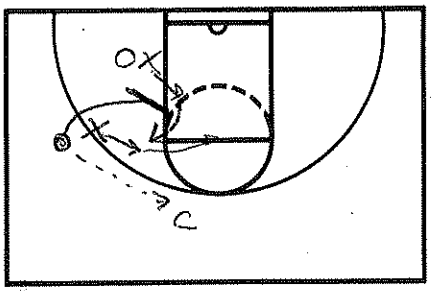


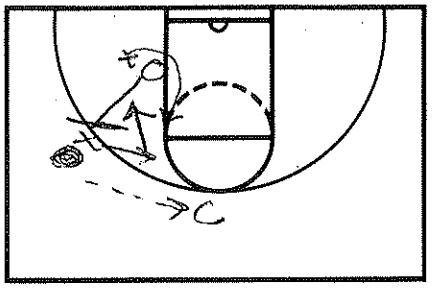
If D plays drill, offense back cuts.
If D doesn't see ball, coach passes & hits them in butt

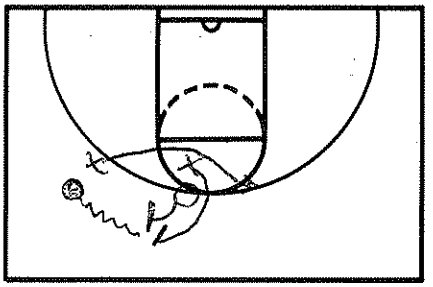


NOTES

1) Screen Aways
Jump to ball. D on screener,
Don't lose ball vision physically pull teammate thru screen.







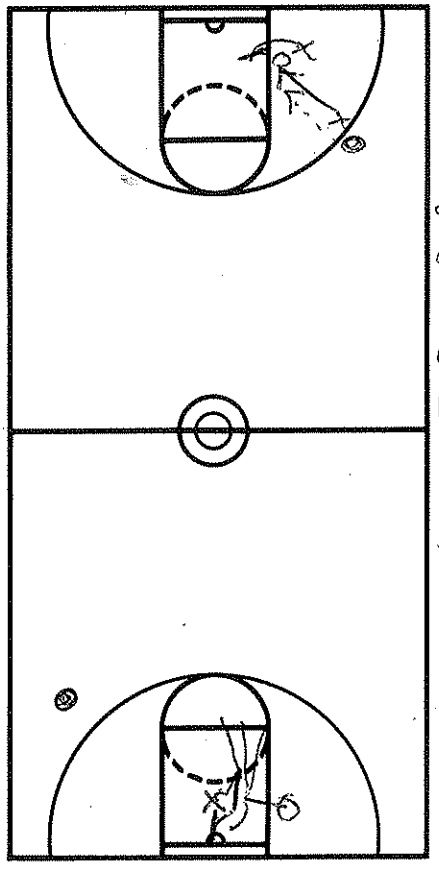
NOTES

2) Screen Downs
D on screener pulls teammate thru screen.

3) Up (Back) Screens same process

4) On ball screens
D on screener, maintains contact w. screen w. arm. D on ball goes below screen & closes-out

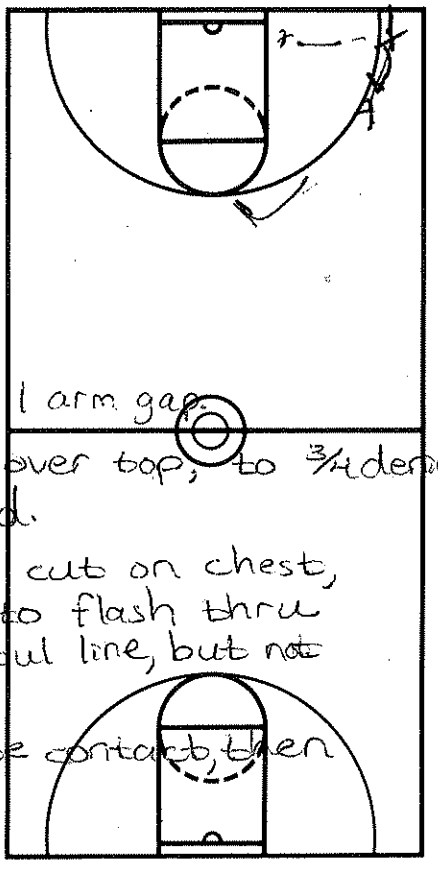
JUST DO IT



NOTES

5) Cover Downs
Let post catch it.
Cover down w butt to baseline. Helps ball & man vision. Dig up at ball, sprint down.

6) Post Defense
Ball on pt., ¾ denial, 1 arm gap.
Pt. to wing, "X Step" over top, to ¾ denial.
Wing to pt., go behind.
Deny flash cut, take cut on chest, encourage off. to flash thru f.t. line. Go foul line, but not to foul lane.
Let offense initiate contact, then hit w chest.



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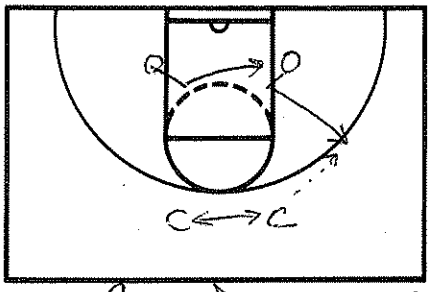
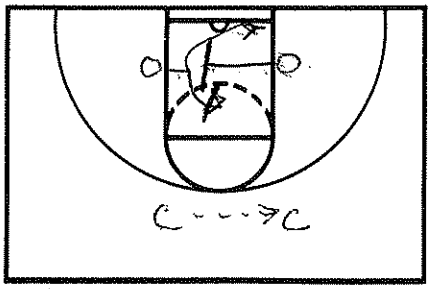
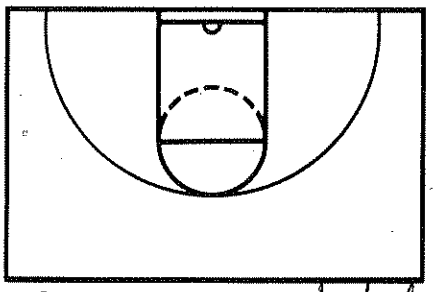


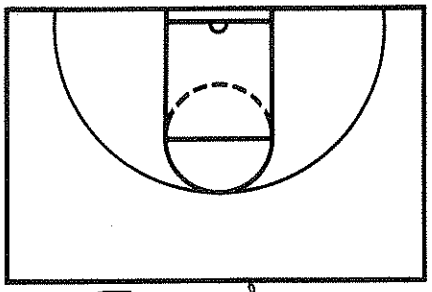


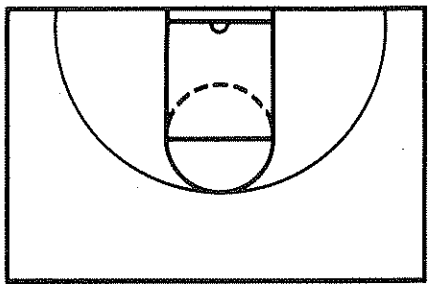


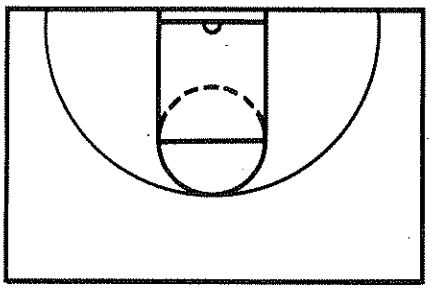
7) **NOTES** POST DEFENSE (cont.)
Work 2-on-2 w/rg denial, jump to ball, deny flash cut. Cover down if ball inside.

8) Work on block to block screens.

Sustain good defense for less than 1 min. or so, most teams will get impatient.



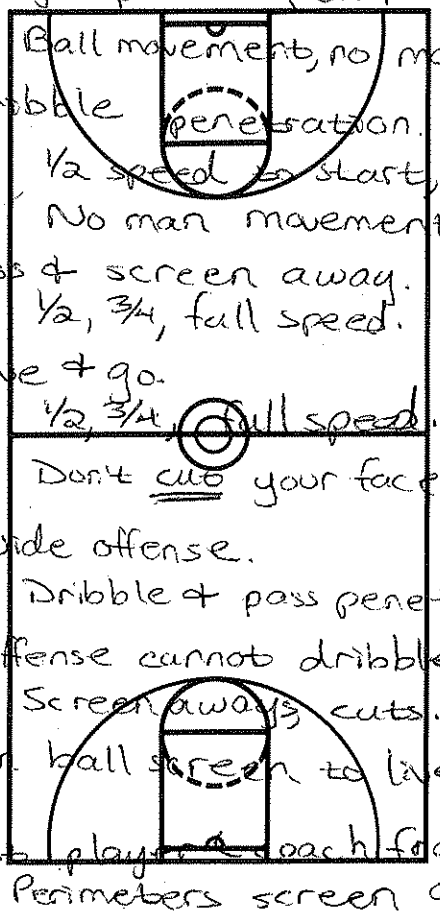




NOTES SHELL Δ 4-on-4 Offense → Defense → Out.
Show & recover } Everyone
Help & recover }

JUST DO IT

1) Straight positioning on passes.



NOTES
Ball movement, no man movement.

2) Dribble penetration.
½ speed to start, ¾, then full.
No man movements.

3) Pass & screen away.
½, ¾, full speed.

4) Give & go.
½, ¾, full speed.
Don't cue your face.

5) Wide offense.
Dribble & pass penetrate.

6) Offense cannot dribble.
Screen aways, cuts.

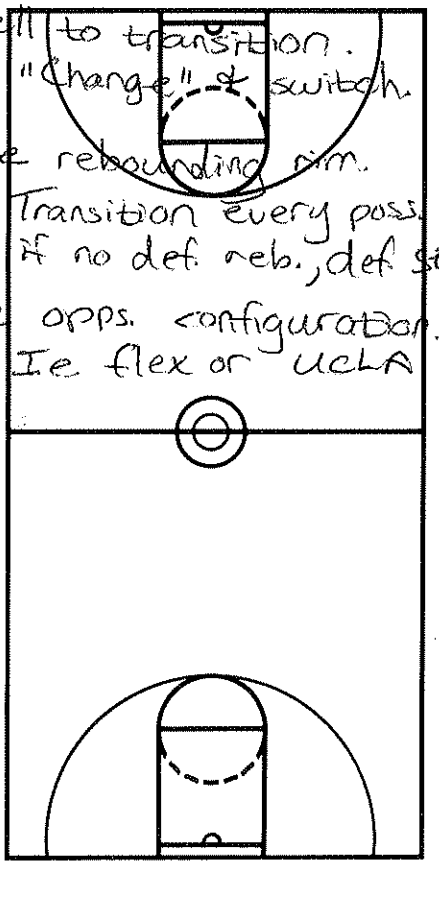
7) On ball screen to live.

8) Post (player & coach from out of bounds)
Perimeters screen away, help on post.

9) Shell to transition.
"Change" & switch.

10) Use rebounding rim.
Transition every poss. or if no def. reb., def stays.

11) Use opps. configuration.
Ie flex or UCLA



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5-on-5

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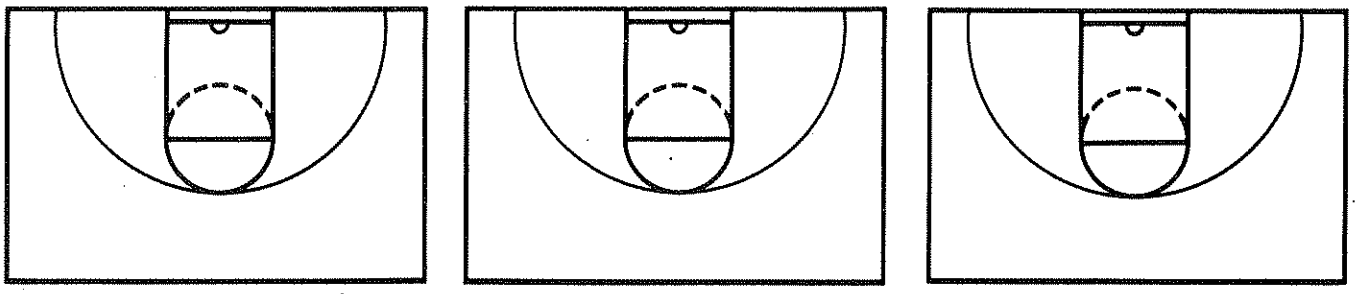
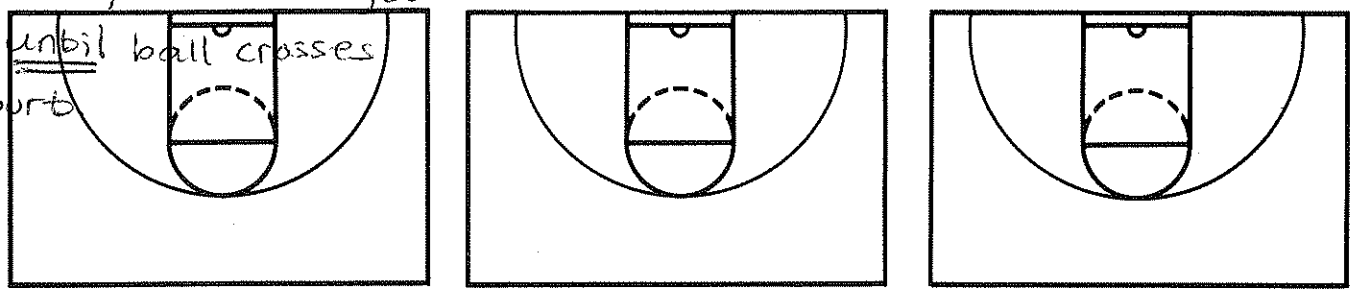
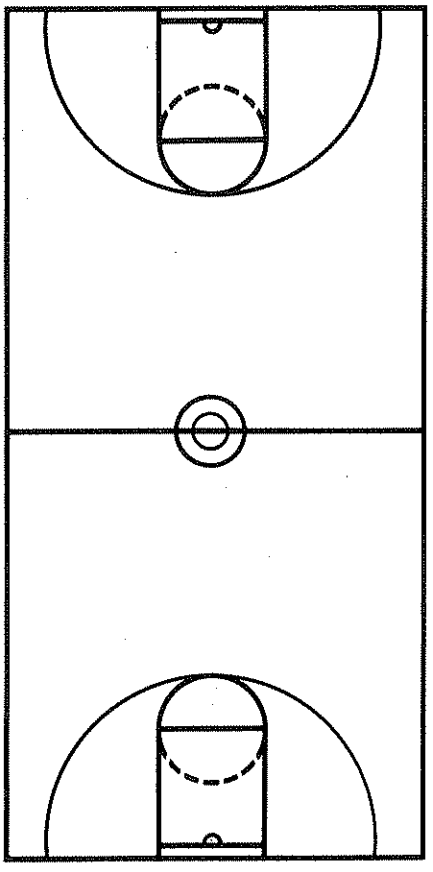


NOTES Play 5-on-5
Run your offense. Use
reb. rim. On shot, 1-2-3
sprint back, 4 & 5 can't get
back until ball crosses
½ court



NOTES

JUST DO IT



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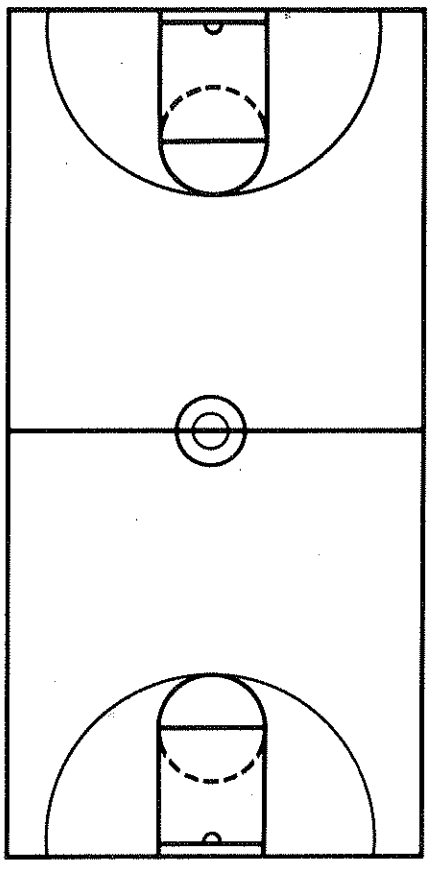

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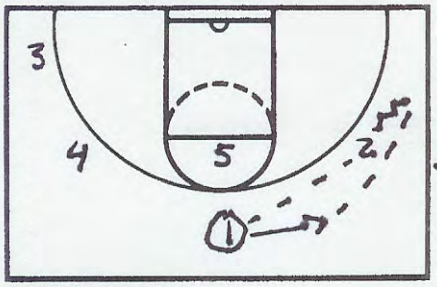
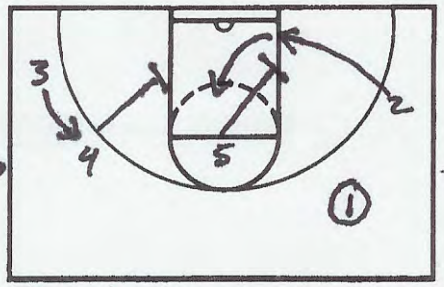
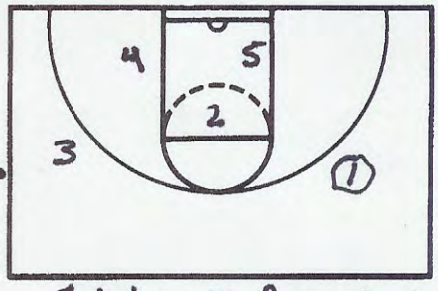
CLINIC Tom Izzo
DATE Zone Sets



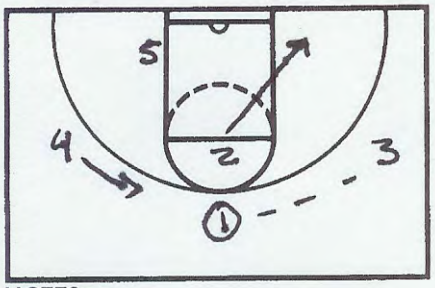
NOTES Fist Down
1 passes to wing
One dribble pass back



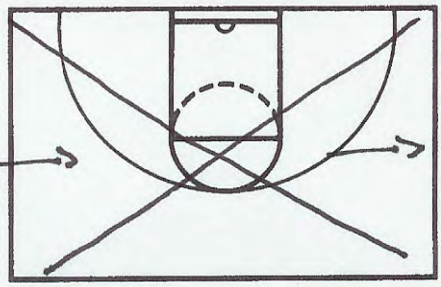
5 and 4 screen zone
(middle & opp. wing)
2 curls up into paint.

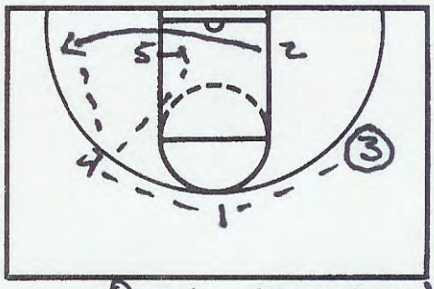


1 hits 2 for shot
or dish to open man
1 can throw direct pass
to whoever is open.



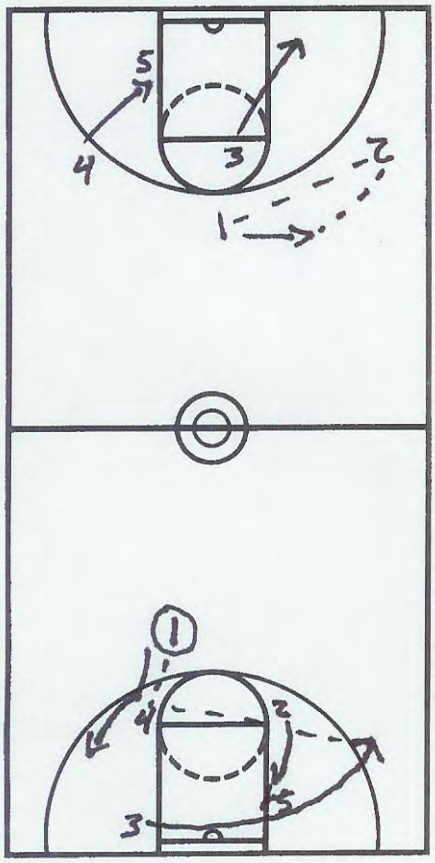
NOTES 1-3-1 Special





Quick Reversal
5 screens zone
hit 2 or 5

JUST DO IT

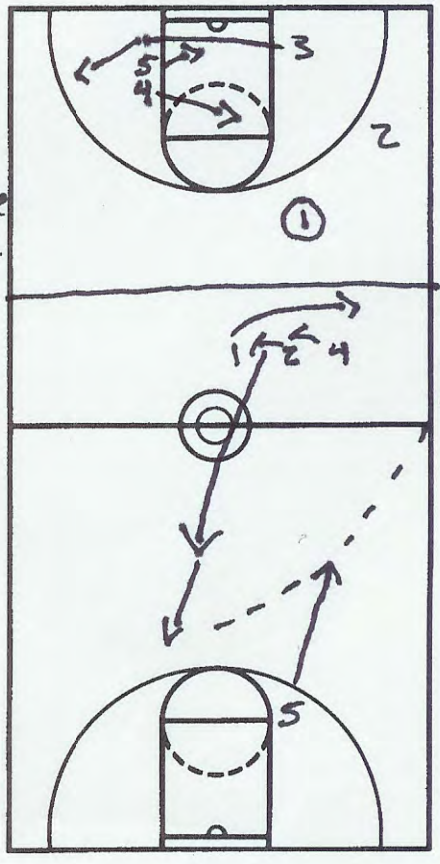


NOTES
1-3-1 Double

No screens
waiting for 3 in a line
3 man out for shot
4 man to middle
5 man looks for lob

33

1 passes to 4
1 runs for a
fake handoff
2/5 double pick
3 runs off screen
* Must have good
timing



Dribbling Workout Routine

Stretch

5 Minute Drill (You can use a heavy ball for this drill.)

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

***** 2 Minute Break *****

1- Dribble Drill to Foul Line

- The player starts with the ball on the baseline.
- The first move that the player will execute is the inside out - crossover - in front.
- The player has to see how many times he can inside out - cross over in front before he reaches the foul line.
- The player must take 1 dribble after each inside out - crossover before making the next inside out - crossover.
- The player is trying to get 6 inside out - cross-over moves on the first two sets, 7 on the next two sets, and then 8 on the last set.
- The player then does the same thing for the crossover – through the legs move, as well as the behind the back move.
- In total, the player will complete 18 sets.
- After each set, the player walks back to the baseline, dribbling the ball in their weak hand.

***** 2 Minute Break *****

1- Dribble Drill to 3-Point Line

- The player does the same thing that he did for the previous drill, except now he is going to the three – point line.
- The player tries for 9 on the first two sets, 10 on the second two sets, and 11 on the last two sets.

20 second dribbling in the mid-court circle

- The player will do three sets with 30 seconds of break in between each set.
- The player will make random combination moves for 20 seconds.
- The player makes the moves as hard as he possibly can for 20 seconds without turning the ball over.
- Every turnover = 1 more set of this drill.

Two – Ball Dribbling

- The player starts on the baseline and will dribble to the other end and back for each particular set.
- The player will do each set twice.
- The five sets are:
    1. 2 Ball, Same Time Dribbling
    2. 2 Ball, Alternate Dribbling
    3. Backwards Low Dribbling (ball bounces no more than an inch off the ground)
    4. 1 Ball High, 1 Ball Low (switch on first trip back to baseline)
    5. 2 Ball, outside ball through the legs, inside ball to other hand

Ball handling/ Driving to the Rim

- Set up 4 cones in a square, each 6 ft. from each other, at the top of the key, so that the cones form a 6 x 6 square at the top of the key.
- We are going to focus on 5 moves, and they are all going to be 1-2 moves, where the initial move is made in one direction, and is then followed by a quick change in direction to get to the rim with no extra bounce in between each part of the move.
- The 1-2 move is always made inside of the square.
- The five moves that we will work on are:
    1. inside-out, crossover in front
    2. through the legs one way, crossover in front opposite
    3. through the legs, spin dribble back
    4. crossover in front, through the legs opposite
    5. behind the back, behind the back opposite
- The player will finish with a short pull-up jump shot, or with a lay-up.
- The player will start at half court and dribble up to the square.
- When the player gets inside of the square, the player will pound the ball hard three times while shuffling his feet, and then make the first move.
- The player will do each move 10 times, starting with the ball in his right hand for the first five moves, and then using his left hand for the second five moves.
- In total, the player will complete 50 moves.

Forward Off-Season Conditioning Workout Routine

***** As you get in better shape, you can decrease your break time from 2 minutes to 1.5 minutes to 1 minute, etc. *****

***** It would be wise to begin this workout doing only some of the drills, to see how many you can actually do, before trying to do every single one of the drills on the first workout day. As you get in better shape, you can add more drills. *****

***** You can begin by trying the drills with a regular basketball, and then as you become more experienced, you can move on to using a heavy basketball. *****

Stretch

5 Minute Drill (Use a heavy basketball in this drill.)

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

Jump Rope (Use a 2 lb. rope and a 4 lb. rope for this drill.)

- Place the 2 lb. rope on one end line and the 4 lb. rope on the other end line.
- Start the drill with the 2 lb. rope.
- Coach will yell "Go" and you will count how many rotations you can do in 1 minute.
- When the coach says "Go" a second time, that means that the minute is up, and you sprint through the opposite end line, while still jumping rope. That is 1 set.
- Take a break.
- Now you put down the 2 lb. rope and pick up the 4 lb. rope and do the same thing that you did with the 2 lb. rope.
- You are going to do a total of 4 sets, 2 sets with the 2 lb. rope and 2 sets with the 4 lb. rope.
- The key is to make sure that you count your rotations so that you can try and get better in each workout that you do.
- Also, when a player gets tired, he will tend to forget to count his rotations. That counts as a turnover because it is a mental breakdown.
- As previously stated, the player does 4 total sets, with a break in between each set.

Matt Harpring Lane Slide Drill (Use two heavy basketballs in this drill.)

- Coach stands at the foul line with both heavy balls.
- The player stands on the baseline in a defensive stance, starting with one foot on one of the lanes.
- The player will be sliding back and forth, going from lane line to lane line.
- The coach rolls one ball towards the point where the base line and the lane line meet.
- The player does a defensive slide to get to the ball and picks it up.
- As the player picks up the first ball, the coach rolls the next ball towards the point where the base line and the opposite lane line meet.
- After the player passes the ball back to the coach, the player does a defensive slide to get to the next ball and repeats this for 10 passes.
- The player does 3 sets of this drill with breaks in between each set.

Spacing Drill (Use a heavy basketball for this drill.)

- The player starts on the block and the coach starts above the foul line with the heavy ball.
- The coach dribbles the ball over the foul line.
- As the coach dribbles the ball across the foul line, the player spaces 1 or 2 steps from the rim and the coach delivers the heavy ball to the player.
- The player steps in and makes a lay-up and then throws the ball back to the coach.
- The player repeats this five times and then does the same thing from the opposite block.
- The player does 3 sets of this for a total of 30 made lay-ups with the heavy basketball, with a break between each set.

Transition/ Counter Move/ Backboard Touches (Use a heavy basketball for this drill.)

- The player starts at the half court line, on the left side of the court.
- The coach starts on the left wing with the heavy ball.
- The player sprints to the block and posts up.
- The coach passes the ball to the player in the post.
- The player makes a counter move, gets his own rebound, touches the glass 3 times with the heavy ball, pump fakes, makes another lay-up, pivots on his outside foot and outlets the ball back to the coach.
- The player then sprints back to half court and repeats this two more times for a total of 3 trips.
- The player does 2 sets of this on each side of the court for a total of 4 sets.

Dunks with the Heavy Ball

- The player starts on the block.
- The coach starts on the left wing with the heavy ball.
- The player posts up and the coach delivers the ball to the player.
- The player takes a power dribble and then dunks the heavy ball.
- The player gets his own rebound and outlets the ball back to the coach.
- The player repeats this two more times for a total of 3 dunks.
- The player then does this from the opposite block.
- The player does 2 sets for a total of 12 made dunks with the heavy ball.

Lunges with the Bar

- The player puts a 45 lb. bar on his shoulders.
- The player lunges from one end of the court to the other end and back.
- In each of the sets, when the player reaches the foul line, half court, and the other foul line, the player does 5 dips with one leg in front, and then 5 dips with the other leg in front.
- The player completes 1 set of this.

Wall-Sit Passing Rotations (Use a heavy ball for this drill.)

- The player stays in a wall sit for the duration of each set.
- The coach stands about 10 – 15 ft. away from the player.
- The player makes 10 chest passes, 10 over-the-head passes, 10 left-handed passes, and 10 right-handed passes for a total of 40 passes.
- The player does three sets in a row with no break for a total of 120 passes.

Guard Off-Season Conditioning Workout Routine

***** As you get in better shape, you can decrease your break time from 2 minutes to 1.5 minutes to 1 minute, etc. *****

***** It would be wise to begin this workout doing only some of the drills, to see how many you can actually do, before trying to do every single one of the drills on the first workout day. As you get in better shape, you can add more drills. *****

***** You can begin by trying the drills with a regular basketball, and then as you become more experienced, you can move on to using a heavy basketball. *****

Stretch

5 Minute Drill (Use a heavy basketball in this drill.)

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

Jump Rope (Use 2 lb. and 4 lb. heavy ropes.)

- Place the 2 lb. rope on one end line and the 4 lb. rope on the other end line.
- Start the drill with the 2 lb. rope.
- Coach will yell "Go" and you will count how many rotations you can do in 1 minute.
- When the coach says "Go" a second time, that means that the minute is up, and you sprint through the opposite end line, while still jumping rope. That is 1 set.
- Take a break.
- Now you put down the 2 lb. rope and pick up the 4 lb. rope and do the same thing that you did with the 2 lb. rope.
- You are going to do a total of 4 sets, 2 sets with the 2 lb. rope and 2 sets with the 4 lb. rope.
- The key is to make sure that you count your rotations so that you can try and get better in each workout that you do.
- Also, when a player gets tired, he will tend to forget to count his rotations. That counts as a turnover because it is a mental breakdown.
- As previously stated, the player does 4 total sets, with a break in between each set.

Matt Harpring Lane Slide Drill (Use two heavy basketballs in this drill.)

- Coach stands at the foul line with both heavy balls.
- The player stands on the baseline in a defensive stance, starting with one foot on one of the lanes.
- The player will be sliding back and forth, going from lane line to lane line.
- The coach rolls one ball towards the point where the base line and the lane line meet.
- The player does a defensive slide to get to the ball and picks it up.
- As the player picks up the first ball, the coach rolls the next ball towards the point where the base line and the opposite lane line meet.
- After the player passes the ball back to the coach, the player does a defensive slide to get to the next ball and repeats this for 10 passes.
- The player does 3 sets of this drill with breaks in between each set.

3 Cone Lay-Up Drill (Use 1 heavy ball for this drill.)

- Place a cone on each elbow and a cone on the top of the key.
- The player starts underneath the hoop.
- The player sprints around the first elbow cone, always going around the cone inside-out for the elbow cones.
- As the player comes around the cone, the coach throws a bounce pass to the player.
- The player makes the lay-up and then sprints around the next elbow cone and does the same thing.
- The player then does the same thing around the cone at the top of the key.
- The player continues with this rotation of cones until he has made 10 lay-ups.
- He does three sets of this with a break in between each set.
- In order to make it tougher on the player, the coach can roll the ball to the player, or he can place the ball on the ground for the player to pick up.

5 Sprints/ 10 Lay-ups (Use a heavy ball.)

- The player starts underneath the hoop and sprints from there to the foul line and back, five times.
- After the player completes 5 trips, the coach stands with the heavy ball underneath the hoop and hands the ball to the player.
- The player makes 10 lay-ups.
- The coach grabs each rebound.
- The player makes the lay-up and goes behind the coach to receive the next hand-off.
- The player does 3 sets of 10 with a break in between each set.

Full-Court Defensive Slide Drill

- There are 14 cones set up that go as wide as the lane.
- There are 2 cones on the baseline, 2 on the foul line, 2 in between the foul line and half court, 2 at half court, 2 in between the other foul line and half court, 2 on the other foul line and 2 on the other baseline.
- When the coach yells "Go" the player starts by doing a defensive slide along the baseline.
- When the player reaches the first cone, he begins to back pedal to the next cone.
- Right before the player reaches the next cone, the coach yells "Cut" and the player begins to slide again, parallel to the baseline.
- The player repeats this for the full length of the court, and then back, with the coach letting him know when to "Cut" when he is back pedaling.
- This drill is timed.
- The player does 2 sets of this drill.

Stop and Go Drill (Use a heavy ball.)

- The player does this drill with the ball in his off-hand for the entire drill.
- The player starts on the end line on the left side of the court.
- The coach yells "Go" and the player sprints while dribbling the ball to the foul line.
- When the player gets to the foul line, he begins to back pedal while dribbling the ball.
- When the coach yells "Go" again, the player sprints to half court.
- When the player gets to half court, he begins to back pedal.
- When the coach yells "Go" again, the player sprints to the other elbow.
- When the player reaches the other elbow, he begins to back pedal again.
- When the coach yells "Go" for the last time, the player sprints and makes a left-handed lay-up.
- The player does 4 sets of this with a little break in between each set.

Steve Francis Drill (5, 4, 3, 2, 1) (Use a heavy ball for this drill.)

- The player starts on the baseline on the left side of the court with the heavy ball.
- The player throws the ball out in front of him and can only let it bounce 1 time before picking it back up again.
- When he picks it up, he takes 5 dribbles and then makes a lay-up.
- He takes the ball out of bounds at the other end, and does the same thing coming back.
- After he makes the lay-up on the way back, the player takes it out of bounds again, only this time, he takes 4 dribbles to the other end and back.
- The player repeats this routine until he gets down to 1 dribble.
- The player does 1 set of this drill.

Lunges with the Bar

- The player puts a 45 lb. bar on his shoulders.
- The player lunges from one end of the court to the other end and back.
- In each of the sets, when the player reaches the foul line, half court, and the other foul line, the player does 5 dips with one leg in front, and then 5 dips with the other leg in front.
- The player completes 1 set of this.

Wall-Sit Passing Rotations (Use a heavy ball for this drill.)

- The player stays in a wall sit for the duration of each set.
- The coach stands about 10 – 15 ft. away from the player.
- The player makes 10 chest passes, 10 over-the-head passes, 10 left-handed passes, and 10 right-handed passes for a total of 40 passes.
- The player does three sets in a row with no break for a total of 120 passes.

Guard Off-Season Workout Routine

***** As you get in better shape, you can decrease your break time from 2 minutes to 1.5 minutes to 1 minute, etc. *****

Stretch

5 Minute Drill

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

***** 2 Minute Break *****

Shooting/ Pivoting from 10 ft.

- The player shoots from 5 spots: in front, wing, wing, corner, corner.
- The player must make 10 shots from each spot before moving to the next spot.
- The player throws himself the ball as he approaches each spot by throwing the ball out in front and putting back spin on the ball.
- The player always approaches the ball as if he is coming off of a screen.
(In other words, the player is never squared up before he catches the ball. The player must catch the ball, pivot on their inside foot, square up, and then shoot.)
- At each spot, the player has to make his first five shots coming off the screen in the same direction, pivoting on the same inside foot. After the player has made his first five shots, the player then has to make another five, but this time, by coming off the screen from the opposite direction, and therefore turning and pivoting using their other foot, which is now their inside foot.
- When the player has completed this drill, he will have made 50 shots.

***** 2 Minute Break *** (Water + Foul Shooting)**

Shooting/ Curl Cuts

- Put one chair on 1 wing, about 17 ft. from the rim, and another chair on the other wing, also 17 ft. from the rim.
- Have someone pass from the top of the key.
- The player starts underneath the rim with the ball.
- The player throws the ball to a coach/ partner at the top of the key and then sprints around one of the chairs.
- The player curls around the chair and gets a pass from his coach/ partner. The player has to make sure that he curls towards the rim as he comes tight around the chair.
- The player takes 1 or 2 dribbles into the lane and pulls up for a jump shot.
- The player gets his own rebound, throws it back out to his coach/ partner, and then makes the same curl cut around the opposite chair.
- The player does this until he makes 10 shots.
- The player does two sets of this for a total of 20 made shots, with a break in between each set of 10, shooting foul shots for 1 minute during the break.
- The player must realize that he is making this cut because his defender is "locking and trailing" on his numbers, and so if the player curls, the defender will end up behind the offensive player as the player curls and dribbles towards the hoop.

Shooting/ Straight Cuts

- Keep the two chairs in the same spot as they are in the drill before this.
- Have someone pass from the top of the key.
- The player starts underneath the rim with the ball.
- The player throws the ball to a coach/ partner at the top of the key and then sprints to the corner and then around one of the chairs.
- The player makes a straight cut as he comes around the chair which means that the player is cutting directly towards the nearest elbow to the chair.
- The coach/ partner delivers the ball as the player gets to the elbow and the player then squares up and takes a jump shot.
- The player gets his own rebound, throws it back out to his coach/ partner, and then sprints to the other corner and makes the same straight cut around the opposite chair.
- The player does this until he makes 10 shots.
- The player does two sets of this for a total of 20 made shots, with a break in between each set of 10, shooting foul shots for 1 minute during the break.
- The player must realize that he is making this cut because his defender got caught trying to fight through the screen.

Shooting/ Out Cuts

- Keep the two chairs in the same spot as they are in the drill before this.
- Have someone pass from the top of the key.
- The player starts underneath the rim with the ball.
- The player throws the ball to a coach/ partner at the top of the key and then sprints around one of the chairs.
- The player makes an out cut as he comes around the chair which means that the player steps back directly behind the chair in the line that goes from the rim to the chair.
- The partner/ coach delivers the ball to the play after the player has stepped back behind the chair and the player takes a jump shot.
- The player gets his own rebound, throws it back out to his coach/ partner, and then makes the same out cut as he begins to go around the opposite chair.
- The player does this until he makes 10 shots.
- The player does two sets of this for a total of 20 made shots, with a break in between each set of 10, shooting foul shots for 1 minute during the break.
- The player must realize that he is making this cut because his defender went underneath the screen to try and meet the offensive player on the other side of the screen.

***** 2 Minute Break *** (Water + Foul Shooting)**

Spot Shooting

- There are five spots that the player will shoot from and they are: corner, corner, wing, wing, and just inside the top of the key (the top of the key when shooting from 3).
- The coach/ partner rebounds for the player.
- The player must make five shots from the particular spot before moving to the next spot.
- The player executes a 1-2 step into his shot, stepping only when the ball is in the air on the pass.
- The player begins by taking all of his shots from about 17 ft.
- After the player has made 5 shots from each of the different five spots, the player then starts over again, but now shoots all of his shots from three – point range.
- At the end of this drill, the player will have made another 50 shots.

***** 2 Minute Break *** (Water + Foul Shooting)**

Transition Shooting/ 3's

- The coach/ partner will be throwing the passes to the player from mid-court.
- There is a cone on the half court line, 5 ft. from the sideline on one side and 5 ft. from the sideline on the opposite side.
- The player starts from the cone on the right side and sprints towards the wing area.
- The coach delivers the ball to the player as the player approaches the three point line.
- The player catches the ball as he executes a 1-2 step and takes a three point shot.
- The player gets his own rebound, throws the ball back to the coach, and then jogs back to the opposite cone from where he started the drill.
- The player then goes back and forth until he makes 10 threes.
- The player does 2 sets of these for a total of 20 made threes.
- The player rests for 1-2 minutes in between sets by shooting foul shots.

Transition Shooting/ Go Moves

- The coach/ partner will be throwing the passes to the player from mid-court.
- There is a cone on the half court line, 5 ft. from the sideline on one side and 5 ft. from the sideline on the opposite side.
- The player starts from the cone on the right side and sprints towards the wing area.
- The coach delivers the ball to the player as the player approaches the three point line.
- The player shot fakes, and takes one hard dribble to his right if he is on the right side of the court or one hard dribble to his left if he is on the left side of the court and then pulls up for a jump shot.
- The player gets his own rebound, throws the ball back to the coach, and then jogs back to the opposite cone from where he started the drill.
- The player then goes back and forth until he makes 10 pull-up jump shots.
- The player does 2 sets of these for a total of 20 made pull-up jump shots.
- The player rests for 1-2 minutes in between sets by shooting foul shots.

Transition Shooting/ Rip Moves

- The coach/ partner will be throwing the passes to the player from mid-court.
- There is a cone on the half court line, 5 ft. from the sideline on one side and 5 ft. from the sideline on the opposite side.
- The player starts from the cone on the right side and sprints towards the wing area.
- The coach delivers the ball to the player as the player approaches the three point line.
- The player shot fakes, jabs/ ball fakes hard to his right if he is on the right side of the court, rips the ball across his body and takes 1 or 2 hard dribbles into the lane, and takes a pull-up jump shot.
- When the player is on the left side of the court, the player shot fakes, jabs/ ball fakes hard to his left, rips the ball across his body and takes 1 or 2 hard dribbles into the lane, and takes a pull-up jump shot.
- The player gets his own rebound, throws the ball back to the coach, and then jogs back to the opposite cone from where he started the drill.
- The player then goes back and forth until he makes 10 pull-up jump shots.
- The player does 2 sets of these for a total of 20 made pull-up jump shots.
- The player rests for 1-2 minutes in between sets by shooting foul shots.

***** 2 Minute Break *** (Water + Foul Shooting)**

Ball handling/ Driving to the Rim

- Set up 4 cones in a square, each 6 ft. from each other, at the top of the key, so that the cones form a 6 x 6 square at the top of the key.
- We are going to focus on 3 moves, and they are all going to be 1-2 moves, where the initial move is made in one direction, and is then followed by a quick change in direction to get to the rim with no extra bounce in between each part of the move.
- The 1-2 move is always made inside of the square.
- The three moves that we will work on are:
    1. inside-out, crossover in front
    2. through the legs one way, crossover in front opposite
    3. through the legs, spin back
- The player will finish with a short pull-up jump shot, or with a lay-up.
- The player will start at half court and dribble up to the square.
- When the player gets inside of the square, the player will pound the ball hard three times while shuffling his feet, and then make the first move.
- The player will do each move 10 times, starting with the ball in his right hand for the first five moves, and then using his left hand for the second five moves.
- In total, the player will complete 30 moves.

Foul Shooting

- Finish the workout by making 50 free throws.

HOFSTRA MEN'S BASKETBALL



ATTACKING PRESSURE DEFENSES

PRESS OFFENSE

TO

MOTION/ SPOTS

TO

FLASH!

~ 5 on 0 → 5 on 5 ~

THE KEY FOR ALL OF OUR PRESS OFFENSES OR HALF COURT COUNTERS TO ANY TYPE OF PRESSURE DEFENSE IS **SPACING**. BY **SPREADING THE FLOOR** AND FORCING **THE DEFENSE TO EXTEND**, WE WILL **CREATE OPEN AREAS TO ATTACK** IN VARIOUS WAYS.

*** **KEYS TO SUCCESS** ***

SPACING

HARD CUTS

CRISP PASSES

RUN THROUGH PASSES

HEAD ON RIM

KICK UP

PLAY TO STRENGTHS

KEYS

1. TEACHING PROGRESSIONS
2. BE AGGRESSIVE
3. PLAY TO STRENGTHS
4. MULTIPLE ATTACKS
5. TIMING AND SPACING
6. PRACTICE PRESSURE SITUATIONS

BASIC DRILLS FOR ATTACKING

PRESSURE

- **PIVOT DRILL**

- **PARTNER PIVOT**

- **3-MAN PARTNER PIVOT AND PASS**

- **BLITZ BOX**

- **REBOUND LEAGUE**

OFFENSIVE SWEET SPOTS

- KICK UP = OPEN FLOOR
- SLOT
- PORCH
- FLASH SPOTS
- POST

DEFENSIVE PRESSURE POINTS

- 100 = BASIC, 4 ACROSS
- 75 = 4 or 4 SIDE
- 50 = SPOTS
- SLOB = TAP HEAD
- BLOB = TAP HEAD
- BALL SCREENS = DRAG AND ATTACK
- DRIBBLE HANDOFFS = DRAG AND ATTACK
- 1ST OR 2ND PASS = FLASH

ATTACKING BALL SCREEN BLITZ

- SLIP
- CROSSOVER
- DRAG AND FLASH
- DRAG AND SCREEN
- DRAG AND POP

ATTACKING DRIBBLE HAND OFF BLITZ

- BACK CUT
- TURN CORNER
- FLASH

ATTACKING POST BLITZES

- SPOT UP ALL (SKILLED 4)
- SPOT UP 1 – 3 (RIP 4)
- SPOT UP 1 & 2 (RIP 3 & 4)
- SPOT UP (RIP PASSER)
- SPOT UP ALL AND SCREEN PERIMETER
- DESIGNATE SPOT OR RIP GUYS

ATTACKING POST BLITZES

- SPOT UP ALL (SKILLED 4)
- SPOT UP 1 – 3 (RIP 4)
- SPOT UP 1 & 2 (RIP 3 & 4)
- SPOT UP (RIP PASSER)
- SPOT UP ALL AND SCREEN PERIMETER
- DESIGNATE SPOT OR RIP GUYS

PUNISH PRESSURE

TRANSITION OFFENSE

2 ON 1 = LAY-UP

3 ON 2 = 3 OR LAY-UP

3 ON 3 = DRIVE AND KICK

4 ON 4 = DRIVE AND KICK

Ball Handling Workout Routine

Stretch

5 Minute Drill

- Start every workout with this drill.
- You **do not stop dribbling the ball until 5 minutes expires**.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are **four dribble rotations**: **crossover in front**, **crossover through the legs**, **behind the back**, and **spin**.
- After the player completes his spin rotation, he goes back to crossover in front.
- For the **first three minutes of rotations**, the **player takes two dribbles in one direction and then executes the move**.
- For the **last two minutes the player takes one dribble in either direction and then executes the move**, followed by taking a dribble in the opposite direction and then executing the move again, and so one.

***** 2 Minute Break *****

1- Dribble Drill to Foul Line

- The player starts with the ball on the baseline.
- The first move that the player will execute is the crossover - in front.
- The player has to see how many time he can cross over in front before he reaches the foul line.
- The player must take 1 dribble after each crossover before making the next crossover.
- The player is trying to get 6 cross-over moves on the first two sets, 7 on the next two sets, and then 8 on the last set.
- The player then does the same thing for the crossover – through the legs move, as well as the behind the back move.
- In total, the player will complete 18 sets.
- After each set, the player walks back to the baseline.

***** 2 Minute Break *****

1- Dribble Drill to 3-Point Line

- The player does the same thing that he did for the previous drill, except now he is going to the three – point line.
- The player tries for 9 on the first two sets, 10 on the second two sets, and 11 on the last two sets.

20 second dribbling in the mid-court circle

Dribbling Workout Routine

Stretch

5 Minute Drill (You can use a heavy ball for this drill.)

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

***** 2 Minute Break *****

1- Dribble Drill to Foul Line

- The player starts with the ball on the baseline.
- The first move that the player will execute is the inside out - crossover - in front.
- The player has to see how many times he can inside out - cross over in front before he reaches the foul line.
- The player must take 1 dribble after each inside out - crossover before making the next inside out - crossover.
- The player is trying to get 6 inside out - cross-over moves on the first two sets, 7 on the next two sets, and then 8 on the last set.
- The player then does the same thing for the crossover – through the legs move, as well as the behind the back move.
- In total, the player will complete 18 sets.
- After each set, the player walks back to the baseline, dribbling the ball in their weak hand.

***** 2 Minute Break *****

1- Dribble Drill to 3-Point Line

- The player does the same thing that he did for the previous drill, except now he is going to the three – point line.
- The player tries for 9 on the first two sets, 10 on the second two sets, and 11 on the last two sets.

20 second dribbling in the mid-court circle

- The player will do three sets with 30 seconds of break in between each set.
- The player will make random combination moves for 20 seconds.
- The player makes the moves as hard as he possibly can for 20 seconds without turning the ball over.
- Every turnover = 1 more set of this drill.

Two – Ball Dribbling

- The player starts on the baseline and will dribble to the other end and back for each particular set.
- The player will do each set twice.
- The five sets are:
    1. 2 Ball, Same Time Dribbling
    2. 2 Ball, Alternate Dribbling
    3. Backwards Low Dribbling (ball bounces no more than an inch off the ground)
    4. 1 Ball High, 1 Ball Low (switch on first trip back to baseline)
    5. 2 Ball, outside ball through the legs, inside ball to other hand

Ball handling/ Driving to the Rim

- Set up 4 cones in a square, each 6 ft. from each other, at the top of the key, so that the cones form a 6 x 6 square at the top of the key.
- We are going to focus on 5 moves, and they are all going to be 1-2 moves, where the initial move is made in one direction, and is then followed by a quick change in direction to get to the rim with no extra bounce in between each part of the move.
- The 1-2 move is always made inside of the square.
- The five moves that we will work on are:
    1. inside-out, crossover in front
    2. through the legs one way, crossover in front opposite
    3. through the legs, spin dribble back
    4. crossover in front, through the legs opposite
    5. behind the back, behind the back opposite
- The player will finish with a short pull-up jump shot, or with a lay-up.
- The player will start at half court and dribble up to the square.
- When the player gets inside of the square, the player will pound the ball hard three times while shuffling his feet, and then make the first move.
- The player will do each move 10 times, starting with the ball in his right hand for the first five moves, and then using his left hand for the second five moves.
- In total, the player will complete 50 moves.

Forward Off-Season Conditioning Workout Routine

***** As you get in better shape, you can decrease your break time from 2 minutes to 1.5 minutes to 1 minute, etc. *****

***** It would be wise to begin this workout doing only some of the drills, to see how many you can actually do, before trying to do every single one of the drills on the first workout day. As you get in better shape, you can add more drills. *****

***** You can begin by trying the drills with a regular basketball, and then as you become more experienced, you can move on to using a heavy basketball. *****

Stretch

5 Minute Drill (Use a heavy basketball in this drill.)

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

Jump Rope (Use a 2 lb. rope and a 4 lb. rope for this drill.)

- Place the 2 lb. rope on one end line and the 4 lb. rope on the other end line.
- Start the drill with the 2 lb. rope.
- Coach will yell "Go" and you will count how many rotations you can do in 1 minute.
- When the coach says "Go" a second time, that means that the minute is up, and you sprint through the opposite end line, while still jumping rope. That is 1 set.
- Take a break.
- Now you put down the 2 lb. rope and pick up the 4 lb. rope and do the same thing that you did with the 2 lb. rope.
- You are going to do a total of 4 sets, 2 sets with the 2 lb. rope and 2 sets with the 4 lb. rope.
- The key is to make sure that you count your rotations so that you can try and get better in each workout that you do.
- Also, when a player gets tired, he will tend to forget to count his rotations. That counts as a turnover because it is a mental breakdown.
- As previously stated, the player does 4 total sets, with a break in between each set.

Matt Harpring Lane Slide Drill (Use two heavy basketballs in this drill.)

- Coach stands at the foul line with both heavy balls.
- The player stands on the baseline in a defensive stance, starting with one foot on one of the lanes.
- The player will be sliding back and forth, going from lane line to lane line.
- The coach rolls one ball towards the point where the base line and the lane line meet.
- The player does a defensive slide to get to the ball and picks it up.
- As the player picks up the first ball, the coach rolls the next ball towards the point where the base line and the opposite lane line meet.
- After the player passes the ball back to the coach, the player does a defensive slide to get to the next ball and repeats this for 10 passes.
- The player does 3 sets of this drill with breaks in between each set.

Spacing Drill (Use a heavy basketball for this drill.)

- The player starts on the block and the coach starts above the foul line with the heavy ball.
- The coach dribbles the ball over the foul line.
- As the coach dribbles the ball across the foul line, the player spaces 1 or 2 steps from the rim and the coach delivers the heavy ball to the player.
- The player steps in and makes a lay-up and then throws the ball back to the coach.
- The player repeats this five times and then does the same thing from the opposite block.
- The player does 3 sets of this for a total of 30 made lay-ups with the heavy basketball, with a break between each set.

Transition/ Counter Move/ Backboard Touches (Use a heavy basketball for this drill.)

- The player starts at the half court line, on the left side of the court.
- The coach starts on the left wing with the heavy ball.
- The player sprints to the block and posts up.
- The coach passes the ball to the player in the post.
- The player makes a counter move, gets his own rebound, touches the glass 3 times with the heavy ball, pump fakes, makes another lay-up, pivots on his outside foot and outlets the ball back to the coach.
- The player then sprints back to half court and repeats this two more times for a total of 3 trips.
- The player does 2 sets of this on each side of the court for a total of 4 sets.

Dunks with the Heavy Ball

- The player starts on the block.
- The coach starts on the left wing with the heavy ball.
- The player posts up and the coach delivers the ball to the player.
- The player takes a power dribble and then dunks the heavy ball.
- The player gets his own rebound and outlets the ball back to the coach.
- The player repeats this two more times for a total of 3 dunks.
- The player then does this from the opposite block.
- The player does 2 sets for a total of 12 made dunks with the heavy ball.

Lunges with the Bar

- The player puts a 45 lb. bar on his shoulders.
- The player lunges from one end of the court to the other end and back.
- In each of the sets, when the player reaches the foul line, half court, and the other foul line, the player does 5 dips with one leg in front, and then 5 dips with the other leg in front.
- The player completes 1 set of this.

Wall-Sit Passing Rotations (Use a heavy ball for this drill.)

- The player stays in a wall sit for the duration of each set.
- The coach stands about 10 – 15 ft. away from the player.
- The player makes 10 chest passes, 10 over-the-head passes, 10 left-handed passes, and 10 right-handed passes for a total of 40 passes.
- The player does three sets in a row with no break for a total of 120 passes.

Two Cone Drill/ Footwork

- Set up two cones, one on each block.
- The player will start underneath the hoop with the ball.
- The coach will stand and throw bounce passes from the free throw line.
- The player throws the coach the ball and then sprints around the first cone.
- The player comes around the cone with both hands up high, with his body low, and his legs wide, and the coach delivers a bounce pass to the player.
- After the player makes his move, he gets his own rebound, throws the ball back out to the coach, and then goes around the opposite cone and does the same thing.
- There are three moves that the player will make and they are:
    1. Go – To
    2. Counter
    3. Counter to Spin
- The player will make 4 of the same moves in a row (2 from each side) and then shoot a 1-and-1.
- The player will then make 4 counter moves in a row.
- Then the player makes 4 counter to spin moves.
- The player does 5 sets of this rotation for a total of 60 makes.
- For every set of 4, the player must make 4 shots. He cannot complete the set until 4 shots are made.
- On any missed shot, the player must rebound the ball and finish two lay-ups, one on each side of the rim. These do not count towards the four made lay-ups.

Foul Shots

- Finish the workout by making 50 free throws.

Forward Off-Season Workout Routine

***** As you get in better shape, you can decrease your break time from 2 minutes to 1.5 minutes to 1 minute, etc. *****

Stretch

5 Minute Drill

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

***** 2 Minute Break *****

Jump Hooks/ Pivoting from 5 ft.

- The player shoots from 5 spots: in front, wing, wing, corner, corner.
- The player must make 10 shots from each spot before moving to the next spot.
- The player throws himself the ball as he approaches each spot by throwing the ball out in front and putting back spin on the ball.
- In order for the forward to take a jump shot from a particular spot, the player must start away from that spot and then spin the ball out in front so that he ends up taking the jump shot at the particular spot. (In other words, if you are taking jump hooks from in front of the rim, the player would want to start on one of the blocks and then spin the ball to himself so that he ended up taking the shot from in front of the rim.)
- The player approaches the ball from the same direction for the first five makes, and then approaches the ball from the opposite direction for the second five makes, from each spot.
- When the player has completed this drill, he will have made 50 shots.

***** 2 Minute Break (Water + Foul Shooting) *****

Guard Off-Season Conditioning Workout Routine

***** As you get in better shape, you can decrease your break time from 2 minutes to 1.5 minutes to 1 minute, etc. *****

***** It would be wise to begin this workout doing only some of the drills, to see how many you can actually do, before trying to do every single one of the drills on the first workout day. As you get in better shape, you can add more drills. *****

***** You can begin by trying the drills with a regular basketball, and then as you become more experienced, you can move on to using a heavy basketball. *****

Stretch

5 Minute Drill (Use a heavy basketball in this drill.)

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

Jump Rope (Use 2 lb. and 4 lb. heavy ropes.)

- Place the 2 lb. rope on one end line and the 4 lb. rope on the other end line.
- Start the drill with the 2 lb. rope.
- Coach will yell "Go" and you will count how many rotations you can do in 1 minute.
- When the coach says "Go" a second time, that means that the minute is up, and you sprint through the opposite end line, while still jumping rope. That is 1 set.
- Take a break.
- Now you put down the 2 lb. rope and pick up the 4 lb. rope and do the same thing that you did with the 2 lb. rope.
- You are going to do a total of 4 sets, 2 sets with the 2 lb. rope and 2 sets with the 4 lb. rope.
- The key is to make sure that you count your rotations so that you can try and get better in each workout that you do.
- Also, when a player gets tired, he will tend to forget to count his rotations. That counts as a turnover because it is a mental breakdown.
- As previously stated, the player does 4 total sets, with a break in between each set.

Matt Harpring Lane Slide Drill (Use two heavy basketballs in this drill.)

- Coach stands at the foul line with both heavy balls.
- The player stands on the baseline in a defensive stance, starting with one foot on one of the lanes.
- The player will be sliding back and forth, going from lane line to lane line.
- The coach rolls one ball towards the point where the base line and the lane line meet.
- The player does a defensive slide to get to the ball and picks it up.
- As the player picks up the first ball, the coach rolls the next ball towards the point where the base line and the opposite lane line meet.
- After the player passes the ball back to the coach, the player does a defensive slide to get to the next ball and repeats this for 10 passes.
- The player does 3 sets of this drill with breaks in between each set.

3 Cone Lay-Up Drill (Use 1 heavy ball for this drill.)

- Place a cone on each elbow and a cone on the top of the key.
- The player starts underneath the hoop.
- The player sprints around the first elbow cone, always going around the cone inside-out for the elbow cones.
- As the player comes around the cone, the coach throws a bounce pass to the player.
- The player makes the lay-up and then sprints around the next elbow cone and does the same thing.
- The player then does the same thing around the cone at the top of the key.
- The player continues with this rotation of cones until he has made 10 lay-ups.
- He does three sets of this with a break in between each set.
- In order to make it tougher on the player, the coach can roll the ball to the player, or he can place the ball on the ground for the player to pick up.

5 Sprints/ 10 Lay-ups (Use a heavy ball.)

- The player starts underneath the hoop and sprints from there to the foul line and back, five times.
- After the player completes 5 trips, the coach stands with the heavy ball underneath the hoop and hands the ball to the player.
- The player makes 10 lay-ups.
- The coach grabs each rebound.
- The player makes the lay-up and goes behind the coach to receive the next hand-off.
- The player does 3 sets of 10 with a break in between each set.

Full-Court Defensive Slide Drill

- There are 14 cones set up that go as wide as the lane.
- There are 2 cones on the baseline, 2 on the foul line, 2 in between the foul line and half court, 2 at half court, 2 in between the other foul line and half court, 2 on the other foul line and 2 on the other baseline.
- When the coach yells "Go" the player starts by doing a defensive slide along the baseline.
- When the player reaches the first cone, he begins to back pedal to the next cone.
- Right before the player reaches the next cone, the coach yells "Cut" and the player begins to slide again, parallel to the baseline.
- The player repeats this for the full length of the court, and then back, with the coach letting him know when to "Cut" when he is back pedaling.
- This drill is timed.
- The player does 2 sets of this drill.

Stop and Go Drill (Use a heavy ball.)

- The player does this drill with the ball in his off-hand for the entire drill.
- The player starts on the end line on the left side of the court.
- The coach yells "Go" and the player sprints while dribbling the ball to the foul line.
- When the player gets to the foul line, he begins to back pedal while dribbling the ball.
- When the coach yells "Go" again, the player sprints to half court.
- When the player gets to half court, he begins to back pedal.
- When the coach yells "Go" again, the player sprints to the other elbow.
- When the player reaches the other elbow, he begins to back pedal again.
- When the coach yells "Go" for the last time, the player sprints and makes a left-handed lay-up.
- The player does 4 sets of this with a little break in between each set.

Steve Francis Drill (5, 4, 3, 2, 1) (Use a heavy ball for this drill.)

- The player starts on the baseline on the left side of the court with the heavy ball.
- The player throws the ball out in front of him and can only let it bounce 1 time before picking it back up again.
- When he picks it up, he takes 5 dribbles and then makes a lay-up.
- He takes the ball out of bounds at the other end, and does the same thing coming back.
- After he makes the lay-up on the way back, the player takes it out of bounds again, only this time, he takes 4 dribbles to the other end and back.
- The player repeats this routine until he gets down to 1 dribble.
- The player does 1 set of this drill.

Lunges with the Bar

- The player puts a 45 lb. bar on his shoulders.
- The player lunges from one end of the court to the other end and back.
- In each of the sets, when the player reaches the foul line, half court, and the other foul line, the player does 5 dips with one leg in front, and then 5 dips with the other leg in front.
- The player completes 1 set of this.

Wall-Sit Passing Rotations (Use a heavy ball for this drill.)

- The player stays in a wall sit for the duration of each set.
- The coach stands about 10 – 15 ft. away from the player.
- The player makes 10 chest passes, 10 over-the-head passes, 10 left-handed passes, and 10 right-handed passes for a total of 40 passes.
- The player does three sets in a row with no break for a total of 120 passes.

Guard Off-Season Workout Routine

***** As you get in better shape, you can decrease your break time from 2 minutes to 1.5 minutes to 1 minute, etc. *****

Stretch

5 Minute Drill

- Start every workout with this drill.
- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are four dribble rotations: crossover in front, crossover through the legs, behind the back, and spin dribble.
- After the player completes his spin dribble rotation, he goes back to crossover in front.
- For the first three minutes of rotations, the player takes two dribbles in one direction and then executes the move.
- For the last two minutes the player takes one dribble in either direction and then executes the move, followed by taking a dribble in the opposite direction and then executing the move again, and so on.

***** 2 Minute Break *****

Shooting/ Pivoting from 10 ft.

- The player shoots from 5 spots: in front, wing, wing, corner, corner.
- The player must make 10 shots from each spot before moving to the next spot.
- The player throws himself the ball as he approaches each spot by throwing the ball out in front and putting back spin on the ball.
- The player always approaches the ball as if he is coming off of a screen.
(In other words, the player is never squared up before he catches the ball. The player must catch the ball, pivot on their inside foot, square up, and then shoot.)
- At each spot, the player has to make his first five shots coming off the screen in the same direction, pivoting on the same inside foot. After the player has made his first five shots, the player then has to make another five, but this time, by coming off the screen from the opposite direction, and therefore turning and pivoting using their other foot, which is now their inside foot.
- When the player has completed this drill, he will have made 50 shots.

***** 2 Minute Break *** (Water + Foul Shooting)**

Shooting/ Curl Cuts

- Put one chair on 1 wing, about 17 ft. from the rim, and another chair on the other wing, also 17 ft. from the rim.
- Have someone pass from the top of the key.
- The player starts underneath the rim with the ball.
- The player throws the ball to a coach/ partner at the top of the key and then sprints around one of the chairs.
- The player curls around the chair and gets a pass from his coach/ partner. The player has to make sure that he curls towards the rim as he comes tight around the chair.
- The player takes 1 or 2 dribbles into the lane and pulls up for a jump shot.
- The player gets his own rebound, throws it back out to his coach/ partner, and then makes the same curl cut around the opposite chair.
- The player does this until he makes 10 shots.
- The player does two sets of this for a total of 20 made shots, with a break in between each set of 10, shooting foul shots for 1 minute during the break.
- The player must realize that he is making this cut because his defender is "locking and trailing" on his numbers, and so if the player curls, the defender will end up behind the offensive player as the player curls and dribbles towards the hoop.

Shooting/ Straight Cuts

- Keep the two chairs in the same spot as they are in the drill before this.
- Have someone pass from the top of the key.
- The player starts underneath the rim with the ball.
- The player throws the ball to a coach/ partner at the top of the key and then sprints to the corner and then around one of the chairs.
- The player makes a straight cut as he comes around the chair which means that the player is cutting directly towards the nearest elbow to the chair.
- The coach/ partner delivers the ball as the player gets to the elbow and the player then squares up and takes a jump shot.
- The player gets his own rebound, throws it back out to his coach/ partner, and then sprints to the other corner and makes the same straight cut around the opposite chair.
- The player does this until he makes 10 shots.
- The player does two sets of this for a total of 20 made shots, with a break in between each set of 10, shooting foul shots for 1 minute during the break.
- The player must realize that he is making this cut because his defender got caught trying to fight through the screen.

Shooting/ Out Cuts

- Keep the two chairs in the same spot as they are in the drill before this.
- Have someone pass from the top of the key.
- The player starts underneath the rim with the ball.
- The player throws the ball to a coach/ partner at the top of the key and then sprints around one of the chairs.
- The player makes an out cut as he comes around the chair which means that the player steps back directly behind the chair in the line that goes from the rim to the chair.
- The partner/ coach delivers the ball to the play after the player has stepped back behind the chair and the player takes a jump shot.
- The player gets his own rebound, throws it back out to his coach/ partner, and then makes the same out cut as he begins to go around the opposite chair.
- The player does this until he makes 10 shots.
- The player does two sets of this for a total of 20 made shots, with a break in between each set of 10, shooting foul shots for 1 minute during the break.
- The player must realize that he is making this cut because his defender went underneath the screen to try and meet the offensive player on the other side of the screen.

***** 2 Minute Break *** (Water + Foul Shooting)**

Spot Shooting

- There are five spots that the player will shoot from and they are: corner, corner, wing, wing, and just inside the top of the key (the top of the key when shooting from 3).
- The coach/ partner rebounds for the player.
- The player must make five shots from the particular spot before moving to the next spot.
- The player executes a 1-2 step into his shot, stepping only when the ball is in the air on the pass.
- The player begins by taking all of his shots from about 17 ft.
- After the player has made 5 shots from each of the different five spots, the player then starts over again, but now shoots all of his shots from three – point range.
- At the end of this drill, the player will have made another 50 shots.

***** 2 Minute Break *** (Water + Foul Shooting)**

Transition Shooting/ 3's

- The coach/ partner will be throwing the passes to the player from mid-court.
- There is a cone on the half court line, 5 ft. from the sideline on one side and 5 ft. from the sideline on the opposite side.
- The player starts from the cone on the right side and sprints towards the wing area.
- The coach delivers the ball to the player as the player approaches the three point line.
- The player catches the ball as he executes a 1-2 step and takes a three point shot.
- The player gets his own rebound, throws the ball back to the coach, and then jogs back to the opposite cone from where he started the drill.
- The player then goes back and forth until he makes 10 threes.
- The player does 2 sets of these for a total of 20 made threes.
- The player rests for 1-2 minutes in between sets by shooting foul shots.

Transition Shooting/ Go Moves

- The coach/ partner will be throwing the passes to the player from mid-court.
- There is a cone on the half court line, 5 ft. from the sideline on one side and 5 ft. from the sideline on the opposite side.
- The player starts from the cone on the right side and sprints towards the wing area.
- The coach delivers the ball to the player as the player approaches the three point line.
- The player shot fakes, and takes one hard dribble to his right if he is on the right side of the court or one hard dribble to his left if he is on the left side of the court and then pulls up for a jump shot.
- The player gets his own rebound, throws the ball back to the coach, and then jogs back to the opposite cone from where he started the drill.
- The player then goes back and forth until he makes 10 pull-up jump shots.
- The player does 2 sets of these for a total of 20 made pull-up jump shots.
- The player rests for 1-2 minutes in between sets by shooting foul shots.

Transition Shooting/ Rip Moves

- The coach/ partner will be throwing the passes to the player from mid-court.
- There is a cone on the half court line, 5 ft. from the sideline on one side and 5 ft. from the sideline on the opposite side.
- The player starts from the cone on the right side and sprints towards the wing area.
- The coach delivers the ball to the player as the player approaches the three point line.
- The player shot fakes, jabs/ ball fakes hard to his right if he is on the right side of the court, rips the ball across his body and takes 1 or 2 hard dribbles into the lane, and takes a pull-up jump shot.
- When the player is on the left side of the court, the player shot fakes, jabs/ ball fakes hard to his left, rips the ball across his body and takes 1 or 2 hard dribbles into the lane, and takes a pull-up jump shot.
- The player gets his own rebound, throws the ball back to the coach, and then jogs back to the opposite cone from where he started the drill.
- The player then goes back and forth until he makes 10 pull-up jump shots.
- The player does 2 sets of these for a total of 20 made pull-up jump shots.
- The player rests for 1-2 minutes in between sets by shooting foul shots.

***** 2 Minute Break *** (Water + Foul Shooting)**

Ball handling/ Driving to the Rim

- Set up 4 cones in a square, each 6 ft. from each other, at the top of the key, so that the cones form a 6 x 6 square at the top of the key.
- We are going to focus on 3 moves, and they are all going to be 1-2 moves, where the initial move is made in one direction, and is then followed by a quick change in direction to get to the rim with no extra bounce in between each part of the move.
- The 1-2 move is always made inside of the square.
- The three moves that we will work on are:
    1. inside-out, crossover in front
    2. through the legs one way, crossover in front opposite
    3. through the legs, spin back
- The player will finish with a short pull-up jump shot, or with a lay-up.
- The player will start at half court and dribble up to the square.
- When the player gets inside of the square, the player will pound the ball hard three times while shuffling his feet, and then make the first move.
- The player will do each move 10 times, starting with the ball in his right hand for the first five moves, and then using his left hand for the second five moves.
- In total, the player will complete 30 moves.

Foul Shooting

- Finish the workout by making 50 free throws.

HOFSTRA MEN'S BASKETBALL



4 OUT MOTION/ ACTION OFFENSE

HOFSTRA BASKETBALL

4 OUT MOTION/ ACTION OFFENSE

OUR MOTION/ ACTION OFFENSE IS BASED ON **GOOD SPACING, FOUR SKILLED AND SMART PERIMETER PLAYERS, UNPREDICTABLE MOVEMENTS** (A.KA. **ACTION**) AND **A HARD WORKING POST MAN**.

THIS OFFENSE CAN BE RUN AS A SECONDARY BREAK AS WELL AS A PRIMARY OFFENSE VERSUS MAN OR ZONE DEFENSES. THE BASIC BASKETBALL CONCEPTS (**BACK CUT WHEN DENIED, DRIVE THE BALL WHEN CROWDED, SCREENERS SLIP ON A HARD HEDGE**) FIT EASILY INTO OUR 4 OUT SET.

THERE ARE THREE TYPES OF "**ACTION**" THAT CAN TAKE PLACE WITHIN OUR OFFENSIVE FLOW AND THEY ARE:

1. **HIGH – ACTION**:

   ANY **SCREENING** THAT OCCURS BETWEEN TWO PLAYERS **IN THE TOP "SLOT" AREAS**. THIS CAN BE A **BALL SCREEN**, A **CROSS SCREEN**, OR A **FLARE SCREEN**. A **DRIBBLE HAND – OFF** MAY ALSO TAKE PLACE.

2. **SIDE – ACTION**:

ANY **SCREENING** THAT OCCURS BETWEEN TWO PLAYERS **ON EITHER THE RIGHT OR LEFT "WING" AREAS**. ONCE AGAIN, **BALL SCREENS** AND **FLARE SCREENS,** AS WELL AS **DRIBBLE HAND – OFFS** MAY TAKE PLACE AT ANY TIME IN THE FLOW OF PLAY. **DOWN SCREENS** MAY ALSO OCCUR IN SIDE - ACTION.

3. **POST – ACTION**:

COORDINATED MOVEMENTS BY FOUR PERIMETER PLAYERS **WHEN THE BALL IS THROWN INTO THE POST**. THE **PERIMATER FORWARD "DIVES"/ "RIPS"** TO THE RIM. THE **OTHER PLAYERS** MAY **SPACE AWAY** OR **SET A WEAKSIDE FLARE SCREEN**, AND ARE **ALWAYS SHOT READY**.

Weakness Workout Routine

***** Doing these drills with a partner will allow you to do the passing and the one-on-one part of the drill towards the end. All of these drills are based on the fact that the player's off hand is their left hand and that their off-foot is their right foot. If you are a left-handed player, then obviously you will be using your right hand, and pivoting on your left foot. *****

Stretch

Balance

Sprint/ Stop Drill

- The player starts on the left side of the baseline facing towards the other baseline with a basketball.
- The player starts with the ball in his left hand.
- The player sprints and dribbles the ball in his left hand until the coach yells stop.
- When the coach yells stop the player grabs the ball with both hands and balances on his right foot.
- When the coach yells go, the player pivots on his right foot and turns back towards the baseline where he started and then sprints and dribbles the ball, until the coach yells go again.
- The drill does not stop until the player makes a left handed lay-up on the opposite hoop from where he started.
- The player does this for 4 – 6 lay-ups.

Off-Hand Dribbling

5 Minute Drill

- You do not stop dribbling the ball until 5 minutes expires.
- In this drill, the player dribbles the ball from one end of the court to the other and continues going back and forth for five minutes.
- THE PLAYER MUST ONLY DRIBBLE THE BALL WITH HIS LEFT HAND AT ALL TIMES.
- Every time the player gets back to the end line where he started, he begins a new kind of dribble rotation.
- There are five dribble rotations: forward dribble, defensive slide dribble, inside-out dribble, and backwards low dribble.
- After the player completes backwards low dribble, he goes back to the forward dribble.

Off-Hand Passing

- Both players face each other at half court.
- The player on the inside starts on the middle of the half court line with the ball.
- The other player stands about 10 – 12 ft. to the left of the middle player.
- The players throw the ball back and forth to each other as they both do a defensive slide towards the baseline.
- The players are only allowed to throw and catch the ball with one hand – their off-hand.
- When the middle player gets to the top of the key, the outside player turns and sprints to the rim, and the middle player delivers a one-handed bounce pass to his partner.
- Then both players go to the baseline and repeat the drill going the length of the court towards the other rim.
- For the first 2 minutes of the drill, the players throw all chest passes.
- For the next two minutes, the players throw all bounce passes.

Off-Hand Shooting

- The player begins to the left of the rim while the partner begins underneath the hoop.
- The partner hands the ball off to the player as the player shoots lay-ups off of two feet.
- The player makes 10 lay-ups and then they both switch spots.
- They continue to do this until both players have made 50 left-handed lay-ups off two feet.
- Next, they start further from the hoop, and take a lay-up off of their right foot, stepping into the lay-up left foot first, then right foot.
- The players make 50 more lay-ups, switching after every 10.
- Lastly, the player starts at the top of the key, fakes right, and dribbles hard to the left for a lay-up.
- Both players make 25 of these moves, switching after every 5 moves.

Pivoting

Chair Drill

- Place a chair at the top of the key.
- Place a basketball on the chair.
- The player starts at the foul line and approaches the ball on the chair.
- The player grabs the ball and back pivots to square up to the hoop.
- The player then makes a hard move to the rim for a lay-up.
- For the purpose of this workout, a right-handed player will back pivot on his right foot when he squares up and will then make a move to his left for a left-handed lay-up.
- The player will do 2 sets of 10 made lay-ups for a total of 20 made lay-ups.

Hofstra Men's Basketball

Zone Defense

Why Zone?

Force Jumpers – We will look to play zone defense to force teams to shoot jump shots from the perimeter.

Can't Contain Ball – We will look to play zone defense if we are struggling to contain dribble penetration. Showing zone often times leads teams to pass the ball around the perimeter until they are able to get an open shot.

Burn Clock – Showing zone will cause the offensive team to run zone offense, which, most of the time, requires them to reverse the ball looking for the best shot. This takes time, as the zone becomes more vulnerable after it is forced to move, adjusting to the offensive team's ball movement. More ball reversals will more than likely lead to the best shot for the offensive team, but at the same time, will take up more time.

Paralyze Quickness/ Athleticism – Once again, showing zone will cause the offensive team to run zone offense, which, most of the time, requires them to reverse the ball looking for the best shot. The offensive team tends to become more concerned with ball movement and less concerned with using their quickness on the perimeter to beat people off the bounce. They also tend to look to reverse the ball on the perimeter rather than make a penetrating pass to an athletic forward on the block.

Teaching Points

Inside-Out - When we play zone, we emphasize defending the inside first and then defending the outside (perimeter). We do not want to allow penetrating drives to the rim or penetrating passes into the paint area. We are playing zone to keep the ball on the perimeter.

V-Cuts - When we play zone, we want every defensive slide to be a v-cut. As the defensive player runs/ slides to the offensive player with the ball, the defensive player does not run directly at the offensive player with the ball. If he were to do this, it would be easy for the offensive player to drive the ball on a direct line to the rim, as the defender would not be in his way. Instead the defensive player first cuts towards the imaginary line that runs between the offensive player with the ball and the rim. Once he gets to that line, he then sprints on a straight line out to the offensive player with the ball.

Wack Outs – We use the term "wack-out" where other coaches might use the term "close-out." We are referring to the defensive player's effort to sprint from "help" position to the offensive player with the ball. In zone, we want to make sure that we "wack-out" under control. If we do not wack-out under control, the offensive team will beat us off of dribble penetration, something we do not want to happen when we are in zone. We want to contain first, and contest late. In other words, we are thinking wack-out to contain the ball first, so that we do not allow dribble penetration. Then, if the offensive player takes a shot, we look to get a hand up and leave our feet, but only after the offensive player has risen off the ground to shoot. If we leave the ground before the offensive player leaves his feet, the offensive player will

just shot fake, and once again, we are going to get beat by dribble penetration.

Ball and Bump – These are the only two commands that we use when we are playing our zone. If the man that the defender is guarding has the ball, the defender yells "ball." If a defender must rotate to the ball and there is already someone guarding the ball, the defender that is not guarding the ball yells "bump" and bumps the defender that is on the ball.

Middle Defender Takes First Post Player – In transition, our middle defender in the back line of the zone is responsible for defending the first offensive forward that runs to the block.

Weak side Bottom Man Plays Overload – When we are in our 2-3 zone, and our middle man picks up the offensive team's first post player, our weak side bottom man is responsible for any flash by an offensive player to the high post that leads to an overload situation.

Weak side Top = Bottom Hand In – If you are a defensive player at the top of our zone, and you are in "help" position, or "loading to the ball" as we refer to it, then it is that defender's responsibility to have his inside hand (hand closest to the rim when he is facing the ball) in front of any offensive player at the high post. His job is to discourage any penetrating pass to the high post, while still having the ability to wack-out to an offensive player at the top of the key if he needed to do so on a ball reversal.

Load and Look Away – We use these terms when we refer to our help defense positioning. If the defender is not guarding the ball, the defender must "load" to the ball. This means he must slide himself towards the ball so that he positions himself about midway between the ball and his own defender. We say "look away" because the defender must constantly look away as he is loading to the ball, so that he is able to keep an eye on his own defender, in case his own defender looks to cut or flash.

Force Skips – In zone, we want to force the offensive team to throw skip passes. We want to pack it in on defense, so that the offense cannot make penetrating passes and so that the offense does not look to hurt us on dribble penetration. When the offensive team throws a skip pass, the defensive player is able to wack – out to the ball as the ball is in the air. The other defensive players are able to get into proper help positions as the ball is in the air. The ball is in the air for enough time for the defense to adjust appropriately, when skip passes are thrown.

X-Cut if Needed – When a skip pass is thrown to the opposite wing, and the bottom weak side player in the zone must run that pass, then the middle man in the zone becomes responsible for running the next pass to the corner. When the middle man has to run the pass to the corner, the bottom weak side player that just ran the skip pass to the wing must replace the middle man. This is called an "x-cut." Everyone else then loads to the ball.

Live in the Middle = Match – When a penetrating pass is thrown to the middle of the zone (around the foul line area), the defensive players yell out "Match," and then everyone gets into man to man, matching up with the player in their area.

Blitz Packages

Crush – In our zone, this means that we will "blitz" (trap) any pass that is thrown to the corner.

Deny Reversals – We will look to deny any pass that will cause the ball to be reversed from one side of the court to the other. We will allow passes from the top of the key to the wing, or from the wing to the corner.

1st Pass – means that we will "blitz" (trap) the first pass that is thrown towards the sideline.

Post Blitz – means that we will "blitz" the post once the post player catches the ball.

Personnel Blitz's – means that we will blitz a particular player when the ball is in his hands.

Multiple Looks:

Invert G/F – In our zone, we will look to place our forwards at the top of the zone, and our guards at the bottom of the zone, just to show the offense a different look.

Extend to:

1-2-2 – This is one of our full court zone presses where we look to immediately force the ball towards the sideline by having the defender guarding the inbounder take away any pass to the middle. We then trap the first pass, using our defender up top and our ball side defender in the second row of our 1-2-2. This is an

aggressive zone press where we look to cause a turnover.

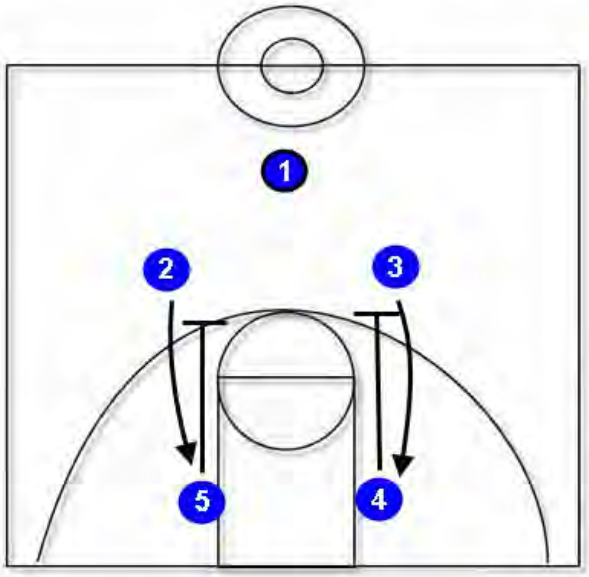
1-1-3 – This is also one of our full court zone presses. We look to force the ball up the sideline but we don't mind if the offense throws the ball back and forth while they are in the back court. We use this alignment when we are trying to take time off of the shot clock. Initially, this alignment confuses the offense because it looks like a 1-3-1, but it isn't. We will usually fall back into a 2-3 zone when we aren't looking to be aggressive in this alignment. There are times when we look to be aggressive in this alignment. We look to get aggressive when the offense looks to advance the ball up a sideline by dribbling or with a pass. If they look to advance it up the sideline with a dribble, then we will look to trap the ball with the top defender and the wing defender. If the offense looks to advance the ball up the sideline with a pass, then we will look to trap the ball with our second single defender and the wing defender.

Thumb Up/ Thumb Down – "Thumb Up" refers to our call when we are in our 1-1-3 alignment and we are looking to trap only when the offense advances the ball up the sideline with a pass. "Thumb Down" refers to our call when we are in our 1-1-3 alignment and we are looking to trap only when the offense advances the ball up the sideline with a dribble. We use these two calls to keep the offense off guard, so that they never know when the defense will trap.

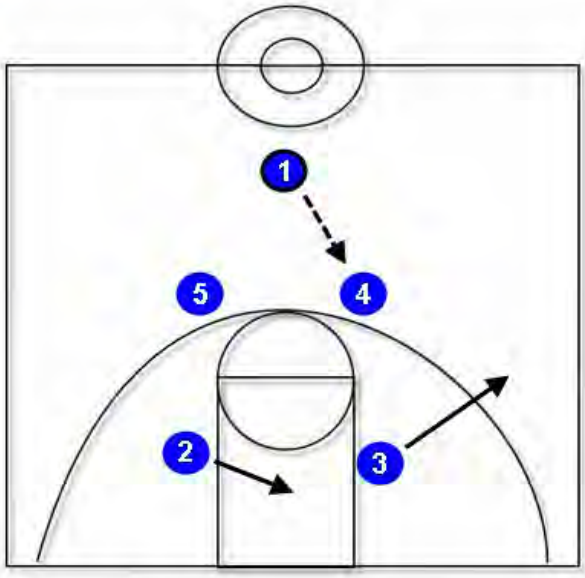
Splits = Black to 50 – When we say "Black," we refer to our 2-2-1 extended full court zone press. "50" refers to our half court man to man defense. We run a "split" when we split the defensive possession in half, playing zone until the ball crosses half court, and then playing man to man from that point on.

Kentucky 1996 Championship Team
Quick Hitters and Sets

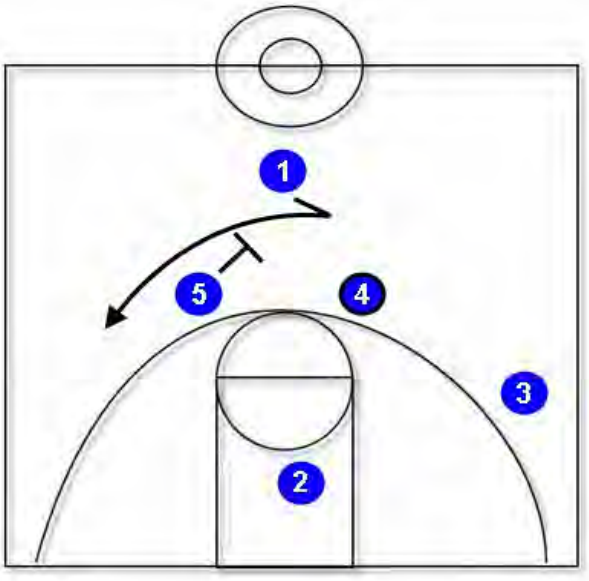
Box Set



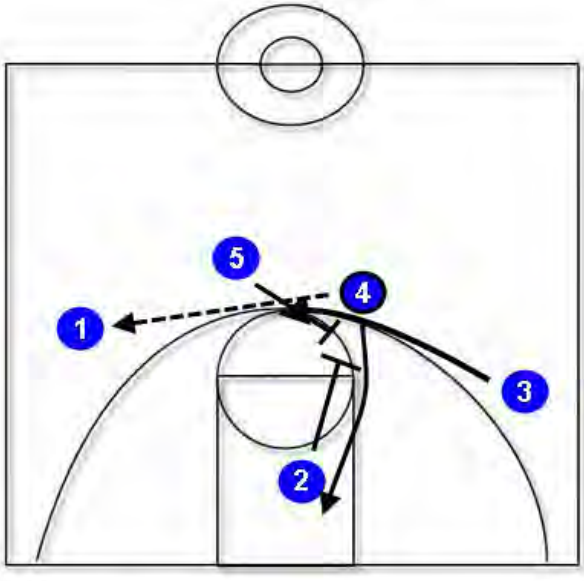
1) 5 and 4 up screen for guards



1) 4 and 5 show to ball
2) 1 enters to a big man
3) strong side guard pops to wing, weak side guard ducks into the post

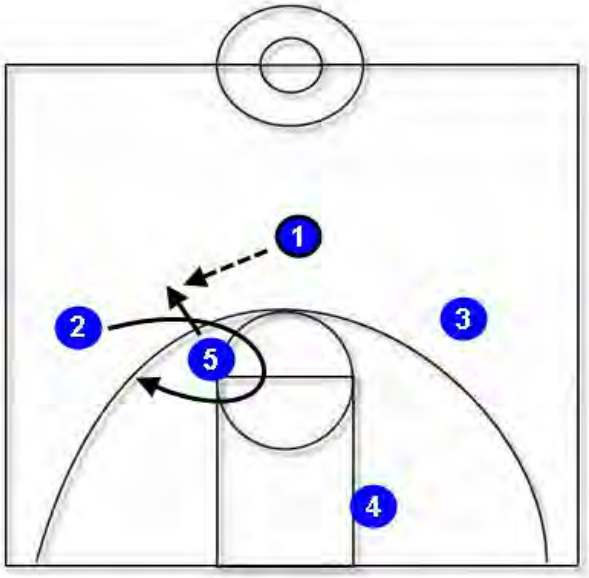


1) 5 sets flare screen for 1 man

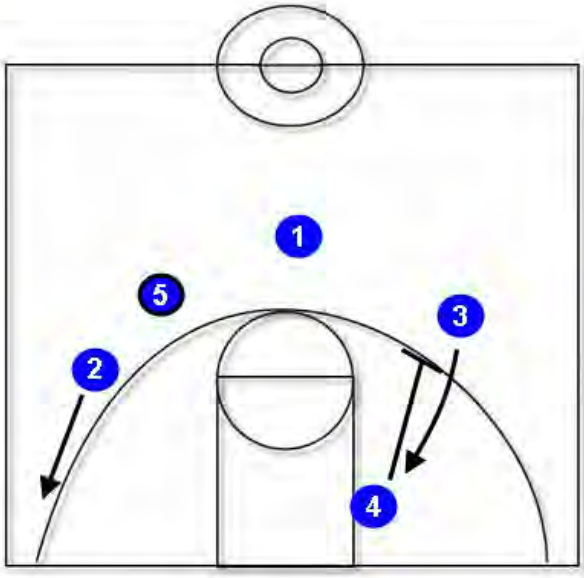


1) 4 passes to 1
2) 2 sets an up screen for 4
3) 5 comes to set s screen for 3
4) 3 comes off the back of 4 and off 5's screen for a shot

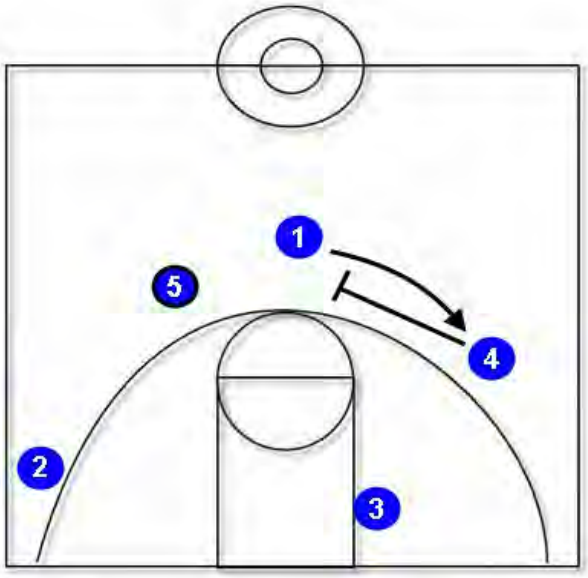
Curl Set



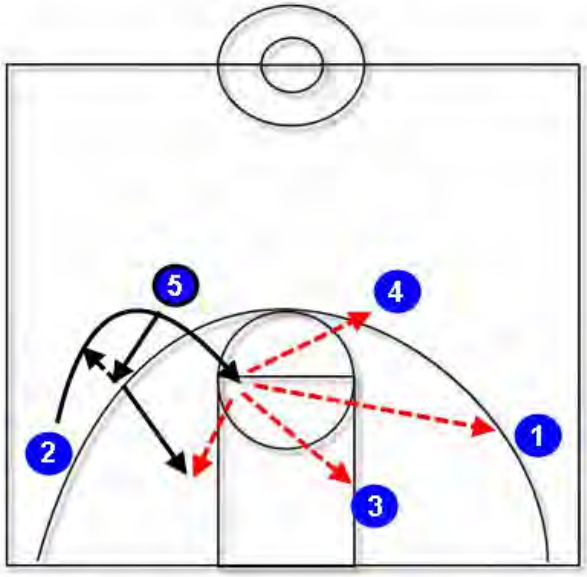
1) 2 curls around big man
2) enter ball to 5 popping



1) 2 fades to corner
2) 4 sets up screen for 3



1) 4 sets flare screen for 1

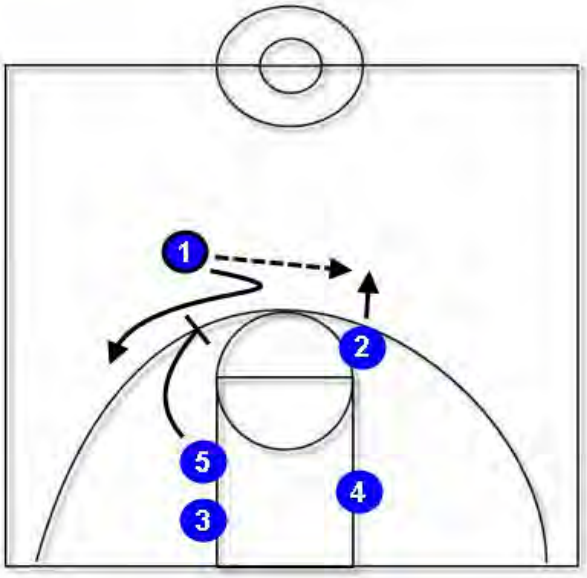


1) 5 dribble hand off to 2 who can drive and kick or look to score
2) 5 rolls to basket or pops

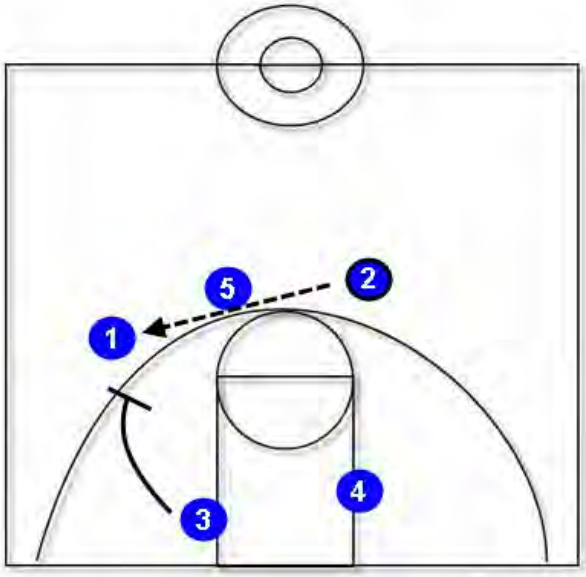
Four-out Quick Hitter



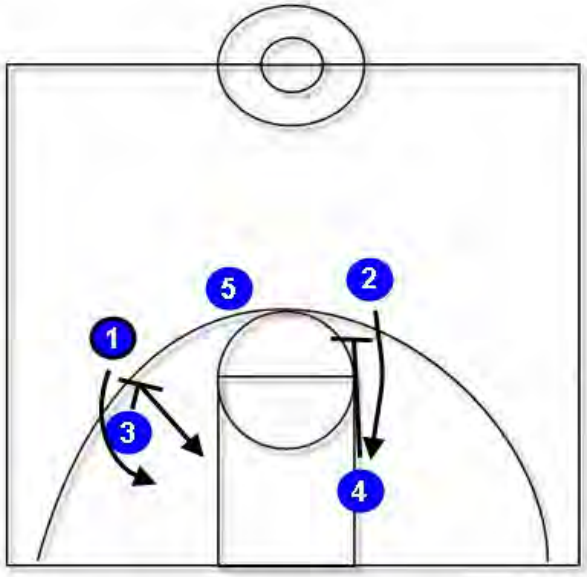
1) 2 sets up screen for 4 for the lob
2) 3 cuts in to stack with 5



1) 2 pops for entry pass
2) 5 sets flare screen for 1

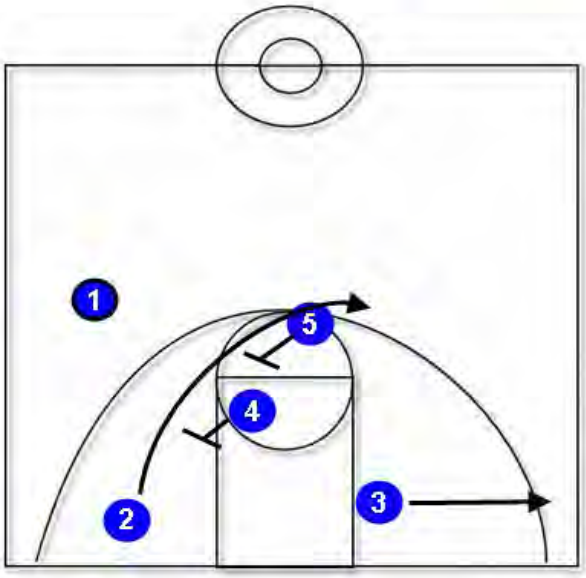


1) 2 skips to 1
2) 3 comes up to set a pick for 1

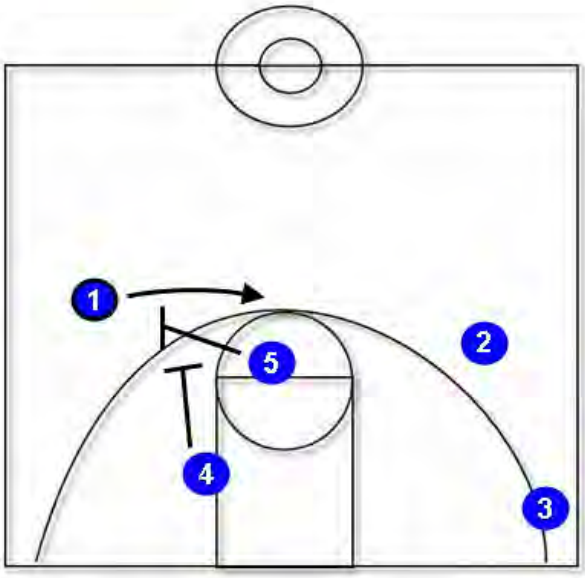


1) right off the catch 1 goes off pick
2) 3 rolls to the basket
3) 4 sets an up screen for 2

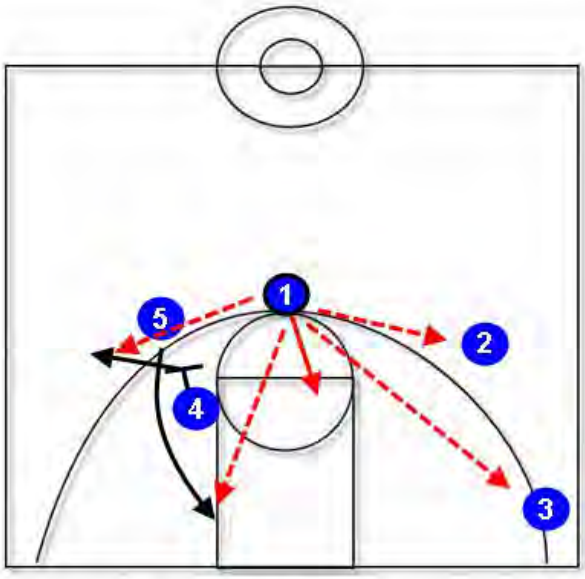
Flare-Lob Quick Hitter



1) 4 and 5 set staggered flare screen for 2
2) 3 pops to corner

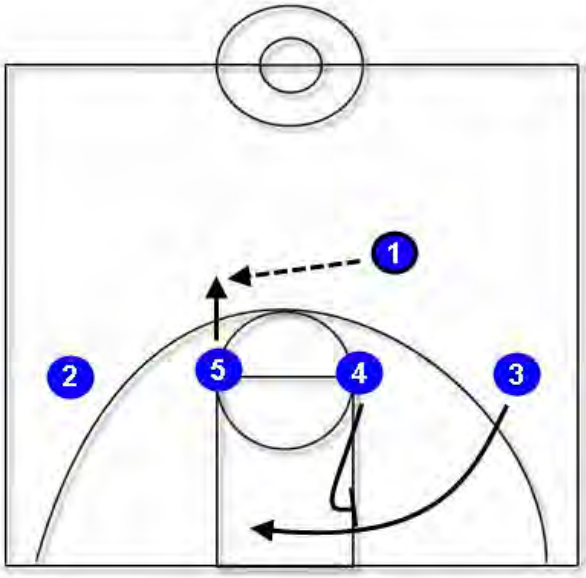


1) 5 sets a ball screen for 1
2) 1 comes off as 4 comes to set up screen

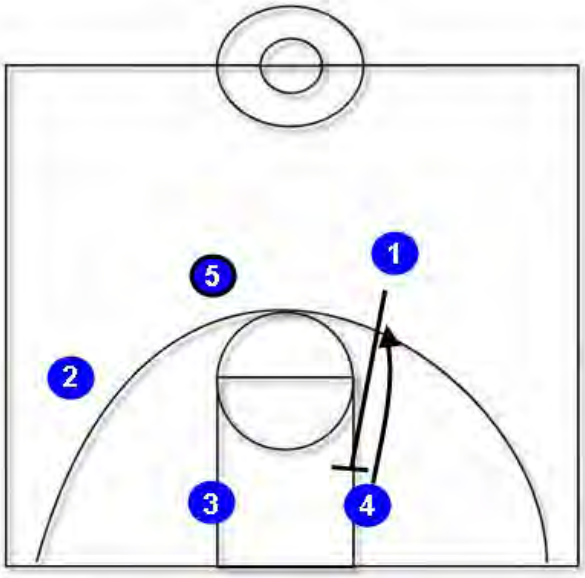


1) 5 goes off up screen for lob
2) 1 can hit 5 on the lob, drive to score or kickve and kick

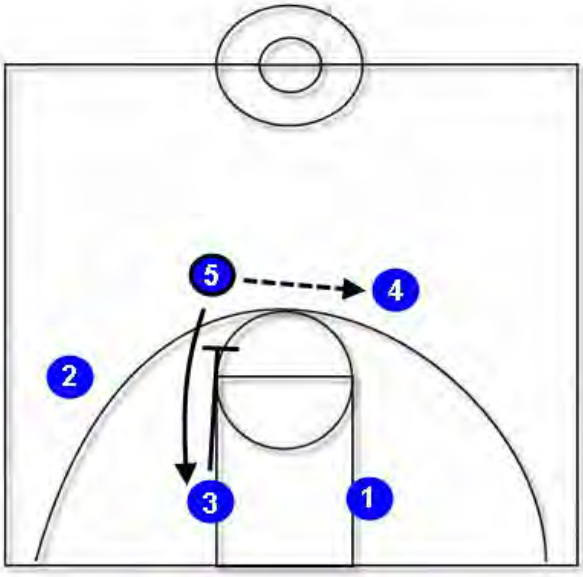
1-4 High Flex Set



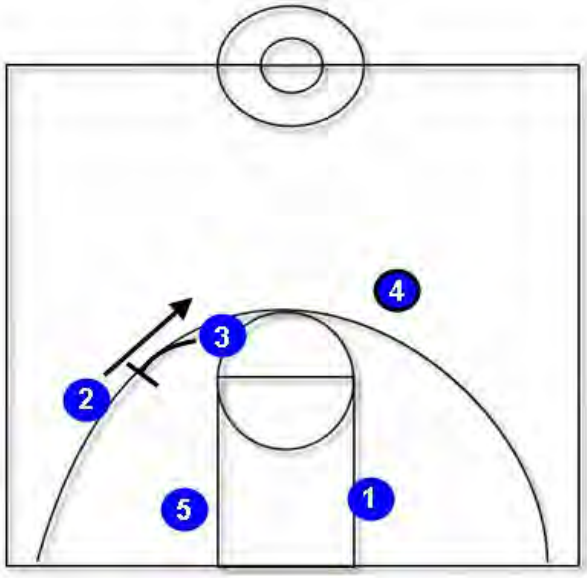
1) 1 enters to 5 popping out
2) 4 sets flex screen for 3



1) 1 sets down screen for 4

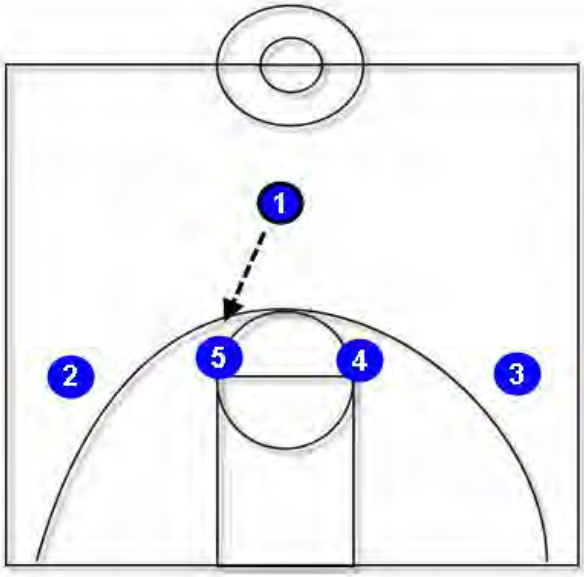


1) 5 swing to 4
2) 3 sets up screen for 5 for a lob

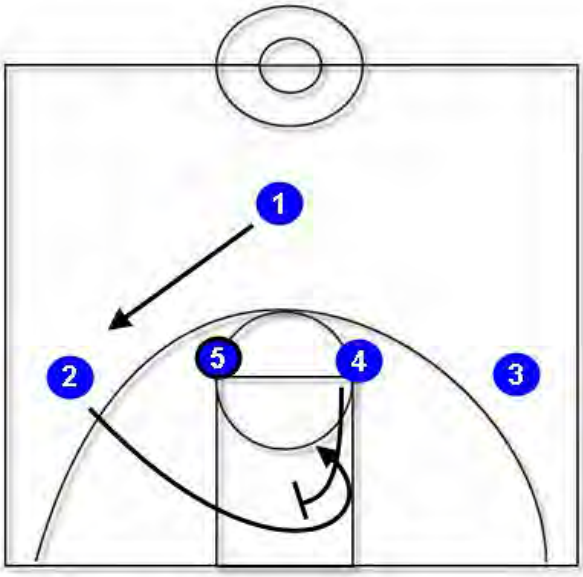


1) 3 sets screen for 2 for shot

Cross Screen Quick Hitter



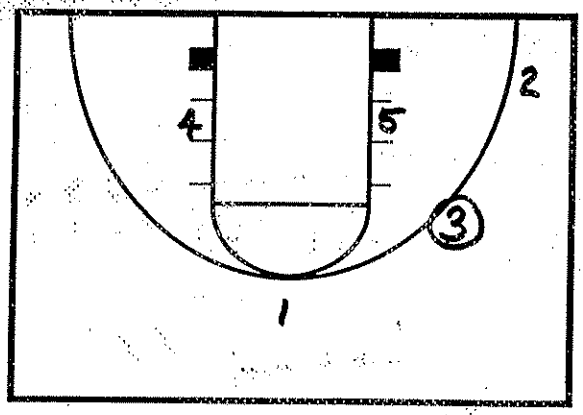
1) enter into 5 at the high post



1) 2 back doors and goes off a 4 screen, look to curl into middle for shot
2) 1 goes to wing

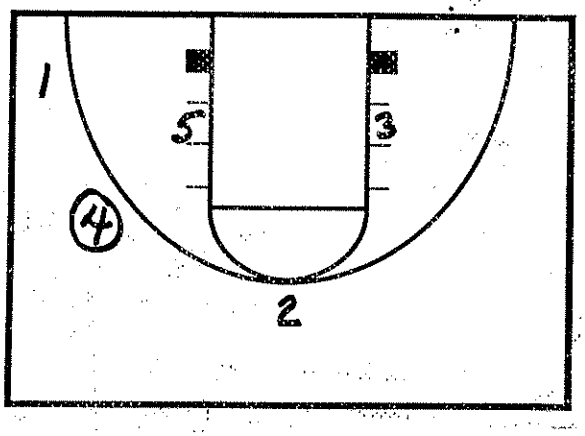
UMKC

The Triangle



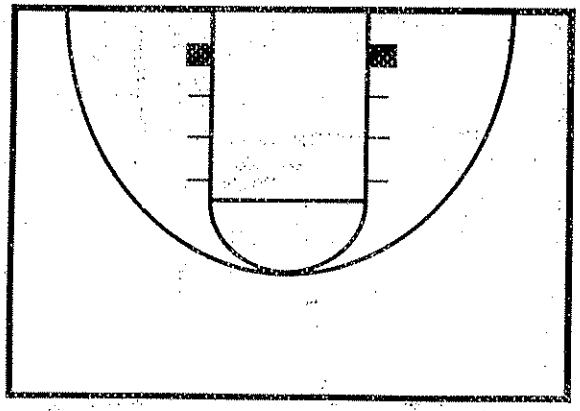
Triangle Offense
Floor Position

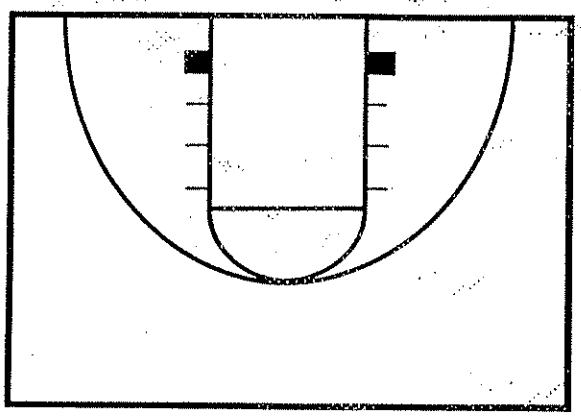
Corner - 1 stride off baseline, 1 stride off sideline
Wing - Intersection of 3-pt. line and freethrow line extended
Point - 1 stride off top of key
Post - In line with ball and basket
Weakside - On lane, mid-post area



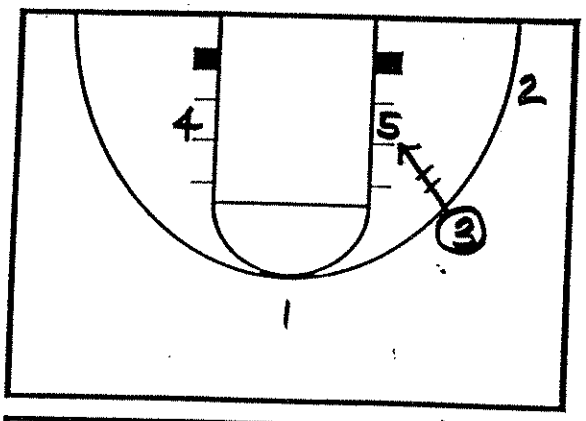
Floor Position

Both sides of floor.



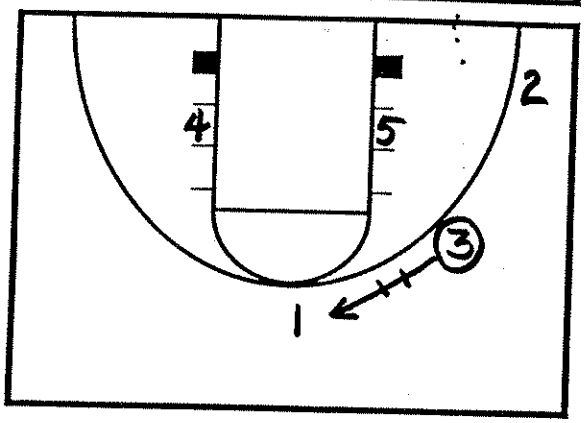


UMKC The Triangle



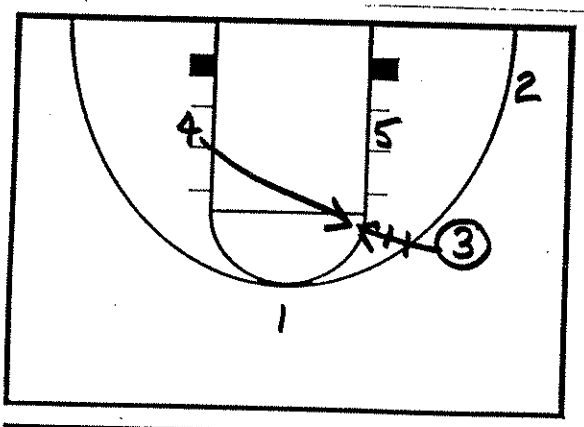
Post Pass

③on direct pass to5; if pass is off line, 5 makes power move to basket. If pass is direct, 5 becomes a passer first.



