
Men's Basketball
HoopScoop
It is a Coach's website designed to help all basketball coaches out.

Rockets-Nets notes 3/29

Emphasis: Rockets O

Coaches –

I've attached a couple sets from the Rockets-Nets game I recorded Tuesday night to breakdown. The first is an excellent misdirection set out of a 2-3 high alignment and the second is a triple screen out of a "Horns" alignment that has two secondary options, one being a clever action I will discuss more in a second.

Quick thoughts on the game that may help….

It was clear that Rockets' coach Rick Adelman (and the assistant with the scout) put a target on gangly Travis Outlaw's back in his pre-game preparation. Outlaw was assigned to Rocket's three-man Chase Budinger for much of the game and spent much of the first half going through a multitude screening actions on the defensive end. Budinger's strength as a catch and shoot player who excels moving without the ball was an awful mismatch for the ungraceful Outlaw. So despite having a red-hot Kyle Lowry, a scoring post presence in Luis Scola, and an offensive juggernaut in Kevin Martin, much of the offensive emphasis ran through Budinger early on.

While Budinger's game line was rather unimpressive (4-11, 10pts) he missed a few open looks, passed up a few he should have taken, and garnered 3asts in game that was over by the end of the third quarter. Other beneficiaries of this strategy would be Patrick Patterson (13pts, two assisted baskets from Budinger) as well as Chuck Hayes and Jordan Hill (combined 12 offensive rebounds a few came as a direct result of crashing the glass while their defenders helped out on Budinger's cut).

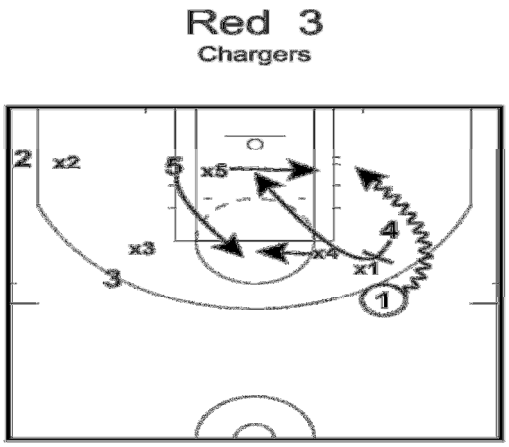
Another team concept that caught my attention wasn't so much something that was plainly evident, but more the absence of something. In an NBA game where ball screens are used somewhere in the neighborhood of 70% of all offensive possessions, the Rockets had three possessions in the first half (according to my unofficial count) in which they used them. Two of which, came when point guard Goran Dragic (formerly of the ball screen heavy Phoenix Suns) entered the game for starter Kyle Lowry. Those two most likely are a result of Adelman wanting to help put Dragic in comfortable spots given he was a mid-season acquisition.

The Rockets currently rank 6th in offensive efficiency despite not having multiple, dominate isolation/post players or a heavy use of ball screens.

One final note: The triple screen ("Red 3") that I've attached has an action that I think is quite hard to defend at the NBA level and could perhaps be used at all levels depend on skill sets and basketball IQ. After the initial action has left the 1 and 4 on the weak side, the 4 moves to screen down for the 1 who comes off in a curl or straight cut to receive the ball from the 3 at or near the right wing.

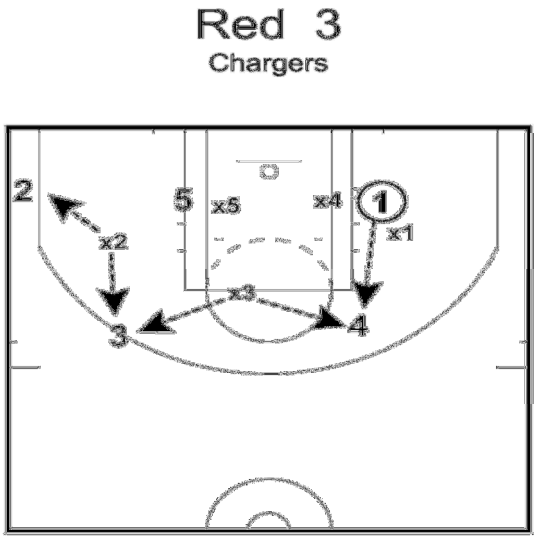
With the vast majority of the teams at the college level (and most at the NBA level I'm sure) requiring their defenders to trail on screens, this puts the opposing defense in a tough spot (especially X4, the 4's

defender). With X1 trailing the 1 through the screen, X4 must offer curl protection toward the midline of the court. With the 4 simply pivoting and re-screening for the step-up ball screen, X4 is now unable to hedge or even soft contain with any effectiveness. With a rolling 4 man, the defense is probably in least vulnerable spot as X4 will most likely stay high (assuming the 5 on the left block roll-replaces) and X5 looking to try and both contain the 1's unimpeded drive to the basket and the 4's roll as shown below:



However, what made this action particularly tough to defend is Patrick Patterson's ability to shoot effectively from 18-20ft. In the Houston game, Patterson screens X1 then pops high. Now the defense is in a real scramble mode. If X4 is unable to recover from his curl protection to cut off the 1's drive, X5 must slide over and X2 must come down to cover the 5 on the left block. Lobs and rebound put-backs are now a huge concern for the defense.

If X4 can recover, the Rockets ability to space the floor with deadly 3pt shooting wings (Courtney Lee – 43%, Kevin Martin – 39%, Chase Budinger – 35%) still causes major problems for the defense. If the 1's penetration is stopped by X4, the ball will most likely be kicked out to the popping 4 man…and now comes decision time for X2 and X3.



With good ball movement, the defense will most likely end up surroundering one of the following:

A) – A wide open 20ft jumper to Patrick Patterson (No long 2%...sorry)

B) A wide open 3pt shot from Chase Budinger (35%)

C) A wide open corner three from Courtney Lee/Kevin Martin (43%/39%)

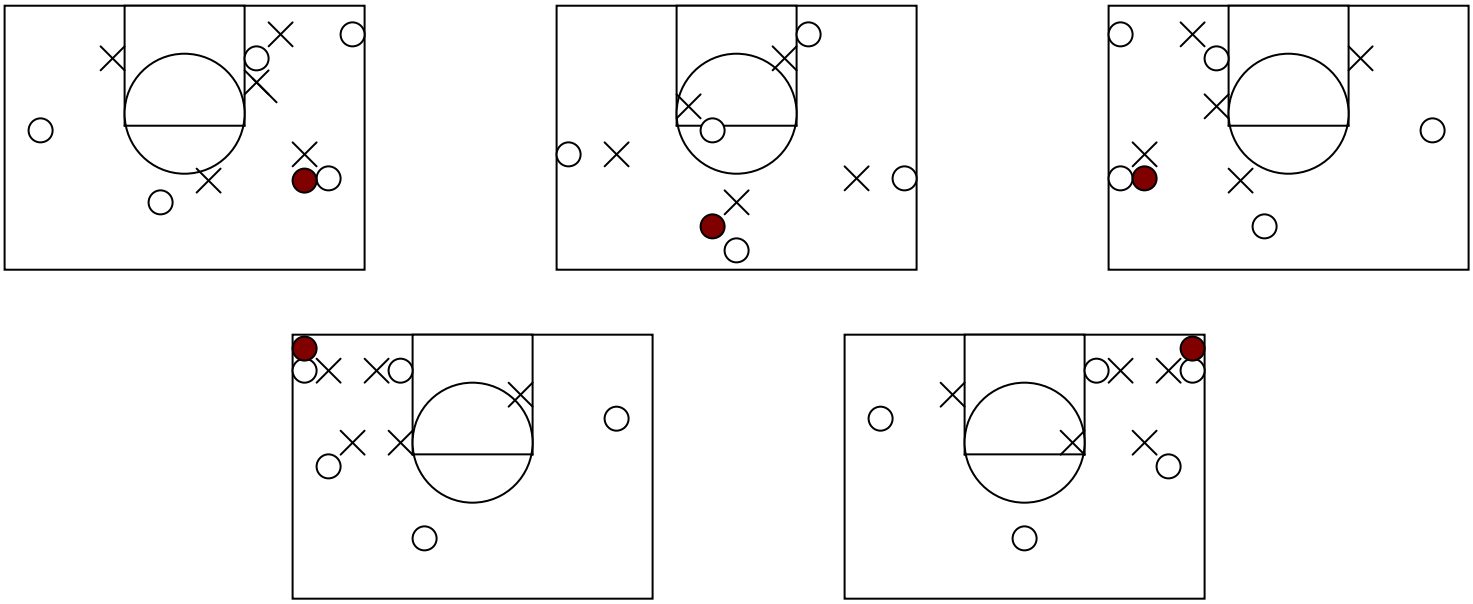
Not fun to be a defensive coach in this spot!

1-3-1 ZONE BASICS

5 RULES:

1. **Stand in the correct stance (hands out and legs wide)**
2. **Watch the eyes of the passer (following the eyes will often lead you to the next pass)**
3. **Move when the ball is in the air (air time allows you the defender to be in the correct position/alignment)**
4. **Look for deflections from teammates (offense will look to make a pass overhead, get it tipped, and come right to you for a steal)**
5. **Hit the boards MAD (everyone crashes the boards like a "WILD MAN", in our case "WOMAN")**

BASE ALIGNMENT(S):



EACH DEFENSIVE POSITION, IN THE 1-3-1, CAN GUARD MORE THAN ONE OPPONENT AT THE SAME TIME

X1 = is on the baseline (bottom) of the zone and main defense area are the corners of the court *(FORCE MIDDLE FOR HELP)*

-when ball is on either wing, X1 is one step from the lane and one step from the baseline, protecting the paint

X5 = is in the middle of the zone, covering whomever comes into the lane *(FORCE MIDDLE FOR HELP)*

-X5 always maintains a "between the ball and hoop" stance

-X5 will occasionally (rarely) offer help to X1 in a corner (if the shooter from the other team is there and X5 can get there 1ST

X4 = is on the top of the zone making it hard for a reversal pass of any kind *(FORCE MIDDLE FOR HELP)*

-X4 also makes sure to protect the elbows when the ball is on the wing and/or in the corner

-X4 stays in the lane line extended area, maintaining a position in passing lanes when no high post is a threat

-X4 needs to crash weakside rebounds when shot is put up from wings

X2 and X3 = have similar jobs and they are on the wings *(FORCE MIDDLE FOR HELP)* (in stance similar to X4 when on ball)

-when the ball is on their wing, they force to the middle--pinch w/#4 to keep out of middle (sometimes looking for a weak hand)

-while the opposite wing, in this scenario, is playing the opposite block area, not quite in the lane

-when the ball is in the corner, the wing assumes a stance making it difficult for ball reversal (denying the pass)

-wings opposite the corner scenario, offer weakside help in the post if necessary (closer on good posts, further towards the top of the key when they read a possible weakness in the players, allowing for a quicker sprint to their wing side on a skip)

WINGS, WHEN ON THE WEAKSIDE, CRASH THE BOARDS VERY HARD---BOX OUT BIG TIME!!!

RULES OF THUMB: (for 1-3-1 defense)

1. **Always four defenders on one side of the floor when the ball is on the wing**
2. **Closeout with hands high and quickly**
3. **Stay in your stance (don't stand) and pressure the ball handler**
4. **Active hands and alert eyes**
5. **Communication with teammates**

1-3-1 BREAKDOWN DRILLS

SHELL DRILL: **(3 players on top of zone #2, #3, #4 run a shell drill 3 vs. 5)**

--work on zone rotations

--wings always drop to opposite low block when the ball is on the other side of the floor or in the corner

(can cheat up to anticipate pass---comfort level or they can cheat over to help on a strong post player)

SHELL DRILL: **(2players in the middle of the zone #1 and #5 run a shell drill 2 vs. 5)**

--work on zone rotations

--bottom stays in until the pass goes to the corner

VS. AN OVERLOAD:

--work in a Shell Drill here (5 on 7) and work on rotations vs. an overload

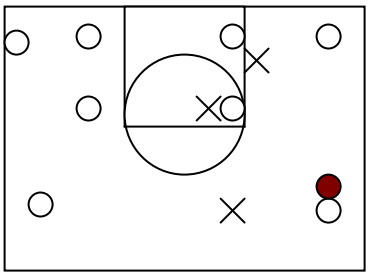
5 VS. 7 DRILL:

-- work in a Shell Drill here (5 on 7) and work on rotations (vs. lobs, skips, reversal, etc…)

--try to get ball in specific areas to work on the specific rotations/reads

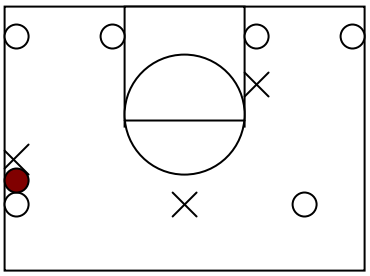
ROTATIONAL DRILLS:

Middle 3 rotations drill



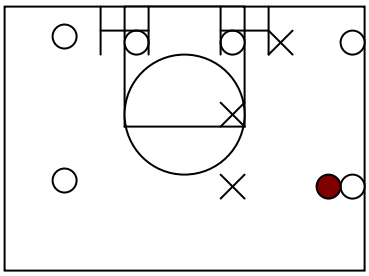
Pass to diagonal no shot
Pass from coach to corner, can shoot

Wing rotation drill



Wings force to middle
Coaches drive gap, make wings/top pinch

Bang the bottom drill



Bottom offense screens the defense
Bottom screeners-hold, move,etc…

In each of these scenarios, make the players on defense react to the passes, drives, and shots during the drill---keep drilling until the players know the rotations…

1-3-1VS. SCREENS

AWAY FROM BALL (SCREENS):

--cheat thru the screen, anticipate it

--WATCH for diagonal pass when wing is screened, help with the middle person (#5) to fill the space

ON THE BALL (SCREENS):

--help on the screen thru a rotation and once thru the screen rotate back into position

ANY OF THESE SCENARIOS FORMS A "NATURAL" TRAP ON THE SIDES OR IN THE CORNERS!!!

TRAPS

HALF COURT TRAP SCENARIO: (RED)

--trap (sprinting) the corners near half court with #4 and (#2 or #3) vs. the wing/guard of the offensive team

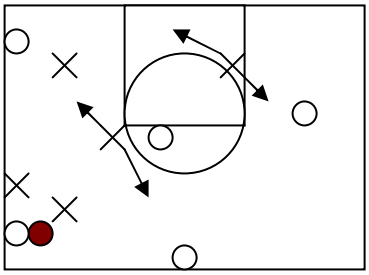
--hands high and feet active

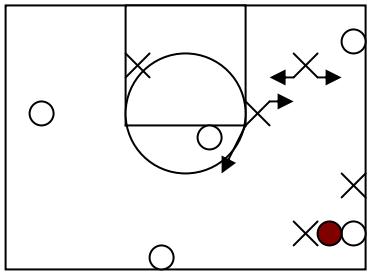
--#1 plays 2-3 steps off the lane/baseline

--#5 looks to dead front in the post or side front (ball side only)

--opposite wings (#2 or #3) plays centerfield and anticipates by watching the offenses eyes

--rotation as follows:



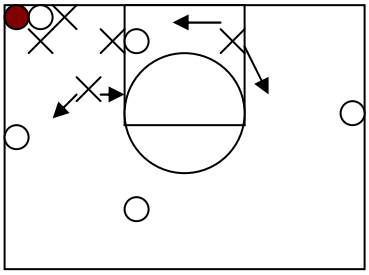


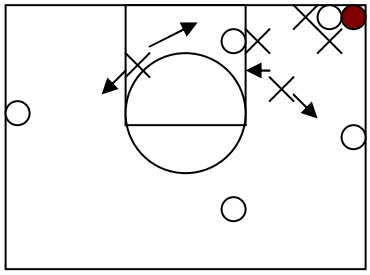
HALF COURT TRAP SCENARIO: (BLACK)

--trap (sprinting) the corners near the baseline with #1 and (#2 or #3) vs. the wing/guard of the offensive team

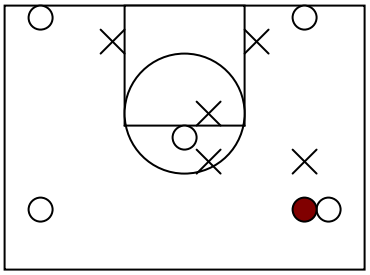
--hands high and feet active

--rotation as follows:



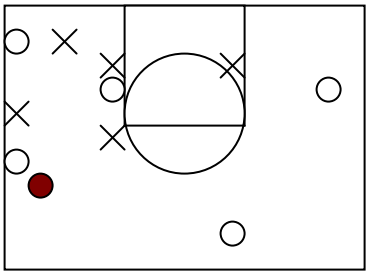


MIDDLE OPTION: **watching the high post presence (dominate post—hurting us on offense)**



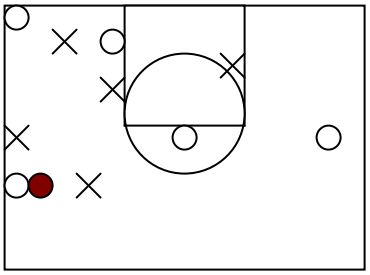
X4–-drops back into the lane to watch the HIGH post (if hurting us in the post)
Defense will let the pass go from wing to wing (make them take an outside shot)
at which time the X4 defender can look (anticipate) to pick off the pass on reversal

SLOUGH: **watching the medium post presence (dominate post---hurting us on offense)**



X4—drops back into the medium post area and helps defend the post

SHADOW: **vs. a STAR player (defense maintains a position in which they are one step closer to the STAR player)**



X4---in this situation needs to shadow or be one step closer to the STAR player, it
may be someone else on defense that needs to take a step closer to the STAR player too

Blair Academy Coaches Clinic 6/21/11

Mike Dunlap St. John's

- Don't trust winning/ Find out about yourself when you lose
- Be who you are/ What do you believe in?
- Pete Newell- "Keep an open mind"
- Innovate within your system
- NBA- 9 ways to defend a pick & roll
- Assistant coaches want to change things prematurely

Sideline Pin

- Keep the ball on the sideline
- Push the ball baseline/ 2 on the ball

St. John's Defensive Branding

- Ball pressure- make them uncomfortable
- Rotation without hesitation
- Rebounding

- You find out what your players learn when they talk to the media
- Mistakes happen on 3rd reversal pass
- Opinions must be supported with facts & #'s
- Get the ball to the sideline- " 4 in the box"
- "Repetition leads to clarity"
- Watching more video leads to the game slowing down in your mind
- There is a 17% decline in shooting % on contested shots
- If you're late on closeout, it's okay to fly by a shooter
- Get "perfect" out of your coaching vocabulary
- Over coaching takes away from aggressiveness

Fronting Low Post

- They will settle for ¾ front
- Ass to knee caps
- Trap on drive
- Corner to top ball movement- get on top of offense

- Stunt- attack the dribble on help situations
- Run your head thru the ball

Rotations Situations

- Advantage/disadvantage drills- 5 vs 4/ 4 vs 3
- They keep their bigs under the rim & don't rotate up in the back of their zone

Negatives of Zone

- Rebounding- How many on weakside?
- Larry Brown- cover boxes & elbows
- Box out your "spots"
- Pursue the ball- seek the collision
- Cover the 3 point line
- Transition Defense- closest man stops the ball

Pluses of Zone

- Team Mindset
- Disruption- What are you doing to disrupt your opponent? Practice
- Less actions run vs zones/ Allows you to work on your fundamentals in practice
- Protect your great players
- Fastbreak
- Practice time for your opponent is less

General Thoughts

- Elbow coverage is crucial
- Trap ball at elbow
- Guards are on a pulley system
- They do all M-M drills in practice
- Teach slowly
- Energy level as a teacher must be high/ Focus/Stay on point

4 on 5

- Must dribble ball across ½ court
- Once pass is made in ½ ct- no dribble
- Shoot it any time
- Work on shot selection
- Ball pressure
- Natural rotations
- Rebounding/ Run in transition

Drills & Random Thoughts

- Part/Whole or Whole/part teaching?
- John Chaney was a whole- very little parts
- NBA guys are whole
- Scrimmage early- provides evidence in what you see
- Must defend pick & rolls in zone
- "Devil is in the details"- what do you stand for?
- Hands/ Closeout with proper hand high
- Talk

- Jump to pass
- Spot rebounding

1-1-3

- Can be used as a secondary defense
- Would play 2-3 as secondary defense if you're primarily a M-M coach
- It's easier to be lazy in a 2-3 zone then a 1-1-3 zone

Deflection Chart

- What are your values?
- 50/50 balls
- Deny post
- Tipped passes

- When coaching- "Praise, prompt & leave"

Trapping

- What are your automatics?
- Makes you more aggressive
- Coach to aggression & you can pull back later

- Positional meetings with staff- football concepts

- Bad practices are usually a reflection on the head coach

1. Attitude
2. Energy
3. Bad planning

- When doing individual improvement- be specific
- Assistant coaches must be positive & have energy
- Video should be short & sharp
- Allow players to like watching video- you can't kill them every time they watch video or it will become a negative for them

Coaches Roundtable after Mike Dunlop spoke

- Do you run pick & roll at end of shot clock? Several coaches said no as they are afraid of late trap

Low Post Double Team concepts

- Box to box- Spurs do this
- From the top
- "Yo-Yo'- Fake double team- takes away aggressiveness of post player
- On catch/ on dribble

Conditioning

- Dips, pull-ups, pushups,crunches
- Assign a # to each exercise that must be made
- How many rounds can you get in an assigned # of minutes?

Free Throws

- 2 at a basket
- Basket can't miss 2 in a row
- Give them a set # of minutes to shoot
- Shoot 1 & 1's

Bob Hurley concept

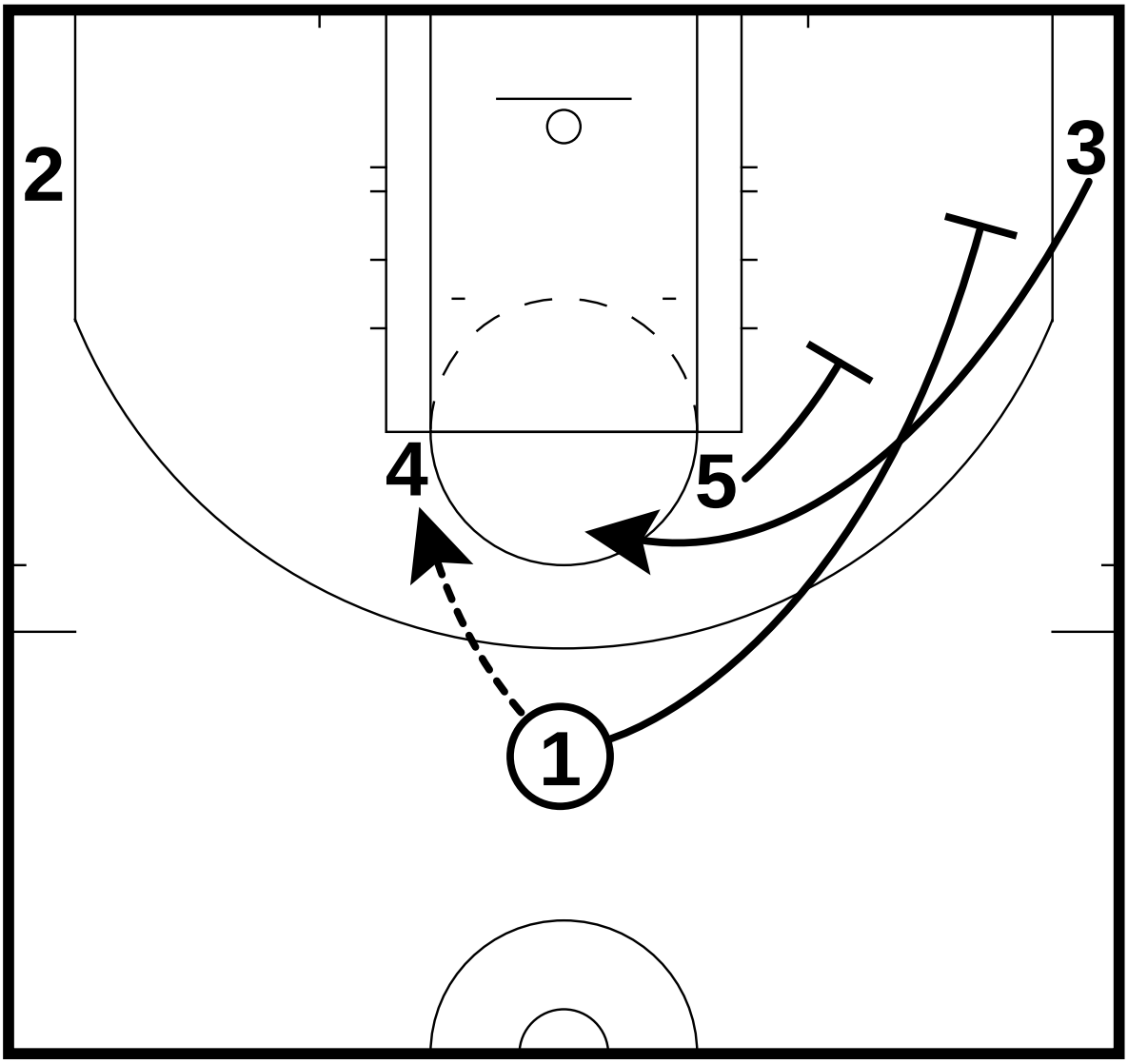
- Play it through the net
- On a score, fight for the ball & play it live, offense can score right away
- Don't take the ball out of bounds if the defense gets ball after a score

Do situations at the end of a drill to validate the winner of a drill

-

Chapter

Red 3
Horns



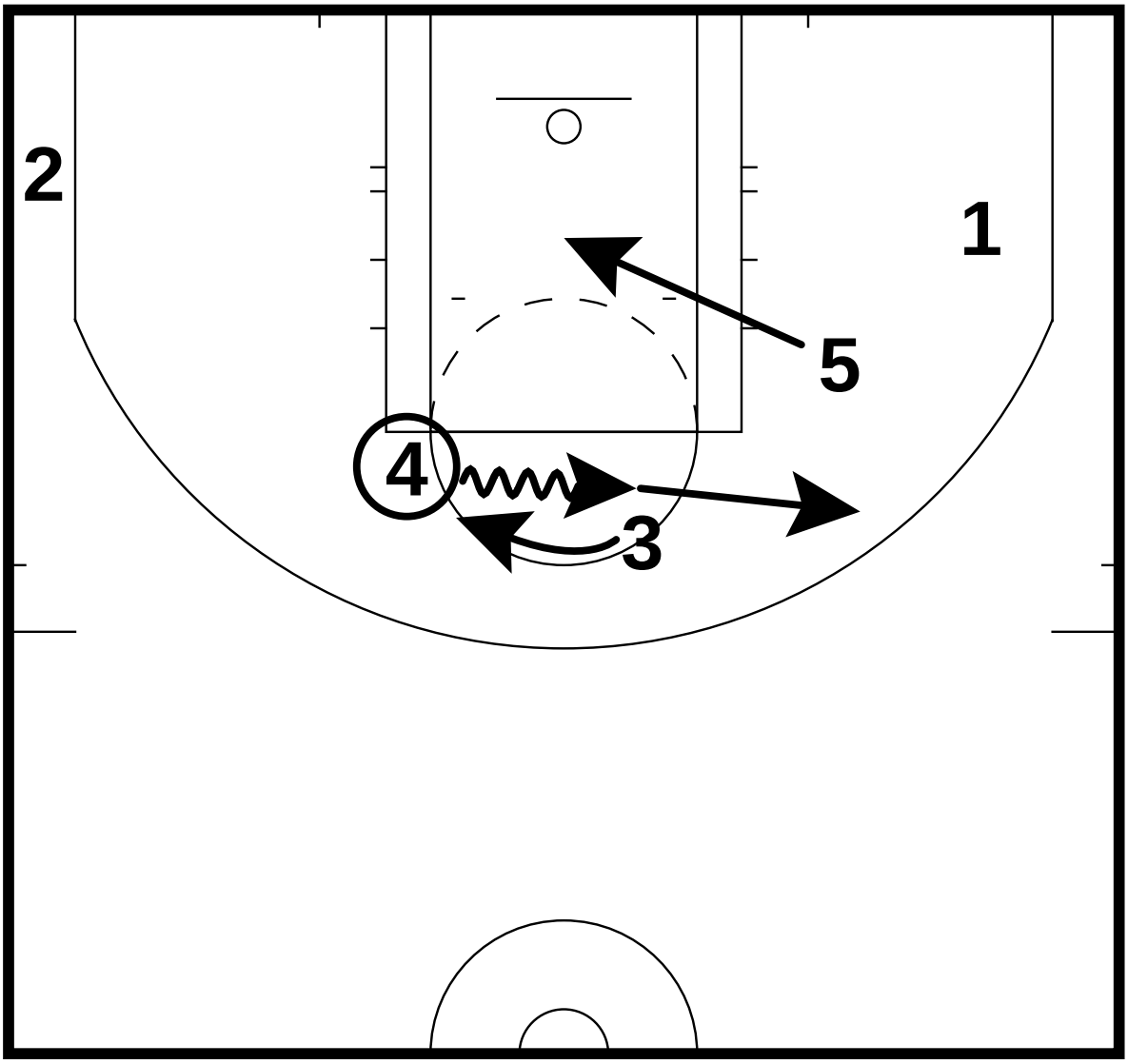
The action starts with the 1 entering the ball into the 4 high on the left elbow.

The 1 and 5 then move to screen down for the the 3 in the corner. The 3 moves off the screen toward the 4 at the left elbow.

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Chapter

Red 3
Horns



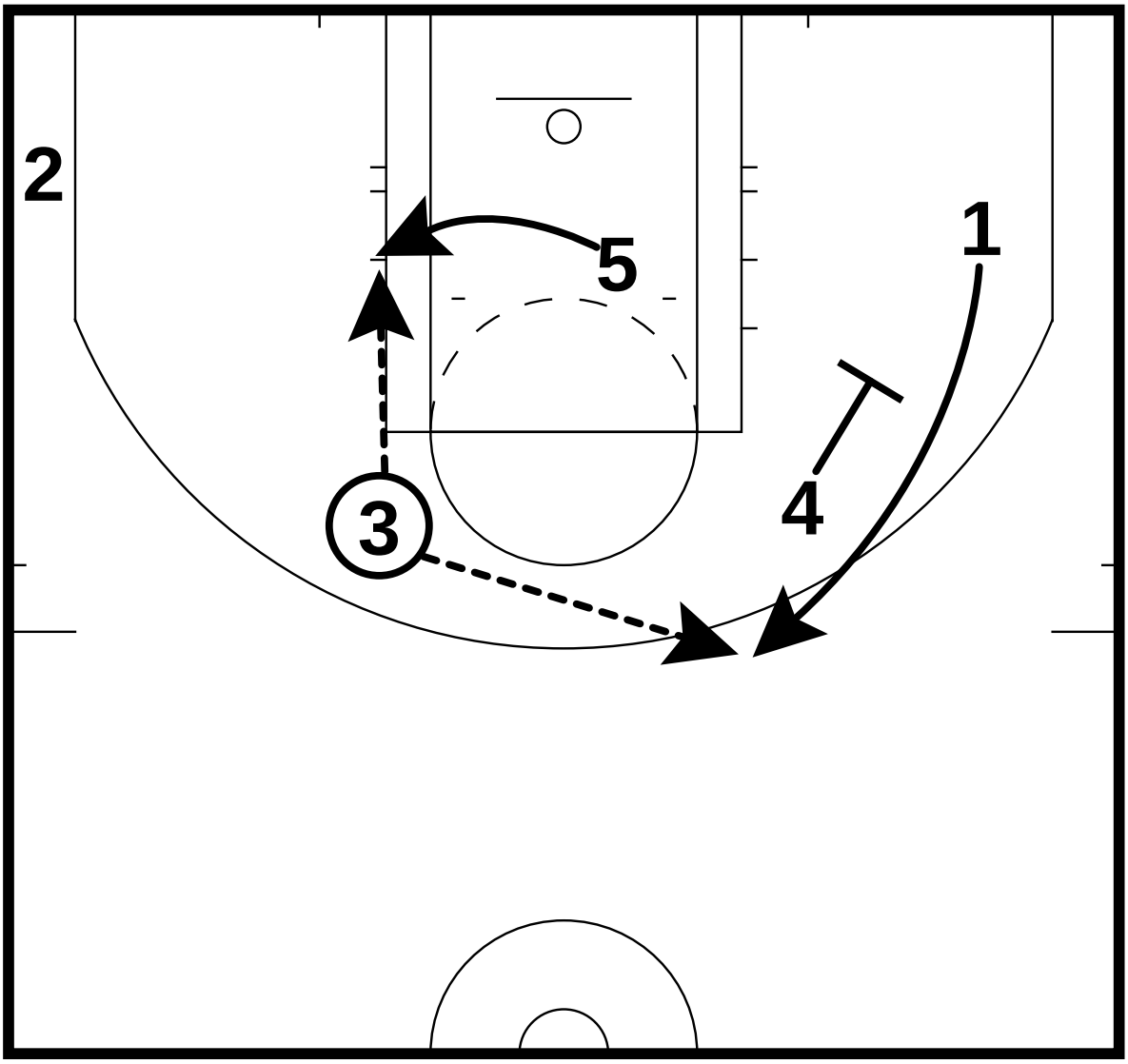
The 4 then moves to perfrom a DHO with the 3 creating a third screening action for his defender to get through.

The 5 has already slipped toward the basket and after performing the handoff, the 4 spaces high on the perimeter.

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Chapter

Red 3
Horns

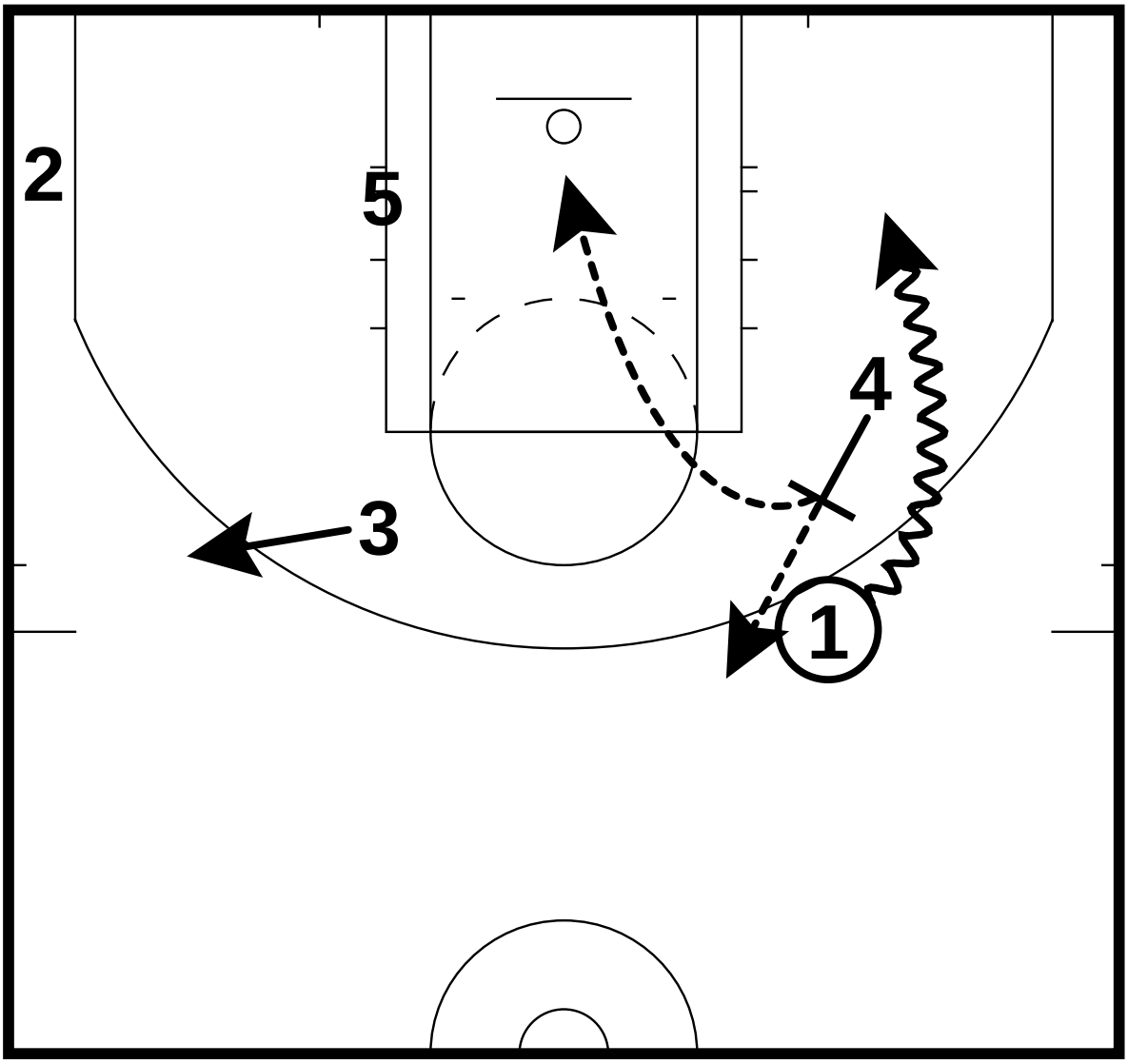


If the 3 does not have a shot coming off the screens. He look to enter the ball into the 5 (if the 5 is a post threat or has a seal) or hit the 1 coming off the 4's wide pin down.

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Chapter

Red 3
Horns



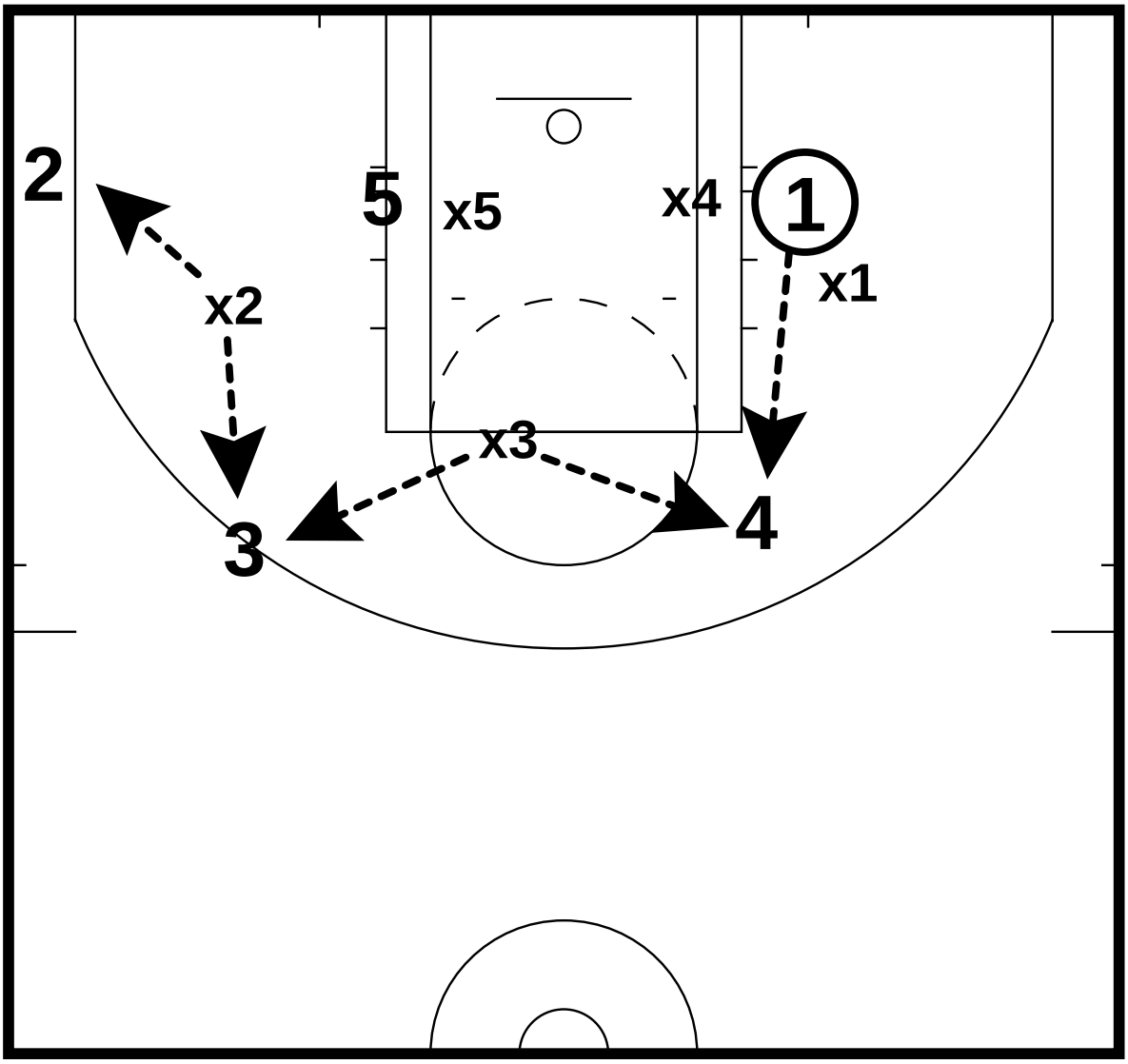
The final action of this set is the 4 turning back around for the 1 and setting a step-up screen toward the baseline and either rolling to the basket or staying high behind the 3pt line depending on his skill set.

Note: If the 4 rolls, the 5 should look to come high in classic roll replace action.

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Chapter

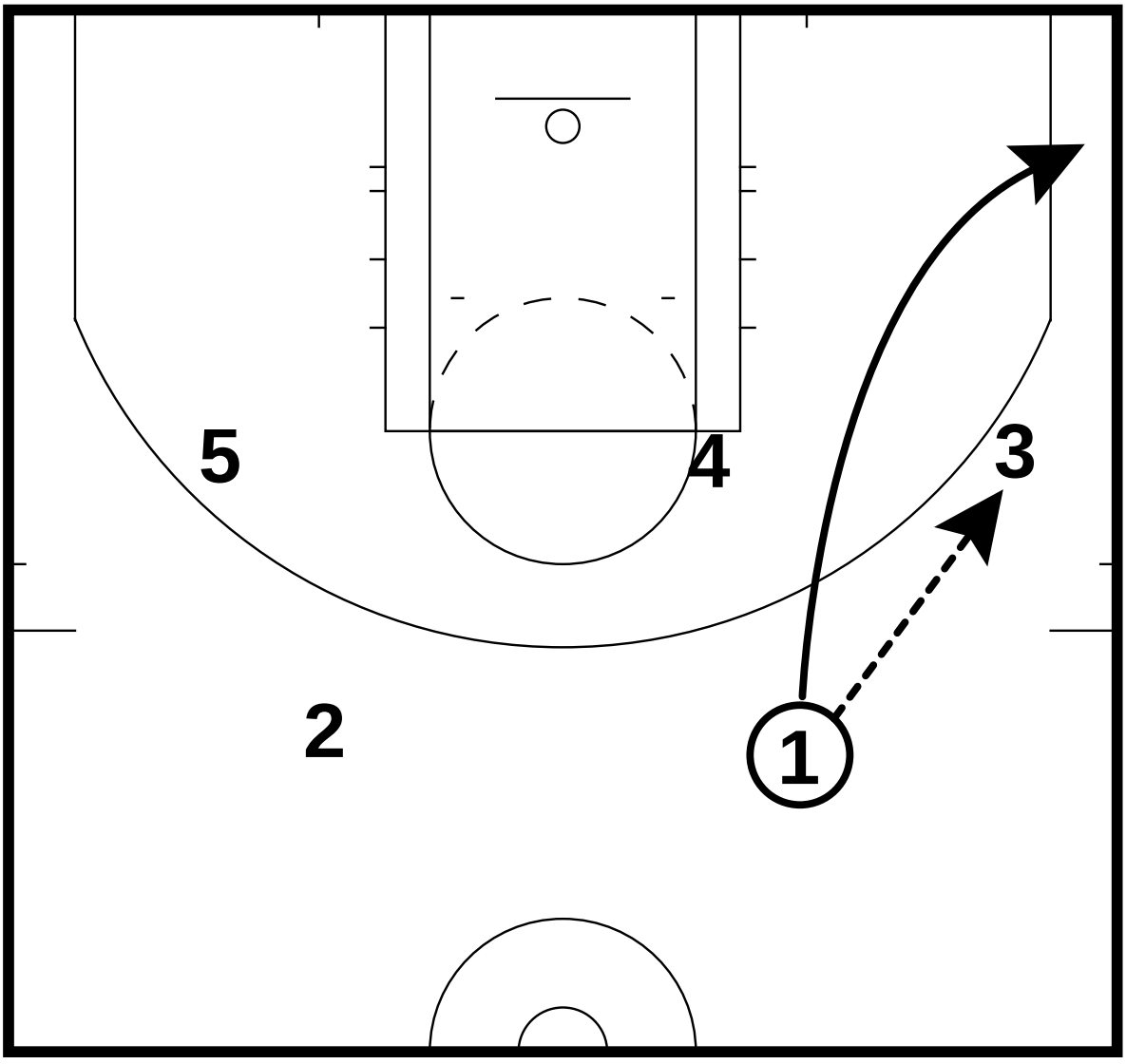
Red 3
Horns



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Chapter

Houston
2-3 High

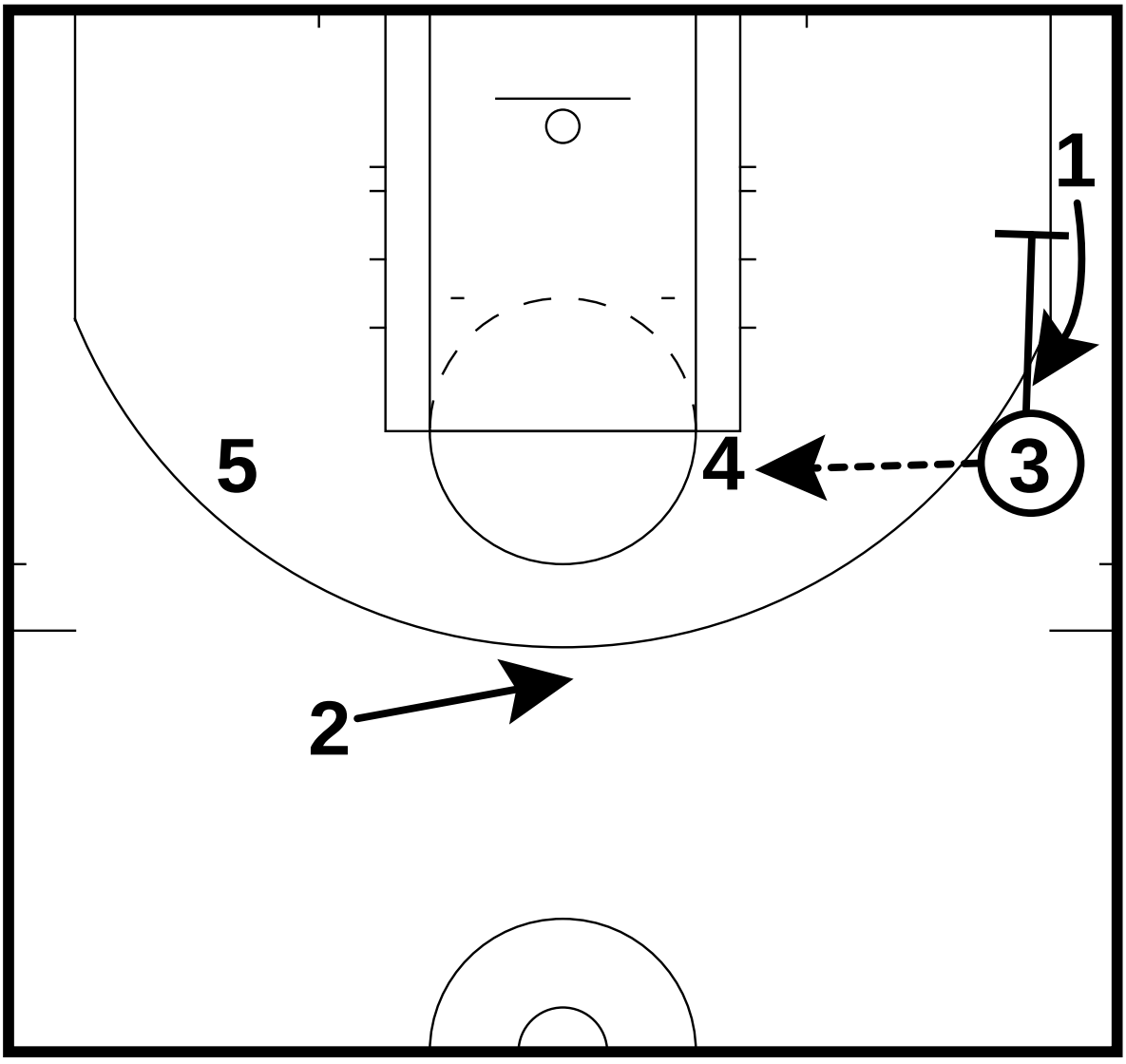


The play starts with the 1 entering into the 3 on the wing and making a shallow cut thru to the corner

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Chapter

Houston
2-3 High



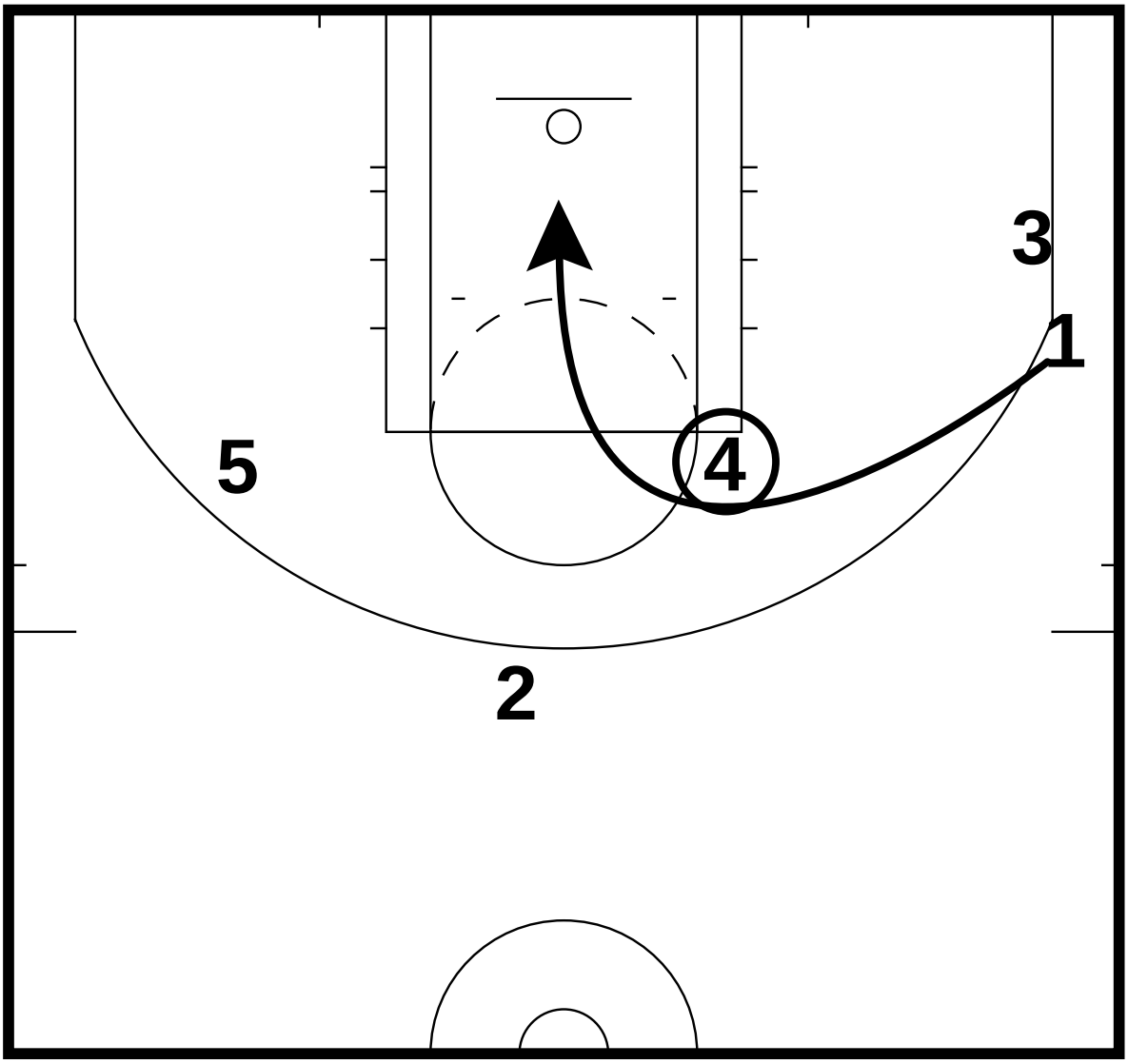
The 3 enters the ball into the 4 at the high post then looks to downscreen for the 1 in the corner.

The 2 has now moved from the seam on the left side to the top of the key

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Chapter

Houston
2-3 High

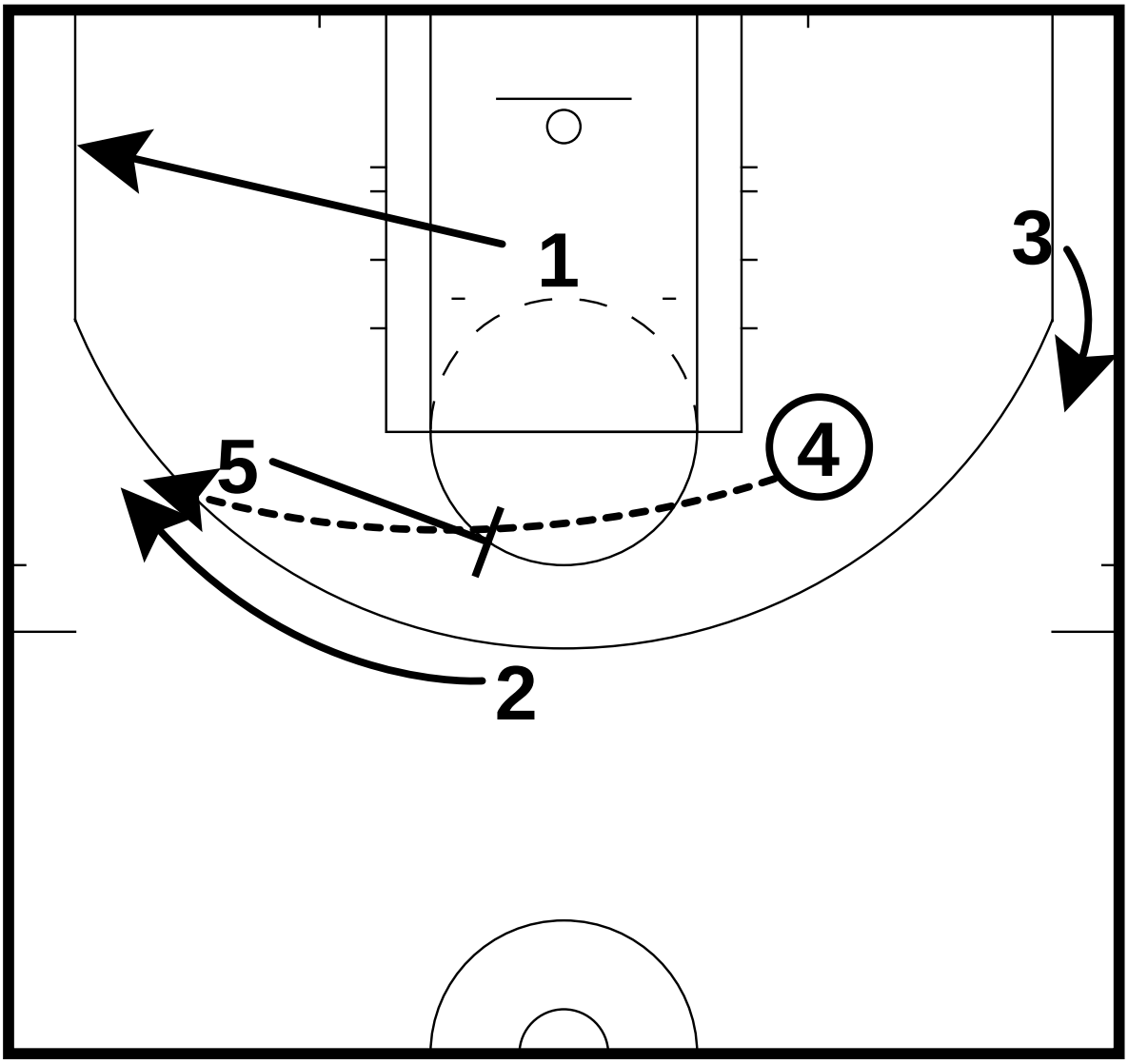


The 1 continues his cut around the 4 and should take the handoff if possible. If it's not there, the 1 tight curls around the 4 toward the basket

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Chapter

Houston
2-3 High



As the 1 clears 4, the 5 steps up and looks to set a flare screen for the 2 who moves to the left wing to receive a pass from the 4.

All Contents Proprietary

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2011 Rising Coaches Elite Conference

July 20-21, 2011

Notes Included:

Earl Grant – Clemson
Ryan Marks – Texas Pan American
Chris Caputo – Miami (FL)
John Cooper – Tennessee State
Josh Pastner – Memphis
Jerrance Howard – Illinois
Chris Mack – Xavier
Matt McCall – Florida
Kevin O'Neill – Southern California
Anthony Grant – Alabama
Bobby Lutz – North Carolina State
Jeff Goodman, Gary Parrish – CBS Sports
Dwayne Killings – Temple
Billy Schmidt – Georgia Tech

Taylor Harris – Metro State College – tharri54@mscd.edu

Earl Grant – Clemson



- You should want to be a head coach within 8-10 years
  - The level shouldn't matter – NAIA, D2, JUCO, or D1
- Be prepared for whatever your next job will be
  - Don't let the job become open and you're not prepared
  - *Every day we work, we should be preparing!*
- Keep a notepad in places around the house – by the TV, etc.
  - While you're watching games on TV, be prepared to write notes, ideas, plays you like, etc. Keep them in the pad so you know where they are
- Start creating practice plans for your first head coaching job
  - Plan your first practices, and constantly adjust them as you see fit
- **When the opportunity presents itself, you need to be ready!**
- <u>Recruiting:</u>
  - Develop Lasting Relationships
    - With AAU, High School Coaches
    - If you're a manager or in charge of travel, develop relationships with restaurants & hotels in cities you'll be traveling to
  - So many times you have a relationship with a guy *when you need something*
    - Even if you don't get the kid, keep the relationship
  - Become a better coach
    - Don't have the label "He's just a recruiter, he can't coach"
    - Get in the business for the right reasons
  - Appearance
    - Be well groomed, dress well, and be in good physical condition
  - Help your fellow man – help other coaches
  - **Learn how to develop kids and get them excited about the process**
    - In individual workouts, sweat with them!
    - Skill development is the key in successful programs with limited talent
  - Don't promise a player – just promise to work hard and be loyal

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- Don't be so concerned with what the next move is – just prepare for it every day
- There are no secrets in this business
    - Hard work, loyalty, and relationships are the key to success
- What do you look for in a player?
    - Hard worker
    - Good motor
    - Good teammate
- Get kids in the office, and close the door
    - Bring yourself down to their level
        - Share your own experiences, mistakes, etc…get them to see that you're human
            - This will help them open up
    - Have a pulse with your players
    - The players need to know what you're about
    - **They can be *your boy* but you have to be able to hold them accountable!**



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Ryan Marks – Texas Pan American

- View on the NBA Lockout
    - How are we going to use this time to get better at what we do?
- If you're in coaching for the long haul you will experience the following:
    - You're going to finish last place in your conference
    - You're going to finish first place in your conference
    - You're going to do a good job coaching and that will lead you to a better job
    - You're going to do a good job coaching and you will get fired anyways
- Coaches need to stop looking at each other as competitors, we instead need to view coaching as a fraternity
- In this profession, there are going to be plenty of things that you don't want to hear, you're just going to have to deal with them
- Career Path:
    - Started coaching JV team while still in HS
    - Intern for player development with LA Clippers
    - Head Freshman Coach.Varsity Assistant in Pasadena
    - First NCAA job at D2 Central Missouri State
    - Went to Northern Illinois, new coach came in and fired everyone
    - Went on to coach D3 Basketball and Baseball in Vermont
- If you get a chance to be a head coach, don't be concerned with the level
- Work hard, work diligently, and remember why we're in this
- In order to get the next job, you have to do the best job at what you have right now
- Recruiting Philosophies:
    - Develop relationships that are real
        - Kids can tell if you're fake
    - In mailouts, personal relationships are paramount.
    - Email players daily to build that relationship



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Chris Caputo – Miami

- Make the place you're at right now the "big time"
- Make your own personal brand/reputation
- If you make your job important, it just might return the favor
- Even if recruiting isn't your job, find some way to get involved in recruiting
    - Read about every player on the internet
    - Give ideas to coaches about players to watch
- Networking:
    - You need to network up, down, and across
    - Never Eat Alone – book at networking
    - Good to build a relationship with someone when you don't need anything from them
- You need to get "adopted" by a Coach
- Ask people you network with for advice
    - Whether or not you follow their advice, they become invested in you and your decision
- Make friends with people who have no friends, and you'll have a friend forever
- When meeting someone, say "nice to see you" instead of "nice to meet you"
    - You may have met them before, but it makes them feel good
- You need to be a PR machine for the guys you work with
- Look the part of a coach! Stay in shape, stay well groomed
- Know the game
    - "How can I get to know the game better?"
- Try to become indispensable
    - Do extra work – do the tough work, not the easy work
- Be the person they call when they need something and they're not in the office
- Be proud of what you're doing
    - "Blessed to have a desk"



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Josh Pastner – Memphis

- Follow up, follow through
- Always return letters and phone calls – it's the right thing to do
- You just don't know when you're going to get your opportunity
    - On car driving to Kentucky to begin work with Coach Calipari, phone call from the AD at Memphis came and offered him the job
- Things to do when you get the job:
    - Constantly think of situations that could come up and how you would handle them
        - Think of every possible player, staff, game situation and find a solution
    - You're dealing with people in this business, so don't lose focus of that
    - Hiring of staff
        - Don't rush the process
        - Find the right guys that fit you, just like recruiting players
    - Be hard on the players early, and let up as the year goes on
        - Motivate through respect, not through yelling
- In timeouts during the game
    - Remind players, and repeat yourself 5-6 times so players understand what you're saying, especially late in the game
    - This helps win close games!
- Only run something – offense or defense – that you know. And keep it simple!
- Don't disconnect from the community. Embrace and connect
    - Call boosters, alumni, keep a relationship
- Before you make a big decision on a disciplinary action, sleep on it. Don't rush a rash decision
- Keep the profession in perspective
    - See the big picture
    - Love and have fun with what you're doing



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Jerrance Howard – Illinois

- Energy and passion sets you apart from the pack
- Pick someone on your staff who you can follow, and do what they do
- If you want to be able to recruit, recruit your own players
    - How? Help them
    - Players have to check in with a coach every day
- Be an all-purpose guy
- Separate yourself somehow
    - "I'm not going to have a bad day"
- When recruiting, get someone on the phone and listen
    - Mom, dad, girlfriend, coach, best friend
- "Getting on the babies"
    - Go to 8th grade exposure camps - Know the best players in the state in the 5th-8th grade
- Ask your players why they chose your school, or why they didn't choose to go somewhere else
- When talking to a kid, when you touch them or call them by their nickname, it goes a long way
- Find out who the secretary and janitor of the High School are and send them some t-shirts!
    - They can be very valuable in your recruiting of the kid, and give you information
- Spend more time at gyms when they don't have a player, and when they do they will send him to you
- Make a list everyday:
    - Things to do:
    - People to call:
    - People to write:
- Study 3 different coaches over the summer
    - It can be from other sports, or other successful people
    - Think outside the box and learn from them
- Life is not that bad! Live with passion every day!



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Chris Mack – Xavier

- Make sure the person you work for has character
- Greatest thing you can do is do the best job
  - Don't audition for the next job
  - Be the best at your job
- Be a hard worker
  - When you pass responsibilities on, stay accountable
- Be detail oriented
  - Misspellings, pronunciations, errors on scouting reports
- Be loyal, be a team player
  - Are you supporting the head coach's message?
  - Staff must be unified
- Do it the right way
  - Doesn't just mean play by the rules
  - Act how you would want your players to act
  - Have balance
- Be innovative
  - Find new ways to do things
- Get to know players and coaches
  - How can you help them? Form relationships
- Too many guys are auditioning for the next job
  - Recruit your butt off
  - Develop relationships with players
  - Scout like it's the last game of the NCAA Tournament
  - Support your coach



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Matt McCall – Florida

- Understand your role
    - Be extremely reliable, have a great work ethic, be trustworthy, and always be available
- Cherish the job you have right now
    - Nothing is guaranteed, and it's the only job you have!
- You will get out of the job what you put into it
- Pay attention to the details
- Find a way to get things done, no matter the task
- Always try to be around
- No matter what or where you are, no job is beneath you!
- Build your phonebook
    - Take pride in continuing to stay in contact with people
- Build relationships within current staff
    - Always say "We"
        - We recruited a player, we won, we lost
- **You have to fear not trying as much as you fear failure**
    - Worst thing that can happen is you hear "no"
- Always be engaging in conversations
- Take pride in your appearance
- There is no substitution for hard work
- Be upfront with your friends, this is a business. Be happy if they get a job
- Kids use social media to communicate – Hammer it away!



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John Cooper - Tennessee State

- Don't let money determine your job
- You have to have a vision
    - Good coaches dream big
    - Value yourself
- Who can you work for and thrive?
    - Know who you are
    - Success comes from within. You must believe in yourself
    - 85% of all jobs are based off of one reference
- You need a head coach who is going to champion you, and who is going to make that call for you
- Serve your assistant coaches
    - Help them get jobs, don't require time commitments, just demand hard work
- You need a "board of directors" who will tell you the truth and not make you feel good about yourself
- Interview:
    - Study and do homework
        - Know important people, but don't overload yourself
    - Don't talk about the coach you're coming from
    - Energy and passion – keep engaged
    - Don't get too excited, and don't have 100 people call on the job for you
    - Don't leave a lot of paper material
- Managing your career:
    - Do you have technology skills?
    - Can you communicate?
    - Can you handle the pressure, are you cool under pressure?
        - Story about manager who took team to wrong airport but stayed cool and calm under the pressure. Says a lot about character

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- Managing your career:
  - Can you think like a head coach?
  - Be involved in every aspect of the program
  - Treat people the right way
  - Can you motivate?
  - Are you organized?
- Be willing to take risks
- Be willing to give back to the profession
- Get to know your AD and your Associate AD
- Leaders don't expect people to serve them, they serve their people
- You have to be able to accept criticism
- You always have to be growing



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Kevin O'Neill – Southern California



- Take your own path
- Don't be an ego-maniac! Be a good person
- As a Young Coach:
    - Be willing to work for no money
        - Don't get caught up in titles
        - Don't be in a hurry
    - Do you want your voice heard?
        - Know when to shut up and sit down on the bench.
            - Don't be that guy who stands up when the camera is on him
        - Know what you're talking about. Know every play.
- Decide what your philosophy is now, and stick with it under pressure
    - Are you going to be known as a cheater?
    - Are you going to doubt your head coach when your players come to you?
- What are your recruiting philosophies?
- How are you going to deal with parents and boosters?
    - Zero communication, or will you open the doors to communication?
    - Coach talks to parents 2-3 times per week, and returns every booster's email and call
- Coach O'Neill writes down and rehearses what he's going to say to players in brief meetings and pre game talks
- Doesn't believe in meetings, not much gets accomplished in daily meetings
- Only has a few rules for team:
    - Respect the game
    - Don't be late
    - Don't be an asshole
- When you're coaching, make it about the team
- What are you going to do when you don't believe in what the boss is doing?
    - Negative talk from assistant coaches poisons the water

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- Make sure there is only one voice
- Coach demands the following from the team:
    - Guard First
    - Rebound
    - Take good shots
    - Don't turn the ball over
    - Be a team player
    - Overall, respect the game!
- Some decisions are going to be hard to deal with, but you need to decide how to deal with them
    - If your best player makes a mistake, will you suspend him for the game? Or win the game and make your point afterwards
- As a head coach you have to manage your staff
    - Don't hire all the same guys
- You have to reach out on your campus
- Take out professors, support staff, other coaches to dinner during the year
- Doesn't give postgame speeches after games
- Give the opposing coach credit in a loss, don't blame your team
- **If you make it about your team in the media, the more they'll make it about you**
- Compliance hangs out with USC basketball everywhere – Embrace them!
- Have a great strength coach! This can really help your guys mentally
- Have a war mentality! Watch war movies, use war terminology



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Anthony Grant - Alabama

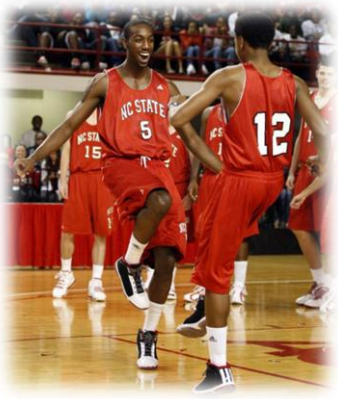
- Every day, you must have passion and energy – these are the key
- Excel at the current responsibilities you have!
    - If you don't know, find out
        - No one wants to know that you don't know how to do something
- You will achieve success when you are willing to help others achieve success
- Don't dwell on mistakes
    - All you can do is plan, prepare, and just "ride the wave"
- It is imperative with your players that they all buy in, have trust, and want to be successful
- Recruiting:
    - Think like a head coach
    - There is a difference between just recruiting a guy and knowing you can sign versus bringing in guys that can help win a championship
    - What are you doing everyday to make each player better?
    - Think outside the box
- With a job, make sure resources are in place for you to be successful
    - Look at getting the right guys on the bus, but also getting them on the right seats on the bus.
    - Always look for opportunities to try to make somebody else's job a little bit easier.
    - When joining a new staff, get clear expectations about your role. Your job is to make everybody else look good
- After the season, do you watch film of other teams who are really good in areas you want to learn more about?
    - Watch top five defensive teams in the country and break down what they do and bring it to your coach
- **Sometimes guys try so hard to get the job that they forget to do the job.**



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Bobby Lutz – North Carolina State

- Why are you here?
  - Ask yourself why you want to be a coach
  - As long as I wake up and am excited about what I do, I never work.
- **3 C's for success**
  - Commitment to excellence – Prioritize your life. Balance of basketball and family.
  - Courage to do the right thing – What would your grandmother think about your decisions?
  - Compassion/care for who you coach and who you work with
- Get a hold of and understand all the great ideas, even if you can't use them all
- **Be who you is, not who you ain't**
- Don't ever lose your dream…Dream big dreams. If you ever lose the dream, quit.
  - Stay focused, don't be afraid to fail
    - Coach Lutz quit law school at UNC to coach JV Boys/Girls for $200 a year in 1980
- If somebody has to tell you what to do, you're already behind the ball! Be a self-starter
- Recruiting
  - Who is the key person in the decision? Who is going to help them make the decision?
  - Who has the power to veto?
    - There is usually somebody who can't deliver them to you, but they can stop them from coming to you
  - Someone always has the lead—nothing is "wide open"
  - If you're not sure it's you, it's not you
- **Practice cutting down the nets at the beginning of each year**
  - Start to change a losing culture and tradition
- Scouting
  - Staff knows everything about competition
  - Players know top 3 things about competition and what you're trying to take away
  - Everything else relies on the offensive and defensive principles of your team
- Don't forget who "packs your parachute"
  - Don't ever take them for granted
- Changing the culture of a losing program:
  - You have to get the wrong people off the bus before you can get the right people on the bus
- The more talented you are, the more you need to push the tempo.



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Jeff Goodman, Gary Parrish – CBS College Sports



- Everything is magnified now in the age of technology
- There is a right way to deal with the media
  - There is also a wrong way
- Too many people don't trust the media
  - It's painted with a broad brush that the media is **evil**
- The media can work for if you allow it to
  - Guys with a good relationship with the media get the benefit of the doubt many times
- You want someone that can defend you especially in times of need professionally
  - Too many examples of coaches who had personal problems who could have used the media to help them out, and paint a better picture to the public
- **Be honest**
  - Even if you have to tell media "I can't talk" or "I don't want to comment" it's better than lying or dodging the story
- Sometimes you just need to do your job
  - Realize that for yourself
  - Realize that because sometimes the media also has to report things
    - Stories where media has to report when a coach didn't do his job
      - Bruce Pearl at Wisconsin-Milwaukee
      - Good friends with reporter, but reporter had to do his job and Pearl didn't
- Be proactive & find ways to make your program more visible
  - Jeff Goodman following Coach Ryan Marks to help UTPA
- Never be too good to ask questions
  - No one has it all figured out!
  - Even the best coaches ask questions
- Make sure you know who you are talking to when you're talking
  - Credible writers with morals and values
  - Do they respect "off the record" comments?

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Dwayne Killings - Temple

- Relationships and networks are deep, and need to always be growing
- Work for a guy who will push you to better yourself
- Recruit out of your league
    - You need to in order to win championships
- If you know you want to work in basketball, get to know all aspects of the game
- Get to know people above you, below you, and next to you
    - Your peers included
    - USE your relationships
- People want to know that they can invest in you
- You need to be driven
    - **Not just a hard worker, but a worker with a purpose**
    - Set goals
        - Short, long term, daily
- Dealing with the management side of basketball helps you focus on your organizational skills
- **Build relationships early**
    - Invest your time in those relationships
    - If you're on the road, call someone that you may have met once that lives in that city
    - Go to lunch or grab a drink with them
    - Stay connected
- **1st call to a recruit:**
    - Get answers to questions that you have
    - Get to know their mindset
    - Get to know who they are as a person
    - After that, it's all follow-up
    - Don't overload them with information
    - It's up to you to follow up
- **When current players help you recruit, you will have success**
    - Makes recruiting more family like
- Understand the challenges of every day so that you can be a problem-solver for your organization



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Billy Schmidt – Georgia Tech



- Coaching is an art, not a science
    - Your system needs to be a reflection of who you are
        - Coaching
        - Who you're recruiting
        - Who you're playing against
- 2 things a young coach needs
    - Humility
        - The best teachers of the game are your players. You have to be receptive and ask them questions.
    - Perspective –have a sense of who you are
        - Your perspective and background is drastically different than what players and other coaches on your staff bring to the table
- It's not your show
    - It's about the players
    - You are here to serve the players - It's their four years
    - "I didn't have to be a great player to know how much the game means to a player, because it meant everything to me."
- "**Coaching is the most fair and equitable thing I know"**
    - The moment you walk into a gym, kids are sizing you up.
    - If you don't know your stuff, the players will see right through you.
    - You have to fight for credibility every day!
        - Every day, you must be on time, energetic, and prepared
        - You've got to be on top of things
        - **Don't ever ask a player to do something you aren't willing to do**
        - Be on time
- **Kids don't care how much you know until they know how much you care**
    - Kids must know that everything you teach and ask them to do is to help them get better
- Kids want to know who they can trust you and count on you.

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- These days, there are a lot of people that will bail out on them You have to develop your own voice - You can't be somebody else.
- You have to know your age, you have to know your role, and you have to know yourself
    - A sense of humor can go a long way
    - Your voice can't be a gimmick
    - Stand for something
    - Hold kids accountable
        - If you don't hold them accountable, they'll see right through you
- **It's amazing how much you can demand of people if you demand what's right and fair**
- **Keep it simple**
    - Gave the example of Kevin O'Neill demanding that players go to class, work hard, and be on time
- Qualities of Head Coaches
    - Have the same DNA
    - They have an unbelievable attention to detail
        - No detail is too trivial to them
    - Are intense competitors
    - They have tremendous pride in what they do
    - They do not want to look bad, look unprepared, or be caught off guard
        - This is not only on game day
- 2 most important things from an assistant coach
    - **Work hard**
    - **Be loyal**
    - Our job is to make the head coach's job easier
    - Don't do it your way. Find out how your superior wants it done
    - Don't do it well. Do it exceptionally well
    - If you hand them something you've been working on, you better make sure it's great
    - You have to be proactive. Show some initiative.
    - If you need to be told what to do all the time, you're bad and should be fired
    - Create projects all the time
- Wherever you are, you are auditioning for your next job
    - If you are a 24-year-old graduate assistant, you carry yourself like a 26-year-old assistant coach
    - The worst feeling for an assistant coach is to have to do something because you know a GA won't have the same quality work or attention to detail as you
    - The best feel for an assistant coach is to be able to trust someone to do things the way the head coach wants them done
- Being a head coach is lonely. It's a tremendous amount of stress and responsibility.
- It means a lot to a head coach that there is someone there giving the program his all and that is loyal

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- Coach tells GA's that if they do a bad job, we should fire them
- We are in the opportunity business, not the success business
    - If you forget that and don't take advantage of your opportunity, that's on you!
- "In my mind, I associate GA's with two people: Lawrence Frank and Brian Gregory"
    - If you can't work like them, you don't deserve it
- If you want to survive, you better work harder, work longer
- The youngest guy on the staff should be the first one there and the last one to leave
- If you're not reading books in the off season, what are you doing with your free time?
- Order clinic tapes all the time. Watch one every night.
- If the mother's with you in the recruiting process, there isn't much against you



Villa 6 Clinic Notes – sent from Luke Wicks at U San Fran

Villa 6 Coaches Clinic

Date: July 22, 2011

Location: Las Vegas, NV

Speakers:

1. Jeff Capel - Duke

2. Ricthie McKay - Virginia

3. Tom Moore - Quinnipac

4. King Rice - Monmouth

5. Pat Skerry - Townson

6. Shane Beamer - Virgnia Tech

7. Archie Miller - Dayton

8. Wood Selig - Old Dominion AD

9. Jack Hayes - Hofstra AD

10. Bubba Cunningham - Tulsa AD

Jeff Capel - Duke

• Always use plural nouns with your team, organization.... we, us, etc...

• 10% of being a head coach is coaching, 90% is being a great CEO (leader, organizer)

• 1st thing that hit him the hardest at VCU (1st year as a head coach) - very overwhelming, every decision now comes through you.

• No job is easy.

• Take time hiring your staff, looks at your needs, likes, dislikes, weaknesses. Do not hire your staff and expect them to be "Yes" people.

• A good human being always worries and cares about their staff and wants their families to be OK.

• 1st Items he did on the job as a head coach:

1. Met with his players, set a standard of excellence and understanding right away.

2. Got involved in the University Community.

3. Took time hiring his staff and once they were hired spent lots of time with them and their families.

• Every coach must have a great relationship with their AD, President, Admissions people and people in general on campus.

• An 18 year is an 18 year old that is who he is. It is hard to change 18 years, it can't completely be done.

• The only thing that prepares you for being a head coach is being a head coach.

• Assistants must live up to the their responsibility, if they do not, no matter if they are your friend you have to talk to them.

• Be POSITIVE, we already work in a highly competitive profession surrounded by negativity.

• It is important to have guys on your staff not exactly like you.

Bubba Cunningham - Tulsa A.D.

• Doug Wojick is a great HC cause he has integrity,work ethic and his personal qualities are his work ethic.

• He likes agents cause of the information they give.

• If you want a job, let it be known by building relationships ahead of time. A small note goes a long way. Do not hesitate. Once a job open it is to late to let a person know that you are interested in a job. Do your work early. Get on that short list early. Every AD has one right now.

Jack Hayes - Hofstra A.D.

• Make sure you interact with all sports coaches, faculty and the people in the trenches.

• Know information about other schools in your league, etc.

• The initial conversation when interested in a job needs to come from the source, not a friend, assistant, etc... Make that initial contact in person or by phone. The person that waits does not get hired.

• Everything in life is about relationships and people.

• If you are going to be successful in anything in life it can't be 8am - 5pm daily.

• It is OK for your agent to call and express your interest in a position, after that do your own work, make your own calls, negotiate your own contract to the point it needs to be read for legality.

• When going for an interview, everything is looked at in depth, even the ride with the grad assistant or manager from the airport to campus.

Wood Selig - Old Dominion A.D.

• Tubby Smith was the best as an assistant coach to stop by all different areas of the department to say thank you, show support or ask if help is needed. When he went for his first job it was the Assistant Director of Marketing the he spoke with briefly but checked on showing he cared that got him the job. The Assistant Director of Marketing at Kentucky called VCU's Assistant Director of Marketing about Tubby. He spoke highly of Tubby cause he always stopped by to say hello.

• 620 Coaches in the last 10 years have coached at their Alma Mater.

• Agents do more harm then good. They are fine to bounce information off of but the coach and AD can negotiate the final contract.

Norwood Teague - VCU A.D.

• When you get your first job, be a detective, don't jump in and try to change everything immediately. Learn and move slow.

• Develop relationships in your departments and on campus. Search committees call these people.

• AD's want to know more about their possible HC then just hoops. Talk about family, family goals, values, etc.

• Get to know people when jobs are not open. (Talk to people at shootarounds, conference commissioners, etc)

• Your should spend 80% of your time networking and 20% of your time on your job. It is all about relationships.

• Get to know your school President, you go for a job they will be involved.

• Check out the Winthrop Group for all coaches contracts, etc....

Shane Beamer - Associate HC for Virginia Tech Football

• 7 stops as a coach and is 34 years old.

• Be a bulldog in recruiting.

• Networking is #1.

• Have a notebook and grow that coaching tree yearly.

• Allow the recruit to talk, do not oversell. Kids like to talk once you get them to crack. Getting them to laugh first is huge.

• Know what other schools use against you in recruiting.

• Use your GA's to recruit as much as possible, give them jobs and hold them accountable.

• Read the Bear Bryant Book

• A good head coach always keep his staff's families involved. A happy wife = a happy life. A happy life = a great assistant.

• Take Notes all of the times.

• You must have stability in your coaches and staff to be successful. This correlates to wins. Build staff unity just like you have to with your players.

• Carry over is good within staffs.

• Treat people right and respect them.

• Big Questions to ask a recruit?

1. Who on your coaching staff are you closest to?

2. Who in your family are you closest to?

Coaches Panel: Archie Miller (Dayton), Tom Moore (Quinnipac), King Rice (Monmouth), Pat Skerry (Towson)

• When Miller interviewed at Dayton there were 2 people on the committee. (AD & President)

• Take control of the interview early in the meeting. Have questions ready, etc... Be Prepared.

• Have a coaches book but do not give it till the conclusion of the interview. You only want to give it to the committee so they have a reference of everything you spoke about. Make sure every person on the committee gets a book.

• When Rice interviewed at Monmouth, 3 people were on committee (AD, Assoc AD, President)

• When Moore interviewed at Quinnipac, 8 people were on committee (AD, President, Board of Regents, Vice President, Senior Assoc AD)

• The minute you get a head coaching job you are on 24/7.

• 1st line of priority is meeting your players and their families ASAP!

• 1st 100 days is very rough.

• Items you need to be on your game with in an interview is:

1. Understanding how to schedule and trends from your league and past teams. What does it take to win the league and go to the NCAA Tournament?

2. Style of Play (Make sure it is fun).

3. Your academic and community plan.

4. You have never called a timeout, what are you gonna do?

5. You have never been a HC, how do you know you are ready?

6. Be very prepared to discuss your staff and what your plans on with them. They will follow up on the people you might hire before they hire you. Be smart!

7. Explain how you are going to reach the key alumni/donors of your program. Do this ASAP!

8. Be careful with the media and agents.

• The higher the recruit the more people are involved.

• You should know and develop relationships with commissioners in your conference.

• Know the people in your league office.

• Understand what you can recruit to your school.

• Study your league the styles of play and how they recruit.

• Do not spend time in the culture of envy, be positive!

Ritchie McKay - Virginia Assoc HS

• You must answer these 3 questions before looking at being an HC.

1. Who and what defines you?

2. Why did I get into coaching?

3. Am I fulfilling my purpose in life and my career? (Being a great husband, father, etc)

• Do you ever feel a calling in your job?

• You must know who you are as a person before becoming an HC.

• Believe in the LORD, never neglect your family.

• 3 Keys to Success:

1. You must have a balance, can't think about hoops 24/7. What is my outlet? McKay's was faith.

2. Use your relationship currency. Make an investment in people/players lives. Do not expect returns.

3. Build into people's lives, Who speaks into my life?

• Do not think you are not successful if you are not in a certain position or job title.

• Look up Pistol Pete Maravich letter to Larry King in 1996.

• If winning is more of a relief then a joy, then you are in a bad situation.

• Do a great job where you are and the rest will take care of itself.

• All that matters is today.

• Build in your life, wife, Children and your players.

• Do not fear getting fired.

• Really care about your assistants and their families.

• As an Assistant take items (tasks) from the mind of your head coach. They have thousands of items going through their mind.

• Look for these 4 items in hiring an Assistant.

1. Is he a family man? Hopefully yes.

2. Is he loyal to his past program and coach?

3. Hire positive guys!

4. Hire guys that can deal with their pride and are earthy.

Kevin Eastman Clinic Notes – sent from Luke Wicks at U San Fran

Sneakers Squeak on 5 on 0 Offense
- No such thing as Dummy Offense

Fist Fight to get Open - Foot Fight to Score

Offensive Post Teaching Point - On the Block/Off the Block I agree
- Pause for Poise
- Let the Crap Clear
- Always Add Free Throws to Post Work!

Cutters:
- Cutters Over the Top = Touch Elbow, Touch Rim, Open to See and Get Out to Spacing
- See Ball All the Way to the Rim
- Cutters: Eyes Make Lay Ups....Feet Make Jumpers

- Shooting Teaching Points: Coach the Beginning (Footwork) and End (Follow Thru)

Running Team
- Fast Break or Sprint Break? Sprint is Faster

Do U Look at the Ball or Do you See the Game?

Main Keys to Shooting
- Shot Selection
- Being Ready on the Catch
- Game is played Low to High

The Floor Shrinks with each Level!
- Speed, Quickness and Length cause this.
- Got to go by your Defender...not around him
- Must Introduce Players to their Feet - Pete Carill

Ball Screen Offense
- Ball Handler: Feel Him (Defender) - See His (Show Defender) - Read Help

Best Offensive Players have ball in hand as long as they need to...not as long as you want to.

Post Players: Only Give up Position for Possession.
- Dead Dribble = Post Player Bring Baseline Foot Up to Create Passing Angle

Shooters on Pin Down - Point Fist at the Passer
- Stop and Go
- Step on Foot

Don't Post Up....Post Across
- Mini Lane! Post Up in Mini Lane (We have to tape it on the Court)

The Best Post Players Own the Mid Line

Ball Screener
- Goal is to Arrive without your Defender

Shooting Turnovers = Bad Decision Shots

What Happened the Last 3 Possessions?
- Good Ones Love the Game and KNOW!
- Boston Charts Touches!

The Play may be Yours....but the Shot may not!!

Rebounding Logic...more u go after...more you get.
- Coaches never yell at you for being selfish with ur rebounding.

What 3 Things do we have to do to win this game
- PG's
- Wing's
- Posts

Vs. Great Shot Blocker!
- Follow the Penetration when the Shot Blocker Goes after it.

Best Shooters: Ten Toes to the Rim!

Screening Rules
- Don't Screen Air
- Unless they are Switching....don't screen ur own man
- Don't screen ur own teammate.

Touch Right Shoulders (Both) - 2 guys coming off Floppy

A Scorer has a Great Responsibility to make Great Decisions

Vs. Switches
- Cut with Speed

When in Doubt...Spread Out
- Smalls get outside the 3
- Bigs: Home Base = Short Corner? High Post? Where are they comfortable?

Go To Guys can't turn into Force It Guys!

Direct Correlation to Ball Reversals and Defensive Breakdowns.

No Dancing! Is Isolation And 1 Mix Tape BH...Have to Stress "We Want Direct Drives!!!"

Someone Violates Culture
- Winning - Personal Sacrifice - Accountability
- Any Violation must be addressed IMMEDIATELY

Championship Teams have Truth!
Truth = Live it, Tell it, Take It

BC always emphasizes: Best Position to Score....the Weakside of the Floor!

Force teams to be in Constant Closeouts!

Best place to back door...the Corners!

Read the Head...Read the Depth (Corner Back Door Cut)

Double Bury Him - Post Players

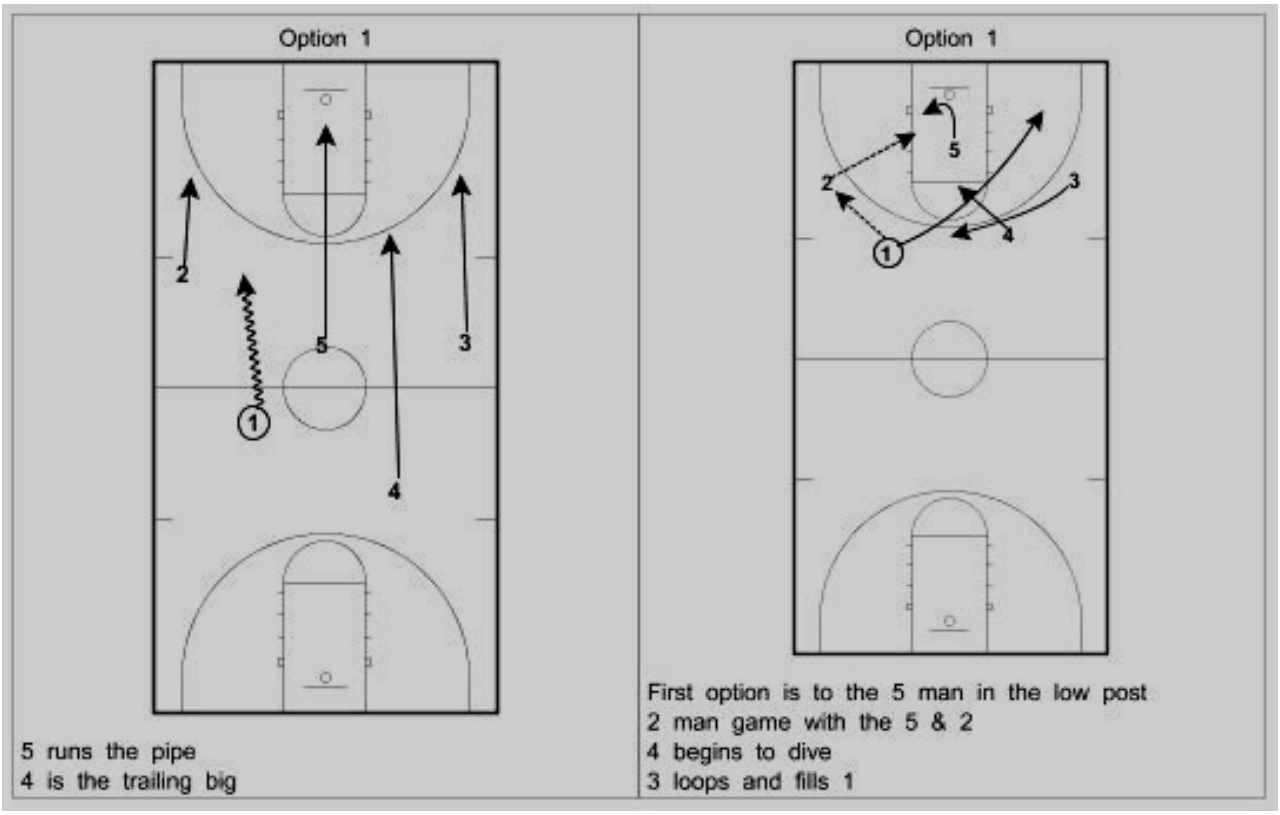
Green Light....really a Lime Light.

Cutter's Responsibility is to get Open...Screener's Responsibility is to get Cutter Open!

Design ur offense based on Skill Set.

Brandon Rosenthal – St. Edward's University
www.twitter.com/CoachRosenthal
7/7/11 Daily Chalkboard





3 OUT 2 IN TRANSITION OFFENSE

Tim Cleuss

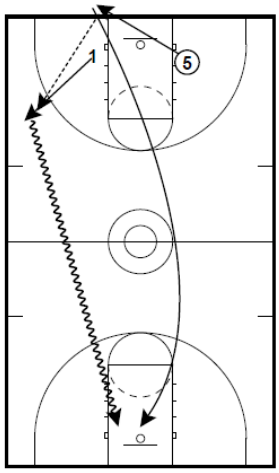
Iona College

"Transition Offense"

- Got his sideline break from his high school coach, Coach Morris
- Coach Morris was a lacrosse coach
- He took his sideline break from lacrosse and used it for basketball
- Pitino used to go to Coach Morris' practices to learn his fast break
- Makes every player run a 5 minute 30 second mile
- You run every day until you make it in 5 minutes and 30 seconds
- Fast break is not a play, it is a mindset
- You have to trust it and believe in it
  - You're going to throw the ball away a little bit
  - You're going to give up some easy baskets
  - It's going to wear your opponent out
- He has used it at every level and it has worked at every level
- Puts challenging time and a certain amount of made baskets on each drill
- If they don't make the time or # of baskets, the drill does not count and they have to run
- Doesn't yell at players for screwing up, just tells them to do it again
- Likes to train rebounder to take 1 dribble before outletting the ball – it gets him running and prevents him from standing and watching
- Likes to train the inbounder to turn his head and scan the floor as he steps out of bounds

Tim Cleuss - Transition Offense

Tim Cleuss - 2 Man Break for Layup

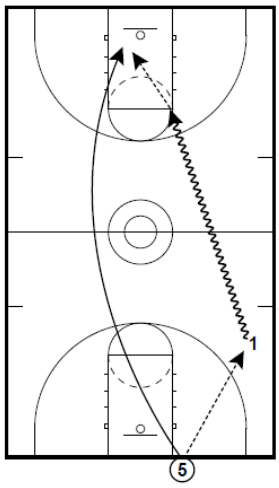


- 5 makes a layup, grabs the ball out of the net, and goes to inbound it
- 1 gets his butt to the sideline
- 5 outlets the ball to 1
- l dribbles the length of the floor for a layup
- 5 trails and grabs the ball out of the net before it hits the floor

Fast Break

Frame 1

Tim Cleuss - 2 Man Break for Layup



- 5 outlets to 1
- 1 dribbles to elbow
- 5 trails the play
- 1 passes to 5 for layup

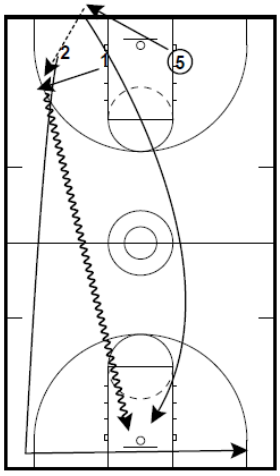
* Players need to make all 3 layups and make the trip down and back in 12 seconds or less

Fast Break

Frame 2

Tim Cleuss - Transition Offense

Tim Cleuss - 3 Man Break for Layup

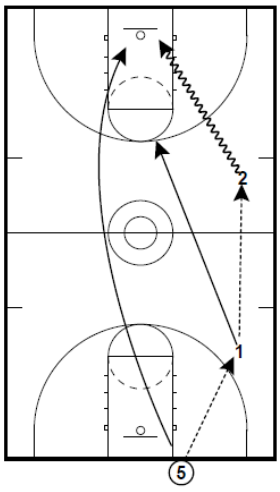


- 5 makes layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline and circles out
- 1 drives for the layup
- 5 trails and grabs the ball out of the net before it can touch the floor

Fast Break

Frame 1

Tim Cleuss - 3 Man Break for Layup



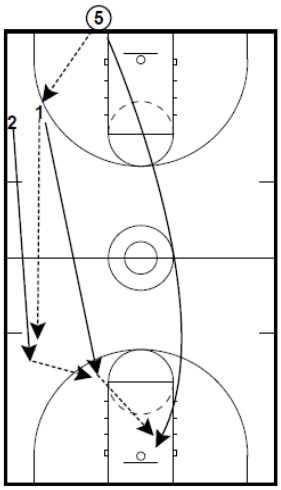
- 5 gets the ball out of the net and outlets to 1
- 1 throws ahead to 2
- 2 makes the layup
- 5 grabs the ball out of the net before it touches the floor

Fast Break

Frame 2

Tim Cleuss - Transition Offense

Tim Cleuss - 3 Man Break for Layup



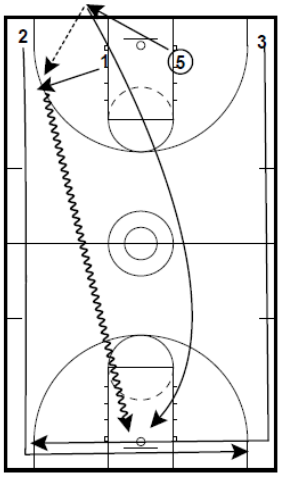
- 5 outlets the ball to 1
- I throws ahead to 2
- 2 passes the ball to 1
- 1 passes to 5 for the layup

* The players should make all 4 layups and complete the 3 trips in 24 seconds

Fast Break

Frame 3

Tim Cleuss - 4 Man Break for Layup



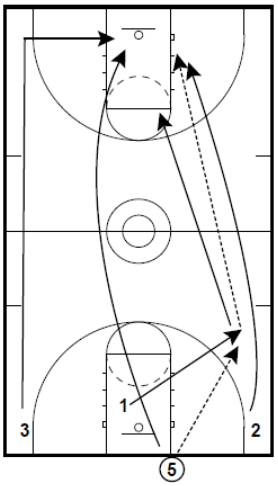
- 5 makes layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline and circles out
- 3 sprints up the sideline and circles out
- 2 and 3 keep their backs to the sideline and their outside hand up as they sprint up the sideline
- 1 drives for the layup
- 5 trails and grabs the ball out of the net before it can touch the floor

Fast Break

Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - 4 Man Break for Layup

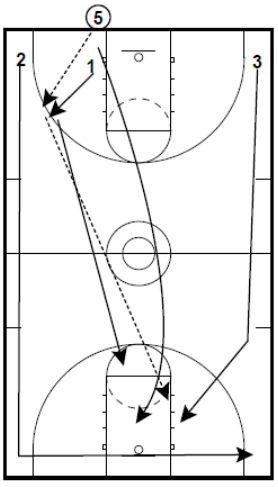


- 5 outlets the ball to 1
- 1 throws ahead to 2
- 2 drives for layup
- 5 grabs the ball out of the net before the ball hits the floor

Fast Break

Frame 2

Tim Cleuss - 4 Man Break for Layup



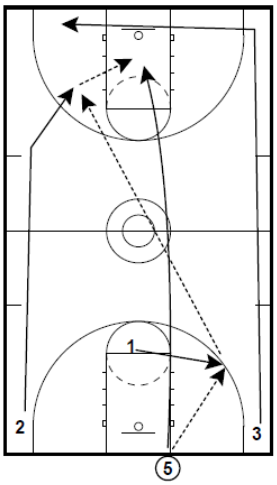
- 5 outlets the ball to 1
- 2 and 3 sprint up the sideline
- 1 passes ahead to 3
- 3 makes the layup
- 2 circles through
- 5 grabs the ball out of the net before it hits the floor

Fast Break

Frame 3

Tim Cleuss - Transition Offense

Tim Cleuss - 4 Man Break for Layup



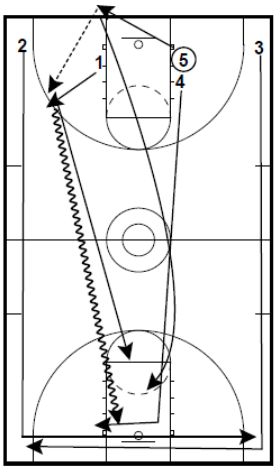
- 5 outlets the ball to 1
- 2 and 3 sprint up the sidelines
- 1 throws ahead to 2
- 5 trails the play
- 2 passes to 5 for the layup

* Players should make all 5 layups and complete all 4 trips in 24 seconds

Fast Break

Frame 4

Tim Cleuss - 5 Man Break for Layup



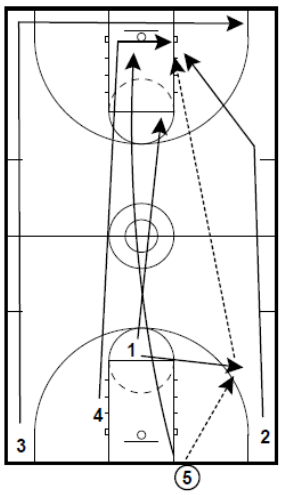
- 5 makes layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline and circles out
- 3 sprints up the sideline and circles out
- 2 and 3 keep their backs to the sideline and their outside hand up as they sprint up the sideline
- 1 drives for the layup
- 4 sprints to the rim
- 5 trails and grabs the ball out of the net before it can touch the floor

Fast Break

Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - 5 Man Break for Layup



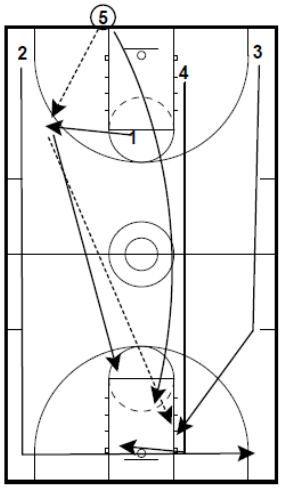
- 5 outlets to 1
- 1 throws ahead to 2 for layup
- 4 rim runs and circles out
- 3 runs up the sideline and circles out
- 5 trails the play and grabs the ball out of the net before it hits the floor

* Players should make all 6 layups and complete all 5 trips in 30 seconds

Fast Break

Frame 2

Tim Cleuss - 5 Man Break for Layup



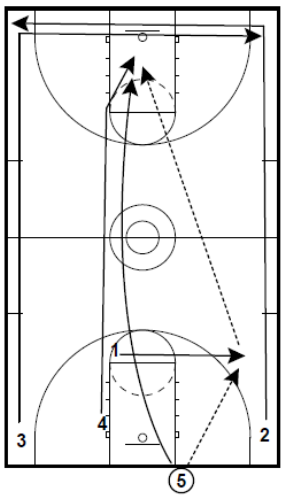
- 5 outlets the ball to 1
- 1 throws ahead to 3 for a layup
- 4 rim runs and circles out
- 2 runs up the sideline and circles out
- 5 trails and grabs the ball out of the net before it hits the floor

Fast Break

Frame 3

Tim Cleuss - Transition Offense

Tim Cleuss - 5 Man Break for Layup

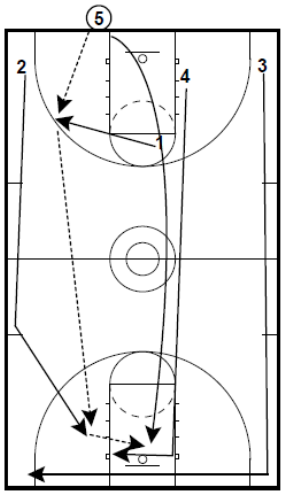


- 5 outlets to 1
- 1 throws ahead to 4 for a layup
- 2 and 3 sprint up the sideline and circle out
- 5 trails the play and grabs the ball out of the net before it hits the floor

Fast Break

Frame 4

Tim Cleuss - 5 Man Break for Layup



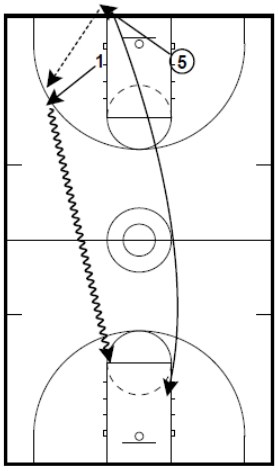
- 5 outlets to 1
- 1 throws ahead to 2
- 3 sprints up the sideline and circles out
- 4 rim runs and circles out
- 2 passes to 5 for the layup

Fast Break

Frame 5

Tim Cleuss - Transition Offense

Tim Cleuss - 2 Man Break for Jumper

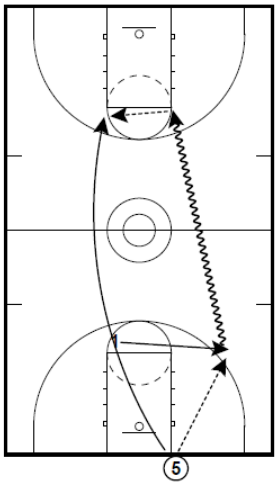


- 5 makes a layup, grabs the ball out of the net, steps out of bounds and outlets the ball to 1
- 1 dribbles to the elbow for the jumper
- 5 trails opposite elbow and reads rebound

Fast Break

Frame 1

Tim Cleuss - 2 Man Break for Jumper



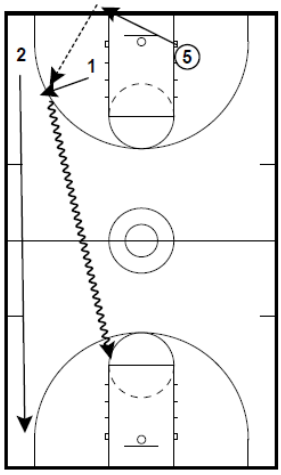
- 5 outlets the ball to 1
- 1 dribbles to the elbow
- 5 trails to the opposite elbow
- 1 passes to 5 for the jumper

Fast Break

Frame 2

Tim Cleuss - Transition Offense

Tim Cleuss - 3 Man Break for Jumper

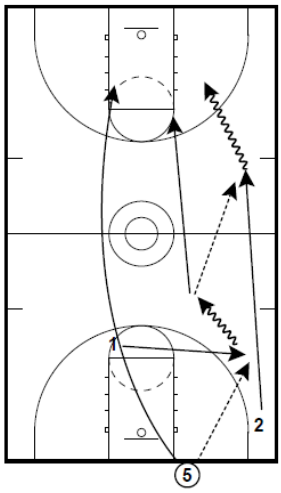


- 5 makes a layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline to the corner
- 1 dribbles to the elbow for the jumper
- 5 trails to the opposite elbow and reads the rebound

Fast Break

Frame 1

Tim Cleuss - 3 Man Break for Jumper



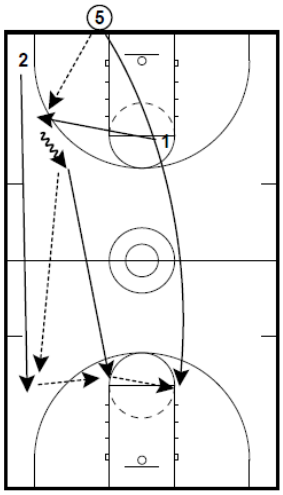
- 5 outlets the ball to 1
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 dribbles in for jumper between wing and corner
- 5 trails to opposite elbow and reads the rebound

Fast Break

Frame 2

Tim Cleuss - Transition Offense

Tim Cleuss - 3 Man Break for Jumper

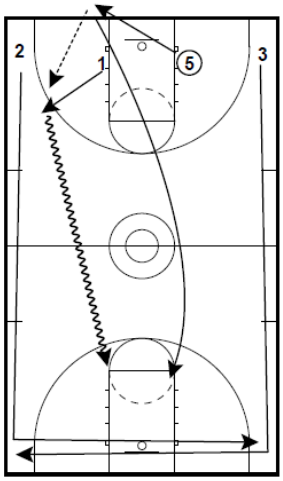


- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 2
- 2 passes back to 1 at elbow
- 1 passes to 5 trailing
- 5 shoots the elbow jumper

Fast Break

Frame 3

Tim Cleuss - 4 Man Break for Jumper



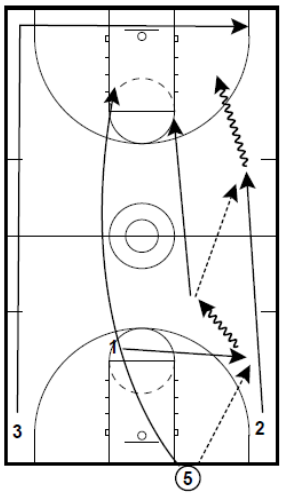
- 5 makes a layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 and 3 sprint up the sideline to the corner and circles out
- 1 dribbles to the elbow for the jumper
- 5 trails to the opposite elbow and reads the rebound

Fast Break

Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - 4 Man Break for Jumper

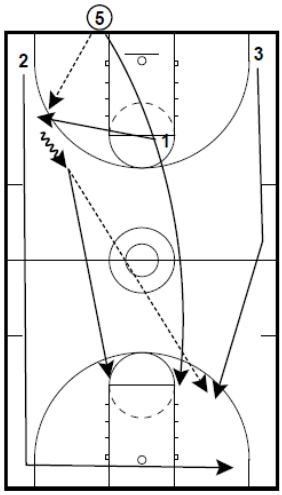


- 5 outlets the ball to 1
- 3 sprints up the sideline to the corner and circles out
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 dribbles in for jumper between wing and corner
- 5 trails to opposite elbow and reads the rebound

Fast Break

Frame 2

Tim Cleuss - 4 Man Break for Jumper



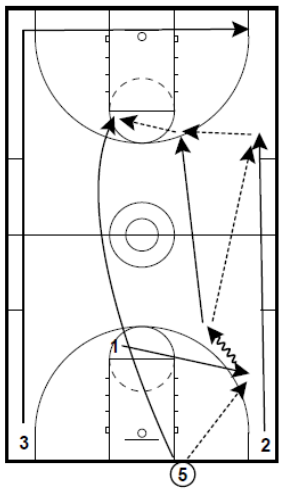
- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 3
- 3 shoots the jumper between the wing and corner
- 2 sprints up the sideline to the corner and circles out
- 5 trails to the elbow and reads the rebound

Fast Break

Frame 3

Tim Cleuss - Transition Offense

Tim Cleuss - 4 Man Break for Jumper

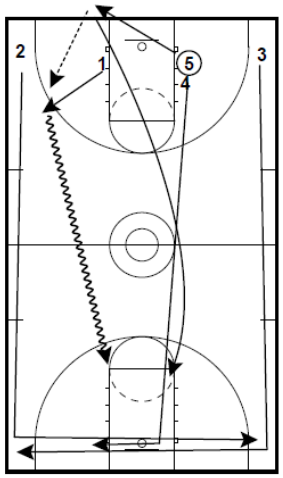


- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 2
- 3 sprints up the sideline to the corner and circles out
- 2 passes back to 1 at elbow
- 1 passes to 5 trailing
- 5 shoots the elbow jumper

Fast Break

Frame 4

Tim Cleuss - 5 Man Break for Jumper



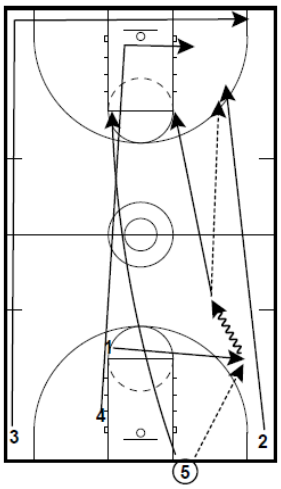
- 5 makes a layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 and 3 sprint up the sideline to the corner and circles out
- 1 dribbles to the elbow for the jumper
- 4 man rim runs and circles out
- 5 trails to the opposite elbow and reads the rebound

Fast Break

Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - 5 Man Break for Jumper

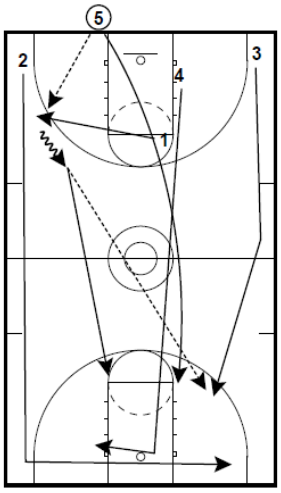


- 5 outlets the ball to 1
- 3 sprints up the sideline to the corner and circles out
- 4 rim runs and circles out
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 dribbles in for jumper between wing and corner
- 5 trails to opposite elbow and reads the rebound

Fast Break

Frame 2

Tim Cleuss - 5 Man Break for Jumper



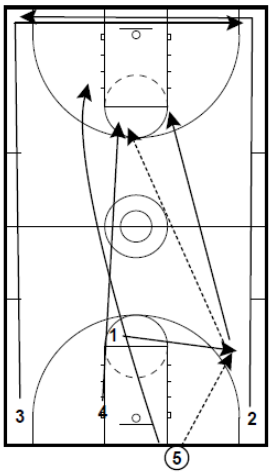
- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 3
- 3 shoots the jumper between the wing and corner
- 2 sprints up the sideline to the corner and circles out
- 4 rim runs and circles out
- 5 trails to the elbow and reads the rebound

Fast Break

Frame 3

Tim Cleuss - Transition Offense

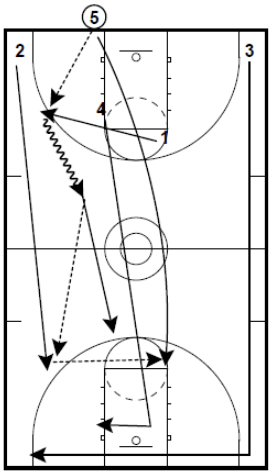
Tim Cleuss - 5 Man Break for Jumper



- 5 outlets the ball to 1
- 1 throws ahead to 4
- 4 shoots the jumper between the foul line and three point line
- 2 and 3 sprint up the sideline to the corner and circle out
- 5 trails and reads the rebound

Fast Break Frame 4

Tim Cleuss - 5 Man Break for Jumper

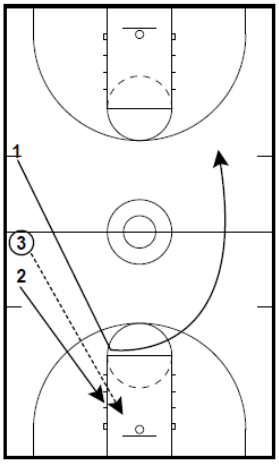


- 5 outlets the ball to 1
- 3 sprints up the sideline to the corner and circles out
- 4 rim runs and circles out
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 passes to 5 trailing
- 5 shoots the jumper

Fast Break Frame 5

Tim Cleuss - Transition Offense

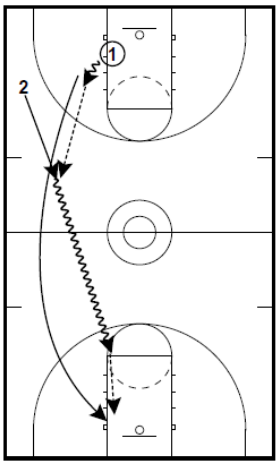
Tim Cleuss - 3 Man Layup Drill



- Man who shoots the layup is the outlet (2)
- Trailer (3) takes out the ball
- Passer (1) hits the foul line and breaks deep
- Throw passes that lead man to the basket, no dribbling

Fast Break Frame 1

Tim Cleuss - 2 Man Layup Drill



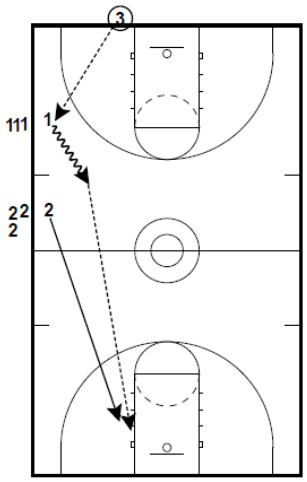
- 1 throws the ball off the boards, grabs rebound, takes 1 dribble, and outlets the ball to 2
- 2 dribbles to elbow, passes to 1 for layup

* Reverse roles coming back down.

Fast Break Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - 2 Man Baseball Pass

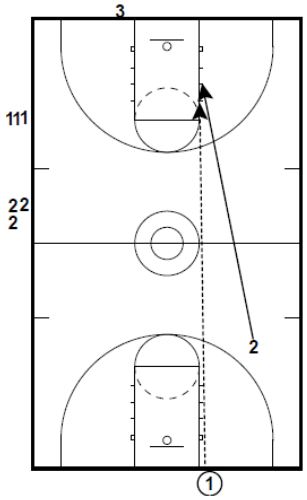


- 3 outlets to 1
- 1 takes a dribble and then throws a leading pass to 2 for a layup
- 2 takes the pass and scores the layupu without dribbling

Fast Break

Frame 1

Tim Cleuss - 2 Man Baseball Pass



- 1 grabs the ball out of the net, turns his head as he steps out of bounds, and throws a baseball pass to 2
- 2 makes the layup without taking a dribble
- 1 grabs the ball out of the net, turns his head as he steps out of bounds, and outlets to new 1

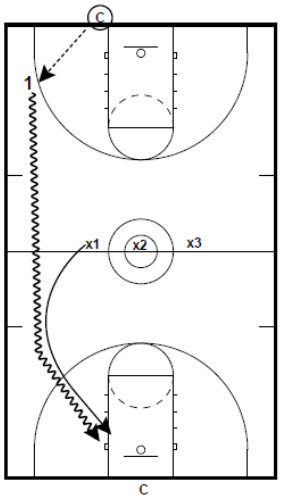
* Drill repeats
** 1 and 2 switch lines

Fast Break

Frame 2

Tim Cleuss - Transition Offense

Tim Cleuss - Continuous 2 Man



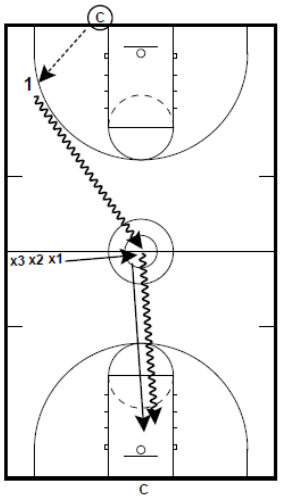
- Coach outlets the ball to 1
- 1 dribbles up the floor wide (between the sideline and volleyball post)
- Defense picks up right before offense hits half-court

* Give each player four reps on offense to start

Fast Break

Frame 1

Tim Cleuss - Continuous 2 Man (Middle)



- Coach outlets the ball to 1
- 1 dribbles up the middle of the floor
- Defense picks up at half-court and works on containing the dribble

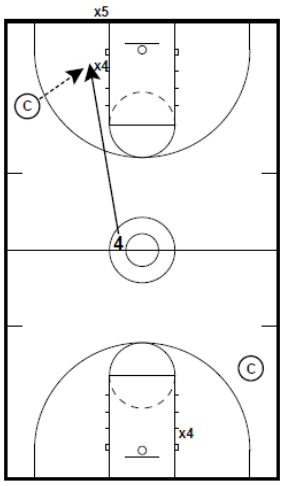
* Give each player four reps on offense to start

Fast Break

Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - Continuous 2 Man (Post Players)



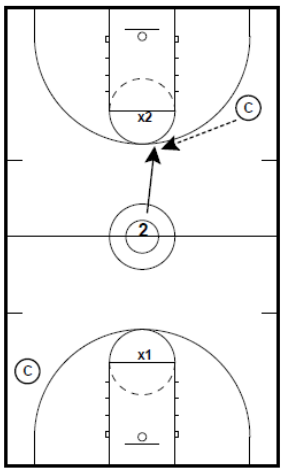
- Offense sprints the floor and posts up
- Coach feeds the post
- Offense attacks
- After shooting, offense sprints to the other end of the floor and repeats the drill

* Run for 4 posts

Fast Break

Frame 1

Tim Cleuss - Continuous 2 Man (Perimeter Moves)



- Defense waits at the foul line and picks man up off of the pass
- Offense keeps feet moving to move into shot or takes man off the dribble
- After shooting, offense sprints to the other end of the floor and the drill repeats

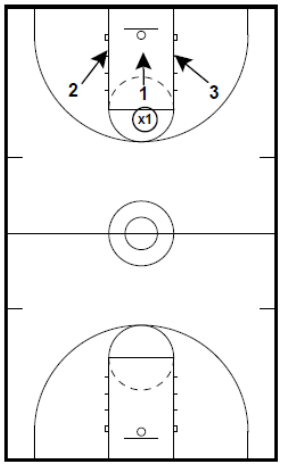
* Run drill for 4 offensive possessions

Fast Break

Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - Box and Shoot

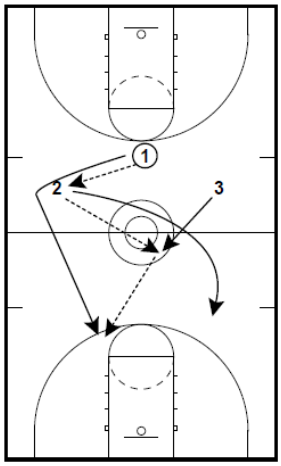


- Act like your on defense on wing
- Ball defender yells shot
- All 3 defenders yell ball
- 1 defender calls ball for outlet
- 3 on 0 the other way
- 3 on 1 coming back

Fast Break

Frame 1

Tim Cleuss - 3 Man Weave



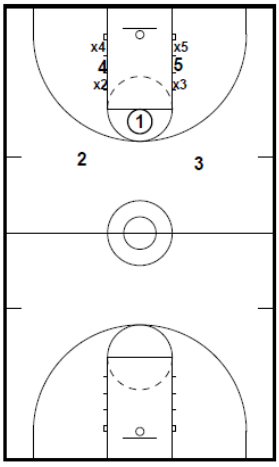
- 1st trip for jumper
- 2nd trip for jumper
- 3rd trip for jumper
- 4th trip layup for inbounder

Fast Break

Frame 1

Tim Cleuss - Transition Offense

Tim Cleuss - Transition Reads



- Drill starts with a foul shot
- Foul shooter drops off
- 5 dark jerseys go the other way against 4 light jerseys
- Then 2 dark jerseys drop off and 4 lights come back against 3 darks
- Then 2 lights drop off and 3 darks come back against 2 lights
- Then 2 darks drop off and 2 lights come back against 1 dark

Fast Break

Frame 1

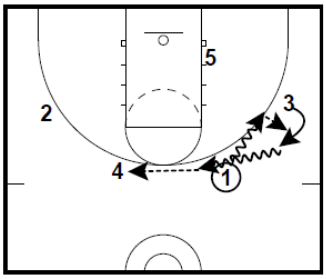
Jim Ferry
LIU
"LIU Offensive Sets"

- All of these plays work great if you have great players
- You can use these plays to play to your strengths
- 4th in the country in offense this year
- Scored 84 points against UNC in NCAA tournament
- Very aggressive on offense
  - 1st way to score is transition
  - 2nd way to score is secondary break
  - 3rd way to score is half-court entry
  - 4th way to score is late clock plays
  - 5th way to score is at the foul line
- If there are 3 or more defenders back, fan out and get to spots
- 2 and 3 are interc hangeable, the wings
- 4 and 5 are interchangeable
  - First one down the floor runs to the rim
  - Second one down trails
- Force movement
  - try to get the defense to change sides of the floor twice before attacking

Jim Ferry - LIU Offensive Sets

- Shuffle – play is initiated with a dribble handoff

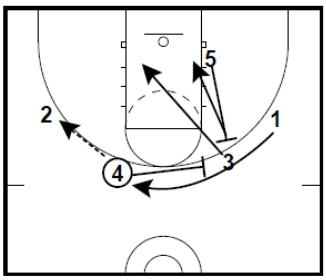
Jim Ferry - Shuffle



- 1 to 3 dribble handoff
- 3 passes to 4

Half-Court Sets Frame 1

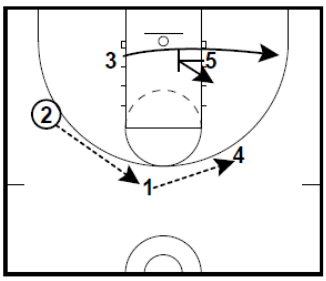
Jim Ferry - Shuffle



- 5 backscreens 3
- 5 dives to block
- 4 passes to 2
- 4 screens away for 1

Half-Court Sets Frame 2

Jim Ferry - Shuffle



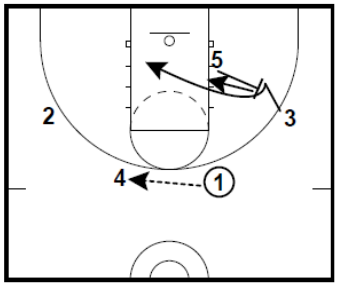
- 2 passes to 1
- 1 passes to 4
- 5 screens 3 on the baseline
- 4 looks to pass to 3 on the baseline or 5 posting

Half-Court Sets Frame 3

Jim Ferry - LIU Offensive Sets

- Toss – play is initiated off 1 passing to 4

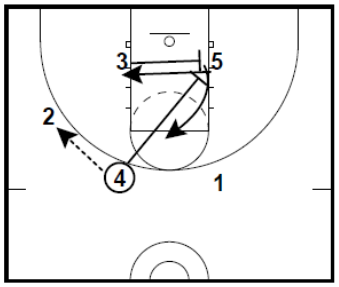
Jim Ferry - Toss



- 1 passes to 4
- 4 looks to drive or drive and kick to 2
- If drive is not there, 3 Flex cuts off of 5 (over the top)
- 5 ducks in
- 4 looks to 3 and 5

Half-Court Sets Frame 1

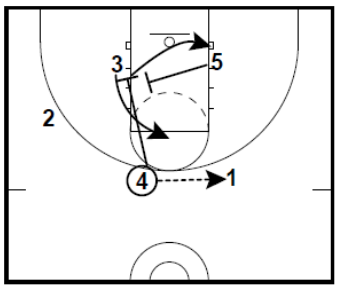
Jim Ferry - Toss



Option 1 Flex to Throw Ahead
- Screens for 5
- 4 screens for 3
- 2 looks to pass to 5 or 3

Half-Court Sets Frame 2

Jim Ferry - Toss



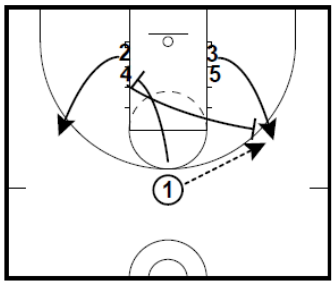
Option 2 Flex to Throw Back
- 4 passes to 1
- 4 sets a diagonal downscreen for 3
- 5 backscreens 4
- 1 looks to pass to 3 or 4

Half-Court Sets Frame 3

Jim Ferry - LIU Offensive Sets

- Stacks – if a team denies, invert the stacks and have 4 and 5 curl screen

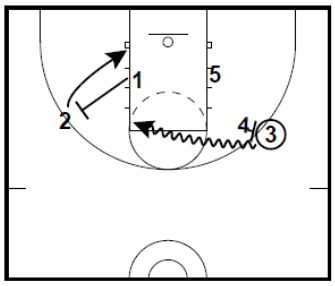
Jim Ferry - Stacks



- 2 and 3 pop off screens
- 1 diagonal downscreens the opposite forward (4)
- 4 sprints to ball screen 3

Half-Court Sets Frame 1

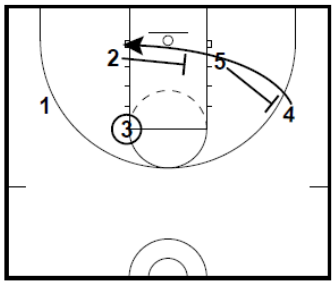
Jim Ferry - Stacks



- 3 drives middle off 4's ball screen
- 1 back screens 2

Half-Court Sets Frame 2

Jim Ferry - Stacks



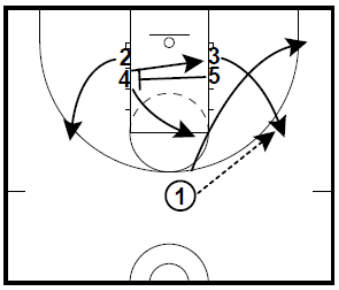
- 2 and 5 set staggered back screens for 4

Option
- 5 and 4 can screen for 2 popping, close the fence

Half-Court Sets Frame 3

Jim Ferry - LIU Offensive Sets

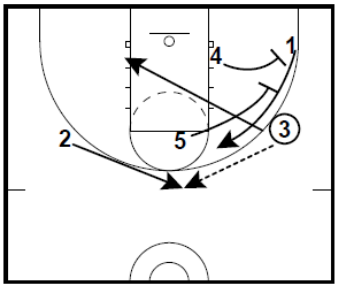
Jim Ferry - Stack Stagger



- 2 and 3 pop to wing off screen
- 1 passes to 3 and shallow cuts to corner
- 5 screens 4
- 4 goes low
- 5 pops

Half-Court Sets Frame 1

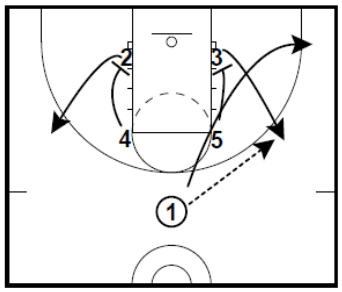
Jim Ferry - Stack Stagger



- 2 flashes to top
- 3 passes to 2
- 3 cuts through
- 4 and 5 set stagger screens for 1

Half-Court Sets Frame 2

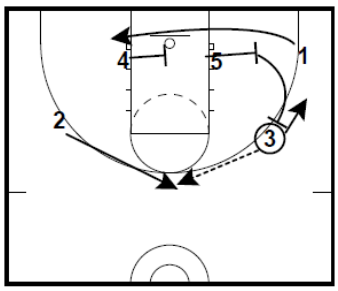
Jim Ferry - Box Flare



- 4 and 5 downscreen for 2 and 3
- 2 and 3 pop to the wings
- 1 passes to 3 and shallow cuts to corner

Half-Court Sets Frame 1

Jim Ferry - Box Flare

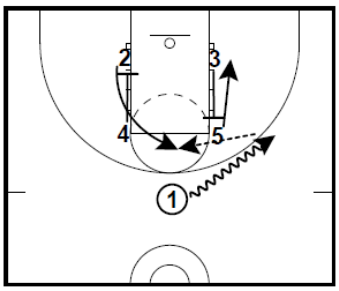


- 2 cuts to top
- 3 passes to 2
- 4 and 5 screen for 1
- 5 sets a flare screen for 3

Half-Court Sets Frame 2

Jim Ferry - LIU Offensive Sets

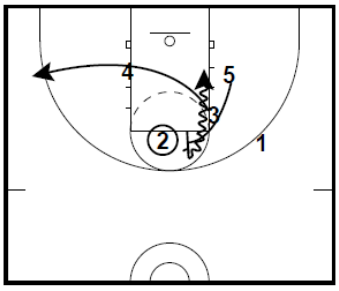
Jim Ferry - Box Ball Screen



- 1 dribbles right
- 3 back screens 5
- 4 down screens 2
- 1 passes to 2

Half-Court Sets Frame 1

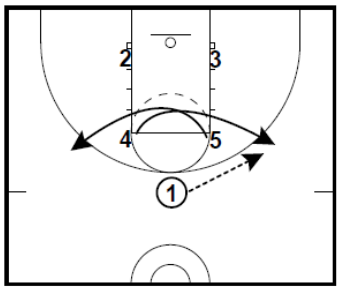
Jim Ferry - Box Ball Screen



- 3 cuts through off 4
- 5 all screens 2

Half-Court Sets Frame 2

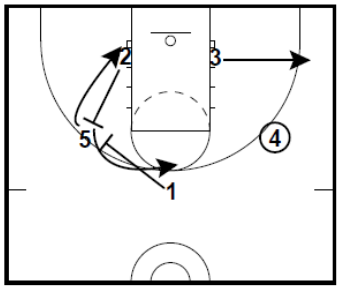
Jim Ferry - Box Cross



- 4 and 5 cross high
- 1 passes to 5

Half-Court Sets Frame 1

Jim Ferry - Box Cross

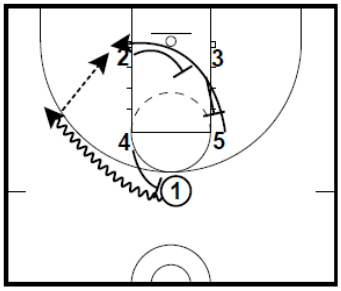


- 3 pops to the corner
- 2 back screens 5
- 1 screens 2

Half-Court Sets Frame 2

Jim Ferry - LIU Offensive Sets

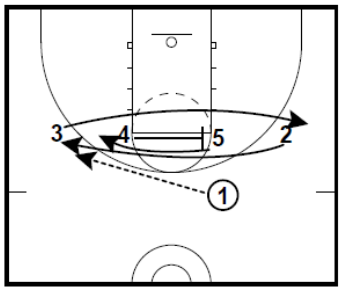
Jim Ferry - Box Stagger



- 4 ball screens 1
- 1 dribbles wide
- 3 and 2 set staggered back screens for 5
- 1 looks to hit 5 on the block

Half-Court Sets Frame 1

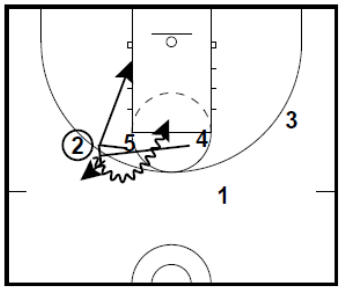
Jim Ferry - Over Under 1



- 2 cuts over 4 and 5
- 3 cuts under 4 and 5
- 4 screens 5

Half-Court Sets Frame 1

Jim Ferry - Over Under 1

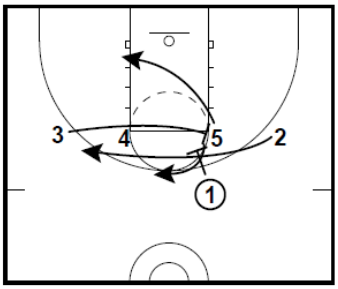


- 5 fakes the ball screen and slips
- 4 sets a ball screen for 2 and then pops

* If 5's defender drops to basket, 5 won't slip - he sets the ball screen.

Half-Court Sets Frame 2

Jim Ferry - Over Under 2

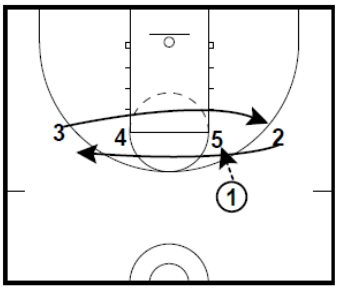


- 2 cuts over 4 and 5
- 3 cuts under 4 and back screens 5
- 1 passes to 2 and screens for 3
- 2 looks to pass to 5 or 3

Half-Court Sets Frame 1

Jim Ferry - LIU Offensive Sets

Jim Ferry - Over Under 3

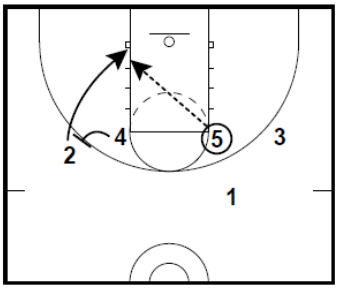


- 2 cuts over 4 and 5
- 3 cuts under 4 and 5
- 1 passes to 5

Half-Court Sets

Frame 1

Jim Ferry - Over Under 3

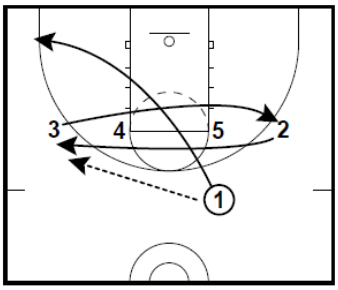


- 4 back screens for 2
- 2 cuts to the block
- 5 passes to 2

Half-Court Sets

Frame 2

Jim Ferry - Over Under 4

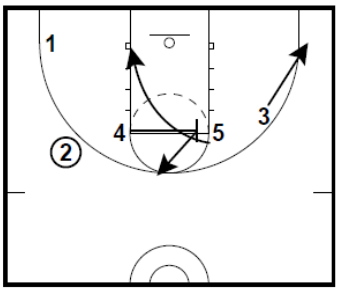


- 2 cuts over 4 and 5
- 3 cuts under 4 and 5
- 1 passes to 2 and cuts through to ball side corner

Half-Court Sets

Frame 1

Jim Ferry - Over Under 4



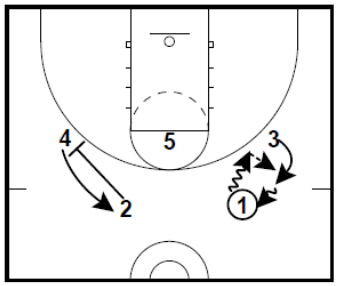
- 4 screens 5
- 5 rolls off screen to the ball side block
- 4 pops to top of key
- 3 fades to corner

Half-Court Sets

Frame 2

Jim Ferry - LIU Offensive Sets

Jim Ferry - Scissors 1

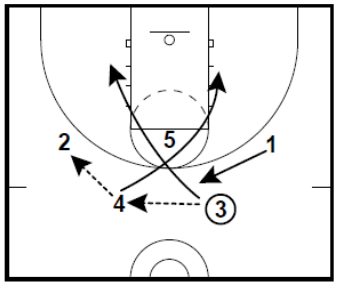


- 1 and 3 dribble handoff
- 2 and 4 exchange

Half-Court Sets

Frame 1

Jim Ferry - Scissors 1

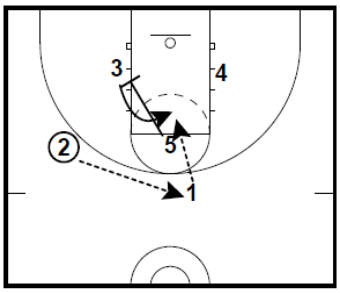


- 3 passes to 4
- 4 passes to 2
- 3 and 4 X off 5
- 1 rotates up

Half-Court Sets

Frame 2

Jim Ferry - Scissors 1



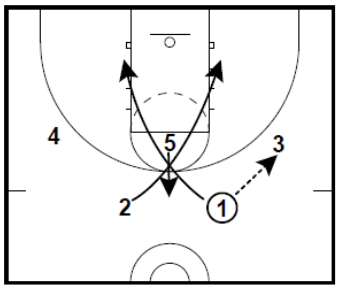
- 2 passes to 1
- 5 diagonal down screens for 3
- 1 passes to 3
- 3 looks for shot or dump down to 5

Half-Court Sets

Frame 3

Jim Ferry - LIU Offensive Sets

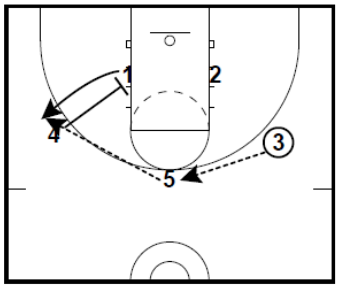
Jim Ferry - Scissors 2



- 1 passes to 3
- 2 and 1 X off 5
- 5 pops

Half-Court Sets Frame 1

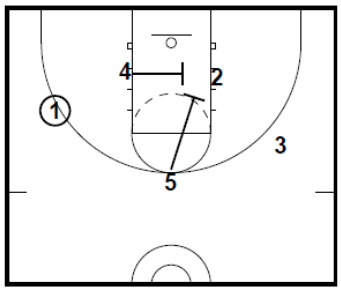
Jim Ferry - Scissors 2



- 3 passes to 5
- 4 down screens for 1
- 5 passes to 1

Half-Court Sets Frame 2

Jim Ferry - Scissors 2



- 4 sets a baseline screen
- 5 sets a down screen
- 2 chooses which screen to use

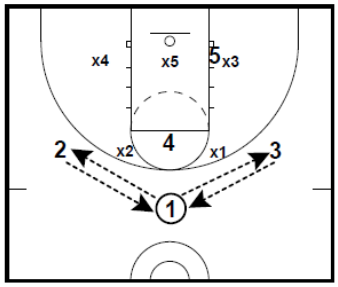
* If there is no shot in the corner, 4 sets a pin screen for 5

Half-Court Sets Frame 3

Jim Ferry - LIU Offensive Sets

- Zone Offense
  - identifies weakest defender and tries to attack him in the zone
  - sends 4 to 5 guys to the boards against zone to take advantage of open lanes
  - offensive rebounding forces teams out of the zone

Jim Ferry - Pepper

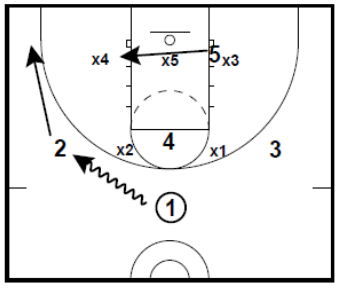


- 1 passes to 3
- 3 passes to 1
- 1 passes to 2
- 2 passes to 1

* Move the ball quickly

Half-Court Sets Frame 1

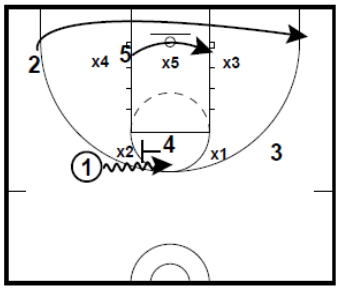
Jim Ferry - Pepper



- 1 dribbles 2 out
- 2 cuts to the corner
- 5 cuts across the lane

Half-Court Sets Frame 2

Jim Ferry - Pepper

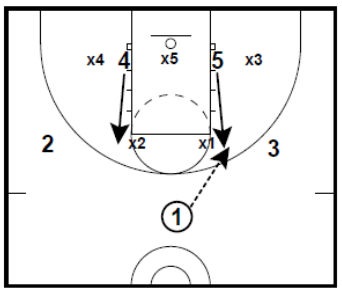


- 4 ball screens 1 coming back to the middle
- 2 runs baseline
- 5 rolls back to the block
- 1 has 3, 2, or 5 depending on the defense

Half-Court Sets Frame 3

Jim Ferry - LIU Offensive Sets

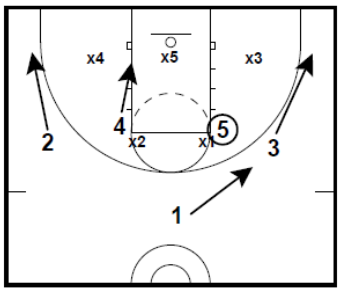
Jim Ferry - Flash



- 4 and 5 flash to the elbows
- 1 passes to 4 or 5

Half-Court Sets Frame 1

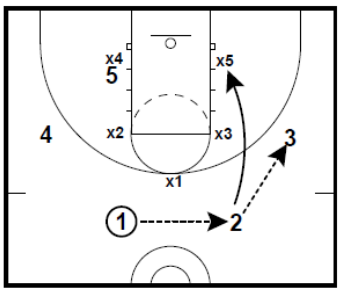
Jim Ferry - Flash



- Opposite forward (4) dives to the block
- Wings drop to corners
- 1 fills ball side wing

Half-Court Sets Frame 2

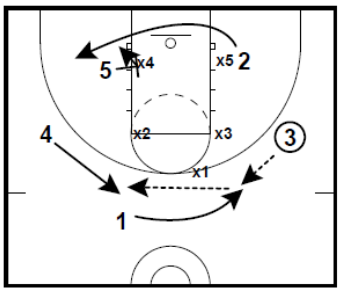
Jim Ferry - Reverse



- 1 passes to 2
- 2 passes to 3
- 2 dives to the block

Half-Court Sets Frame 1

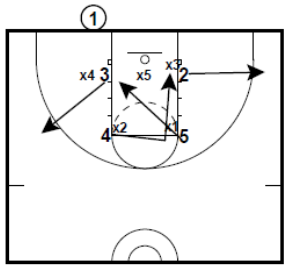
Jim Ferry - Reverse



- 1 and 4 fill up
- 3 passes to 1
- 1 passes to 4
- 5 screens for 2
- 2 cuts off 5's screen to the corner
- 4 passes to 2
- 5 ducks in

Half-Court Sets Frame 2

Jim Ferry - Zone Inbounds Play



- 2 cuts to corner
- 3 cuts to wing
- 5 cuts to ball side block
- 4 walks across the foul line and dives to the weak side block

* 4 and 2 are the primary options
** 2 should be your best shooter
*** 4 should be your best hands guy
**** 3 is the safety

BLOB's Frame 1

- Focus on the things you can control
- You can control offensive rebounding
- Must hold guys accountable for getting to the glass
- Shot 47% from the field, but they got back 46% of their misses back
- Make them do something they don't want to do or haven't done before
- Sends 4 guys to the glass
- Uses football terminology to make guys think they are tough
- Refers to rebounding as tailbacking
- If the 1 does not shoot the ball, he is the fullback. He gets fully back.
- If the 1 shoots, then the 2 is the fullback.
- Shooter is the halfback, he gets to the foul line area.
- The other 3 guys are tailbacks. They attack the offensive glass like animals. If they don't get the rebound, they must get their tails back on defense.
- Manager charts rebounding responsibilities every possession in practice.
- If you miss an assignment, it is -1. You run for each one at the end.
- If someone is really struggling with their responsibility, you can make it -2 if they miss it.
- We cannot control the ball going in, but we can control getting to our spots to offensive rebound.

Mike Maker

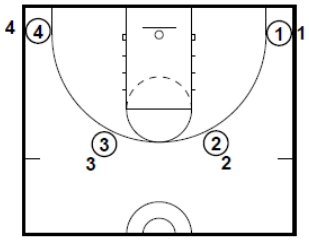
Williams College

"Offensive Concepts"

- Players are allowed to play freely within his structure
- Need to have a philosophy/conviction that you believe in
- Complicated or sophisticated? - It depends on how you look at it
- The glass is always half-full with my guys
- Hybrid between Beilein's 2 Guard Offense and Princeton Offense
- Foundation
  - Spacing
  - Skill
  - Intelligence
- Make more free throws than the opponent attempts
- Shoot a lot of layups and free throws in practice
- Believe in dominant hand layups
- Believe in dominant foot as hot foot, weak foot as pivot foot
- At Duke practices, players talk more than coaches
- Structure practices according to facilities and academic demands
- Todd Lickliter - "Juniors and seniors cheat to win. Freshmen and sophomores cheat to get by."
- Doesn't tolerate poor communication.
  - Any consequence is a short run
  - Could be run 2 sidelines, only a 17 if he is really pissed
- Drills teach players how to play
  - Not married to a system
  - Allows players to play
  - Prepares them to play against any kind of defense (denial, sag)
- Spends most of his practice time on offense

- McKillop on defense
  - Protect the President
    - Basket is the president
    - Defenders are the Secret Service
    - Ball is the bomb
    - The lane is the White House
- Guarding ball screens
  - Hard hedge
  - Bump
  - High hedge
- One More – most important drill that they do
  - Helps eliminate turnovers
  - Gets higher percentage shots because of better passes

Mike Maker - One More



- Shot fake
- Drive 2 dribbles
- Jump stop
- Pass to the right (stop and pass)
- Every pass has a name - both passer and receiver

* Work on reverse pivots and forward pivots
** Run drill to right and left

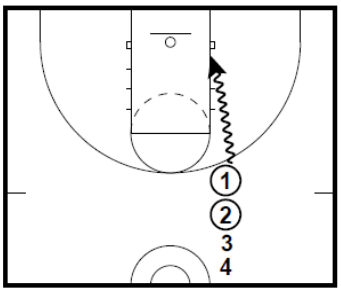
Frame 1

- Doughnut – forward pivot
- Waffle – reverse pivot
- Layups
  - Land on 2
  - Swoop the ball, use longer limbs
  - Body on
  - Ball away
- Start different ways
  - Inside out, crossover
  - Waffle/doughnut
  - Shot fake

Mike Maker - Offensive Concepts

- Alleys and Slots – shoot with dominant hand, it's like a reverse Mikan if you are on your weak side

Mike Maker - Alley Drives

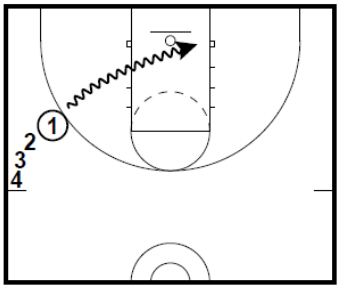


- Assistants hit players with pads as they drive to rim

* Run drill on right and left

Frame 1

Mike Maker - Slots



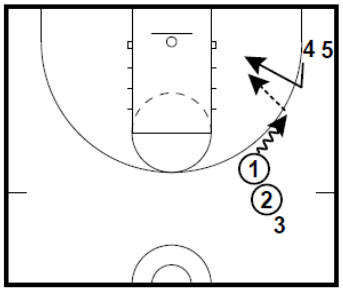
- Drive and finish on opposite side of the rim

* Run drill on right and left

Frame 1

- Italian Drill – encourages 1 handed passes, feels they are less likely to be deflected

Mike Maker - Italian Drill

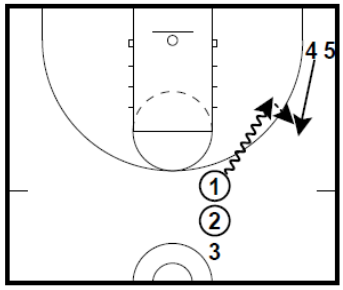


- Dribble to wing
- Corner goes back door for layup

Frame 1

Mike Maker - Offensive Concepts

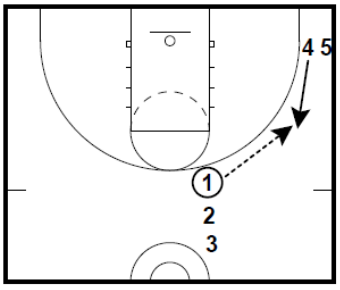
Mike Maker - Euro



- Drive to wing
- Corner cuts right behind dribbler's butt
- Pitch back for 3

Frame 1

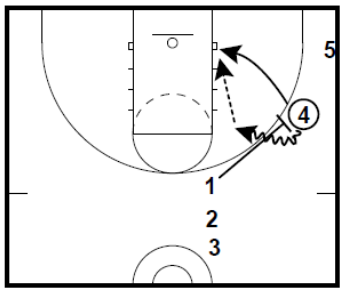
Mike Maker - Ball Screens



- Pass to wing

Frame 1

Mike Maker - Ball Screens



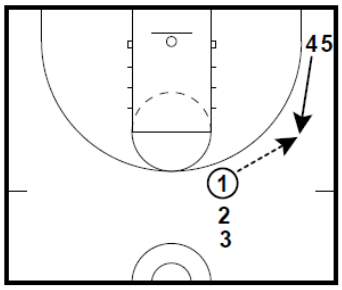
- Ball screen and roll
- Bounce pass to roller
- Catch with 2
- Land with 2

Frame 2

Mike Maker - Offensive Concepts

- Slips
  - The players choose what to do based on how the defense plays them
  - They do not do things off calls from the bench
  - Takes away low shoulder step to 10:00 cut to 2:00
  - Takes away the high shoulder, step to 2:00 cut to 10:00

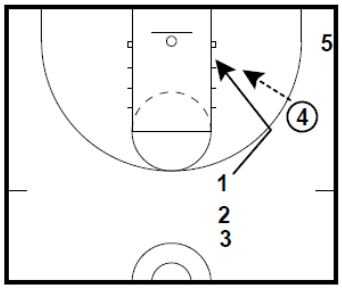
Mike Maker - Slips



- Pass to wing

Frame 1

Mike Maker - Slips

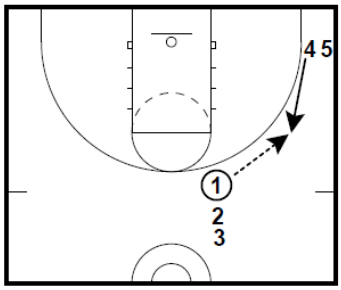


- Fake ball screen
- Slip for layup

Frame 2

Mike Maker - Offensive Concepts

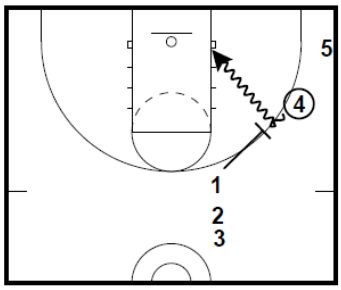
Mike Maker - Reject Screen (Refusal)



- Pass to wing

Frame 1

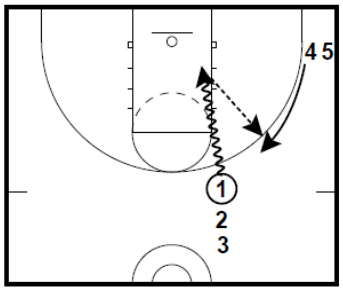
Mike Maker - Reject Screen (Refusal)



- Wing rejects screen and drives
- Wing finishes at rim or pivots and kicks ball out

Frame 2

Mike Maker - Tonies

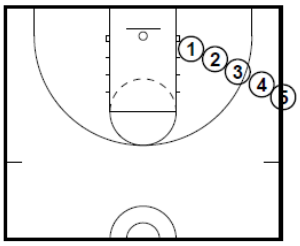


- Drive from top
- Corner fills up
- Kick ball back for jumper

Frame 1

Mike Maker - Offensive Concepts

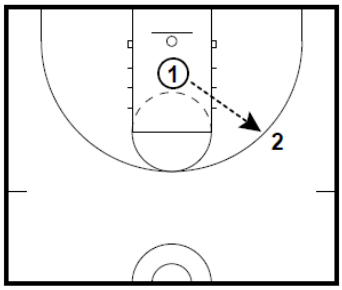
Mike Maker - Popeyes



- Shoot a normal shot
- Use the glass
- Try not to hit the rim
- Get your own rebound
- Dribble to the end of the line

Frame 1

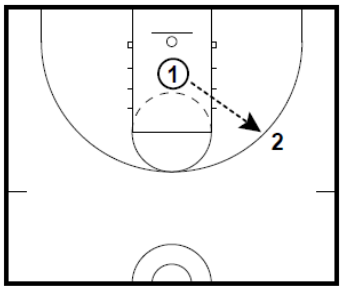
Mike Maker - Strengths



- 2 man shooting drill
- Shooters can shoot from the right, left, or middle
- The drill runs for 2 minutes, each player shoots for 1 minute
- Take 2 shots from area of strength for every one from areas of weaknesses
- The 1st shot is the money ball and it is worth 3, everything else is worth 1
- The goal is 20 makes in 2 minutes
- If they don't make it, sprint to half-court and back to the basket
- Now shoot free throws

Frame 1

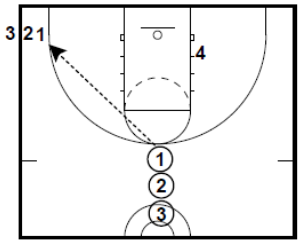
Mike Maker - Weaknesses



- 2 man shooting drill
- Shooters can shoot from the right, left, or middle
- The drill runs for 2 minutes, each player shoots for 1 minute
- Take 2 shots from area of weakness for every one from areas of strength
- The 1st shot is the money ball and it is worth 3, everything else is worth 1
- The goal is 20 makes in 2 minutes
- If they don't make it, sprint to half-court and back to the basket
- Now shoot free throws

Frame 1

Mike Maker - Carril Drill



- Make 75 shots in 4 minutes, 1 minute from each spot

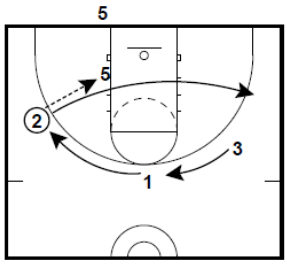
1) Top passes to corner for shot
2) Wing pass to top of key for shot
3) Top of key passes to other corner for shot
4) Other wing passes to top of key for shot

Frame 1

Mike Maker - Offensive Concepts

- Cut and Fill
  - Post feed
    - P shoots or passes
    - Perimeter shoots on kick out from post

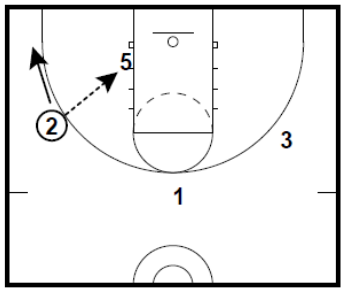
Mike Maker - Cut and Fill



- Two 5's in dark shirts, everyone else is in white
- 2 passes to 5 in the post
- 2 cuts through to opposite wing
- 1 fills the wing
- 3 fills the top of the key
- 5 shoots or kicks the ball out

Frame 1

Mike Maker - Spot

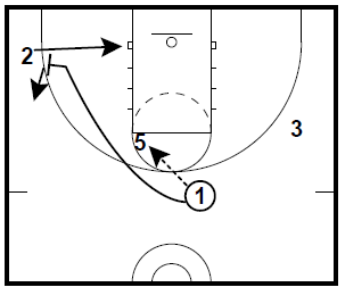


- 2 passes to 5
- 2 cuts to corner
- 1 cuts to basket or screens the weak side wing

Frame 1

Mike Maker - Offensive Concepts

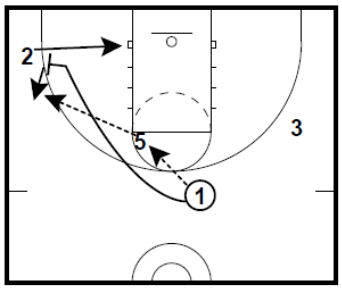
Mike Maker - Corner 1



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 2 goes back door and 1 pops
- 5 passes to 2 for layup or 1 for jumper

Frame 1

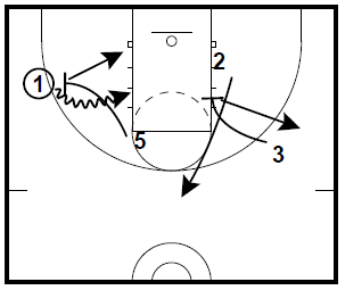
Mike Maker - Corner 2



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 2 goes back door and 1 pops
- 5 passes to 1

Frame 1

Mike Maker - Corner 2

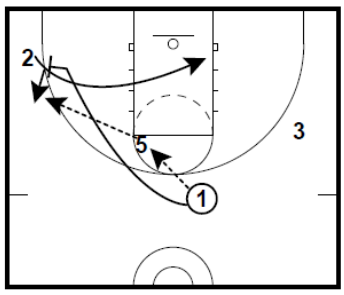


- 3 sets a down screen for 2
- 5 sprints to ball screen 1

1) Pick and roll
2) Slip
3) Refusal

Frame 2

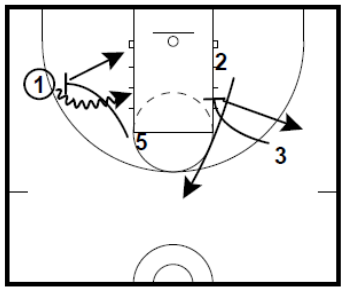
Mike Maker - Corner 3



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 2 curls and 1 pops
- 5 passes to 1

Frame 1

Mike Maker - Corner 3

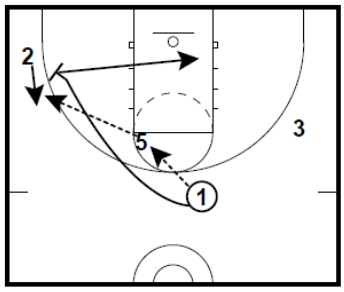


- 3 sets a down screen for 2
- 5 sprints to ball screen 1

1) Pick and roll
2) Slip
3) Refusal

Frame 2

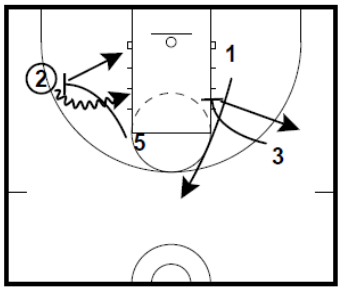
Mike Maker - Corner 4



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 1 slips the screen
- 2 rises up
- 5 passes to 1 or 2

Frame 1

Mike Maker - Corner 4



- 3 sets a down screen for 1
- 5 sprints to ball screen 2

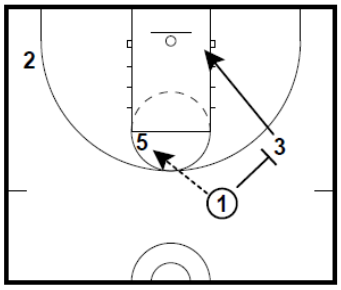
1) Pick and roll
2) Slip
3) Refusal

Frame 2

Mike Maker - Offensive Concepts

- 2 Man Game – wing should be a step off the alley, don't drift

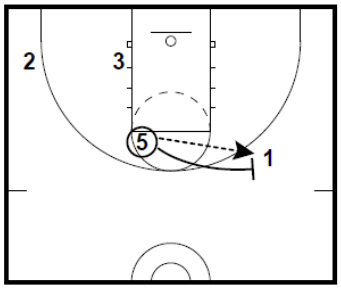
Mike Maker - 2 Man Game



- 1 passes to 5
- 1 sprints to screen 3
- 3 can either curl over the screen or slip it

Frame 1

Mike Maker - 2 Man Game

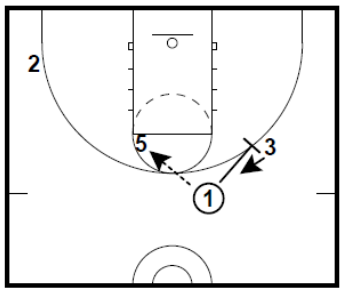


- 5 kicks the ball out to 1
- 5 sprints to set a ball screen for 1

1) Accept
2) Slip
3) Refusal

Frame 2

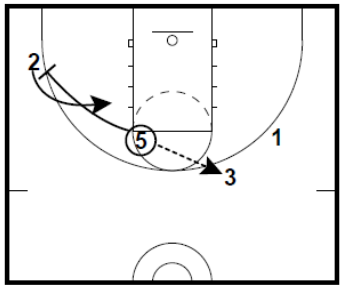
Mike Maker - Pop



- 1 passes to 5
- 1 screens 3
- 3 goes behind screen

Frame 1

Mike Maker - Pop

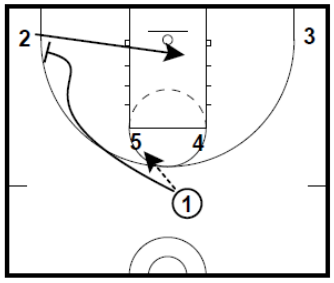


- 5 passes to 3
- 5 screens 2
- 3 makes a read

Frame 2

Mike Maker - Offensive Concepts

Mike Maker - A

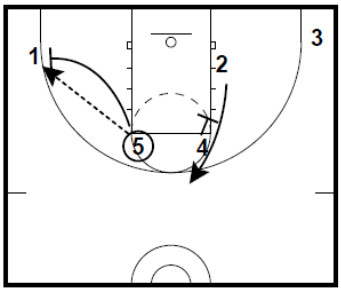


- 1 passes to 5
- 1 screens 2

Run with 2 bigs

Frame 1

Mike Maker - A



- 5 passes to 1
- 4 sets screen at foul line for 3
- 5 sets ball screen for 1

1) Accept
2) Slip
3) Refusal

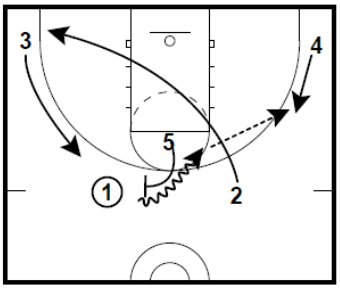
Run with 2 bigs

Frame 2

Mike Maker - Offensive Concepts

- Fill – If 4 is denied, he should go back door and pop back to corner. 1 keeps dribble alive and goes to wing to take 4's place.

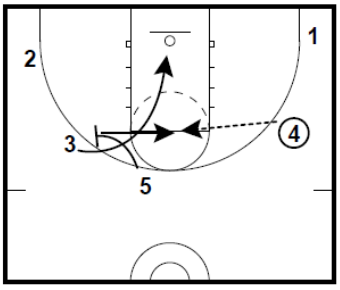
Mike Maker - Fill



- 2 cuts through to corner
- 3 fills up
- 5 sets a ball screen for 1
- 4 rises up
- 1 passes to 4

Frame 1

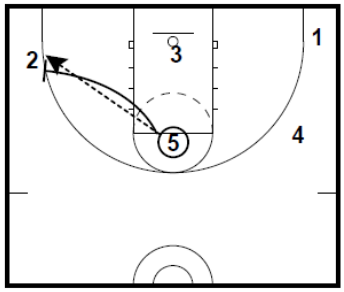
Mike Maker - Fill



- 5 screens 3
- 3 gets head under basket
- 5 rolls back
- 4 passes to 5

Frame 2

Mike Maker - Fill



- 5 passes to 2
- 5 sprints to ball screen 2

1) Accept
2) Slip
3) Reject

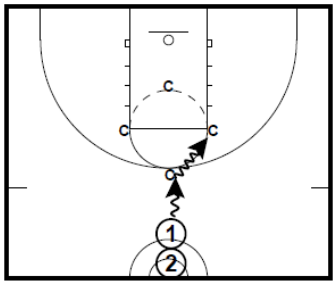
Frame 3

Bob Hurley
St. Anthony's
"Offensive Player Development"

- April to November is for individual players to get better
- Holds exit interviews at the end of season and gives them an individual workout plan to help them get better
- 3-on-3 makes you become a better basketball player
- Younger players get an education from playing older players
- Tapes free-throw line down on baseline
  - feels it helps players to get the ball up over the rim
  - 2 people shoot free-throws at the same time at the same baskets
- Steve Nash 20 Minute Shooting
  1. Dribble from corner to edge of lane, raise up, shoot, get own rebound, dribble out other side and repeat (do this for about a minute and a half)
  2. Drive from wing to above block, shoot bank shot (do this for about a minute and a half)
  3. Drive from slot to elbow for jumper (do this for about a minute and a half)
  4. Floaters, keep guide hand on the ball (do this for about a minute and a half)
  5. Back down with dribble, shoot off left shoulder (do this for about a minute and a half)
  6. Same as 5, but off right shoulder (do this for about a minute and a half)
  7. Hook shot coming across the middle (do this for about a minute and a half)
  8. Self pass, shot fake on imaginary defender closing out, dribble by, shoot pull up (do this for about a minute and a half)
  9. Spin off defender into jump shots, end of quarter, dribble down weak hand, spin middle bring ball away from defense for jumper (do this for about a minute and a half)
  10. Pull back dribble, push back with opposite foot of dribble hand (do this for about a minute and a half)
  11. Sideline Pick and Roll (do this for about a minute and a half)
      - Hard down sideline
      - Pull back
      - Square up to screen
      - 2 dribbles, jump shot
  12. Dribble down for 3 (do this for about a minute and a half)
  13. Range shooting 3 – 6 feet behind your normal range (do this for about a minute and a half)
- Every player learns this at St. Anthony's
- Start all workouts with Nash Shooting
- 2 Ball Dribbling – keep head up, maintain vision
  - pound
  - machine gun
  - forwards, backwards, sideways
  - do foot fires
  - bounding – jump, catch ball over head
  - juggle

Bob Hurley - Offensive Player Development

Bob Hurley - Cones 1

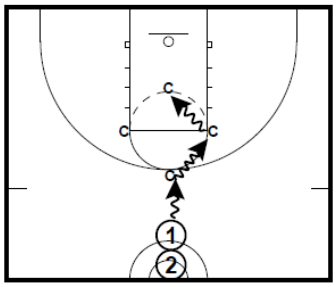


C = Cone

- Double jab at 1st cone
- 1 step to cone at elbow for shot
- Swing left hand under the ball
- Same thing to left side
- Bring ball to shooting hand

Frame 1

Bob Hurley - Cones 2

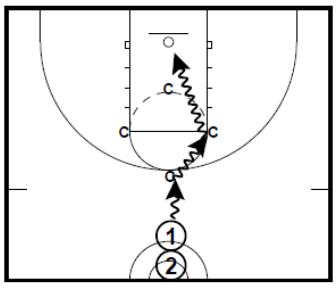


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Pull up jumper at 3rd cone

Frame 1

Bob Hurley - Cones 3



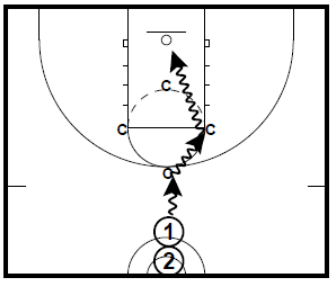
C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Jump stop
- Off 2 for layup

Frame 1

Bob Hurley - Offensive Player Development

Bob Hurley - Cones 4

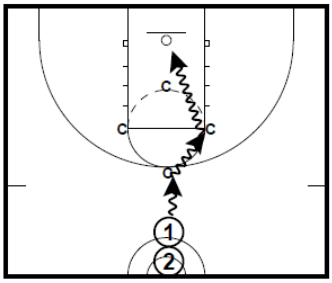


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Behind the back at 3rd cone
- Jump stop
- Off 2 for layup

Frame 1

Bob Hurley - Cones 5

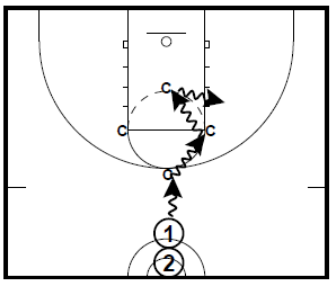


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Spin dribble at 3rd cone
- Jump stop
- Off 2 for layup

Frame 1

Bob Hurley - Cones 6



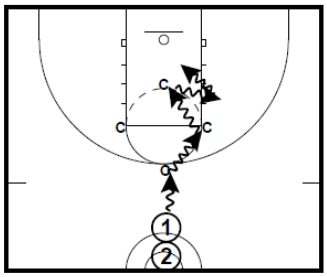
C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- At 3rd cone, pull dribble out of lane for jump shot

Frame 1

Bob Hurley - Offensive Player Development

Bob Hurley - Cones 7

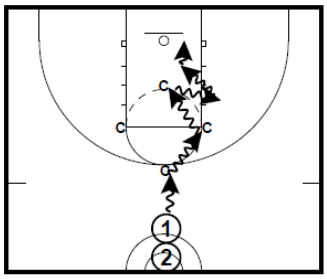


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- At 3rd cone, pull dribble out of lane
- Fake pulling up, crossover, shoot hook in lane

Frame 1

Bob Hurley - Cones 8

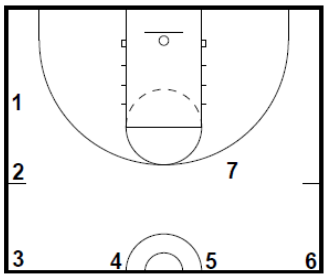


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- At 3rd cone, pull dribble out of lane
- Fake pulling up, crossover, spin back for layup

Frame 1

Bob Hurley - Ed Schilling: Chill Drill

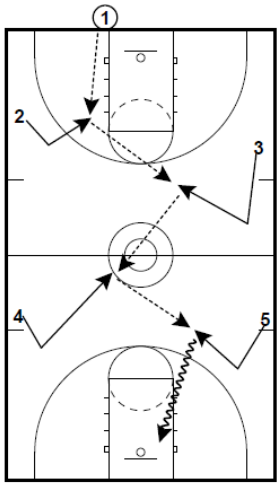


- 1 Inside out, right
- 2 Inside out, right
- 3 Spin, cross to left
- 4 Pull back 2 dribbles, crossover, attack the guy who double teams
- 5 Fake spin
- 6 Behind the back left
- 7 Double jab get to the rim finish with right

Frame 1

Bob Hurley - Offensive Player Development

Bob Hurley - V-Cut Drill

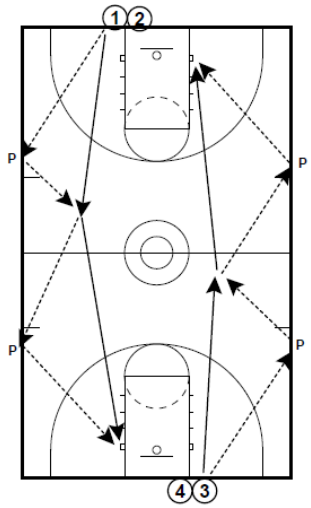


- Pass away from the defense
- Catch and square
- Last guy rips through and drives for layup

* Can add defense
** Coach Hurley runs this drill every practice before they play a team that pressures well

Frame 1

Bob Hurley - Layups

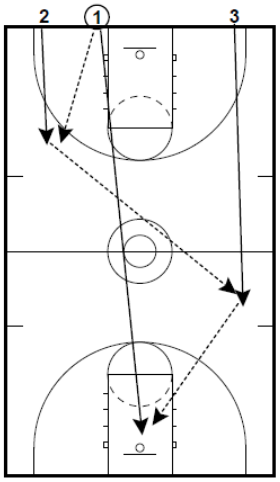


P = Passer
- 2 minutes with right hand and 2 minutes with left hand
- Every player has a ball
- Should make 100 layups in 2 minutes
- No dribble
- 2nd passer leads man to rim with pass

Frame 1

Bob Hurley - Offensive Player Development

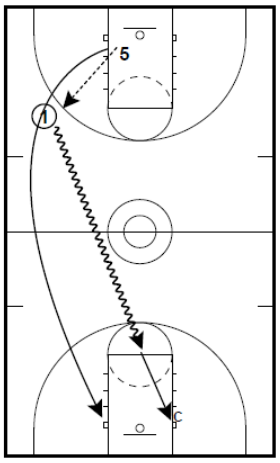
Bob Hurley - Figure 8



- 6 players go for 2 minutes
- Next 6 players go for 2 minutes
- Validate win with a free-throw
- Make: choose punishment for other team
- Miss: you get punished
- 1 outlets to 2
- 2 throws ahead to 3
- 3 leads 1 to the rim for a layup

Frame 1

Bob Hurley - Outlet Drill



- Rebound
- Outlet
- Drive to top
- Jump stop
- Pass for

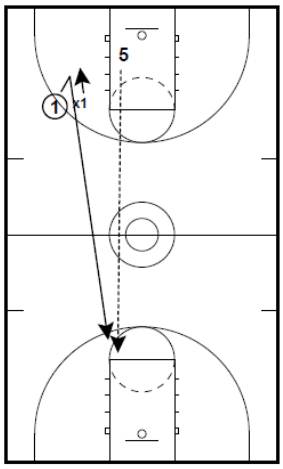
1. Layup
2. Pull-Up
3. 1 dribble pull-up from wing
4. Top to wing, wing shot fakes, top to opposite elbow, back to elbow for jumper
5. Same as 4, but drive and kick to corner

- Block out coach on other block, grab ball before it hits the floor

Frame 1

Bob Hurley - Offensive Player Development

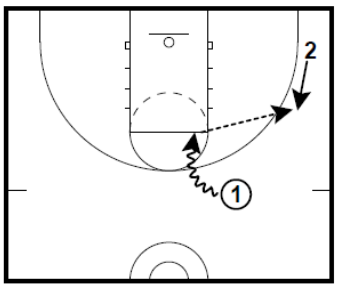
Bob Hurley - Outlet to Elbow



- Defense jams outlet
- Outlet goes deep
- Outlet the ball to the elbow
- Reverse roles coming back

Frame 1

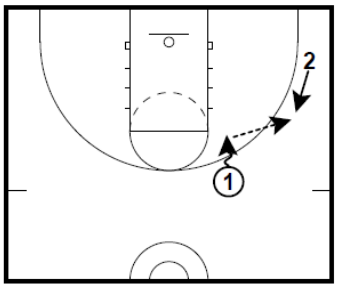
Bob Hurley - Blood Drills



- Curl dribble away
- Bounce pass
- Jumper

Frame 1

Bob Hurley - Blood Drills

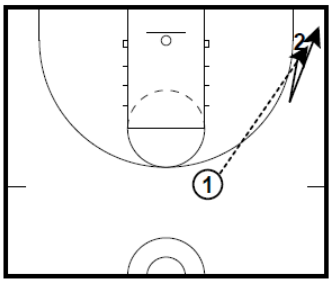


- Pop
- Chest pass
- Jumper

Frame 2

Bob Hurley - Offensive Player Development

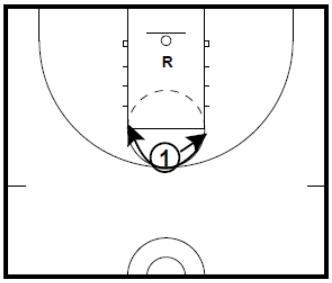
Bob Hurley - Blood Drills



- Fade
- Over the top
- Jumper

Frame 3

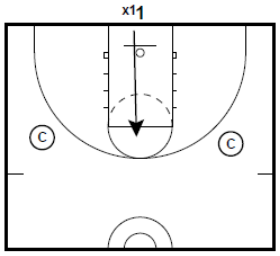
Bob Hurley - Elbow Jumpers



- 5 jumpers, elbow to elbow
- Layup
- Defend to half-court
- Trade places

Frame 1

Bob Hurley - 5 Shots (Pitino)



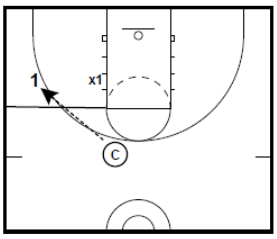
- Offense sprints up lane, can get ball from either side
- 2 dribbles
- If there is no open shot, pass to guy without a ball and get it back
- If you foul, go to end of line
- If you score, stay on offense
- If you get stopped, go to end of line
- Defensive stop = go to offense

* Can expand drill to 2-on-2 or 3-on-3

Frame 1

Bob Hurley - Offensive Player Development

Bob Hurley - 1-on-1 in the Box



- Coach passes to wing
- Wing makes 2 moves for defense to stop (not live)
- 3rd move is live 1-on-1

Frame 1

- Hockey – 3-on-3 game
  - Whoever gets the rebound, steal, or outlet pass must dribble over half-court
  - Everybody has to cross half-court before the offense can score
  - Can expand to 4-on-4
- Pick and Roll Defense
  - Hard hedge when run to right
  - Double team when run to left

Steve Pikiell

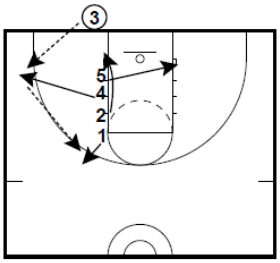
Stony Brook University

"From Last to First and How to Score"

- Cores
  - Offense – spacing, ball reversal, post touch, shot selection
  - Defense – no middle, no layup, good defense
  - Taking ball out of bounds – we are scoring on out of bounds plays
  - Transitions – get easy baskets
- Keep things simple
- Teach 1 thing and apply it to multiple things
- Transition
  - Pass ahead
  - Reverse on skip passes
- Keep terminology simple
  - 1 word should give an automatic response
    - Again = re-screen
    - Opposite = run it on the opposite side
- Run Flex down (traditional Flex) and Flex up (set up screens/back screens)
- Save an out of bounds series for the end of the year
- Save an offensive series for the end of the year
- Empower your assistants
- Zone offense: Knockout
  - guys have to hunt shots
  - catch the ball and peek at the rim
  - everyone has to read the knockout guy

Steve Pikiell - From Last to First and How to Score

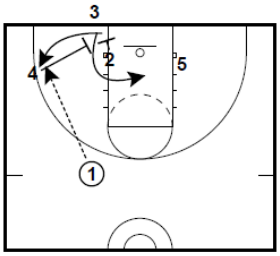
Steve Pikiell - Winner Line



- 2 cuts down the line to the block
- 4 cuts to the corner
- 5 cuts to the weak side block
- 1 pops back as the safety
- 3 inbounds to 4
- 4 reverses the ball to 1

Frame 1

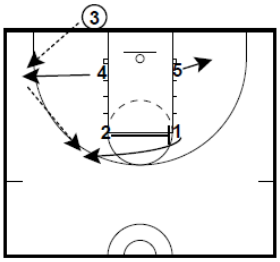
Steve Pikiell - Winner Line



- 2 screens for 3 curling into the lane
- 4 screens for 2 curling to corner
- 1 passes to 3 or 2

Frame 2

Steve Pikiell - Winner Box

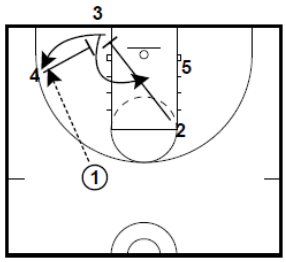


- 4 cuts to the corner
- 5 cuts to the weak side short corner
- 3 inbounds to 4
- 2 screens across for 1
- 4 reverses the ball to 1

Frame 1

Steve Pikiell - From Last to First and How to Score

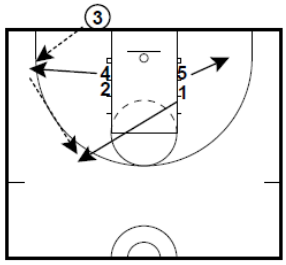
Steve Pikiell - Winner Box



- 2 screens for 3 curling into the lane
- 4 screens for 2 curling to corner
- 1 passes to 3 or 2

Frame 2

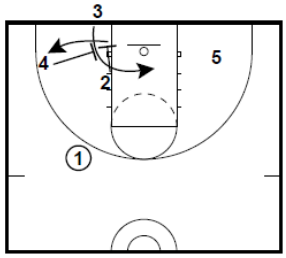
Steve Pikiell - Winner Stack



- 4 cuts to corner
- 5 cuts to short corner
- 1 pops back as safety
- 3 inbounds to 4
- 4 passes to 1

Frame 1

Steve Pikiell - Winner Stack

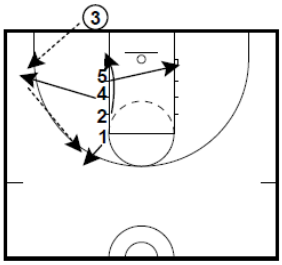


- 2 screens for 3
- 3 curls off screen to middle
- 4 screens for 2
- 2 curls off screen to corner
- 1 passes to 3 or 2

Frame 2

Steve Pikiell - From Last to First and How to Score

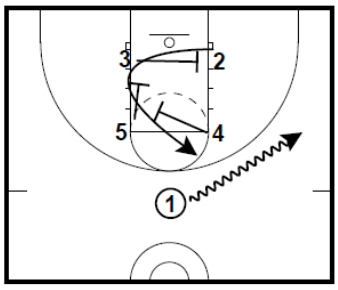
Steve Pikiell - Winner Press Breaker



- 2 cuts down the line to the block
- 4 cuts to the corner
- 5 cuts to the weak side block
- 1 pops back as the safety
- 3 inbounds to 4
- 4 reverses the ball to 1

Frame 1

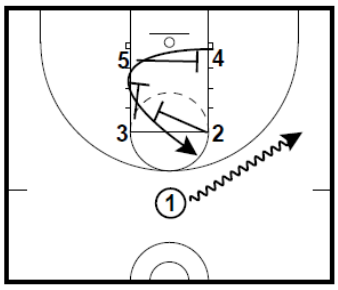
Steve Pikiell - Circle



- Action starts with guard screening
- Bigs hunt screen
- Guards hunt shot
- End with a big to big screen

Frame 1

Steve Pikiell - Circle Opposite

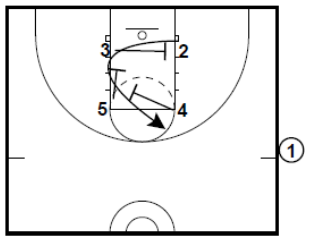


- Action starts with big screening
- Guards hunt screen
- Bigs hunt shot
- End with a guard to guard screen

Frame 1

Steve Pikiell - From Last to First and How to Score

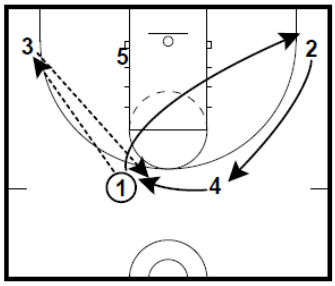
Steve Pikiell - Circle Sideline



- Action starts with guard screening
- Bigs hunt screen
- Guards hunt shot
- End with a big to big screen

Frame 1

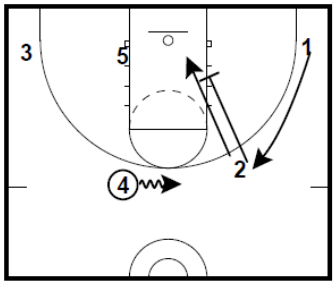
Steve Pikiell - Up Ahead



- 1 passes to 3
- 1 cuts through to corner
- 4 and 2 fill up
- 3 passes to 4

Frame 1

Steve Pikiell - Up Ahead

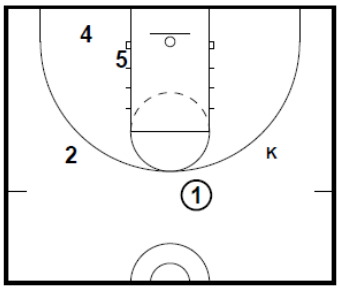


- 4 dribbles right
- 2 cuts back door
- 1 fills up
- 1 sets a pin down screen for 2

Frame 2

Steve Pikiell - From Last to First and How to Score

Steve Pikiell - Knockout



K = knockout guy, he can go anywhere
1 - always one pass away from the ball
2 - opposite the knockout guy
4 - short corner to short corner
5 - block to block or elbow to elbow

Frame 1

Jim Ponchak
www.twitter.com/coachponchak
8/21/11
coachponchak@gmail.com

Agnes Berenato

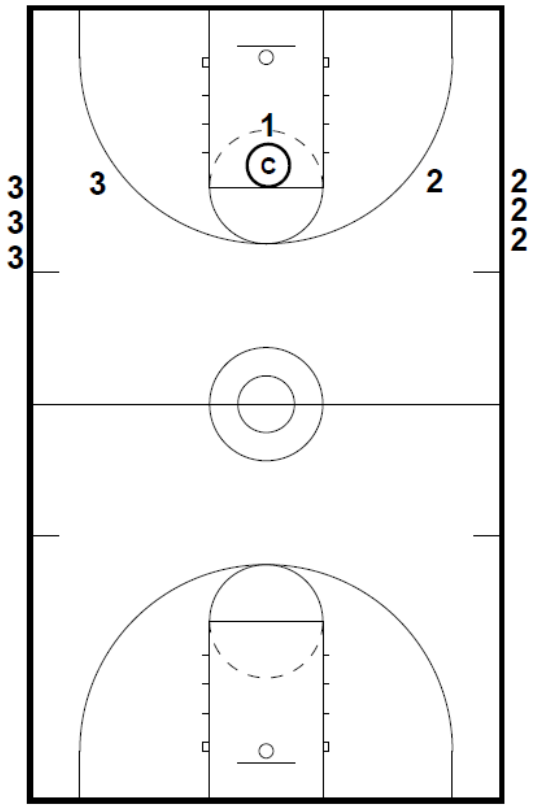
"My Favorite Drills"

Nike Coaching Clinic

Verona, NY

May 14, 2010

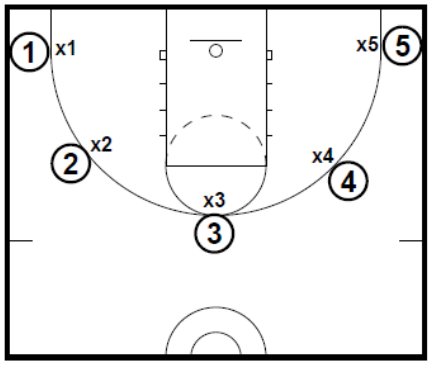
Agnes Berenato - Baseball



- Coach shoots to miss (miss right 1st)
- Defender rebounds, outlets to wing
- Opposite wing flies to the basket for a layup
- Passers follow
- Run back on sidelines and switch

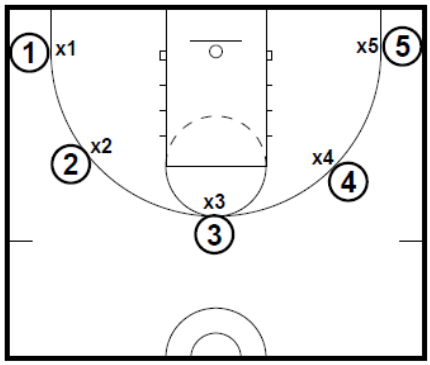
Enhancements
1) Add a coach to defend the outlet
2) Player who receives baseball pass lays it off the backboard for the outlet passer to lay it in
3) First two players lay the ball up off the glass for the rebounder to lay it in

Agnes Berenato - Defensive Series: Head to Head



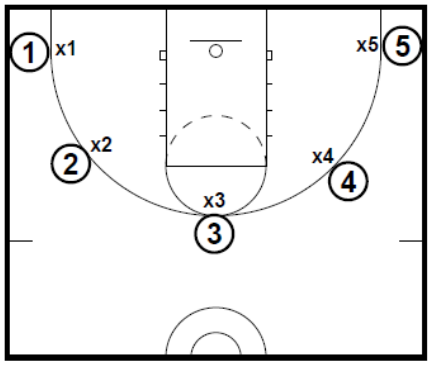
- Each offensive player has a ball
- On coaches whistle, offense self tosses ball, catches, turns, and faces the basket
- Defense slaps the floor and yells "Defense!"
- Offense pivots and keeps vision of the rim
- Defense mirrors the ball

Agnes Berenato - Defensive Series: Dribble, Dribble, Dribble, Dead



- Each offensive player has a ball
- Offense takes stationary dribbles with the ball
- On coaches whistle, offense picks up their dribble
- Offense pivots and keeps vision of the rim
- Defense mirrors the ball

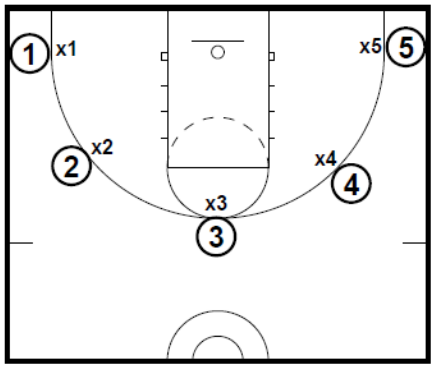
Agnes Berenato - Defensive Series: Dribble Left or Dribble Right



- Each offensive player has a ball
- Follow your defensive philosophy (ex. force baseline or force middle)
- Offense dribbles in the direction they are being influenced
- On coaches whistle offense picks up the ball
- Offense pivots and keeps vision of the rim
- Defense mirrors the ball

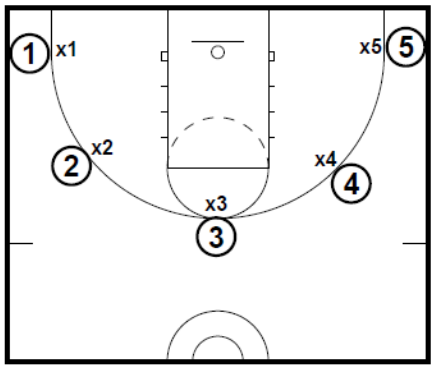
* Slow down speed and concentrate on the fundamentals
* Rotate two spots to get different players on the basline

Agnes Berenato - Defensive Series: Dribble Left or Dribble Right With Box Out



- Each offensive player has a ball
- Follow your defensive philosophy (ex. force baseline or force middle)
- Offense dribbles in the direction they are being influenced
- On coaches whistle offense shoots
- Defense's lead leg splits, turn, and box out

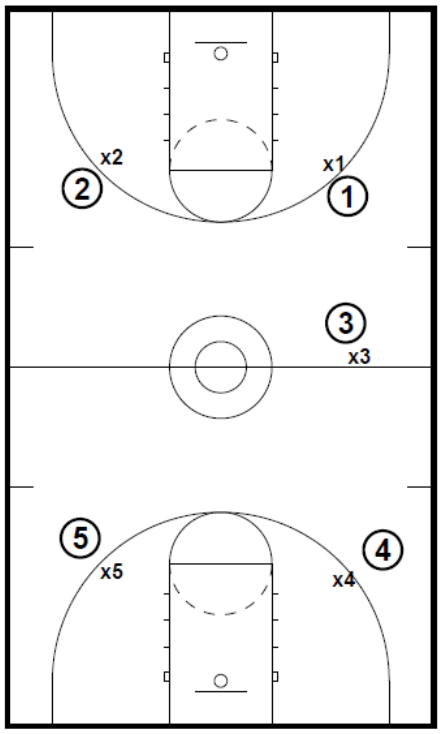
Agnes Berenato - Defensive Series: 5 Seconds, 5 Times



- Each offensive player has a ball
- On coaches whistle, offense self tosses ball, catches, turns, and faces the basket
- Defense slaps the floor and yells "Defense!"
- Defense tries to grab the ball

* Run the drill 5 times for 5 seconds and then switch

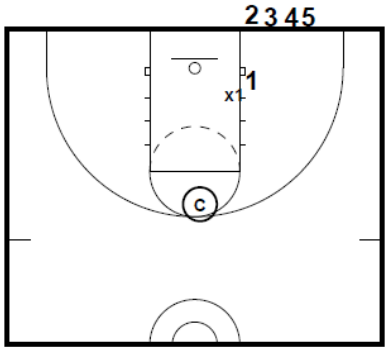
Agnes Berenato - Defensive Series: Take Away Baseline



- Take baseline away 5 times and switch
- Offense try to beat your man, don't take it easy

* Use the sideline as a baseline to maximize the amount of groups going at once

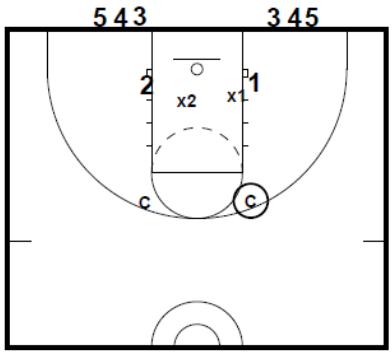
Agnes Berenato - Defensive Series: Wing Denial



- Offense starts on block and cuts to wing (no backdoor)
- Defense denies
- Defense is head to head on offense's catch

* Defense stays on and denies each player before rotating to offense

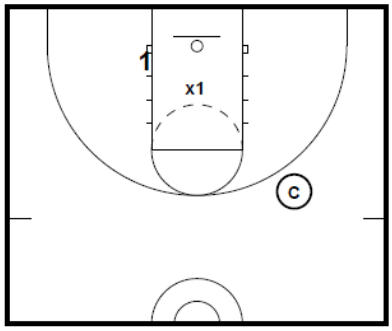
Agnes Berenato - Defensive Series: 2-on-2 Wing Denial With Backdoor



- Offense starts on block and cuts to wing, offense has the option to go backdoor
- Defense denies
- Defense is head to head on offense's catch
- Weakside defender is in help position

* Defense stays on and denies each player before rotating to offense

Agnes Berenato - Defensive Series: Cut The Cutter



- Defense starts in help position
- Offense starts on the block and tries to cut to the ball
- If offense cuts high, defense forces them low
- If offense cuts low, defense forces him high
- Bump the cutter of his line

* Defense goes through every person and then rotates to offense

Alan Stein
Junior Conditioning Camp
June 3, 2011

Are you waiting or preparing. (whats the difference)

Warm-Ups
(Barefoot or with socks)

Balance

1. stork stand - (raise knee higher than opposite hip)
   -> eyes open
   -> eyes closed

Both sides

2. Balance + reach - one foot - palms to the floor
   palms to the sky

   (keep heel that is down
   flat on the floor 10x

3. Stand + Reach - standing on one foot (keep heel on the ground)
   with foot that is up reach @ 12 - 3 + 6 o'clock
   + no weight transfer

Barefoot

- Lunge - Keep torso upright facing straight up
front foot out

With shoes on

Skip series - done while skipping (stress holding the ball)

1- belly button to back of neck - skip across the gym

2. sway side to side - reach ball as high as you can go
and sway side to side side ways

3 chin+ twist - same movement look to twist body
and rotate

* Ext. - do side gallop - lateral movement

Ball spin - spin the ball out and pivot
- front pivot
- back pivot
- you are not stomping ants but
creating space

Ankle warm-ups - stationary side to side

- side 2 side 15on - 15off

front to back 15on -

stagger or scissors (heel toes)

- must keep head up + react to commands of instructor - keep moving in direction

Athletic stance Defined - with ball

- arms fig. touch top of knees
- on power pads of feet - heels slightly off ground

- Jumps / Landings

- land on balance / little noise

- jump + turn to the right left as high as you can go

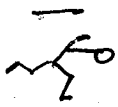
90, 180 360°

soft athletic stance get back in balance

Ext. add a second jump after landing - ball stays high above shoulders

Balance and Reach

- balanced on one foot reach out with ball in front
- get back parallel to the ground 5x - try to keep back straight



get flat like

Ext. Reach to the side - keep facing forward

* Reach on the same foot

* reach forward
  side ways
  + backwards
  on 1 foot

Dynamic Flexibility

Plank Position

- bring foot in front of hand straighten back leg
- re with palm - up

same foot other head - reach up look up

Catcher Position - feet flat
10 finger on ground
straighten legs with fig, on ground

- shift to left and right
- walk out to cobra stretch

Fig 4 - pick up and

Tennis Ball Activities

- stress explosiveness

1. one person behind the other
   - 2nd person tossess ball over shoulder
   - must explode catch ball and do hockey stop to the side

5x both feet

Ext. - 2nd ball

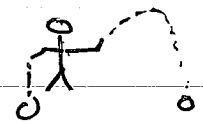
Same drill - after player 1 catches ball - throw drops ball and needs to come back to get it

Ball Drop
- stress balance



- don't travel after you catch ball
- to start keep moving back + catch ball - find sweet zone

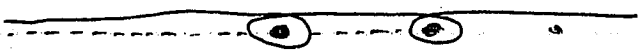
Ext: Ball drop and throw
- ~~he~~ after student catches ball - throw a 2nd ball



Ball drop + bounce - bounce the ball so he grabs it + jumps

Foot fire

- tosser rolls ball + runner catches up + runs infront than behind around ball



Ball Rolls

- 3 ball rolls
from a line - thrower rolls ball - run takes off and grabs ball - put down ball run after 2nd

* Day 2. Alan Stein

↳ success highly probable not guarenteed"

habit - something u do automatically

shoes off

"you can't make up for a poor effort today by giving a 110% tomorrow"

cross-court walk

Walking Lunges → ankles knees hips + shoulders
→ take big steps

- bring knee up

tip toe / toes + ~~toe~~ nose

stationary

Open up

- right foot doesn't move
- have toes pt. to open up. (left foot swings and points to other way)

Step Across - turn hip/ shoulders



Jumps

Off one ft - twist left + right 10 to 2

② sq hops

→ hop on a sq go in both directions + change feet



1 legged squat - foot stays flat

(develop flexibility in ankle)

Cone Drills

△ - side to side jump. clock wise / counter cou

- heel toes
- in + outs - toe/heel touches

fast feet
side
forward
scissors
toe ankle.

Ext - nose to cone - always facing the cone

Lateral jumps - side 2 side forward backward

- jump + hold - landings (pose for picture) (both feet

- no pauses off both feet

Jumps

- 2 foot J - to 1 - forward jump

back to 1 - 2

Jump forward

5

Ext. Jump back word.

Jump back 2 one
Jump off one 2 2 foot -

Jump to side



Jump 2 one + back 2 foot

How do you hand on foo on heel to toe heel 2

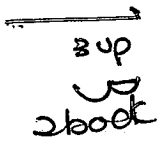
Ext- Jump + turn 90°
push back to home position

Ext jump back wards

Run across gym

- 3 steps forward 1 or 2 back

stopping, strong forward - back ward - 3 back 2 forward



Jog 2 Gallop 2

back words

* slide 2 reverse pivo facing other direction

=> S curves - Cs

zig zag plants - } - plant outside foot

=> skip for height → forward
backward

Carioca - high front knee

* backward extended lunge
* backword - bent over

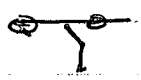
* pull up on heel toward hips.

* Knee hugs / toes to nose
- rotate knees outward

* frankenstein - Kick opposite. leg + arm

heel to butt + reach with other hand

* reach + balance
hold



* - left - toes with opposite arm reach down + stretch



side ways lunges - lunge left + right
hands on ground.

soles of ft. stay on ground.

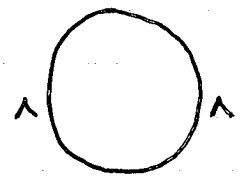
Cone Drills

x x

x x

x x

Circle Drill's



- start at 3/4 speed

* run around one way then the other (groups of 6)

- run 1 way hockey stop go the next

add a jump stop

* Backpedaling

Dash + step - skill

Caricoca + around. (used to warm-up)

⇒ different caricoca around in circle

Game of tag - sprint tag.

---

insanity- doing the something over and over + getting the same results.

Tennis Ball Drill

* stress to eyes balance feet.

- ball passes - partner + ball

(look to communicate better)

on "go" walk toward partner - shake hands than walk backwards.

Ext. toss ball over head / walk in + walk out

bounce pass

(moving in + out)

facing
- ~~standing~~ is opposite way



- behind back throw
- ~~str~~ both left shoulder facing ball

(How do you teach the step on one way

*

Tennis Ball Drop Drill

- facing to the side



- same as yesterdays but facing side ways

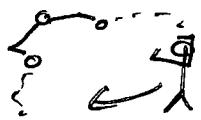


5x one way than the other

Add a second ball - tosser - ~~drops~~ tosses 2nd ball

2 Ball Dance

coach tosses ball in an area of a circle.
- ~~e~~ when ball is in the air the next ball gets tossed

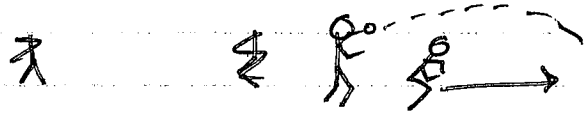


Ext: throw ball above shoulders

* Tennis Ball Extentions
- look to jump. 2ft than off leg 1ft jump - use both legs.

* greatestness lies just beyond fatigue

Line Drills

T. Tosse. 

- toss ball + push step back (defensive slide back)

Ext: add a pivot

do same drill - add pivot arou-

Add: add reverse pivot

Final Drill: ~~Tennis~~ Playing Card Drill
- toss 10 cards in air + partner catches cards
- touch all cards after

* defensive positioning

- do tennis ball drop doing moving backward
  - look to stress moving defensively

x D x

  - no hip cross

x D x

x D x

- play the gauntlet - person with ball defends + prevent O from try

* work on moving
~~feet~~

· A. Stein

Band Drills

- one band
- slowly walk

Tennis Ball Drills

- playing catch side by side - toss with outside hand

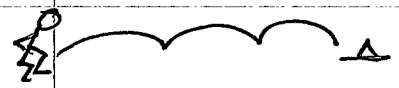
- out side
- inside
- defensive slides
- bounce
-

- balance → bend over
  → bridges
- →

* shuffles → bend knees / butt down
  bend roll ball

* holding a pylon

→ put down

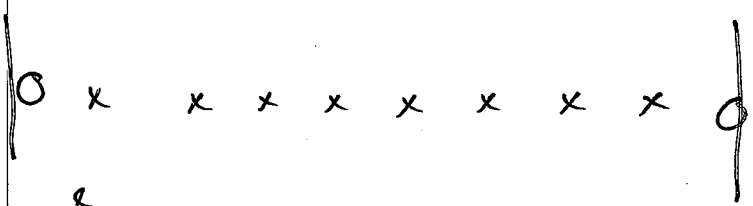


jump so many

-2foot jump + land

* run / jump / sprint

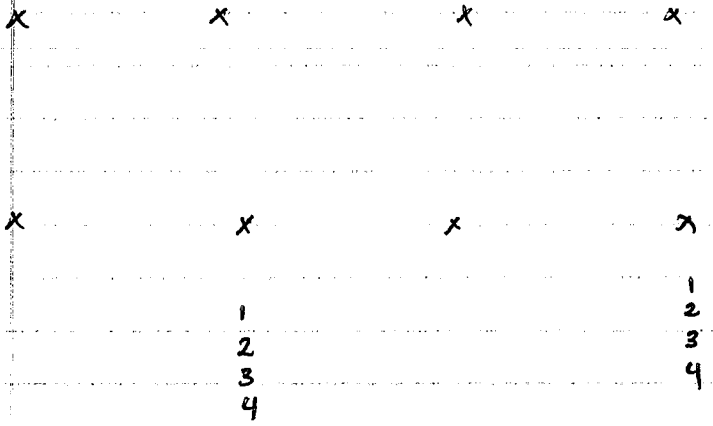
* change up



Coach gives a direction movement

- sprint right
  left

How do you determine load



Agility series various pattern

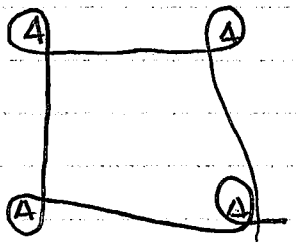
--- forward

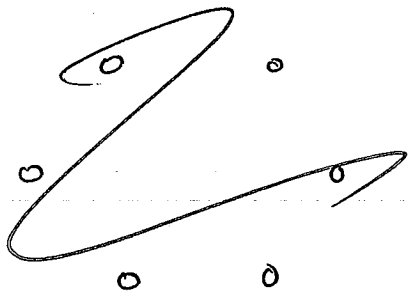
ᑌᑌᑌᑌ backward

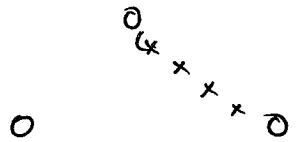
+ +++++ - shuffle



* tight circles
  - both directions

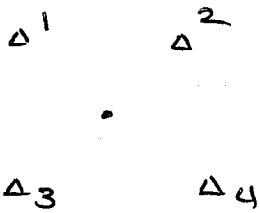






- slide from middle to perimeter
- run to middle

Call out number + run to numbe



- coach calleds out number + runs to cone.

Lakehead Practice.

Barefoot

-bandwalk

Put bands on knees : ankles

- hold position for 30s L.F → chest up
  shoulders back
  Keep feet parallel
  Keep knees from caving in

Monstor Walk - forward : backward
  sideways walk (Keep 6in buffer)

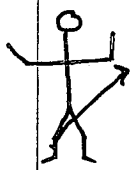
Body Weight Squats (2 bands) - Keep knees apart
  chest up
  Kneep feet flat on the ground

1 Band - One band around ankle
  - lift leg - bring leg up + pause
  front
  side
  back

- same warm-up as Friday pm

Alterations

Plank Position



- (facing down ward
- bring opposite foot

Groin shift - left to right
walk out cobra - head up
chest up

Plank raise hand - 5 each side
nothing moves in body

Core Work

In stable position holding ball in front
Partner- pushes ball down
left
right
up
> 10sec
total 40s

Lunge Position - same position down left
up right

Push Up - ball on side
- reach out

With sliding Pad or paper plate

Lunge series - back
side

(start at about 50% and gradually extend your reach as you warm-up)

sprint series

Use full court use lines on the court
End your sprint @ F.T. line extended.

walk, jog, sprint
walk sprint jog
walk sprint backpedal - jog

- 8

Red Light Green Light

* coach calls players run + stop - stutter.

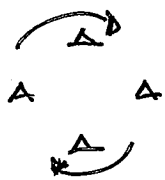
Defensive slide Practice.



coach points to one way + players sprint in that direction
coach yells back + they shuffle back

Remember to turn hips and sprint in that direction

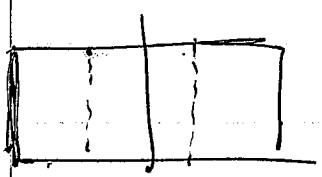
Pylon Circle



- add one player with ball

Tag Games in Volleyball Court

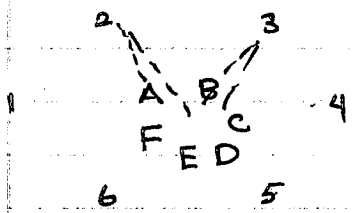
use 1/3 of court



Conditioning - Star Drill

Equal number of play in outer circle + group of players in inter circle

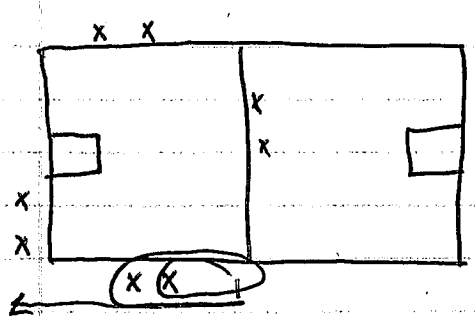
- Players run out



① shuffle and slap hands go back to circle + move to othe

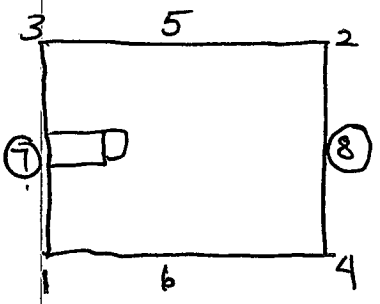
move in both directions

② sprint + curl around person



1- player runs around 1st pylon back pedal
sprint to next pylon
back pedel + sprint to far end of court

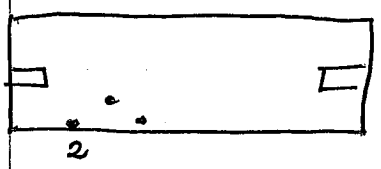
Passing: Cutting ½ court



Ball is passed to the right + then both players sprint across

- You always exchange with the player across from you.

Full Court Tip Drill



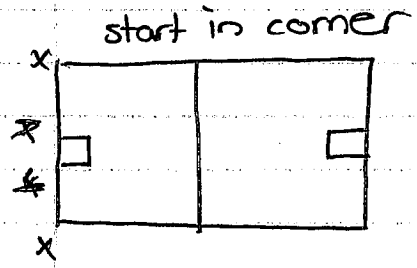
① regular tip

② run wide around 1 pylon

3 around 2 pylon

4 around 3 or slalom

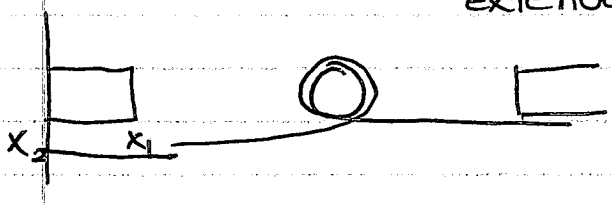
Races



run to elbow
back pedal to baseline
shuffle to corner
sprint to far baseline

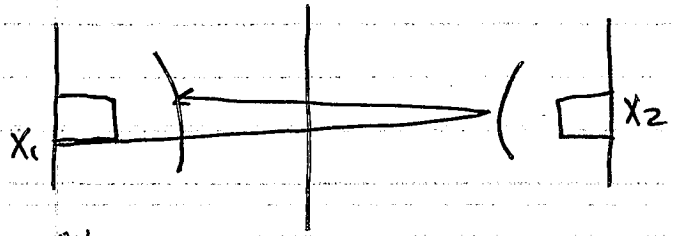
Circle Sprints

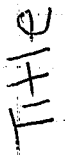
run to far free throw line extended



X_2 tries to chase down X_1 up until to for F.T.

Partner Chase





start on baseline + run to 3pt line - X_2 takes off and chase X_1 until 3pt. line

* use hockey stop

Alan Stein
Junior Conditioning Camp
June 3, 2011

Are you waiting or preparing. (whats the difference)

Warm-Ups
(Barefoot or with socks)

Balance

1. stork stand - (raise knee higher than opposite hip)
   -> eyes open
   -> eyes closed

Both sides

2. Balance + reach - one foot - palms to the floor
   palms to the sky

   (keep heel that is down
   flat on the floor 10x

3. Stand + Reach - standing on one foot (keep heel on the ground)
   with foot that is up reach @ 12 - 3 + 6 o'clock
   + no weight transfer

Barefoot

- Lunge - Keep torso upright facing straight up
front foot out

With shoes on

Skip series - done while skipping (stress holding the ball)

1- belly button to back of neck - skip across the gym

2. sway side to side - reach ball as high as you can go
and sway side to side side ways

3 chin+ twist - same movement look to twist body
and rotate

* Ext. - do side gallop - lateral movement

Ball spin - spin the ball out and pivot
- front pivot
- back pivot
- you are not stomping ants but
creating space

Ankle warm-ups - stationary side to side

- side 2 side 15on - 15off

front to back 15on -

stagger or scissors (heel toes)

- must keep head up + react to commands of instructor - keep moving in direction

Athletic stance Defined - with ball

- arms fig. touch top of knees
- on power pads of feet - heels slightly off ground

- Jumps / Landings

- land on balance / little noise

- jump + turn to the right left as high as you can go

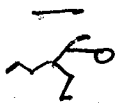
90, 180 360°

soft athletic stance get back in balance

Ext. add a second jump after landing - ball stays high above shoulders

Balance and Reach

- balanced on one foot reach out with ball in front
- get back parallel to the ground 5x - try to keep back straight



get flat like

Ext. Reach to the side - keep facing forward

* Reach on the same foot

* reach forward
  side ways
  + backwards
  on 1 foot

Dynamic Flexibility

Plank Position

- bring foot in front of hand straighten back leg
- re with palm - up

same foot other head - reach up look up

Catcher Position - feet flat
10 finger on ground
straighten legs with fig, on ground

- shift to left and right
- walk out to cobra stretch

Fig 4 - pick up and

Tennis Ball Activities

- stress explosiveness

1. one person behind the other
   - 2nd person tossess ball over shoulder
   - must explode catch ball and do hockey stop to the side

5x both feet

Ext. - 2nd ball

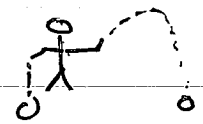
Same drill - after player 1 catches ball - throw drops ball and needs to come back to get it

Ball Drop
- stress balance



- don't travel after you catch ball
- to start keep moving back + catch ball - find sweet zone

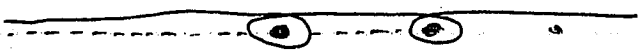
Ext: Ball drop and throw
- ~~he~~ after student catches ball - throw a 2nd ball



Ball drop + bounce - bounce the ball so he grabs it + jumps

Foot fire

- tosser rolls ball + runner catches up + runs infront than behind around ball



Ball Rolls

- 3 ball rolls
from a line - thrower rolls ball - run takes off and grabs ball - put down ball run after 2nd

* Day 2. Alan Stein

↳ success highly probable not guarenteed"

habit - something u do automatically

shoes off

"you can't make up for a poor effort today by giving a 110% tomorrow"

cross-court walk

Walking Lunges → ankles knees hips + shoulders
→ take big steps

- bring knee up

tip toe / toes + ~~toe~~ nose

stationary

Open up

- right foot doesn't move
- have toes pt. to open up. (left foot swings and points to other way)

Step Across - turn hip/ shoulders



Jumps

Off one ft - twist left + right 10 to 2

② sq hops

→ hop on a sq go in both directions + change feet



1 legged squat - foot stays flat

(develop flexibility in ankle)

Cone Drills

△ - side to side jump. clock wise / counter cou

- heel toes
- in + outs - toe/heel touches

fast feet
side
forward
scissors
toe ankle.

Ext - nose to cone - always facing the cone

Lateral jumps - side 2 side forward backward

- jump + hold - landings (pose for picture) (both feet

- no pauses off both feet

Jumps

- 2 foot J - to 1 - forward jump

back to 1 - 2

Jump forward

5

Ext. Jump back word.

Jump back 2 one
Jump off one 2 2 foot -

Jump to side



Jump 2 one + back 2 foot

How do you hand on foo on heel to toe heel 2

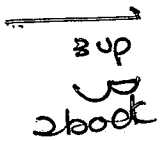
Ext- Jump + turn 90°
push back to home position

Ext jump back wards

Run across gym

- 3 steps forward 1 or 2 back

stopping, strong forward - back ward - 3 back 2 forward



Jog 2 Gallop 2

back words

* slide 2 reverse pivo facing other direction

=> S curves - Cs

zig zag plants - } - plant outside foot

=> skip for height → forward
backward

Carioca - high front knee

* backward extended lunge
* backword - bent over

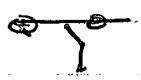
* pull up on heel toward hips.

* Knee hugs / toes to nose
- rotate knees outward

* frankenstein - Kick opposite. leg + arm

heel to butt + reach with other hand

* reach + balance
hold



* - left - toes with opposite arm reach down + stretch



side ways lunges - lunge left + right
hands on ground.

soles of ft. stay on ground.

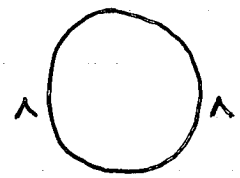
Cone Drills

x x

x x

x x

Circle Drill's



- start at 3/4 speed

* run around one way then the other (groups of 6)

- run 1 way hockey stop go the next

add a jump stop

* Backpedaling

Dash + step - skill

Caricoca + around. (used to warm-up)

⇒ different caricoca around in circle

Game of tag - sprint tag.

---

insanity- doing the something over and over + getting the same results.

Tennis Ball Drill

* stress to eyes balance feet.

- ball passes - partner + ball

(look to communicate better)

on "go" walk toward partner - shake hands than walk backwards.

Ext. toss ball over head / walk in + walk out

bounce pass

(moving in + out)

facing
- ~~standing~~ is opposite way



- behind back throw
- ~~str~~ both left shoulder facing ball

(How do you teach the step on one way

*

Tennis Ball Drop Drill

- facing to the side



- same as yesterdays but facing side ways

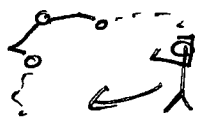


5x one way than the other

Add a second ball - tosser - ~~drops~~ tosses 2nd ball

2 Ball Dance

coach tosses ball in an area of a circle.
- ~~e~~ when ball is in the air the next ball gets tossed

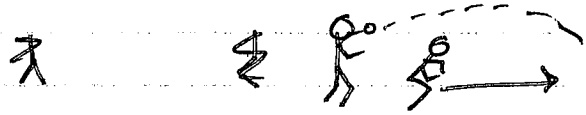


Ext: throw ball above shoulders

* Tennis Ball Extentions
- look to jump. 2ft than off leg 1ft jump - use both legs.

* greatestness lies just beyond fatigue

Line Drills

T. Tosse. 

- toss ball + push step back (defensive slide back)

Ext: add a pivot

do same drill - add pivot arou-

Add: add reverse pivot

Final Drill: ~~Tennis~~ Playing Card Drill
- toss 10 cards in air + partner catches cards
- touch all cards after

* defensive positioning

- do tennis ball drop doing moving backward
  - look to stress moving defensively

x D x

  - no hip cross

x D x

x D x

- play the gauntlet - person with ball defends + prevent O from try

* work on moving
~~feet~~

· A. Stein

Band Drills

- one band
- slowly walk

Tennis Ball Drills

- playing catch side by side - toss with outside hand

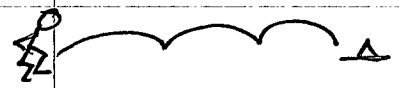
- out side
- inside
- defensive slides
- bounce
-

- balance → bend over
  → bridges
- →

* shuffles → bend knees / butt down
  bend roll ball

* holding a pylon

→ put down

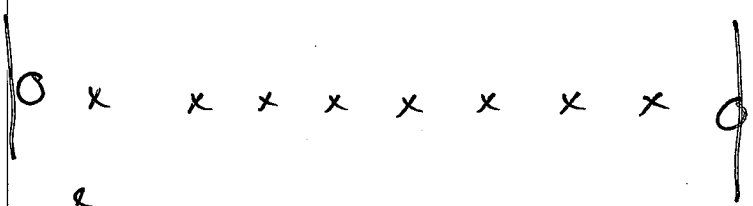


jump so many

-2foot jump + land

* run / jump / sprint

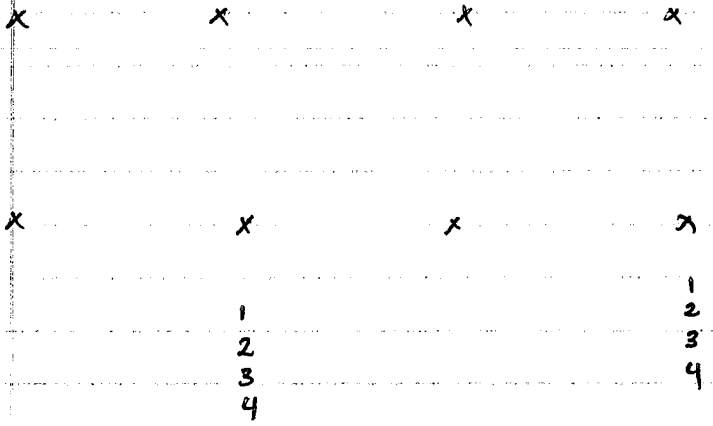
* change up



Coach gives a direction movement

- sprint right
  left

How do you determine load



Agility series various pattern

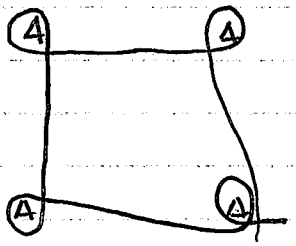
--- forward

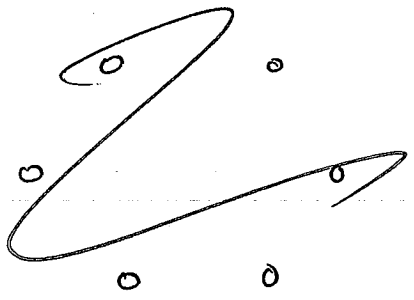
ᑌᑌᑌᑌ backward

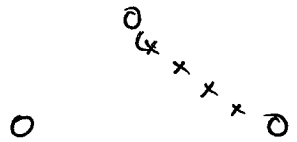
+ +++++ - shuffle



* tight circles
  - both directions

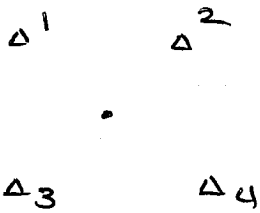






- slide from middle to perimeter
- run to middle

Call out number + run to numbe



- coach calleds out number + runs to cone.

Lakehead Practice.

Barefoot

-bandwalk

Put bands on knees : ankles

- hold position for 30s L.F → chest up
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  Keep knees from caving in

Monstor Walk - forward : backward
  sideways walk (Keep 6in buffer)

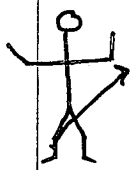
Body Weight Squats (2 bands) - Keep knees apart
  chest up
  Kneep feet flat on the ground

1 Band - One band around ankle
  - lift leg - bring leg up + pause
  front
  side
  back

- same warm-up as Friday pm

Alterations

Plank Position



- (facing down ward
- bring opposite foot

Groin shift - left to right
walk out cobra - head up
chest up

Plank raise hand - 5 each side
nothing moves in body

Core Work

In stable position holding ball in front
Partner- pushes ball down
left
right
up
> 10sec
total 40s

Lunge Position - same position down left
up right

Push Up - ball on side
- reach out

With sliding Pad or paper plate

Lunge series - back
side

(start at about 50% and gradually extend your reach as you warm-up)

sprint series

Use full court use lines on the court
End your sprint @ F.T. line extended.

walk, jog, sprint
walk sprint jog
walk sprint backpedal - jog

- 8

Red Light Green Light

* coach calls players run + stop - stutter.

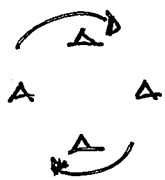
Defensive slide Practice.



coach points to one way + players sprint in that direction
coach yells back + they shuffle back

Remember to turn hips and sprint in that direction

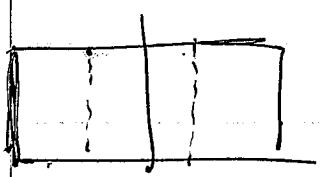
Pylon Circle



- add one player with ball

Tag Games in Volleyball Court

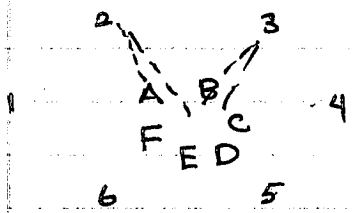
use 1/3 of court



Conditioning - Star Drill

Equal number of play in outer circle + group of players in inter circle

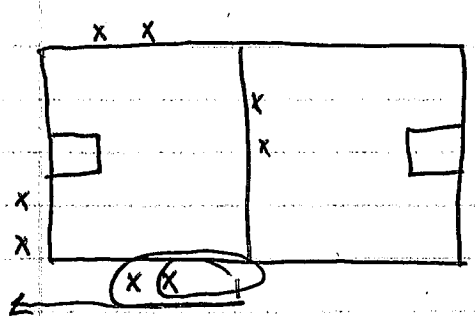
- Players run out



① shuffle and slap hands go back to circle + move to othe

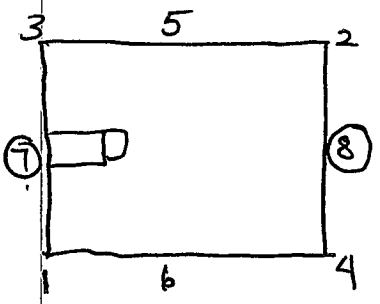
move in both directions

② sprint + curl around person



1- player runs around 1st pylon back pedal
sprint to next pylon
back pedel + sprint to far end of court

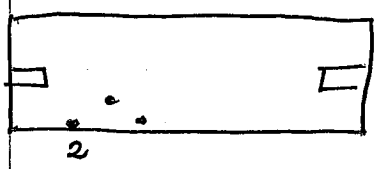
Passing: Cutting ½ court



Ball is passed to the right + then both players sprint across

- You always exchange with the player across from you.

Full Court Tip Drill



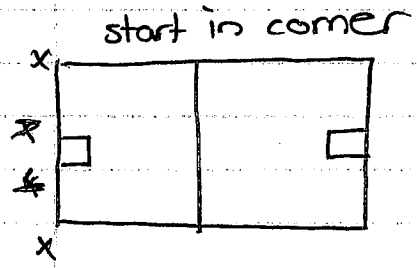
① regular tip

② run wide around 1 pylon

3 around 2 pylon

4 around 3 or slalom

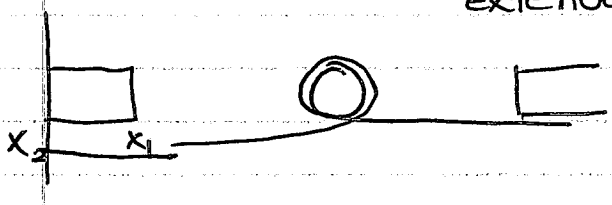
Races



run to elbow
back pedal to baseline
shuffle to corner
sprint to far baseline

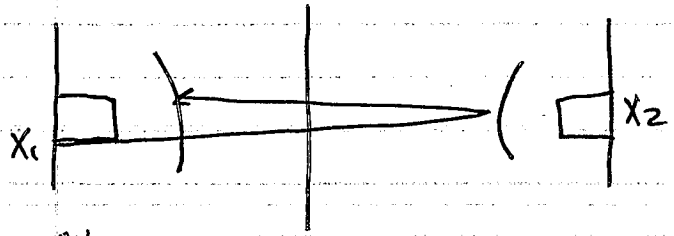
Circle Sprints

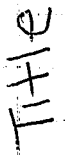
run to far free throw line extended



X_2 tries to chase down X_1 up until to for F.T.

Partner Chase





start on baseline + run to 3pt line - X_2 takes off and chase X_1 until 3pt. line

* use hockey stop



Alan Stein

DeMatha High School

"Off-Season Strength and Conditioning"

Nike Coaching Clinic

Verona, NY

May 14, 2010

- Championship programs are built in the off-season
- Strength is the most important emphasis in the off-season
- Strength training reduces risk of injury, increases recovery, and improves performance – toughness, competitiveness, communication
- Rules for Strength Training
  1. 3 planes of motion
     - bench press
     - incline press
     - dips
  2. Work body from the floor up
  3. Work front and back of body
  4. Everything you do must be safe and time efficient – maximum results in minimum amount of time
  5. Be progressive – weight and/or reps should increase
- Start every workout doing a few things without shoes on to improve ankles and feet
- Ankles and feet initiate every movement on the court
- Barefoot Exercises
  1. Balance on 1 foot – start with eyes open and then close them
  2. Balance on 1 foot, touch floor with 2 hands, return to top
  3. Hold lunge position for 15 seconds
  4. 10 squats normal feet, 10 squats double wide, and 10 squats with feet together

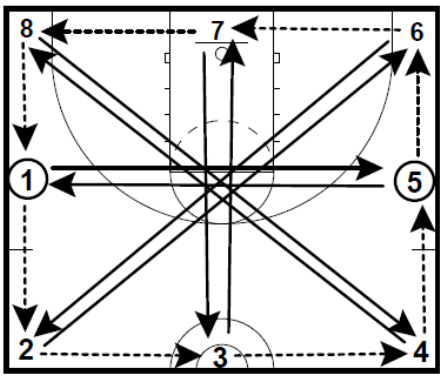
- Dynamic Warm-Up
  1. Skip from half-court to baseline forwards there and backwards back
     - touch ball belly button to back of neck
     - sway side to side up high
     - chin it and twist
  2. Same series, but slide
  3. Ball on floor – step slide as you tickle the ball back and forth
  4. Side to side jumps – coach points direction; works ankles, hips, knees, and shoulders
  5. Back to back jumps
  6. Alternating legs
  7. Heels to heels and toes to toes
  8. Balance on 1 foot (stays flat), reach ball out as far as you can, other foot does not touch the ground
     - reach forward, right, and left
  9. Hamstring Rocker
     - staggered stance
     - squat down and touch ground with all 10 fingers – right, in front, and then left
     - stand up as high as you can without fingers leaving the floor
  10. Spider-Man Pushups
     - pushup position
     - bring one foot forward to the shoulder
     - rotate the opposite hand up
- Tennis Ball Drills
- Do 5 or 6 reps
- Organized chaos
- Athletic stance
  - on power pads
  - chest over knees, over feet
  - plant perpendicular to the direction you are going to go
  1. Throw ball in front of player from behind
  2. Same as 1, but drop a second ball on the sideline for the player to sprint and get
  3. Coach rolls ball, player sprints to it and runs 3 circles around the ball, plants, picks the ball

up, and sprints back

4. Sprint
   - 3 ball
   - Coach rolls out the 1st ball, player sprints to get it, and runs back
   - Repeat 2 more times increasing the distance each time
5. 2 Ball Dance
   - Coach has 2 balls
   - Coach throws 1 out
   - Player catches it and tosses it back to the coach
   - Coach throws the next ball out and the process repeats
6. Ball Drop
   - 2 players face each other
   - 1 player has 2 balls
   - The other player has his hands on top of his
   - Player drops the ball
   - The other player tries to catch it before it hits the ground
   - Possible adjustments
     - Player dropping the ball raises or lowers his hands
     - Player trying to catch the ball starts with his hands behind his back

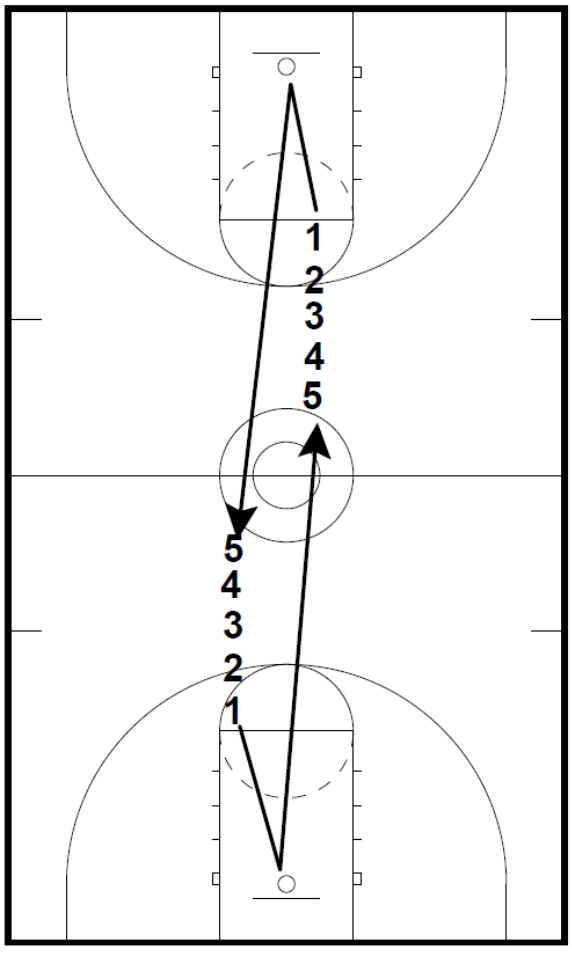
- 2 Types of Mental Toughness
  1. Physically uncomfortable environment
  2. Down 1, fouled with 1.2 seconds left, can you hit the foul shots?
- Races and Chases
  1. Sprint to elbow, back pedal to baseline, defensive slide to corner, sprint to opposite foul line
  2. Guy on baseline facing court, on go turns and back pedals; guy on hash above block is facing baseline, sprints to baseline and then sprints to opposite baseline
  3. Sprint to half-court, sprint around circle without going in, and then sprints to the baseline; guy above hash mark goes when he wants, baseline guy tries to tag him
  4. Play tag in a box, tag as many teammates as possible in 15 seconds, players are out if they step out of the box, can make the person who is it dribble
  5. Flip a playing card in the air, player tries to catch the card, drops it to the ground on a successful catch, this process is repeated for a total of 10 cards, then the player moves as quickly as possible to touch all 10 cards on the ground

Alan Stein - Argentina Passing



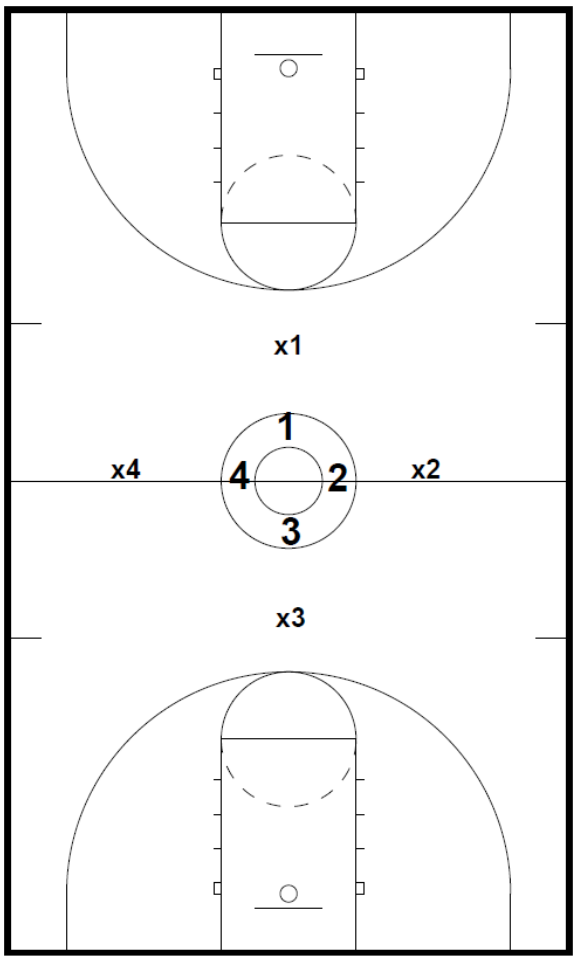
- Use a KBA strength training ball (heavy ball)
- Pass ball to right
- Exchange with player across from you
- Allowed 1 pump fake if receiver is not there
- Every pass has a name
- Players must stay in bound and throw straight line passes
- The drill is run with 2 balls
- The balls always start with players who are opposite from each other

Alan Stein - Tap Drill



- Use a KBA strength training ball (heavy ball)
- Sprint in, jump up, catch ball in air and toss back off backboard
- Sprint to opposite basket and repeat

Alan Stein - Wheel Drill



- Slide out and touch hand
- Go back and then slide out to next man clockwise

* You can also do the same drill; but instead of sliding, simulate coming off a screen.

5 MAN SPREAD AND POST DRILLS
by Bill Self

2-1-2 Sets

1. Best driver in the middle
2. Forwards want to be FT line extended (no lower)
3. Guards are at 10' line on volleyball court
4. The more teams pressure, the more you extend
5. Want 3 near outlets and a throw over man
6. Trying to avoid throwing a pass parallel to midcourt

Action

1. When the ball goes to the middle, look back door on ballside and players on the opposite side will interchange
2. If no backdoor is open, guards both make basket cuts and forwards fill guard spots. You have now interchanged.
3. If the ball goes back to the guard position, you now look:
    a. Backdoor for middle man
    b. Backdoor for ballside forward
    c. To Reverse the ball
4. Anytime the option is to shallow cut, you must interchange on the opposite side
5. If ball hits the wing, you can:
    a. Drive to the basket
    b. Look for a seal by the middle man
    c. Interchange on the opposite side
6. If he can't do any of those options, then guard will make a basket cut and the wing dribbles back out (and you are reset)
7. On middle penetration, middleman rolls opposite and weak side players interchange.



Billy Donovan

"Utilizing the 3 Point Line"

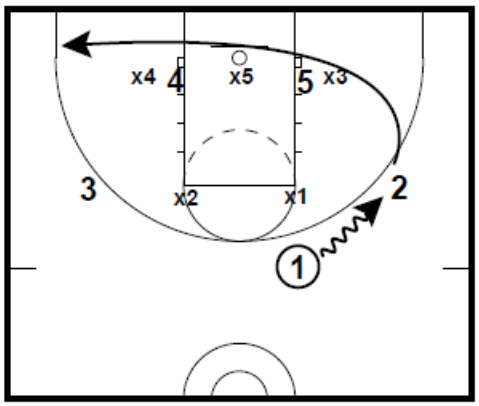
Nike Coaching Clinic

Verona, NY

May 15, 2010

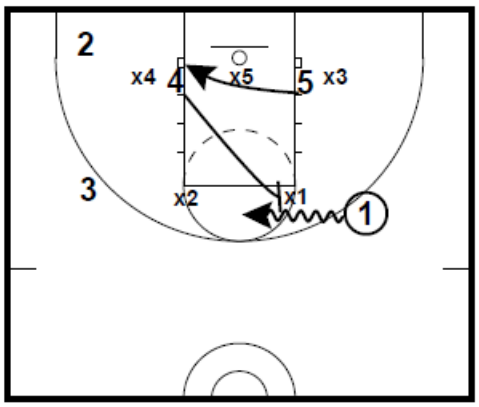
- Four Ways to Get Open 3 Point Shots
  1. Transition – push the ball to get early 3's
  2. Dribble Penetration – drive and kick
  3. Inside Outside Action – post kicks the ball back out to open shooter when doubled
  4. Offensive Rebounds – defense crashes boards, shooters are left open at 3 point line

Billy Donovan - Single



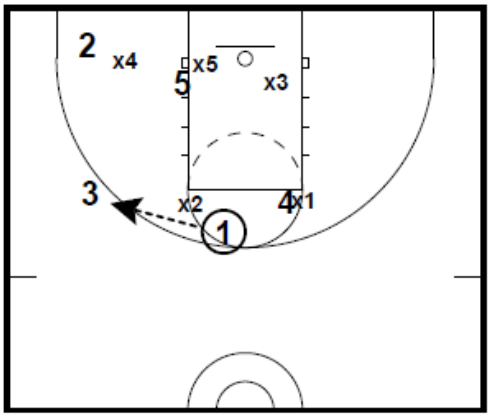
- 1 pushes 2 through with the dribble

Billy Donovan - Single



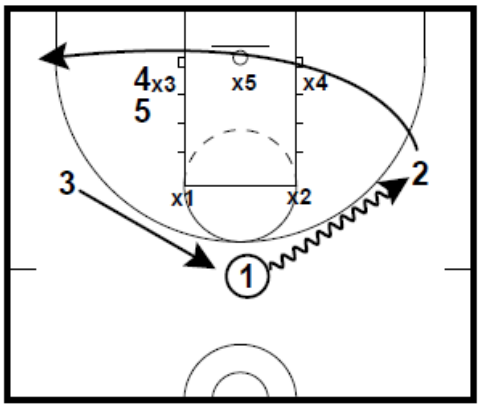
- 4 sprints up to set ball screen
- 5 crosses lane to replace 4
- 1 uses screen and tries to engage other guard up top
- 5 posts against middle man

Billy Donovan - Single



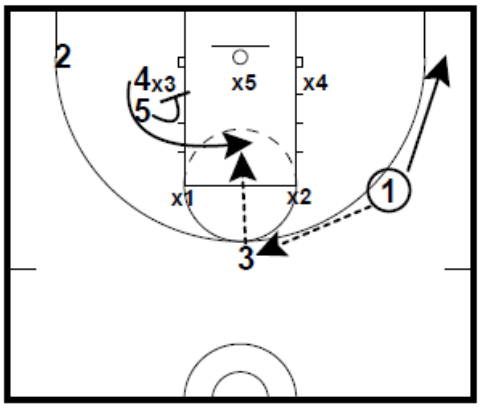
- 1 passes to 3
- 3 looks to shoot or pass the ball into 5 in the post

Billy Donovan - Double



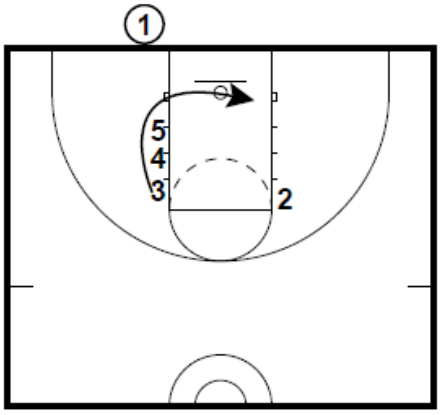
- 1 pushes 2 through off the 4 and 5's double screen
- 3 fills up

Billy Donovan - Double



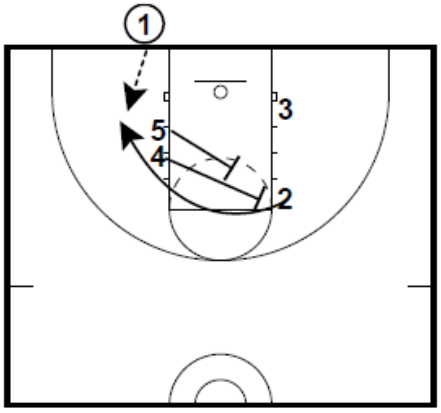
- 5 screens down for 4
- 5 seals for 4
- 1 passes to 3
- 3 hits 4 in the middle
- 4 looks to pass to 5 for the layup or 1 for the three

Billy Donovan - L1



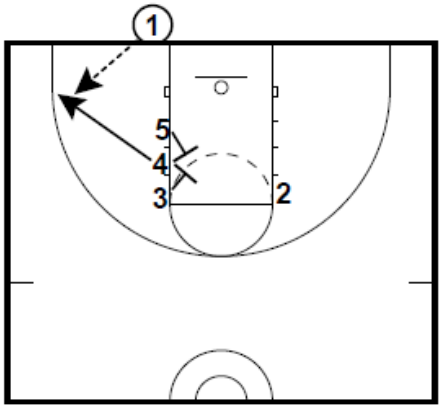
- 3 rolls to basket to get inbounder's man to help underneath

Billy Donovan - L1



- 4 and 5 set staggered screens for 2

Billy Donovan - L2



- 5 and 3 pinch for 4
- 4 rolls to baseline for shot

CONDUCTING A PRESSURE PRACTICE
by Bo Ryan

1. Partner Passing
    a. After you pass you must:
        i. Make at least a 2-step cut
        ii. Change direction, passer ball fake
        iii. Show lead hand
        iv. Catch in triple threat
        v. Maintain 12-15' spacing
    b. Four passes
        i. Chest
        ii. Overhead
        iii. Bounce
        iv. Roll
    c. Four repetitions
        i. Pass
        ii. Shot fake to pass
        iii. Shot fake, 1 dribble to pass
        iv. Shot fake, 1 dribble, pivot to pass

2. 4 Corners
    a. Working on
        i. Protecting the ball
        ii. Paying attention
        iii. Handle direction
        iv. Good delivery
        v. Good hand target
        vi. Communication
    b. Swith directions on "change"
    c.
3. Full Court Passing
    a. Four passes
        i. Baseball
        ii. Chest
        iii. Bounce
        iv. Overhead to score
    b. Don't leave until the ball is caught at the spot before you
    c. Last passer rebounds and outlets to sideline

4. 3 Line and 3 Weave
    a. 45 degree angles
    b. Catch, jump stop, look up the floor
    c. 5 passes, 4 passes, 3 passes

5. Dribbling Attack: Up 2, Back 1
    a. Attack with 2 dribbles, retreat 1, change direction
    b. 4 moves:
        i. crossover

        ii. between the legs
        iii. behind the back
        iv. spin

6. Full Court 2 vs. 3 and 3 vs. 4
    a. Defense is free to do what they want
    b. Offense is trying to get across the opposite endline

7. Partner Shooting
    a. Working on
        i. Footwork
        ii. Balance
        iii. Triple Threat
        iv. Shots from the inside out
    b. Shots to work on
        i. Jump shot
        ii. Shot fake/shot
        iii. Shot fake/drag dribble/shot
        iv. Mix-it-up
        v. All 3's



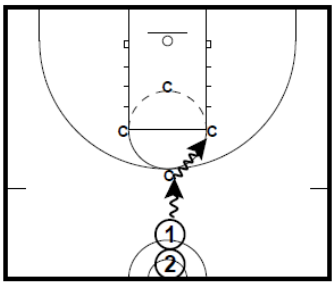
Bob Hurley
St. Anthony's
"Offensive Player Development"

- April to November is for individual players to get better
- Holds exit interviews at the end of season and gives them an individual workout plan to help them get better
- 3-on-3 makes you become a better basketball player
- Younger players get an education from playing older players
- Tapes free-throw line down on baseline
  - feels it helps players to get the ball up over the rim
  - 2 people shoot free-throws at the same time at the same baskets
- Steve Nash 20 Minute Shooting
  1. Dribble from corner to edge of lane, raise up, shoot, get own rebound, dribble out other side and repeat (do this for about a minute and a half)
  2. Drive from wing to above block, shoot bank shot (do this for about a minute and a half)
  3. Drive from slot to elbow for jumper (do this for about a minute and a half)
  4. Floaters, keep guide hand on the ball (do this for about a minute and a half)
  5. Back down with dribble, shoot off left shoulder (do this for about a minute and a half)
  6. Same as 5, but off right shoulder (do this for about a minute and a half)
  7. Hook shot coming across the middle (do this for about a minute and a half)
  8. Self pass, shot fake on imaginary defender closing out, dribble by, shoot pull up (do this for about a minute and a half)
  9. Spin off defender into jump shots, end of quarter, dribble down weak hand, spin middle bring ball away from defense for jumper (do this for about a minute and a half)
  10. Pull back dribble, push back with opposite foot of dribble hand (do this for about a minute and a half)
  11. Sideline Pick and Roll (do this for about a minute and a half)
      - Hard down sideline
      - Pull back
      - Square up to screen
      - 2 dribbles, jump shot
  12. Dribble down for 3 (do this for about a minute and a half)
  13. Range shooting 3 – 6 feet behind your normal range (do this for about a minute and a half)
- Every player learns this at St. Anthony's
- Start all workouts with Nash Shooting

- 2 Ball Dribbling – keep head up, maintain vision
  - pound
  - machine gun
  - forwards, backwards, sideways
  - do foot fires
  - bounding – jump, catch ball over head
  - juggle

Bob Hurley - Offensive Player Development

Bob Hurley - Cones 1

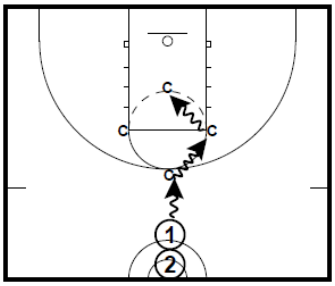


C = Cone

- Double jab at 1st cone
- 1 step to cone at elbow for shot
- Swing left hand under the ball
- Same thing to left side
- Bring ball to shooting hand

Frame 1

Bob Hurley - Cones 2

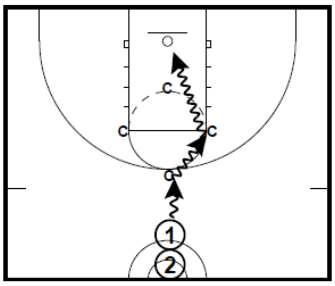


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Pull up jumper at 3rd cone

Frame 1

Bob Hurley - Cones 3



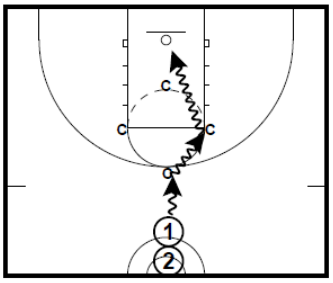
C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Jump stop
- Off 2 for layup

Frame 1

Bob Hurley - Offensive Player Development

Bob Hurley - Cones 4

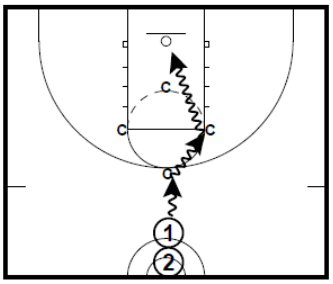


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Behind the back at 3rd cone
- Jump stop
- Off 2 for layup

Frame 1

Bob Hurley - Cones 5

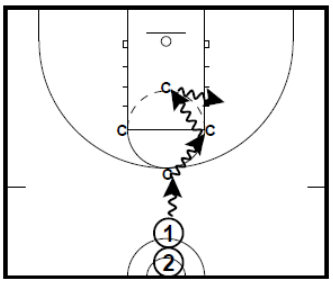


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- Spin dribble at 3rd cone
- Jump stop
- Off 2 for layup

Frame 1

Bob Hurley - Cones 6



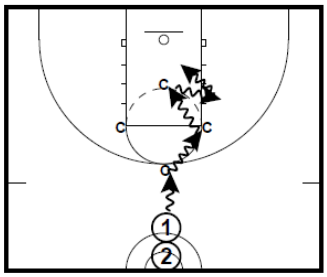
C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- At 3rd cone, pull dribble out of lane for jump shot

Frame 1

Bob Hurley - Offensive Player Development

Bob Hurley - Cones 7

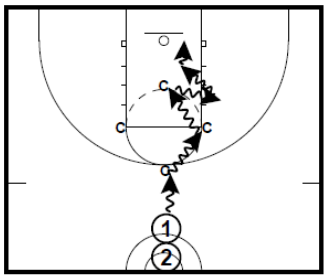


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- At 3rd cone, pull dribble out of lane
- Fake pulling up, crossover, shoot hook in lane

Frame 1

Bob Hurley - Cones 8

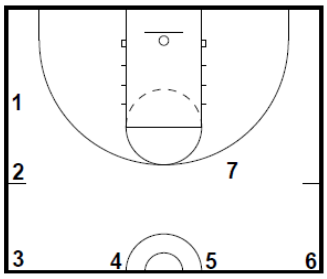


C = Cone

- Double jab at 1st cone
- Double jab 2nd cone
- At 3rd cone, pull dribble out of lane
- Fake pulling up, crossover, spin back for layup

Frame 1

Bob Hurley - Ed Schilling: Chill Drill



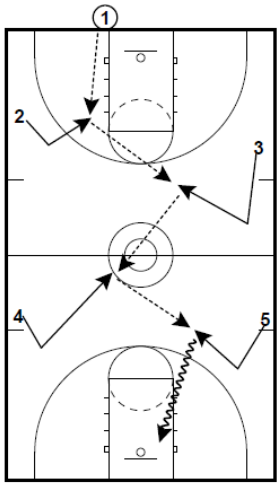
- 1 Inside out, right
- 2 Inside out, right
- 3 Spin, cross to left
- 4 Pull back 2 dribbles, crossover, attack the guy who double teams
- 5 Fake spin
- 6 Behind the back left
- 7 Double jab get to the rim finish with right

Frame 1

6/28/11
coachponchak@gmail.com

Bob Hurley - Offensive Player Development

Bob Hurley - V-Cut Drill

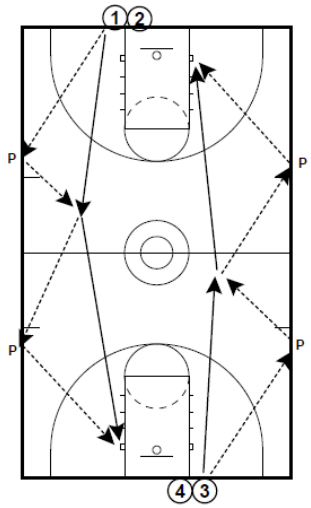


- Pass away from the defense
- Catch and square
- Last guy rips through and drives for layup

* Can add defense
** Coach Hurley runs this drill every practice before they play a team that pressures well

Frame 1

Bob Hurley - Layups



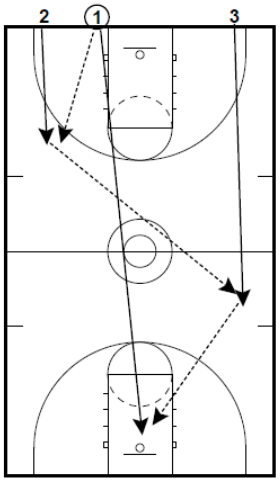
P = Passer
- 2 minutes with right hand and 2 minutes with left hand
- Every player has a ball
- Should make 100 layups in 2 minutes
- No dribble
- 2nd passer leads man to rim with pass

Frame 1

6/28/11
coachponchak@gmail.com

Bob Hurley - Offensive Player Development

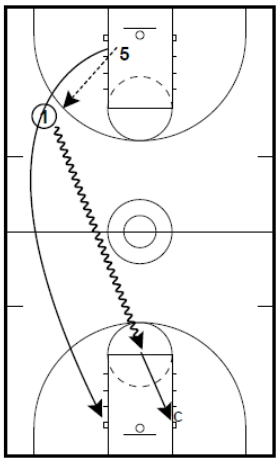
Bob Hurley - Figure 8



- 6 players go for 2 minutes
- Next 6 players go for 2 minutes
- Validate win with a free-throw
- Make: choose punishment for other team
- Miss: you get punished
- 1 outlets to 2
- 2 throws ahead to 3
- 3 leads 1 to the rim for a layup

Frame 1

Bob Hurley - Outlet Drill



- Rebound
- Outlet
- Drive to top
- Jump stop
- Pass for

1. Layup
2. Pull-Up
3. 1 dribble pull-up from wing
4. Top to wing, wing shot fakes, top to opposite elbow, back to elbow for jumper
5. Same as 4, but drive and kick to corner

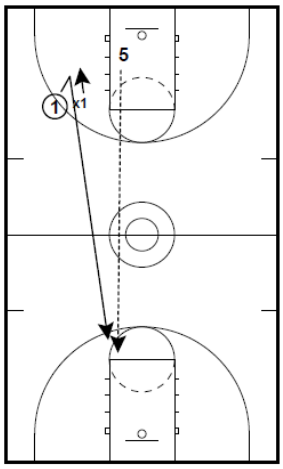
- Block out coach on other block, grab ball before it hits the floor

Frame 1

6/28/11
coachponchak@gmail.com

Bob Hurley - Offensive Player Development

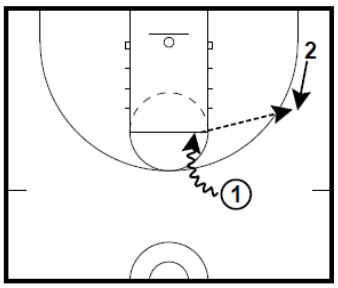
Bob Hurley - Outlet to Elbow



- Defense jams outlet
- Outlet goes deep
- Outlet the ball to the elbow
- Reverse roles coming back

Frame 1

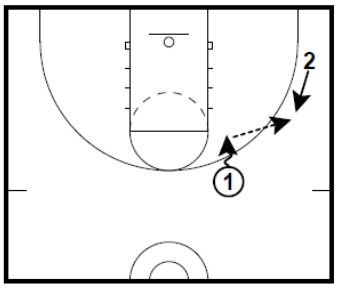
Bob Hurley - Blood Drills



- Curl dribble away
- Bounce pass
- Jumper

Frame 1

Bob Hurley - Blood Drills

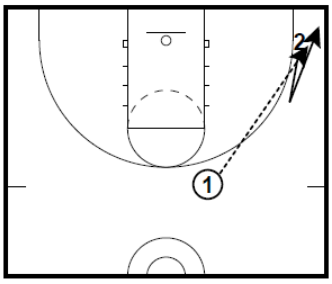


- Pop
- Chest pass
- Jumper

Frame 2

Bob Hurley - Offensive Player Development

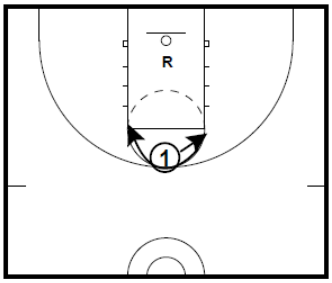
Bob Hurley - Blood Drills



- Fade
- Over the top
- Jumper

Frame 3

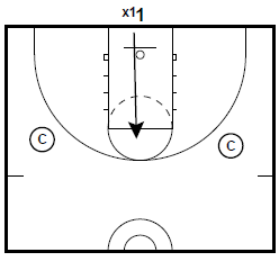
Bob Hurley - Elbow Jumpers



- 5 jumpers, elbow to elbow
- Layup
- Defend to half-court
- Trade places

Frame 1

Bob Hurley - 5 Shots (Pitino)



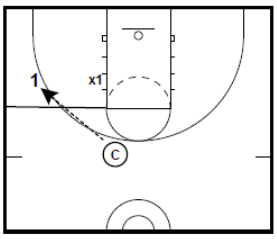
- Offense sprints up lane, can get ball from either side
- 2 dribbles
- If there is no open shot, pass to guy without a ball and get it back
- If you foul, go to end of line
- If you score, stay on offense
- If you get stopped, go to end of line
- Defensive stop = go to offense

* Can expand drill to 2-on-2 or 3-on-3

Frame 1

Bob Hurley - Offensive Player Development

Bob Hurley - 1-on-1 in the Box



- Coach passes to wing
- Wing makes 2 moves for defense to stop (not live)
- 3rd move is live 1-on-1

Frame 1

- Hockey – 3-on-3 game
  - Whoever gets the rebound, steal, or outlet pass must dribble over half-court
  - Everybody has to cross half-court before the offense can score
  - Can expand to 4-on-4
- Pick and Roll Defense
  - Hard hedge when run to right
  - Double team when run to left



Bob McKillop

"Davidson's Offensive Philosophy"

Nike Coaching Clinic

Verona, NY

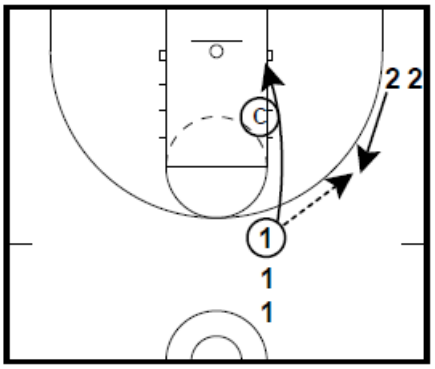
May 15, 2010

- Fundamental keys
  1. See
     - Is the defense closing out?
     - Is a cutter open?
  2. Talk
     - Defense is a traffic cop, helps teammate
  3. Have an Act
     - Faking
     - Pivoting
  4. Down and Balanced
     - Low man wins
     - Power is better
  5. Details
     - Little things are the difference between winning and losing
  6. Flesh to Flesh Contact
     - Have to be willing to hit flesh
     - Screening
     - Boxing out
     - Taking charges
     - Bumping cutters
  7. Finish Everything
     - The last part of the play has to be the strongest

- Daily Objectives
  1. Get Better
     - Penny jar – gave players pennies for working hard to get better, visual reminder that they were getting better
  2. Have Fun
     - Play with teammates
     - Beat someone in a drill
     - Cheer for your teammates
  3. Make Every Play Count
     - There is a low margin for error
  4. Play to Win
     - Can't play not to lose
     - Must play to win
     - Can't fear making a mistake and/or getting taken out of a game
- Rules of Offense
  1. Fight for Space
     - Get ahead of the ball
     - Get ahead of the defense
     - Pivot and get space to shoot, pass, or dribble
  2. Catch & See
     - Don't put the ball on the floor right away
  3. Help Somebody
     - Sacrifice to help your teammate score – set a screen, run the floor
  4. Finish Your Cut
     - Run through your cut: corner, wing, top of key, low post
  5. Dribble With a Purpose
     - Get a score
     - Center the ball
     - Make an entry pass

- Offensive success based on rhythm and flow
- You can get offensive boards off of high percentage shots in transition
- Run with discipline, the defense is at a disadvantage if they're back peddling
- When you set a screen, attack the crack of his ass
- Point the crack of your ass in the direction you want your player to go
- Establish a system that you believe in, that fits you, and fits your players
- There needs to be consistency
- Coaching is not plays, it is playing
- Teach playing, not plays
- Teach decision making
- Teach unselfishness
- Seek contact first, then shoot
- Drills need to be structured to your offensive philosophy
- Don't teach a lot of drills, have a lot of drills that you make subtle changes to
- Get your hands up for the ball one pass away, “ask with 10”
- Make the first pass easy
- When you help somebody, you help yourself
- Don't throw the ball in the post if you can't see the #s on his jersey
- 360 pivot move, 3 steps to make a circle
- “Imagination is greater than knowledge.” - Albert Einstein
- Balance discipline with love
- Balance freedom with responsibility

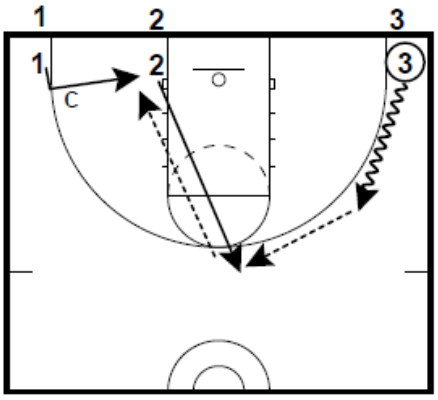
Bob McKillop - Stretch



- 2 sprints to the wing
- 1 passes to the wing and cuts through looking for the ball

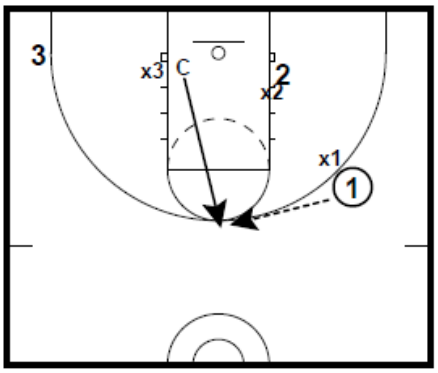
* Coach has a ball, if the player is not looking, the coach throws the ball at the player

Bob McKillop - Read the Coach



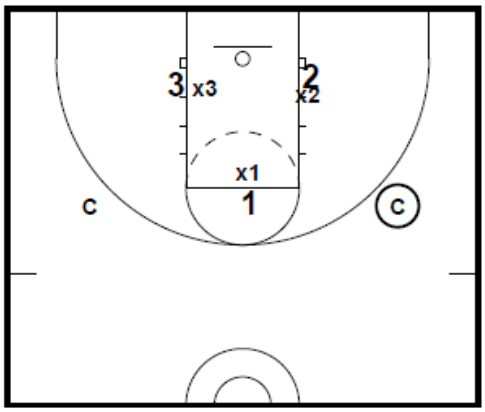
- 3 dribbles up to the wing
- 2 cuts to the top of the key
- 3 passes to 2
- 1 reads the coach on defense and front cuts or back cuts

Bob McKillop - 4 on 3



- Coach cuts to top of key
- 1 passes to coach
- Players play within the offensive philosophy

Bob McKillop - Triangle Shell Drill



- No dribbles
- Set screens
- Defend screens
- Coach shoots to work on rebounding
- Coach can drive to teach help
- Coach swings ball to the other coach to initiate next screen



Bob Huggins

"Our Defensive Philosophy"

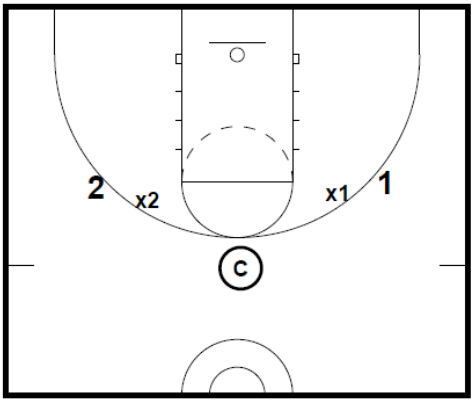
Nike Coaching Clinic

Verona, NY

May 15 2010

- Puts a "help" line on the floor from rim to rim
- Divides the floor into 2 boxes
- Make the box shorter
- Lane extended is the chute; keep the ball out of the chute
- Take away direct passes
- Bounce passes and lab passes don't hurt you, direct passes do
- Off the ball defender should be in a direct line between the ball and his man; they can't throw any pass through you
- The defense should be closer to the ball than the man you are covering
- Read shoulders, the shoulder points towards the target
- Big believer in help, you must beat more than one of us

Bob Huggins - Sprint To Help



- Coach passes to wing, wing passes to coach, this continues
- Defense must adjust on every pass
- Work back door cuts and screens in
- Defense must throw the arm and throw the leg to beat the screen



Bob Knight

"Knight School: Defending Today's Offenses"

Nike Coaching Clinic

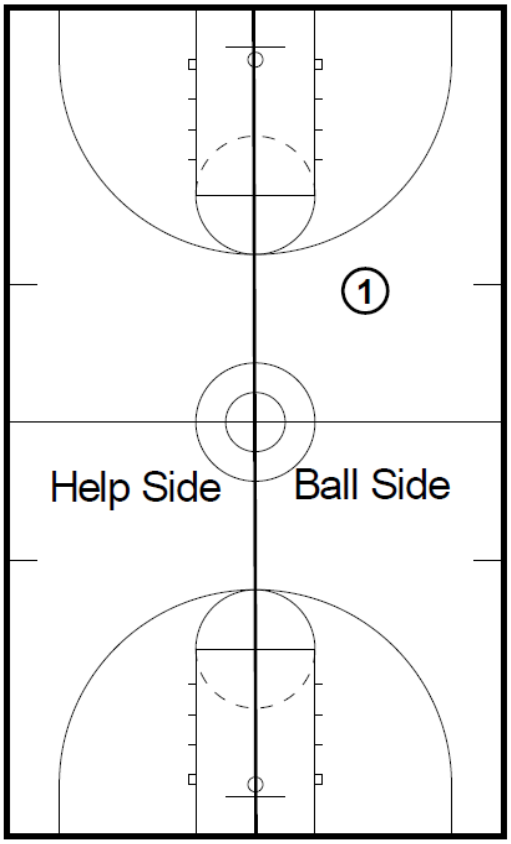
Verona, NY

May 15 2010

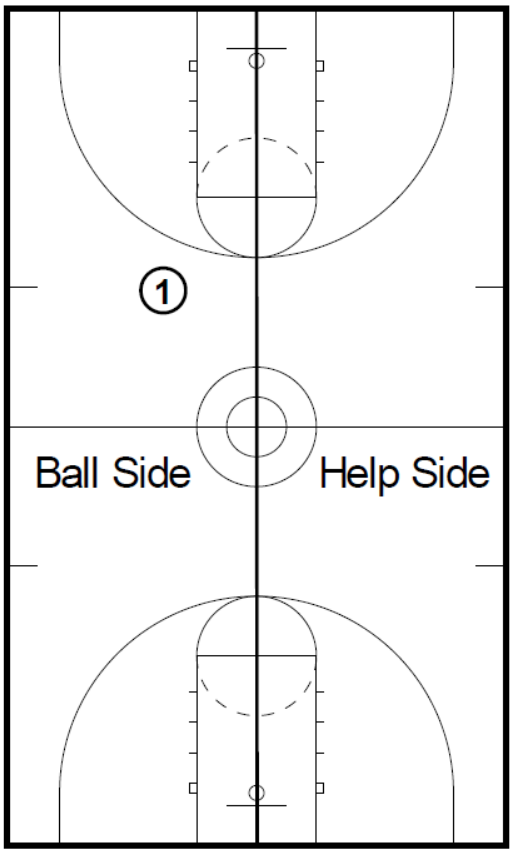
- If you get to 1 and 1 first, 2 shot bonus first, and shoot more foul shots than the other team, then you have the advantage.
- Officiate practice and have a penalty for fouls; conditions the team to get you an advantage at the line
- Get back before they do, don't give up layups, don't foul them, force them to set something up
- Rebounding should be worked on fundamentally every night
- Always play full-court so they have offensive and defensive conversion
- Give them 4 or 5 things to think about in a timeout situation, then give them a card and have them write down the 4 things – do this 2 or 3 times a practice
- How do you become better?
  1. See – don't look
  2. Listen – don't hear
  3. Be observant
- Defense starts with conversion and ends with the blockout
- Rebounding well on defense takes away easy shots and rebounding well on offense gets easy shots
- Blockout technique
  1. Elbows up to increase blockout surface
  2. Crossover step, contact with arm and get butt into him
- Post Defense
  1. Play behind post to take away angles
  2. If there's a bad shooter on the perimeter, the defender can sink and play in front of the post

- Ball Side Defense
  1. Squared up stance
  2. Force ball to corner
  3. Off the ball – don't get caught above your man on the perimeter, be in position to take away the back door cut
- Help Side Defense – try to be in position to help on drive
- Offense
  1. Shot fake is the most underutilized tool
  2. Shot fake on the kick out
  3. Best way to drive is to attack the extended foot
- How far do you extend your defense? - It depends on the relative quickness of their offense bs your defense.
- “If you foul him, I'm going to hit you in the balls!”
- The most important thing on defense is to stop the ball.
- You must know where the ball is in order to play defense.
- Closeout short and low
- When the ball is above the foul line extended, help defense is one step on help side of the help line.
- When the ball is below the foul line extended, help defense is on step on the ball side of the help line.

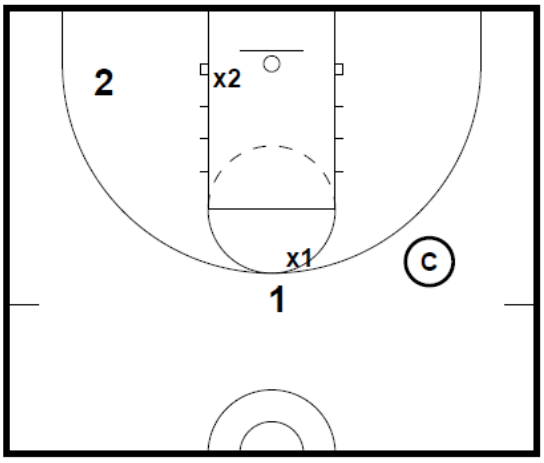
Bob Knight - Ball Side/Help Side



Bob Knight - Ball Side/Help Side

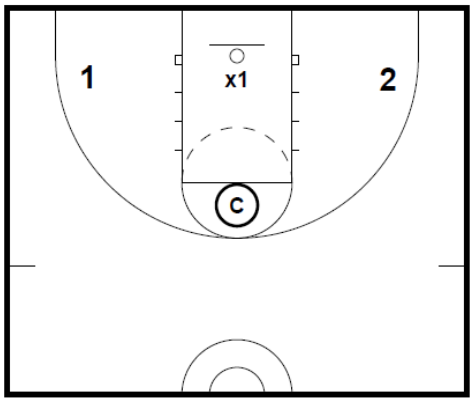


Bob Knight - 2 on 2 Defense



- Help and recover
- Jump to ball
- Do daily, but change spots on the floor

Bob Knight - Baseline Drive



- Coach throws ball to offense
- Defense must jump to the ball and stop the baseline drive
- On stop, offense throws ball back to the coach and the seriew repeats

- Switch screens to take away the offensive advantage
- Defending Post Screens
    1. Go under screen
    2. If he goes off screen low, no switch
    3. If he goes off screen high, switch
- Switch down screens
- Defending the Flex
    1. Switch on down screens every time
    2. Guards stay on top
    3. Forwards stay on the block
- 5 on Offense and 4 on Defense
    1. Switch and help to cover the open man
    2. Talk to let teammates know who you have
    3. Coach calls a color for team on offense
    4. 1 player on the other team must drop off
    5. Offense goes full-court 5 on 4
    6. Everyone moves until color is called
- 5 on 5
    1. Coach calls change
    2. On change, player puts the ball down
    3. Offense and defense switch
    4. Defense can't cover the man they were just defending
    5. Forces players to think and communicate

- Try to make players think more
- Try to make it more difficult for the other team to score by diving the floor into ball side and help side
- Utilize switches
- No unstructured shooting
- Must shoot with a partner who rebounds and passes
- Shooting drills should be quick and work players hard to get them used to shooting through fatigue

Bob Schlosser: Comprehensive Guide to the Flex Offense

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All Contents Proprietary

Continuity

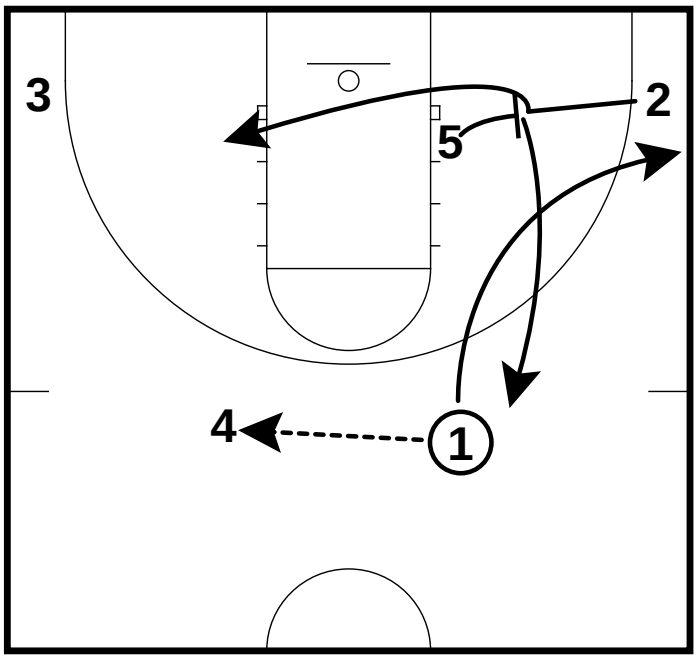
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Flex Continuity 3

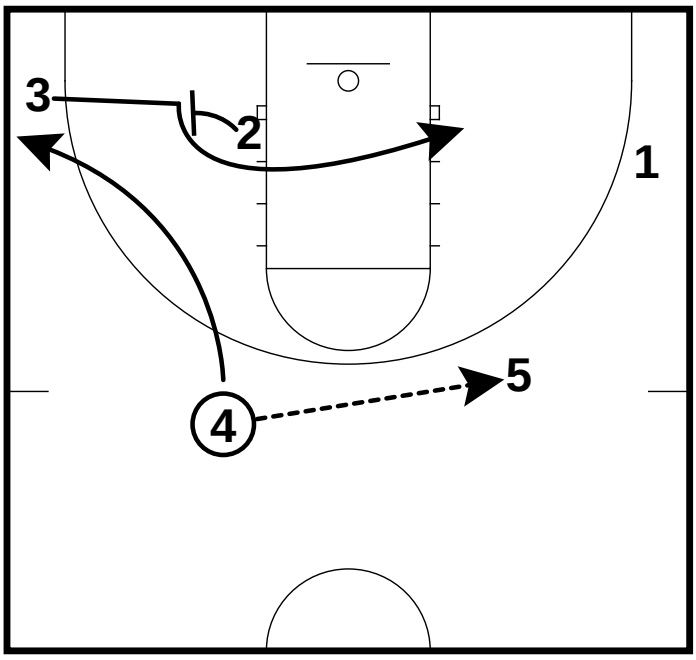
All Contents Proprietary

Continuity

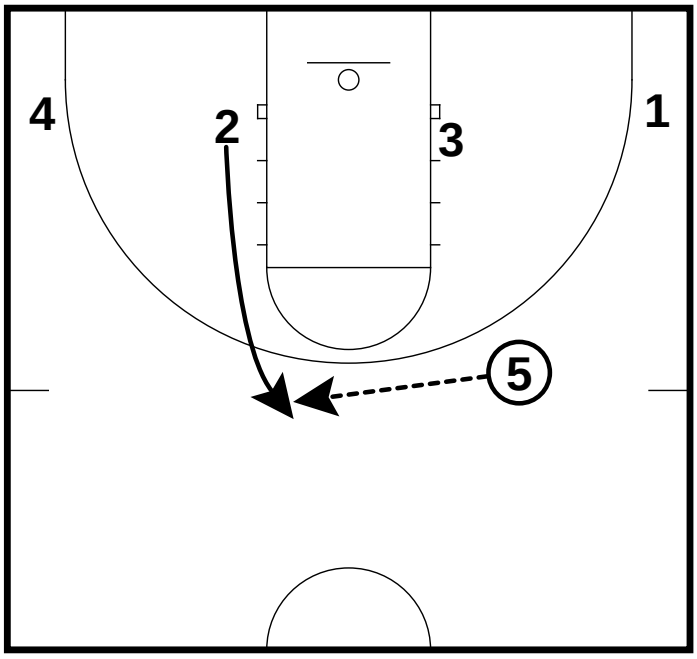
Flex Continuity



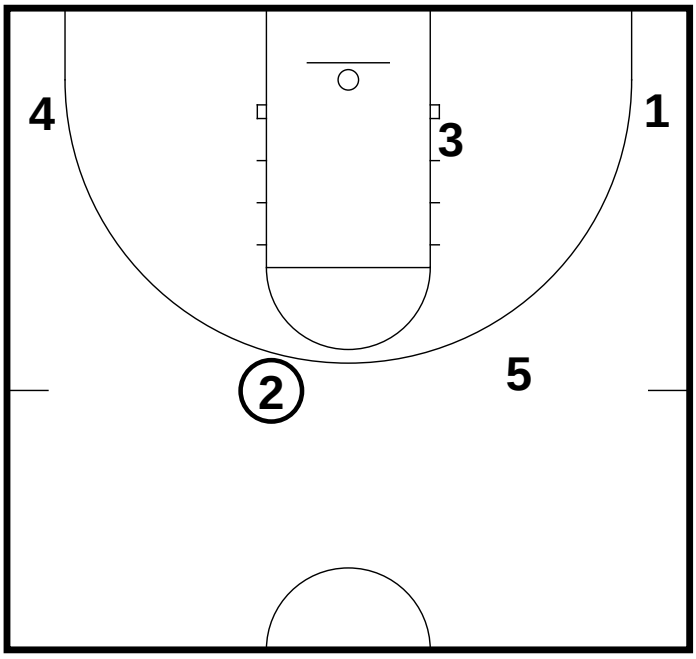
- 2 reads defender and goes high or low off of the flex screen
- 1 fades to the corner; does not down screen because it gives better spacing within offense



- Players need to catch in triple threat, use ball fakes and shot fakes
- Cutters need to have hands up and ready
- Screeners need to step out on their screens
- Need to be quick but dont hurry



- Flex screener pops up to get ball reversal



- Continuity continues

All Contents Proprietary

Counters

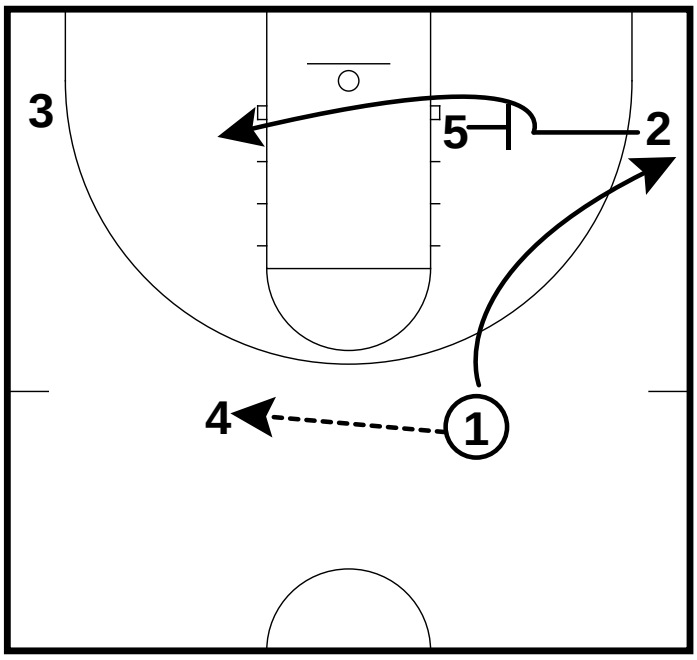
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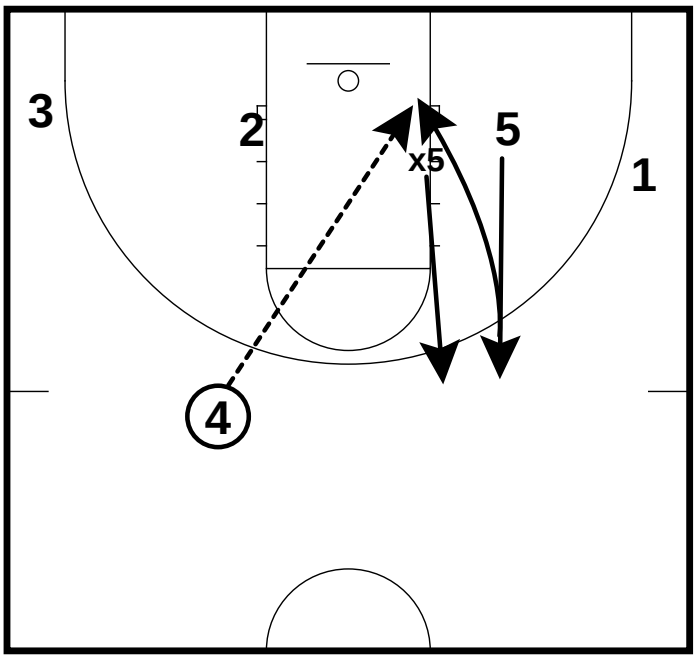
Backdoor	5
Duck In	6
Go	7
Pass Off Elbow	8

All Contents Proprietary

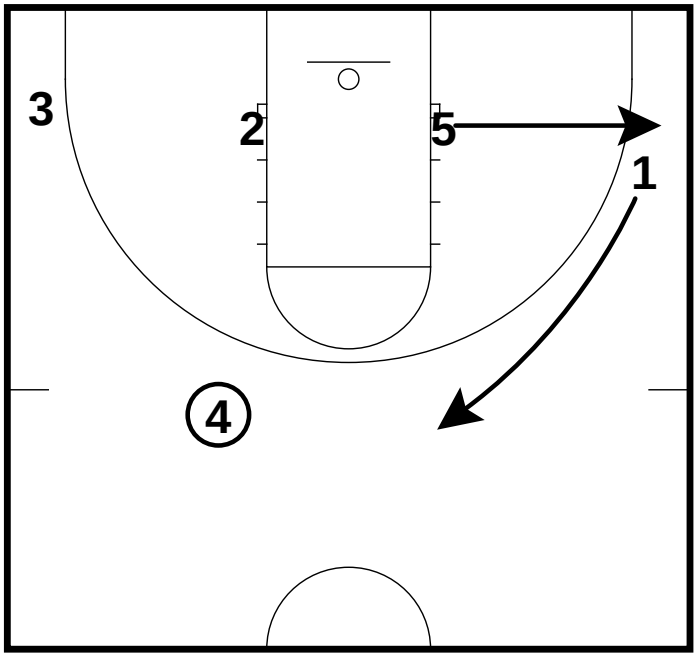
Counters

Backdoor

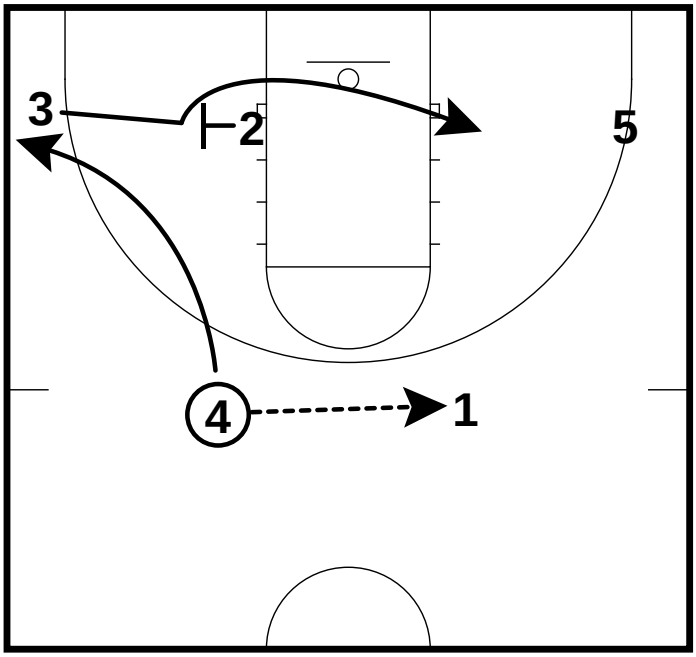




- Eliminating the down screen in the flex offense gives more room to run a backdoor counter against teams who like to deny the ball reversal



- If 5 does not get the pass, he clears to the corner and 1 cuts to the top for a ball reversal

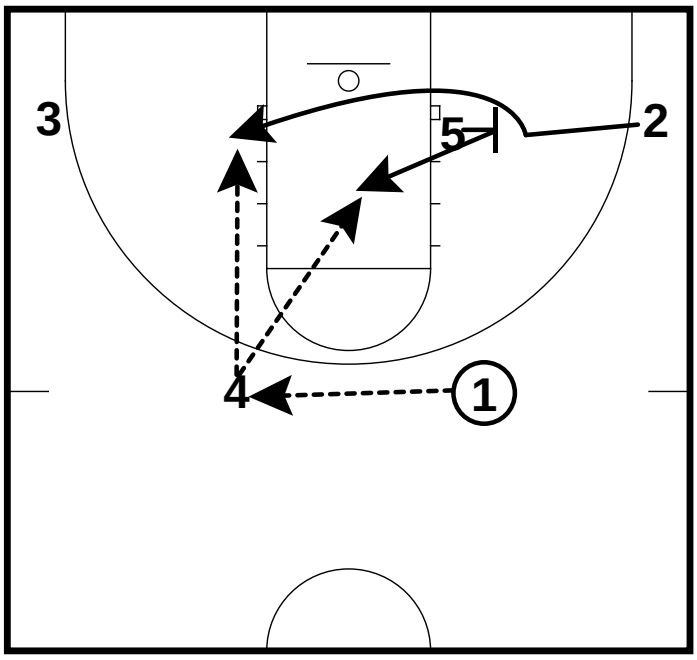


- Into regular flex continuity

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Counters

Duck In

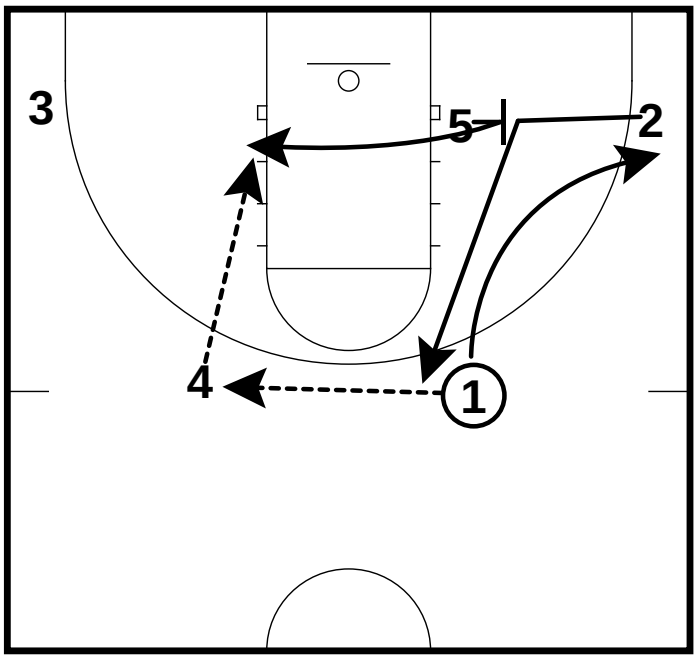


- If teams start to switch the flex screen, the flex screener can run a duck in after setting the flex screen

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Counters

Go

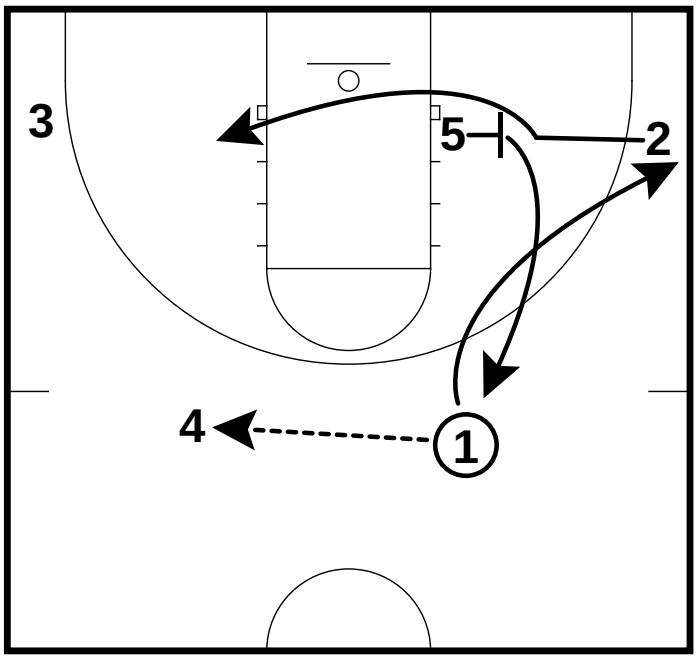


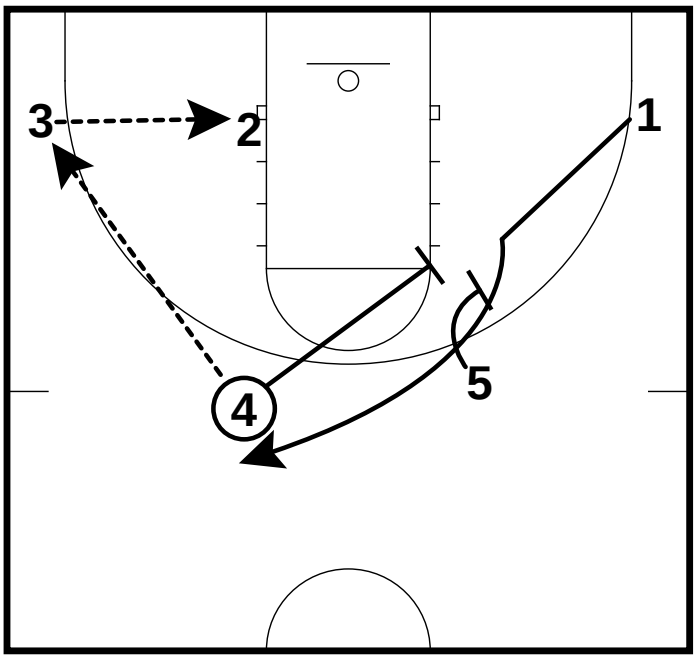
- If the flex defender starts to cheat into the lane, 2 can call a GO counter which will send 5 across the lane and will pop 2 to the top

All Contents Proprietary

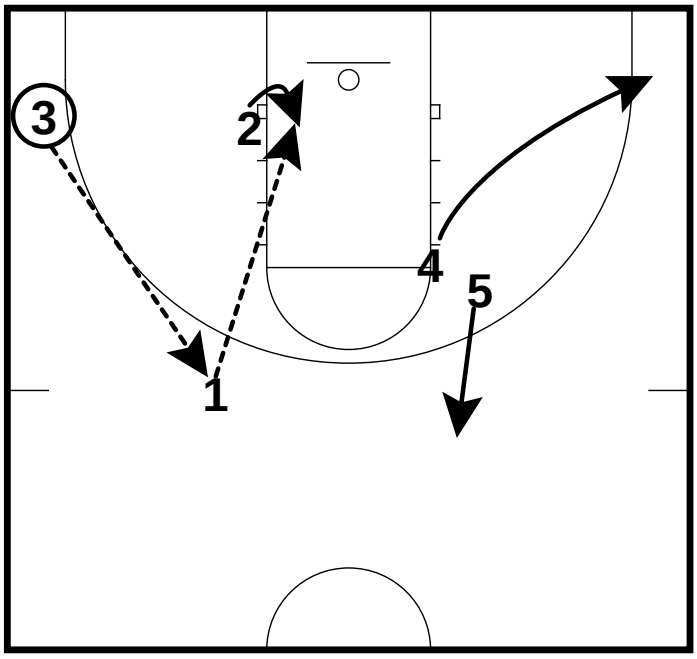
Counters

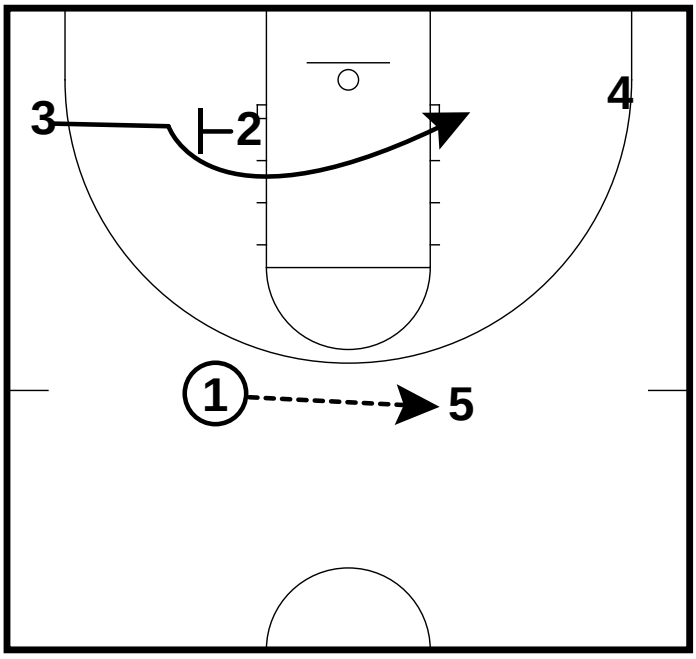
Pass Off Elbow





- Anytime a player passes off of the elbow down to the corner, the top players will double stagger away for the corner man
- 3 can look to enter the ball to the post from the corner or hit the player coming off of the staggered screen





- 4 clears to the corner and 5 pops for ball reversal
- 1 can also look for the high low feed on the post seal

- Back into regular flex continuity

All Contents Proprietary

Drills

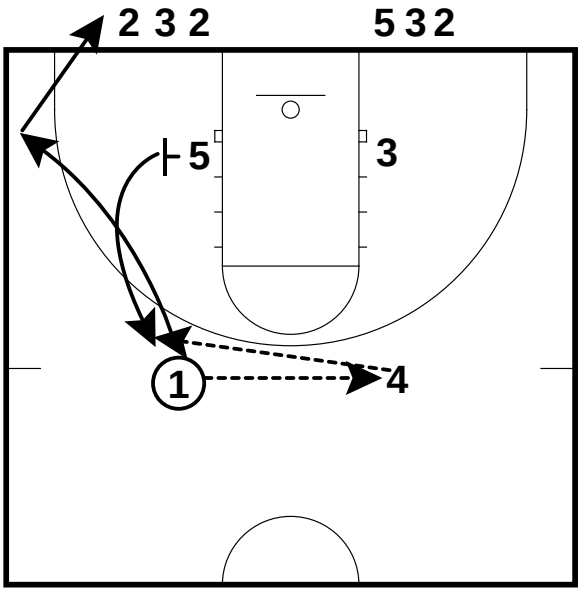
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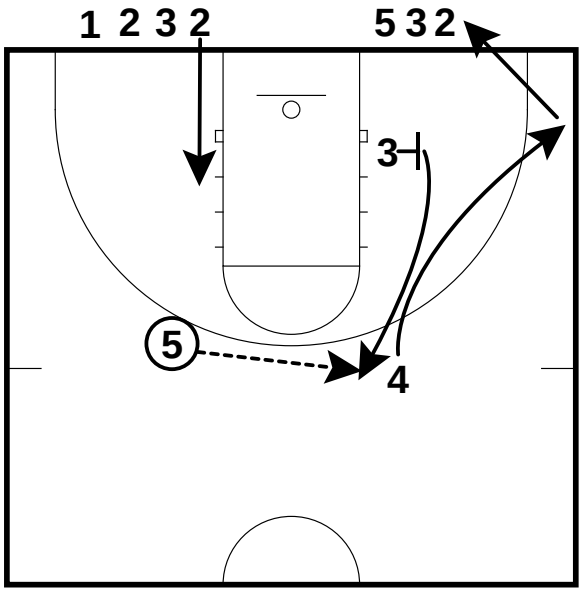
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Drills

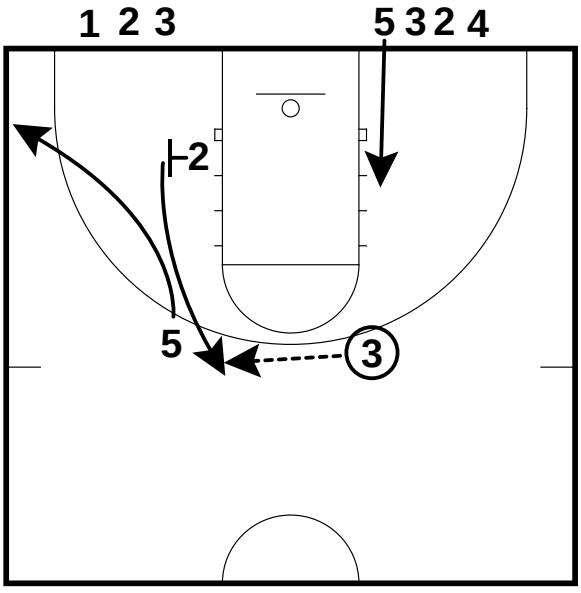
Pivoting Drill



- Players set dummy flex screens and then pop to the top focusing on catching with an inside pivot and getting into triple threat
- After the guard to guard pass, the passer fades to the corner and then gets in back of the line



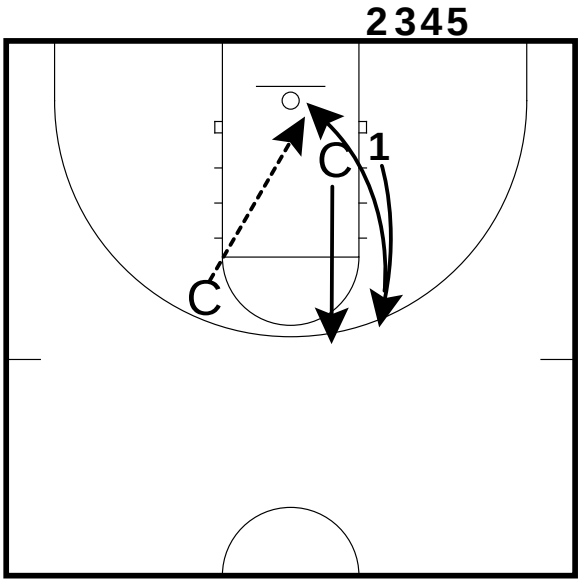
- Run the same actions from the other side focusing on insidge pivots and triple threat
- New player steps in on the left side



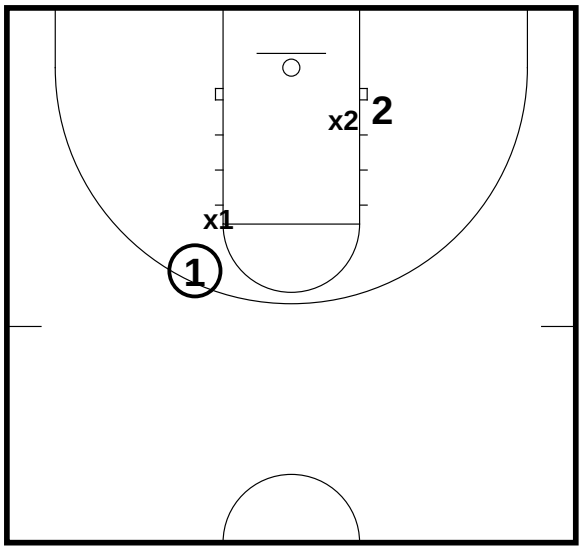
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Drills

Backdoor



- Coach denies the elbow pass
- Cutter back cuts on denial
- Cutter can use a fist hand signal for the passer

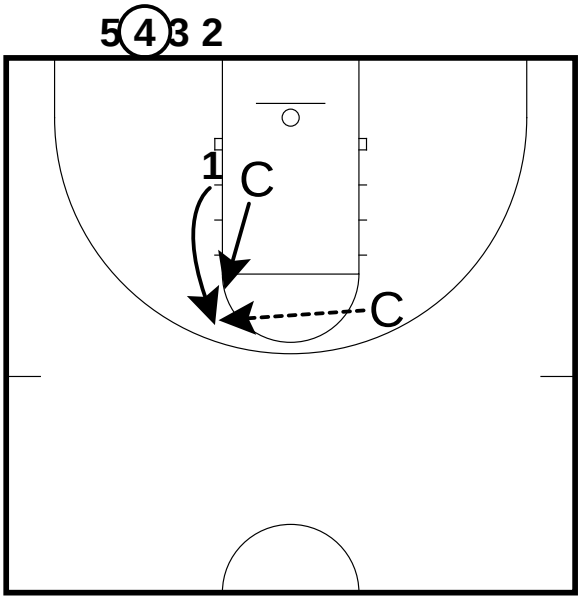


- Can progress to 2 on 2

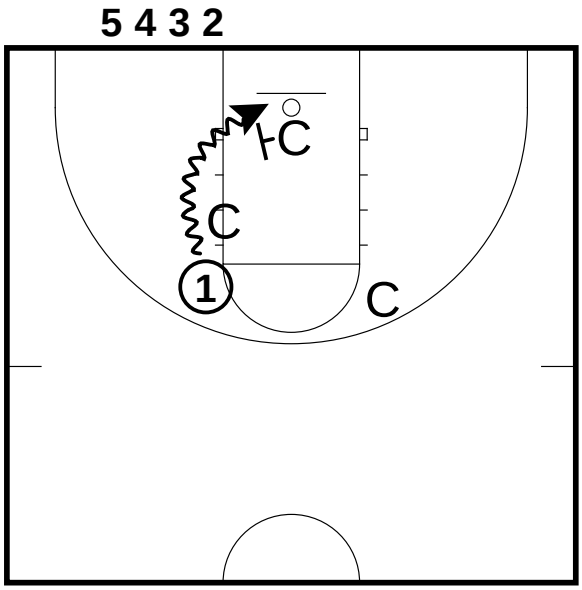
All Contents Proprietary

Drills

Pull Thru



- Catch the ball on an inside pivot and get into triple threat position



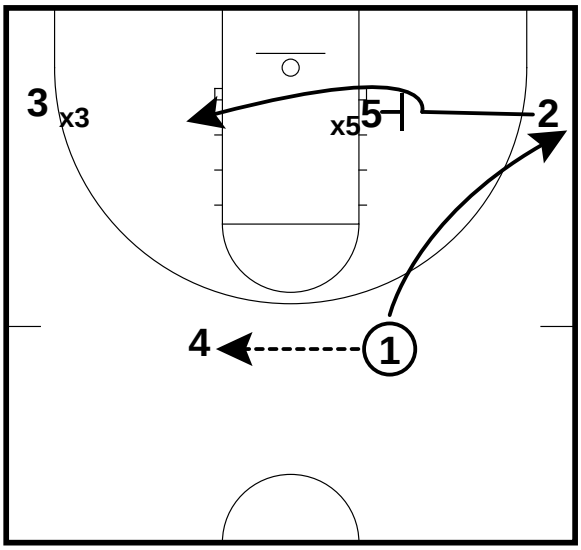
- Rip the ball thru and finish a left handed lay-up
- Next player steps in
- Work both sides of the floor

Option: Have another coach/manager with a blocking pad under the rim to bump the person finishing
- Players should come off of 2 feet

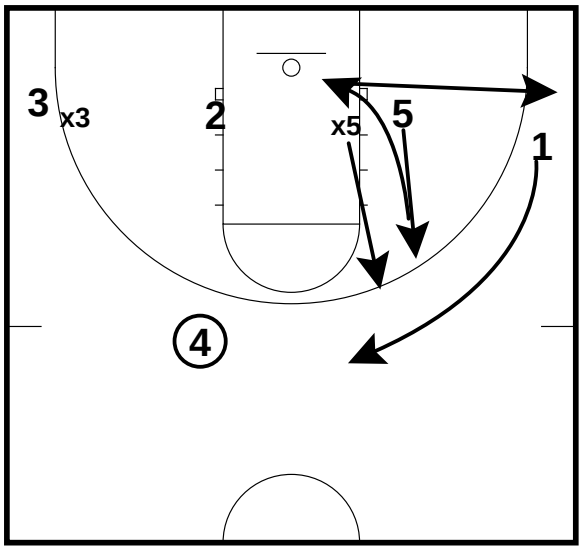
All Contents Proprietary

Drills

5-on-2



- Defense can guard any 2 offensive players
- Defense tries to deny offensive players making them learn to work on back cuts. They do not have to worry about playing help defense
- Need 5 passes before taking a shot

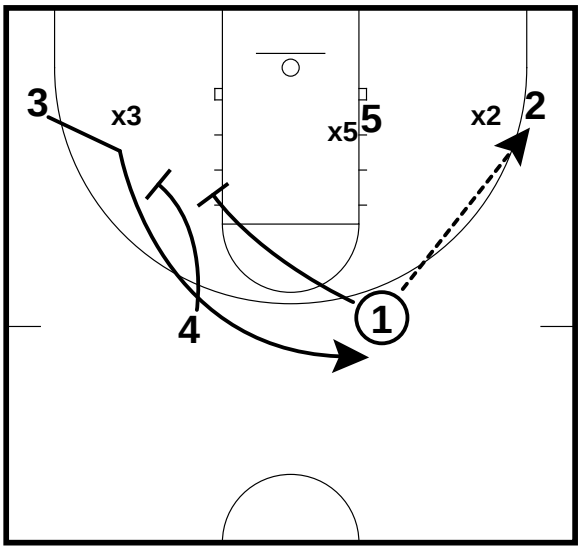


- Work on back cuts and the rotations after back cuts

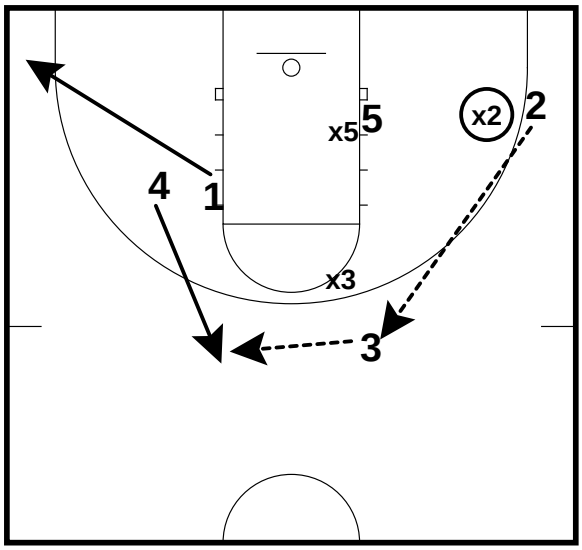
All Contents Proprietary

Drills

5-on-3



- Drill starts with a Pass Off the Elbow
- Run the drill till you get a flex score from a non defender offensive player

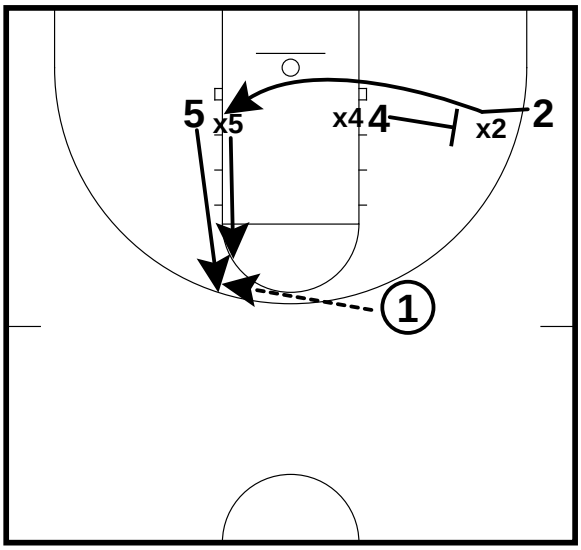


- Run the drill till you get a flex score from a non defender offensive player

All Contents Proprietary

Drills

Cutter 3 x 3

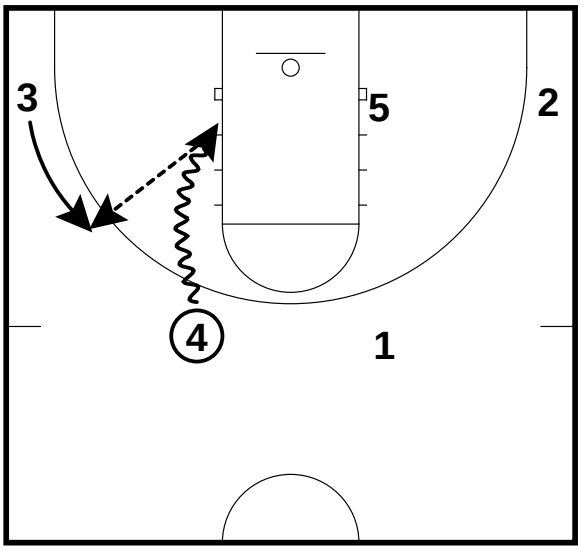


- Offense tries to get a score on the flex cut
- Defense cannot switch initially
- Then allow the defense to switch forcing the offense to make the read and counter

All Contents Proprietary

Drills

5-on-0 Drive and Kick

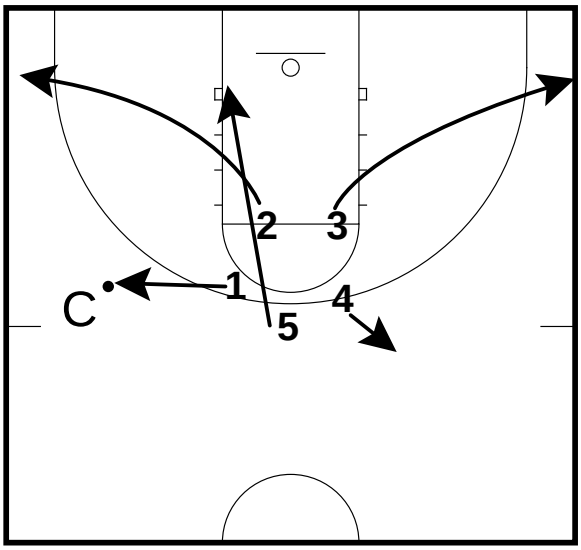


- Run flex offense for 5 passes
- After 5th pass run a drive and kick action on the weak side
- All five players must get a drive and kick shot so they need to communicate with each other to get each player in a position to have a drive and kick shot

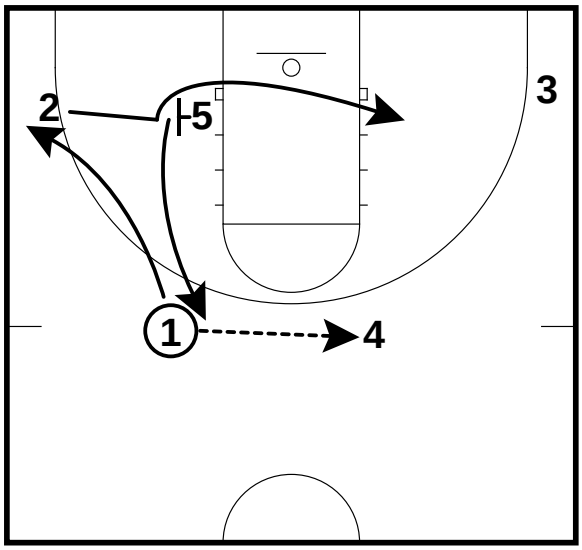
All Contents Proprietary

Drills

Scramble to Flex



- Players run in a circle until the coach puts the ball down on the ground
- The closest player sprints to get the ball and everyone scrambles to balance out the flex positions



- Run flex continuity

All Contents Proprietary

Entries

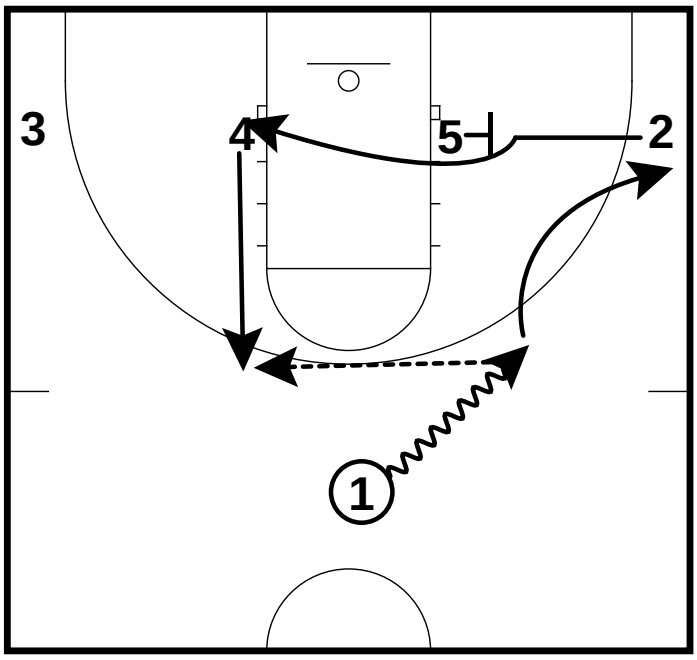
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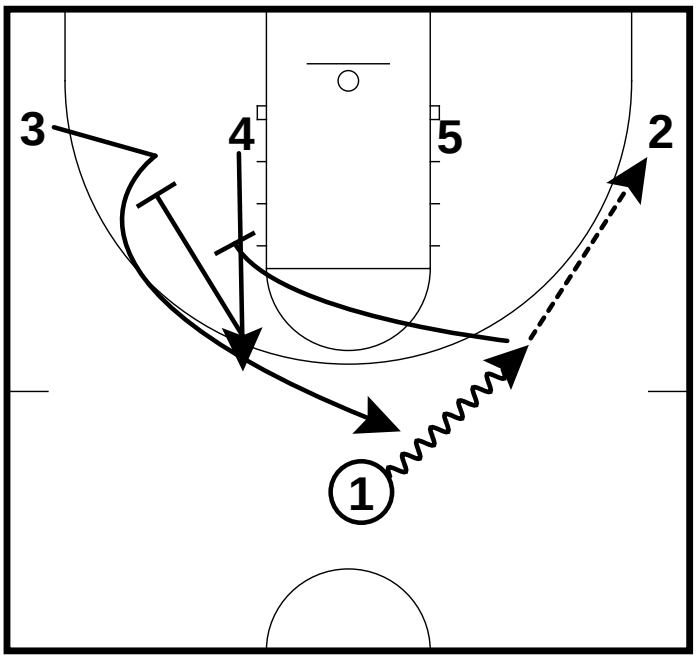
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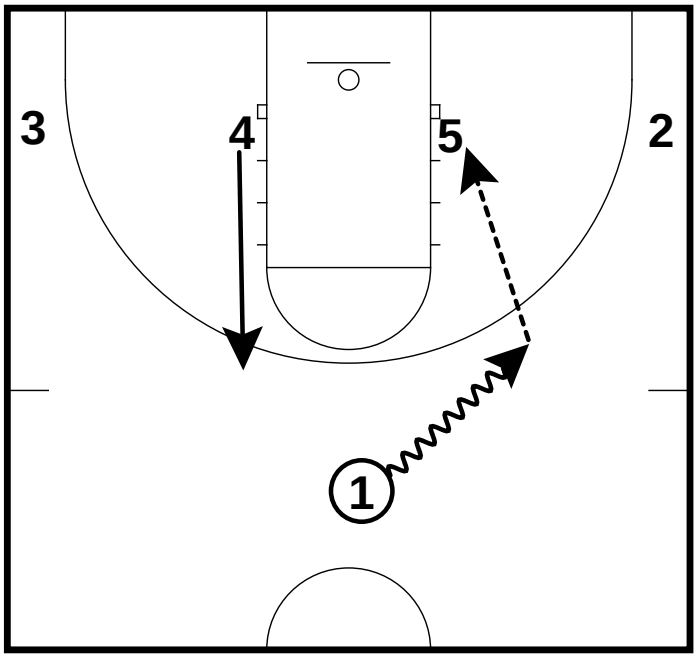
1-4



- PG choses a side which will force the opposite box up to the elbow
- Can work on Pass Off Elbow, direct post entry, or basic Flex continuity



- Pass Off Elbow

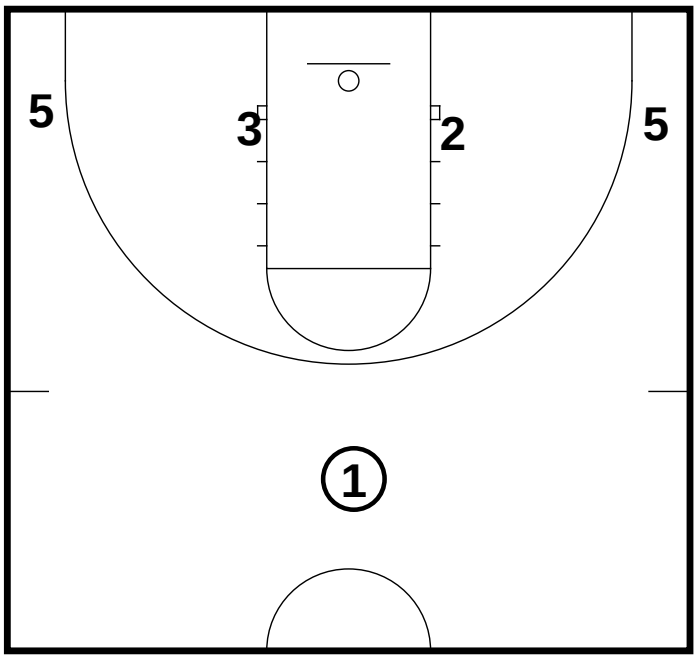


- Direct post entry

All Contents Proprietary

Entries

Invert

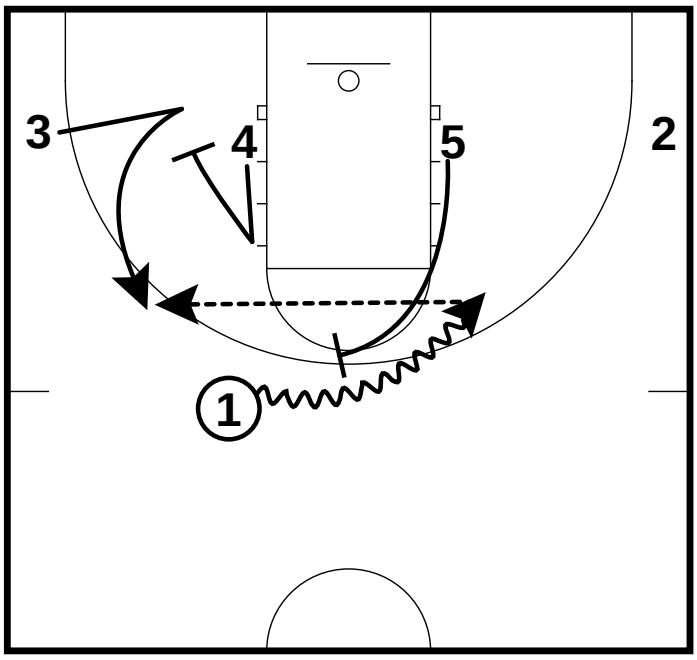


- Posts start in the corners and wings start on the block

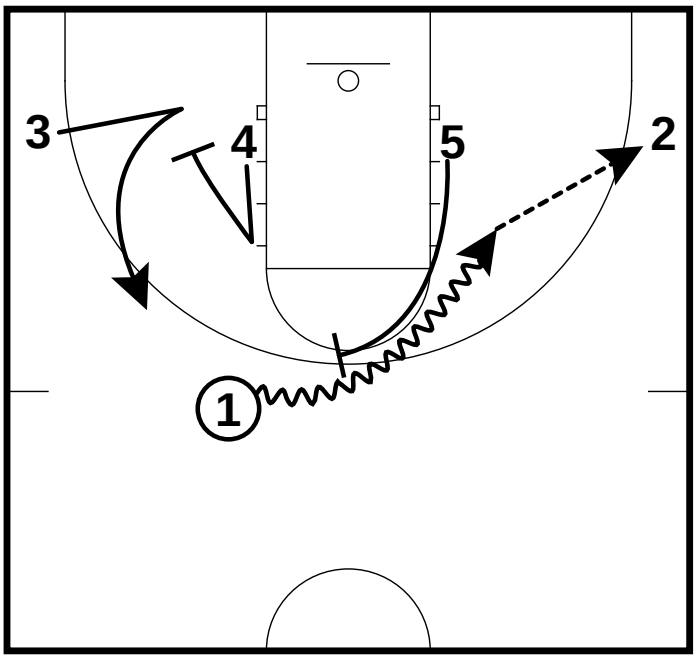
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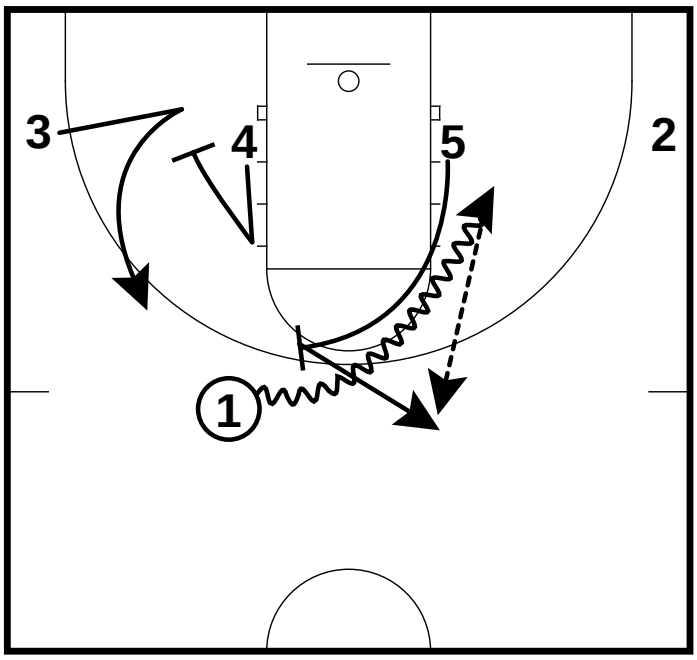
Ball Screen



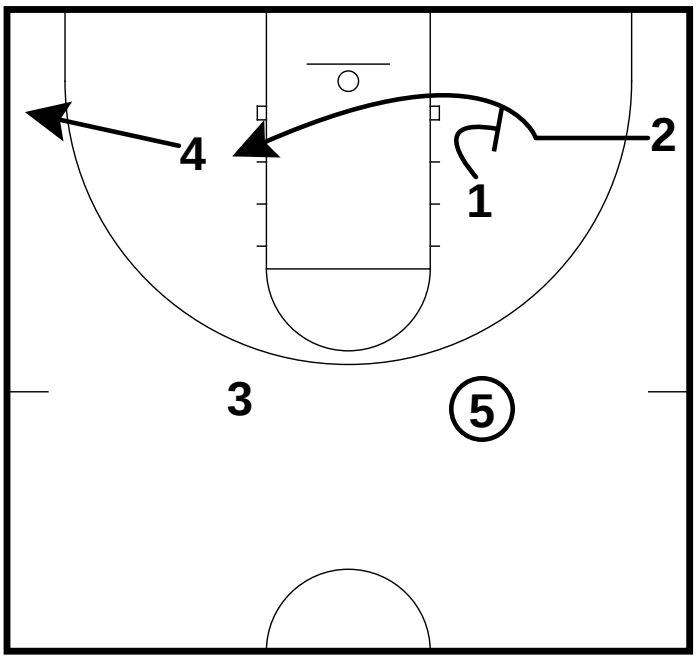
- Pitch back option for 3 coming off of the down screen from 4



-Drive and kick option



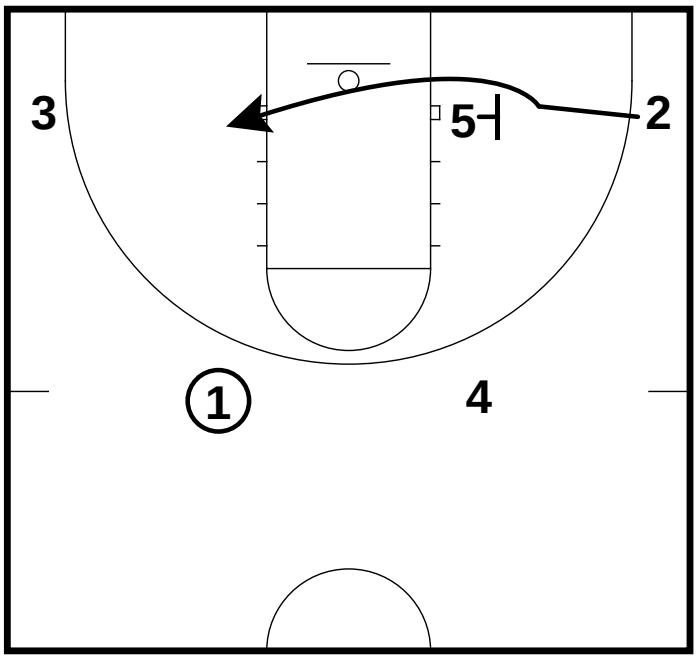
- Into regular flex offense



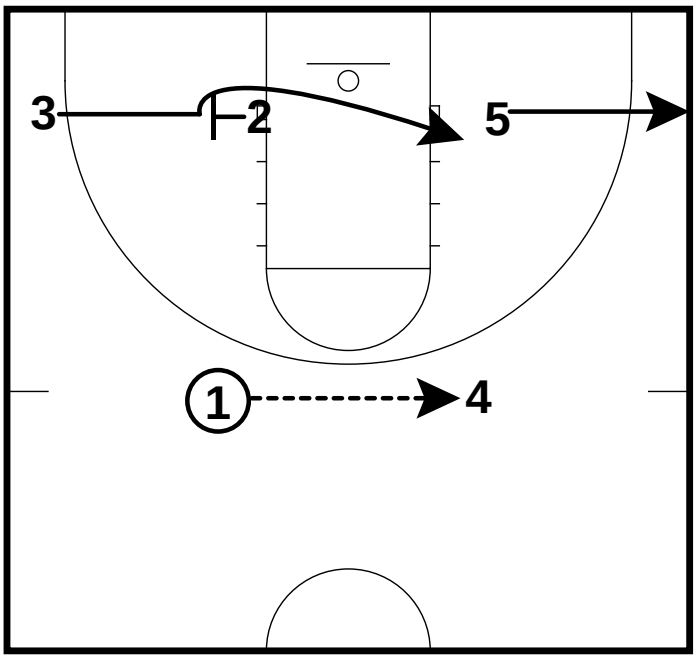
All Contents Proprietary

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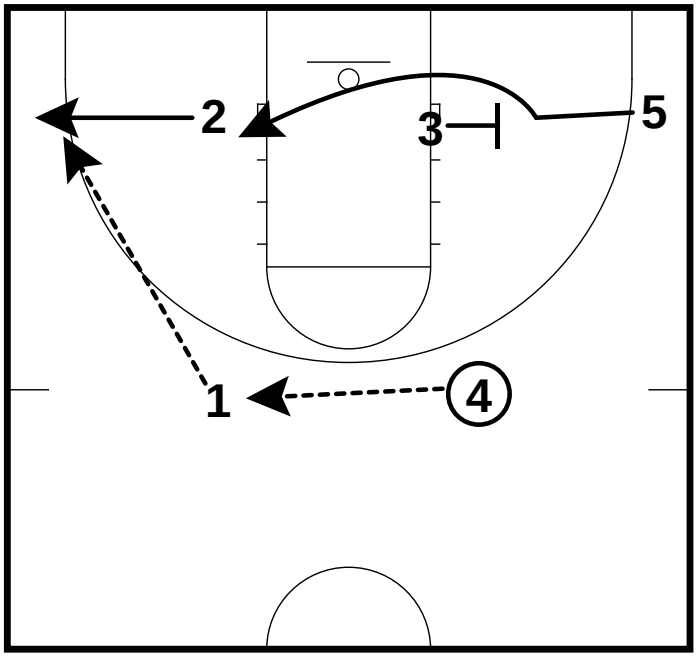
2 Out 3 In



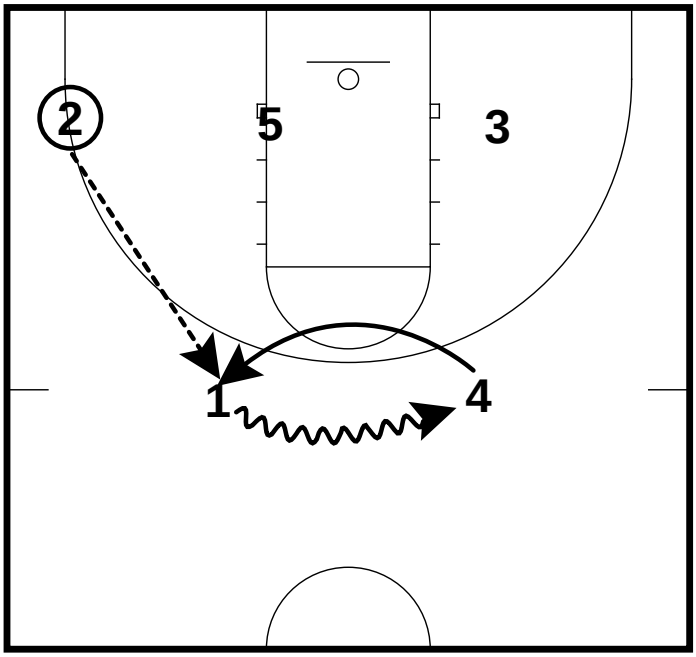
- Start in a 2 out 3 in set



- 3 bottom players run continous flex action
- Flex screener always steps out to the corner after setting the flex screen



- On a pass off the elbow, run a post to post screen

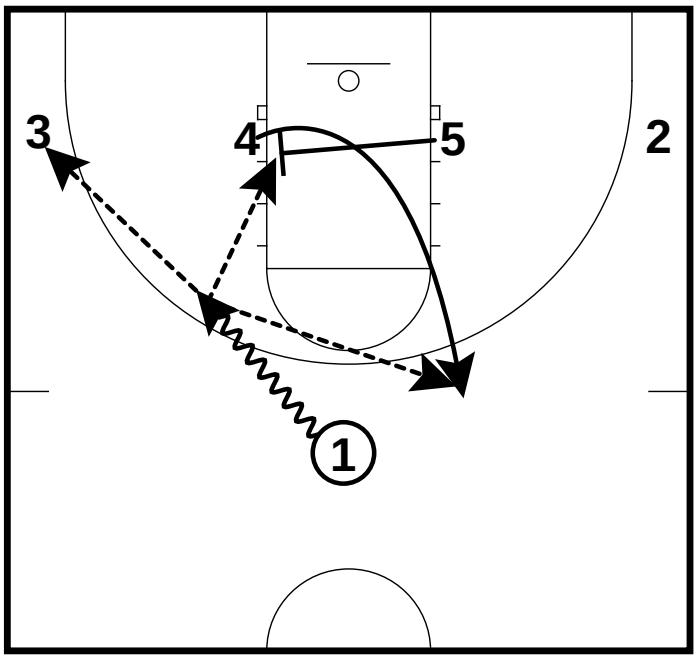


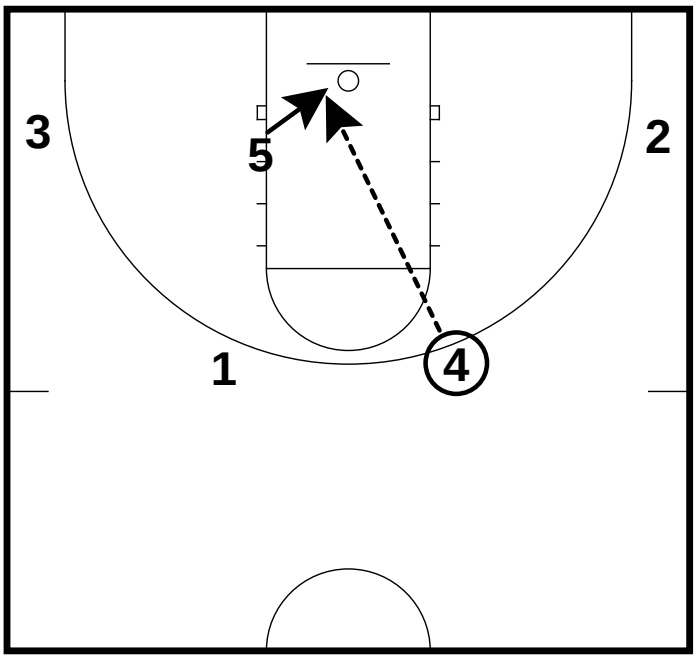
- Run a shallow cut with a dribble if you cannot make a guard to guard pass

All Contents Proprietary

Entries

Box to Box





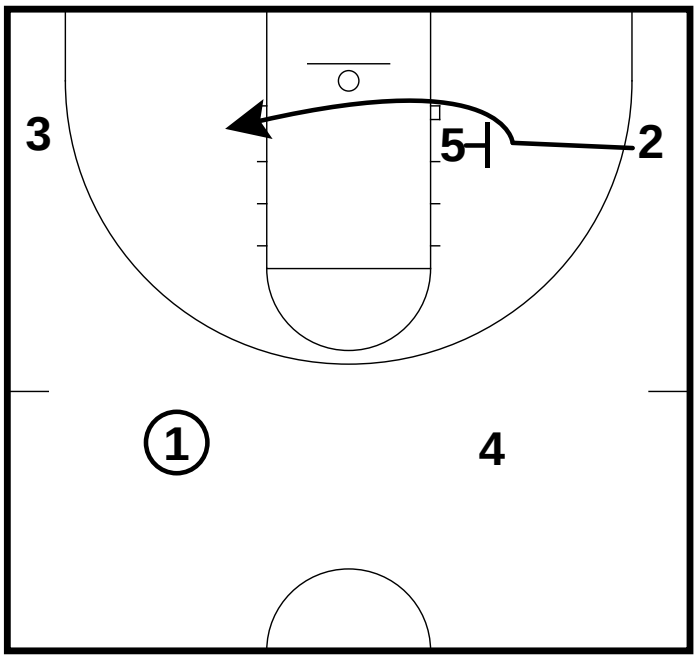
- 1 can look to 5 in the post after setting the back screen, pass off elbow to the corner or ball reversal to 4
- Run regular flex options

- 4 can also look for the high low feed to 5

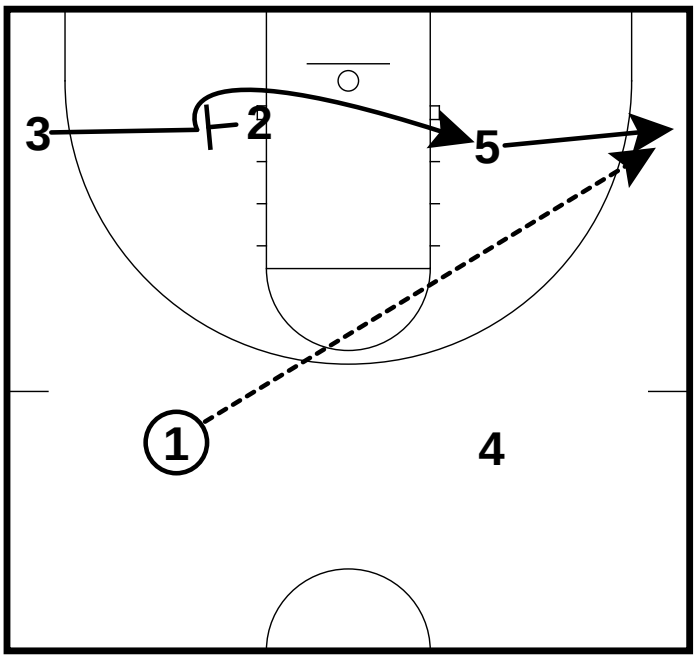
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Entries

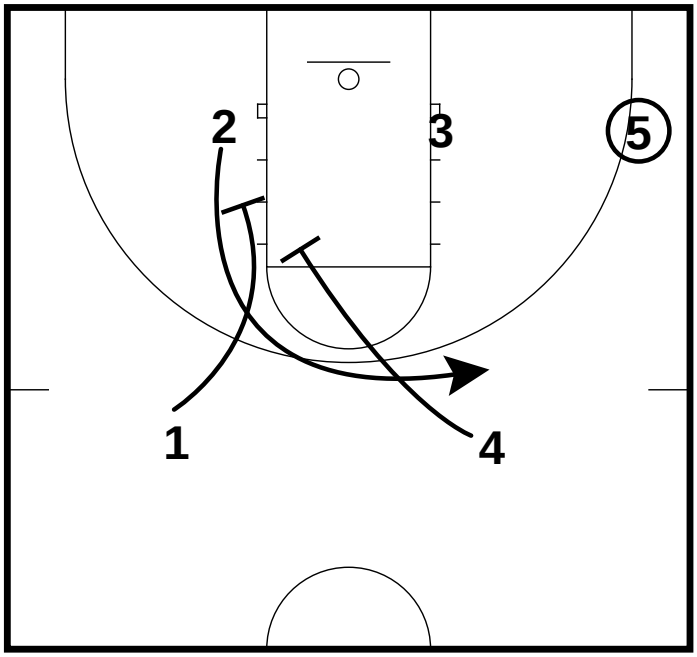
Skip Pass



- 2 runs a flex cut



- 5 steps out to the corner and receives a skip pass from 1
- 2 sets a flex screen for 3

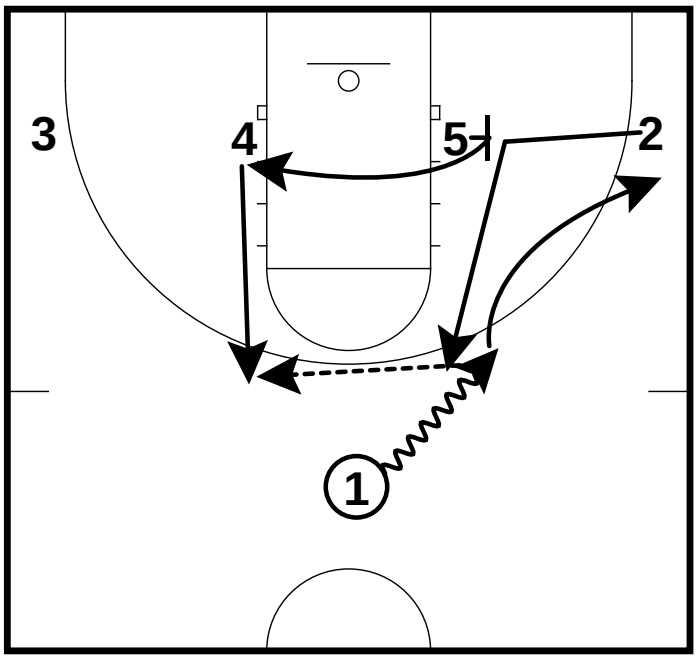


- 1 and 4 set a double staggered screen for 2

All Contents Proprietary

Entries

Special

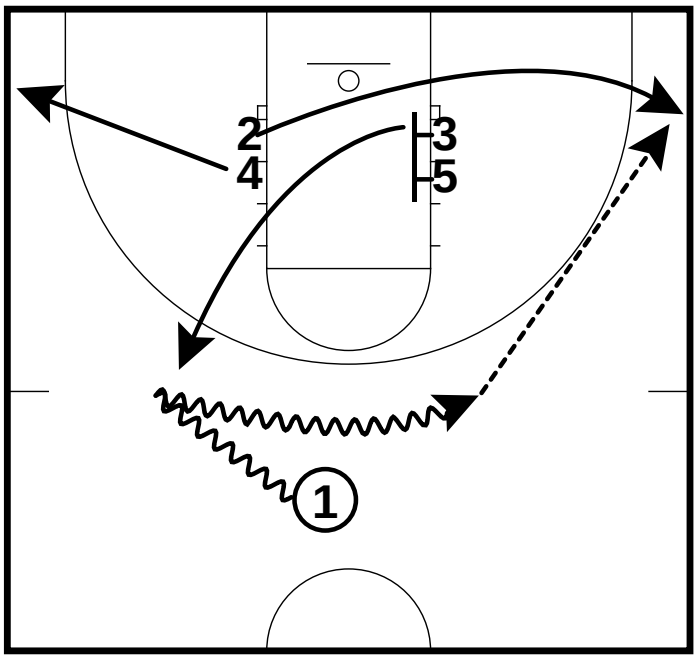


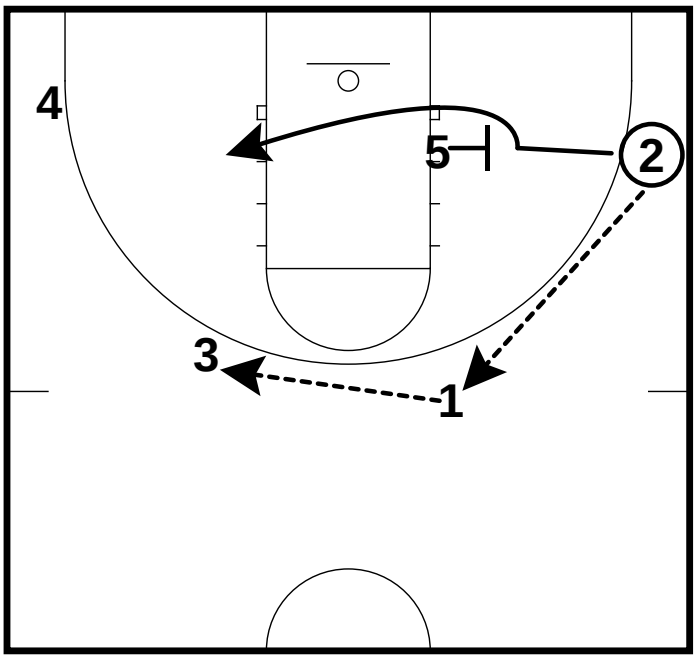
- Run flex offense with just GO moves for the entire possession instead of the regular flex cut
- This will allow you to keep a post on the blocks because he will constantly be making a GO move across the lane

All Contents Proprietary

Entries

Double Stack





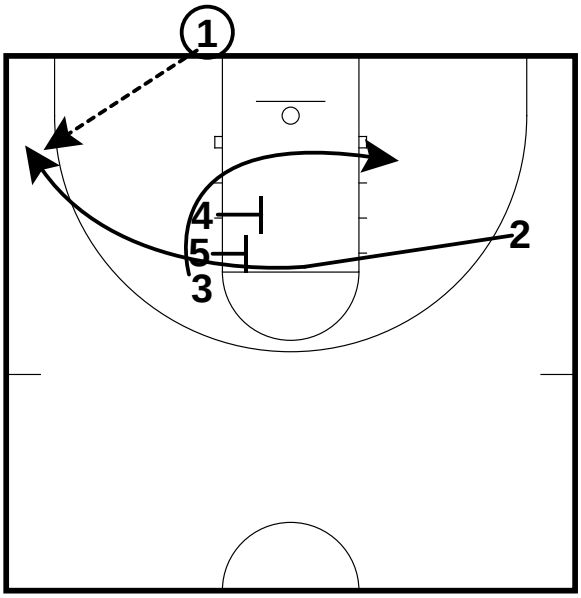
- 2 comes off a double screen for a jumper
- 3 flashes to top
- 4 clears to corner

- Into flex offense

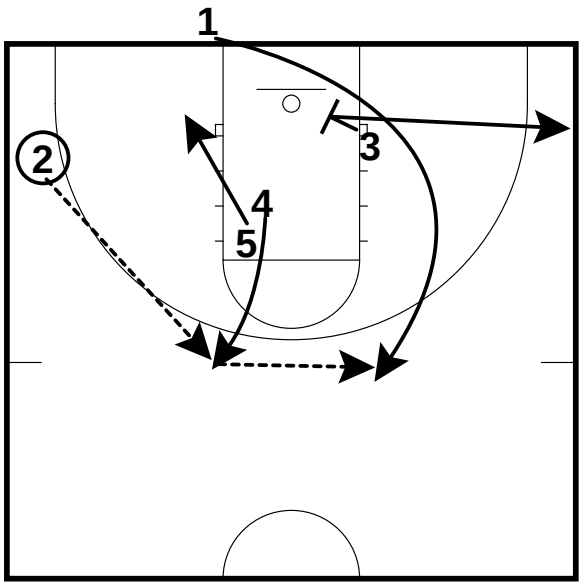
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Entries

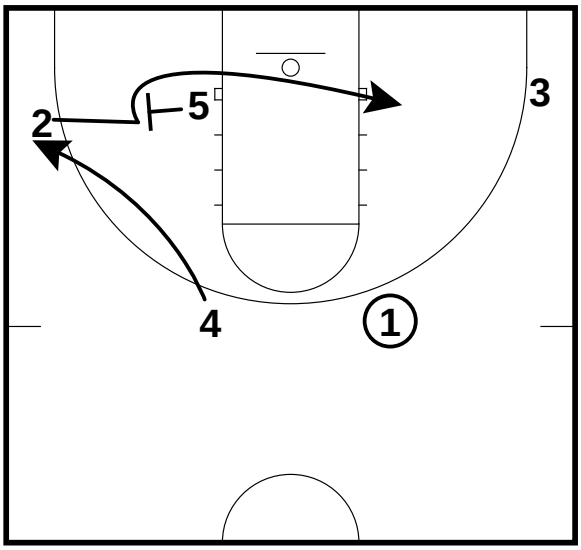
BLOB



- 3 curls tight around stack
- 2 comes off of a double screen from 4 and 5 to receive the ball in the corner



- 4 pops to get a reversal and 5 dives
- 3 screens for 1
- 3 clears to the corner

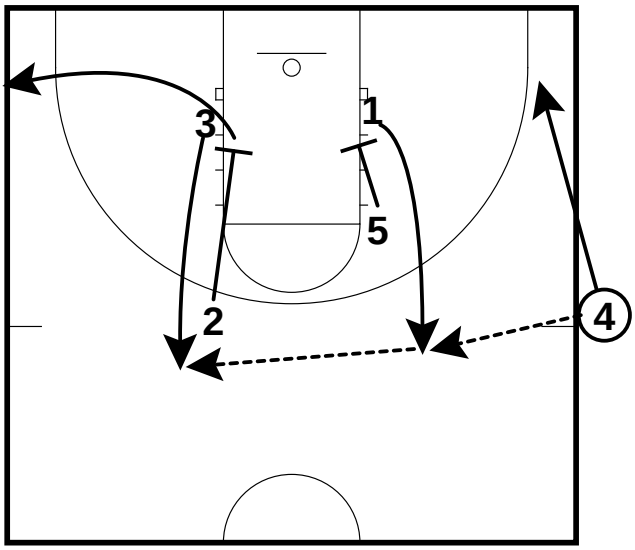


- Back into flex continuity

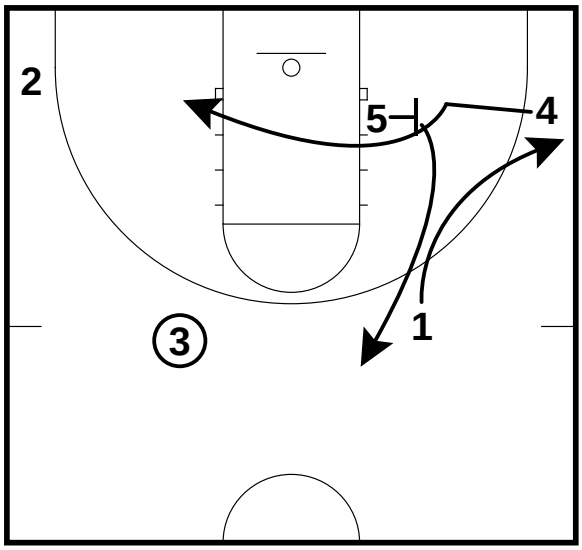
All Contents Proprietary

Entries

SLOB



- 5 and 2 down screen
- Ball comes to 2 and then reversed to 3



- Into flex offense

All Contents Proprietary

Transition

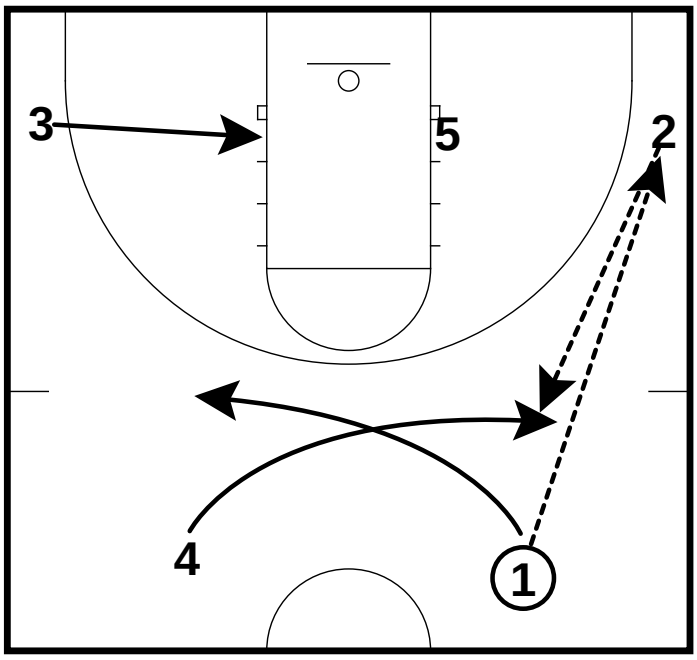
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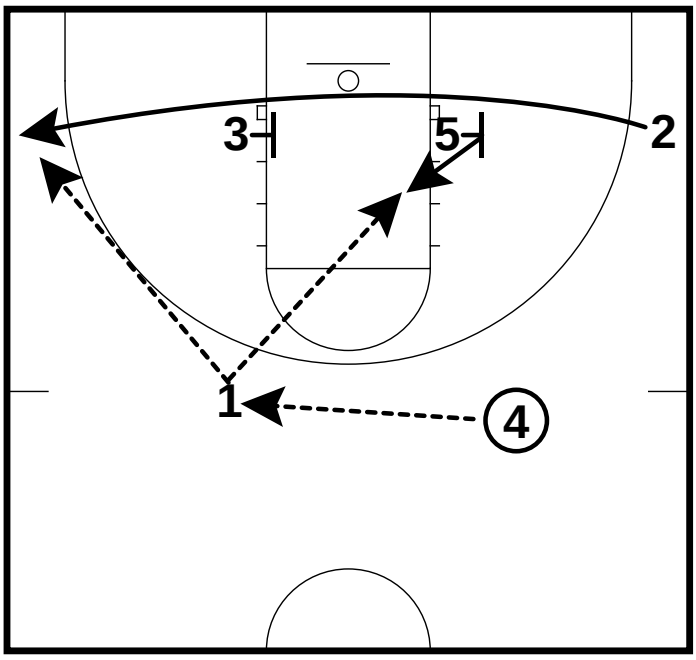
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Transition

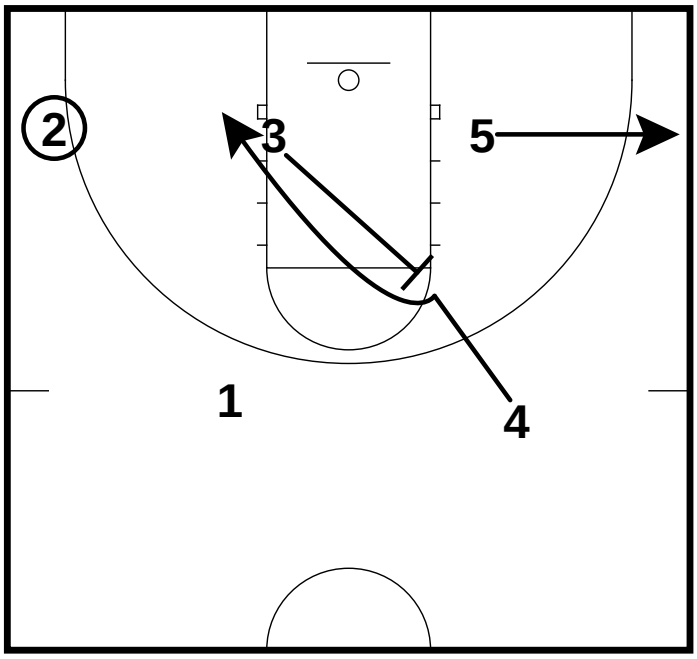
Right Entry



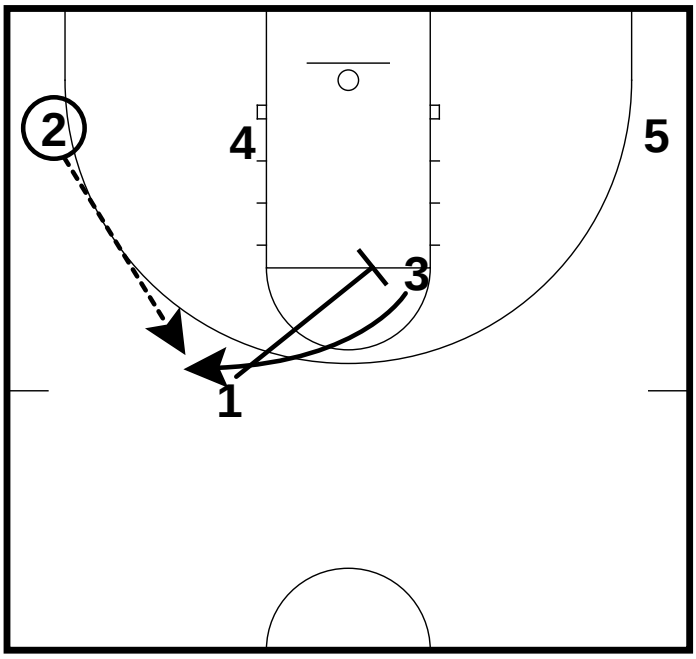
- Run a numbered break
- 5 to the rim the ball side block
- 2 right corner
- 3 left corner
- 4 trailer
- 1 pitches ball ahead to 2 and then exchanges with 4
- 4 receives ball from 2
- 3 comes in tight on block



- 4 reverses ball to 1
- 2 comes off of baseline screens
- 5 ducks in



- 3 diagonal screens for 4

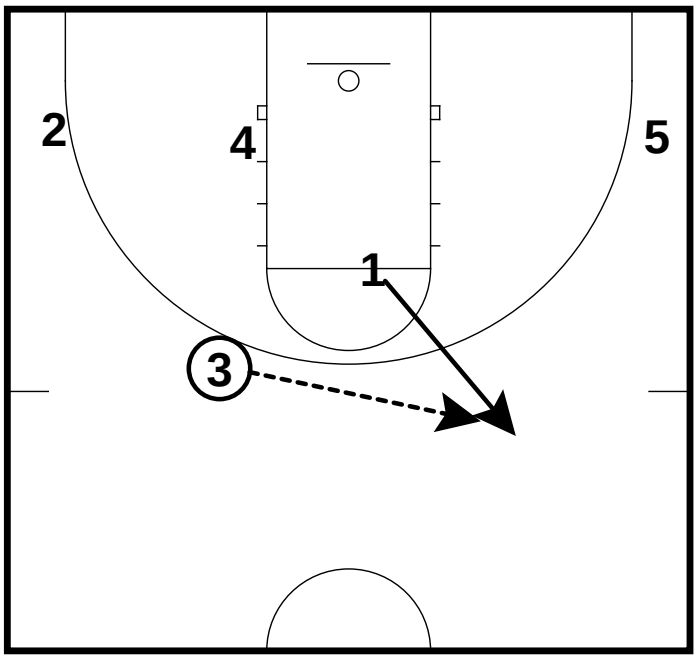


- 1 screens for 3 to get ball reversal

All Contents Proprietary

Transition

Right Entry

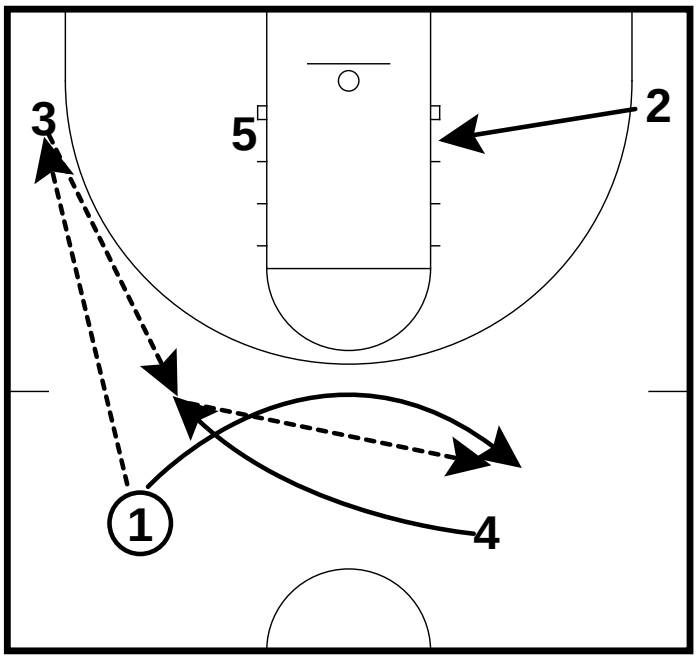


- Into flex continuity

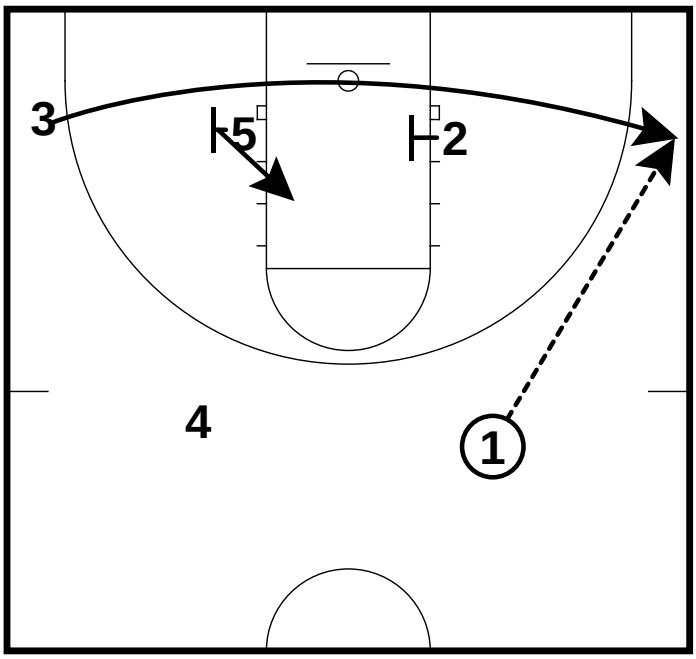
All Contents Proprietary

Transition

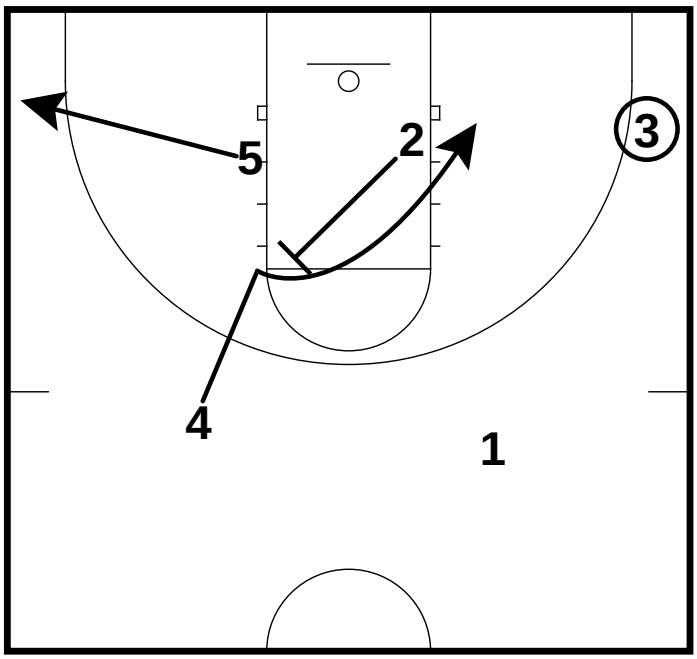
Left Entry



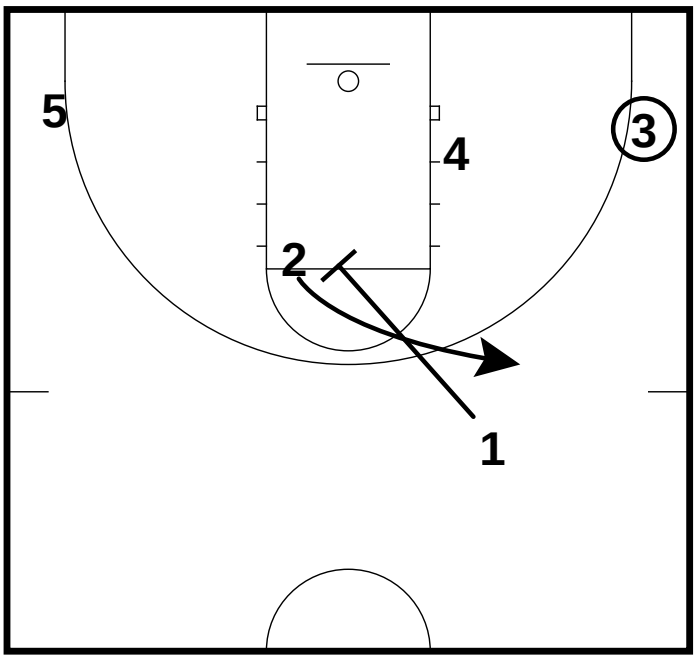
- Run the same options from the left side



- 3 comes off of double screen
- 5 ducks in



- 2 diagonal screens

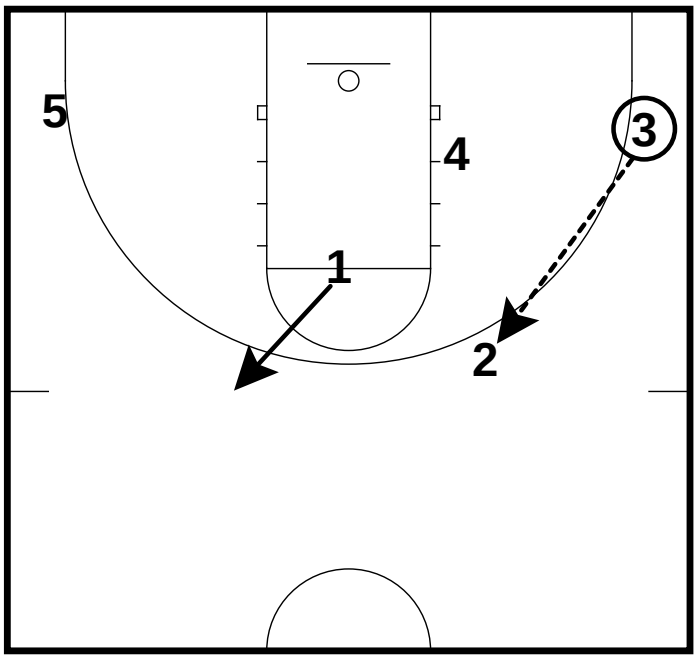


- 1 screens for 2

All Contents Proprietary

Transition

Left Entry

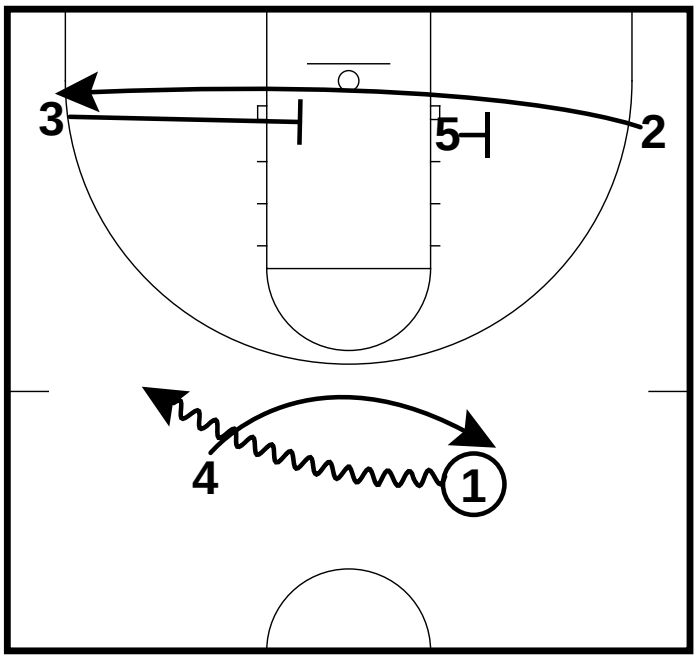


- Into flex offense

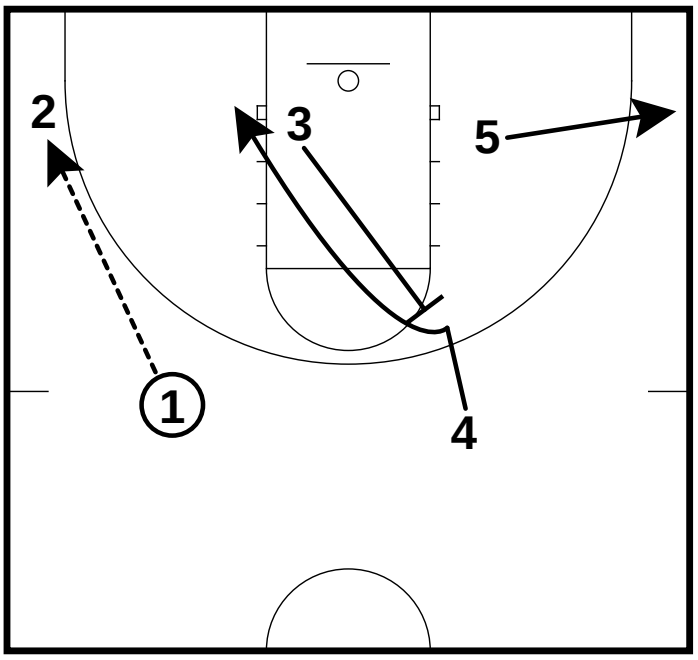
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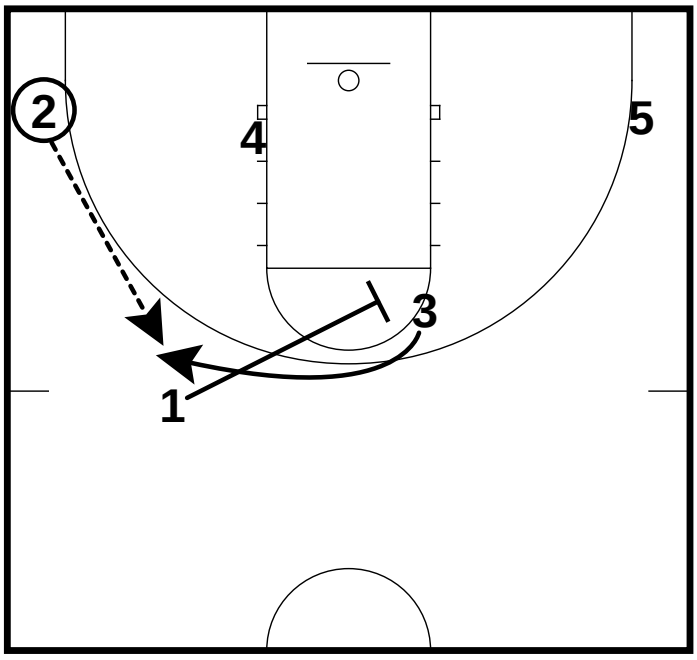
Dribble Thru



- 1 can also dribble thru forcing 4 to shallow cut



- Can run the same transition options

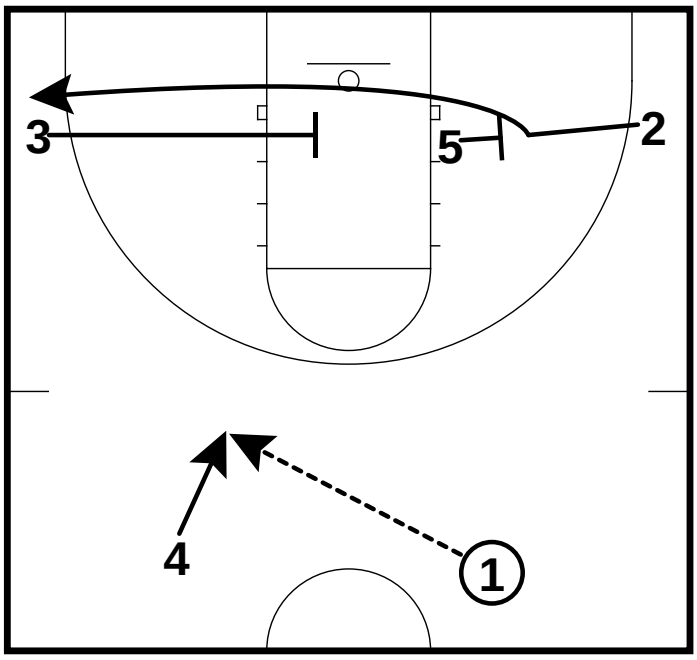


- Into flex offense

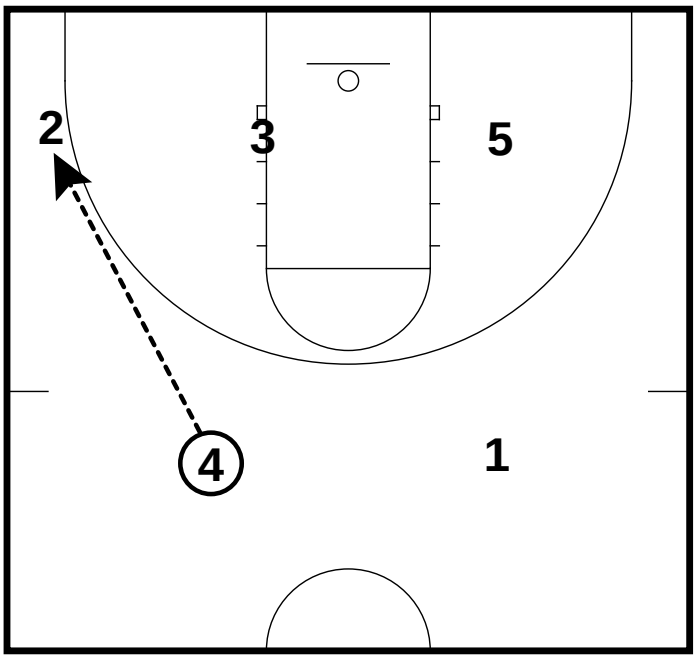
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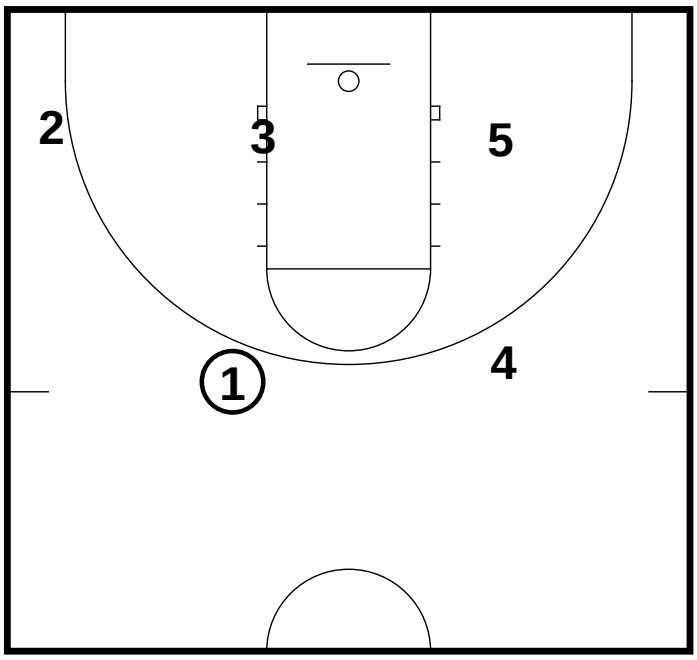
4 Trailer



- You can also hit the 4 man trailing



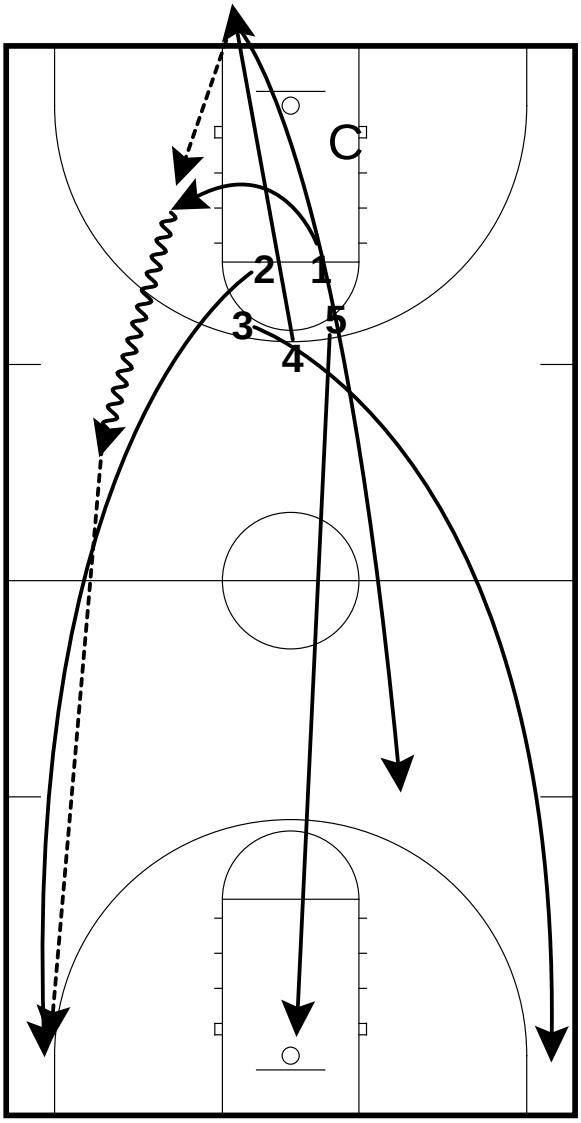
- You can then run the same actions you run with a right and left side entry



All Contents Proprietary

Transition

Transition Drill

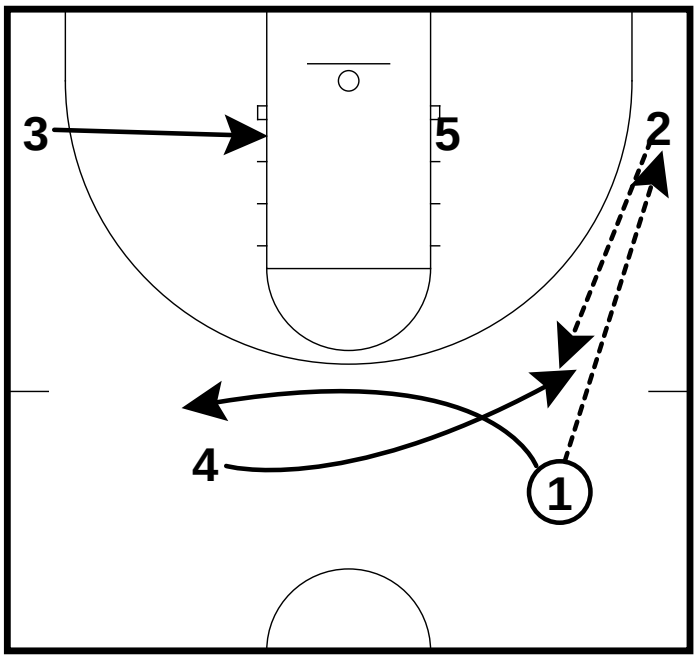


- Players run in a circle
- Coach makes a shot
- 4 takes the ball out of bounds
- 2 gets wide right
- 3 gets wide left
- 5 sprints to rim
- 1 gets outlet and pitches ahead
- 4 trails
- Run flex offense

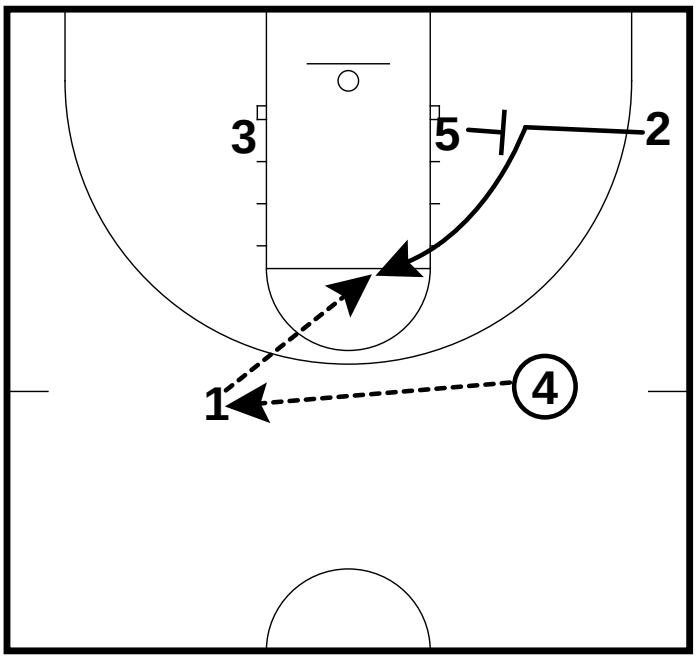
All Contents Proprietary

Transition

Transition Counter 1



- Regular right side entry

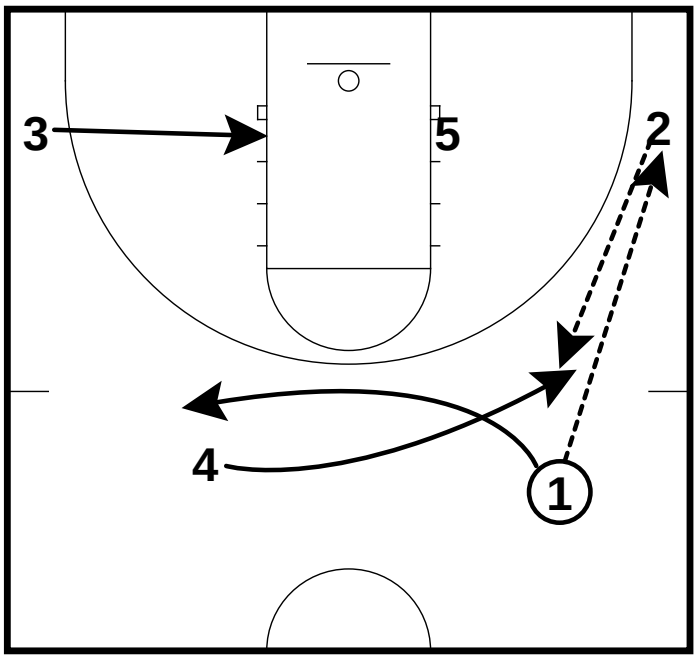


- If 2's defender starts to cheat under the screen, he can flash high for a jump shot

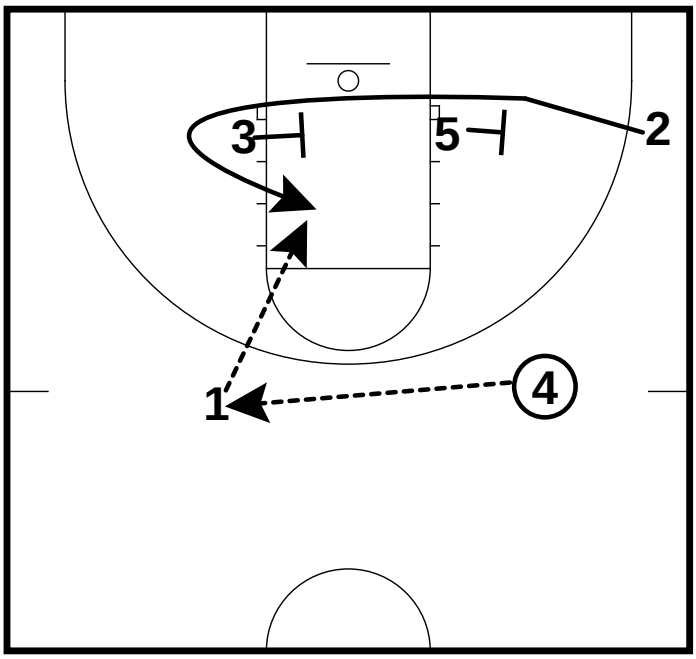
All Contents Proprietary

Transition

Transition Counter 2



- Regular right side entry

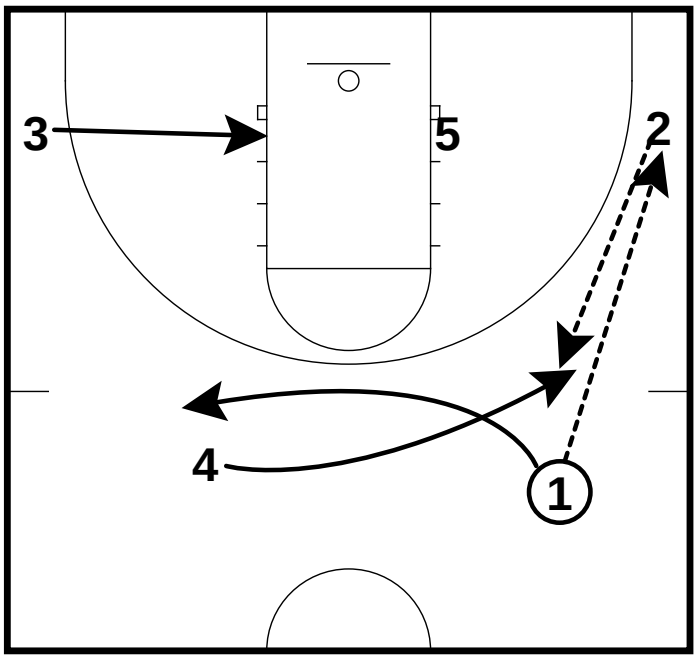


- If 2's defender chases, he can curl cut around 3

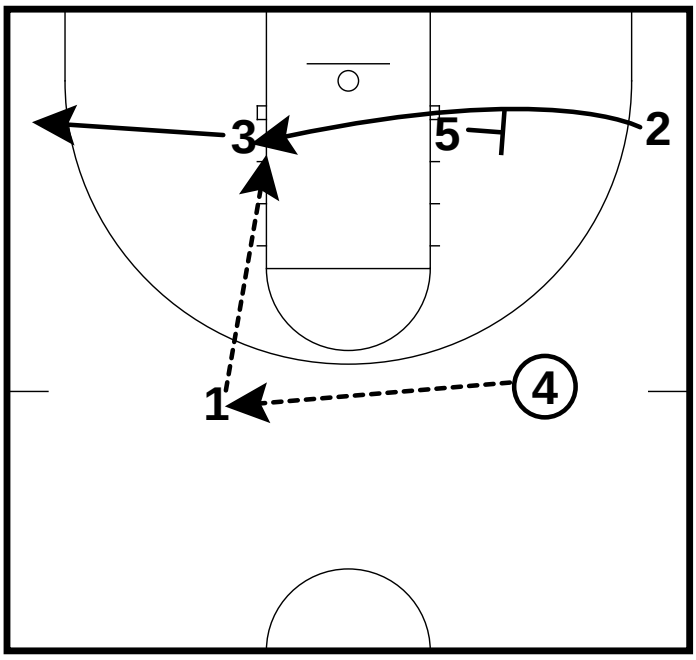
All Contents Proprietary

Transition

Transition Counter 3



- Regular right side entry

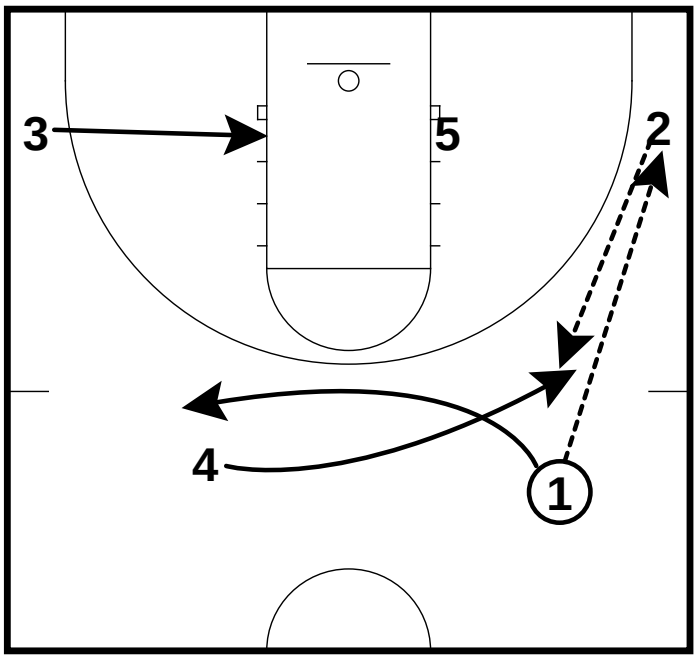


- If 2 wants to post up his defender he can bump out 3 to the corner

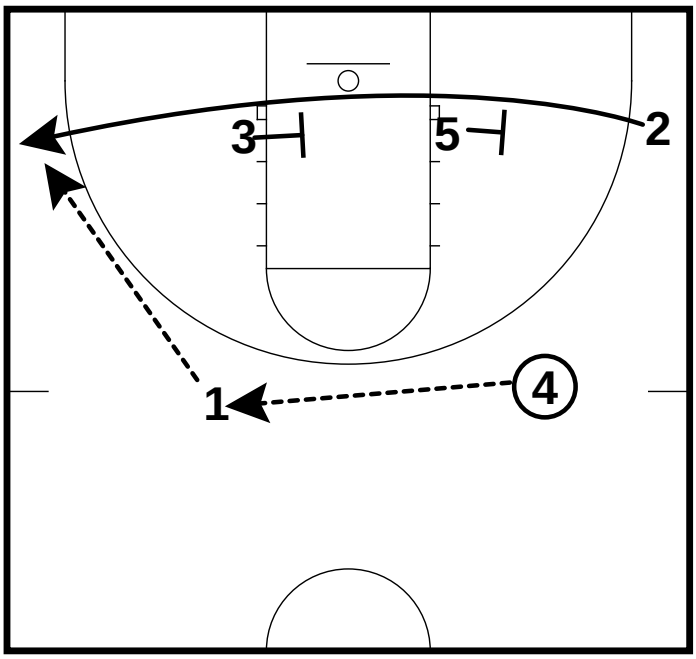
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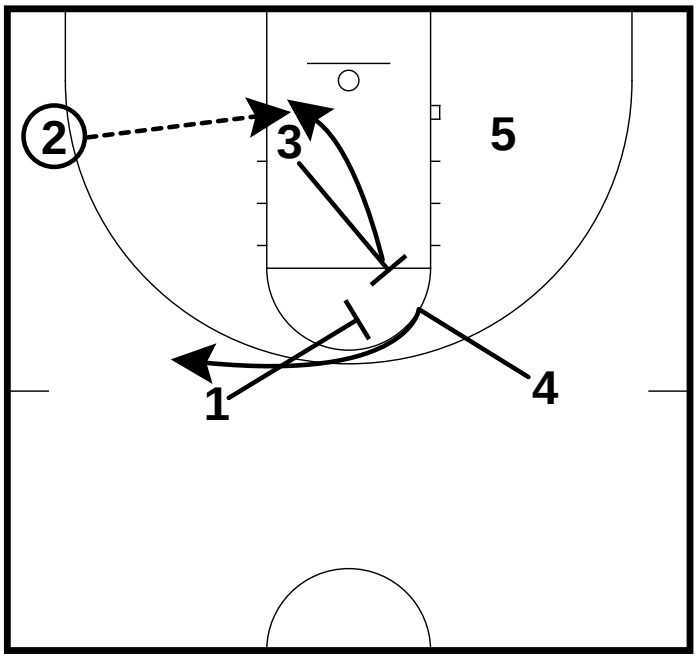
Transition Counter 4



- Regular right side entry



- 2 comes off of baseline screens from 3 and 5

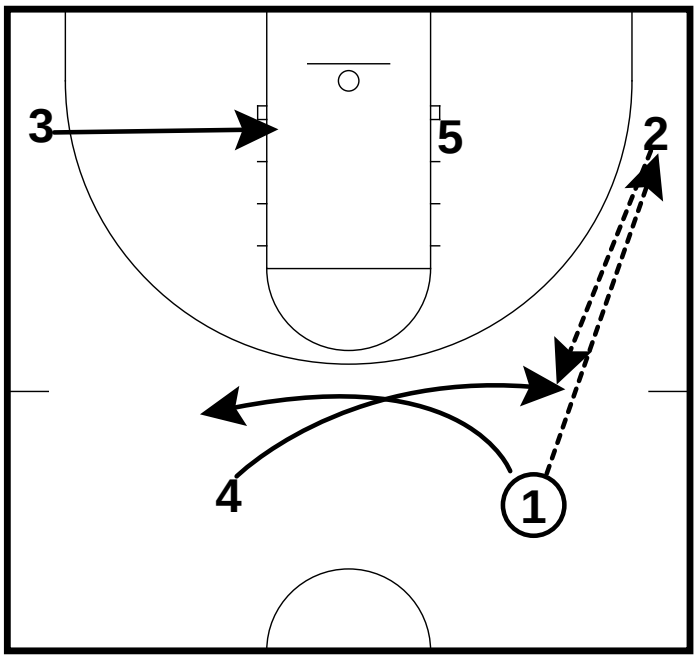


- 4 can bump 3 back to the block and then come off of a screen from 1

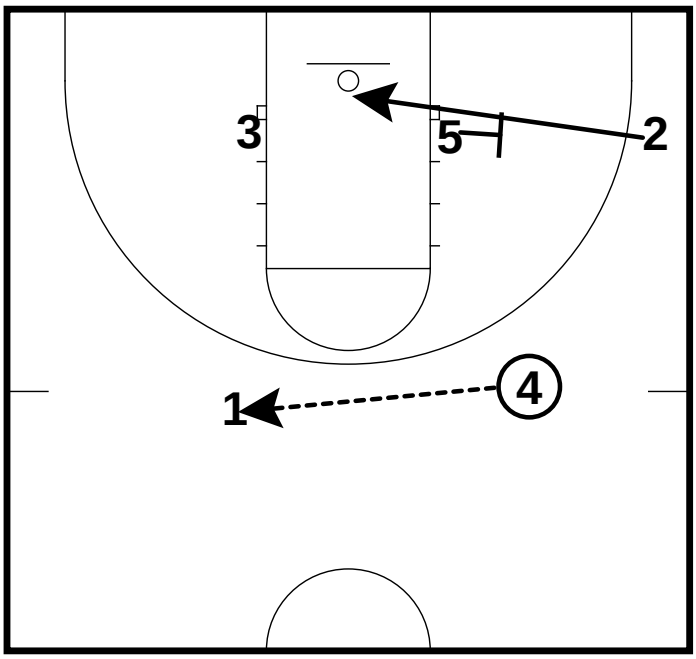
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Transition

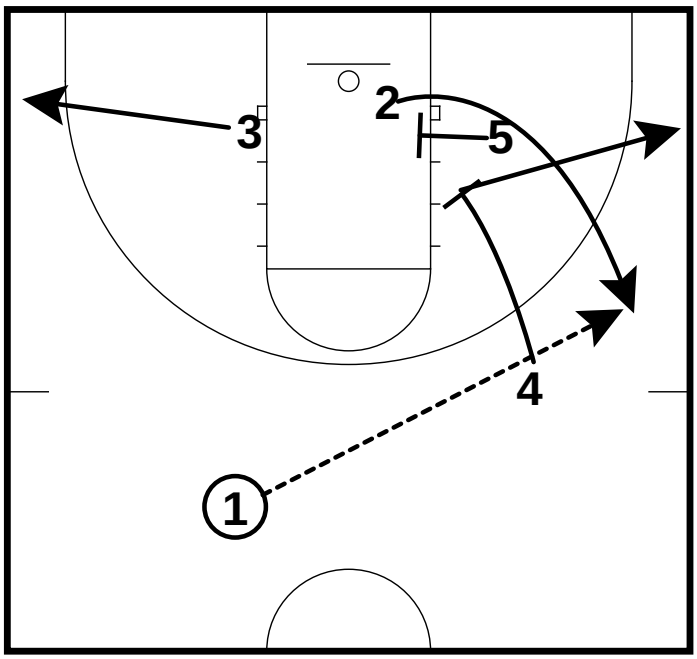
Blue Set



- Run normal right side entry



- 2 comes under screen from 5
- Ball is reversed to 1

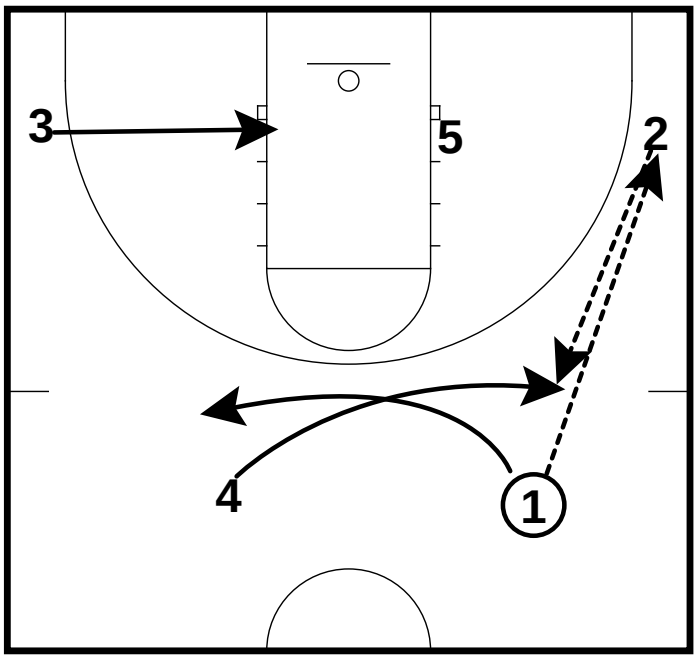


- 2 comes off a double staggered screen for a 3

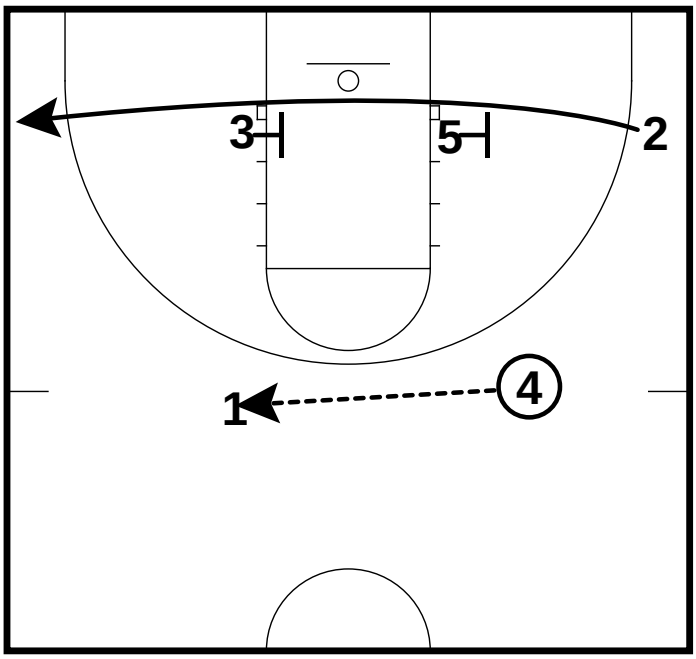
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Transition

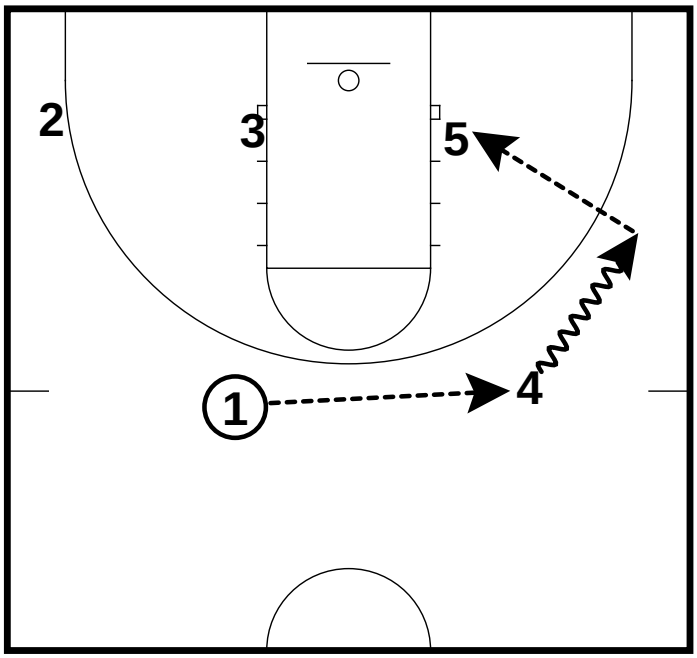
Red Set



- Run normal right side entry



- 2 comes off of baseline screens

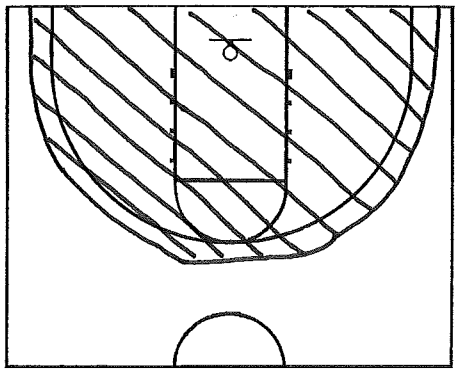


- Ball comes back to 4 who looks to make a post entry to 5

All Contents Proprietary

Chicago Bulls Philosophy Notes

Defensively, they are a shrink the floor team. They are guarding an area once step out from 3-point line. They want to eliminate the other team's ability to shoot lay-ups, get easy post-ups, shoot corner 3's, & then other 3-point shots. They want teams to take long 2-point jumpers.



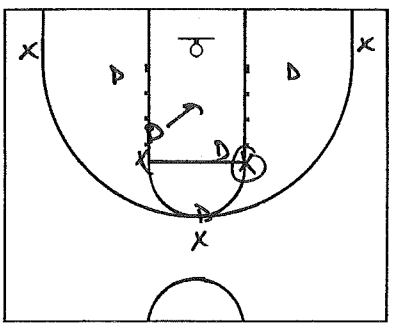
The key is to be a great close-out team. This allows them to keep people out of the paint. Close-out keys:

1. As you throw up your arms keep shoulders back.
    a. This gets weight out of your shoulders (which is caused be leaning forward having head ahead of your body).
    b. Want to keep weight over your hips for good balance.

The other key is they play in the gaps so there are no lanes to drive. Again, they prefer that the ball never touches the paint. The nearest defender, rather than denying pass is actually shading to ball to discourage any dribble penetration.

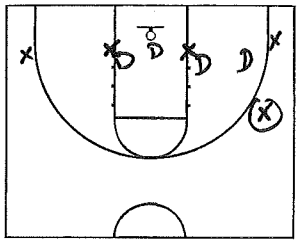
When ball is on wing they force baseline. Unless the guy is a great scorer such as Kobe Bryant, they force him middle because they want him playing in crowds.

They want to deny all catches to elbow, & force this catch to made as close to 3-point line and out past 3-point line as possible. This makes it a tough shot for person catching the ball and also makes the dribble handoff more difficult. After catch when post has back to basket the defender should be playing 1 step inside. This prevents offense from faking handoff and wheeling middle. Have the defender from the other elbow be helper rather than corner guard because if guard helps it is easy to pin that defender in for outside shot. The elbow defender can recover.

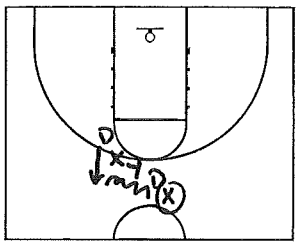


Post Defense
Gold=Behind or ¾ deny
Red=Front (face or butt)
Rarely play behind because want to deny all passes into post, unless the guy can't score.

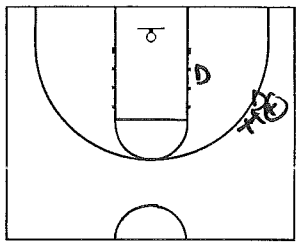
In the following formation, weak-side guy should sit on top leg of opposite post so that he can't get pinned in.



Defending Ball-Screens
4's Show, they want them to show up & not out so that they can recover if screener pops.

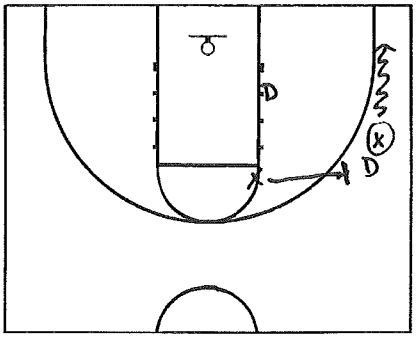


5's play soft. This means they sink back, the rule is ball, you, lane line, rim. They are usually on the lane line or a step above it.



vs great shooters the defender always go over the top of the screen and keeps contact. Shooters love space and hate crowds.

"Ice" on wing ball screens
Big plays it soft-has to make call & can only make it once he is in position. (in case guard gets beat)
Guard gets top-side & forces his player away from screen to corner.



When defending screener get connected, your chest on their back. You do your coverage from there. At times will have defender step out earlier but must maintain 2 points of contact on offensive player's back. (Ex: hand & elbow).

Blitz-guard has to go over, both defenders trap the ball-handler.

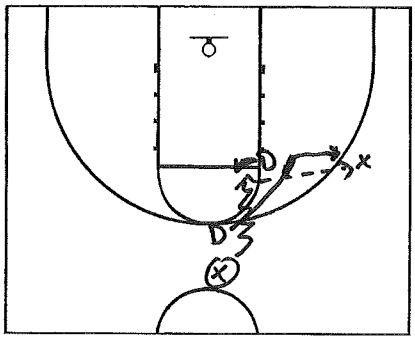
-if ball-handler dribbles back or drags out they immediately abandon trap because they don't want the floor to get spread (they are shrink the floor team).

-Have to recover quickly.

<u>Off-Ball Screens</u>

1. Lock & Trail-give offensive player 1 way to go. Allow no separation. Trail offensive player and lower inside shoulder below screener's hip, drive through screen and back into a square stance.

On dribble blow-bys the guards switch.



Dribble Handoff D:

1. Open up & slide thru
2. Blitz soft
3. Show
4. Switch
5. War-vs great shooter or in scoring area-defender on guy receiving handoff makes contact and rides over top.

Vs dribble penetration:

All help outside paint "trap the box," everyone else must sink & fill. Recovery is down as ball is being picked up.

Transition Defense

The success of their transition game depends on decisions by their guards and effort by their bigs.

On raise of shot 3 guys sprint back and form triangle. If 3 man is already in lane he can offensive rebound and then other 2 form tandem. Ball is picked after half-court line. Posts have to sprint back and release guards. Everyone shades to ball, not allow any lanes for penetration to basket.

They talk early, loud, and continuously.
Everything you say you repeat at least 3 times.

Offense

Offensively, they run a 3-out/2-in motion offense. Guards are connected to each other & Bigs are connected to each other.

When a guard drives from wing they must replace back out to that wing.

In one week they had put in 40 sets (many are options and counters). They do all of their teaching of new plays and drills at beginning of practice before they've even warmed up. Once they've warmed up and stretched everything is performed at game speed and intensity. They feel if you teach in the middle of practice the tempo has slowed too much & it is difficult to get it back up, also put players at risk of injury as they stand around and become cold and tight. Teaching at beginning rather than end because players are fresh and better able to learn then at the end when they are tired.

Tell their players setting a great screen is another form of unselfishness just like making the extra pass and helping on defense.

When ball is in high post the low post ducks-in.

vs ¾ front spin-out lob triggered by ball fake.

If ball is on wing and their defender sags to deny pass to post the post steps out to get ball or ball-handler drives to elbow to create better angle.

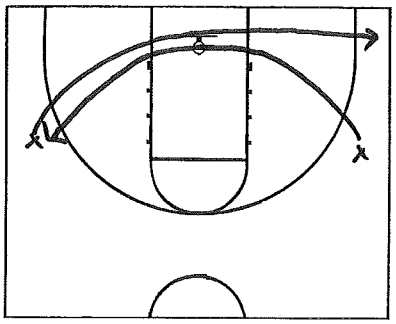
When ball is entered to post from wing the guard spots up if post has foot in paint. If both feet are outside paint then guard will cut baseline or middle.

Weakside post gets to elbow to open lane, when ball is entered into post they can stay or dive to basket.

If both posts are on baseline when ball is entered the post without the ball goes middle to dotted line if partner drives baseline. Or they go baseline (under basket to other side) if partner drives middle.

Transition Offense

The success of their transition game depends on decisions by their guards and effort of their bigs. On misses or steals run the nearest lane. On makes run assigned lanes. If wings are early they cross below the block. The wing coming from left goes low to corner, the wing coming from right goes high to wing.



Player Motivation

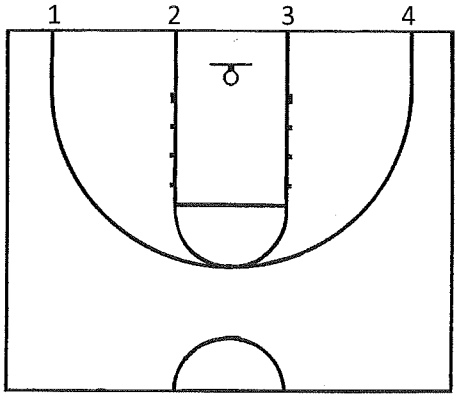
They don't keep guys they have to constantly motivate.
Don't recruit problems, get guys who want to be there, who come from winning programs and are used to being pushed, want to be pushed.
If really talented and a smart risk they will take 1 risky guy, but can never have more than 1 on your team or they'll take down the team. That 1 guy needs to have peer pressure from all sides.

Chicago Bulls Practice

October 4, 2010

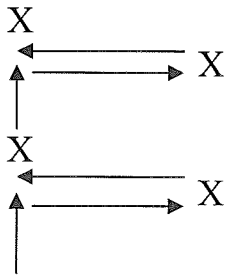
Teach new sets
Warm-up/Stretch

Drill #1 Full-Court Closeouts



4 Lines (see diagram)
Go length of court closing out at FT line, ½ ct line, opp FT line, baseline.
Progression:

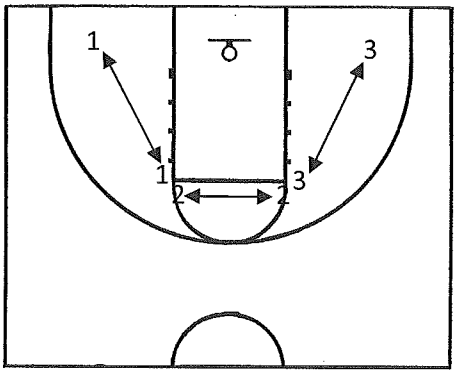
1. Close-out
2. Close-out & jump to contest shot
3. Close-out & slide to left 2 steps-slide back
    a. Simulate offense dribbling right
4. Same as 3 but add contest at end of slide out & at end of slide back.



x=Contest

Drill #2 Shooting Drills

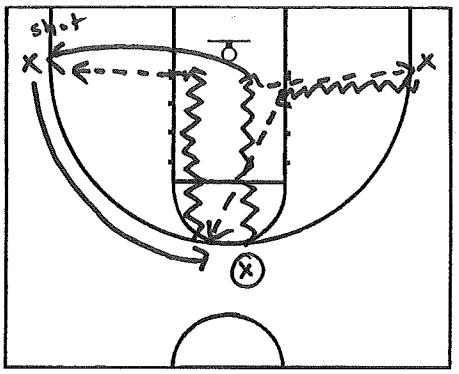
1. :55 Shooting
    a. Groups of 3-passer, rebounder, shooter
    b. Shot fake, 1 dribble R, shoot pull-up
    c. 4 spots: corner, wing, elbow extended, top of key (will do other side next day)
    d. As a group they try to make more shots than other groups.
2. Shots on move-1 minute each spots



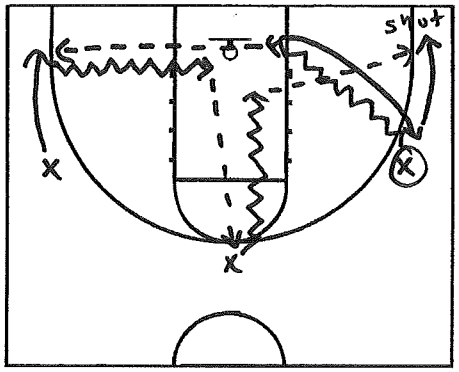
Drill #3 Drive & Kick (See diagram)
3 guys on perimeter
Simulating a 3 out, 2 in offense with just the 3 out
2 hard dribbles at basket & kick
Lines rotate R side to L side to middle in circle
Make 7 shots to move onto next phase.

See #3B for next phase
When you drive from wing replace back out to that wing to keep offensive spacing.
Make 7 to end drill.

#3A



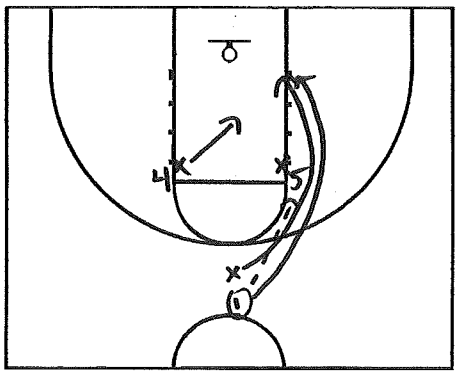
#3B



Drill #4 Defending pass to elbow
Try to deny catches to elbow-force out to 3 pt line.
-this makes handoff more difficult
When post has back to basket on elbow, defender should be 1 step inside (this prevents them from faking handoff and wheeling middle).
-Have other big be helper rather than corner guard because if guard helps it is easy to pin that defender in for outside shot.
-Big will be able to recover to big.
Drill Rotation:
A. Last step of drill is for 1 to kick out to next person on top, then immediately follow pass to play defense. (previous defender is out).
B. Offense passes to opposite elbow so opposite side can rotate.
Big defender will go to offense
New big sprints on to play defense-has to be quick because they need to help ("tag").

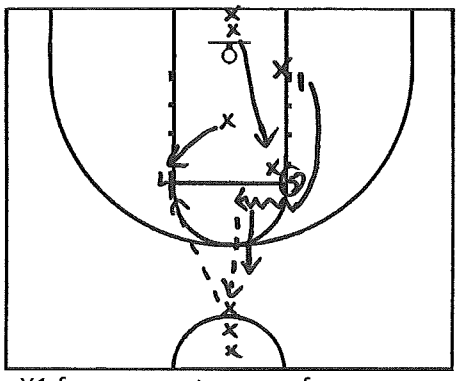
Stay tight on shooters-go over-keep contact.

#4A



X1 should body up to offensive player & go over top.

#4B



X1 forces man to go up for handoff (preventing back cut)
X5 sinks to give space so X1 can go over or under

Drill #5 Defending Double High Sets

A: High Pick & Roll

B: Double Drag

- 2nd guy has to call out 2 picks
- 1st guy-zone
- 2nd guy-play soft
- Guard goes over top of both screens

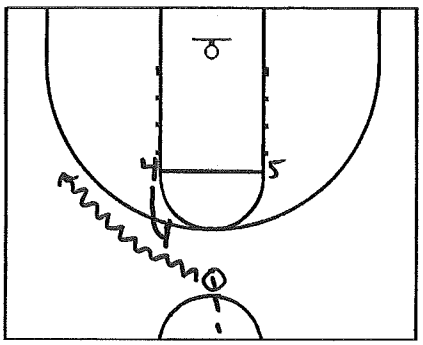
C: Wing pick & roll-"ice"

- Bigs responsibility to call & can't call until he gets to his spot (so he's in position to help.)
- -Guard gets top-side & forces to baseline

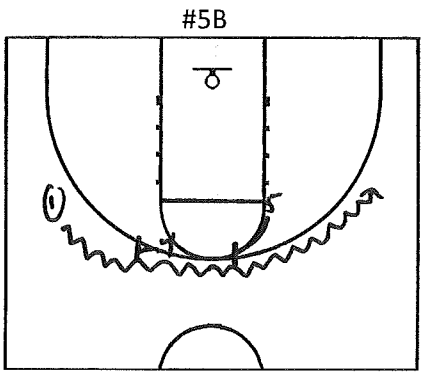
D: Finish with dribble handoff & kick out to top

- -same rotation as previous drill (except both 4 & 5 go defense to offense & new 4&5 defenders come out)
- -4's can switch during dribble handoff
- -5's switch during kickout

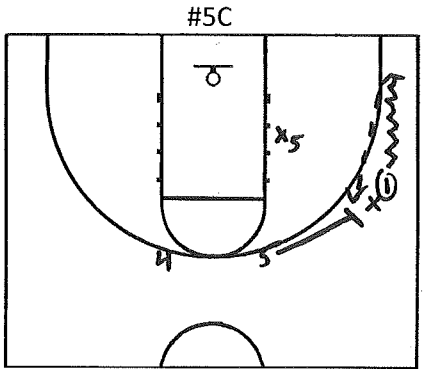
#5A



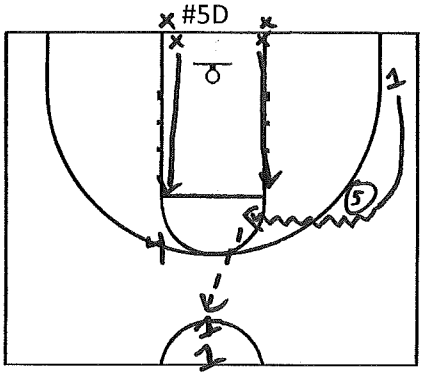
#5B



#5C



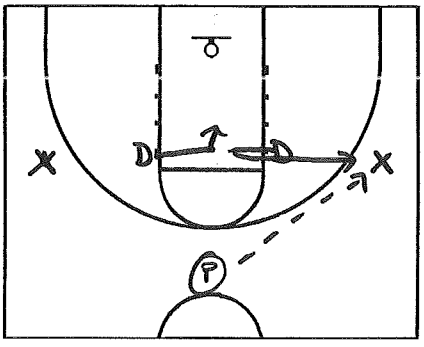
#5D



Drill #6 Rocket Close-outs

Start every sequence by sliding to middle touching hands.

1. Just close-outs-yell stick, stick, stick as closing-out
   a. 2 reversals (using passer) & back to passer
   b. Switch offense to defense
2. Defend 2 dribbles-yell ball, ball, ball as they dribble
   a. Yell dead, dead, dead when he picks up
   b. Help yells 2.9 (they have defensive 3 sec rule)
   c. Still 2 reversals & back to passer then switch
3. Close-out, defend 2 dribbles, offense takes shot, box out & rebound
   a. no reversals, get rebound throw back to passer-get in position, passer will throw to other side and then they switch
4. Passer passes to wing & it's live



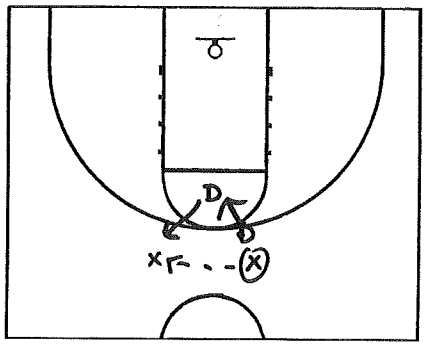
Drill #7 Shading to the Ball

For both make 5 passes while defense sprints to close-out or sprints to help, after 5 passes play is live.

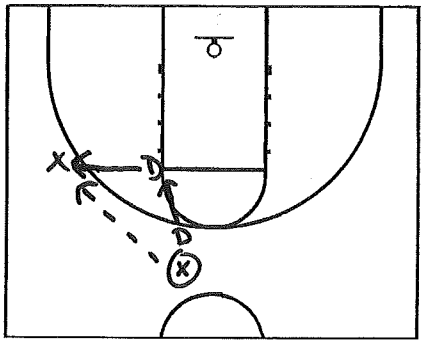
A: v 2-guard front

B: v top & wing

#7A



#7B



Drill #8 Red Drill 4v4 Shell

Defender guarding cutter:

-hit him early

-hip to hip-front him into post

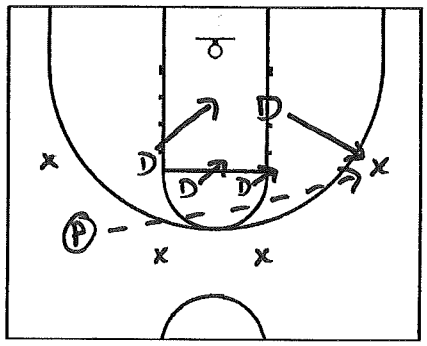
Weak side guy helps behind ("tags")

Help defender should always go away slowly so he sees ball. (Yells "square" as he leaves so on-ball guy knows his help is leaving)

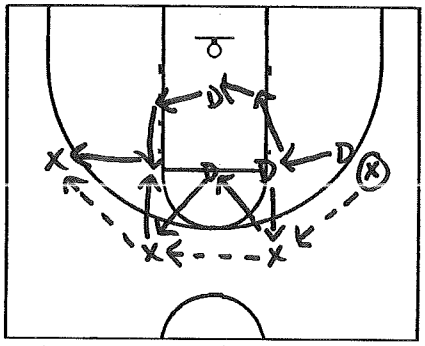
Help outside paint-"trap the box"

Once all 4 guys have defended the post the drill is live

#8A

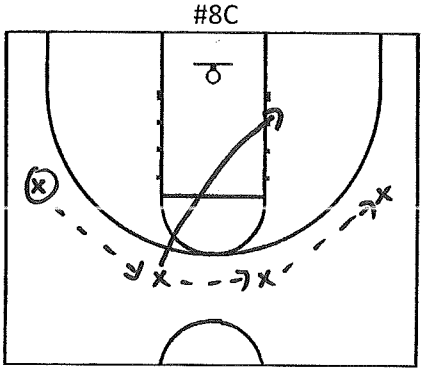


#8B



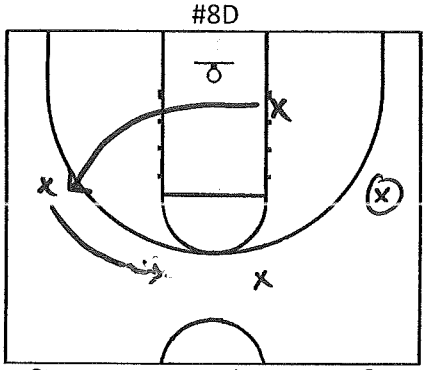
Reverse around & back while defense sprints to position

#8C



Once ball is reversed back weak side top guy cuts to open post

#8D



Start process again-reverse & back, cut to post

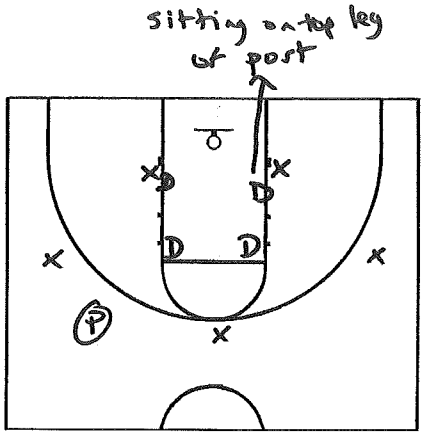
Drill #9 Transition Offense

Start with 3 guys doing Annie Over Drill, line of guards at each side of ½ court

Coach yells outlet randomly and they get into trans off

Go up, down & back up

Trip 1-primary, Trip 2-Called Set, Trip 3-Called Set (can be same or different)



Drill #10 5 on 4 Scramble

1 person closes out on ball

-others fill gaps

After score or defense secures ball they transition to other end, and then one more transition back so:

Series is:

1. 5 on 4 scramble
2. Trans to 5v5 (team of 4 has 1 added)
3. Trans back 5v5

Give 5 possessions each & count stops.

Drill #11 Dummy Offense

Review plays already taught at game speed full-court.

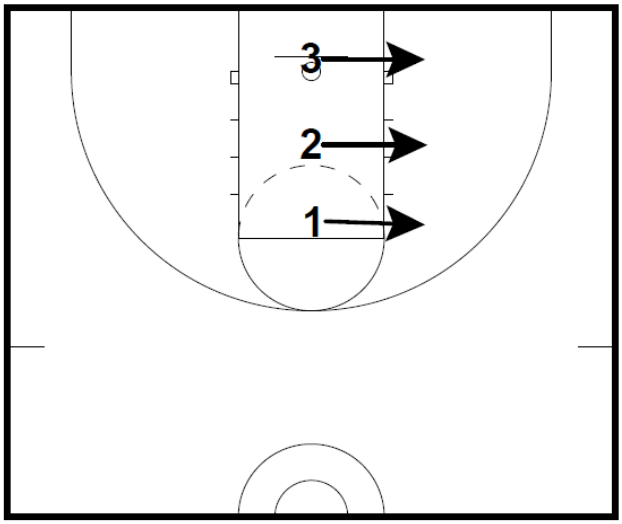
They transition back and forth running new play each time.

Jim Ponchak
www.twitter.com/coachponchak
7/16/11
coachponchak@gmail.com



Chuck McBreen
Ramapo College

Chuck McBreen - Conditioning Stations

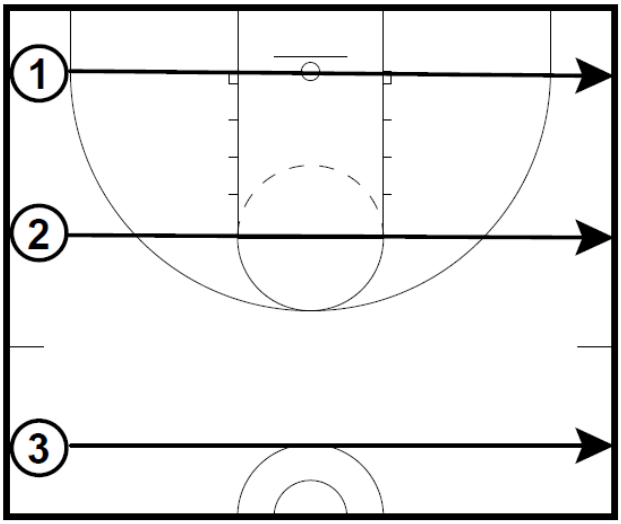


45 seconds to 1 minute at each station

Slide Drill

- Good stance
- Slide outside the lane from side to side

Chuck McBreen - Conditioning Stations

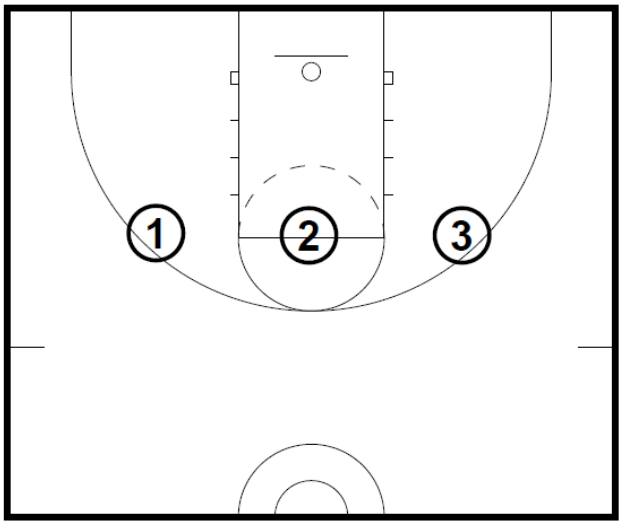


45 seconds to 1 minute at each station

Crab Walk

- Go sideline to sideline
- Pass ball between legs as you crab walk

Chuck McBreen - Conditioning Stations

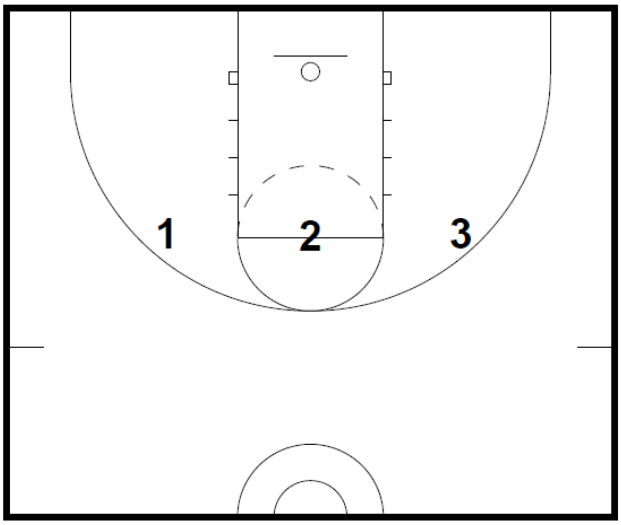


45 seconds to 1 minute at each station

Basketball Push Ups

- Do pushups on 1 or 2 basketballs
- Do as many as you can

Chuck McBreen - Conditioning Stations



45 seconds to 1 minute at each station

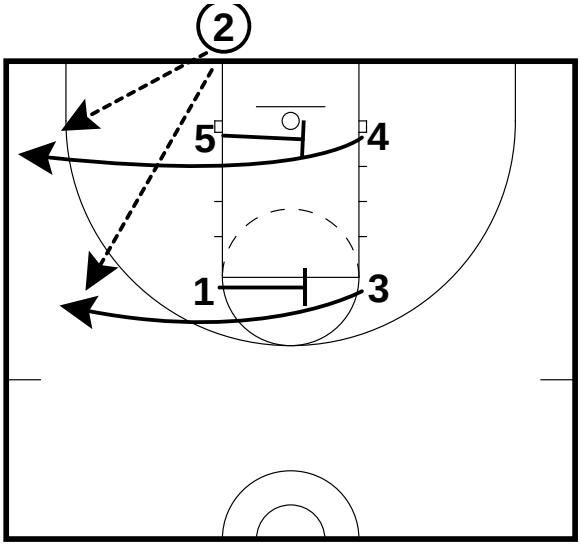
Planks

- Back straight
- Butt down

11

Quick Hitters - Zone

11



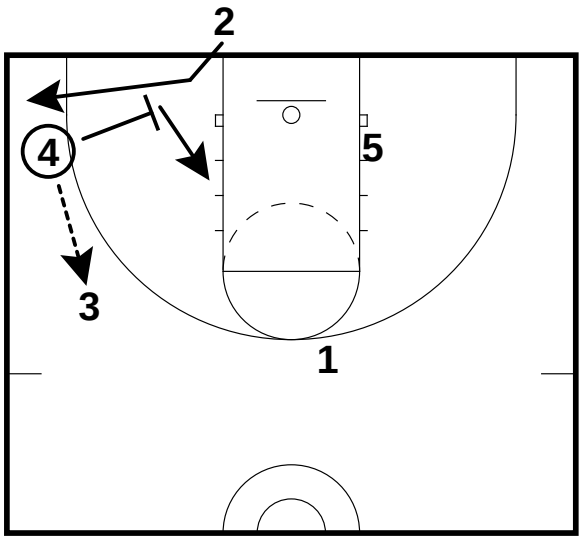
Quick Hitters - Zone

O5 cross screens for O4 and then ducks in hard.

O1 cross screens for O3..

O2 looks to hit O4 or O3.

11



Quick Hitters - Zone

O4 passes out to O3.

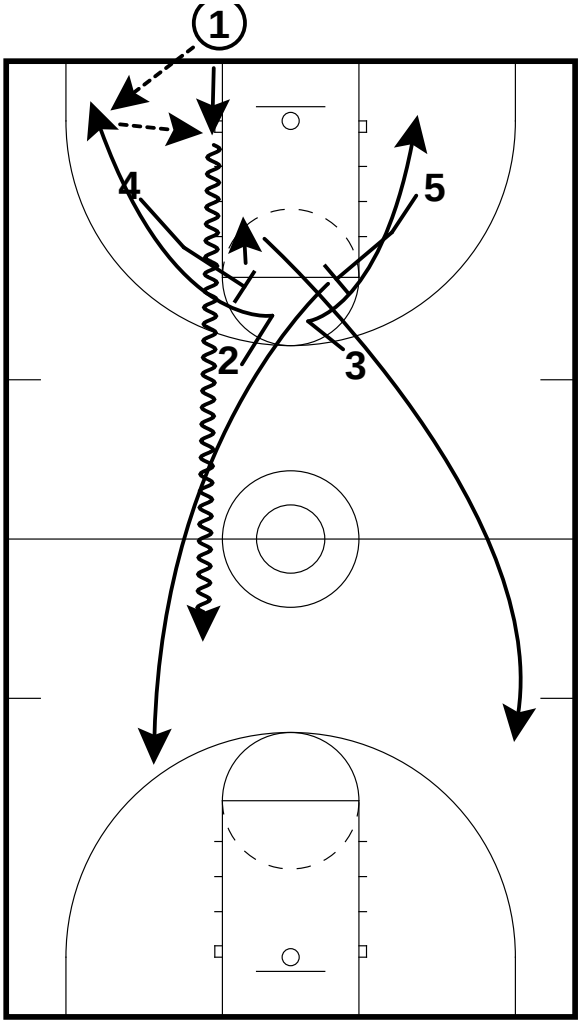
O2 steps in and receives a screen from O4. O4 can slip the screen.

All Contents Proprietary

4 to 3

Press Offense

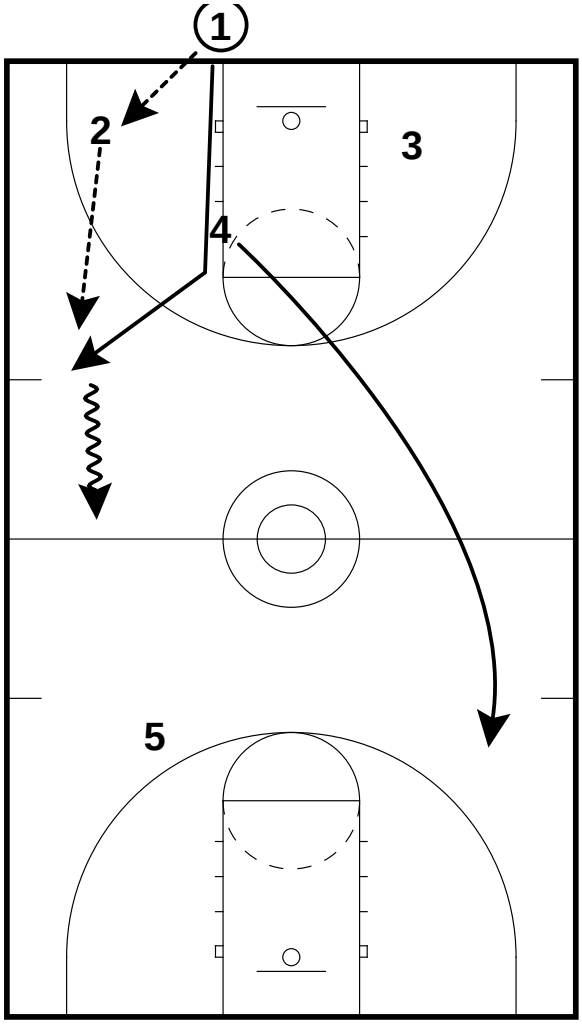
4 to 3



Press Offense

OPTION 1 O2 and O3 fake in and touch hands setting up the defense. O2 comes off of O4's screen on ball side. O3 comes off of O5's screen opposite the ball. O4 shapes up to the ball. O5 screens and sprints the floor. O1 gets the ball in to whoever is open and gets it right back. O2, O3, and O4 fill lanes.

4 to 3



Press Offense

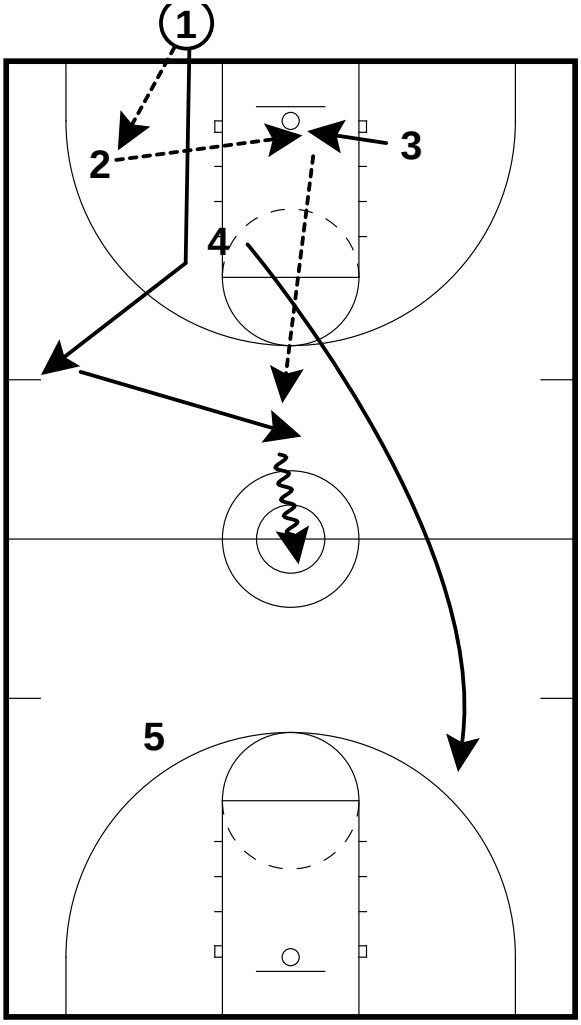
OPTION 2: O1 passes to O2. O1 then sprints to the elbow and cuts hard to the sideline to receive a pass back from O2. O2, O3, and O4 fill lanes.

All Contents Proprietary

4 to 3

Press Offense

4 to 3



Press Offense

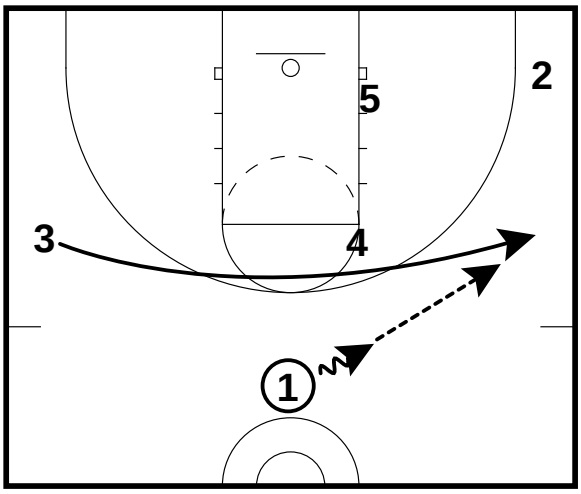
OPTION 3: O1 passes in to O2. If option 2 is not open, then O2 reverses the ball to O3. O1 then cuts to the middle of the floor and receives a pass from O3. O2 and O3 then fill lanes.

All Contents Proprietary

Black

Quick Hitters - Man

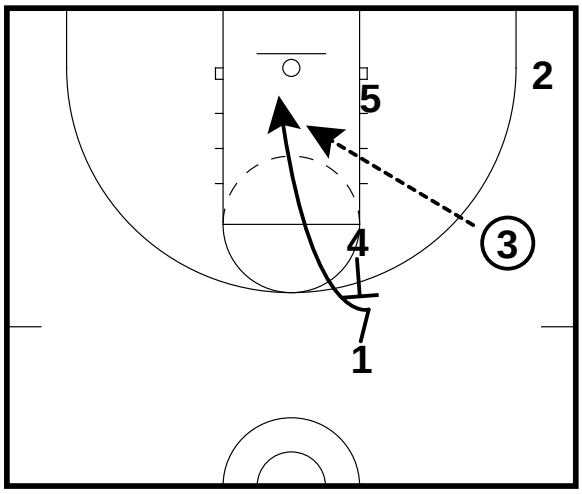
Black



Quick Hitters - Man

O1takes a dribble and then passes to O3 as he cuts across the floor.

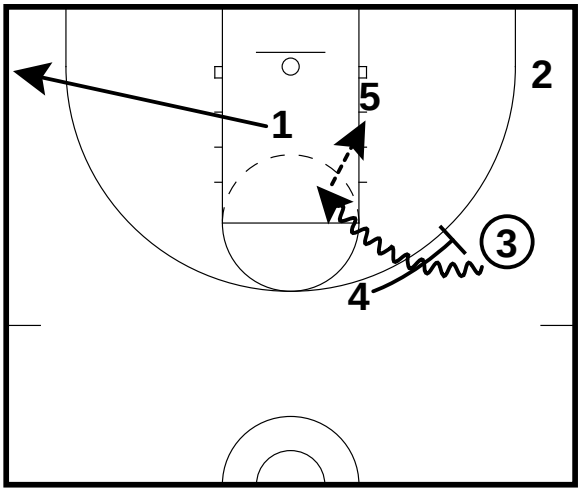
Black



Quick Hitters - Man

O1 sets up his man and then receives a screen from O4 for the lob.

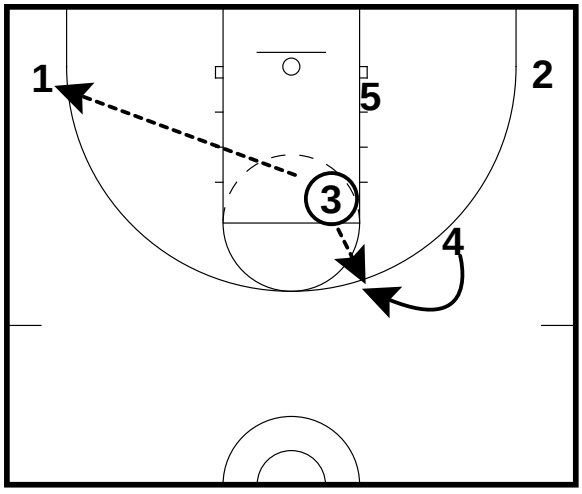
Black



Quick Hitters - Man

O1 clears to the corner.
O4 ball screens from O3.

Black



Quick Hitters - Man

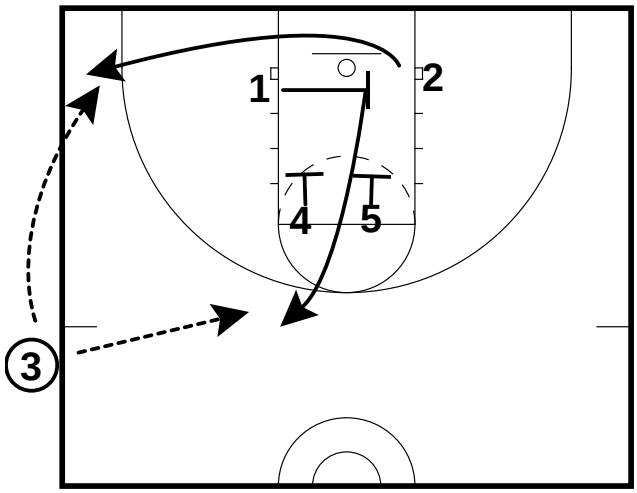
O4 loops in behind O3 for the shot.

All Contents Proprietary

Box

SLOB

Box



SLOB

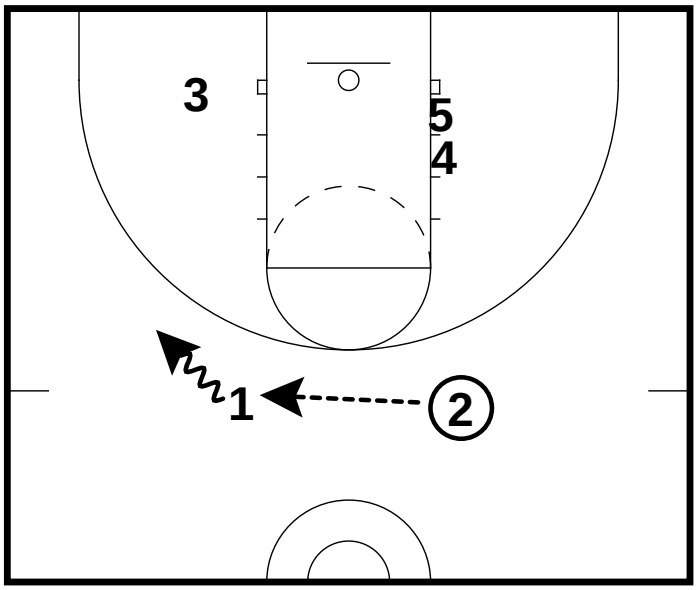
1 sets pick for 2 then goes through double
2 goes to corner
3 finds open man for last second shot.

All Contents Proprietary

BYU

Quick Hitters - Zone

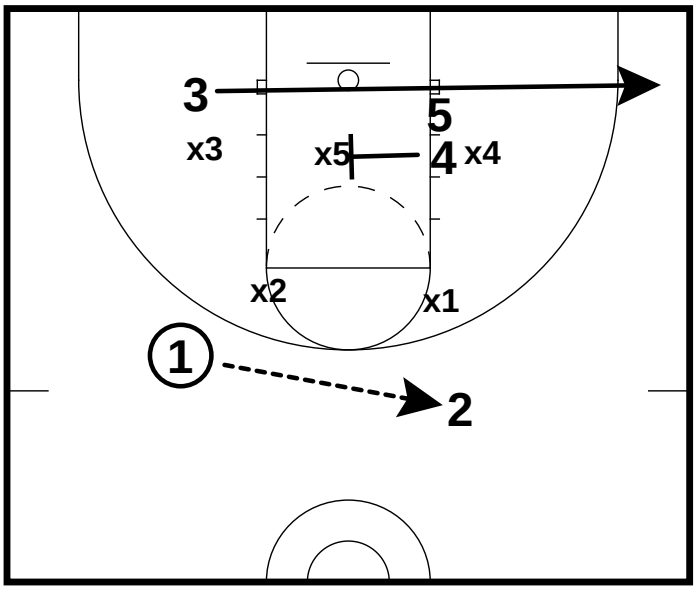
BYU



Quick Hitters - Zone

1) O2 passes to O1 who dribbles to drag the zone. O3 posts off of block as a decoy.

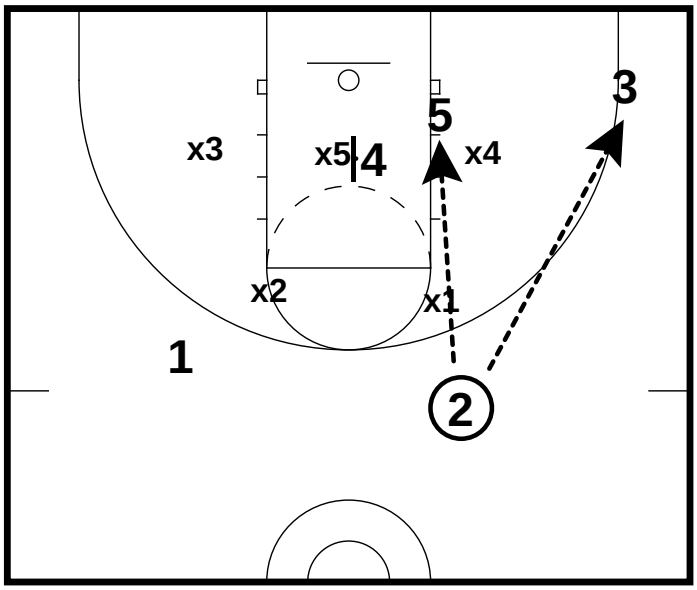
BYU



Quick Hitters - Zone

2) O1 passes back to O2. On the pass O3 sprints to ball side corner.
3) O4 screens the middle man of the zone.

BYU



Quick Hitters - Zone

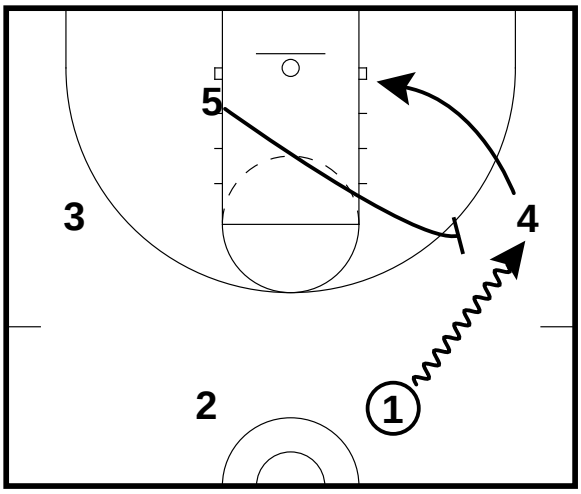
4) O2 passes to O5 if x4 takes O3 in the corner. If x4 stays in and helps O2 passes to O3.

All Contents Proprietary

Celtic

Quick Hitters - Man

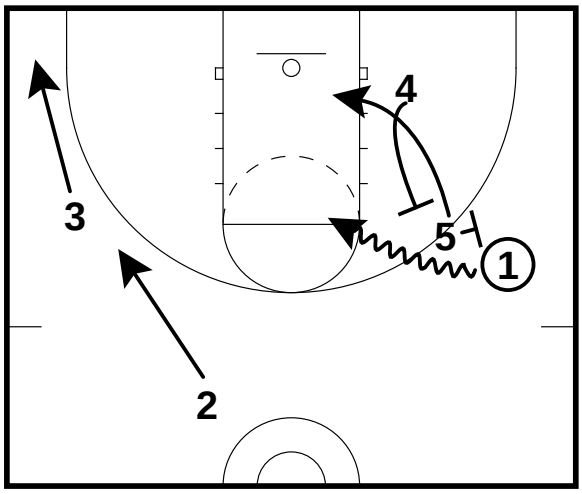
Celtic



Quick Hitters - Man

-O1 dribbles to the wing.
-O4 backcuts to the block.
-O5 sprints to set a ball screen for O1.

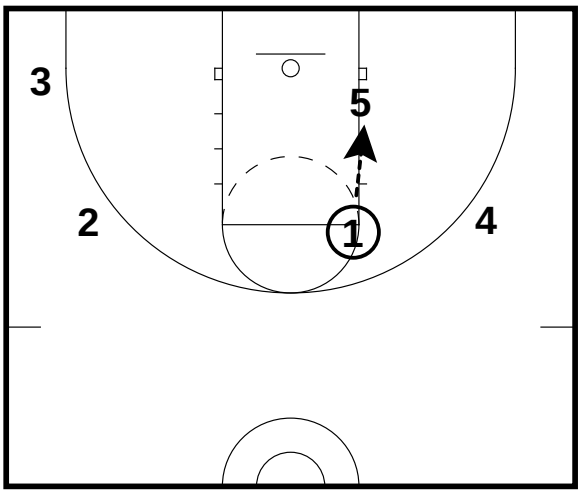
Celtic



Quick Hitters - Man

-O1 comes off of O5 ball screen.
-O4 comes up and sets a back screen for O5.
-O2 and O3 space the floor.

Celtic



Quick Hitters - Man

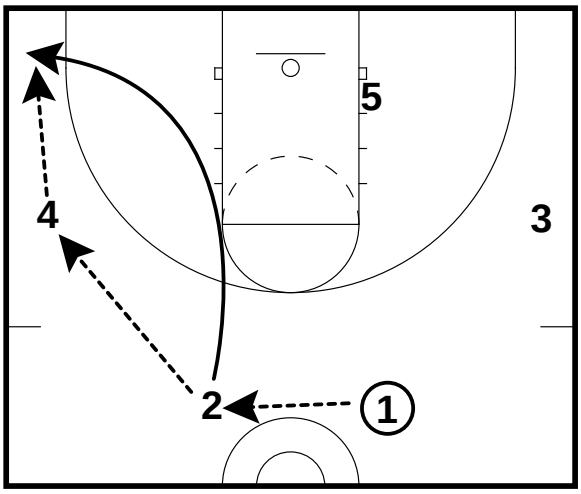
-O1 can pass to O5 or dribble at O2 and get into the low post triangle.

All Contents Proprietary

Corner 1

Princeton Offense

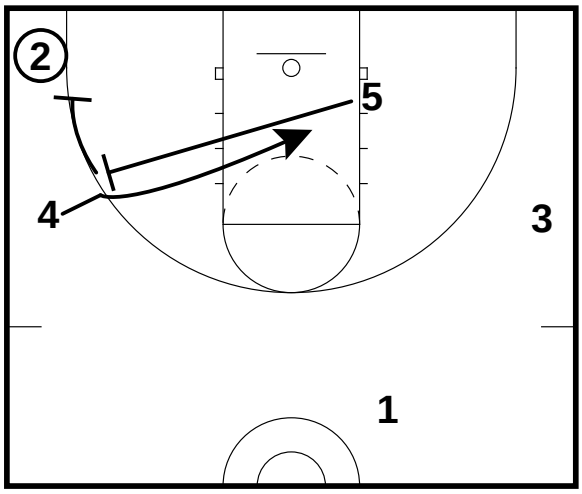
Corner 1



Princeton Offense

-O1 passes to O2.
-O2 passes to O4 and then cuts to the corner.
-O4 passes to O2.

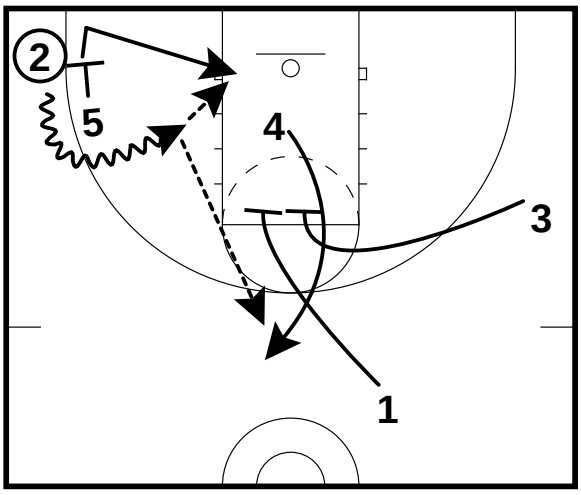
Corner 1



Princeton Offense

-O5 sets a screen for O4 to go over the top.
-O5 sets a ball screen for O2 in the corner.

Corner 1



Princeton Offense

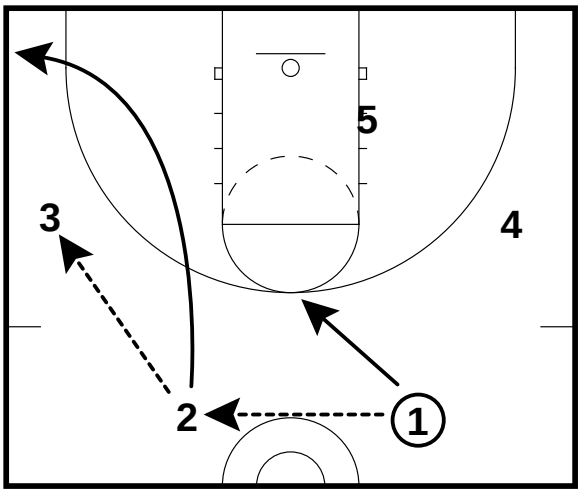
-O2 comes off of the ball screen as O5 rolls to the rim.
-O1 and O3 come together to set a double screen for O4.
-O2 can hit O5 when he rolls or hit O4 coming off the double.

All Contents Proprietary

Corner 2

Princeton Offense

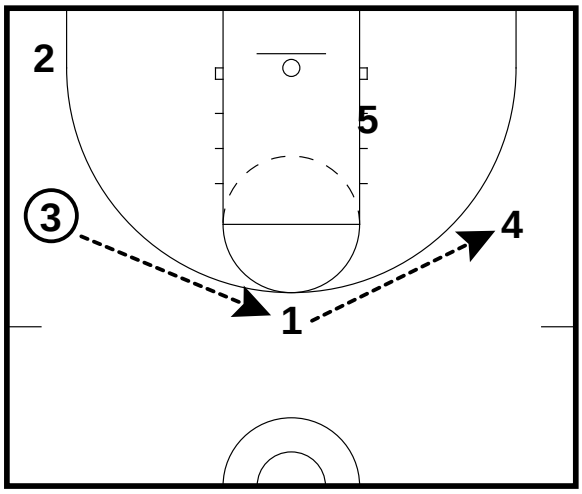
Corner 2



Princeton Offense

-Play begins just as Corner 1 does.

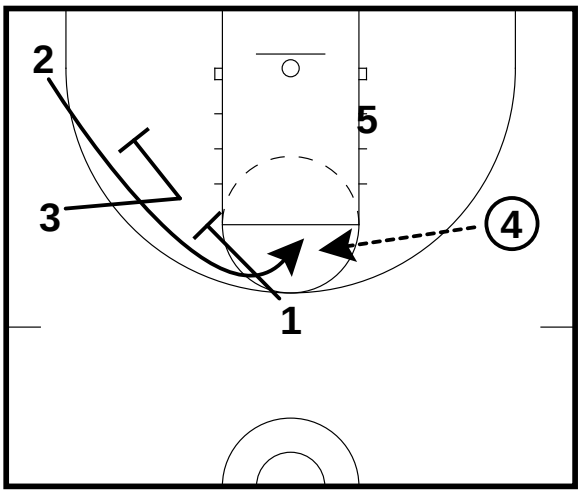
Corner 2



Princeton Offense

-If O3 cannot pass to O2 and he reverses the ball to O1 we start Corner option 2.
-O3 reverses the ball to O1 and then O1 reverses the ball to O4.

Corner 2



Princeton Offense

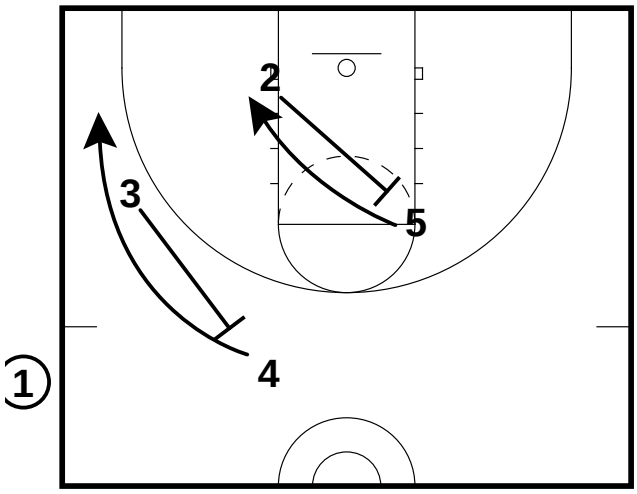
-O3 and O1 then set a double stagger for O2.

All Contents Proprietary

Denver

SLOB

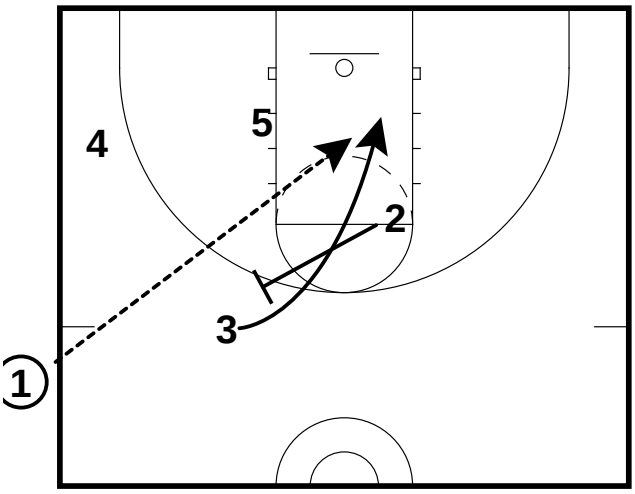
Denver



SLOB

-O3 screens for O4 to go to ball side corner.
-O2 screens for O5 to go to ball side block.

Denver



SLOB

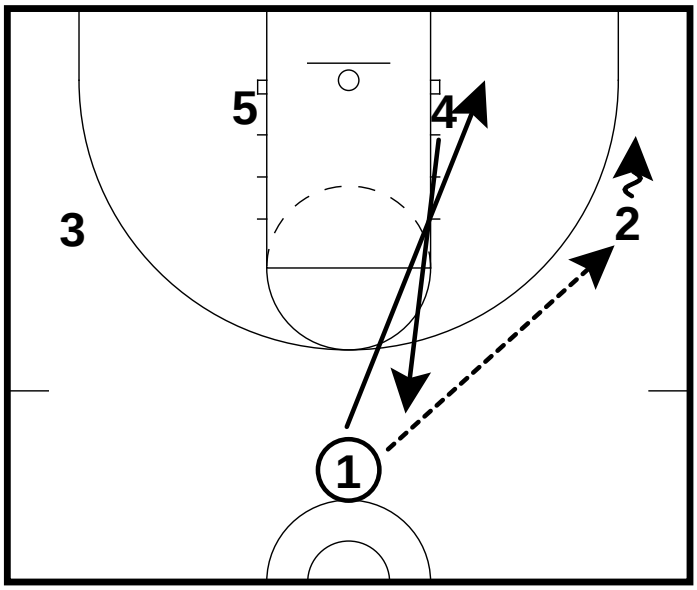
-O2 then back screens for O3 going up for the over the top pass.
-O2 then shapes up for the ball.

All Contents Proprietary

Double

Quick Hitters - Zone

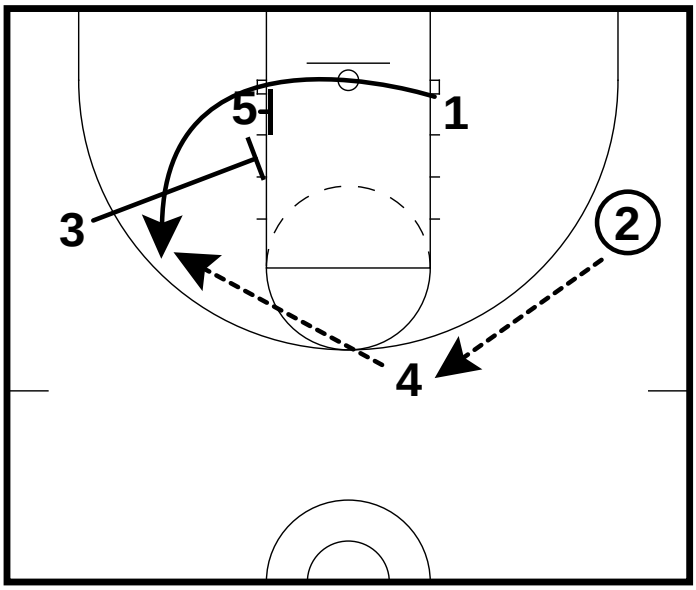
Double



Quick Hitters - Zone

1) O1 passes to O2 and then O1 and O4 exchange.
2) O2 takes a dribble to drag the zone.

Double



Quick Hitters - Zone

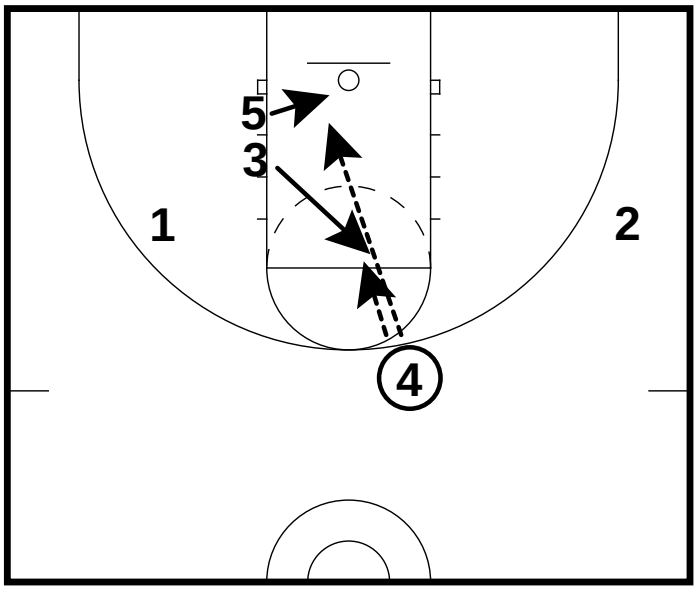
3) On the pass to O4, O1 sprints off the double screen of O5 and O3.
4) If the bottom man of the zone does not fight over O5's screen O4 will pass to O1 for the medium range jump shot.

All Contents Proprietary

Double

Quick Hitters - Zone

Double



Quick Hitters - Zone

5) As O1 comes off of the double screen O3 steps to the middle of the lane and O5 steps toward the rim.

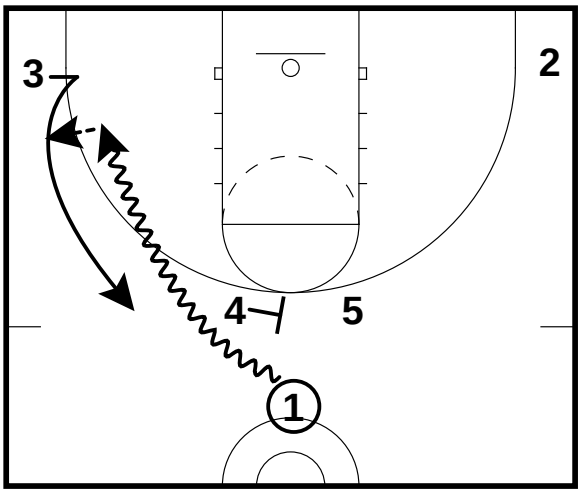
6) O4 reads the middle man of the zone defense. If the middle man stays with O5 then O4 will pass to O3. (O3 can catch and kick out to O2) If the middle man steps up and takes away O3 then O4 lobs the ball up to O5.

All Contents Proprietary

Double Post

Princeton Offense

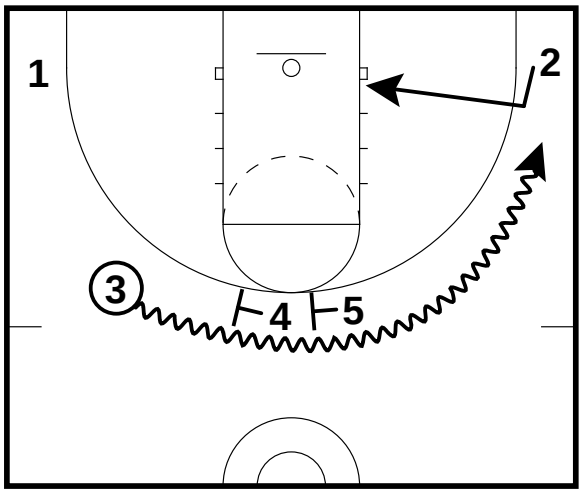
Double Post



Princeton Offense

-O4 and O5 set double ball screen for O1.
-O1 looks to turn the corner and score or if stopped he will hand off to O3.
-If O3 defender jumps the handoff O3 should cut back door.

Double Post

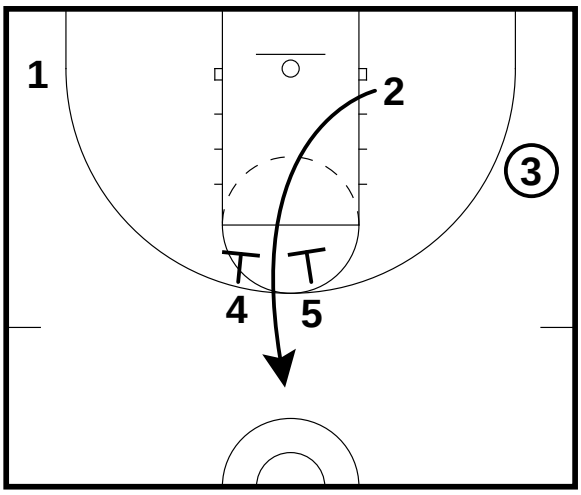


Princeton Offense

-O1 will replace O3 in the corner.
-O3 then will dribble off of the double ball screen for O4 and O5.
-O4 and O5 have the option to roll after any screen.
-The continuity will continue.

(O2 has cut back door)

Double Post



Princeton Offense

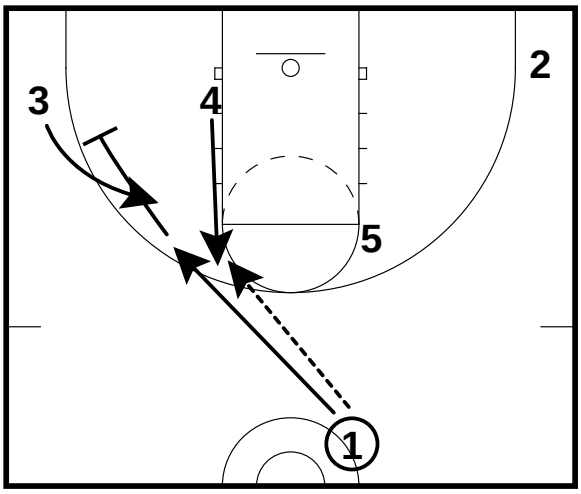
-On a backdoor cut, the cutter will sprint to the top off of a double screen to keep the continuity going.

All Contents Proprietary

Elbow

Quick Hitters - Man

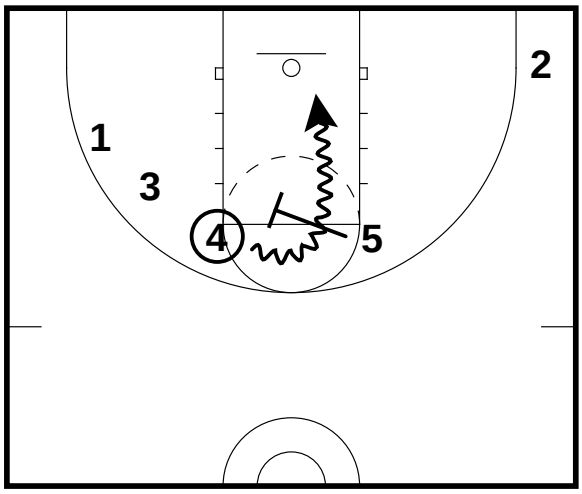
Elbow



Quick Hitters - Man

-O1 passes to O4 as he sprints up to the elbow.
-O4 fakes a hand off to O1.
-O1 then sets a down screen for O3. This should happen at the same time as the ball screen action between O4 and O5.

Elbow



Quick Hitters - Man

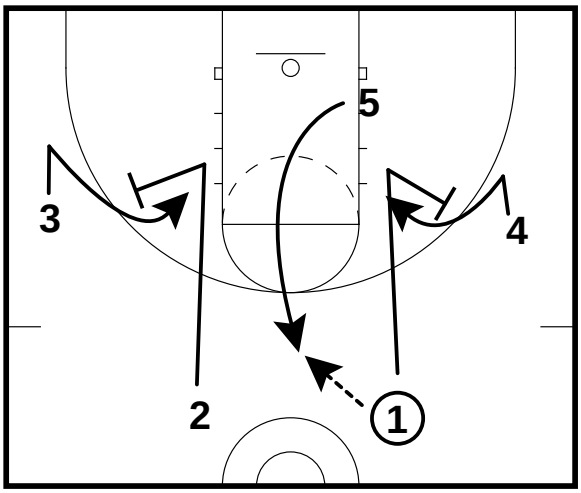
-O5 sets a ball screen for O4.
-O5 rolls and O3 fills in behind.

All Contents Proprietary

Fist

Princeton Offense

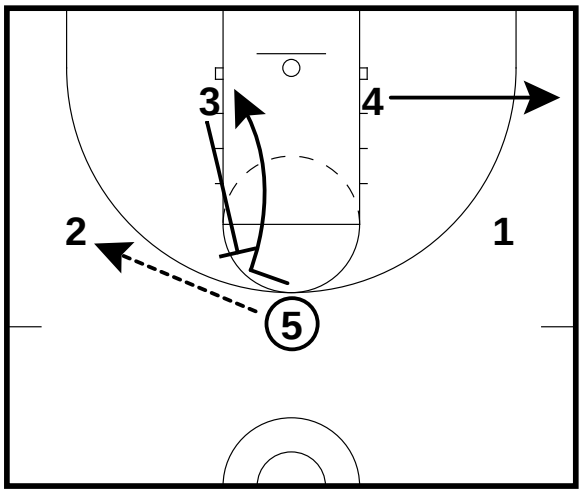
Fist



Princeton Offense

-O5 loops to receive the ball above the three point line.
-O1 passes to O5 and then O1 and O2 cut acting as though they are going to the block. They then turn and screen for the wings to curl to the rim.
-O5 can pass to either wing cutting.
-O1 and O2 then flare to the wings.

Fist



Princeton Offense

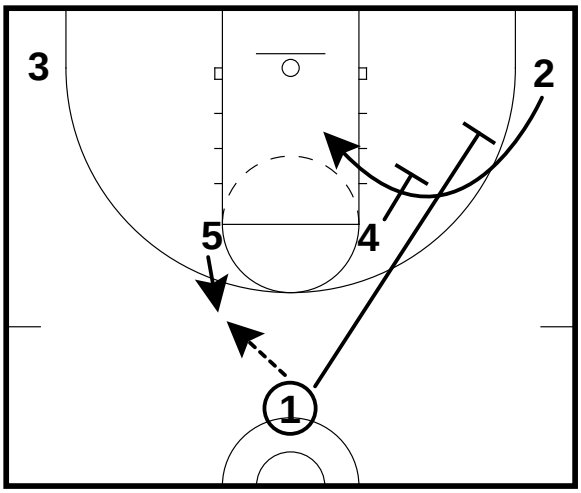
-O5 passes to either wing. After the pass he recieves an UCLA screen from the player on that ball side block.
-When O5 gets to the block we get into our Low Post offense.

All Contents Proprietary

Heat

Quick Hitters - Man

Heat



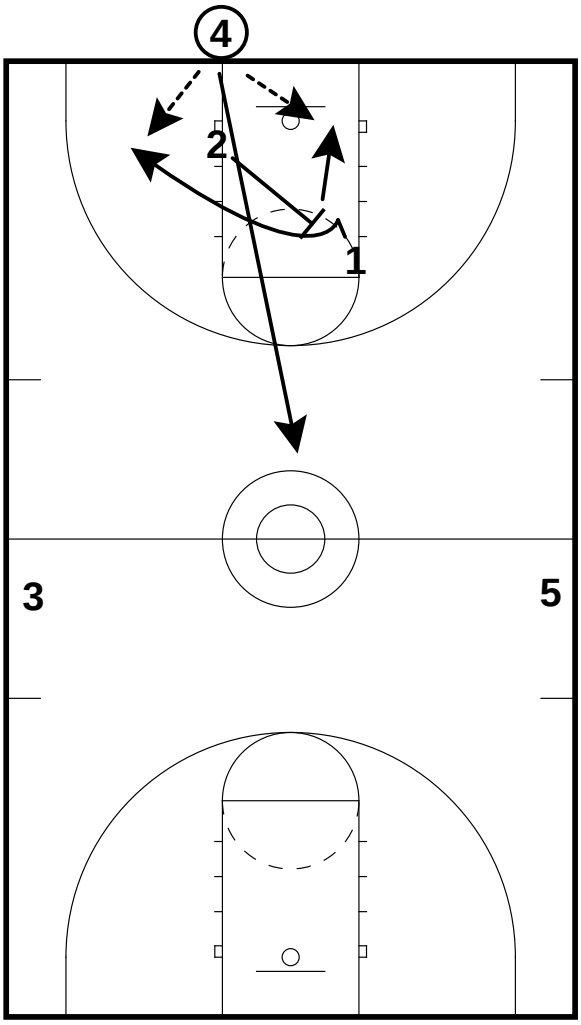
Quick Hitters - Man

All Contents Proprietary

High-Low

Press Offense

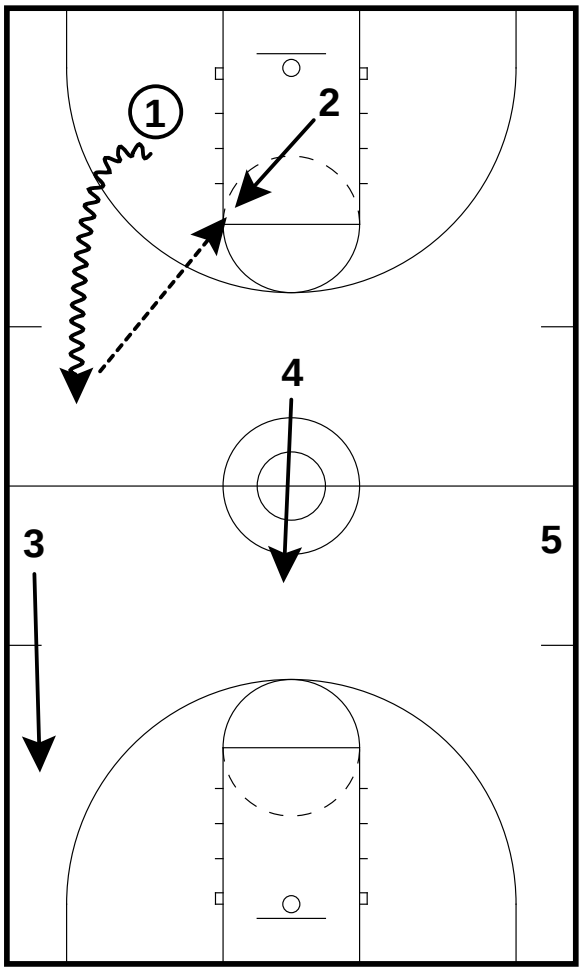
High-Low



Press Offense

1) O2 screens for O1 and then steps straight back for the ball. O4 can pass to either and then sprint to the middle of the press.

High-Low



Press Offense

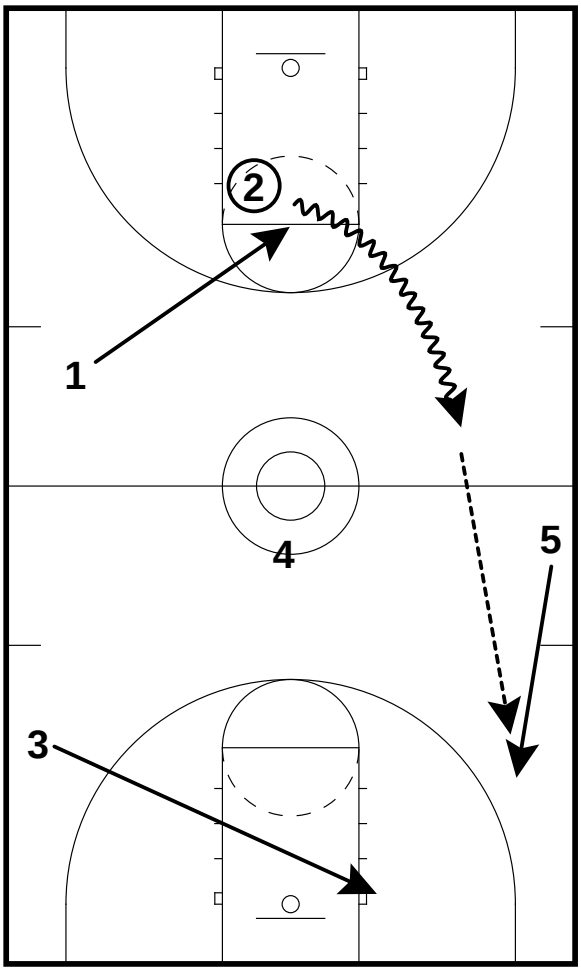
2) O1 dribbles hard up the sideline and O2 fills in behind him to give him an outlet for ball reversal. (Spacing is important from the 2 guards. Ideal spacing is 13-15 feet.) O4 works to get open in the middle. O3 moves down the floor as the ball is dribbled at him and O5 moves toward the ball on his sideline to get himself open for a possible skip pass.

All Contents Proprietary

High-Low

Press Offense

High-Low



Press Offense

Players adjust on ball reversal.

3) On pass up the sideline to forward the opposite forward should sprint to the ball side block for a post feed.

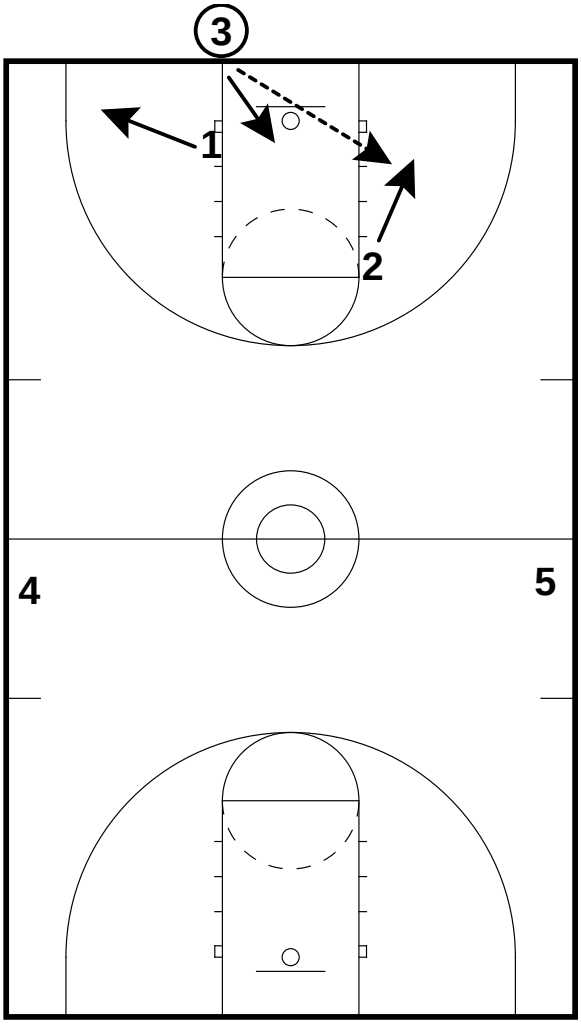
4) On a pass to the O4 both forwards will sprint toward the basket for a 3 on 2 or 3 on 1 fast break.

All Contents Proprietary

Kansas

Press Offense

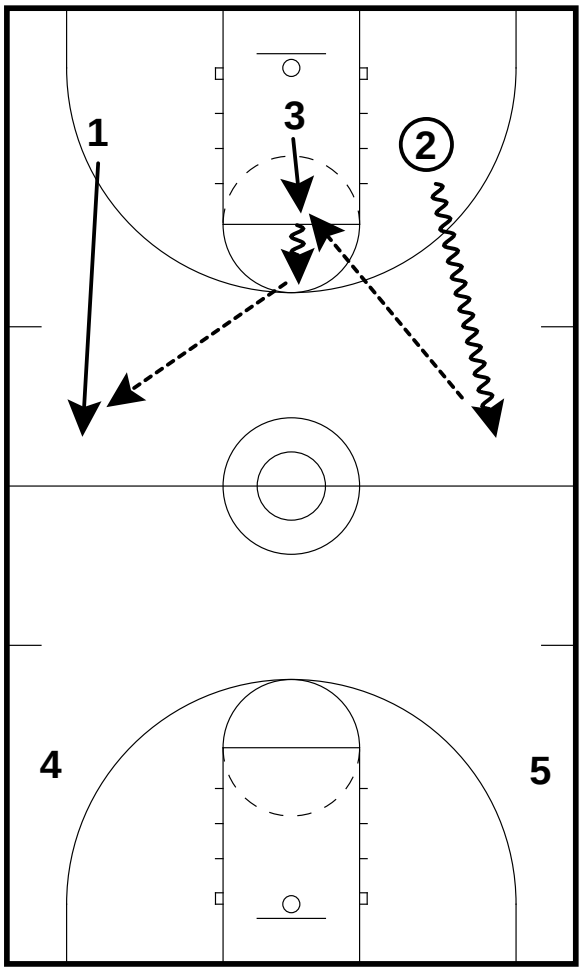
Kansas



Press Offense

Players set up in the High-Low press offense. O1 breaks ball side and O2 breaks to the opposite side. (If either or both are denied they will screen for one another as they do in High-Low.) O3 passes to whoever is open. O4 and O5 space down the court using their same rules as in High-Low Press Offense.

Kansas



Press Offense

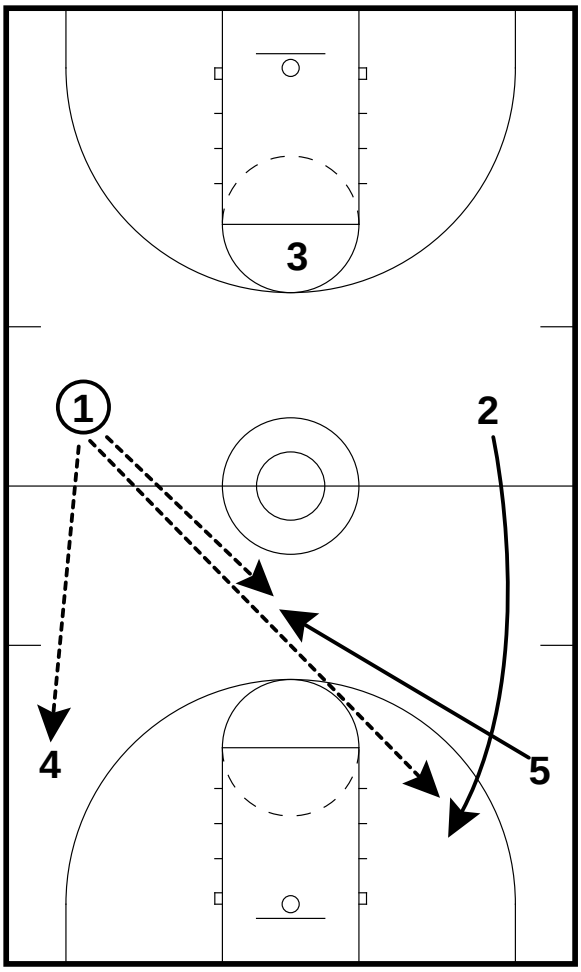
O2 dribbles hard up the sideline, trying to draw the defenders. O3 gets in behind the ball and O1 moves up the court on the other side of the floor. O2 reverses the ball to O3. O3 jams the ball up the middle one or two dribbles and then reverses the ball to O1.

All Contents Proprietary

Kansas

Press Offense

Kansas



Press Offense

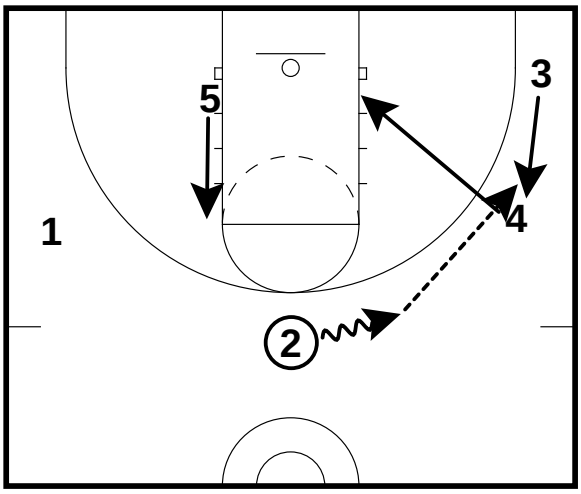
When O1 catches the reversal pass O5 flashes middle and O2 sprints to the rim. O1 looks to hit O2 over the top or O5 flashing in the middle. This same action would happen on the other side of the floor if the ball was reversed again.

All Contents Proprietary

Low Post Triangle

Princeton Offense

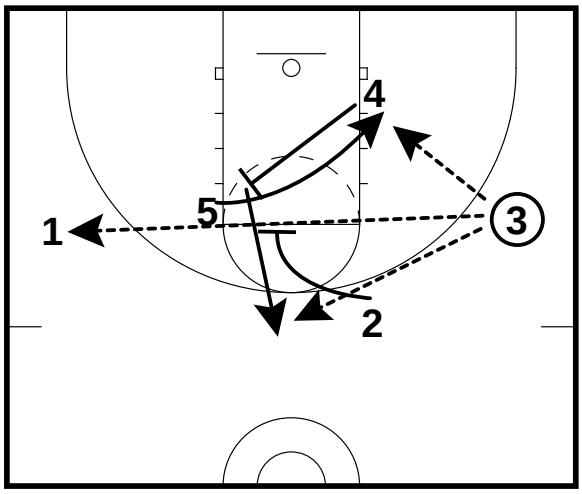
Low Post Triangle



Princeton Offense

-We get into the triangle when a wing is dribbled at and then cuts back door and stops at the block.
-The post player must move up the lane line opposite the wing with the ball.
-Ball side corner should fill up to the vacated spot to receive the pass.

Low Post Triangle



Princeton Offense

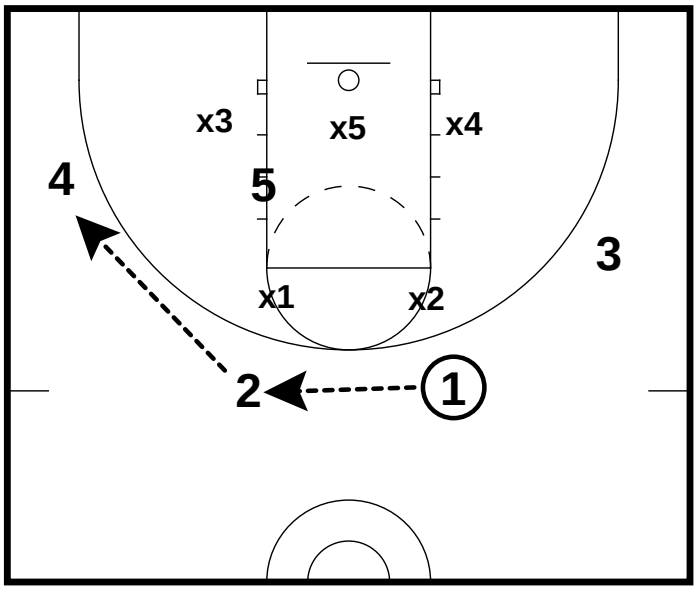
-O4 back screens for O5 and then O2 down screens for O4. (Screen the screener action)
-O2 then sprints to the opposite corner.
-O3 passes to O5 on the block, O4 at the top of the key, or skips the ball to O1 on the opposite wing.

All Contents Proprietary

Over

Quick Hitters - Zone

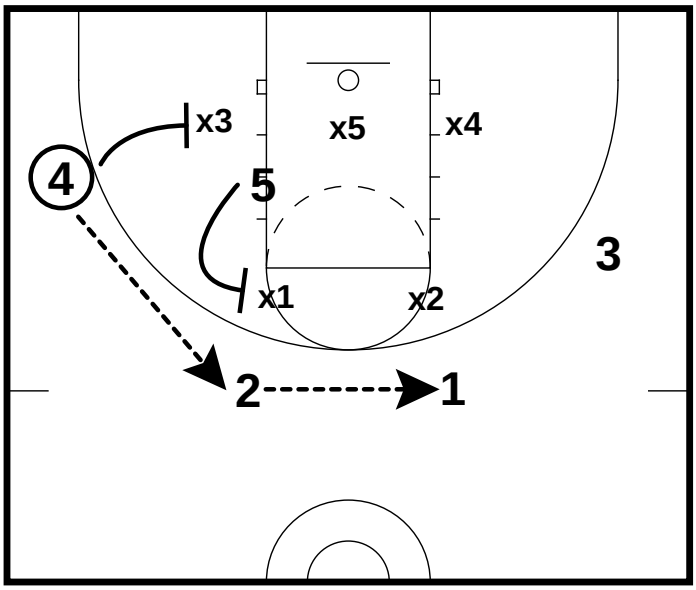
Over



Quick Hitters - Zone

1) O1 passes to O2. O2 passes to O4. This is just as a decoy.

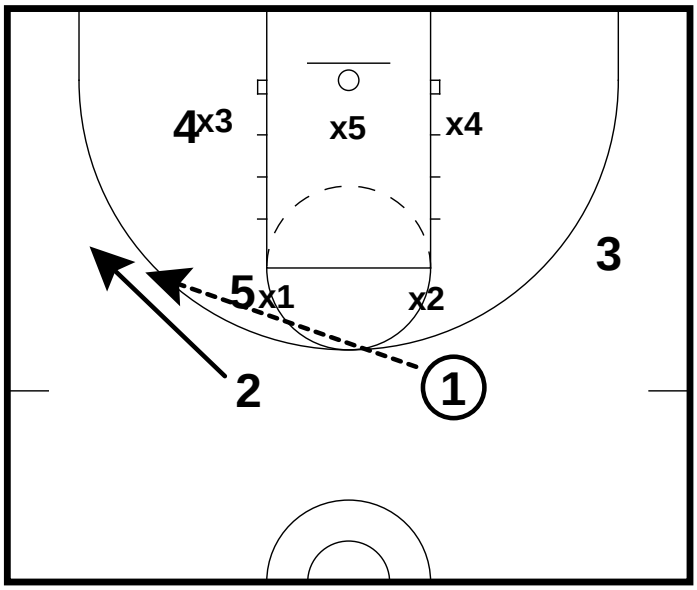
Over



Quick Hitters - Zone

2) O4 passes to O2. O2 passes to O1 after this pass O5 loops around and screens x1 as O4 screens x3.

Over



Quick Hitters - Zone

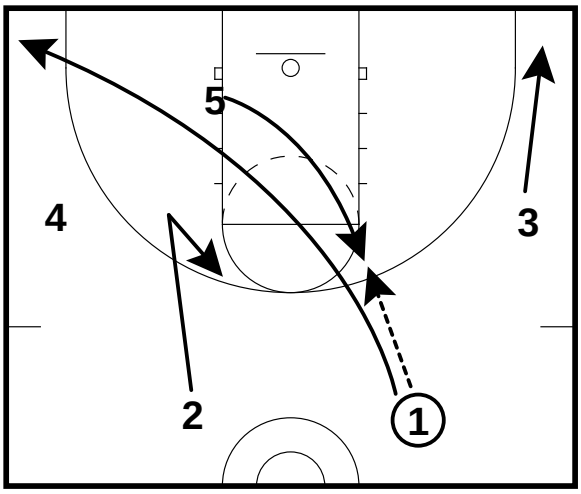
3) O1 skips the ball to O2 for the three point shot. O5 and O4 should slip after screening.

All Contents Proprietary

Samford

Quick Hitters - Man

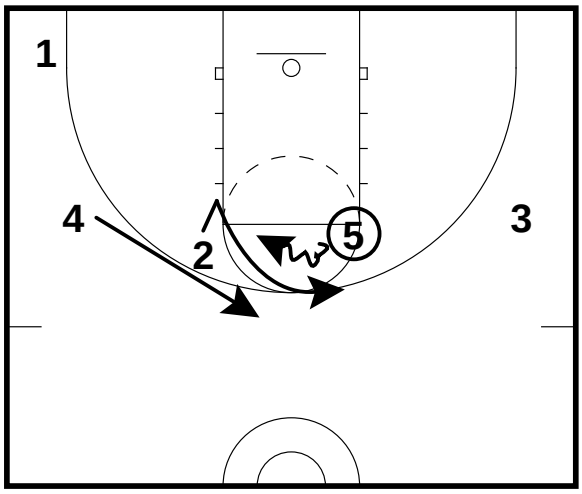
Samford



Quick Hitters - Man

-O5 receives a pass at the elbow.
-O1 passes to O5 then cuts right off of his hip acting like he's getting a handoff.
-O2 cuts hard to set up his man.

Samford



Quick Hitters - Man

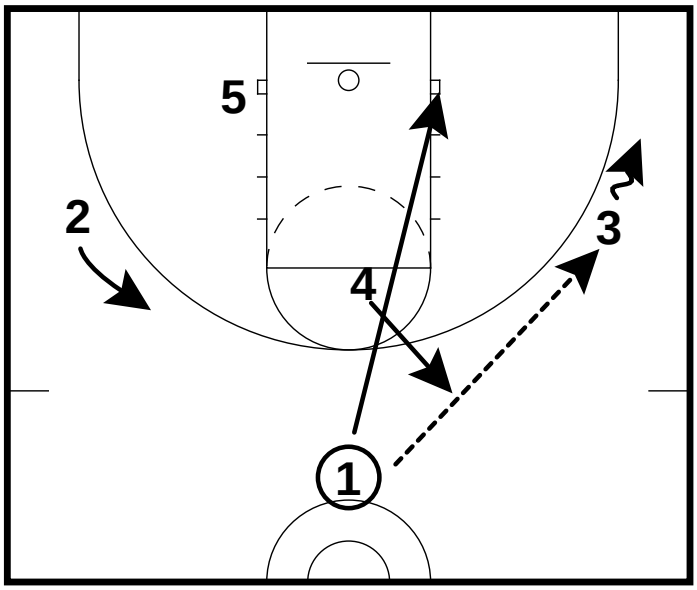
-O5 dribbles at O2 and will hand off to him. This gets into double post.
-O4 moves to screening area.

All Contents Proprietary

Special

Quick Hitters - Zone

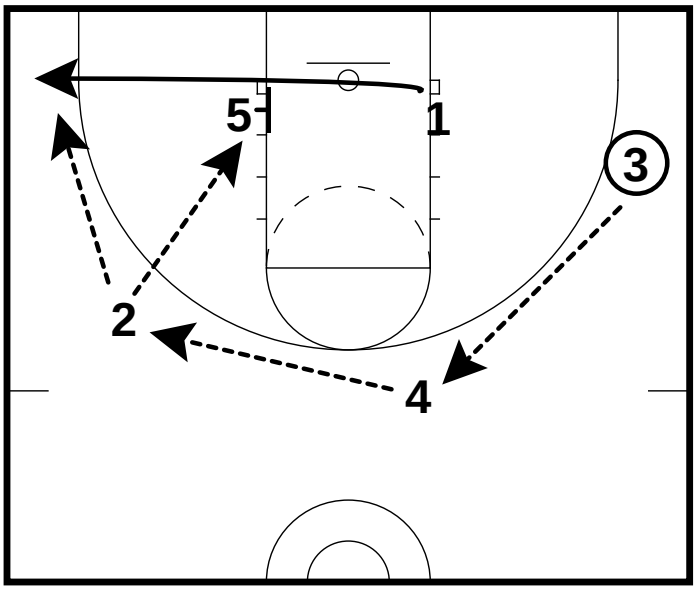
Special



Quick Hitters - Zone

1) O1 passes to O3 and then cuts through the zone to the block. O4 pops out to ball side lane line extended.

Special



Quick Hitters - Zone

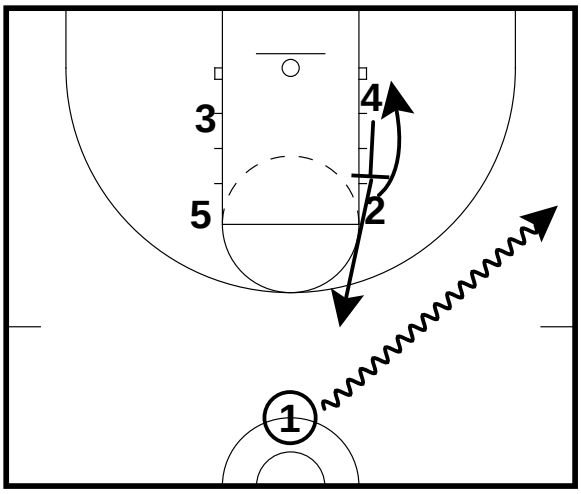
2) O3 takes a dribble to drag the zone and then passes to O4.
On the pass O1 is sprinting off of O5 screen to the opposite corner. O4 then passes to O2.
3) O2 looks to O5 as he seals after his screen for O1. O2 can take the shot or pass to O1 in the corner.
4) O1 can feed O5 in the post. (O3 has backside offensive rebounding coverage.)

All Contents Proprietary

Trainer

Quick Hitters - Man

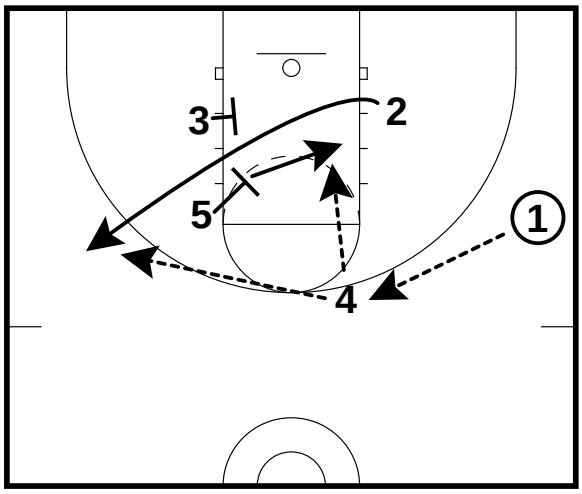
Trainer



Quick Hitters - Man

-O1 dribbles to the wing.
-O4 sets a UCLA screen for O2 and then pops out to the top of the key.

Trainer



Quick Hitters - Man

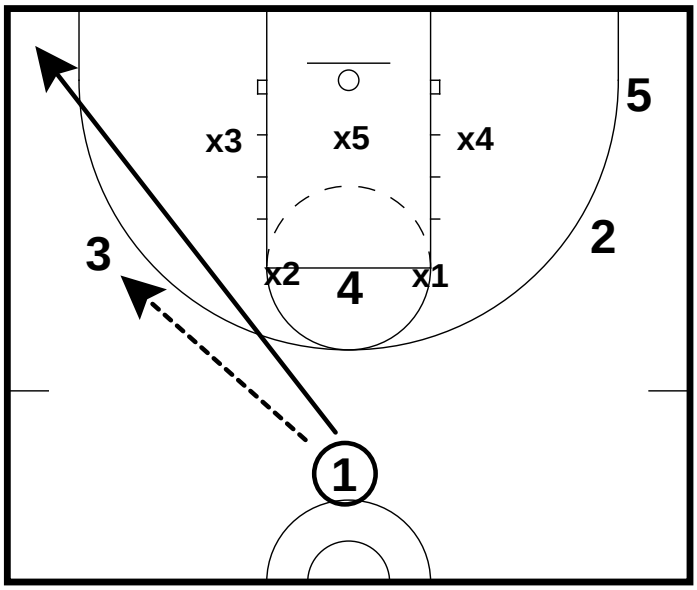
-O1 reverses the ball to O4.
-O2 runs off a double screen from O3 and O5.
-O4 looks for O2 for the three or O5 slipping to the basket.

All Contents Proprietary

Turtle

Quick Hitters - Zone

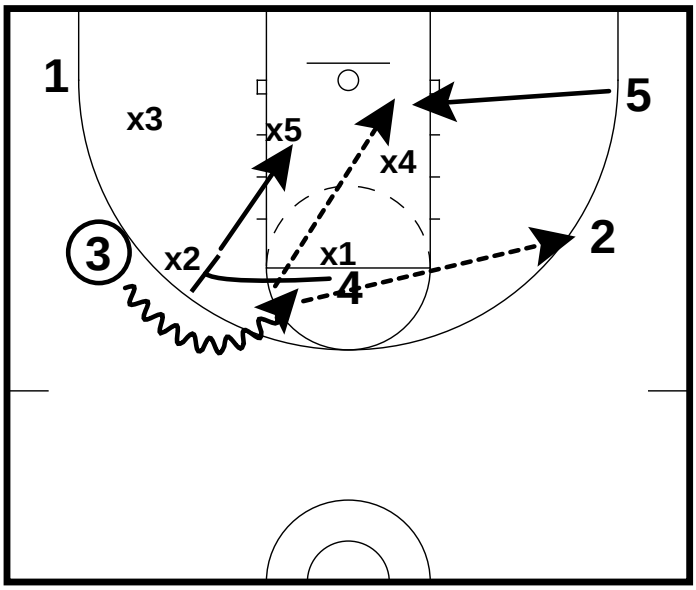
Turtle



Quick Hitters - Zone

1) O1 passes to O3 then cuts to the ballside corner.

Turtle



Quick Hitters - Zone

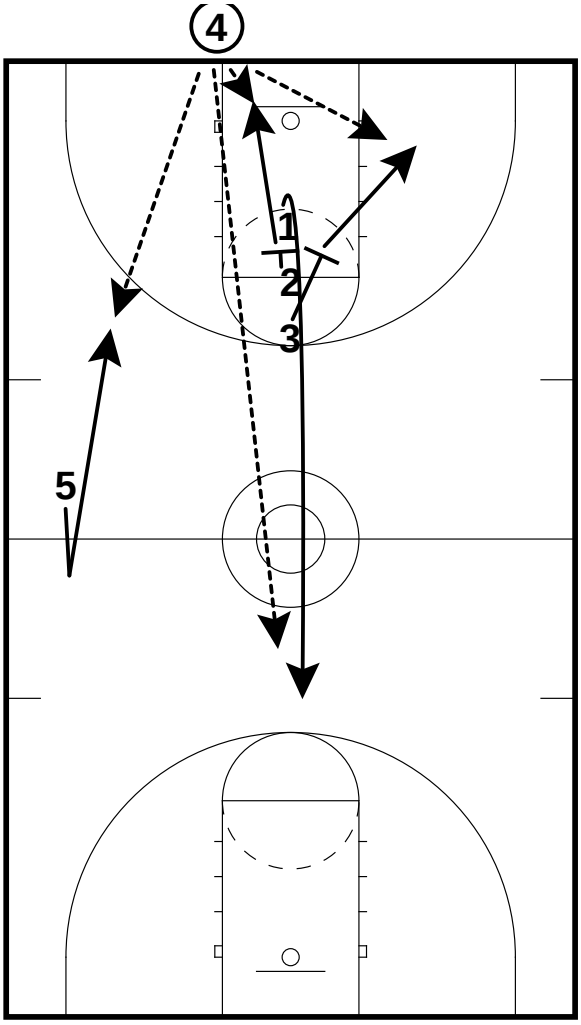
2) O4 sets a ball screen on x2 and O3 drives hard and attacks x1's inside shoulder.
3) O5 cuts behind the zone defense to the block.
First Option - Kick out to O2 for three pointer.
Second Option - Pass to O5 for layup.
Third Option - O4 rolling to the basket.

All Contents Proprietary

Tyre

Press Offense

Tyre



Press Offense

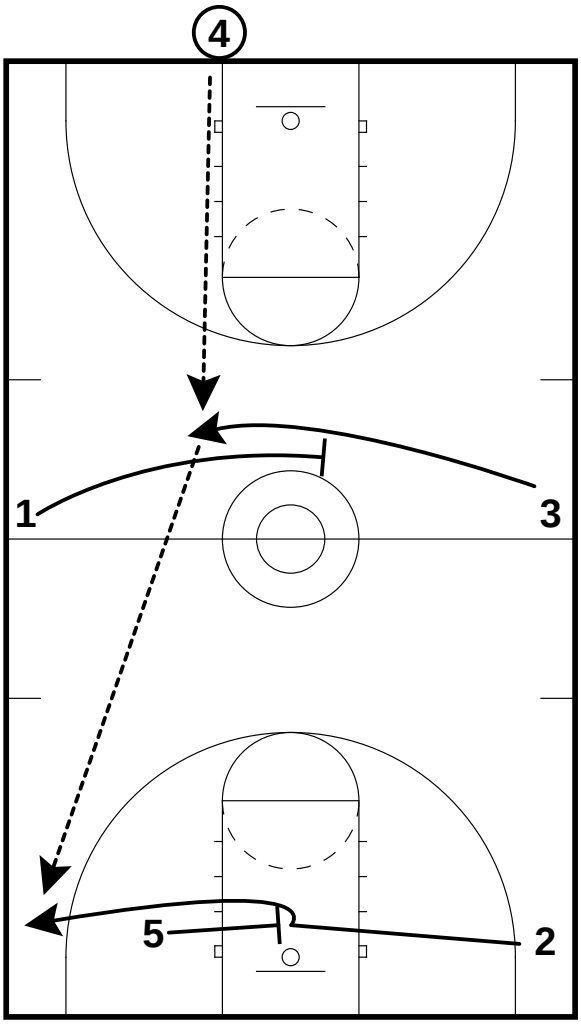
-O1 steps to the ball and then sprints deep between O2 and O3 screens.
-O5 takes two hard steps deep and then comes straight back to the ball.
-After screening O2 sprints ball side and O3 sprints opposite side.

All Contents Proprietary

Valpo

Press Offense

Valpo



Press Offense

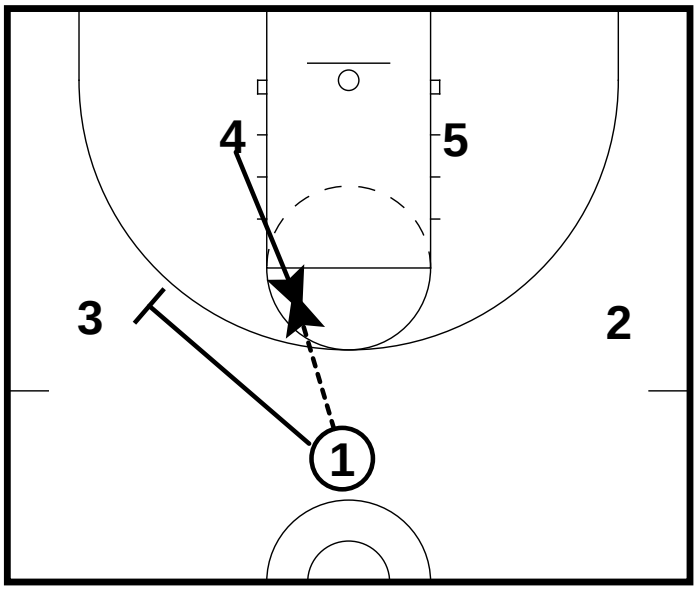
O1 screens for O3 as O5 screens for O2. O4 hits O3 who catches and immediately passes to O2 for the three point shot.

All Contents Proprietary

3 Out

November 2010 FastTrade

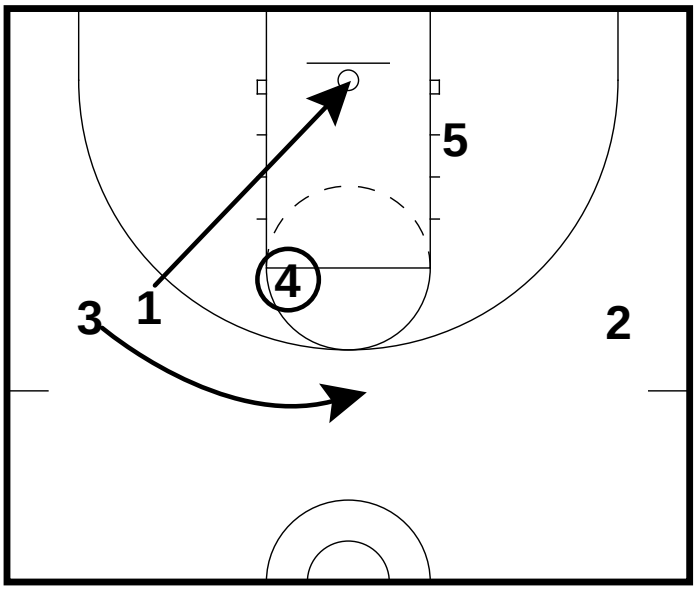
3 Out



R&R Quickhitters

4 flashes inside the FT line elbow, 1 feeds 4 and "X-cuts" with 3.

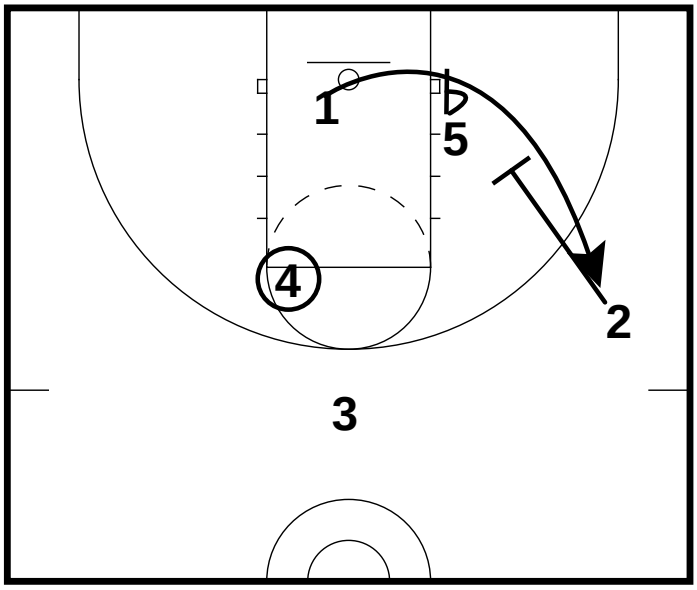
3 Out



R&R Quickhitters

4 has two options - 1 cutting to the goal or 3 cutting to the top of the key.

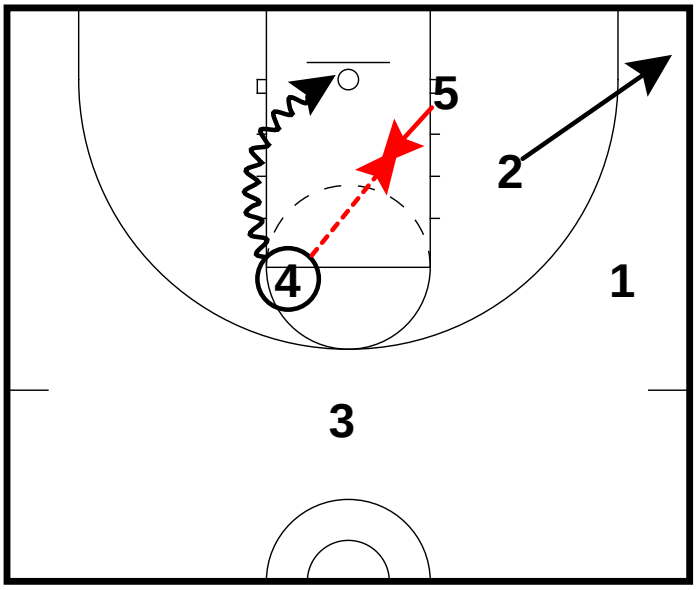
3 Out



R&R Quickhitters

1 continues to cut to the opposite wing while 5 and 2 set staggered pin screens for 1.

3 Out



R&R Quickhitters

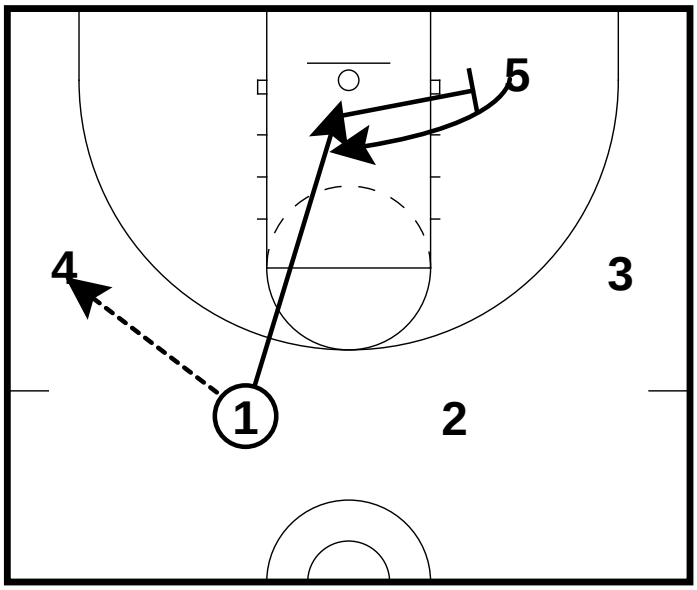
5 is open for the slip sometimes, but at this time 4 is isolated and can attack 1 on 1. If not, any pass to anyone will continue the R&R attack.

All Contents Proprietary

4 Out

November 2010 FastTrade

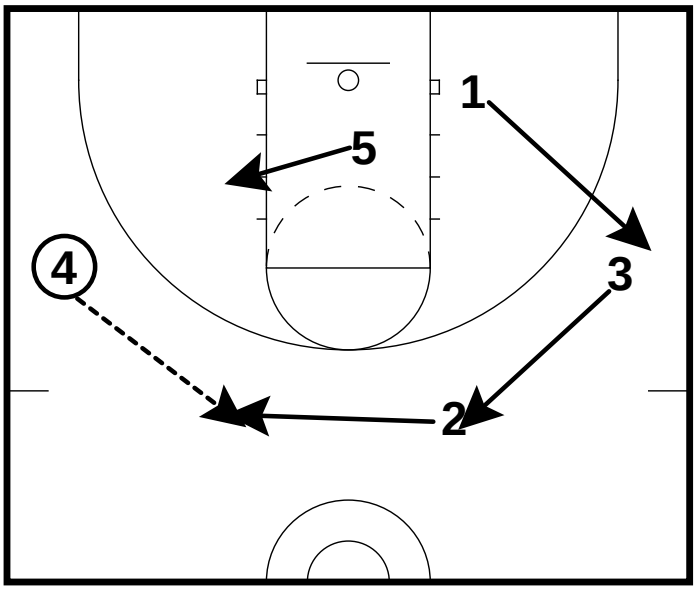
4 Out



R&R Quickhitters

1 passes and cuts (1st Option). If 1 is not open, then 1 screens for 5 in the short corner. 5 cuts to the front of the rim (2nd option)

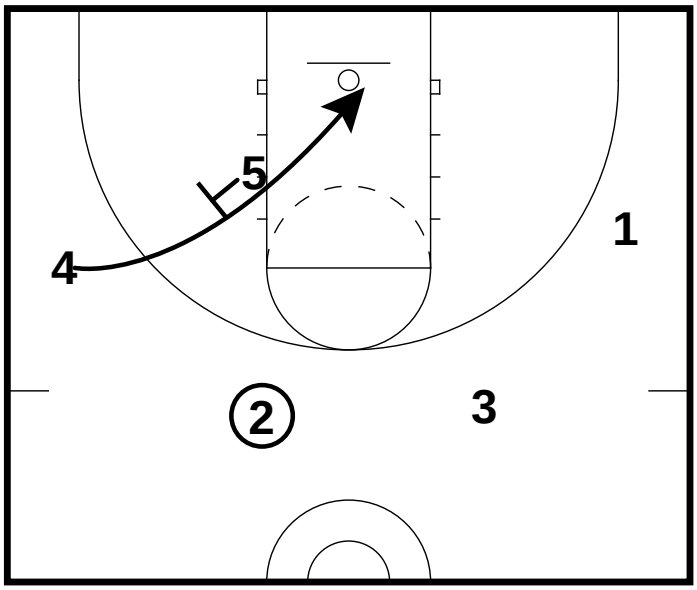
4 Out



R&R Quickhitters

If 5 is not open, 4 passes to 2 while 1 fills out and 5 fills the mid-post.

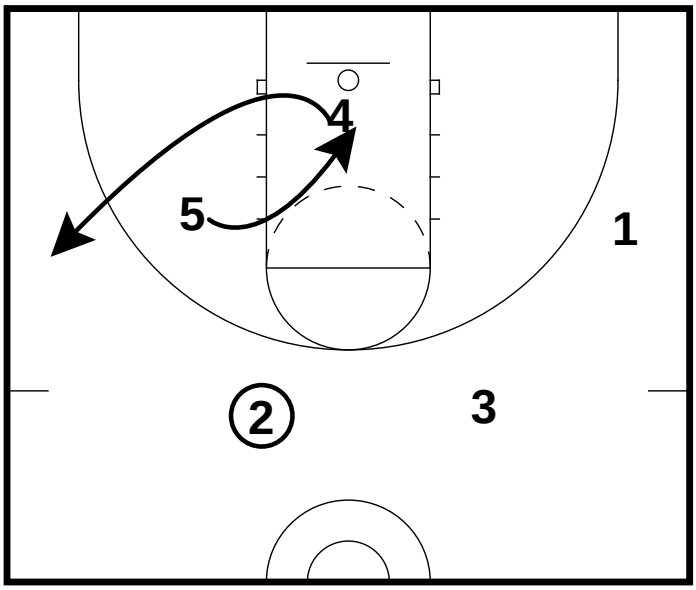
4 Out



R&R Quickhitters

4 cuts after the pass to 2. 5 sets a post screen (3rd option)

4 Out



R&R Quickhitters

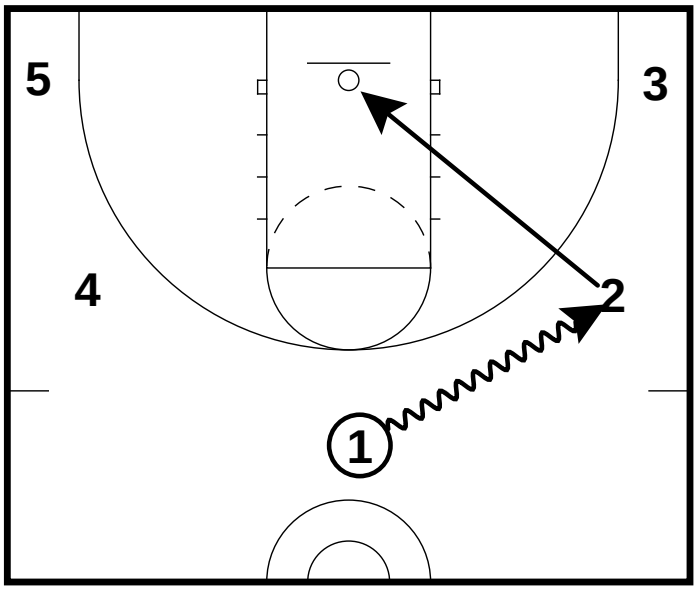
5 ducks into the lane right off the tail of 4's cut (4th option). 4 fills out ball side. If 5 is not open, R&R continues...

All Contents Proprietary

5 Out

November 2010 FastTrade

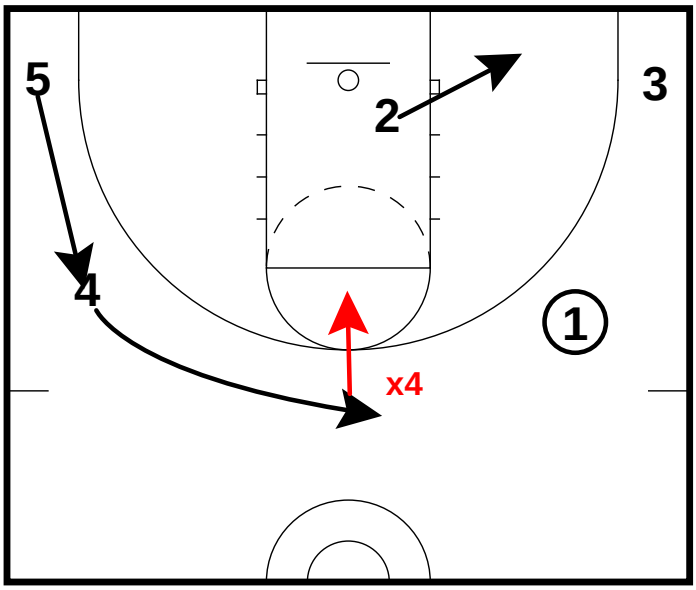
5 Out



R&R Quickhitters

1 dribbles at 2 looking for rear cut layup

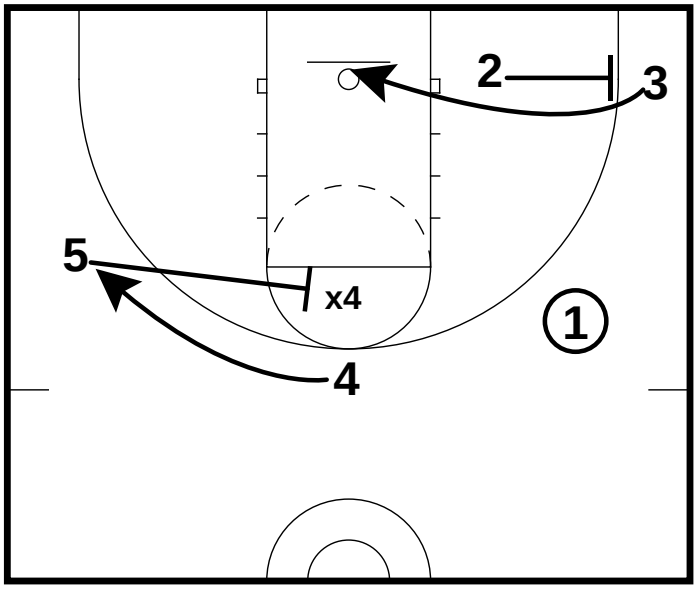
5 Out



R&R Quickhitters

If 2 is not open, 2 fills out toward 3 in the short corner. 4 fills the empty spot and looks for a "Read Line Rear Cut" if defender crosses the Read Line.

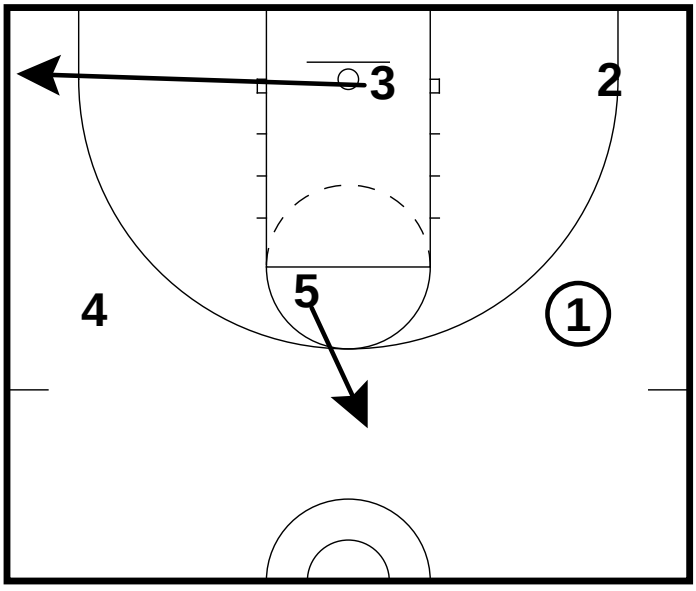
5 Out



R&R Quickhitters

If the defender of 4 stays inside the Read Line, 5 sets a pin screen for 4 and 1 looks to skip. At the same time, 2 sets a back screen for 3for a layup or screen and pop option.

5 Out



R&R Quickhitters

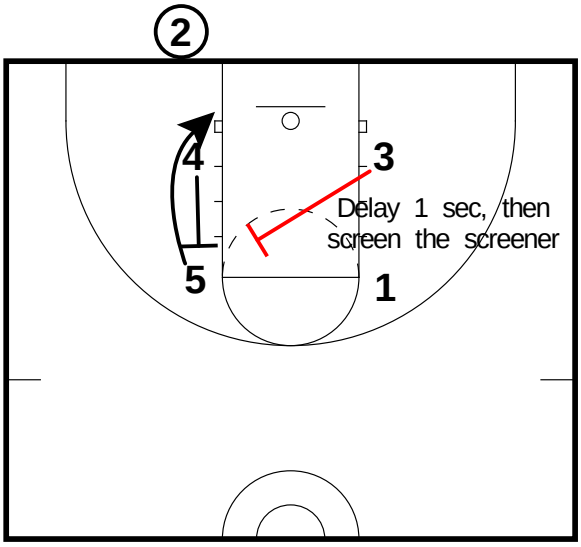
If nothing is open, 5 and 3 fill out and the R&R continues...

All Contents Proprietary

Baseline

November 2010 FastTrade

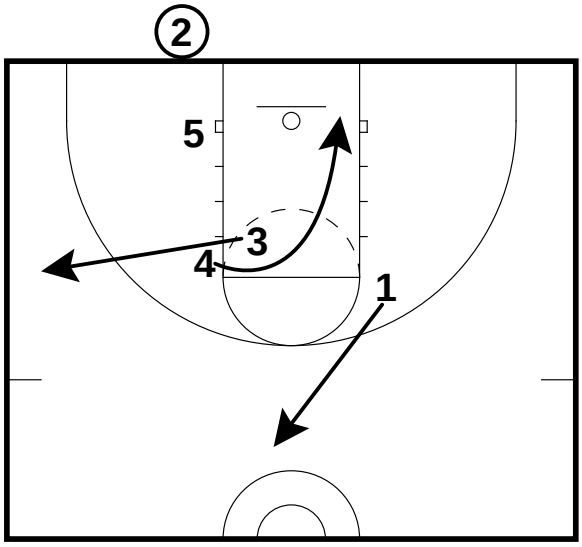
Baseline



R&R Quickhitters

4 sets a screen for 5. 3 delays one second then sets a screen for 4.

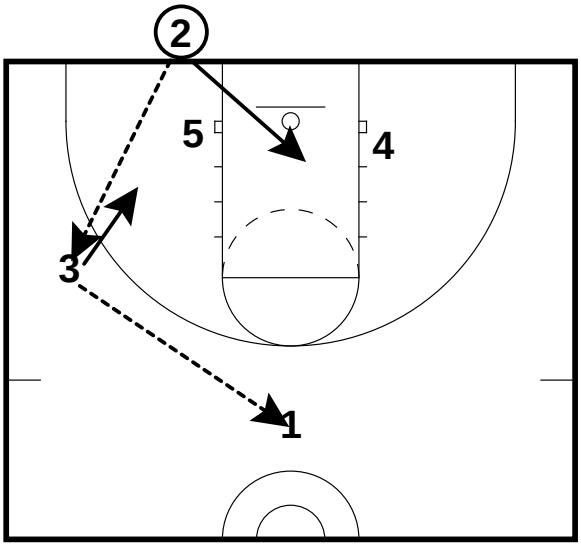
Baseline



R&R Quickhitters

4 uses the screen for the 2nd scoring option. After the screen, 3 cuts to the wing and 1 releases as a safety valve.

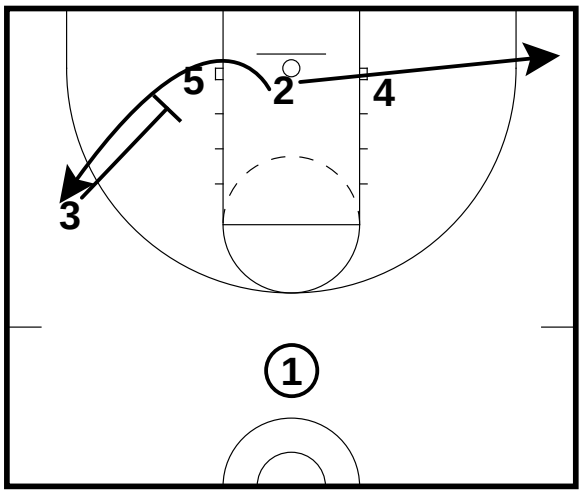
Baseline



R&R Quickhitters

If 4 is not open, 2 enters to 3 and steps under the basket. 3 passes to 1 and cuts (Layer 1).

Baseline



R&R Quickhitters

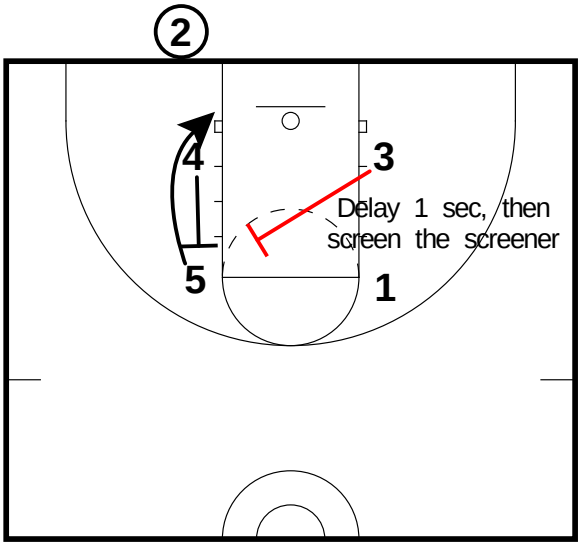
2 can choose the pin screen by 4 or to use the double staggered provided by 5 and 3, The R&R continues...

All Contents Proprietary

Baseline (New)

November 2010 FastTrade

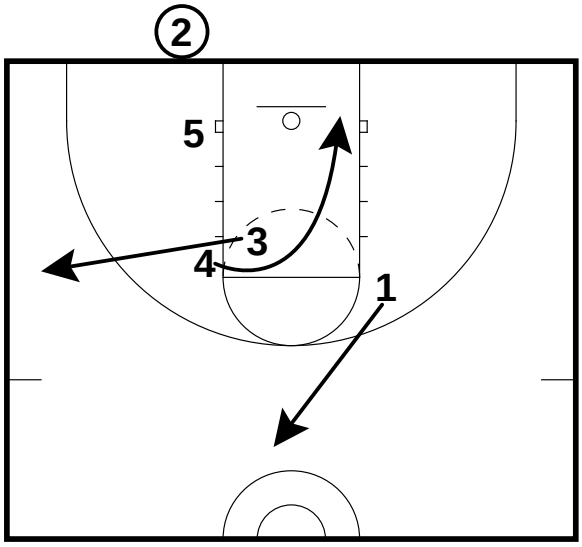
Baseline (New)



R&R Quickhitters

4 sets a screen for 5. 3 delays one second then sets a screen for 4.

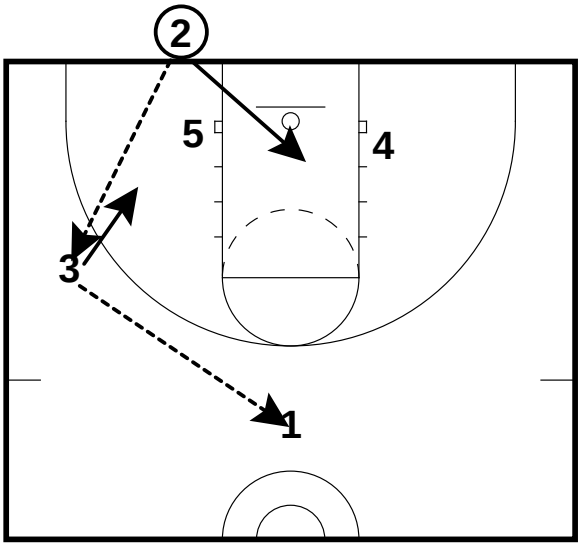
Baseline (New)



R&R Quickhitters

4 uses the screen for the 2nd scoring option. After the screen, 3 cuts to the wing and 1 releases as a safety valve.

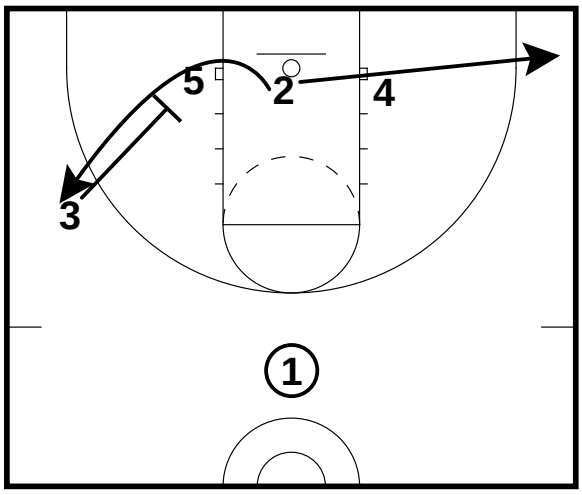
Baseline (New)



R&R Quickhitters

If 4 is not open, 2 enters to 3 and steps under the basket. 3 passes to 1 and cuts (Layer 1).

Baseline (New)



R&R Quickhitters

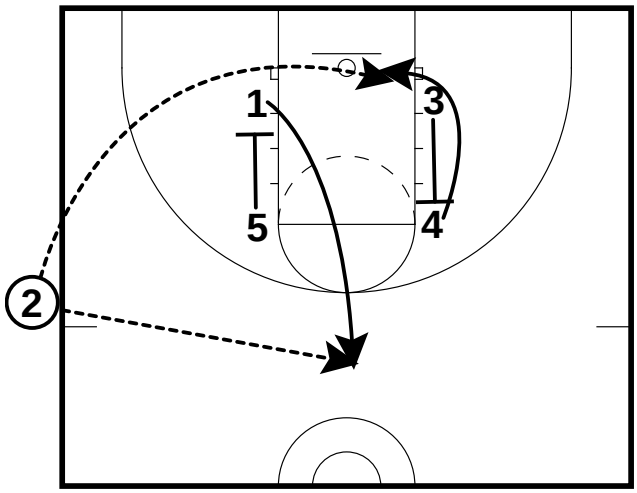
2 can choose the pin screen by 4 or to use the double staggered provided by 5 and 3, The R&R continues...

All Contents Proprietary

Side Out

November 2010 FastTrade

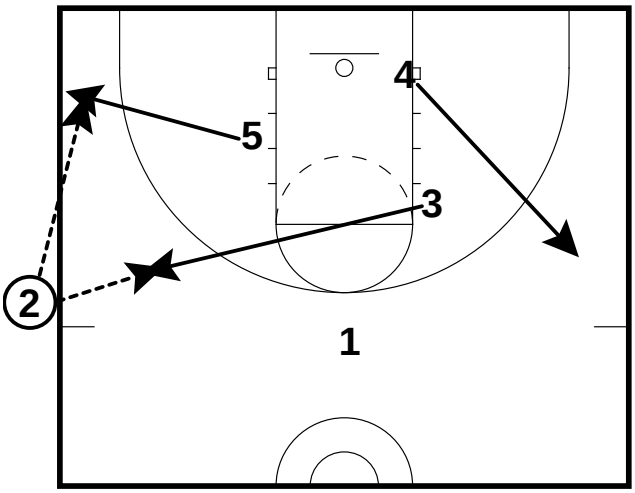
Side Out



R&R Quickhitters

5 down screens for 1, 3 back screend for 4. Lob layup for 4 or entry pass to 1.

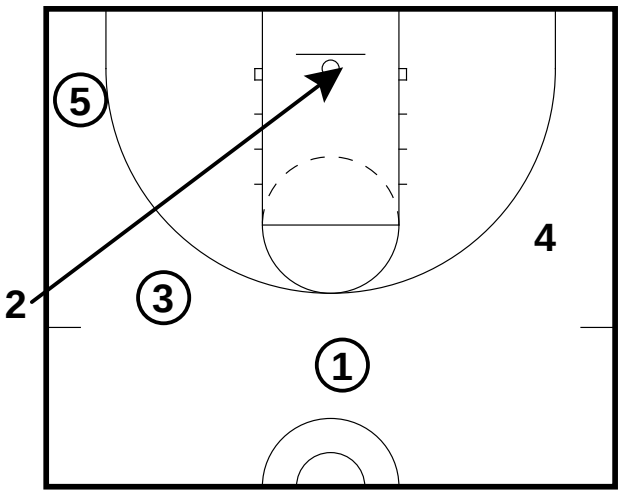
Side Out



R&R Quickhitters

If neither are open, 5 flashes to corner, 3 flashes to wing. 4 fills out to opposite wing.

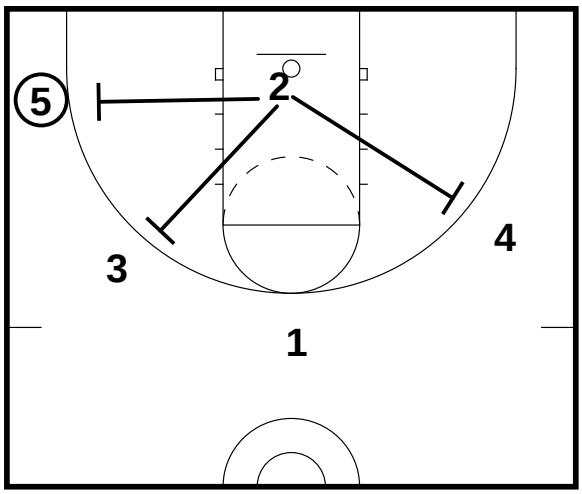
Side Out



R&R Quickhitters

Regardlesss of which teammate receives the entry pass, the first option is a give and go basket for 2.

Side Out



R&R Quickhitters

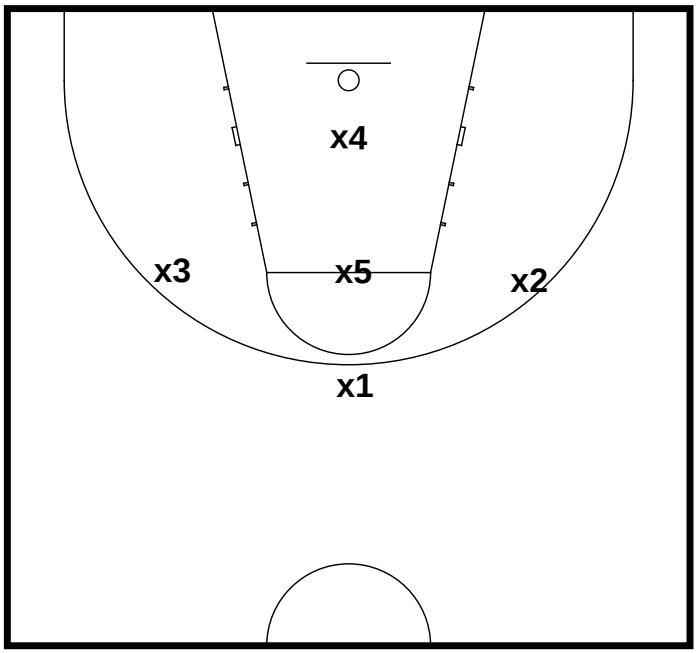
EXAMPLE: If 1 receives the inbounds pass, 2 can choose to back screen out with any teammate. The R&R attack continues...

All Contents Proprietary

1 (New)

North Star Prem

1 (New)

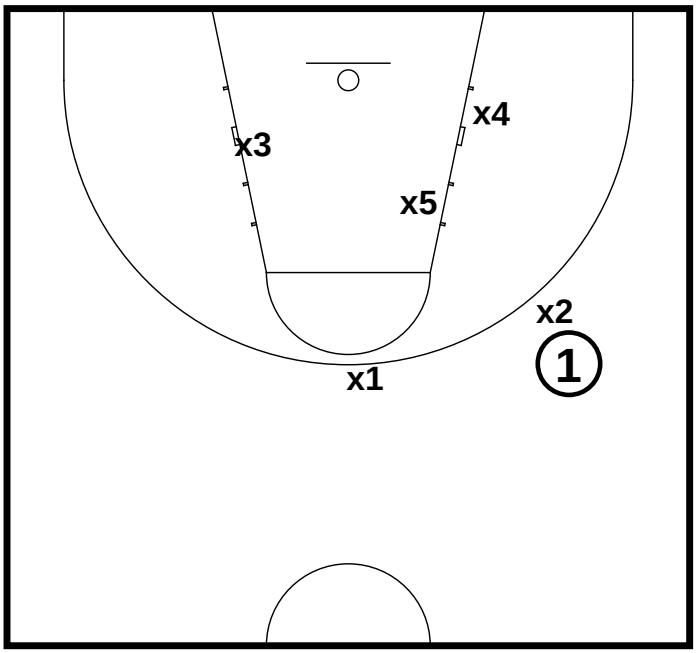


Defense

1. Every Player must **always** be in Stance!
2. Watch the eyes of the passer
3. Move while ball is in the air
4. Look for deflections
5. 5 Players go to Boards Mad

1 must make the ball handler either dribble to one side or pass to a player on the wing.

1 (New)



Defense

The 2 man will pick up this player and shout "Ball"

The 4 is one step off the baseline and outside key

5 must be between ball and basket.

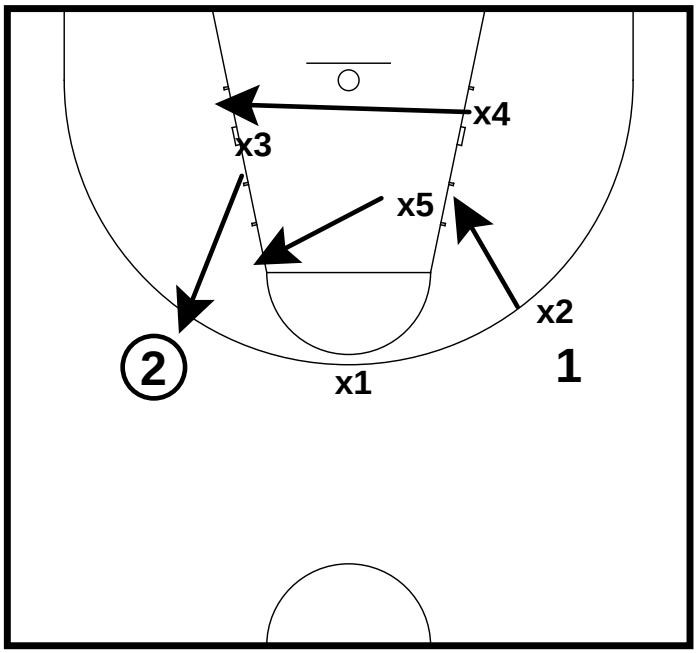
1 Must make ball reversal difficult

All Contents Proprietary

1 (New)

North Star Prem

1 (New)



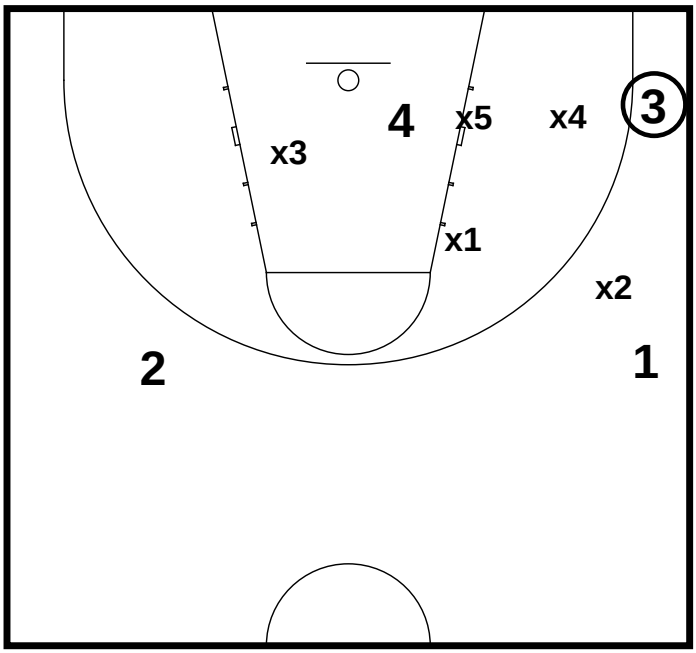
Defense

On a skip pass x3 must close out high, strong and balanced.

If 2 penetrates baseline x4 must be ready to step up and help. If 2 penetrates middle 1 can step up and double team.

Even if 2 was to split those players x5 is alwyas between ball and basket and will provide another line of defense.

1 (New)



Defense

If the ball hits the corner..

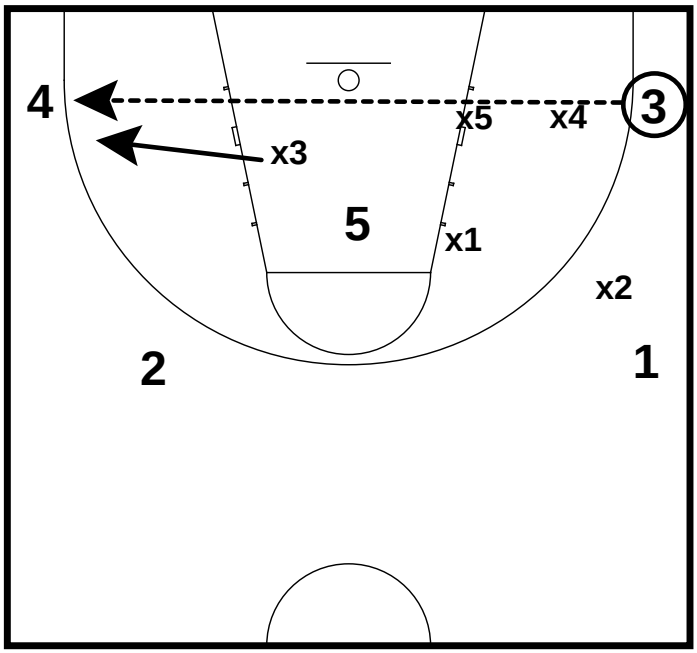
x4 is closing out on ball calling "ball"
x5 is the same as usual - alwyas between ball and basket - in this case if 4 was to move up the lane a bit x5 would **not** follow him, it would be up to x1 to move down a bit. x5 is **always** between ball and basket!
x2 Denies pass back to wing
x1 covering high post and x3 covering low block but ready to explode out of a skip pass

All Contents Proprietary

1 (New)

North Star Prem

1 (New)

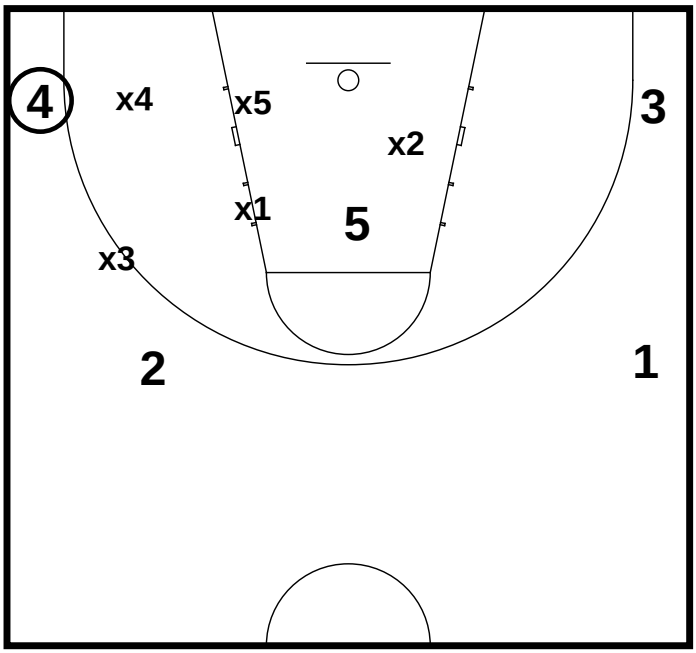


Defense

On a corner to corner skip pass (very difficult pass!)

Impossible for x4 to cover corner to corner so x3 must provide help by closing out on 4. x3 must get on his high side, high ball hand pressure until 4 can recover.

1 (New)



Defense

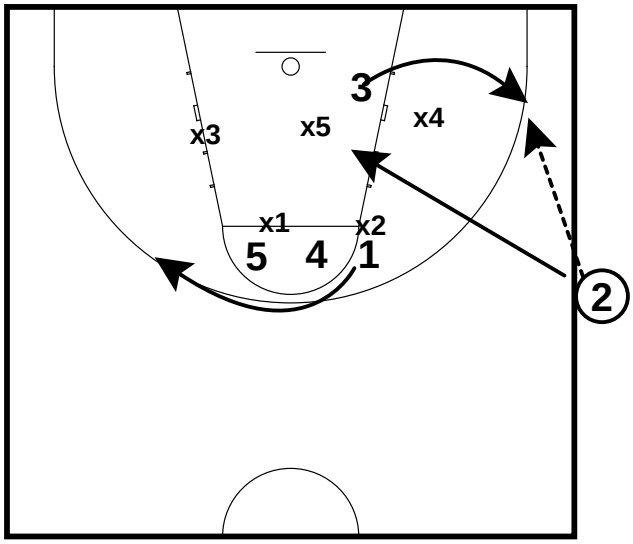
Once the 4 recovers we return to our strong side box shape where we **ALWAYS** have 4 players ball side.

All Contents Proprietary

1 (New)

North Star Prem

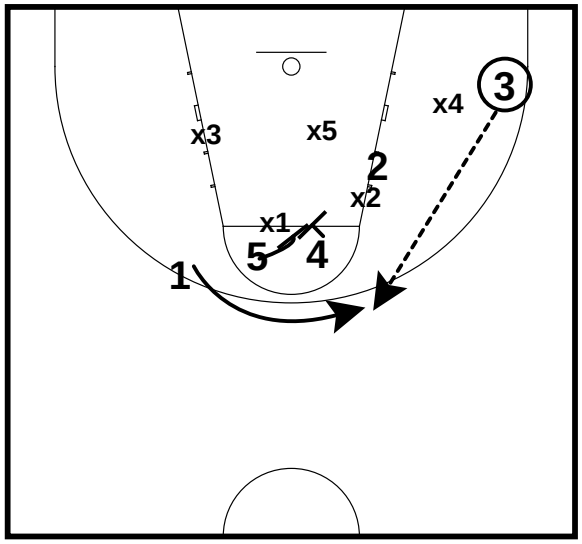
1 (New)



Zone SLOBs

On ball slap 3 flashes to receive inbounds and 1 peels off going away from action 2 cuts hard looking for give and go and trying to drag x2 with him.

1 (New)



Zone SLOBs

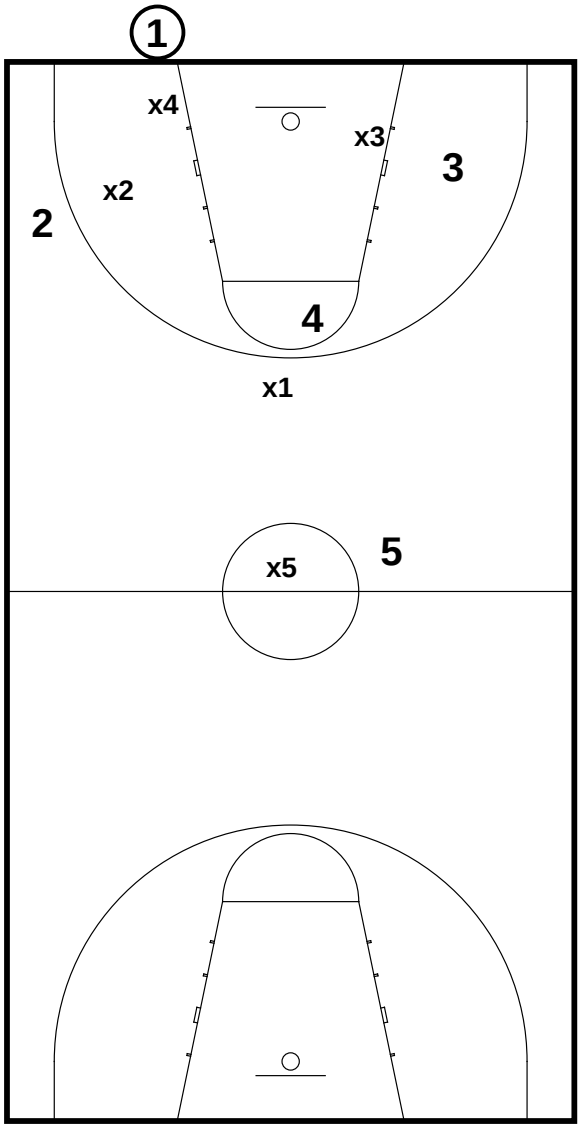
As soon as 2 cuts to the key 4 and 5 turn and screen x1 while 1 cuts back up top for the open 3.

All Contents Proprietary

10 (New)

North Star Prem

10 (New)



Defense

"10" is our 1-2-1-1 full court press. This is a high tempo, high risk high reward press, the opposite of our "20".

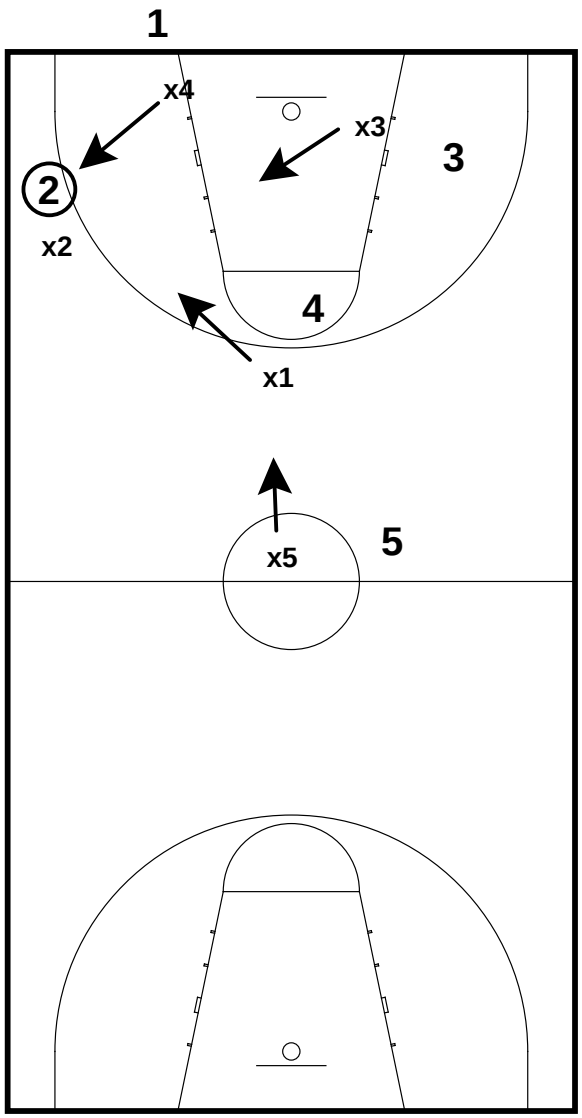
This press will speed the opposition up and create turnovers right under the other teams basket.

We line up in a 1-2-1-1 formation. With a big man at the very front and one at ther very back with guards/wings in the three other spots. In this case we will put the **x4** man on the ball and the **x5** man back.

x4 man must do the following:
- React fast and be waiting for opponent to take it out
- Hands high on inbounders strong side to take away homerun pass (usually passers right hand) for

All Contents Proprietary

10 (New)



Defense

<u>Trapping</u>

We want to trap when the ball is inbounded ball side. If they get a pass into the other side then we wont trap as there is too much ground to cover.

Players must sprint in **and** sprint out of all traps.

First thing **x2** must do in this case is have hands high to take away direct pass and ensure 2 cannot dribble past him down the sideline. x2's foot should actualy be out of bounds.

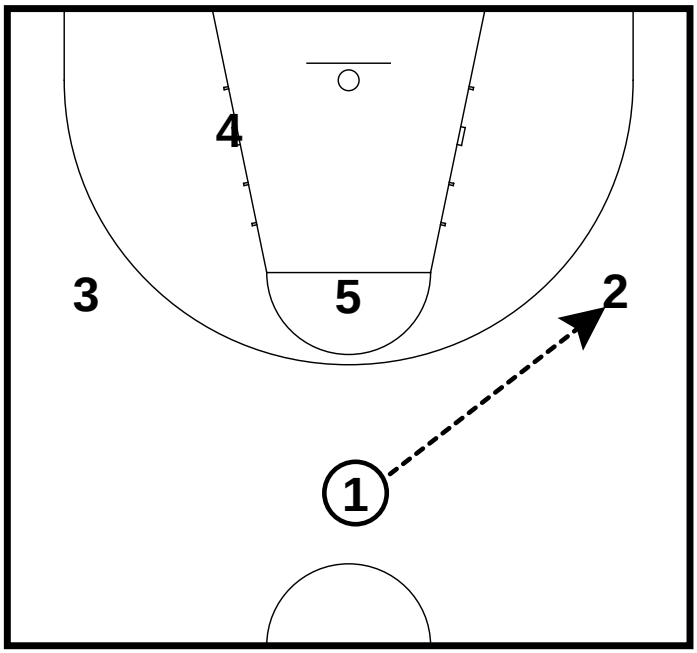
When trapping, belly up but do not reach in!! Foul with your belly because thats never called but **do not** reach in!

x4 must sprint in with hands up to take away pass

13 (New)

North Star Prem

13 (New)



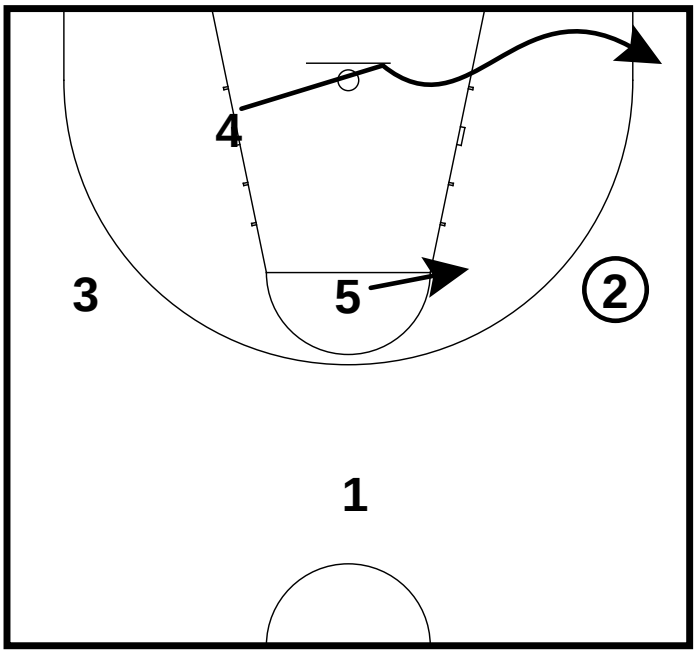
Zone Offense

A very simple offense that requires quick ball movement and sharp cuts in order to shift the zone.

We line up in a 1-3-1 set up with a high and low post.

We always pass to the weakside wing first.

13 (New)



Zone Offense

The 4 man will run the baseline trying to find gaps in the zone and get "behind the zone" if he cant catch in the low block he will clear out to the corner.

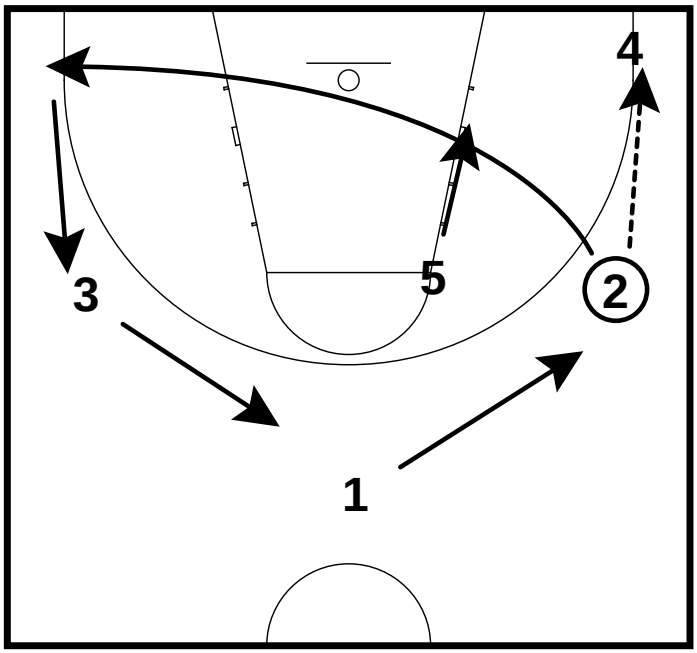
5 man will shadow the ball around the edge of the key.

All Contents Proprietary

13 (New)

North Star Prem

13 (New)



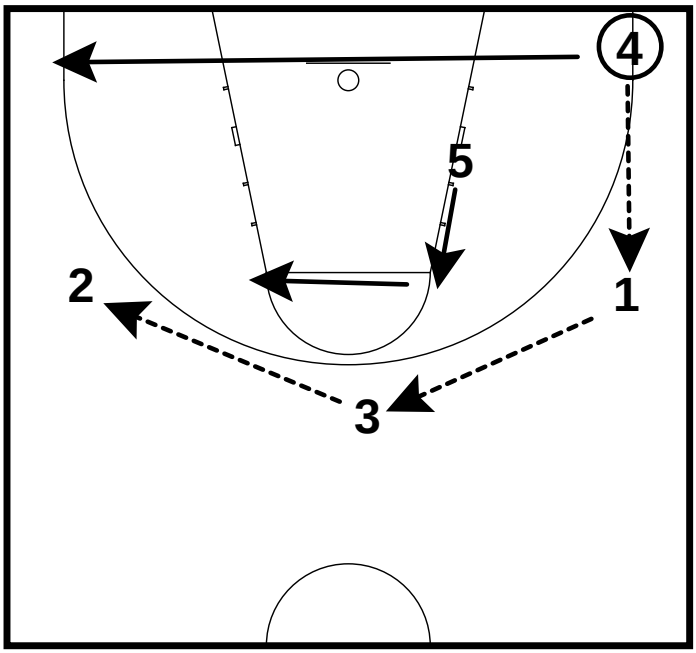
Zone Offense

The 2 man will pass to the corner and cut through the zone. the 2 man should ALWAYS keep his eyes on teh ball as he often will not be open initally but may well be open under the basket. The passer should also be aware of this.

Once the 2 man clears the key the 5 man will drop to the low block looking for the ball.

The other guards will rotate filling the 3 guard spots up top.

13 (New)



Zone Offense

The ball is then reveresd QUICKLY through the guard spots as 4 runs the baseline again looking to catch behind the zone near the basket and clearing out to the corner if this is not possible.

5 man shadows the ball around the key.

We can then repeat the pattern.

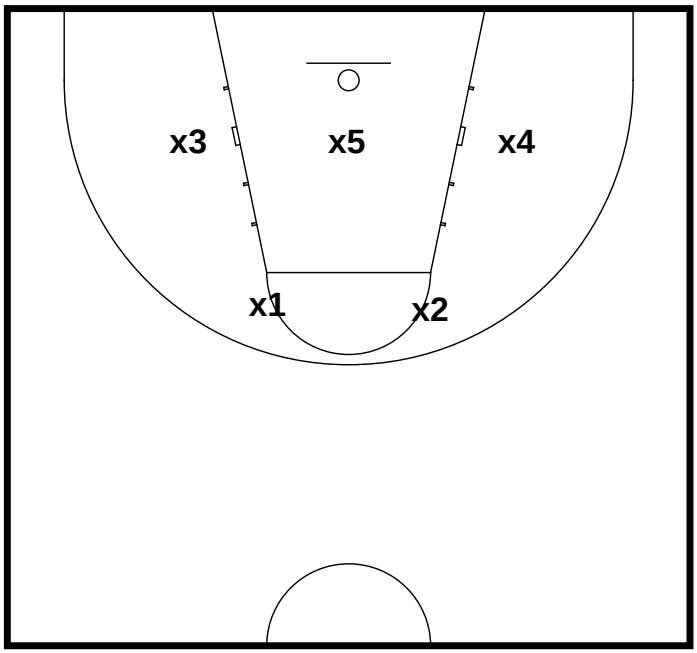
At any stage one of the 3 guards can cut off the ball or penetrate with the ball as long as they complete their cuts and the other guards rotate to fill the 3 guard spots.

All Contents Proprietary

2 (New)

North Star Prem

2 (New)



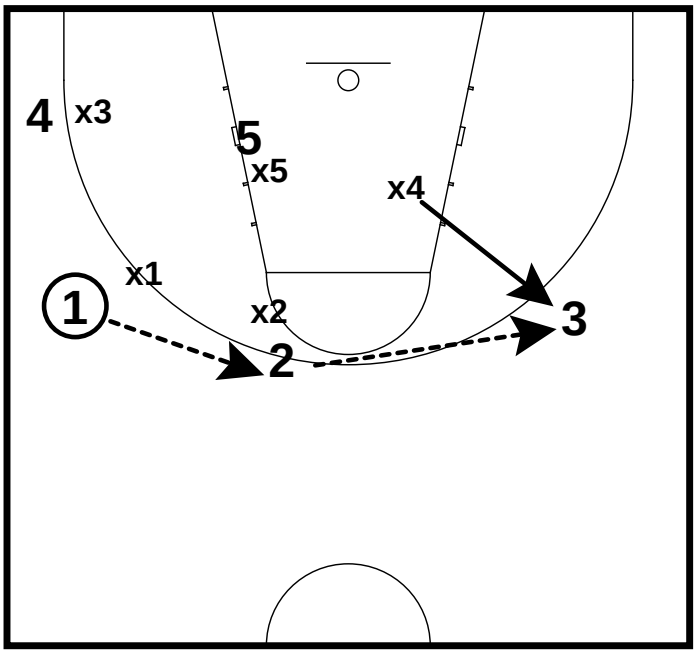
Defense

There are various ways in which we can play our 2-3 zone and it will depend on what team we are playing and their strengths.

It may change into a 1-1-3 zone with one guard up top applying ball pressure and the other guard helping in to the high post.

However if a team has good outside shooters we will play them more honest. Wings x3 and x4 will have to help out to the three point line on skip passes until they are "bumped" down.

2 (New)



Defense

A typical look vs the 2-3 zone will be the overload we see here.

In this case if the ball is skipped to 3 or reversed to 3 via 2 then it will be impossible for x1 and x2 to cover 3 effectively.

x4's position depends on what players are around him. If there is no offensive player behind him he can afford to cheat higher up the lane like in this example. This allows him to be ready to sprint out to steal a skip pass and be in a better position to close out.

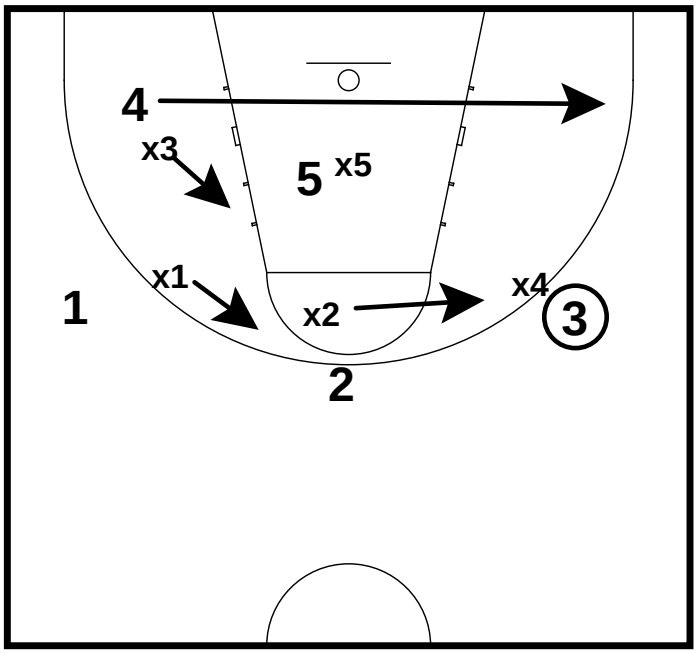
It is up to x4 to close out on the wing until x2 can recover and "bump" him down to his natural position.

All Contents Proprietary

2 (New)

North Star Prem

2 (New)



Defense

x1 and x2 will move while the ball is in the air and x2 will sprint to 3 and shout "bump" as he arrives to let x4 know he can now drop back down towards the baseline.

x3 and x5 will have to be aware of any basline runners (4) and provide help until x4 can recover.

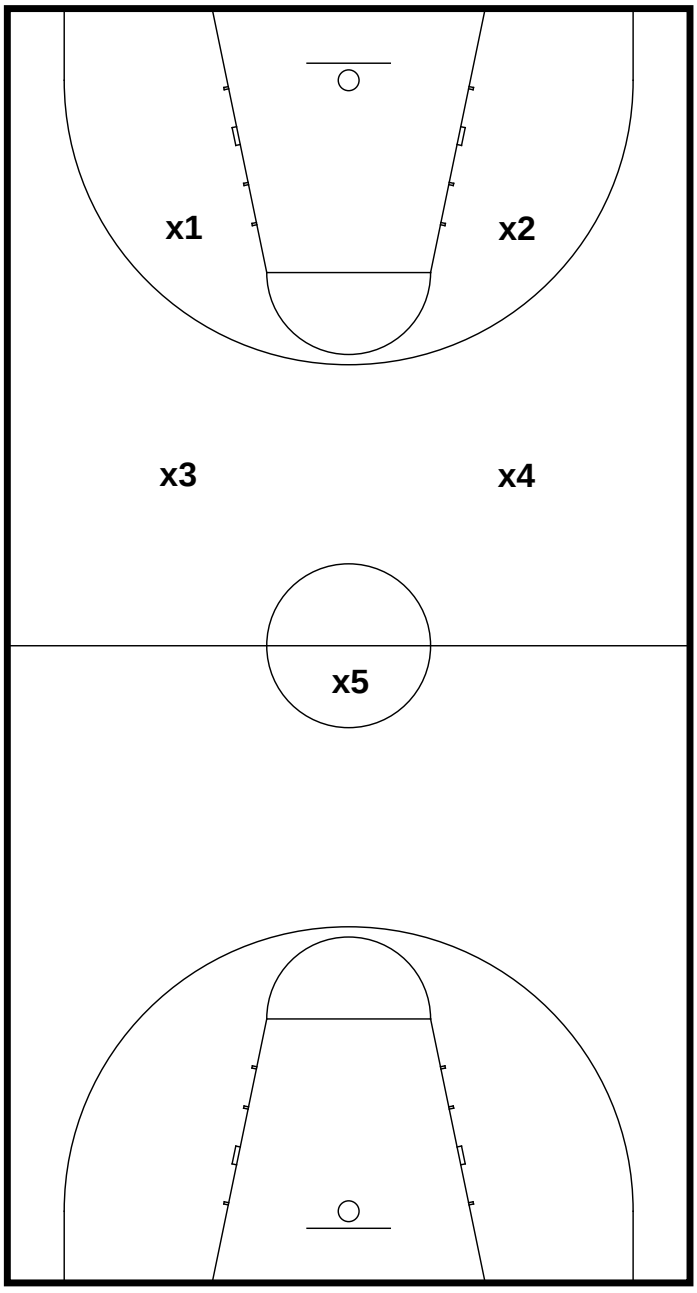
It is very important for the back line of the zone to communicate here.

All Contents Proprietary

20 (New)

North Star Prem

20 (New)



Defense

20 is our 3/4 court 2-2-1 press.

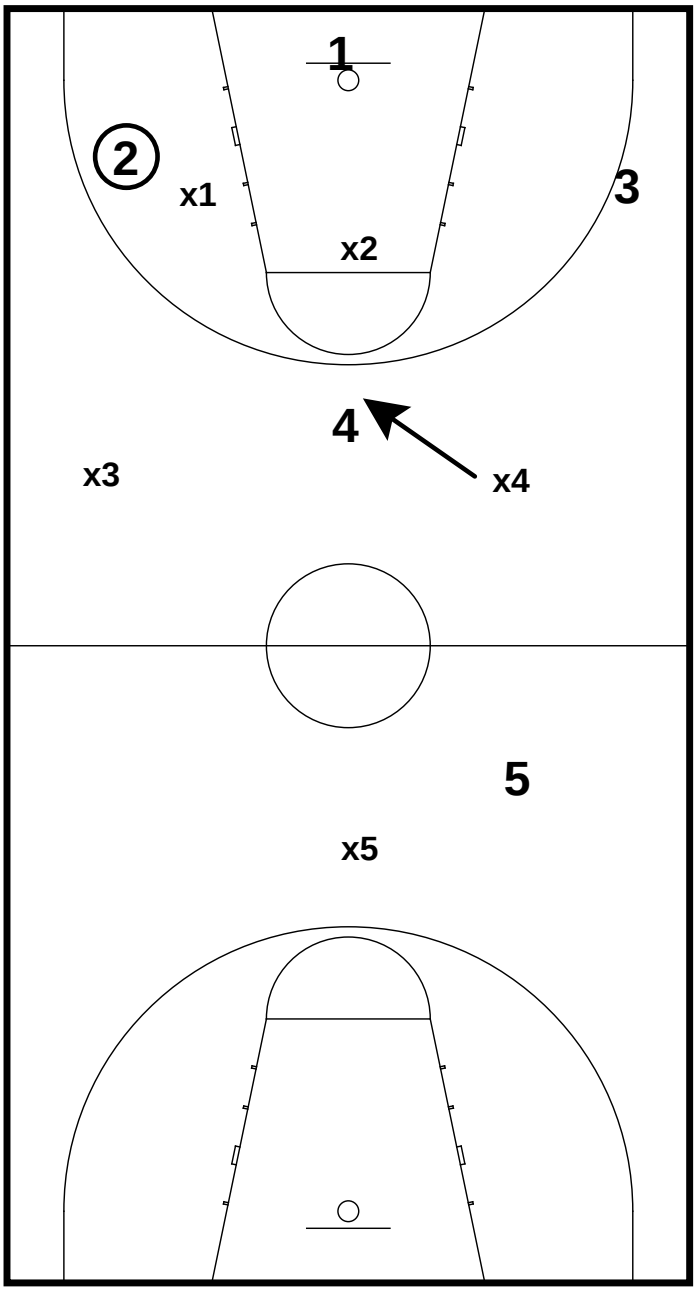
We use this press to either speed the other team up or slow them down, but the main thing is it lets us play at our tempo.

It is a safe press and the number 1 priority is not to allow a lay-up! All 5 players must always be below the line of the ball.

We can trap in this press along the sidelines but who, often, and aggressively we trap will depend on the game and situation.

Important point - x5 is ALWAYS the last man back.

20 (New)



Defense

We allow the inbounds pass.

As soon as the ball is inbounded we want to force the ball handler towards the sideline.

In this case the offense inbound the ball to 2 so x1 steps up and forces 2 towards the sideline.

x2 drops below the line of the ball and towards the middle. At this stage his job is to not allow and dribble penetration middle and discourage a pass to the middle.

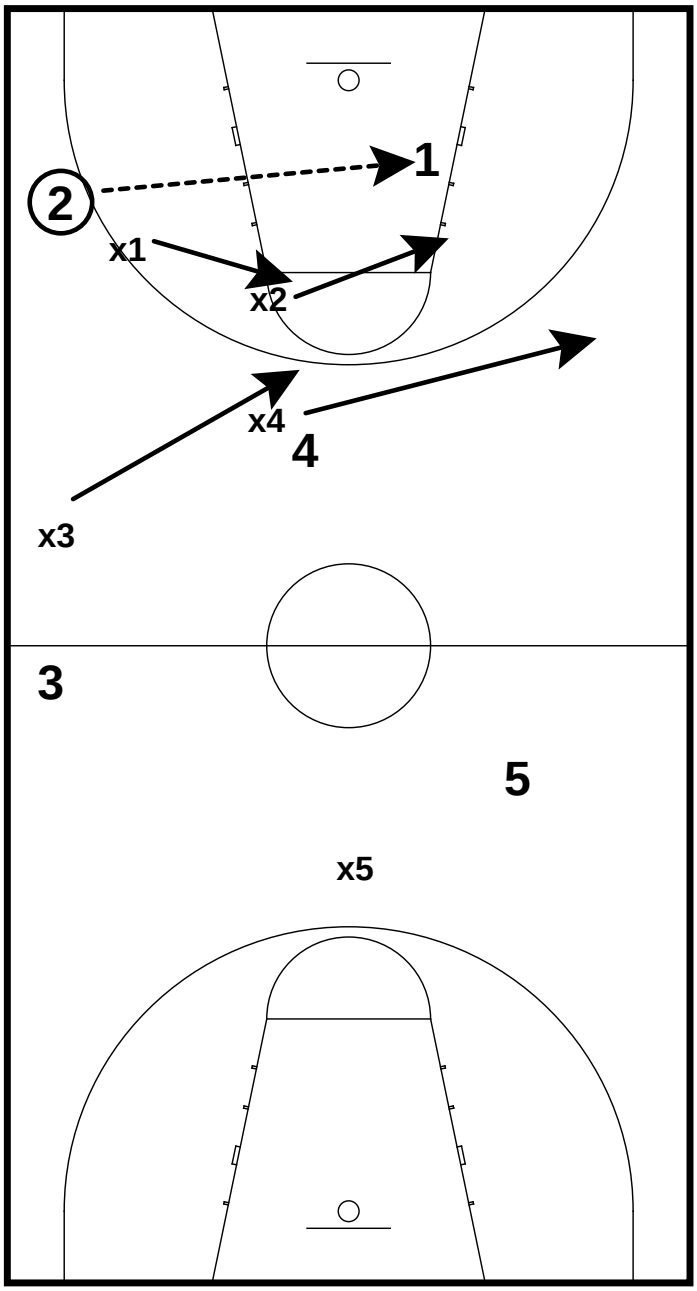
x3 steps towards the sideline. His role depends on who is behind him, in this cas ethere is noone

All Contents Proprietary

20 (New)

North Star Prem

20 (New)



Defense

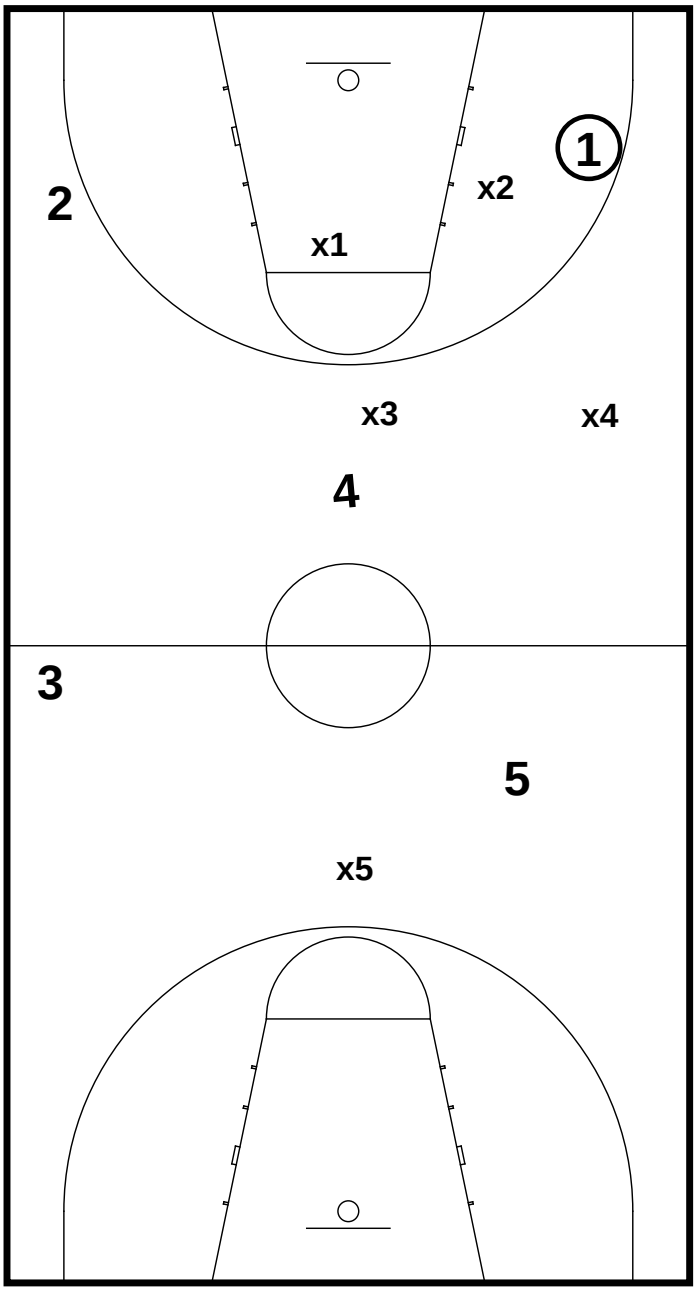
In this diagram you can see how x1, x2, x3 and x4 form a box shape.

The rule of this defense that as long as the ball does't go through the "box" we cant be hurt.

We must stop and dribble penetration or pass into the middle of the "box".

We allow them to reverse the ball and go down the other side of the court as long as it is outside the "box". Next diagram will show the shifts for a ball reversal from 1 to 1.

20 (New)



Defense

x2 is now on the ball forcing towards the other sideline and x1 drops below the line of the balland helps into the middle.

X4 waits for x3 to bump him out to the sidleine and x3 takes responsibility to stop the middle pass.

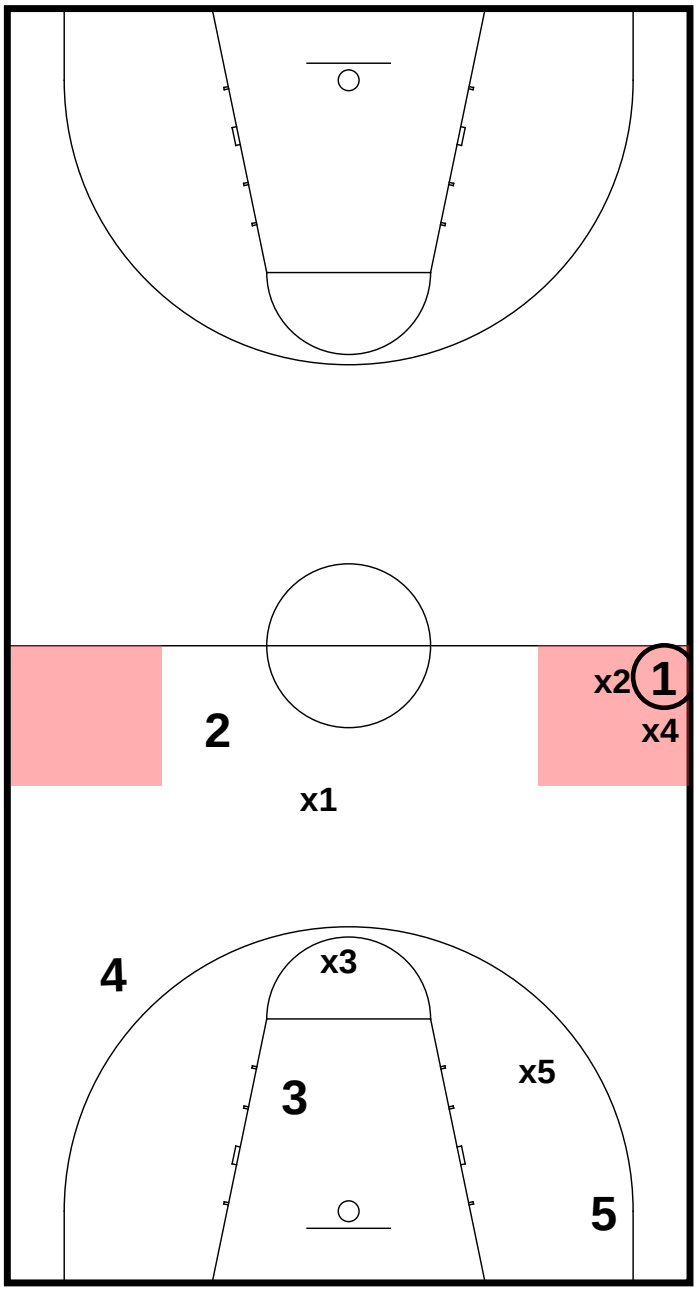
Note that the skip pass from 1 to 3 looks open now. The long diagonal pass is one which we allow for several reasons. Firstly it is a difficult pass which will often go out of bounds. Secondly our x5 may be able to intercept and thirdly even if made it gives us plenty of time to hustle back and get beind the line of the ball again in our half court defense.

All Contents Proprietary

20 (New)

North Star Prem

20 (New)



Defense

Traps

In this press we can trap anywhere along the sideline but the premium trap area is as soon as the ball crosses the halfcourt at the sidleline as shown by the red areas on the diagram.

As soon as 2 players decide to trap they must commit 100%. We cant start to trap then change our minds.

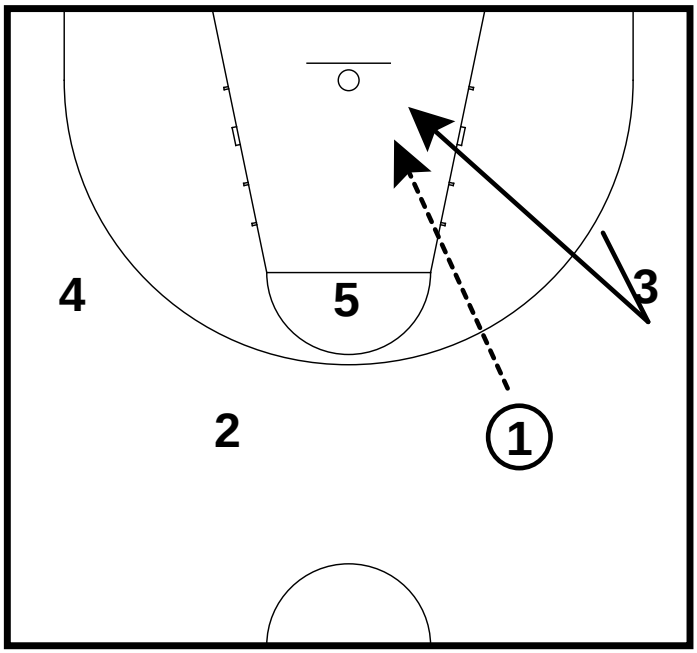
In this case x4 must make sure that 1 cant get past him on the sideline so x4s right foot should be on the sideline. x2 must make sure that 1 cant split the trap and get between x2 and x4. Both players

All Contents Proprietary

23 (New)

North Star Prem

23 (New)

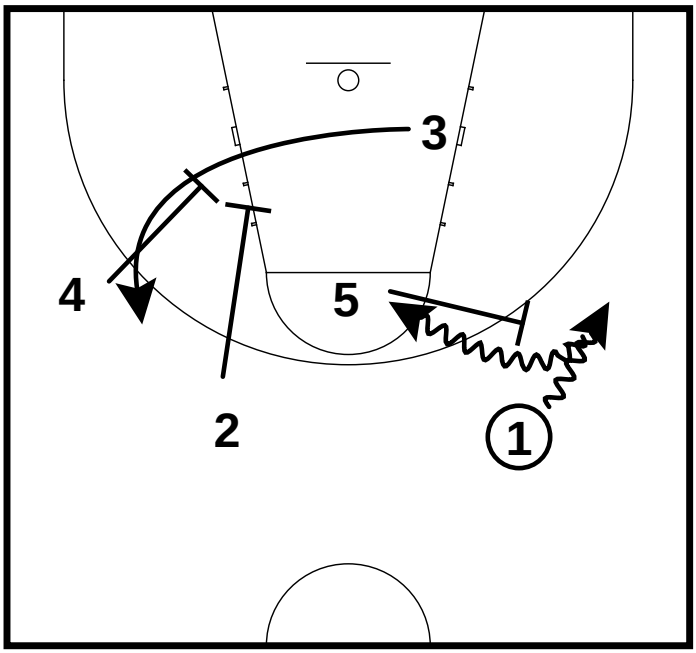


Man Set Plays

Option 1

3 Man V cuts and goes backdoor to basket and 1 looks for the pass for the easy layup.

23 (New)



Man Set Plays

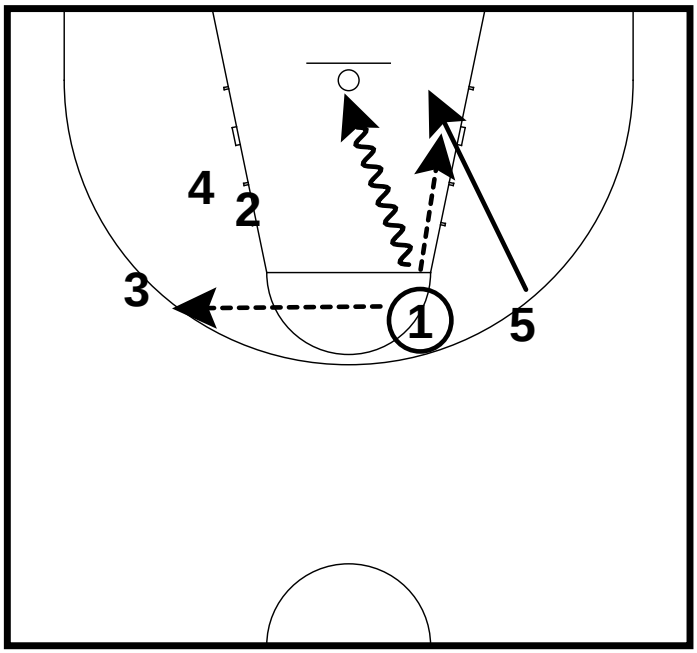
If the backdoor pass to 3 isnt on then 1 dribbles to the wing as 5 comes to set a ball screen. After the backdoor doesnt work 3 continues and curls off a double screen set by 4 and 2.

All Contents Proprietary

23 (New)

North Star Prem

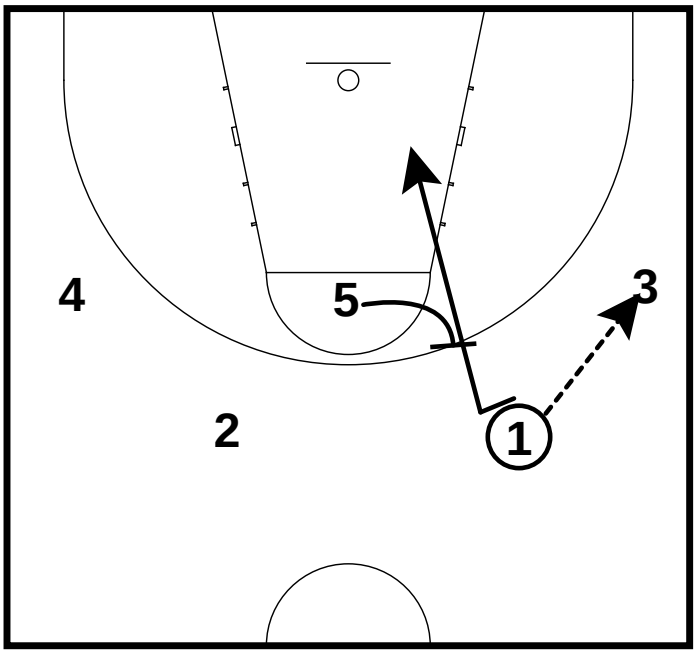
23 (New)



Man Set Plays

At this stage 1 should have 3 options. He can drive the ball to the basket after coming off the ball screen, pass to 5 who is rolling to the basket or hit 3 for the jump shot.

23 (New)



Man Set Plays

Option 2

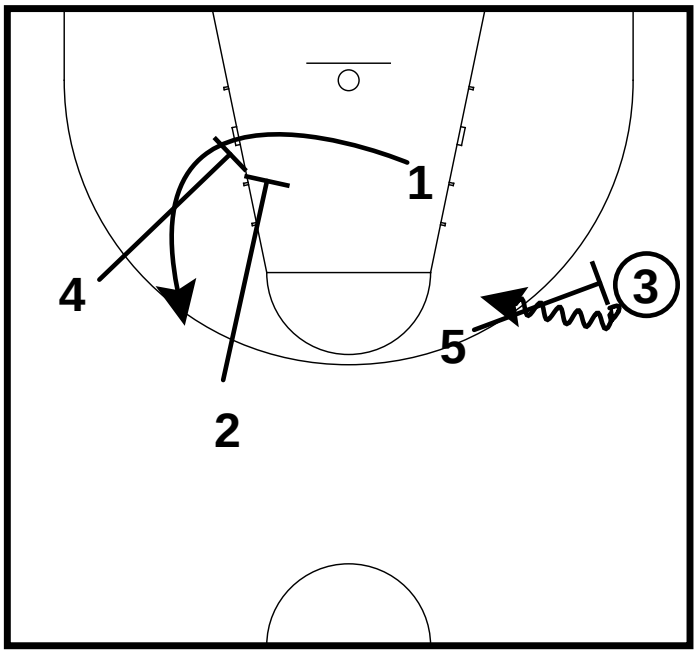
1 man hits the 3 man on the wing. The 5 man steps up and sets a back screen for 1 to make a UCLA cut straight to the basket. 3 should look to see if 1 gets open for the lay-up and 5 should open up for a split second to see if he can get an open look if the defenders switch on the back screen.

All Contents Proprietary

23 (New)

North Star Prem

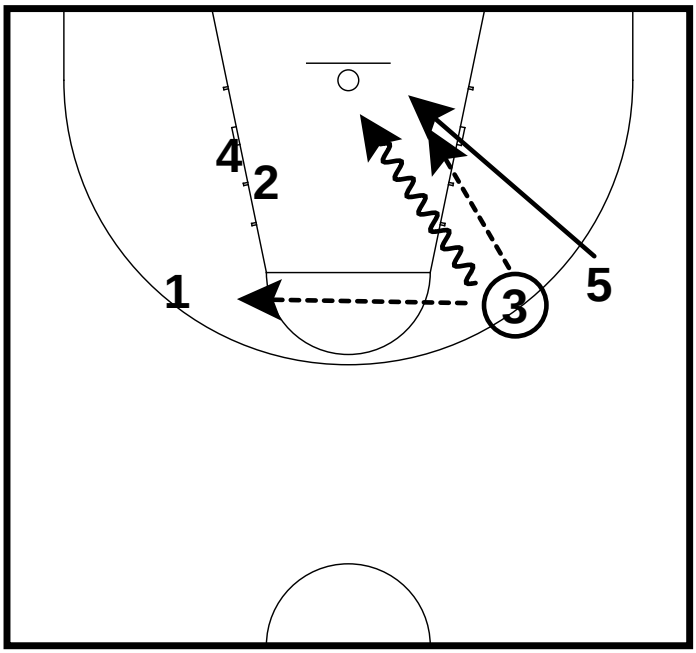
23 (New)



Man Set Plays

After setting the Backscreen 5 man goes to the wing and sets a ball screen for 3. 1 clears out and curls off a double screen set by 4 and 2.

23 (New)



Man Set Plays

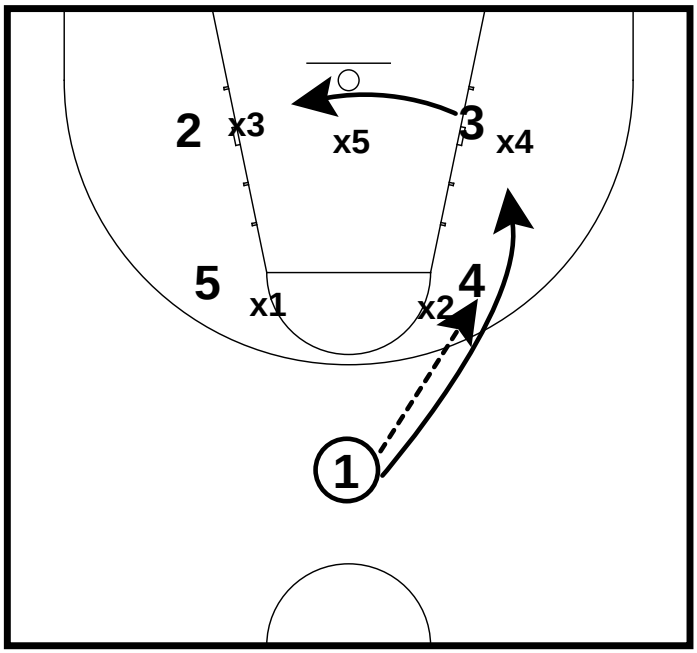
We can now see that 3 will have three options. He can drive straight to the basket off the ball screen, he can hit the 5 man who should be rolling to the basket or he can pitch to the 1 man who should be open for the jump shot.

All Contents Proprietary

33/32 (New)

North Star Prem

33/32 (New)



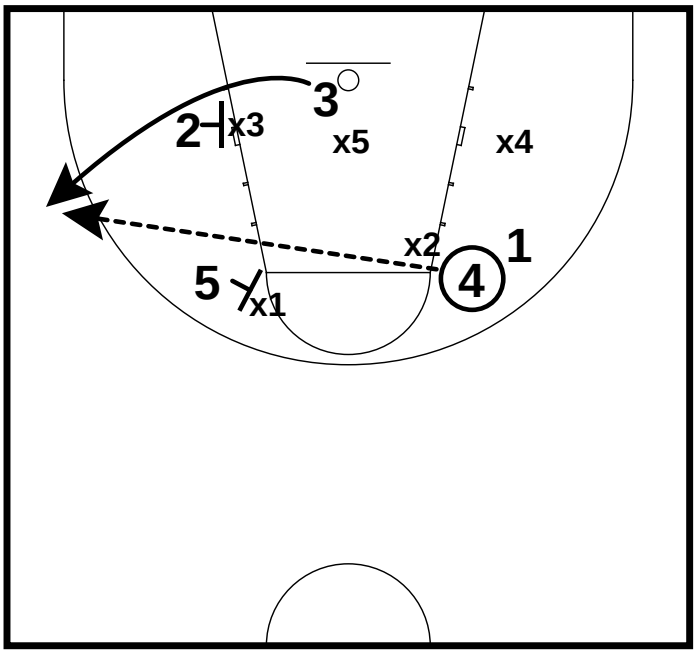
Quick Hitters - Zone

33 if we run it for the 3 man and 32 if we run it for the 2 man.

Line up in box formation with bigs high. 1 Hits the high post then cuts hard off the ball calling for it.

3 Starts his cut

33/32 (New)



Quick Hitters - Zone

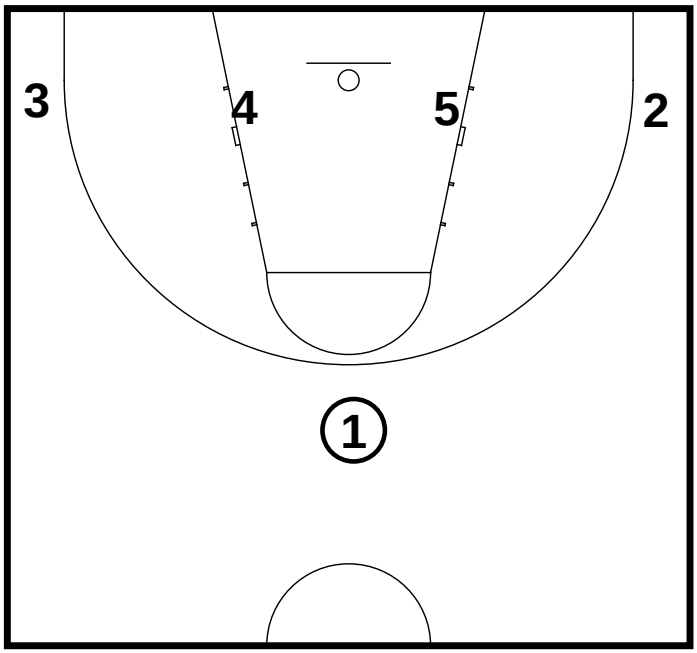
4 fakes the hand off to 1 and instead pivots and hits 3 with a good pass for an open three with 2 and 5 screening in.

All Contents Proprietary

4 Low (New)

North Star Prem

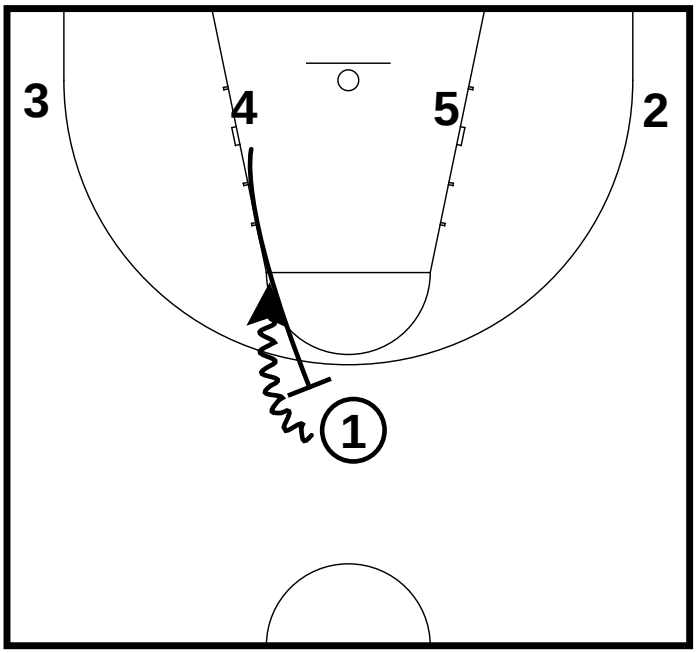
4 Low (New)



Man Set Plays

If the point guard can dribble past his man then he will penetrate and go to the basket until 4 or 5's defenders play help. At this stage he can simply pass to 4 or 5 for the easy basket.

4 Low (New)



Man Set Plays

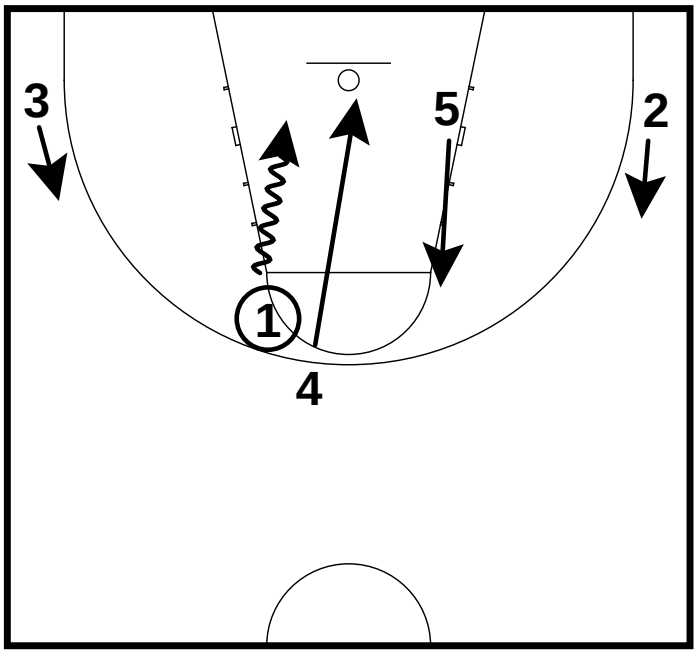
If 1 calls the name of 4 or 5 they will **sprint** to top of the key to set a ball screen. In this case 1 called 4's name.

All Contents Proprietary

4 Low (New)

North Star Prem

4 Low (New)



Man Set Plays

After setting the screen 4 will roll to the basket at the same time the other post player, 5 in this case, will flash hard to the high post to force his defender to either play help or stick with 5.

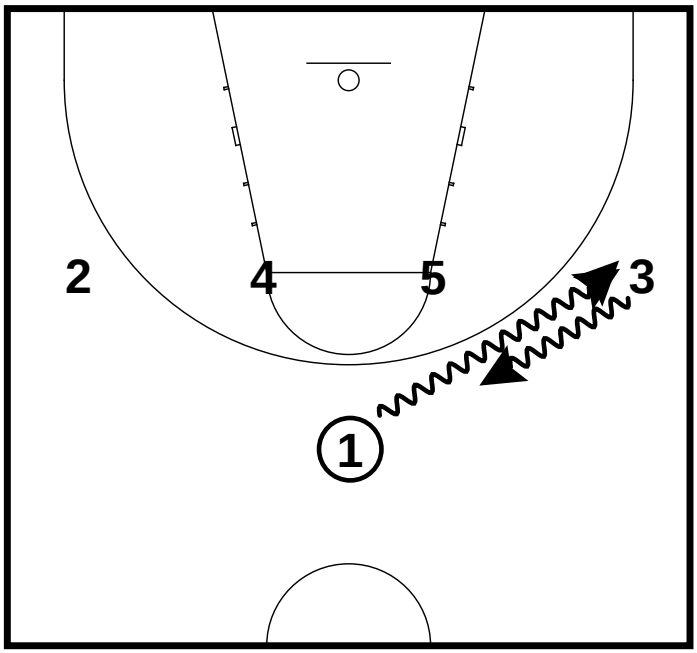
The other other defender that should be able to help out is 3's man in the corner 3 and 2 should slide slightly up the lane and spot up for 3's.

All Contents Proprietary

4-High (New)

North Star Prem

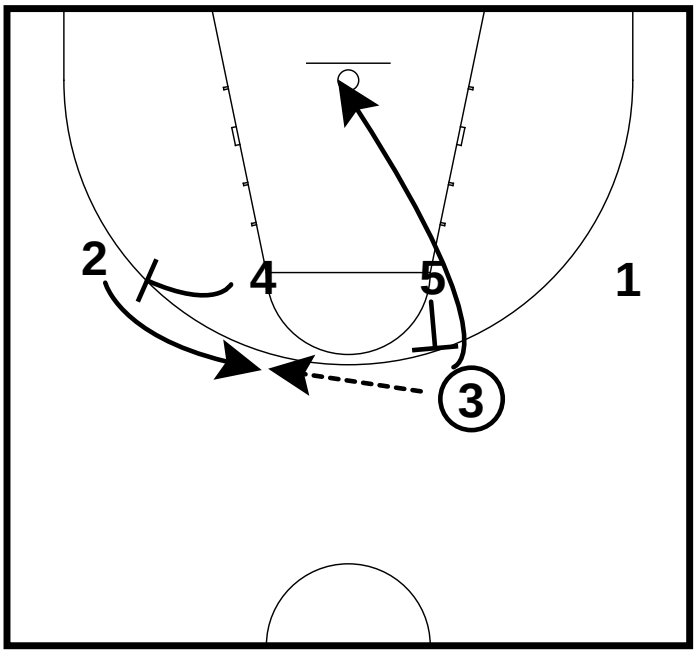
4-High (New)



Quick Hitters - Man

Starting in a 1-4 High set 1 dribbles at 3 for the dribble hand-off

4-High (New)



Quick Hitters - Man

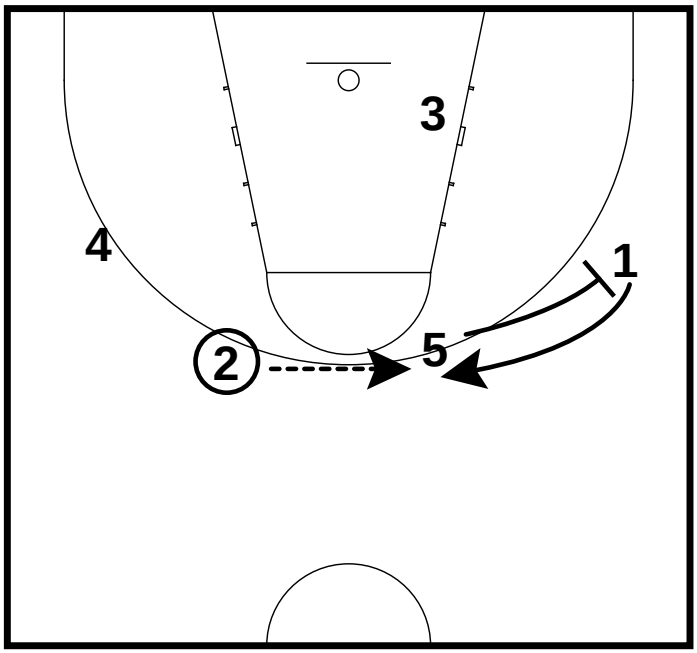
3 takes two dribbles to the middle of the floor before hitting 2 coming off 4's screen. As soon as the ball leaves 3's hand 5 steps up to set a back screen for 3 to cut to the rim and 2 is looking to throw the lob over the top.

All Contents Proprietary

4-High (New)

North Star Prem

4-High (New)



Quick Hitters - Man

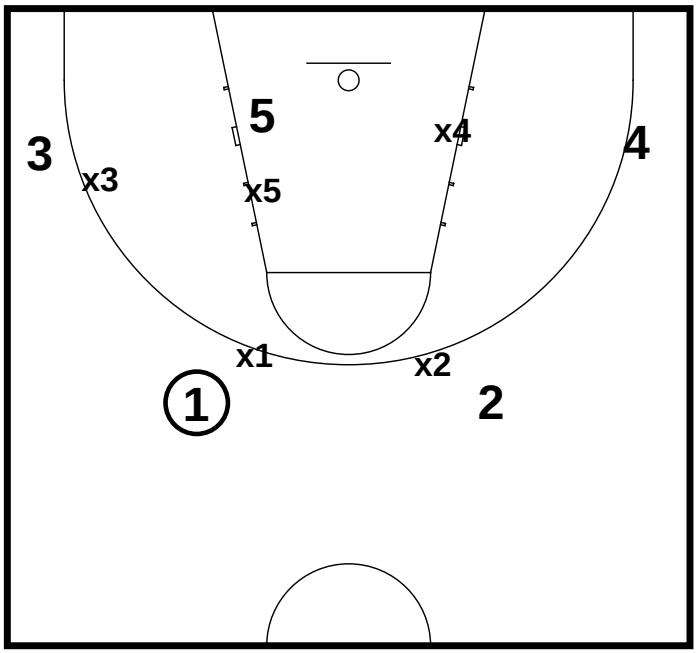
Hoping to catch x5 helping on the lob 5 quickly turns and screens away for 1 who will be open for the three.

All Contents Proprietary

5 (New)

North Star Prem

5 (New)

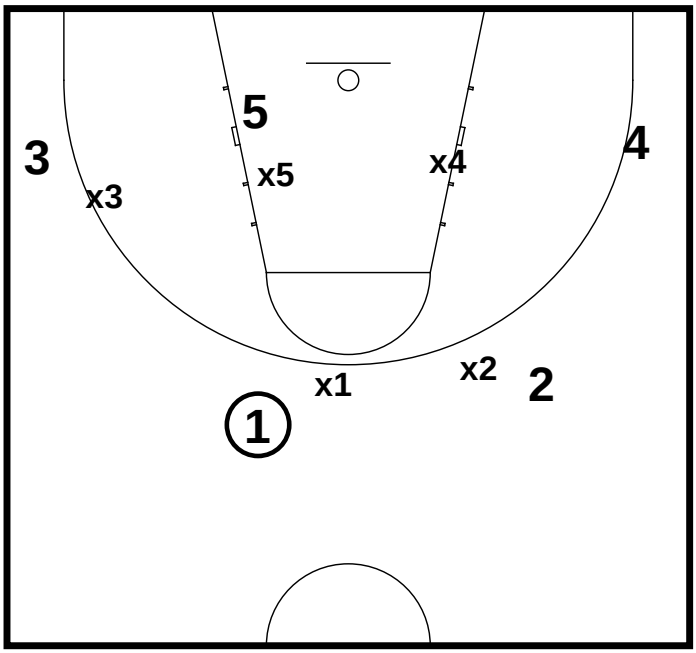


Defense

Key Points of the Defense:

- Keep ball on one side of floor
- Ball should not enter high % area (post)
- Make offensive players receive ball at least 1 step outside 3 point line
- Deny 1 pass away with **strong** help 2 passes away

5 (New)



Defense

x1 Forces 1 to 1 side of the floor

x3 and x2 are 1 pass away and will deny forcing 2 and 3 to catch 1 large step outside the three point line

As ball is above FT line x4 wil be just inside key

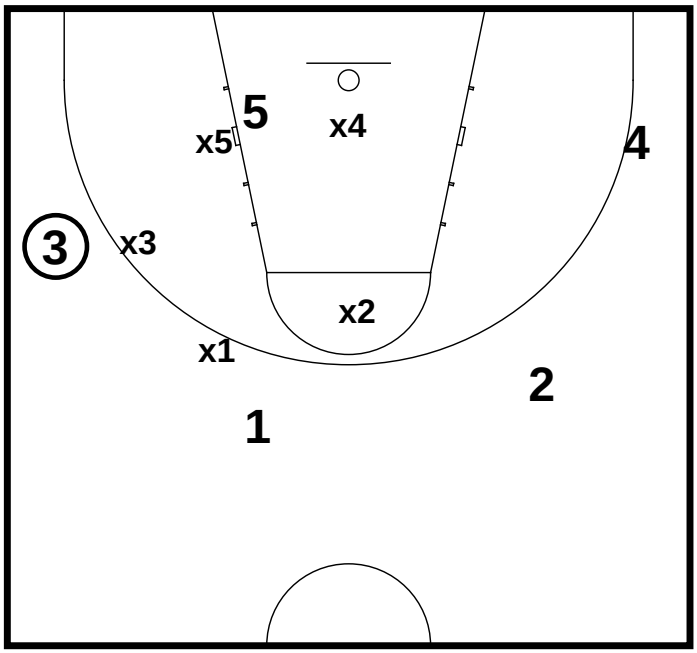
x5 will have a "step cushion" up he lane

All Contents Proprietary

5 (New)

North Star Prem

5 (New)

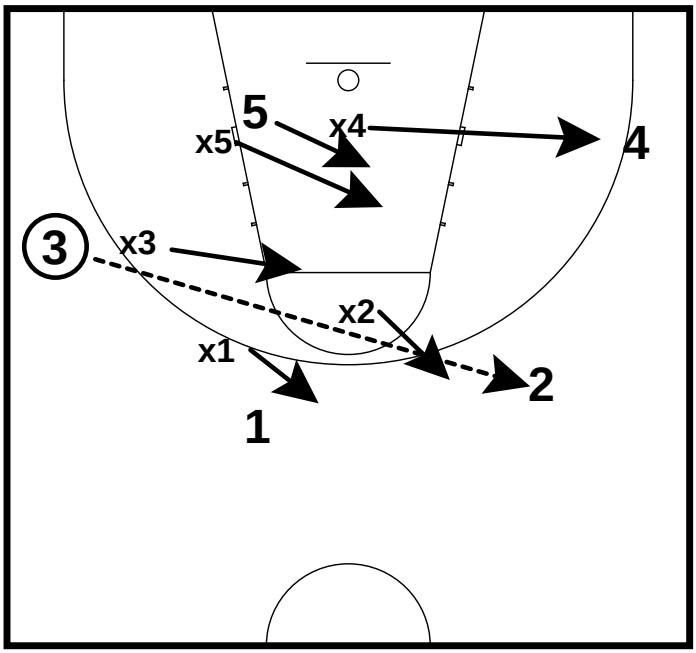


Defense

Ball passed to Wing - all players jump to ball.

- The ball defender x3, forcing baseline.
- x5 is now full fronting
- x1 jumps to ball and gets hand in passing lane
- x2 and x4 will now be on the wall playing strong help defense
- x2 will have his back to the ball at this stage ready to close out on 2 on a skip pass but wil turn and play help if 3 puts ball on floor and drives.
x4 will have back to basket and will be ready to help on any lob pass to 5

5 (New)



Defense

On a skip pass

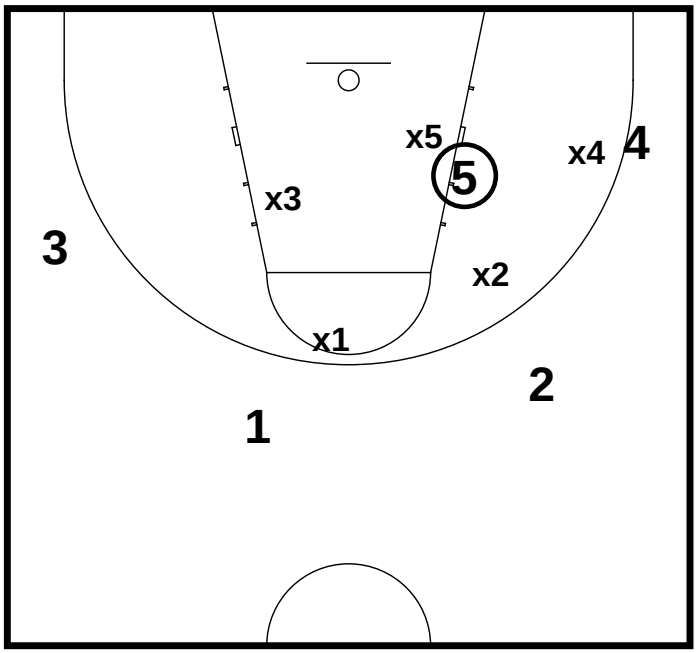
- Players that are closing out must now aim to keep ball on that side of the floor, chop feet when nearing player and force baseline with high hand pressure to discourage shot. x2 in this case.
- X5 should never be below 5, bump him through the lane.

All Contents Proprietary

5 (New)

North Star Prem

5 (New)



Defense

If they get a post feed (in this case to 5)

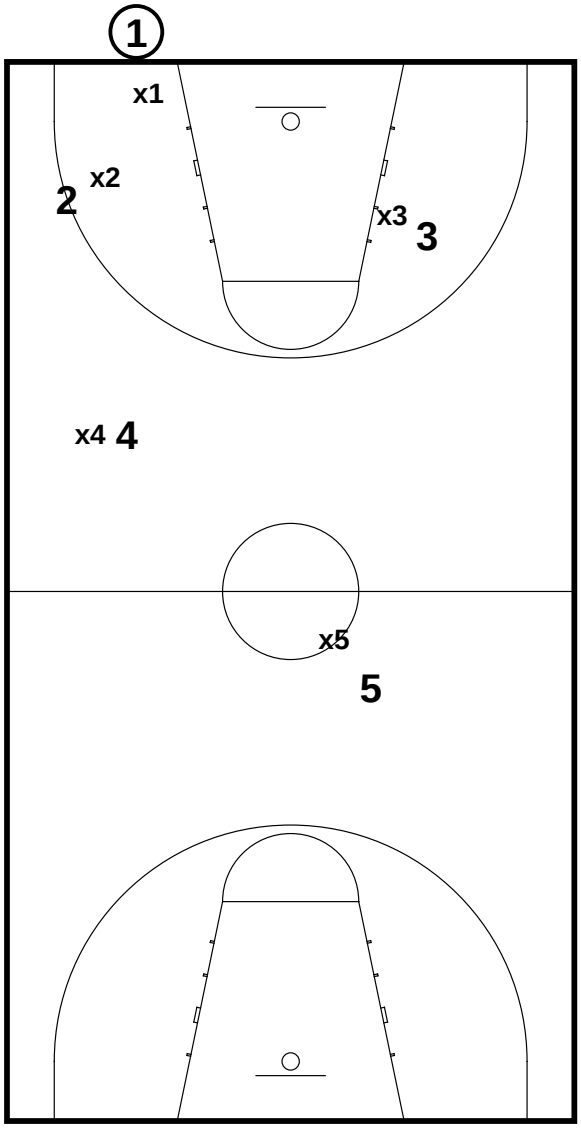
- x5 must ALWAYS stay between ball and basket.
- One pass away help in and "dig up" at the ball - x2 and x4
x1 and x3 pinch
- Four defenders helping in must remain in a position to close out fast.

All Contents Proprietary

50 (New)

North Star Prem

50 (New)



Defense

10 is our full court man to man defense. Depending on the team and situation we may run and jump or run and double.

However the base "10" defence will be simply man to man extended full court where the aim is to turn the ball handler as many times as possible and to not let anyone get beat off the dribble.

The more decisions we make the offense make the more likely they will make a poor decision.

As with all defense communication is important and the players must behind must speak up and let the players up top know what is happening.

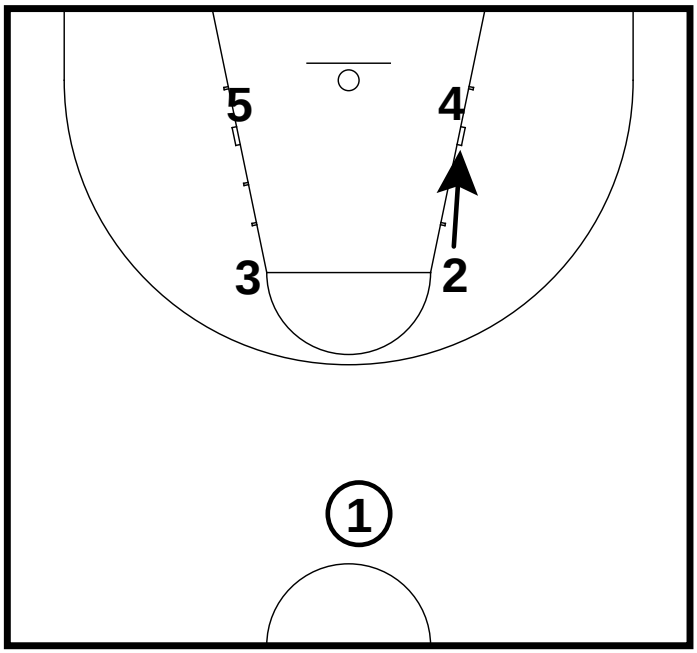
All Contents Proprietary

Similarly if a players man is setting a screen it is up to that player to shout either "screen left" or

BOX - Double "Players Name" (New)

North Star Prem

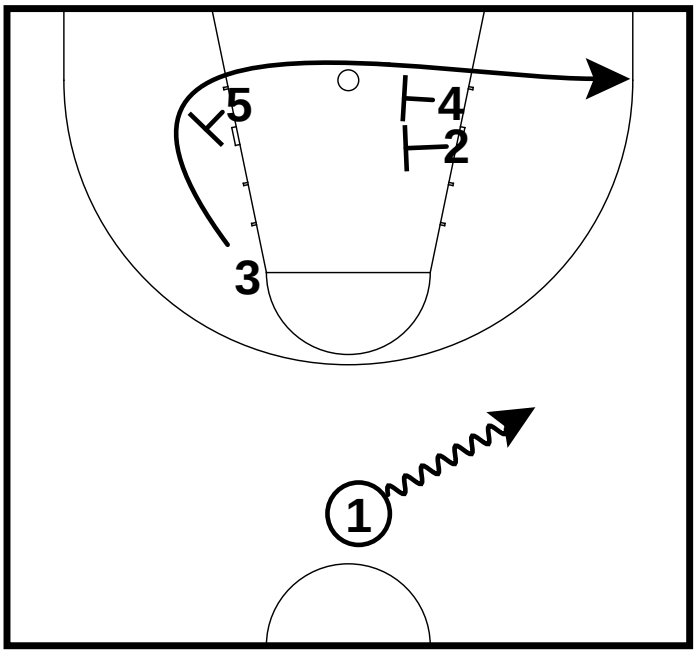
BOX - Double "Players Name" (New)



Quick Hitters - Man

In this case we will imagine 3 is the shooter, the point guard will call Double and 3's name.

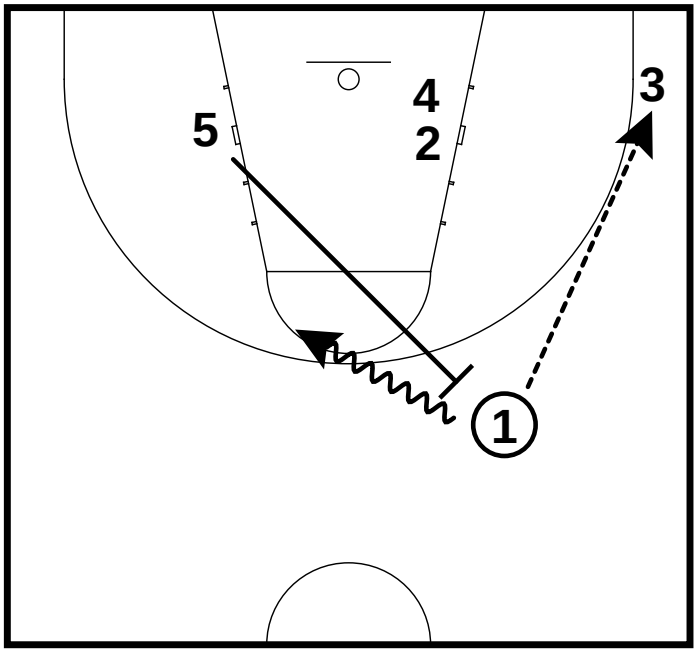
BOX - Double "Players Name" (New)



Quick Hitters - Man

5 will set a screen and 2 will cut to the low block to set a double screen with 4 as 3 curls the screens looking for the corner 3.

BOX - Double "Players Name" (New)



Quick Hitters - Man

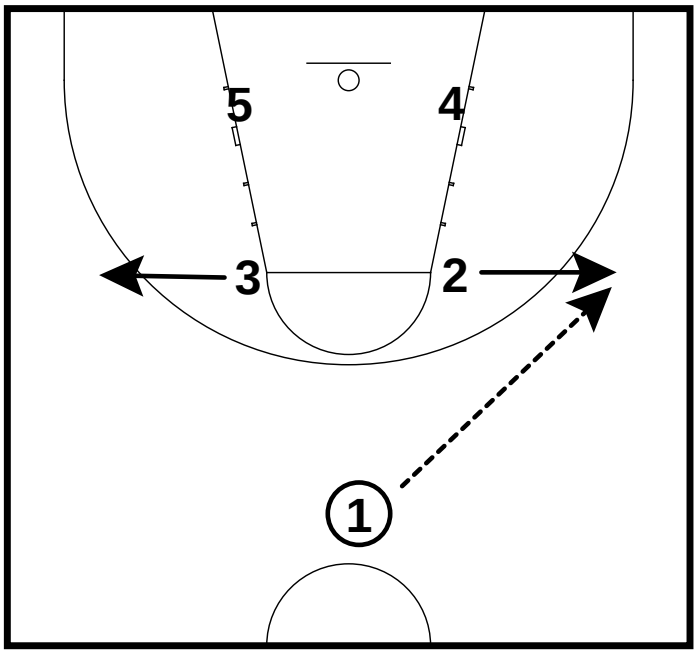
1 will have the option of hitting 3 for the corner three or using 5 who will be SPRINTING to set the screen for the Pick and roll action.

All Contents Proprietary

BOX - Post (New)

North Star Prem

BOX - Post (New)

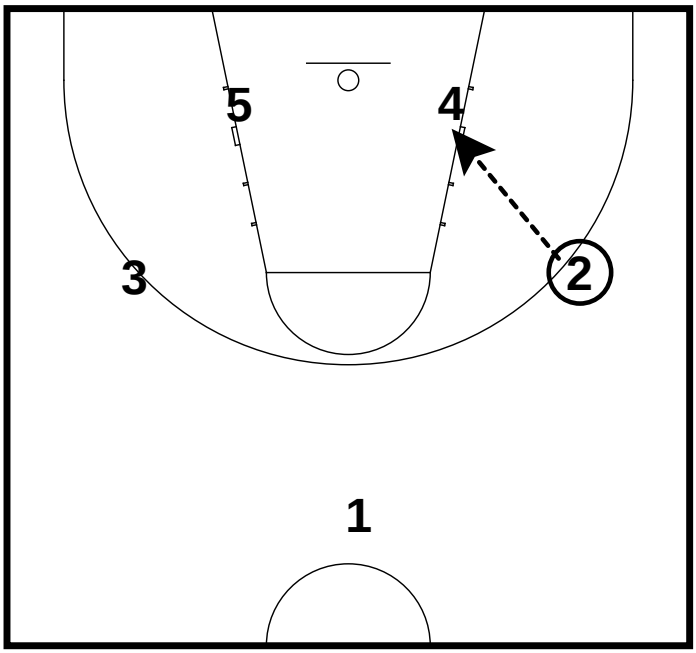


Quick Hitters - Man

On the call 2 and 3 sprint to the wings while 4 and 5 try to get position.

Depending on who we want to post up 1 will pass to either 2 or 3 and they will look for the post feed.