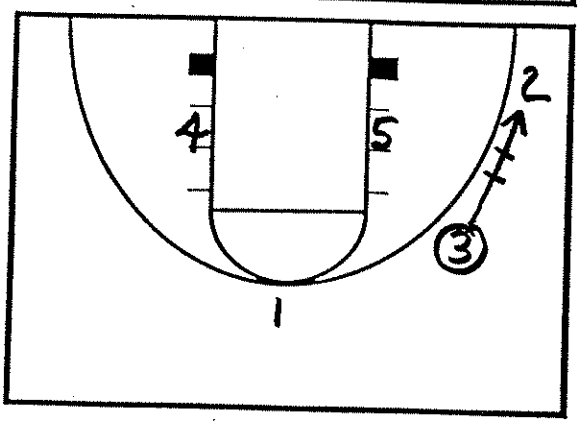
Point Pass

③reads Post defender on baseline side - make point pass.



4-man Pass

③reads post defender - if fronted, hits 4 on back door move.



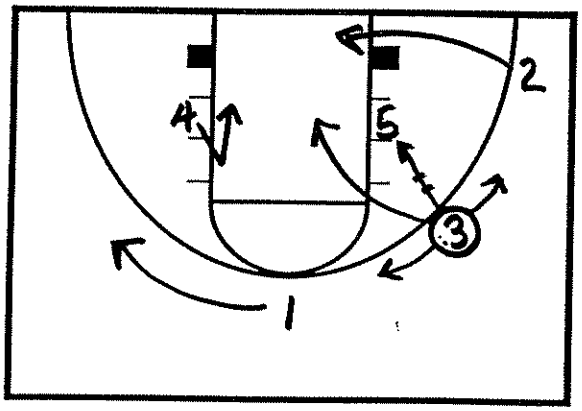
Corner Pass

③reads post defender - on high side, make corner pass.

UMKC

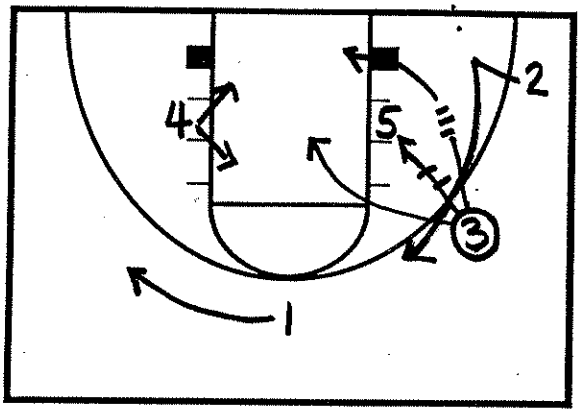
The Triangle

Post Pass



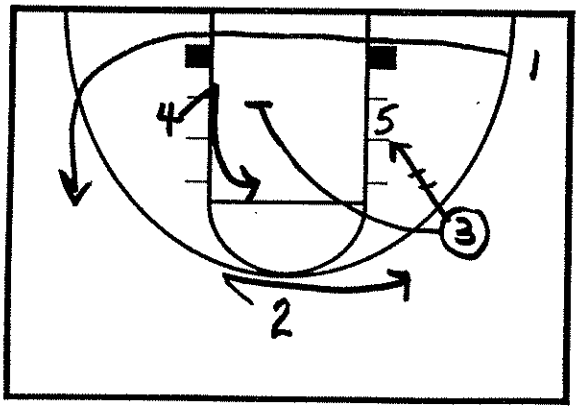
③on direct pass to post - reads defense and becomes cutter or spots up.
2 cuts baseline or spots up
1 flares for spot up
4 looks for weakside rebound

* if pass is offline - post makes a power move to basket



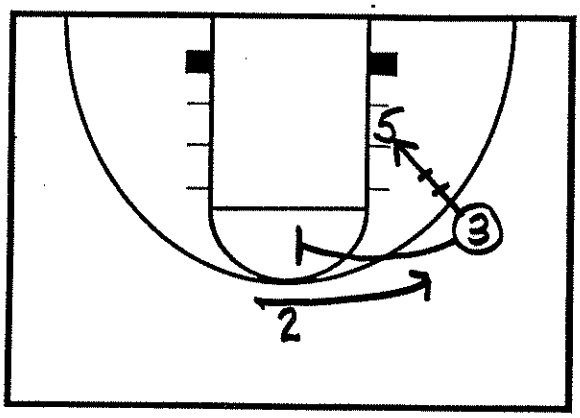
Split cuts

- speed cuts
- change of pace cut
- over the top cut



3rd Cutter

③ on direct pass to post initiates speed cut and screens for 4 (3rd cutter)
1 defensive balance
2 reads man and comes back to spot up.

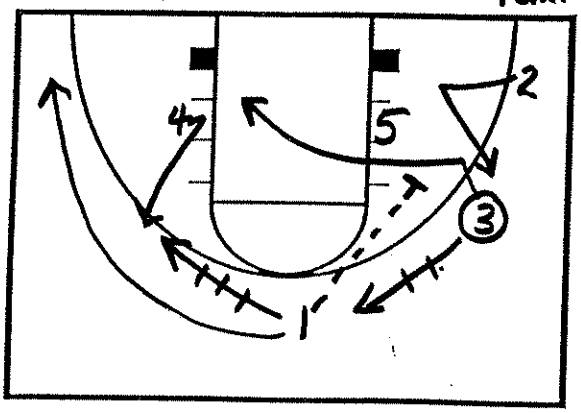


Guard Squeeze

③ on direct pass to post initiates "guard screen" with path and screen shown.

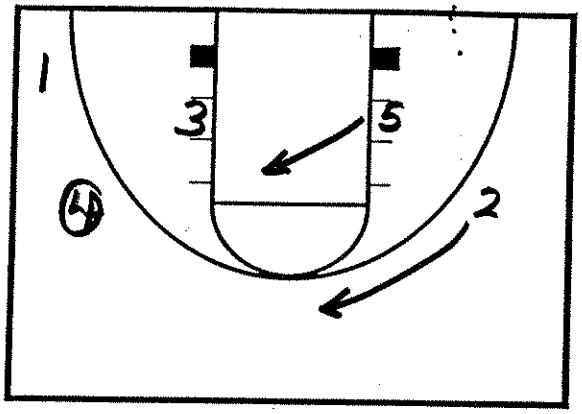
UMKC The Triangle

Point Pass

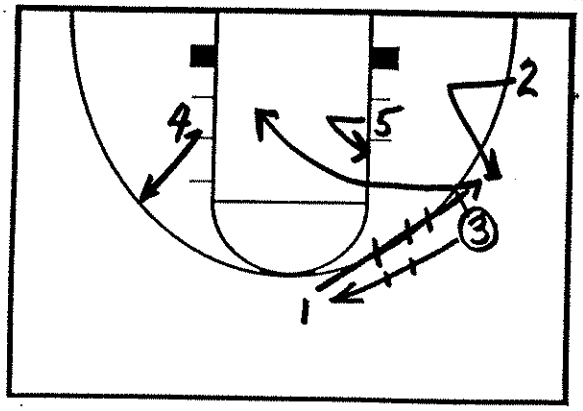


Rub Cut by 3

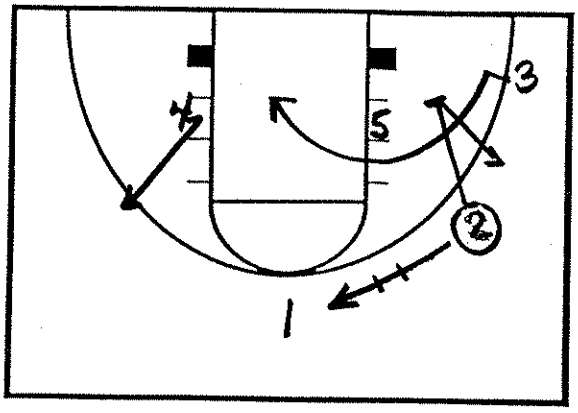
① can cut around or basket cut or solo cut to double.



5 reads 3 and makes 4 man cut for high/low action



① can bring ball back to 2 for shot or post pin.

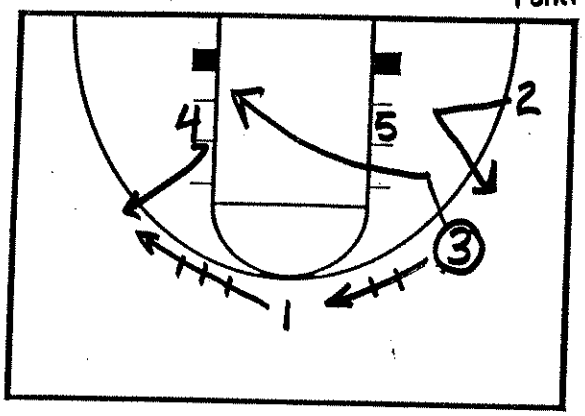


Curl move by bigger player.

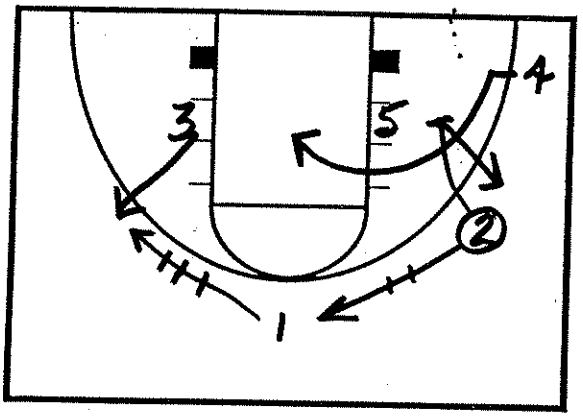
2 spots up for shot.

UMKC The Triangle

Point Pass

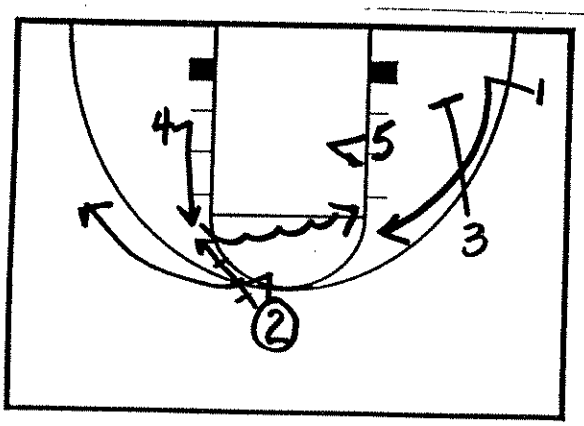


Rub Cut

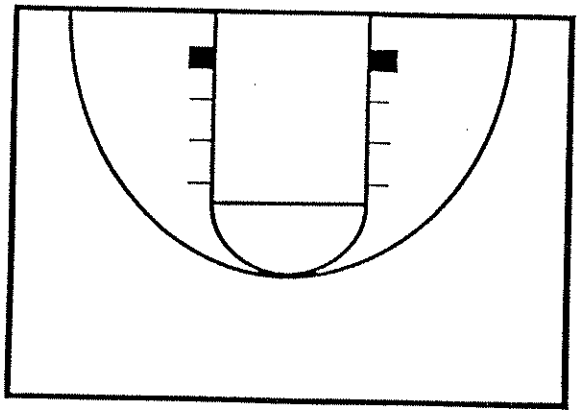


Curl cut by big man in corner

2 pops back for shot and two-man play with post.



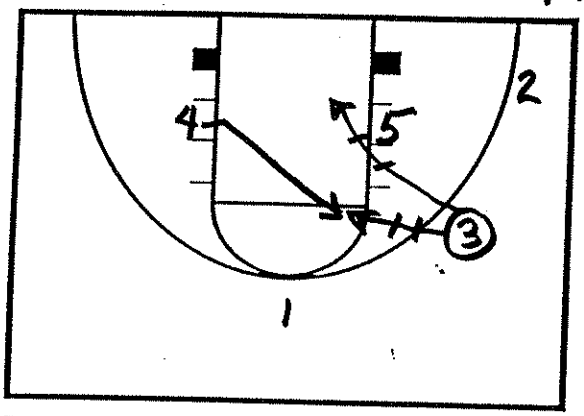
Dribble weave option



UMKC

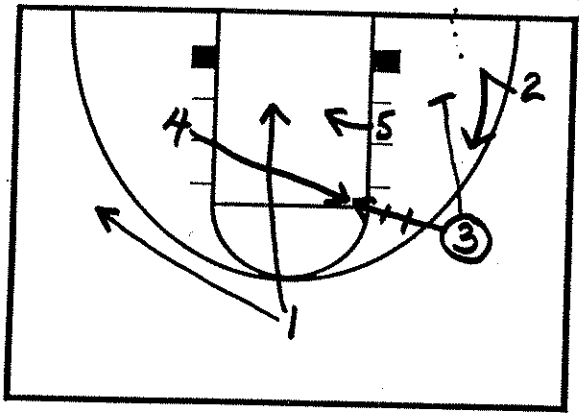
The Triangle

4 MAN



③ reads post - fronted - look for over the top (lob) hits 4 man for high/low

4 man's rule: Come to the ball only when you are needed (post-fronted, point-denied).

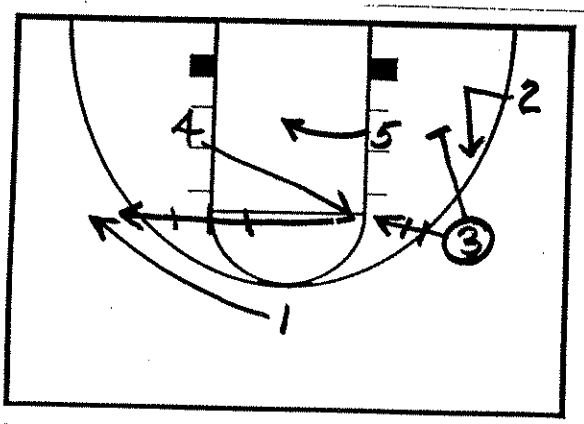


4 comes in looking for shot, play to post

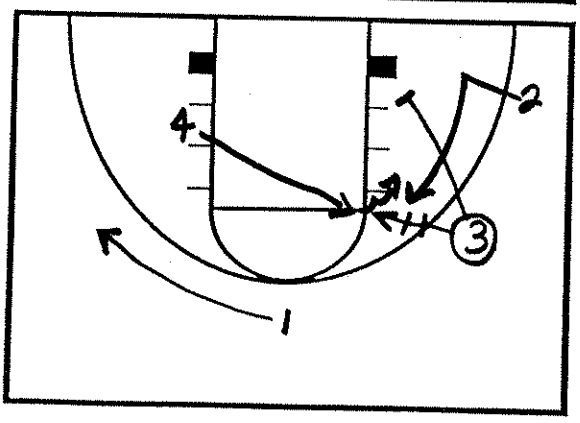
3 makes rebound/screen cut for 1

1 backdoor cuts or flares for spot up shot

5 picks



5 rolls at post - 4 flares to 1 for shot or post pin

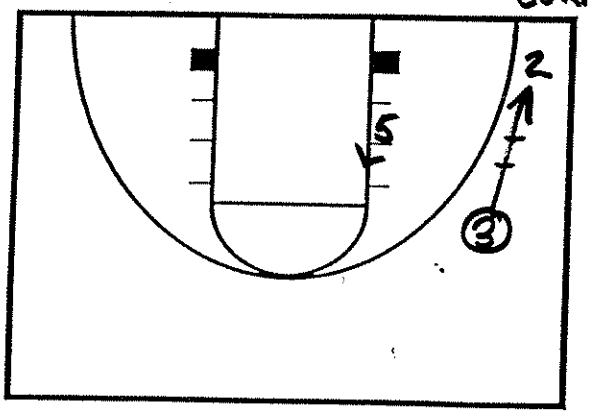


Dribble weave option

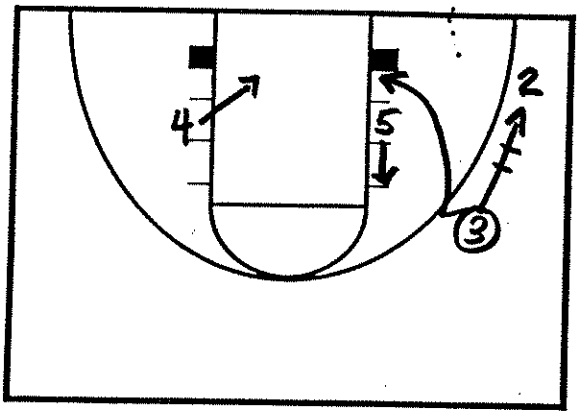
UMKC

The Triangle

CORNER



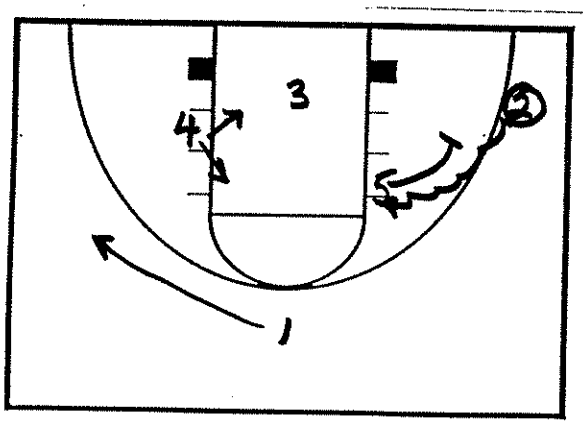
③ reads post - makes corner pass if post defender is on high side.



If post defender gets low side, 5 steps up lane -

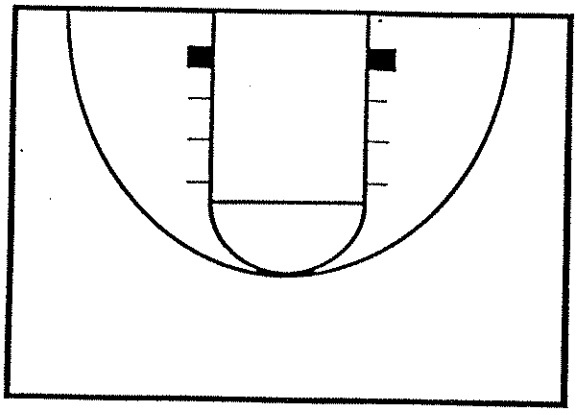
③makes basket/inside cut on pass to 2

4 reads defense.



5 screens on ball for two-man play

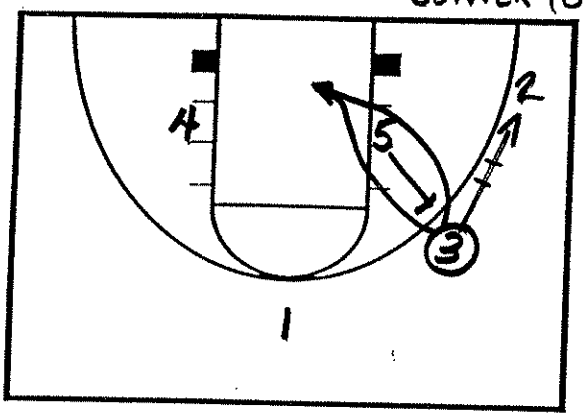
2 gets shot or post roll or pentrates to pass to 1



UMKC

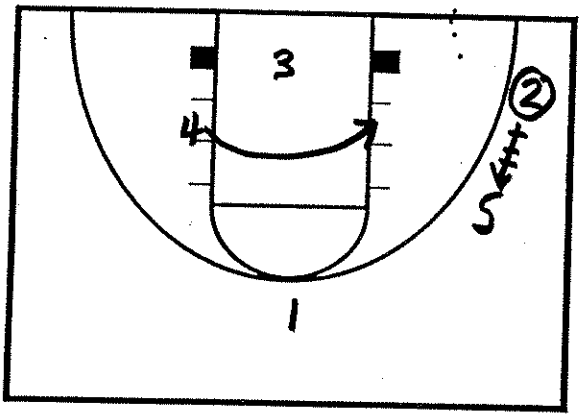
The Triangle

CORNER (OPTION)

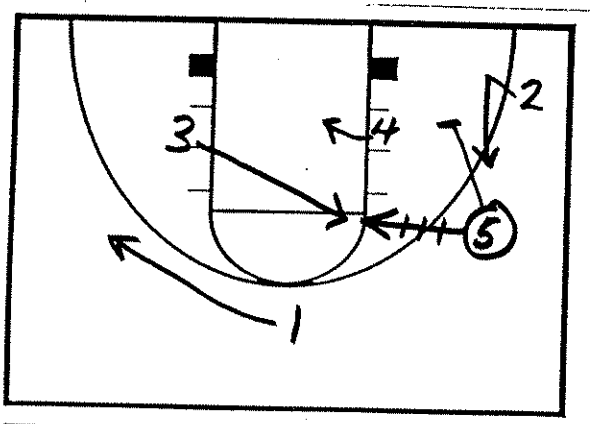


5 backscreens for 3 - 3 cuts opposite his defensive man.

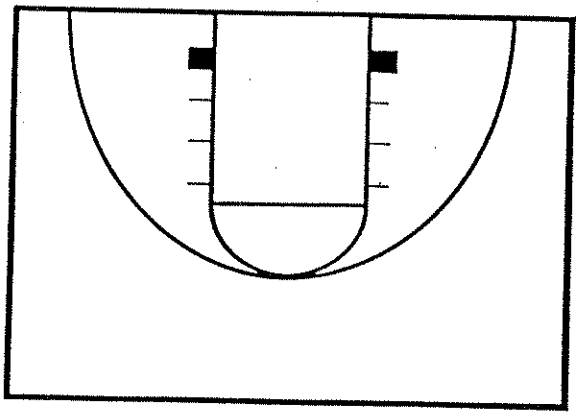
5 pops out to wing for reverse pass.



4 rolls to post right behind 3 cut

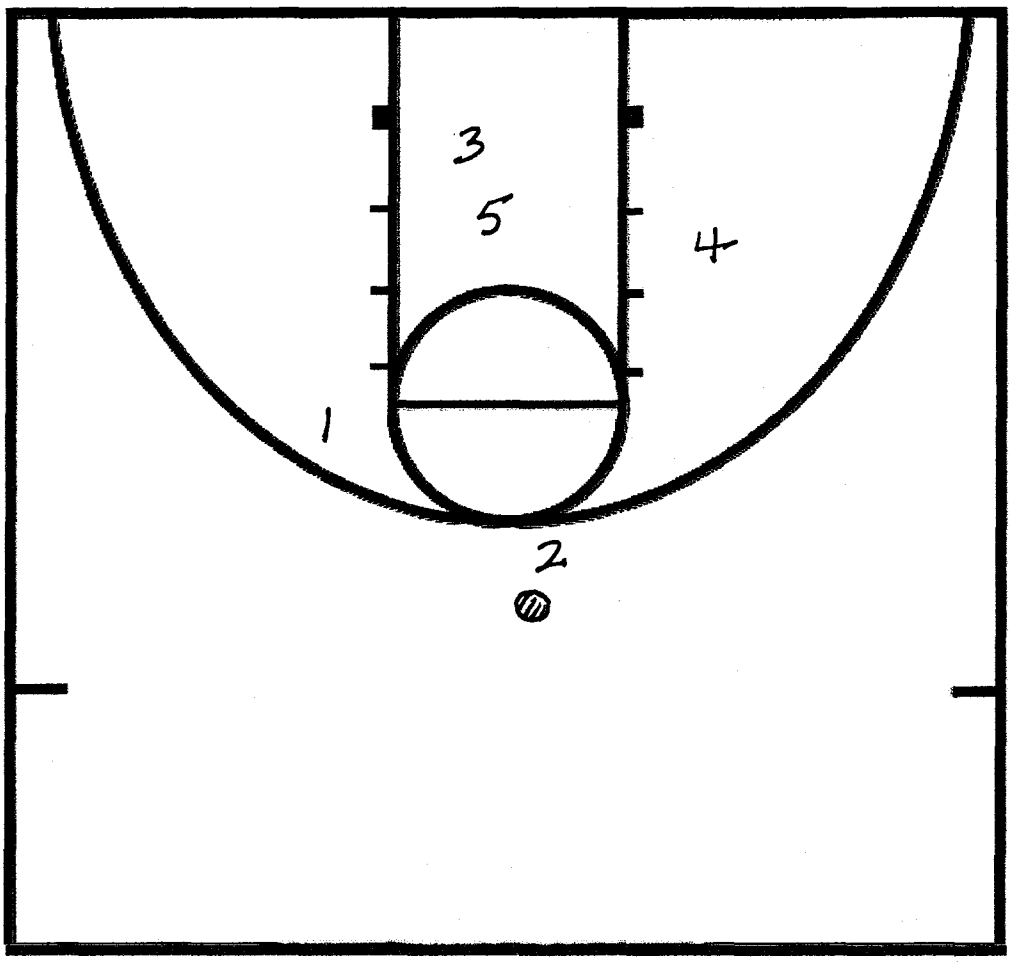


3 makes backdoor cut for high/low play for 4



1.

Temple "Rover"

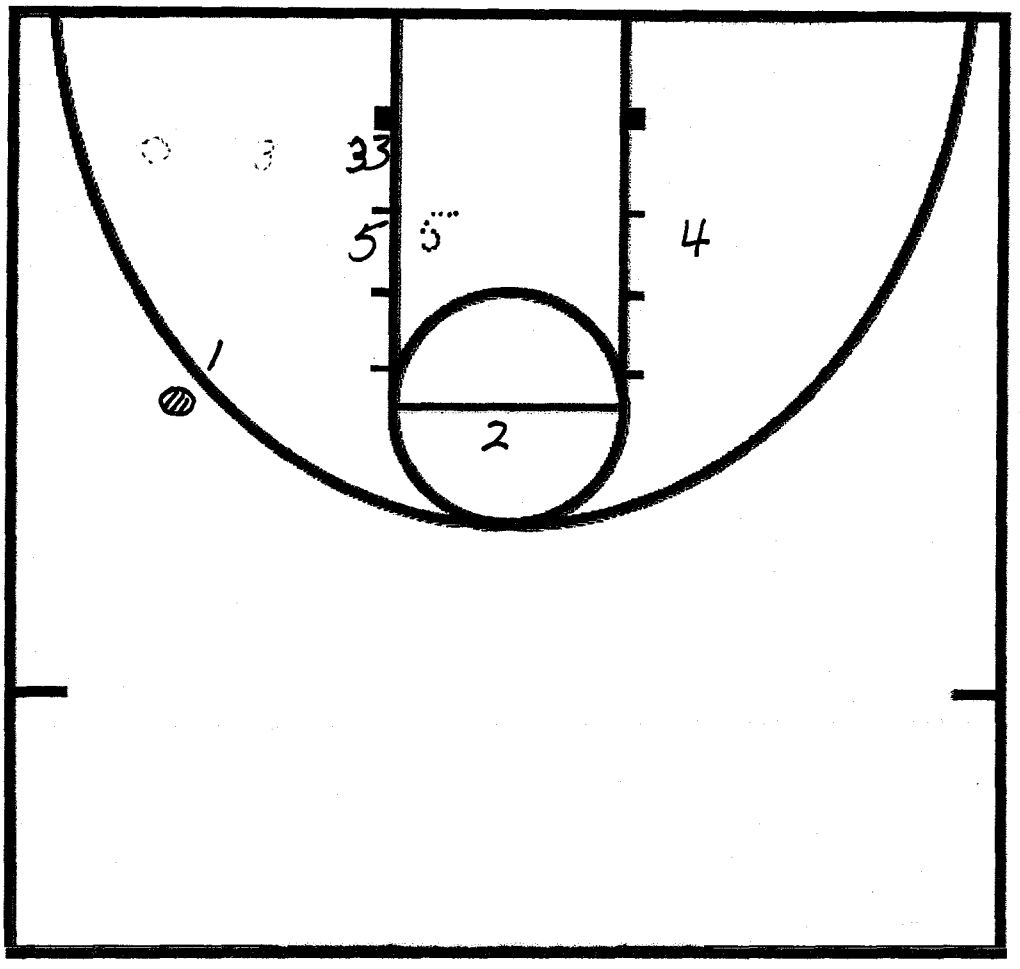


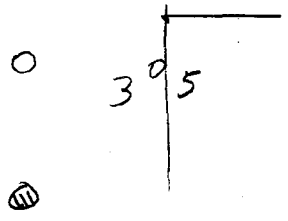
? 3 = Rover

?

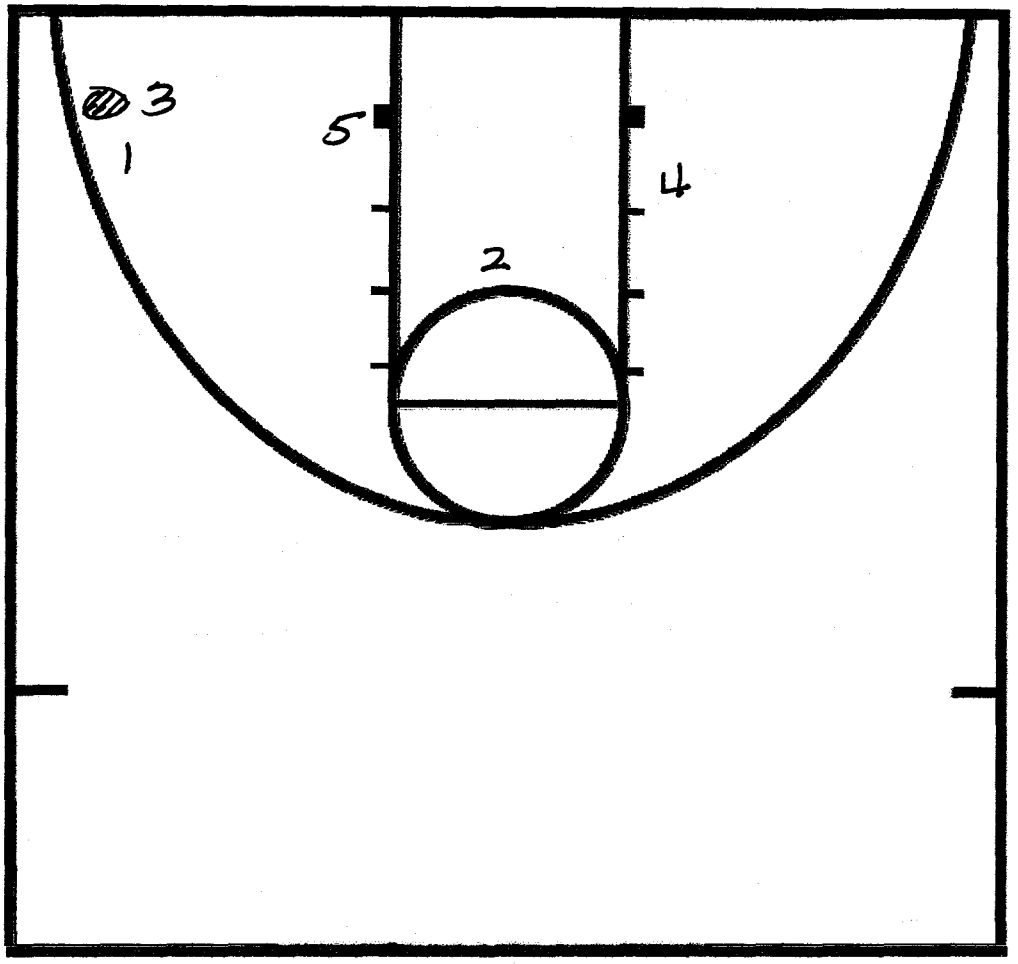
1. 1-3-1 principles (show 2-3)
2. 3 set up to overload? (vs. 1-3-1 off.)
3. 3 move on ball or man (did both) Almost in line between ball + basket.
4. 3 can't get across (pick at block) calls 5 "out"? (once)

2





3.



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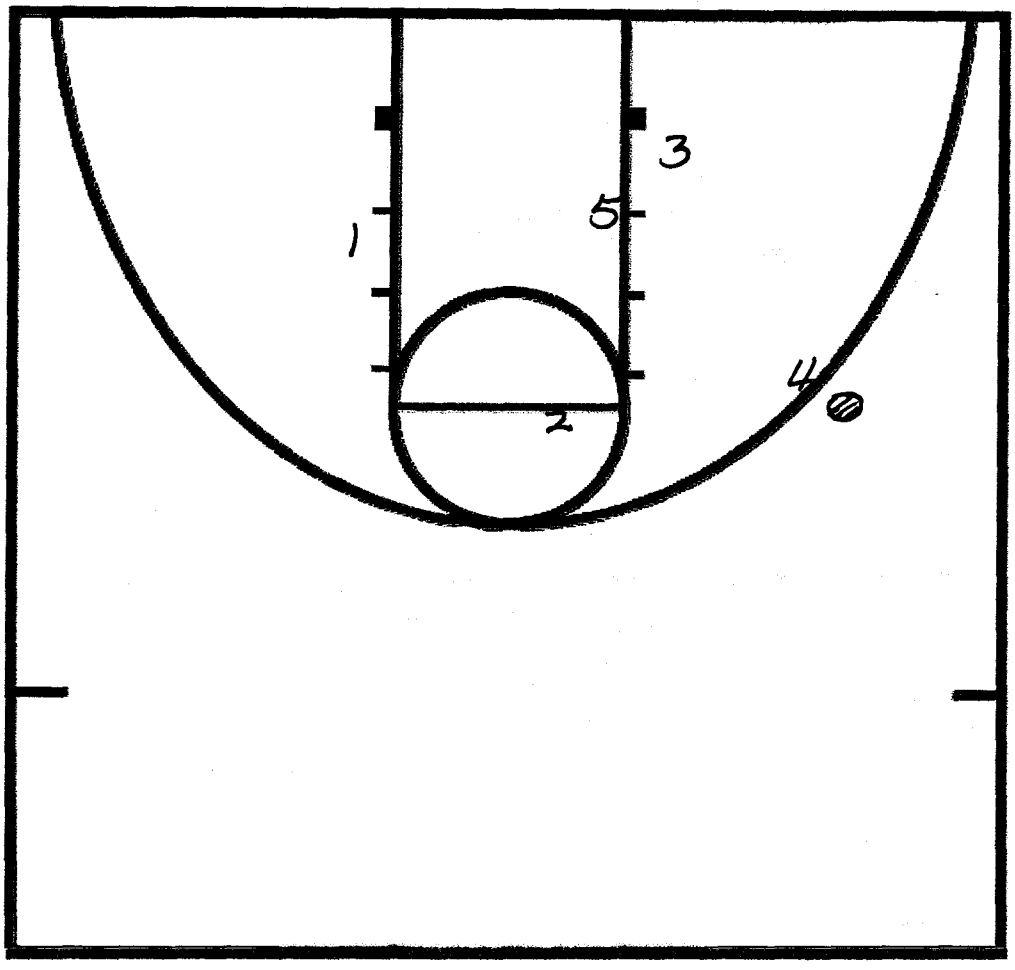
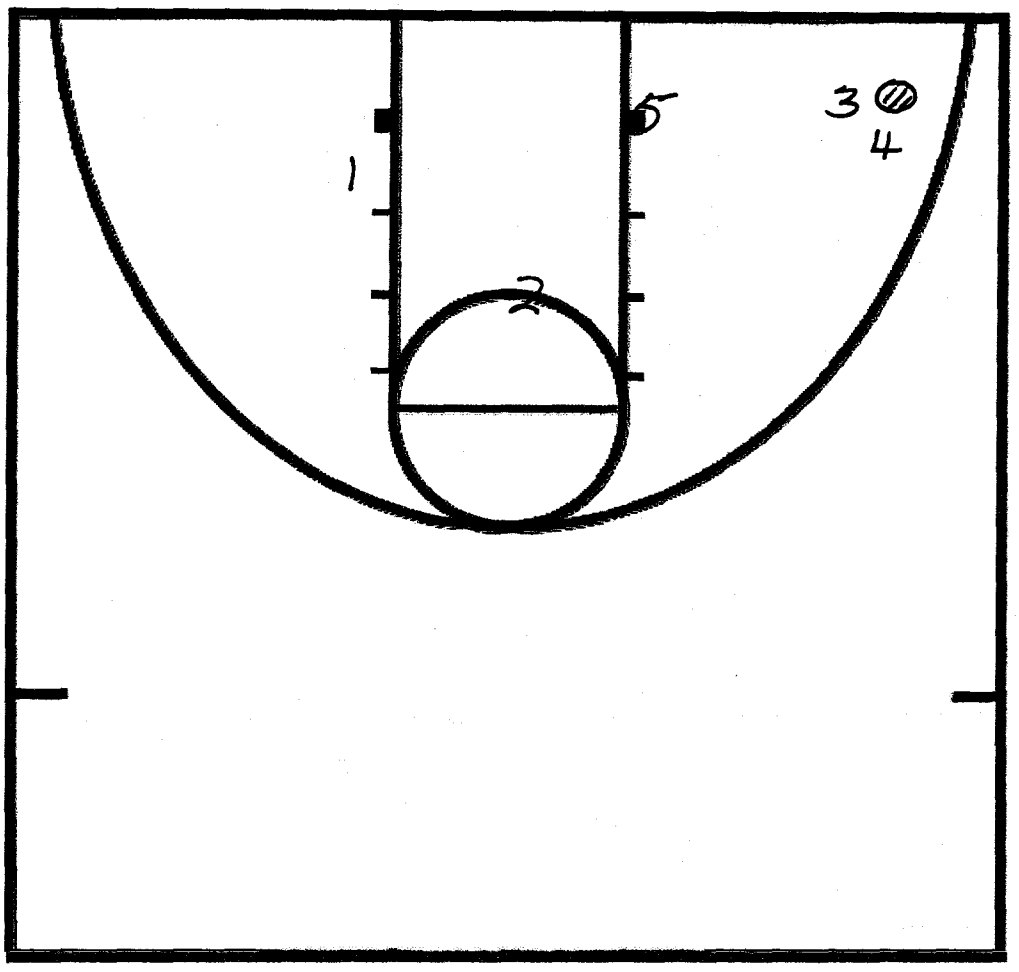


5





NCAA DIVISION 1 PLAYBOOK:

Take your team to the NEXT LEVEL

"A Men's Basketball Hoop Scoop eBook"

Notes and Diagrams were compiled by
Coach Peterman

Introduction:

NCAA Division 1 Playbook:

This playbook was given to us by a NCAA Division 1 coach that has been to over 15 NCAA Tournaments as an assistant and Head Coach. He has had 20 plus wins each year as a Head Coach in a Major Conference. He has had over 10 former players playing or has played in the N.B.A.

It is a playbook designed with set plays to take advantage of the strengths of his team. It was used last year (2007-2008) and as you know. People tweak their playbook each year as they go along. It has 7 chapters to it and 66 plays.

I hope that it helps you as much as it helped my team.

NCAA Division 1 Playbook

March 6, 2009

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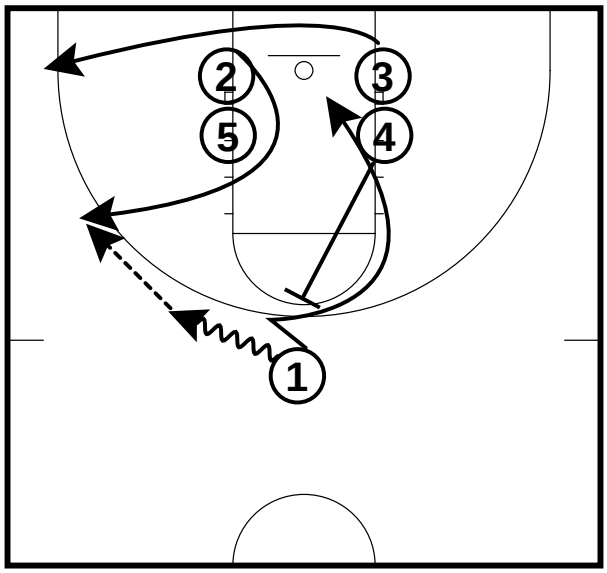
Half court sets

One Set - Double Low

Half-Court Sets

Frame 1

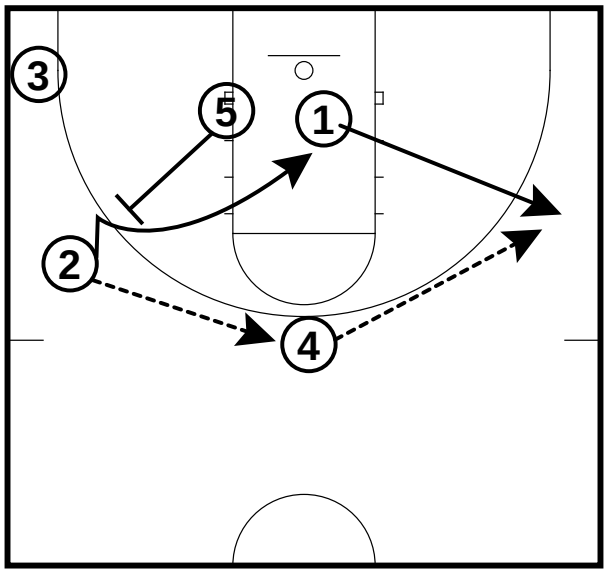


3 man sprints to the corner
2 man pops to the left wing
1 hits 2 after the cut
4 back-screens 1 and 1 looks for lob.

One Set - Double Low

Half-Court Sets

Frame 2

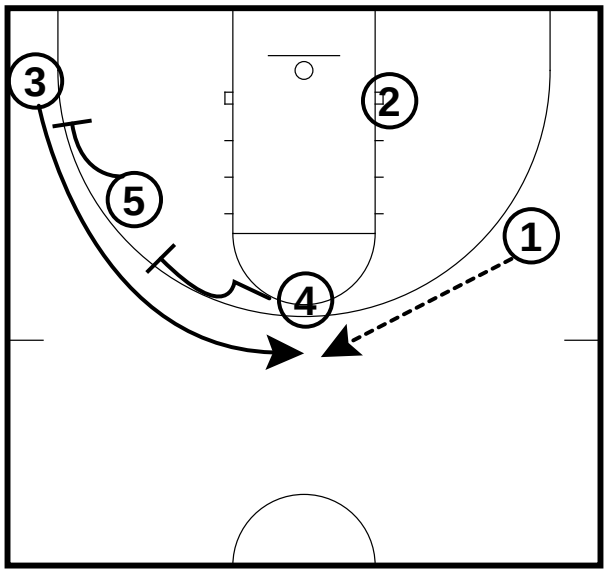


2 reverses the ball to 4
4 pass to the 1 on the right wing
2 cuts to the block off of the 5 back-screen

One Set - Double Low

Half-Court Sets

Frame 3

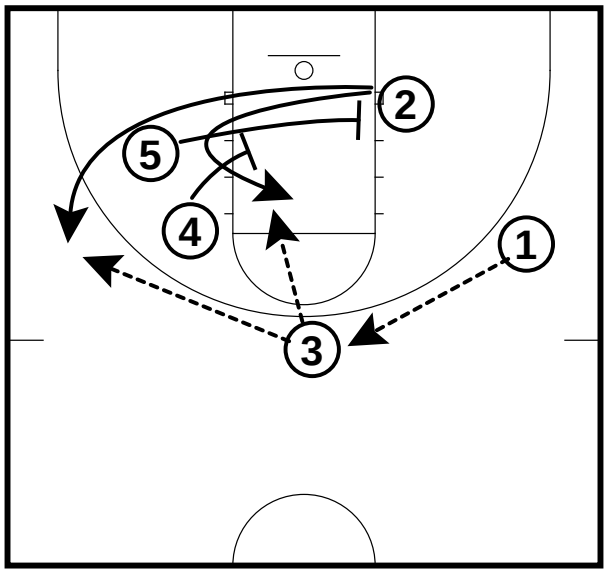


2 posts hard
5 and 4 screen for 3
1 hits 3 off two staggered screens

One Set - Double Low

Half-Court Sets

Frame 4



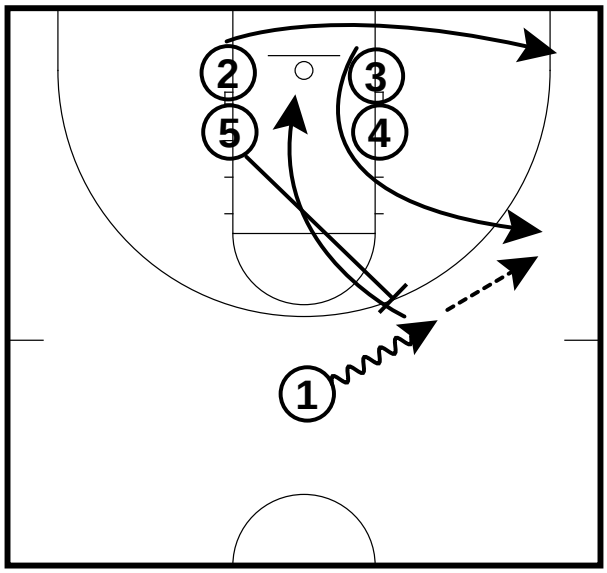
5 and 4 set staggered screen for 2
2 can curl off staggered screens or fade out for three

Half court sets

One Set - Double Low -

Half-Court Sets

Frame 1

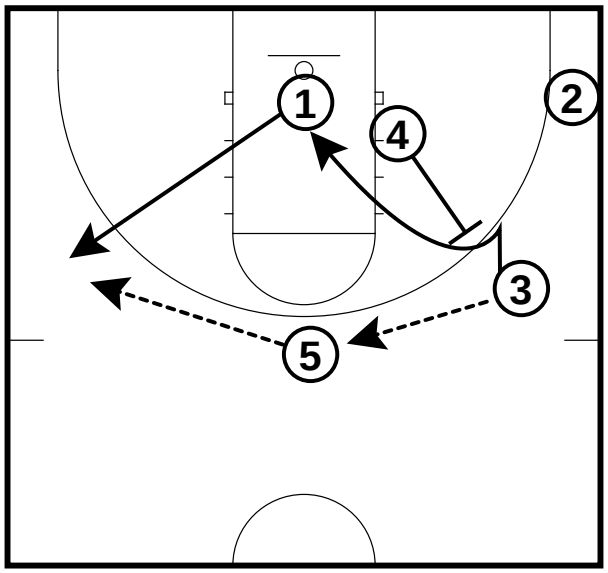


2 sprints to corner. 3 pops to the right wing. 1 hits 3. 1 cuts off of 5 back-screen for lob.

One Set - Double Low -

Half-Court Sets

Frame 2

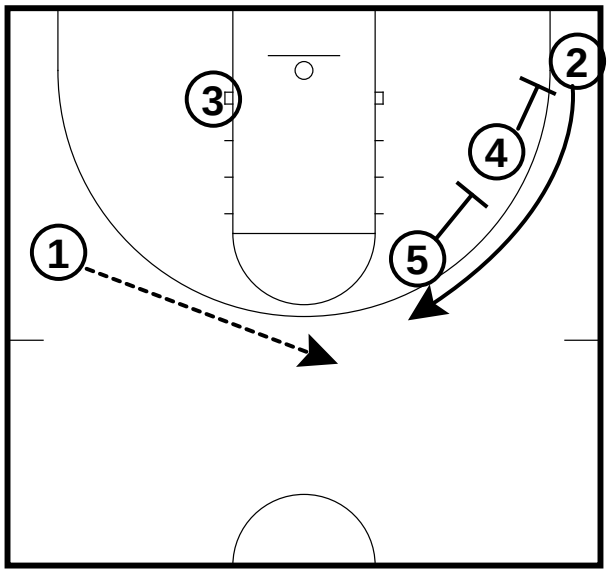


3 reverses ball to 5. 5 passes to 1. 3 cuts off the 4 back-screen.

One Set - Double Low -

Half-Court Sets

Frame 3

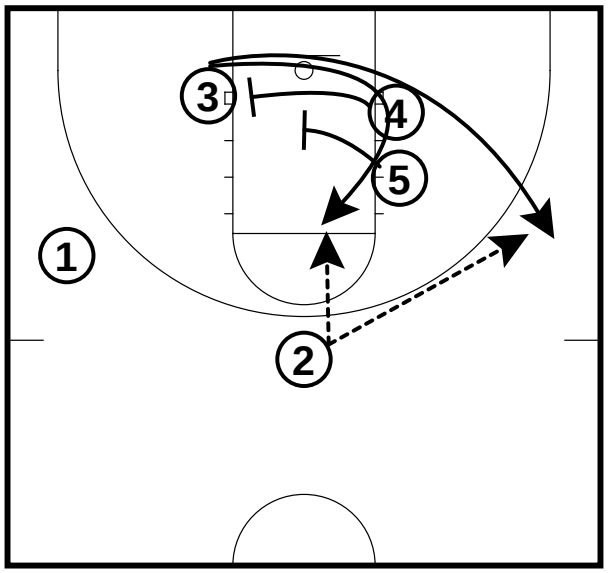


3 posts up hard. 4 and 5 set staggered screen away for 2. 1 hits 2 on the pass.

One Set - Double Low -

Half-Court Sets

Frame 4



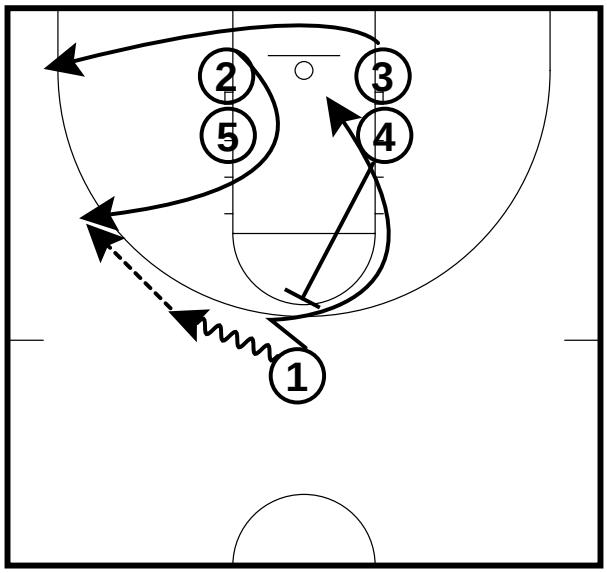
4 and 5 set staggered screen for 3 who can curl or pop for the three point shot.

Half court sets

One Set - Double Low -

Half-Court Sets

Frame 1

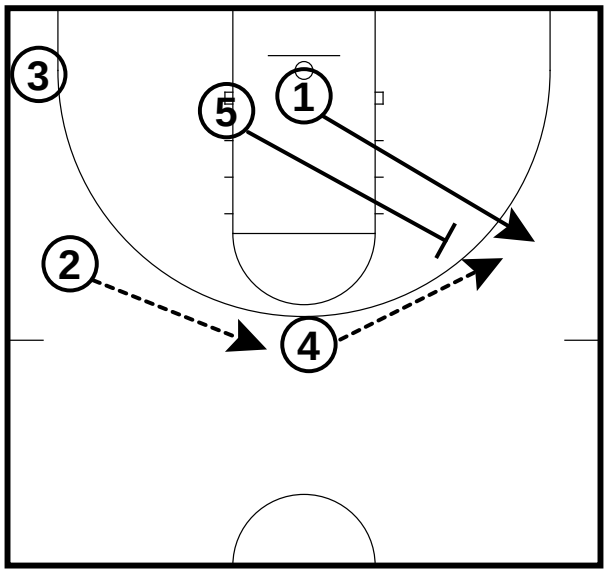


3 man sprints to the corner
2 man pops to the left wing
1 hits 2 after the cut
4 back-screens 1 and 1 looks for lob.

One Set - Double Low -

Half-Court Sets

Frame 2

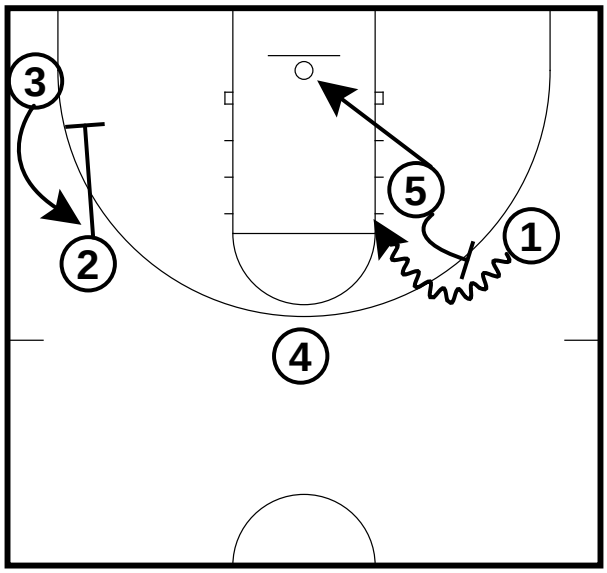


2 reverses the ball to 4
4 pass to the 1 on the right wing
5 sprints out to ball screen 1.

One Set - Double Low -

Half-Court Sets

Frame 3

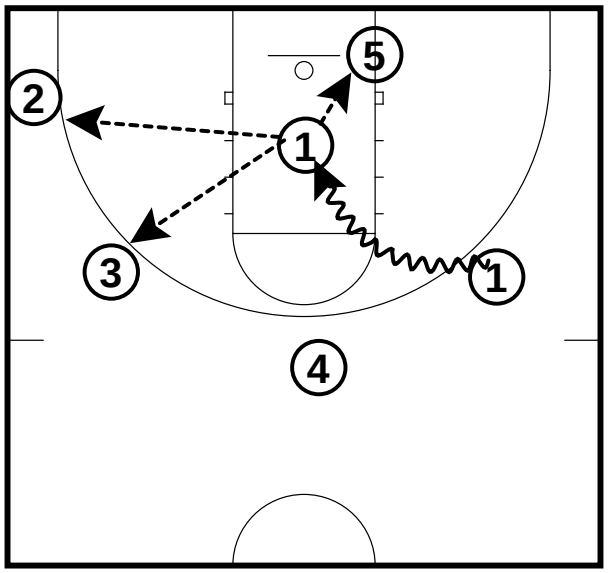


5 sets ball screen and 1 come off the ball screen. 1 turns the corner and 5 rolls to the basket. 2 downscreens for 3.

One Set - Double Low -

Half-Court Sets

Frame 4



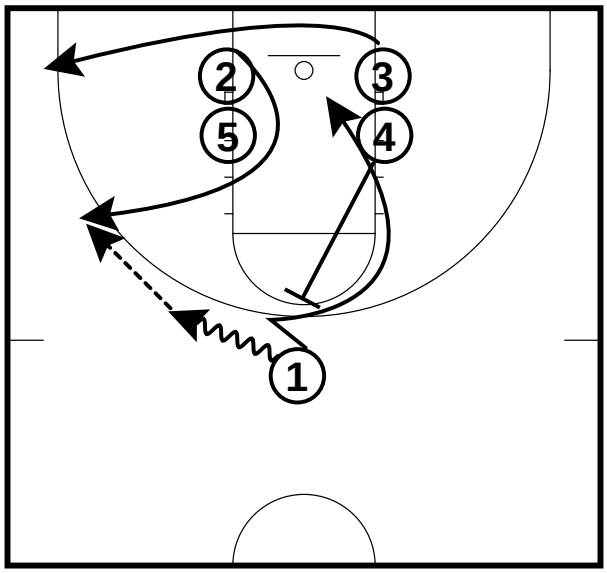
1 can go score the basket, pass to the 5, or kick out to 2 and 3.

Half court sets

One Set - Double Low -

Half-Court Sets

Frame 1

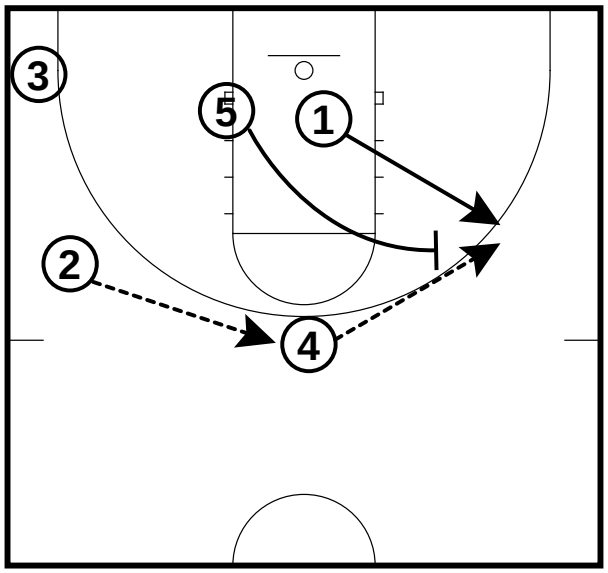


3 man sprints to the corner
2 man pops to the left wing
1 hits 2 after the cut
4 back-screens 1 and 1 looks for lob.

One Set - Double Low -

Half-Court Sets

Frame 2

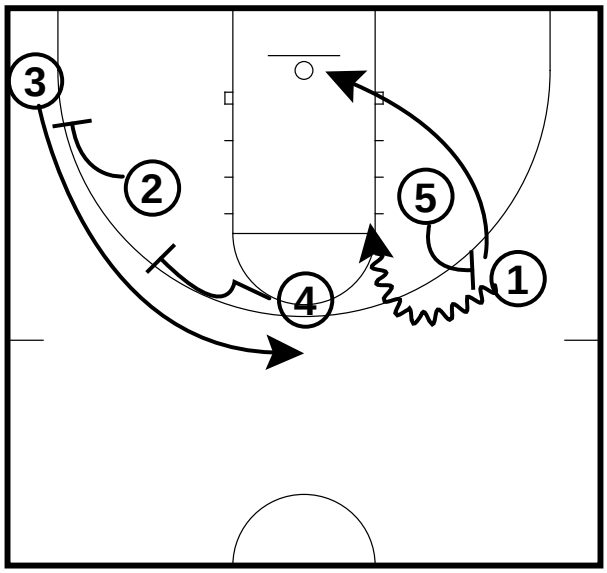


2 reverses the ball to 4
4 pass to the 1 on the right wing
5 sprints out to ballscreen 1 for pick-n-roll.

One Set - Double Low -

Half-Court Sets

Frame 3

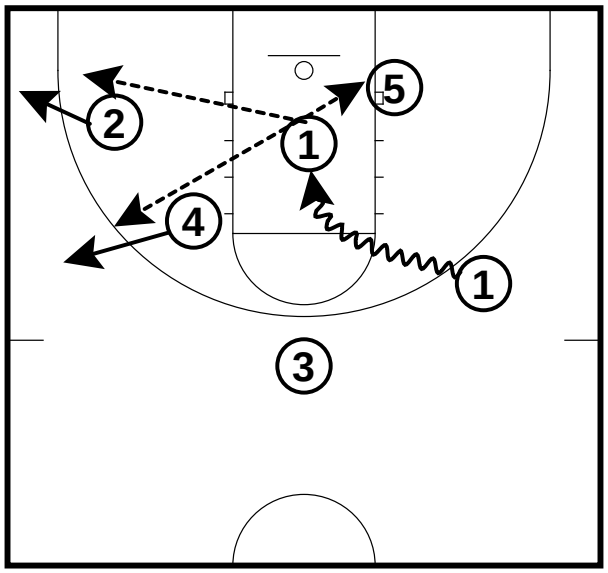


5 sets ballscreen and rolls to basket. 1 dribbles off screen. 2 and 4 set staggered screen for 3.

One Set - Double Low -

Half-Court Sets

Frame 4



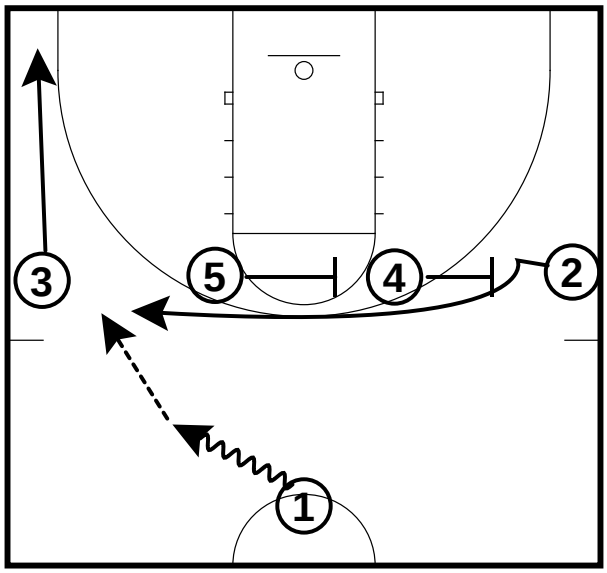
1 drives to the basket to score or pass to 5, kick out to 2 or 3.

Half court sets

One Chest

Half-Court Sets

Frame 1

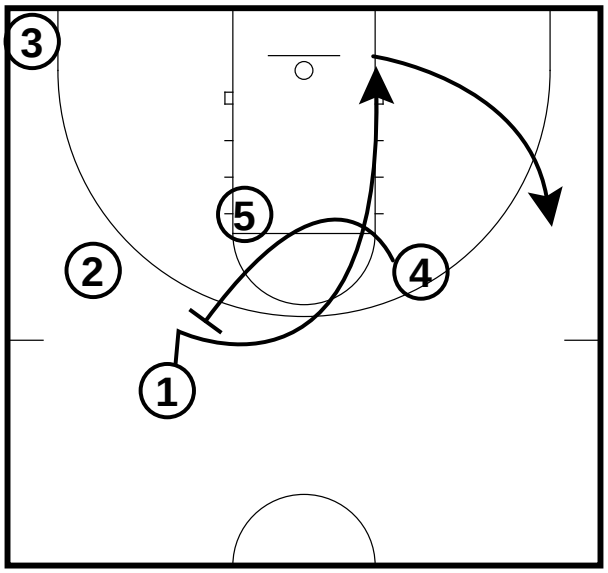


1 hits 2 off of the 4 and 5 backscreens. 3 drops to the corner.

One Chest

Half-Court Sets

Frame 2

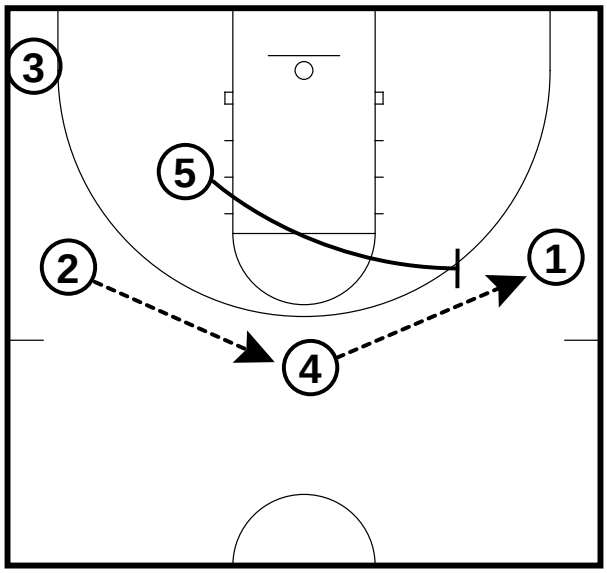


1 goes hard off of the 4 backscreen for lob. 5 stays as 2 looks to make lob pass to 1. 1 cuts for lob and then pops out to wing.

One Chest

Half-Court Sets

Frame 3

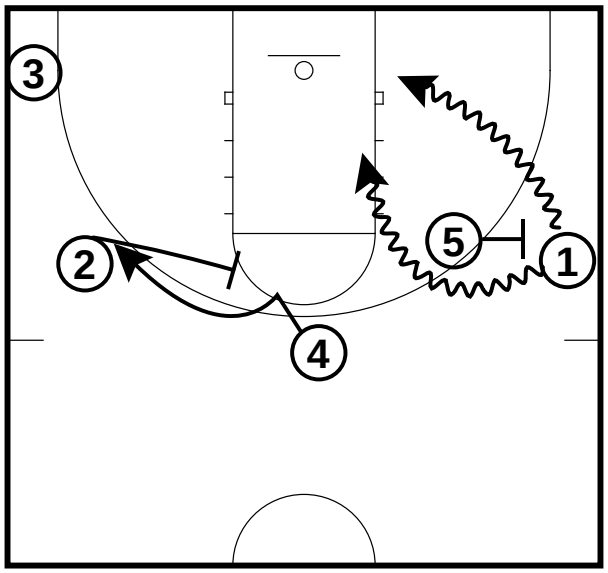


Ball reverses from 2 - 4 - 1. 5 ballscreens 1.

One Chest

Half-Court Sets

Frame 4

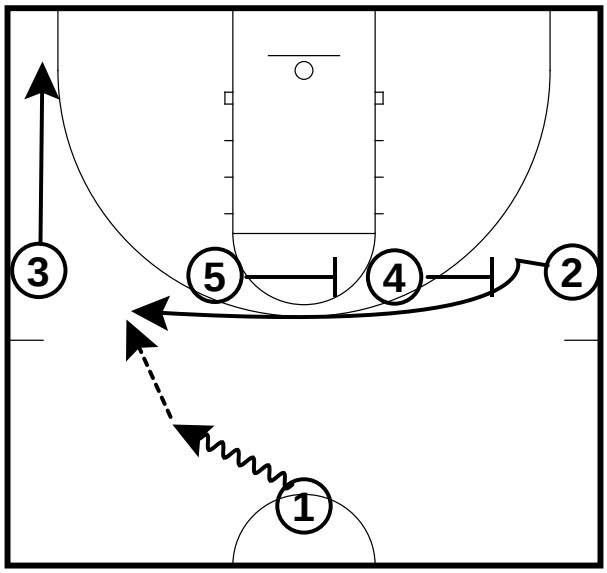


2 backscreens 4 for flarescreen. 5 sets ballscreen for 1. 1 drives baseline or over the top of ballscreen. 4 flares out. 3 stays.

Half court sets

One Chest
Half-Court Sets

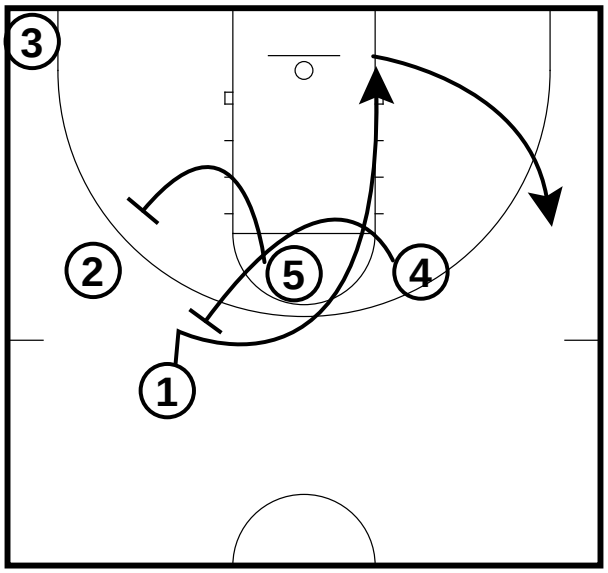
Frame 1



1 hits 2 off of the 4 and 5 backscreens. 3 drops to the corner.

One Chest
Half-Court Sets

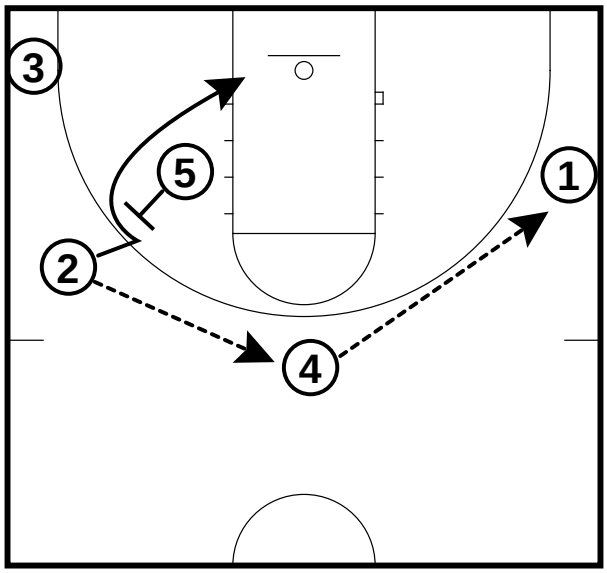
Frame 2



1 goes hard off of the 4 backscreen for lob. 5 prepares for a backscreen as he looks to make lob pass to 1. 1 cuts for lob and then pops out to wing.

One Chest
Half-Court Sets

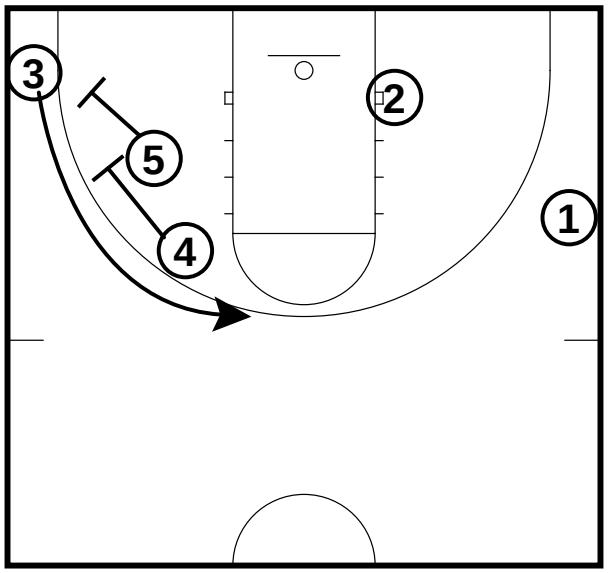
Frame 3



Ball reverses from 2 - 4 - 1. 5 backscreens 2. 2 comes off backscreen for pass from 1.

One Chest
Half-Court Sets

Frame 4



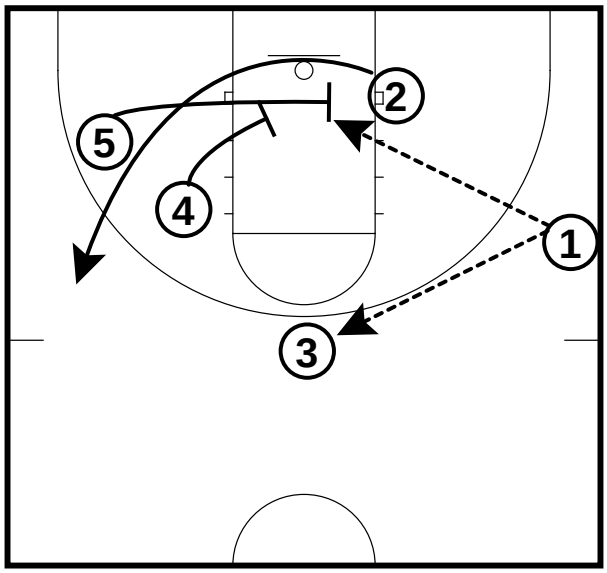
2 posts up hard. 5 and 4 downscreens 3. 1 looks at 2 posted up and 3 off the double staggered screens.

Half court sets

One Chest

Half-Court Sets

Frame 5

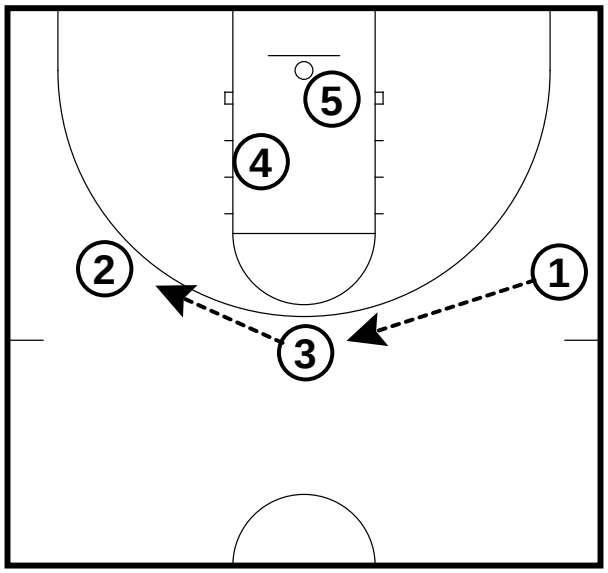


2 receives a backscreen from 4 and 5. 1 looks for 5 after backscreen or passes to 3.

One Chest

Half-Court Sets

Frame 6



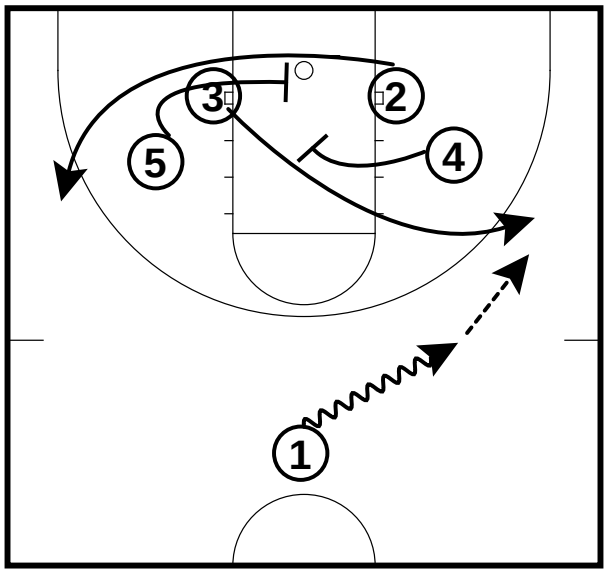
If not passed to 5, then 1 reverses ball to 3. 3 passes to 2 for shot. 4 and 5 look to rebound.

Half court sets

2 Down

Half-Court Sets - Shot clock action

Frame 1

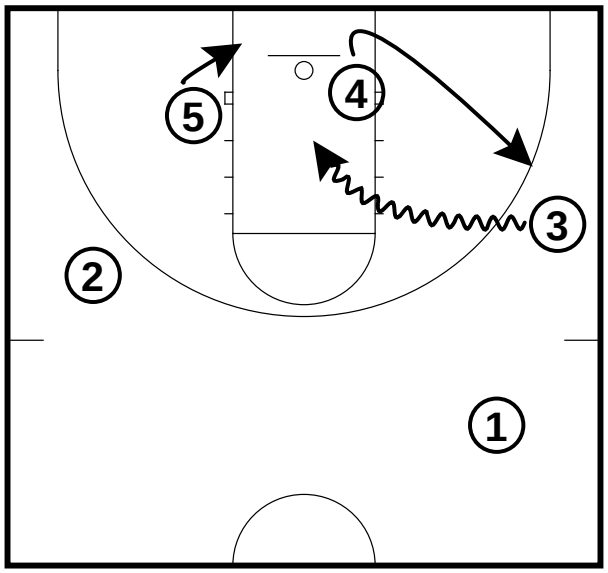


2 goes first and uses 4 screen for high curl or fade. After 2 clears, 3 goes off of 4's chest screen.

2 Down

Half-Court Sets - Shot clock action

Frame 2

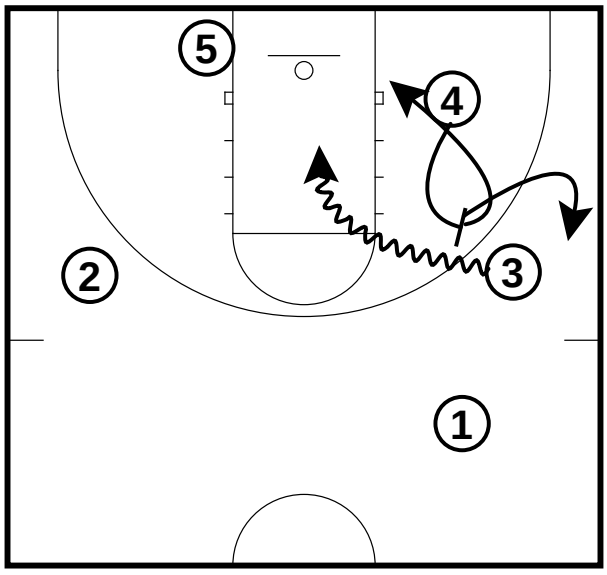


3 can drive and kick to 2. 5 drops to alley

2 Down

Half-Court Sets - Shot clock action

Frame 3



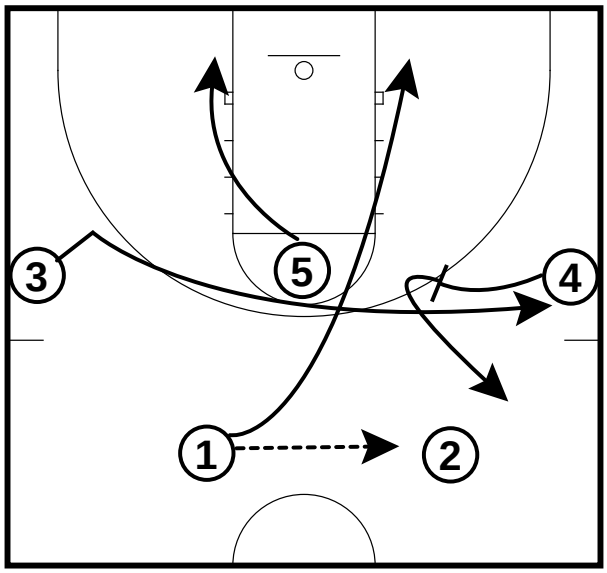
3 can call for a ballscreen from 4. 4 can roll or pop.

Half court sets

2 sprint set

Half-Court Sets

Frame 1

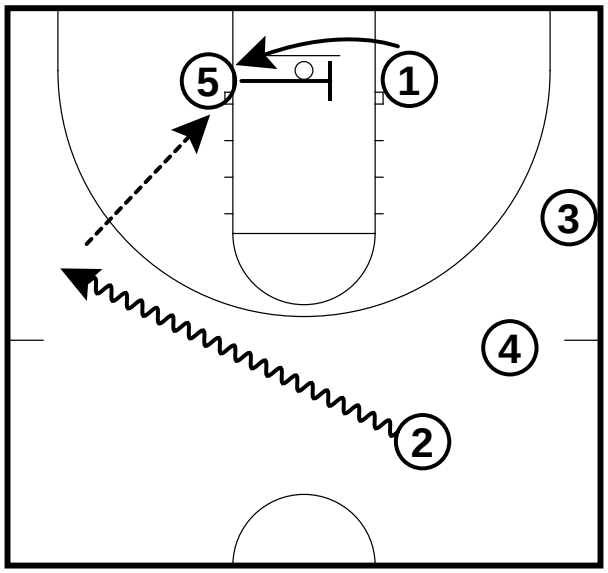


1 passes to 2. 1 cuts off 5 to the block. 5 cuts to the offside block. 4 screens for 3 and pops out.

2 sprint set

Half-Court Sets

Frame 2

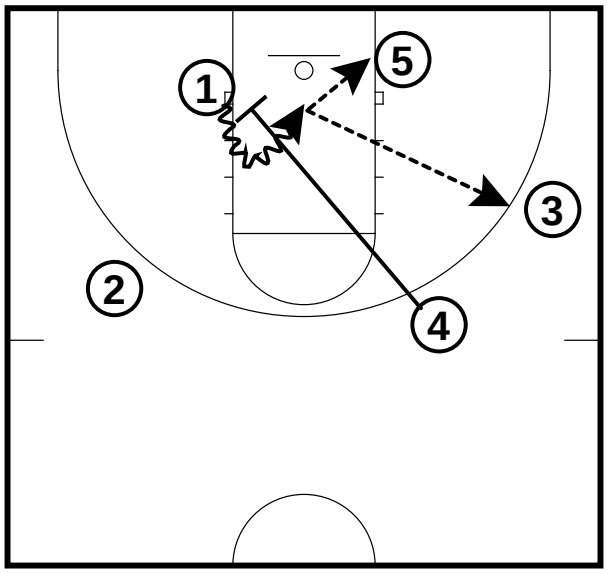


2 drags ball to wing. 5 cross screens for 1. 2 passes to 1 on the block.

2 sprint set

Half-Court Sets

Frame 3



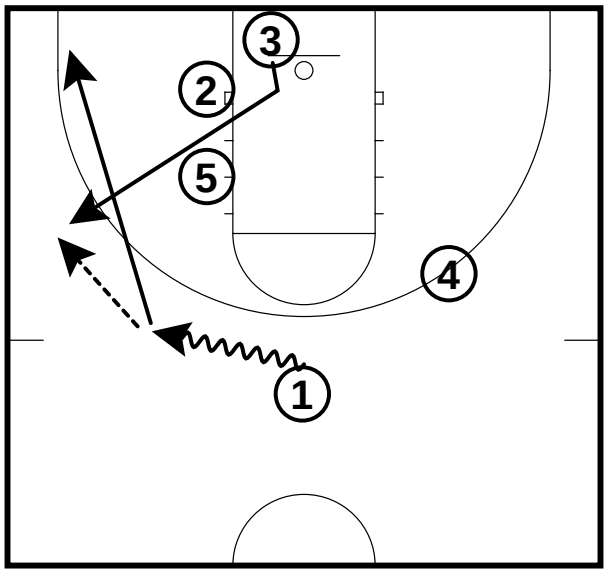
4 sets a downscreen for 1. 5 drops to alley. 3 spaces out. 1 looks to score or pass to 5 or 3.

Half court sets

3 curl

Half-Court Sets

Frame 1

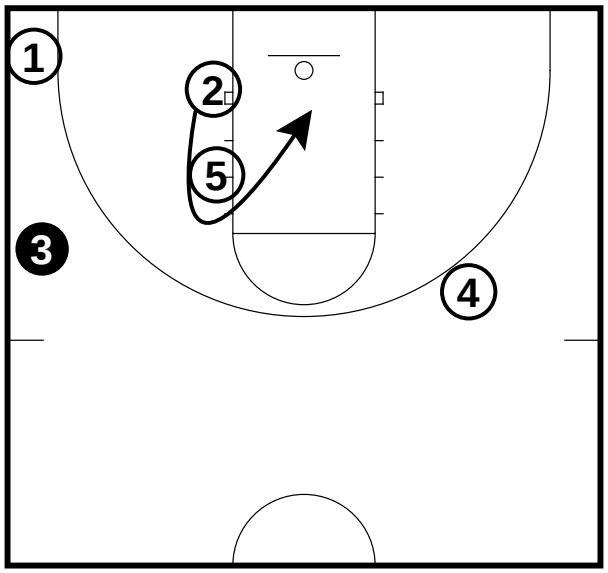


1 dribbles to the wing and passes to 3. 1 cuts to deep corner. 4 stays.

3 curl

Half-Court Sets

Frame 2

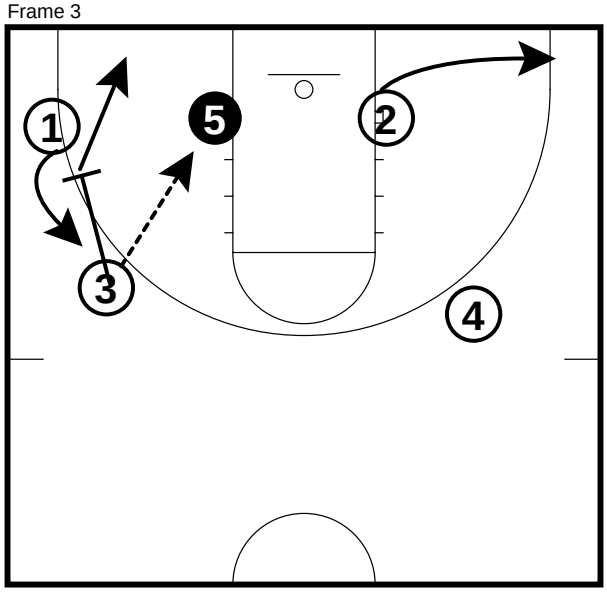


3 looks for lob for 2.

3 curl

Half-Court Sets

Frame 3

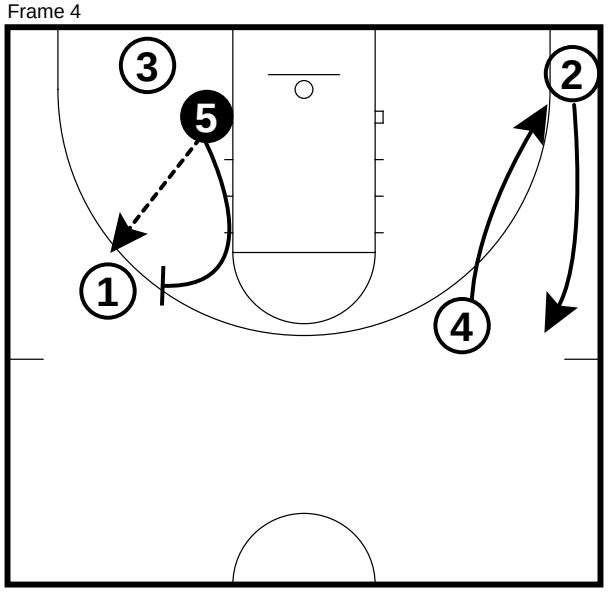


3 passes to 5 in the post. 3 downscreens for 1 and then goes to the baseline. 2 spaces out. 4 stays.

3 curl

Half-Court Sets

Frame 4



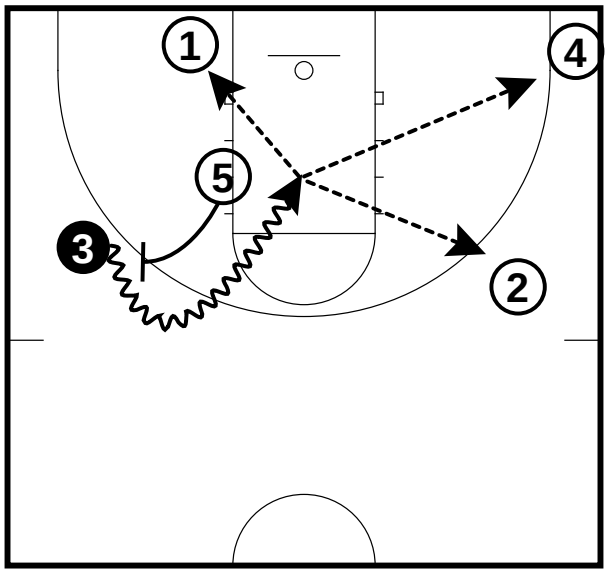
5 passes out to 1 and goes to ballscreen 1. 2 and 4 interchange. 3 stays on baseline.

Half court sets

3 curl

Half-Court Sets

Frame 5



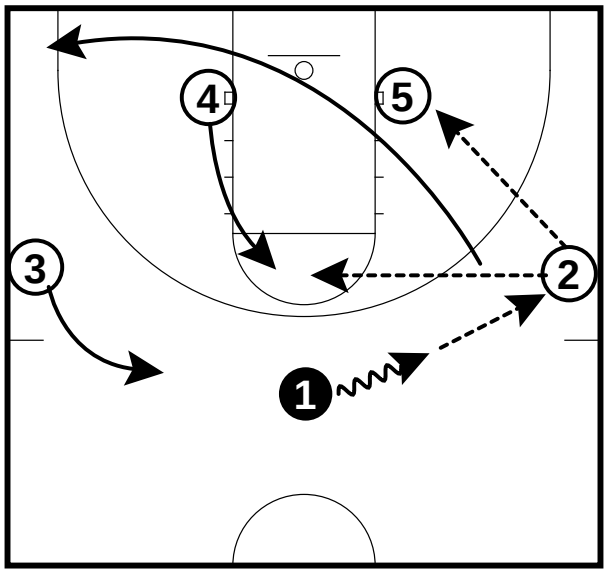
3 comes off 5 pick and roll looking to score. 3 can pass to 1 on baseline or kick out to 2 or 4.

Half court sets

32

Half-Court Sets - 3 out / 2 Hi low set

Frame 1

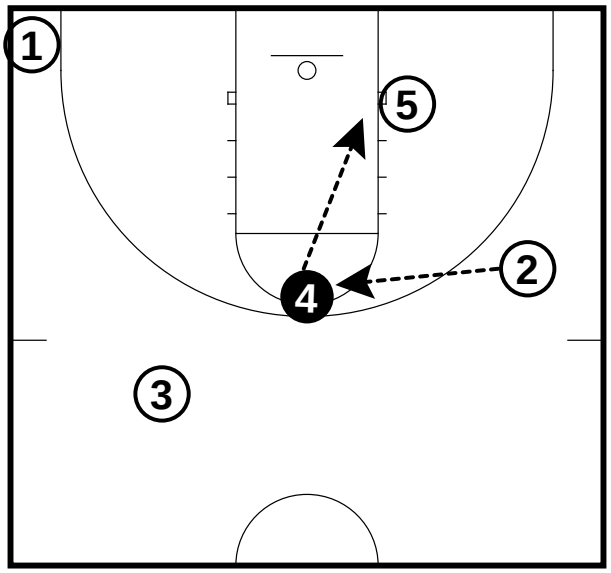


1 dribbles toward 2 and makes the pass. 1 cuts to offside corner. 4 breaks to top of key. 2 can pass to 5 or 4. 3 spaces up.

32

Half-Court Sets - 3 out / 2 Hi low set

Frame 2



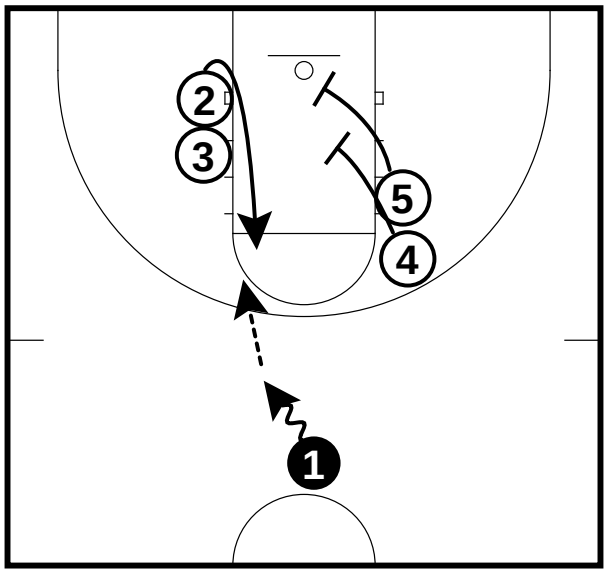
If 2 passes to 4 then 4 will look for Hi-Low Pass to 5.

Half court sets

4 Down

Half-Court Sets

Frame 1

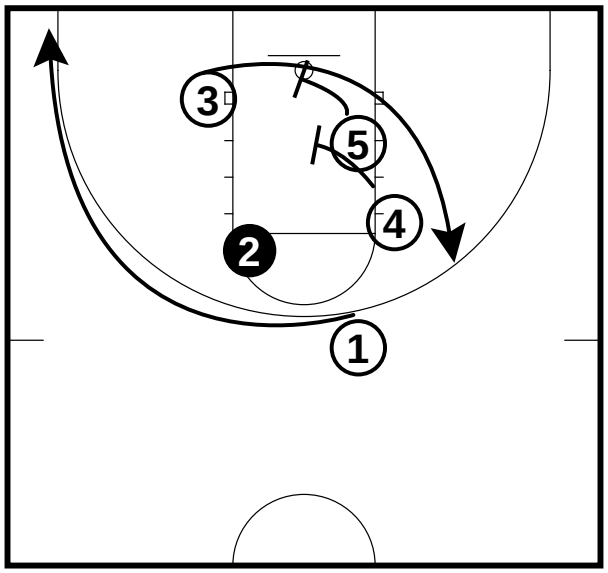


2 comes up the lane. 4 and 5 set staggered downscreens. 1 dribbles toward 2 and passes the ball to 2.

4 Down

Half-Court Sets

Frame 2

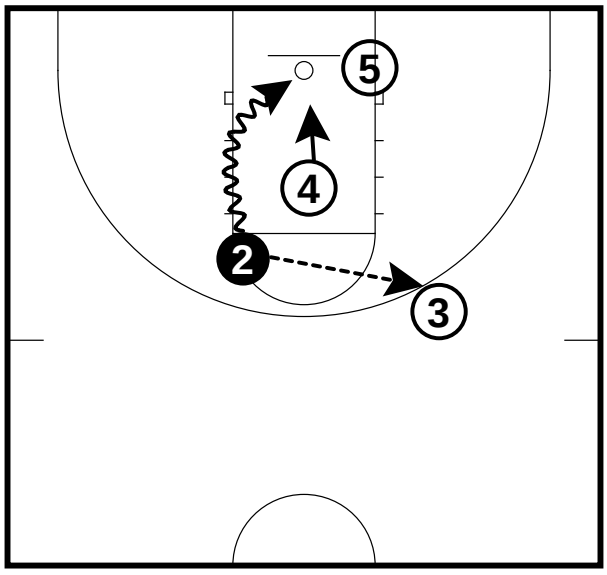


3 comes off downscreens by 4 and 5. 1 clears to the ballside corner.

4 Down

Half-Court Sets

Frame 3

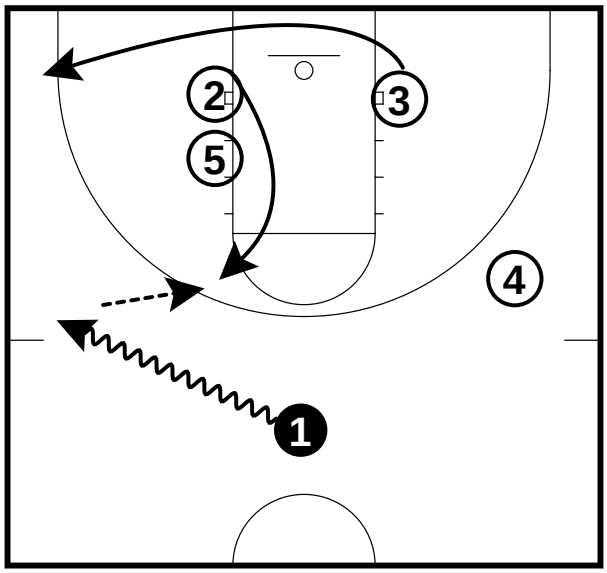


2 can drive to basket or pass to 3 for shot. 4 and 5 look for pass. If no pass to 4 and 5 then they rebound.

Half court sets

4 Up
Half-Court Sets

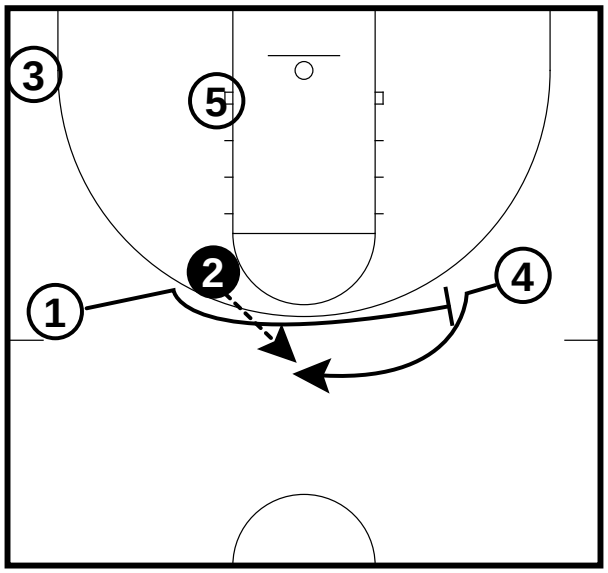
Frame 1



1 dribbles to the wing. 2 comes up the lane off brush screen and receives pass from 1. 3 clears to corner.

4 Up
Half-Court Sets

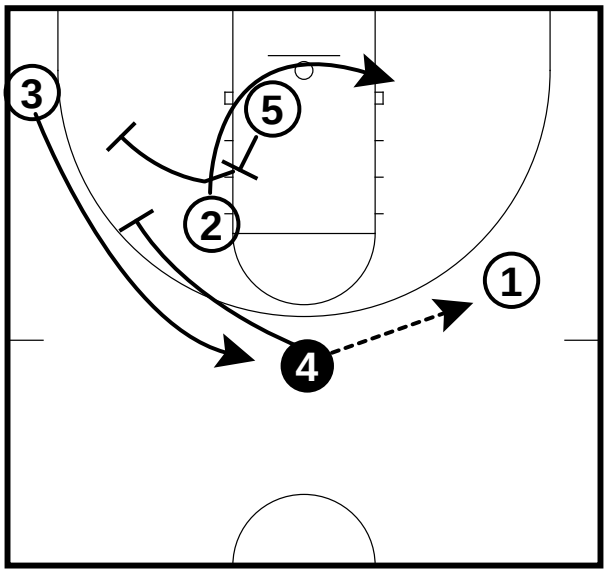
Frame 2



1 goes to 2 for handoff and if doesn't receive it then screens 4. 2 passes to 4.

4 Up
Half-Court Sets

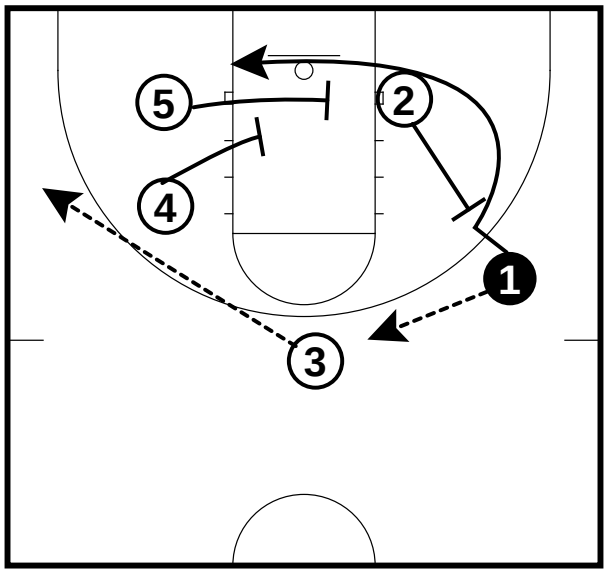
Frame 3



5 backscreens 2 and then screens for 3. 4 passes to 1 and screens for 3. 3 comes off double staggered screen to top of key.

4 Up
Half-Court Sets

Frame 4



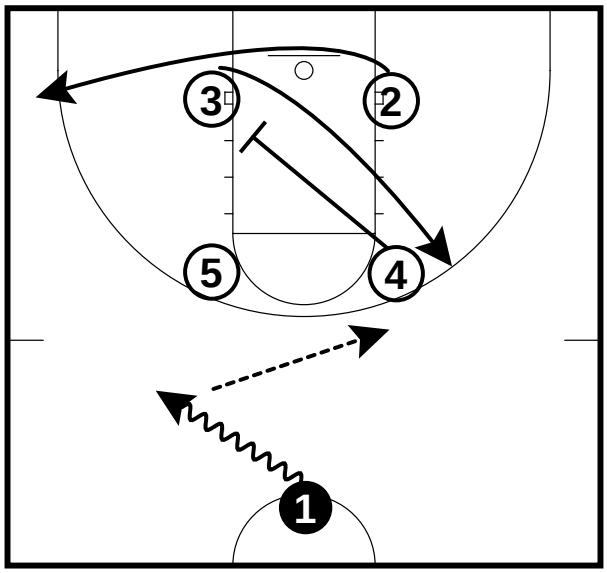
1 passes to 3. 2 backscreens for 1. 4 and 5 set double staggered screens for 1.

Half court sets

43 Slash

Half-Court Sets - shot clock action

Frame 1

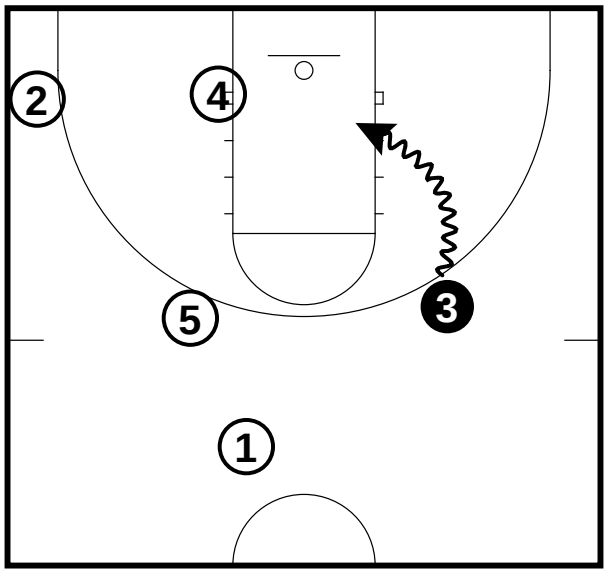


1 dribbles hard to the left. 2 sprints to corner. 4 diagonal screens for 3. 1 passes to 3.

43 Slash

Half-Court Sets - shot clock action

Frame 2



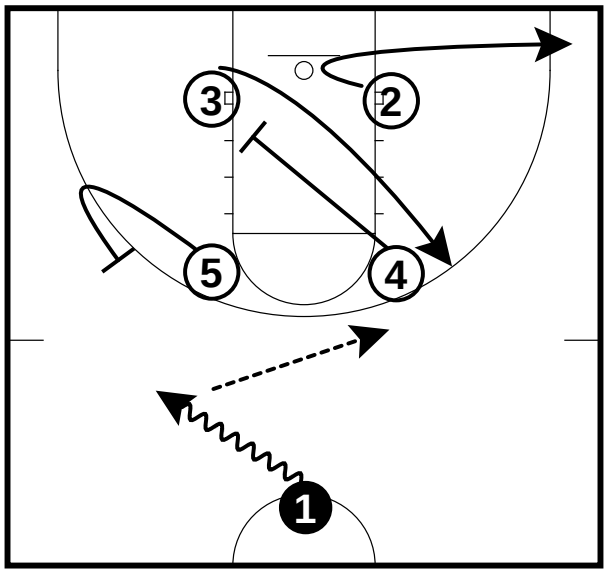
3 has isolation drive with shot clock running down.

Half court sets

43 Open

Half-Court Sets - shot clock action

Frame 1

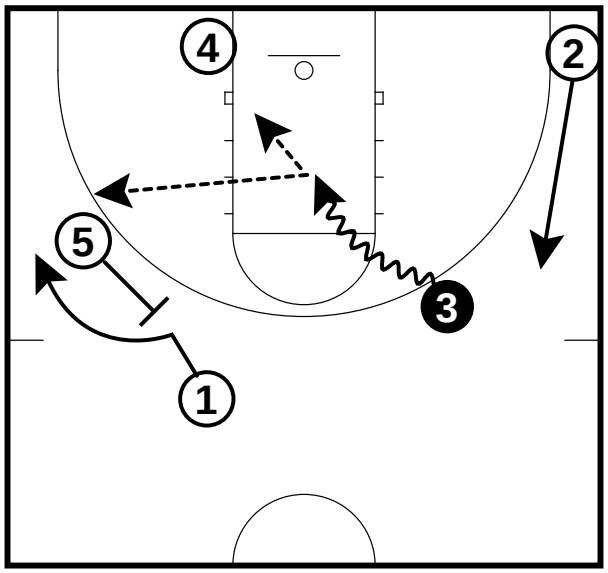


1 dribbles hard left. 2 fakes to corner and sprints to right corner. 4 diagonal screens for 3. 1 passes to 3.

43 Open

Half-Court Sets - shot clock action

Frame 2



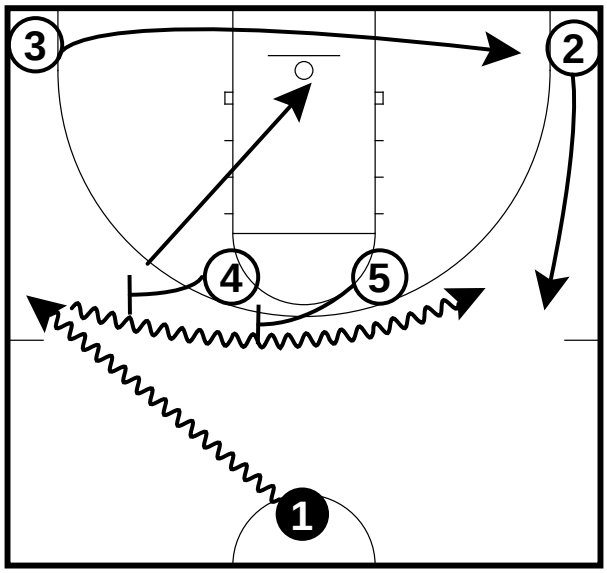
5 sets a flare screen for 1. 4 drops to alley. 3 looks for drive and kick game. 2 come up behind 3.

Half court sets

45 Up

Half-Court Sets - Isolation for 4 man

Frame 1

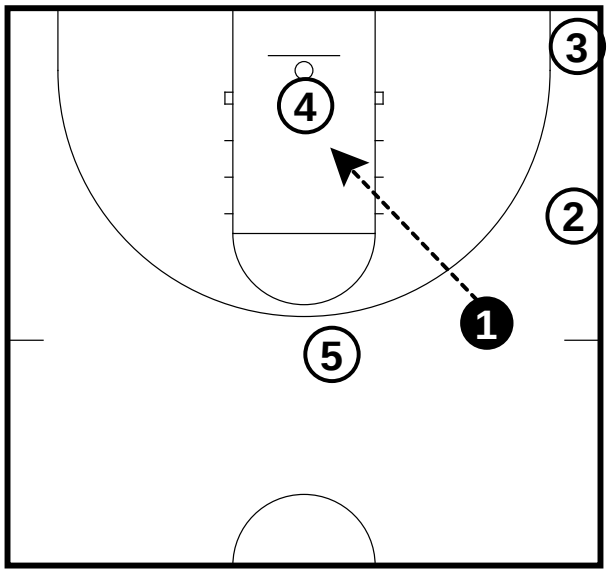


1 drags ball and comes off of 4 and 5 staggered ballscreens. 4 rolls after screen. 3 clears to corner. 2 comes up.

45 Up

Half-Court Sets - Isolation for 4 man

Frame 2



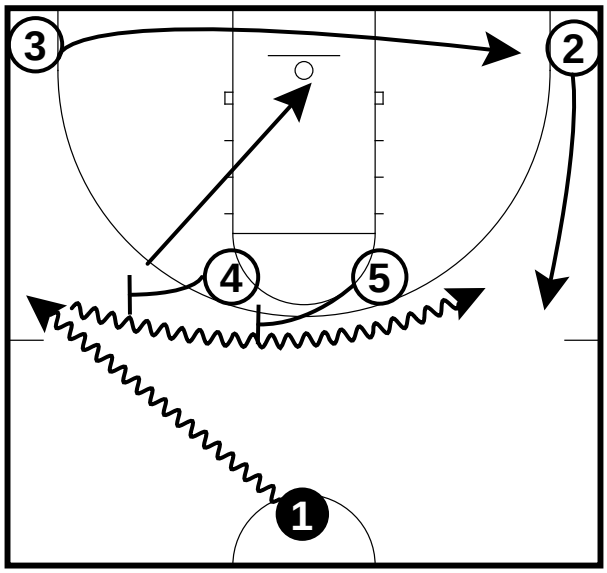
4rolls to basket for isolation. 5 pops out. 2 and 3 space out. 1 passes to 4 for isolation.

Half court sets

46

Half-Court Sets - Isolation for 4 man: Looking

Frame 1

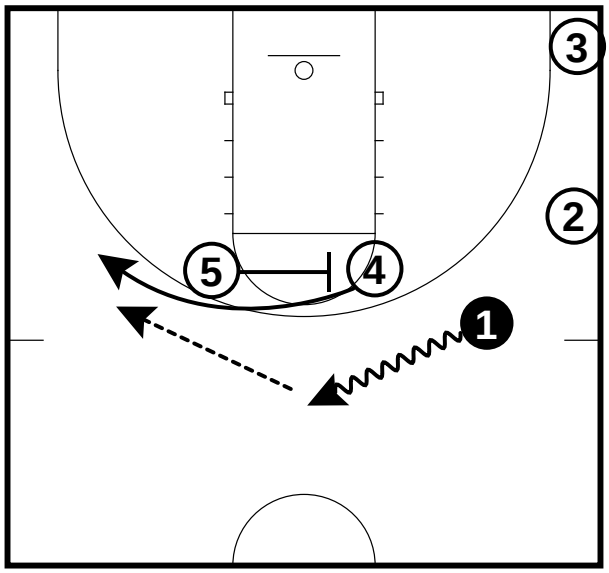


1 drags ball and comes off of 4 and 5 staggered ballscreens. 4 rolls after screen. 3 clears to corner. 2 comes up.

46

Half-Court Sets - Isolation for 4 man: Looking

Frame 2

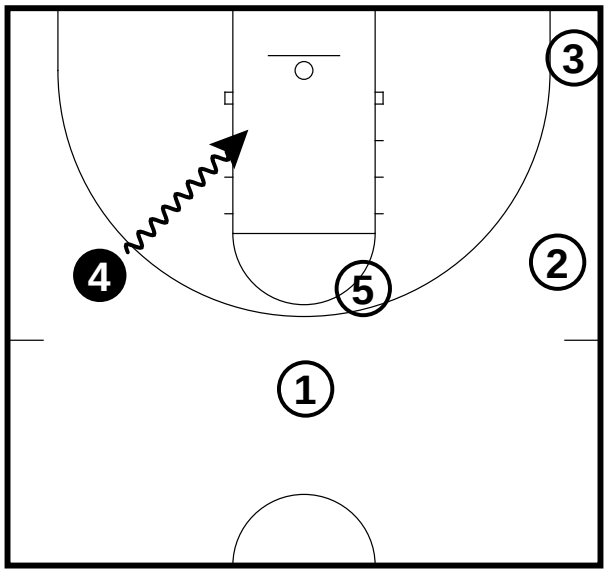


1 clears 4. 5 screens for 4 in screen / screener action. 2 and 3 stay.

46

Half-Court Sets - Isolation for 4 man: Looking

Frame 3



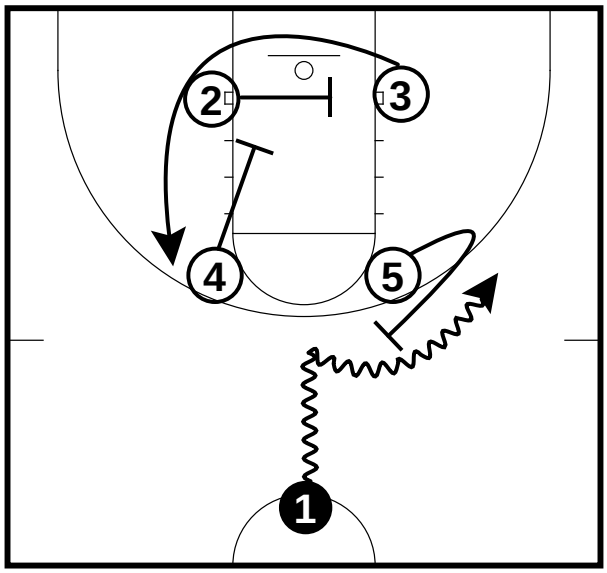
4 looks for jumper or isolation drive.

Half court sets

5 up

Half-Court Sets - Isolation for 5

Frame 1

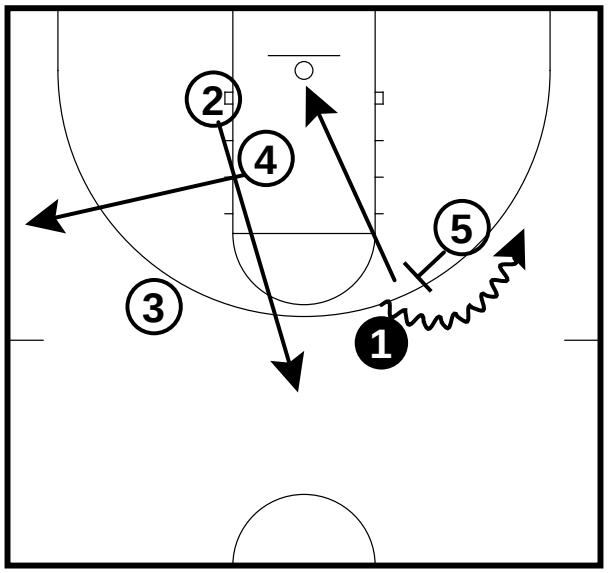


1 dribbles hard and comes off 5 ball screen. 2 sets a cross-screen for 3. 4 downscreens for 3. 3 comes up the lane.