BOX - Post (New)



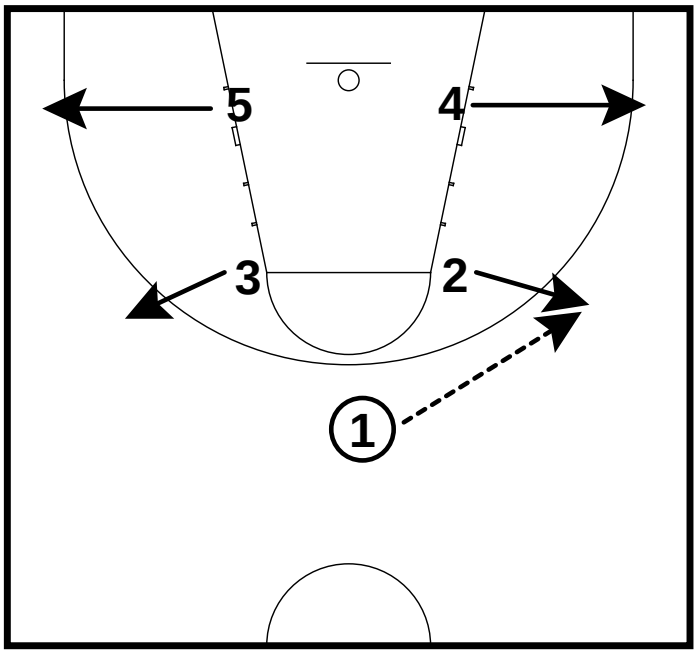
Quick Hitters - Man

All Contents Proprietary

BOX - Spread (New)

North Star Prem

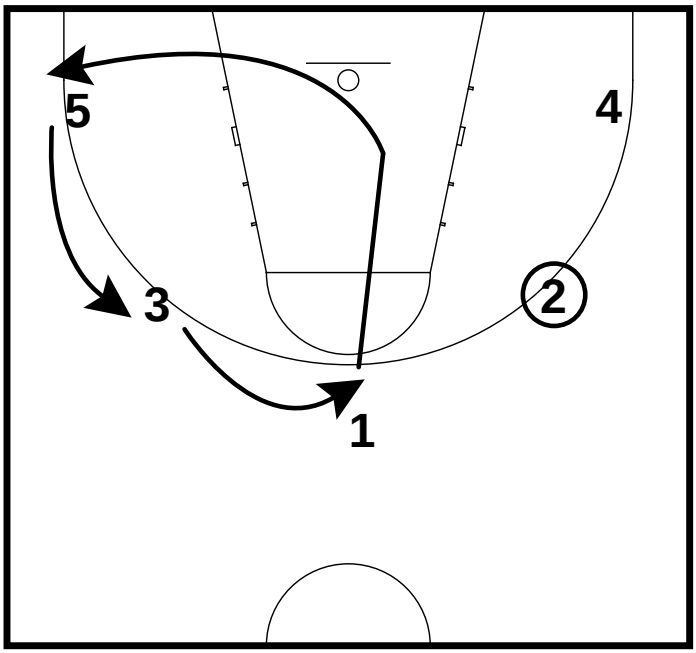
BOX - Spread (New)



Quick Hitters - Man

On the ball slap all players will cut hard to the three point line. If 1 can penetrate then he can go to the basket looking for the kick out if any defenders help. Otherisw 1 will hit 2 or 3 and our "wheel" action will begin.

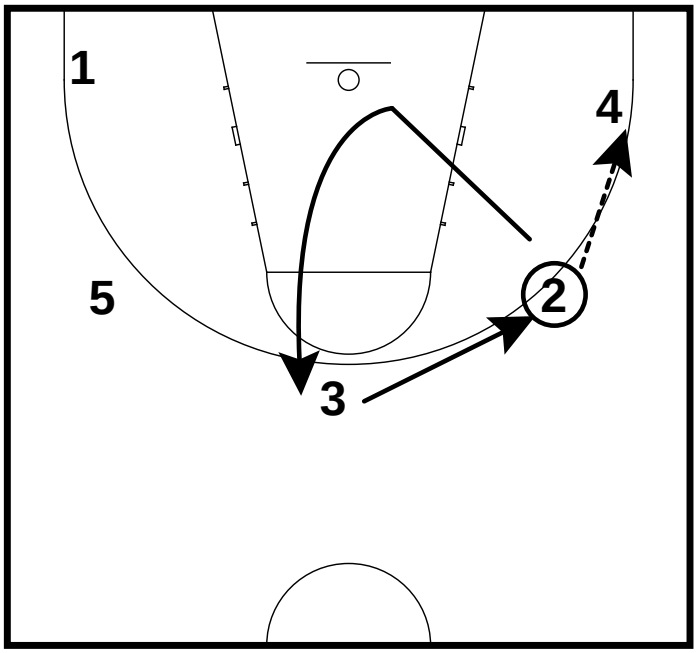
BOX - Spread (New)



Quick Hitters - Man

This wheel motion can continue as cutters look to step behind their man and get an easy lay-up oppertunity.

BOX - Spread (New)



Quick Hitters - Man

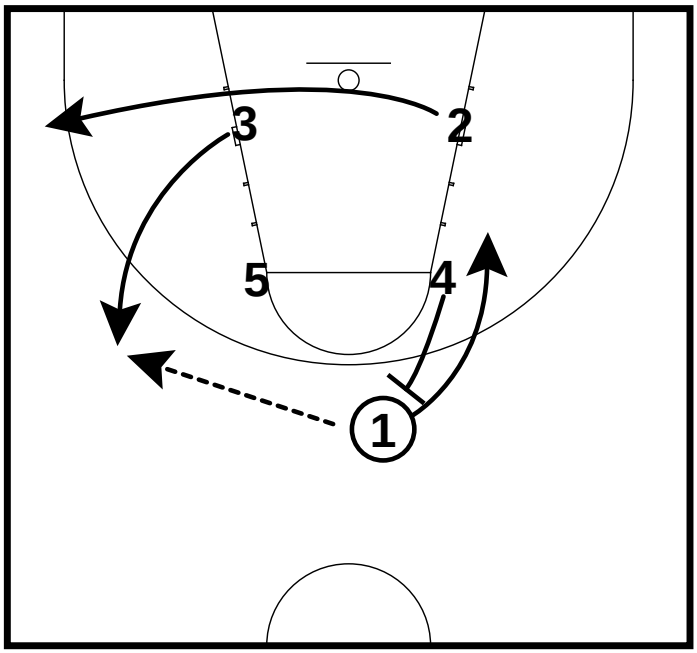
If 2 hits the corner then our second wheel motion can begin with 2 and 3 in this case.

All Contents Proprietary

Butler (New)

North Star Prem

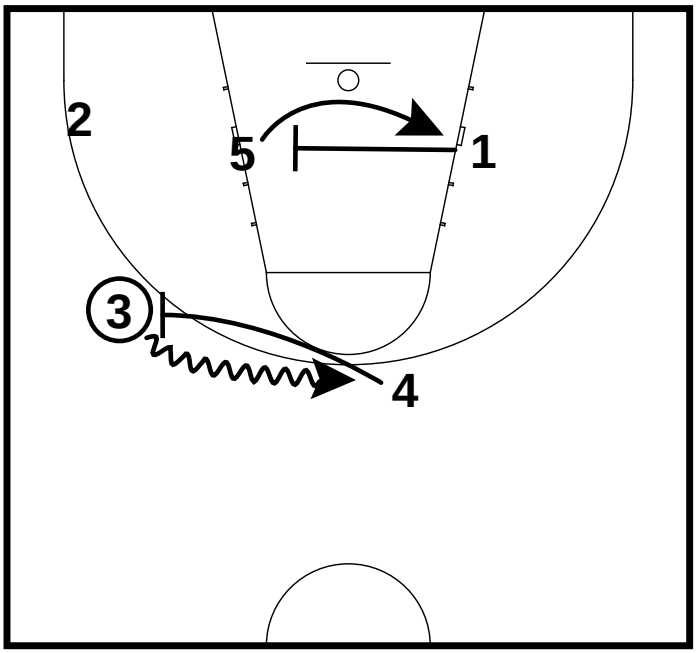
Butler (New)



Man Set Plays

Set up in a box with posts at the elbows. 3 breaks out of the box to make a catch on the left wing while 2 runs to the left corner. After making the pass to 3, 1 receives a back screen from 4 to look for the pass over the top. On 3's catch, 5 moves into the block area looking for the post catch.

Butler (New)



Man Set Plays

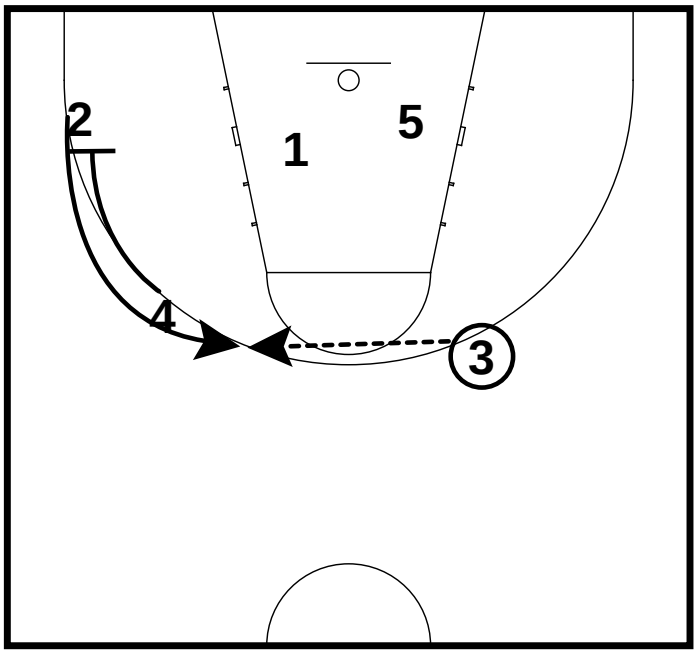
After setting the back screen 4 moves to set a wing ball screen for 3. After clearing 3's shoulder, 1 has finished his cut right into a back screen for 5 who rolls off his strong side block position to a seal position looking for the bounce pass from 3.

All Contents Proprietary

Butler (New)

North Star Prem

Butler (New)



Man Set Plays

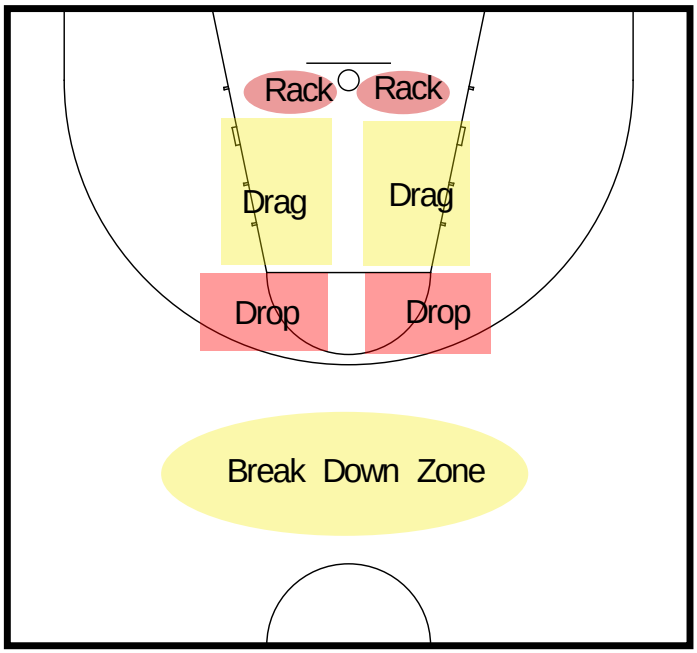
4 finishes the play by setting a down screen for 2 to fill the wing area and look for the open three.

All Contents Proprietary

Dribble Drive Attack (New)

North Star Prem

Dribble Drive Attack (New)



Offense

Here are the zones that we will talk about when discussing the dribble drive. There are too many options to put on paper for this offense.

The one thing to remember is that our number one goal is to penetrate and get to the "Rack"

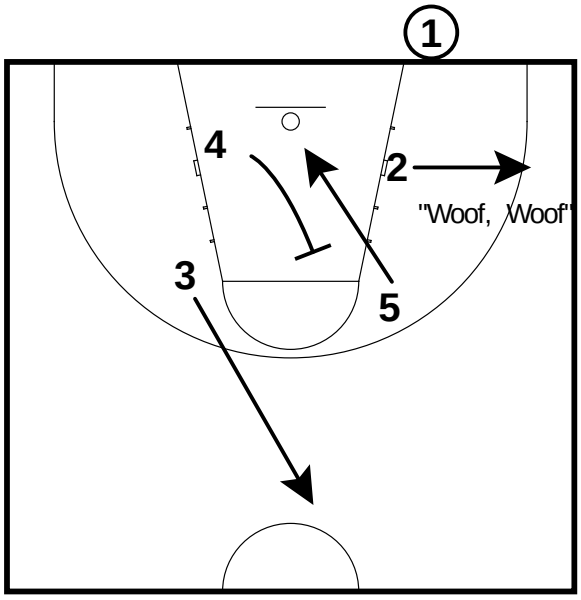
Our motto is "3 or Key" - ie either a high % shot in the key or a three pointer.

All Contents Proprietary

Duke (New)

North Star Prem

Duke (New)



Trick Plays

Can be run on a BLOB or SLOB.

In this case a BLOB. On the ball slap 2 sprints to the corner, gets down on his hands and knees and starts to slap the floor and bark like a dog. Important to slap the floor with palms of his hands and bark as loud as possible to make as much noise and disctraction as possible.

5 then cuts hard to the basket for the easy lay-up while everyone is distracted. 4 can set a back screen on 5's man or the middle zone defender.

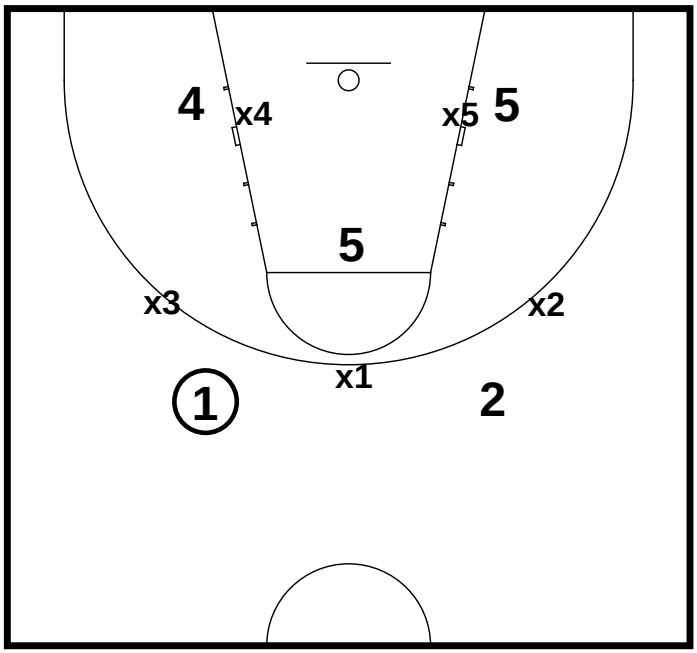
3 is safety.

All Contents Proprietary

Hot (New)

North Star Prem

Hot (New)



Zone Offense

Incredibly simple "offense" against a 3-2 zone. Players simply line up in a 2-1-2 alingment.

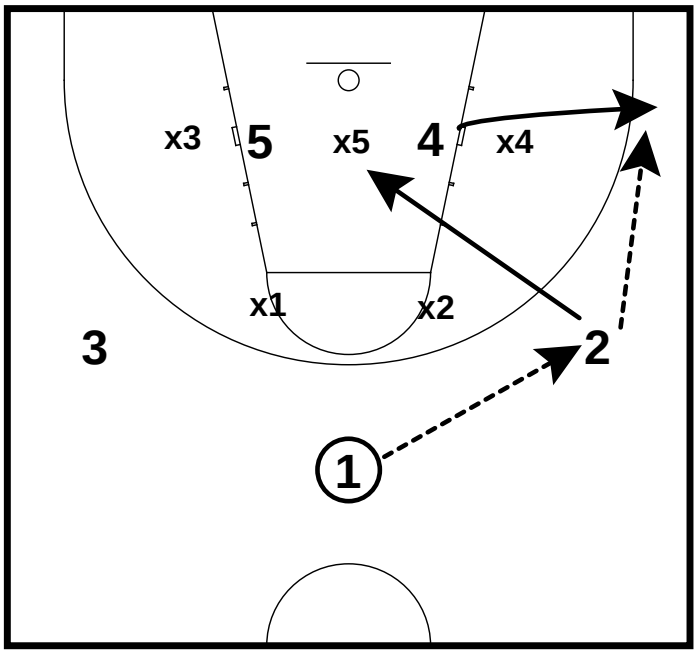
All players must be ready to receive the ball. Simply a matter of quick passing to expose the gaps in the zone. If we can get the ball to 3 or 4 we should get a wide open jump shot of 5 diving to the rim.

All Contents Proprietary

J (New)

North Star Prem

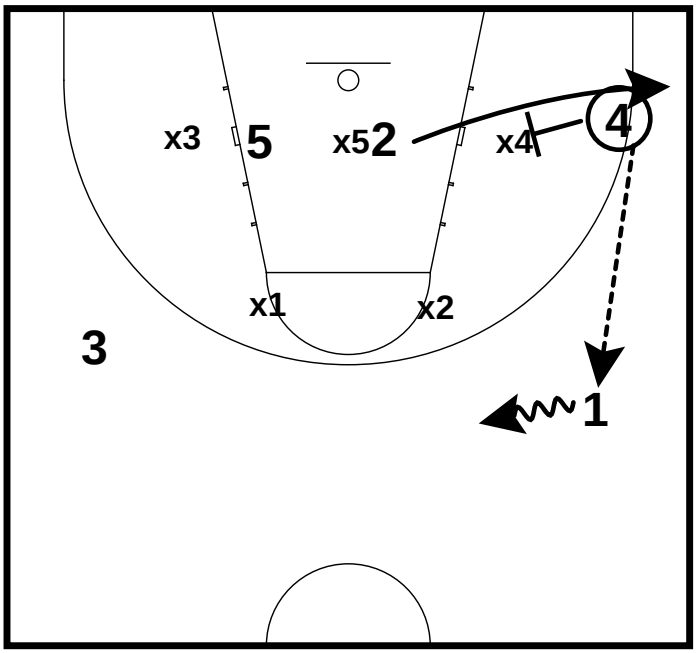
J (New)



Quick Hitters - Zone

1 Hits 2 then 4 pops out to the corner and 2 hits 4 in the corner and cuts through (same as our 13 zone offense)

J (New)



Quick Hitters - Zone

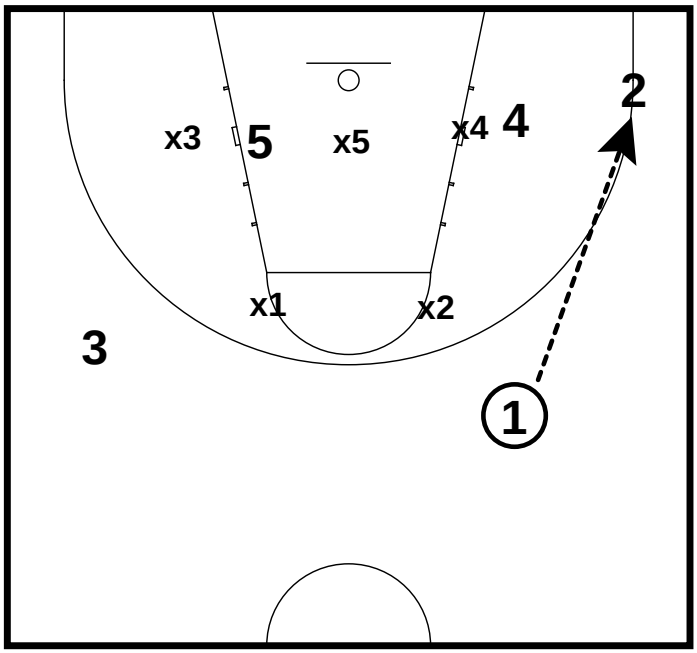
2 stops under the basket and 4 gives the ball back to 1 who must do a good acting job pretending he is looking to dribble back to the middle. But as soon as 4 passes the ball he walks x4 in and screens him allowing 2 to pop for the jumper.

All Contents Proprietary

J (New)

North Star Prem

J (New)



Quick Hitters - Zone

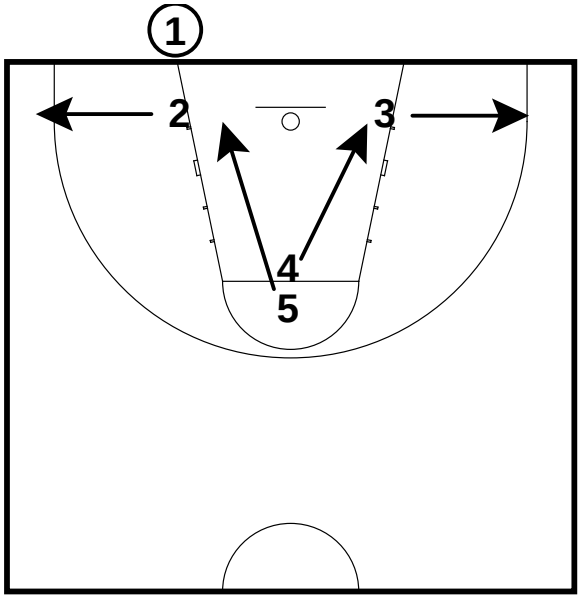
Note: If x4 fights around the screen then look inside to 4 for the post up. 5 can also flash to the high post.

All Contents Proprietary

Middle (New)

North Star Prem

Middle (New)



Zone BLOB

On the ball slap the guards 2 and 3 flare out to the wings looking for the open 3.

4 and 5 will stack at the free throw line and decide which one is going to the right block and which one is going left.

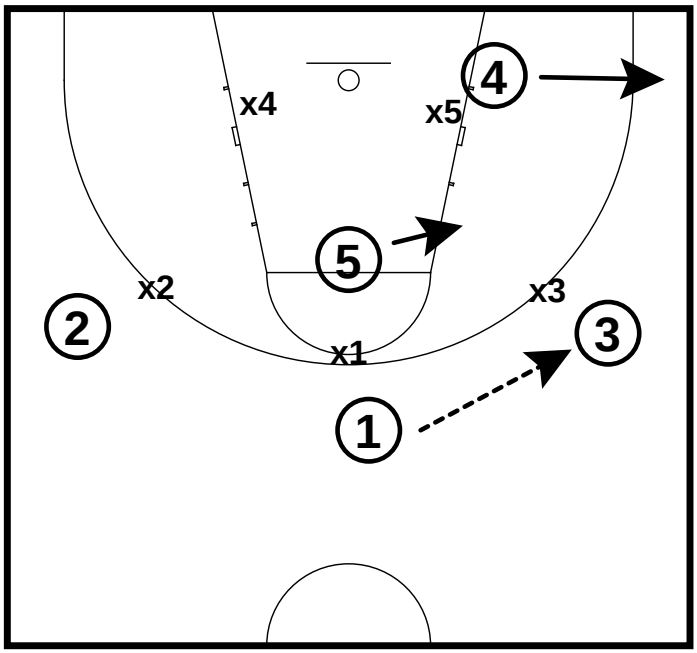
Whoever is cutting to the weak side whould cut a split second early to occupy the middle defender and in this case we would be looking for 5 to get the easy lay-up.

All Contents Proprietary

Motion (New)

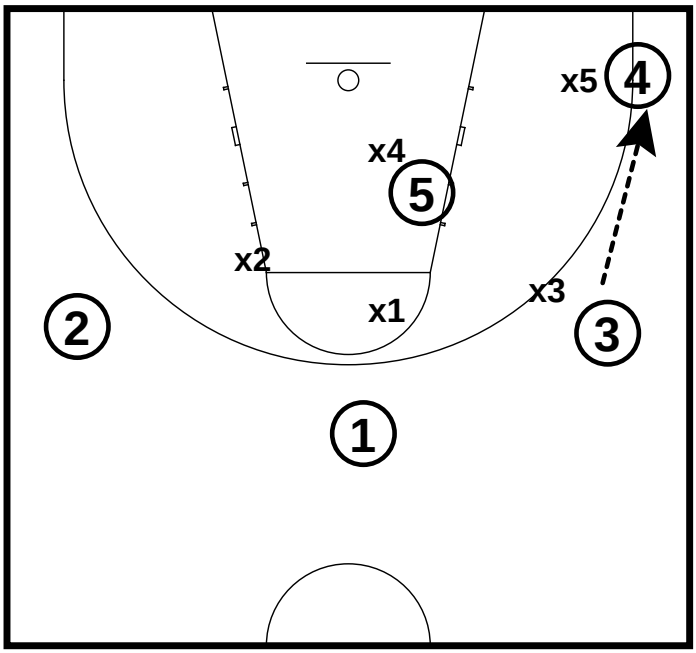
North Star Prem

Motion (New)



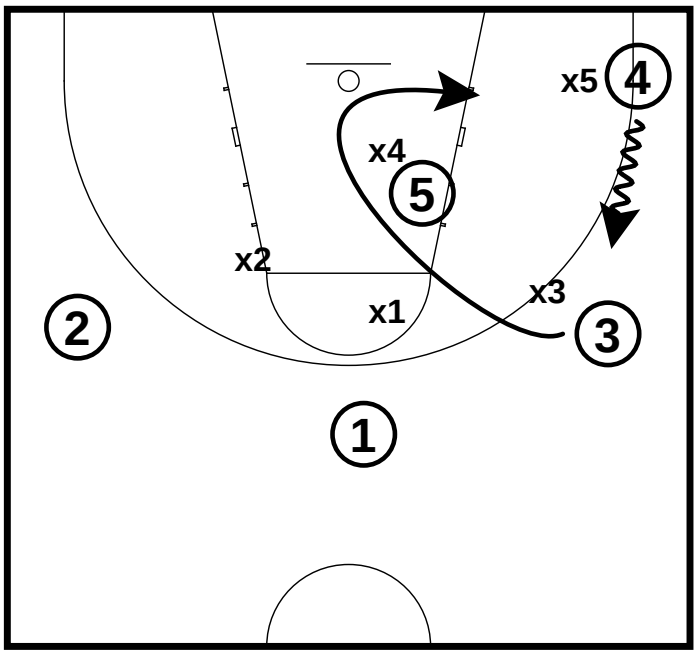
Zone Offense

Motion (New)



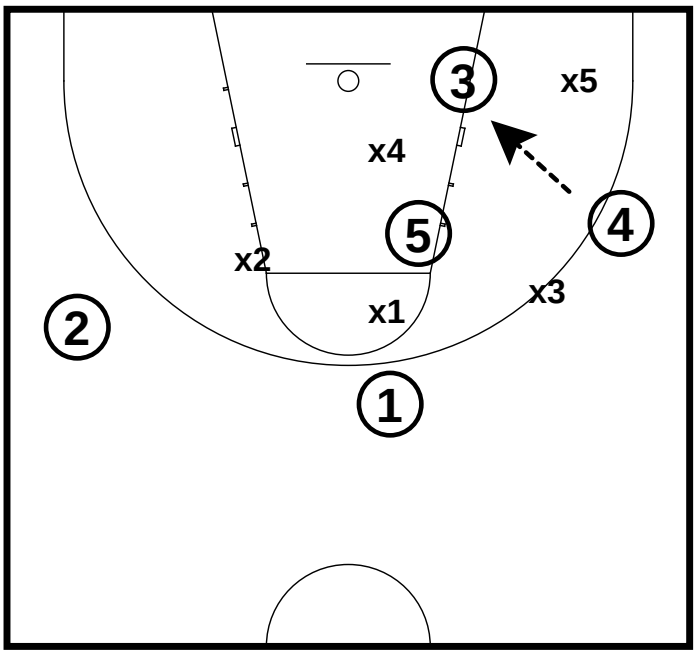
Zone Offense

Motion (New)



Zone Offense

Motion (New)



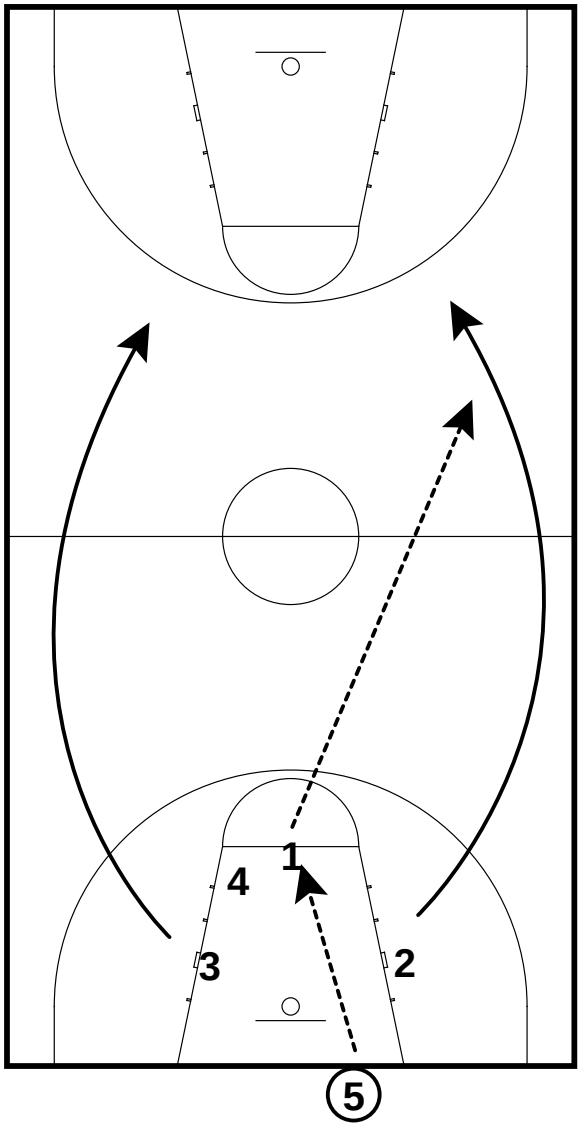
Zone Offense

All Contents Proprietary

Numbered Break (New)

North Star Prem

Numbered Break (New)

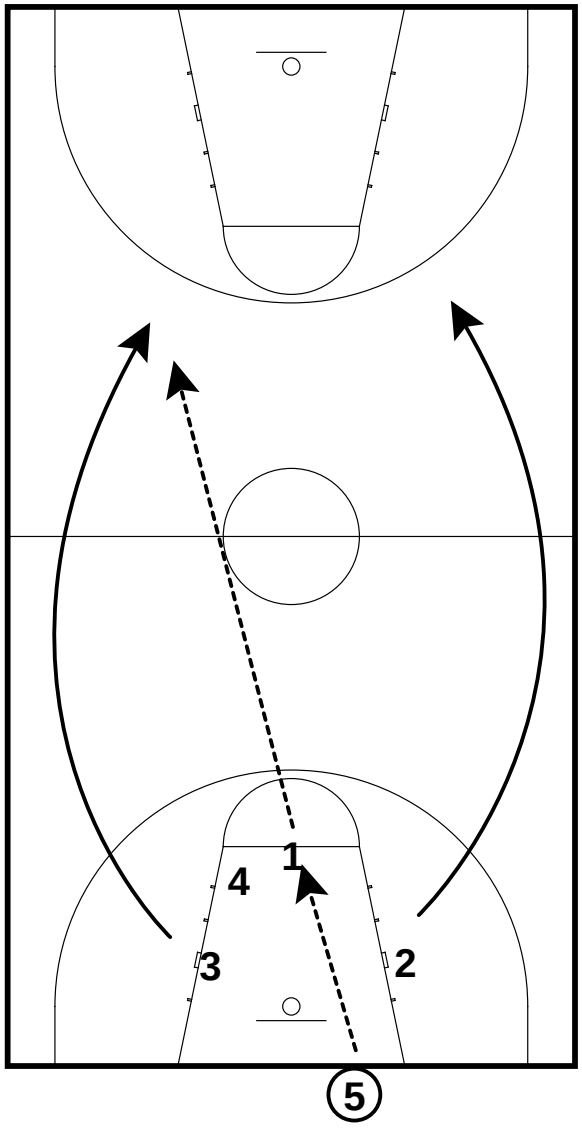


Fast Break

OPTION 1

5 Inbounds the ball to point guard who passes ahead to 2 who is running the right lane for the lay-up.

Numbered Break (New)



Fast Break

OPTION 2

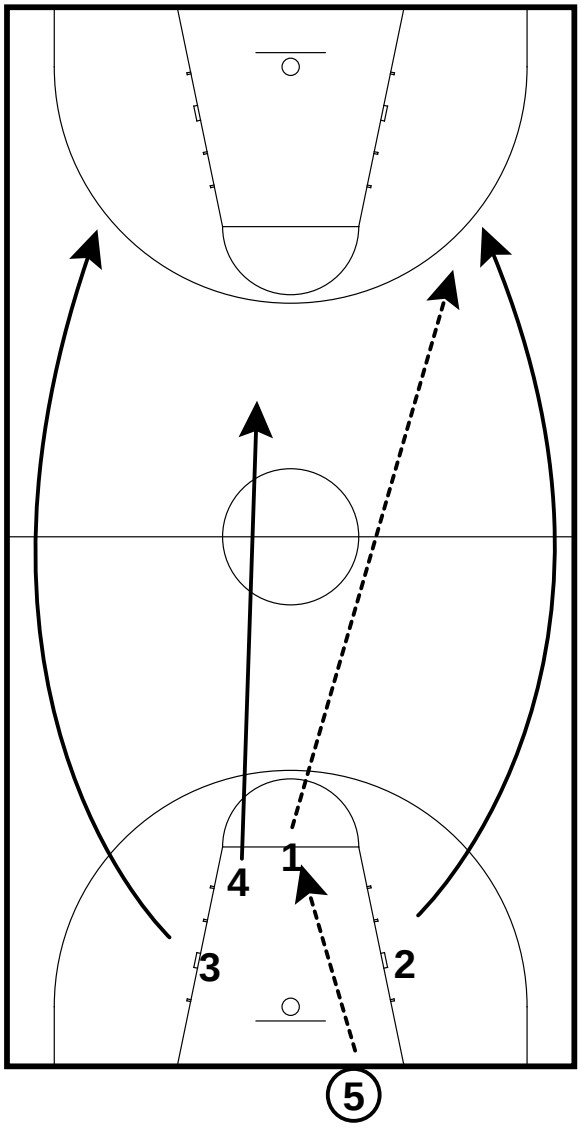
5 Inbounds the ball to point guard who passes ahead to 3 who is running the left lane for the lay-up.

All Contents Proprietary

Numbered Break (New)

North Star Prem

Numbered Break (New)

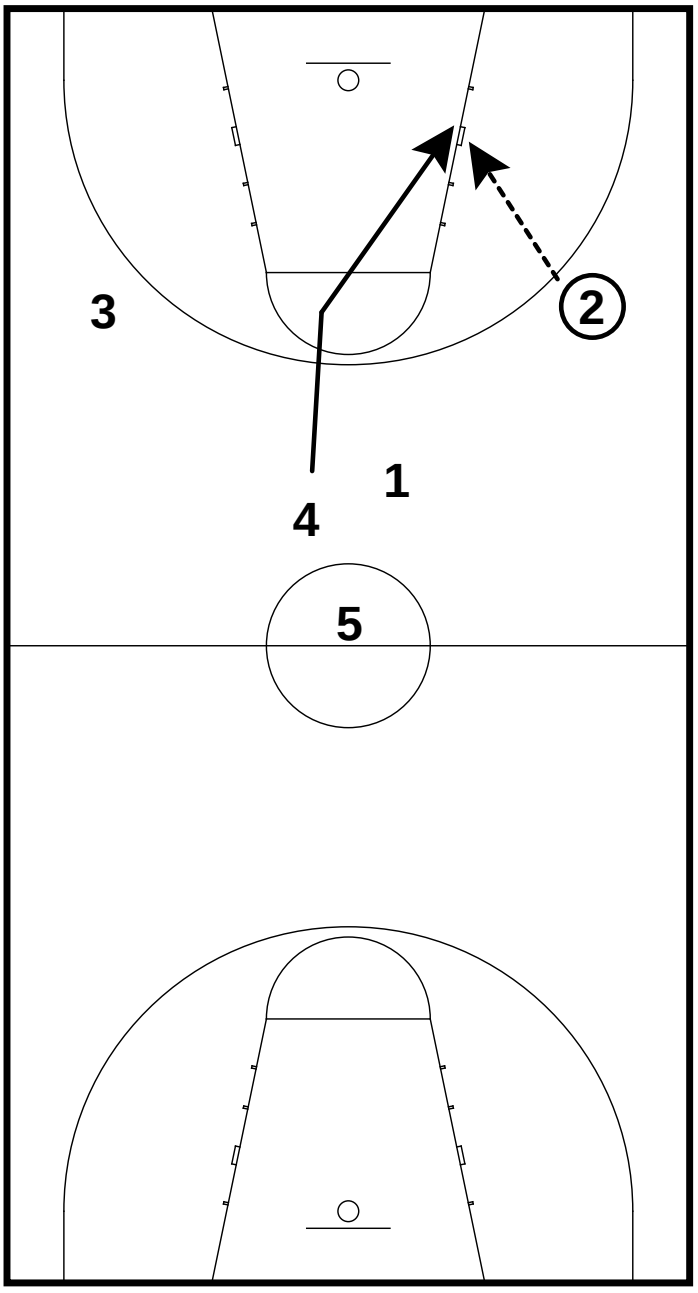


Fast Break

OPTION 3

5 Inbounds the ball to point guard who passes ahead to 2 who is running the right lane.

Numbered Break (New)



Fast Break

OPTION 3

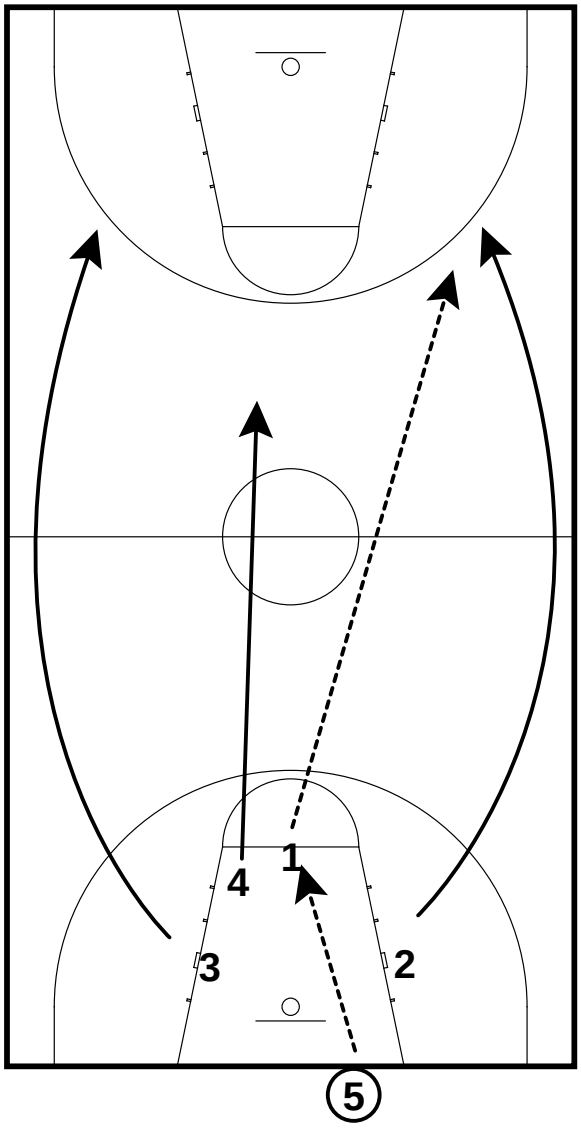
4 trails the middle and cuts to the ball side low block for the post up.

All Contents Proprietary

Numbered Break (New)

North Star Prem

Numbered Break (New)

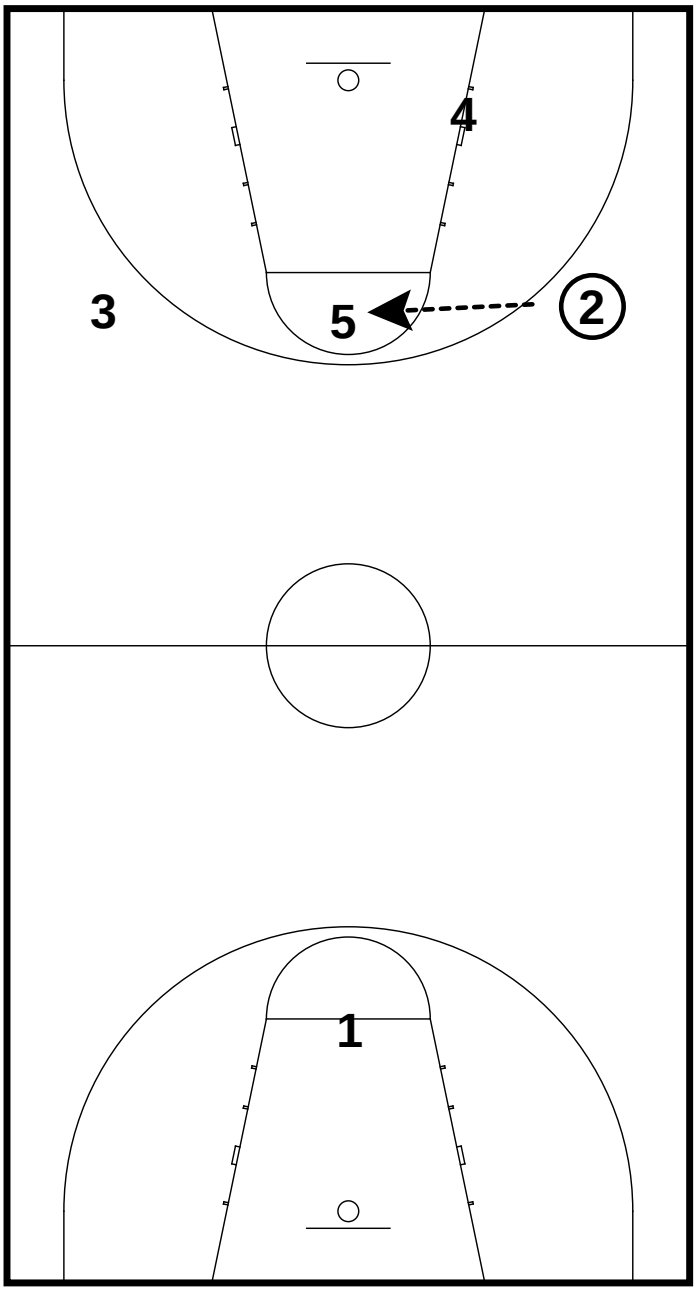


Fast Break

OPTION 4

5 Inbounds the ball to point guard who passes ahead to 2 who is running the right lane.

Numbered Break (New)



Fast Break

OPTION 4

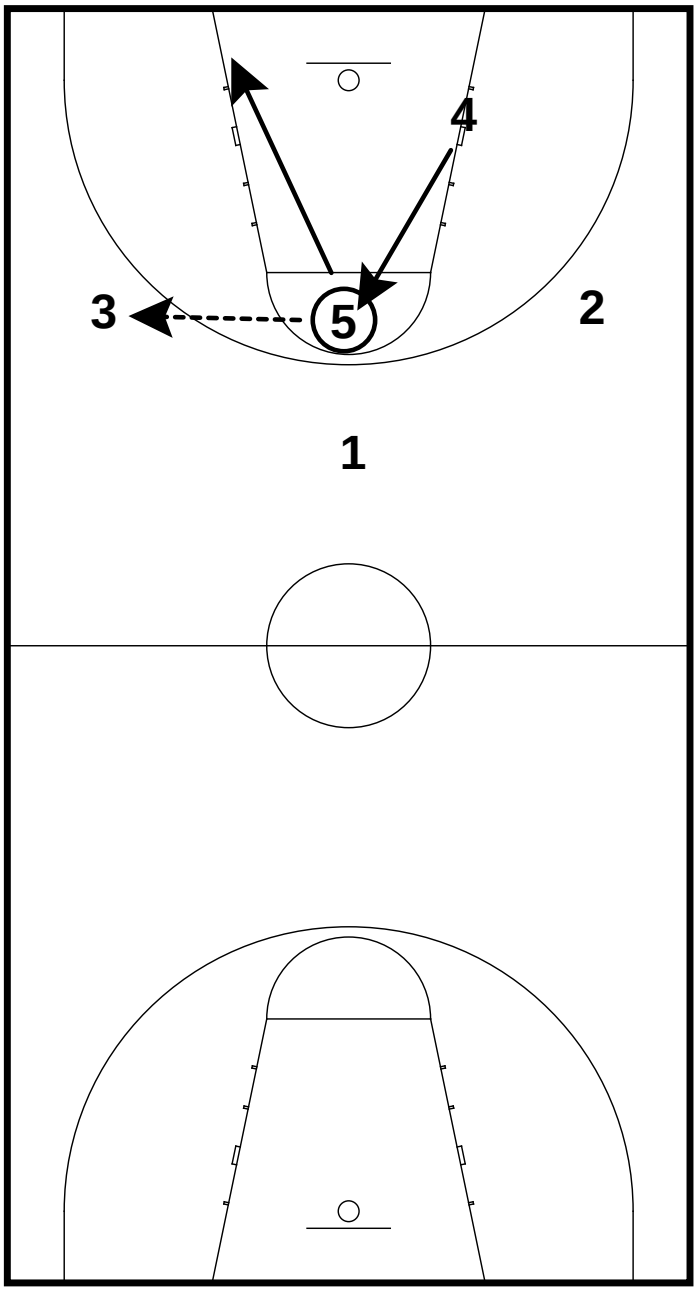
4 trails the middle and cuts to the ball side low block for the post up but doesnt get the ball. 5 trails behind and receives the pass at the high post for the shot/drive/high-low look.

All Contents Proprietary

Numbered Break (New)

North Star Prem

Numbered Break (New)

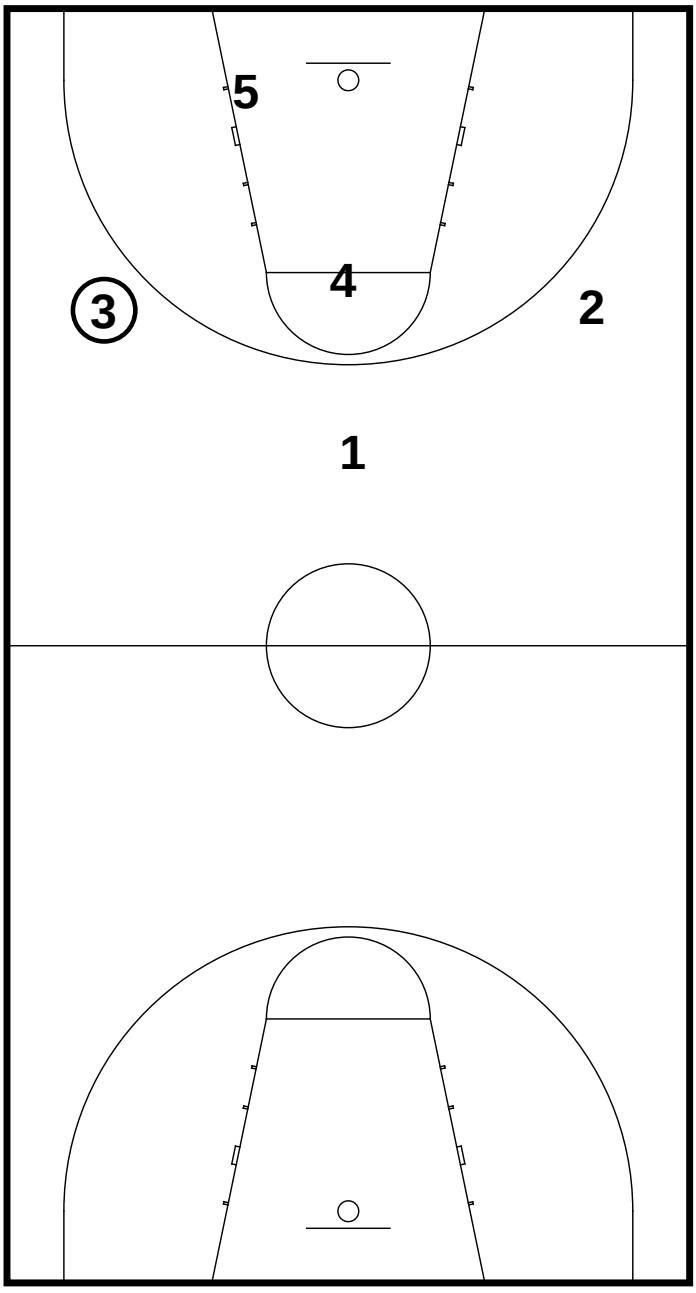


Fast Break

OPTION 5

Option 5 follows on from 4. After receiving the ball in the high post 5 reverses the ball to 3 and cuts to the low block ball side while 4 flashes to the high post looking for the catch.

Numbered Break (New)



Fast Break

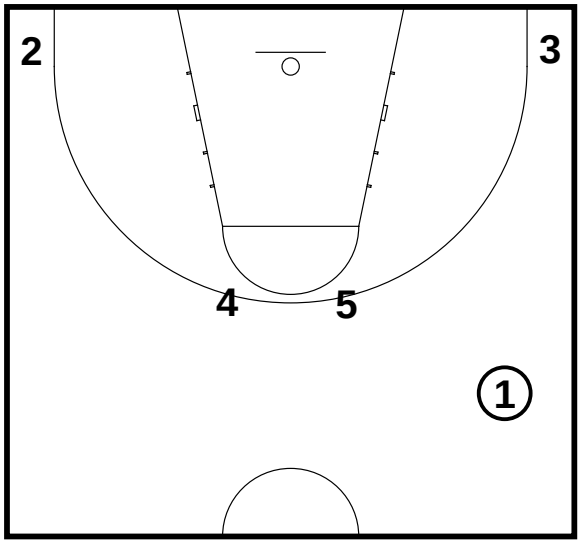
If 4 can make the catch he should have a open shot or a good high/low oppertunity.

All Contents Proprietary

Phoenix (New)

North Star Prem

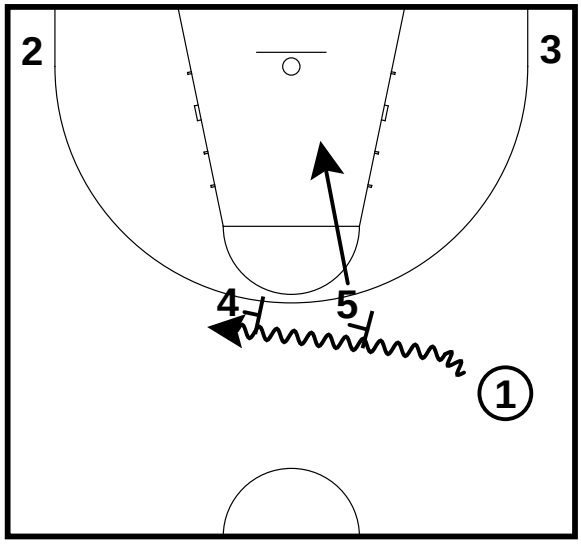
Phoenix (New)



Quick Hitters - Man

4 and 5 set up at the three point line with 2 and 3 spotting up in the deep corners.

Phoenix (New)



Quick Hitters - Man

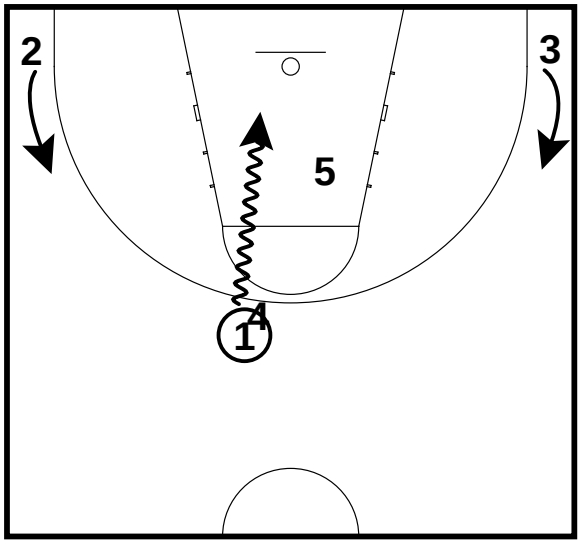
1 Cuts hard off the staggered screens set by 4 and 5. The first screener (5) will roll hard to the basket and the second screener will pop for the three point look.

All Contents Proprietary

Phoenix (New)

North Star Prem

Phoenix (New)

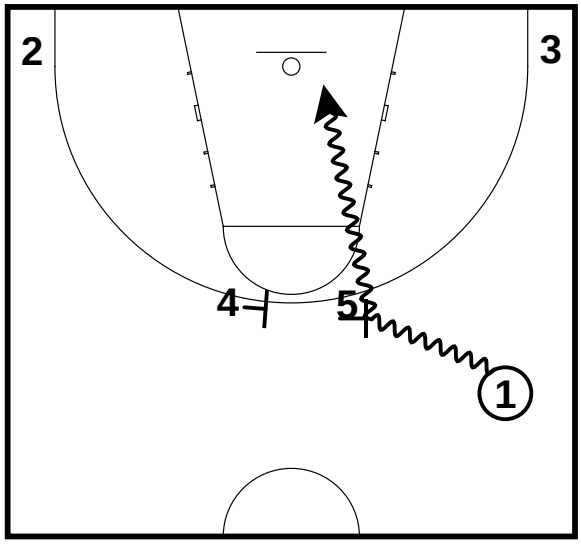


Quick Hitters - Man

1 now has loads of options. He can come hard off the second screen and go straight to the basket or he can look to hit 5 who has rolled to the basket or possibly kick it back to 4 for the open three.

If 3's man plays help defense on the drive then he is spotting up to knock down the three.

Phoenix (New)



Quick Hitters - Man

"Cheat Option"

Once this play has been run more than once the defense will sometimes cheat and either step around the first screen or go under it early.

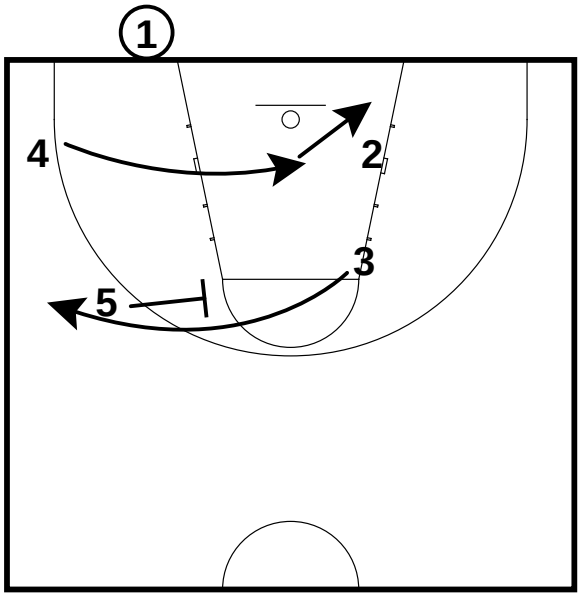
In this case the point guard can fake using the first screen and instead make a hard drive to the basket.

All Contents Proprietary

Purdue (New)

North Star Prem

Purdue (New)

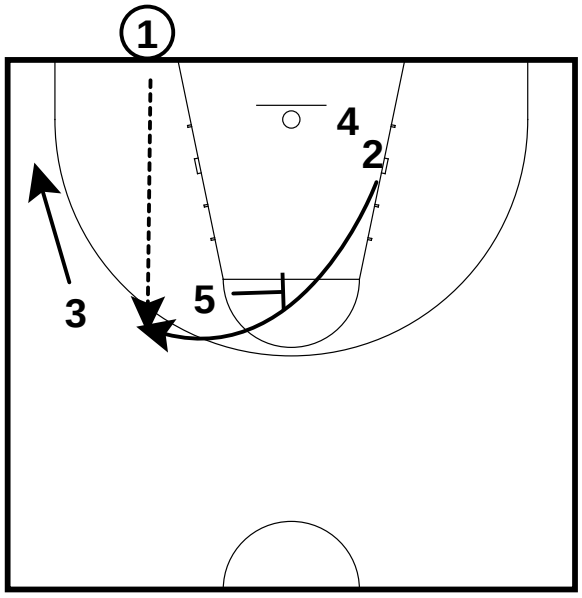


Zone BLOB

4 makes a hard cut out of the corner to carve out space on the opposite block in front of th weakside forward. If he does a good job it draws the middle defender towards him as well.

At the same time 3 loops from the weak side elbow to the strong side wing with 5 screening in for him.

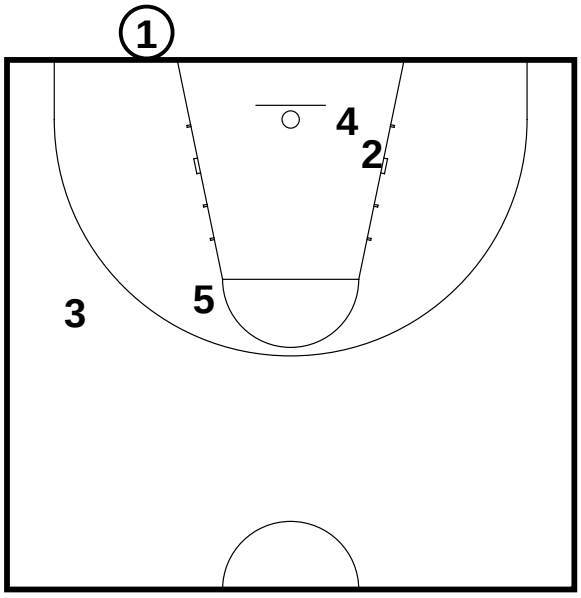
Purdue (New)



Zone BLOB

2 follows a similar path to 3 once 3 has cleared the wing area. 2 is guaranteed to be open on this as the ball side guard defender will have chased 3 the the next guard will be caught on 5's screen.

Purdue (New)



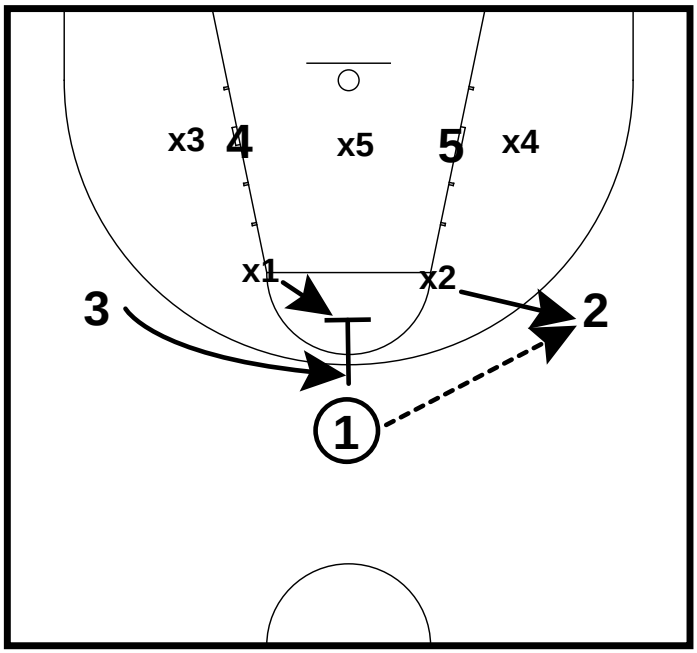
Zone BLOB

All Contents Proprietary

Screen (New)

North Star Prem

Screen (New)



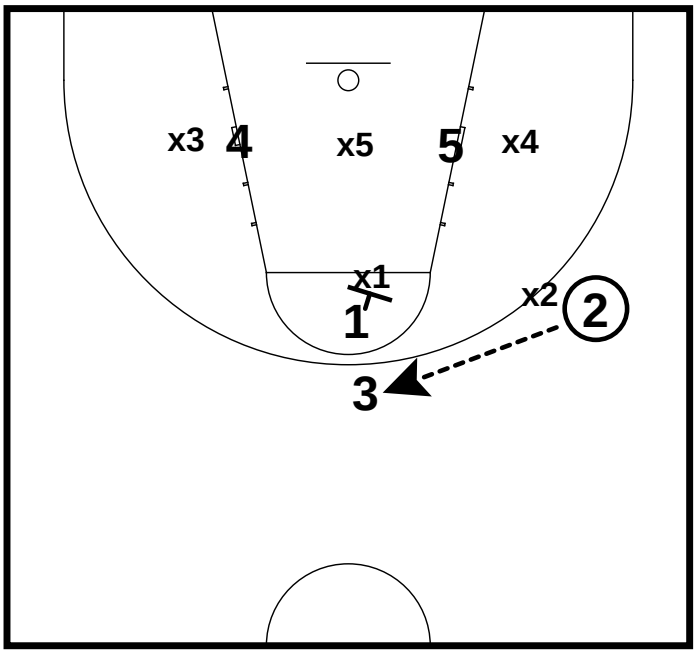
Quick Hitters - Zone

Very simple quick hitter.

Line up in 1-2-2 set.

1 passes to to 2, x2 should close out on ball and 1 will pretend to cut through but set a down screen on xx allowing 3 to curl for the open three.

Screen (New)



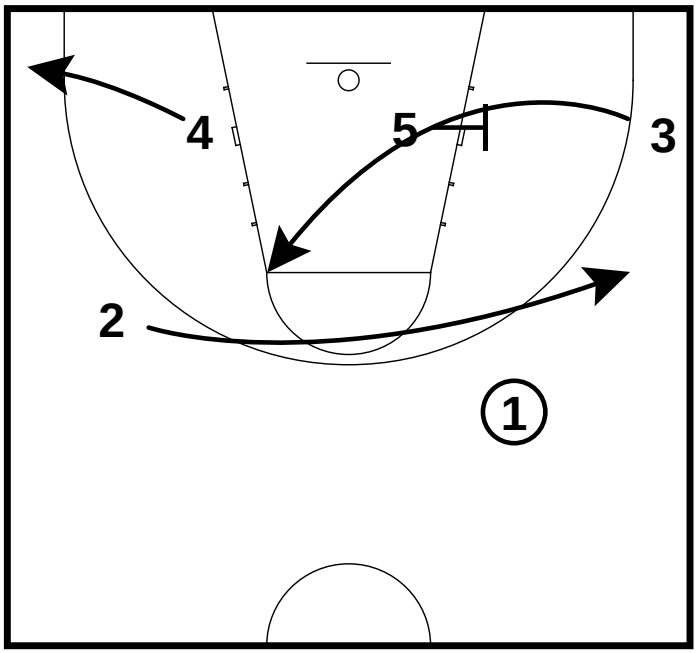
Quick Hitters - Zone

All Contents Proprietary

Seal (New)

North Star Prem

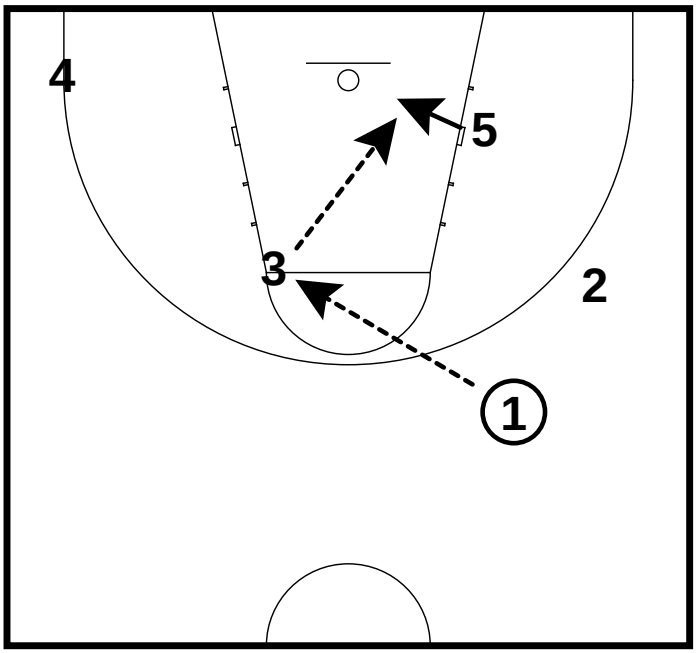
Seal (New)



Quick Hitters - Zone

Action is initiated by 3 running off of 5 to loop up to the left elbow while 2 cuts over the top to head to the right wing. 4 pops to the left corner.

Seal (New)



Quick Hitters - Zone

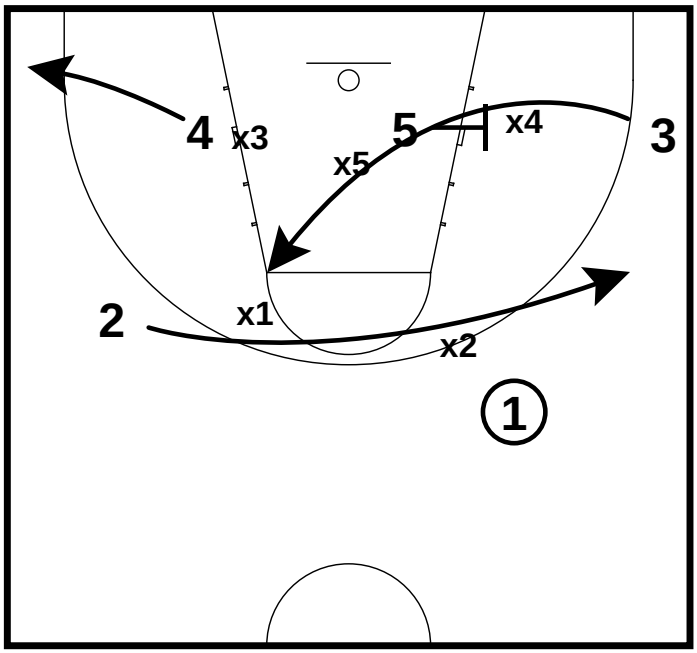
1 hits 3 at the elbow who turns to hit 5 sealing the bottom wing defender.

All Contents Proprietary

Seal (New)

North Star Prem

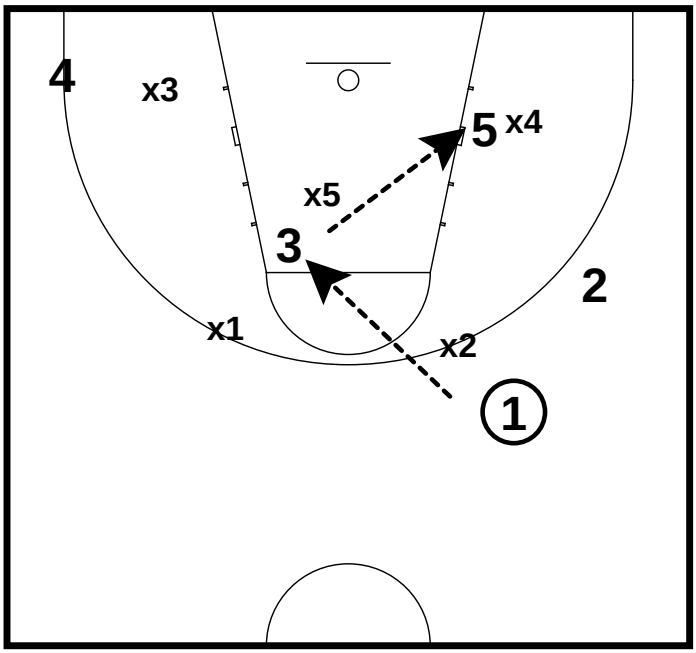
Seal (New)



Quick Hitters - Zone

Here we show the same play with the defenders in a 2-3 zone. (can also be run against a 3-2)

Seal (New)



Quick Hitters - Zone

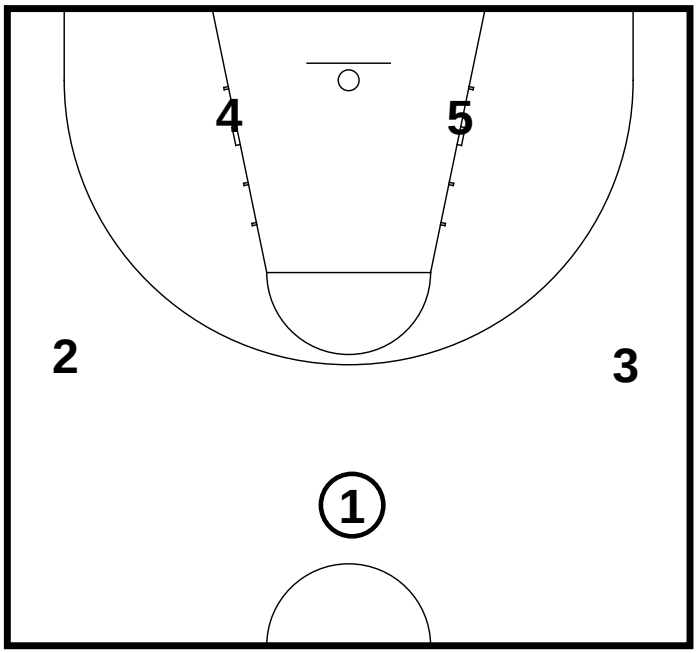
This is a good play for teams that "match-up" in their zones (not a match-up zone but teams that run a more man orientated zone). What ends up happening is that 2 and 3's cuts happening at the same time and in opposite directions distorts the zone and on 3's catch at the elbow it is x5 who plays him leaving 5 to seal the bottom wing defender.

All Contents Proprietary

Shooter (New)

North Star Prem

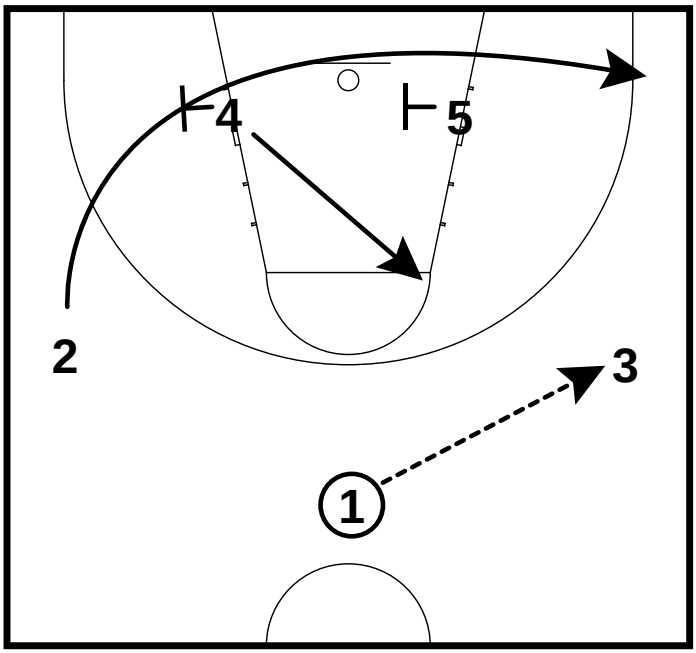
Shooter (New)



Zone Offense

Play will start with the point guard calling shooter and then a players name. That player will be the designated player to run the baseline. Dont use the same player each time as it will tire them out!

Shooter (New)



Zone Offense

In this example the point guard calls shooter for the 2 man. 2 makes his cut and comes off a staggered screen. The first time this is run we should get an open corner 3.

Note that for the 5 man instead of screening in it is better to seal his defender and post up. This will have the same effect as a screen but will make the 5 man more dangerous.

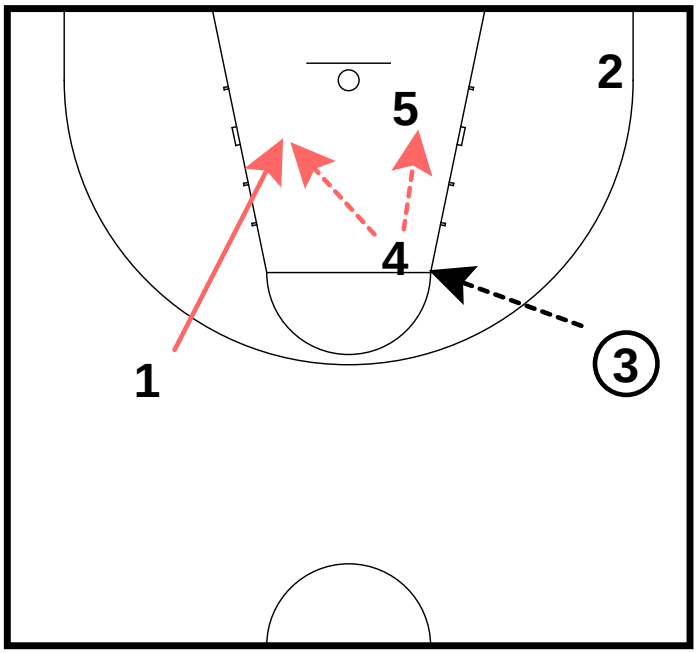
As soon as 4 sets his screen he will turn and flash hard to the ball side high post.

All Contents Proprietary

Shooter (New)

North Star Prem

Shooter (New)



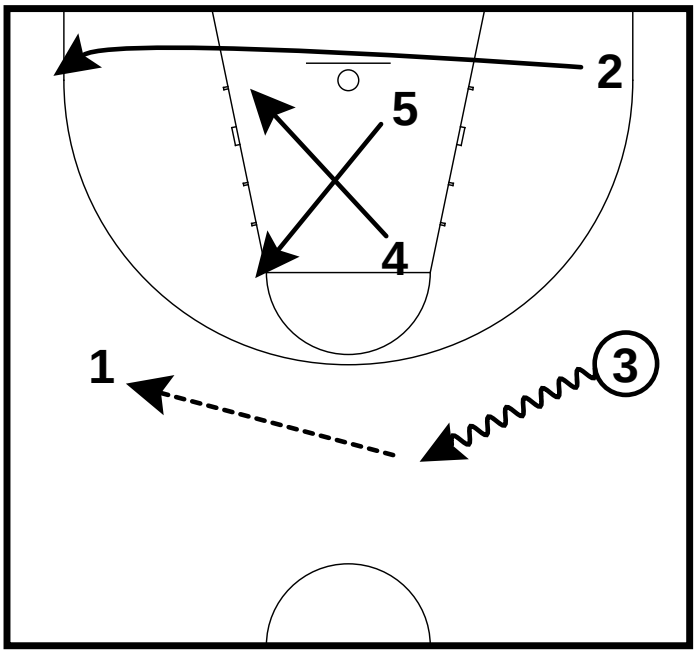
Zone Offense

1 will leak to the weakside and we now have an overload situation.

4 will have the option of hitting 1 in the corner or looking for 3 flashing to the highpost.

If we get the ball to 4 there is a great high-low option to 5 or if he turns 1 should be cutting backdoor for the easy lay-up

Shooter (New)



Zone Offense

If none of these options are on, we simply reverse the ball to the other side.

4 and 5 will criss cross in the key while our shooter, 2, will run the baseline.

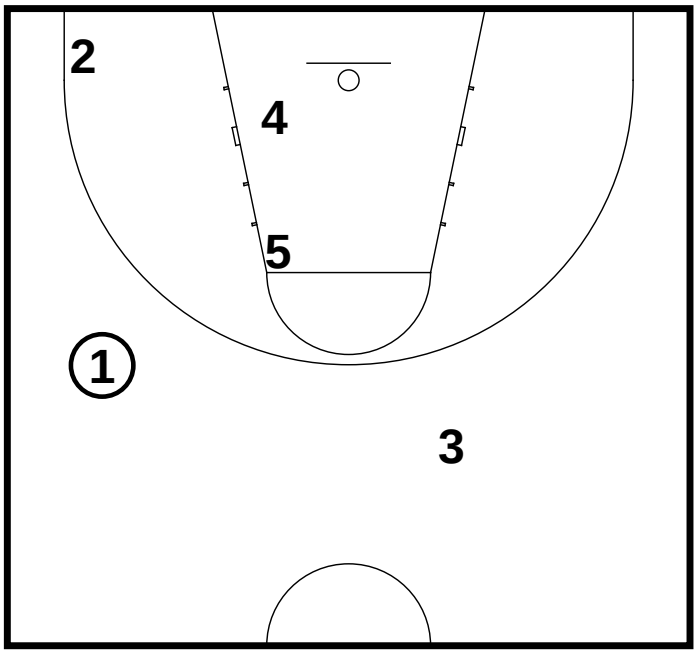
4 must remember to seal his defender on the low block to help get 2 open.

All Contents Proprietary

Shooter (New)

North Star Prem

Shooter (New)



Zone Offense

We now have an overload on the opposite side of the floor.

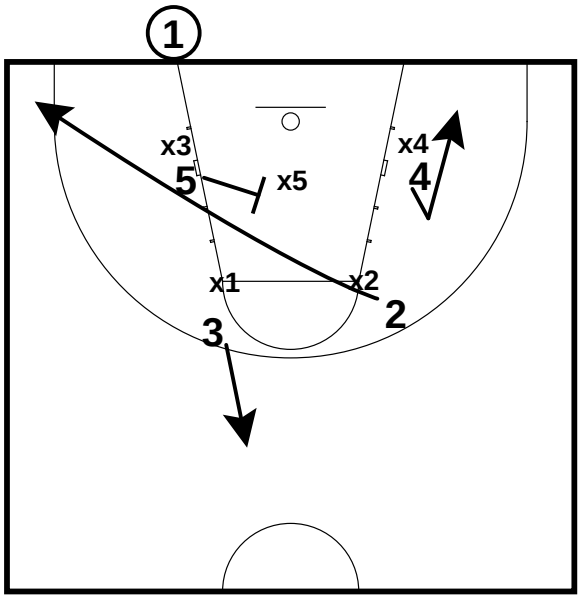
The key is to have patience and run this play from side to side a few times to find the gaps in the zone.

All Contents Proprietary

Slash "Player Name" (New)

North Star Prem

Slash "Player Name" (New)



Zone BLOB

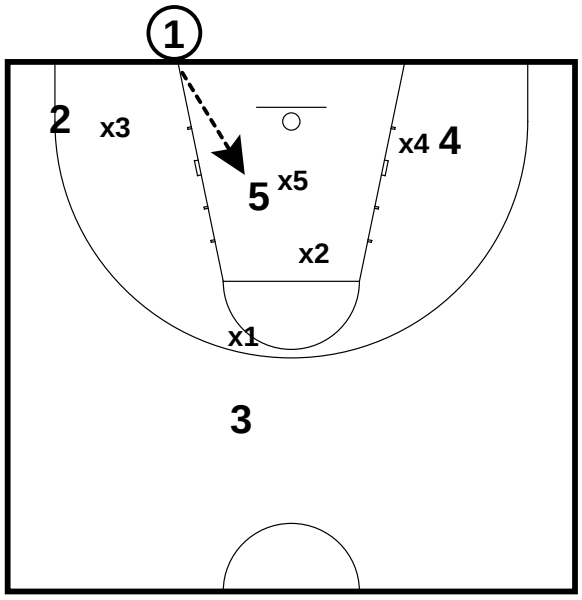
Point guard will inbound the ball and call slash and then the name of the player on the weak side elbow. This player will cut to the strong side deep corner yelling for the ball.

The low man in the zone, x3, should follow 2 to the corner or if he doesnt we will get an open three.

5 sets a screen on the middle man in the zone as 2 cuts.

4 creats a diversion for x4 with a strong v-cut away from the ball and 3 releases.

Slash "Player Name" (New)



Zone BLOB

The key to this is that it goves us a 1 on 1 in the post. Afer screening the middle man 5 should turn and seal looking for the inbounds pass and will be in an excellent position to make a power move and score or draw the foul.

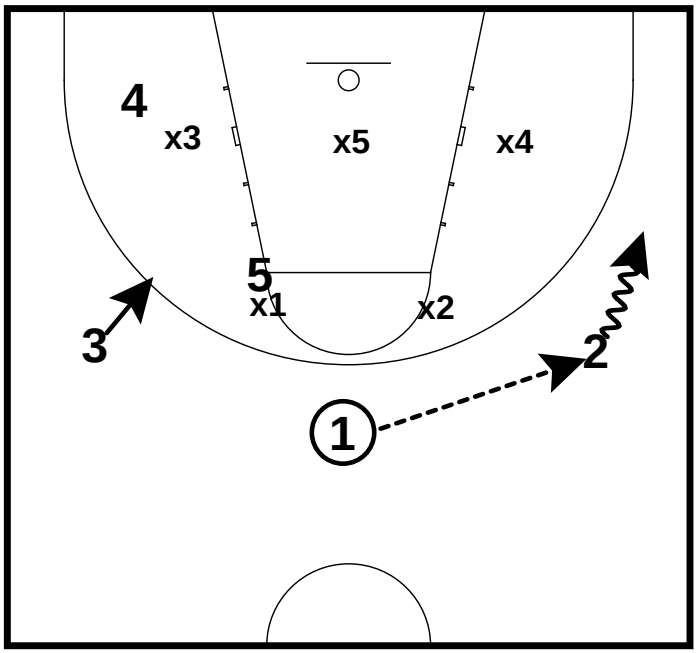
If x5 fought around the screen ever better as 5 will simply turn and seal him off on the basket side looking for the bounce pass for the easy lay-up.

All Contents Proprietary

Spartan (New)

North Star Prem

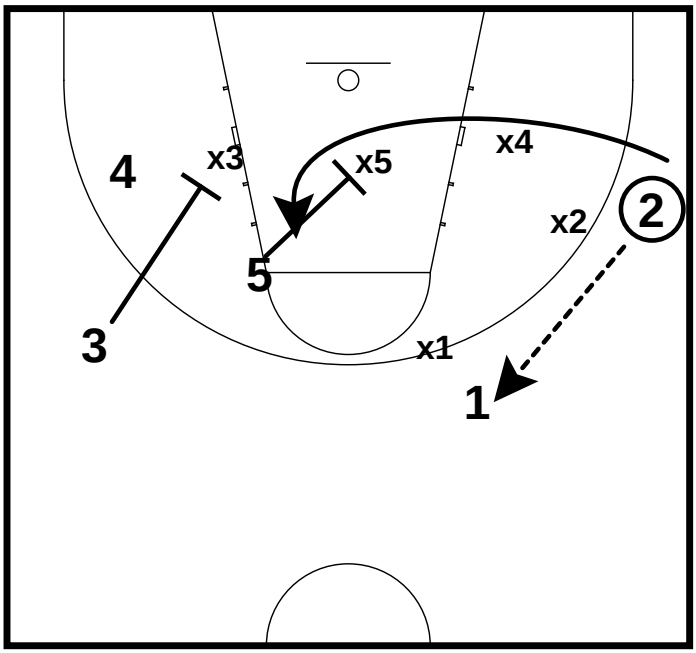
Spartan (New)



Quick Hitters - Zone

Action starts with 1 passing to 2 and then following his pass. 2 Takes two dribbles occupying x2 before passing back to 1.

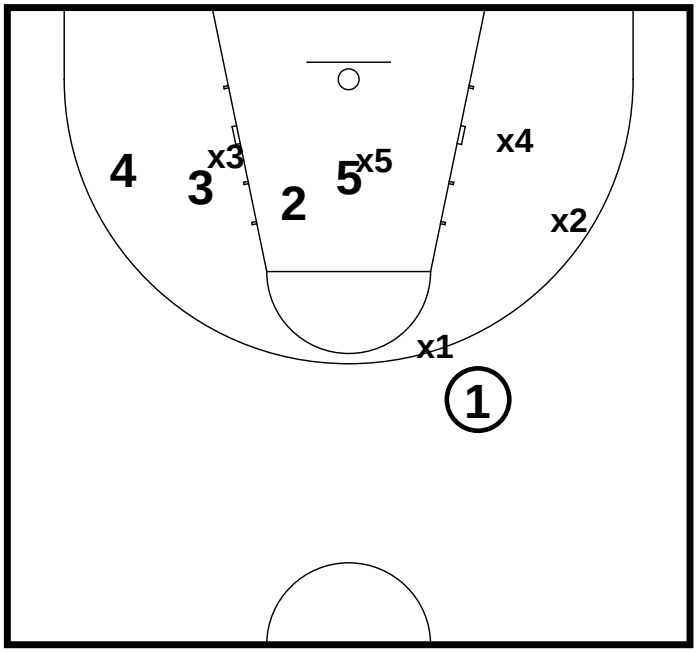
Spartan (New)



Quick Hitters - Zone

As soon as he passes back he sprints under the basket and beween the screens set by 3 and 5

Spartan (New)



Quick Hitters - Zone

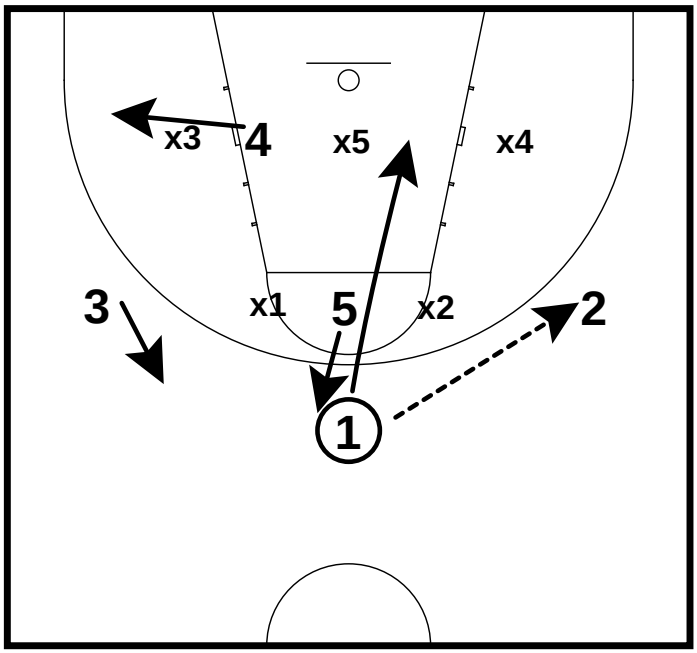
We now have unlimited options. We can get the ball to 2 who can curl and shoot or depending on what the defense does 4 will be fading to the corner for the wide open three or 3 and 5 will have a lay-up.

All Contents Proprietary

Special (New)

North Star Prem

Special (New)

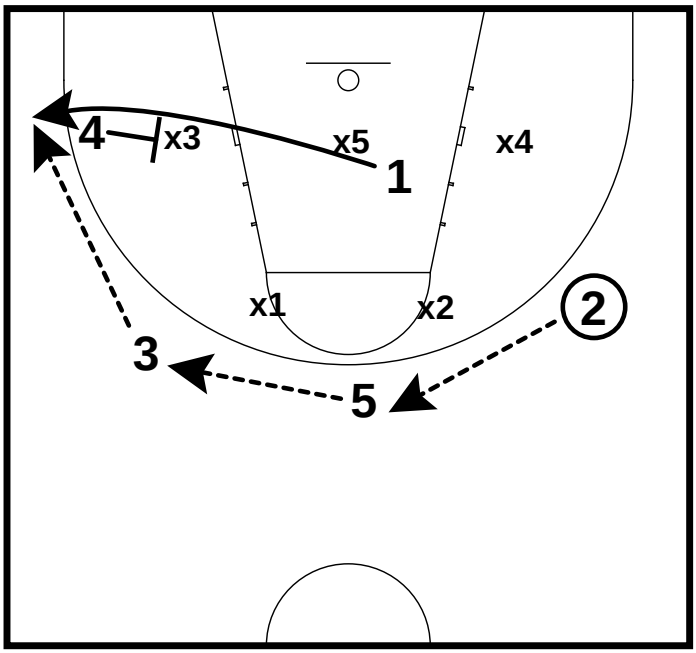


Quick Hitters - Zone

Line up in 1-3-1 set up.

1 hits 2 then cuts down for post up, 5 steps out.

Special (New)



Quick Hitters - Zone

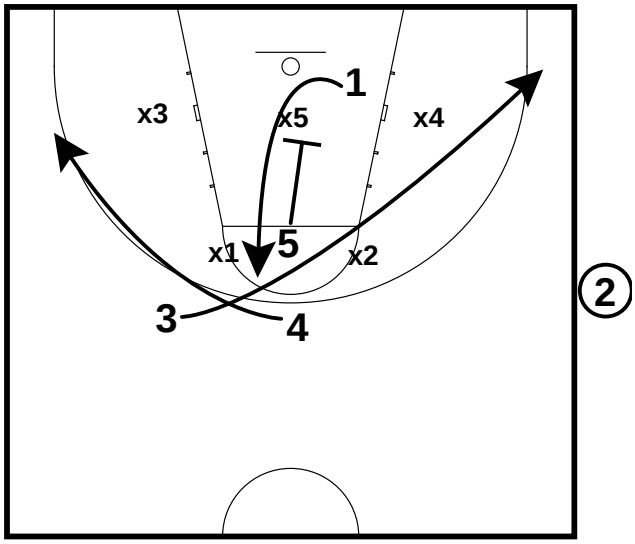
Ball is quickly reversed. As soon as ball leaves 2's hand 1 should be sprinting to the corner and 4 will be screening in.

All Contents Proprietary

Sprint (New)

North Star Prem

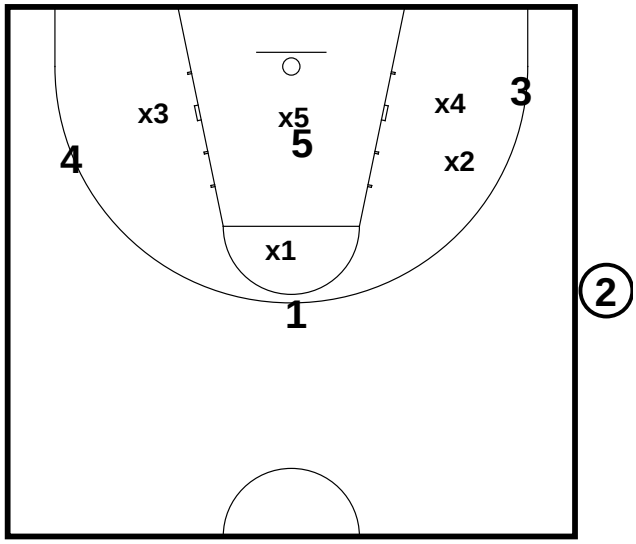
Sprint (New)



Zone SLOBs

Play is called sprint because that is what players have to do.
On ball slap:
3 sprints to nearside corner.
4 sprints to far corner
5 sprints to a downscreen on x5 and 1 sprints off screen for high catch

Sprint (New)



Zone SLOBs

After down screening 5 turns and seals his man. We inbound to 1 if he has an open shot or else hit 5 for post up.

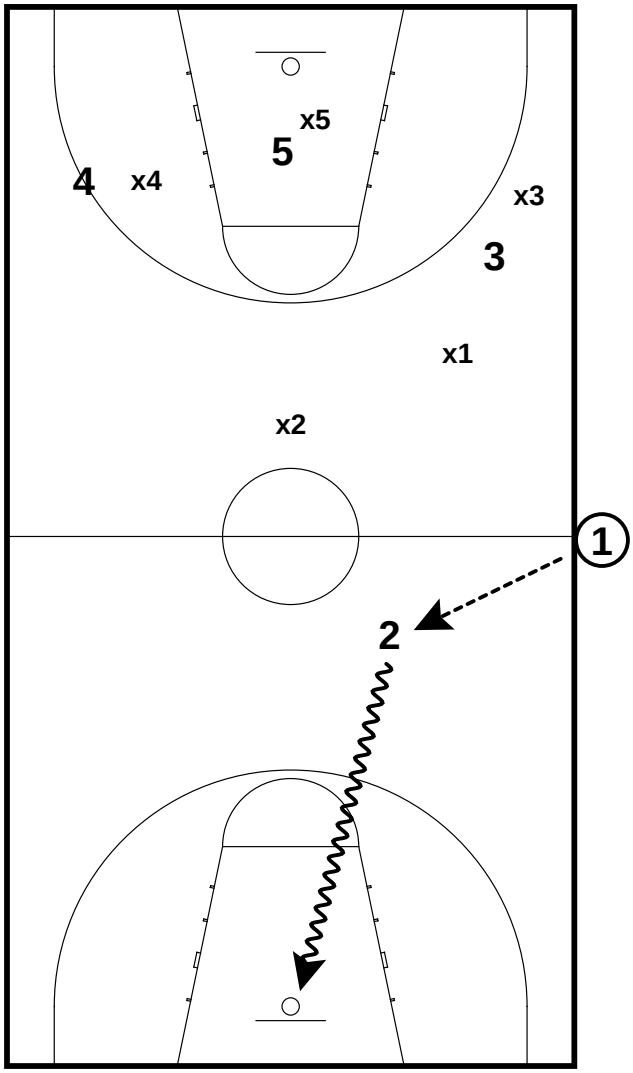
2 then steps inbounds for the wide open three on the inside out pass.

All Contents Proprietary

The Old Switcheroo... (New)

North Star Prem

The Old Switcheroo... (New)



Trick Plays

To be run at the start of the second half or the start of the third quarter.

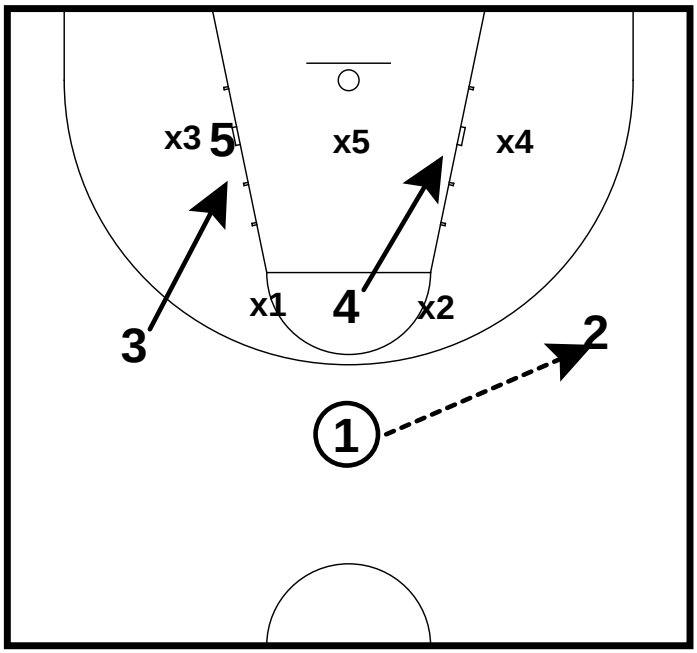
In the diagram we are attacking the bottom basket. But we make sure we take to the court before the other team and we line up as if we are attacking the top basket. Other team set up their degense on the wrong side of the court and we pass to 2 for theeasy lay-up. Simples.

All Contents Proprietary

Triple (New)

North Star Prem

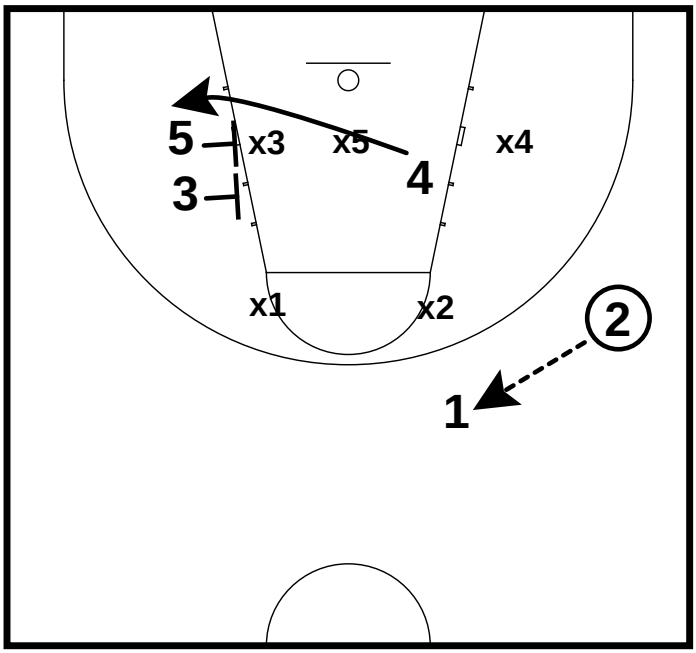
Triple (New)



Quick Hitters - Zone

1 hits 2 and then 4 cuts down for the post up.
At the same time 3 will move down getting ready to set the double screen with 5

Triple (New)



Quick Hitters - Zone

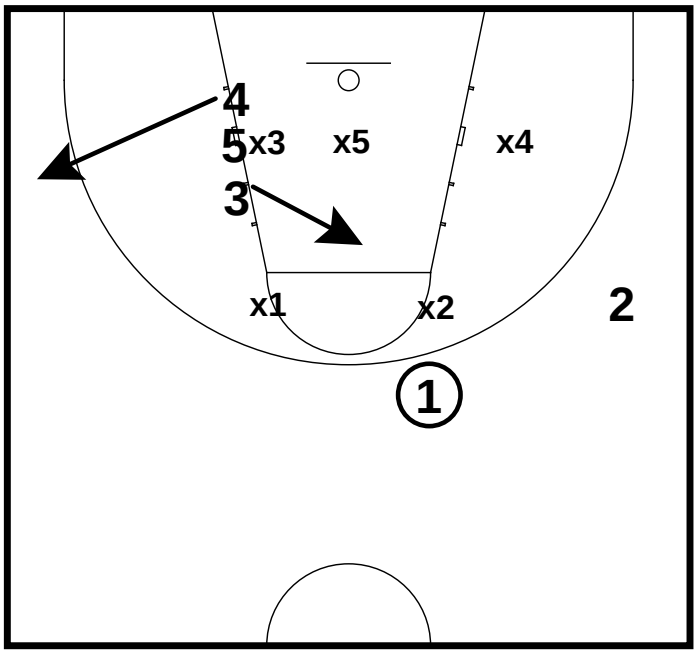
1 moves towards right side of floor and gets ball back from 2.
4 cuts under the double screen

All Contents Proprietary

Triple (New)

North Star Prem

Triple (New)



Quick Hitters - Zone

IMPORTANT! 4 3 and 5 only move when all 3 are in a line (so just as 4 passes the double screen.)

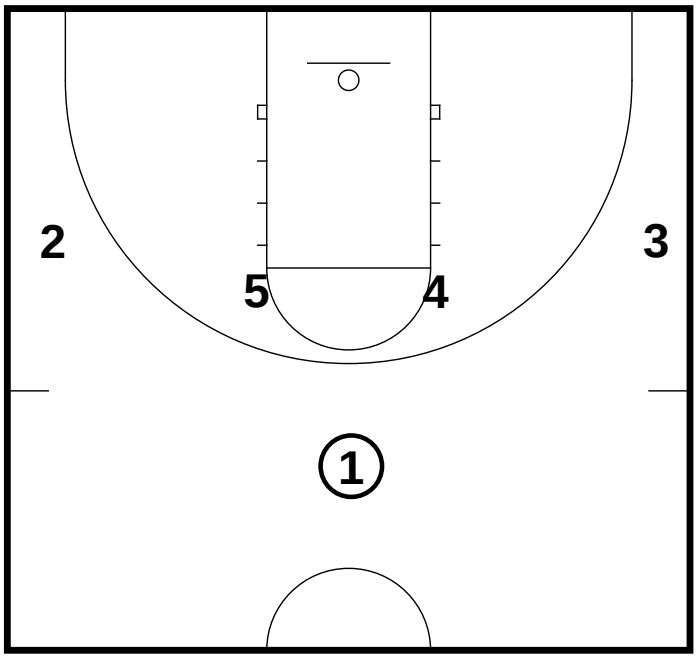
4 continues his cut looking for the three, 3 explodes into the middle of the key and 5 looks for the lob or high/low if 3 makes a catch.

All Contents Proprietary

2-2 (New)

Albright College - M

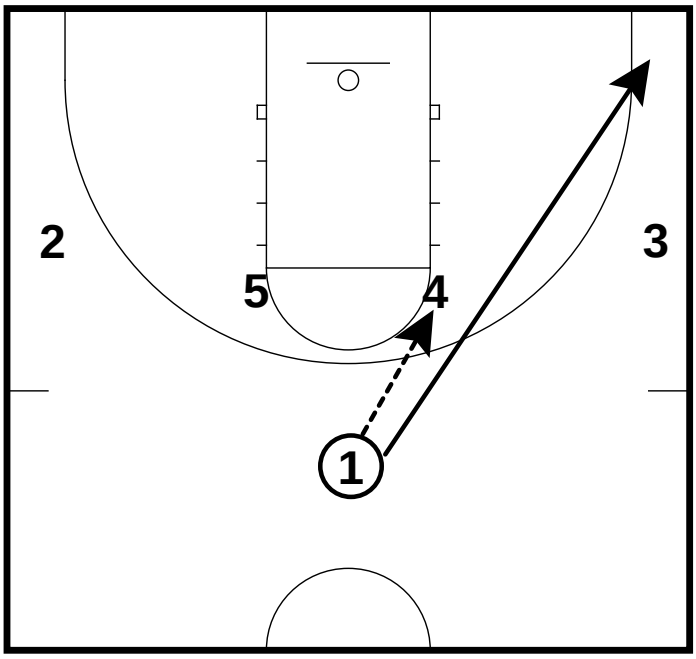
2-2 (New)



Offense vs M2M

The play starts in a 1-4 high and both the 4 and 5 are interchangeable as are the 2 and 3.

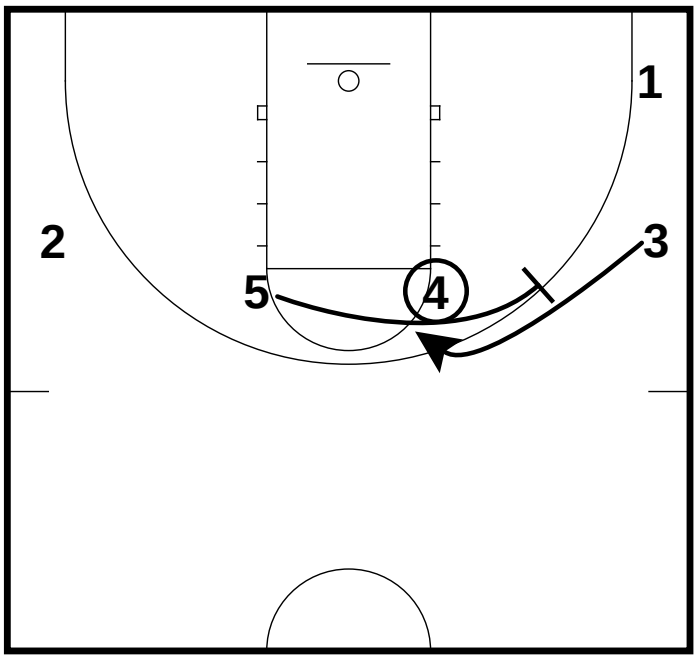
2-2 (New)



Offense vs M2M

1 enters to a big on the elbow and goes to ball side corner.

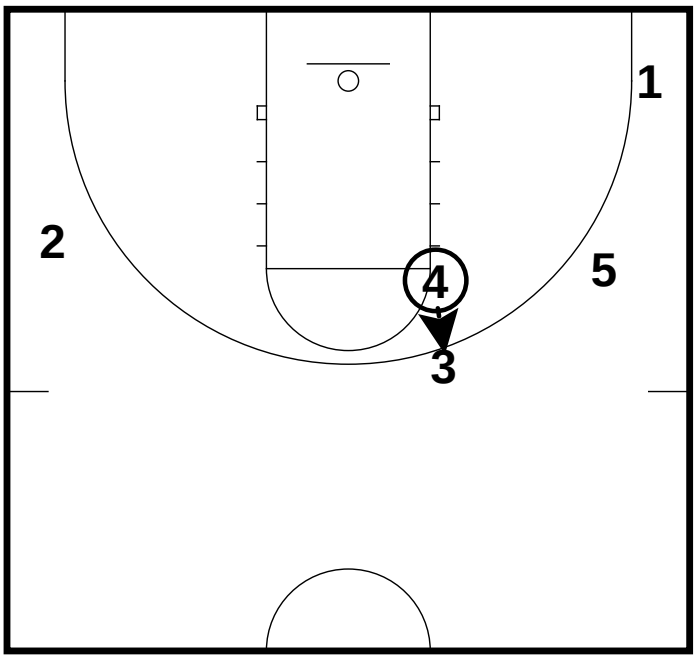
2-2 (New)



Offense vs M2M

5 comes over the top of 4 to screen the 3 man.

2-2 (New)



Offense vs M2M

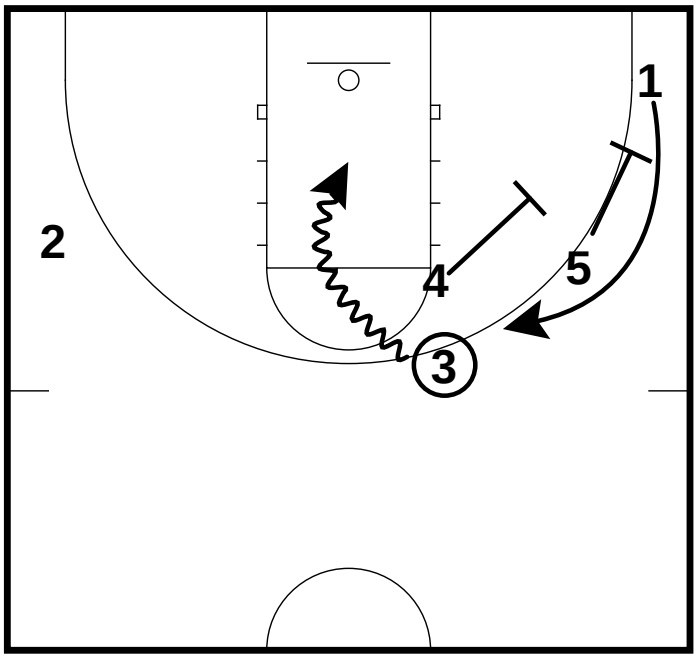
3 can take a handoff or pitchback from 4 and looks to attack.

All Contents Proprietary

2-2 (New)

Albright College - M

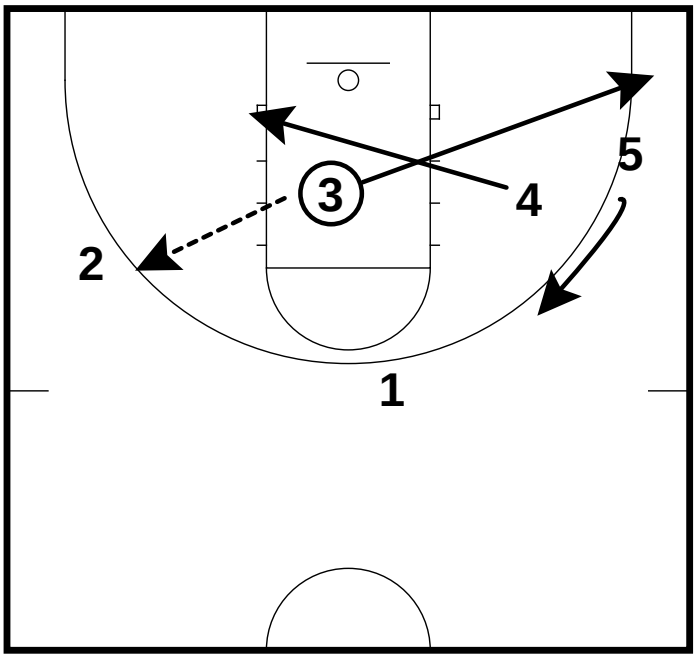
2-2 (New)



Offense vs M2M

From this point you can roll the 4 or set a stagger away for the 1.

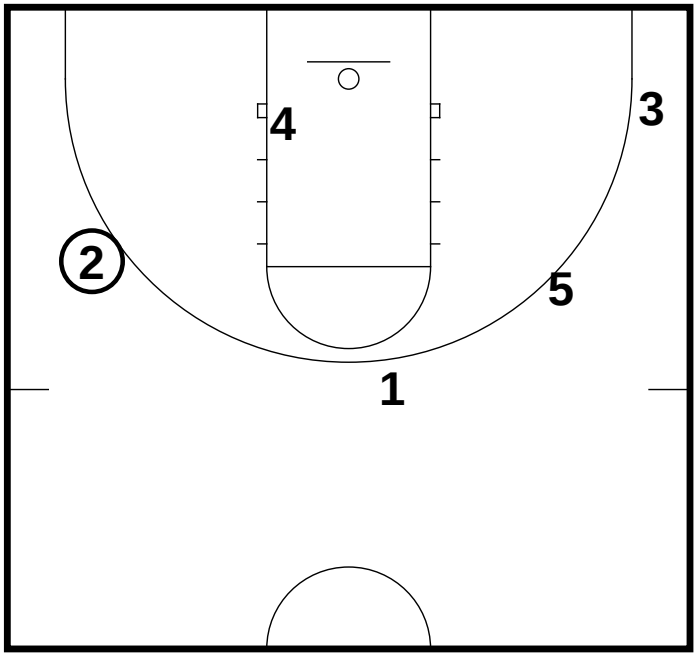
2-2 (New)



Offense vs M2M

If you stagger the 3 can kick out and get out while a big rolls to the paint creating a 4 out 1 in.

2-2 (New)



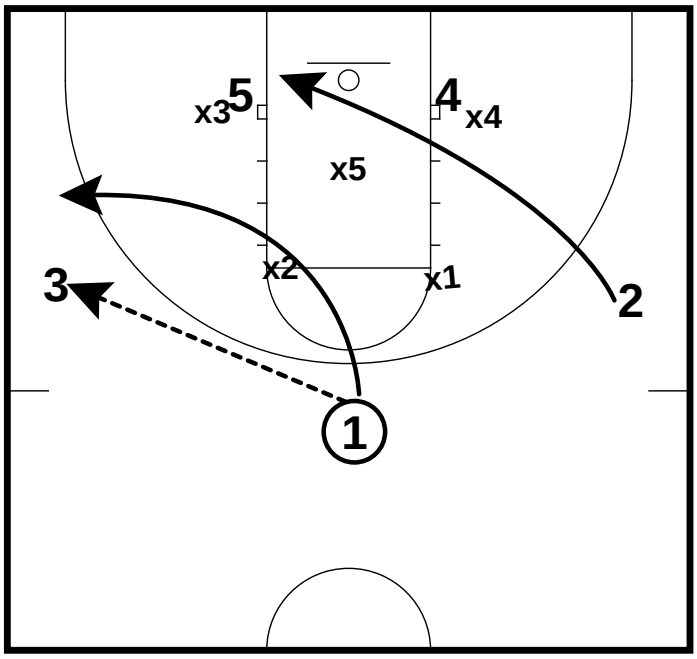
Offense vs M2M

All Contents Proprietary

Butler (New)

Northern Kentucky University - M

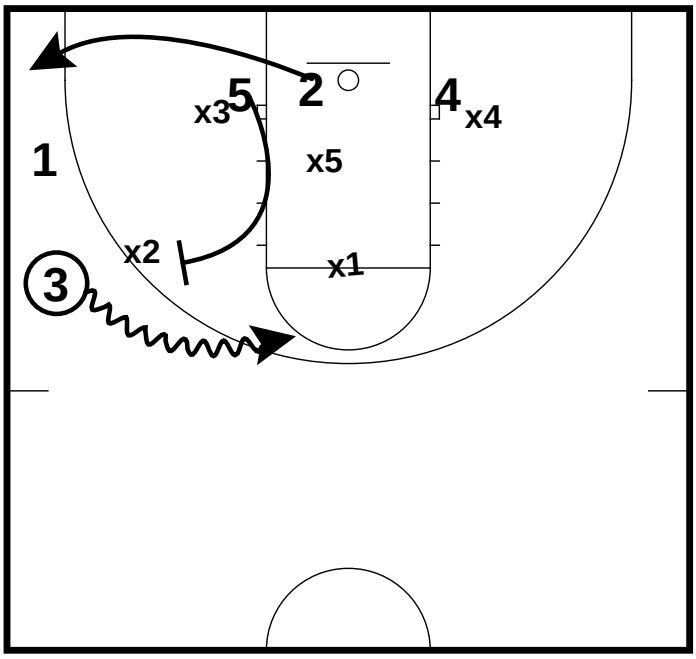
Butler (New)



Offense vs Zone

1 hits 3 on the wing and than shallow cut under the ball and x2. 2 than cuts to the ball side block behind x1.

Butler (New)



Offense vs Zone

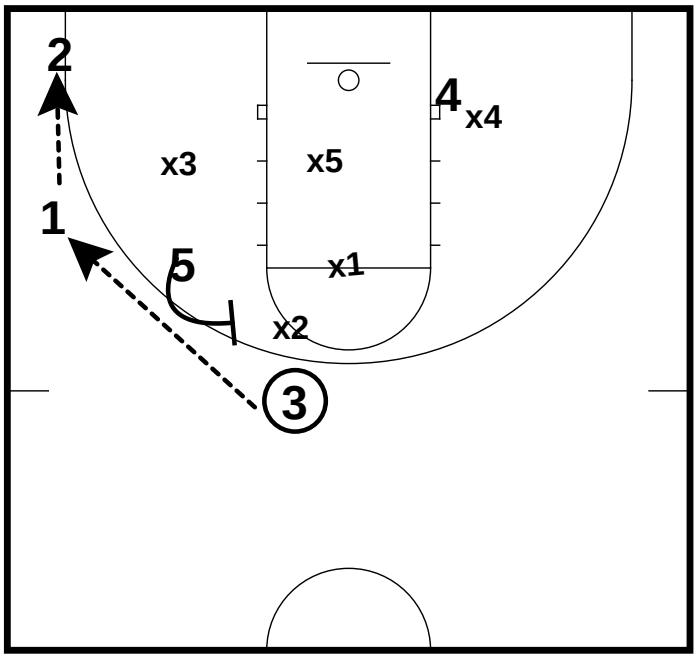
5 runs up and set ball screen for 3. You want to force x2 over the screen. Let him over. 1 fills the wing with drag action. 2 slips out to corner.

All Contents Proprietary

Butler (New)

Northern Kentucky University - M

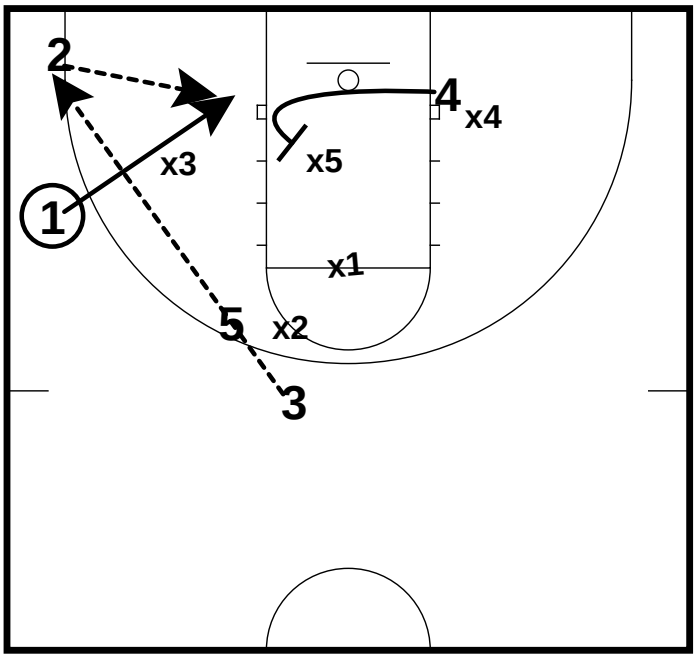
Butler (New)



Offense vs Zone

5 than turns and rescreens x2. 3 hits one (prefer pass-almost flare action) or can even skip to 2 depending on what x3 does.

Butler (New)



Offense vs Zone

Option A:

4 cuts below x5 to force him to make decision. Screen if possible to open 2 even more. If ball is skipped to 2 than 1 cuts ballside of x5 and 4 holds screen for him.

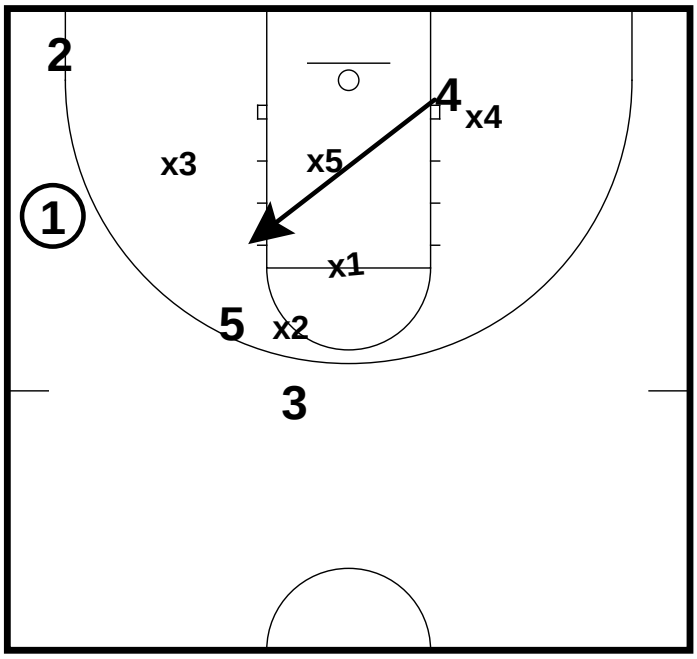
5 could also dive from top instead of 1 depending on personel.

All Contents Proprietary

Butler (New)

Northern Kentucky University - M

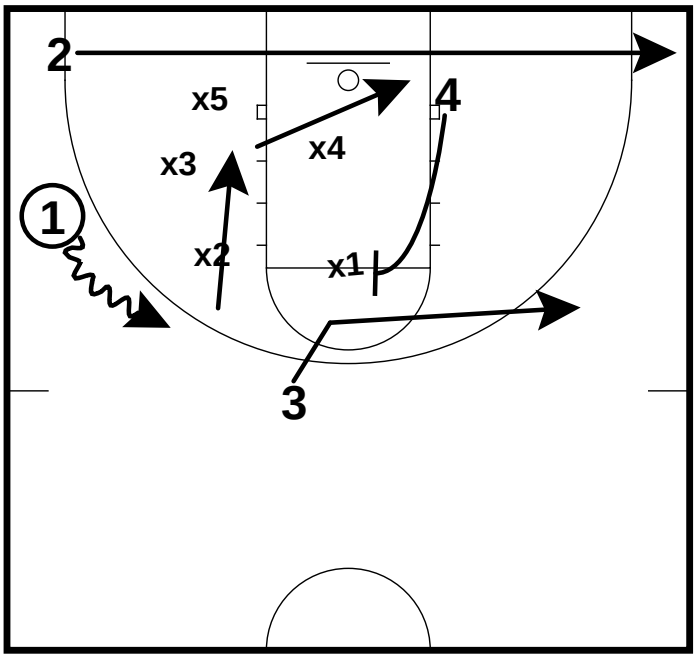
Butler (New)



Offense vs Zone

Option B: 4 cuts in front of x5 face to draw him up to high post area to force x5 to make a decision on to take him or help with 2.

Butler (New)



Offense vs Zone

Option C:

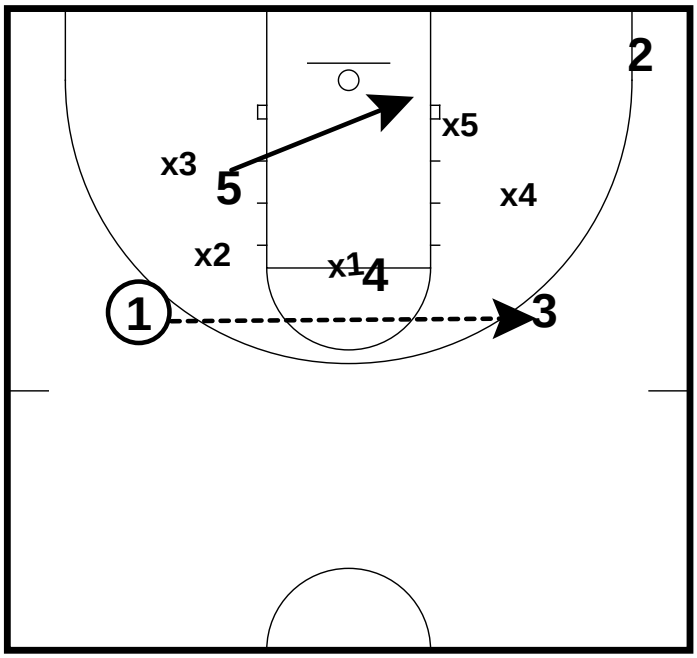
5 rolls hard and allows x2 to take 1. 4 comes up and flares x1 and 3 flares. 2 runs baseline as 1 dribbles up.

All Contents Proprietary

Butler (New)

Northern Kentucky University - M

Butler (New)



Offense vs Zone

Option C -cont-

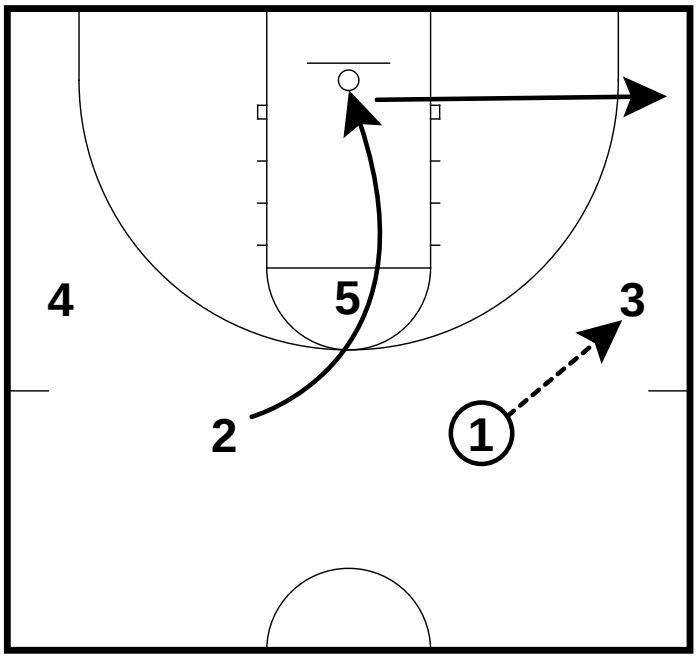
1 skips to 3. x4 should have to come up and take 3. This leaves 2 open. If x5 had gone out, than look to hit 5 or 4 in post.

All Contents Proprietary

Cyclone (New)

Concordia University (OR) - W

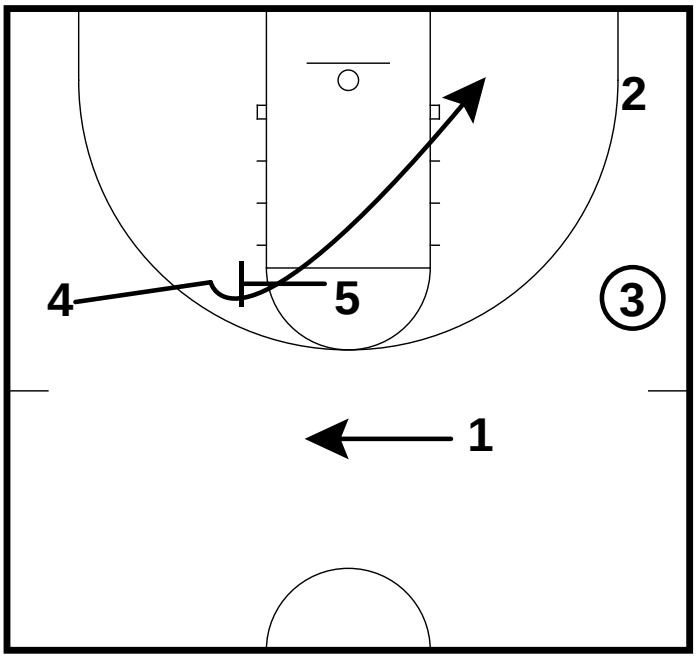
Cyclone (New)



Offense vs M2M

1 passes to 3, 2 cuts off 5 man through the key to the basket then empties out to ballside corner

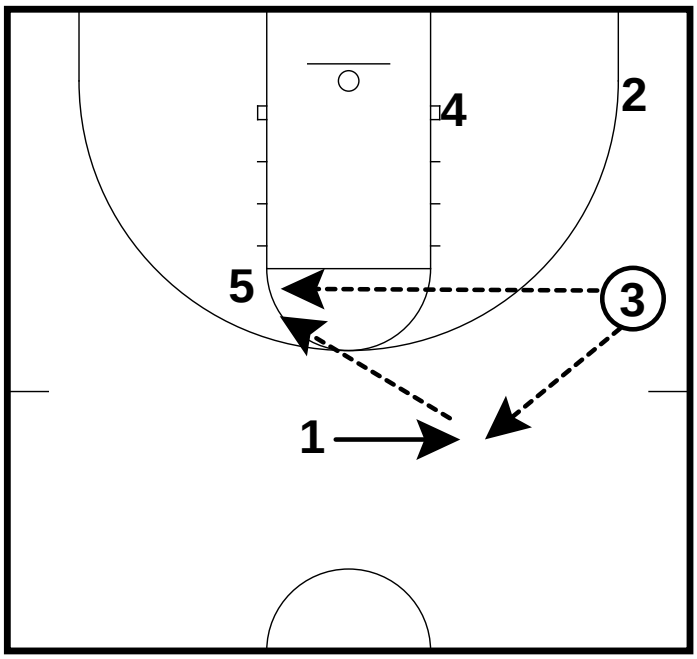
Cyclone (New)



Offense vs M2M

5 screens opposite elbow, 4 cuts off to ballside block, 1 relocates

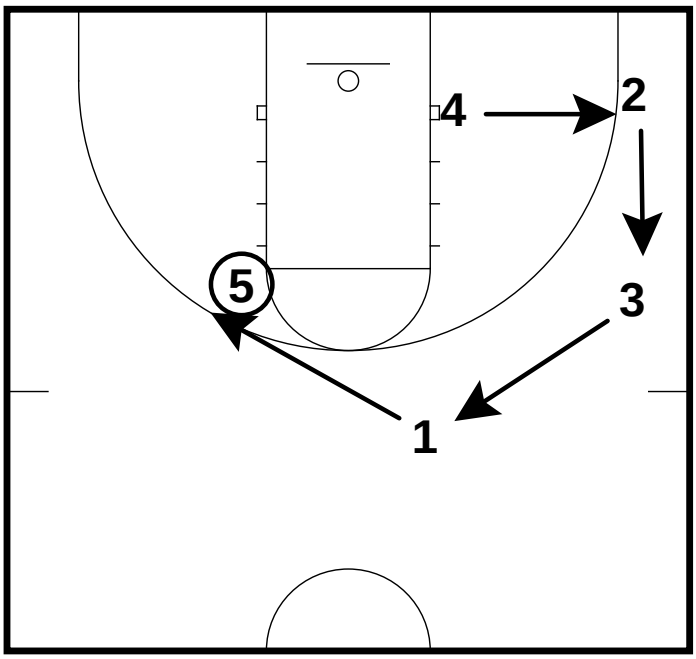
Cyclone (New)



Offense vs M2M

3 looks to pass directly to 5, or to 1 who passes to 5

Cyclone (New)



Offense vs M2M

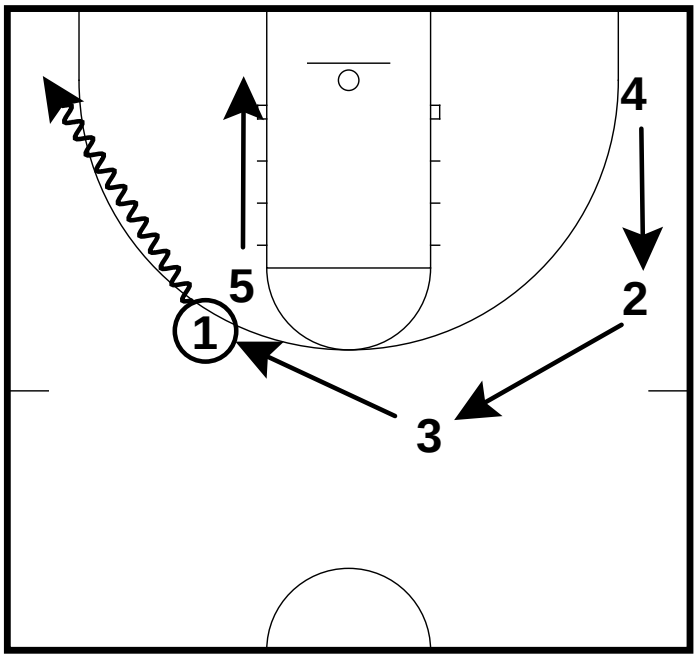
1 cuts off 5 for a handoff, 3 rotates up to the slot, 2 rotates to wing, 4 rotates to corner

All Contents Proprietary

Cyclone (New)

Concordia University (OR) - W

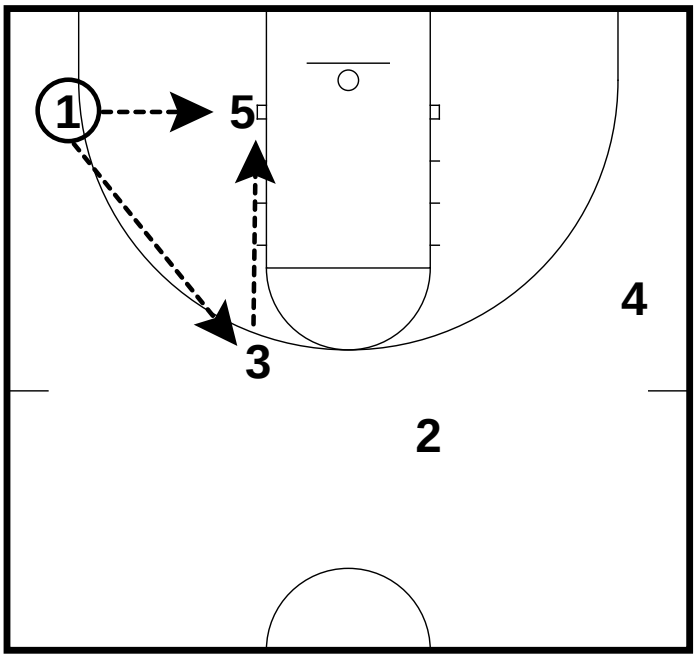
Cyclone (New)



Offense vs M2M

1 looks to turn corner off handoff, if not then dribble drags to corner, 5 rolls to ballside block, 3 rotates to ballside slot, 2 rotates to opposite slot, 4 rotates to wing

Cyclone (New)



Offense vs M2M

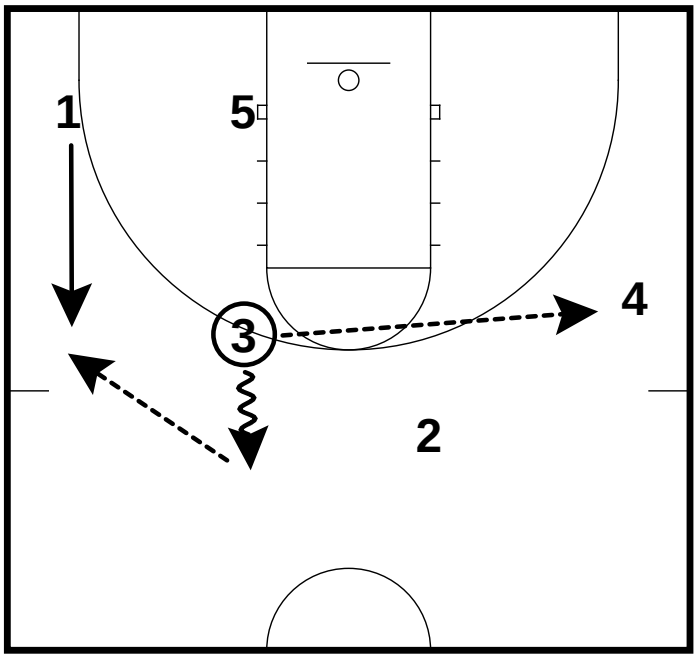
1 looks to 5 or reverses to 3 who looks to 5

All Contents Proprietary

Cyclone (New)

Concordia University (OR) - W

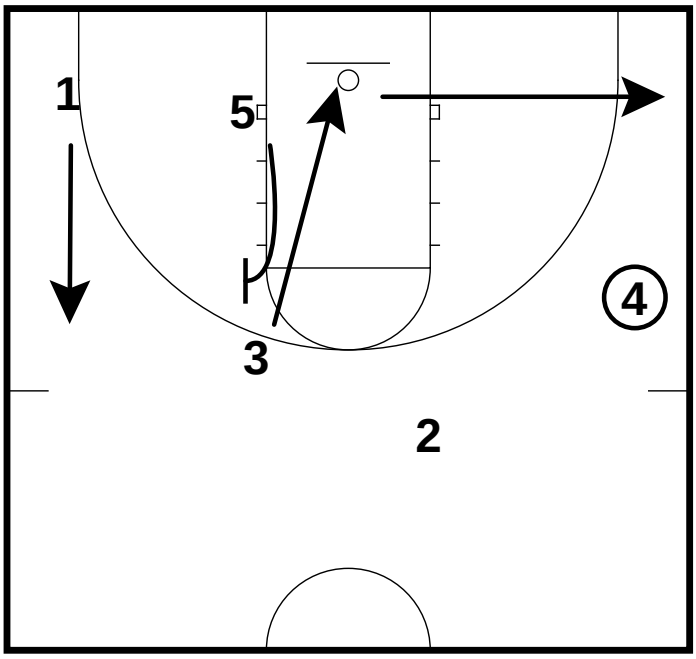
Cyclone (New)



Offense vs M2M

For continuity of the offense, 3 looks to pass to 4 or retreat dribbles and passes to 1

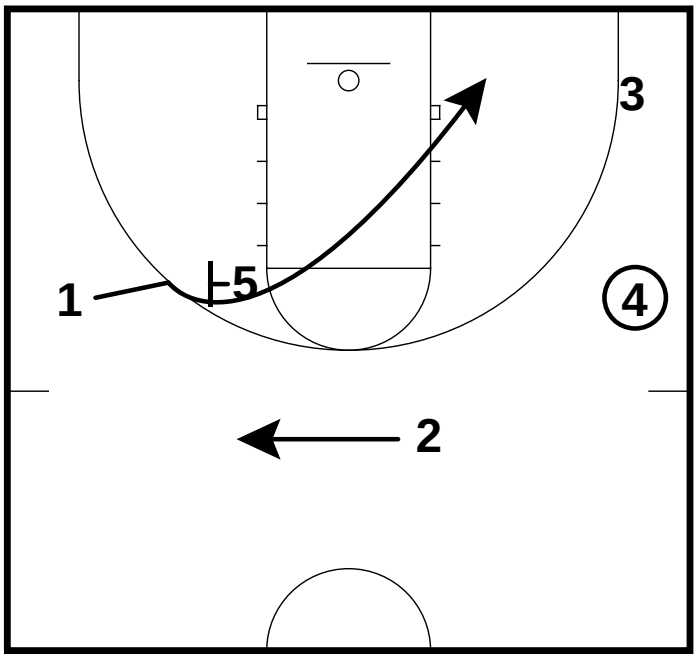
Cyclone (New)



Offense vs M2M

If ball is passed to 4, 3 cuts to basket then empties out to ballside corner, 5 screens opposite elbow, 1 pops to wing

Cyclone (New)



Offense vs M2M

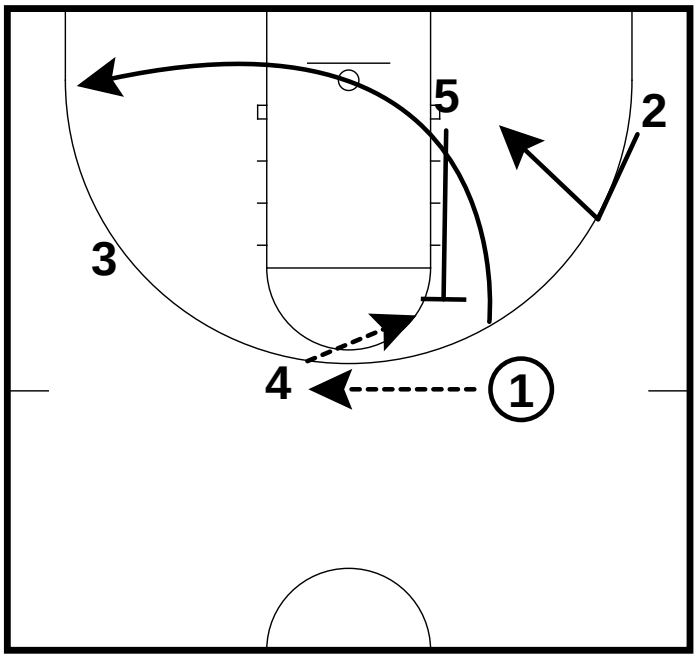
5 screens opposite elbow, 1 cuts to ballside block, 2 relocates

All Contents Proprietary

Fake Hand-Off to Slip Screen

Hendrix College - M

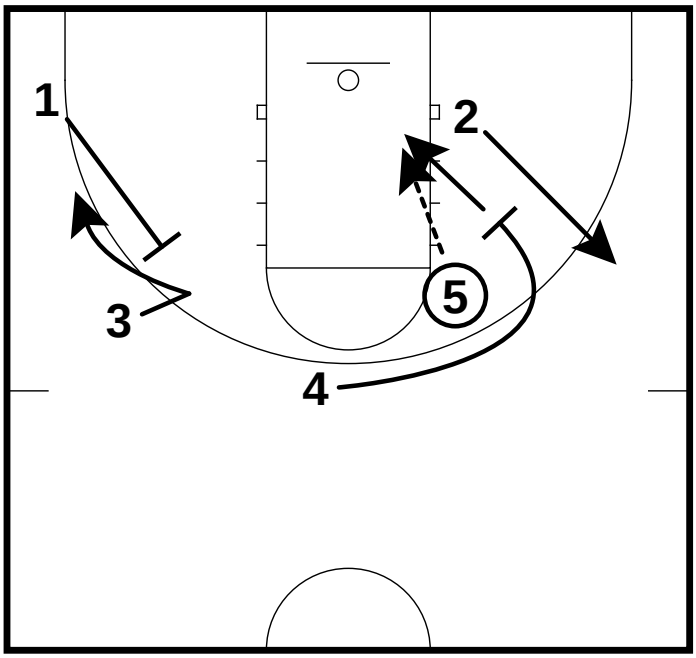
Fake Hand-Off to Slip Screen



Secondary

1 passes to 4 then cuts to opposite corner off back-screen set by 5. After screening, 5 steps to ball for catch as 2 sets man up for back-door cut.

Fake Hand-Off to Slip Screen



Secondary

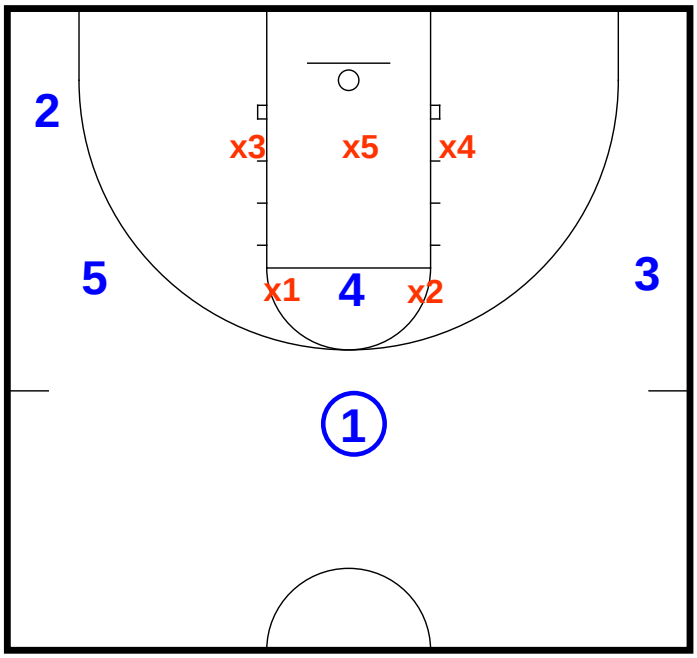
If 2 doesn't have back-door catch, 4 plays fake hand-off with 5 and then sets down-screen for 2. The read is for 4 to slip and catch quick bounce pass from 5 for lay-up as X4 is probably trailing and ready to show on downscreen for 2. 1 flares for 3 weakside to help keep defense honest.

All Contents Proprietary

Gold

Bluefield State College - W

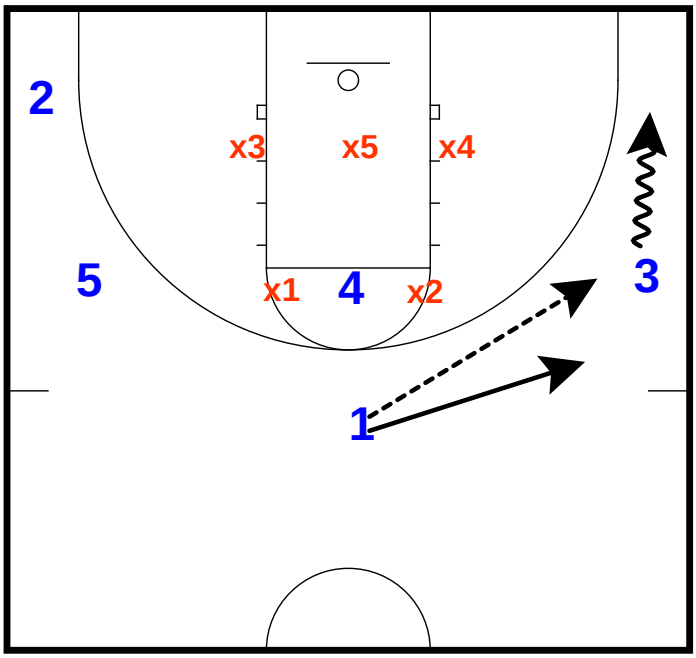
Gold



Quick Hitters - Zone

This zone play is used to get open looks for the 2 and 3, however depending upon how the defense plays the screens 5 and 4 may get open looks by sealing after screening the zone

Gold



Quick Hitters - Zone

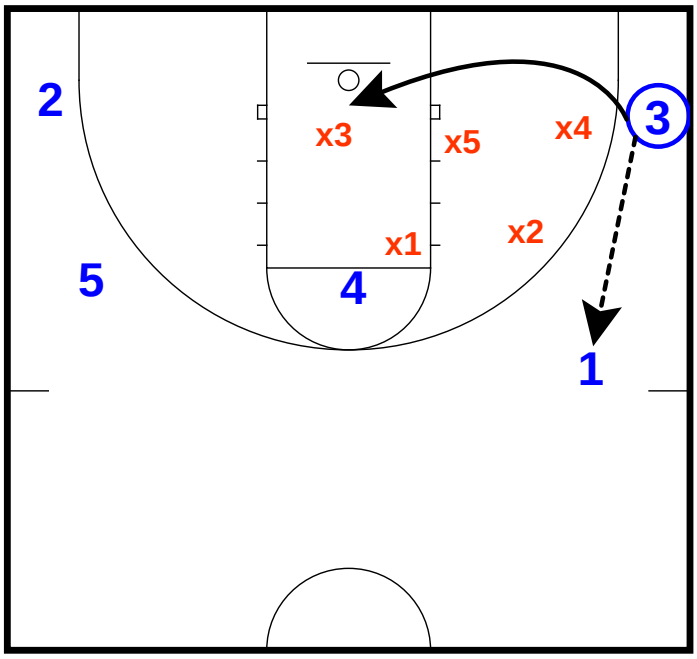
1 will pass to the 3 on the wing, 3 will dribble down to the corner (block extended) as 1 replaces on the wing

All Contents Proprietary

Gold

Bluefield State College - W

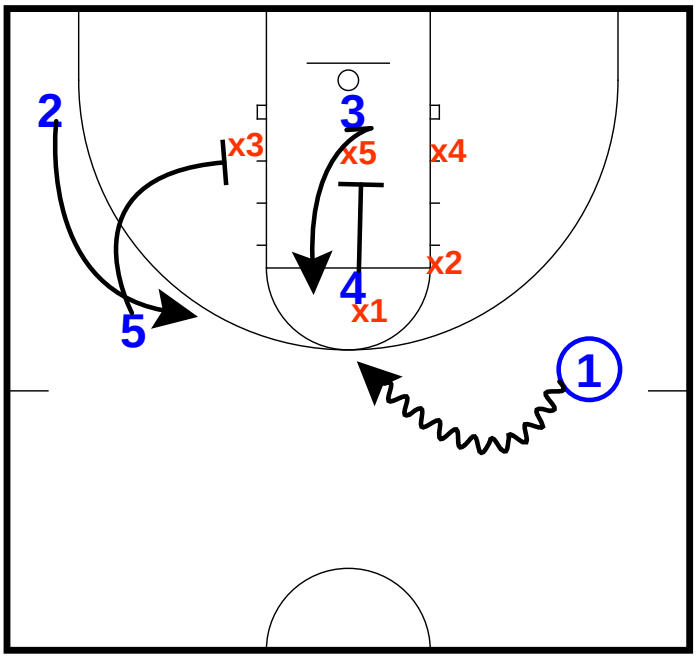
Gold



Quick Hitters - Zone

3 will pass back to 1 and cut behind the zone to the basket

Gold



Quick Hitters - Zone

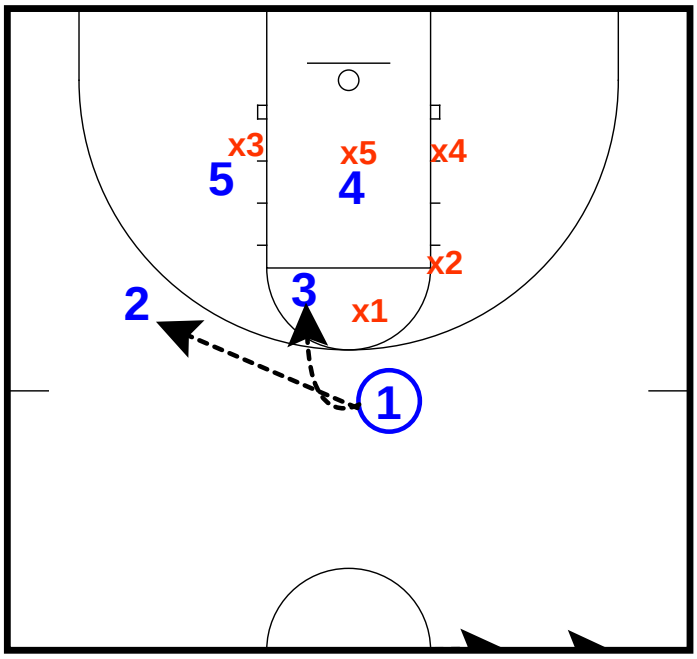
Once 3 Geys to the basket: 1 dribbles toward point making the weakside guard in the zone defend
4 screens the middleman in the zone
5 slides down and screens the weakside wing in the zone
3 circles behind the screen and flashes the middle of the zone

All Contents Proprietary

Gold

Bluefield State College - W

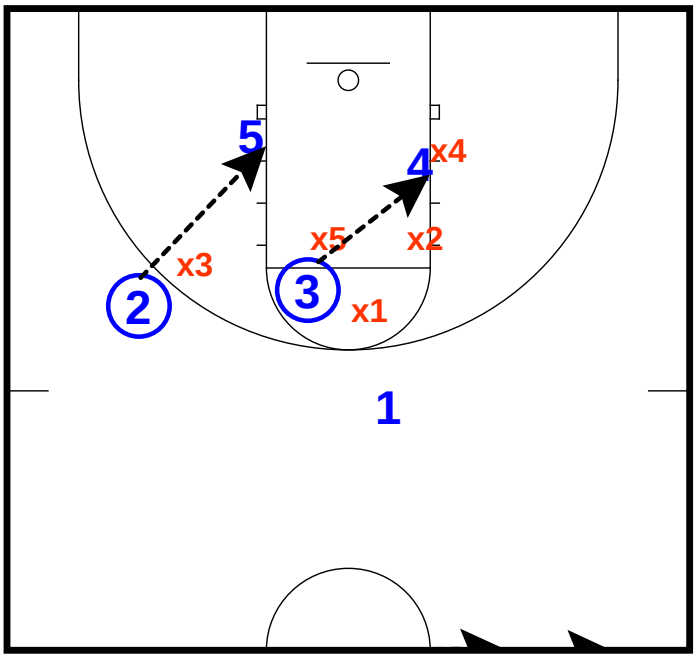
Gold



Quick Hitters - Zone

1-has an option to pass to 2 or 3
Counter options are available for 2 and 3
If the weak side wing defender fights through the screen 5 should be open on the block
If the middle man fights through the screen to pick up 3 in the high post, 4 should look to seal X4 for the dump down.

Gold



Quick Hitters - Zone

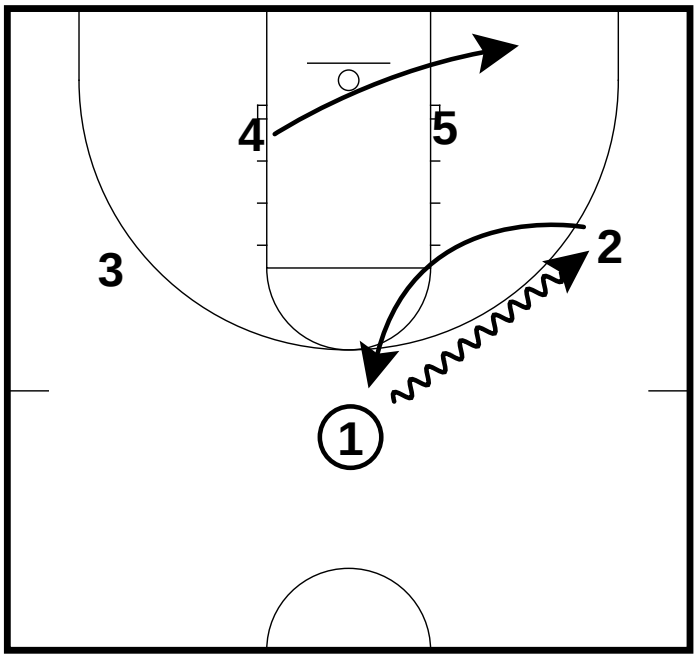
If the weak side wing defender fights through the screen 5 should be open on the block
If the middle man fights through the screen to pick up 3 in the high post, 4 should look to seal X4 for the dump down.

All Contents Proprietary

Over 2

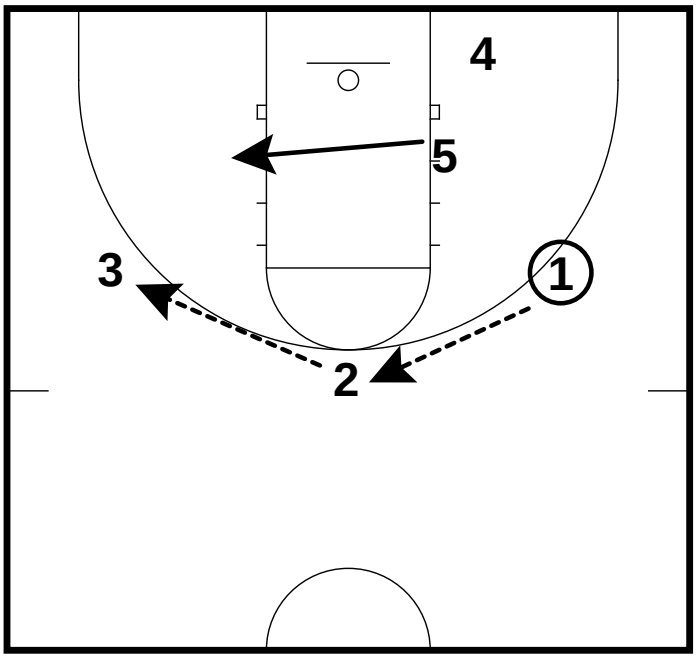
Baldwin-Wallace College - W

Over 2



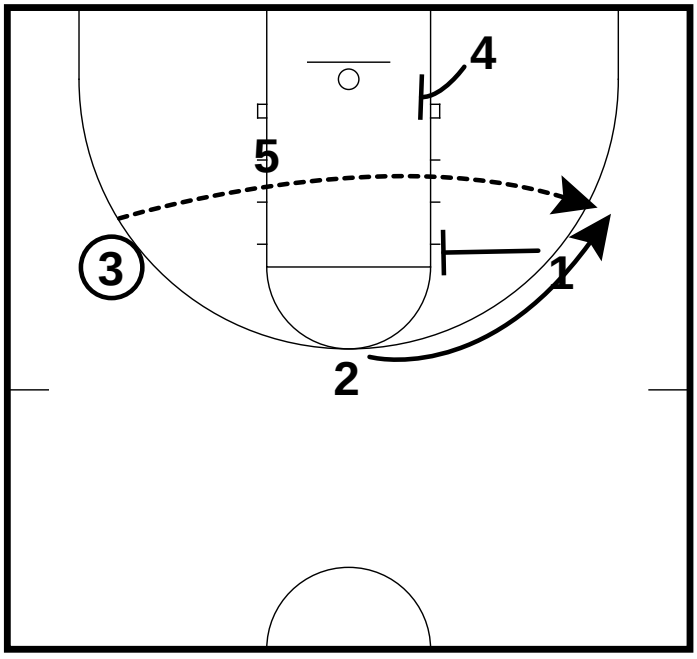
Quick Hitters - Zone

Over 2



Quick Hitters - Zone

Over 2



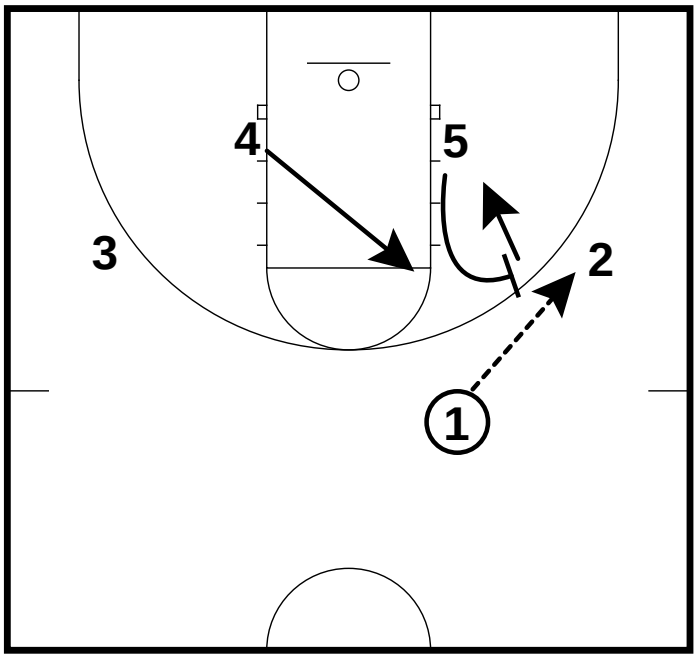
Quick Hitters - Zone

All Contents Proprietary

Slip (New)

McMurry University - W

Slip (New)



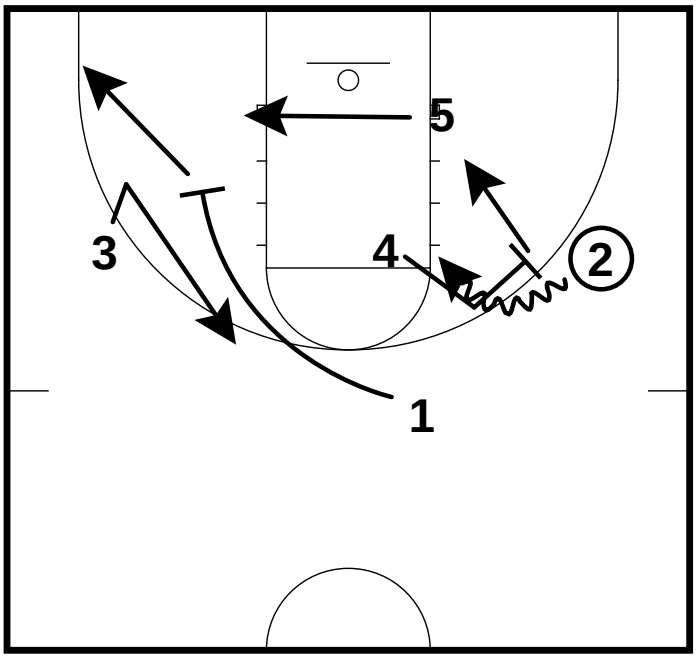
Offense vs M2M

1 passes to 2 or
1 drives and 2 and 2 shallow cuts back up to replace 1

5 steps up to set ball screen then immediately SLIPs screen

4 flashes high

Slip (New)



Offense vs M2M

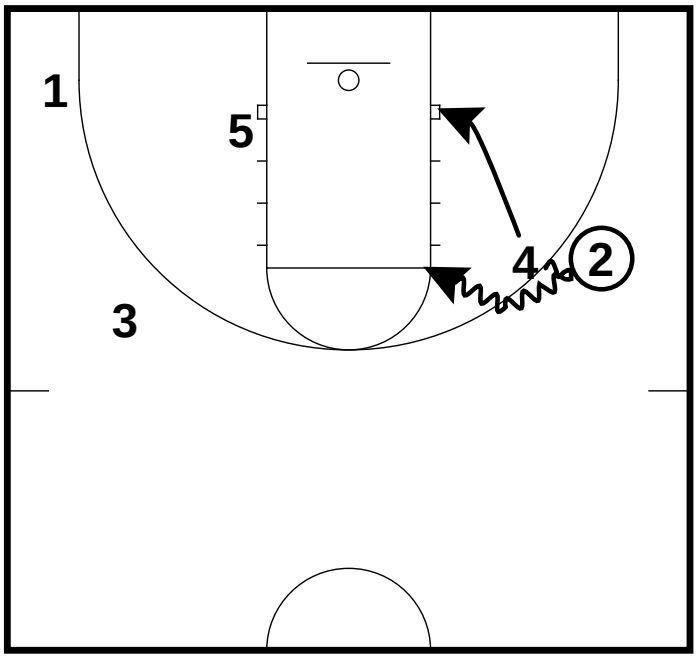
4 screens for 2 Pick and roll
5 goes to opposite side of lane
1 screens opposite for 3 then relocates to corner

All Contents Proprietary

Slip (New)

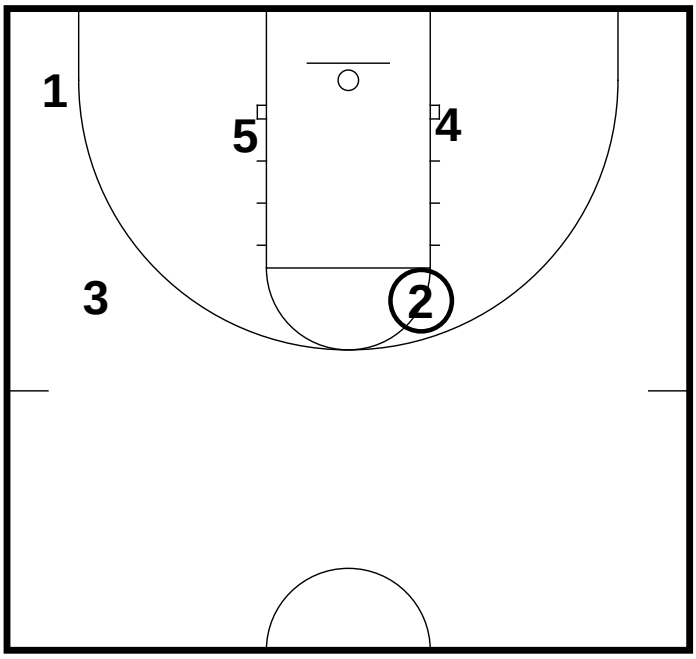
McMurry University - W

Slip (New)



Offense vs M2M

Slip (New)



Offense vs M2M

2 drives off screen by 4

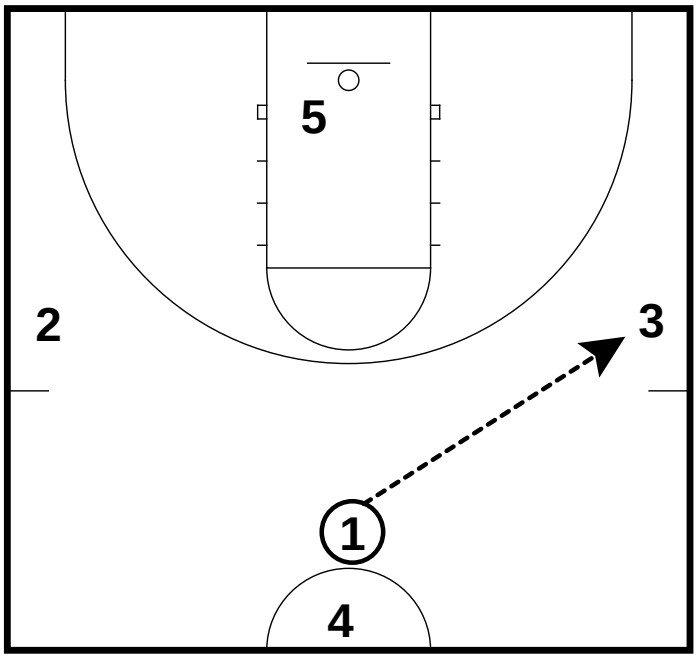
4 rolls to the basket

All Contents Proprietary

Gator (New)

Rochester Community Tech - M

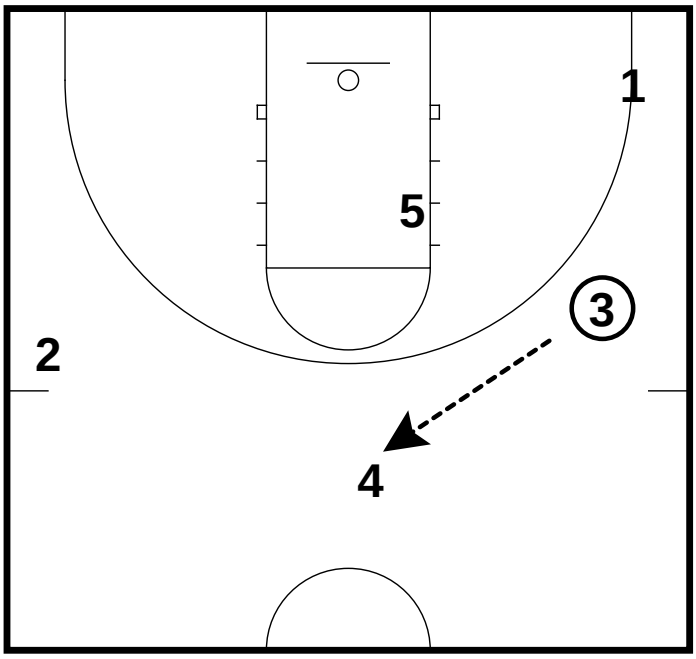
Gator (New)



Offense vs M2M

Pt will pass to either wing

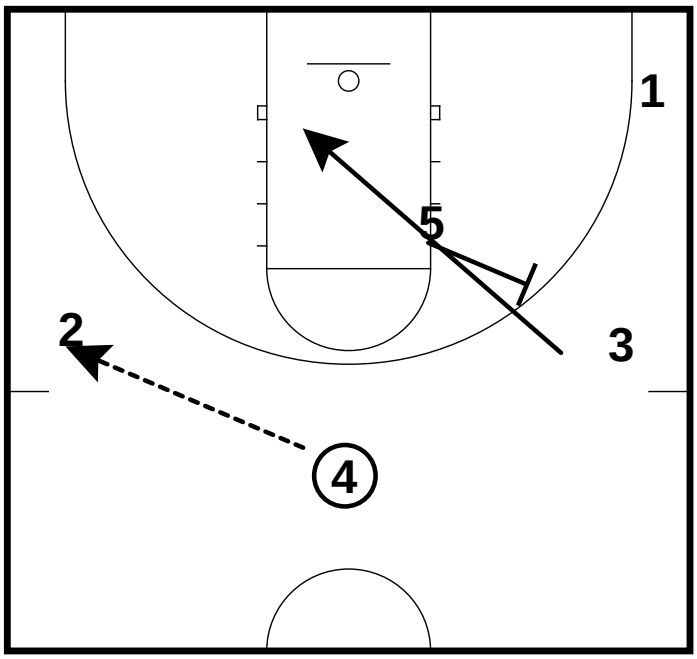
Gator (New)



Offense vs M2M

pt will shuffle cut to the corner/3 man will reverse to 4

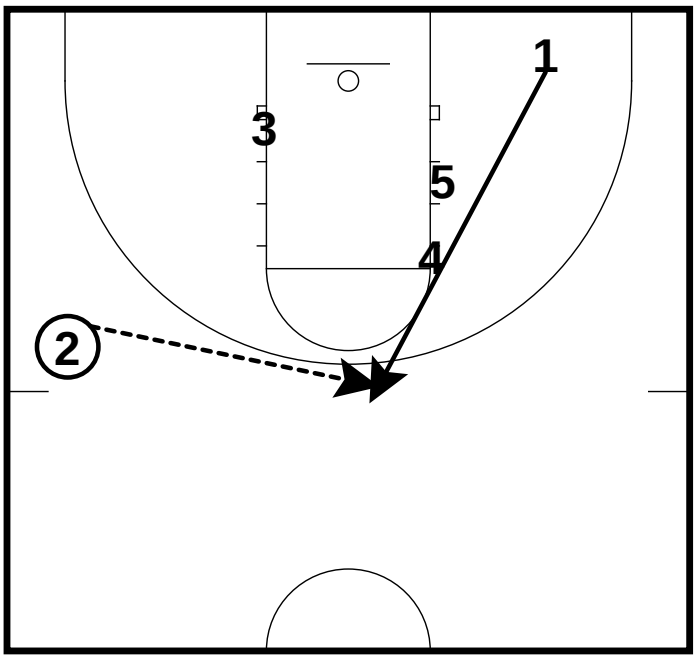
Gator (New)



Offense vs M2M

4 will reverse to 2/5 man will diagonal screen for 3

Gator (New)



Offense vs M2M

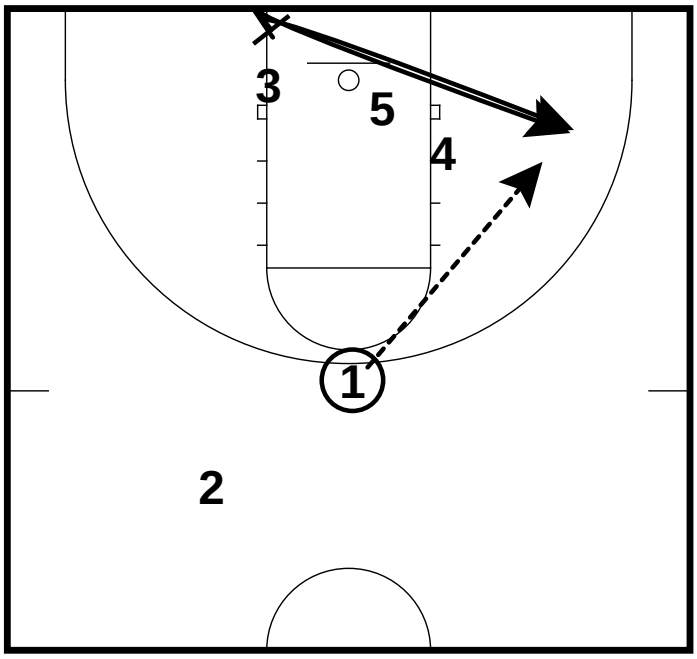
5 and 4 will double stagger for 1

All Contents Proprietary

Gator (New)

Rochester Community Tech - M

Gator (New)



Offense vs M2M

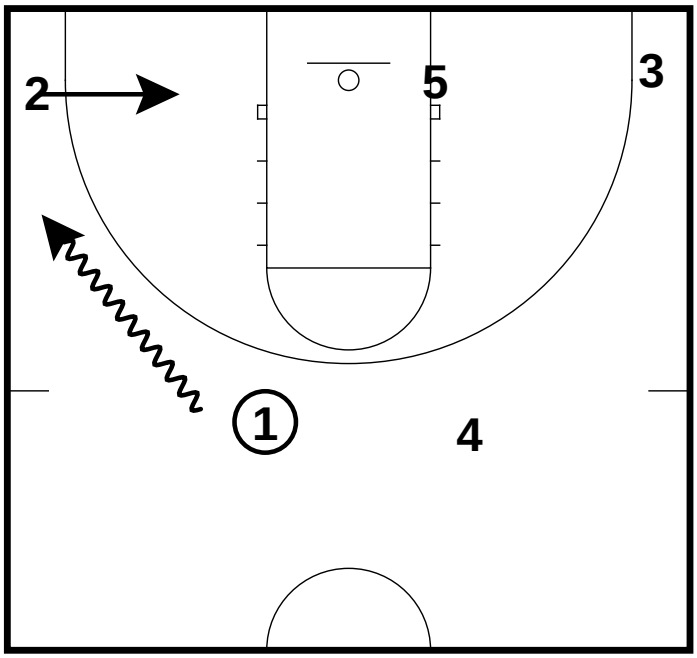
5 and 4 double stagger for 3

All Contents Proprietary

Shallow (New)

Rochester Community Tech - M

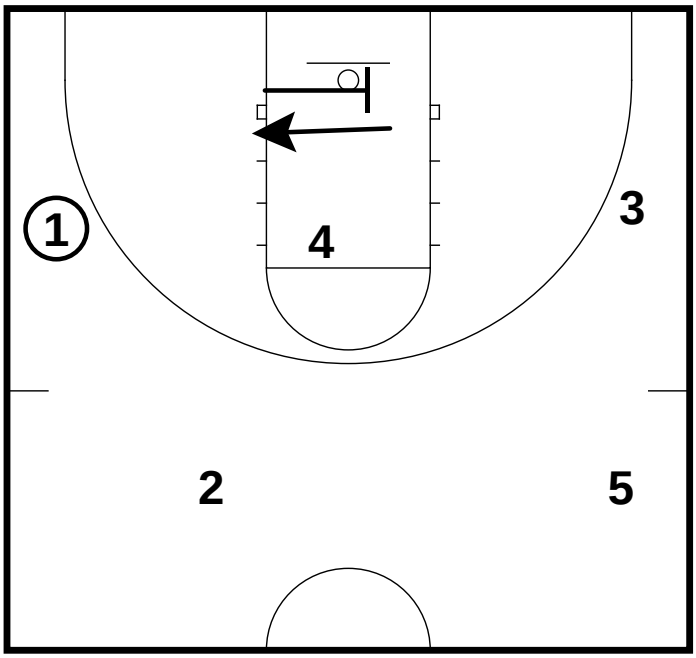
Shallow (New)



Offense vs M2M

Pt guard will dribble enter at the wing

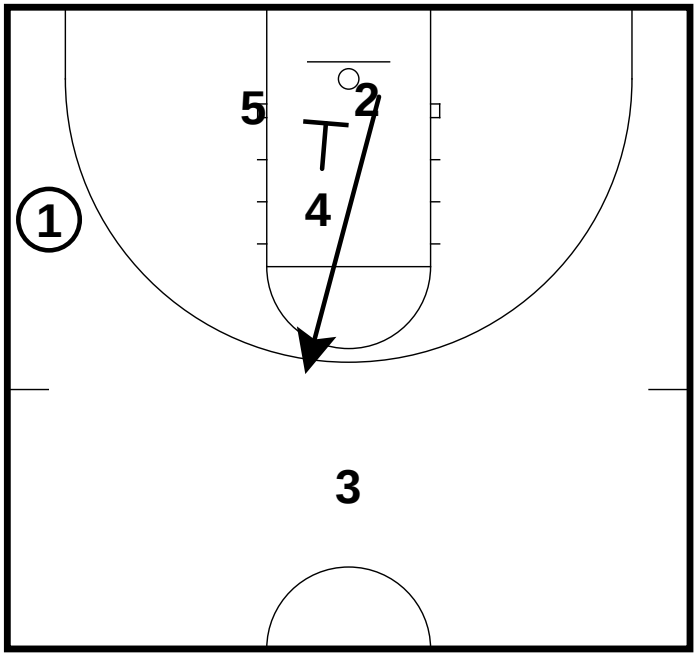
Shallow (New)



Offense vs M2M

2 will cross screen for 5

Shallow (New)



Offense vs M2M

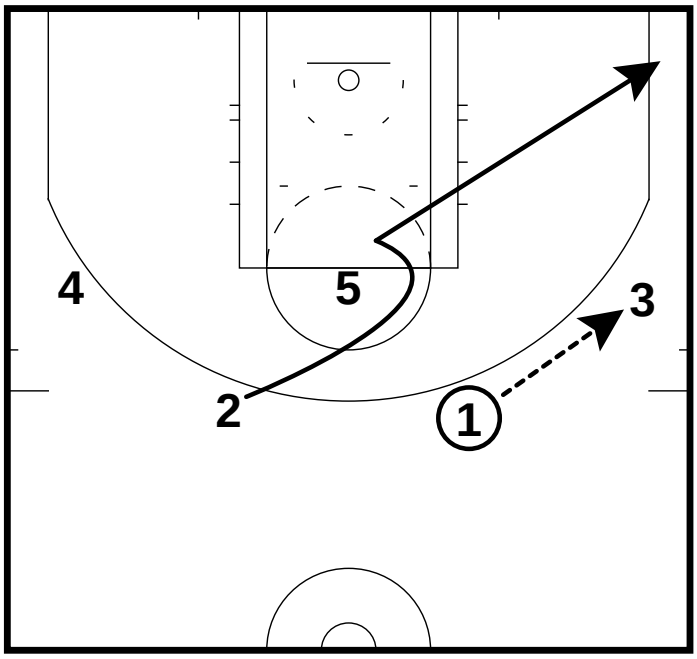
2 will get a downscreen from 4

All Contents Proprietary

Post Curl (New)

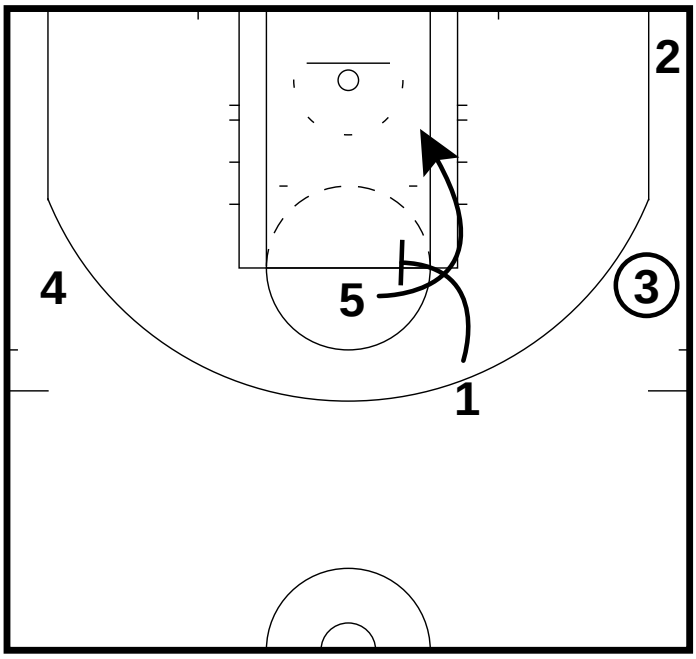
Southwestern College - M

Post Curl (New)



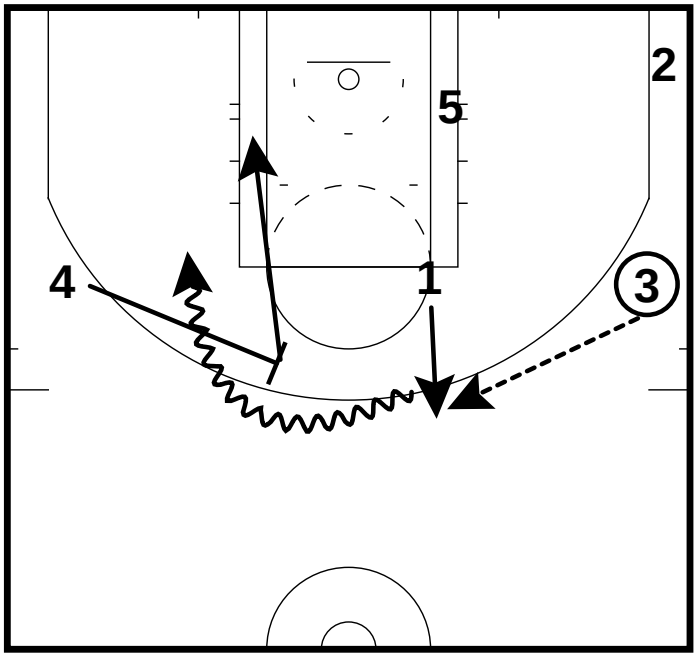
Offense vs M2M

Post Curl (New)



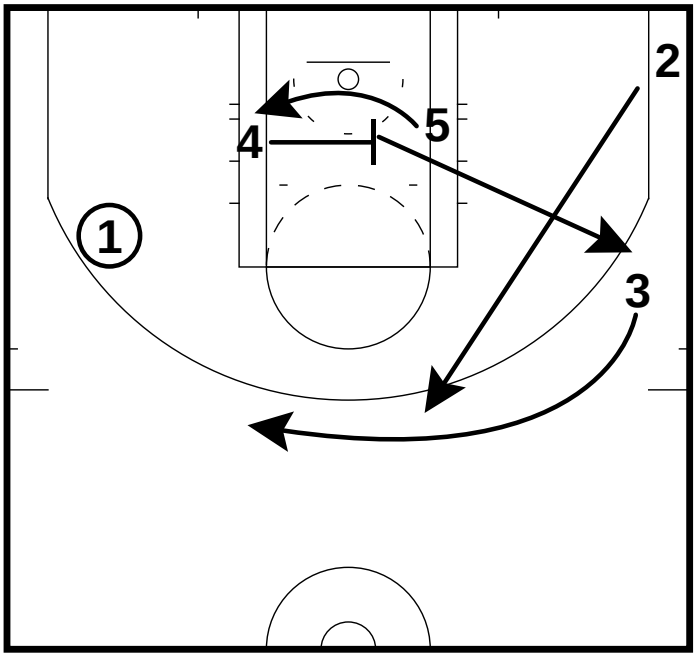
Offense vs M2M

Post Curl (New)



Offense vs M2M

Post Curl (New)



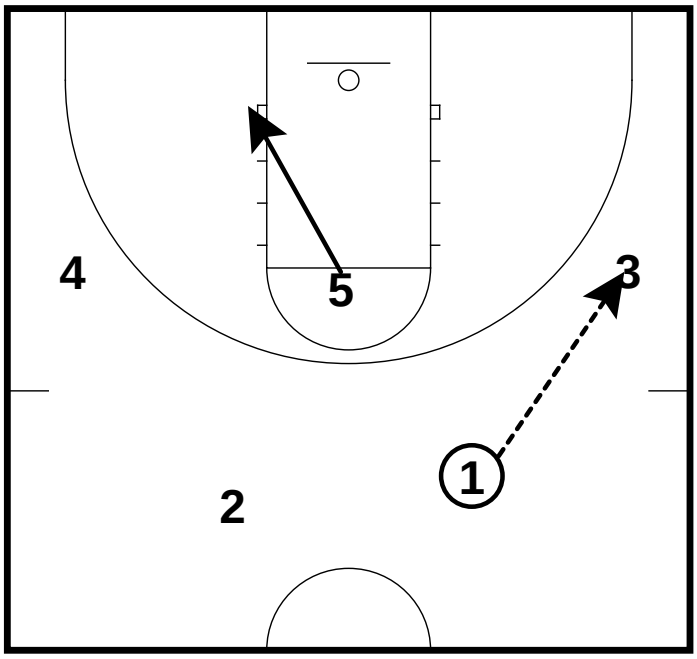
Offense vs M2M

All Contents Proprietary

St. Mary's (New)

UC Santa Cruz - M

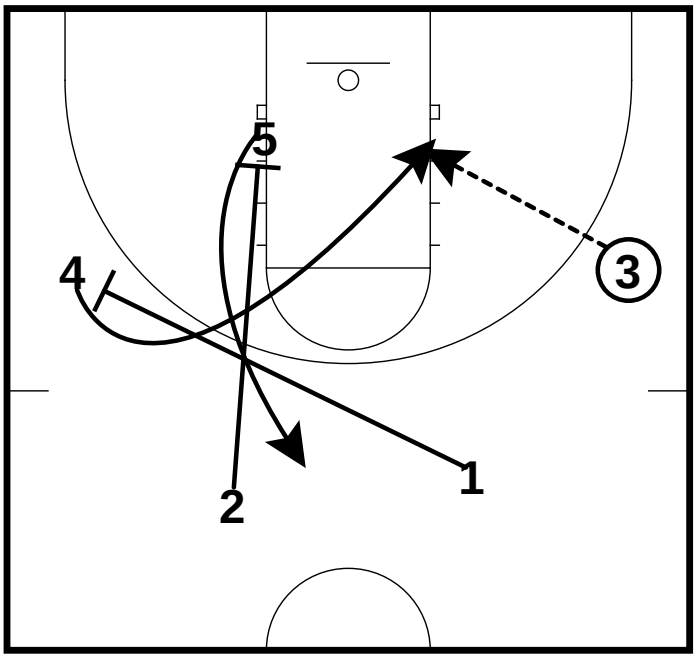
St. Mary's (New)



Offense vs M2M

Start out in 5 high set.
1 passes to 3 as 5 slides down to opposite block

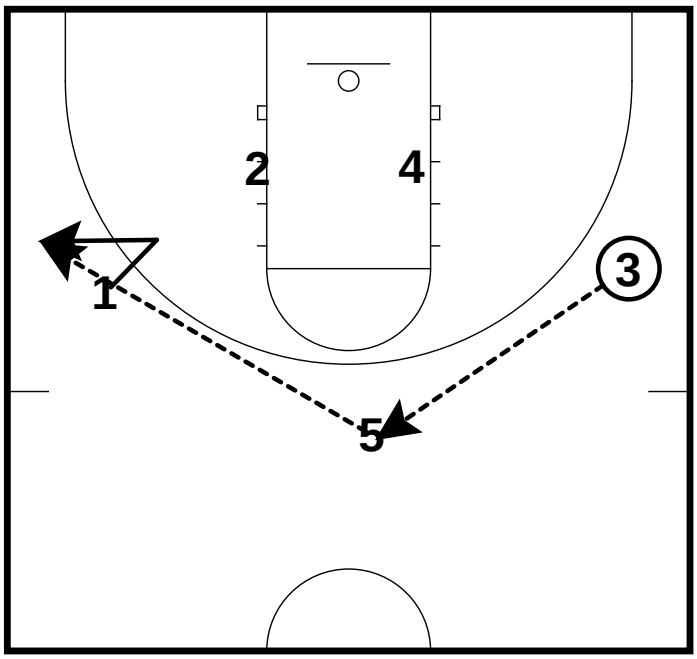
St. Mary's (New)



Offense vs M2M

1 screens for 4 and 2 screens for 5.
4 cuts off of 1's screen and looks for pass from 3.

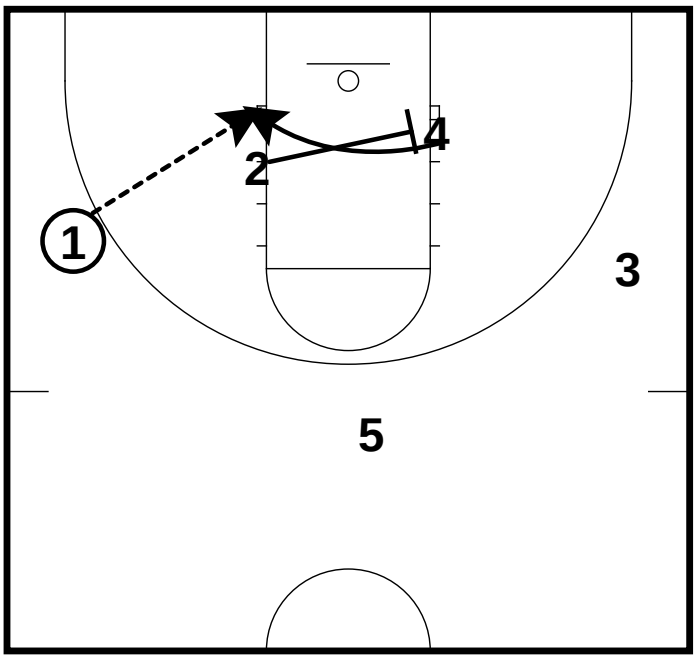
St. Mary's (New)



Offense vs M2M

If 3 doesn't pass to 4, 3 will reverse ball to 5 . 5 reverses ball to 1 on the wing.

St. Mary's (New)



Offense vs M2M

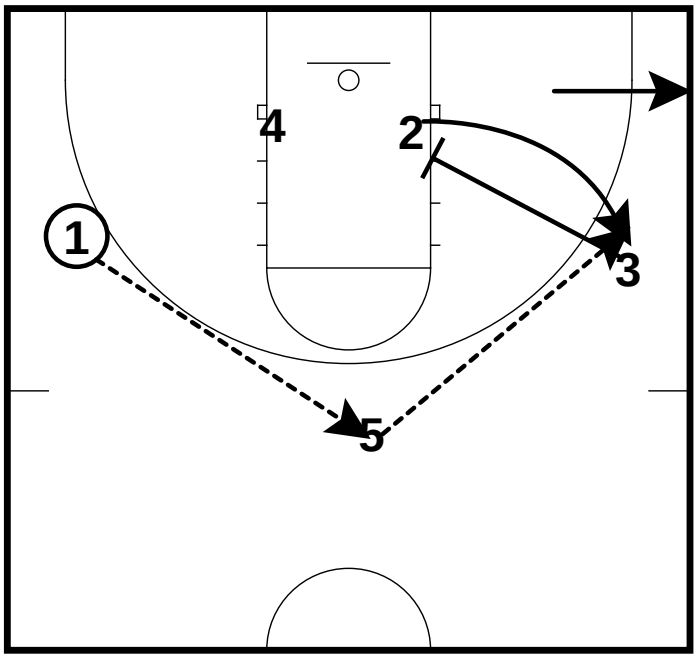
2 sets back screen for 4 to come to the ball.

All Contents Proprietary

St. Mary's (New)

UC Santa Cruz - M

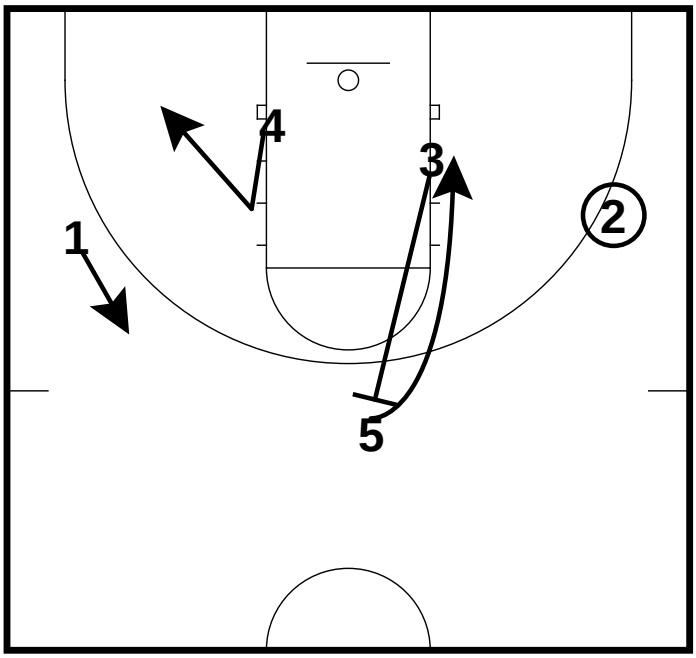
St. Mary's (New)



Offense vs M2M

If 1 can't pass to 4, they reverse the ball to 5 who looks for 2 coming off 3's pin-down.

St. Mary's (New)



Offense vs M2M

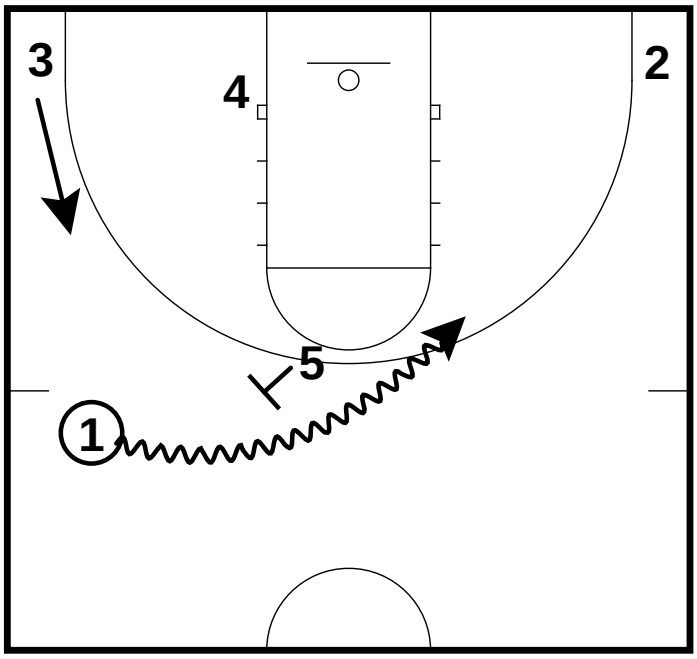
If 2 has NO shot, they look for 5 diving to block off 3's back-pick.
If we have No shot we go int motion.

All Contents Proprietary

Spread Corner (New)

Trine University - M

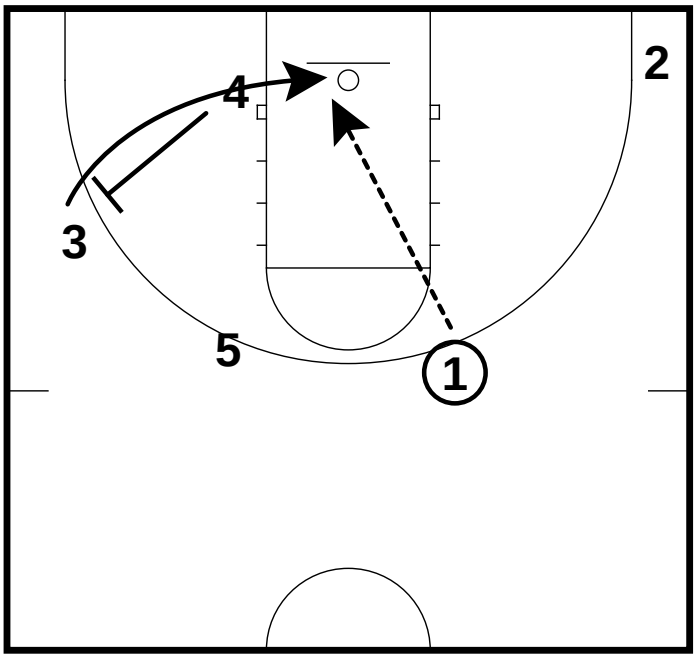
Spread Corner (New)



Offense vs M2M

pt guard dribbles of of 5 man hig ball screen. as this action is taking palce 3 man shuffles up to wing area waiting on 4 to backscreen

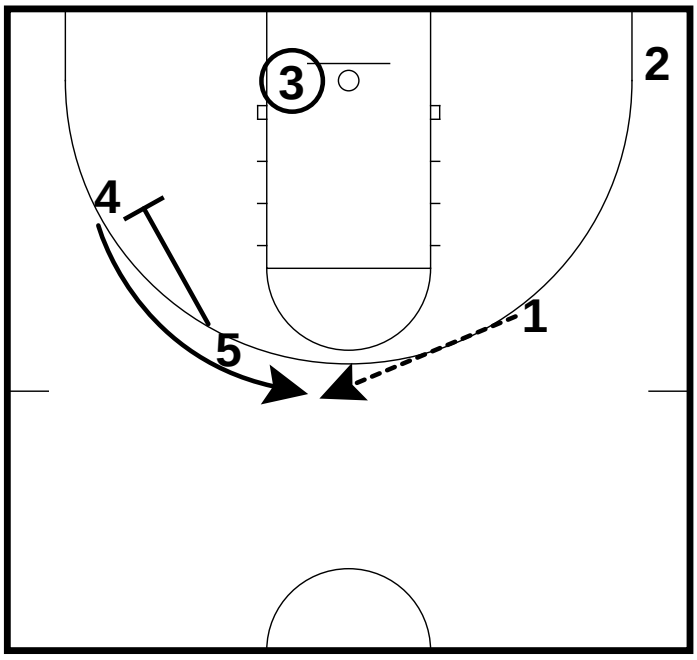
Spread Corner (New)



Offense vs M2M

Alley opp pass to 3 man coming off 4 backscreen

Spread Corner (New)



Offense vs M2M

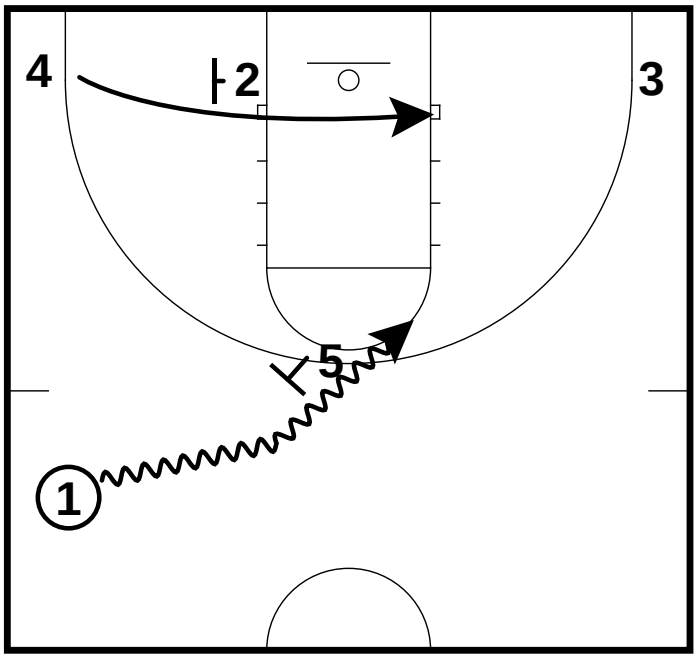
If alley-oop is not there pt guard looks for 4 man coming off of 5 screen for "3"

All Contents Proprietary

Spread Down (New)

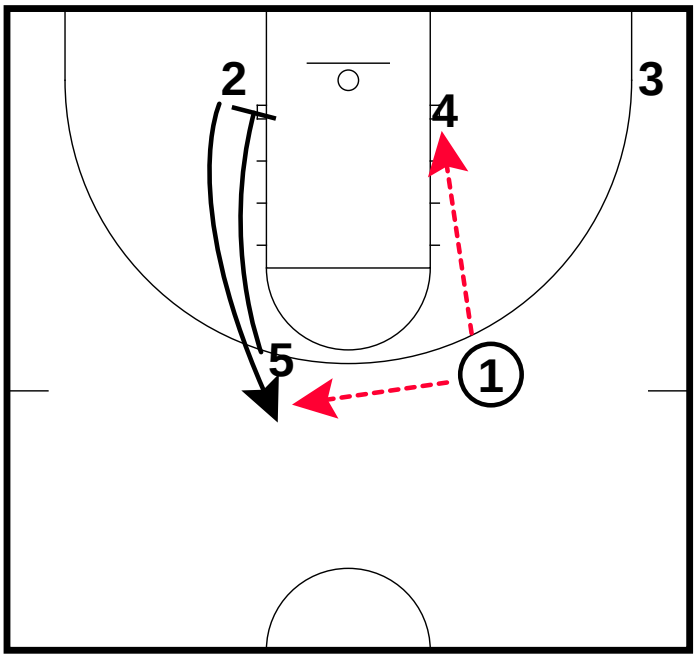
Trine University - M

Spread Down (New)



Offense vs M2M

Spread Down (New)



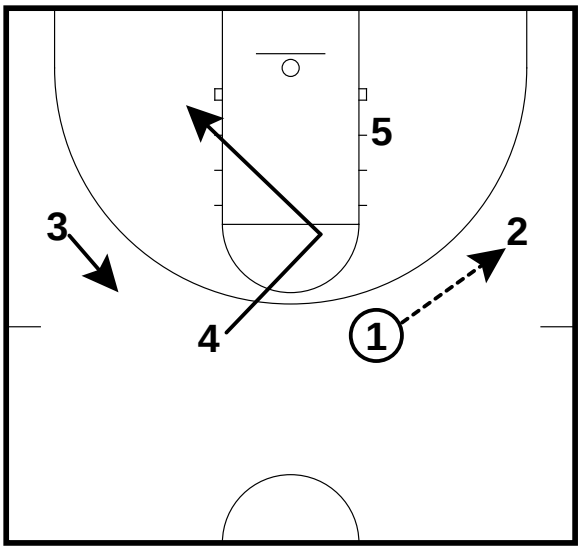
Offense vs M2M

All Contents Proprietary

Wing Lob (New)

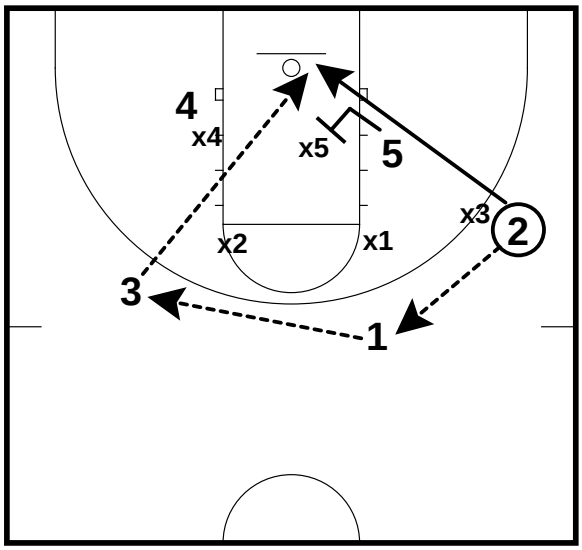
University of Minnesota Duluth - M

Wing Lob (New)



Offense vs Zone

Wing Lob (New)



Offense vs Zone

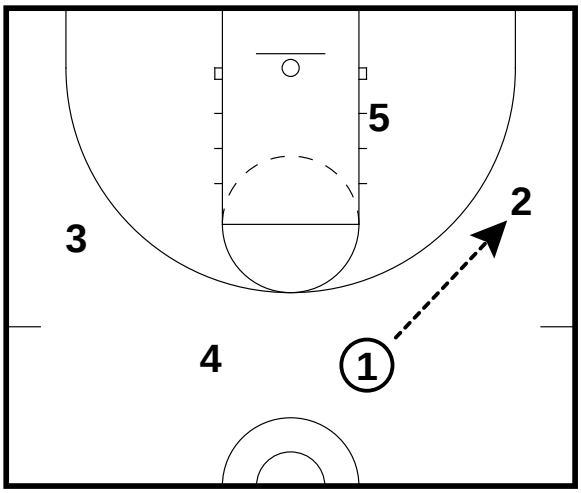
5 Screens the Middle of a 2-3 zone
Key to get Outside Bottom Defender of 2-3 up on the 2

All Contents Proprietary

Big

Cockrill Cowboys

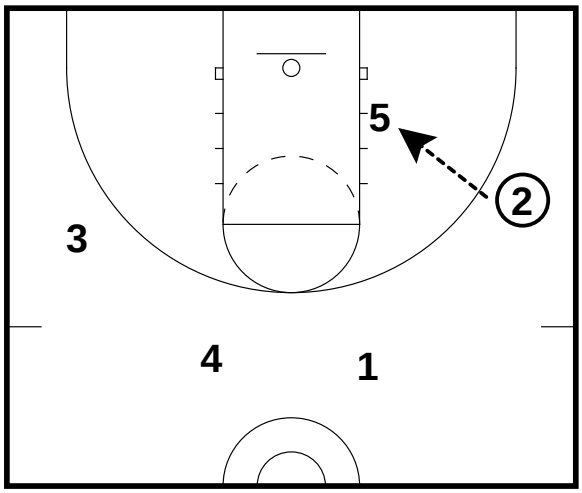
Big



Secondary Break

#1 passes to #2 on the wing.
#5 has posts up on the low block

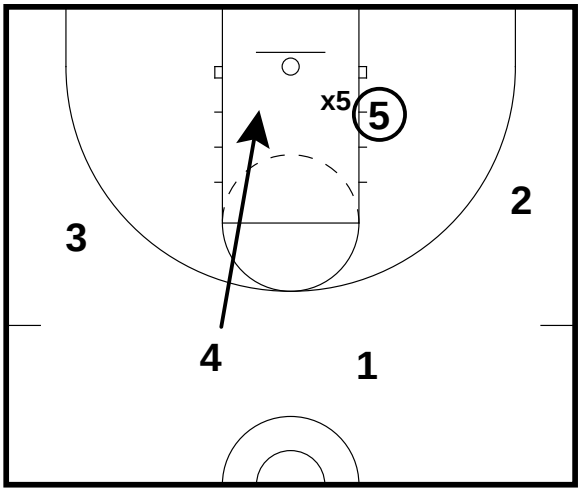
Big



Secondary Break

#2 hits #5 with the ball

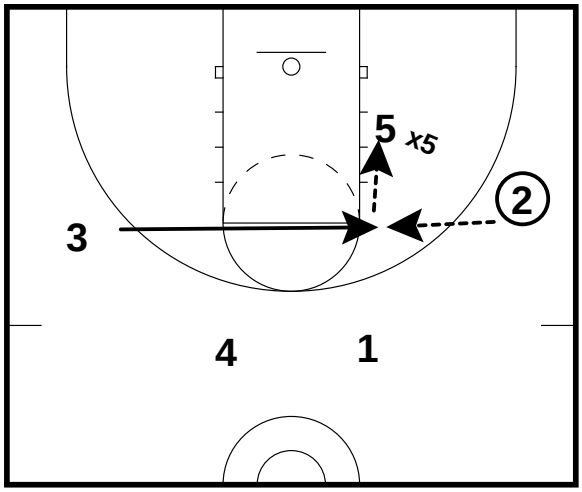
Big



Secondary Break

#4 flashes to basket looking for put back or possible pass

Big



Secondary Break

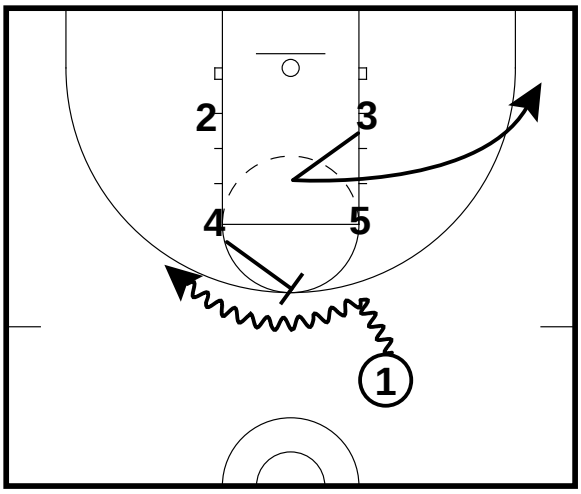
If #5 is being fronted we will call "Seal"
#3 will come across and hit #5 for the score.

All Contents Proprietary

Butler

Cockrill Cowboys

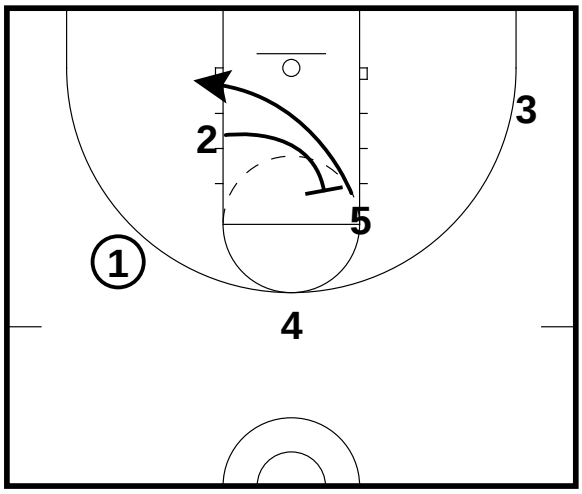
Butler



Quick Hitters - Man

- #4 sets a high ball screen for #1
- #3 cuts hard inside and spaces the floor

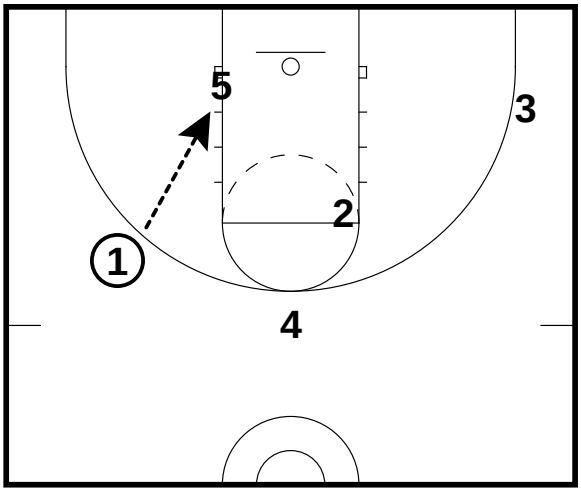
Butler



Quick Hitters - Man

- #2 sets a back/shuffle screen for #5
- #3 drifts to baseline for spacing

Butler



Quick Hitters - Man

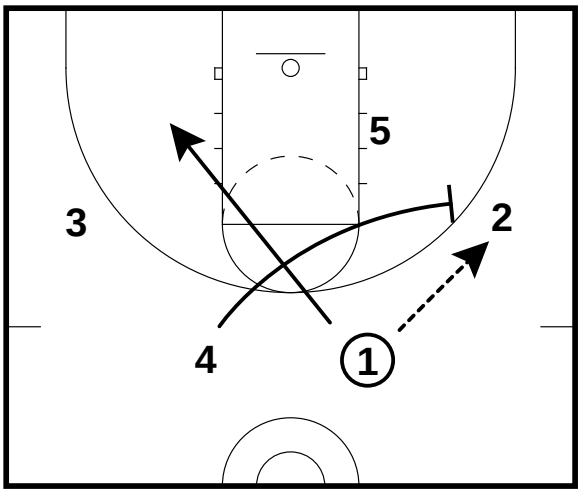
- #1 searches out the wing for a post entry ISO for #5
- If #1 drives to the rim he has #5 on a shape-up or
#3 on a baseline drift

All Contents Proprietary

Crackdown

Cockrill Cowboys

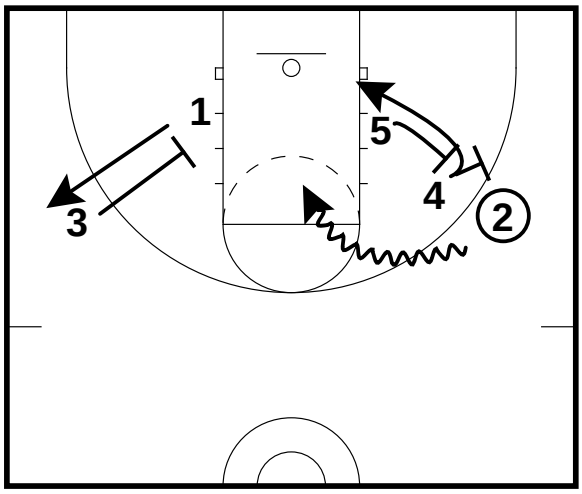
Crackdown



Secondary Break

1 passes to wing player and goes opposite
4 sets pick and roll and recieves back screen from post player.
3 times down screen for 1

Crackdown



Secondary Break

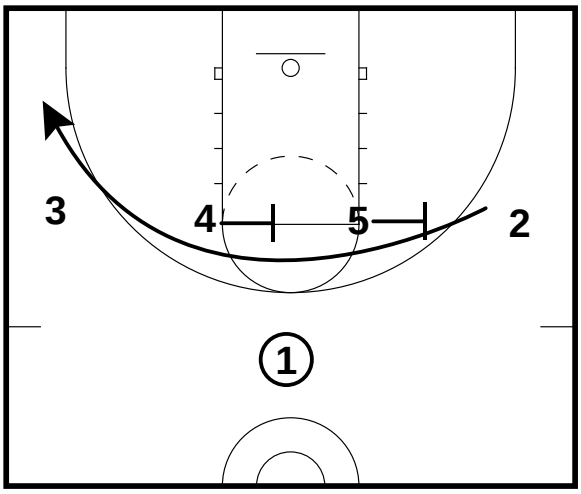
2 comes off pick set by 4 and looks to attack the basket or pass to open shooter.
1 gets down screen from 3
5 sets backscreen to open up 4 for shot or good rebounding position.

All Contents Proprietary

Debbie

Cockrill Cowboys

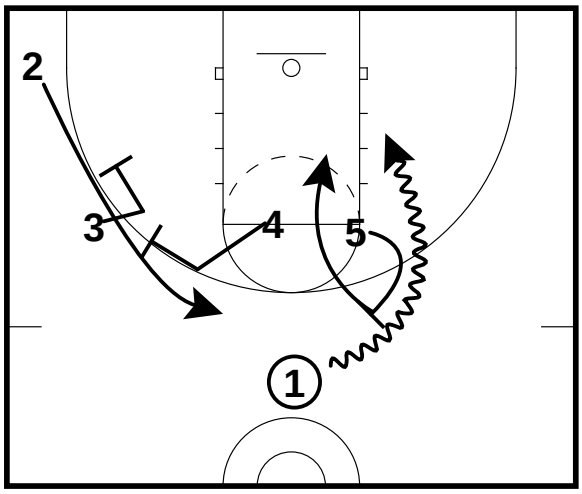
Debbie



Quick Hitters - Man

#2 comes off of a double screen from #4 and #5 and cuts to corner.

Debbie



Quick Hitters - Man

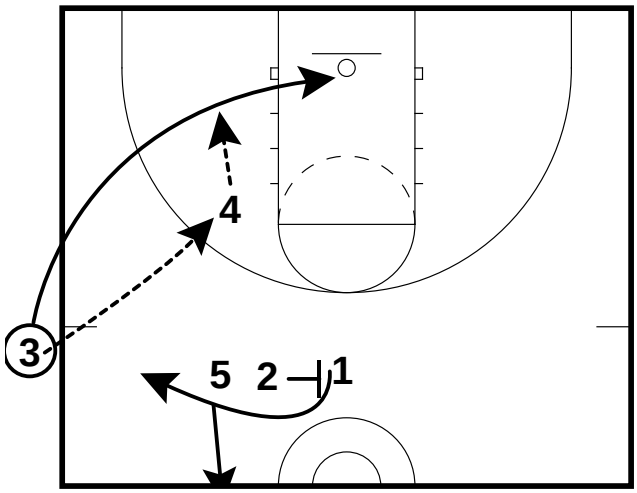
-#5 sets a ball screen for #1 and rolls to the basket.
- #2 gets a double staggered screen from #3 and #4

All Contents Proprietary

Hawk

Cockrill Cowboys

Hawk



SLOB

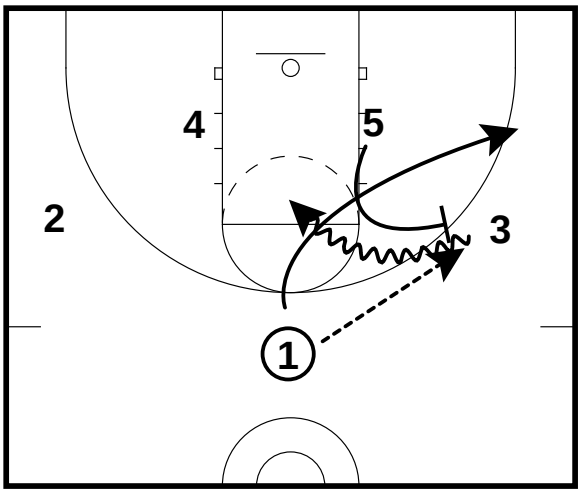
#3 hits post with ball then follows looking for give and go
#2 sets screen for 1 to get open
#5 gets out of the way

All Contents Proprietary

Indiana Ballscreen

Cockrill Cowboys

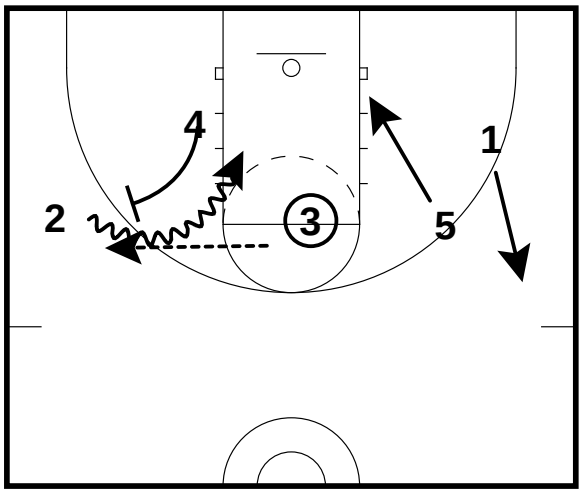
Indiana Ballscreen



Quick Hitters - Man

#1 passes to #3 on wing and goes to the corner #5 sets pick and roll

Indiana Ballscreen



Quick Hitters - Man

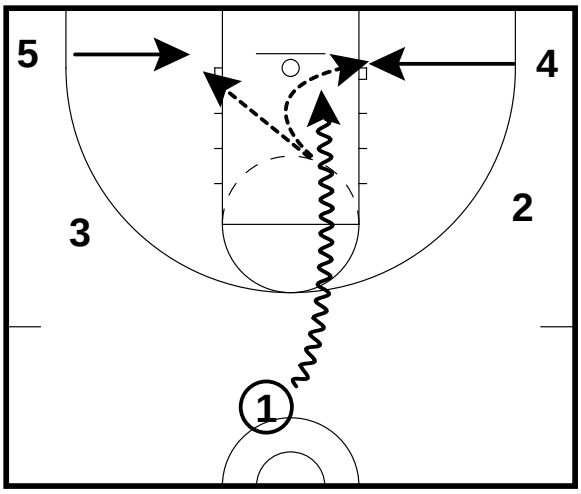
#3 scores, passes to #5 rolling or passes the ball out for reset of the continuity

All Contents Proprietary

Open 1 (Basket Cut)

Cockrill Cowboys

Open 1 (Basket Cut)



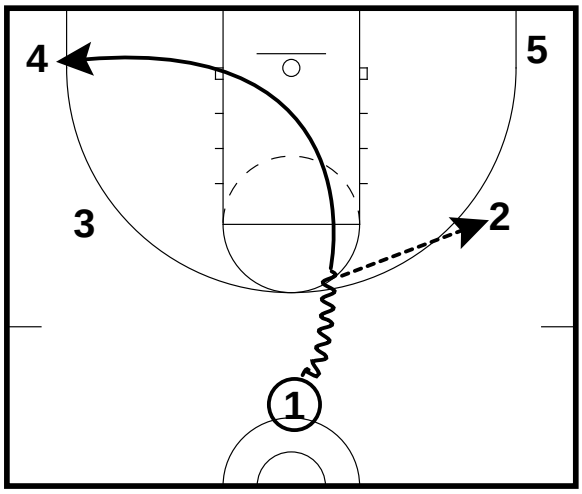
Open

First option in the Open Post Offense is to attack the basket to score or find an open teammate

4 & 5 Positions go in on dribble penetration from top.

2 & 3 men flare for open shot.

Open 1 (Basket Cut)



Open

If the ball is passed from the top of the key, the player has two options.

- pass and look for the give & go and use the rules to replace to end up in the weak side corner

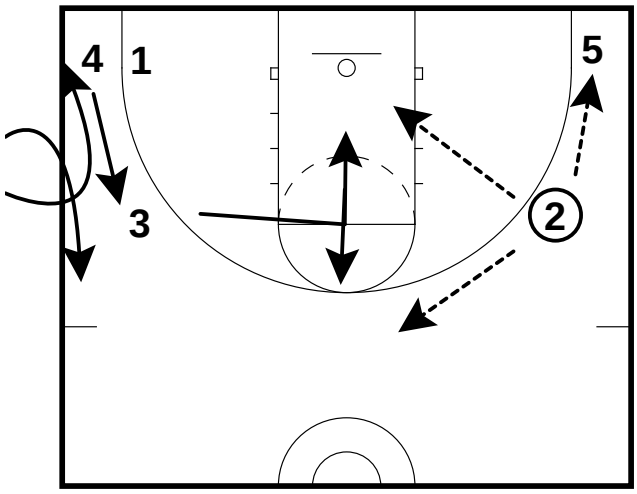
- pass and look for the give & go and post up for a 2 count then get back out to a spot.

All Contents Proprietary

Open 1 (Basket Cut)

Cockrill Cowboys

Open 1 (Basket Cut)



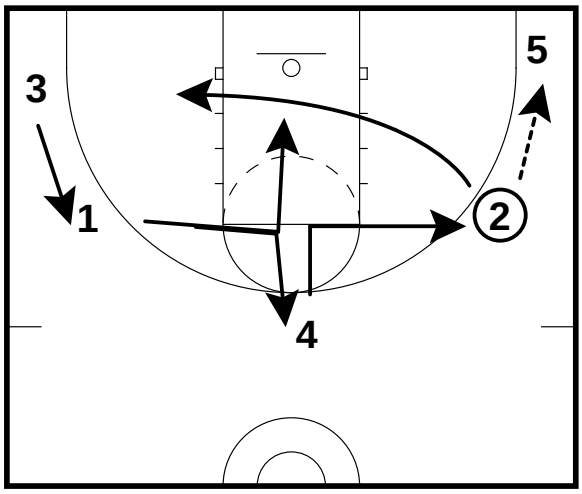
Open

Once the player at the top of the key is below the free-throw line the weak-side wing (3) will utilize his Rules to Replace to fill the spot at the top of the key.

If defender is above 3 or follows him above the three point line then 3 will automatically back door his man.

If defender is below 3 then he will replace the top of the key. Which will force 5 to move up to the wing spot on the floor.

Open 1 (Basket Cut)



Open

When the ball is on the wing, the player also has two options for the basket cut.

He can pass to the corner (which is not advised in most situations) or pass back to the top of the key.

If the ball goes to the corner, 2 will basket cut and replace opposite.

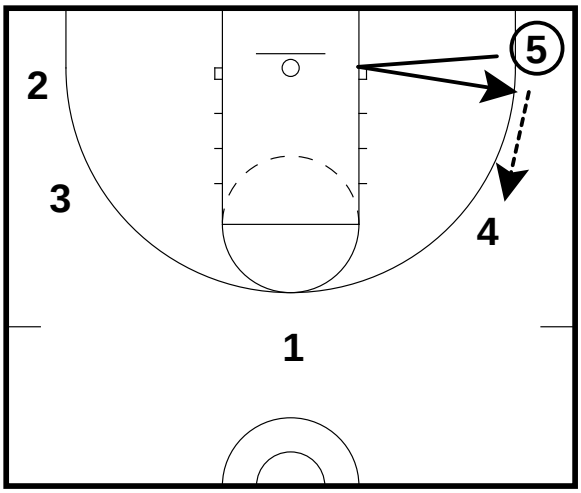
4 will make an L cut to replace as shown above and has the option to backdoor his man as well.

All Contents Proprietary

Open 1 (Basket Cut)

Cockrill Cowboys

Open 1 (Basket Cut)



Open

When 5 has the ball he only has one option.

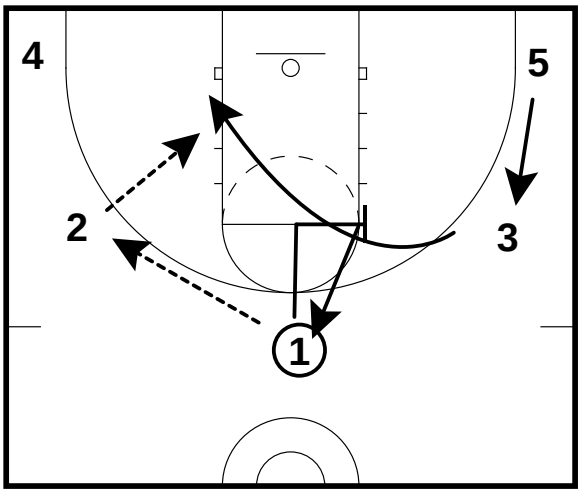
Post up, if he has a hard time getting rid of the ball. The second cutter will set a pick and roll.

All Contents Proprietary

Open 2 (Screen Away)

Cockrill Cowboys

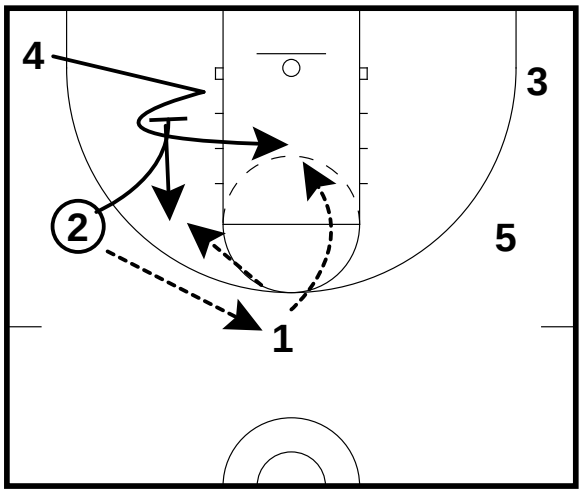
Open 2 (Screen Away)



Open

#1 passes and screens away
#3 sets up screen and hits shoulder and cuts to basket
#5 moves up to wing following the Rules to Replace
#1 will come back to the ball after screen

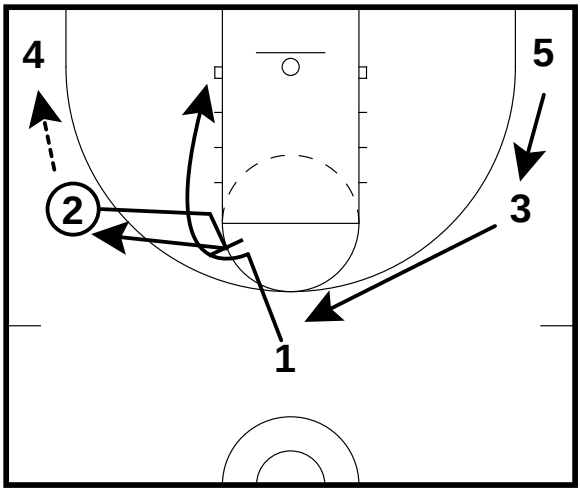
Open 2 (Screen Away)



Open

From wing
#2 will pass and screen away for #4
#4 will use screen and come across
#2 after screen will seal and come back to the ball
#4 will replace his spot in corner

Open 2 (Screen Away)



Open

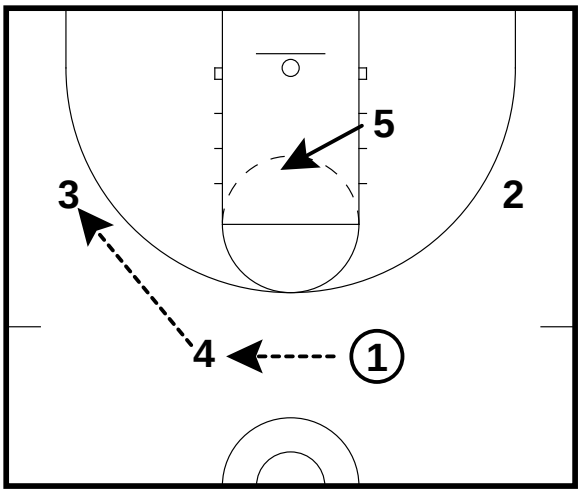
From wing to Corner
#2 passes to #4
#2 sets back cut on #1 and comes back to the ball
#3 and #5 fill due to Rules to Replace

All Contents Proprietary

Reversal

Cockrill Cowboys

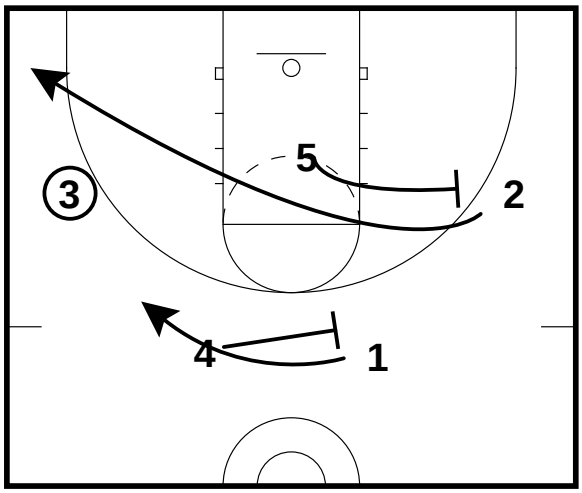
Reversal



Secondary Break

#1 reversals ball to #5 then to #3
#4 follows ball to midline

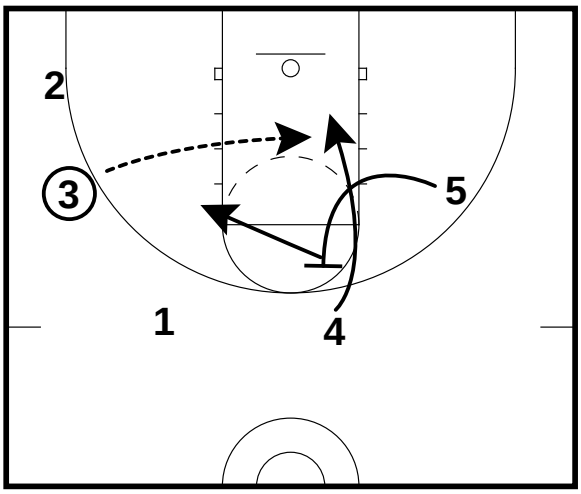
Reversal



Secondary Break

If Post up not available
#5 sets shuffle cut for #2
#4 screens #1

Reversal



Secondary Break

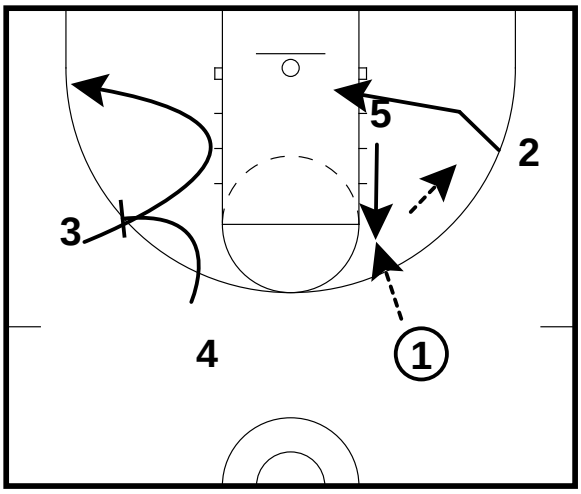
If shuffle cut is not open
#5 sets backscreen lob for #4 then comes back to the ball.

All Contents Proprietary

SMU

Cockrill Cowboys

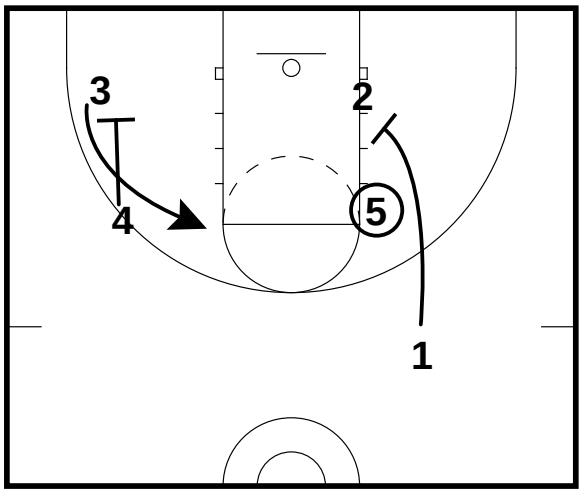
SMU



Secondary Break

#5 flashes to high post and fake pass to #2
#1 passes the ball to high post if wing is not open and no options are open
#2 fakes and then backdoors looking for the lay up

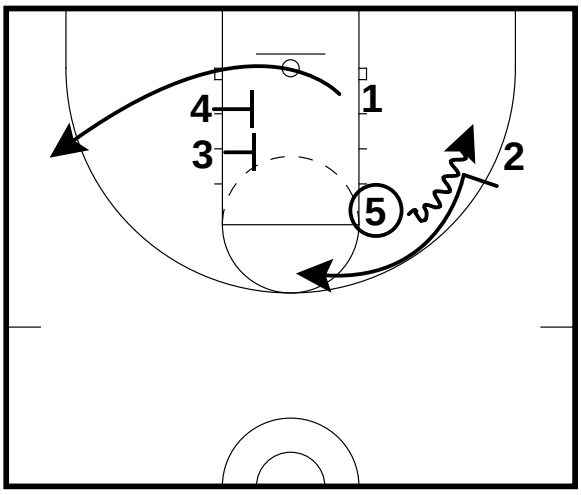
SMU



Secondary Break

#1 follows #2 and reads his options the first option is below.
#1 sets a down screen for #2

SMU



Secondary Break

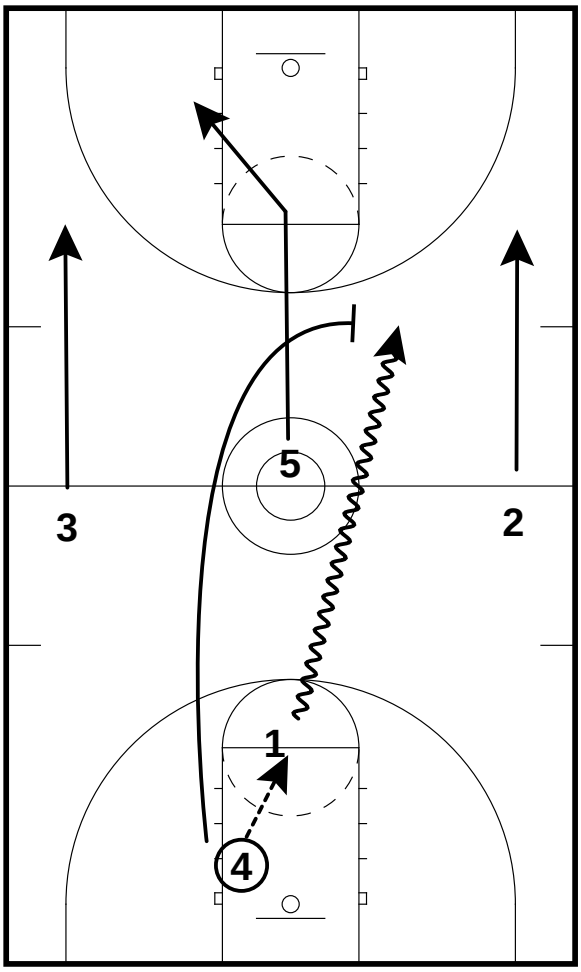
Hand-off to 2 for score or pass to 3 off double screen

All Contents Proprietary

Trail

Cockrill Cowboys

Trail



Secondary Break

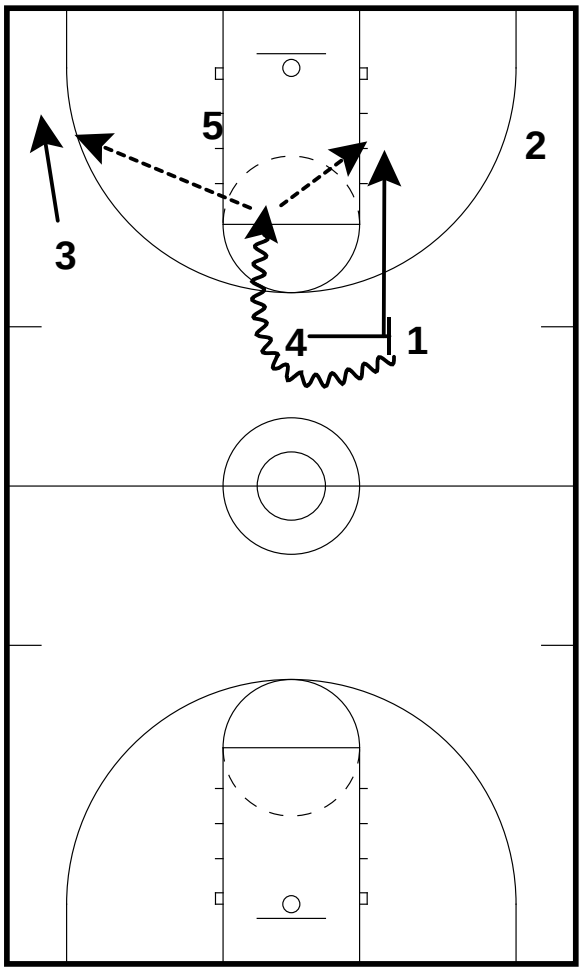
The seconday break is on. The 2 and 3 fill wings on either side of the floor while the post sets up on the block.

Our rebounder stays behind the outlet player as a safety.

As the ball is advanced, no players are open so the 1 dribbles the ball up the floor.

If no pass is open to the wing and the ball is on the opposite side of the floor then trail will be run.

Trail



Secondary Break

The safety (4), will set a pick and roll with the player with the ball (1).

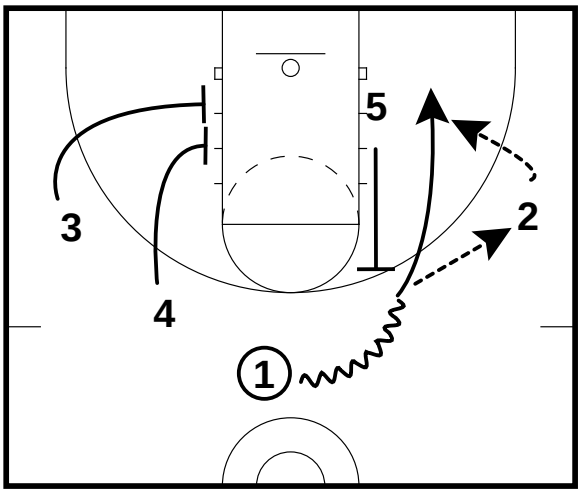
The guards job is to get the ball to the rim and look for his shot or a shot for another player (5 off the roll, 2 or 3 on the flare, or 4 whose defender may help).

All Contents Proprietary

UCLA

Cockrill Cowboys

UCLA



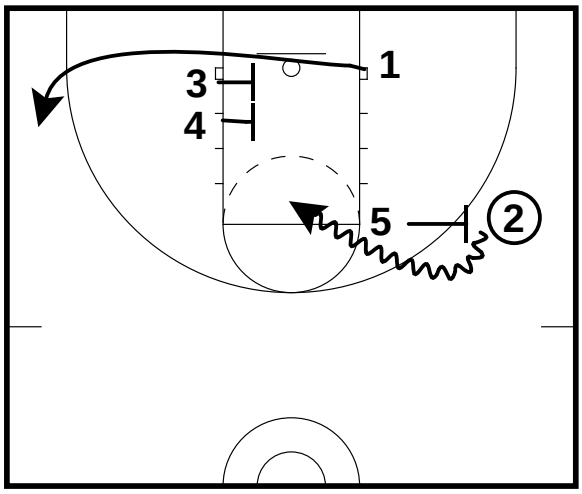
Secondary Break

1 passes the ball to the wing and recieves a back cut from the 5 man

2 Looks to pass the ball after the backcut for a lay up.

Opposite side wing and post set up a double screen for 1.

UCLA



Secondary Break

1 goes around double screen looking for 3 point shot.

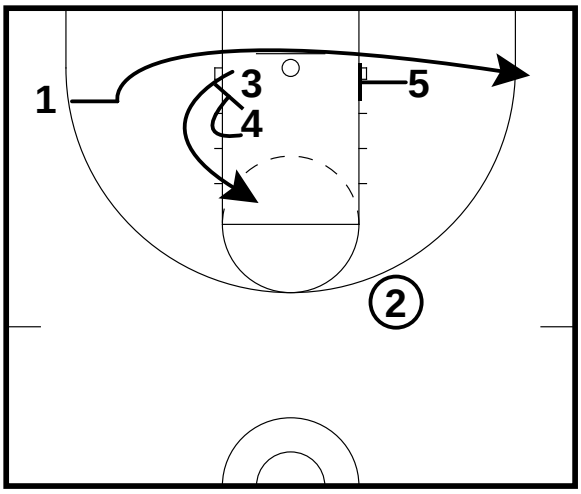
2 goes around pick and roll looking to shoot or pass to 1 coming off double screen or 4/5's roll after the pick.

All Contents Proprietary

UCLA

Cockrill Cowboys

UCLA



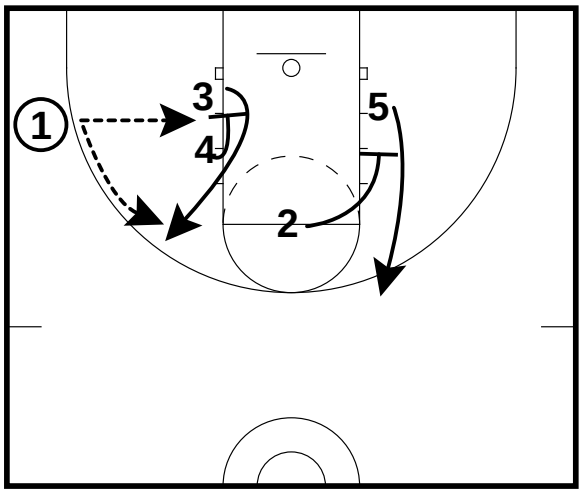
Secondary Break

If no options are open and 2 cannot drive to the basket the following scenario could happen.

4 sets a screen for 3 and then posts up.

5 sets a screen for 1 and posts up.

UCLA



Secondary Break

If 1 recieves the ball from 2 then the following scenarios could happen.
- 1 shoots the 3 point shot (3,4,5 rebound) 1 has outlet, and 2 gets back in transition.
- 1 has no shot and the following scenario is set up.

4 sets a down screen for 3 and then posts up looking for feed.

3 comes off screen tight with low body position looking to shoot or duck the ball back into 3.

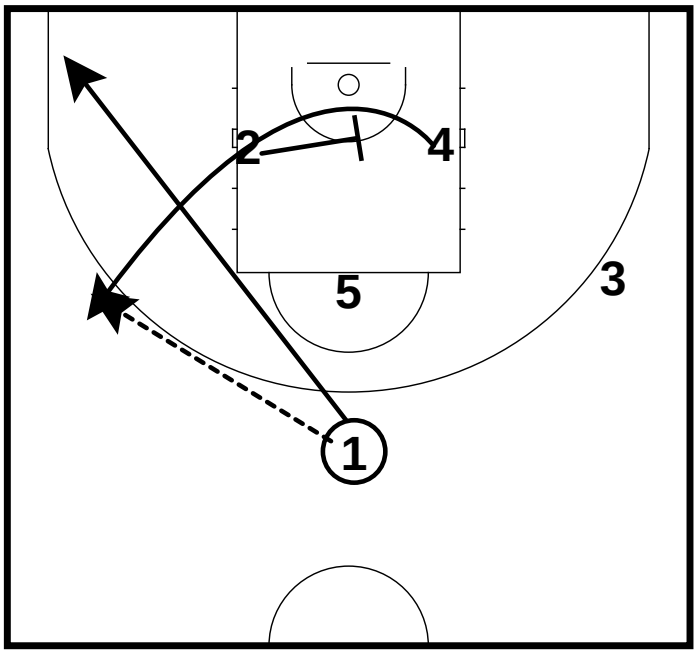
2 sets downscreen for 5

All Contents Proprietary

Barcelona Entries to Mid PNR

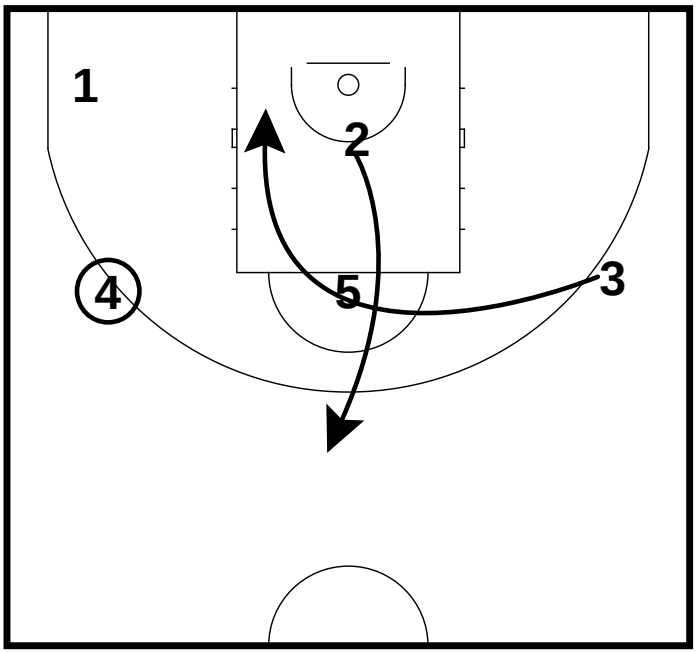
International

Barcelona Entries to Mid PNR



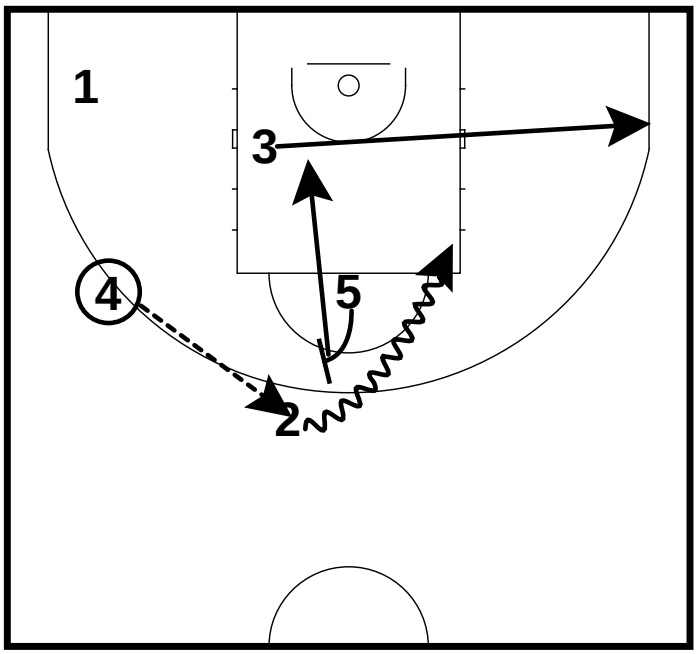
PNR

Barcelona Entries to Mid PNR



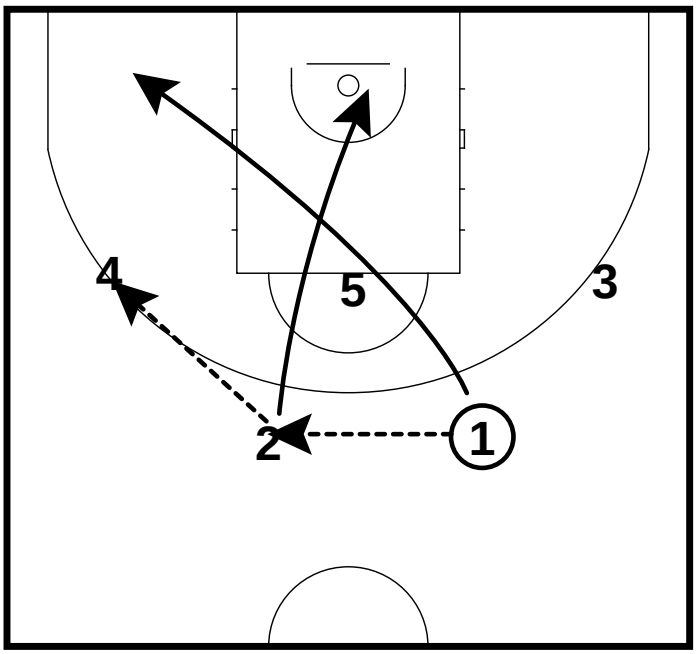
PNR

Barcelona Entries to Mid PNR



PNR

Barcelona Entries to Mid PNR



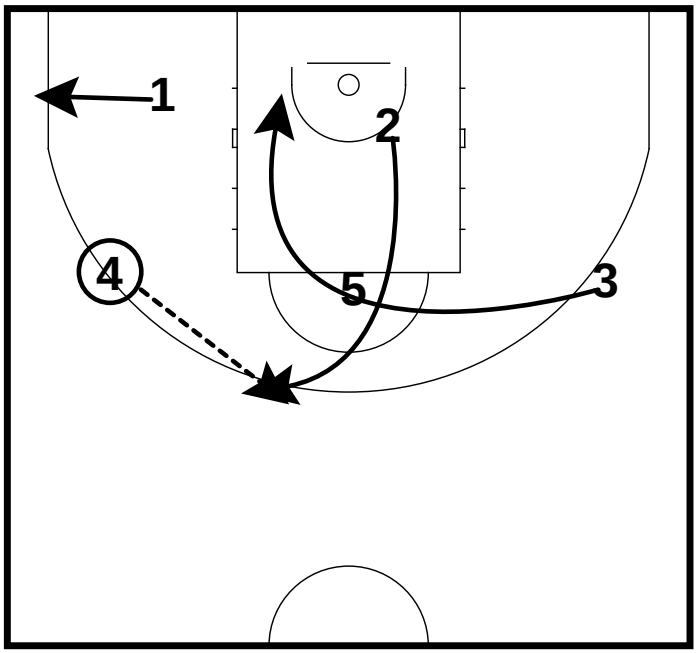
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All Contents Proprietary

Barcelona Entries to Mid PNR

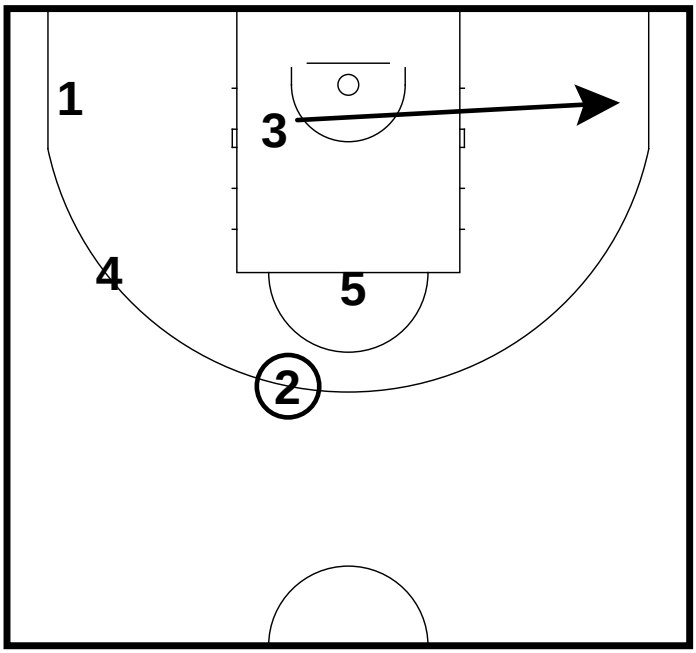
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Barcelona Entries to Mid PNR



PNR

Barcelona Entries to Mid PNR



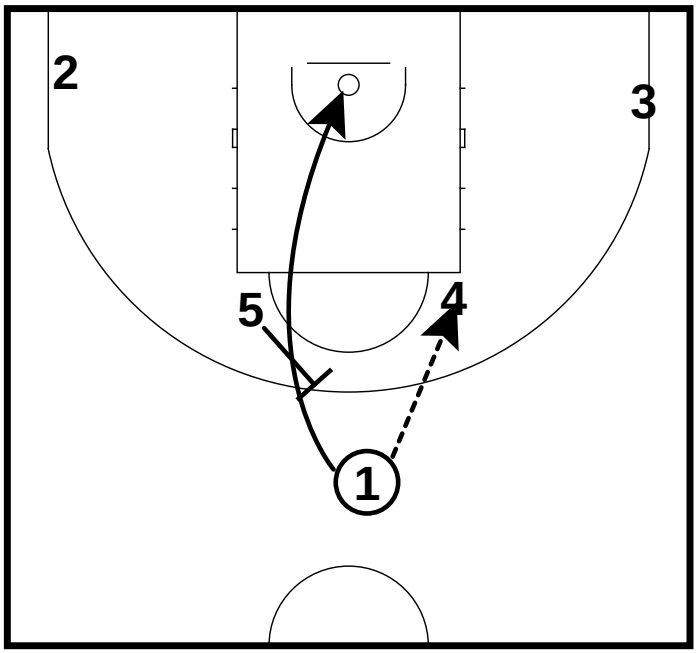
PNR

All Contents Proprietary

Barcelona Handoff

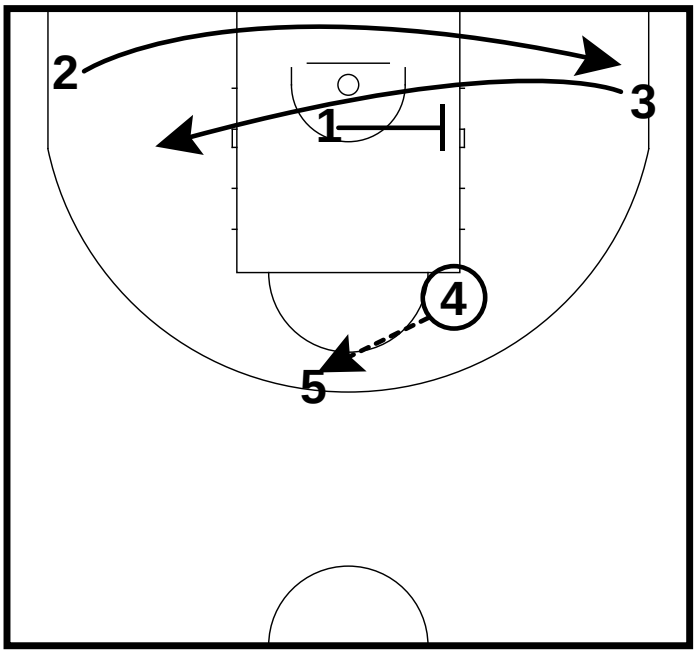
International

Barcelona Handoff



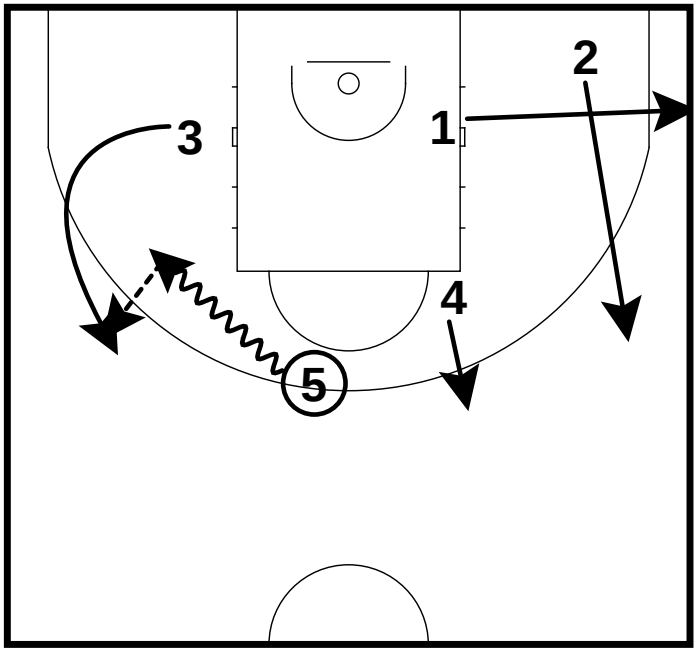
PNR

Barcelona Handoff



PNR

Barcelona Handoff



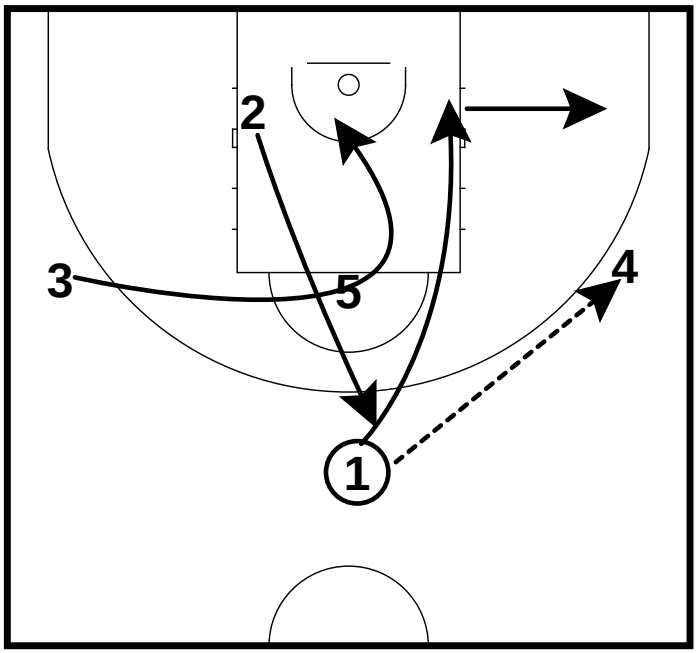
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All Contents Proprietary

Barcelona Mid PNR

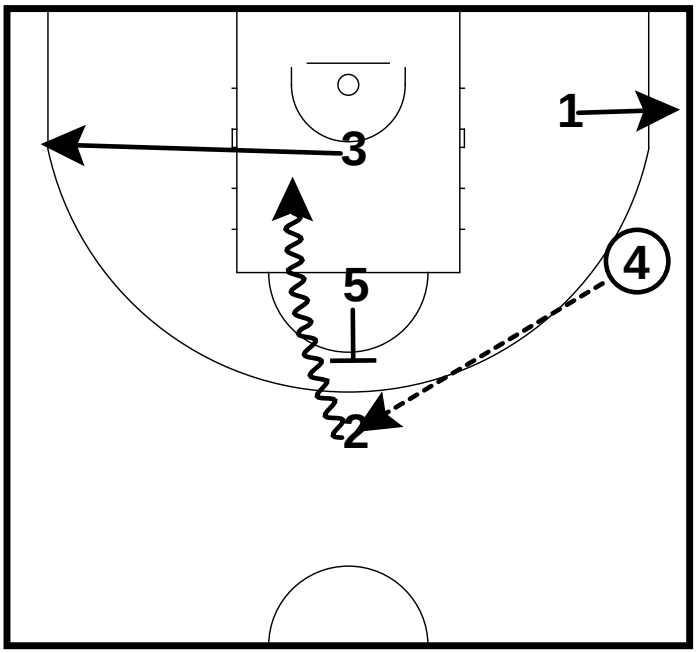
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Barcelona Mid PNR



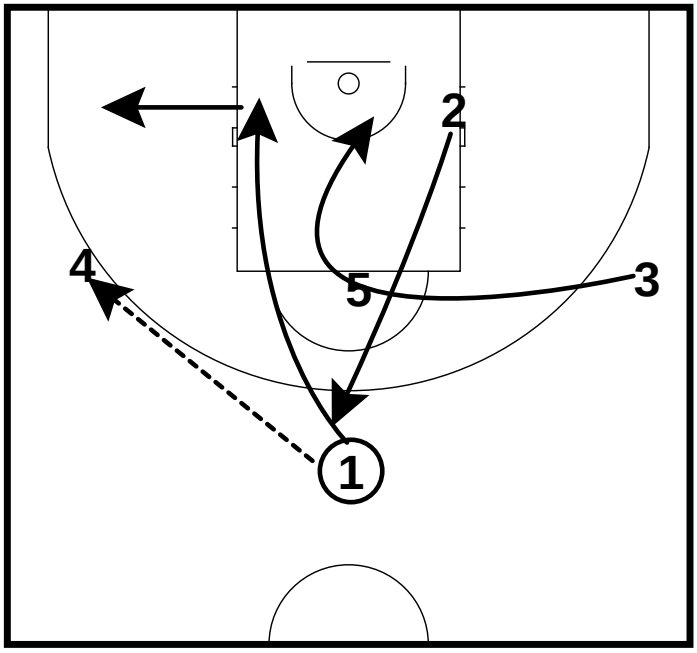
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Barcelona Mid PNR



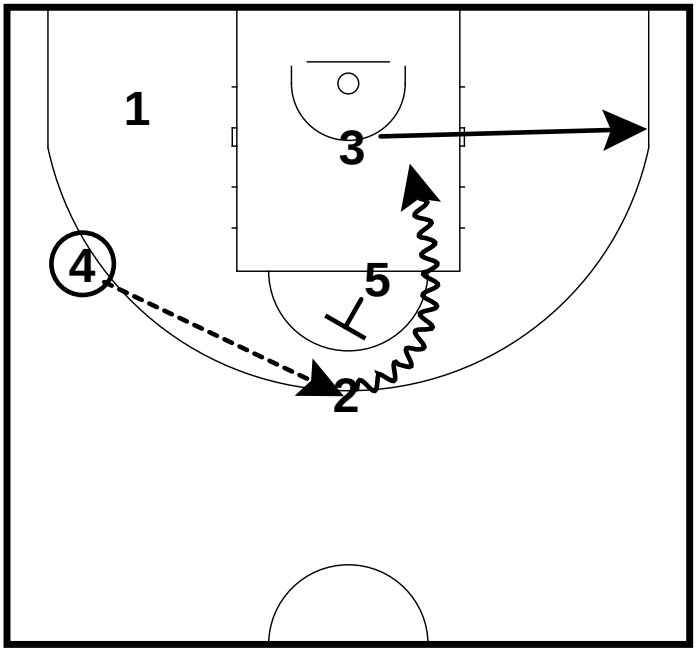
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Barcelona Mid PNR



PNR

Barcelona Mid PNR



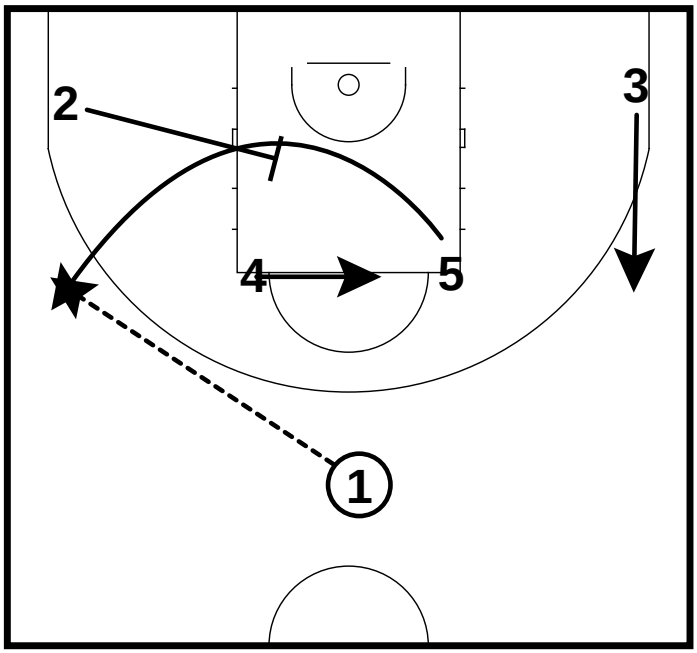
PNR

All Contents Proprietary

Barcelona Mid PNR

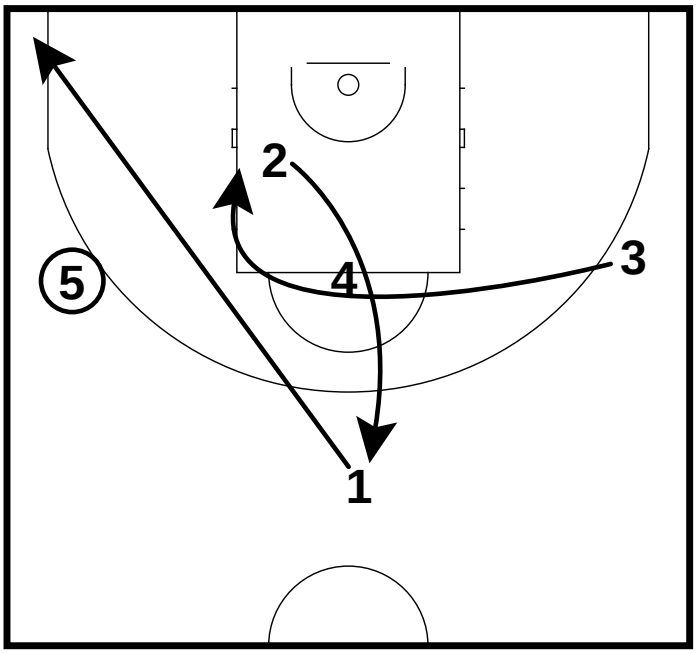
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Barcelona Mid PNR



PNR

Barcelona Mid PNR



PNR

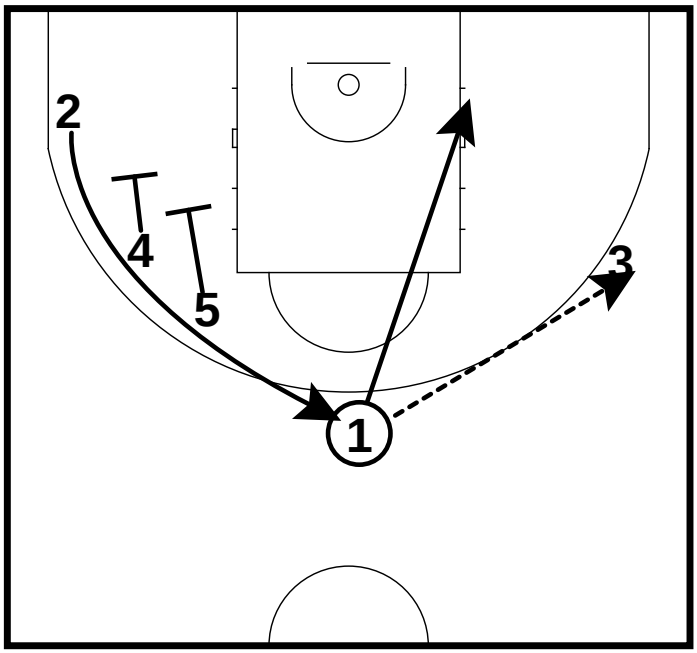
Horns Entry into PNR

All Contents Proprietary

Barcelona Side PNR

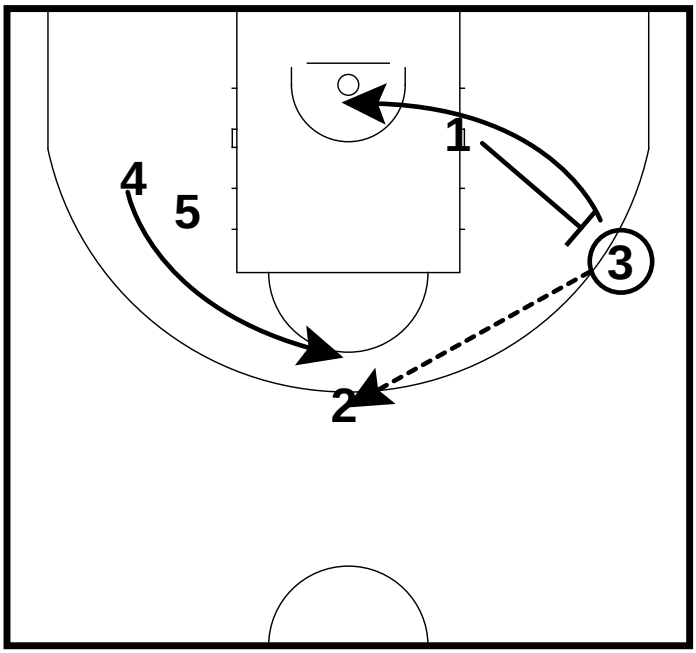
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Barcelona Side PNR



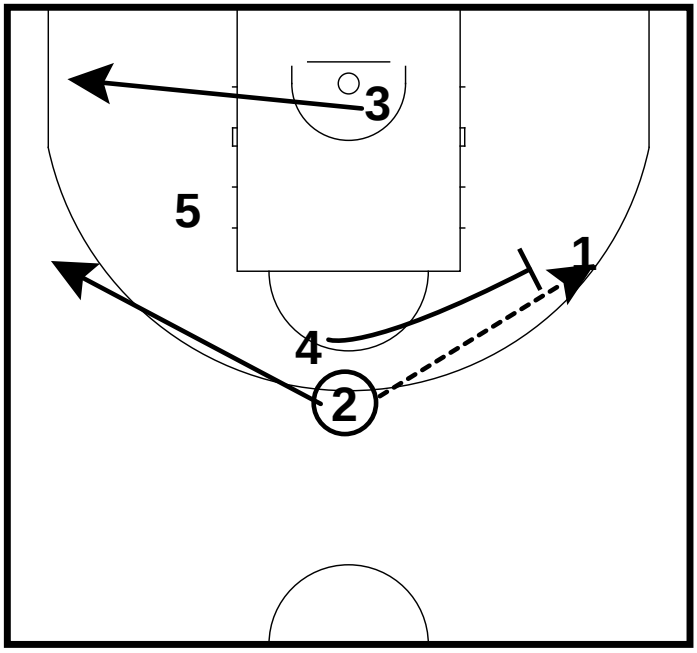
PNR

Barcelona Side PNR



PNR

Barcelona Side PNR



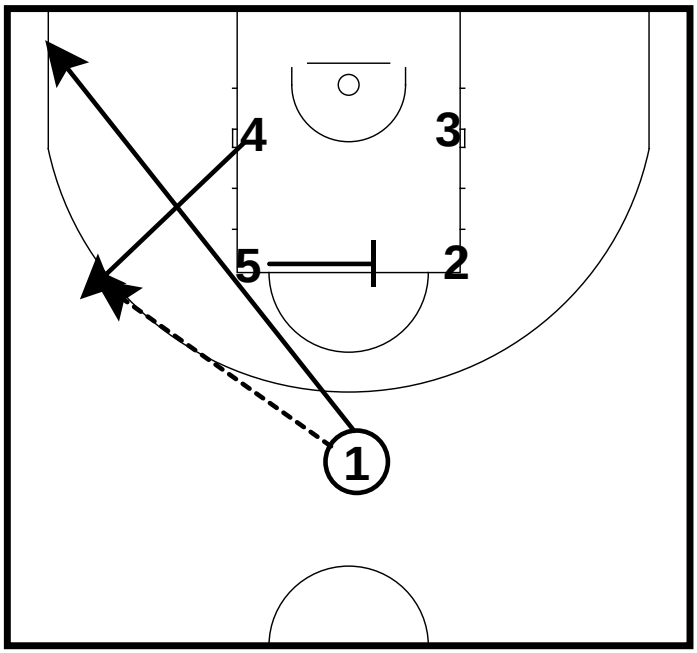
PNR

All Contents Proprietary

Box Entry into Barcelona Mid PNR

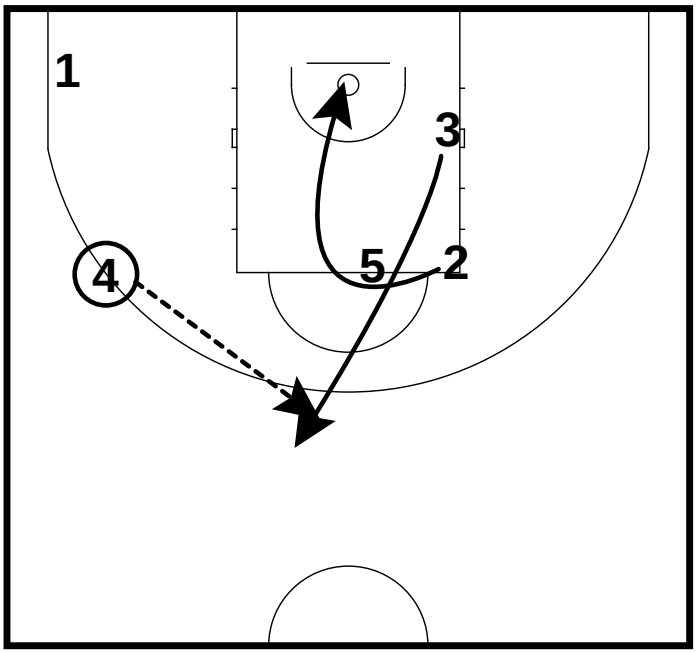
International

Box Entry into Barcelona Mid PNR



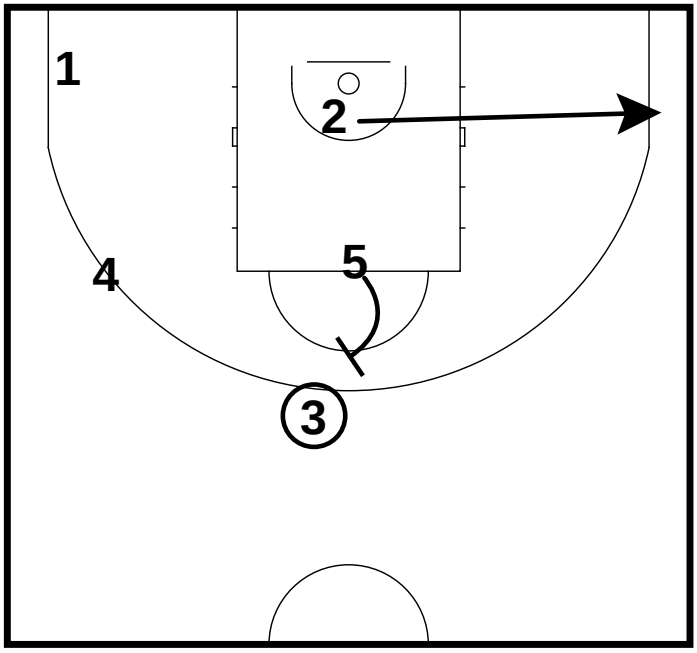
PNR

Box Entry into Barcelona Mid PNR



PNR

Box Entry into Barcelona Mid PNR



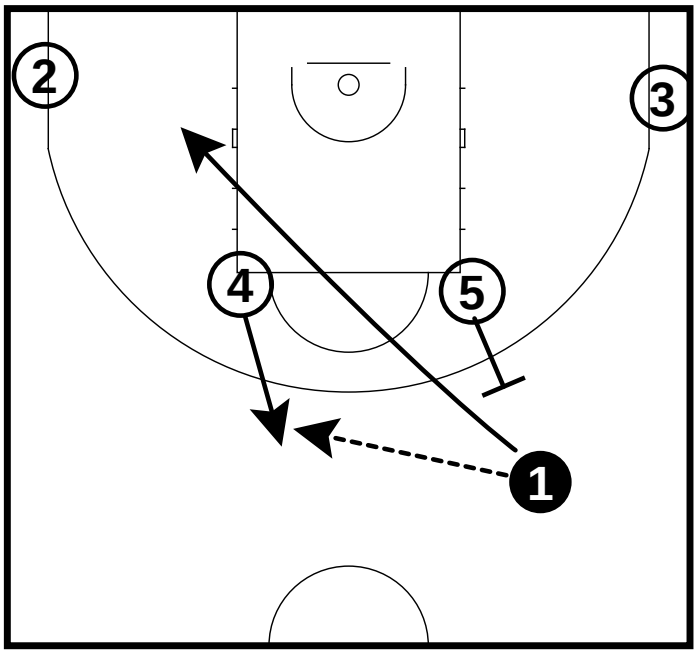
PNR

All Contents Proprietary

Croatia 2 Up

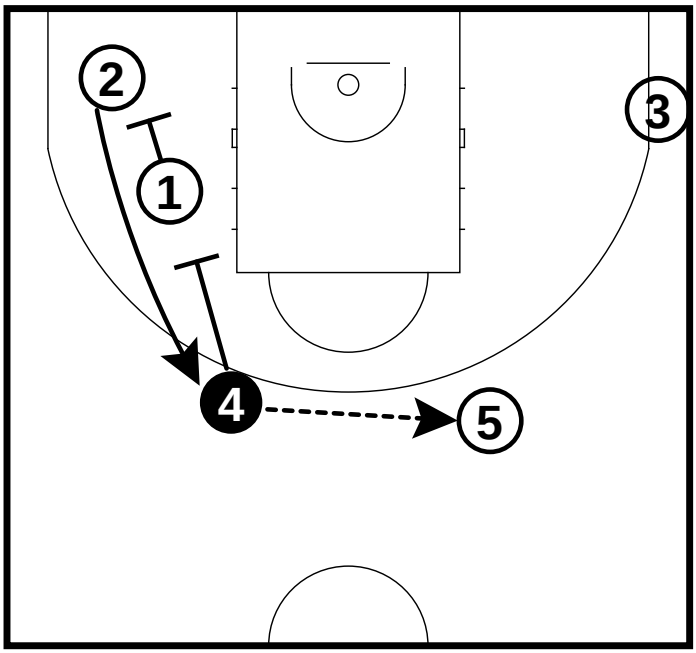
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Croatia 2 Up



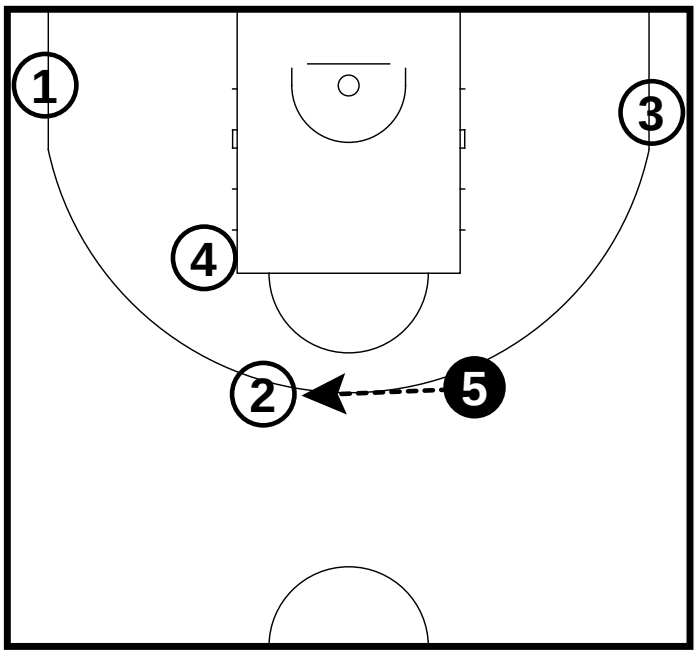
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Croatia 2 Up



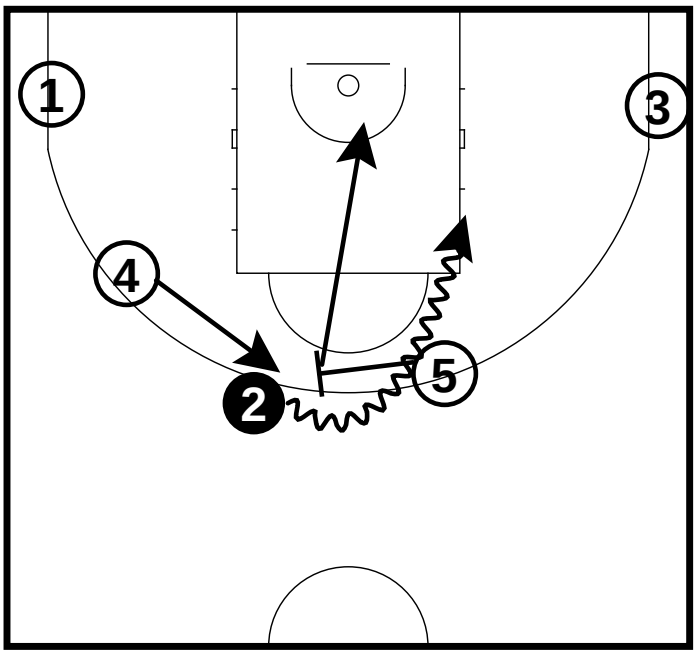
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Croatia 2 Up



PNR

Croatia 2 Up



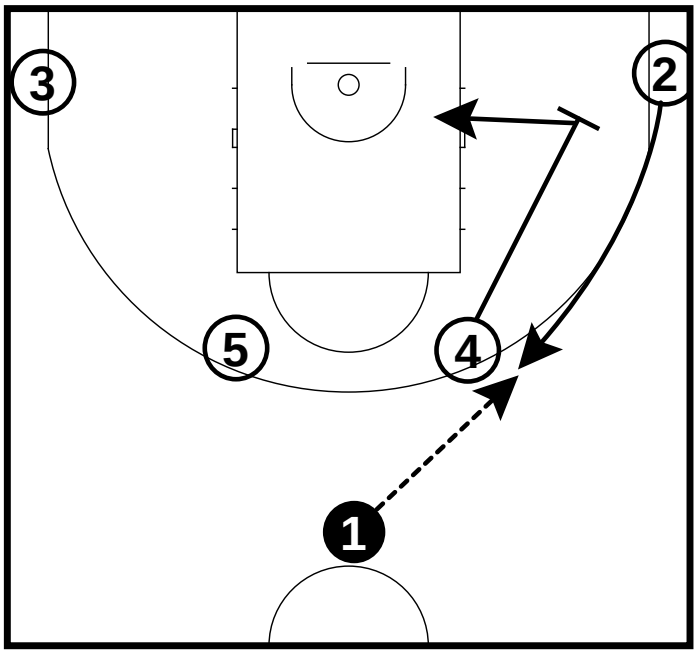
PNR

All Contents Proprietary

Croatia Step Up

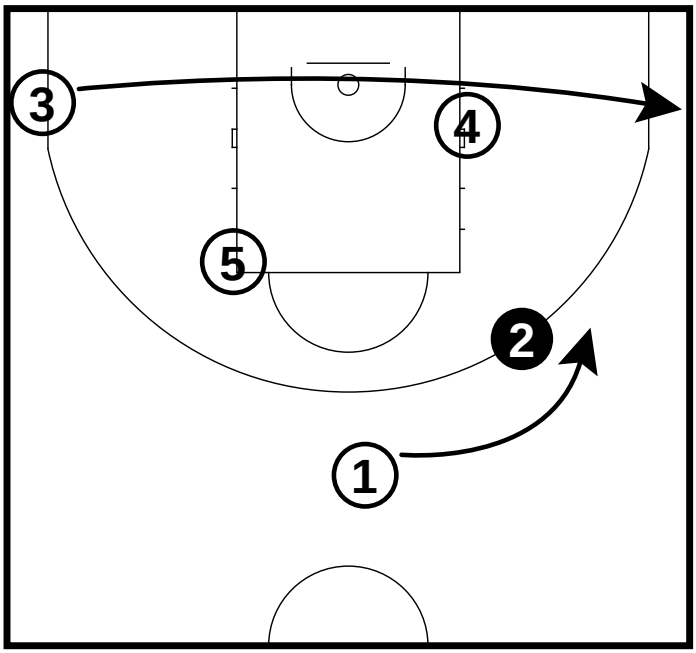
International

Croatia Step Up



PNR

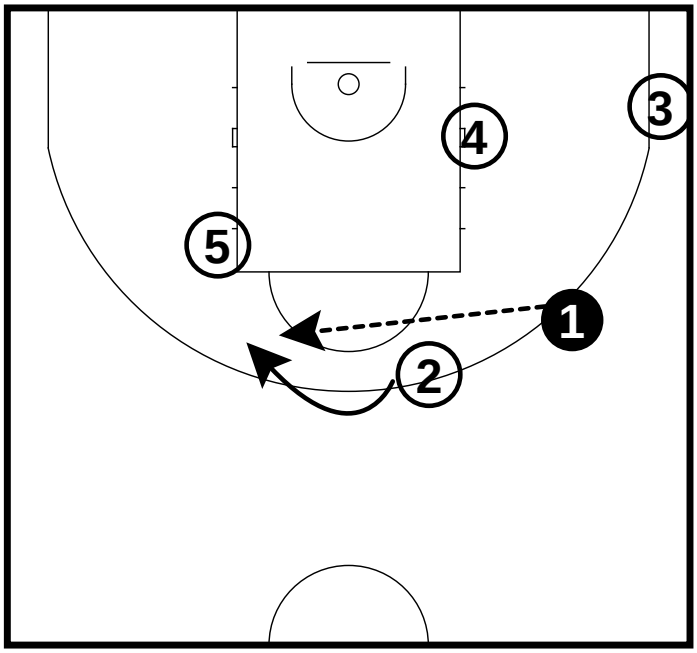
Croatia Step Up



PNR

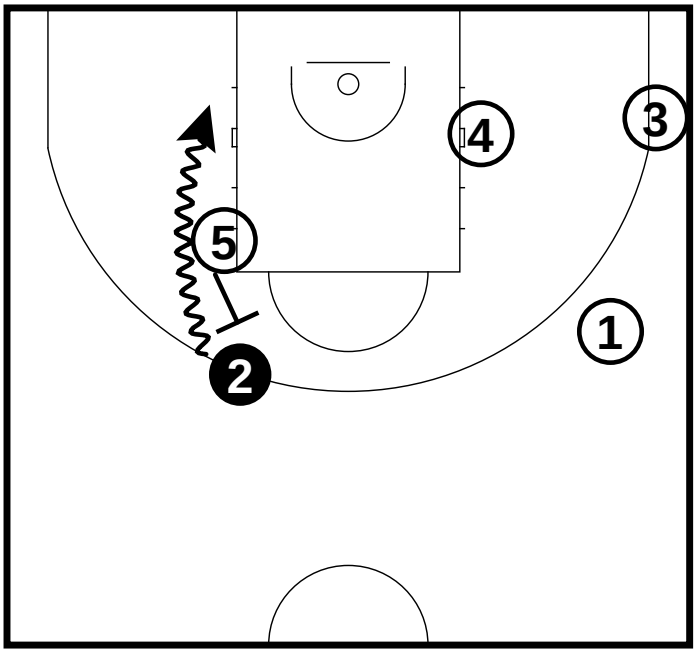
2 hand off to 1

Croatia Step Up



PNR

Croatia Step Up



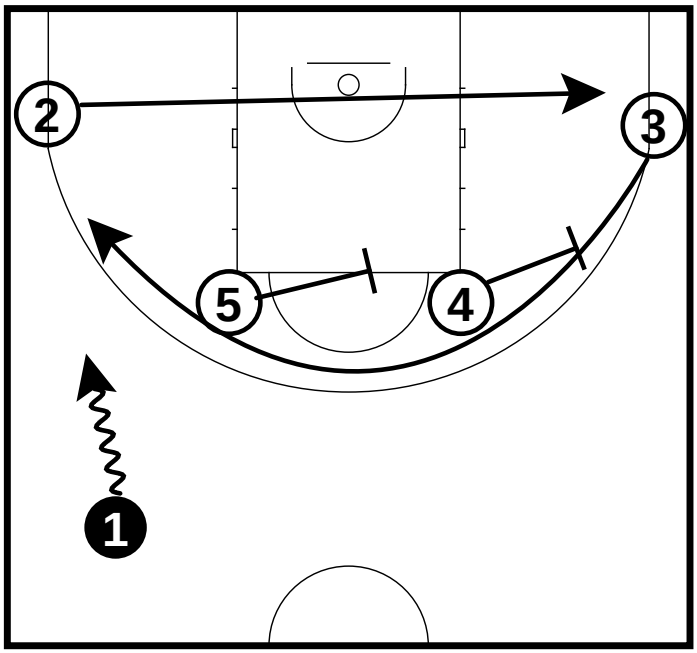
PNR

All Contents Proprietary

Maccabi 1

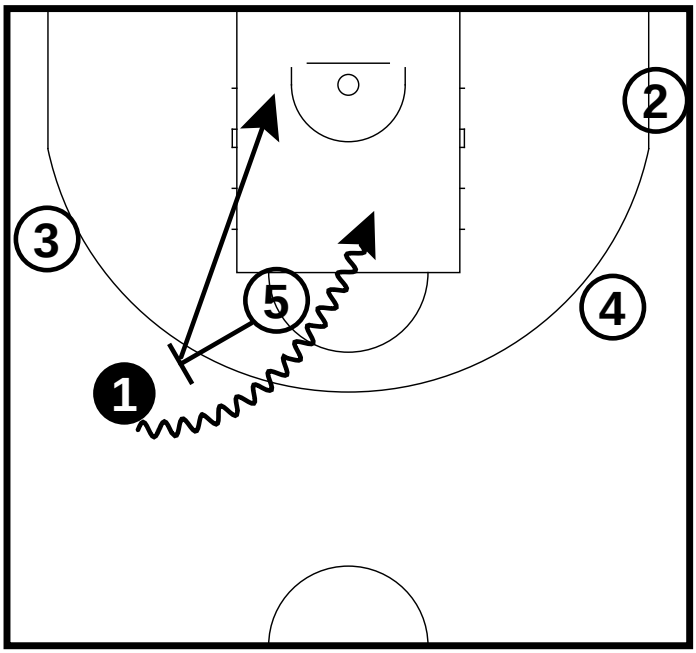
International

Maccabi 1



PNR

Maccabi 1



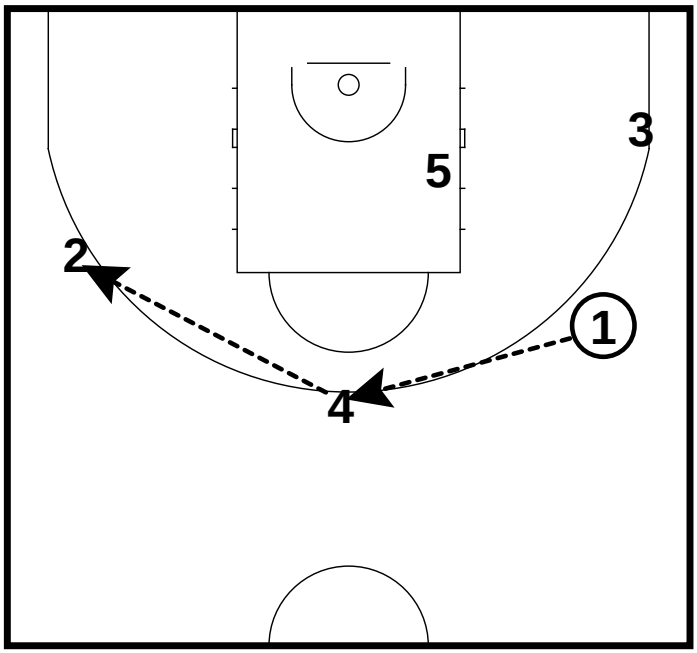
PNR

All Contents Proprietary

Maccabi Middle PNR

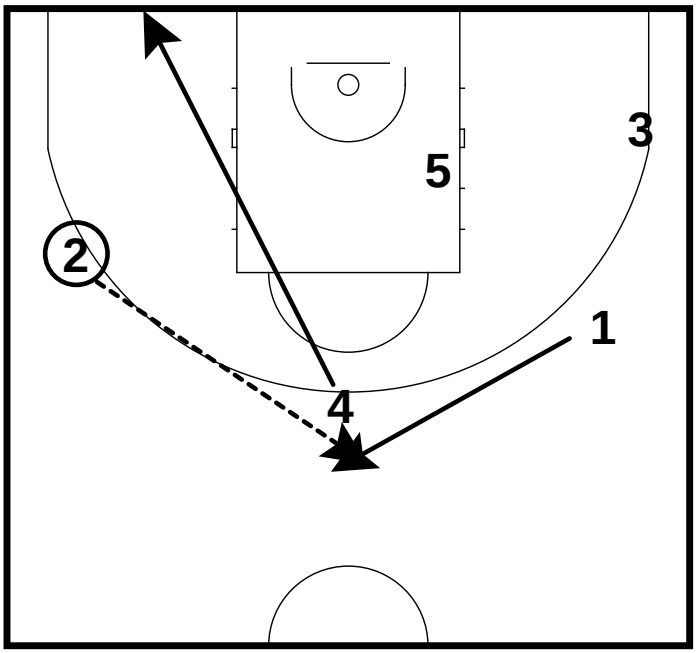
International

Maccabi Middle PNR



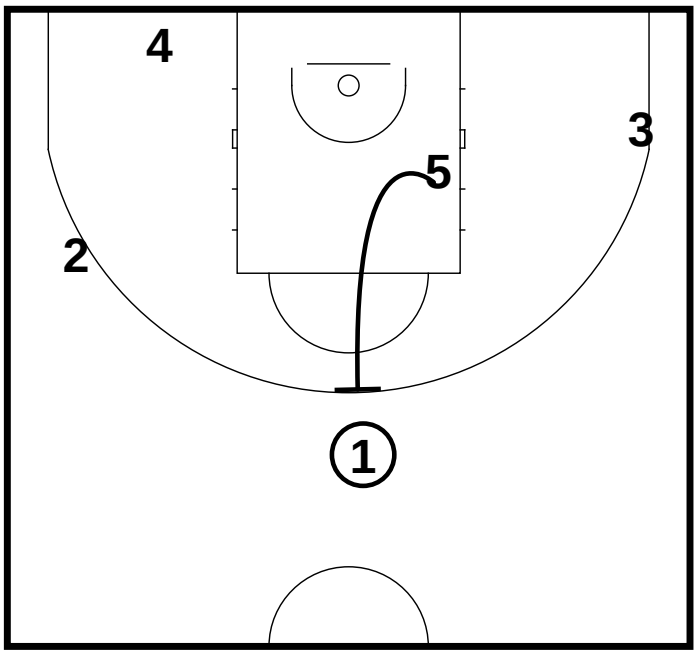
PNR

Maccabi Middle PNR



PNR

Maccabi Middle PNR



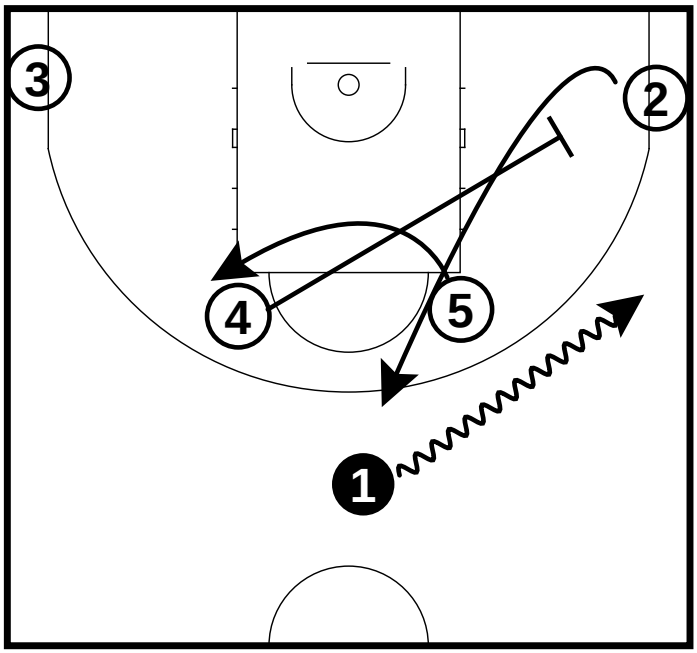
PNR

All Contents Proprietary

Maccabi Zipper

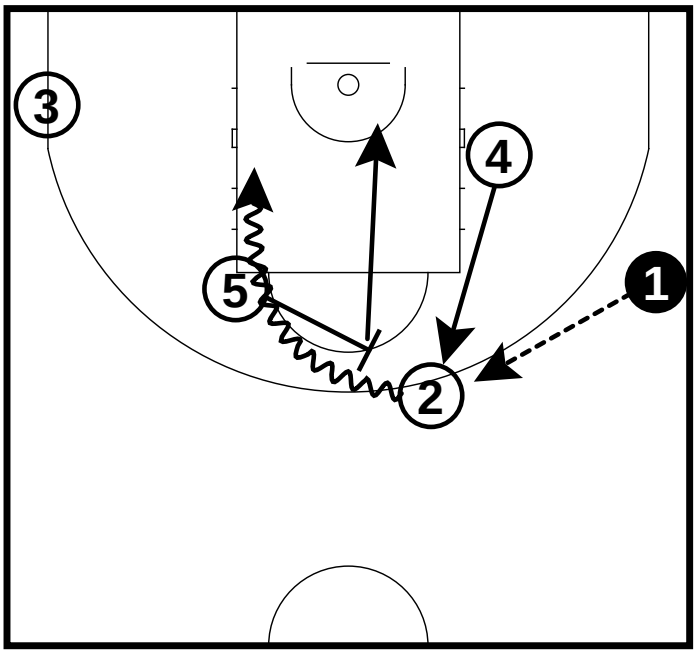
International

Maccabi Zipper



PNR

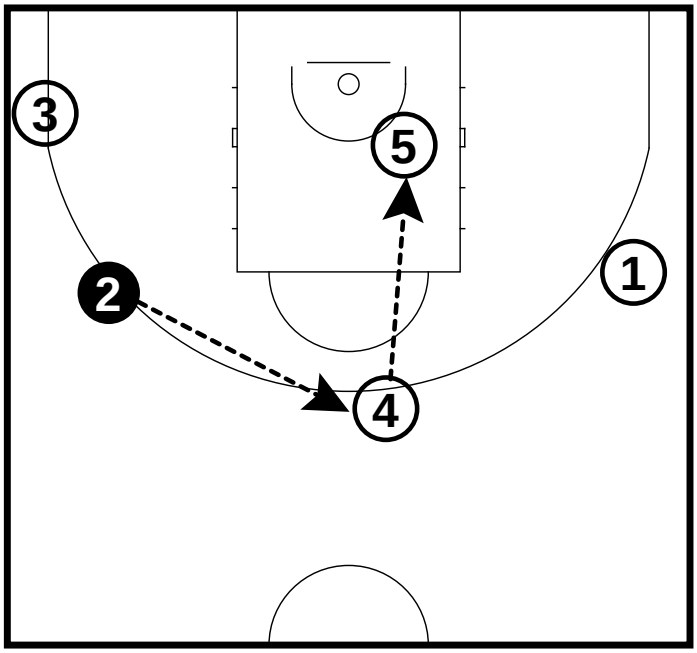
Maccabi Zipper



PNR

Can run to either side

Maccabi Zipper



PNR

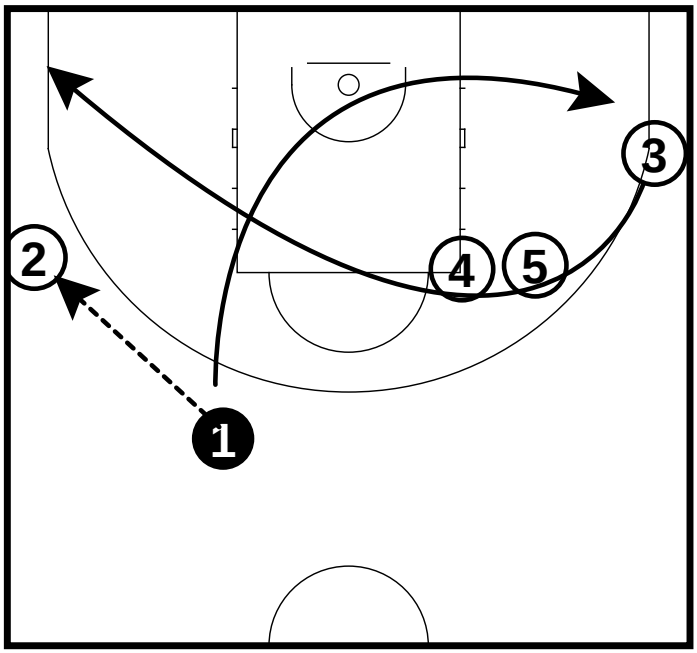
If 2 cannot penetrate, reverse and look high-low.