5 up

Half-Court Sets - Isolation for 5

Frame 2

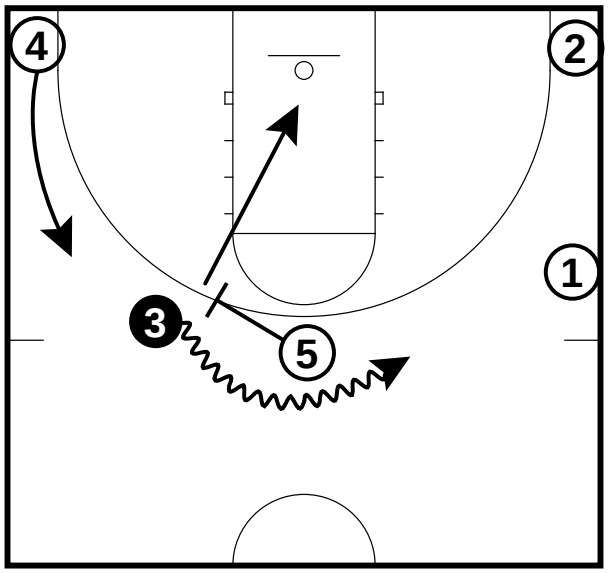


1 comes off 5 ballscreen. 5 rolls after 1 comes off ballscreen. 4 spaces out to right wing. 2 comes up to top of key. 3 stays.

5 up

Half-Court Sets - Isolation for 5

Frame 3



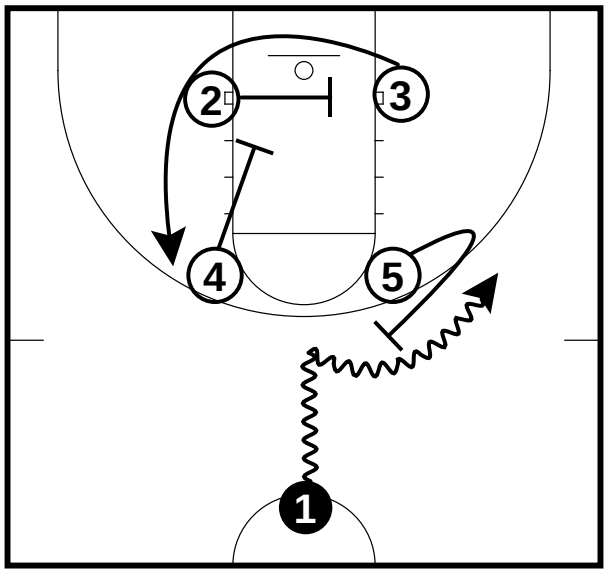
5 sets a ballscreen and then rolls when 3 comes off screen. 4 slides up. 1 and 2 space out.

Half court sets

5 down

Half-Court Sets - Isolation for 5

Frame 1

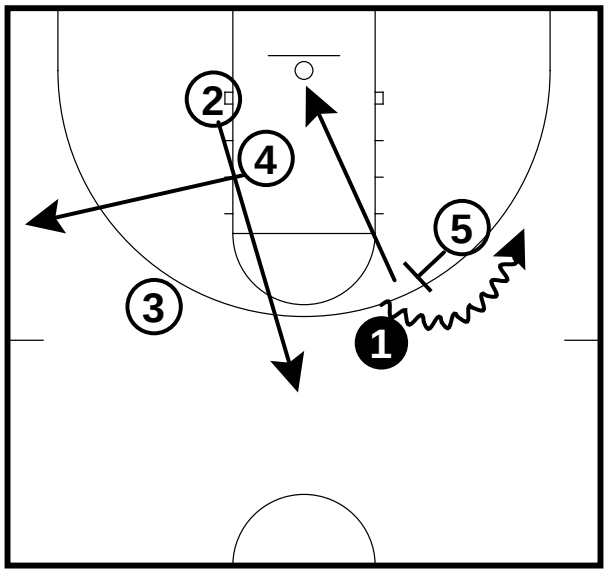


1 dribbles hard and comes off 5 ball screen. 2 sets a cross-screen for 3. 4 downscreens for 3. 3 comes up the lane.

5 down

Half-Court Sets - Isolation for 5

Frame 2



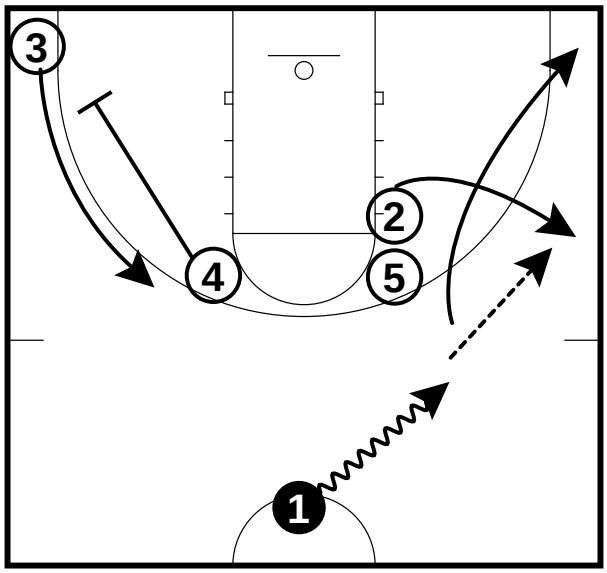
1 comes off 5 ballscreen. 5 rolls after 1 comes off ballscreen. 4 spaces out to right wing. 2 comes up to top of key. 3 stays.

Half court sets

52 Wide

Half-Court Sets

Frame 1

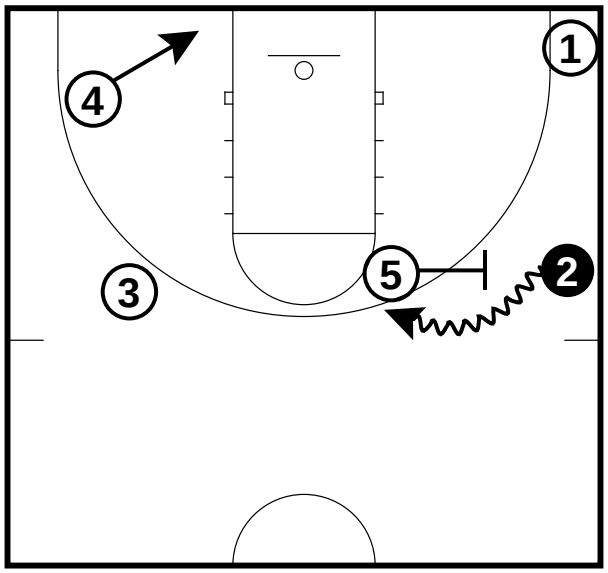


1 passes to 2 and cuts to the corner. 4 sets a wide screen for 3.

52 Wide

Half-Court Sets

Frame 2

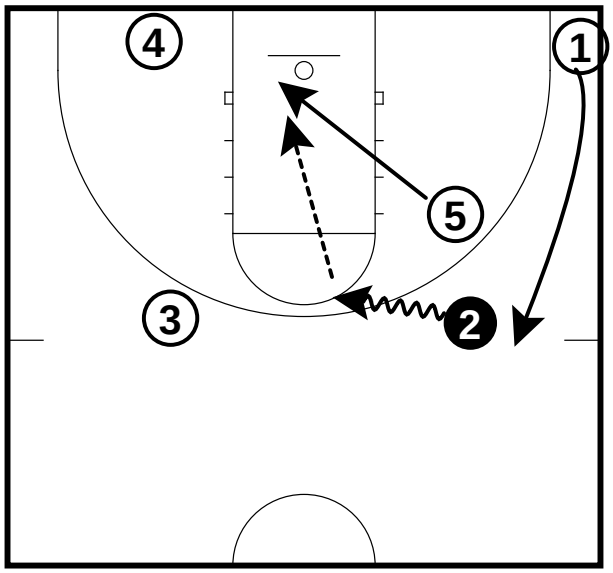


5 sets a ballscreen for 2. 3 and 4 space out. 1 stays.

52 Wide

Half-Court Sets

Frame 3



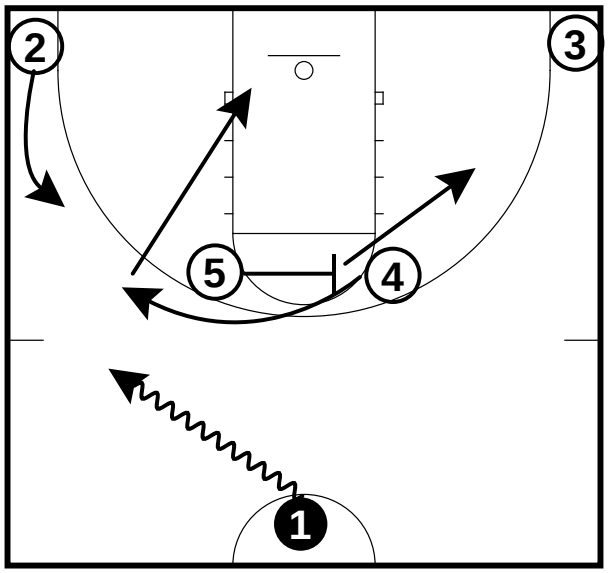
2 uses 5 ballscreen. 5 rolls to the basket. 2 can drive for shot or hit 5 on roll. 1 slides behind 2.

Half court sets

53 Dive

Half-Court Sets

Frame 1

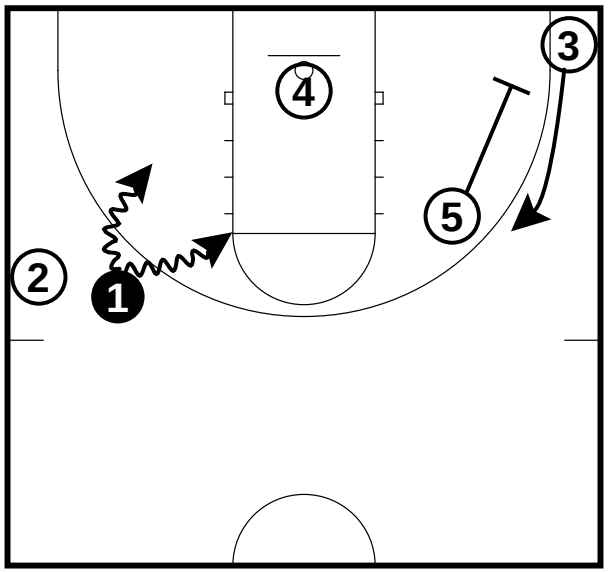


1 drags ball to left side. 5 cross-screens for 4. 4 sprints off screen and looks to set fake ball screen for 1 and slips it. 5 goes to wide screen for 3.

53 Dive

Half-Court Sets

Frame 2

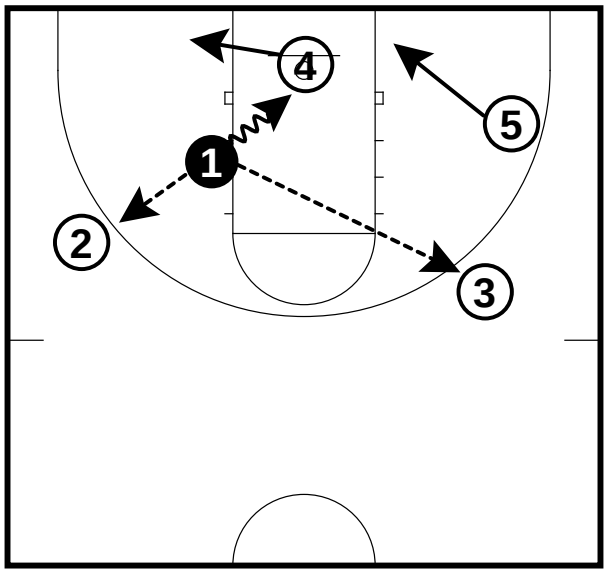


1 attacks or looks for 4 slip.. 1 looks for 3 off wide screen. 2 slide up behind 1.

53 Dive

Half-Court Sets

Frame 3



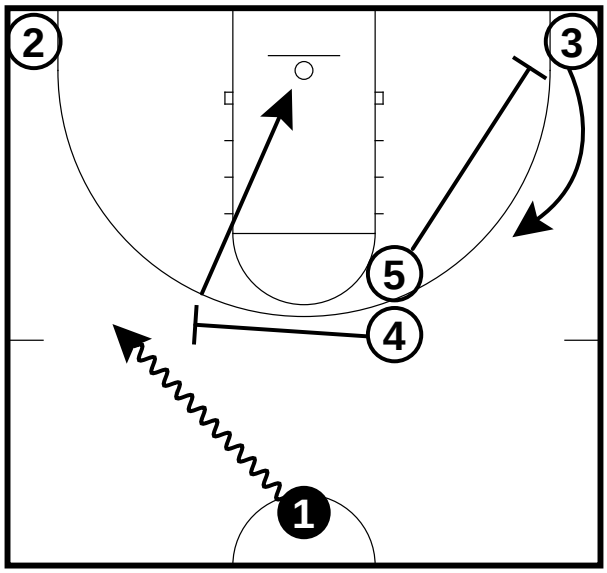
1 passes to drive and kick to 2 or 3. 1 can also look to score or drop off to 4 or 5 in the alley.

Half court sets

53 stack

Half-Court Sets - Play is slow developing

Frame 1

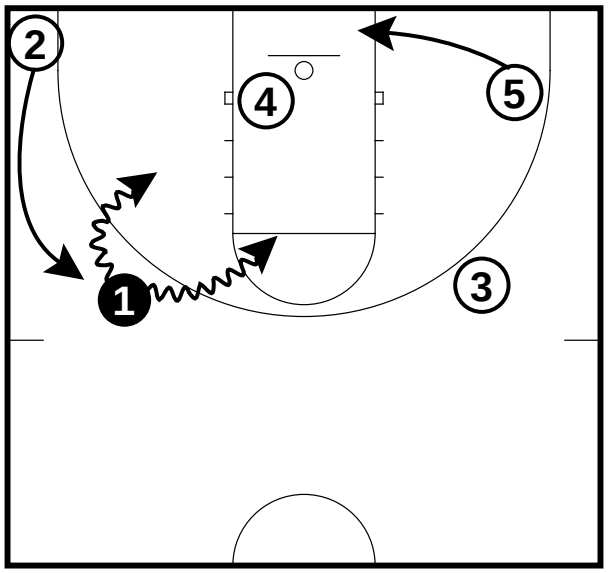


1 drags ball to left wing. 4 sprints out to screen 1 and slips it. 5 sets a wide screen for 3.

53 stack

Half-Court Sets - Play is slow developing

Frame 2

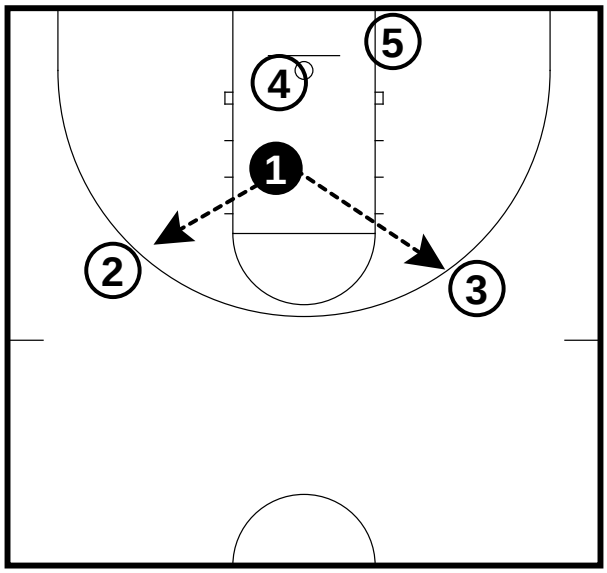


1 attacks the rim. 2 slides behind 1. 3 takes to the slot. 5 slips to the alley.

53 stack

Half-Court Sets - Play is slow developing

Frame 3

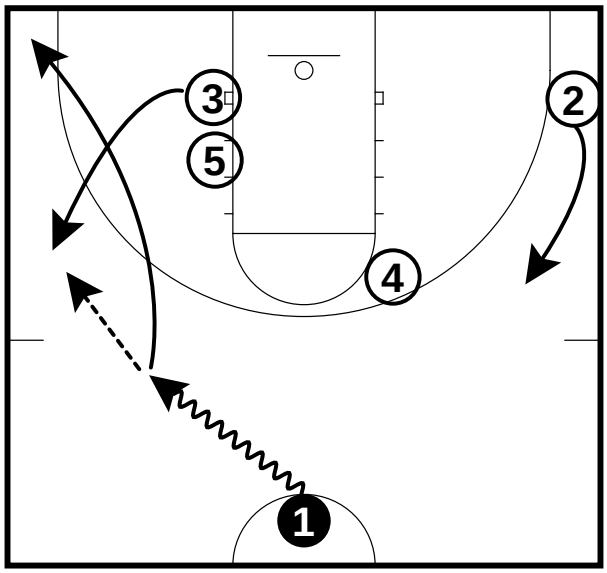


1 throws back to 2 or hits 3 in the slot. 1 can pull up or drop off to 4 or 5

Half court sets

53 Motion
Half-Court Sets

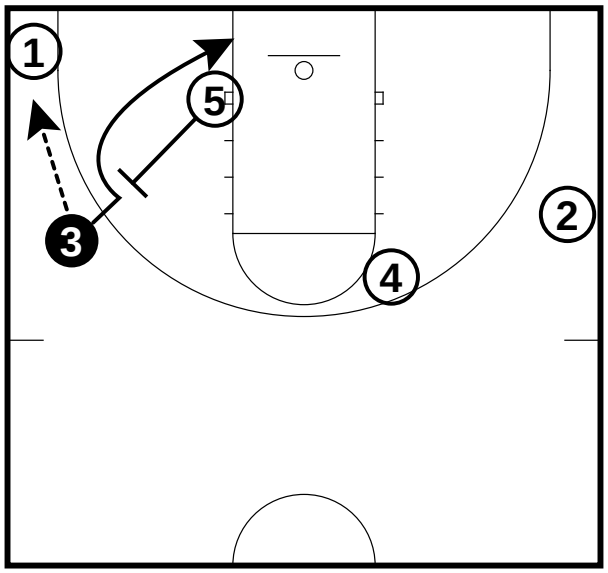
Frame 1



1 drags to the left wing and passes to 3. 1 cuts to the corner. 2 slides up to the slot.

53 Motion
Half-Court Sets

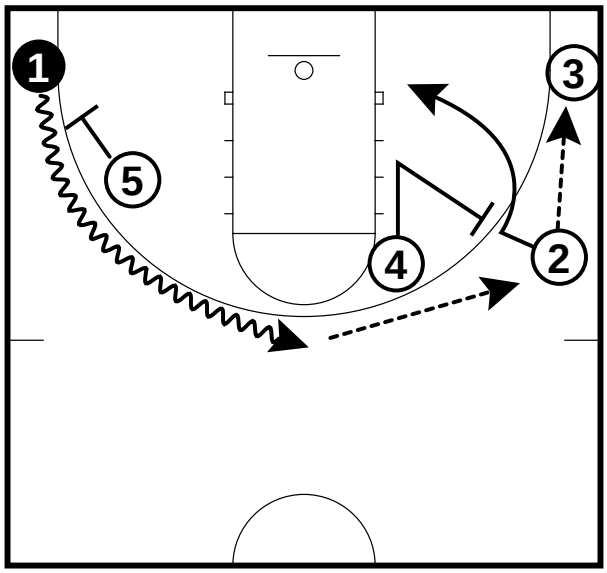
Frame 2



3 passes to 1 and receives a backscreen from 5 for a shuffle cut.

53 Motion
Half-Court Sets

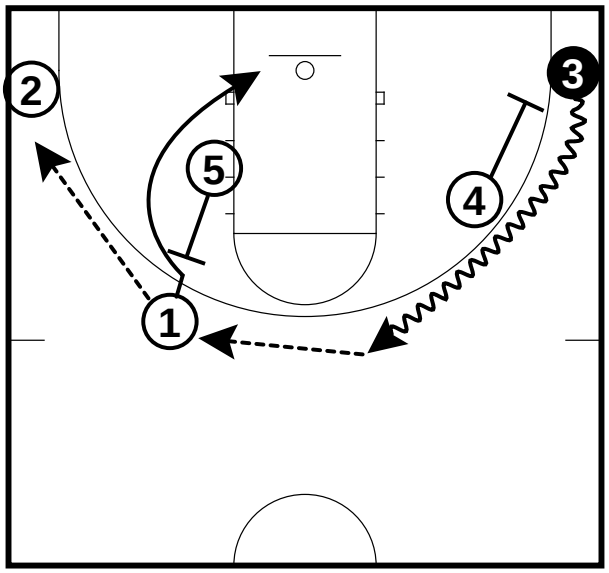
Frame 3



5 downscreens 1 after the shuffle cut of 3. 3 goes to the other corner. 1 comes off downscreen to top of key and passes to 2. 2 passes to 3 and receives backscreen. from 4

53 Motion
Half-Court Sets

Frame 4



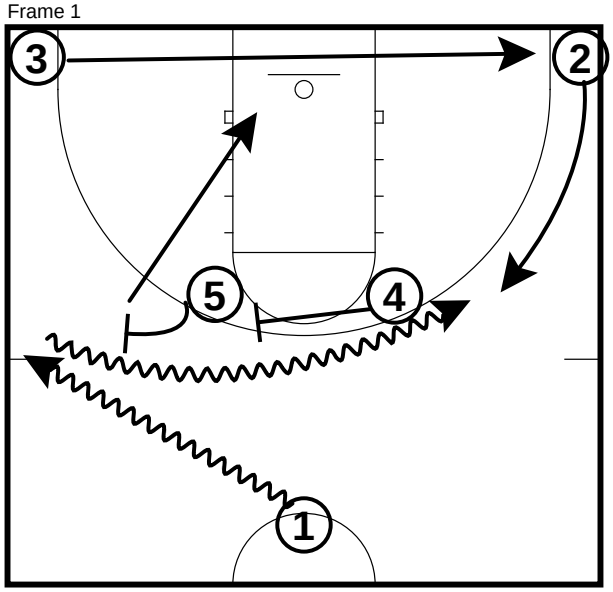
3 receives ballscreen from 4. 3 passes to 1. 1 passes to 2. 1 gets a backscreen for shuffle cut from 5.

Half court sets

54 up

Half-Court Sets

Frame 1

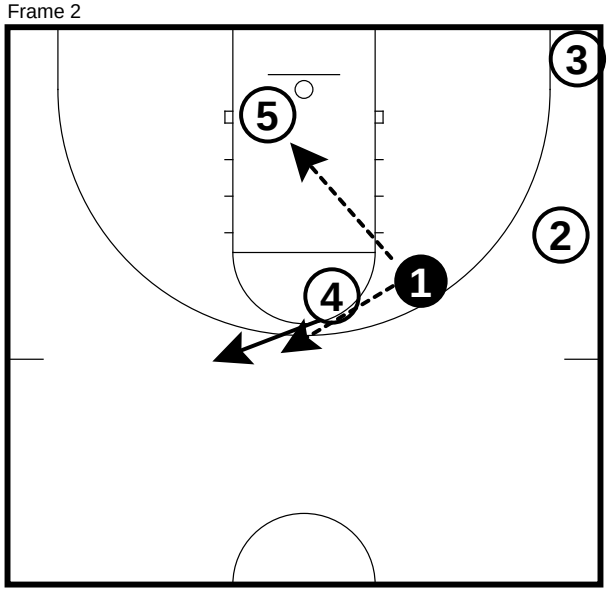


1 drags ball and comes off 4 and 5 staggered ballscreen. 3 clears to other corner. 2 slides up.

54 up

Half-Court Sets

Frame 2

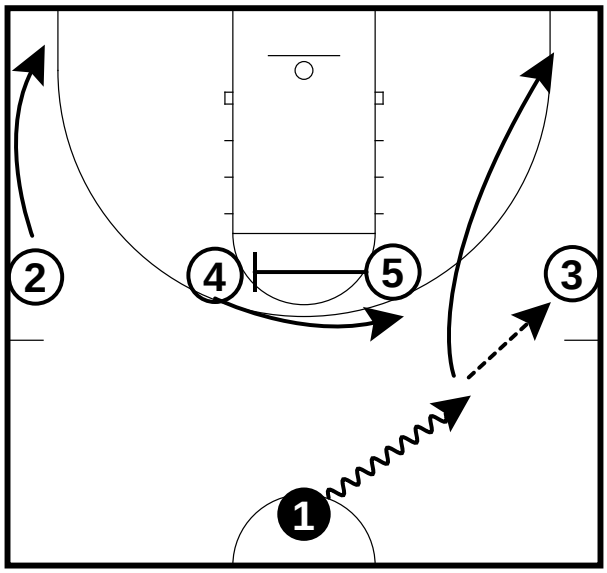


1 come off ballscreen and look for 5 on the roll or the pop out of 4 for jumper. 2 and 3 space out.

Half court sets

54 Clear
Half-Court Sets

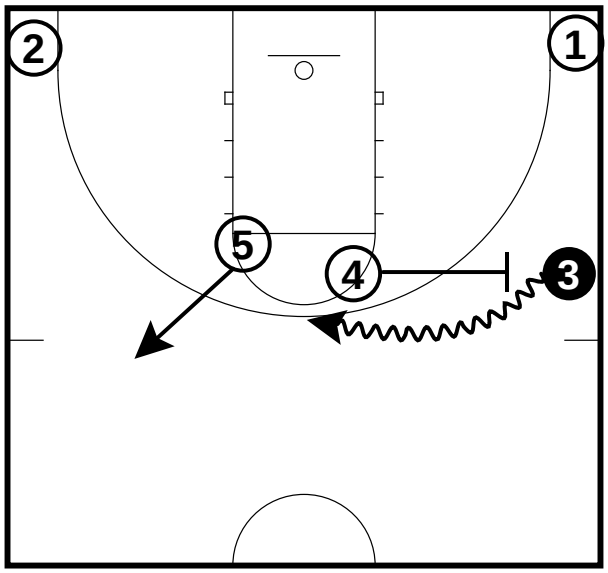
Frame 1



1 hits 3 and cuts to the ballside corner. 5 screens for 4. 2 drifts to corner.

54 Clear
Half-Court Sets

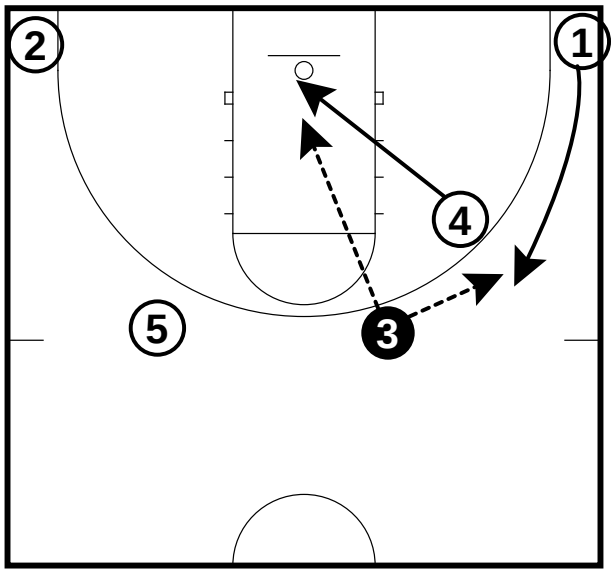
Frame 2



4 sprints out to ballscreen 3. 3 comes off ballscreen. 5 pops out. 1 and 2 stay.

54 Clear
Half-Court Sets

Frame 3



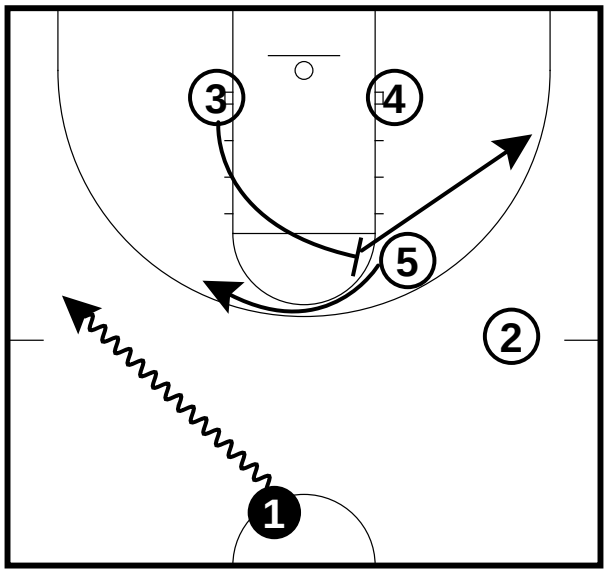
4 rolls to basket after the ballscreen. 1 slides up. 3 can hit 4 or 1 for shot. 2 and 5 space out.

Half court sets

Chicago 4 or 5

Half-Court Sets

Frame 1

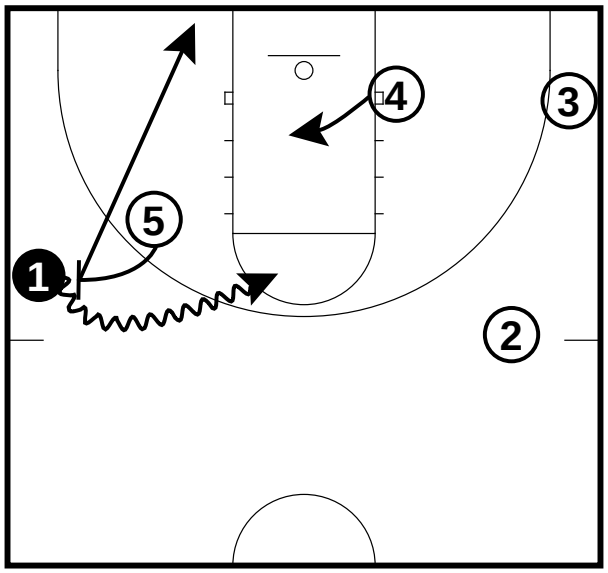


1 dribbles to the left side wing. 3 sets a backscreen for 5 and then sprints to the offside corner. 5 comes off screen and sprints to ballscreen 1.

Chicago 4 or 5

Half-Court Sets

Frame 2



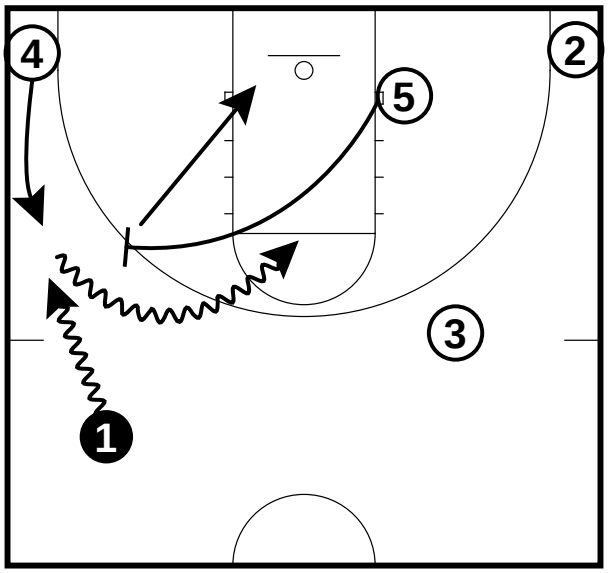
5 ballscreens 1 and rolls to the alley. 1 comes off screen hard and turns into the lane. 4 ducks into lane for post-up.

Half court sets

X action

Half-Court Sets - Backcut and slide up to slot

Frame 1

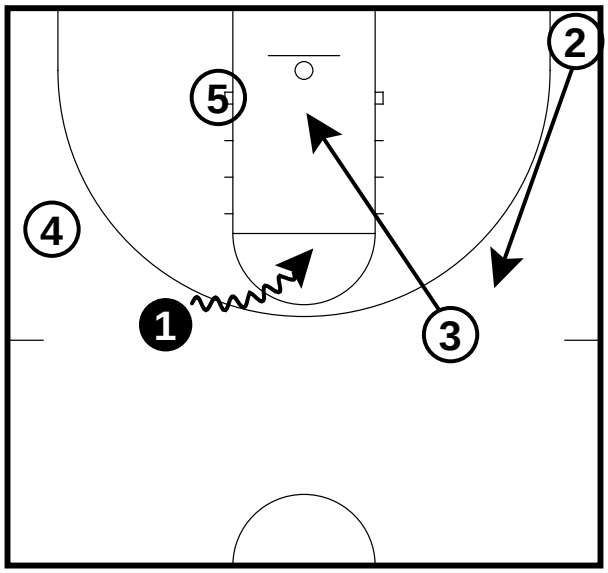


1 comes off of 5 ballscreen. 5 rolls after screen. 1 drives at 3. 4 slides up behind 4.

X action

Half-Court Sets - Backcut and slide up to slot

Frame 2

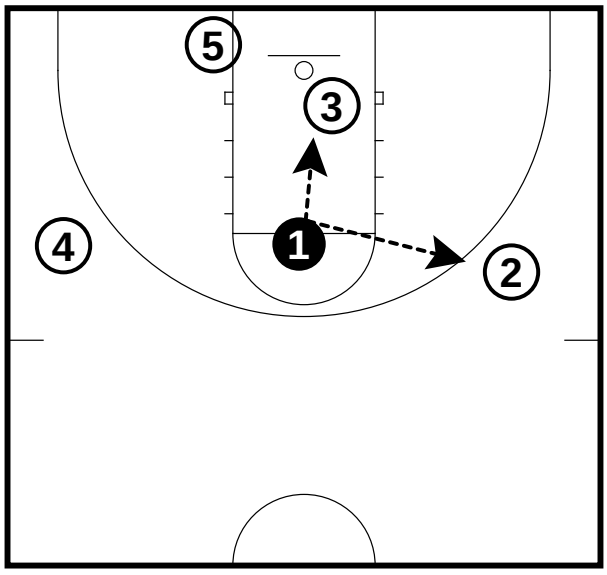


1 drives toward 3 and looks for backcut or 2 sliding up.

X action

Half-Court Sets - Backcut and slide up to slot

Frame 3

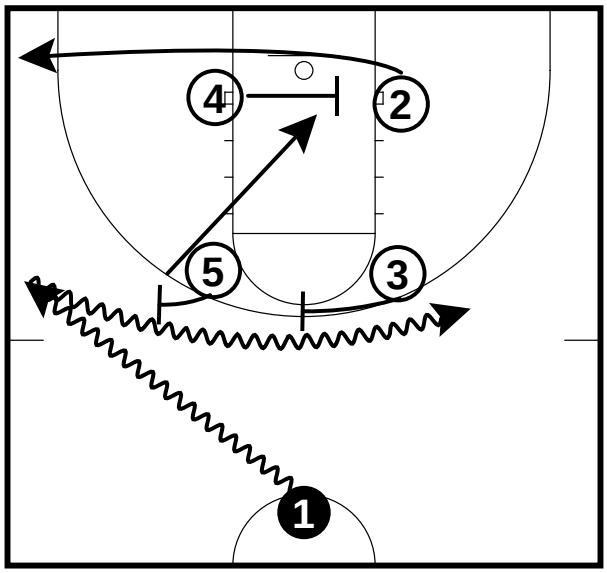


Half court sets

Clear 40

Half-Court Sets - Isolation for 5

Frame 1

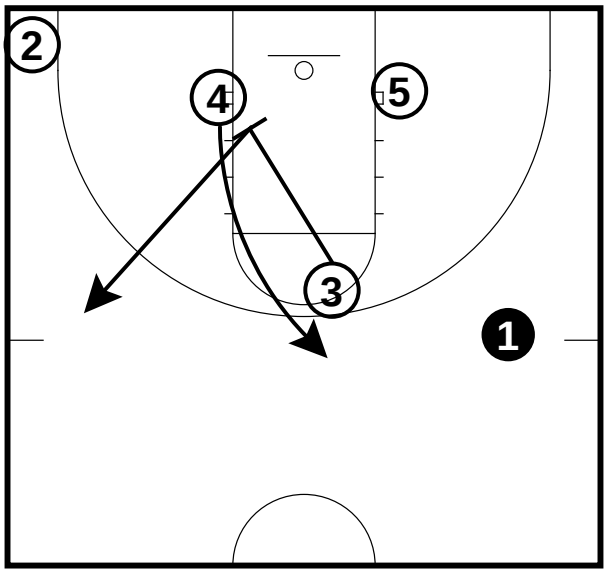


1 dribbles to left side and comes off 5 and 3 staggered cross-screens. 5 rolls as 1 comes off screen. 4 cross-screens 2. 2 clears to offside corner.

Clear 40

Half-Court Sets - Isolation for 5

Frame 2

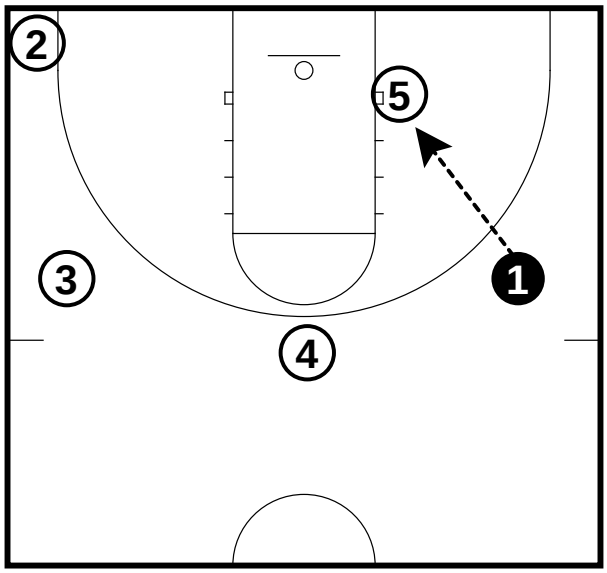


3 diagonal screens down for 4. 3 sprints after 4 passes him out to wing. 4 comes to top of key.

Clear 40

Half-Court Sets - Isolation for 5

Frame 3



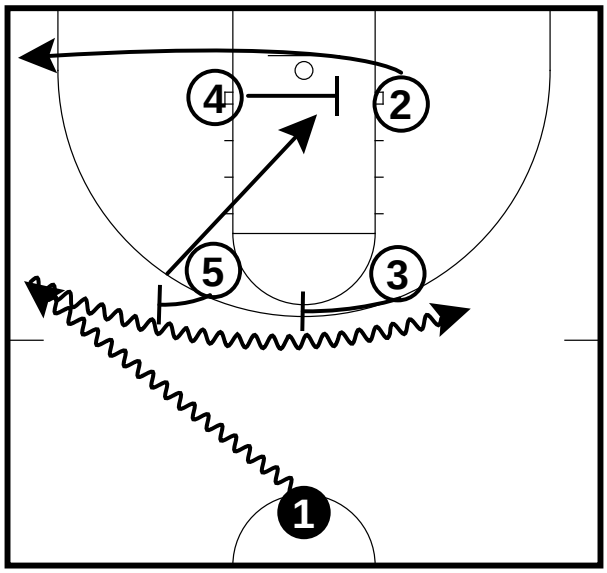
1 passes to 5 on the isolation post-up

Half court sets

Clear 40 Hold

Half-Court Sets

Frame 1

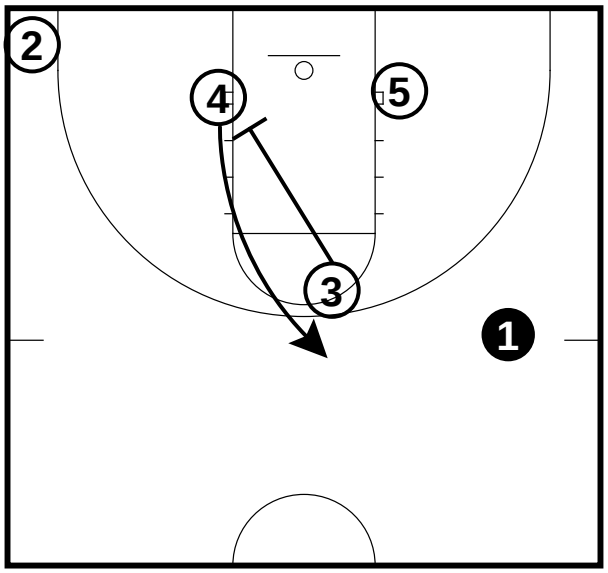


1 dribbles to left side and comes off 5 and 3 staggered cross-screens. 5 rolls as 1 comes off screen. 4 cross-screens 2. 2 clears to offside corner.

Clear 40 Hold

Half-Court Sets

Frame 2

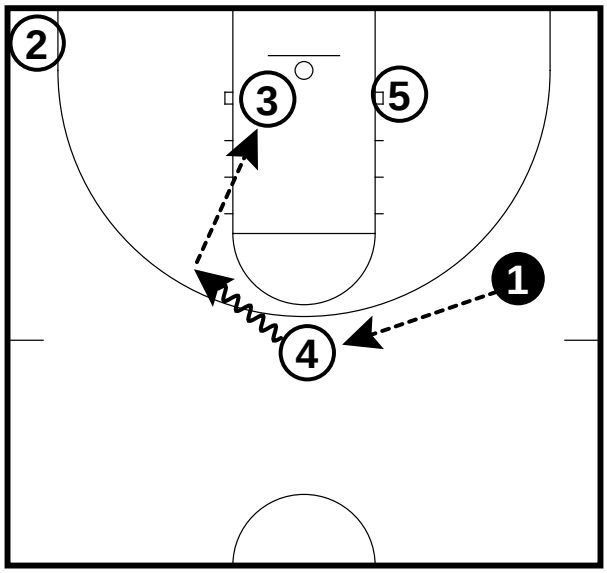


3 diagonal screens down for 4. 4 comes to top of key. 3 holds space.

Clear 40 Hold

Half-Court Sets

Frame 3



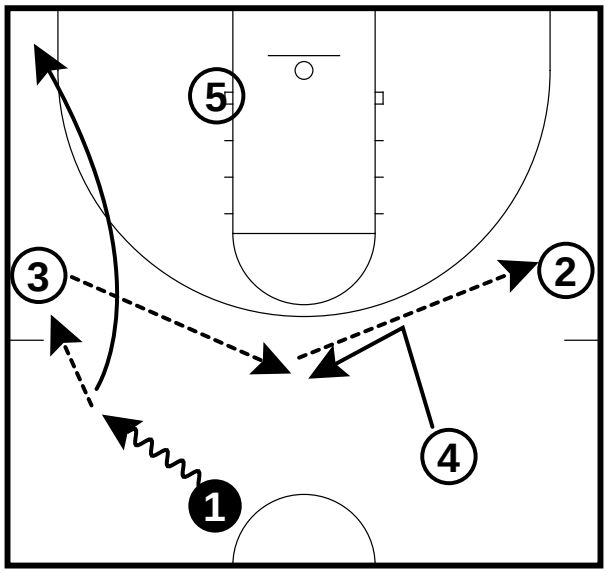
1 passes to 4. 4 dribbles over for angle and hits 3 on a "hold".

Half court sets

Early 4

Half-Court Sets

Frame 1

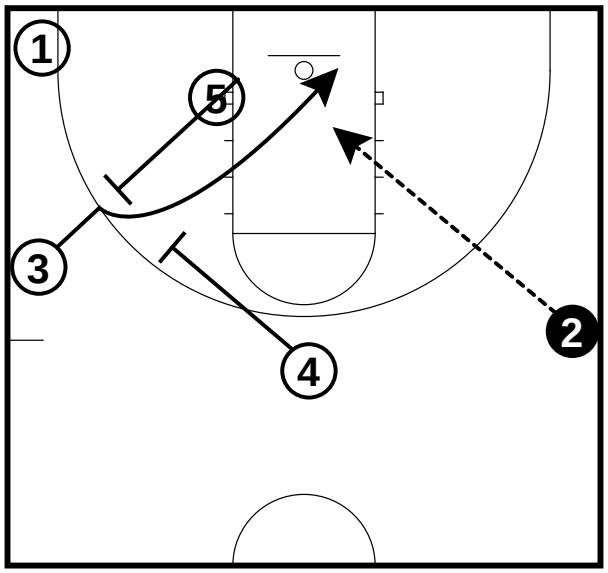


1 dribbles at 3 and passes to 3. 1 cuts to ballside corner. 4 take two steps and v-cuts. 3 reverses ball to 4 and 4 passes to 2.

Early 4

Half-Court Sets

Frame 2

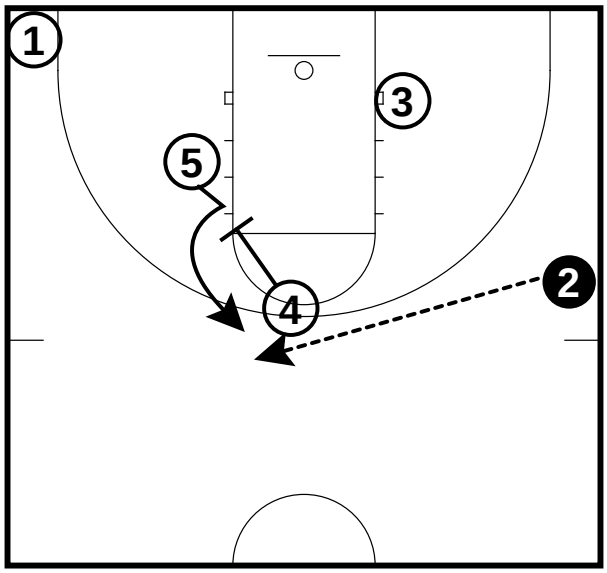


5 sets a backscreen for 3. 3 comes off screen to the basket. 4 downscreens for 5. 2 has the option to pass to 3.

Early 4

Half-Court Sets

Frame 3



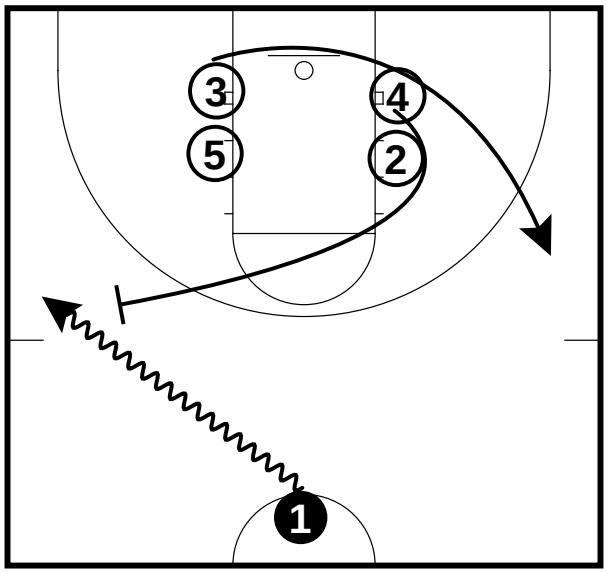
2 has the option to pass to 5 for shot.

Half court sets

Gator Reverse

Half-Court Sets

Frame 1

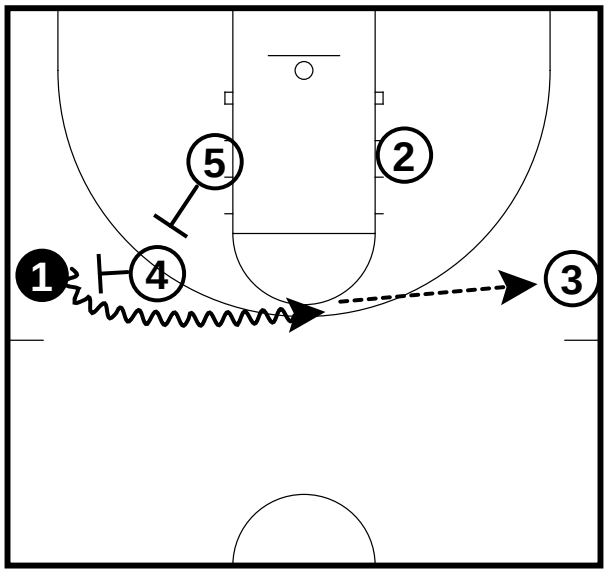


4 sprints out to ball screen for 1. 3 clears to opposite wing.

Gator Reverse

Half-Court Sets

Frame 2

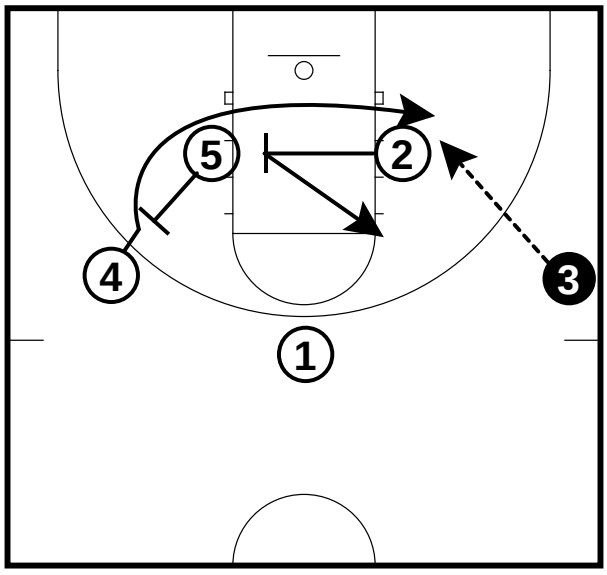


1 comes off the 4 ballscreen and reverses ball to 3.

Gator Reverse

Half-Court Sets

Frame 3



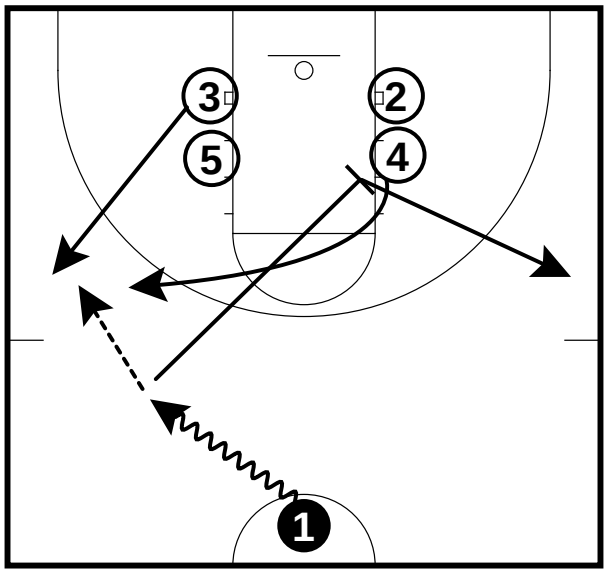
5 backscreens for 4. 4 comes off backscreen from 5 and cross-screen from 2. 3 can pass to 4 or 2 on setback.

Half court sets

Heat

Half-Court Sets

Frame 1

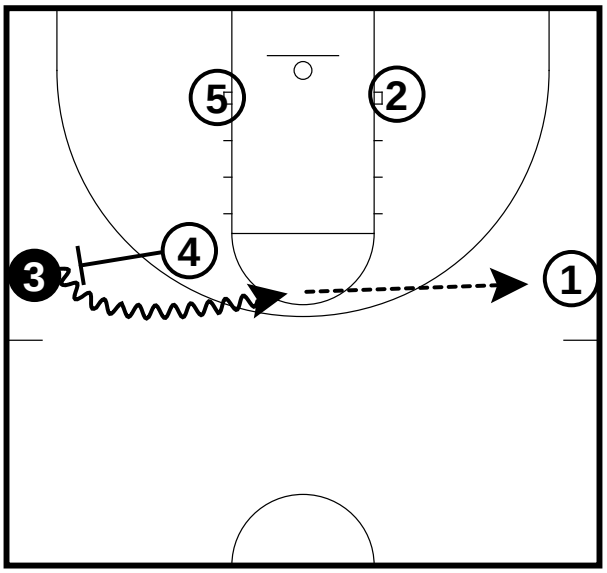


1 passes to 3 and downscreens for 4 and then releases. 4 comes off downscreen.

Heat

Half-Court Sets

Frame 2

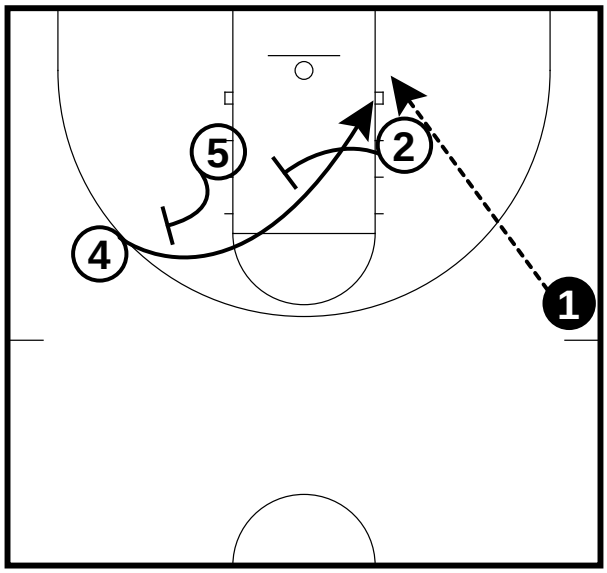


3 comes off 4 ballscreen and reverses ball to 1.

Heat

Half-Court Sets

Frame 3



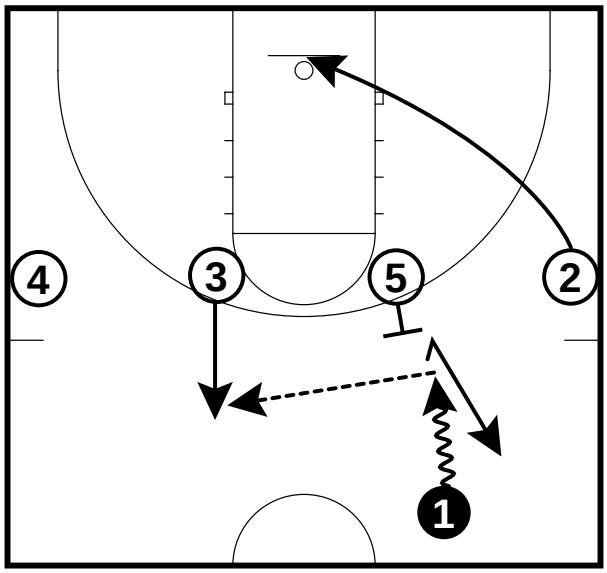
5 and 2 set a staggered screen for 4. 4 comes off screen to the block for shot.

Half court sets

Indy

Half-Court Sets

Frame 1

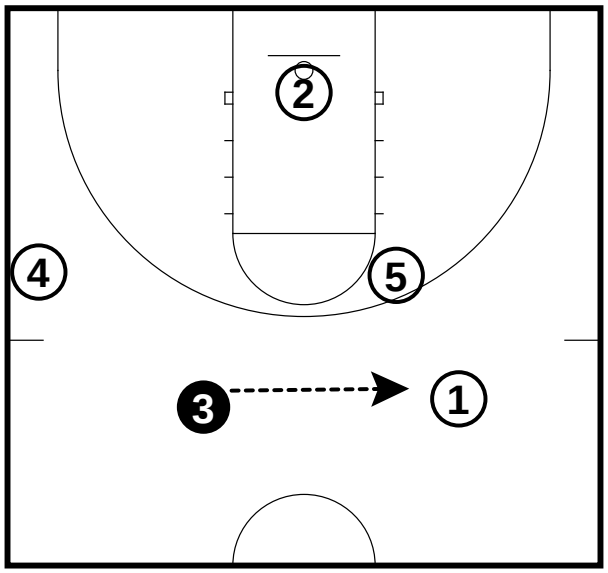


1 dribbles to 5 and passes to 3. 5 backscreens for 3. 2 makes a basket cut. 1 fakes the the ucla cut and steps back.

Indy

Half-Court Sets

Frame 2

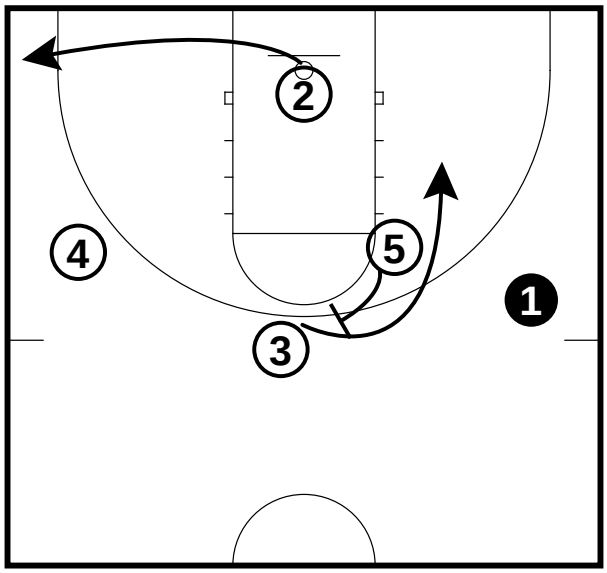


3 passes to 1.

Indy

Half-Court Sets

Frame 3

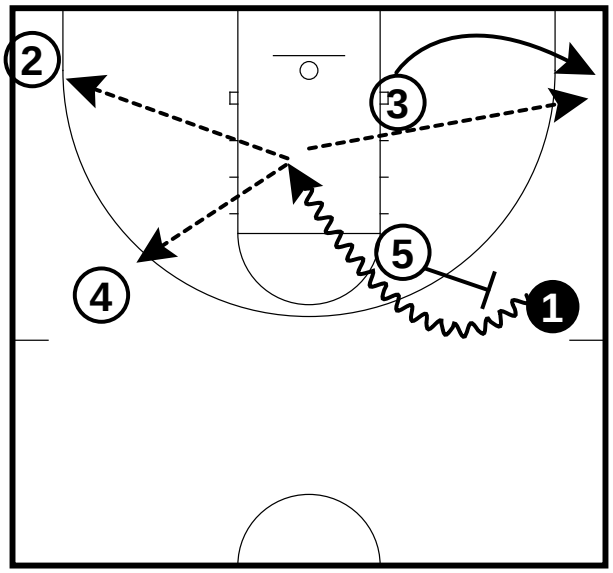


2 clears to the corner. 5 sets backscreen for 3.

Indy

Half-Court Sets

Frame 4



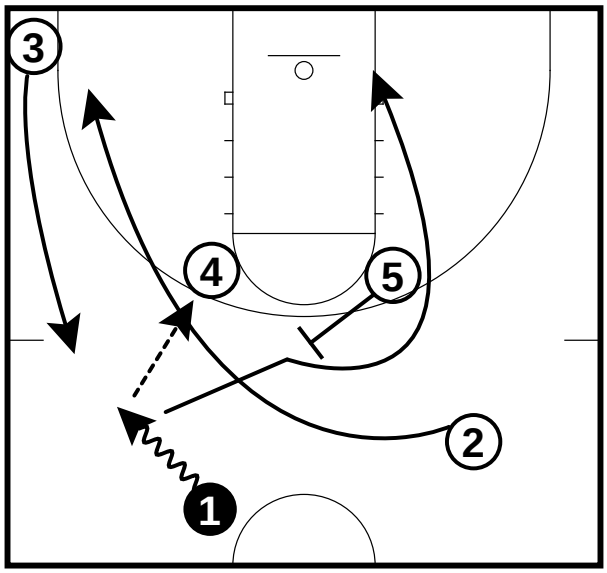
3 clears to the corner. 1 comes off 5 ballscreen and can drive or kick out for three.

Half court sets

Open X

Half-Court Sets

Frame 1

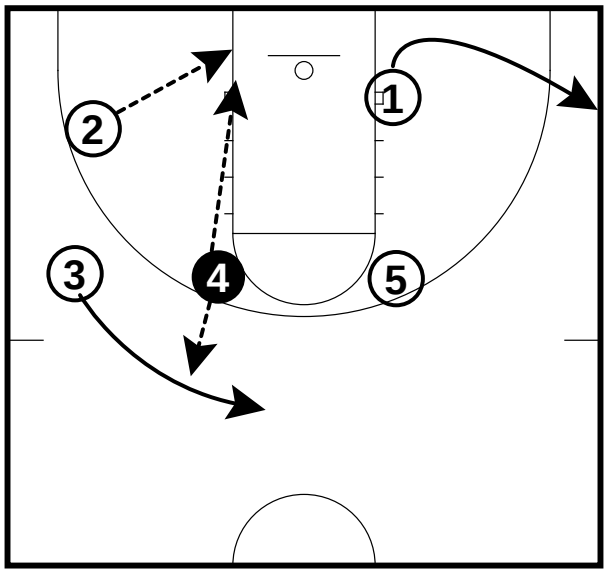


1 dribbles to the left wing and passes to 4 in high post. 1 comes off 5 backscreen for basket cut. 2 comes over the top to fake screen 3. 3 comes off the brush screen.

Open X

Half-Court Sets

Frame 2



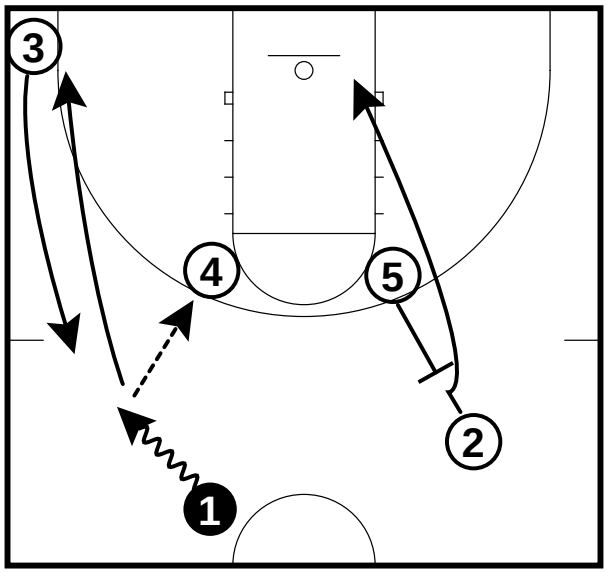
4 looks at 2 for the slip backcut for basket or 3 coming off the top for handoff.

Half court sets

Open

Half-Court Sets

Frame 1

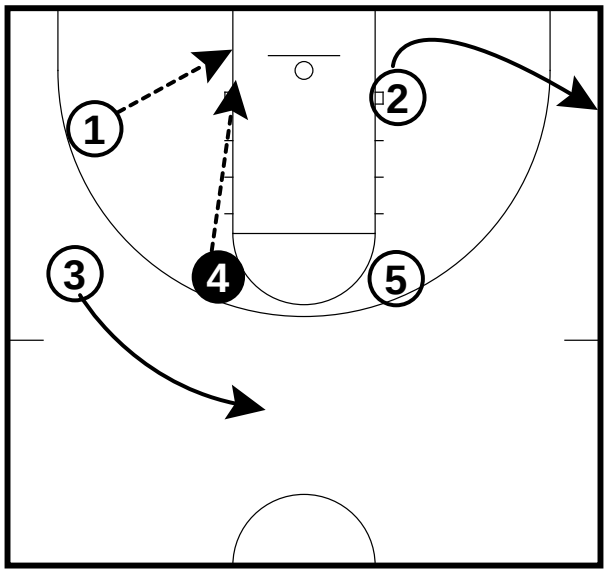


1 dribbles to the left wing and passes to 4 in high post. 1 cuts to the corner for a fake screen. 3 comes off the brush screen. 2 comes off 5 backscreen using a ucla cut.

Open

Half-Court Sets

Frame 2



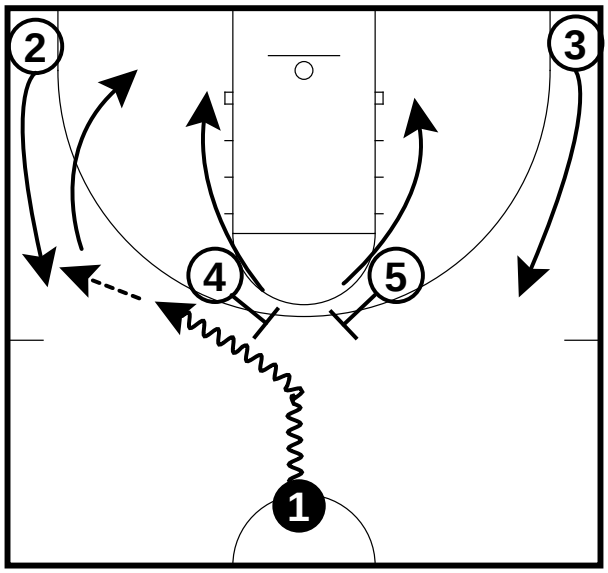
4 looks at 1 for the slip backcut for basket.

Half court sets

Phoenix

Half-Court Sets

Frame 1

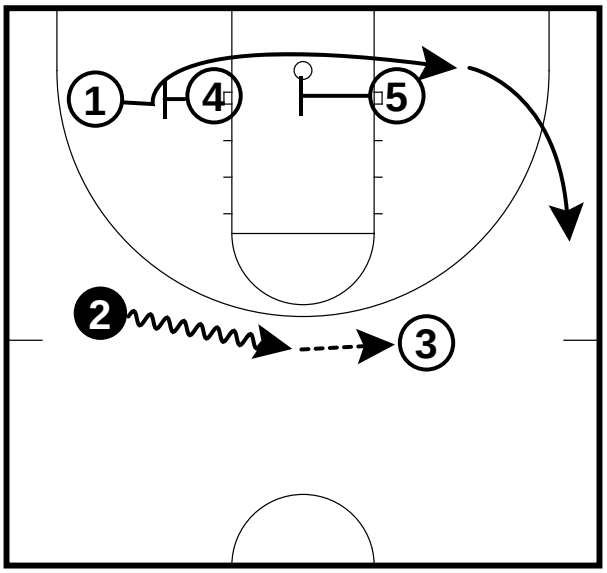


1 dribbles to 4 or 5 for a ballscreen. 2 and 3 slide up the floor. 1 passes to 2 and goes short corner. 4 and 5 roll when 1 passes them.

Phoenix

Half-Court Sets

Frame 2

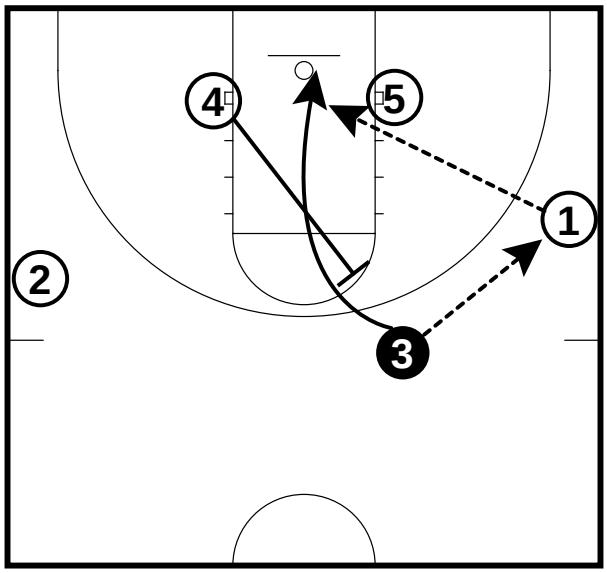


2 dribbles toward 3 and then passes to 3. 1 comes off a cross-screen from 4 and 5. 1 pops to the wing.

Phoenix

Half-Court Sets

Frame 3



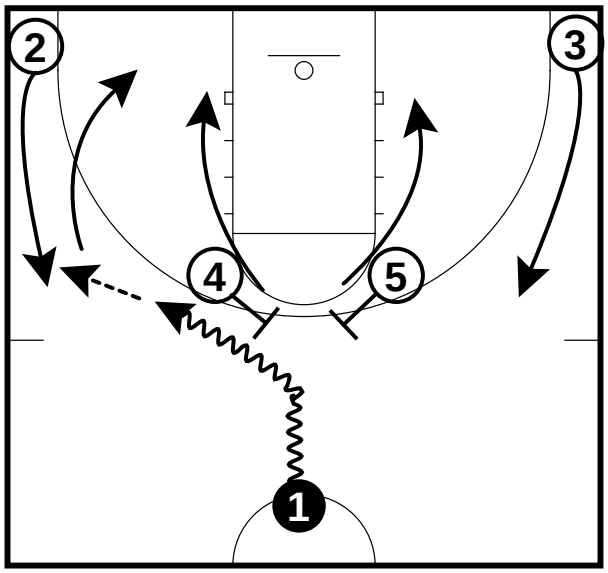
3 passes to 1 on the wing and receive a backscreen from 4 for a lob dunk or layup.

Half court sets

Phoenix Cross

Half-Court Sets

Frame 1

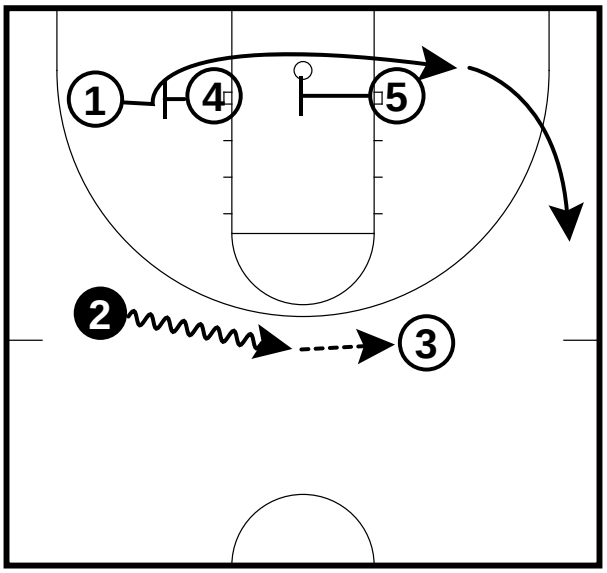


1 dribbles to 4 or 5 for a ballscreen. 2 and 3 slide up the floor. 1 passes to 2 and goes short corner. 4 and 5 roll when 1 passes them.

Phoenix Cross

Half-Court Sets

Frame 2

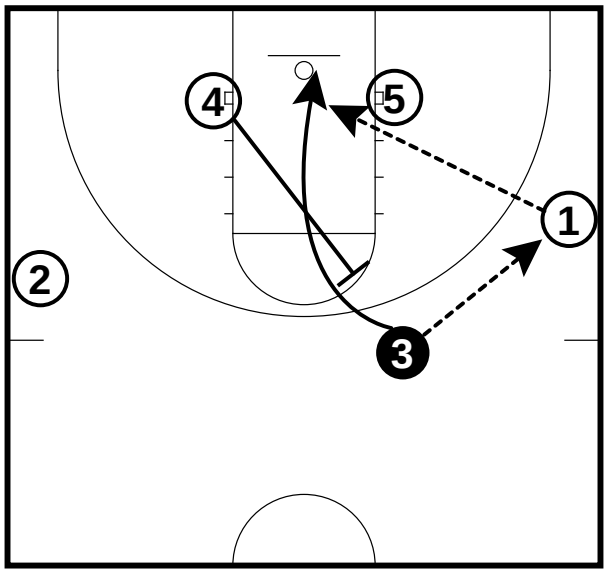


2 dribbles toward 3 and then passes to 3. 1 comes off a cross-screen from 4 and 5. 1 pops to the wing.

Phoenix Cross

Half-Court Sets

Frame 3

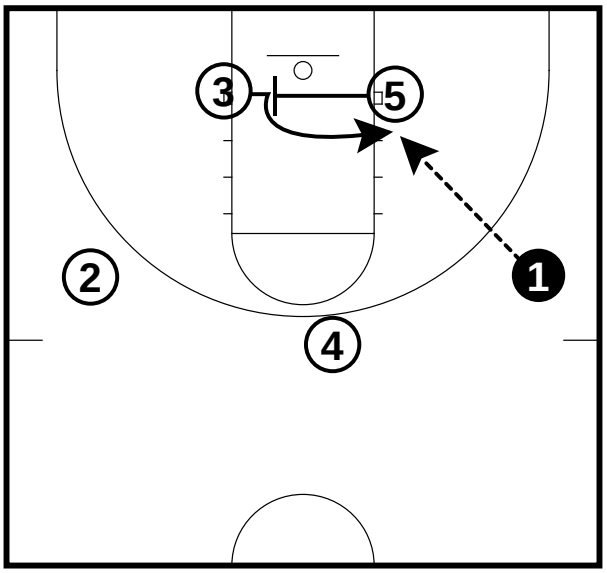


3 passes to 1 on the wing and receive a backscreen from 4 for a lob dunk or layup.

Phoenix Cross

Half-Court Sets

Frame 4



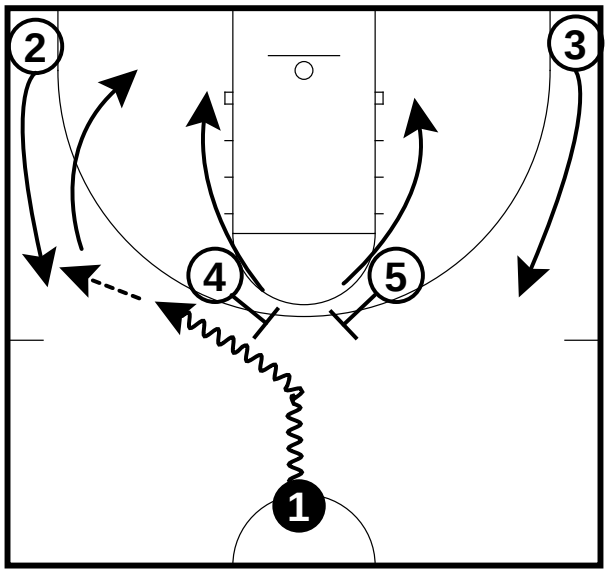
3 receives a cross-screen from 5 and 1 passes to 3 for the score.

Half court sets

Phoenix Set

Half-Court Sets

Frame 1

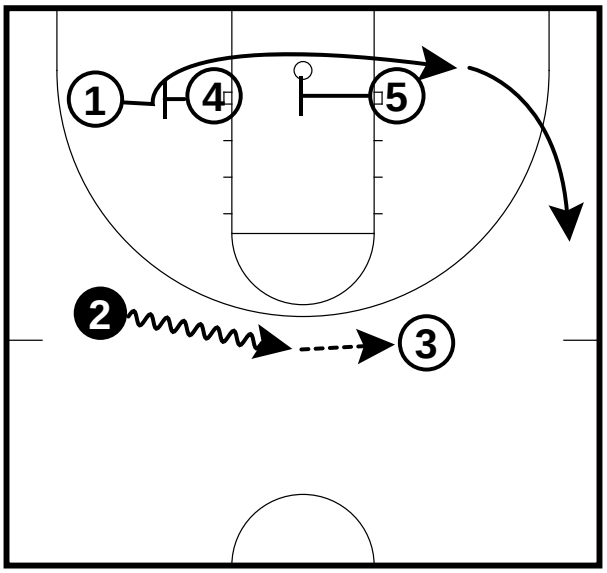


1 dribbles to 4 or 5 for a ballscreen. 2 and 3 slide up the floor. 1 passes to 2 and goes short corner. 4 and 5 roll when 1 passes them.

Phoenix Set

Half-Court Sets

Frame 2

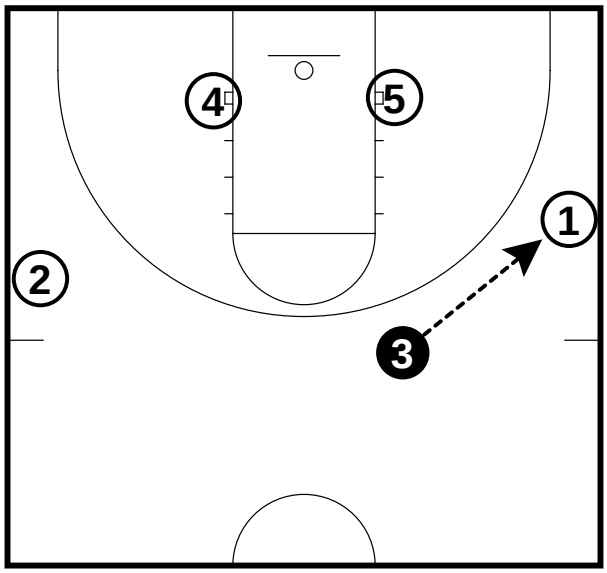


2 dribbles toward 3 and then passes to 3. 1 comes off a cross-screen from 4 and 5. 1 pops to the wing.

Phoenix Set

Half-Court Sets

Frame 3

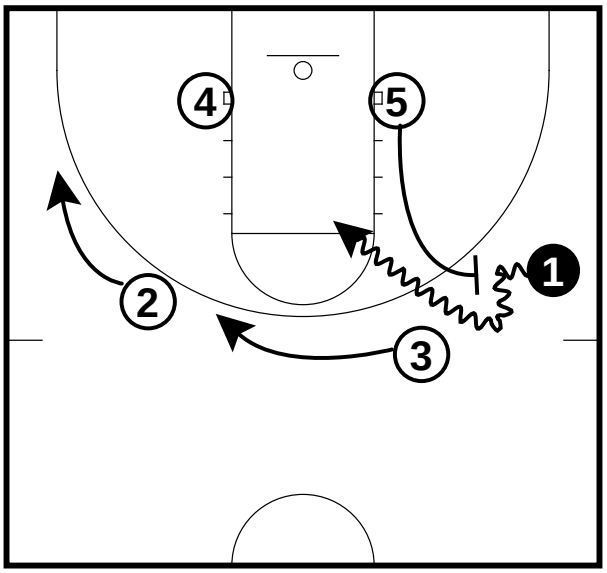


3 passes to 1 on the wing.

Phoenix Set

Half-Court Sets

Frame 4



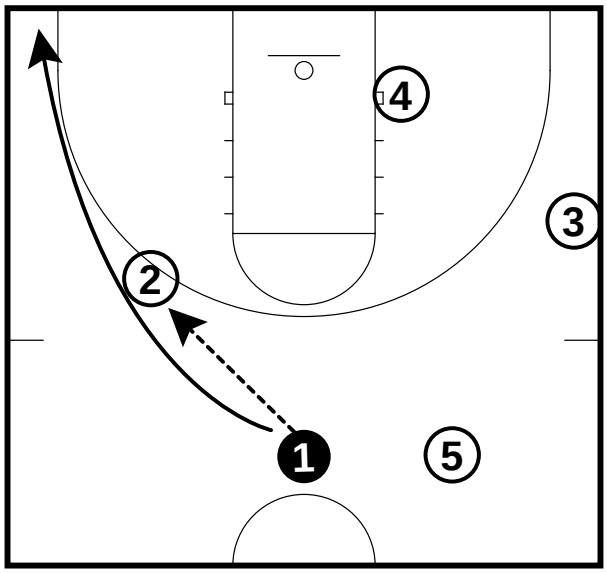
5 sets a ballscreen for 1. 1 drives into the lane looking to score or pass to 4, 2, or 3. 2 and 3 slide over to receive a better angle on the pass.

Half court sets

Pitch

Half-Court Sets

Frame 1

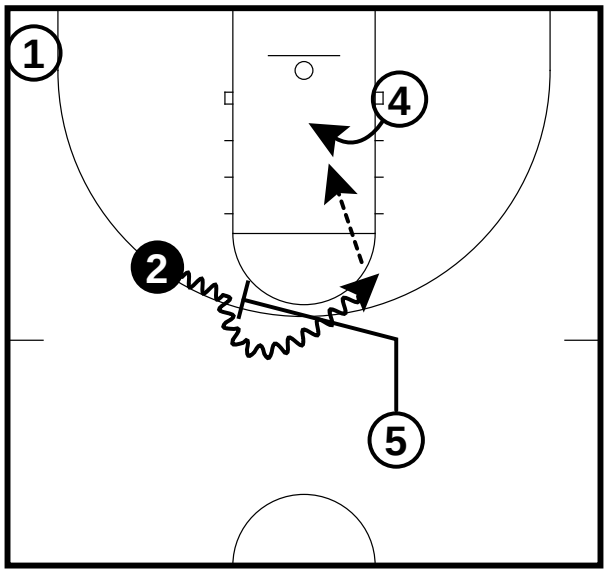


1 passes to 2 and does a brush screen with 2. 2 will either handoff the ball or fake a handoff.

Pitch

Half-Court Sets

Frame 2



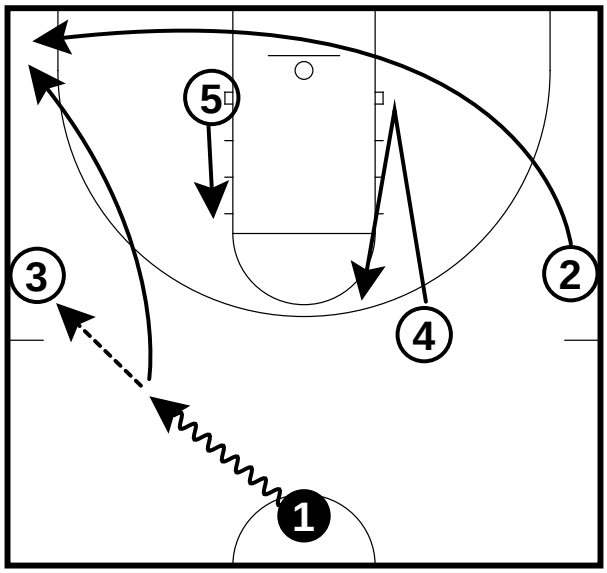
5 will set a ballscreen for 2. 2 dribbles off the ball screen looking for 4 on the isolation. 4 ducks into the midline for postup

Half court sets

Plant 4

Half-Court Sets

Frame 1

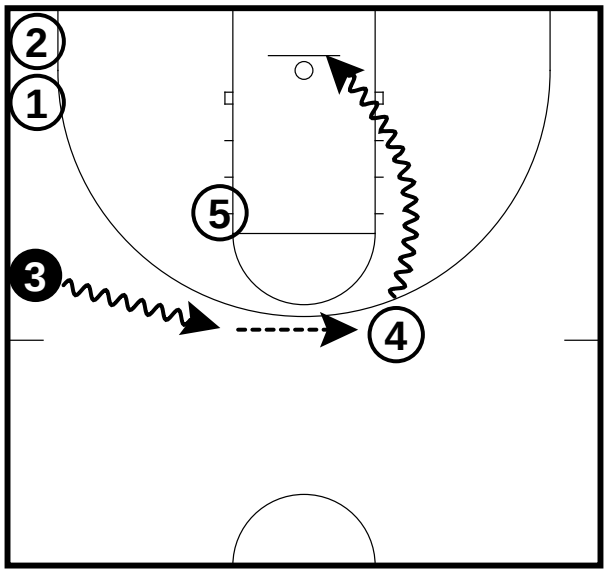


2 cuts through to opposite corner. 4 sprints down and plants and comes back up. 1 passes to 3 and cuts to the corner. 5 comes up the lane.

Plant 4

Half-Court Sets

Frame 2



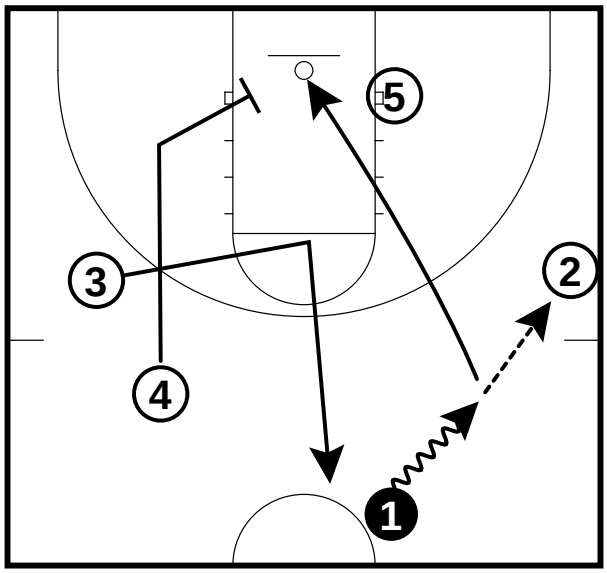
5 sets up at the third block. 3 dribbles to 4 and passes to 4. 4 drives it on isolation.

Half court sets

Thru

Half-Court Sets

Frame 1

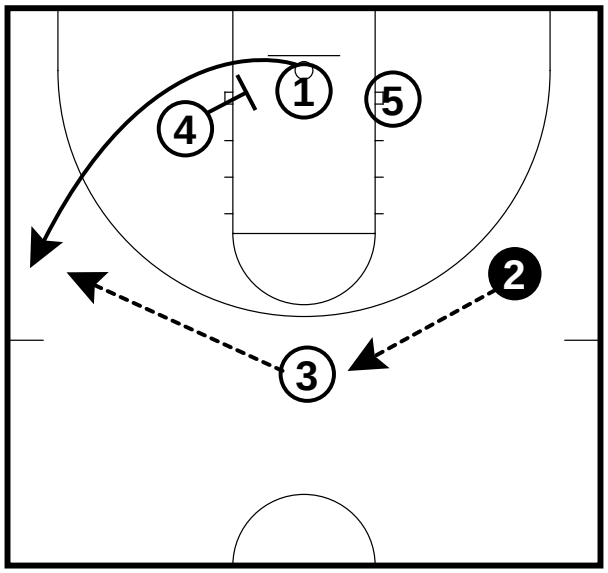


1 dribble toward 2 and pass the ball to 2. 1 cuts to the basket. 3 makes a L-cut to the top of key. 4 goes down to set a screen for 1.

Thru

Half-Court Sets

Frame 2

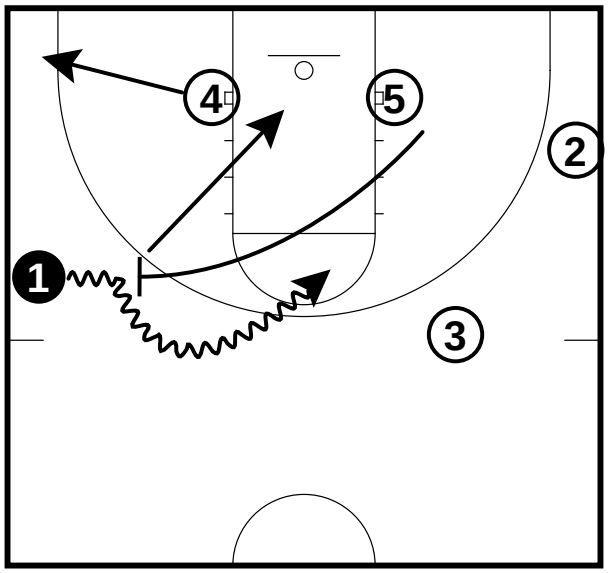


1 comes off 4 downscreen. 2 reverses ball to 3. 3 passes to 1.

Thru

Half-Court Sets

Frame 3

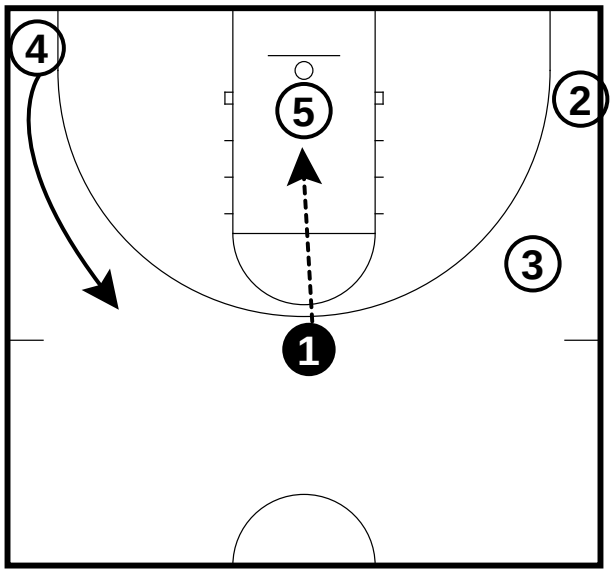


4 sprints to the corner. 5 sets a ballscreen for 1. 1 comes off ballscreen and turns the corner. 5 sets screen and rolls after 1 comes off screen.

Thru

Half-Court Sets

Frame 4



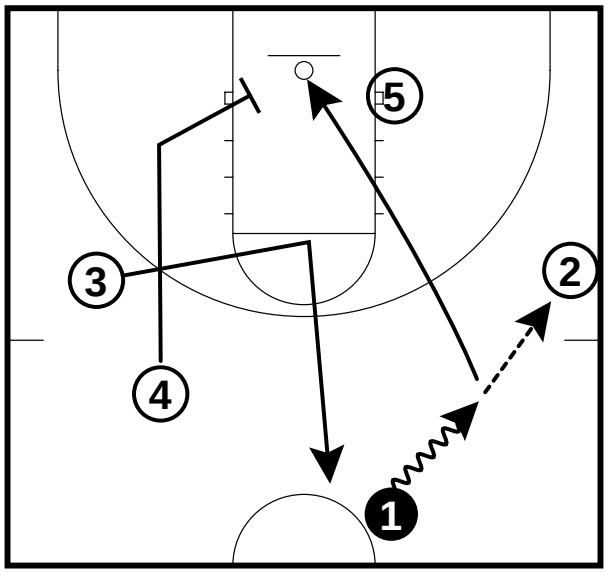
4 slides up the wing. 1 hits 5 on isolation.

Half court sets

Thru Screen

Half-Court Sets

Frame 1

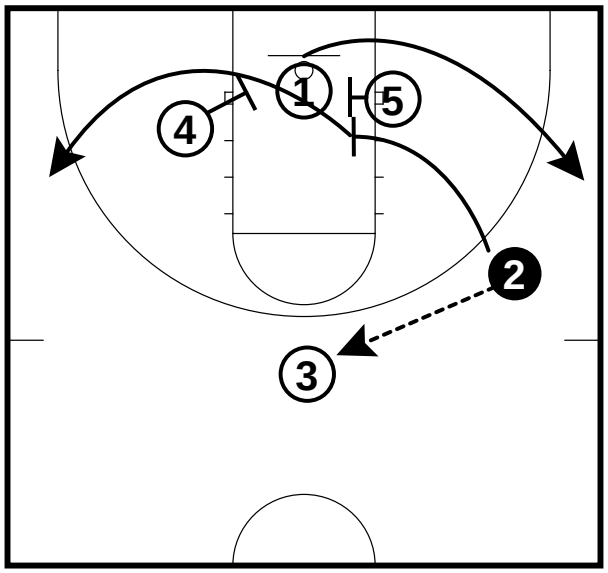


1 dribble toward 2 and pass the ball to 2. 1 cuts to the basket. 3 makes a L-cut to the top of key. 4 goes down to set a screen for 1.

Thru Screen

Half-Court Sets

Frame 2

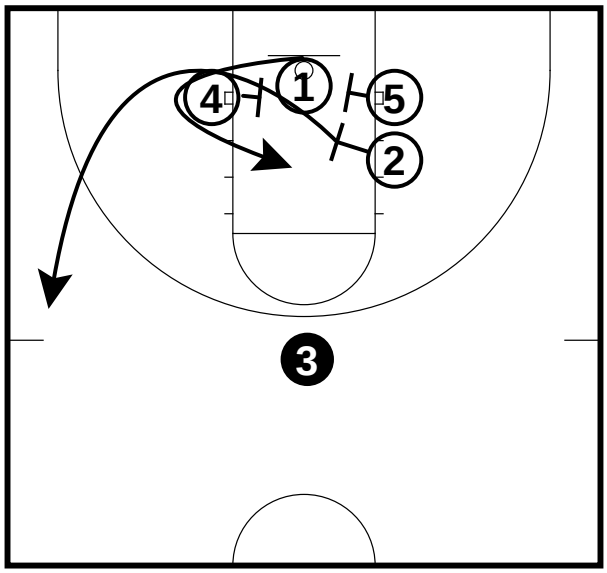


2 passes the ball to 3. 2 goes to set a double screen with 5 on the block. 1 comes off the double screen and as soon as 1 passes 2 comes off single screen from 4.

Thru Screen

Half-Court Sets

Frame 3



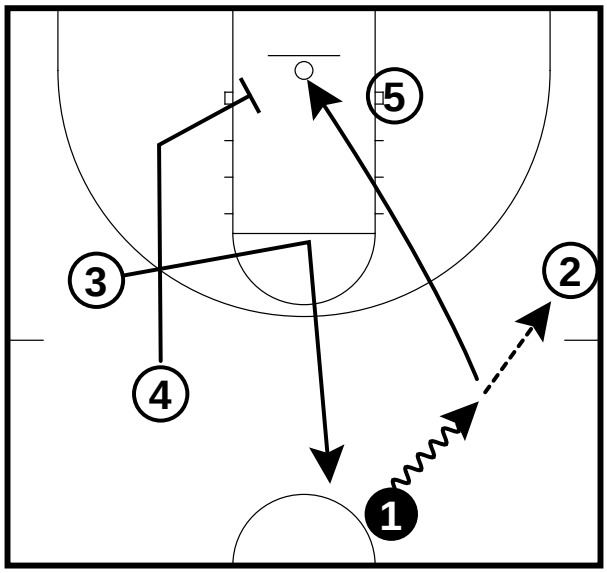
Another option to the play can be that 1 will curl the screen from 4. Then 2 comes off screen from 4 for three-point shot.

Half court sets

Thru Corner

Half-Court Sets

Frame 1

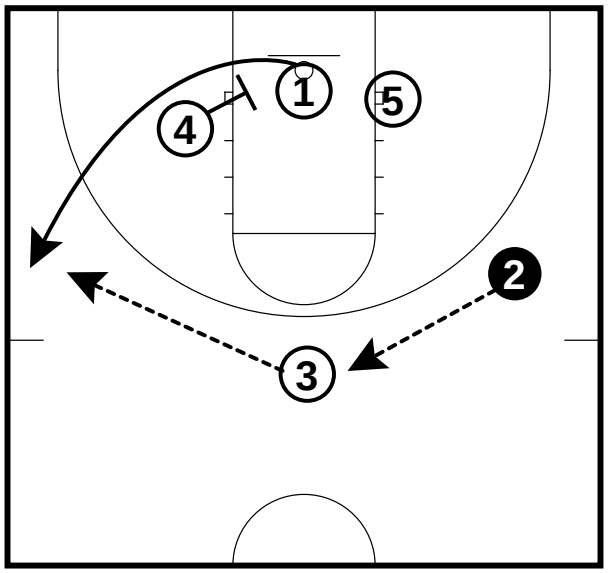


1 dribble toward 2 and pass the ball to 2. 1 cuts to the basket. 3 makes a L-cut to the top of key. 4 goes down to set a screen for 1.

Thru Corner

Half-Court Sets

Frame 2

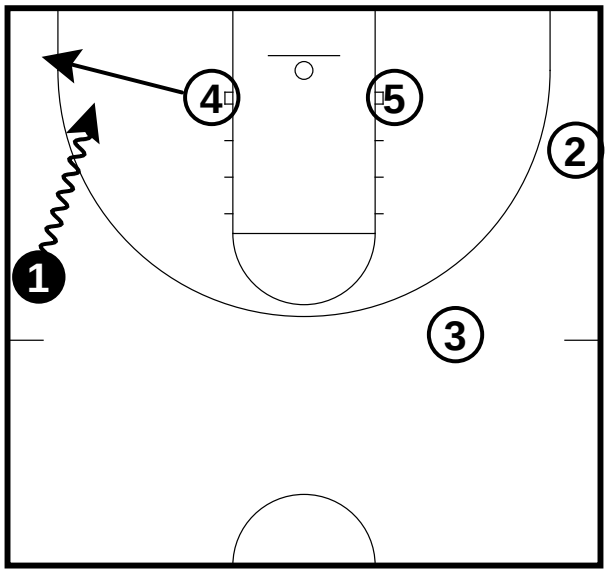


1 comes off 4 downscreen. 2 reverses ball to 3. 3 passes to 1.

Thru Corner

Half-Court Sets

Frame 3

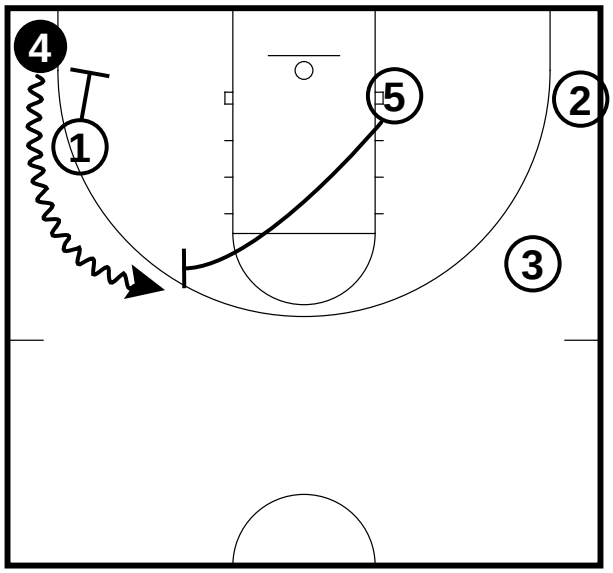


4 sprints to the corner. 1 dribbles to the corner of 4 for a dribble hand-off.

Thru Corner

Half-Court Sets

Frame 4



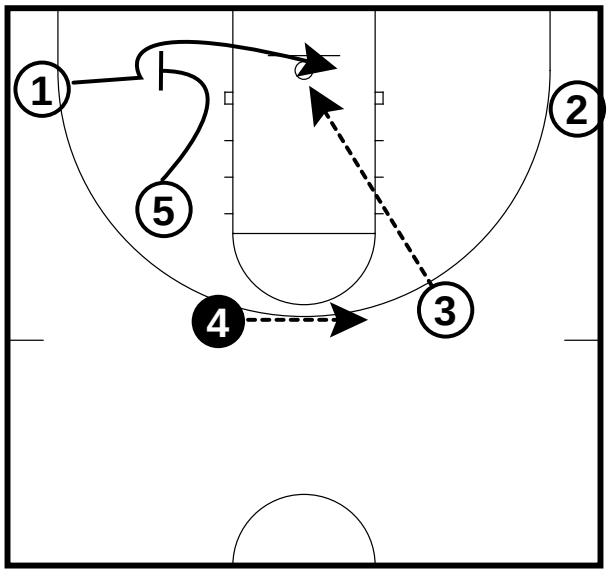
1 does a dribble hand-off and sets a brush screen. 4 drives out of the corner to the wing. 5 sets a ballscreen for 4.

Half court sets

Thru Corner

Half-Court Sets

Frame 5



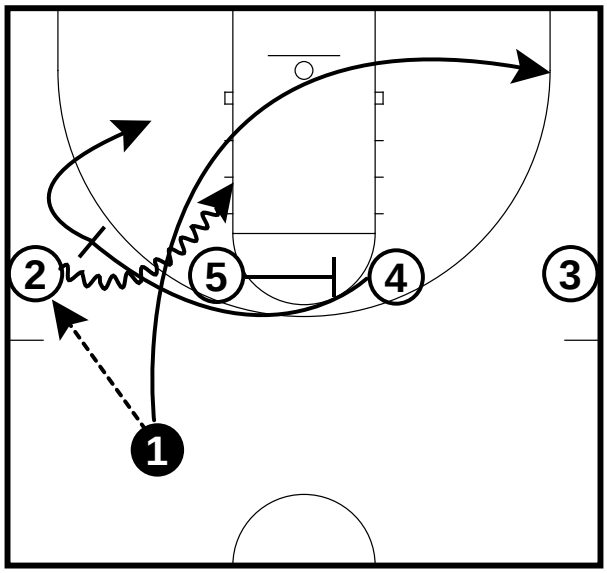
4 drives toward 3 and passes the ball to 3. 5 rolls back and sets a screen for 1. 1 comes off screen when 4 passes the ball. 3 passes to 1 for the score.

Half court sets

Get

Half-Court Sets

Frame 1



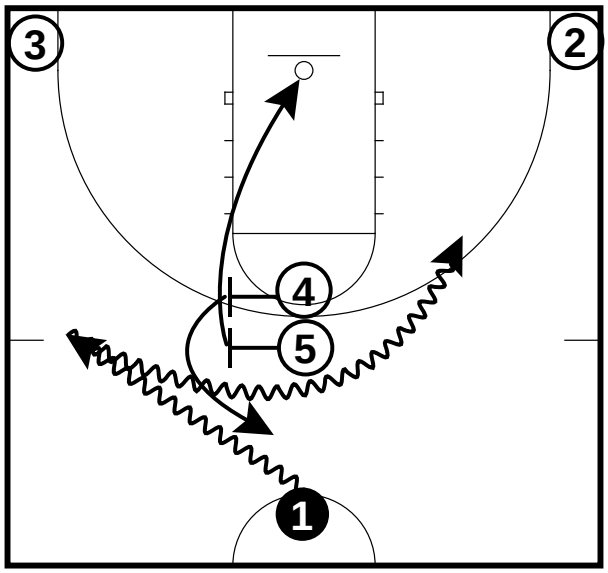
1 passes to 2 and cuts to the opposite corner. 5 screens 4. 4 comes off cross-screen and sets a ballscreen on 2 and then rolls. 2 comes off the ballscreen.

Half court sets

Toronto Spread

Half-Court Sets

Frame 1

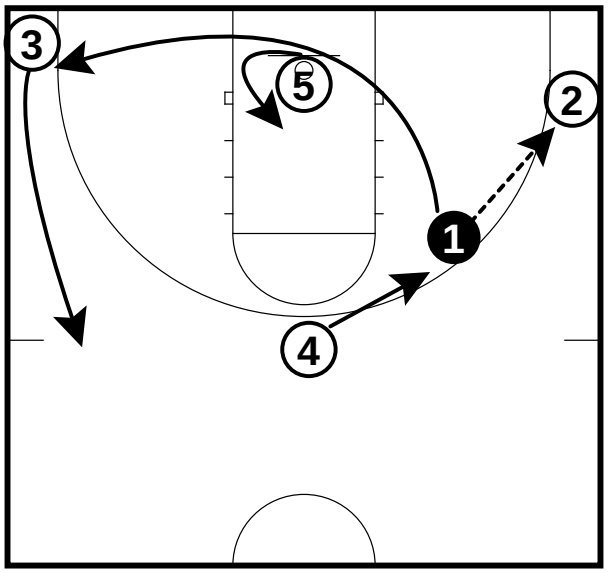


1 dribbles to the left wing and reverses to come off the double screen of 4 and 5. Once 1 comes off screen, then 4 pops to the top of key and 5 rolls to basket.

Toronto Spread

Half-Court Sets

Frame 2

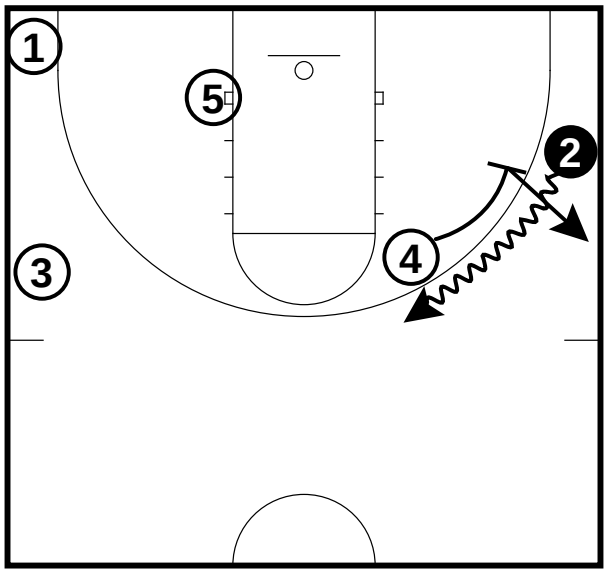


1 hits 2 and cuts thru to corner. 4 sprints to ballscreen 2. 5 punches or drops. 3 slides up the wing.

Toronto Spread

Half-Court Sets

Frame 3

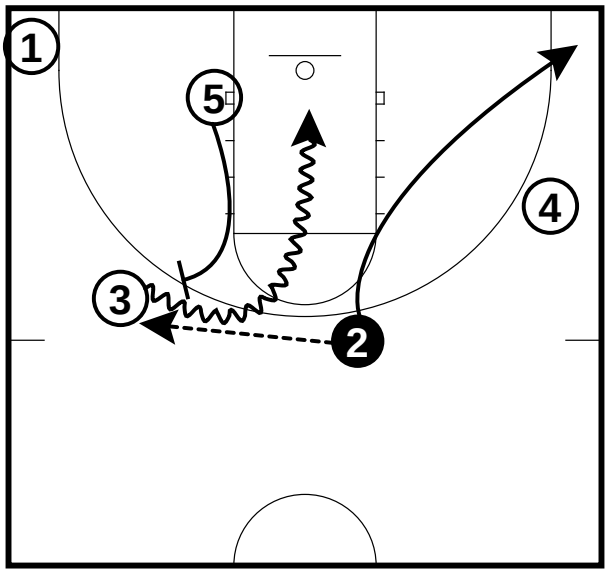


4 ballscreens 2 and then pops when 1 comes off screen. 1 turns the corner of the screen.

Toronto Spread

Half-Court Sets

Frame 4



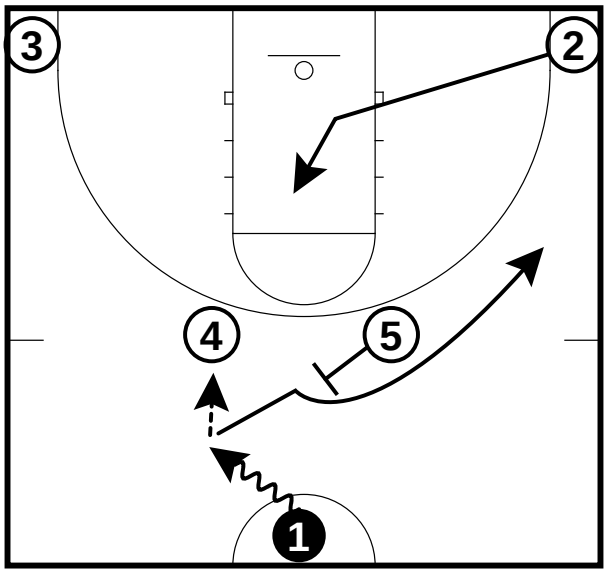
2 dribbles toward 3 and passes the ball to 3. 2 cuts to the corner. 5 comes and sets a ballscreen for 3. 3 comes off ballscreen to score.

Half court sets

Thumb

Half-Court Sets

Frame 1

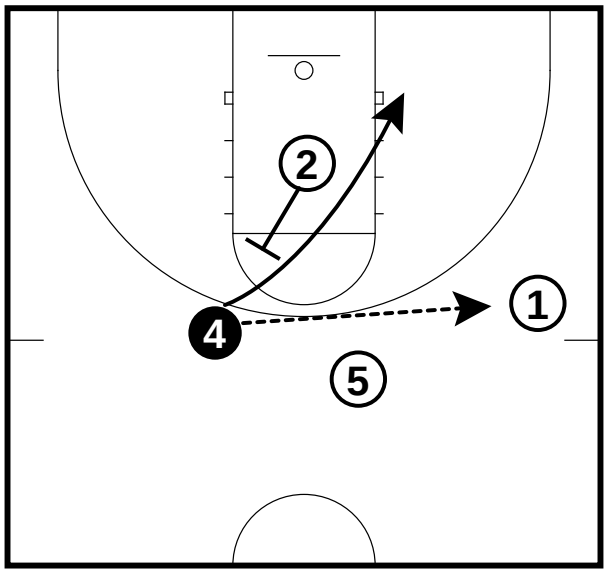


1 dribbles to the left and passes to 4. 5 sets a backscreen for 1. 1 comes off flare-screen to the wing. 2 breaks up to middle of the lane.

Thumb

Half-Court Sets

Frame 2

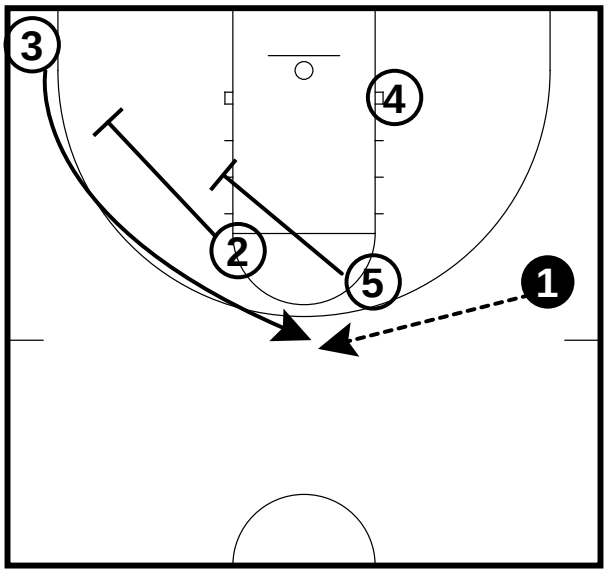


4 passes to 1. 2 sets backscreen for 4. 4 comes off backscreen to ballside block.

Thumb

Half-Court Sets

Frame 3

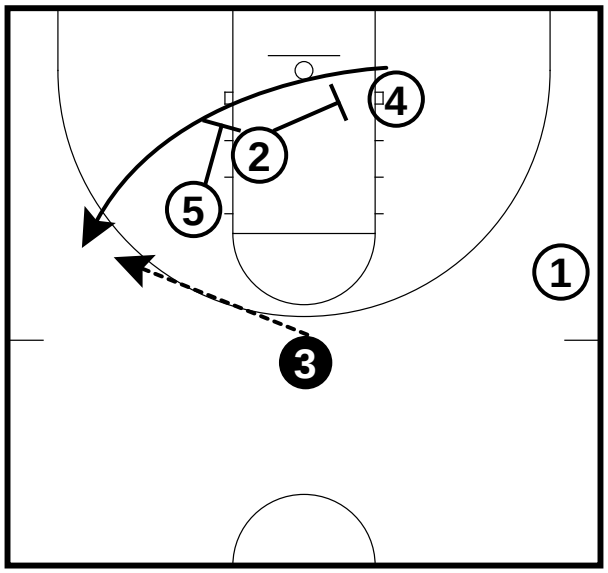


2 and 5 set a staggered downscreen for 3. 1 passes to 3.

Thumb

Half-Court Sets

Frame 4



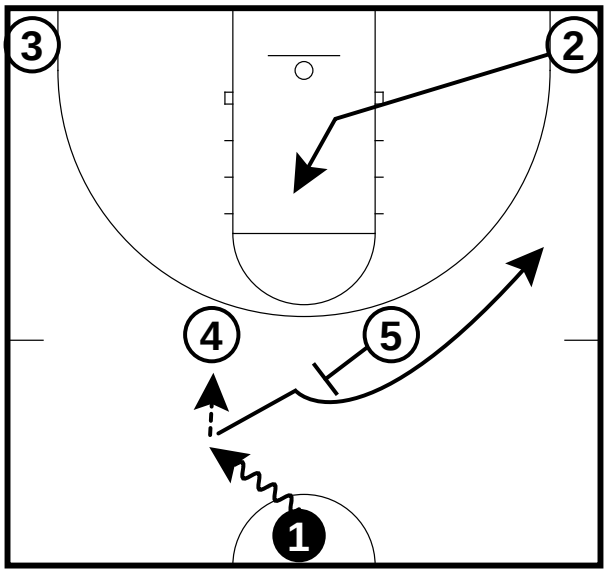
2 and 5 set a staggered downscreen for 4. 4 comes off the screens to the wing. 3 passes to 4 on the wing.

Half court sets

Thumb Clear

Half-Court Sets

Frame 1

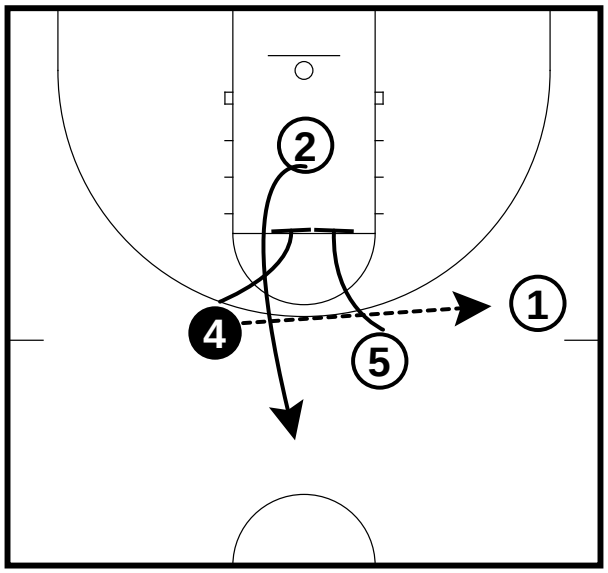


1 dribbles to the left and passes to 4. 5 sets a backscreen for 1. 1 comes off flare-screen to the wing. 2 breaks up to middle of the lane.

Thumb Clear

Half-Court Sets

Frame 2

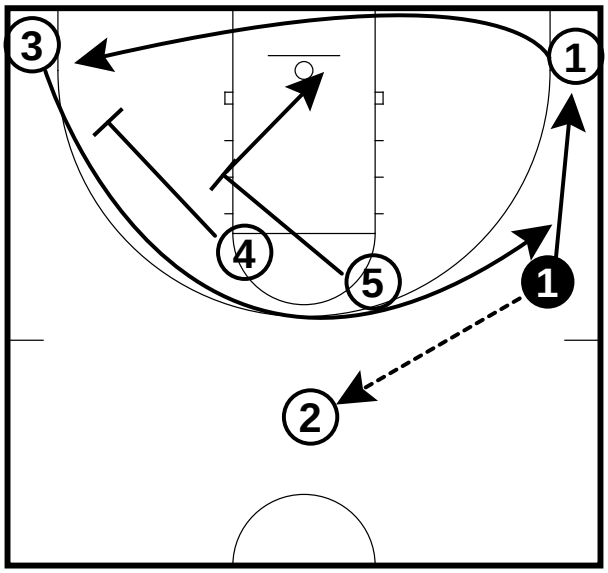


4 passes to 1. 4 and 5 set a double screen for 2. 2 comes off double screen for three.

Thumb Clear

Half-Court Sets

Frame 3



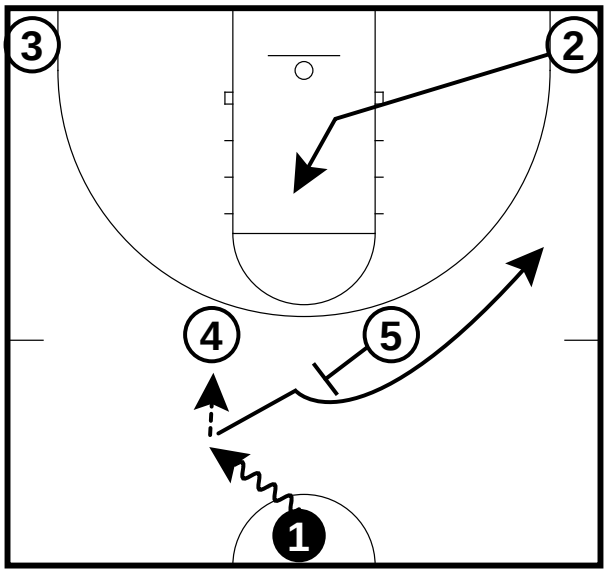
1 passes to 2. 1 clears to the corner. As 3 starts to come off staggered screen from 4 and 5. 1 goes to the opposite corner on a backcut. 5 slips screen.

Half court sets

Thumb Open

Half-Court Sets

Frame 1

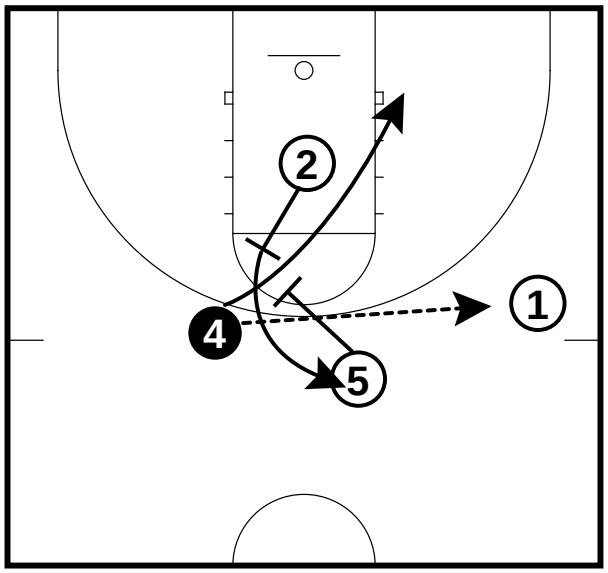


1 dribbles to the left and passes to 4. 5 sets a backscreen for 1. 1 comes off flare-screen to the wing. 2 breaks up to middle of the lane.

Thumb Open

Half-Court Sets

Frame 2

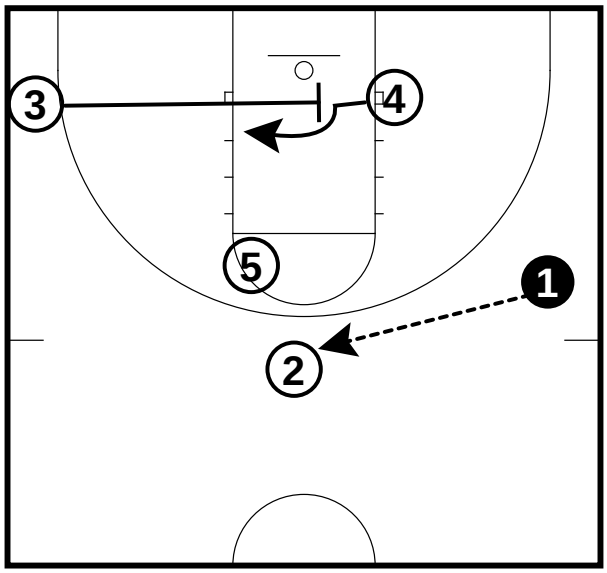


4 passes to 1. 2 sets backscreen for 4. 4 comes off backscreen to ballside block. 5 sets downscreen for 2 and 2 comes to top of key.

Thumb Open

Half-Court Sets

Frame 3

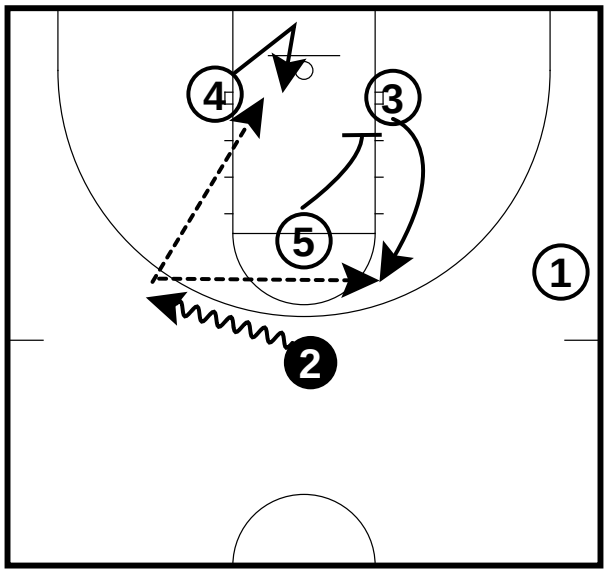


1 passes to 2. 3 sets a cross-screen for 4.

Thumb Open

Half-Court Sets

Frame 4



2 dribbles to the left wing. 4 ducks in the lane for the hard post-up. 5 sets a downscreen for 3. 3 comes up the lane to top of the key.

Drill Series

Table of Contents

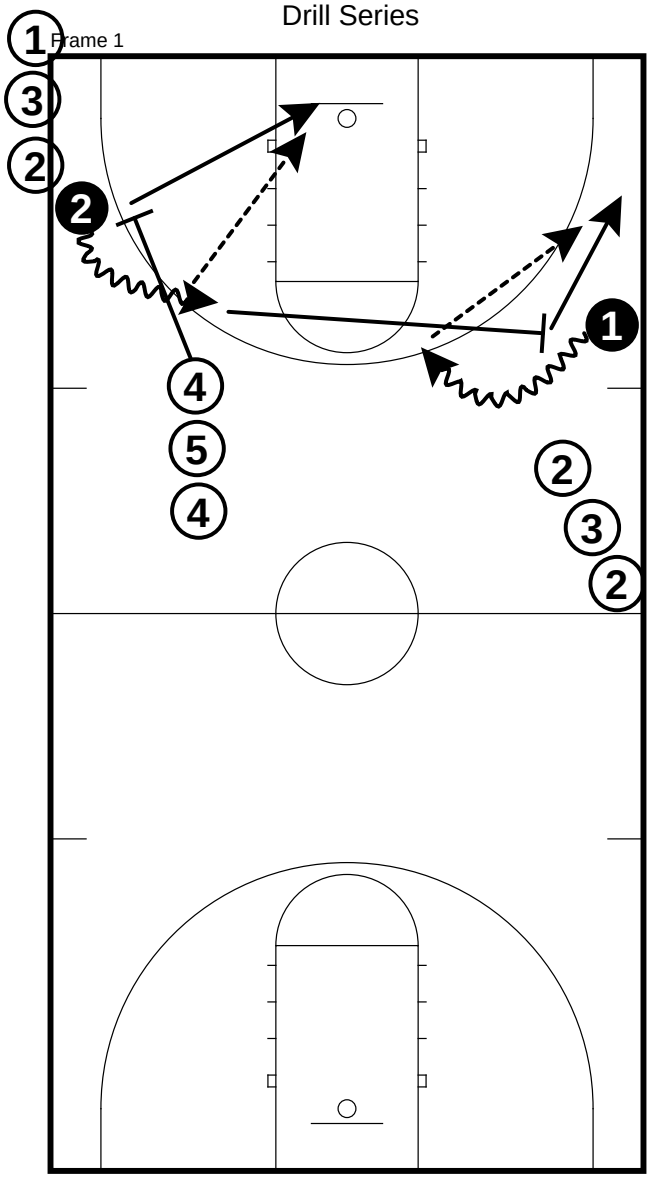
Pick and Roll / Pick and Pop Drill 56

Drill Series

Pick and Roll / Pick and

Drill Series

Frame 1

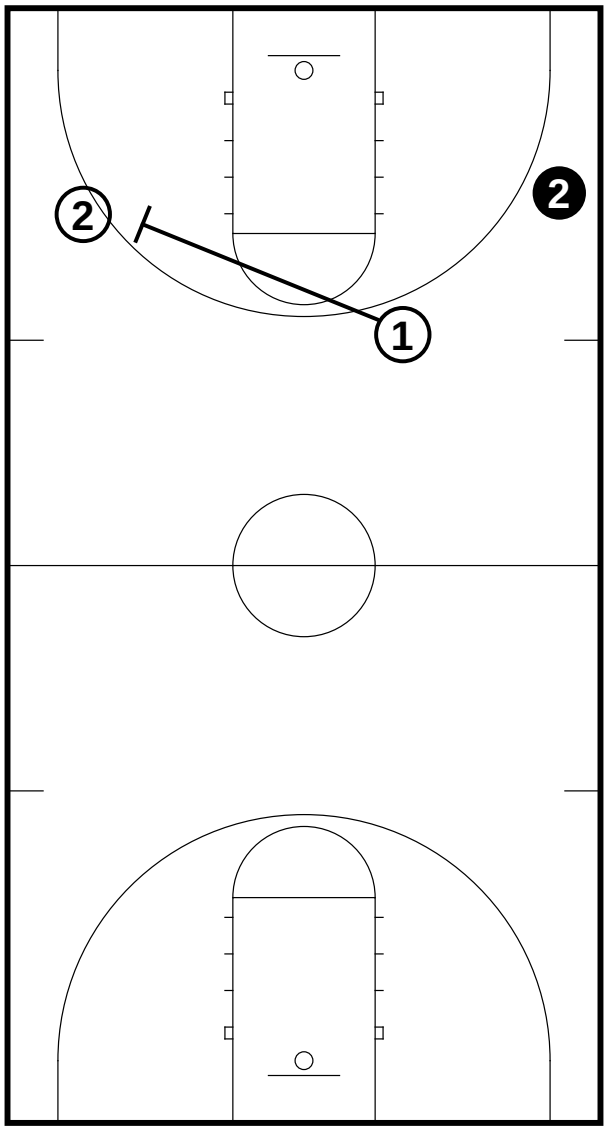


This drill incorporates continuous pick and roll and pick and pop.

Pick and Roll / Pick and Pop

Drill Series

Frame 2



Screening angles can be changed so that all areas of the floor are covered.

Press-breakers

Table of Contents

Orange 58

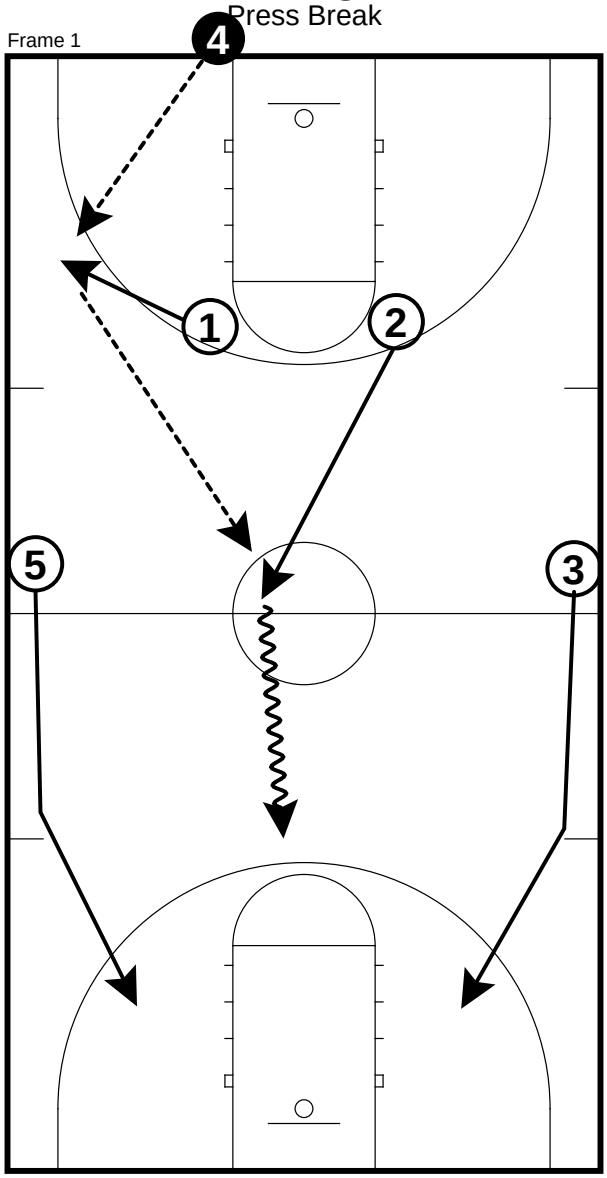
Throw back 59

Press-breakers

Orange

Press Break

Frame 1



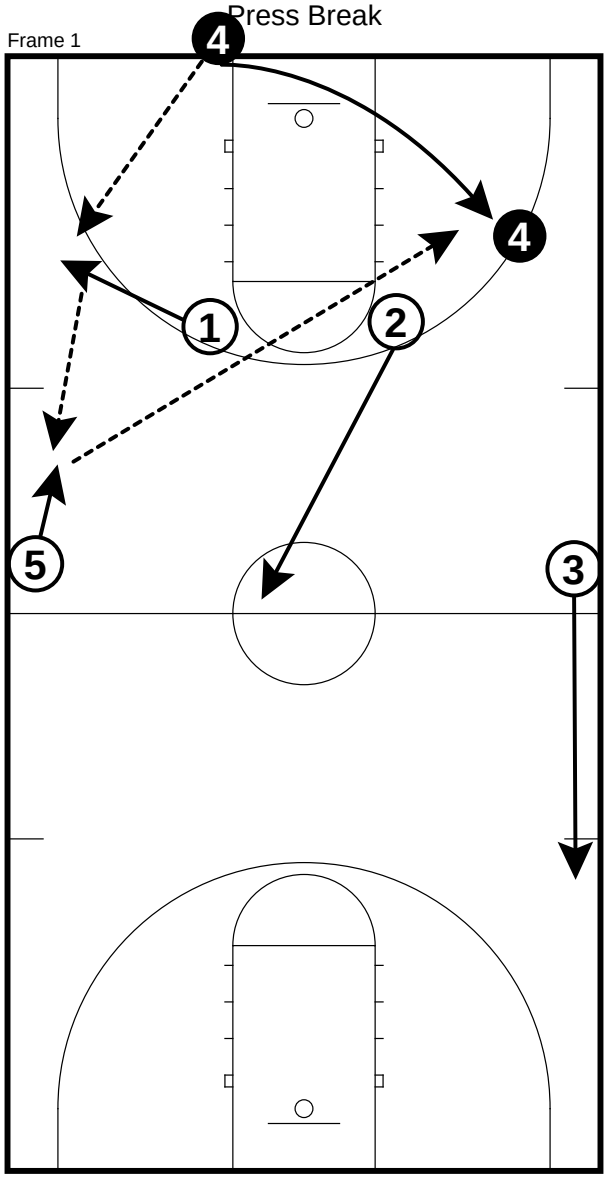
4 passes to 1 as he breaks open. 2 sprints to the middle of the half-court line and receives pass from 1. 5 and 3 sprint down the floor. 2 dribbles down the middle.

Press-breakers

Throw back

Press Break

Frame 1

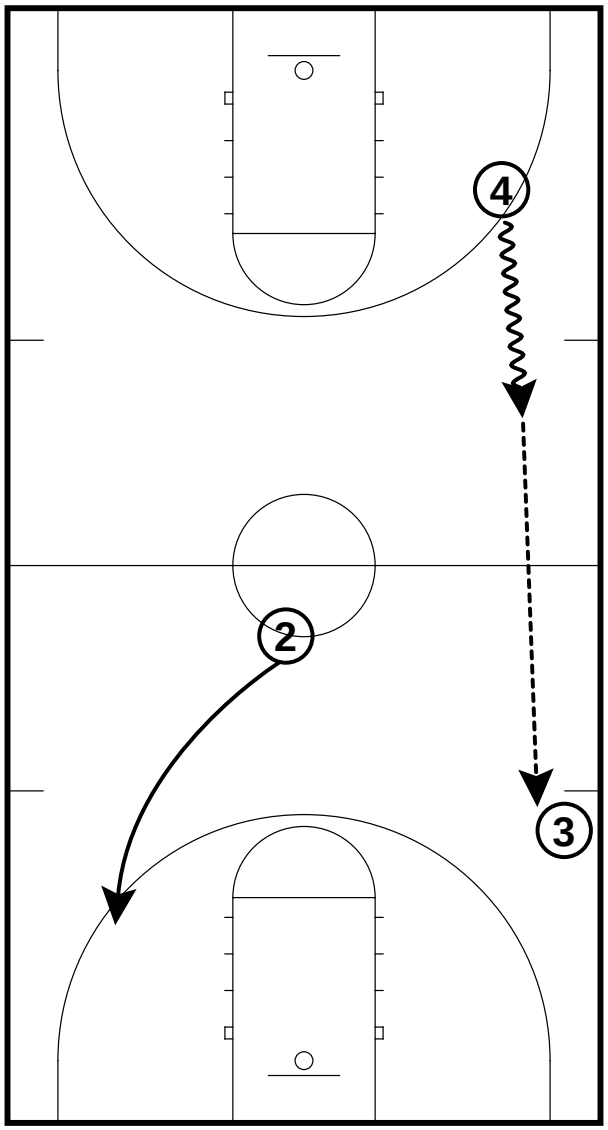


4 passes the ball to 1. 5 comes up the floor and receives pass from 1. 4 sprints to the offside of the floor and receives a throw back pass. 2 sprints to the middle.

Throw back

Press Break

Frame 2



2 comes to the other side. 4 dribbles up the floor and pitches the ball ahead to 3.

Quick Hitters

Table of Contents

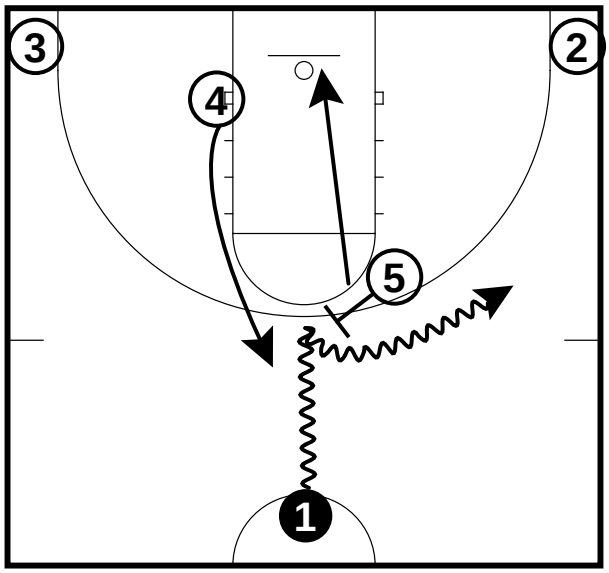
Roll 54 61
Roll 45 62
Save 3 63

Quick Hitters

Roll 54

Quick Hitters

Frame 1



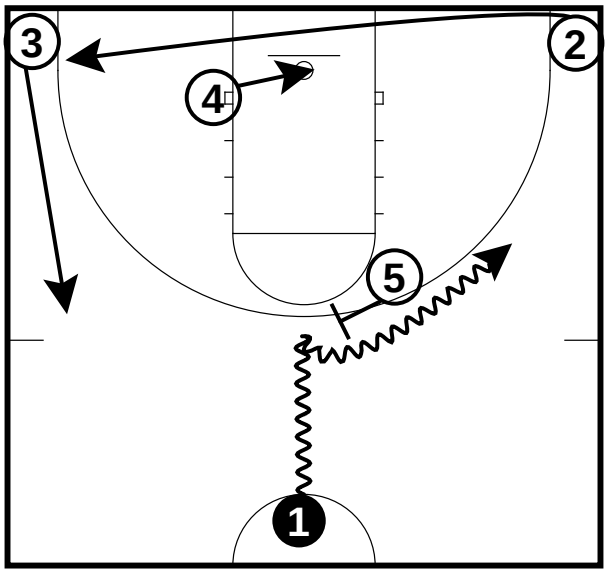
1 drives to the top of key and comes off the 5 ball screen. 4 comes up the lane and 5 rolls off screen. 2 and 3 stay.

Quick Hitters

Roll 45

Quick Hitters

Frame 1



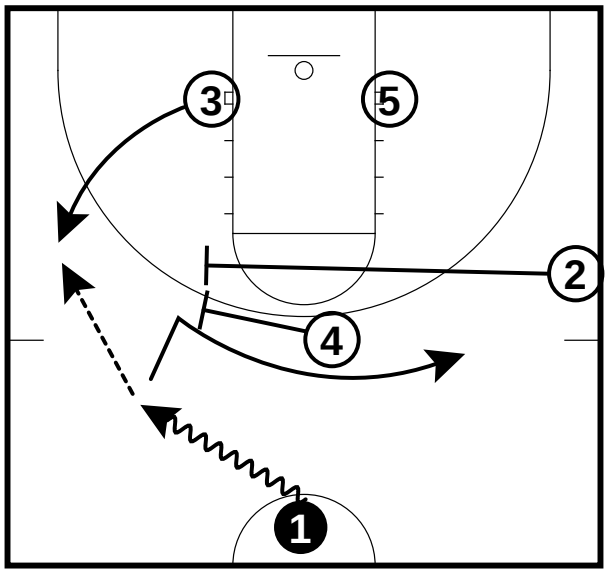
3 slides up the wing and 2 sprints to opposite corner. 5 sets a ballscreen for 1. 1 comes off ball screen hard. 4 ducks in for isolation.

Quick Hitters

Save 3

Quick Hitters

Frame 1

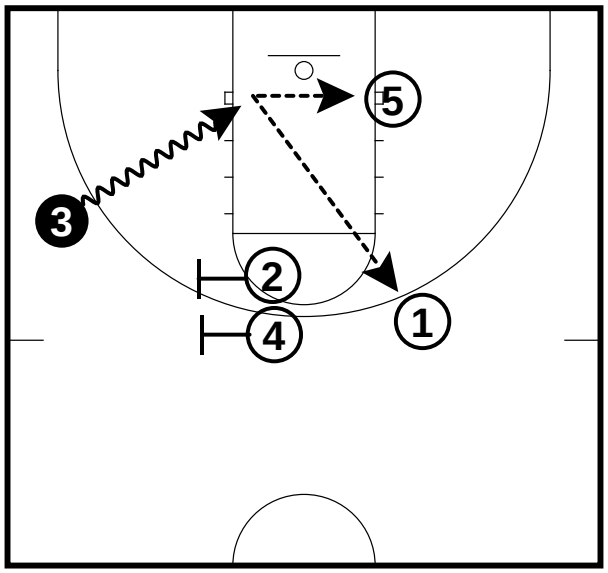


1 passes to 3 on the wing. 1 goes off of 2 and 4's flare-screen. 5 stays.

Save 3

Quick Hitters

Frame 2

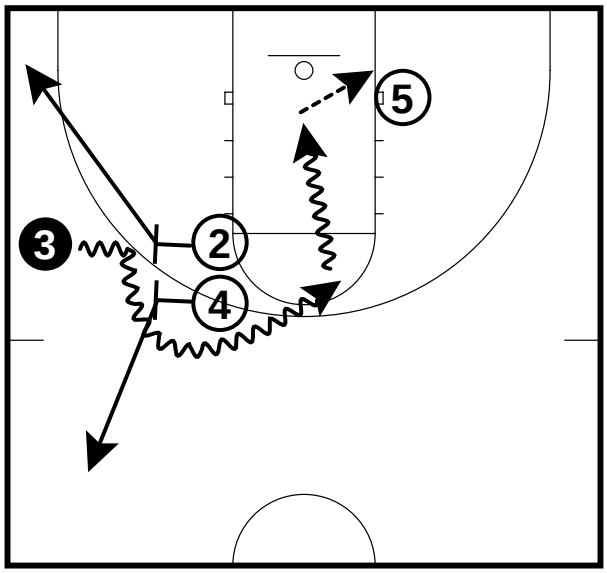


3 can drive to basket and score, or pass to 1 or 5.

Save 3

Quick Hitters

Frame 3



Another option. 3 can come off 2 and 4 ballscreen and turn corner to score or drop ball to 5. 2 and 4 space out.

Zone Offense

Table of Contents

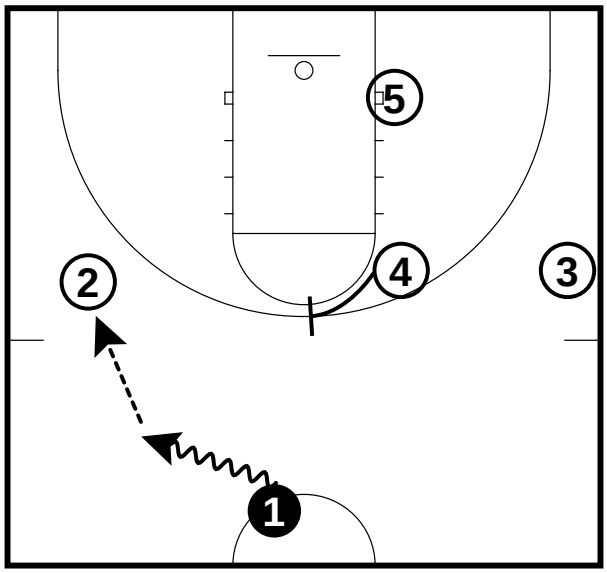
Port 1 65

Zone Offense

Port 1

Zone Offense

Frame 1

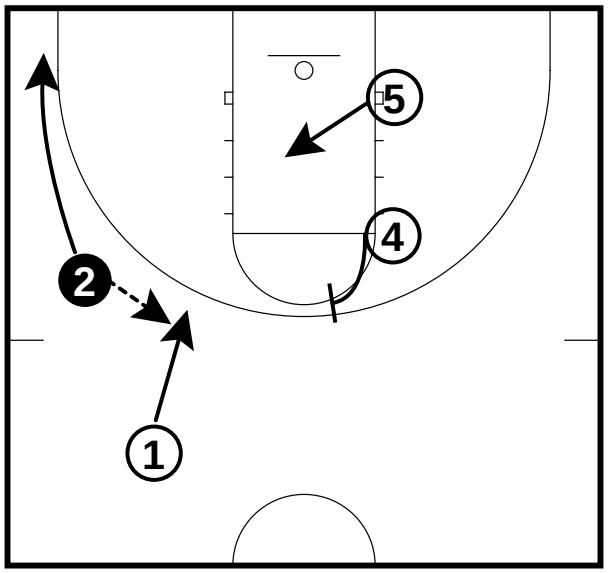


1 dribbles to the left and passes to 2. 4 gets ready to screen the top of the zone.

Port 1

Zone Offense

Frame 2

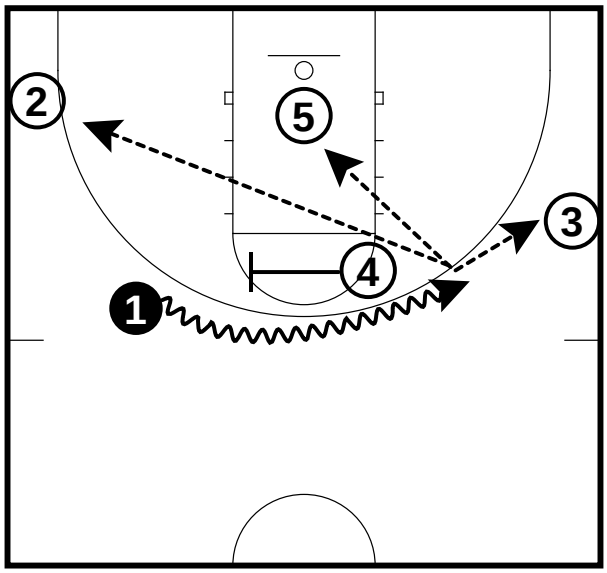


2 looks at 5 sprinting to the middle of zone. 4 sets screen at top of the zone. 2 passes back to 1 and cuts to corner. 2 is looking to shift the zone.

Port 1

Zone Offense

Frame 3



1 comes off the screen from 4 looking to pass to 3, 5, or 4 on the skip pass for a shot.

Blob's

Table of Contents

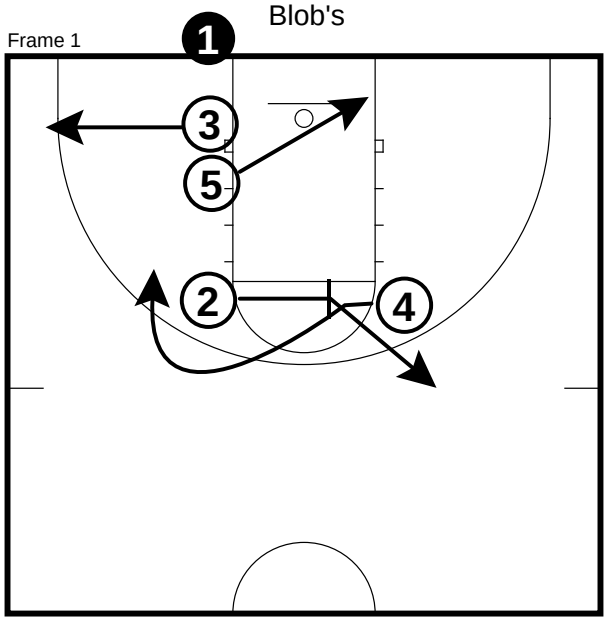
Detroit 1 67
Detroit 2 68
Detroit 23 69
Detroit 3 70
Clear 71
Zone 1 72
Zone 2 73

Blob's

Detroit 1

Blob's

Frame 1

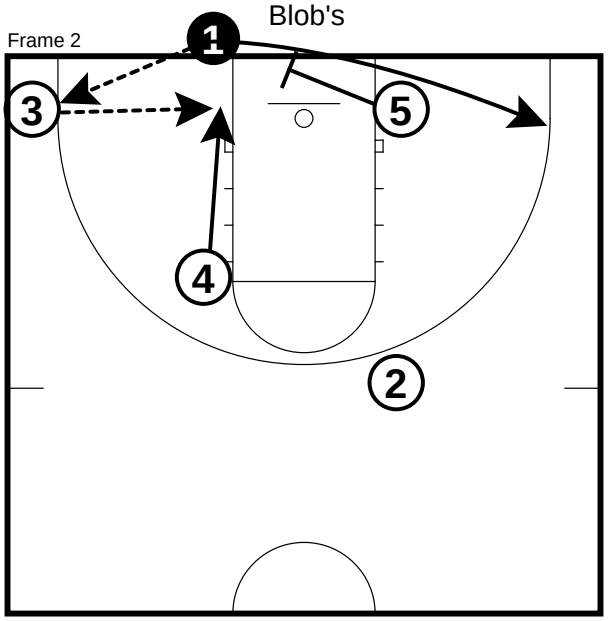


3 cuts hard to corner. 5 looks for seal on opposite block. 4 screens for 2

Detroit 1

Blob's

Frame 2



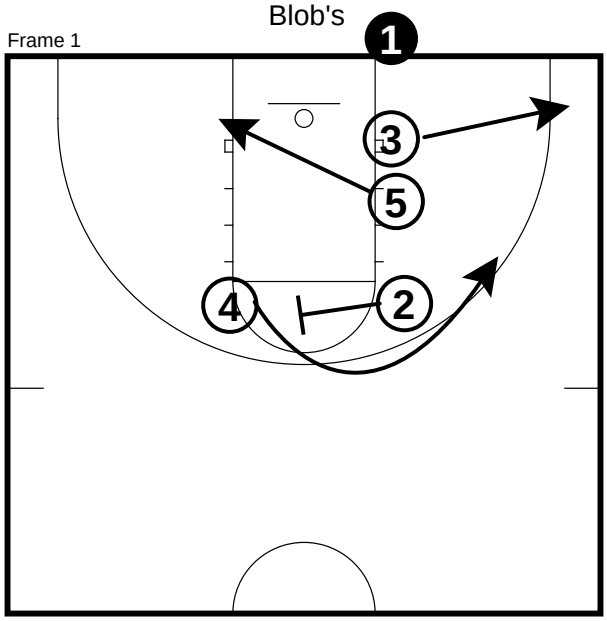
1 passes to 3. 1 comes off 5 downscreen. 2 spaces out. 4 come down the lane after curling off 2's cross screen. 3 passes to 4.

Blob's

Detroit 2

Blob's

Frame 1

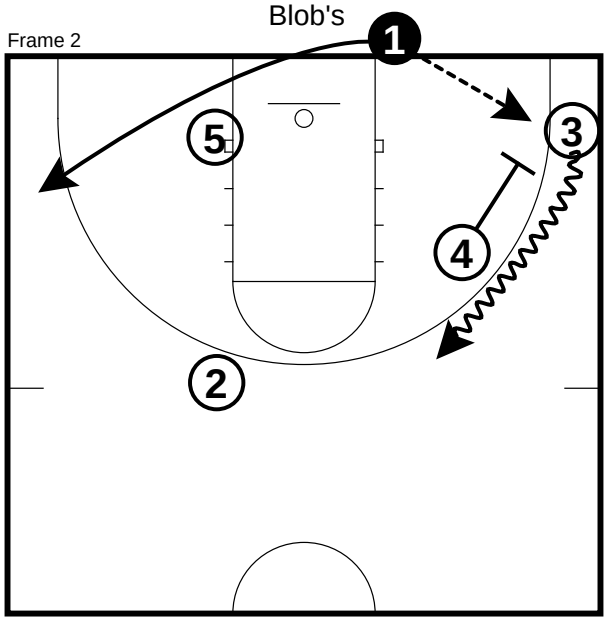


3 cuts hard to the corner. 5 flashes across the lane and looks for seal. 2 sets a cross-screen for 4. 4 comes off screen curling.

Detroit 2

Blob's

Frame 2



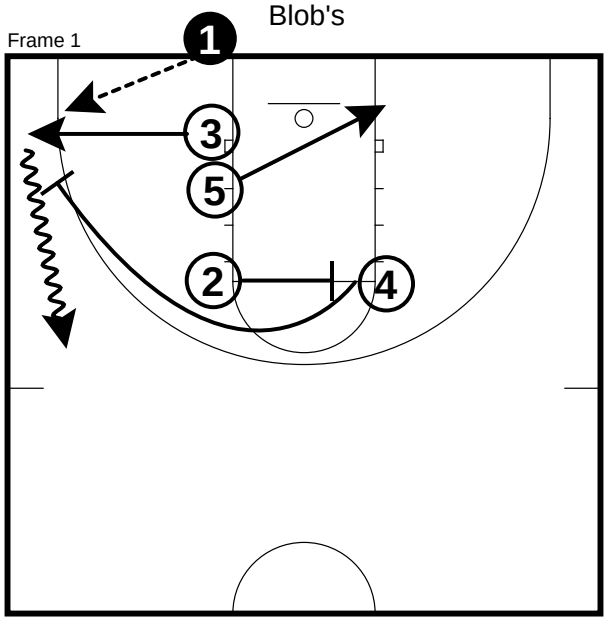
1 passes to 3. 4 sets a downscreen for 3. 3 uses the ballscreen to come off it looking at the seal of 5. 1 clears to the opposite wing.

Blob's

Detroit 23

Blob's

Frame 1

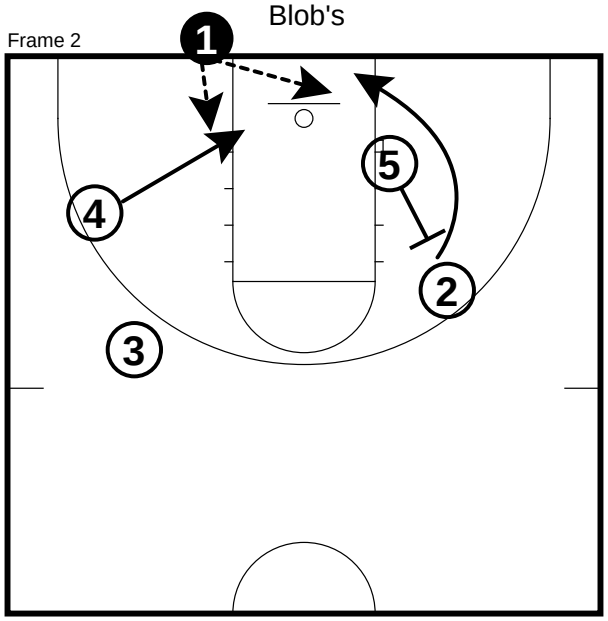


1st option -3 breaks to the corner. 5 sprints across the lane to seal. 2 sets a cross-screen on 4. 1 hits 3 on the pass. 4 sets a ballscreen for 3. 3 dribbles out of the

Detroit 23

Blob's

Frame 2



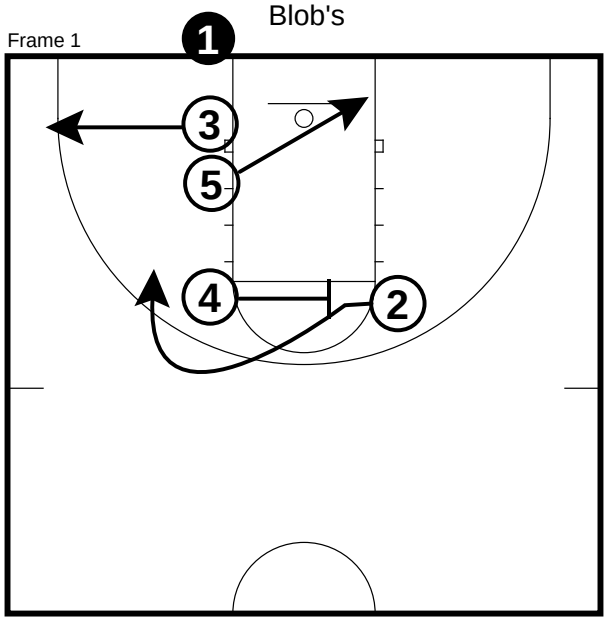
2nd option - 4 slips the screen and 5 sets a backscreen for 2.

Blob's

Detroit 3

Blob's

Frame 1

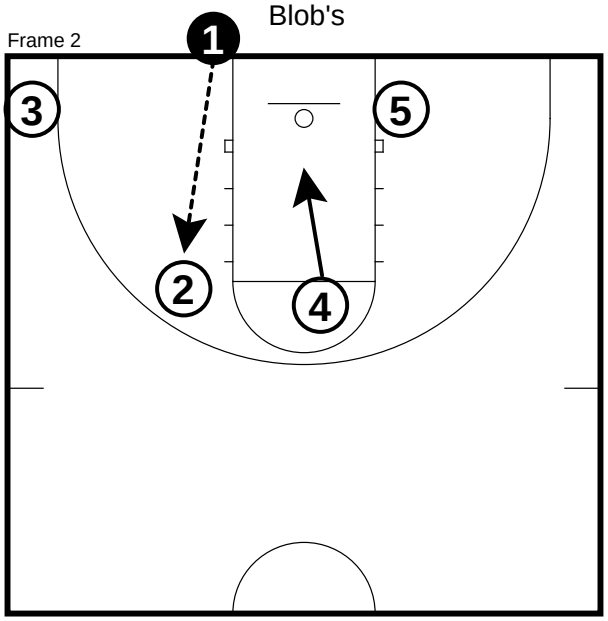


3 cuts hard to corner. 5 looks for seal on opposite block. 4 screens for 2

Detroit 3

Blob's

Frame 2



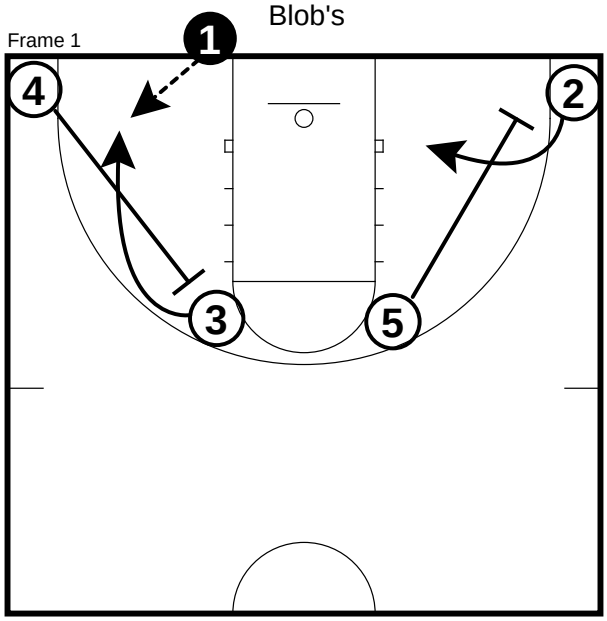
1 hits 2 for jumper. 4 dives to the middle of the lane for lob or rebound.

Blob's

Clear

Blob's

Frame 1

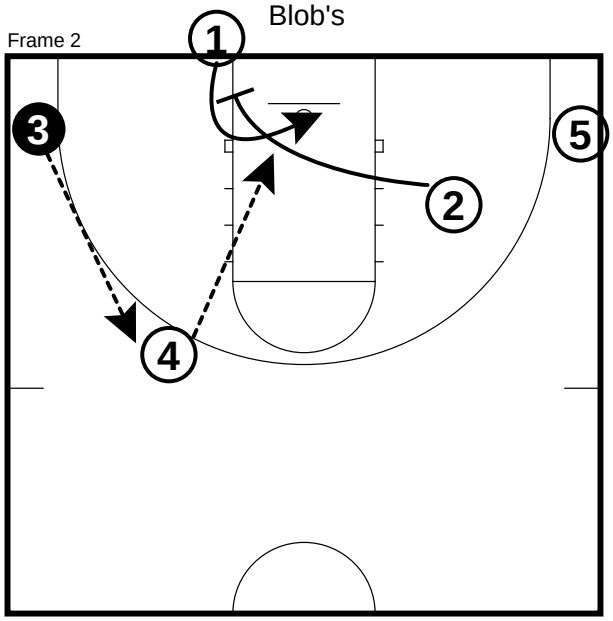


4 back-screens for 3. 5 down-screens for 2 and 2 curls. 1 hits 3.

Clear

Blob's

Frame 2

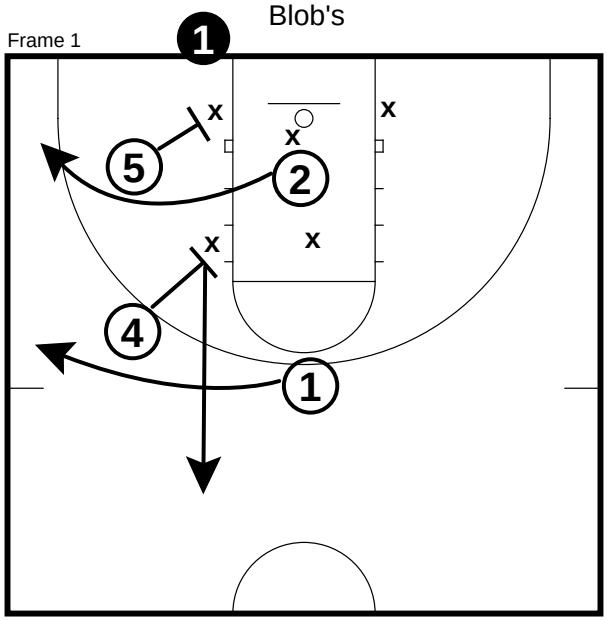


3 reverses ball to 4. 2 curls into the paint and looks to screen 1. 4 hits 1 curling off of screen from 2.

Blob's

Zone 1

Blob's



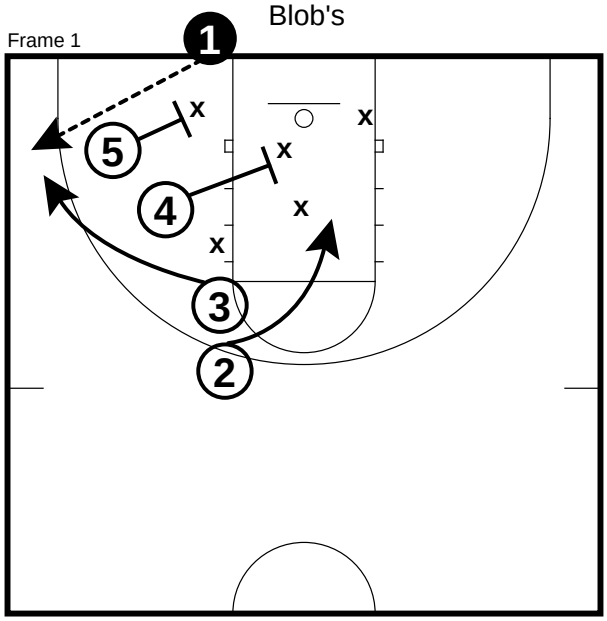
5 screens the bottom outside man and 4 screens the top outside man. 2 comes off screen to the corner. 1 comes off screen to the wing. 4 screens / pops out for release.

Blob's

Zone 2

Blob's

Frame 1

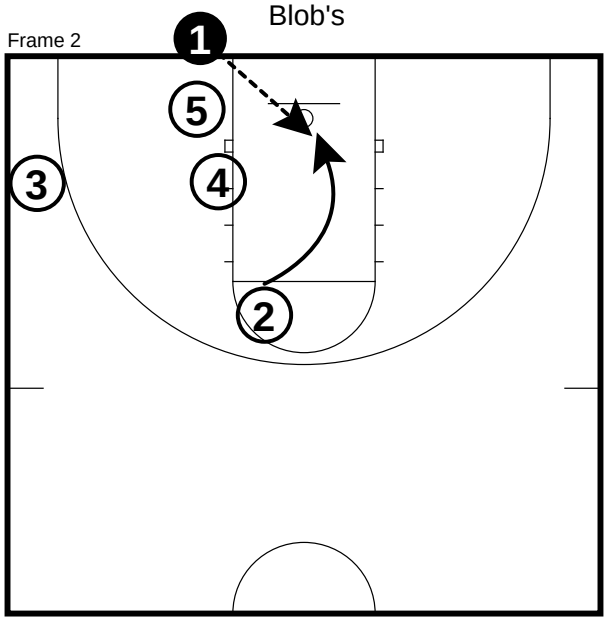


1st option - 5 and 4 set downscreens on bottom and middle man in the zone. 3 comes off screens to the corner for three point shot. 2 slides down the lane.

Zone 2

Blob's

Frame 2



2nd option- 1 hits 2 coming down the lane for layup or lob.

Slob's

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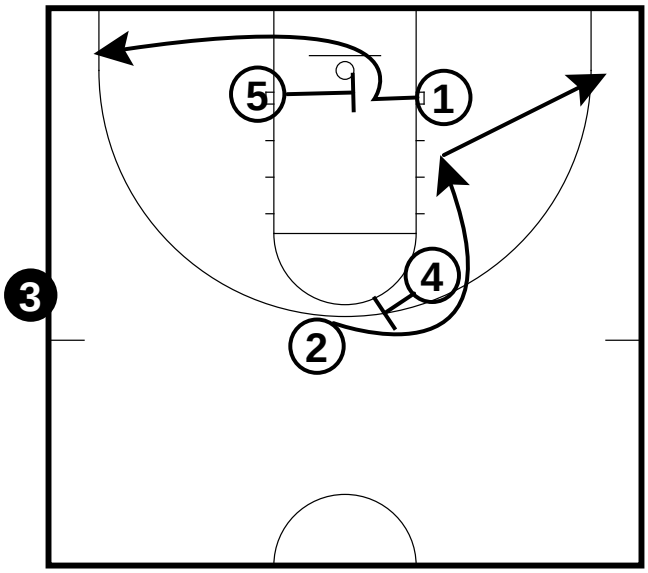
Slob 1 75
Slob 1 corner option 76
Slob 1 Roll 77
Slob 2 78
Slob 2 Down 79

Slob's

Slob 1

Slob's

Frame 1

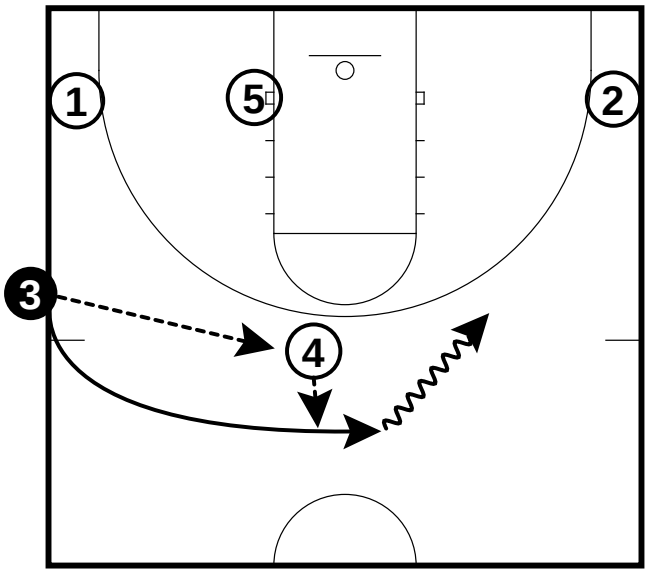


5 sets a cross-screen for 1. 1 sprints to the corner. 4 sets a backscreen for 2. 2 looks for lob and then sprints to corner.

Slob 1

Slob's

Frame 2

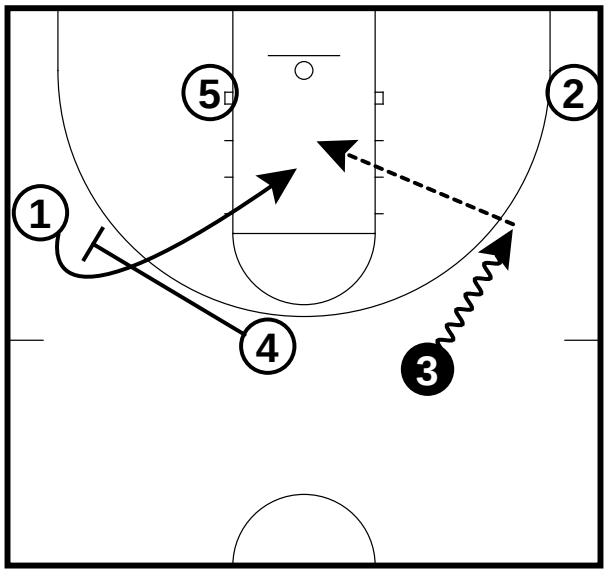


3 passes the ball to 4. 3 sprints for a dribble handoff from 4. 3 gets the ball from 4 and dribbles to the right side.

Slob 1

Slob's

Frame 3



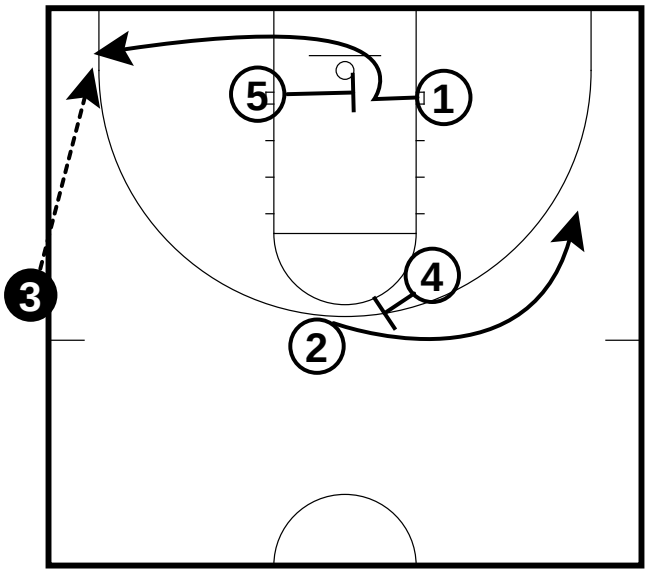
4 sets a downscreen for 1. 1 curls the screen and goes to the basket. 3 looks to hit 1 off the curl.

Slob's

Slob 1 corner option

Slob's

Frame 1

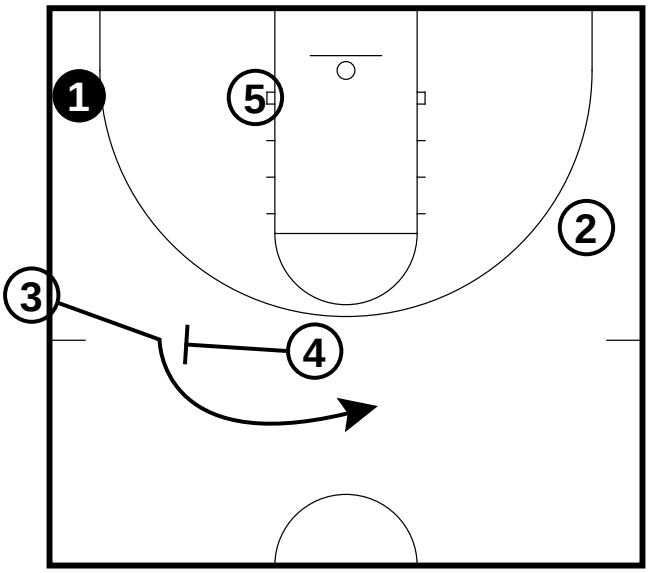


5 sets a cross-screen for 1. 1 sprints to the corner. 4 sets a backscreen for 2. 2 looks for lob and then sprints to corner.

Slob 1 corner option

Slob's

Frame 2

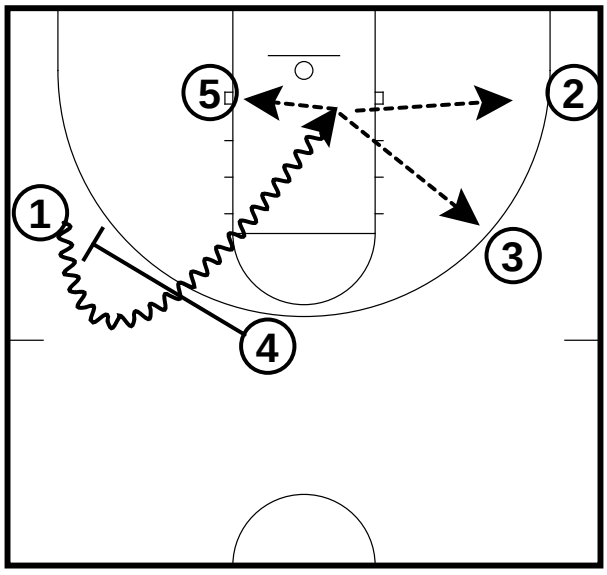


4 sets a backscreen for 3 from out of bounds.

Slob 1 corner option

Slob's

Frame 3



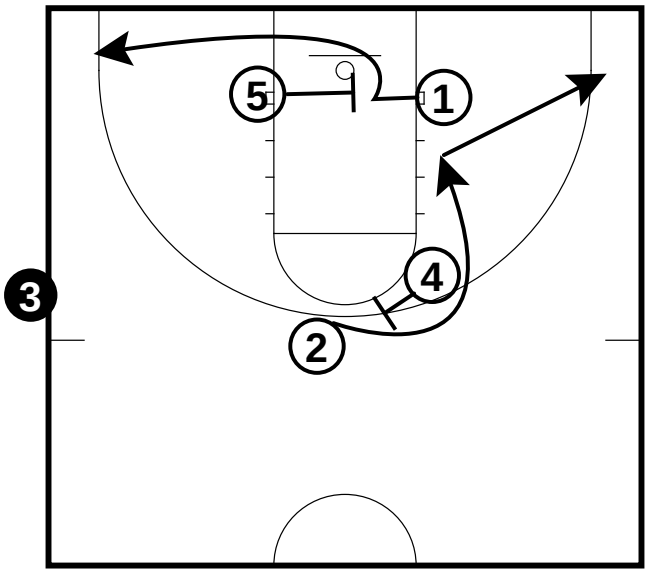
4 sets a downscreen for 1. 1 dribbles off the ballscreen looking to get into the lane to score. 1 can also look at passing to 5, 2, or 3.

Slob's

Slob 1 Roll

Slob's

Frame 1

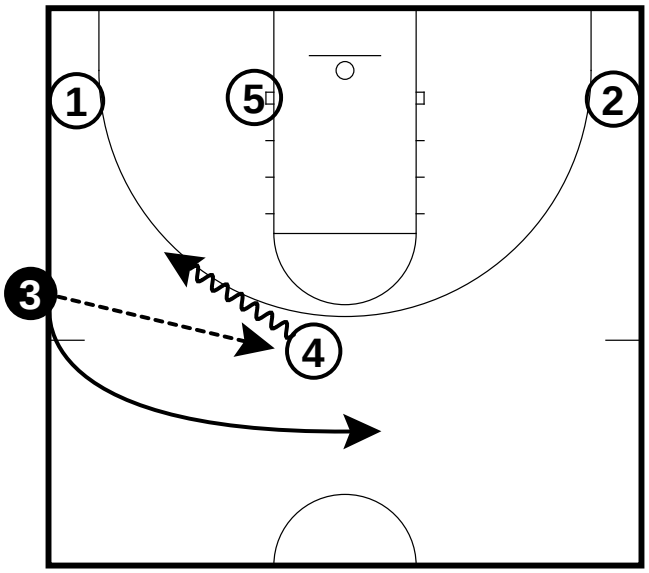


5 sets a cross-screen for 1. 1 sprints to the corner. 4 sets a backscreen for 2. 2 looks for lob and then sprints to corner.

Slob 1 Roll

Slob's

Frame 2

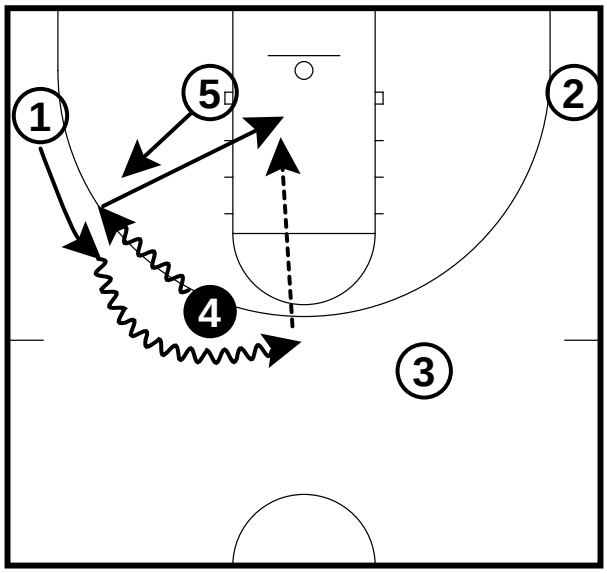


3 passes the ball to 4. 3 sprints for a dribble handoff from 4. 4 fakes the dribble-handoff and dribbles toward 1.

Slob 1 Roll

Slob's

Frame 3



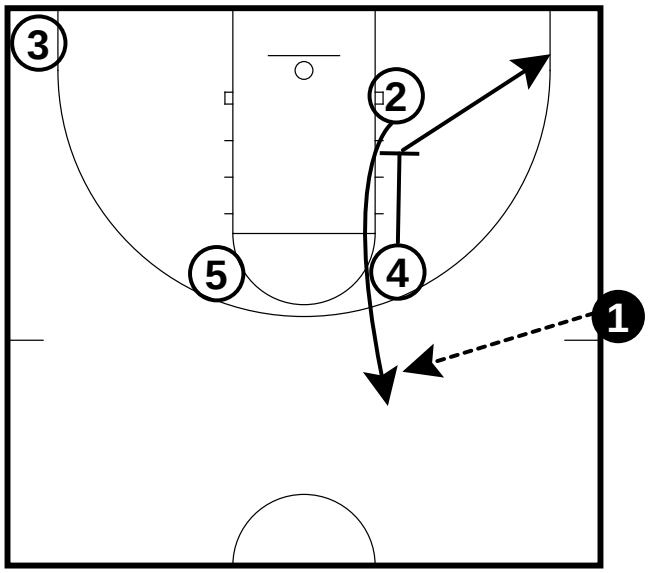
.4 dribbles toward 1 for a dribble handoff. 1 comes hard off the brushscreen. 5 sprints out of the post. 4 slips the brush screen. 1 hits 4 on the pass off the slip.

Slob's

Slob 2

Slob's

Frame 1

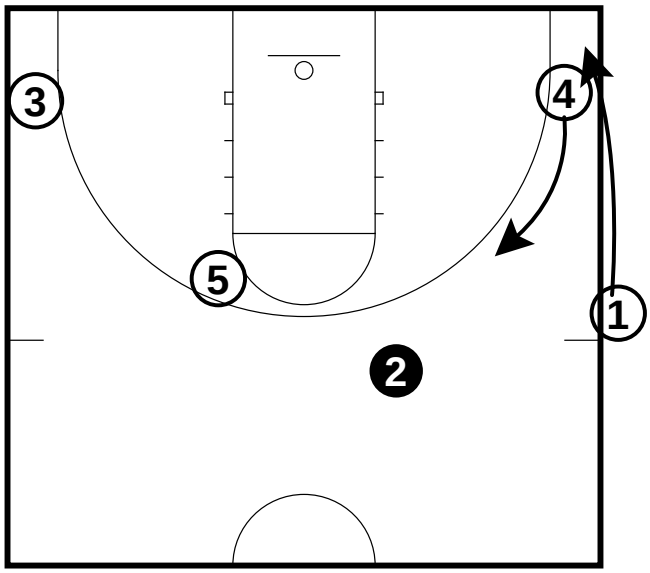


4 sets a downscreen for 2 and then sprints to the corner. 2 comes off downscreen and receives pass from 1.

Slob 2

Slob's

Frame 2

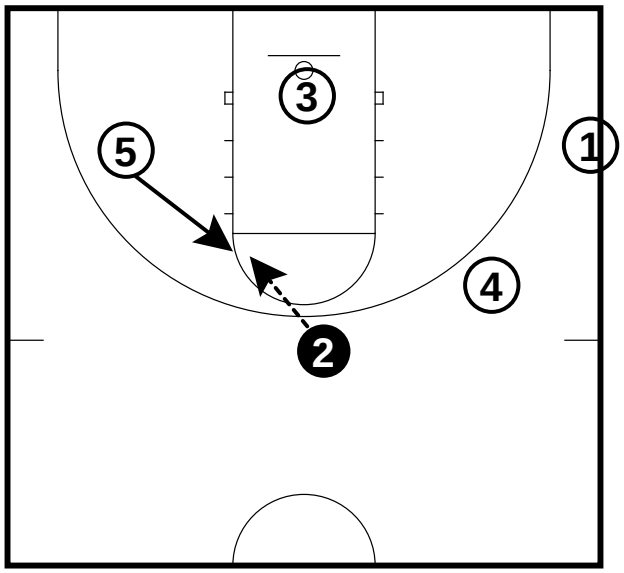


4 slides up the wing and 1 sprints to the corner.

Slob 2

Slob's

Frame 3

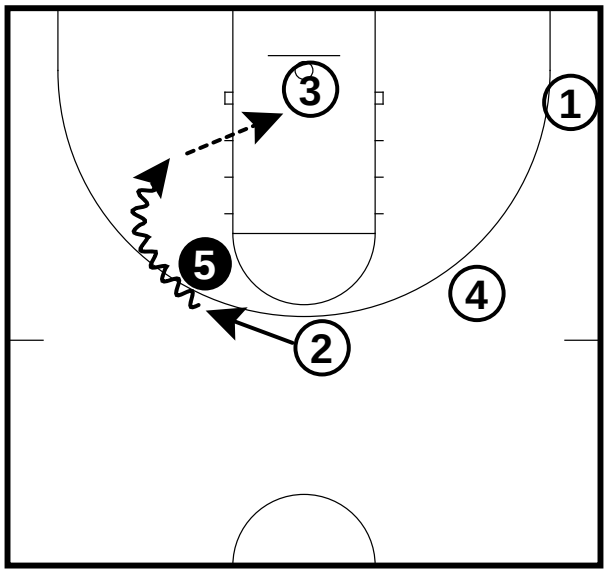


5 sprints to the high post and catches pass from 2.

Slob 2

Slob's

Frame 4



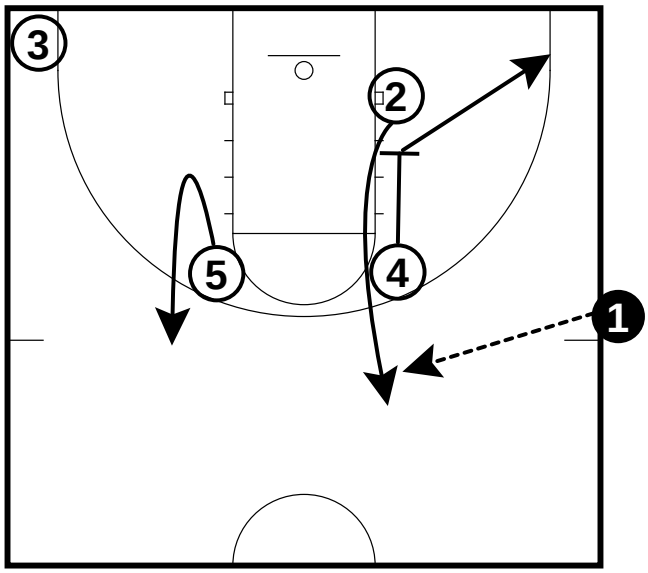
2 sprints for a handoff from 5. 2 rubs 5 as a brush-screen and then drives for the jumper or passes to 3 on the post-up.

Slob's

Slob 2 Down

Slob's

Frame 1

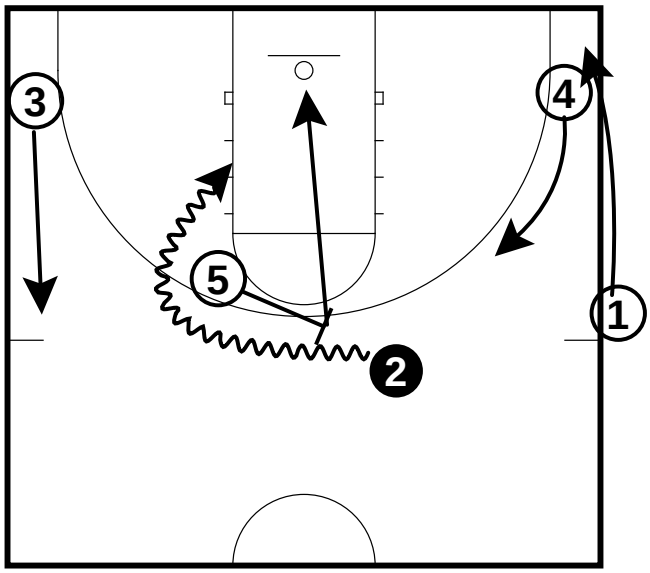


4 sets a downscreen for 2 and then sprints to the corner. 2 comes off downscreen and receives pass from 1. 5 fakes the downscreen and steps back out.

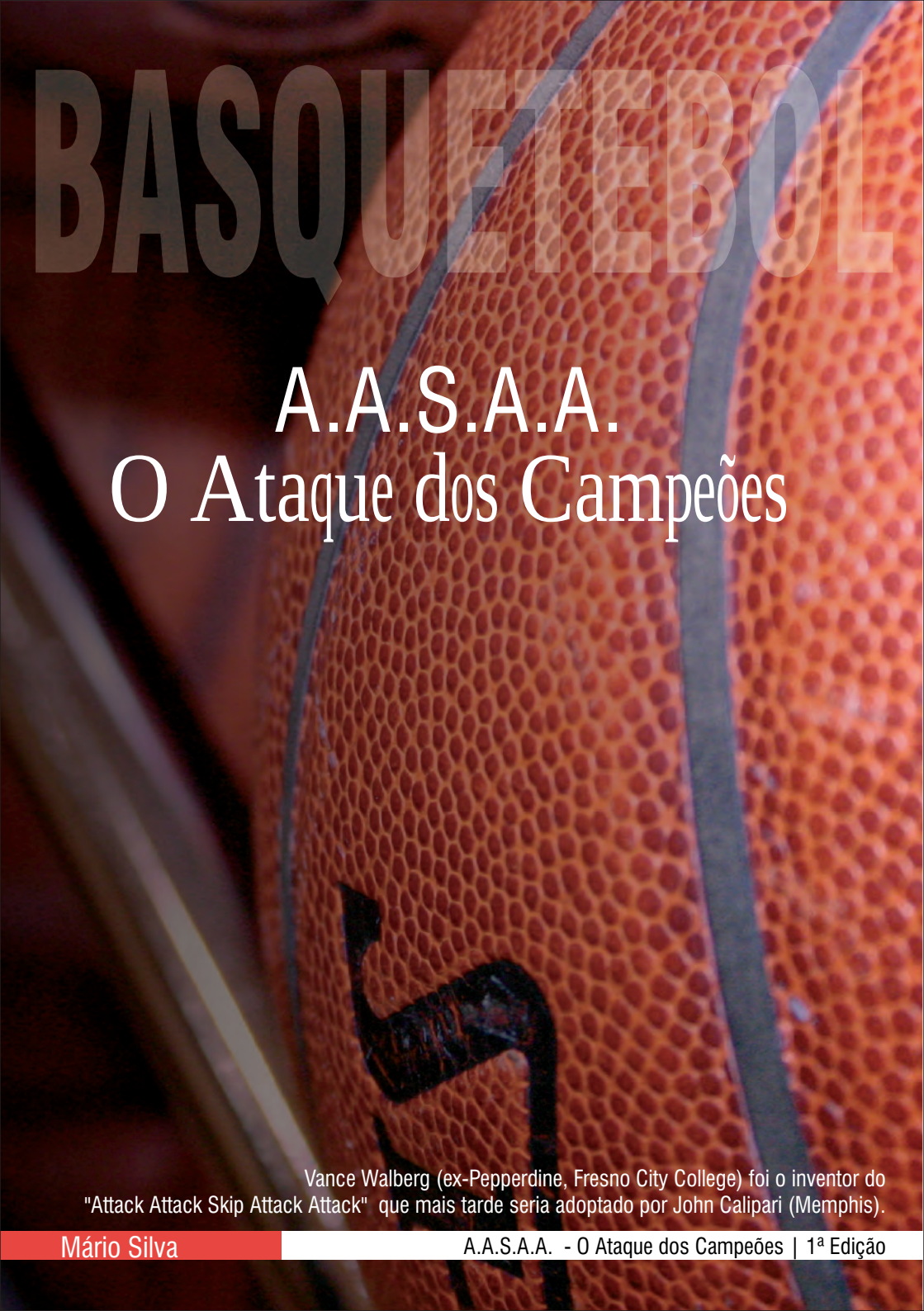
Slob 2 Down

Slob's

Frame 2



4 slides up the wing and 1 sprints to the corner. 5 sets a ballscreen on 2. 2 turns the corner on the ballscreen. 5 rolls to the basket as 3 comes up the wing.



A.A.S.A.A.
O Ataque dos Campeões

Vance Walberg (ex-Pepperdine, Fresno City College) foi o inventor do "Attack Attack Skip Attack Attack" que mais tarde seria adoptado por John Calipari (Memphis).

Mário Silva

A.A.S.A.A.

O Ataque dos Campeões

PREFÁCIO

"Conhei o Mário Silva há muitos anos. Ainda ele era jogador do CIF, imaginem! Sempre controverso e amante do basquetebol, a sua grande paixão . Gosta de pensar pela sua cabeça e de ver respeitada a sua sensibilidade para as coisas da vida. Razões mais que suficientes para que no passado tenha "incomodado" muita gente e ainda hoje assim aconteça . Fui, sou e serei sempre seu amigo porque me identifico muito com o que dizem ser o seu "mau feitio". Pertencemos ao "clube" dos anti "yes man" que preferem dizer olhos nos olhos o que lhes vai na alma. É dos que não temem a oposição de quem quer que seja, porque sabem quanto valem e quanto necessitam dessa oposição para serem cada vez melhores.

Força Mário , o Jorge Araújo está contigo. E não temas a solidão profissional que te assalta tantas vezes, (demasiadas, face ao valor que tens). Acredita que mais vale só que mal acompanhado." Jorge Araújo ,Team Work Consultores.

Jorge Araujo

INTRODUÇÃO:

A época de 2007/2008 ficou marcada no que diz respeito a inovações tácticas pelo ataque "AASAA". Durante as múltiplas transmissões televisivas ,nomeadamente nos Estados Unidos , o nome de Vance Walberg foi muitas vezes citado. A razão é simple Walberg : inventou o popular ataque "AASAA" que é utilizado com sucesso por muitas das equipas dos College e da NBA



Em 1997, Walberg treinava uma modesta equipa na Califórnia (Clovis West High School) quando criou um novo sistema a que deu o nome de "AASAA" ("Ataque-Ataque-Skip passe-Ataque-Ataque").

Nas épocas seguintes, ensinou o sistema no College de Fresno City (2002-2006) e, em 2007/2008 na Universidade de Pepperdine .

Walberg ,nos cinco anos em que aplicou o modelo de jogo em Clovis Ocidente passou a ter um record de 159 vitórias e 18 derrotas .

Em Fresno City College, acumulado um registo absurdo de 133 vitórias e apenas 11 derrotas (92,4% de vitórias).

Sem sucesso, apenas a sua passagem meteórica por Pepperdine onde obteve um record de 8-23 na época inicial e 6-12, este ano , antes de abandonar a equipa.

As equipas referência de tal sistema são : na NBA , os Celtics de Boston , na NCAA , a Universidade de Memphis e , no High School , a formação de St. Anthony .



Em Jersey City, o lendário treinador Bob Hurley SR. , começou a jogar o "AASAA" duas temporadas atrás e levou St. Anthony a (32-0) , o nº1 National High School boys basketball , nos E.U.A.

A equipa já ganhou por 25 vezes o campeonato estadual e tem como record 933-101 em 36 épocas em New Jersey .



Memphis utilizou esta época o ataque "Drible Drive Motion", uma adaptação do ataque de Walberg. Alinhando sempre com três bases, os Tigres colocaram sempre muitos problemas aos defesas, dada a grande capacidade física e técnica dos seus atletas. A eficácia deste ataque está naturalmente traduzida nos resultados desportivos obtidos.

Calipari , o "Head Coach", levou em 2007-08 a equipa a realizar a melhor temporada da história da escola , obtendo um novo record na 1ª Divisão da NCAA com 38 vitórias e apenas 2 derrotas . Perdeu o campeonato na final e no prolongamento com Kansas. Calipari tem agora um recorde 219 vitórias e 65 derrotas , nas oito temporadas em Memphis (27 vitórias por época).

Nas últimas três temporadas, Memphis fez 104-10 , marca que só Kentucky tinha obtido (104 vitórias entre 1996-98).

John Calipari foi nomeado o técnico do ano ("Naismith National Coach") , prémio justo para uma época brilhante .Mas as boas notícias não ficam por aqui: prorrogou o contrato de permanência ao leme da Universidade de Memphis.



Boston Celtics liderou a NBA na Fase Regular e é apontado como um dos favoritos a ganhar o título. TTal como os Denver Nuggets jogam o "DDM" no ataque com uma das melhores médias de pontos marcados (100.5) e com uma defesa eficaz (90.2 média pontos sofridos.

Doc Rivers utiliza no seu ataque muitas das ideias de Walberg no seu modelo de jogo ofensivo:

1) Boas penetrações em drible de Rondo, Pierce e também de Ray

2) Bons finalizadores perto do cesto, Garnett e Perk

3) Um jogador grande como Garnett que abre no perímetro e depois usa o drible de penetração .

Honestamente , duvido que alguma vez uma equipa NBA seja capaz de executar a verdadeira versão do sistema "AASAA" ao longo de toda a época, já que o sistema é muito exigente fisicamente. Dado o elevado nº de jogos realizados , nenhuma equipa conseguiria aguentar o ritmo e intensidade que o sistema exige em cada jogo.

O ataque, cuja designação original era AASAA , tem agora designações diversas : ataque "Walberg", "Tripls or Key "e "Princeton on steroids. Calipari chamou-lhe "dribble drive motion" (DDM).

COMO TUDO COMEÇOU

A criação deste ataque “Foi pura sorte”, disse com modéstia o “coach “ Walberg.
Para facilitar a vida ao seu base, Chris Hernandez resolveu contrariar os sistemas habituais e resolveu colocar o jogador poste no lado fraco do bloco, retirando dois jogadores do caminho do jogador penetrador para o cesto. Assim Hernandez , quando conseguia ultrapassar o defensor directo passava a ter as seguintes opções:
1) Lançava ao cesto em layup
2) Passava, ao poste (se o seu defensor entrava em ajuda para parar Hernandez.
3) Passava para fora para o jogador livre no perímetro (se o seu defensor tinha entrado em ajuda sobre Hernandez). O jogador livre lança triplo, mas se não estava em boa posição para lançar ataca novamente a defesa.
É sabido que no basquetebol actual a maioria das equipas defende bem os bloqueios ofensivos , dificultando a penetração da bola em drible, através do condicionamento das trajectórias dos jogadores bloqueados e dando tempos de ajuda que permitem a respectiva recuperação. Por essa razão Walberg resolveu não recorrer aos clássicos bloqueios ofensivos e optou por colocar bem espaçados os quatro atacantes no perímetro. A equipa conseguia desta forma mais facilmente abrir buracos na defesa contrária para os penetradores .



Chris Hernandez (que mais tarde iria ser estrela em Stanford), usava muito bem o drible de penetração.

“Quem me dera ter escolhido um nome mais interessante para o ataque

que AASAA, mas eu queria que os jogadores entendessem o mesmo ;ataque-ataque-skip passe-ataque-ataque", diz Walberg. "O que estou a tentar dizer? Que ataquem o cesto . É basicamente isso que queremos ".
Todas as equipes da Walberg ouvem nos treinos o mesmo slogan : gostamos de triplos, mas amamos os layups.
O mapa estatístico dos lançamentos das suas equipas mostra que quase não lançam de meia distância , ou lançam "lay ups" ou triplos.

Calipari aprende os segredos…

Vance Walberg faz todos os anos uma peregrinação aos treinadores da elite dos College ,com o objectivo de aprofundar os seus conhecimentos.





Bob Knight, Dean Smith e Billy Donovan são alguns dos nomes com quem Walberg aprendeu basquetebol.
No Verão de 2003, foi a vez de estar com o técnico de Memphis , John Calipari. Durante seis dias , Walberg observou os treinos dos Tigres .
Para sua surpresa , Calipari pediu-lhe um favor "Então diga lá , Vance, o que é que você faz nas suas equipas?"
Walberg riu e respondeu : "Você quer mesmo saber? É tudo muito simples ".
"Não faz mal , mostre-me lá o seu sistema ", disse Calipari.
E foi assim que Calipari ficou a conhecer os segredos do ataque de Walberg que se baseia nos drible de penetração e é muito diferente dos movimento ofensivo clássicos de Bobby Knight (que são baseados em bloqueios) ou do ataque Princeton de Pete Carril's (que é baseado em cortes).
Para Calipari, o novo ataque tem duas noções totalmente não convencionais:

-Não utiliza os bloqueios , o que é considerado por muitos como a melhor forma de criar situações de cesto fácil, mas que limita os espaços para as penetrações.
- Coloca o poste a jogar no lado fraco do ataque (em vez de jogar do lado da bola), deixando também caminho aberto ao portador da bola para caminhar para o cesto.
Os aspectos centrais do ataque de posição de Vance são o "espaço", o "tempo" e as "movimentações dos jogadores sem bola". Os jogadores do perímetro devem manter entre si distâncias que dificultem as ajudas .Do mesmo modo , os atacantes devem ler a defesa e decidir quando e para onde se devem deslocar.



Quando Calipari resolveu modificar o seu "playbook" e optou pelo ataque de Walberg,os seus mentores pensavam que tinha perdido o juízo.

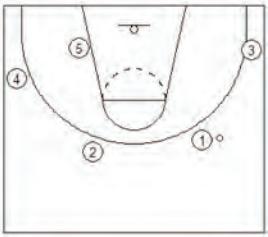
"Então você ganhou centenas de jogos jogando à sua maneira e agora é que vai mudar?" disse o " of Famer", Larry Brown. " Ele é apenas um treinador de Juniores? Você está louco?" . "Eu gosto de Walberg, ele estimulou o meu pensamento. Os jogadores gostam de jogar dessa maneira ", diz ele, "porque cada jogador tem luz verde para atacar o seu adversário directo em cada jogo." Disse Calipari,até aí um adepto da velha escola dos "play-calling". "Vance acredita muito naquilo que faz", diz Brown, um discípulo de Dean Smith (North Carolina). "A primeira vez que falei com ele sobre princípios defensivos , tudo o que lhe dizia ele respondia : "Não, não, não, você não poderá fazê-lo dessa forma" . Eu disse, 'Bem, o Coach Dean Smith ensinou-me assim. " E ele continuava a dizer, 'Não, não, não. " Ele é mesmo uma grande personagem ! "
Quem treina as equipas de top nos College é normalmente fiel aos seus modelos ano após ano e raramente renova os mesmos. Durante décadas

os grande treinadores seguem página a página os seus playboks. Porque razão resolveu então Calipari optar por tal mudança radical ? Em jovem ele era mais conhecido pelo gel que usava nos cabelos escuros e por ter um sobrenome que terminava numa vogal. Muitos diziam que ele era apenas um clone de Rick Pitino (Louisville).
Iniciou a sua carreira como adjunto de Larry Brown no Kansas e esteve com Paul Evans em Pitt. Dirigiu, mais tarde, com sucesso a equipa de Massachusetts (chegou à Final Four em 1996) onde a posse de bola era bem controlada, o oposto do basquetebol à moda de Pitino, o que lhe deu um emprego lucrativo na NBA com o New Jersey Nets.
De regresso à NCAA , passa a treinar os Memphis (2000). Nas suas cinco primeiras temporadas, os Tigres apenas venceram uma única partida na Fase Final da NCAA. Estava pois na hora de uma nova abordagem ao modelo de jogo. Algo que estivessse mais de acordo com os atléticos jogadores da cidade de Memphis .Asim a partir da temporada 2005-06, passa a jogar o "AASAA" e os resultados falam por si.

O ATAQUE AASAA:

As penetrações em drible constituem um dos principais factores de desiquilíbrio das defesas e são a arma principal do ataque "AASAA" (Atacar, Atacar, Passar Skip, Atacar, Atacar). Forçam os defesas a movimentarem-se para ajudar e assim criam espaços para os lançadores. Uma das razões por que tantos treinadores gostam deste ataque é porque as leituras das defesas são bastante óbvias e o drible de penetração é uma das acções mais difíceis de defender no basquetebol.
Este sistema utiliza um jogador (normalmente, o base), para penetrar em drible na direcção do cesto. Dependendo da resposta da defesa, o jogador pode acabar a lançar em lay-up, passar para o poste no interior, ou passar ("kick-out") a um dos jogadores do perímetro. Se a bola é passada para o perímetro, o jogador que recebe o passe pode lançar triplo, ou driblar na direcção do cesto, reiniciando todo o processo.
O ataque não usa os tradicionais "set plays" e está dependente da velocidade e capacidade de decisão dos seus jogadores, principalmente dos bases.
O ataque "AASAA" ,que Walberg iniciou no College de Fresno City, tem por base alguns princípios elementares. É sabido que a agressividade na utilização da bola pode ser feita por via do passe ou do drible do jogador com bola e das movimentações dos jogadores sem bola

À semelhança do ataque "Princeton" , o ataque de Vance também joga com 4 jogadores por fora no perímetro ("4 out set") , bem espaçados e um jogador interior ("post player") que joga perto do cesto no lado contrário da bola, de forma a que o portador da bola possa usar o drible penetração.
Quando o ataque contrário falha e a defesa recupera a posse de bola as quarto posições do perímetro são ocupadas indiferentemente pelos atacantes ("interchangeable").
Quando a equipa sofre ponto jogam rapidamente no contra atque organizado ("numbered break").
Os jogadores do perímetro atacam o cesto penetrando em drible . Mudam a bola para o lado oposto e, em seguida, a partir daí, nova penetração. O objectivo inicial é lançar de layup. Se o drible atrai a ajuda secundária da defesa, o portador da bola pode passar a bola de volta para o perímetro para um lançamento sem oposição. Uma terceira opção é parar a penetração e fazer um passe na direcção do cesto, onde o jogador poste (4) pode estar sozinho para marcar.
O inventor da jogada não incluiu um único bloqueio para o portador da bola. Assim, depois de ultrapassar o seu adversário directo, o portador da bola deve entrar para o cesto e lançar ou passar a um colega se a defesa entrar em ajuda.
O ataque de Walberg tem alguns elementos do estilo europeu ("drive-and-kick") e da equipa dos Phoenix Suns treinada por Mike D'Antoni ("fast-paced spread offense").
Desde a Época de 1997 ele tem acrescentado pequenos detalhes e, talvez o mais importante , tem elaborado um conjunto de exercicíos competitivos (com nomes como "Blood", "Cardinal" e "Scramble" , que aprimoram os fundamentos dos jogadores .
É realmente tudo muito simples. "Sinto que estamos ensinando os atletas como jogar basquetebol, em vez de como executar jogadas", diz Walberg do seu ataque.





4 jogadores por fora no perímetro (“4 out set”) , bem espaçados , e um jogador interior (“post player”) que joga perto do cesto no lado contrário da bola.O poste(5) pode também jogar no “short corner” para dar ainda mais espaço ao ataque.



Não passar a bola no seguimento do drible. Parar e passar (Jump Stop).



Sempre que os atacantes recebem a bola ficam em Tripla ameaça.

Outro aspecto importante das equipas do Coache Walberg é a constante substituição de jogadores (rotação) e a utilização de muitos jogadores . Defender de forma pressionante e jogar no ataque AASAA provoca rapidamente fatiga nos jogadores .

O cinco ideal…



O cinco ideal para jogar neste ataque seria constituído por quatro "Steve Nash" e um poste poderoso.

Para jogar o ataque "AASAA" é necesário ter jogadores móveis , embora menos altos e menos fortes, de forma que posam jogar mais rápido e a serem também mais presionantes na defesa

Tomemos como exemplo a actual equipa de Memphis, cujo cinco inicial parece ter sido construído para executar este ataque: joga com 3 bases e 2 extremos , o que lhe dá mobilidade e criatividade face à cada vez maior agressividade defensiva dos adversários



O base (1) Derrick Rose é rápido, penetra e é criativo tomando excelente decisões ,Tem surpreendido com sua habilidade no lançamento exterior . A chave deste ataque. Recebe o primeiro passe do contra ataque (outlet pass).

O segundo base (2) Antonio Anderson (Shooting Guard)– Melhor marcador. Repõe a bola em jogo e joga no perímetro ao lado do base.É outro poderoso penetrador e finalizador .

Douglas-Roberts é o terceiro base .O melhor jogador do perímetro da NCAA. (Small Forward -3) – Disputa os ressaltos de forma determinada. Ocupa o corredor lateral direito : Quando tem posse de bola , ataca o cesto para lay up ou triplo. Quando 1 penetra no contra ataque, ele deve estar fora da linha dos 3 pontos, preparado para lançar no canto direito.



O extremo Robert Dozier (4) não é o melhor "ballhandler", mas sabe usar o drible em linha recta para o cesto e, se lhe for dada oportunidade , acerta triplos.Corre pelo corredor lateral esquerdo. Ressalta do lado fraco.

O extremo/poste (5) Joey Dorsey é o menos participativo no ataque, mas as suas contribuições são essenciais. "Não há muitos jogadores que fiquem tranquilos por não receberem muitas bolas ".

Corre pelo meio (1º trailer) na direcção do cesto, o mais rápido possível– na transição à espera de receber a bola , se não recebe sai para o bloco



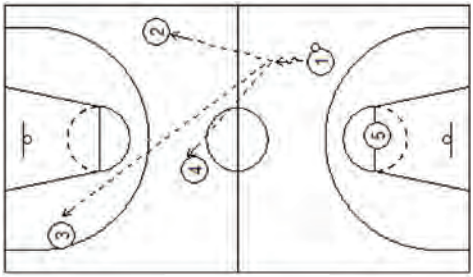
contrário à bola . Ajusta a sua posição ás penetrações em drible.

É possível que cada um dos "starters" de Memphis venha a jogar na NBA e que Rose seja candidato a nº 1 no draft. Isto é estes jogadores poderiam jogar com sucesso em qualquer sistema que Calipari escolhesse. Contudo prefere este.

"Eu vejo muitas equipas a jogar o basquete convencional, o que é enfadonho para mim", diz Douglas-Roberts. "Eu realmente não vejo como gostar de jogar assim, nem sei como poderão mostrar os seus pontos fortes nesses tipos de jogadas.

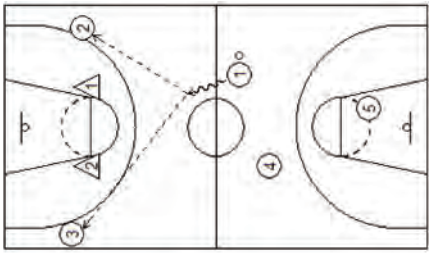
Posse de bola ...

Com a recuperaç.ão da posse de bola a ideia é explorar a fase de transição ofensiva . Assim , se sofrem cesto jogam no contra ataque organizado (“numbered fast break”) , jogando por corredores pré estabelecidos . A bola deve chegar rapidamente ao base (1).
Na conquista do ressalto a partir de um lançamento falhado ou ganho de posse de bola a partir do roubo, saem rápido no contra ataque. Se está alguém à frente livre ,passam a bola.

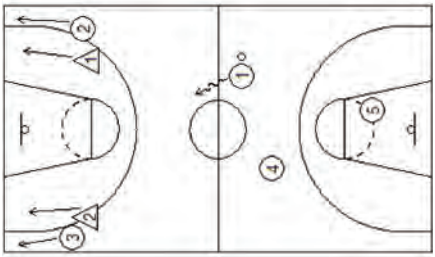




1 pode passar a 2-3 ou 4 “Pitch a head



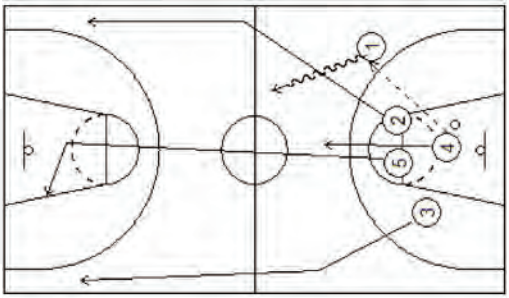
Na transição 2 e 3 correm bem abertos. Se não são pressionados, param no PLLL e pedem a bola.



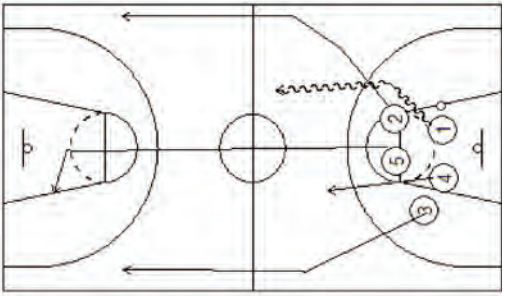
Se estão marcados ,correm até ao canto, arrastando os defesas consigo.

Regras da transição

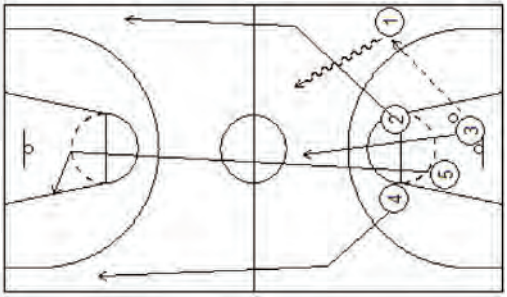
Recuperação da bola após cesto falhado pelo adversário("On misses"):



4 ganha o ressalto defensivo.
Primeiro passe para o base (1).
2 e 3 ocupam corredores laterais
5 corre na direcção do cesto e para o bloco oposto
4 corre corredor central e fica no perímetro.

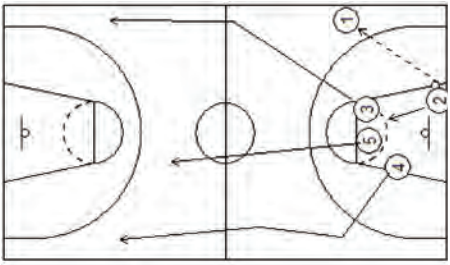


Se 1 ganha o ressalto, saída em c.ataque , corredores.
Derrick Rose, o base de Memphis, ganha muitos ressaltos e marca pontos "costa a costa".



Se 3 ganha o ressalto , passa a 1.
4 e 2 correm nos corredores laterais .
5 é o 1º trailer e vai para o bloco oposto.
3 fica no perímetro.
No caso de ser 2 a ganhar o ressalto a solução é idêntica.

Recuperação da pose de bola após cesto sofrido ("On makes"):



Quem coloca a bola em jogo é o 2.

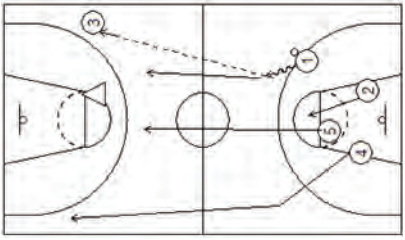
Primeiro passe para 1.

4 e 3 corredores laterias.

5 a 1º trailer corre para o bloco oposto.

2 fica no perímetro (2º trailer).

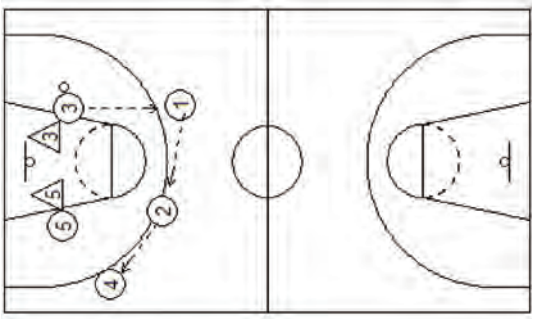
Passe Back court:





1 vê 3 livre , passa e corre

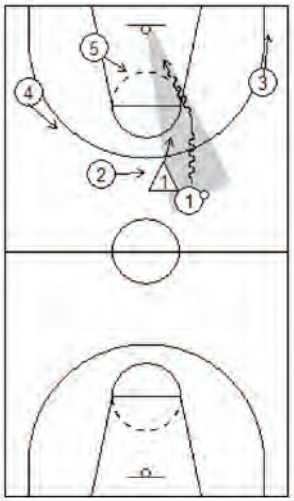
3 penetra. Se x5 ajuda, passa a 5.Criar situações de desequilibrio na defesa adversária e depois passar a bola ao colega melhor colocado para concretizar.



Se 3 é parado pelo seu defesa directo , X3 passa de retorno para 1 que muda o lado da bola.

O base penetra para o cesto:

O Ataque a partir do drible de penetração (Driving) é o mais complicado de defender O uso correcto do fundamento (não dribles no mesmo sitio), coloca uma grande pressão nos defensores.
O base é o jogador no qual acenta toda a dinâmica da equipa.
Para jogar no AASAA , é exigido que todos os 5 jogadores corram rápido e em todo o campo , quando a equipe recupera a posse de bola. O base conduz a bola rapidamente na transição, tentando ultrapassar o seu oponente directo. Em muitas situações irá encontrar um caminho aberto para o cesto , atraindo as ajudas de vários opositores. Isso irá deixar linhas de passe abertas e criará boas oportunidades de lançamento sem oposição. Uma equipa que emprega com sucesso este método ofensivo terá de ter necessariamente um sólido domínio dos lançamentos triplos, bem como marcará muitos pontos no contra ataque.





Se 1 não pode passar, na transição ,dribla a máxima velocidade para ultrapassar o defesa directo x1. O objectivo de 1 é atacar o cesto para lançar.

Os jogadores sem bola criam espaços para impedir as ajudas sobre o portador da bola.

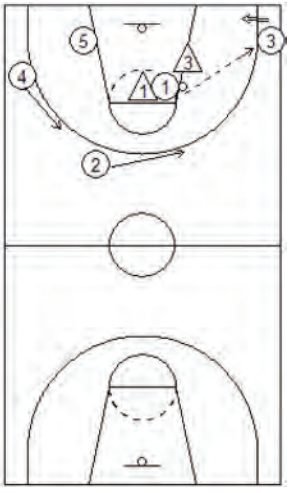
Quando 1 chega à linha dos 3 pontos, 3 vai para o canto preparado para receber e lançar triplo.

2 e 4 rodam no perímetro.

5 lê a defesa e abre linha de passe interior.



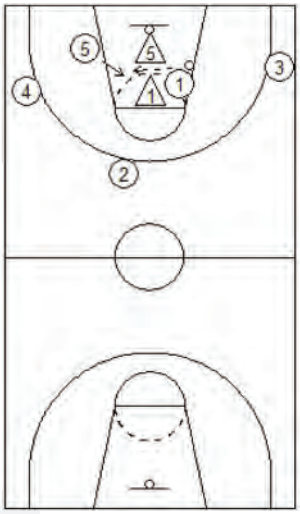
O jogador com bola sempre que penetra pensa no "lay up".



O atacante 1 lê a defesa : se X3 ajuda em relação a 1, este passa a 3 para tiro triplo no canto. Disputar o ressalto ofensivo.

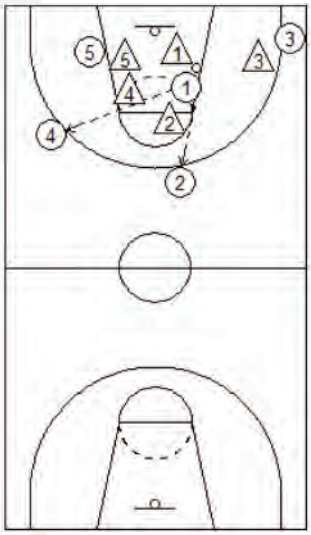


Lançar triplos sem medo.





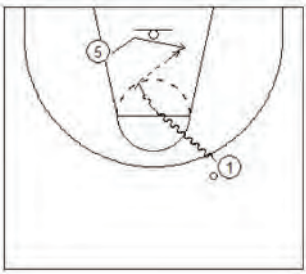
Após a penetração de 1 para o meio da área pintada , o poste deve sempre abrir linhas de passe. Se X5 ajuda o passe de 1 é para 5.



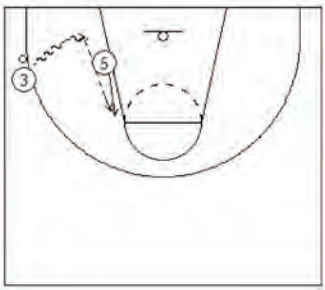


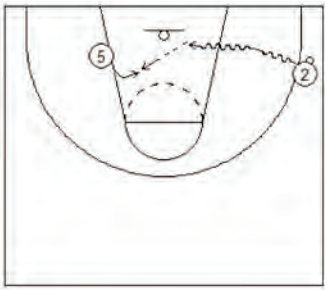
Quem penetra deve aprender a passar para o perímetro e a ocupar um lugar vago no exterior.

Trabalho sem bola do poste







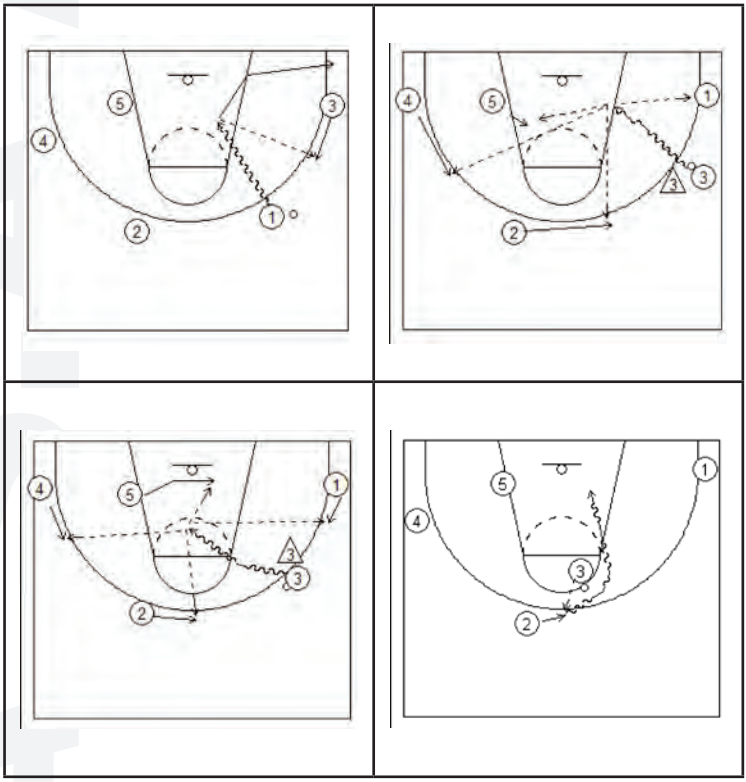




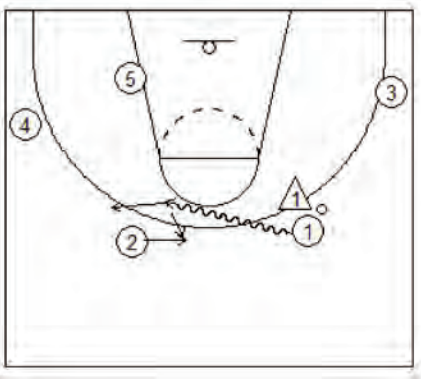
O poste 5 ajusta a posição em relação á bola. Ler a defesa.

Ataque meio campo ("Half court")

Drible (Lado direito) - "Drop 2 Motion"



Drible (Lado esquerdo)





Contra uma defesa pressionante

Se não pode penetrar para a direita, penetra para a esquerda.

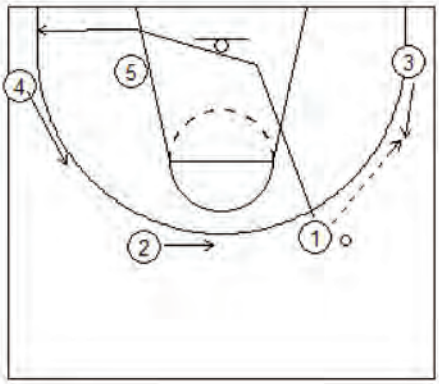
2 corta por trás , recebe, ataca o cesto com o drible.

1 sai no perímetro.

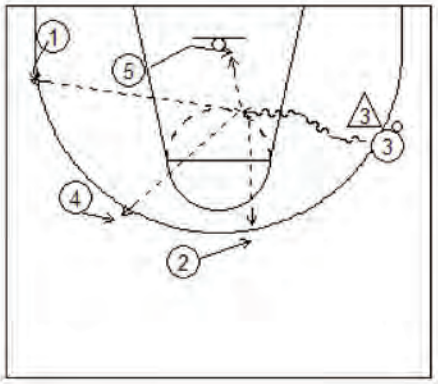
A acção é em "oito" ("weave")

Contra defesas pressionantes que não dão linhas de passe, usa o "Weave"(jogar à mão).

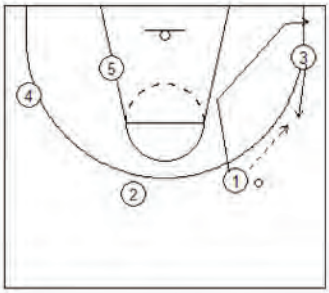
Passa ao canto e corta (Rack Motion)

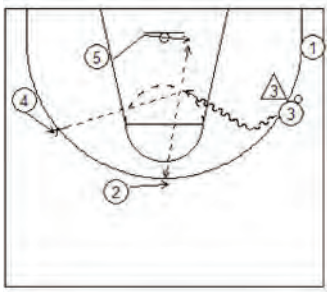


1 passa a 3 e sai pelo lado contrário
2 e 4 rodam no perímetro.



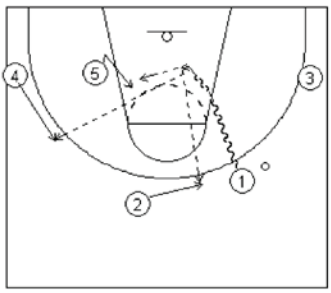
3 penetra em drible para a área pintada e procura marcar.
5 corta por debaixo do cesto abrindo linha de passe.
3 passa a 5 dentro ou passa a 4,2 ou 1 no perímetro.
Se 2 não lança, penetra ou passa 5 e entra novamente na penetração.





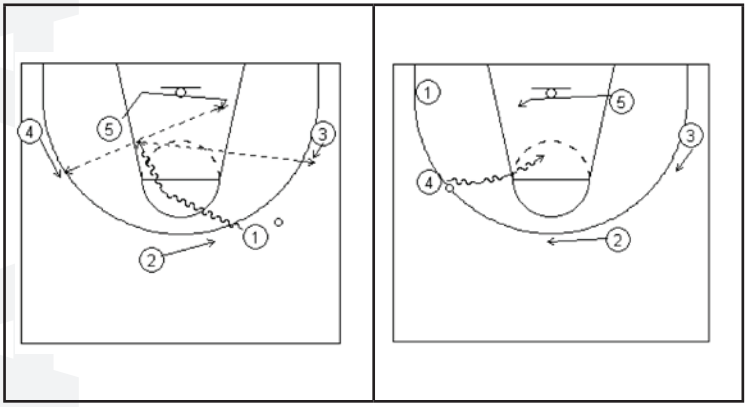
1 passa a 3 e corta para o lado da bola (blur screen).
Na penetração para o meio de 3.
5 abre linha passe por baixo do cesto.
2 e 4 ajustam e rodam no perímetro.



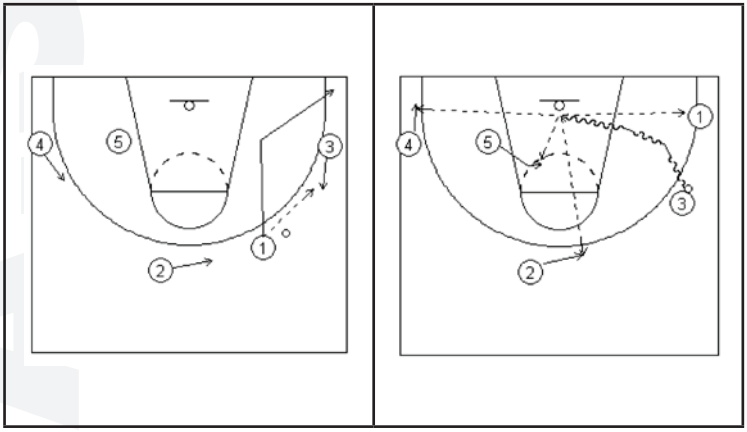


Se 3 penetra pela linha final.
5 ajusta por cima.
2 e 4 rodam no perímetro.
Os penetradores se passam ,ocupam uma posição vaga no perímetro.

Rack x Motion



#Baseline Drive



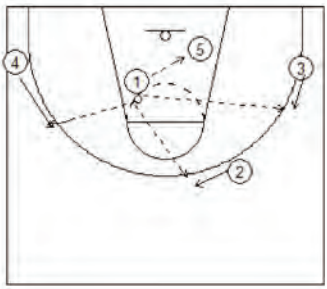
Blur Screen







2 corta pela frente de 1 (Blur screen)
1 penetra para a área pintada.
5 corta na linha final





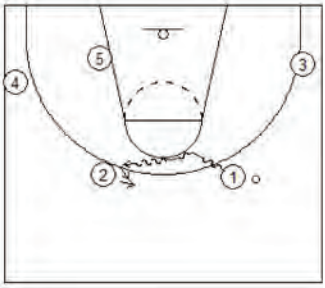
Se 1 for parado pelo defesa directo , 4 está no canto para receber um passe de 1 (Kick out) no perímetro para triplo ou corta nas costas se está sobremarcado.

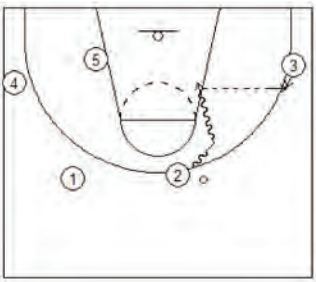




Se 4 é parado dentro da área pintada passa para o perímetro.