All Contents Proprietary

Panathinaikos Curl

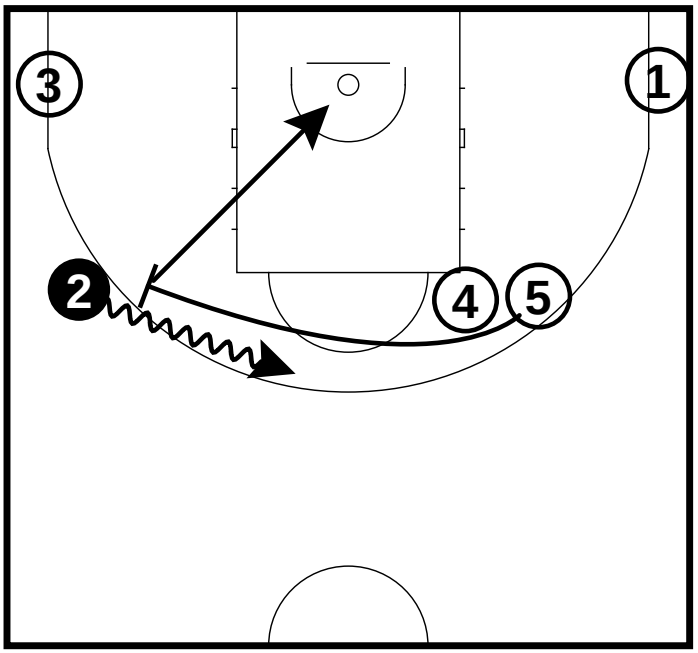
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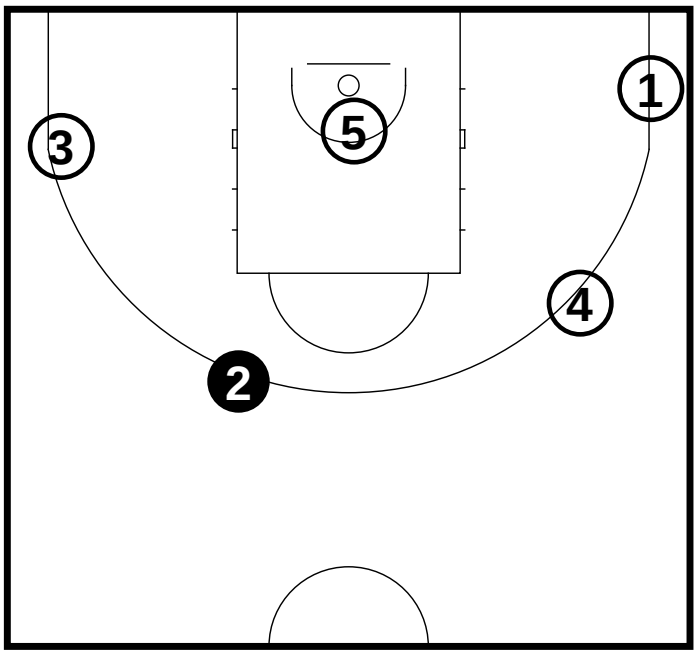
PNR

Panathinaikos Curl



PNR

Panathinaikos Curl



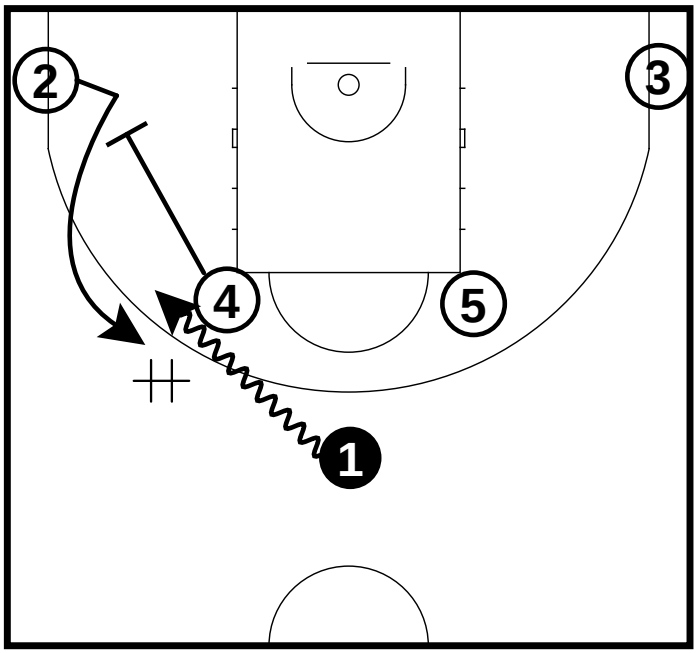
PNR

All Contents Proprietary

Panathinaikos DHO

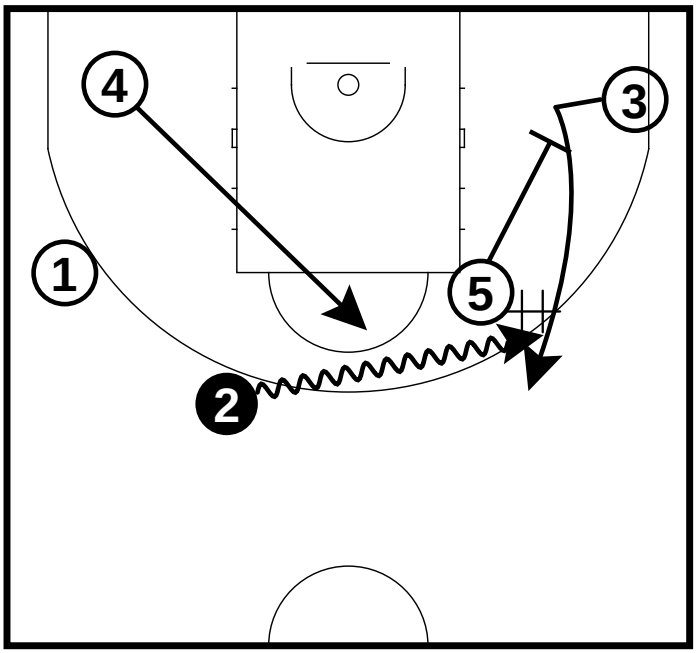
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Panathinaikos DHO



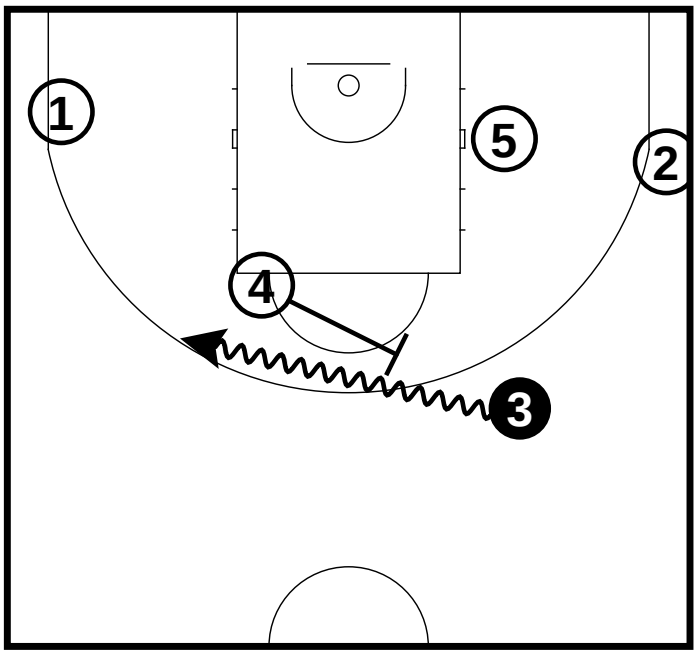
PNR

Panathinaikos DHO



PNR

Panathinaikos DHO



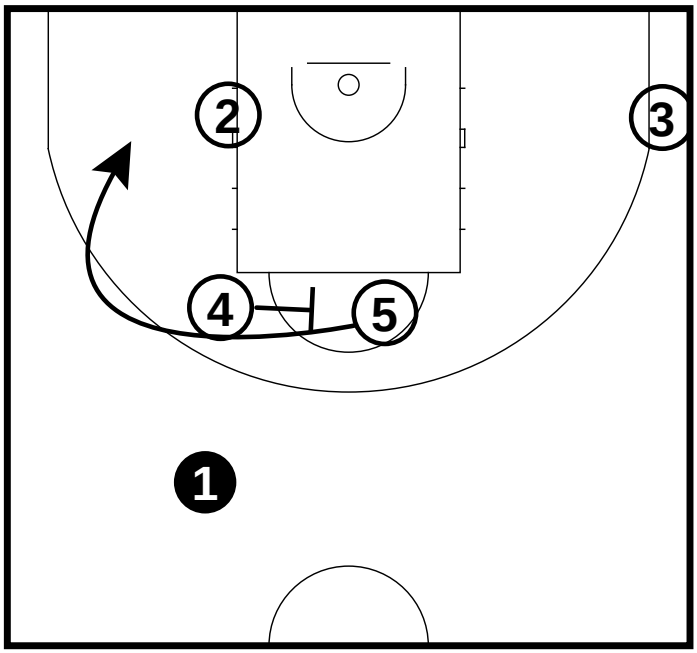
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All Contents Proprietary

Panathinakos Ball Screen

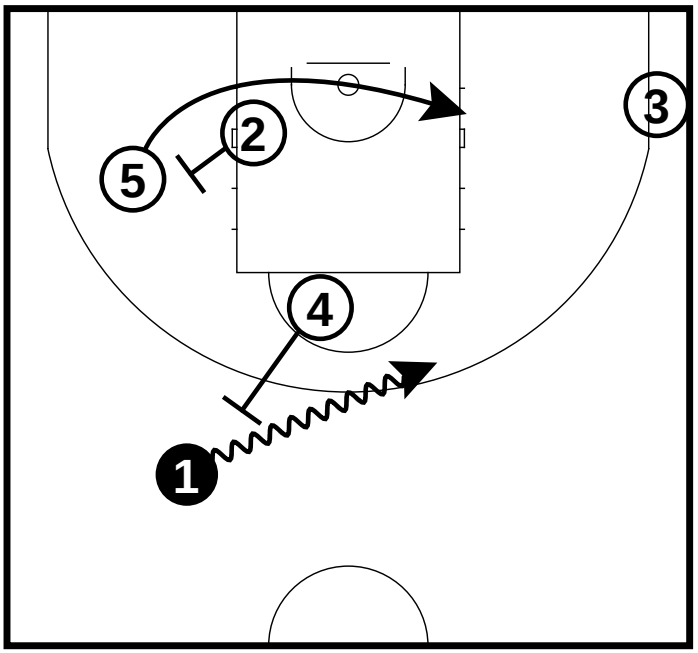
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Panathinakos Ball Screen



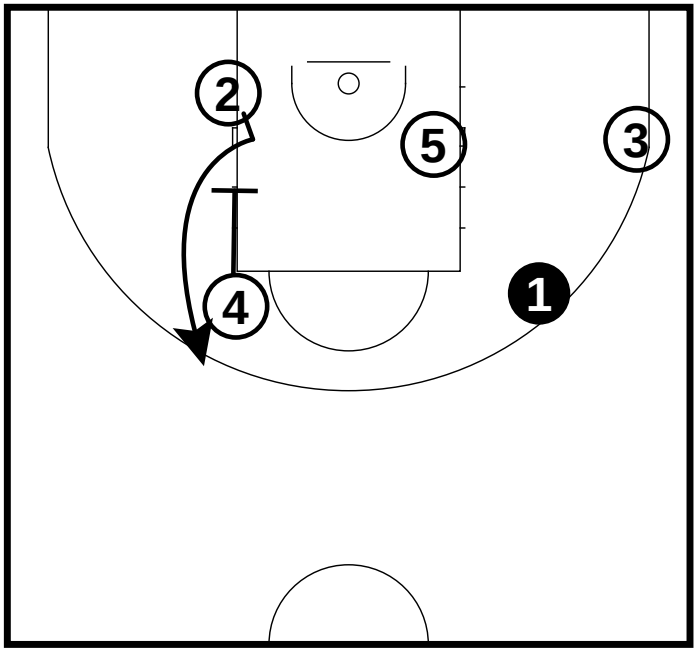
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Panathinakos Ball Screen



PNR

Panathinakos Ball Screen



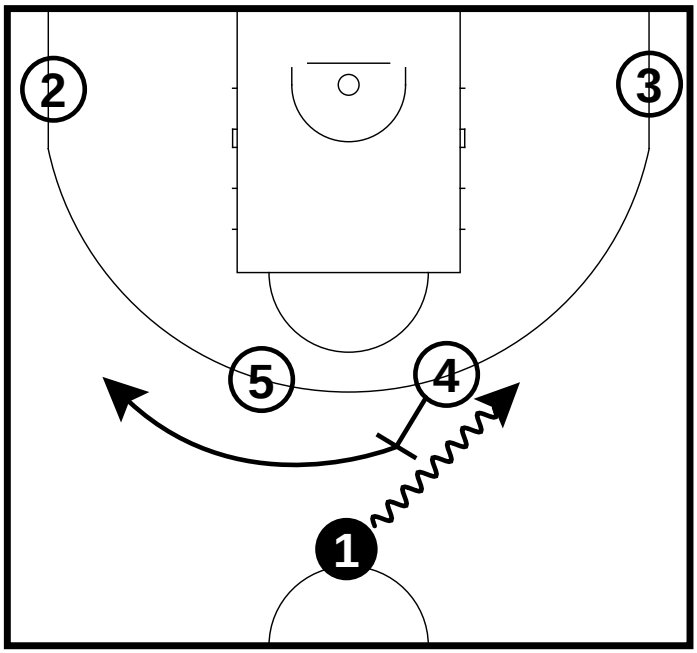
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All Contents Proprietary

Panathinakos High Ball Screen

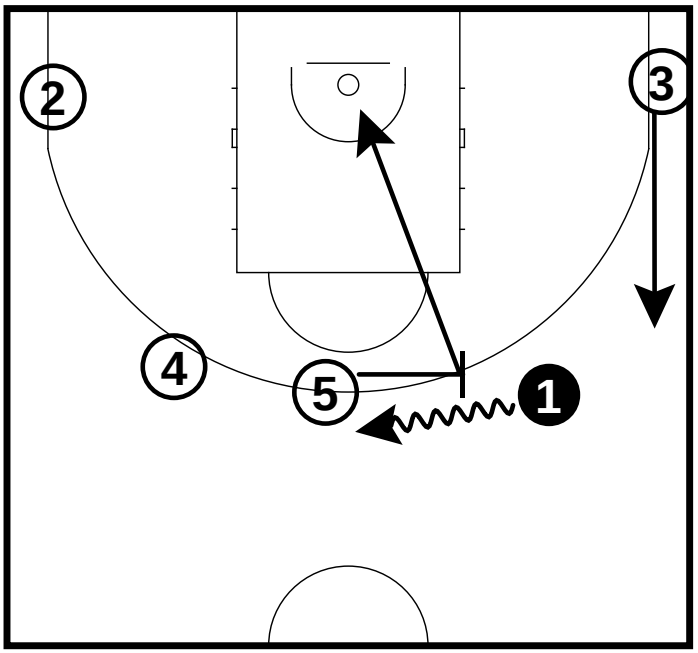
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Panathinakos High Ball Screen



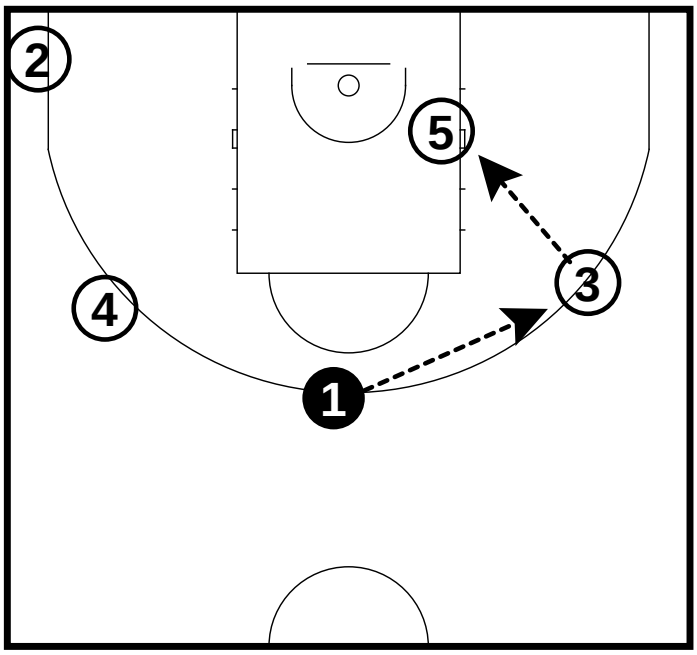
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Panathinakos High Ball Screen



PNR

Panathinakos High Ball Screen



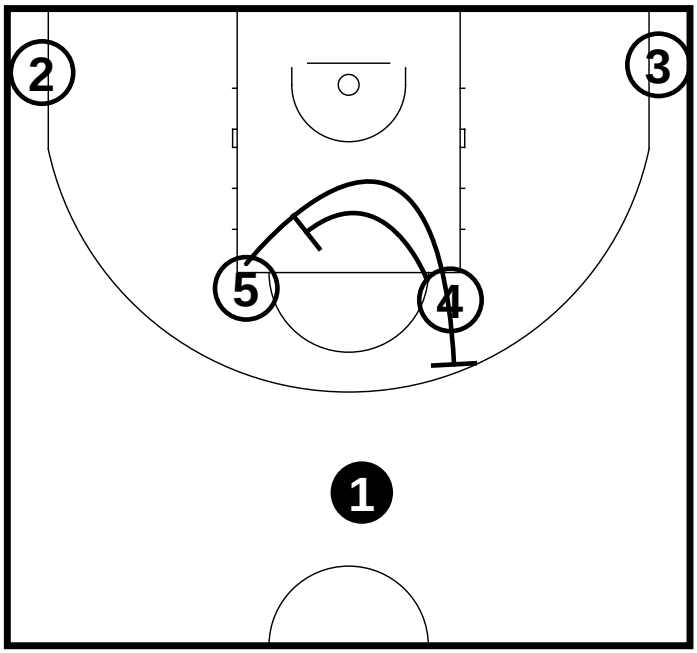
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All Contents Proprietary

Panathinakos Horns Action

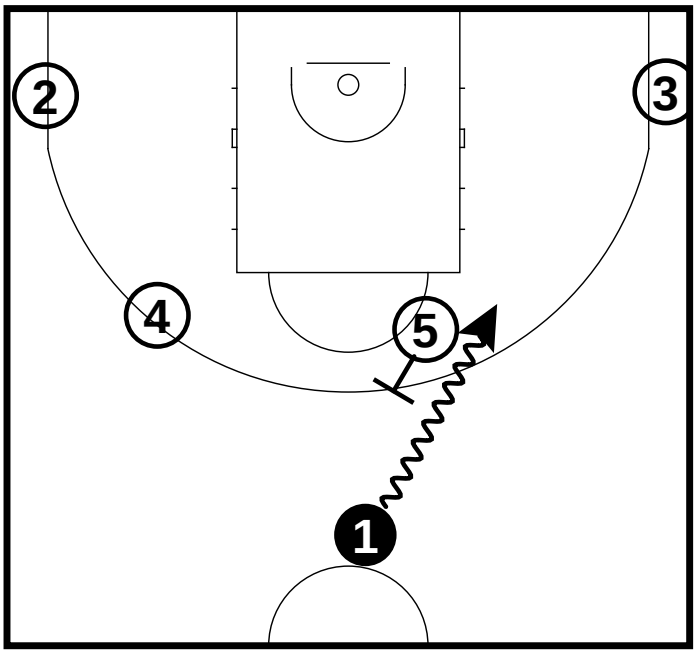
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Panathinakos Horns Action



PNR

Panathinakos Horns Action



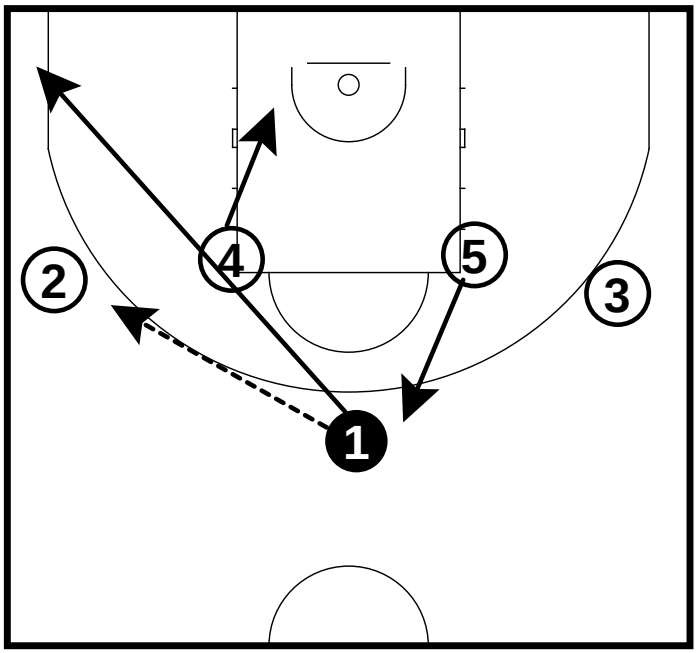
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All Contents Proprietary

Real Madrid 2

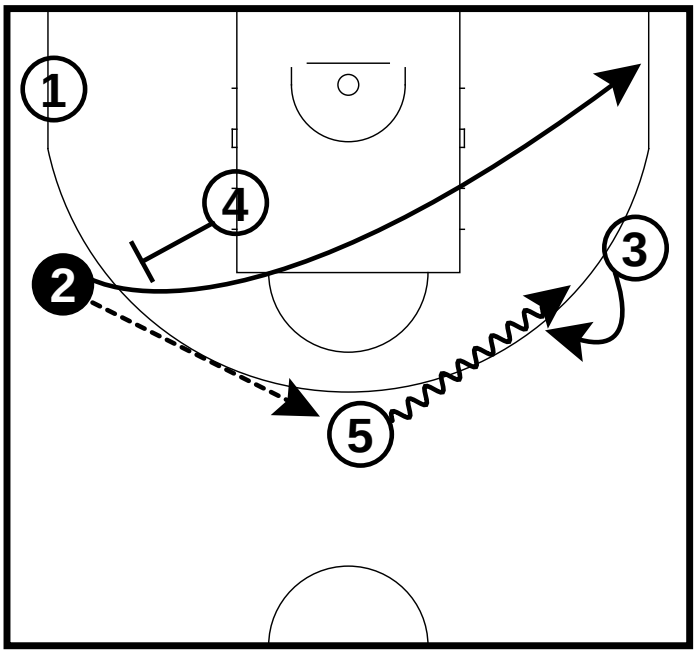
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Real Madrid 2



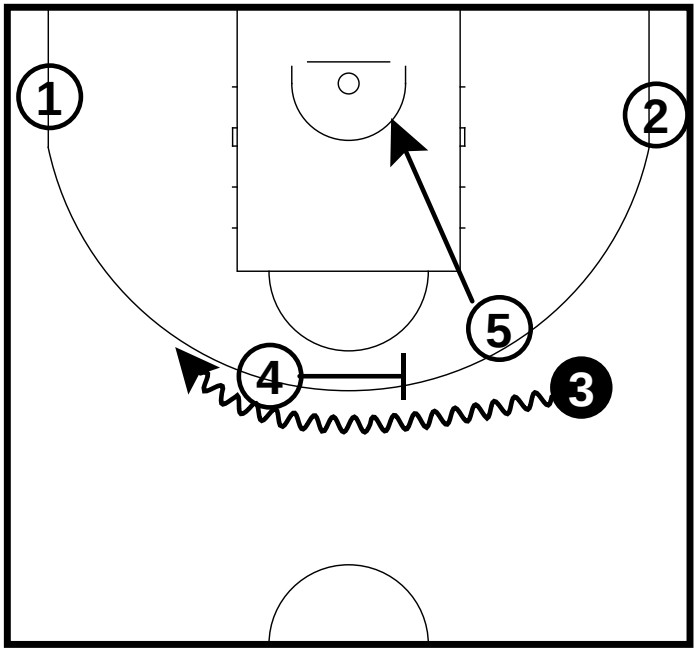
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Real Madrid 2



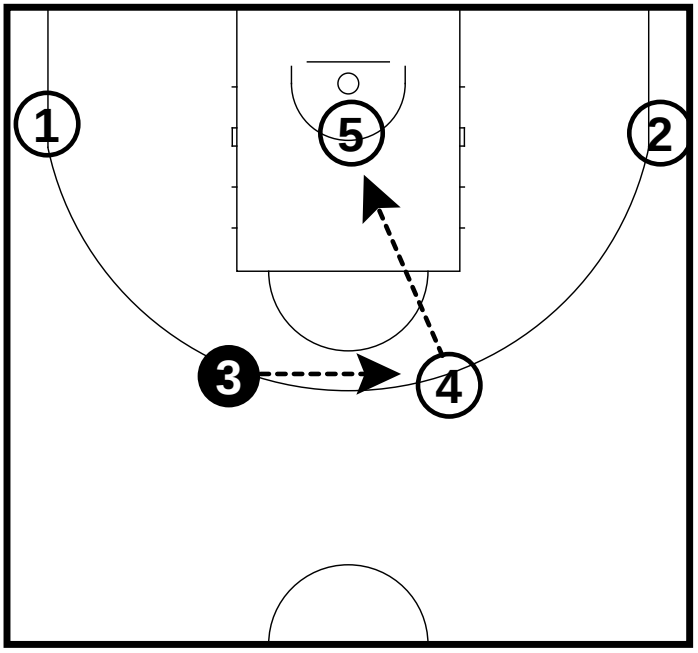
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Real Madrid 2



PNR

Real Madrid 2



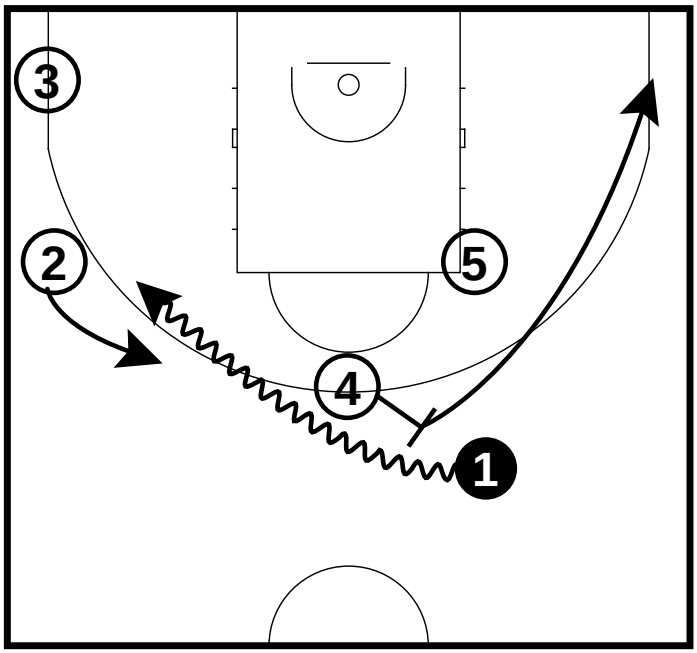
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All Contents Proprietary

Real Madrid 3

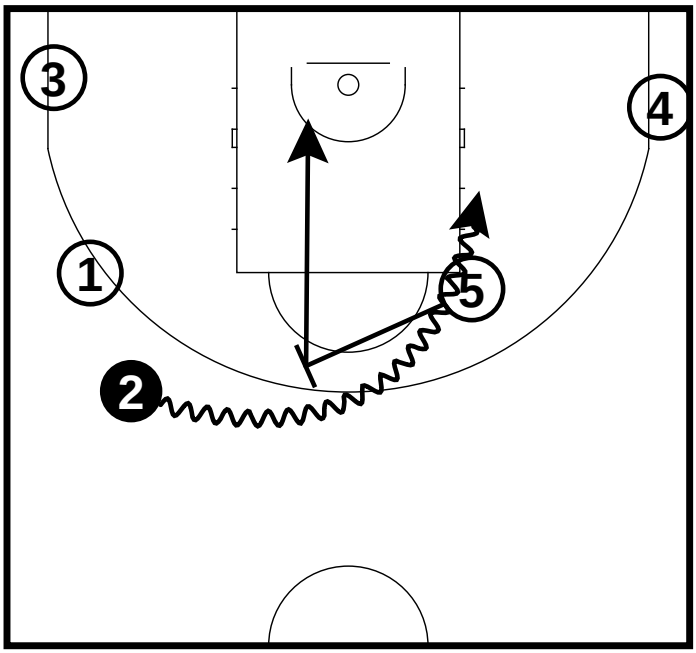
International

Real Madrid 3



PNR

Real Madrid 3



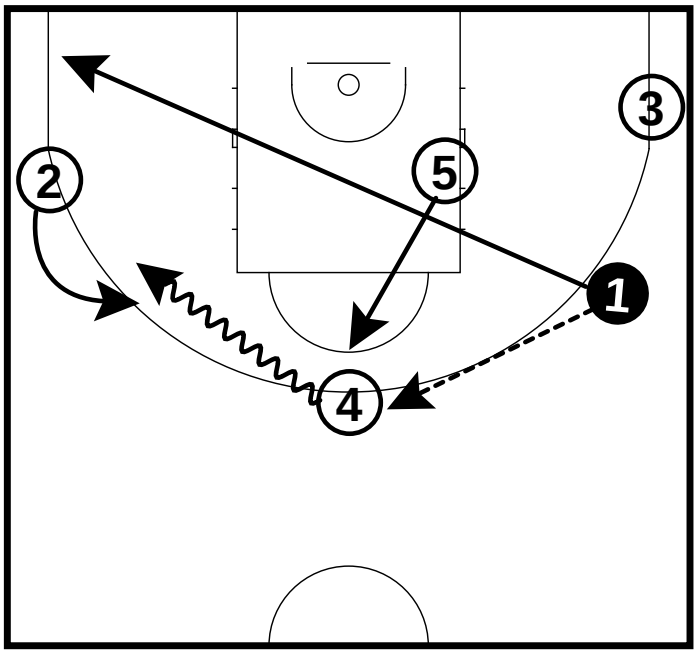
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All Contents Proprietary

Real Madrid DHO

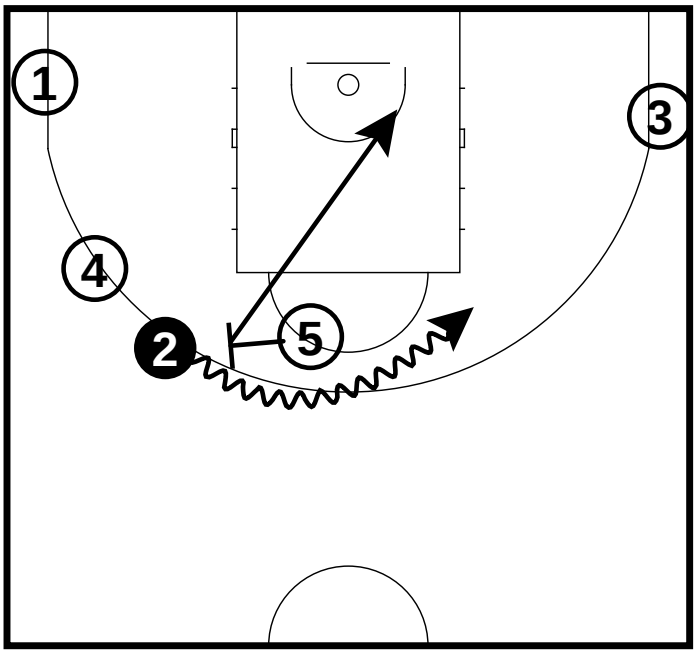
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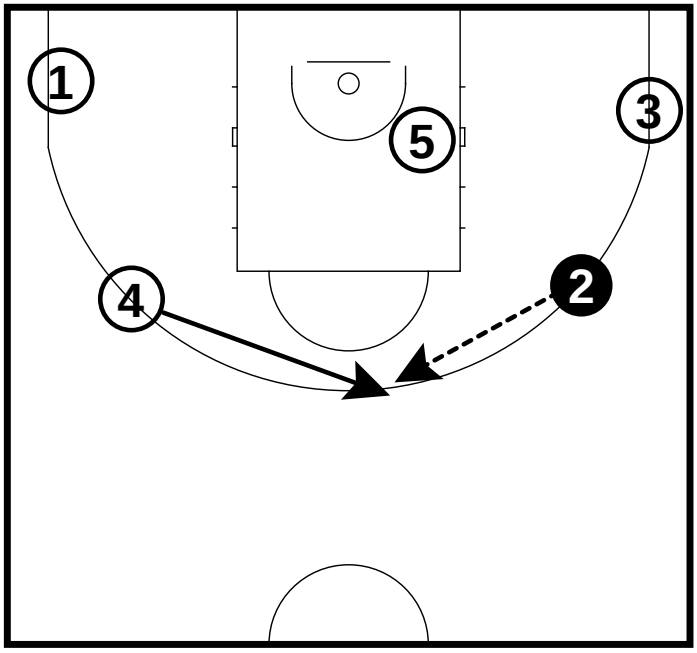
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Real Madrid DHO



PNR

Real Madrid DHO



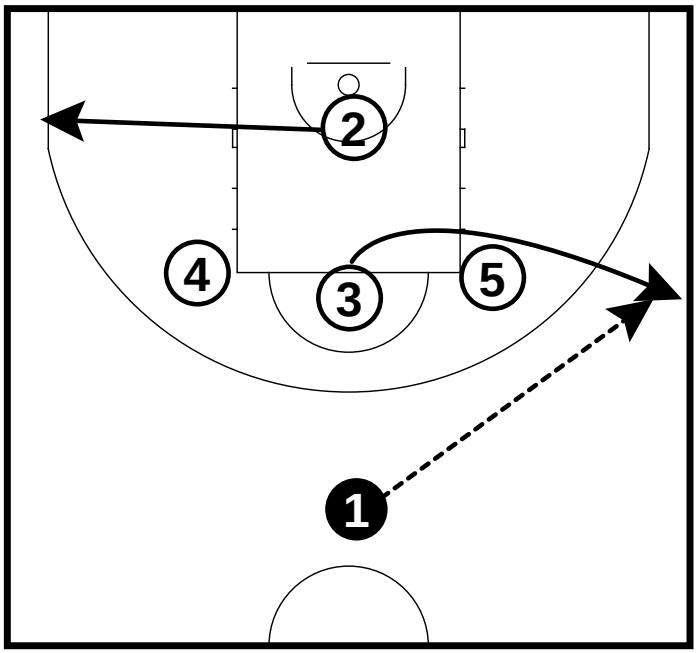
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All Contents Proprietary

Real Madrid Side

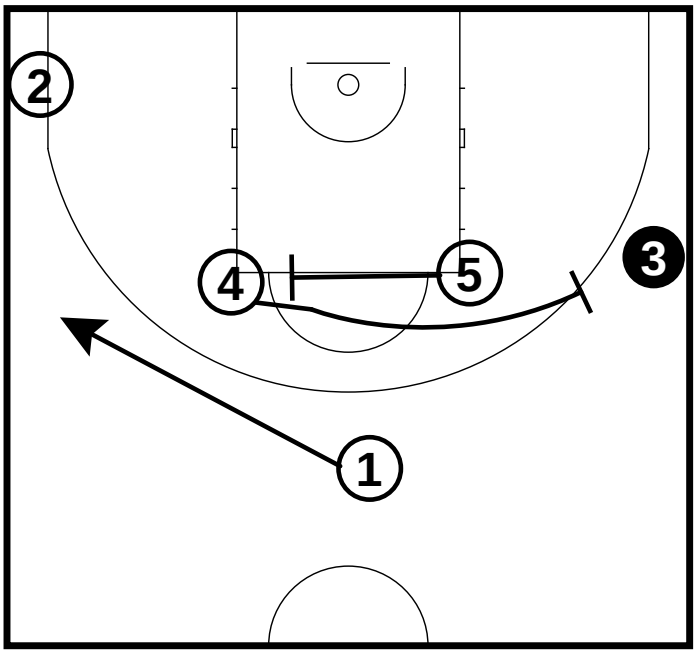
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Real Madrid Side



PNR

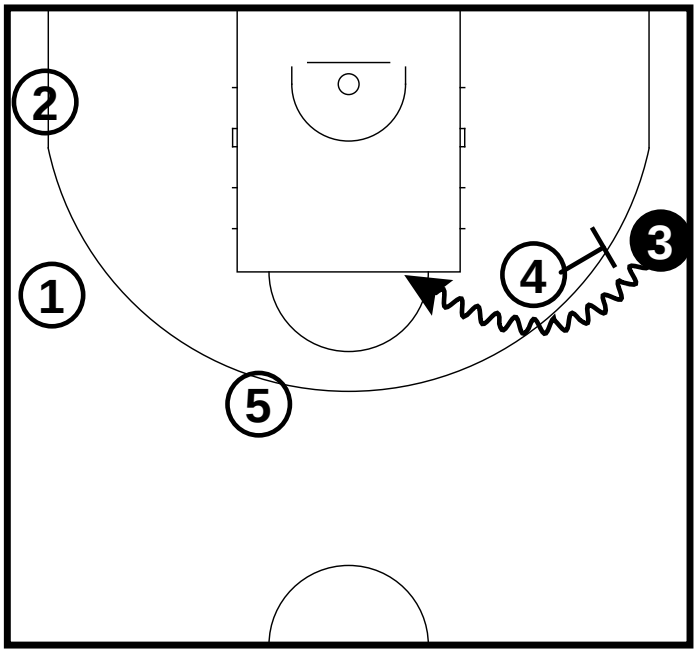
Real Madrid Side



PNR

3 can cut to either wing, 2 cuts to opposite corner

Real Madrid Side



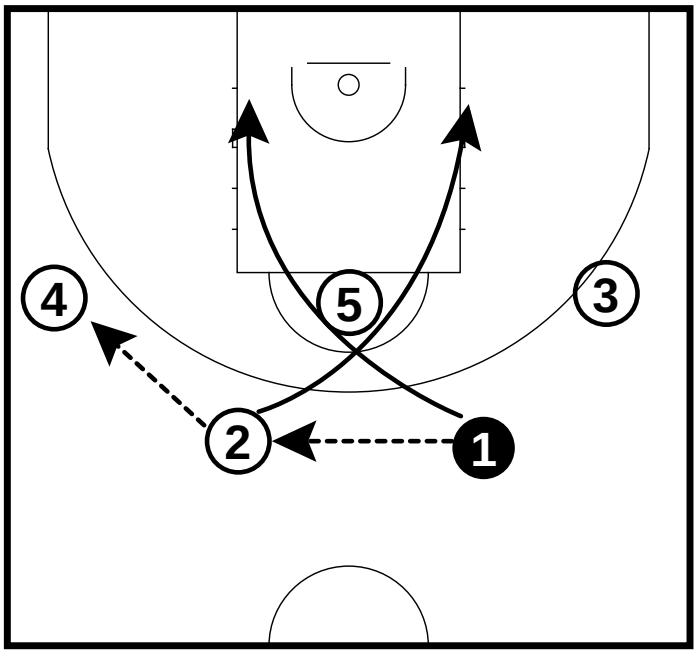
PNR

All Contents Proprietary

Scariola Mid PNR

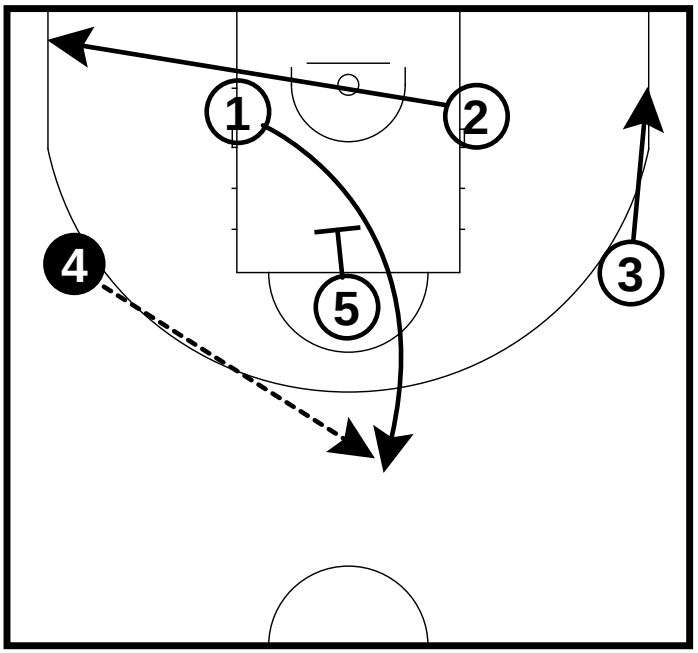
International

Scariola Mid PNR



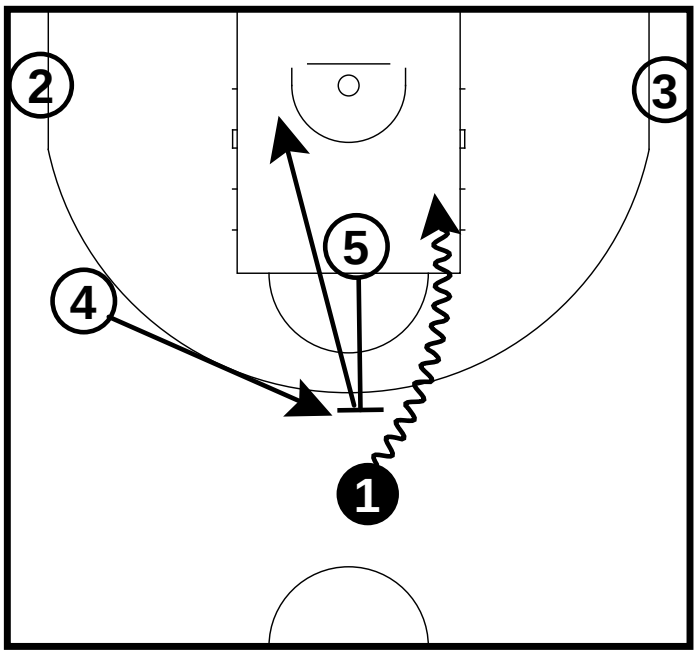
PNR

Scariola Mid PNR



PNR

Scariola Mid PNR



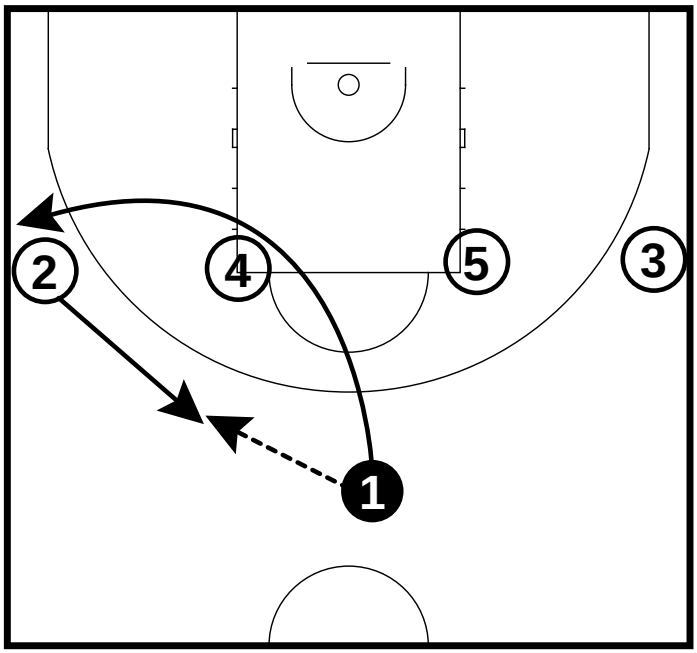
PNR

All Contents Proprietary

Scariola Side PNR

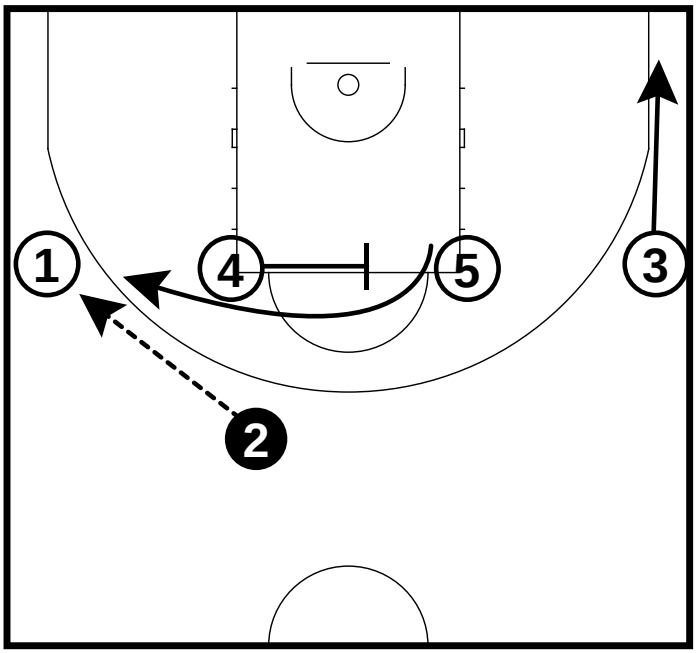
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Scariola Side PNR



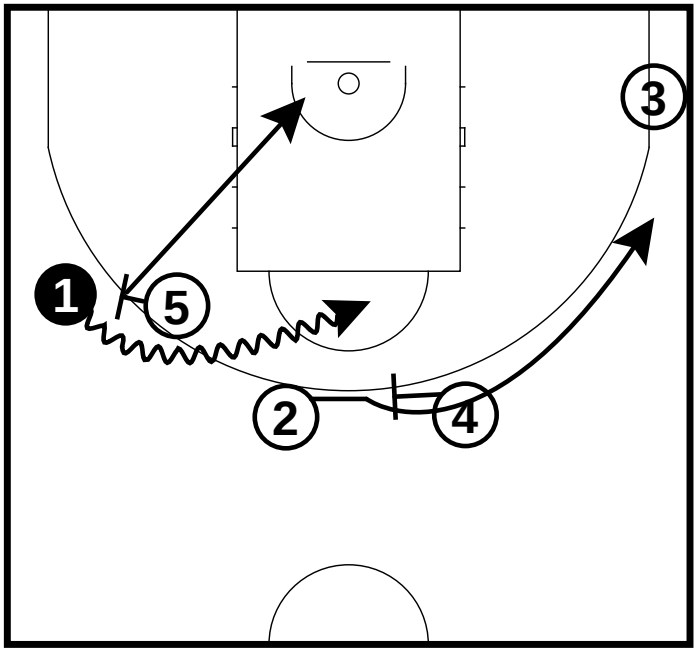
PNR

Scariola Side PNR



PNR

Scariola Side PNR



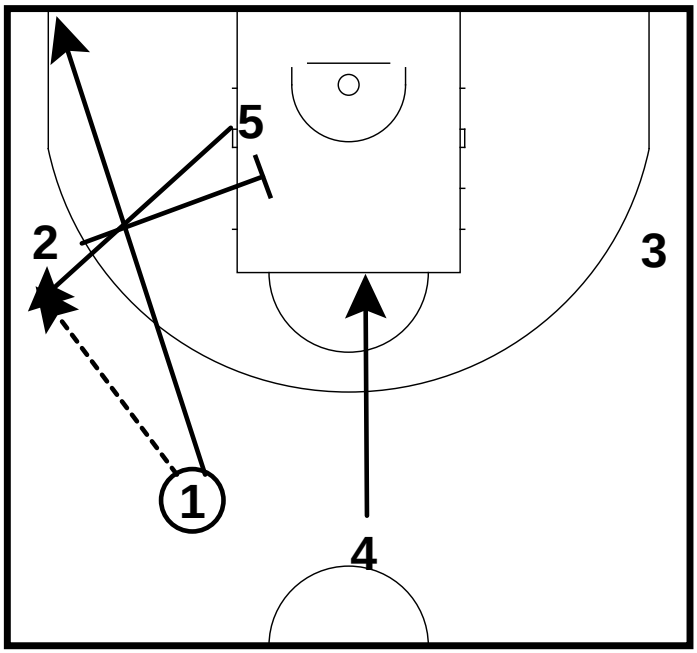
PNR

All Contents Proprietary

Transition Entry into Barcelona Mid PNR

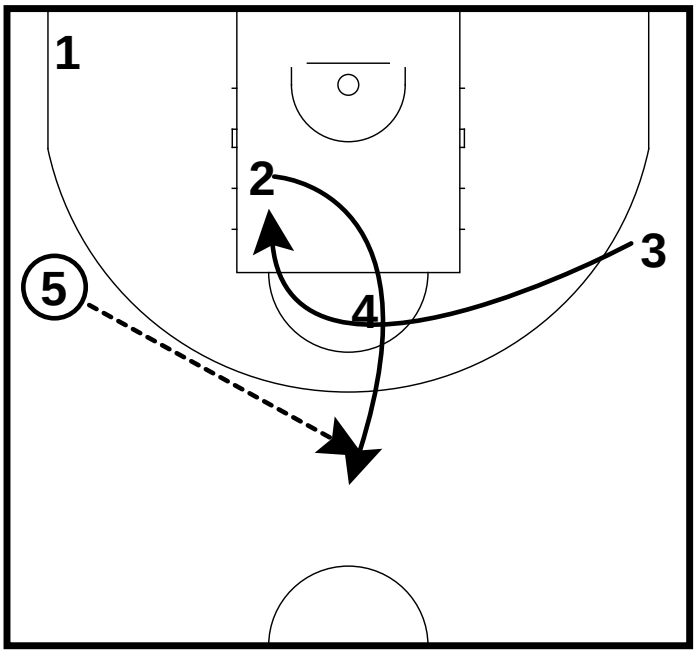
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Transition Entry into Barcelona Mid PNR



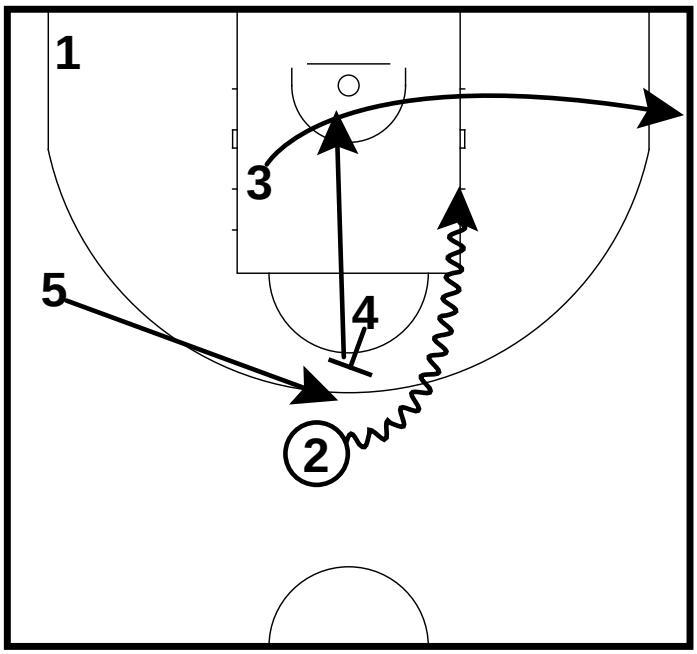
PNR

Transition Entry into Barcelona Mid PNR



PNR

Transition Entry into Barcelona Mid PNR



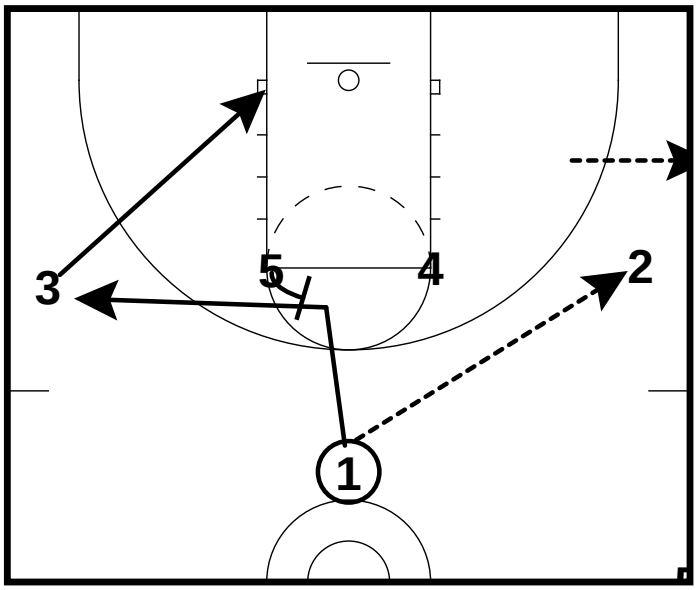
PNR

All Contents Proprietary

14

Tea Area Titans Boys Basketball

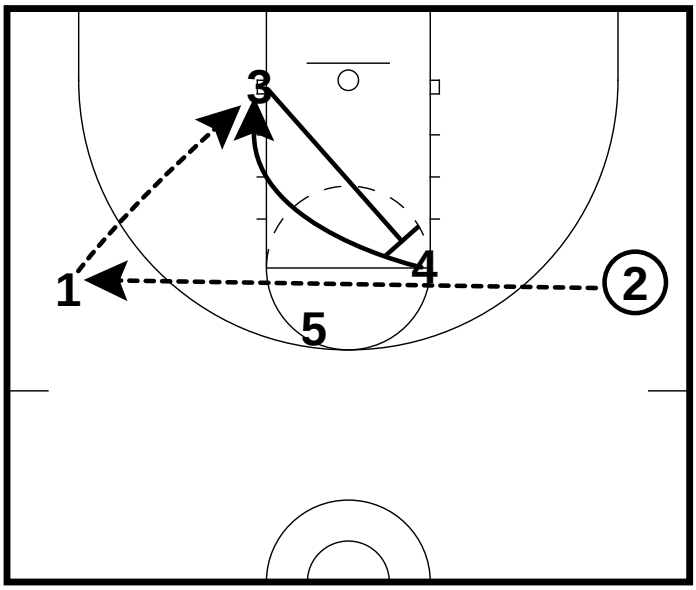
14



Quick Strikes

1 passes ball to 2
5 sets backscreen for 1
3 dives to block

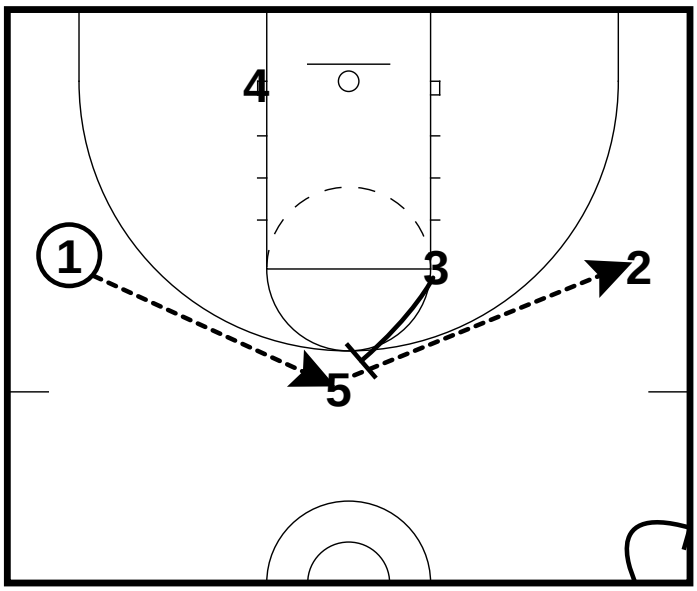
14



Quick Strikes

2 skips ball to 1
5 pops to top of key
3 backscreens for 4
1 looks to 4 on post dive

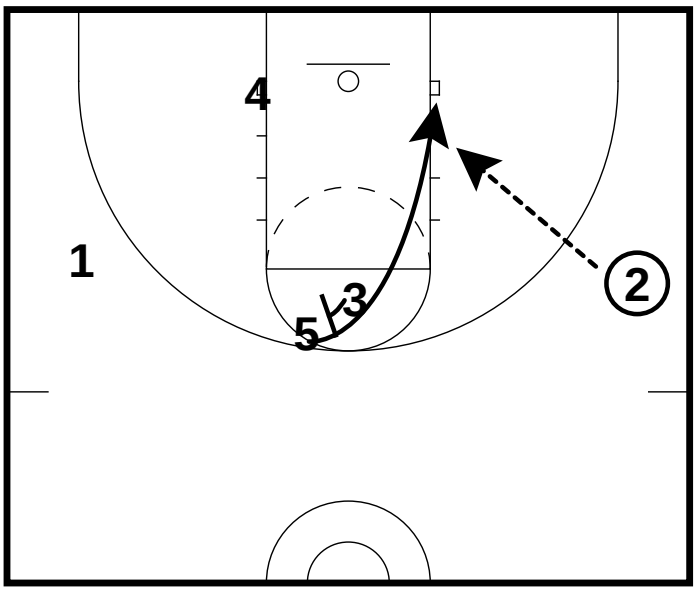
14



Quick Strikes

If 4 doesn't receive pass
1 passes to 5
5 passes to 2 for reversal
3 back screens 5

14



Quick Strikes

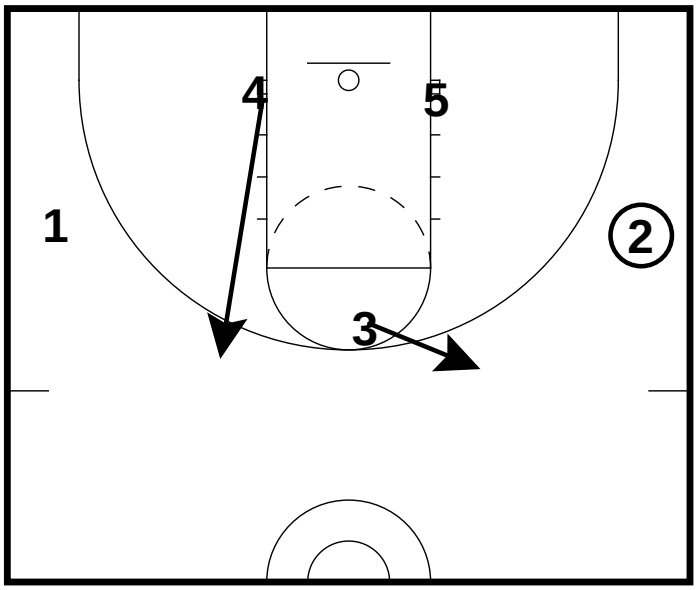
2 paases 5 for post up or lay-up

All Contents Proprietary

14

Tea Area Titans Boys Basketball

14



Quick Strikes

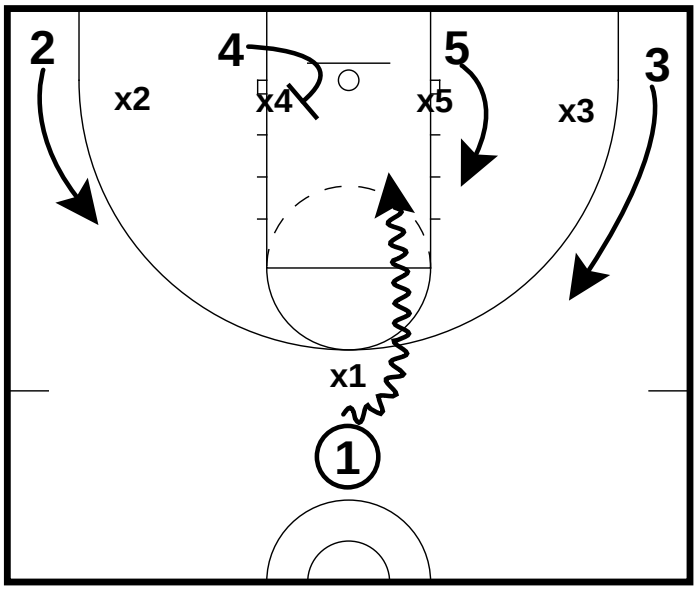
If 5 doesn't get post up or lay-up 3 steps to ballside slot and 4 sprints ti backside slot to get into 4 out motion. 5 needs to flash middle on ball reversal.

All Contents Proprietary

14 Flat

Tea Area Titans Boys Basketball

14 Flat



Man Set

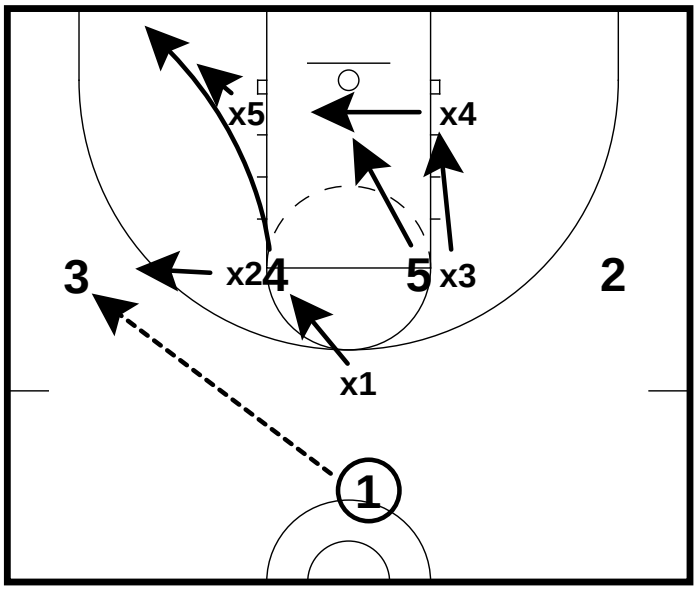
-Shooters get in the corners, post below the back board
- PG dribble penetrates to get to the rack
- Posts look to seal or find open dish window
- Shooters look to find open kickout window

All Contents Proprietary

14 High Zone Attack

Tea Area Titans Boys Basketball

14 High Zone Attack

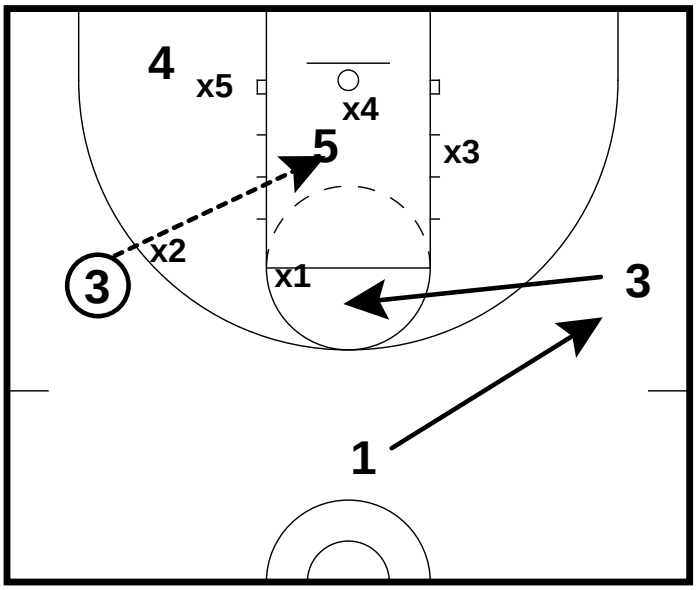


Zone Offense

Attacking the 1-2-2 - Part 1

- Start in a 1-4 high alignment
- PG should enter the ball to the opposite side of your best post player
- Ball side post dives to the short corner
- This should force the ball side post defender to match with the 4 man

14 High Zone Attack



Zone Offense

Attacking the 1-2-2 - Part 2

- From the wing position, you are looking to the short corner, the post who is pinning the middle of the zone, and the high post flash from the opposite wing
- 1 fills opposite wing

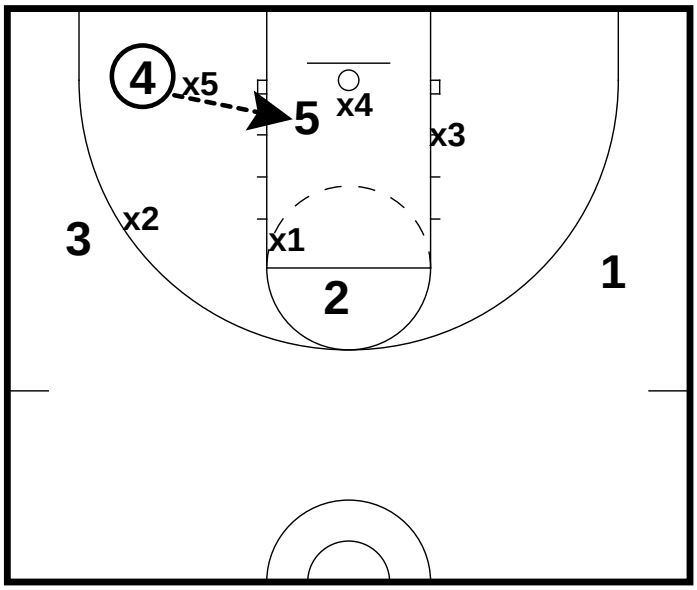
Note: Whoever is diving to the middle of the zone, needs to work very hard at pinning the middle of zone, even if you are not getting the ball.

All Contents Proprietary

14 High Zone Attack

Tea Area Titans Boys Basketball

14 High Zone Attack



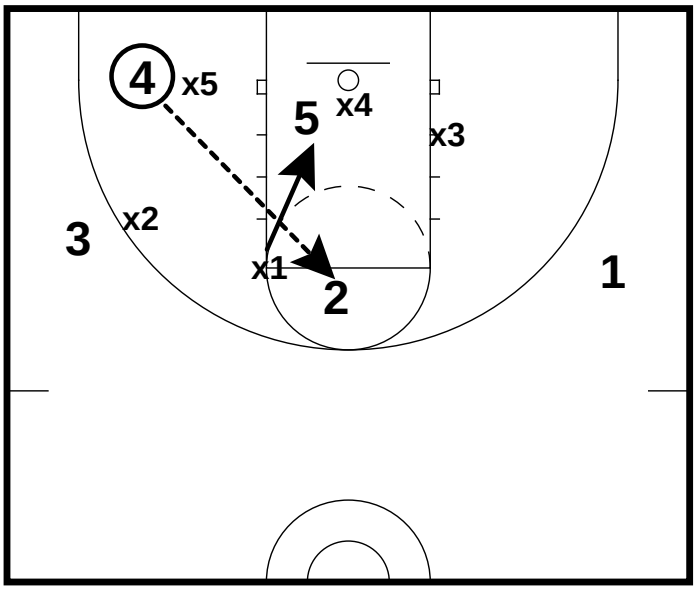
Zone Offense

Attacking the 1-2-2 Zone - Part 3 (Short Corner Entry)

- If the ball goes to the short corner, he should:
* Look to score if the post defender stays in the lane to pinch the offensive post player in the middle of the lane
* Enter the ball to the low post if his defender comes out to guard

Note: It is important that post in the middle of the lane be aware of the 3 second count. He needs to leave the lane at any time to avoid this violation

14 High Zone Attack



Zone Offense

Attacking the 1-2-2 Zone - Part 4 (Short Corner High Post Look)

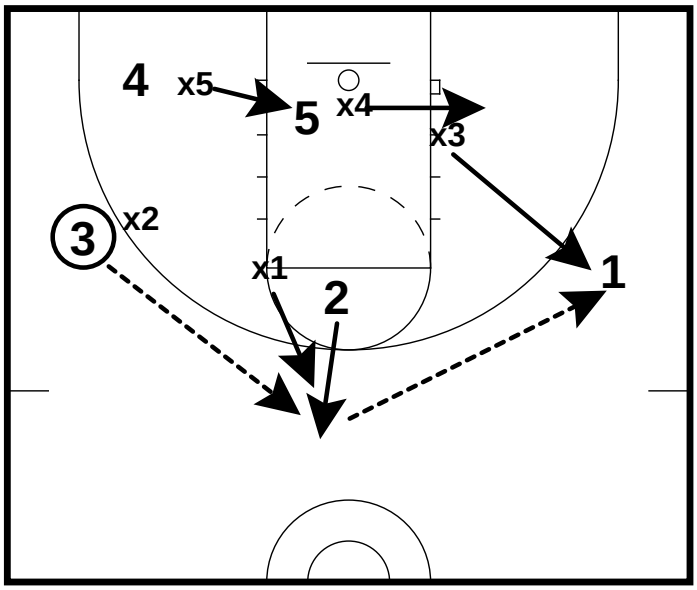
- If the high post (X1) starts to dig in the post because you are getting good low post feeds from the wing and the short corner, the short corner should look to pass to the high post
- 2, which is probably a good shooting guard, can shoot the 15 foot jump shot, or give a high low feed if X1 closes out hard on the shot

All Contents Proprietary

14 High Zone Attack

Tea Area Titans Boys Basketball

14 High Zone Attack

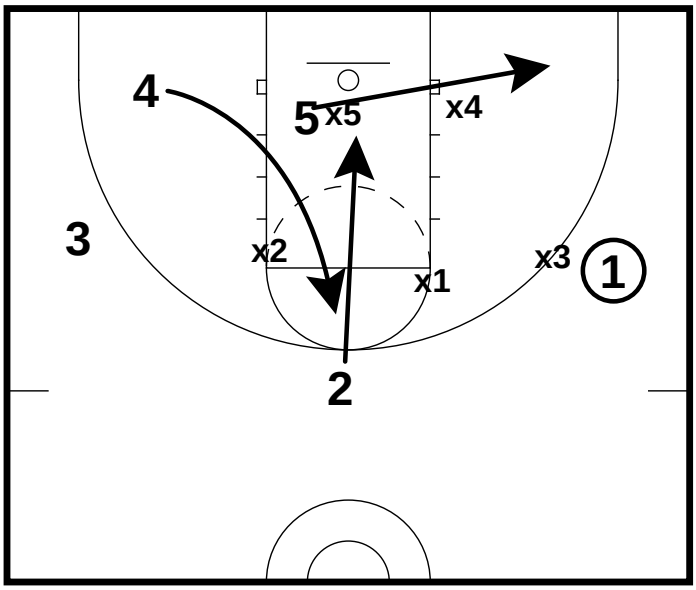


Zone Offense

Attacking the 1-2-2 Zone - Part 5 (Ball Reversal)

- The high post steps out for a reversal pass

14 High Zone Attack



Zone Offense

Attacking the 1-2-2 Zone - Part 6 (Rotations)

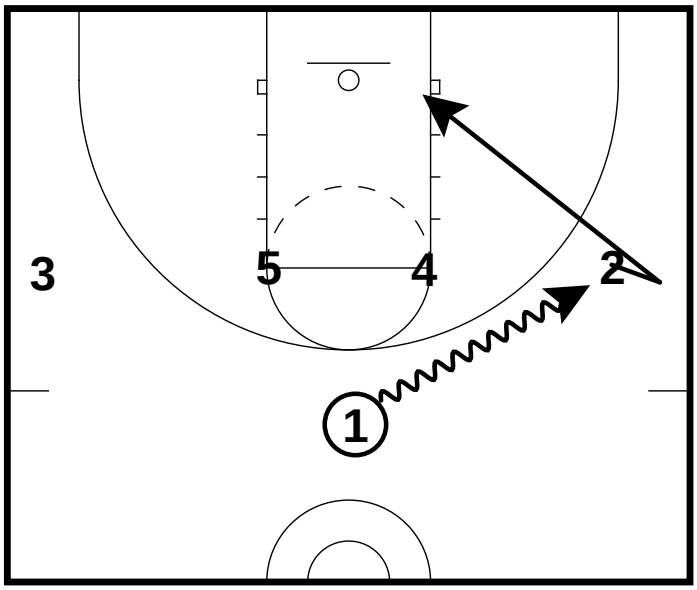
- Middle post cuts to the ball side short corner
- High post dives to pin the middle of the zone
- Weak side short corner flashes to the high post
- You now have the same looks as you did on the other side

All Contents Proprietary

14 Pinch

Tea Area Titans Boys Basketball

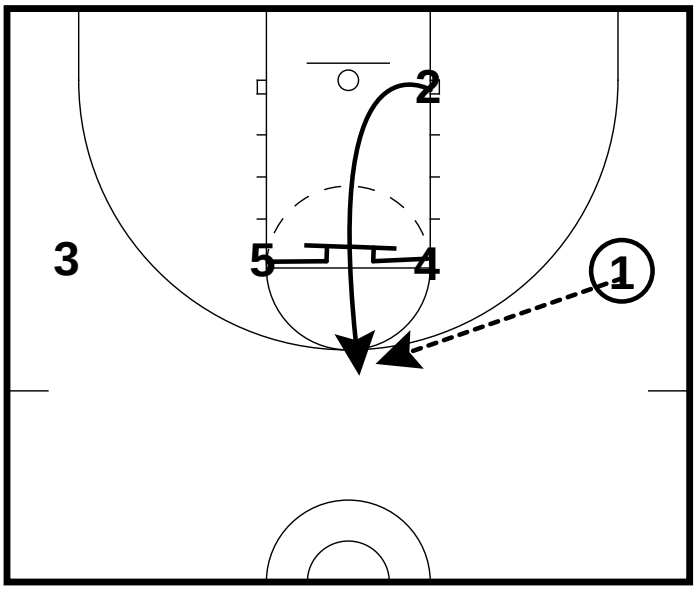
14 Pinch



Man Set

1 Dribble at 2

14 Pinch



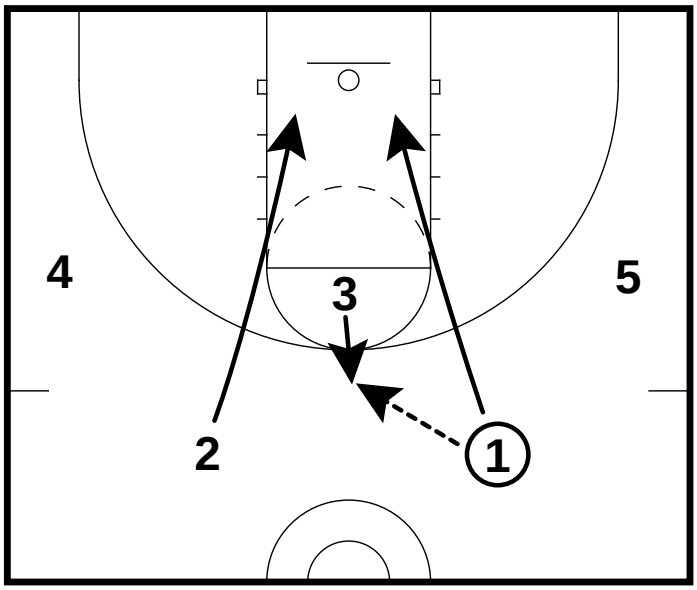
Man Set

All Contents Proprietary

23 Chin

Tea Area Titans Boys Basketball

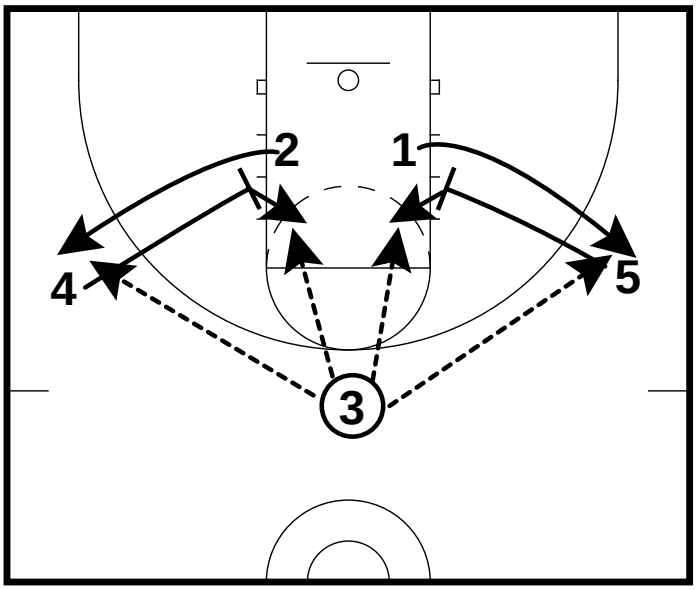
23 Chin



Man Set

- Ball gets entered to the high post
- Guards cut to the blocks

23 Chin



Man Set

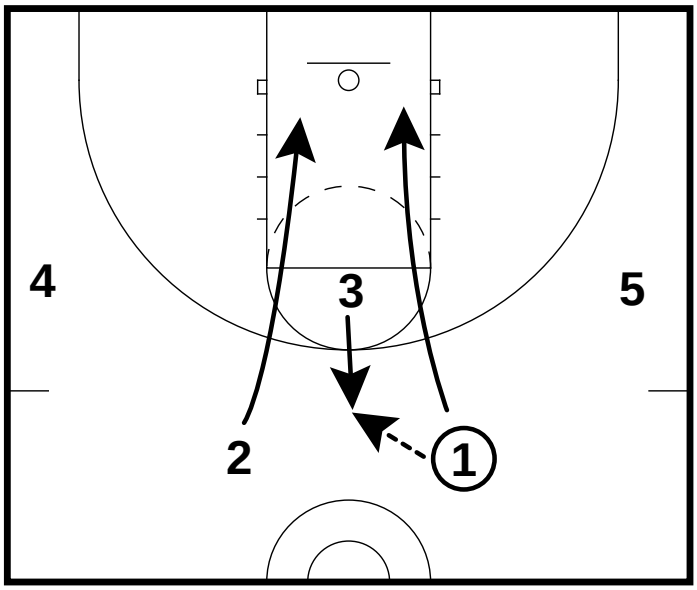
- Posts set pin down screens for the guards to pop out to the wing
- Posts look for slips and high low duck in

All Contents Proprietary

23 Chin Cross

Tea Area Titans Boys Basketball

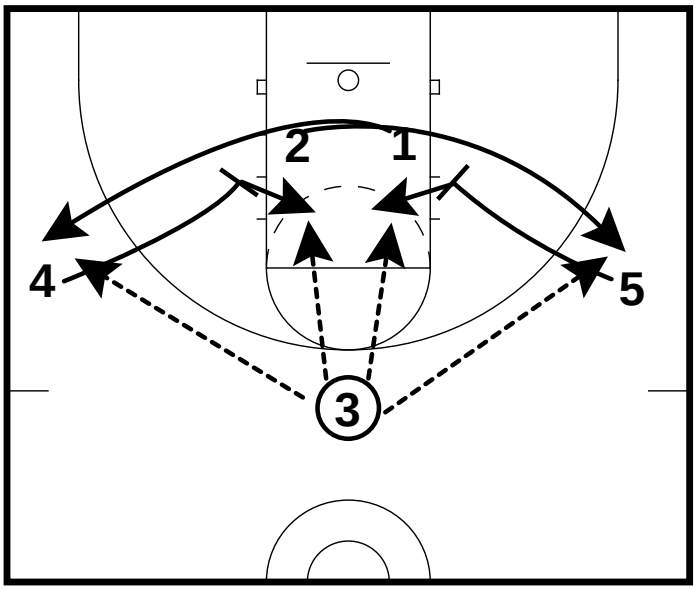
23 Chin Cross



Man Set

- Same initial start as 23 Chin

23 Chin Cross



Man Set

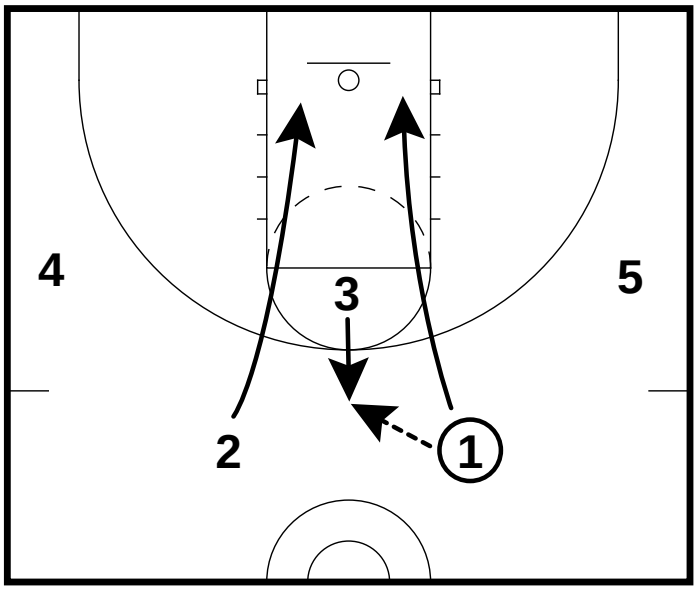
- Guards will cross and go opposite to pop out to the wings
- Posts look to slip screens and for the high low duck in

All Contents Proprietary

23 Chin Double

Tea Area Titans Boys Basketball

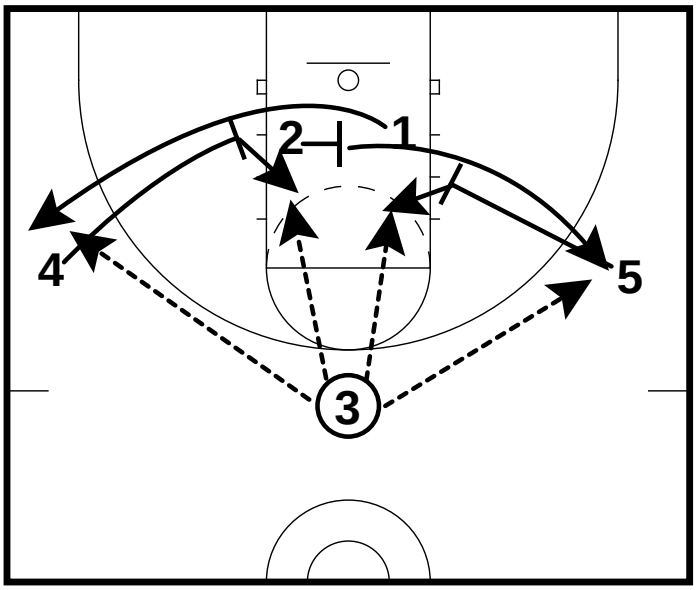
23 Chin Double



Man Set

- Same initial action as 23 Chin

23 Chin Double



Man Set

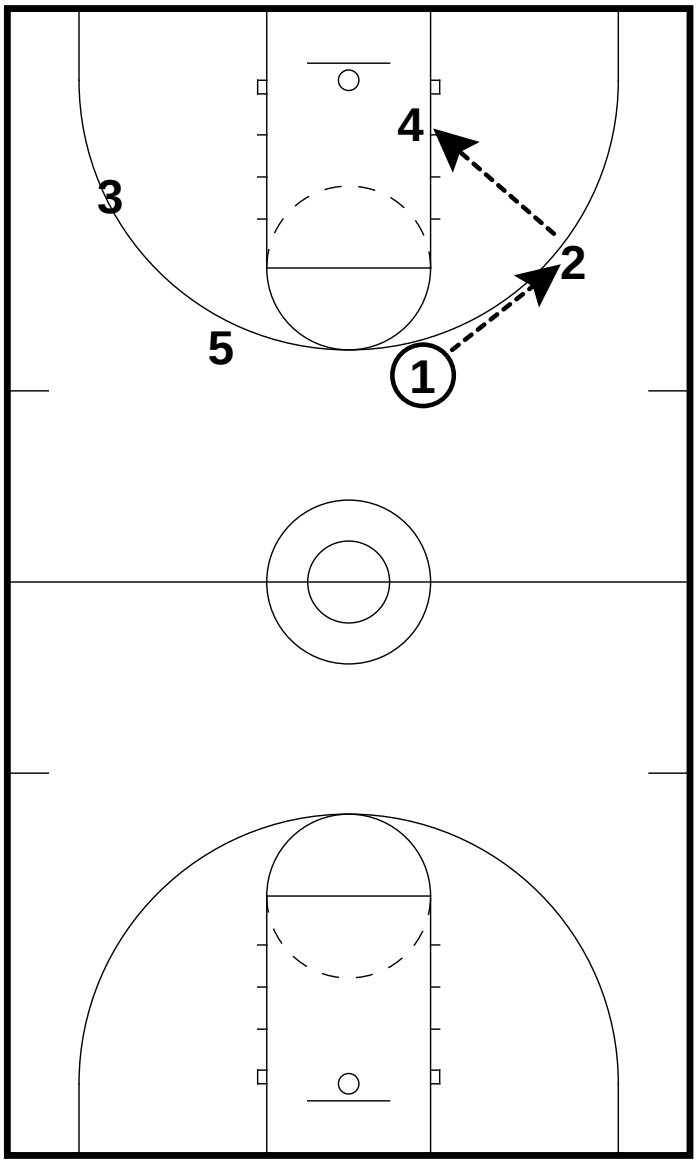
- The guard that made the high post entry will receive a double staggered screen
- The other guard will use the single pin down screen after he sets the double staggered
- Posts are looking for slips and duck in

All Contents Proprietary

40

Tea Area Titans Boys Basketball

40



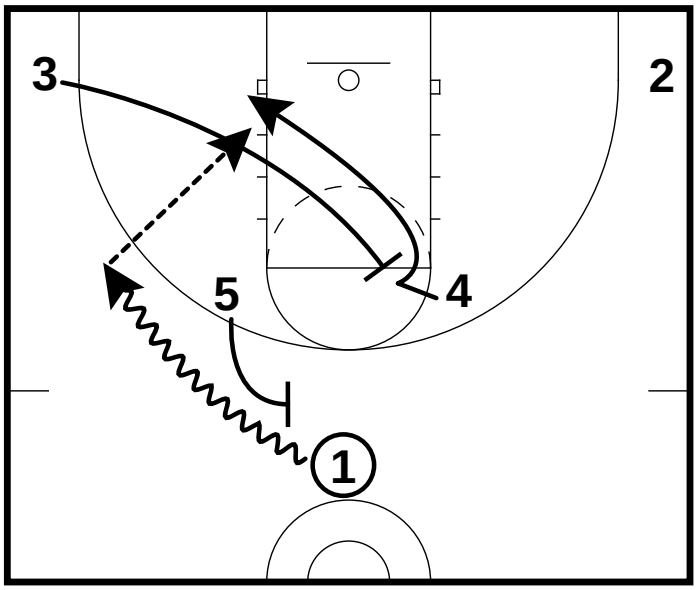
Transition sets

All Contents Proprietary

A Set Argentina Post ISO

Tea Area Titans Boys Basketball

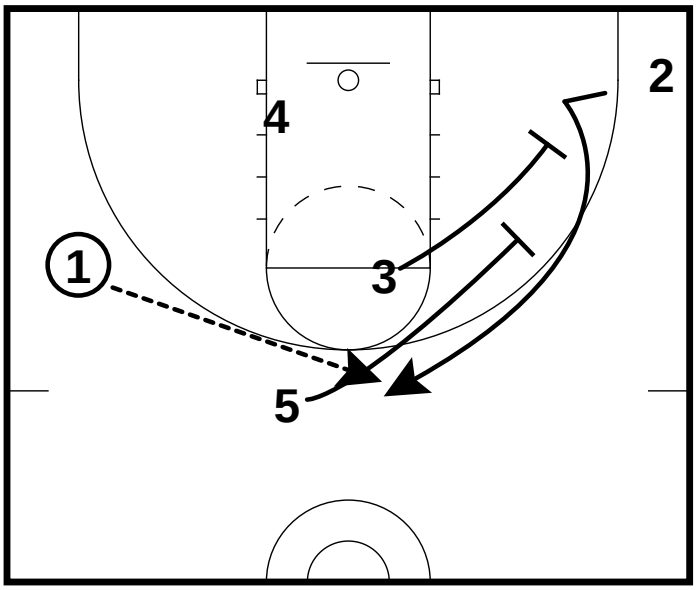
A Set Argentina Post ISO



Man Set

- PG uses high ball screen to dribble entry to the wing
- The corner man on the ball side sets a shuffle screen for the opposite post to ISO on the ball side block

A Set Argentina Post ISO



Man Set

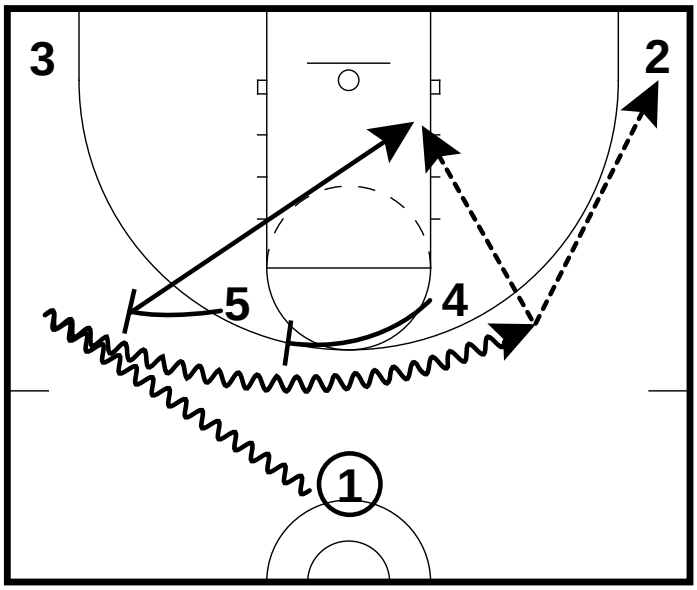
- If no scoring opportunity, the post and wing set a staggered screen for the opposite corner man

All Contents Proprietary

A Set Double Fist

Tea Area Titans Boys Basketball

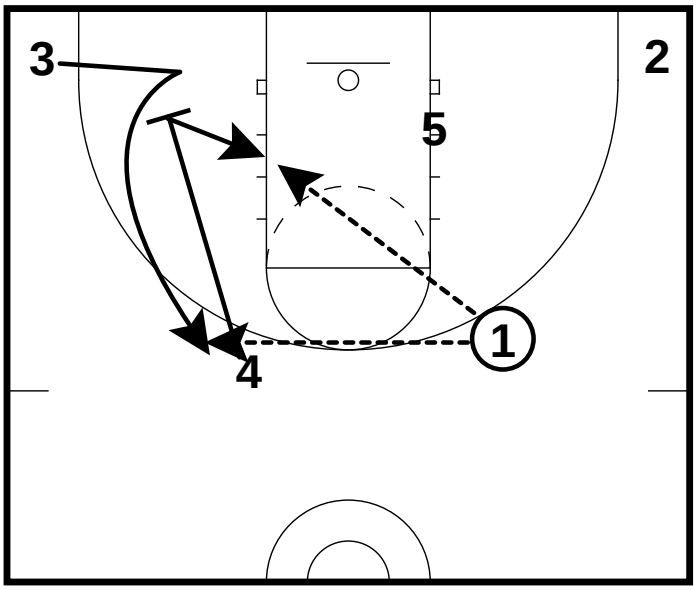
A Set Double Fist



Man Set

- PG dribble entries to a side
- Post players set a double staggered ball screen for the PG
- The first post player to set the ball screen will roll to the basket
- The PG looks to score, hit the roll man, or kick to the shooter in the corner

A Set Double Fist



Man Set

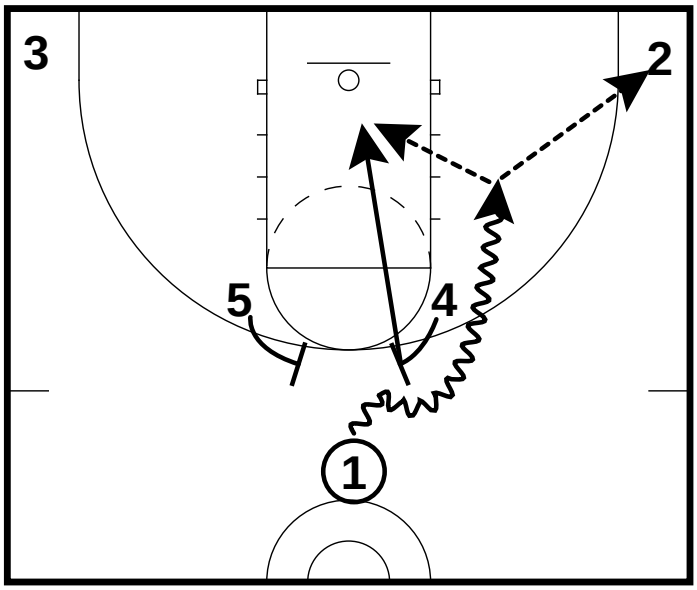
- The second post to set the ball screen will set a down screen for the opposite corner man to pop to the key
- The post player will pop back to the ball after settting the down screen

All Contents Proprietary

A Set Fist

Tea Area Titans Boys Basketball

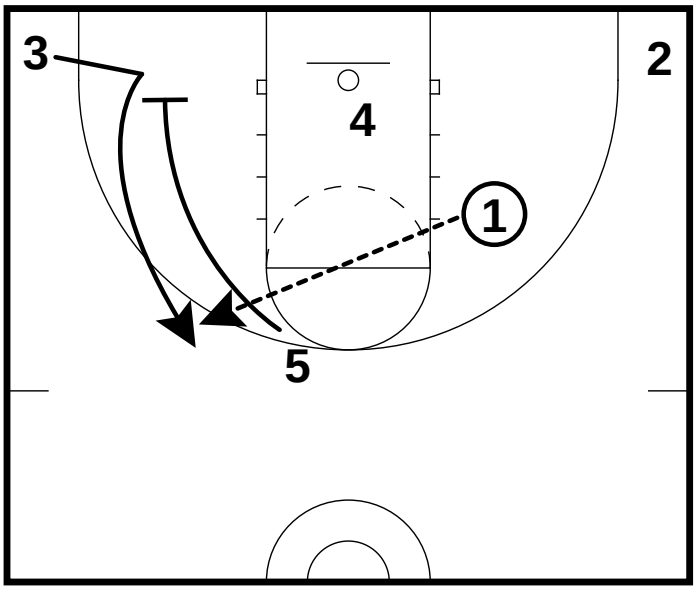
A Set Fist



Man Set

- PG can use either high ball screen from the post
- The post that sets the ball screen rolls to the basket
- PG looks to score, hit the roll man or kick to the corner

A Set Fist



Man Set

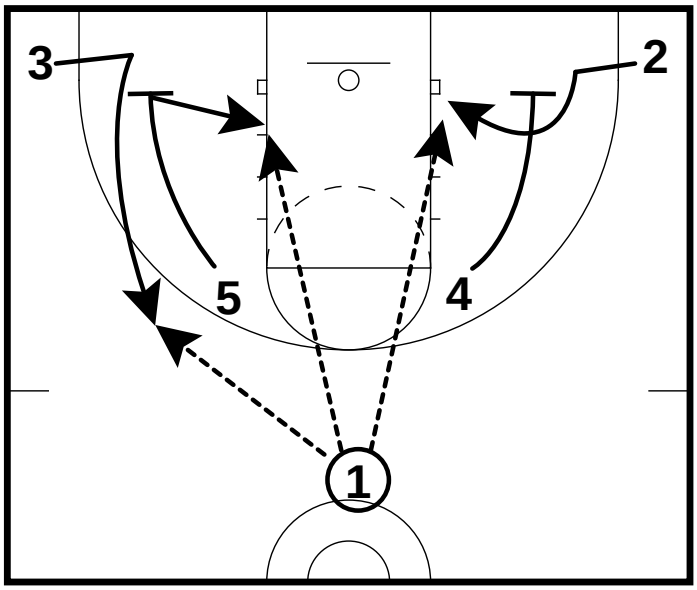
- If no scoring opportunitiy takes place the high post sets a down screen for the opposite corner man to pop to the key

All Contents Proprietary

A Set Floppy

Tea Area Titans Boys Basketball

A Set Floppy



Man Set

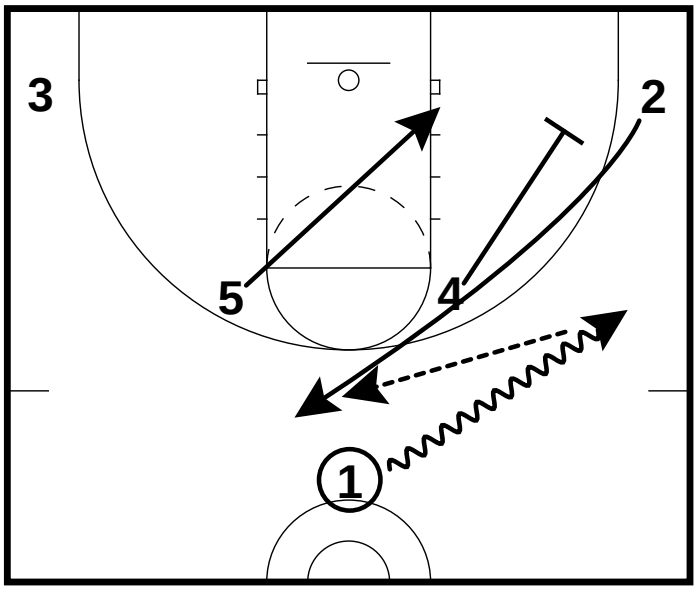
- Post set down screens for the shooters
- Shooters look to pop cut, or curl cut
- Post players look to slip the screens

All Contents Proprietary

A Set Post Double

Tea Area Titans Boys Basketball

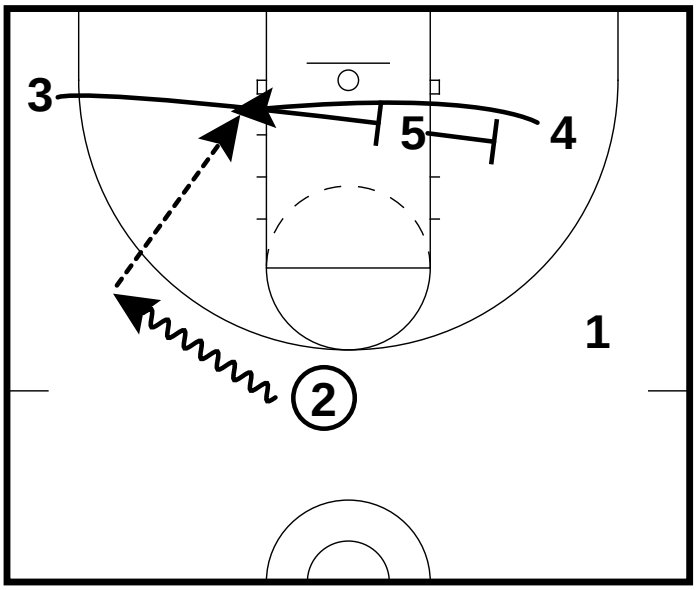
A Set Post Double



Man Set

- PG dribble entries to the wing which will trigger the corner man to come off a down screen from the ball side post
- The opposite post dives to the ball side block
- The corner man will get a pass from the PG

A Set Post Double



Man Set

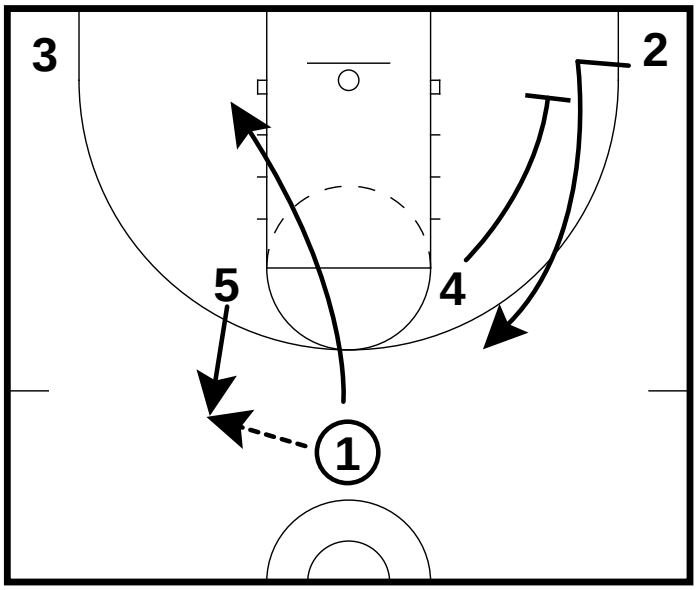
- 2 will then dribble entry to the opposite wing
- The corner man and the post will set a double screen for the other post for a post ISO

All Contents Proprietary

A Set Triple

Tea Area Titans Boys Basketball

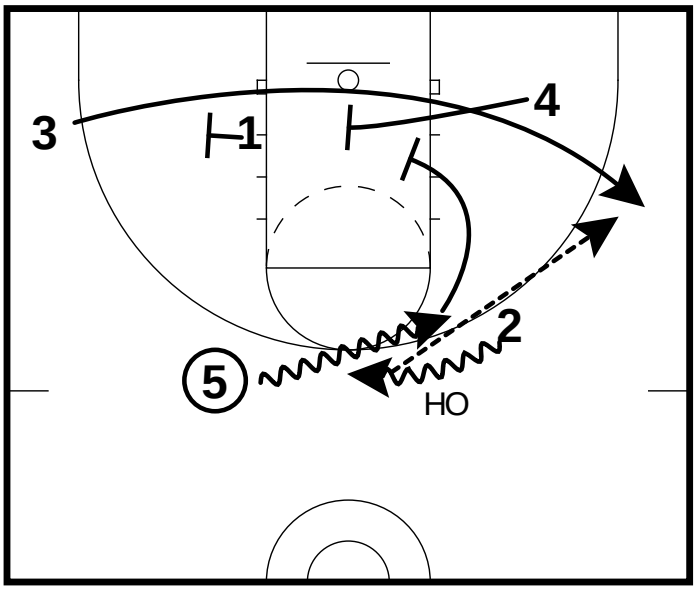
A Set Triple



Man Set

- High post flashes to receive pass from PG
- PG cuts to the ball side block
- The opposite post down screens for the opposite corner

A Set Triple



Man Set

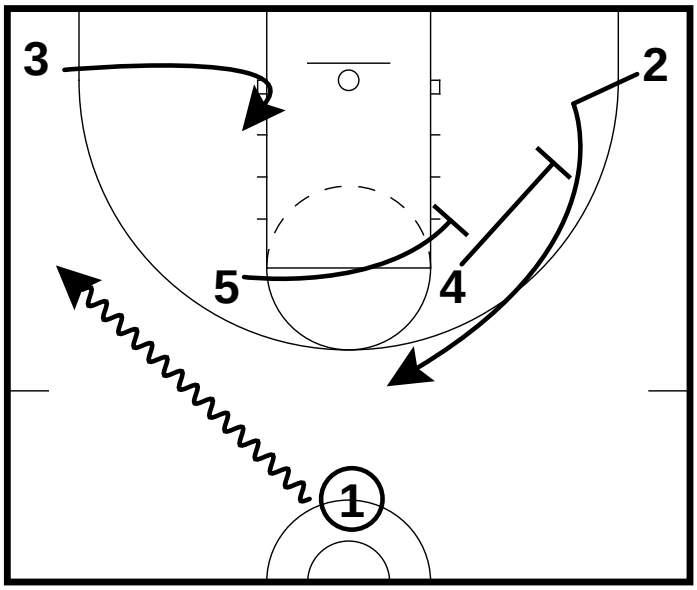
- 5 runs a dribble hand off with 2
- 3 cuts of a triple baseline staggered screen

All Contents Proprietary

A Set Wheel

Tea Area Titans Boys Basketball

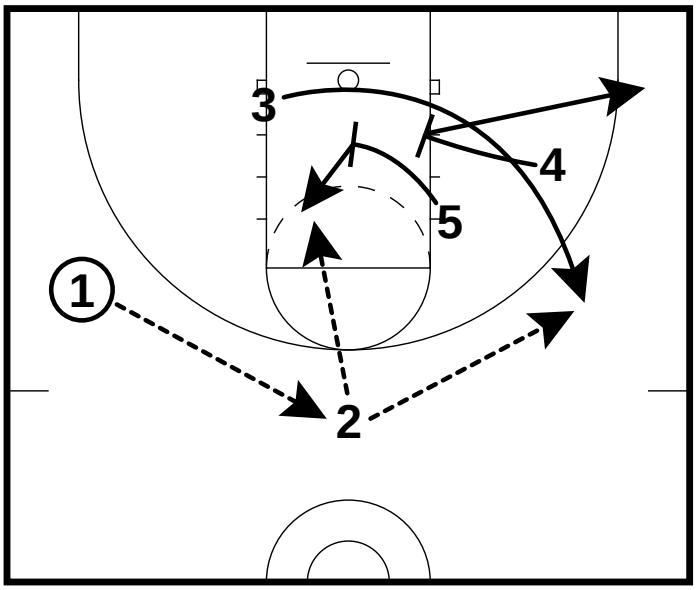
A Set Wheel



Man Set

- PG dribble entries to the wing
- The corner man on that side cuts to the block to post up
- The posts set a double staggered screen for the opposite corner man to get to the top of the key

A Set Wheel



Man Set

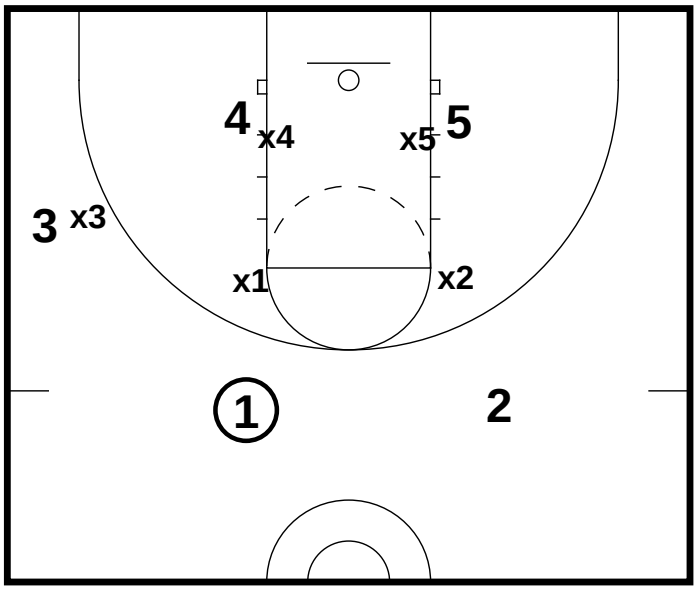
- If no scoring opportunity, the posts set another double staggered screen for the man on the block
- The ball gets reversed to 2 who can hit the cutter on the staggered screen or look to hit the slip man

All Contents Proprietary

Attacking the Box and 1

Tea Area Titans Boys Basketball

Attacking the Box and 1



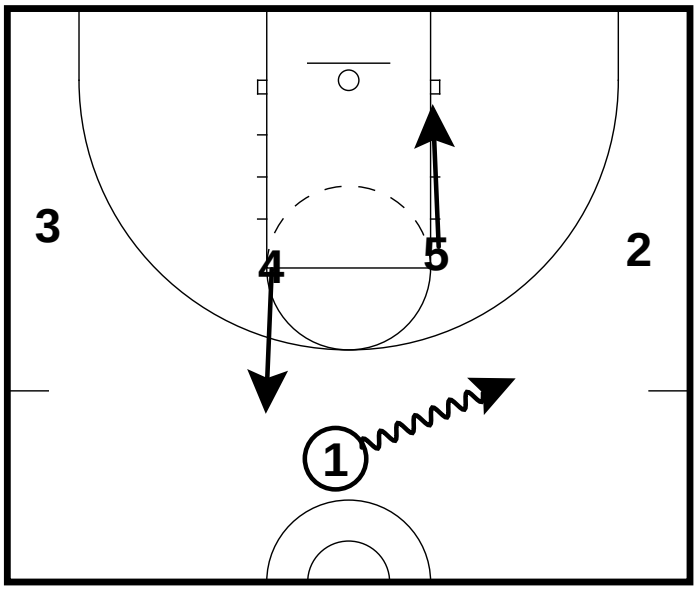
Zone Offense

All Contents Proprietary

Basic

Tea Area Titans Boys Basketball

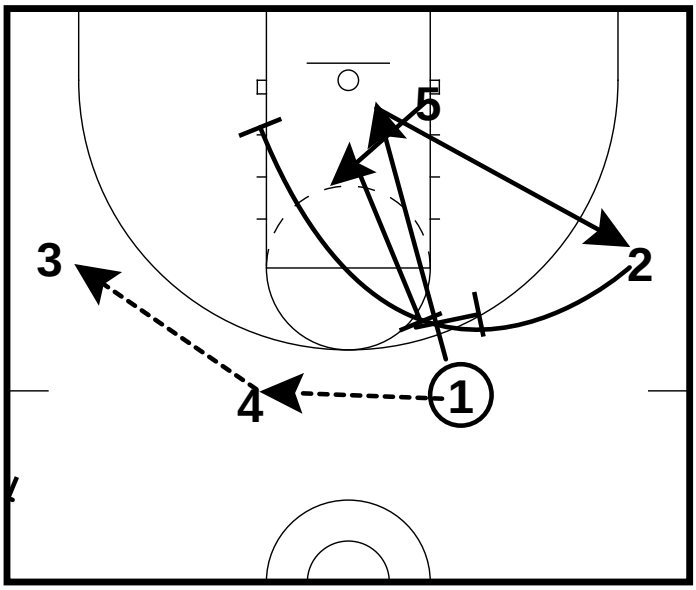
Basic



Man Set

1 dribble to slot
5 dive to post
4 flashes to open slot

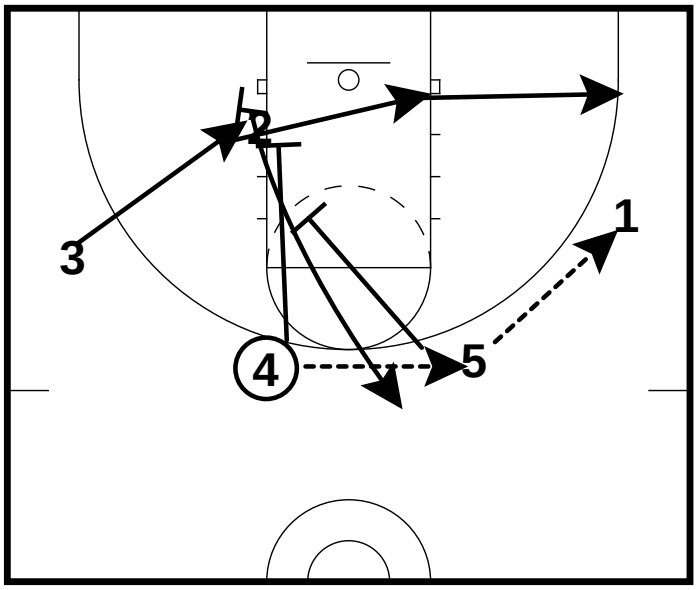
Basic



Man Set

1 passes to 4
4 looks to 5 flashing middle if nothing passes to 3
5 back screens for 1 then screens for 2
3 looks to pass to 1 1st and 2 2nd in nothing reverses to 4
if 1 doesn't get the ball he fades to wing

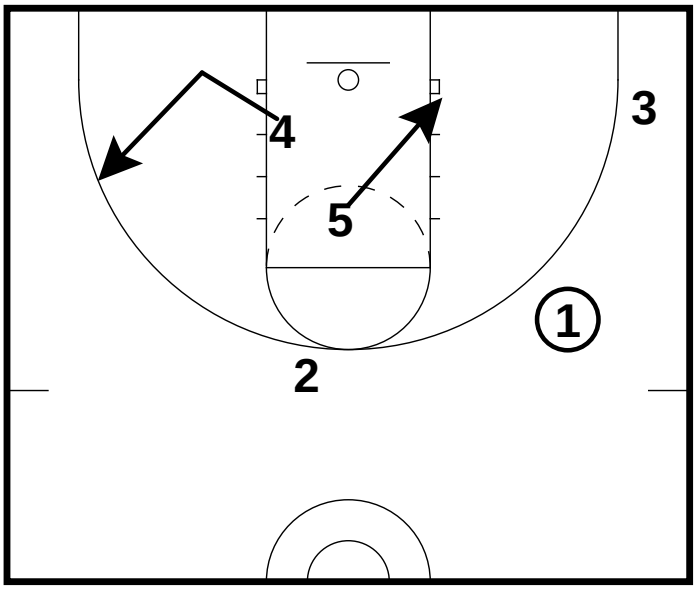
Basic



Man Set

4 ball reversal to 5
5 ball reversal to 1
2 screens for 3 to post up if nothing goes to corner
4 and 5 stagger screen 2 to top of key

Basic



Man Set

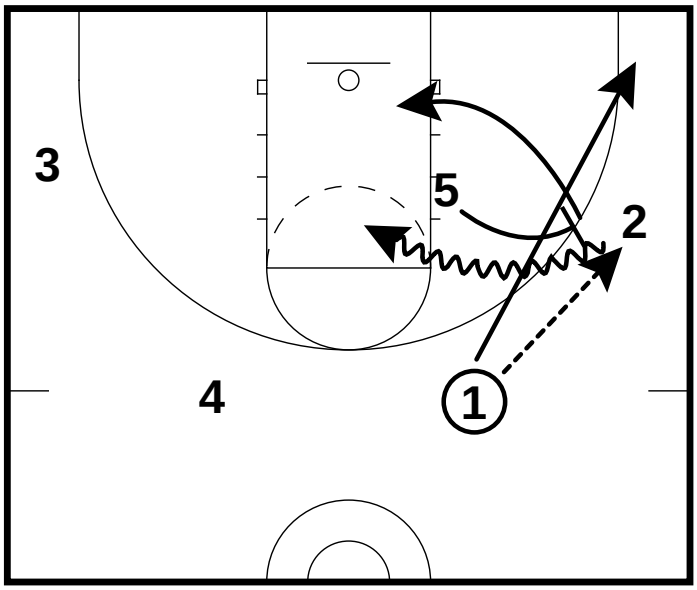
4 shapes up perimeter
5 shapes up to ball side post to get into motion

All Contents Proprietary

Butler

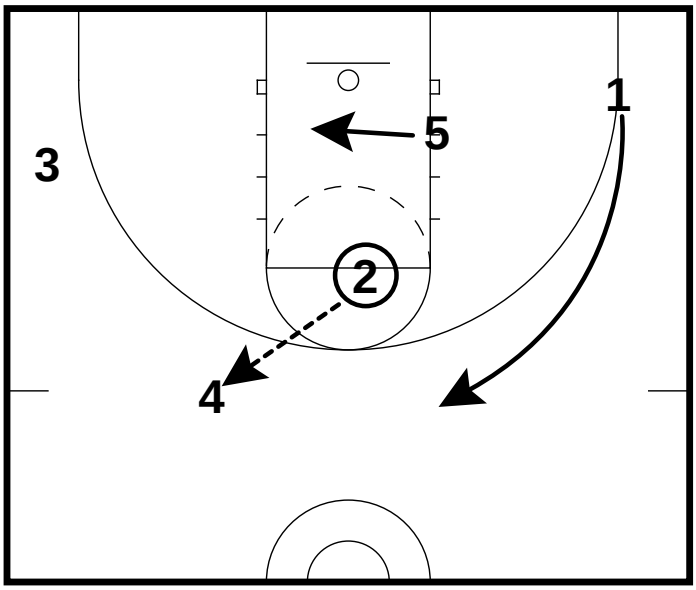
Tea Area Titans Boys Basketball

Butler



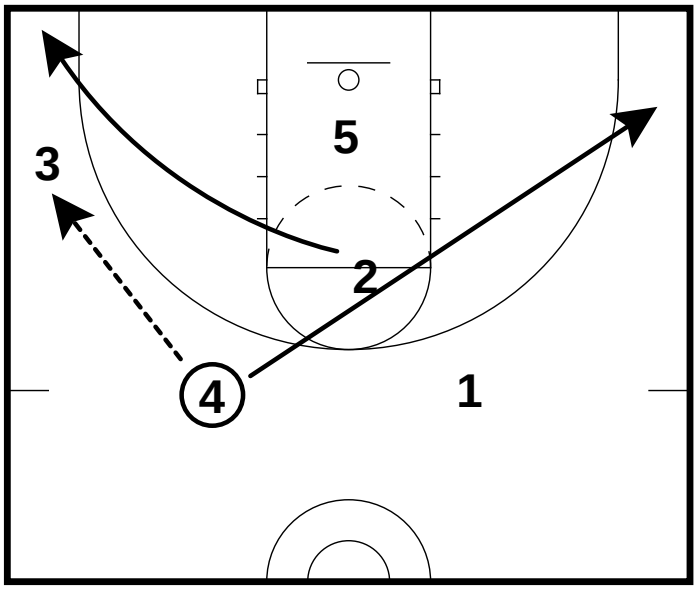
Man Offense

Butler



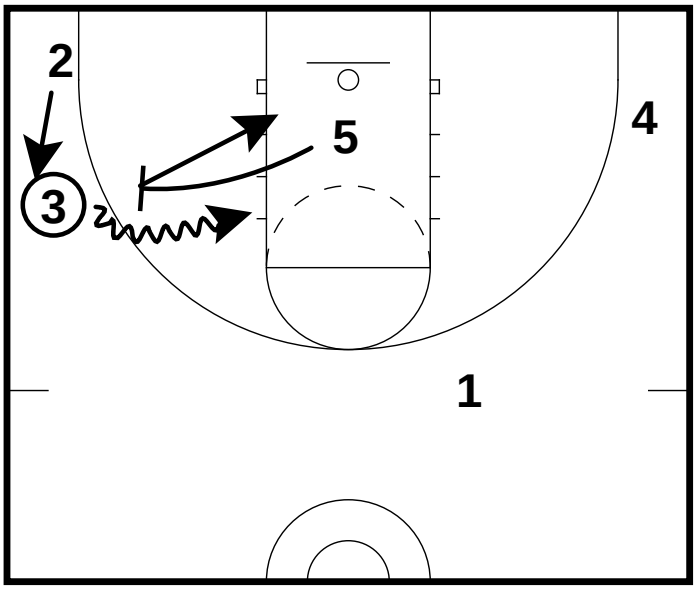
Man Offense

Butler



Man Offense

Butler



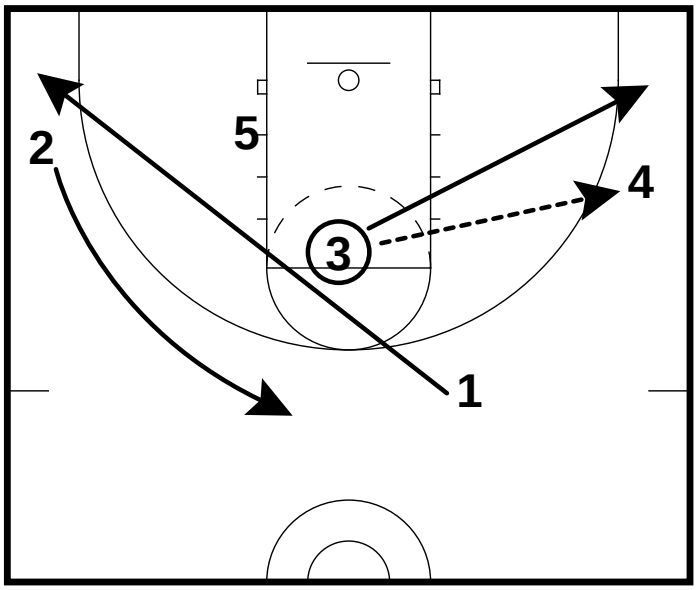
Man Offense

All Contents Proprietary

Butler

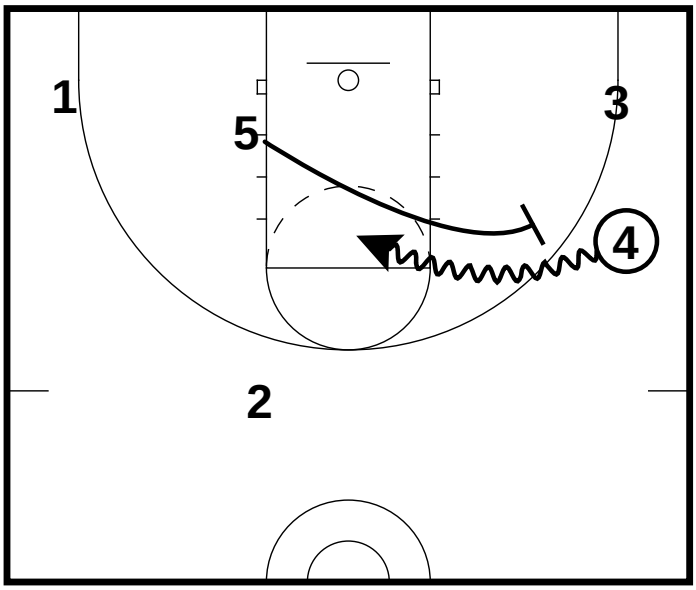
Tea Area Titans Boys Basketball

Butler



Man Offense

Butler



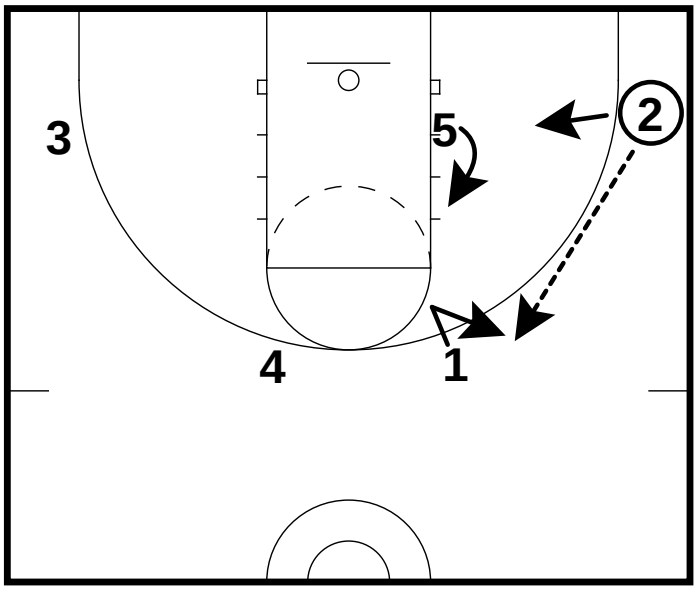
Man Offense

All Contents Proprietary

Carolina-Kickback

Tea Area Titans Boys Basketball

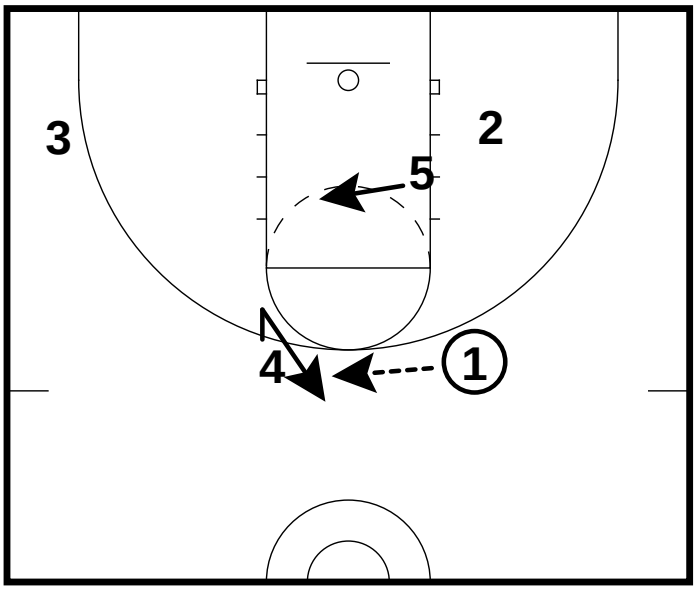
Carolina-Kickback



Man Sets

1 has passed ahead to 2 in the corner. 5 posts between the ball and the basket. 1 breaks the line twice with a V cut. 2 reverses the ball to 1 and starts cut toward the basket.

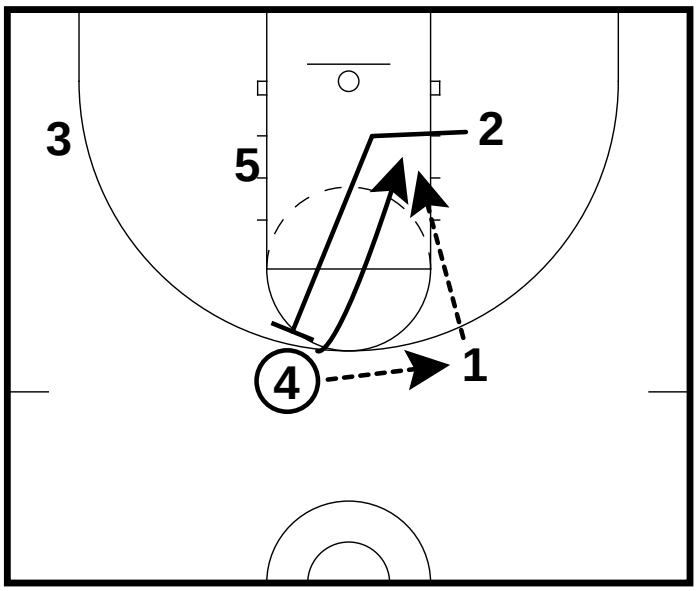
Carolina-Kickback



Man Sets

4 breaks the line twice and 1 reverses the ball to 4. 5 continues to post between the ball and the basket.

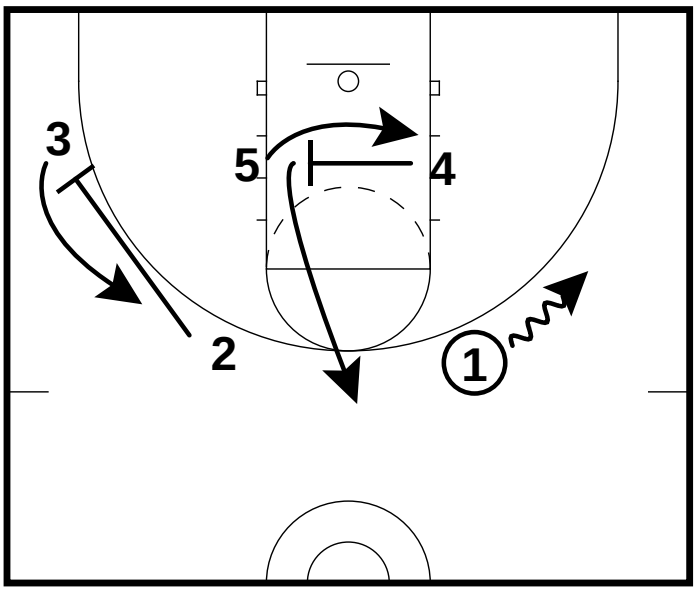
Carolina-Kickback



Man Sets

4 fakes a pass to 3 and then kicks it back to 1. 2 continues her cut and sets a back screen for 4 cutting to the basket. 1 hits 4 if she is open.

Carolina-Kickback



Man Sets

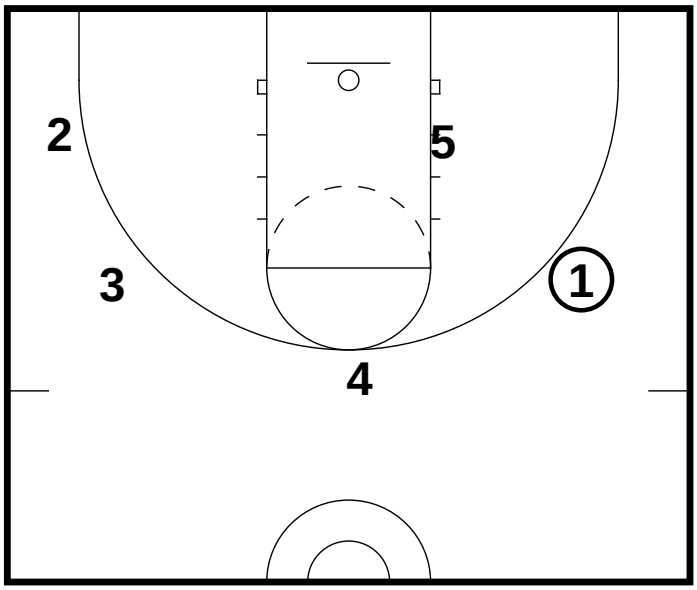
If 1 can't hit 4 she dribbles over to wing. 4 sets finish cross screen for 5 and then rolls to high post. 2 screens away for 3.

All Contents Proprietary

Carolina-Kickback

Tea Area Titans Boys Basketball

Carolina-Kickback



Man Sets

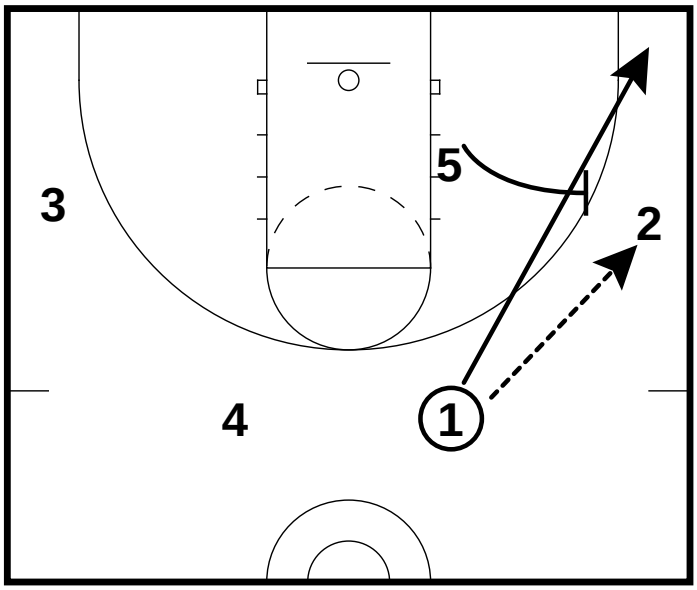
We are into our continuity.

All Contents Proprietary

Corner Continuity Offense

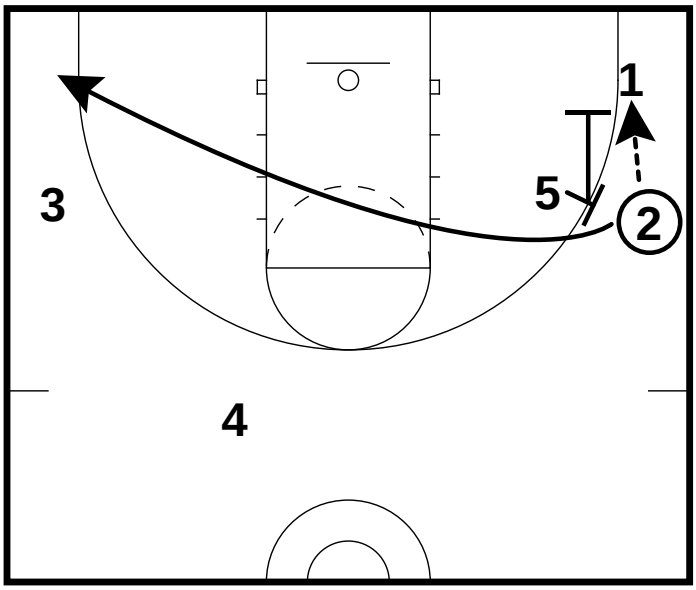
Tea Area Titans Boys Basketball

Corner Continuity Offense



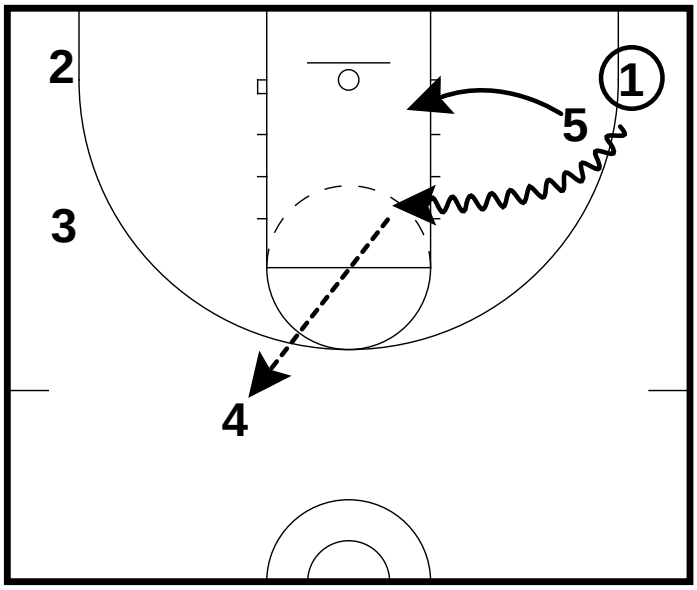
Man Offense

Corner Continuity Offense



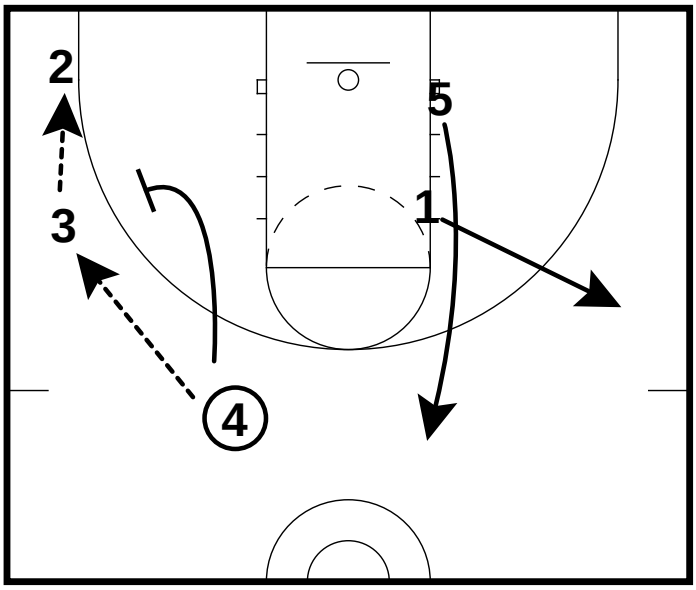
Man Offense

Corner Continuity Offense



Man Offense

Corner Continuity Offense



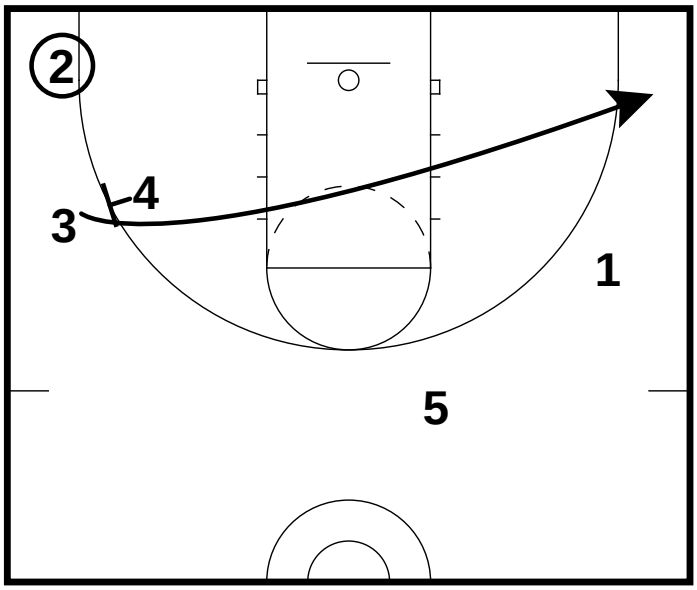
Man Offense

All Contents Proprietary

Corner Continuity Offense

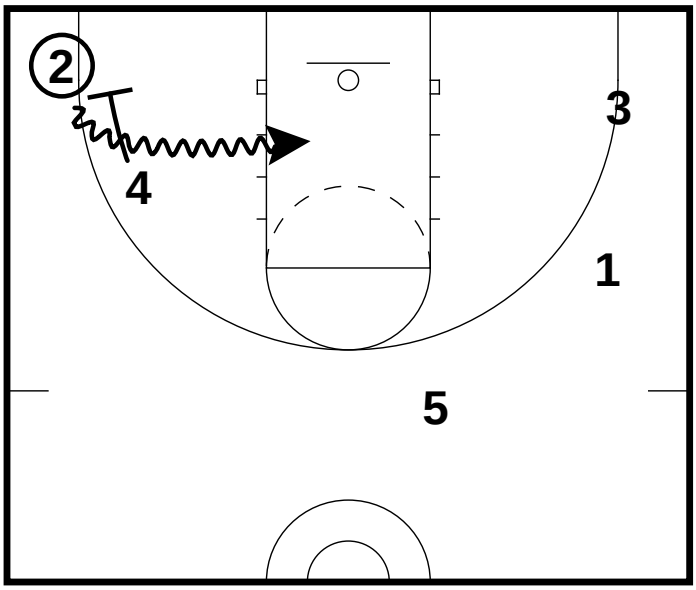
Tea Area Titans Boys Basketball

Corner Continuity Offense



Man Offense

Corner Continuity Offense



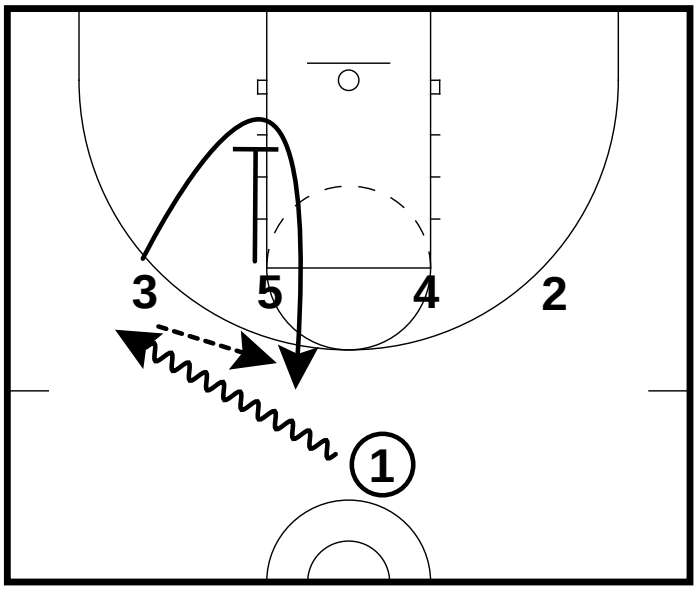
Man Offense

All Contents Proprietary

Dribble Entry

Tea Area Titans Boys Basketball

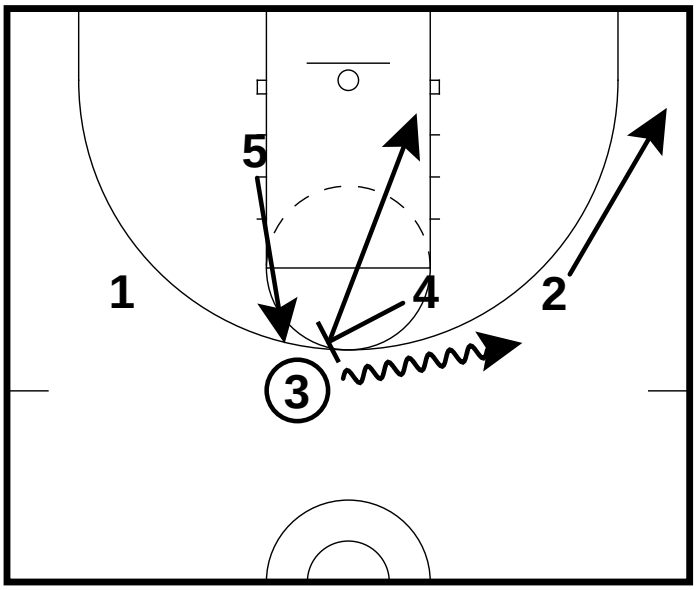
Dribble Entry



Man Sets

1 dribbles to the wing. 3 makes a zipper cut off 5's downscreen. 1 looks inside to 5 then reverses the ball to 3.

Dribble Entry



Man Sets

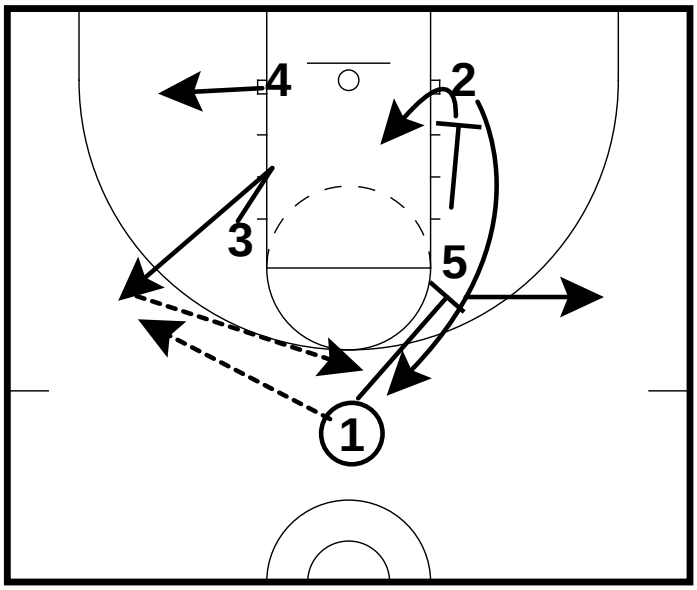
On 3's catch 4 steps up and runs pick and roll with 3. 5 balances the post by flashing high. 2 clears to the corner. We are into our continuity.

All Contents Proprietary

Gooden

Tea Area Titans Boys Basketball

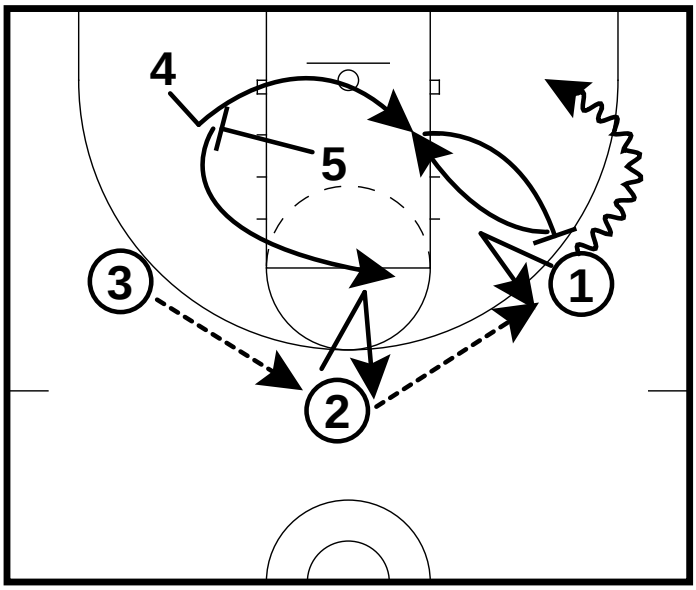
Gooden



Man Set

Gooden Special
-3 v-cuts to get open
-5 and 1 set staggered downscreens for 2
-5 curls back into the lane
-1 pops out to wing
-4 pops out to short corner
-3 hits 2 for the jumpshot

Gooden



Man Set

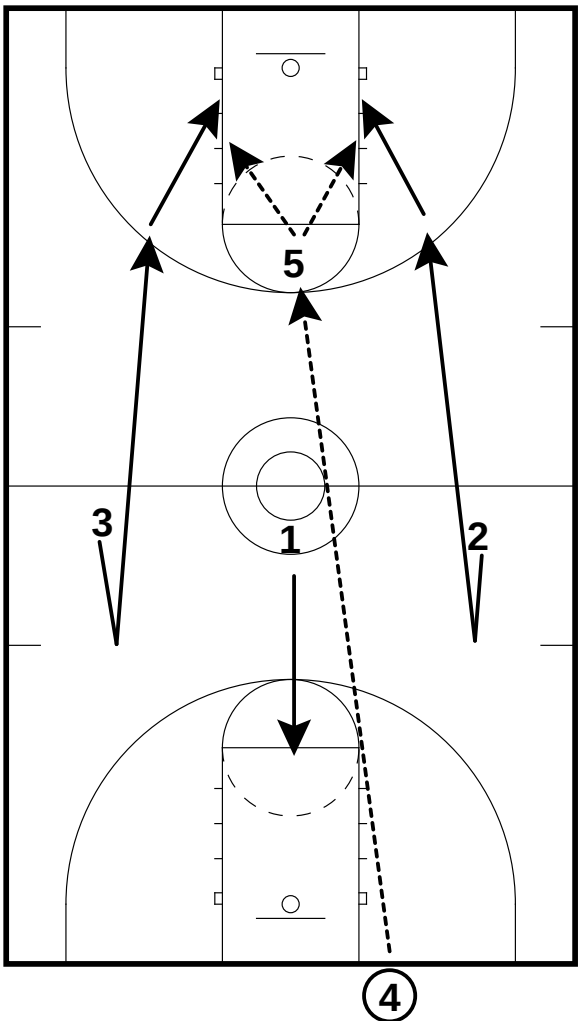
Gooden cont.
-if 5 curls and is open, 3 looks to get them the ball
-3 passes to 2, 2 passes to one
-5 sets a backscreen for 4 cutting to the low block
-is 4 doesn't receive the ball, runs a pick and roll with 1
-5 rolls to high post

All Contents Proprietary

Home Run

Tea Area Titans Boys Basketball

Home Run



Special Situations

Home Run

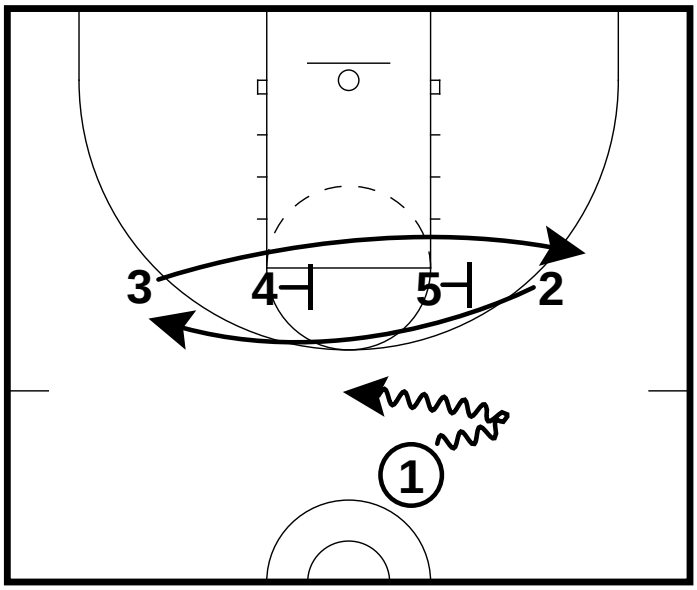
- 1 cuts hard to the ball
- 2 and 3 cut hard to the ball and then make quick cuts up the floor
- 4 makes a baseball pass trying to get 5 the ball
- 5 needs to get to the ball and look to hit 2 or 3 cutting to the basket

All Contents Proprietary

Horns Down

Tea Area Titans Boys Basketball

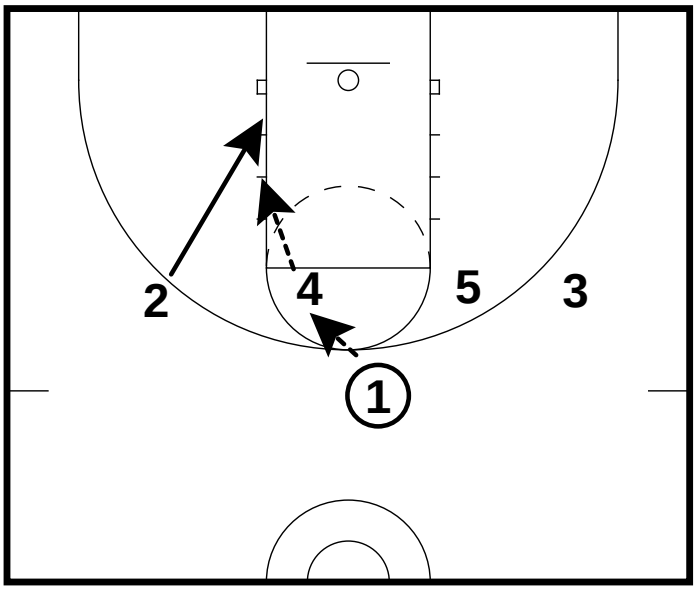
Horns Down



Man Sets

1-4 High entry into Kansas. 4 and 5 set staggered screen for 2 cutting across the top of the free throw line. 3 crosses underneath the free throw line to the opposite wing.

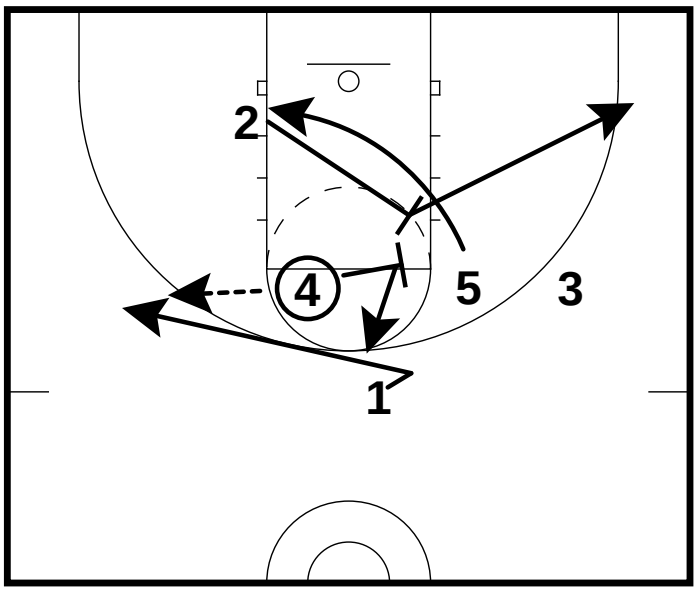
Horns Down



Man Sets

As 2 clears to the wing 1 hits 4 stepping to the ball. 2 immediately cuts backdoor hard. 4 looks to hit 2 on the backdoor cut.

Horns Down



Man Sets

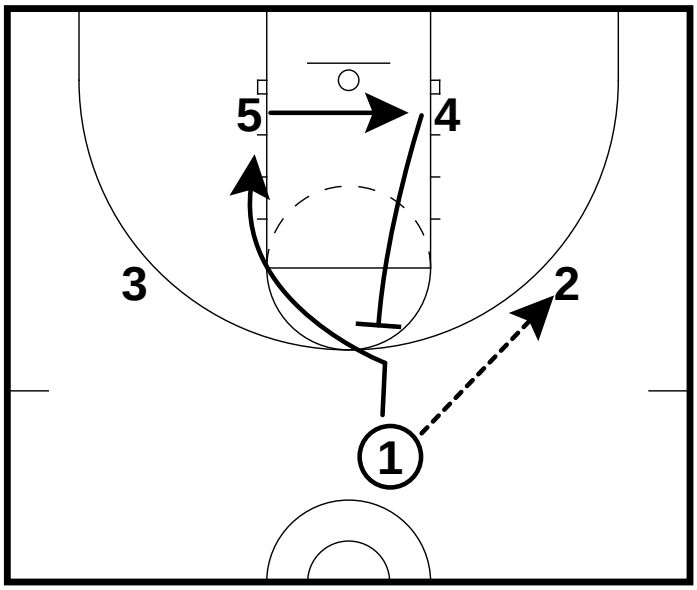
If 4 doesn't hit 2 she turns and hits 1 cutting to the ballside wing. 4 and 2 set double stagger screen for 5 cutting to ballside block. 4 clears to top of the key and 2 clears to 3 pt. line. We are in Kansas.

All Contents Proprietary

Illinois

Tea Area Titans Boys Basketball

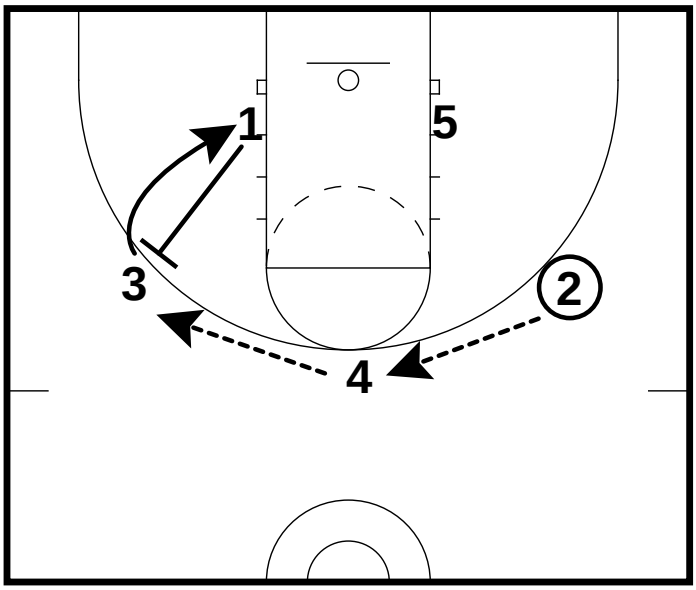
Illinois



Man Sets

1 hits 2 and 4 steps up to set back screen for 1. 5 flashes across to ballside block. Any way the post defends this cut will be wrong. 2 looks for 1then 5.

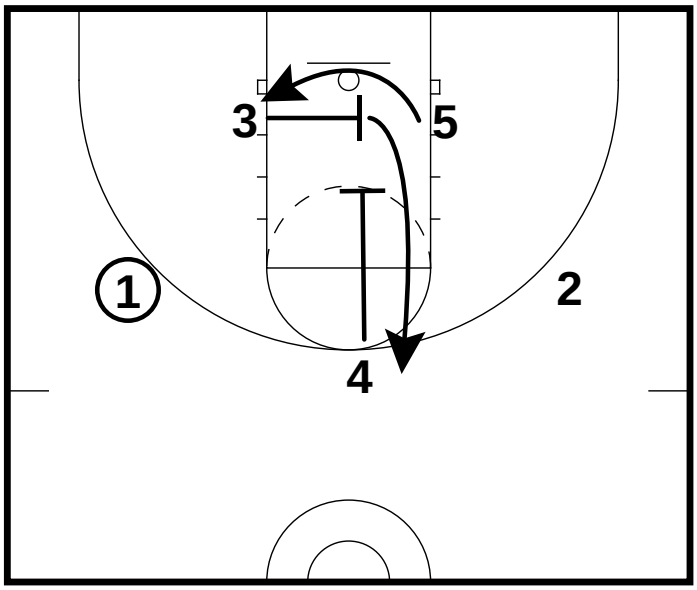
Illinois



Man Sets

2 reverses the ball to 4. 1 sets back screen for 3. 4 reverses the ball to 1.

Illinois



Man Sets

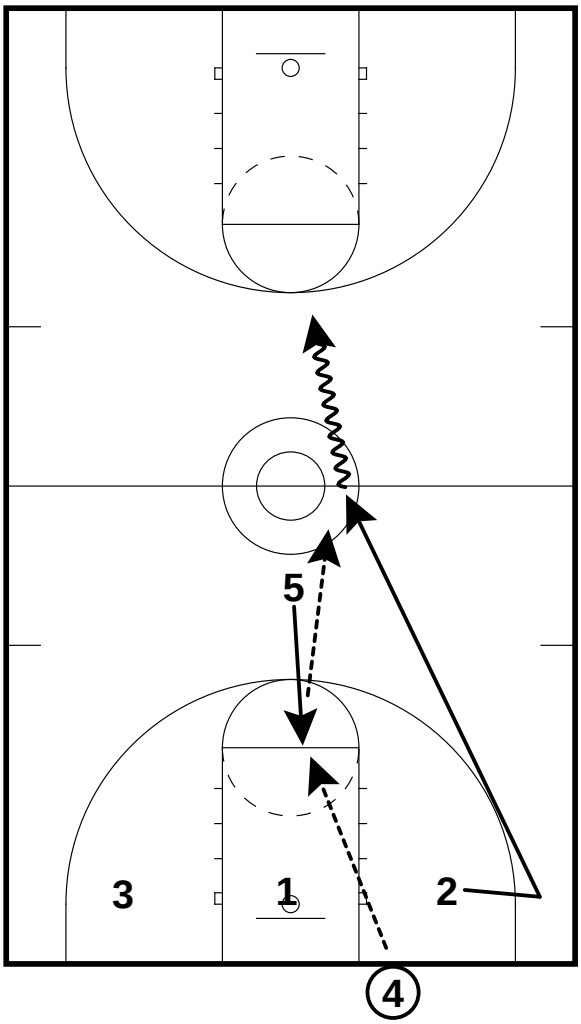
3 sets a cross screen for 5 who goes under. 4 sets a downscreen for 3. 1 reverses the ball to 3 at the top and we are back into our continuity.

All Contents Proprietary

Indiana

Tea Area Titans Boys Basketball

Indiana



Special Situations

Indiana

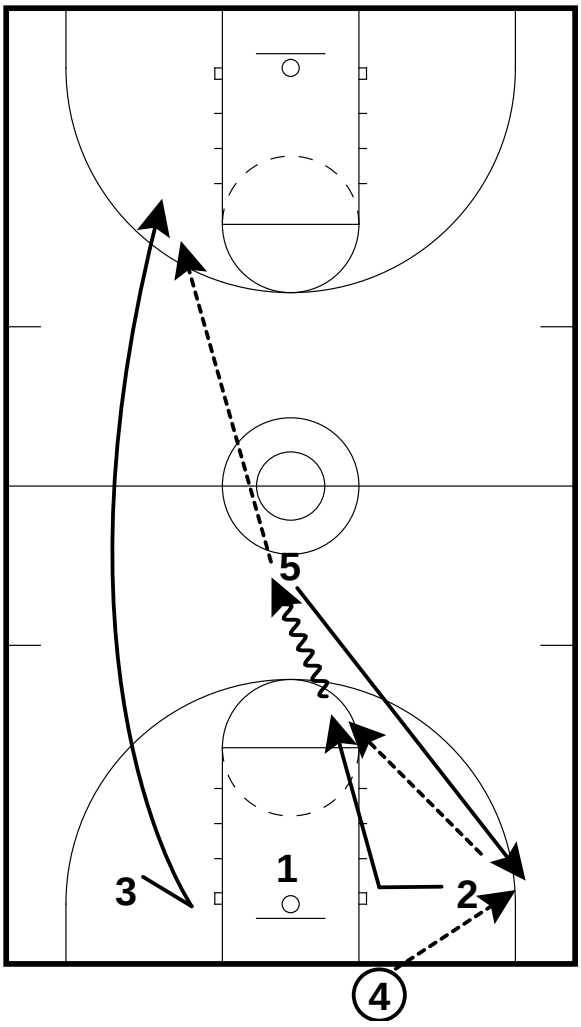
- 2 cuts to ball side corner
- 5 flashes to get the inbounds pass
- 2 sprints to middle to get pass from 5

All Contents Proprietary

Iowa

Tea Area Titans Boys Basketball

Iowa



Special Situations

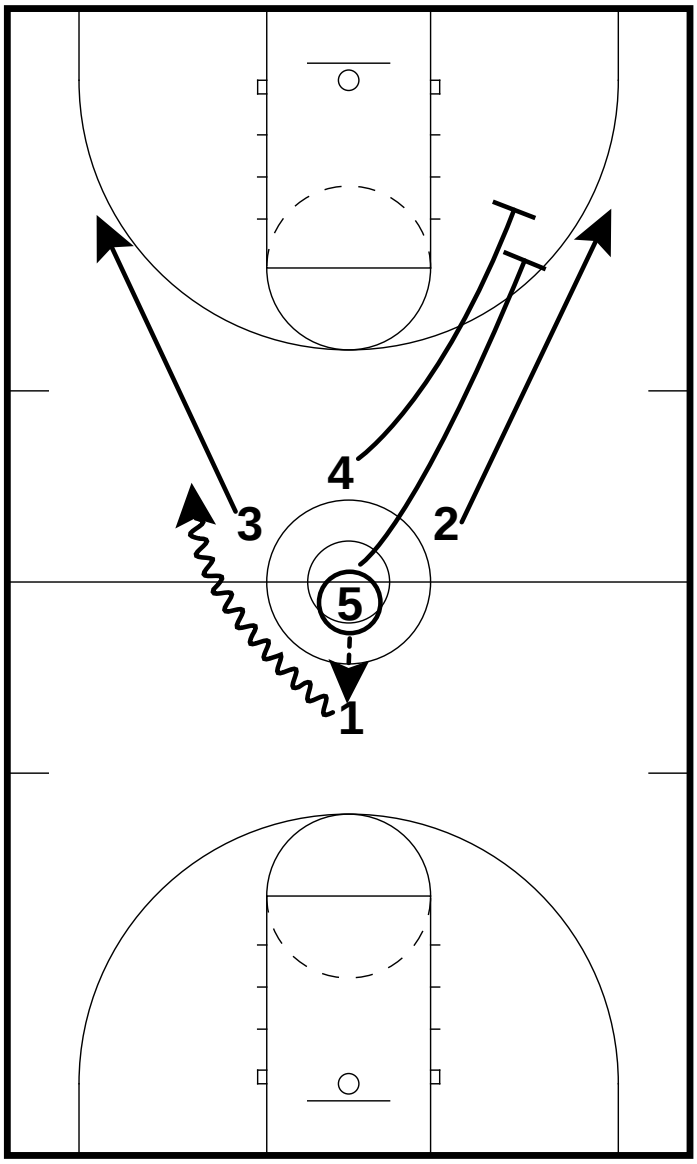
Full Court Quick Hitter
- 5 sprints to ball side corner to receive pass
- 2 sprints middle to receive pass from 5
- 3 sprints sideline to get pitch pass from 2

All Contents Proprietary

Izzo Offensive Tip 2

Tea Area Titans Boys Basketball

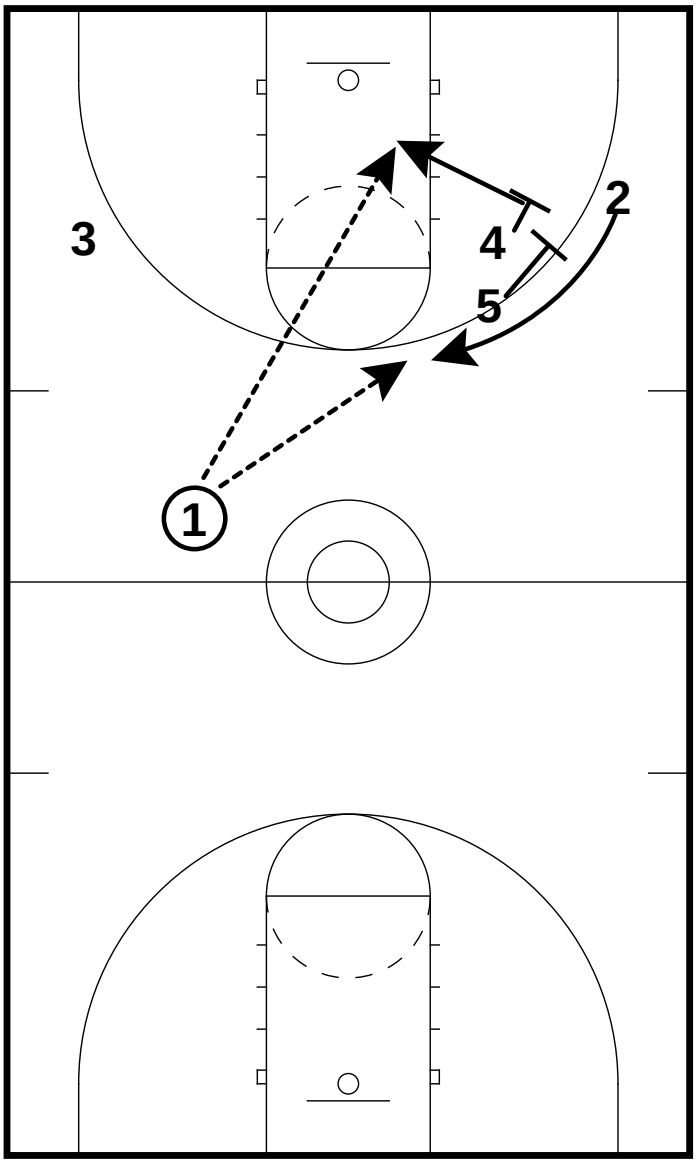
Izzo Offensive Tip 2



Man Set

- Tip goes back to 1
- Wings clear to the wing position
- 4 and 5 go set a double staggered screen for 2

Izzo Offensive Tip 2



Man Set

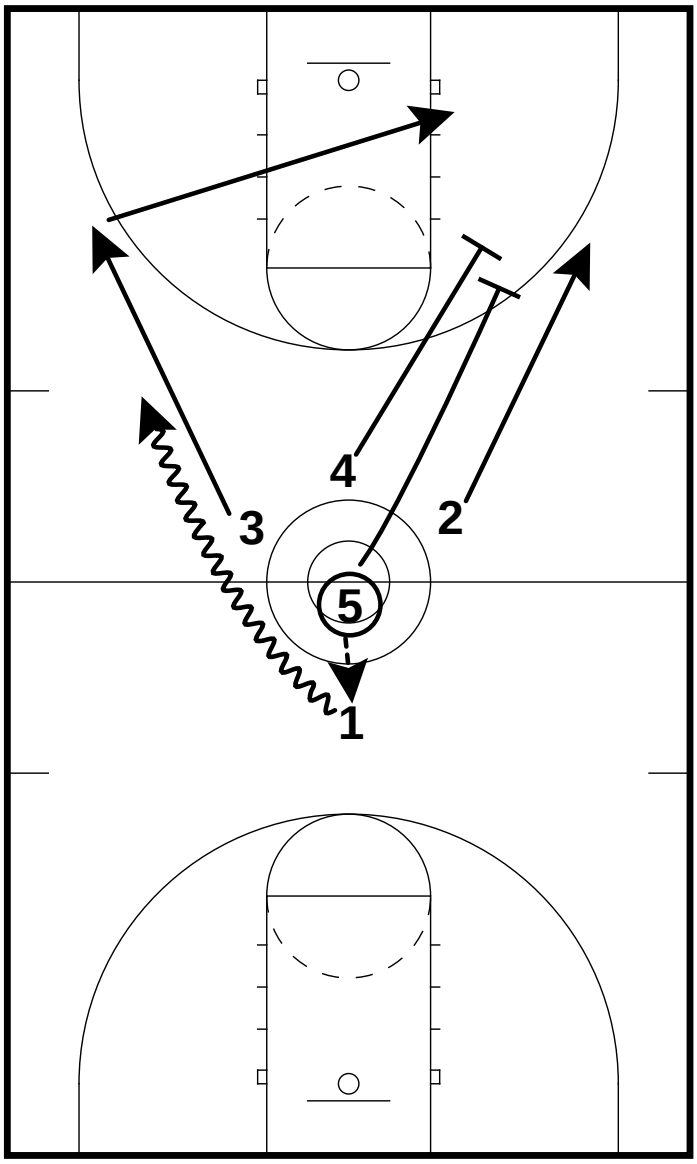
- 2 comes off the double staggered
- 4 slips

All Contents Proprietary

Izzo Offensive Tip 3

Tea Area Titans Boys Basketball

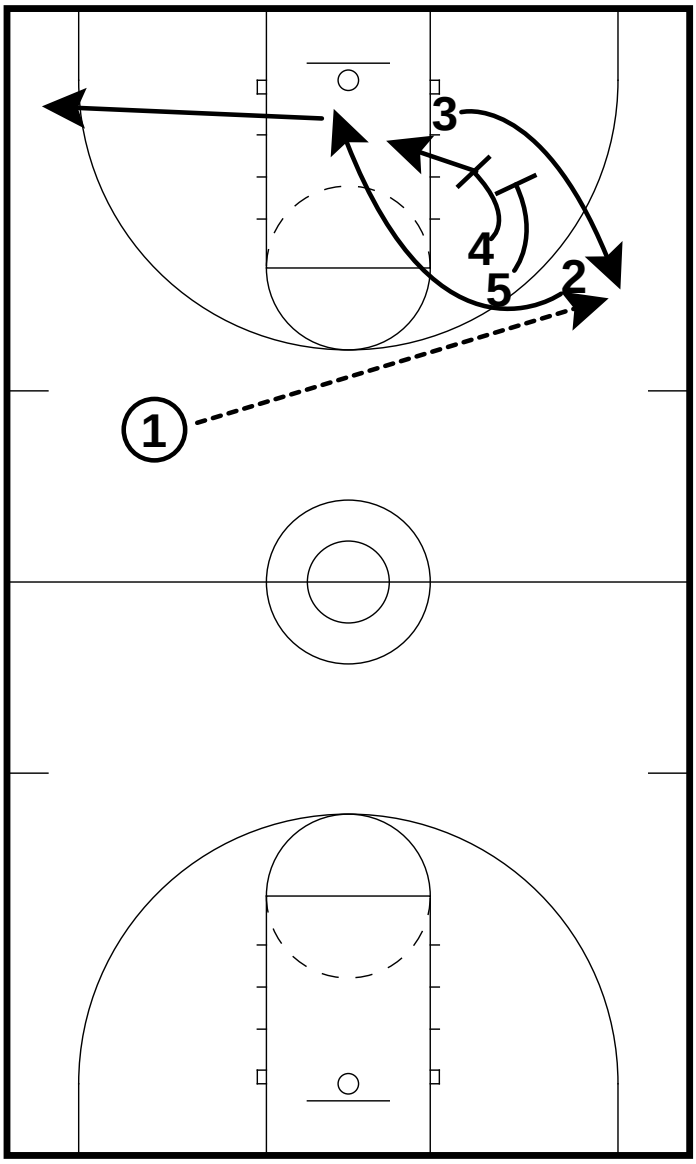
Izzo Offensive Tip 3



Man Set

- Tip goes back to 1
- 2 and 3 clear to the wings
- 4 and 5 set a double staggered for 2
- 3 dives to strong side block

Izzo Offensive Tip 3



Man Set

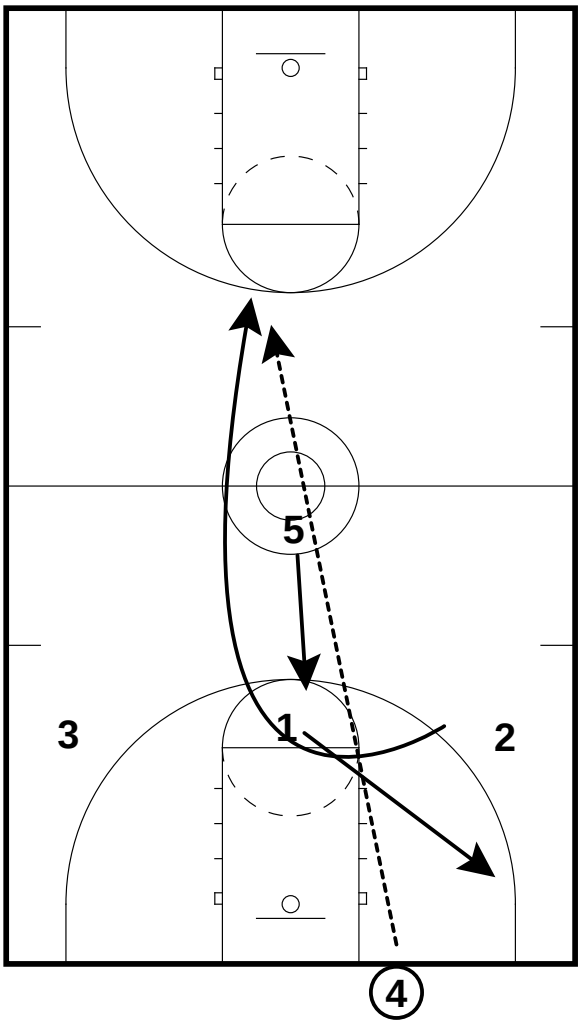
- 2 curls around the staggered screen
- 3 pops out off of staggered screen for a 3

All Contents Proprietary

Kentucky

Tea Area Titans Boys Basketball

Kentucky



Special Situations

Kentucky

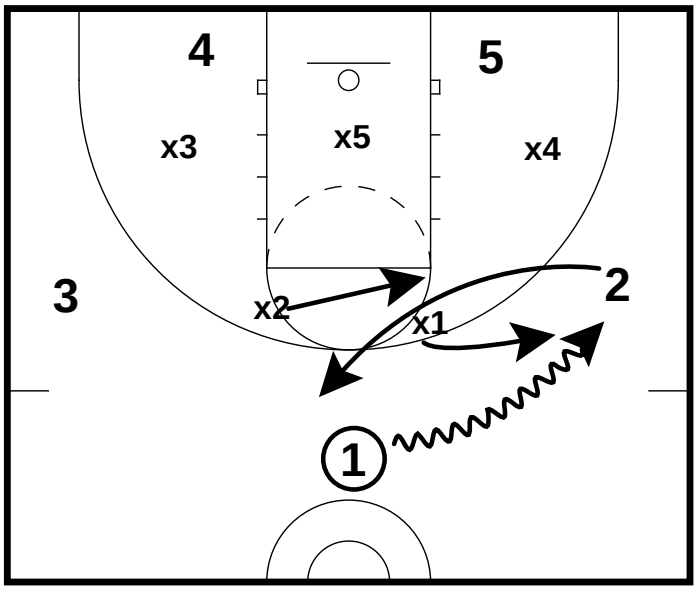
- 1 cuts to ball side corner
- 5 flashes to middle
- 2 C cuts deep for home run pass

All Contents Proprietary

Loop Zone Offense

Tea Area Titans Boys Basketball

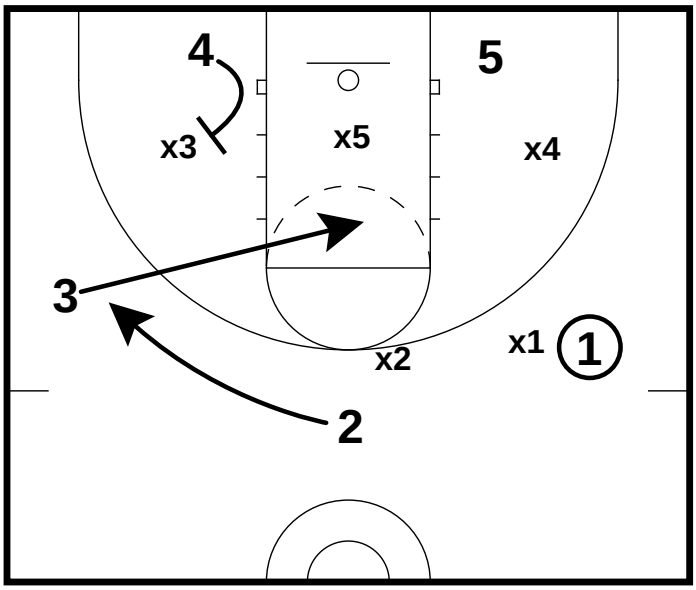
Loop Zone Offense



Zone Offense

- Guards use a loop action to get the defensive guards to match up

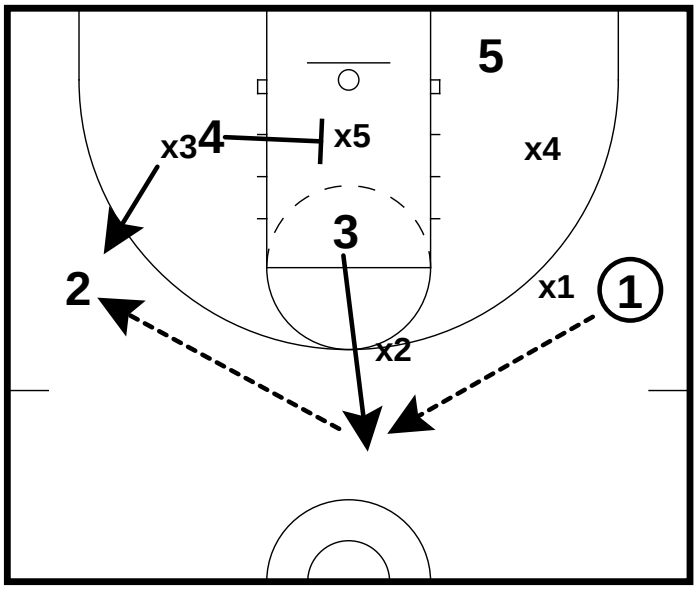
Loop Zone Offense



Zone Offense

- Once the looping action has taken place, the weak side wing flashes to the middle
- Guard at the top of the key replaces wing flasher
- Weak side post screens the out the back of the zone

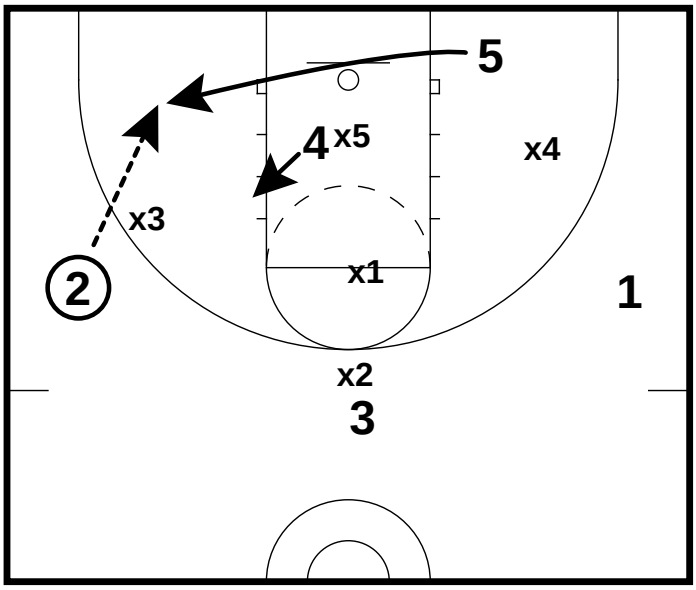
Loop Zone Offense



Zone Offense

- If the ball does not go to the flasher, the flasher pops out for a ball reversal
- Once the ball is swung to the wing, the 4 man screens the middle of the zone

Loop Zone Offense



Zone Offense

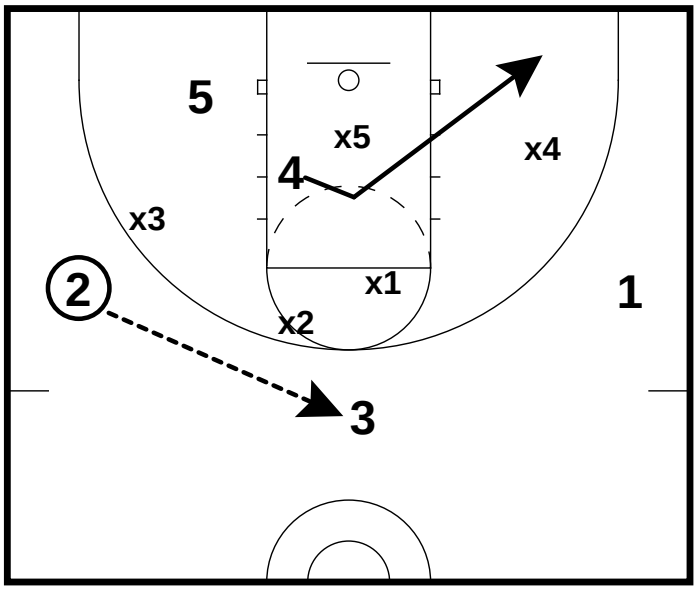
- As 4 screens the middle of the zone, 5 flashes to the short corner
- 4 ducks in

All Contents Proprietary

Loop Zone Offense

Tea Area Titans Boys Basketball

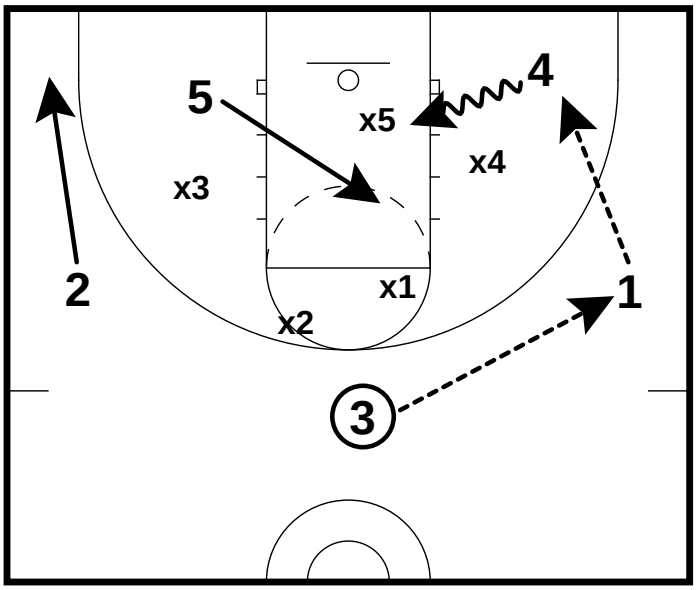
Loop Zone Offense



Zone Offense

- If no scoring opportunity, the ball gets reversed to the top
- 4 V cuts to the short corner

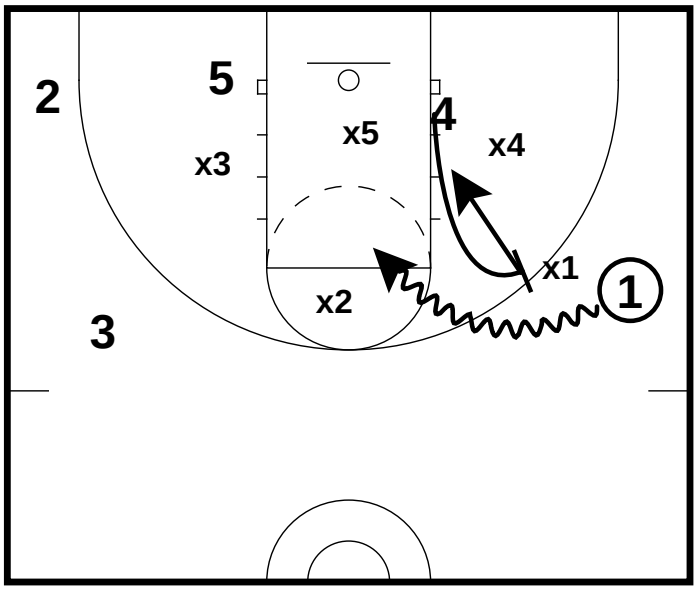
Loop Zone Offense



Zone Offense

- If the ball gets passed to the short corner, the opposite post flashes middle
- Opposite wing flares to the corner

Loop Zone Offense



Zone Offense

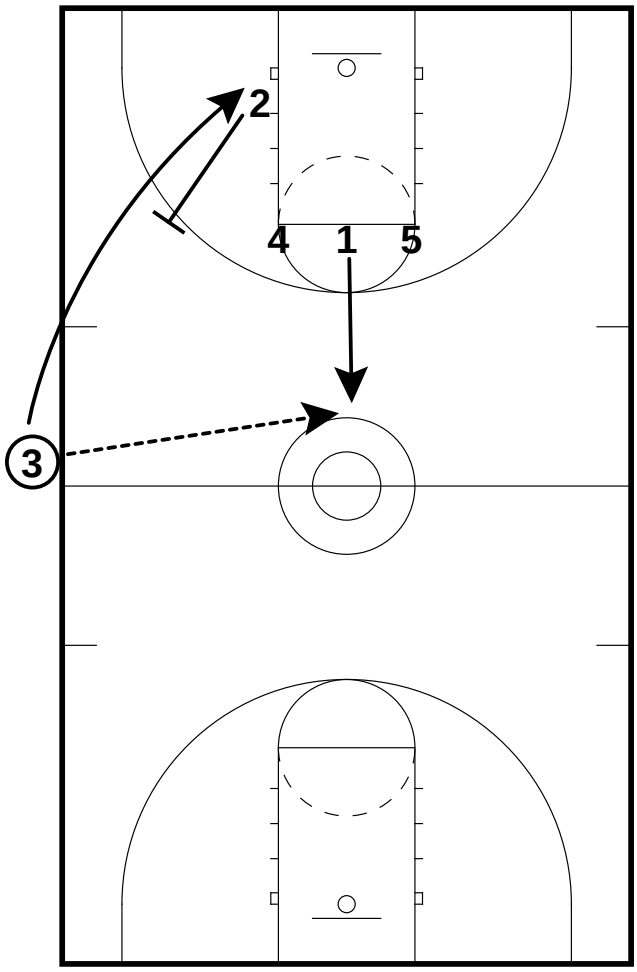
- The post can come ball screen the wing for a middle drive
- We want to have a triangle set on the back side of the zone (corner man, short corner, and wing)
- The person with the ball needs to get middle penetration to commit the guard defender and the middle of the defense

All Contents Proprietary

Memphis SLOB

Tea Area Titans Boys Basketball

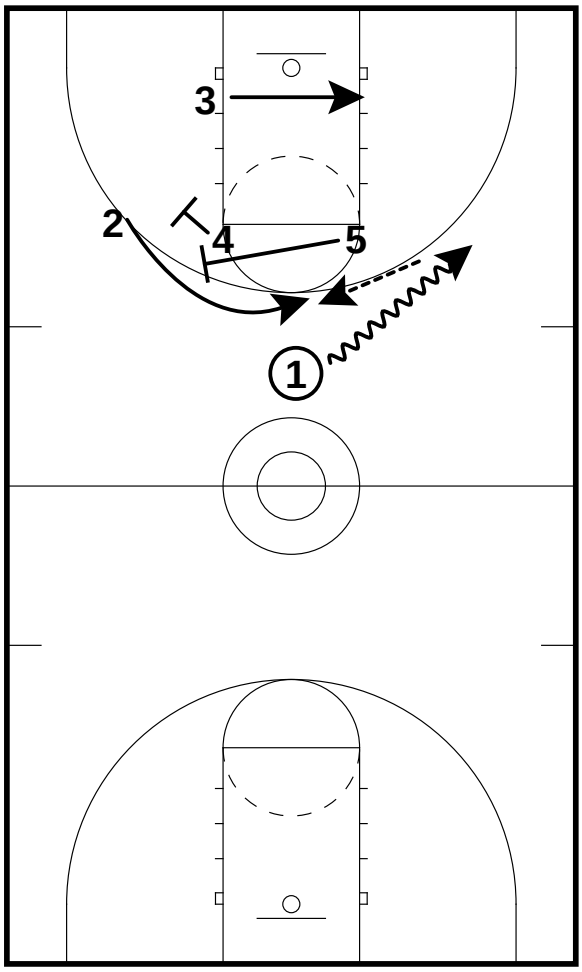
Memphis SLOB



SLOB

- 1 breaks high and 3 passes to 1
- 2 sets a back screen for 3 coming inbounds

Memphis SLOB



SLOB

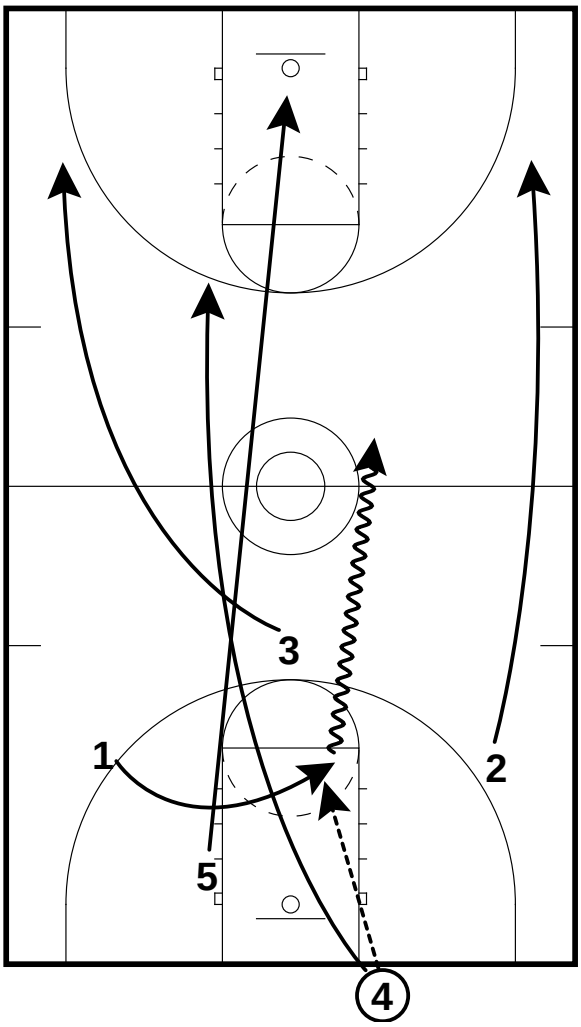
- 1 dribbles to weakside wing
- 3 cuts to ballside block
- 4 and 5 set double stagger screen for 2
- 1 looks for 3 or 2 coming off double stagger screen

All Contents Proprietary

Motion Secondary

Tea Area Titans Boys Basketball

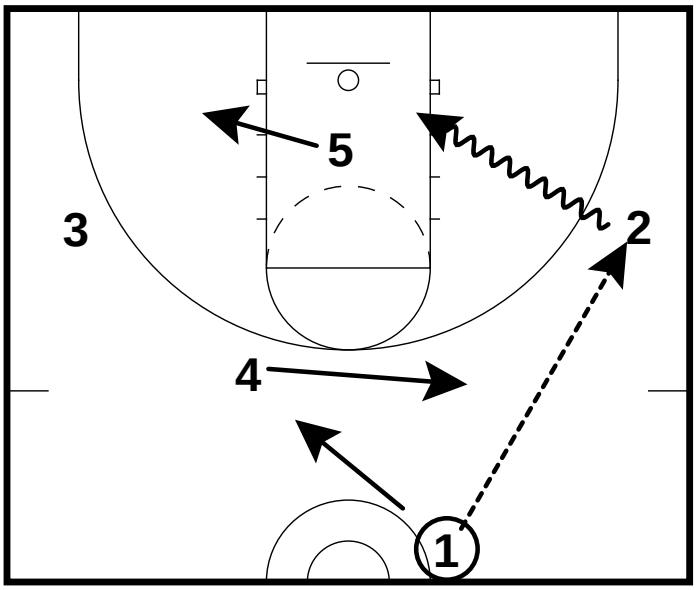
Motion Secondary



Transition

Primary Break
- 4 takes the ball out
- 5 sprints tot the

Motion Secondary



Transition

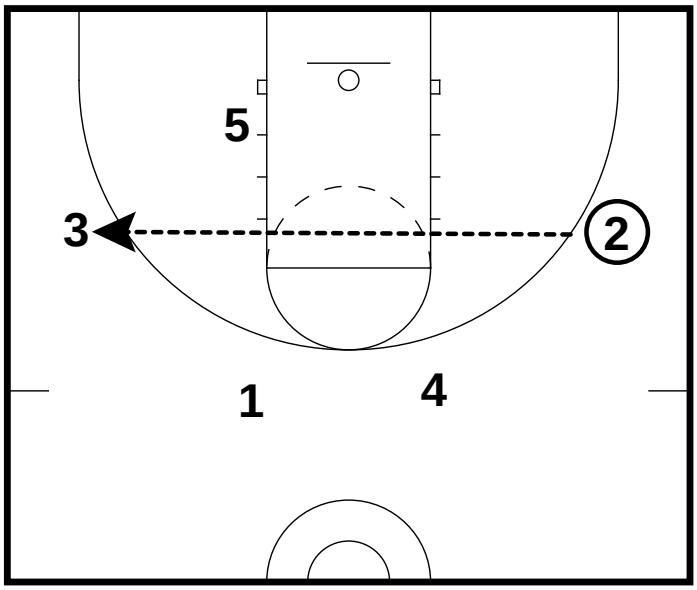
Right Entry
- If the ball is pitched to the right wing, should look to get a quick 3 or drive to the basket
- 4 and 1 exchange to keep the 2 post posts opposite high low of each other

All Contents Proprietary

Motion Secondary

Tea Area Titans Boys Basketball

Motion Secondary

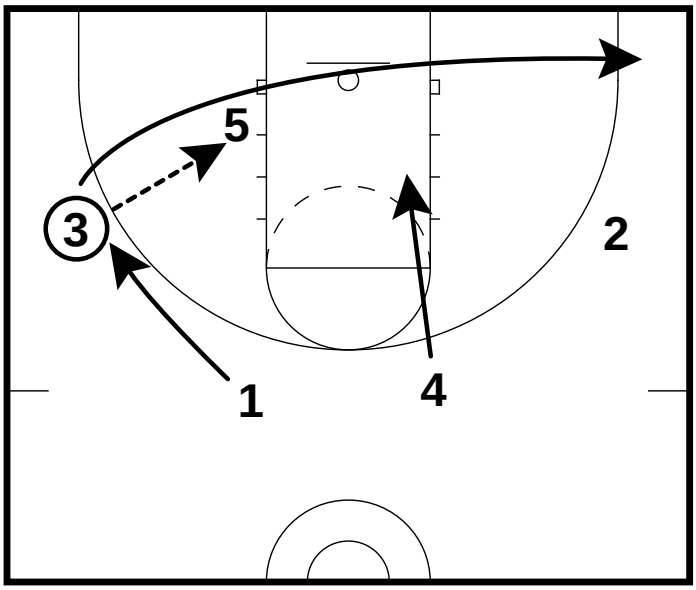


Transition

- If there is no shot or driving opportunity, the ball should be skipped or reversed quickly for a post entry

Note: if the ball cannot be reversed or skipped, get in to your motion offense

Motion Secondary



Transition

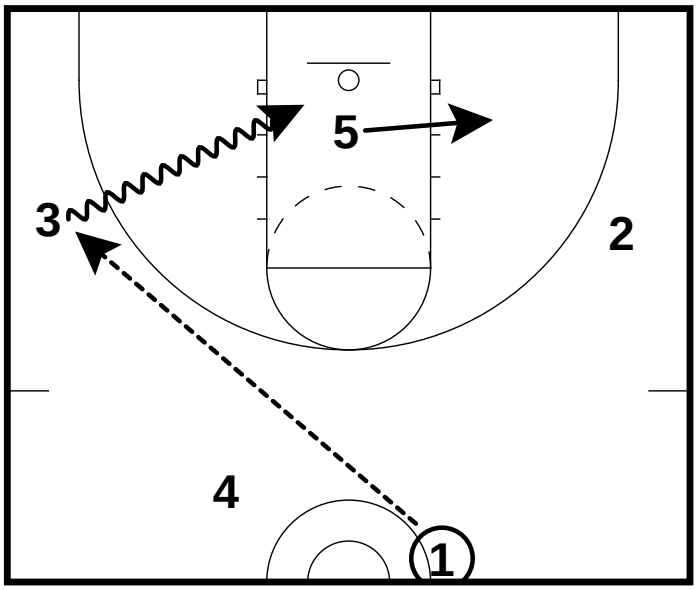
- The wing Laker cuts through to take away help defender
- On the post entry, the opposite post in the slot should dive

All Contents Proprietary

Motion Secondary

Tea Area Titans Boys Basketball

Motion Secondary

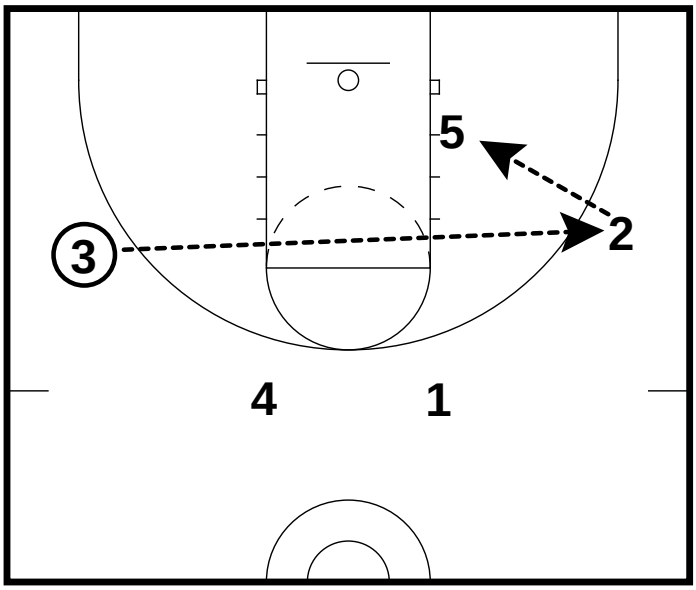


Transition

Left Side Entry

- Ball gets pushed to left wing
- Post goes opposite
- Wing looks to shoot or drive to the rim

Motion Secondary

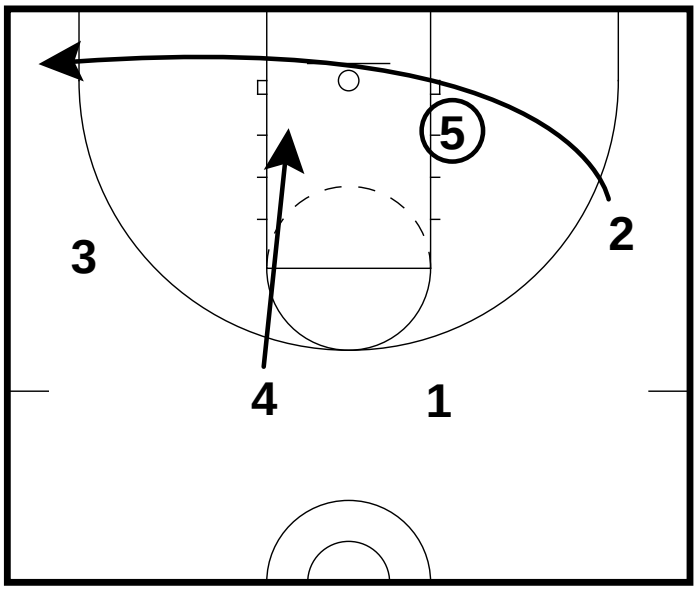


Transition

- If no scoring opportunity is available, the ball should be skipped or reversed quickly for a post entry.

Note: if the reversal pass is denied or the ball cannot be skipped, you go straight into your motion offense

Motion Secondary



Transition

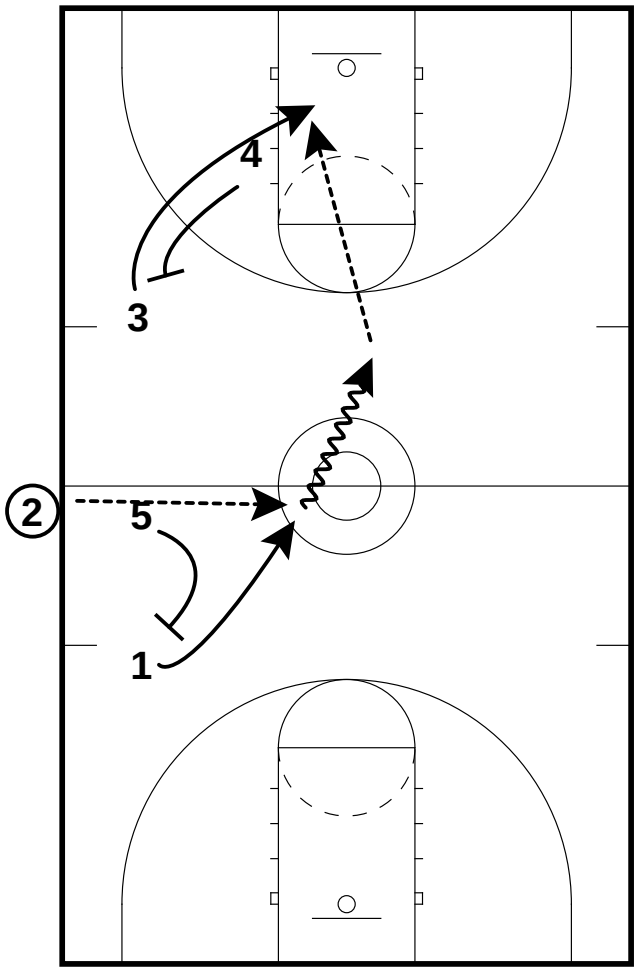
- On the post entry, the wing Laker cuts through to take away help defender
- Opposite high post dives

All Contents Proprietary

Northern

Tea Area Titans Boys Basketball

Northern



Special Situations

Northern

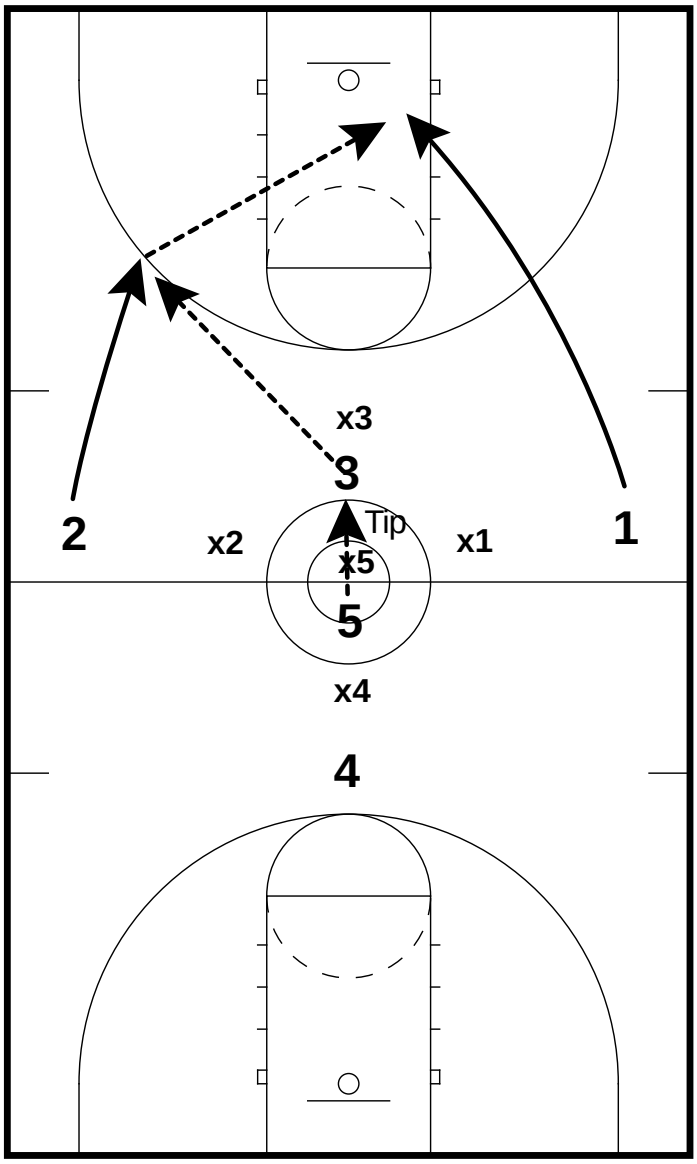
- 5 banana screens for 1 to get the ball
- 1 uses a dribble if needed to get a better passing angle or for a 3 point shot
- 4 back screens for 3 to get pass from 1

All Contents Proprietary

Offensive Tip Quick Hit

Tea Area Titans Boys Basketball

Offensive Tip Quick Hit



Man Set

Initial Tip

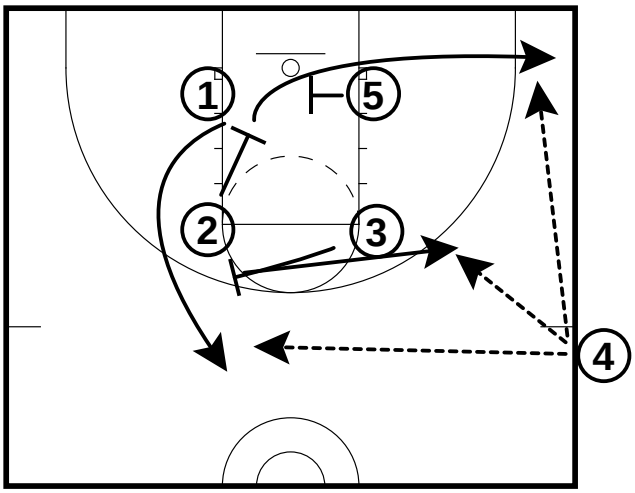
- Tip should go to 3
- Wings are wide. On the catch by 3, wings sprint, 3 kicks to on the wings

All Contents Proprietary

Purdue SLOB

Tea Area Titans Boys Basketball

Purdue SLOB



SLOB

Purdue SLOB

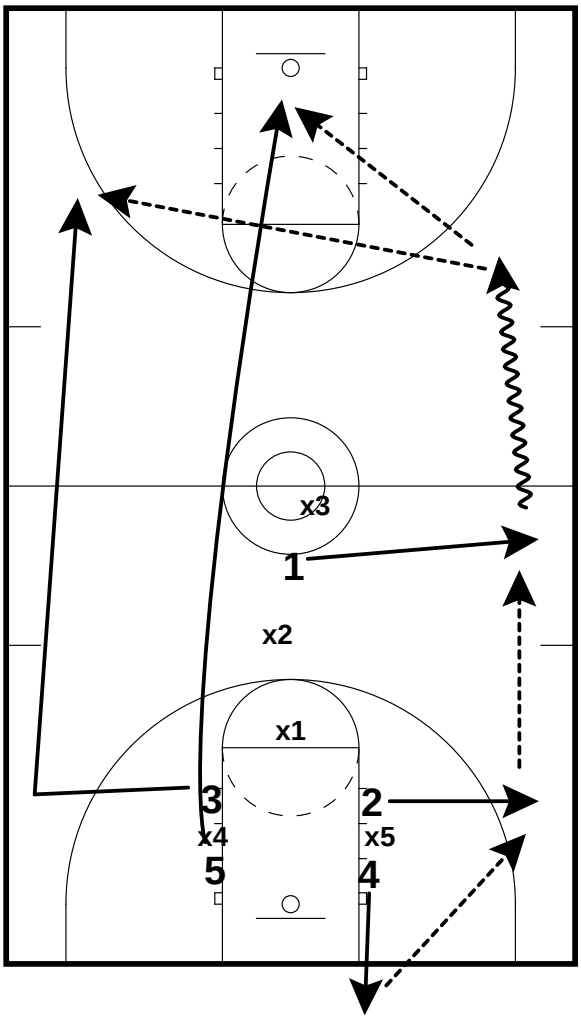
- 3 and 2 set double staggered screen for 1 to pop out to the top of the key
- 3 shapes up back to the ball after setting the screen
- 5 sets a cross screen for 2 to pop to the corner

All Contents Proprietary

Quick Free Throw Quick Hitter

Tea Area Titans Boys Basketball

Quick Free Throw Quick Hitter

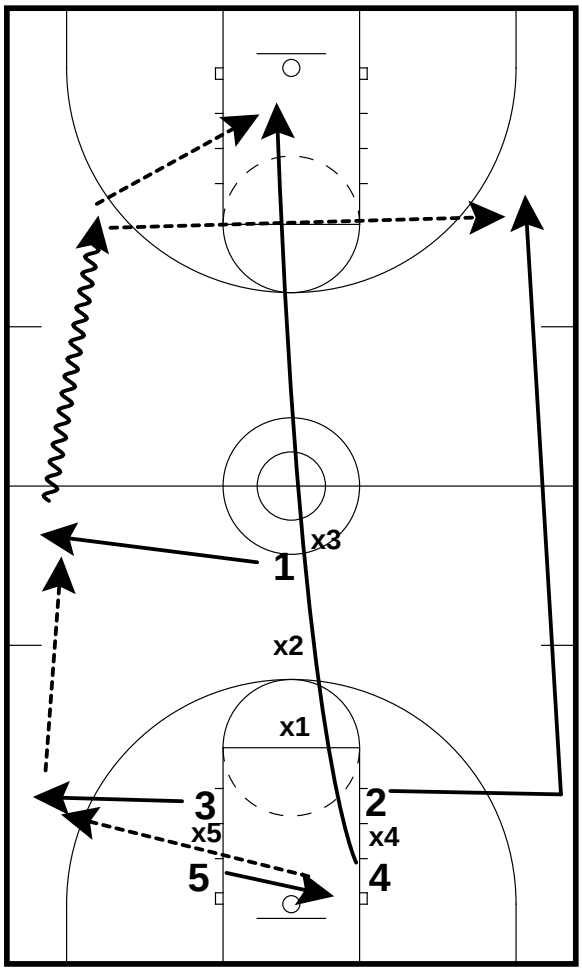


Quick Strikes

FT Quick Hitter - Made FT

- On the make, closest post takes the ball out
- 2 and 3 cut to the sideline to receive pass
- 1 cuts to the ball side sideline to receive pass and then dribble attacks
- The post that does not take the ball out spints to rim
- The opposite wing sprints to weak side 3 point line
- The outlet guard trails to ball side slot position
- The post that takes the ball out trails to weak side slot position

Quick Free Throw Quick Hitter



Quick Strikes

FT Quick Hitter - Miss FT

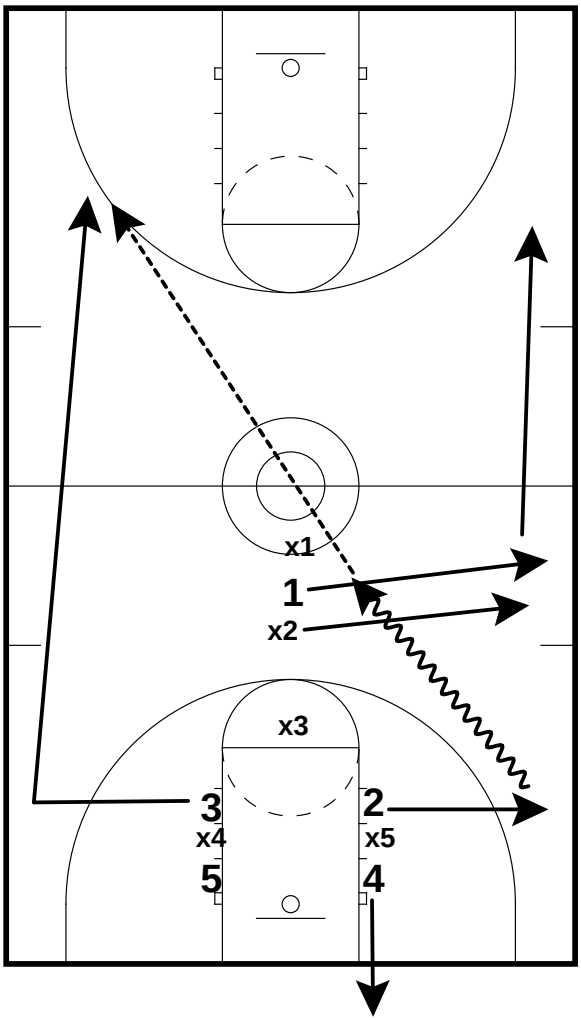
- On a miss, you will have the same options as you do off a made free throw

All Contents Proprietary

Quick Free Throw Quick Hitter

Tea Area Titans Boys Basketball

Quick Free Throw Quick Hitter



Quick Strikes

FT Quick Hitter - Counter 1

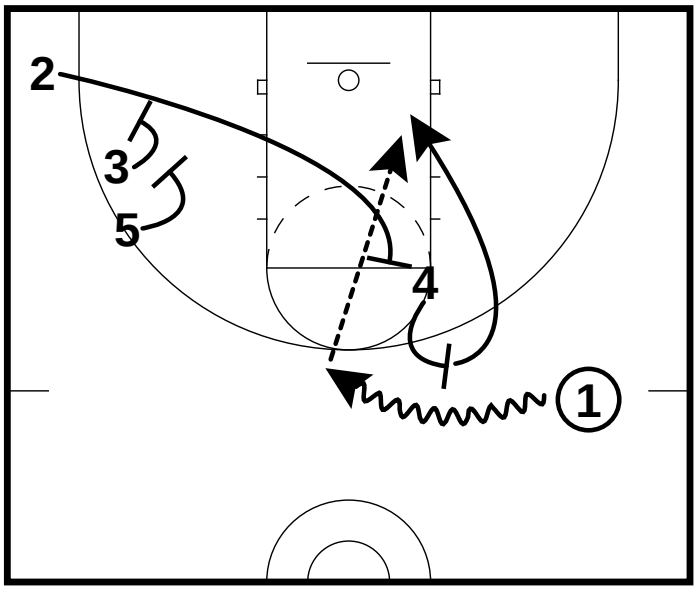
- If teams try to deny the pass to 1, the person with the ball should middle dribble
- 1 should release up the sideline

All Contents Proprietary

Quick Strikes Playbook

Tea Area Titans Boys Basketball

Quick Strikes Playbook

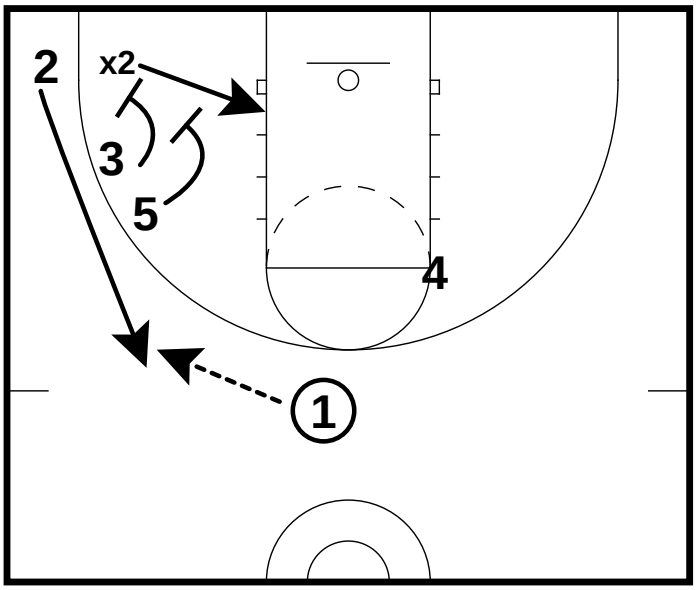


Quick Strikes

Twist (Option 1)

- 1 comes off a high ball screen
- 2 comes off double staggered screen from 3 and 5
- 2 sets back screen for 4

Quick Strikes Playbook

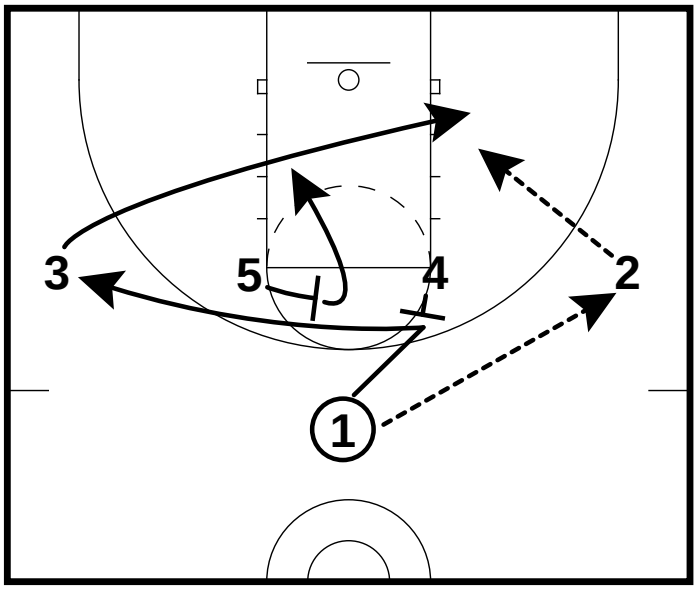


Quick Strikes

Twist (Option 2)

- If X2 cheats and goes under, 2 can pop to the wing for a 3 point shot

Quick Strikes Playbook

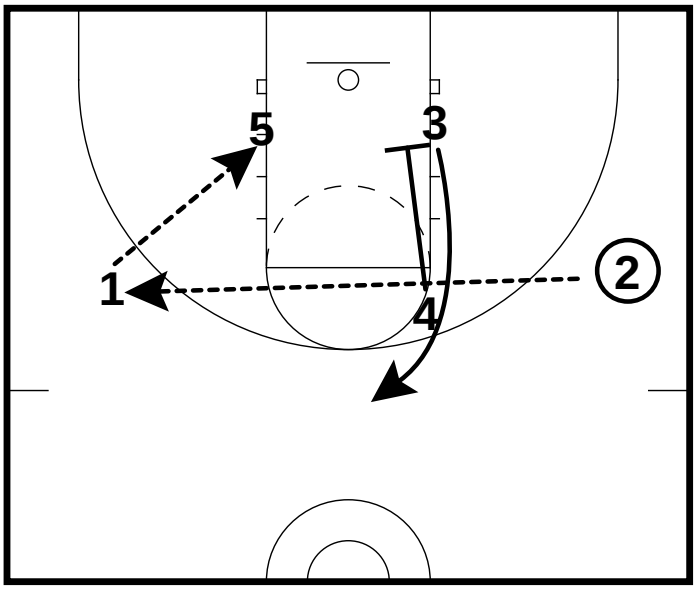


Quick Strikes

Fade (part 1)

- 3 cuts hard to ball side block for a post up
- 1 fakes a UCLA cut and then uses a flare screen from 5
- 5 man dives immediately after setting the screen

Quick Strikes Playbook



Quick Strikes

Fade (part 2)

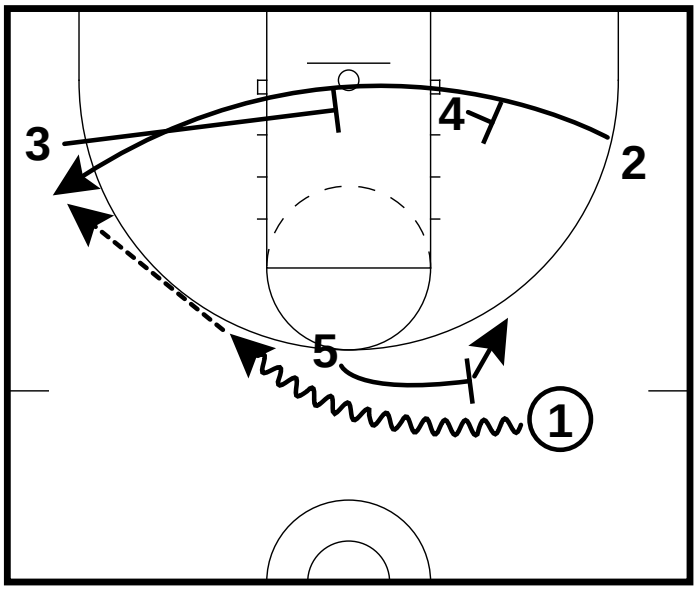
- On the skip pass to the 1, he can shoot, drive or hit the 5 in teh post
- 4 sets a down screen for 3

All Contents Proprietary

Quick Strikes Playbook

Tea Area Titans Boys Basketball

Quick Strikes Playbook

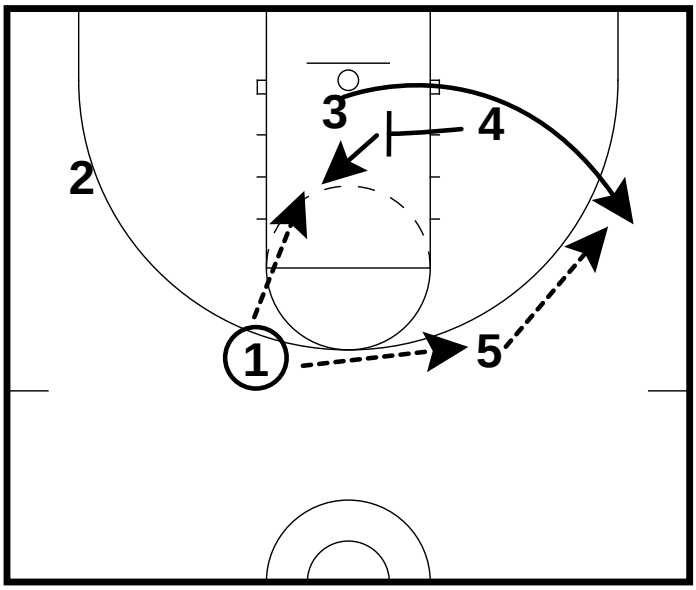


Quick Strikes

Fist (part 1)

- 5 sets a high ball screens and shapes up
- 2 comes off a double staggered baseline screen

Quick Strikes Playbook

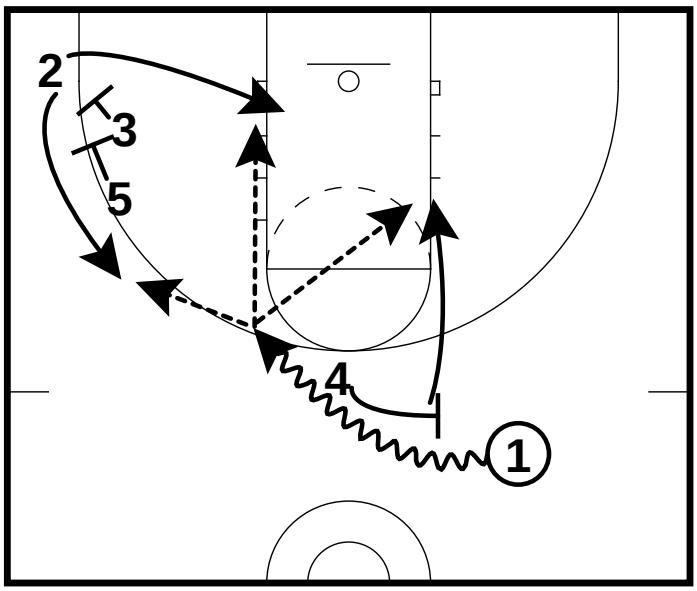


Quick Strikes

Fist (part 2)

- 3 comes off a screen from 4
- Ball gets reversed or skipped to 3 for a 3
- 4 ducks in

Quick Strikes Playbook

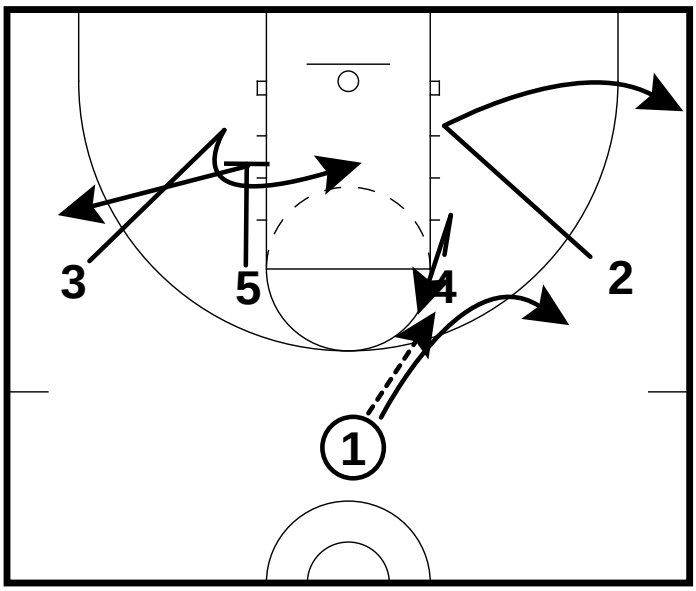


Quick Strikes

Fist 2

- 1 man attacks high ball screen from 4
- 2 reads defense and uses double screen from 5 adn 3

Quick Strikes Playbook



Quick Strikes

High Post Set

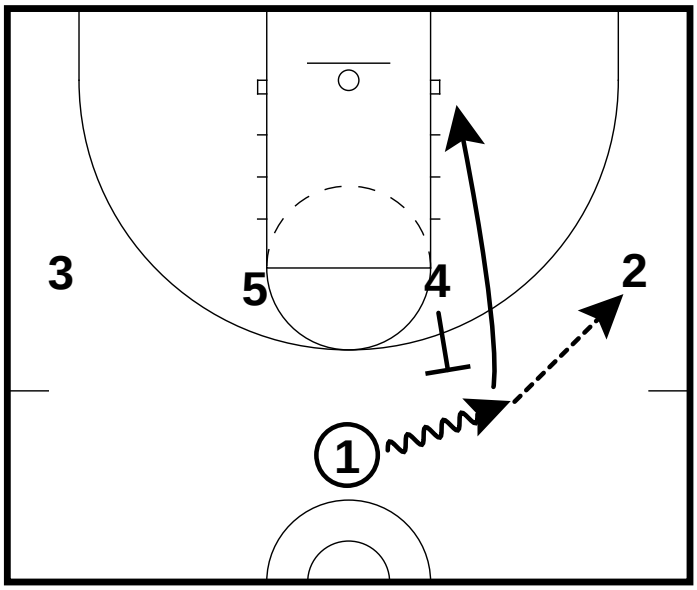
- 1 fakes dribble hand off
- 3 man looks to curl
- 5 man on curl will fade, on pop cut by 3, 5 man will up cut
- 4 man looks to 2 man on back door then to weak side action

All Contents Proprietary

Quick Strikes Playbook

Tea Area Titans Boys Basketball

Quick Strikes Playbook

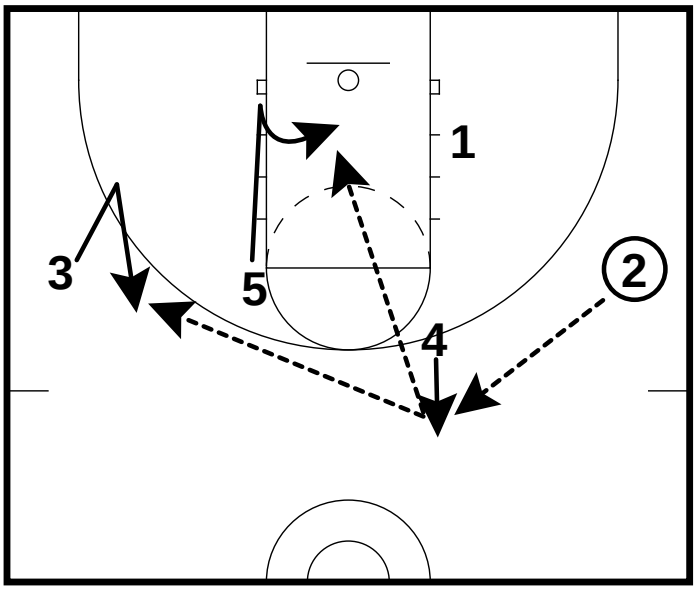


Quick Strikes

High Wing Set (part 1)

- Wing entry to 2
- 4 sets UCLA screen for 1
- 4 pops for ball revesal; 5 shoul WALK his defender down to the block
- Looks for 5 on low post seal
- If no low post entry, swing the ball to 3 and then into 5

Quick Strikes Playbook



Quick Strikes

High Wing Set (part 2)

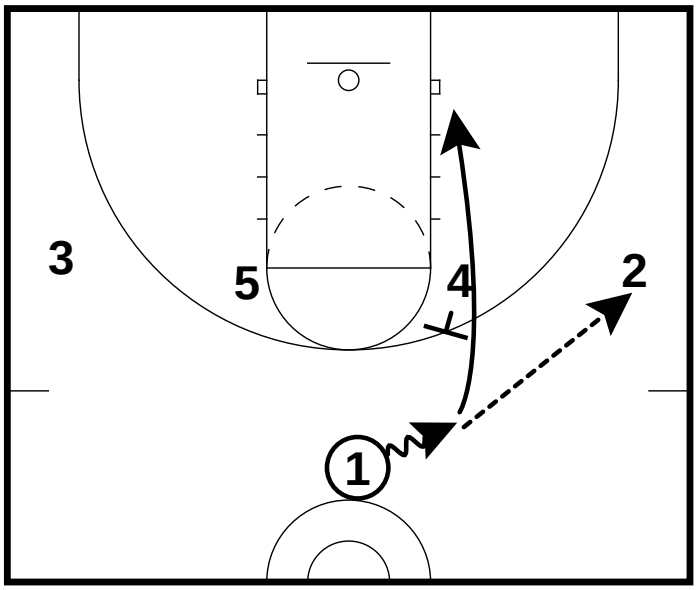
- 4 pops for ball revesal; 5 shoul WALK his defender down to the block
- Looks for 5 on low post seal
- If no low post entry, swing the ball to 3 and then into 5

All Contents Proprietary

Quick Strikes Playbook

Tea Area Titans Boys Basketball

Quick Strikes Playbook

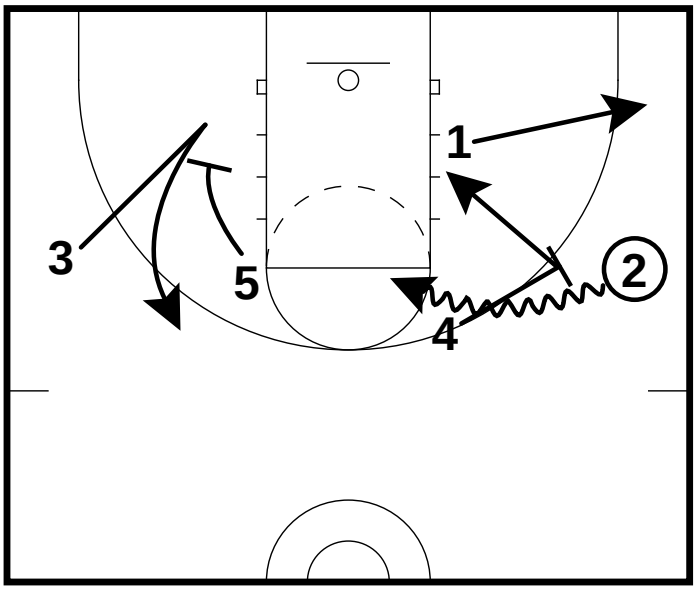


Quick Strikes

High Ball Screen (part 1)

- 1 passes to the wing and UCLA cuts off the 4 man

Quick Strikes Playbook

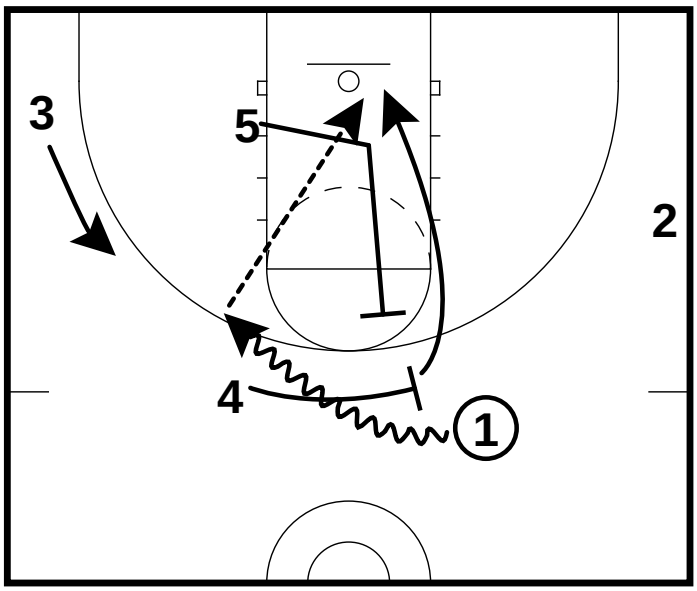


Quick Strikes

High Ball Screen (part 2)

- 4 goes and ball screens for the wing (4 can shape up or dive)
- 5 sets a down screen for 3

Quick Strikes Playbook

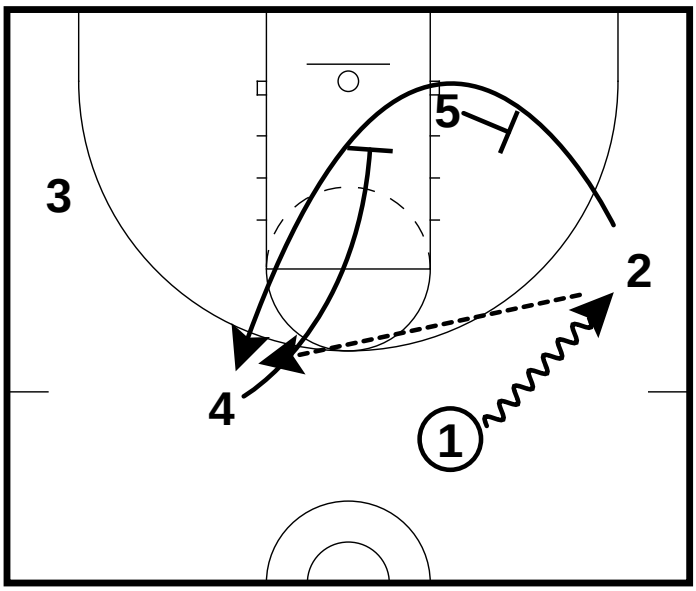


Quick Strikes

Open

- 4 sets a high ball screen
- 5 comes and head hunts 4's man for a back screen lob from 2
- If 2's defender starts to cheat in, 1 can skip to 2 for a 3

Quick Strikes Playbook



Quick Strikes

Dribble Out

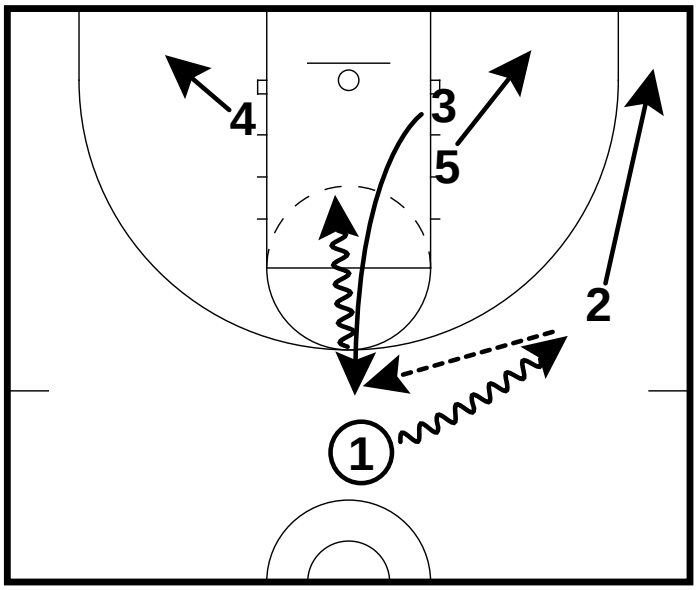
- 2 comes off a series of screens to the top of the key for a 3
- Look for 3's defender to cheat where the ball can be skipped to 3
- Post players should read defense for slips and seals

All Contents Proprietary

Quick Strikes Playbook

Tea Area Titans Boys Basketball

Quick Strikes Playbook

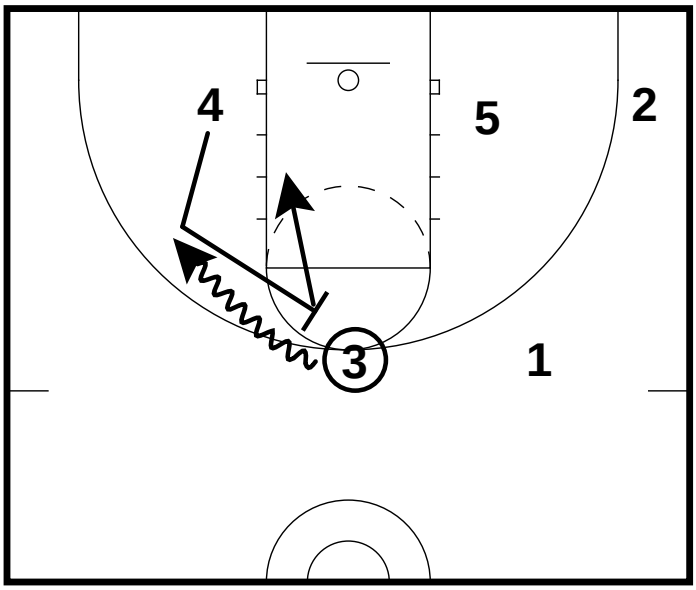


Quick Strikes

3 Man ISO (Option 1)

- 3 cuts up the middle to receive the pass from 1
- 3 looks to create

Quick Strikes Playbook

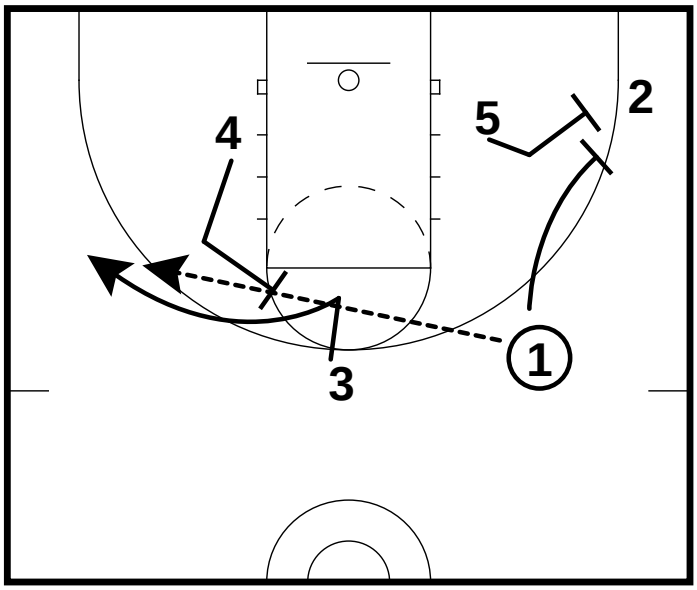


Quick Strikes

3 Man ISO (Option 2)

- 4 comes and sets a high ball screen for a 2 man game

Quick Strikes Playbook

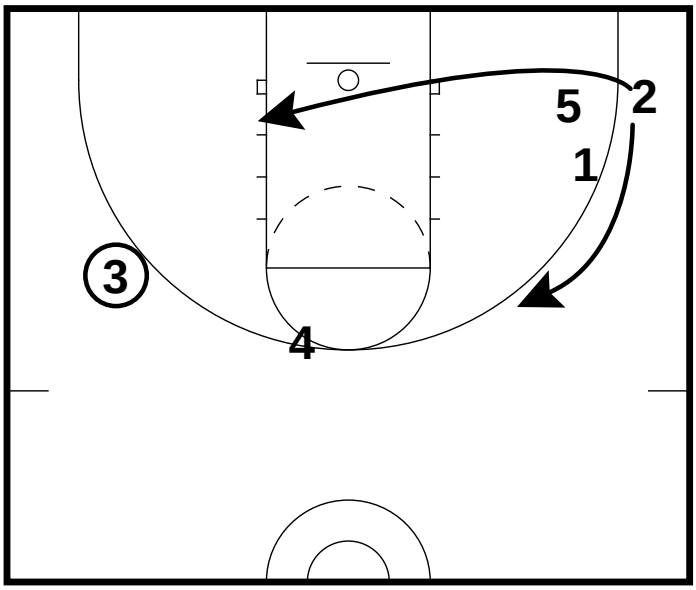


Quick Strikes

3 Man ISO (Option 3)

- 4 comes and sets a flare screen for the ball to be skipped
- 5 and 1 set a double for 2

Quick Strikes Playbook



Quick Strikes

3 Man ISO (Option 3)

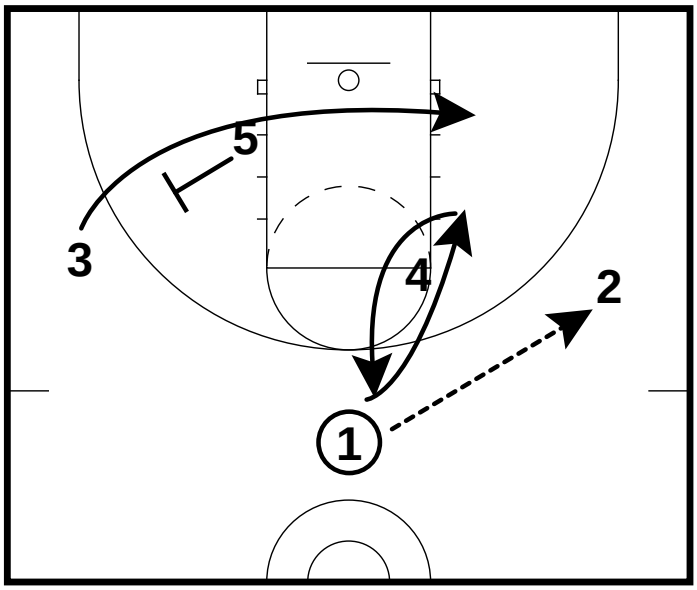
- 2 can go high or low depending on how his defender plays the screens

All Contents Proprietary

Quick Strikes Playbook

Tea Area Titans Boys Basketball

Quick Strikes Playbook

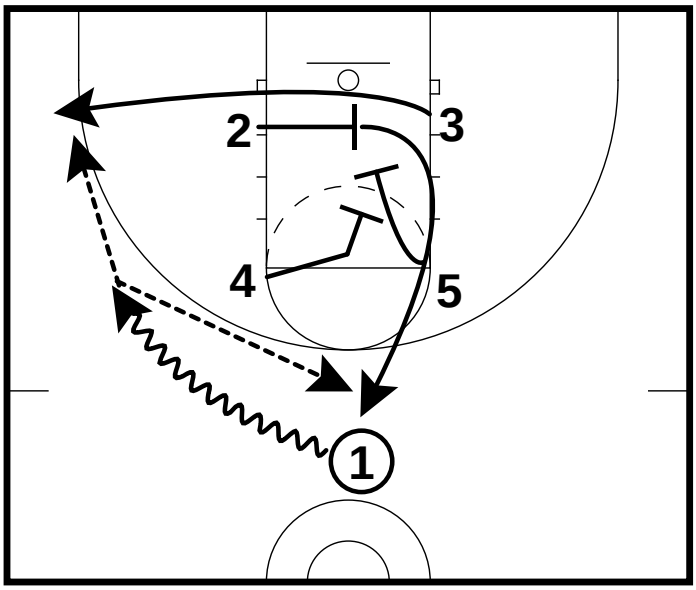


Quick Strikes

Return

- 1 passes to 2 and reads defense and uses a re-screen from 4
- 3 uses back screen to cut to ball side block for post up

Quick Strikes Playbook

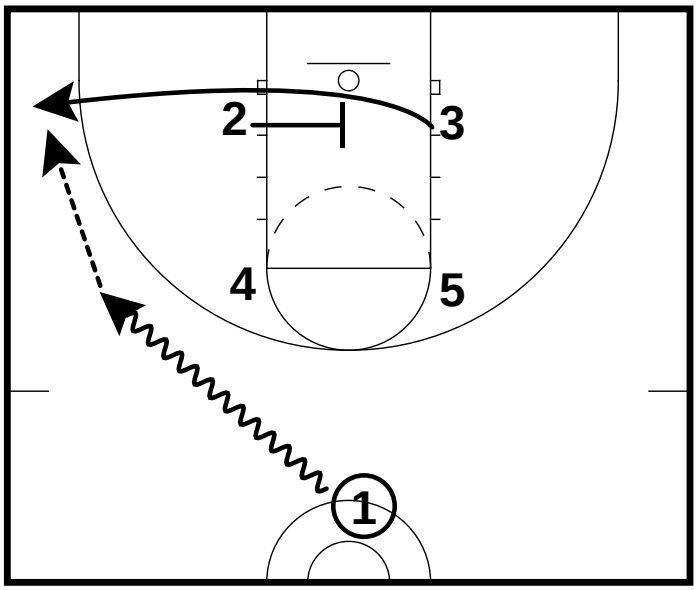


Quick Strikes

Stagger

- 2 sets a cross scree for 3
- 4 and 5 set a double staggered screen for 2 to pop to the key
- 1 dribble entries to the wing
- 5 looks to post up on the ball side block after setting screen

Quick Strikes Playbook

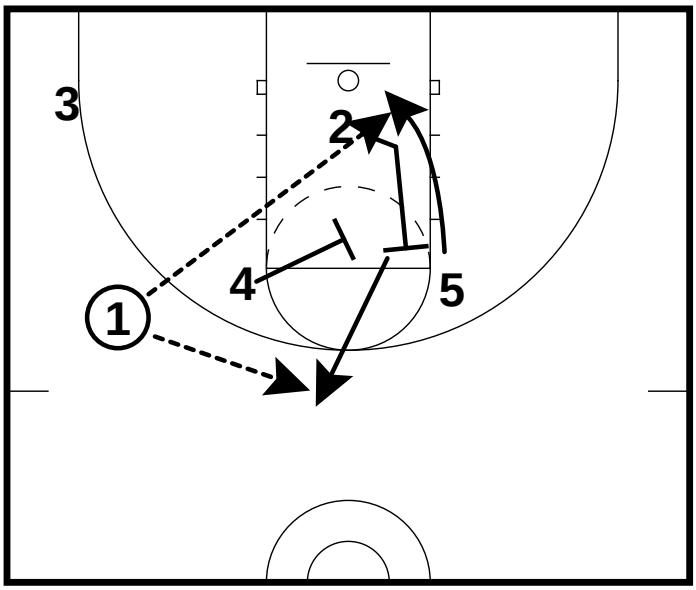


Quick Strikes

Red Post (part 1)

- 3 cuts to corner off of cross scree from 2
- 2 then sets back screen for 5 for lob look

Quick Strikes Playbook



Quick Strikes

Red Post (part 2)

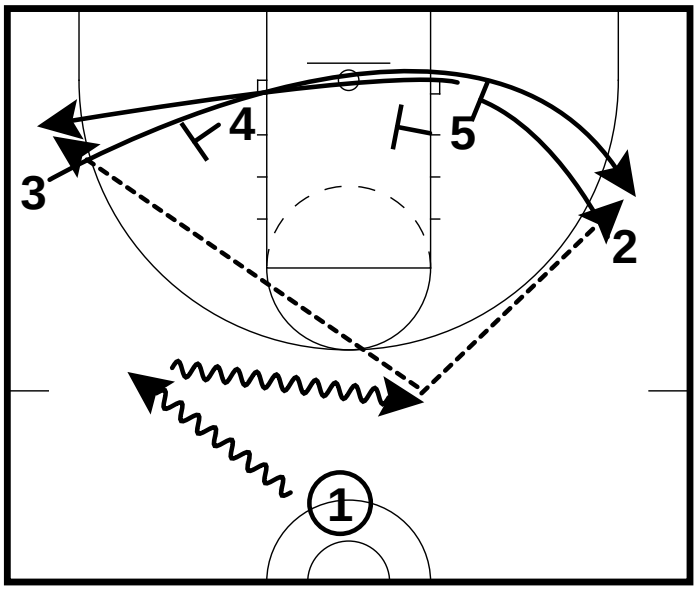
- 2 then sets back screen for 5 for lob look
- 4 then screens for 2 to pop up for a 3

All Contents Proprietary

Quick Strikes Playbook

Tea Area Titans Boys Basketball

Quick Strikes Playbook



Quick Strikes

Triple

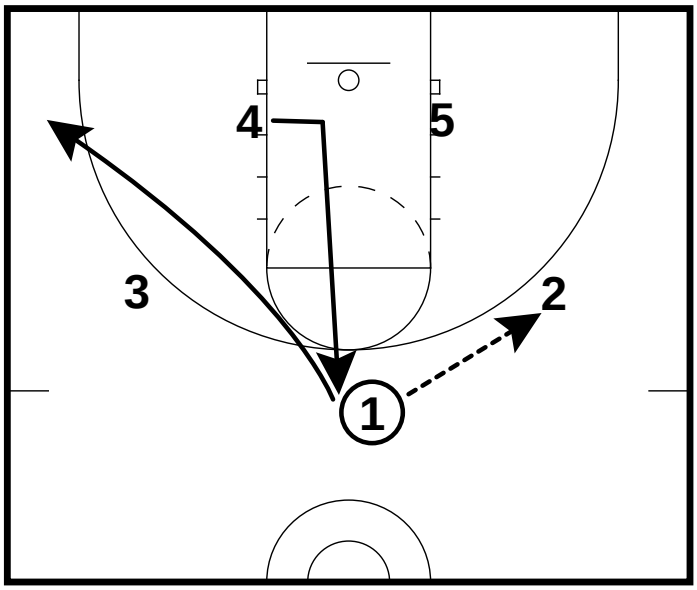
- 1 dribbles at a wing, that wing will come off a triple staggered screen
- The other wing will come out the back end off a screen from the post
- Post players look to slip and pin their man after the guards clear out

All Contents Proprietary

Shuffle

Tea Area Titans Boys Basketball

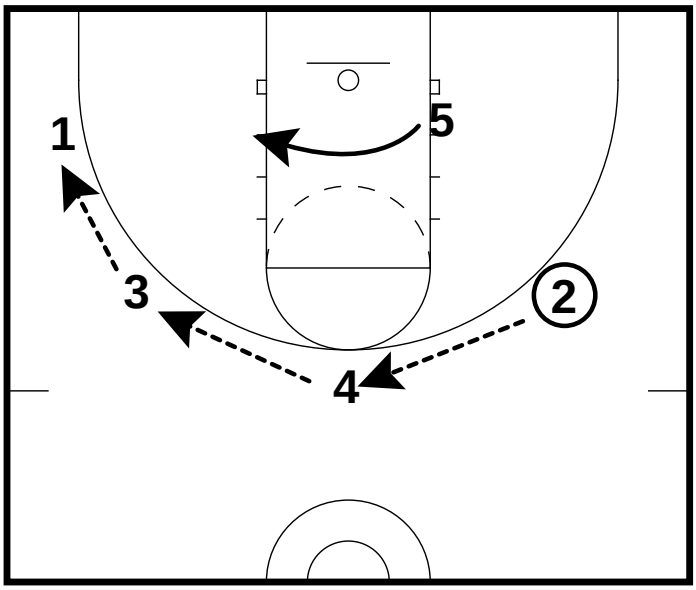
Shuffle



Man Sets

1 hits 2 and cuts to the weakside corner. 4 steps across and then flashes to the high post.

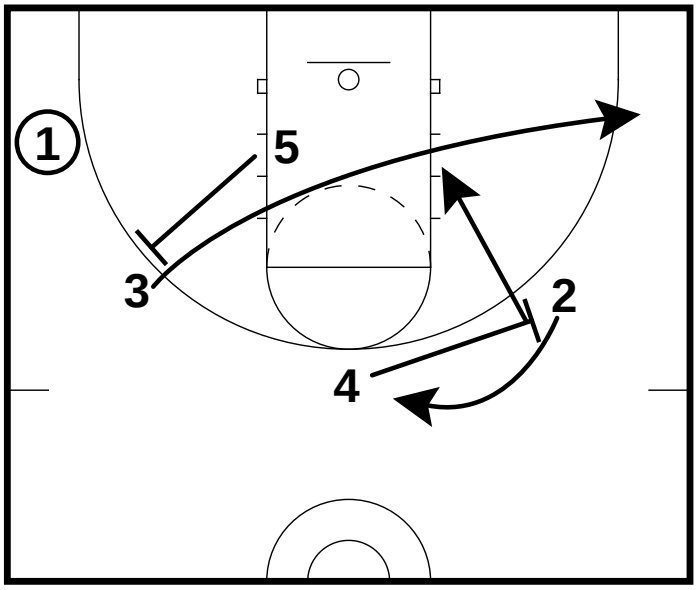
Shuffle



Man Sets

2 reverses the ball to 3. 3 reverses it to 1. 5 posts between the ball and the basket.

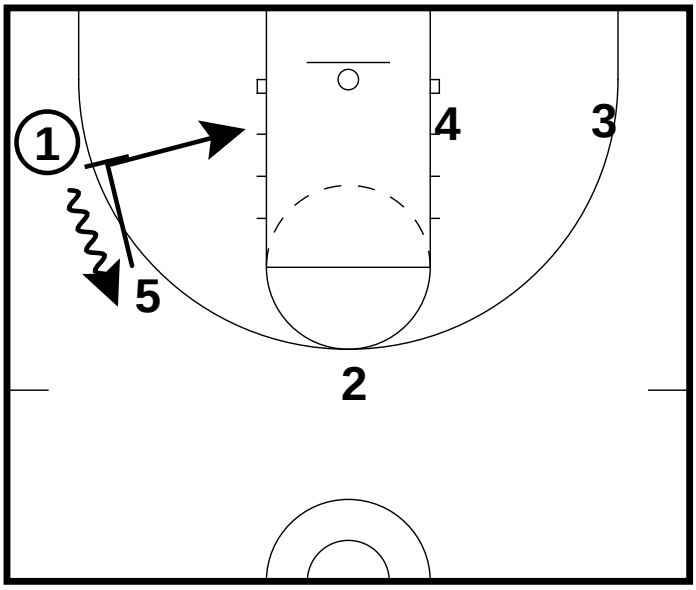
Shuffle



Man Sets

On 3's pass to 1, 5 sets a back screen for 3. 4 screens away for 2 then rolls to the basket.

Shuffle



Man Sets

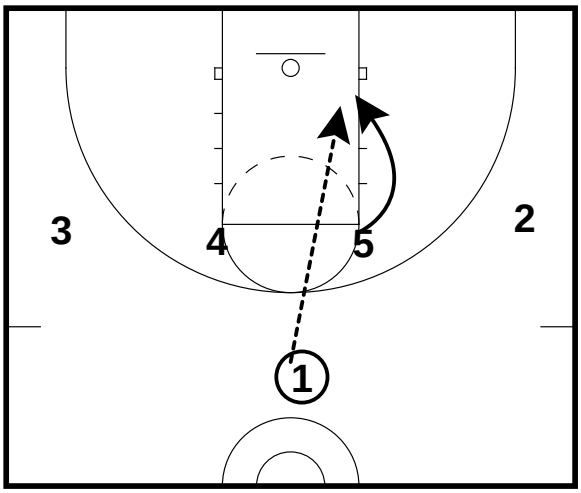
5 and 1 run a side pick and roll. We are back into 3 out, 2 in continuity.

All Contents Proprietary

Tap

Tea Area Titans Boys Basketball

Tap



Man Set

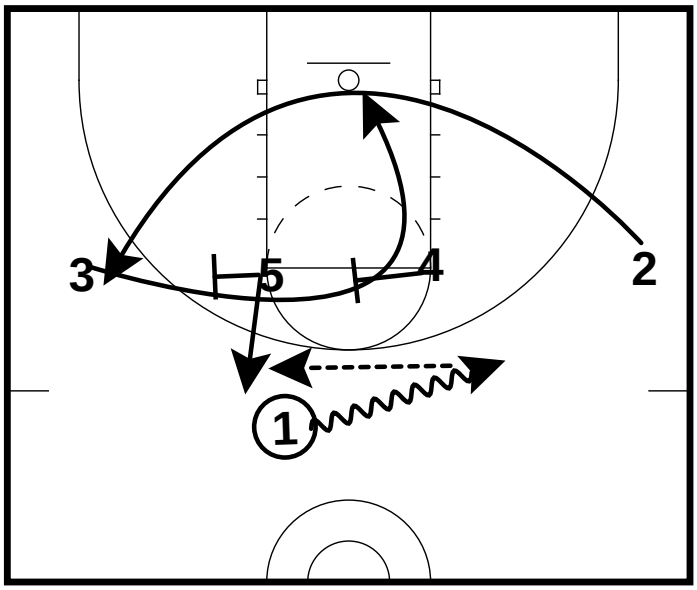
5 man spins for lob from 1

All Contents Proprietary

Titan

Tea Area Titans Boys Basketball

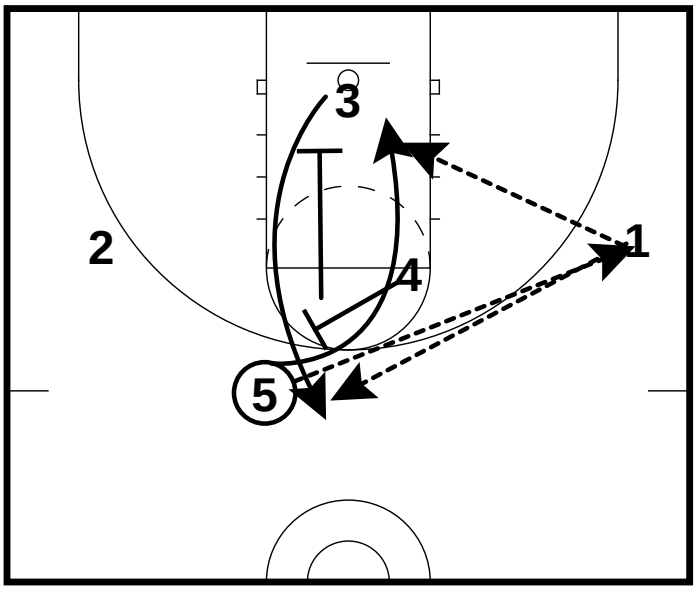
Titan



Man Set

1 dribble to opposite slot
2 runs thru to opposite wing
4 and 5 set stagger screen
3 uses stagger and dives to middle of hoop
5 pop out to receive pass from 1

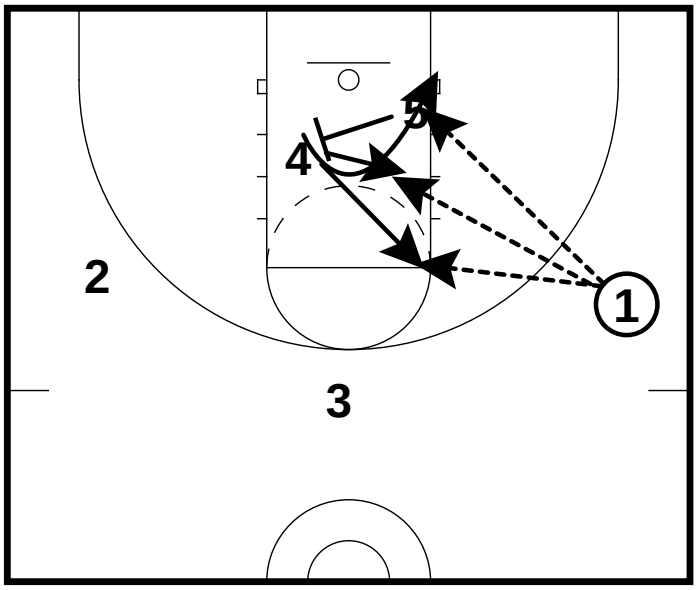
Titan



Man Set

5 passes back to 1
4 screens 5 and cots to basket for lay-up or post up
4 down screens for 3 and pops top of key
1 passes to 5 or 3 if open

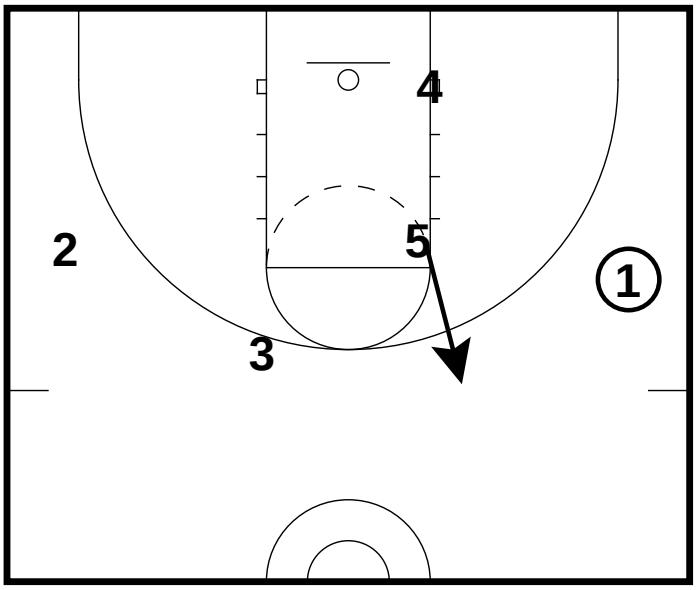
Titan



Man Set

5 back screens for 4
1 passes 4 if open
5 seals on switch
5 flashes to high post on no switch and we look for the high low action

Titan



Man Set

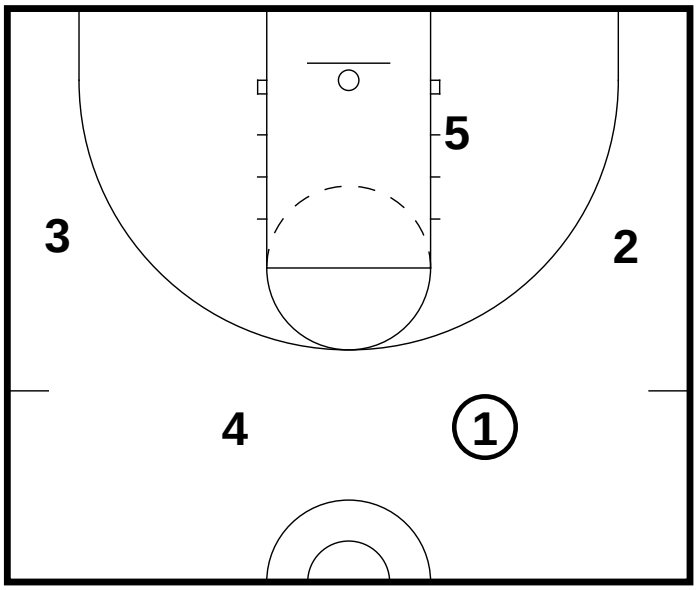
If we don't get the ball to the post 5 flashes to slot and we get into motion.

All Contents Proprietary

Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense



Man Offense

Initial Set Up

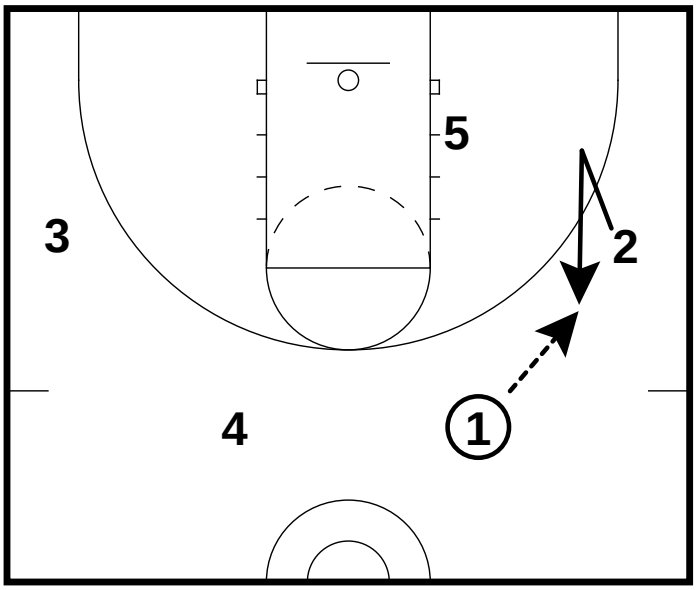
- PG fills the right slot
- 4 fills the left slot
- 2 and 3 fill the wings free throw line extended
- Post is ball side

-**Strong Side = Ball is on the side with a slot man, wing man, and post man**
- Naked Side = Ball is on the side a slot man, wing man (no post on the ball side)

Notes

- Perimeter players need to maintain high and wide spacing (15 feet apart)
- On every catch, look to score, enter the ball to the post, or make an action pass
- All cuts and screens should be made to create scoring opportunities or to get out of a trouble situation
- Use the dribble to score, create a scoring opportunity for a teammate, to create a better passing angle, or get out of trouble
- Pass the ball to teammates where they can do something with the ball
- Post player should not chase the ball, wait for it to come back and pin
- Offense is designed to create post scores, lay-ups and rhythm jump shots

Titan 4 Out Motion Offense



Man Offense

Motion Cut to Get Open (V-Cut)

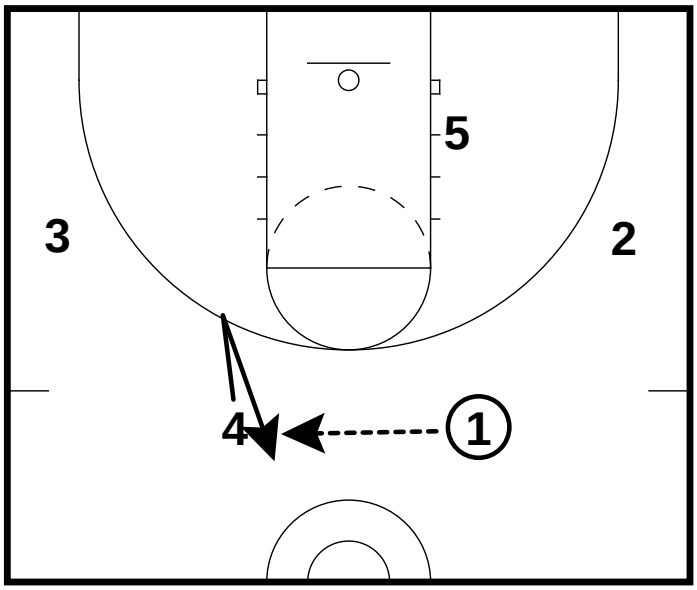
- Players can use a V-Cut to receive a pass
- Take defender down and pop back in the direction of the pass
- Need to use a change of speed and change of direction
- Get tight to the defender
- Give a target for the pass

All Contents Proprietary

Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense

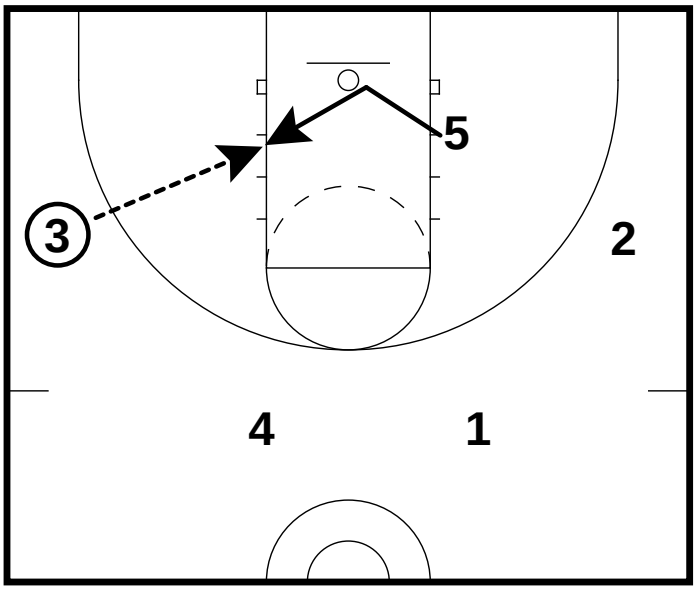


Man Offense

Motion Cut to Get Open (V-Cut)

- The opposite slot man should use a V-cut to receive a pass from the slot

Titan 4 Out Motion Offense

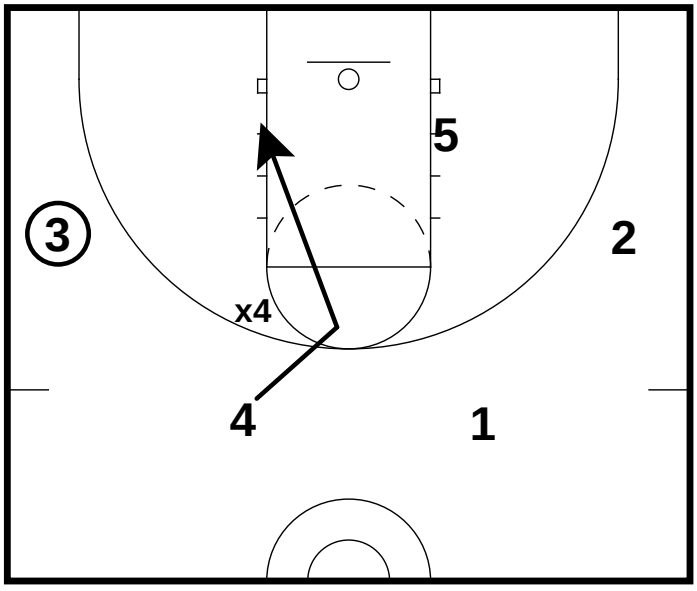


Man Offense

Motion Cut to Get Open (V-Cut)

- The low post can use a V-cut to receive a pass from the wing

Titan 4 Out Motion Offense

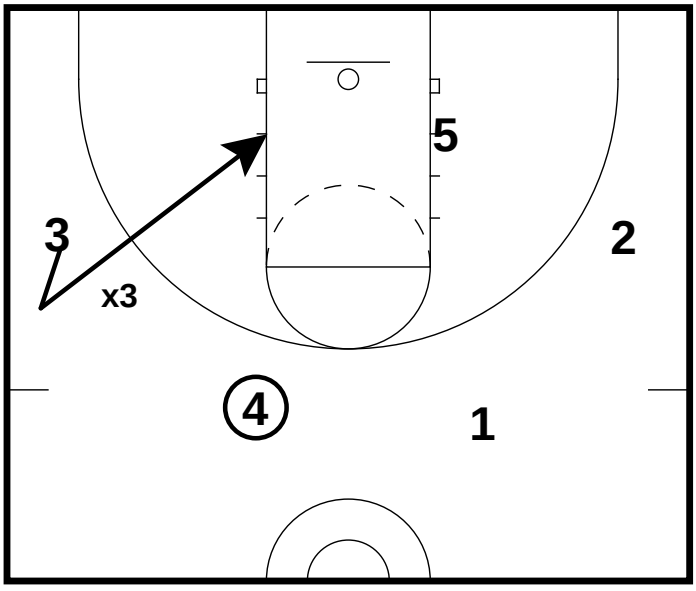


Man Offense

Motion Cut to Get Open (7-Cut)

- Cut away from the ball and then quick cut towards the ball
- Be sure to have a change of speed and a change of direction
- This cut will primarily be used when

Titan 4 Out Motion Offense



Man Offense

Motion Cut to Get Open (Back Cut)

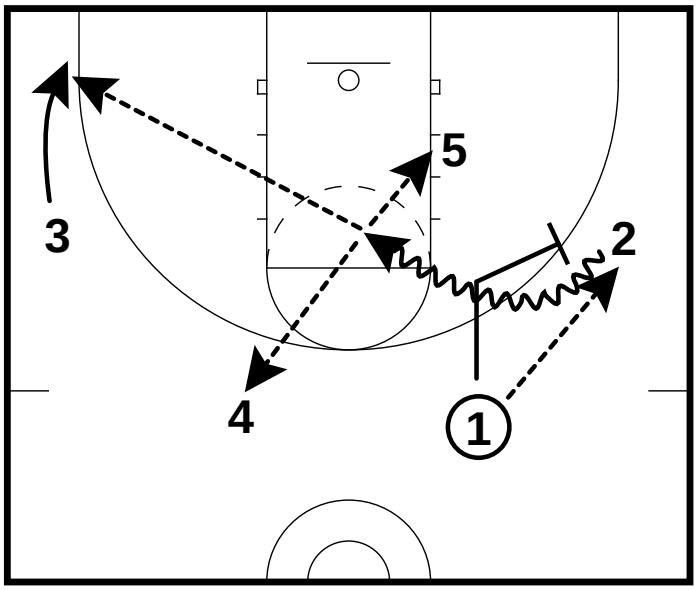
- If the defender is denying the pass, you can look to the defender 2 steps higher and then back cut to the rim

All Contents Proprietary

Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense

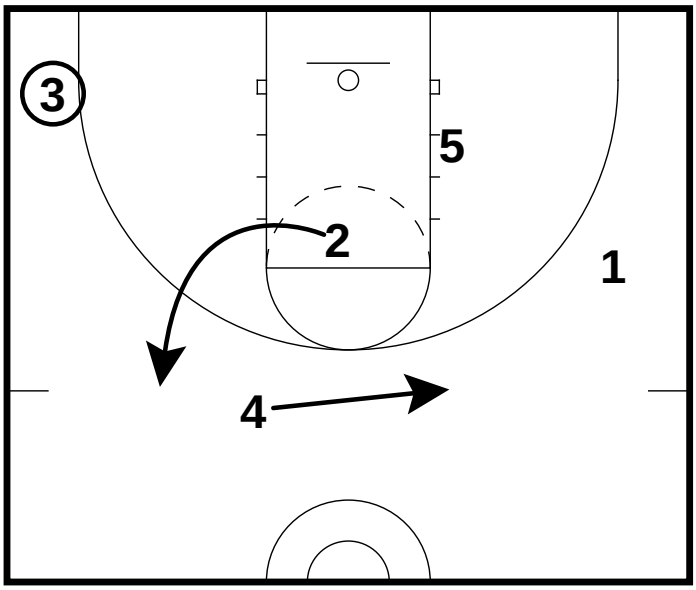


Man Offense

Strong Side Slot To Wing Pass (Ball Screen)

- On teh strong side wing pass, the slot man can ball screen for the wing
- The opposite slot man needs to sit for a kick out
- The opposite wing drifts with the driving trying to find the kick out window
- The strong side post should try to seal his man for a low post feed

Titan 4 Out Motion Offense



Man Offense

Strong Side Slot To Wing Pass (Ball Screen)

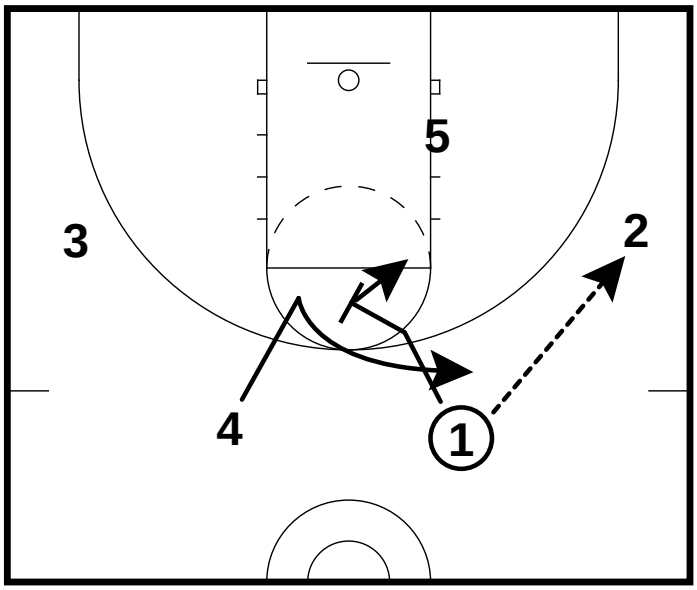
- On the kick out, fill the 4 perimeter slots

All Contents Proprietary

Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense

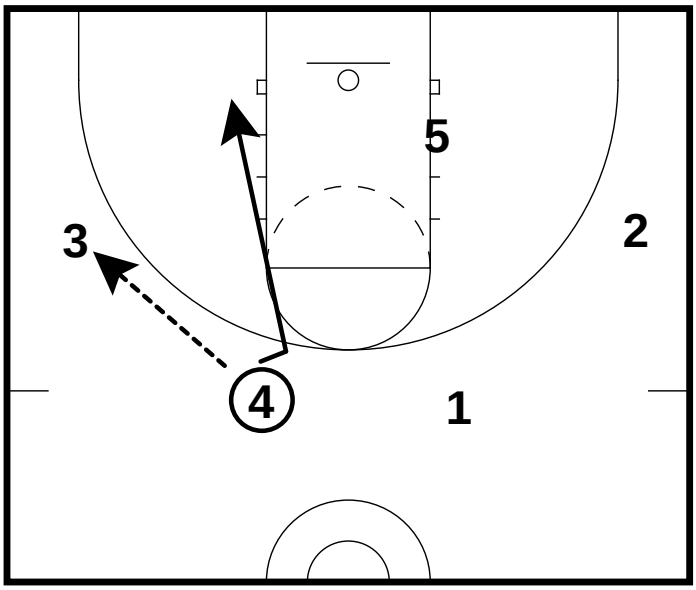


Man Offense

Strong Side Slot To Wing Pass (Screen Away)

- On the strong side wing entry, the slot man can screen away for the weak side slot
- The man receiving the screen needs to V-cut prior to receiving the screen and use a change of speed and change of direction
- The man setting the screen should always show back to the ball for a pass

Titan 4 Out Motion Offense



Man Offense

Naked Post Slot To Wing Pass (Quick Cut)

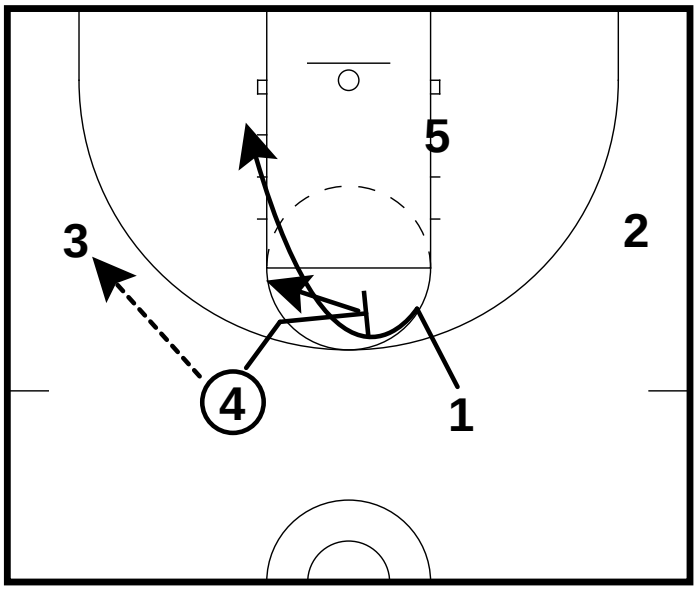
- On the wing entry to the naked side, the player who passed the ball can look to make a quick cut to the basket for a score
- If the defender jumps the pass, rear quick cut the defender
- If the defender drops on the pass, front quick cut the defender

All Contents Proprietary

Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense



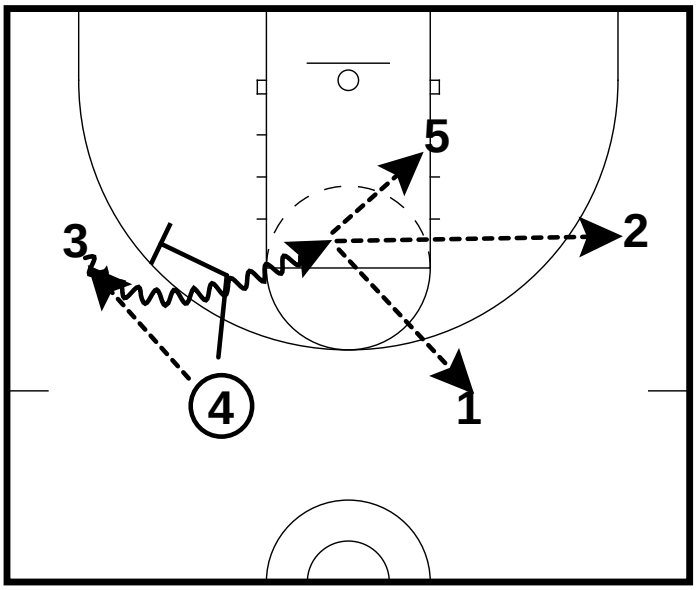
Man Offense

Naked Post Slot To Wing Pass (Screen Away)

- If the side stays naked, the player using the screen can look to curl cut
- The man setting the screen should show back to the ball

- If the post happens to slide ball side on the wing pass, the player using the screen should pop cut off of the screen instead of curl cut

Titan 4 Out Motion Offense



Man Offense

Naked Post Slot To Wing Pass (Ball Screen)

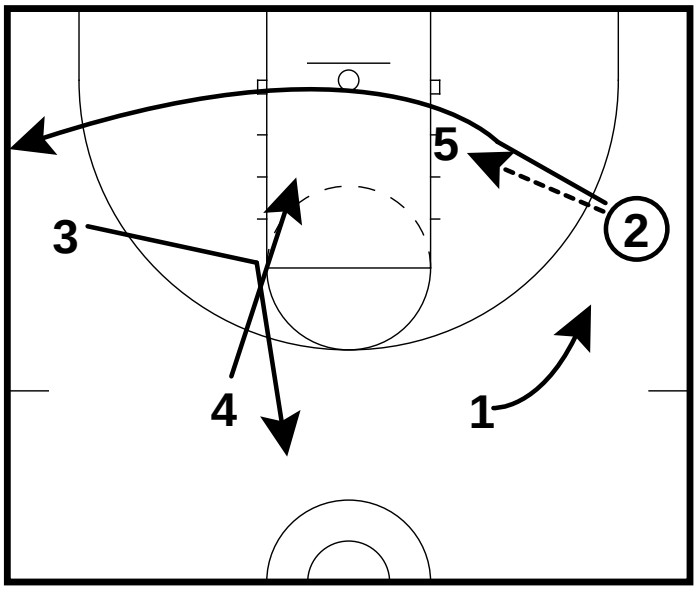
- On the ball screen, the player driving should look to kick to perimeter shooters, dump to the post, or hit the screen man on the roll or pop
- The perimeter shooters need to find the kick out windows

All Contents Proprietary

Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense

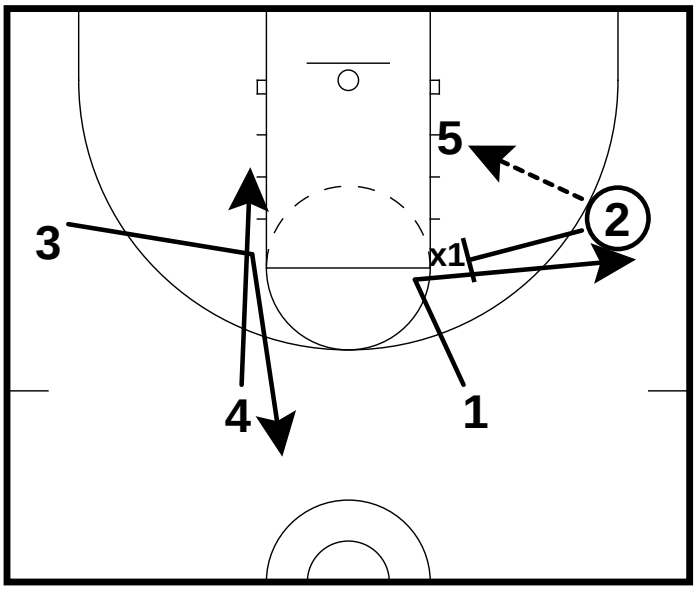


Man Offense

Strong Side Wing to Post Pass (Laker Cut)

- On the post entry, the wing can Laker cut high or low off of the post
- The opposite slot man reads his man. If his defender turns his head, he dives to the opposite block
- The ball side slot man can drift to the wing

Titan 4 Out Motion Offense

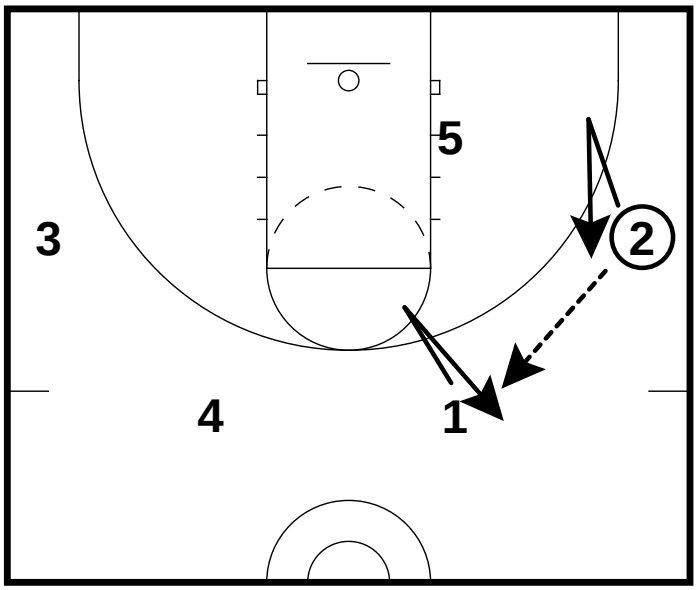


Man Offense

Strong Side Wing to Post Pass (Pinch Post)

- The wing can also come screen the elbow for a Pinch Post action for the strong side slot man
- If the screeners man

Titan 4 Out Motion Offense

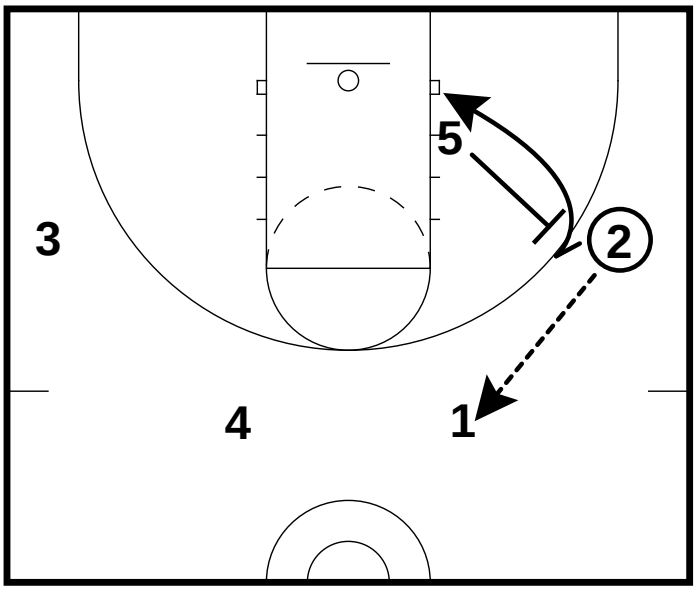


Man Offense

Strong Side Wing to Slot Pass (V-Cut Replace)

- On the strong side wing to slot pass, the wing can V cut to replace himself

Titan 4 Out Motion Offense



Man Offense

Strong Side Wing to Slot Pass (Back Screen Re-Screen)

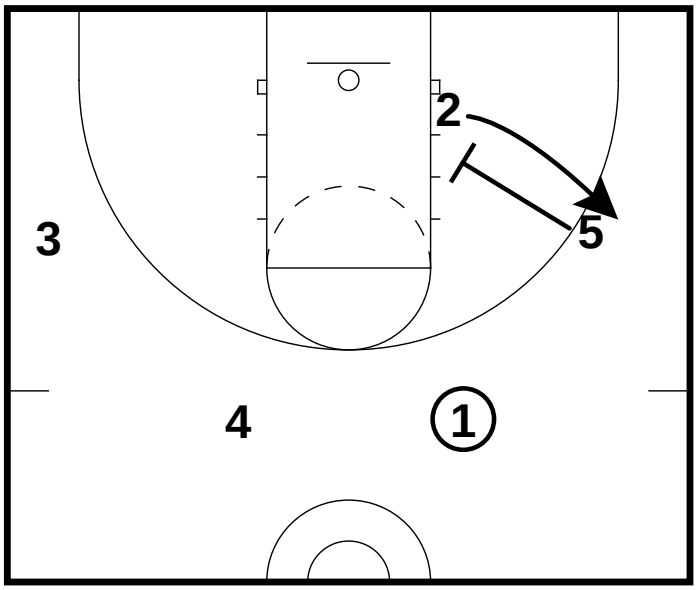
-The post can back screen the wing for a pass

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Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense

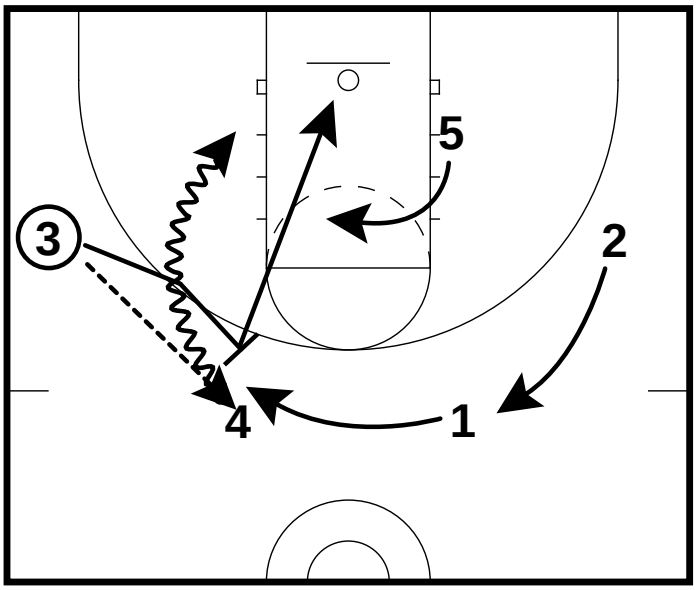


Man Offense

Strong Side Wing to Slot Pass (Back Screen Re-Screen)

- If there is no scoring opportunity, the post can then re-screen for the wing to pop back out
- The naked side can work with each other during this action to free each other to get open with either an elbow screen or a down screen

Titan 4 Out Motion Offense

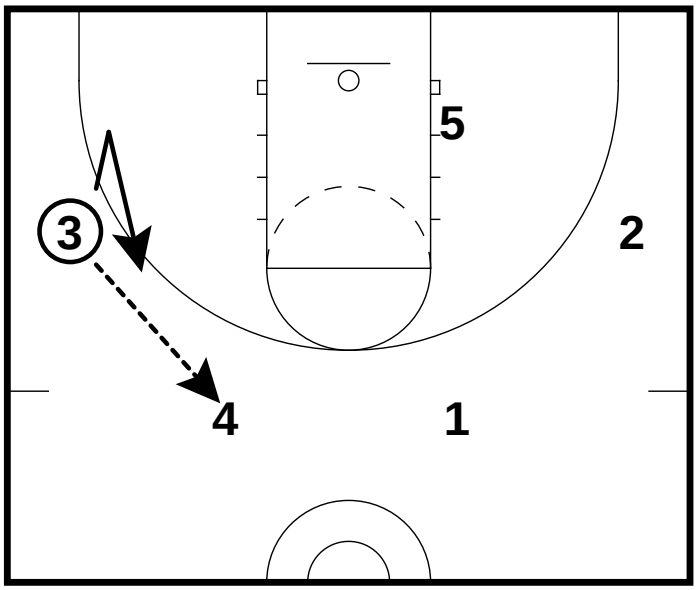


Man Offense

Naked Side Wing to Slot Pass (Ball Screen)

- The wing can set a ball screen
- The screener can roll or pop
- If the screener rolls, the opposite post should flash mid post

Titan 4 Out Motion Offense

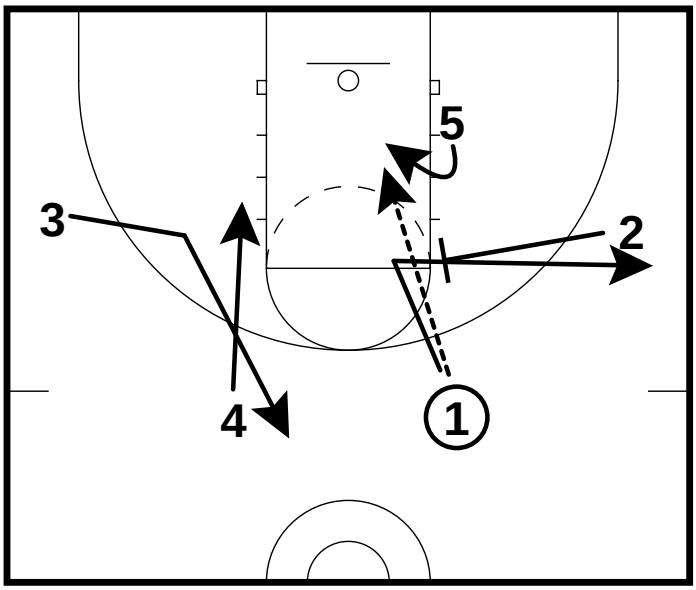


Man Offense

Naked Side Wing to Slot Pass (V-Cut Replace

- The wing can V-cut replace himself

Titan 4 Out Motion Offense



Man Offense

Strong Side Slot to Post Pass (Pinch Post)

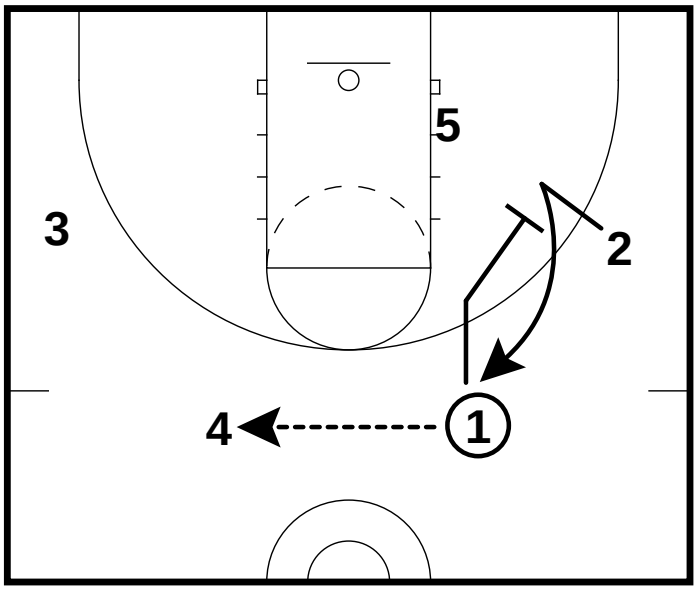
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All Contents Proprietary

Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Titan 4 Out Motion Offense

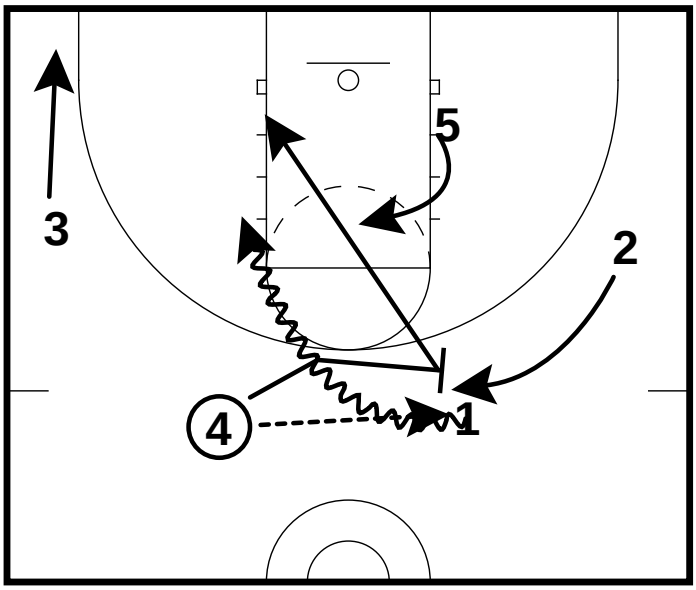


Man Offense

Slot to Slot Pass (Screen Away)

- On the slot to slot pass, the slot can screen away for the wing
- The wing needs to V cut before receiving the screen

Titan 4 Out Motion Offense



Man Offense

Slot to Slot Pass (Ball Screen)

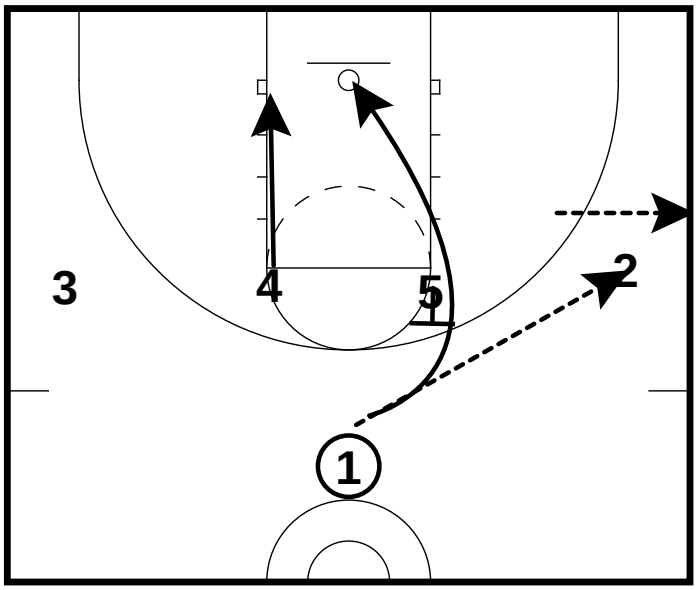
- The slot man can set a ball screen for the other slot
- The screener can roll to the basket. The opposite post should flash mid lane behind the roller
- The naked side wing should drift with the drive

All Contents Proprietary

UCLA

Tea Area Titans Boys Basketball

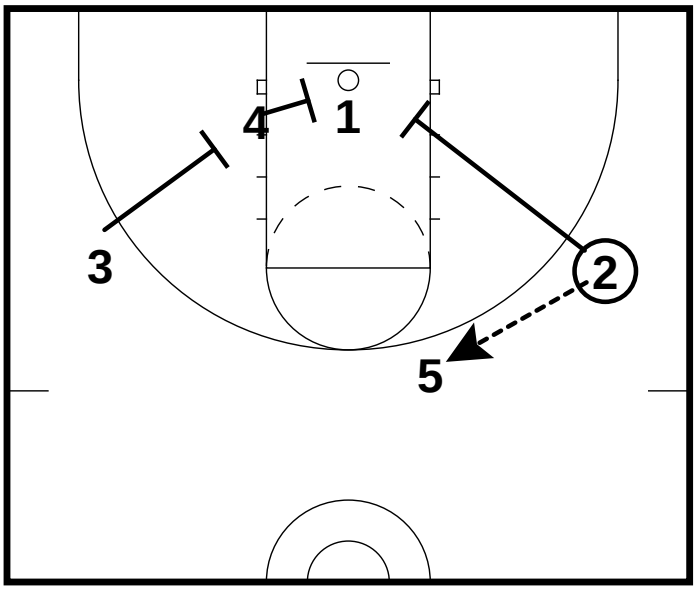
UCLA



Man Set

1 passes to 2
5 backscreen 1
4 dive to post

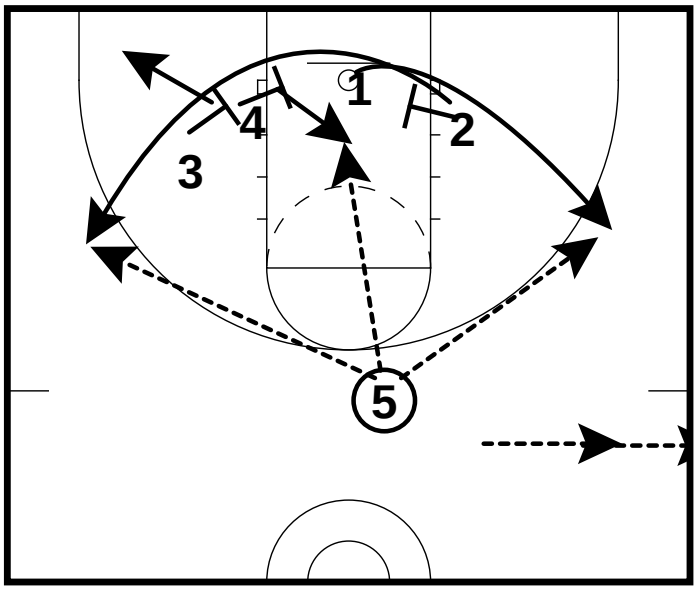
UCLA



Man Set

2 passes to 5
2 down screen for 1
3 and 4 stagger screen

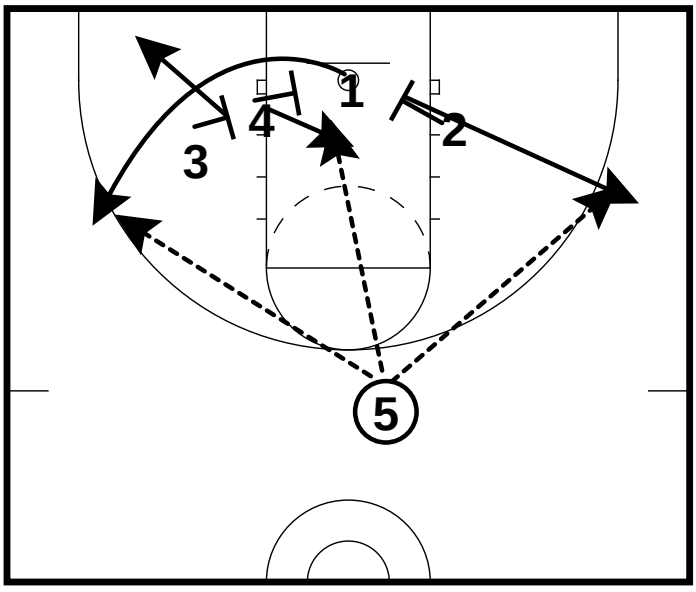
UCLA



Man Set

1 uses single screen of 2
2 uses double screen of 3 and 4
4 flashes middle
3 flashes short corner
5 passes to 1,2 or 4

UCLA



Man Set

2nd option

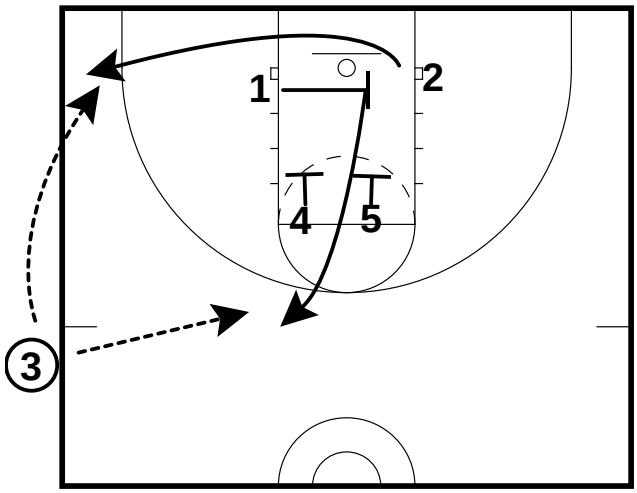
1 uses staggered screen
2 pop back out
4 flashes middle
3 flashes short corner
5 passes to 1,2 or 4

All Contents Proprietary

Victory

Tea Area Titans Boys Basketball

Victory



SLOB

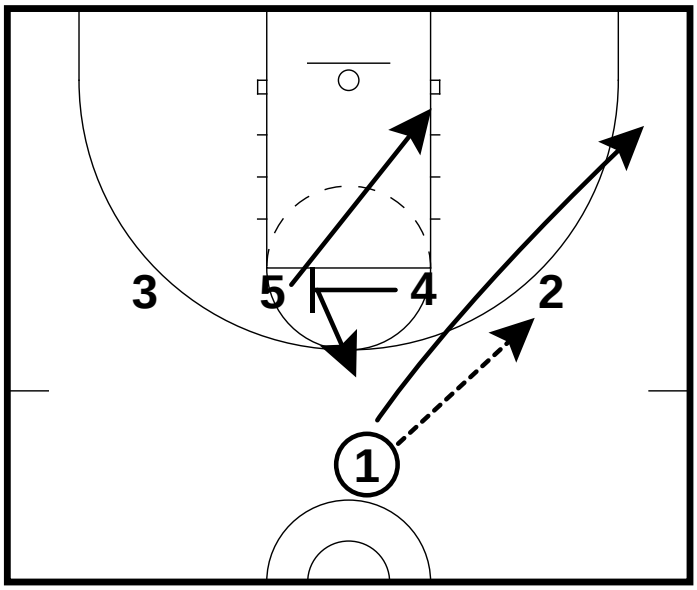
1 sets pick for 2 then goes through double
2 goes to corner
3 finds open man for last second shot.

All Contents Proprietary

Wing entry

Tea Area Titans Boys Basketball

Wing entry



Man Sets

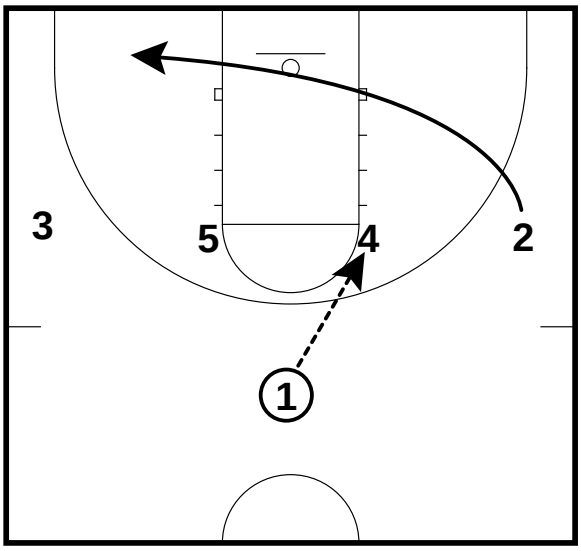
1 hits the wing and cuts through to either the ballside corner or weakside corner. 4 screens away for 5. 5 can cut high or low and then 4 goes opposite. We are into our continuity.

All Contents Proprietary

Hand-Up

Butler Bulldogs

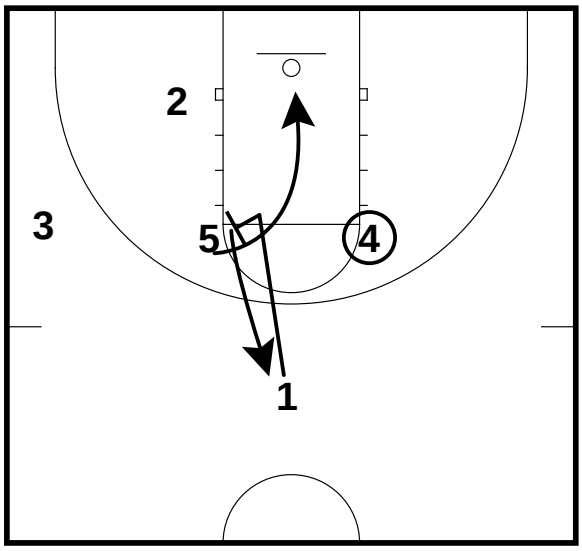
Hand-Up



Quick Hitters - Man

O1 passes to O4.
O4 looks for O2 on the back-cut.

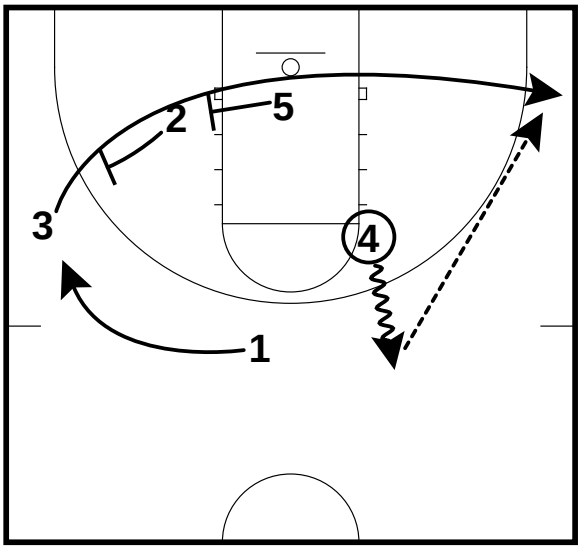
Hand-Up



Quick Hitters - Man

O1 screens for O5.
O5 curls and then O1 pops back out to the top of the key.

Hand-Up



Quick Hitters - Man

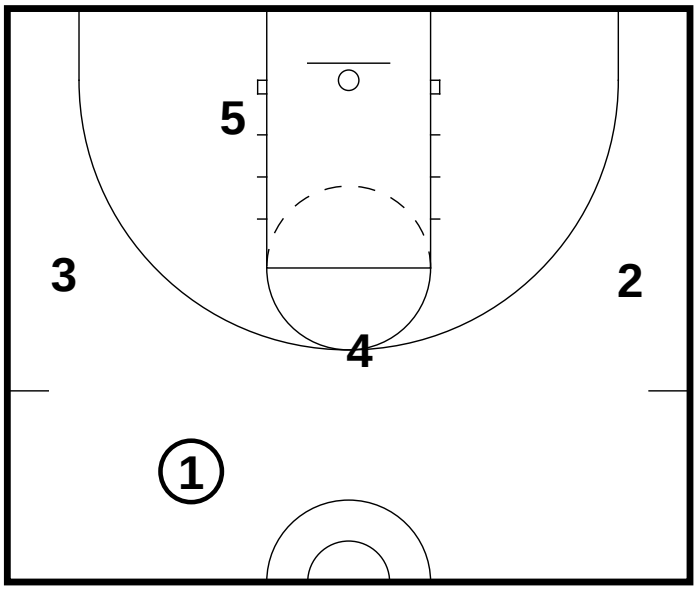
O3 runs off of a stagger screen from O2 and O5.
O4 dribbles out to get a good passing angle.

All Contents Proprietary

High Ball Screen Offense

Curt Miller (Bowling Green State University)

High Ball Screen Offense

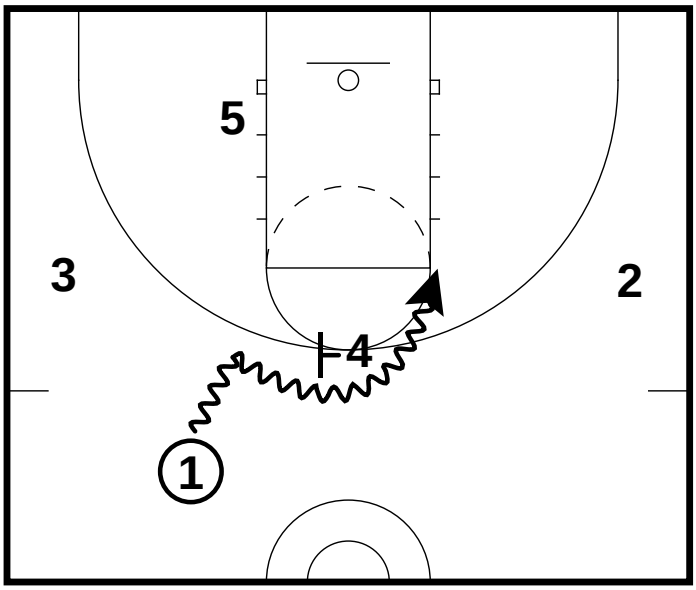


Offense

Initial Set Up

- 4 splits the mid line, wings are FT line extended
- 5 starts low block on the same side as 1

High Ball Screen Offense



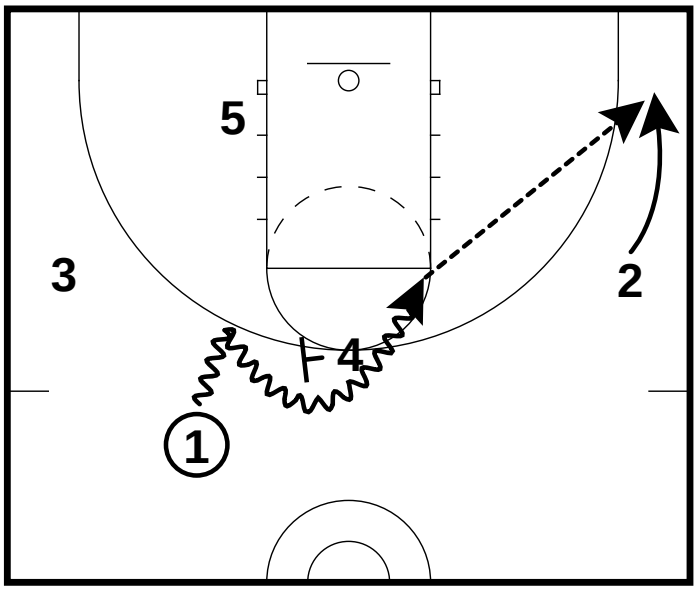
Offense

Wing Drift

- PG drives defender into the screen to get LANE LINE penetration
- PG should try to score and wings hunt should hunt for shots

Note: Need to wing LANE LINE battles

High Ball Screen Offense

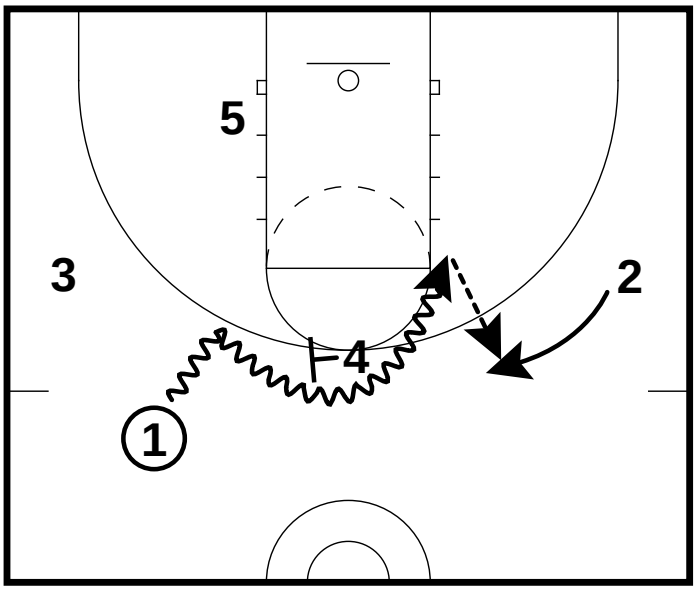


Offense

Wing Read 1

- Wing can drift with the ball

High Ball Screen Offense



Offense

Wing Read 2

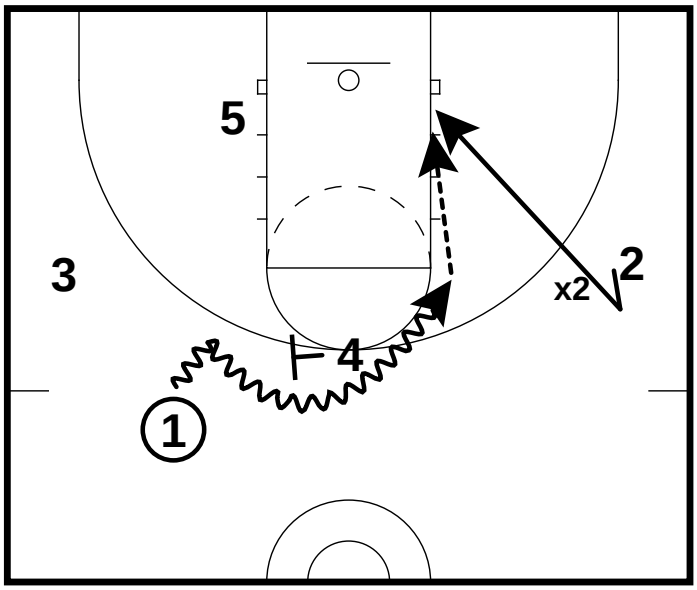
- Wing can fill behind the ball

All Contents Proprietary

High Ball Screen Offense

Curt Miller (Bowling Green State University)

High Ball Screen Offense

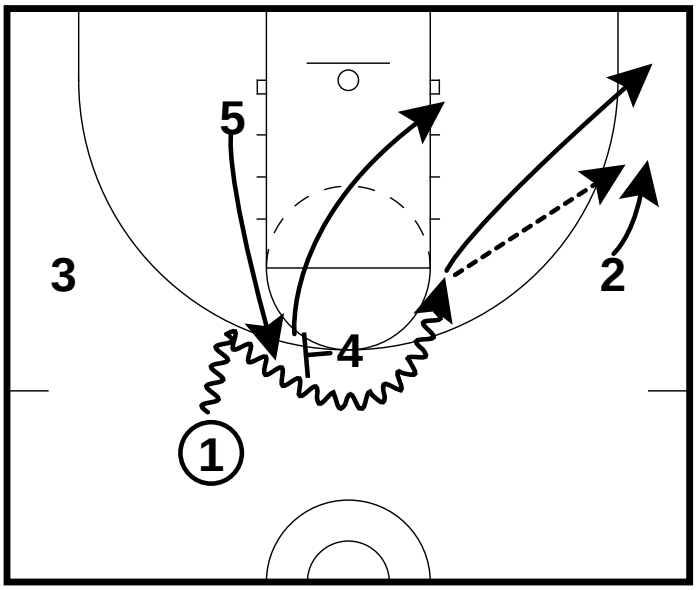


Offense

Wing Read 3

- Wing can back cut on defensive over play

High Ball Screen Offense



Offense

Wing Kick Out

- On the wing kick out, the PG cuts to the ball side corner
- 4 rolls to the basket
- 5 flashes to the top of the key

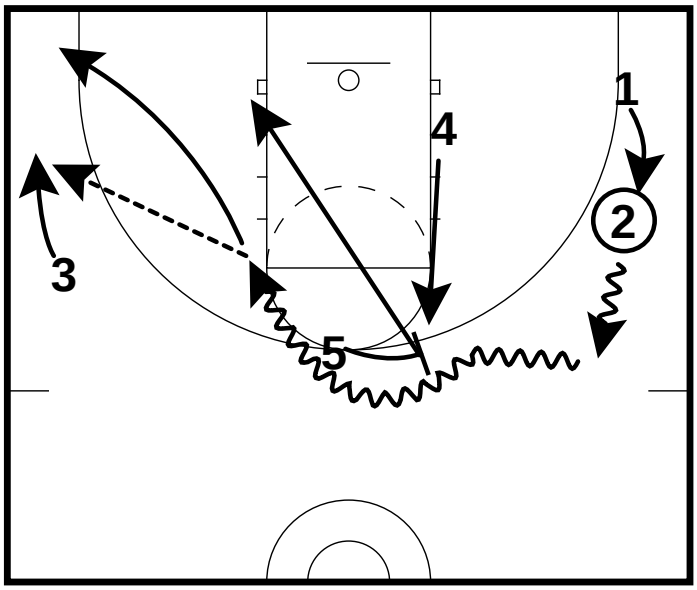
Note: Posts are always opposite high low from each other

All Contents Proprietary

High Ball Screen Offense

Curt Miller (Bowling Green State University)

High Ball Screen Offense

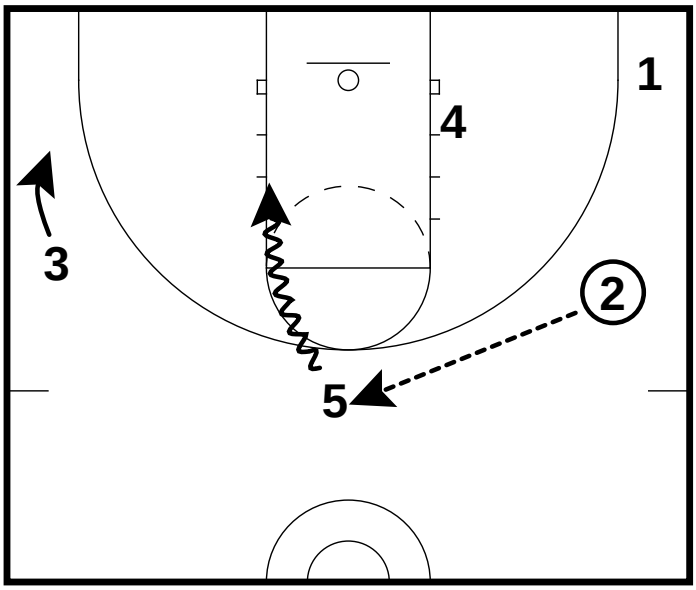


Offense

Wing Dribble Out

- The wing dribbles out to get a good angle for the high ball screen
- 5 rolls to the ball side block after setting the high ball screen
- 1 fills wing
- 2 cuts ball side corner on the kick out to the wing

High Ball Screen Offense



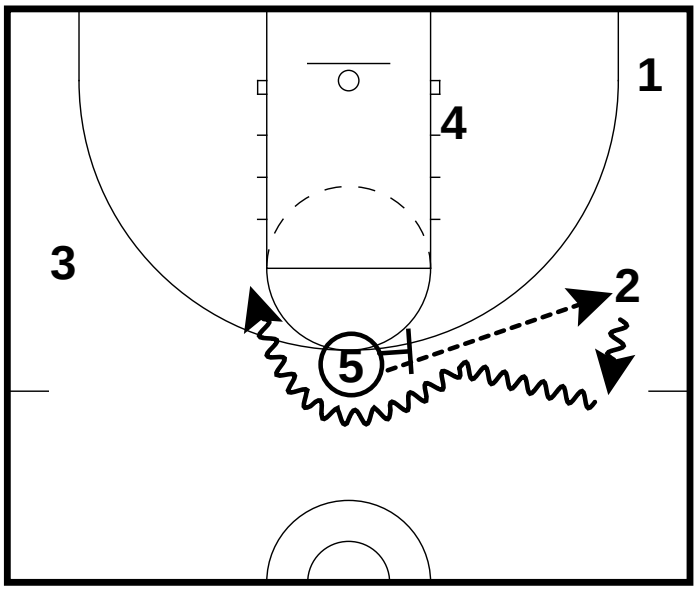
Offense

High Post Pass

- 3 reads
1. Shoot
2. High Low Pass
3. Rip and Drive

- 3 looks to hunt for shot

High Ball Screen Offense

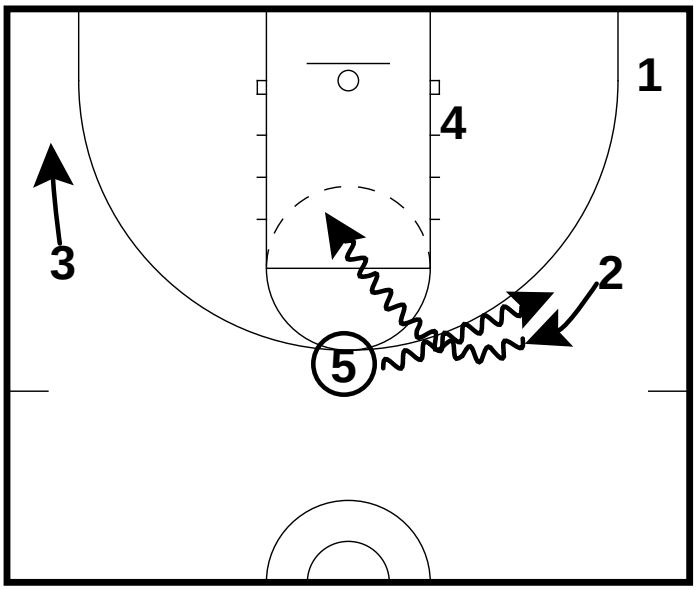


Offense

Strong Side Pass

- If the post cannot shoot, drive or make a high low pass, he can pass back to the strong side and then ball screen

High Ball Screen Offense



Offense

Dribble Hand Off

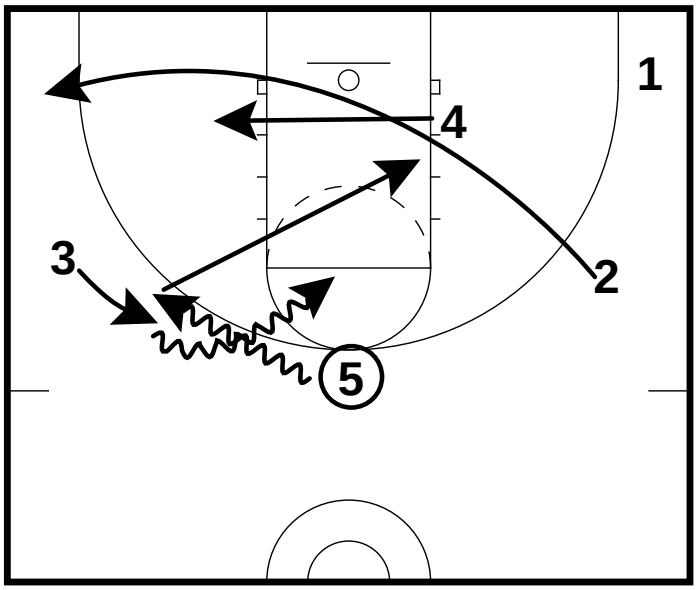
- If the post cannot shoot, drive, or make a high low pass, he can also dribble hand-off

All Contents Proprietary

High Ball Screen Offense

Curt Miller (Bowling Green State University)

High Ball Screen Offense



Offense

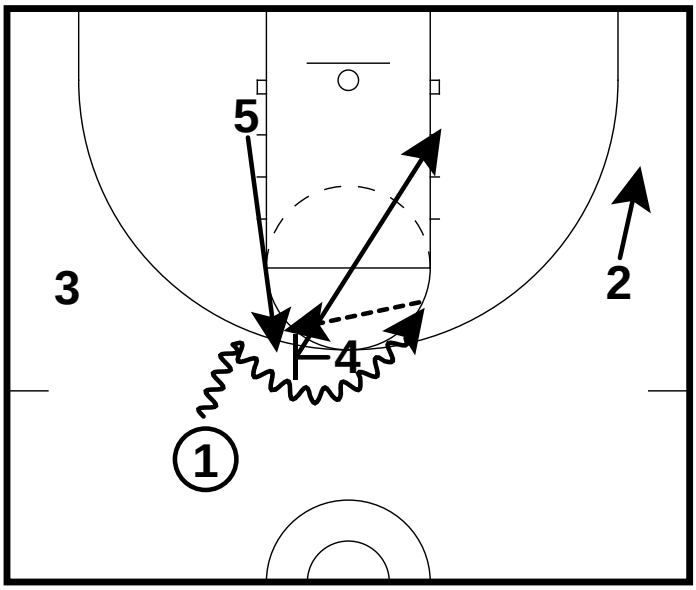
Weak Side Wing Pass

- If the post passes to the weak side wing the post can

1. Pass and follow
2. Dribble hand-off

- Low post goes opposite
- Top guard cuts through to ball side wing

High Ball Screen Offense



Offense

PG to High Post Pass Flash

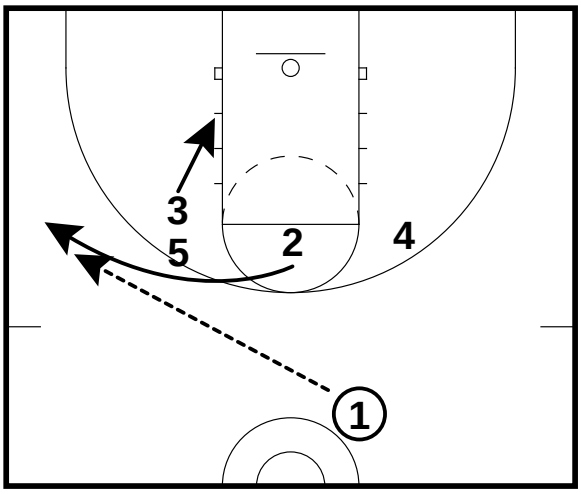
- Post can shoot, rip and drive, or look for high low pass or run any of the wing pass options

All Contents Proprietary

Jimmer

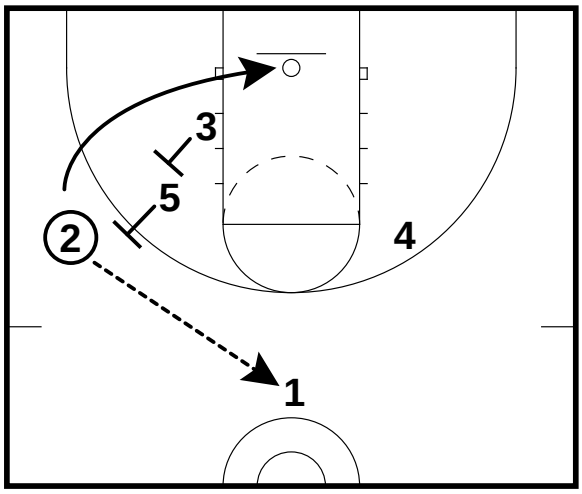
BYU Cougars

Jimmer



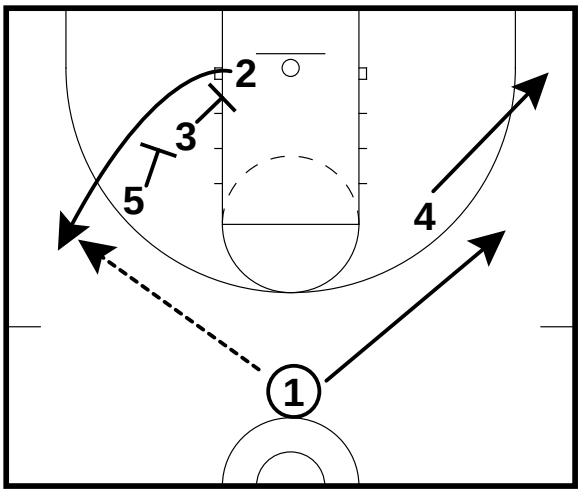
Quick Hitters - Man

Jimmer



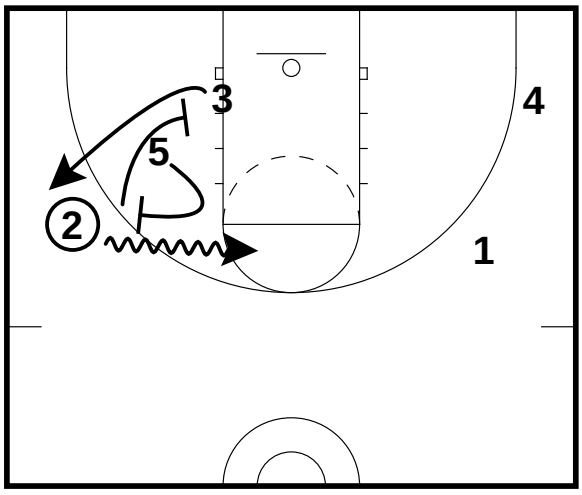
Quick Hitters - Man

Jimmer



Quick Hitters - Man

Jimmer



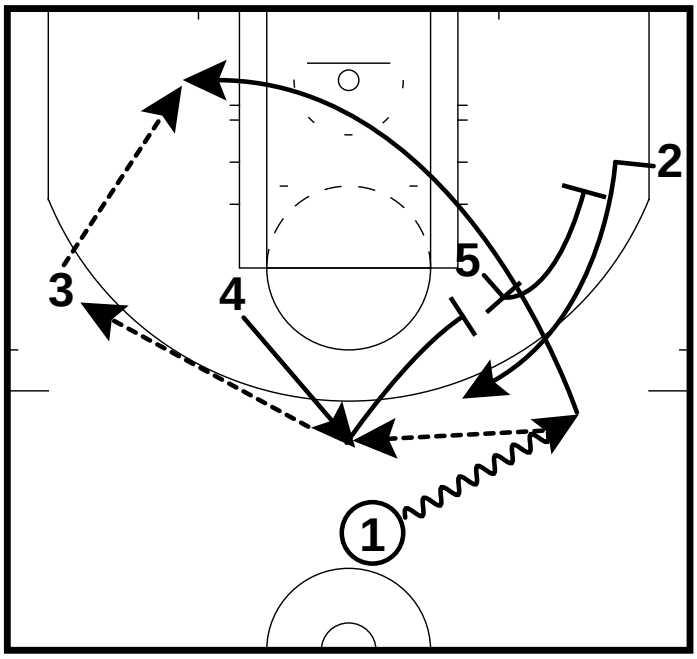
Quick Hitters - Man

All Contents Proprietary

1 Back Double

Golden State Warriors

1 Back Double



Zone Offense

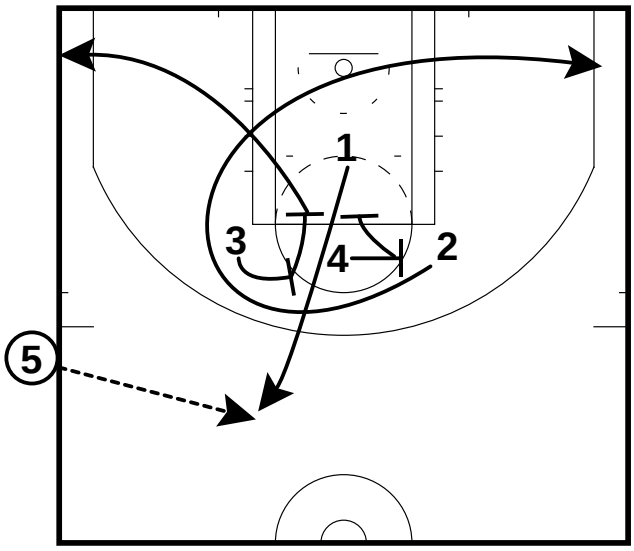
1 offsets the ball, 4 pops out, 1 passes to 4. 5 backscreens 1 who cuts to the block as 4 passes to 3. 5 & 4 stagger away for 2.

All Contents Proprietary

Diamond-Thumb Up Spread

Golden State Warriors

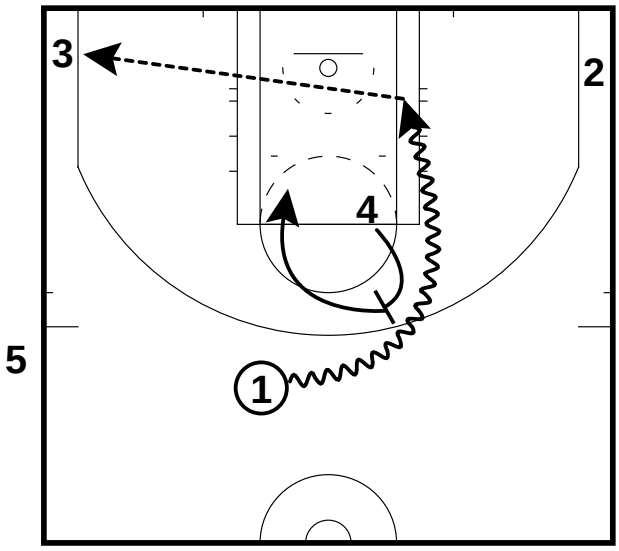
Diamond-Thumb Up Spread



SLOB

2 curls off a screen from 4 & 3 back to the opposite corner. 3 & 4 elevator screen 1 to the top. 5 passes to 1.

Diamond-Thumb Up Spread



SLOB

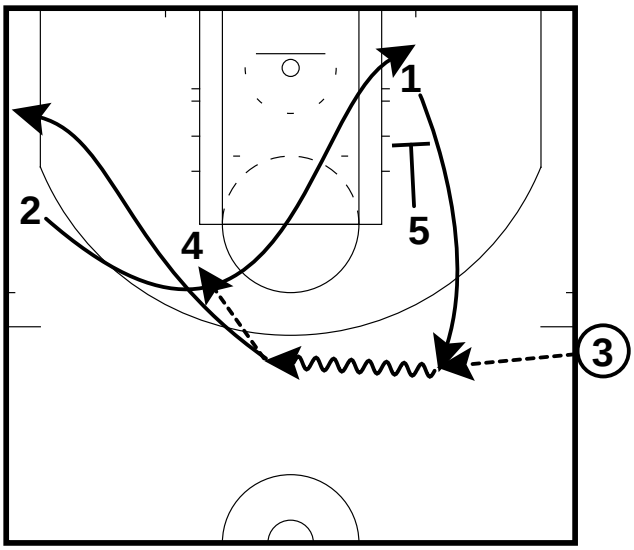
4 sets middle pick & roll for 1.

All Contents Proprietary

Zipper Elbow

Golden State Warriors

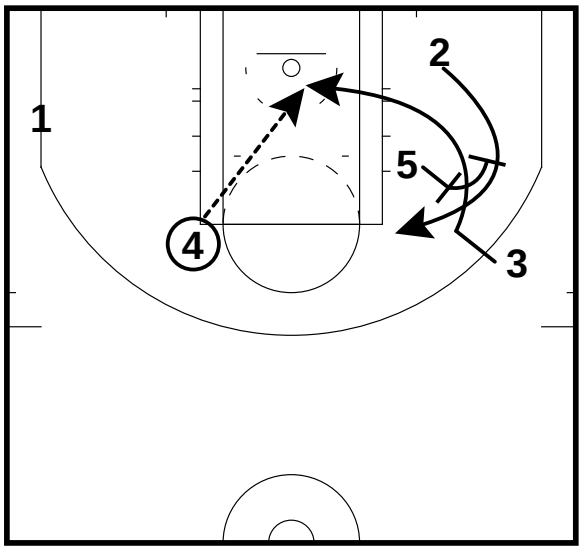
Zipper Elbow



SOB

1 zippers up the lane, 3 passes to 1. As 1 centers the ball, 2 cuts over 4 to the opposite short corner. 1 hits 4 at high post. 1 cuts over top of 4 to the corner.

Zipper Elbow



SOB

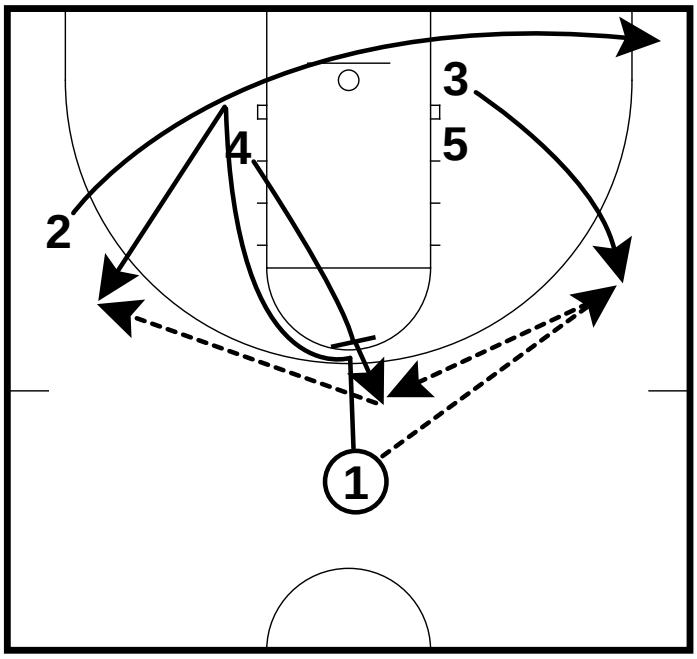
3 sets up his man and shoots backdoor off a backscreen from 5. Then 5 pins for 2. 4 can hit 2 or 3 coming off screens.

All Contents Proprietary

15 Rub

Kentucky Wildcats

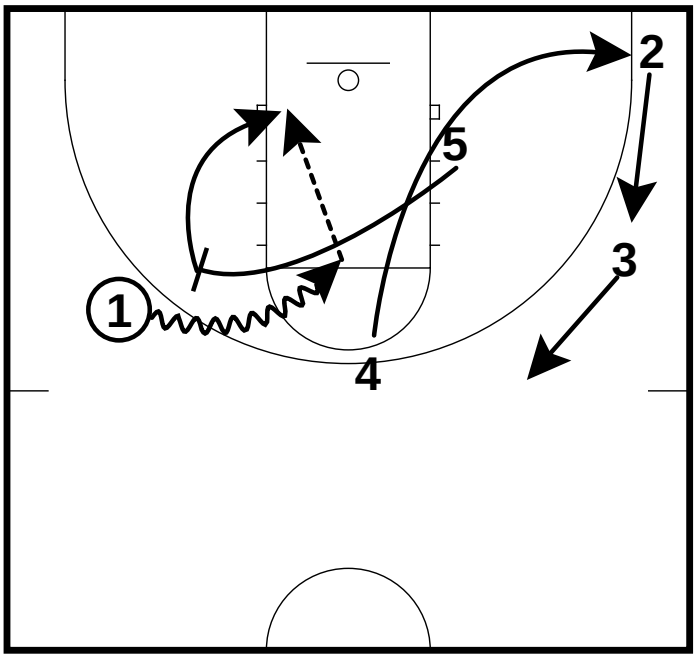
15 Rub



Side Pick & Roll

3 cuts to the wing, 1 hits 3. 2 sprints to opposite corner and 4 backscreens 1 to the block. 3 reverses the ball to 4, 4 swings to 1.

15 Rub



Side Pick & Roll

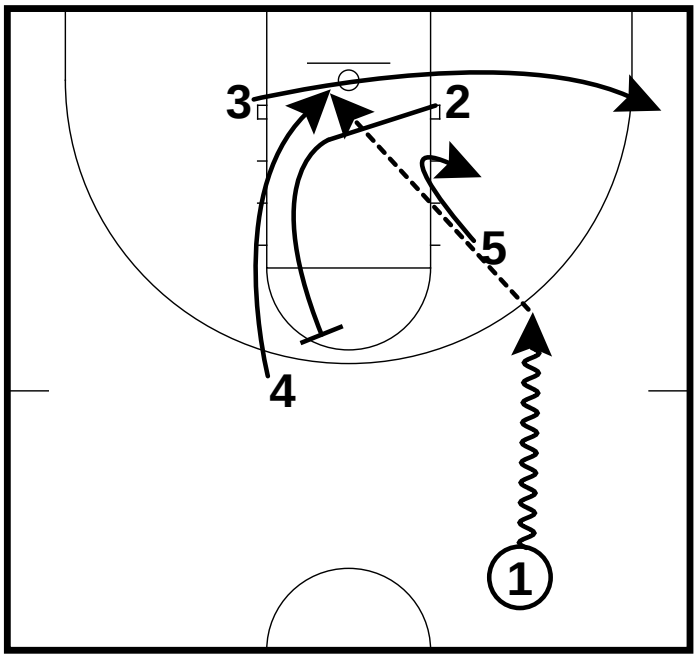
4 rub cuts to the corner and 5 sprints into a side pick & roll with 1.

All Contents Proprietary

4 Back

Kentucky Wildcats

4 Back



Quick Hitters

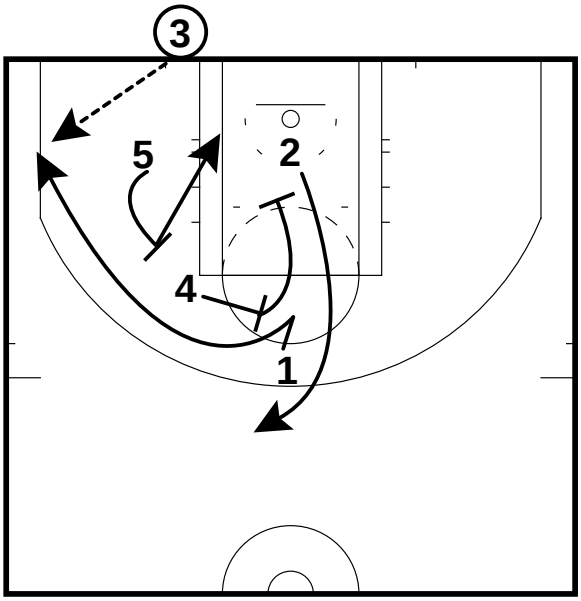
2 has the option to screen across for 3 (in this play he just rub screened), 3 cuts to the ball side corner. 2 sets backscreen for 4, 5 ducks in hard. 1 hits 4 overtop for Lob.

All Contents Proprietary

1

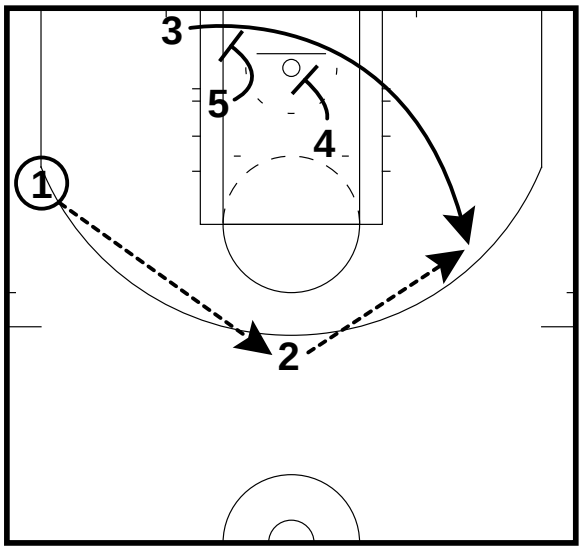
Chuck Daly

1



UOOB vs Man

1



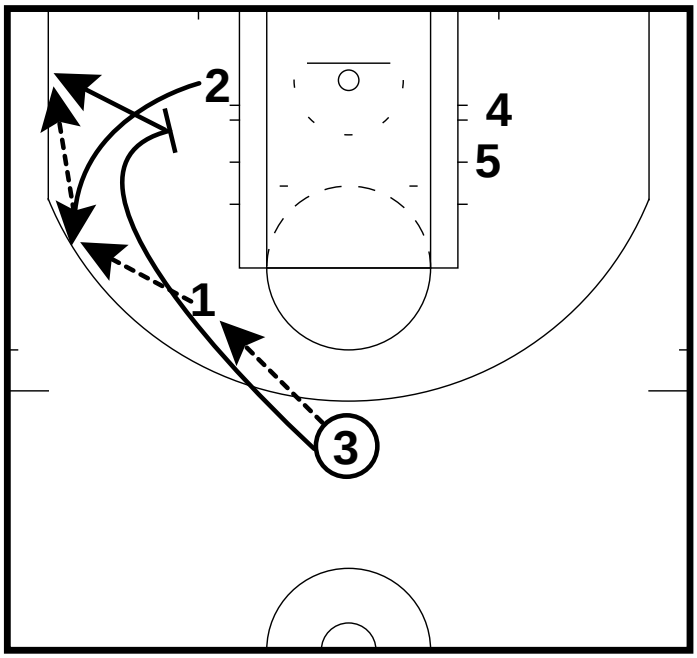
UOOB vs Man

All Contents Proprietary

1 Elbow Exchange

Boston Celtics

1 Elbow Exchange

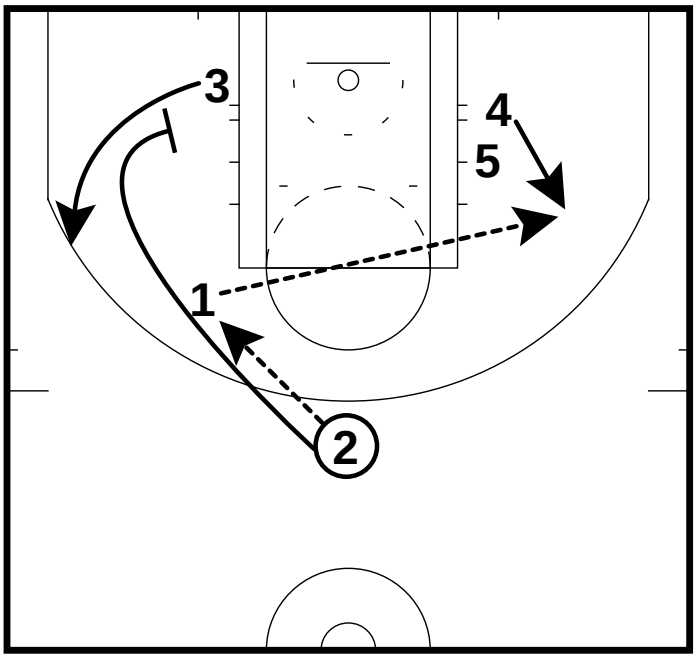


Half-Court Sets

3 hits 1 a few steps off the elbow. 3 cuts over top and sets a screen for 2. 2 curls looking for a shot.

(In the play shown in video, defense overhelped on the curl which left 3 wide-open in the corner for a shot.)

1 Elbow Exchange



Half-Court Sets

2 hits 1 a few steps off the elbow. 2 cuts over top and sets a screen for 2. 2 curls looking for a shot.

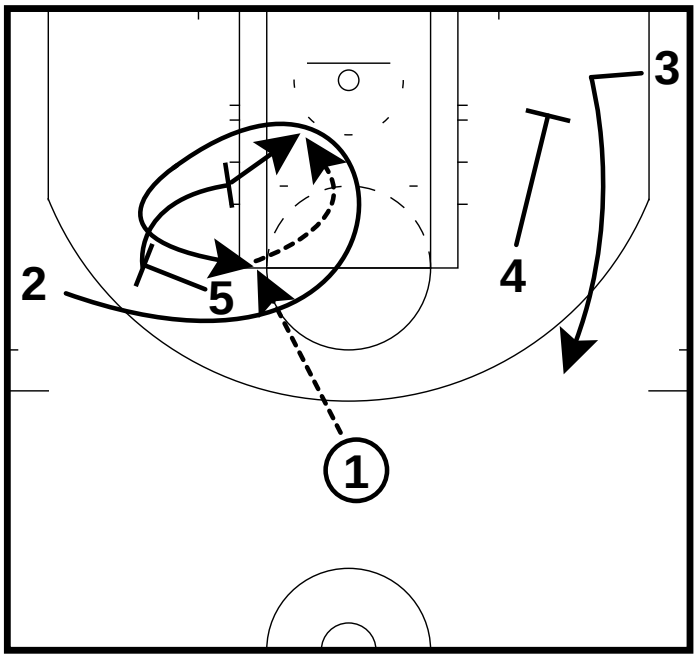
(Clip 2 of the video shows X4 overhelping. 4 saw this and popped out for a wide open 15 footer.)

All Contents Proprietary

2 Loop Down

Boston Celtics

2 Loop Down



Half-Court Sets

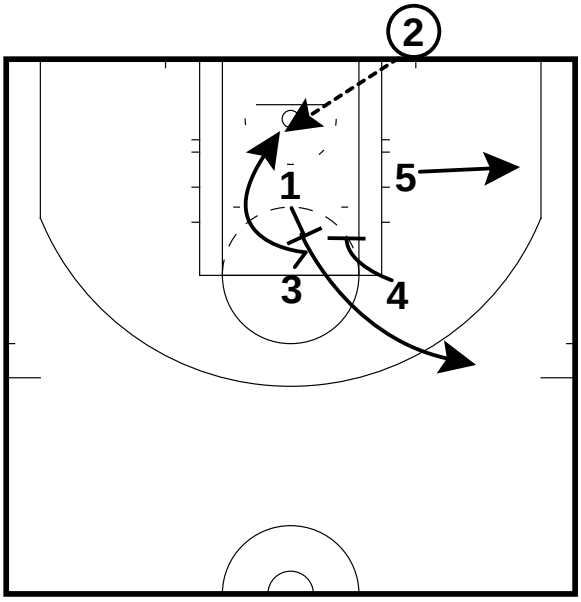
2 loops around a screen from 5, and curls back off another screen from 5. Same time 4 pins down for 3. 1 hits 2, 2 hits 5 on the roll.

All Contents Proprietary

3 Back

Boston Celtics

3 Back



UOOB vs Man

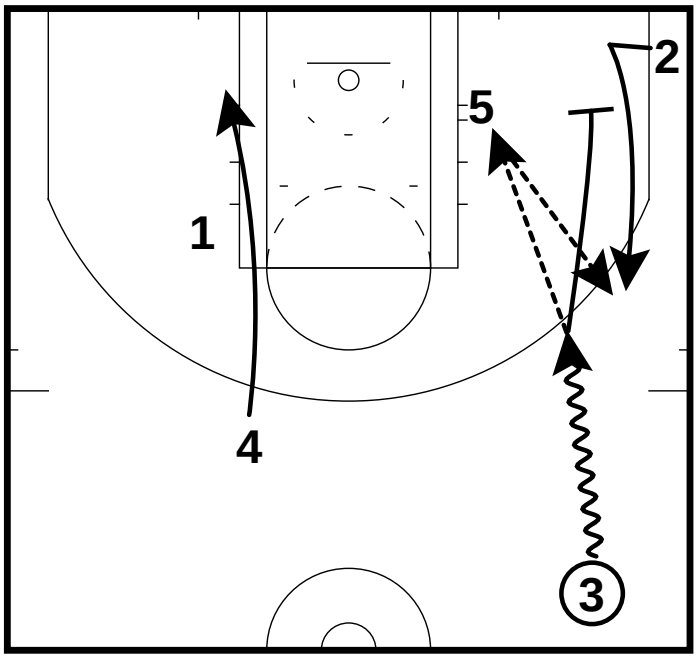
5 pops out, 1 backscreens 3, 4 pins down for 1.

All Contents Proprietary

35 Quick

Boston Celtics

35 Quick



Half-Court Sets

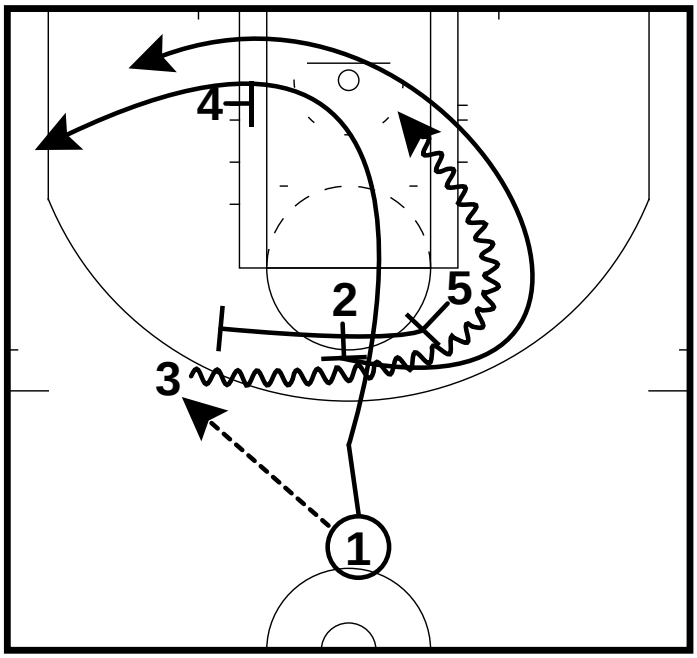
3 brings the ball up court and passes to 5 in the post, as 4 dives, 3 pins down for 2. 5 hits 2 for an open shot.

All Contents Proprietary

53 Out

Boston Celtics

53 Out



Half-Court Sets

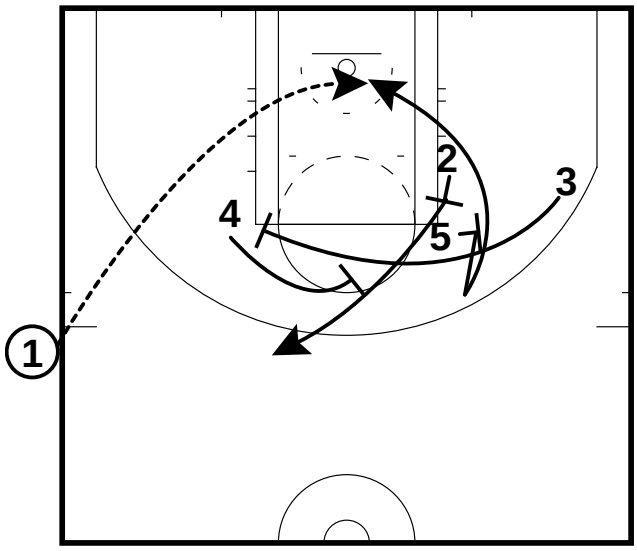
1 hits 3 and sprints off screen from 2 and curls out to corner. 5 flares 2, then 5 sets middle pick & pop with 3.

All Contents Proprietary

EOG-LOB

Boston Celtics

EOG-LOB



Late Game/ Specials

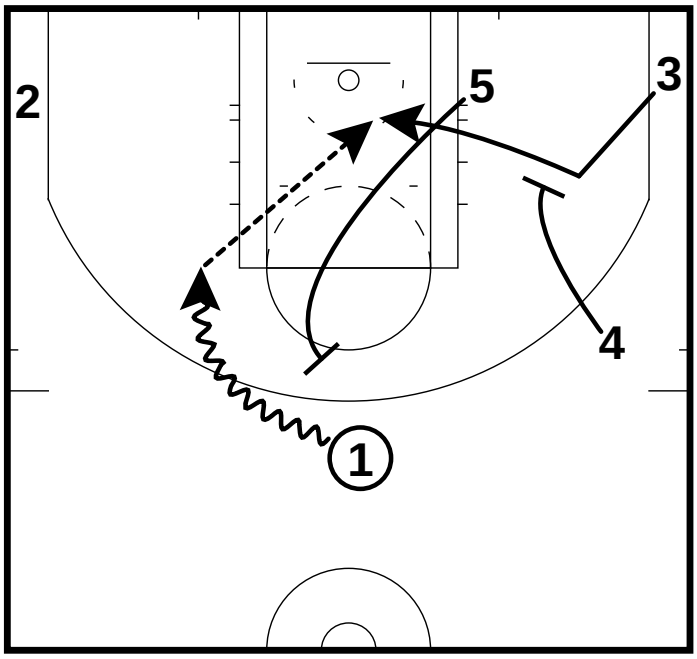
5 screens 3, 5 fakes a flash back to the ball and 2 backscreens 5 for a Lob. At the same time, 3 screens 4 into a pin-down for 2.

All Contents Proprietary

EOQ

Boston Celtics

EOQ



Late Game/ Specials

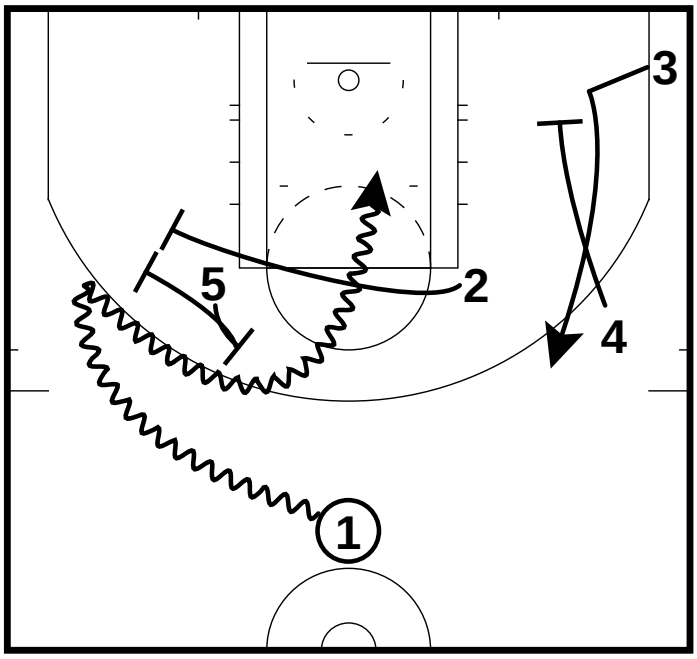
5 sprints into middle pick & pop with 1. 4 pins down for 3, 3 reads the defense and shoots backdoor for wide open lay-up.

All Contents Proprietary

Horns 52

Boston Celtics

Horns 52



Half-Court Sets

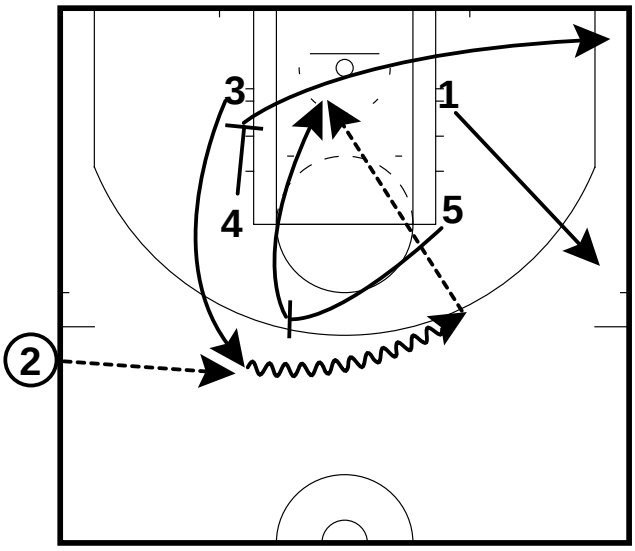
1 comes off elbow pick & roll from 5, 2 sprints over and sets double wing pick & roll with 5. As 1 comes off, 4 pins down for 3.

All Contents Proprietary

Zipper Thumb

Boston Celtics

Zipper Thumb



SOB

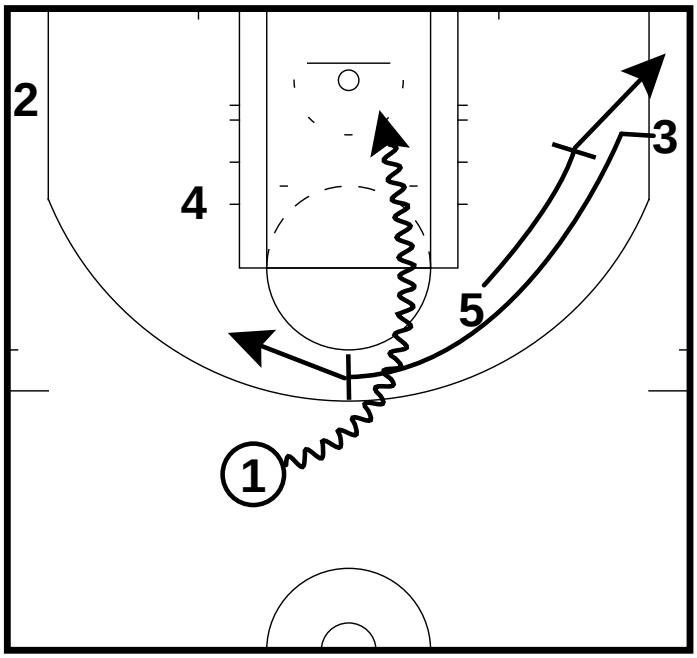
4 pins down for 3, 4 clears out to opposite elbow. 2 passes to 3, 1 pops to wing. 5 sprints into middle pick & roll.

All Contents Proprietary

1 Hook

Oklahoma City Thunder

1 Hook



Pick & Roll

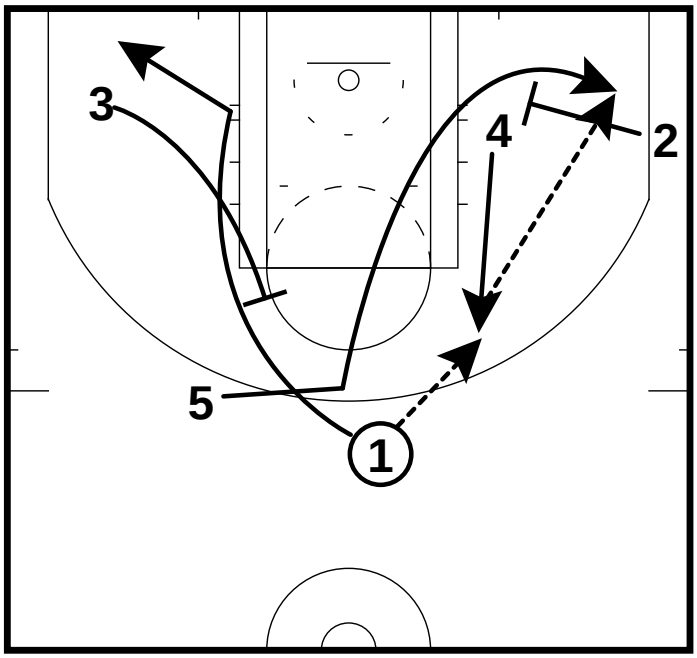
5 pins down on 3. 3 sets middle pick & roll for 1.

All Contents Proprietary

1 Special

Oklahoma City Thunder

1 Special



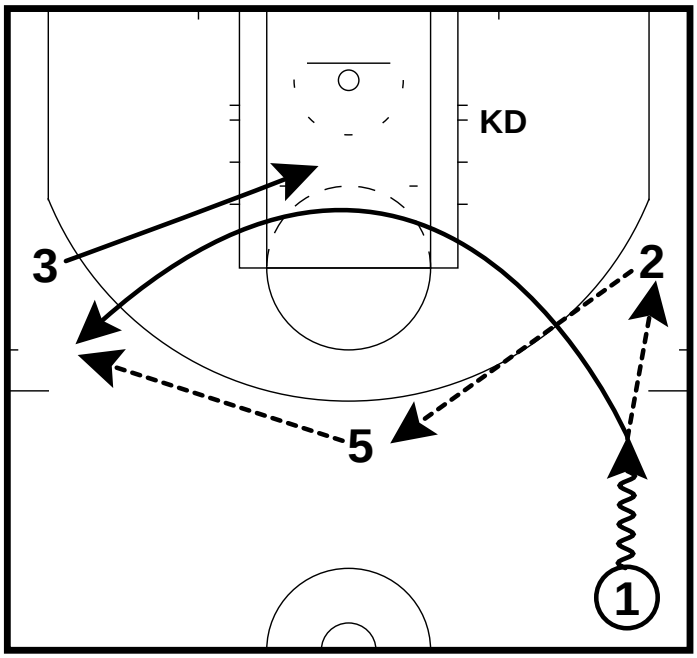
Half-Court Sets

All Contents Proprietary

1 Thru Hook

Oklahoma City Thunder

1 Thru Hook

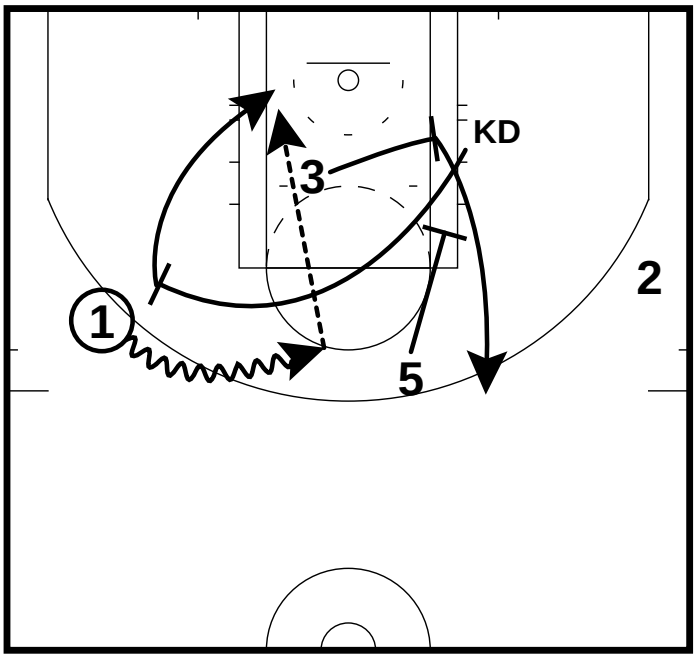


Pick & Roll

1 advances the up the court quickly to 2. 1 cuts to the opposite wing as the ball is swung back to him through the 5.

Note: As 1 is cutting through 3 starts moving toward the lane.

1 Thru Hook



Pick & Roll

3 screens 4 (Kevin Durant) into a wing pick & roll. 5 pins down on 3 after setting the screen.

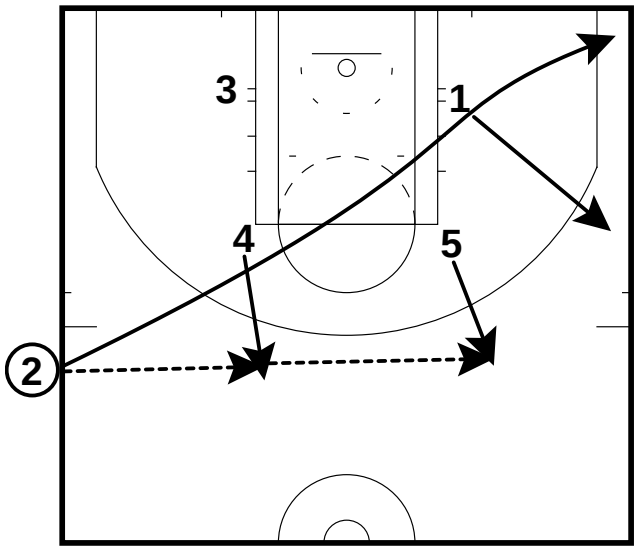
Your first option is the 4 on the roll. If the defense overhelps on the roll 3 is your second option.

All Contents Proprietary

Box 3-Pin

Oklahoma City Thunder

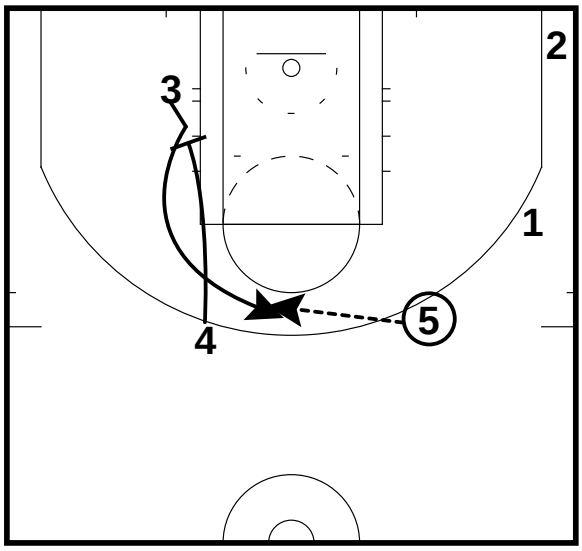
Box 3-Pin



SOB

4 pops out and catches from 2. 2 sprints to opposite corner as 4 passes to 5

Box 3-Pin



SOB

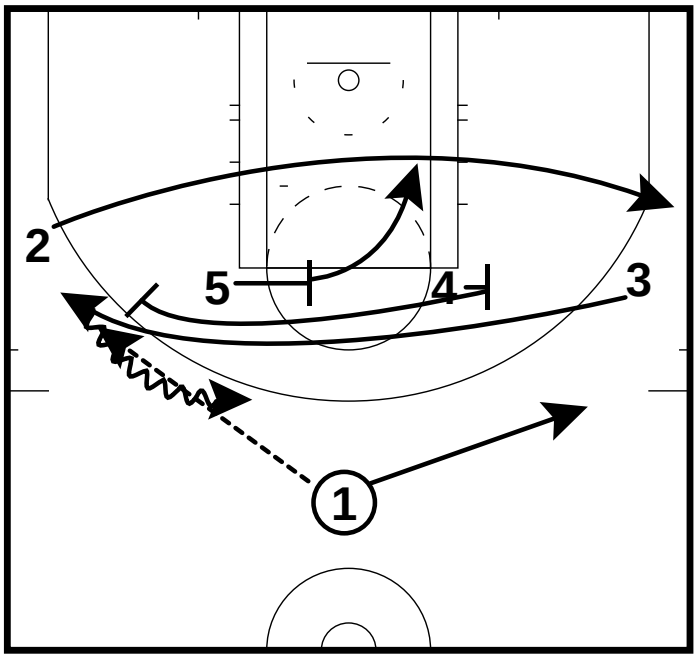
4 pins down for 3 for an open shot at the top of the key.

All Contents Proprietary

Horns Thumb

Oklahoma City Thunder

Horns Thumb



Half-Court Sets

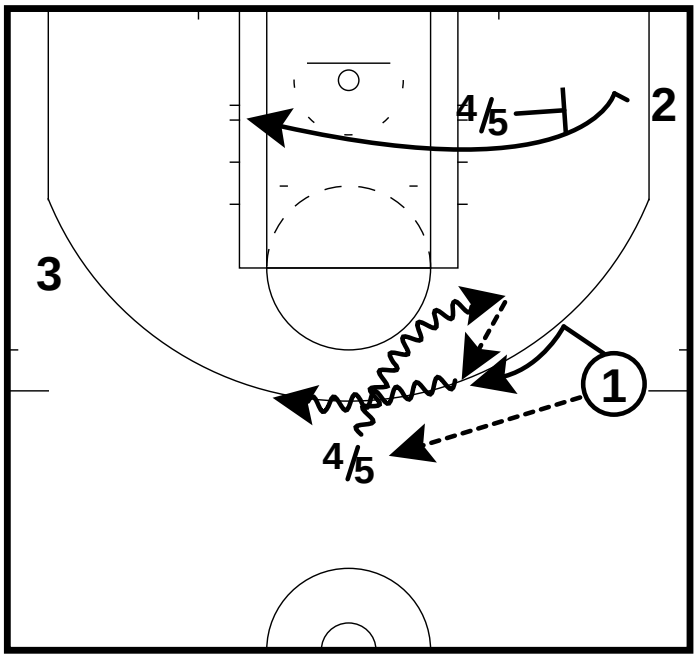
3 rhody cuts over the top of 4 & 5, 2 cuts opposite, 1 hits 3. 4 sprints into a wing pick & roll.

All Contents Proprietary

SWING TWIST

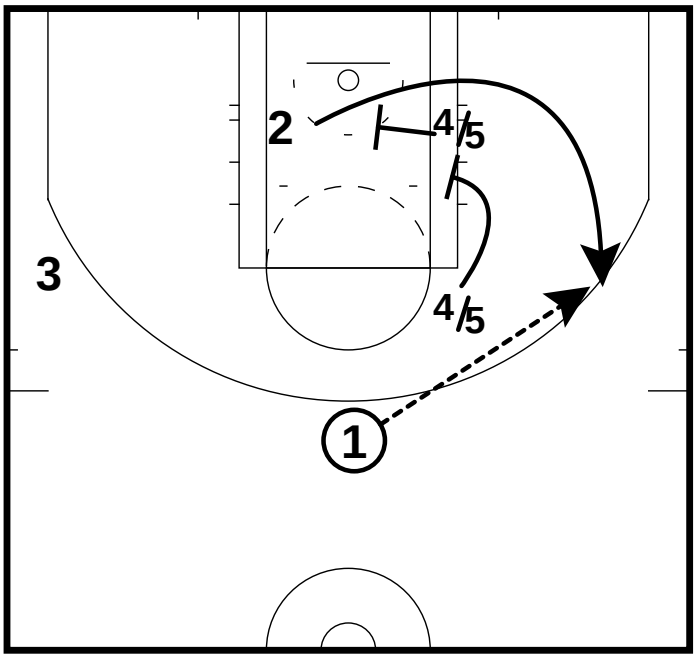
Oklahoma City Thunder

SWING TWIST



Transition

SWING TWIST



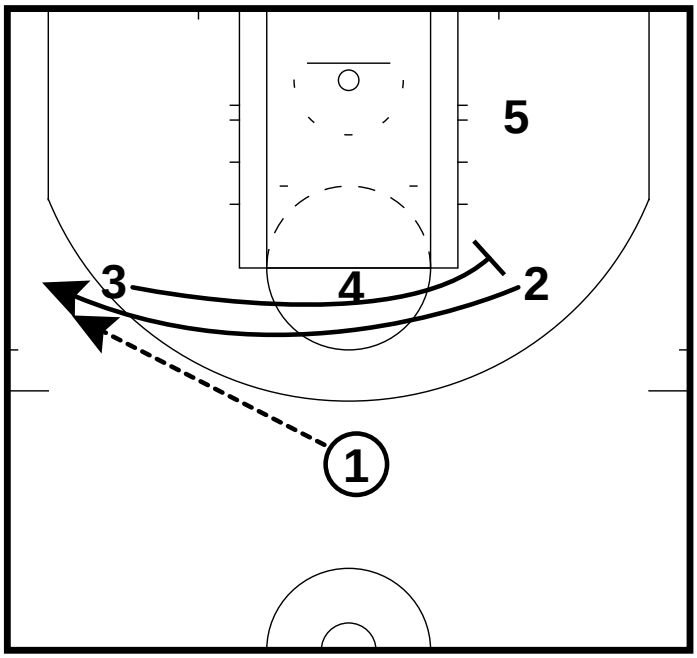
Transition

All Contents Proprietary

2 Rip

San Antonio Spurs

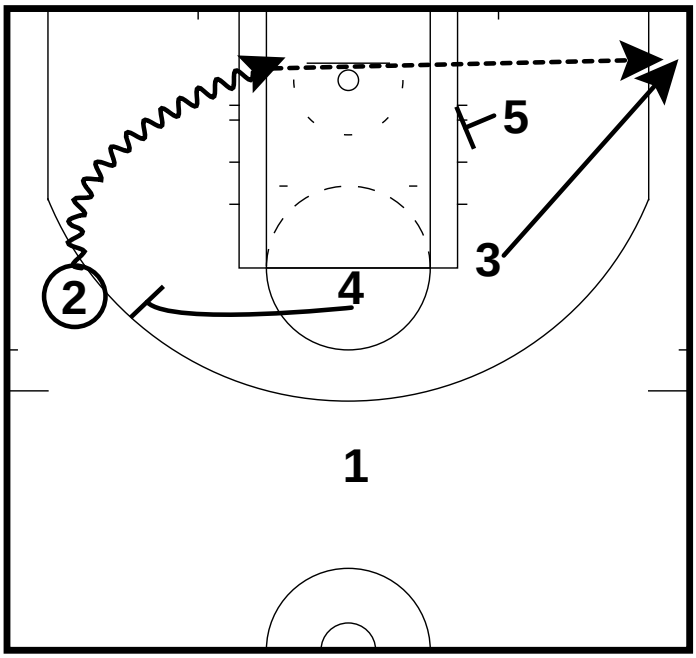
2 Rip



Half-Court Sets

3 screens 2 into a Rhody cut.

2 Rip



Half-Court Sets

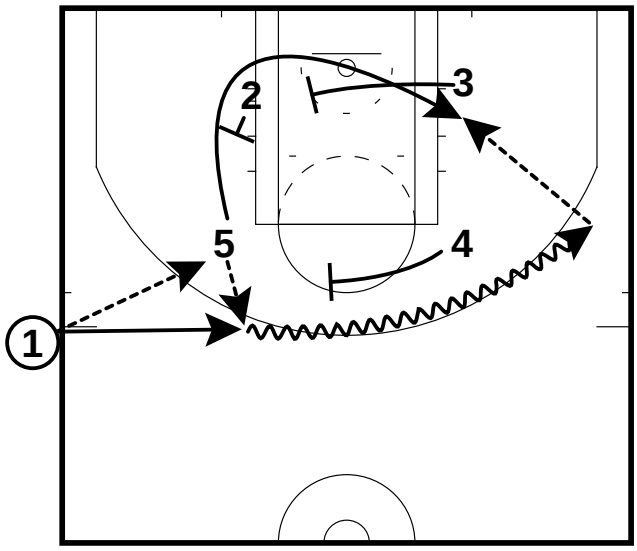
4 sets side pick & roll for 2. 2 turns the screen down and dribbles baseline. 3 releases to the corner and 5 screens in.

All Contents Proprietary

Box Triple

San Antonio Spurs

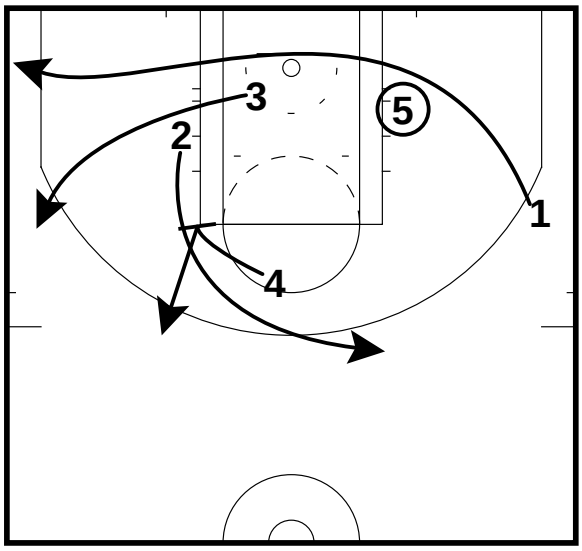
Box Triple



SOB

1 hits 5 and sprints in bounds to get hand-off back from 5. 4 sets middle ballscreen for 1. 2 & 3 set stagger back/cross screen for 5.

Box Triple



SOB

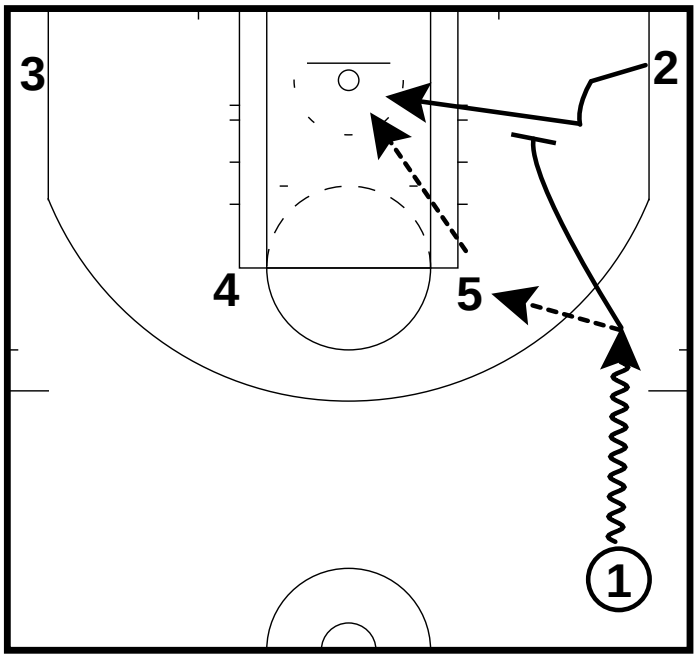
4 pins down for 2, 1 cuts opposite to clear out the post for 5. Shooters spot up.

All Contents Proprietary

Elbow-Side

San Antonio Spurs

Elbow-Side



Half-Court Sets

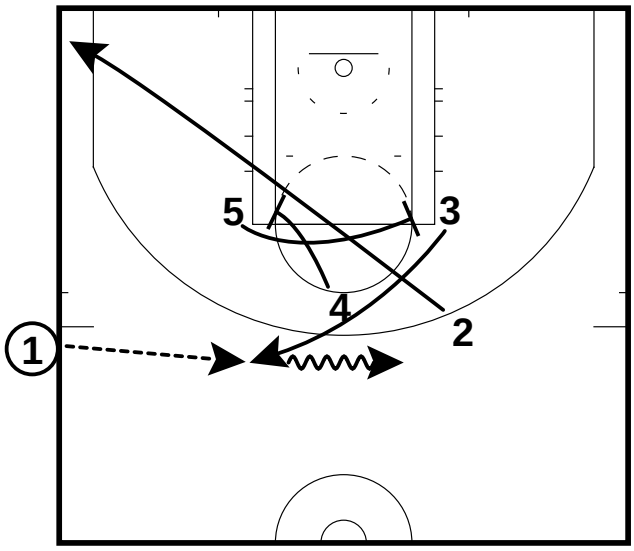
1 hits 5 and goes to pin down for 2, 2 rejects screen and shoots back door.

All Contents Proprietary

EOG-3X

San Antonio Spurs

EOG-3X



Late Game/ Specials

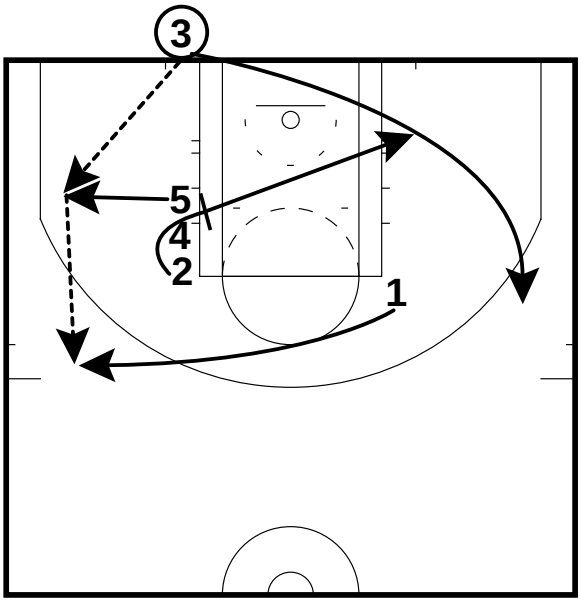
2 cuts to the corner, 4 screens 5 into a screen for 3. 1 inbounds to 3.

All Contents Proprietary

2 Loop Again

Orlando Magic

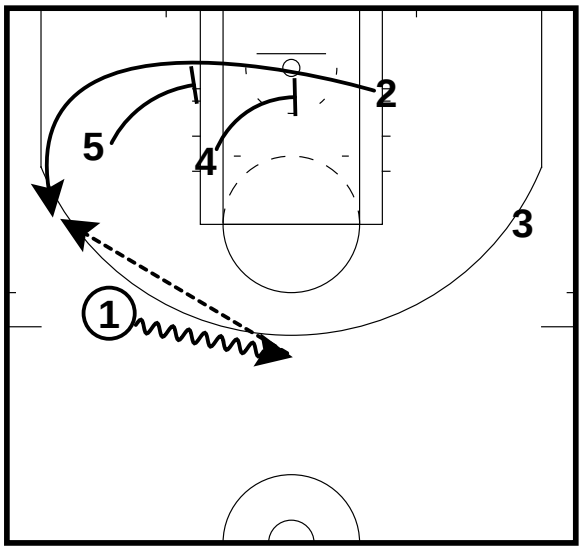
2 Loop Again



UOOB vs Man

2 screened in on X5, 5 popped out and 3 passed to 5. 1 cut to the ball and 5 passed to 1. 3 sprinted to the opposite wing. 1 centered the ball.

2 Loop Again



UOOB vs Man

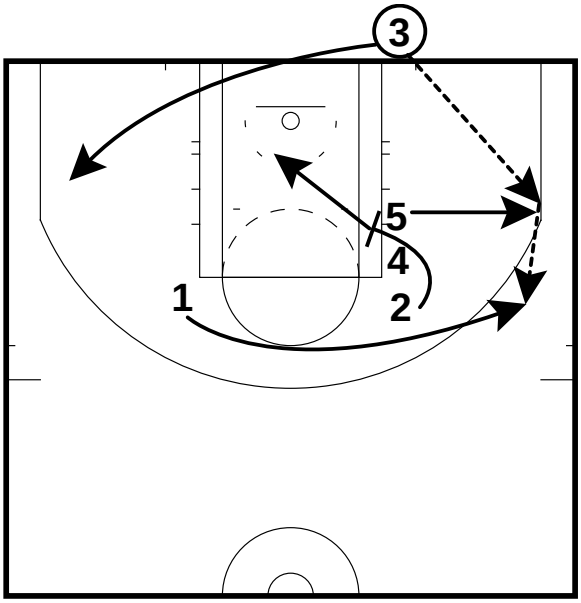
4 and 5 set a stagger screen for 2.

All Contents Proprietary

5 Pop

Orlando Magic

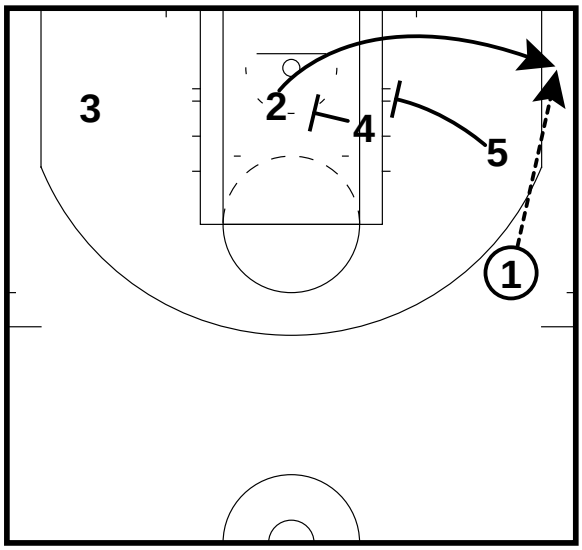
5 Pop



UOOB vs Man

2 wraps and screens in on X5, 5 pops out to catch the ball from 3. 5 passes to 1.

5 Pop



UOOB vs Man

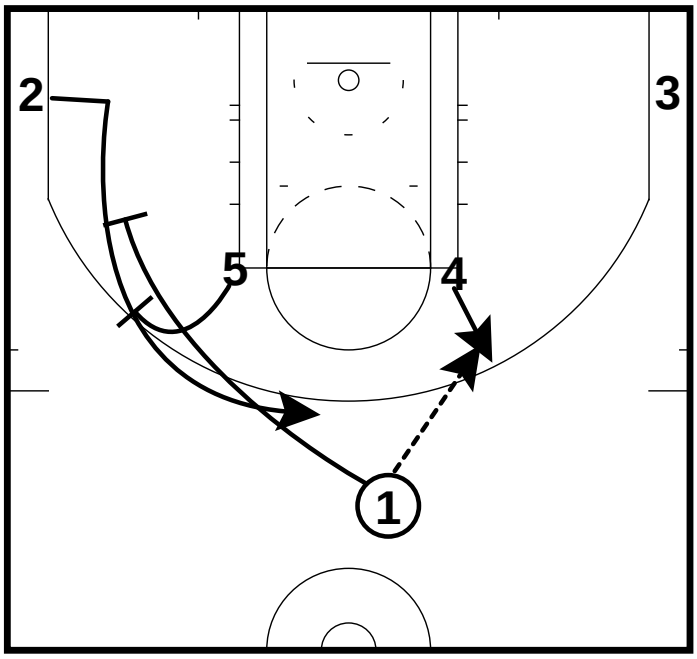
4 and 5 set a double screen for 2 who gets a wide open three in the corner.

All Contents Proprietary

Elbow 4-Opposite

Orlando Magic

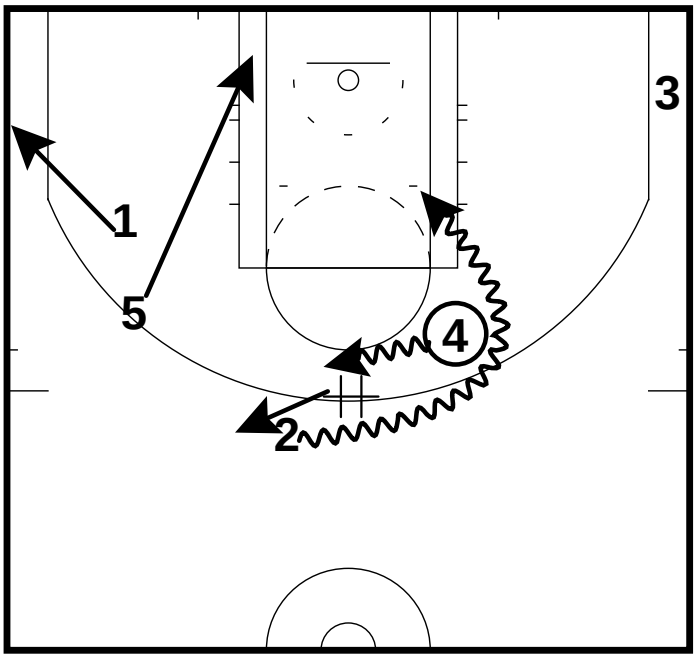
Elbow 4-Opposite



Half-Court Sets

1 hits 4 at elbow. 1 pins down for 2 and 5 cleans it up.

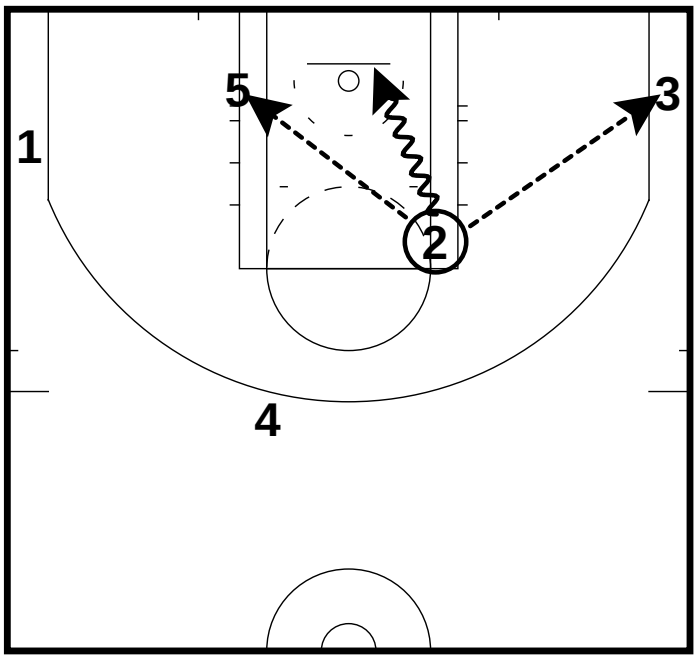
Elbow 4-Opposite



Half-Court Sets

4 and 2 go into dribble hand-off as 5 rolls.

Elbow 4-Opposite



Half-Court Sets

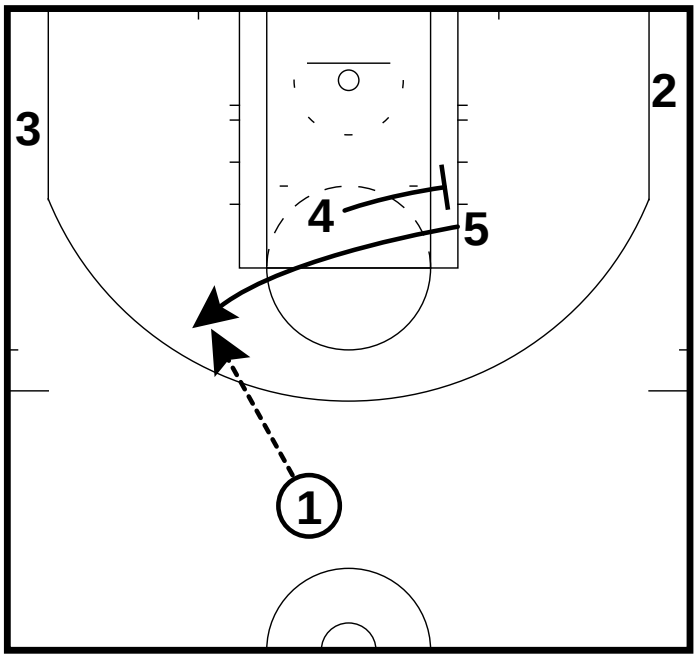
2 turns corner looking to kick out, dump to 5's roll, or score.

All Contents Proprietary

Elbow 5-Roll

Orlando Magic

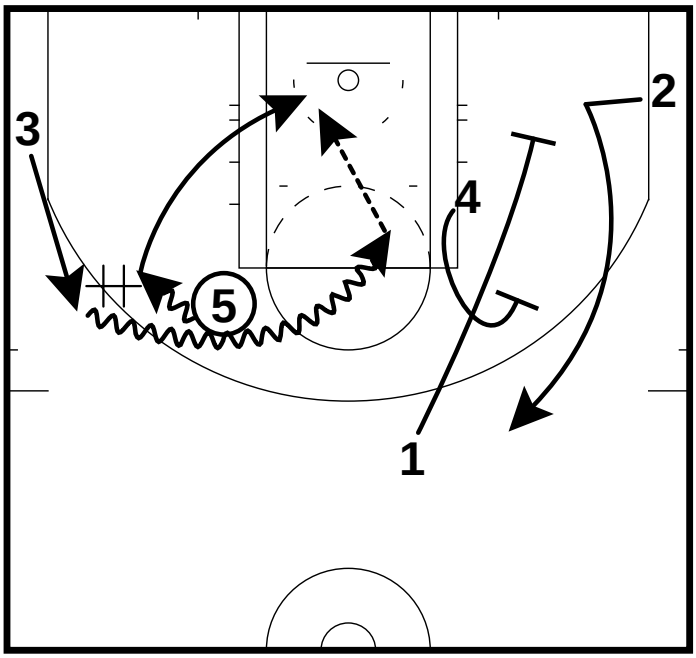
Elbow 5-Roll



Half-Court Sets

4 sets a screen to get 5 open on the left elbow. 1 passes to 5.

Elbow 5-Roll



Half-Court Sets

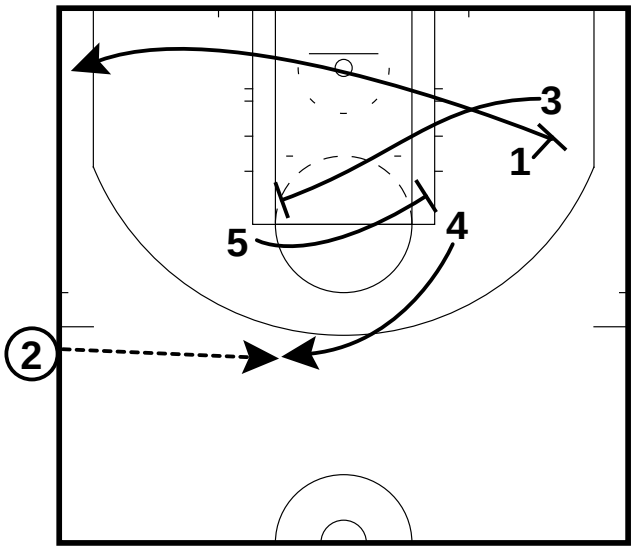
1 and 4 pin-down for 2. 5 and 3 go into dribble hand-off. 3 hits 5 on the roll for a dunk.

All Contents Proprietary

End of Game/Arc

Orlando Magic

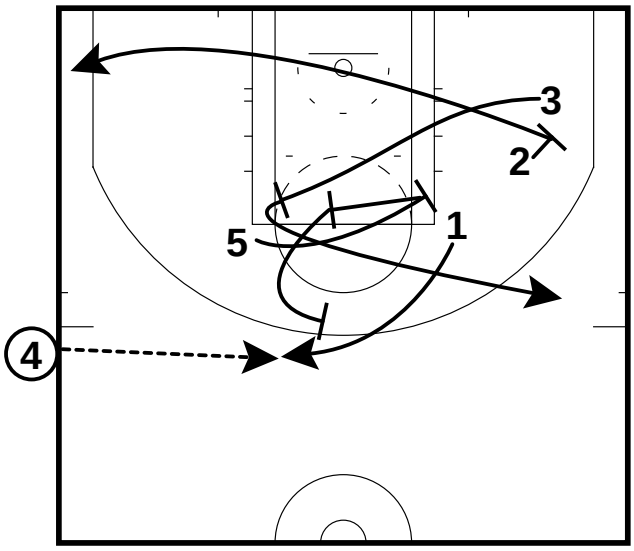
End of Game/Arc



Late Game/ Specials

1 screens 3 into setting a screen for 5 who screens for 4. 1 cuts to corner, 3 flashes.

End of Game/Arc



Late Game/ Specials

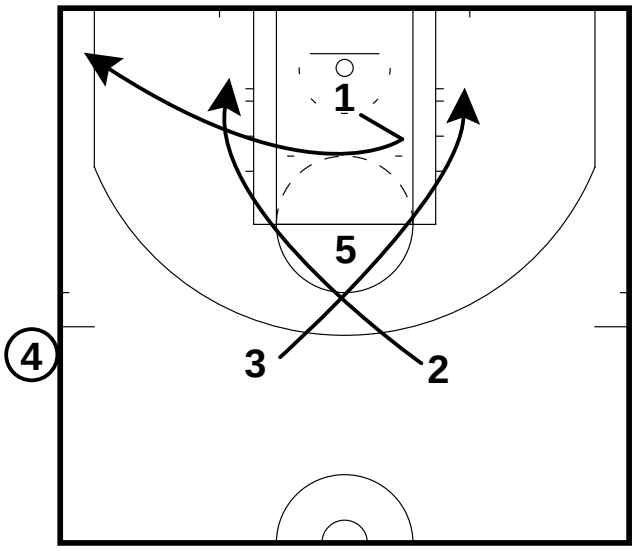
OPTION 2

All Contents Proprietary

EOG-Need 3

Orlando Magic

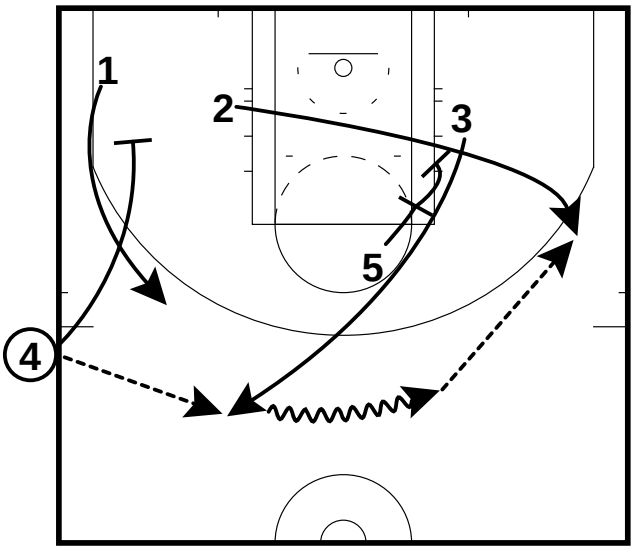
EOG-Need 3



Late Game/ Specials

2 and 3 "X" off 5 (2 goes first), 1 cuts to the corner.

EOG-Need 3



Late Game/ Specials

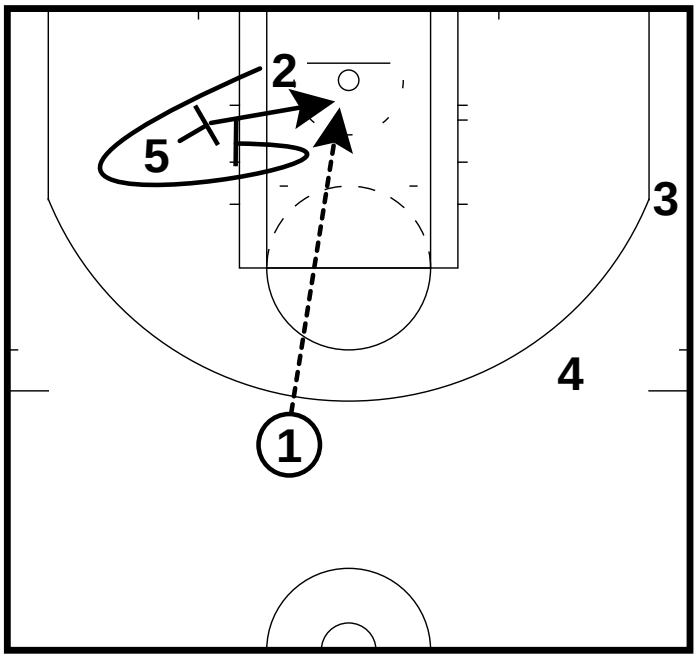
5 pins down for 3, 4 inbounds to 3. 5 pins down for 2. (4 and 1 exchange on the weak side)

All Contents Proprietary

Lob-Dwight

Orlando Magic

Lob-Dwight



Quick Hitters

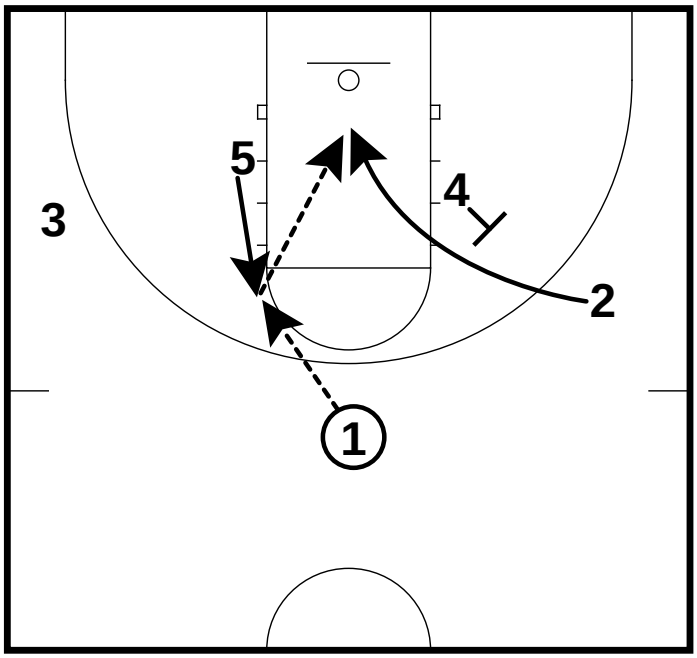
5 screens for 2. 2 loops and re-screens 5 for a Lob

All Contents Proprietary

Baseline Flex

Georgia

Baseline Flex



Quick Hitters

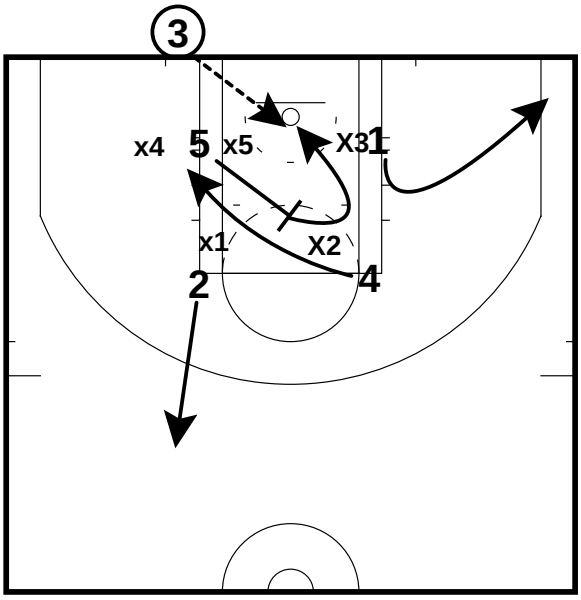
5 flashes to elbow to receive pass from 1. 2 flex cuts over top of 4 to get an easy lay-up.

All Contents Proprietary

Box Zone

Florida

Box Zone



UOOB vs Zone

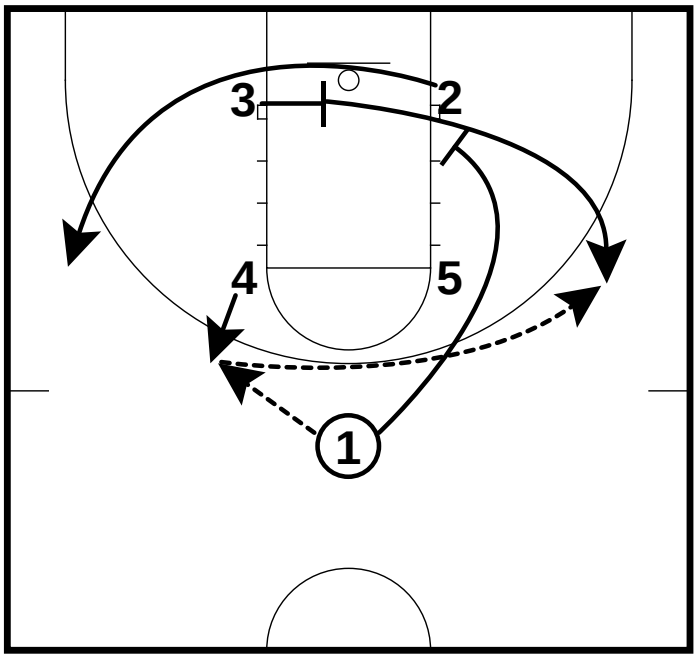
1 and 2 pop, 5 up screens for 4 and rolls back to the ball and seals the defender for a lay-up.

All Contents Proprietary

Elevator

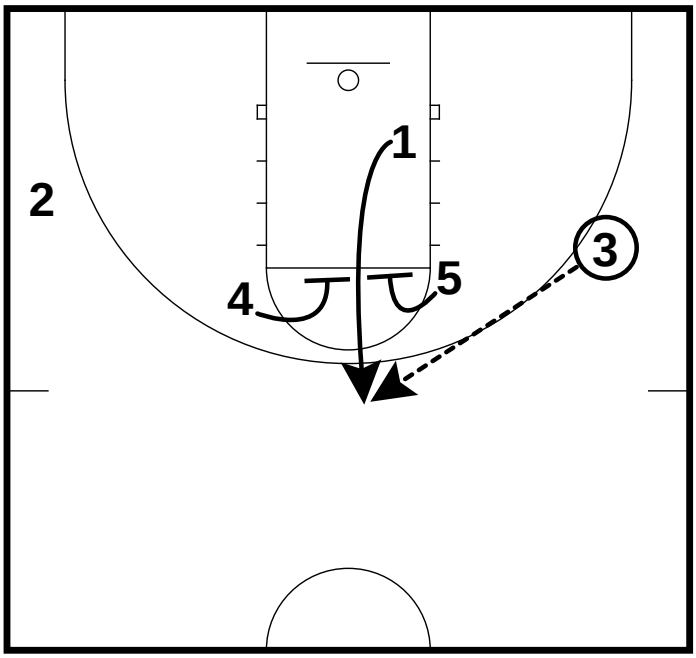
Florida

Elevator



Half-Court Sets

Elevator



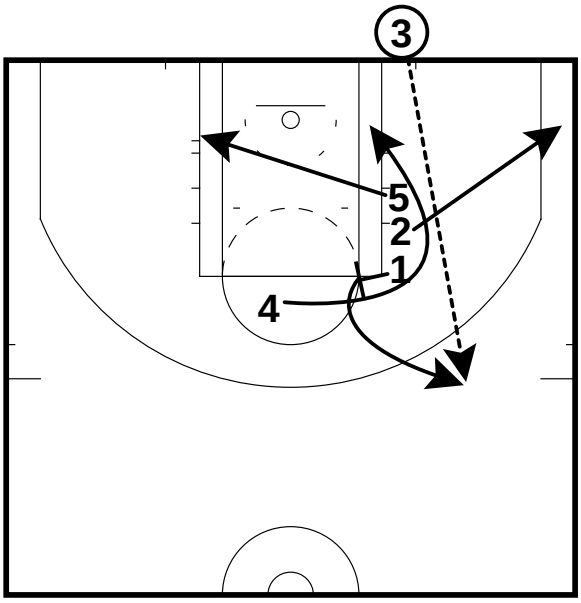
Half-Court Sets

All Contents Proprietary

1 Up

Dallas Mavericks

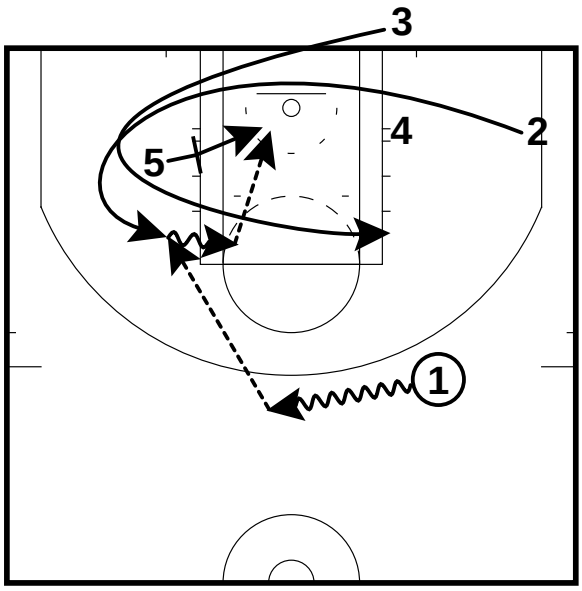
1 Up



UOOB vs Man

5 cuts to opposite block, 2 cuts to corner, 1 screens for 4 who wraps to the block. 1 pops out and 3 passes to 1.

1 Up



UOOB vs Man

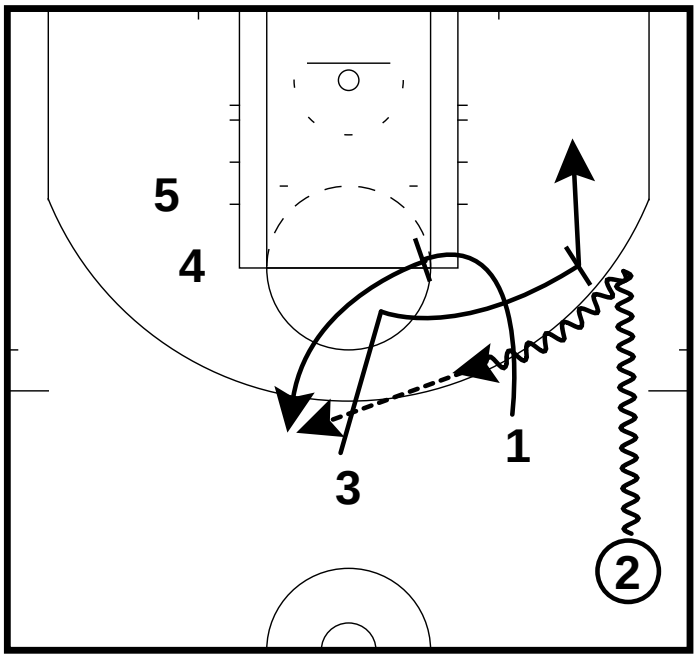
3 curls around a screen from 5 to the elbow area. 2 cuts along the baseline and curls off 5. 1 passes to 2. As 2 attacked the lane the defense stepped up so 2 dropped a pass off to 5.

All Contents Proprietary

13 Rub Thru

Dallas Mavericks

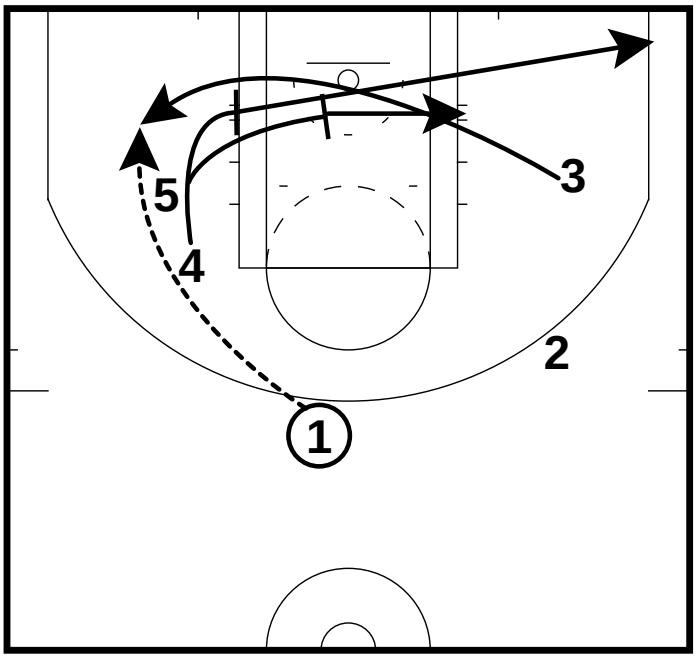
13 Rub Thru



Half-Court Sets

1 screens 3 into a side pick & roll with 2. 2 comes off and hits 1.

13 Rub Thru



Half-Court Sets

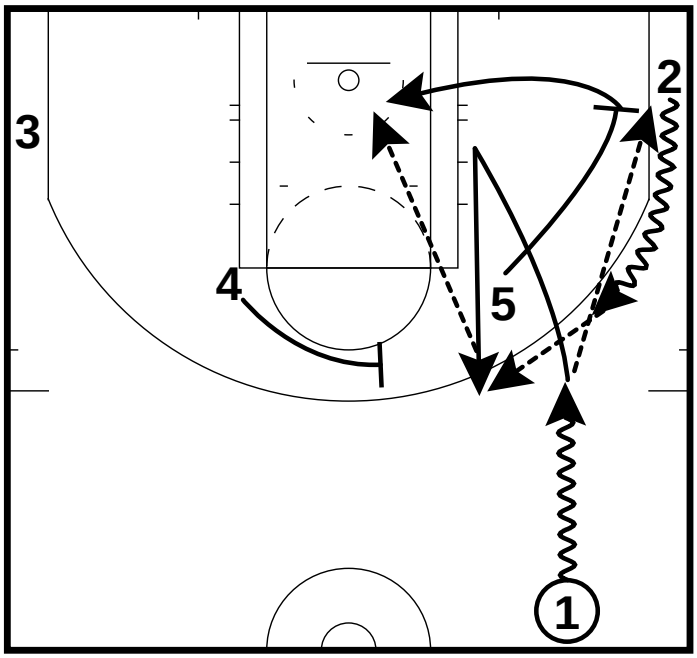
4 and 5 set baseline stagger for 3. 1 hits 3 posting on block and go into iso. Everyone else spots up.

All Contents Proprietary

2 Lift

Dallas Mavericks

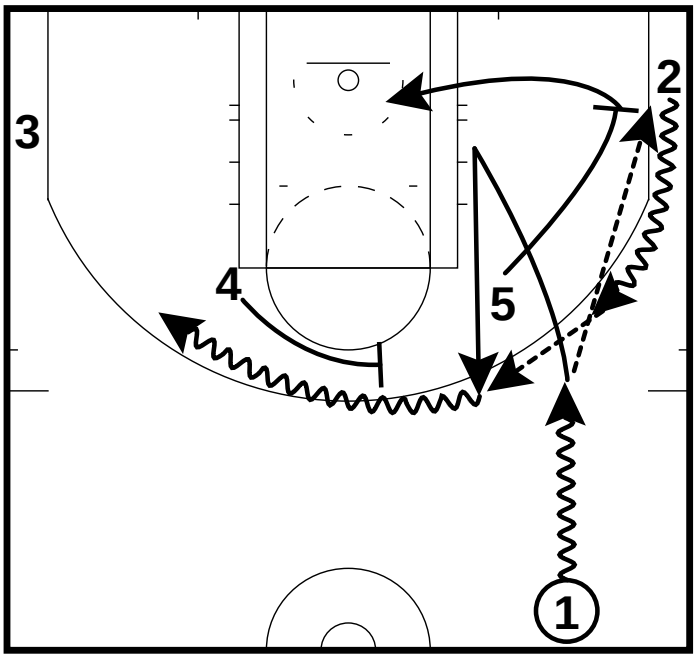
2 Lift



Early Offense

1 quickly advances the ball to 2, 1 cuts down to the block area. 5 sprints into a corner pick & roll with 2. On the dribble 1 cuts back up the lane and receives the pass from 2. On the roll 5 seals his man for a look over top.

2 Lift



Early Offense

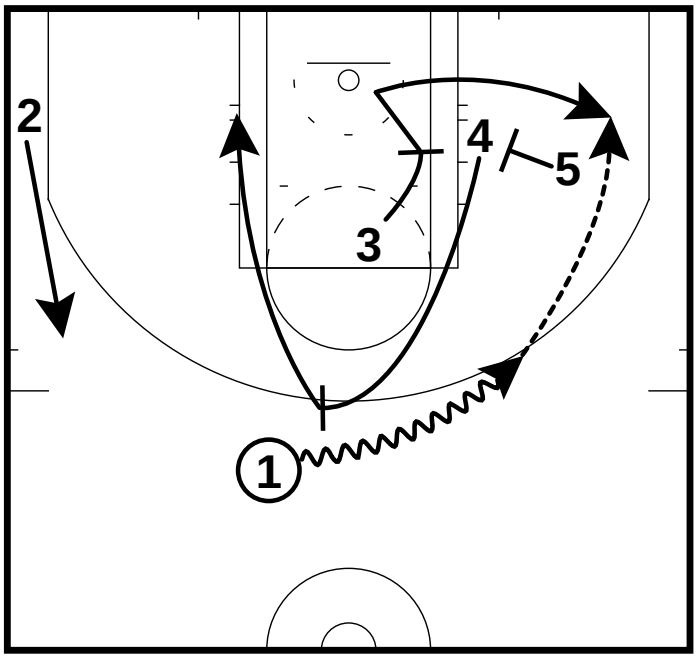
OPTION 2: 4 sets middle pick & roll/pop for 1. 3 spots up.

All Contents Proprietary

3 Hook Out

Dallas Mavericks

3 Hook Out



Half-Court Sets

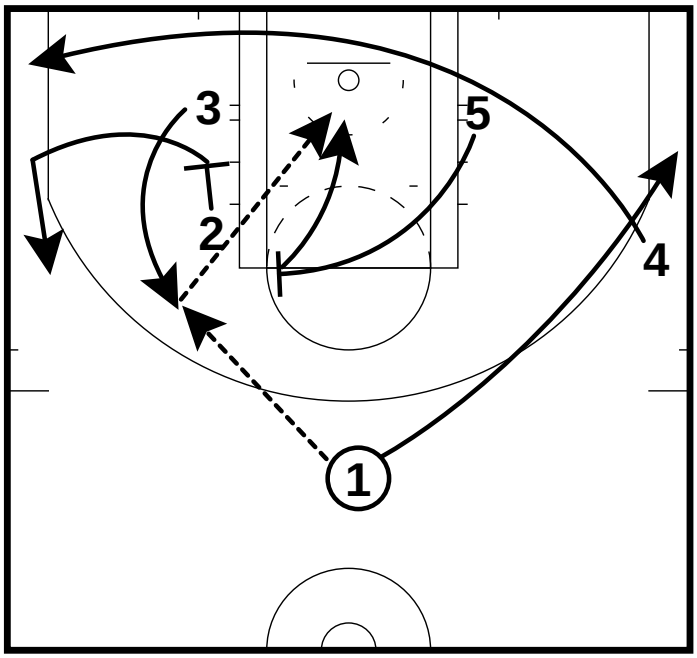
3 screens 4 into a middle pick & roll. As 1 comes off, 5 screens in on 3. 1 hits 3.

All Contents Proprietary

52 High X

Dallas Mavericks

52 High X



Half-Court Sets

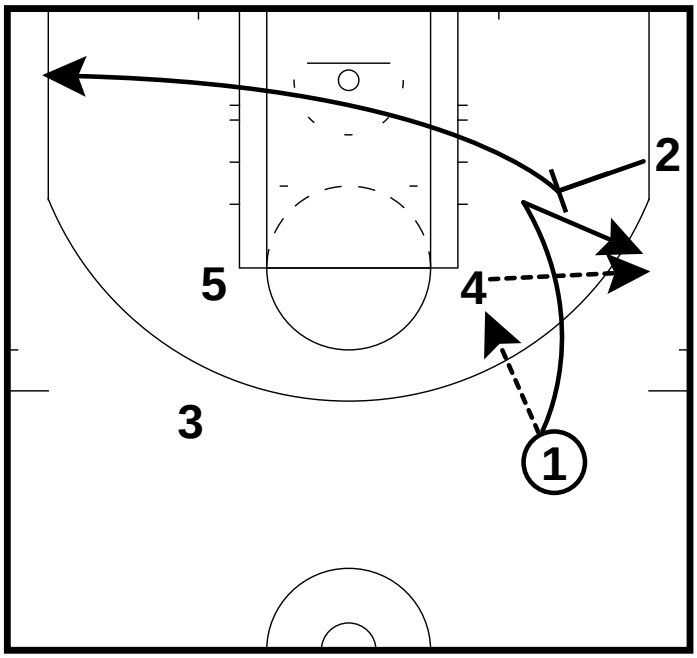
2 pins down for 3, 1 hits 3 off the elbow. 4 cuts through to opposite corner and 1 cuts away to the wing. 5 sprints into an elbow pick & roll and slips to the rim.

All Contents Proprietary

Elbow 5-15

Dallas Mavericks

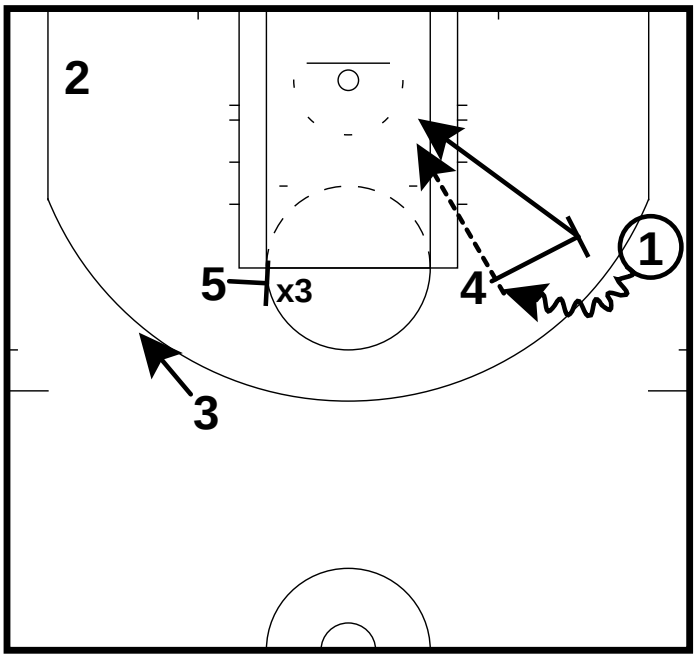
Elbow 5-15



Pick & Roll

1 hits 4 at elbow. 2 screens in on X1 and then runs to opposite corner. 4 passes back to 1.

Elbow 5-15



Pick & Roll

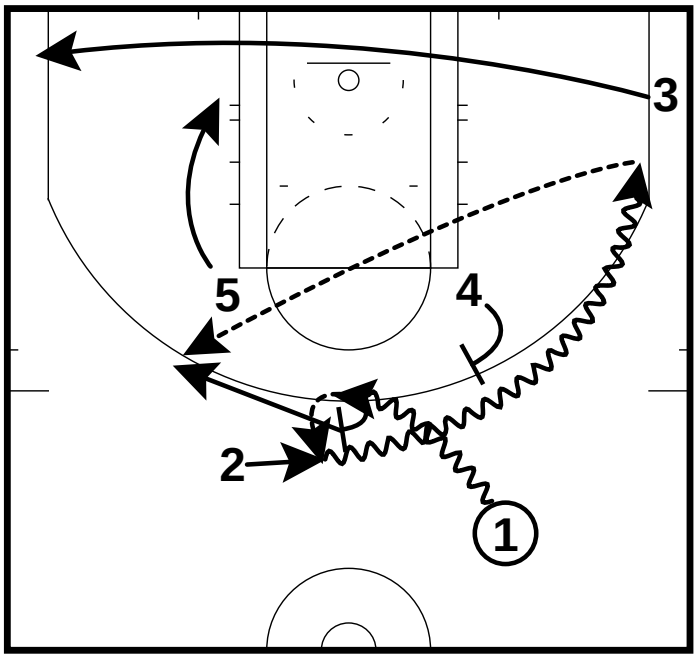
4 sets side pick & roll for 1. 5 screens in on X3 for a possible shot.

All Contents Proprietary

Elbow Exchange

Dallas Mavericks

Elbow Exchange



Half-Court Sets

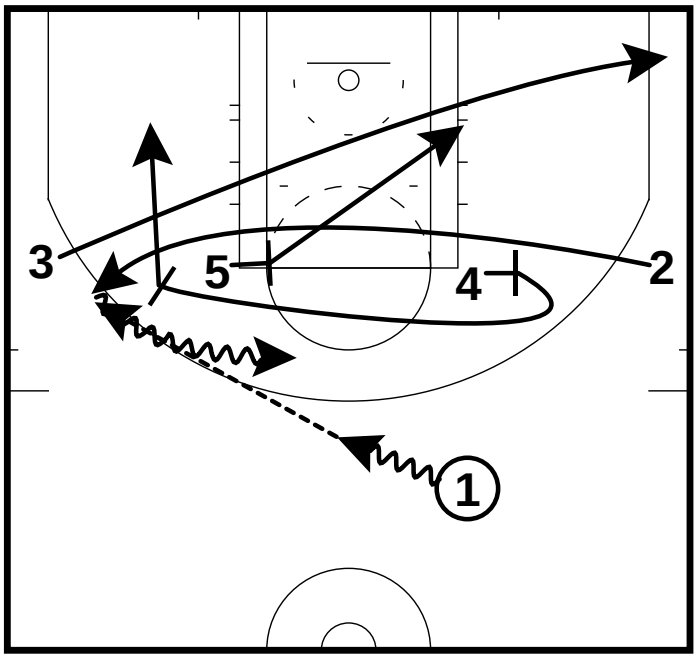
1 goes into dribble hand-off with 2. 1 & 4 set stagger pick and pop for 2. 3 goes through to opposite corner. 5 moves to weakside block.

All Contents Proprietary

Elbow Motion

Dallas Mavericks

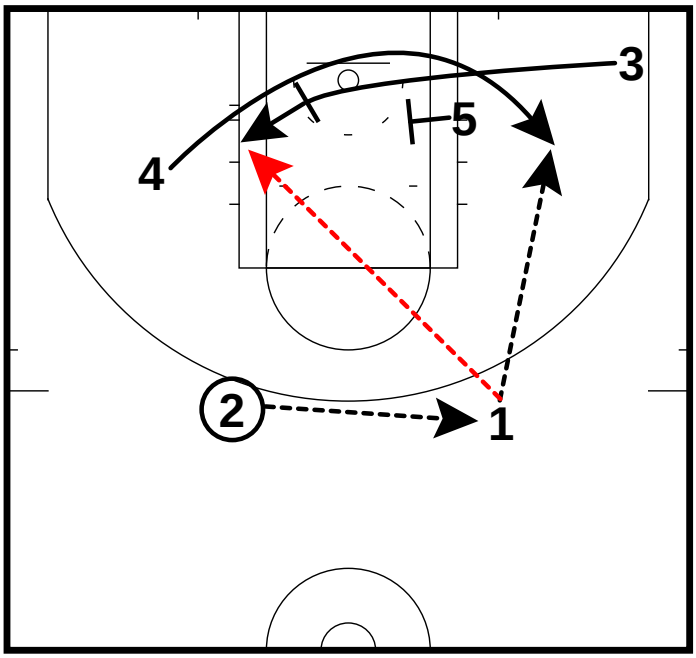
Elbow Motion



Half-Court Sets

4 and 5 set stagger screens on elbows for 2, 3 cuts to opposite corner. 1 hits 2. 5 moves to opposite elbow as 4 sprints into wing pick and roll with 2.

Elbow Motion



Half-Court Sets

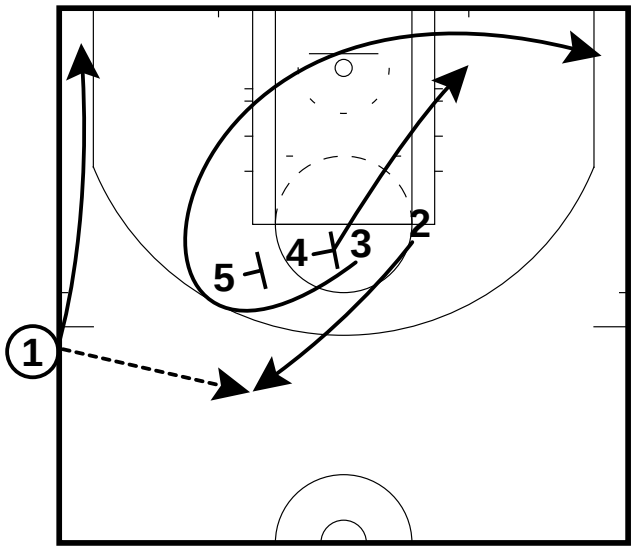
As 2 comes off, he passes to 1. 3 and 5 set stagger screen along baseline for 4. 1 has option to hit 4 or look at 3 who shapes back to the ball after screening.

All Contents Proprietary

Line Thumb

Dallas Mavericks

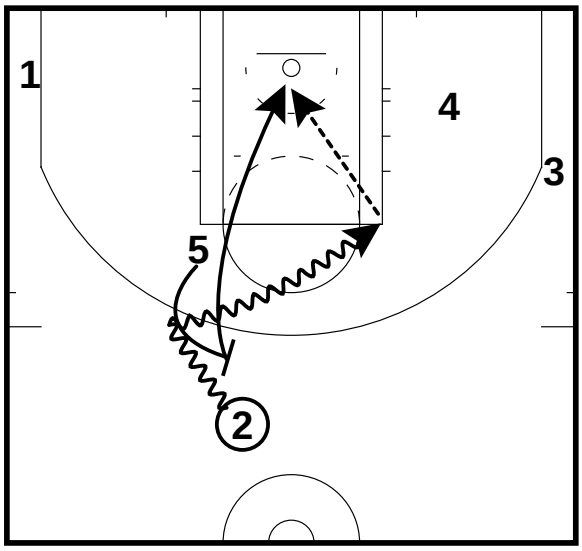
Line Thumb



SOB

3 curls off screens from 4 & 5 to the opposite corner. 2 cuts off screens from 4 & 5, 1 passes to 1. 1 sprints to the corner.

Line Thumb



SOB

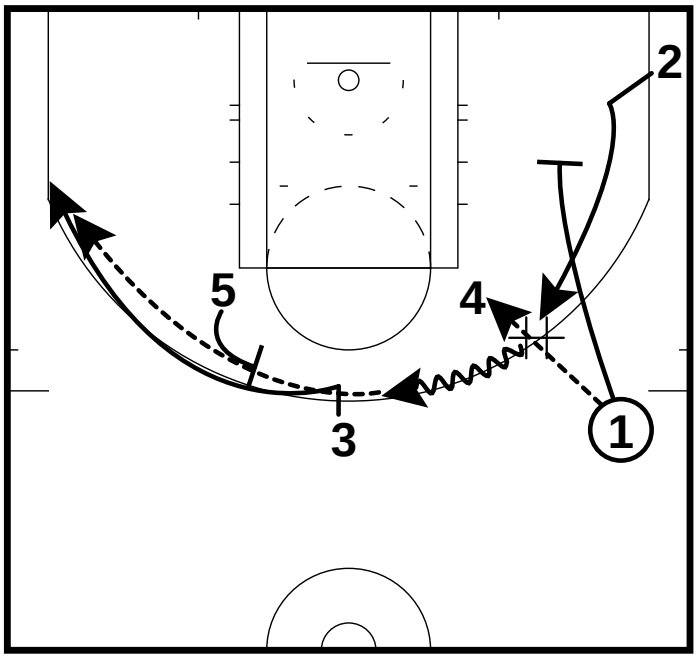
5 sets middle pick & roll for 2.

All Contents Proprietary

Post-Flare

Dallas Mavericks

Post-Flare

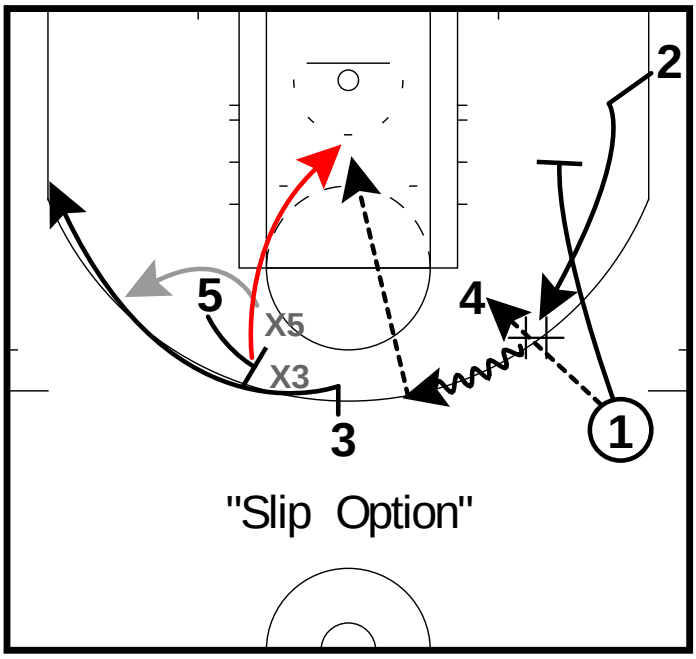


Half-Court Sets

1 hits 4 at elbow and pins down for 2. 4 hands the ball back off to 2.

On the hand-off (once 2 starts dribbling at 3), 5 flares 3 for a shot or a baseline drive.

Post-Flare



Half-Court Sets

1 hits 4 at elbow and pins down for 2. 4 hands the ball back off to 2.

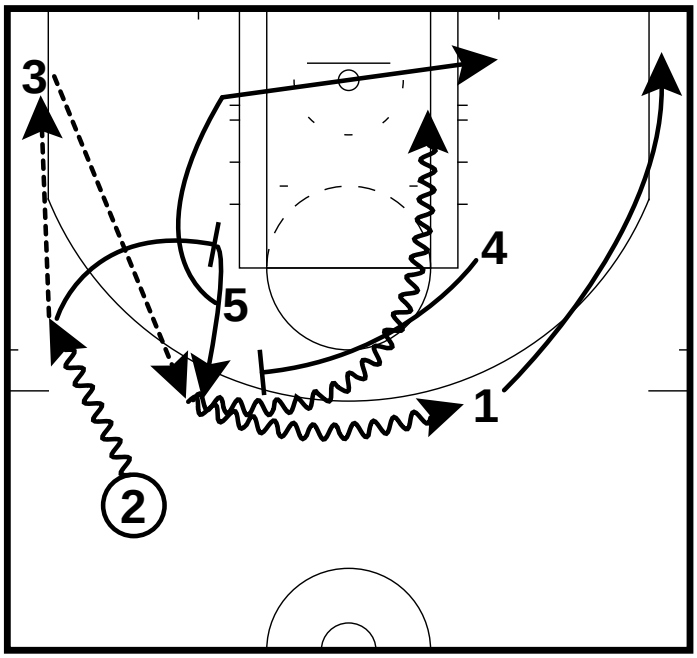
On the hand-off (once 2 starts dribbling at 3), 5 flares 3 for a shot or a baseline drive.

All Contents Proprietary

Push 24

Dallas Mavericks

Push 24



Half-Court Sets

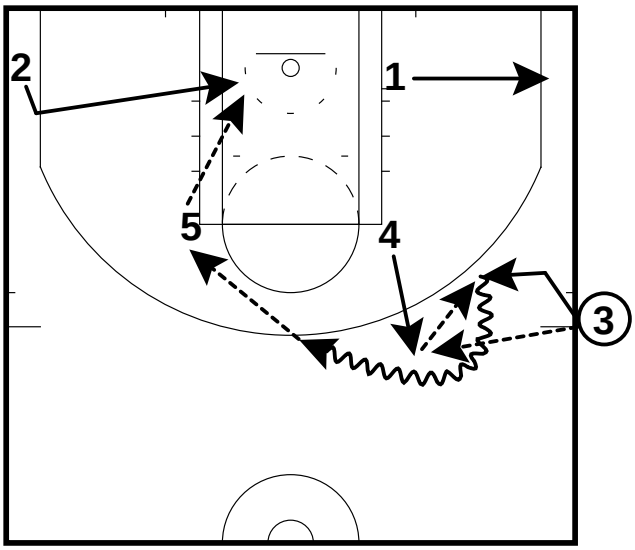
2 dribbles down and fakes a pass to 5, passes to 3. 2 Screens 5 to the block and pops out. 3 passes back to 2, 4 sets middle pick & pop for 2. (5 searches, 1 sprints to the corner.

All Contents Proprietary

Elbow 5-Backdoor

Memphis Grizzlies

Elbow 5-Backdoor



Quick Hitters

3 inbounds to 4 after he pops out. 4 passes back to 3 after inbounding the ball.

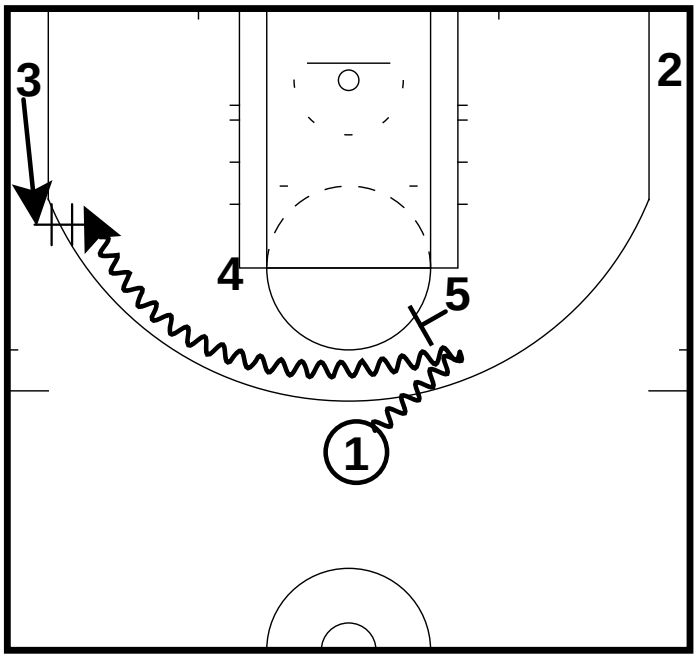
3 dribbles middle and hits 5 at the high post (5 faces up). 2 fakes coming up for hand-off and shoots backdoor for a wide open lay-up.

All Contents Proprietary

Elbow Dive Rub

Memphis Grizzlies

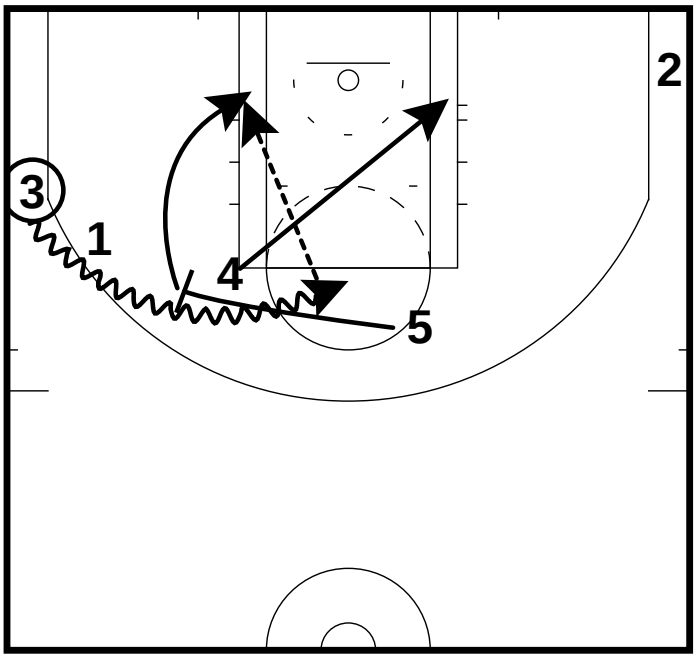
Elbow Dive Rub



Middle Pick & Roll

1 brushing dribbles off 5 and then goes into dribble hand-off with 3.

Elbow Dive Rub



Middle Pick & Roll

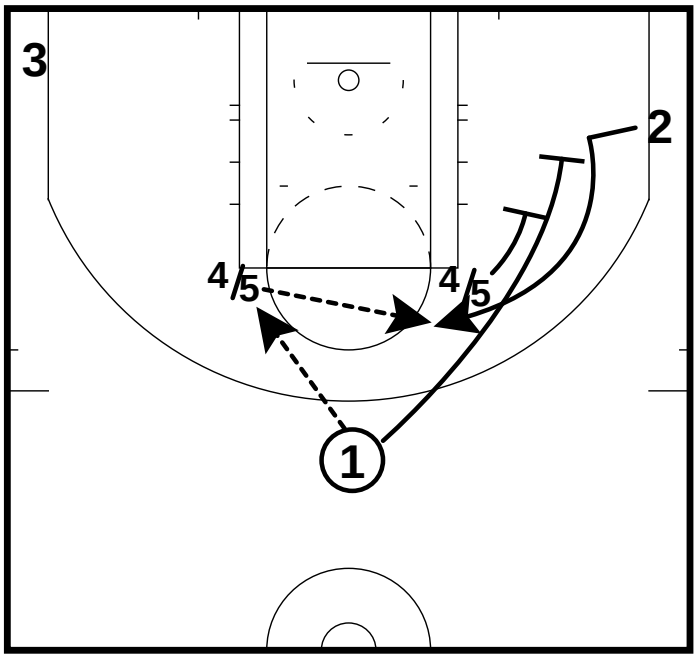
4 dives to opposite elbow. 5 sets pick & roll for 3. 3 hits 5 on the roll.

All Contents Proprietary

Elbow- 2 Up

New York Knicks

Elbow- 2 Up



Quick Hitters

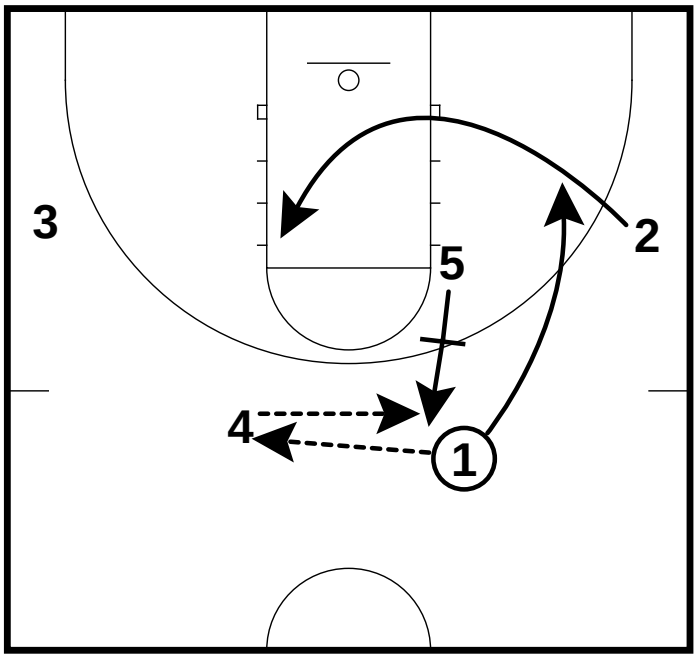
1 hits the high post and pins down for 2. The other 4/5 cleans up the stagger.

All Contents Proprietary

Fist

Tennessee

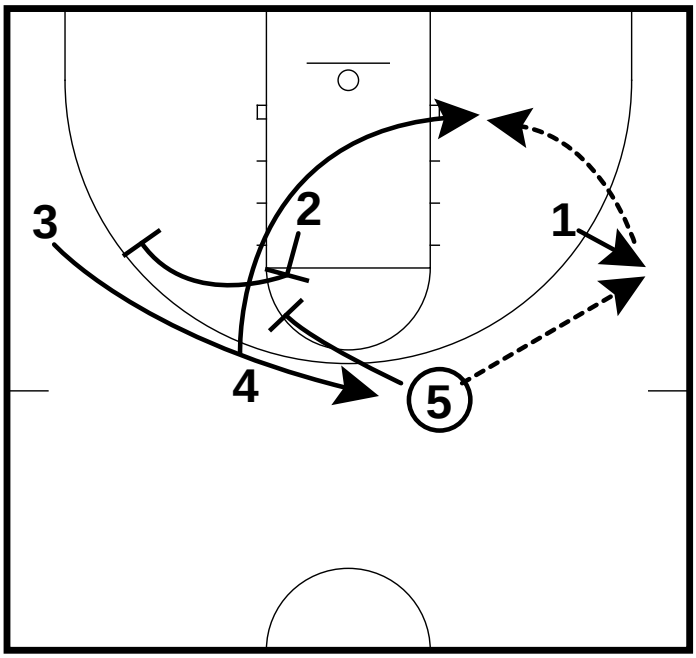
Fist



Post Ups

1 passes to 4. On the pass 2 cuts into the lane; 5 backscreens 1 and pops out. 4 passes to 5.

Fist



Post Ups

1 v-cuts and receives a pass from 5, 2 backscreens 4 into a post-up on the block.

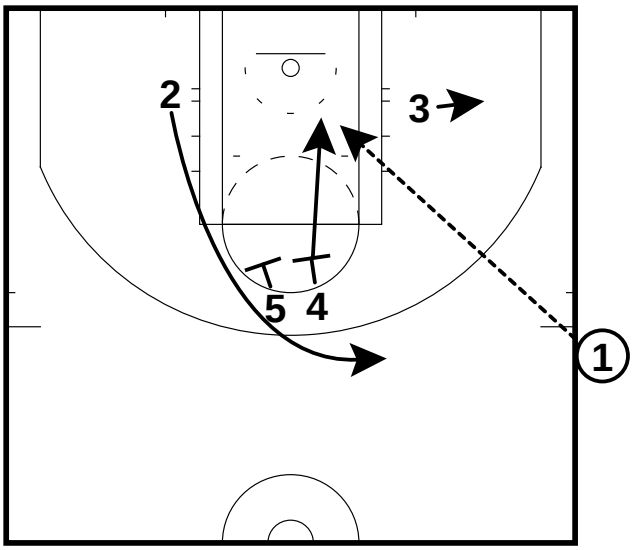
2 and 5 set a double stagger for 3 to make it more difficult to Double the Post and also are create an open look for their shooter.

All Contents Proprietary

2 Arc

LA Lakers

2 Arc



Late Game/ Specials

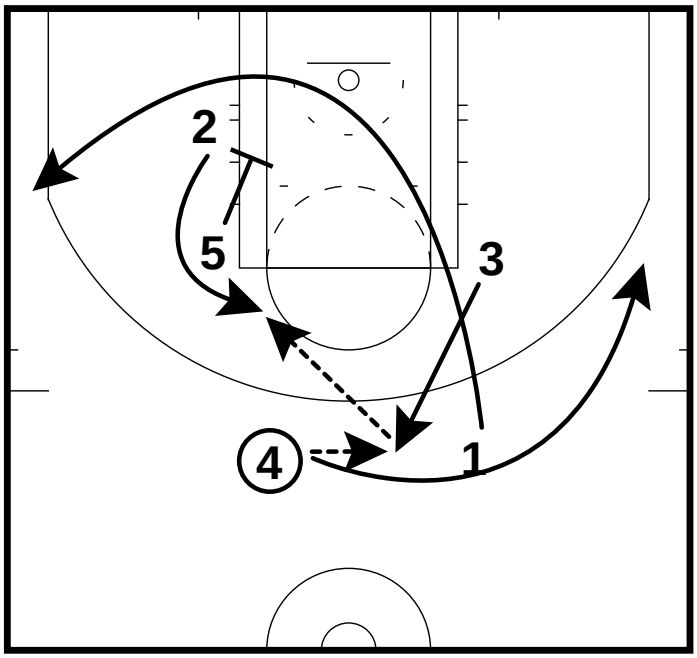
5 & 4 set double screen for 2, 3 posts off the block, 5 slips the screen and 1 hits 5.

All Contents Proprietary

2 Early

LA Lakers

2 Early



Early Offense

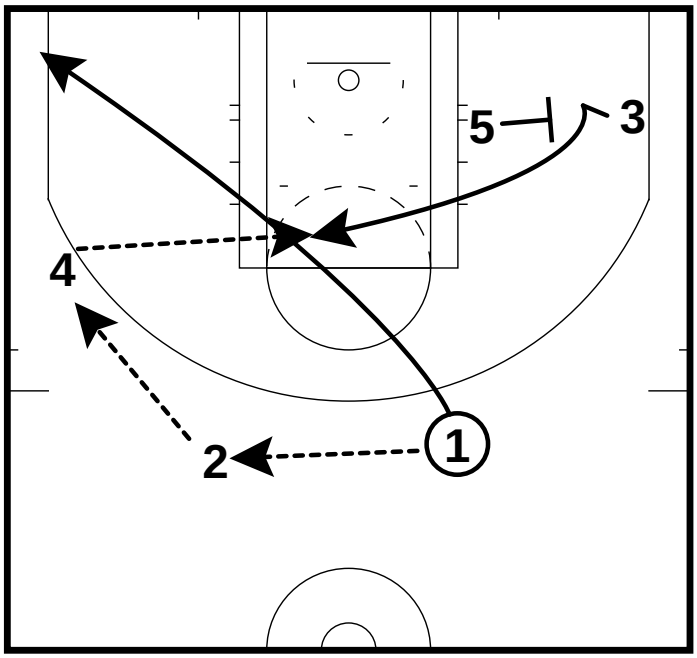
1 basket cuts, 3 pops out, 4 hits 3 and 4 cuts over top to the wing. 5 pins down for 2.

All Contents Proprietary

3 Curl

LA Lakers

3 Curl



Early Offense

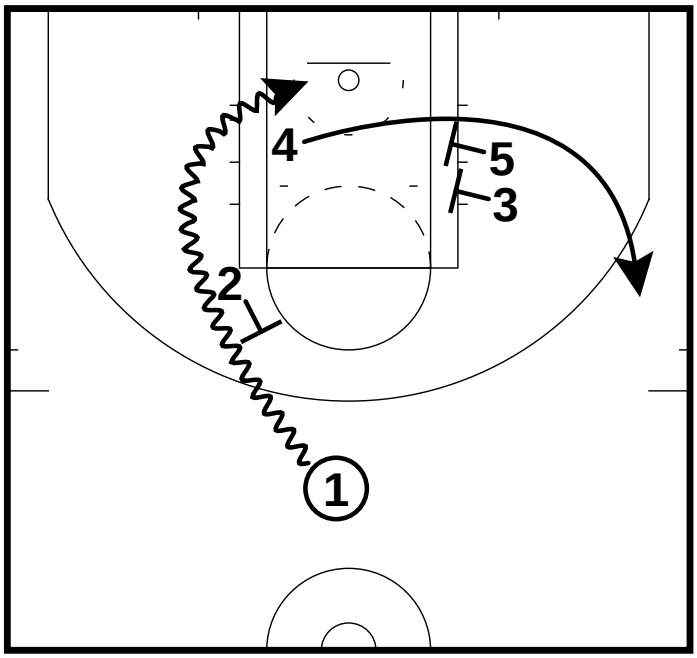
1 passes to 2 and cuts to the corner. 2 passes to 4. 5 screens for 3. 4 hits 3.

All Contents Proprietary

Elbow Rub

LA Lakers

Elbow Rub



Middle Pick & Roll

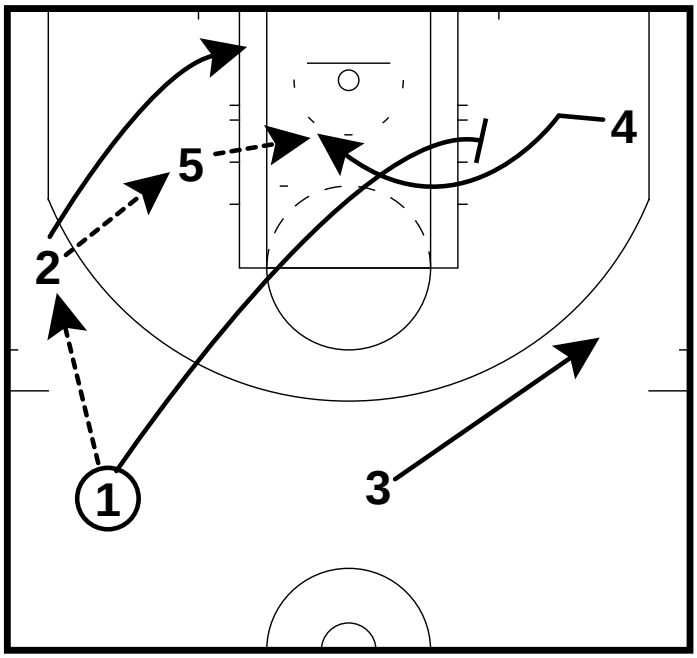
2 sets elbow pick and pop for 1. 5 and 3 set double screen for 4.

All Contents Proprietary

Point Opposite

LA Lakers

Point Opposite



Early Offense

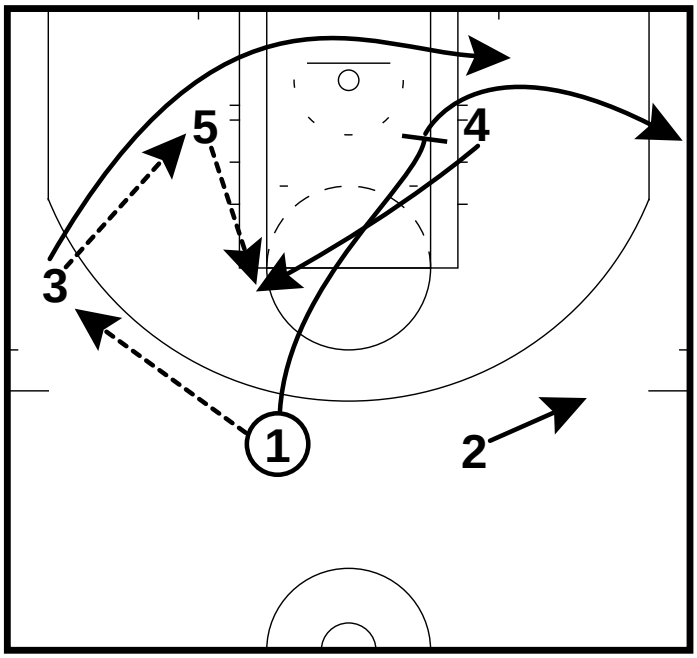
1 hits 2, 1 cuts through the lane, as 2 hits 5 and cuts baseline, 1 screens 4. 3 spots up.

All Contents Proprietary

Triangle Post

LA Lakers

Triangle Post



Half-Court Sets

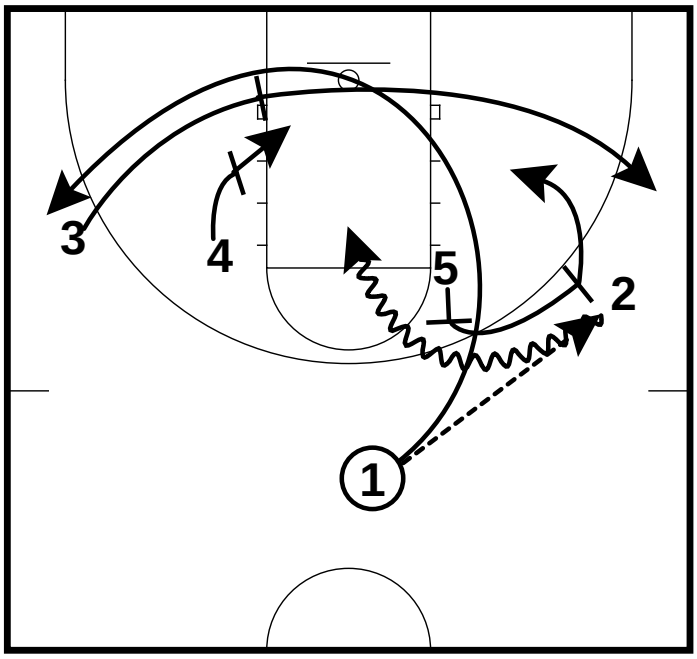
1 passes to 3, 3 feeds 5 posting on the block. After feeding the post, 3 Jet Cuts under 5 to opposite short corner; 1 pins 4 for a jumper at the elbow.

All Contents Proprietary

UCLA-Thumb Up

Memphis

UCLA-Thumb Up



Half-Court Sets

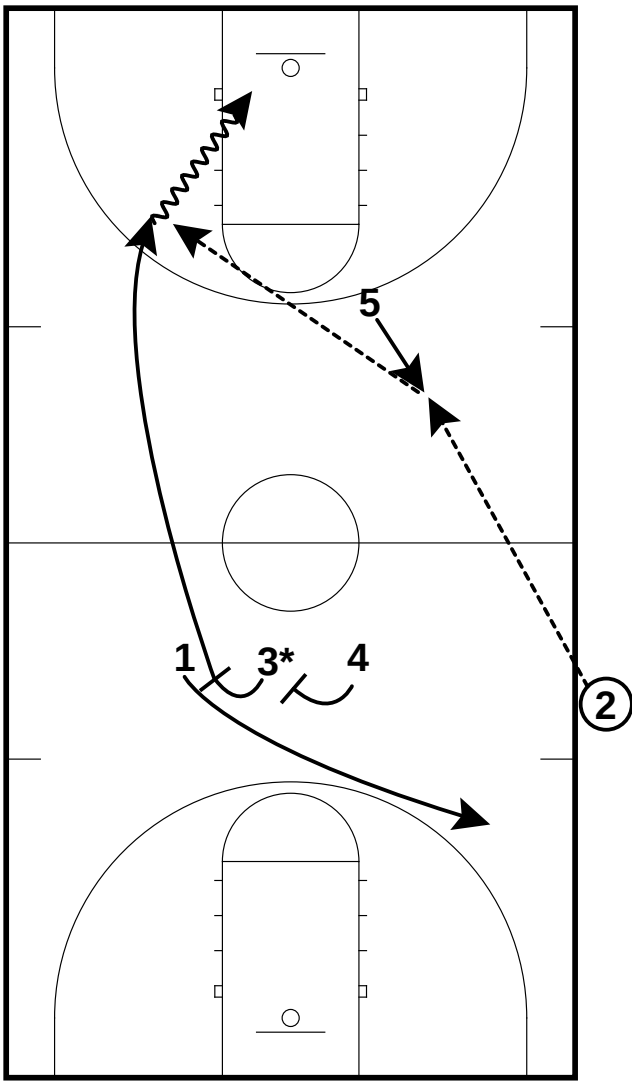
1 passes to 2. 1 UCLA cuts off 5. 5 sets side pick & roll for 2. At the same time, 3 and 4 set a stagger for 1. 3 goes out the opposite side. 4 and 5 roll as 2 attacks the paint.

All Contents Proprietary

Wizard

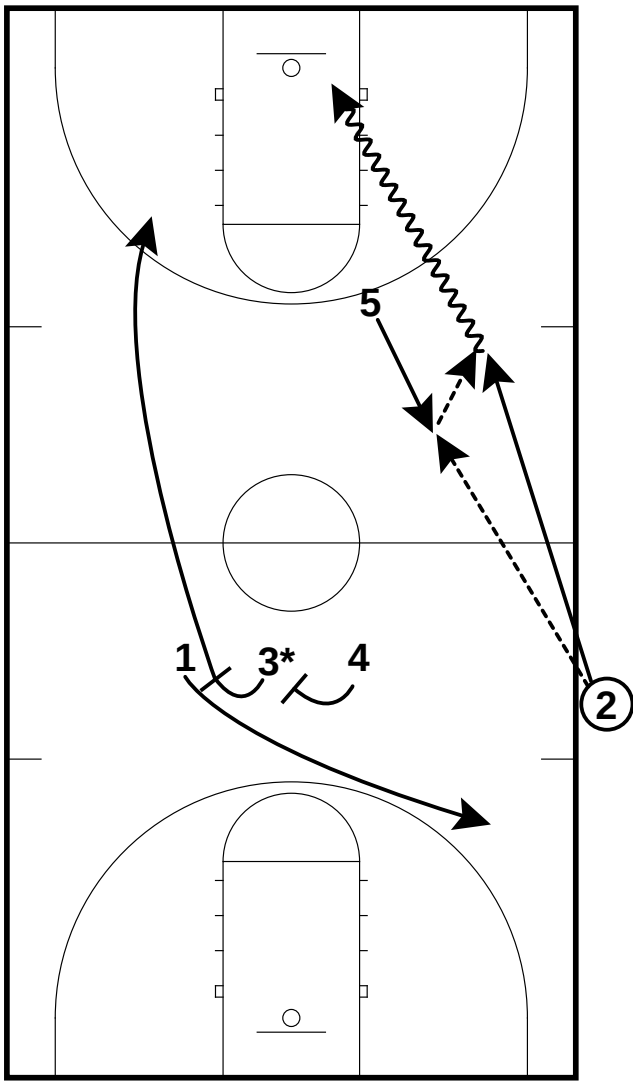
Michigan State

Wizard



Press Offense

Wizard



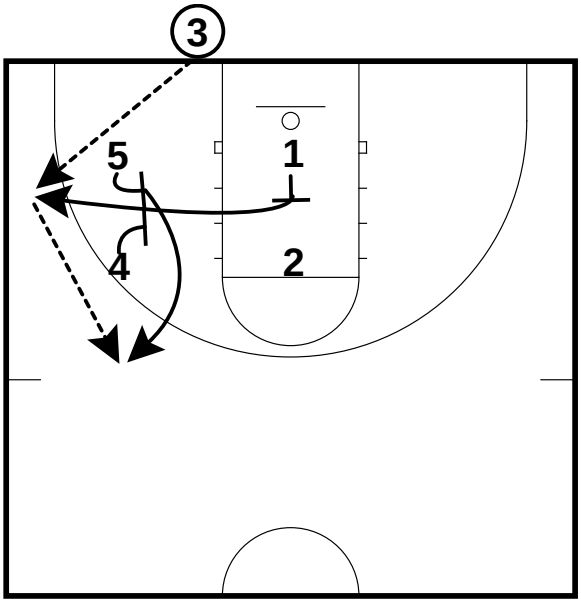
Press Offense

All Contents Proprietary

Elevator Double

North Carolina

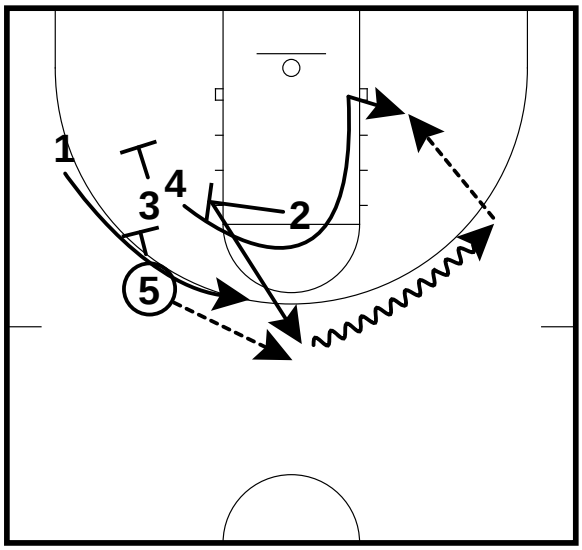
Elevator Double



UOOB vs Man

2 fakes backscreen for 2. 5 and 4 elevator screen for 1. 5 moves loops up and 1 passes to 5.

Elevator Double



UOOB vs Man

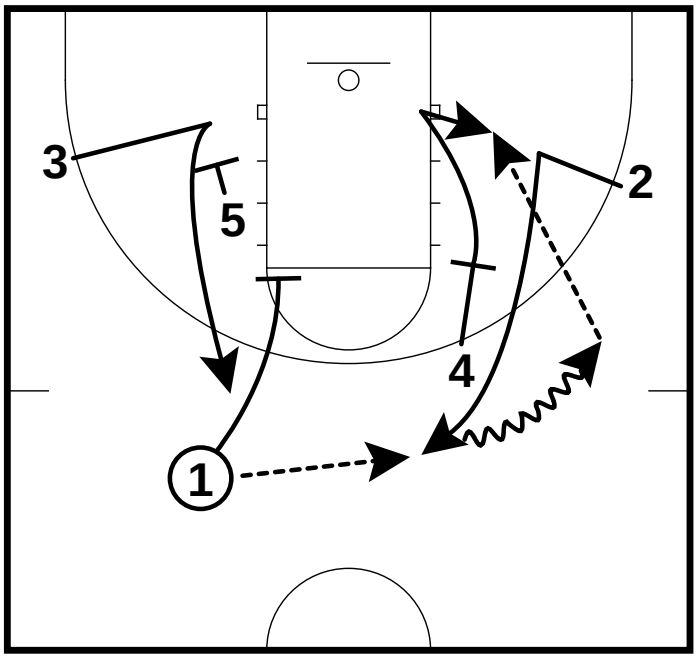
2 screens 4 over top to the elbow and pops out, 5 passes to 2. As 2 dribbles over, 5 and 3 stagger down for 1.

All Contents Proprietary

Weak Power

North Carolina

Weak Power



Early Offense

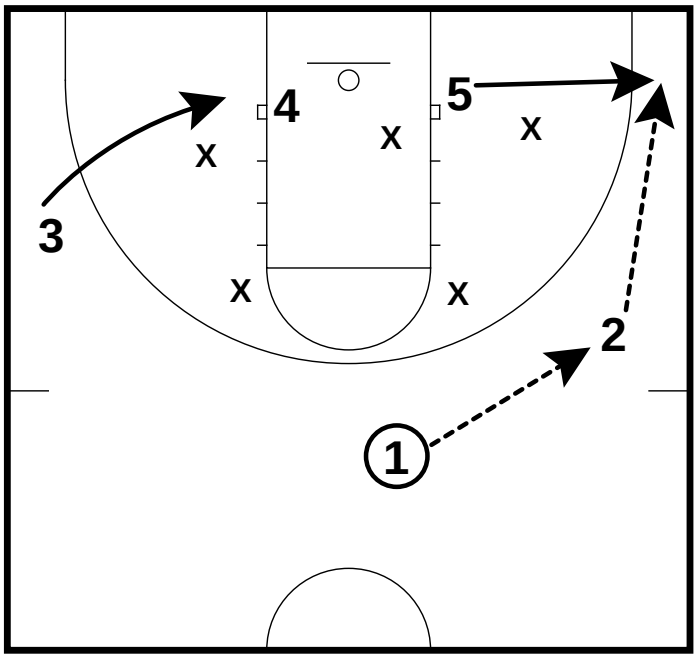
4 pins down for 2, 1 passes to 2. 3 & 4 walk their man down to the block area. 3 comes off a stagger from 5 & 1 as 4 ducks in hard on the block.

All Contents Proprietary

Zone Lob

North Carolina

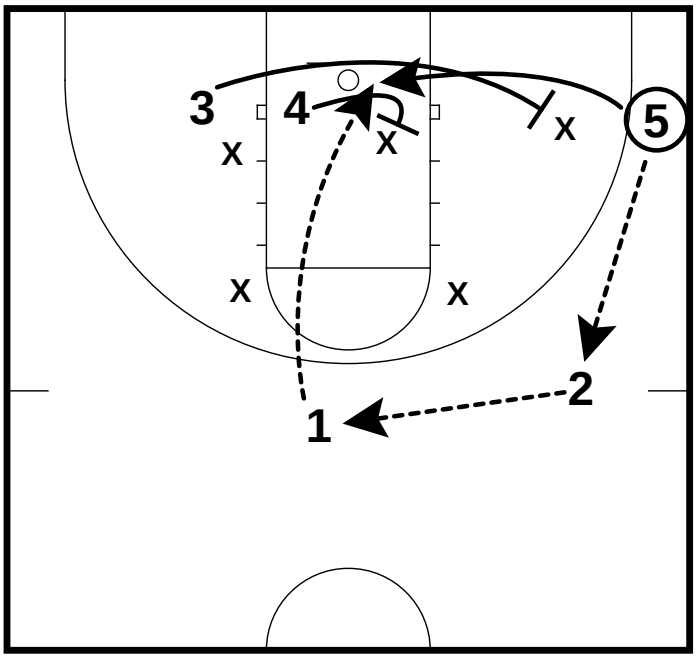
Zone Lob



Zone Offense

1 hits 2, 5 pops out to shift the zone, 2 passes to 5.

Zone Lob



Zone Offense

5 passes back to 2 who swings the ball to 1.

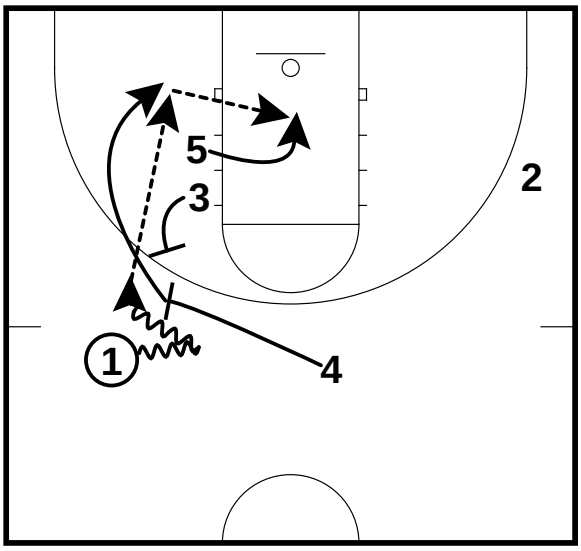
At the same time, 3 and 4 "backscreen" the zone to get 5 a Lob.

All Contents Proprietary

5 Go-Back

North Carolina Tar Heels

5 Go-Back



Early Offense

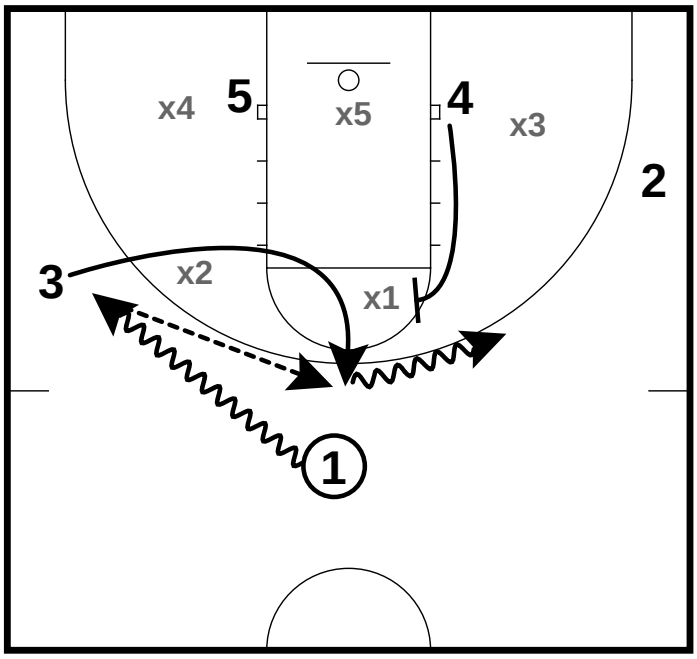
4 sprints into a pick & roll. 1 starts coming off and 4 slips to short corner as 3 backscreens for 4. 5 rolls to middle of lane.

All Contents Proprietary

3 Loop

Alabama

3 Loop



Zone Offense

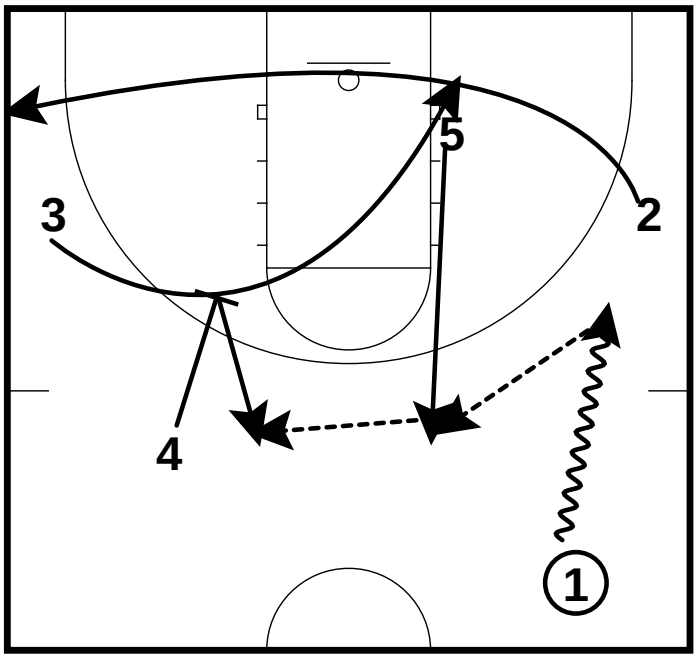
1 dribbles at 3. 3 loops up the lane. 4 sets a pick on X1.

All Contents Proprietary

Motion Low

Alabama

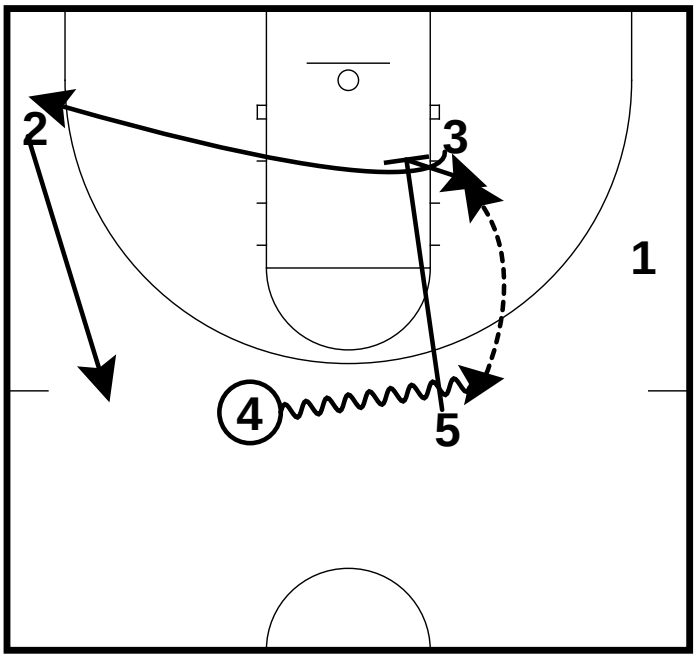
Motion Low



Half-Court Sets

1 dribbles the ball up as 5 cuts to the top and 2 cuts through opposite.1 passes to 5, 3 curls off the back of 4, 4 pops out and 5 passes to 4.

Motion Low



Half-Court Sets

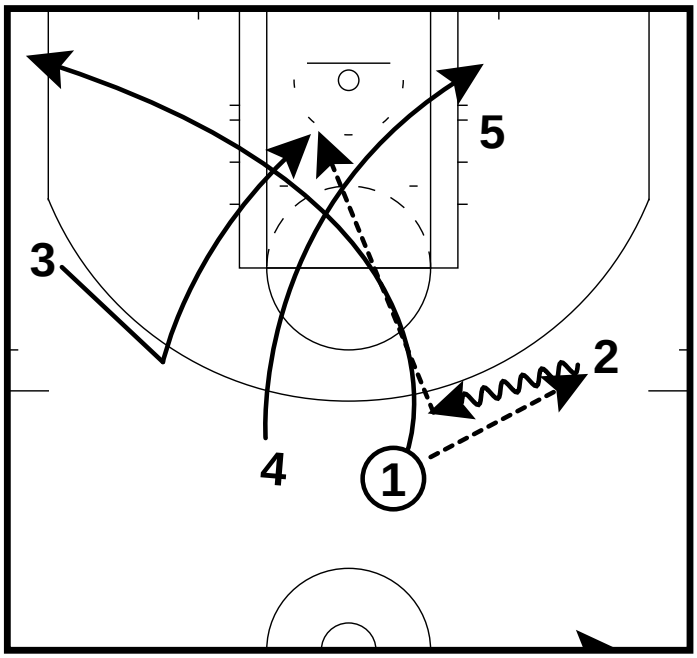
5 pins down for 3, 3 curls/rub screens off 5. 4 dribbles over to feed 5 in post.

All Contents Proprietary

"1"

Atlanta Hawks

"1"



Early Offense

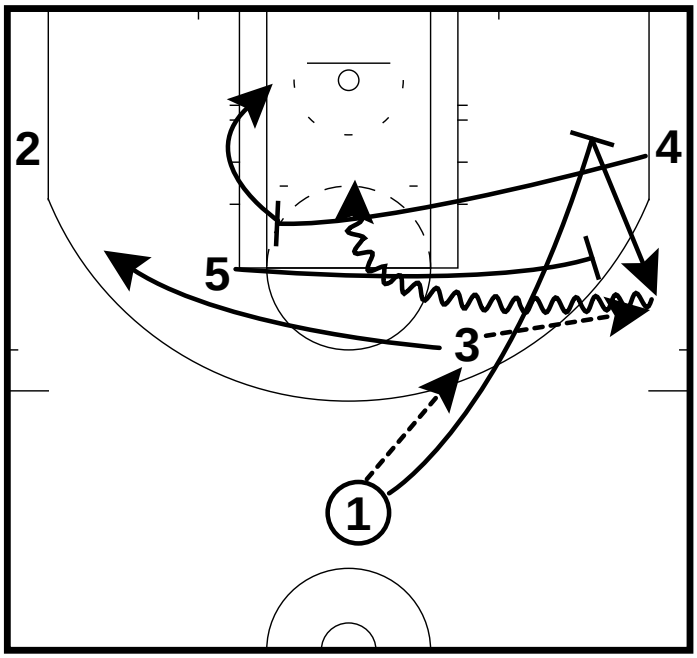
1 hits 2 and cuts to the opposite corner. On the dribble 4 cuts to the rim. 3 Starts cutting toward the top and shoots backdoor.

All Contents Proprietary

Horns Side

Atlanta Hawks

Horns Side



Half-Court Sets

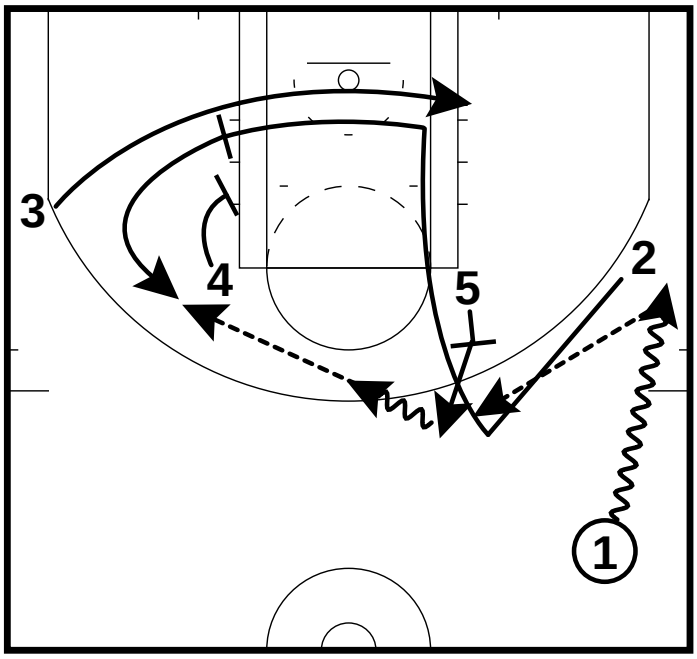
1 hits 3 and UCLA's over the stop to pin down for 4. 4 curls over top and 1 pops back out. 3 hits 1. 4 screens 5 into a wing pick & roll.

All Contents Proprietary

2 Dive

Portland Trailblazers

2 Dive



Half-Court Sets

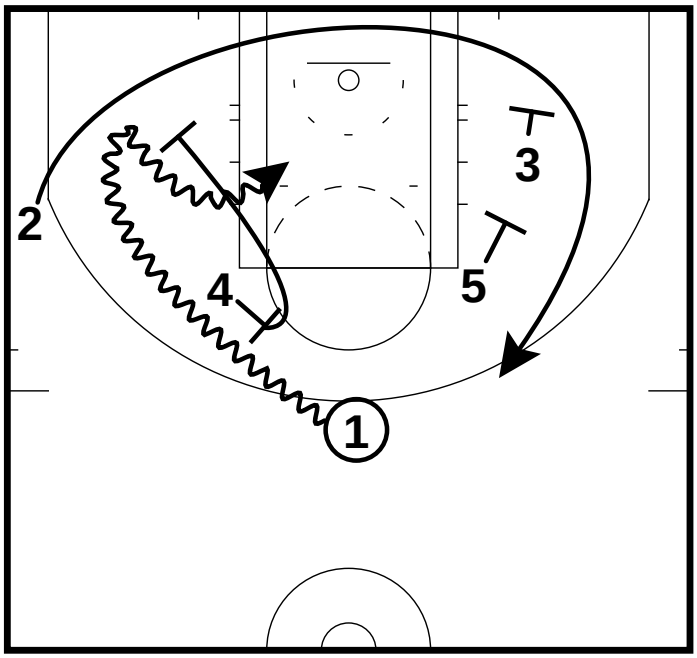
1 dribbles at 2, 2 lifts and then UCLA'a off 5. 1 passes to 5, 2 rub screens 3, 4 pins for 2. 5 passes to 2 for shot.

All Contents Proprietary

Elbow Out- Down

Portland Trailblazers

Elbow Out- Down



Half-Court Sets

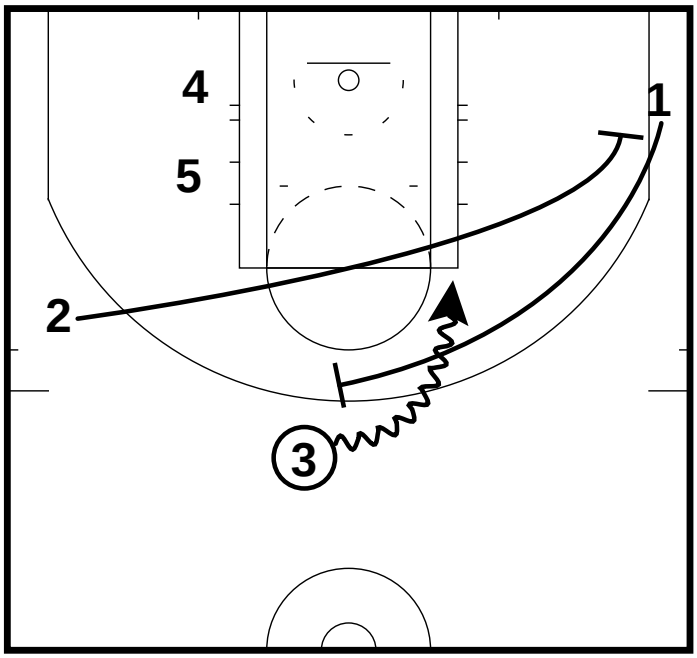
As 1 comes off the elbow pick & roll from 4, 2 cuts through. 4 re-screens for 1 to get him into the lane. At the same time 3 & 5 pin down for 2.

All Contents Proprietary

13 Hook

Miami Heat

13 Hook



Middle Pick & Roll

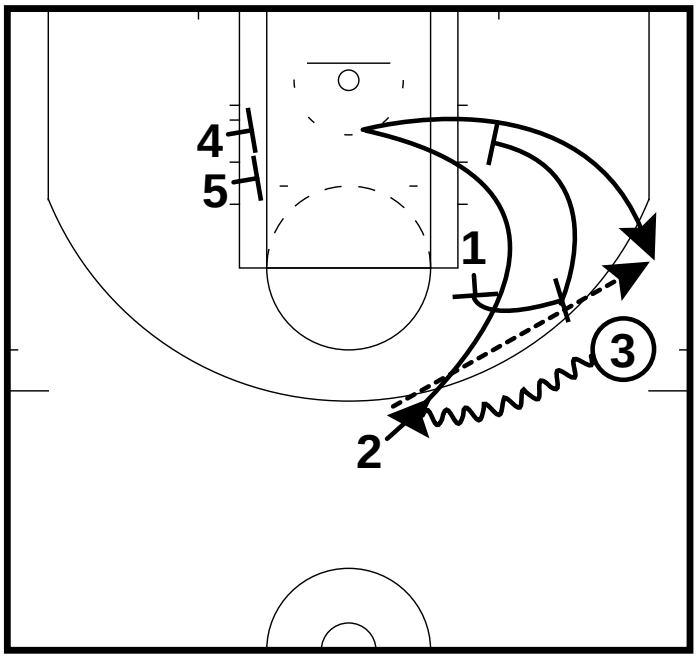
2 screens 1 into a middle pick & roll with 3.

All Contents Proprietary

2 Down Floppy

Miami Heat

2 Down Floppy



Half-Court Sets

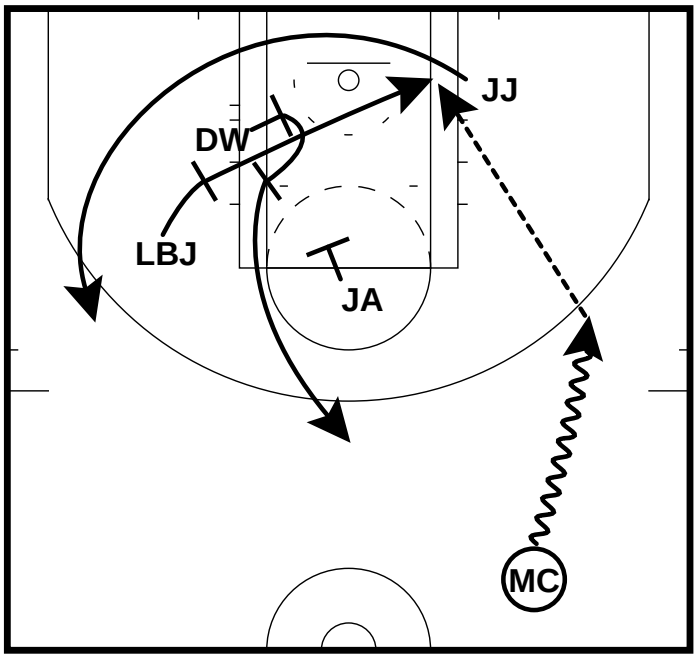
2 UCLA's off of 1, 1 sets side pick & roll for 3. 1 pins screens for 1. (2 could also come off double from 4 & 5).

All Contents Proprietary

23 Power

Miami Heat

23 Power



Half-Court Sets

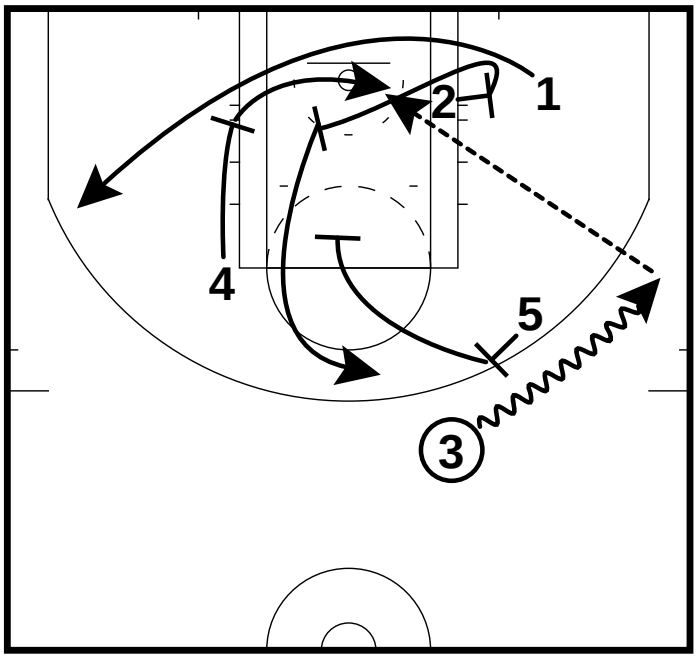
As Chalmers brings the ball up, Wade and James set a stagger for Jones. Wade button hooks and cross screens for James. Anthony pins down for Wade.

All Contents Proprietary

24 Power

Miami Heat

24 Power



Half-Court Sets

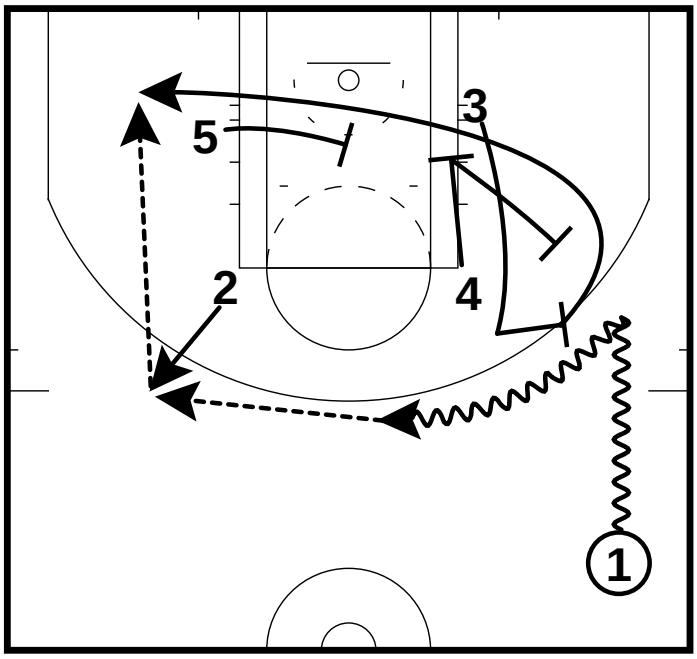
5 sets a brush pick and roll for 3. At the same time, 2 screens 1, and immediately turns to cross screen for 4. (4 brush/fake screens 1). 5 pins down for 2.

All Contents Proprietary

Down Loop

Miami Heat

Down Loop



Half-Court Sets

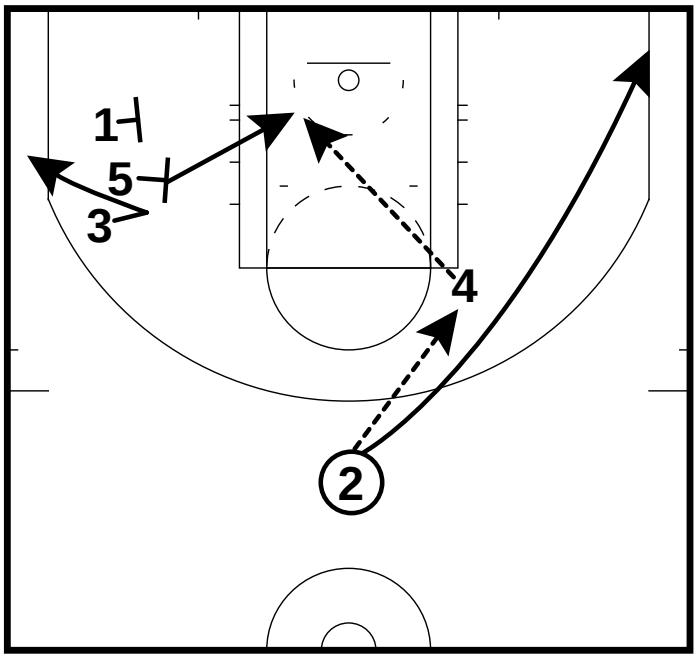
4 pins down on 3 who sets side pick & roll for 1. As 1 comes off 2 pops out and 1 passes to 2. 4 and 5 set a stagger screen looping 3 along the baseline.

All Contents Proprietary

Elbow Slip

Miami Heat

Elbow Slip



Half-Court Sets

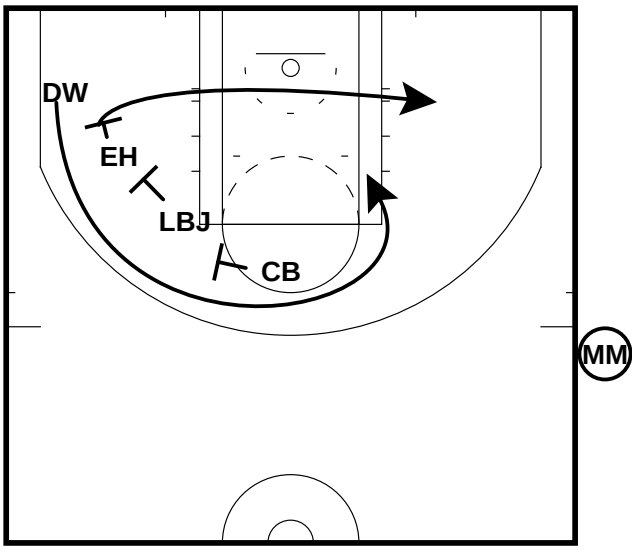
2 hits 4 and cuts over top to the corner. 5 and 1 screen in for 3. 5 slips to the rim.

All Contents Proprietary

End of Game/Angle

Miami Heat

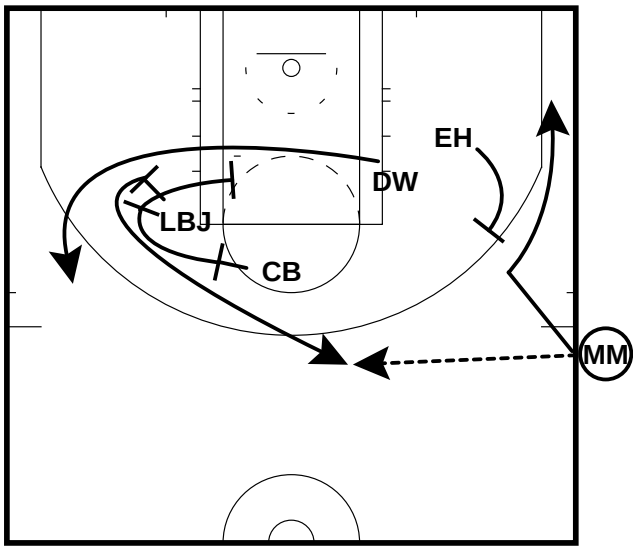
End of Game/Angle



Late Game/ Specials

Bosh, Lebron, House set triple screen for Wade who curls into the lane. House Cuts to strong side wing.

End of Game/Angle



Late Game/ Specials

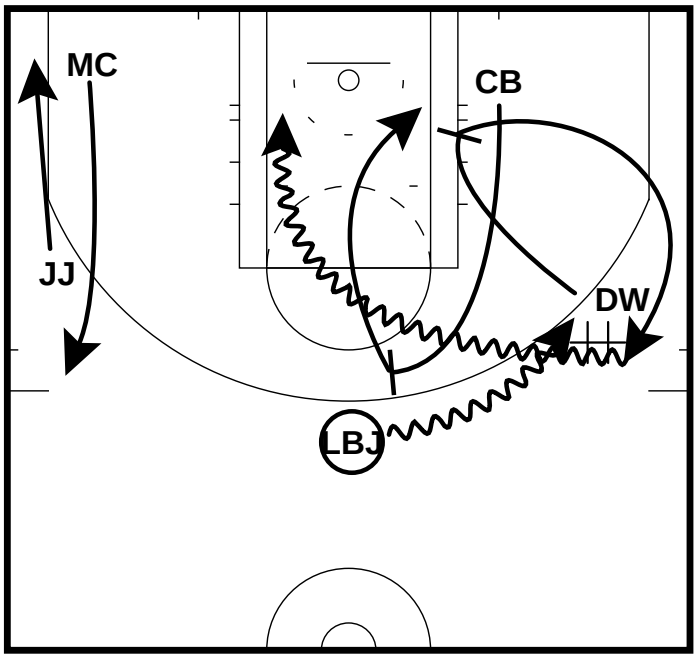
Bosh screens in for Lebron. Miller inbounds to Lebron. Bosh then screens for Wade and House flares Miller.

All Contents Proprietary

EOG-P&R

Miami Heat

EOG-P&R



Late Game/ Specials

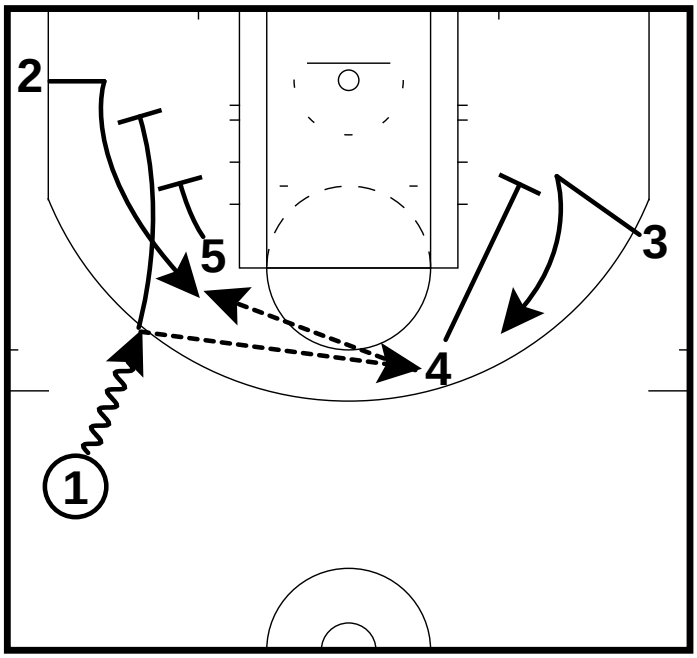
DW screens CB into a middle pick & roll for LBJ. DW curls back out and gets dribble hand-off from LBJ. DW drives to the rim. MC and JJ exchange.

All Contents Proprietary

Point Double

Miami Heat

Point Double



Half-Court Sets

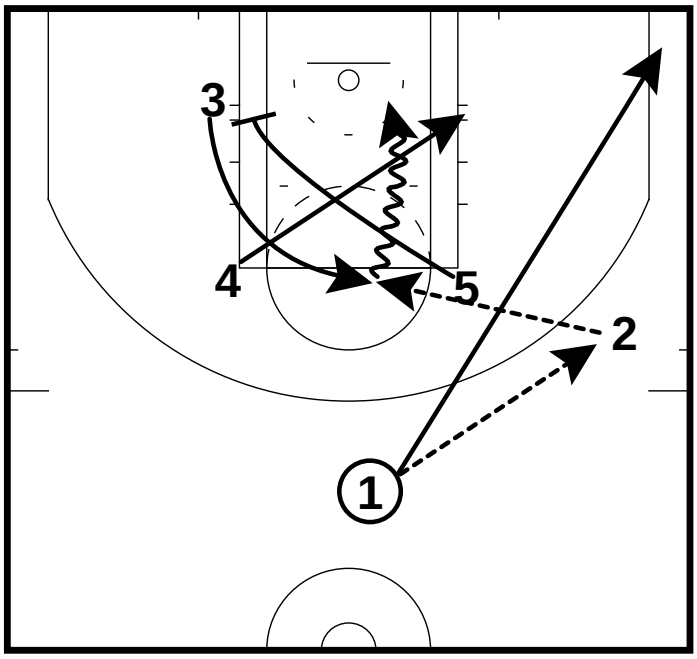
1 dribbles up and passes to 4. 1 and 5 set a stagger for 2. 4 hits 2 (Who takes jumper). 4 pins down for 3 as a second option if 2 can't get a shot off.

All Contents Proprietary

"33"

Chicago Bulls

"33"



Quick Hitters

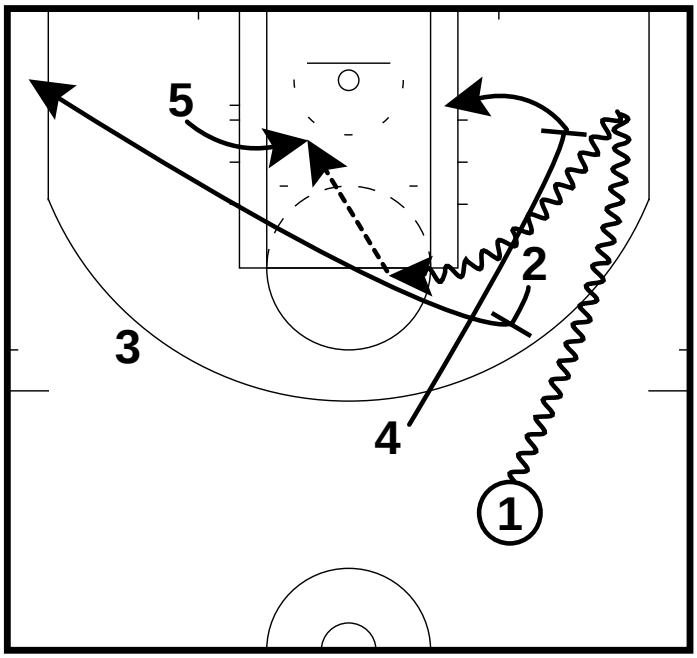
1 hits 2 and cuts to the corner. 4 dives to ball side block, 5 cuts off 4's back and pins down for 3.

All Contents Proprietary

12 Quick

Chicago Bulls

12 Quick



Early Offense

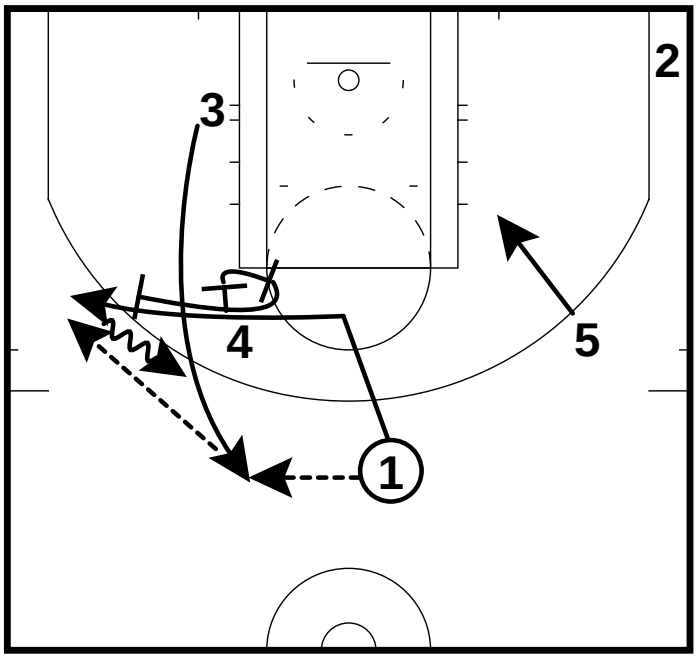
2 sets pick for 1. 2 sprints to the corner as 1 continues his dribble to corner area. 4 sets pick and roll for 1. As 1 comes off to the elbow, 5 ducks in, and 3 spot up.

All Contents Proprietary

15 Thru

Chicago Bulls

15 Thru



Side Pick & Roll

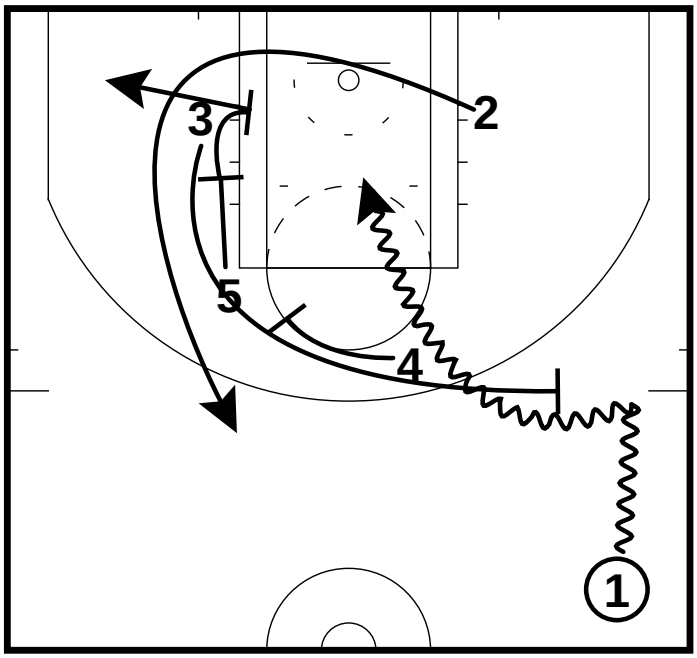
4 pins down for 3, 1 passes to 3. 1 cuts through to the wing off a screen from 4. 1 passes back to 3, 4 sets side pick & roll for 1. (Play out of that)

All Contents Proprietary

3 Double Rub

Chicago Bulls

3 Double Rub



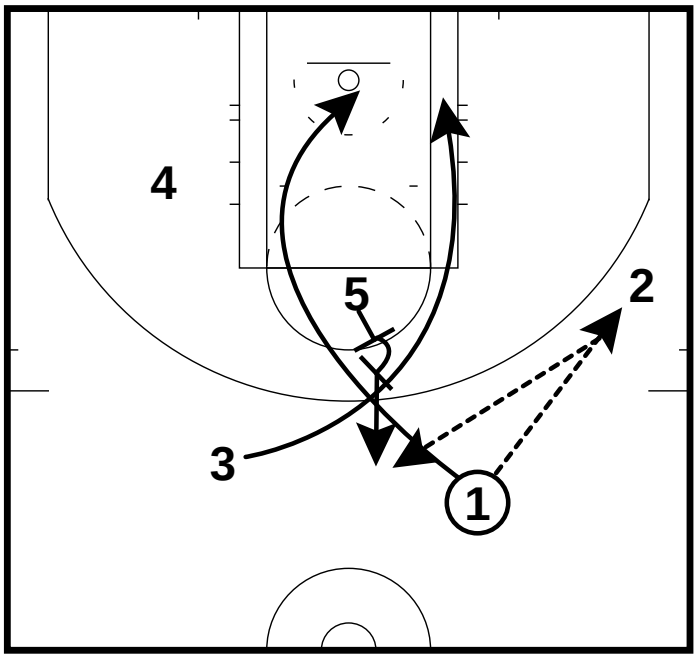
Middle Pick & Roll

All Contents Proprietary

3 Loop X

Chicago Bulls

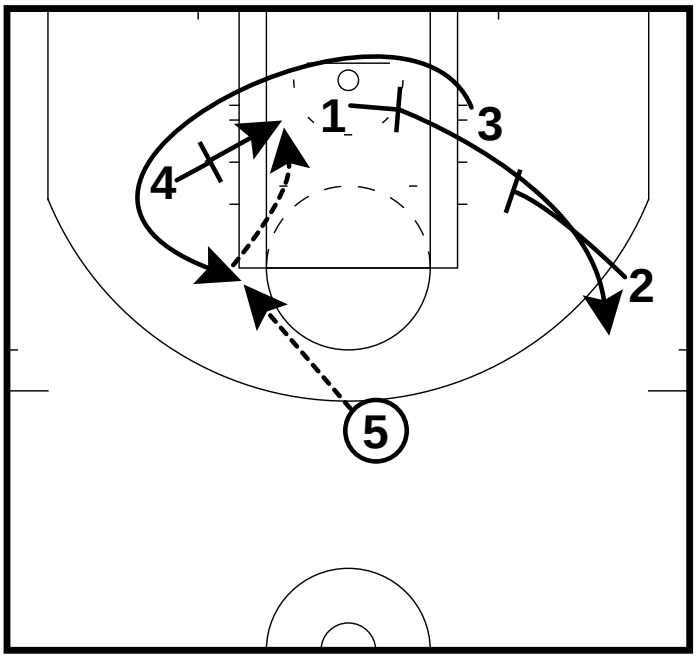
3 Loop X



Half-Court Sets

1 hits 2 and cuts off 5, 3 cuts off 5 to ball side block, 2 reverses the ball back to 5.

3 Loop X



Half-Court Sets

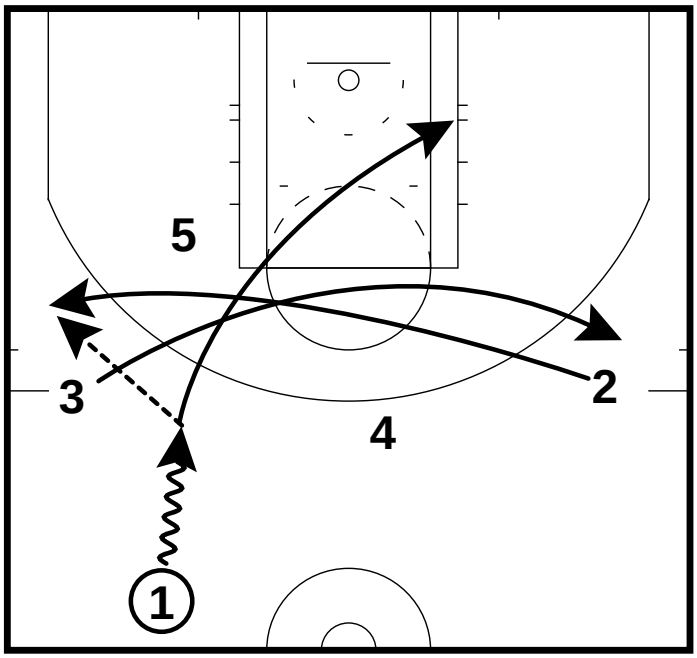
1 & 5 stagger for 3, 2 pins down for 1. 5 hits 3 on the curl, 3 dumps the ball down to 4.

All Contents Proprietary

35 Power

Chicago Bulls

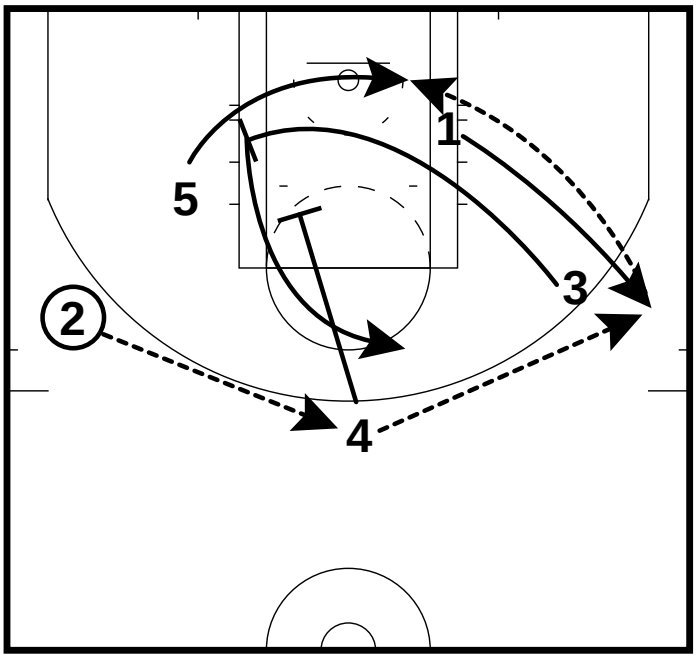
35 Power



Post Ups

2 & 3 exchange, 1 hits 2 and cuts through the lane.

35 Power



Post Ups

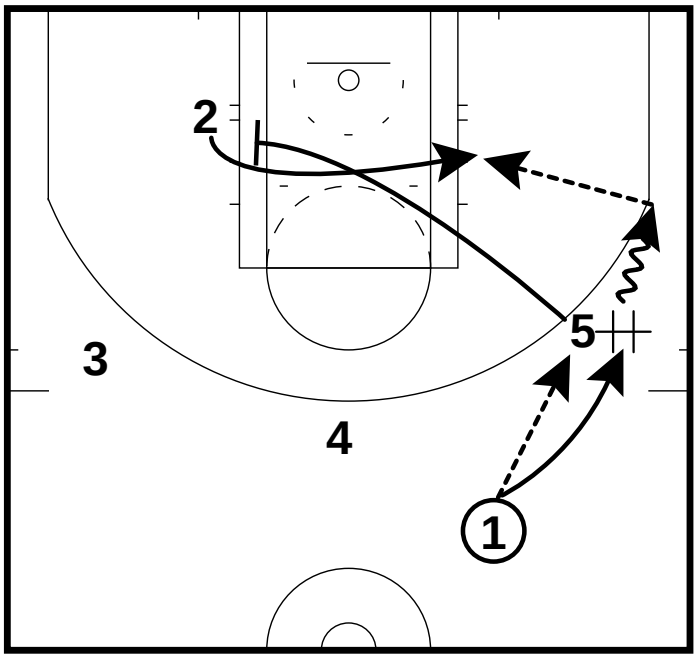
1 pops out to the wing as 2 passes to 4. As 4 is passing to 1, 3 cuts through and cross screens for 5. 4 pins down on 3.

All Contents Proprietary

Curl Post

Chicago Bulls

Curl Post



Half-Court Sets

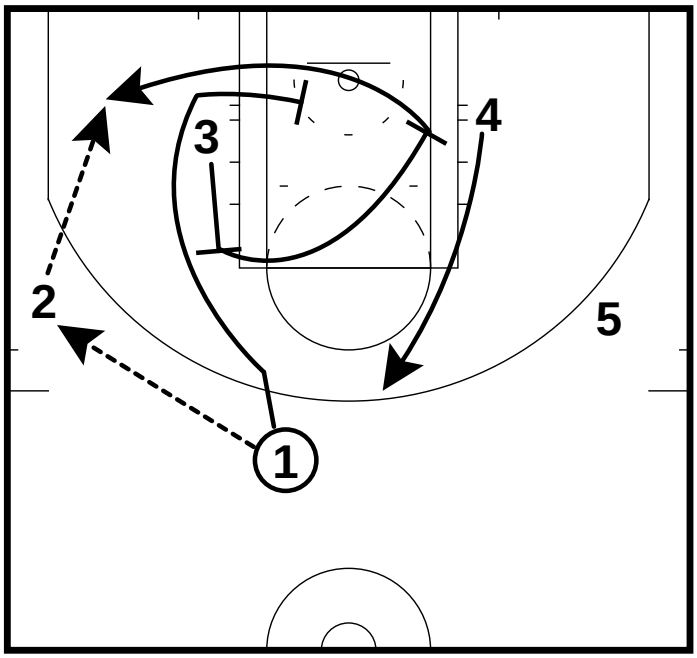
1 hits 5 and sprints to get the ball back. 5 sets a cross screen for 2 (MJ) who goes into post up.

All Contents Proprietary

UCLA-Split

Chicago Bulls

UCLA-Split



Half-Court Sets

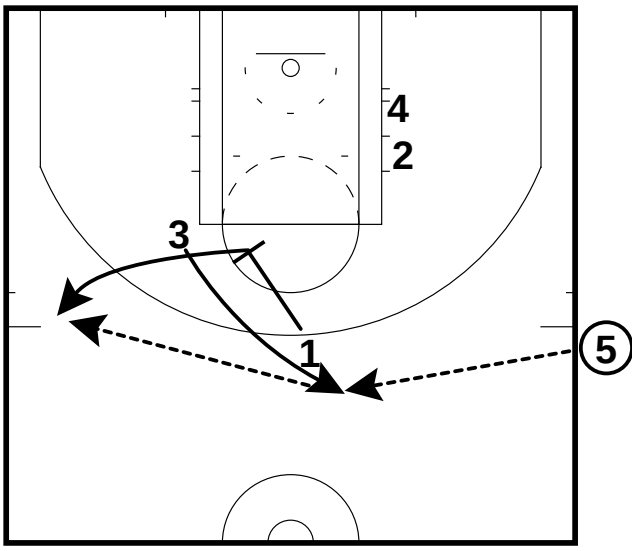
1 hits 2 and UCLA cuts off 3. 3 wheels and pins down for 4, 1 screens across for 3.

All Contents Proprietary

Wing Opposite

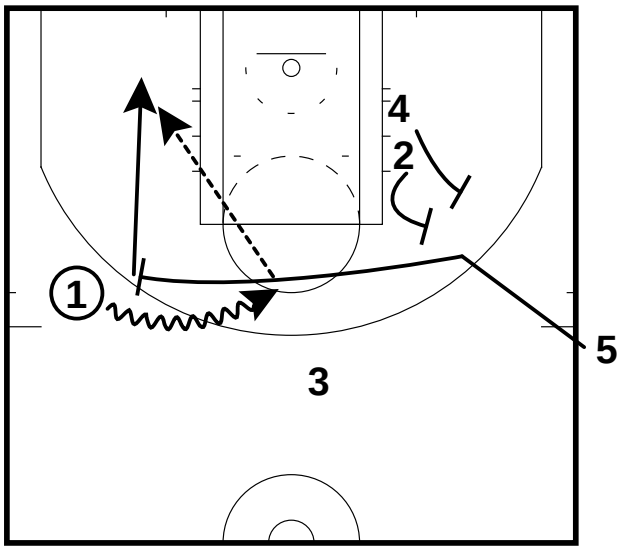
Chicago Bulls

Wing Opposite



SOB

Wing Opposite



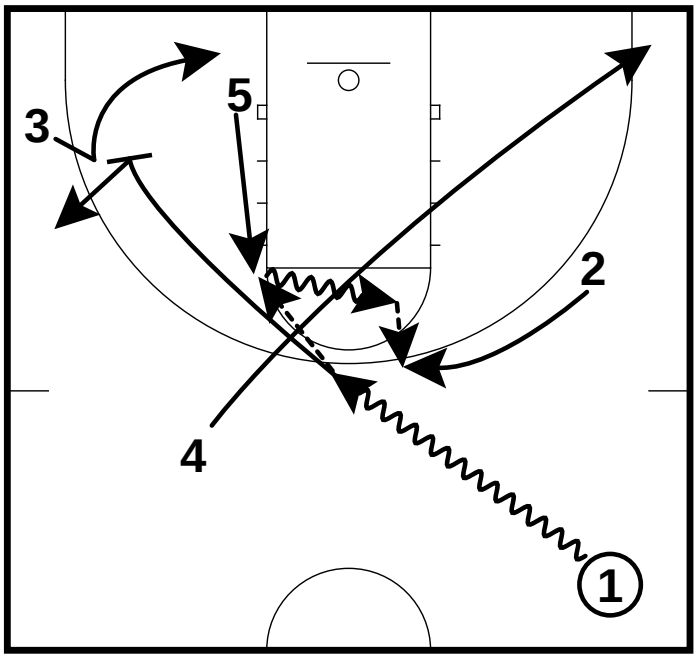
SOB

All Contents Proprietary

Elbow 52

Richmond

Elbow 52



Quick Hitters

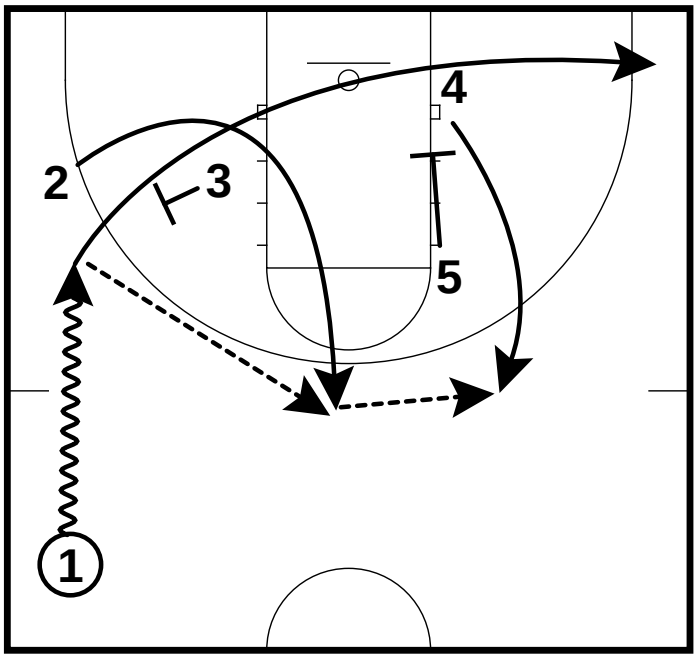
4 sprints to the corner. 1 dribbles at the elbow as 5 flashes, 1 hits 5 on a drop pass, 1 pins down for 3, 3 rejectes the screen and 1 pops. 5 goes into a dribble-pitch with 2.

All Contents Proprietary

3 Zipper Down

Ohio State

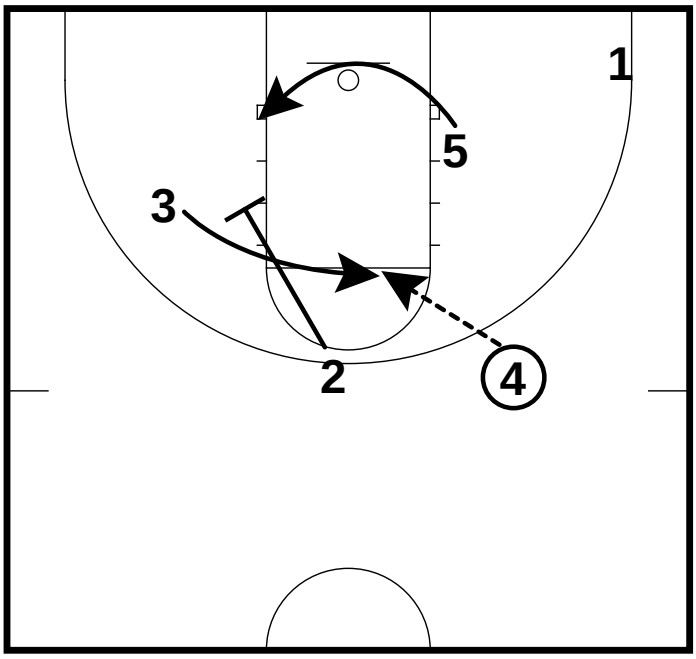
3 Zipper Down



Half-Court Sets

1 dribbles at 2 who curls back to the top of the key, 1 passes to 2. 1 cuts off a screen from 3. 5 pins down on 4, 2 passes to 4.

3 Zipper Down



Half-Court Sets

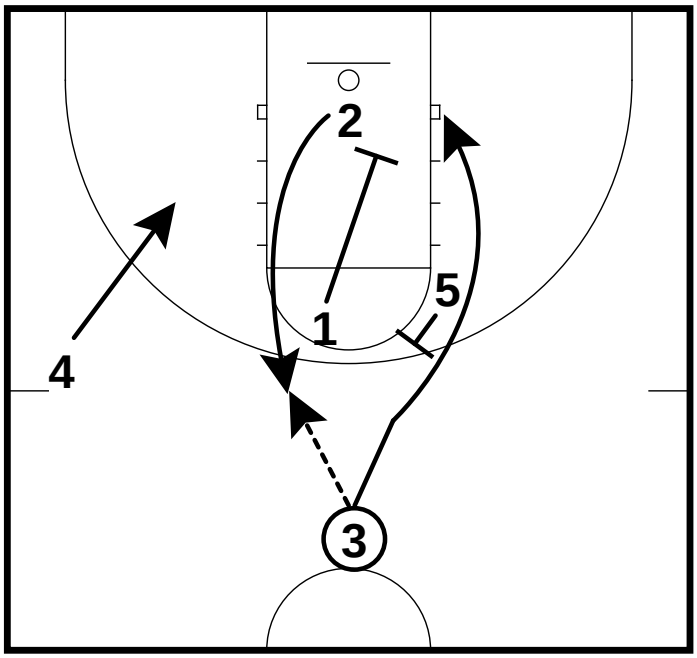
2 pins down for 3 who curls into the lane.

All Contents Proprietary

Stack Double

Ohio State

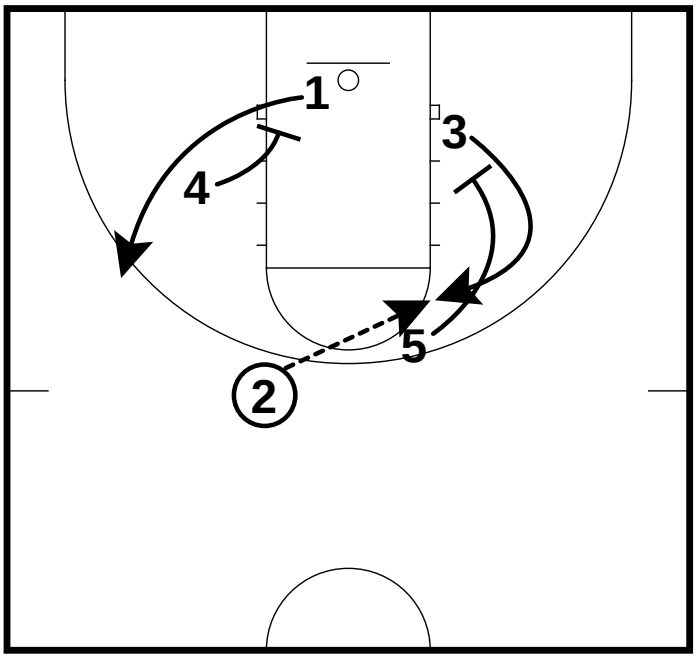
Stack Double



Quick Hitters

1 pins down for 2, 3 hits 2 at the top of the key. 5 backscreens for 3.

Stack Double



Quick Hitters

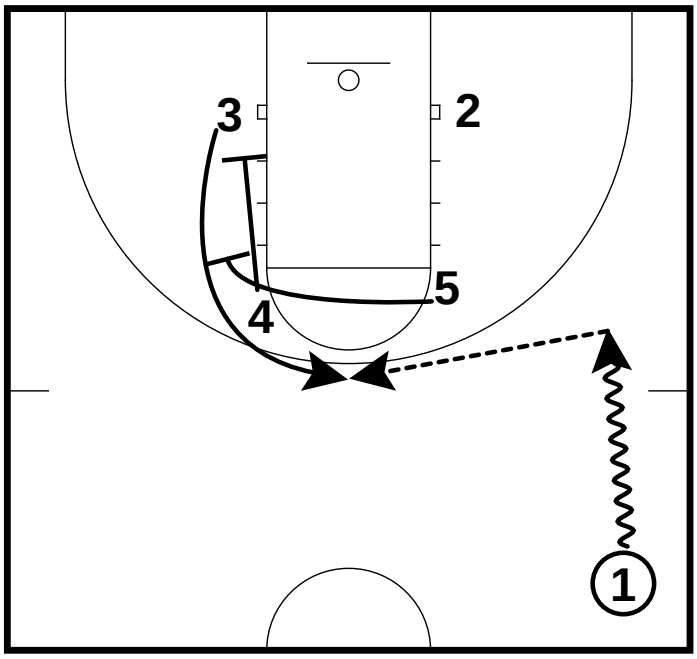
4 pins down for 1, 5 pins down for 3.

All Contents Proprietary

1 Corner

Florida State

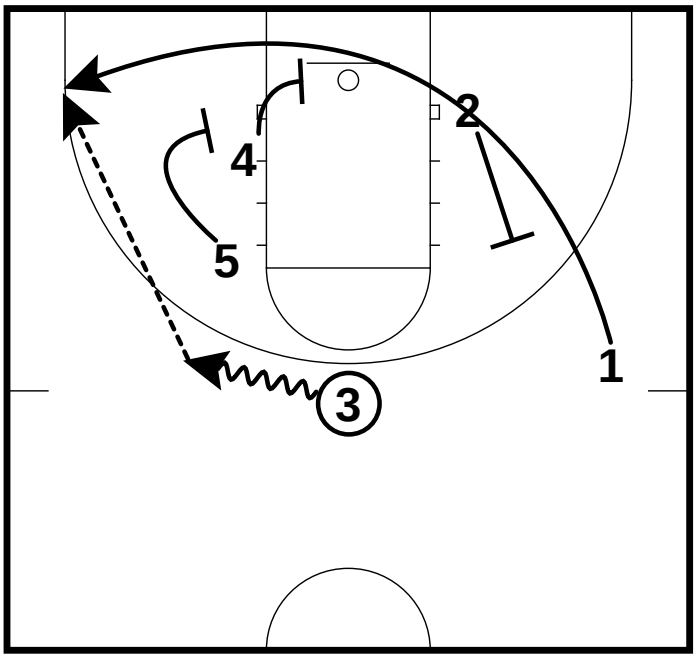
1 Corner



Half-Court Sets

1 dribbles to wing, 4 & 5 stagger down for 3, 1 hits 3.

1 Corner



Half-Court Sets

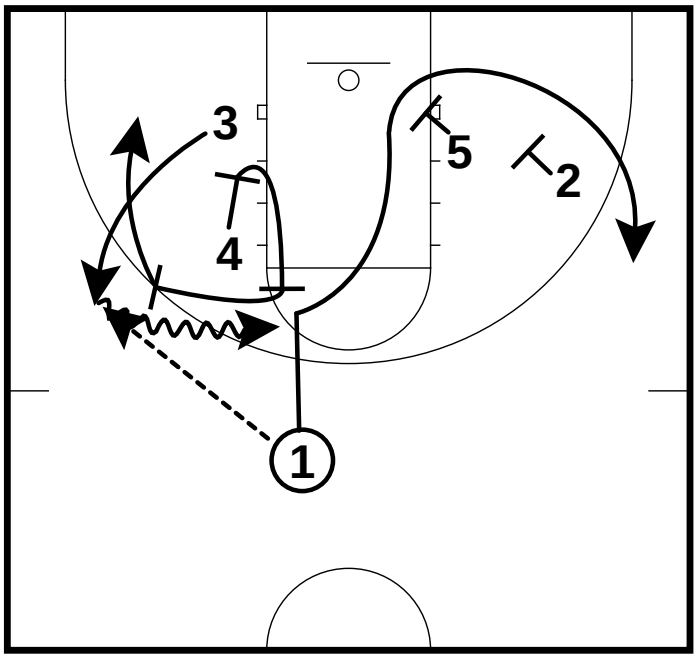
2 backscreens 1, 4 & 5 set a baseline stagger for 1. 3 dribbles over and passes to 1.

All Contents Proprietary

43 Side

Florida State

43 Side



Side Pick & Roll

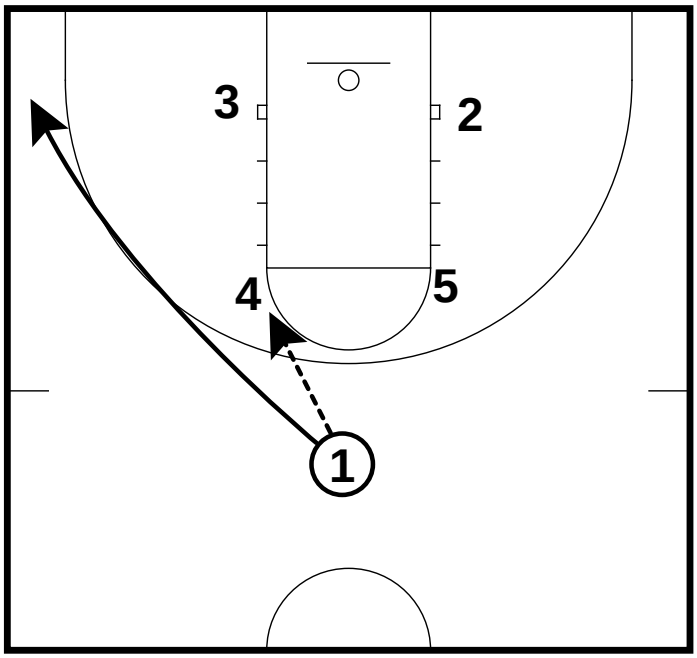
4 pins down on 3. 1 hits 3 and UCLA cuts off 4 to the rim. As 4 sets side pick & roll for 3, 5 & 2 set a stagger for 1.

All Contents Proprietary

Elbow Power

Connecticut Huskies

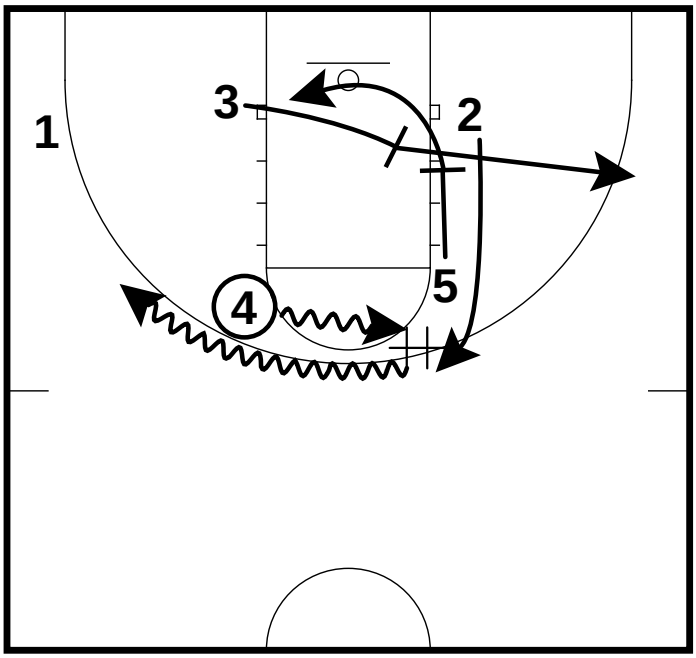
Elbow Power



Half-Court Sets

1 hits 4 and cuts to the corner.

Elbow Power



Half-Court Sets

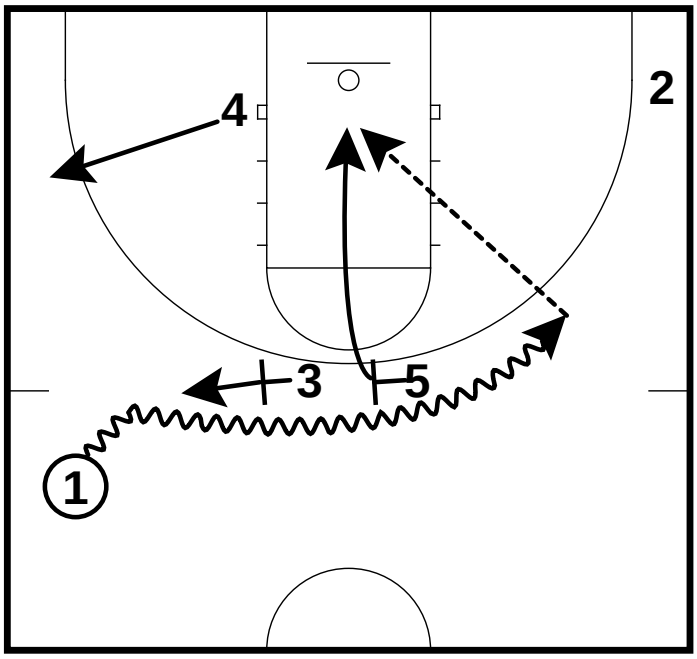
5 pins down for 2, 4 goes into dribble hand-off with 2. 4 pops back, 3 backscreens for 5.

All Contents Proprietary

1 Double

Connecticut

1 Double



Middle Pick & Roll

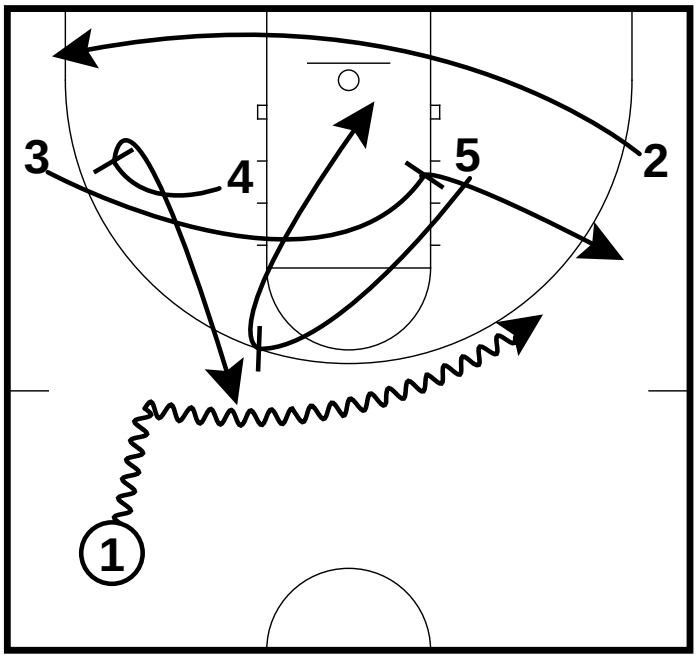
3 and 5 set stagger pick and roll/pop for 1.

All Contents Proprietary

1 Hook Out

VCU

1 Hook Out



Side Pick & Roll

4 sets screen for 3, 3 screens 5 into a middle pick and roll with 1. 2 sprints to opposite corner. 4 replaces to the top.

All Contents Proprietary

Colorado High School Coaches Association – 2011 Basketball Coaches Clinic

Kevin Boley (Legend HS) – State champion at Broomfield High School

- "You must be willing to fight for your culture each and every day" – Doc Rivers
- You must EMBRACE communication with your players, parents, etc – or you won't be successful
- Be hard on them, but love them
- Idea from Joe Ortiz – have players get a Vitamin C tablet from the office every day (off court communication) – similar to sign-in sheet
- How quickly do you return an email or phone call?
- Balance between being hard on kids and loving them
- His keys to successful program
    - Feeder program
    - Staff
    - System
- Relationships
- Assistants can't just show up. They have to work. If head coach sends text, expects a text back.
- "PHD" = Poor, Hungry, Driven
- Assistants should want to be head coaches
- So important to watch other's practices
- Staff must speak same language
- System of play =
    - Simplicity or execution –or-
    - Surprise & Change
- Must be able to beat the best team in the league
- "Workouts are optional. You don't have to be there. Playing time is also optional. I don't have to play you."
- Weight room is imperative – there is no other way (It's about more than strength)
    - Commitment
    - Pain
    - Character Building
    - Work Ethic
- All players in his program will go through guard skill work
- Plays music during open gym at times
- Believe in the process – don't sell out your integrity for wins – they will come if you do it the right way

Ken Shaw – Regis HS – 3 Consecutive Big School 5A State Titles

- Most important thing in coaching is relationships with your players
    - More important than skill development, etc
- The greatest lessons in life that we learn are those we teach ourselves
- Can learn so much from your players
- Most important technique you teach is the belief you have in your players → You must believe in the team
- Keys
    - Mutual respect
        - Treat players correctly to the media. Treat them as equals. Behind closed doors, though, all is fair game, even the coach
    - Do your part

    - Be able to apologize to your players when you screw up
- Leadership – Seniors of the team must be able to know and recite this
    - Set a good example
    - Bring out best in your teammates
        - Says Steve Nash is the best – never seen Nash get on a teammate
- Our society is naturally critical → "Arm-chair quarterbacks"
- Do players like your program? Very important question!
- Find a way to involve good people. They would be defined as "those that can handle adversity"
- Do players care about the team? "Disease of me"
- Easier to get a player to reach his potential if you have a good relationship with him
- Spends most of his practice time on shooting
- All of our situations (are current jobs) are different. Must analyze what works for you!
- You have to work at skills to develop. There is no substitute.
    - Shaw doesn't call kids to ask why they aren't working out.
- This is the most FUN game to play. Kids should WANT to be in the gym.
- If players buy in, parents will follow. Sell your players first
- ****Every player gets cut at some point in time!!! We all reach our ceiling. It's necessary
- "Our (player & parent) program, not just the coaches program"
- Are you alienating people or drawing them in?
- Coach Shaw will talk to parents about anything (including playing time) if…
    - Right time, right place, right tone of voice
- Communication – Do you ask for feedback from your players? Be ready to get your feelings hurt, but very informative
    - Q's = What do you like and should we continue to do, and…
    - What don't you like, should we change?
- You can solve a lot of team problems by talking to players individually for 3-4 minutes after the game. Stop it before it starts.
- Kids need to hear that they are contributing
- Team Mtgs = Meet every day during season that they don't have weights / plyos after practice
- Do a notebook! Teach the mental side of the game!
    - Players will keep them forever. It is important to them.
- Run a class program. Kids want to be a part of something special
- We can always be the best in these areas (no compromise)
    - Character, attitude, effort
    - We can always win in those areas
- Don't set your players up for failures & frustrations → i.e. don't be unrealistic in expectations
- If you can show kids things that make them better and make it fun, they'll show up. Give them a vision!
- Special emphasis on shooting in the program has paid major dividends.
    - Last season = 62%FG, 44%3FG, 78%FT
    - Always work on shooting
- Do your players have trust in each other?
- The power of a hand-written note
- "Quick FT's" = 1 dribble and shoot. Have to make 15 in a row before miss(?)
    - Do for certain amount of time. At end, if don't make goal, run down & back so people see you missed goal (peer pressure).

Coach Meyer (Things I would do different)

- Get all the good ideas, but can't use all the good ideas. Be careful how much you change with your program after going to a clinic.
    - What will work for you?
- What makes a masterpiece is what you take out of something.
- It's extremely hard to want something more for somebody than they want for themselves
- Promise less, deliver more
- Do you kids use cell phones on the bus? Check them in at some point.
- Real relationships take a lot of time
- #1 thing in Coaching = "Your example is not the main thing, it is the only thing."
- "Our team" not "my team" unless you are taking the blame
- You have to have credibility to get away with crap
- #2 thing in Coaching = Coach for the love of the game and for the kids. That's all.
- Learning takes place through discovery – "Figure it out"
- Personal, purposeful practices
- Figure out what fits your team
- You can't coach out of a notebook!
- "You can never spend too much time on shooting" – Morgan Wooten
- Coach Meyer's first job at Hamline – He stayed up first 72 hours straight in the office
- Plan the week on Sunday and plan the next day the night before
- Find a system that works for you; you don't work for the system
    - Toughness & Trust
    - Effort
    - Attitude
    - Motives – Why are you coaching?
    - Servant Leaders
- Understand that everybody has it a lot worse than you do. No pity parties.
- "What About Bob" = Baby Steps – Best coaching movie ever
- The only thing they remember in a timeout is the last thing you tell them
- Kids don't pick their parents – it's not their fault
- You can be physical without being tough, but you can't be tough without being physical
- Roles – will your players accept them?
- Roles = Define, Understand, Accept, Fulfill
- Knowledge is knowing what to say. Wisdom is knowing whether or not to say it.
- Majerus = know who you are and what your game is
- NBA = Next Best Action
- Mistakes = Recognize, Admit, Learn, Forget
- "Catch your kids doing something good"
- Coach Bob King = There are only enough shots on the floor for four people (better have somebody that is willing to play without shooting)
- Always try to factor in the Human Element on decisions
- Only sit behind your desk when talking to a kid if you want to be the judge, jury, and executioner
    - Go for a walk
- You don't get paid to put the 5 best players on the floor; you get paid to put the 5 that work together best
- It's not what you teach, it's what you emphasize
- Must give respect to get it (same for players)
- Scouting Report = Know who you are guarding, their #, their game

- Chuck Daly = “Sometimes to guard is not to guard”
- Not a lot of people can do much for you when you get a DUI
- Process over Product
- Great program = Sound, solid, simple
- Want integrity in your program
- It should all be about the kids
- “Must be able to win when the ball doesn’t bounce right”
- Don’t whine, don’t complain, don’t make excuses (Wooden’s Dad)
- Nobody does the right thing all the time
- Nothing more harmful to a team than a lack of discipline
- 2 types of pain (discipline & regret) = make practices tougher than the games
- “Be a skill coach, not a drill coach” – Iba & Paterno
- Practice = 4 (30 minute) segments – Skill work, Team Skills, Team D, Situation / Competition
- See the need, fill the need → Don’t teach what you don’t need
- I don’t make decisions because they are popular, I make them because they are right
- Pat Summit = If you sit in the Big Chair…
- The right decision is almost never popular
- Get credibility as fast as you can!
- You can pick captains, but you can’t pick leaders
- Practice with the intensity and poise of a national championship taem
- Basketball is the best class they’ll ever be involved in → Must use a notebook
- Properly & quickly execute the fundamentals of the game for the welfare of the team
- Vs. a great team…
    - Spacing
    - Sureness
    - Shot Selection (Not looking for a shot we can make but for a shot we can’t miss)
    - Give heavy help on their best player
    - Don’t create offense with your defense
- Simplicity and execution win in March
- Always make a kid quit; don’t cut them
- A good administrator never gives a good coach a reason to leave, and a bad one gives a coach several each day
    - Look for a new job
    - Get it
    - Then resign
- Beswick Scale → Google It (Talent – Mindset Comparison)
    - A A = Best situation!
    - A B = Bad, bad, situation. Will get you beat
    - B A = Stick with the kid. They will get better!
- Foxhole Test
- Abe Lemon = You make enemies faster than you make friends in coaching
- Pick battles big enough to fight and small enough to win
- 3 Things for the rest of your life
    - Find your unique talent / gift
    - Develop it to the fullest (Because Nobody pays for average!)
    - Give your gift away

Andrew Hasz – Faith Christian HS (130-5 past 5 seasons with 5 straight state titles during that time)

- Clinics will stimulate you in the summer
- How to Build & Sustain a Program
    - Hire coaches who know more than you
    - Find coaches that can relate to the players
    - Give assistants specific areas of ownership
    - Swallow your pride
    - Developing your program
        - Work with players in your feeder programs
        - Personal investment in your younger guys
    - Execute your system
        - What will you be known for?
        - Teach these characteristics early in your program
        - Regularly integrate drills that reinforce these key characteristics
        - Use older players to teach younger ones
    - Motivation
        - Must be something beyond the individual
        - Every player needs to feel valued and important – and have a role on the team
        - 1 Corinthians 10:31

Curt Miller High Ball Screen Offense

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Curt Miller (Bowling Green State University)

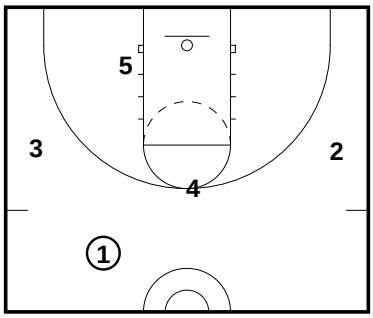
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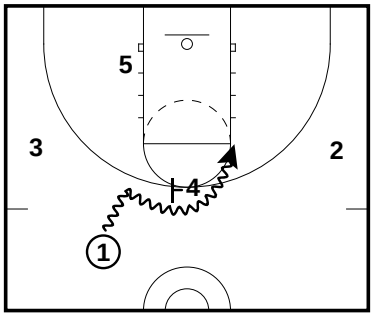
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Curt Miller (Bowling Green State University)

High Ball Screen Offense

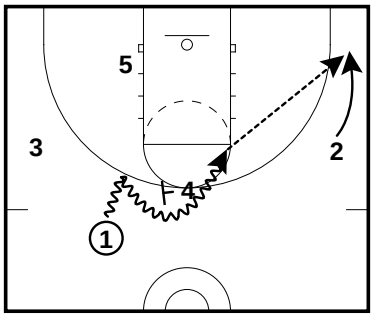


Initial Set Up
- 4 splits the mid line, wings are FT line extended
- 5 starts low block on the same side as 1



Wing Drift
- PG drives defender into the screen to get LANE LINE penetration
- PG should try to score and wings hunt should hunt for shots

Note: Need to wing LANE LINE battles

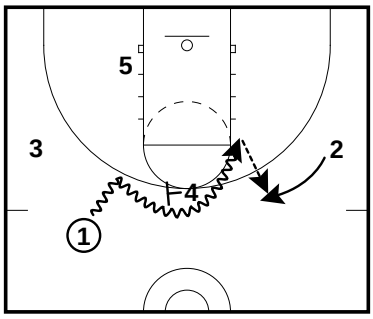


Wing Read 1
- Wing can drift with the ball

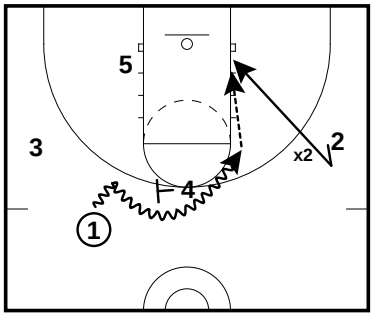
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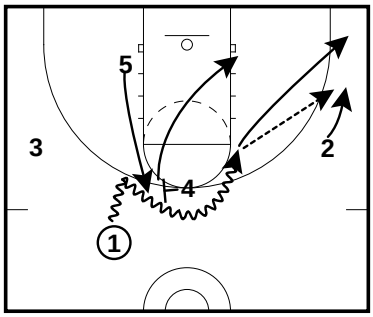
High Ball Screen Offense



Wing Read 2
- Wing can fill behind the ball



Wing Read 3
- Wing can back cut on defensive over play



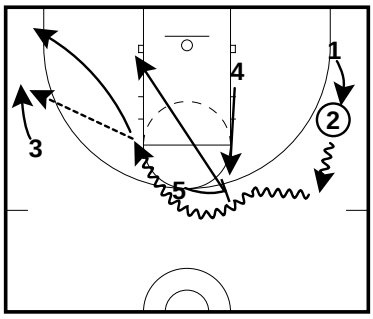
Wing Kick Out
- On the wing kick out, the PG cuts to the ball side corner
- 4 rolls to the basket
- 5 flashes to the top of the key

Note: Posts are always opposite high low from each other

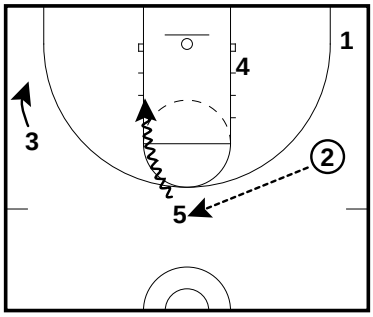
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Curt Miller (Bowling Green State University)

High Ball Screen Offense

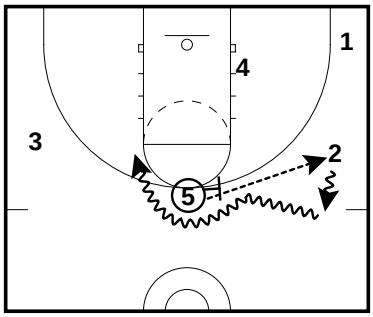


Wing Dribble Out
- The wing dribbles out to get a good angle for the high ball screen
- 5 rolls to the ball side block after setting the high ball screen
- 1 fills wing
- 2 cuts ball side corner on the kick out to the wing



High Post Pass
- 3 reads
1. Shoot
2. High Low Pass
3. Rip and Drive

- 3 looks to hunt for shot

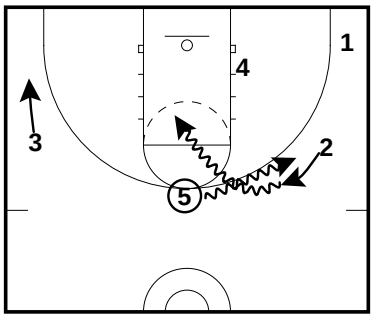


Strong Side Pass
- If the post cannot shoot, drive or make a high low pass, he can pass back to the strong side and then ball screen

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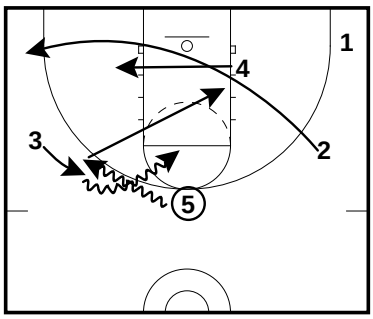
Curt Miller (Bowling Green State University)

High Ball Screen Offense



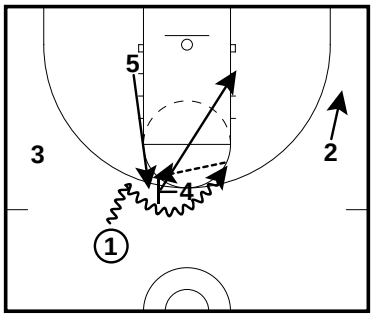
Dribble Hand Off

- If the post cannot shoot, drive, or make a high low pass, he can also dribble hand-off



Weak Side Wing Pass

- If the post passes to the weak side wing the post can
1. Pass and follow
2. Dribble hand-off
- Low post goes opposite
- Top guard cuts through to ball side wing



PG to High Post Pass Flash

- Post can shoot, rip and drive, or look for high low pass or run any of the wing pass options

All Contents Proprietary

Dennis Felton "Michigan"
Extended 1-3-1 Defense

Why: Forces pressure in the ½ court with minimal risk. Takes advantage of length and athleticism. Creates confusion and panic, eliminates the ability to run zone sets and can help keep or "funnel" the ball into a pre-programmed area of the floor to prevent breakdowns.

Three Keys:

1. Ball always "funneled" toward center player or middle of floor

2. Defenders must "melt down" when ball or offensive player approaches scoring area

3. No direct passes allowed, wings & center must stay in line with the ball and everyone should use hands & feet to force lob or long bounce passes so defenders can recover on air-time

Positions:

1. Top 2. Center 3. Wings 4. Warrior

Terminology

Melt: when ball or O player approaches scoring area defender/s must move closer to offensive player or assigned responsibility to prevent direct pass, rhythm shot or quick penetration

Press: if ball is dribbled on baseline or wing area defensive wing or top may jab & recover, dig at ball, fake at ball to try to get quick steal or O player to pick up dribble. As soon as ball is picked up this D player must always try to find or "melt" to dangerous offensive player and run to that spot

Funnel: Strategy entailing the defense to guide dribble penetration into the center of the zone. Important as the center of the zone will be there to plug all penetration into the funnel. Ball is never allowed to be driven baseline or thrown into the post from the base-line side.

Responsibilities

Top – Must keep the ball on a side of the floor. No matter if defense is extended or if just in the half-court. Keep ball on a side by staying in line with the ball on reversal pass. Preferably a long, athletic defender who can be disciplined and finish on the other end. Must use everything on body (hands, feet). Must not be flat (always in line with the ball and opposite guard in two guard front. When ball is in corner top person must cover ball-side elbow (one hand in front).

Center – Always stay directly between ball and rim. Protect the basket. Must keep ball out of high-post. Doesn't necessarily have to be completely in front but must have at least one hand in front. Also must not hug high-post as the center is responsible for stopping all dribble penetration. On penetration (attack dribble) center must step out and stop ball high to lengthen penetrating passes. Also helps to be active with hands to put pressure on the ball-handler. As ball is passed to the baseline center must sprint to the ball-side block and get low side arm over ball-side post player. Responsible for taking ball if it's passed in the high post. Must always stop/plug the ball as it is funneled in. As shot goes up the center must get to the weak-side triangle for rebounding purposes.

Wings – Starts free throw line extended when 1-3-1 is extended to half court. Must stay in line with the ball and offensive player in corner when ball is located on the ball-side wing. Passes to corner must be long bounce passes or long lob passes so warrior has chance to recover on air-time. As ball or offensive wing approaches scoring area the wing must "melt down" into scoring area. When wing is weak-side must be directly on-top of weak-side post player. This means wing has responsibility for the diagonal pass and can't get screened in on the backside. Still has skip pass to wing and will be able to recover on air-time if passed is forced long by the top player. On the skip pass weak-side wing must make banana close-out to prevent quick reversal to baseline. Can "press" (dig and recover) up or down on dribble when ball is on ball-side corner or wing extended. Note wings may have to cover baseline on quick reversal into warrior can get there and bump them back to proper position.

Warrior – Must be the toughest and hardest working player. Covers baseline to baseline. When ball is on ball-side wing the warrior is responsible for covering the ball-side block (sitting directly on top) and must get to the corner if ball is passed to the baseline. When covering baseline warrior must NOT give up baseline drive or post-entry. Everything must be funneled into the middle towards the center. If ball is drove middle from baseline the warrior must get back to the ball-side block as the center steps up to the plug the penetration. Must be tough enough to battle bigs on weak-side rebound or ball-side post opportunity.

Teaching Points

1. D players must melt into scoring areas when ball is penetrated by dribble or passed to high post.

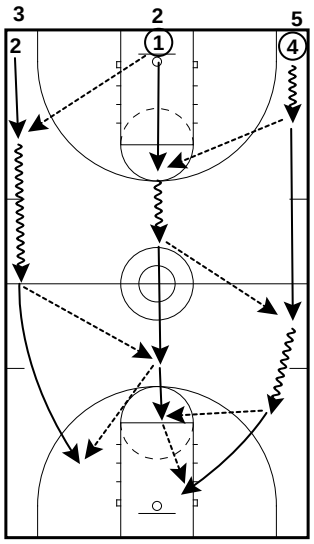
2. All players must recover on air-time of pass. Great players react on the pivot.

3. As the possession goes it's important the top must stay high and not get flat.

4. All five players must help to rebound (most susceptible part of 1-3-1)

Don Meyer

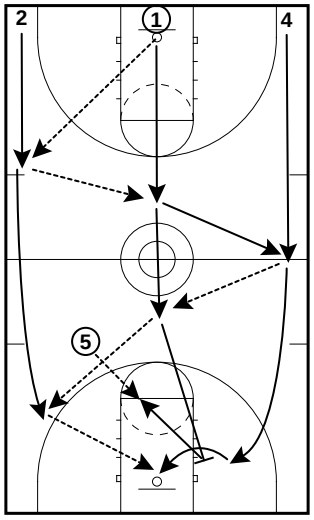
Full Court Passing Drills



3 Lanes 2 Balls

- Players run in a straight line passing the 2 balls back and forth
- Use a dribble to if the person is not ready to catch
- 2 people will shoot at the other end. Need to know who is your group so you have the right person finishing near the basket and who should be taking jump shots

Full Court Passing Drills



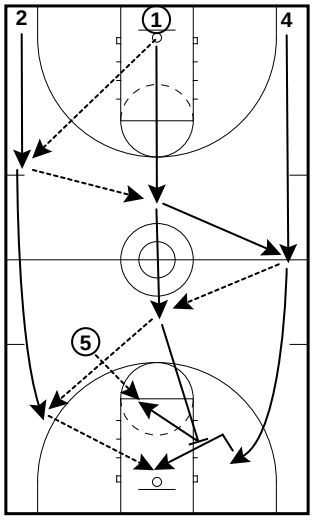
3 Lanes 1 Ball Curl Cut

- Using 1 ball, the players run down the floor passing the ball to each other
- The middle player will set a down screen for a curl cut. The person curling will get a pass from the wing
- The person who sets the screen will pop back and receive a pass from a stationary person with another ball for a shot

All Contents Proprietary

Don Meyer

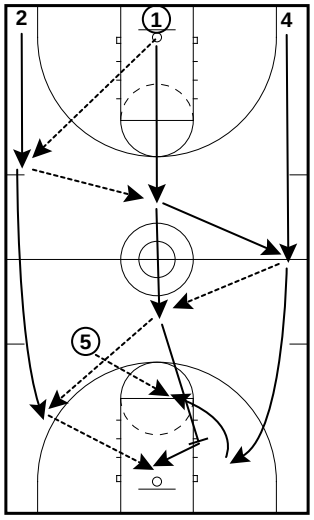
Full Court Passing Drills



3 Lanes 1 Ball Back Cut

- Using 1 ball, the players run down the floor passing the ball to each other
- The middle player will set a down screen. This time the cutter will back cut to the basket. The person curling will get a pass from the wing
- The person who sets the screen will pop back and receive a pass from a stationary person with another ball for a shot

Full Court Passing Drills

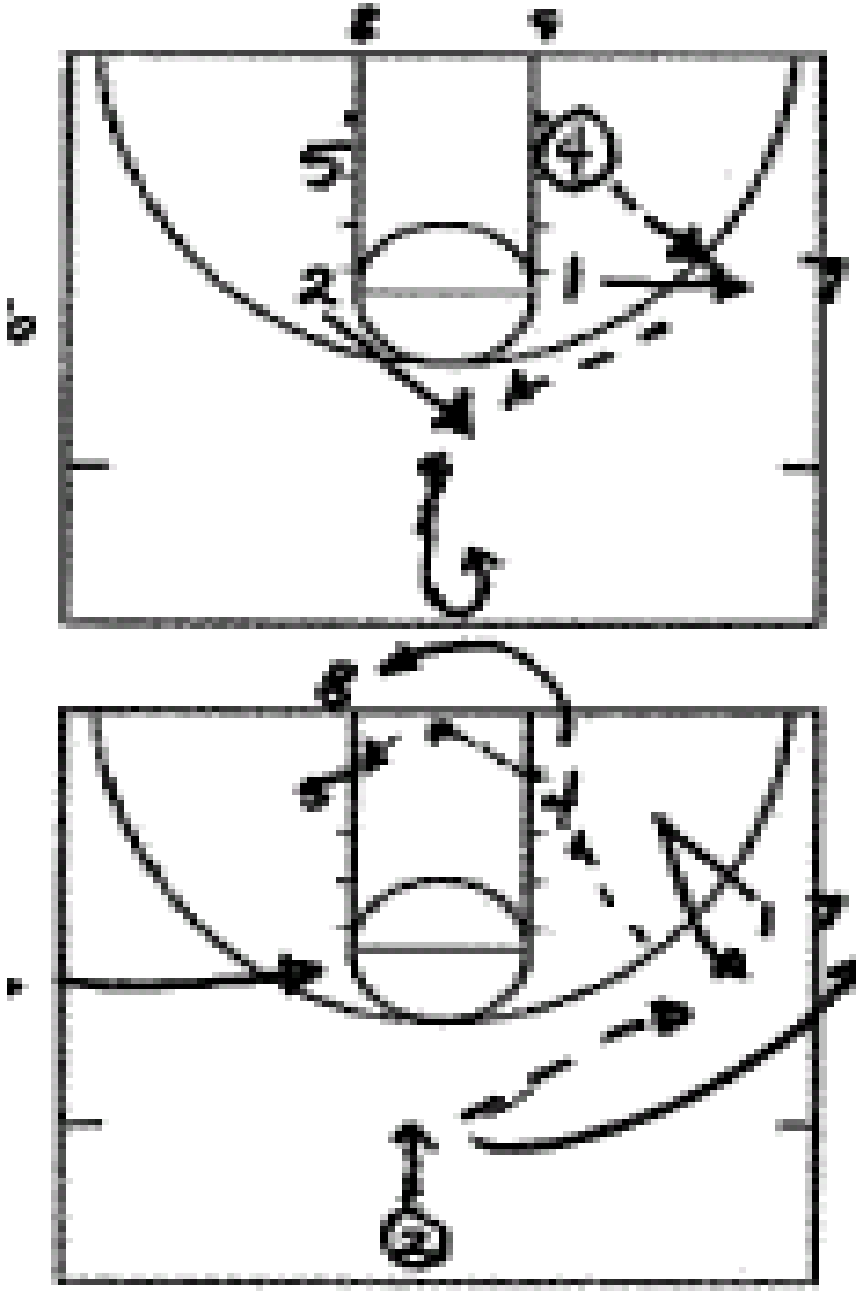


3 Lanes 1 Ball Quick Slip

- Using 1 ball, the players run down the floor passing the ball to each other
- The middle player will set a down screen. This time the person setting the screen will quick slip to the basket. The person curling will get a pass from the wing
- The person who uses the screen will receive a pass from a stationary person with another ball for a shot

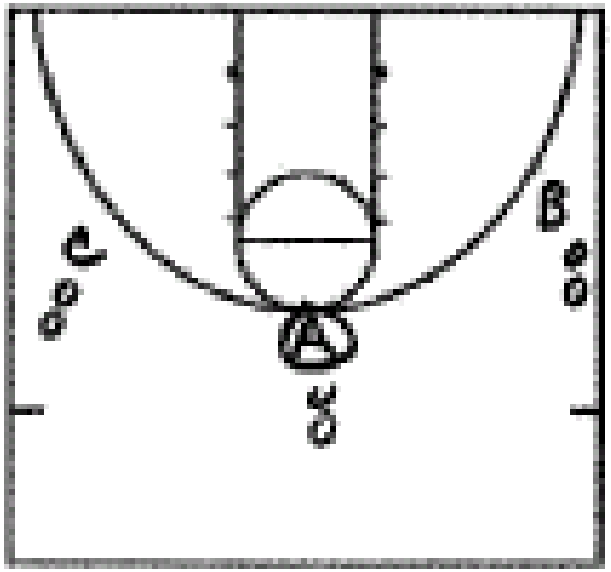
All Contents Proprietary

Laker Rebounding:

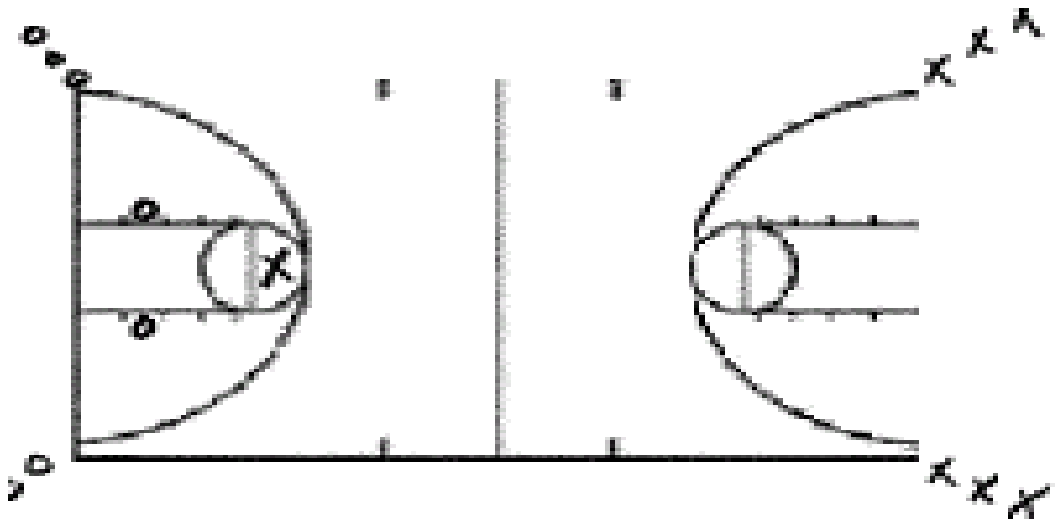


Drill begins with 4 players aligned in the box of the lane, a post at each block and a guard at each elbow. A coach throws the ball off of the glass, the player on the right block (4) jumps to grap the rebound at its highest point and turns over his outside shoulder to throw an outlet ot the right elbow guard (1) who has sprinted to outside the three point line. At the same time, the guard on the left elbow (2) is making a sharp diagonal cut to the middle of the floor to receive a pass. This guard dribbles to half court and turns around. 1 makes a V cut and comes back to the wing to receive a pass from 2. 1 catches and enters the ball into the post (4), who turns and throws it off the glass, over to the other big (5). 5 will be turning over his shoulder to throw to a new guard stepping on (guard lines are placed on the sideline at foul line extended). While 1 now will be playing the role that 2 played, flashing to the middle on diagonal cut.

Inner City Drill:

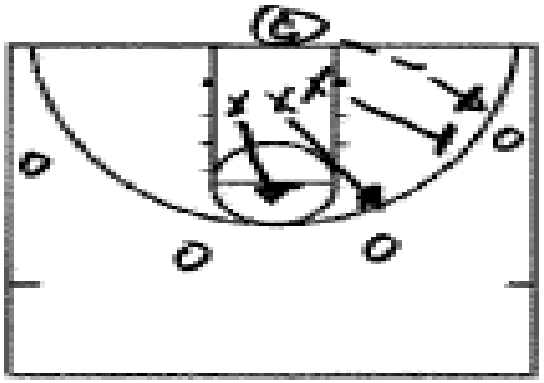


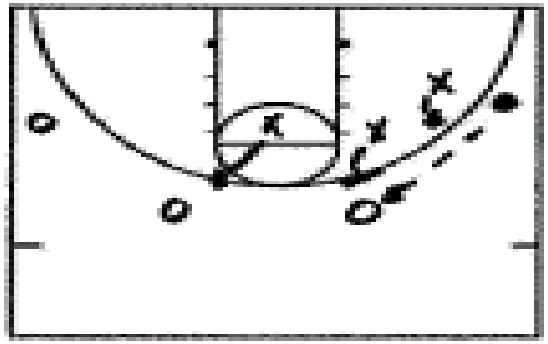
Divide the team into three teams (A,B , and C) and have them line up as shown. The first player in line steps up and A has the ball. 'A' shoots a three. The ball is "live", regardless of whether or not the shot is missed or made. (On a make the three doesn't count). The game then becomes 1 on 1 on 1. With the player who grabbed the rebound being the one on offense. The team of the player who scores receives a point and then that team moves to the point arc to take the next shot and resume the game. The next player in each line steps into play and the previous players rotate to the end of the line.

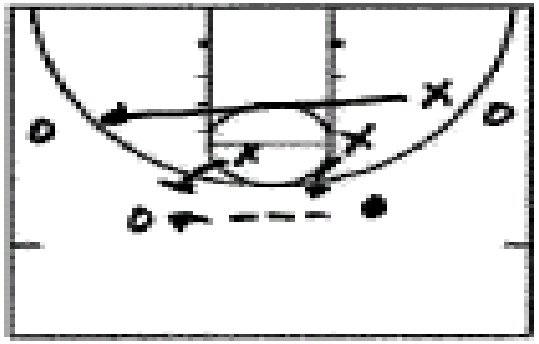


PLUS 2 TRANSITION:

An advantage/disadvantage drill those progresses from 2-on-1 to 3-on-2 to 4-on-3 to 5-on-4 to 5-on-5. Drill begins with a line of skins in each corner along one baseline and line of shirts in each corner on the opposite baseline. A player from skins attempts a free throw while two shirts are on bottom blocks (like a regular free throw) Once the free throw is made or missed, the shirts are transitioning in a 2-on-1 break against the skins player that has now dropped back to defend the disadvantage situation. At the completion of the possession (only 1 shot on each possession, no offensive rebounds) and the skin defender has secured the ball, 2 new skins join him on the court and skins transition 3-on-2 to the other end against the 2 shirts. The same sequence occurs on the other end with 2 new shirts hopping on to go 4-on-3 and so on, until you have 5 on 5.





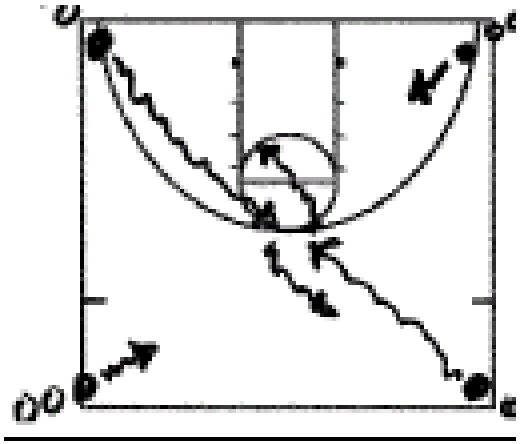


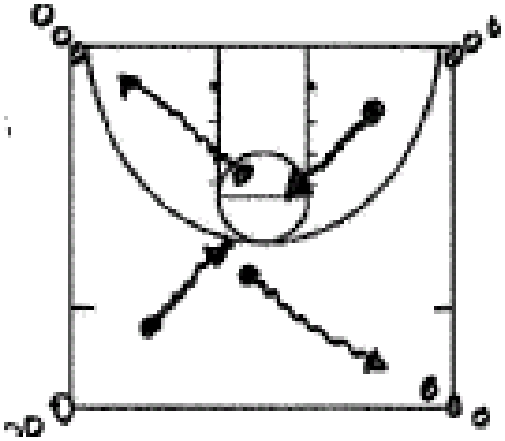
<u>OKLAHOMA REBOUNDING</u>:

The drill begins with 4 offensive players on the perimeter and 3 defenders in the paint. The coach throws the ball to one of the corners and the defense must cover the 3 most dangerous people on the floor (the ball and both wings –leaving the opposite corner open), the corner offensive player swing the ball to the nearest wing who swings it one more to the opposite wing and then passes it the corner. At any time the coach can blow the whistle and the offensive player with the ball shoots. The players scramble to box out all the offensive players except the shooter.

5 ON 5 HURLEY DRILL:

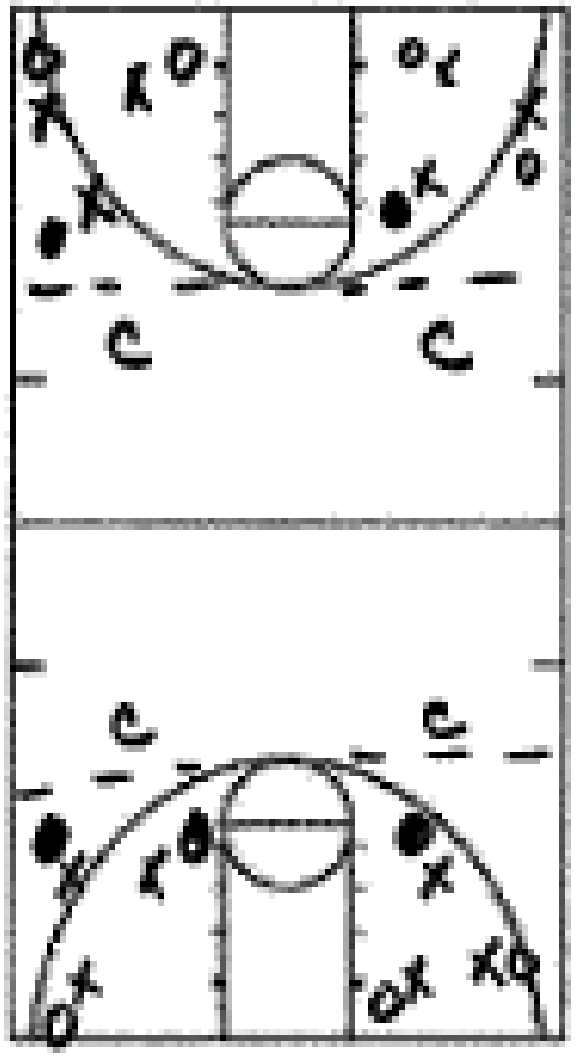
In this drill, offense is playing dummy until the coaches call, they then play live. ***DRIVE***: On coaches calling “Drive” the on ball defender must run to touch the nearest boundary (If covering the wing, defensive player touches sideline, if in slot, defensive player touches half court) while the offensive player is looking to drive the opening. After touching the sideline the defensive player sprint s back into play. ***TRAP***: On coach calling “trap” the nearest defenders runs to trap the ball. ***SWITCH***: On coaches “Switch” call, the offense drops the ball and the defense picks the ball up to attempt to score at the same basket the offense was previously trying to score at (staying on the same side of half court). The newly turned defensive team is not allowed to guard the player that was covering them. ***CHANGE*** ENDS: On coach yelling “Change” the offense drops the ball and picks up a player other than the one that was guarding them while the defense gains possession and transitions to score the other way.





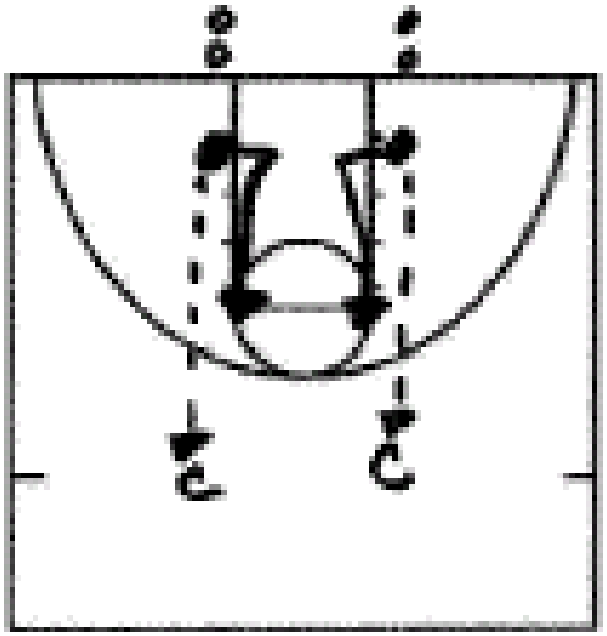
4 CORNER DRIBBLING

In this drill we have the player line up in the 4 corners on 1 half of the court. We have 1 ball in each line. The players will be dribbling straight at each other, in the middle of the halfcourt, executing a designated dribble move. The moves that we prefer to work on are stutter, in and out, and crossover. We might combo the in & out with the crossover. It is important that the players execute the move right as they approach each other. We also want to see a low explosion step after the move. Once they reach the opposite line they jump stop and hand the ball to the next person in line.



COMMERCE CORNER PASSING

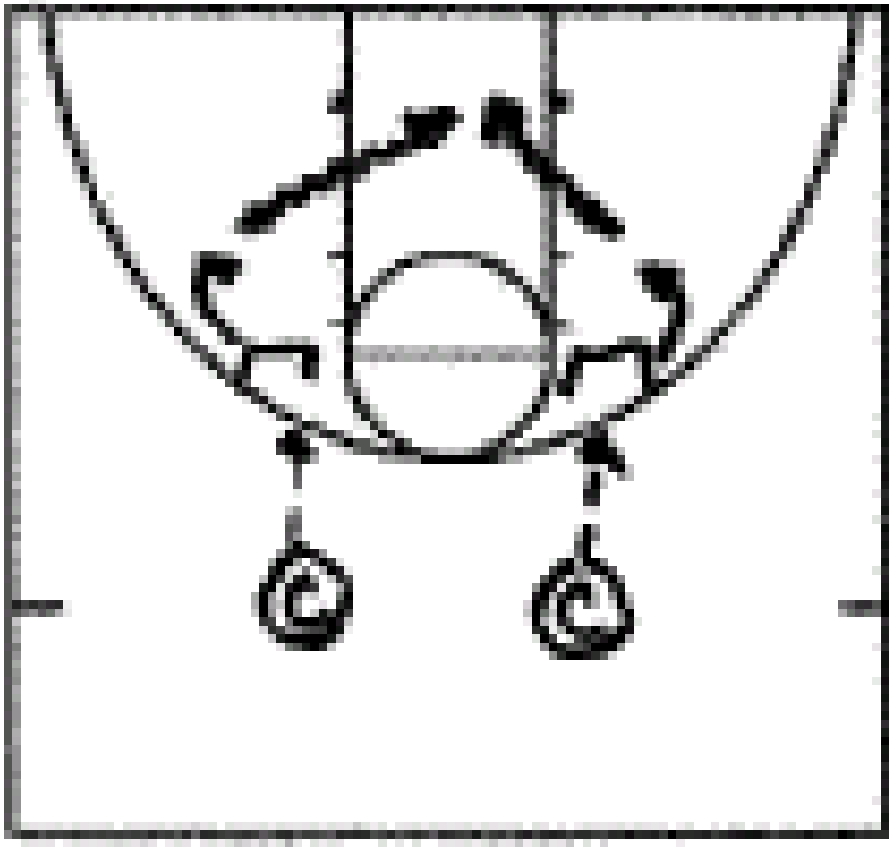
In this drill we have the players split into groups of three. We move them to the corners of the gym. The boundaries in each corner are the baseline, sideline, side of the lane and a line from the top of the key to the sideline. This last line needs to marked by a coach standing in that area or a cone. The objective is simple and straight forward. The offense must complete 20 passes before turning it over. The defense must not let this happen. If the offense completes 20 passes, the defense does 20 pushups. If the offense doesn't they have 20 pushups. You can change the number of pushups or punishment to whatever you want. The offense must communicate and make good screens and hard cuts. They must be able to pass with tough pressure being applied. Likewise the defense must communicate on screens and have active hands with tough pressure. If the ball gets knocked out of bounds by the defense, we reenter it at the point of interruption.



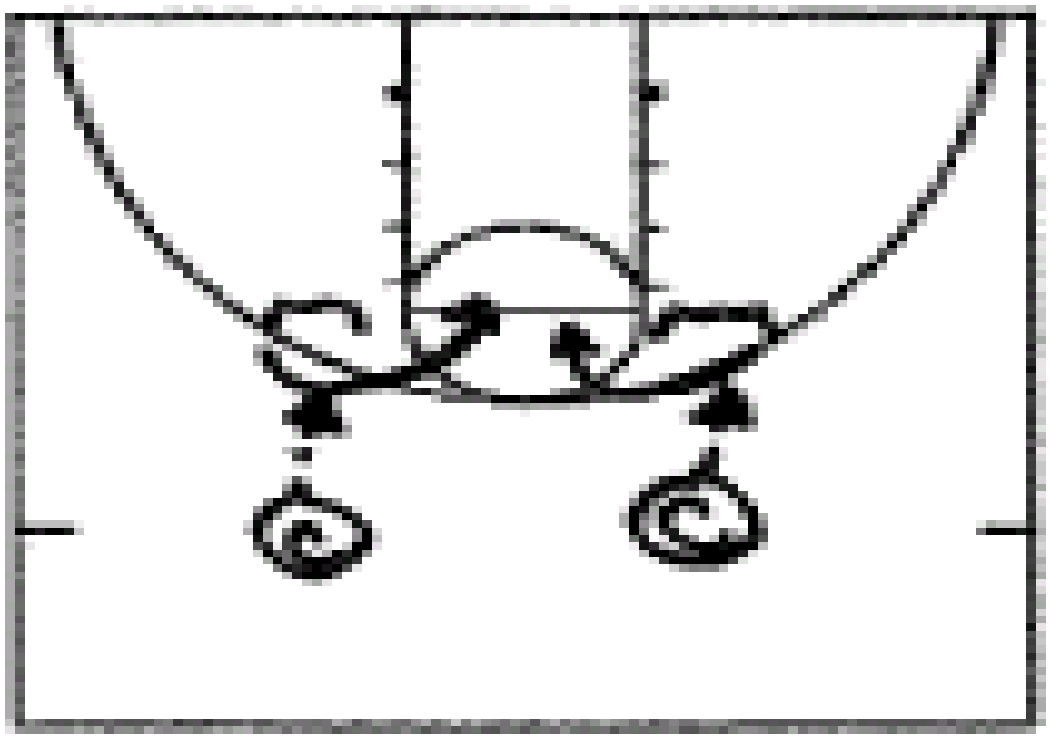
LOCKE DRILLS

This drill is a complete footwork drill. It was designed by Coach Tates Locke. The drill begins with the player passing the ball from the baseline to the coach at the freethrow line extended behind the three point line. The coach passes back to the player and he cateches with his back to the basket on jumpstop. (this jumpstop facing the coach is a big point of emphasis in setting up the pivots). We have the players alternate sides. We will perform each move, on either side, at least twice

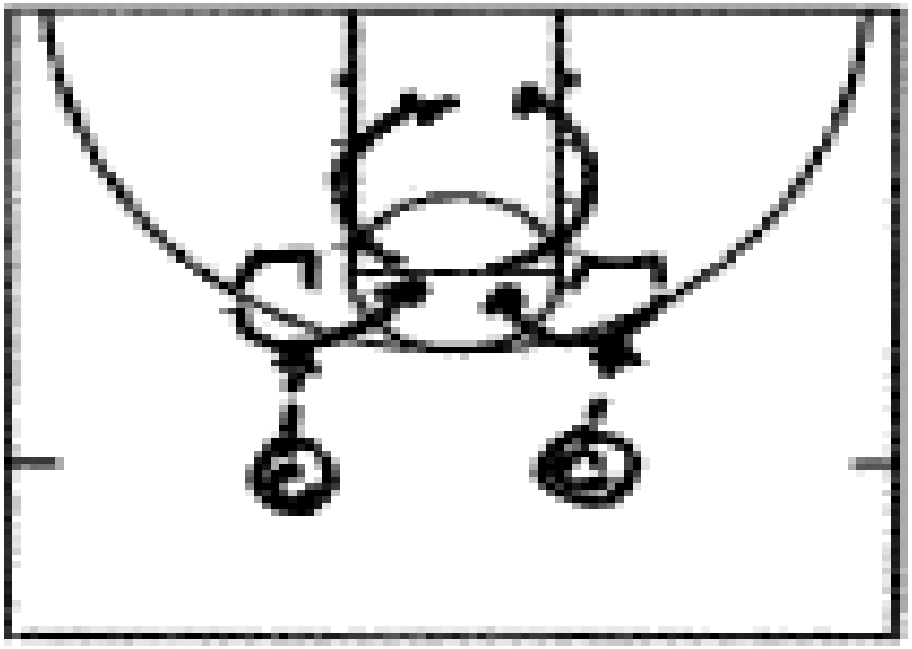
I. Catch, drop step outside foot, layup



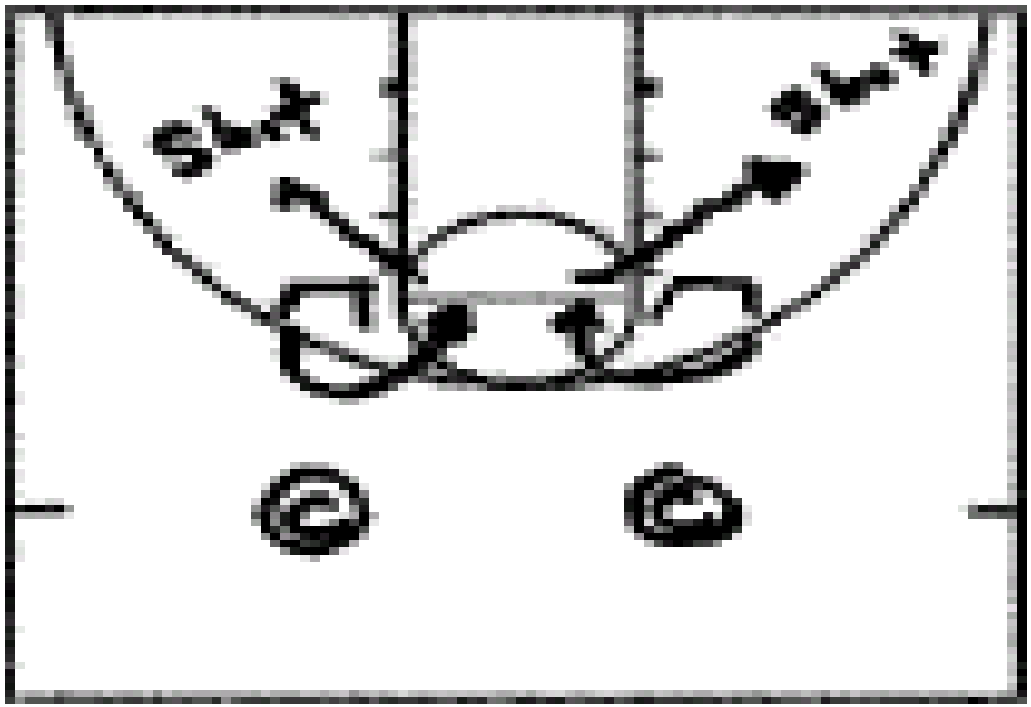
II. Catch, fake drop step, front inside pivot, jumpshot



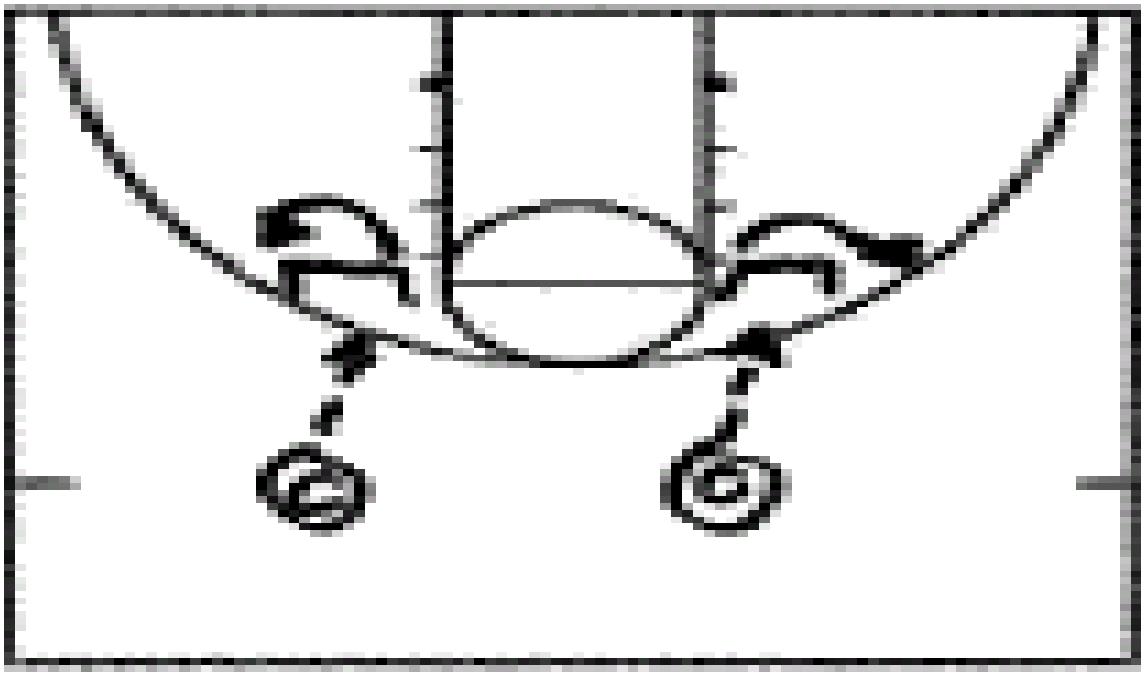
III. **Catch, fake drop step, front inside pivot, shot fake, crossover, drive for power layup**



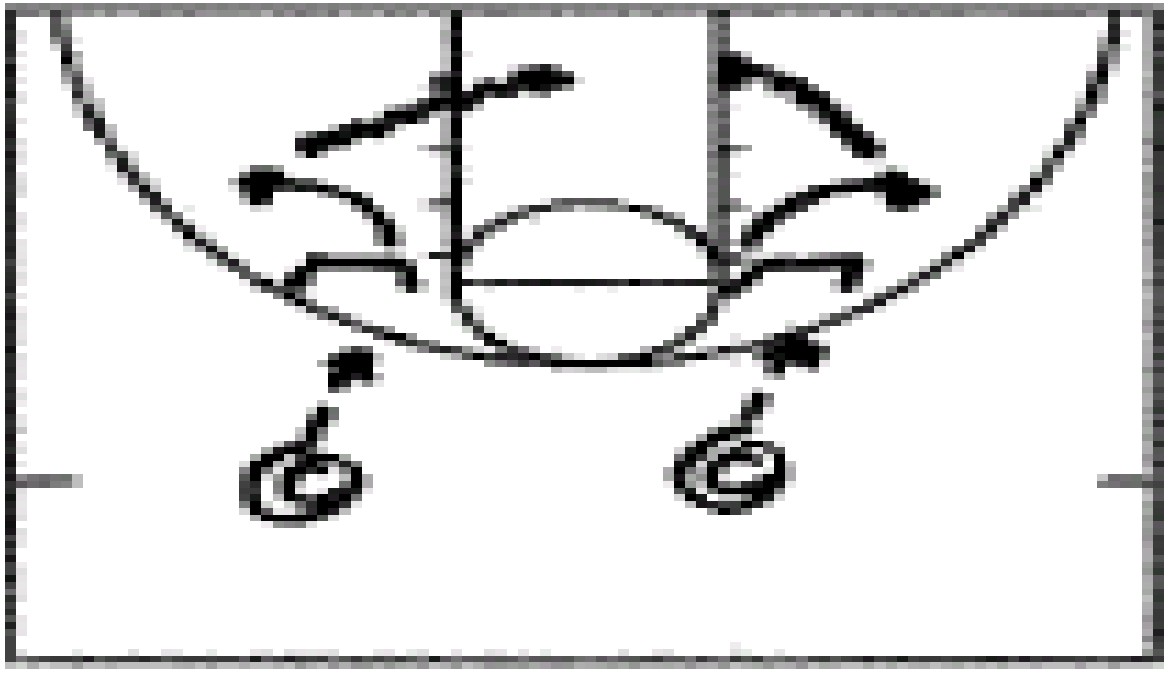
IV. **Catch, fake drop step, front inside pivot, shot fake, crossover, 45 degree angle bank shot.**



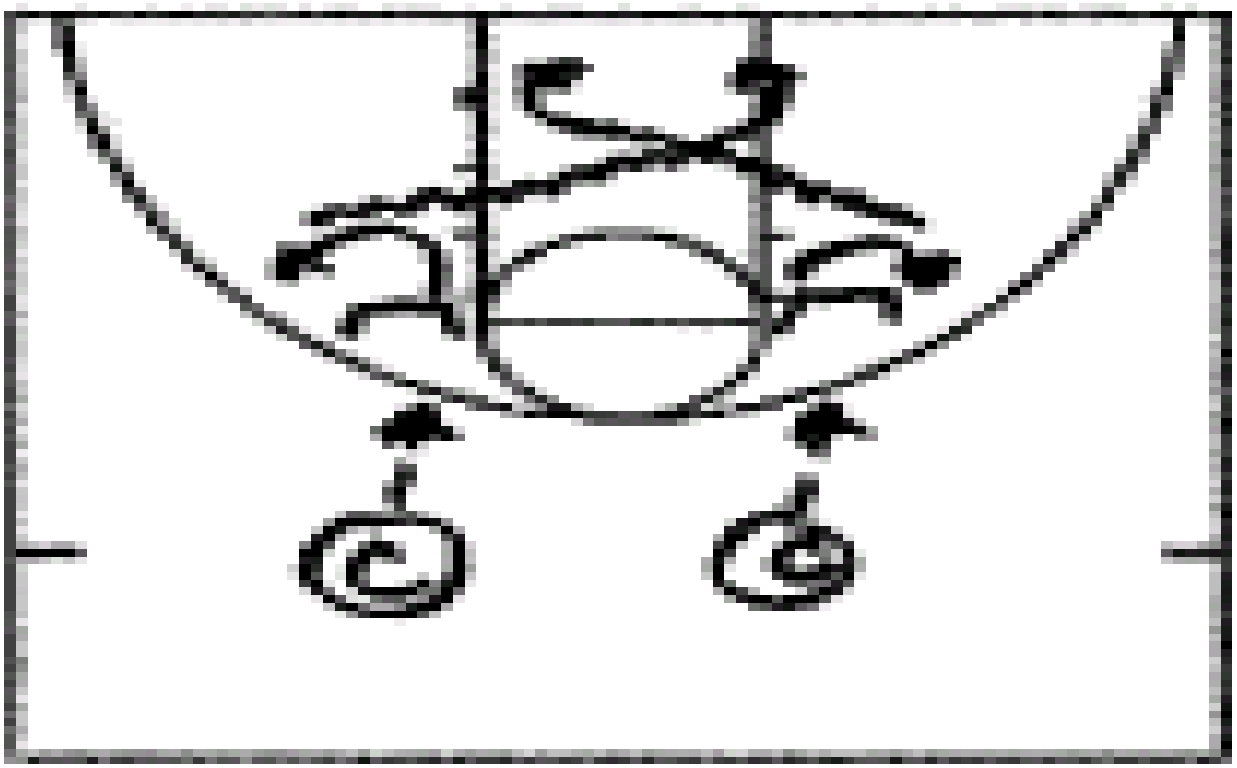
V. Catch, reverse pivot on outside foot, jump shot



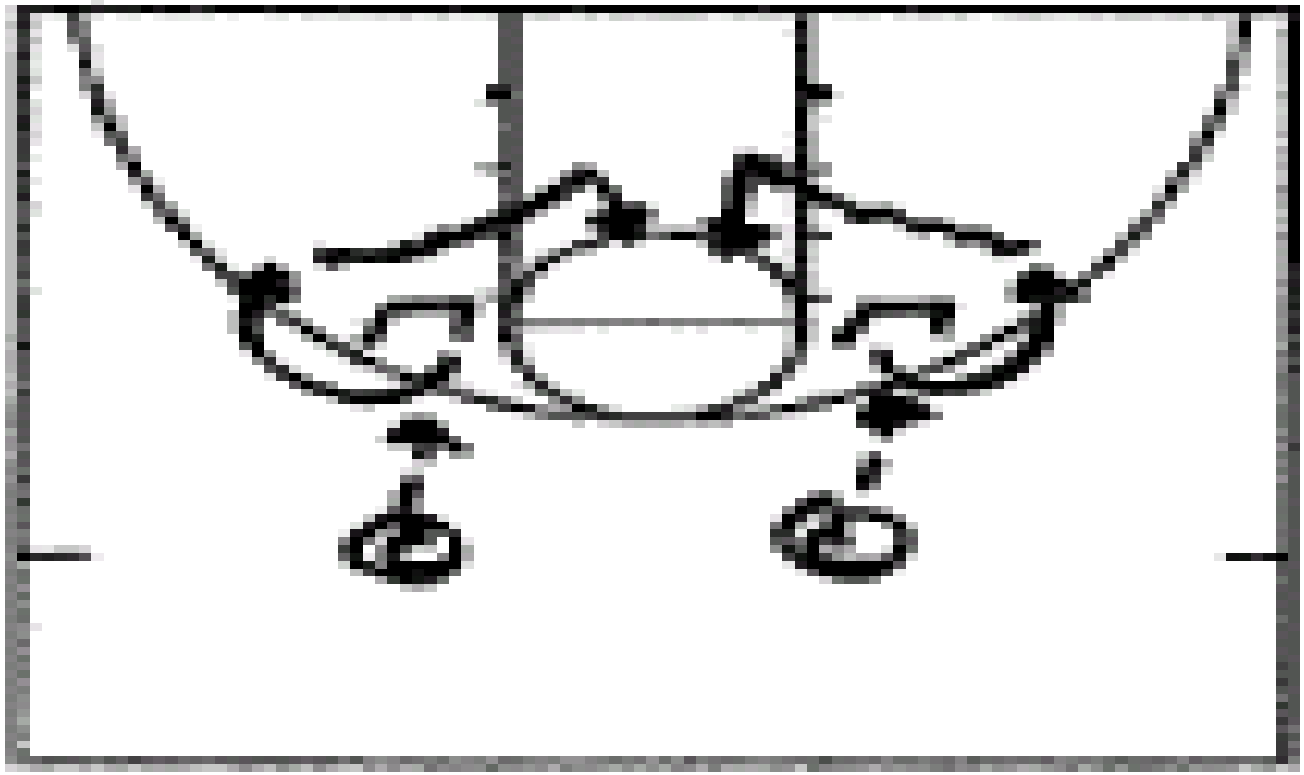
VI. **Catch, reverse pivot on outside foot, rip through for a power layup**

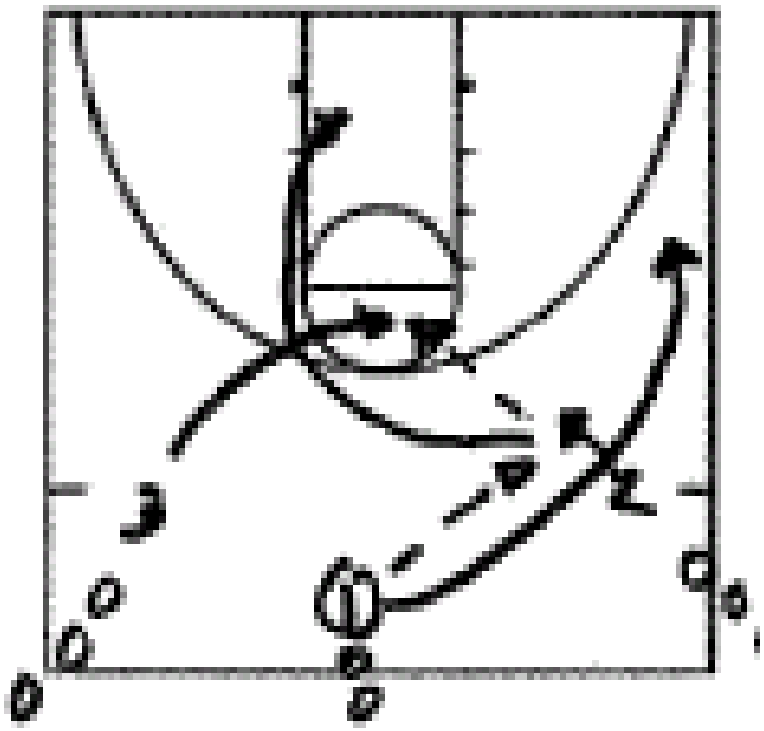


VII. **Catch, reverse pivot on outside foot, shot fake, cross over, drive across lane for reverse layup**



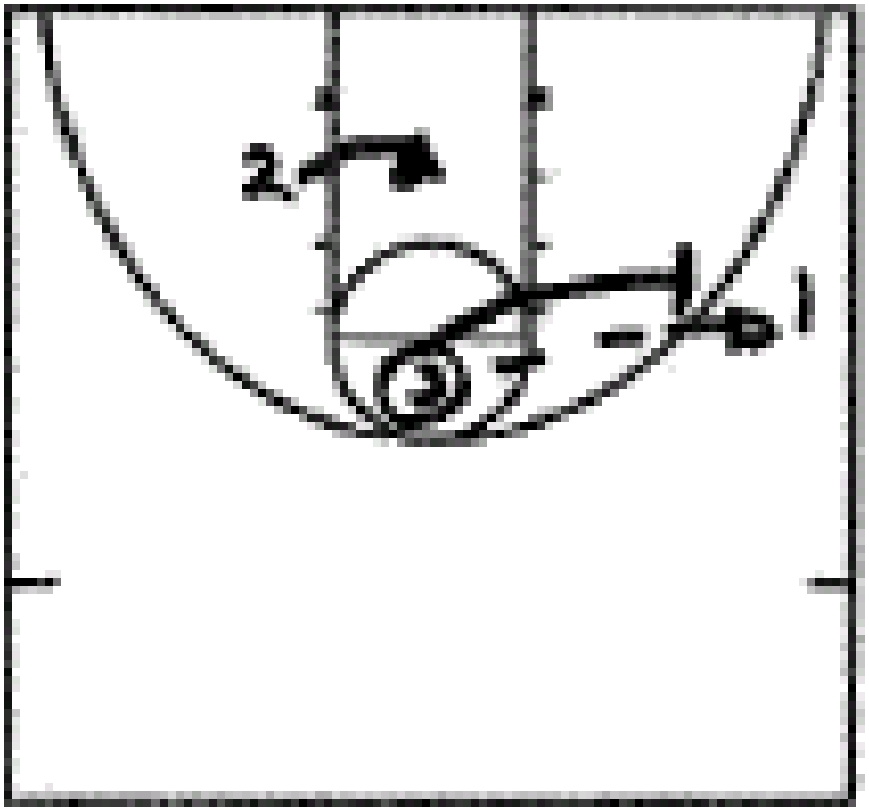
VIII. **Catch, front pivot on outside foot, shot fake, cross over, drive pull back jumper**





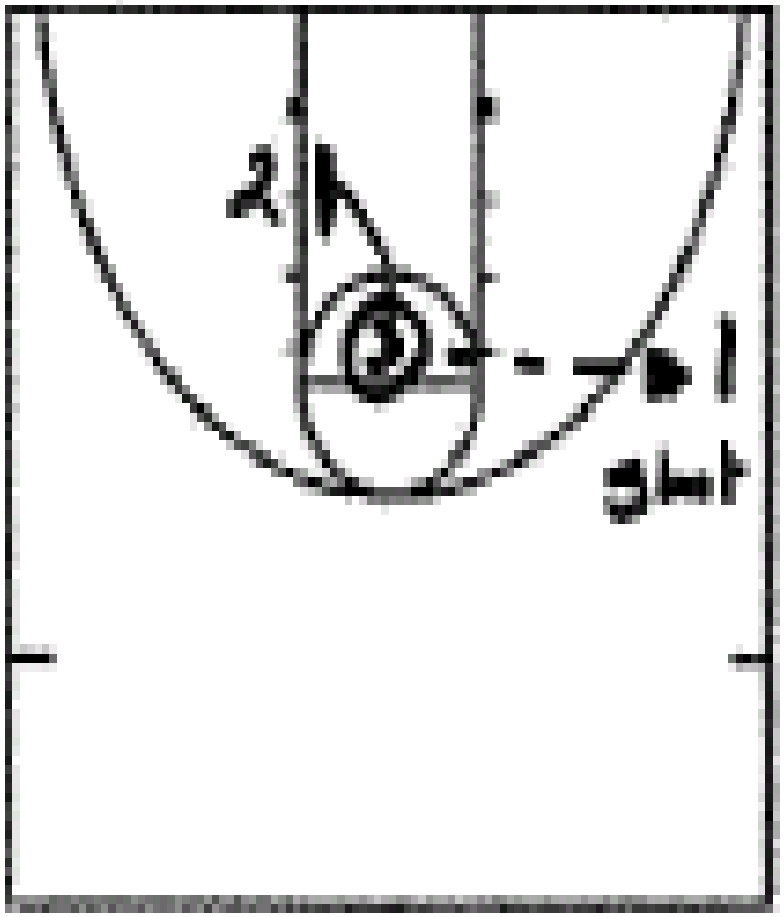
BOXELL DRILLS

These drills start with 3 lines at halfcourt and begin with a 3 man weave pattern, ending with a player at the wing with a ball, a player at the basket and and the final passer between the other two players. We will work a variety of things at the conclusion of the weave. We will have the players pass to the right for a designated time and then make then pass to the left for a designated time. Allowing us to work both sides of halfcourt.



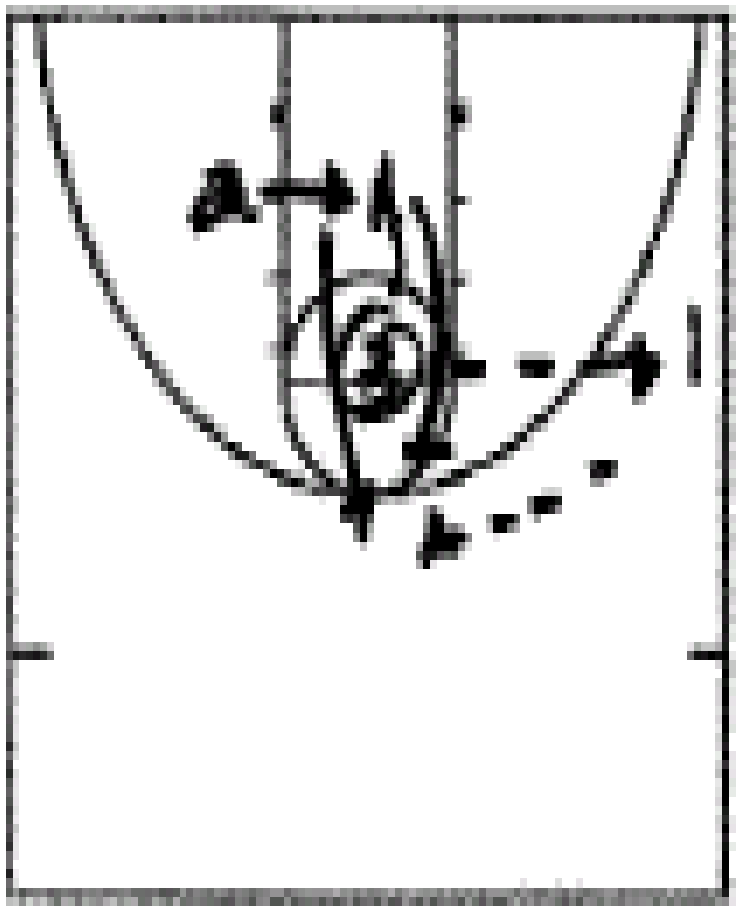
Close out to 1 on 1 with helpside:

3 will close out on 1 and play one on one. 2 is backside help on Def. We will work on help and recover and trap on baseline drives. We also work our fly by technique. We tell the defender to protect the elbow and block, pinning offensive player on the sideline.



<u>Blockout on Weakside</u>:

3 passes to 1 for an uncontested shot. 3 then works on backside blockout vs #2.



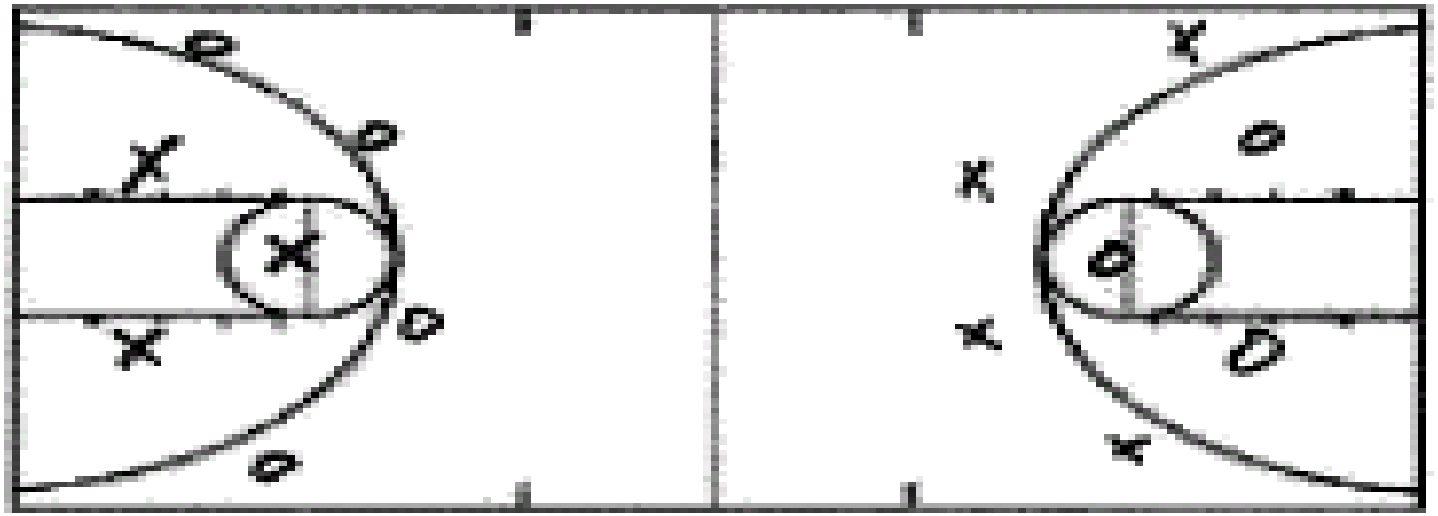
Deny the Flash to the block :

#2 now looks to flash across the lane for the ball. # 3 denies the flash and forces #2 high. Once # 2 catches its one on one with limited dribbles.

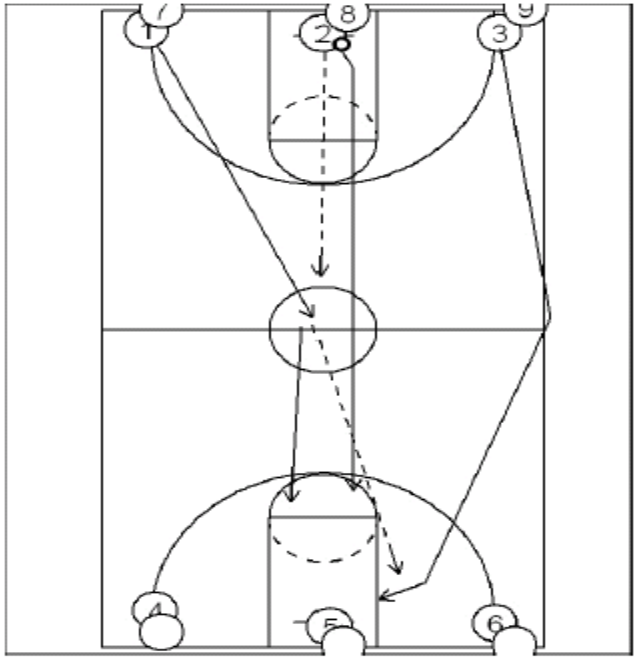
The variations are only limited by your imagination. Great drill. Flows well with a lot of our 3 line drills.

7 ON 7 BASKETBALL

Teams cannot go past ½ court. X's versus the #'s play to a designated score or time. This is a great way to get your advantage drills in a full court setting, while still have 14 players involved in the drill. Defense can press until the ball crosses halfcourt



3 line drills deep pass



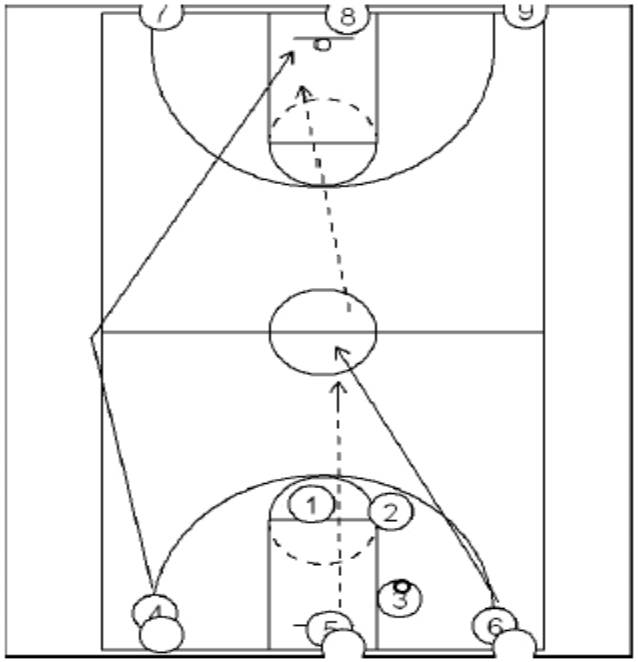
3 LINE DEEP PASS DRILL

Here we have 3 lines at each end of the court.

We start with the right wing breaking thru the mid-court circle. The m
player will make a hard chest pass to the player at half-court.

The left wing will sprint around a chair at halfcourt. He will sprint towa
rim and receive a pass from Player 1 and score a layup.

All players must be inside the 3 point line before the shot goes thru th



player 5 takes the ball out of the net to go the other way.

Player # 6 sprint thru the mid court circle catching the first pass.

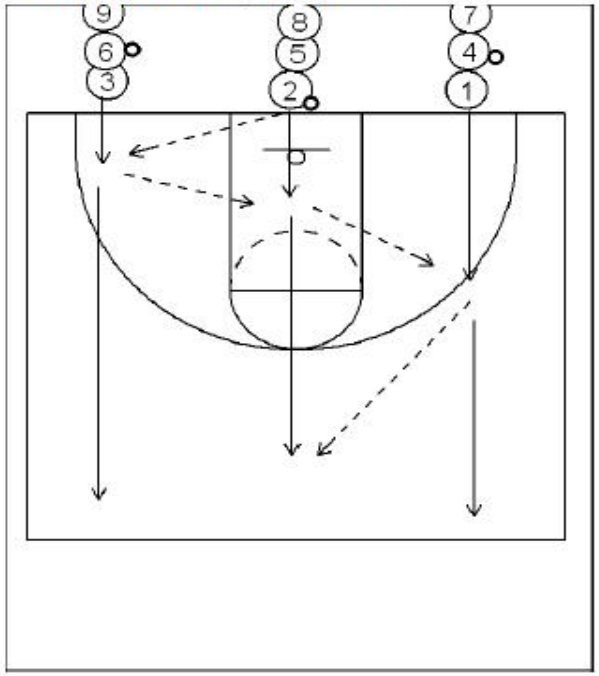
Player # 4 will sprint around the chair at half court and score a layup.

the drill continues going each direction

We look to make 30 in 2:30 minutes

AFTER WE GO LEFT, WE GO RIGHT. The wings just exchange rol

3 line warm up 2 on 1



2 ON 1

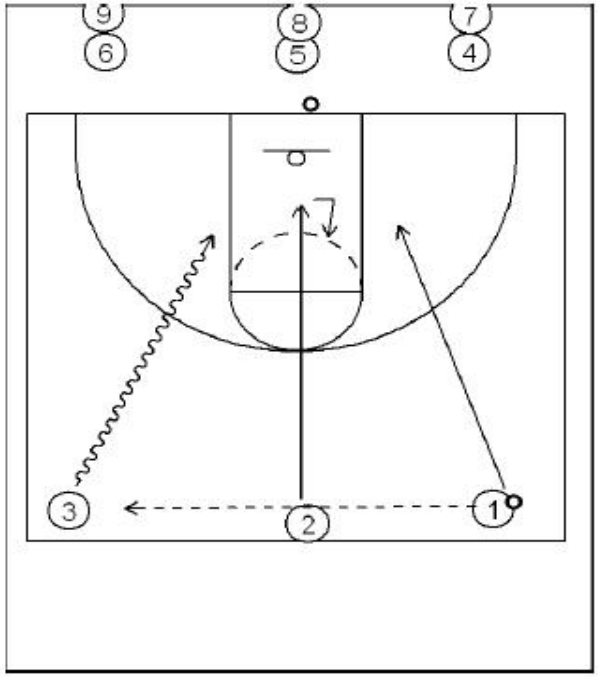
Here we want our 5 man (post), in the middle line with a ball. The guards wil all fill in on the outside lines.

The 1st man in the post line (middle) will have a ball.

The 2nd man in the outside lines (guards) will each have a ball.

The players will start running towards halfcourt.

The post will pass to either side and receive a pass back. He will pass to the other side and recieve a pass back. They should reach half court by now.

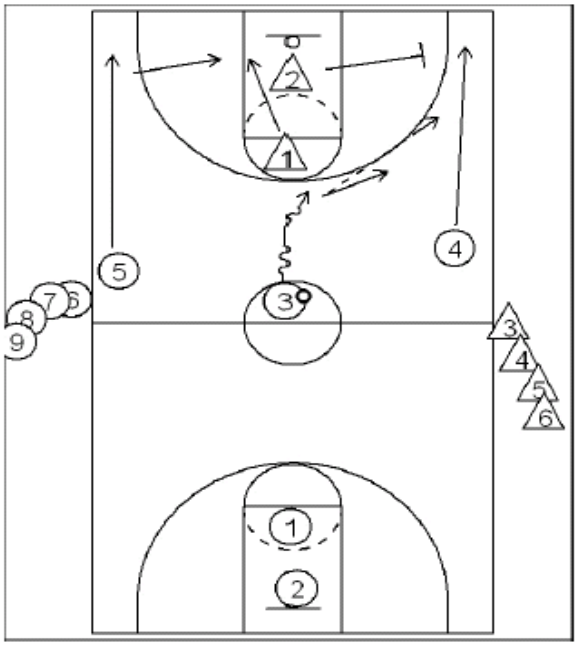


Once the players hit halfcourt the wings will throw a skip pass across.

the post will sprint to the rim.

The players will run a 2 on 1.

Scramble



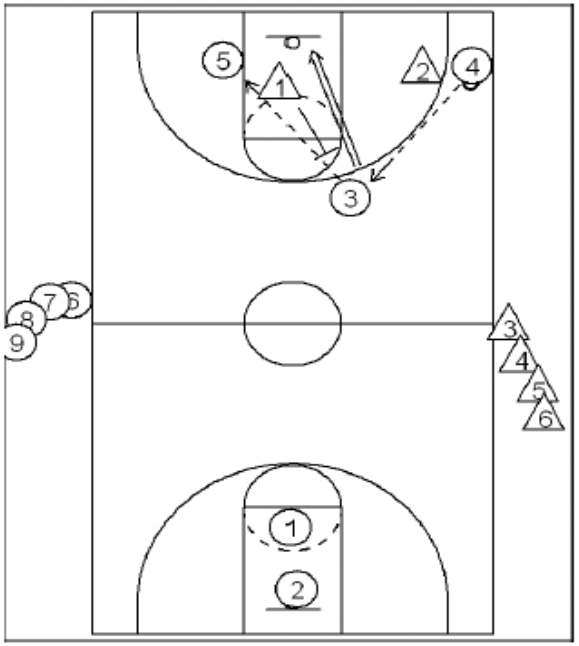
SCRAMBLE TRANSITION DRILL

this drill is set up with two seperate teams competing against each other.

We have purple versus the white. Purple is on one side of the court and White on another side of the court.

Their are two white defenders guarding one basket and two purple defenders guarding the other basket.

We attack in a 3 on 2 transition. The wings run to the corners. The bottom defender gets the 1st pass. The top defender will drop down. The guard will step to the slot on the side of the court he passed to. The offside wing will step in towards the block.

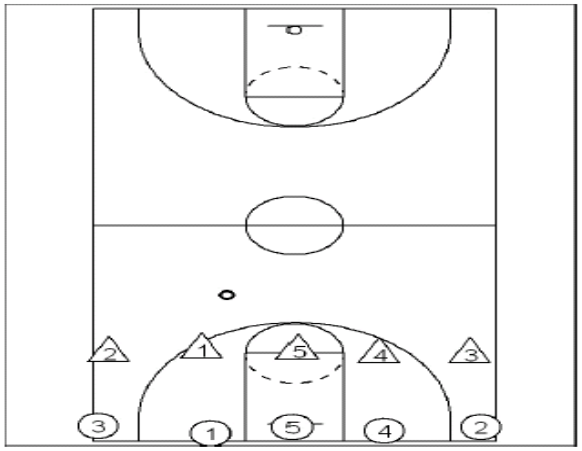


If the ball is passed back to the top. We either shot the 3 or make a shot pass to the wing on the block.



Once the defense secures the ball they will transition the other direction. in a 3

5 man rush



5 MAN RUSH

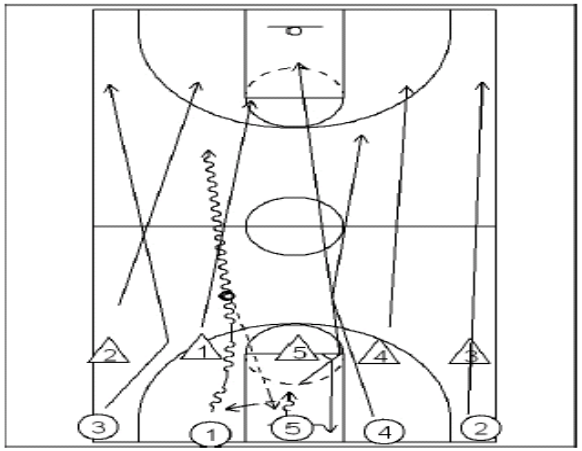
This is a transition drill that can work as a 5 on 3 advantage or a 5 on 4 advantage. We are working on recognizing where we have an advanatage and also on handling a mismatch defensively.

We have our wings wide, our guards right outside the lane and our post under the rim. All offense on the baseline and defense at the freethrow line extended.

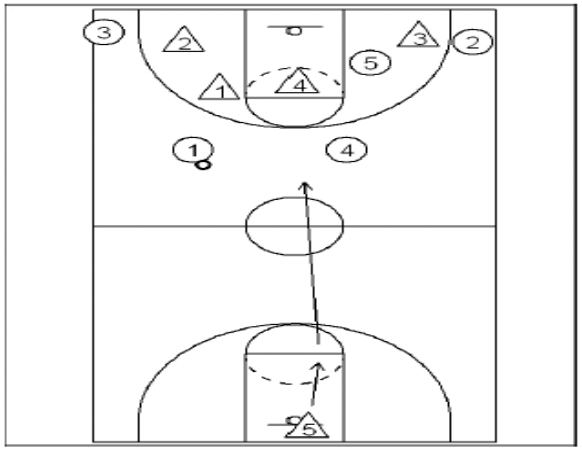
a Coach will pass the ball to one of the five players on the baseline.

Once the offense gets the ball they will transition the other direction.

it varies who will touch the baseline to recover on defense.



Here the ball was thrown to the 5 man. So only the defensive player in front of him must touch the baseline and recover back. The offense attacks in a 5 on 4 situation, while the defender hustles back into the play.



the defensive man is recovering and sprinting back into the play after touching the baseline.

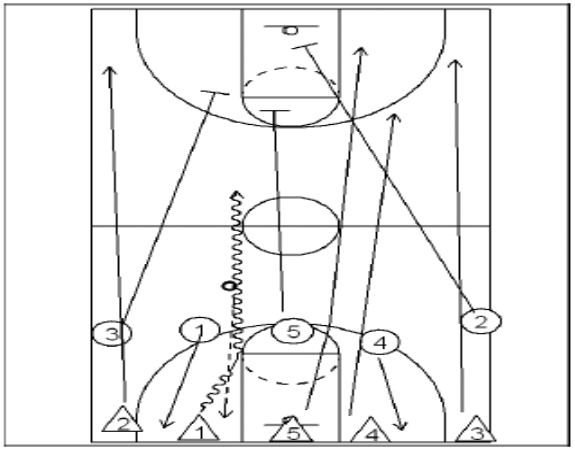
We let them scrimmage 3 full trips. The circles will attack first and then the triangles will outlet and attack and finally the circles will re-attack

We start are next group with the triangle on the baseline and the circles starting on defense.

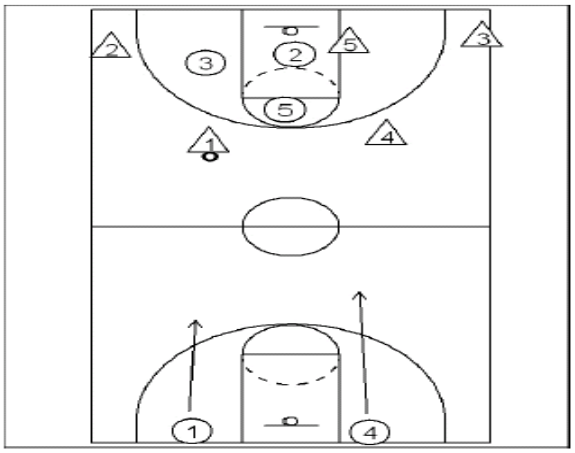
Keep score.

Losers run

winners validate with freethrow.

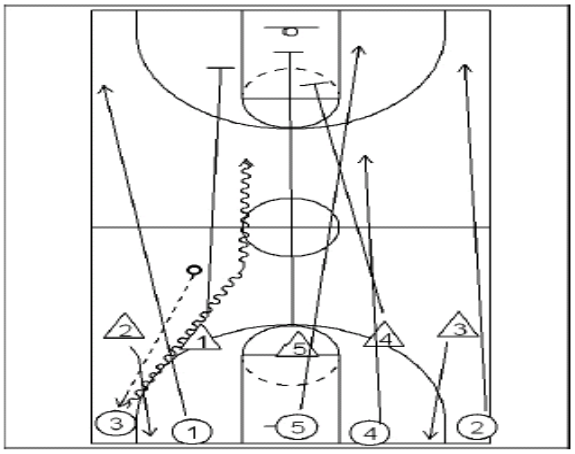


now if the ball is thrown to one of the guards on the baseline, the defenders in front of both guards will sprint and touch the baseline. This will create a 5 on 3 advantage with 2 defenders trailing and sprinting back on defense.



we will allow them to run 3 trips also. The triangles will attack first and then the circles will attack the other direction, ending with the triangles attacking again.

THE DEFENSE CAN RUN ANY PRESS WE CALL DURING THIS DRILL.

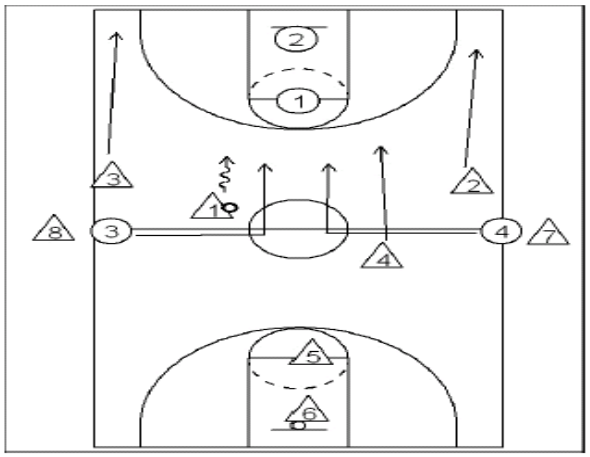


Here the ball is passed to one of the wings on the outside. Both wing defenders will sprint and touch the baseline. There is now a 5 on 3 break, with 2 trailers.

We will go 3 trips.

RUN ANY PRESS YOU WANT

variation: You can change the drill up by having the offense be at the freethrow line extended and the defense on the baseline. The coach would throw the ball off the wall. The offense at the freethrow line would sprint and get the ball, while the defense would all recover back and find their men.



444 DRILL

This is a great drill that can also be run in a 3/3/3 drill or 5/5/5 drill.

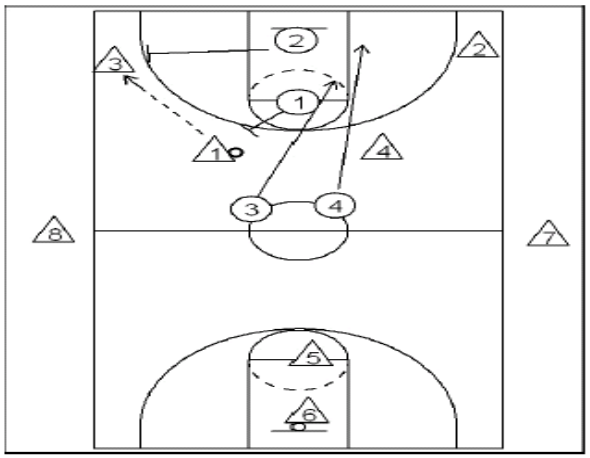
triangle players 1, 2, 3 and 4 are on one team, they have started on offense.

circle players 1, 2, 3, and 4 are on defense on the top half of the court.

triangle players 5, 6, 7, and 8 are waiting on defense on the lower halfcourt.

As the ball is crossed halfcourt, defender "circle" 3 and 4 sprint to the middle circle, they must get a foot in the circle, and get back to help on defense.

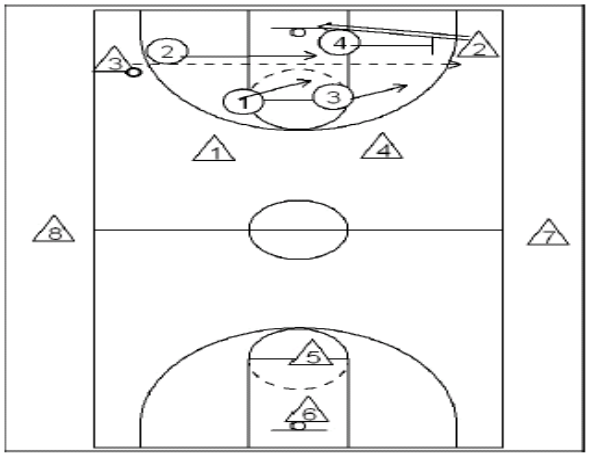
Note: each team has 4 players, could be 4 guards or 3 guards and 1 post.



Here offensive player 1 passes to player 3 in the corner. Defender # 2 closes out and Defenders 3 and 4 sprint to cover backside.

Now we play 4 on 4 on this end of the court. The offense will run our "GUT" offense.

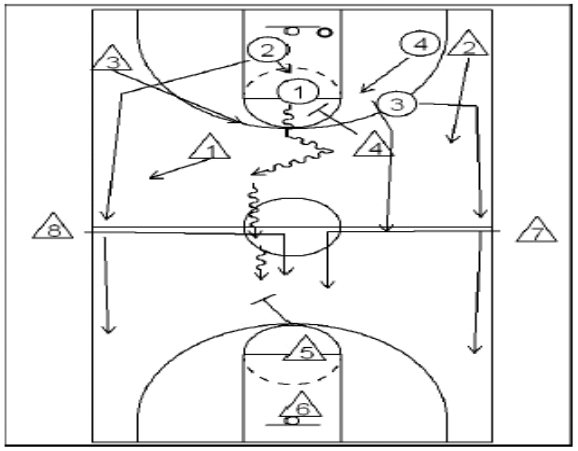
The defense can run BLACK, WHITE, RED OR GREEN.



Here player 3 skip passes to player 2. Defender 4 closes out and the defense gets to helpside. Player 2 shots the ball and it is rebounded by player 2.

The offense "triangle team" can now press until the ball crosses halfcourt.

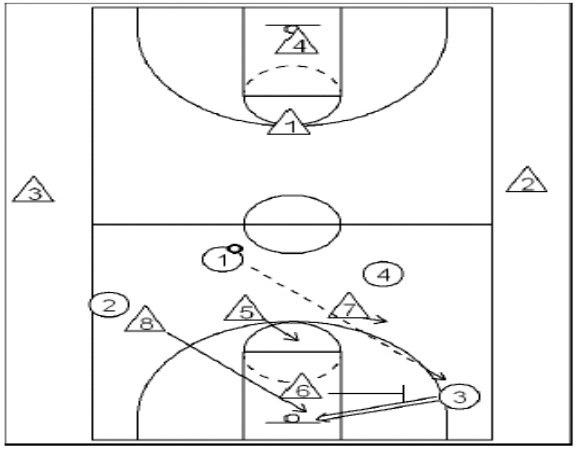
We can run BLACK, WHITE OR RED PRESS.



Here the circle team has rebounded the miss and started to fast break the other direction. The triangle team of players 1, 2, 3, and 4 will press until halfcourt.

Once the ball has crossed halfcourt they stop. Now triangle players 7 and 8 will sprint in to the middle circle and get a foot in the circle.

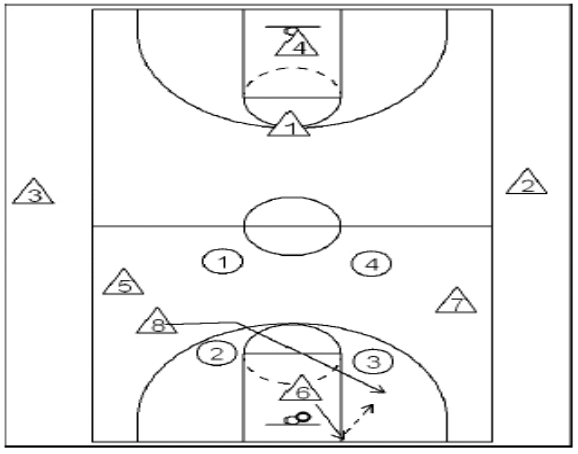
Now its 4 on 4 on the bottom halfcourt.



These two team will play 4 on 4 until either the offense scores or the defense secures a rebound or turnover.

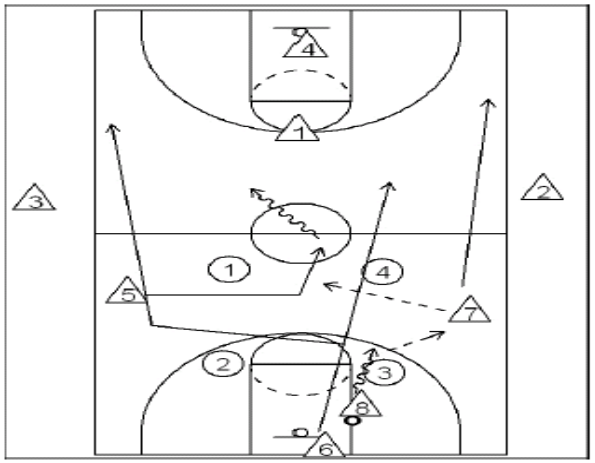
Once the defense secures the ball they will transition the opposite direction. On change of possession the offense will now press the team until the ball reaches halfcourt. If they steal the ball they go score and continue to press.

The triangle team of players 1, 2, 3 and 4 have set up at the top half waiting for the other team to attack. They have two players stacked in the lane and 2 waiting at the halfcourt line.



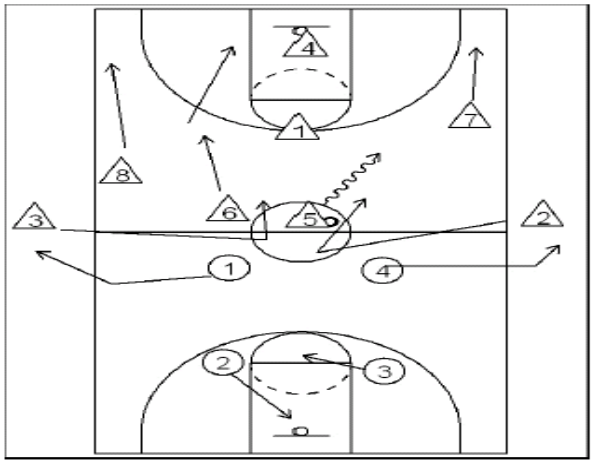
Here the offense scored and the defense has stepped out to inbound the ball. The circles set up in a black press (2-2-1) and look to press until the ball reaches halfcourt.

Once the ball crosses halfcourt they stop pressing and set up their initial line up at the lower half of the court.



the triangle team breaks the press and gets the ball across halfcourt.

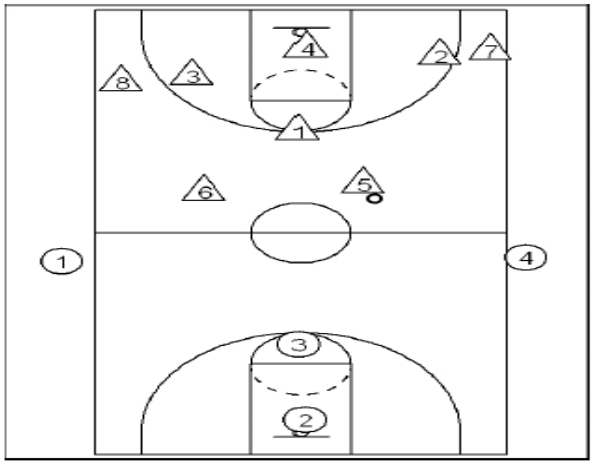
Now the circle team will set up in their initial lineup and the triangle team of 5, 6, 7 and 8 will attack the triangle team of 1, 2, 3, and 4.



Here the sideline defender sprint to touch the middle circle and get back once the ball crosses halfcourt.

Now they play 4 on 4 on this end.

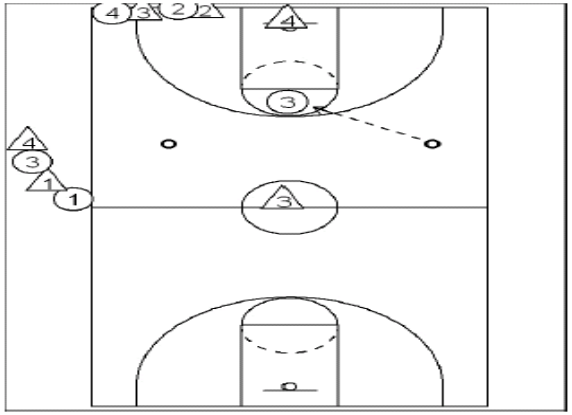
the circles are setting up for the ball to come back their way.



We keep score for all 3 teams.

We have no out of bounds and let them play, whoever gets the ball out of bounds, gets possession.

This is a great competitive drill



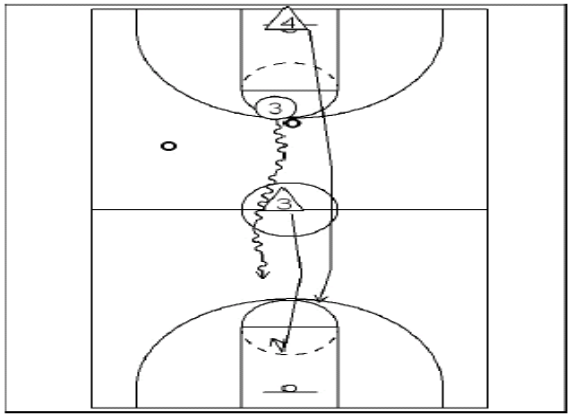
TEXAS 11

the drill is set up with the offense lining up at the freethrow line.

the defense is on the baseline and at halfcourt.

a coach will pass the ball to the player at the freethrow line, he will push the ball in the middle 1/3 going the other way. He must stay in the middle 1/3

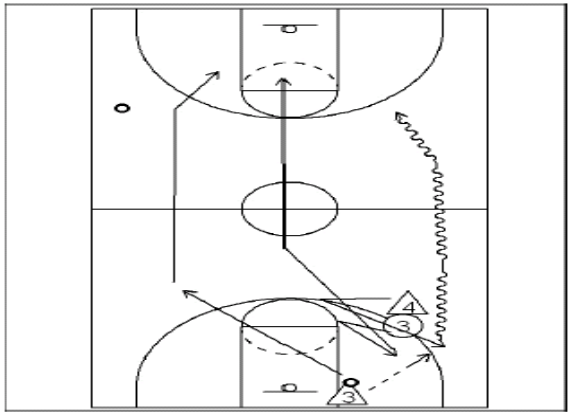
The defensive player (# 3) cannot back up until the ball is in the middle circle.



The player will push the ball while player #4 will try to tip the ball from behind. Player #3 will try to push the ball to the corner.

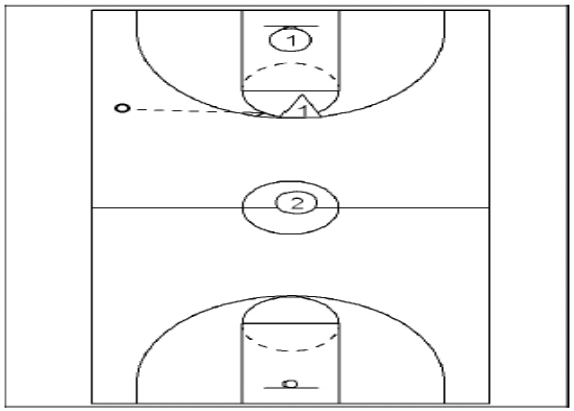
Once the ball is secured by the defense they will transition into a 2 on 1 the other direction.

If the offense scores he works to deny the ball inbounds.



the play will continue with a 2 on 1.

Once the offense scores or the defense secures the ball. the next group steps in.



we sub in with new players and continue the drill

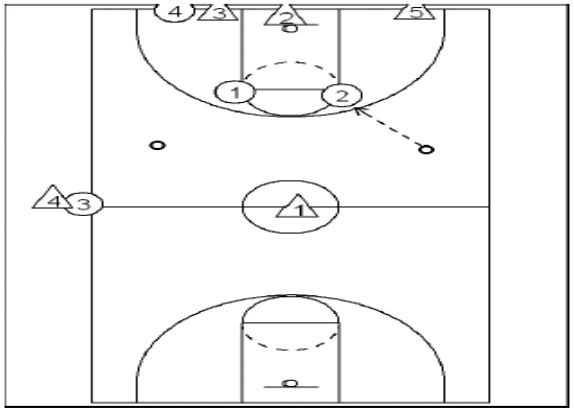
we alternate roles on defense and offense.

ex: white / offense and purple / defense 1st trip

next trip: purple / offense and white / defense

keep score on the scoreboard.

Texas 22

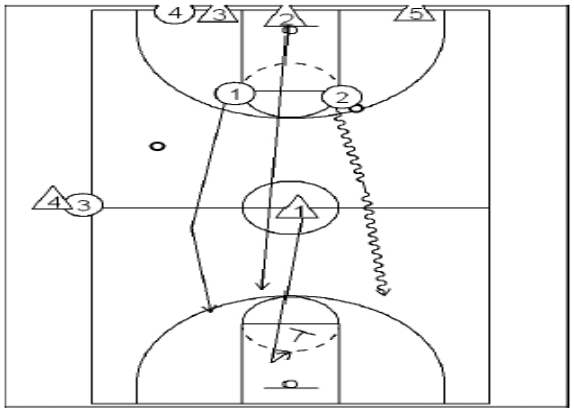


TEXAS 22

The players line up with two offensive player at the freethrow line. A defensive player gets at halfcourt in the center circle. Another defensive player gets on the baseline behind the offensive player.

There is a coach on each side at the 28 foot line.

A coach will pass the ball to either of the offensive players.

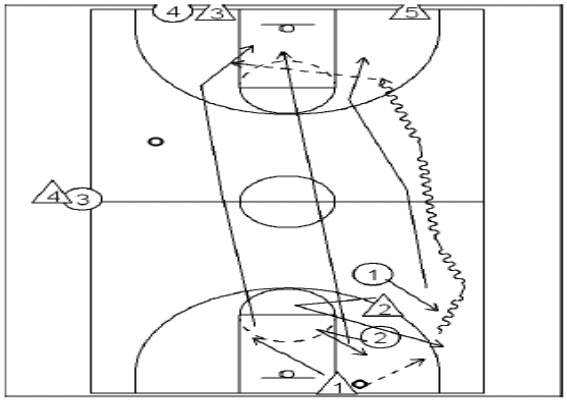


The player now run a 2 on 1 with a defensive trailer.

This time the defensive player at halfcourt as soon as the ball is passed to the offensive players.

Once the ball is secured by the defense they will transition the other way in a 2 on 2.

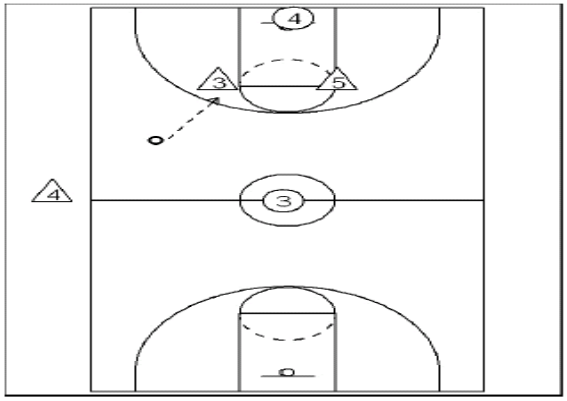
If the offense scores the defense will work to deny the inbounds with a front and back on the offensive player, leaving the inbounder uncovered.



The defensive players will work to deny the inbounds.

Once the ball is inbounded the defensive players will work on a trap sideline dribble and run and jump a middle dribble.

the players play 2 on 2 going the other way.