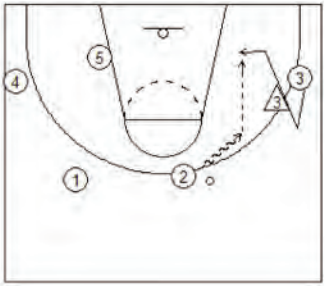
Entrada em “oito” (Weave)





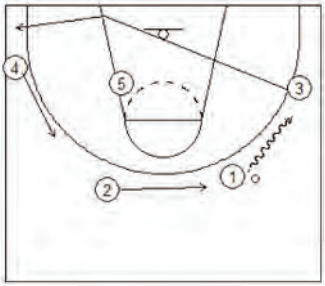


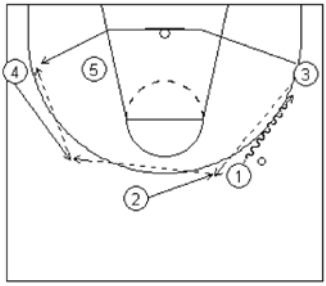
. 1 dribla na direcção de 2 e passar à mão.
Continua com “weave” entre 2 e 3.
3 entra na penetração para o cesto (“ Drive and kick”)

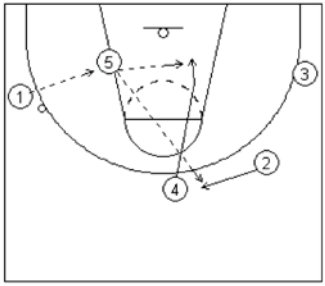


Se 3 está sobremarcado ,corta nas costas.

Aclarado
(Circle option “wave through”)

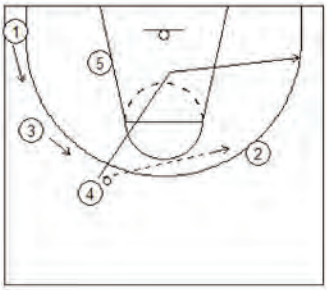




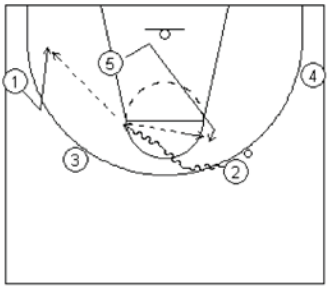


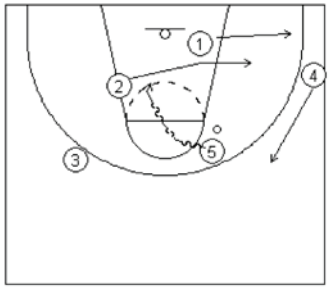


Se um companheiro dribla na nossa direcção, aclara.
1 dribla e 3 aclara para o lado contrário. 1 não pára o drible e ataca o cesto, penetrando para a área pintada (pelo meio ou pela linha final).











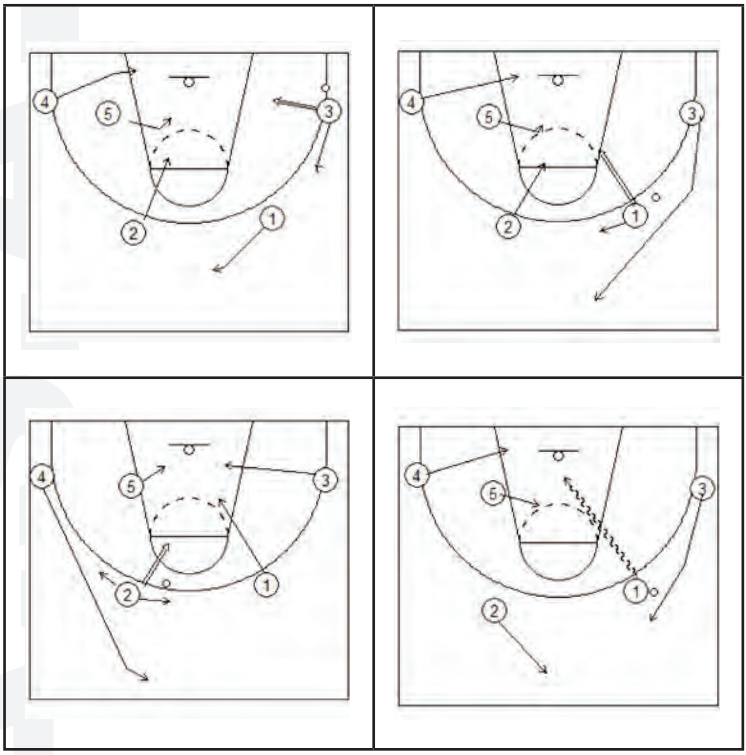


Se 1 for parado dentro da área pintada pelo seu adversário directo e passa para 4 no perímetro, este pode lançar triplo, iniciar a penetraçãp ou passar a 2 e cortar. 2 entra na penetração e os colegas ajustam as posições.

Ressalto ofensivo/recuperação Defensiva

Disputar a bola no resalto com agressividade.

- Objectivos ofensivos de cada movimento, ressalto ofensivo e recuperação defensiva



Quando um lançamento triplo é feito,5 vai ao ressalto no meio .
O atacante do lado fraco , no canto, vai ao ressalto no bloco fraco.
O lançador e o jogador do perímetro do lado da bola recuperam defensivamente. O não lançador vai para o meio campo.
Nos lay ups , apenas o poste 5 e o jogador do canto fraco vão ao res

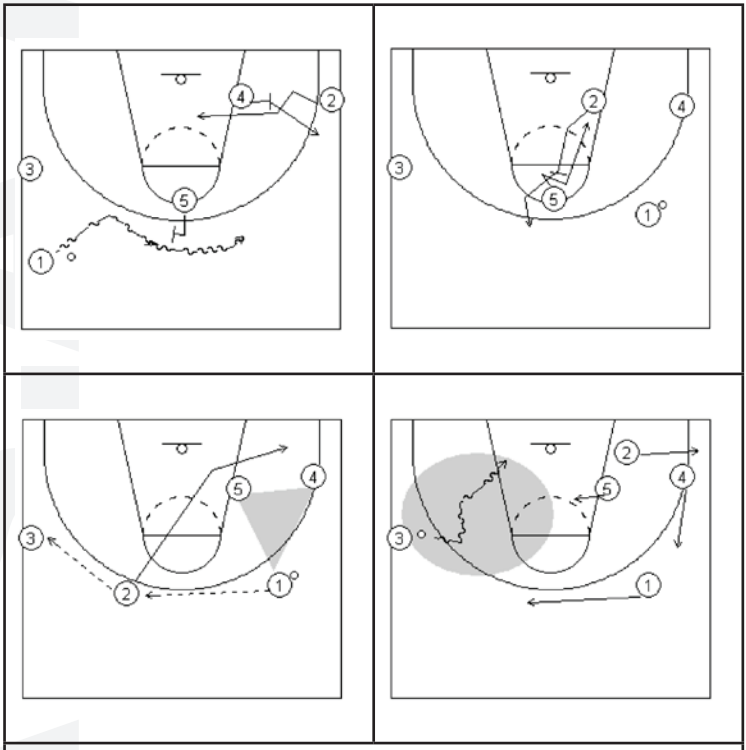
Como combater o AASAA/DDM ?

Ao longo da presente temporada, o AASAA / DDM foi muito falado e estudado.
Para impedirem os "Tigres" de utilizarem o drible de penetração , a maioria dos adversários optou por não defender hh, recorrendo na maior parte das vezes ás zonas.
Esta época no Torneio Final da NCAA, Arlington defendeu quase tudo (press 1.2.2, zona 2.3.,zona 1.2.2.,"box and one" e triângulo mais dois).
Mesmo quem teve coragem de defender individualmente ,optou por flutuar já que é mais difícil penetrar contra defensores estacionados na área pintada.
"Se os deixamos penetrar estamos derrotados. Eles são realmente muito difíceis de parar", disse o treinador de Siena Fran McCaffery, Siena . "Esta é a melhore equipa a penetrar para o cesto que eu já defrontei ".
Utilizando um ataque contra zona em que o drible continua a ser dominante , Memphis consegui ultrapassar essa dificuldade e ganhar a Conferência USA na temporada regular. Naturalmente , se Memphis pertencesse a outra conferencia mais forte onde os técnicos (equipas como UCLA , Kansas e Carolina do Norte) raramente abdicam das suas convicções a maior parte dos opositores optaria pela defesa individual, o que lhes daria muitas chances ,dada a valia do seu ataque.
"É frustrante não pudermos utilizar o nosso DDM, mas era o que já se esperava", disse Dozier. "Ninguém vai jogar contra nós em homem-a-homem. Somos muito talentosos, muito rápidos. Tomamos isso como um sinal de respeito."

Uma revolução no ataque de Memphis

Calipari acrescentou algo de seu ao modelo de jogo de Walberg ,mas as ideias básicas são seguidas , com bons resultados.
Assim , em vez de entrar directamente no ataque AASAA, Memphis utiliza os "Set Play" tradicionais para mudar o lado da bola no perímetro ("swings"). O movimento da bola é fundamental para evitar que os adversários ajudem tanto sobre a bola. A exploração do lado contrário da bola (rotação da bola) é decisisva, já que queremos obrigar a defesa a abrir buracos para que possamos penetrar em drible.

Forçar a defesa a movimentar-se e depois mudar a bola para o lado contrário (obriga os defesas que ajudam a terem de cor maiores distâncias) é uma constante no ataque de Memphis.
A título de exemplo, entra no ataque com o Play # Midle Screen para mudar o lado da bola.



Quando a bola chega ao extremo 3 , já estamos no "four around" com o poste do lado contrário (Walberg) .



Tem agora início as penetrações em drible.

"Se o movimento for bem executado, há sempre um caminho aberto para ir até ao aro", disse Calipari. " Em qualquer lugar ,que um jogador penetre , sabe que todos os outros jogadores estão no sitio certo. Quase podem jogar de olhos fechados e fazerem os passes".

O blog de Ken Pomeroy's (www.kenpom.com) fornece uma interessante visão sobre a eficácia ofensiva dos Tigres. Em vez da listagem do total dos pontos como a maioria dos sites fazem, Pomeroy promove uma estatística chamada eficiência ofensivo, que mede o número de pontos que a equipe marca por 100 posses de bola.

Calculando assim a produção ofensiva , o que dá uma ideia do ritmo a que a equipa joga .

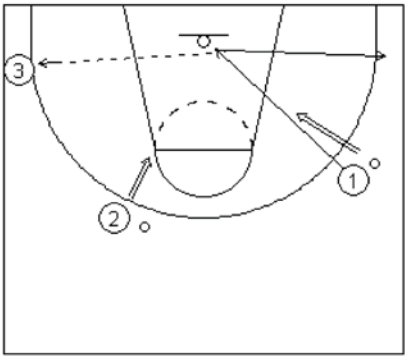
Em 2004/2005 marcavam 104,9 pontos por 100 posses de bola e

eram a 100º equipa a nível nacional .
Em 2005/06 obteve 109,5 (37º)
Em 2006/07 obteve 112,4 (22º)
E em 2007/08, com a plena utilização do ataque DDM , chegou aos 114,1 pontos por 100 posses de bola ,sendo a 9º equipa da competição.
A defesa pressionante e o novo ataque geram mais posses de bola Isto significa que os Tigres jogaram com maior agressividade ofensiva. Eles simplesmente rodam melhor a bola e marcam mais tiros exteriores.
Mas, independentemente da eficácia no ataque, uma coisa ficou bem evidente nesta temporada no ataque dos Tigres: o seu jogo é muito mais divertido e interessante do que alguns dos lentos sistemas clássicos que



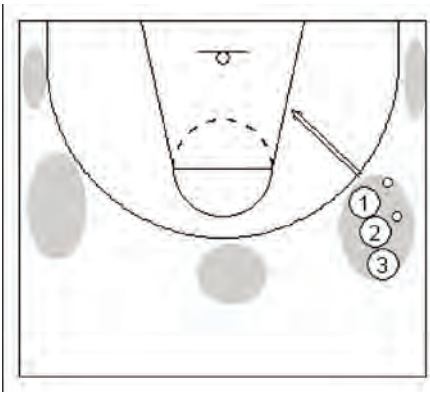
Drills

Olympic shoting



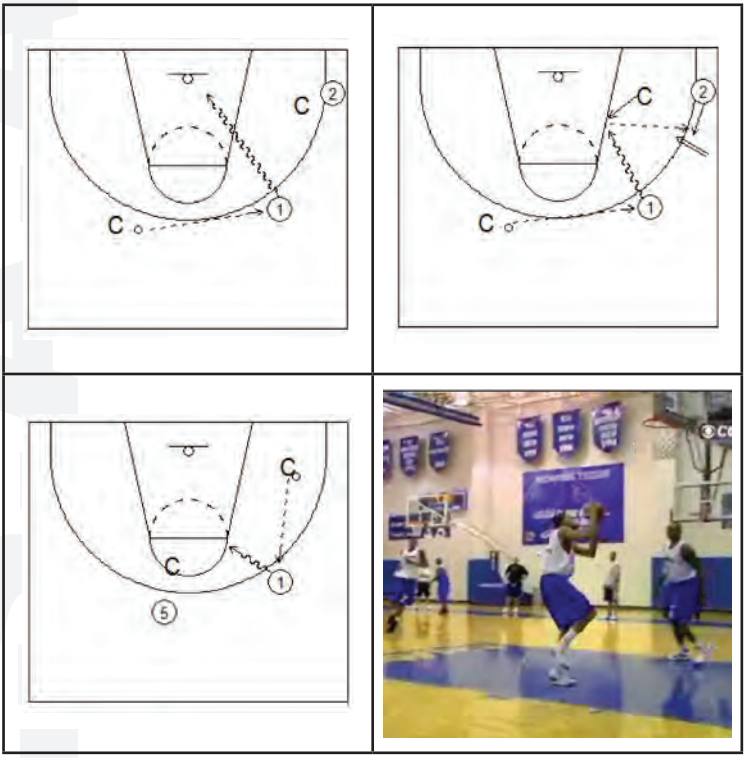
3 jogadores
2 bolas
Triplos
Os lançadores vão ao ressalto e passam para o jogador sem bola e saem no perímetro

5 spot shoting



4 m lançamentos
3 jogadores com 2 bolas por cesto
5 spots
Marca 10 por posição
Se sobra tempo ,lançam do meio e contam os cestos convertidos.
Competição entre grupos

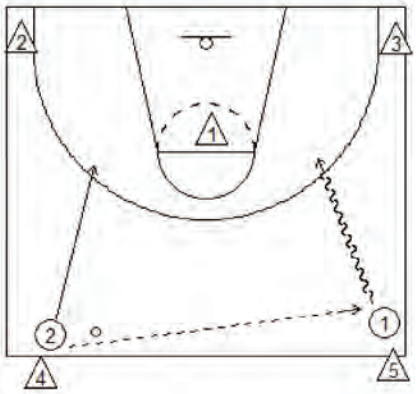
Lay ups



#Scramble

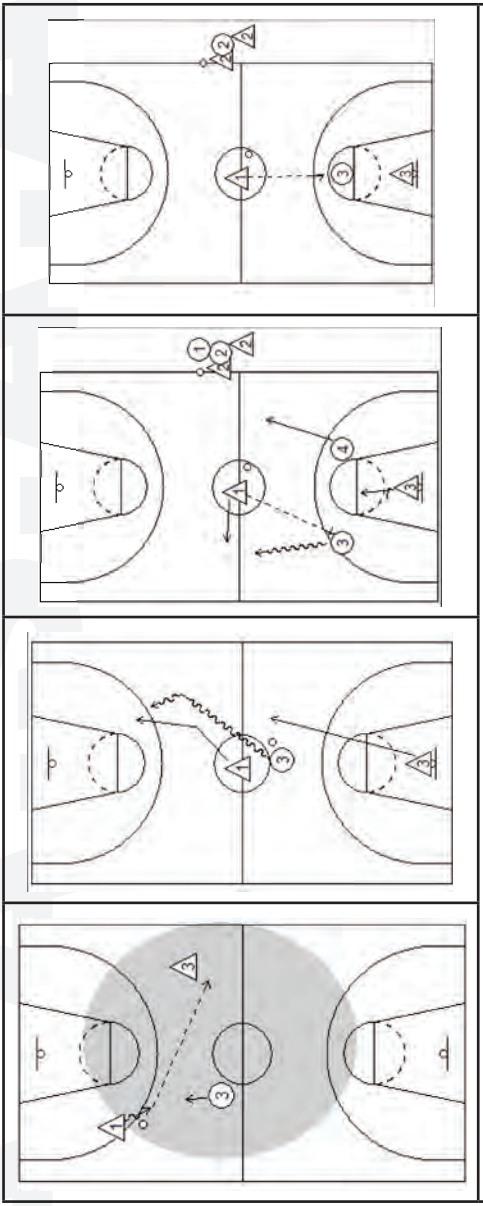
3x2 continuo campo inteiro.
Manipulação bola, lançamento,correr nos corredores, passes.
2 defesas em cada cesto- 4 linhas (PLLL).
3 atacantes. Um lançamento por posse de bola

#Cardinal



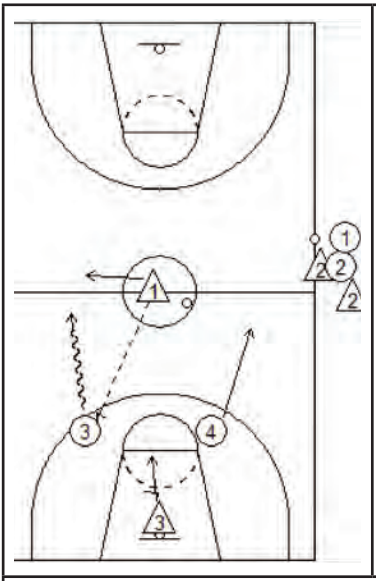
2x1 continuo
Quem lança passa a defesa
Quem defende e quem não lança vai para os cantos
X2 ou x3 recebem o 1º passe e passam a x4 ou x5~
Não vale triplos: Atacar o cesto

#Texas 111



1x1… +1 ataque
Três jogadores em campo sempre.
Defesa X1 com a bola a meio campo
Atacante 03 espera pela bola no lance livre
Defesa X3 parte da linha final (“chaser).
Linha a meio campo com bolas (Gp3)
Jogador x1 passa a 03
X3 fica na área pintada até que 03 sai daí
Jogo de 1x1 com um “chaser”
Jogam até que a defesa recupere a bola ou o ataque marque ponto
No regresso, passa a ser 2x1
Quem estava a defender passa a atacante

Texas 22





Ataque 2x1

Depois de marcar o drill ,passa a ser de press defensivo com as linhas de passe fechadas

X1 passa a 03 ou 04

X2 a meio campo corre para defender a área pintada

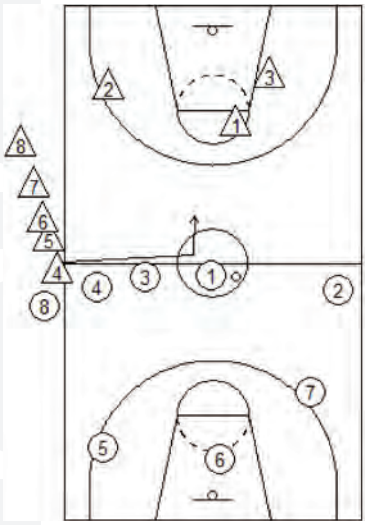
Jogam 2 (03 e 04)x1(x1), com um chasser (x3)

Quatro jogadores em campo sempre

Dois atacantes, um defesa e um "chasser"

No regresso,jogam 2x2

#UCLA



Oito jogadores em campo 4x3 … + 1 "chasser"

1,2,3 e 4 atacam X1,x2 e x3 defendem x4 vai ao meio e defende

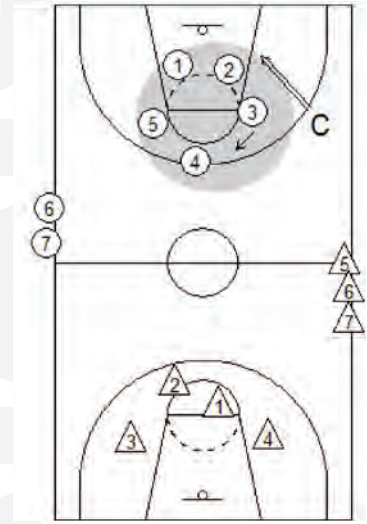
05,06 e 07 defendem no outro cesto. 08 tem de ir a meio campo primeiro.

Se a equipa (01..04) marca, pressionam a equipa (x1…x4) até ao meio campo.

Se a equipa (x1…X4) rouba a bola, sai a atacar sem que a equipa (01..04) pressione.

Ataque contínuo.

#Break Breakdown



A equipa A corre à volta do círculo

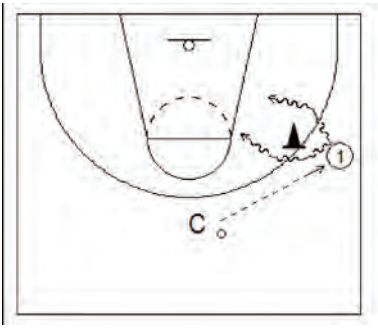
O coach lança, a equipa A sai a atacar contra a equipa B

Jogam 5x4 (contra ataque)

5x5 (ataque posição)

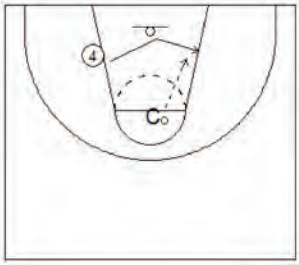
5x6..5x7 (ocupar espaços)

#Rip

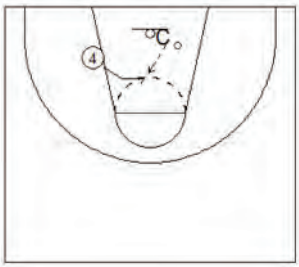


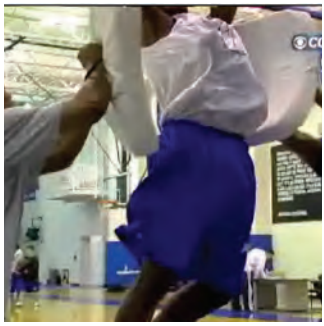
Explosive first step
Atacar o cesto
Lay up
Ganhar faltas
Kick out contra a ajuda defensiva
1 bola-1 passador- 1 cadeira
Receptor com as mãos para a bola:
Penetrar pelo meio
Penetra pela linha final
Jab cross over
Poucos drible

#Circl shoting



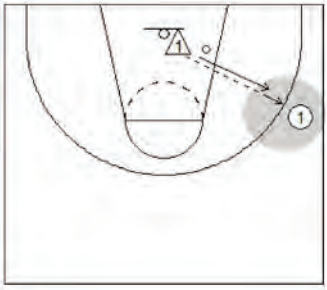






Drill para o poste
Corte pela linha final
Passes picados..peito..lob

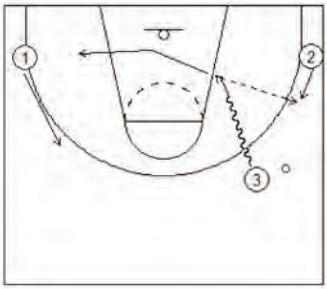
#1x1 closeout



Penetra pelo meio…penetra pela linha final
Explosive first step
Fica mais baixo que o defesa
Ataca o cesto

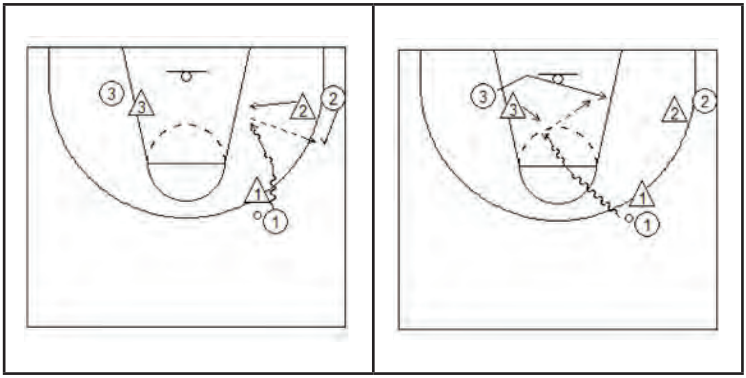
#3xo Penetrate and kick shoting. 2 passes





Penetra por qualquer lado
Kick out

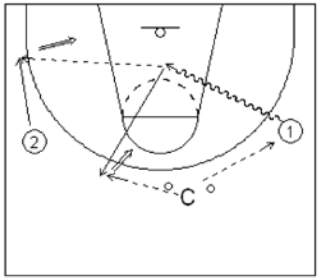
#3x3 closeout



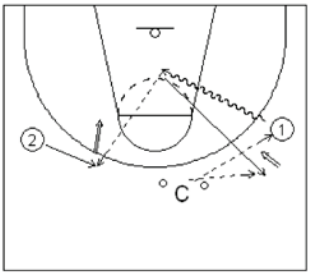
#2x0 Penetrate and Kich shoting

O ” coach” umas vezes ajuda, outras não…ler a defesa

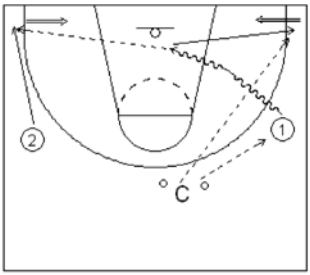
Duke Drive and Kick Drill



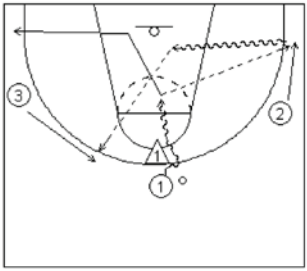
C (coach) com 2 bolas
C passa a 1 que penetra para o meio da área pintada.
Para (jump stop) e passa a 2 que tinha cortado para o canto.
Após o passe, 1 abre no perímetro. Recebe passe de C e lança.



A mesma acção , mas com 2 a subir.
1 abre linha de passe no perímetro para lançar.

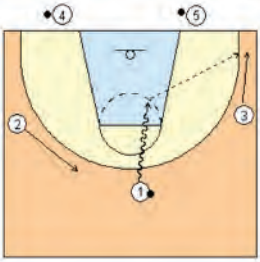


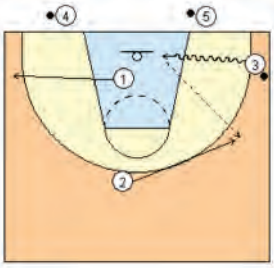
1 penetra para a linha final ("baseline drift") na direcção do cesto.
Passa para 2 no canto.
1 sai para fora do perímetro ("relocates") e recebe para lançar.

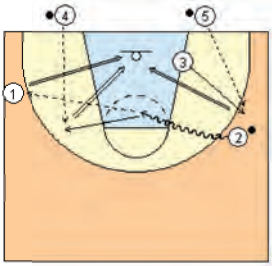


Pass and relocate drill (3x0).
Fazer 3 pases antes de lançar.
E lançar 5 vezes antes de acabar o dril.
Todos os jogadores fazem penetração e ajuste na rotação (drive and relocate).
X1 faz defesa passiva (dummy defense).

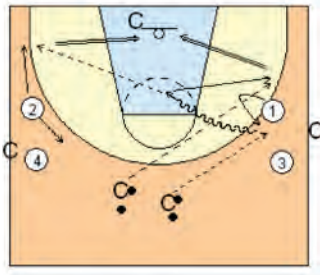
3x0 mais 2







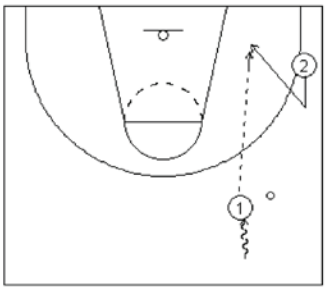
1 penetra e passa a 2 ou 3
1 sai para um lugar vago, 3 finta lançamento , penetra e passa a 2.
2 finta lançamento , penetra e passa a 1 que lança.
2 e 3 recebem bolas de 4 e 5 e lançam triplos.

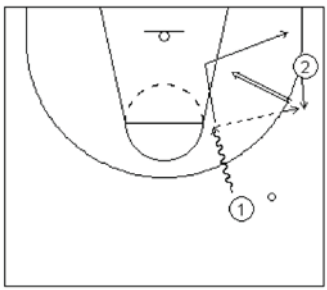


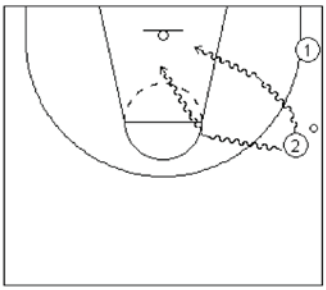
1 trabalha para receber a bola, recebe , tripla ameaça ataque à área pintada com o drible e passa a 2, que pode cortar para o canto ou ajustar para o meio (ler a defesa). 1, depois de passar, sai para fora no perímetro e recebe outra bola para lançar.

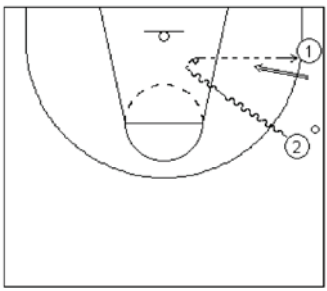
Usar treinadores como ressaltadores e passadores .

2 Man Play- Drop 2 (2x0)



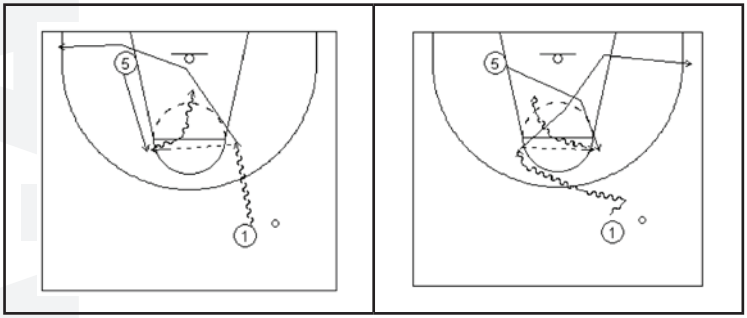




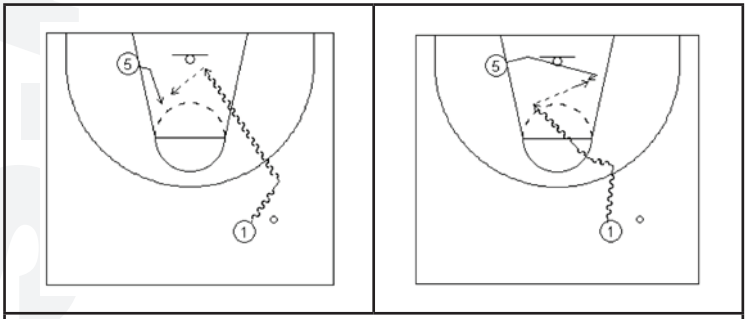


Blood 22

- Drop 2

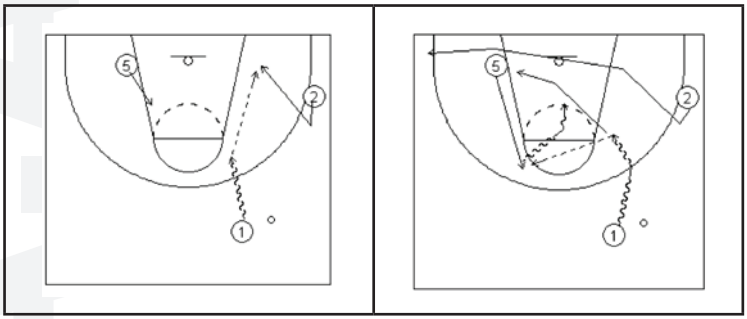


-Rach 2 ***-Rach 3***

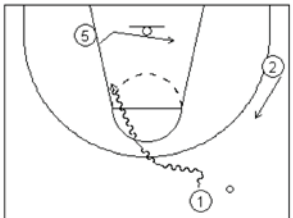


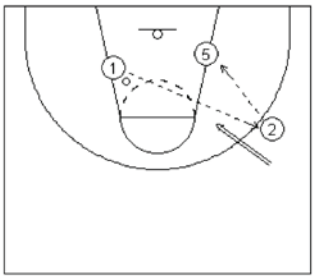
"Lay up or dish"
O base parte do circulo central

Blood 3 right
Drop 2



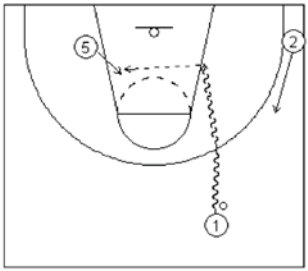
Rach 3

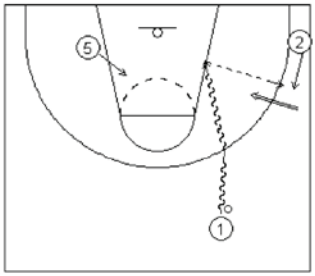




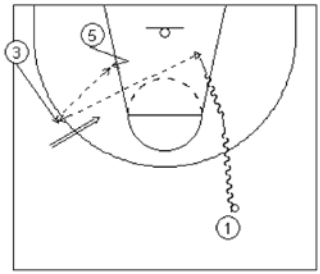
2 lança ou passa ao poste

-Rach 2



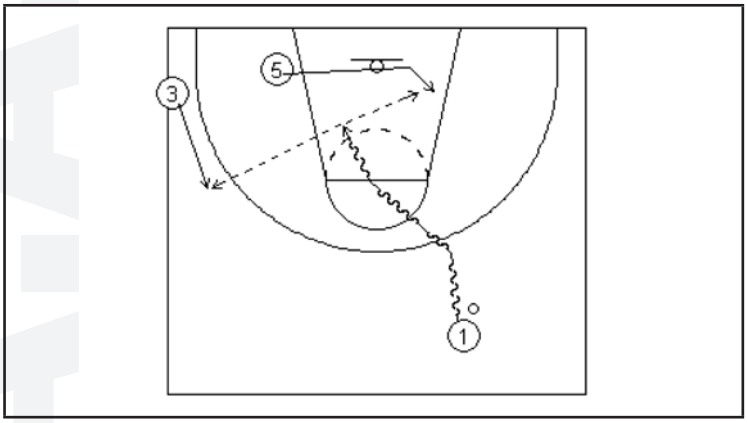


Lob
Blood 33 left

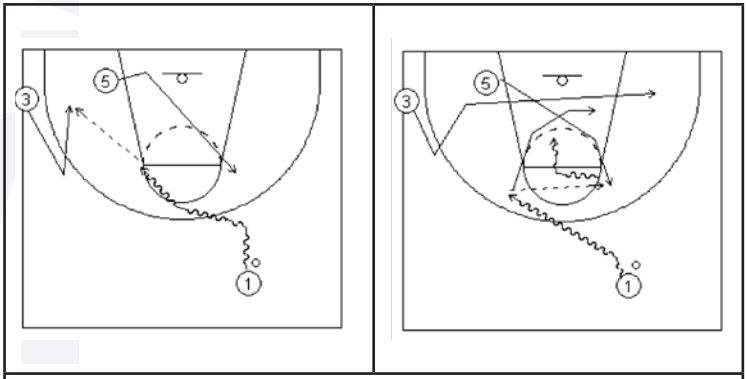


3 lança ou passa ao poste

- Rach 3



- Drop 3



Back door

INDIVIDUAL DEVELOPMENT WORKOUT



John Calipari University of Memphis

Four main objectives for guards on drives:

1. Create space between themselves and their defender.

2. Go north and south on drives don't belly out (straight to hoop).

3. Put your body on the defenders body on the start step.

4. Take your dribble moves right at the defender get them on their heels. If you get beside them or get them on their heels, they are yours.

Guard Workout

1. Warm up with 2 ball dribbling.

- Stationary dribbling - Eyes up, be ball quick.
- Control - both low below knees (rhythm/non - rhythm)
- Speed - both balls high (rhythm/non - rhythm)
- High-Low - one ball control dribble, one ball speed dribble
- Add down the floor dribbling (same as above) with a change of hands.

2. 2 free throws.

3. 10 X-Out Lay-ups.

- Start on the right elbow
- One ball control dribble lay-up/dunk on the right side
- Grab your own rebound
- Sprint to the left elbow
- One control dribble lay-up/dunk from the left side using the left hand
- Grab your rebound and sprint to the right elbow
- Continue until 10 lay-ups/dunks are made

4. 2 free throws.

5. Do the 7 dribble moves with a finish at the basket.

• Start with a low body balance base of support.
• Have a compact economy of motion.
• You make each move one from the right side then one from the left side.
• Start by spinning yourself a pass and catch down low.
• From here you circle tight and make a good direct or crossover move.
• Start from just outside the edge of the half court circle.
• After your finish at the basket you spin a pass and open to the big part of the floor while you catch facing.
• Then using the same move you break a press up the middle to half court.
• Then make the same move on other side.
• Then go back to the right side and make the next move.
• Do this until you have made all 7 moves on both sides.

Seven dribble moves:

a. Speed dribble - throw the ball out, get their, straight line drive as quick as possible.
b. Hesitation dribble - fast, slow (higher dribble stand up a little), fast, straight line drive.
c. In and out - head and shoulder, fake a crossover move, take ball over and back, keep ball in same hand.
d. Stutter step - at 3 pt. line, squeak feet with a wide stance if defender is off you shoot a 3 pointer, if not go to basket.
e. Stutter crossover - right to left hand, crossover low, look at basket on stutter, explode after crossover.
f. Between legs - from right side you drive middle the defense turns you so you go between the legs left to right hand, the angle you go through the legs is important, the ball needs to go from back to front toward the basket slightly.
g. Pull back crossover - using a ball screen by the 3 point line, go in hard to wing then use 2 pull back dribbles 1 crossover dribble, right to left hand, then explode to basket, rub shoulders with screen.

Key coaching points on dribble moves:

1. When you get to the 3 pt. line use 1 dribble to get to the basket unless you hesitate to take the help out.
2. Do the moves at full speed game like conditions.
3. Chin ball when shooting lay-ups.
4. Circle tight with the ball on direct and crossover drives. Tighten up your game. Don't be loose with the ball. Be compact and have an economy of motion.
5. Start and finish all moves from a low body balance base of support.
6. Use all moves, but develop a go to and counter move.
7. After move go straight to the basket don't belly out.
8. Make moves right at an imaginary defender. Get the defender on their heels.
9. Go -when you first catch a pass, your the most open.
10. Use your right hand when going right, and use your left when going left.

6. 2 free throws.

7. 7 dribble moves pull up and shoot jump shot.

• On all shots off the dribble landing on balance and low is a must before you shoot the ball.
• Do not float on the jump shot. Straight up and straight down.

8. 2 free throws.

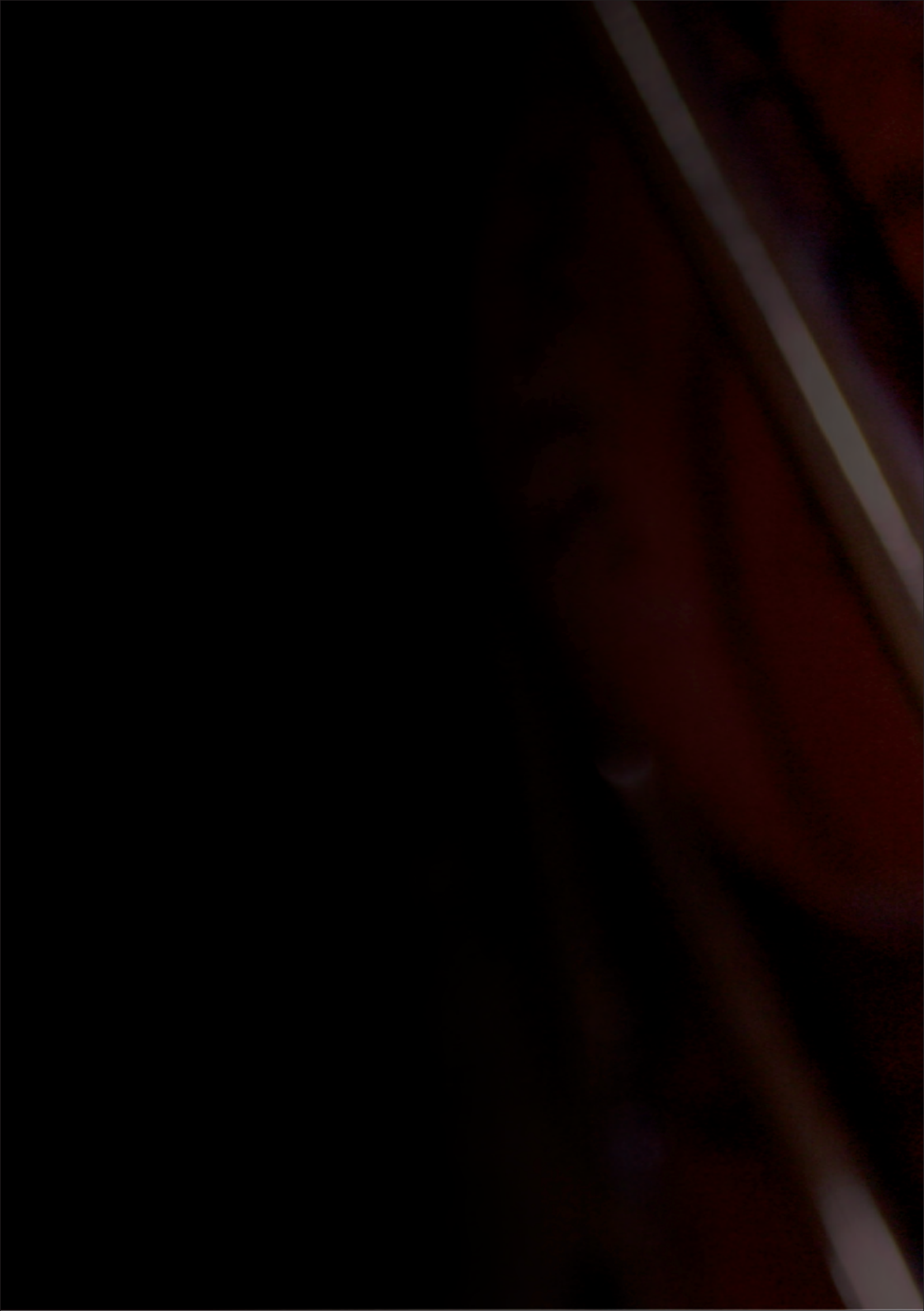
9. 32 point shooting.

• Five spots on the floor: baseline, wing, on top, opposite wing, and opposite baseline.
• You make 3 moves from each spot.
• The first is a 3 point shot (worth 3 points), the second is a shot fake one dribble drive to middle shoot jumper (worth 2 points) , and the third move is a shot fake one dribble drive to middle lay up (worth 1 point).
• So each spot is worth 6 points.
• At the end you shoot 2 free throws (worth 1 point each) for a total of 32 points.
• You compete against yourself.
• Make the moves at game speeds be tight with your game.
• The drives to the middle you will be using direct and crossover moves so step with the same foot each time.
• The moves from the top you can go either way, but be able to go both ways.

10. 2 free throws.

11. 32 point shooting again (spin pass catch facing low and in triple threat on balance, shoot and rebound own shot, shoot 20 shots from game spots at game speeds).

12. 2 free throws.



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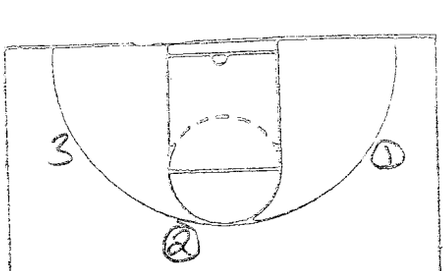
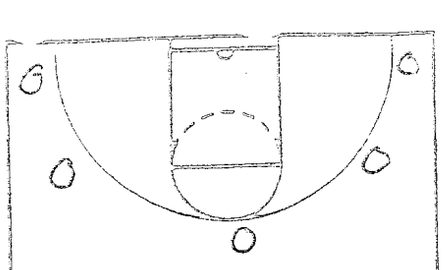
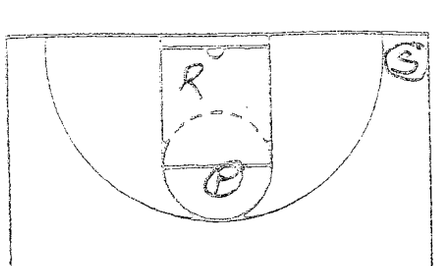


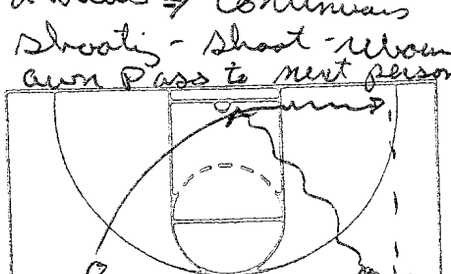
NOTES Olympic Shooting
2 balls ⇒ Continuous shooting - shoot - rebound own pass to next person



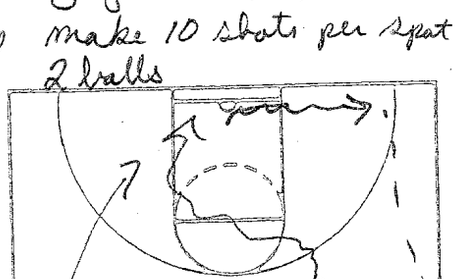
5 spot shooting ⇒ 3 guys 4 min ⇒ must make 10 shots per spot
2 balls



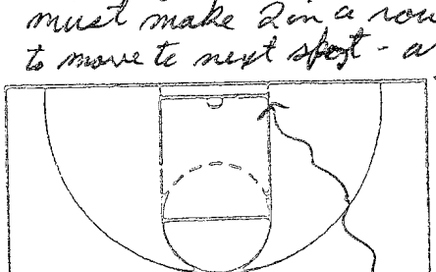
Bird drill ⇒ Use 5 spots from last drill must make 2 in a row to move to next spot - all spots twice
2 min.

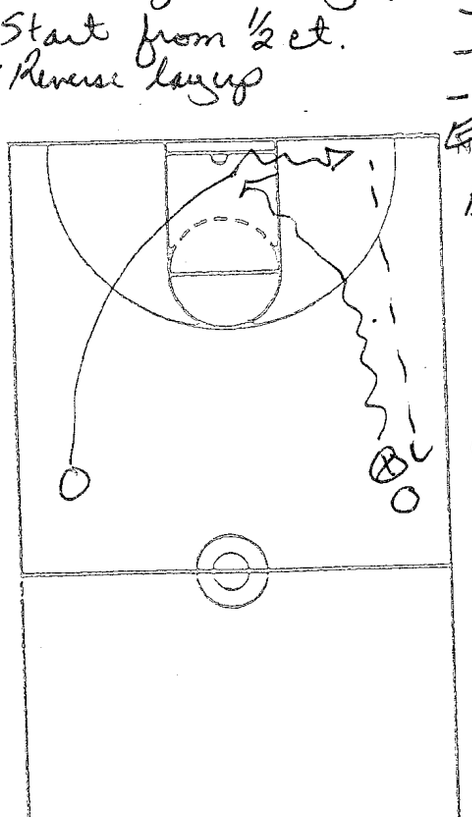


NOTES - Regular layup
Start from ½ ct.
- Reverse layup

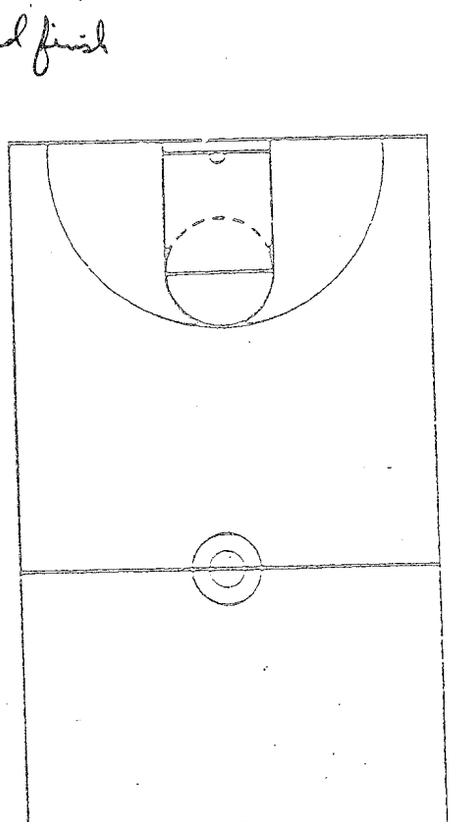


- Cross over explode
- Hesitation move ⇒ left hand finish
- Power layup ⇒ pump fake
- Around the back





NOTES
Don't rock the ball on layup - Keep on outside hip
Great players can change speeds



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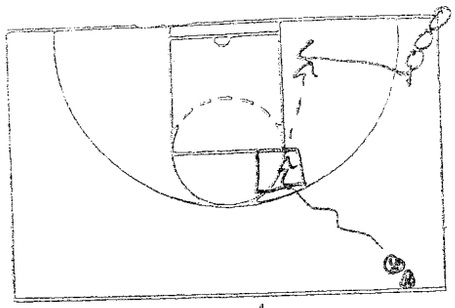
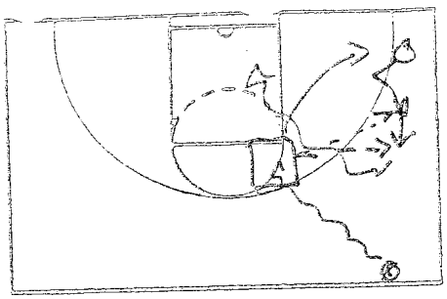
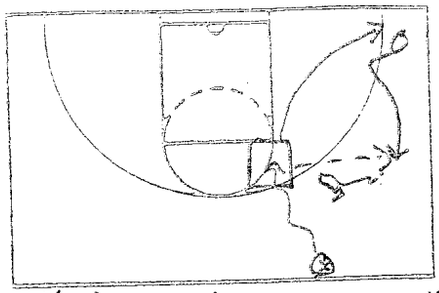


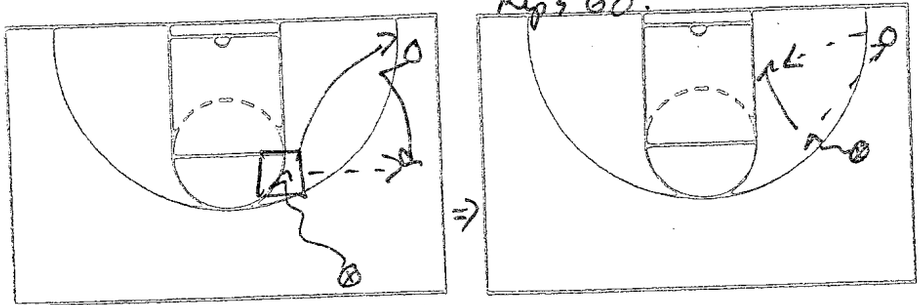
NOTES Drop lay up
1/2



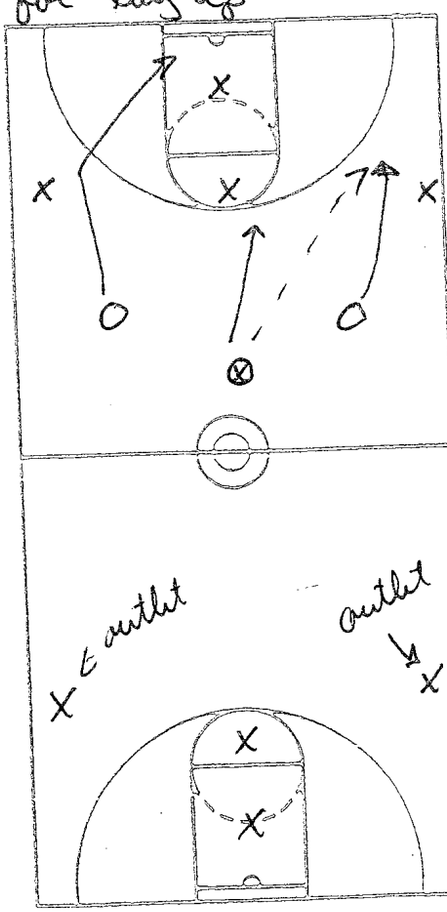
Kick up ⇒ 2 must be
keen w/ drop zone
2 Catch and attack
Rip & Go!



Kick up to corner "3"
2 catch - hand dribble - back
dribble - pass to 1 in corner
/ shoot a 3

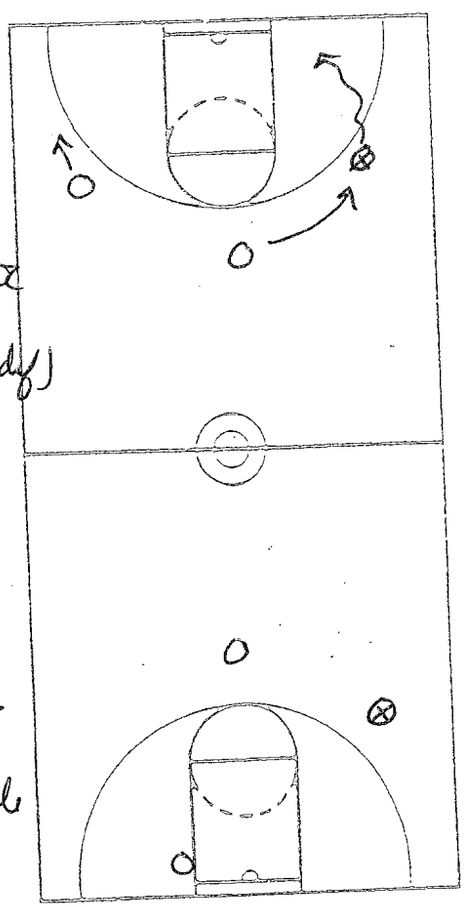


NOTES Kick up ⇒ 2 catch
attack dribble - step back dribble
Pass to 1 in corner 2 cut
for lay up



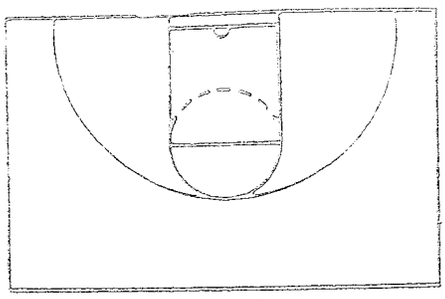
NOTES

5 Scramble Drill
Pass ball ahead ⇒ wing
Can shoot or drive
Opp wing cut to basket
whoever get rebound (off or def)
outlet to nearest X
rebounder and 2 outlet
Regular FB to other
end 3 on 2
Pass ahead or break
as soon as possible

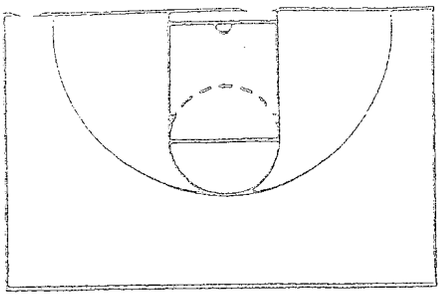


CLINIC Vance Walberg

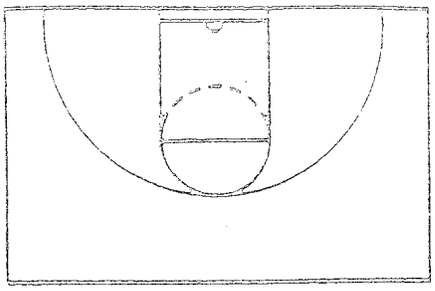
DATE Daily 45



NOTES Scramble ⇒ no Dribble

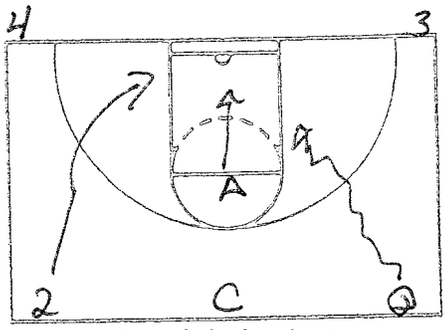


Always pick up loose ball ⇒ not dribble

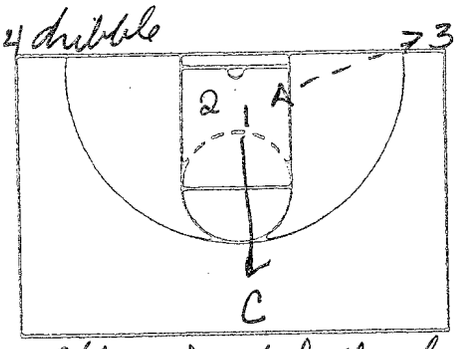


Scramble = scoring = First to 8 pts wins

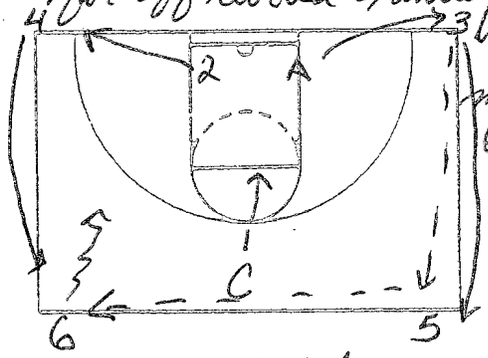
2/3 for off rebound ⇒ unless out of bounds or missed lay up



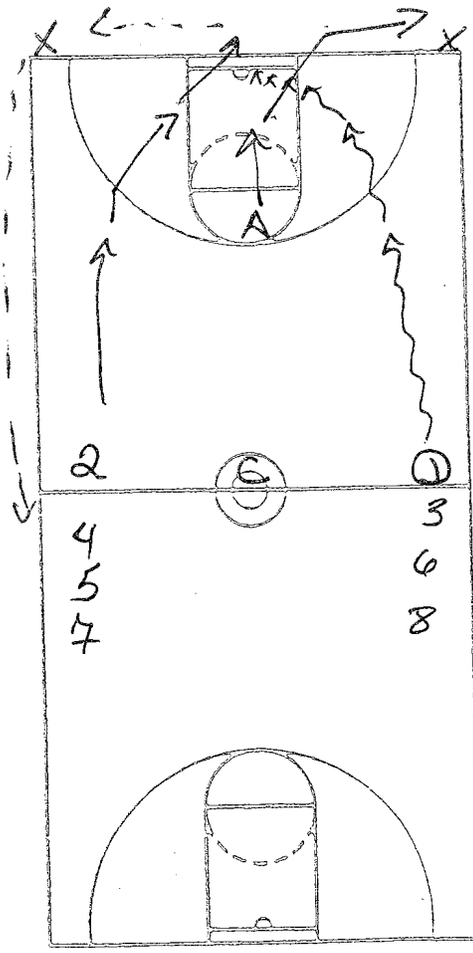
NOTES Cardinal ⇒ 1 attack to score ⇒ gets layup



2/A rebound ball and overhead pass to nearest corner - 1 sprint to C to slap hand - get back on Def



Ball passed to line opposite where outletted 6 & 5 vs 1 2 & A fill corners.



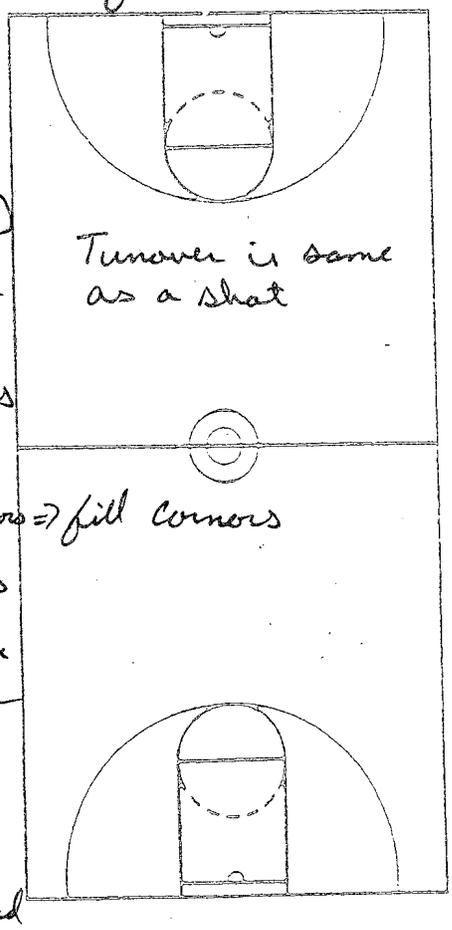
NOTES

Cardinal Drill ⇒

2 on 1 ⇒ person that scores (only get one shot) must sprint touch Coach ~~Back~~ hand - get back on Defense ⇒ Other 2 players (Defends & other off player) rebound & out let to corner ⇒ fill corners

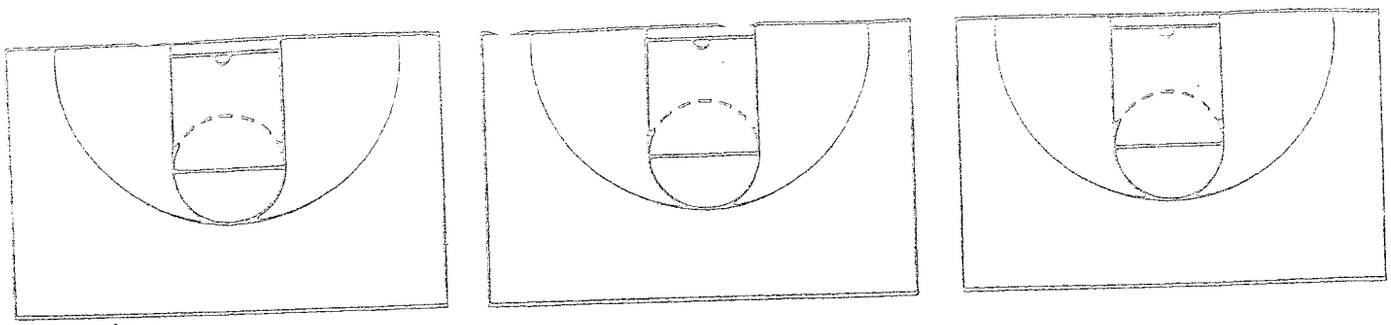
Corner people overhead pass to line at ½ court ⇒ corner people go to line at ½ ct

Ball must ~~start~~ get to line at ½ ct opposite of where it was passed

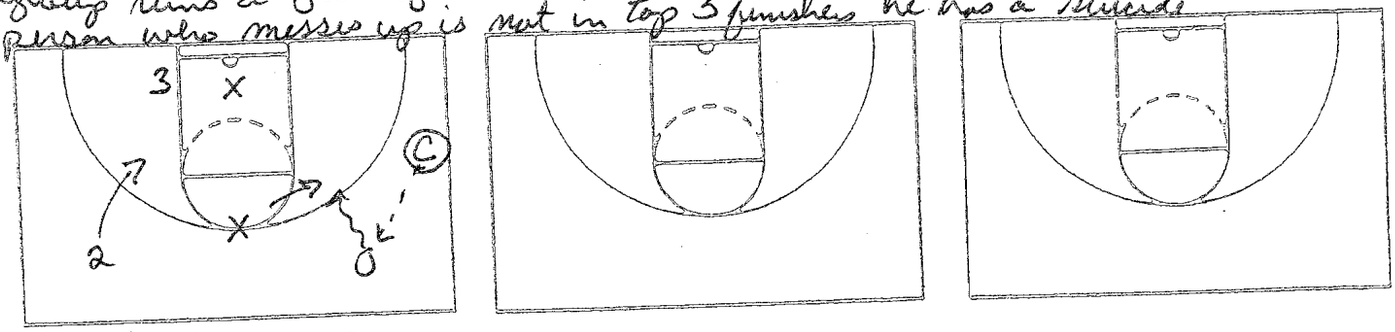


Turnover is same as a shot

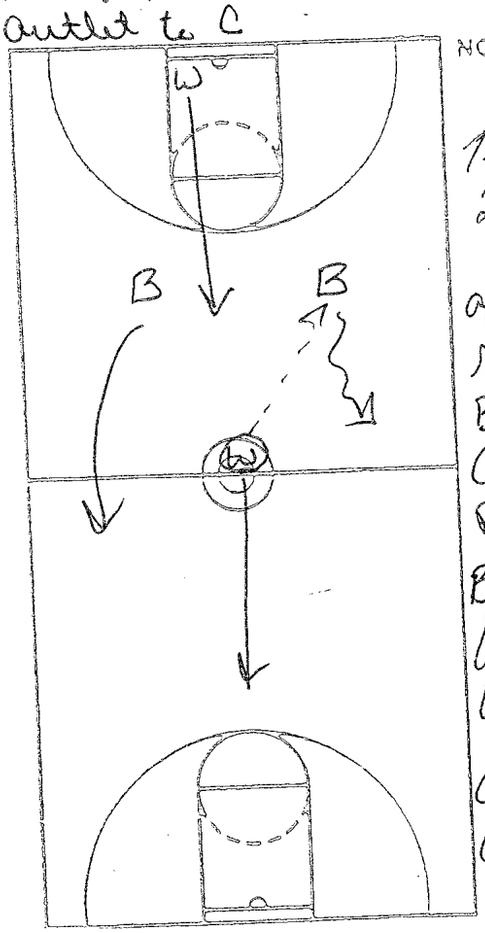
CLINIC Vance Wallberg (4)
DATE Daily 45



NOTES If one person messes up a drill - his group runs a full if person who messes up is not in top 3 finishes he has a suicide



NOTES Cardinal 32
C can pass to 1 or 2
x stop ball - 2 on 1
outlet to C



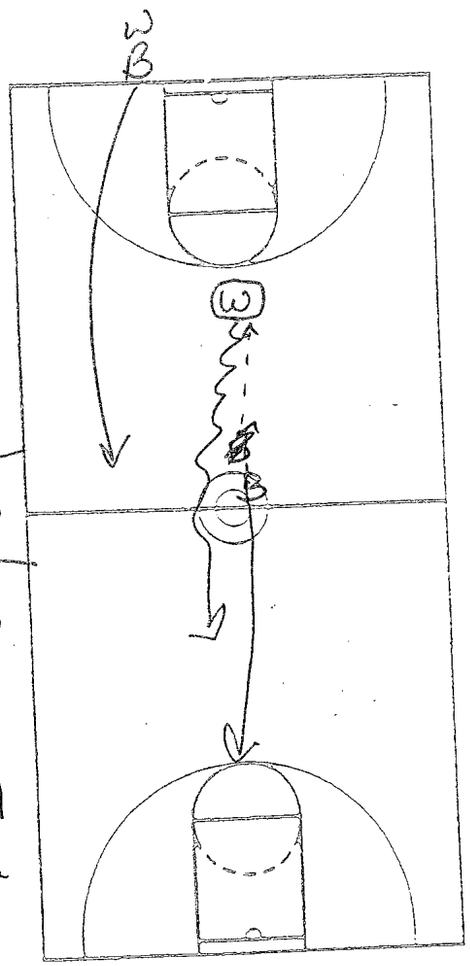
NOTES

Texas 22

after Score B full Court Press B⇒ full front ½ Center field

Texas 111

Blue pass to White ⇒ White attack dribble 2nd ~~White~~ Blue coming White attacks to Score ⇒ after shot 2 Blue vs 1 White going the other way



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DATE _____

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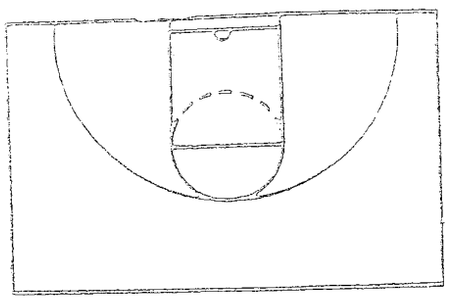

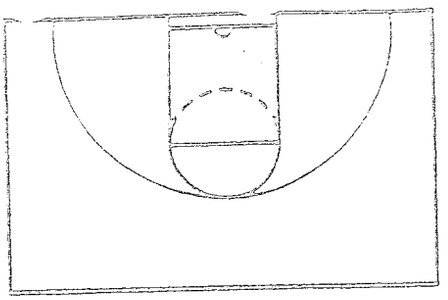

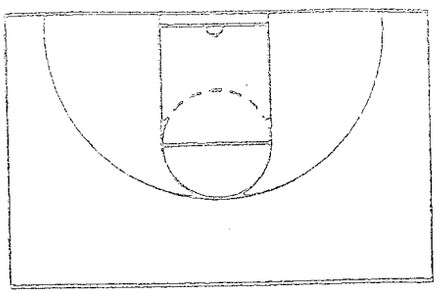

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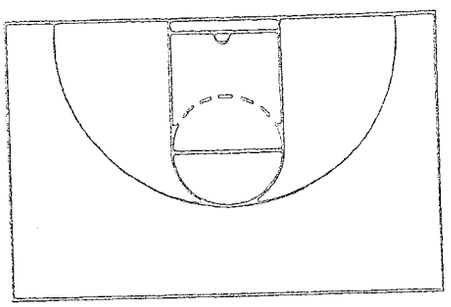
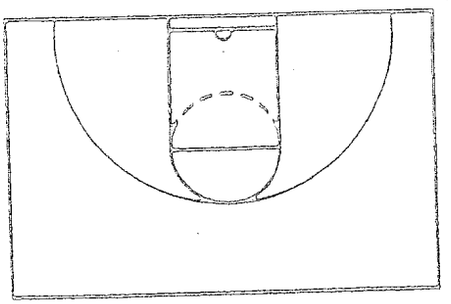
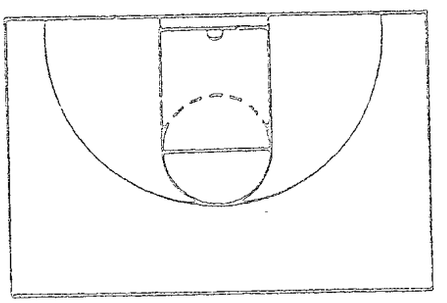
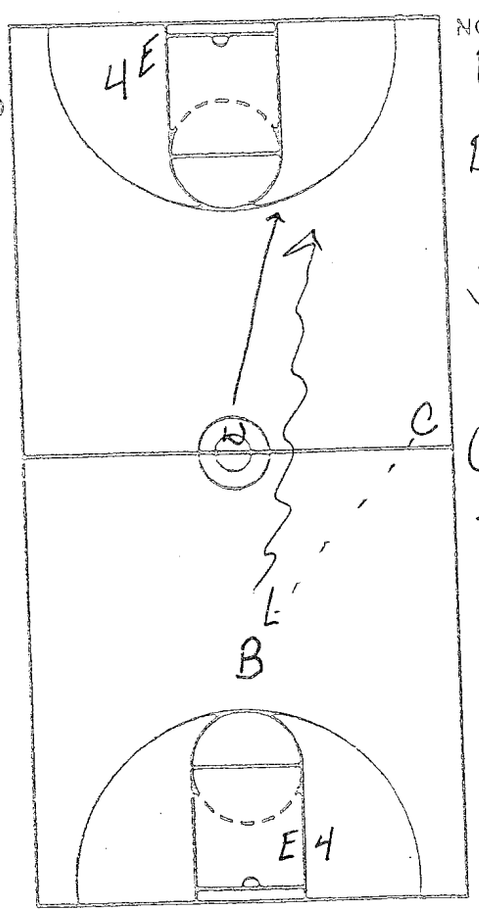






NOTES

105 & 5 Stays



NOTES

Blood 22

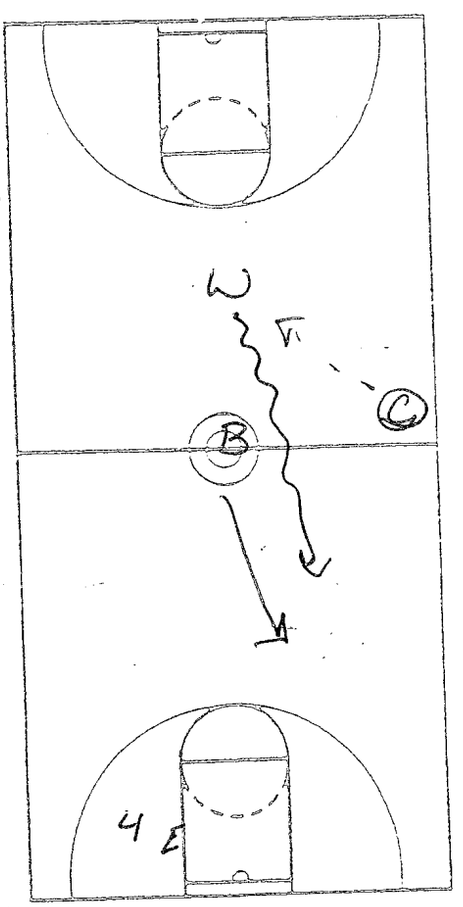
Drop & Rail Zone Only

If ball stops in drop zone it is a Turnover

Off gets 1 shot & a Tip

Guards release after shot ⇒ pass from coach attack other end. Play to 8

Play 2 sets - passes



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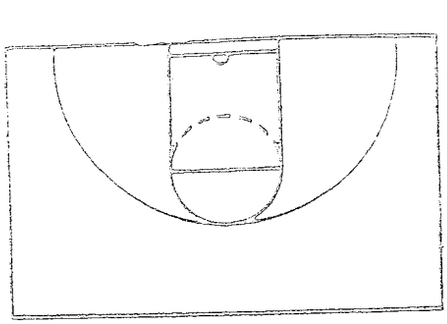

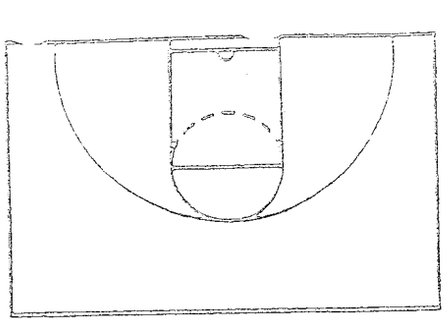

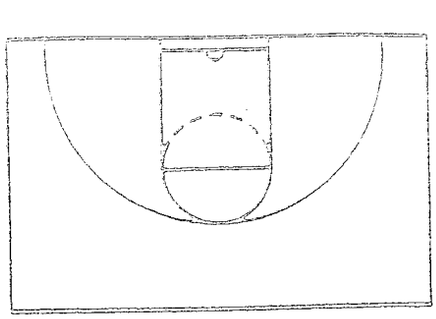

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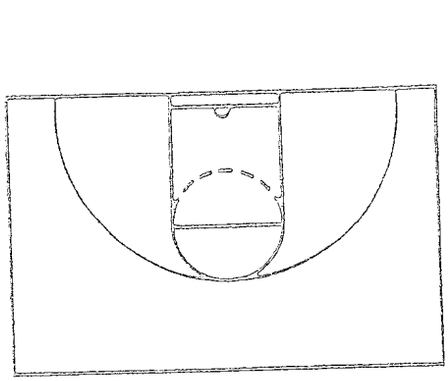
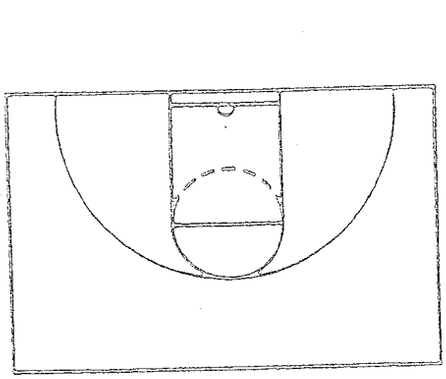
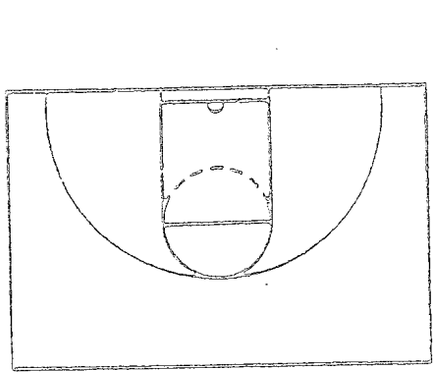
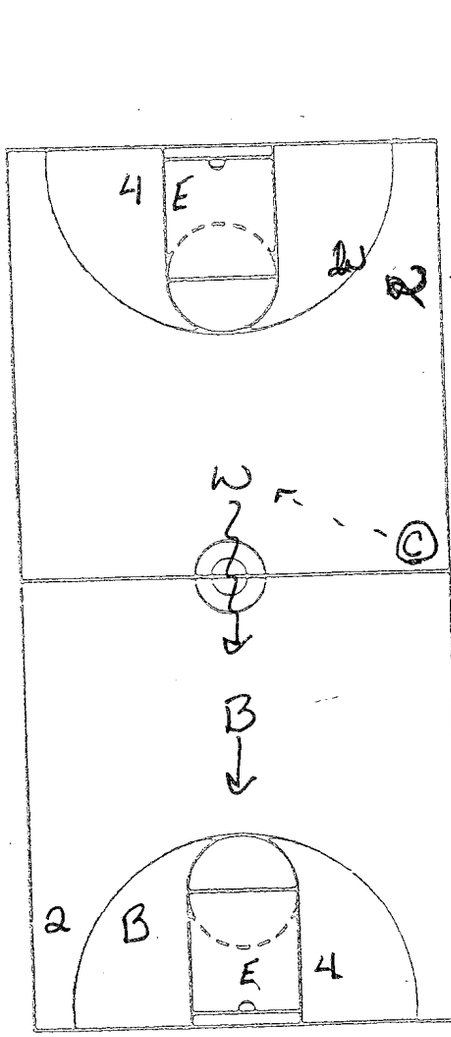






NOTES

Blood 33 - Wing is on 3 side



NOTES

Blood 32

Get all Zones

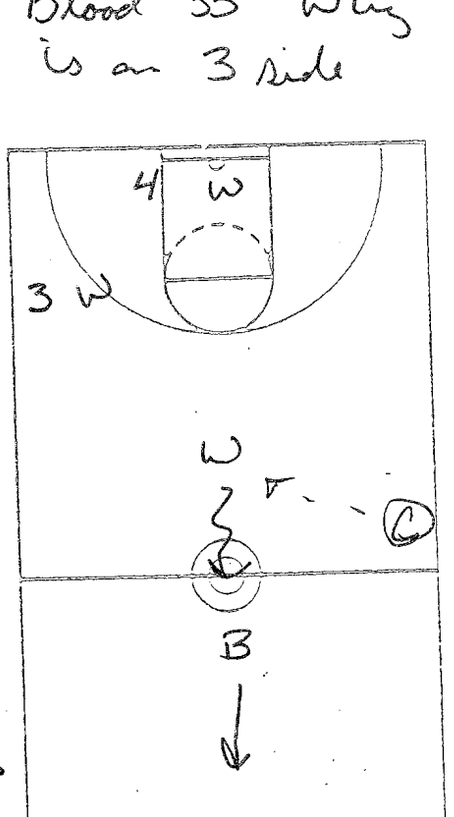
3 on 3

Play till score or stop

Posts & wings stay at on end.

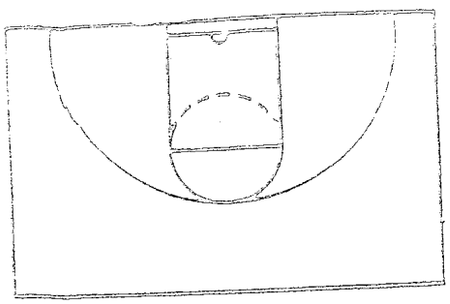
Guards Change ends

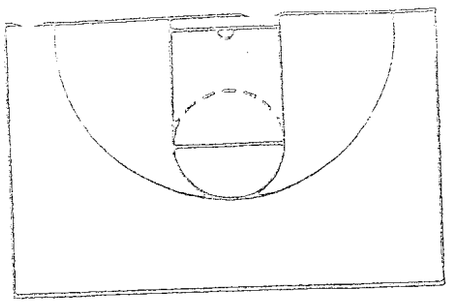
Play 2 sets. After first set Change Off & Def.

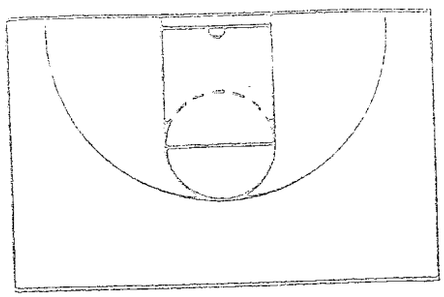


CLINIC _____
DATE _____

7







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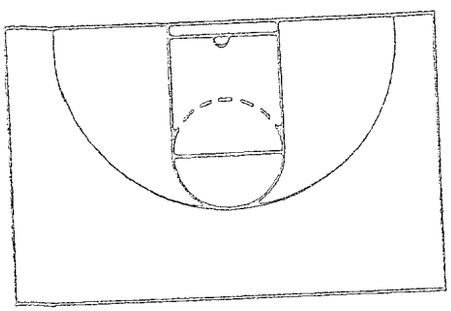
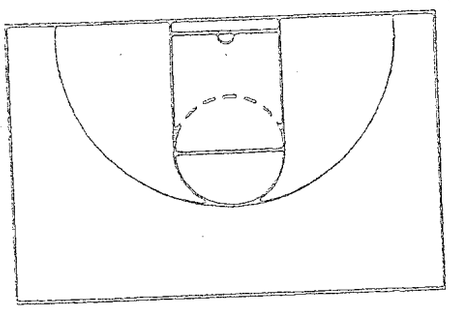
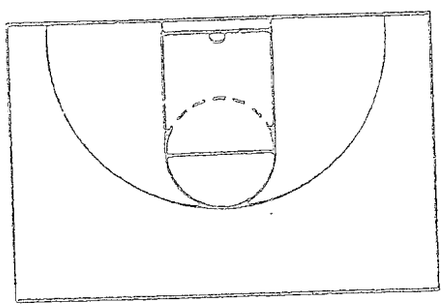
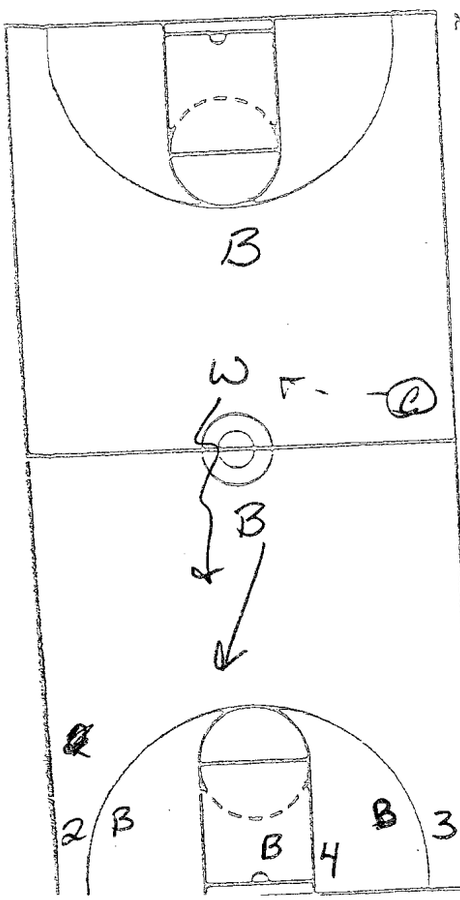






NOTES

Blood 44



NOTES

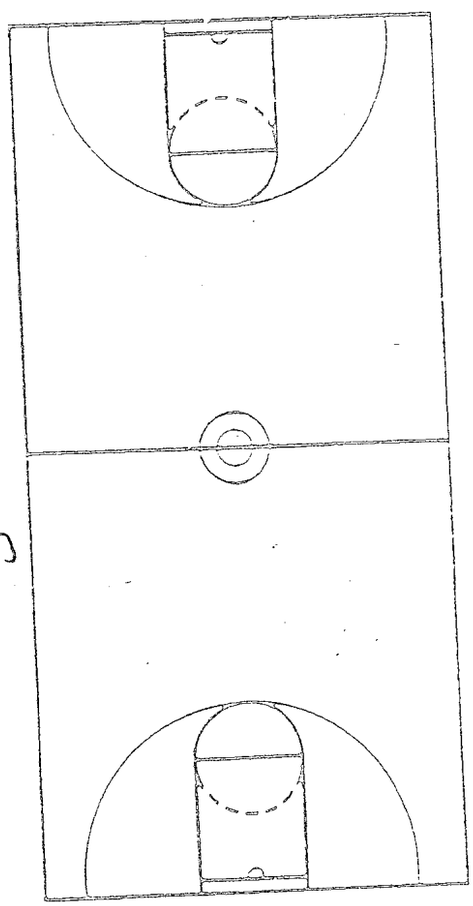
4 on 4 ½ ct

often shot or stop

Players flip flop

Off ↔ Def

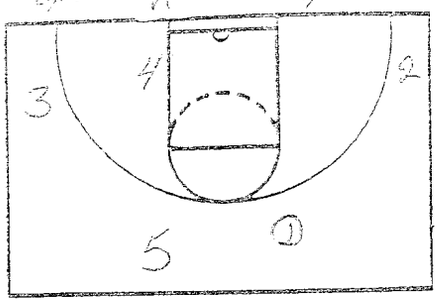
Next quad is waiting at ½ ct



CLINIC Three Dribble

DATE DDA

1

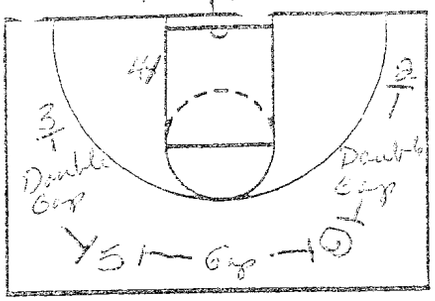


NOTES

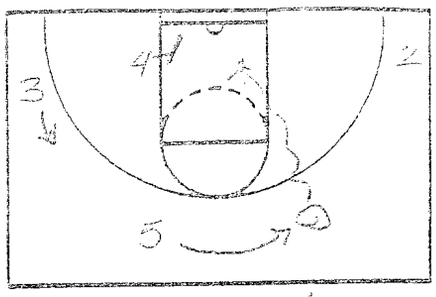
1/5 ⇒ attackers/Drives

2/3 ⇒ Shooters

4 ⇒ Big - away from ball



4 collapse see 1 w/ ball

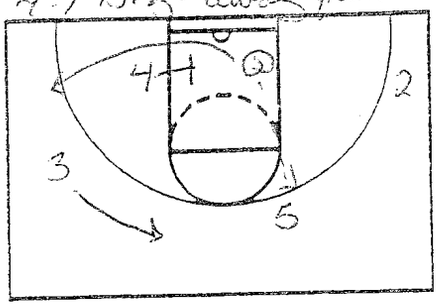


Lane Penetration

5 - Drops behind ball

3 - Moves to open window

4 - Clean up



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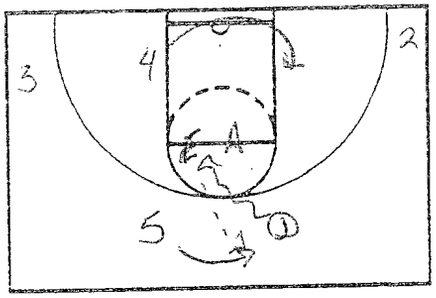
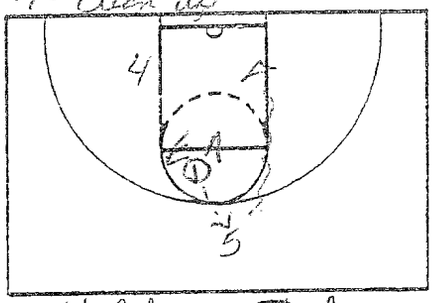


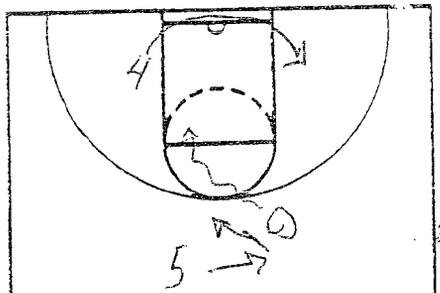
Middle penetration

Kick back - 1 penetrates

5's defender helps - 1 passes

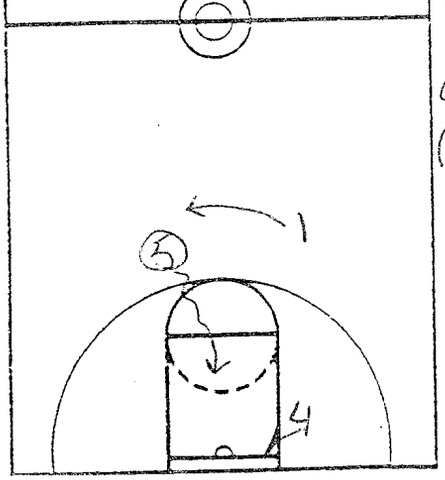


Kick back attack



If 1 comes 4 side

4 clear to other side



NOTES

3 on the Key

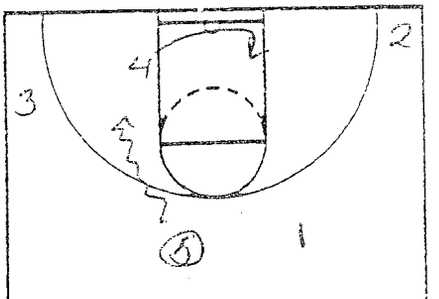
1) Spacing is important

2) Create gaps

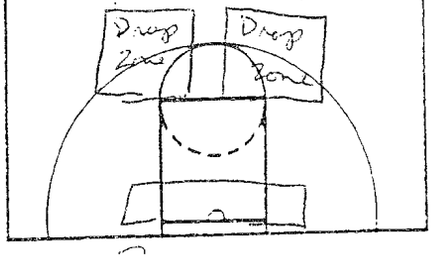
3) attack the rim

Once you beat 3 at line ⇒ attack rim

Avoid negative steps (steps backwards)

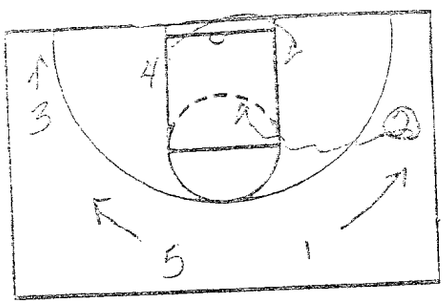


Break Down Zone

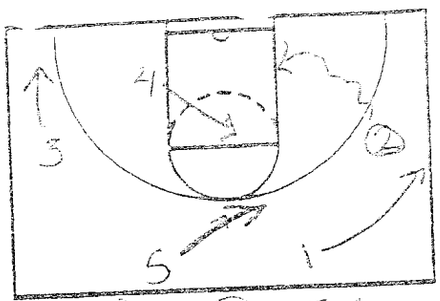


CLINIC ~~Basketball~~ Walking
DATE DDA

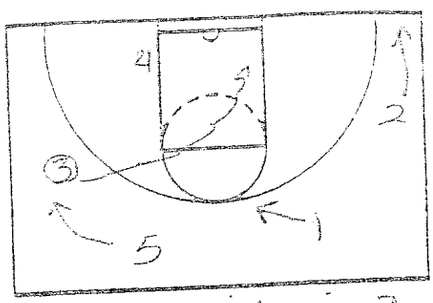
(2)



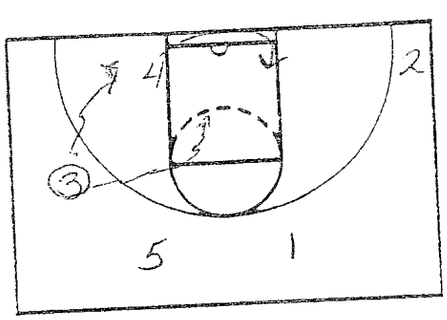
NOTES Wing Penetration
Middle



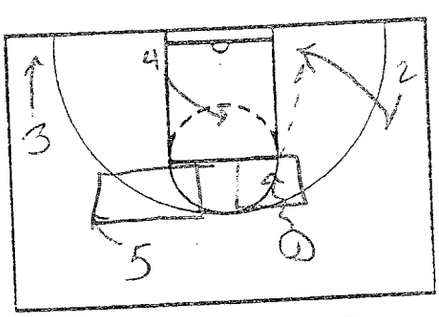
Wing Penetration
bone
4 goes to below ft line-T up



Opposite wing to corner

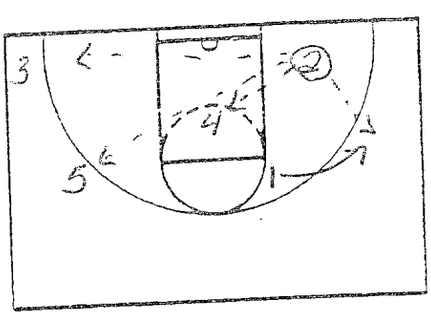


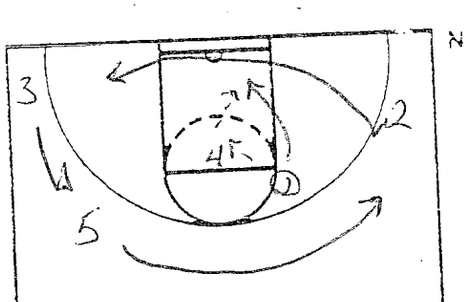
NOTES
Bad for 3 go baseline



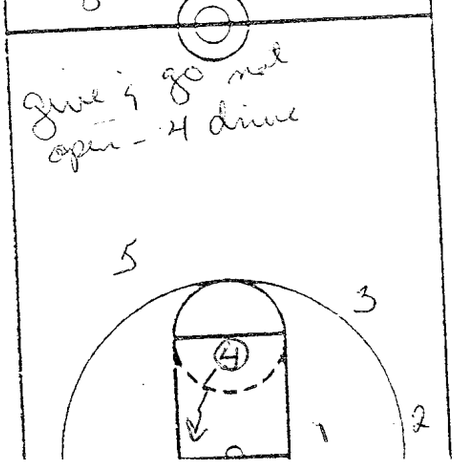
Drop Zone
1-2 game

Drop 2 goes to 2 side





2 not open
1 gives & go to 4

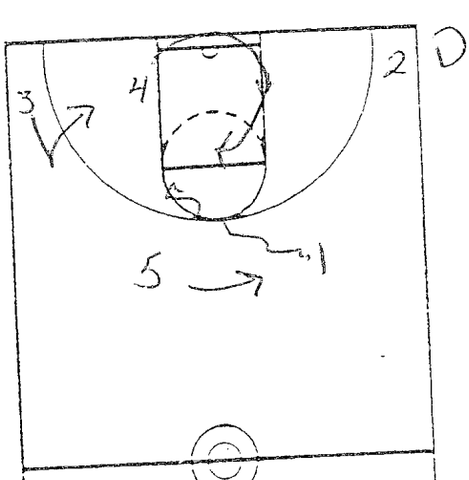


give & go not open - 4 drive

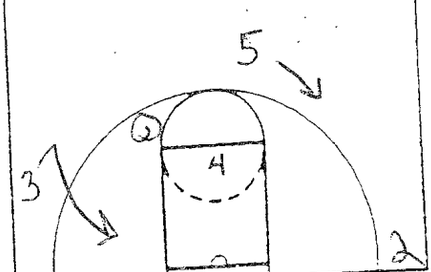
NOTES

3 men on boards
Plus shooter
Safety ⇒ go to top of Key

Perimeter players are NBA 3 line

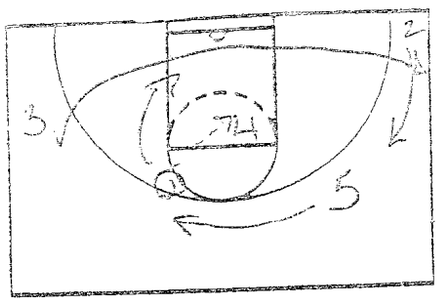


Drop

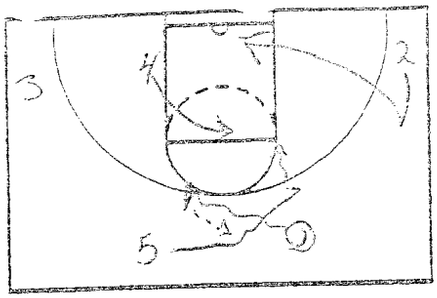


CLINIC Vance Walberg
DATE DCA

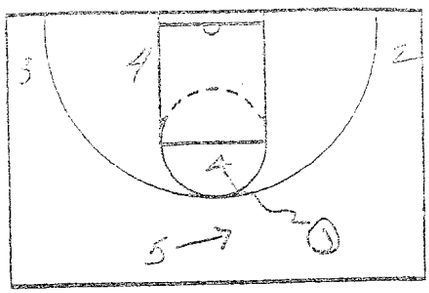
(3)



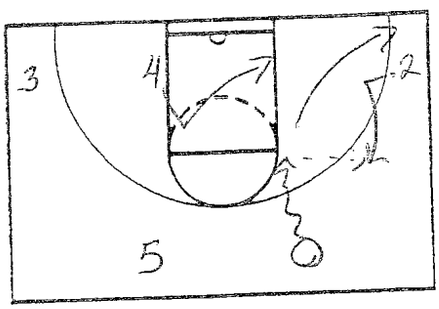
NOTES Drop 3



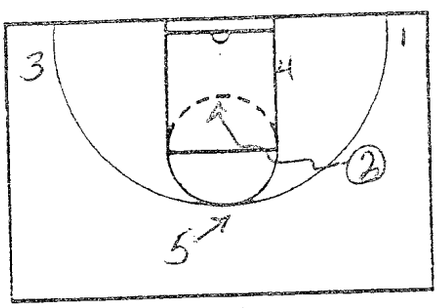
Kick back - Drop 2



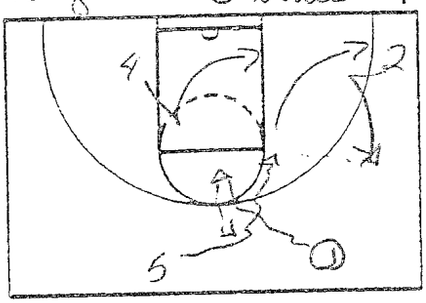
Positive Kick back
5 even w/ 1
Negative - 5 behind 1

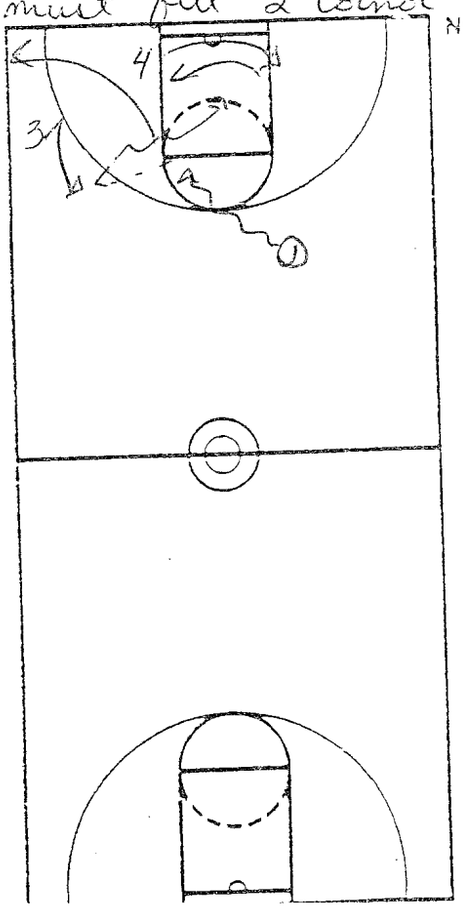


NOTES Kick up
1 hits 2 on kick up - 1 must fill 2 corner



Drop 2 Kick up
middle drive





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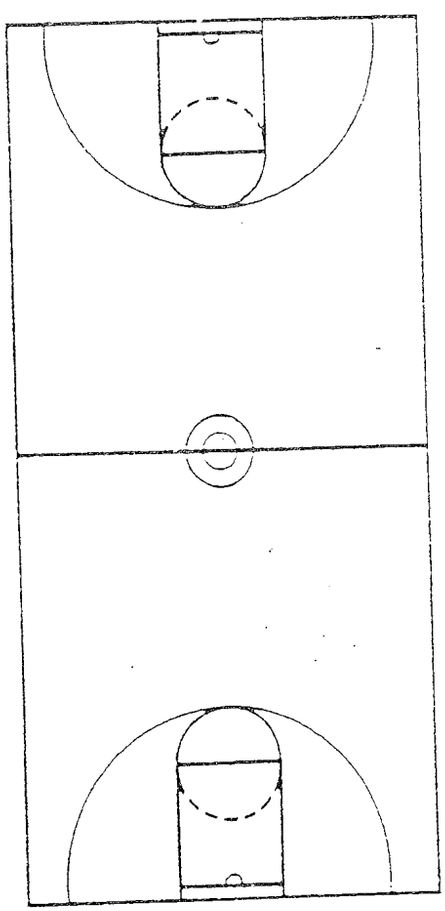
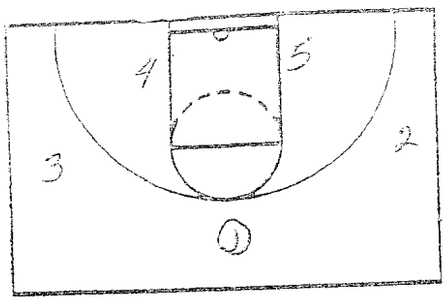


CLINIC Vern Wallace
DATE DDA

4



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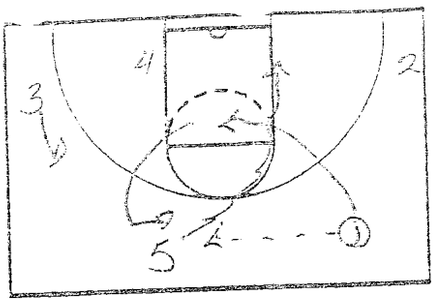
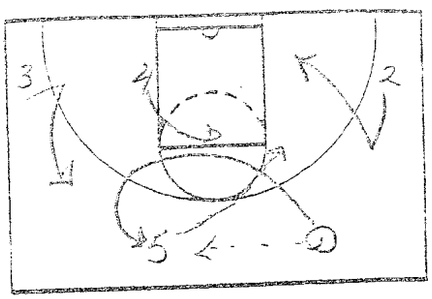
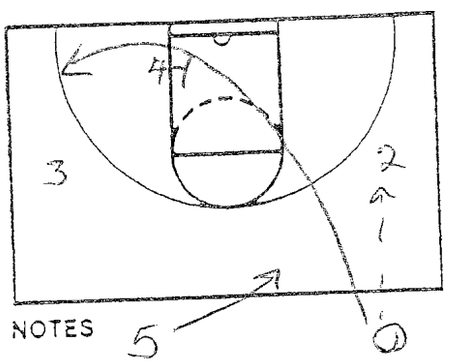


Triple gap → 415
4 set
1 to 5



415 & drop 2



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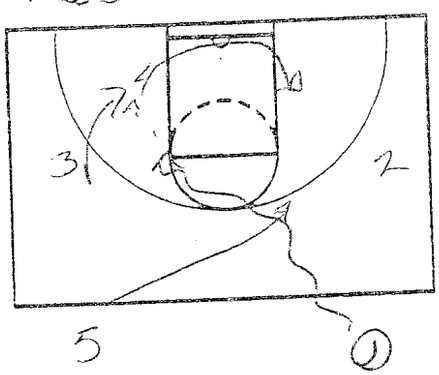
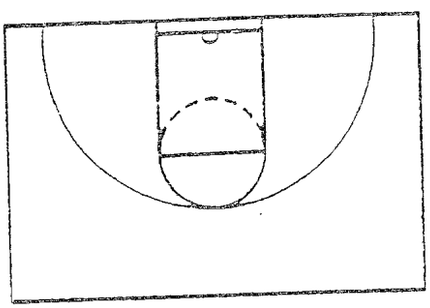
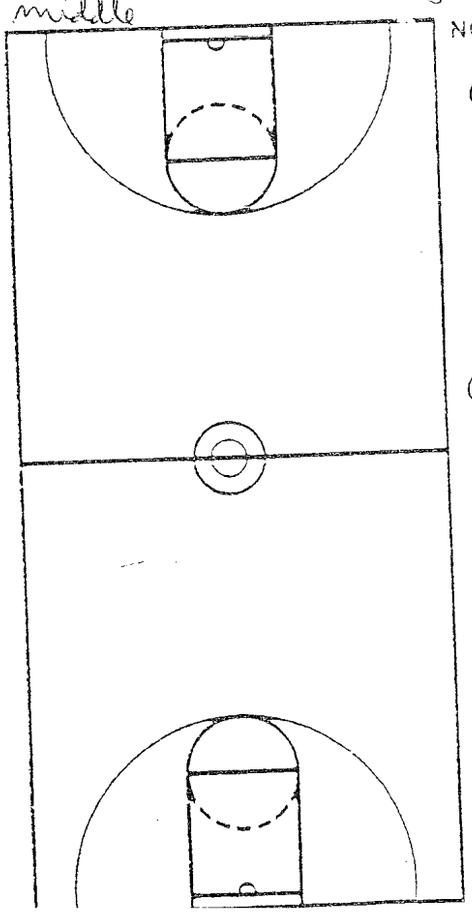




5 wait 2 count & go middle

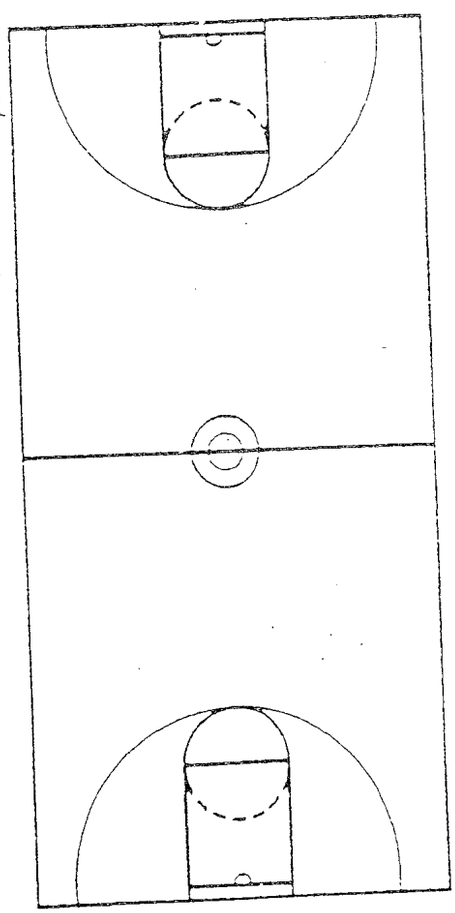


NOTES

Great players can beat
Single gap

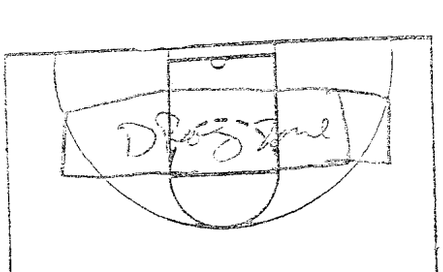
Good players can beat
Double gap

Anyone can beat
triple gap



CLINIC Vern Wells
DATE DDA

5



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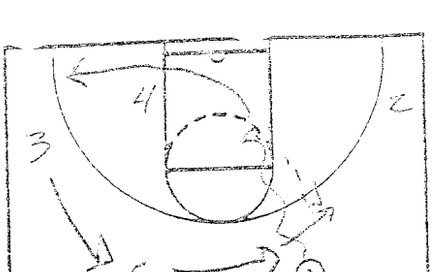
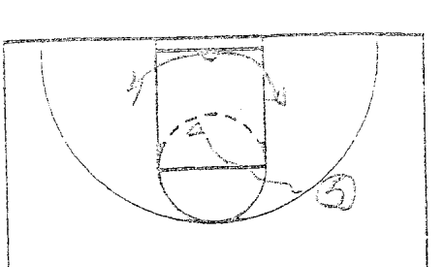
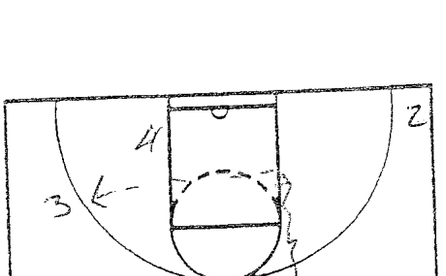
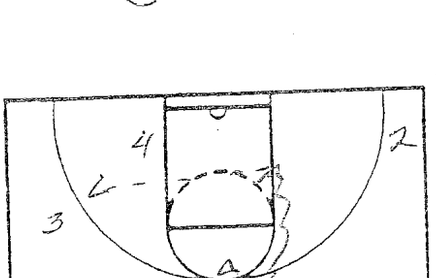


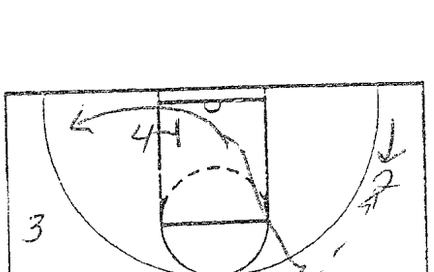
Drag 5



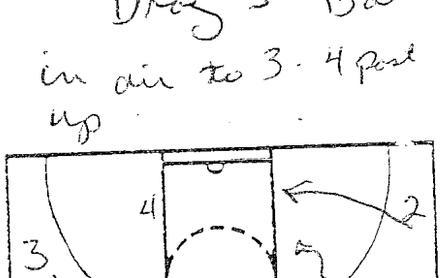


NOTES Drag 3 - Ball in air to 3 - 4 Post up





Give 2 a 2 sec count to decide



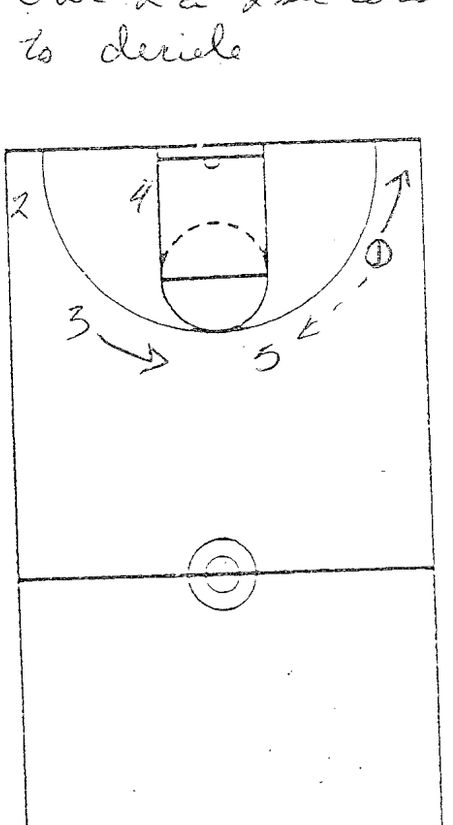
NOTES

Early in Drag zone look for 3

Late in Drag zone look for 5

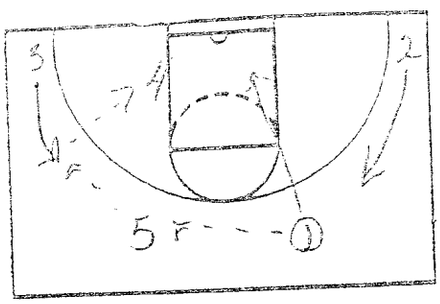
Dribble at 2 - not open 1 back dribble and attack

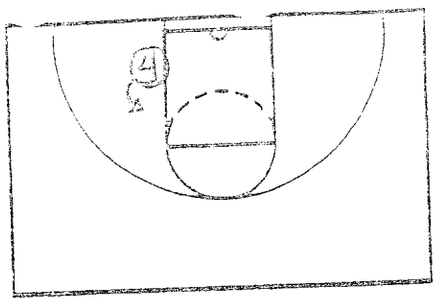
Ball fake ⇒ Back Door
Dribble at ⇒ Back Door

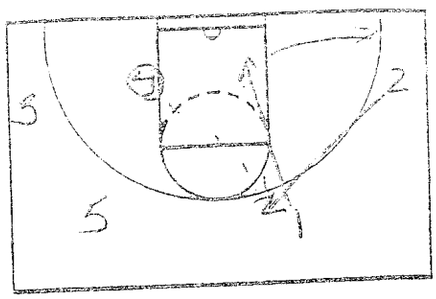


CLINIC Horse Work
DATE DDA

(6)

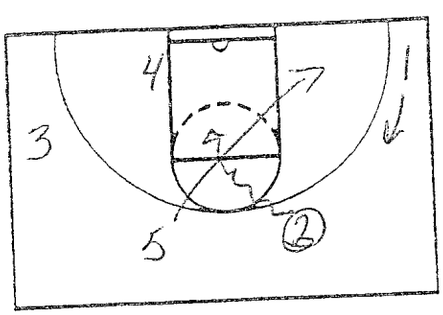


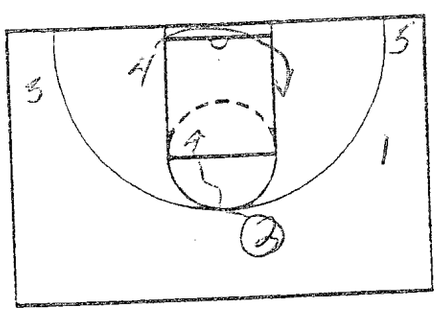


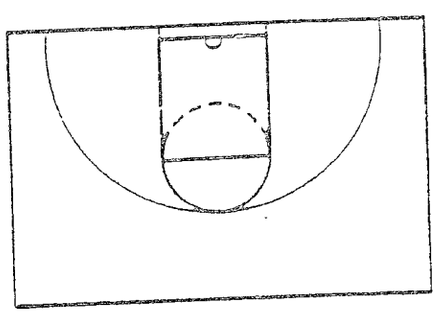


NOTES
Hard to get ball to 4

4 catch half turn middle to see 1 & 2







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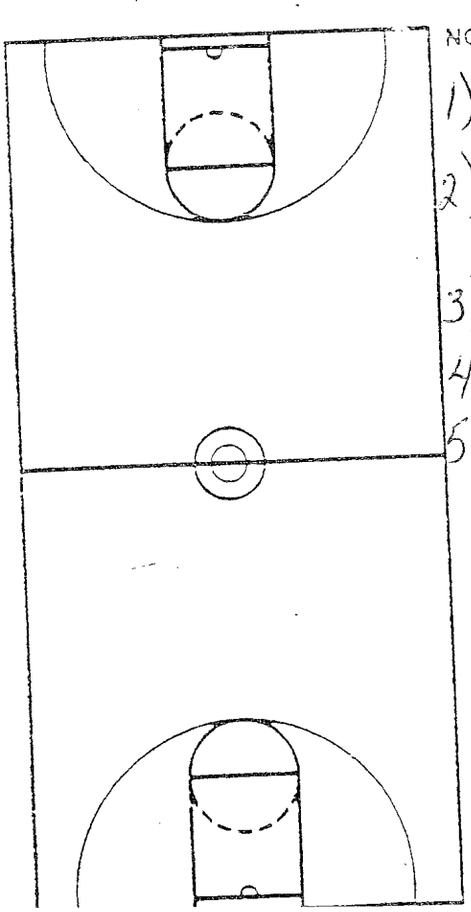
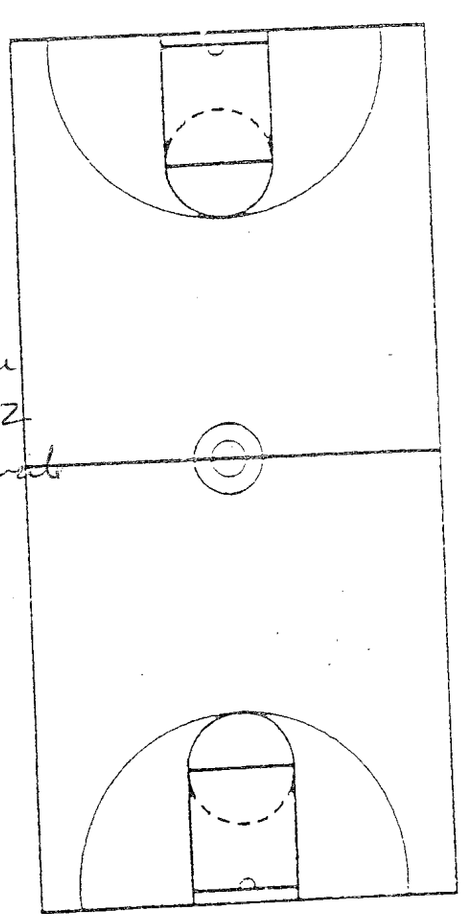


NOTES Options
1) Rest at E lane Middle
2) Pass 1-5 & look for triple gap (415)
3) Pass 1-2 & cut thru
4) Dribble 1-2 & backdoor 2
5) Pass 1-5-3 get ball inside



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Introduction
Implementing
The Dribble Motion
Offense

Like many of you, when a new offensive system comes along, I make every effort to gather as much information as I can before making a decision on whether or not to make a change in my current offensive arsenal. When you hear coaches talk about the Dribble Motion Offense, you hear them make rather bold statements like, “This offense will revolutionize the game, much like the spread or motion offense did when it was introduced.”