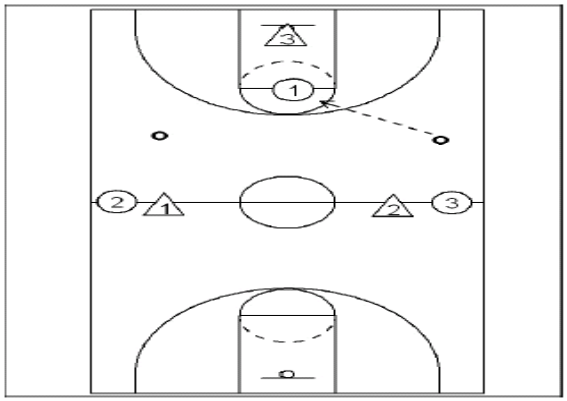
the players will alternate roles (offensive and defensive positions) on the next possession

KEEP SCORE ON THE SCOREBOARD

LOSERS RUN

VALIDATE WINS

Texas 33



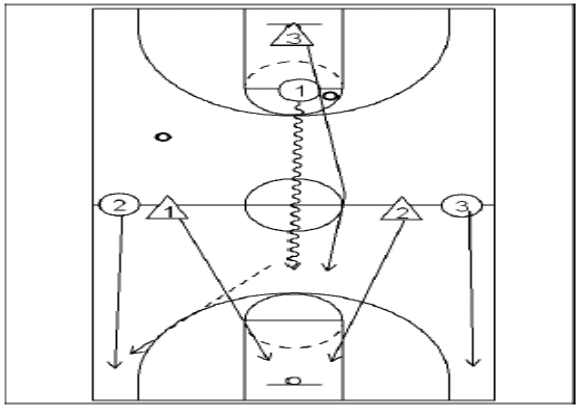
TEXAS 33

the players will line up:

Offensive players: guard at freethrow line, and wings at halfcourt

Defensive players: one on the baseline and two at halfcourt.

The play starts with a pass to the player at the freethrow line

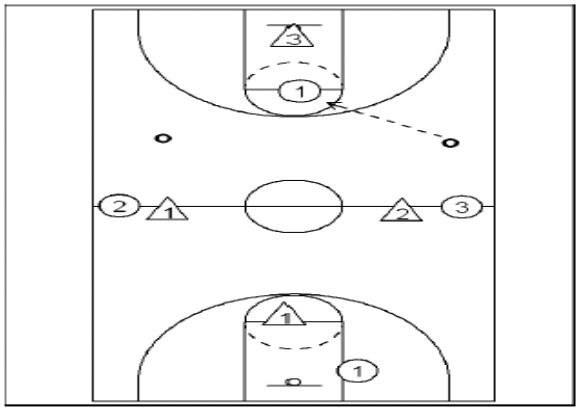


the offense is going to be in a 3 on 2

on the way back it is 3 on 3

the offense looks to press with either RED, BLACK OR WHITE PRESS

Texas 44



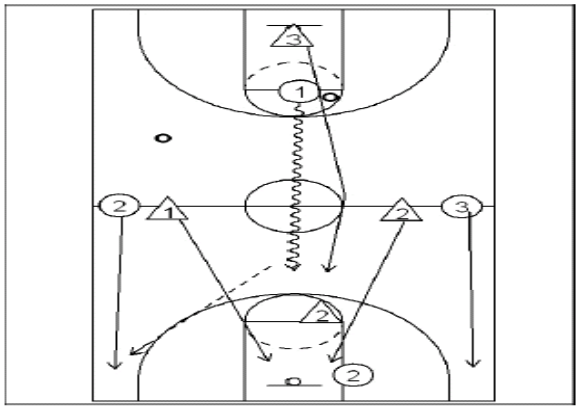
TEXAS 44

the players will line up:

Offensive players: guard at freethrow line, and wings at halfcourt. one post player deep at the other end

Defensive players: one on the baseline and two at halfcourt. one defensive player will cover the post deep

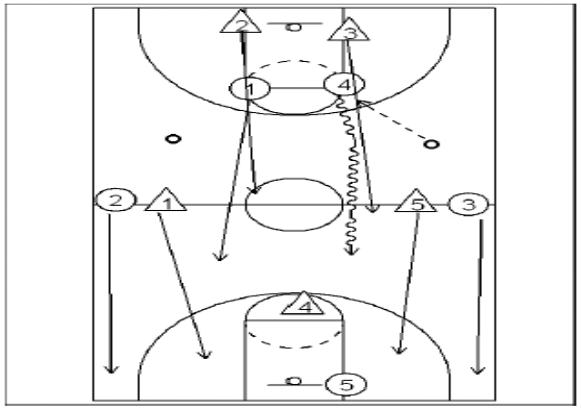
The play starts with a pass to the player at the freethrow line



the offense is going to be in a 3 on 2

on the way back it is 3 on 3

the offense looks to press with either RED, BLACK OR WHITE PRESS



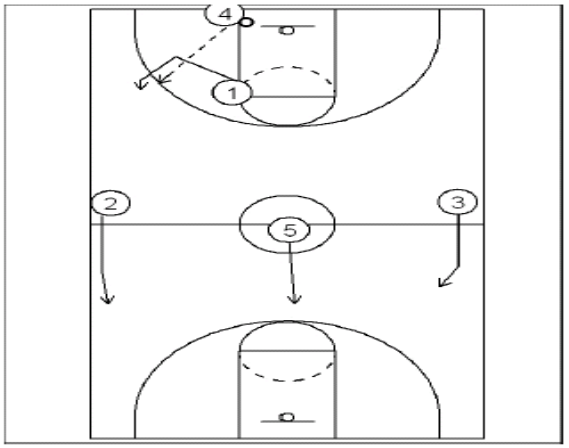
TEXAS 55

Here the players are lined up with 5 on 5

Offense players: guards at the freethrow line, wings at halfcourt and post back deep.

We are working on GUT OFFENSIVELY

We are workin on ALL OF OUR PRESS CALLS.



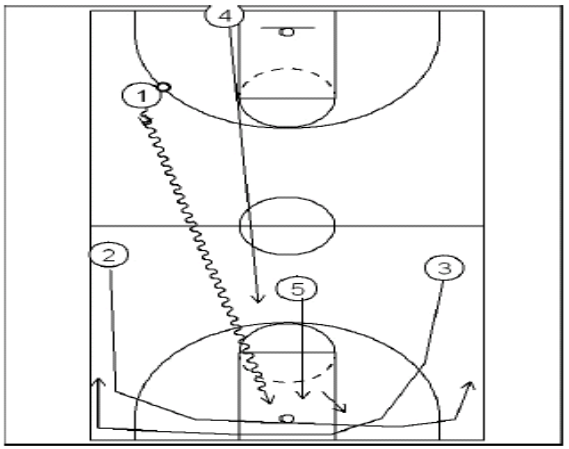
CIRCUITS

Here we are working on running or numbered break. Our 4 or 1 man will inbounds on all made baskets. The closest man will grab the ball and inbound to the other guard. Here we had our 4 man initiate the drill.

Our 2 man runs the left wing and our 3 man runs the right wing.

Our 5 will run the middle 1/3 of the court, straight to the rim for an early post up and basket.

Our 1 man runs a bannana cut and receives the outlet



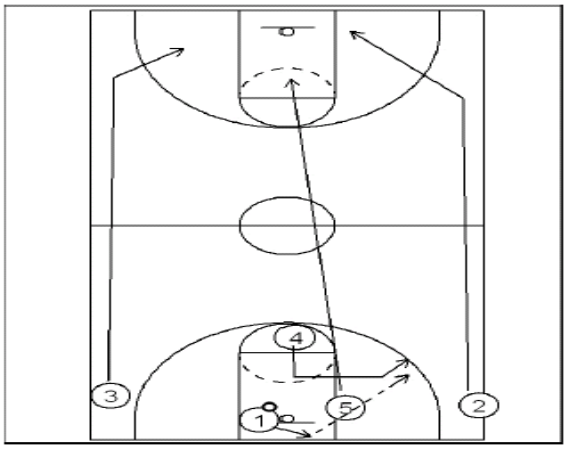
On the first trip our 1 man will drive hard thru the blow out zone and into the breakdown zone. Here he will make a dribble move at the 3 point line and explode to the rim for a layup.

He will rebound his own shot and inbound the ball back into the 4 man.

the wings will cross under the basket, with 3 being closest to the wall. They will continue out and fill their respective lanes

Our 4 man will trail the play looking for an outlet from 1 after the made basket.

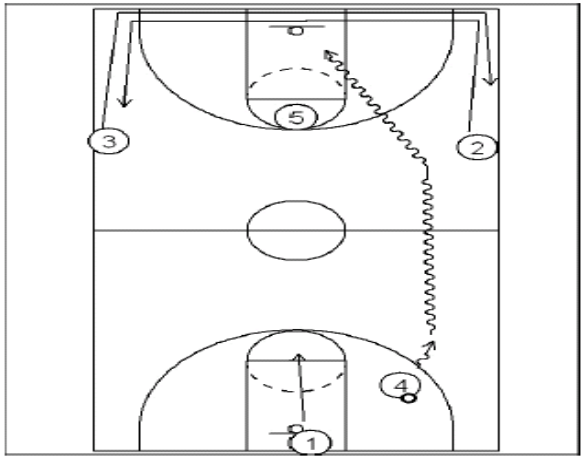
Our 5 man saw 1 drive and moved to the opposite side of the lane.



1 man steps out of bounds and inbounds to our 4 man.

3 fills the left lane and 2 fills the right lane.

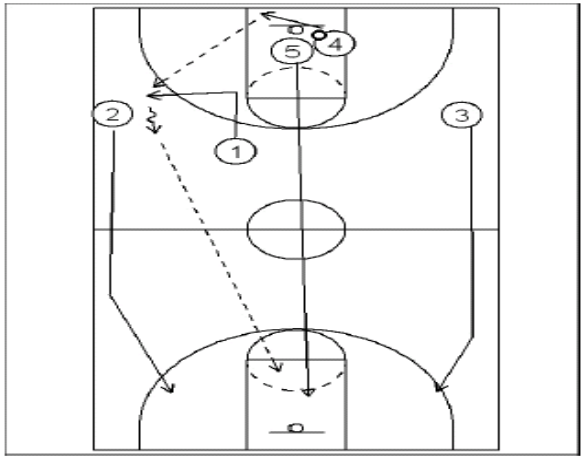
5 man runs to the rim and our 4 will bannana cut for an inbounds.



This trip our 4 man drives thru the blow out zone and into the breakdown zone. He makes a move and attacks the rim.

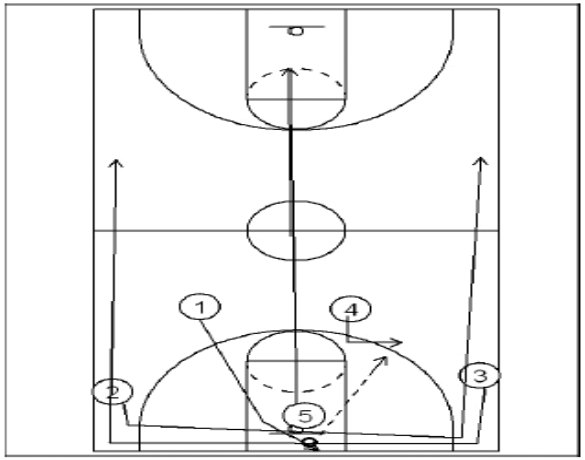
our wings will cross out to their respective lanes.

our 4 man will rebound the ball and inbound it back to our 1 man who is trailing.



This time our 1 man will pass it deep to the middle 1/3 to our 5 man who is sprinting to the rim. We do not want our 5 man to have to dribble more than once to score.

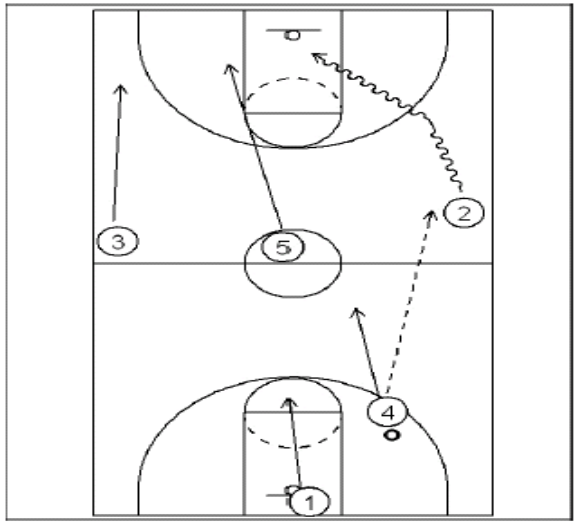
Our 2 and 3 run their lanes and get ready to cross out.



Our 1 man will inbound the ball this time and outlet to our 4 man.

Our wings have crossed and filled their lanes.

Our 5 will turn and sprint to the rim.

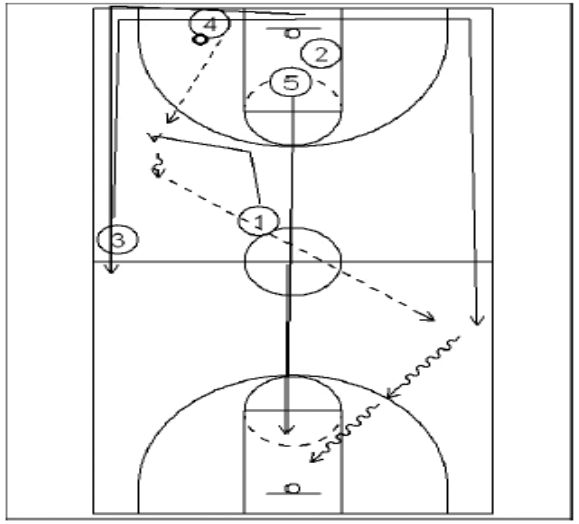


Here we pitch the ball ahead to our 2 man, who dribbles to the 3 point line, puts a breakdown move and attacks the rim.

Our 5 will run to the opposite side of the lane.

Our 4 will trail and rebound the ball

Our 2 will trail and get ready for another outlet.

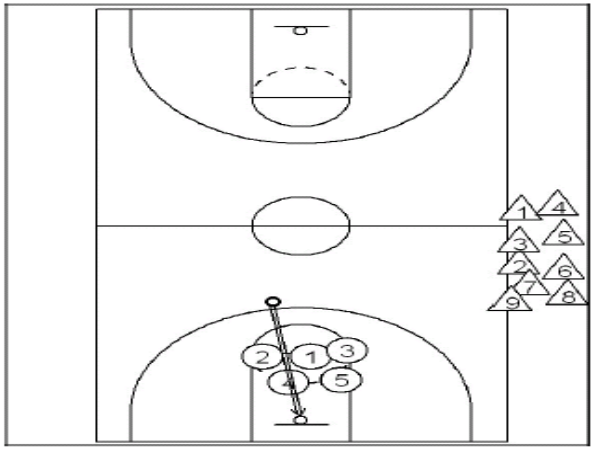


This is our last trip and we have 4 inbounding to 1 who will throw a crosscourt pass to 3. Three catche the ball and attacks the rim

NOTE: If the wings can catch the ball and shot without dribbling than thats great. They are hustling hard. If not, make them perform a breakdown dribble move.

We would like to complete the 2 1/2 trips or 5 made baskets in 28 - 30 seconds.

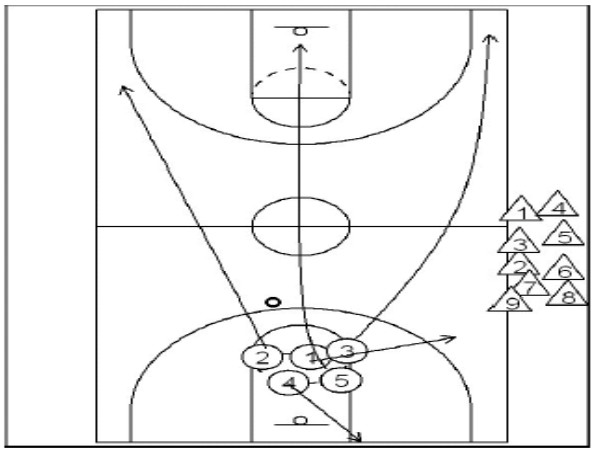
Recognition drill



1

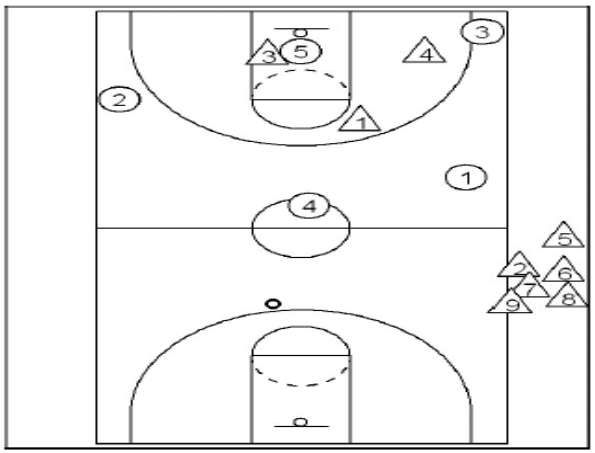
This is just a drill to teach recognition of defense numbers. This will help your kids get down the floor quick. We say no more than two passes, and get a good look quick. We can attack the rim, or we can shoot from the perimeter.

How it will start is have a group of five in the paint ready to go offense both trips down the floor. The remainig players will be stationed on the sideline ready to defend. A coach will be on the floor where the circle is to shoot the ball. We are going to go live on this so if it is a make, 4 will get the ball out of the net. If it is a miss we will follow our first post second post rules. That is the farthest post up the floor will be the first post, and the one behind will be the trail. 2 and 3 bail out not crossing the floor



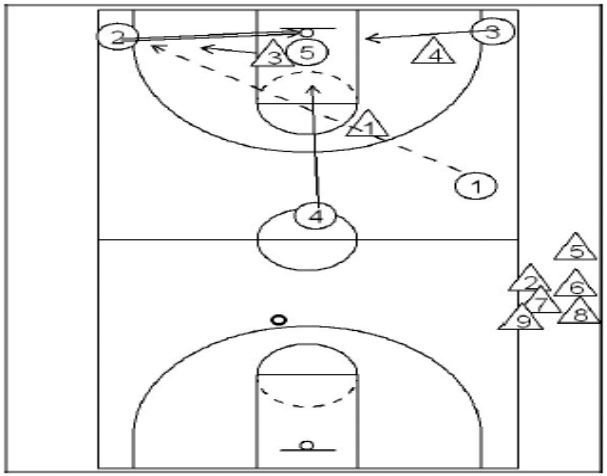
2

What we tell the group on the sideline is to listen to the coach that is with them. Tell that coach over there to send 1, 2, 3, 4, or 5 defenders out. The only rule for them is that they have to touch the dot at midcourt before getting back to match up. They can zone up, match up, double, deny the outlet, what ever they want, as long as they touch the center circle first.



3

In this case the defense sent out 3 defenders to we will read this, and get the best shot available, within two passes. Key note the 5, 2, and 3 must start yelling out how many defenders are back so that we can communicate with each other. Remember from our primary rules, the backsider guard, here the 2, can either stretch to the corner, or as 5 fills the ballside block can dive to the backside block. We must score in two passes. All crash the boards except for 1, to put back a possible miss



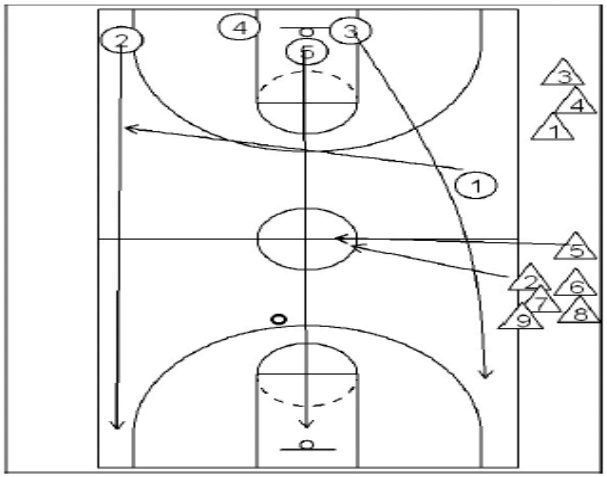
4

As you can see here, I just put down that the 2 shot the three, and all crashed except for 1 who is the safety.

This is a two trip drill for the offense, and a 1 trip drill for the original defenders..
The defense who was just on the floor has the following rules.
If you create a turnover, or if you get a defensive rebound just drop the ball and get off of the floor, go to the end of the line where you came from

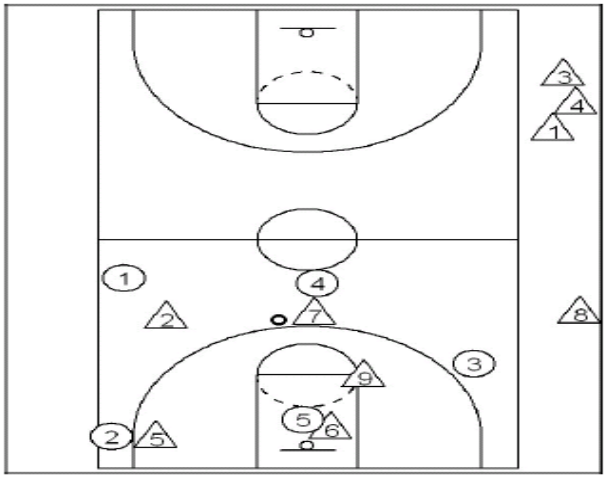
The offense will then react by on a make getting the ball out of the net, getting out of bounds, and hitting the outlet. All others will run their lanes

The coach on the sideline will have a new group of defenders ready to go as soon as the offensive group has control of the ball



5

As you can see we have released, and new defenders are stepping on



6

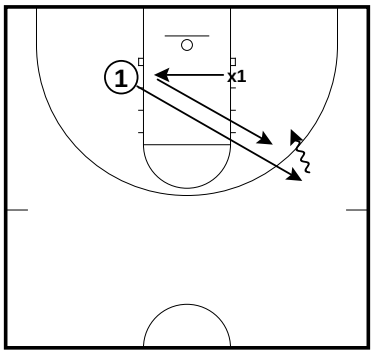
Once again we are trying to score as quickly as possible. But here there are 5 defenders back so we will go into our secondary. 5 is the only time we can have more than two passes. Here we want a good quick shot.

After the possesion is over, whether it be a turnover, or a made shot. We will stop and reset.

Keep track of turnovers condition for mistakes

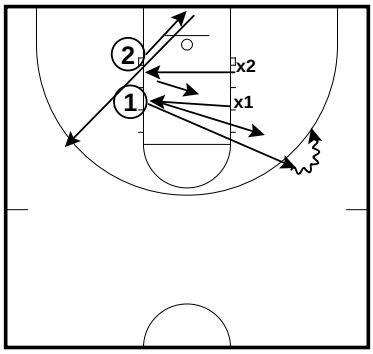
K-State

1/2 Def. Drill



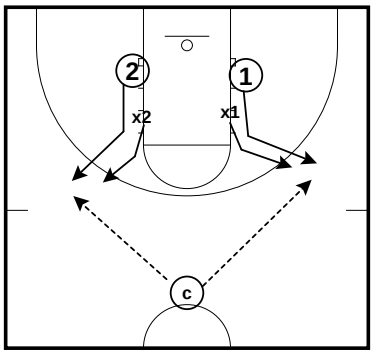
1 on 1 Roll the Ball: Offensive player O1 is on opposite block and defend X1 is on the other block. O1 will roll the ball diagonal to the opposite 3 point line and X1 will sprint to opposite lane and touch then sprint to a close-out and play 1 on 1. **Coaching Point-"Keep the ball out of the Middle".**

1/2 Def. Drill



Two on Two Roll the Ball: Same drill adding two defenders on the opposite block. X1 closes out to defend the wing drive and X2 will play help side defense.

1/2 Def. Drill

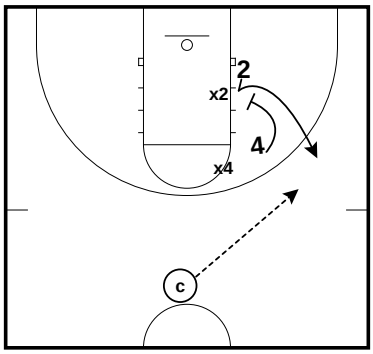


Two on Two Wide: Two defenders are playing up the line defense. While two offensive players are working on getting open on the wing. The two defenders must deny the offensive players the ball, if the offense catches the ball on the wing. The opposite defender must get into help position with no drive to the middle. Play to score.

All Contents Proprietary

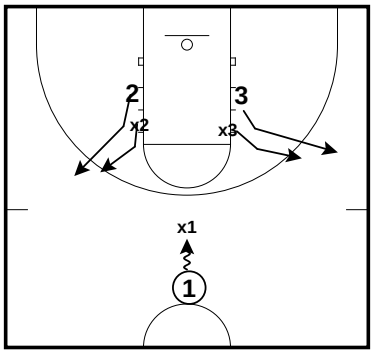
K-State

1/2 Def. Drill



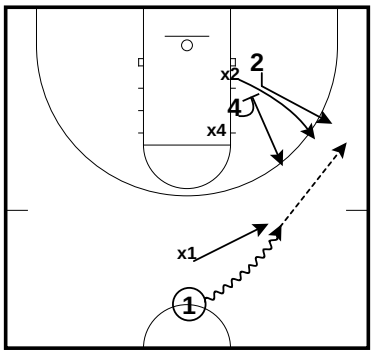
Two on Two on the Side: Working on defending the pin down action. Playing up the line defense and not letting the offensive create scoring opportunities. We want to keep the ball out of the middle of the paint. We want the offensive player catch the ball beyond the 3 point line away from the basket.

1/2 Def. Drill



Three on Three Wide: Same defensive drill as 2 on 2 Wide. We are just adding an offensive and defensive player at mid-court. Principle stays the same keeping the defender out of the middle and wings are up the line in line with the offense deny them the ball. Ball pressure is the key.

1/2 Def. Drill

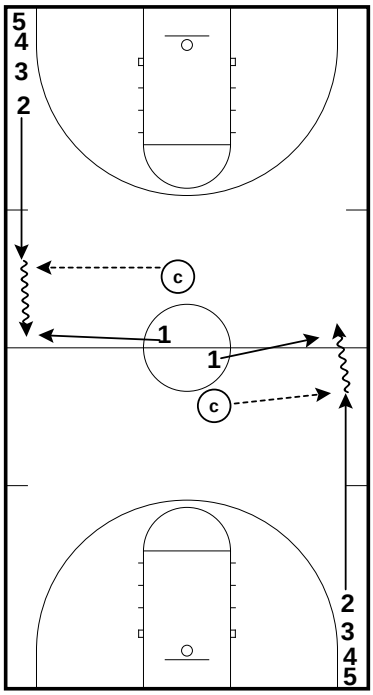


Three on Three on the Side: Working on guarding the ball with the UCLA cut series.

All Contents Proprietary

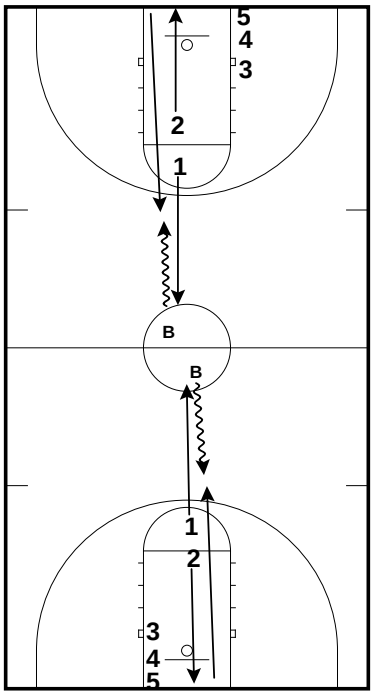
K-State

Transition Drills Full



Transition Drill: Offensive player sprints down the sideline and receives the pass from the coach. As the ball leaves the coaches hand the defender in the middle must meet the offensive player at 1/2 court and defend him to the other end of the basket. Keep the ball out of the middle. If the defender does not get a stop, he continues to go until he does. Play happens on both sides.

Transition Drills Full



Defend the Line: 1 on 1 down the middle. First player is on offense and player 2 is the defender. Ball is at 1/2 court when coach says "Go" the offensive player 1 will sprint to the middle to retrive the ball and attempt to drive to the basket. While that happens player 2 will sprint to the baseline and close out and play 1 on 1 with the offense. Continous play happens. **No Direct Drives! Force a Jump Shot!**

All Contents Proprietary

Frank Martin from his clinic talk at the Texas Association of Basketball Coaches convention in San Antonio.

- Don't cheat your kids. It's the reason you coach. Someone kicked your ass into doing it right. Don't allow your kids to slide.

- If you allow [your opponent] to set up, play, and establish their identity, they'll beat you.

- Defense starts with pressure offense. Run every time. We're going to put you on your heels

- Re: Pressure Defense, "I believe in making [our opponents] throw long passes."

- Re: Communication, "If you care about winning, you talk to your teammates!"

- Teams now are either going to shoot 3's. If they dribble drive, it's going to be a dunk. There is no in-between game anymore." - Prepare accordingly.

- Re: Halfcourt Defense, Teams don't get easy baskets against set defenses that are back and ready to guard.

- Re: Wing Denial Backdoor Cuts, On-ball defender responsible for the lob (ball pressure will eliminate easy look as well as make the pass longer, higher, slower). 1 pass away (deny position) is responsible for taking away the bounce pass.

- Passes go over or under the defense; never THROUGH the defense. Create long passes.

- Opponents never catch the ball facing the basket. Defender should apply so much pressure that they always catch with back to the bucket.

- Teaching point: On ball defense - "Crawl up in him." [I like this terminology. Creates an image of a low stance]

- Teaching point: On ball defense - "Crack of your ass to the glass." Nose on top hip.

- Basic philosophy: No layups. No 3's. Hard 2's.

- Put tennis balls in the hands of the defenders, especially in 1-on-1 drills. Keeps hands off the offense and eliminates hand checking.

- "We don't accept being screened."

- Teaching point: 1 pass away - "Shrink the gap." On the line, up the line.

- When a dribble drive occurs, we don't teach the 1-pass-away to open up and turn his back to the offense. We teach our guys to plug the gap with their butt. This allows our guys to see their man the whole time and makes for quicker close outs.

Creating your coaching staff from Doc Rivers, Head Coach of the Boston Celtics:

- Build your staff based on the idea of what your team should be. Ask yourself what do you want your team to stand for? Hire accordingly. Things Doc looks for is loyalty, talent, and team players

- Engaging Assistants. Don't hire "yes men". Look for people that will provide insight into what will make you better. Debate, explore, decide, and implement.

*** Pat Riley "Beginners are open. Experts are closed. The challenge is to stay open."

- Take a page from the football coaching mentality. Find staff members that have strengths that compliment each other. Much like football coaches being position specific and/or offensively or defensively specific, find coaches that fill voids. Doc says, "Give them room to be great!"

- If you tell your team to play their roles, shouldn't you do the same with you and your staff?

- The X's and O's don't matter. What matters is if you and your staff can get the players to buy in. Assistant coaches must buy in to the system and goal(s) as much as, if not more than, the players.

Lawrence Frank – Defensive Concepts

Your every day habits will determine your execution."

To play on a good defensive team you must:
a. be a good individual defender.
b. be a good team defender.
c. be both a & b.
** If neither, you won't play! **

Defensive non-negotiables:
1. Sprinting back on defense.
2. Protecting our paint.
3. Closing out hard and contesting the shot.
4. Playing aggressively without unnecessary fouls.
5. All five players blocking out and rebounding.
** No Layups
** No Freethrows
** No corner 3's

If the ball gets into the paint, what are the consequences for the offense?
1. Charge
2. Steal
3. Deflection
4. Blocked shot
5. Hard "NBA" foul
** Never mention anything about scoring!

Transition Defense:
1 back = Dunk
2 back = Layup
3 back = Jumper
4 back = Got a chance
5 back = GAME ON!
- Win the first 3 steps!
- Stop the ball above the 3-point line
- Get the ball out of the middle 1/3
- Think "help"
- Open shots beat you in transition, but mismatches rarely will.] accept who they are.

Don Meyer

To the High School/ College Graduate:
Things You Did Not Learn in School

1. Life is not fair - get used to it.
2. The world won't care about your self esteem. The world will expect you to accomplish something before you feel good about yourself.
3. You will not make $100,000 a year right out of school. You won't be a vice-president with a company car until you earn both.
4. If you think your teacher is tough, wait until you get a boss. He doesn't have tenure.
5. Flipping burgers is not beneath your dignity. your grandparents had a different word for burger flipping - They called it opportunity.
6. If you screw up, it is not your parents' fault so don't whine about your mistakes, learn from them.
7. Before you were born, your parents weren't as boring as they are now. They got that way paying your bills, cleaning your room, and listening to you tell them how idealistic you are - so before you save the rain forest from the blood-sucking parasites of your parents' generation, try delousing the closet in your own room.
8. Your school may have done away with winners and losers, but life has not. In some schools they have abolished failing grades. They will give you as many times as you want to get the right answer. This, of course, bears not the slightest resemblance to anything in real life.
9. Life is not divided into semesters, you don't get summers off, and very few employers are interested in helping you find yourself. Do that on your own time.
10. Television is not real life. In real life, people actually have to leave the coffee shop and go get jobs.
11. Be nice to nerds. Chances are you will end up working for nerds.
12. Smoking does not make you look cool; it makes you look moronic. And ditto for purple hair, pierced body parts, and tattoos.
13. Living fast and dying young is romantic, only until you see one of your friends at room temperature.
14. Get up when you fall down.

Don Meyer Thoughts:

It's How You Play the Game: Mental Discipline

1. Communicate with teammates vs. talk with opponent (or officials, opposing school crowd, opposing coaches, etc... They all have the same mental effect.)

2. Taking a charge vs. backing away from a charge.

3. Calling out and communicating assignments on the freethrow lane vs. violations at the freethrow line.

4. Take charge or block shot to a teammate vs. wild leaping or goal tending.

5. Smart foul vs. dumb foul

6. Intense position pressure defense vs. wild lunging defense.

7. Poised offense vs. anxious offense.

8. Use the glass or grab the ball vs. don't use the glass or tip.

9. Inside game vs. outside game perimeter lapse.

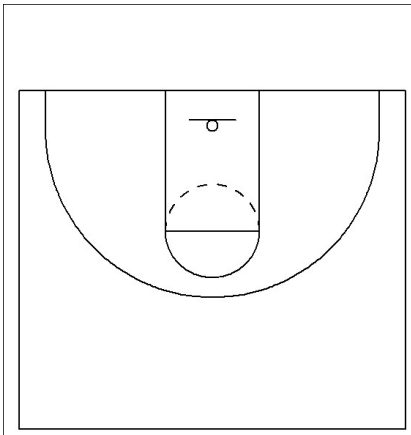
10. Make lay-ups vs. miss lay-up and they score.

11. Positive one; look for ways to win vs. negative one.

12. Great effort each possession vs. great play syndrome.

Don't let weak people bring out the weakness in you.
Intensity and technique lead to hustle plays.
Play against the game.

Clinic notes
Fred hill (rutgers)

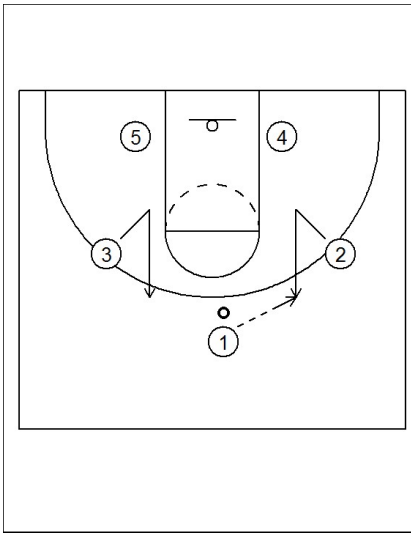


1

Fred Hill
Rutgers
Transition and Early Offense
DC Sports Coaching Clinic
Ramsey High School
Ramsey, NJ
October 11, 2009

If a team traps on a ball screen, have the ball handler lower their shoulder and drive at the defenders hip. Rutgers was able to use this tactic to get the other team in foul trouble.

Fred believes in building a base offense and then creating your quick hitters from that. It gives the defense the same look on each play you run so it is harder for them to figure out what you are doing.

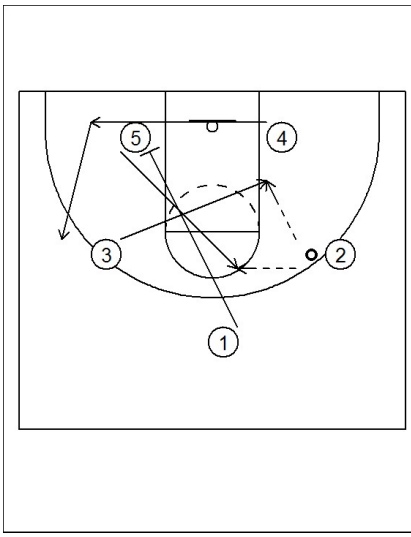


2

Loop
1 of 2

2 and 3 v-cut to get open

1 passes to 2 or 3



3

Loop
2 of 2

4 drop steps and peels out to the opposite wing

1 sets a downscreen for 5

3 rubs his man off of 1 as he sets the downscreen

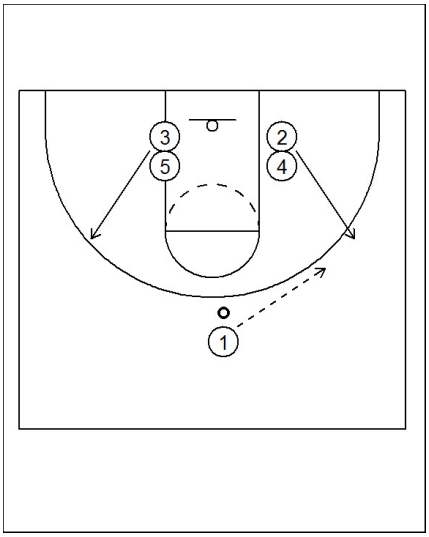
5 comes off the downscreen to the strongside elbow

2 passes to 3 or 5

If the ball goes to 5 and he does not have a shot, the ball is reversed to 4 and the action repeats on the opposite side.

Created with basketball playbook from www.jes-soft.com

Clinic notes
Fred hill (rutgers)

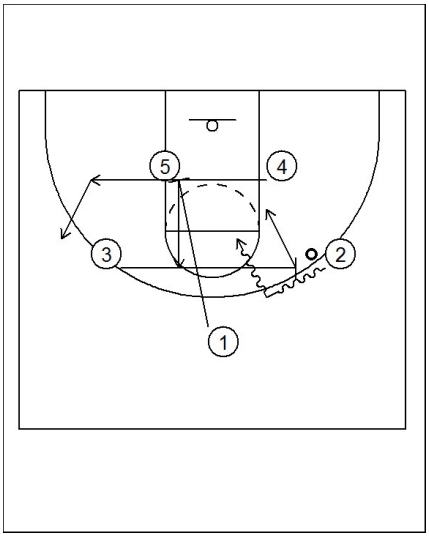


4

Loop Out
1 of 2

2 and 3 use 4 and 5 as screens and pop to the wings (2 and 3 also have the option to cross before popping out to the wing)

1 passes to 2 or 3



5

Loop Out
2 of 2

4 drop steps and peels out to the opposite wing

1 downscreens for 5

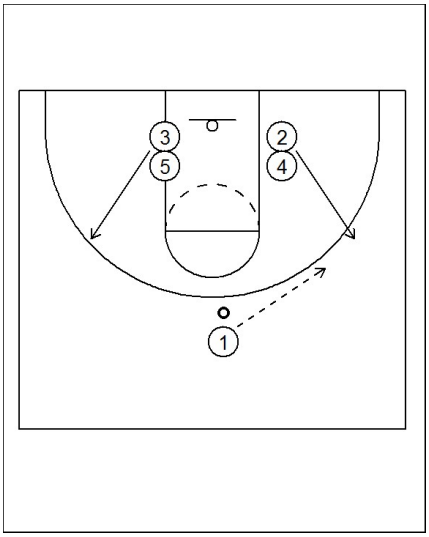
3 rubs off 1 and sets a ballscreen for 2

2 uses the ball screen to attack the paint

3 rolls to the basket

5 pops to the weakside elbow

2 looks to pass to 3 on the roll or take the ball to the basket himself.



6

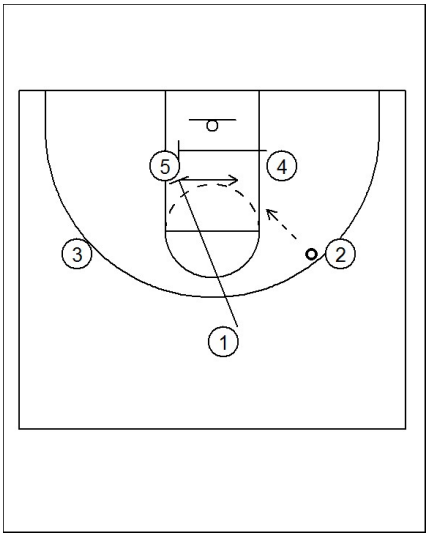
Loop Get
1 of 2

2 and 3 use 4 and 5 as screens and pop to the wings (2 and 3 also have the option to cross before popping out to the wing)

1 passes to 2 or 3

Created with basketball playbook from www.jes-soft.com

Clinic notes
Fred hill (rutgers)



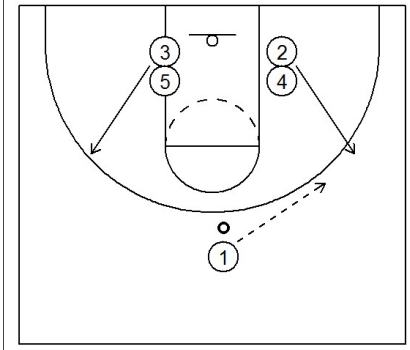
7

Loop Get

4 drop steps and sets a cross screen for 5, at the same time 1 sets a downscreen for 5

5 uses the screens to get to the strong side block

2 looks to pass to 5

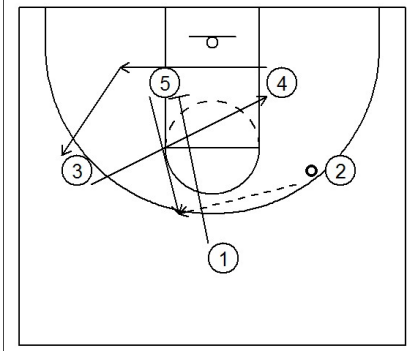


8

Loop Up
1 of 3

2 and 3 use 4 and 5 as screens and pop to the wings (2 and 3 also have the option to cross before popping out to the wing)

1 passes to 2 or 3



9

Loop Up
2 of 3

4 drop steps and peels out to opposite wing

1 sets a downscreen for 5

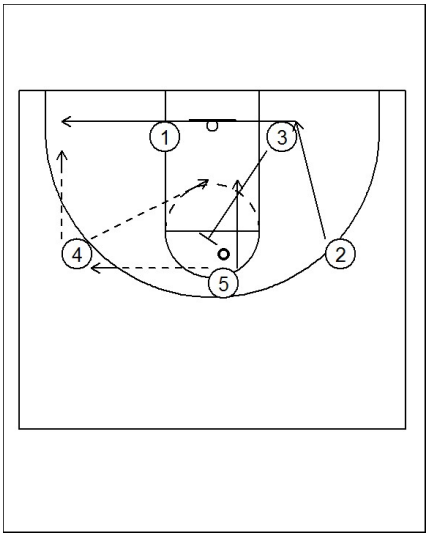
3 rubs his man off of 1 as he sets the downscreen

5 comes off the downscreen to the top of the key

2 passes to 5

Created with basketball playbook from www.jes-soft.com

Clinic notes
Fred hill (rutgers)



Loop Up
3 of 3

5 reverses the ball to 4

On the pass 2 cuts off 3 and 1 on the baseline to get to the corner

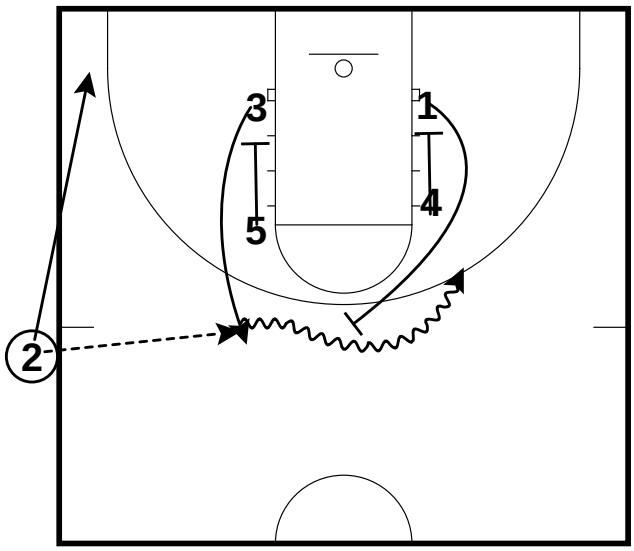
3 sets a backscreen for 5

4 looks to lob the ball to 5 for a layup or pass to 2 in the corner for a 3

Game Winning OOB Plays

Boston

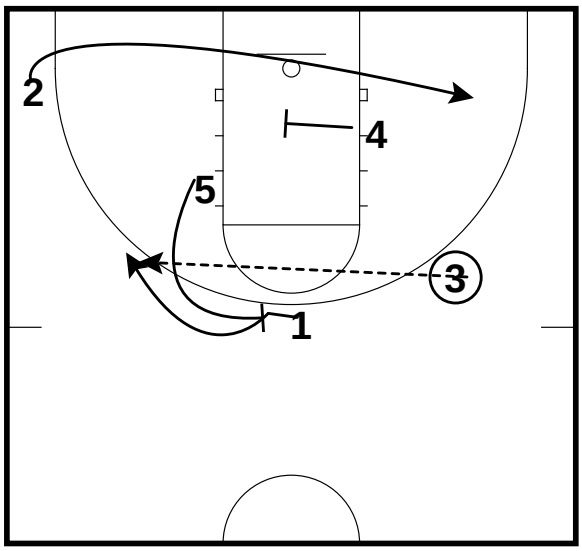
SLOB- Need a 3



5&4 down screen and 1 sets a ball screen

Boston

SLOB- Need a 3



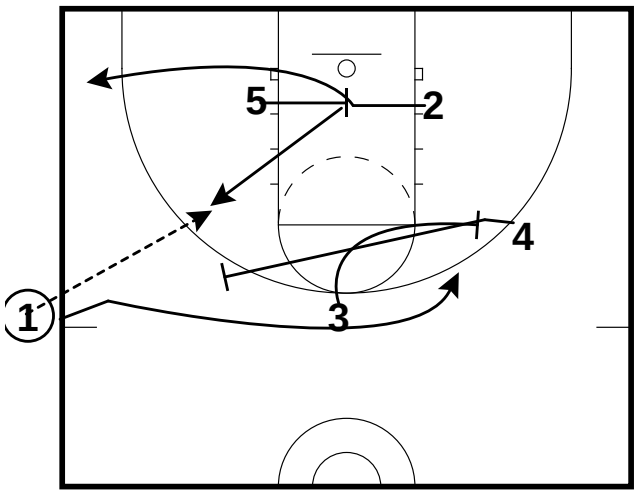
1 is the best shooter and looking for a 3 you also have 2 coming off a screen.

All Contents Proprietary

Game Winning OOB Plays

Bulls

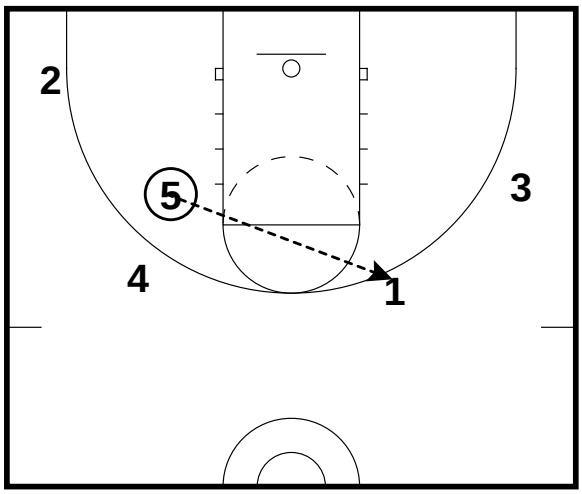
SLOB- Need a 3



5 corss screens and pops, 3 screens for 4 and 4 goes and screens for the inbounder.

Bulls

SLOB- Need a 3



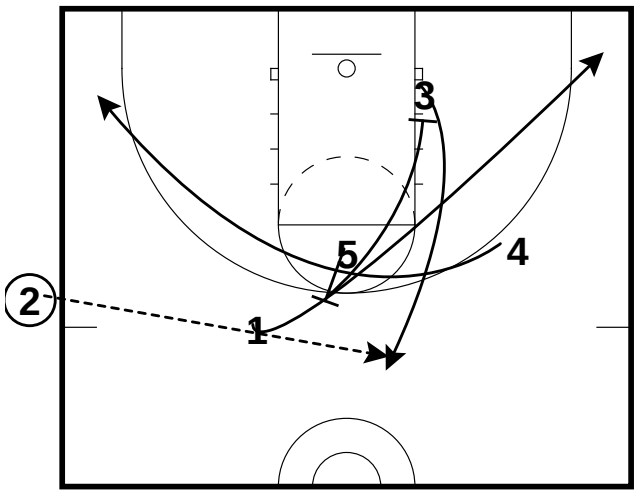
5 hits 1 for the shot

All Contents Proprietary

Game Winning OOB Plays

Chicago

SLOB



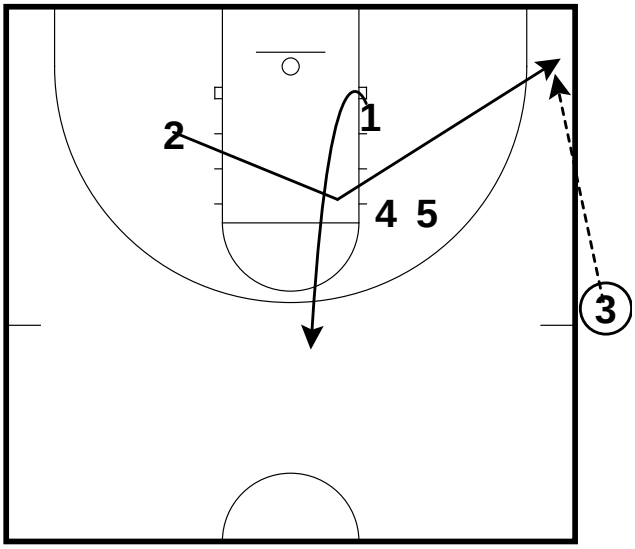
5 screens for 1, 5 then screens for 3, 4 curls ball side.

All Contents Proprietary

Game Winning OOB Plays

Dallas

SLOB- Need a 3



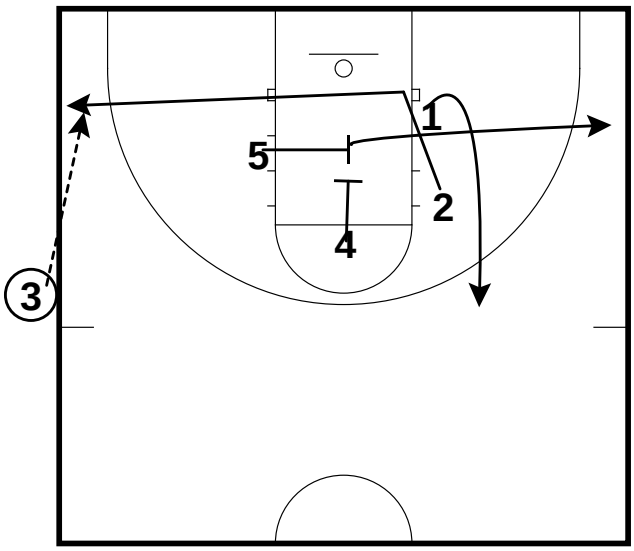
looking for a switch so 2 will be open

All Contents Proprietary

Game Winning OOB Plays

Denver

SLOB- Need a 3

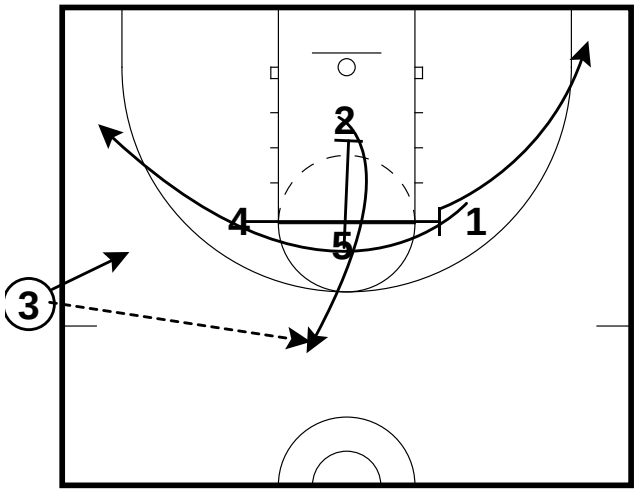


2 goes baseline like hes gonna set a down screen and 2 use's the down screen but uses the cross screen.

All Contents Proprietary

Game Winning OOB Plays

Golden State



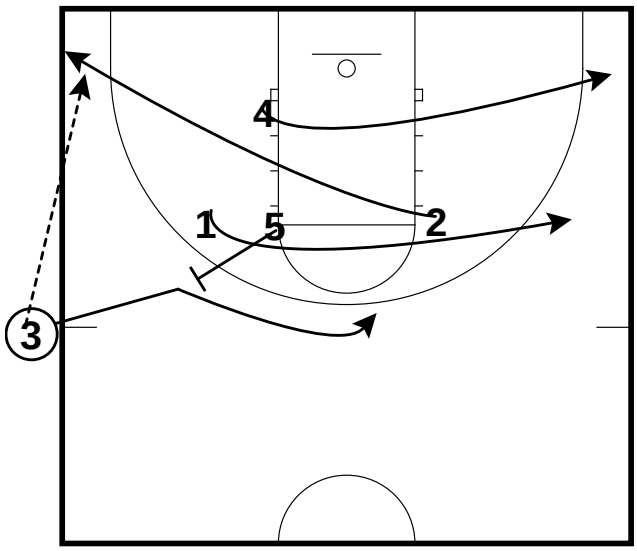
4 cross screens for 1 then 4 goes corner, 5 down screens for 2

All Contents Proprietary

Game Winning OOB Plays

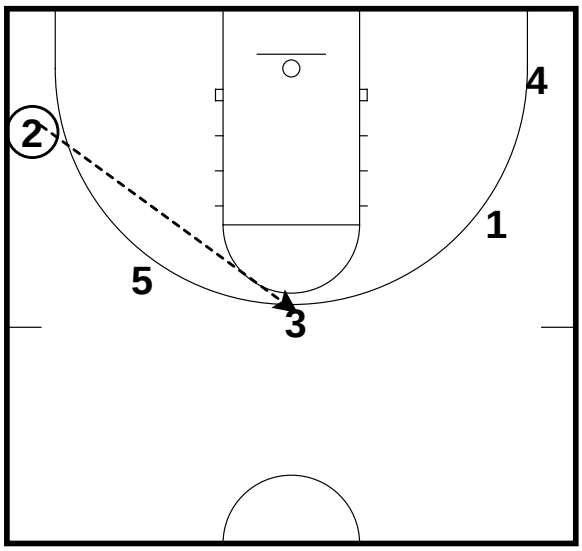
Houston

SLOB- Need a 3



Houston

SLOB- Need a 3



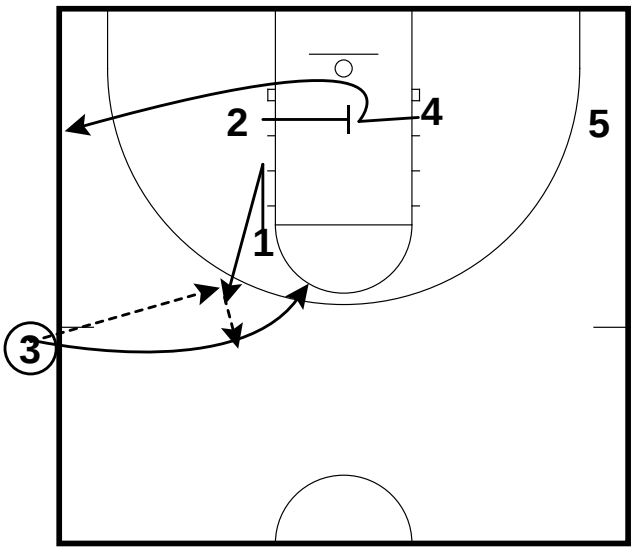
2 hits 3 coming off of the screen

All Contents Proprietary

Game Winning OOB Plays

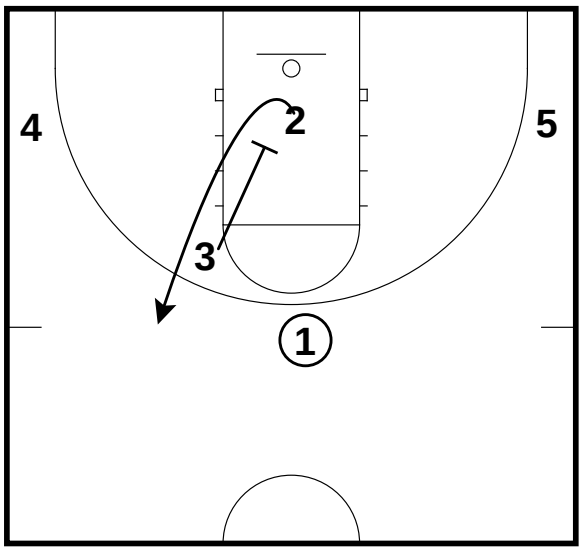
Indiana

SLOB- Need a 3



Indiana

SLOB- Need a 3

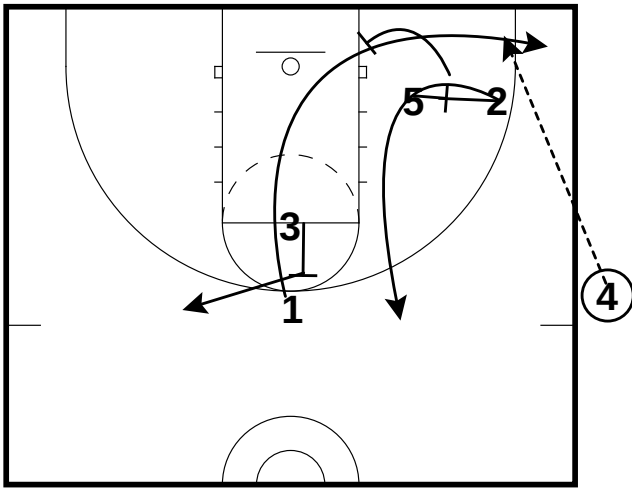


All Contents Proprietary

Game Winning OOB Plays

LA

SLOB- Need a 3



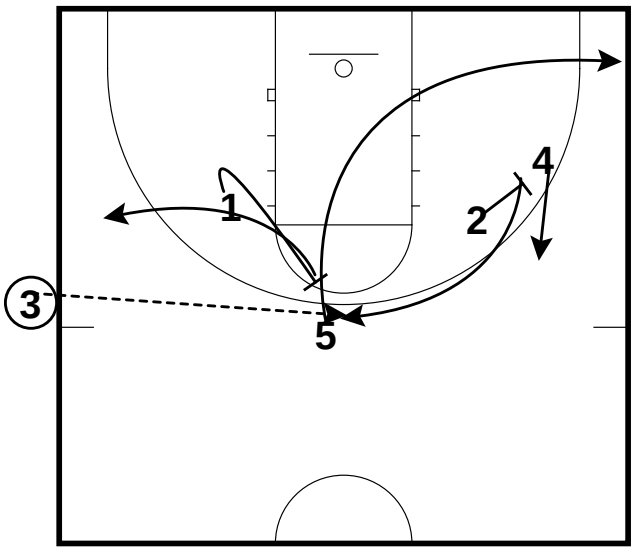
3 sets and upscreen for 1 and then 3 pops, 5 screens for 2 who goes under then comes to the ball, 5 then goes and finds 1's man and screens him so he is free for the shot.

All Contents Proprietary

Game Winning OOB Plays

Magic

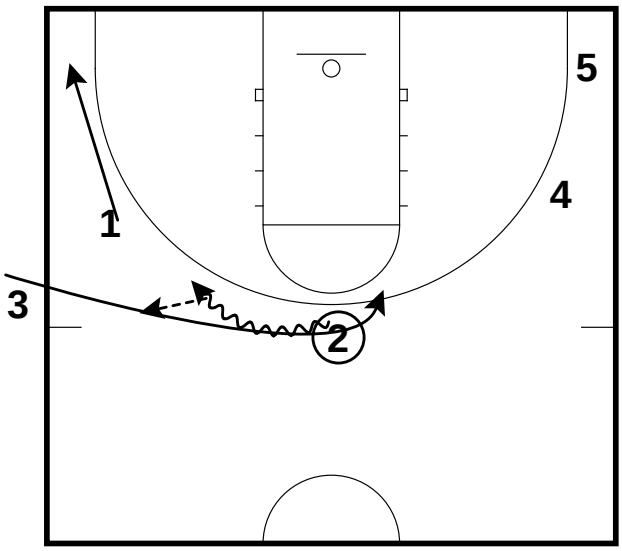
SLOB- Need a 3



1 screens and pops, 5 goes opposite corner, 2 screens for 3 then 2 curls for the shot.

Magic

SLOB- Need a 3



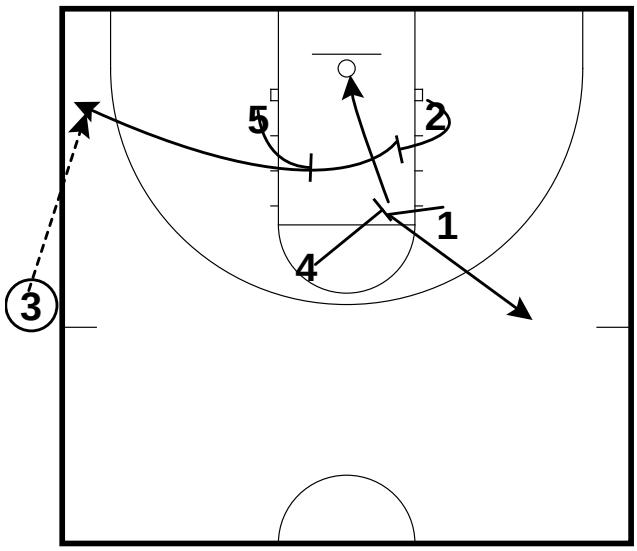
2 dribble handoff with the inbounder for the shot.

All Contents Proprietary

Game Winning OOB Plays

Minnesota

SLOB- Need a 3



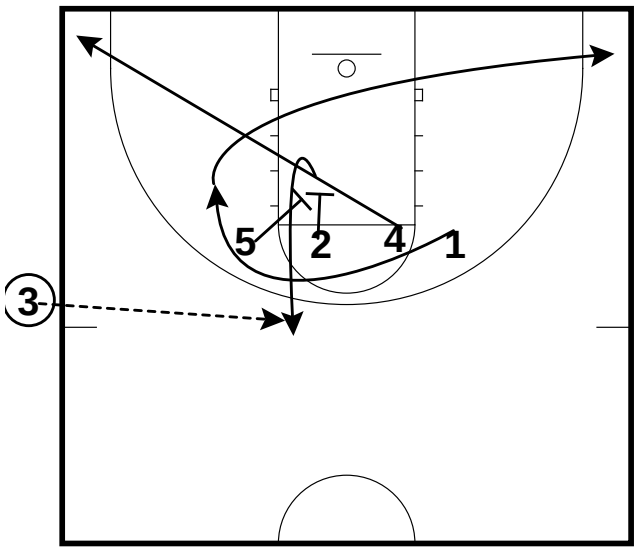
4 screens for 1 then 2 screens 4's man who is faking the lob look, 2 then gets a cross screen from 5.

All Contents Proprietary

Game Winning OOB Plays

Nets

SLOB- Need a 3

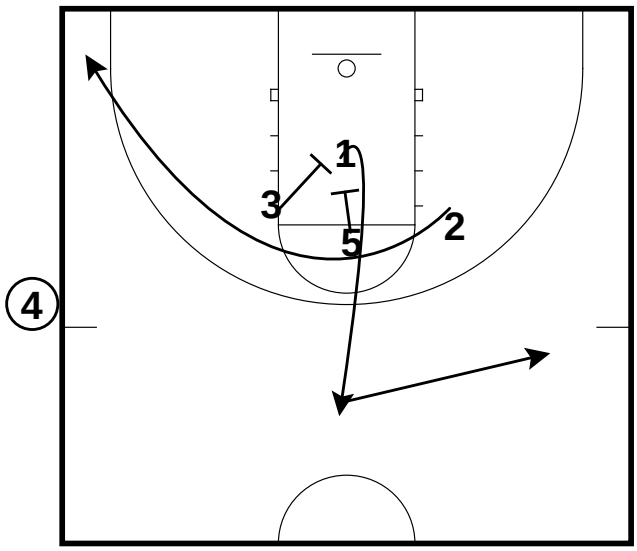


1 loops for the ball but he is a decoy, 2 fakes like he going to down screen for him and when he pops back 5 screens 2's man.

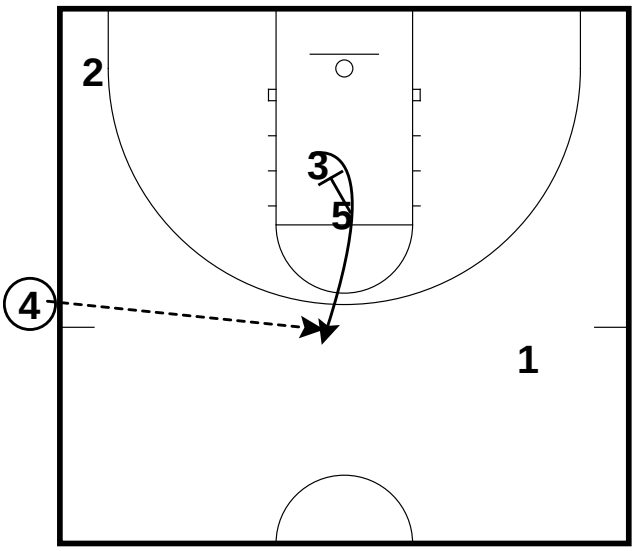
All Contents Proprietary

Game Winning OOB Plays

New Orleans
SLOB- Need a 3



New Orleans
SLOB- Need a 3



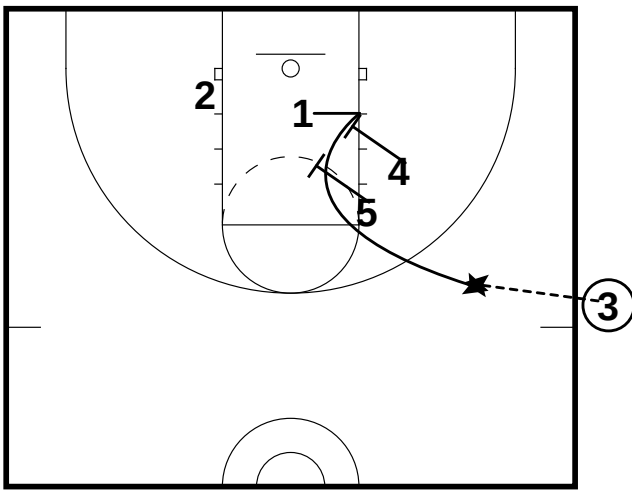
1st cutter is a decoy

All Contents Proprietary

Game Winning OOB Plays

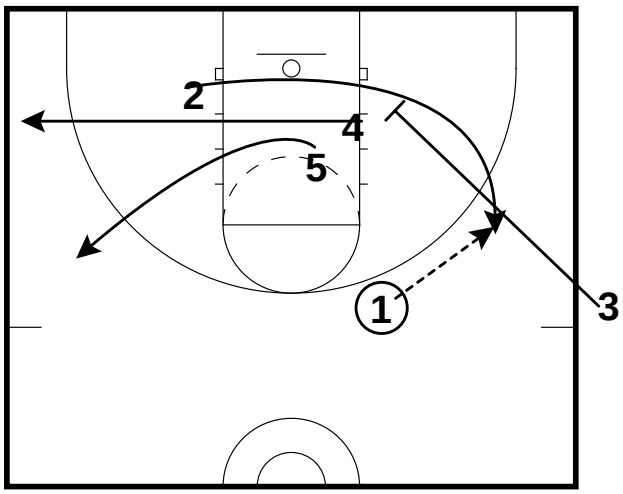
Nuggets

SLOB- Need a 3



Nuggets

SLOB- Need a 3



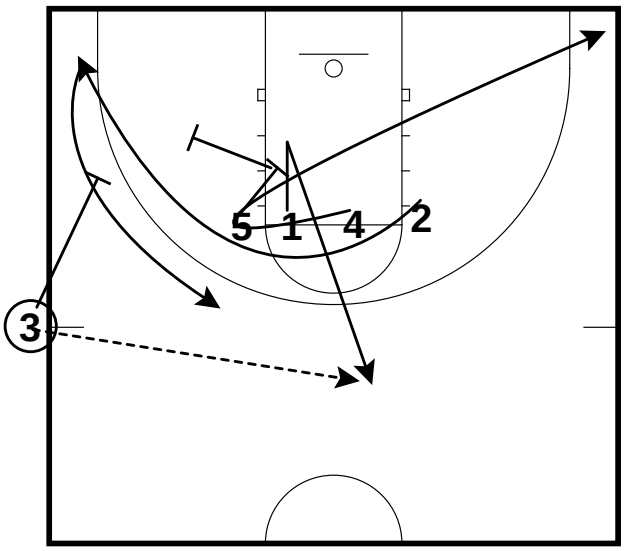
3 screens for 2

All Contents Proprietary

Game Winning OOB Plays

Orlando

SLOB- Need a 3



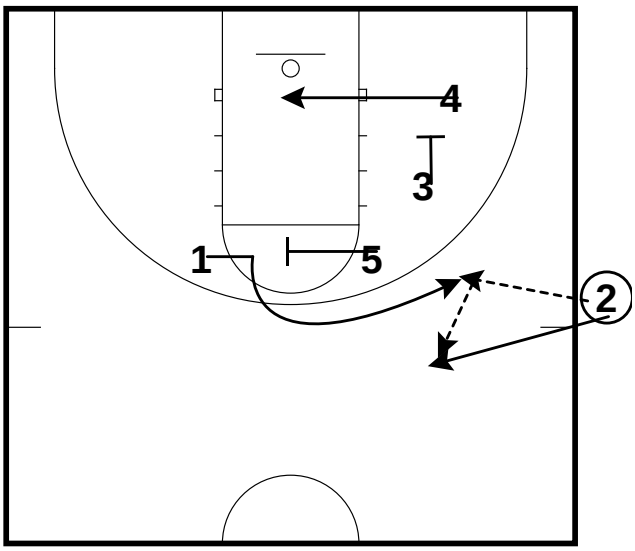
5 screens so 1 can pop, 4 clears to the opposite and the shooter then clears to ballside corner. 2 then gets a double screen from the inboinder and 5.

All Contents Proprietary

Game Winning OOB Plays

Thunder

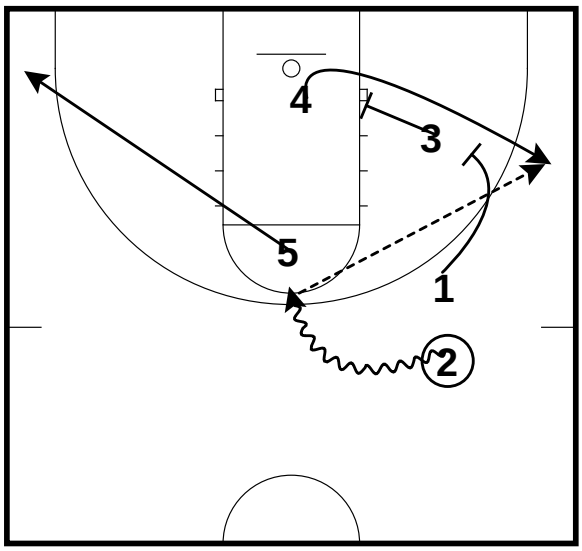
SLOB- Need a 3



4 is the best shooter

Thunder

SLOB- Need a 3

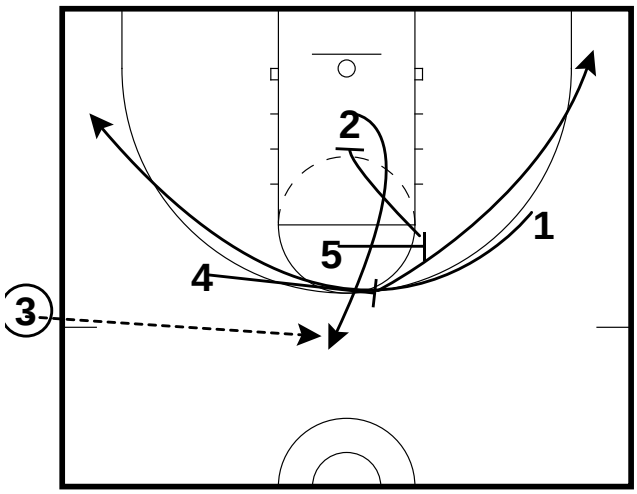


4 gets a double

All Contents Proprietary

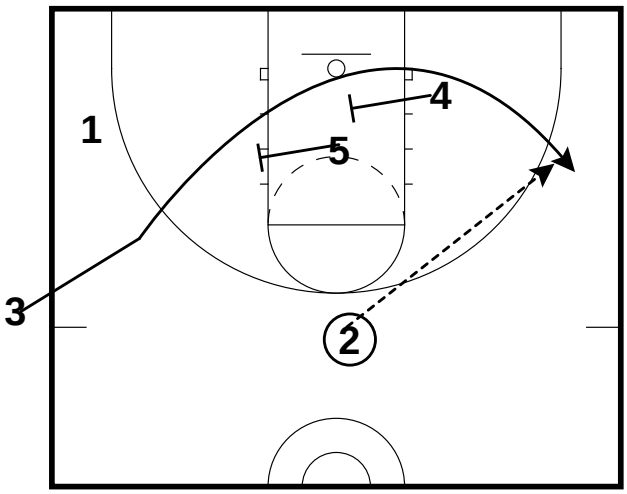
Game Winning OOB Plays

Toronto
SLOB



5&4 set a cross screen for 1 who loops to the elbow, 4 then goes corner and 5 screens for 2 who is popping.

Toronto
SLOB

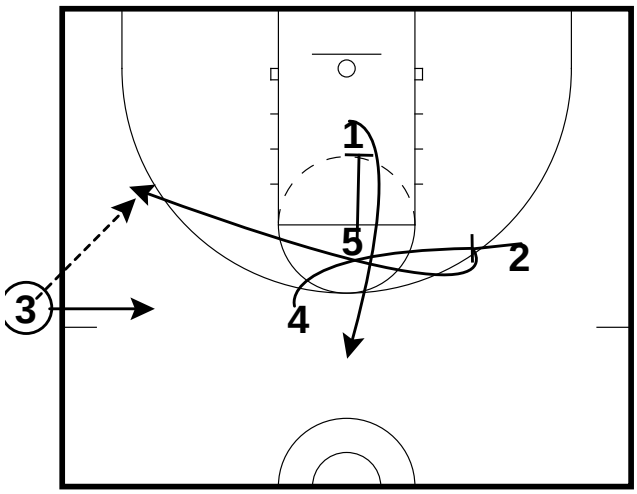


All Contents Proprietary

Game Winning OOB Plays

Utah

SLOB



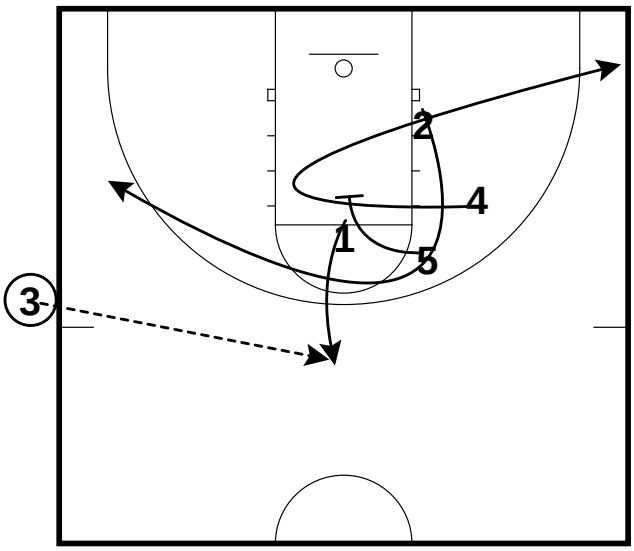
5 down screens for 1 who pops, 4 screens for 2 who comes to the ball

All Contents Proprietary

Game Winning OOB Plays

Warriors

SLOB- Need a 3



2 goes first, then 4, then 5 screens 1's man for a 3.

All Contents Proprietary

DECEPTIVE FULL COURT PRESSURE
by Gary Williams

Positives

1. More preparation time for opponents
2. Great conditioner for your team
3. Gives you an aggressive/tough mentality
4. Another way to score
5. Ability to come from behind
6. Helps you control tempo
7. Ultimate Weapon

Negatives

1. Takes more practice time
2. Have to sell pressure to your players
3. Must go along with your coaching personality
4. Opens you up to criticism

MAN-TO-MAN

- Get comfortable in the open court
- Try to take away a side (either big side of the court of weak hand)
- Can afford to reach and gamble in the backcourt
- Get to spots, don't worry about stance as much as getting to spots
- "Squeeze" him the sideline
- "Stalking" approach slowly and steer him to a spot
- Off the ball, play away from your man and towards the ball
- As the ball is advanced, step up into the passing lane and make the first pass hard to complete (that is the steal you will get more often than picking the ballhandler)

RUN-AND-JUMP

- Can't come up too soon or you give up the easy pass
- On the trap, take away the split move and the sideline
- Rotate to the ball to protect the basket
- If the trap is broken, you must convert back into the lane to take away easy baskets (we will allow long jump shots in transition)

1-2-1-1 ZONE PRESS

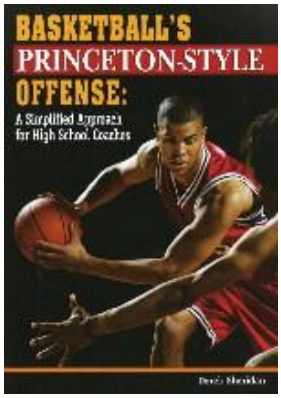
- Always set up the press after a basket in practice, you don't have to always run it
- Match-up as well as you can in the initial set
- Force the ball to the corners and the baseline
- The ball determines the positioning of the other players
- Ball-side sideline is the responsibility of the middle man (bait the trap)

- 5 must know how much he can come up and still protect the basket
- Sprint out of the trap and convert. This is a one-trap press
- Man outside the trap can choose to guard pass back to the inbounder or pass to the middle
- Lean toward where you think the ball might go. Anticipate
- Work to get the ball from behind as you convert to get back into the play

1-3-1 ZONE PRESS

- Influence the ball to the sidelines
- Everyone needs to be covered at half-court and on the other side of half-court

General Thoughts and Application Rules for the Princeton-style Offense



**The following notes were taken from Derek Sheridan's Basketball's Princeton-style Offense: A Simplified Approach for High School Coaches*

1. The post player is the only true "position" player. Fundamentally sound players are more important than positions.
2. The player should watch the person in front of him; he tells the player what to do.
3. The player should read the defense before he makes his move. For most situations, the player involved in a play will have two options: One, the defense is overplaying; therefore the player will execute a backdoor cut. Two, the defense is sagging; therefore the player will accept a sweep (dribble hand-off) from the ball handler. There is a counter for everything the defense does. Your player must be able to make a quick read when the ball is dribbled at him.
4. Players must CUT HARD. They must cut all the way to the rim with the inside hand extended out. They should think "layup" on each cut. They will look for the ball twice (early and late) then get out of the way.
5. Players don't dance. They are to make a read and cut hard. Once a cut is started, they should cut hard and get out of the way.
6. The player should stand ready to shoot when off the ball. Butt down and hands up. Players should think "layups and three-point shots," in that order. The player will occupy his man and float to open spots.
7. The player should always be ready to fill the spot above him with proper timing.
8. Players shouldn't screen air. They must get body-on-body on all screens and be ready to step back for a shot.
9. The player will hit the cutter with a bounce pass. The quality of the pass will be in direct correlation to the quality of the shot. The bounce pass should be low so that it is hard to steal or deflect. Pass the ball right behind the defender's butt.
10. Players must dribble with a purpose.
11. Patience coupled with focus is a virtue in this system. Your players might run 3-4 sets in a single possession.
12. Unselfishness, fundamental play and timing are the foundations for establishing the flow of this offense.
13. Keep the area below the free-throw line empty when playing against a team that is more athletic. Try to "out fundamental" them. Keep post defenders away from the basket.
14. Few quick hitters are used.
15. Repetition is the "mother of all learning."
16. The post player must be a good passer. His options are S-R-P (Score-Read-Pass).
17. Players shouldn't run at the ball – greedy players run at the ball. The back cut is used to offset defensive aggressiveness.
18. When a player backdoor cuts from the top of the key, he will exit out to the strong side of the floor if he was not passed the ball. When a player backdoor cuts from a wing, he will exit back out to the side from which he came.
19. A strong-side sweep = a weak-side flare.
20. When a strong-side forward catches the ball, his first look is to feed the post.
21. Never run the same phase twice in a row – think "change."

From a coach's perspective, the following are reasons to choose this offense:

1. Necessity
2. Player talent level varies
3. Negates opponents strengths
4. Control
5. Offense becomes defense as game is slowed down

Phil Beckner-Weber State Assistant Coach
phillipbeckner@weber.edu

Herm Edwards
NFL Rookie Speech

1st QTR

- **It's not a right but a privilege to play and coach in the NFL.**

- **Talent, Expectation, and Production – sometimes can be a curse.**
  -Does the production meet the talent?
  -Don't waste your tale

- **Expectations- a goal without a plan is a wish!**

- **Priorities-your habits create who you are.**
  -if you're not willing to change your habits, you're not changing
  -What are your priorities? Herm Edwards: Faith, Family, Occupation
  -12 o'clock rule-nothing good happens after 12:00am

2nd QTR

- **Professional football player-it's not a hobby, it's your occupation.**
  -You have to take a grown man's job.

- **Be coachable and available; be on time-know your role and do your job.**
  -don't get sensitive, be coachable
  -"hurt got to play, hurt got to practice" everyone's always hurt, you don't get better on the sideline

- **Be a good listener-hear (focus)**

- **Processing information is critical to having a successful career.**

- **Coaches teach you 3 things-what, how, and why.**

3rd QTR

- **Commitment**-it usually starts w/ a struggle; everyone wants to go to heaven but nobody wants to die.

- **Distractions**-wealth & fame attracts many friends.
  -you choose your friends, don't let them choose you

Phil Beckner-Weber State Assistant Coach
phillipbeckner@weber.edu

3rd QTR (cont.)

- **Enthusiasm**-Compete-it's not about the opponent
  -gotta like football
  -#4 Brett Favre, all time example, never lost enthusiasm

- **Be Accountable**-to coaches and teammates
  -you must earn the trust of coaches and veteran players

4th QTR

- **Protect the Shield**

- **Legacy**-once you receive the pro helmet and jersey your legacy begins.

" A Pro"

- **Always Early**-studies the game plan, ready list, and opponents film/notebook to prepare for days work.

- **Team**-Always puts the team first ahead of personal glory

- **Physically Prepared**-never tires in practice or game, motivates and pushes himself in practice, sprints to the ball to finish the play.

- **Competes**-thrives on challenges; the tougher-the better (esp. in 1 on 1 physical contests)

- **Football Player**-plays hard to the ball and thrives on being physical

- **A Leader**-by example, he epitomizes the way the game should be played

Hubie Brown: Techniques and Strategies

What do you talk about during a timeout?

*Offensive timeout

1. Offensive play
2. How many TOs are left?
3. Are we in the penalty? - No fade away shots
4. What defense we are in if we make, or miss? (Do you trap or foul right away?)

*Defensive timeout

1. Who do we foul?
2. Who are their best offensive rebounders?
3. Who are their 3 pt shooters?
4. Are they in the penalty?
5. What is their favorite play?

General comments from Hubie

*Don't leave the foul lane empty when ahead by 1, 2, or 3 points-match up man to man.

*Don't inbound the ball with one hand-what happens if a defensive player slides in?

*Don't slap the ball on inbound-go when the ref hands the kid the ball.

*Offensive rebounds-go behind the board, then box out on the weak side.

*Keep your terminology simple

*On any pick and roll, go at least 2 dribbles past the screen to maintain spacing

*On any screen, the screener should open up the shoulder you screen off of

*Offensive principle: leave an area, replace an area

*In your press offense and ½ court offense, have a short pass and long pass option always

*If a post man is being double teamed and you are on the opposite block, flash to the middle of the paint (the dotted line in the paint)-DON'T just stand on the block

*When you set a screen, Hubie says to screen an area, not the defender because there's a higher chance of a ref calling an illegal screen; also, the defender can't feel the screen immediately

*He never makes players run suicides: the only one who is happy in the gym is you, everyone else hates you

Offense

*Get your high % shooters shots from their spots, not your worst shooters-Who's taking the shots in your offense?

*Evaluate your offense at the 1/3 and 2/3 point in the season, and at the end of the season-get rid of bad plays at end of season

*Vs. a ½ court trap, teach the back dribble to create a potential 4 on 3 situation when you get the ball out of the trap

*If trapped without the dribble, take the ball (and the defender) down near the floor

*Drill: Have 2 lines of kids at half court, elbow extended location. From half court, have the kids take 2 dribbles to a chair on the elbow for a shot. Good for seeing the rim and keeping your head up on the dribble.

2 week program to get ready for the season

1. Conditioning (exercise program)

2. Lay-ups (4 dribbles)
    a. Stutter-explosion
    b. Crossover
    c. Through legs
    d. Wrap around

***He has guards and posts do these

3. Shooting-5 spots on the perimeter
    -3 shots from each
    -guards shoot from three, bigs one step in

4. 10 minute shooting

    Guards

    -3 man shooting-1 shooter, 1 passer, 1 rebounder
    -3 stations-corner-elbow, elbow-elbow, other corner-elbow
    -Rotate every 55 seconds
    -Can get 50-60 shots each

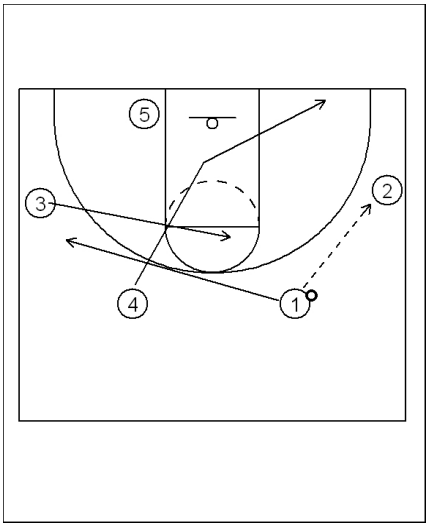
    Bigs

    -Post moves
        a. Drop step
        b. Sikma
        c. Jump stop
        d. Up and under

5. Defense-10 minutes (NO SPECIFICS HERE)

6. Offense-Hubie's necessities
    a. Transition offense-misses, blocks, TOs
    b. Fast break off of FTs
    c. Out of bounds vs. types of pressure
    d. Vs. the ½ court trap
    e. Zone offense
    f. Stall
    g. A north/south offense
    h. An "angle" offense-more east/west
    i. Motion offense
    j. Under basket out of bounds

Nova zone offense



NOVA ZONE OFFENSE

In this offense we want our 5 to start below the block. He will look for opportunities to flash in behind the zone defense.

The wings start whereever that gaps are in the zone, High or Low.

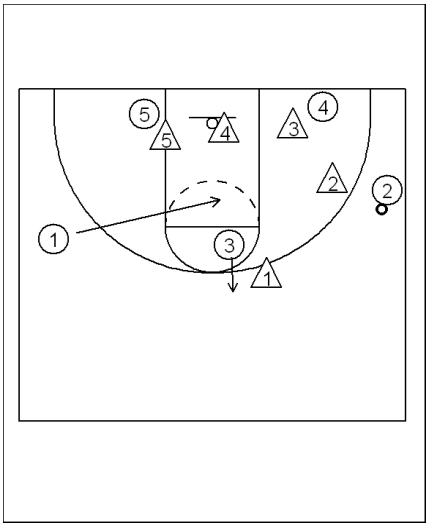
Once the ball is passed to a wing, we initiate our cuts.

Player 4 (opposite guard), will cut thru the lane and to the short corner.

Player 3 (opposite wing will flash into the high post area.

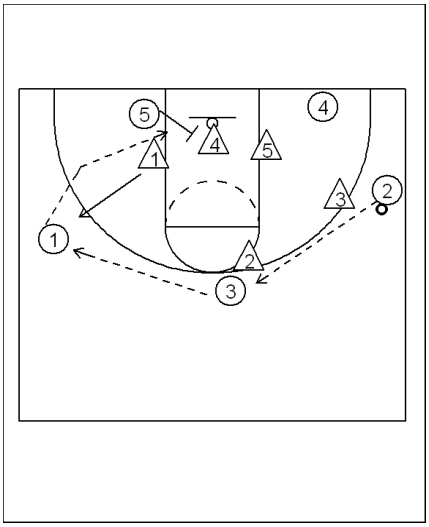
Player 1 will cut away to the opposite wing.

Note: we can have a flare screen set by player 3 if we want too.

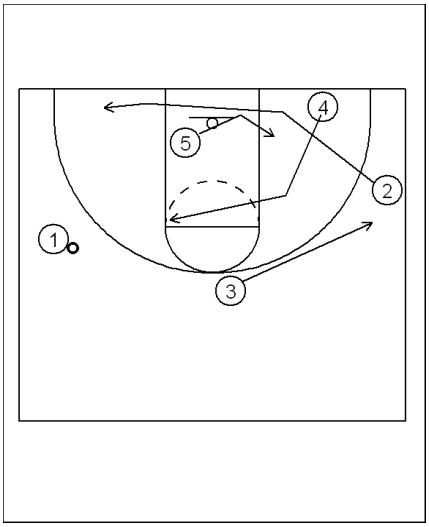


If we don't enter the ball to player 4 in the short corner or Player 3 at the high post, the Player 3 will step out for reversal.

If the defense extends with player 3 for denial. we can have player 5 roll up into the gap or have Player 1 flash in from behind.



On reversal our 5 man will look to pin the defense in by the rim.



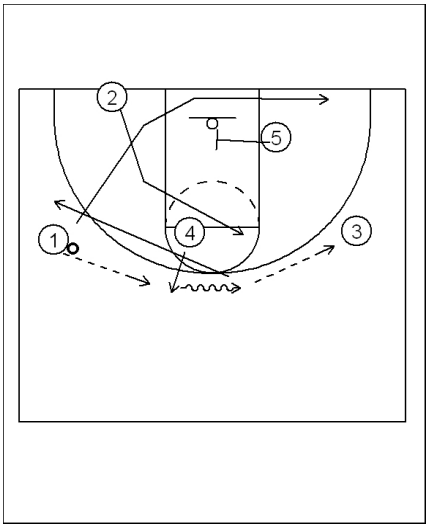
If nothing is there we Player 5 will spin to the opposite block.

We then intiate our cuts.

Player 4 in the short corner will roll into the high post.

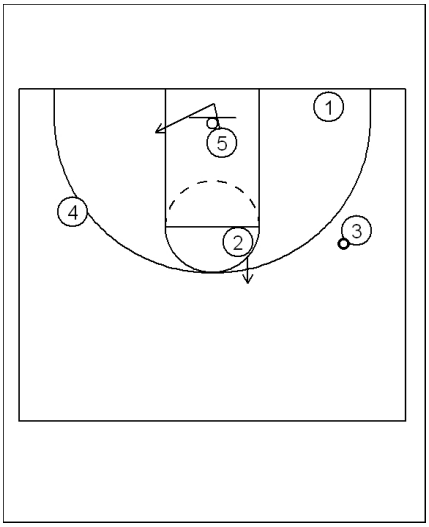
Player 2 at the opposite wing will cut baseline into the shortcorner.

Player 3 will cut away and read how the defense plays our high post player.



the pattern continue with our high post (Player 4 stepping out for reversal.

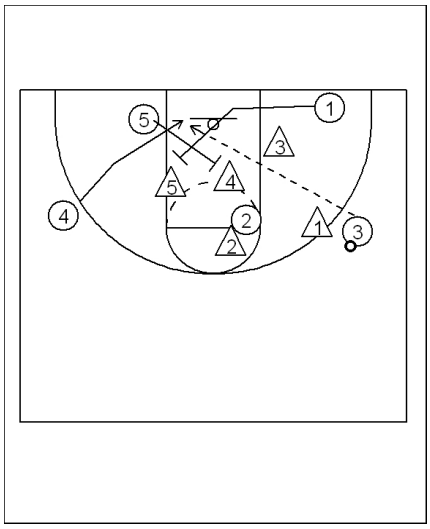
our post and opposite wing will watch how the defense plays our reversal step out.



we again look for 5 to pin in on the defense.

we have 2 flashing up from the short corner and player 1 cutting to the short corner and player 4 cutting away.

We are set up in the normal set again.



lob special;

we can look to back pick with our post and short corner for a lob.

Phil Beckner-Weber State Assistant Coach
phillipbeckner@weber.edu

Jeff Capel
Villa 6 Notes

Great first quote- “You are more honest evaluating yourself after getting fired.”

Coach Capel said he looked for 3 things in Assistant Coaches when he became a head coach (loyalty, hard workers, and basketball smarts) but these things eventually changed into the 6 things below...

1. **Communicate**-need to know how to communicate with different people (players, parents, advisors, etc.)
2. **Energy**-head coaches do not want an assistant who is negative or moody every day. Bring positive energy to staff meetings.
3. **Evaluator**-being able to evaluate talent is imperative! Know your head coach (what he likes/who can play for him)
4. **Innovative/Intelligent**-ideas for recruiting, practice, have a way to figure things out
5. **Relentless**-assistants that are not afraid to be told no, assistants that are relentless recruiters
6. **Tireless**-you have to be a worker, have to try to improve yourself

3 keys for Assistant Coaches:

1. **Know your head coach and believe in him!**
   -know how he handles things
   -the types of players that can/can’t play for him
   -his personality
2. **You cannot have an ego problem**
   -practice effective communication
   -use “We” vs. “I”
   -whenever you leave the meeting, even if difference in opinion-be connected
3. **Protect your head coach**
   -don’t blindside w/bad issues
   -be loyal

Other thoughts:

“If you want opportunities---Win where you are!”

“Assistants most important job is to make the head coach look good.”

“If your boss trusts you, don’t be afraid to speak up in meetings.”

Capel to players when first taking the VCU job-“You’re not allowed to be average in anything you do-we demand excellence”

Running Program

Fall Running Workout

	1	2	3	4
Set 1	FL HC BL FL	FLSH HCBP FL BL	HC HCBP FLSH	BL FLSH HCBP FLBP
Set 2	FLSH BL FLBP HC	HCSH BL FLBP BL	FLBP BL FL BL	BL FL BL
Set 3	BL FL BL	HC HCBP FLSH	FLSH HC FLSH	HCBP BL FLBP
Set 4	HCBP BL FLBP HC FL	FLBP HC FLSH BL FLBP	BL FLSH HC BL HCBP	BL HC BL HCBP HC
Set 5	FLSH HCBP HC FL	BL HC FL FLSH HC	HC HCBP FLSH	FLBP HCBP BL FLSH
Set 6	BL HC BL FLSH	HC FL HCBP BL	BL FLSH BL	HC HCBP FLSH

*Put team into 2 groups.
*Group one runs a set while group 2 waits. As soon group one finishes a set, send group 2.
*Run column 1, rest 1 min.; run column 2, rest 3 mins.; run column 3, rest 1 min.; run column 4.
*Every set is equal to 1 quarter of game running.

FL-free throw line (closest to you)
HC-half court
BL-baseline
BP-back peddle
SH-shuffle (slide)

This program came from Jim Boeheim at Syracuse University. Coach Boeheim was frustrated with the fact that his team was not "game" shape ready when he was able to start full workouts. During the pre-season, the NCAA would allow them to condition, but they could not do any activity with a basketball while coaches where present. In order for him to get his team in "game" condition, he had some graduate students develop a program for their thesis. When this program is used, it is equal to playing 1 full game without the use of a ball.

Jim Ponchak
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coachponchak@gmail.com



Joe Mihalic

"Attacking Pressure"

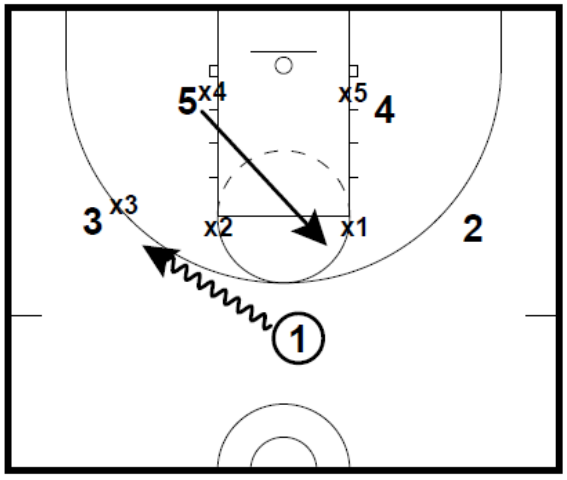
Nike Coaching Clinic

Verona, NY

May 16, 2010

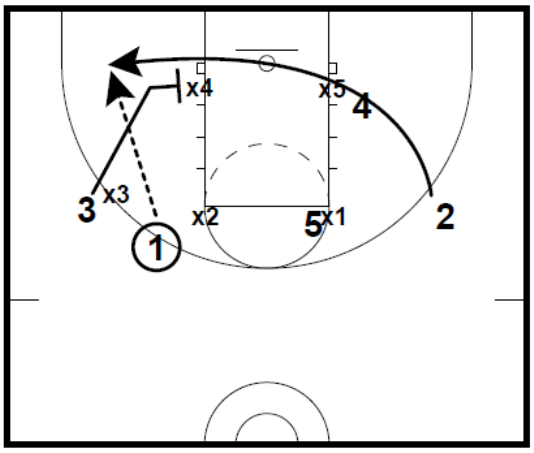
- Alignment is crucial
  1. Inbounder is important
  2. Ball handlers and non-ball handlers determine alignment
  3. Make sure you have defensive balance
- Philosophy is important
  1. Niagra's – If they are pressing, they are gambling. Make them pay!
  2. Morgan Wooten's – Salesmanship is important. If you are nervous, the team picks up on it. If you sell that your are going to beat it, the players will believe.
- Box and 1 works because the other team is not prepared
- If you are playing against a great point guard, go Box and 1 on him.

Joe Mihalic - Box and 1 Offense



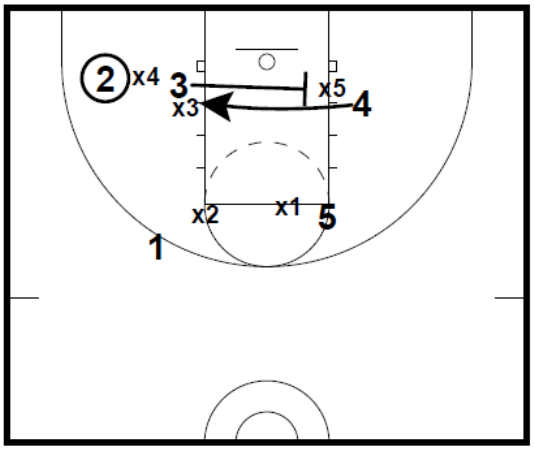
- 1 dribbles at man being covered
- 5 flashes to weak side elbow

Joe Mihalic - Box and 1 Offense



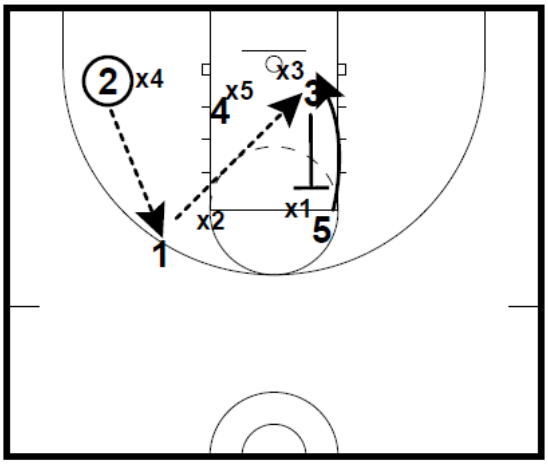
- 3 screens bottom of zone
- 2 cuts off screen to corner
- 1 passes to 2

Joe Mihalic - Box and 1 Offense



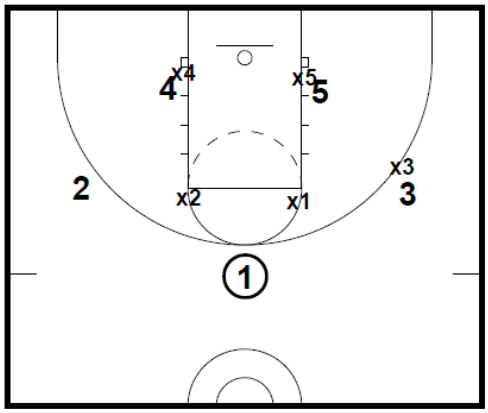
- 3 screens away for 4
- 2 looks to pass to 4 for layup

Joe Mihalic - Box and 1 Offense



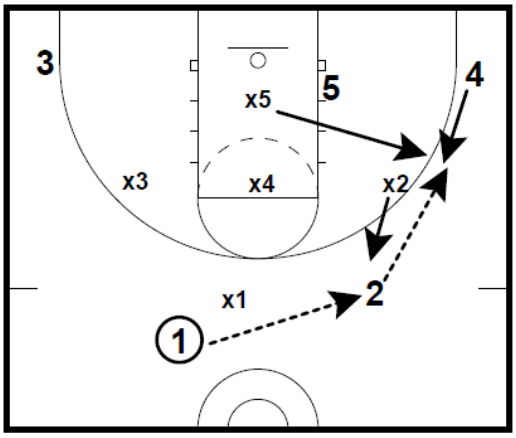
- 2 passes to 1
- 3 sets a back screen for 5
- 1 passes to 5 for layup

Joe Mihalic - Box and 1 Offense



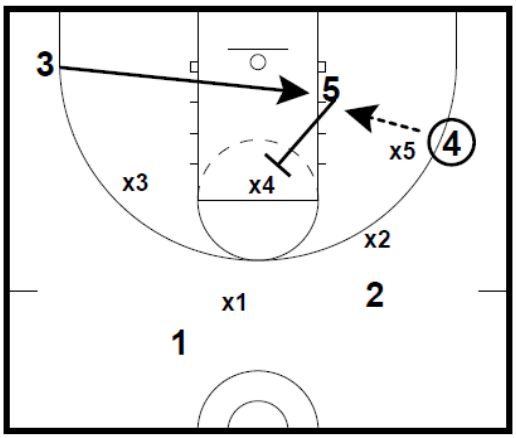
- If 4 and 5 were not open, run the same play on the other side

Joe Mihalic - 1-3-1 Zone Offense



- 1 passes to 2
- 2 passes to 4 (forces back man out to wing)

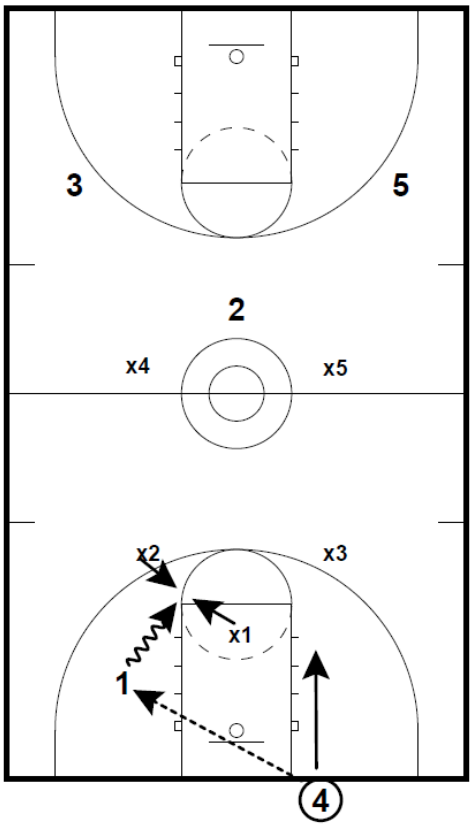
Joe Mihalic - 1-3-1 Zone Offense



- 5 sets back screen on middle man
- 3 cuts to ball side block
- 4 passes to 3 for layup

* Can't hold ball and be indecisive
* Attack elbows to distort the zone
* Don't hold ball over your head

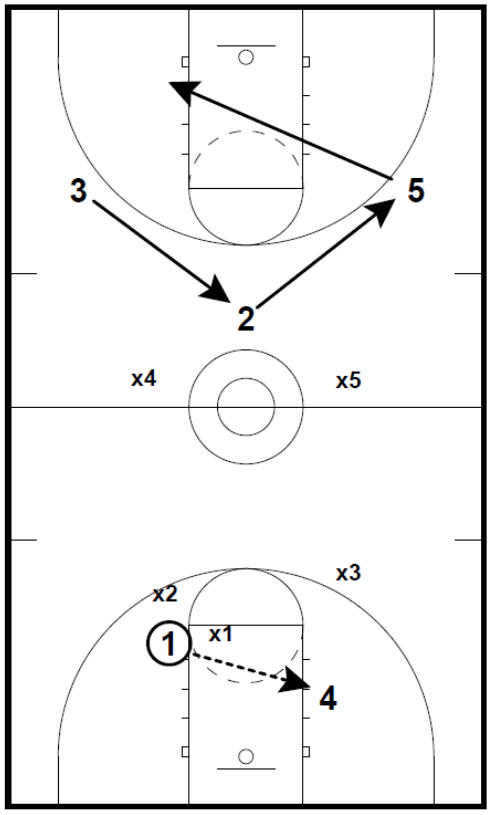
Joe Mihalic - 1-2-2 Zone Press Breaker



- 2 should be your best shooter
- 3 should be your 2nd best shooter
- 5 should be your worst ball handler
- 3 and 5 are at foul line extended to stretch the zone
- 4 inbounds to 1
- 1's job is to get 2 defenders to commit to him without getting caught in a trap

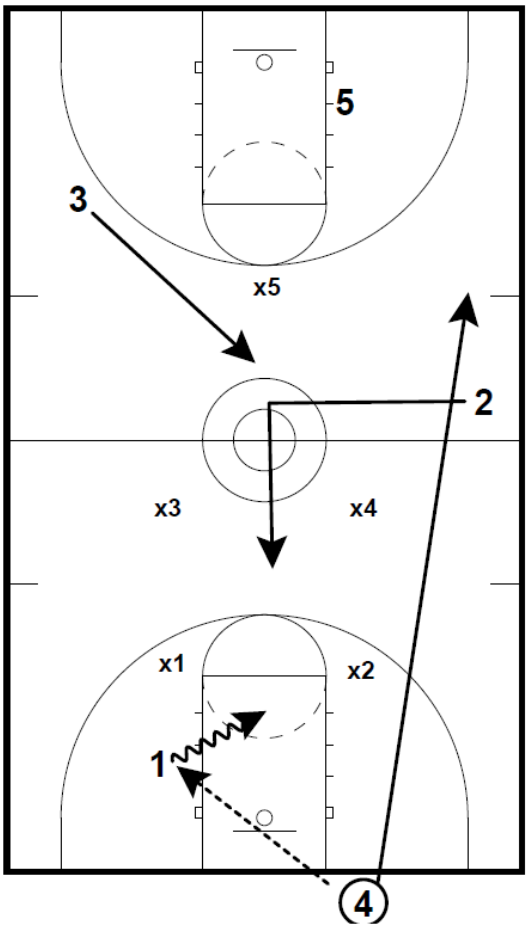
* If the defense makes 1 catch the ball on the right side, have the wings cross

Joe Mihalic - 1-2-2 Zone Press Breaker



- 1 reverses the ball to 4
- 5 cuts to weak side block
- 2 cuts to ball side wing
- 3 cuts to middle
- If the defense takes away those 3 options for 4, 1 will be open with the left side of the floor open.
- 1 should attack the left elbow
- Tell 1, "No 2 people can keep you from getting the ball."

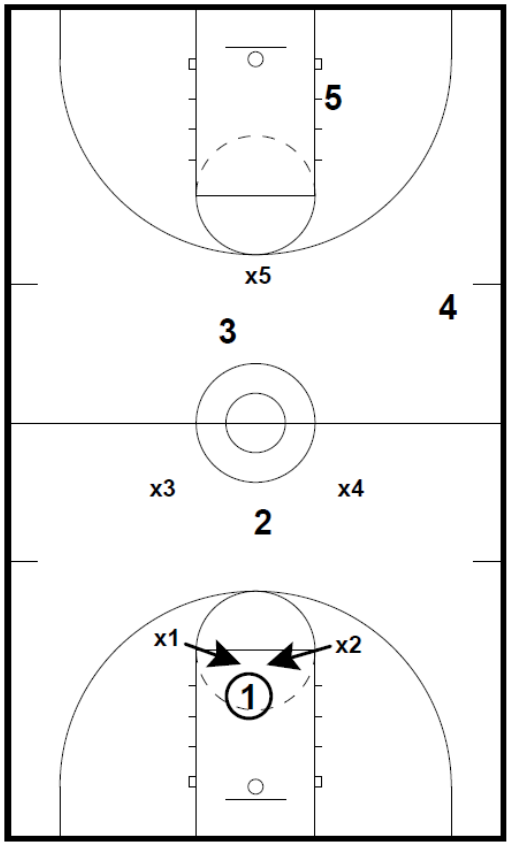
Joe Mihalic - 2-2-1 Zone Press Breaker



- 4 inbounds to 1
- 1 attacks middle to get 2 defenders to play him
- 2 L cuts to middle
- 4 flies up the sideline
- 3 cuts to middle

Joe Mihalic - 2-2-1 Zone Press Breaker

- 1 should be able to pass to 2 or 3 in middle or 4 deep



Building Your Man-to-Man Defense

Kansas State University
Head Coach Frank Martin



Head Coaching Record

Season	Team	Overall	Conference	Standing	Post Season
2007-08	Kansas State	21-12	10-6	3	NCAA Second Round
2008-09	Kansas State	22-12	9-7	4	NIT Second Round
2009-10	Kansas State	29-8	11-5	2	NCAA Elite 8
	Kansas State	72-32	30-18		

We believe in pressuring teams with your offense, can help your defense. The more we run the harder it takes for our opponents to set up their defensive scheme.

Defensively, you must pressure the basketball and the passing lane. We do not let our opponents catch the ball going towards the rim. We make our opponents catch the ball going away from the basket.

No Catch on the Three Point Line!

If you have a guy take a possession off it hurts your team.

We make the opponents point guard get out of control and that is the heart of our defense, our off the ball defenders should be "**Up the Line, In Line**". Ball in the middle of the floor we believe in squaring up with the offensive player. Ball gets to a side keep it there, if the ball gets in a gap plug with your "butt" get back to yours.

Goal of our defense is to make you play us one on one.

Every time the ball is shot from the side 3, 4, and 5 better get opposite or they are out of the game. (In practice “Treadmill”).

We contest every shot every defensive drive through our chest. “Butt to the middle/Chest to the opponents top hip/Dribble the offensive player away from the basket. Ball on the side we defend sideline.

Foot-fakes/Ball Fakes

Our rule with foot fakes, anytime a player gives you some kind of a fake, take a step straight back, and then step back up. Do not go side to side.

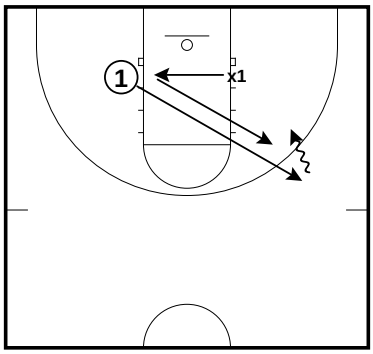
Must make your opponent through over hands! Direct passes kills you!

The drills we incorporate within our defensive scheme we do every day. Our players know when we call out the name of the drill we go right into it. We prepare our guys play with fouls. Michael Beasley was good at playing with two fouls in the first half. We prepare our player in practice with these competitive one on one and two on two drill along with our advantage plus one advantage drills.

I truly believe if your players compete hard on the defensive end you can establish an identity for your team and to see how tough your players are in a hostile environment.

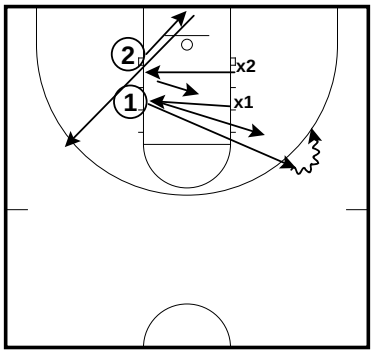
K-State

1/2 Def. Drill



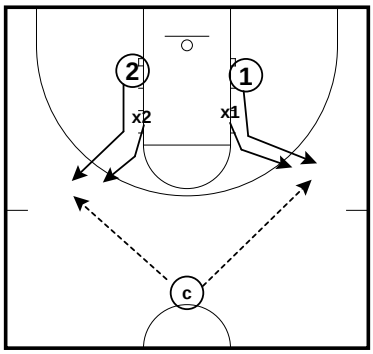
1 on 1 Roll the Ball: Offensive player O1 is on opposite block and defend X1 is on the other block. O1 will roll the ball diagonal to the opposite 3 point line and X1 will sprint to opposite lane and touch then sprint to a close-out and play 1 on 1. **Coaching Point-"Keep the ball out of the Middle".**

1/2 Def. Drill



Two on Two Roll the Ball: Same drill adding two defenders on the opposite block. X1 closes out to defend the wing drive and X2 will play help side defense.

1/2 Def. Drill

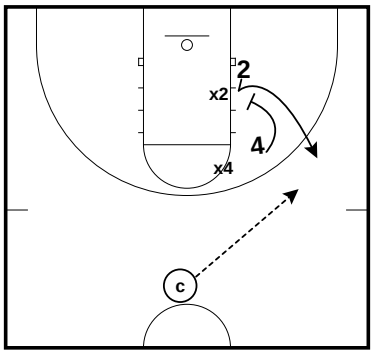


Two on Two Wide: Two defenders are playing up the line defense. While two offensive players are working on getting open on the wing. The two defenders must deny the offensive players the ball, if the offense catches the ball on the wing. The opposite defender must get into help position with no drive to the middle. Play to score.

All Contents Proprietary

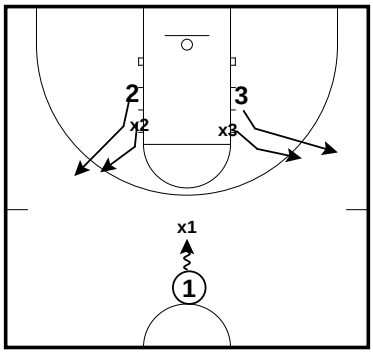
K-State

1/2 Def. Drill



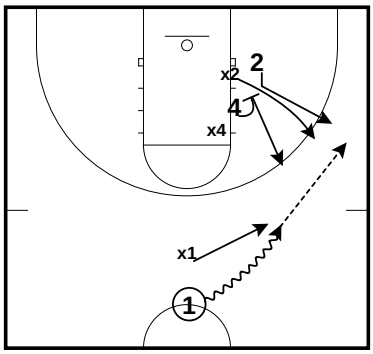
Two on Two on the Side: Working on defending the pin down action. Playing up the line defense and not letting the offensive create scoring opportunities. We want to keep the ball out of the middle of the paint. We want the offensive player catch the ball beyond the 3 point line away from the basket.

1/2 Def. Drill



Three on Three Wide: Same defensive drill as 2 on 2 Wide. We are just adding an offensive and defensive player at mid-court. Principle stays the same keeping the defender out of the middle and wings are up the line in line with the offense deny them the ball. Ball pressure is the key.

1/2 Def. Drill

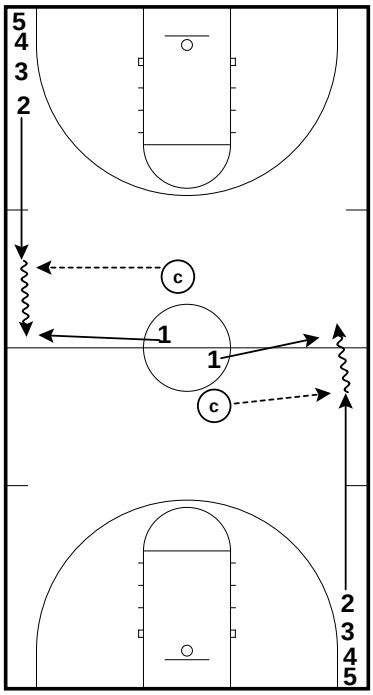


Three on Three on the Side: Working on guarding the ball with the UCLA cut series.

All Contents Proprietary

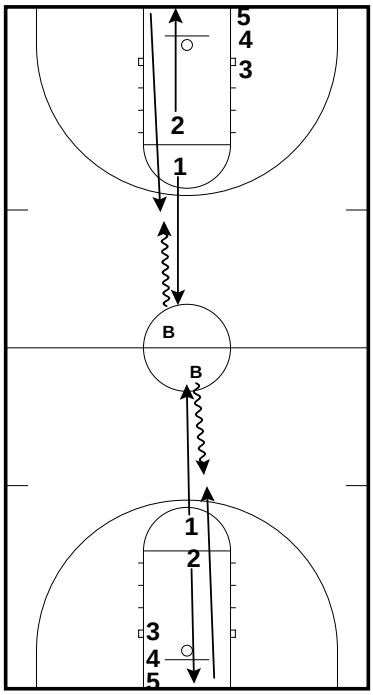
K-State

Transition Drills Full



Transition Drill: Offensive player sprints down the sideline and receives the pass from the coach. As the ball leaves the coaches hand the defender in the middle must meet the offensive player at 1/2 court and defend him to the other end of the basket. Keep the ball out of the middle. If the defender does not get a stop, he continues to go until he does. Play happens on both sides.

Transition Drills Full



Defend the Line: 1 on 1 down the middle. First player is on offense and player 2 is the defender. Ball is at 1/2 court when coach says "Go" the offensive player 1 will sprint to the middle to retrive the ball and attempt to drive to the basket. While that happens player 2 will sprint to the baseline and close out and play 1 on 1 with the offense. Continous play happens. **No Direct Drives! Force a Jump Shot!**

All Contents Proprietary

SOONER DEFENSIVE DRILLS
by Kelvin Sampson

1. Loose Ball Drill
    a. Two guys start on the block
    b. Coach rolls the ball out and they start on the whistle
    c. Player who gets the ball is on offense

2. Charge Drill
    a. Player who does not catch the pass takes the charge

3. Zig Zag Drill
    a. Work on stance, foot movement
    b. Nose on the ball
    c. Step-slide movement
    d. Turn four times from baseline to baseline

4. Cut and Chug Drill (Front the Cutter)
    a. Jump to the ball
    b. Skip pass instead of cutaway

5. 3 Line Closeout
    a. Talk constantly
    b. Coach passes to either side and all 3 players closeout to that side
    c. Ball is passed back to coach and players get back to middle again

6. Transition Defense (4 on 4, 5 on 5)
    a. All players start at the free throw line
    b. Player guarding the ball must touch the baseline

7. 3 on 3 Cutthroat
    a. Four teams of 3
    b. Only defense can score
    c. Rebound, loose ball recovery, or charge is 1 point
    d. Offense becomes defense with an offensive rebound

8. 5 on 5 Full-Court with Bubble
    a. Only score on rebound
    b. 2 points for offensive rebound, 1 point for defensive rebound

9. War Drill
    a. Split up perimeter/post/combined
    b. First player to get 4 rebounds gets out
    c. Last 2 left have some form of punishment

--There is a difference between playing hard and competing

--Teach the team the importance of practice

--Give responsibility to assistant coaches

SOONER OFFENSIVE DRILLS
by Kelvin Sampson

1. Full Court Lay-ups
    a. Post—4 dribbles
    b. Perimeter—3 dribbles

2. 21 Shooting
    a. Two baskets, two groups at each basket
    b. Four spots
    c. 1st group to 21 wins

3. 3 Line Passing (3 lanes)
    a. W/basketball or medicine ball
    b. Call out teammates names

4. Miller Passing Drill (3 Man Fly)
    a. Ball in the middle
    b. Make sure to jump stop

5. Two Lines 50
    a. Passer rebounds the shot
    b. Shooter goes for the outlet
    c. Make 30 of 50

6. Diagnal Passing Drill
    a. 2 Minutes on the clock
    b. Make 80 lay-ups
    c. If they don't make 80, punish them for every one they come up short

7. 1-4 Breakdown
    a. 2 shots, backdoor and post flash

    b. 2 shots, handoff and post flash

    c. 2 shots, kick to the corner and post flash

8. Star Passing
    a. 15 lay-ups in one minute

9. Four Minute Lay-up
    a. 4 Minutes on the clock
    b. Make 87-89 lay-ups
    c. Two lines

10. Five Minute Shooting
    a. 5 Minutes on the clock
    b. Make 110 shots
    c. Lay-up and 2 jump shots

11. Competitive Shooting Drill
    a. One rebounder, one passer, one shooter
    b. 1 minute, should make 15 (take 27 shots)
    c. Run sprints for every one you make under 15

12. Defensive Rebound, Kick-Ahead Jumpers

13. Two Man Fastbreak (Duke 2-Man)

Kevin Boyle

Winning with Undersized players

- Give yourself a chance
- In his beginnings at St Patricks, they lacked size

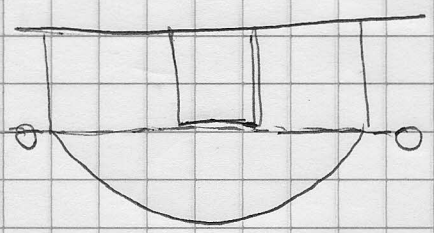
2 focuses
1) Undersized and less athletic
2) Undersized and more athletic

which one are you?

4 out 1 in Motion Set

Set rules and principles when you can't get into your set plays vs superior teams

Scenario 1 less athletic



- Stretch High and wide
- stay out of corners / have room to fade on drives
- 15-18' spacing

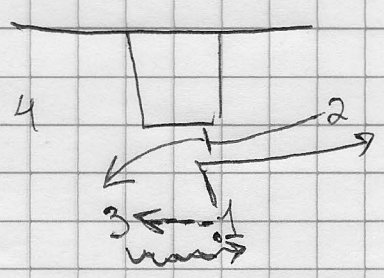
Rule 1: when passing below, cut through
fill by burst up, or V cut (or L cut)

Rule 2: when pass out, then replace yourself

Rule 3: on pass across, cut behind hand

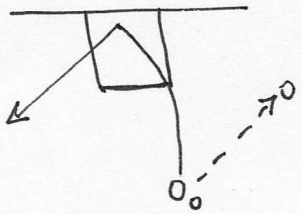
OR Flare

or Downscreen with reads curl / backdoor / fade

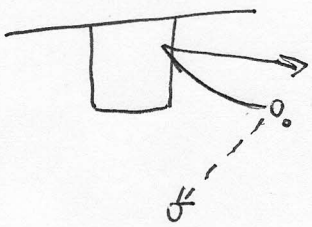


pass + dribble through

Rule 1 : passing below = cut through and fill up

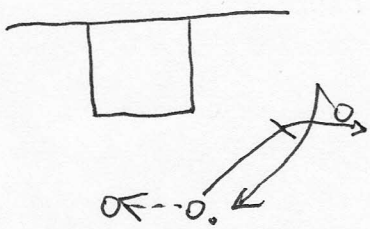


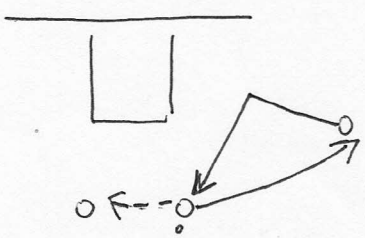
Rule 2: passing outs, or passing upwards = replace self



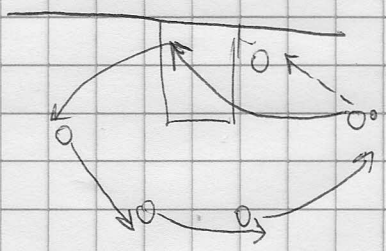
Rule 3: pass across = screen away, Flare, cut away hard

ex:





Rule 4 : on post entry, relocate or banana cut through elbow

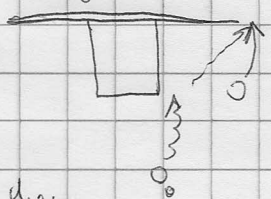


Passing & cutting hard (can create fouls and avoids switching

Use defender's momentum against them

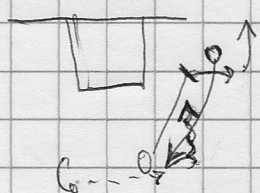
Breakdown drills

(1) Top drive, draft pass to corner



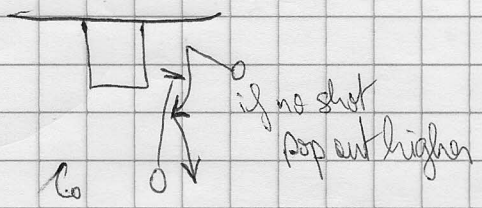
likes having them slide to corner

start with screen away

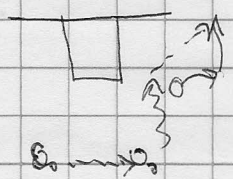


* for balance, step back after kick out

progression



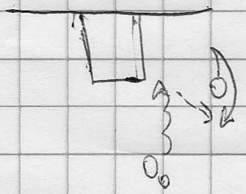
if no shot pop out higher



lots of kids will not dribble 3x with weak hand

② Progression same drill but Roll-Up

Drive with chest to baseline



make 1 step towards fade and roll up

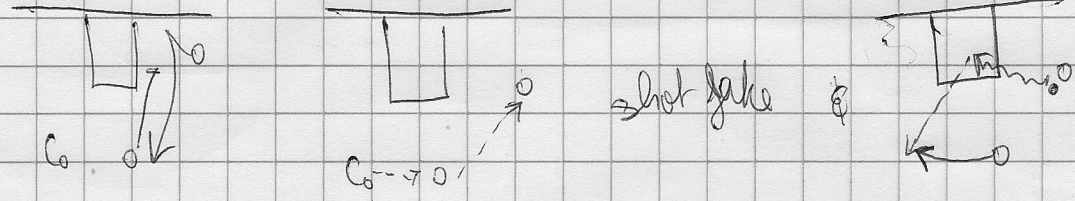
* Underhand flip pass (better angle)

Also practice kick-back →



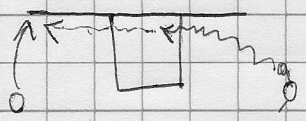
③ Reverse, ~~shot~~ fake slow

progression

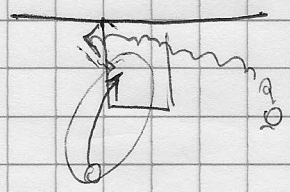


* shot fake slow then go fast
look to rim to fake the shot

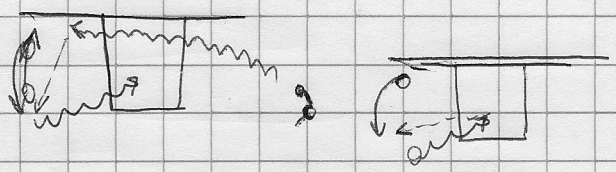
④ Baseline Drive drift pass



⑤ Baseline Drive, keep, hit 4 man cutter



⑤



Drills needed to practice when plays breakdown

Shooting and spacing are great equalizers

If you complete 2-3 passes and change sides, you are in business

Rule: dribble at = backcut
with bounce pass for layup

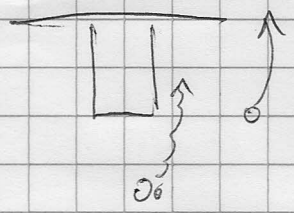
⑥ vs good Big Man

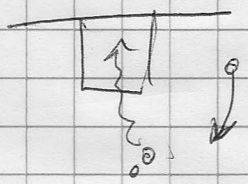
Sprint to Top for ballscreens

Bring their good big away from the rim

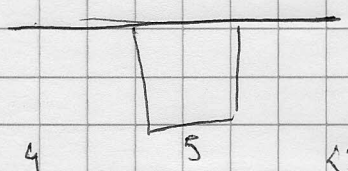
Sprint to set screens

dribble away ⇒ left
dribble towards ⇒ fade





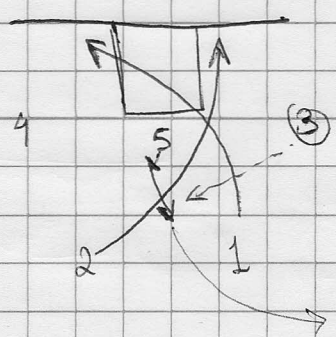
Princeton set

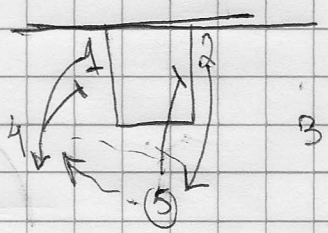


work clearly on getting open

pull Big out

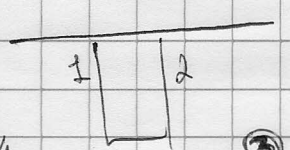
denied = backdoor

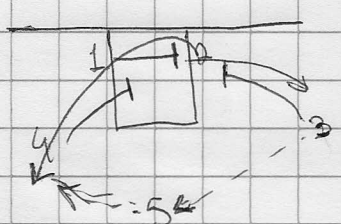


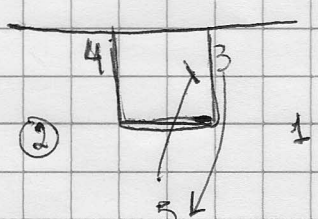


pop out 2 steps to get open

"Detroit" wrinkle



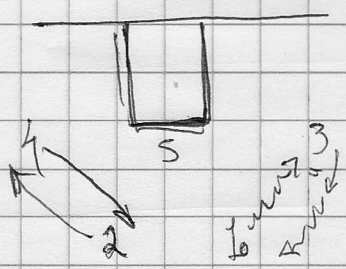


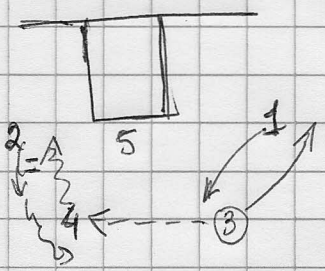


Practice defending the most common sets

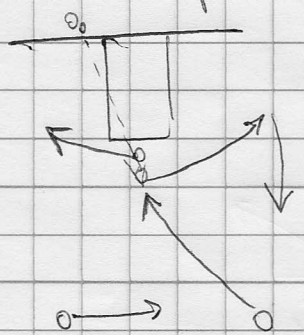
1) Flex
2) UCLA
3) High Ballscreen
4)
5)

"Delay"





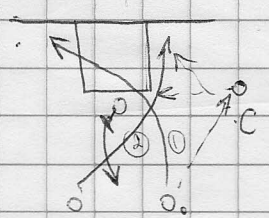
VS extreme pressure



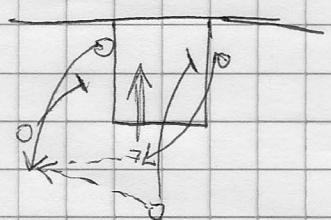
pressure release; FC ballscreens

Breakdown Drills for Princeton Set

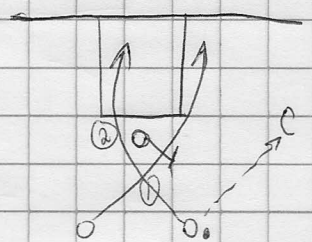
①

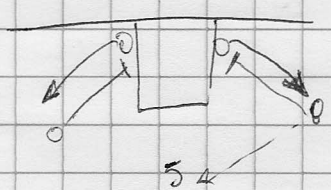


②

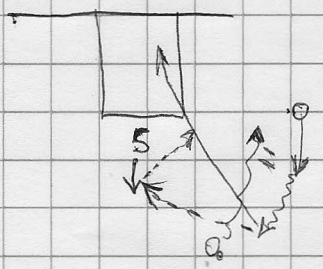


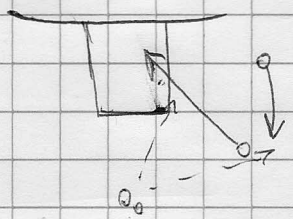
③ change order





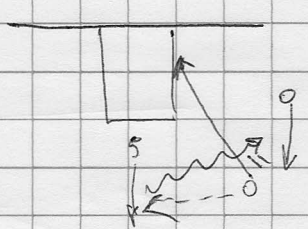
④ Handoff

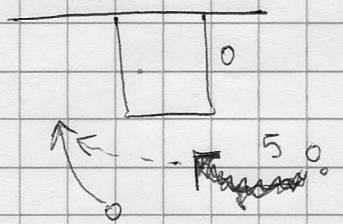




⑤ same situation
the backcut clears left man for jumper

⑥





⑦ same set, but hit corner fade

Be Receptive to the Staff.

Defense

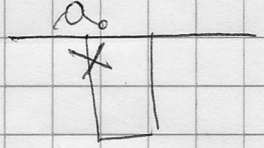
Guarding Bigger teams

if more athletic;
1- make it a FC game
2- challenge every pass
3- trap man 2 man vs better teams
4- don't waste a double team a big in backcourt.
= deny everybody

Drills

1)

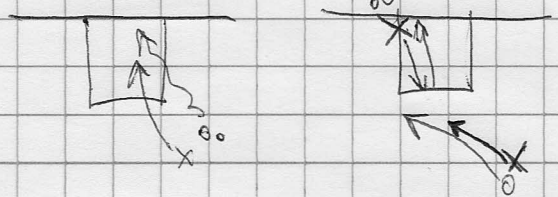




touch FT line
defend inbounder

* Kubie Brown
if inbounder can't run baseline, crossarms to hinder view.

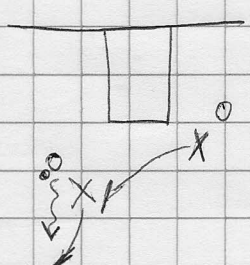
Progress
to 2on2 after score



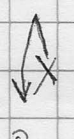
play low forearm on hip
and face downward to baseline

if catch in low corner, might trap

FC Rules



trap from across

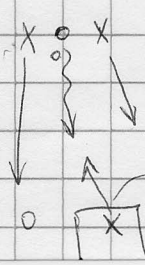


stunt because he can see you

in transition / Recovery
practice trap, split, recovery



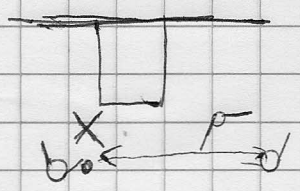
flick
man
rip from behind



commit only when certain the others are back

Shell

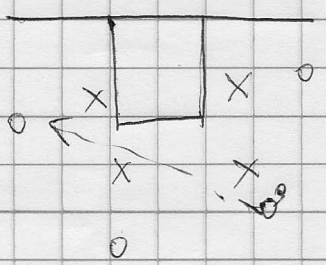
if more athletic than opponent
deny 1 pass away



* ball line should be like rope going from ball through deny hand and to opponents chest

of course it is matchup dependant
example: if star has ball => sag

less athletic than opponent



open up stance, chests must be visible

on skip pass, plug and stay (plug elbow)
do not rush to deny spot

Shell progressions:
1- Pass around Horn
2- Pass n cut (from guard to wing)
3- Screen aways (guard to guard pass)

Cut Hard, get out

practice vs Handoff doubles

Find ways

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Kevin Eastman July 2011

Shit this ain't working - the four most important words of coaching
Coaching is really a game of adjustments
2/3 acquiring knowledge
adjusting
1/3 sharing as much as he can
How to get better as a coach:

1. **Do you know it?**
2. **Do you see it?**
3. **Do you feel it?**
4. **You have to get to a point where you see all 10 players every possession**
5. **Begin with the end in mind: John Maxwell**
6. **YOU ALREADY HAVE TO BE THERE BEFORE YOU GET THERE**

He has a laser focus as he knows he will die. 2034

Only three days to live - what would you do...
what you can learn from doing the question---
Value relationships - networking
Don't put things off - Covey - Begin with the end in mind
Thinking about the end gives me urgency for the now - 3 possibilities
negative impact?
positive impact?
No impact?
Google the Hall of Fame acceptance speeches to see how coaches impacted players

Put together a notebook as a young coach to know what he was doing...and to show any interviewer that he was learning and keen

Four non X and O Cornerstones.
Culture
Coaching (he said culture here)
Our Standards
The Success Checks
Our Core
The Strength of everything that we do comes through the middle our inner

Coaching (Culture)
Seek wisdom from those who came before you.
Oprah Winfrey - "Take action on the thoughts that whisper to you"

Footprints from the others let you -
- Find it
- Follow it
- See if it fits

goals
- Wants to give us a new idea
- Can substantiate what you are doing
- Can stimulate your thinking

People
Culture
Leadership

<u>Four Cornerstones of Success/standards</u>

A) Culture: 3 core principles
Winning
- Every decision is based on will it help us win

Personal Sacrifice
- Championships are we driven not me driven
- If you want to go far go together - if you want...

Accountability
- To team and self

B) 11 Standards (sent this out with the email)
1 We will commit to the Celtic Way of doing thing
DO DEFFENSE FACING THE BLANK BANNER
2 Games going down to the end are won on execution and at the crucial minutes
3 No excuses - understanding that there will be mistakes

Has 8 others on his sheet (Sent out with email)

Do Your Job Completely- Bill Belichick on the wall in his locker room

Hidden Coaching - whisper coaching

His Culture and Standards allows him to handle situations with the athletes

Have to have a motivational piece to handle the grind - athletes must commit to it and believe in it

C) Success Checks
1 Investment vs entitlement
Garnet - the celtics do not owe me shit and I have to earn it every single day

Teams of entitlement never win - players must invest in their own success

2 Investing -

Read what you need to read
Watch what you need to watch
Study what you need to study
Learn what you need to learn

Not a coach but a ...

Ego management and character adjustment

Books to Read - You have to stay relevant (Every time he reads a book, he highlights it and he hires someone to put the highlighted parts into notes)

Inside Steve's Brain - Steve Jobs
The Gold Standard - Mike Kryschevski

- He writes down as much as he can

Passion

I still have great passion for the game and when you combine passion with new knowledge you continue to grow. Coach K
They tell their players "it's not what you have accomplished in your life, it's what you should accomplish with your talents"
He feels like he should have read more when he was younger, he is so far behind.

Important - we only want players who love the game - they weed them out if they do not

Passion is Powerful

People see passion
People feel passion
People follow passion
Garnet a good example (passion is a multiplier)

3 Your pay check is your responsibility not your employers

You have to earn it every day
Players need to take responsibility
Your pay-check rarely exceeds your value

4 Embrace the C

Culture
Competition: Most kids hate competition
Change - players come and go - accept that -
Don't fight change because you are affecting your future
Make it work rather than wait to see if it works Risk/Reward
1) Learn from the past
2) Produce in the present
3) Get to the Future First or get there best

5 Big eyes Big ears and a small mouth - a key to success-We don't know enough.

We already know what we know but we need to know what everyone knows.
Michael Jordan - tries to score 8 points every quarter

He reads a lot of magazines and gave out a few saying from the magazines

1) Inc Magazine: Arrive ready to achieve (another way of saying be there before you get there)
2) We employ a highly sophisticated global chain called "people"
3) We focus on excellence every time we make a tire

One perfect form shot 1000 times

Personal Responsibility List: 5 Parts

1) Character-leads to Choices
2) Choices-define your reputation
3) Reputation- leads to your brand
4) Brand your image -leads to your legacy
5) Legacy - what you leave behind

6) Self-Evaluate after every game: Coaches and player must self evaluate after every game. As individual we should evaluate ourselves constantly

- on a yellow legal pad he will put a column of what he must do that he is not good at

He tries to do one thing every day that he does not want to do. He does this every morning. The one person you can't con is yourself

7) Pain of discipline pain of regrets.

Shame at the end of our lives that we did not do something that we wanted...

Don't go to your grave with your dreams still inside of you

8) Don't fear the consequences - fear not trying-what if you tried and it works?

9) Get past hard - Those who win championships get passed hard - Success is hard
Dallas Mavericks got passed hard
Don't get into the "it's"game - "It's too hard"
Once you start to blame you will begin to lose the game

We do not players with talent - we want talented players - with the extra dimension
If hard work and discipline was all that it took Army and Navy would win every game.
<u>Definition of Talent:</u>

- The ability to blend their talent with the team
- The ability to perform within our culture and our standards

- The ability to motivate themselves and others
- Willingness to play for WE not ME
- Willingness to play under the team's terms
- Not play on our team but for our team

They look for poeple who can handle and master the 3 "Bilities"

1) Responsibility - what you must do with the role that you have - the role may not be what you want but it is what we need to win a championship

You can come and talk to us anytime you want if you are willing to hear the truth

2) Accountability
   To yourself and the team
3) Availability - every day we need it - doing your workouts - Kevin gets lower in stance lower to not get out of the drill (Boston Celtics do the Shell Drill everyday)

10) Get people you can trust:

- Trust takes time - consistent - needs proof-
- The truth is hard: You have to be able to tell it, <u>you must be able to take it</u> - you need to live it
- Speak as you mean, do what you professed and perform what you promised (Yiddish)

11) Self policed team

12) Four Key relationships in a team atmosphere

1) Players need to like respect and trust the coaches
2) Coaches need to like respect and trust the players
3) Players need to like and respect the other players
4) Coaches need to like respect and trust the other coaches.(lots of backstabbing in this)

**STRONG RELATIONSHIPS PLUS TRUST EQUALS BLIND TRUST (EVERY TIMEOUT YOU NEED BLIND TRUST IN YOUR HUDDLE)

No personal agendas: Be very alert of your mal intents cause they are your best recruiters of bad apples. They don't like to live alone. Off the court is where the most slippage can happen. Bad apples prey on your players.

13) leadership

A position of power so do not abuse it
A position of responsibility so take it seriously

Player needs

1) RECOGNITION
2) COMMUNICATION
3) MOTIVATION

Find your hidden leaders who can get to certain people that you cannot get to

Leadership is plural - He believes what coach K says that more than one person is a leader on a team at different times of the season

Open door not good enough - need open ears, open heart, open mind...

14) Four most powerful things that we tell leaders: The eyes and ears of your teammates will tell us if they follow you.

1) What you say you know, they will evaluate it
2) What you promise, they will file away and remember it
3) What you say, they will hear
4) What you do, they will see

If they have their choice, they will take example leadership over verbal leadership every single day

D) CORE

1) work ethic
2) our focus
3) our sacrifice

gave examples of shots they had to give up garnet , ray and paul pierce

Team work (mathematical equation)

It divides the effort
adds to the efficiency
it subtracts the selfishness
Multiplies the rewards

Two positions on the team that cannot be egotistical:

1) Roll players
2) Assistant coaches

Competition

Every night there is an enemy and if you want to win championships it cannot be in our locker room.

Mantras: Amutu - people are only people because of other people. I am all I am cause you are who you are

Read the poem The DASH

think about impact that you had on everyone that you ever coached - were you in their top 3.

Afternoon Session: Defence

Pick and Roll Rules
- Try to keep it simple.
- Where is it set
  - middle of floor - always going to go weak coverage - force dribbler to weak hand.

Offensive Point on Using Ball Screens: Fell yours, see his (the screeners defender) read rotation
- When guarding a shooting big - hedge if a roller then soft
- Side is one of two coverages
  - with no player on the corner - they will show - ten toes to the sideline
    - On offence a good screener will arrive without their defender so on defence we want our player to arrive with the screener. Have chest on the screener's shoulder as he is coming up.
  - with player in the corner they run Ice - push to the corner and have the big play the lane aka our Tyler Show

If the ball is going away from you and you are on weak-side then you are pulled in - if you are ball-side then you are pulled out.

Use high hands to buy time...

If the offense can throw darts - we are in trouble.

Before they change anything - they will play harder play smarter (better) then we will sub,
if it still is not working, then they may change it.

Coach only has so many bullets. Once you have used them all, you have none left.

Drill by playing 4 on 4

A hesitant athlete is a non athlete.

Staggered pick and rolls
- Handle the first with no coverage
- on the second do what it you do in that situation

Triangle coverage below the ball to handle slips

Talk is early loud and often

trust the talk and then when you are screened - get to the force spot before they have made contact with you

Show
Soft
Weak and
Ice - those are their coverages and verbals

As the offences have gotten better we have thought that our defences must get simpler...

70 % of time spent on defence
60% of that time on screen and roll defence
another big chunk on transition defence

Transition defence
- Get back - you have to be set when you get back
- Nothing good happens behind the ball

call your fast break - sprint break
12 points of Transition D
first 8 are how to get back

0. On the rise of the shot 1 2 and 3 are going back.
1. The first three steps are the most important
2. Must get below the ball
3. No buddy running - do not run beside your check
4. Get to the sprint spots fast - we do not want offence to see lanes
5. Make the offence throw two passes
6. we are not guarding our man we are guarding their team
7. Communicate with your voice and your fingers
8. If only two get back they are in tandem
9. If three get back we are in Triangles
10. First big back protects the basket
11. The Protect the lanes

Decisons for smalls
1 Smalls should only go to boards if they know they can get the ball which means that they should not go.

2 Do I go for a steal
- diagonal retreats -

Decisions for bigs

1 Hustle

MUSTS
have a
Sprint back
Must take away early strike
Must make throw two passes
Must guard their team not our man
Transition is team defence not a match up defence
Find and cover shooters quickly
Use you fingers and your voice

Must eliminate
1 No complaining refs
2 No complaining about missed shots
3 No celebration of shots
4. Players instincts to go to boards
5. Eliminate play gambles

Improve Transition

1. Take good shots
2. 4 and 5 only get o boards
3. Get to foul line

9 things that hurt transition
1. lazy first three steps
2. lack of communication
3. Min mentality
4. crash the offensive boards
5 gamble
6 Easy passes aheads

Talking
1 intimidates
2 talk gives you a head start
3 it builds confidence
4 Wakes up a disengaged defender
5 catches a flare screen before it happens
6 energizes your team

Good teams you can tell
by voices talking and sneakers squealing
Multiple effort
Trust
Resolve - defensive resolve even when it seems that it is not working
Communication system

Defence helps win on the road
Must defend
Must eliminate transition
Must dominate the boards
Must have defensive resolve
ply though runs
Must eliminate your turnovers
The speed of the game on the road needs to be to your favour
Young guts lack confidence on the road

game changing statistics

50/50 game - must win 70% -long rebounds and loose balls
First to the floor want 100%
charges - want one charge per 1/4
When the ball gets in the lane there must be consequences
deflections 6 per 1/4

If you were BLIND
Low man winds
No short closeouts
Fouling negates hustle
win the last step

DOC

the helper should never get beat

the last six minutes of the moment of truth

Mismatches do not beat you open shots do
KNOW
YOUR NO's
no middle penetration - force to tape marks on the floor - top of key
no lay ups - force to the wider than the Russian spot
Do ball watching

no buddy running
no uncontested shots

Strong side wins you games

weak side wins you championships

Offensive Thoughts

12. Home Bases for players - when in doubt - where you should go
13. When in doubt spread out - get outside the three face up and reengage
14. Being aware of shooting turnovers
15. Sometimes the go to guys become the forfeit guys
16. The play may be yours but the shot may not
17. Teach break down awareness - what to do when the offence dies - they have closest big to ball sets a screen on ball
18. Scorers have a responsibility to make the right decision
19. When talking to posts - it is fist fight to get position but a foot fight to score
20. If you want to build with your assistant - call them in and ask what they think about something
21. Assistant coaches should weed the garden - all the stuff that puts dirt under your finger tips - the head coach gets to smell the roses - evaluate your than emotion
22. Inbounder is a quarterback - they need to read their cues as to who should get it first, second, third, etc.
23. There is a direct correlation between ball reversal and defensive break downs. Move ball attack man is their mantra - so three reversals makes for easier breakdowns
24. Ballet offence should have sneaker squeaks all over the floor - on cuts on screens.
25. Know the plays, know the routes and know the timing
26. Give up position to get the possession.
27. Own the midline - post there - need no skill from there
28. Do not post up - post across to get more depth - they post on the mini lane
29. Put penetration boxes on the floor for visuals - drivers need to get a piece of the box
30. Do not do false penetration - dribbling crooked lines to the hoop
31. You must arrive without your defender -"running pick and rolls"
32. The closer the offence to the rim - the more physical your screens can be
33. Did your shooting percentage go down or did your shot selection go down?
34. Self analysis - never turn a good shot into a bad play.
35. Remember you have bad nights - do not bury a player for a bad night - ie bad passing night for Rondo - they all get a tape of every shot on the year and every turnover on the year.
36. Must own your space
37. We are not worried about individual great plays we are concerned with winning plays
38. You make the cut for your teammate first.
39. Running the clock is not the goal - getting the good shot could come early.

40. If you give them the right to shoot the right to miss.
41. Remember that coaches have body language that the players read.
42. Offensive rebounds look for the three as you will get the most open shot
43. The more that we can screen a guy the more he will stand up.
44. Know thy enemy.
45. Bad shooters are always open.
46. Simultaneous action - ie a side pick and roll and and flare or diagonal screen on the other side
47. Train your players eyes to see what you want them to see. Offensive formula: rondo first in open floor - post up second - third find Ray or Paul.

July/20/09 Notes (Kevin Eastman Coaching U-Live Las Vegas)

When getting a job:

- At the end of the email say: What can I do for you?
- Let me know if I can help you in anything
- Never say no to an opportunity
- You never get a job with your resume alone

Read the book" Training Camp" by John Gordon

1) Get mentors
2) Who are your doormen (who will open doors for your future)
3) Achievement, advancement and movement does not happen in isoloation
4) Don't be afraid of consequences of failure
5) Offer to do all shitty jobs
6) Know who you are and who you are not
7) Most times the paycheck is not as important
8) You earn the money

How to get better as a coach

- Coaching is about investment, not entitlement
- Do you know it, see it and feel it
- must get to a point that you see all 10 players at once
- It pays to get off your ass

Pick and Roll

- 4 ways pick and puts us in a disadvantage
    1. Forces us to make decisions
    2. Keep 2 defenders on the ball
    3. Puts us in physical defensive positions

4. Puts us in a scramble mode not rotation mode

Rotations

- Practice it
- Trust it
- We feel it will work cause we practice it
- Never want to be in scramble

3 parts: If we do them we will have a chance to win

1. Position: Be where you need to need to be (must spots)
2. Awareness: Sniff out plays
3. Alertness: Ready to move and react as soon as we need to

Defensive Simplicity

1. Allows for aggressiveness
2. Makes you decisive

10 different pick & rolls

1. middle P&R
2. Side P&R
3. Step Ups (middle of the floor with back to the basket)
4. Angled P&R
5. Corner P&R
6. Flat P&R
7. Drags (in transition)
8. Double Drags
9. Twist = Screen Rescrean
10. Late Angled P&R

Defensive Scout

- Do they change the screener
- Do they change the ball handler
- Do they change the angle
- Any where anytime
- Tough to guard a 4 man that can shoot

12 Ways to Guard a P&R

1. Show (over and under)
2. Soft Show (in the lane)
3. Catch (Like soft but higher)
4. Weak (ICE don't allow ball handler to use the screen)

5. Spread Right or Spread Left (Send the ball to the loaded side)
6. Switch
7. Push the Screener
8. Blitz (it better have an impact)
9. Early blitz (blitz before she/he take the screen)
10. ICE corner
11. Any twist action
12. Scramble = Full Rotation

5 Ws of P&R

- Where: Location on the floor
- Who: Who is setting it and who is coming off of it
- What: What is their alignment
- What is our talk: Determine who controls your talk (Bigs control the talk to them)
    - Say it early
    - Loud
    - Often
- What is our coverage

NBA Best Practices

Small:

- Pushes up into the man - must hit the pick before the pick hits you
- Make the ball handler use the pick unless you are in ICE
- Whatever coverage is called "do it"

Bigs:

- Big must arrive when the pick arrives
- Chest on the shoulder of the picker
- Big can't jump out too far or too early
- Have a split dribble hand and an advance pass hand (buying time)
- Bigs feet should mirror pickers
- Big's hip should be lower than the picker's hip
- Bigs are responsible for 2 dribbles until the small catches up
- Bigs must try to change the route of the dribble
- Down in stance
- Ball, you, lane and basket
- Bigs need to knwo shooters
- Stay with the ball until the small squares the ball up
- Bigs control the talk

Blitz Stunt

- Must have an impact
- We must get in rotation

Switching

- Make sure you have a switching group
- Who can switch with whom
- If you have a great athlete use him/her to switch

Teaching Points

- You can't allow the ball to go somewhere we don't want it to go
- Shoulders will get hit a lot
- Trust the talk
- Make the decision to go over or under at the point of the pick
- Scouting report is critical
- If you are only hearing the sneakers you are watching a losing team
- Try to keep bigs on bigs as much as you can

Key Terms:

- High Hands: Make the pass loopy and lobby
- Stunt: Buys time
- Bumps
- Pursue and square
- Trust the talk/Trust the coverage

Ten things that effect P&R defense

- Poor communication
- Small allowing his/her man to do what they want
- Bigs not arriving with the pick
- Allowing splits or early splits (before using the pick)
- Not making them use the pick
- Lack of effort
- Big not in stance
- Opponent who do a great job of engaging other defenders
- Ball defender not pushing into her check
- Opponents get into P&R rhythm

If P&R Defense not working

1. Do it harder
2. Do it better
3. Sub
4. Change Scheme

Defensive Thoughts

- To win you need: Transition Defence
  Pick & Roll Defence
  Half Court Defense
- Our defense can and will bail out our offense

- Defense if predictable
- What do we want to be?
    1. Help team that takes two things away from offence:
        a) Do not allow anything is the lane
        b) Take away corner 3

- Three things to accomplish
    (a) Keep the ball in front of you
    (b) Protect the basket
    (c) Recover out to the 3 point line

- Ideal Possession:
    i) No penetration
    ii) If there is a penetration, no shot off the penetration
    iii) No shot at all in the first 3 passes of the offence

- Great defensive teams are multiple effort teams
    (a) Help and recover
    (b) Bump and recover
- Dictate penetration to penetration spots
- Limit middle drives

4 ways penetration hurts you

1. Fouls
2. Open shots
3. Lay-ups
4. Creates defensive scramble

5 things to emphasis

a) Get back and be set
b) Be a help team
c) No paint
d) No corner 3s
e) Awareness/Alertness

- Mismatches don't hurt as much as open shots
- Best teams can defend in disadvantage situations

6 must haves of defense

1. Communication
    (a) Talk and intimidate
    (b) Gives D a head start
    (c) Gives man on the ball confidence

(d) You can wake up a disengaged defender
(e) Energizes a team
(f) It catches a mistake before it happens

2. Trust
3. Positioning
4. Awareness
5. Alertness
6. Multiple Efforts

Can't haves

a) A lack of must have's
b) Me first defense
c) Gamblers
d) Dare Shots (Short Closeouts)
e) Blow bys
f) We cannot help with the outside foot\

Consistency in 5 areas

1) Focus
2) Effort
3) Positioning
4) Awareness
5) Alertness
6) Posts: pause for poise

5 things to win on the road

1) Defend
2) No transition baskets
3) Rebound defensively
4) Have a defensive resolve
5) No turn-overs

Play any defense and win

1) Players commitment
2) Habits
3) Focus (Awareness/Alertness)
4) Passion: Great defensive teams have competitive motors

Defensive intangibles

1) 50/50 game
2) First to the floor
3) Charges
4) Deflections

5 Keys to buy defensive time

1) Ball pressure
2) Early help spots
3) Stunts (on the flight of the ball)
4) Bump on all rolls
5) High hands

6 techniques to master on defense

1) Help position
2) Rotation
3) Closing out
4) Reactions to jabs
    - Go back 6 inches
    - With 2 feet
    - Recover with top foot
5) Guard yours on dead balls
6) Dig at posts

Post defense before the catch

1) Sprint back, turn, find and get them out of the paint
2) Early defense
3) Shoulder fight/leverage game
4) Physical war
5) Fist fight to foot fight

Transition Defense

1) 1 back = layups
2) 2 back = layups
3) 3 back = contested shot
4) 4 back = looking good
5) 5 back = looking great

10 tenants of transition defense

1) 1-2-3 back
2) 4-5 make a decision based on their position
3) First 3 steps are sprints back
4) Must get below the ball level in stance

5) First defense back protects the basket
6) 2nd defense back load to the ball
7) No buddy running
8) Get to shrink spots
9) If 2 are back we are in tandem and if 3 are back we are in triangle
10) Do your best to allow no shots in the first 2 or 3 passes

Things that hurt you in transition defense

1) Lazy first 3 steps
2) Lack of talk
3) My man philosophy
4) Crashing the boards
5) Gambles
6) Too much focus on Transition offence that you forget about Transition defense
7) Allowing easy advance passes
8) Buddy running
9) Drag and double drag
10) Cross Match-ups

8 musts of transition defense

1) Guard their team in transition
2) Pick the ball as early as possible but not crazy...set you defense
3) Must have a transition defense mind set
4) Sprint back not jog back
5) Take away the early strike
6) Must make them make at least 2 passes
7) Transition defense is about team defense not match up defense
8) Use fingers and voices
9) find and cover shooters

Extra Time (he stayed after midnight)

Assistant coaches mush have good enough relationships with players that you will find out information from the players

Brendan Suhr (Coaching U-Live Las Vegas 2009)

Daily lesson of coaching

- Coaching is simply helping people get better
- Coaching is about taking people where they can't go themselves
- You must know yourself
- You must coach each player differently...it's about their strengths not yours
- Your goal is to make each player the best version of themselves

- I have always learned more from my players than they have learned from me
- A coach and a parent are servant leaders
- Assistant coaches should serve the coach and the players
- Everyone needs a coach
- Hardest thing to do is coach people with talent
- The more intense their talent, the more intense their expectation of you
- Be at the top of your game to coach talented players
- Don't impose your values on others
- You win with Internal leadership
- Fill up your player's "emotional bank accounts" make more deposits than withdraws

Dream Team Meetings

- Sat in a U-Shaped formation
- Chuck was not at the head of the table
- The only thing was that you had to be on time for the sake of respect
- Michael was always 30 minutes early and was not going to disrespect anyone on that team
- Chuck treated his players like business partners

How many meetings a year are you going to have?

- you have to find ways to meet all the time
- set regular scheduled meeting as well as meet by accident

5 keys to success

1. High energy level and enthusiasm
2. Pitt-bull determination (Be a Jack Russle)
3. Have a plan
4. Have an insatiable desire to win
5. Must have mental toughness (control the things that you can control: Your attitude, your effort, your energy level and your enthusiasm)

Dalyisms

1. Nobody looks bad in a blue suit
2. Coaching is like flying an airplane, lots of turbulence but you have to land the plane softly
3. Never trust happiness
4. You can't fool dogs, kids and NBA players
5. I am not a pessimist but an optimist with experience
6. See that bridge, I ain't jumping

7. All decisions are 50/50
8. You are no bargain
9. You don't have many ideas tonight
10. Get part mad
11. Whatever
12. Never look back
13. Make it a 1 day story
14. Get 1 stop
15. Every step is a struggle
16. No warm-up jumpers
17. I am a pretty good coach when I have good players
18. To be a good coach you need to be hard of hearing with a bad eyesight
19. Shout praise and whisper criticism
20. Be non confrontational
21. you must love your players
22. Speak in headlines
23. What is your teams identity?
24. You must have presence to be a coach
25. They are tired of hearing me, they need a new voice
26. It's really simple, I got out coached
27. The job, work that job, it's the best job you have
28. You must have patience, don't be in a hurry
29. Don't worry about making mistakes
30. If It doesn't work, don't do it

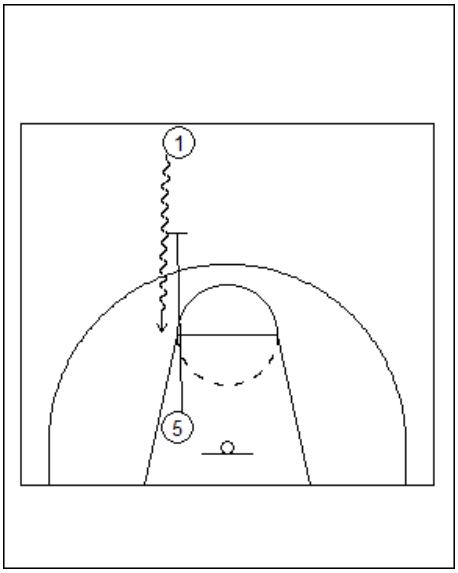
Why use P&R

1) Control temp
2) Get best shooters open shots
3) Create miss Matches
4) Can run offense with making an entry pass
5) Spread the floor
6) Take a shot blocker away from the rim
7) Put the worst defender in the P&R
8) Create a confusion in the opponents defensive philosophy
9) Cause players to not believe in staff
10) Teach Slip vs Show/Blitz
11) Pick up easy foul on Big
12) Relieve pressure on the ball
13) Make 1 defender play 2
14) Picker: Sprint to the rim either way
15) Attack at different angles
16) Feel yours, see his or hers
17) No pressure defense can take you out of offense
18) Screener must arrive without defense
19) Spread defense allows you to get offensive rebounds
20) Ultimate team game

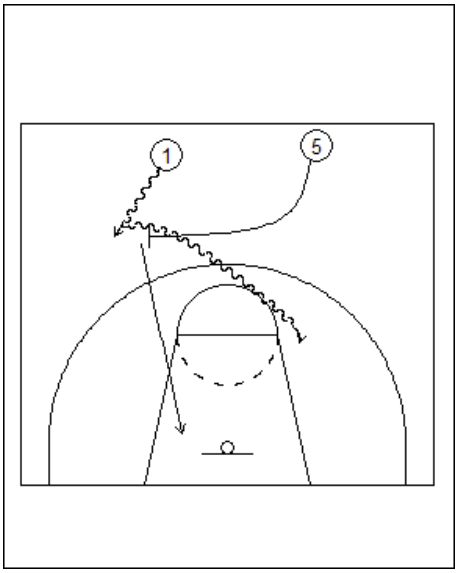
21) When trapped advance the ball
22) When the ball defender goes under the screen move the screen closer

Types of Pick and Rolls:

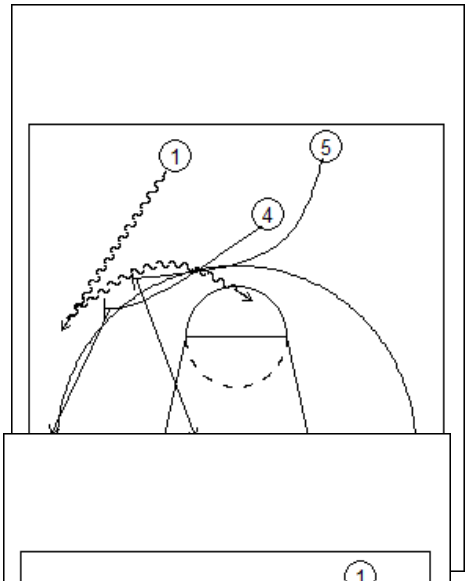
Step-Up

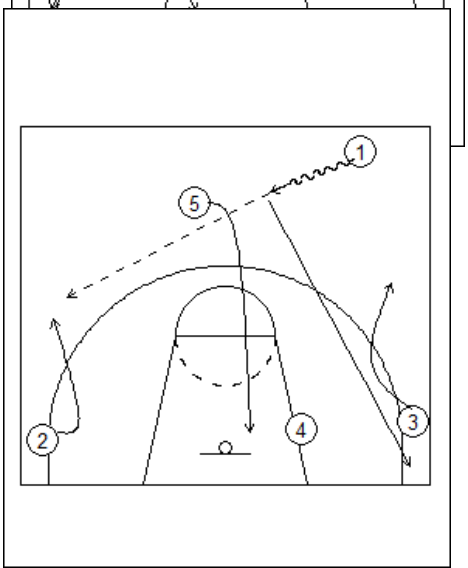


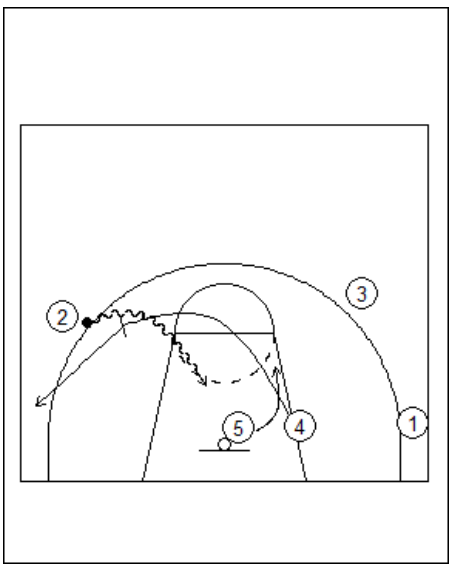
Drag Screen (In transition)



#3: Double Drag Screen in Transition (great when you have a screener that can pick and pop)

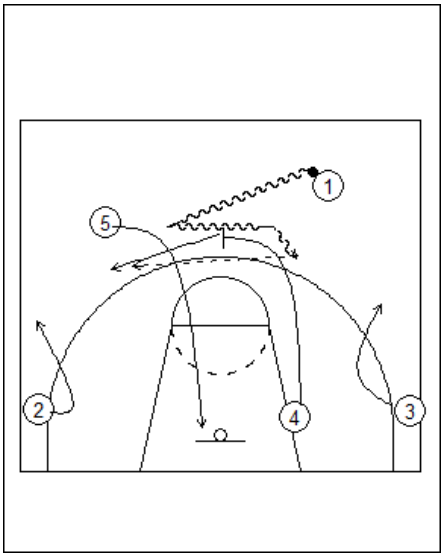




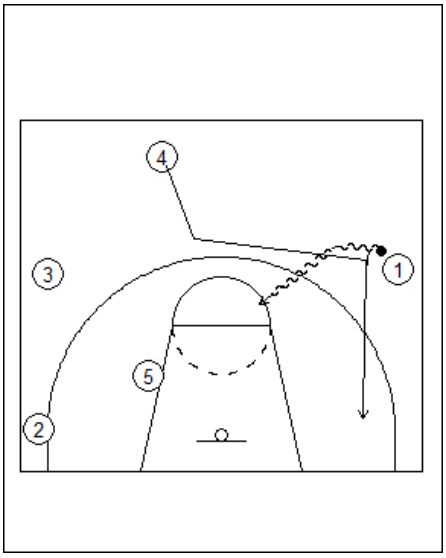


Dive Wing Ball Screen

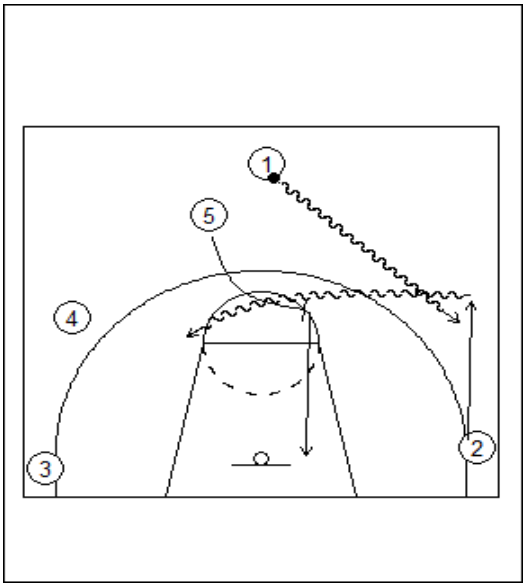
Dive 15 Pick and Pop



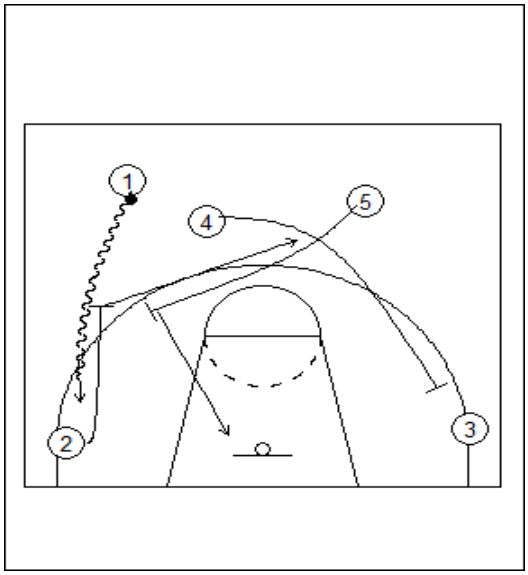
1-4 Go Pick and Pop



Dribble Drag (DHO to Pick and Roll)

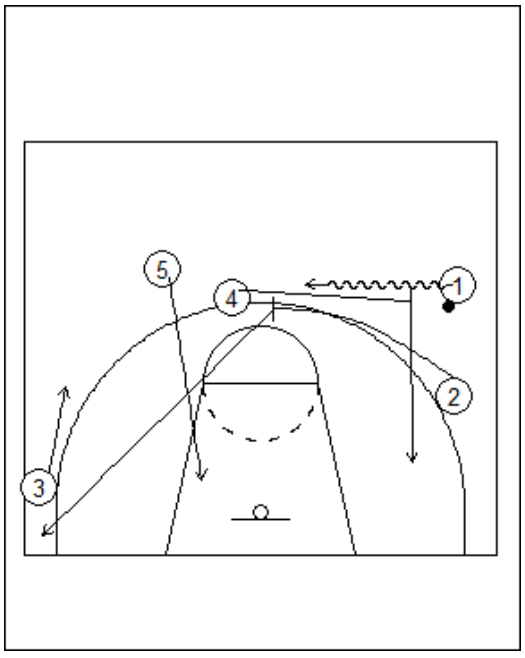


Side Step Up to flare

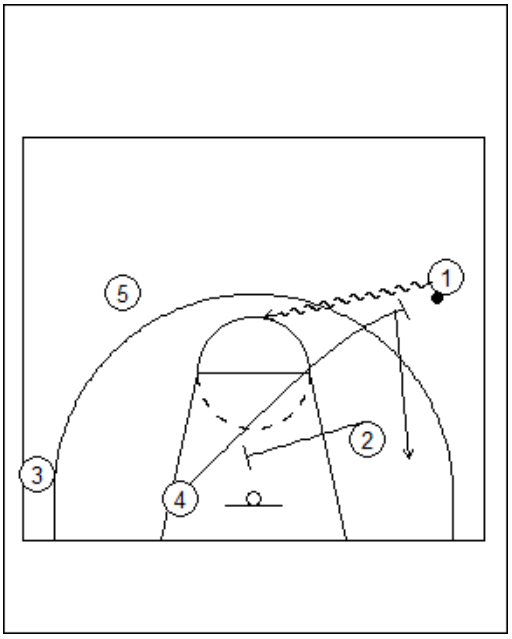


1-2-4 Go (pick and pop) 1-2-4 Go

2 screens 4
4 sets a side on ball for 1
5 dives
2 clears to the opposite corner
4 pick and pop
Options: 1 attacks the basket
1 passes to 4 on the pop
1 passes 3 who passes to 5 posting



Cross 1-2-4 Go



LOS ANGELES LAKERS'

Motion

Numbers Game

Basically, Scrapple is good on basketball— Neil H. took some— things went to Bi Scrapple & made it board & unnecessary

1995-96



THE MOTION NUMBERS GAME

The Los Angeles Lakers must stand for aggressive team play on both ends of the court. On offense we must be confident and on the attack. We will be effective both as a full court and a half court team.

We want to capitalize on our good defense and on the opponent's mistakes to get fast break opportunities. However, since we are confident in our ability to break down the opponent's defense at the half court level, we will not force passes, drives or bad shots in an out-of-control or desperate quick-scoring attempt.

If that fastbreak or early opportunity shot is not there, we will get the ball swung from the initial side (**shift or entry side**) to the second side (**attack side**) and then flow right into our **MOTION NUMBERS GAME** to make the opponent give us the shot we want. That shot may come from a post-up, a drive, or a shot from a player who gets an outside shot which is in his **rhythm and range.**

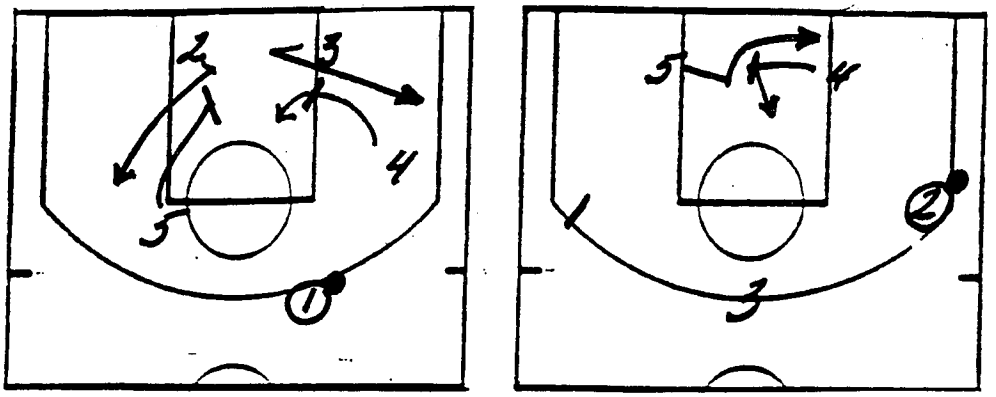
What is the Numbers Game?

In order to make it easier to use the motion or passing game offense as a tool and, in fact to understand all offenses better, we developed the idea of numbering the most basic offensive movements of basketball. Ironically, it only takes a few numbers to do this. Since we already use the numbers of 1-5 for the ease of calling various offensive and defensive sets, the numbering system begins with the number 6.

The most basic two-man movements in the game are the down-screen, the back-screen and the cross screen (or they may be more familiar to you as the down-pick, up-pick and cross-pick). So those actions are numbered simply as 6 down, 6 up and 6 across. Thus, just by knowing the number 6, you are already in position to be able to play a lot of the **MOTION NUMBERS GAME.**

To understand it, all you need to do is get into a 3 on 3 game. When one of your teammates has the ball, you and the third teammate become partners and work some Numbers action. For example, assume the ball is out front at the top of the circle, your partner is on the baseline and you are somewhere above the free throw line. You could yell to him "6 down" and go set a down pick on him. Or, if you are on one side of the free throw lane and he is on the other, you could yell "6 across" and go across the lane to set a pick on him, etc. You could continue to "get a partner and work your numbers" until you get a good opening for a

shot. That is what the **NUMBERS GAME** is all about.



D-1 6 down 6 across

The most key numbers that will be used are 6, 7 ,8, 9 and 10--so it is very easy. We also use 11 and 12 frequently. And we can use the numbers 13, 14 and 15 later on as the system is learned. The system functions quite well with just a working knowledge of the five key numbers of 6-7-8-9-10, however.

THE NUMBERS

There are 10 numbers we use in all. The Primary numbers are used most often (6-7-8-9) and must be learned first. The Secondary numbers are 10-11-12-13-14-15.

1. "6"--as mentioned in the example above is the number used to call out the basic down, up and cross screens. A player finds a partner and calls out the action he wants to use.

We like to add a **visual signal** as well as the **verbal call**. So, when a player want to **set a pick**, he will call "6 down" as the verbal and will raise his fist at the same time as a visual call. If he wants to **receive** a pick (get picked), he raises his hand and motions his teammate to come pick for him and calls out the pick as a "6 up, down or across".

SPECIAL EMPHASIS ON EXECUTION OF PICKS AND CUTS

a. On execution of the picks we like the picker to **cut into the area and come to a two-foot jump stop** as he sets the pick to let the referee know for sure that both feet are set. We want the picker to set an **area** screen normally and we put the responsibility on the cutter to set himself up off of the pick to free himself. This avoids a lot of offensive fouls with the way the rules are to be interpreted this year. The head-hunter

screen can still be used in pick and roll and in cases where the game is being called very loosely. The jump-stop should be used either way, even though it feels awkward at first.

b. The cutter must **wait for the pick to be set** before cutting toward it. The best way to do that is for the cutter to **set up his cut** as he sees the picker coming toward him. The best setups are usually to **take the defender the same way he is playing him.** That is, if the defender is on the high side toward the ball as the picker approaches, take him **slowly** higher and then cut sharply when the picker is set. If the defender plays low, take him **slowly** lower and then break quickly when the picker is set. The cutter can **back up** if the defender cheats ahead to try to get over the pick before it is actually set.

Rremember that most cutters make the mistake of cutting too soon and this will cause the picker to commit an offensinve foul or to duck away from picking. Wait! The odds of being late are slim.

The main points to know are:

1) Call out the action, show the visual signal and get the pick set in the **area** about three feet from the cutter's defender and come to a wide two-foot stop.

2) Set up the cut slowly. Proper execution requires a slow setup followed by a quick move. Read the defense as you make your slow setup move. The cutter has various options as he makes his read, depending on the type of pick and the area in which it is set--he can cut sharply off the pick to try to get free for a pass; he can fake the cut and change cuts with the picker (either a fade cut from the ball or a slip cut to the basket); or he can curl off of the pick.

The cutter gives himself a chance to make his read when he waits for the pick to be set, makes his slow setup and then cuts forcefully with purpose.

3) Go shoulder to shoulder. If he uses the pick and makes the regular planned cut, he should go shoulder-to-shoulder off of the picker to avoid allowing the defender any room to get past the picker without getting slowed down. All a cutter needs is a partial step advantage and he can be free.

4) Use a re-pick when you want to. If the pick and cut are not done well, either of the men involved can set a re-pick (we can use the number 14 for this call). Often the re-pick is a better move than the original and can be more effective against switching than the first pick.

5) The basic body angles to be used when setting the picks are as follows:

a. when setting a 6 down, the butt should generally point toward the ballhandler.

b. when setting a 6 up, the butt should generally be pointed toward the basket.

c. when setting a 6 across, the butt should be pointed toward the sideline.

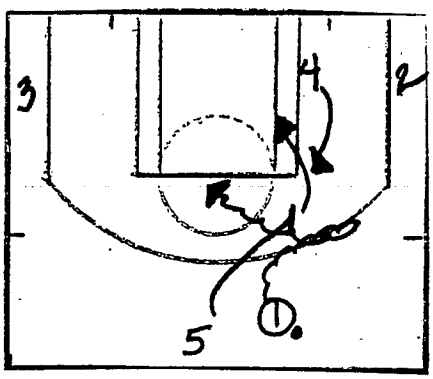
Continuing with the Primary Numbers

2. "7"--is the call for any pick and roll action. We describe a pick and roll either by where it takes place on the court, or calling it a transition pick/roll. So, we have wing 7's that occur on the wing area, elbow 7's, corner 7's, etc.

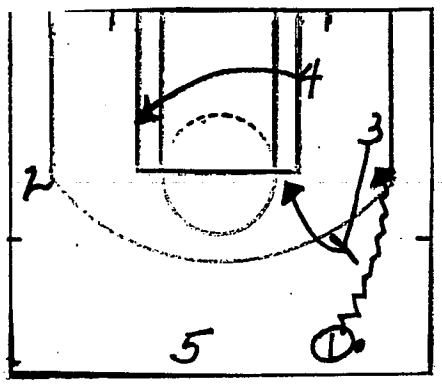
We have transition "7 in's" when the pick comes from the middle lane to encourage the ballhandler to drive toward the middle. (D-1) And we have transition "7 out's" when the pick is set in the outside lane that are designed for the ballhandler to drive to the outside toward the baseline. (D-2) But a pick and roll is always a 7 and all you have to do to get it going is to yell out "7" and go set a pick on the ballhandler.

Or if you are handling the ball and want a pick, call out "7" to a teammate so that he will know to come get you.

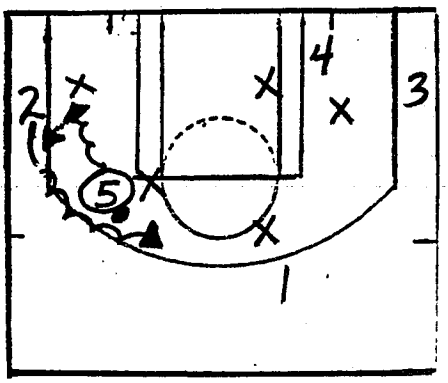
Note: if a big man wants to dribble toward a smaller player to run a dribble-handoff pick and roll, he can use the call of "70" for that special move. D-3



D-1 7 in



D-2 7 out

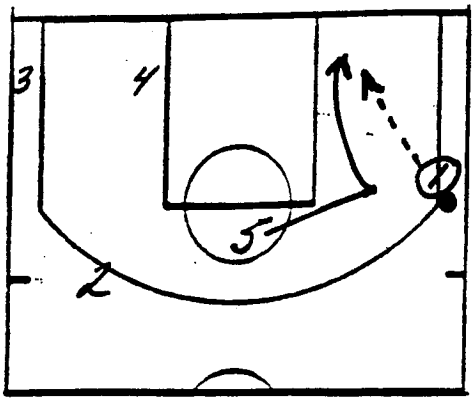


D-3 70

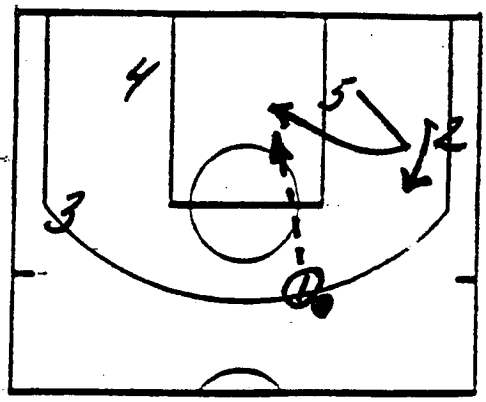
3. "8"--is used to call out **any basket cut and therefore is the most important call of all.** The reasons to call it out are:

a. to remind a player to **backcut**, when he is denied on the perimeter, and

b. to call out a **slip-cut or early release** on a two-man action like a pick and roll; or when two players are coming together like in a 6 up (backpick) and the picker quickly releases early and cuts to the goal instead of actually setting the pick. D-1, 2



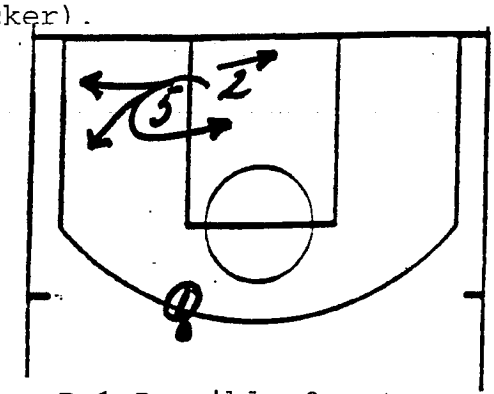
D-1 An 8 from a 7



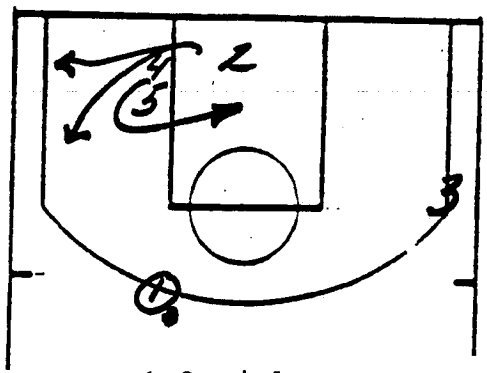
D-2 An 8 from a 6 up

4. "9"--is the call for any picking action that can invlove the use of **curling and popping** normally associated with stationary picks such as stack setups, but is not strictly limited to stack attacks. These actions can occur on the baseline and on the elbow areas, so we call the baseline action "9 low" and the elbow action "9 high".

The "9 low" action usually happens when the offense sets up in a single or double stack. A cutter, or two cutters, will work off of the stack to get free either by curling over the top, popping out to the wing area or fading to the corner. (Of course, the cutter may run an 8 and slip cut to the basket instead of using the picker).



D-1 Possible 9 cuts

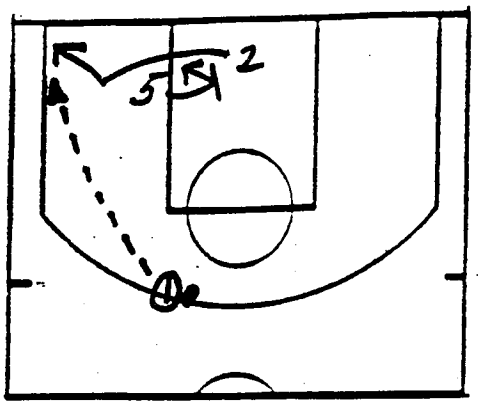


D-1 9 with two cutters

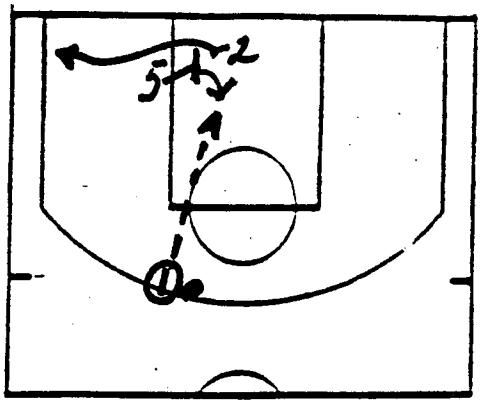
Further notes on execution:

1. when a cutter decides that he can free himself up from his defender better by curling (usually because his defender is trailing him), he will grab the waist of the picker to alert him that he is curling). This signal helps keep the defender from getting through the pick and lets the picker know that he should be ready either to step open to the ball or pop back a step or two from the ball as soon as the curler clears him.

2. If the cutter wants to fade to the corner, he pushes the picker with both hands and fades to the corner. The picker drop steps to face the ball, whether it stays in the hands of the feeder or is looped over to the cutter.



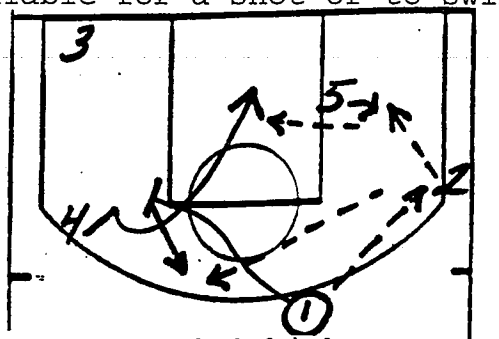
D-1 9 with fade cut and pass



D-2 9

The "9 high" action occurs at the general elbow area ("elbow 9") and is most effective whenever a **smaller** player sets an elbow area pick for a **bigger** man on the wing (though it can be used with any sizes involved).

In the action, player 1 at the top passes to 2 on the wing and goes to set a pick for 4 on the weakside wing. 4 uses the pick by curling to the goal and opening up to look for a pass in the lane. This action punishes any team that switches this kind of play and it gets the big people moving in toward the goal. 1, the picker, then pops back open immediately for spacing and to make himself available for a shot or to swing the ball.



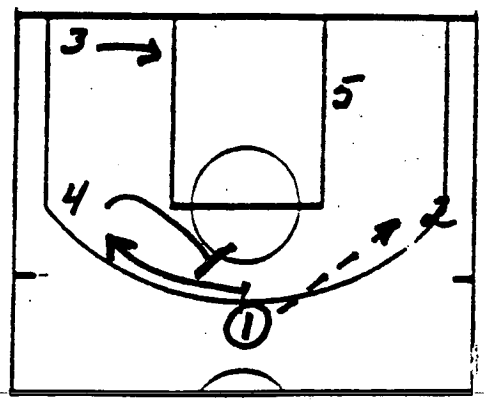
D-3 9 high

USING THE SECONDARY NUMBERS TO ENHANCE THE NUMBERS GAME

"10"--flare pick. While this is a variation of a 6 up (backpick), it is a little different and deserves a call of its own. It is best used by a big man setting a pick for a smaller man for a flare cut, allowing the shooter to drift for a good jumper, possibly a 3-pointer. It is an effective way to initiate a passing game motion. The angle of the picker should be such that his butt is in line with the corner opposite the ballhandler.

"11"--any one-on-one action. We call "11 Up" for a player when we want him to take a man 1-on-1 from the perimeter and we call an "11 down" for a player when we want to go into the post area to him for a 1-on-1 post-up. We often use this call from a set play. We will say to run play "4 up" and get an 11 up for player 3 on the reverse side.

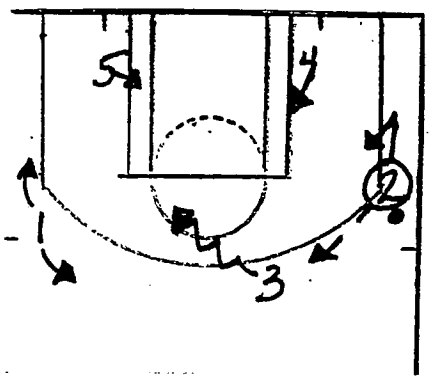
We also use it when there is a mismatch and when the shot clock is running down and a good driver has the ball on a wing.



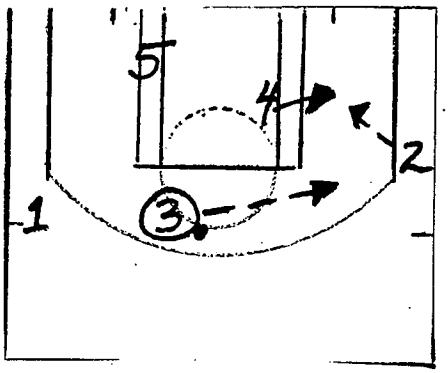
D-3 A 10 flare pick/cut

It is easy to see that when players are positioned with a bigger man on the wing and a smaller man on the top, they can confuse defenses a lot by working with each other to set 9's and 10's with each other. Players will learn to see these situations. Both moves are difficult to defend.

"12"--"snapback" action. The ballhandler on top makes a hard 1-2 dribble punch into the defense to draw the defense that direction. If an opening occurs, he can continue on for a drive or a shot, of course. But the snapback occcurs when he stops the direction of the drive and snaps a pass back to the wing in the direction opposite his drive. This often creates a shot for the wing receiver or may allow him to pass the ball down into the low post, if the post man is able to seal his man off in the probable event that he was playing on the ball side as the balhandler reversed the ball to the wing. Players will need to call this out in order to get it set up until they are really accustomed to playing with one another.



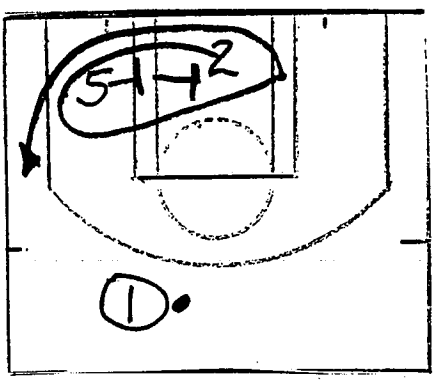
D-1 12 for a shot by 2



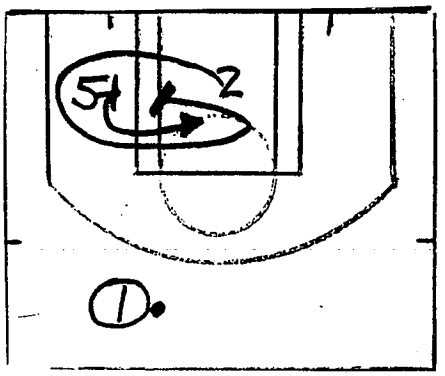
D-3 12 for a pass to the post

"13"--is simply a number we use to say we want a lob pass.

"14"--is the call for a re-pick and either man can call it that is involved in a screening action such as a 6, 7, 9 etc. If either wants to set a quick re-pick, they call "14" right away. In D-3 the curler comes back and repicks the picker and in D-4 the pick/roll is re-set by the picker, as examples.



D-3



D-4

"15"--is the call for splitting the post. The passer will screen for a teammate on the split.

Summary: using the Numbers System is very easy. The bottom line is to get a partner and run a number. The game can be used right from the start of the offense when we call for Motion Numbers Up, but it is used more often to finish off the clock after we have swung the ball in transition from our fast break attempt and secondary break action. It is also used to finish out the shot clock after we have run a set play from the first side, then swung it to the attack side and have not gotten a good shot. So, we use it more often to finish off the clock than to start with it. This is especially true when you figure that we consider the "draw and kick" game to be an extension of our motion game.

Furthermore, the use of numbers will allow us to change any play we have simply by players communicating that they want to run a particular number as part of a play. That is, a player could say that he wants to use a 6 down on the weakside of a particular play instead of the normal 6 up we have been using. This gives instant versatility to any offense.

And it emphasizes to cutters how important it is learn to read the defense better, because they know that they can change the offense with just a word or two.

Knowing the numbers will help us in every drill that we run and in analyzing every play that we or the opponents use.

The knowledge of a few numbers and their corresponding actions will allow us to run a very good MOTION NUMBERS GAME that will be effective against all but the most extended pressure defenses. For those kind of defenses, we have an adjustment called the "Cutting Game" (or "8 Game") that uses mostly the number 8 action (cuts to the goal) and this will be discussed later. The signal for this is "Motion side".

When done well, our offense will put the defense in situations whereby they will have to react or give up easy shots. Scouting reports will be of little use in most cases, because the players are creating their own offense once they commit to talking and moving the ball and themselves.

BASIC PASSING GAME CONCEPTS TO HELP EXECUTION OF THE NUMBERS MOTION GAME

INTRODUCTION

It is all about moving the ball and moving the people with purpose through communication. Each of these key underlined words in the previous sentence has equal weight--we are TALKING-PURPOSEFUL-MOVEMENT here.

The motion game is a talking offense, just like good defense is a talking defense. It has to be that way because the players are creating the offense as they go along. It is not all set up to follow the dots.

A player must be willing to talk, to move, and to run in order to be successful in the motion game. Running and movement must be initiated at the full court level in order to have a good fast break/motion team.

Motion is a twin brother to the fast break--a team that knows it is going to set up every time will have little desire to run. If a team knows that the running will lead to quick-scoring opportunities at the other end, they will be more eager to run. They don't have to be fast, but everyone must be willing to run.

A running/motion team is an attacking team. We will want to try to get a fast break every time our defense or rebounding gives us an opportunity. And after the opponent scores, we will push the ball up the court quickly to test for an easy shot, **especially in late game situations.**

We basically look to call set plays when the defense is already set and waiting for us in a normal man-to-man defense. It is true that on the road we will usually run more set plays than at home, but even then we do not want to waste time walking the ball up the floor while the defense rests. We want to be relentless and it will take our entire team to do this.

When there are no easy fast break shots--and against the best teams there will not be so many--we have a simple, yet varied, secondary attack that will either get us a nice opportunity shot or will put us into a position to roll right into motion/draw and kick to finish off the clock.

In order to play this way, there still has to be discipline in the offense. **Quick shots and passes inside** are good tools, but they should be very high percentage efforts. The quick shots need to be **open** and in a player's **rhythm and range**--all key words.

An inside pass should be made only to an open man who is in a **position to make an immediate positive move.** Again, as mentioned earlier, **baseline passes should be made only to give an open shot and a baseline drive should be taken only when the driver thinks he will get a shot on it. Exception:** we have a corner series we use occasionally whereby we throw the ball to a man in the corner and run pick/roll or other options.

All of our aggressiveness must be sustained over the long haul, but there also must be confidence coupled with it. This confidence that we can execute and score is not just within the individual. It is important that each player learn to trust his teammates to be able to score when everyone does the job. This confidence will give us the **patience in our movement on offense** that is required to break the opponent down.

Patience is not laziness nor does it come from fear. It comes from confidence and the knowledge that the opponent will wear down if they play defense for long. Our offense **must give the defense a chance to make a mistake.** Defenses will be strongest on the first side (shift side), but they will begin to break down as the ball is moved to the second (attack side) and as the players and ball continue to move thereafter.

Remember the phrase, "First side, attack side, money side!" A defense forced to shift side to side, in and out will break down. Too many questionable quick shots can let the opponent off the hook on defense. Moving the ball and the people will break the defense into giving us the shot we want.

BASIC PRINCIPLES IN THE MOTION GAME

1. ***Play inside-out as much as possible.*** By keeping spread out (high at the top and wide on the wings), we can keep opportunities open for players to post and to cut. However, it is important that the outside players keep looking inside constantly as they receive the ball.

Players who have just set a pick inside will often be open, if they step toward the ball after picking and present themselves as a good target. But the outside men must be watching for them.

Perimeter players should square up in a strong position ready to shoot drive or pass, when they catch the ball (triple threat position). If a player catches the ball and he is open within his rhythm and range, he should shoot, because the shot option will close up quickly.

If a player catches and the good shot is not available, he should look next for the pass inside and then a possible drive.

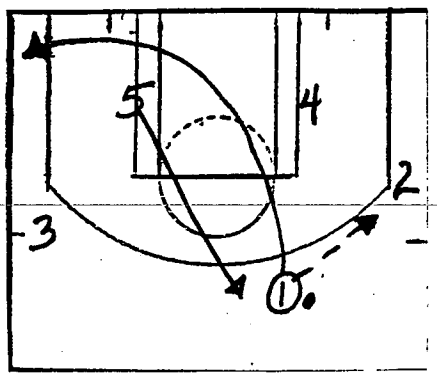
On the first side of the offense, the drive has to be a very obvious one or it is best to move the ball, because the drive will be right into the teeth of the defense.

If the pass is an open one, it should be made. The inside player should look to score it right away or else he has to become an in-out passer.

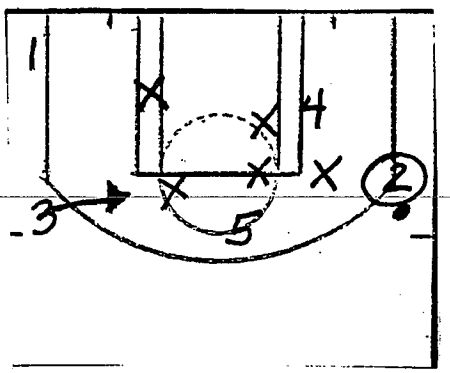
If the options to shoot, pass inside or drive are not there quickly and readily, it is best to move the ball to shift the defense. **A good play that is underrated by most people is the quick pass that just keeps the ball and the defense moving.**

3. ***Begin with proper spacing when getting into motion.*** First of all, ***play as high out front as you can in starting the offense--30 feet is not too far.*** Also, when cutting to fill the top "swing spot" in order to help swing the ball, cut to a very high position instead of trying to get open at the top of the foul circle. (D-1)

Stay wide on the wings, well out in the 3-point area, especially when on the weak side. Avoid the tendency to drift in and "close the gap". This **shrinking of the offense** actually allows the defense to guard the strong side and still get back to you easily. It limits the area the defense has to cover to be effective. (D-2)



D-1



D-2

Positioning **high at the top and wide on the wings** forces the defense to spread and allows the offense the opportunity to move the ball on the perimeter much more easily. In turn, this allows for more room for the basics of any good offense--cutting, posting and dribble penetration. A jammed up offense gives little chance for any of these.

There will be more discussion on the "swing spot" concept later.

4. ***Maintain good spacing as motion continues.***

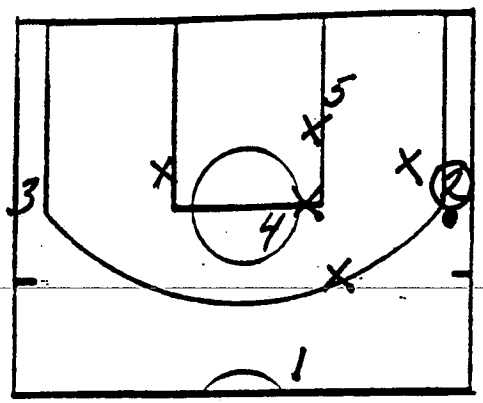
a. **Finish the cut--**many teams fail to "complete their cuts" on out to the 3-point line once a man cuts through and doesn't get the pass. This is the lazy way out and it shrinks the offense into paralysis by shutting down the middle and forcing the offense into a long jumpshot game.

It is important that everyone **continue their cuts out to the 3-point line when they do not receive a pass**, even if it is out of the player's range.

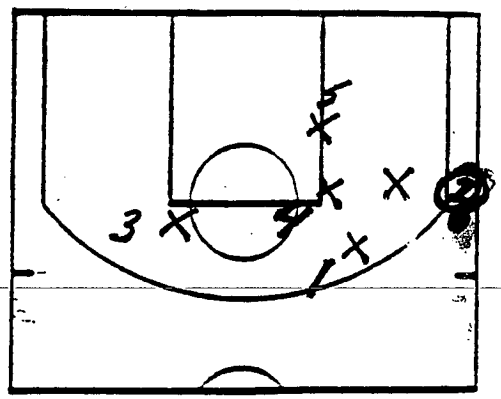
b. **Fill cut fast and high or wide** to give a good pass lane to give a good pass angle to the ball handler in order to move the ball quickly, as well as to reduce turnovers.

Filling the swing spot high as in diagram 1 will allow quicker ball movement and give the swing ballhandler a safer reverse pass angle as well. It opens up the middle for cuts and penetration. Diagram 2 shows how crowded it gets when the top is filled in a shallow manner.

The swing spot should be filled by anyone who can get there, but filling it from the inside is tougher to defend that filling it from the weakside wing.

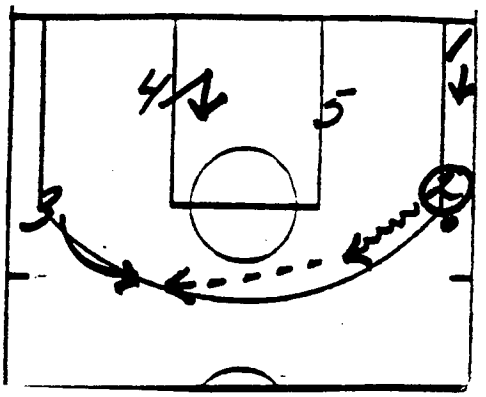


D-1 High and wide is better



D-2 Shrinking offense

c. Use the dribble-up move, or dribble-balance move when the ball is on the wing area and no one comes quickly enough to the swing spot. (D-1) Since there was no easy angle for 3 to reverse the ball, he cuts the angle and distance by dribbling up to a higher angle. By that time a teammate can see the action and fill cut from inside (player 4) or from the outside (player 2).



D-1 The dribble up for balance

5. ***Initiate movement.*** At the **full court level** it is important that the rebounder or the inbounds passer react quickly to look long for an easy down court pass first. If that is not an easy option, he must get the ball to the point guard. The point guard should be quick to demand the ball and the wings must be filled aggressively. This describes a team that is serious about its attack. They are forcing action.

Initiate movement in the front court. Perimeter players do this by cutting every time they pass the ball after it has been swung from the first side to the second side. They also initiate movement by running an 8 (backcut) every time they are denied a pass on the perimeter. The good offensive player will not stand still while guarded. The 8-cut may result in a pass to the cutter; or it may end by the cutter setting a screen; or it may end by the cutter clearing on out to an area outside the 3-point line. Someone opposite the ball will usually cut into the opening (fill-cut) by the player running the 8-cut.

Inside players also must initiate inside movement. They do this in one of two ways. If a player inside is not open to get the ball quickly, he will either:

a. pull out to the 3-point area,

b. or, set a screen (6 up) for a perimeter player--often the passer (a very strong move),

c. or, set a screen across the lane (6 across),

d. or, he may roll across the lane following the ball, if he is the designated post player,

e. or, set a 7 out Pick/roll for a wing player.

The point is that a player who cuts or posts inside will not stand in one spot and beg for the ball. The general rule is that he should move every two or three seconds to create movement inside, unless he has a definite lock/seal action going on with two of his teammates in a triangle on the wing and at the top of the key.

6. ***Reduce careless turnovers.*** Here are some helpful guidelines, some of which have been mentioned before:

a. Constantly look inside as the ball is handled on the perimeter, but only throw it in when a player is in good position to catch and make a very positive move with the ball. Avoid the "Home Run" mentality of trying very difficult passes. You do not have to make an exciting play every time you have the ball.

b. Avoid throwing and driving to the "dead baseline" area. This action kills the offense and plays into the defense's hands. ***Passes and drives to the baseline should lead to immediate shots.***

c. Limit your penetration drives to when there is a definite gap in the defense. Don't drive into the crowd.

d. Create good passing angles at all times to the ball handler. The extra step or two that it takes to shorten the angle or the distance of a pass can cut the number of steals the opponent can generate. Don't worry that the extra step may take you out of shooting range. It is more important that we have a safe pass angle. You may be able to swing the ball to an open teammate or even to penetrate into range yourself. Neither can be done if we commit a turnover because of a poor pass angle.

We will do better by keeping the ball moving from wing to wing until we get an opening to pass to a cutter, or to a post man or to penetrate with the dribble. Even when turnovers do occur, we will be in better position to defend them if we practice the above strategies.

6. ***Have the patience that confidence brings.*** Too often passing game teams are in a big hurry to rush into a mistake. While we have emphasized moving the ball here, we don't want to miss the point that it is **usually better to hold the ball for about two counts on the wing in order to give cutters an opportunity to**

read to get open, or to give a posted man a chance to lock his man into a position.

The ballhandler on the wing must see this happening and give his teammates a chance to operate. He may even have to dribble one or two bounces to change his pass angle. That is all right, so long as he is bouncing the ball with a purpose and the bounce takes him to a positive angle.

Note on execution: When the ball is on the wing, it is much easier to make the feed to the low post when the passer is below the foul line extended. In order to get the ball into that position, the wing feeder may have to pivot toward the baseline or even bounce the ball a dribble or two to create that favorable passing angle, as was mentioned earlier. This takes some time away from ball movement, but is worth the effort if the man is open inside.

7. ***Be definite with the ball when it is on the swing spot.***
While the best pass from the top is often simply just touch passing it on to the reverse angle, that is not always the case. The options at the top are to:

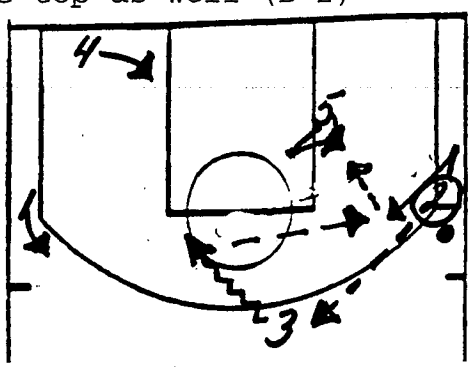
a. swing the pass on to the weak side,

b. feed the low post area--so look inside,

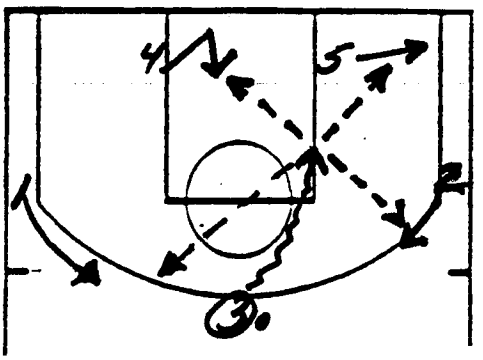
c. Penetrate to an open slot for a draw and kick ("Go game"), and

d. fake a reverse drive with a hard dribble or two and then snap a pass right back to the side the ball came from (snapback action, called # 12). D-1

There is the potential of the strategic use of shot fakes, pass fakes and of the hard fake-reverse dribble move (D-1) that sets up the snap-back option (that can be used very effectively when the ball is at the top. Draw and kick options can be exercised from the top as well (D-2)



D-1 12 action, snapback



D-2 Go, draw and kick

Pass and shot fakes can be used very effectively to set up the draw and kick game. Some coaches say you should "fake a pass and then make a pass." That is overdoing it, but faking is an art that needs to be used more in the game.

The point on patience is to allow for the fact that the teammates are running a "number" with one another so that someone can get free and it takes a little time to make the read and then the cut.

8. ***Low post action***--when the ball is passed into the low post, the passer is free to drift to the baseline, run a split by screening the nearest outside player, or to cut over/under the post to the goal.

Basically, when the choice is made between cutting, splitting or drifting, the players who are shooting the best should get themselves into positions to spot up for a shot. The ones who are not shooting it as well at the moment or who just want to mix up their game should cut or screen for a shooter. In general there are cutter/slasher kinds of players and there are spot-shooters--cutter/slashers should cut and shooters should get to shooting spots.

Also, when the opponent is trapping a lot, the feeder will do better by spotting up in the corner to give an easy, quick outlet for the post man. When the defense traps and the feeder cuts, it is harder for the post man to find a target. If a feeder cuts and then someone traps, another player (the one who would have filled in at the top shooting spot) must cut on over toward the wing as far as possible to give the post man an outlet angle in front of him.

When there is no or slow trapping, cuts are necessary to create motion.

9. ***Use the dribble positively.*** The 1 on 1 dribble-dribble-dribble game will not produce success. A player who puts the ball on the floor and then tries to decide what to do is killing the offense. Wasted dribbles stop motion and they limit the options that the offensive player has.

The dribble will take you somewhere positive when used intelligently. Some of the positive uses are:

a. ***to take it to the basket,***

b. ***to penetrate in the "Go" game.*** When there is a good opportunity to drive a bounce or two into a defensive gap, the player with dribble/passing skills can execute a draw and kick option,

c. ***to change the pass angle*** to set up a better angle to pass from the wing inside to the low post, or to pass from the top to the baseline,

d. ***to dribble up*** from the wing to change the pass angle for the reversal of the ball,

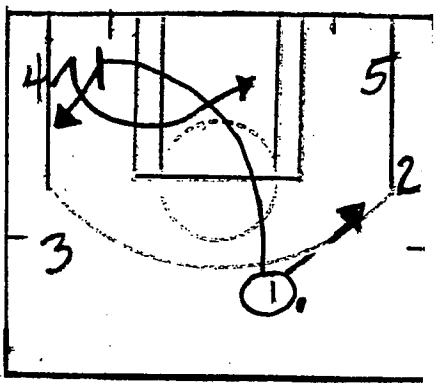
e. and to ***execute a pick and roll.***

10. ***Step to the ball after picking.*** After setting a pick, the

picker should **open up to the ball and make himself a target.** The easiest way to get open is to set a good pick and step to the ball, because the picker's defender will have to loosen to give some help to the cutter. This applies to picks on the perimeter as well as those set inside.

After setting a pick and opening to the ball, the player should not just stand in the same spot if he does not receive the ball. He should move on out wide to open the court or go set another pick.

11. ***Backpick a player out, if you cut to an area where there is already another player.*** Many players will stop when they cut into an area already occupied, and this crowds up the offense. Call out a 6 up, give the fist signal and set the pick. By setting the 6 up, the picker creates motion and simply replaces the man he picked for after that man cuts through. (D-1)



D-1 Backpick when cutting into an occupied area

The "Go Game"--penetration, or draw and kick, is a central part of the motion game.

1. Find the gaps. When a good ballhandler sees an open gap or slot in the defense, he should penetrate the hole under control with a quick dribble or two. He then must have the ability to ***read the best option: to shoot, drive all the way to the goal, or pass to an open man inside or outside.***

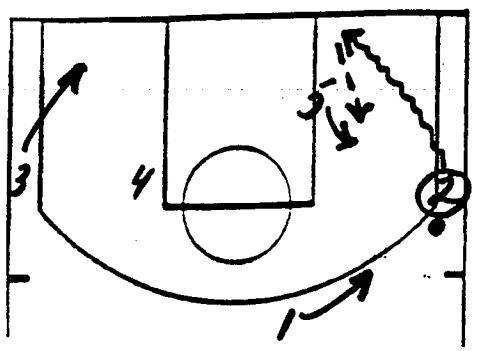
2. Movement will produce opportunities. Obviously, if every player dribbled the ball every time, we could never produce enough movement to break down a defense. **Most draw and kick opportunities will occur after we have swung the ball. The last 10 seconds of the shot clock are a great time to look hard for penetration.**

3. The call of "Go" will alert everyone to move. The ballhandler, another teammate or the coach can alert players to the draw and kick by yelling out, "Go". While the actual ***penetration with the dribble should key everyone's response,*** the verbal signal can help get everyone on the same page. This is especially good for practices.

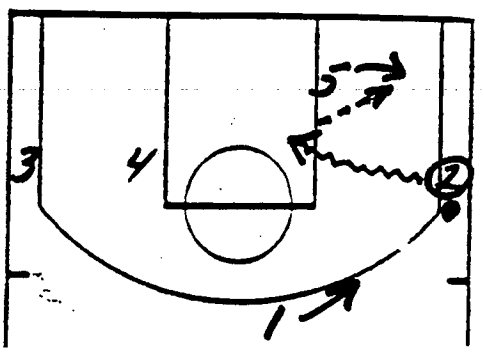
4. Teammates must drift to open spots to create space for the handler and a shot for themselves. How well the ballhandler's teammates move to open spots when the ball is penetrated will determine much of the play's success. How smart the handler is with his decisions with the ball will determine the rest.

CREATE GOOD PASS ANGLES IN AND OUT

Inside players should step away from the basket opposite the direction of the penetration and open up to present a good target for a short pass. Outside players should drift toward the ballhandler usually (or sometimes away from him), ***to create a good pass angle***. They should have their hands and feet ready for a shot as they spot up. (D-1, 2)



D-1 Post moves opposite



D-2 Post moves opposite

5. Avoid these common errors when penetrating:

a. taking the ball too deep into the defense before deciding what to do,

b. going into the defense with no plan,

c. jumping one's feet without a plan,

d. forcing an option (drive, pass or shot),. especially early on the clock,

e. doing too much dribbling,

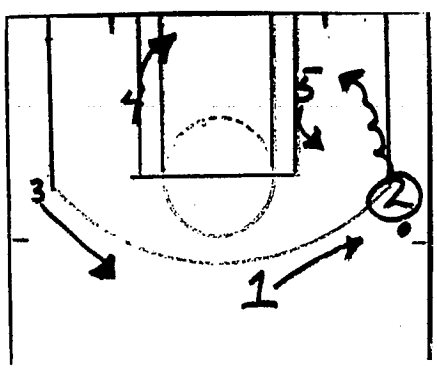
f. failing to react to the penetration (perimeter teammates),

g. inside players failing to open up the lane for the penetrator (inside players).

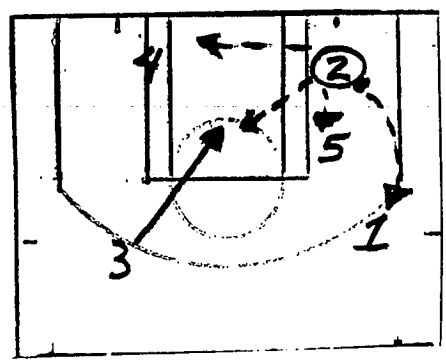
KNOW THE "BAILOUTS" ON WING PENETRATION

When a player drives baseline, the four teammates need to react to the dribble. The baseline driver needs the following responses from his teammaates when he drives:

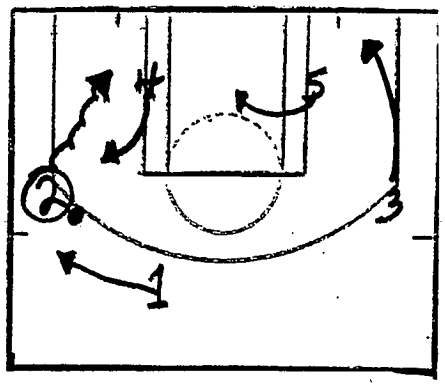
a. a safety or followup man he can use as a reverse outlet,
b. a strongside post popper, one who pops out opposite the direction of the drive,
c. a drifter. Anyone on the weakside should try to get to the weadside baseline to offer an outlet at that angle. It can be a weakside post or wing player. In D-1 4 offers a baseline pass.
d. a diagonal pass angle (either at the front of the rim or in the 3-point area. As player 4 in the diagram drifts baseline, 3 can see it and offer himself at a diagonal in the 3-point area, or he could even crash in toward the rim. D-1 and 2



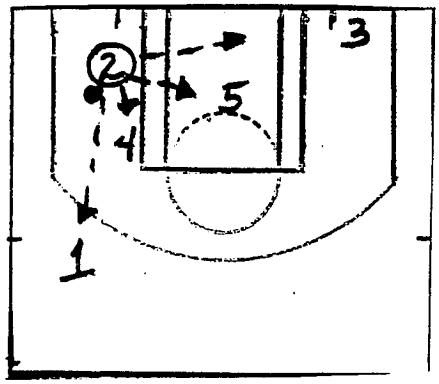
D-1



D-2



D-1



D-2

Diagram 1 shows player 2 driving baseline. Player 4 in the post must move up and off of the lane to create a pass angle inside. The player out front, 1 in the diagram, needs to follow deeply to supply a deep safety outlet for the dribbler. Any weakside player can drift to the baseline to create an outlet along the baseline ("baseline drive, baseline drift") and wing man 3 does in the diagrams. The remaining player tries to ofer the diagonal pass at the front of the rim as 5 does in the diagrams.

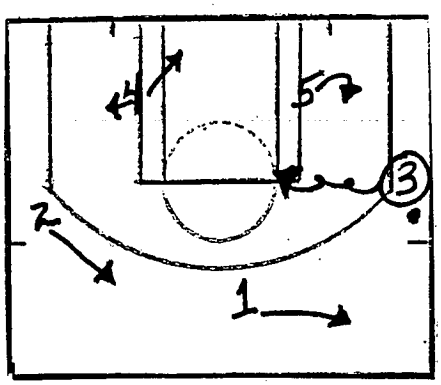
It doesn't make so much difference who gets where. But on the drive, the player needs to know where his teammates will be if he is mistaken in his drive and cannot get a shot.

***On the inside penetration* from the wing,** the bailouts are slightly different. The driver needs:

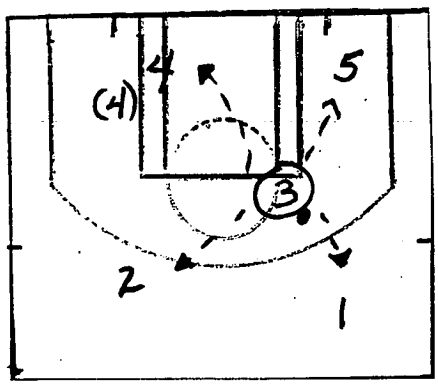
a. a safety. The nearest front man must move toward the ballhandler and up toward the half-line to give him an easy outlet target as 1 does in D-3.

b. a strongside popper from inside. He pops opposite the drive as 5 does in D-3.

c. diagonal outlets high and low on the weakside. 2 is at the high diagonal for a 3-pointer and 4 is low for a soft pass.



D-3



D-4

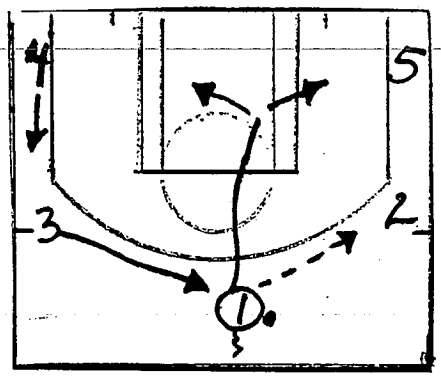
BEATING DENIAL AND SWITCHING DEFENSES WITH THE "CUTTING GAME", THE "8" OPTION

Cutting to the basket, 8 action, is as important to basketball and the Numbers game as any single fundamental. We emphasize quick 8's by the passer once we get into motion and by anyone who is being denied a pass on the perimeter at any time. And, naturally, anytime a player sees that his man has turned his head and lost vision of him, an 8 is a good play.

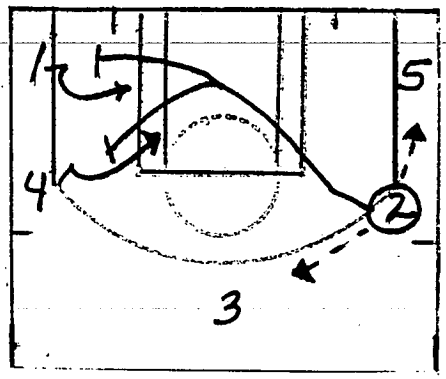
While we have said a lot about using the Numbers, there are two occasions in which too many picks can cause more problems for the offense than it does the defense. Teams that really get out and put a lot of pressure on the passing lanes and/or who switch a lot can pose problems unless the offense is ready to mix in a lot of 8 cuts with the 6's, 9's, 10's, etc.

Teams that play straight position defense are more susceptible to the regular picking action of the motion Numbers game. But when the offense is having trouble with the pressing or switching tactics of an opponent, we will call for the team to use the "8 Game" or "Cutting Game" options. The team will spread into a 1-2-2 if we are starting it from the backcourt. **D-1**

If we are using the "8 Game" option after a secondary break or a broken set play, the players will spread to the 3-point line after the all has been swing to the weakside--then the "8-Game" begins. No one allowed to stay in the lane to post up more than 1-2 seconds. We must keep the middle open. D-2



D-1



D-2

This quick cutting/slashing action will be very effective against the pressure defenses and the traps so long as the offense stays spread and keeps its poise. It makes it difficult for the opponent to trap and makes them vulnerable to a lot of backcuts.

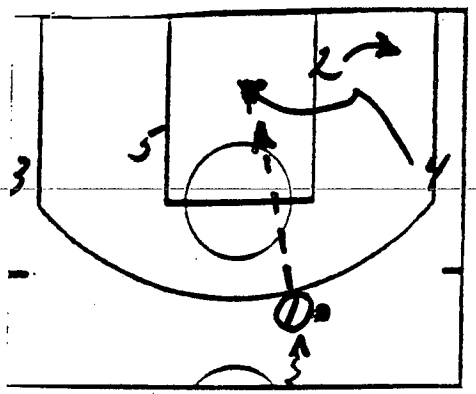
The "Go Game" (draw and kick) really becomes a big option in combination with the "8 Game" because the defense is spread out. The cutting action creates a lot of gaps in the defense and this sets up the ballhandler for penetration.

Keys to remember in the "8 Game"

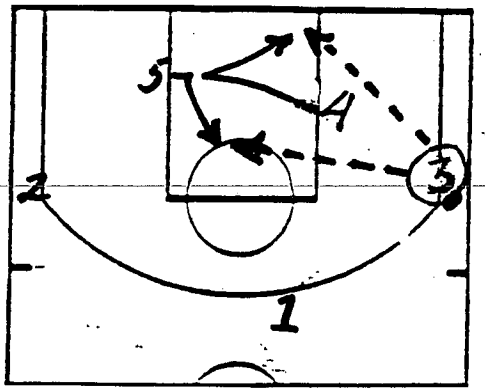
1. Do not stand still while covered. Run an 8; take the defensive man out of the play.

2. A player should run an 8 whenever he cuts to within 15 feet of the ball and is denied a pass. This is best done by planting the outside foot, throwing his man a little bit toward the ball with his inside hand and making a quick cut to the goal.

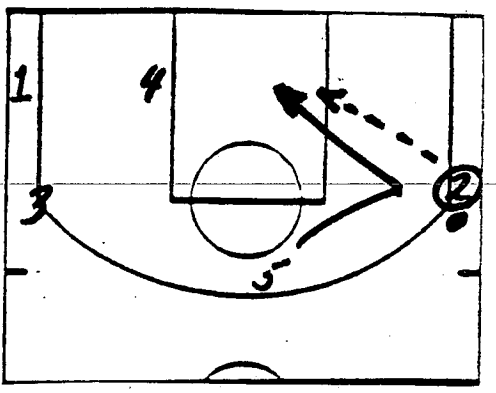
3. A player can run an 8 whenever he sees that his man over-commits and gets ahead of him when a pick is being set (we refer to either the picker or the cutter). A slip cut to the goal will make the defense pay for being too aggressive. This could happen on any action, but the diagrams below show some possibilities while running a 6 down, a 6 across and a 7.



D-1 6 down and an 8



D-2 6 across and an 8



D-3 7 and an 8

HOW TO GET TO THE NUMBERS GAME FROM TRANSITION SECONDARY ACTION

It is very simple to get into the Numbers game from the fast break and secondary. Once the ball is swung from the first side to the second side and there is no shot, the automatic move is to go to motion Numbers. Even though it is automatic, any or all of the players can call it to remind everyone, until it becomes a habit. Again, the "Go Game" and "8 Game" will be a big part of the Motion Numbers, depending on what the defense gives.

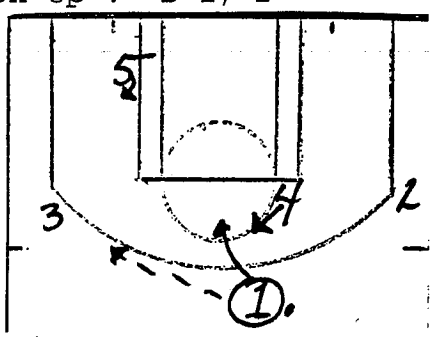
HOW TO GET TO THE NUMBERS AFTER TRYING A SET PLAY

The same concept applies to a set play that does not give a shot as to the secondary action. After the set play has been run to its completion--almost always that will be after the ball has been moved from the first side to the attack side--the team will go into motion and the same things apply as did to the secondary going to motion.

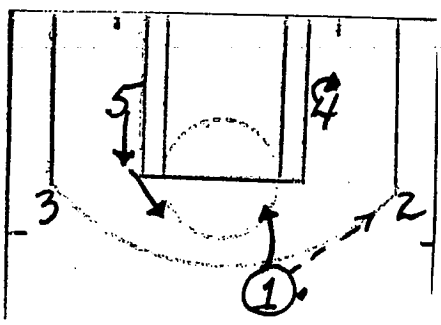
It normally gets down to first side, second side and then motion for the money in both the secondary and set plays.

THE DIFFERENT MOTION GAMES

MOTION UP--this is our rotating post--high and low--attack that worked so well for the Lakers in 94-95. A player can post up and stay in the post as long as he has a "deal" going, but normally 2-4 seconds is long enough. When he does not get the ball within a short period of time, he should create motion inside by screening the other post man or stepping out to screen an outside man (especially the man who **just passed**, or pulling out to the 3-point area. All of our set plays ultimately get into a 1-2-2 or a 1-3-1 alignment when we roll into our Motion Up Rotating Post Offense. It can be started from either of these formations, if a set play entry has not been called and the call is simply, "Motion Up". D-1, 2



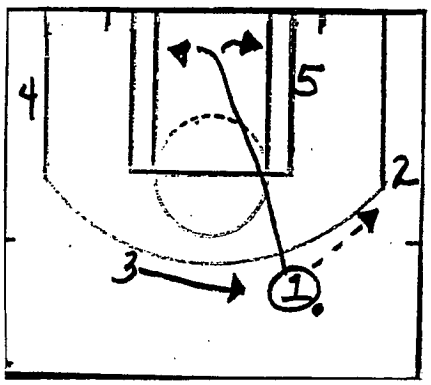
D-1



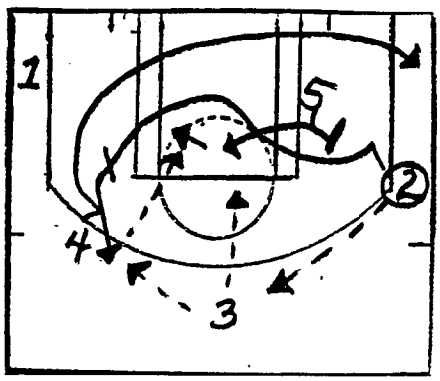
D-2

MOTION DOWN PLUS A NUMBER (1-2-3-4-OR 5)--means that we designate one player to be the post man for the first 14 seconds on the shot clock. In the last 10 seconds, he may have to pull out to open up the lane, since it is difficult to continue to look for postups as the clock is running down.

So "Motion Up 5" means that we will run motion and the 5 man will be the designated post man. **No one else is allowed to post up more than a count or two and that should be kept to a minimum. We want to capitalize on that particular person in the post and that is why we are running this motion.** D-1, 2



D-1



D-2

MOTION SIDE--this can also be called "open motion" because there is **no post man** when Motion Side is run. Anyone can cut through the lane, of course, but ***no one can stop longer than the second it takes to come to a stop and ask for a quick pass. He must move on out to the perimeter.*** Most of the numbers used will be 8's in this, but there are also many times when a good 7 or 70 can be run. There can be any number such as 6 downs, sides and ups, but the most often number used will normally be "8".

Due to the open nature of Motion Side, the draw and kick "Go Game" is a natural aspect. There should be a lot of opportunities for penetration that set up the draw and kick game when it is run well from a good spread set.

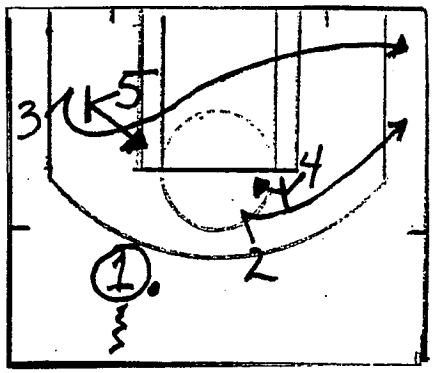
Using Motion Up, Side or Down with the "8" call

This would mean that we would use Motion Up with two men in the post or Motion Side with no one in the post after the ball has been swung in secondary or in a set play, and that we would emphasize using mostly 8's to counteract the pressure or switching of the opponent.

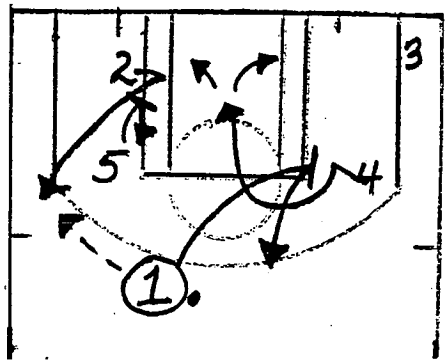
GETTING INTO THE NUMBERS MOTION GAME

Since one player will have the ball, all that needs to be done is for the other four players to pair up and run a number to free up a receiver to get the motion started. He will not often get open for a shot, but for a catch just to initiate the motion. The easy numbers to use to get the action started are 6 up or down, 10 and 12. Diagram 1 shows a 6 up being set on the left and a 12 being set on the right. A pass to any one of the four and a cut by the passer puts the team into good motion.

Diagram 2 shows a 6 down on the left and a 10 on the right. Again, a pass to any of the four men and a cut by the passer gets motion going.



D-1 Motion started



D-2 Motion started

Motion can be started out of the simple single/double action along the baseline, but it is important to get the post area opened up quickly if Motion Down (one post man only) or Motion Side (no post man) is the motion that is being used. Otherwise, the middle will be jammed up with the two post men.

OTHER HELPFUL HINTS AND TECHNIQUES TO KEEP MOTION ALIVE

1. Anytime the offense gets stuck or confused, simply call out "Motion Up or Side" and get the ball to a side from a pass or dribble. Players not handling the ball can find a partner and run a number. The ballhandler will pass to one of the players and motion is alive. The draw and kick "Go" can be used any time.

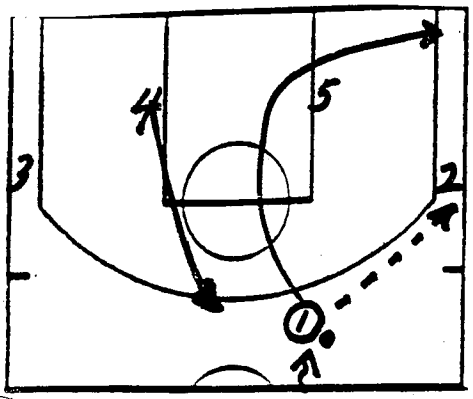
2. There are three ways to keep the swing spot open for reversal

of the ball.

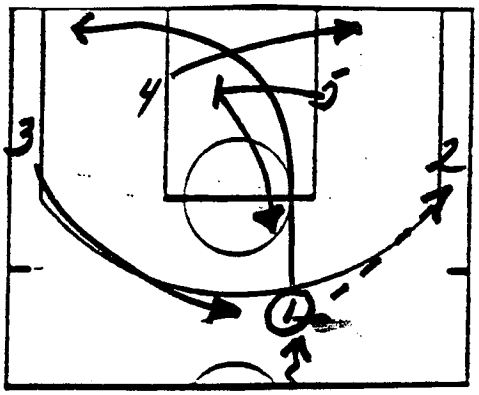
a. The preferred way is to fill cut to the top from the inside, but that is not always easy and players tend to forget this cut often. (D-1)

b. The most used and easiest way is to fill cut from the weakside wing. The problem is that it is also the easiest to defend with denials and/or switching. (D-2)

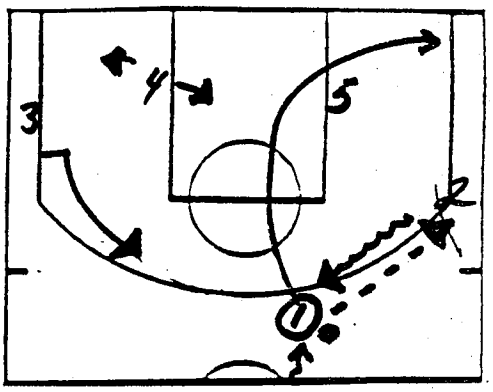
c. Dribble up from the wing to balance the floor, shorten the pass and pass angle. (D-3)



D-1 Inside fill



D-2 Outside fill



D-3 Dribble up

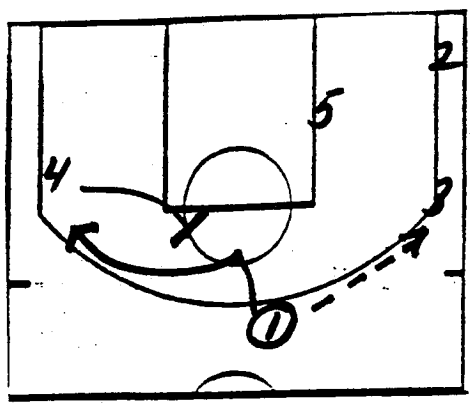
3. Who should fill the swing spot?

When the ball is passed from the top, the passer will cut and whoever sees the opportunity to fill for him should get there. If two players cut at the same time the player who is second in line and sees a teammate ahead of him should change his route.

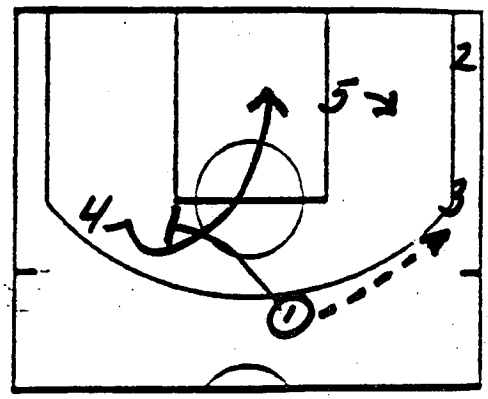
4. A good technique for the passer to help him get a return pass on a give and go is for him to start his cut at the same time he is passing. Larry Bird was the best at this. His move is best described as a pass-cut because it was almost in one motion that he made the pass and the cut.

5. When a player passes the ball, he can cut one to three steps to the goal and <u>still</u> go find someone to pick, if he doesn't get a return pass. This kind of cutting puts a lot of pressure on the defense. Too many players float away from the ball after passing or just stand still.

The only good cuts for the passer that are away from the ball and not toward the goal are the one to run a 12 (flare cut) or the one to set a high 9 (elbow curl). (D-1,2)



D-1 12 action



D-2 9 high action

<u>Summary</u>--Players who learn to work the numbers well will enjoy the control it gives them on the offensive end. It is <u>truly a player's game, when done well.</u> The smart players will learn to look for their teammates when they are in good position to receivve picks. For example, bigger players will learn to set a 12 for good shooters when they see the good shooter out front between them and the ball as in D-1. Or, the shooter may see the big man first and decide that he will run a high 9 for him in order to get the big man moving in toward the goal as in D-2.

Or a good-shooting 4 man may see a good cutter/slasher 3 man on the wing and offer him a 6 up. This could free up the cutter for a pass or the picker for a catch and shoot.

Players will learn to use 6 downs, 7's, and 9's with curls, fades and 8's to set up teammates for shots and assists.

It is easy to do if the players are willing to talk to each other, move the ball and move themselves. It gives a real sense of teamwork and pride when a team can go out and work the opponent into giving them the shot they want game in and game out. The carryover into having a better, more versatile and easily changed set offense is obvious.

LHSAA 2011 Clinic

Bob Marlin
University of Louisiana at Lafayette

Thoughts on Practice
Each Day:
15-20 minutes of hard shooting everyday (Mostly competitive)

Thought of the day
Defensive Emphasis of the day
Offensive Emphasis of the day

6 parts of a good practice:
- Transition Offense
- Transition Defense
- ½ ct offense
- ½ ct defense
- Shooting
- Rebounding

"Win championships in the ½ court"

Do something for 2 days (skill/drill/etc). Add progressively.

Uses full court drills out of breaks; makes everyone get active, involved instantly.

Transition
- In scouting, one of the first things to show is the other team getting dunked on in transition or tell them is that the other team doesn't get back and we can score if we push.
- There's always one point that is there for the taking… Basically…how you practice determines if your team will be ready to capitalize on such moments.

Micah Coleman
Natchitoches Central H.S.

Toughness Matters

Toughness is not about a drill or a series of drills; it is a mindset that has to be developed in all situations, all drills, all areas.

If we are only tough every now and then; then we are not tough.

Preseason is the time to start.
"Everybody thinks they are tough until they can't breathe! Cardio pain crushes everybody!)

We don't want our kids to quit, but in preseason, we want them to think about quitting and push through it.

Toughness is about hurting and pushing through to make yourself better/stronger.

Ask the kids in the beginning of the year,"What kind of coach do you want me to be? What do you want from me?"

Preseason and practices should be tougher than any game situation that we will see.

Applicable Previous Ideas from Jimmy Tilette: The more people practice under stress, the les likely they will be to react negatively when stress occurs during games. As conditions change, situational awareness degrades, people make judgment errors.

Jimmy Tilette
Samford University

Teaching Steps:
1. Demonstration/Explanation – show/tell them what to do
2. Imitation/Interpretation – have them do it
3. Information (Feedback) – Correction/Affirmation
4. If Correction, Reproduction/Replication-steps 1 &2
5. When Affirmation, Reinforce (Thru repetition)

2 biggest factors in acquiring & applying a skill
a. Environment (properly designed activity)
b. Information (appropriate feedback)

Environment:
1. The more game-like (smaller the gap) between competition and practice, the more effective practices will be.
2. The more people practice under stress, the les likely they will be to react negatively when stress occurs during games.
3. As conditions change, situational awareness degrades, people make judgment errors.

Information: The more specific the language the better
Provide correction/affirmation regarding:
1. Technique
2. Attitude (Urgency, Energy, Focus)

Passion

Plan

What to pay attention to:
Teaching: Lots of instruction and correction
Training: Use cue words to remind players of previous instructions and intersperse these into drill without stopping the drill
Competition: Limit instruction(s) until after the drill concludes and then address the performance.
*Reserve your most animated affirmation and correction as it relates to attitude (Urgency, Energy, Focus)

Feedback traps:
1. Giving too much information
2. Offering feedback too quickly
3. Misdirecting attention or focus

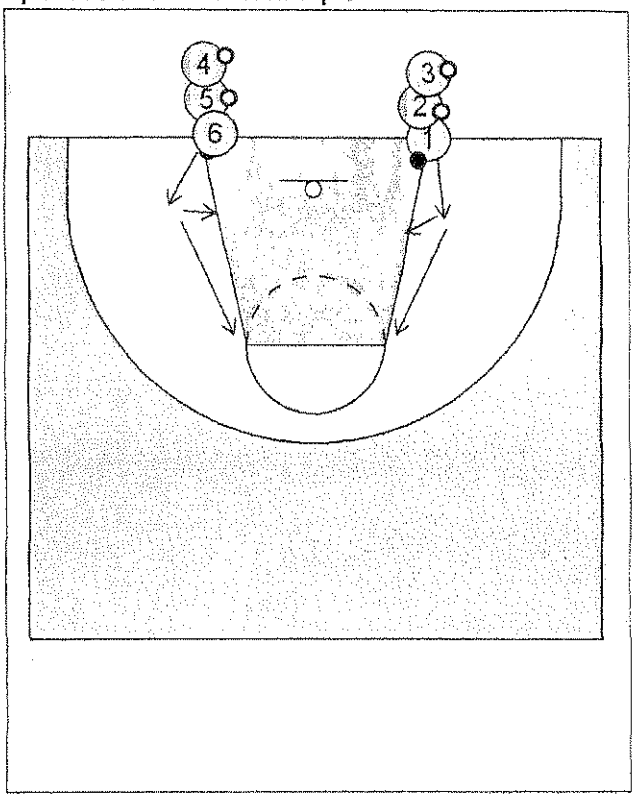
Pacific Coast Slam Players/Coaches Clinic
18th of January, 2010

Building Up a Practice Session

7.30pm	Spin Out Ball – Catch Low, Heel Toe Toe, Elbow, Wrist, Fingers to Ground
7.35pm	Shoot Off the Dribble from ½ Way Line & moves at Bin
7.40pm	Stretch
7.45pm	3 lanes Passing & Lay Ups
7.50pm	2 on 1 Tap Drill
7.55pm	3 on 0 fast break concepts
8.00pm	3 on 2 fast break
8.05pm	3 on 0 – Cutting hard, spacing, leading, screens
8.15pm	5 on 0 – Transition offence
8.25pm	1 on 1 – On the wing
8.30pm	1 on 1 – Slide & Chase
8.35pm	3 on 3 – Bump Cutter, Denial, Help Defence
8.40pm	Rotations 4 on 3
8.45pm	Shell Drill – 4 on 4 Shell Drill - Baseline Penetration
8.55pm	5 on 5 – Bounce & Chase
9.00pm	Finish

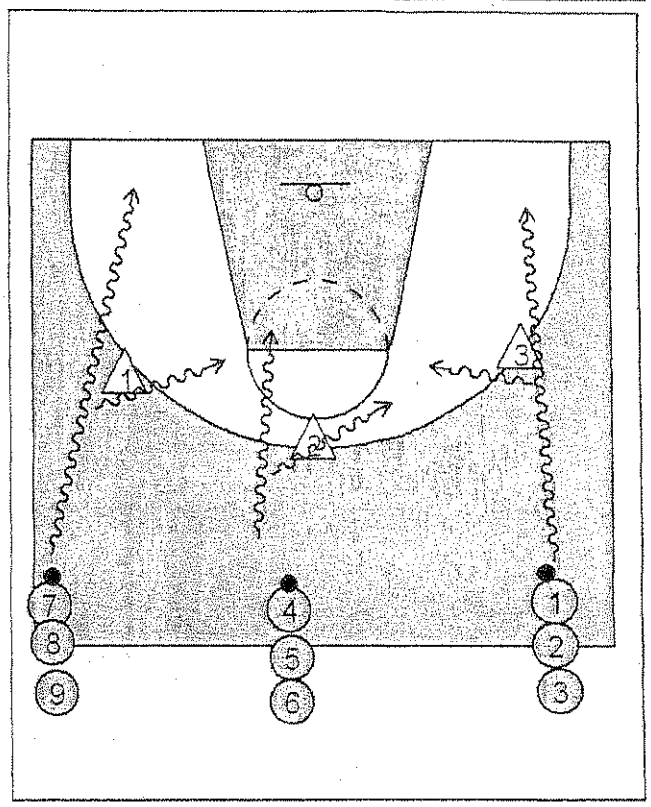
BASKETBALL NSW

Spin out ball - shot technique



Everyone has a ball
1 & 6 toss the ball out & bounces on the block
Ball bounces to chin height
Player catches LOW
Pivots with inside foot first
Heel Toe Toe
Hips down, knees bent
Shooting Elbow to shooting toe
Cock the ball.
Release with fingers
Straight Elbow
Snap wrist
Fingers finish pointing to the ground straight

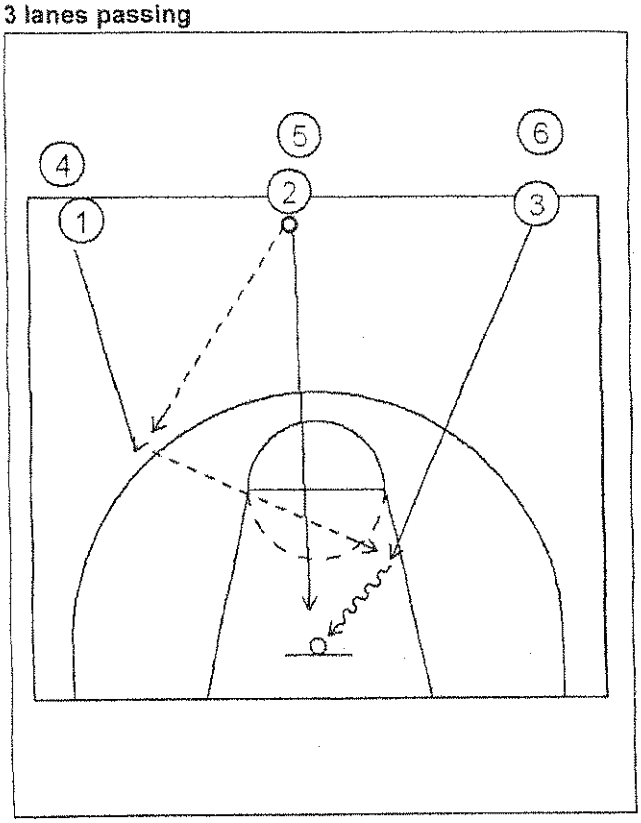
Shoot off the Dribble



Players drive a chairs/cones/coaches.
Put different moves on as per coaches instruction.
Crossover
Onside
Stutter
Between Legs
Behind Back
Stop & Go
Mix Up 2 or 3 moves

All into lay ups & Jump Shots

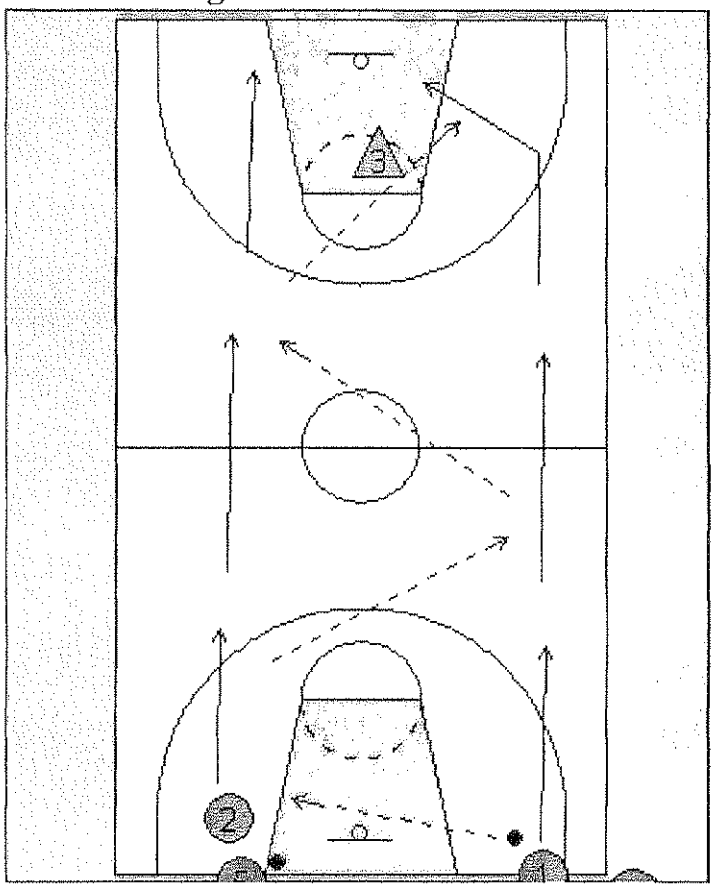
3 lanes passing



2 passes to 1 on the run
3 cuts hard to basket
1 passes to 3 for lay up with out a bounce
2 rebounds
All 3 players run to the outside.

9.5 Two Against One.

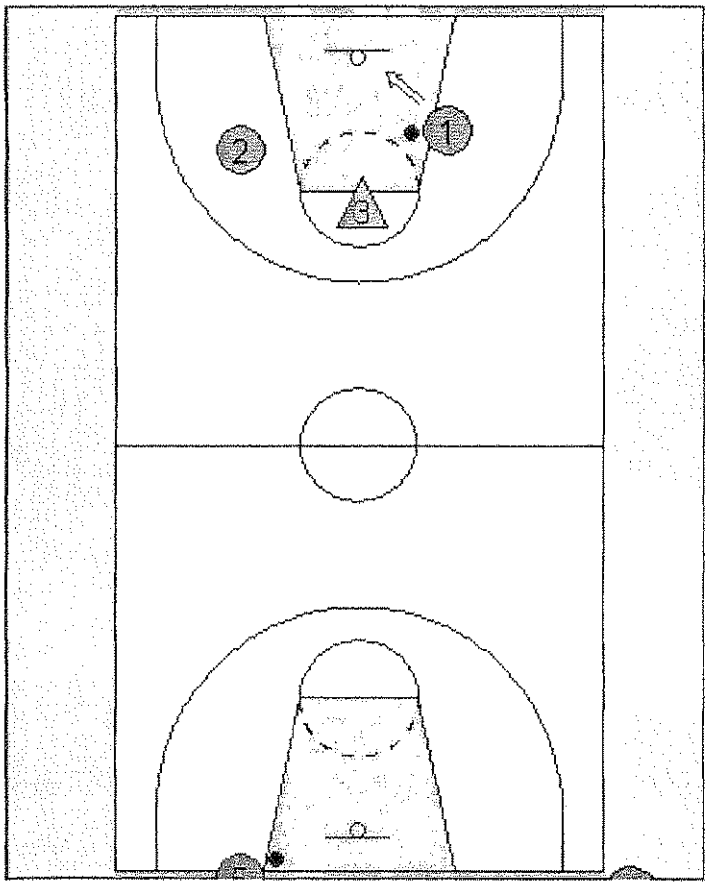
Offence.



A fairly simple but effective drill.

Player 1 and 2 pass the ball to each other up the court.
They are not allowed to dribble or make travels.

Player 3 is the defender who will try to intercept the ball.



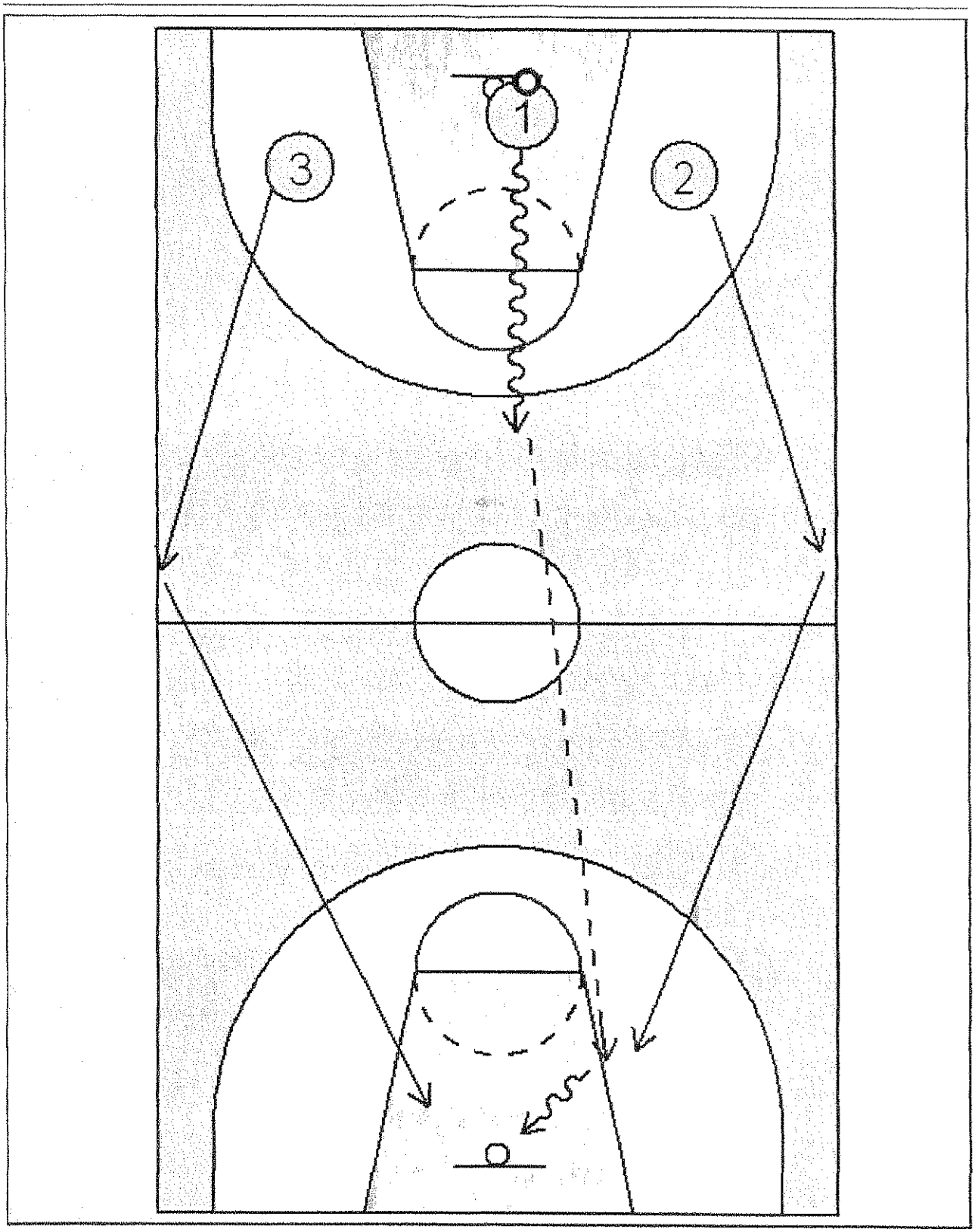
At the end of the drill 1 or 2 will take the lay-up & become the new defender.

After a score the defender & the non shooter step off the court & return to the start point.

If a pass is intercepted before the score by the defender the player who made the poor pass will become the defender.

If at the beginning the scoring is low you might allow one or two dribbles.

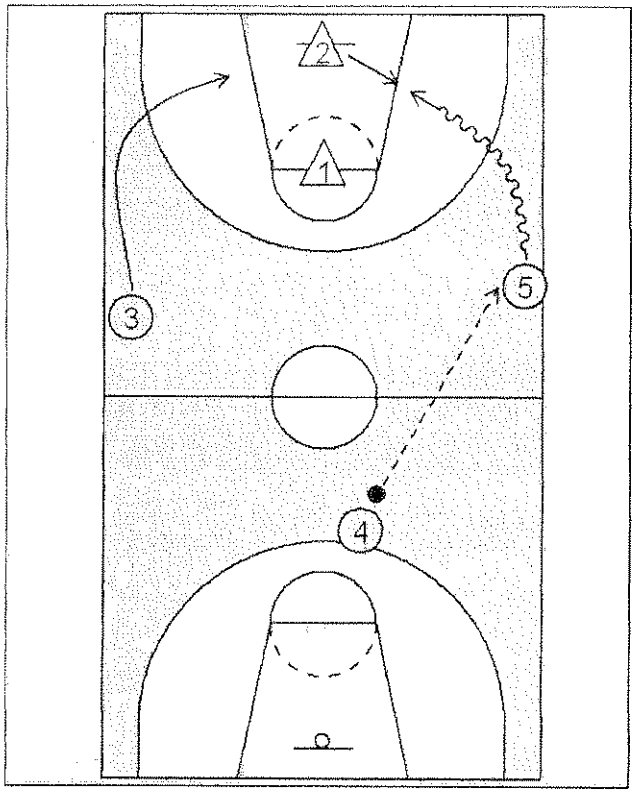
3 on 0 - Fastbreak



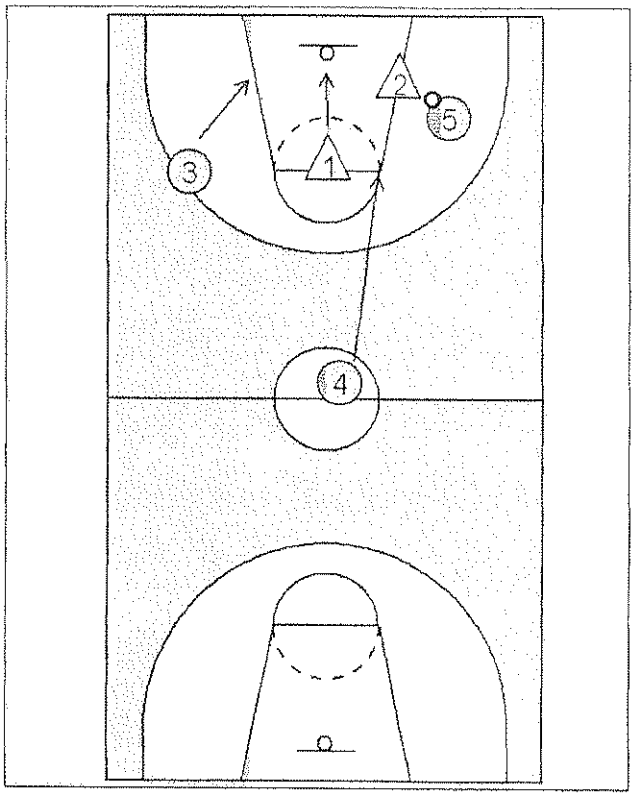
1 starts with ball & trows it off the backboard & rebounds the ball, 2 & 3 run & touch side line & cut to keyway, 1 takes 1 or 2 or 3 bounces
1 passes to 2 who catches & makes lay up without a bounce, 3 rebounds the ball before it hits the floor

Coach notes

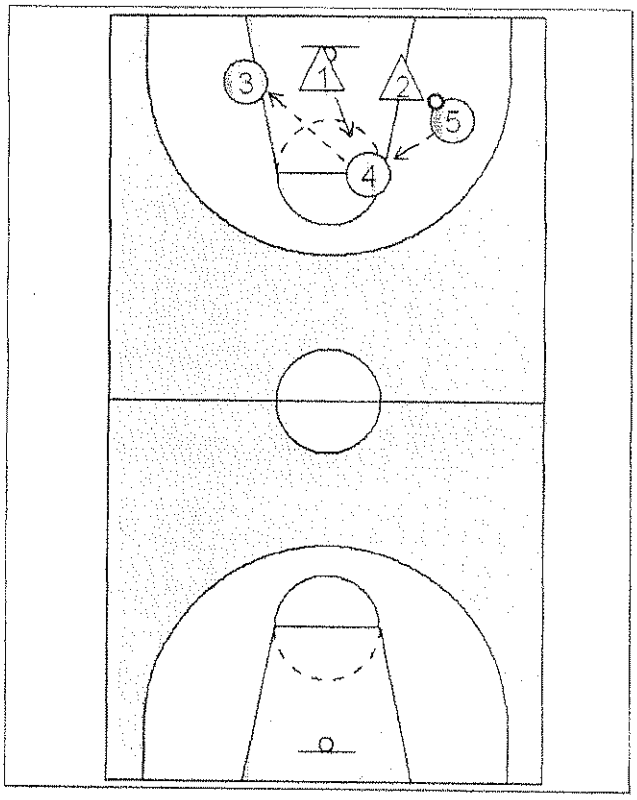
3v2,



2 & 1 defence set up in an EYE formation
4 releases the ball early if 3 & 5 are ahead
5 attacks to draw out 2



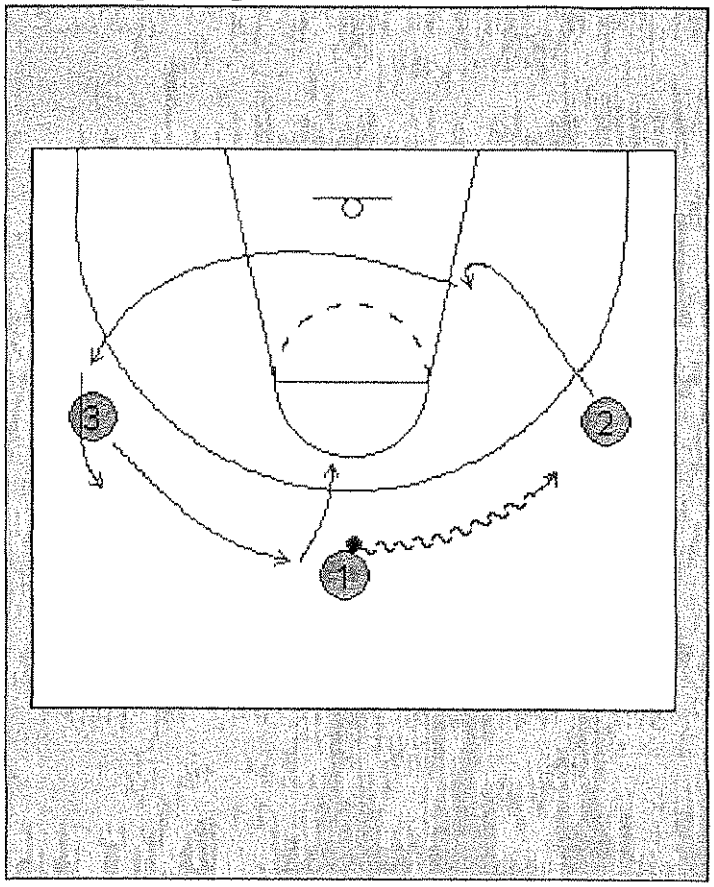
4 pass & cuts to F/T elbow
1 defender drops to protect basket



5 pass to 4 for shot on F/T line
If 1 defends 4 then 5 passes to 3 for lay up
or 5 passes to 4 + pass to 3 for lay up

3 on 0 - Spacing Drills.

Offence.



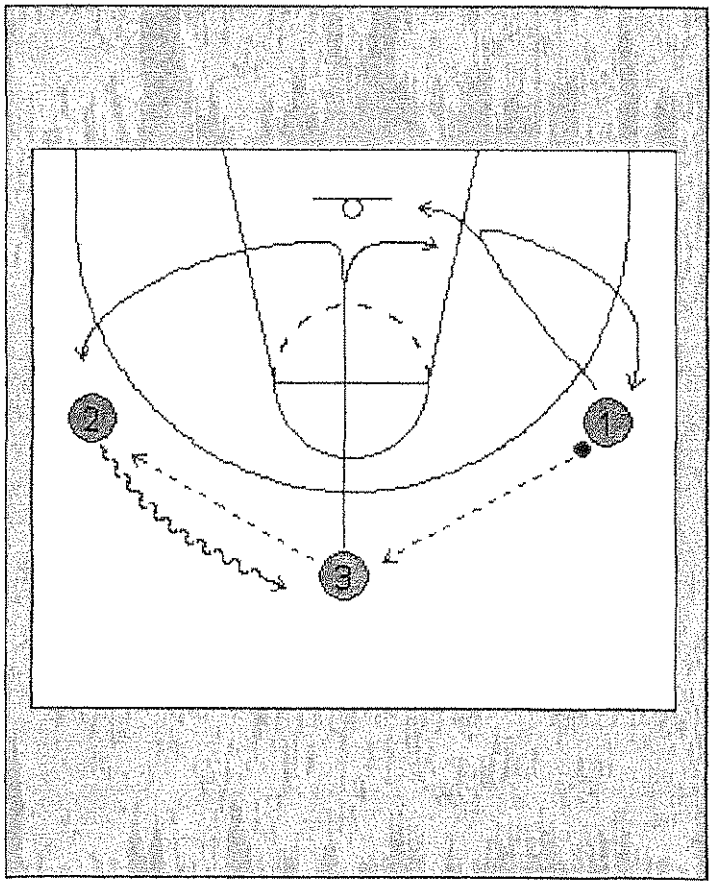
This is a simple spacing, passing & cutting drill. Players do not have set rules as such but must keep the wings & point spots occupied without crowding the same spot.

Each time a player fills a position they should be in a ready to receive & shoot stance. If the ball is not moved within a 2 count the Offence must make a move. Following are some movement examples.

Set players up 3 on 0. Have the point player dribble the wing out.

Strong side wing can cut into post & clear out to weak-side.

Weak wing can replace point. This player can also decide to dive to the basket after coming high & the weak-side player can replace.



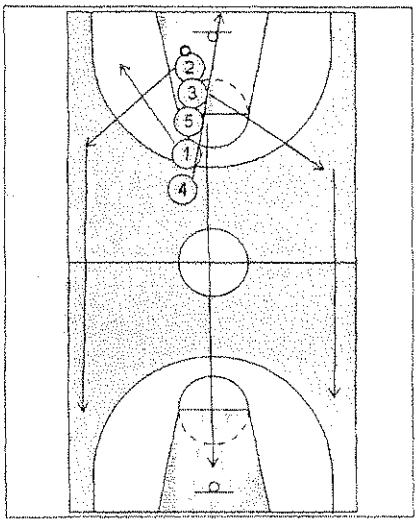
If the ball is reversed through the point to the wing the point player can basket cut.

If the wing 2 dribbles high the cutter 3 can replace this player. If not 3 can go opposite.

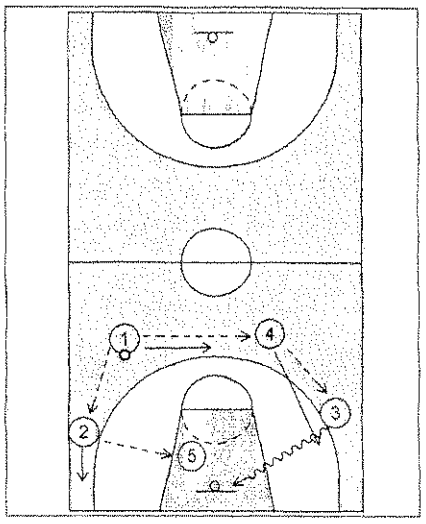
1 can cut to the basket & out to the other side of the court, 1 can cut & replace themselves also.

As soon as the coach is satisfied with the acquired spacing concepts add defenders to play 3 on 3

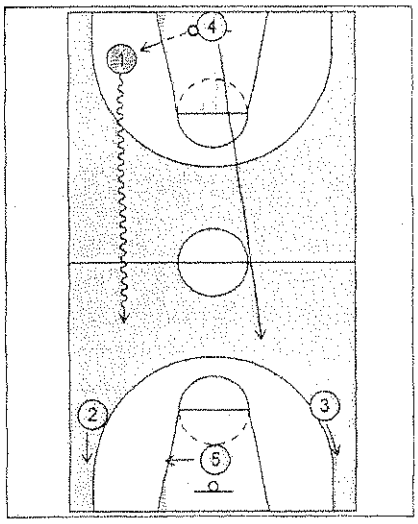
Transition - 5 on 0



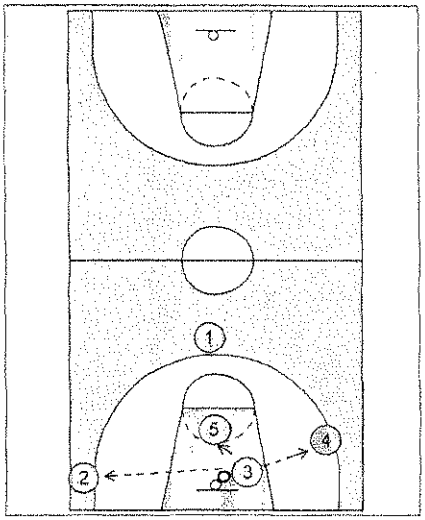
2 starts with ball & throws it off the backboard. 2 runs his lane. 3 catches & throws off the backboard & runs his lane. 5 catches & throws it off the back board & runs to basket. 1 catches & makes the basket & sprints to outlet. 4 takes it out of bounds.



1 can pass to 2 to 5 for basket or 1 pass to 4 to 3. 5 traces the ball. 3 dribbles to basket & jump stops.

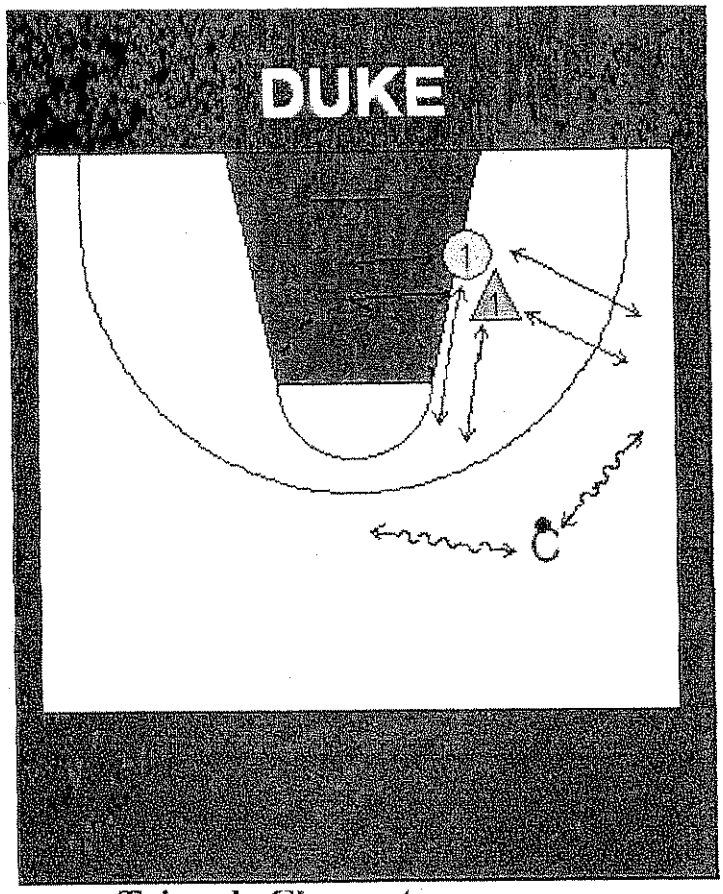


4 passes to 1 who dribbles it up quickly. 4 trails behind line of the ball. 5 posts ball side of 1 man.



3 dribbles to basket & jump stops. 3 can lay up or pass to 2 or to 5 or to 4 who replaces him. 1 at top for safety.

Ins & Outs.



Offence & Defence start in the low block.

Coach is out high with the ball. Coach dribbles from side to side.

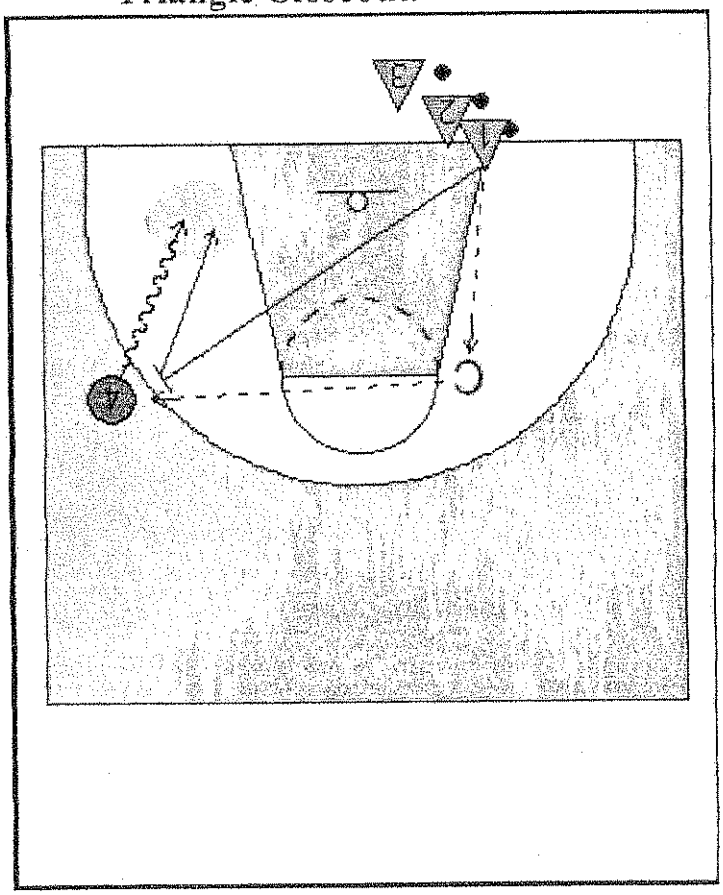
Offence makes leads out to the wing, up high or backdoor according to where the coach is positioned.

Defence must deny all leads.

Coach can pass the ball at any time & we play 1 on 1 until a score or a stop.

Make sure the defender is vocal making calls such as deny, backdoor, pass, shot, etc.

Triangle Closeout.



Set-up as in diagram.

(1) passes to coach who passes to (4).

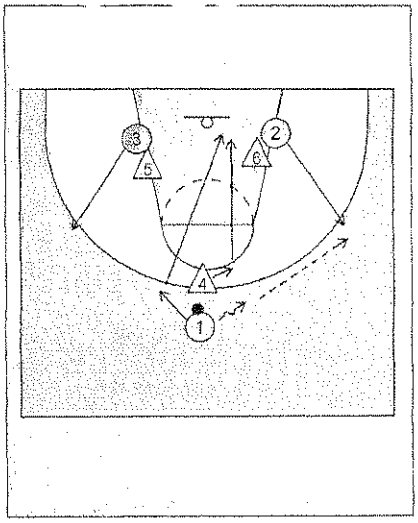
(1) closes-out to (4).

- Butt-low
- High-hands
- Head-back
- Stutter steps/Bunny hops at the end.
- No Middle.

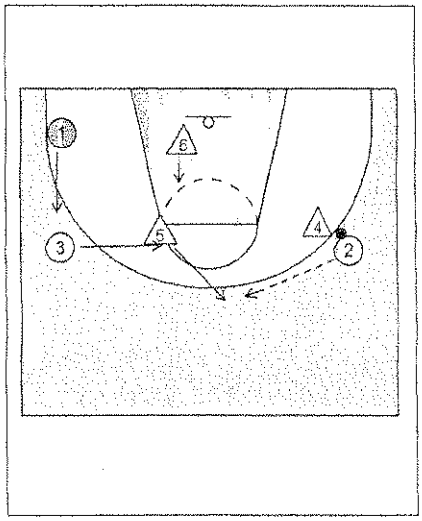
Play one-on-one to a result.

<u>Variation:</u>
(4) shoots directly, 1 boxes out.

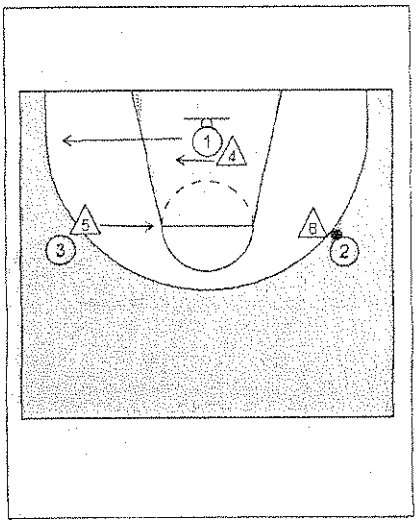
3 on 3 - Bump Cutters



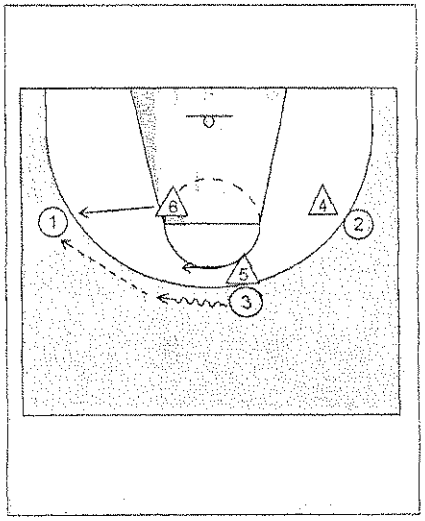
1 starts with the ball. 2 & 3 lock heel & arm & lead out. 5 & 6 deny pass. 1 takes 1 dribble & passes to 2. 1 takes his man away & cuts to basket hard. 4 jumps to the ball & bumps the cutter 1.



3 cuts to F/T line. 5 meets cutter & pumps to top. 1 lifts & 6 lifts. 2 passes to 3. 5 has defensive stance with bum on the basket.

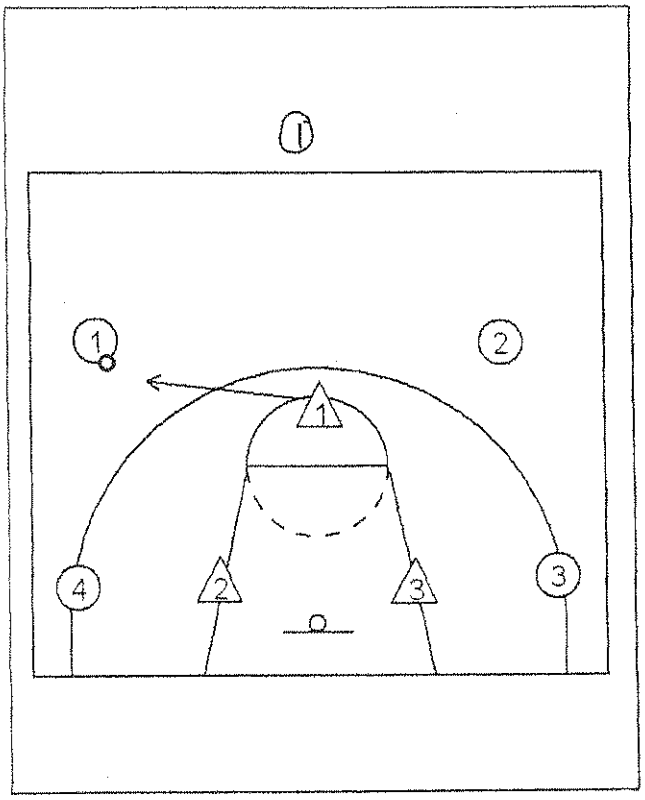


6 gets in a stance with bum pointing to basket.
5 jumps to the ball. 4 stays on split line. 1 cuts out.

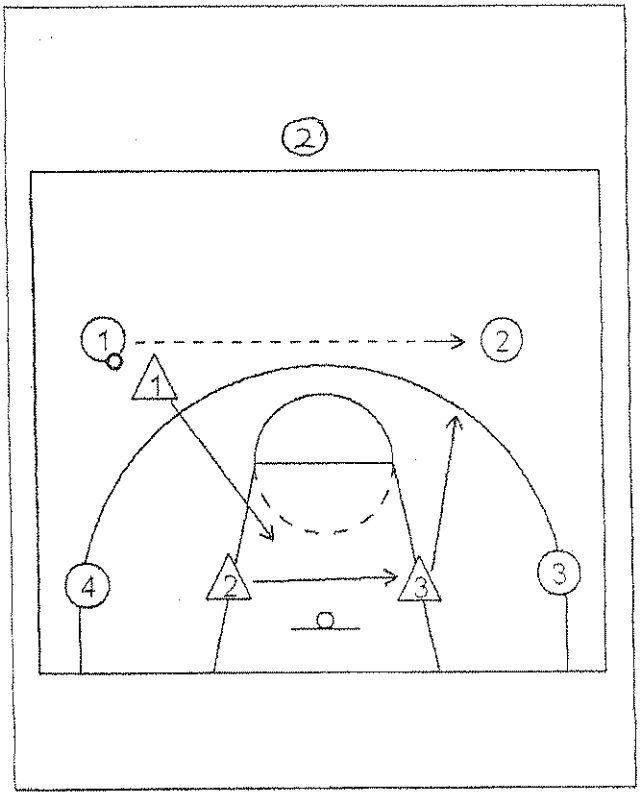


3 takes 1 dribble & passes to 1.
3 cuts to basket to repeat the drill.

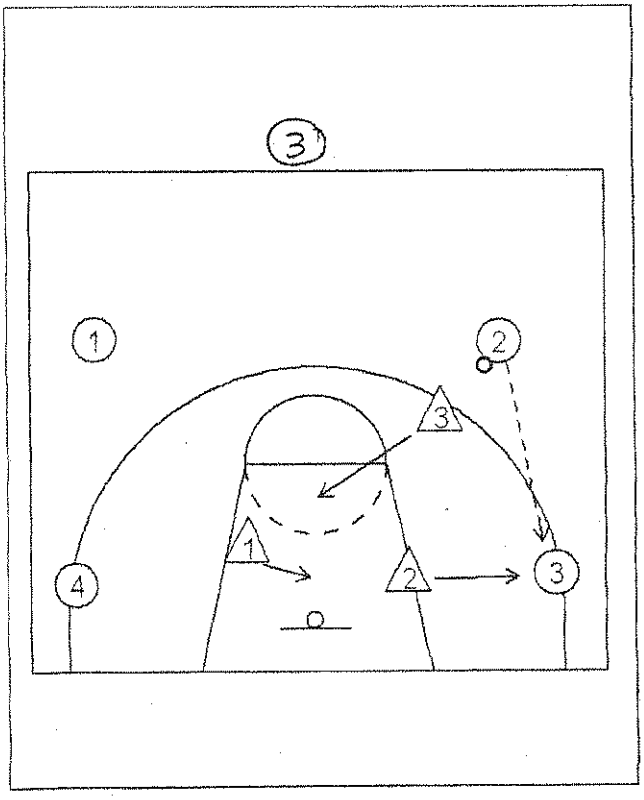
Rotations 4 on 3



Defence starts in a triangle
1 picks up the ball
2 & 3 fill the eye baseline spots in open stances



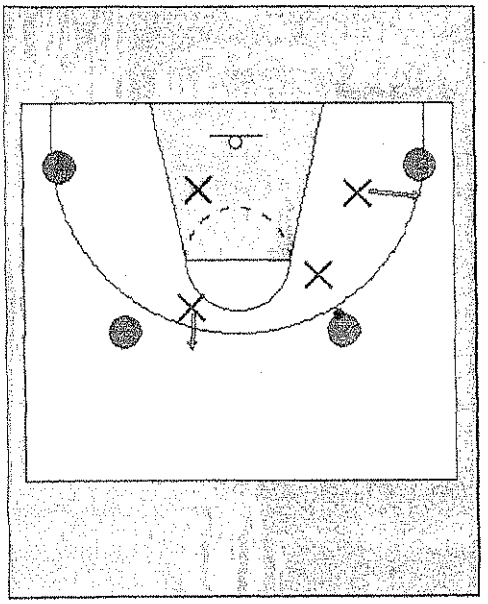
1 offence passes to 2
3 defence closes out 2
2 defence fills his spot
1 defence drops to bottom of eye



2 passes to 3
2 defence closes out 3
1 defence to split line in open stance
3 defence sprints to top of eye in open stance

Shell Drill.

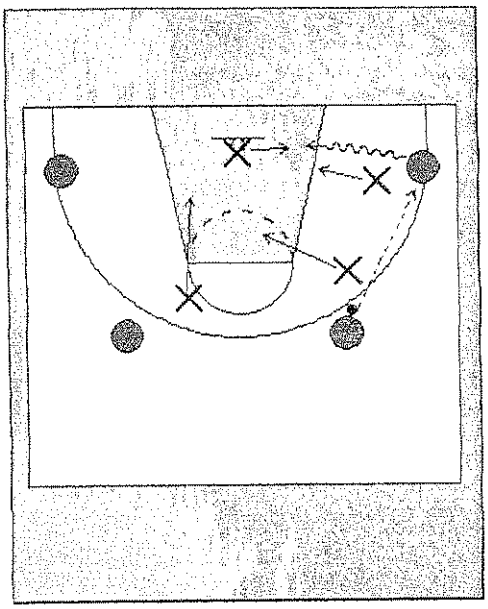
Defence.



The ball handler is pressured but contained.

If you are 1 pass away play denial (Hand in lane) but prepared for back cut.

Weakside player is off to ball seeing man & ball (Triangle, point pistols).



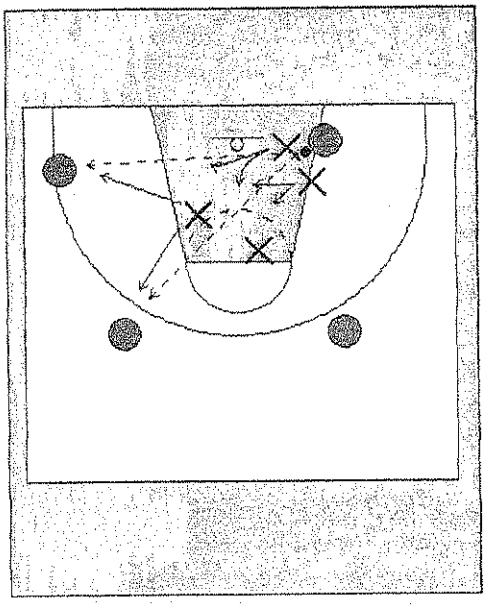
If pass goes to corner all 4 players rotate, ball is pressured.

Strongside high defender drops to foul line area.

Weakside player gets to split line.

On the drive we force the ball handler to the baseline corner and the weakside defender comes to help before Offence gets to the edge of key.

High weakside player drops to cover skip pass to either weakside player.



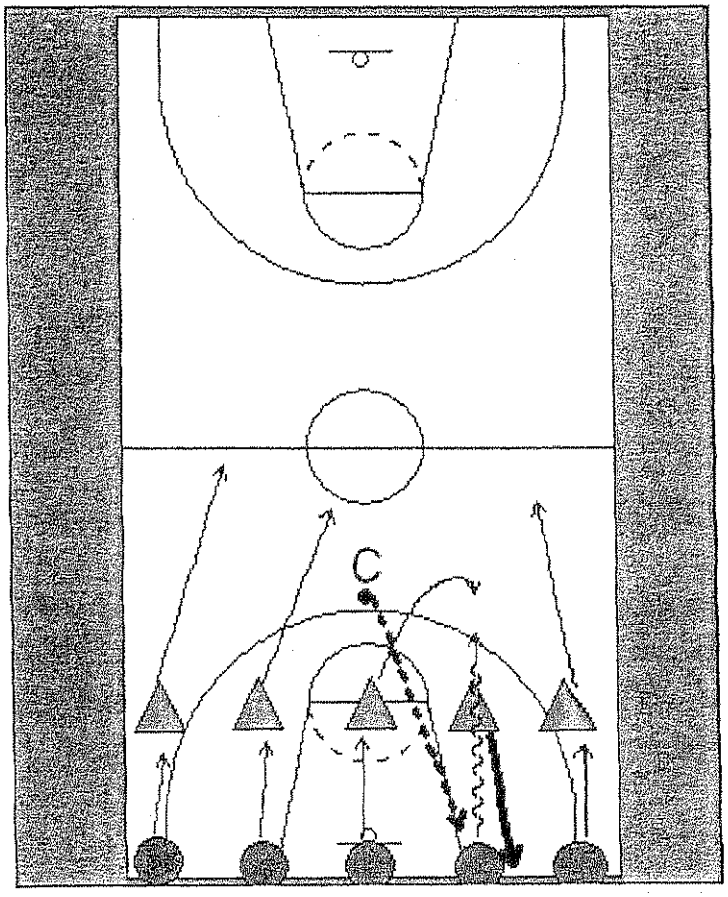
On the pass the weakside defender closes out onto the ball.

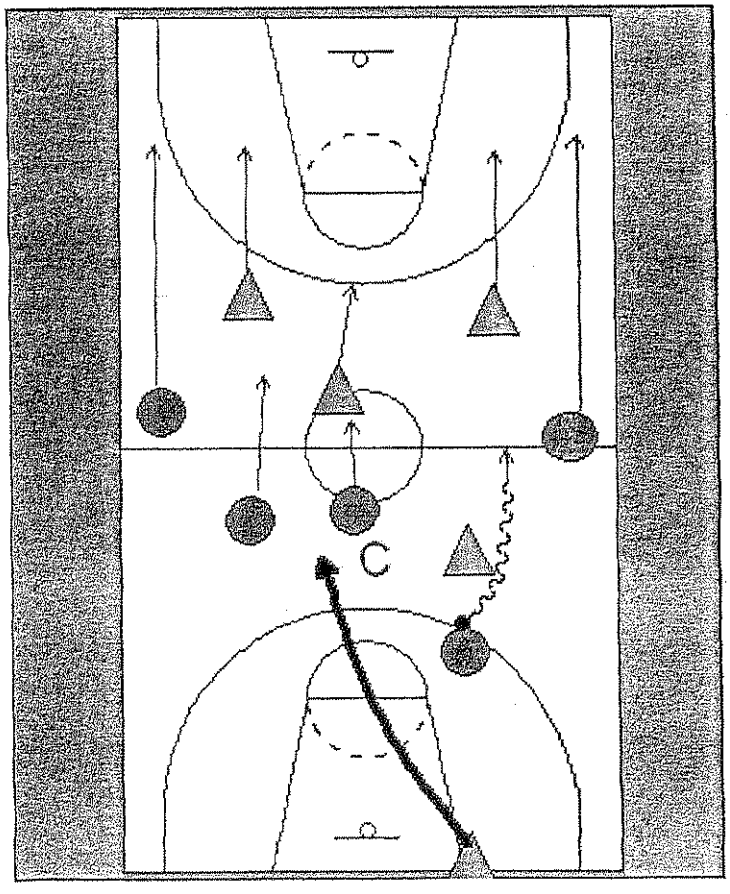
If the ball is passed quickly on the drive the ball handler defender rotates to the next man. If it is from a dead ball trap the trapper rotates on the pass to the free man.

Strong side high defender moves according to closeouts. This player may rotate to ball if closeout is late, this player may go to 1 pass away denial if the ball is passed high or may stay in a shallow triangle if it is passed out low.

Bounce the Base & Chase.

Defence.





Coach is out high with a ball.

Have 5 players line up on the baseline on Offence & 5 players on Defence in a ready stance across the floor at foul line level.

When the coach throws an offensive player the ball the corresponding defender must sprint to touch the baseline with their foot.

All other players sprint the floor in transition down to begin the break 5 on 4 trying to score.

The defender that is closest to the ball should immediately pressure the ball handler to slow the offensive transition down.

Note: If the ball is passed to the player as shown avoid having the outside defender come to defend the ball as it will leave that whole side of the floor without a defender.

All defenders scramble back to rotate on any offensive players who receive the ball until the loose defender scrambles back.

Once the defender that has to touch the baseline has done so they sprint back to find the offensive player that does not have an opponent.

When all are matched up play 5 on 5.

Swap offence to defence at each end.

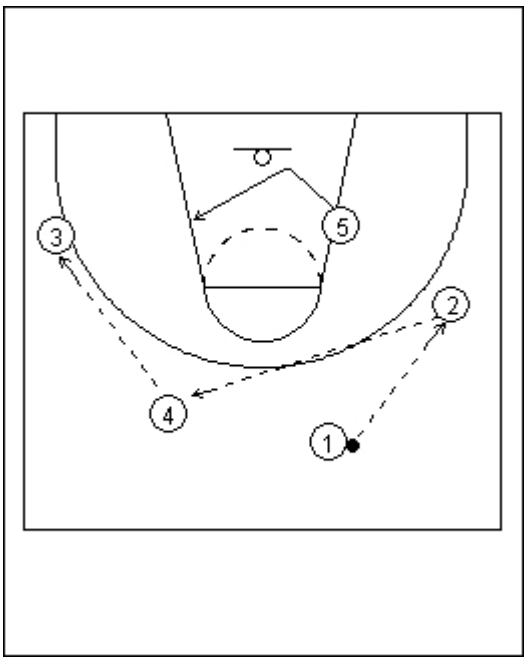
Play to scores, stops or a set time.