Those kinds of statements certainly get your attention. It got mine. And I set out to learn all I could about this offense, knowing full well that if this is going to revolutionize the game, than I better learn all I can about it, because I’m going to face it eventually. That is exactly how I came across this offense. Not necessarily with the intention of using it, but rather to learn the intricacies of the system so that I would be better equipped to defend it. Plain and simple.

By explaining to you why I like this system, I think it would be best to look at what others

feel may be the weaknesses of this system, and then give you my opinion and how I hope to counter some of the real and perceived “drawbacks” of this system. Let’s take a look at some of the negative feedback so far regarding this system:

1) “It is one-on-one, clear out, selfish basketball at its worst”.

I have learned early on in this profession working with and around so many great coaches, that you will get what you teach...or emphasize each night in practice. If you emphasize that this is a one-on-one system, than that is certainly what you will get. I choose to emphasize each night in practice what opportunities effective dribble penetration will create for our team. We place a premium on creating lay-ups and help situations through aggressive attack penetration aimed at getting to the free throw line first, in the paint second, and then the “3” point shot (and in that order).

2) “How can you have an effective offensive system WITHOUT screening?”

This one is usually the deal breaker for most coaches. “What, no screening, just penetration?” All I have noticed so far is this offense gets you plenty of lay-ups, post dump-offs, offensive rebounds, spot-up “3” point shots, and opportunities to get to the free throw line. Now, isn’t that what you are trying to accomplish by setting screens in your offense? I think so. If we can get the same scoring opportunities off of penetration, than why would it be necessary to set screens? I don’t know about you, but I have always thought the toughest teams to defend were the teams that liked to penetrate. I believe it has always been the consensus in our profession that the dribbler is al ways the most difficult player to defend simply because you don’t know what he is going to do with the ball, so you are constantly in a reactionary mindset.

3) “Sure, if you have the players Memphis has, than any system will look good”.

Can’t argue with that rationale. But I do have an argument for those who feel they do not have the talent to run this system. Now if you are going to tell me that you have slow players who can’t dribble and can’t shoot….well than good luck. Let me know what system is effective with that group! Truth is there are not many offensive systems on the planet that will hide key basketball deficiencies like ball handling and shooting. This system is just another reason to start developing your ball handlers and shooters at a very young age! Let’s not forget why you are wearing the whistle in practice. It is your job as head coach to develop these players. I am excited to show you in this book the basketball aids and drills we use each night to help our players improve their skill level with the basketball.

4) “I am interested in the Dribble Motion, but I also like the _____” (insert your favorite offense here)

Another misconception about this system is that you have to use it exclusively in order for it to be successful. Not true. I love the Triangle Offense and I have incorporated it with the Dribble Motion. Not hard to move from one to the other. If our point guard breaks the three point line with ball penetration as he brings the ball into the half court, than we will run Dribble Motion the rest of the possession. If the point guard decides to make one of our secondary pass entries (to the wing, trailer, or use a pick and roll with the trailer), instead of penetrating, than we will run our Triangle Offense after our secondary options. I think it would be just as easy for you to plug in your favorite continuity offense in the same manner. We will also use a handful of set plays in conjunction with the Dribble Motion and Triangle Offense. It will be my determination, based on our opponent and match-ups, what percentage of each of the above offensive options we will use.

5) “I’ve read where one of the creators, Vance Walberg, says for this system to be truly effective you should press the entire game while trying to attempt at least

(25) 3’s while making (8) of them (32%).”
I am certainly not what you would call a pressing coach, so I can assure you I will use this system while pressing only on certain situations (after FT’s, time-outs, etc.) I know many other coaches

who will use it effectively doing the same. So if you are not a pressing coach, don’t worry. You can still take advantage of this great system. Come to think of it, I don’t remember Memphis pressing all that much throughout the NCAA Tournament. I could be wrong. You as the coach should

determine how many 3's you will shoot and who should be shooting them. Enough

said.

6) “I am a disciplined defensive orientated coach and I feel I will send mixed messages to my players with this wide-open system”.

From the first practice I talk to my players about valuing each possession, whether on offense or defense. On offense, my players know how important it is to take care of the basketball. I assure you, our players are not throwing the ball all over the gym. We drill exclusively each night on taking care of the basketball, learning to penetrate under control and with balance and strength while using your body to protect the ball. It goes back to my original point. Your players will give you what you emphasize in practice, so be careful and thoughtful when putting together your practice plan. Limiting our turnovers is a constant theme throughout our practices.

In the next chapter you will see some of the basketball aids we use each night to develop quickness and strength with the basketball. These aids, along with your clear and concise drill work, send a great message about what you value as a coach, as a team, and as a program, each night you step on the floor.

Remember, I emphasize each practice our three main goals, and in this order:

1) Get to the Free Throw Line
2) Get in the Paint or Key Area for Lay-ups and Dump-offs
3) Spot-up for Three Point Shots

Or “FREE” - “KEY” - “THREE”

I love Wisconsin Coach Bo Ryan’s philosophy...“we want to MAKE more FT’s than our opponent ATTEMPTS”. Easier said than done, but again, it gives your players a clear and concise message about what is important and what you want to accomplish.

So let’s get started….let’s take a look at this new system and how you can build it each day into an offensive powerhouse!

Training Aids
Implementing
The Dribble Motion
Offense

I use a handful of basketball teaching aids each night in practice that I think are extremely important to our success as a basketball team and program. I will outline these aids below and, additionally, I will provide pictures and information in the following
pages on how you can purchase them if you are interested. I promise you I am not getting any "kickbacks" from these companies and you need not mention who recommended their products.

1) The "Quarterback T"

I first came across this little teaching tool while visiting Dee Brown, the former Celtic and NBA Dunk Champion's workout facility in Orlando, Florida. The device was originally created for football quarterbacks and is used to help them with their timing in regards to the drop back and release of the football. They make an EXCELLENT teaching tool for basketball. We use them each night in practice to develop quickness with the basketball. By setting the timer to a predetermined amount, our players know they must get to the rim before the "beeper" goes off. This conditions their mind and body to become more explosive with the basketball, especially with their first step. Some coaches ask their players to "have the shot off before the timer goes off". I STRONGLY discourage you to stay away from this practice. I firmly believe this will lead to your players "rushing" their shots, usually ending up with them flipping it up too quickly just to beat the buzzer. We are not teaching quick or rushed shots, only quickness getting to the basket. What I believe, and what we teach, is that the player needs to come to a two-foot power jump stop at the basket before or as the beeper goes off. We feel this will teach and develop the ability to get to the basket quickly without having them rush the shot.

2) Blocking Pads

Ok, so we've stolen another one from the football coaches. In keeping with our daily goal of taking care of the basketball, we firmly believe our players need to learn proper body balance and footwork when attacking the rim out front. We want to avoid offensive fouls and ball handling mistakes due mainly to improper body balance and positioning. We use the pads to simulate defensive bumping and pressure as they attack the rim.

We teach a low center of gravity with a proper foot base as they penetrate the gaps in the defense. I HATE JUMP PASSES. Most players love them, and you will need to wean them off this "need". We know there is going to be contact, and we want our players to

understand that as well. Having a solid base while getting "bumped", will allow our players to maintain control of the basketball and get to the rim. We will also use these pads at the basket area, encouraging them to "take the

hit" and get the "and one", as the kids would say. Remember, our number one goal is getting to the FT line.

3) Everlast Punch Mitts

Similar to the blocking pads, we use the Punch Mitts to simulate defensive pressure while catching and handling the basketball. We will have a coach swipe hard at the ball with these punch mitts on the catch and drive, simulating reaching and fouling. We don't want our players to fear fouling or contact, and never want them to look for an official to "bail them out" with a whistle. We expect contact and teach our players to prepare for it, by holding the ball strong on the catch and on the "rip across" below the knees as we get the defense off of our body. These punch mitts really help. We have included a phone number for the Sports Authority on the following pages.

4) Heavy Balls

As you will see in a minute we do some one and two-ball dribbling as well as passing and catching to start practice as part of our warm-up. Often times we will replace the normal balls with the weighted basketballs. There is no set rule when we use them, we just try to use them periodically throughout our practice or throughout the week, when we see an area that needs strength development with the basketball.

5) Roll-a-Way Playmaker Grease Board

I am and will always be a "Whole — Part — Whole" teaching coach. I believe it is very important to show the big picture to your players — give them a sense of what it is supposed to look like. After that, then it is time to break it down and teach, teach, teach through smart, intense and concise drill work. Then you bring it all back together again. In keeping with this philosophy, I have found it so advantageous to have a grease board on the floor during practice. Some drills and concepts need a visual aid. Bringing them in quickly to draw it up on the board will pay huge dividends in the development of your drill work and team development.

I am quite certain you can find these grease boards, as well as many
of the products listed in our Training Aids section at:

www.kbacoach.com

Warming Up
Implementing
The Dribble Motion
Offense

Dribble motion

Warm-up

Two Ball Dribble

Zig-Zag dribble down and back.

First Trip Down and Back: Two Ball Pound. Pound both basketballs at same time.
Second Trip Down and Back: Two Ball Alternate.
Third Trip Down and Back: Two Ball Alternate with behind the back dribble

with one of the two balls on each zig-zag turn.

One Ball Attack / Retreat Dribble

Divide Team into Two Groups. Spread first group out along baseline with second group right behind. Each player has a ball.

First Trip Down and Back:

On the wistle, first group attacks FT line extended with a speed dribble. When they reach FT line extended, they break down in a protective stance, bring the off arm up in front and bring the ball back (as if to simulate dribbling up into a defensive trap). Retreat dribble back THREE dribbles while in a stance and front arm up protecting.

After three retreat dribbles, attack half court line and repeat same action. Then attack other FT line extended and repeat action. Then dribble sprint off the court. As first group begins their dribble sprint to half court, next group behind

them begins same action.

Right hand down....left hand back.

Second Trip Down and Back:

Repeat same action as in First Trip Down and Back, but now add crossover dribble at the end of third retreat dribble
and then attack next line with opposite hand.

Teaching Points: Make sure crossover dribble is quick and below the knees. Players should come out of there
retreat stance when attacking next line with speed dribble.

Dribble motion

Three Line Passing (Heavy Ball)

You will need to adjust this drill depending on how many heavy basketballs you have in your program.

Here we see the ball starting in the middle with #3 passing to #1 and then getting the ball right back. #3 then turns and passes to #5 on the opposite side of the floor. The ball is caught and thrown quickly without traveling.

Up and back and then next group starts. If you have enough heavy balls, you could have the next group start when the first group reaches half court and then only go down the court and not return until the entire team has finished.

Progression:

- Chest Passes
- Bounce Passes
- Over the Head Passes

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Basic Offense and Rules Implementing The Dribble Motion Offense

Dribble motion

Alignment and rules
Dribble Motion Alignment and Rules

The Dribble Motion utilizes a sideline break into the basic alignments.

#1: This is your point guard and best ballhandler. Most likely your quickest player on the perimeter. He will bring the ball up either sideline.
#2: Runs to the right corner. Your best 3 point shooter perimeter player.
#3: Runs to your left corner. This is a spot you may want to put your other

post player or your athletic wing.

#4: Inbounds the ball and trails opposite the #1 man. Your second best ballhandler behind #1.
#5: Runs down the middle of the floor. Will locate block opposite the ball.

Your post player with the ability to finish inside.

Dribble Motion Alignment and Rules

There are two areas of the floor on each side of the floor that are important to note.

The DROP ZONE: This is the attack area at the FT line elbows. It is called the "drop" zone because the penetrator stops here he will drop passes to either the wing, player behind him, or the post player.

The DRAG ZONE: This is the attack area at the basket. The drag refers to "dragging" the defense to the basket looking to draw helpside defense from the post or wing making the drop-off or kick-out pass available.

Please Note: Some Dribble Motion systems include the Rack Zone as well. We have eliminated this zone as our players know what to do when at the RACK. Score or Draw Fouls! There is no other option!

Dribble Motion Alignment and Rules

Let's take a look at the areas to penetrate in this system.

#1 can look to attack the rim or the "Drag Zone", making a good, quick move

out front on his defender. With #2 spaced to the corner, you should have a gap available to you on most occassions.

When #1 penetrates, the ballside corner player, #2, is moving up to the wing.

#5 is stepping into the lane looking for the offensive rebound or the dump-off pass from #1.

#4 stays back for defensive transition (along with #3 and #2 on the shot from #1 or #5).

Dribble motion

Dribble Motion Alignment and Rules

#1 may also look to pick the ball up in the "Drop Zone" area. When he does this, #2 is sliding up and into the pass from #1.

It is important that the wing player be facing the basket on the catch and ready to attack.

#1 passes and then loops down and out to the ballside corner.

On any dribble pick up in the Drop Zone, the post player will stay opposite and slide up to the FT line elbow. This action will allow for the backdoor lay-up between #1 and #2 (if #2 is pressured) which will be shown in our breakdown series.

Dribble Motion Alignment and Rules

#1 also has the option to attack the opposite side of the lane and get to the rim.

When this happens, #5 stays consistent with his rule, cuts across the lane and stays opposite the ball.

As #1 penetrates, #4 moves in behind the ball and replaces #1's original starting position.

As #1 penetrates to the opposite wing, as with all penetration at or near the Drop Zone, #3 begins to move up the sideline.

Dribble Motion Alignment and Rules

As mentioned on all dribble pick ups in the Drop Zone, the ballside wing #3

slides up and into the pass from #1.
Since #1 picked up the ball in the Drop Zone, #5 clears away from the penetration and then up to the FT line elbow area.

#4 is replacing #1 on top when the ball is penetrated to the opposite elbow. After #1 passes, he loops down and out to the ballside corner.

Dribble motion

Dribble Motion Alignment and Rules

You can see the action here when there is penetration from the wing into the lane. The penetrator, #2, is trying to get to the opposite side of the rim for a power lay-up.

As this action is taking place, #5 is clearing out and #4 is sliding over on top. This action will give #2 a better opportunity to get to the rim and will also give #4 an opportunity to spot up for the 3 point shot if his defender helps on the penetration.

Dribble Motion Alignment and Rules

If the penetrator passes back behind him to #4, he will step out and take #4's original position before the penetration started.

#5 cuts opposite the ball again while #3 hustles back to his original starting position in the corner.

Dribble Motion Alignment and Rules

As you can see we are back in our original alignment with #4 now having the opportunity to attack either Drop or Draz Zone.

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Half Court
Breakdown
Drills
Implementing
The Dribble Motion
Offense

Dribble motion

Dribble motion 1/2 ct. brkdown

Dribble Motion Half Court Breakdown

Rack Zone Attack for Two-Foot Power Lay-up(Perimeter) USING THE

QUARTERBACK TEE

Offensive Rebounding (Post)

Both baskets working now with a coach at each end.

Let's describe the PERIMETER BASKET section first.

Each player in line has a ball. As they step up they place the ball on the Quarterback T, pick it up and attack the basket. Players work on a stutter-step and crossover move out front before getting to the rim. Player must reach the basket on a two-foot power jump stop as or before the "beep" from the Quarterback Tee.

Teaching Point: You may have the Quarterback Tee on either side of the player. Have each player take the ball off
the "T" and then quickly rip the ball across below the knees before attacking. You determine the "timer" speed for this
drill. Start slower and work your way up!

Dribble Motion Half Court Breakdown

Drop Zone Attack and Kick for Shot (Perimeter)

Each player in line has a ball while one player in the corner does not.

#1 attacks the "Drop Zone" area of the floor (FT line elbow). As he reaches the Drop Zone area, #4 is sprinting up the side and turning into the shot on the 3 pt. line extended wing area. #1 SHOULD NOT come to a jump stop, rather he should stop with his INSIDE FOOT FORWARD, so that he can protect the ball from the defense.
#1 turns back and makes the pass to #4. #4 takes the 3 point shot. #1 must loop down and out to the corner area once occupied by #4.

Teaching Point: #4 MUST sprint up and TURN INTO the shot. He MUST be

facing the basket as he catches the ball from #1. It is #1's responsibility to WAIT until #4 is in this position before passing him the ball.

Dribble motion

Dribble Motion Half Court Breakdown

#4 shoots the "3" and rebounds his own shot. He then dribbles back to the end of the ball line on top.

As #4 sprints to his rebound, #2 is now attacking the "drop zone" area of the court. #1 is waiting...he will slide up and INTO the next shot as #2 reaches the "drop zone" area. #2 passes to #1 for the "3" point shot.

#1 follows his shot, gets his own rebound and dribbles the ball back to the end of the ball line on top.

#2, immediately after passing to #1 for the shot, loops down and out to the ball side corner, ready to start the next repetition.

You may repeat this drill on the left side of the floor or save it for the next day.

Dribble Motion Half Court Breakdown

Back Door Lay-up.

The next progression in this series involves the back door lay-up from the wing player.

Again, #1 will attack the "drop zone" area of the floor while #4 sprints up and into the shot on the right wing.

#1 recognizes that #4 is being played aggressively and pass fakes towards him. #4 plants his outside foot and cuts to the basket while #1 slides a one-hand bounce pass under the (imaginary) defense for the lay-up.

Dribble Motion Half Court Breakdown

The same rotations apply. #4 follows his lay-up and dribbles back out to the ball line on top. #1 quickly loops down and out to the ball side corner area.

#2 begins the next rotation by attacking the "drop zone" area. #1 sprints up and into the "3" point shot, recognizes defensive pressure, uses the pass fake from #2 and cuts back door for the lay-up.

You may repeat this drill on the left side of the floor or save it for the next day.

Dribble motion

Dribble Motion Half Court Breakdown

Post Basket Offensive Rebounding

Let's describe what the post players will be doing while the perimeter players are working on breaking down the Dribble Motion penetration and / or pass options.

The coach will have the ball while one post player is on top and ready to step into the drill. The coach will throw the ball off the glass while the post player moves into the basket to catch the offensive rebound.

The post will work on FOUR moves at this end with the coach. Each player must make each move FIVE TIMES before going to the next move. Each post player makes the move once and then the next post player steps in and duplicates.

FIRST MOVE: (Tip-in) Tip the ball in the basket when the ball comes off the glass.

SECOND MOVE: (Ball up / Power Up) Rebound and come down with ball. Keep ball up above shoulders and power
the ball back up for the lay-up on the same side of the basket.

THIRD MOVE: (Fake and Power Up) Same move as second move, but now player must make a shot fake before
powering up for the shot on the same side of the basket.

FOURTH MOVE: (Fake, Slide Step and Power) Player gets the rebound, shot fakes, and then takes one power
dribble as he slides under the basket and scores a power lay-up on the opposite side of the basket.

Dribble Motion Half Court Breakdown

Post Basket Low Block Moves

Although the Dribble Motion Offense does not include back to the basket post moves in it's purest form, I do incorporate set plays and the Triangle Offense into this system which does require good back to the basket post moves.

After you have completed the offensive rebounding section of your workout,

the post players will now work on back to the basket low post moves.

The drill starts with the post player cutting across the lane, under the basket, and then simulating the "swim move" in order to get good post position above the block but still sealing in the lane. As the pass is thrown, the player will "hop" to the ball just above the low block.

Each player will catch and execute one of FIVE post moves. They must complete the move FIVE times before
moving on to the next. Post players will alternate on catches in the post from the coach.

Dribble motion

Dribble Motion Half Court Breakdown

Post Basket Low Block Moves

Here is an opportunity for you as a coach to introduce the BLOCKING PADS.
Teach post players to expect contact and to use their lower body and "swim
move" technique to get good post position above the block.

The FIVE post moves to be executed FIVE times by each player are:

• Drop Step
• Turn around jumper
• Jump hook
• Up and Under
• Reverse pivot and attack

Again, one post player will catch, make the first move, score, rebound the ball and throw the ball back out to the
coach while the next post player is coming across the lane. Each post move indicated above should be executed
FIVE times by each player in the group before moving on to the next move.

Dribble Motion Half Court Breakdown

Penetrate Middle From the Wing

The post players continue to work on their offensive rebounding and post
moves while the perimeter players progress in their series.
The next series begins in the same manner as the previous drills.
#1 attacks the "drop zone" area of the floor while #4 sprints up and into the "3"

point shot.
#1 passes and loops down and out to the ball side corner area.
Teaching Point: This is a good opportunity to use your PUNCH MITTS and

swipe at the ball as the dribbler picks up the ball in the Drop Zone or when the

wing player makes the catch on the wing. Your choice - mix it up.

Dribble motion

Dribble Motion Half Court Breakdown

This time, #4 will catch and attack the FT line elbow area and look to score a lay-up on the opposite side of the rim.

#4 rebounds his own shot and dribbles back to the ball line on top. The next rotation begins as #4 clears the FT line elbow area on penetration.

#2 is now attacking the "drop zone" area and #1 is sliding up and into the "3" point shot, ready to attack the FT line elbow area and complete the lay-up on the opposite side of the rim.

Here is another great opportunity to introduce the BLOCKING PADS. Bump the player as he reaches the rack area.

You may repeat this drill on the left side of the floor or save it for the next day.

Dribble Motion Half Court Breakdown

Drive Middle and Replace On Top

Our next series adds a line on the opposite top side of the floor, from the FT lane line extended.

Each player in the right line has a ball while each player on the left line does not have a ball.

#1 attacks the "drop zone" area. #4 sprints up and into the "3" point shot. #1 makes the pass to #4 and loops down and out to the ball side corner area of the floor.

Dribble Motion Half Court Breakdown

Once #4 has the ball in his hands, he again attacks the FT line elbow area as if he is trying to score on the opposite side of the rim.
As he is penetrating in the lane, the first man in the top line without a ball slides over to the first position in the ball right line.

#4 stops again with his INSIDE foot forward and makes the pass back to #5 spotting up for the "3" point shot. #4 passes and hustles to the back of the left line on top. #5 shoots the "3", gets his own rebound and dribbles back out to

the end of the ball line on the right side.

The players are now in position to begin the next series with #1 in the right corner while #2 attacks the "drop zone". #6 is ready to slide over on penetration from #1 on the right wing.
You may repeat this drill on the left side of the floor or save it for the next day.

Dribble motion

Dribble Motion Half Court Breakdown

Our LAST series in this Dribble Motion Half Court break down involves use of both baskets, although it is not a full court drill. Both baskets will be working at the same time.

You will have two perimeter players on the right driving line on top (#1 and #2 shown in the diagram). Your Post Players, #5, will be in a line under the basket with this group.

The rest of the players will be at the other basket. Two players should be underneath this basket with a ball (#4 and #6 shown in the diagram). One player, #7 here, is FT line extended just beyond the "3" point line.

The remaining players on your team are lined up in the corner, with #8 shown here first in line.

Dribble Motion Half Court Breakdown

Let's first look at the Post / Perimeter side of the floor and describe the action.

#5, your post player, will step out opposite the ball on top and on the block.

#1 attacks the rim quickly and shoots the lay-up. #5 steps in the middle of the lane in front of the basket looking to tip-in any potential miss from #1.

Again we would bring out the BLOCKING PADS, being sure to make contact as the perimeter player prepares to power up for the shot or dump-off pass. You can also make contact with the post as he catches and looks to score from the dump-off pass.

Dribble Motion Half Court Breakdown

#1 quickly gets the ball out of the basket and dribbles up to the left top of the floor. As #1 is dribbling up to the left side, #5 clears across the lane to just above the right block.

Dribble motion

Dribble Motion Half Court Breakdown

#1 now quickly attacks the opposite side of the lane looking to score another lay-up. Again, #5 will step to the middle of the lane. This time #1 will dump the ball off to #5 in the middle of the lane for the lay-up. #1 may make the pass while in the air for the lay-up or just before taking off. This is to anticipate and simulate when #1 might receive weakside help on his penetration.

#5 makes the shot while #1 gets the ball out of the basket.

Dribble Motion Half Court Breakdown

#1 now dribbles up to the right top side of the floor while #5 loops out to the opposite side of the floor, remaining consisten with the Dribble Motion Offense rules (post player is always opposite the ball on top).

Dribble Motion Half Court Breakdown

#1 now attacks the "drop zone" area of the floor and picks up his dribble. He could even attack the opposite elbow "drop zone" on this drive (#5 would then relocate to the other side of the lane and slide up on the dribble pick up in the drop zone).

#5 recognizes the dribble pick up and slides up the lane. This action is to clear the back side basket area for the back door lay-up you have already worked on in this series.

Once #5 has reached the opposite elbow area, #1 will square around (remember he stopped with his INSIDE FOOT FORWARD) and pass the ball to #5. After passing, #1 will quickly cut across the lane and out to the opposite corner area of the floor. #5 must drive hard off the back of the cutting #1 man. #5 looks to score the lay-up on the opposite side of the rim.

Dribble motion

This completes the Post / Perimeter series and two more players (post and perimeter) will step in and begin. You
may repeat this drill on the left side of the floor or save it for the next day. The player who finished the drill (#1) will
sprint to the "3" point contest shooting drill on the other end of the floor and will join the end of the line in the corner.

Dribble Motion Half Court Breakdown

Three Point Contest Shooting Drill

Just in case you did not know, that is "Contest" as in defend the shot, not "Contest" as in trying to win a prize!

Now let's look at what is going on while the Post / Perimeter action is taking place on the other end of the floor.

#4 and #6 will have a ball in their hands. #7 is FT line extended past the three point line in a ready position to catch and shoot the three point shot.

#8, #9 and #3 are in a single file line. #8 is in a ready position to catch and shoot the three point shot.

The drill starts with #6 passing the ball out to #8 in the corner. As #6 passes, he sprints out to "contest" the three
point shot from #8. Have him try to block the shot if he can!

#8 shoots the ball with #6 closing out on the shot. #6 "contests" and then gets to the end of the shooting line.

Dribble Motion Half Court Breakdown

Follow this action now.

#8 shoots the ball and follows his own shot. He will get his rebound and pass immediately out to #7 on the FT line extended wing. #8 will sprint out and "contest" the three point shot from #7.

As this is happening, #4 is now passing to #9, the next player in line at the corner. #4 sprints out and "contests" the three point shot from #9.

The rotations continue as expected. #7 follows his shot and then passes to

the next corner shooter and sprints out to contest his shot.

#8, who just passed the ball out to #7, turns around and gets in his best ready position and awaits the next pass out for the three point shot.

Dribble motion

Dribble Motion Half Court Breakdown

The rotations continue as expected. #7 follows his shot and then passes to the next corner shooter #3 and sprints out to contest his shot.

#8, who just passed the ball out to #7, turns around and gets in his best ready position and awaits the next pass out for the three point shot.

Important: The next day (or even during the same drill) have the players move to two different spots on the floor.

Your other options are:

• Opposite corner and wing
• Two top spots lane line extended out
This will give you good practice in all the three point shot areas found in the Dribble Motion Offense.

Dribble Motion Half Court Breakdown

As we described in the Post / Perimeter section of this drill, when the perimeter player is finished with his series on the other end of the basket, he will sprint to the end of the shooting line in the corner.

Here we see #1 sprinting in to the end of the shooting line. The LAST PERSON in the corner shooting line WHO HAS NOT YET BEEN IN THE POST / PERIMETER DRILL ON THE OTHER END, will sprint to join that drill.

The series completes when everyone has competed in the Post / Perimeter section of the drill.

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Full Court
Breakdown
Drills
Implementing
The Dribble Motion
Offense

Dribble motion

Dribble motion full ct brkdown

to the ball side corner.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Three Pointer)

Now we will take you through our series of 3 on 0 Full Court as we break down the Dribble Motion Offense.

Our first series involves the "Drop Zone" penetration with a kick out for the three point shot.

It does not matter who begins in the middle as each player will get one repetition on this drill.

#1 brings the ball up the sideline while #2 and #3 sprint to their respective corners. Make sure that each corner player is extended straight out from the rim, and not "dead corner" on the end line.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Three Pointer)

#1 attacks the "Drop Zone" area of the floor (FT line elbow area).

As #1 reaches the Drop Zone, #2 is moving up quickly and then turning into the shot. It is VERY IMPORTANT that #2 get his feet squared to the basket BEFORE #1 makes the pass. It is #1's responsibility to WAIT until #2 is ready before delivering the pass.

Whomever penetrates in this offense MUST ALWAYS come to a stop with their INSIDE FOOT forward. We do not teach a jump stop on this drive as it allows the defense an angle at reaching the next pass.

#1 passes to #2 for the three point shot. #1 will pass and loop down and out

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Three Pointer)

#2 will shoot the three and rebound his own shot.
The SHOOTER in this series becomes the NEXT MIDDLE MAN and will push

the ball up the opposite sideline on the next trip.
#1 and #3 run the sidelines now to their respective corners.

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Three Pointer)

The action is now repeated with #2 driving into the Drop Zone while #3 slides up and into the shot.
#2 again loops down and out to the ball side corner.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Three Pointer)

#3 shot the ball and will rebound his own shot and attack up the opposite sideline with #1 and #2 running their respective lanes.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Three Pointer)

This is the last trip in the three trips so as the BALL REACHES HALF COURT, the next group of three players begins.

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

Our next three trip series involves setting up the back door cut on the wing.

#1 again attacks the Drop Zone area of the floor while #2 slides up and into the right wing looking for the three point shot.

#1 recognizes that #2 is being played aggressively on defense so he pass fakes at #2 who steps hard toward the ball and then plants his outside foot and cuts back door to the basket.

#1 delivers a one hand bounce pass underneath the imaginary defense for the back door lay-up.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)
The SHOOTER again is the NEXT MIDDLE MAN.
#2 shot the lay-up, gets his own rebound out of the net and attacks up the

opposite sideline.
#1 and #3 run their respective outside lanes.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)
Our next three trip series involves setting up the back door cut on the wing.
The same action is repeated on the other end of the floor.
The shooter for the lay-up is now #3, so he will rebound his own lay-up and

attack up the opposite sideline for the third and final trip in this series.

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

The shooter for the lay-up is now #3, so he will rebound his own lay-up and attack up the opposite sideline for the third and final trip in this series.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

As the BALL CROSSES HALF COURT, the next group waiting begins their session.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

Our next three trip series involves setting up the three point shot on the opposite side of the floor.
#1 penetrates into the Drop Zone area of the floor while #2 slides up and into

the three point shot.
#1 delivers the pass and then loops down and out to the ball side corner.

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

#2 now attacks the FT line elbow area looking to score a lay-up on the opposite side of the basket.

We are assuming that #2 cannot get to the rim and instead stops near the Drop Zone area of the floor and kicks the ball out to #3 who is sliding up and into the three point shot.

#2 passes to #3 who shoots the three pointer. After the pass, #2's rule is the same as he loops down and out to the ball side corner.

On each end of the court, we will add the BLOCKING PADS here and make contact with the wing player driving to the mid-lane area.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)
The PASSER is now the NEXT MIDDLE MAN in this series.
#2 made the pass for the shot so he sprints in to rebound the shot and attacks

up the opposite sideline with #3 and #1 running their respective lanes.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

The same action is now duplicated on the other end of the floor with #2 driving into the Drop Zone area and kicking out to #3.

#3 then drives the elbow area of the floor looking to score on the opposite side of the basket.

#3 stops in the opposite Drop Zone area and kicks out to #1 sliding up and into the shot. #1 takes the three point shot while #3 loops down and out to the corner.

Again, we will look to make contact with the BLOCKING PADS on this

penetration from the wing.

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

The passer is the next middle man so #3 sprints in to rebound and attacks up the opposite sideline.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

#3, #1 and #2 complete their third and final trip in this series while the next group is ready to start the next three trip session.

Coach is present on each basket with BLOCKING PADS ready to make contact on penetration.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

Our next three trip series involves setting up the back door lay-up after moving the ball to one side of the floor and back again.
#1 drives into the Drop Zone area of the floor while #2 slides up and into the

three point shot.
#1 passes to #2 and then loops down and out to the ball side corner.

Dribble motion

the dribble penetration from the wing.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

#2 drives the FT line elbow area looking to score on the opposite side of the basket. He pulls up in the opposite Drop Zone area while #3 is sliding up and into the shot.

#2 passes to #3 and then loops down and out to the ball side corner area.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

#3 now drives the FT line elbow area looking to score on the opposite side of the rim.

#3 pulls up in the opposite Drop Zone area while #1 slides up and into the three point shot.

#3 recognizes good defensive pressure on #1 so he pass fakes at #1 who then plants his outside foot and makes the basket cut looking for the back door pass from #3. #3 delivers the one hand bounce pass to #1 under the defense for the lay-up.

Coach is armed and ready with the BLOCKING PADS to make contact with

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The PASSER is the NEXT MIDDLE MAN so #3 would rebound the shot and take the ball up the opposite side line.
#1 and #2 will run their respective lanes.

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)
The action is repeated on the other basket.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

A reminder that on all dribble stops, the driver must stop with his inside foot forward in order to protect the basket from the defense while making the next pass.

Coach is again armed and ready at each end with the BLOCKING PADS, making contact with the dribble penetration from the wing. Hopefully by now, your players learn to have a low center of gravity, a solid base when penetrating, so these "bumps" from the coach will not take off-balance.

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

#1 made the pass to #3 so he will get the rebound and begin the third and final trip up the opposite sideline.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)
The action is repeated on their final trip down the floor.

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

Dribble motion

Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)
The next group of three are waiting to begin their next three trips in this series.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)
Our next series involves a 4 on 0 FOUR TRIP break looking at the options

should the point guard notice that either wing player or the center have an advantage down the floor. If so, the point guard passes ahead to either player. The first three passes up the floor will enter to the wing and attack the rim. Here #1 passes the ball ahead to #2.
#5's rules is always to SPRINT THE CENTER OF THE FLOOR INTO THE

MID-LANE AREA AND THEN FIND THE OPPOSITE LOW BLOCK.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

Once #2 has the ball he has two options in attacking the rim. He can attack the FT line elbow area and score on the opposite side of the rim with his left hand. If so, #1 will always sprint and fill the wing just vacated by #2.

#5's rule is always to STAY OPPOSITE THE BALL, so #5 loops under the basket and up to the opposite block while #2 is making his #5 is penetration. #2 shoots the lay-up while #5 is ready to tip-in the miss shot.

Coach is armed and ready with the PUNCH MITTS as #2 makes the catch on the wing. Coach swipes at the ball while ballhandler learns to be strong on the catch and "rip" before and during the attack dribble.

Dribble motion

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#2 SECOND scoring option in this series is to attack the ball side of the rim, the right side in this diagram, if it is open.

#5 will stay opposite the ball and step into the middle of the lane in front of the rim while #1 drives in for the lay-up. #5 will tip in any miss shots.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)
The SHOOTER is the NEXT MIDDLE MAN in this series.
#2 gets the ball out of the basket and attacks up the opposite sideline with #3,

#5 and #1 running their respective lanes.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#2 passes ahead to #3 while #5 runs down the center of the lane and then to the opposite low block area.

Dribble motion

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#3 now attacks the rim in either direction as described in the previous trip while #5 looks to either loop under and out to the opposite low block or flash to the middle, depending on which angle #3 attacks.

#2 is sprinting to fill the spot vacated by #3.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)
#3 is now the next middle man and attacks up the opposite sideline.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)
The action is repeated on their third trip in this four trip series.

Dribble motion

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#2 was the shooter so he will rebound and attack up the opposite sideline for the fourth and final trip in this series.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

On the FOURTH and final trip in this series the guard will look to make the OVER THE TOP pass to #5 sprinting down the middle of the floor.
#5 will catch and make the lay-up while all of the remaining players in the

series sprint off the floor.
The next group of FOUR will begin as the ball crosses half court.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

Our next series involves a 5 on 0 THREE TRIP break looking at the options involved when the point guard attacks the lane down the DRAG Zone area of the floor. This is the area from the FT line elbow all the way to the rim.

Dribble motion

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The first trip #1 will SHOOT THE LAY-UP with #5 stepping into the middle of the lane in front of the rim looking to tip-in any miss shots.

#3 is sliding up and into his three point shot as his rule when #1 enters the DROP Zone area (FT elbow area).

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The SECOND TRIP #1 will penetrate to the rim and look to dump the ball off to #5 for the lay-up.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The THIRD AND FINAL TRIP in this series involves #1 pulling up at the DROP ZONE area. And it can be EITHER elbow.

When this happens it is #5's rule to always slide up to the opposite FT line elbow. #3 again is sliding up and into his three point shot. #2 makes a reverse pivot and instead of throwing the ball to #3, he makes a pass to #5 on the opposite elbow.

#5 catches and attacks the rim on the opposite side while driving off the back of #1, who has made the pass and cut to the opposite corner. #2 now slides up to make room for the cutting #1 man.

Dribble motion

The next group of 5 is ready to attack as #1 reached the DROP ZONE area.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

In this three trip series #1 is looking to cross over his dribble and attack the opposite FT line elbow, or more commonly know as the DROP Zone.

#4 and #5 have the rule of staying opposite the basketball, so the diagram indicates their movement away from the ball.

As #1 enters the opposite drop zone area, #3 as in his rule, is sliding up and into the three point shot. #1 recognizes good defensive pressure on #3. #1 makes a pass fake while #3 sets up his man for the back door cut and lay-up.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

#4 takes the ball out and the group now attacks the right sideline in the other direction.
Here we see #1 crossing over and into the opposite drop zone while #5 and #4

slide over opposite the ball.
#1 delivers the back door pass to #2 setting up his man.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

On our THIRD and FINAL TRIP in this series,
#1 will stop and reverse pivot making the pass back to #4.

Dribble motion

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

Once #4 has the ball it is #5's rule to stay opposite the ball, so he will loop back to the opposite side of the lane.

On the catch #4 will attack the drag zone area of the right side and look to score. Give #4 the option to either shoot the lay-up here or dump the ball off to #4 stepping into the mid-lane area.

The next group begins when #1 kicks the ball out to #4.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

In this series we will look at the loop action that #4 has the option of making each time down the floor. You must work on good communication from #1 and #4 to execute this action...or you may call the "loop" while in transition.

This is NOT the same action as in the previous series. #1 is driving the same angle, BUT, the difference now is that #4 is looping down and up creating an angle for #1 to drive OFF THE BACK of #4. In the previous series, #1 drove in front of #4 while #4 slid over to replace.

On this trip #1 will drive to the opposite DROP Zone and make the pass out to #3 sliding up and into the three point shot. #5 has cleared out and #1 has made the pass and looped down and out to the ball side corner area.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)
#3 now drives the FT line elbow area to the opposite side of the rim.
#5 loops under the basket opposite the ball as his rule states.
#2 is now sliding up and into the three point shot while #4 stays opposite the

ball and slides across on top.
#3 stops with his inside foot forward, reverse pivots and passes the ball out to #4 for the three point shot.

Dribble motion

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

On our third and final trip the action is repeated with #1 and #4 executing the loop action in front while #1 delivers the pass to #2 on the left wing.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

#2 again attacks the FT line opposite elbow area looking to score a lay-up on the opposite side of the rim.

As in previous trips he will plant his inside foot forward and pass the ball back to #4 sliding over and behind the basketball.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

On this second trip, #4 will not shoot the three, but rather attack the rim looking to score. He has the option to score the lay-up or dump the ball off to #5 who has already looped under the basket when #4 received the ball on his side.

Dribble motion

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

On the THIRD and FINAL TRIP, the setup action remains the same with #1 passing the ball back to #4.

As a reminder, #5 has cleared out as the ball is driven into his area and #3 has moved up and into his three point shot stance on the wing.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

#4 on the catch will look to attack the DROP ZONE area of the floor.

#5 clears out when #4 catches the ball on top.
On the drive #2 is sliding up and into the three point shot as is his rule.

#4 picks the ball up in the DROP ZONE and recognizes great defensive pressure on the wing player. #4 pass fakes at #2 who sets his man up for the back door lay-up.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

#2 has the option to finish this series with the lay-up or he can dump the ball off to #5 stepping into the middle of the lane in front of the rim.

Dribble motion

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Anything Goes!)

Our final 5 on 0 three trip series gives the offense freedom to execute all of the Dribble Motion Offense options.

They only have one rule here. They must make 5 PASSES before taking a shot. Coach or waiting group should count out the passes LOUD so that each team knows where the count is at before shooting.

Created with Basketball Playbook from www.jes-soft.com

Notes from the Web
Implementing
The Dribble Motion
Offense

Our Formula for Success:

Shoot 75 shots a game.
1/3 of our shot attempts should be 3 pointers.
Shoot 24 free throws, make 66% of them.
The above would give you the following:
On our 75 shots:
We want to shoot 25 3's, make 8 of them, this is 32%
On your other 50 shots, a lot of which should come from around the basket, make 20 out

of 50, this is only 40%. Given that a lot of these will be lay-ups, that is not a very high percentage.
If we get our 24 free throws, we want to make 16 of them, which is 66%.

The points that we generate are broken down below.
Eight 3's = 24 points
Twenty 2's = 40 points
Sixteen FT's = 16 points

Total = 80 points

We generate 80 points on a night where we shoot 37% from the field, (28 of 75)
and 66% percent from the foul line. These are very attainable goals for our team.
Even on a night where we shoot 33% from the field (25 of 75), and 50% from the free

throw line, (12 of 24), you can still generate 67 points. (Assuming you hit 20 2's and 5

3's.) At the high school level, 67 points will still win you a lot of games.
A real key is to get those shot attempt numbers up around 75. We do this through pushing the ball for 32 minutes, getting to the offensive boards, and most importantly using our defensive pressure to get turnovers and increase the tempo of the game.

Walberg @ Bakersfield High School 9-9 & 9-10-05

PHILOSOPHY

Go watch a good program for a week.
All good programs play hard.
"No Excuses" overriding philosophy of their program.
If you don't have a good shooting night, what are you going to do to win?
We have taken 35 3's a game last three years (40 minute JUCO games)
We have an Attack Philosophy.
We will wear you down.
We speed up the tempo with our "D".
We fool people into thinking our bench is deeper than it really is.
Never start my best five.
Start 6th and 8th men, and they will play their tails off.
Always want three of my best five players on the floor at one time.
Get your average kids in and out quickly, it hides their weaknesses.
"Streak" call only my best two players will shoot, unless someone else has a lay-up.
Up tempo makes high school game more like 37 minutes due to number of trips JC like 50 minutes.
Eliminate excuses by your players, and your practices will be a lot better.
On and off the court, sweat the little stuff.
Thank you and please from your players.

Best player needs to be your hardest worker, and hopefully your best kid.

* Real Secret…to our offense Threes or Key, no mid range shots.
You need passion to play this game.
How hard do your players really play the game?

Reality, get your best kids 2-2 ½ minutes then a 30 second rest.
Time Out… hustle and get it organized, get them in front of you…eye contact.
Scout tendencies and personnel, they well not run their offense if you work hard enough.
Two fouls in first half, sit them down for rest of half, they will learn not to foul.
Saturday four to five hour practices, all offense no conditioning.
Kids have to believe that fatigue will set in with their opponent.
Not "my team" it's "their team".
Take away excuses why they can't be successful.
Shoot selection #1 thing for good offense.

You make the extra pass; your teammate will make the extra pass.
Take your shot unless someone has a better shot.
In summer don't run any plays, let them learn to score on their own.
Why do you press? You better believe in it, can you live with the lay-ups and dunks?

Toughest thing…ballhandling versus intense pressure

Can't have it both ways, you are going to give up some things with intense pressure.
Your opponents need to ask themselves, do we want to run with these guys?
You need to work hard every day for this, or any system, to work.
You need to define their roles.
Blame yourself if they don't play hard.

Do you always sub on the negative?
Bench stands when a kid comes out, and they give him high fives.
Get your bench to help with responsibilities.
Gave stickers for team and individual stuff, big play of the game, etc,
Scrapbook for players.
Make them proud to be a part of the program.

Virtually everything we do will 4 on 4, or 5 on 5, with our defense we want the team "D" concept
Do they have passion?
Adversity hits, how do they handle it?
Do everything quick and hard.

DEFENSIVE PRINCIPLES

We will wear people down with our defense.

Our D speeds up the game tempo.

Don't foul.

Don't let them split you.

Fly out on their shooters on the 3 point line, close out on their non shooters.

Don't screen out an outside shooter, possible foul situation.

In practice we defend 5 players versus 6 players some of the time.

Press…#1 thing… GUY WITH BALL MUST NOT BE ABLE TO SURVEY THE FLOOR....GET UP ON HIM

Just run and get there, we virtually never work on slides.

Press spots…
On ball "controller" get a turn in the backcourt.
Weakside up spot "Gapper" don't let ball split, look to blindside ball with double.
Strongside up floor "Taker" take away pass down the floor.
Weakside up the floor "Reader" Shoot the gap or stay needs to understand stuff.
Back guy "Key" man. Deepest guy responsibility.

Use volley ball court to put the court in four lanes outside, inside, inside, outside.
Ball in outside lane you are on mid-line. Ball in inside lane, all five men in inside lanes.
Don't worry about middle or sideline in regard to which way the ball goes, just pressure.
You see the back of a dribbler, you go.
With the press, a huge key is "see it, and fix it".
Get your players to move defensively on the pivot, not on the pass
Gapper to a trapper on the dribble, the "D" really starts with the dribble
Team really needs three good controllers, keep on the point guard and wear him out.

This can be out of a man to man or 2-2-1 match up set
You need to chase ball and punch it from behind
We execute the press correctly about 15-20% of the time, or pressure on the ball hides or mistakes.
You better have your D Trans responsibility worked out.
Loose ball or long rebound, chin it, look up and see what you have
We want the ball dribbled up the floor against us, we do not want the ball passed ahead.

OFFENSIVE PRINCIPLES

3'S or Key with shot selection no exceptions 260-20 in last 8 years with this philosophy
1&5 are your points 2&3 are Shooters 4 is your post
Your 4 must bust his tail up and down the court, have three 4 man
If your d-trans safety is a shooter, you can get some easy threes from O board kick outs
On a drive if you get bumped, attack him and go for more bumps
Attack, Attack, Skip, Attack, Attack (AASAA)
Shot Selection #1 in our offense
You make the extra pass, your teammate will make extra pass
In practice shoot a free throw to validate wins
Best guys play 2-2 ½ minutes then 30 second breathers 7 starters,
8,9,10, get three 1st half chances,
11, 12 get one or two chances.
Last 4 minutes your top guys need to be on the floor.
Use 5 spot as leaner spot for future 1, make sure at least one of your top points (1 or 5)

and one of your best shooters (2 and 3) are on the floor.
Dribble at someone, it's an automatic backdoor, with rotations to the ball from weak side.
5-3 or 1-2 pass 5 or 1 run short loop to the ball side corner, or cut to weak side wing
Lay-ups during warm-ups high fives on way back to line 2 balls work both baskets run out to ½ line.
Never pass it to a guy coming out from basket in no mans land i.e. 12-19 feet
Get point to lane extended at the three point line for return pass from 2 on a kick a head

fast break.

Vance Walberg

Pepperdine University

San Jose City College Coaching Clinic

5/19/07
Topics: General Philosophy and Offense
#1 suggestion: Talked about going and visiting a college coach and watching practice every
October. Spent 1 week watching practice as he learned more by watching practice, instead of
going to clinics. Started with Bobby Knight and saw various coaches throughout the years.

Dean Smith was the only coach not to give him great access.

Best way to improve as a Coach, suggested it to all in attendance.

Talked about his general philosophy on offense, said that his whole goal is to crate space and
open gaps. Entire offense is based on drive/shoot.

Need to have shooters to run the system. Shooters can spread the gaps and forces teams to man
you. He always tried to have at least 2 shooters on the court. Mistake by Calipari is that he
recruits only athletes, not shooters.

Was playing 4 out, 1 In motion at Clovis West High, decided to tinker with his system as he had
Chris Hernandez as his point guard. Decided to go away from screening and focus on penetration
and pitch. He did not have a great post player, wanted posts to catch ball with shoulders facing
the basket
Numbering system for his offense is as follows

4= Big, Runs to the rim in transition, plays opposite the penetration

1 and 5= Two point guards
5 is the inbounder and the second point guard, usually Walberg's younger point guard, trailer

1 is your point guard

2= Shooter, sprints to the corners

3= 2nd Big who can shoot it, sprints to the corners

ASAA- Attack, Skip, Attack, Attack

Wants to attack closeouts and get to the rim

3's or Layups- Called it "3 or the Key"

Coach Walberg made the point that 3 out is easier for dribble penetration than 4 out.

Tries to teach "Clipping the Hip" with penetration as he wants his players to get their shoulders
facing the rim. Take a bump and create a bump.

Talked about points per possession and their analysis of this stat.

Shoot 3's at 38%= 1.14 point per possession

Shoot 2's- 1.2 point per possession

Shot FT's at 70%=1.4 possession

Made the point that free throws result in the highest points per possession. This is the key to the
Offense: You must attack the rim.

Tried to make the game as simple as possible for his players.

Never starts his 5 best players. 5 best players all want to score must have role players. He loves
to bring in some of his best players off the bench.

High intensity shooting drills are the key. At Clovis, he had players in from 6:30 to 7:30 in the
morning. Tried to make it as fun as possible.

Open Gym in the Spring/Summer/Fall- Have the games go to 8, playing by 2's and 3's. Teaches
his players to play hard and makes each possession important.

In practice, he uses "Validation." Each drill is win or lose. To truly win a drill, team must make a
free throw to get a victory. If they miss the free throw, 5 pushups for winning team. Validate the
win. He suggested that you do this in your open gym. Have them make a free throw to win in
Open Gym.

Walberg Clinic @ Pepperdine 10-21-06

General thoughts:

We talk angles defensively, don't worry about slides, just get there.
Starting no big deal, start different kids, finish with the right ones.
Start 3 skill kids, and your 2 toughest ones.
With this system we don't care how the ref calls it. Tight or loose, it is to our advantage.
Morning open gym, started with 2 or 3 ended with 35, how important is it to them.
Get a good staff.
Be a hard working staff.
Be effective with your time, it's not just about logging hours.
Coaches, off the floor, be there for your players, on the floor, be their coach.
Find good kids who are willing to give you everything.
Does your player's passion match yours?
You need to create a family atmosphere, even if its' dysfunctional.
Weight room, get them in there.
Best players have to be your hardest workers.
Do not be afraid to sit down your best player.
Treat them all the same in regard to your standards of behavior.
After something is done, write down what went well, and what was a hot spot.
Remember it's about relationships; thank people, be humble, etc. treat people the right way.

* How do you want to play, and why do you want to play that way.
Offensive efficiency, shot selection #1. it will make or break your team.
You need to get the extra effort, and the extra pass.
Last 9 years we have been 3 or key with our shot selection; record has been 292-29.
We like 3's, we love lay-ups.
Space them so you can drive the gaps, the bigger the gaps the better.
4 man should shot 60% in this offense.
Keep track of your points per possession.
FT line is the best place to be for a high points per possession.
No pull up J's from the mid-range. We will run them in practice, and sub for them in the game.
With this system they need to prepare for you, you do not really need to prepare for them.
We just try to get better.
How are going to rebound the 3, we like 2 or 3 players to the weak side.
Don't really like pull up 3's off dribble, like catch and shoot 3's with no hand in the face.
Don't break the arc, unless you have back cut to the rim.
Bust out of back court, then breakdown as you approach the offensive end.
No negative steps, stay outside the arc. We will run in practice if we see it.
FT to validate every win.
What do you ignore that you shouldn't?

What you accept in victory, you will have to accept in defeat.
If they don't play hard it is your fault.
If they don't play hard, take them out immediately, every time.
Don't ignore the "little stuff" there is no "little stuff".
Use 5 on 0 in the ½ court to run your sets, do this on both ends at the same time.
Your players have to understand the drop, drag, and rack zones.

Opposite top must dive on post pass, with wing filling up behind the dive.
2 on 1 defensively, never step to the ball.
Fix problems now.
They need to learn to not react to their mistakes, faces, sulking etc.
High School; wear them out first 28-29 minutes, then do whatever the last 3-4 minutes.
Streak call, lay-ups by anyone, or selected players only to shoot the 3.
Wing to guard pass, wing breaks down to corner.
Your 4 needs to flash on ½ court double teams.
Your 2 and 3 need to be patient.
No matter what system you run , you better understand the little things that make it work.
It's about learning principles, not plays.
Your players need to become students of the game
Will they play through fatigue?
Coaches job is to get them to play hard, play smart, play together, their job is to make plays.
We want to take a lot of shots, but they need to be good shots.
During games, #1 thing, handle your substitutions correctly.

Ball handling and Shooting

Attack mentality.
Plant and go on moves.
Change of pace is the key.
Phil Fords.
Hesitations.
Crossovers.
Pull back crossovers
We are going to get to the rim mentality.
*On the move, attack from 6-8 feet away from defender, and blow by his hip.
Look by your defender, and figure out where the help will have to come from.
Plant and go on your moves, then blow by his hip.
Don't let them rock the ball on their lay-ups.
Pound the crossover, elbow in, throw wrist into it, hand over ball, keep it tight to the body.
Open the court by using left hand dribble while on the right side of floor, and vise versa.
Cones at elbows, ½ court, and far elbows, 3 moves, then work on different finishes.
Dribble short and quick.
Work one handed pull backs working the 3 point arc, in, out, in, out etc.
Attack arc, pull back, freeze, attack.
Get rid of the standing dribble, attack dribbles only, get somewhere with it.
Good ball handlers handle getting bumped, and actually encourage it.
Catch and square up philosophy, throw that 1st dribble and chase it, beat some one.
Throw the ball, and bust the hand, on the square up moves.
Keep the ball up, and body down on shot fakes, ball stays below eyes on shot fake.

In regard to shooting the basketball, for us biggest deal is, balance, and hold the follow through.
Get rid of the ball dip on their shots, get their bodies lower.
Get forehead going towards the rim, so shoulders don't go backwards.
We do a lot of 3 players 2 balls shooting with a lot of movement at the arc.
Sharp passes, and call their names in practice on passes.

SPARTAN BASKETBALL

OFFENSIVE PHILOSOPHY AND TERMS

2 CRITICAL ELEMENTS

1. Attitude – NO ECUSES – fight thru adversity – be vocal – fight thru fouls – heads up
2. Hard Work – never stop – never take easy way out.

OFFENSIVE PHILOSOPHY

RUN, RUN, RUN!

– we want to get the ball up the floor as fast as possible - we ALWAYS push the ball in transition – we want to force the pace - off a made OR a miss – we get the ball up the floor
as fast as we can – pass first dribble second
– " WE Like 3's but WE Love lay-ups"
-spacing is critical
- if you want to make an impression – buy in – if you go half way you will be eliminated
- if we get scored on – 2 man must get the ball out of the hoop before the ball touches the ground – rip it out of the hoop

POSITIONS

Point Guard (1 man) – pass first mentality is critical

Goes to outlet ballside 3 point line extended and calls for the ball – rebounder (on a missed
shot) must put the ball on the ground if the outlet pass is jammed – point guard MUST advance the ball up the floor with the pass as fast as he can – we do not want to dribble the
ball up the floor – it is too slow -

Shooting Guard (2 man) – best perimeter shooter/scorer

Takes ball out after a score – rips it out of the net and inbounds fast – we want to score in transition before our opponent gets back on defense
Plays the trail spot opposite the point guard – is an immediate threat when he catches the ball to penetrate and shoot

Small Forward (3 man) – 2nd best perimeter shooter/scorer – crashes the offensive boards hard

Runs the right hand lane wide (outside the yellow line from baseline 3 to baseline 3) and as
fast as he can to opponents 3 point line extended – wants to create space for the pass
When he catches he must be in an attack mode – we want a lay-up or a 3 pointer

Power Forward (4 man) – must be a good 3 point shooter and able to penetrate – we will look to create mismatches - crashes the offensive boards hard

Runs the left hand lane wide (outside the yellow line from baseline 3 to baseline 3) and as fast as he can to opponents 3 point line FT line extended – wants to create space for the pass - When he catches he must be in an attack mode – we want a lay-up or a 3 pointer

SPARTAN BASKETBALL

Low Post (5 man) – must read penetrations and create space – ready to catch and score

– crashes the offensive boards hard
Sprints the middle of the floor, to the front of the rim, as fast as you can – in transition looking to go front rim seal then weak side (opposite ball) low block
Locate and relocate opposite ball penetration – if ball is penetrated at low post (anytime) he
must relocate to opposite block – in such a position to catch and score without a dribble or
bringing the ball down low (below chin) – looking for quick lay-up or close in jump hook

AASAA (Attack, Attack, Skip, Attack, Attack)

If we get nothing in transition then we move into our half court offense

– wing players work in unison with the point guard on penetrations – wing players keep the
floor spaced Free Shot line extended out past the 3 pt. line - read their defensive man off of
1 man's penetration
When 1 man crosses over the volleyball attack line (in the front court)
-he must read and create attack situations

o attack all the way to the hoop (wing man is being denied) – score a lay-up – jump stop and find the post or open perimeter in open passing lane
o attack and jump stop at elbow to set up wing player for
. Kick down – defense turns body to help on penetration
. Kick back – defense slides to double penetration – wing circles around for hand off from 1 and looks to pull up for a 3 behind the screen set by 1 on his penetration –looks to penetrate middle to the rack
. kickback Backdoor – defense denies pass for a kickback and wing man steps into their defender and cuts backdoor
o pass to the wing and X-cut (wing man is open)
. if wing man attacks baseline we want our perimeter players to fill three passing lanes
• drift (weak side baseline corner)
• skip (weak side top)
• pitch (strong side corner)
• we also want the post to reposition to the front of the rim looking for a dump off pass inside
. if the wing man attacks the elbow – we want him to be able to execute the reverse dribble
. if the defense is trying to force us middle we will have the 1 man L-cut to the

strong side corner so that when the wing penetrates to the elbow – we can
run kickback – kickback backdoor with the wing and 1 man
o reverse pass to trailer and make a deep shallow cut to weak side corner and the fill up – this creates spacing for the trailer to attack the hoop and work with the wing on the open side

SPARTAN BASKETBALL

o skip to weak side wing player – looking for post seal on low block OR Russian square up and Utah cut – give and go
On the second side of the floor – after 1 ball reversal – we look for –

- Post seal above the low block – if we enter the ball into the post from the wing:
• Weakside top spot – dives to the hoop
• Wing passer reads his defender
o slides to the corner if his defender doubles down on the post
o if passer's defender stays on passer (does not help) he makes a Utah cut off the top side of the post looking for a give and go OR
o sets a flare screen for strongside top player and slips to the hoop
- if we cannot enter the ball into the post we will reverse the ball back to the top and the low post will post flash to the elbow and higher

o the player with the ball looks to first - backdoor lob with the wing - then enter the ball to the post flashing to the elbow – passer then cuts off post to open wing – post looks for give and goes and then squares to the hoop – he can attack – pass to the open wing – or skip to the weak side
The whole offense is based on the premise that WE LIKE 3'S BUT WE LOVE LAY-UPS –
always looking to use spacing and gap penetration to draw 2 defenders and create open scoring opportunities for scorers – never force a shot out of a double team - we have a teammate open

Starters

5 players that have worked the hardest and had the best attitudes in practice start – need 1 very good ball handler and 1 very good shooter on the floor at all times

Finishers

5 best players are always on the floor in the last 2 minutes of every game

Fouls

2 fouls in the first half and you sit the rest of the half – eliminate the dumb foul – learn to be aggressive without clutching and grabbing – remember conditioning and depth are our advantage

Time outs

We do not want to call time outs in the 1st half – we do not want to give our opponents a chance to catch their breath – we must understand that in our game we will have runs and

that our advantage is in our conditioning and depth – runs will happen against us as well - thus
if we fall behind in the first half we will call “streak” – which means that the only players shooting 3’s are those that have earned the green light and we want to get lay-ups, draw fouls, and knock down open three’s after we have made the defense collapse

SPARTAN BASKETBALL

Shooters earn their role – you must consistently show us that you have earned the right to shoot the ball when you are open – thus – we have created the 20 minute shooting series (must be completed minimum 2's a week in the pre-season – 1 a week during the season)

a. Must hit over 60 3's to shoot a 3 in the game – otherwise you have the 2 miss limit in games

b. Green light – for those that hit 90+ 3's – Green Light Shooters (90+ three's) are the only ones that can shot anytime they are open (other than lay-ups – we love lay-ups) and they are the only players allowed to shoot during a called "streak" – which is calling a time out without calling a time out – slow things down just a bit and get the ball to our "green light" shooters

c. 20 minute shooting

i. 20 Mikan

ii. Around the world – block – block – mid-lane – mid-lane – elbow – elbow – FT
If you miss ball can not hit the floor – if you catch the ball before it hits the floor you keep moving on to the next spot – if you miss and the ball hits the floor you go back to the start (block)

iii. Elbow lay-ups (x-out) – make 20 – 1 dribble in 1 dribble out – must use proper hand and footwork

iv. Around the world

v. 5 in a row from 1 elbow – rebound your own shot

vi. 3's until time is finished – rebound your own shot

1. less than 60 3's – 2 miss limit in games
2. 60-89 – can shot open 3's – great shot selection
3. 90+ - green light (can shot anytime you are open and when we are in streak

Offense

Memphis breakdown

To install this offense we are working a lot on dribble penetration, and getting kids in the habit of explosive first steps. Our goal here is to get to the rim for a lay up, a foul, or to create a help situation for a kick out, or dump into the post. With that in mind, footwork is a big thing we are working on to better our players. In the next few pages you will see some breakdown drills that we are working on. Some are individual, some are team. I hope they can help you.

Rip Drill

Rip drill is something we will do daily in order to get the kids used to attacking the rim. During this drill things you will need are a ball, a passer, and a chair.

Here the circle near the top of the key is a coach who will be our passer. The circle near the seam is where the chair needs to be.

We start this drill with the passer, passing down the floor to the first person in line. We make sure the reciever has their hands in ready position to catch and shoot, or in this case drive over the top. We will work three footwork moves on this side of the floor. 1) Rip over, 2) Rip Under 3) Jab Cross Over.

On the catch we work in that order. First time through catch rip over the top, big

first cross over step, and attack the rim for the layup. After all have gone, we will go to the rip under, and then the Jab
Cross Over.

Usually try to speed up the pace by telling the passer to get the next pass moving when the 1st person starts their
dribble. We want a layup here Make sure the guards are attacking hard, and getting to the rim in as few dribbles as
possible

Offense

As we move up the floor, we will work the right slot a little bit. We will work two moves up here. The drawing might be a bit confusing so I will try to explain a little better. I have done a better job with filming practices this year, so if you need to see anything, just let me know.

Here we move the coach to the left elbow, and tell them to do the same thing give a pretty hard pass that isnt perfect for the guard to catch.

The first time through we will rip and drive over the right side of the floor, just making a one step move to attack the rim. Same thing, to keep pace, we will tell the passer to hit the second person as soon as the first takes their first dribble towards the rim.

The second time through we will just work a catch and cross over to attack the left side of the floor.

Make sure footwork is good, and that your kids are attacking full speed. Get to the rim for the layup.

The third and final place we will work is the left seam. Just two moves from here.

Same sequence as earlier. Coach as a passer, and a line behind the chair.

The first time through we will just work a one step off of the catch, with a right hand dribble to the rim. we are similating a kick out and a drive back over the top while the defender is recovering. We will tell them either to go around the rim and work on a lay back, or cross over after the first dribble and left hand lay up.

The second time through we work on a sweep fake baseline side, then drive right back over the top following the same rules as above with the one step.

Circle Shooting

Circle shooting is a post drill, and the first one that we work on. We try to work on our kids getting used to looping under or over to get used to penetration rules for posts.

The first few mins we will work on looping under the basket, as we tell them this is what they will do in the case of a guard penetrating over the top.

The passer will be right below the free throw line where the guard should be, and will just dump the ball to the post. In this case we will give them all kind of passes. Bounce, direct, and lobs. This is just so they can get used to catching in different surroundings.
To speed up we tell second perso to go as soon as the pass is in the air to the person in front of them. We will usually do this for about 5 mins, working both

Offense

the left and right side of the floor

In this case after the first five mins we will switch and work shooting as if there were a baseline penetration, and the post is looping to the bottom of the dots. Same thing here just the passer is moved to the short corner. We work several things as far as passes just in case, but we want a high pass thrown here. We will work both the left and right side of the floor. Tell second person in line to go as soon as the pass is in the air for the person in front of them

1 on 1 Closeout

We will work this drill with everyone but the 5's. All we are working on here is dribble penetration 1 on 1 with a closeout coming at them. We will run this on both sides of the floor. here 1 would be working with the 2, while 3 would be working with 4.

What we will start with is to tell the defender, in this case the 1 to pass the ball out to the 2, and then close out hard. When the season gets here we will try to do what the opponents do on closeouts. (Are they aggressive, do they lay off, do they run and jump to block the shot), but early we just work on getting the defender out there and putting a lot of pressure on the ball. Early we will tell the defender to handcheck, foul slap, and body up so we can get into the mindset of attacking through physical play.

Offense

Once the guard on the perimeter catches the ball in this we tell them to attack the rim. Dont wait on the closeout to get there. This does two things. A it works on our offense, we want to go on the catch. B it works on our defense as we work closeouts, and recovering to defened penetration.

As you can see here we show two different types of penetration. The 2 is driving over the top, while the 4 is utilizing baseline penetration. I dont care what they do, but I do tell them dont do the same thing every time. Switch it up, and get to the rim. They can go at the same time. Have defense go to offense, and offense step off. New person rotating in will be a defender.

Things to look for in 1 on 1 Closeout

• Make your guards take an explosive first step, always beat your defender with this step.
• When they feel pressure dont let them dribble spin, just get lower than the pressure, and keep attacking. Stay lower than the defender.
• Get to the rim, either take a lay up or get fouled. As a coach get excited, when they get fouled if they miss the layup just reconfirm "good now go beat them from the line" if they get the And 1, let them know. Kids will do what they think pleases you
• Dont stop until you get there. This will look ugly at first but let them know they are getting better

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Offense

Memphis breakdown 2

Just to help ease the downloading, I am just breaking this down so the PDF files wont be so big.

2-0 Penetrate and Kick Shooting

Put a line at the slot, and a line at the seam. Here the two circles represent the following. The one on the perimeter is a coach who will be the passer. The one inside the perimeter near the lane is another coach serving as a helpside defender. Here we are going to recieve the pass in the slot, and they are to attack the rim with the dribble looking for the layup. I tell the help defender sometimes go, sometimes stay, make the guard read this. The person in the slot will follow our penetration rules, as the nearest guard will rotate over the top.

Here the helpside defender went to help, and we tell them get to where they are about to run you over. In this case there will be a pitch out to the person looping over the ball. We tell the person recieving the pass as soon as you catch it attack the rim just as in rip drill for a lay up. Once your kids get the hang of attacking the rim hard, you can allow your better shooters to spot up on the kick out and hit the three. The 1 here on the kick out would work on looping out to the playside corner

We will work this drill in different areas of the floor to make sure that we are understanding the concept.

As you see here we are slot to slot. Still a passer and a help defender. On the catch, we will tell the reciever to drive the ball either towards the midline, or towards the sideline, but get to the rim. On the kick out, the 1 would cycle out either playside or weakside. We usually call this Guard/Trail 2-0 Penetrate and Kick Shooting. Once again as you get better at this allow your shooters to spot up every once in a while

Offense

Here the same as before just moving to a different set of spots.

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Offense

Memphis breakdown 3

3-0 Penetrate and Kick Shooting. 2
passes.

Here we just work the same drill we just did with 2 on 0 P&K shooting, but just start adding people to it. We also make sure that we add a pass. We still want to make sure that we are following our rules, and that we are attacking the rim. Nothing but layups the first part of the year.

We tell the guard we dont care which side they penetrate to but we dont want to get into a habit of penetrating to the same side everytime.

Here the 1 chose to penetrate over the top, makin the 3 the nearest guard. Thus 3 will loop over the top of the 1 to recieve the kick out.

After 1 has kicked out they will sprint out to a side. I dont care if it is playside, or weakside, but they must get there in a hurry.
On the kick out that 3 recieves, tell them to attack the rim hard as soon as they catch the ball. 2 being the nearest guard will loop over the top ready to recieve the second pass. As soon as they catch the second kick out, the 2 will drive back over the top to get the layup at the rim. The 3 will loop out to a side on the kick out. As your kids get better you can allow the last person to catch to shoot the three. We tell the person who started in the 1 position to get safety on the shot, and the other two to crash the boards hard

Offense

Just another variation of this with guards. Here same things are involved, penetration with a kick and a drive. We still want two passes so that we get in a rhythm of moving the ball side to side, and getting to the rim.

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Offense

Memphis breakdown 4

2 on 2 Closeout.

This is a drill we will work in order to get a lot of live action where we have to read. We will tell the defense to pick what they are going to do. Either play tight and physical. Heavy help or little help. Switch on interchanges or stay. Or sag off and make them attack you. Whatever you do have them be physical at the rim.

Here we are working just 2 on 2 with slot and seam for our guards. Two defenders start in the paint and pitch out to one of the guards, it doesnt matter who. As soon as they pitch out, close out hard.

After the closeout we are live until we either get a score, or foul, or the defense has the ball. We really enforce the ideas of getting to the rim. If you have the ball get your teammate open. It is not their job to get open with a v cut or l cut. If the defense doesnt help get to the rim and get fouled. Point A to Point B as quick as possible. Try not to dribble spin.

On any pitch out we are live. Early in the year I tell my guards to attack the rim, we will shoot later. Also on the pitch out tell the 1 to get to the corner either playside or weakside.

Offense

Here we will go slot to slot 2 on 2. We can work our blur screen stuff here, as well as just regular penetrate and kick.

Here you see that we just moved this to a side

We will also work this with our posts from different areas. Here we are working from the slot area with the post backside. We will switch up areas on the floor to get them different looks

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Offense

Memphis breakdown 5

3 on 3 Closeout

This is the exact same as 2 on 2 closout but we will make sure that we work with the post every time here.

Here you can see where we work slot seam, with backside posts. You can use your imagination and put people anywhere you would like to work different areas on the floor. We always tell our kids early in the year we don't want a 3 yet. Get to the rim at all costs.

We will tell our kids to not be afraid to make mistakes. Dont be timid, attack attack attack.

We will also work up in sequences of 4-4 where we work just perimeter kids. 4-4 where we will put a post in, and 5 on 5 work later in the year.

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Offense

Memphis trouble shooting

Many times we will run into problems as we did last spring, and here are somethings we have done to correct those problems. IF you have any questions feel free to pm call or email me at any time.

Too much pressure and we can't get
around them!

• This came up a few times last spring and we would work a few things. Either allow the ball screen, or dribble hand off.
• In the dribble handoff, let the reciever catch the pass off of the bounce. Dont jump stop to hand off. Try not to work on this early, as your kids will want to do this all of the time.
• If the defenders jump the handoff, we will back cut to the rim. We have an open lane to the basket, so we will be ok.
My kids are too quick to pitch out!

• Drill, Drill, Drill them on attacking the rim on 1 on 1 work. We emphasize this so much, my kids probably think these are the only words that I can speak.
• Work a lot of 1-0 situations to where they are attacking the rim, and you are watching their footwork.
• Have a pad during 1-0 work where you bump them when they get into the lane. Make them take the layup while getting fouled.

Offense

We seem to be in too big of a rush.

• Work with them during 2 on 2 to work out timing and spacing issues.
Make them understand that they have to keep spacing to make this effectice.
• Dont worry too much, being in a big rush is better than being too slow.
• Make them keep their heads up to see the help and where it is coming
from
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PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

GUARD DAILY DOZEN DRILLS

1. ELEVEN WEAVE 3 point shot – Right (make 20) / Left (make 20)
a. The two point guards work together in the "drop off weave" option in the offense.
a. The BALL point guard (on the right) drives middle left and "drops off" the ball for the OFF point guard.
b. The OFF point guard receives the ball and shoots the three in the middle of the court.
c. Opp. Guard rebounds the ball.
d. SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.
2. ELEVEN WEAVE DRIVE LAYUPS – Right (make 20) / Left (make 20)
a. The two point guards work together in the "drop off weave" option in the offense.
b. The BALL point guard (on the right) drives middle left and "drops off" the ball for the OFF point guard.
c. The OFF point guard receives the ball and drives to the RIM on the right side.
d. Opp. Guard rebounds the ball.
e. SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

GUARD DAILY DOZEN DRILLS

3. ELEVEN DRAG 3 point shot - Right (make 20) / Left (make 20)
a. The BALL point guard drives to the “Drop Zone” while the OFF point guard “DRAGS” in behind.
b. The BALL point guard passes back to the OFF point guard for a three.
c. Ball Point Guard rebounds the ball.
a. SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.
4. TWELVE / THIRTEEN AHEAD 3 point shot - Right (make 10) / Left (make 10)
a. BALL point guard passes ahead to the WING for a 3 point shot.
b. BALL point guard rebounds while the WING fills the opp. Lane to repeat.
c. REPEAT in the FULL court. 20 total makes for the WING.

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

GUARD DAILY DOZEN DRILLS

5. TWELVE / THIRTEEN AHEAD BALL REVERSAL 3 point shot - Right (make 10) / Left (make 10)
a. BALL point guard passes ahead to the WING as the BALL point guard "Drags" behind in his lane.
b. Wing passes back to the BALL point guard for a 3 point shot.
c. BALL point guard rebounds own shot / wing fills lane and REPEAT in the FULL court. 20 total makes for
the BALL point guard.
6. TWELVE / THIRTEEN AHEAD WING LAYUP - Right (make 20) / Left (make 20)
a. BALL point guard passes ahead to the WING for a DRIVING LAYUP to the RIM.
b. BALL point guard rebounds while the WING fills the opp. Lane to repeat.
c. REPEAT in the FULL court. 40 total makes for the WING.

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

GUARD DAILY DOZEN DRILLS

7. TWELVE / THIRTEEN BOUNCE BACK 3 point shot - Right (make 10) / Left (make 10)
a. BALL point guard passes ahead to the WING after he BOUNCES BACK off the base line to the wing for a 3
pt shot.
b. BALL point guard rebounds while the WING fills the opp. Lane to repeat.
c. REPEAT in the FULL court. 20 total makes for the WING.
8. TWELVE / THIRTEEN BOUNCE BACK Give and GO - Right (make 10) / Left (make 10)
a. BALL point guard passes ahead to the WING after he BOUNCES BACK off the base line to the wing.
b. BALL point guard makes a HARD basket cut for a return pass and LAYUP to the RIM.
c. BALL point guard rebounds own shot / wing fills lane and REPEAT in the FULL court. 20 total makes for
the BALL point guard.

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

GUARD DAILY DOZEN DRILLS

9. POINT GUARD PULL UP 3 pt. shot - Right (make 10) / Left (make 10)
a. BALL point guard dribbles up court and pulls up for three point shot.
b. BALL point guard retrieves his own rebound and repeats down court.
c. 20 total makes for the BALL point guard.
10. TWELVE / THIRTEEN FADE 3 point shot - Right (make 20) / Left (make 20)
a. BALL point guard penetrates his LANE and ball side wing fades to corner for a pass from the BALL point
guard.
b. Wing shoots three point shot and rebounds his own shot to REPEAT.
c. BALL point guard stays back for defensive balance and then resets drill to repeat.
a. SAME DRILL OPPOSITE SIDE. 40 total makes.

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

GUARD DAILY DOZEN DRILLS

11. TWELVE / THIRTEEN HIGH 3 point shot - Right (make 20) / Left (make 20)
a. BALL point guard penetrates his LANE and weak side wing comes high for a "kick out" 3 point shot.
b. Wing shoots three point shot and rebounds his own shot to REPEAT.
c. BALL point guard stays back for defensive balance and then resets drill to repeat.
b. SAME DRILL OPPOSITE SIDE. 40 total makes.
12. FOUR on the Move (3 pt. shooting) – 20 MAKES
f. Rt. Corner to Rt. Wing
(1) MUST sprint from spot to spot
(2) MUST make six baskets
b. Rt. Wing to Rt. Lane Line extended
(1) MUST sprint from spot to spot
(2) MUST make six baskets
c. Rt. Lane Line extended to Left Lane Line extended
(1) MUST sprint from spot to spot
(2) MUST make six baskets
a. Left Lane Line extended to Left Wing
(1) MUST sprint from spot to spot
(2) MUST make six baskets
b. Left Wing to Left Corner
(1) MUST sprint from spot to spot
(2) MUST make six baskets

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

WING / POST BIG TEN DRILLS

1. TWELVE / THIRTEEN AHEAD 3 point shot - Right (make 20) / Left (make 20)
a. BALL point guard passes ahead to the WING for a 3 point shot.
b. BALL point guard rebounds while the WING fills the opp. Lane to repeat.
c. REPEAT in the FULL court. 20 total makes for the WING.
2. TWELVE / THIRTEEN AHEAD WING LAYUP - Right (make 10) / Left (make 10)
a. BALL point guard passes ahead to the WING for a DRIVING LAYUP to the RIM.
b. BALL point guard rebounds while the WING fills the opp. Lane to repeat.
c. REPEAT in the FULL court. 40 total makes for the WING.

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

WING / POST BIG TEN DRILLS

3. TWELVE / THIRTEEN BOUNCE BACK 3 point shot - Right (make 20) / Left (make 20)
a. BALL point guard passes ahead to the WING after he BOUNCES BACK off the base line to the wing for a 3
pt shot.
b. BALL point guard rebounds while the WING fills the opp. Lane to repeat.
c. REPEAT in the FULL court. 20 total makes for the WING.
4. TWELVE / THIRTEEN FADE 3 point shot - Right (make 20) / Left (make 20)
a. BALL point guard penetrates his LANE and ball side wing fades to corner for a pass from the BALL point
guard.
b. Wing shoots three point shot and rebounds his own shot to REPEAT.
c. BALL point guard stays back for defensive balance and then resets drill to repeat.
c. SAME DRILL OPPOSITE SIDE. 40 total makes.

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

WING / POST BIG TEN DRILLS

5. TWELVE / THIRTEEN HIGH 3 point shot - Right (make 20) / Left (make 20)
a. BALL point guard penetrates his LANE and weak side wing comes high for a "kick out" 3 point shot.
b. Wing shoots three point shot and rebounds his own shot to REPEAT.
c. BALL point guard stays back for defensive balance and then resets drill to repeat.
d. SAME DRILL OPPOSITE SIDE. 40 total makes.
6. EIGHT on the Move (3 pt. shooting) – 40 MAKES
g. Rt. Corner to Rt. Wing
(1) MUST sprint from spot to spot
(2) MUST make six baskets
b. Rt. Wing to Rt. Lane Line extended
(3) MUST sprint from spot to spot
(4) MUST make six baskets
c. Rt. Lane Line extended to Left Lane Line extended
(3) MUST sprint from spot to spot
(4) MUST make six baskets
c. Left Lane Line extended to Left Wing
(1) MUST sprint from spot to spot
(2) MUST make six baskets
d. Left Wing to Left Corner
(1) MUST sprint from spot to spot
(2) MUST make six baskets

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

WING / POST BIG TEN DRILLS

7. FOURTEEN V-UP LAYUP (10 right / 10 left)
a. Each player MAKES 20
8. “14” FLASH PIN LAYUP (10 right / 10 left)
a. Each player MAKES 20

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

WING / POST BIG TEN DRILLS

9. “14” MISSED 3 pt. PULLUP REBOUND LAYUP (10 right / 10 left)
a. Each player MAKES 20
10. “24 / 34” LEG WHIP PIN LAYUP (10 right / 10 left)
a. Each player MAKES 20

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

POST HALF DOZEN DRILLS

1. REBOUND EXPLOSION LAYUP DRILL (10 right / 10 left)
a. Each player MAKES 20
2. REBOUND SHOT FAKE EXPLOSION LAYUP DRILL (10 right / 10 left)
a. Each player MAKES 20

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

POST HALF DOZEN DRILLS

3. FOURTEEN V-UP LAYUP (20 right / 20 left)
a. Each player MAKES 40
4. “14” FLASH PIN LAYUP (20 right / 20 left)
a. Each player MAKES 40

PRE-SEASON
PARTNER SHOOTING WORKOUT CONT…

POST HALF DOZEN DRILLS

5. “14” MISSED 3 pt. PULLUP REBOUND LAYUP (20 right / 20 left)
a. Each player MAKES 40
6. “24 / 34” LEG WHIP PIN LAYUP (20 right / 20 left)
a. Each player MAKES 40

PARTNER WORKOUT
FRESNO BLOOD DRILLS

1. ONE on ONE DRILLS
e. Blood ONE (1): Point Guard one on one from the Point Guard LANE (Lane line extended above the 3 point
line)
(1) 5 dribbles MAX (from the three point line down) – start at half court (4 dribbles to get to three pt.
line)
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE
f. Blood TWO / THREE (2 or 3): Wing one on one from the Wing LANE (Free throw line extended above the 3
pt line)
(1) 4 dribbles MAX
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE

PARTNER WORKOUT
FRESNO BLOOD DRILLS

g. Blood FOUR (4): Post one on one from the Post LANE (third FT lane line) – MUST FACE UP
(1) 3 dribbles MAX
(2) MUST stay within your LANE
(3) LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE
2. TWO on TWO DRILLS
a. Blood ELEVEN (11): Two on two with BOTH point guards from the Point Guard LANES (Lane line
extended above the 3 point line)
(1) 5 dribbles MAX
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE

PARTNER WORKOUT
FRESNO BLOOD DRILLS

b. Blood FOURTEEN (14): Point Guard / POST two on two from the Point Guard LANES (Lane line extended
above the 3 point line) and Post LANE (Weak side soft spot to 3rd FT lane line)
(1) 5 dribbles MAX
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE
c. Blood TWELVE / THIRTEEN (12 or 13): Point Guard / Wing two on two from the Point Guard LANE (Lane
line extended above the 3 point line) and the Wing LANE (Free throw line extended above the 3 point line)
(1) 5 dribbles MAX
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE

PARTNER WORKOUT
FRESNO BLOOD DRILLS

3. THREE on THREE DRILLS
a. Blood ONE FOURTEEN (114): Point Guard / Point Guard / POST three on three from the position LANES
(1) 5 dribbles MAX
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE
b. Blood ONE TWENTY FOUR / ONE THIRTY FOUR (124 or 134); Point Guard / Wing / Post three on three
from the position LANES
(1) 5 dribbles MAX
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE

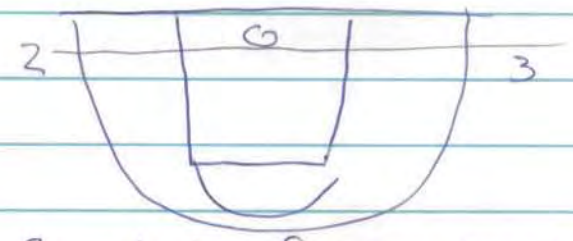
PARTNER WORKOUT
FRESNO BLOOD DRILLS

c. Blood TWO THIRTY FOUR / THREE TWENTY FOUR (224 or 334); Wing / Wing / Post three on three
from the position LANES
(1) 5 dribbles MAX
(2) MUST stay within your LANE
(3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
(4) Turnover if mid-range jumpers are taken
(5) NO FOULS called – NO flagrant fouls MADE

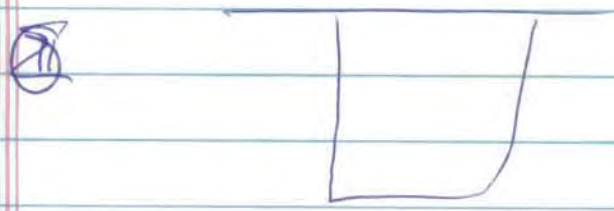
Vance Walberg Drive and Kick offense
- Out of bounds team - runs all out of bounds plays (Special teams)

Basics of the offense

① First stacked with 4 out 1 in ballside post
   ⓐ 3 side 3 block
   ⓑ 2 side 2 block
② create the biggest gap to drive
③ Inside Foot in line front of rim
   ⓐ post switches block reads
④ 2 and 3 must be patient
⑤ 5 young guard, 1 experienced guard



⑥ 1, 5 drive first shoot second
   2, 3 shoot first drive
⑦ when penetration, corners are filled, post goes away, a player drags behind
⑧ 4 catches ball with shoulders to rim
⑨ 1 can do anything North South
⑩ 1 controls the middle, 5 side line



5 

3 sections of Offense

① Drop Zone, Rack zone (ideal), added Drag zone

② 1 one penetration
- corners filled
- big man is away
- 5 drags behind

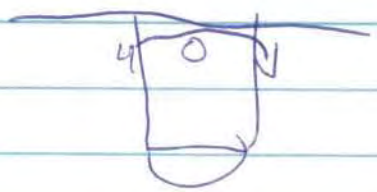
③ 2 and 3 always set up at NBA 3 (catch and step no problem)

④ Once 1 gets into drag zone ballside guard not in offense

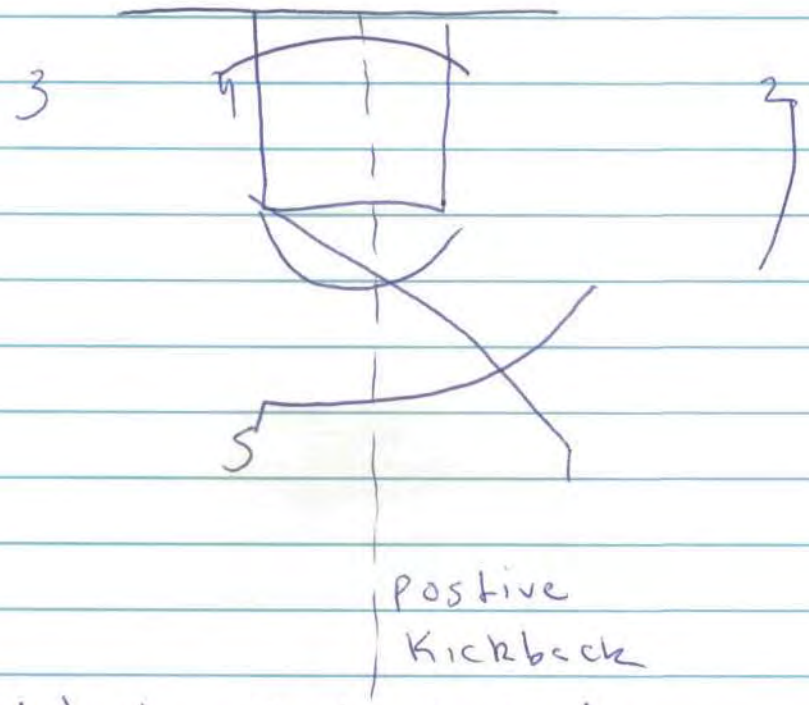
⑤ guard empties opposite ball

⑥ Weakside guard steps up the ⑫ arc to find window

⑦ Relocation bigs
- 1 two big steps



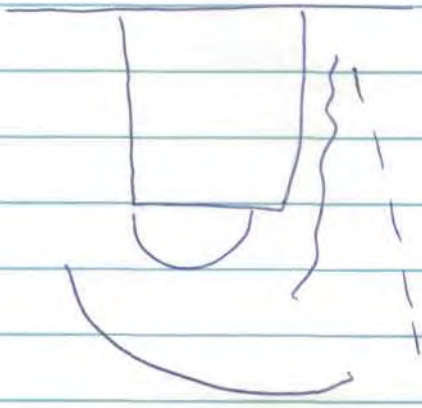
middle penetration



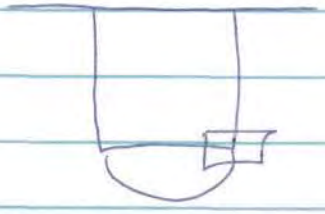
- kick back attack the rack
- get low initiate contact
  - reinitiate contact
  - do not want one bump to stop you
- 41 man should shoot 60%
- goal to 38%
- mid-range 28% (memphis)
- best percentage - free throws
- the math adds up

- In Rack zone
  - Shoot it
  - throw it off the back board

- 4 man once your man loses eye contact, left hand goes up for lob.
- Drag 34
  Skip to 3 into 4
  Drag 5

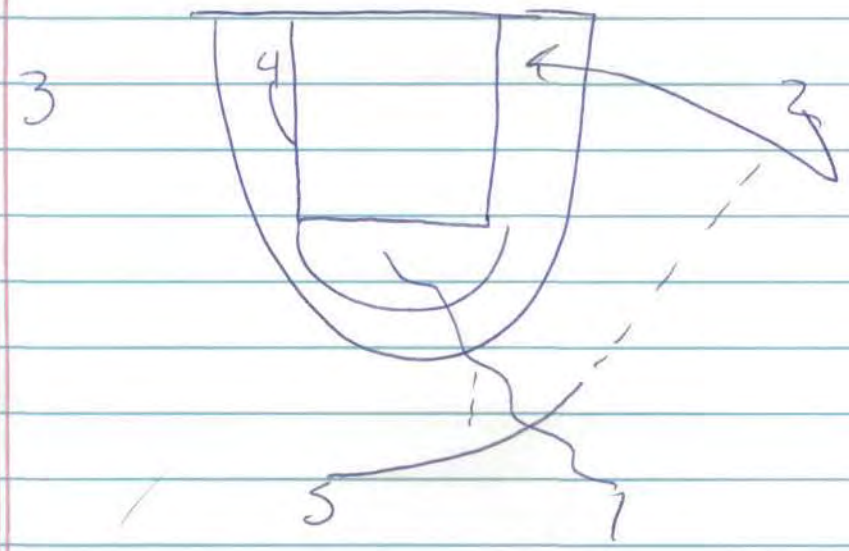


Drop 2one - backdoor

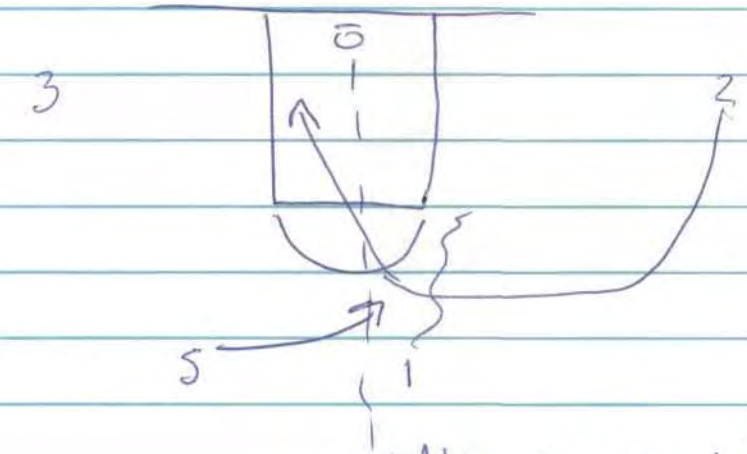


- the lower on the drop the less success you will have
- closely guarded - yell ball, backdoor
  I step up the lane
- 4 flashes yells ball (decoy)

middle penetration
Kick back to Drop 2



- anytime the defender opens up - kick up



middle penetration
kick back to 5

- Key component is middle penetration

Count down widget to Pepperdine Clinic

- Olympic Shooting - left foot down
- 5 spot shooting - 70% - shoots anytime. -50% - Not able to shoot
- The offense means nothing without the drills
- all of our drills relate to our offense and defense.
- Scramble
  - if he is coming go to hoop
  - if you are away (trailing) spot up
- Validating - Guy who hits the winning shot shoots the three.
- cardinal - donot let ball hit the ground on made shot
- in your lane out of your lane
  - If he is in your lane penetrate and pass
  - If he is out of your lane rack it
- Texas III - Stay in circle until player approaches

* Stunt freethrow line extended at half court move to corners vs man

when ball crosses

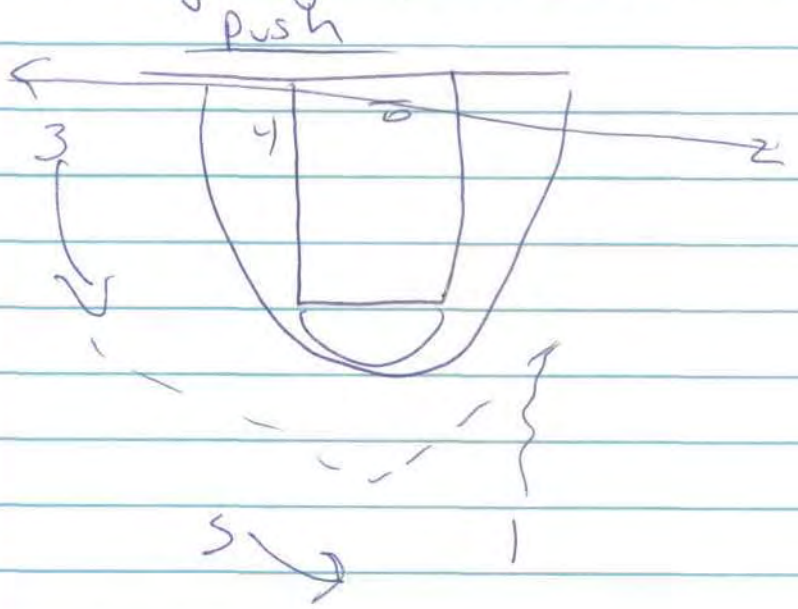
- Texas 22
- Texas 33
- Texas 44
  - 4414

- Zone offense
  vs. 2-3

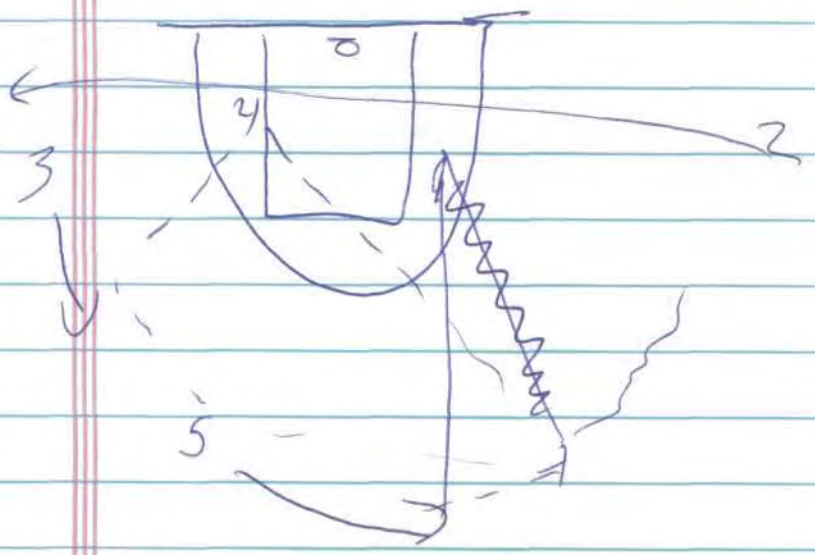
① Wings are up higher - Freethrow line extended
  - we shoot

② Push
  Bump
  Drag

③ anytime you dribble at somebody they go backdoor

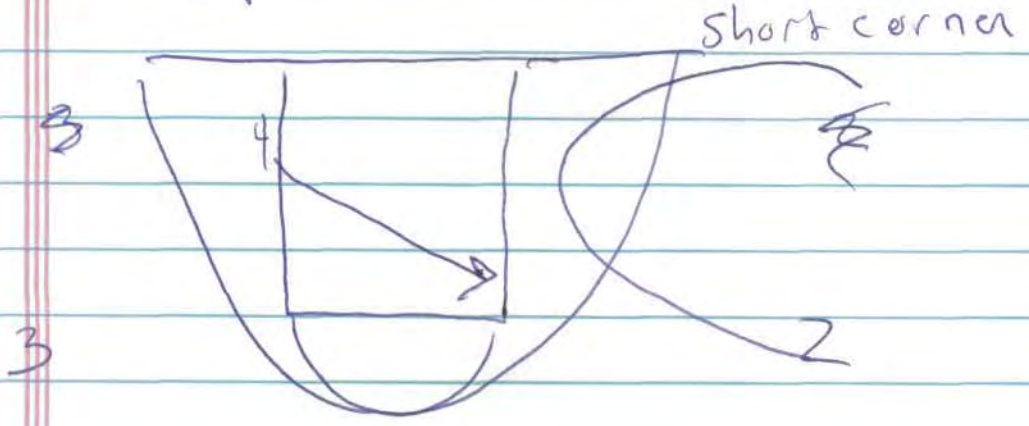


3 Shot



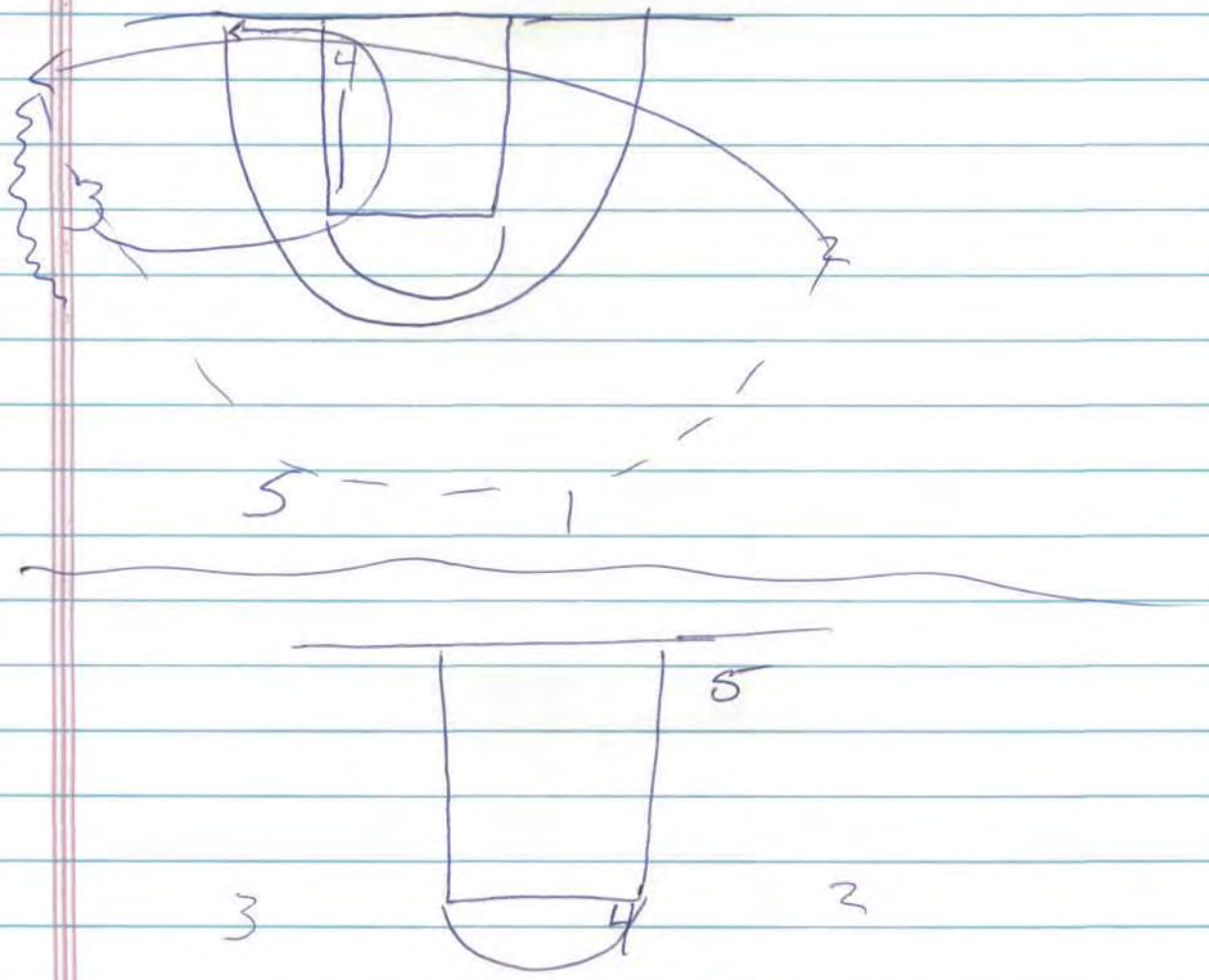
Pass to 4

- Bump



5 1

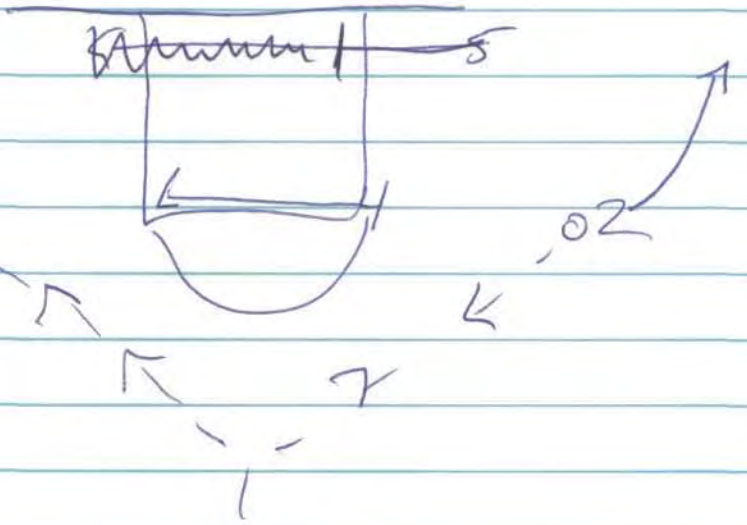
Drag - complete ball reversal

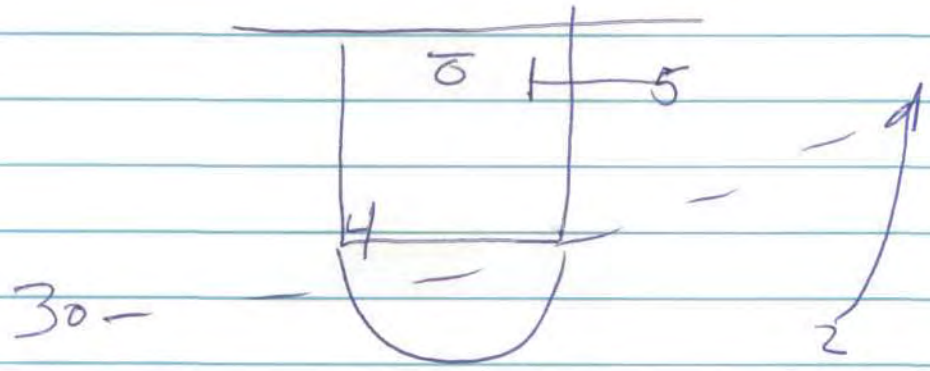


1

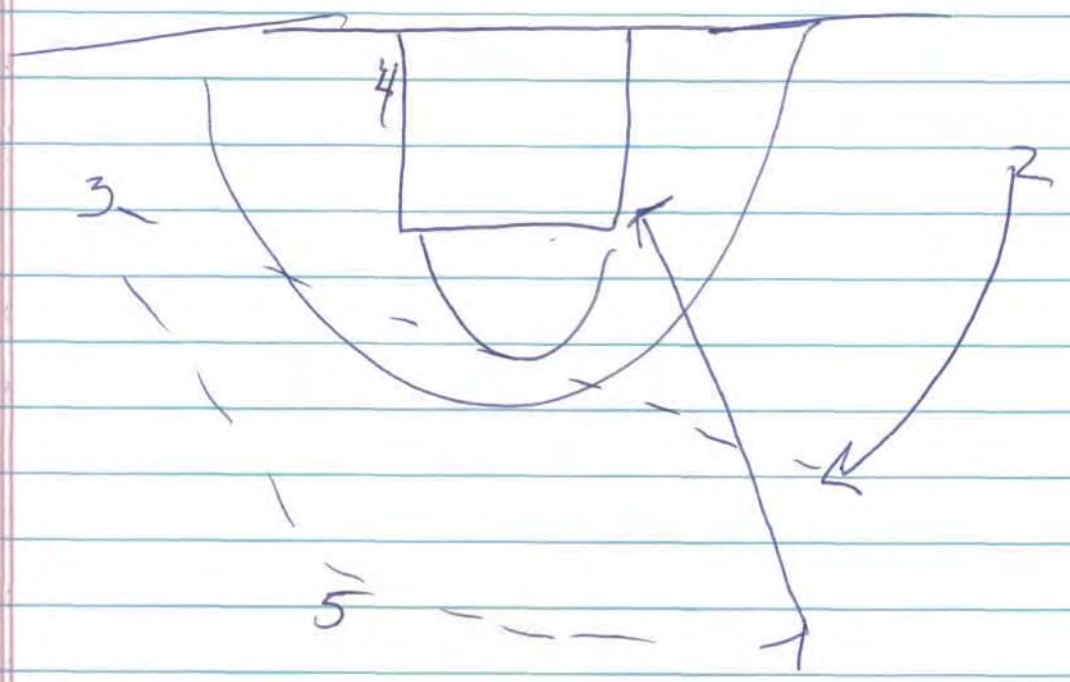
- anytime the ball hits the baseline guy 4 goes to hoop
- ~~AAA~~ 4 guys the ball 5 backdoor, players rotate

22





1

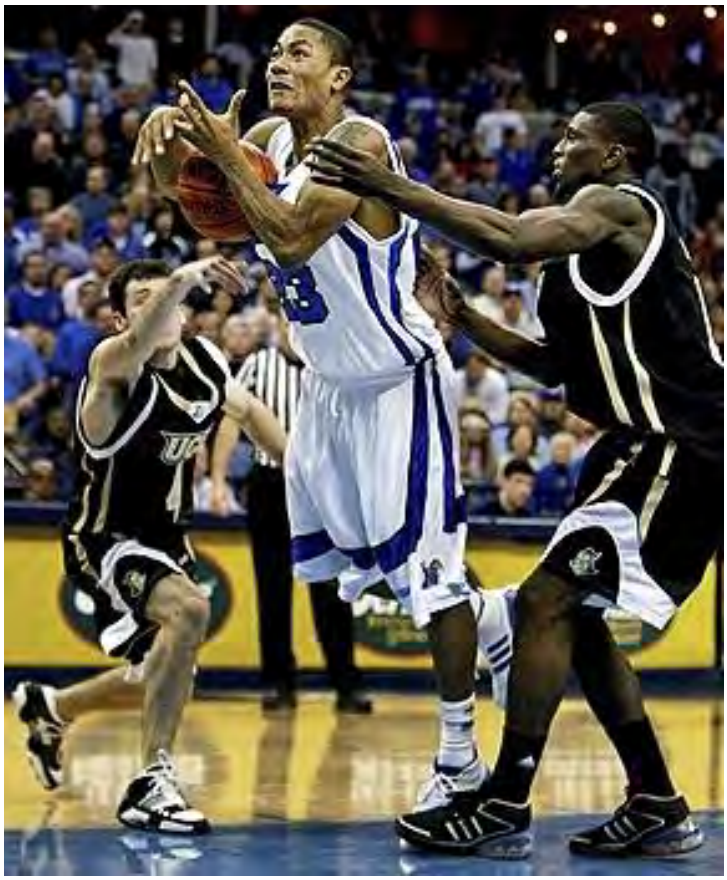


- 2 guard is back person for Rebound Kick out for 3 while on offense

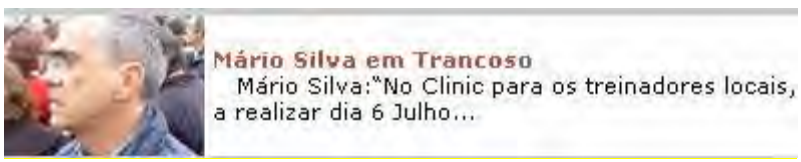
- 2 guard is good penetrator and shooter
- 3 man does not go baseline

AASAA

O ataque dos campeões…



1. A história do AASAA (Introdução).
2. Vídeo Menphis Final (NCAA).
3. Contra Ataque: Rotina c.a.- vantagem numérica - igualdade numérica -c.a. numerado(5x0..5x3…5x4)
4. Fundamentos.
5. Ataque meio campo.
6. Adaptações Memphis.
7. Vídeo Memphis (Modelo jogo).