GONZAGA PLAYBOOK

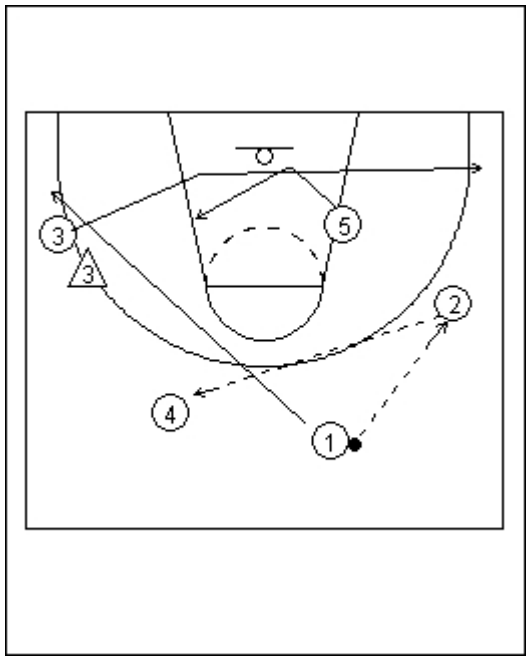
Head coach: Mark Few

SECONDARY BREAK

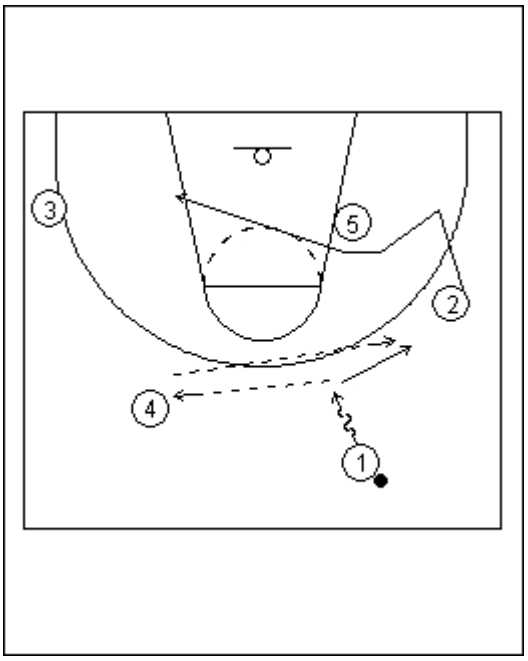
REGULAR



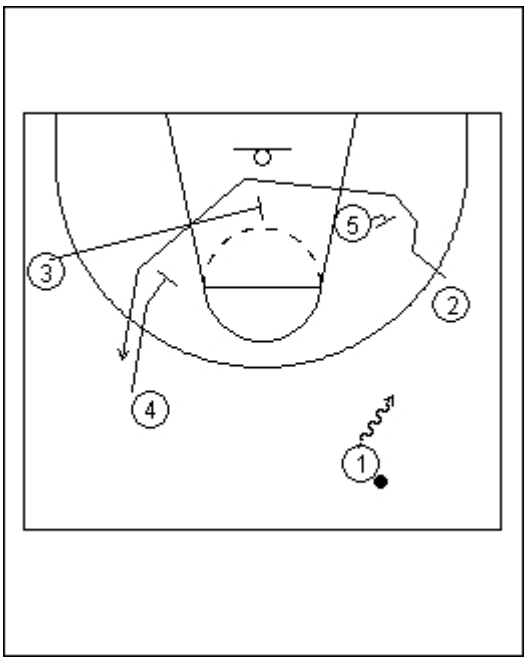
THROW BACK



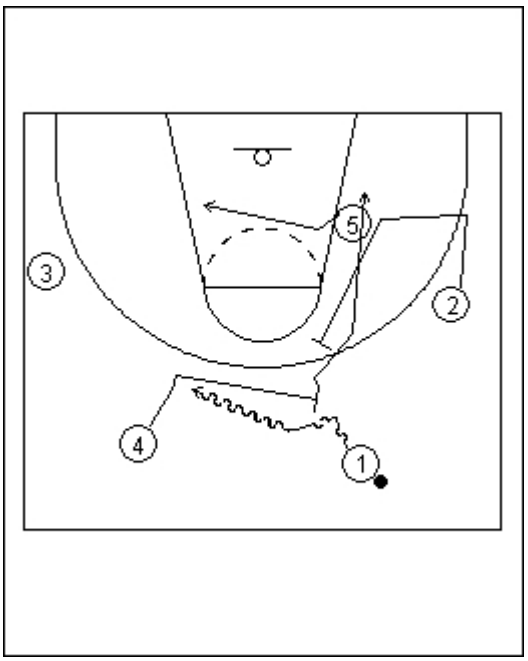
RUB



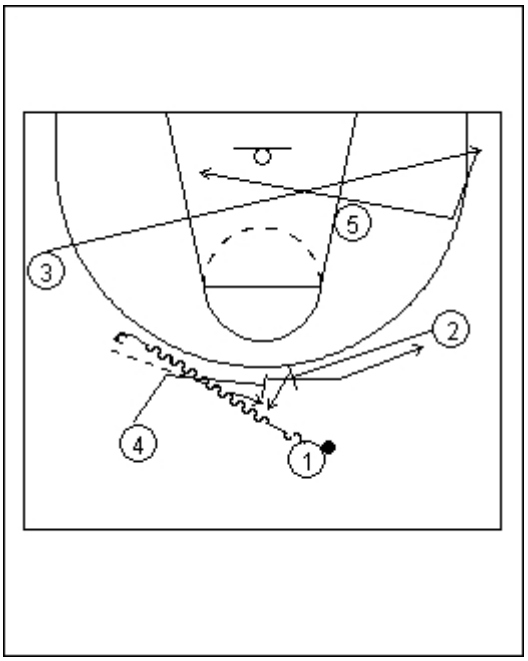
TURN OUT

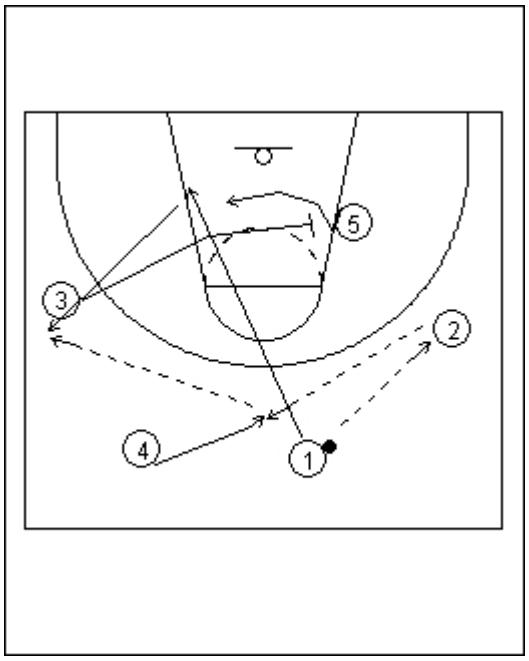


DRIBBLE

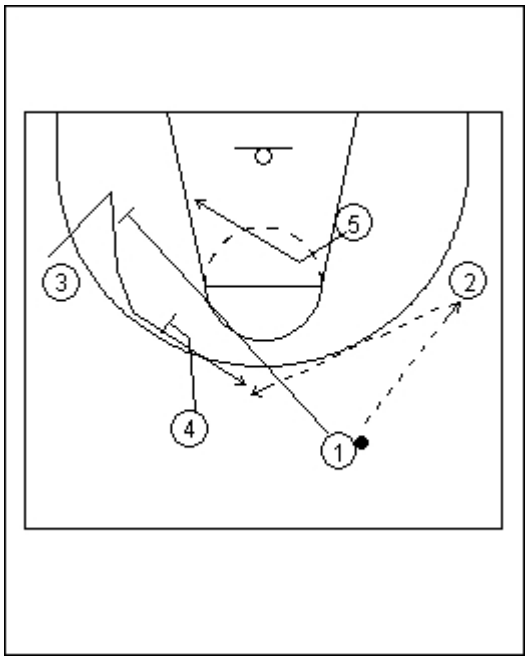


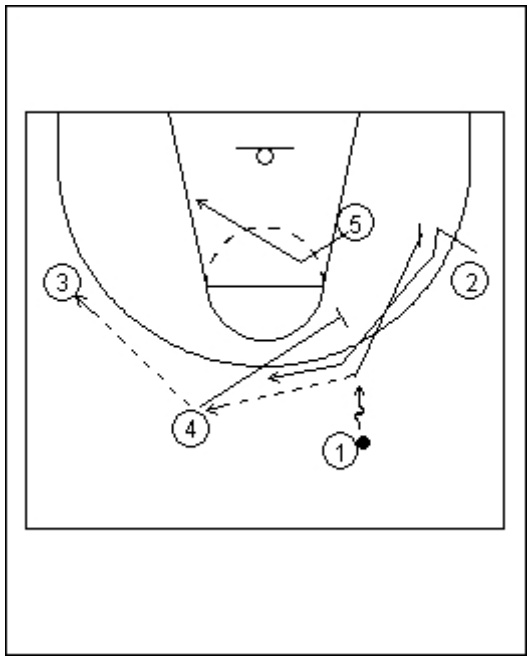
PICK





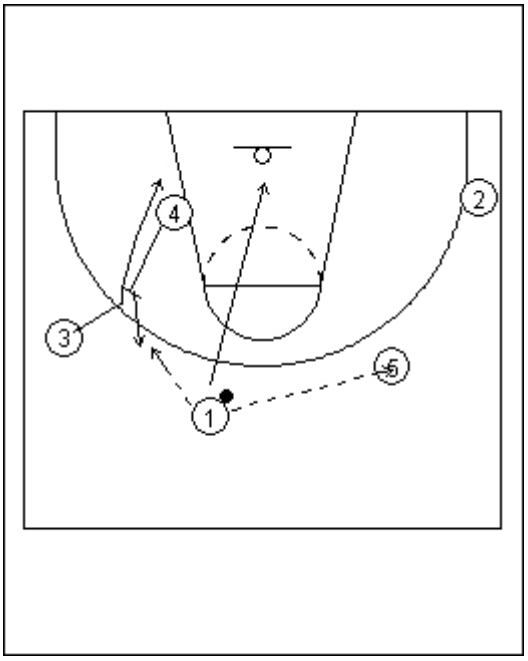
DOUBLE DOWN

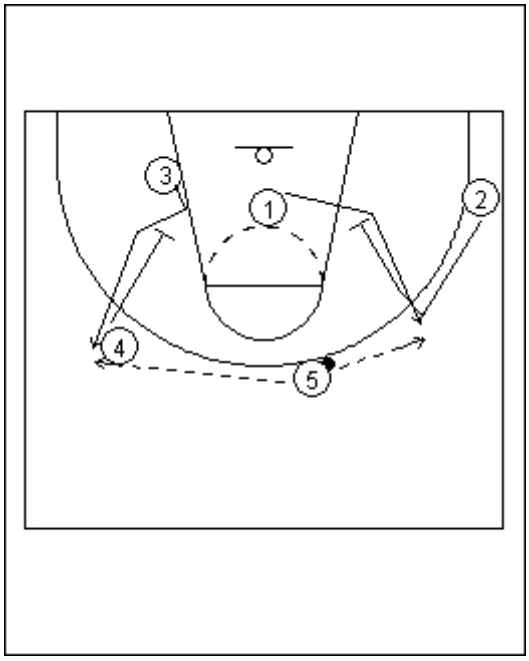




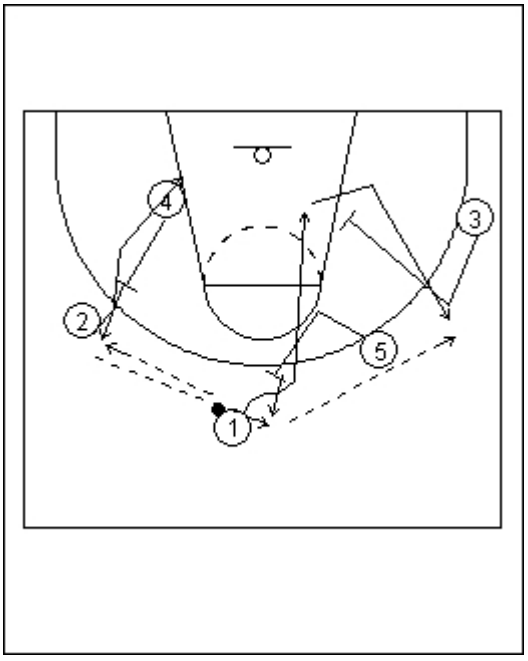
SET OFFENSE

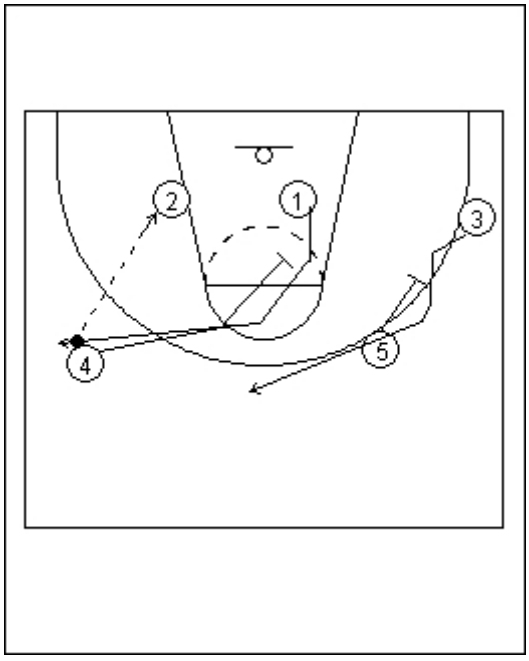
I BACK SERIES



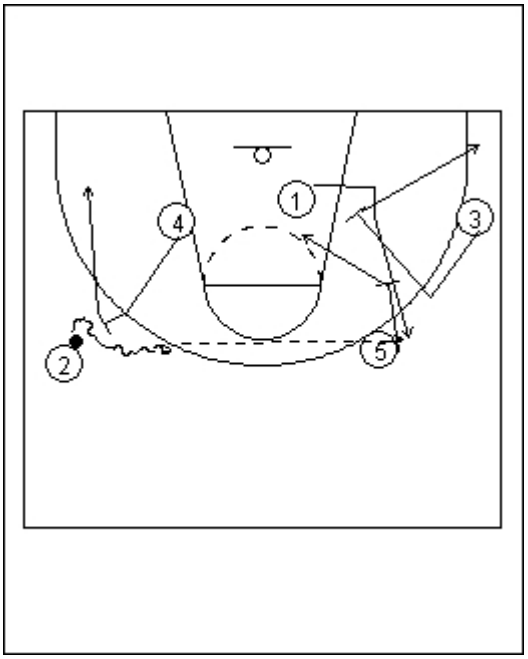


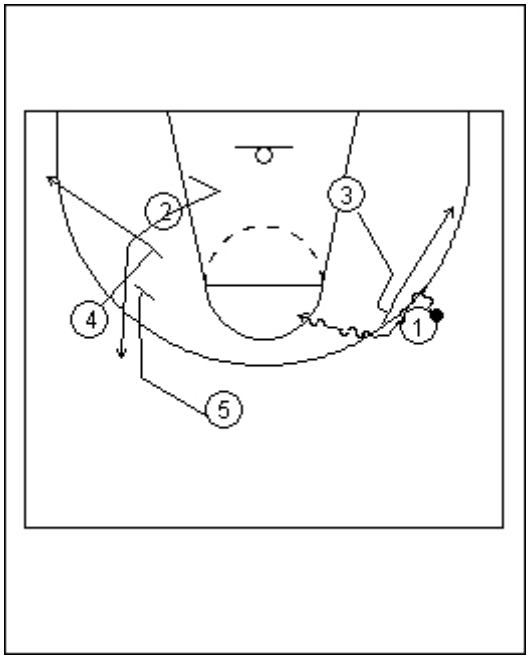
SHORT ISOLATION

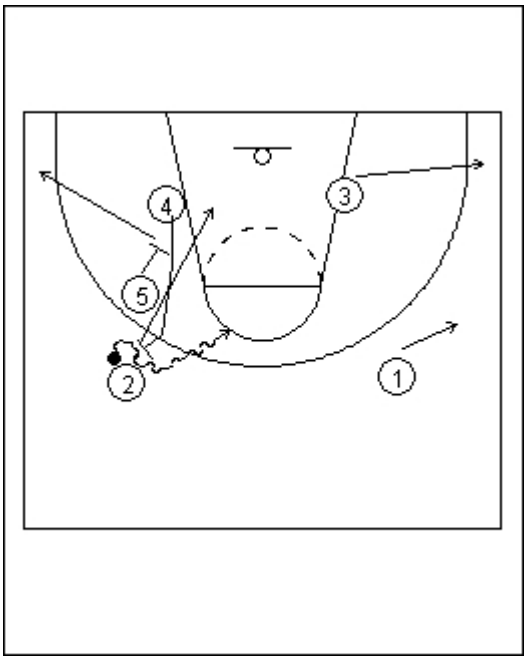




BALL PICK OPTIONS

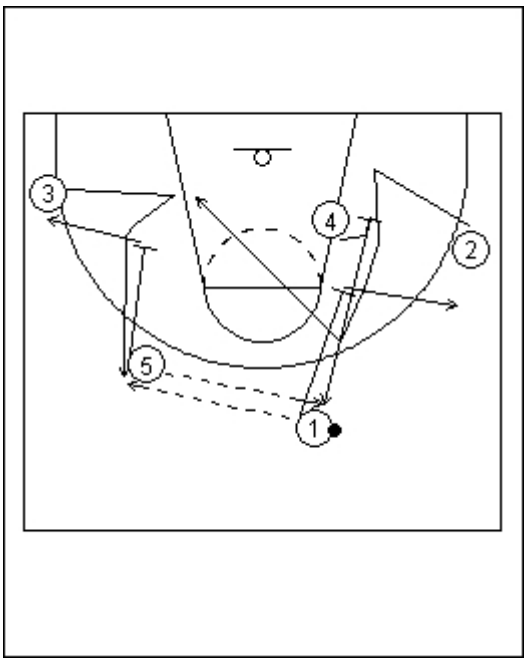


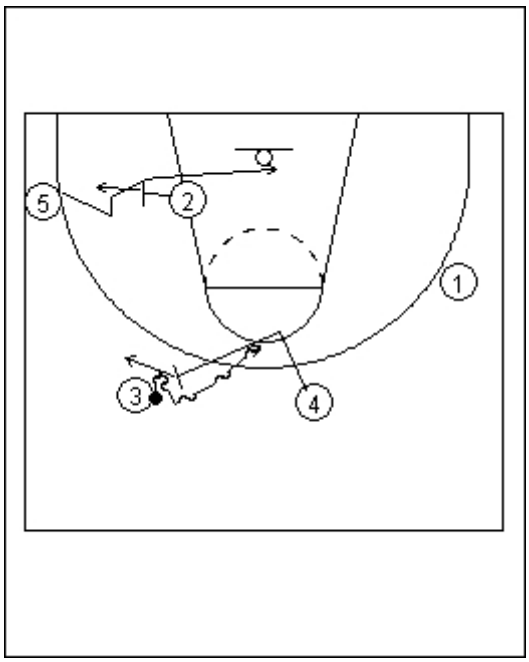


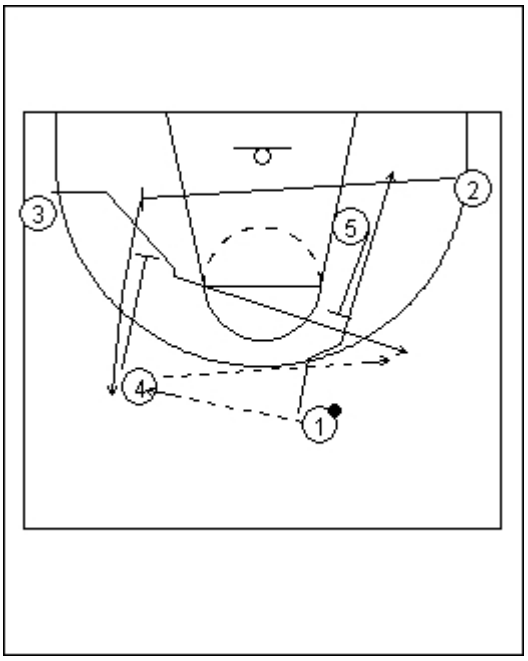


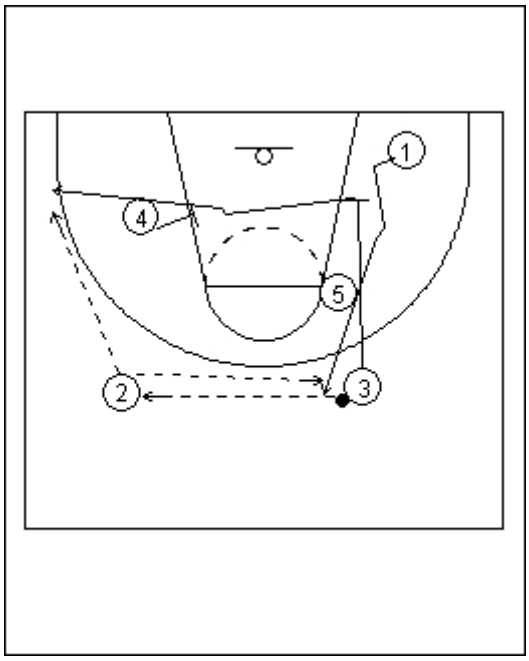
CRACK DOWN

FLEX OPTIONS

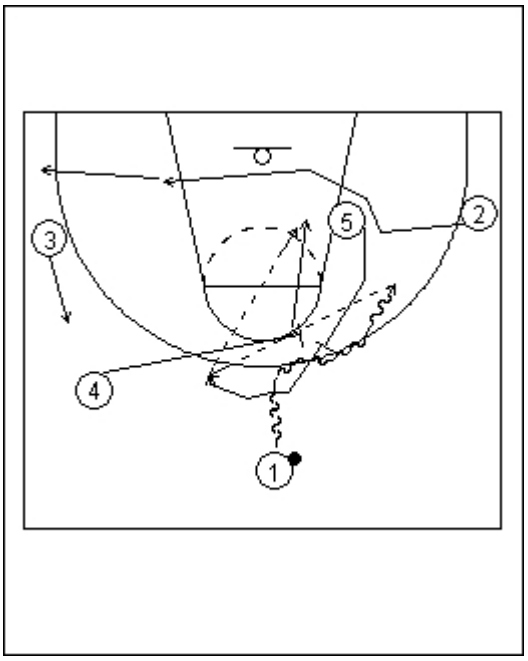


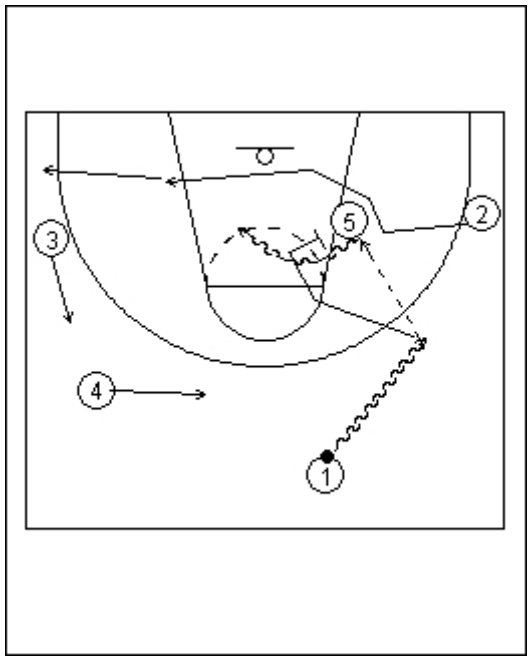


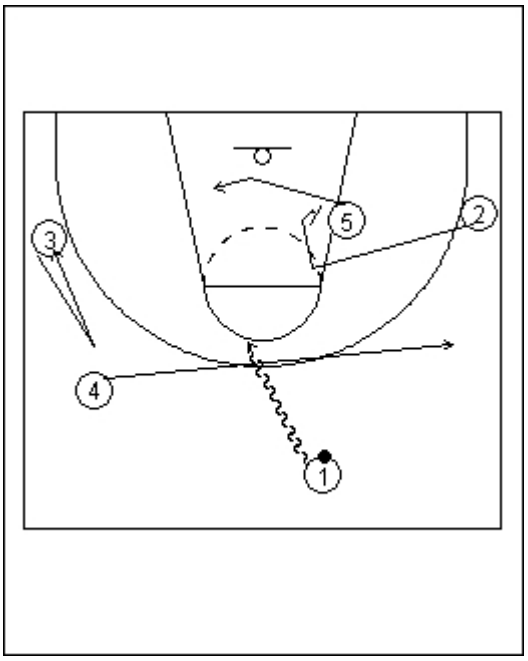


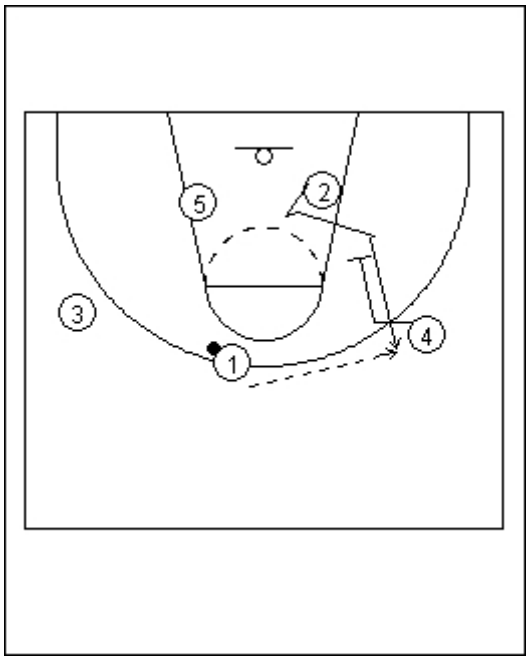


BALL PICK OPTIONS



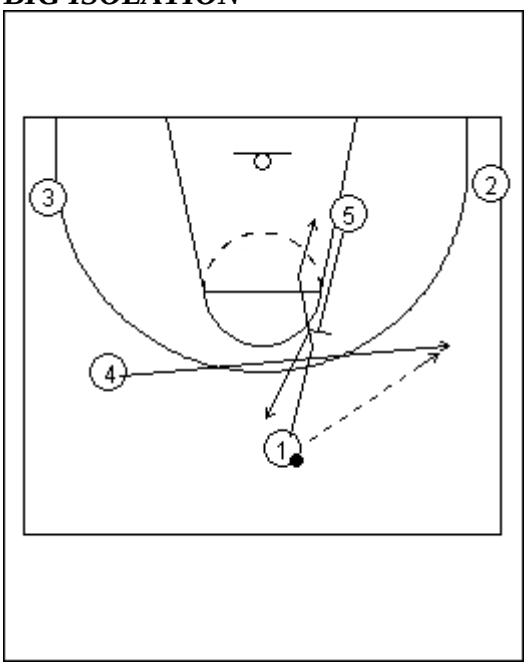


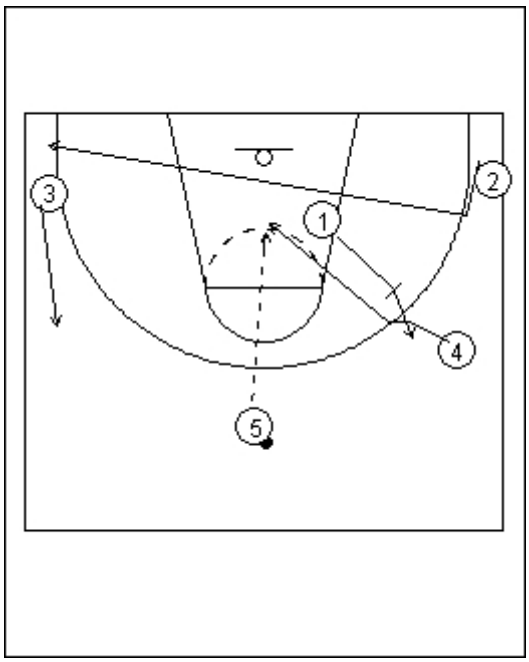


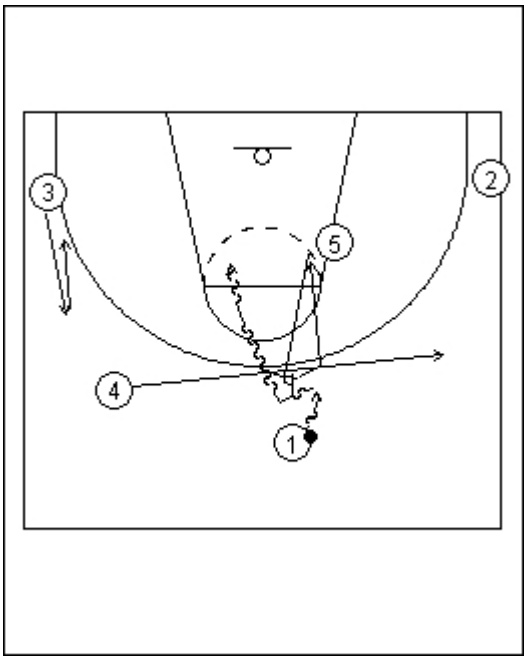


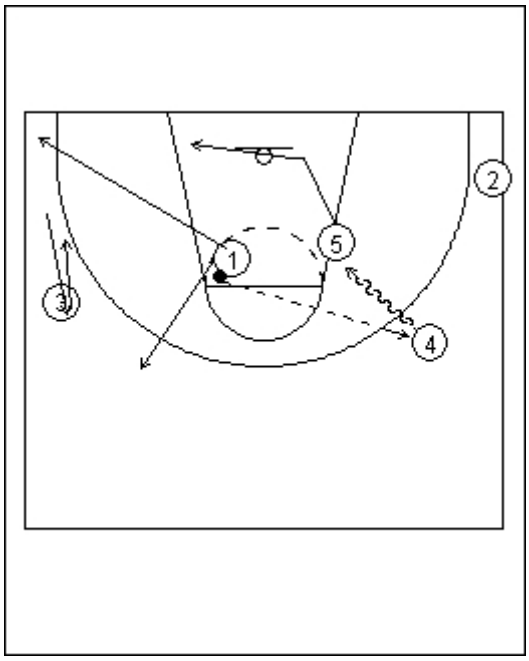
TRAILER

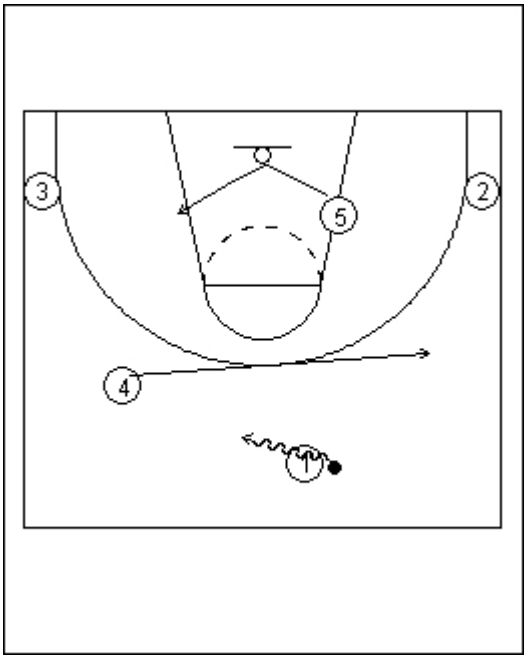
BIG ISOLATION

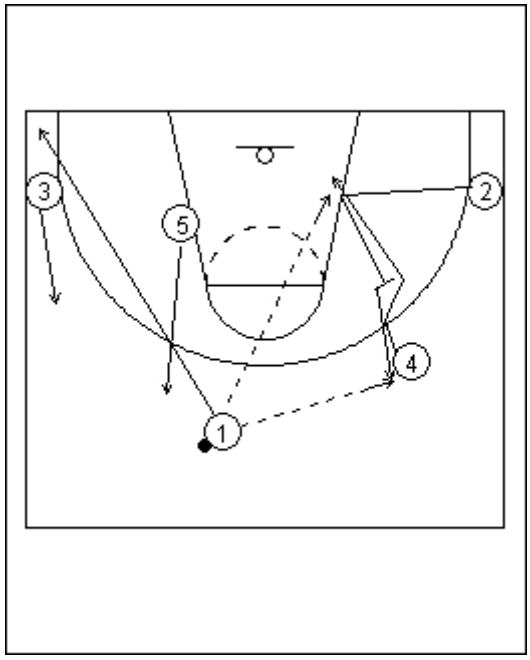




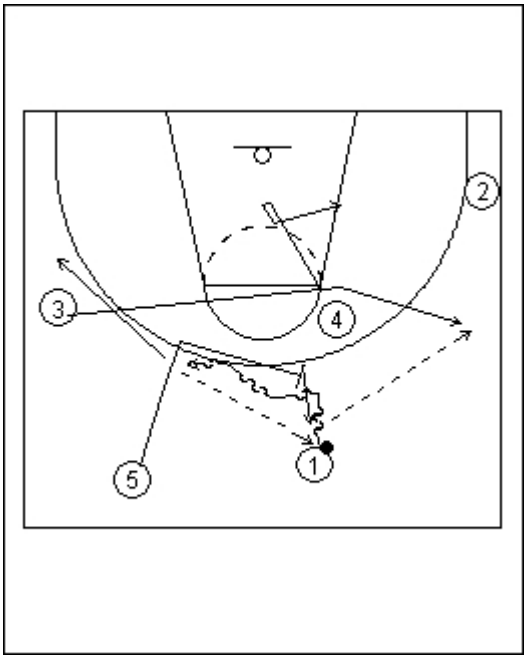


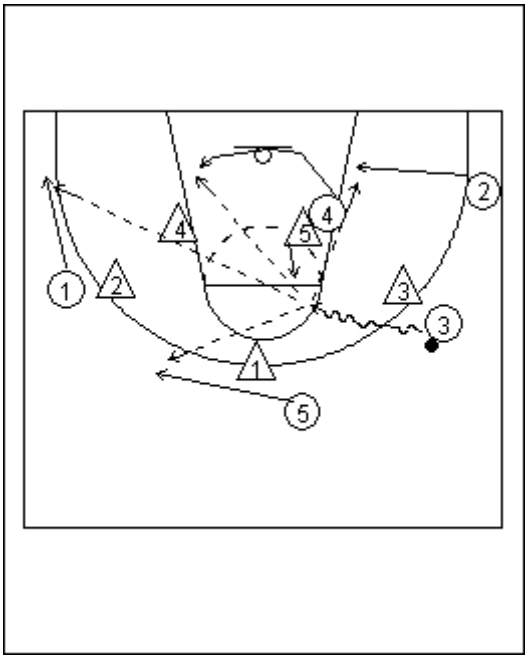






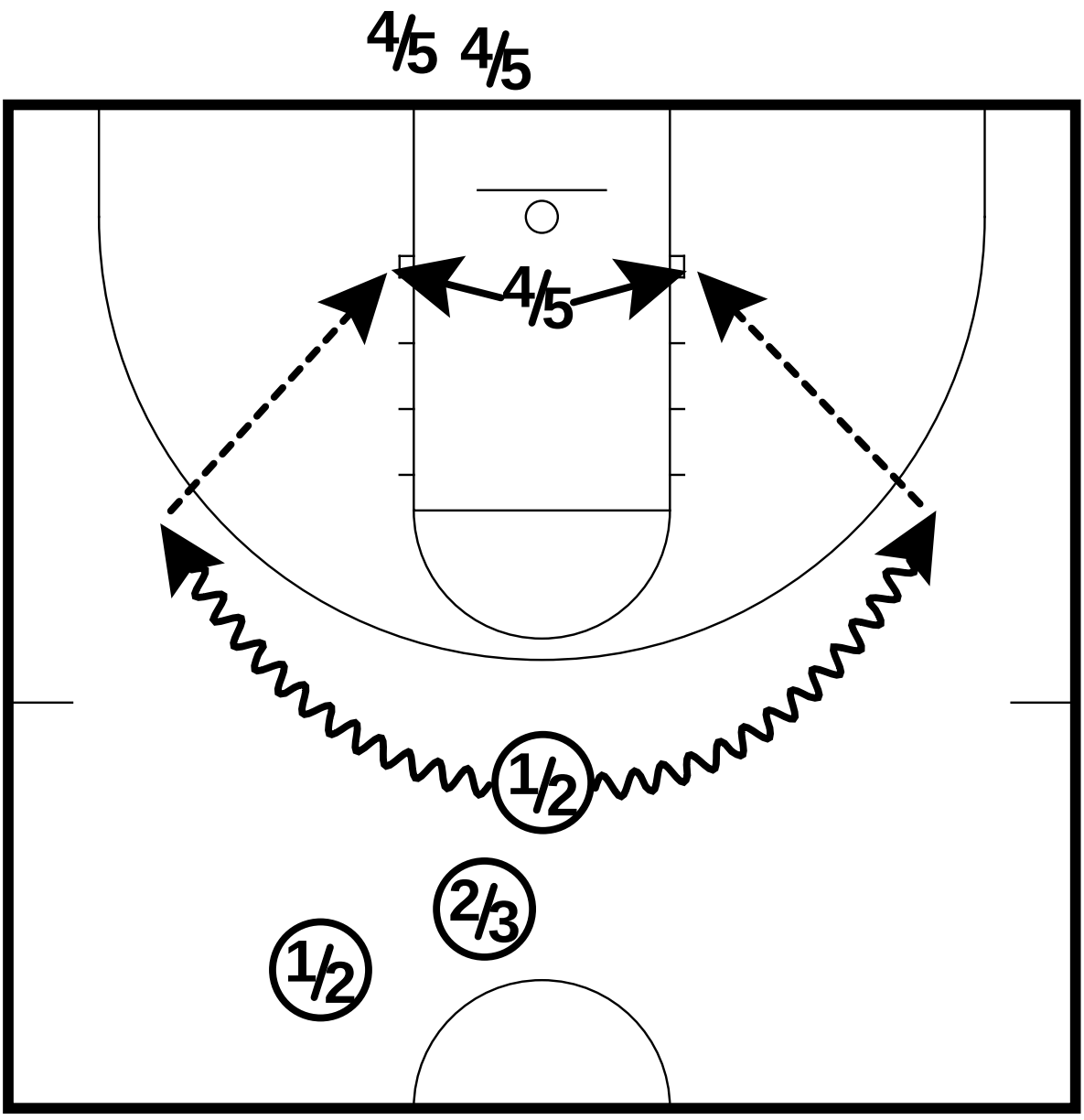
ZONE OFFENSE





94ft Motion Diagrams

Post Feeds
Drills



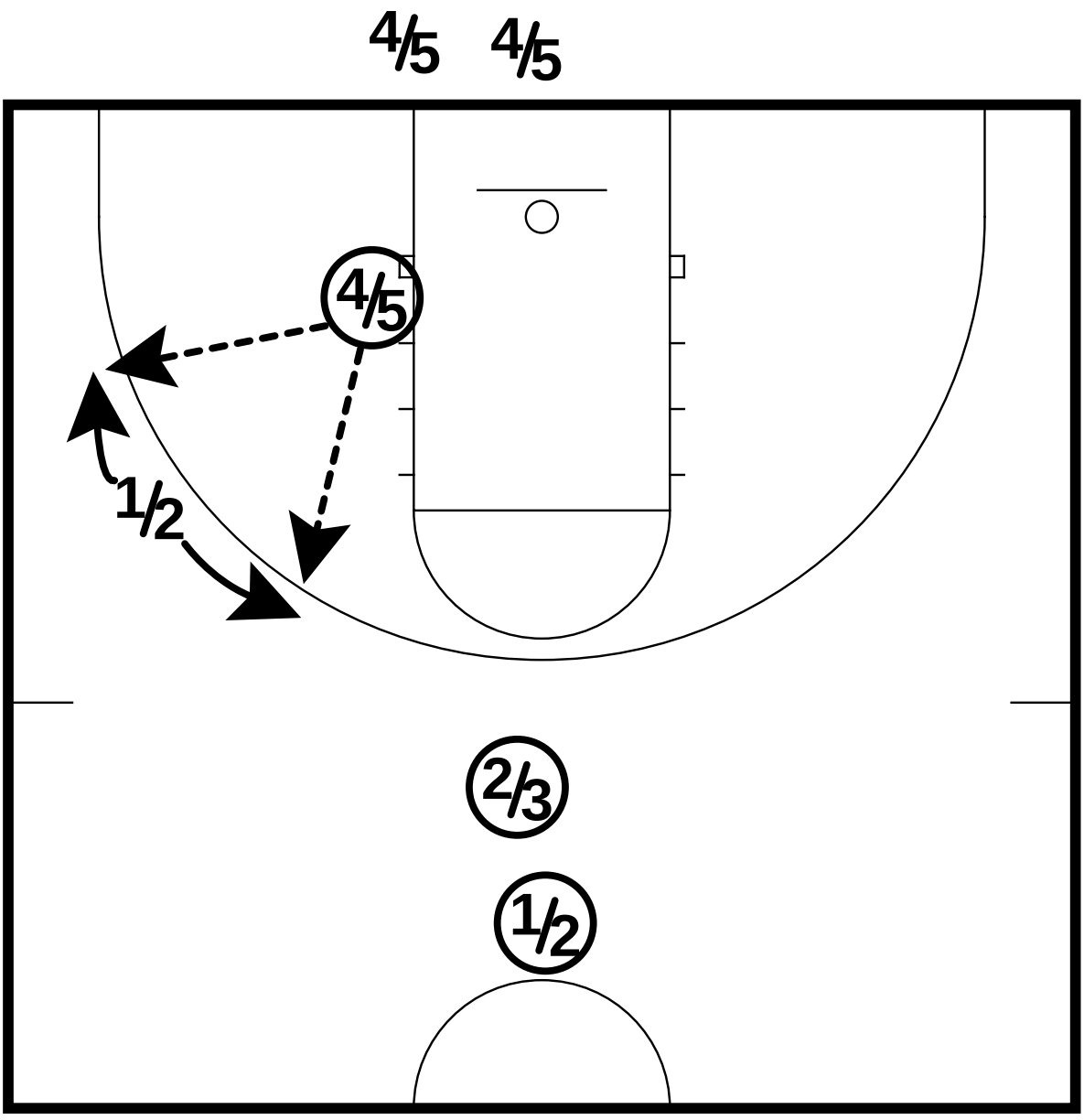
Post feed to post move

All Contents Proprietary

94ft Motion Diagrams

Post Feeds

Drills

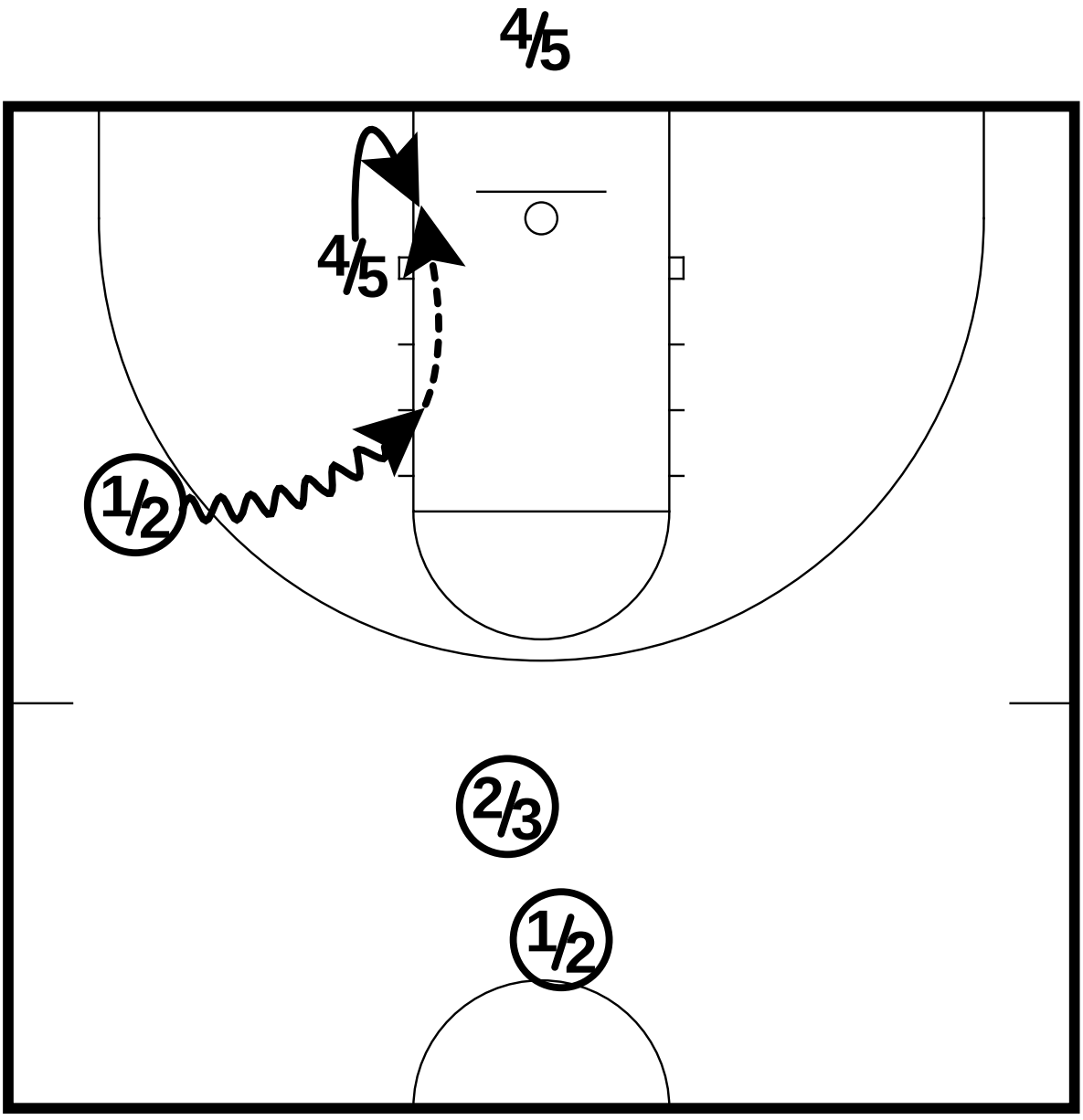


Progression 1: Relocate to shot fake, one dribble pull-up

All Contents Proprietary

94ft Motion Diagrams

Post Feeds
Drills

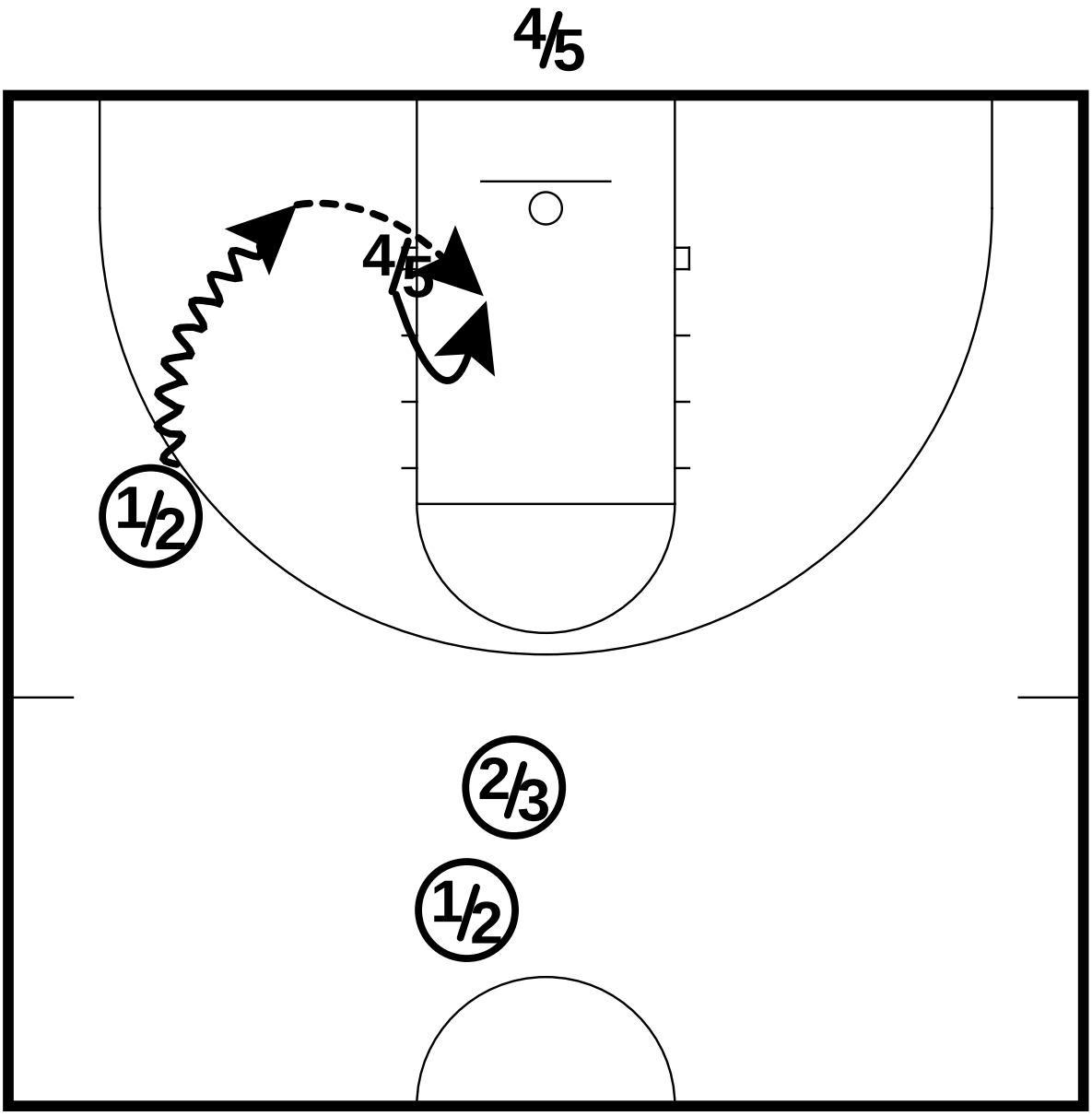


Progression 2: Post entry, relocation and kickout, middle drive to dump off to flattening post

All Contents Proprietary

94ft Motion Diagrams

Post Feeds
Drills

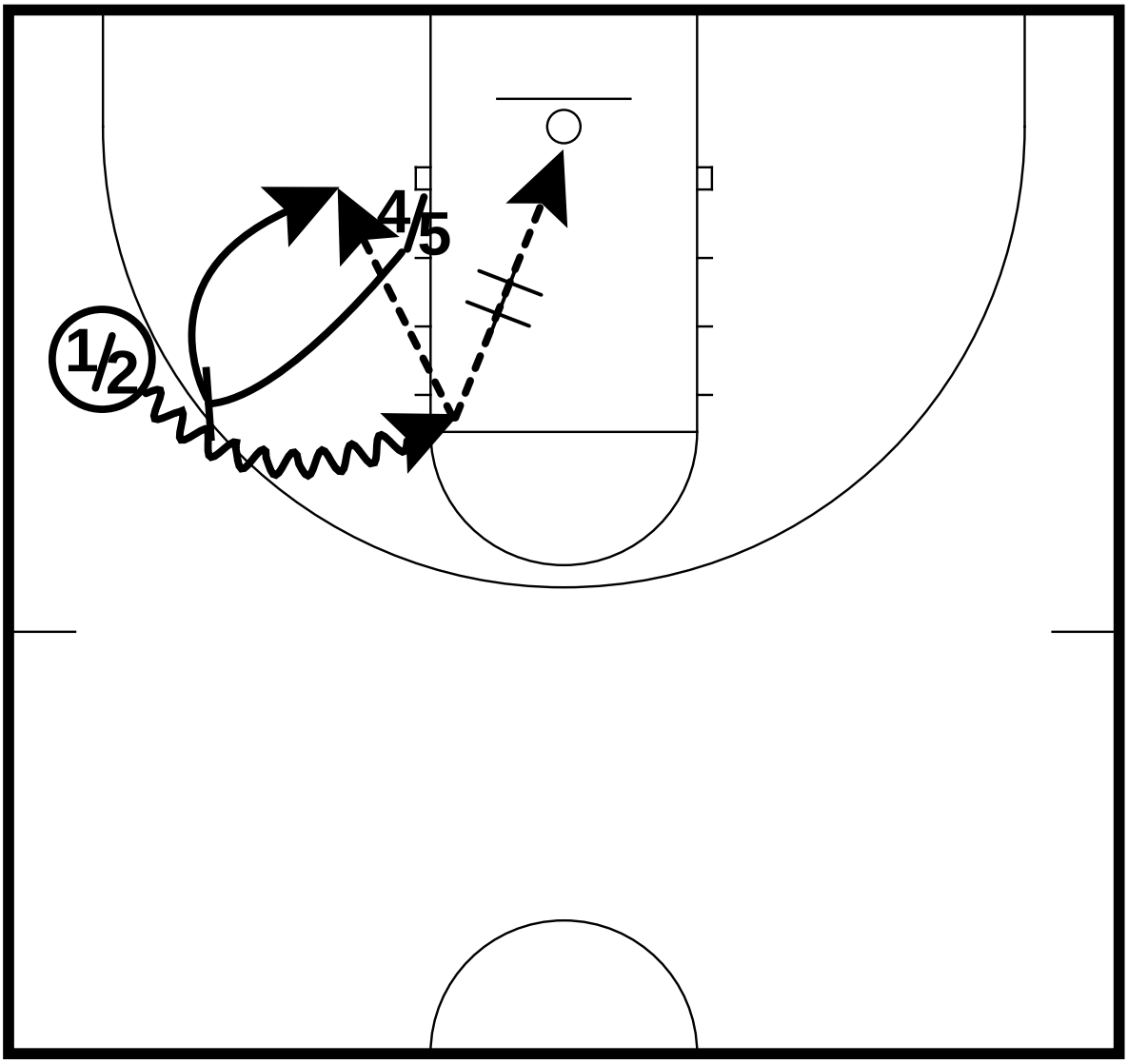


Progression 3: Baseline drive to slide up/shape up finish for post

All Contents Proprietary

94ft Motion Diagrams

Post Feeds
Drills

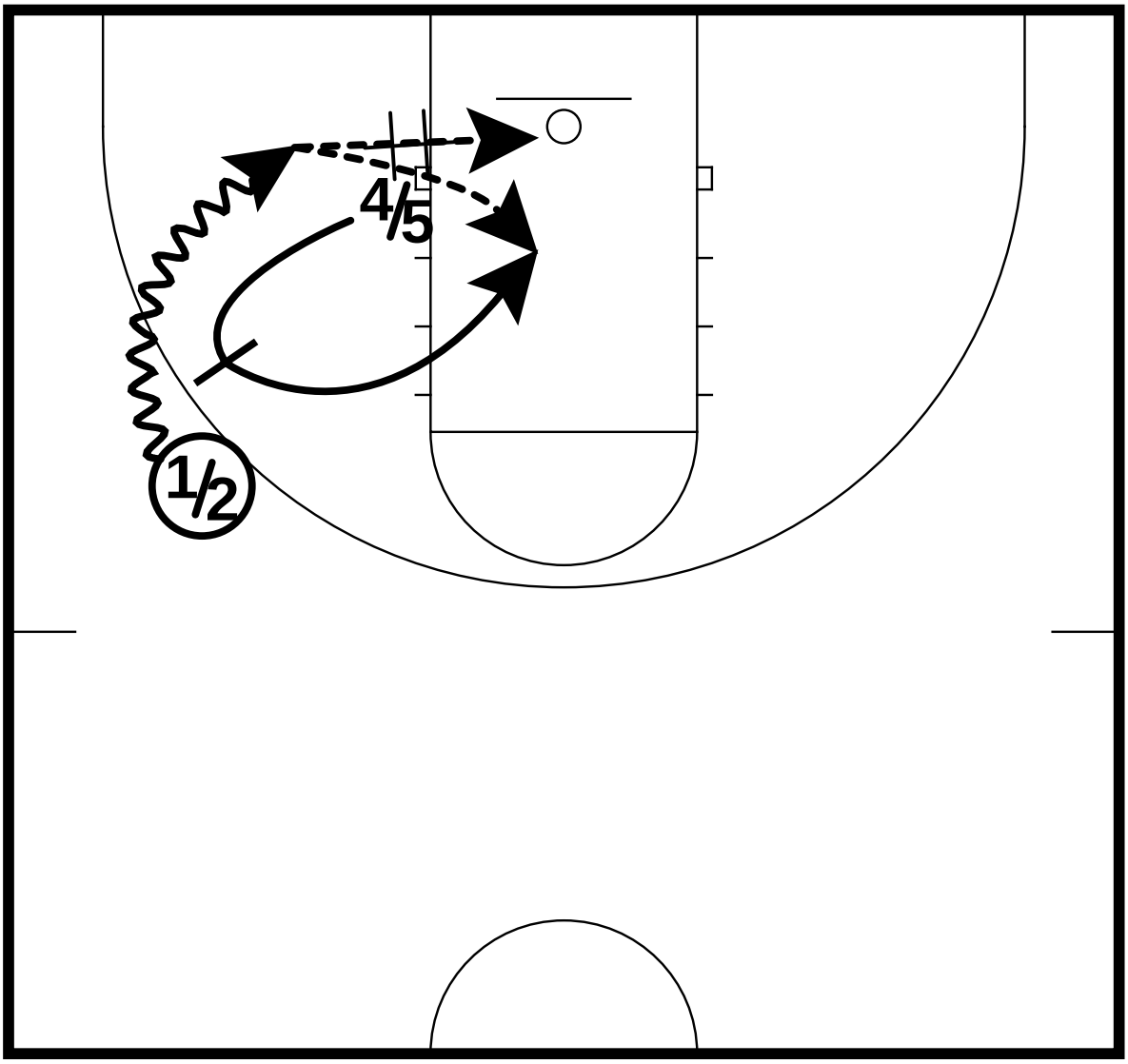


Progression 4: High Side Ball Screen

All Contents Proprietary

94ft Motion Diagrams

Post Feeds
Drills



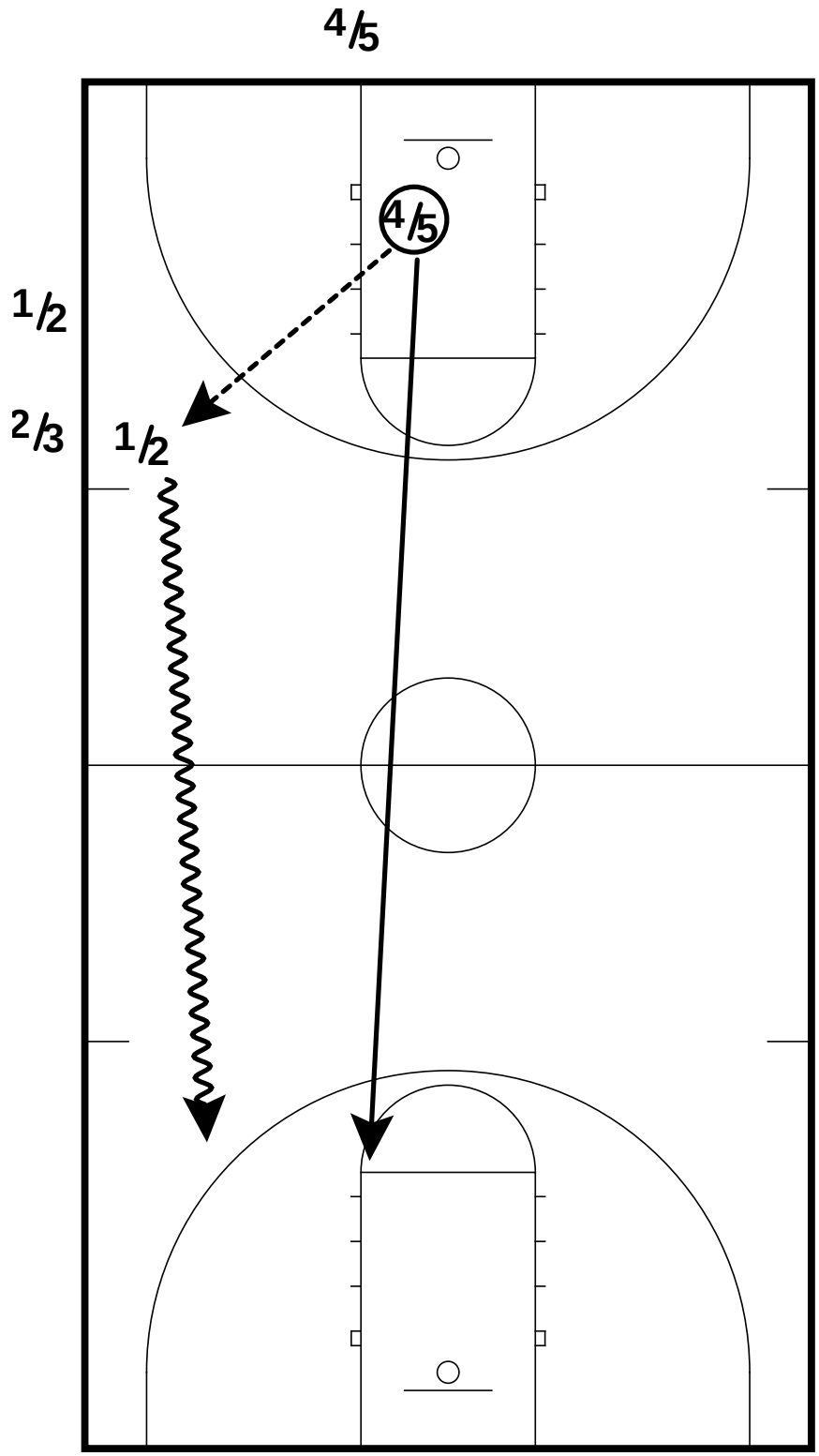
Progression 5: Low Side Ball Screen

All Contents Proprietary

94ft Motion Diagrams

Full Court Ballscreens

Drills

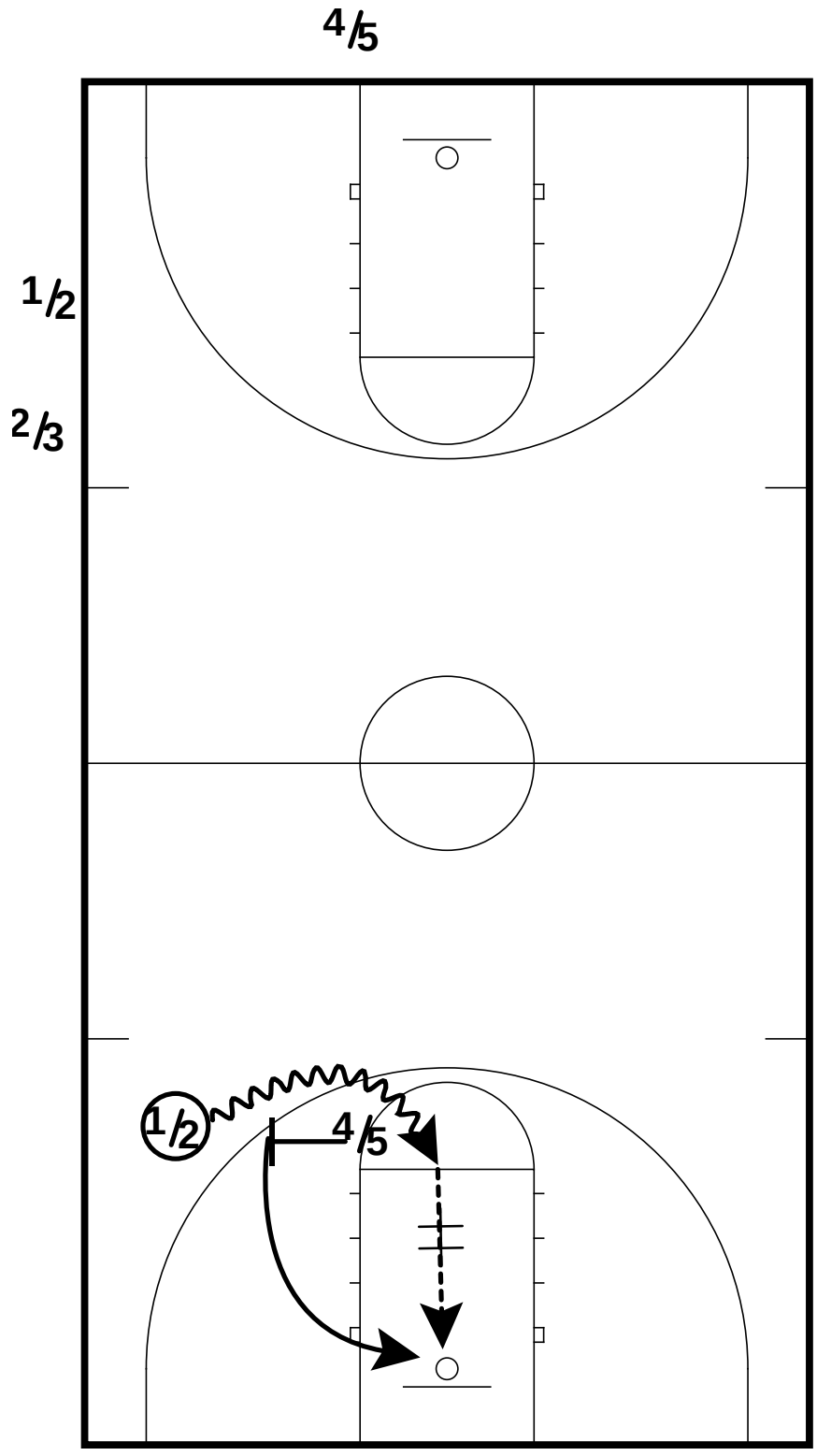


All Contents Proprietary

94ft Motion Diagrams

Full Court Ballscreens

Drills

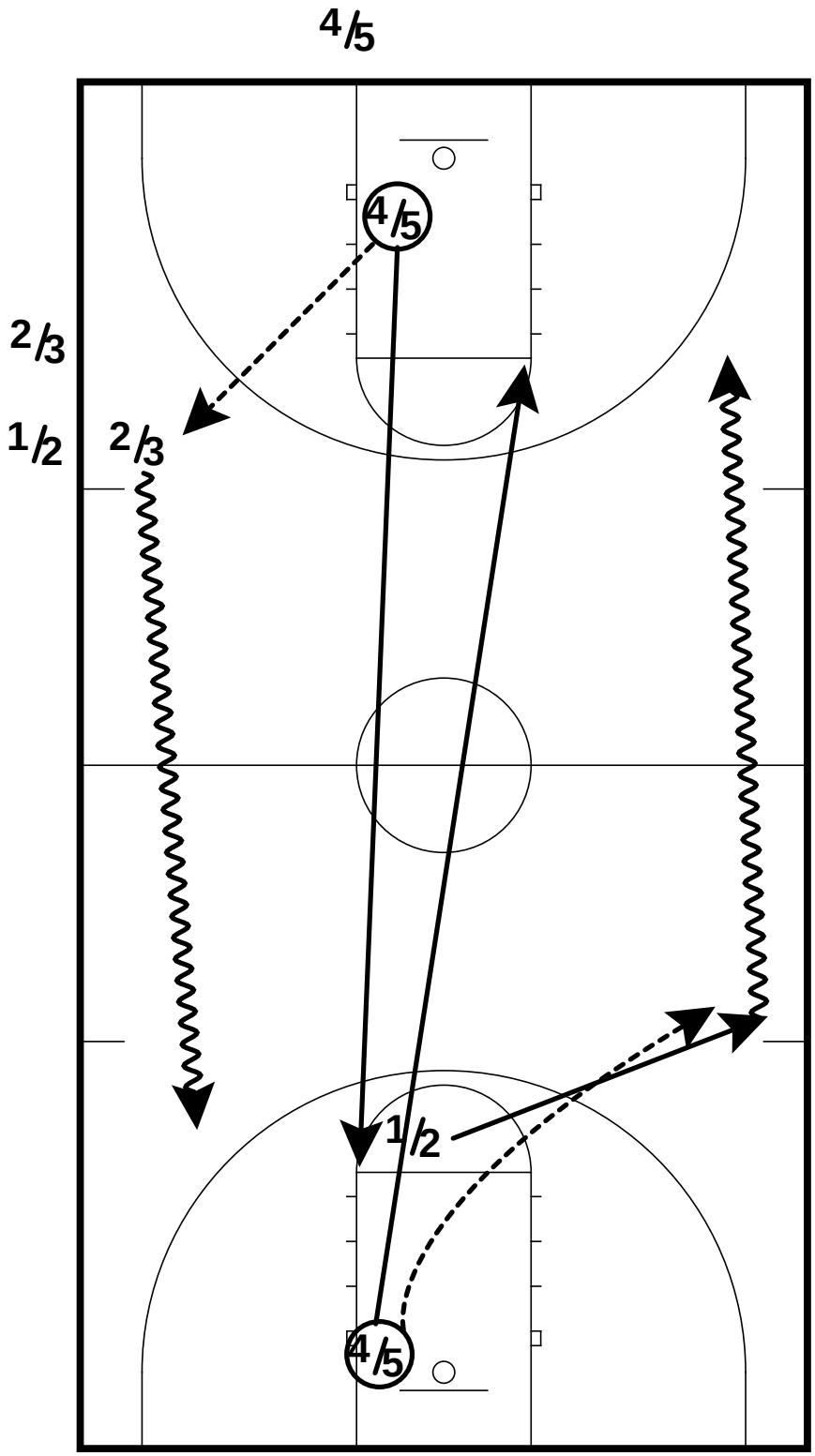


All Contents Proprietary

94ft Motion Diagrams

Full Court Ballscreens

Drills

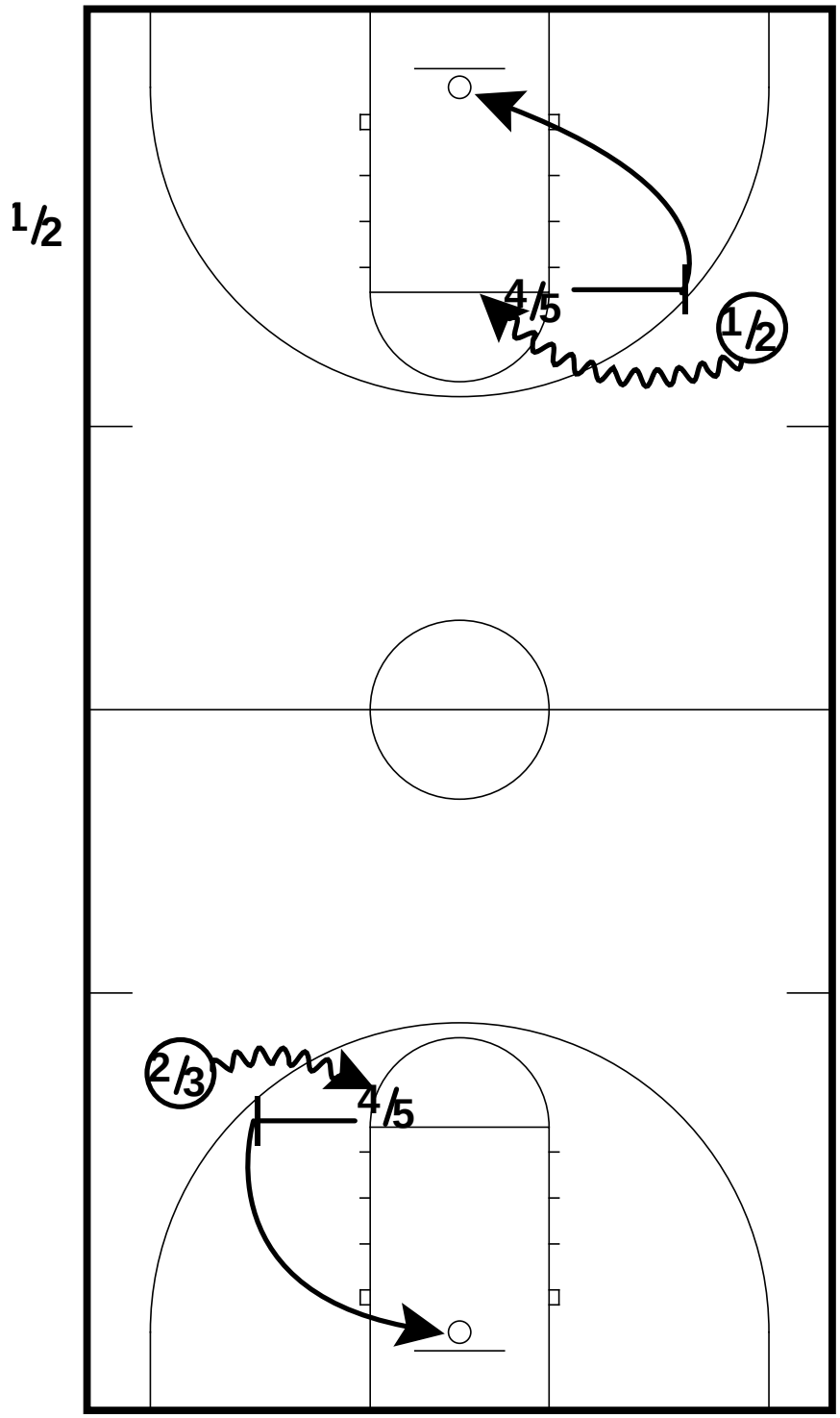


All Contents Proprietary

94ft Motion Diagrams

Full Court Ballscreens

Drills

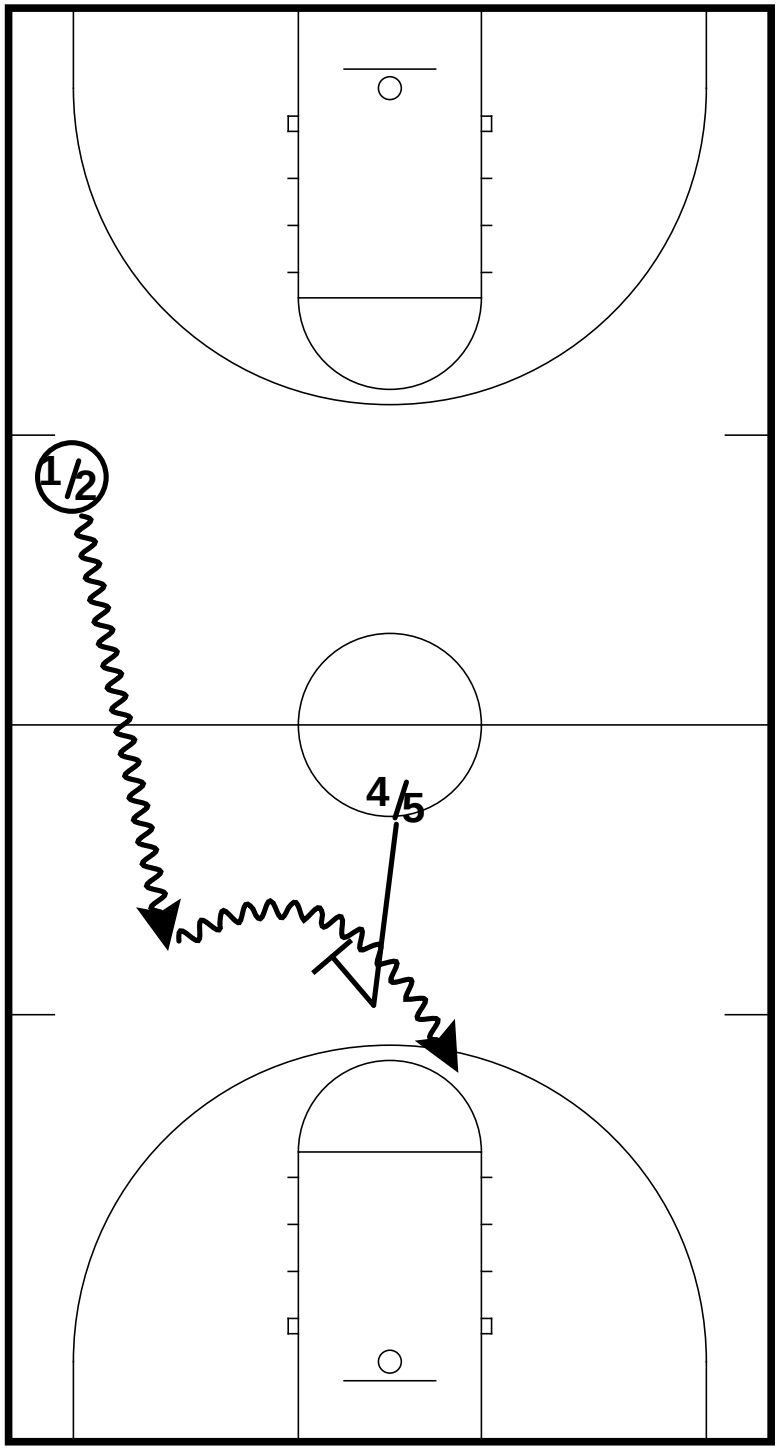


All Contents Proprietary

94ft Motion Diagrams

Full Court Ballscreens

Drills



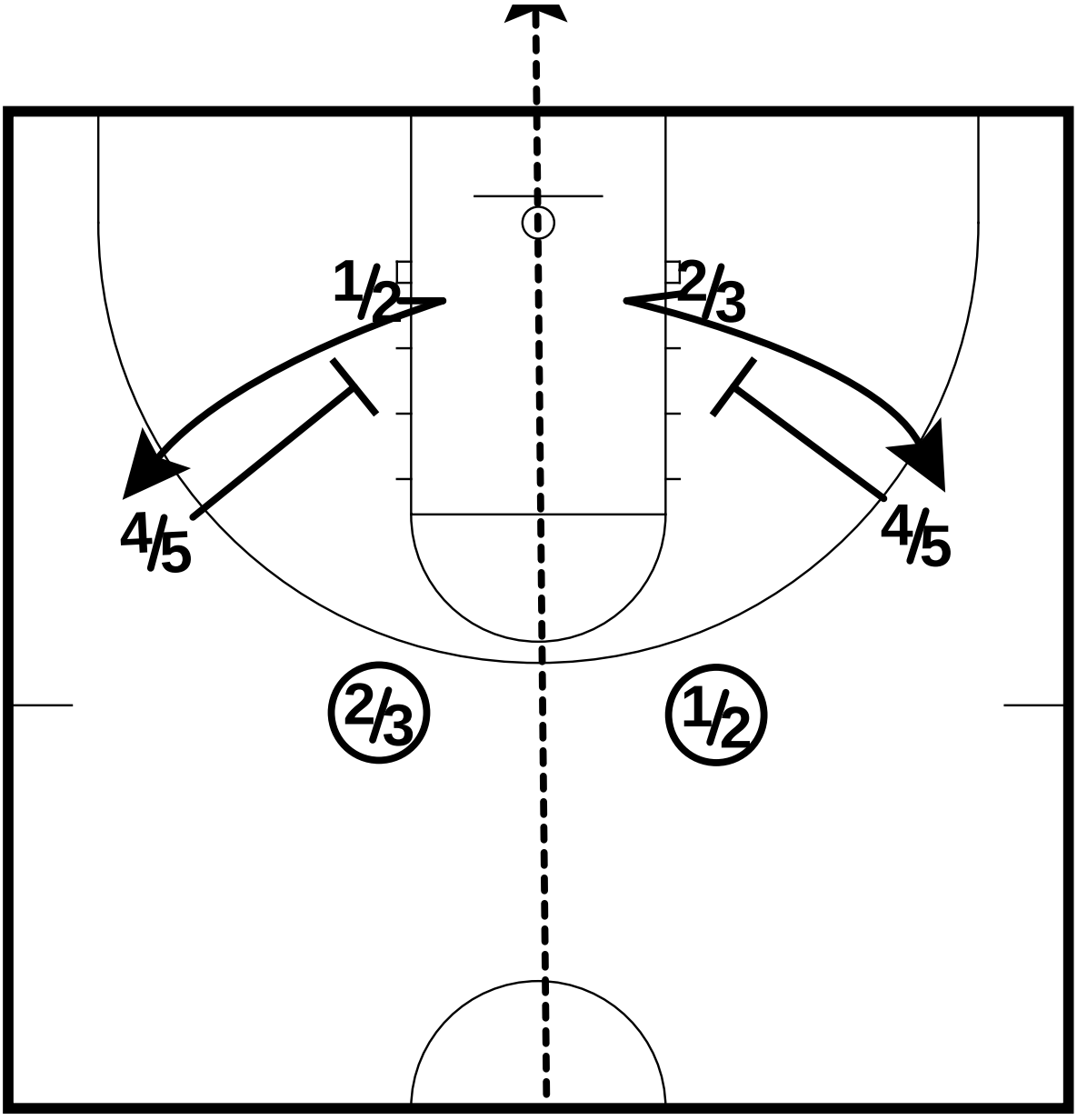
Progression 1

All Contents Proprietary

94ft Motion Diagrams

3 on 0, On the Side

Drills

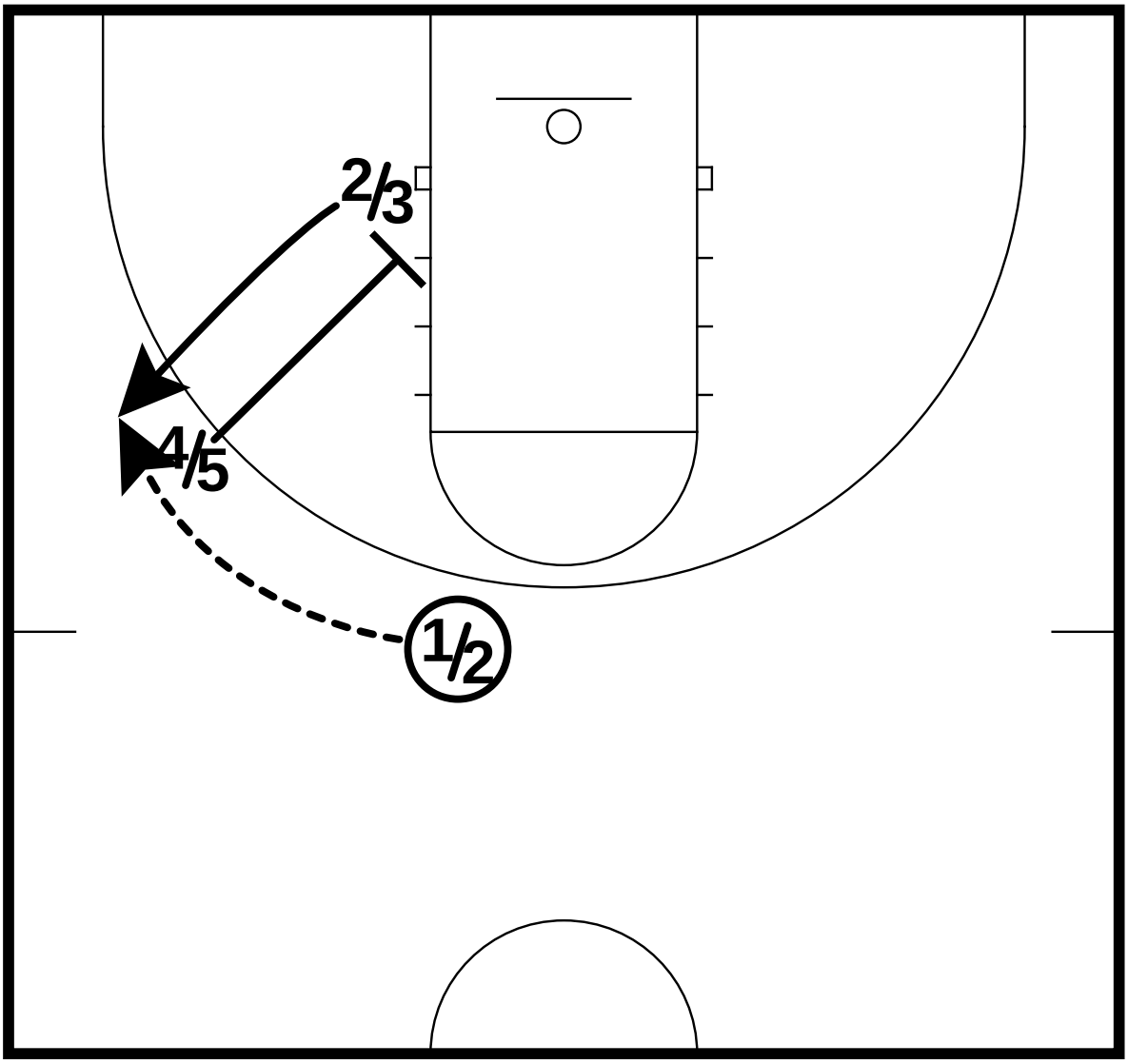


Drill starts with bigs setting pin down for perimeter player in post. Players move 3 on 0 staying on their side of the court

All Contents Proprietary

94ft Motion Diagrams

3 on 0, On the Side
Drills

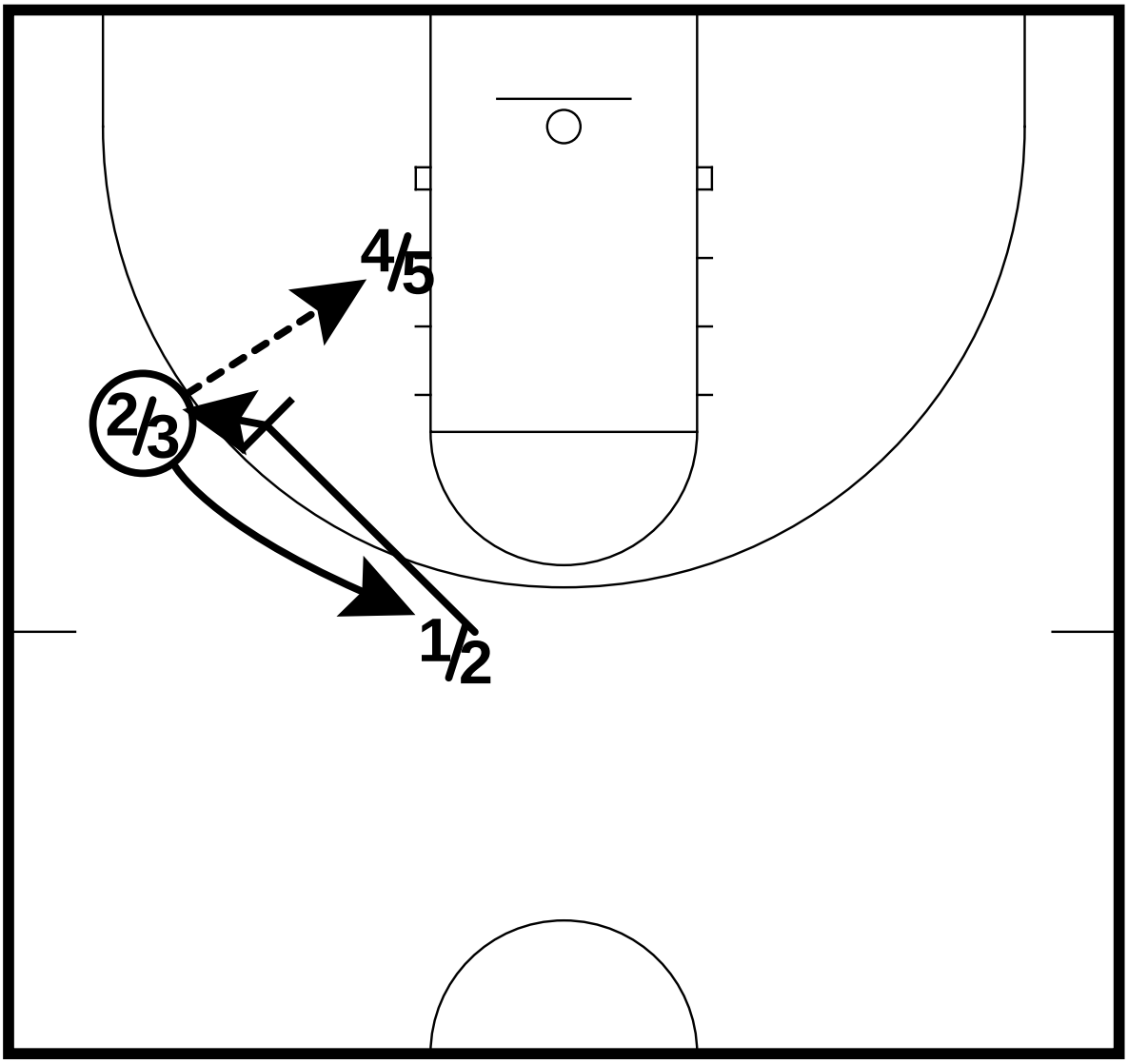


Pin down + pass to wing

All Contents Proprietary

94ft Motion Diagrams

3 on 0, On the Side
Drills

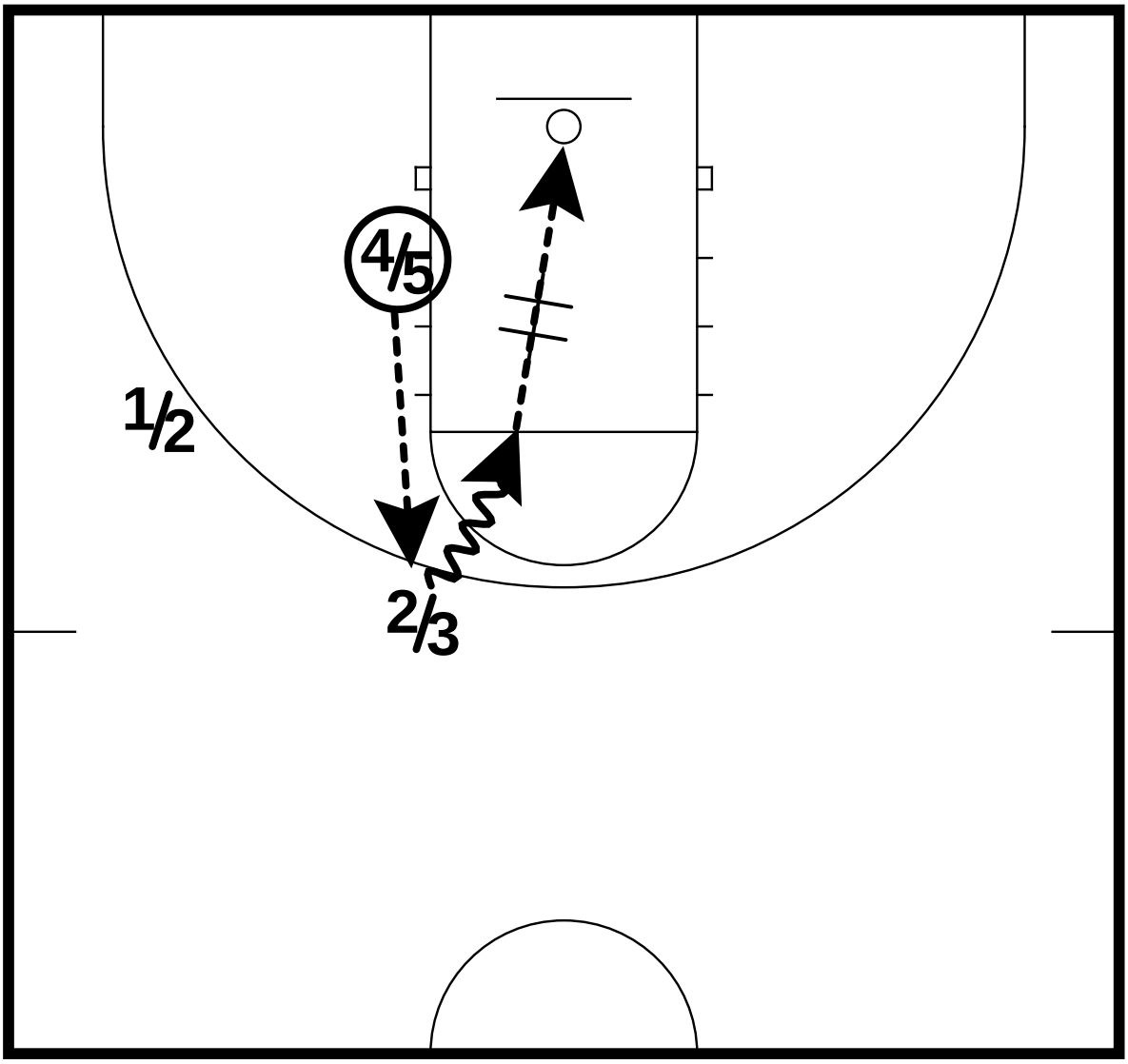


Post entry + "squeeze"

All Contents Proprietary

94ft Motion Diagrams

3 on 0, On the Side
Drills

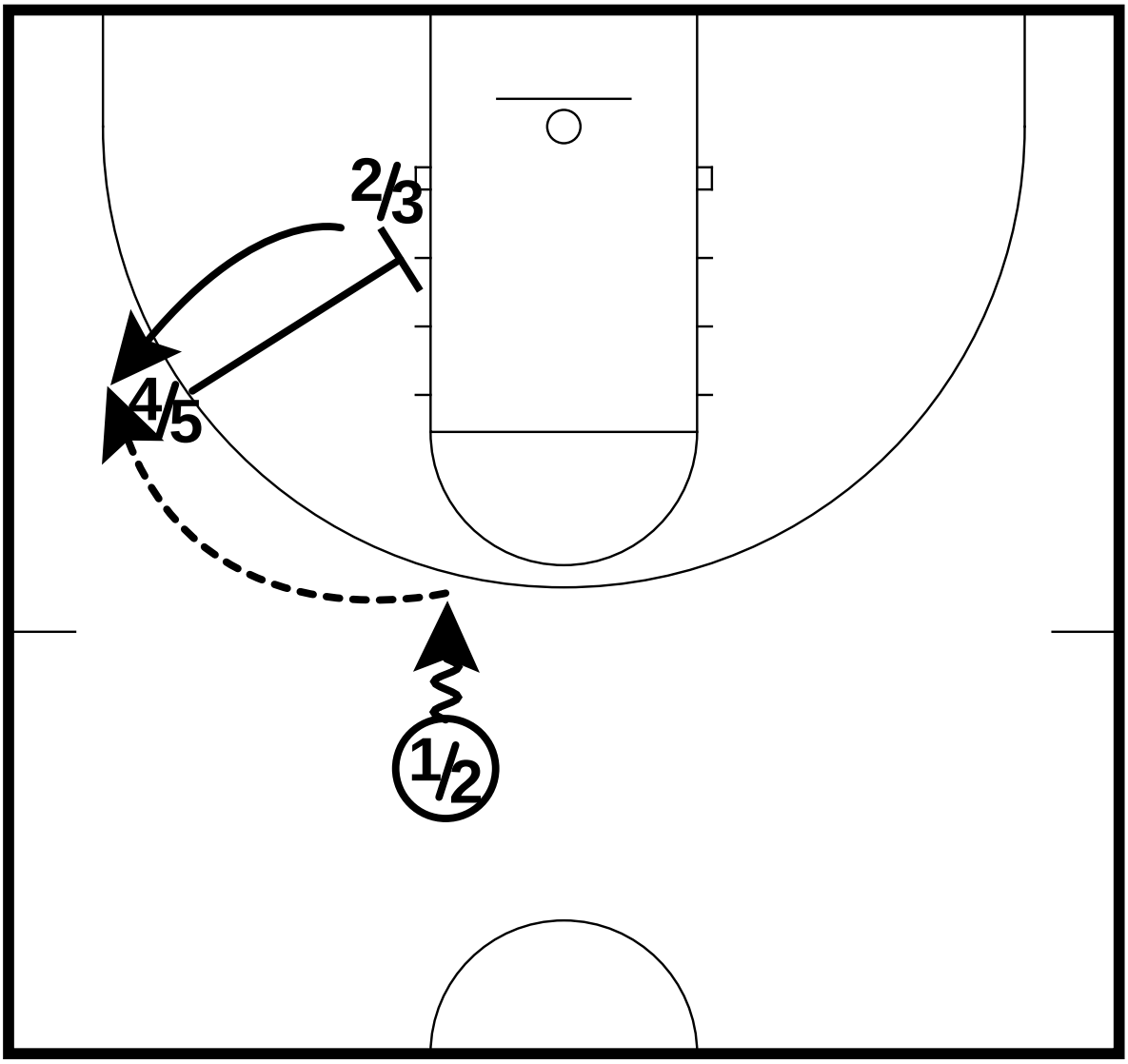


Kickout + one dribble pull-up attack

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine
Drills



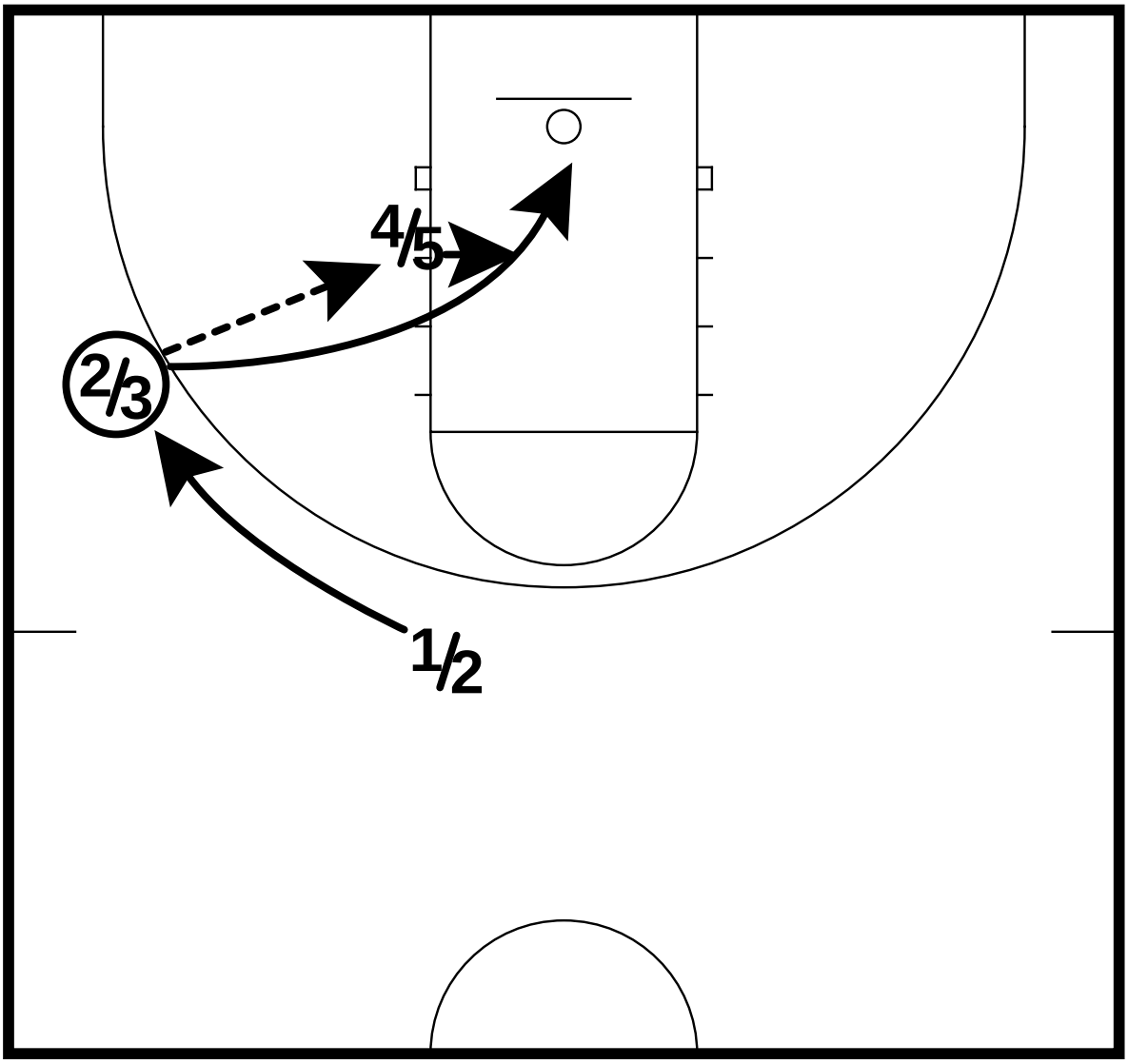
Progression 1: Down screen, post feed, basket cut (middle)

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine

Drills

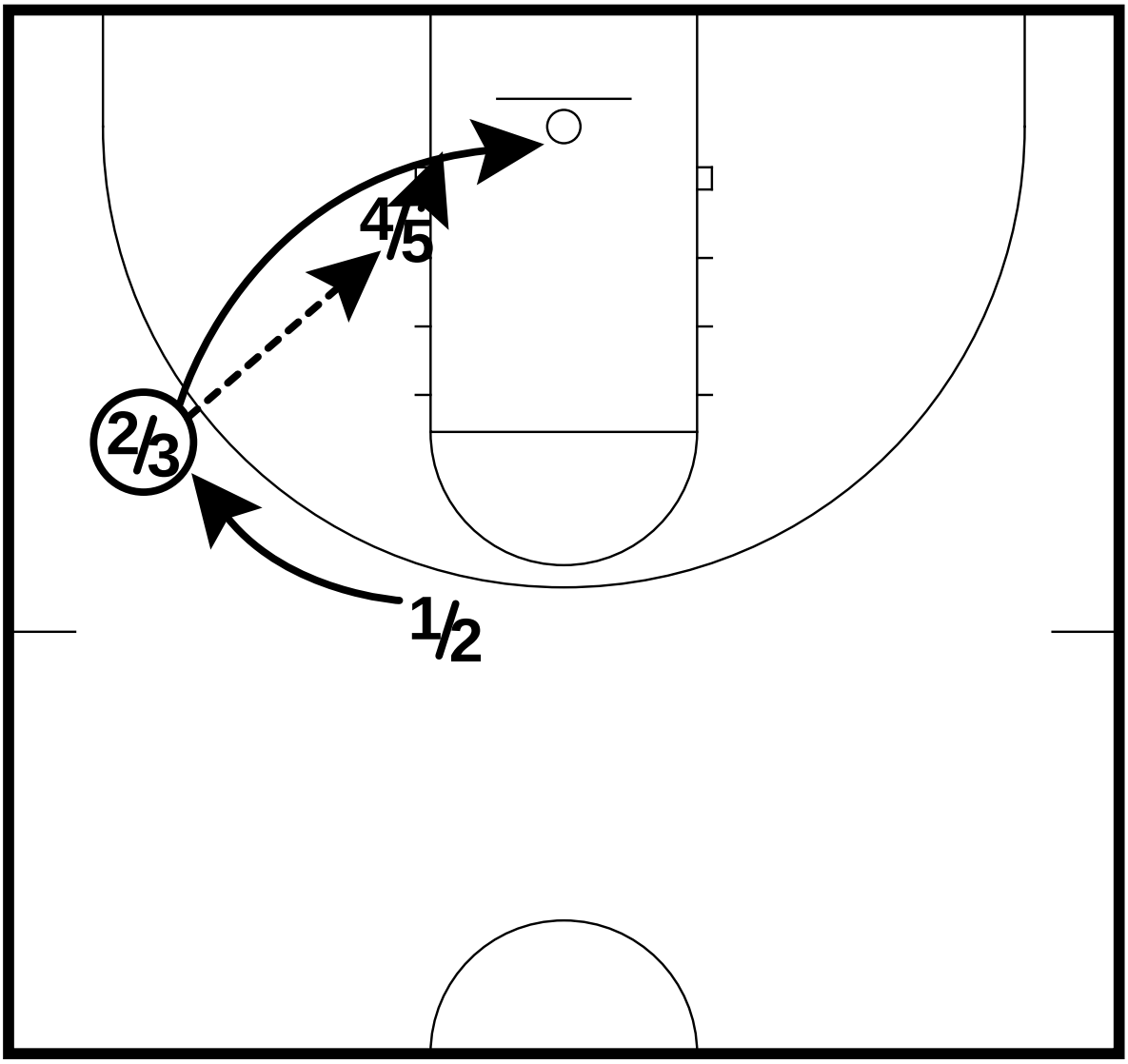


Second perimeter player fills behind. After basket is made, new group of three takes court.

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine
Drills

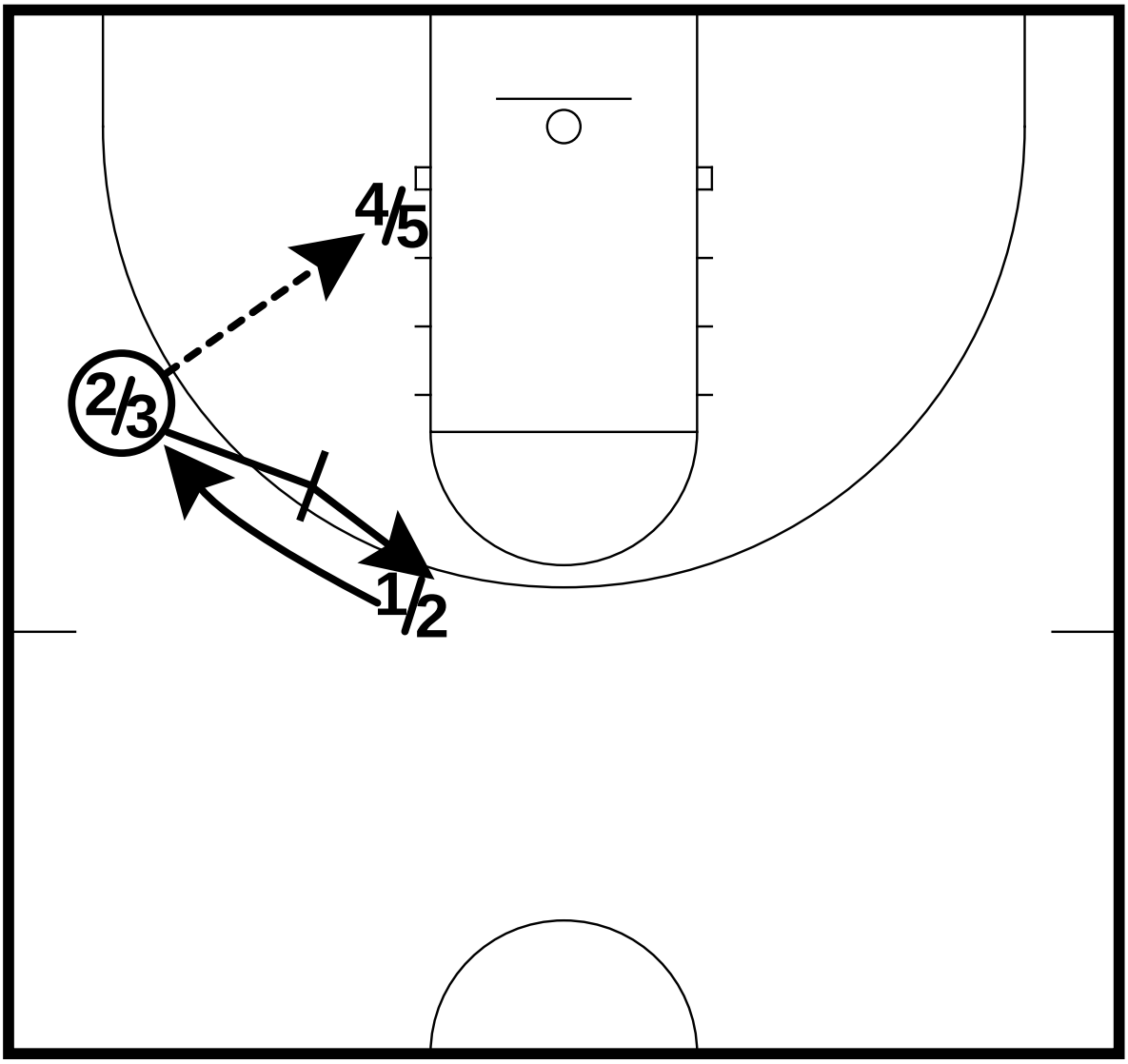


Progression 2: Baseline cut

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine
Drills

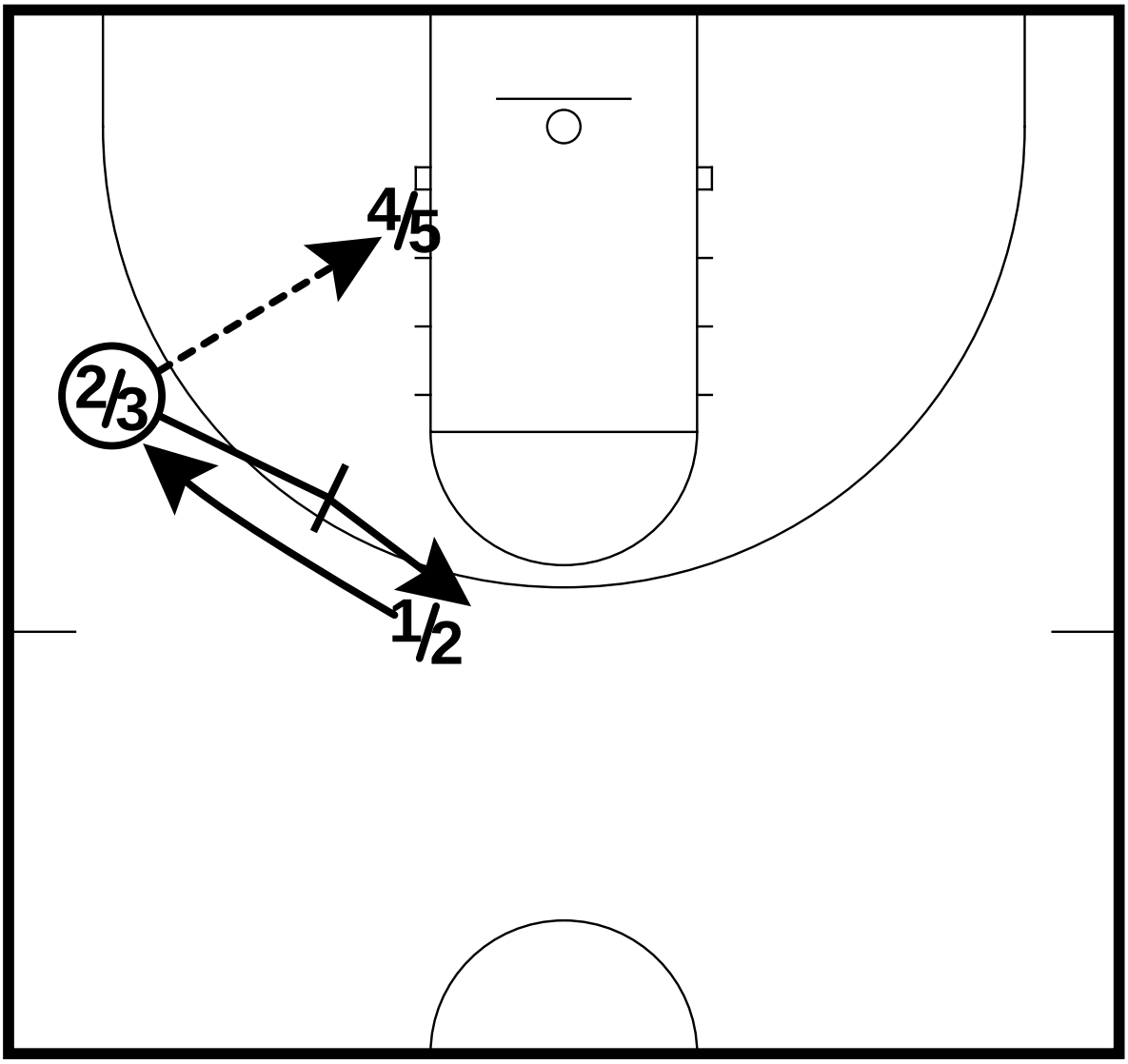


Progression 5: Squeeze with upscreen from wing

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine
Drills

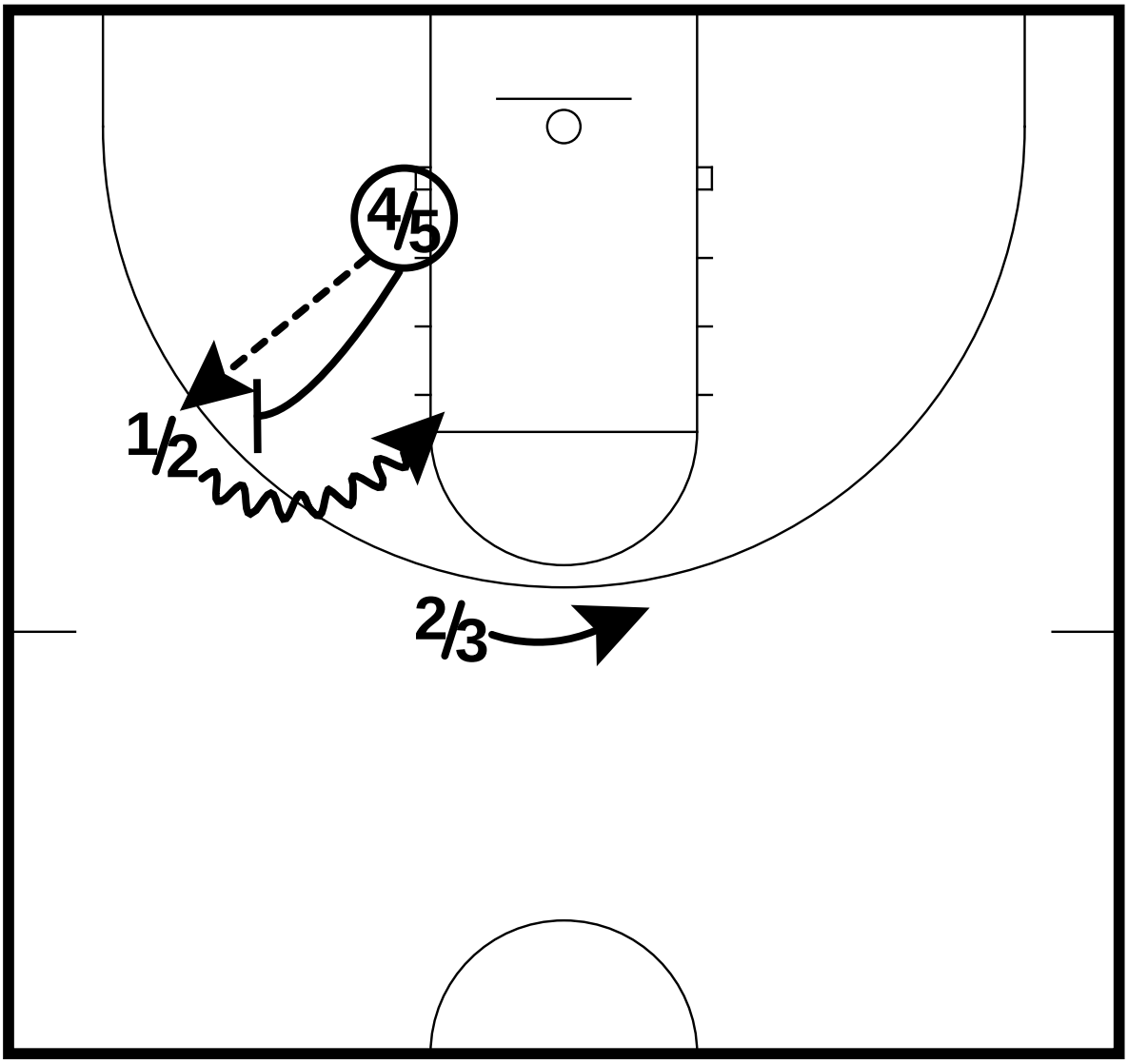


Progression 6: Guards squeeze after post entry

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine
Drills

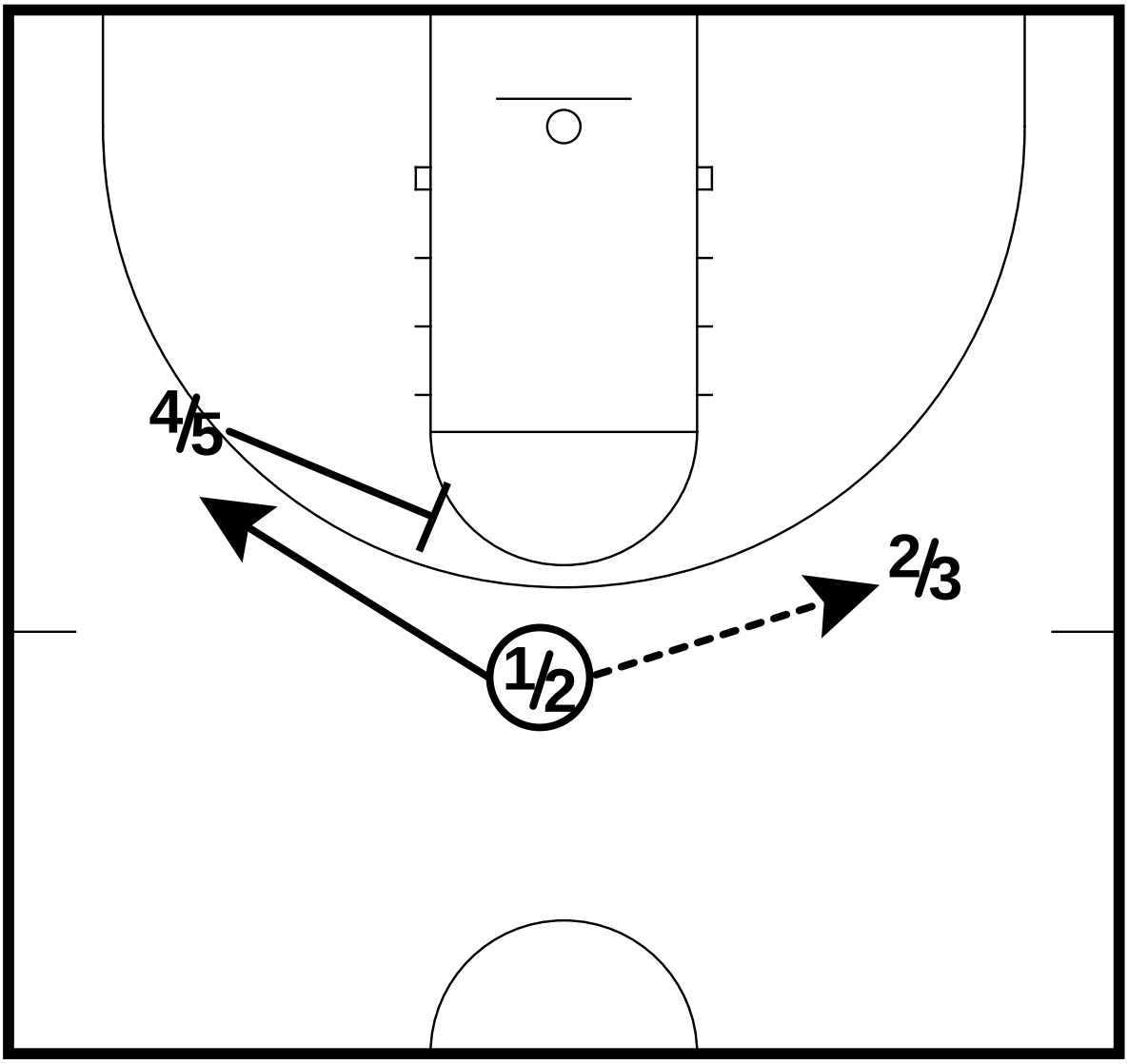


Progression 6: Relocation pass to wing, "High" side ball screen, perimeter player in seam fades off dribble penetration. Post rolls

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine
Drills

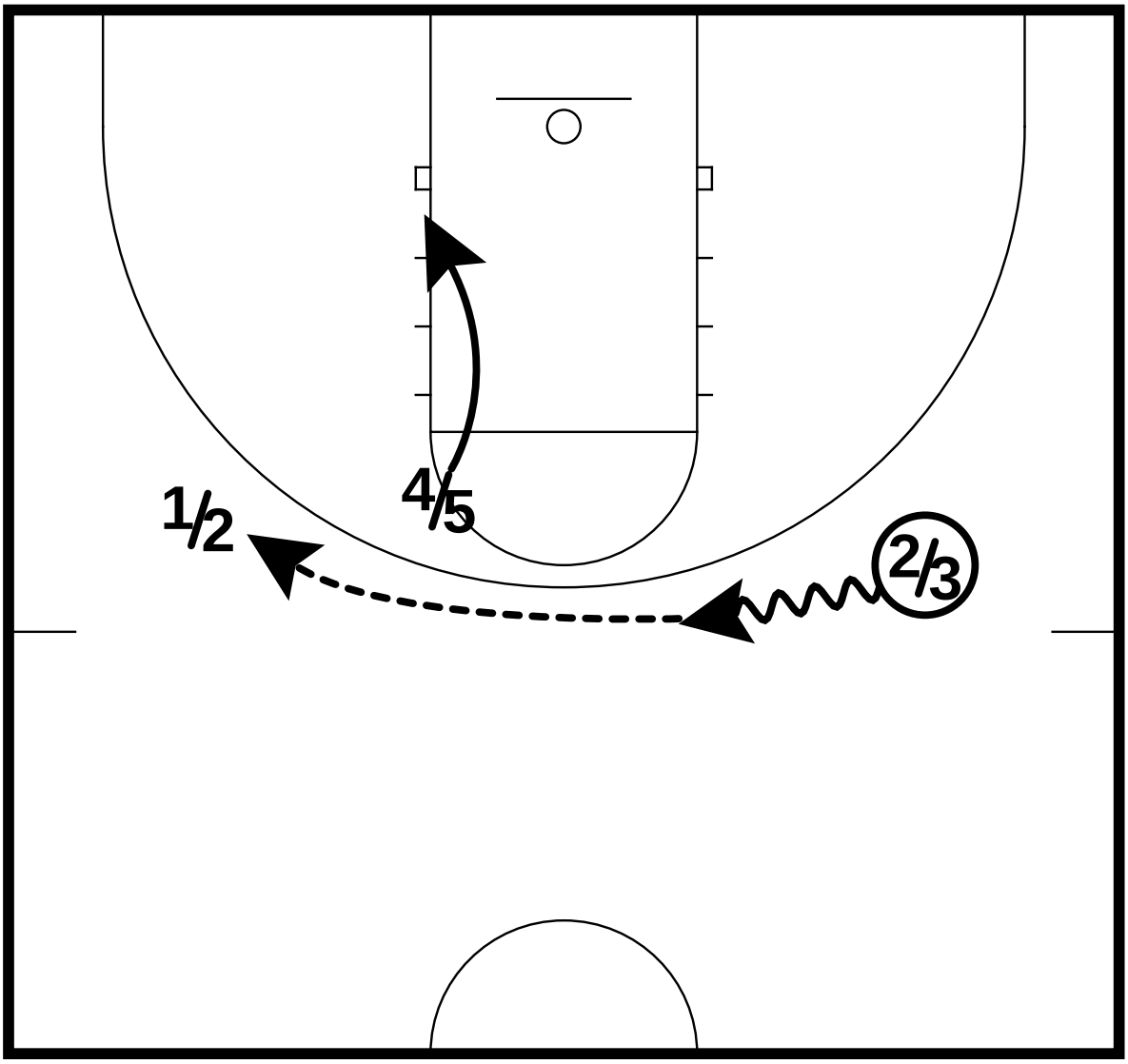


Additional Concept: Fade

All Contents Proprietary

94ft Motion Diagrams

3 on 0 Routine
Drills

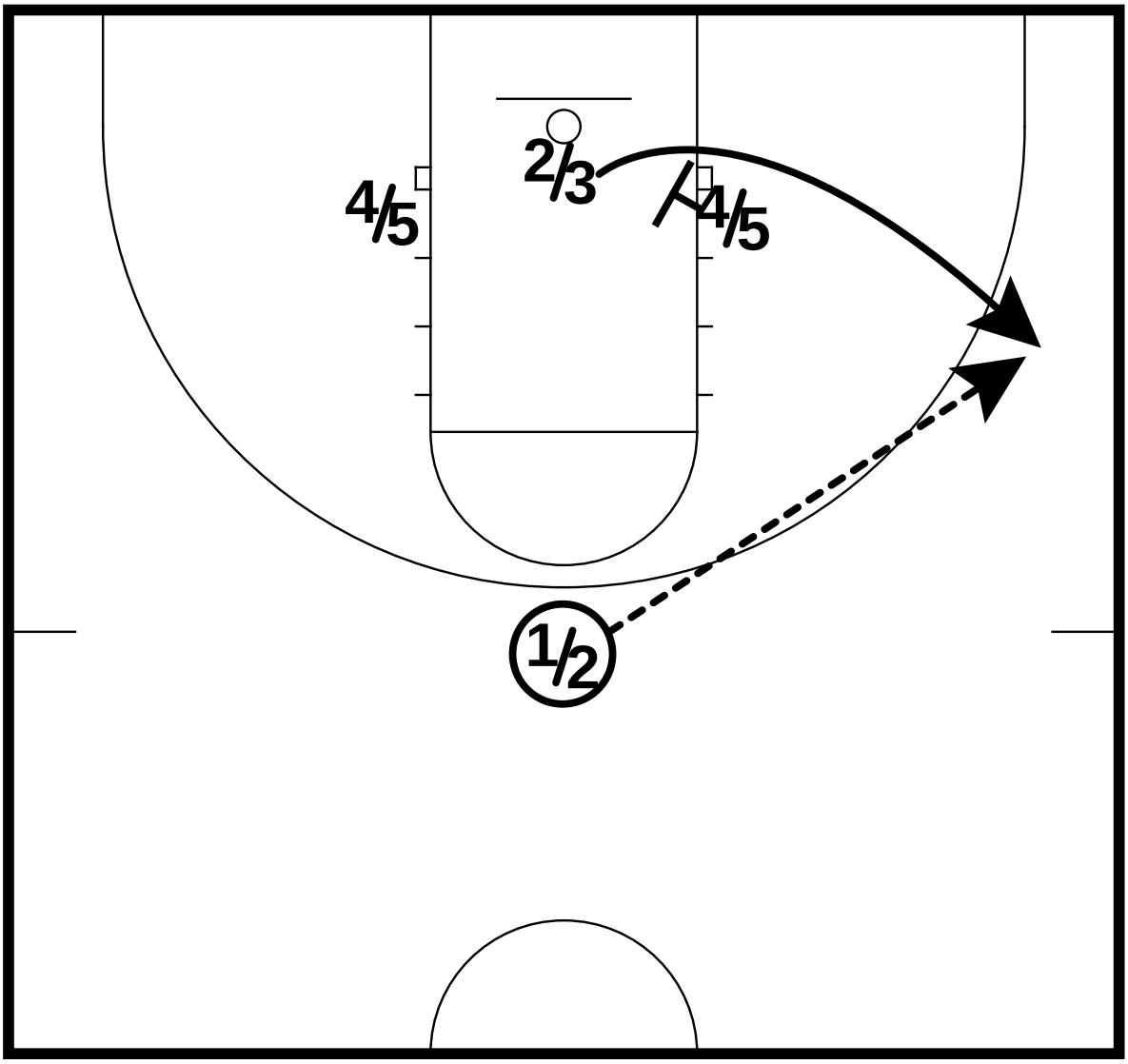


All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills



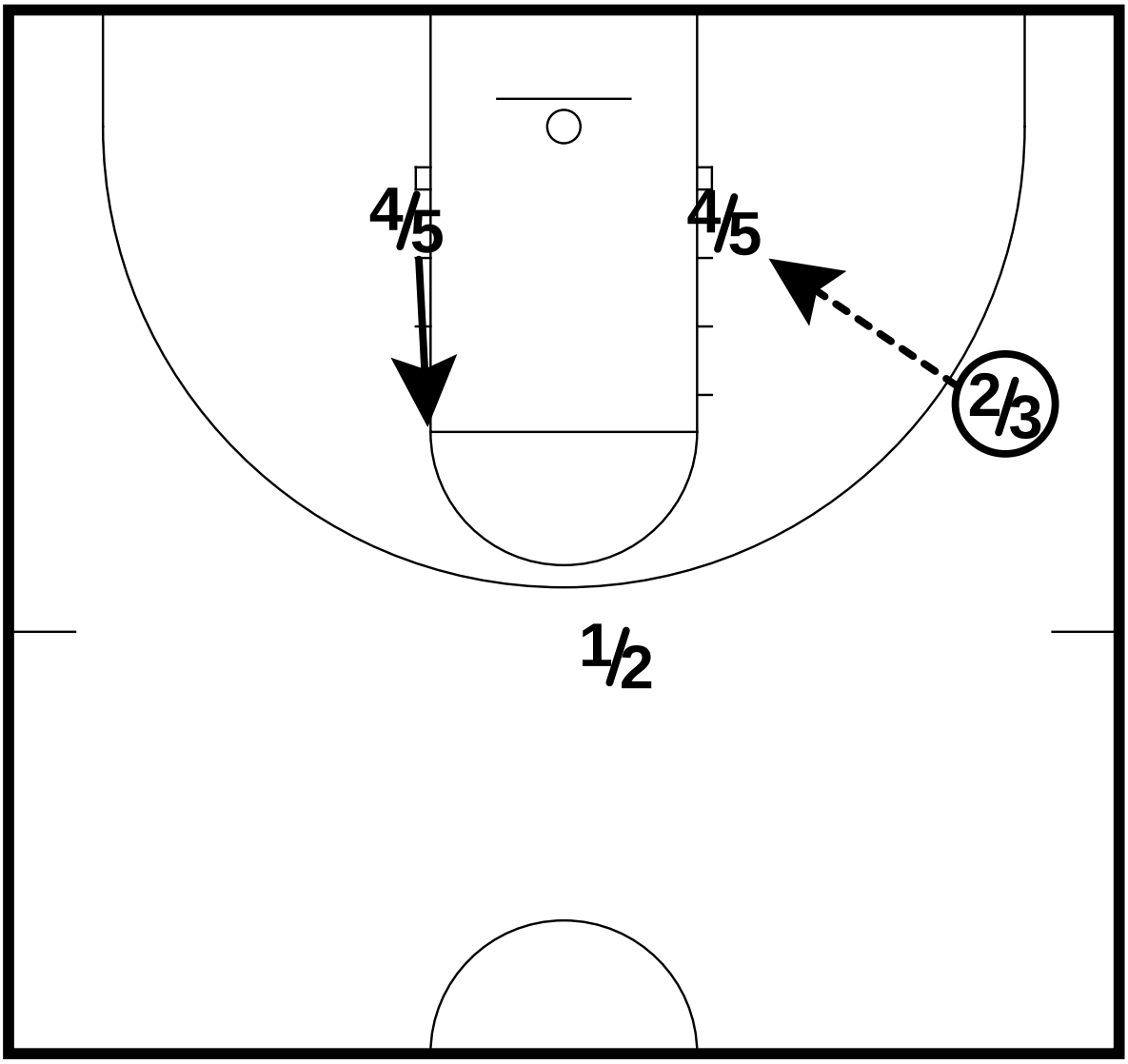
Progression 1: Post feed and score - Entry pass to wing

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills



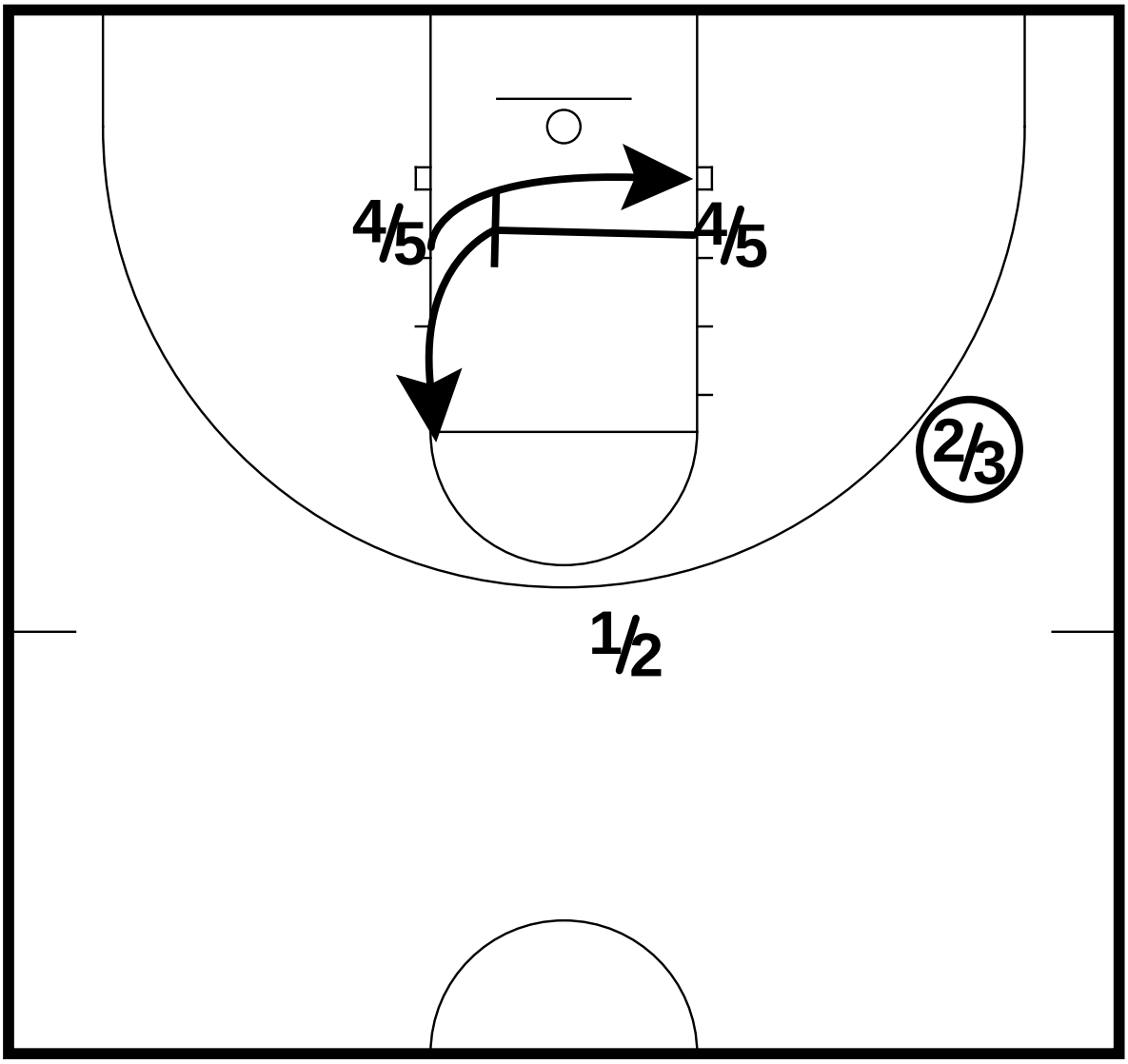
Progression 1: Opposite post "adjusts up the lane" while post move is being made

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills



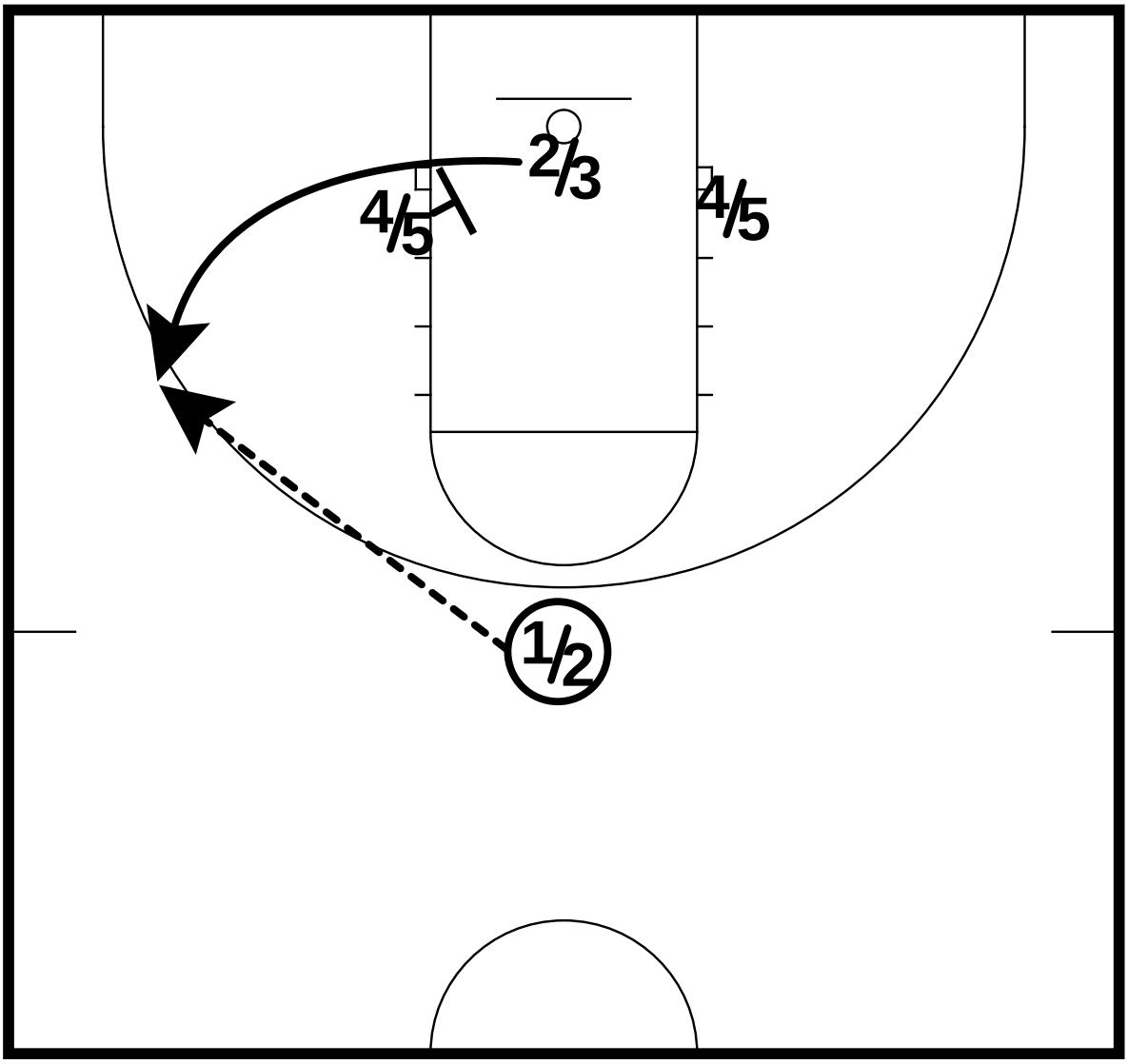
Progression 2: Cross screen after entry pass

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills



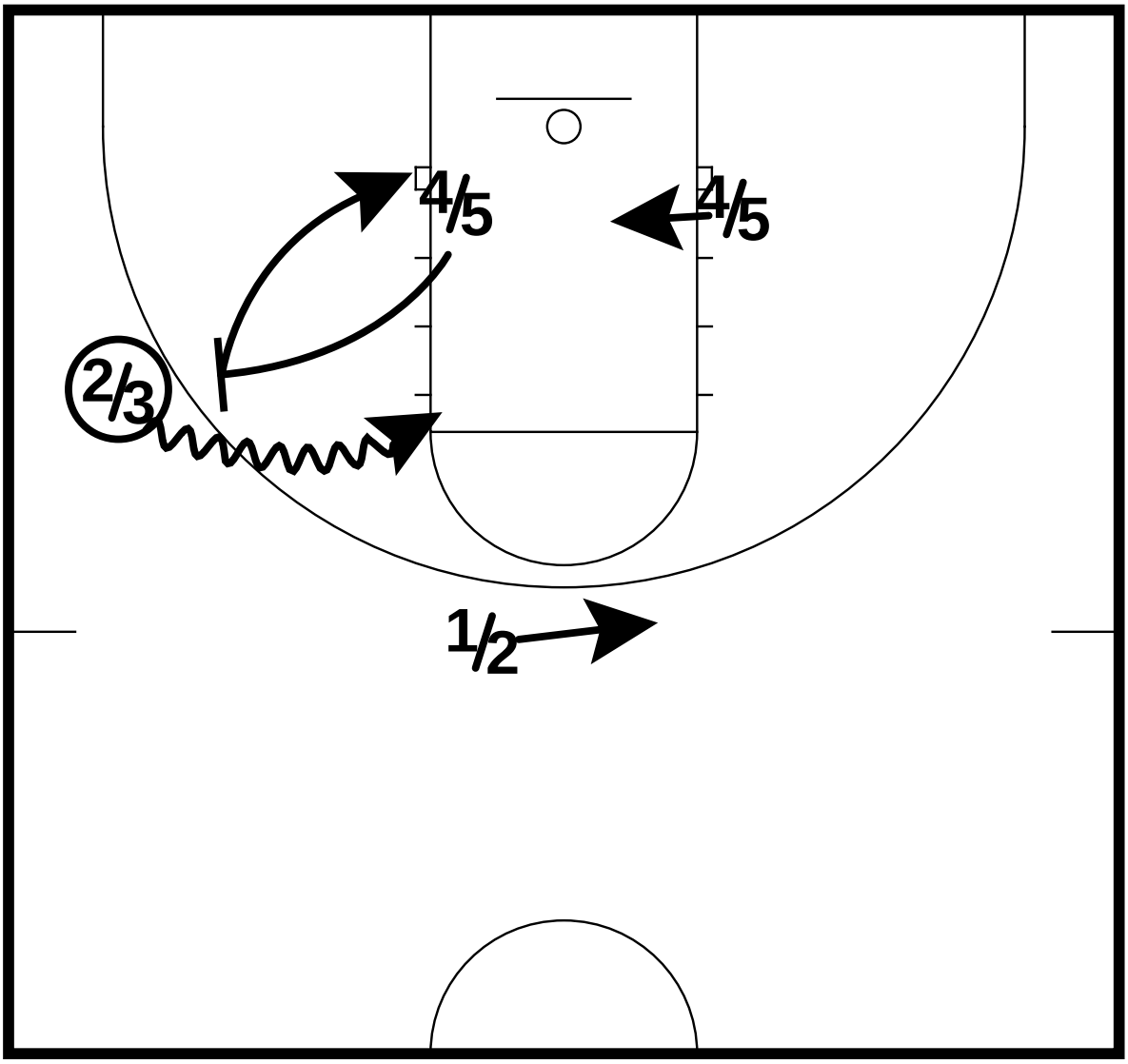
Progression 3: "High" side ball screen - Drill is initiated the same way, with perimeter player coming off screen to wing

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills



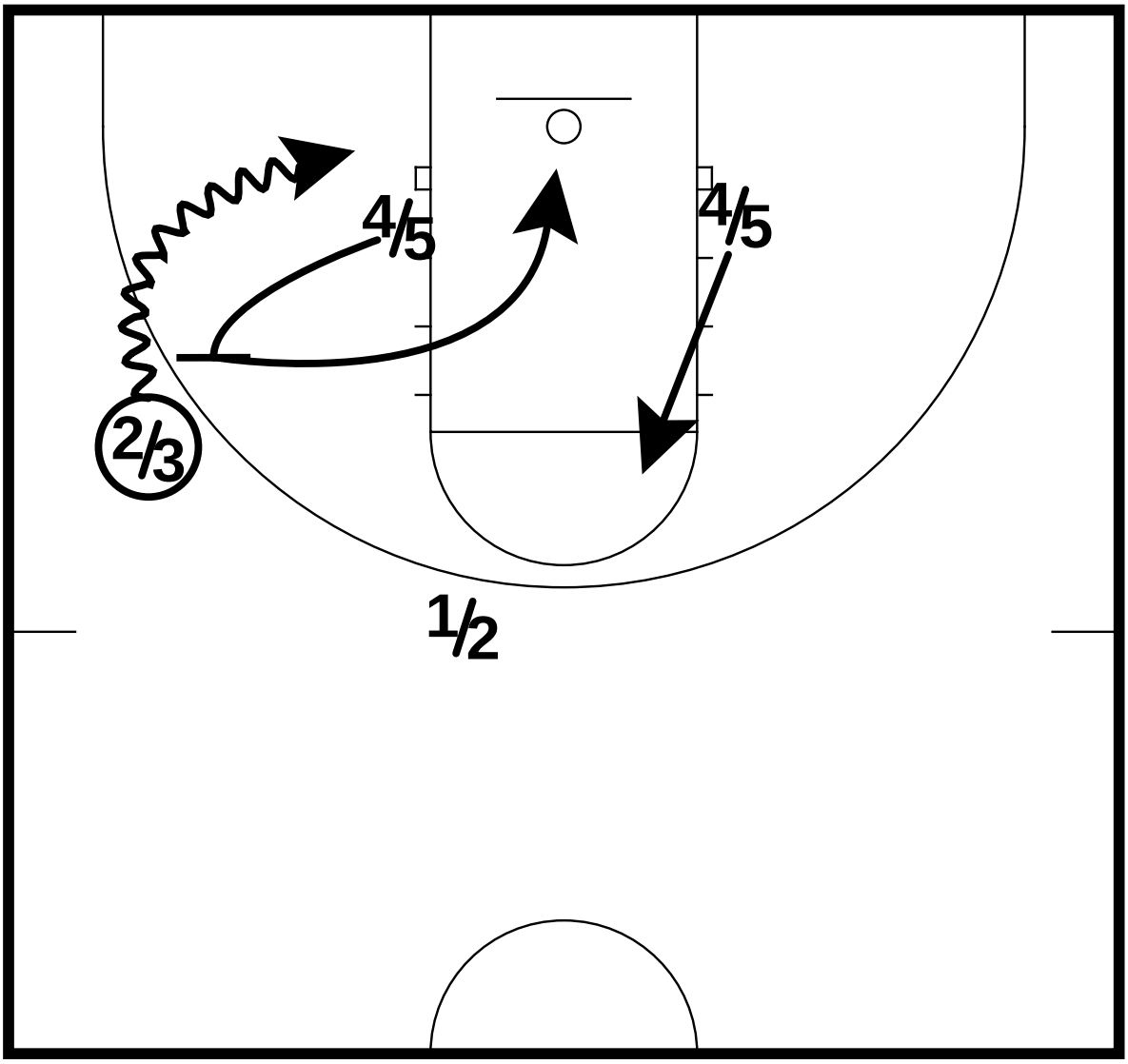
Progression 3: Wing player comes off ball screen, opposite post ducks in, perimeter player in seam fades off

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills

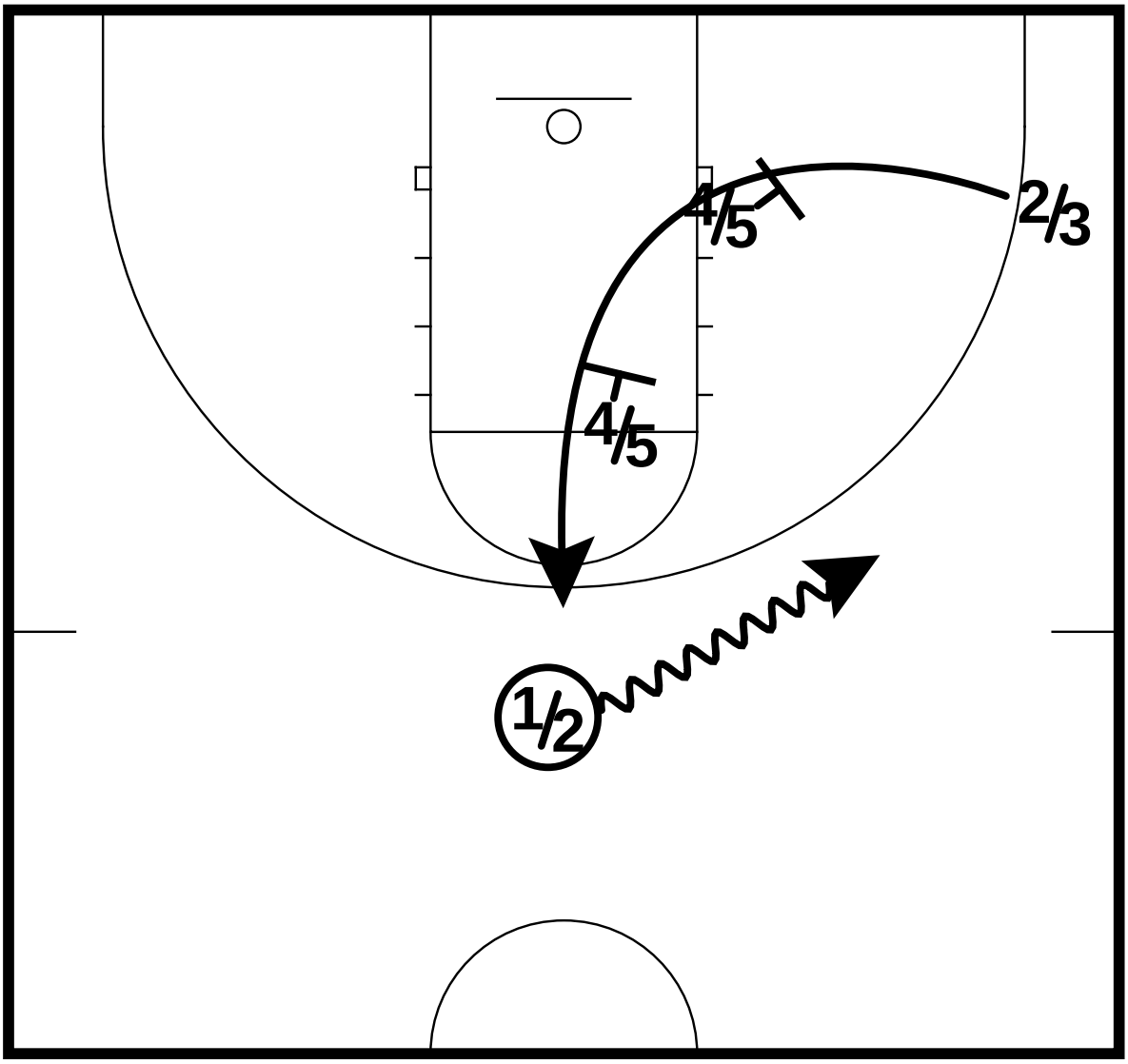


Progression 4: "Low" side ball screen with opposite post flash

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine
Drills



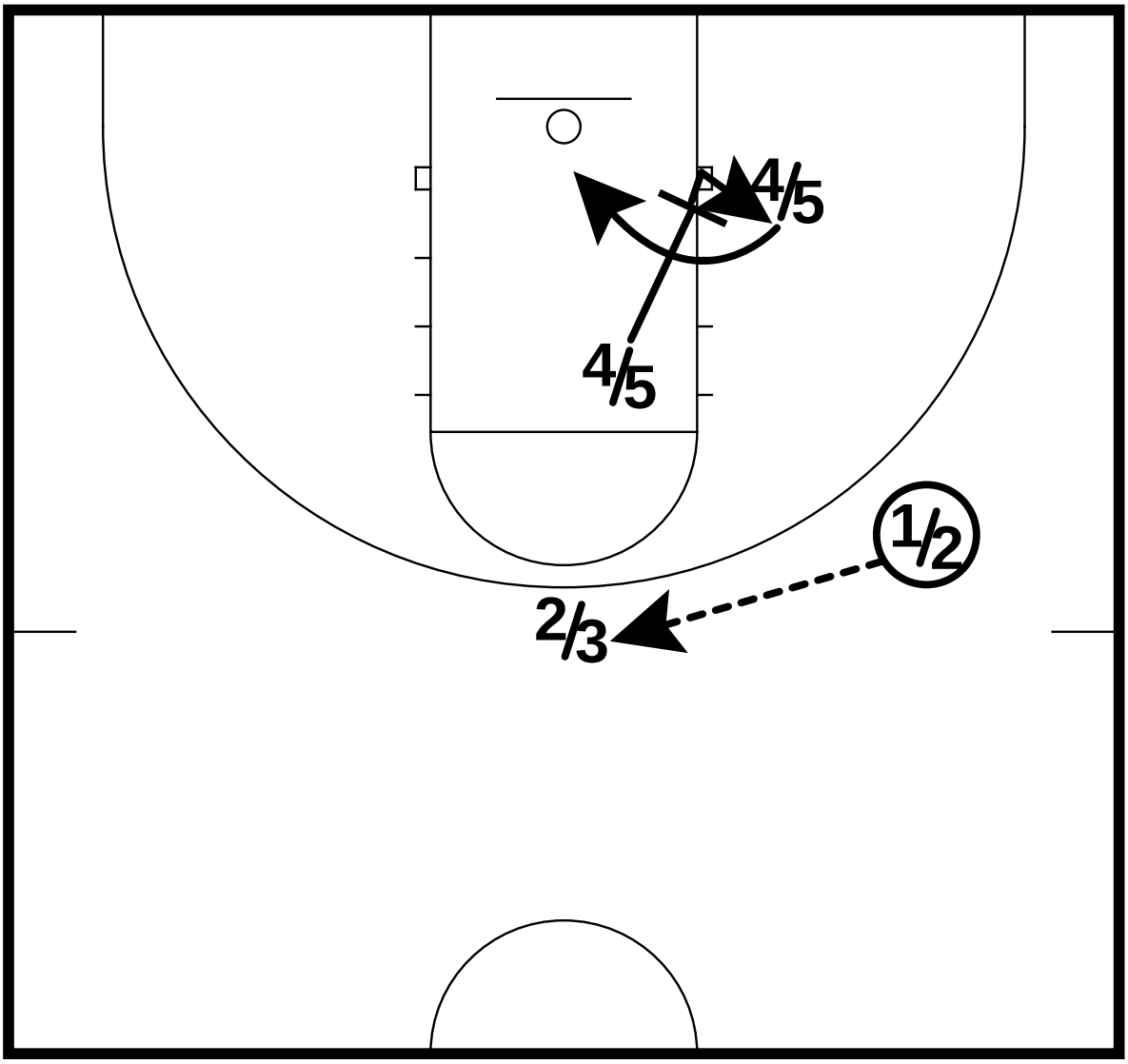
Progression 5: Shallow Cut

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills

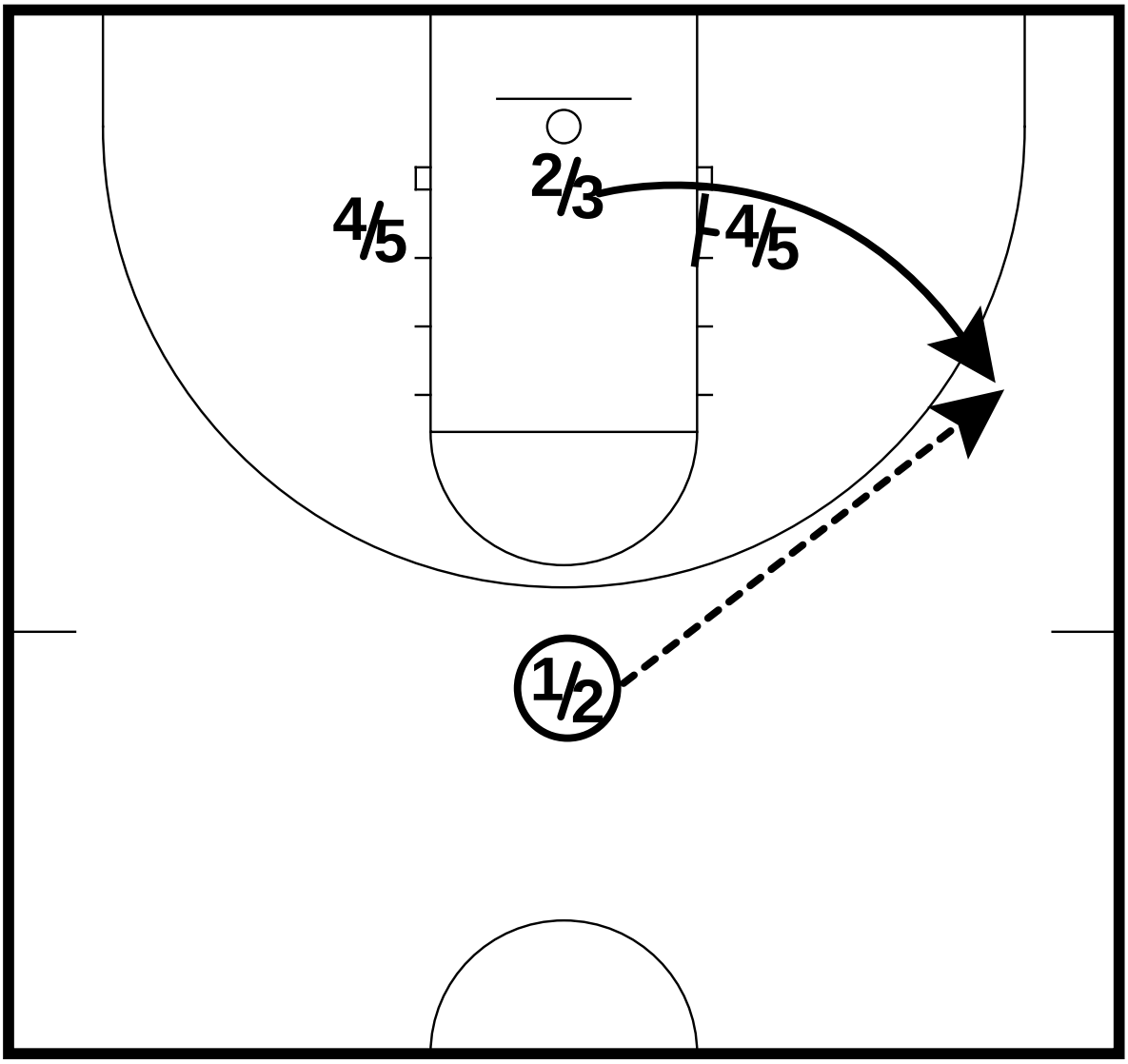


On 2/3's catch, high post screens down, then sits down in post while low post curls off toward basket

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine
Drills



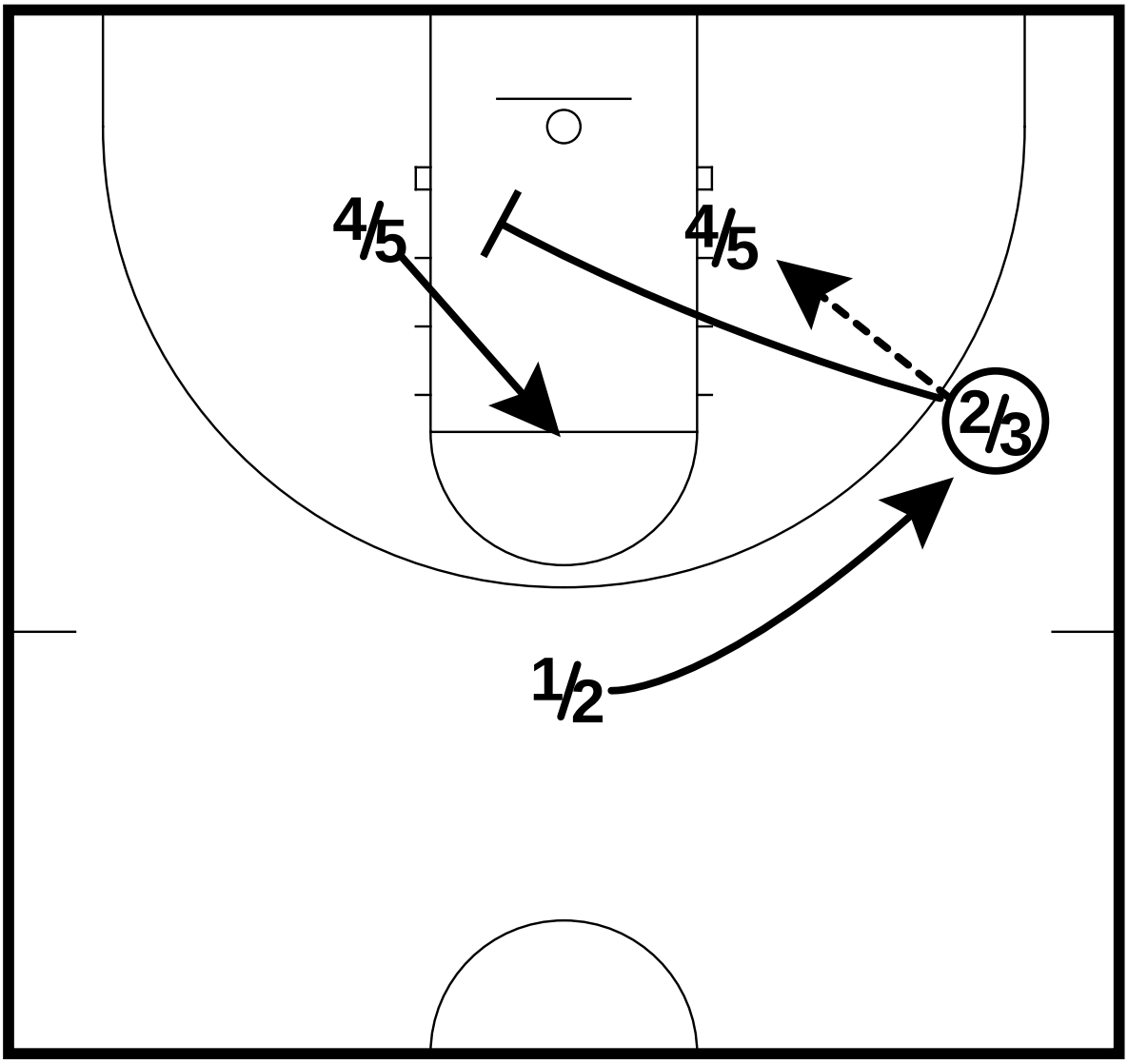
Progression 6: "Brush"

All Contents Proprietary

94ft Motion Diagrams

4 on 0 Routine

Drills

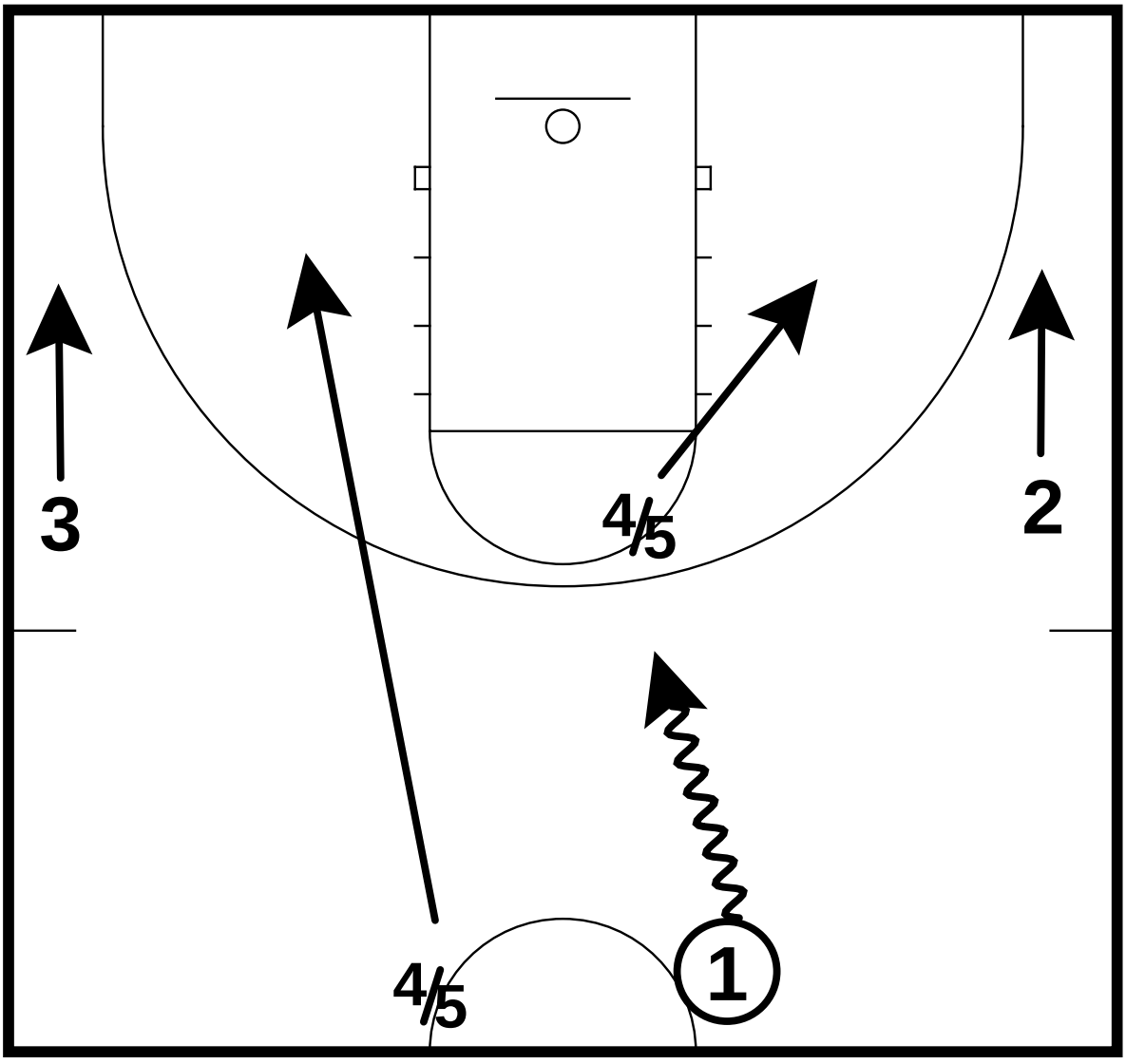


2/3 makes basket cut and screens for opposite post, who flashes high. Opposite perimeter player fills in behind

All Contents Proprietary

94ft Motion Diagrams

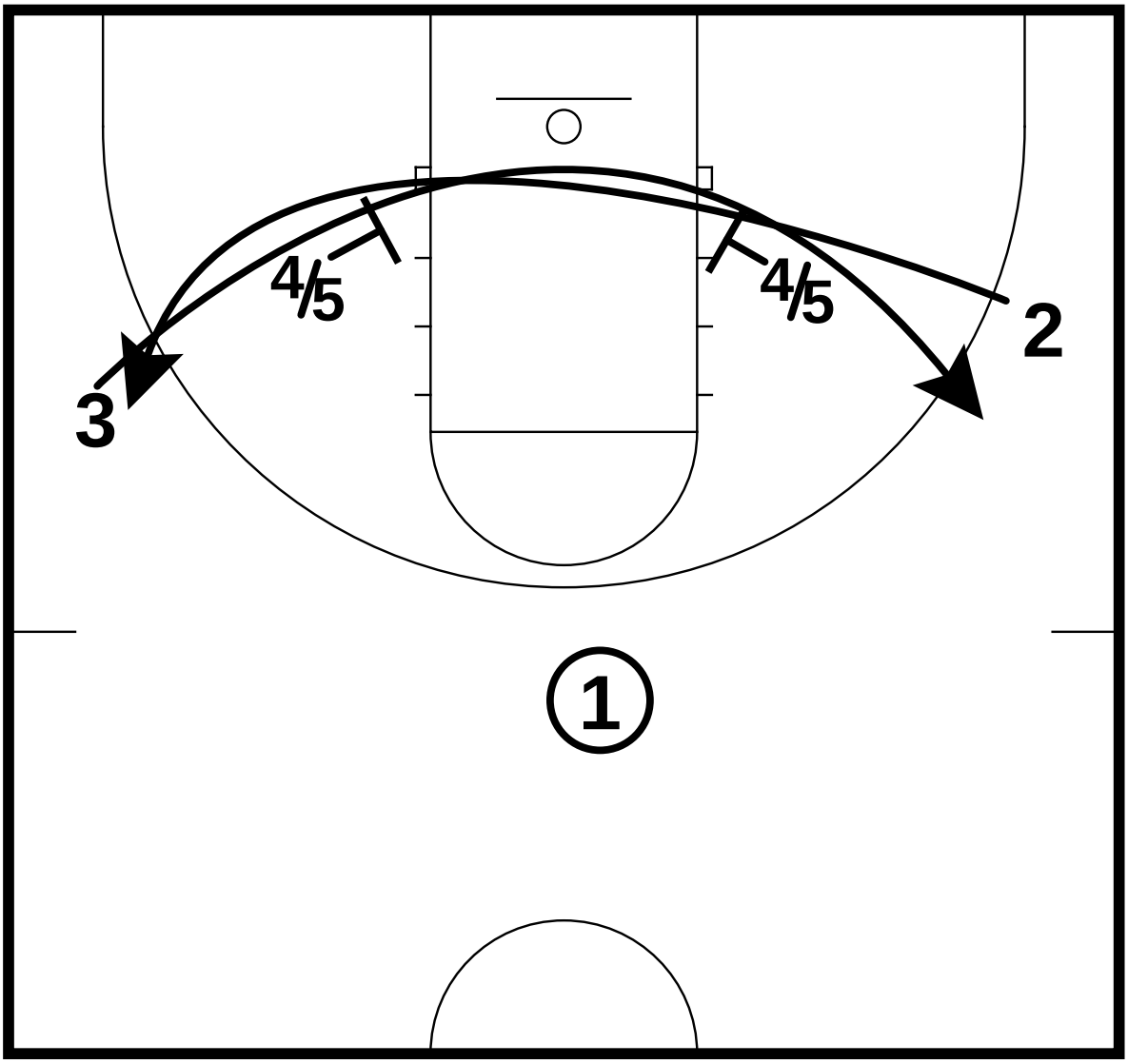
Cross
Motion Entries



All Contents Proprietary

94ft Motion Diagrams

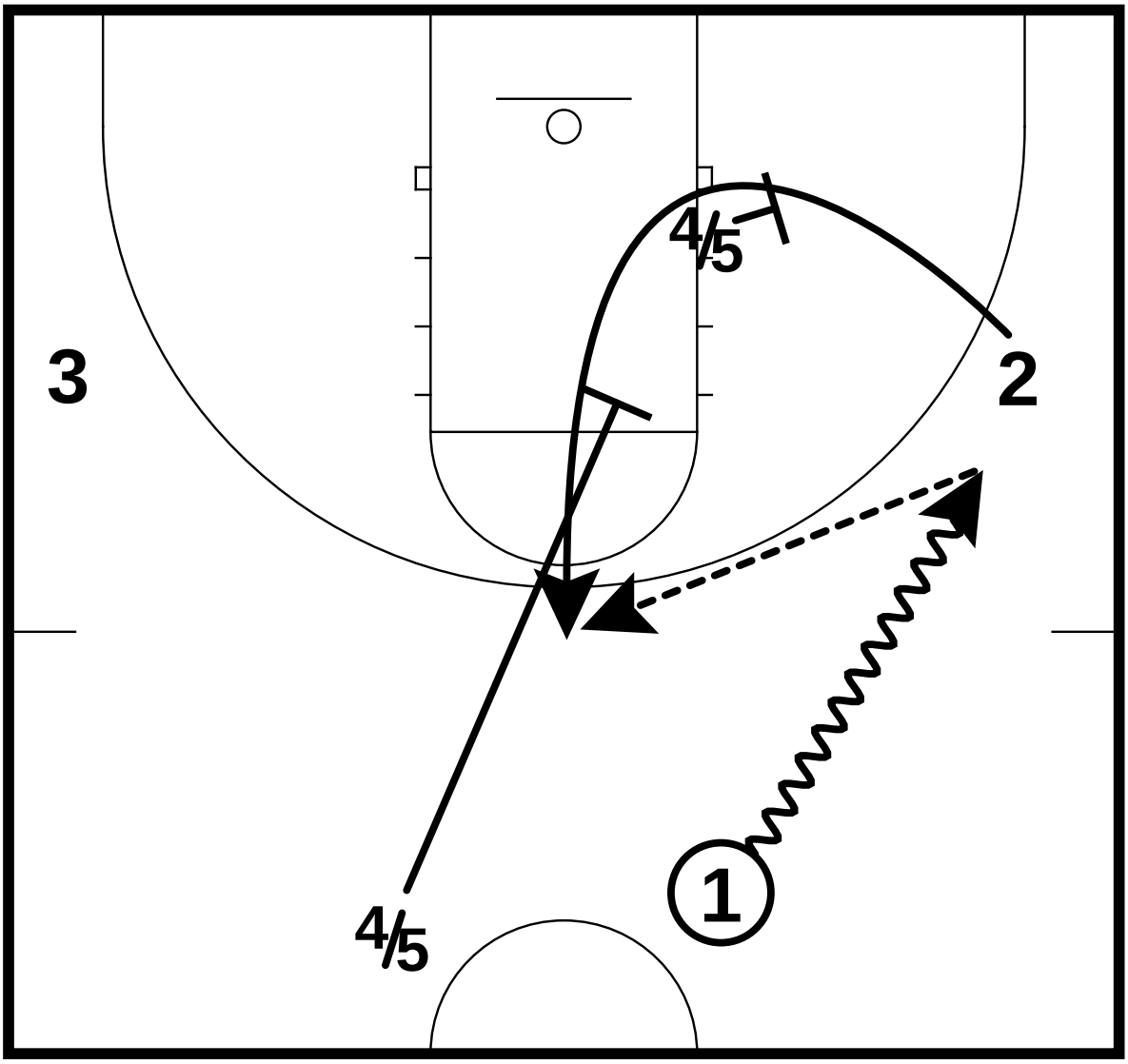
Cross
Motion Entries



All Contents Proprietary

94ft Motion Diagrams

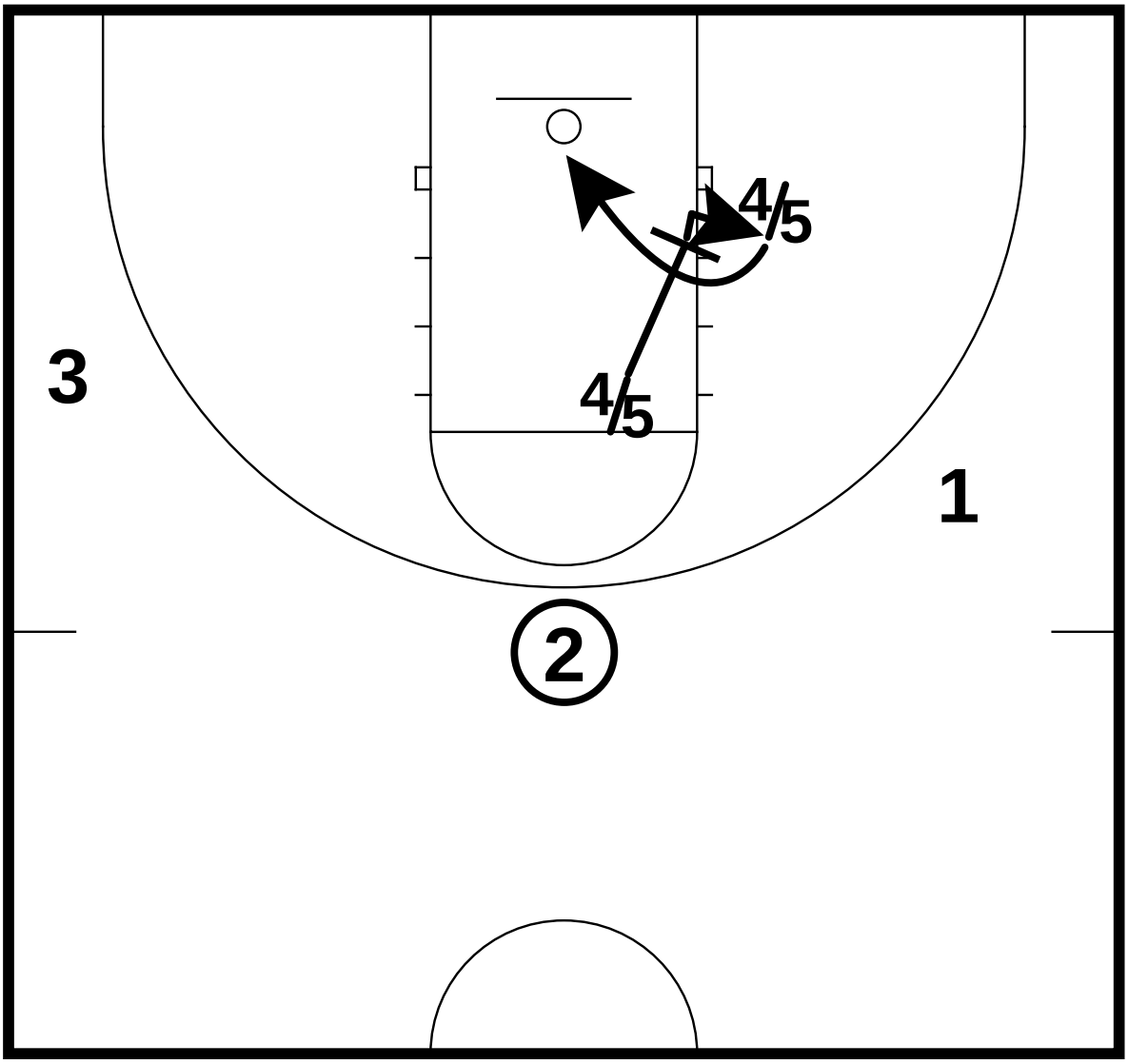
Shallow
Motion Entries



All Contents Proprietary

94ft Motion Diagrams

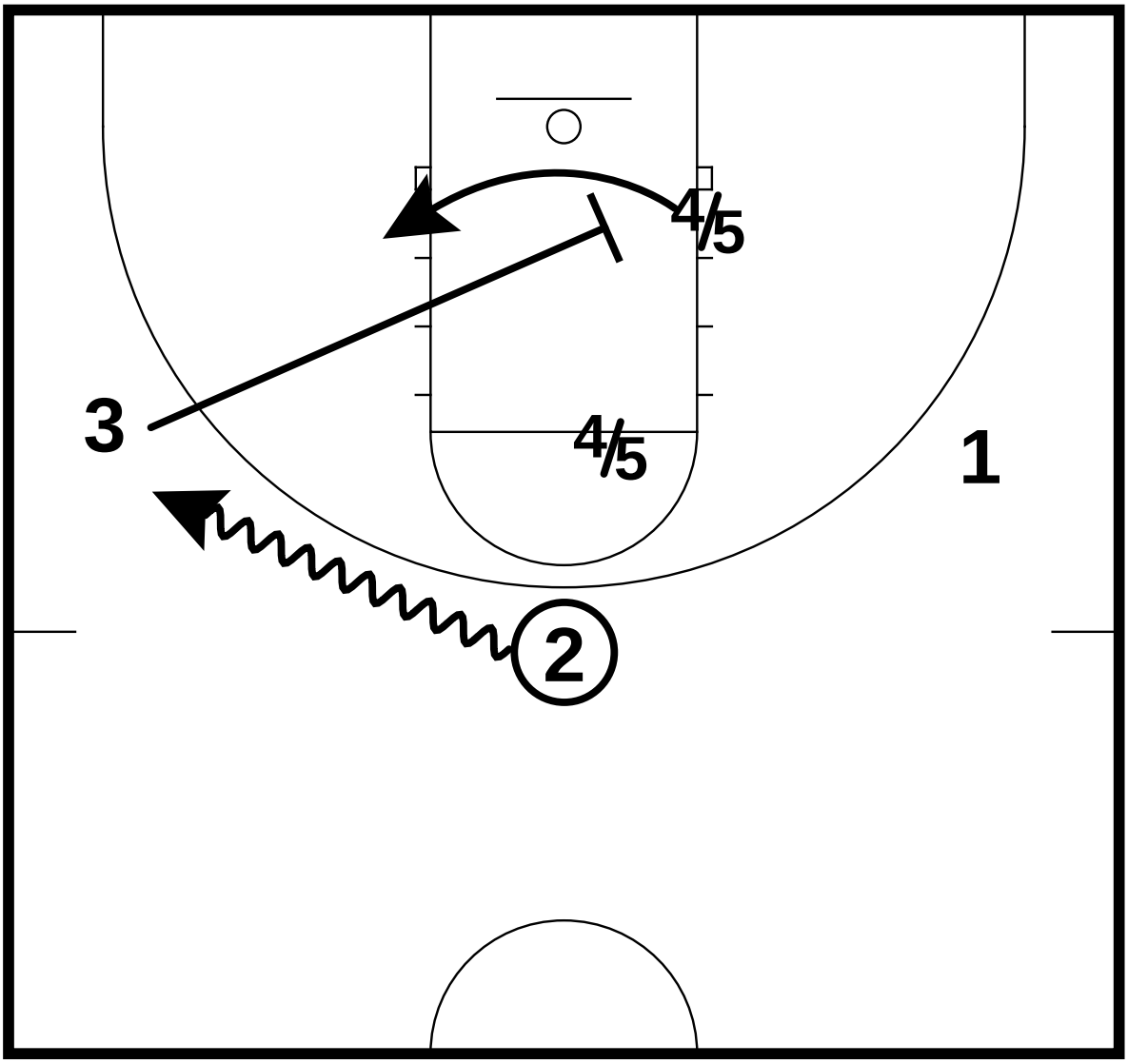
Shallow
Motion Entries



All Contents Proprietary

94ft Motion Diagrams

Shallow
Motion Entries

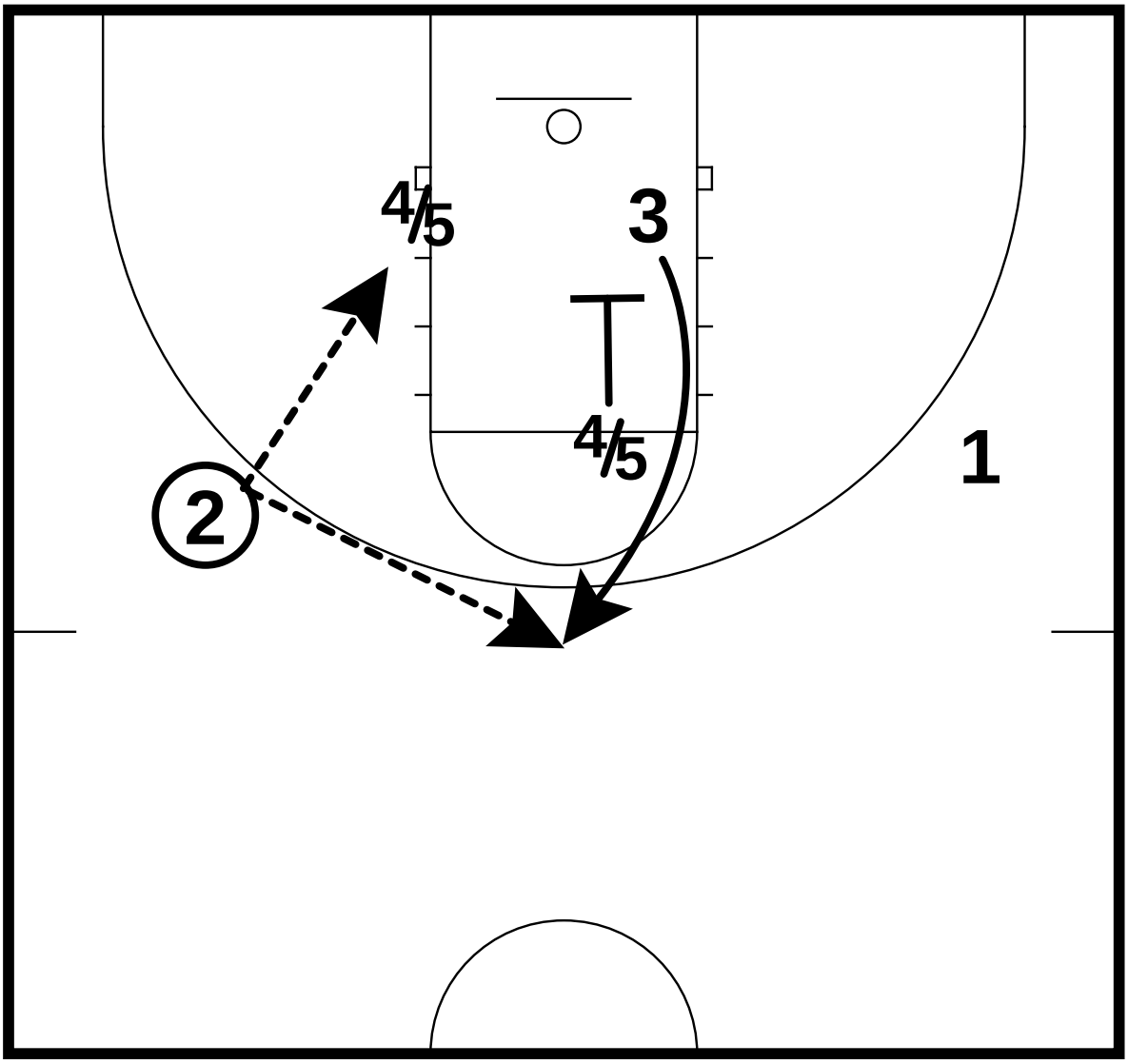


Shallow w/ Triangle (screen the screener) action: 2 dribble pushes 3 off wing. 3 screens across for post on low block

All Contents Proprietary

94ft Motion Diagrams

Shallow
Motion Entries

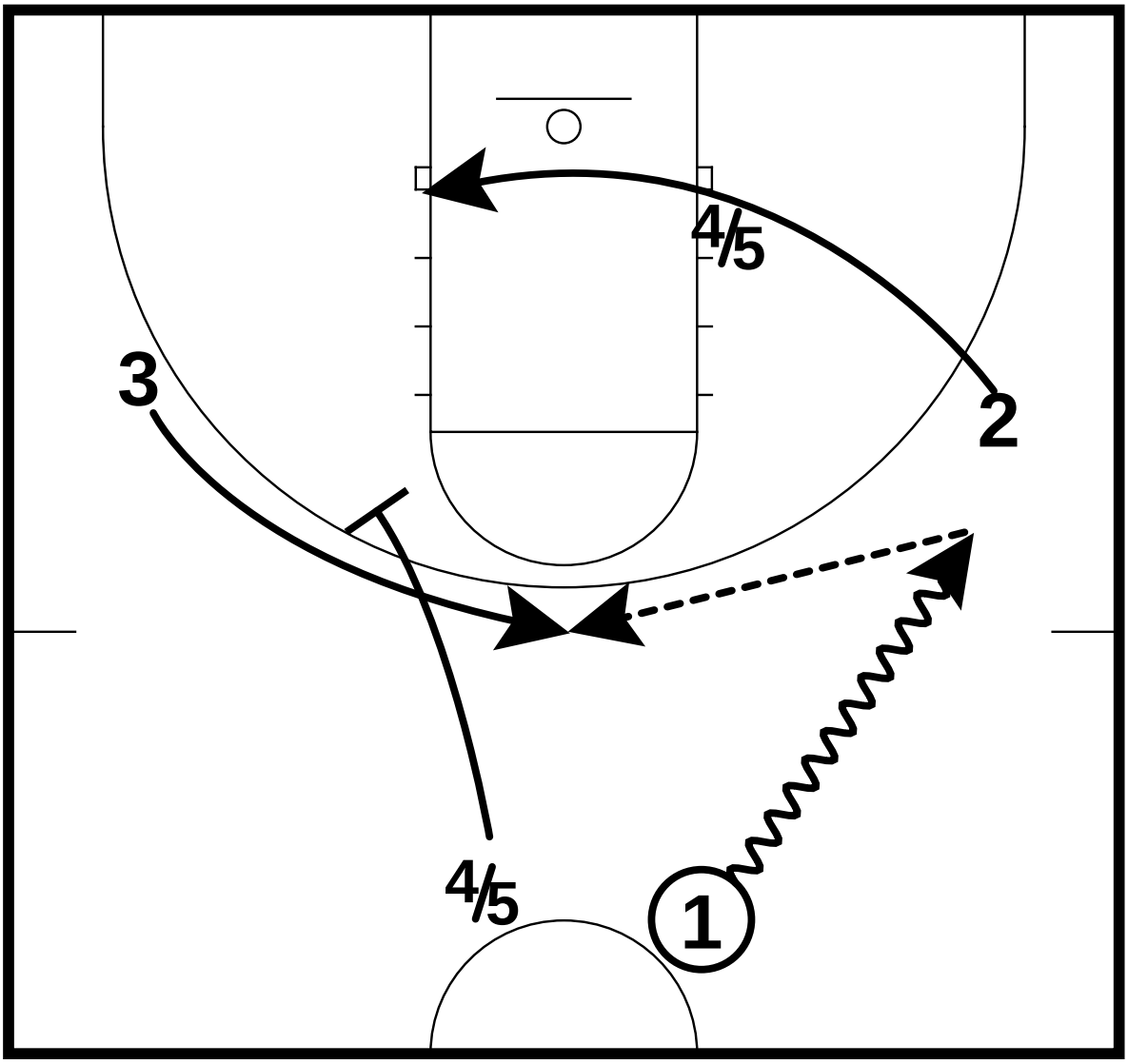


Trail post now gets the 3 to complete screen the screener option. 2 can now feed post or hit 3 coming to the top

All Contents Proprietary

94ft Motion Diagrams

Circle
Motion Entries

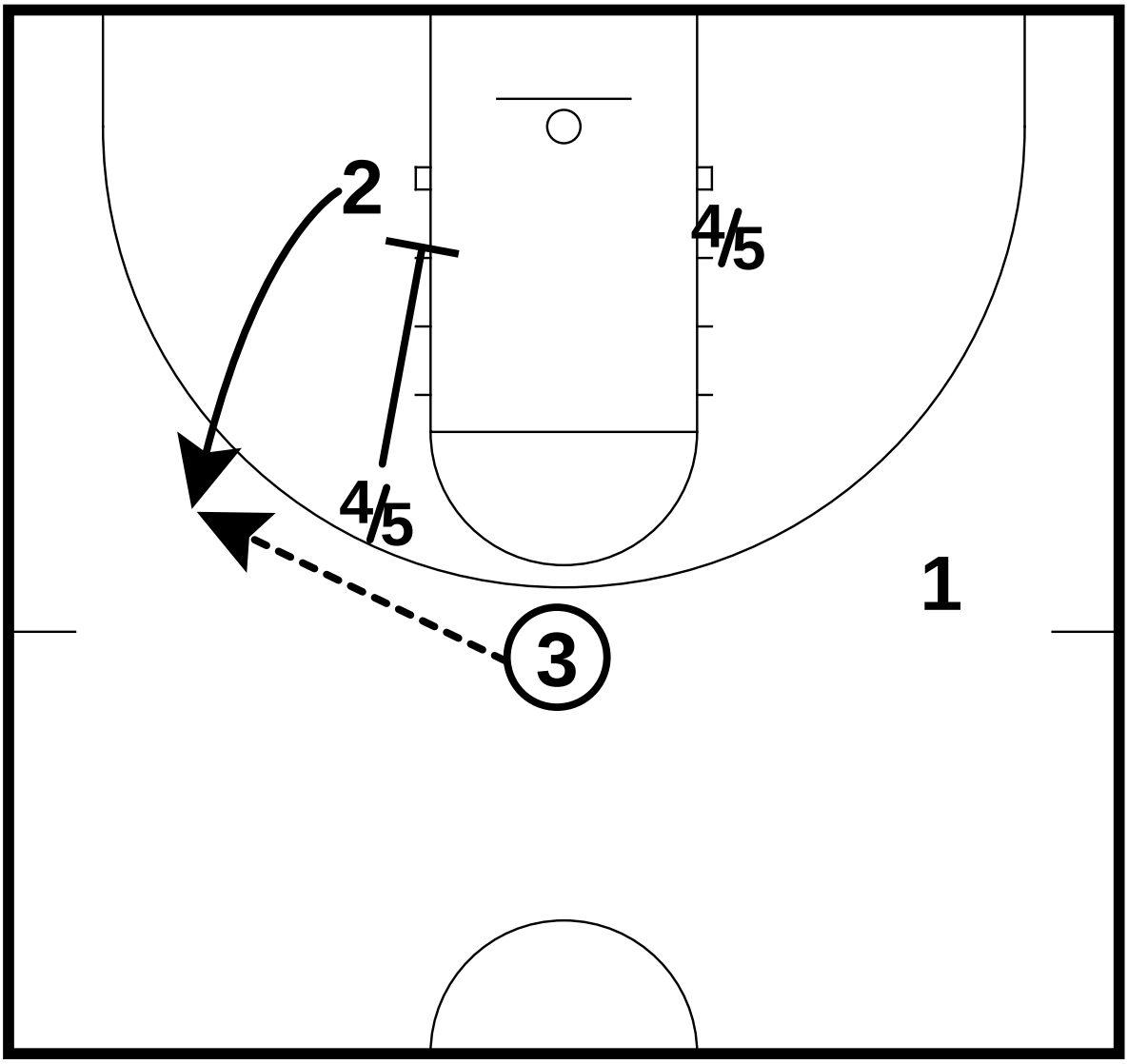


1 dribble pushes 2 to weakside block. Trail post looks to screen backside of zone (or man) for 3 to come to the top

All Contents Proprietary

94ft Motion Diagrams

Circle
Motion Entries

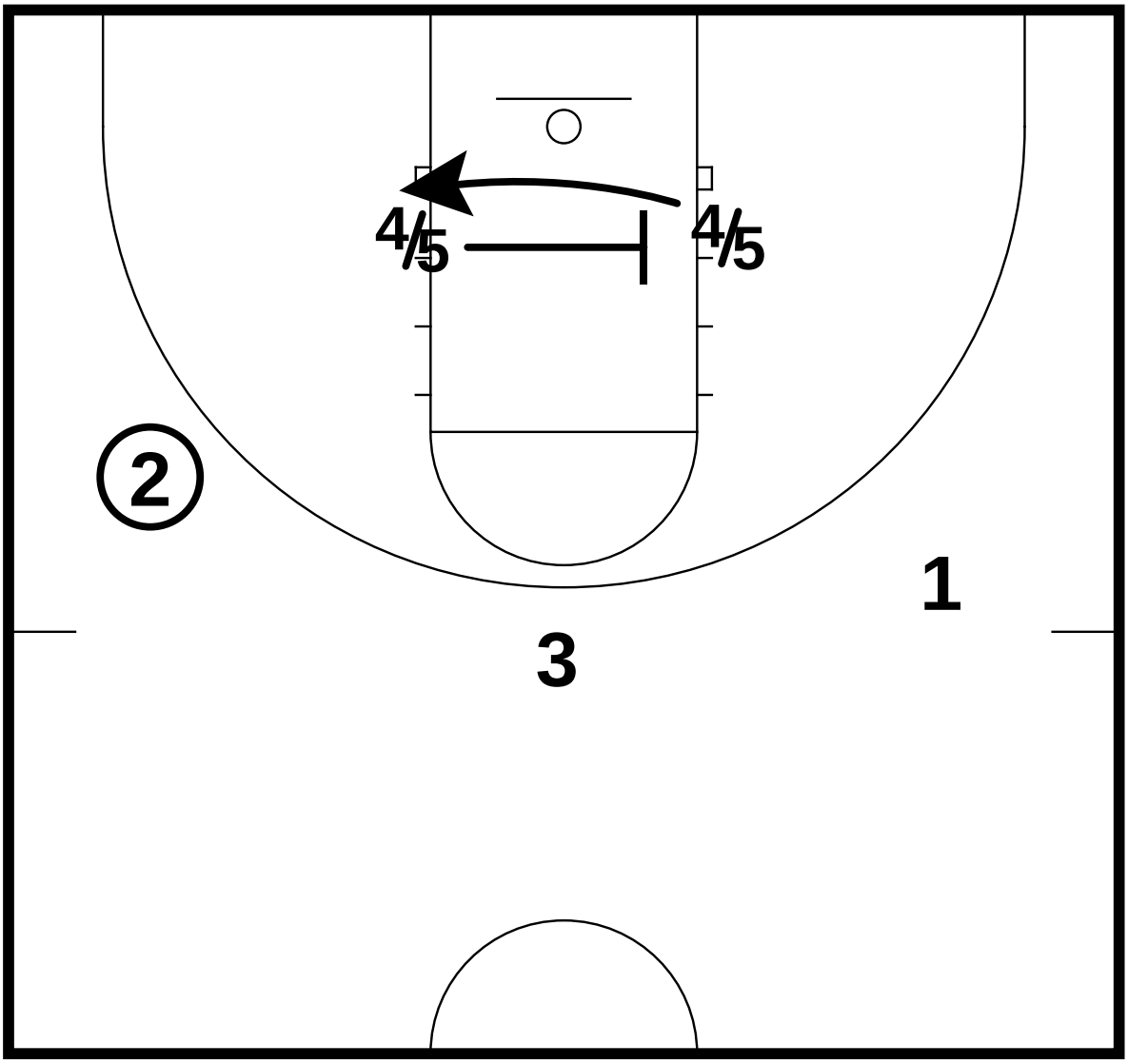


Trail post now goes and gets the 2 on the block and the 3 hits him as he cuts high onto wing

All Contents Proprietary

94ft Motion Diagrams

Circle
Motion Entries

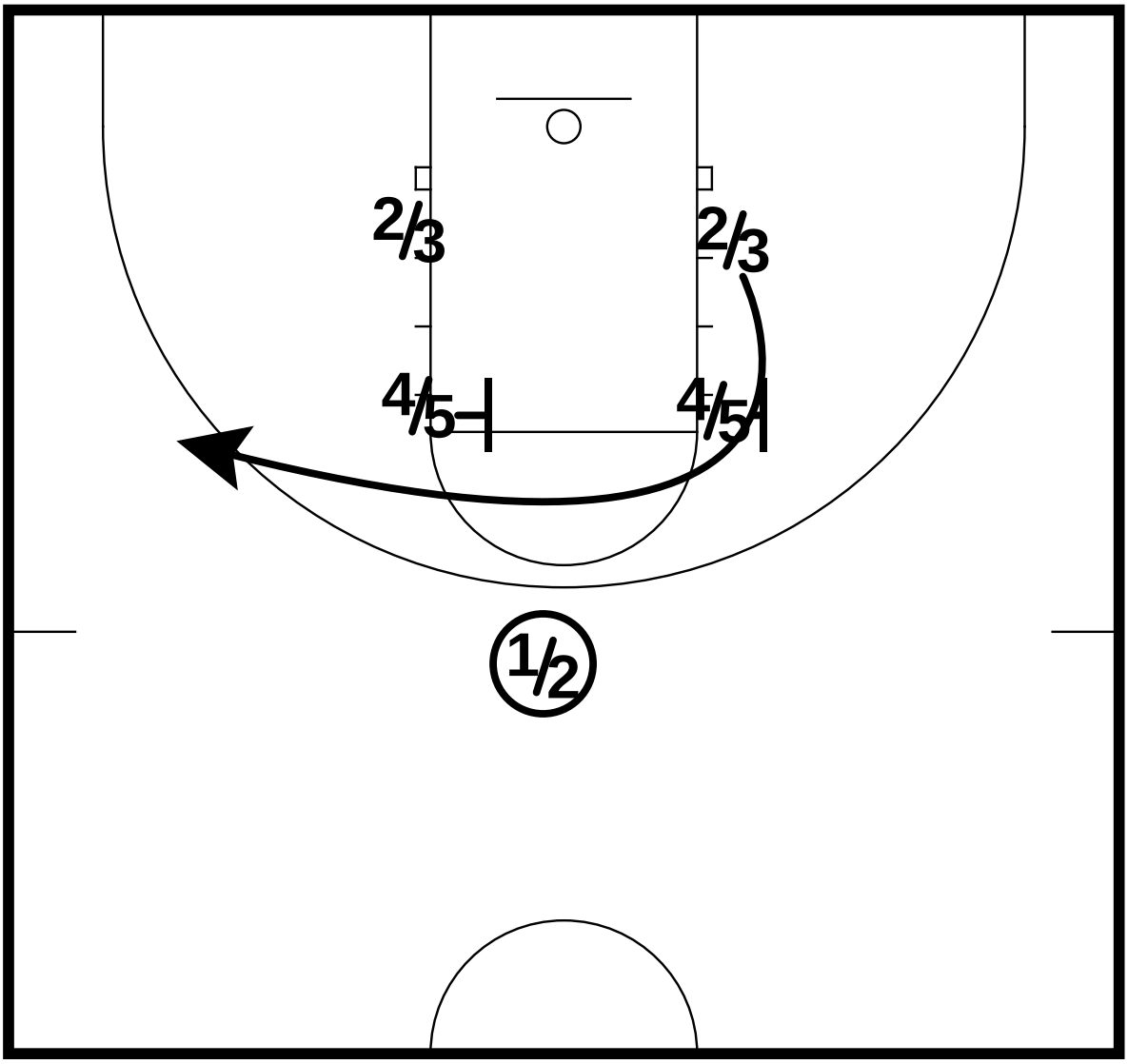


Option for third cross screen from trail post

All Contents Proprietary

94ft Motion Diagrams

Loop
Motion Entries

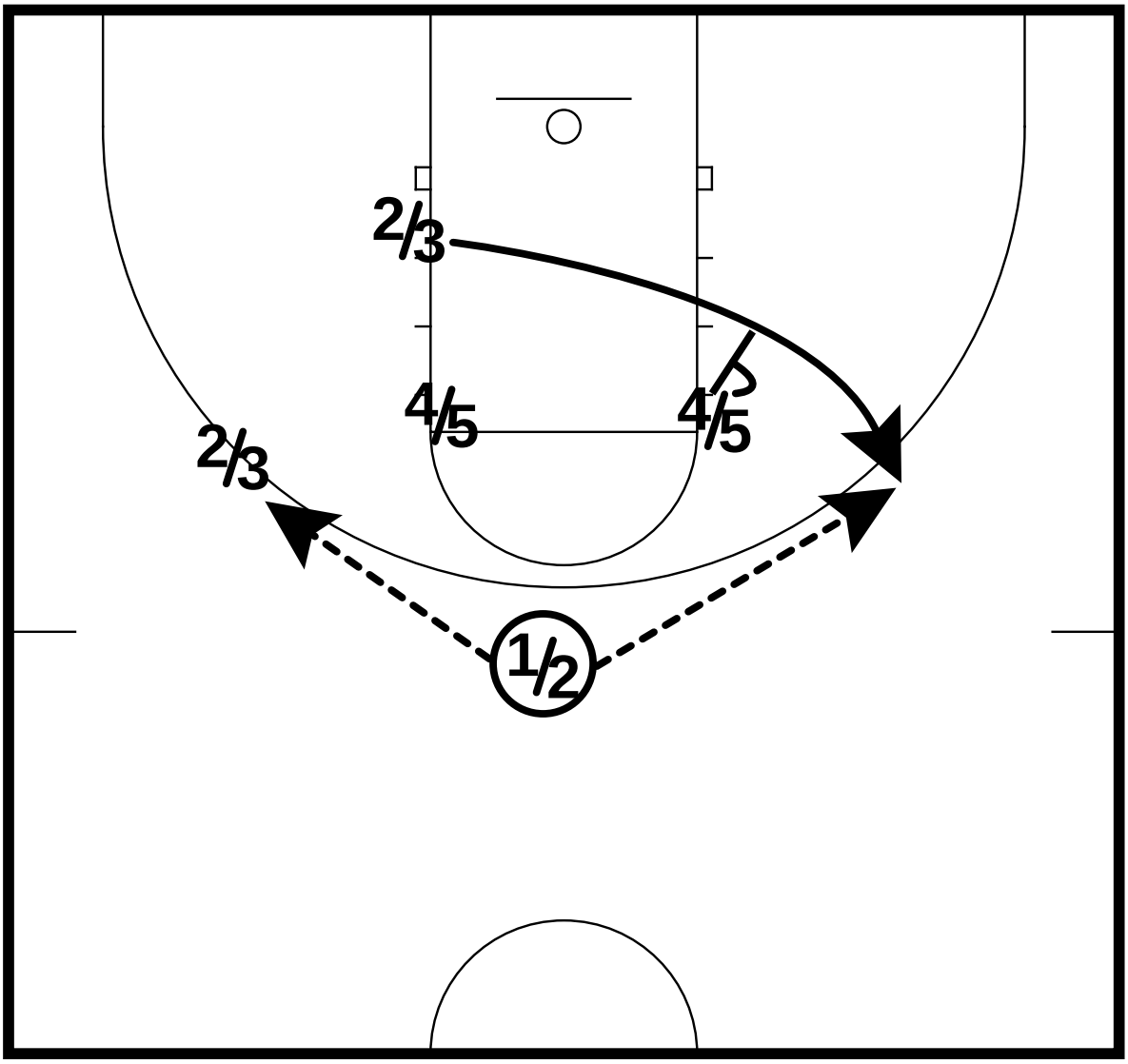


Perimeter player circles over the top looking to receive brush screens from both bigs

All Contents Proprietary

94ft Motion Diagrams

Loop
Motion Entries

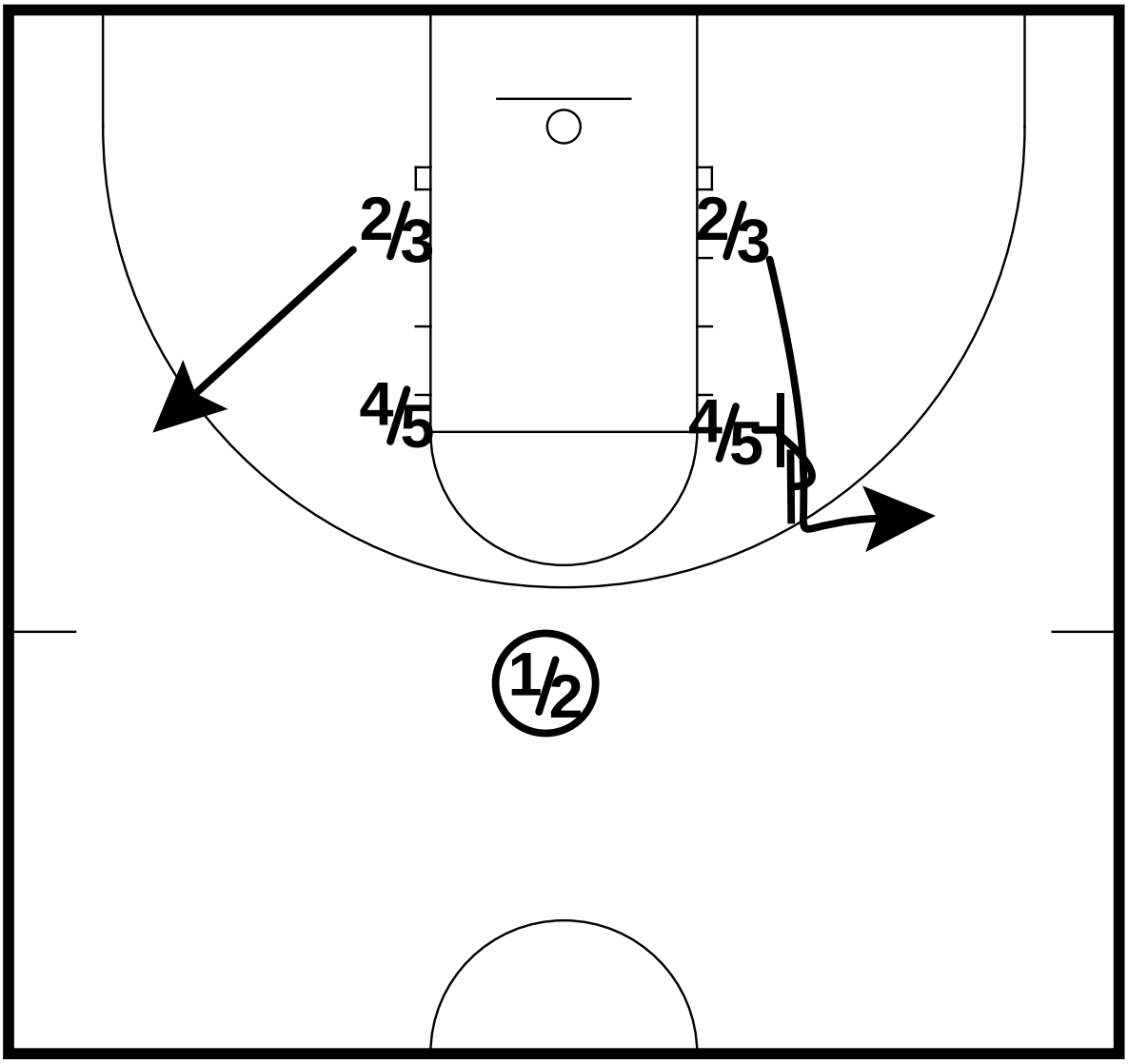


As soon as the the perimeter player on the right block clears the first post, the second player cuts to the opposite wing and receives brush screen as well

All Contents Proprietary

94ft Motion Diagrams

Loop
Motion Entries

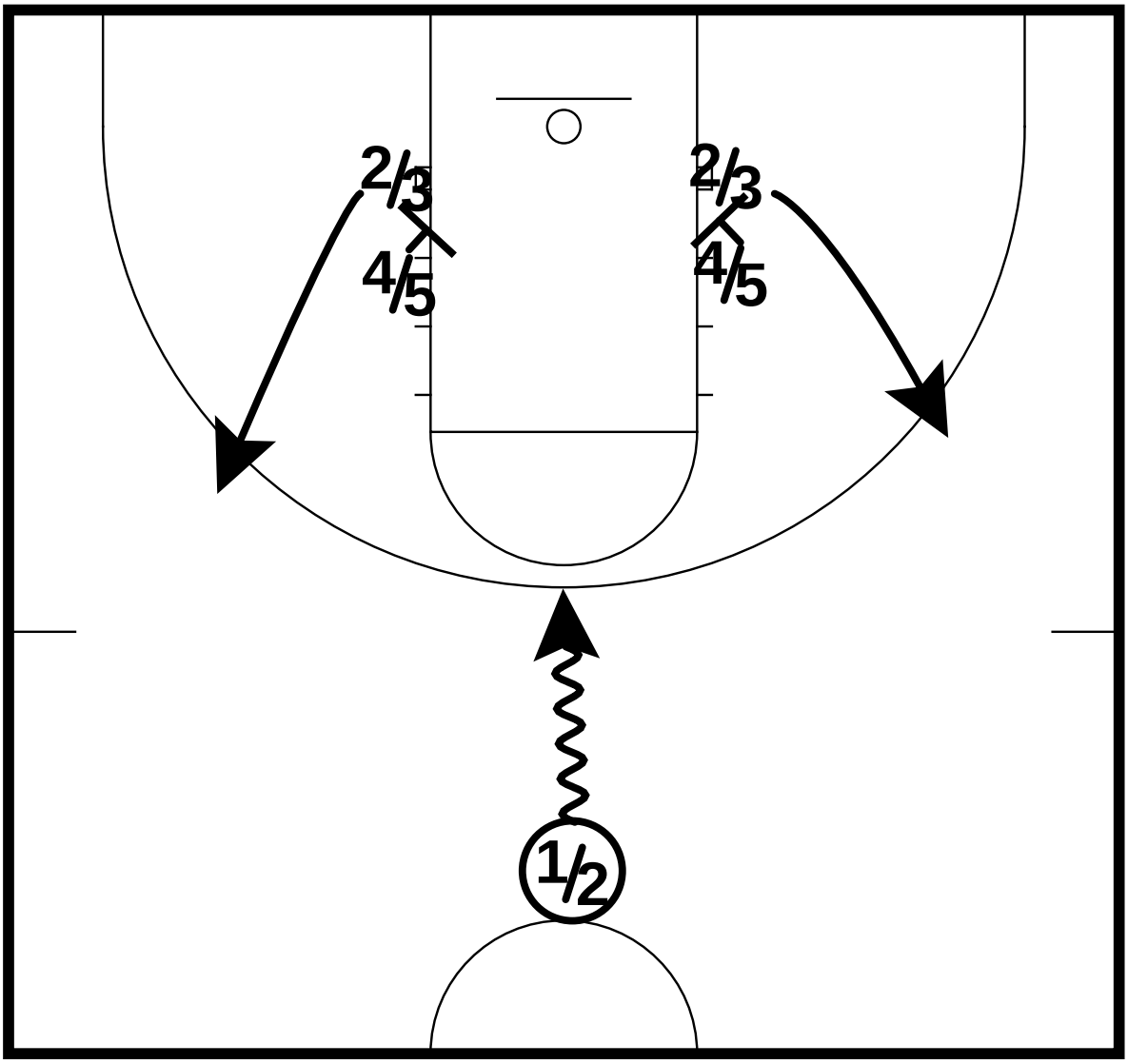


Perimeter player can adjust to overplay by cutting out to same side wing and receive re-screen (for fade) from post on elbow

All Contents Proprietary

94ft Motion Diagrams

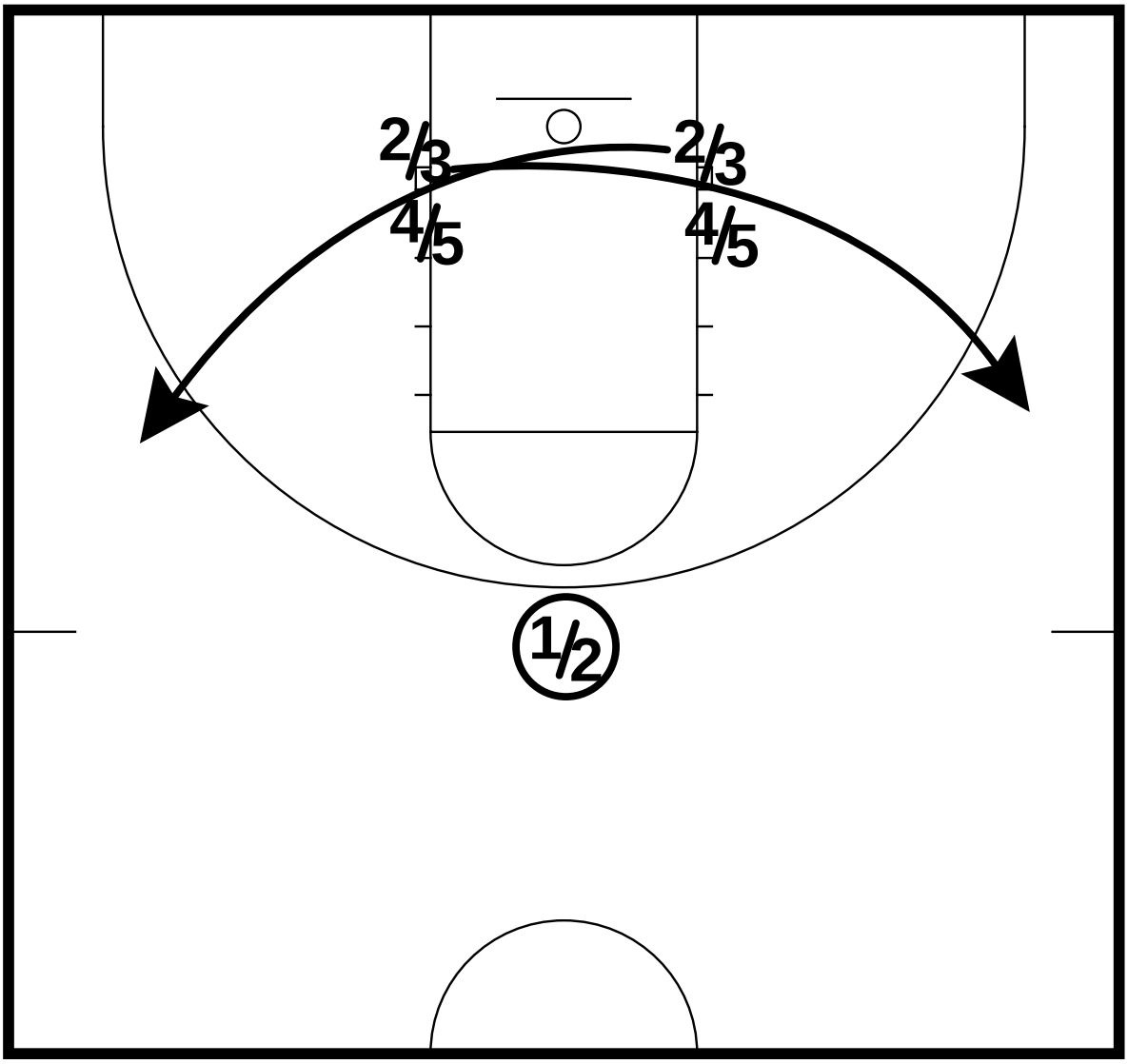
Stacks Low - "Two"
Motion Entries



All Contents Proprietary

94ft Motion Diagrams

Stacks Low - "Two"
Motion Entries

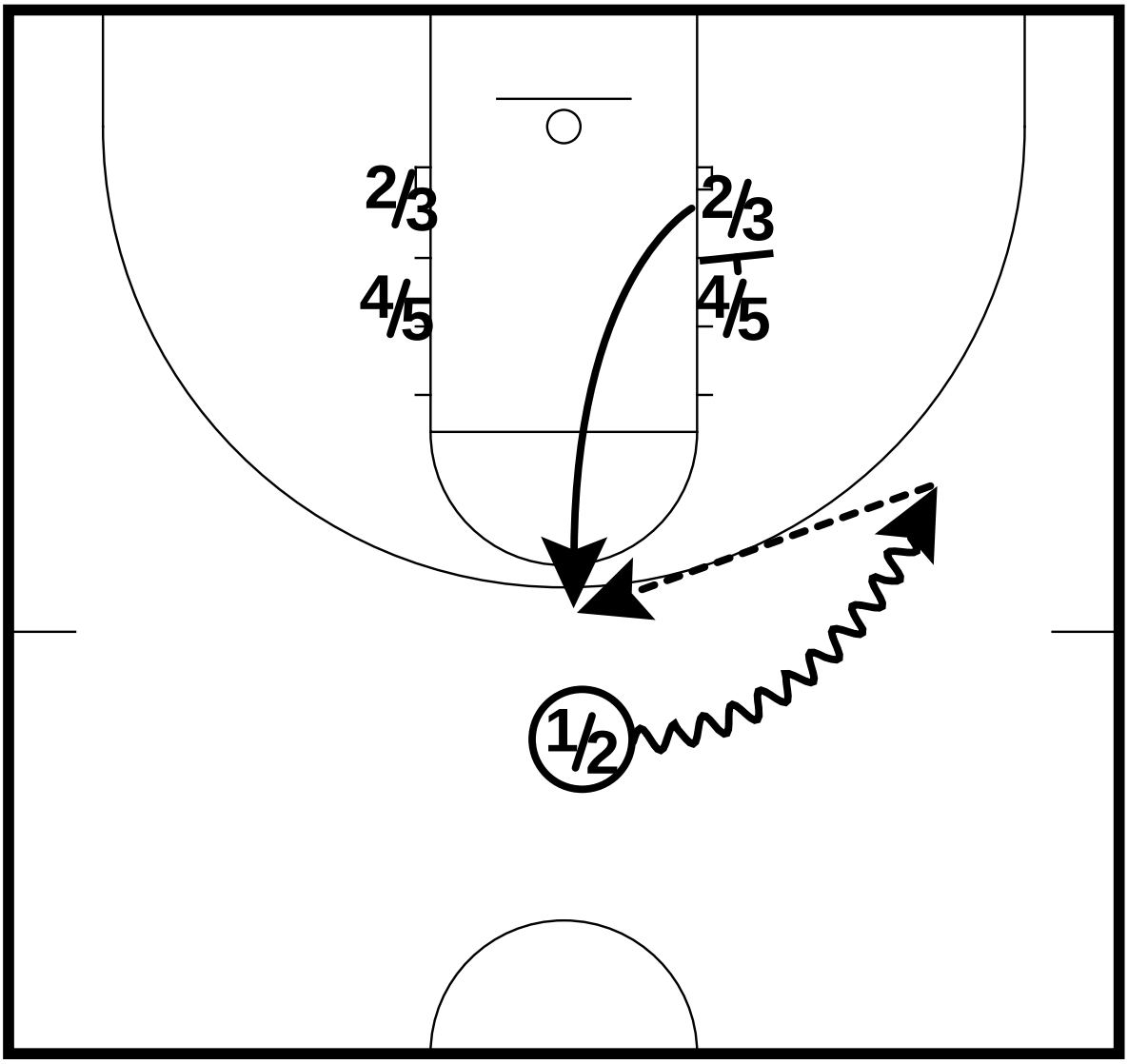


Two Cross

All Contents Proprietary

94ft Motion Diagrams

Stacks Low - "Two"
Motion Entries

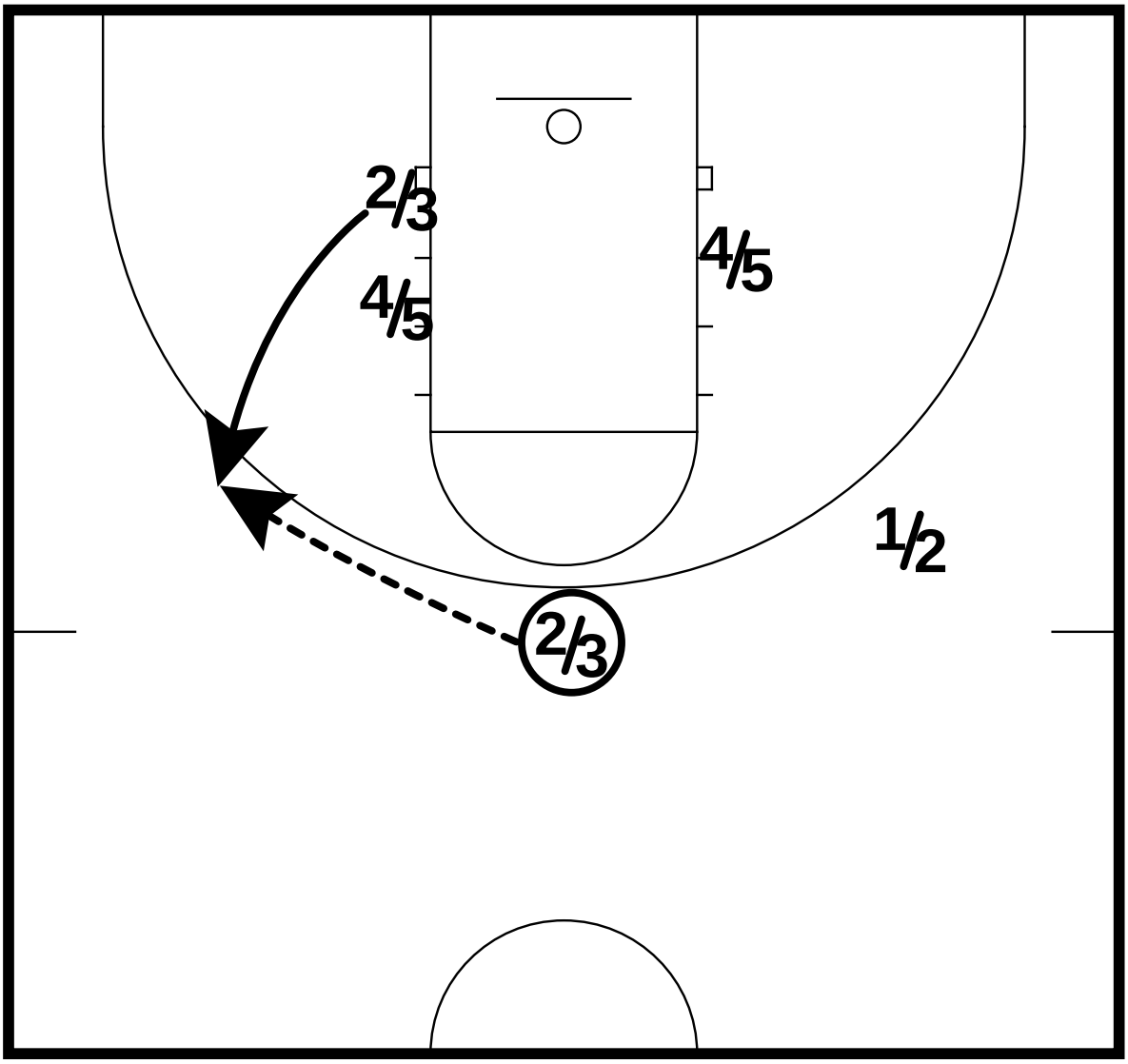


Two Shallow

All Contents Proprietary

94ft Motion Diagrams

Stacks Low - "Two"
Motion Entries



Two Shallow: Other perimeter player cuts to wing on catch

All Contents Proprietary

The 94-Foot Motion Offense

Mike Brey

(Head Men's Coach – Notre Dame, 2011 AP Coach of the Year)

Warm-Up: Post Feeds 2 on 0

- Can be used as a warm-up in practice or a pre-practice warm-up
- Forces the bigs and wings to work together, learn to communicate with each other, and continue to emphasize the inside-out style of play
    - Drill Set Up (Post Feeds in PDF)
        - Wing/Guards start just above top of key
        - One post starts underneath rim in the middle of the paint, rest out-of-bounds along baseline
        - Guards will dribble to one or the other and look to enter ball into post
            - Guard Emphasis
                - Staying spaced behind 3pt line during entry
                - Being creative and "game-like" while making post entry
                    - Exaggerate use of pass fakes
        - Post players will then execute post move of their choice
            - Post players must call for the ball
        - Force players to communicate using names and directions
            - "Jake, get in the post, Jake. Sit down in there. "
    - ***Progression*** 1 – ***Relocation, Kickout to shot-fake, one dribble, pull-up***
        - Drill movement stays the same except perimeter relocate after entry pass, receive kickout, shot-fake, and execute a one-dribble pull-up jumper to either direction
            - Focus for perimeter players
                - Staying spaced outside 3pt line on original post entry and kickout
                    - Don't catch ball INSIDE 3pt line
                - Slowing down and focusing on BOTH shot fake and footwork
                - Emphasis perimeter players covering ground with their dribble on shot fake attack
            - Post players must hunt down rebound
    - ***Progression 2 – Shot-fake to middle drive, posts flatten for catch and finish***
        - Drill now contains: post entry, relocation kickout, shot-fake attack to middle drive and the post flattening out (butt to baseline, hands ready) for catch and one-step finish
            - Continue to emphasize communication and talk from players
    - ***Progression 3 – Shot fake to baseline drive, posts slide-up/shape-up for catch and finish***

        - Posts now shape up middle on perimeter player's baseline drive
            - Encourage posts to finish with no dribble if attacking rim
    - ***Progression 4 – Relocation into "High" side ball-screen***
        - Perimeter players will now enter into post, relocate for kickout, and receive ball screen from post
            - "High" side ball screens look to attack middle of the floor
            - Set at or above free throw line extended
        - Perimeter players can either feed post on the roll or execute a pull-up jumper
        - Posts must sprint out of post-up to set ball screen
            - Stress posts really get out of their post up quickly
            - Brey prefers to have posts open up to ball on roll
    - ***Progression 5 – Relocation into "Low" side ball-screen***
        - "Low" side ball-screen is set to free perimeter player toward baseline
        - Set slightly below FT line extended
        - Ball handler can still choose to either hit rolling post or pull-up for jumpshot

<u>Full Court Ball Screens</u>

- Can be used as a conditioner and ball-handling drill as well so some of the things that come up in your offensive system
    - Drill Set Up
        - Post players are located under basket with basketballs
        - Guards/wings are located near hash with butt to the sideline
        - Post initiate drill by simulating rebound off glass and hitting guard with outlet pass
        - Guard will speed to dribble to right wing while post will sprint to right elbow, cut parallel to baseline, and set side ball screen (think: reverse L cut)
        - Guard will either look to shoot a short jumper or hit rolling post
        - Post will rebound , throw the ball off the LEFT SIDE of the glass, outlet again, and they will repeat the same motions on back down the left side of the court
            - Make sure guard moves quickly to outlet area and makes catch in proper position
- Coach Brey prefers doing conditioning with a basketball instead of just sprints
        - "Condition with the basketball in your hand"
    - ***Progression 1 – High Transition Ball Screen***
        - Drill moves the same way except guards will push to the hash extended (roughly the three meter attack line that runs through any high school court) while the posts will move their screening area to the nearside seam 25ft from the basket.
            - The post's screening angle should be at about 45* with their butt facing the opposite elbow (See Frame 5 in the Full Court Ballscreens)

NOTE: Coach Brey will invert this drill (switch the roles of guards and posts), especially in the pre-season, to work on skill development

3 on 0, On the Side

- Drill Set Up
  - Players are split up on both sides of court, one post plus two perimeter players
    - One perimeter starts down on the block, other with ball in the seam
    - Post starts on wing and starts drill by setting pin down for perimeter on the block
      - Emphasize perimeter to set up his initial cut
    - Drill is continuous until coach stops it
    - Once post/wing scores, action re-starts with pin-down
- Concepts
  - Allow players to start off by using simple concepts
    - Feed the post and relocate
    - Swing the ball side to top, re-enter into post
    - Perimeter players stay on perimeter and spaced behind 3pt line
    - Posts can make post move and score
  - Brey also prefers to let players "freelance" initially to encourage thought and creativity
    - Will add concepts piece by piece
  - Next concept: Wing/Guards "squeeze" on perimeter (Player in seam/lane-line screens down for player on wing)
  - Basic movement concept
    - Pin-down, post entry, squeeze, kick-out to shot-fake one dribble pull-up jumper (Frame 2-4)
    - Make sure perimeter players squeeze AFTER post entry
    - Kick-out from post can be made to either player after squeeze
    - Allow both sides to rep new concept and play out of it

3 on 0 Routine

- Can be a good thing to use to warm-up in a walk-through on a gameday
- Used in combination with 4 on 0 Routine (to follow)
  - Mostly used during first 15 minutes of practice
  - Drill Set Up
    - Starts in same look as 3 on 0 On the Side (post on wing, perimeter with ball up top, perimeter with ball on block
    - Team is broken up on both ends of the floor
    - 1st Progression: Down screen, post feed, basket cut (toward middle)
      - Focus on filling behind perimeter player making basket cut

        - Encourage post players to deliver a bounce pass to perimeter player making basket cut
    - 2nd Progression: Down screen, post feed, baseline cut
        - Make sure post players are posting up higher (above block at very least)
        - Exaggerate game like conditions in post – low, tight bounce pass to feed baseline cut
        - Encourage perimeter players to finish off two feet
    - 3rd Progression: Down screen, post feed, basket cut, fake hand-off, post move opposite (e.g. - right shoulder move when set up on left block)
        - Encourage perimeter players handle ball up top to simulate pressure they'd face in game situations
        - Post should be solid in setting down screens – "Exaggerate your footwork"
    - 4th Progression: Down screen, post feed, baseline cut, fake hand off, post move opposite (e.g. – left shoulder move when set up on left block)
        - Can requests posts use a specific post move (ex: right hand baby hook)
    - 5th Progression: Down screen, post feed, perimeter "squeeze", kick out, shot fake, one dribble pull-up (Frame 4)
        - Can switch up which perimeter player squeezes (instead of player in seam screening down for wing, wing and come up and screen for player in seam)
        - Encourage communication on both screens – Posts on down screen: "Use me, use me", Perimeters on "squeeze": "I got you, I got you", Coaches: "That worked 'cuz we talked", "Be decisive by using your voice"
        - Make sure perimeter players are still catching outside 3pt line
    - 6th Progression: Down screen, post feed, perimeter "squeeze", kick out to wing, "High" side ballscreen
        - Relocation pass always goes to wing
        - Make sure perimeter player in seam, spaces on PNR (fades off)
- *Additional Concept*
    - 3 on 0 – Fade
        - Two guard front with one post
        - Ball starts in middle with pass to opposite perimeter
        - Ball handler receives fade screen from post, who shapes up and rolls to the block
        - Perimeter player dribbles to the action
        - Allow players to play out this concept (shoot off fade, feed post for basket, relocation to shot fake, one dribble pull-up, etc)

<u>4 on 0, Routine</u>

- Used following 3 on 0 Routine
- Focus on the footwork, spacing, and the players ability to play off of each other
    - Drill Set Up
        - Two posts, one on each block with a perimeter player under the rim and a ball handler up top (on the midline)
        - Perimeter under rim initiate drill by going off a screen from either post
            - Encourage perimeter player to make it game like (fake going off one way, come back off the other)
            - Change direction and change pace
        - Whichever direction perimeter player comes off, that is the entry side
        - Progression 1: Pop to wing, entry pass to wing, post feed, high-low spacing with opposite big
            - Other post must adjust up the lane to the opposite elbow on the wing entry
            - Emphasis posts moves to be quickly executed
        - Progression 2: Posts screen block to block after wing entry, opposite post adjusts up lane
            - Don't let the nearside post screen away until wing catches pass from top
            - Perimeter player on wing shouldn't use dribble while making post entry
            - Post player can either make post move or reverse ball to high post for jumpshot
        - Progression 3: Wing entry, "High" side ball screen from strong side post, opposite post duck-in
            - Encourage player coming off screen to use all four of his options: his own jump shot, hitting the roll man, hitting the post ducking in, hitting opposite perimeter player fading off
            - Duck-in should be well timed with perimeter player coming off screen
                - Emphasize a hard, violent seal on duck-in
        - Progression 4: Wing entry, "Low" side ball screen from strong side post, opposite big flashes to high post
            - Encourage perimeter player coming off screen to use all of his options
            - High post flash should be to the middle of the free throw line
            - Make sure screeners are rolling hard to the rim and not shuffling looking for ball
        - Progression 5: "Shallow cut"
            - Perimeter player starts in corner, bigs are staggered on block and FT line
            - Action starts with ball handler at top making a dribble push to wing and perimeter player using both screens to pop behind the play at the top of the key (think zipper cut action)

- High post then screens down for low post who curls off screen looking for pass in front of rim
- High post then sits down looking to post up hard on block
- Encourage ball handler to hit all options

- Progression 6: "Brush"
  - Initiates the same way progressions 1-4 do (perimeter player choosing which side to come off)
  - After catching pass on wing, perimeter player feeds post, makes a basket cut, and screens for the opposite post to flash high for a jump shot

Full Court Motion

- Brey wanted to find a way to flow from full-court to half-court without losing an aggressive mindset – "stay on our toes and not come back on our heels"
- Brey has gotten away from using a secondary break in his schemes due to the fact there was a "stopping" feeling as it flowed to his motion
- Even the name "Full Court Motion" has helped them psychologically to flow seamlessly from full court to half court and keep attacking
- Encourage big guys to ALWAYS look for screening opportunities as much as possible
  - Screen then shape up
- Make sure players have freedom to play…do not turn them into robots
  - Audibles to get into motion
    - Audible #1: Cross
      - Can be off make or miss bet used off a make
      - Wings cross in paint and receive screen from opposite post
      - During early repetitions, encourage ball handlers to look for the posts shaping up as much as possible
        - This includes guard bringing ball up floor
      - Mix in movements from previous breakdown drills into entry (post feed to basket cut, etc)
      - Give wing players freedom to make decisions
        - Instead of crossing to each side, wings can meet in middle and cut back out to same side
        - "Don't be robotic"
    - Audible #2a: Shallow
      - Same concept as 4-0 Routine
      - Good to use to free a shooter early in transition
      - Make sure players are using all options during 5 on 0
      - Emphasize ball reversal and post feed on occassion
      - Encourage freedom of thought – "Be a basketball player, don't be robotic"

        - Allow shooter (2 in diagram) to bounce back to corner to simulate a cheating defender
    - Audible #2b: Shallow w/ triangle action
        - Screen the screener action on the back end of shallow (Frame 5 & 6)
    - Audible #3: Circle
        - Very good to use if faced with a lot of zone
            - Brey believes that anytime you can dribble to an entry versus a zone and drag the zone with you before you reverse and attack it, it's a good offensive principle
            - Mentions Syracuse and their 2-3 zone as an example of being in Circle coming down in transition or off a dead ball
        - Trail post should look to set two or three screens off this action
        - This look also gets your point guard into a gap other than the top gap
            - It sometimes is a good option to attack the side gap with "your best gap prober"
    - Audible #4: Ball Screen
        - Point guard calls for high ball screen in transition in the middle of the floor
        - Same position as second one set in full court ball screen drill

Half-Court Entries

- Any walk-up situation, Brey likes to use screening pairs (two downscreens) or the following audibles
    - Audible #1 – "Loop"
        - Can be adjusted for overplay as well (Frame 3)
    - Audible #2a – "Stacks Low" ("Two")
        - A 4-low look that allows a talented guard the opportunity to make a play before starting your offense
        - Wait for guard to back down to 3pt line before guards pop out to wings
        - Bigs still look to "shape up" and post hard after screening
    - Audible #2b – "Two cross"
        - Perimeter players cross in paint and cut to wing on opposite side
    - Audible #2c – "Two shallow
        - Entry that Brey likes to use just to force time to swing/reverse the ball
            - Brey mentions that in he will end film sessions with clips of a player making a reversal pass at the top of the key and praise it for being a great basketball play
            - Brey points out that in the early part of the season, it is easy for players to make reversal pass, it becomes a lot harder once the season goes to see that pass frequently without emphasizing it

        - Drag dribble to either wing, strongside wing makes zipper cut to top of key
        - Timing note: Second perimeter player receives screen to cut to opposite wing when catch at top is made
    - Audible #3 – "Six"
        - Brey uses this 'entry' when he feels his team needs to slow down
        - "Six" just calls for six passes in the half-court before a shot
        - Brey mentions that an added bonus is teams will be confused by what "Six" play is when doing scouting reports

Closing Comments

- Brey doesn't have a guest speaker at his banquets, he instead let's his seniors speak
    - He considers it great feedback for his basketball program
- Brey emphasizes that it's important to be a "confidence giver" as a coach
    - "It's amazing what young people feel they can do"
    - Brey continually reminds his staff to be confidence givers as well
- Letting them leave the film room feeling good is very important
    - "When you send them to the practice floor, when you send them back to the dorm, and you have hammered them for thirty minutes, can you send them back with their head up and feeling good?"
- Brey has been thankful to have seniors help him run the team and the locker room
    - "Have a group take ownership of itself"
    - Based on time and relationships talking to and nurturing players
- Things to talk about in 1st team meeting of the season
    - Eliminating Distractions
        - Academic issues very important to focus on
    - Culture of Work
        - Respect, identify with, encourage the culture of work
        - Players have to work and grind before success
    - Have to work and chase team goals and have each other's backs for the entire season
        - Do it better than any other team for the duration of your season
- Brey also emphasizes a "system of talk"
    - Force players/coaches to look each other in the eye when communicating

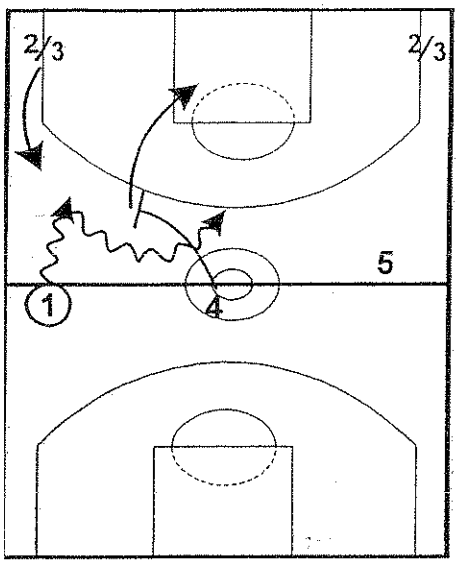
New York Knicks

Transition

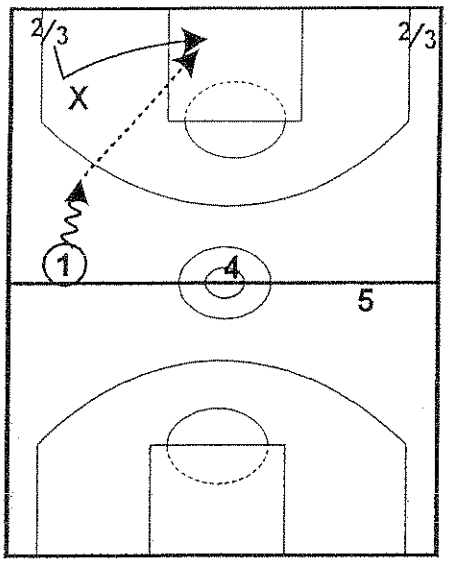
KEYS IN TRANSITION:

- SPACING
- 1ST 3 STEPS
- WINGS RUN TO CORNERS
- HOW HARD BIGS RUN IS KEY
- 1ST BIG IS PLAYMAKER: DRAG, PIN, CUT THRU, STEP UP
- BIGS DIVE HARD AFTER SETTING SCREEN
- KEEP PAINT OPEN UNLESS WIDE OPEN FOR LAYUP

"DRAG"

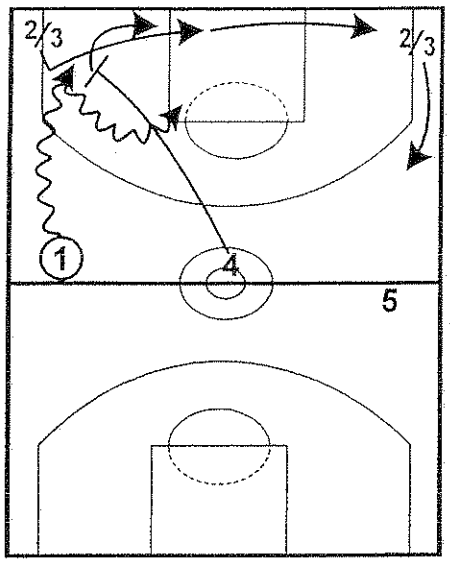


Wings get all the way to corner. 4 head hunts for Drag, 5 stays up and out of lane. Stay spaced! SS Wing is the Back.



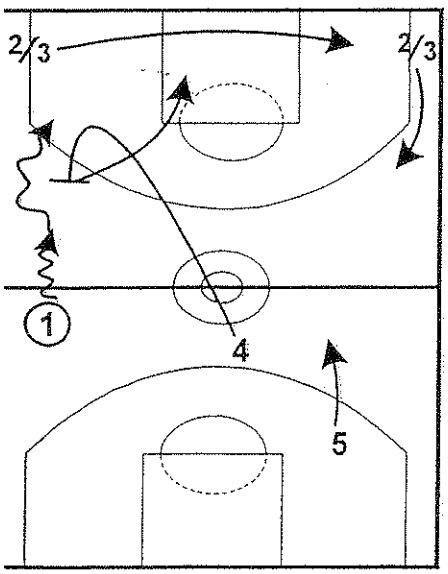
Overplay by X2/3 = backdoor

"DEEP"

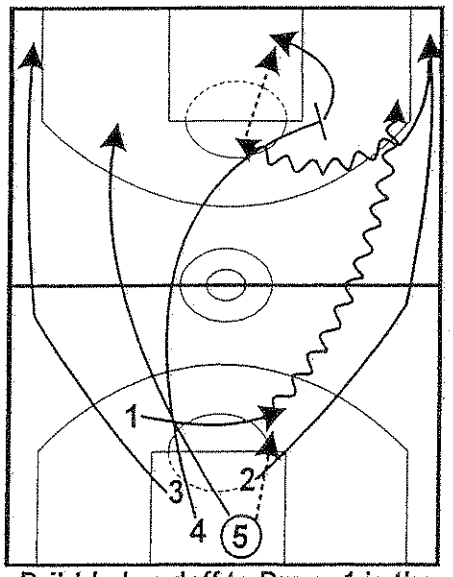


No backdoor = 2/3 clears to WS corner, deep pick

"STEP UP"

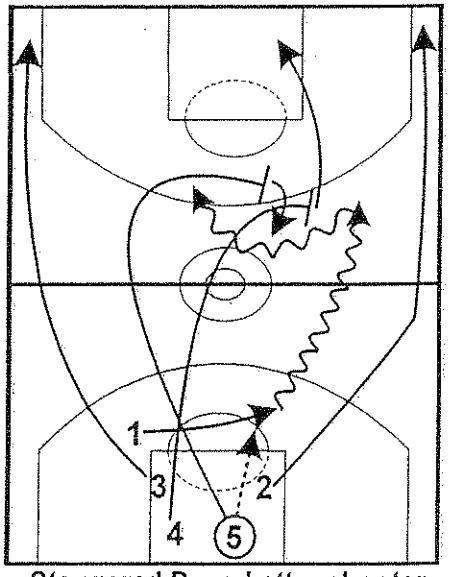


"DRIBBLE DRAG"



Dribble handoff to Drag. 1 is the Back

"DOUBLE DRAG"

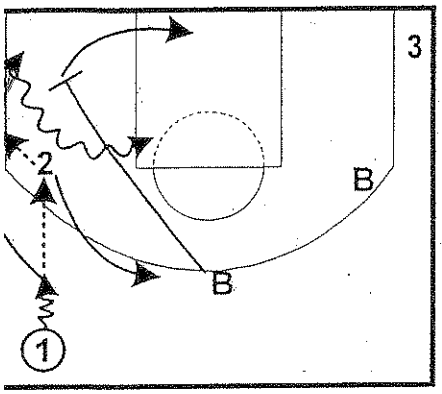


Staggered Drag, better shooter pops

New York Knicks

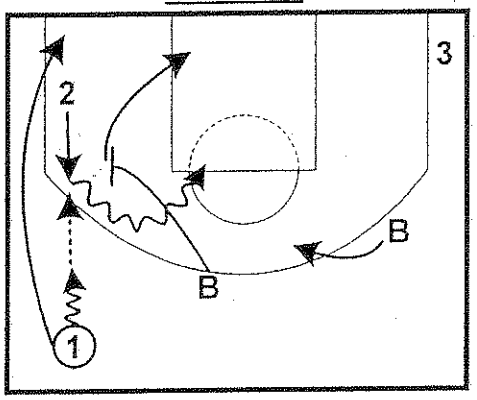
21

"21 CHASE"



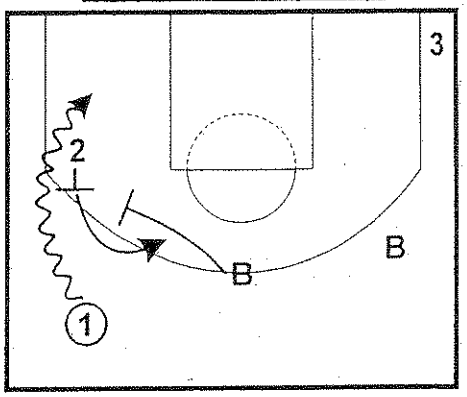
tries to turn corner. If not there, handback to deep pick and roll

"21 KEEP"

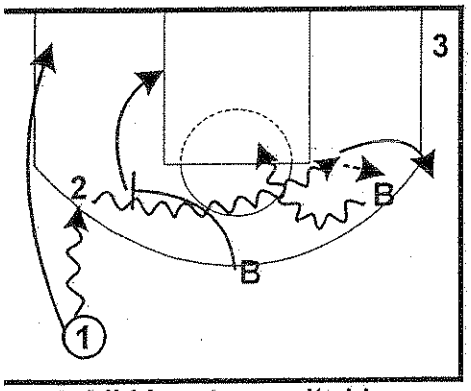


1st Big gets 2, opposite big replaces.

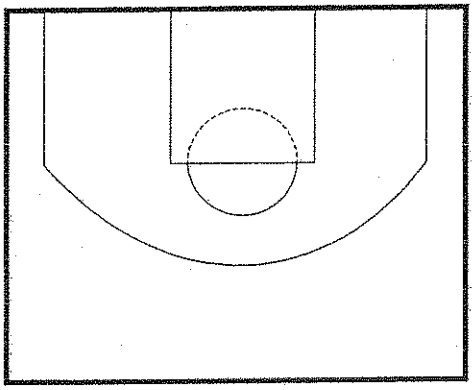
"21 (STEP UP OPTION)"



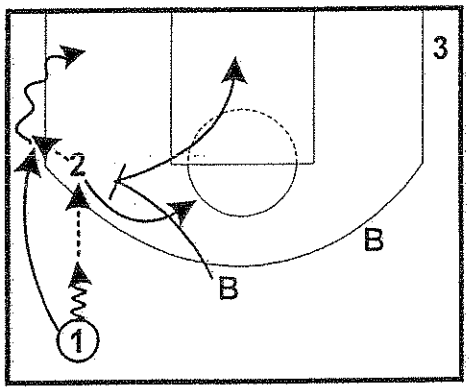
"21 KEEP AT"



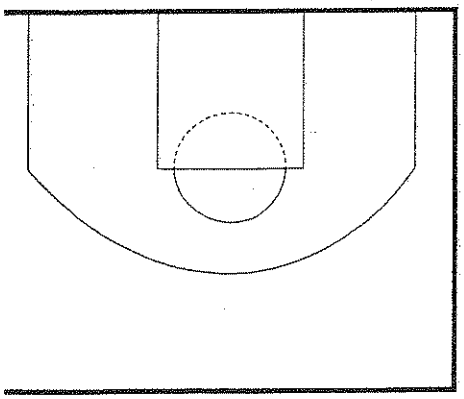
2 dribbles at opposite bigs defender for handoff



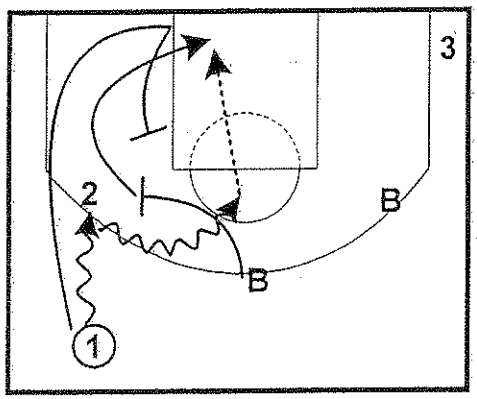
"21 (FLARE OPTION)"



Handback, flare for 2

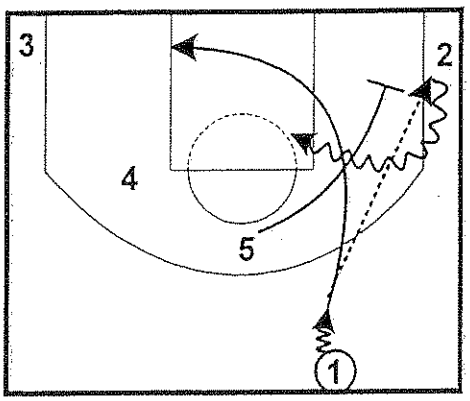


"21 SAC"



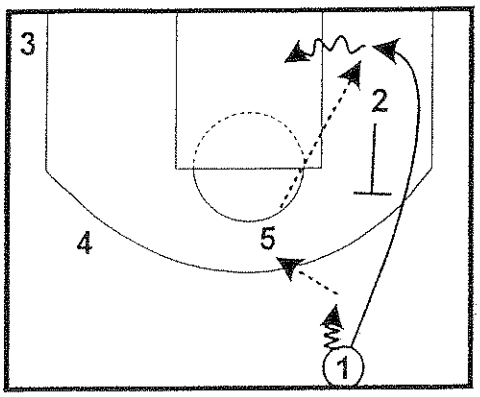
1 rips screener for lob

"CORNER"



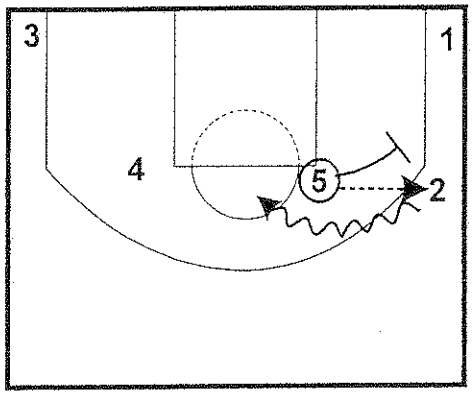
Delay

"DELAY"



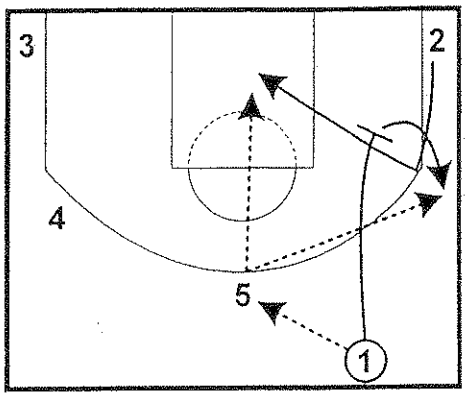
1 hits 5. Speed cuts thru a step up screen from 2.

"DELAY" (Cont.)

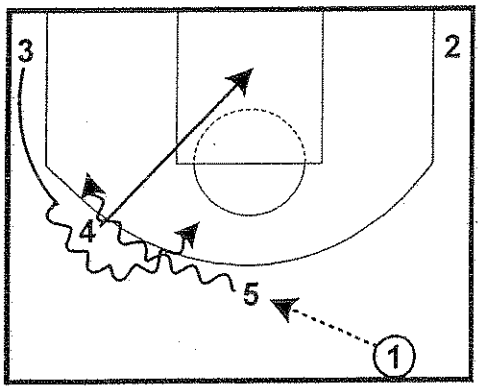


If 1 is covered, 5 hits 2 and follows pass for side P+R

"DELAY INSIDE"

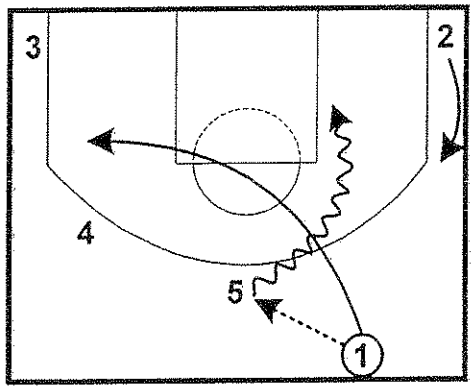


"DELAY WEAK"

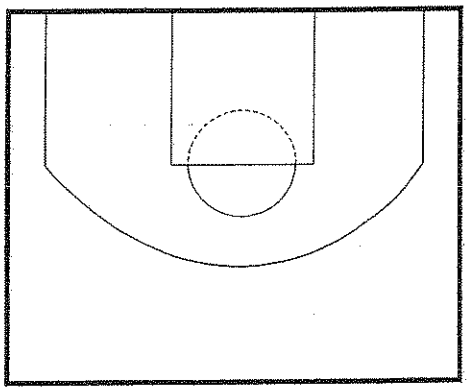


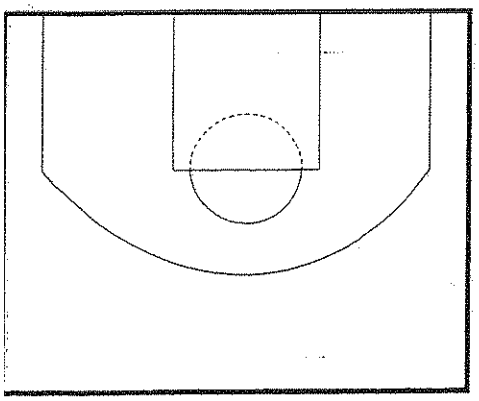
1 hits 5. 5 Dribble At 4, 4 Dives. Dribble handoff with 3

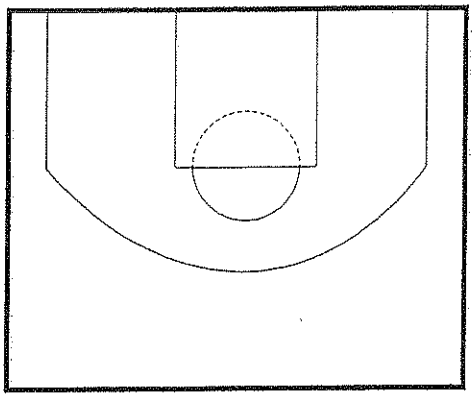
"DELAY GO"

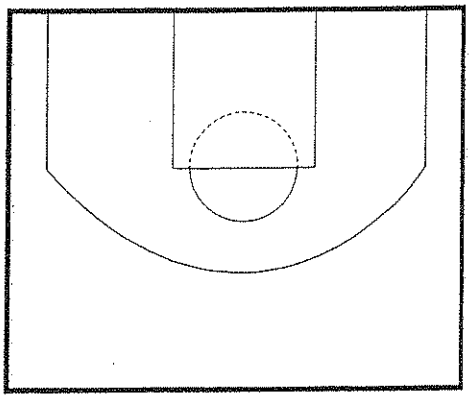


5 drives off 1. Can Dribble At 2 if necessary

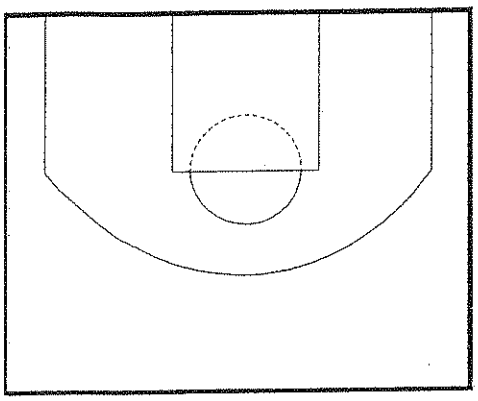


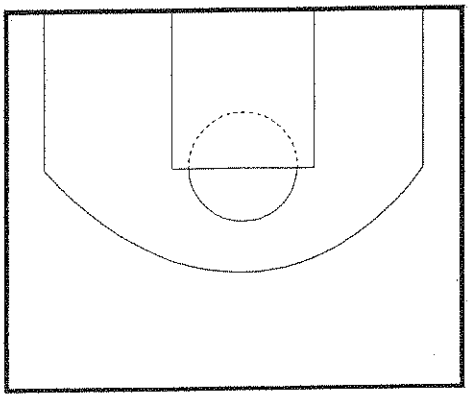


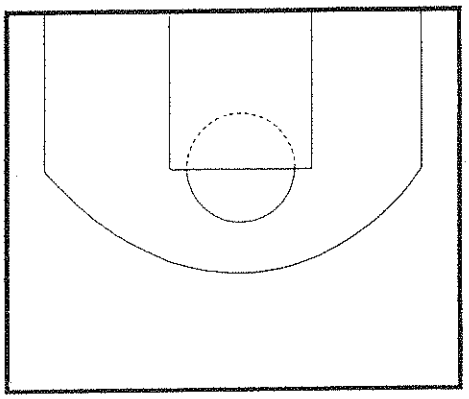




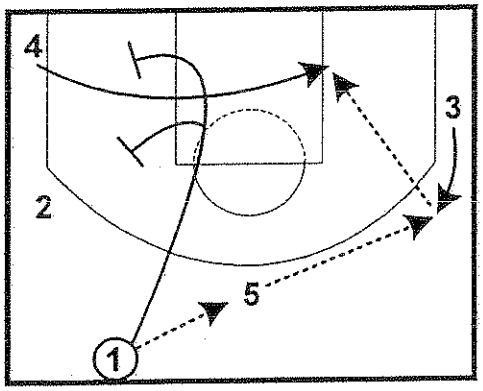
1 Down





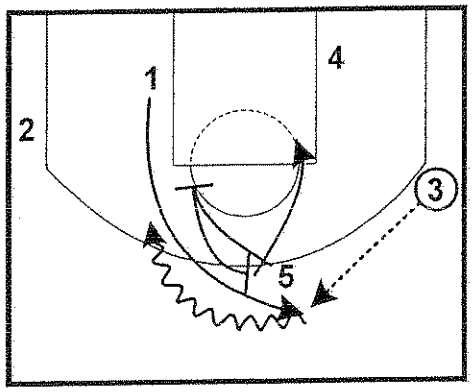


"1 DOWN"

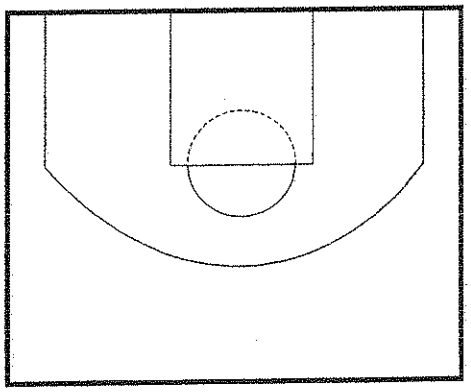


1 can screen for 2 or 4

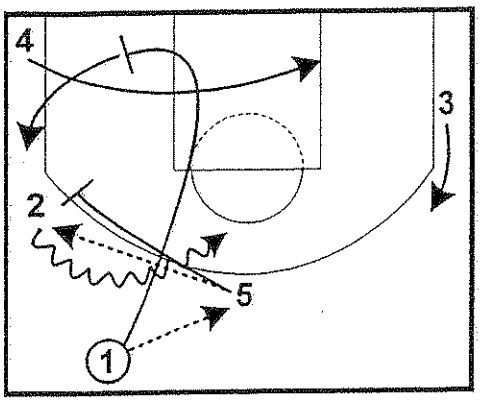
"1 DOWN" (Cont.)



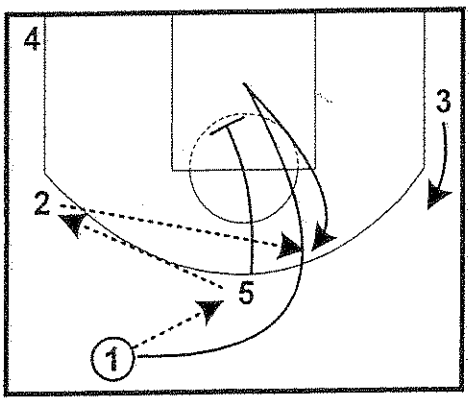
5 pins for 1. Re-screen for quick P+R

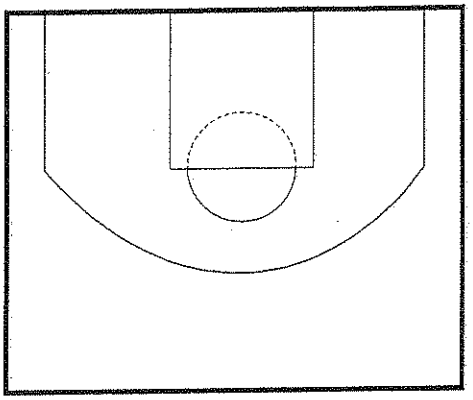


"1 DOWN SAME SIDE"



"1 DOWN OPP SIDE"

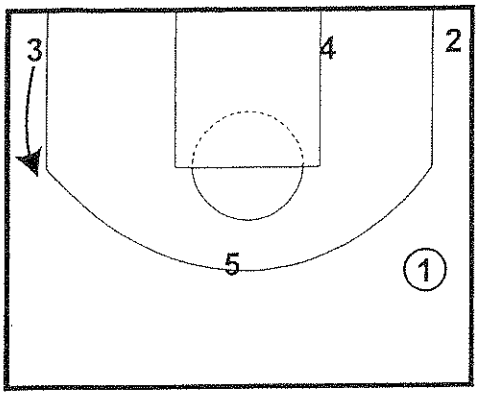




New York Knicks

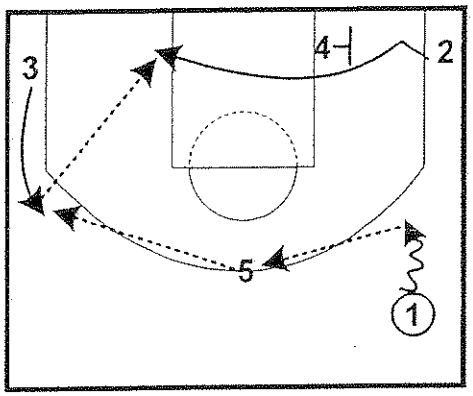
Roll 2 Down

BASE ALIGNMENT FOR ROLL



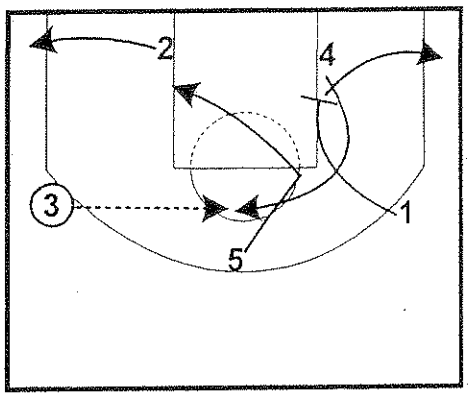
* CAN RUN EITHER SIDE

"2 DOWN"



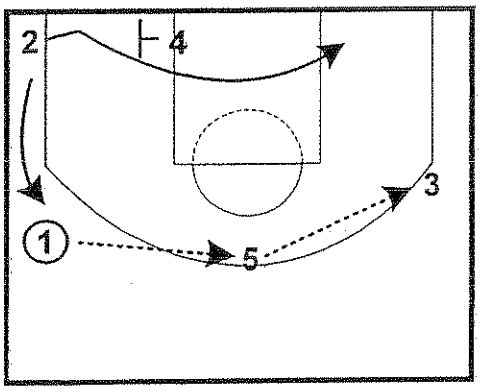
5 quick swing to 3 - post up 2

"2 DOWN (cont.)"



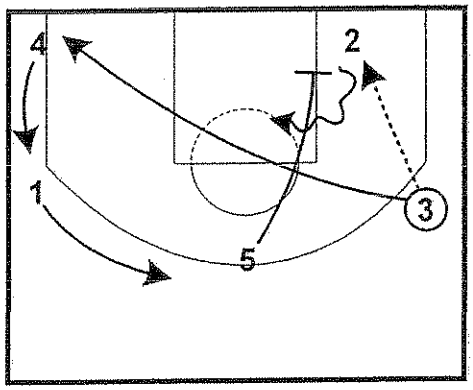
No post for 2 = "4 Pop" action.
2 gets to corner

"2 DOWN CHASE"



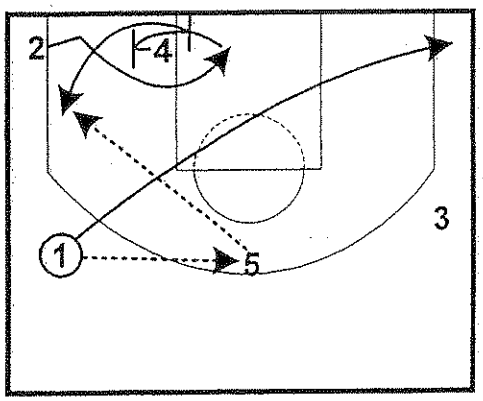
5 quick swing to 3 - post up 2 in short corner

"2 DOWN CHASE" (Cont.)



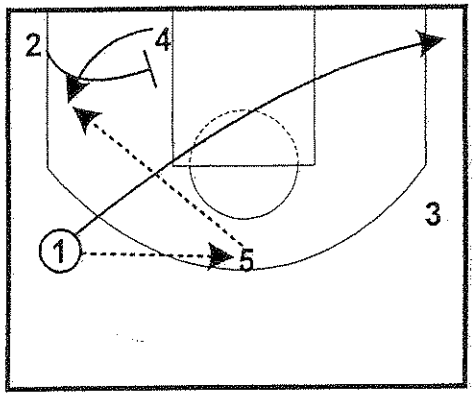
3 clears out.
5 screens on the ball for 2

"2 POP"



Call or read by 2. 5 fakes pass to 3.
4 rescreens 2 for shot, 1 shallow cuts to weakside.

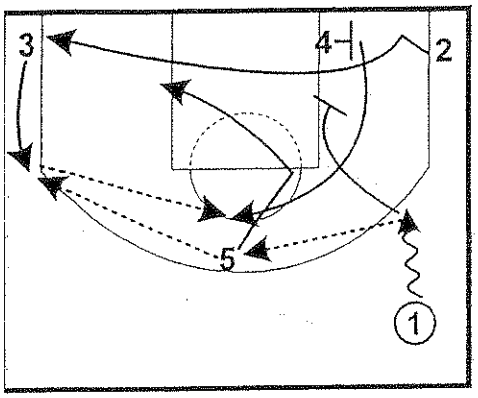
"2 DOWN 4 POP (ATO)"



New York Knicks

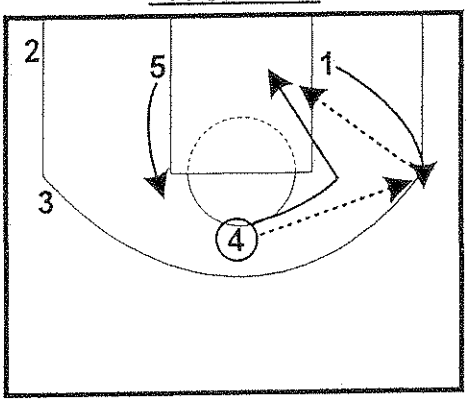
Roll 4 Pop

"4 POP"



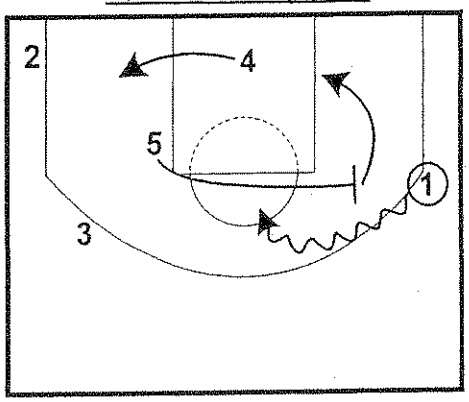
4 catches for jumper

"4 POP SLIP"



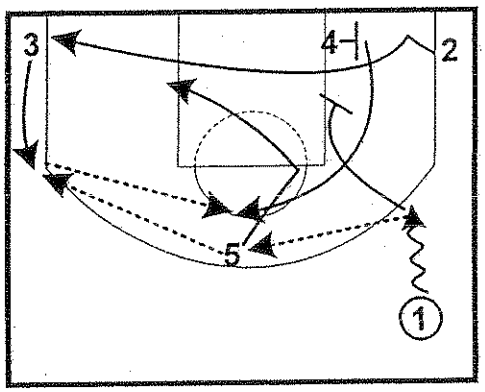
4 option to slip, 5 comes high

"4 POP SLIP" (Cont.)

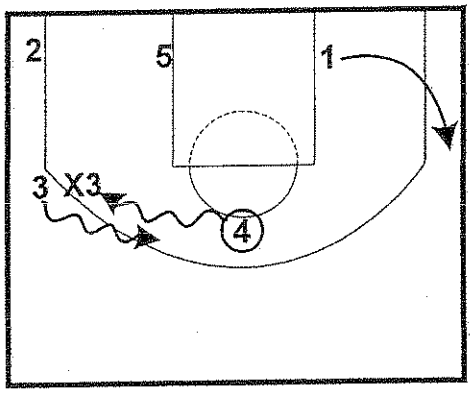


No slip pass = 5 sets pick for 1

"4 AT"



"4 AT" (cont.)

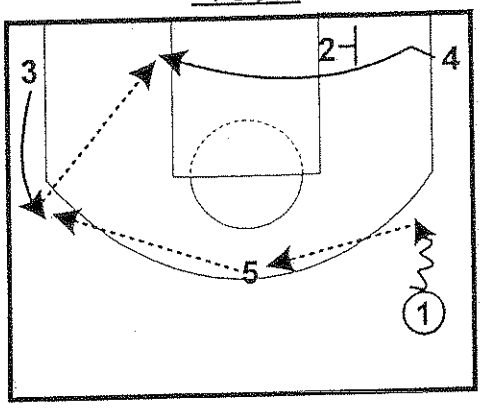


4 Dribble at X3 for handoff, 1 spaces to corner

New York Knicks

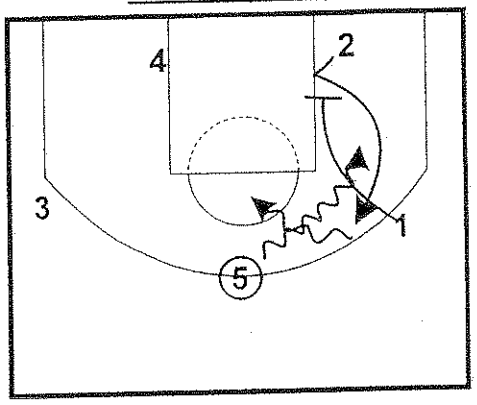
Roll 4 Out

"4 OUT"



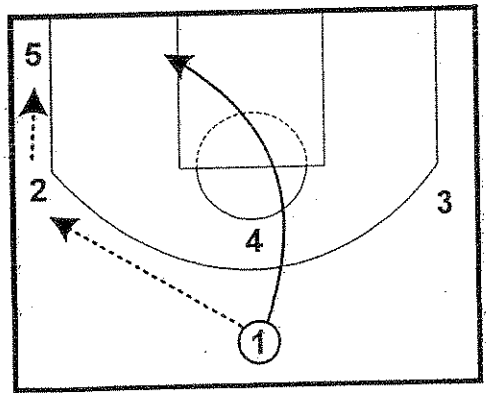
Roll alignment, 2 and 4 exchange spots

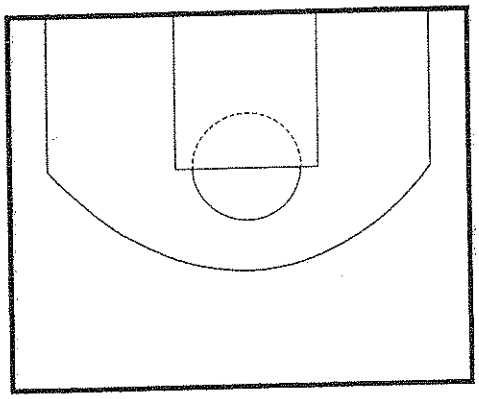
"4 OUT" (Cont.)



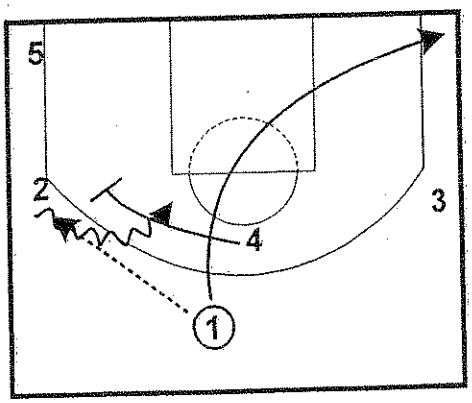
5 fakes pass to 3, Dribble at 2

"4 OUT"





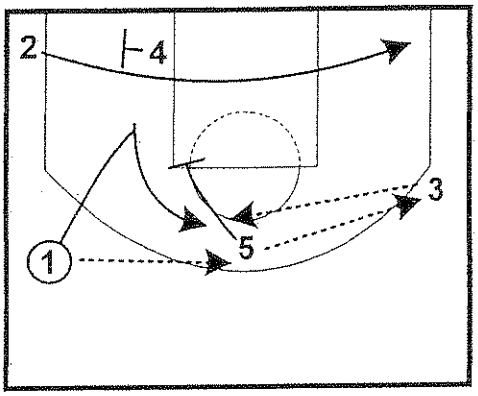
"4 OUT"



New York Knicks

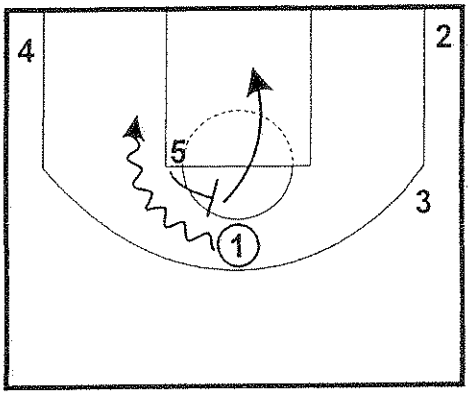
Roll 1 Pop

"1 POP"



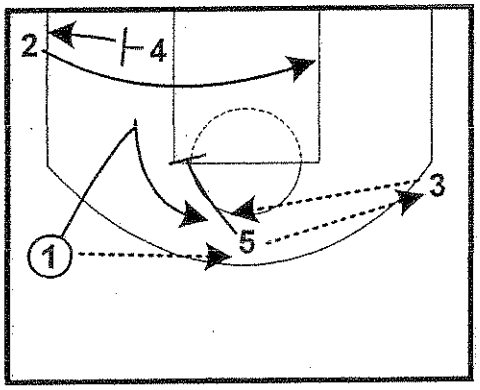
1 fakes screen on 4.
1 pops + shoots

"1 POP" (Cont.)



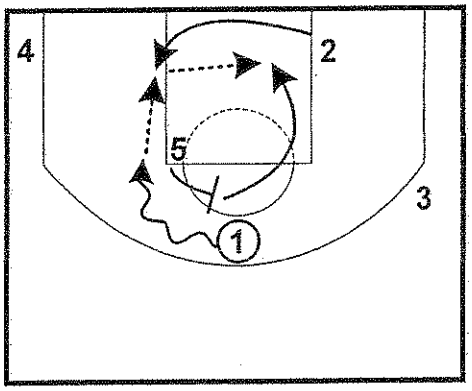
No shot, quick P+R with 5

"1 POP SHORT"



1 fakes screen on 4.
1 pops to top key. 4 pops to corner

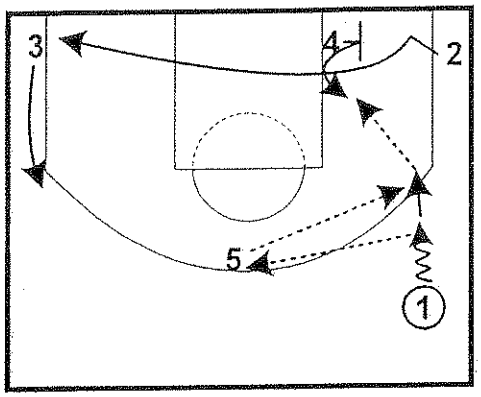
"1 POP SHORT" (Cont.)



5 turns for quick P+R with 1.
2 takes away rotator by going short

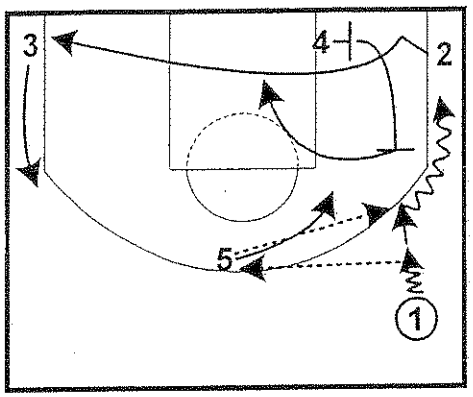
Roll Snap

"SNAP"



5 passback to 1, post 4.

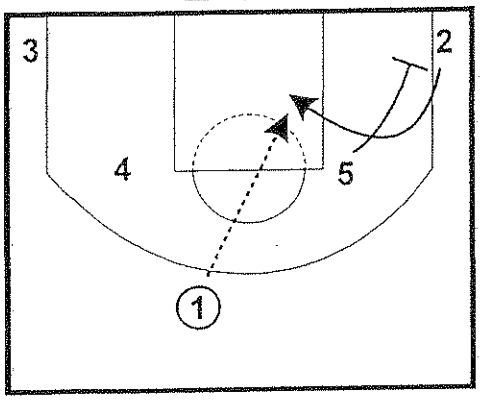
"SNAP BASE"



5 passback to 1, 4 comes out of post for step up. 5 replaces.

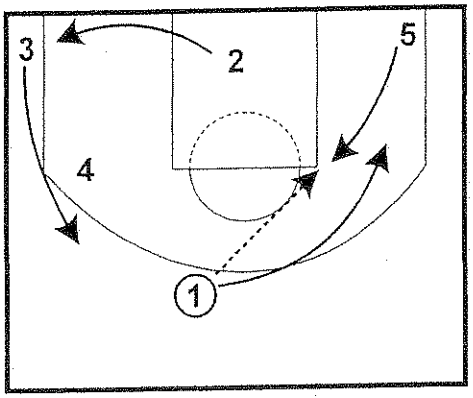
Roll Quick

"QUICK"



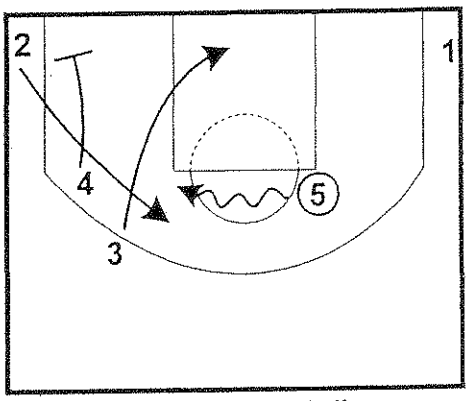
2 needs to curl hard – No stopping

"QUICK" (Cont.) WEAKSIDE



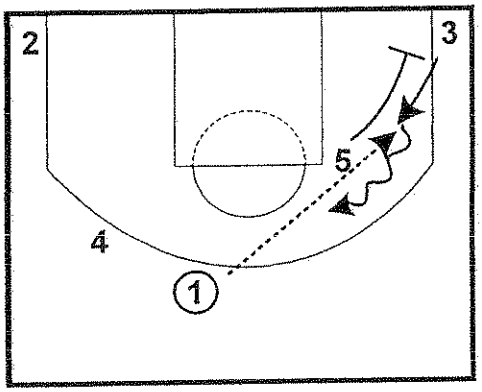
5 needs to get to elbow fast, start 2-man game

"QUICK WEAKSIDE" (Cont.)



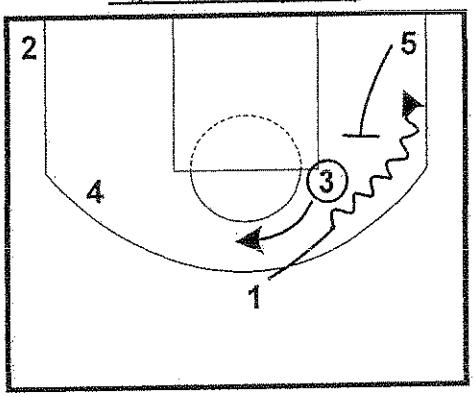
Weakside option: 3 dives, 5 Dribble At 3.

"QUICK AT"



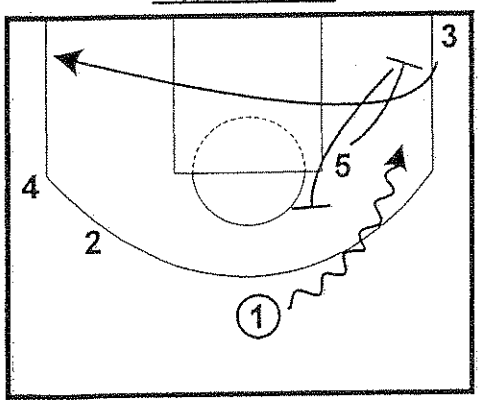
3 comes off screen & dribbles at 1

"QUICK AT" (Cont.)



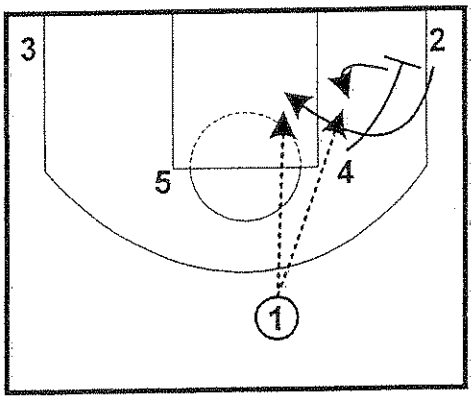
3-1 DHO
5 sets a step up screen for 1

"QUICK FIST"

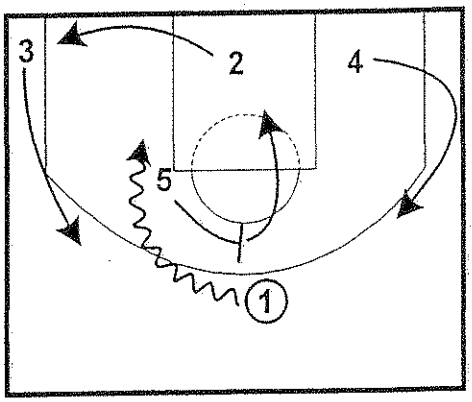


5 screens down on 3 and sets a step up for 1

"QUICK POP"



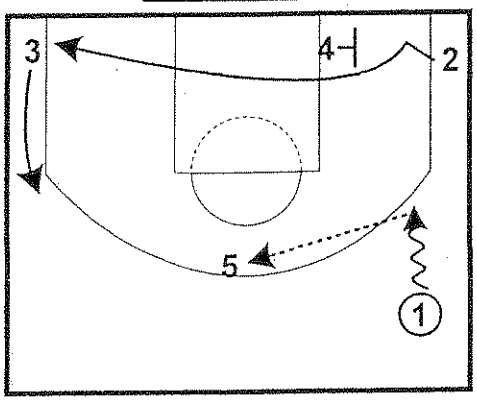
"QUICK POP" (Cont.)



New York Knicks

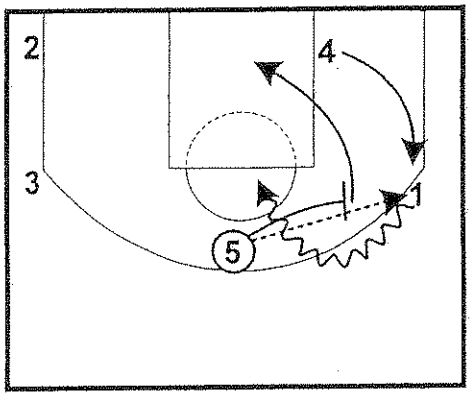
Roll Fist

"ROLL FIST 1"



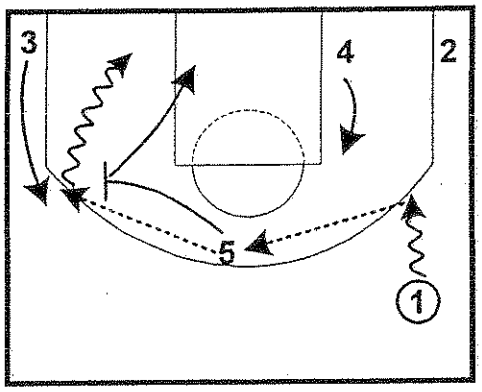
2 needs to clear fast. 5 fake to 3, into...

"ROLL FIST 1 (cont.)"



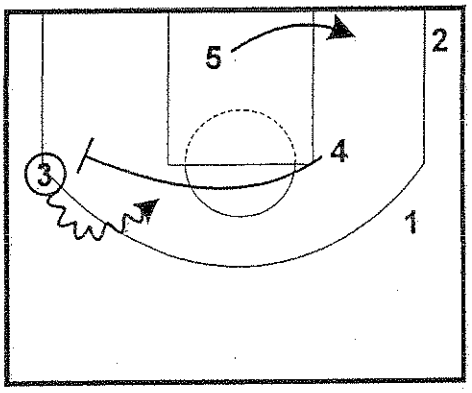
5 passback to 1. 5 rolls, 4 comes "back"

"ROLL FIST 3"



Swing to 3, 3 can rip to baseline or 5 follows for screen on 3. Look for slip.

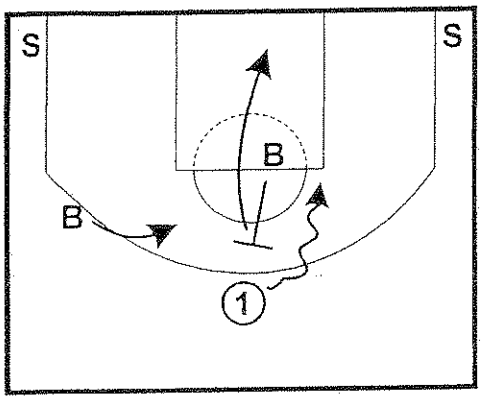
"ROLL FIST 3 (cont.)"



No slip pass, 4 continues into P+R

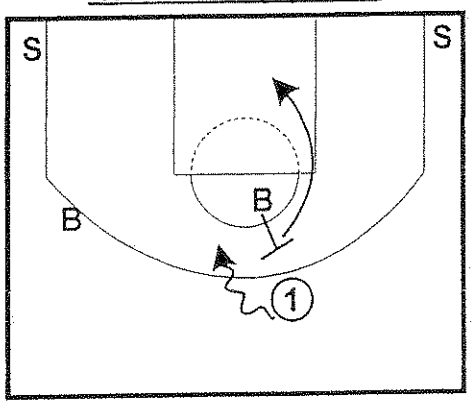
Fist Up

"HOUSTON"



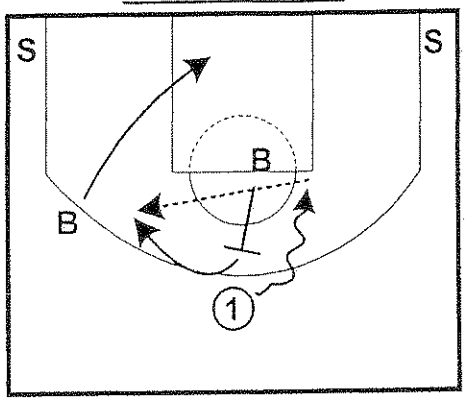
Opposite big lifted

"HOUSTON" (Option 2)



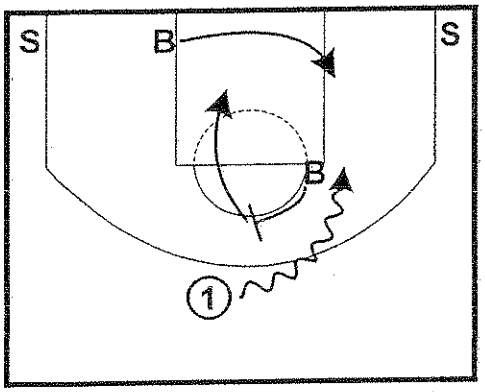
Opposite big lifted

"HOUSTON POP"



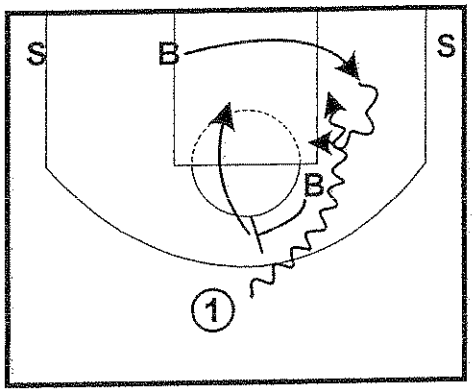
Lifted Big dives, screener pops

"FIST UP SHORT"



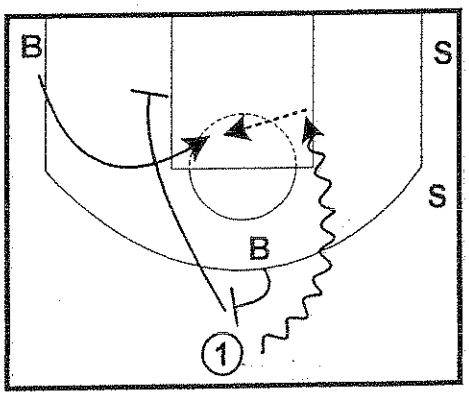
Low big take away rotator by going short

"FIST UP SHORT AT"



1 Dribble At Low big

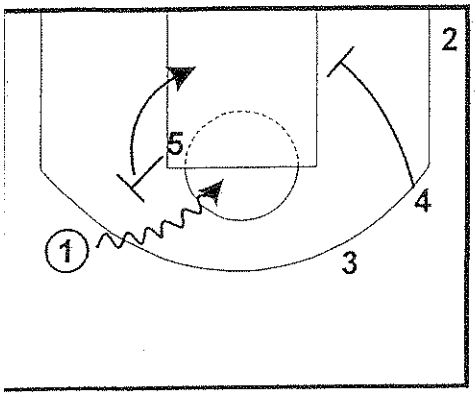
"FIST UP POWER"



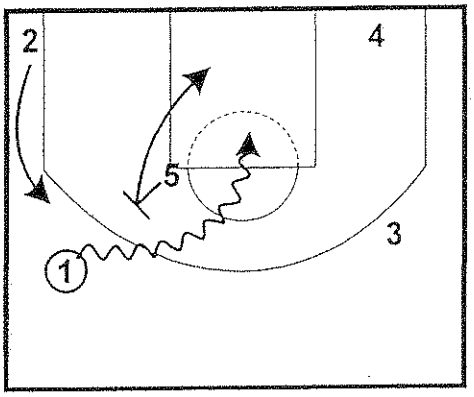
Big slices from corner for runner

Angle

"ANGLE"

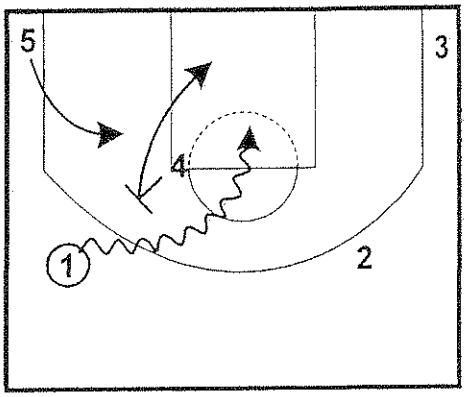


"ANGLE CORNER"



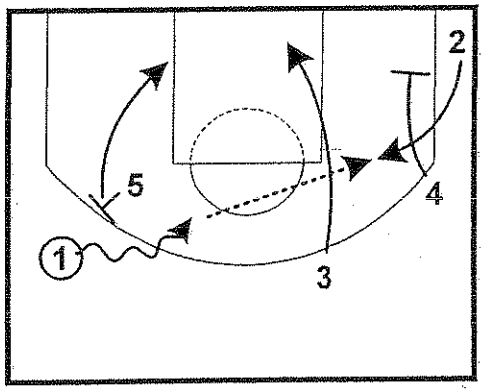
SS corner filled. Can kick back to small for shot or post up for big.

"ANGLE POWER"



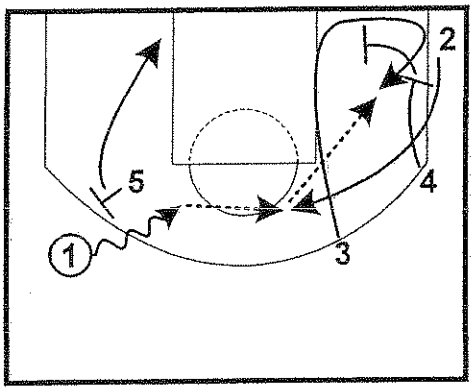
SS corner filled with Big. 5 curls into lane.

"ANGLE DIVE"



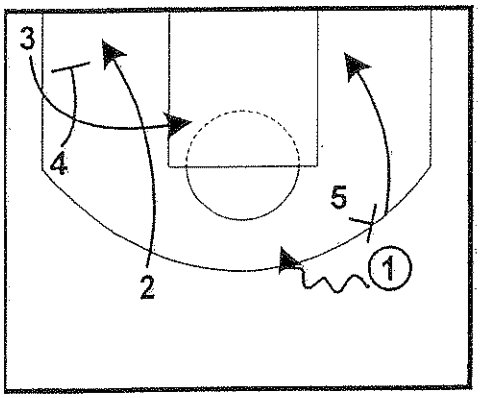
3 dives, weakside pindown for small in corner.

"ANGLE DIVE 2"



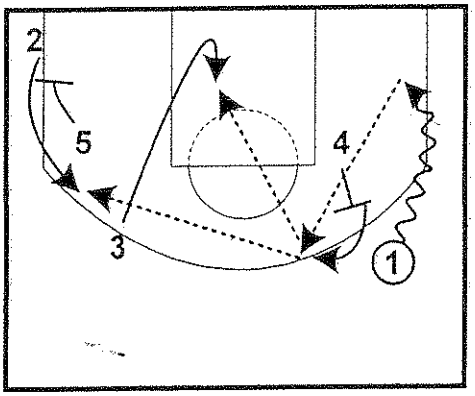
3 dives to corner, big sets pindown for both.

"ANGLE CURL"



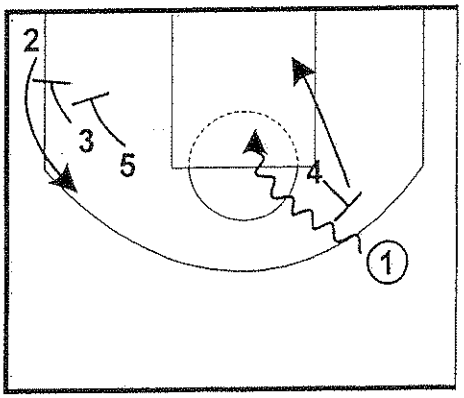
2 Dives, 3 curls from corner

"ANGLE POP"



4 pop for 3pt, 3 dives – look for post

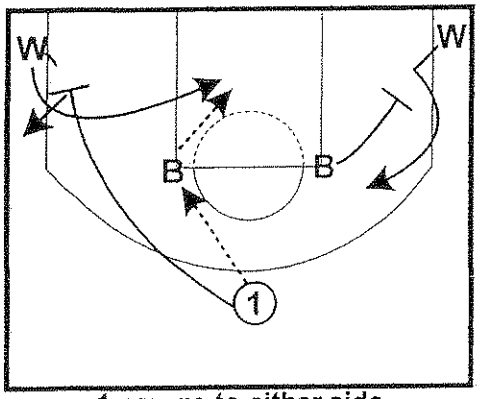
"ANGLE STAGGER"



New York Knicks

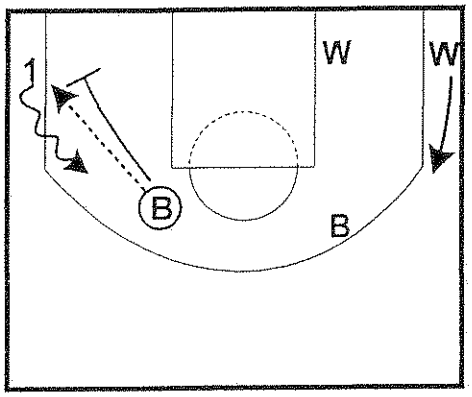
Elbow

"ELBOW STRONG"



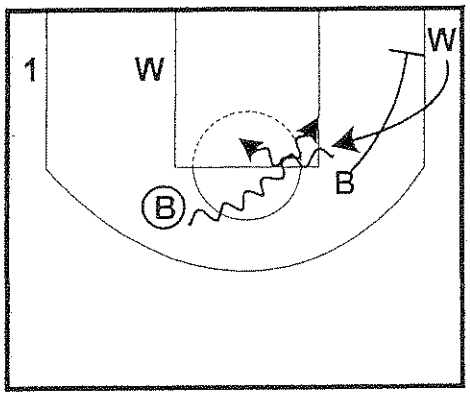
1 can go to either side
1 screens the SS wing.
Wing: hard curl or backdoor cut!

"ELBOW STRONG" (Option 2)



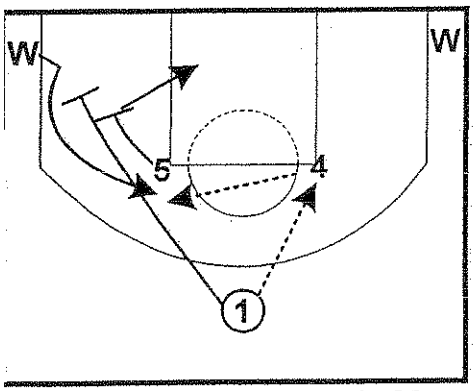
Options – dribble at, pick and roll.

"ELBOW STRONG" (Option 3)



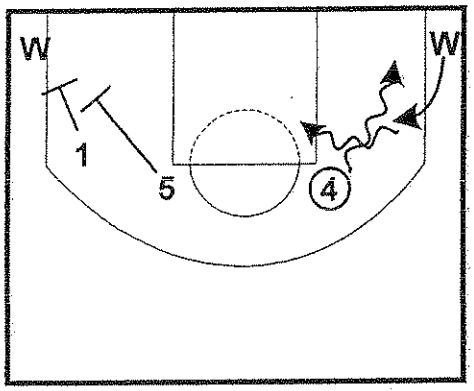
Weakside option: Dribble At

"ELBOW WEAK"



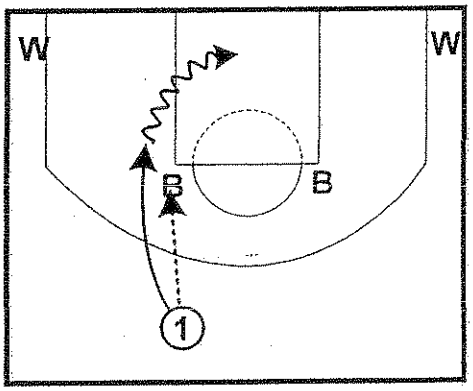
Iso 4 man, best shooter in SS corner. 1 & 5 set stagger for opposite wing. 5 dives hard!

"ELBOW WEAK" (Option)



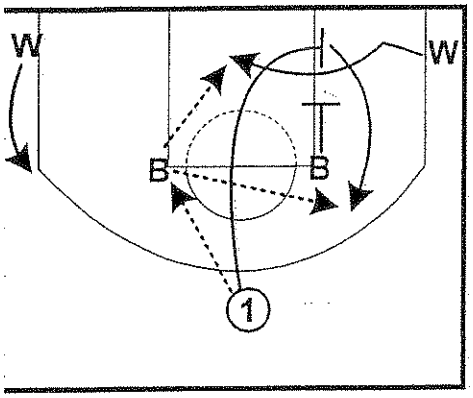
Dribble At option on SS

"ELBOW GIVE+GO"



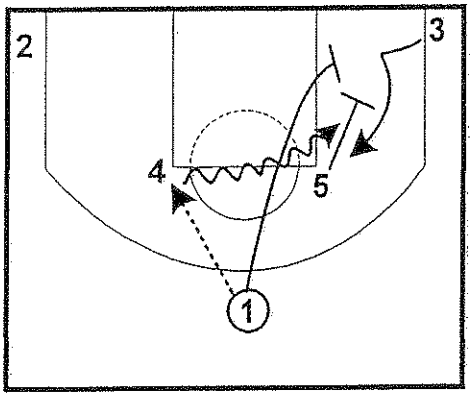
1 speed cut for handoff

"ELBOW MIDDLE"



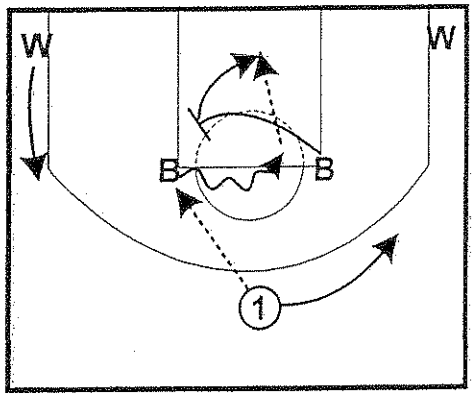
Middle cut into flex options.
1 understand how def is playing... slip to top if switch

"ELBOW DRIBBLE WEAK"



Stagger screens for 3.
4 Dribble At 3

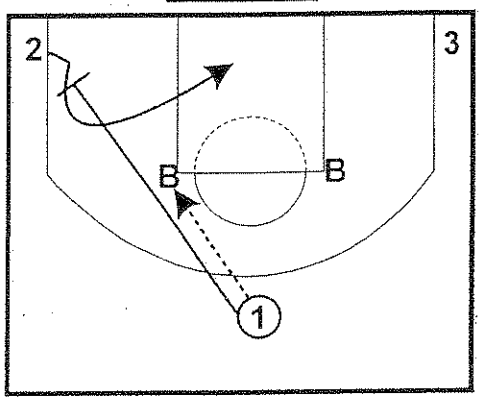
"ELBOW GET"



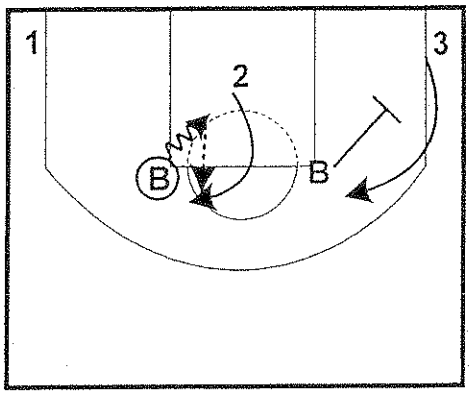
Big setting pick should get below defender for slip lob.
Best shooter in strong corner

Elbow (Cont.)

"ELBOW 2"

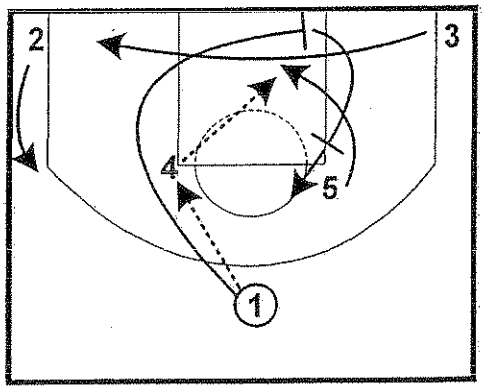


"ELBOW 2 (cont.)"



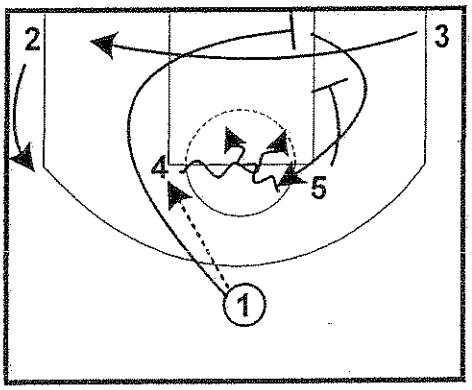
Dribble hand off, shot for 2.

"ELBOW SAC DOWN"



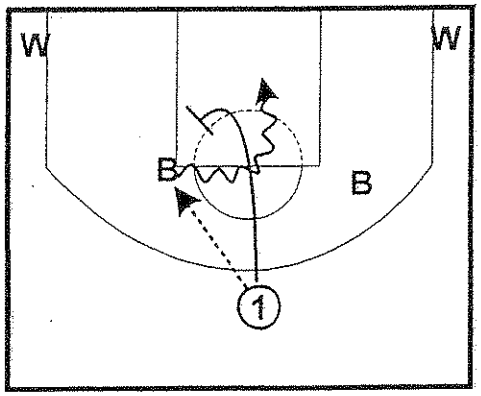
3 clears early. 1 back picks 5 for lob
If no lob, 4 Dribble At 3 or postup 5

"ELBOW SAC UP"



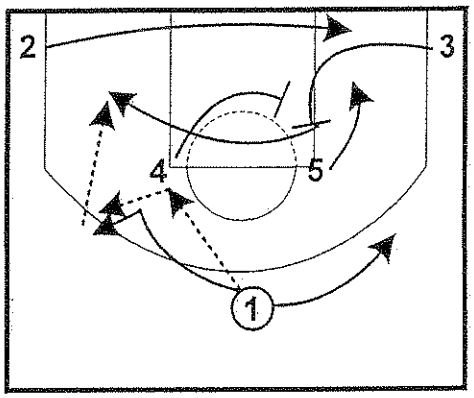
3 clears early. 5 downscreen for 1.
4 Dribble At 1 for shot

"ELBOW BUMP"



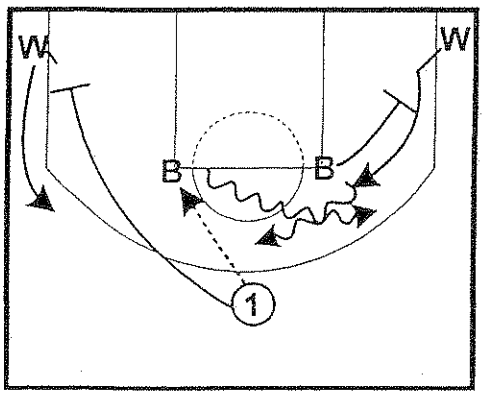
1 Middle cut & picks ball.

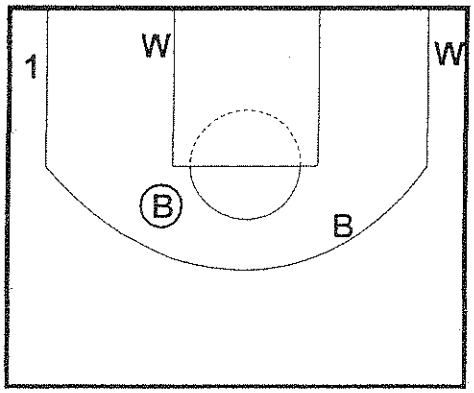
"ELBOW REX"

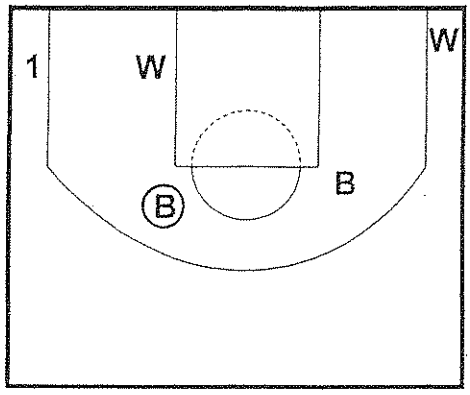


Elbow (Cont.)

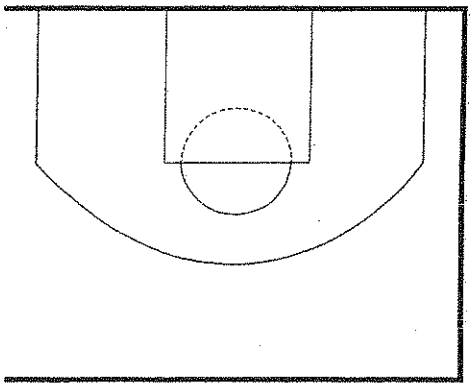
"ELBOW 3"

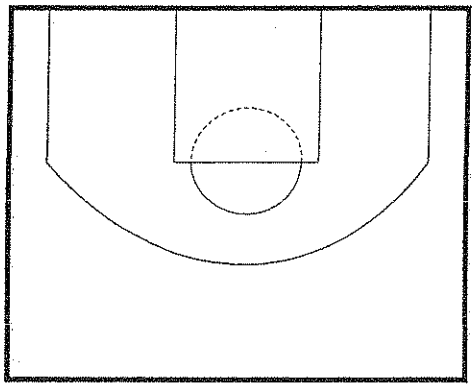


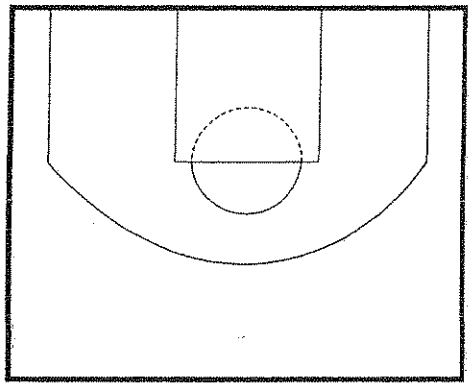


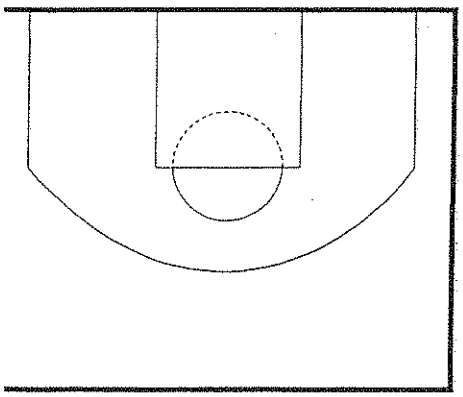


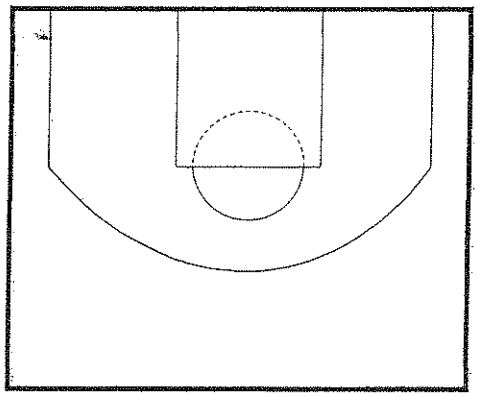
Dribble handoff B/W

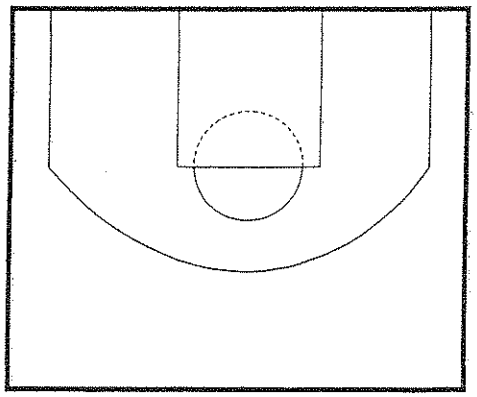






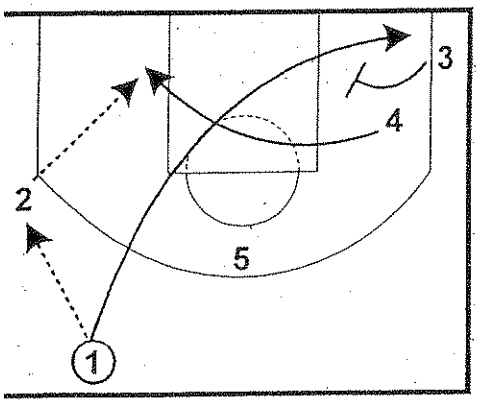






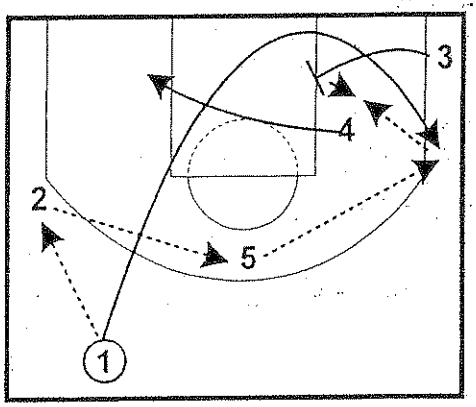
Thru

"THRU DOWN"



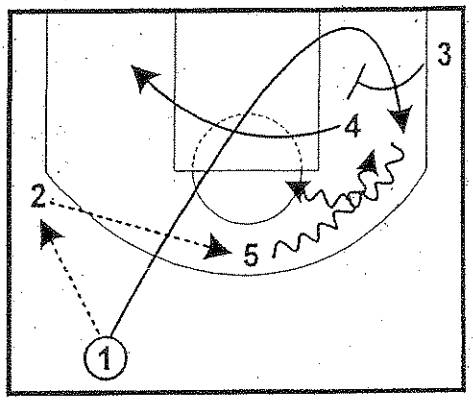
Post Up for 4.

"THRU WEAK DOWN"



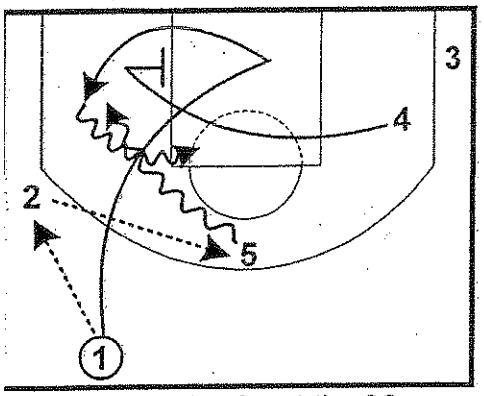
Post Up for 3.

"THRU DRIBBLE"



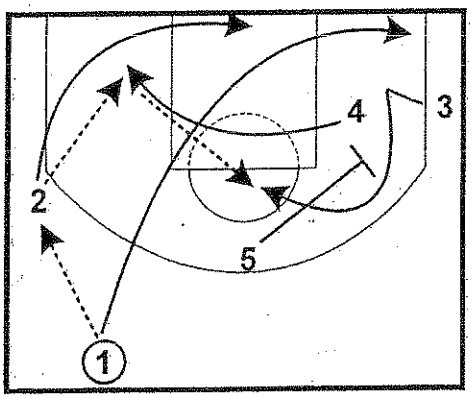
1 Thru cut. 5 Dribble At 1.

"THRU REVERSE"



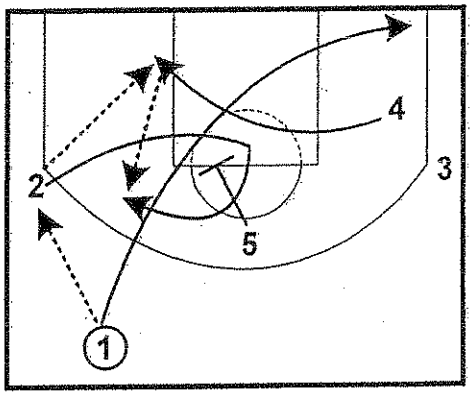
1 comes back out the SS.
5 Dribble At 1

"THRU DOWN 3 AWAY"



4 Postup. 2 Post rub on baseline.
3 Catch+shoot.

"THRU DOWN MINN"



4 Postup. 2 shallow cut and uses 5 screen for C+S.

Mike Dunlap Metro State (now with Denver Nuggets)

DEFENSIVE PHILOSOPHY

A.Corner stones

1. Ball pressure – no free looks
2. Rotation-stop the ball
3. Basket protection (no easy baskets)
4. Rebounding – completes the defense
    - In brief, we want pressure on the ball the entire game. We do not want our opponent to have " free looks." The ball is the most important thing in the game and consequently we should give it the appropriate emphasis.

B.Pressure Points

1. Alleys – we want the ball pinned on a sideline as much as possible. Limited space and difficult reversals of the ball, make it particularly difficult for a team to run their designated offense.
2. Turning The Ball – before the ball crosses half court line we want to turn the basketball 2 to 3 times and then keep the ball on the nearest sideline or what we call the "alley"
3. Wing position – when the ball is pinned on the sideline alley at the wing position we will either front or side post the post while using help side defender to play the split line. In brief, we play the ball hard, deny one pass away, and play basket protection two passes away.
4. Post Position – once the ball goes into the post e like to force the post player baseline and rotate our lowest basket protection underneath to double the post position. The defense is vulnerable when the ball goes inside and therefore the defense should address the fire in the house.
5. Screens – we trap screens on the ball and rotate from that point. We see a golden opportunity when two offensive players come to the ball. This allows us to keep maximum pressure on the ball while we have our players in an optimum position to rotate for help.
6. Rebounding - I have stated to our players many times, you can make every defensive mistake known to man but blocking out and getting the rebound rights all wrongs. Defensive boards complete your defense and a team must execute this consistently in order to be any good. While blocking out is important, ball pursuit off the shot is most important. We must be warriors in this area.

C.Defensive Transition

1. Fundamental to our success as a basketball team will be in direct relation to the number of easy baskets we allow. I believe defensive transition is paramount in our system.
2. In order to understand sound defensive transition, we first must analyze the fast break.

Made or missed, the fast break team is trying to:

a. Get a quick outlet pass as far up the court as possible.
b. Transfer the ball to a shooter at the other end of the court.
c. Get an uncontested three point shot or lay-up off after the second pass.
d. Immediate ball reversal to the opposite wing and /or trailer as it is very tough for the defense to go from ball side pressure to help side closeout.

3. Numbered Defensive Break
   a. Concept
      1. Players roles- each player will have a designated lane (i.e the same lanes as our numbered fast break)
      2. Emphasis – pressure the basketball while covering fundamental fast break lanes.
   b. Rules
      1. Stop the ball
         a. Meet the outlet pass and get the guard to turn as many times as possible- slow the ball down, at least.
      2. Sprint the lanes
         a. The first three steps are the most important because that is when the break generally takes place.
         b. Once players reach the half court line, vision on the ball and man should be a pint of emphasis.
         c. The key is to get below the level of the ball.
      3. Match Up/ Rotation
         a. Match up to the offensive man in your lane.
         b. However, if there is not a man in your lane, rotate to the nearest offensive player: at no time should the defensive player be solely responsible for his lane.
   4. Help on Penetration
      a. The ball and its penetration is the single most important thing to defend. Therefore, the emphasis should be keeping the ball in front of you. Since that does not always happen, immediate rotation to the ball cannot be stressed enough.

b. Two points should be mentioned – first, quick rotation will not occur unless there is proper defensive spacing (“ play up the line,” or to the ball): secondly, whenever a player is beaten by penetration you can double the ball with the chaser as a rule of thumb.

5. Contest all shots
    a. Hands are essential in all phases of defense, especially when it comes to defending the shot.
    b. It is imperative that all shots be pressured with the hands up on the closeout.
6. Rebounding - Completes All Defensive Series

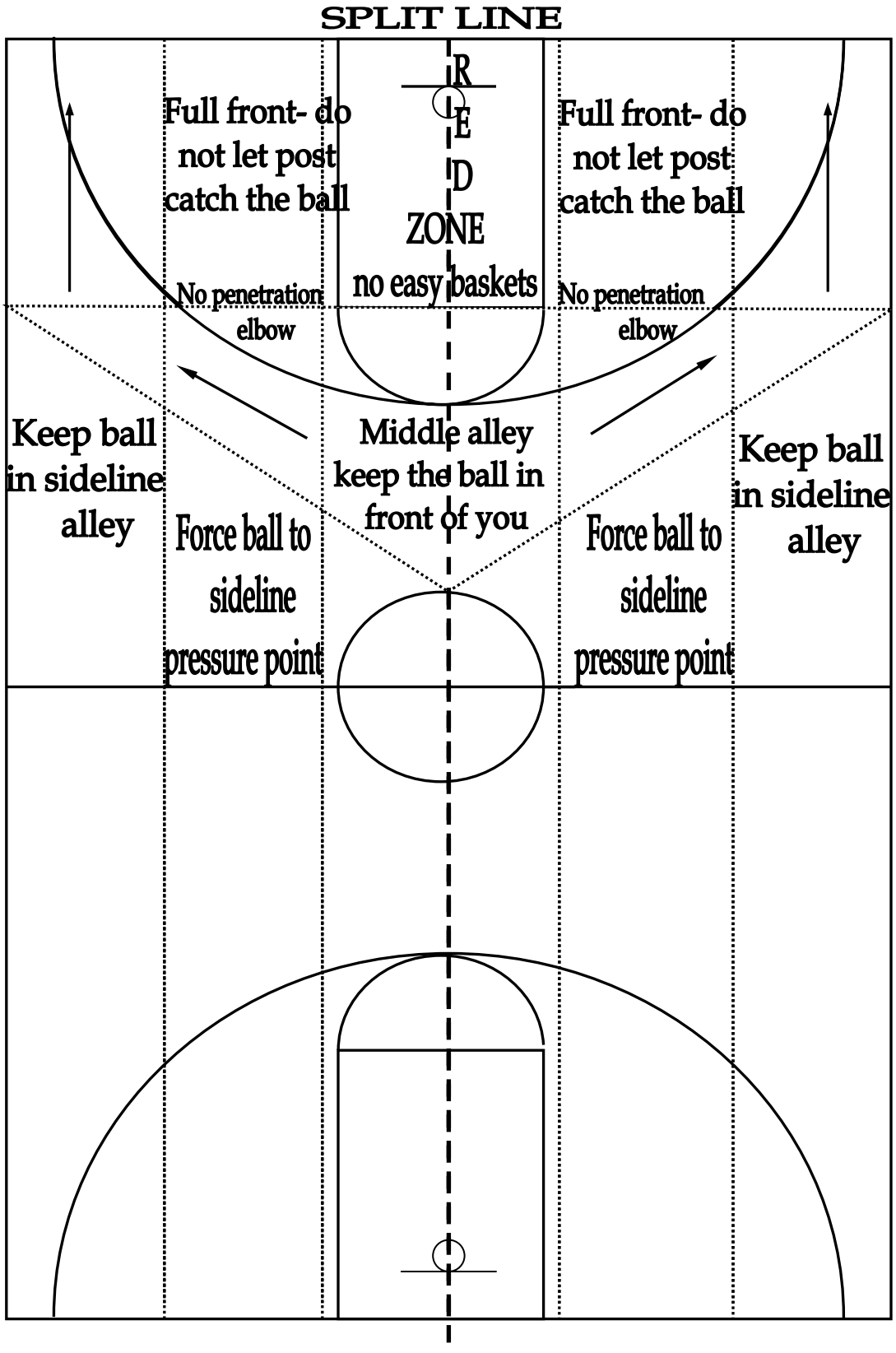
c. Responsibilities
1. “1”- a free safety
    a. Must get to the initial outlet immediately – made or missed (i.e. fast break teams want the ball inbounded / outletted quickly). If you condition your “1” man to jump to the ball instantly it will slow the break down.
    b. In situations where the “1” man cannot get to the ball (definitely the exception) , he will fill the “2” or “3” lane, which ever is open
2. “2” – sprints the right sideline lane. In cases where “1” cannot get to the ball quickly enough “2” will assume his responsibilities.
3. “3” – sprints the left sideline lane. Occasionally, he will take the initial outlet pass.
4. “4” – sprints inside lane nearest the “3” man and is responsible for any trailer. Additionally, he we assist on middle penetration should his man be dragging up the court.
5. “5” – sprints to paint and will be responsible for the first cutter through the paint- he protests the paint.

D.Defensive Sets

1. The Press- While we use a specific number system (e.g. 2-2-1press is called “22”) the concepts remain the same. Hence we use different sets according to numbers. It makes our system flexible, yet we can keep our defensive constants.
2. Soft Pressure versus Hard Pressure
    a. We never compromise pressure on the ball but we do adjust our pressure one and two passes away. Why? We can give more help with the ball defender.
3. The Zone – In brief, the better the man defense you have the better you are in the zone.

E.Attitude

1. Statement- hard nosed attitude and approach to defense says it all about the Roadrunners. We need to invest in a few simple concepts, execute the philosophy, and know down to our bones that defense wins championships.
2. Conclusion – Defense is like insurance: you better have it. The Roadrunners will be the BEST defensive team (as ranked by RMACstats) in the RMAC. We take pride in our defense.


SPLIT LINE
R
E
D
ZONE
no easy baskets
Full front- do not let post catch the ball
Full front- do not let post catch the ball
No penetration elbow
No penetration elbow
Keep ball in sideline alley
Middle alley keep the ball in front of you
Keep ball in sideline alley
Force ball to sideline pressure point
Force ball to sideline pressure point

Defensive Drills

A. Objective – We believe the ability to maintain a low and balanced stance will determine how successful we will be. Therefore, we stress the "defensive stance" and the ability to hold the stance for long periods of time.
B. Drills – We know that our teaching should be based on situation play. In other words, the drills all should have time, score, and competition in mind : this alleviates the monotony of the task.
C. Full Court Drills
    1. 1- 0 (stance , slide, closeouts)
    2. 1 on 1
    3. 1 on 2
    4. 2 on 2
    5. 2 on 3
    6. 3 on 2 rotation
    7. 3 on 3
    8. 3 on 4
    9. 4 on 3
    10. 4 on 4
    11. 4 on 5
    12. 5 on 4
    13. 5 on 5
    14. 5 on 6
D. Half Court Drills
    1. 1 on 0 (Stance, slide, closeout, post defense & reaction)
    2. 1 on 1
    3. 2 on 1
    4. 2 on 2
    5. 2 on 3 (Rotation, post denial & reaction, fighting and switching screens)
    6. 3 on 2
    7. 3 on 3
    8. 3 on 4
    9. 4 on 3 (trap and rotate)
    10. 4 on 4
    11. 4 on 5(rotation)
    12. 5 on 4

13. 5 on 5
14.5 on 6 (rotation)

E. Defensive spacing
   1. 4 on 5
      a. Close outs and ball pressure
      b. Communication
      c. Rotation
      d. Reaction
      e. Stop penetration
      f. Blocking off
   2. 4 on 4
      a. Channel ball to areas
      b. Denial
      c. Post denial and reaction
      d. Stunt penetration
      e. Blocking off

      ** Mouth, hands, bumping, spacing are keys

      *** We never compromise hard ball pressure and stance
   3. 4 on 5 ¾ court
      a. Channel ball after turning it in the back court
      b. Rotation
      c. Blocking out
      - We want to contest the shots and teach anticipation here: absolutely depend on each other – no other way.
   4. 5 on 5
      a. Dead ball full (Press 22/5)
      b. Made – match up zone
      c. Miss- man to man
      d. 1-3-1 ½ court trap
      e. No switch/ switching
   5. 5 on 5 ½ court – blocking off at the free throw line – one of the most overlooked areas in the game. A very important detail.
   6. 5 on 5 situation play – We believe that situation play must be taught with time and score three times per week.

Nike – Verona NY 2011

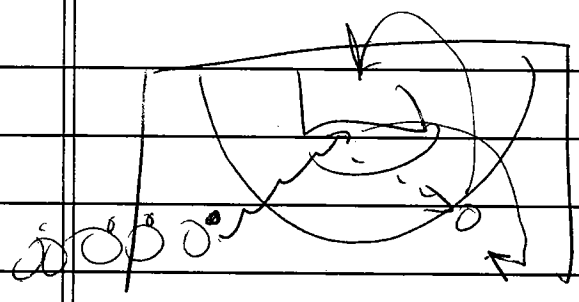
Jim Clayton – Sport City U. –
shooting
Huntington WV – Marshall University

Warmup –
high knees & ball over head
butt kicks w/ ball wraps
Karaoke w/ ball wraps
high jumps w/ hand to opp ball
high knees w/ dribble
butt kicks w/ dribble over head

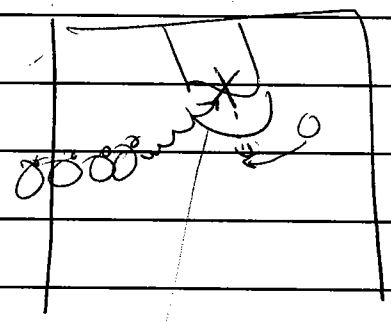
off Dribble –
Take off hand to the ball –
Not the ball to the off hand

layups – don't bring ball to left side
catch high & keep on right side
take left hand to ball

31 series – ~~20~~ 3 steps 1- dribble
6 goals, 1 min, rotate

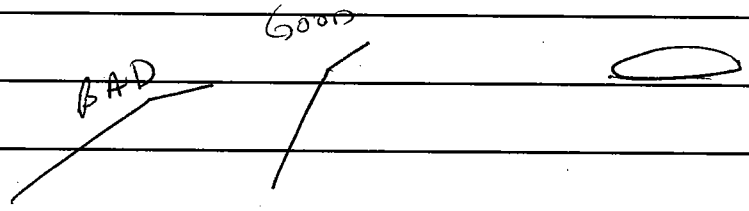


pass beam shoot

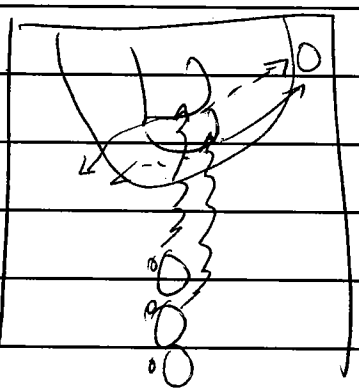


Screen defense

Short shots == low finish w/ hand



www.SCuhoop.com



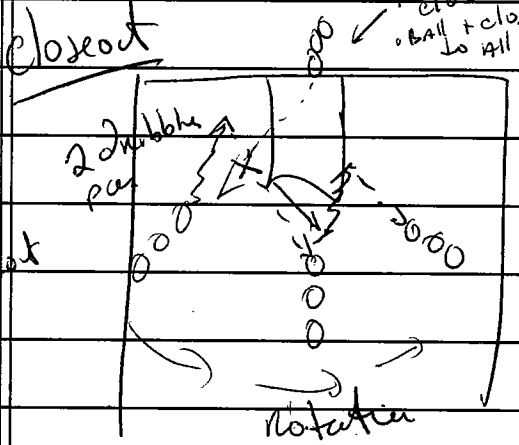
Get both shots

(Rutgers) Mike Rice - Defense Guarding the Past 5/20/11

Make players uncomfortable.
push limits - Relentlessly improve

Keys to Success
- Field goal % defense wins games east of the Mississippi
- points in the paint

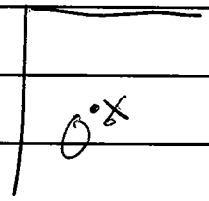
closeout



on defense - the 1-4 player switch on defense

Rutgers closeout force sideline corner
"if we get beat - we will know when we will get beat"

closeout - sprint 3, chop 3
PASSIVE - Make him uncomfortable

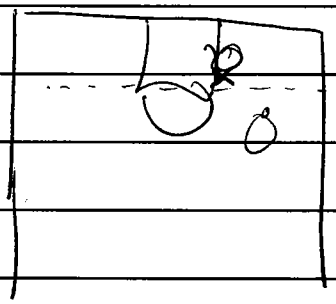


pressure if you feet more in the flight of the ball

when you raise your hands - DO not rain hips

2-3 closeout drill 5-6 x week

no thinking in defense - just reaction

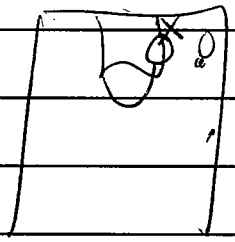


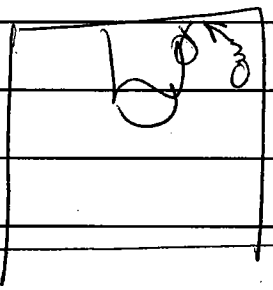
1v1 post

if ball is above FT line extended - in front of p

if ball under FT extended in front to ball

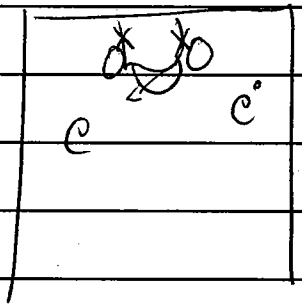
Defense
Do not
HUG with
elbows
plays





Help - steps down

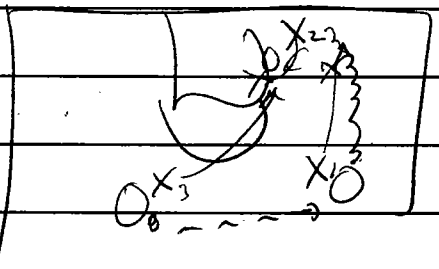
Jump to ball to big guys



c = move ball
- drive baseline
- pass to High post

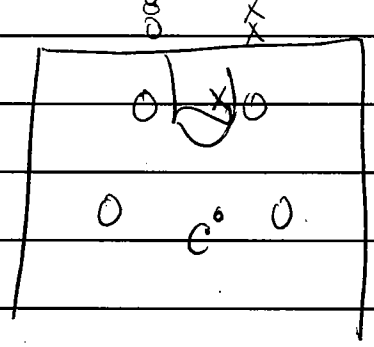
Bigs Must Talk
QB of Defense
Traffic Cop

Help the Helper 2x week



X_1 get beat - X_2 post helper
X_2 steps down, X_1 - recover
- calls off X_2
X_3 - seat belt post

Rotations are the key w/ Ball Pressure

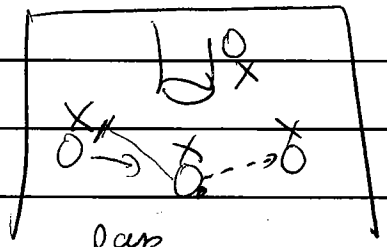


Alternate 1 v 1
1 - Dribble

All players Do the
After shot - GUARD just bumps
the post by blocking out
As soon as pivot outside - WISCONSIN closeout
hands back belly up & push w/ belly

"Level of Demand" - high bar don't let
stuff go - players must have urgency
to listen, follow orders

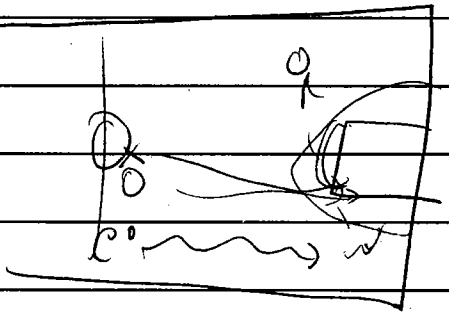
Front Post - Post up the Post



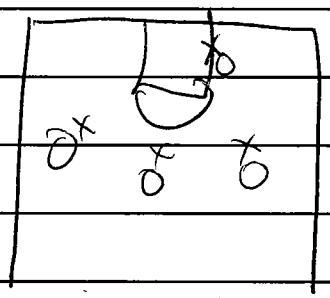
pass
screen away
Front post

Best time to get ball
to post is first 6 seconds
off offense - EARLY
offense

EARLY after Post D



Move on flight of ball



3 around one

Must have name of Drills & player Must know the

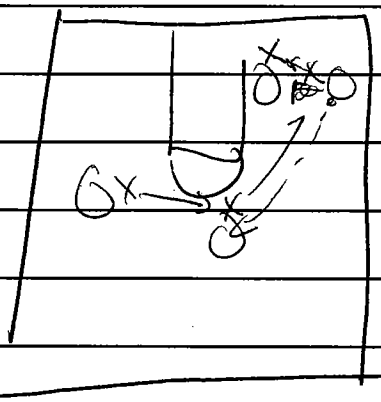
if too slow to press - create chaos in 1/2 ct Defn

Mix it up { Dig, Double, Trap, Move in pass, or on bounce, Everyone dig, one person dig }

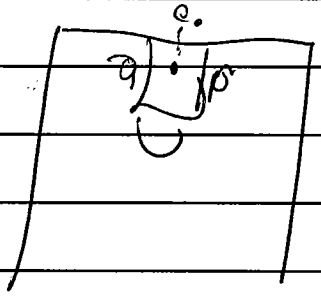
closet guy recovers & closes out

React the ball

BACK to the basic is a dying breed



Finishing Drills - close shoulders, Finish through contact



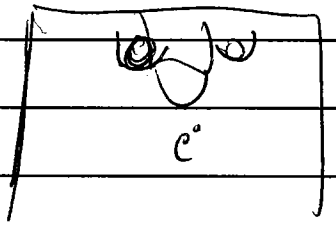
bounce back ct.