1. A história do ASAA (Introdução)

A época de 2007/2008 ficou marcada no que diz respeito a inovações tácticas pelo ataque "AASAA". Durante as múltiplas transmissões televisivas ,nomeadamente nos Estados Unidos , o nome de Vance Walberg foi muitas vezes citado. A razão é simples Walberg : inventou o popular ataque "AASAA" que é utilizado com sucesso por muitas das equipas dos College e da NBA .

Em 1997, Walberg treinava uma modesta equipa na Califórnia (Clovis West High School) quando criou um novo sistema a que deu o nome de "AASAA" ("Ataque-Ataque-Skip passe-Ataque-Ataque").
Nas épocas seguintes, ensinou o sistema no College de Fresno City (2002-2006) e, em 2007/2008 na Universidade de Pepperdine .
Walberg ,nos cinco anos em que aplicou o modelo de jogo em Clovis Ocidente passou a ter um recorde de 159 vitórias e 18 derrotas .
Em Fresno City College, acumulado um registo absurdo de 133 vitórias e apenas 11 derrotas (92,4% de vitórias).
Sem sucesso, apenas a sua passagem meteórica por Pepperdine onde obteve um record de 8-23 na época inicial e 6-12, este ano , antes de abandonar a equipa Na próxima época será treinador adjunto em Massachusetts .

As equipas referência de tal sistema são : na NBA , os Celtics de Boston , na NCAA , a Universidade de Memphis e , no High School , a formação de St. Anthony.

Em Jersey City, o lendário treinador Bob Hurley SR. , começou a jogar o "AASAA" duas temporadas atrás e levou St. Anthony a (32-0) , o nº1 National High School boys basketball , nos E.U.A.
A equipa já ganhou por 25 vezes o campeonato estadual e tem como record 933-101 em 36 épocas em New Jersey

Memphis utilizou esta época o ataque "Drible Drive Motion", uma adaptação do ataque de Walberg. Alinhando sempre com três bases, os Tigres colocaram sempre muitos problemas aos defesas, dada a grande capacidade física e técnica dos seus atletas. A eficácia deste ataque está naturalmente traduzida nos resultados desportivos obtidos.

Calipari , o "Head Coach", levou em 2007-08 a equipa a realizar a melhor temporada da história da escola , obtendo um novo record na 1ª Divisão da NCAA com 38 vitórias e apenas 2 derrotas . Perdeu o campeonato na final e no prolongamento com Kansas.

Calipari tem agora um recorde 219 vitórias e 65 derrotas , nas oito temporadas em Memphis (275 vitórias por época).

Nas últimas três temporadas, Memphis fez 104-10 , marca que só Kentucky tinha obtido (104 vitórias entre 1996-98).
John Calipari foi nomeado o técnico do ano (“Naismith National Coach”) , prémio justo para uma época brilhante .Mas as boas notícias não ficam por aqui: prorrogou o contrato de permanência ao leme da Universidade de Memphis.

Boston Celtics liderou a NBA na Fase Regular e é apontado como um dos favoritos a ganhar o título. TTal como os Denver Nuggets jogam o “DDM” no ataque com uma das melhores médias de pontos marcados (100.5) e com uma defesa eficaz (90.2 média pontos sofridos.
Doc Rivers utiliza no seu ataque muitas das ideias de *Walberg no seu modelo de jogo ofensivo:*

1) Boas penetrações em drible de Rondo, Pierce e também de Ray
2) Bons finalizadores perto do cesto, Garnett e Perk
3) Um jogador grande como Garnett que abre no perímetro e depois usa o drible de penetração .

O ataque, cuja designação original era AASAA , tem agora designações diversas : ataque “Walberg”, “Tripls or Key “e "Princeton on steroids. Calipari chamou-lhe "dribble drive motion" (DDM).

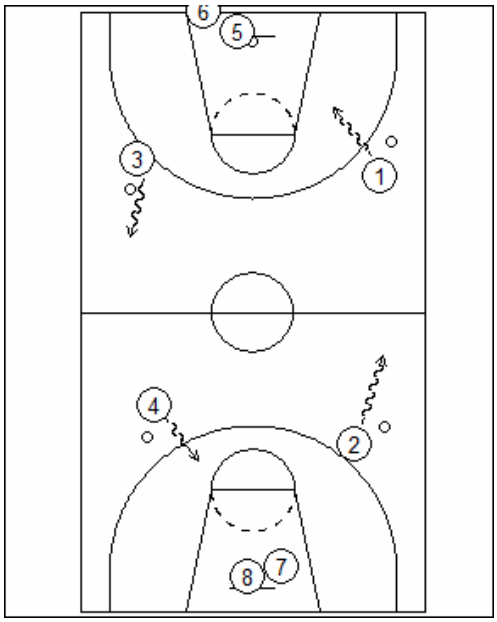
2.Vídeo

3.Contra Ataque:

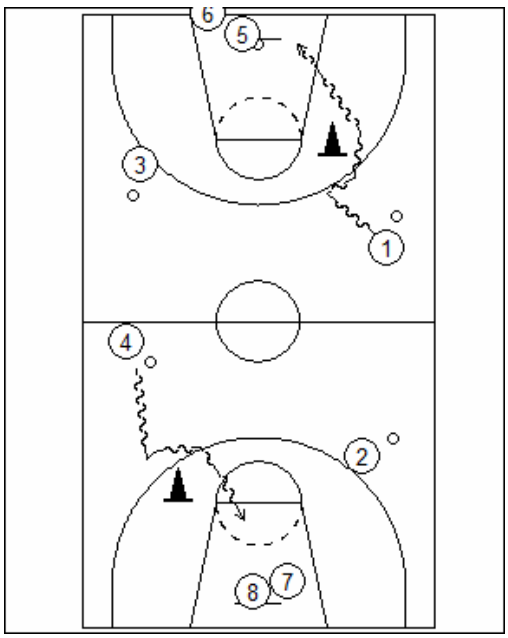
3.1.Rotinas do c.a.

Sem oposição.

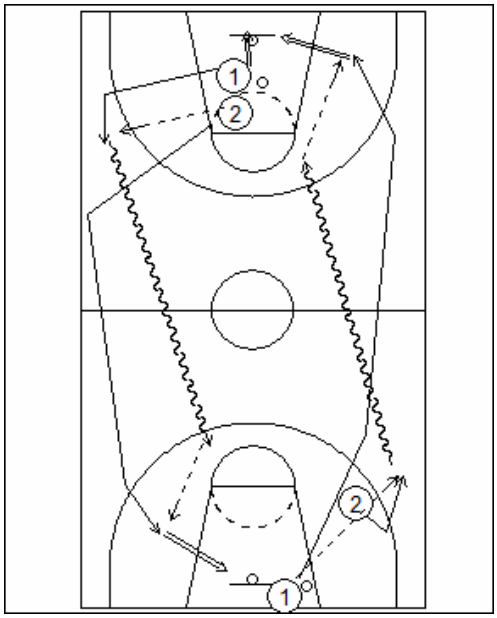
 # Carrocel



 # Drive

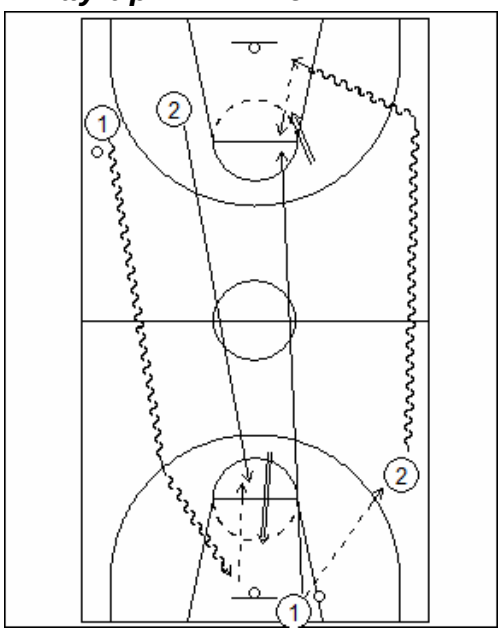


 # Tapinhas Gp 2

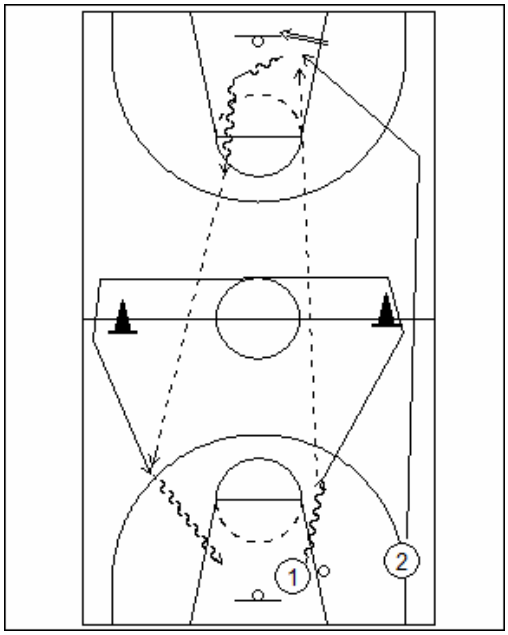


O ressaltador cai já voltado para fora (linha lateral). Quem recebe está de costas para a linha lateral. Drible de progressão.

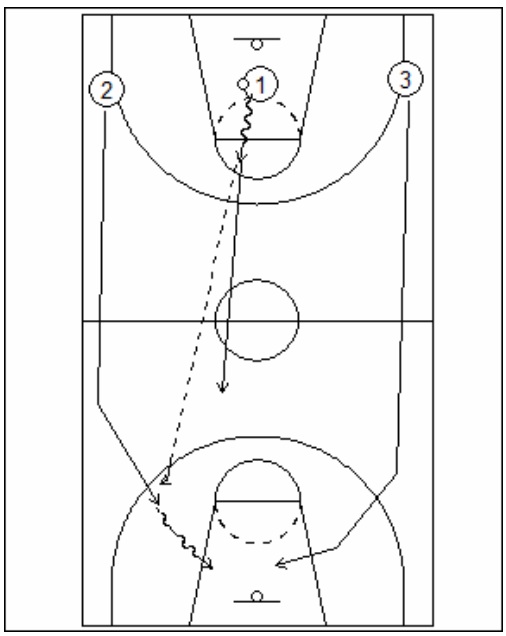
 # Lay up + L.Livre

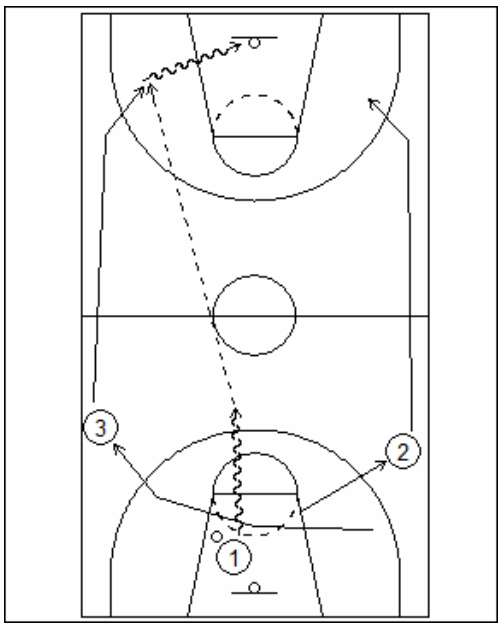


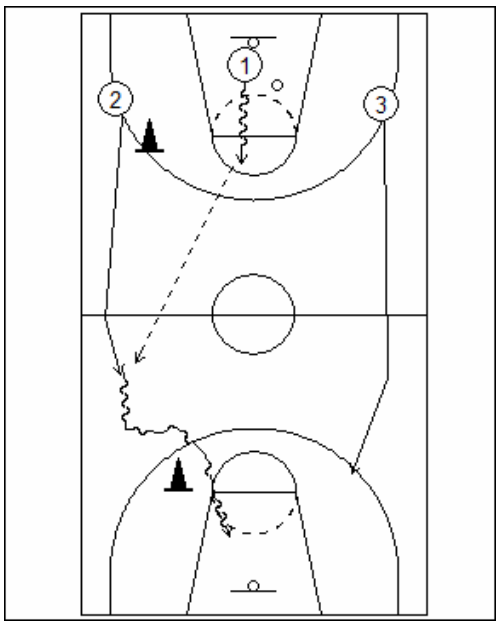
 # Obstáculos



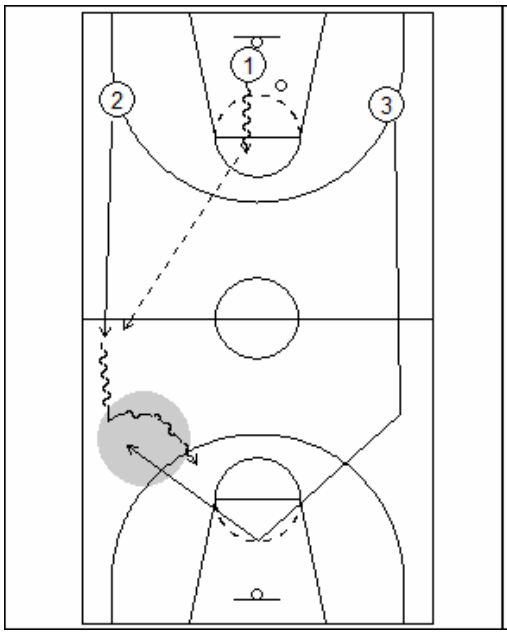
 # 3 em linha e cruza



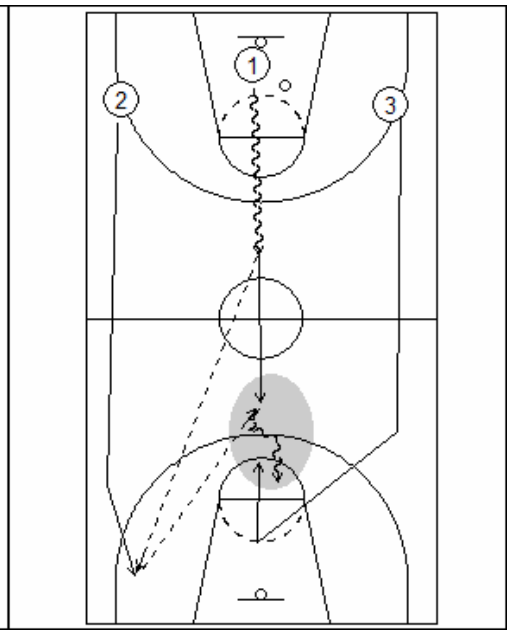




Cross over /in out

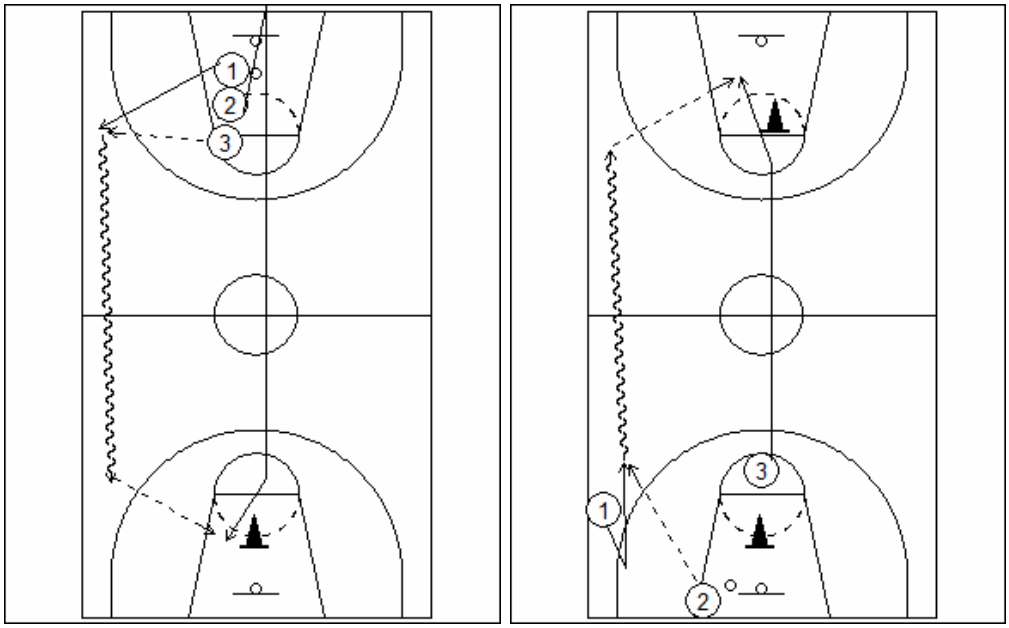


1x1 Elbow



1x1 meio

 # Trailer IN



O conceito de " vantagem " ofensiva

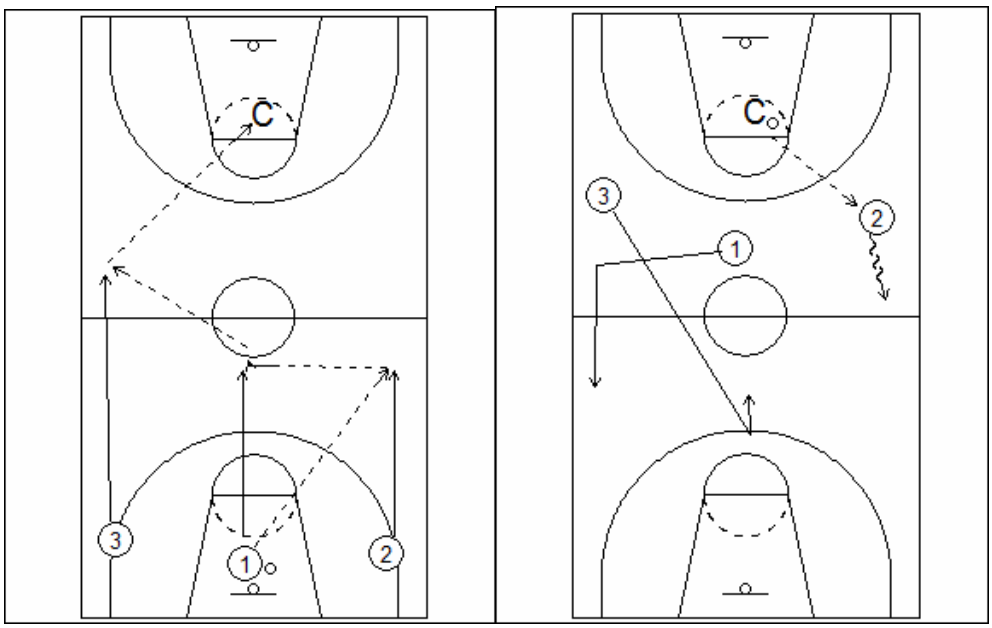
Importante também é destacar e clarificar o conceito de "VANTAGEM" dentro da transição . Situações óptimas são aquelas em que nos encontramos com superioridade numérica sobre a defesa. O contra ataque procura sempre essa superioridade (1x0,2x1, 3x2, 3x1), mas é evidente que há que saber aproveitá-la correctamente. De nada serve conseguir um 3 contra 1 se o jogador que lança ao cesto o faz com o defesa em cima .Todas as acções , individuais, ou colectivas, devem ser encaminhadas de forma a que a equipa lance na melhor situação possível . Este conceito tem que ser bem administrado pelo treinador, tanto nos treinos como nos jogos, e determinar claramente o que é um tiro vantajoso para os seus jogadores (e qual o não é). Lançar sem oposição e com garantia de ressalto ofensivo e recuperação defensiva é uma regra de ouro a implementar.
Pode dizer-se também que temos "vantagem " numa situação ofensiva em que conseguimos deixar o defensor suficientemente longe do lançador . Tal pode acontecer a partir de uma situação de igualdade numérica (1x1,2x2 ou 3x3) com o recurso ao drible e assistência ou ao passe interior seguido do "Skip" passe para lançamento.

Não importa quantos são os defesas . Mesmo nas situações de dois contra dois ou três contra três, os treinadores ensinam a atacar o cesto e a passar para o lançador no perímetro. Se o defesa ajuda para parar a penetração em drible, o passe deve ser rápido para o lançador . Se for uma situação de 1x1 , vai para o cesto.

Finalmente a participação dos homens grandes no segundo contra ataque ("secondary break") possibilita situações de 4x3 e 5x4 que também são situações de vantagem para quem ataca.

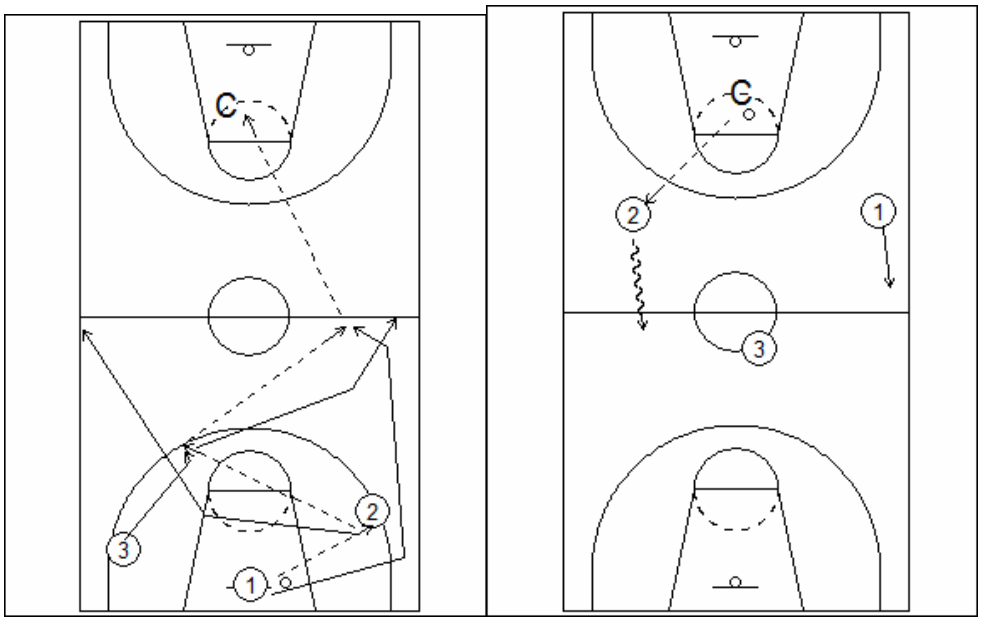
Vantagem numérica

Tic Tac 3



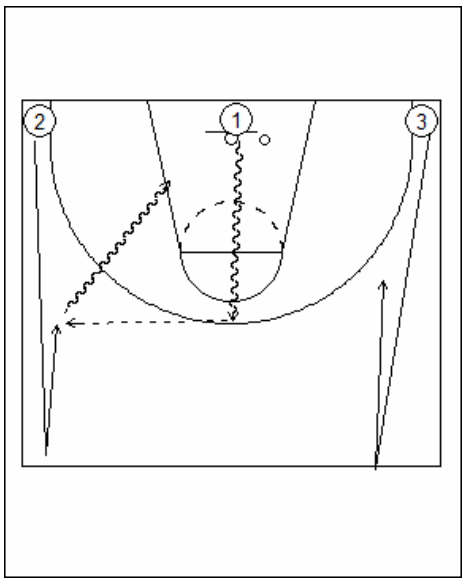
Ao 4º passe passa ao treinador e defende. 2x1
Ataca o cesto…lança ou passa

criss cross e 2x1

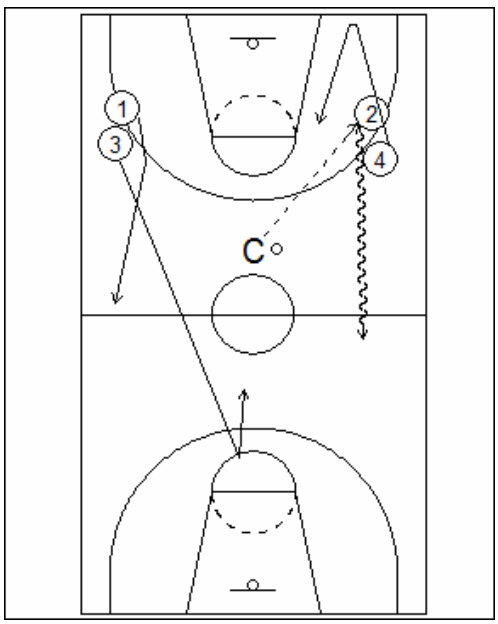


Coach aumenta a distância.

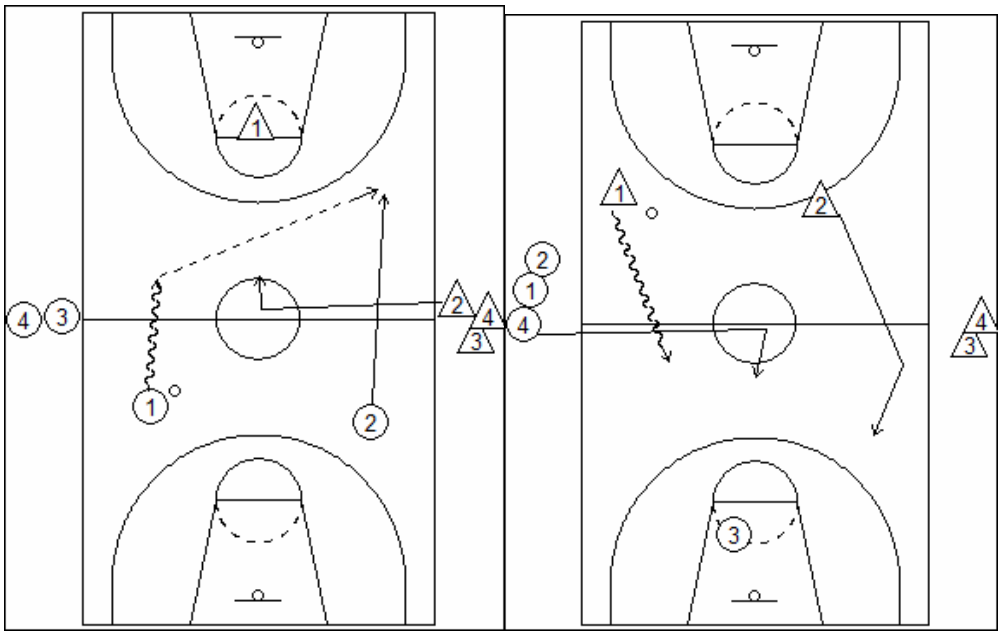
2x1 Meio campo

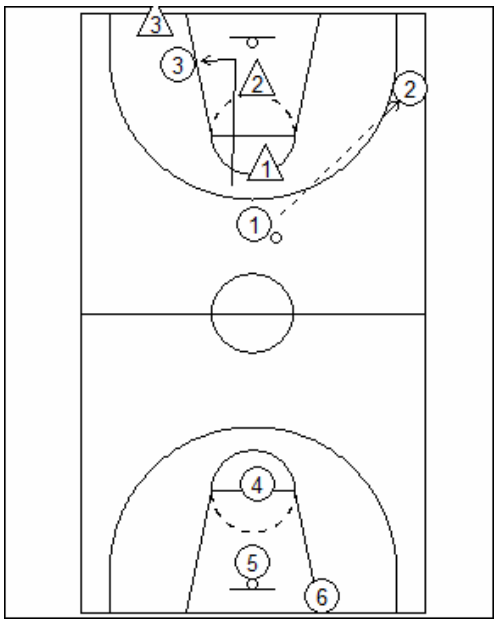


Linha 2x1..x2



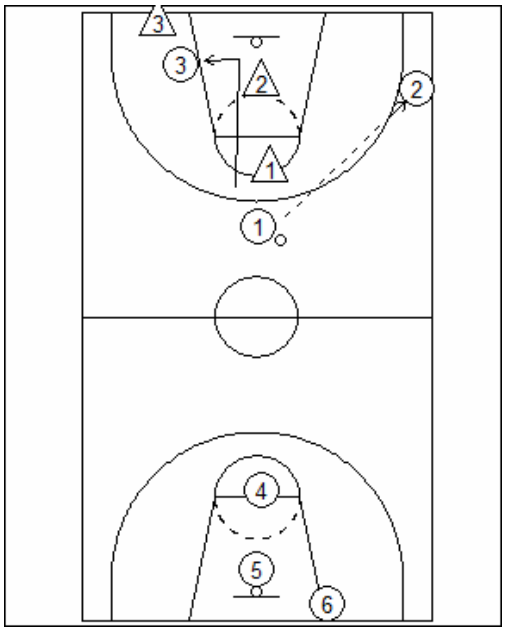
A/B 2x1…2x2



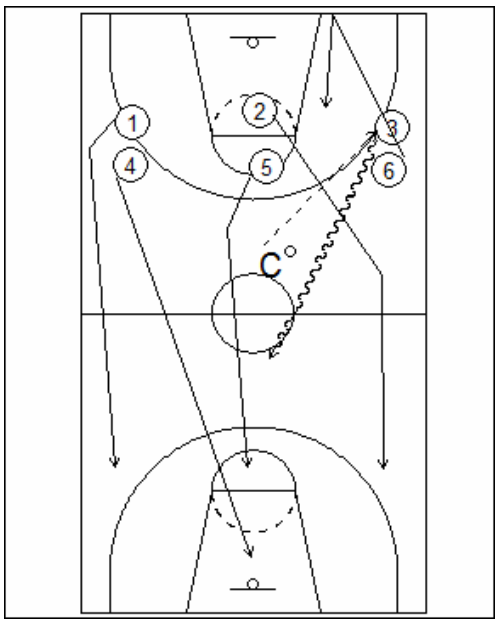


"Trailer In" do lado contrário

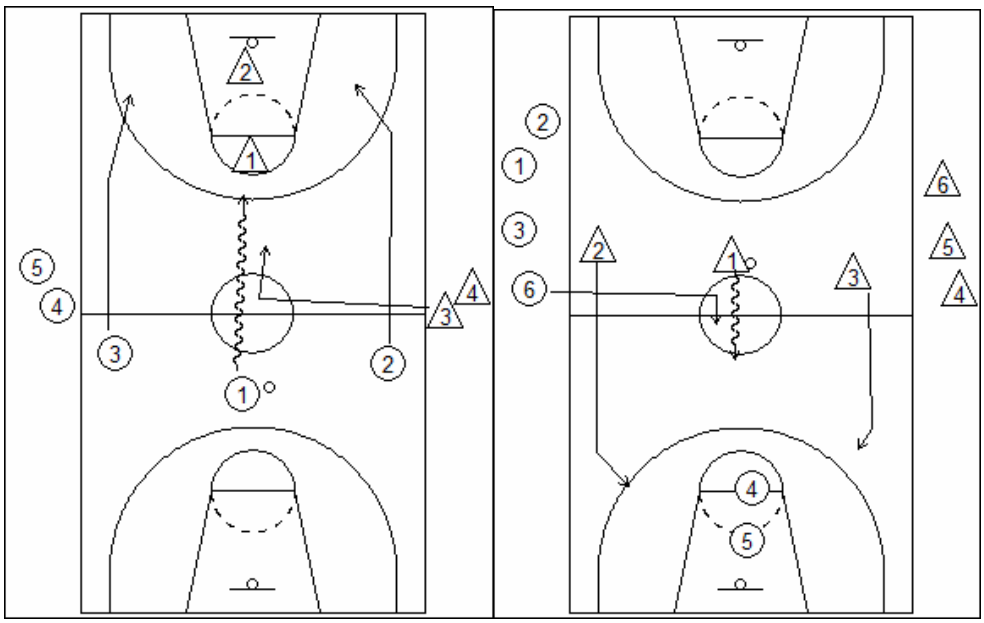
Meio campo 3x2



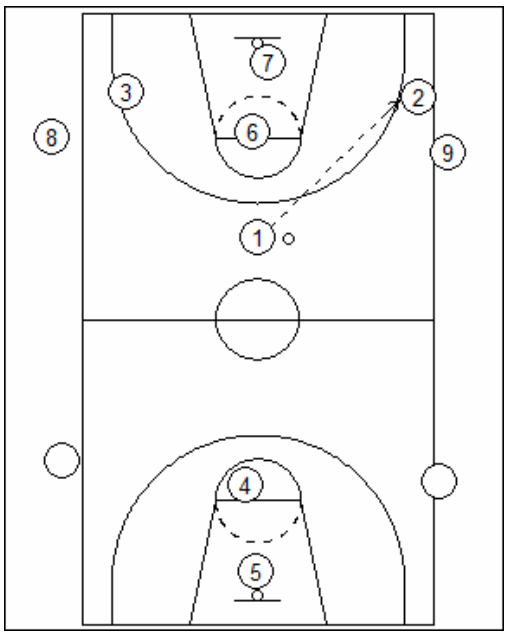
Linha 3x2…x3



A/B 3x2...x3



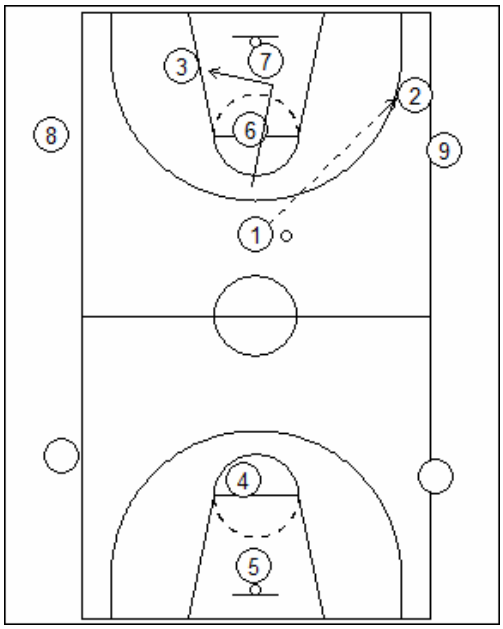
Onze



Normal

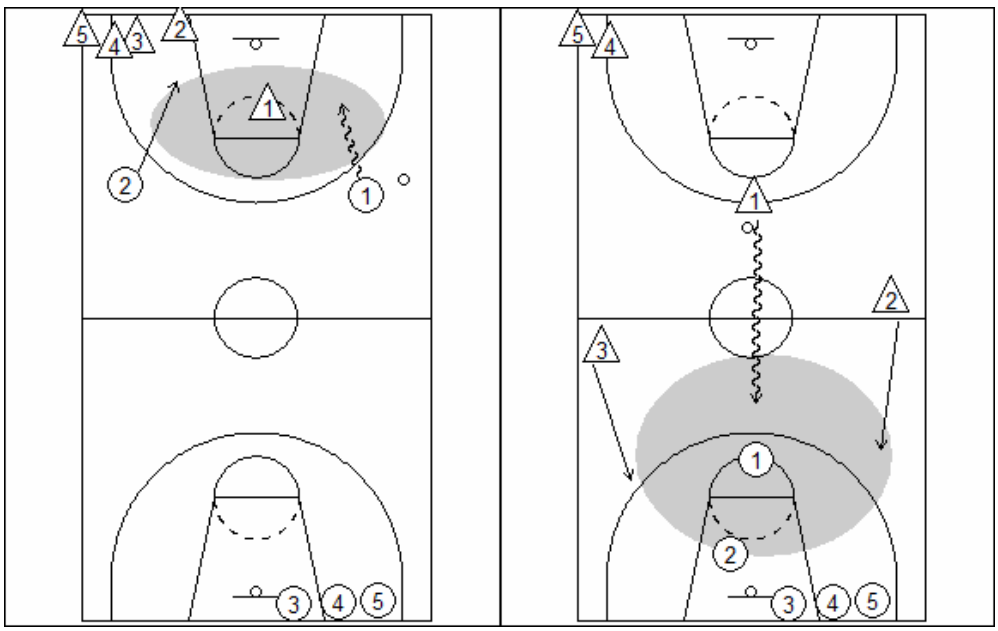
Só triplos

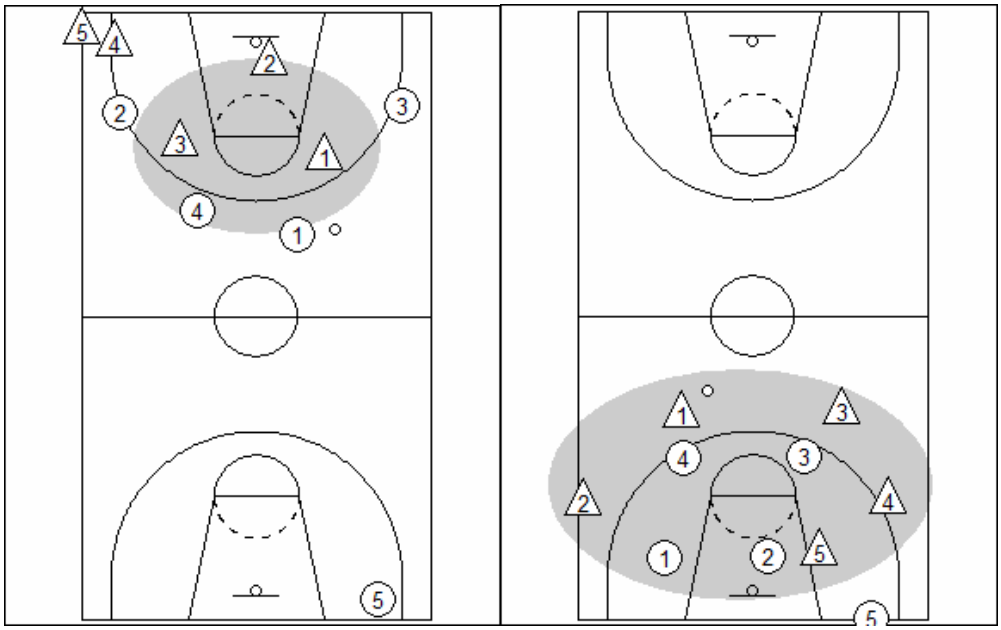
AASAA

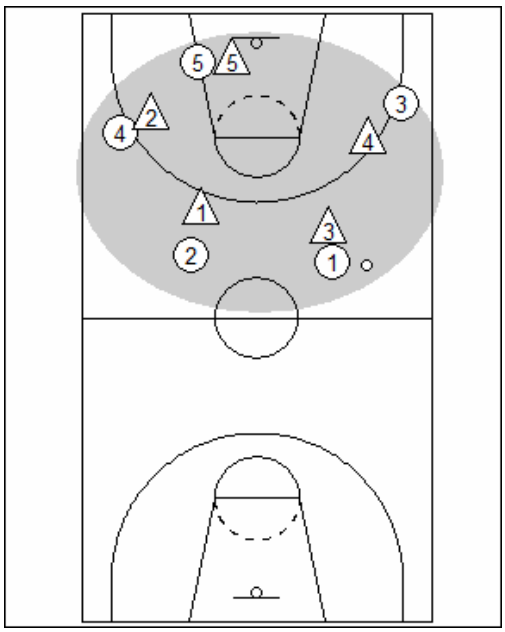


Trailer corta pelo meio e sai pelo lado contrário bola

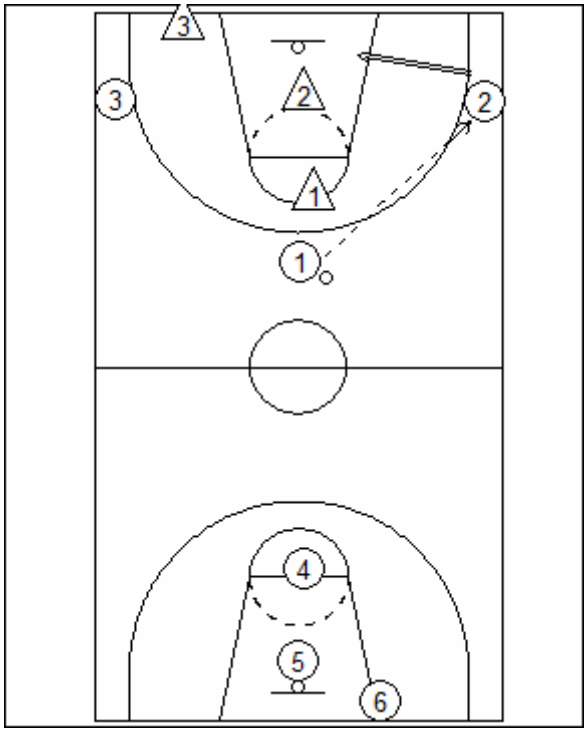
"2x1..3x2….4x3….5x4…5x5





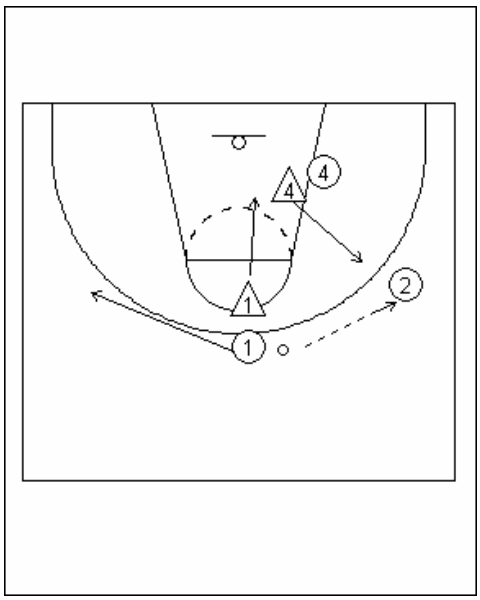


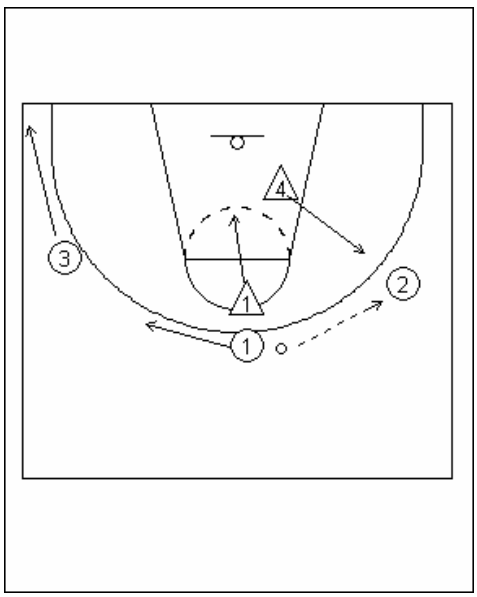
A/B/C 3x2 Triplo



3x2

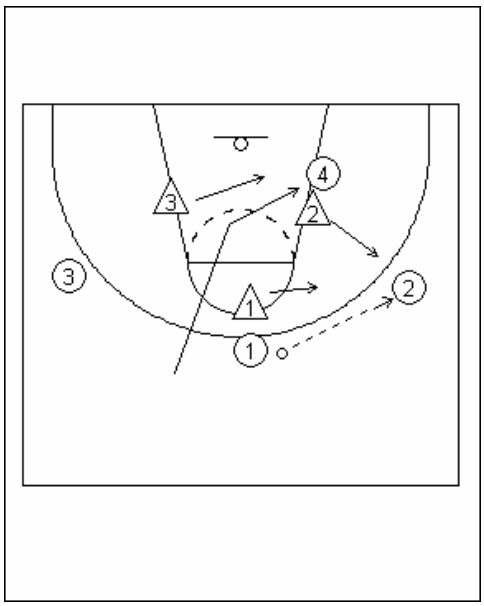
onze

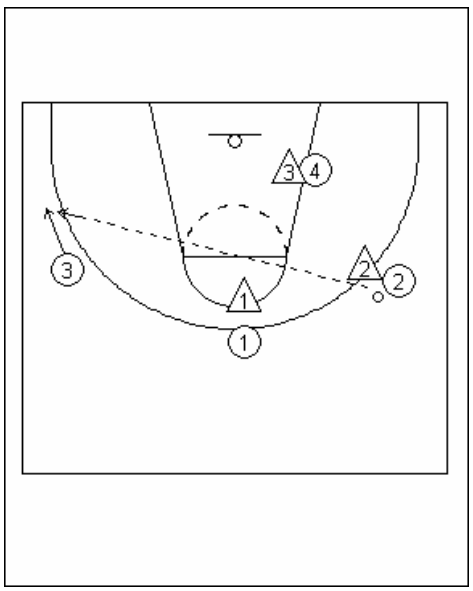




4x3

4x3..4x3…4x3





A defesa pode jogar em triângulo ou hh

Marcam o jogador com a bola e os outros dois defesas marcam os atacantes mais próximos da bola , obrigando o ataque a olhar para olhar para o lado fraco .

IGUALDADE NUMÉRICA

No transição , os jogadores devem ter capacidade suficiente para fazerem um exame da situação de vantagem (4x3 e 5x4), dos isolamentos do poste e das situações de 2x2 e 3x3 que permitam lançamentos fáceis . Não nos podemos esquecer de explorar os espaços livres criados a partir da situação de igualdade numérica: 2x2 ou nos 3x3.Em vez de jogarmos 5x5 , muitas vezes , queremos jogar 3x3 ou 2x2 , porque temos mais espaço e temos mais hipóteses de disputarmos o ressalto com sucesso. Face a uma ajuda defensiva provocada por uma penetração em drible, podemos oferecer linhas de passe que possibilitem lançamentos fáceis a partir das igualdades numéricas.

Posições: central, lateral, poste

Circulação do ataque

Sempre que o jogador com bola tem o defesa desenquadrado (linha bola cesto) ataca o cesto



- Movimento dos jogadores para criarem espaço
- Jogadores com mais de uma opção
- O movimento dos jogadores depende da reacção das defesas:
  BacK door cut … cortar pela frente…abrir linha passe

Espaço

Ajustes para facilitar a vida ao jogador com bola

Para criar um bom lançamento toda a equipa está envolvida

Ritmo no lançamento e timing de passe

O jogador com bola deve estar apto a passar no tempo certo e quem recebe a bola deve lançar rápido. O passador deve conhecer as habilidades dos colegas apara lançarem. Por exemplo se é um bom lançador pode receber para triplo

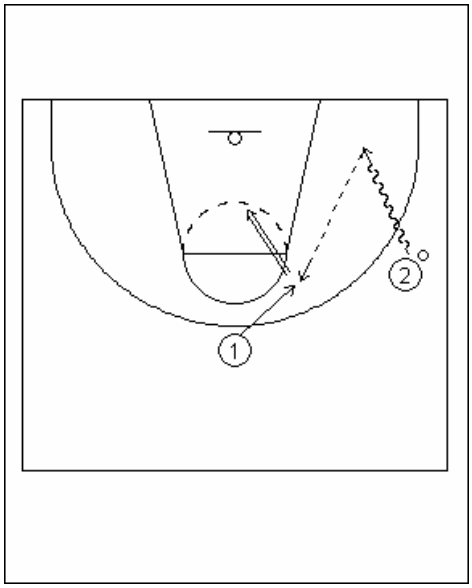
Reconhecer espaços e distâncias

O jogador que recebe a bola pode não lançar imediatamente, mas pode driblar e criar uma nova situação.

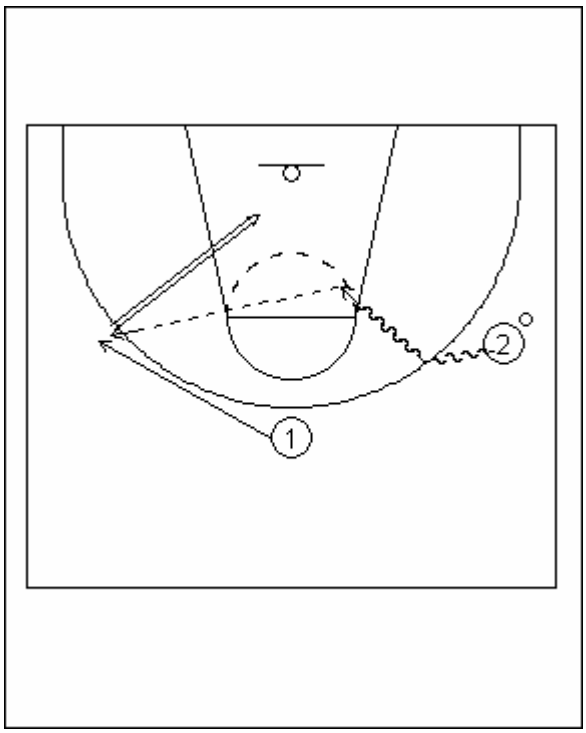
Espaço e timing.

2x0

O movimento é baseado na direcção do driblador.

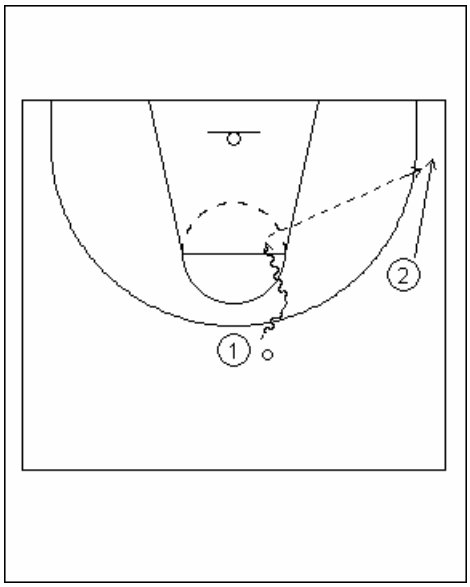


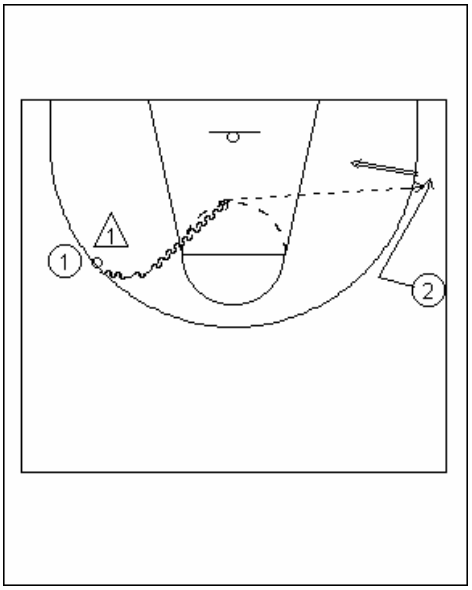
Se o jogador com bola dribla para a linha final o companheiro joga por trás dele ("Shalow")



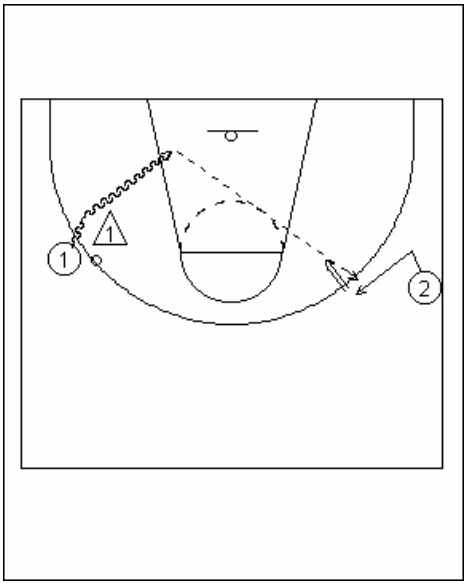
Contudo se o drible é feito na direcção do meio (área pintada) ele deve ir para o lado oposto.

Importante o tipo de passe utilizado e o movimento do jogador sem bola. Os movimentos laterais possibilitam manter o enquadramento com o cesto





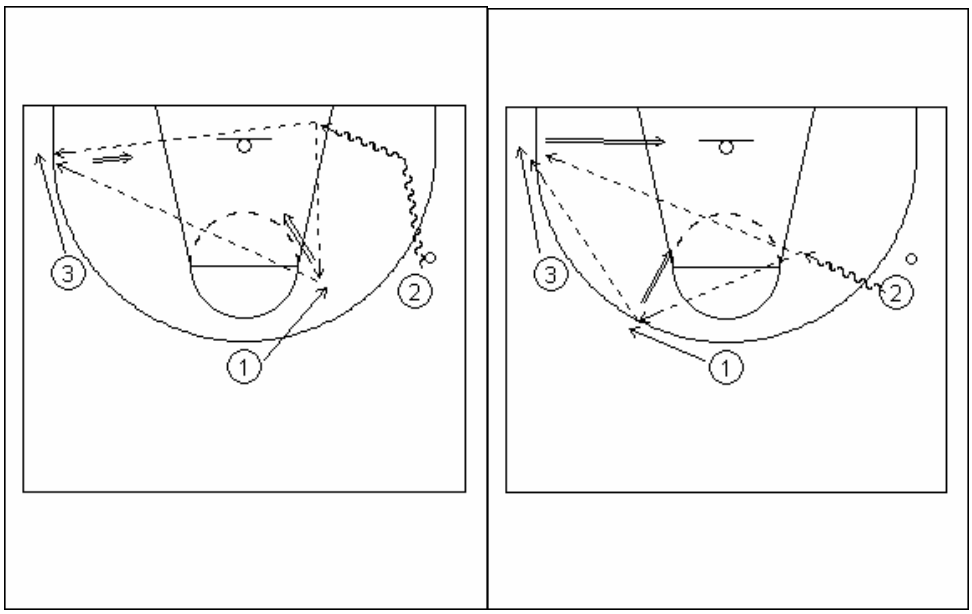
O jogador que penetra vai forte para o cesto e não antecipa o momento do passe. O seu companheiro tem que trabalhar em movimento, para dar uma linha de passe em função da trajectória do jogador com bola e da ajuda defensiva.



É necessário que os jogadores se dêem conta dos espaços que devem ocupar no campo sem criarem problemas aos companheiros com o objectivo de melhorar a capacidade de leitura da defesa.

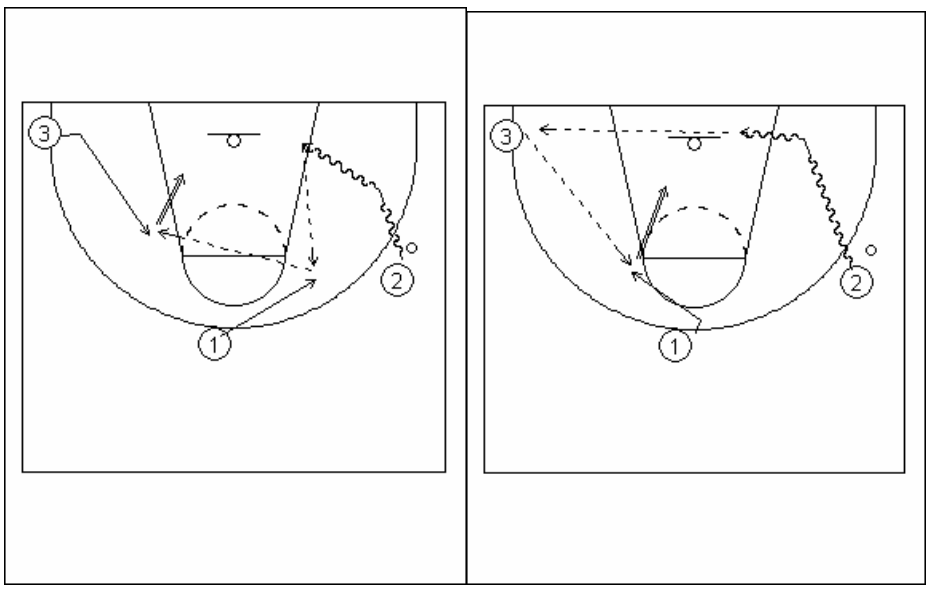
Os triplos aparecem depois de penetrações em drible e passe para fora.

3x0 (jogadores do perímetro)



Mudar o lado da bola

Uso do Skip passe. Reagir à penetração e escolher o lado do campo com um atacante sempre no canto contrário



Criar lançamento só com 1 passe.Com dois passes

Conceitos dos movimentos básicos para atacar o cesto

3x0 (com jogador interior)

Depois de definir as regras para os jogadores do perímetro incluímos um jogador interior.

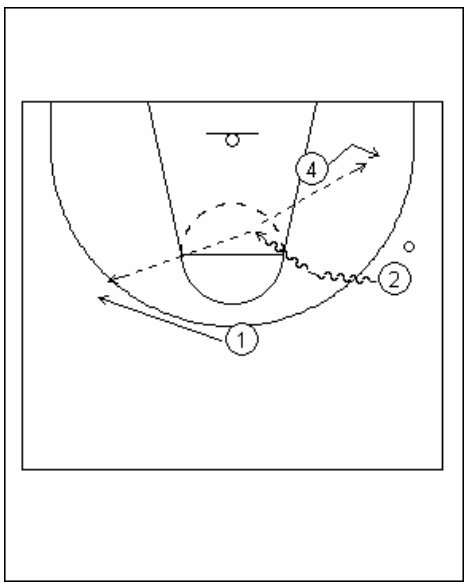
Regras de colaboração

Movimento da bola

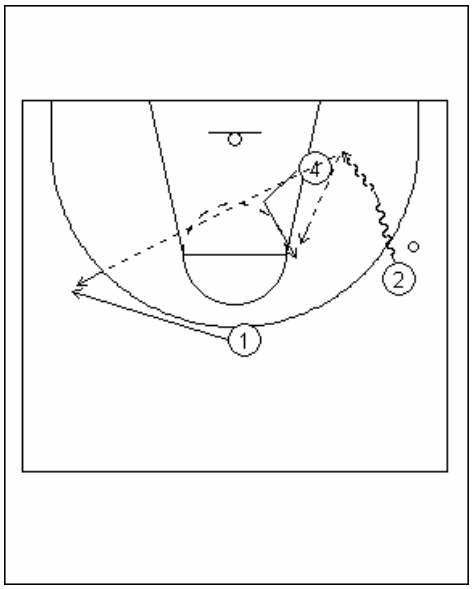
Espaço entre jogadores

Jogador interior (1x1) … passar exterior. Ver o campo e os colegas…

Passe com duas mãos por cima da cabeça



Se dribla para o meio o outro vai para o ***"short corner"***

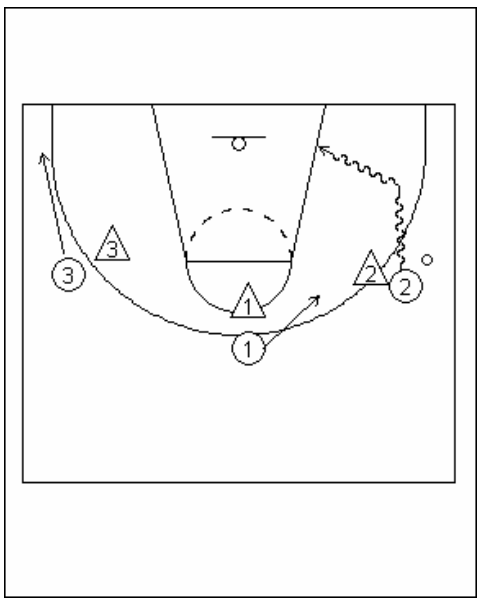


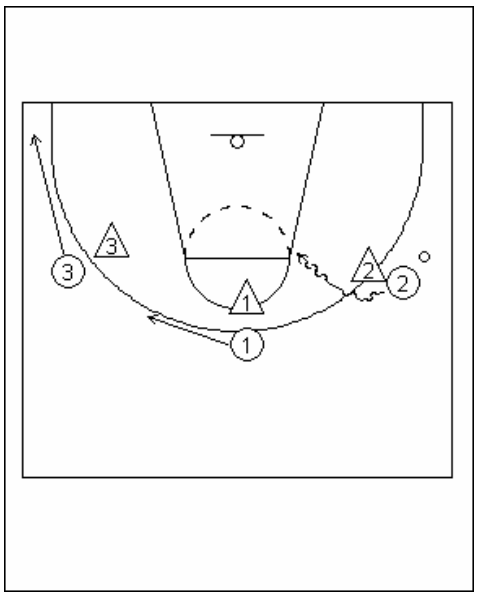
Se dribla para a linha final ele vai para o ***"cotovelo"***

3x3

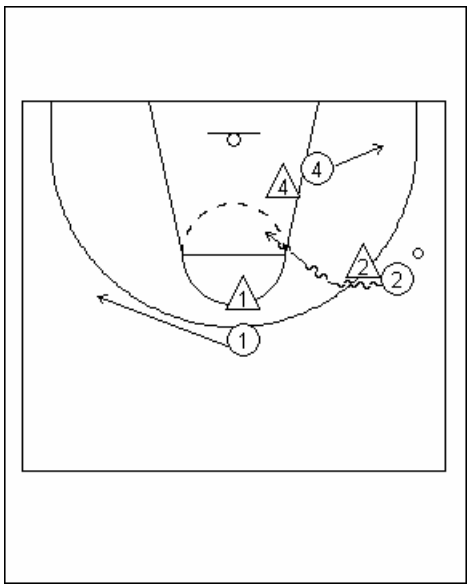
Depois de entenderem as regras colocamos defesas

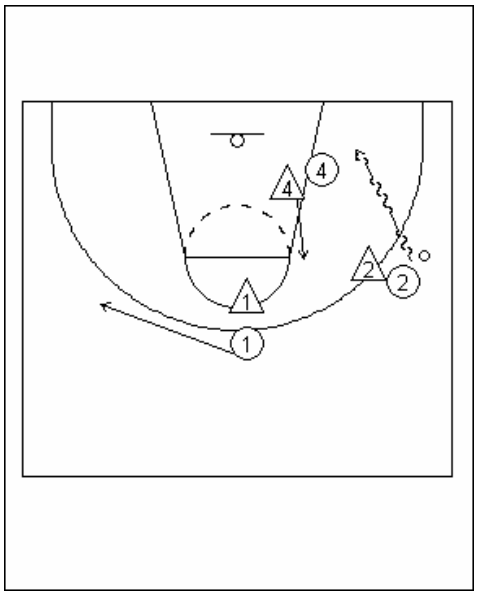
Os movimentos do ataque dependem da reacção dos defesas.

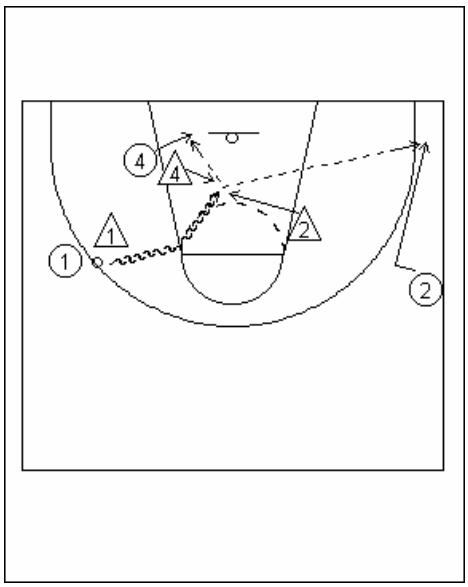


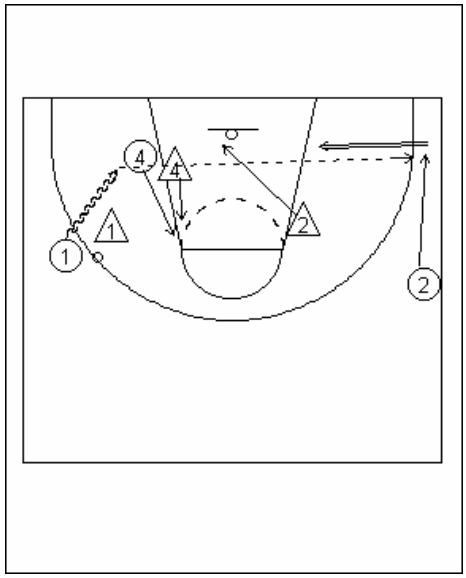


3x3 com um jogador interior (reverse)

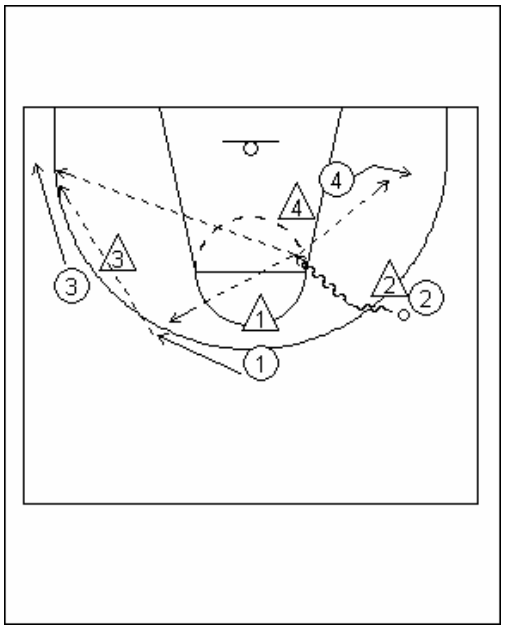

4
4
2
2
1
1

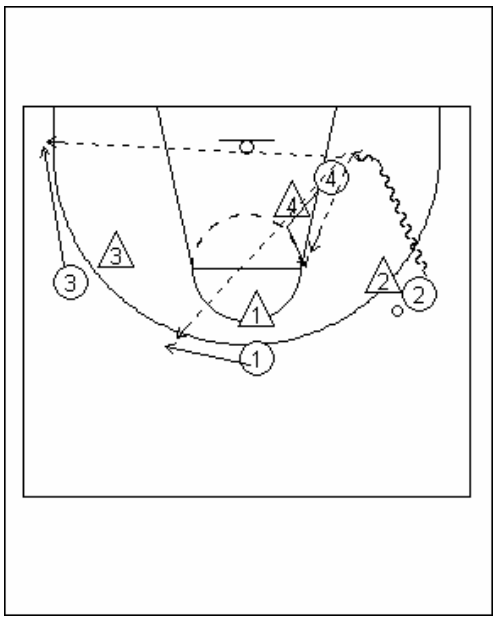

4
4
2
2
1
1





4x4





Mais problemas para o ataque

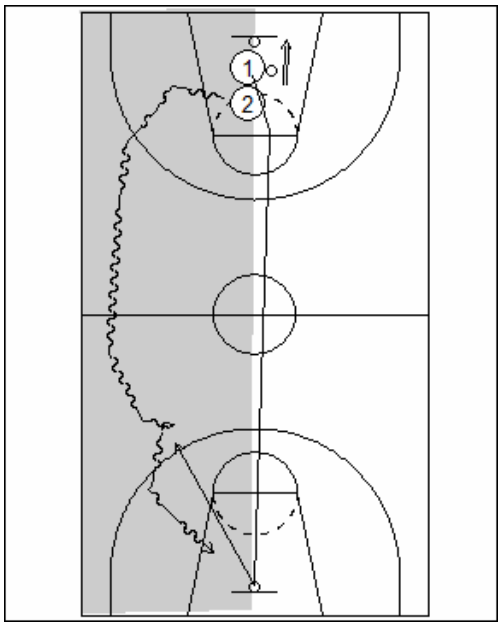
Penetrar, respeitar os espaços e ler a defesa

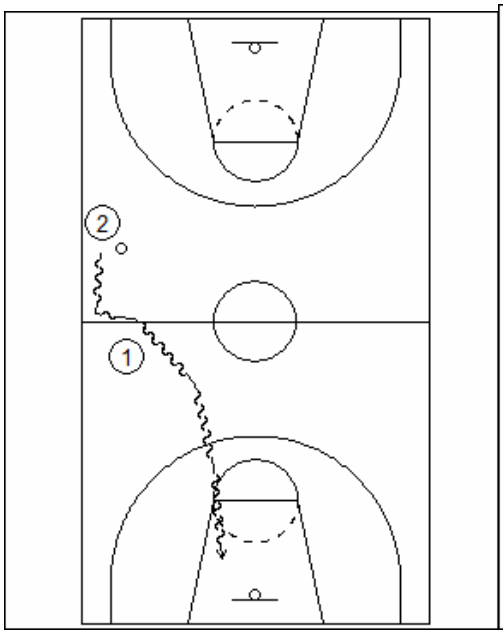
Visão periférica

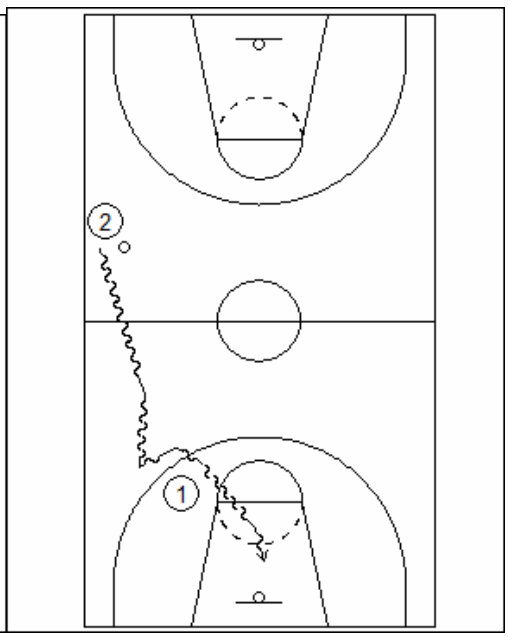
Jogar sem bola

DRILLS
1x1

Base Drive



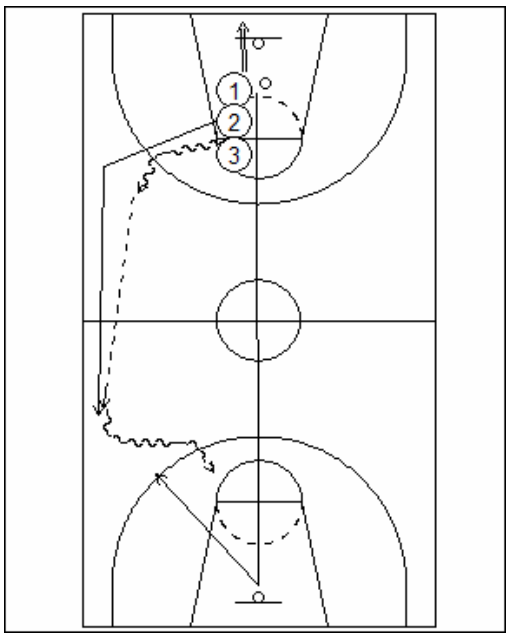




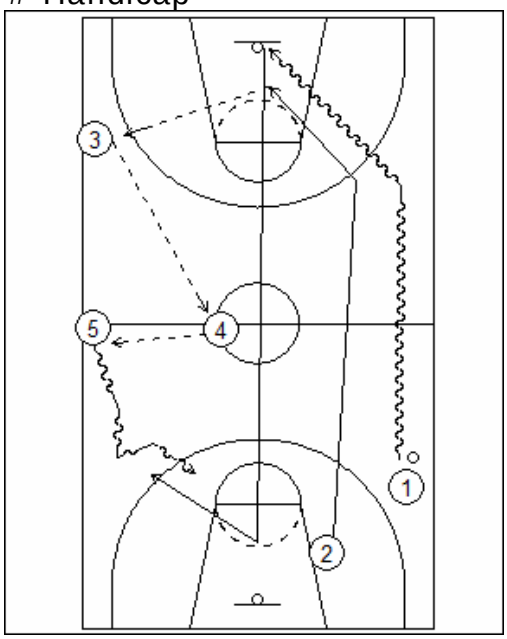
1x1 meio campo

1x1 linha 3 pontos

Wing (Gp3)



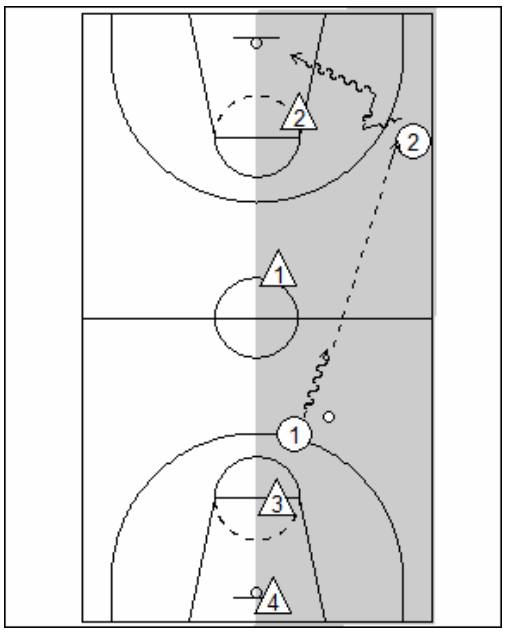
Handicap



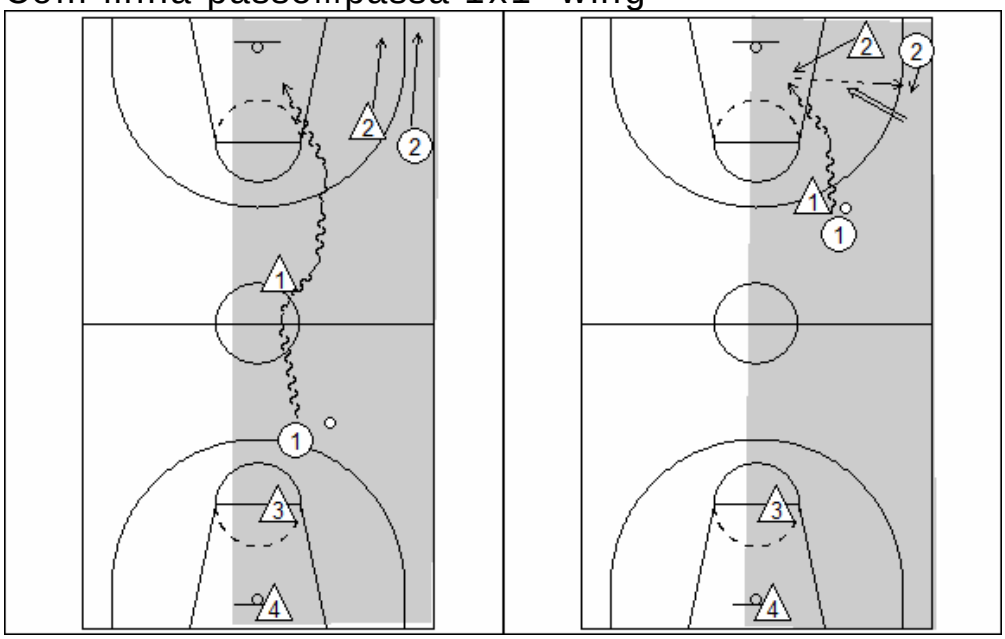
1x1 wing
Rotação 2-3-4-5

2x2

2x2x2



Com linha passe…passa 1x1 wing

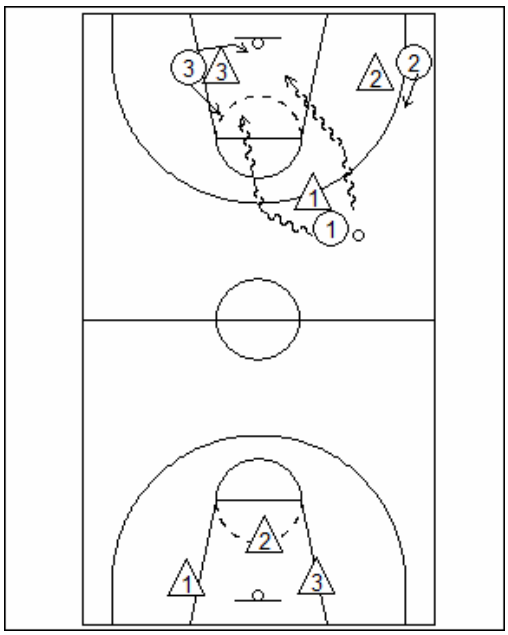


Sem linha passe drive…lança ou passa
Ataca o cesto

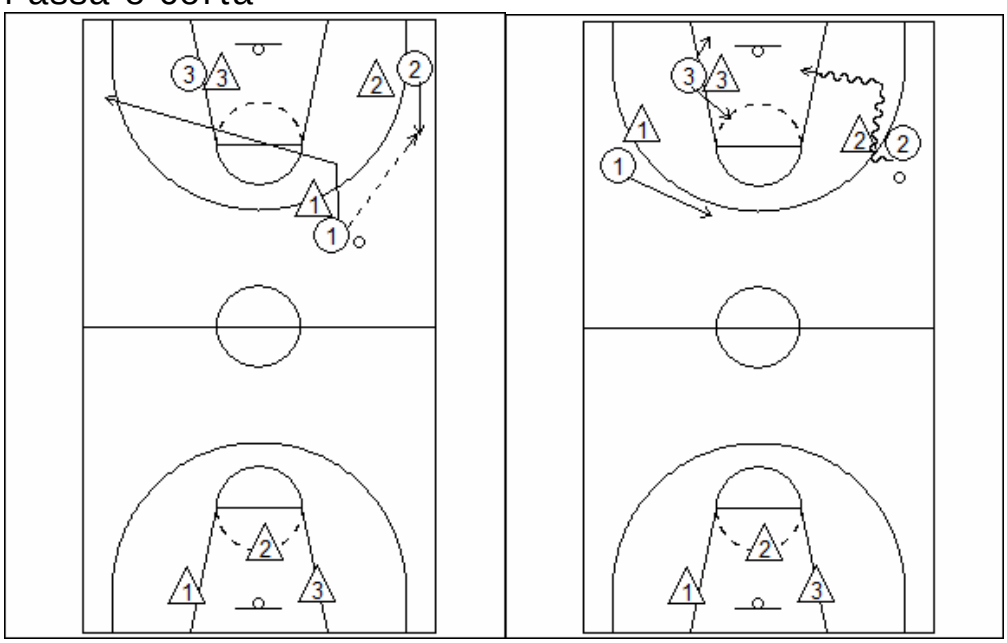
3x3

3x3x3

Drive



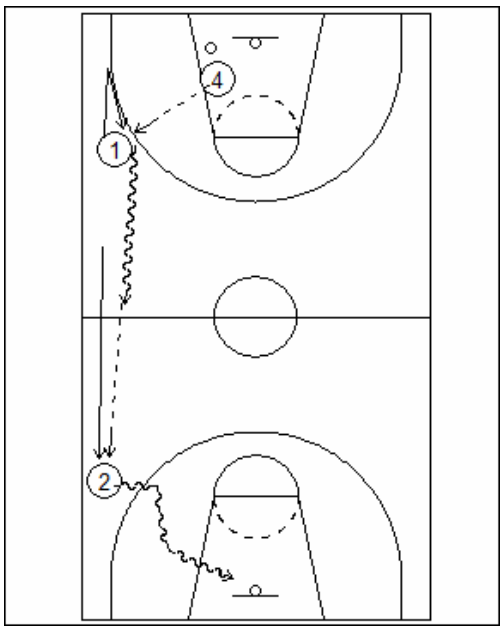
Passa e corta



Drive..lança …ou passa para dentro ou para fora

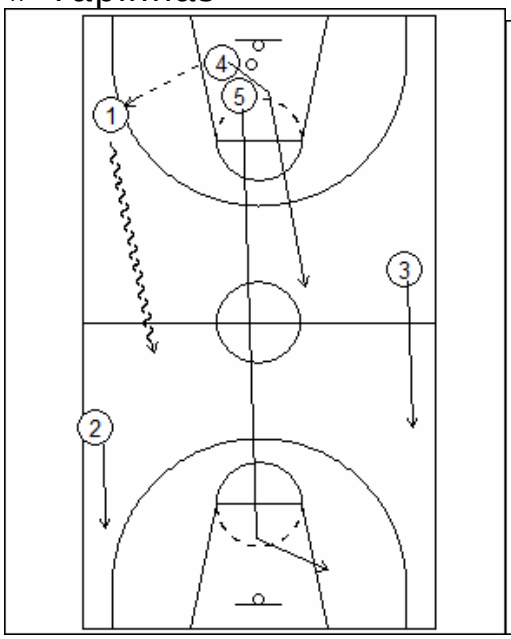
REGRAS DA TRANSIÇÃO:

1-Recebe o 1º passe à linha (costas para a linha lateral)
5- 1º trailer. Corre corredor central linha cesto/cesto e sai pelo lado contrário.
Se 1 tem linha de passe…passa…atacar em igualdade numérica.

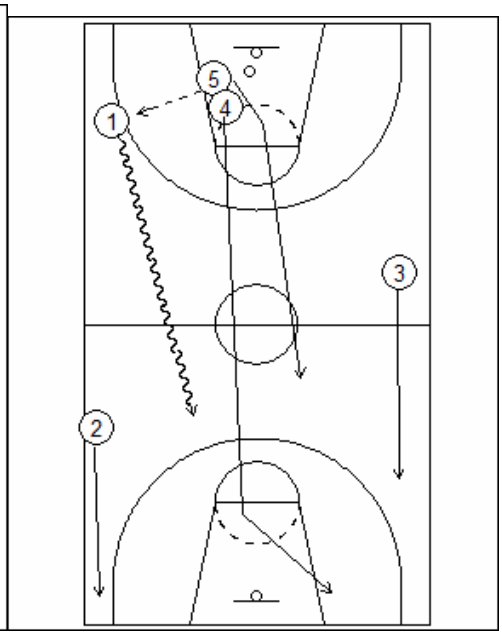


ON MISSES:

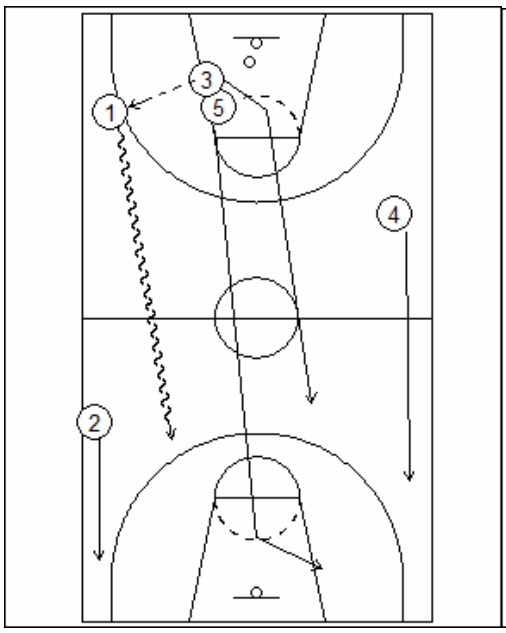
Tapinhas



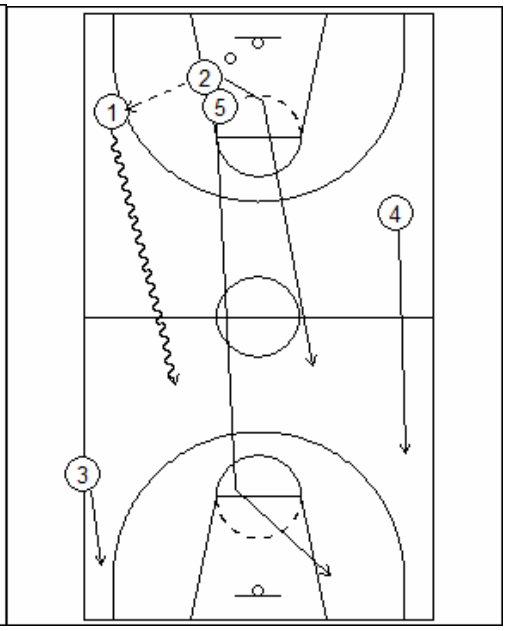
2-3-1-5-4



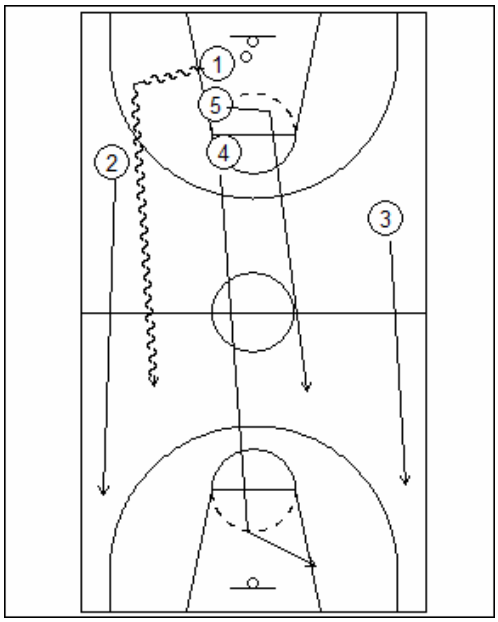
2-3-1-4-5



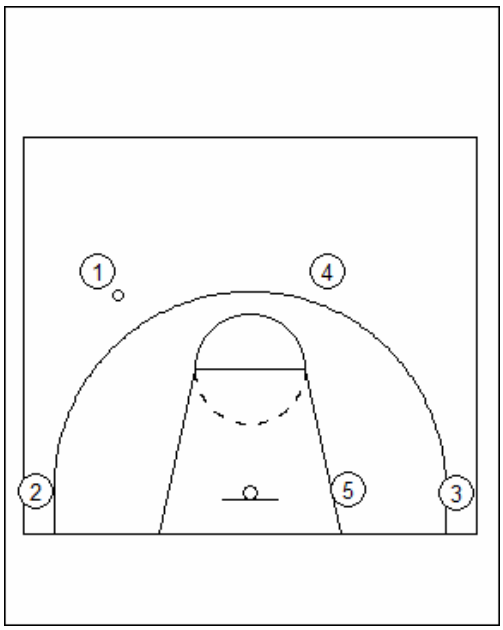
2-4-1-5-3



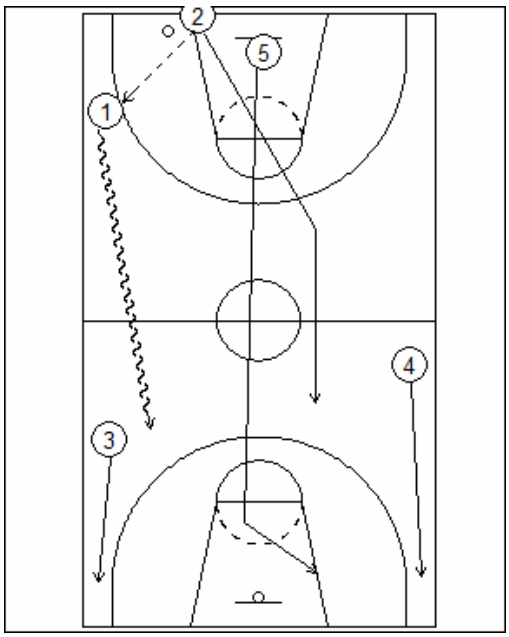
3-4-1-5-2



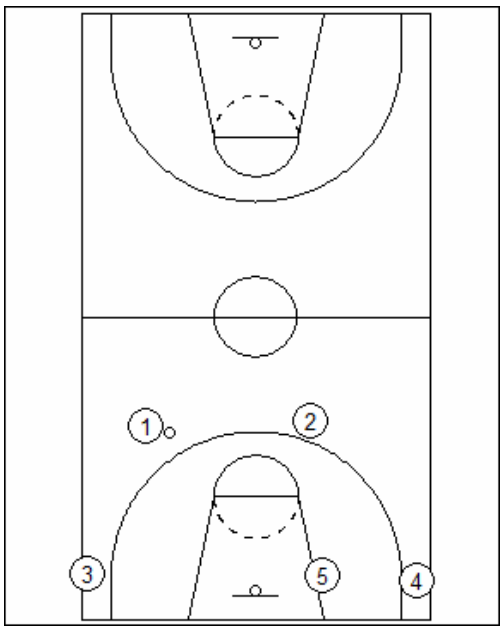
2-3-4-5-1
"Costa a costa"



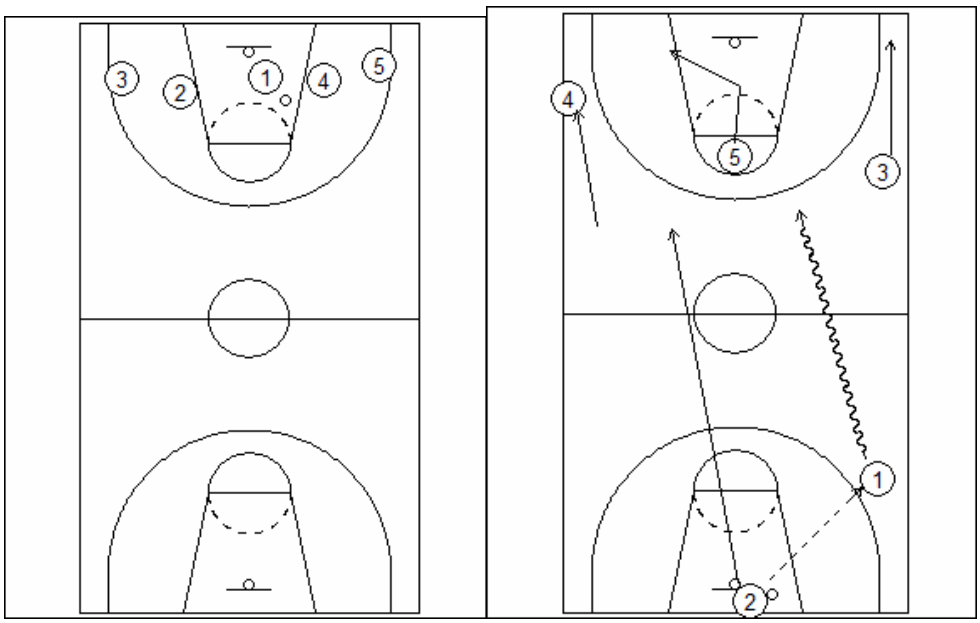
ON MAKES:



2 repõe a bola. Tem a ver com as saídas da pressão e com o ataque AASAA e o uso do drible.

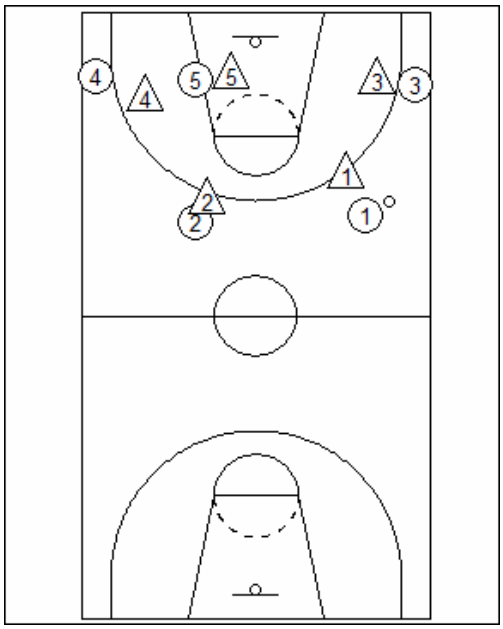


Criss cross 5….transição on makes



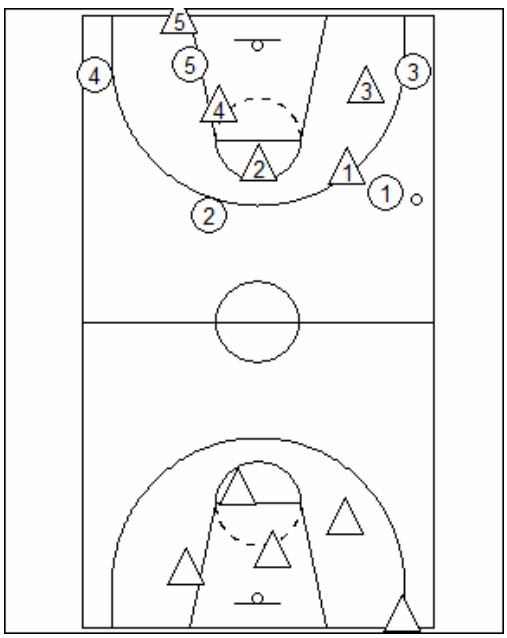
ON MAKES/ON MISSES

Cholet



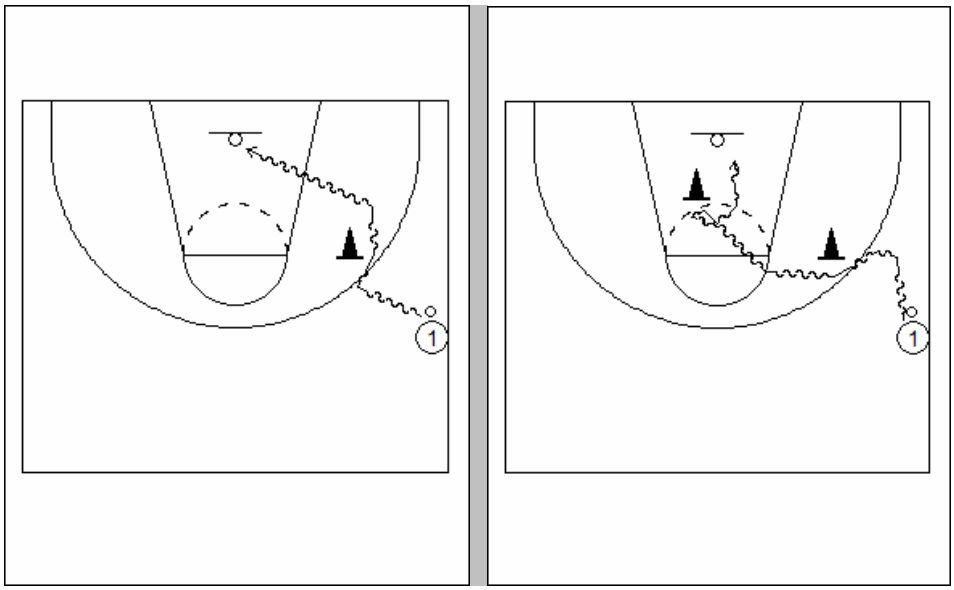
Quem lança corre e toca na tabela antes de ir recuperar à defesa.
Defesa recupera a posse de bola..saída rápida: ON MAKES / ON MISSES

5x4...x5 A/B/C



Fundamentos:

1x0..



Cross over

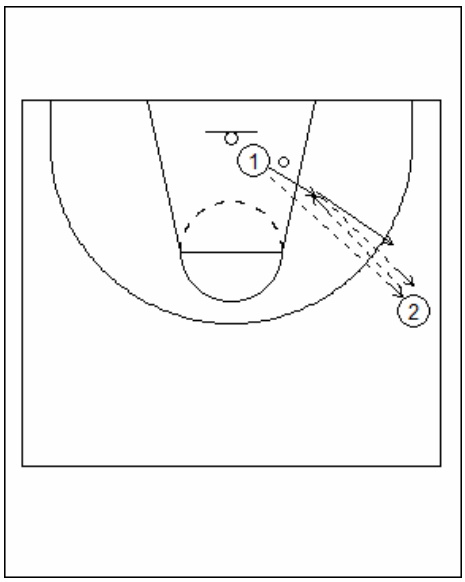
In/out

Inversão

Lay up/jump shot para a um tempo

Cross over/ inversão

1x1



3 passes..1x1

Ataca o cesto (#A…atack)

Quem defende sai..quem ataca defende.

A partir do drible

A partir da tripla ameaça.

Trabalho de pés

O baquetebol joga-se com as mãos e…. com os pés.

Pete Newel NBA/ M.Campos

Finta de arranque



Posição ofensiva básica



Finta curto e para a frente..não é para trás nem para o lado.Equibrio,Peso do corpo bem distribuído pelos pés .



A bola não muda de lado nem ultrapassa o eixo central para impedir que o defesa intervenha na bola.



Arranque em drible cruzado.

Cruza largo. Posição equilibrada.

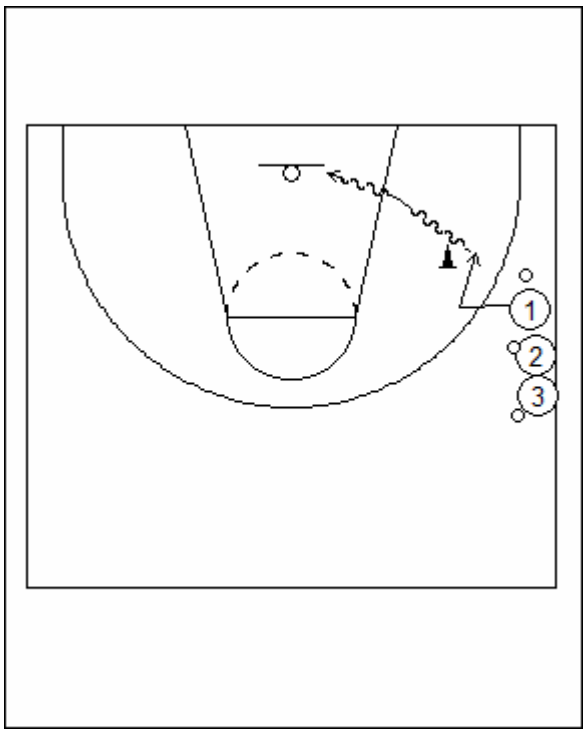


A bola é driblada para a frente, longe do pé eixo. O peso do corpo na perna da frente.



Levanta o calcanhar do pé eixo.





Apoia direito…esquerdo

Finta lançamento

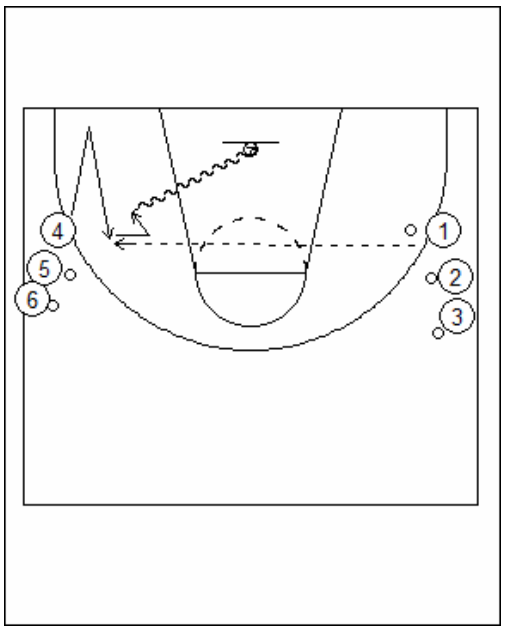


Cintura para baixo (pernas sempre flectidas). As pernas não sobem.

Cintura para cima …movimento da bola.

As pernas não sobem.

 # Todos com bola menos um







Paragem a dois tempos (pé Eixo o interior)

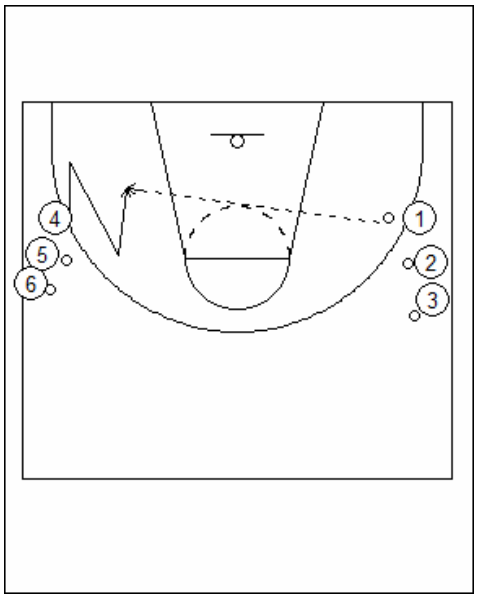
Finta lançamento e sai em drible cruzado com a mão esquerda)

Mudança direcção (Esquerdo…direito.)

Quem tem a bola finta…trabalho de pés.



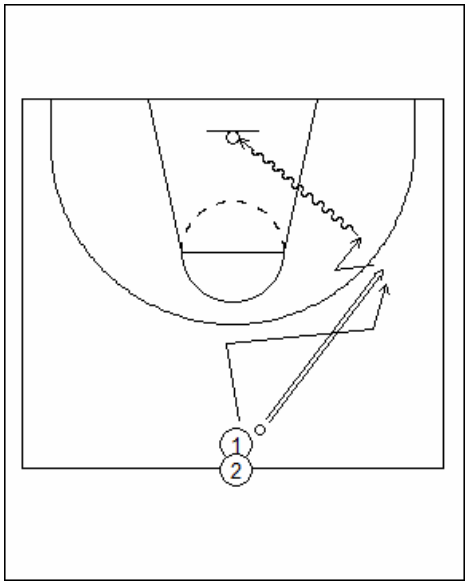
Passo a bola pelo meio das pernas para ficar agachado e depois arranca em drible







Corte nas costas..apoio no pé interior





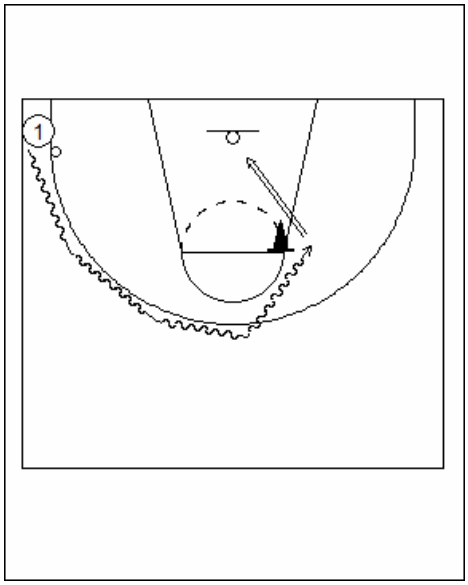
Auto passe …Finta à esquerda e sai à direita





Paragem a dois tempos . Arranque drible cruzado

Pé eixo é o interior.





Drible à volta linha 3 pontos

Paragem a dois tempos

Tiro

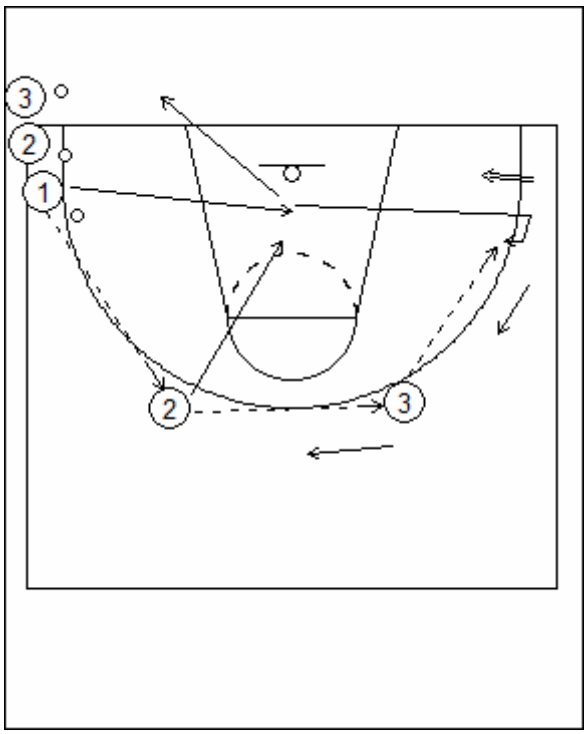


Finta tiro e tiro

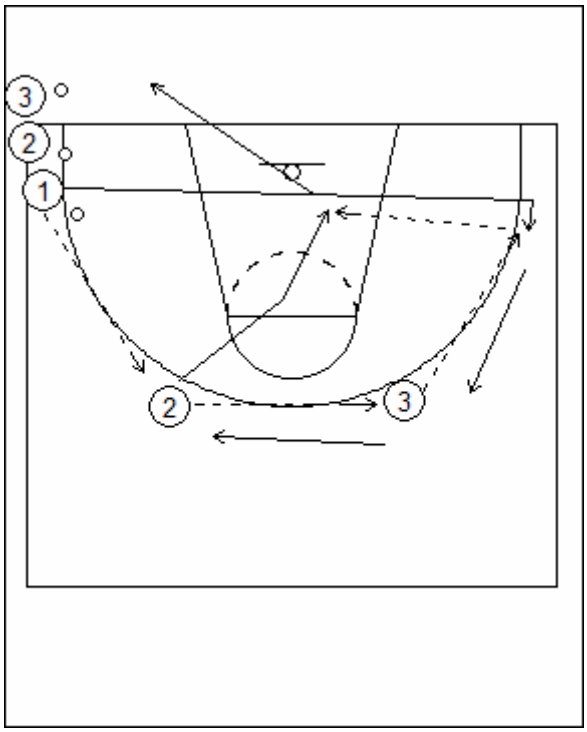
Lançamentos:

Trios



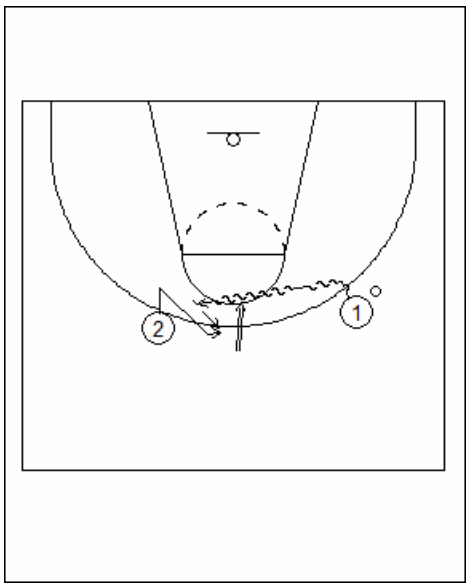






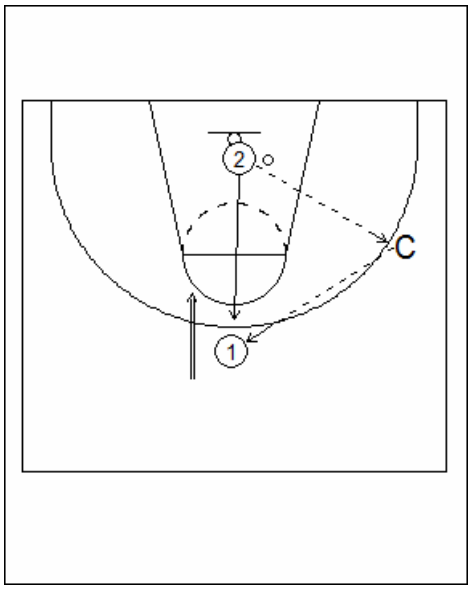


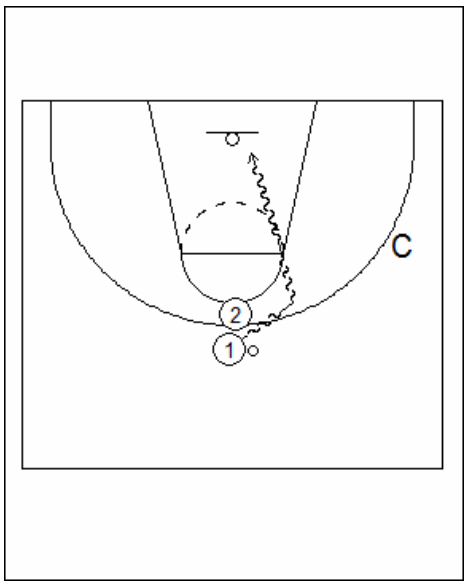


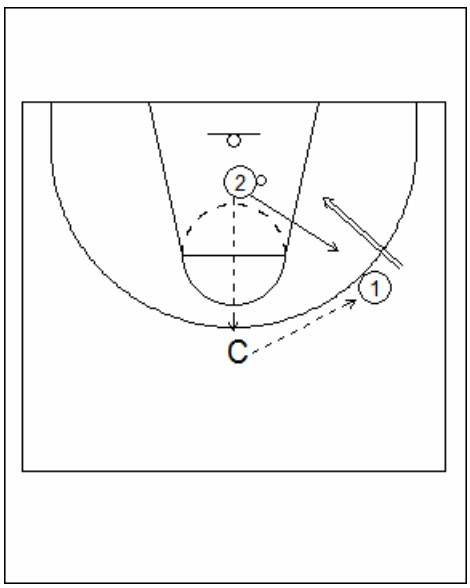


À mão e tiro

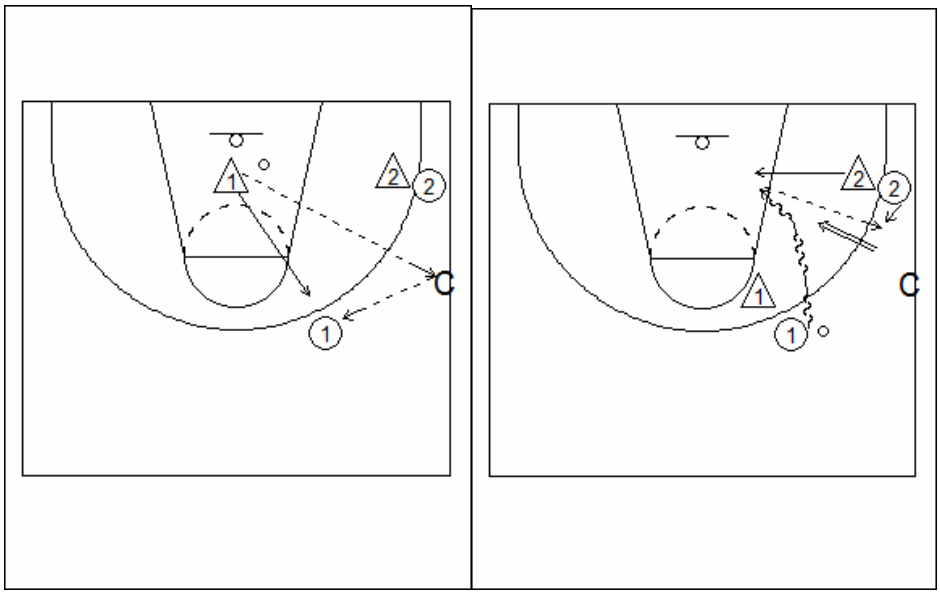
Lançar com oposição..Tiros ou Drives ?





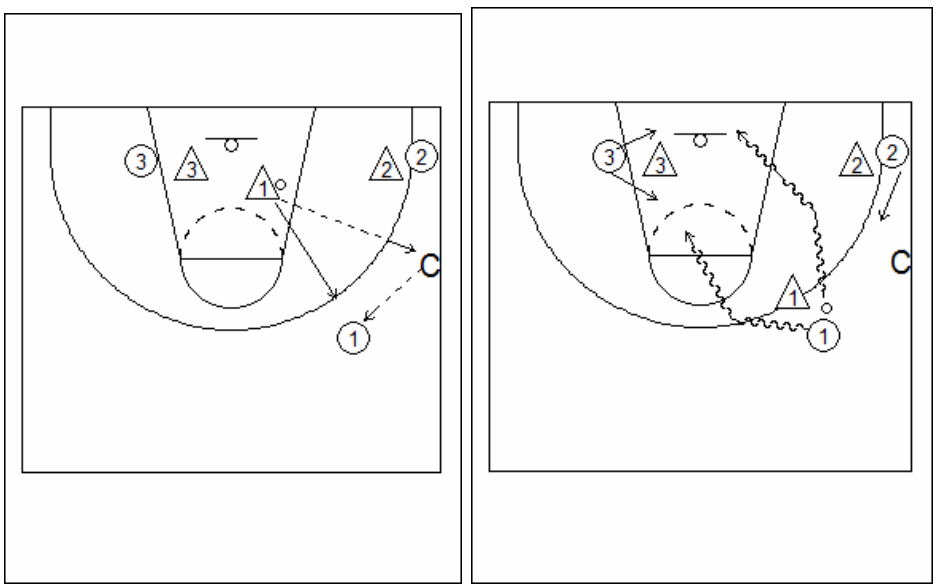


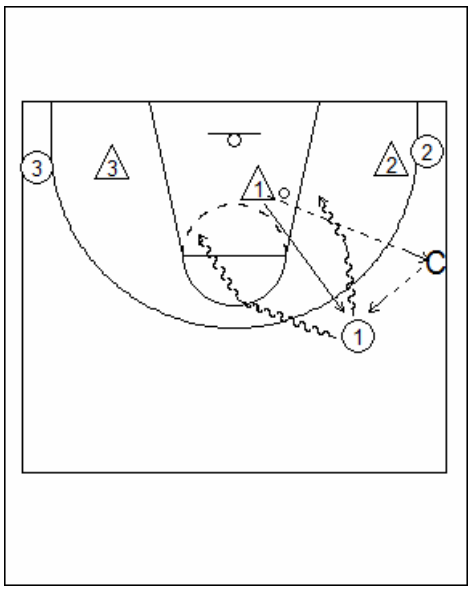
2x2 Handicap



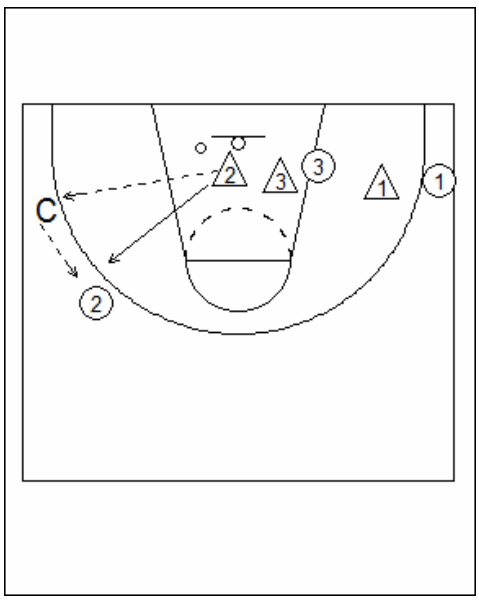
Drive

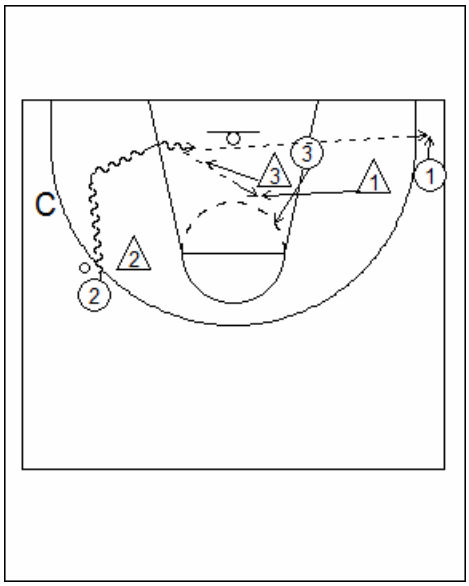
3x3 handicap





Linha Final





Ataque meio campo

Regras e componentes ofensivas:

1. O ataque é construído a partir do drible (Attacck of the drible) Tenta marcar, se ajudam passa. É difícil de defender. (Faltas/árbitros/% lançamentos).O ataque coloca muita pressão nos defesas e na sua habilidade de defender o portador da bola em drible.
2. Logo que temos a bola estamos a atacar.
3. Usar os lançamentos triplos. Não ter medo de falhar. Participar activamente no ressalto ofensivo.
4. No “4 around” coloca o poste do lado contrário da bola , de forma a que o portador da bola possa penetrar em drible (“Drive”)
5. Os quatro lugares do perímetro não são fixos quando o ataque contrário perde a posse de bola.
6. Quando sofremos cesto jogamos em c.a. numerado e os quatro lugares do perímetro são fixos.
7. Quando recuperamos a posse de bola saímos rápido na transição para marcar.
8. Os penetradores devem quando bem defendidos usar devem usar o drible de inversão para lançar ou passar para o perímetro.
9. Passar a bola para fora da linha dos 3 pontos.
10. Usar bem o drible
11. Espaço entre atacantes.
12. O ataque resulta melhor se defendermos bem e roubarmos bolas (“Full court press”)
13. O Poste 5 deve dar linha de passe às penetrações em drible.
14. O “Blur screen “ é um corte em “banana” à frente do driblador.
15. Outra entrada no ataque é com a bola à mão (“Hand off”)
16. Um bom ataque se estamos a perder.

Jogadores:

4 bases e um poste

Memphis:



O nº 1 do Draft , Derrick Rose

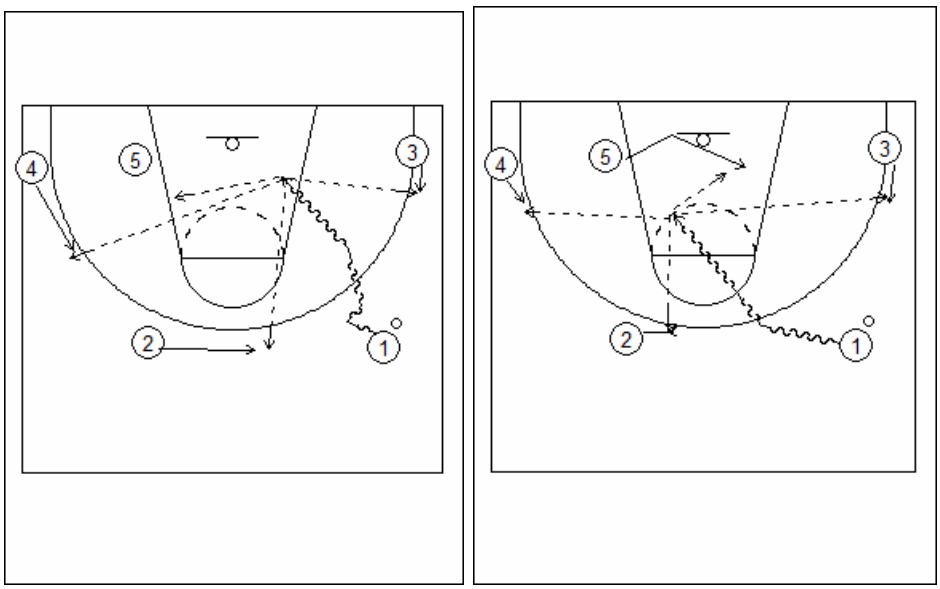


o nº 33 , Joey Dorsey



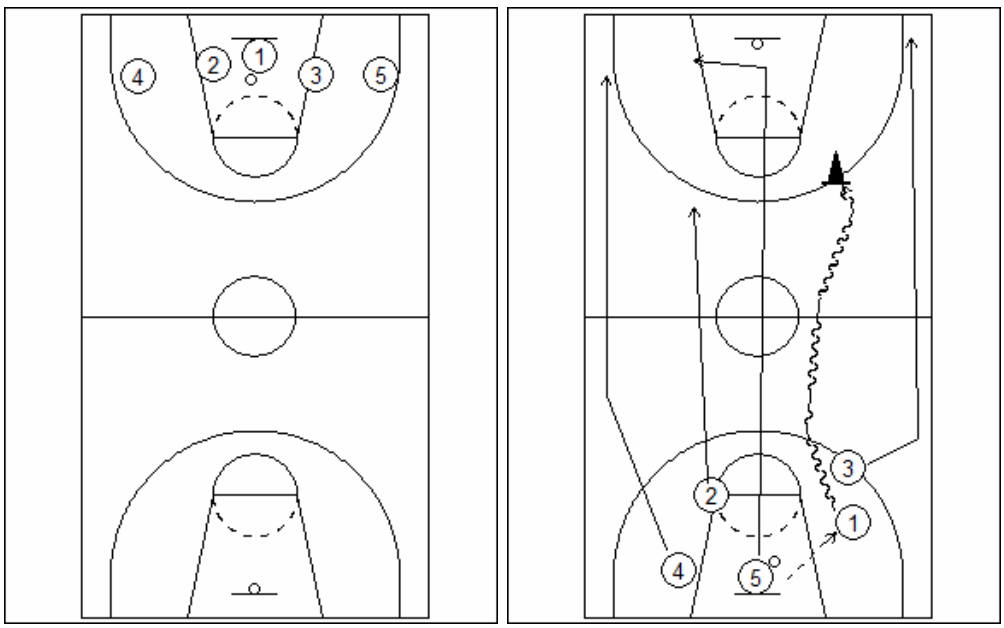
e o nº 40 , Chris Douglas Roberts

DRIVE….DROP



Atira triplo…carrega no ressalto ofensivo

#5xo criss cross…# Drive …Drop



5xo

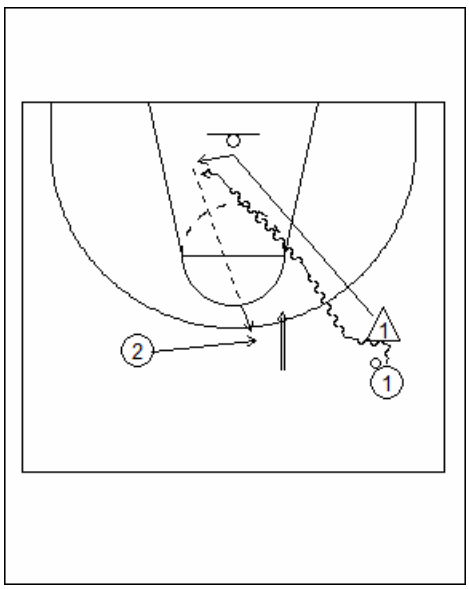
5x5

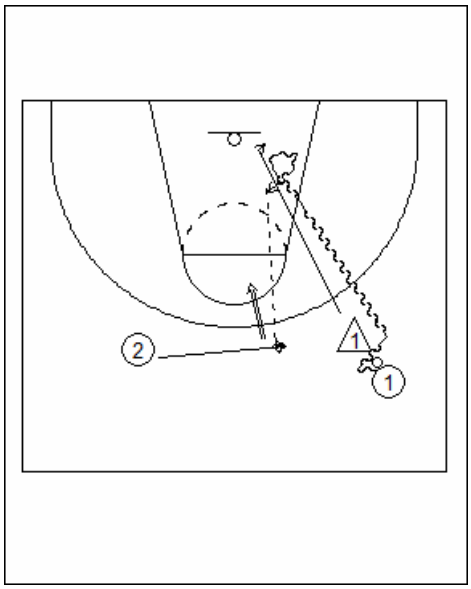
DROP 2x0..2x2 :

M.Campos..trabalho pés …Paragens e rotações.

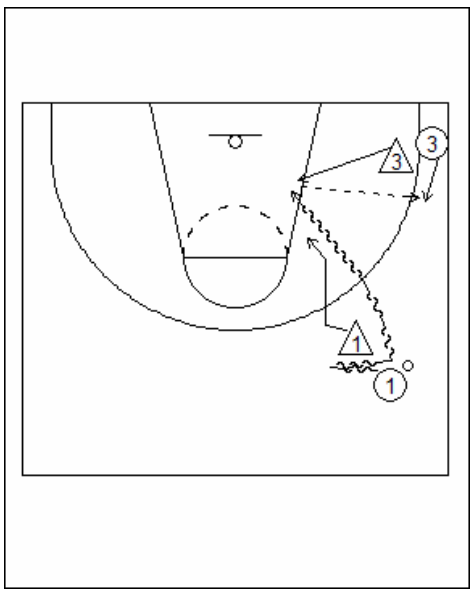
Para a um e dois tempos…roda..posição ofensiva básica.

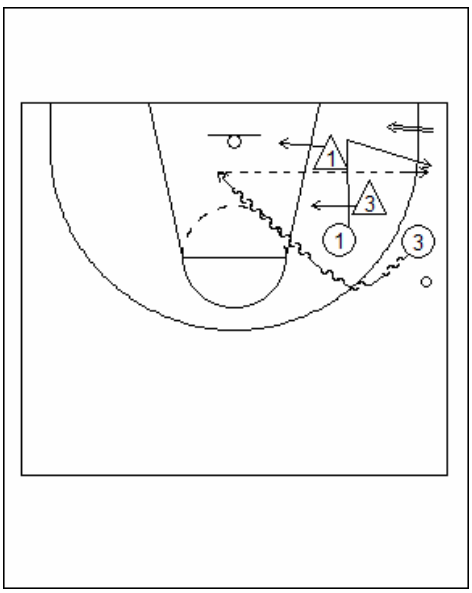
Fica costas para o cesto e passa para o perímetro.



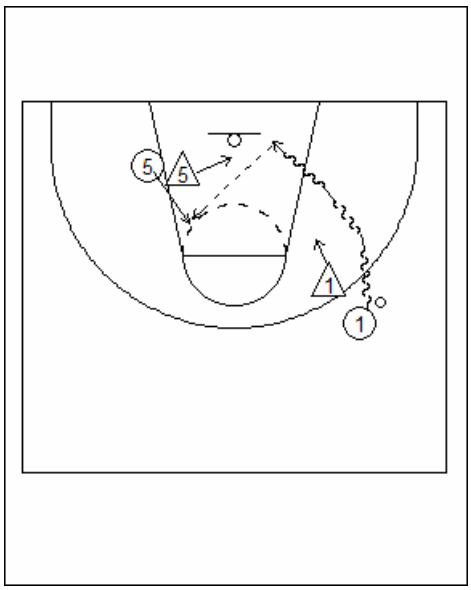


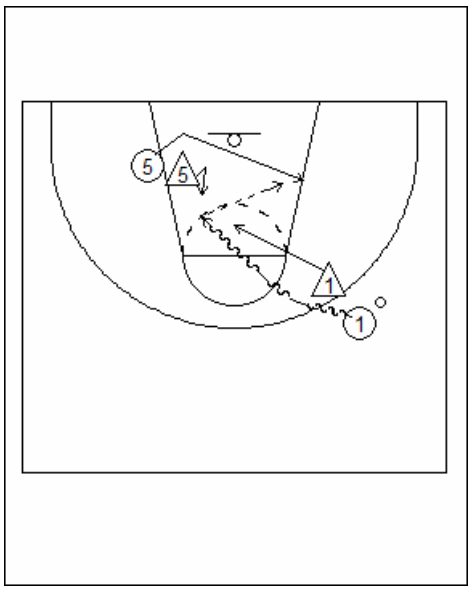
Skip pass para triplo 2 vai para a bola agachado…mãos para a bola.Tiro em movimento. Salta para bola.



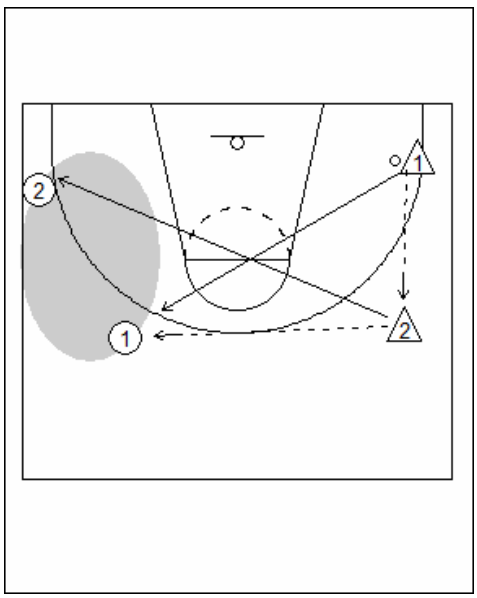


Passa na sequência do drible. 1 mão Passa ao mesmo no canto.



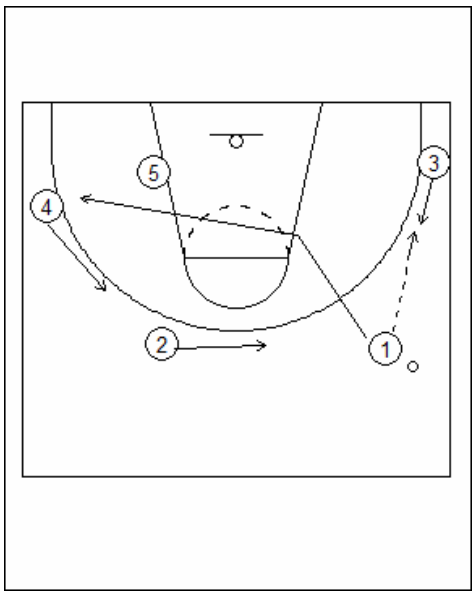


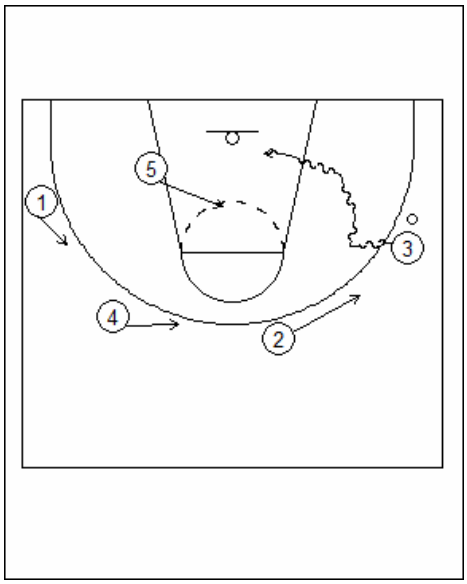
Drill DIAGONAIS

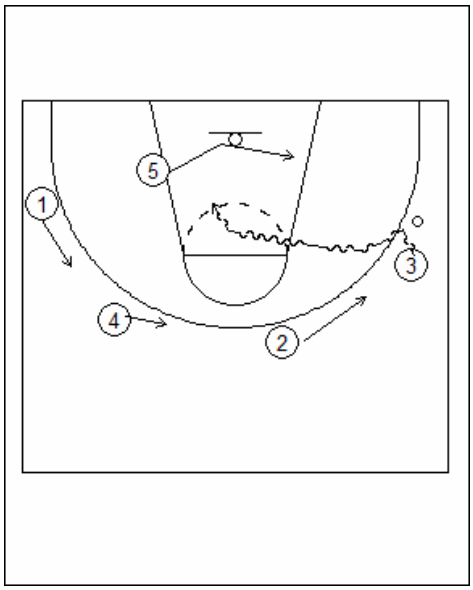


1 penetra...

RACK MOTIM (Passa e corta)

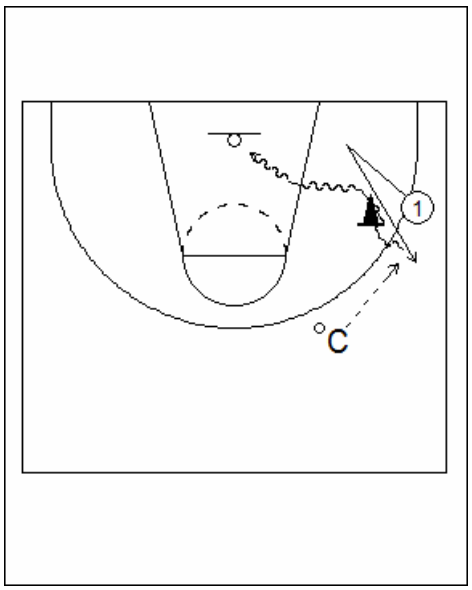






Criss cross...5xo..5x5 Rack Motim

#1xo

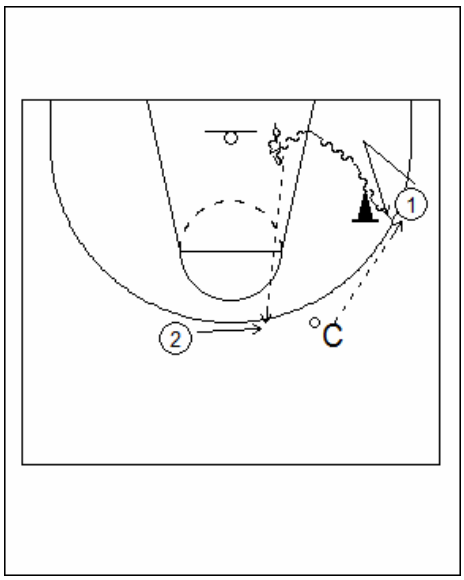


Trabalho recepção

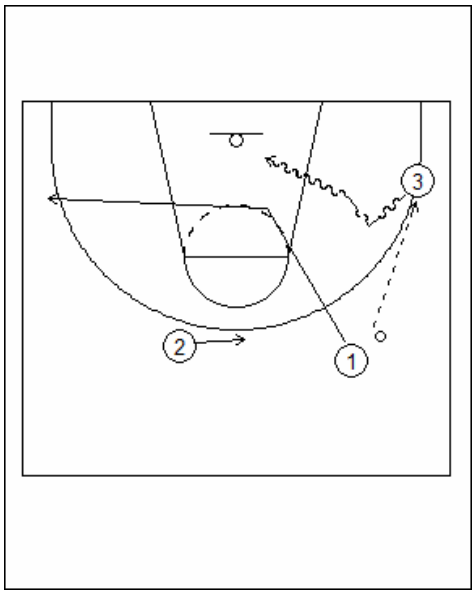
Fintas. Entradas,

Inversão..skip pass

2xo...2x2

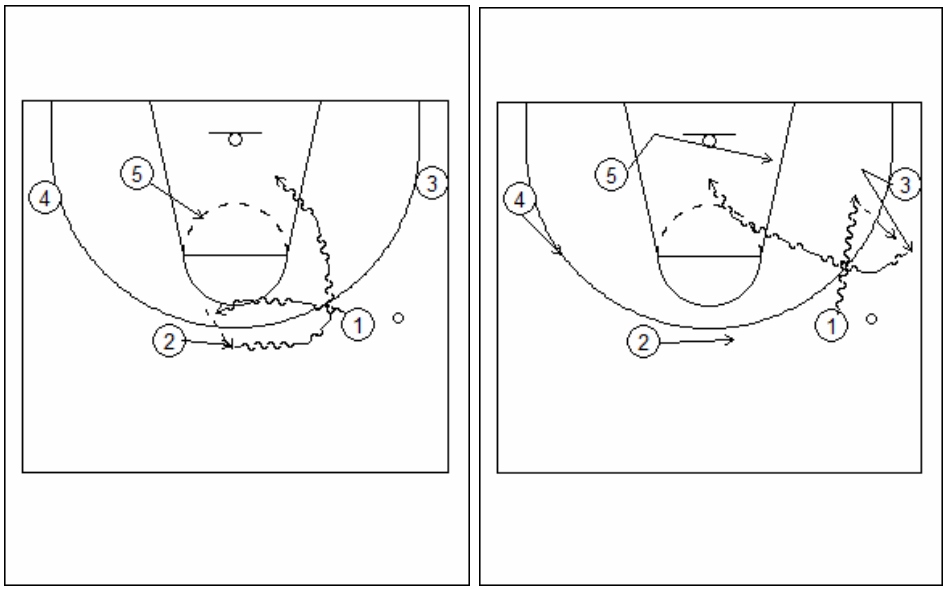


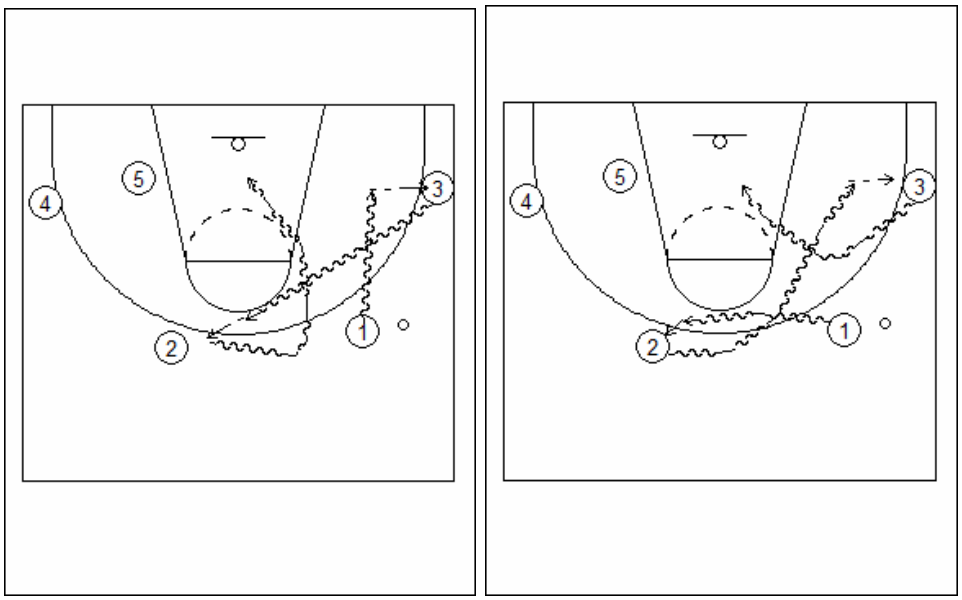
3xo..3x3



WEAVE (Oito)

Contra uma defesa pressionante que corta linhas de passe joga weave

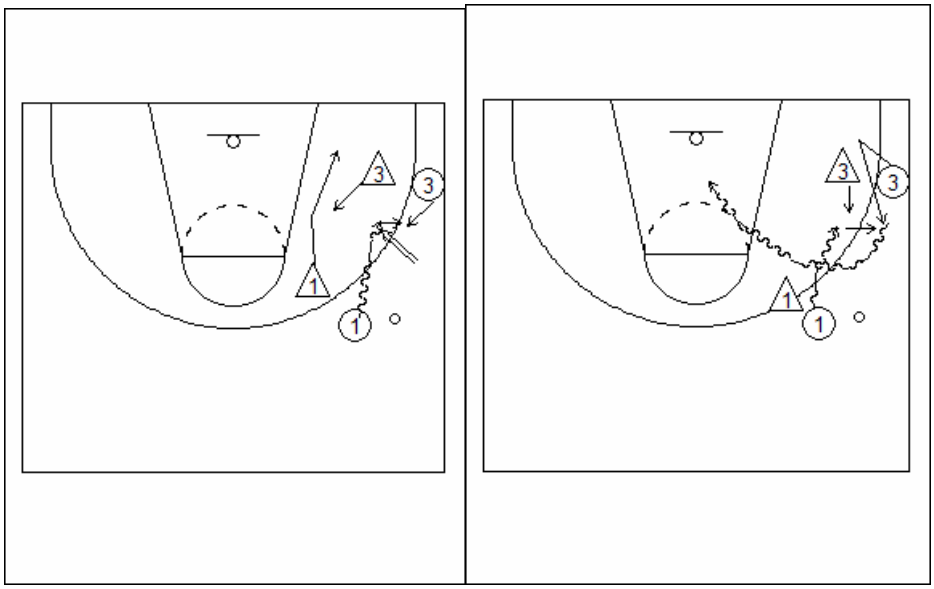




Passa pelo meio atira…

Sobremarca …corta costas

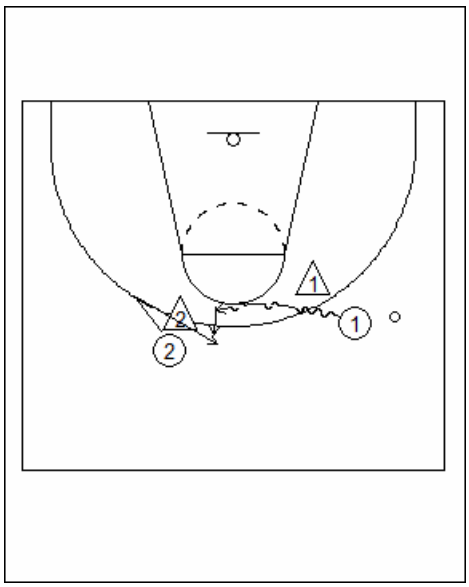
2x0



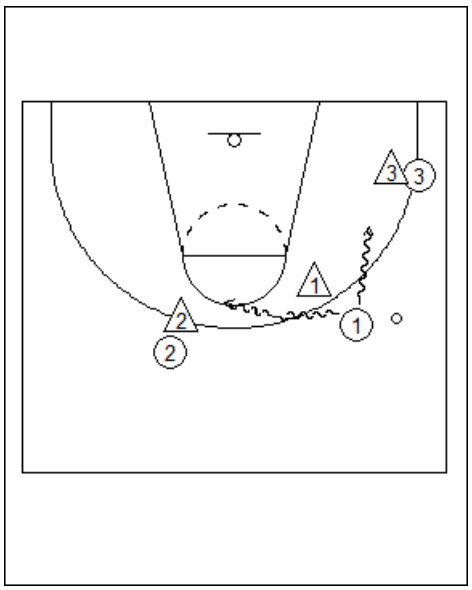
O defesa passa pelo meio..tiro..paragem a um tempo

O defesa passa por cima…drive

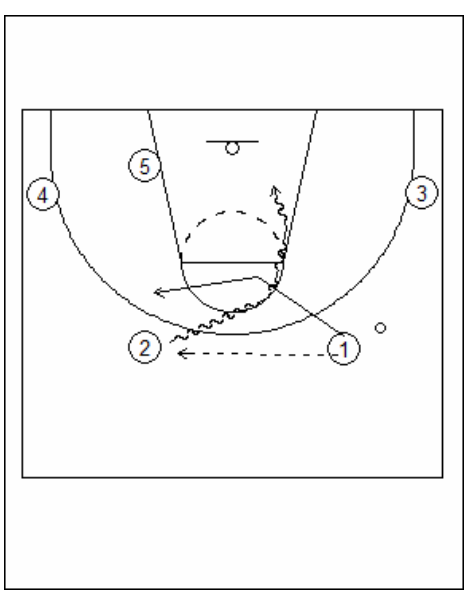
Sobremarcado corta nas costas

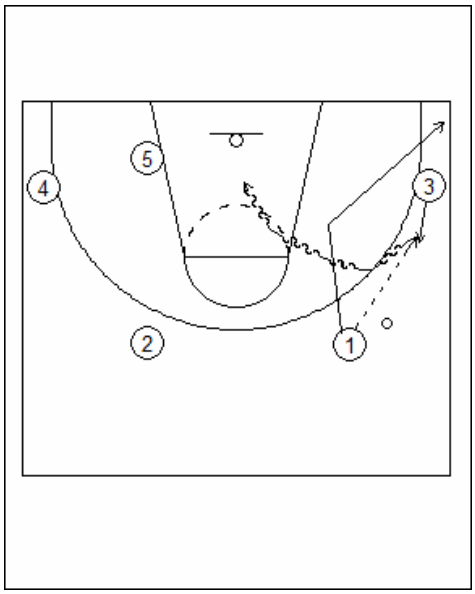


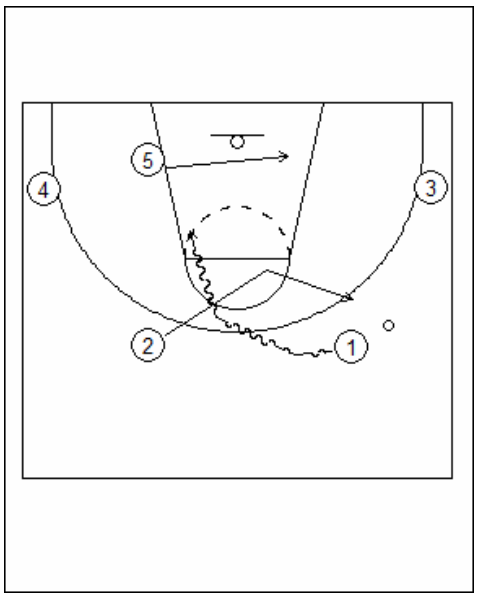
3x0

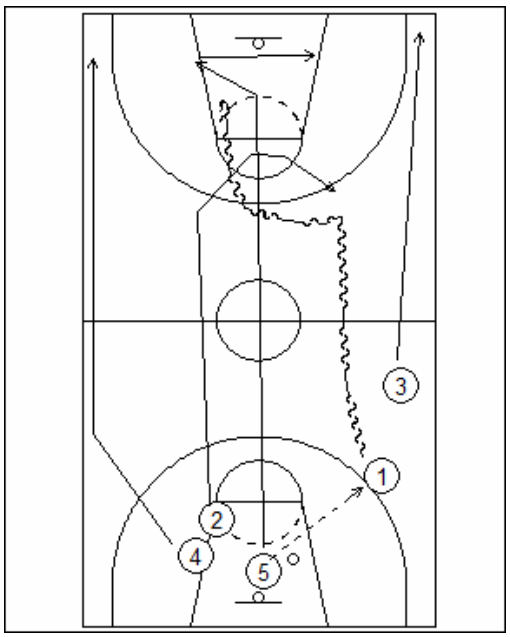


Blur Screen (Banana)

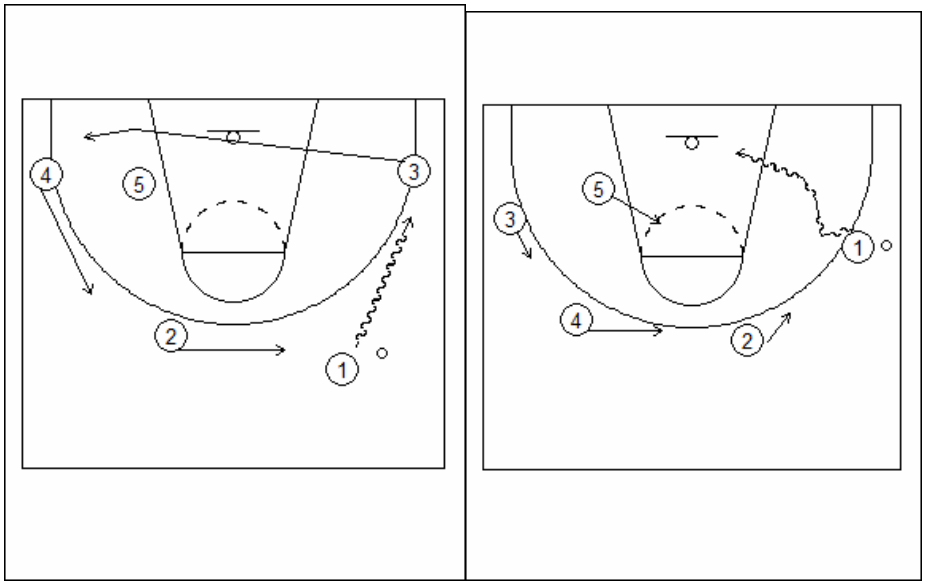







3
1
2
4
5

ACLARADO

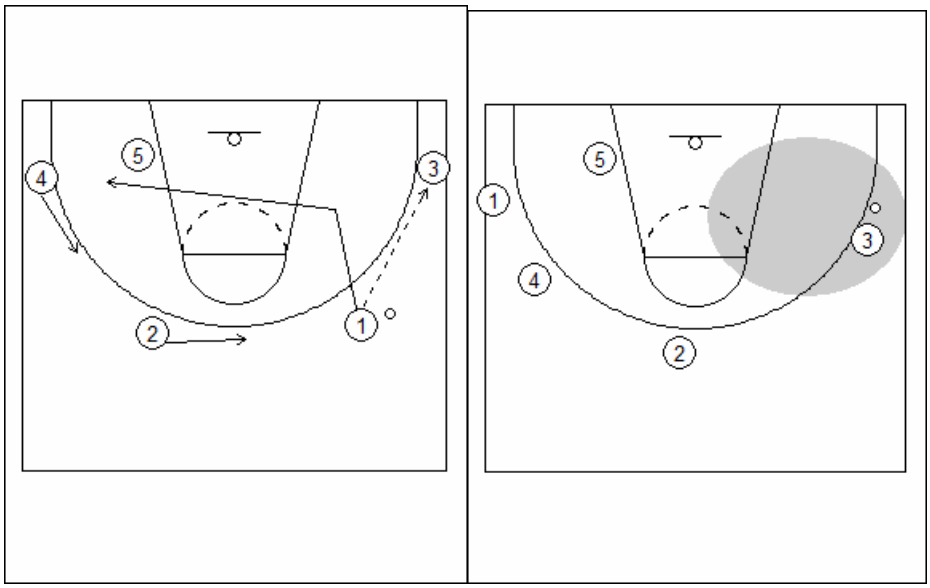


1 joga 1x1…penetra e lança ou passa

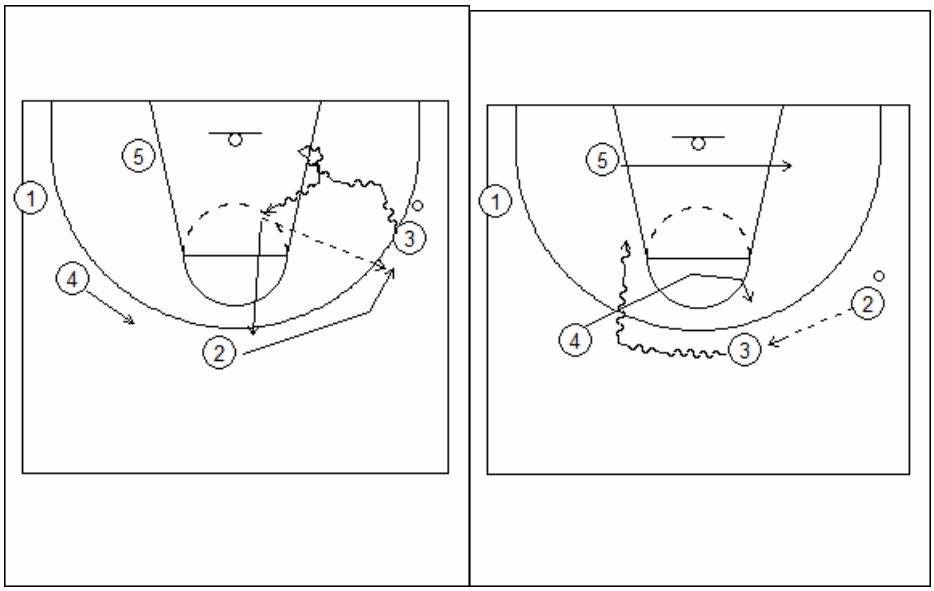
JUNTAR :

RACK MOTIM (Passa e corta) + BLUR

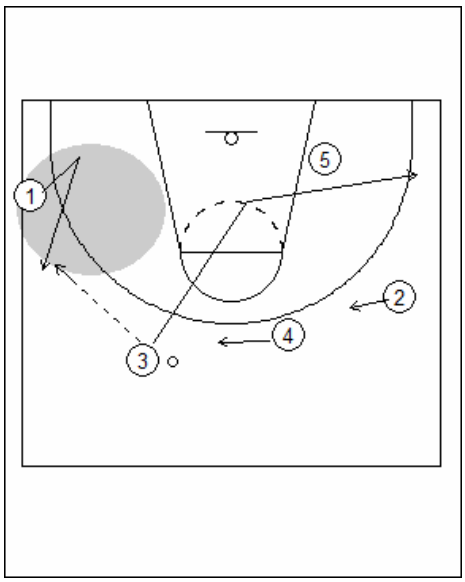
1x1 (3)…1x1 (1)



Passa e corta……..1x1 de 3

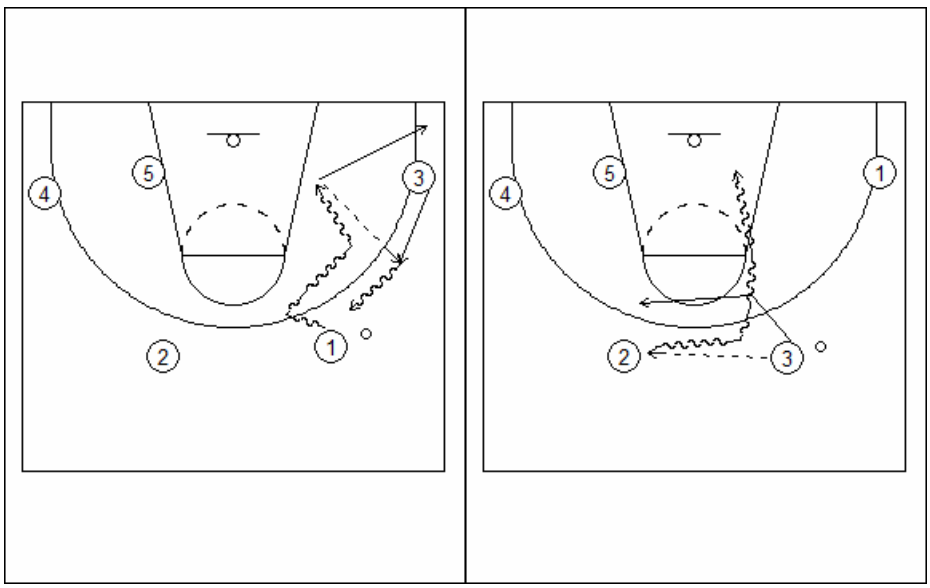


1x1 de 3. Drive de 3



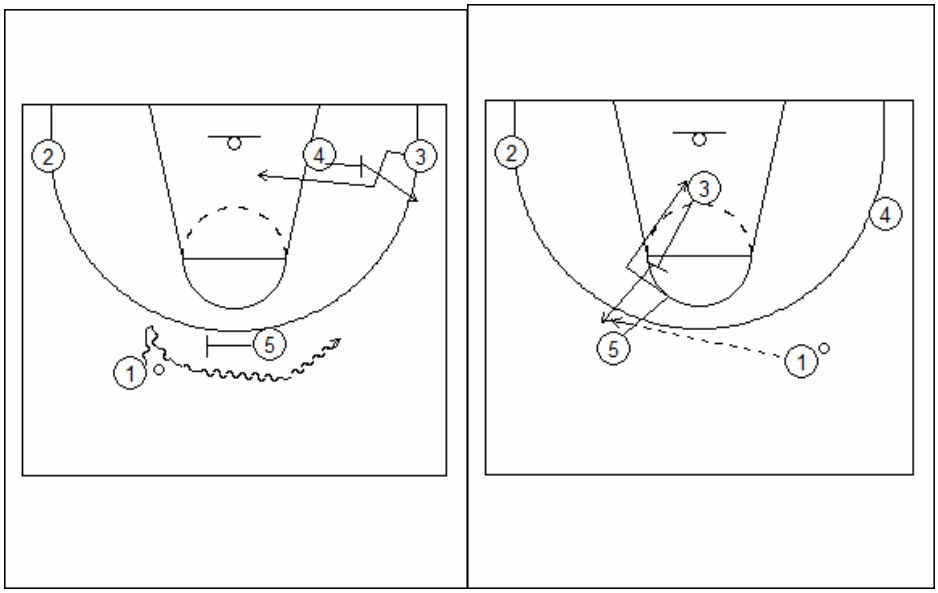
1x1 de 1

Drive / Blur

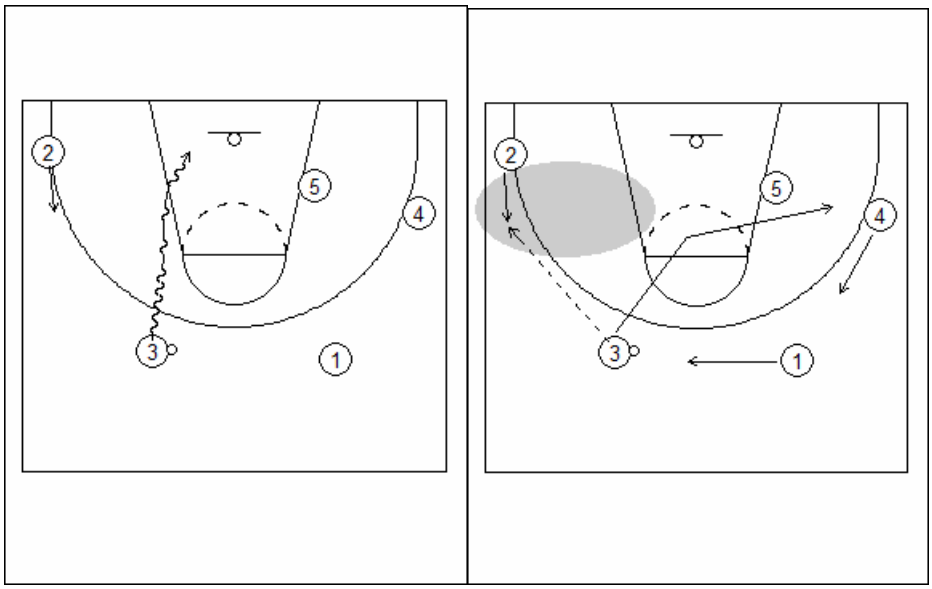


CAMUFLAR

Midle screen

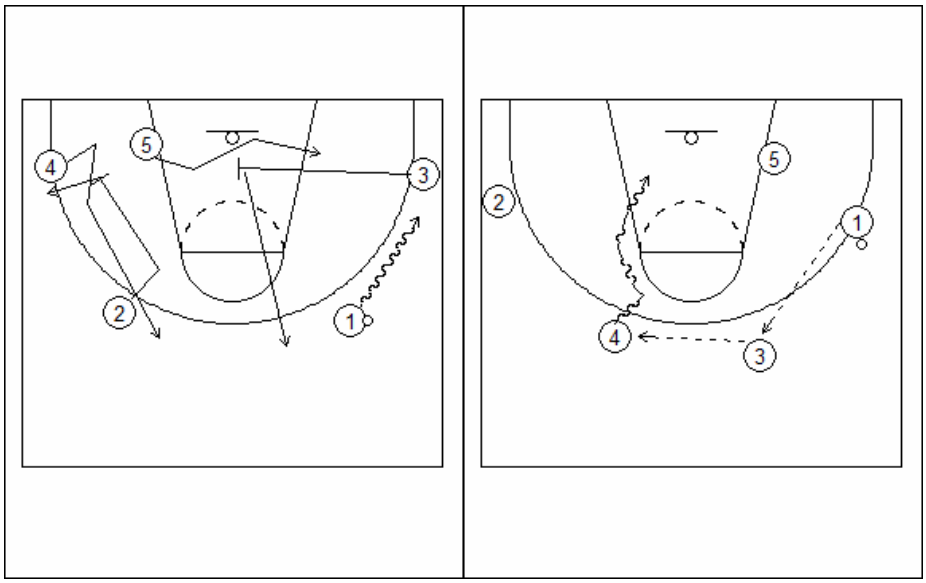


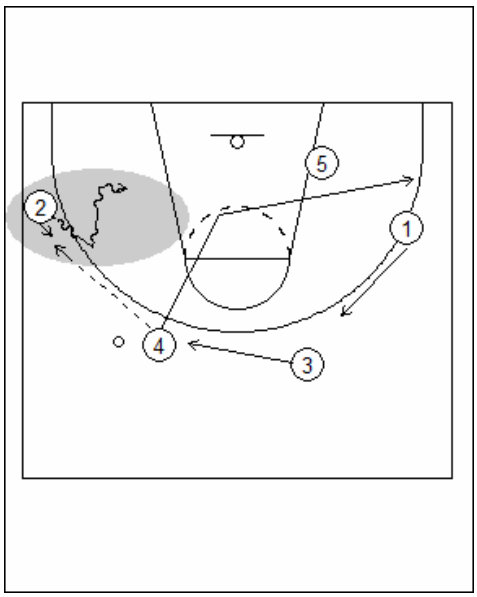
Midle screen screen the screener…muda o lado da bola



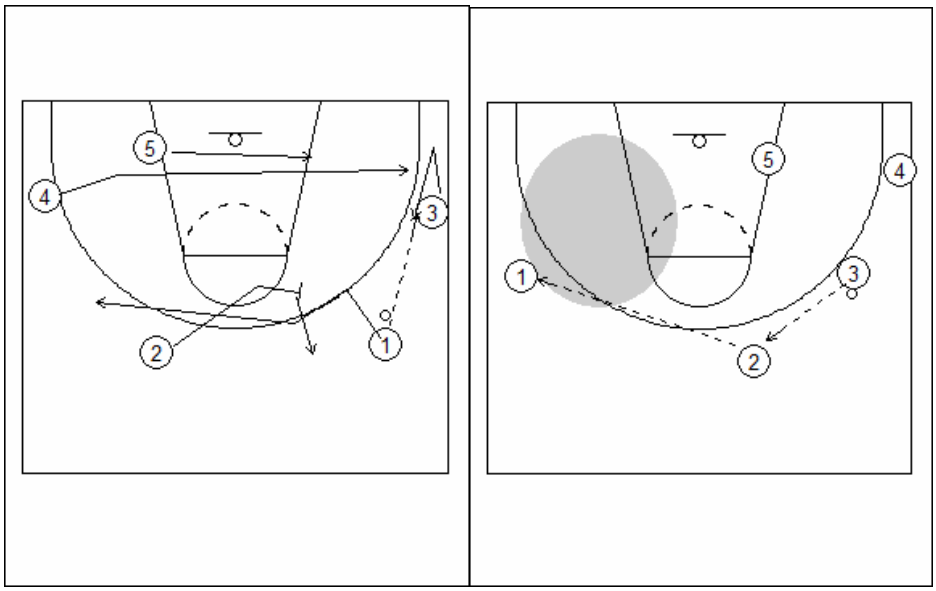
Drive passa e corta e 1x1 (2)

Horizontal 35

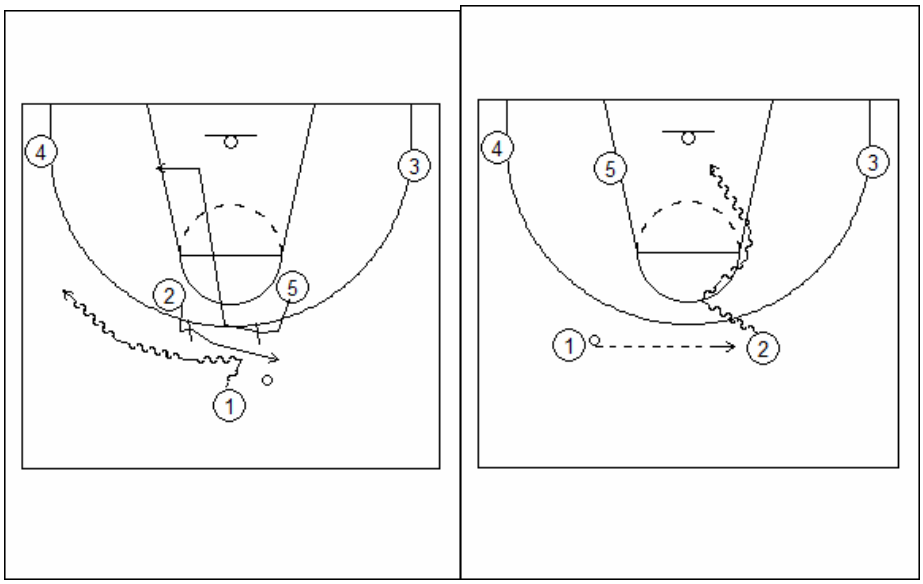




FLARE



Horns



. Vídeo Memphis (Modelo jogo).

Full Court 2-2-1

Defense

- How much pressure can I put on a team
- First 28 minutes – Wear the other team down
- Did not call timeouts in the first half

Terms

- See it & Fix it
- BD Bad Disease
- High Side
- Facing
- Punch Out
- Staying Home
- Fly Out
- Walk Out
- Verticle Trap
- Pressure Zone
- Cushion Zone
- Umbrella Zone
- Quarters
- Huggers
- Sniffers
- SOY or COY (Crap On Yourself)

Rules

- Pressure is the most important aspect of the defense
- Do not be a Hugger or Sniffer
- Anytime a player is in the outside quarter, Defensive player is on that half of the court……Exception of Quarters – when ball is below the free throw line
- Pressure must make Offensive player turn at least once – this will take half the court away from the Offensive player.
- Never have 3 or more players behind the Offensive player
- Move on Pivots and Sprint on Passes
- Rather get beat with the dribble than the pass
- In half court, switch on screens

Positions

Controllers

- #1 Responsibility-PRESSURE
- #2 Responsibility-Make offensive player dribble
- #3 Responsibility-One turn in the back court
- Not your best shooter
- Very aggressive

Gapper

- #1 Responsibility-Don't get gap
- #2 Responsibility-Trap
- Slower Player

Taker

- #1 Responsibility-Take the Pass Away
- Smart & can Anticipate
- Taker & Reader switch back in forth (Read the Pivot)
- If ball is caught in Cushion Zone, Taker & Reader stays between goal and player (not much pressure) – Wait on the Punch Out Player

Reader

- #1 Responsibility-Reads the Pivot
- Smart & can Anticipate
- If press is getting beat-Reader sprints back & gets into the Umbrella
- Taker & Reader switch back in forth (Read the Pivot)
- If ball is caught in Cushion Zone, Taker & Reader stays between goal and player (not much pressure) – Wait on the Punch Out Player

Teaser

- #1 Responsibility-Tease the Inbounder to throw the long ball
- Eyes on the ball – After two seconds, cheat up the floor – If Inbounder cocks arm, get back

Drills

- Full Court Shell (Across, Up Sideline, Middle)
- Trapping Technique Drills

Vance Walberg at Rocklin 9/29/07

Opening:

- A high school coach, Clovis West…nothing remarkable about the school or the kids, in 23 years he had 3 Division 1 players.
- Starting in the late 80's he saw a different successful Division 1 coach every year, he would go for a week. He noticed the culture, weight room, little things that a program did….that you can't get off of notes, clinics, dvds.
- This offense / defense (they go hand in hand) is proven at the high school level (Clovis West), JC (Fresno City), and Division 1 (Memphis).
- This offense, defense, and substitution mentality neautralizes the opponents effectiveness….enhances your teams'.
- The offense won't get you any wins: we win by practicing harder, out hustling the opponent, defending, depth, rebounding, getting to the foul line, and out of bounds plays.
- He had 7 guys at the end of last year, said he put basketball back 100 years with his team's performance.

Basics:

- Four out One in.
- Two side = right side / Three side = left side
- Blow Out Zone, Breakdown Zone, Drop Zone, Drag Zone, Rack Zone. We need to use all of these….including drag zone, it clarifies everyone's movement and reads.
- 1and 5 are point grds (1 is the better / older pt. grd), tougher to pressure two pg's.
- 2 and 3 are patient, start w/ inside foot at rim
- 2 and 3 must be locked and loaded, spacing at NBA range.
- 4 must read and stay opposite, cleans everything up.
- Idea is to create the biggest gaps possible for drives.
- Looking to get to the rack zone 1st; "rack zone mentality"
- Drop zone is for players "not good enough to get to rack zone"
- 1 and 5 have complete "rack it" freedom, do anything you want, just make sure you get to the basket. They are the only ones who can soot pull up 3's, it helps them with the rack it if they need to be guarded on the pull up 3.
- 1 can be dead middle when we cross half court, 5 can be left sideline…tougher to help and gives 1 more options….new and good wrinkle. Maybe use as special.
- Any time we shoot a three with a foot on the line = team runs
- After drag 23 (kick out to three side from the drag zone) passer follows to three side under the post player, creates bigger gaps.
- "Kick ahead" = pass up the floor, "Kick / Pitch Back" = grd to grd pass, "Kick Out" = Wing go behind action.
- Pitch Back is 6-8 feet, rack it mentality on pitch back, positive "pitch back" = a catch past the mid line, rack it % goes up on a pitch back catch past mid line.

- On a Drag drive on the Two side, the 3 must "find the window" on the Three Side…locked and loaded at the NBA 3 pt range.
- Positive Kick Out = the higher the kick out is rec'd the better % of success.
- Positive Back Door = The better the spacing the higher the %....rather be higher than the elbow than lower on drop zone.
- 4 must call "ball" loud and flash to elbow when the drop zone is used.
- Drop zone is a two man game with the wing, remember we want to "rack it ideally", 5, 4, 3 are the outlets….if two man game doesn't work out.
- Kick Back, Drop 23 is a good look…look for back doors after kick backs.

DRILLS (details):

- "Olympic Shooting" details: call for ball, set up at NBA three.
- Drills and hustle make the offense, it all goes together.
- Mentioned "20 minute drill" and "4 min drill" to determine shooters.
- "4 Minute Drill" each basket has a name Worst shooters are in hell, 2nd and 3rd place shooters are in pergatory, 1st place team is in heaven. He charts every player, every day. 70% or better are green light, 50-70% can't shoot if we're getting "streaked", must rack it.
- "4 Minute Drill": To get to heaven at team has to beat the 1st place team 2 days in a row or by ten in one day.
- "Scramble" (3 on 2 Teams) details: defenders play parallel, there is no "ball" or "back", they start wide to take away kick ahead pass, then pinch middle if the middle keeps the ball, they force the middle guy to dribble it up.
- "Scramble": Teams. Ball handler sweeps, blows out, and attacks the side opposite of who passed him the ball, he hits the wing and spots to shoot 3 at high elbow, the man who threw the outlet pass sprints to the block…shot pass or three on kick out from the drive. Play in teams and keep score.
- Win at everything…win win win!
- "Cardinal" Details: Push ups if the ball hits the ground out of the net. Quick passes! Defense "is in your lane" = pass it…defense is "out of your lane" = rack it. Defense does not wait for skip pass.
- "Texas 11" details: start ball in the half court line. Half court guy can't move. 2 on 1 back is same principles as Cardinal offensively. Shoulders and hips square to the hoop. Stay in your lanes.

Zone Stuff

- Don't hesitate on 3's against the zone, make sure to rebound. 3 out of 10 makes and 4 out of 7 offensive rebounds.
- 4 to the glass.
- Wings are elevated vs zone
- Dribble at is always a back door, never hand off
- Push (Circle) and Wheel are great vs zone, swing it and expoit weak side.
- Alternate sides where offense is initiated, 2 side then 3 side.
- "1 or 5 Fade" (zone special) 1 hits 2, 5 sets fade screen on the top of the zone.

- “Bump’ – If the zone is a bump zone, call “Bump”. Wing goes to strong side short corner rather than cutting all the way through. Quick two on one vs the Middle of the zone
- “2 Set”– 3 out 2 in. Elevated mid post and also short corner action. Hit wing, wing hit mid post, for quick dump to short corner.
- “22” – Same alignment as “2 set”. Elevated mid post and also short corner action. Hit wing, wing pass back to point and drift to corner, reverse it and skip to back to wing for 3 pt shot.
- “52” or “53 – 4 out 1 in. 1 hits 2. 5 screens down on weak side of zone. 2 skips to 3 or goes through mid post to the 3 for a three pt shot.
- His teams shoot 50 threes per game if the are zoned.

<u>Random thoughts by Walberg</u>

Last year he moved the 1 to the middle of the floor and the 5 to the sideline (parallel to the 3 lane).

2 side
3 side
Drop 2 = drop zone, two man game with 2
Drop 3 = drop zone, two man game with 3
Drop 23 = drop zone, back door to 2, to 3 in the corner
Drop 32 = drop zone, back door to 3, to 2 in the corner
Drag 2 = drive, stop in drag zone, skip to 2
Drag 3 = drive, stop in drag zone, skip to 3
Drag 34 = drive to drag zone, skip to 3, post 4
Drag 24 = drive to drag zone, skip to 2, post 4
Rack it….means Rack it (finish / off the glass).

1 and 5 are drive first shoot second players.
2 and 3 are shoot first drive second players

Emphasized backboard passes or finish on rack it. No bounce passes, direct passes.

On drag zone drives options are trail or skip to window….the same side wing is not an option unless emergency. Defense will tip it if we try to go to same side wing.

Keep score in every drill, tally all wins in the foul section on the scoreboard, to get actual credit for the win, winning team must make a free throw.

Live full court is played to 8 by 2’s and 3’s…whoever makes the winning basket also has to make a free throw…if that player misses the foul shot then the team goes back to 5 or 6 or whatever they had previously and the game resumes. Cream rises to the top, the best players end up getting the ball, because they have to win on the court and the foul line.

Square shoulders to the basket, get low, attack in a direct line, clip the hip, try to bump the defender three times per drive. Ref won't call the first 2, will call the third….or will get a lay up.

In the breakdown zone, if 1 passes to 5 immediately, reads should be :
If 5 squares up to 1 or dribbles with inside hand…after a reversal from 1, 1 should x cut and brush screen.
If 5 reverses to 3 and does not dribble we are in "wheel."
If 5 dribbles toward 3with his outside hand, we are in "circle".

Calipari was impressed by how much he got out of his kids, didn't look like much…they were drilled so much on what they needed to do to be successful and so clear on their reads that they maximized their potential. Everything is mapped out and drilled home, kids know what to do in situations, and are taught to be aggressive…it pays off.
Do not take any negative steps on offense, when you have the ball, everything is attack.

We do not hesitate, 3's are up…if you are open you have to shoot it. If they close too hard, rack it…simple.

On 3's….make 3 out of 10, offensive rebound 4 out of 7 misses.

4 to the boards offensively. Best shooter is back on defense, creeps around the 3 pt line for kick out after rebound, 1 and 5 go to the boards, 1 finds ball as controller in press, and 5 is at the foul line to become gapper.

He sends his 1 and 5 to the boards, right into 2-2-1. His best shooter 2 or 3 gets to the top of the key as back man…anything that is not square to the rim for a put back, gets passed the shooter for the 3 pt shot. That shooter also becomes the "taker" in the 2-2-1.

3 or key, midrange jumpers = bench…in games, scrimmages and practice, must be in the key.

Want to maximize each possession: 60% layups = 1.2 points per pos. / 38% 3 ptr = 1.14 ppp / 76% free throw = 1.4 ppp. Memphis shot 28% from midrange the last two years. Go back and chart your bad shots over the last season, guarantee they midrandge. We don't want bad 3's, but at least they stretch the defense.

Offense and defense go hand in hand…it is an overall mentality and one suffers without the other.

Once the 4 man's defender loses vision, he needs to throw his hands up and prepare to clean up.

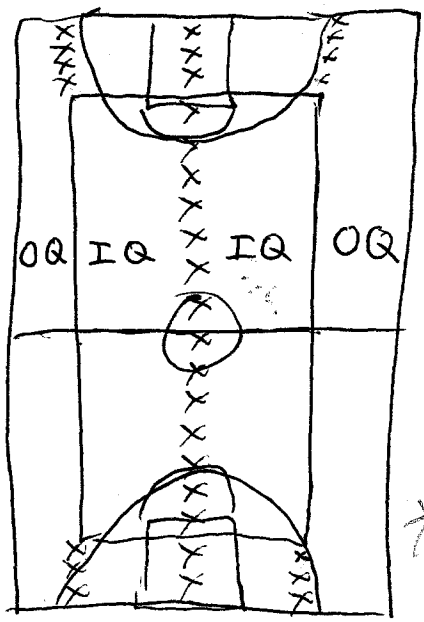
Condition with the ball, 90%. Get better while you get in shape.

Important: in transition 2/3 are at the high x on the wing, in the ½ court they are on the low x on the wing.

Blood Drills are named that, because we want have blood in our eyes when we attack.

Vance Walberg – Full Court Pressure Defensive System

- Wants to keep pressure on the opponents on off. or Def.
- If you don't pressure on def. they can make you play def for up to 35 sec. then on off. you attack them & shoot within 7-10 sec. Therefore, you are on def. most of the game unless you pressure
- "Pressure, Pressure, Pressure"
- Break the court into quarters.



use tape to mark the quarters of the floor

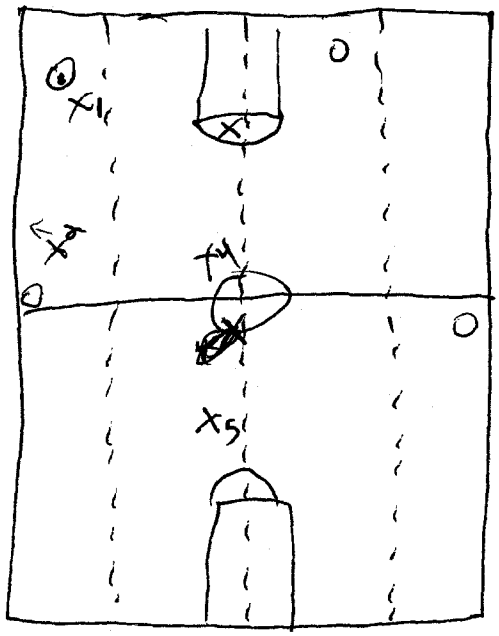
VB lines extended & middle of court

OQ = Outside Quarter
IQ = Inside Quarter

Don't open up gaps " " " the middle

- Rule of thumb: If the ball is in an outside quarter, all 5 defenders are on that half of the court
- If the ball is in an inside quarter, all 5 defenders must be in the inside quarters

OQ



Take away middle

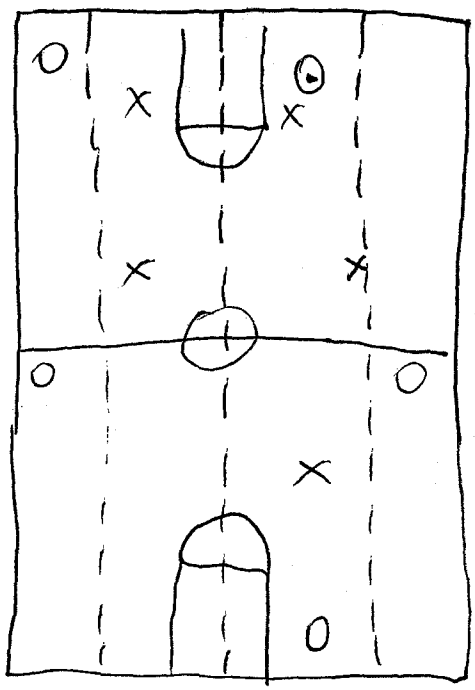
X_1

X_4 - is in line of ball betw. ball & his man

X_2 - in the line of the ball

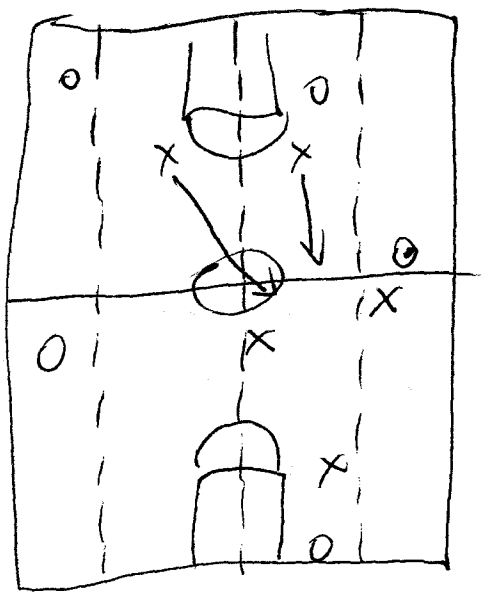
- Be at least 1 foot on that half of the court
- Take away gaps
- You can do this only if you have pressure on the ball

IQ



everyone is in the inside quarter

- Always get to the level of the ball. *



Teaching

1. Teach quarters 1st
2. Teach 1 position at a time
   a) Controller b) Gapper
   c) Taker d) Reader
   e) Teaser

   1 on 1, 2 on 2, 3 on 3
   4 on 4, etc.
3. Demonstrate each players role before going 5 on 5

- Defensive Keys: *
  1. Pressure, Pressure, Pressure
  2. Get to your quarters
  3. Defense begins when the ball is dribbled.
     - want them to dribble, not pass - Its more tiring to dribble vs. pressure as opposed to passing
     - wear them down
     - constant pressure

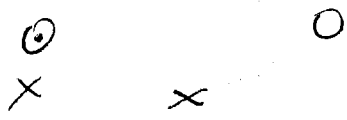
Positions:

Controller - The man on the ball. Only person who guards 1 person. Don't care where you force them

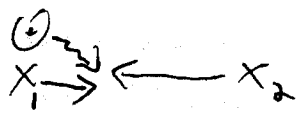
Responsibilities:
1. Don't let the man see the floor
2. Force the man to dribble
3. Force him to turn in the backcourt
   Get 1 turn = you did your job
   Get 2 turns = Great Job
   Get 0 turns = sit on bench

* Don't Foul - Be tough & smart. If you're slow take a good angle

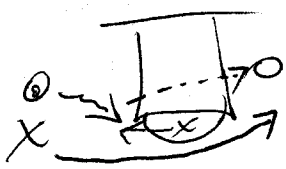
Gapper: * I pass away on the same horizontal plane as the controller. Be above the ball



1. Do not get gapped
* - if you get gapped, you come out of the game
- If the controller doesn't get a turn he comes out of game
- Gapper becomes a trapper on the dribble

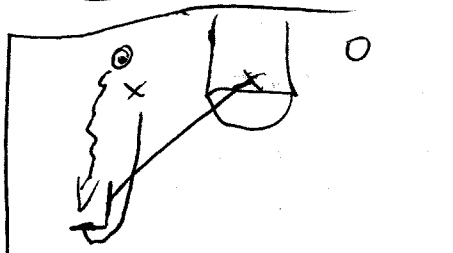


- If he picks up his dribble = trap
- If he passes = run & jump



- Have active hands
- Record Tips
- You must communicate who has the ball

Down Sideline



- once the ball goes down sideline, gapper becomes a trapper

* - The more the BH has his back to the basket, the more we can cheat

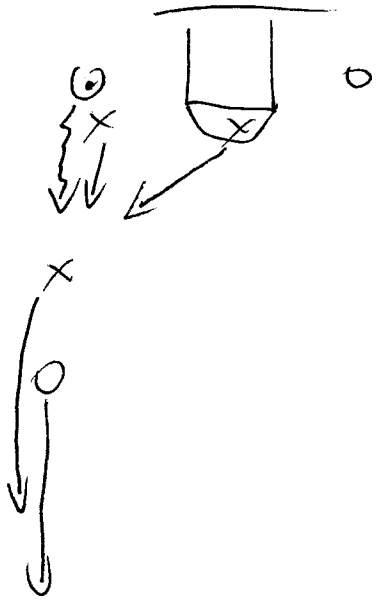
- when trapping, do not foul & do not get split
- Trap from behind

- On the guard to guard pass – Controller & gapper Switch roles

- Anytime you see a lob pass = you did a good job
  Anytime you see a straight line pass = bad job

Taker:

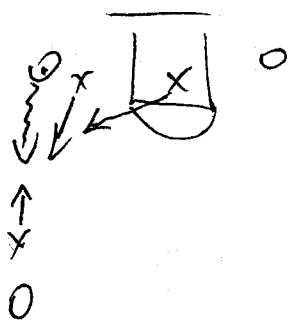
1. Take the pass away down your side
   Be on the high side – take away the gap



Can be slower
Good off. player

2 Terrible 3's

1. Never want 3 on the ball. Taker does not come up



2. Never want 3 behind the ball

- Taker never elevate up the floor to stop the dribble
- Take the up the sideline pass away or form umbrella

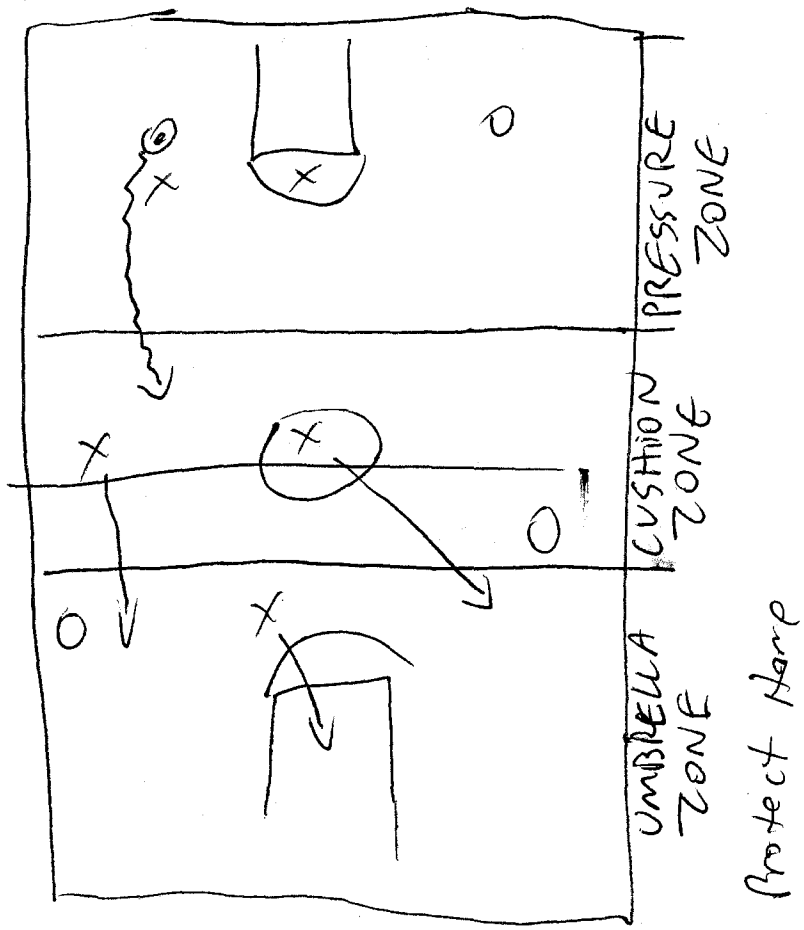
WRONG

Reader:

Best anticipator, Aggressive

If PG goes down sideline, & beats Controller & Gapper, Reader goes to umbrella

2 Terrible 3's – Never have 3 on the ball or 3 behind the ball



Umbrella – Get back but stay on the high side to take away the pass. Don't run under the basket. Still anticipate & play on high side. Don't let them pass it ahead.

– want them to dribble fullcourt & take a pull-up jumper off a speed dribble

"Bad beat" is when the offensive man blows by the controlle
- Don't have 3 behind the ball
- Don't be a hugger or a sniffer

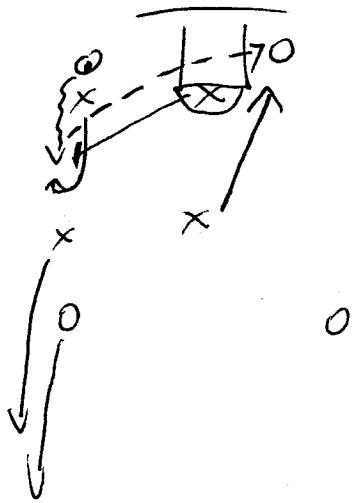
"Hugger" - you are too close to your man
* Huggers open up gaps — Get to quarters

"Sniffer" - you are behind the ball handler
- Try to get a punchout

- If you run this defense right, you will get more steals from behind than the other way.

- If reader sees a bad beat, he goes back & forms the Umbrella

- If BH goes down sideline & you see a turn coming - move on the turn & look to get * an interception



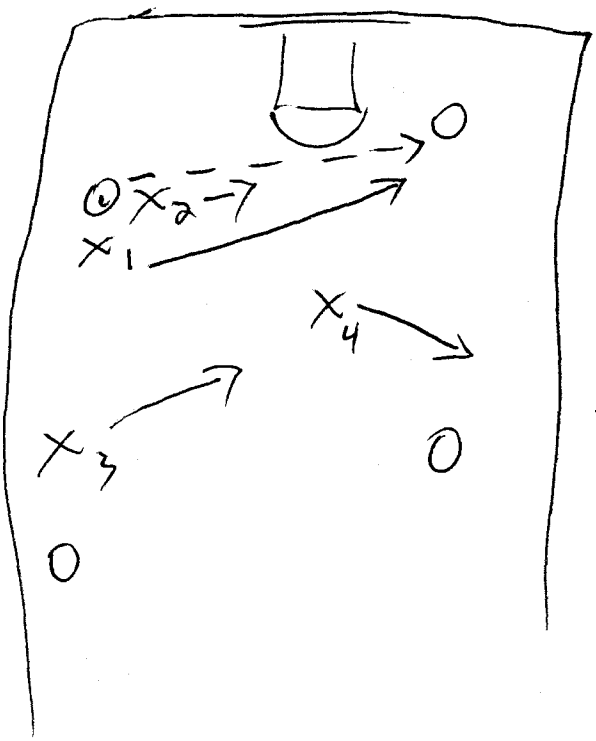
- Good players move on the pass Great players move on the pivot & sprint on the pass

* - On pass up the floor - get to the level of the ball & get to your quarters

- move on every pivot - every player

Down sideline

Taker takes pass away
Gapper & Controller trap
Reader reads when to go intercept & when to stay
if you can't get it, stay & become taker



If trailer is way back don't go for steal
If trailer comes up look to steal

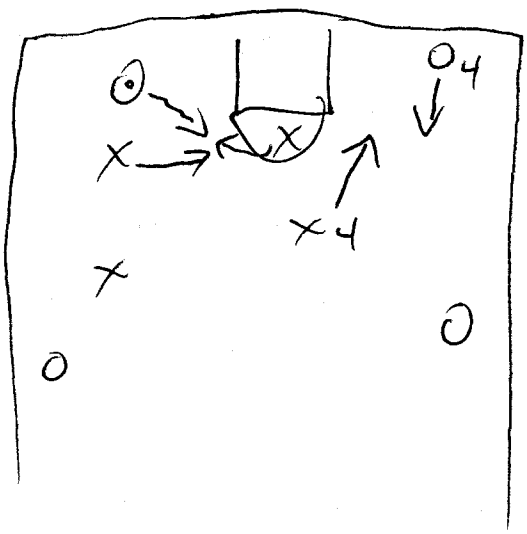
X_4 - can't steal so he becomes taker

X_1 - take the pass

X_3 - becomes reader - take away middle

X_2 - become gapper

Up middle



- If O4 leaks up X4 should go for steal
- If O4 stays back - run & jump & X4 go back & become taker



Reader: a) if he goes hard on sideline & you see a bad beat = form umbrella

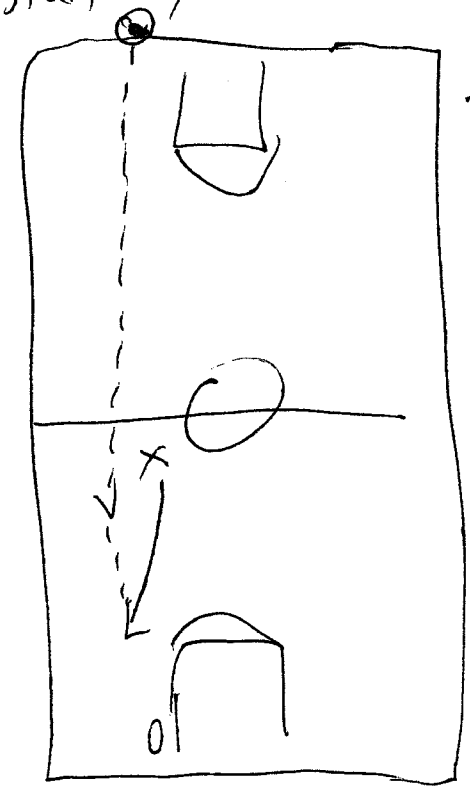
b) If he goes down sideline & we have a trap, if you see him pivot & trailer leaks up = pick it off

- If trailer is too far back = become taker
- Negative passes don't hurt you

c) If he goes middle & he leaks = pick it off
" " " " " " stays back = stay back

Teaser: Tease the inbounder into throwing a full-court pass

start w/ this drill



- The more the teaser elevates up, the more we shut down the middle

- Don't be a hugger
- move when IB arm cocks back
- when the ball is down low = cheat up to half-court
- Don't have your shoulders square to the ball - you won't have vision & you will need to turn

Point pistols at man & ball

- The more pressure on the ball - the more everyone else can cheat *

- 3 Rules: Pressure, Get to quarters, make him dribble

- Anticipate, Look for steals

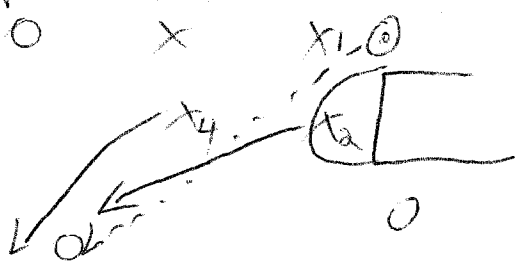
- If RH moves to his weak hand you can cheat even more

- 2-2-1 until the ball is dribbled *

- Passes back don't hurt us (Negative Passes) *

Vertical Traps:

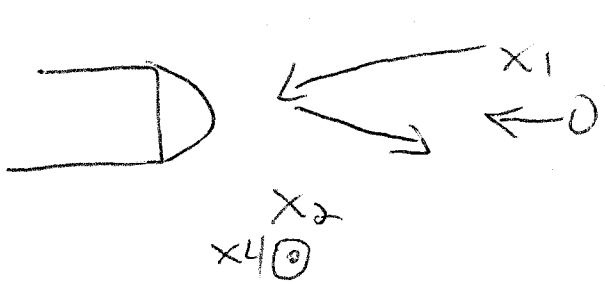
The player in the lane of the ball sprints ahead for the vertical trap.



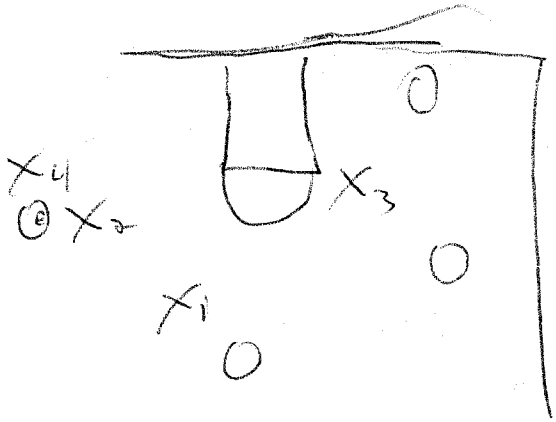
X1 - Get to level of ball & get to your quarter. See it & fix it.

X2 & X4 form vertical trap

* X4 can't pressure so much that he gets beat in the cushion zone because you will have 3 behind the ball. Play a cat & mouse game until X2 gets there — Give a cushion

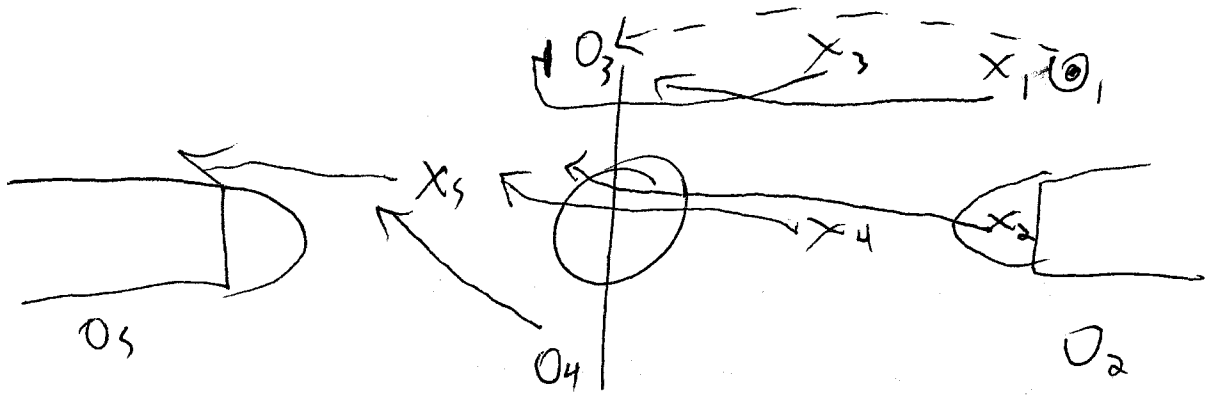


X1 looks to pick off a pass if X2 & X4 have a good trap.

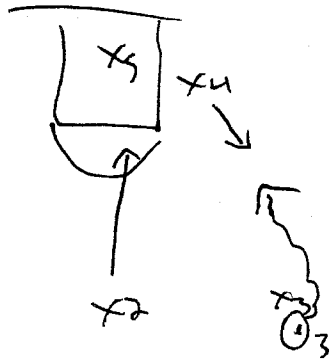


X_3 guards 2 players

Vertical Trap — anytime the ball goes above me in the same zone



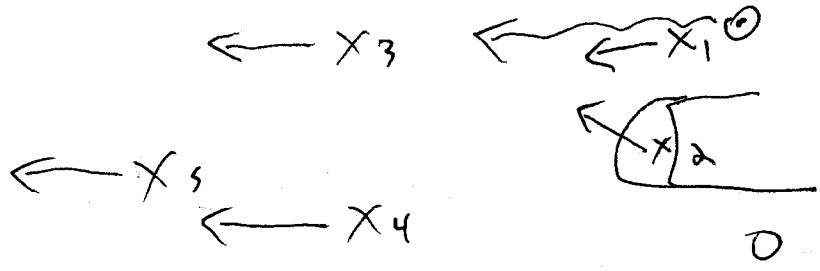
- X_5 & X_4 – get back & form umbrella but get to your quarters. O_3 catches in an outside quarter so set on that side of the court
- X_3 sprints ahead & gives a cushion in the cushion zone
- X_1 sprints ahead for the vertical trap
- X_2 – see it & fix it
- If O_3 blows by X_3, then X_5, X_4, & X_2 form the umbrella



UMBRELLA

- Anytime they catch in the cushion zone & play cat & mouse, vertical trap, see it & fix it, the other 2 form the umbrella

- vs. Bad Beat Dribble down the sideline...

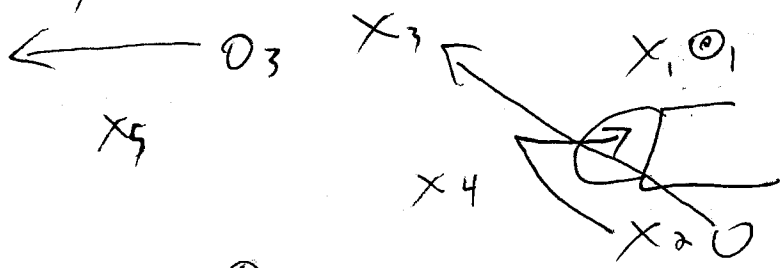


X_3, X_4, & X_5 – form umbrella

X_1 – look to get a punchout

X_2 – try to squeeze BH

Phasing: when your man leaves his area & cuts through
Don't go w/ your man when he leaves your area

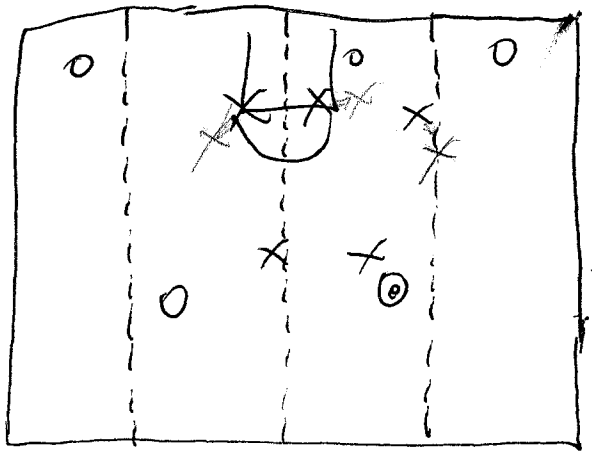


– Go w/ him & then let him go
– If O_3 clears out, X_3 stays & X_5 covers 3 players. when O_1 dribbles X_3 sprints to cover O_3

High Side – in line of ball

Teaser always has long & opposite

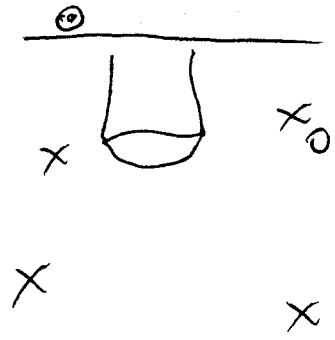
- Have active hands & go for steals
- Leader needs to be aggressive
- Once you get beat - see it & fix it
  Get to your quarters



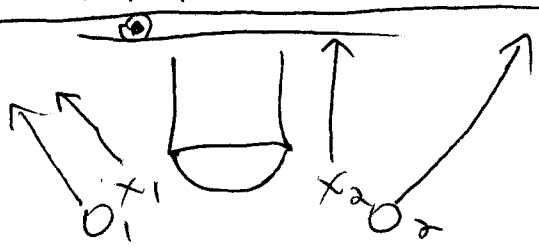
- Ball in the inside quarter so everyone is in the inside quarters in the half-court
- Keep the same pressure on

- It doesn't matter if we have mismatches - keep pressure on them

- 1-UP: Full Denial: If off has one guard up



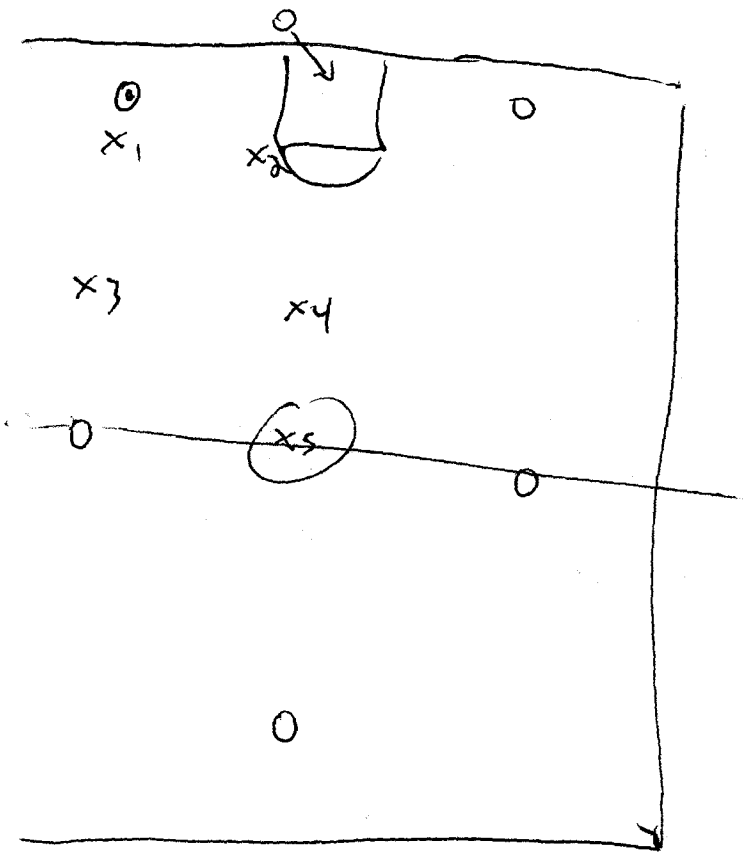
2-UP: Force Corner - 2 guard front



X_1 - strong
X_2 - weak
force to corner

If O_2 goes to other quarter
X_2 - don't hug, play the high side angle

2-up



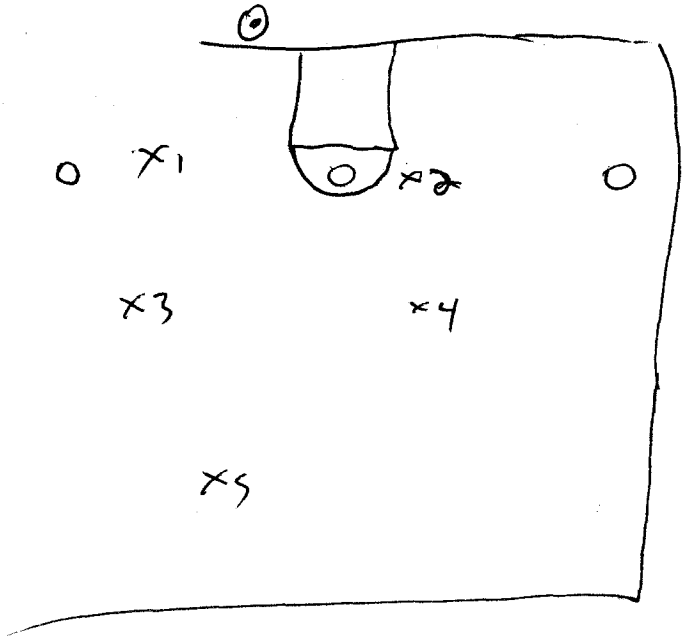
- Drill: run circle - both teams - coach calls out score & bounces the ball & everyone goes to their spots

- Trap: 1) Don't foul 2) Don't get split

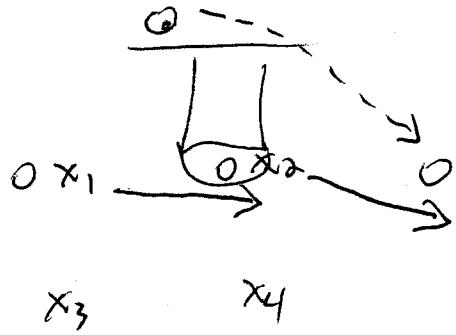
- If you're in the right positions 25% of the time - you're going to be very good.

- Sprint & play hard
- If you bust your tail to get in the right positions; you're going to be successful. *
- Get to your quarters

3-up: keep ball out of middle



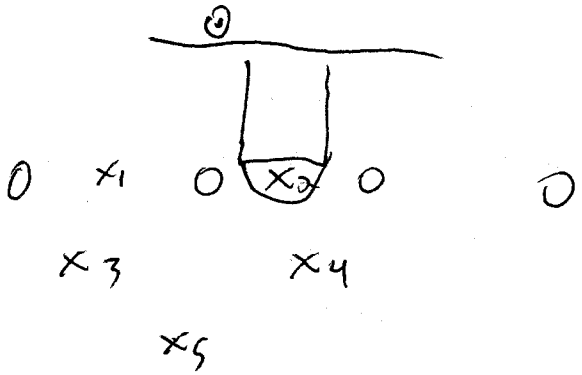
- Leave the furthest away pass
- This is only after a score
- On a dead ball we would man-to-man it



x_2 - Controller
x_1 - Gapper

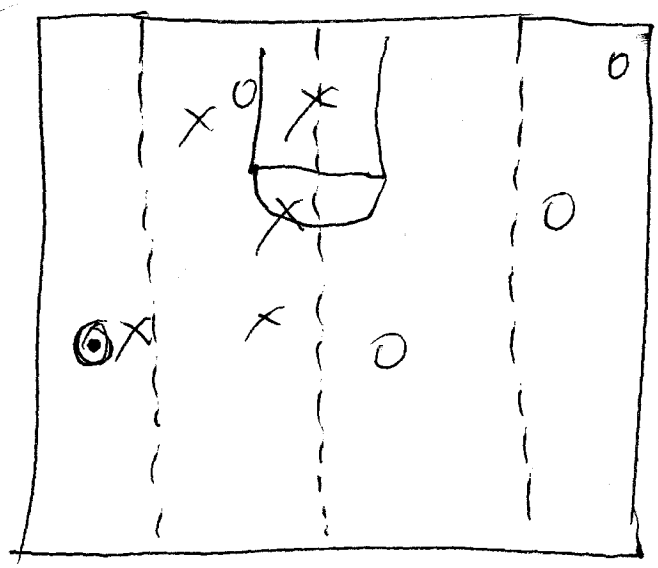
- On the dribble to sideline, the taker retreats. Don't come up - Terrible 3 on the ball

4-up

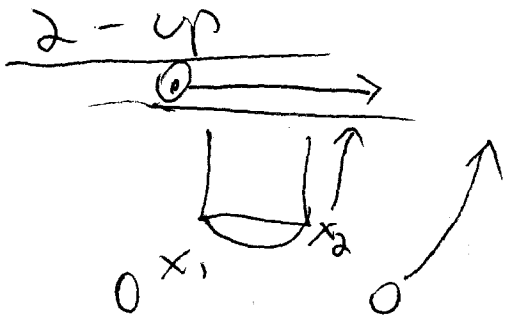


- This is after a score, otherwise we would man up
- run circle drill, get into 4 across, & play live

- Carry over the quarters rules into the half court

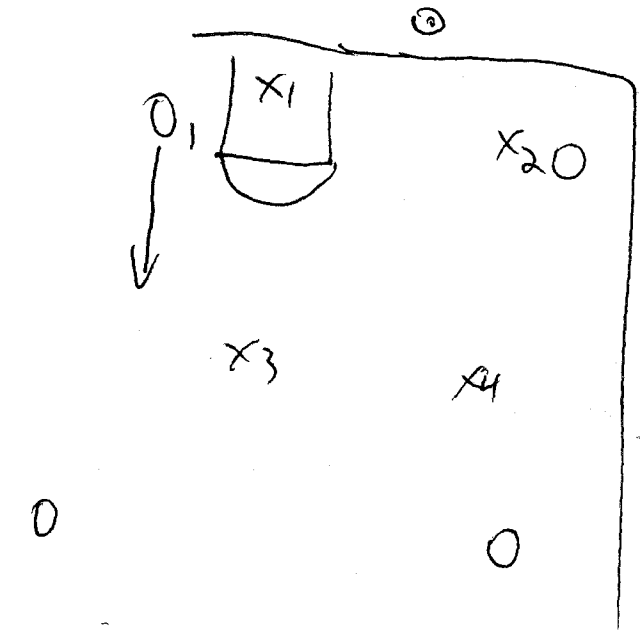


- Ball in outside quarter
- Everyone gets to that half of the court



X_1 - "strong", force to corner
X_2 - "weak", high side

- If inbounder runs the baseline, strong & weak switch. X_2 is strong & X_1 is weak

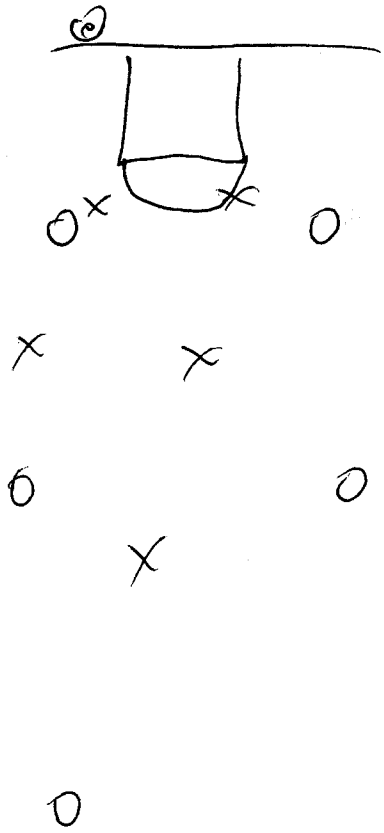


O_1 - goes long - X_1 stays & X_3 takes him

No straight line passes - controllers responsibility. If its a lob pass, he did his job.

No straight line drives

2-up



- Taker, Reader, & Teaser watch the inbounders eyes. He will tell you where he's passing. If he's good he will look long first - respect that.

* - When IB looks short = cheat up (taker, reader, & teaser).

* - You never see an inbounder look right & pass left. Read his eyes - study them

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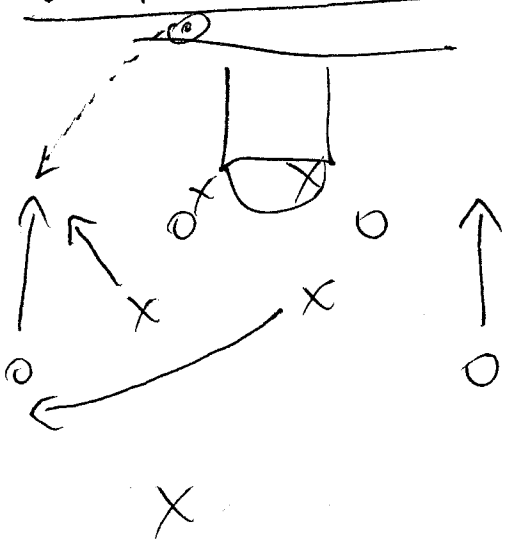
2-up into 4 across

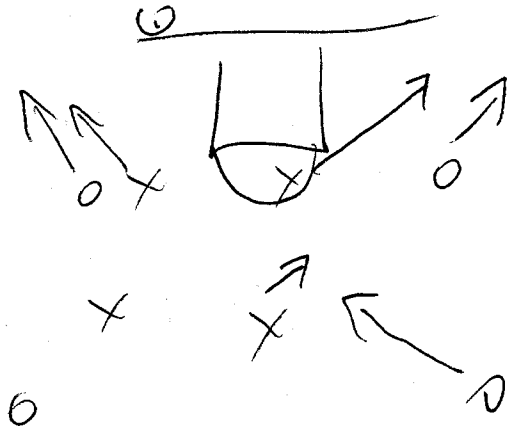
Look at this again



- Taker & reader come up
- Don't mind if they catch in the corner
- The more they jam it up, the more chances to get a steal
- No straight line passes. keep pressure

* - If they throw straight line pass there's not enough pressure
- would rather get beat w/ the dribble

When teams flash into the middle . . .



- reader takes it away

- Everyone guards 2 people except for the man on the ball.
- Getting to your quarters solves 99% of your problems — move on the pivot *
- If you press you will get beat at times _ you must be willing to handle it.

Keys *

1. Pressure
2. Get to quarters
3. Defense begins w/ hard dribble

* — who's hard are they going to play — your hard or their hard. Coaches dictate

* — Same defense in the half-court w/ a few exceptions
- This is their primary defense
- Off & def goes hand in hand — attack
- No excuses. Find a way to win when we don't shoot well.
- This DVD only shows press on made basket. He has a press on missed baskets as well.

Defense- Full Court Press- Walberg

Principles

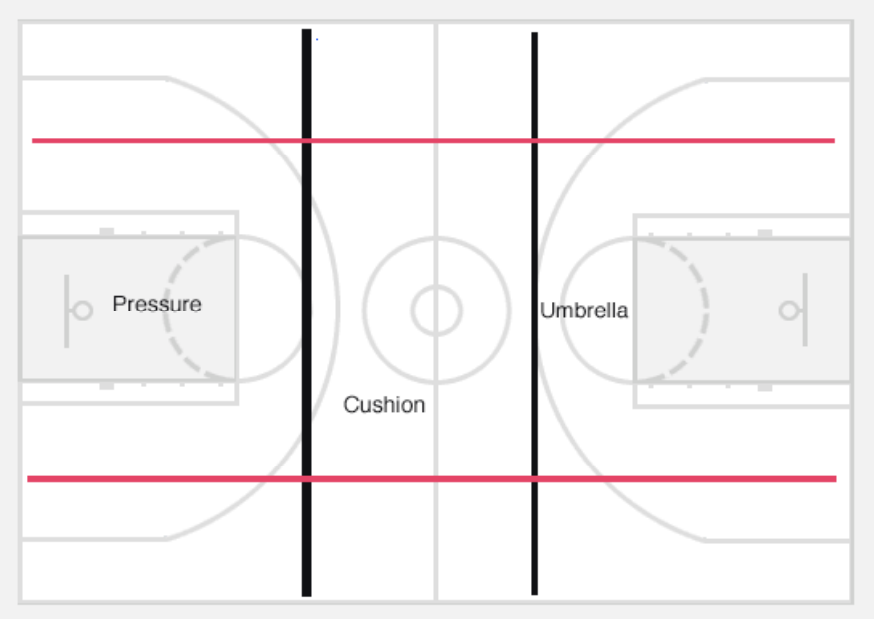
- This defense is designed to see how much pressure can I put on you
- The defense is designed so that in the first 28 minutes we wear you down and the last 4 minutes we play to win
- Take no timeouts in the first half- give them no breaks and just wear them down
- Most players cannot play hard for more than 2 minutes- sub for your team and try to wear the other team out with quick substitutions
- It is easier to wear someone down by making them dribble full court than to be able to pass the ball
- Does not do closeout drills or slide drills- uses FLYOUTS or WALKOUTS
- Uses “just get your ass there ASAP” and “just cover them”
- Want VERTICAL TRAPS- trapping from behind, not on the same plane or they can see you coming
- High side- be above your man in the line of the ball
- If something bad is happening SEE IT AND FIX IT
- Players must move while the pass is in the air, not on the catch
- Move on the pivot- if the offensive man’s shoulders move to your right, move to your right- turn and slide on the pivot
- These things must be drilled with a 4-man shell in the full court
- Players must learn to move in angles and not in horizontal or vertical straight lines
- Allow no lay-ups
- Allow no 3’s to their best shooter
- Challenge every shot with HAND AND VOICE
- If a team starts to beat your press with 1 or 2 players, deny the inbounds
- Always know where the point guard is
- During the first possessions of the game, study how the other team is trying to break your press
- Name different press intensities with a color

Three zones of the press

- Pressure zone- the ball is pressured and the ball handler is forced to dribble
- Cushion zone- if the ball has entered this zone, the defenders give cushion so as to still cover the ball but not allow easy penetration into the offensive zone
- Try to allow no passes into this zone (impossible but try anyway)
- Do not get 3 behind the ball
- Jab and recover- allow cushion but apply fake pressure
- Vertical trap zone- trap from behind with the Controller and the Gapper
- The Gapper becomes the SEE IT AND FIX IT person if things start to fall apart- he looks for the next open man
- Even as the ball gets to the high side, continue to play on the high side and do not become a hugger
- Umbrella- the normal half-court defense zone where the players are helping each other to form the umbrella to cover the basket- trap all pick and rolls
- As the ball travels down the court, you can have 2 defenders trailing the ball but you cannot have 3 or the defense will break down

Four quarters of the press (and normal defense)

- If the ball is in an inside quarter, all defenders are on the inside quarters of the floor
- If the ball is in an outside quarter, no matter where your man is, you are on that side of the court that the ball is on
- Guard people with an open foot position and not a deny stance



Rules

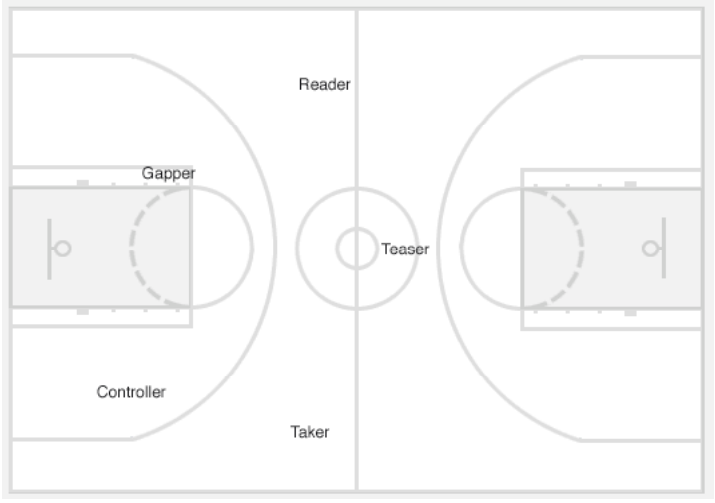
- Pressure the ball
- No offensive player is allowed to make a straight line pass if the ball is above his head
- Yell “PRESSURE, PRESSURE, PRESSURE”- this will cause some discomfort to the offensive player
- Cause them to SOY- soil on yourself or to PTP- pee their pants
- You may do this press in any variation (man, 1-2-11, 2-2-1, 2-1-2, etc.)
- Do not be a HUGGER- a defender that is too close to his man
- Do not be a SNIFFER- a defender that is behind the rear end of his offensive player- get ahead
- When subs start to enter the game, SOY starts to happen
- You must cover each others back
- The controller guards 1 person while everyone else covers 2
- You may not start your best 5 as you may want your best 5 to enter once fatigue is starting to occur

Positions

1. **Controller**
    - Must be one tough SOB
    - Pressure the ball
    - Make the offensive player put the ball on the floor
    - Will need 3 players to fill this position as they may get into foul trouble
    - May not be your best point guard to start the game but someone who is able to get ahead and to stop the sideline dribble
    - Must be able to zig-zag his player- MUST GET 1 BACKCOURT TURN

- Can get 3 fouls in the first half (you are playing 3 people)
- Guards 1 person
- May not be able to shoot

2. **Gapper**
   - Will always turn to be a trapper when the ball is dribbled sideline
   - Will run and jump the ball if the ball is dribbled middle
   - If the ball switches sides of the floor, the Controller and Gapper will switch roles
   - Trap from behind if the Controller is doing his job or sprint ahead hard to trap on top if the Controller becomes a sniffer
   - Punch out- tap the ball from behind
   - Phasing- if the person in your zone clears out, you must backpedal and stay in a gap until the offensive player has phased into another area and you can turn him over to another player
   - Do not get gapped- back pedal and phase your player until he is released
3. **Taker**
   - Take the sideline pass over half court away
   - Can be a slower player
   - Must be smart
4. **Reader**
   - Must be the smartest guy
   - Goes for steals all of the time
   - He is reading what the ball is doing and where the ball is going to go
   - If he reads the offensive player beating our defense, he sprints to get within the umbrella
   - If he reads the trap coming, he looks to intercept
   - If the ball goes middle or switches sides of the floor, he becomes the Taker and switches roles
   - Must not be in the same plane as the Taker- Reader is up and Taker is back
5. **Teaser**
   - Tease the ball handler to throw the ball to your man
   - His eyes must be on the ball and the offensive man's shoulders
   - Once he sees the offensive man's eyes taken off of the lone pass, he must get further from his man



If you have players that bitch about playing time, make them a Controller and they will commit move fouls and have to sit

The offense will use different press break alignments- after the ball is inbounded the defenders get to their quarters
By pressing the whole game, the game becomes longer as you will get more possessions and shots (a 32 minute game will seem like a 40 minute game)

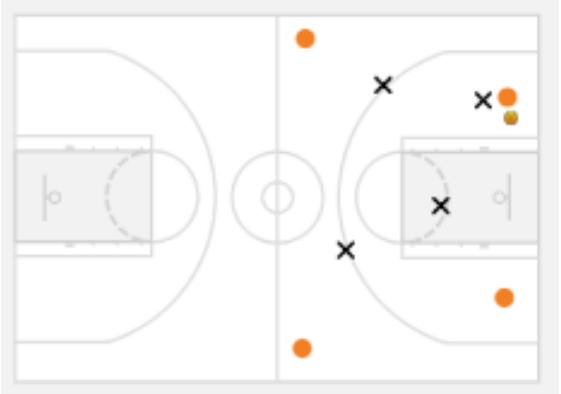
Press off of missed baskets
Use a 1-2-1-1 alignment
The back man (teaser) must get back

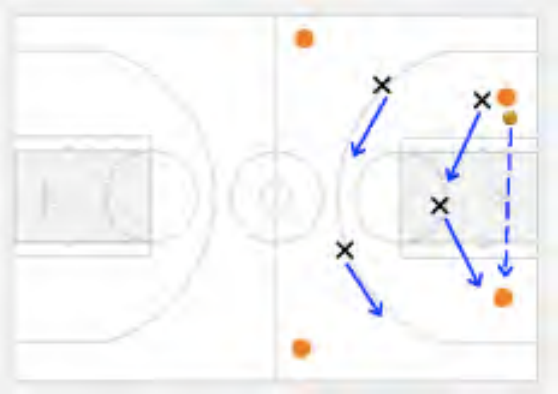
Does not do any conditioning drills- the only running drills he does is losers run and down and back in under 10 seconds touching lines

Drills

1. Full Court Shell

- Guard to Guard
    a. The guards pass the ball back and forth to each other
    b. The defense must make adjustments to pressure the ball, get into gaps, get into the correct quarter of the court and to not play on the same plane





- Guard to Guard then up the sideline- play live on the dribble
- Guard to Guard then up the middle- play live on the dribble- guards cannot get split, but if they do get back into the umbrella





2. **10 Liners**

- 1 day/year
- Team is split into 2 groups
- The groups must do a down and back in under 10 seconds while touching lines
- Do this until it is successful for 10 times
- All group members must make the 10-second time limit and touch the lines for the trip to count as a success (his team had to do 27 last year to make their 10 trips)
- This helps the team get closer as they pull for each other