Foot fire, c-roll ball, go till score

NO diving, body 2 body

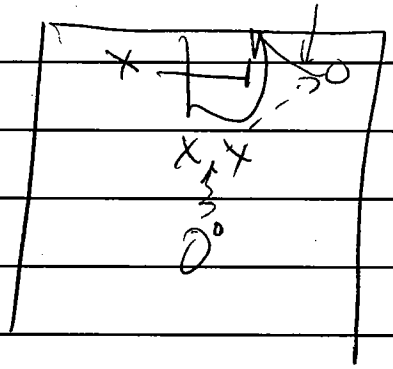
Finish in paint - NO balls

Spurs



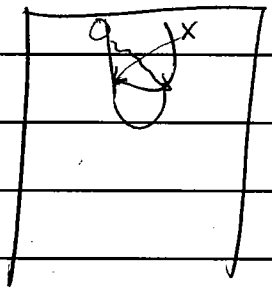
load Rip
on "go" turn - catch finish, step then, Reach to ball go through contact - get back

1 step off block



Finish = Sim shoulder to X

Roll Rest

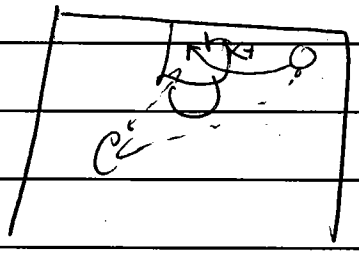


O - roll ball to elbow grabs + X steps in X goes behind O

Book

Finish

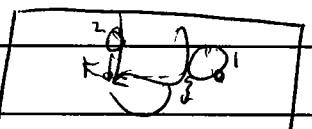
Flex Cut



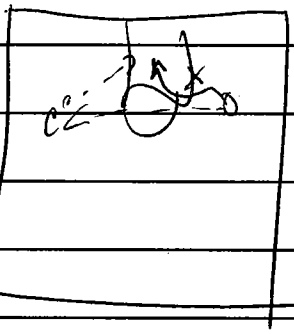
X sets screen & the plays defense

Shift cut

Read Defense



O1 - dribble elbow
O2 touch elbow turn out
O1 pass to the defense



screen & screen

Create change in practice schedule night.com
open practice website 1:30 - 4/04

Jim Bochin 5/20/11 (1)

Hardest thing a coach is to get your kids to go hard every day + to get them to play smart

Syracuse 51% shoot 48% last yr

20-25 min. skill by positi
shooting
MPM diff

- warmup
- Press
- MPM
- zone

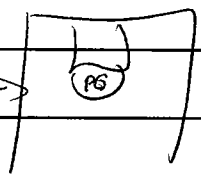
- not many Drills - all shooting
- shoot Teach

Coache must be flexible respond to situation

player shoot w/coach in addition to w/team every day

Zone D- + offense fast break
play - the break down - back Keep kids fres

① Move on pass
② guard the 3pt line - no easy 3pt shots
③ guards tak high post
④ forward get to shoot
⑤ Active hands
⑥ never have 2 guys play ball / not Trapping
Tead Zone w/ 3 offen guys - 2 in the corne

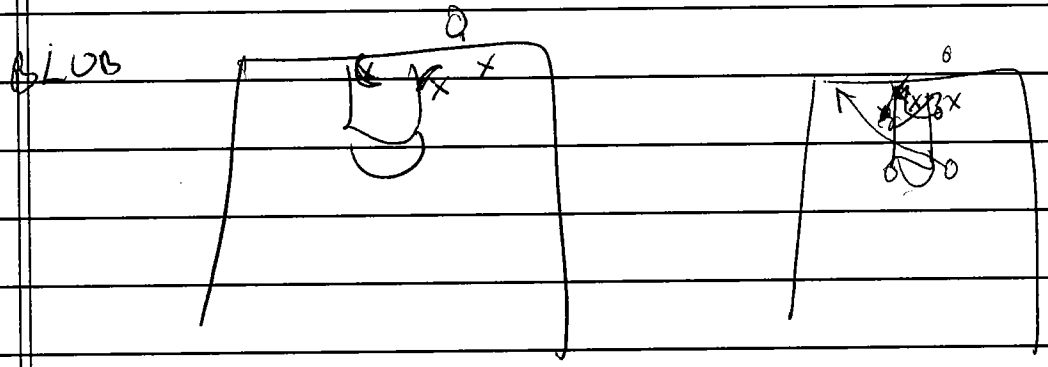
PG goes to 

only throw ball to PG

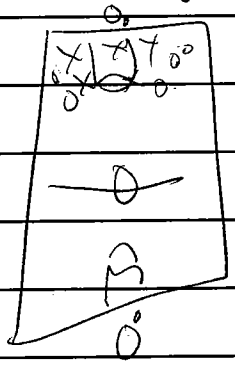
With 7 seconds left & the lead - go Zone (½ ct) Boleman (2)

IT is hard to score agst a Zone in 7 seconds

Ez to score agst FC M2M in 7 seconds @ end of game



Transit Drill

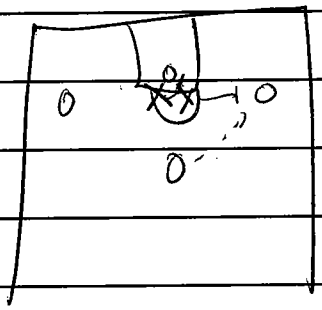


on shot no rebound but extra player pass to PG

up-back

12 players

Another idea - do not take ball out of bound just go



Quinton Syracuse Women Coach 5/21/11 (1)

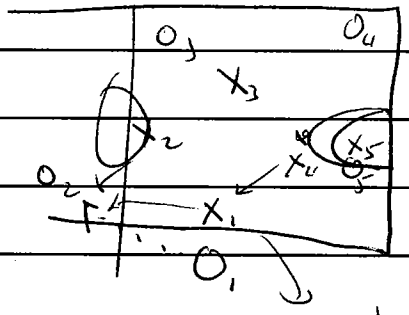
Defensive Philosophy

Zone - contested jump shots -

DIAMOND Sideline Pressure

* press on every sideout

DIAMOND SIDELINE PRESS



Most Attack

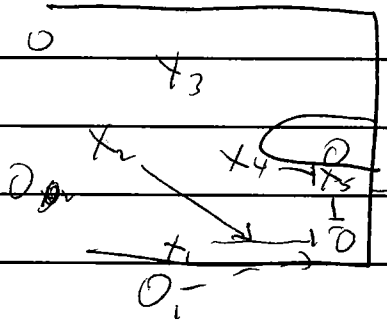
① Do not let $O_1 \rightarrow O_4$ pass - X_1 don't allow middle dribble

② Trap every pass - if ball goes over your head you are in the trap

③ Do not guard backward passes

④ Offer get into the lane

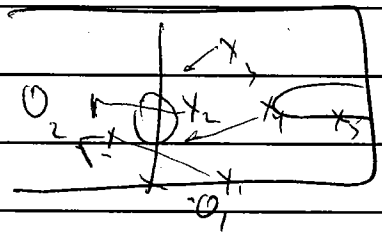
⑤ Stay in the trap until coach calls X 11



count to 1 to let X_4 get the X_2 has O_1

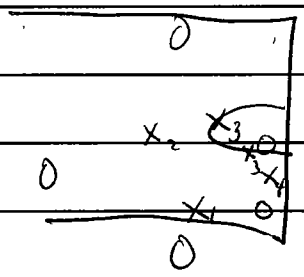
if ball to O_5 - X_5 collapse with

if ball goes long - the man is 2-2-1

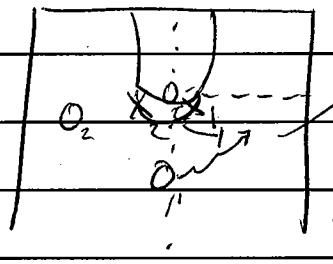


DO NOT GUARD BACKCOURT PLAYER Que (2)

SOB defense get team excited

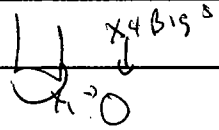


against 2-3 Defen - high Post & ball screen



if O_5 ball screen for O_1
as if O_1 is not a shooter - go underneath

Rules - ① ball handler cannot take jumper
② no dribble crossed
③ no split
④ no pocket jump shot
⑤ 1st recieve of pass - no shot make in dribble pass
⑥ Ball cannot go wing corner

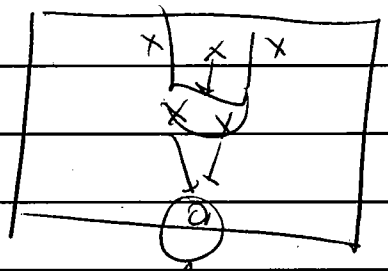


Cue (3)

Communcate - early, often + Loud

Calls three things JUMP WING SCRAMBLE
call scramble every 3-4 times down

* run contact traps



if no one in the corner - the trap the wing

23 - J trap at 1/2 ct

23 - wing - trap 1st pass to wing if no one in corner

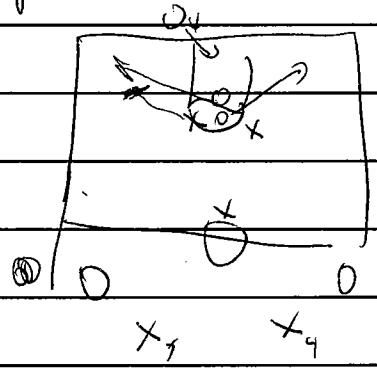
if Ball goes over your head - turn + run

23 Scramble - every ten ball goes over your head - trap it

① if in doubt - Flatten out ② if ball goes to highpost - flatten

2-1 press (2-1-2)

2-1 counter to what



Don Meyer

Cornell note taking schema

Your Stuff 1/3	Speaker's Words 2/3

planner pad
www.plannerpads.com

You learn more when you get your butt kicked than when you are kicking someone's butt

"Getting things Done" - David Allen

#1 Thing in coaching - Humility
Humility that comes from wisdom

People want to be RUINED by praise AND not IMPROVED by criticism

Parents would rather have son was All state than team win championship

Career stages
① Survival
② Strive for success
③ Satisfaction
④ Significance
⑤ Spent

T - Tough + Trust
E - Effort
A - Attitude
M - Motives

You can be physical w/o being tough, but CANNOT be tough w/o being physical

Roles - ① Define the Roles
② understand the role
③ Accept the role
④ fulfil the role

Myer ②

Mistakes -

① Recognize the mistake
② Admit the mistake
③ Learn from the mistake
④ Forget it

IT is not what you teach - it is what you emphasize
Scouty - know his # & what their game is

Coach - Play - Offense - defense

Nothing more harmful to a team than lack of Discipline
Personal, Purposeful, practice
Practice has to be Tough
Teach in the games
Be a practice player first
Leadership emerges - whoever leads the locker room controls the team

Practice & play with the poise of a state championship Team

half time

	good	must do better
Defense		
Offense	good	must do better

* Transition - Talk a point

Post player - a shot over my head - roll to weak side
Likes 4 v 5

Full court Drill

Stop + score - full court - is the winner

3 v 3 - 1 dribble - 1st basket

* Beswick Rating player - look at internet

Fox hole test



Ask players who they would like

You can substitute on every free throw to slow the game down - + set your press

Don't say "why me?", say "what can I do now"

As a coach - your second job is exercise

Every coach has problems every day. You need to address them every day

3 things - FIND YOUR NICHE (unique talent) AND skills AND PASSION

- Develop it to the fullest
- Give the gift away every day

Fran McCaffery (Towa) 5/21/11 ①

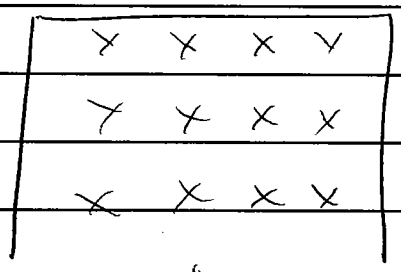
Defense Drills

also - Run, Quick 3's

Defense Philosophy - simple, basic - M2M

2 week MABSD drill

@ start of season - every year
- stance, weight, hand
cannot take it for granted

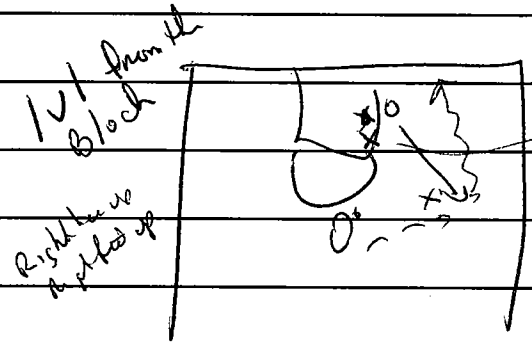


C

STANCE - Left foot up
Left hand up
Right hand x-over
Feet apart, tail down, backside
Lift feet, lift in, weight in back foot

Left hand contest shot
Weight on ~~left~~ Back foot contest drive

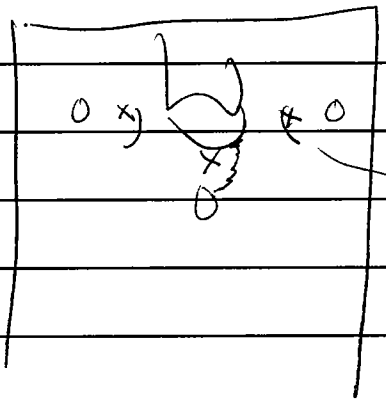
Slide - no feet together
no head bob up + down - Head still



Do not let ball go to risk.

McCaffrey 5/21/11

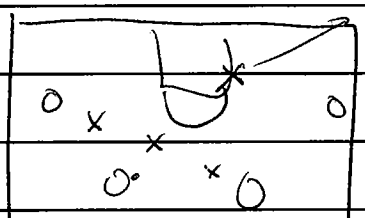
3v3 Recovery



if 2 pass away -
2 feet in the lane

① Drive middle
② Kick to wing
③ Drive middle
④ high top
⑤ Drive middle
⑥ Right wing
⑦ go line

4v4 - Reach



Defend straight cut

4v4 pass & cut

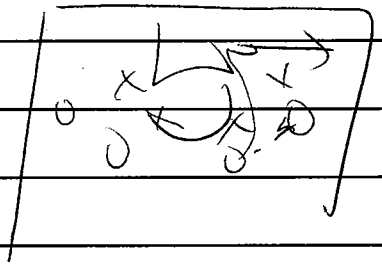
① No fear cut
② stay between man & ball

pull to the ball & Drop back

Do not chase man going away from the ~~ball~~ Basket also ball

Do not chase

Butt to the baseline in help position



Stunt

Defend Ball Screen

① Trap side ball screen
② change how you defend ball screen throughout the game

Like NBA - don't let PG turn corner & drive past

Big show
"show out"
show Between

OR - Trap in middle ball screen "Dog"

if he picks up dribble - Man to Man

Rich Majerczak 5/21/11 ①

Offensive Post Play

Post got to - want the ball
- want contact
- good hands
  - catch
  - strong
  - Touch

Post -
Play slow
Play calm
Low
show
under control

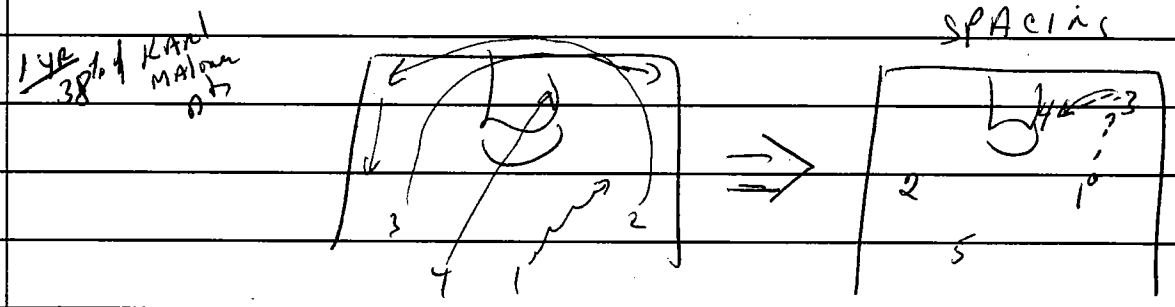
Post play low to big
Head up
Shot up

Go At shot blocker
Best NBA shot blocker -
3 shots in 48 minutes

Hips > Ass win
Keep arms @ right angle
parallel to floor

Go into post
- out of Timeout
- off fast break

UTAH -
Cross wings in transit

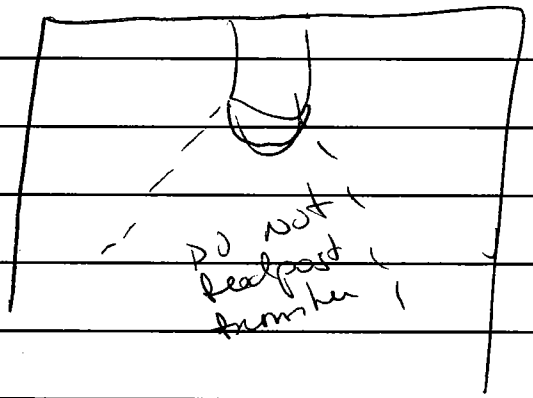


think about
posting the 2 + 3

Front- Mismatch

~~Low Angle Feed~~ High Low In

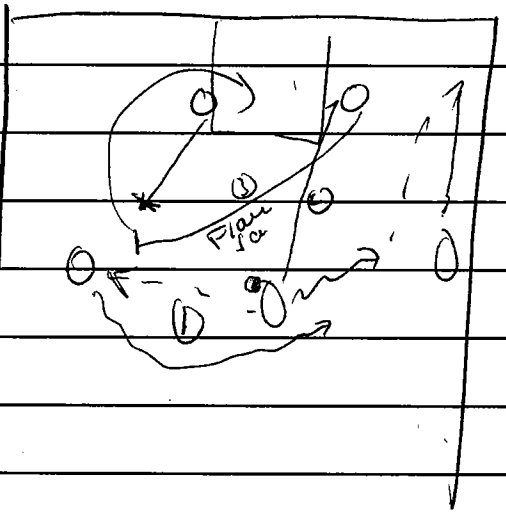
Corner Feed



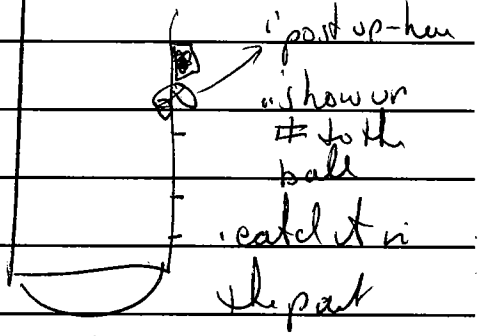
Bring player into the post

Rather than front out

Play



Where post up?



PG- pass ball away to defender

Quick jump to meet the ball

Post play

① move

② counter

Read D

Know where look when defense

• go away from defense

• Look to middle

EVERY BIG should get 50% from FT line

Never want a straight leg in the post

FT Shooting

at end of shot - heels off floor - ball forward

Stance thru the post NO good shoot Miss shot MAJEROS (3)

Meet ball w/ 2 ft jump stop

Look MIDDLE

AS SOON as you make move - head comes up

Always go up w/ power move w/ Dominat hand

Jump hook

all should be square

eyes on rim

keep off hand on ball as long as possible

ANY TURN away from Ball on toes

Towards the Back heel-Toe

Seth Greenberg 5/21/11 1

Attacking Zone

Flexible

Coaching is figuring out your team and its characteristics to get them to win.

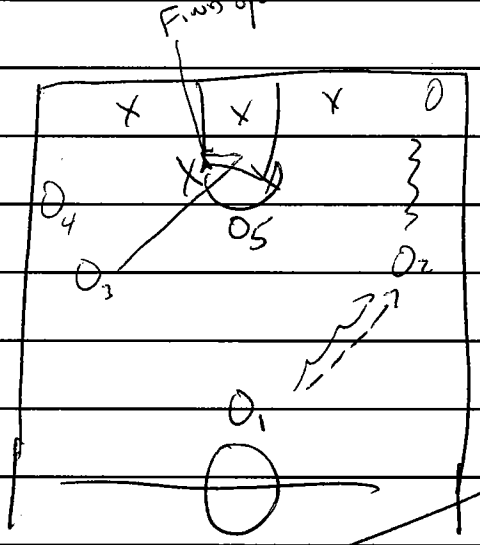
Need to give kids confidence today
eliminate all obstacles for the kids

Non Negotiable
① Hardest players team
② Respectful
③ Accountable - no means "no"

Once one person does not buy in you've lost many

① Attack zone out of transition RUN
② ORB - 3 guys attack the bdsd/gaps
Run to gaps to rebound
③ Don't settle
④ Ball movement / player movement (Cut Dribble Drag Dribble Drive)
⑤ Screen the zone
⑥ Shot fake / Ball fake MARV Kessler
bball show bball mov your wrists

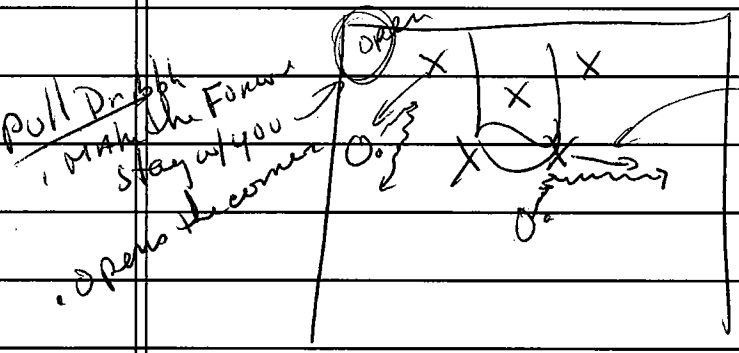
Transition



~~Set~~ ~~Drag Screen~~

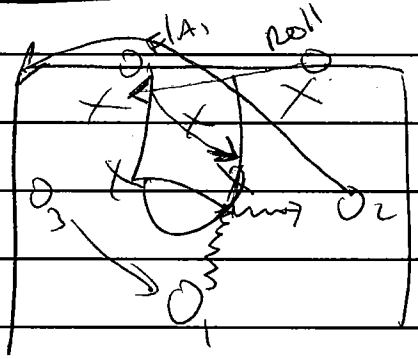
① when you cut ~~after~~ against a zone - you need to look for the ball

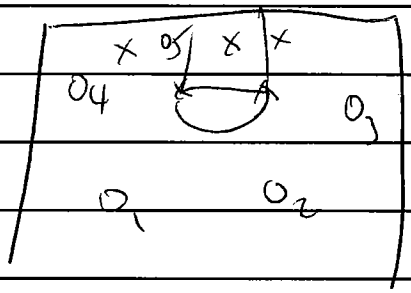
Flash + Roll ∪ 2-3



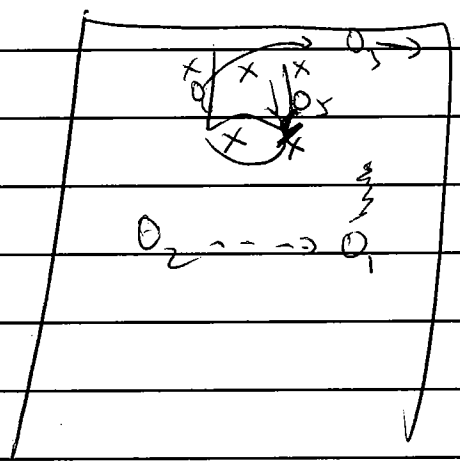
Drag - drag a guard to corner X

then Reverse





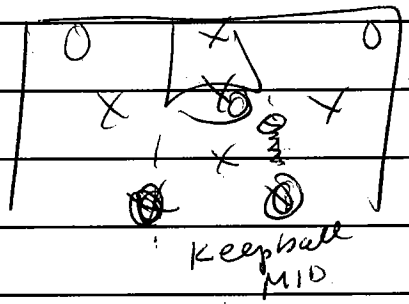
Up + Out



Spreadsheet Utilization

Us 1-3-1

a 2-1-2 offense is the easiest thing to guard



① need to put pressure a gap

Mike Dunlap - St John's 5/21/11 ①

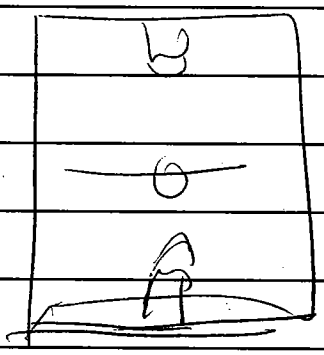
Transition

1st 6 seconds in transition

Tell them how em they show you correct repeat

Find jones Position clamp on inbounder

Praise, prompt



1st 6 seconds -

Easy basket on game ① layup

Bill Walsh Finish your

Basket ball on paper Dean drill

Make Pumpy Bye Dimentt

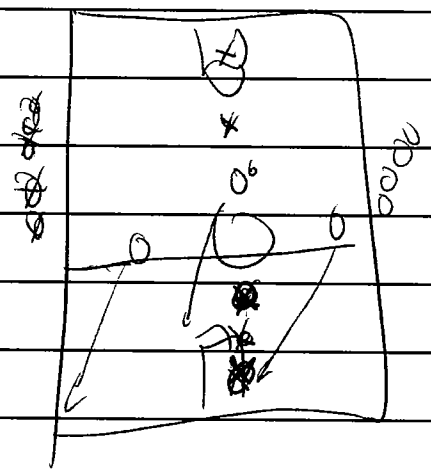
the most important thing about transition is Time to get ball in bounds Do not let Ball hit ground out of the net of ground of the MAKE

50-75 times get an outlet + run Transition to the other end of

Reaction Time

Run outs (5, 2, 3) run all the way - Accelerate thru the dead ball

Read



Walberg Blitz

Reactive
Row out
Read + React

Don't always have both on a

Self imposed

NBA- 4-5 hrs/day looking Fin

Project Blueprint

Kieth Dambrot (UNIO Akron) 5/22/11 ①

Fundamental Drills

Defensive Drills early in practice

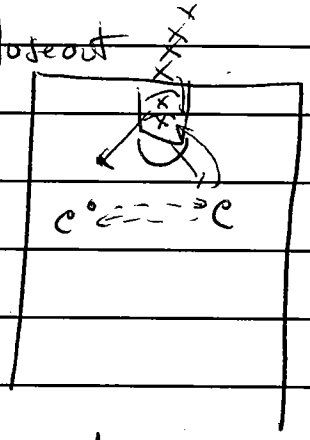
Gonna the ball
help
Transition
Finish to Rebound
Win tough balls

lose, Tires em
shoot a lot
Everything is competitive

Dummy defense Drill Quickly + Hard

5 Minutes

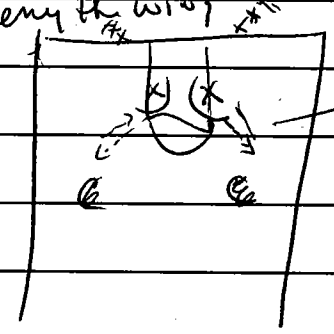
Closeout



closeout
sprint to help side
head below shoulder
2-hands up + back

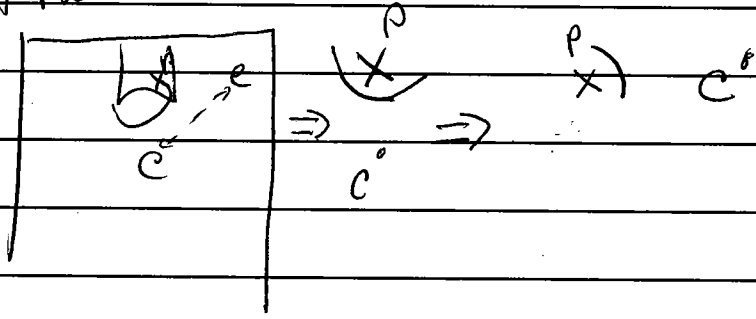
LOUD
"help side"
"Ball"

Deny the Wing



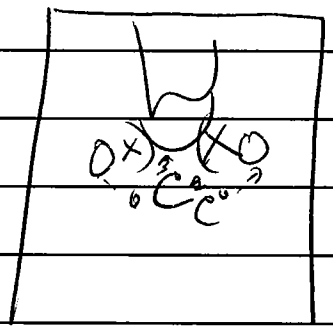
Deny Deny Deny
up + back 2x

post Feint



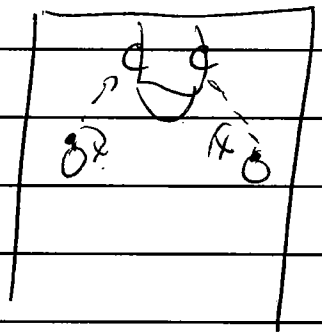
Dunbar (2)

Help + Recover



Deny - Drop help Recover at the pass

C dribbling



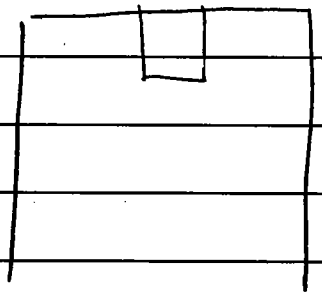
Feed post

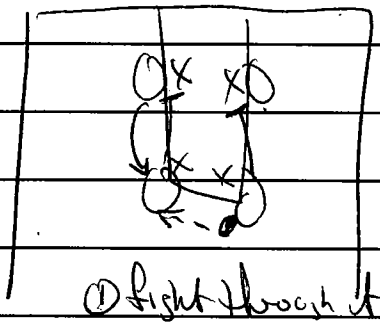
Dig

closeout

4 Mins

Screen





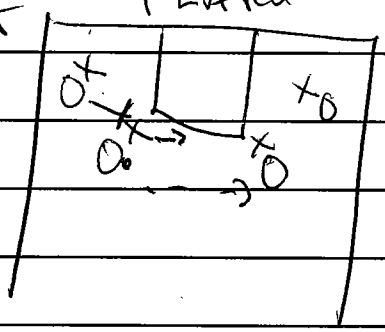
Down screen

Back screen

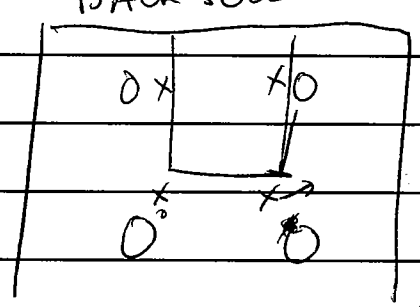
~~Down~~ Flare

① fight through it + trail

NO Fault call



Jump ball in every pass change

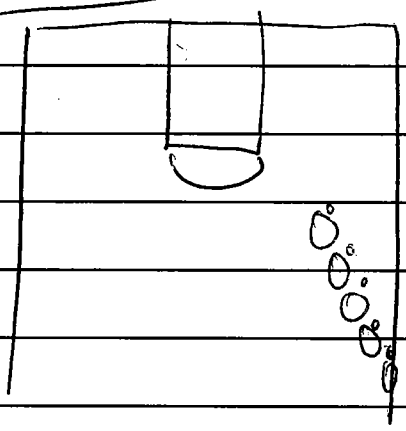


X need to fight through screen ball must the closest of him

Do not care what is behind you -
need to have vision on the ball

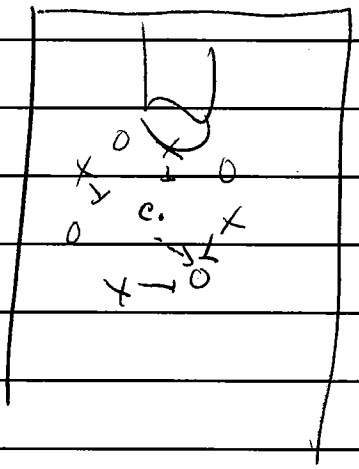
Shaka Smart Drills

Finish Moves



Shot fake
1 - Dribble
2x Finish w right hand
2x " " Left
2x move Right
2x move Left
2x pull up right
2x pull up left
2x - 2 ft jump stop, shot fake @ block
2x

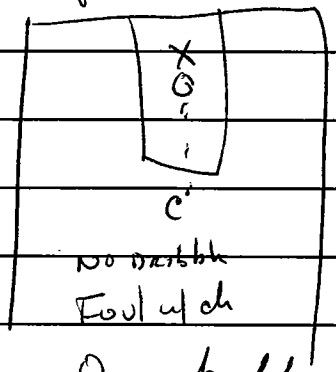
Circle Trap



Coad pass 1st
2 dribble trap pass back
D-play in
No Fouls
Foul w/ chest

Attack w traps
Chest up
Intercept

Box 1



Square up around the ball
No dribble
Foul w/ch
0 point shot

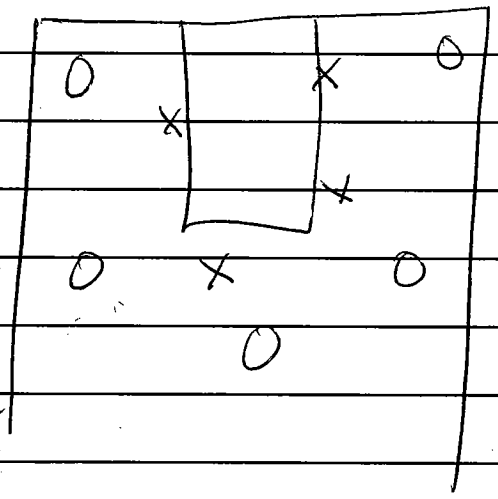
Defense 5v4

15 sec shot clock

① go and the ball

3 stop

5-4 ms foot score



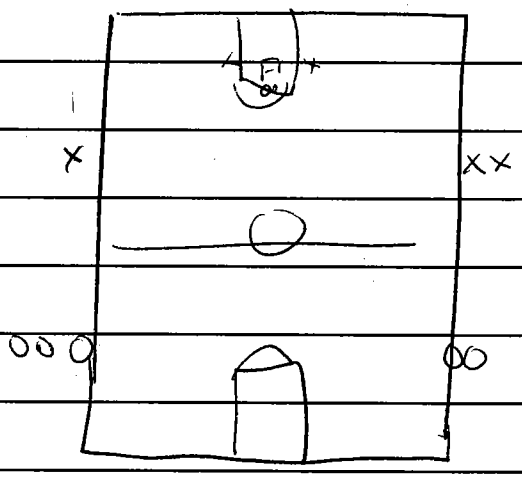
Communicate
"My ball"
"Help"

Closeout

Do not turn to ball - need to be aware of ball in help

+ go up + back - 3x FC

Transit 1-2-3 - Progress



Progression

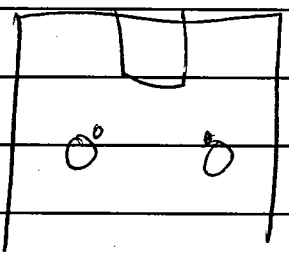
1-pt for Finish
2-pt for basket
5-pt for drive

Serve as outlet or ballhandler

2v1 → 3v2 → 4v3 → 5v4 - 5v5

3 moves + Shot

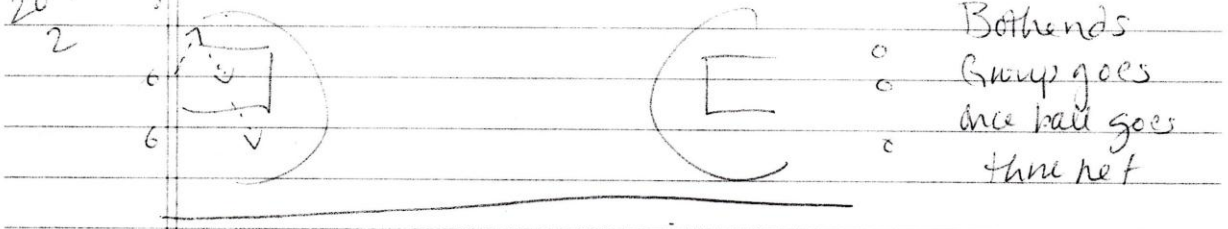
Cross over, between, between, shot
between, behind, around the ball



McDermott

TRANSITION *Communicate names*

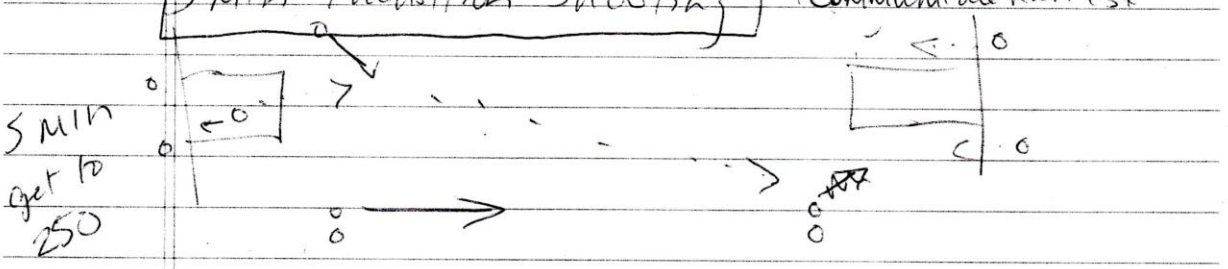
2 min layups



make 22 = quit

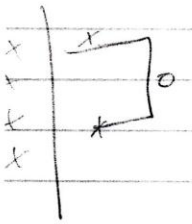
5 passes, straight line passing
perfect layups off 5th pass
ball can't hit floor

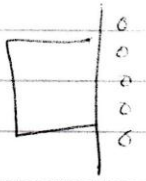
5 Min transition Shooting *Communicate names*



Rebounder grabs board off backboard
Passes to outlet
Sideline sprints up court for layup
Trailers shoot 2's & 3's
Max = 7 pts each trip, layup = 2 pt
Opp end is passing to trailers for shot & then transition up court
Players on both baselines

5 MINUTE TRANSITION





15 sec on shot clock each trip

* add 2 players each trip on O

* Start first after FT =

① 2 on 1
② 2 on 1
③ 3 on 2
④ 4 on 3
⑤ 5 on 4
⑥ 5 on 5 For rest of game

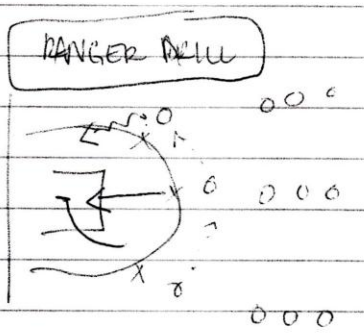
Run back on makes

Furthest one on weakside takes charge

2nd Furthest deflects corner pass attempt from driver

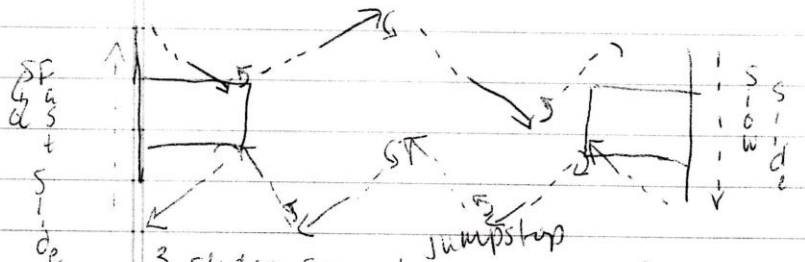
Closest on 2nd pass entry to perimeter

Jump to ball on passes



* Rotate, take charge, scramble D => communicate

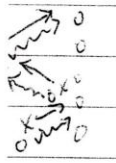
SLIDE - RUN - PIVOT *Communicate!



3 slides, Sprint reverse pivot, repeat

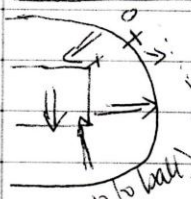
5 slides, sprint, jumpstop, reverse pivot, repeat sequence

Alley Drill



Defense (feet count 3 by 3 drill - one on one - closing ball handler - keeping in front)

CHAMPION D *Communicate



Poss = (jump to ball) step with closest foot to ball and then defend

① On Ball Defence
Pass from wing to top ⇒ "D" jumps to ball
② Pass back from top to wing ⇒ "D" makes denial
③ Wing cuts post ⇒ "D" fronts on players top leg
④ Weakside cut ⇒ "D" adjusts to level of ball
⑤ ~~Dash~~ Cut in lane ⇒ "D" keeps O from cutting face in help
⑥ Pursue ball ⇒ Play 1 on 1 from top

Ball above FT line, 1 step towards weakside man
Ball side foot forward
Ball Below FT line, drop to see both

Mustang Drill

Flare screen w/to ball screen - cambio's

Begin 3 on 3

2 to underneath

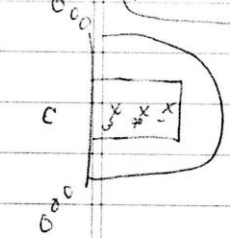
2 O @ 1/2 court

Breakdown O & T's defends of O options

NUMBER REBOUNDING

* communicate

gjm52@creighton.edu



Coach calls #

Coach passes to perimeter player

Numbered D closes out + boards

D must get "3" boards in a row to rotate out

2 on 2 Rebounding

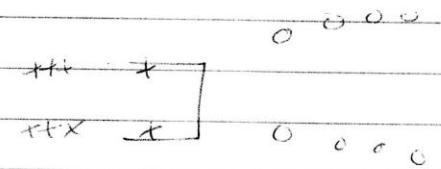
put orange jersey on 2 players to get double points

O Board = 2 pts

D Board = 1 pts

O can score

play make a miss ⇒ give 1 pt to D



* softest guys
* best guys

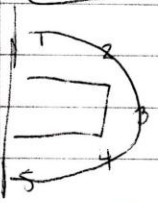
Some defensive teams
Transition D
Guard elements

Defending 3's
- Hold opponent to 30% or below
- Offense to shot be a help + recover team to defend 3's

Offense 3's
- run on every offensive possession
- manipulate doubles on post
- penetrate (attack alley ⇒ attack lane)
  - try to get 2 people to guard ball
  - want to create rotation-closeout situations
  - get ball to top as much as possible
    = take away help side

Chart individual 3 pt %'s every player every game

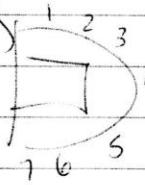
CELTIC 50



Make 10 shots from all 5 spots to make 50
Record makes + shots
Shoot for goals : # of makes, shoot w/ a purpose

Spot shooting

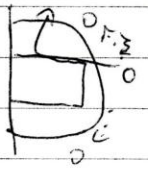
Pass to inside shooter when performing shooting drills



Shoot for 1 min straight @ each spot
Chart shots/makes from each spot
Emphasize good passes

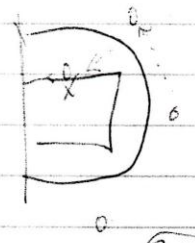
Shoot total # of shots to players for confidence

DRIVE + ROTATE



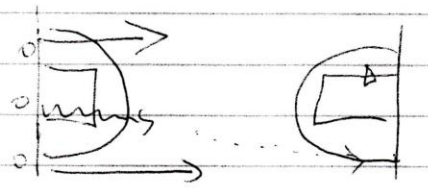
Drive @ center of rim
Wings rotate to be passable
4 drives/rotation passing
On 4th pass ⇒ shoot 3

Emphasize rotation around drive



Create trap situation on low post if pair @ top to rotate
Work on Post entry & distance of guards to be passable / options for outlet from post

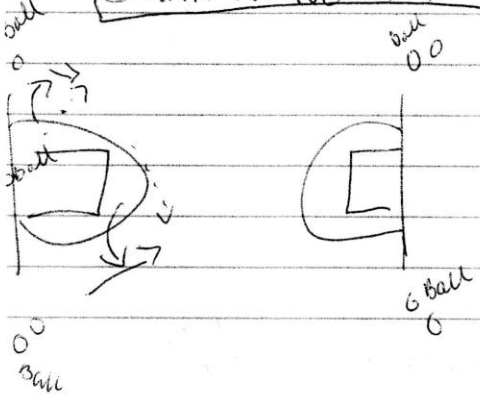
3 PT GUN + RUN



20 3pt shots in 2 min

✓ Ball handler dribbles on (R) side of lane
✓ PG advances passes to wing cutting / sprinting sideline
✓ Wings run on sideline to stay wide
✓ On advance, shoot 3, opp wing boards & pg runs around cone to be (R) wing running back
wings run inside sideline on way down, run outside sideline on way back

3 MAN WEAVE W/ SHOTS



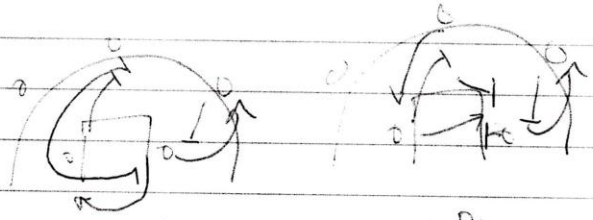
3 minutes : 130 pts in 3 min
layup = 1 pt
Weave 2 passes
Bounce pass 3rd pass for layup
Guards X over each other
Forwards can shoot 2's
Receive pass from baseline for 2 shots by non layuppers -

Dartmouth 352-375-1683
* 42cc

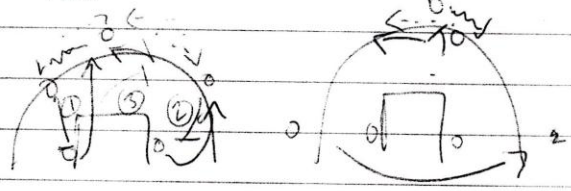
Getting open 3's shoot!
if get lefter get light
Miscellaneous plays

DOWNSCREEN

Downscreen → elevator
Backscreen → elevator



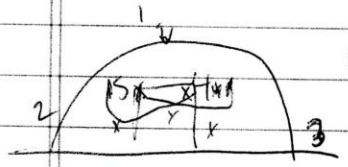
Counter screens w/ elevator options



Pick n roll post goes away corner clears

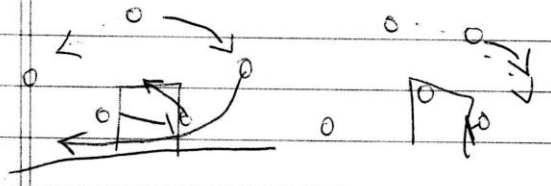
Flare for opp wing slice by post

* Wrap screen → cut 1 if cheating + negating hand



Get quick 3 by x'ing + screening inside & top zone

Against zone



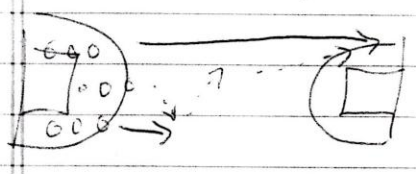
Flash Middle + vacate low post
Opp post comes across to set backscreen
for wing lob
wing cuts through to corner
opp post curls after backscreen to screen on pg
cut to corner for 3

Always 2nd pick and pressure

Williams

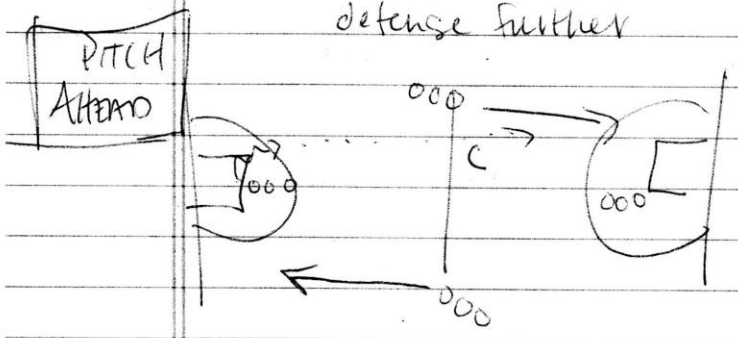
Primary Break: 2 or fewer defenders back
2° Break: More than 2 defenders back

3 Line Fast Break



Pass wing - pass back
Pass opp wing for layup
Follow pass
(opp) Rebounder crashes & takes ball outside
Overhead to outlet
Outlet 1 hand passes to opp line

PG relocates to elbow on 3 on 2 to pull defense further

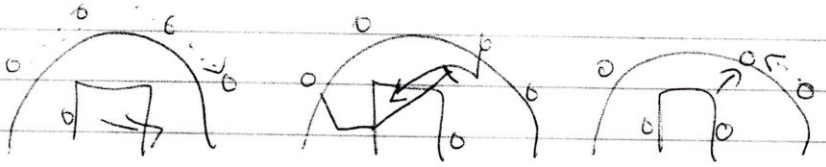


Rebound line
Rebound - Drag ball low
Pitch ahead to recent sprinter

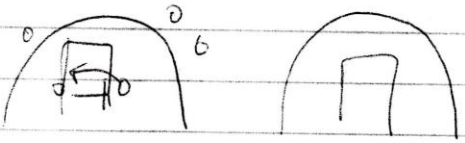
* get off court to left
↳ will be receiver on other side

Screening

5 runs to front of rim & then to ball side block

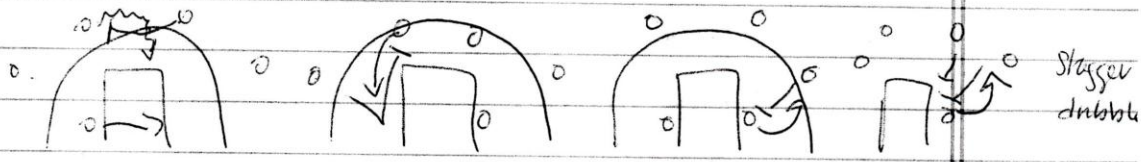


pick shoulder by lane off screen



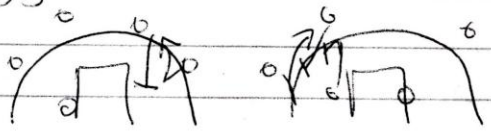
go baseline side off low post cross screen

Dribble



Stagger dribble

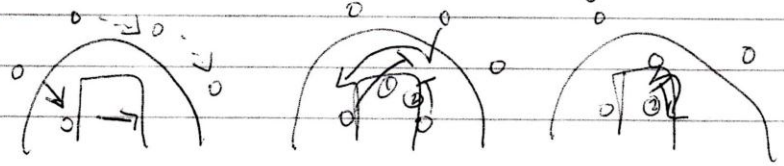
D3



top guy can post up defender

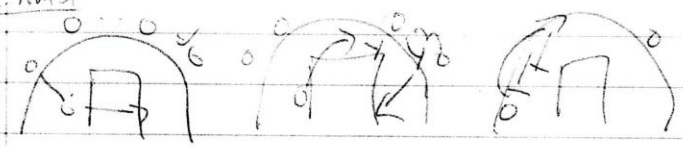
low post cuts high to follow ~~guard~~ for 2nd screen on stagger

Screen the Screener

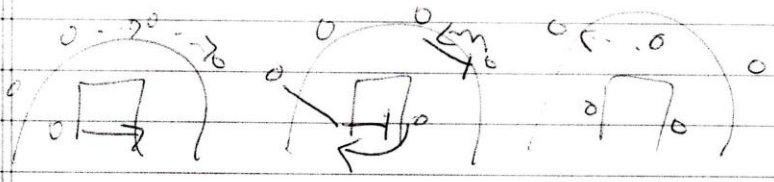


Rotations

Slip



Follow



follow pass

Primary
Secondary
Free lance

Attack to get fouled

Make more FT's than opponent attempts

2-Mail

Macy

Sprint passes - positive reinforcement to get free pass out of running

California North Dakota N. Carolina

South Dakota

interstate - playing fast

pass fake Cesper

Triple Threat - 30 secs, sprint + reverse pivot, clear high/c bar low FT line, 1/2 court, FT line, Full Court stop+go

Sprint/Go Box to Box or FT line to FT line

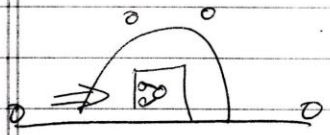
We done

"It's easier to run than chase"

"Rebound to run"

to

RUN



✓ Wings run to corners

✓ 5 then sprint to run/middle of lane

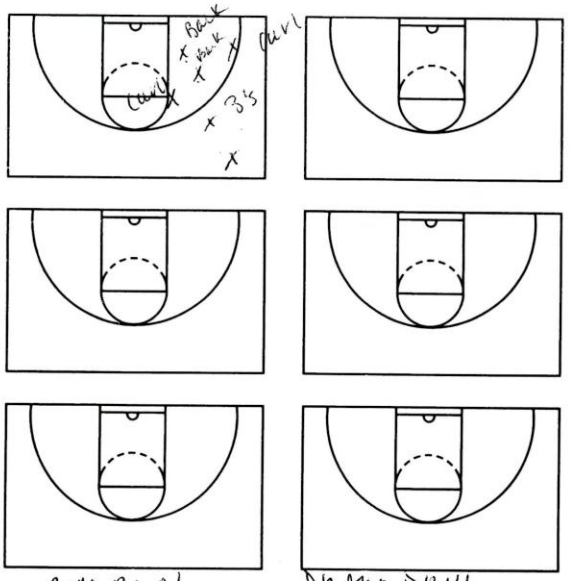
→ face corner run middle of lane & square up to corner

✓ Rebounder 4 + 5 can set single screen on each other: backscreen or downscreen to create a shot

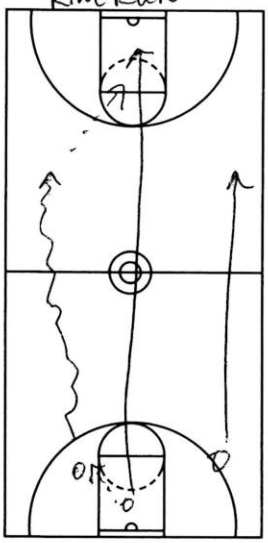
"Shoot before you turn it over"

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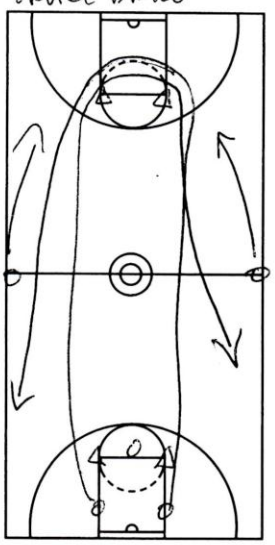
CLINIC DATE Mary - Interstate Offense

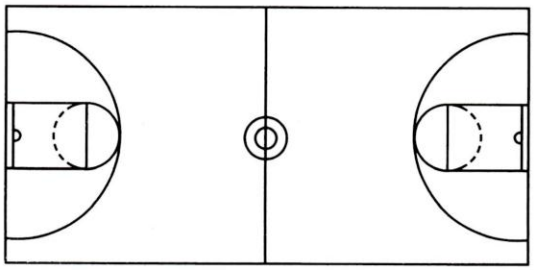


RIM RUN



DRAKE DRILL





16 SHOOTING DRILL — Go either side

Steal - Score
Short Bank - Long Bank — ○ Need Rebounder Passer Shooter
Short Bank - Long Bank
3 - 3 Curl - Flare
3 - 3 Curl - Flare — @ top
3 — * Touch 1st X after
3 — each shot
3 — * Last set of 3's touch
3 — 2nd X from top
3
3

RIM RUN (TRANSITION)
① Kick Rim Run
② Kick Wing
③ Kick Wing for ② Dump Rim
3 on 0 transition
Sprint, turn + face for catch + ½ court
PG's drop ball to inside shoulder ~~rebounder~~

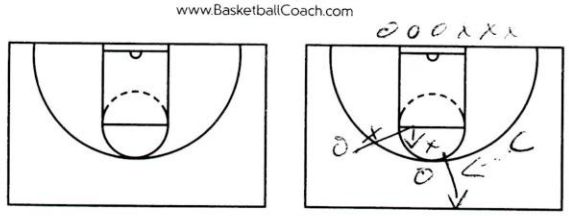
DRAKE DRILL (TRANSITION)
PG: FT shot
Rebound + outlet to PG
2 Players @ ½ court sprint to rim for layup + Rebound + then become X's
2 Player starting in lane
sprint + X on other end around cones to become next wing kick + rebounder
PG gets to ® side for outlet
Go for # of trips

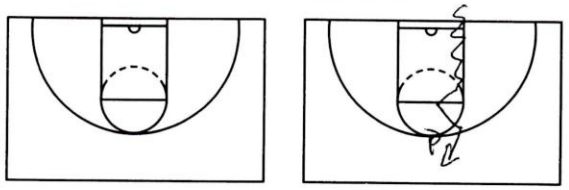
"What you do early hurts us late" ⇒ Footwork

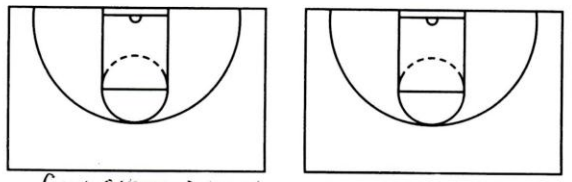
GO TO MOVE + COUNTER ⇒ BOTH SIDES

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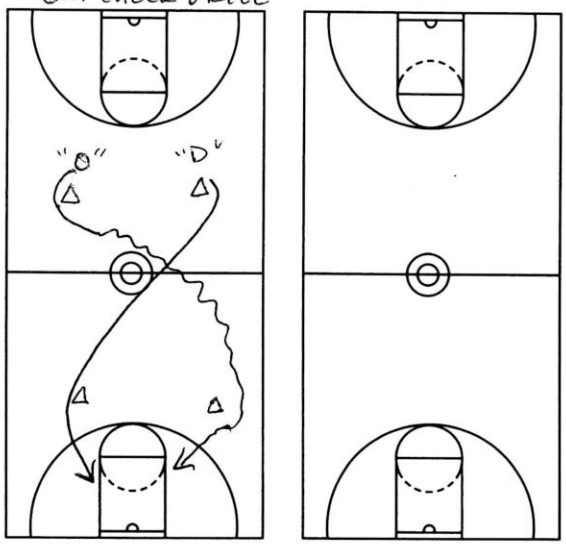
CLINIC MARC 4
DATE

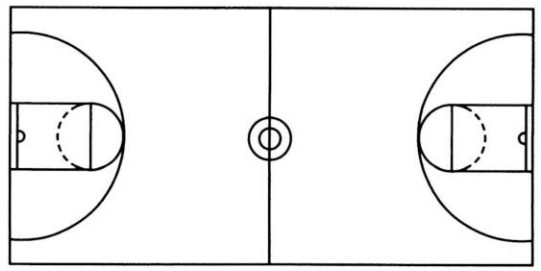






GUT CHECK DRILL





WING-POINT DENIAL = FULL COURT DRILL
"CHEAT YOUR LINES"
"D" denies pass from C each + makes
Steal for finish @ other end
OPP WING FLASHES ⇒ D "smashes" flash
& JUMPS BALL SIDE DENY
Shot Blocker/coach playing D @ other end
GO TO MOVE FINISH ON OTHER END

USE go-to: cross, between the legs, hesitation, in front
Flat back
use counter: to one of above ↑

DEFENSE
get under "O"'s chin

GUT CHECK DRILL
O starts on one side
D starts opposite
O dribbles outside starting cone to outside 2nd cone
D sprints outside first cone to outside 2nd cone

end practice with this drill

MOOVEY

20 Mikans

20 Reverse Mikans

20 Drives over the front of Rim (R) - (L) sides / over the top + opposite sides

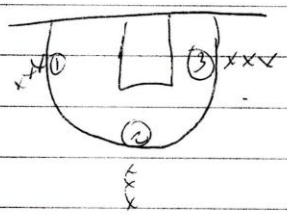
Finish (R) hand on (L) side and (L) hand on (R) side

L Side Layups

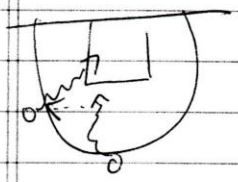
5 - (R)

5 - (L) reverse

5 - 2 Foot layup



DRIVE-KICK-DRIVE



(1) top of key drives hard

(2) kicks to wing relocating behind frontcourt

(3) wing drives to finish on either side of hoop

Meier

www.coachmeyer.com

powerpoint on leadership

Handouts - coaches corner TO's + Running a Program
Player Workouts

Everyday teach kids how to be a servant leader
Create opportunities for kids to serve

Needs Assessment: What is and what should be
Eval everything you do to understand what needs to be done to be better

① Plan the week in Sunday
② Plan the next day the night before.

1) Define roles
2) Understand roles
3) Accept roles
4) ~~Make choices~~ Fulfill Roles

"See the biggest part of the floor" Always

* Recognize + Admit Mistakes + the forget mistakes

It's not what you teach, it's what you emphasize
Team little techniques to make players better

Sound: in how you teach, play the game
Solid:
Simple

TAKE PROCESS OVER PRODUCT

Be Solid: integrity, work ethic, character
Be Simple: the more you add, the more you start take away

•• Spend time on shooting ••
•• Teach skills, not drills •• ⇒ Replicate game situations in practice

Personal, Purposeful, practice
get in gym on their own

"Be good enough to win when it doesn't bounce right"
⇒ have to be superior fundamentally

① find out what your gift is
② Nobody pays for average
③ If we get out away everyday: enjoy giving your gift everyday

"Nothing more harmful to the team than the lack of discipline"

Better players = longer game
Worse players = shorter game
There's a time in a game we don't need a shot we can make, we need a shot we can't miss

5 on 0

T.T.P.

transition - talk - point

5 minute experimental period of practice

→ figure how you're going to stop the fast break

Box + 1

have fresh guy guarding

Shooting

groove shot before + after practice

✓✓ Play short games ✓✓

every pass is a shot, every shot is a pass

GRADE SHOTS →

layup	4
open jumper	3
guarded shot	2
poor shot	1
Turn Over	0

1 bad shot = 1 bad shot

2 bad shots = 1 bad player

3 bad shots = bad coach

shoot ball straight Miss shots - either poor shooter or bad shot

get arc

80% of shots are missed short

shoot for back of basket

Know exactly how you're going to win the game

"It's not where we play or who we play - it's how we play"

Want non-players to make plays
DONT WANT PLAYERS MAKING PLAYS

Huggins 1-3-1

Angles
Make Game

Get to the ball

Do the same thing everyday, just make them think you're doing something different

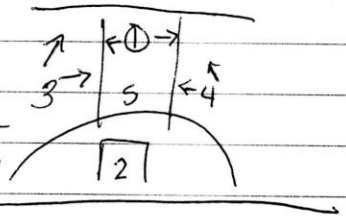
Whole - part - whole

Keep ball out of "chute" = lane.

Help Recover Line of the ball

passes that hurt you are threat passes

top = ①
bottom = fast player
Middle = least athletic
Wings = tallest players

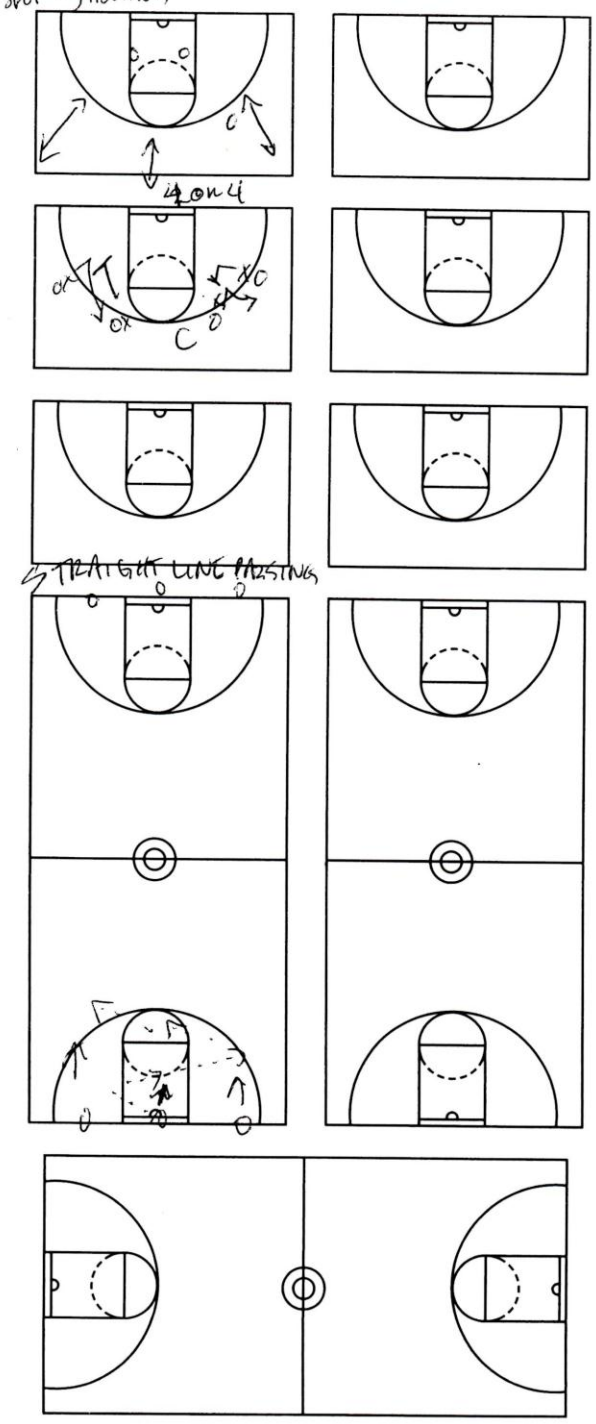


① Force towards help - push towards help

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CLINIC Jacksonville
DATE

SHOT - SHOOTING



SHOOTING
5 shots from wing
After each shot - sprint to touch 1/2 court
Make 5 from each 3 spots
Catch + shoot
Need rebounder + passer
Go for time: 2, 3, 4 min

Side Middle Side Passing
~~22 layups in 2 Minutes~~
~~Straight line passing~~

~~OFFENSE EMPHASIS~~
① SCREENING
② SPACING
③ PACE

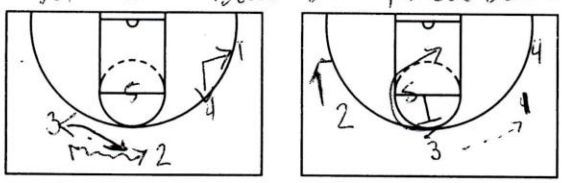
Finishing Cuts = drag help defenders
Defender chases = curl
Defender cheats inside = flare
Defender tries to beat = back cut to basket
Defender hedges = screener slips to basket

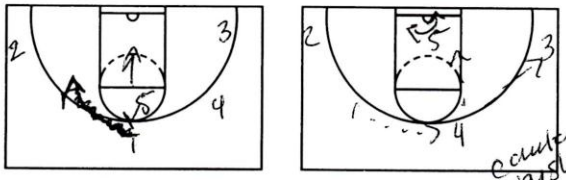
4 on 4 Offensive Breakdown
2 Main games on each side of floor

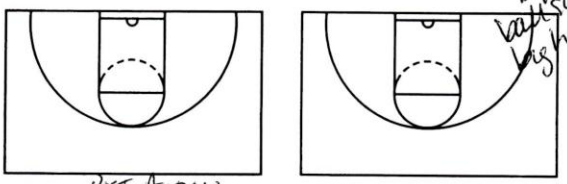
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CLINIC LANE
DATE JACKSON

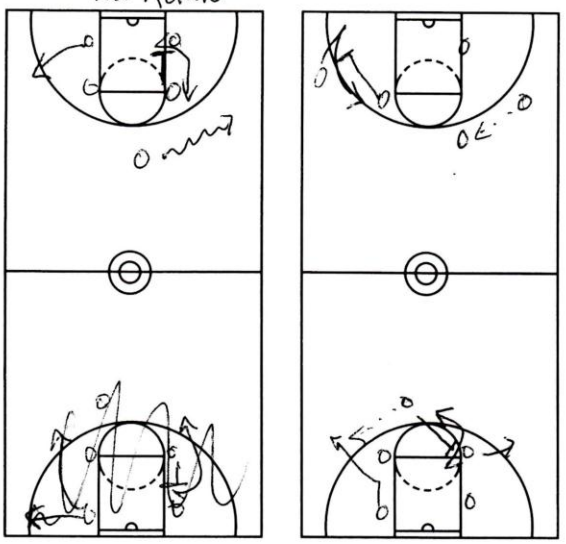
Set #1 Back Screen, Ball Screen

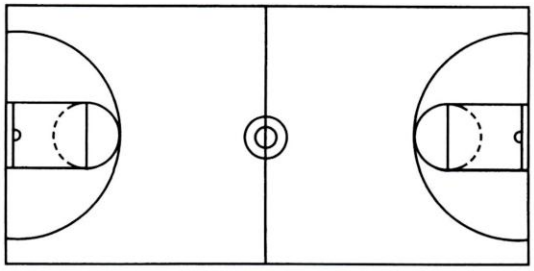






POST ACTION

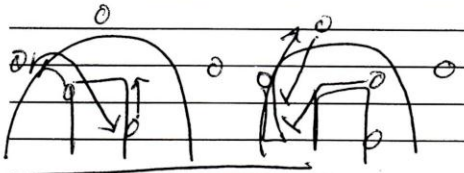




✓ Dribble Hand off / Interchange weakside
✓ Swing to opp guard on wing
✓ 5 sets backscreen for 3
3 spins off backscreen for layup
✓ 5 sets 2nd screen as ballscreen for PG (help should be away on back cut)
✓ 5 rolls after ballscreen
✓ 4 doesn't have open jumper off ballscreen, rotate to wing, wing looks for 5 seal to follow passing

counter: 4 slipping ballscreen if help

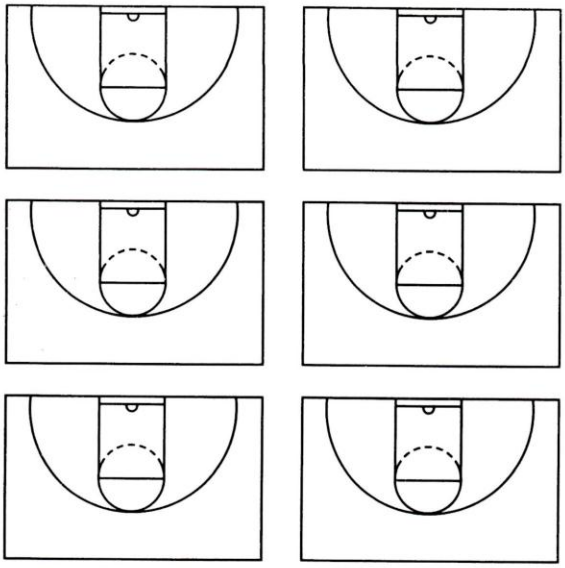
SPRINT OFF SCREENS FOR PACE



Shuffle cut, Flasher screen

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CLINIC
DATE



deny PG on make
load to double → off FT's
if score get out of second
if didn't score, do same thing

have to sprint to play transition basketball

3 man, up & get 4 back in transition
2 min - send all 5 guys back to defense
✓ 2 guys get back on shot
4 & 5 to hoop
3 to FT line

Down pick & rolls
Screener defender drops down from screen

"Blitz" - jump on handler or screener
Run right at player on O

CRUSH - look @ Ⓐ #'s from low block
Send all perimeter players to crush low block

Face guard post - chest up if overhead pass

Switch off the Dribble

PUNCH THROUGH ON PINDOWN
CHASE SCREENS

STUNT @ Ball

SWITCH PINDOWN TO TAKE AWAY 3PT SHOT

Ditto = dribble

** last 10 seconds of clock switch every screen, Ditto's "Body up"

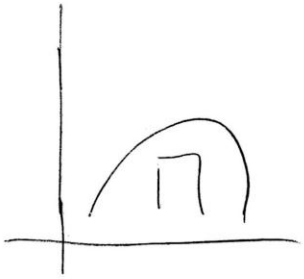
Up 3 under 10 sec left, Foul
No guard of ball taking ball out of bounds

Double Chop = Foul ⊂ both arms

Stay attached on all screens @ end of game

Foul LINE - PG gets back to ½ court to defend when up @ end of game

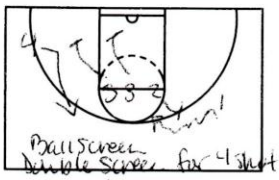
*double team rebounder ff of FT

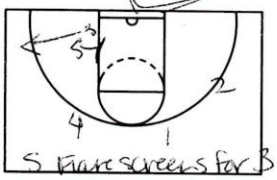


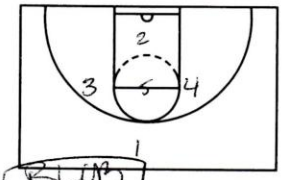
Double team SLOB's w/ 2 big guys
Double team BLOB's w/ 2 big guys

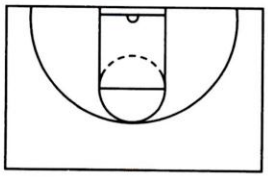
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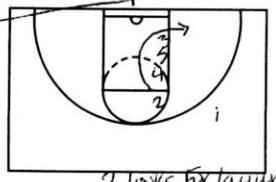
CLINIC _____
DATE _____

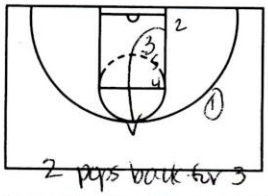


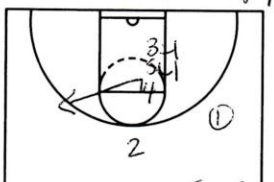


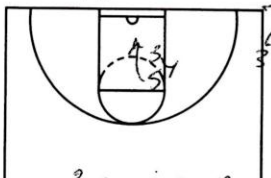


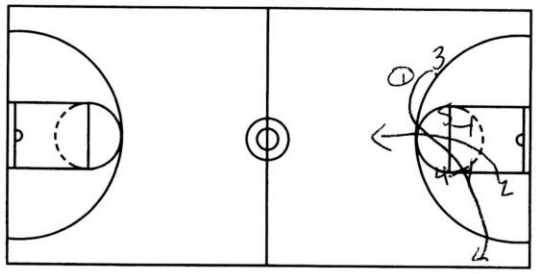










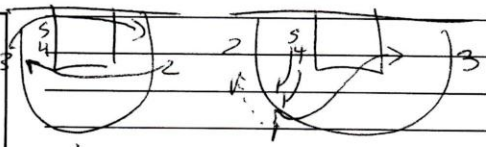


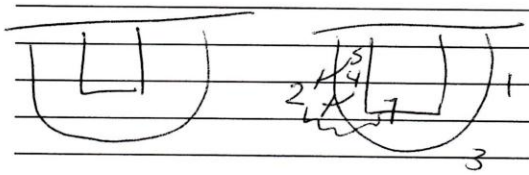
ON 1st's - high Double From top

"get crowded" Force to same side, into crowd

NO corner 3's

NO HELP, NO CORNER
face guard offense all the way down floor





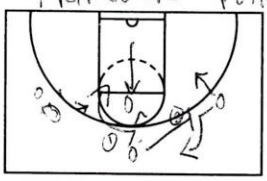
End of game

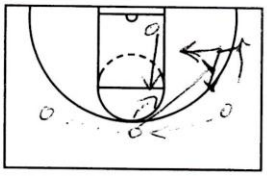
3 runs through 5+4 to corner
2 hits elevator screen to top of key
5 ~~Flare~~ screens for 4 to corner

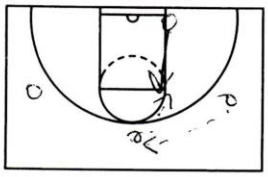
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Clinic Hotline: (503) 671-3041
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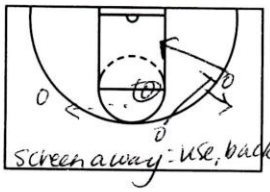
CLINIC Winter
DATE LL RICHMOND

PRINCETON POINT O

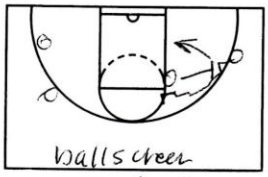




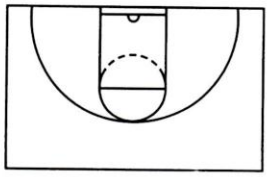




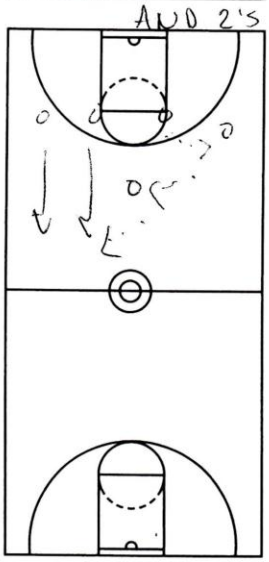
screen away: use, backdoor

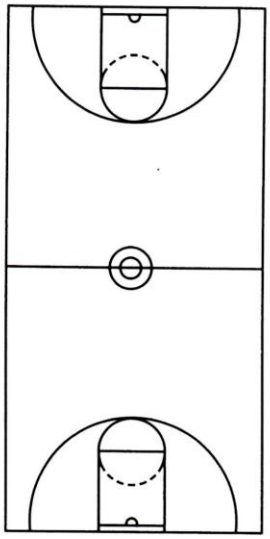


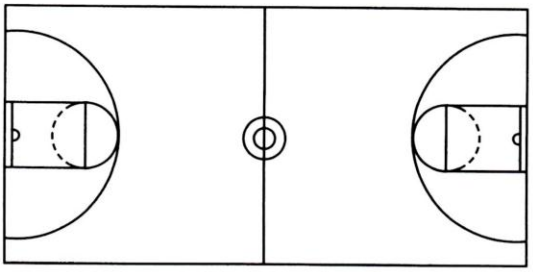
Wall screen



AND 2's







1st POINT (High Post Cut to Elbow)
Guard chooses to cut over top of post or screen away or cut opp corner

AND 2's (Scr O)
① 1 Player will Rebound
② 1 Player will Outlet
(Outlet & FT)
(*If make mistake, add 2 more)

- Each player has to run @ top speed
- Communicate to each other always
Full Court Layups

Wendle

1) DESIRE for the goal you want, not for the job you have
2) It is not who you know, it's who knows you
3) Be solution driven

can't change
can tweak

Playing hard is a skill you teach + work on every day
Competing is an instinct — TEACH PLAYERS HOW TO HATE TO LOSE
Day 1: play can't - watch for competing

GB Defense

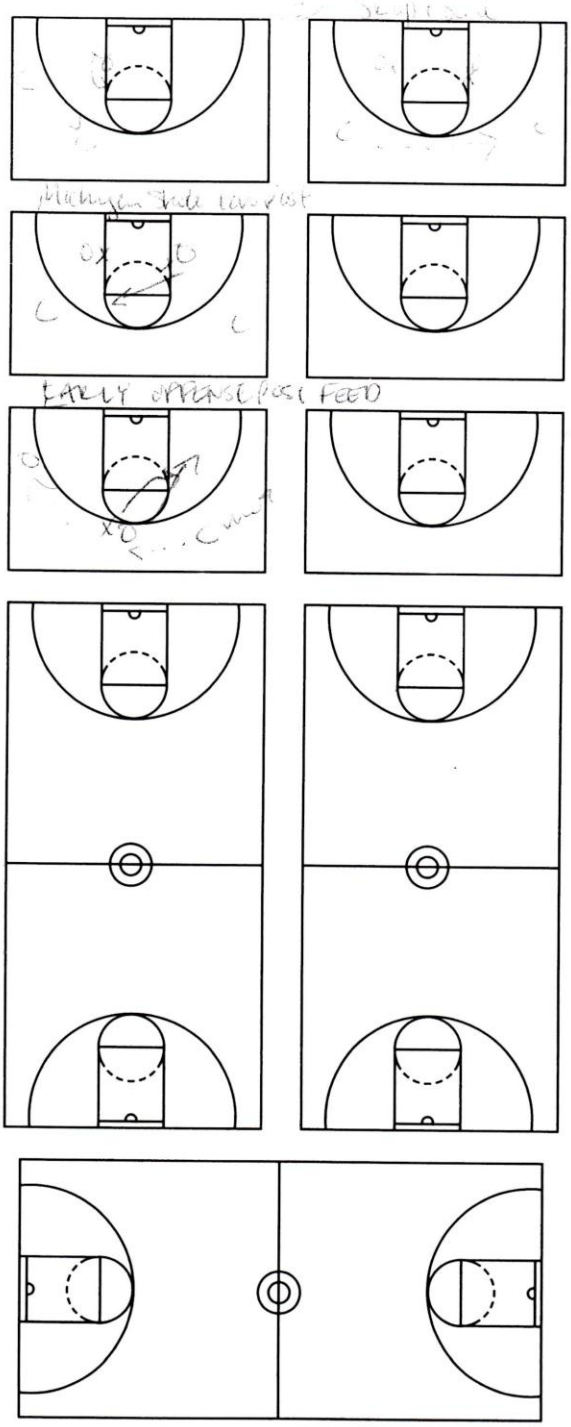
1) Ball Pressure
2) High Active Hands — who direct passes = get deflections
3) Always in The hole

"Eat 'em up" - get offense to bring ball above head + reverse pivot
2 turn players in back court 2 times
arms length away
Shade to top shoulder (square to top shoulder
↳ push baseline: not give up, just push
Stop: turn twice

VISION IS YOUR QUICKNESS

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www.BasketballCoach.com

CLINIC DATE Nike - Winners



Base principles carrying value from high school philosophies? Energy and effort

Skills 1-4 positions

① Attack the help
Dual Post Line (Triangle) play over the top
- Double pass back to top 3/4
- Post D moves over the top
- D splits post up w/ 1 foot in front & 1 foot in back

UGLY 3
① 2nd chance pts
② Points off TO's
③ FT's

MICHIGAN STATE LOW POST
② Skip & Seal
- When ball is in flight of air, Post D jumps to ball
- Opp low block cuts high
- D defends cut, ball pressure gets in help

Early offense Post D
- Post & Post D cut to block on strong side dribble
- Defend block → Post rotates through lane to follow ball
- Skip to opp side, box out for corner shot

Wisconsin CROSSCUT
- hands back
- body up in post

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VILLA SIX
PRESENTED BY VCU

NOTES FROM LAS VEGAS II:

LAS VEGAS, NEVADA

JULY 20 - 22

RISING COACHES
ELITE

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RISING COACHES ELITE

Rising Coaches Conference
MGM Hotel and Casino
Las Vegas, NV
July 20-22, 2011

Compiled By:

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COACH EARL GRANT - CLEMSON

THE PROFESSION & HOW TO GET BETTER

THE PROFESSION:

- Next generation of coaches—view your path/responsibility as a challenge!
  - Be prepared to pay your dues
  - Working your way up will make you humble
- Have purpose! "Everybody should want to be a head coach!"
- Prepare! For whatever your job is/will be…
  - Every day we work, we are preparing for our current and next job
  - Keep a notepad by your TV or nightstand to write down thoughts, plays, practice plans, etc.
  - Whatever your next move may be, always be prepared for it… "BE READY FOR IT!"

DEVELOPING AT THE HIGHEST LEVEL AS A PROFESSIONAL:

- Develop lasting relationships
  - AAU coaches, high school coaches, etc.
  - Even if you don't get what you want out (e.g., player), keep talking to your source—never know what will happen in the future
- Become a better coach
  - Keep a notepad
  - Practice your skills during film breakdown, practice, etc.
  - Be in the game for the right reasons
- Appearance
  - Well groomed, in-shape, appropriate dress—make sure you look good…Help yourself
  - Take responsibility in helping each other
  - Sometimes it can be all about the first impression
- Learn how to develop players and make them excited about the process
  - Sweat with your guys… "I sweat with the guys so they know I'm passionate about the game and making them better."
  - Go to clinics and go watch other guys work players out
  - Get them excited/engaged about getting better!
- Work hard, be loyal
- Never promise a coach players
- "Don't be concerned about the next move, just be prepared."
- "No Secrets in this profession. Hang your hat on relationships, loyalty, and hard work."
- Recruiting
  - See what's inside a kid, their motor, body language
  - Go to practice—do they dive on balls? Are they clapping for their teammates?
  - May be better way to feel out a kid based on the culture of their practice
- Closed door meetings—come down to their level…Get kids to open up
  - "The mistakes I made freshman year…"
  - Talk not necessarily about basketball
  - RELATIONSHIPS
  - Having a pulse on your players
- Treat the kids just the same while they are on campus and a part of your program as you did during their recruitment
- Greg Marshal: When anything bad happened with a player, he dealt with it right away!
- There is a fine line with your players… Know where to draw the line in your relationship.
- Kids must have accountability with you.

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COACH RYAN MARKS - TEXAS PAN AMERICAN

"MY THOUGHTS"

- Build relationships! "This is a great thing for guys to get together and talk basketball."
- Always look for ways to get better… GM's using the lockout for self-improvement
- Consider a "Coaches Retreat"
- You are going to do these four thing's FOR SURE as a basketball coach:
    - You are going to finish last.
    - You are going to finish first.
    - You're going to do a good job, and get a better one.
    - You're going to do a good job, and get fired anyway.
- Coaching needs to be a fraternity—more than just a competition with each other!
- We need to look at each other as colleagues
- If you have the chance to be a head coach, go be one! You learn so much as a head coach.
- "If I was an athletic director, I would hire a lower level head coach that has been successful over an assistant from a bigger school. His chances of succeeding are far greater."
- Don't be afraid to take a lower level job and hone your skills
- "No more grinding" - That's for Starbucks… Everyone works hard. The reality is basketball is a fun job that is time consuming.
- You're in the business of helping others!
- Work hard. Work diligently. Remember why you are in this profession. You are giving kids a chance to earn an education and to become better people.
- Go and be a coach!
    - Start your program and start impacting lives
- "Best way to get to the next job is to do a great job at the one you have!"
- Recruiting
    - With coaches, develop sincere relationships—guys you call when you don't need anything
- Have to be yourself in coaching and recruiting
- Anytime you have an opportunity to do more things and have more responsibility than your previous job, it's a good move.
- Any style of coaching is fine, as long as your honest and loyal… Be you!
- When you are a head coach and have open staff positions, start keeping a running list NOW of who impresses you.
- Communication all about relationships!

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Chris Caputo - Miami

"To me, experience can be overrated at times. When you don't know what's impossible, sometimes you might just go do it."

"You have to make the place where you are big time. You have to a great job where you are. Your brand has to be known as the hardest working guy around."

- When you don't know what's impossible, you might just accomplish it anyway…
- How do you overcome your current pool of competition?
  - Make the place you're at big time
  - Reputation is everything—make yours be a good one—"die trying"
  - "Make your job important and it will return the favor"
  - Find some way to get involved in recruiting
  - If you're in a non-coaching position, think of some way to get involved with recruiting. Think outside the box.
  - Networking, have integrity; you're building your brand…If networking can help your program that's even better…
- Head coach has the vision—it's the job of the assistant coaches to make that vision a reality
- Have to network up, down, and across
  - Never know when someone can help
  - Both with high school and college coaches—even when you don't need something
  - "Never Eat Alone"—great book about networking
  - It's always good to build a relationship with somebody when you don't need anything from him.
  - Make friends with people who have no friends and you'll have friends forever. Example – Steve Ballmer and Bill Gates Ballmer befriended Bill Gates in college when he was a loner. Ballmer is now the CEO of Microsoft and worth $14.5 Billion due to his friendship with Gates.
  - If you're a white guy, get to know some black guys. If you're a black guy, get to know some white guys.
- Have to get "adopted" by somebody—they are your mentor in this business
- Ask guys for advice, not for help/questions
  - In turn, they become invested in you
- Say "Nice to see you" instead of "Nice to meet you" - If you've met them before and forgotten that you did, you make yourself look really bad.
- You have to be the PR machine for the people you work with
- Know the game inside and out
- Social scene (e.g., bars, dinner, etc.) is a good place to get a lot of information without giving out a whole lot yourself
- Make yourself indispensible
  - Be the guy everybody calls
  - "Blessed to have a desk"
- - You're going to bring some risk to them. How do you make your head coach believe you can do a job you haven't had before? His thought process towards you has to be, "He may not get it done, but he'll die trying."
- If you weren't a big time player, you've got to know the game. You have to become a scientist. You've got to become the next Lawrence Frank or Jeff Van Gundy.
- You have to make the people you work with think you're indispensable. Do the tough work that nobody wants to do. Rising Coaches Elite 2011

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John Cooper - Tennessee State

- Don't let money influence where you go and what job you take
- "Where there is no vision, people perish." (Proverbs 29:18)
- Think big…Good Coaches are not afraid to think big.
- Have a vision and value yourself
- Who do you want to work for and thrive?
    - Know who you are
    - You have to believe in yourself!
    - There is nothing harder than coming back from being let go
    - 85% of jobs are earned off of one reference
    - If you're ever able to get a chance to work with a head coach that you know will serve you, then run to that job!
- It's your job as a head coach to serve your staff and team
- Ask for a commitment of hard work—give me what you got

TO GET A JOB YOU NEED:

- Have someone who can champion you – someone who will pick up the phone and help you.
    - "Board of directors": who's going to tell you the truth and NOT what you want to hear…They can help decipher the mess and bring some clarity to the situation.
- Be organized! Being organized can bring peace to a hectic situation
- Be invested in your product/program
- Have a balance
- Interviews
        - Do: Study (Know Key Figures), Have Energy and Passion, Leave a condensed book
        - Don't: Overload yourself, talk about the coach you're coming from, get too excited, have a 100 people call, leave a huge book of material, send information with wrong names
    - Study, do your homework, know important people, etc.
    - Don't overload—have enough information to be comfortable, but still yourself.
    - Who are you? Not your boss
    - Have energy and passion—this means something
    - Don't have a million people call for you—only your strongest few
- Technical skills
    - Can you communicate? Are you organized? Can you motivate? Can you handle pressure?
    - Think like a head coach—be prepared for the why?
    - Be involved in every aspect of the program
    - Treat people the right way
    - Be able to explain your career path
- Be willing to take a risk
- Get to know AD's and associate AD's
- Leaders don't expect people to serve them—they serve their people
- Be able to take criticism
- Always be growing!
- Experience helps but it isn't the #1 thing

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Josh Pastner - Memphis

- Be prepared for every opportunity – You never know when it is going to come…
- As a head coach, you are really a CEO of a company—your team and program
- Always be prepared for your shot—then it's up to you…The more you move up, the more responsibility you are going to have.
- Expect the unexpected
- Nothing more important than "LOYALTY"
- Be prepared for the responsibility/accountability of a head coach all the time
- You've got to have good players, but you also have to motivate them, teach them, etc.
    - Dealing with people (and their psychology), not robots
- Hiring staff is critical!
    - Stay centered
- With players, better to be hard on them at the beginning of your time with them and ease up, then be easy on them at the beginning and be forced to get tough
- What you say, you HAVE TO FOLLOW THROUGH—no matter the consequences (e.g., kicking kids off his team despite their skill level and talent for not following team rules)
- Motivate through respect and hold your players accountable…I don't want to motivate through fear…
- If they don't get the job done, make them accountable
- With discipline, take each situation on its own—don't back yourself into a corner (No 25 rules)
- In a timeout, repeat yourself 3 or 4 times (especially the important things)
- Do what you know and fit it to your personnel
- Dealing with human beings, follow through, and follow up = MILLION BUCKS!
- In our current positions as support staff, develop relationships with assistants—they're the next ones getting jobs
- Always be positive!
- You can't run something that you don't know
  - You have to fit what you run to your personnel

- **On dealing with boosters:**
  - When they call you, call them back. When boosters and people that want you to speak somewhere get a call back from the head coach, it makes them feel like a million bucks, even if you tell them no.
- **On dealing with fans:**
  - Always publicly say that it's "their" team, not "my" team. It's always "our", "we", and "us" instead of "mine", "I", and "me".
- **When hiring a staff:**
  - He did not rush on a hire. It's better to wait longer to find the right fit than rush into a bad hire.
  - The #1 quality he looked for was loyalty
  - After that, they have to be able to coach and recruit - "I want a future head coach that can deal with a lot."
- **On disciplining players:**
  - Always sleep on it before you make a rash decision. Always...

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Jerrance Howard - Illinois

- **My whole philosophy is energy and passion. Energy and passion set you apart from everybody else.**
  - Energy and passion sets the tone
- Since I wasn't playing a lot as a player, practices became my games. I won every sprint. I took charges. Nobody outworked me or cared more than me.
  - Gain respect through your work ethic
- **Find a coach and lean on him to learn**
- Have a personal relationship with all team members
  - They are your best recruiters
  - Do what you can to help them achieve their goals
- Set the culture/tone—BOOT CAMP
  - Who is tough enough, bought in, etc.
- **Anytime you go to a new program, you have to change the culture**
  1) Boot camp: 6:00-7:00 a.m. – All Defense
  2) Still have breakfast, class, weights, regular practice
  3) If anybody missed a class or workout, another day is added to boot camp for the entire team
  4) The last day, they completed 30 suicides in 30 seconds (2 groups)
- Every member of the team should come into your offices and check in before each practice
  - Solve a lot of problems that could occur by noticing body language
- You never know who's watching you
- Be an all-purpose guy
  - Get in the trenches with the players
- You should find a coach on your staff and try to do everything he does (watch film; sit in on phone calls, etc.).
- I feel like we have to get any recruit that steps foot on our campus.
- When you are recruiting a kid, you have to recruit everybody around them as well—"boxing them in"
- "If you throw me in the jungle, I'm coming out with some recruits"
- Go to eighth grade exposure events—get to know your kids
  - "Sitting on the babies"
- **When kids do commit, find out why they ended up coming to your school**
  - What you did right, what to stay away from, etc.
- Touching players and calling them by their nicknames goes a long way
- Find out who the secretary is at a high school (and janitors too) because they know all the scoop
- Spend more time at schools with no players because when they do end up getting one, they will hand them over to you
- **On Recruiting:**
  1) - When you're recruiting a kid, you have to recruit everybody around them (Box them in)
  2) - As soon as you hang up the phone with a recruit or family member, write them a note
  3) - Don't always talk all the time. Listen.
  4) - There's not a 7th or 8th grade recruit in the state that I don't know about
  5) - When you get your players to campus, ask them why they came to your school.
  6) - What worked? What didn't work?
  7) - Take notes and implement changes to your approach for the next year
- Find out who the secretary & janitors are at a recruit's school. They get you information that nobody else can get you.
- "When I go to Chicago, I go everywhere. I go to more schools without a player than schools that do."
- **On Coach Howard's notepad:**
  1) Things to do
  2) People to call
  3) People to write
- **"Live with a passion everyday" – You can control that…**
  - I'm not going to have a bad day because my love for the game and love for my job won't allow me to.
  - Study John Wooden, football coaches, and other successful people and take their qualities and utilize that advice in your own life… Pick three people to study the rest of the summer.

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Chris Mack - Xavier

- Make sure who you work for is a man of character.
- Focus on the job you have now…You work to move up but don't focus on the details of the job you have now.
- Never has "auditioned" for next job—do the job you have your very best!
- You're going to be valued on your own merit
- **7 THINGS THAT ARE EXTREMELY IMPORTANT:**
    1) Be a hard worker – Figure out how to get things done, even if it's in a different way
        a. Don't pass things onto mangers, GA's, etc. If you do, you're still responsible for it!
    2) Be detail oriented
        a. Get stats right on the scouting report
        b. Don't mispronounce names
        c. Spell things correctly
        d. If you don't, it makes you look inefficient. It hurts you in recruiting.
            i. If I receive a job application with miss spelling I throw it away
    3) Be loyal. Be a team player.
        a. You may have personality conflicts or disagree about something, but you have to send a unified message to your players and support staff.
        b. "Frauds get found out."
    4) Do it the right way
        a. The rules are the rules
        b. I don't think you'll ever get a player that's worth it by cheating. You may get the player, but he won't be worth it.
        c. If you want your guys to do it the right way, you have to do it the right way
        d. Have a balance in life (spend time with your family)
    5) Be innovative
        a. Think of new things you can do to help out
        b. It's a great way to make yourself valuable to the staff
    6) Know Players
        a. Know AAU coaches and high school coaches
    7) Don't audition for the next job
        a. There are too many guys that do this
        b. Recruit your tail off
        c. Scout like it's the final game of the NCAA Tournament
- The one thing that will hold you back more than anything is your head coach doubting that you can handle on-the-floor responsibility.
- When the media tries to get you to talk about job openings: "I don't talk about job openings. They always seem to work." – Skip Prosser

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Matt McCall - Florida

You always have to be able to learn and grow.

- "It's what you learn after you think you know it all that makes you better." – John Wooden

You always have to understand your role

You have to:
1) Be extremely reliable
2) Be extremely trustworthy
3) Have an excellent work ethic

You have to cherish the job you have now. Nothing is guaranteed.
- You get out of your job what you put into it
- As a DOBO, be involved with all aspects of coaching—not just DOBO stuff
- Always pay attention to the details within your job o Find a way to get things done
- Have a pit bull mentality with every task

Always be around. You never know when your coaches will call.
- Sit in on recruiting phone calls
- Sit in on meetings

Nothing is beneath you.
The #1 thing to advance and succeed in this business is relationships — DEVELOP RELATIONSHIPS
- Know who your family is
- Always ask yourself how you can increase the number of people in your basketball family
    - Don't pass up opportunities to develop those relationships
- Take pride in staying in contact
    - Make messages personal

- Always say "we" when it comes to wins, landing recruits, etc.
- If we have success collectively, we all will have success individually

- Always be engaging
- No substitution for hard work
- You have to fear not trying as much or more than you fear failure
- Make phone calls—develop relationships
    - Everyday "hammer it"

Your appearance is important. You never know who you'll run into.
When considering whether to stay at Florida as Dir. of Ops or go to FAU as an assistant:
- "If you want to coach, you've got to go coach"
- "You have to fear not trying as much as you fear failure"

- Facebook is a good way to get a hold of recruits

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Bobby Lutz - North Carolina State

Ask yourself why you want to be a coach… Why are you here?

As long as I wake up and am excited about what I do, I never work.

- 3 C's for success
  - Commitment to excellence – Prioritize your life. Balance basketball and family.
  - Courage to do the right thing – What would your grandmother think about your decisions?
  - Compassion/care for who you coach and who you work with
- Get a hold of and understand all the great ideas, even if you can't use them all
- "Be who you is, not who you ain't…"
- Don't ever lose your dream…Dream big dreams. If you ever lose the dream, quit.
  - Stay focused
  - Don't be afraid to fail
  - Coach Lutz quit law school at UNC to coach JV Boys/Girls for $200 a year in 1980
- Can't have an ego—it's about what "we" do
- If somebody has to tell you what to do, you're already behind the ball, be a self-starter
- Recruiting
  - Who is the key person in the decision? Who is going to help them make the decision? (Maybe more than 1 person)
  - Who has the power to veto?
    - There is usually somebody who can't deliver them to you, but they can stop them from coming to you (This person better be on your side)
  - Someone always has the lead—nothing's wide open
    - If you're not sure it's you, it's not you
- Cutting down the nets
  - Practice at the beginning of the year
  - Start to change a losing culture and tradition
- Scouting
  - Staff knows everything about competition
  - Players know top 3 things about competition and what you're trying to take away
  - Everything else relies on the offensive and defensive principles of your team
- Don't forget who "packs your parachute"
  - Don't ever take them for granted

When changing the culture of a losing program:
- You have to get the wrong people off the bus before you can get the right people on the bus

Motivational techniques aren't any good unless you know they will work.

The more talented you are, the more you need to push the tempo.

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Anthony Grant - Alabama

- Passion and energy are key
- Excel where you're at and what job you have
- Do your best to help your program be successful
- If you don't know, find out how and get the job done
    - Excel at the responsibilities you have!
- "You will achieve success when you're willing to help others achieve success…"
- Don't dwell on mistakes
    - Plan, prepare, and ride the wave
- Establish culture and determine what's needed to elevate program to next level
- With your players,
    - Have knowledge and trust
    - Want them to be successful
    - Imperative to have each one buy in
- Recruiting
    - Talent
    - Character needed at the highest level
- "Think like a head coach…"
    - Difference between just recruiting a guy and knowing you can sign versus bringing in guys that can help win a championship
    - What are you doing everyday to make each player better?
    - Think outside the box
- With a job, make sure resources are in place for you to be successful
    - Do the best job you can where you're at

When I hire a staff, I not only look at getting the right guys on the bus, but also getting them on the right seats on the bus.

Always look for opportunities to try to make somebody else's job a little bit easier.

When joining a new staff, get clear expectations about your role. - Your job is to make everybody else look good

After the season – Watch film of other teams who are really good in areas you want to learn more about (Ex: Watch top five defensive teams in the country and break down what they do)

Sometimes guys try so hard to get the job that they forget to do the job. It's better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.

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Kevin O'Neill - USC

If you get to the highest levels, you're eventually going to get fired.

Take your own path. There is no direct path to get where you want to go.

TWO THINGS ARE EXTREMELY IMPORTANT:
1) You have to be a good dude – Don't be an egomaniac
2) Don't be in a hurry to get to the next job. Do a good job where you are.

AS A HEAD COACH, DO WHAT YOU'RE COMFORTABLE WITH
- Our staff at USC has no staff meetings because I hate having meetings

AS A YOUNG COACH:
1) You've got to be willing to work for no money
2) Learn how to shut up and sit down on the bench
3) Don't be the guy that always tries to stand up when the camera is on the head coach
4) The best way for your voice to be heard is to actually know what you're talking about

DECIDE WHO YOU ARE:
1) Do you want to cheat?
2) What do you want to be about?
3) As an assistant, are you going to doubt your head coach when players complain about him?
   - Negative talk from coaches poisons the water
4) What can you and can't you tolerate from your team?

WHAT HE ASKS OF HIS PLAYERS AT USC:
1) Guard first
2) Rebound
3) Take good shots
4) Don't turn the ball over
5) Be a team player

MOTTO OF HIS PROGRAM: KEEP IT REAL:
1) If it's bad, we tell them how to get it good
2) If it's good, we tell them it's good
3) You have to be honest with your guys

HOW ARE YOU GOING TO DEAL WITH PARENTS?
1) I call our players' parents 2-3 times a week
2) Tell the players' parents the right things

HOW ARE YOU GOING TO DEAL WITH BOOSTERS?
I gave every booster my phone number and email address. I return every phone call and email to them.

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If you're really into the game, the nuances of the game, and respect the game, you're going to be able to make it.
I write down everything I am going to say to our team and rehearse it beforehand.

2 TEAM RULES AT USC:
1) Do not be late
2) Do not be an ass-hole

If you make it about the players publicly, the more they'll make it about you
- Always make it about the team with the media

AS A HEAD COACH:
1) Your job is to manage your staff
2) Don't hire all the same type of guys
3) It's your job to let the staff learn the game

ON CAMPUS, YOU HAVE TO KISS EVERYBODY'S BUTT WHETHER YOU LIKE IT OR NOT:
1) Write them notes
2) Take them to dinner
3) Invite them to games

- Take the groups you don't want to hang out with and hang out with them anyway.
- Unless you've got something to hide, embrace your compliance guy
    - - Trouble with compliance is what can keep you out of the game
- You can overcome a lot of inexperience and inadequacy by being a great guy and working hard
- Being humble is one of the most important things for a young coach
- Be connected to the players. Get out there and sweat with them.
- Savor the camaraderie of coaching.
- Refer to your players as men, not boys.
- Make sure your strength coach is great. He can shape your guys mentally so much. It's the most important position in your program.
- Make sure you pump up other coaches. Give them credit if they beat you.
- Don't give into pressure from the outside

EVERYBODY IS RECRUITING EVERYBODY:
- What are you going to recruit?
- Important factors to consider:
    - Culture
    - Philosophy (If the players don't follow the rules, they're gone)

SPEND TIME WITH YOUR PLAYERS INDIVIDUALLY:
- Find out better ways to coach them by building relationships
- "Need to do everything we can to get this guy good enough…"

- Tell the right thing to parents
- Touch base at least every 2 weeks with important people and supporters
    - These are the people that will help you the most
    - War - "Hit first" mentality



Dwayne Killings - Temple

- Networking is very important!
- Follow up with an email
  - If in the area, ask if they want to meet up for lunch, drinks, etc.
- Use your assets!
  - Ask questions and advice
- **BE DRIVEN!**
  - Set goals—short term, long term, recruiting, etc.
  - "The best of the best…"
- Always be engaging and positive
  - Present yourself the very best you can
- Build a tough mindset
- **RECRUITING:**
  - Build relationships with the kids and get them to know what you're about
  - Especially when you're a smaller school battling against bigger ones
  - Benefits of "team" recruiting—opportunity to build relationships with kids with each member of the staff
- **ON THE FIRST RECRUITING PHONE CALL:**
  - Who's helping the kid make the decision
  - Get to know the kid, have him get to know you
  - Try to find out who's in his circle—whether it's a grandmother, teacher, dean of students, janitor, etc.
  - Make sure you know the AAU Team
- Understand how everything works—ask questions!

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Billy Schmidt - Georgia Tech

"One of the things you have to do to be successful is to be open to new ideas. You have to keep learning. I don't necessarily think I'm a great coach, but I know what it is to be a good assistant. Ultimately, my job is to add value to the head coach."

"Keep it Fresh"

COACHING IS AN ART, NOT A SCIENCE:

Your system needs to be a reflection of who you're:

1) Coaching
2) Who you're recruiting
3) Who you're playing against

TWO THINGS A YOUNG COACH NEEDS:

1) Humility – You have to have it to survive in this business
    a. The best teachers of the game are your players. You have to be receptive and ask them questions.
2) Perspective – You need to have a sense of who you are
    a. Your perspective and background is drastically different than what players and other coaches on your staff bring to the table

YOU HAVE TO CHANNEL YOUR ENERGY AND PASSION IN THE FIGHT DIRECTION:

- It's not your show.
- It's about the players.
- You are here to serve the players. It's their four year window.
- I didn't have to be a great player to know how much the game means to a player, because it meant everything to me.

COACHING IS THE MOST FAIR AND EQUITABLE THING I KNOW:

- The moment you walk into a gym, kids are sizing you up.
- If you don't know your stuff, the players will see right through you.

TWO MOST IMPORTANT THINGS IN COACHING:

1) Kids don't care how much you know until they know how much you care
2) Kids must know that everything you teach and ask them to do is to help them get better

"You've got to fight for your credibility every day!"

- Every day, you must be on time, energetic, and prepared
- You've got to be on top of things
- Don't ever ask a player to do something you aren't willing to do
- Don't show up at 6:33 for a 6:30 weight session. Get there at 6:15
- It's all about trust.
    - Kids want to know who they can trust you. They want to know who they can count on you.

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- These days, there are a lot of people that will bail out on them You have to develop your own voice. You can't be somebody else.

- You have to know your age, you have to know your role, and you have to know yourself
  - A sense of humor can go a long way
  - Your voice can't be a gimmick
  - You have to stand for something. Hold kids accountable. o If you don't hold them accountable, they'll see right through you.

"A COACH SHOULD HELP A KID BECOME WHAT HE ASPIRES TO BE OR BECOME WHAT HE DIDN'T EVEN KNOW HE COULD BECOME."

"IT'S AMAZING HOW MUCH YOU CAN DEMAND OF PEOPLE IF YOU DEMAND WHAT IS RIGHT AND FAIR"

- You have to be honest of them
- Gave the example of Kevin O'Neill demanding that players go to class, work hard, and be on time
  - KEEP IT SIMPLE

HEAD COACHES:

1) Have the same DNA.
2) They have an unbelievable attention to detail.
   a. No detail is too trivial to them.
3) Are intense competitors
4) They have tremendous pride in what they do
5) They do not want to look bad, look unprepared, or be caught off guard (this is not only on game day either)

TWO MOST IMPORTANT THINGS FOR AN ASSISTANT COACH:

1) Work hard
2) Be loyal

- Our job is to make the head coach's job easier.
- Don't do it your way. Find out how your superior wants it done.
  - Don't do it well. Do it exceptionally well.
- If you hand them something you've been working on, you better make sure it's great
- You have to be proactive. Show some initiative.
  - If you need to be told what to do all the time, you're bad and should be fired
  - Create projects all the time

WHEREVER YOU ARE, YOU ARE AUDITIONING FOR YOUR NEXT JOB:

- If you are a 24-year-old graduate assistant, you better carry yourself like a 26-year-old assistant coach
- The worst feeling for an assistant coach is to have to do something because you know a GA or Director of Operations won't have the same quality work or attention to detail as you. The best feel for an assistant coach is to be able to trust someone to do things the way the head coach wants them done…and things will be done exceptionally well!

- I think being a head coach is lonely. It's a tremendous amount of stress and responsibility.
- It means a lot to a head coach that there is someone there giving the program his all and that is loyal

CRITICAL ASSESSMENT OF OUR PROFESSION:

1) The game has changed
   a. The coaching aspect hasn't changed, but the aspects of the profession have changed
2) Entry into the business now is easy
   a. Support staff numbers increase every year
3) The number of assistant coaches hasn't changed
   a. The pool of opportunities is shrinking
   b. Where are you going to go?

ON GA'S:

- I tell our GA's that if they do a bad job, we should fire them
- We are in the opportunity business, not the success business. If you forget that and don't take advantage of your opportunity, that's on you.
- In my mind, I associate GA's with two people: Lawrence Frank and Brian Gregory
    - If you can't work like them, you don't deserve it
- If you want to survive, you better work harder, work longer, and hold on tighter
- The youngest guy on the staff should be the first one there and the last one to leave
    - You have to learn the trade

IF YOU'RE NOT READING TONS OF BOOKS IN THE OFFSEASON, THEN I DON'T KNOW WHAT YOU'RE DOING WITH YOUR FREE TIME:

1) Dean Smith: Encourage the behavior you want repeated
2) Bear Bryant: If the mother is for you, not much is against you

You can learn more from tape than you can possibly imagine

- Order clinic tapes all the time. Watch one every night.

NUGGETS:

- Respect must be earned—HAVE TO know what you're talking about
- "Kids don't care what you know until they know how much you care…"
    - Have their best interest in mind
- FIGHT FOR YOUR CREDIBILITY EVERYDAY!
- Be on time, energetic, and prepared—on top of your game
- Don't ask a player anything you're not willing to do yourself
- Everything boils down to TRUST!
- Develop your own voice, know your age, know your role, and know yourself
    - Part of a chorus
    - Grounded in conviction and values
    - Hold kids accountable
    - Stand for something or the players will see right through you
- At the end of the day, we are here to help players become what they aspire to be
- You can demand a lot of people if you demand what's right and tell the truth
- Great listener/always observing=GREAT COMMUNICATOR
- Be proactive with video…Make pro clips, or have special clips for each player…Video is an amazing tool! Use it!
- Best feeling in the world is the ability to trust someone
- Being a head coach is lonely
- Work harder, work longer, and hold on tighter
- Youngest guy should be first one in the office and the last to leave
- READ BOOKS!
- Encourage behavior you want repeated
- If the mother's with you in the recruiting process, there isn't much against you



Adam Finkelstein - ESPN

THE BIG THING IN THIS BUSINESS IS THE PEOPLE YOU'RE AROUND:

- Try to take away one thing from each guy you've worked for and incorporate it into your own style
- The guys that struggle are the ones that try to be a carbon copy of somebody else

IF YOU WANT TO BE A HEAD COACH, YOU'VE GOT TO DRESS LIKE A HEAD COACH:

- A coach isn't going to be the person to hire you

YOUR PEOPLE SKILLS AND YOUR COMMUNICATION SKILLS ARE THE MOST IMPORTANT THING IN THIS BUSINESS:

- These are things you can practice
- Guys who can teach clearly and own a gym are the guys that are going somewhere

THREE BIGGEST THINGS IN EVALUATION:

1) Be Prepared
    a. You should already have the basics on your targets before you get to the gym
2) Be Organized
    a. It's incredibly important to use your time wisely when you're on the road
    b. Being efficient with your time can also let you have more balance with your family
3) Be Thorough
    a. You should know if they're an out of area rebounder, can score over either shoulder or just one shoulder in the post, etc.

KNOW WHEN IT'S TIME TO WORK AND WHEN IT'S TIME TO NETWORK:

- Work the room and see everybody on the way into the gym, then do your job and evaluate

It's impossible to see a kid one time and nail it. You have to see them 5, 6 or 7 times.

KNOW WHAT YOU'RE LOOKING FOR WHEN SCOUTING:

1) It's not what you like, it's what your head coach likes
2) How are the guys you're trying to bring in going to mesh with the guys you already have

THE VALUE OF INTANGIBLES IS HUGE:

- If he doesn't play hard now, he's probably not going to play hard for you
- It's harder at the next level than where they're playing now
- If they have issues now, they'll probably be magnified in college

THINGS TO WATCH FOR:

1) Ability to handle adversity
2) How do they handle big-time/clutch opportunities
    a. Some kids are cut from a different clothes

WHAT CAN YOU DO NOW IF YOU'RE IN A SUPPORT STAFF ROLE?

- Take advantages of the resources you have now (Synergy) to prepare yourself

TAKE PRIDE IN WHATEVER YOUR JOB IS RIGHT NOW:

- Keep learning. Learn stuff that's not your system.
- You may have to explain certain systems in an interview
- You should be able to X&O every major offense and every major defense

- "Know AAU coaches who have a good eye and will be honest about guys that aren't in their program. They can help you tremendously!"

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Villa 6

Venetian/Palazzo Congress Center

Thursday, July 21
Las Vegas

Speakers:
Jeff Capel - Duke
Ritchie McKay - Virginia
Tom Moore - Quinnipiac
King Rice - Monmouth
Pat Skerry - Towson
Shane Beamer - Virginia Tech
Wood Selig - Old Dominion (AD)
Jack Hayes - Hofstra (AD)
Bubba Cunningham - Tulsa (AD)

COMPLIED BY:

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Jeff Capel – Duke

- Gained a unique perspective after being at places such as VCU and OU…especially after being fired.
- Always find ways to evaluate yourself
- Look at what makes a good assistant into a HC or a HC get better?
- **<u>"MY PERSPECTIVE AT 27…WHAT I WANT IN AN ASSISTANT?</u>**
    1) Loyalty
    2) Hard worker
    3) Basketball Smart
- "An assistant most important job it so make your head coach look good."
- Your needs change as a HC, so who you hire to fill those needs will change as well over time.
- **<u>AS AN ASSISTANT BRING THIS EVERYDAY:</u>**
    1) Be a great communicator
    2) Have excellent energy
        - As a Head Coach you don't want to be around anyone who is negative or moody… "If I need to be positive and leave my individual issues at the door, you better do the same!"
    3) Be excited and passionate about the job
        - Leave your issues at home, don't bring it to work
    4) Must be an excellent evaluator of talent
        - Find guys that can help the program get better but more importantly win
    5) Remember your job is to help make the school look good…
    6) Make sure there is someone on staff that is smart, talented, and innovative…who brings new ideas to the table?
    7) Be relentless
    8) Be a guy that never says no
    9) Be positive that you can get anyone
    10) Don't get tired, bitter… be tireless… be ambitious and work!
    11) Work to get better every day!
        - Clinics, Reading, Camps, Studying, Networking , Sweating (learn from players)
    12) Fall in love with the process…best way to be successful

<u>? WHAT DID YOU LEARN AS A HC THAT WILL HELP YOU AS AN ASSISTANT?</u>

1) You need to know your HC
2) Can this kid play for him
3) You must believe in your HC
4) Can't have an ego problem
5) Your way can't be the only way
    - Example: Staff meetings…No one says anything…We may be disconnected but when we leave we better be connected!
    - STAFF DYNAMICS are huge!
6) Use plural pronouns: "Us" "We" – Example: Freshman year video session with Coach K
7) Protect your HC – 10% of the job is actually coaching because you're a CEO
8) As a HC every decision comes to you…Help your boss!

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NUGGETS:

- OU was a difficult job because he didn't understand the culture
- In the hiring process he really took time putting together his staff…Wasn't sure what he "needed"
- Overwhelmed as a HC…it's absolutely your fault when the team losses
- It's hard to fire people, especially if you're a good person.

HOW DID YOU CHANGE THE VCU CULTURE?

- "From this point on you're not allowed to be average." "I demanded excellence on the court, in the classroom, and in the community."
- Kicked guys off the team so when new kids came in they had the right role models.
- Spent time reaching out to community and speaking to everyone
- As a HC you must have an excellent relationship with the AD, President, and academic people. The campus community is also very important…Then you must go get players!

HOW ARE YOU GOING TO INCORPORATE YOURSELF INTO THE NEW DUKE STAFF?

- Told Coach K…Title didn't matter
- Want to help the team just be better
- Needed to be me
- Set up individual meetings with players
- Called recruits
- Worked on getting to know the University again… "Now I'm a coach, so things are different."

WHEN YOU BECAME A HC AT THE AGE OF 27, HOW DID YOU DEAL WITH OTHER COACHES?

- Never entertained the parties, or spent time thinking about it.
- "I didn't have time to worry about it…I heard what was said, but couldn't think about it."

- The most difficult thing to do as a HC is fire someone.

- When you need to fire someone you must do it.

WHAT WOULD YOU DO DIFFERENT TO YOU STAFF AT OU NOW?

- Staff would have been different, we went to the Elite 8, but I still needed to fire someone.
- Been more well connected to the AD
- Wouldn't have taken guys just because it was easy
- Don't think I can change kids…
    - "Willie Warren Story" – Thought he could change him. Was great and then got a taste of success and everything fell apart. (Griffin got hurt; Warren had two games as the star and then became selfish when Griffin came back.)

WHAT CAN AN ASSISTANT DO TO PREPARE TO BE A HC?

- Listen to stories
- Watch what others do

WHAT SPECIFICALLY KEPT YOU FROM FIRING SOMEONE?

- Perception and Loyalty
- "As a young coach you worry that people don't think you can do your job."

WHAT NEEDS CHANGED FOR YOU?

- Needed guys to step up with stuff off the court
- Don't get complacent when you have success
- Need coaches to be more passionate and hold up their end of the bargain

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WHAT MUST AN ASSISTANT HAVE NOW FOR YOU?

- Be positive!!! – Never bring your outside crap to work…If you need to talk about with someone then do it, but it can't impact the staff because it hurts the team. Check your baggage at the door or get out.
- "I should have been a better HC and fired people, but friendship blinded me."
- "If your passionate you look for ways to get better…I love passionate people."
- Don't have a staff of guys exactly like you.
- "I needed more diversity in my staff."

A.D. Panel

Jack Hayes - Hofstra
Wood Selig – Old Dominion
Bubba Cunningham – Tulsa
Norwood Teague - VCU

NUGGETS:

ARE THERE CHARACTERISTICS OF AN ASSISTANT THAT CAN HELP THEM STAND OUT?

JH:

- Carry yourself professionally, Tubby Smith always wore a tie and was very professional. It stood out to me!

BC:

- Integrity and Character

JH:

- Basketball Smart
- Can represent the University and be the face of the program
- Be prepared for people to call over to other schools to ask about you (Faculty Rep, Baseball Coach)
- Be a fixture at fundraising events
- Don't have an "us against the world" attitude…It comes back to haunt you
- Know successes of own team & other teams within the athletic department

WS:

- Has hired 5 HC's in his career
- Never has used a search firm
- Wants to be sure to get the right fit so he handles most of the process

WINTHROP GROUP: Have collected all contracts on Coaches

STAT: In the past 10 years, 629 coaches have served at their Alma manner…Numbers show not a guarantee success…Stats show to hire someone that is a hot name in the business.

WHAT ARE YOUR THOUGHTS WITH INVOLVING AGENTS IN THE PROCESS?

BC:

- They are excellent carriers of important information…They always have a running list of coaches.
- Creates a list of 10-12 people…Then the president cuts the list to 3. Then they look for a search firm to help do research.
- Have agents get your name involved early and keep your name hot within the industry.

JH:

- Having an agent is part of the business now. They can help facilitate the process.

- Good idea to have agents call on your behalf to help you get into the mix. Give the AD and agent an opportunity to form a relationship as well.
- Get to know commissioners of the conference. They can get you involved with job quickly and the right way.
- Alums are not always the best way to go…Usually it will create a buzz, but the university changes over time. What may have been a good fit then may not be now.

WS:

- Be careful how the agent approaches things. Use them for information and language…As well as some ideas…but don't let them be the main source of communication for your athletic director. It can rub the AD the wrong way and get the two of you off to a bad start.
- Agents are helpful because they have so many names to provide.
- When you're a public school things can get hectic with the media. So be prepared for that. Privacy is a big piece of the process.
- Don't wait for a school to call you, be proactive early.

FOOD FOR THOUGHT:

BC:

- Some calls help you; some calls cause you to lose out on a job.
- Won't hire from lower levels because of the difficulties of recruiting at the D1 level..It's a different beast.

NT:

- Be a detective on the first 100 days. Ask a lot of questions.
- Develop relationships with people throughout the athletic department.
- You must have the total package because the demands of the job are over the top.

WS:

- Will likely hire someone that can make a smooth transition. Is familiar with school, staff, recruiting region, conference, etc.
- Be on your guard on how you act and who you speak with as a candidate.
- Trend has changed… "I used to hire a hot name from a BCS school." Now he groups candidates into three pools. (1) Rising Assistants (2) Guys with HC experience (3) Guys with HC experience that are currently in assistant roles

JH:

- Get to know people on the athletic department staff ASAP



Shane Beamer – Virginia Tech Football

- The more people you know in the business the better.
- Bounced from a couple of GA spots to other GA spots
- "Recruiting is like shaving, you better do it every day or you can tell if you didn't."
- Coach Fulmer has a GA who's only job was to call HS coaches.
- Fulmer was excellent at finding ways to keep guys loose. He had the kids do a celebration 7 hours before every game.

- **BOOK: BOB BEAUDINE THE POWER OF WHO**

- In this business it's all about who you know. A good coaching friend called once every summer.

HOW DO YOU IMPROVE RECRUITING?

1) Keep kids home – connect with HS coaches, take pride in the state, tell kids to stay together and represent. Kids want to be part of something special…do something that hasn't been done before!
2) Validate what you say and WIN
3) Get to know kids at a personal level. Take notes and listen to the kids.
4) Ask a lot of guiding questions.

WHAT ARE SOME OBSTACLES AT SC?

1) No tradition
2) City Atmosphere
3) Stadium is far away

*****KNOW THE STRENGTHS AND WEAKNESSES OF THE PROGRAM…TURN WEAKNESSES INTO STRENGTHS*****

- Be detailed and organized with everything you do
- Fulmer was excellent at making those around him better because he gave guys job they had to learn how to do and learn how to get better to be successful
- Spurrier was great at getting families involved and creating a family atmosphere.

"YOU ARE WHAT YOU ARE. SO BE YOU."

- As a coach it is important to work to be the same person, never too high or too low.

HOW DO YOU BUILD RELATIONSHIPS WITH SO MANY GUYS?

- Make guys responsible for a different region/HS across the country
- Responsible for 25 guys and breaks down to 5 to 8 guys…
- #1 Question to find out…Who on your HS coaching staff are you closest with and who in your family is most involved?

- Know people in compliance
- "Every day is an interview!"

Twitter: www.twitter/CoachRosenthal





Archie Miller – Dayton
Pat Skerry – Towson
King Rice – Monmouth

HOW AND WHY DO YOU THINK YOU GOT YOUR JOB?

AM:

- No contact with any administrators all year
- No HC experience and age 32
- Attacked weakness because he felt like he had a lot of experience and unique experiences that had him prepared

PS:

- Villa 7 helped him
- "If you want a job, go after it!"
- "Crack the nut of the search firm."

KR:

- Turned down 4X's before he finally was offered a HC job
- Be a 100% yourself

TALK ABOUT THE INTERVIEW PROCESS…

AM:

- This was his big shot, so he made sure he was himself and stayed within himself.
- Interview turned into a lot of dialogue
- Didn't know a lot about school but found ways to make himself aware of the key things
- "I knew the issues against me and so I spent a lot of time figuring out ways to attack them."

PS:

- Some people want a book
- Have confidence
- Take control of the interview
- Get your vision across
- Work hard and be a good person
- Asked him to draw some last second out bounds plays

KR:

- Say hello and be polite
- Do a good job for your HC
- Get who you are across to people
- Feel like you leave the interview with relationships

FIRST 100 DAYS:

KR:

- Working to get to know everyone on campus
- Building staff
- Learning faculty

PS:

- Every day is a battle
- Turned his program into a survival of the fittest
- Has kids lifting early in the AM
- Used an agent
- Tried to put APR stuff into his contract and said no…this held up the process. Don't take a job that your not comfortable with the terms on.

AM:

- 25-30 Speaking engagements
- You're on 24-7
- Be careful…the most important people are the 10 kids on campus who don't know you. Recruit them and go visit their families.
- Hit the ground running
- Get 2 feet in with your players
- Arizona took 18 to 20 months for Coach Miller to feel like he was getting things the way they needed to be. Almost ran himself into the ground.

DID YOU HAVE ANY MATERIALS FOR THE INTERVIEW?

AM:

- Had a book to hand over at the end of the interview.
- Broke down his philosophy and playing style.
- Scheduling and style of play were his biggest coaching questions from the AD

KR:

- Gave book after interview and had it match what he said during the interview.
- The book covered everything from practice to game plans.

NO HEADING COACHING EXPERIENCE HOW DID YOU OVERCOME IT AND WHAT WERE SOME KEY INTERVIEW QUESTIONS?

PS:

- Had D3 HC experience
- Be ready for the APR question

KR:

- You sell it through your interview so it shows that you've thought of everything and are ready. You sell your experiences that will help translate into being a HC.
- Talked about how he was going to change the culture.
- Told kids they must do these things or they will be asked to leave.
- Went to soccer and football coaches to learn about their success.

AM:

- He was honest…He said he wouldn't know what it was like to call a TO
- Staff question was also big. Was asked who he would hire and how he would design his staff to fit his needs.
- Be careful how you answer the staff question because it can kick you in the ass. Sell what you're looking for.
    - I will go on a national search. I was good smart and talented people!
- AM told the AD's that he could absolutely do the job and he was ready for it!

NUGGETS:

PS:

- Instead of meals with people do coffee
- Make yourself visible around campus

RK:

- Do the best job you can with the place you are currently at.

AM:

- 13,000 people attend games…they come from over two hours away!
- Called former successful coaches
- Called former successful players
    - Get the key people in your corner. Get them involved! They will be huge for you in case you face controversy. They also help get other people on board to support you. They become your voice.
    - Aim for 2 or 3 very important people to get on ship with you.
- Want to prove he can do the job
- Surround yourself with good people because you're around them so much.
- Have success at the current place your at…That is key. "Beating Duke may have helped me get this job."



Tom Moore – Quinnipiac

RECRUITING NUGGETS:

- As a high major assistant be very careful with the media and be careful recruiting a kid tied to an agent
- The higher level you go the more people you have to deal with
- Recruiting a kid tied to an agent is like undoing a time bomb
- At UConn you can call any kid in the top 100 and have a chance if Duke, Carolina, and Kentucky are not involved.
- Staff split top 100 kids based on who they knew and where the kid was from
- Calhoun expects staff to know top kids
    - Know who they are
    - Who is involved
    - How to get involved
    - Are we involved?
- Always asks who is "THE GUY"
- You must do your due diligence, find transcripts and get to know all parties involved
- Don't always trust the media will have your back, especially when it comes to a big story
- Often a story is slated to make it sound better, even if it's not true and could have an impact on your reputation
- In situations where your being questions on a compliance issue, tell the truth but be brief
    - Attorneys and the media will stare at you to get more info out of you.

NUGGETS:

- Every day is a job interview
- Know your commissioner
- Know every AD in the league
- Know the league office
- Recruit players that fit the school
- Study the league, style of play, scheduling philosophy, and scheduling habits
- Accommodate key people on campus
- Know who to make happy
- Don't spend time in the rumor mills
- Don't envy other peoples success.

Twitter: www.twitter/CoachRosenthal



Richie McKay – University of Virginia

- The first 100 days will be easy compared to some of the other stuff you will see.

ASK YOURSELF THESE 3 QUESTIONS:

1) Who or what defines you?
2) Why did I get into coaching?
3) How am I fulfilling my purpose in life?

"One coach in a single year can have more impact than most people in a life time." – Bill Graham

3 WAYS TO PREVENT BRAKING:

1) Find your balance
2) Use your relationship currency – have someone build into your life so you can help others (A good Friend, Family)
3) Avoid falling into the trap of success

PISTOL PETE TO LARRY KING – LETTER

"Winning is about celebrating. If you can't celebrate then you're in a bad state."

Twitter: www.twitter/CoachRosenthal

9/17/10 Coaching Clinic

Purnell - DePaul University (just moved from Clemson)

Defensive Pressure

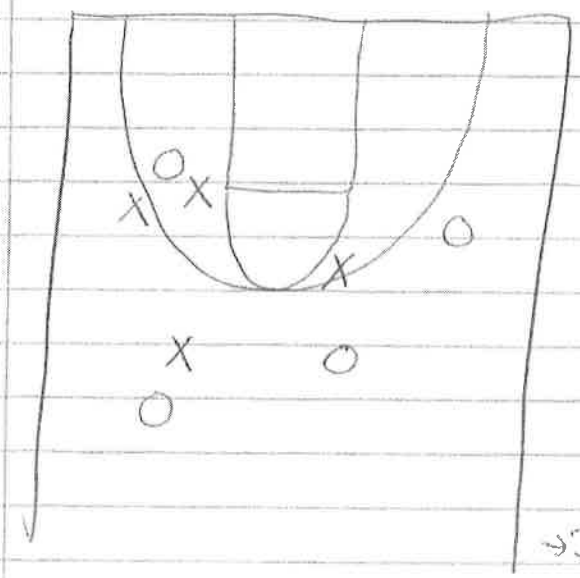
Man to Man

→ teams spend a lot of time going over pressure breaks (teams hate it)

- Big part of pressure is "Arriving on the catch"

* Want to turn player with ball at least twice
- Want to look for a good trap
* → not in middle of floor
  → look to trap out of control dribbler (head down) (good trap areas)
* → everyone off ball should be 1/3 distance to the ball
  → "3 stride rule"
  - trapper should be this close when deciding to trap
* rotate!

* → 2 on ball, 2 intercepters
  ↳ move based on person with the ball (watch eyes)

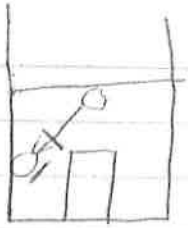


→ trapper should anticipate his/her teammate turning the ballhander "turn trap"

→ If they break a trap, must scramble and "communicate"!

- Use on dead ball situations

- "Fist 3" → after free throw
  → trap first pass to the wing!
  → have trapper make it look like they're staying with their player.



- "Fist 1" → after free throw
  → trap dribbler as soon as they cross half court



- "Fist 2"
  → as soon as dribbler passes half court, defender turns dribbler and far side defense helps trap.



- If you're going to do it, it should be 85% or 90% of the game!

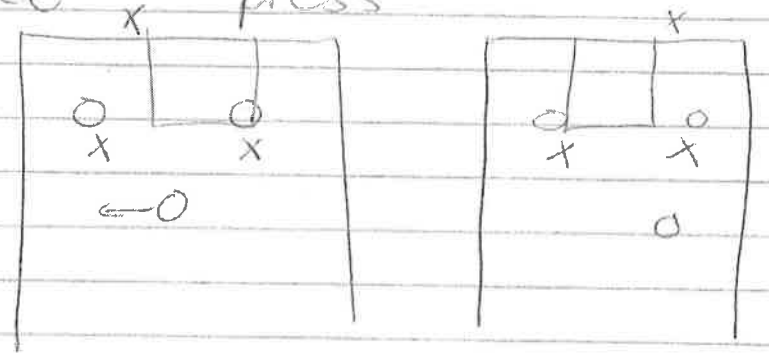
* Conditioning → Do a lot of full court drills to replace conditioning.
  → Do conditioning only for punishment

"85 in 2 minute" drills

"stunt" → fake a trap, but stay with your man.

Ball screen traps → "Black"
- tell trapper to go early

- If you have a slow player, have them be deep, or just keep them out of the rotations and stay on their man while others rotate.
- "Face" - press



* - When trapping, the pass should be forced into going backward or over the head and long.

2-2-1 man to man (5-6)
1-3-1 diamond (4-5)
double fist

- 7 important elements
1) ball pressure
2) deflections
3) trap areas
4) turn player
5) element of suprise, ~~rotation~~
6) anticipation
7) ~~rotation~~ rotation

? Psychology of Pressing
→ must sell defense to team
- Pressure
Position
Fixing → change

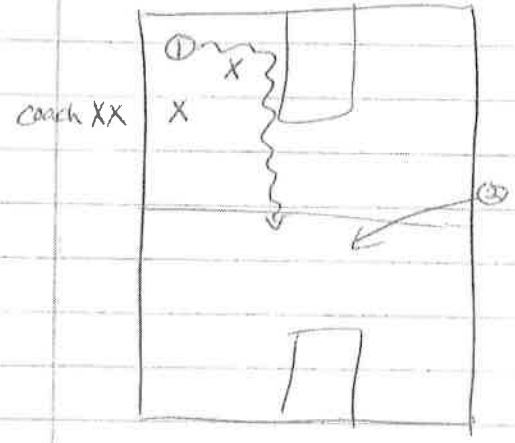
Boxing out → turn with the ball
(see the ball as you box out)

On fast breaks, run all 5 back to lane looking for rebound from quick shots

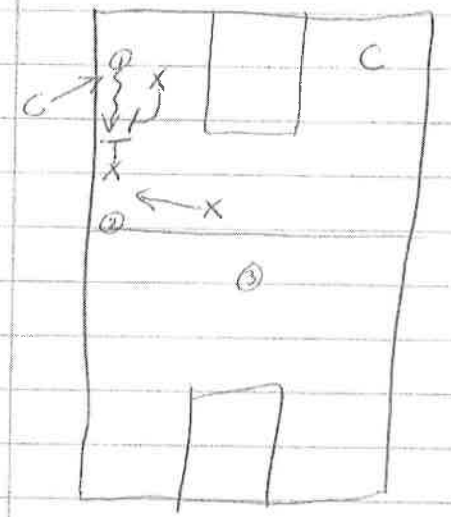
Don't be "1 and done" → you defeat the point of pressing.

Dummy - let defense win ball + score
Live - extra player must touch coach!

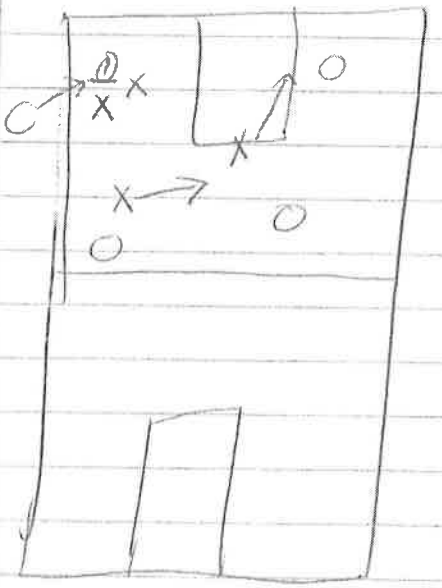
Pressure Drill.



1 ~~does~~ gets ball from coach.
1 tries to get by defense.
Defense 2 points for stopping ①
Defense 1 point for stopping late
Offense gets points they score
Once ① gets past half, ② may enter.

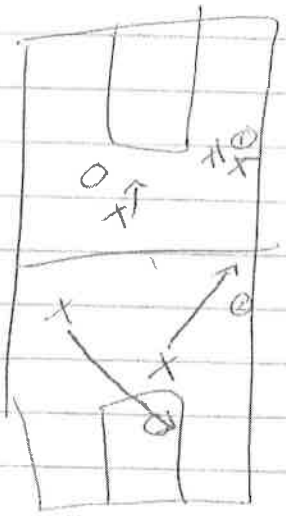


① try to throw to ②
③ must touch coach in corner and cross half court before he's live. (can't run to coach until trap)
Defense is attempting to trap.
3rd defender is taking away most obvious option.



① pivots (when coach says)
Defense moves.

How to decide in

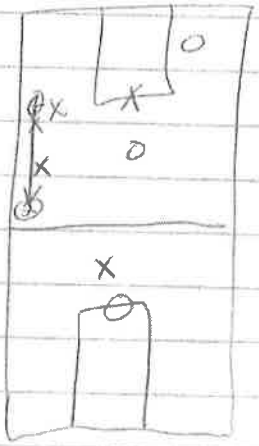


recover N

Trappers → c
→ ck

Goal Tender → let drop ball c

Trap Transition Drill (Run this every

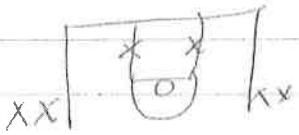


As defense, think like a offensive player!

Let ball go to ② and try to recover.

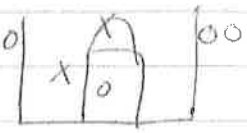
Switch between trapping
- Turn
- Dribble
- Pass
- Entrance

Freethrow



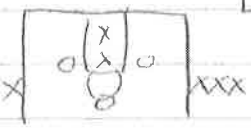
Play 5 minute
(losers run

2 v 1 other way

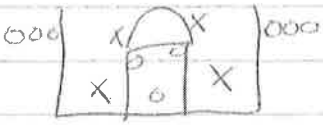


- helps with transitio
- conditioning

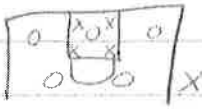
3 v 2 other way



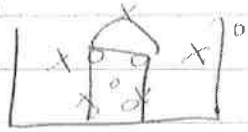
4 v 3 other way



5 v 4 other way



5 v 5 other way



Starts over with free throw. for next team.
→ don't have to outlet, can just dribble.

DRILLS FOR STARTING PRACTICE
by Phil Martelli

1. Four Minute Drill (see Kelvin Sampson)

2. Half-court Four Minute Drill (4 corners)
    a. Quick think and quick move
    b. Call for reverse
    c. "Quick" 3 balls in tight

3. Four Minute Full-Court Drill "Celtic Drill"
    a. Speed dribble to half court
    b. Do a dribble move and go shoot a lay-up

4. Half-Court Moves
    a. Everyone with a ball
    b. Catch, face, and go to the basket "Catch and Go"
    c. "Catch and Sweep"
    d. Catch, shot fake and go "Fake and Go"
    e. Pro Pivot, pivot on opposite foot

5. Passing Drills "Vanderbilt Drill"
    a. Player gets outlet and dribbles to half court
    b. Pass ahead to coach and get ball back for a lay-up

6. Full Court 2 Minute Passing
    a. Player in the middle passes side-to-side
    b. Whoever has the ball at the top of the key passes to the next line

7. 2 Man Plays
    a. Basket cuts
    b. Back cut
    c. Give and get
    d. Pick and roll, pivot off inside foot

8. Block to Block Drill
    a. Passing back and forth the length of the floor
    b. Whoever catches on the far block dribbles back to the other end

9. Full Court Lay-ups
    a. Let them use 3, 4, or 5 dribbles to go end to end

10. Chair Dribbling
    a. Crossover
    b. Behind the back
    c. Between the legs
    d. Stop n' go

TEAM DEFENSIVE DRILLS
by Phil Martelli

1. Change Drill
    a. Convert to the other end, coach throws the ball in

2. Switch Drill
    a. Cannot guard the man who was guarding you

3. Shell Defense
    a. Stay on until you get three straight stops

4. 4 on 4 Run-Out (3 groups)
    a. only convert if you get a stop and then come back down against a new group

5. Knicks 3 on 3
    a. If the team scores, you step off, then new defense steps on
    b. If defense gets a stop, offense goes to defense and new offense steps on

6. Scrimmage—Score and Stop
    a. Basket only counts if you get a stop at the other end

TEAM OFFENSIVE DRILLS
by Phil Martelli

1. Game of 10
    a. First player to make 10 shots wins
    b. Partner shooting from two spots
    c. Always move, don't shuffle, run to the next spot
        i. Wing/corner
        ii. Elbow/elbow
        iii. Wing/corner
    d. 4 at a basket, teams elbow/corner

2. Rapid Fire
    a. First team to seven, must make #6 and #7 in a row (if you miss #7, then you go back to 5)
    b. Stay in one spot

3. One on One
    a. Coach is the passer
    b. Scorer stays on offense
    c. Defense stops, you become the offense
    d. Get open, coach passes the ball, you get 3 dribbles
    e. Play to 3 at a basket (4 players)
    f. No offensive rebounds

4. Two on Two
    a. Coach is the passer and stays in the drill
    b. Allow the offensive rebound

5. Three on Three

6. Four on Four with Pressure (4 on 4 on 4)

7. Five on Five
    a. 3 on 2 at each end
    b. Cannot cross half court
    c. Can call timeout to change offense and defense

TRANSITION ATTACK DRILLS
by Phil Martelli

1. 5 Man Weave
    a. Pass and go behind
    b. 3 on 2, give each line a number 1-5, call out a number to see who is back on defense ("32")
    c. 2 on 1, shooter or the man who turns it over goes back on defense against the 2 defenders of the 3 on 2

2. 5 on 5 Fastbreak
    a. Two defenders must touch the baseline and convert
    b. In conversion, shooter steps out and they come back 5 on 4

3. 4 on 3 With Trailer (Four on Four on Four)
    a. Keep score

4. Run Out Drill
    a. 5 on 5, keep score for five possessions
    b. If defense stops them they get one chance to convert and they get however many points they score
    c. If offense scores they get the ball again
    d. After 5 possessions, switch offense and defense

5. Harvard Fastbreak Drill
    a. All players in the lane rebound the shot and convert
    b. Coach will tell how many players to come out on the other end and play defense

--Must have consequences for turnovers, missed lay-ups, and allowing lay-ups

Read & React Clinic Notes

May 2011

Opening Statements

1. This offense makes it possible to develop the offense and your players at the same time.
2. Understanding defense is the key to running good offense.
3. Defense wants the ball out of the middle 1/3 of the floor.
    - Weakside Help
    - Can you guard situations.
    - Force Switches, Help and Recover, Double Post, Ball Screens
4. Why does pass and cut work against one team but not another?
5. North/South movement is harder to guard then East/West.
6. You will get more scoring opportunities if you get the defense moving.
7. If a team can attack, get stopped then attack again, they will get more scoring opportunities
8. Two levels of the R&R

- Players without the ball reading the ball handler and reacting with one reaction to the ball.
- Offense reading the defense

9. Accountability and Freedom are possible with the R&R

- Freedom for the ball handler. Other four don't have as much freedom.
- Sweet Combination of Structure/Accountability and Freedom

10. We want to train our players to be a highly organized group of hunting dogs. We do not want trick dogs that can only learn plays.

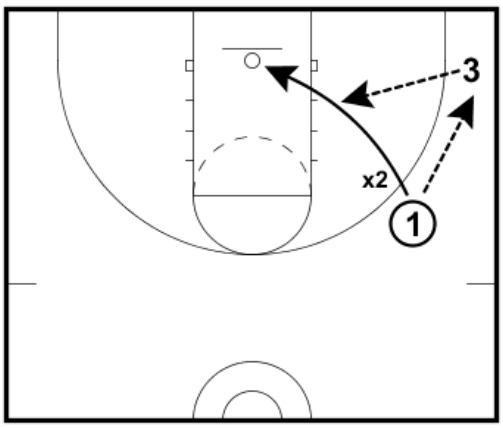
Partner Line Shooting Drill

- Partners straddle a line and shoot the ball back and forth
- Let the ball ounce before you catch it. If the ball hits the line, you are shooting it straight.
- Do this drill every day for 3-5 minutes

High Skips Drill

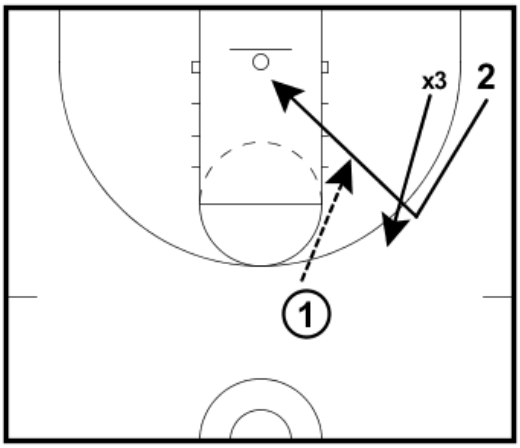
- ½ court and back
- Superman's
- This is practice for shooting lay-ups

Three Person Front/Rear Cuts Drill (Layer 1)



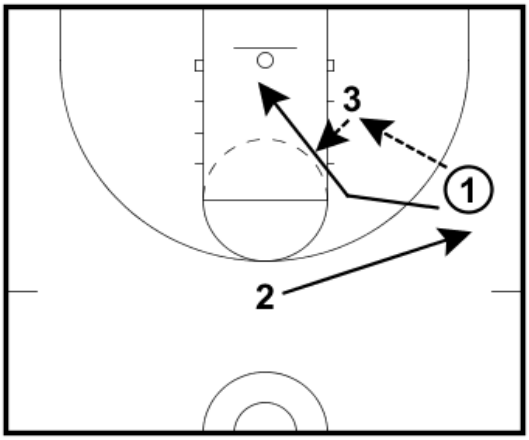
- Pass to the corner and cut for a lay-up
- Shooter will then take the ball to the corner. Corner will pass the ball to the wing and cut. Shooter will take the ball to the wing.
- Do not jab away and fake, just go
- Work both side of the goal
- Work on close-outs off of this
- Work on defensive stance.
- Change up your finishes. Use shot fakes as well.
- Change up the cuts to Rear Cuts by have having defenders jump to the ball.
- Give them the ball early. They will have more time to make a play.

Three Person Back Cut Drill (Layer 1)



- Passer to defense, defense to offense, shooter to passer
- Work both sides of the basket.

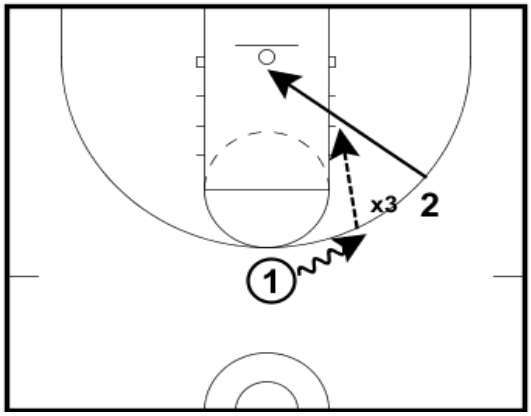
Three Person Laker Cuts Drill (Layer 2)



- Shooter goes to the post, post to the top, top to the wing.
- Post should have 3 point contact with the ball Two hands and chest.

*** Doing these drills creates muscle memory. We want the players to react to the ball just as quickly as you would react when you put your hand by a hot stove.

Three Player Dribble At Drill (Layer 3)



- If the offense is being denied, but they do not cut, the passer can't pass. "Dribble At" to force the cut to the basket.
- Move the post around. Elbow, short corner(cutter must cut high)

Combo Drill – Dribble At/Laker Cut

- Dribble at the wing, wing goes to the block. Feed the post and then Laker Cut.
- Leg whip when you post up.

**** Every level of the R&R attacks the basket.

Draft Drive

- Drive right off the cutters tail
- Help is occupied
- Weak side help will be late
- Make a drill out of this

Front Cut The Chaser

- If you are filling one pass away and the defender is chasing you, curl it to the basket.
- Read the defense on your cuts.

5 on 0 – All Cuts Drill

- NBA Spacing
- Coach is the one defender. Deny someone the ball. They must back cut.
- If they do not cut correctly, you need to go back to the 3 person drills.
- Star with no posting then add someone posting. Feed the post and Laker Cut. Do not give it to the cutter initially. Kick it out and fill out.
- Someone new must now post.
- Designate a poster if that is easier

Dribble At/Pass and Cut Combo

* Alternate dribble at and pass and cut
* 30 seconds
* On every catch, you will dribble at then pass and cut.

Dribble At/Pass and Cut/Laker Cut Combo

- After you pass and cut, you will post.

*** 10 Year Olds will only learn Pass and Cut, Dribble At, and Laker Cuts

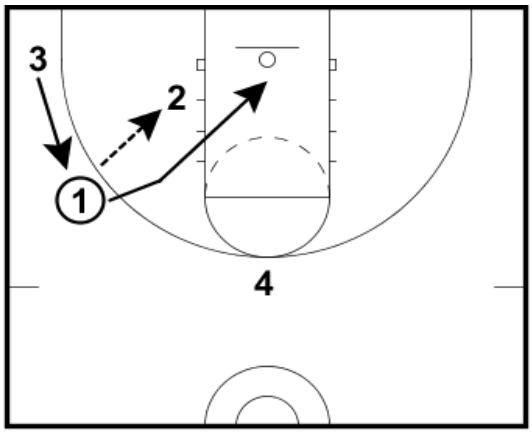
5 on 5

- Pass and cut, no dribble
- Defense is not allowed to touch the ball. Offense no shots.
- Get your defense work in at the same time. If you have an assistant, they watch the defense.
- Passers need to read the cutters defender as well.
- Start no posting then let them post eventually.
- Add Dribble At's

Posting Up

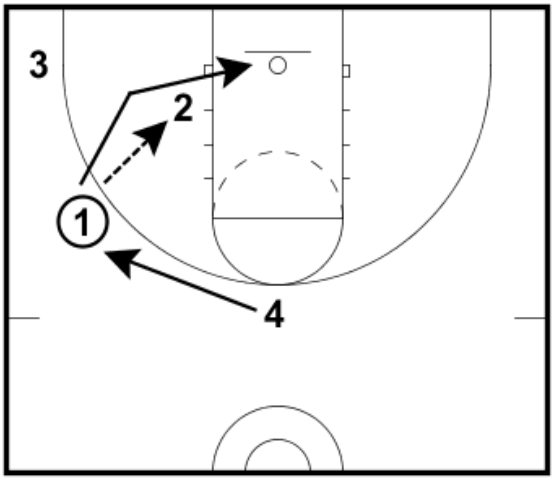
- Poster make goal posts with hands
- Feed the ball to the posts hands
- If you post with your arms wide you can't reach out for a bad pass.

Rotations after the Laker Cut



- The Laker Cut high will pull the corner person to fill the spot.

** Each one of the 3 person drills only needs to be done for 1-1.5 minutes.



- The Laker Cut low will pull the top person to fill the spot.

5 on 5 Points Drill

- Defense gets two point for a deflection
- Offense gets 1 point for a lay-up
- Score on dribble at, laker cut or back cut
- Eventually let them drive to the basket and score on drive and kick.

*** Introduce the draft drive before circle movement.

- Youth teams might not get circle movement but you can teach them how to drive intelligently
- Pass and cut creates a distraction for intelligent drives.

*** When teaching 5 Out, do not tell them to fill out opposite the pass. Tell them to fill out to the open spot. Eventually when you teach 4 out, they will have the option to fill out to either side.

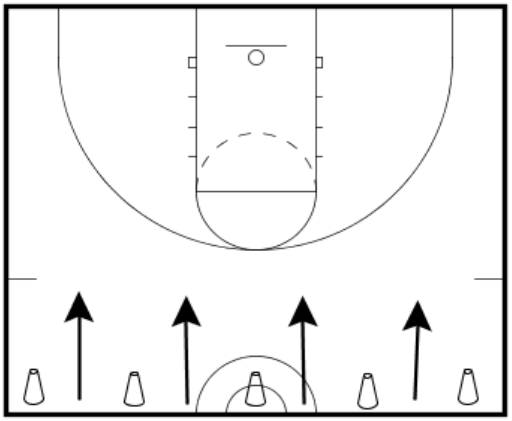
*** 4 Out spots are set just below FT line extended. NBA 3 Spacing

Full Court Trips Drill

- One Coach
- Pass and Cut initially. The coach will step over the read line. Score then transition to the other end
- Three Trips Total
  1st Trip – Score on Pass and Cut
  2nd Trip – Score on a Laker Cut (after pass and cut for at least 5 passes).
  3rd Trip – Score on Dribble At

Full Court Transition

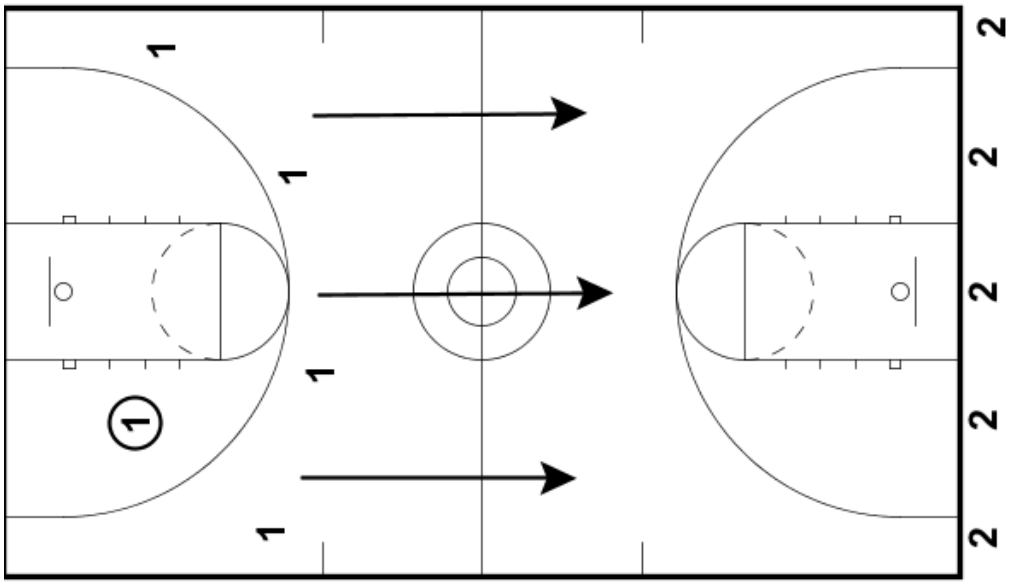
- 5 cones spaced out at ½ court.
- Point Dribble
- All four fill lanes and all cross under the basket and fill spots



Transition into 3 on 2

- The two outside runners will cross under the basket. The two inside runners will protect the paint.
- When the point comes down the floor with the ball, They play 3 on 2 with the two wings.

Three Trips, Two Groups Transition



Drill

- The last trip, the second group steps in and it is 5 on 5.
- The first trip need to go to the basket that the second team is standing.

*** V-Cuts – We never teach them. We really do not want to catch the ball on the top. We want to cut to the top then cut to the basket for a lay-up. If we want to get the ball to the top, we will just dribble it there.

*** When we make the wing to top cut and then back cut, the defense is moving backwards. If the offense is going forward, it is a race to the basket and the offense is going to win.

Partner Shooting On A Line Drill

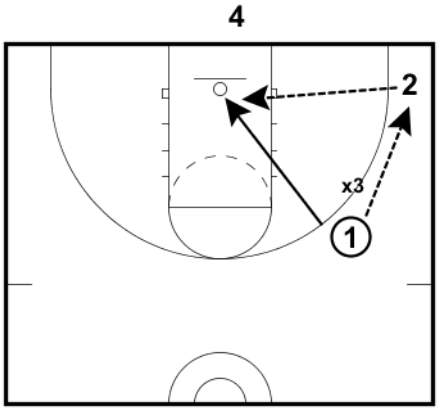
- The time off the pass and catch.
- Hands ready, feet ready
- 5 passes then switch
- Good passes lead to good shots

Full Court Dribbling Warm-Up

- Control, Speed, Backward(Retreat)
- Coach Calls

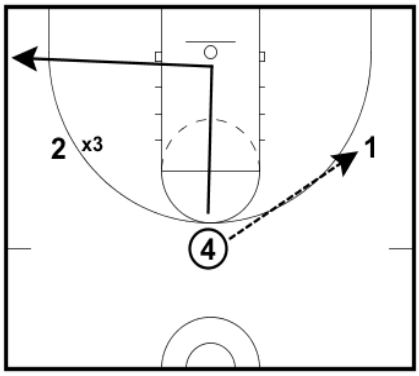
Front and Rear Cuts Drill

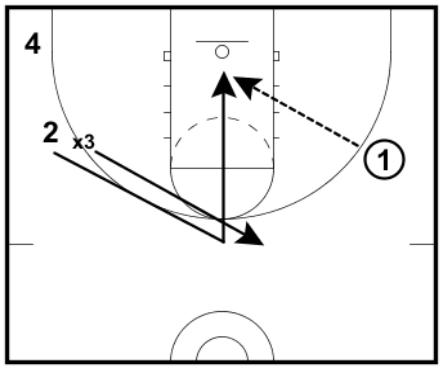
- This time have the defense change how they react to the pass. Do they stay or do they jump to the ball.
- Four person drill rotation



- Shooter #1 goes out
- Defender #x3 goes to cutter
- Passer #2 to defender
- #4 rebounds, passes to shooter and goes to the corner.

Wing To Win Read Line Cuts Drill (4 Person)



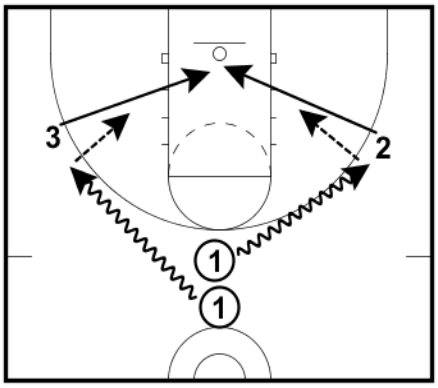


- #4 passes to #1 and cuts
- #2 will fill up. X3 jumps over the read line.
- #2 rear cuts for a basket.

Laker Cuts Drill

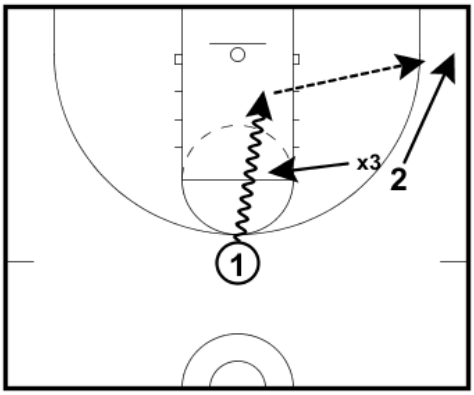
- This time, put a defender on the cutter.
- Defender get body to body on the cut.
- Cutter must choose opposite side to cut when this happens. If they choose a low cut, they must switch to a high cut.

Three Lines Dribble At Drill



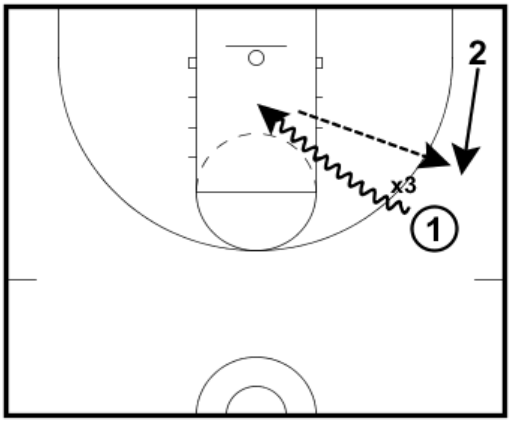
- First person in line #1 dribble to the right, Second person line #1 dribble to the left.
- Give the group in front of you time to clear before you start your dribble at.

Three Person Natural Pitch Drill (Layer 4)

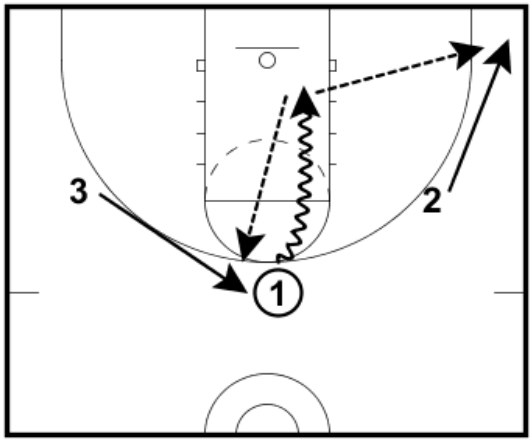


- Defense stop the ball and close out.
- One dribble then kick it out.
- Add shot fake and go as well. Rip and to the Hip (Tight Circle)

Three Person Safety Valve Drill



Three Line Safety or Natural Drill

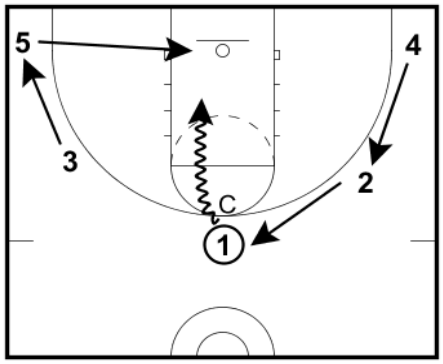


- Person with the ball, chooses which way to drive.
- If you are crunched for time, this is a great drill to do.
- Additions

a. Wing/Wing/Opposite Corner – Middle drive and baseline drive

b. Post Drifts – Ball at wing, ball in corner, ball on top

5 Out Circle Movement Trainer Drill



- Coach passes the ball and becomes the defender
- Players must react on the first dribble
- Rebounding spots are filled naturally on circle movement.

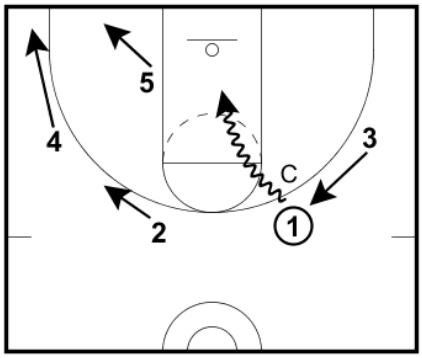
a. Weak, Strong and front of rim

b. If you are above the FT line you are back on defense

c. 5th person goes to the closest elbow and looks for long rebounds

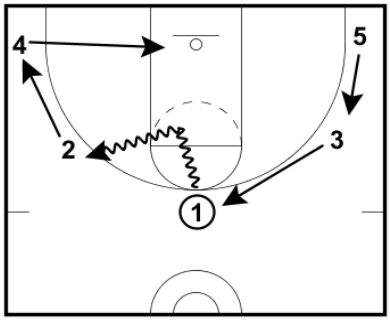
d. Make them call out weakside, back, elbow, middle, back

4 out Circle Movement Trainer



- Post opposite the ball slide to the short corner but do not go to far out. You will block the vision of the corner person.

Dive/Retreat/Pass and Cut Drill



- 5 out
- Every time you catch the ball, you will attack and retreat to the empty spot. You will then pass and cut.
- You will always have any empty spot on your side of the floor.
- Do this 4 out as well. Add laker cuts and dribble at's

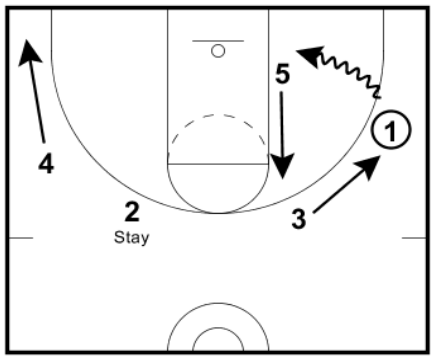
5 on 5

- No shots

- 5 out spots
- Pass and cut, laker cuts, bounce off, dribble at

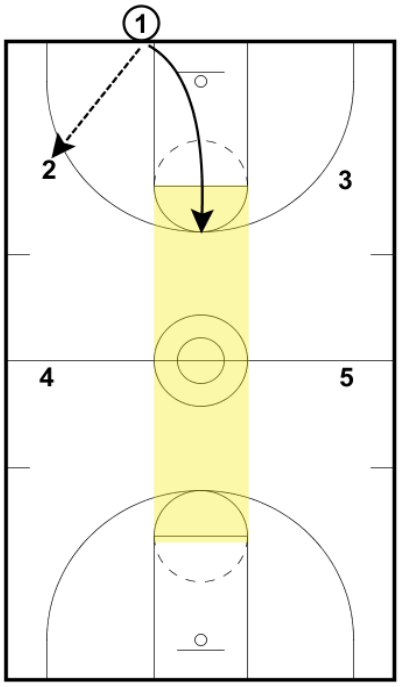
** This may look chaotic at times. That is OK. Just fill out to spots and work it out.

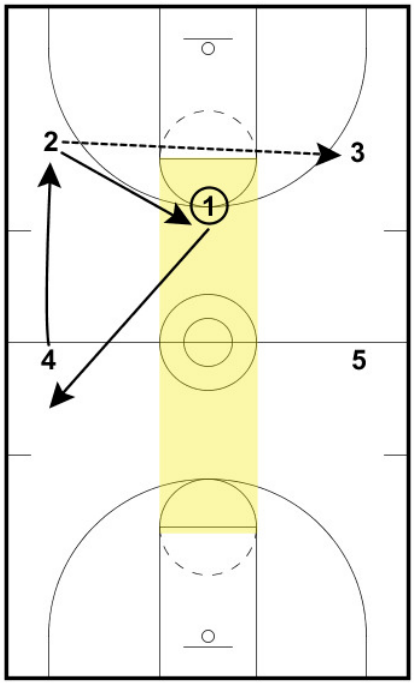
Baseline Adjustment Out Of 41 Spots



- The baseline drive adjustment is a layer onto itself.
- #2 will stay home, they are the 45 degree pass
- #4 will move to the corner, they are the natural pitch.
- #5 is the 90 degree
- #3 is the Safety Valve

Press Break





- This is just an extension of the pass and cut layer.
- Have your best ball handler take the ball OOB
- Pass it is and cut middle. The shaded area is the basket. Cut there.
- Hold the middle until the next pass.
- If the ball is skipped, #2 cut middle, #4 fill up, #1 clears and goes out opposite.
- On a Run and Jump Press, Back Up dribble. Designate a middle flasher who will come to the ball

Zone Adjustments

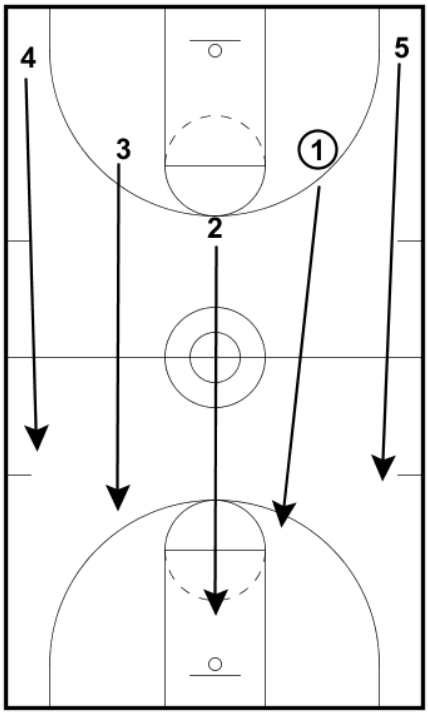
- Pass and Cut but now Hook and Look.
- Hold your spot until the next pass is made then clear out. You could also have them stay in but go to a second inside spot then get out on next pass.
- 41 Motion you will not move to the second spot, you will just get out after second pass.

- In 41, have the the post work short corner to short corner or have them work one side and be a pin screener.

** 20% of scoring happens on set plays. 80% of scoring happens on busted plays. Why run sets?
** Not much 3 on 2 or 2 on 1 scoring opportunities either in games. Why do we practice it so much?

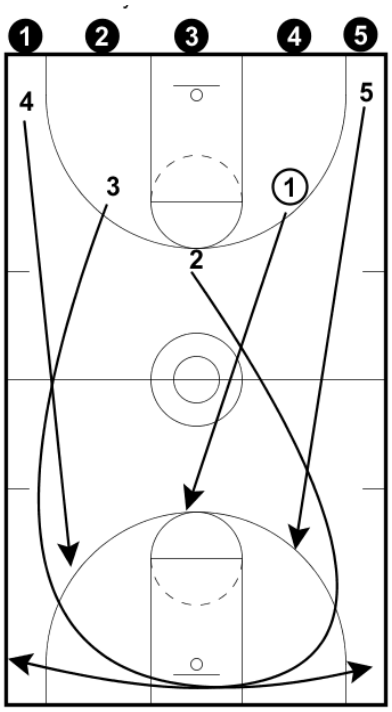
** In a 2 on 1 situation, dribbler should keep the ball on their inside hand. This way they can push pass then drift away to avoid the charge. It is also quicker. Ball handler must read the defender and decide to pass or pull up for a jump shot.

2 on 1, 3 on 2, 5 on 0 Drill



- Set up in “V” formation to start.
- #2 will be back on defense
- #1 and #3 bring it down vs #2
- #4 and #5 stop at the Hash Marks
- 1,2,3 vs 4,5 back
- 5 on 0 back. Score on coaches call.

5 on 0 into 5 on 5 Dummy/Live Drill



- Dummy 5 on 0 down. When they come back, it is 5 on 5.
- Other team goes ofter a score or a T.O.

** The dribbler has freedom, the cutter has freedom. The people without the ball have no freedom. They must react to the ball. The R&R is the perfect combination of freedom and structure.

** When you put in the pin and skip layer, now you are giving the choice to a player without the ball

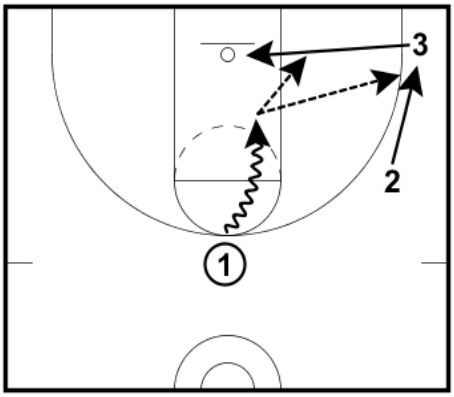
Layers 9-16 : You can pick and choose which of these layers you put in.

Partner Shooing Straddle The Line

- Step back with your right foot and take a dribble. Bring that foot back. Shoot the ball to your partner.

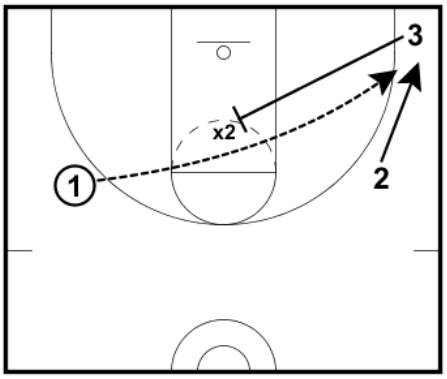
- Right hand dribble and left hand dribble.
- Now we are working on shooting off the dribble.

Three Person. Choose Wing Or Corner Drill



- Dribbler can choose to pass to the wing or the corner

Pin and Skip Drill



- Bottom person is the screener. Call Out "Pin"
- Skip it for a Jump Shot.
- Shooter must move to get in line with the screen. This way the defender will have to fight over the screen.
- Variation – Skip it and screener post. Hit the post.

- Change it up so that the corner is the screener.
- Rotation: Passer to shooter, shooter to screener, screener to def., def to passer.

**** Every Zone is set up to have two weak side defenders begging to be Pin screened.

** Hook and Look along with Pin Screens can attack any zone.

Circle Reverse

- This is not a planned action. It is used to get us out of trouble.
- If the circle reverse is not open, that person who is in the safety spot should laker cut.

** The person making the basket cut can stop and set a pin screen. Chances are, they did not get the ball on the pass and cut because of great help side defense. Make them pay for this by setting a pin screen.

** The cutter can receive a pin screen as well as they cut out.

** 5 out is the toughest to set pin screens. I might be easier to designate pin screeners on this. 4 and 3 out are easier because you have natural pin screeners on the lanes.

** In 3 out, the posts can cross screen.
a. Have one post set pin screens then automatically set a cross screen for the other post
- Use this if you have two posts but only one is a good scorer.

Post Screening(Layer 9)

- Screen and then shape up to the ball
- Post can move lane to lane or designate them to a side
- If you want the post to get open, have them set screen then shape up. Their defender will hedge on the screen.

Back Screens (Layer 10)

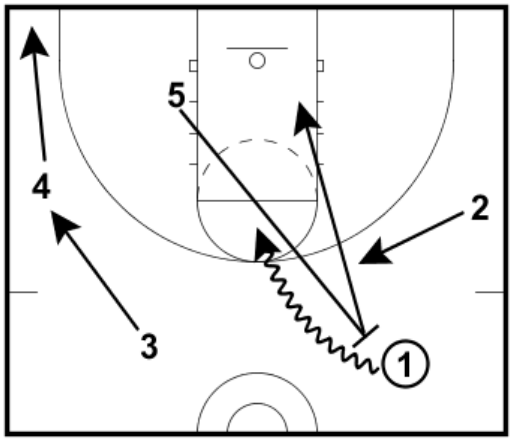
- Pass and Cut then set a back screen
- Give the cutter another choice

- If you get one, give one
- Hold the ball longer on the top and let the screens happen
- Don’t hold the ball in the corners
- You can also set back screens for the post. These are actually cross screens but we still call them backs.

Delay Game

- 5 out higher and wider
- At 15 seconds run a play
- At 8 seconds left, use a back out dribble. Post will sprint to set the screen. Screen and roll for last shot. Other three widen out and be ready to circle move.

Delay Game (Sprint)



- #1 will back dribble, 5 will sprint to the screen.
- In this situation, 4 slides, 3 slides, 2 will be the safety

“At”

- Call the dribble could make on the dribble at

- Make sure your chest is pointed at the person you are dribbling at.
- Iowa women wave them to go.

Zone Offense

- When the second person hooks and looks, they should not stop at a spot right next to where the first person is posting up. This is bad spacing.

Laker Cuts

- When the post catches, wait for the cutter. Fake to the cutter and make your move in the opposite direction of the fake.

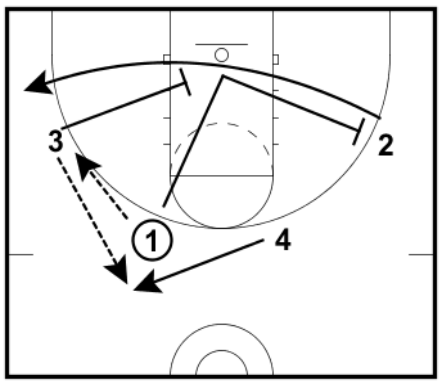
** 4th – 8th Grade layers 1-8

** Short Corner Rip and Finish – Kiss My Butt

** Free Throw Routine

- Blocks out distractions
- Focus on the routine not outside things
- Visual, Auditory and Mental Distractions
- Same routine every time puts you in a rhythm

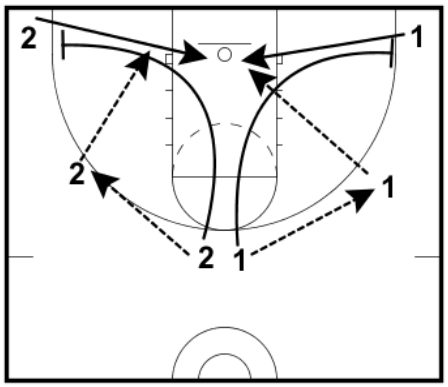
4 Out Cut and Backscreen Drill



- 1 will pass to 3 and cut. 1 will set a BS for 2

- 4 will fill. 3 will hit 4. 3 will pass and cut and BS for 2
- 4 will hit 2 for a shot. Could be a JS or a lay-up.
- Could hit the screener for a shot as well.

3 Person Backscreen Drill



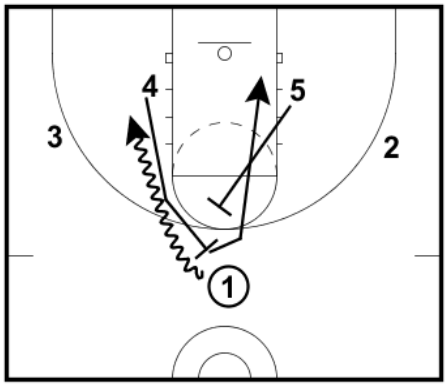
- Top will pass to the wing, cut and set a BS for the corner. Hit the corner for a shot.
- Hit the screener on the pop.
- Hit the pop then the cutter will post. Feed the post.

** Use Backscreens as a way to keeps spots filled when you make the wrong cut after a basket cut.

Back Up Dribble

- Trigger for the post to sprint out and set a ball screen
- High ball screen and roll
- Good late in the quarter for a last shot
- Drill: 30 seconds of R&R then with 8 seconds left whoever has the ball back dribble. Post will sprint and set the screen. If you are playing 5 out, designate a screener.

Quick Hitter – Screen the Screener Out Of 32

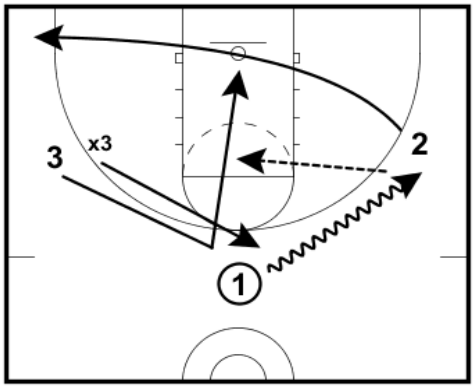


- 4 comes up to set screen for 1
- 5 comes up and sets screen for 4 on the roll
- 5 will pop after the screen

** 5 on 0 Work

- Pass and Cut for 20 seconds then coach will call what he wants to score out of.
- Back screen, pin and skip, Laker cut, dribble at

Dribble At & Back Cut Drill



- 1 will dribble at 2 forcing the basket cut
- 3 will fill up
- X3 will jump over the read line. 3 will back cut for a lay-up
- Give them a bounce pass at the FT line sooner then later.

Pin and Skip/Post/Laker Cut Combo Drill

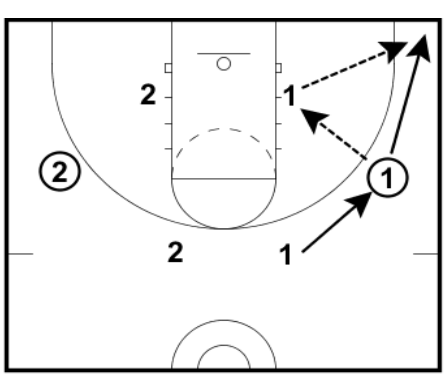
- Pin and Skip
- Hit the screener on the post
- Laker cut for basket
- 5 out, who sets the pin screen? Offensive players who's defender is the farthest in the lane receives the screen.

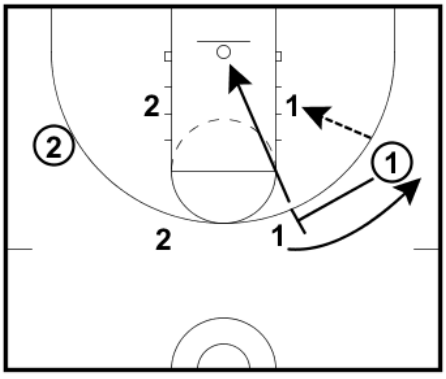
** Three rules for using a screen. Wait, Wait, Wait

** Alternate Currents when passing the ball on offense.

- Try not to do this : pass-hold-pass-hold
- This is better: pass-pass-hold, pass-pass-hold

Relocate Drill or "X" Cut Drill





- Left frame is relocate to corner. Right frame is the "X" Cut
- Both sides alternating

When do you choose the Laker Cut or the "X" Cut?

- After the pass to the post, if the defender stays tight, then Laker Cut. This is usually early in the game.
- If your defender doubles the post, then relocate

- If your defender backs off a bit to play the Laker Cut then “X” Cut.

Corner

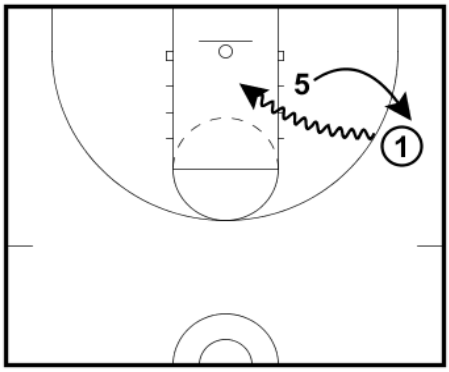
- This is a counter to teams that really block the basket cut and stand you up. It is basically a screen away or an “X” Cut

Power Dribble

- This is an untraditional pick and roll.
- Great to be used when you have a post with the ball on the perimeter.
- Post can backscreen, pop, catch then Power Dribble

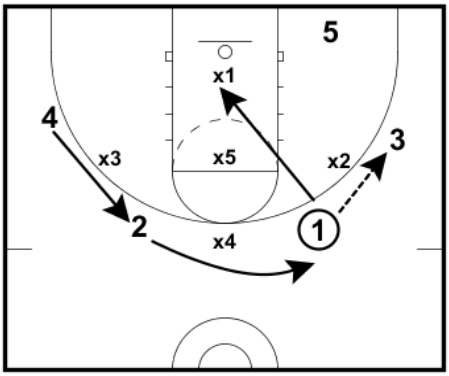
Advanced Post Slides

- These start with a regular post slide.
- The dribble is stopped and can’t make the pass to the post. The post will then circle move to the safely valve spot
- If you have a post that can shoot 3’s, they can slide all the way to the 3 point line for a shot (Safety Valve). This is called a **Euro 3.**



Attacking a 1-3-1 Zone

- 4 Out 1 In
- Post will work short corners and mid post
- Post could stay on a side or go side to side
- When you hook and look, hook into the elbows and the front of the rim.
- Don’t be afraid to shoot from the corners
- Use your dribble to attack gaps.
- Pin and Skip
- Pin screen the bottom person in the zone



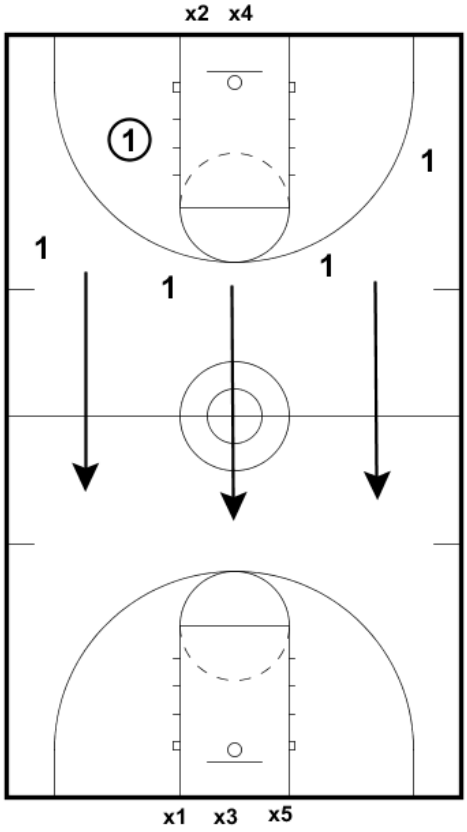
Crystal Lake Trips Drill

- Two trips 5 on 0, each trip after that, add one defender (guard who you want). Last trip is 5 on 5
- Coach calls out how they score on each end.
- Wings run wide. If you get to the FT line extended and you do not get the ball, cross under the basket
- Seven Trips Total

1. Pitch ahead to the 5 (5 runs rim to rim) (5 on 0)
2. Pitch ahead and feed the post (5 on 0)
3. Back up dribble and screen and roll (5 on 1)
4. Pass and Cut 7 passes (5 on 2)
5. Laker Cut (5 on 3)
6. Dribble At (5 on 4)
7. 5 on 5 score on anything (5 on 5)

Drill Set Up

- Have the three defenders on the end where the offense is going for the first trip.
- Keep score then have the other group go and try to beat the score.



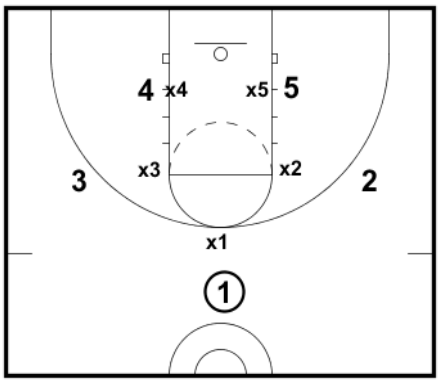
2-3 Zone Offense

- 3 OUT vs a 2-3 Zone
- 1 permanent post and on post who can come in and go on perimeter

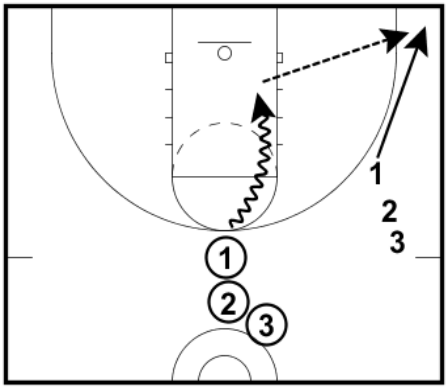
- Could play 5 OUT vs 2-3 as well.

1-2-2 Zone Offense

- Crystal Lake matches up with this zone initially in 3 OUT.
- This makes the defense match up initially like man to man
- When you dribble vs a zone. Date the gaps but do not get married to them. This will lead to traps.
- Vs 1-2-2 zone weak side post needs to look to pin the zone.
- Central tells their players to never just skip the ball. You must hear “PIN” before you can make a skip pass.
- The movement created by the offense vs a zone is the thing that is the most confusing.



Circle Movement Shooting Drill



- After you pass, you will close out and bother the shooter
- Teach Rip and Go
- Have two groups shooter at opposite ends of the gym but on opposite sides of the rim.
- After 5 minutes, both groups will run to other end of the floor and it begins again but now they are shooting from the other side of the rim.
- Progression
  1. 1:30 of SF and Rim Finish
  2. 1:30 of SF and One Dribble
  3. 2 minutes Catch and Shoot

- Defense call out shot and call out box on box out

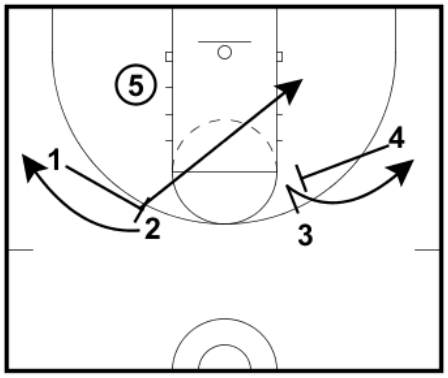
- Play with the spots as well. You could work wing to wing

Offensive Color Code

GREEN = Pass and Cut. No screening
  a. They can pass and cut, dribble at, and Laker cut
  b. Try not to touch anyone

BLUE = Screening along with Pass and Cut
  a. Ball Screens, Back Screens, Pins, Post Screening

** When you are in a 4 OUT formation, if you "X" Cut on the post side and Pin Screen on the weak side, it will occupy defenders so your post can play 1 on 1.



** If you have a great post, play 4 OUT and have them work the short corners away from the ball. After a player passes and cuts, they can set cross screen for the post to get open.

READ AND REACT OFFENSE

WHAT IT'S NOT

- Not motion offense
  - Motion offense is good if you have 5 intelligent great multi-dimensional players
  - Most offenses are predicated on a certain type of player.
  - Its also not an offense set up around a certain series of plays

WHAT IT IS

- It is a principled framework out of which your players can play. It is a system of 2 man Read and Reactions, that can be drilled to the point of habit. These 2 man habits are not just a random collection of good 2 man games. The Read and React system ties these 2 man reads into a seamless 5 man offense that can be adjusted to any set, formation, type of player, or style of play. In other words, you can custom the framework of the Read and React to fit your personnel and the style of play your team needs to be successful.

WHAT IT CAN BE

- Entire man to man or zone offense. You might only need a few layers of the offense
- It can be your principled offensive foundation used when your set plays break down
- It can be a system of development with a unifying curriculum.

GOAL OF READ AND REACT

- Easily taught and transferred coach to coach, coach to player
- Simple enough to be mastered thru repetition.
- Built on habits, not high IQ
- Freedom and excitement for players
- The system would build 5 man coordinations
- Simple enough for kids, Complex enough for pros
- Better fundamental = easier to run; likewise; more you run it = better fundamentals

MOTION OFFENSE?

Motion offense	Read and React
High IQ pre-requisite	Developmental
Players w/o ball have many options	Players w/o ball have 1 reaction
Too much freedom	1 player with ball has freedom; 4 has diciplined reactions

FLEXABILITY

- Don’t need certain type players to run this offense
  - Teams with not post
  - Teams with strong post
  - Teams with small quick guards
  - Deliberate teams
  - 5 out / 4 out / 3 out
  - High post, mid post, low post
  - Screen or no screens

HABITS DEFINITION

- Basketball is played by habit
- When players read the ball they have instant reaction
- Being consistent with what we demand from players lowers their anxiety and increases their confidence
- The less players have to think, the better. The less they think the quicker they move
- The less they think and the more good habits they accumulate, the closer they get to playing by instinct.

KEYS TO REACTION

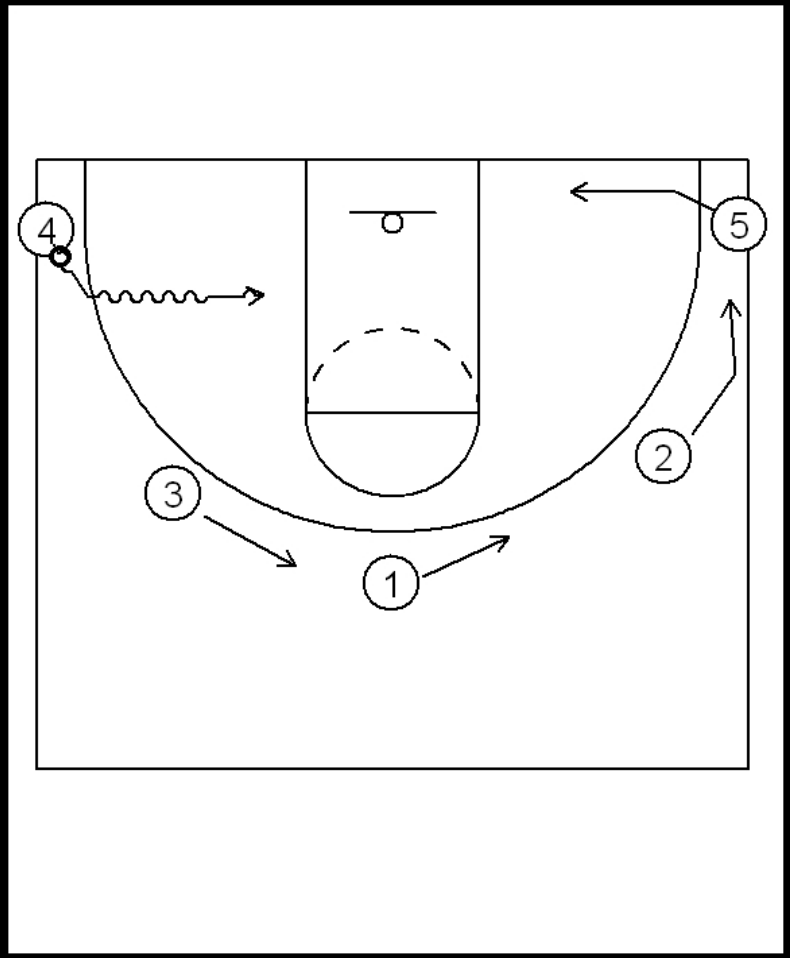
- Every player watches the ballhandler
  - So all reactions are off the ball movement
  - All movement is reaction off single movement of ballhandler
  - Anyone can be trained for 1 specific reaction for one specific movement.

LEVEL A

LAYING THE FOUNDATION

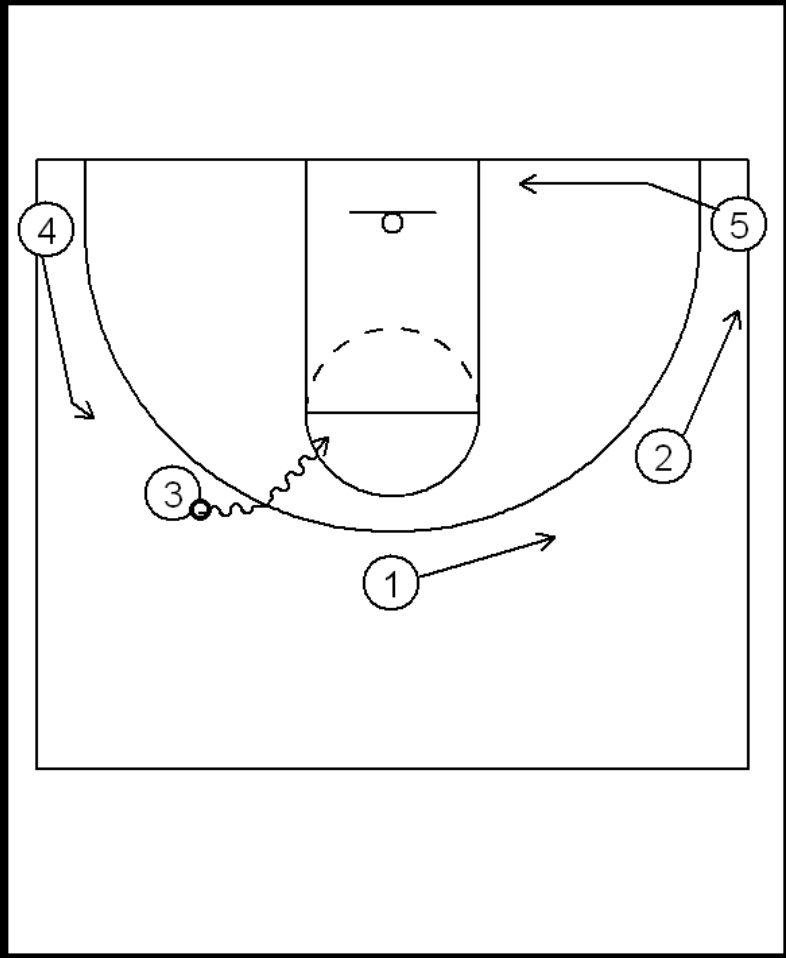
LAYER 1: North South Dribble Penetration: Circle Movement

- As the ball is drives right, the circle movement is too the right.
- It does not matter where the ball originates at, corner, wing, or top.
- We use the NBA 3pt. line for spacing
- 4 man can kickback to the perimeter or drop to the 5 man cutting baseline.



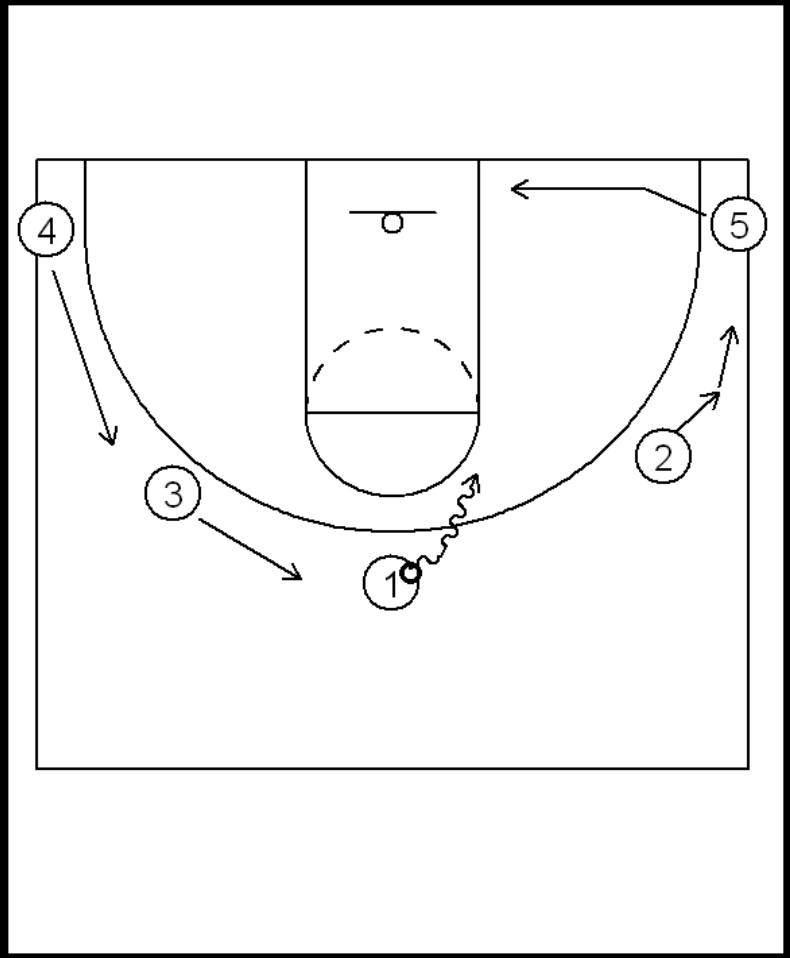
LAYER 1: North South Dribble Penetration: Circle Movement

- 3 man can kick back to the perimeter or drop to the 5 cutting baseline



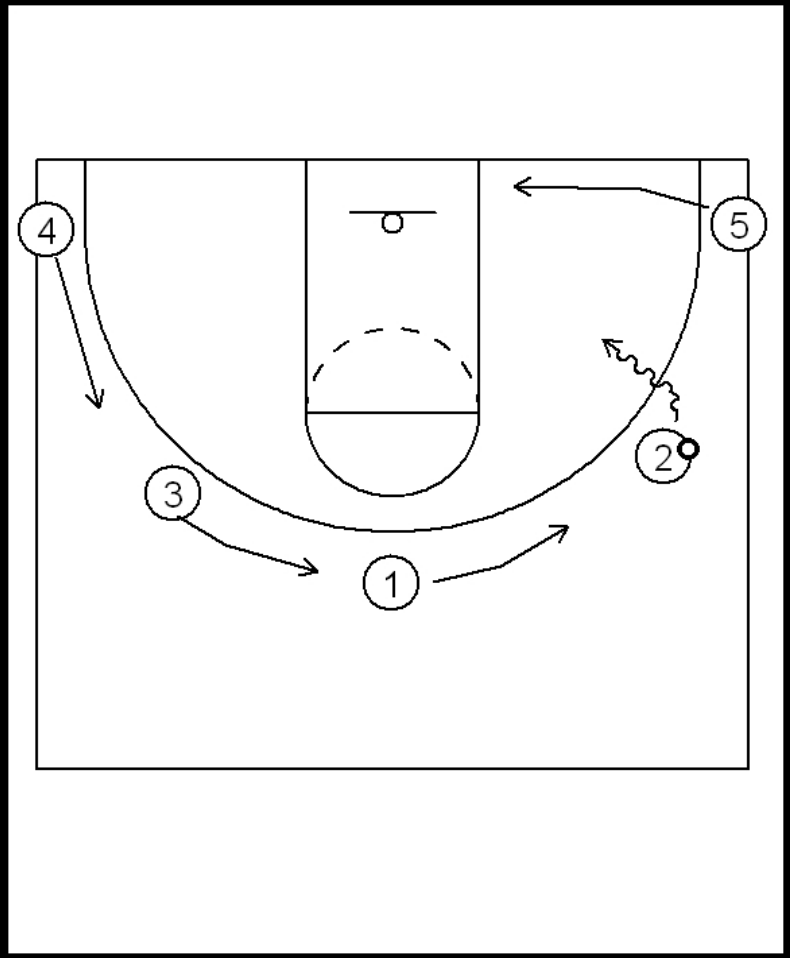
LAYER 1: North South Dribble Penetration: Circle Movement

- 1 man can kick back to the perimeter or drop to the 5 cutting baseline



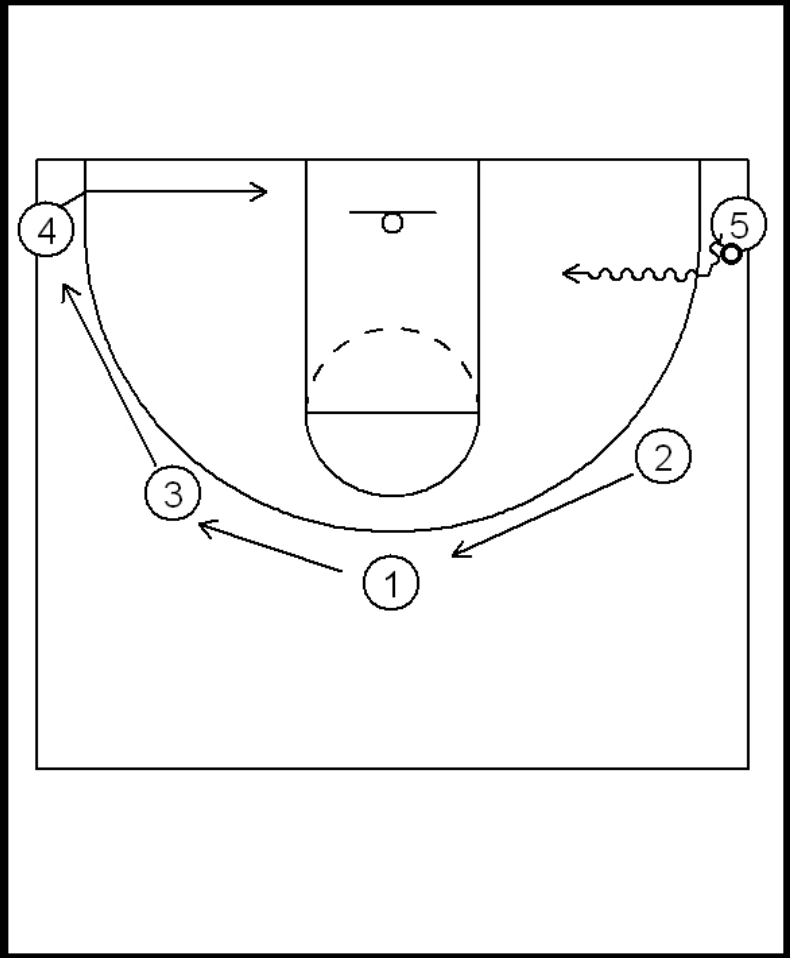
LAYER 1: North South Dribble Penetration: Circle Movement

- 2 can drop to the 5 cutting baseline or kickback to the perimeter



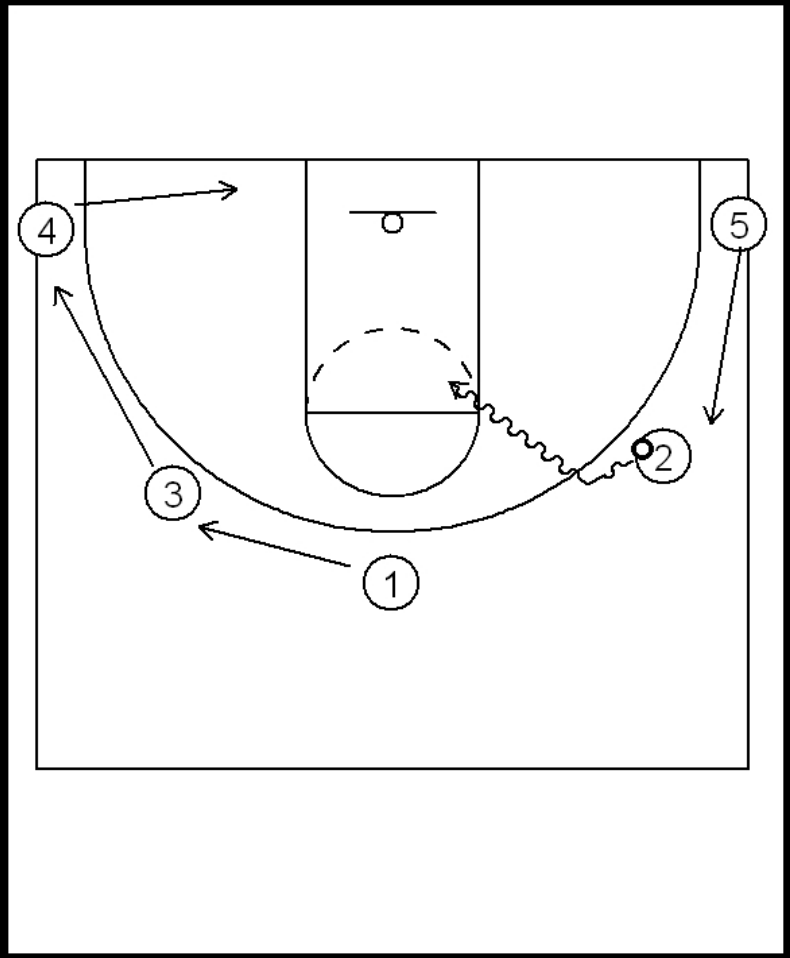
LAYER 1: North South Dribble Penetration: Circle Movement

- As the ball is driven to the left, the circle movement is to the left.
- Note: All drives are NORTH/SOUTH DRIVES, not east or west.
- 5 can kickback to the perimeter or drop to the 4 cutting baseline



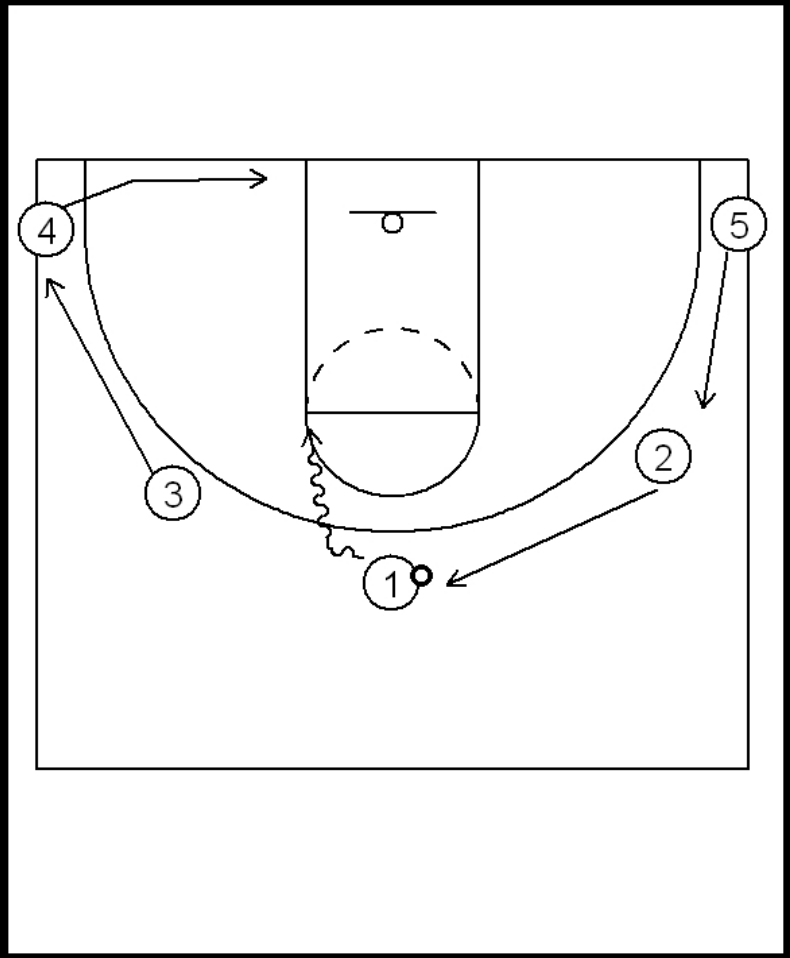
LAYER 1: North South Dribble Penetration: Circle Movement

- 2 can kick back to the perimeter or drop to 4 cutting baseline



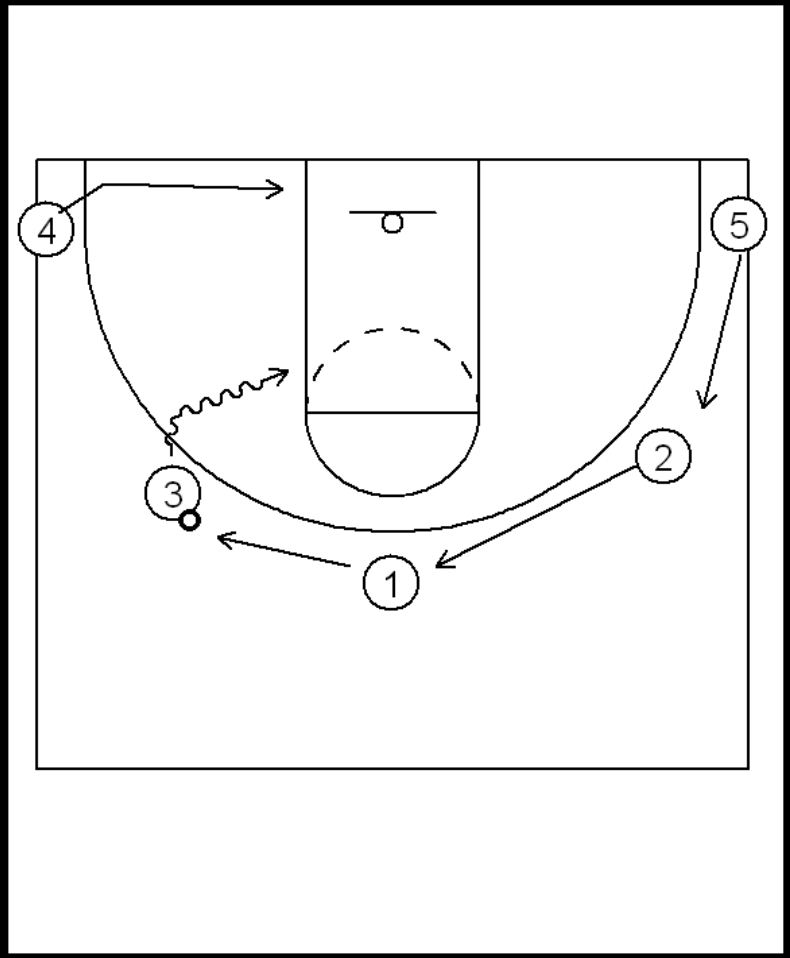
LAYER 1: North South Dribble Penetration: Circle Movement

- 1 can kickback to the perimeter or drop to 4 cutting baseline



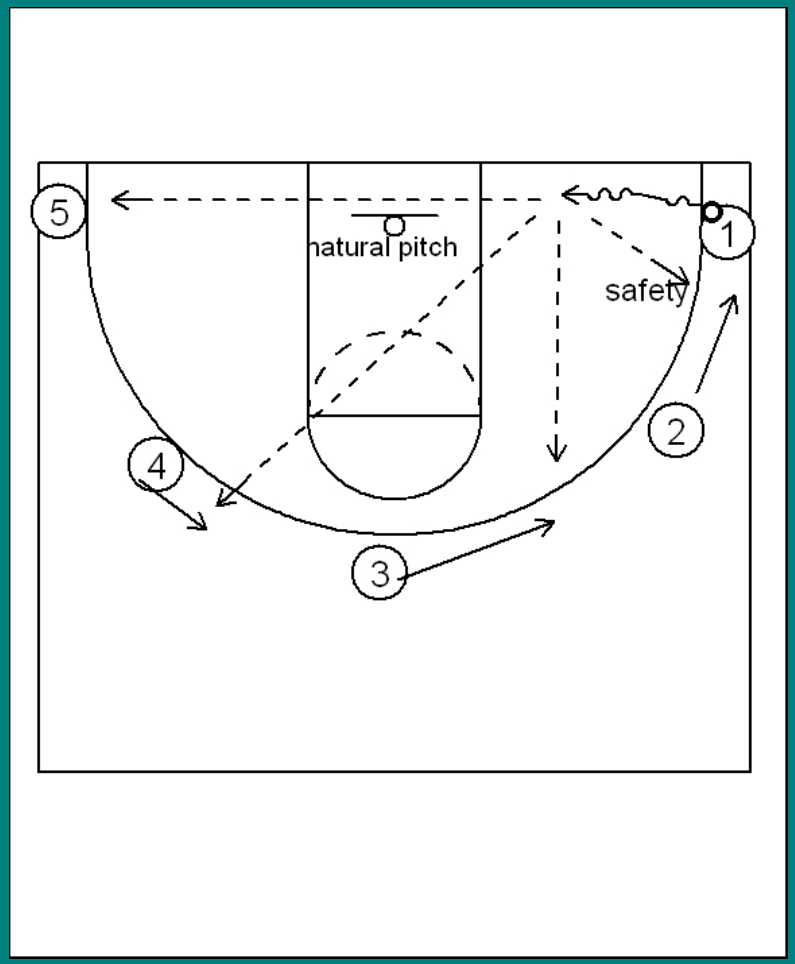
LAYER 1: North South Dribble Penetration: Circle Movement

- 3 can kickback to the perimeter or drop to the 4 man cutting baseline.



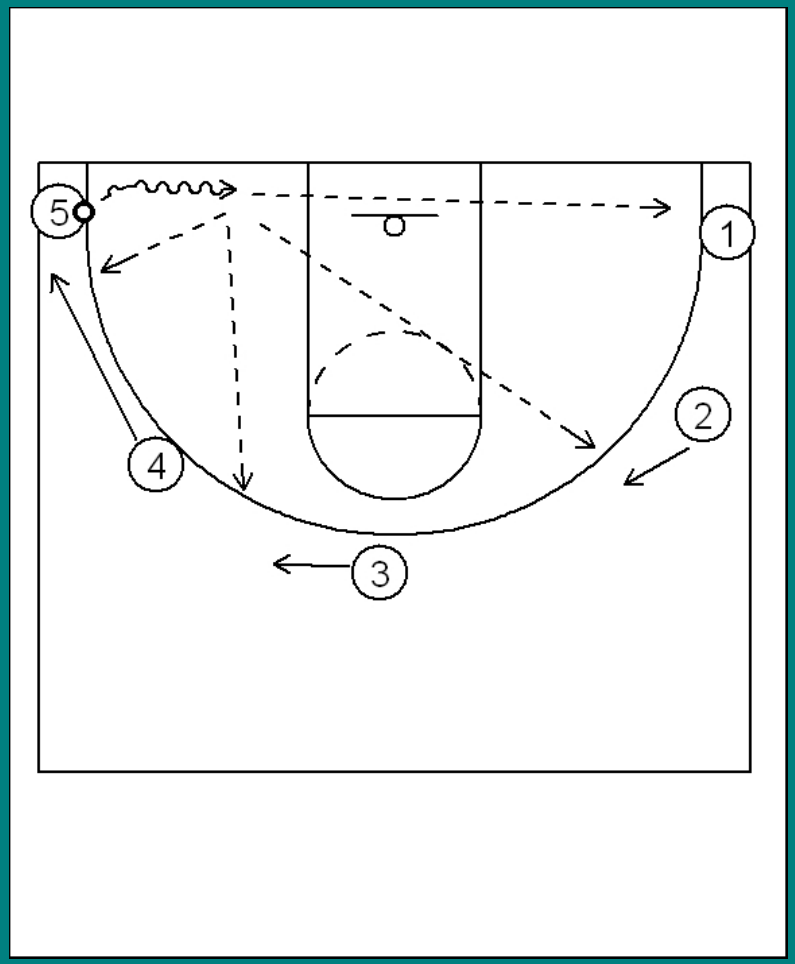
LAYER 2: North South Dribble Penetration: the baseline adj.

- baseline drives create special situations.
- 1. the opposite corner must be filled for a natural pitch
- 2. we must have a 45 degree pitch
- 3. we must have a 90 degree pitch
- the opposite wing (4 man) and the top guard (3 man) have shortend their circle
- movement to create the 45 degree and the 90 degree pitch windows.



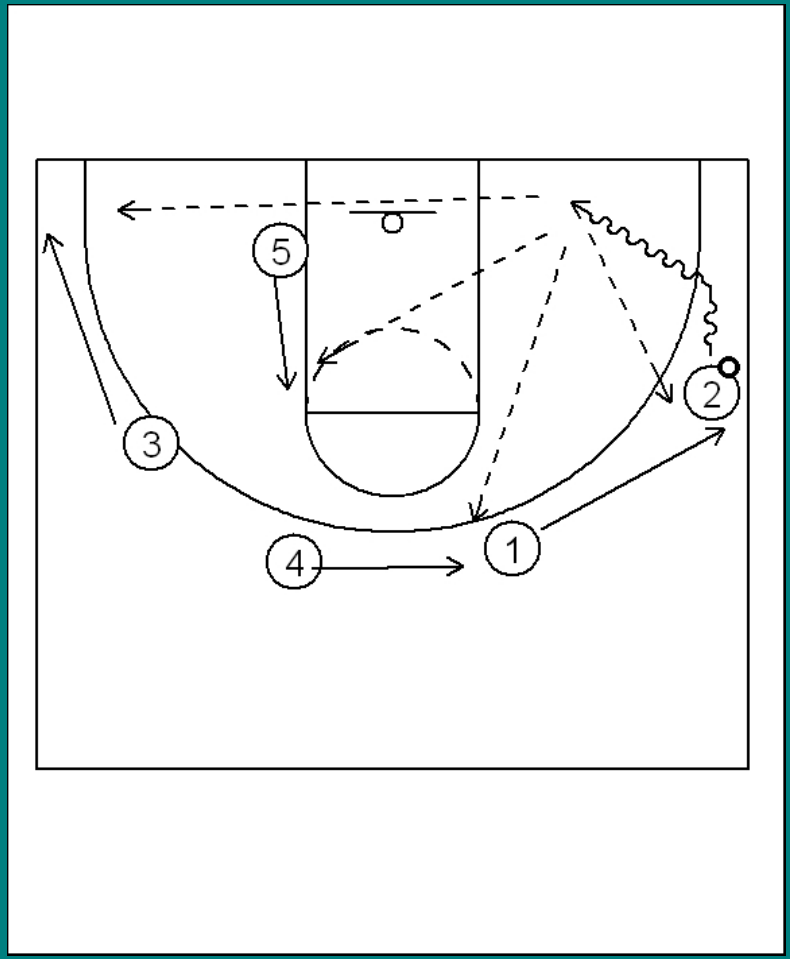
LAYER 2: North South Dribble Penetration: the baseline adj.

- same on opposite side of floor.



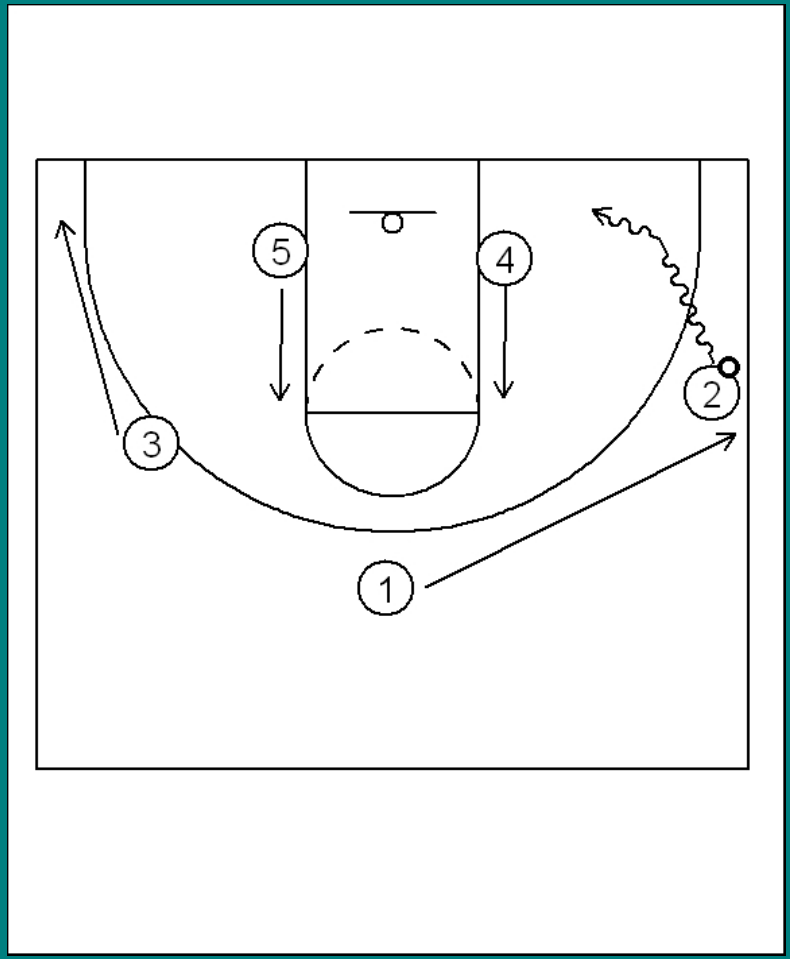
LAYER 2: North South Dribble Penetration: the baseline adj.

- **4 out example of layer 2.**
- Here the 2 man drives baseline
- 3 man fills opposite corner for natural pitch
- 4 man circle move for 90 degree pass
- 1 man circle moves for safety
- 5 man moves up the side of the lane since the drive occured below him (this is
- discussed in layer 4) this also creates the 45 degree pass window



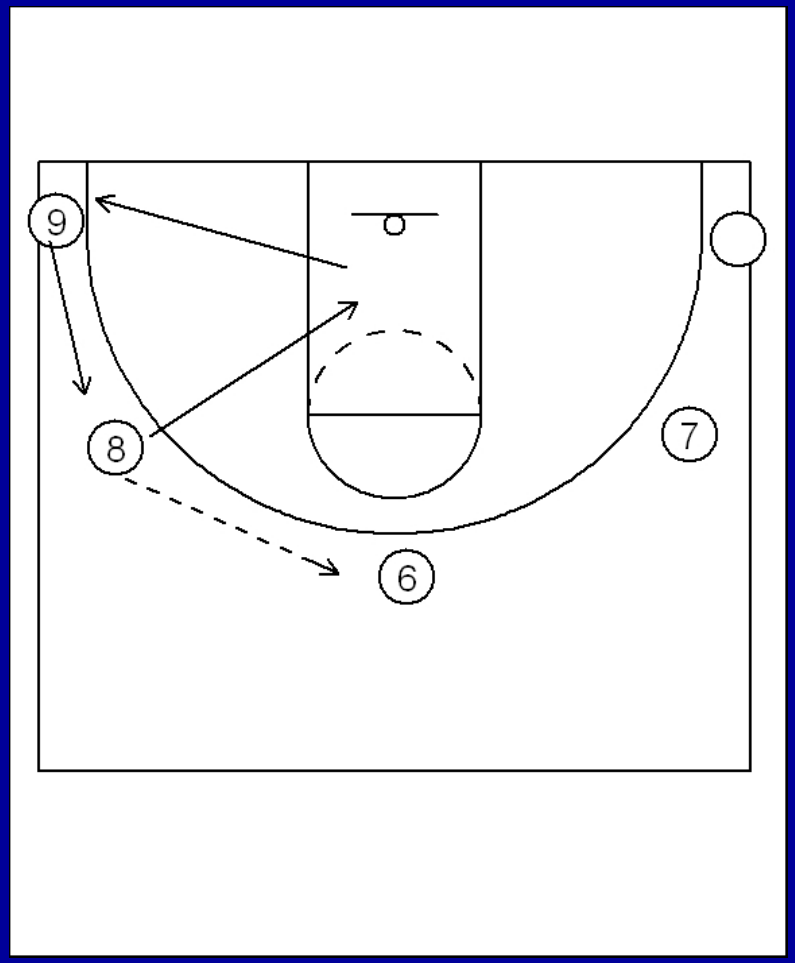
LAYER 2: North South Dribble Penetration: the baseline adj.

- **3 out example of Layer 2**
- Here we have:
- 3 man filling the opposite corner for the natural pitch.
- 1 man circle moving for the safety pass
- 4 and 5 moving out the post, up the side of the lane (because penetration
- occured below them) (discussed later in layer 4)



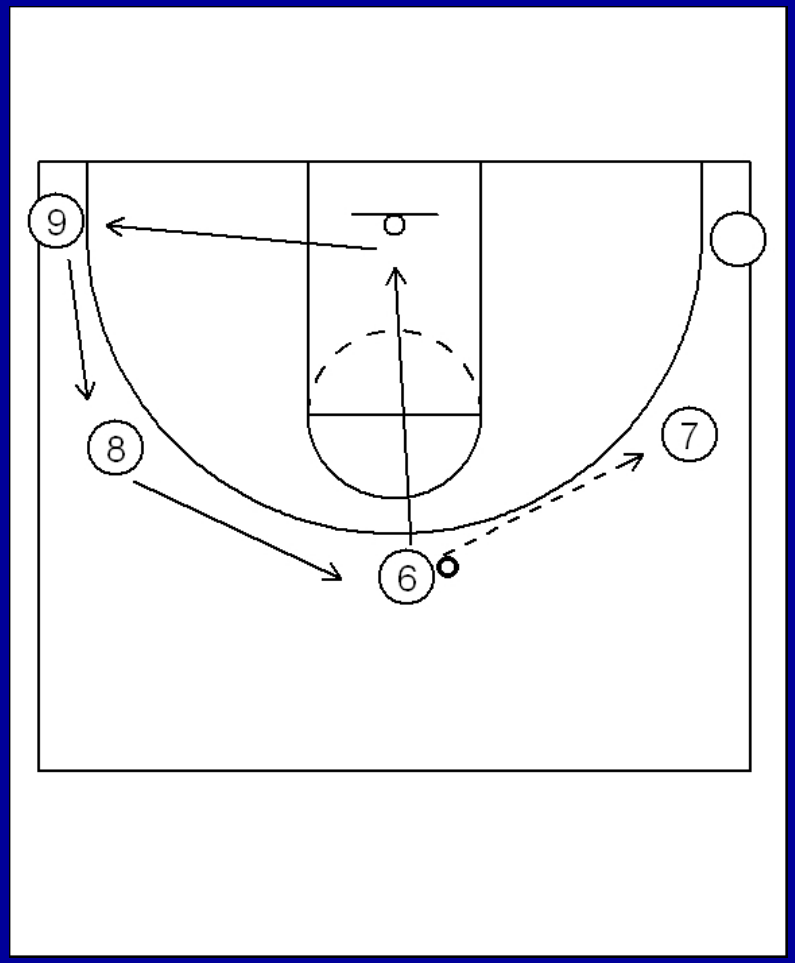
LAYER 3: Pass and Cut: Scoring and Spacing

- The second most common move after dribble penetration is to pass to a
- teammate one pass away.
- we have two rules:
- RULE 1: When you pass (one spot away) you must basket cut (Rear or Front
- cut your defender)
- RULE 2: open spots are filled from the baseline up.
- SCORING OPPORTUNITIES
- 1. If your defender is over the 19 ft arc, then you must rear cut.
- 2. fill the open spot, draw your defender over the read line and rear cut



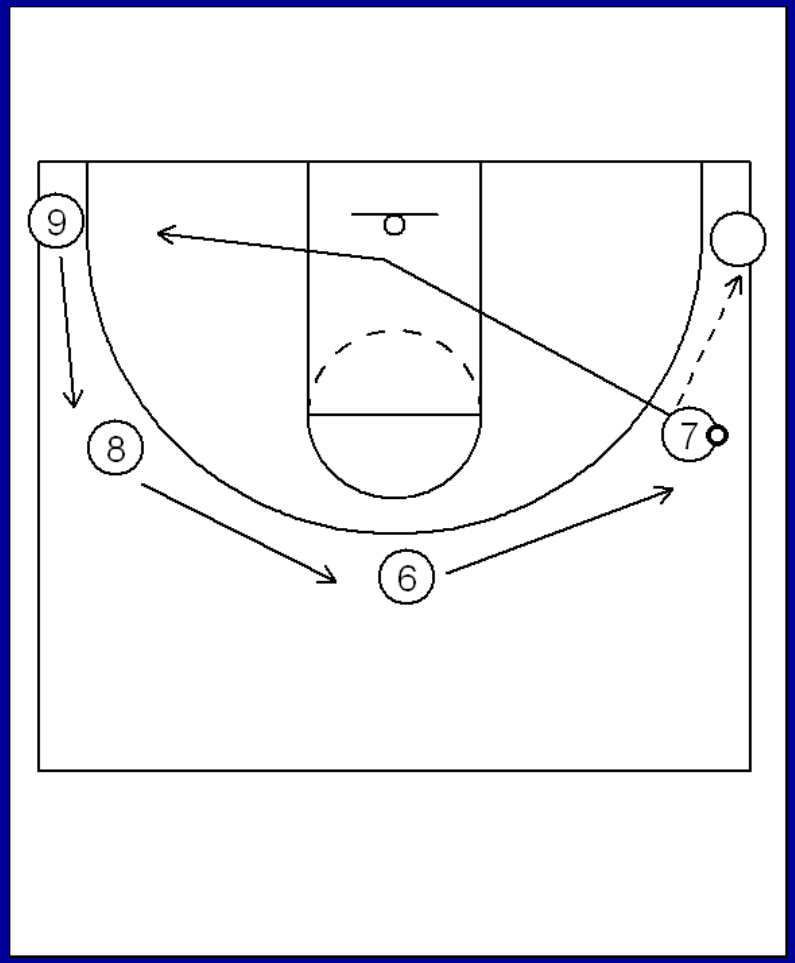
LAYER 3: Pass and Cut: Scoring and Spacing

- Pass from the top and fill up from the baseline



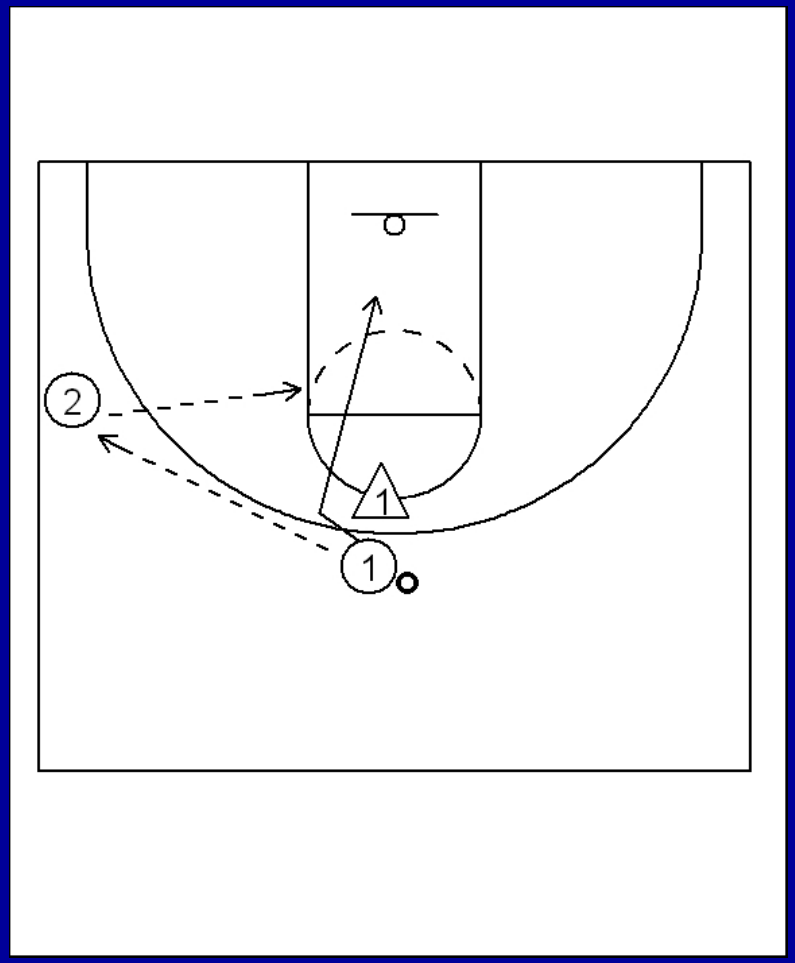
LAYER 3: Pass and Cut: Scoring and Spacing

- Pass from the wing and fill up from the baseline



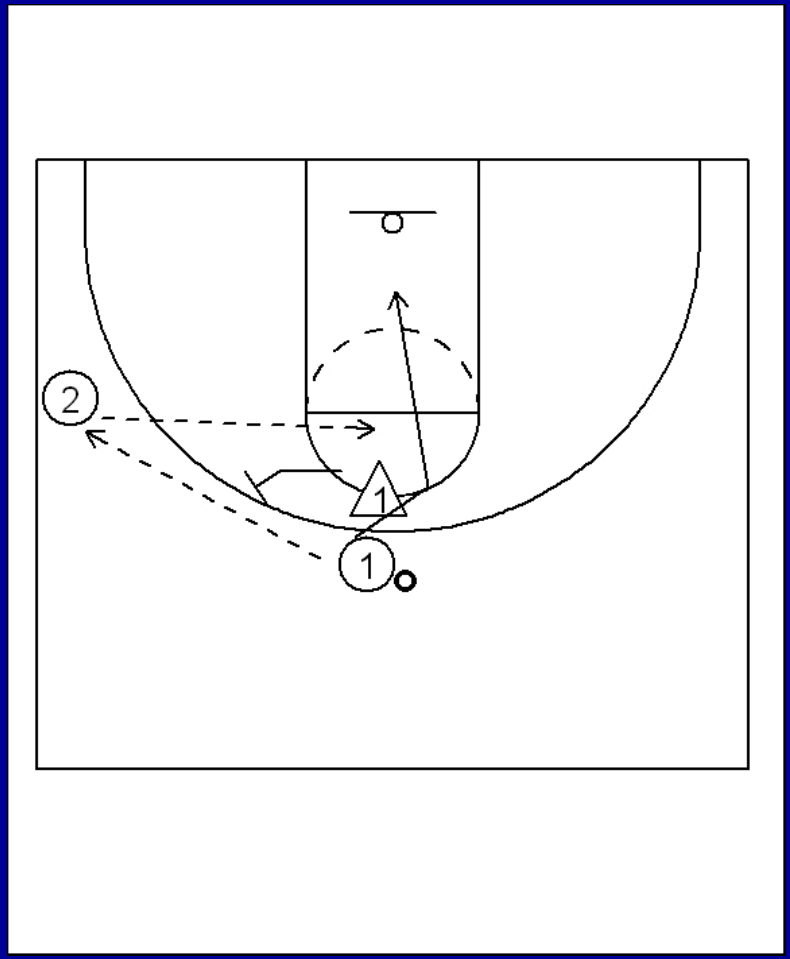
LAYER 3: Pass and Cut: Scoring and Spacing

- Front Cut
  - On the pass the defense does not move, we make a front cut



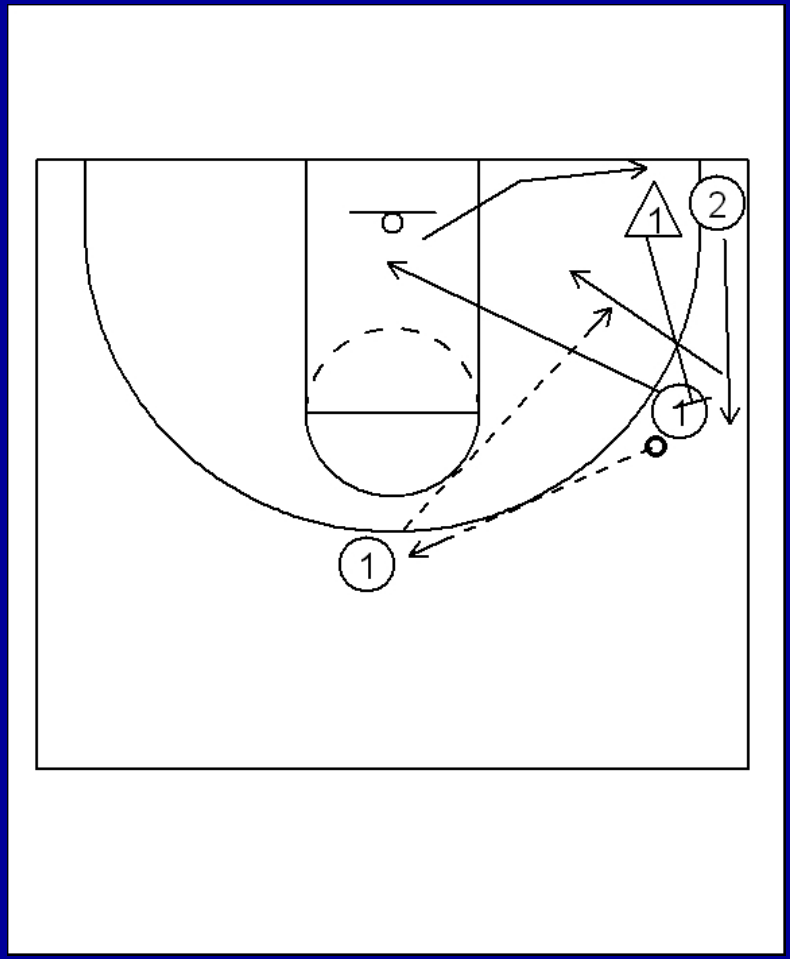
LAYER 3: Pass and Cut: Scoring and Spacing

- Rear Cut
  - If the defense jumps to the ball we rear cut to the rim
  - If we pass back to the player making a rear cut we try to pass the ball behind the back heel of the defender to the open space.



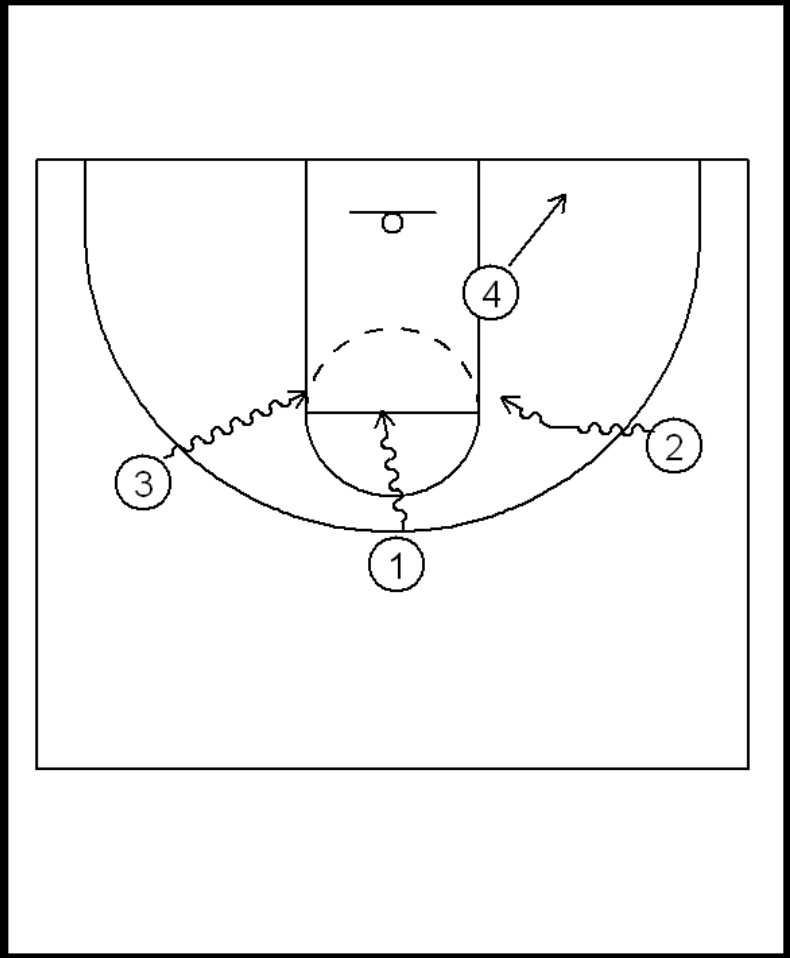
LAYER 3: Pass and Cut: Scoring and Spacing

- DEFENSE OVER THE READ LINE
- Here the pass is made to the top and the corner man comes to fill up. The defense steps over the read line and we rear cut to the rim for a pass and layup.



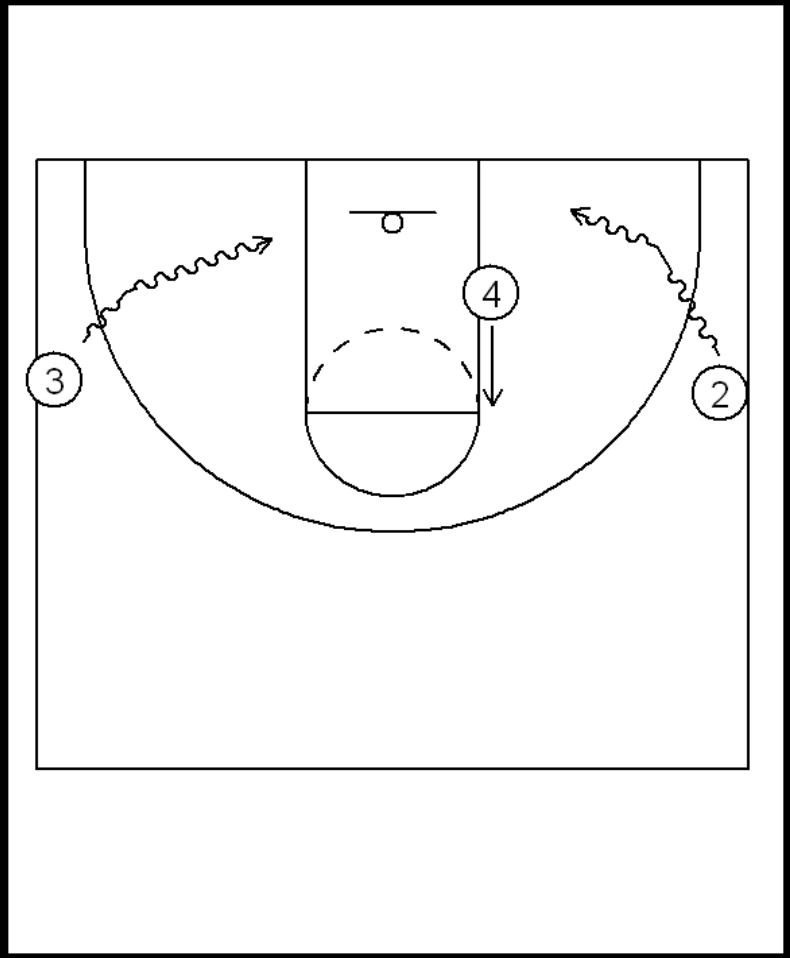
LAYER 4: Post Reactions to Dribble Penetration

- If the ball penetrates the lane **above** the post, then the post slides to the **short corner**



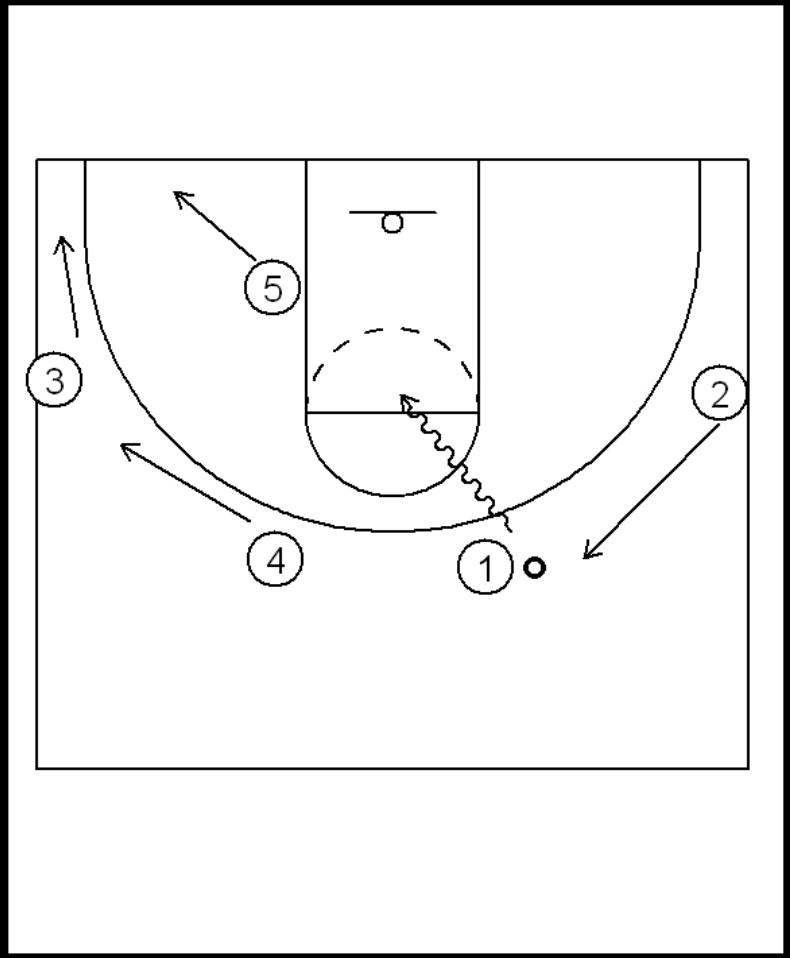
LAYER 4: Post Reactions to Dribble Penetration

- If the ball penetrates the lane below the post, then the post slides up the lane line.
- NOTE: Sometimes a perimeter player may end up in the post after a basket cut and must react as a post player would if penetration occurs immediately. So its important that perimeter players know how to adjust in the post area off penetration.
- the post must not hesitate, they just go

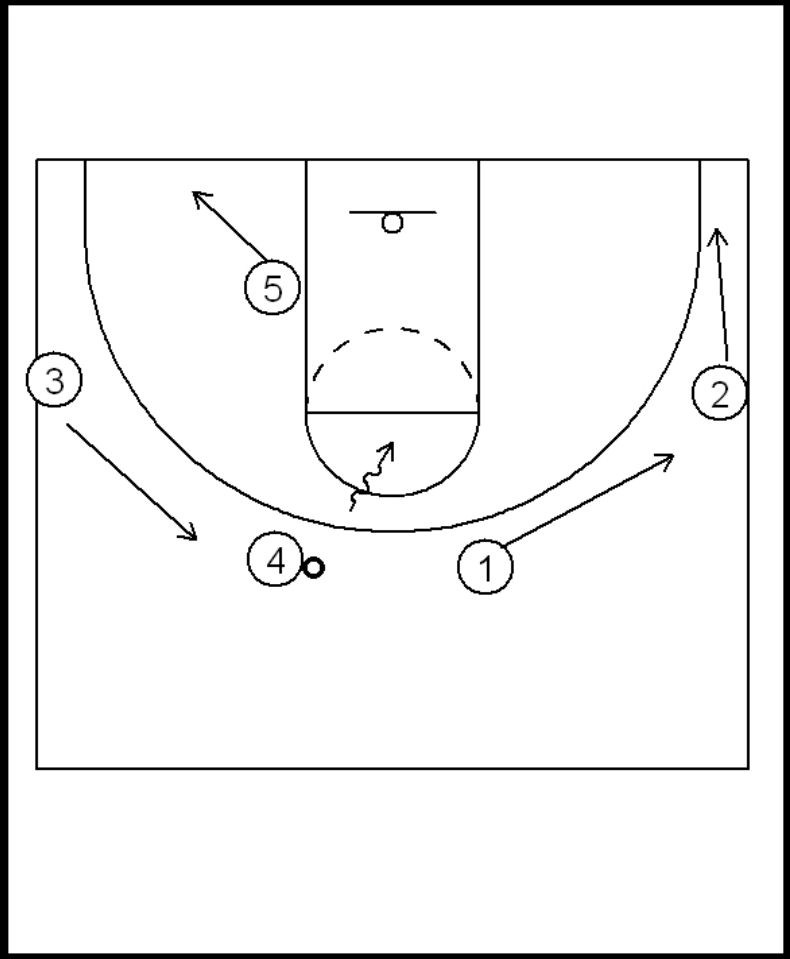


LAYER 4: Post Reactions to Dribble Penetration

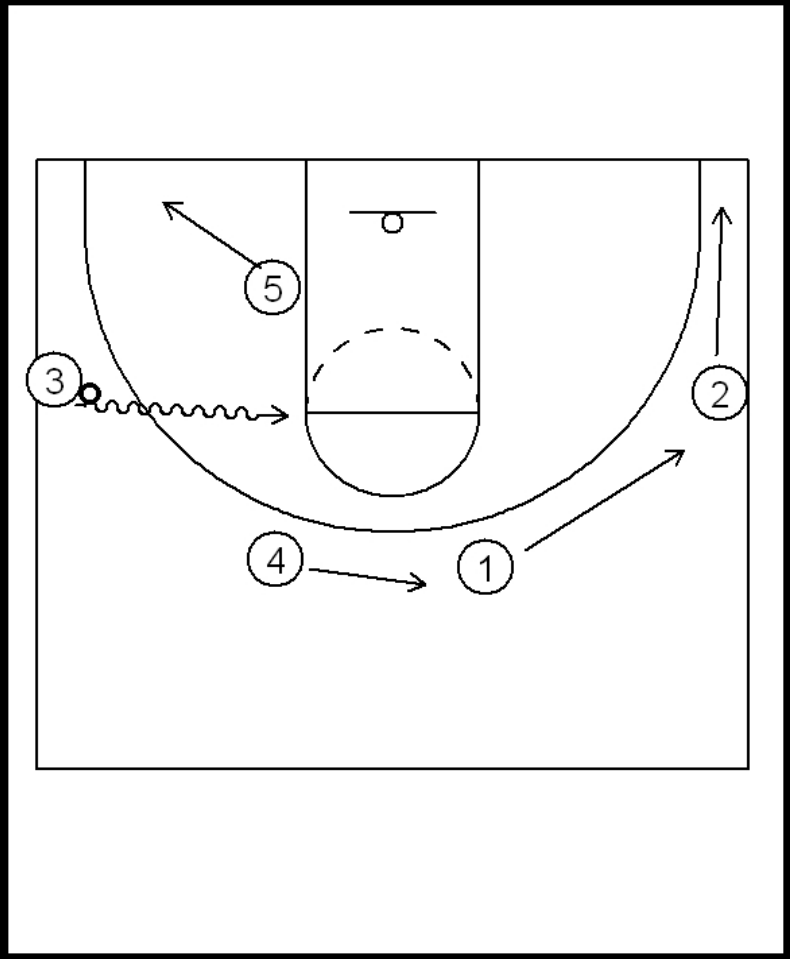
- 4 OUT 1 IN EXAMPLE OF LAYER 4.



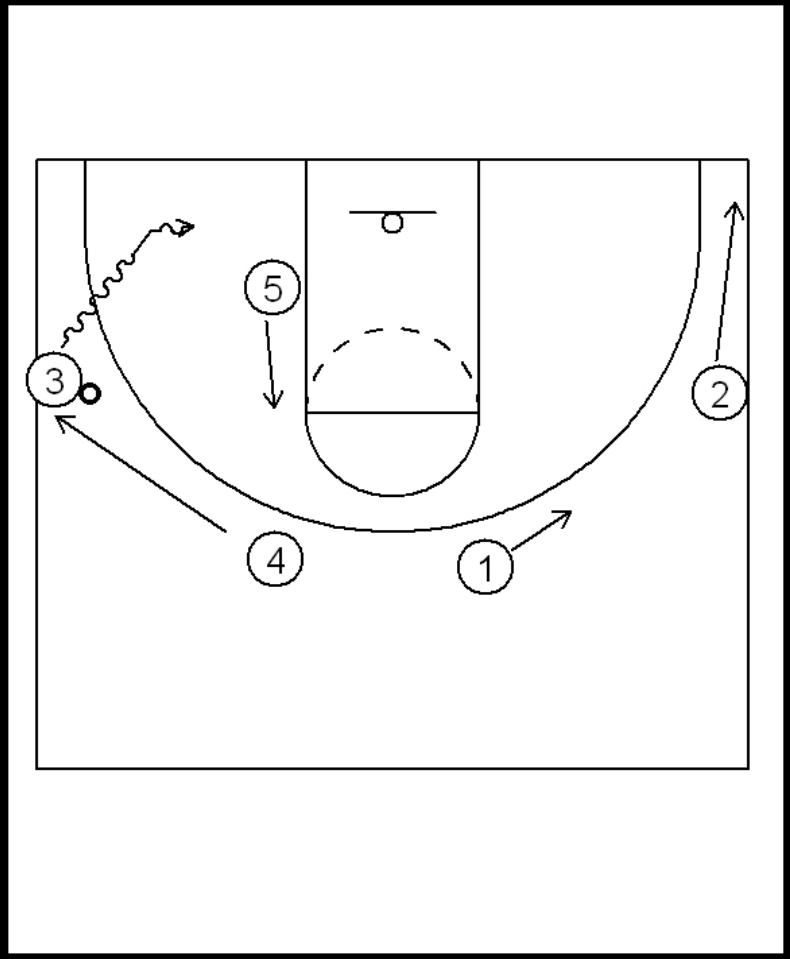
LAYER 4: Post Reactions to Dribble Penetration



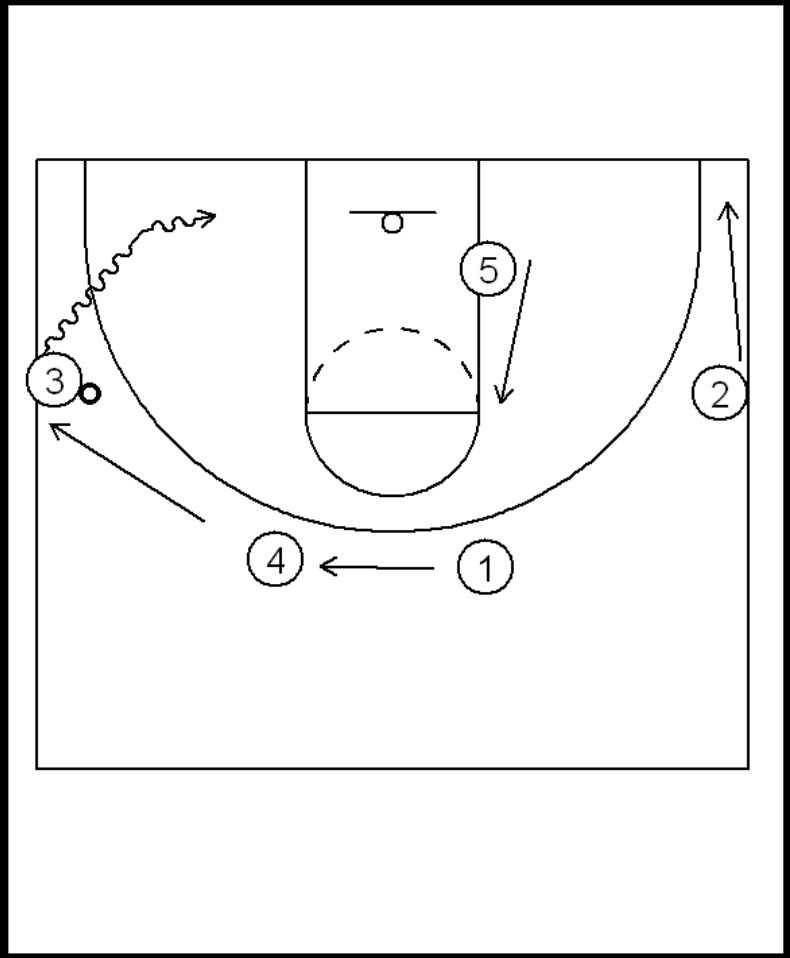
LAYER 4: Post Reactions to Dribble Penetration



LAYER 4: Post Reactions to Dribble Penetration

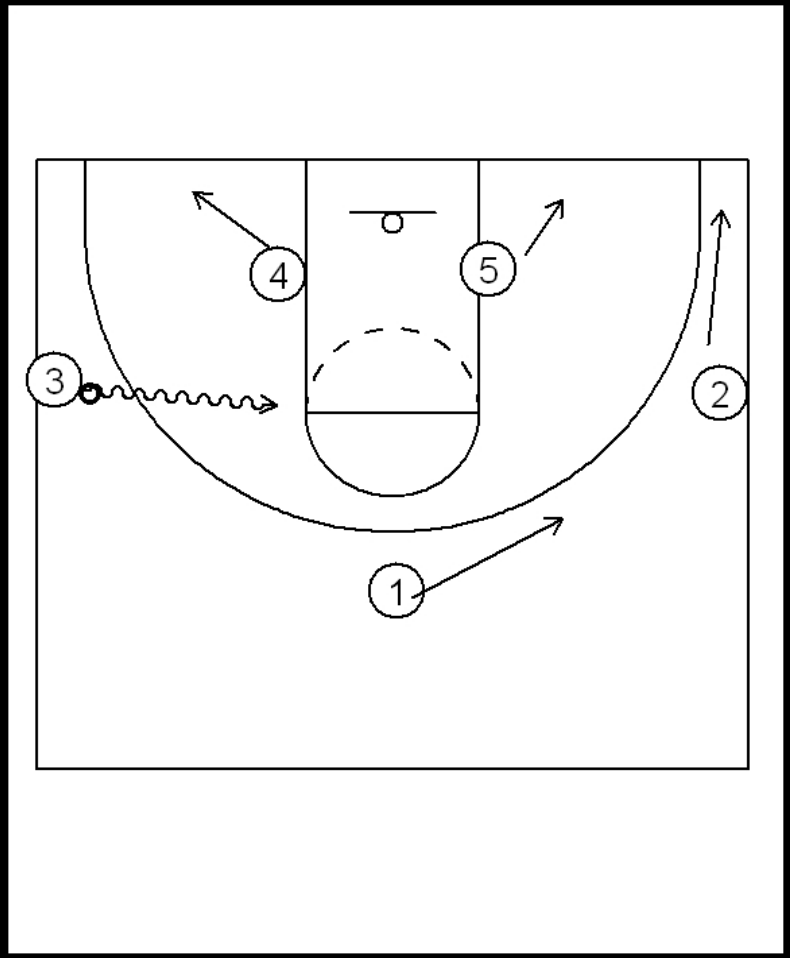


LAYER 4: Post Reactions to Dribble Penetration

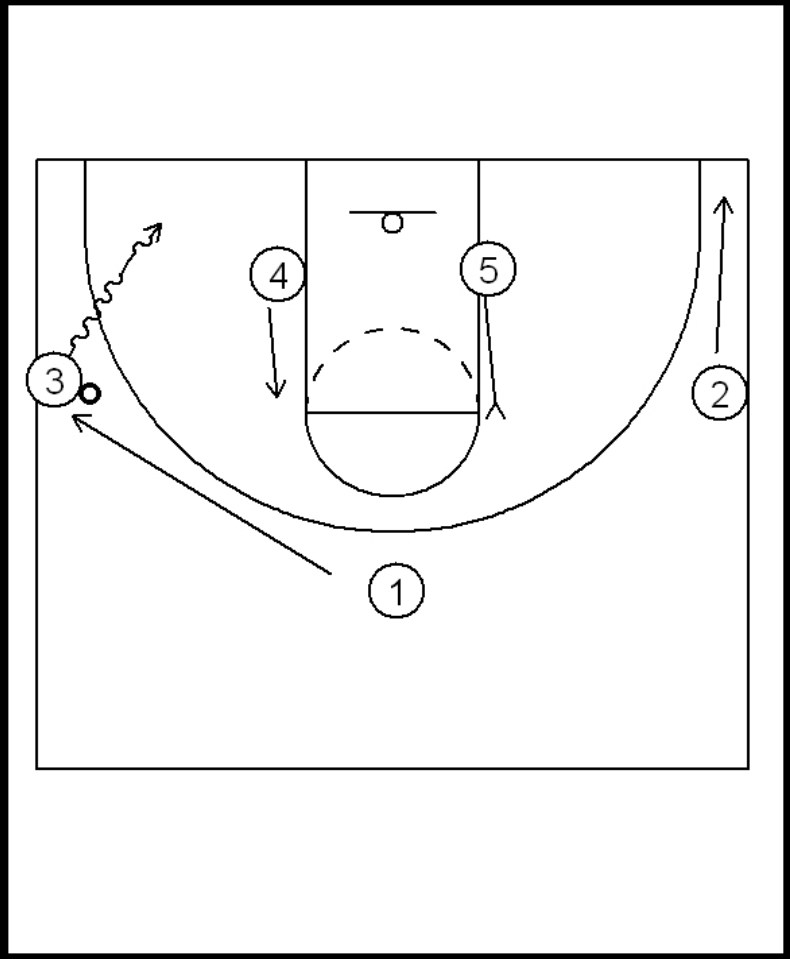


LAYER 4: Post Reactions to Dribble Penetration

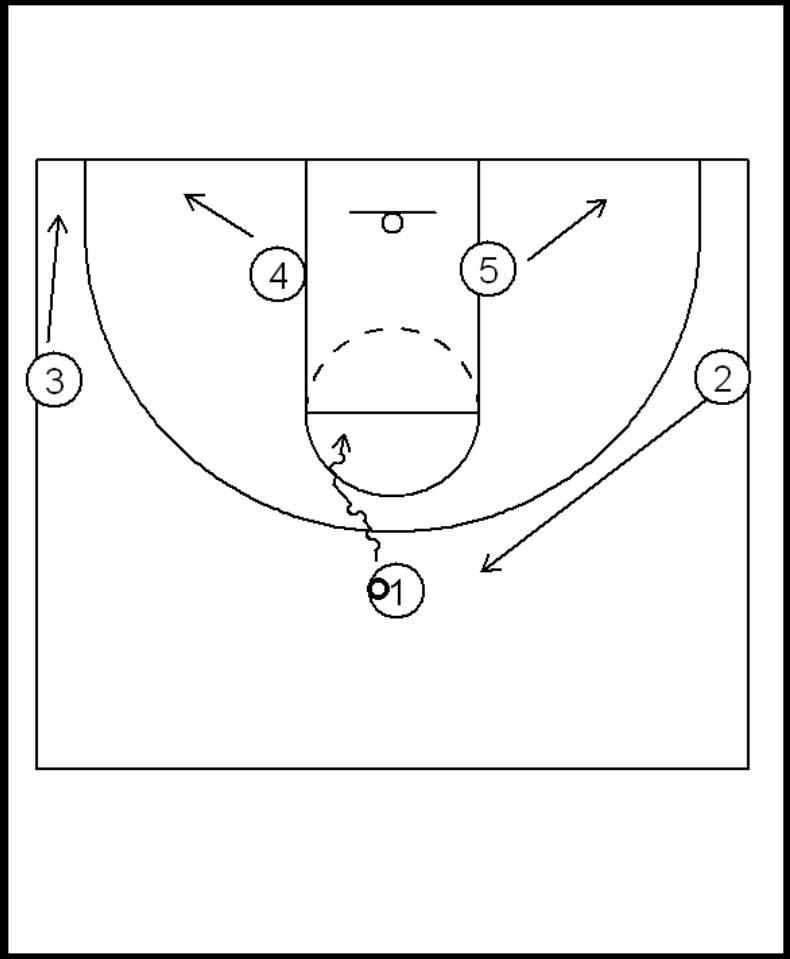
- 3 OUT 2 IN EXAMPLE OF LAYER 4



LAYER 4: Post Reactions to Dribble Penetration

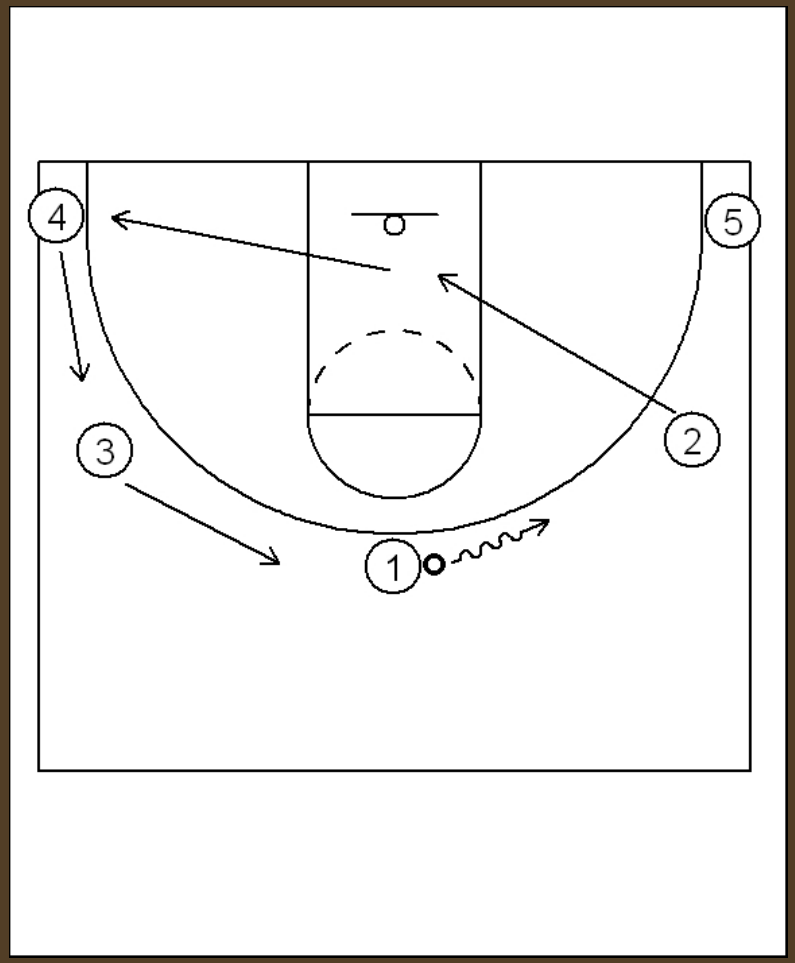


LAYER 4: Post Reactions to Dribble Penetration



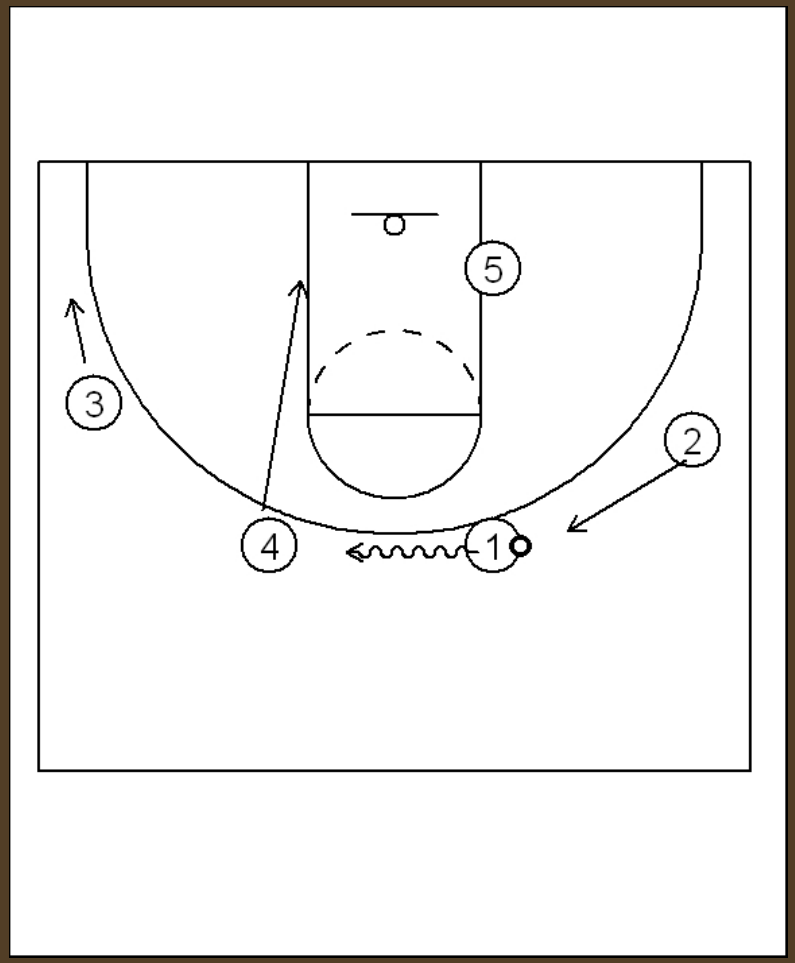
LAYER 5: East West Dribble: Speed Dribble

- The east / west dribble forces the basket cut
- we can use this layer to create movement, post up a perimeter player, set up a good read on the defensive overplay)



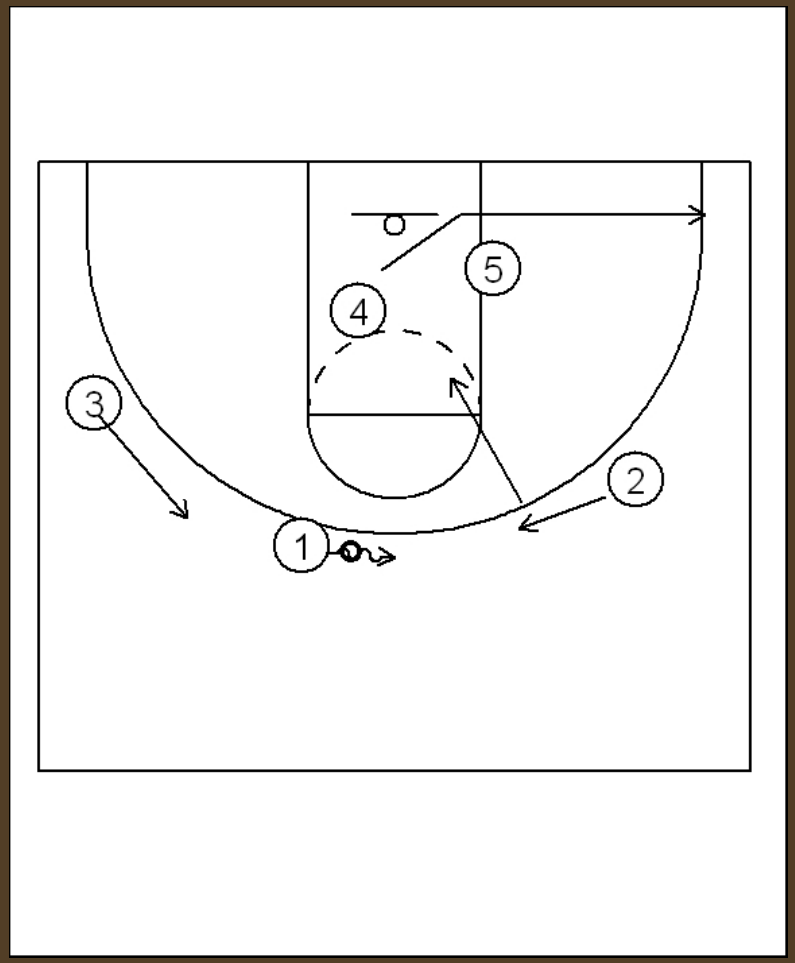
LAYER 5: East West Dribble: Speed Dribble

- **4 OUT 1 IN EXAMPLE OF LAYER 5**

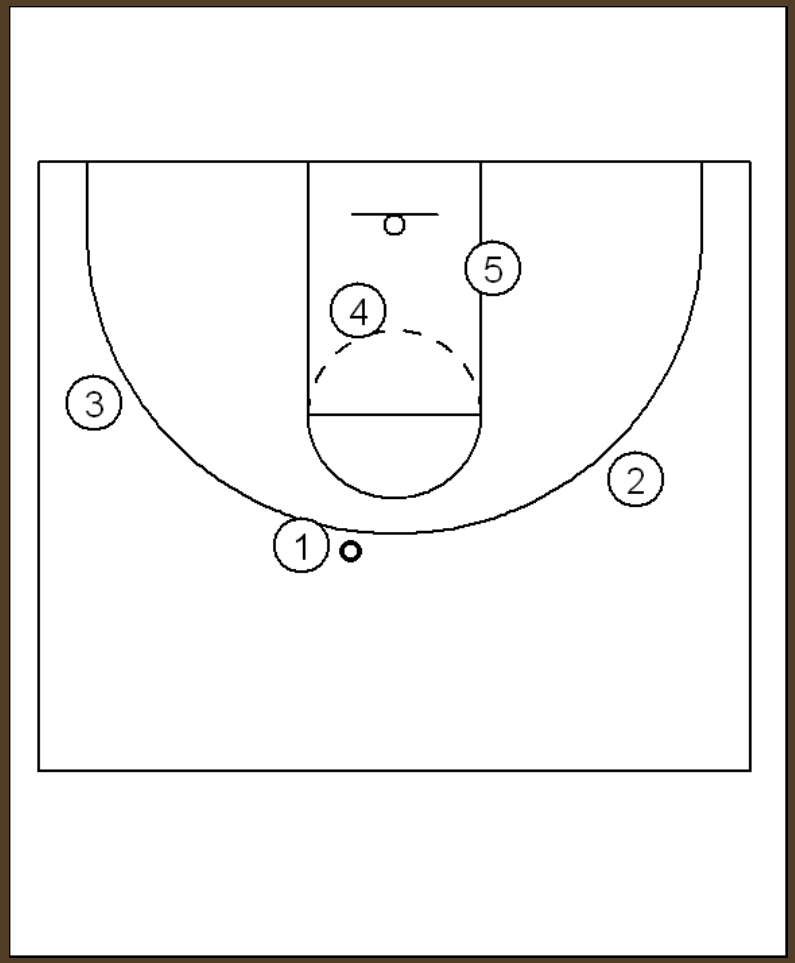


LAYER 5: East West Dribble: Speed Dribble

- here the 4 man has already basket cut, the 2 man is filling up from the baseline. Then the 1 man reverse direction and dribble at 2, so he basket cuts.
- This creates good movement.
- the cutter can use 5 as a screener during their movement out to the perimeter

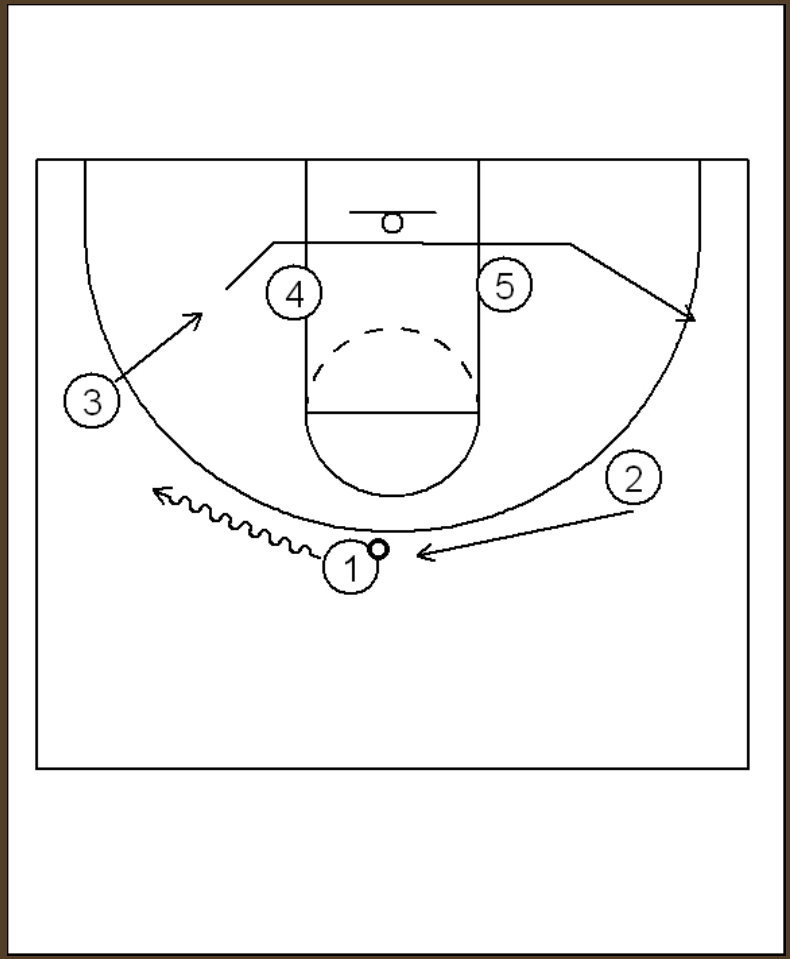


LAYER 5: East West Dribble: Speed Dribble



LAYER 5: East West Dribble: Speed Dribble

- 3 out 2 in example



LEVEL B

COMPLETING THE FOUNDATION

LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- **EAST WEST DRIBBLE: THE POWER DRIBBLE *(DRIBBLE HANDOFF AND ROLL)***

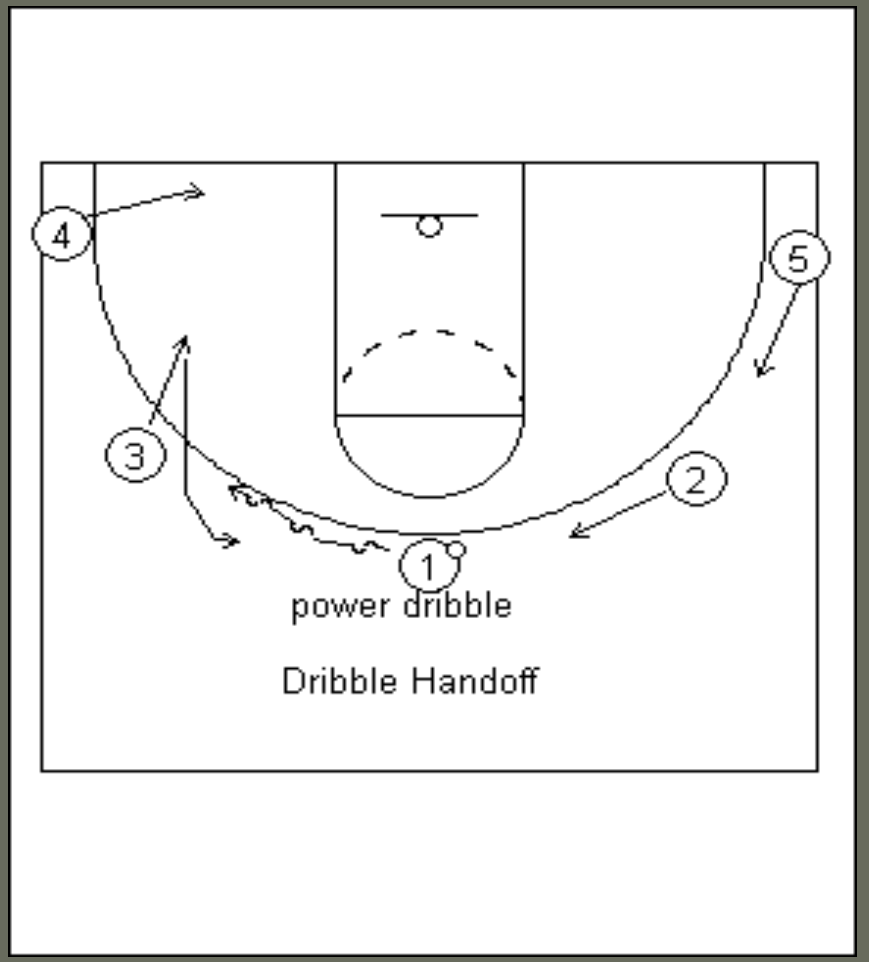
- 1. Can be used as a form of pressure relief.
- 2. Inside players can initiate the Pick and Roll to get inside.
- 3. It can be used to change "sets" 5 out > 4 out or 4 out > 3 out)

- Player signals he wants to do a DHO by doing a power dribble with a step slide action towards a player. This step slide must be so extreme that a teammate cannot mistake it for a speed dribble. Ballhandler will step across and turn his back to the goal.

- Player will V cut, faking the basket cut & circles to the outside.

- The ball is presented to the cutter with one hand on top (hand closest to cutter) and one hand on the bottom of the ball. Very similar to a hand off in football.

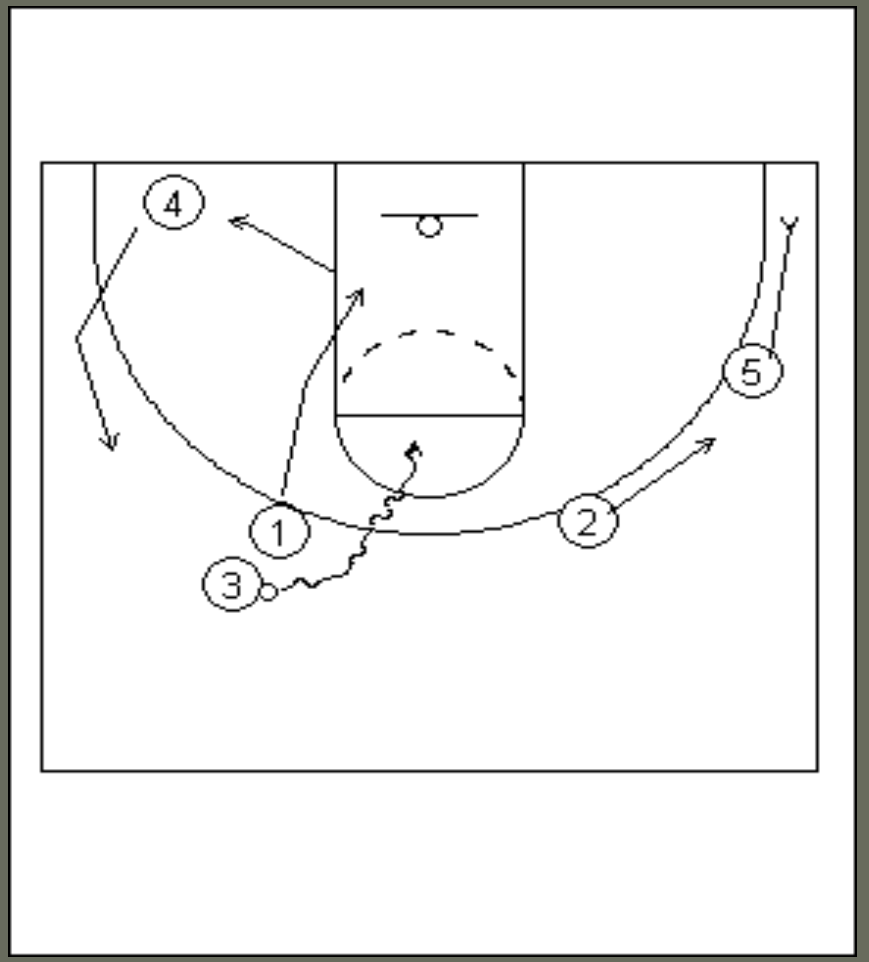
- Cutter reaches thru the keyhole to "snatch" the ball and get to the hole.



LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

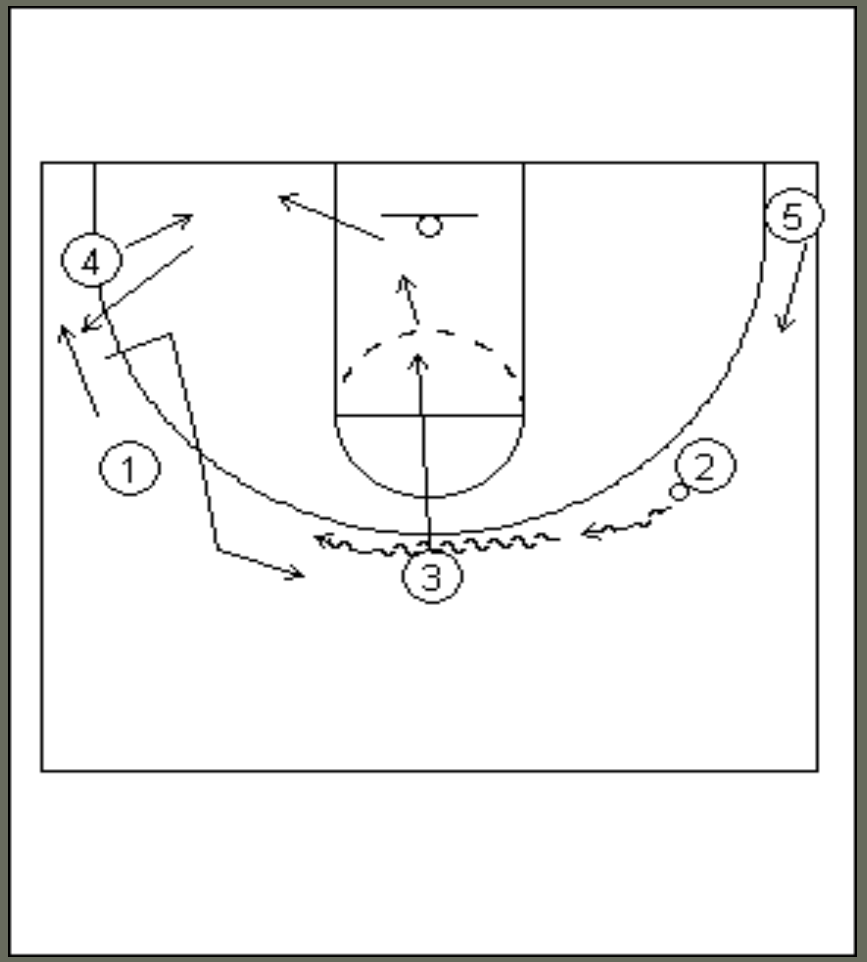
- if the roller is not open he executes the same reaction as a basket cut and moves out to open corner.

- THE POWER DRIBBLE
- 1. Its a pressure relief option for everyone
- 2. Its a safe way for post players to initiate a pick and roll on perimeter.
- 3. It can create mismatchs when it forces teams to switch on the pick and roll.
- 4. It can be used to change sets from 5 out to 4 out and 4 out to 3 out.
- 5. Its an easy way to transfer the ball to a better playmaker in a great playmaking situation.



LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

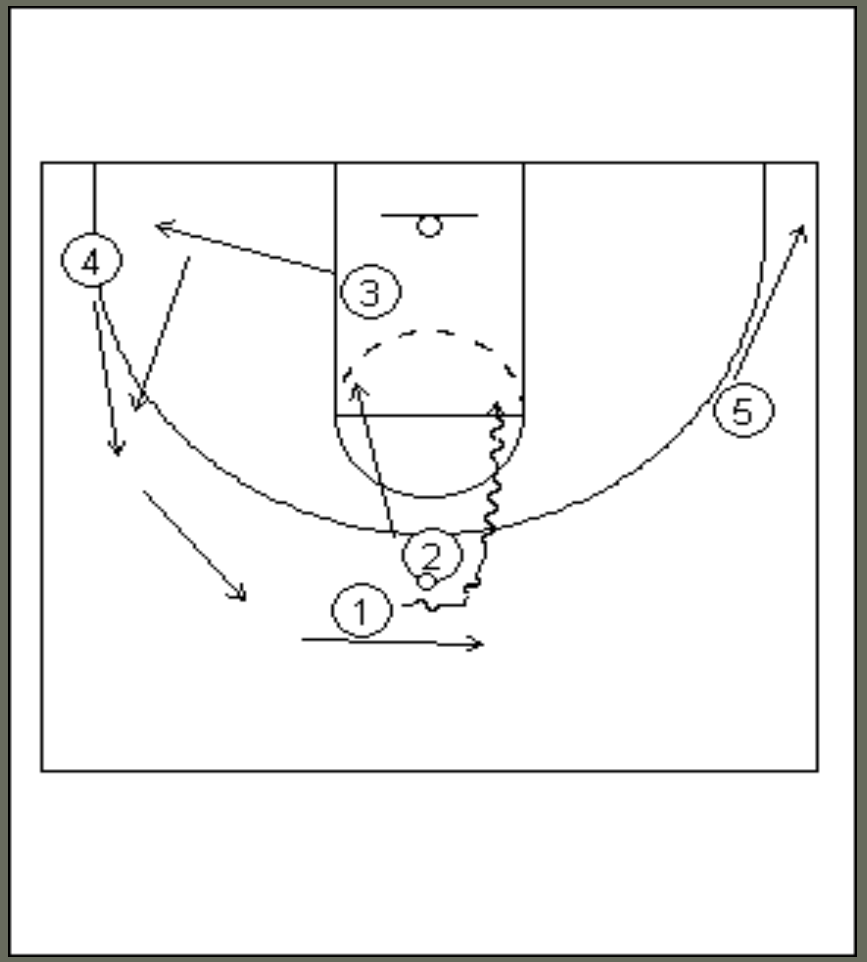
- If 1st player mis-reads the power dribble then they continue on to next player and look to 'DHO' or reverse and power dribble the other direction.



LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

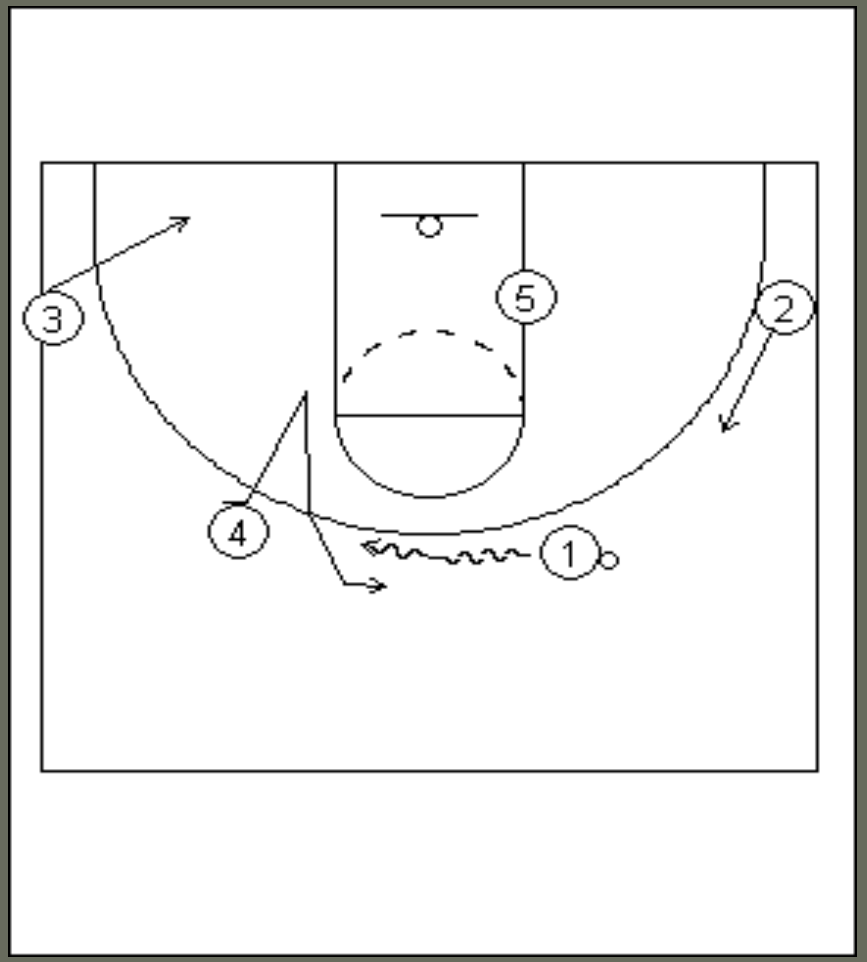
- Here after player #3 mis-read and cut to the basket, player 2 just kept going and ran a DHO with player # 1.

- If he wanted to, player #2, could have reversed direction and ran a dribble handoff with player #5.

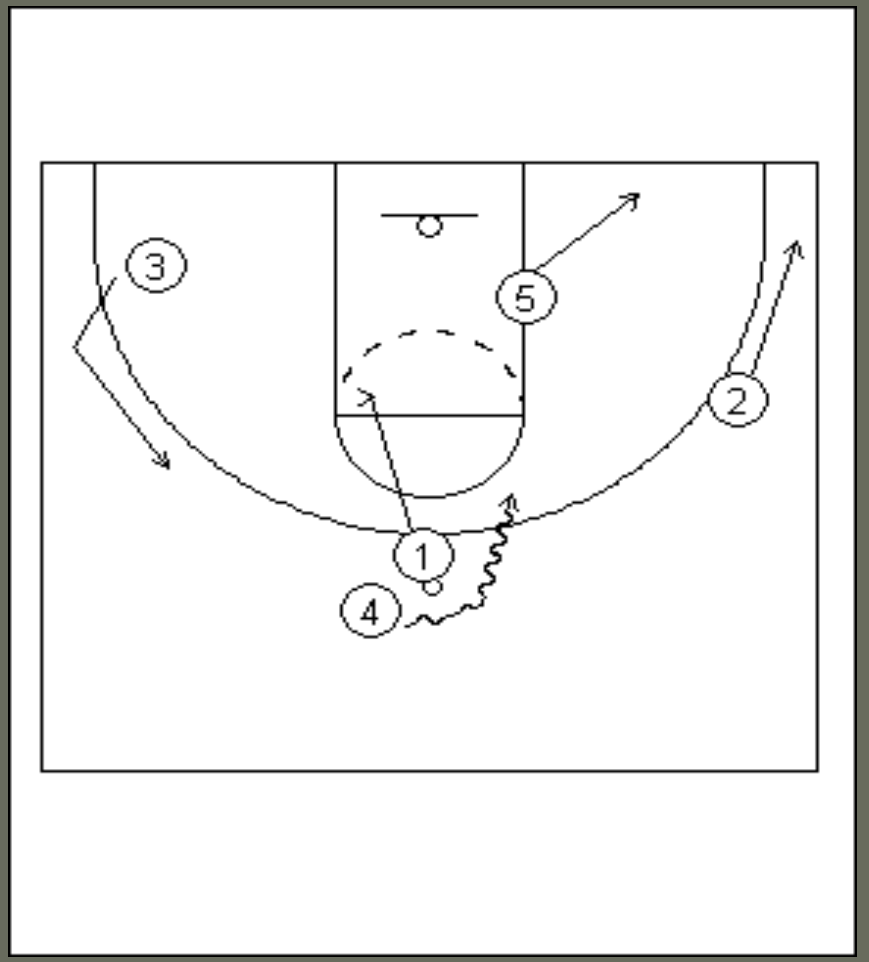


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- EXAMPLE OF 4 OUT 1 IN OFFENSE WITH POWER DRIBBLE USED.

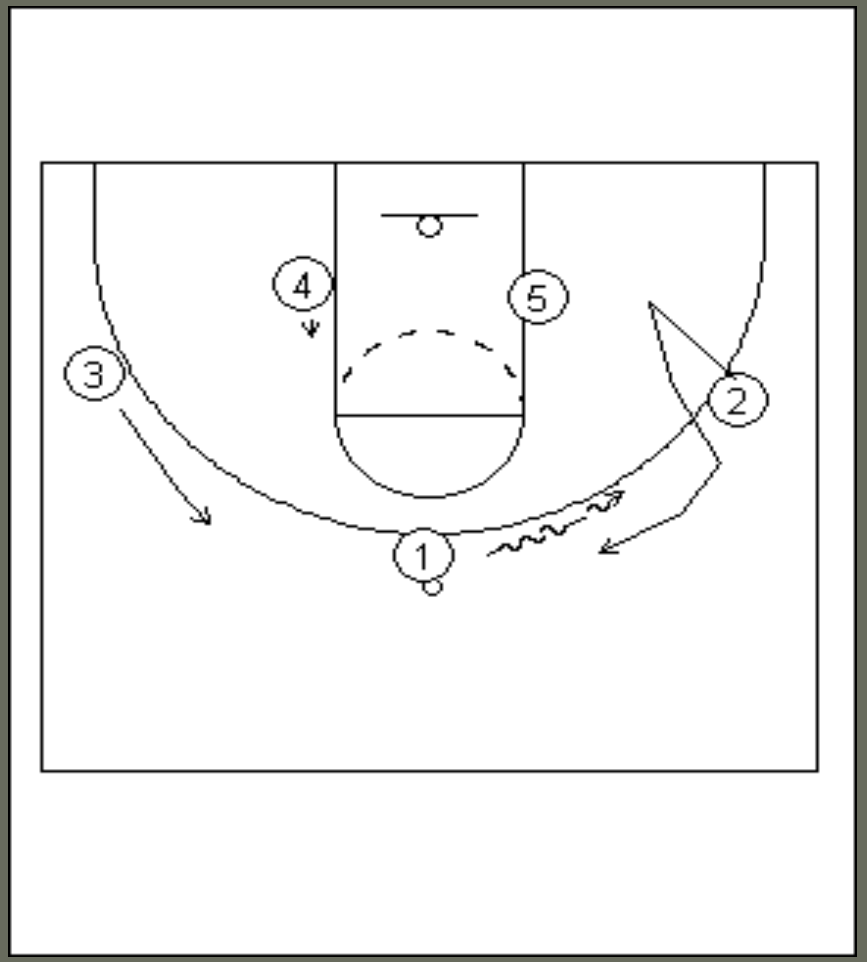


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

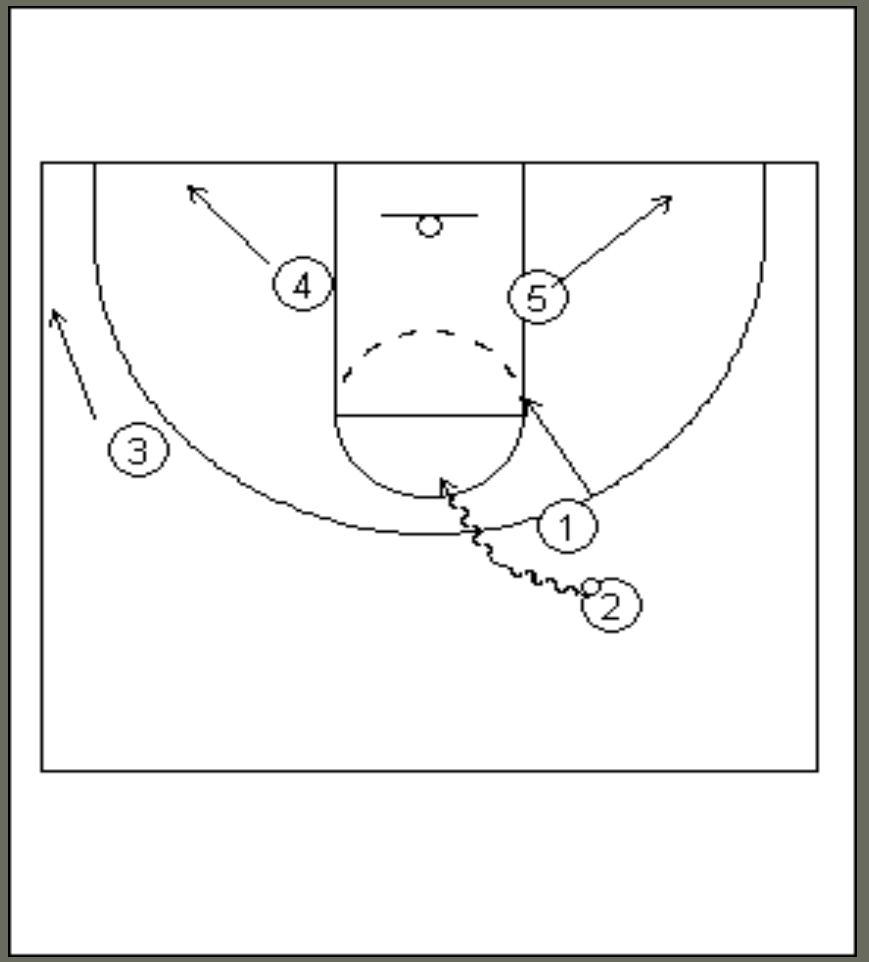


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- 3 OUT 2 IN EXAMPLE OF POWER DRIBBLE

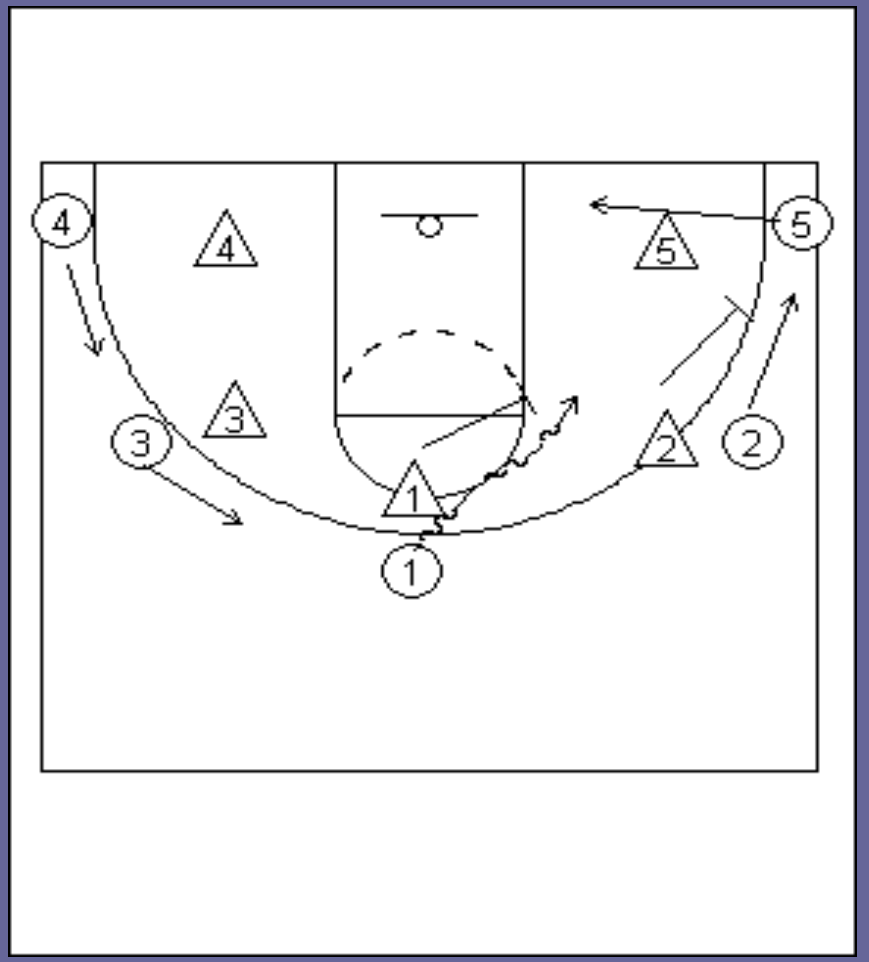


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE



LAYER 7: EAST WEST DRIBBLE: CIRCLE REVERSE

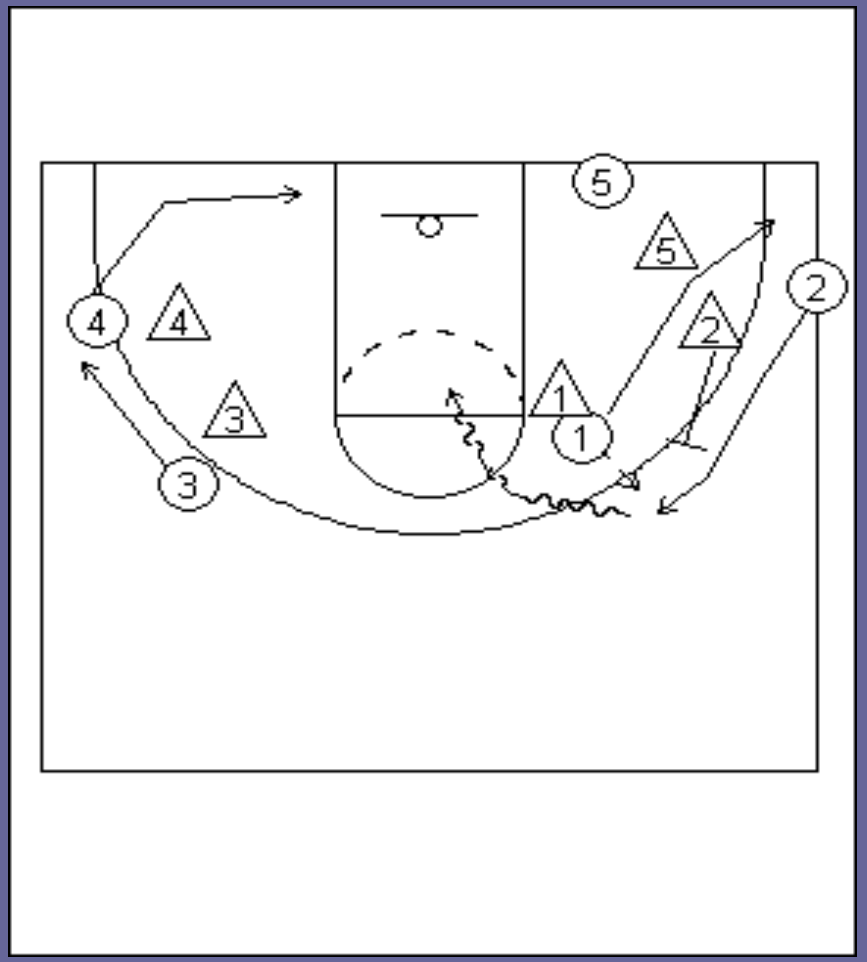
- Layer 7: Circle Reverse
- This layer is very similar to the kick back for the dribble drive motion offense.
- The offense attempts a North > South dribble and is cut off and forced to the outside.
- The 2 man starts his circle movement and sees that his defender doesn't help on the drive. So he plants and reverses his circle movement.



LAYER 7: EAST WEST DRIBBLE: CIRCLE REVERSE

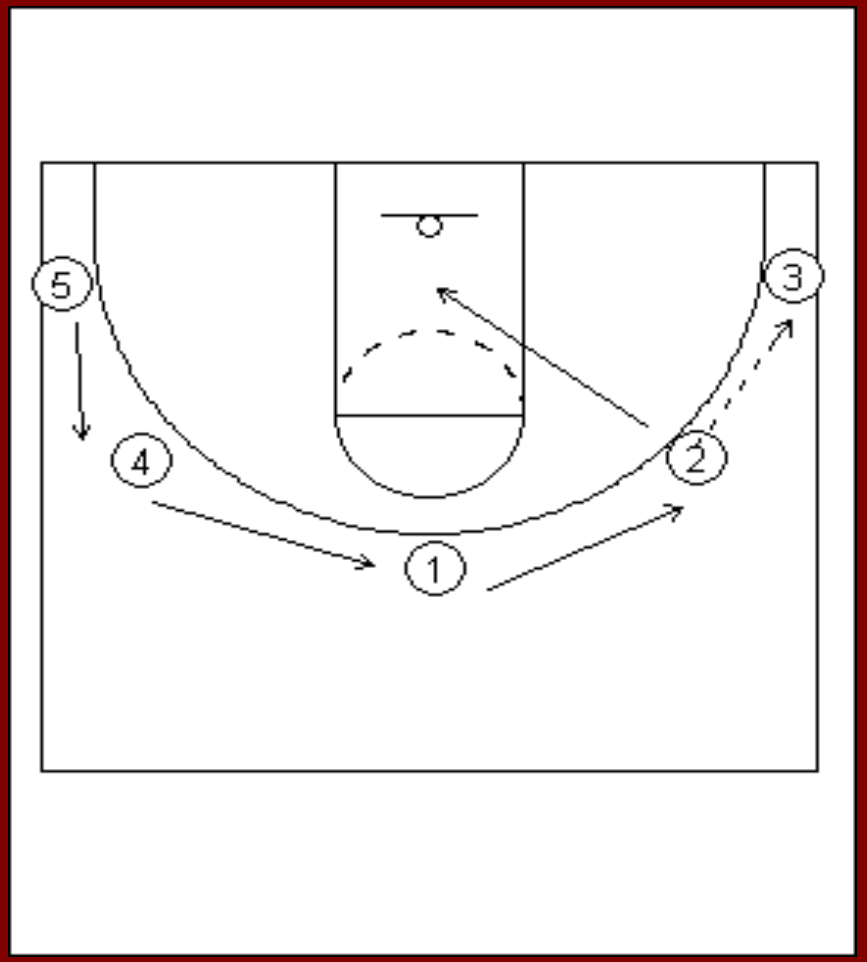
- Here the 2 man is running reverse circle motion. We want him to play "down hill" and catch the ball going towards the rim.

- The 3 man and 4 man will adjust their circle movement and reverse direction .

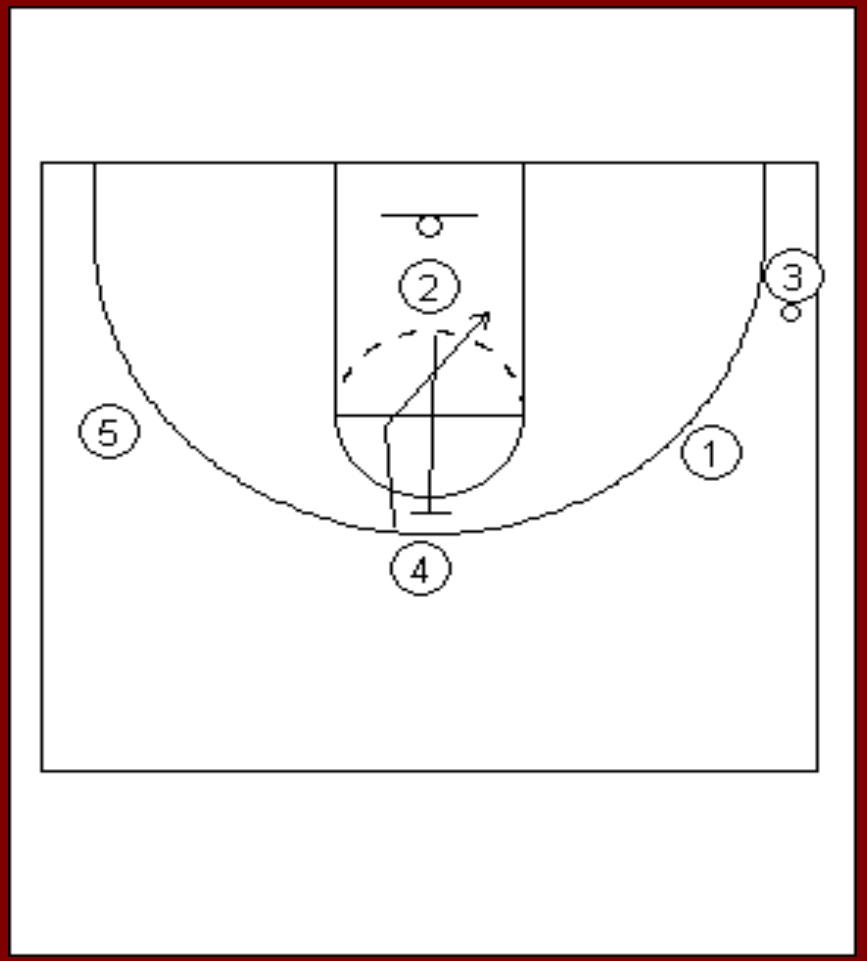


LAYER 8: BACK SCREENS

- **Layer 8: BACK SCREENS**
- After any basket cut, you may backscreen your way out
- Why Backscreen?
- - hard to defend
- - similar to basic layer basket cuts
- - dovetails into previous layers
- - its a North / South attack
- - natural movement
- - cutter alway fill ou
- - ordinarily its to get open, now its to get a teammate open: "youv'e had your chance to score, now give your teammate a chance to score" "Don't hand in the lane"
- Sprint out of the lane, fill out with a purpose,
- setting a backscreen can mean a 3 for the screener
- How to backscreen:
- Jump stop and call out teammates name, cutter cannot move until they hear the feet hit the floor.

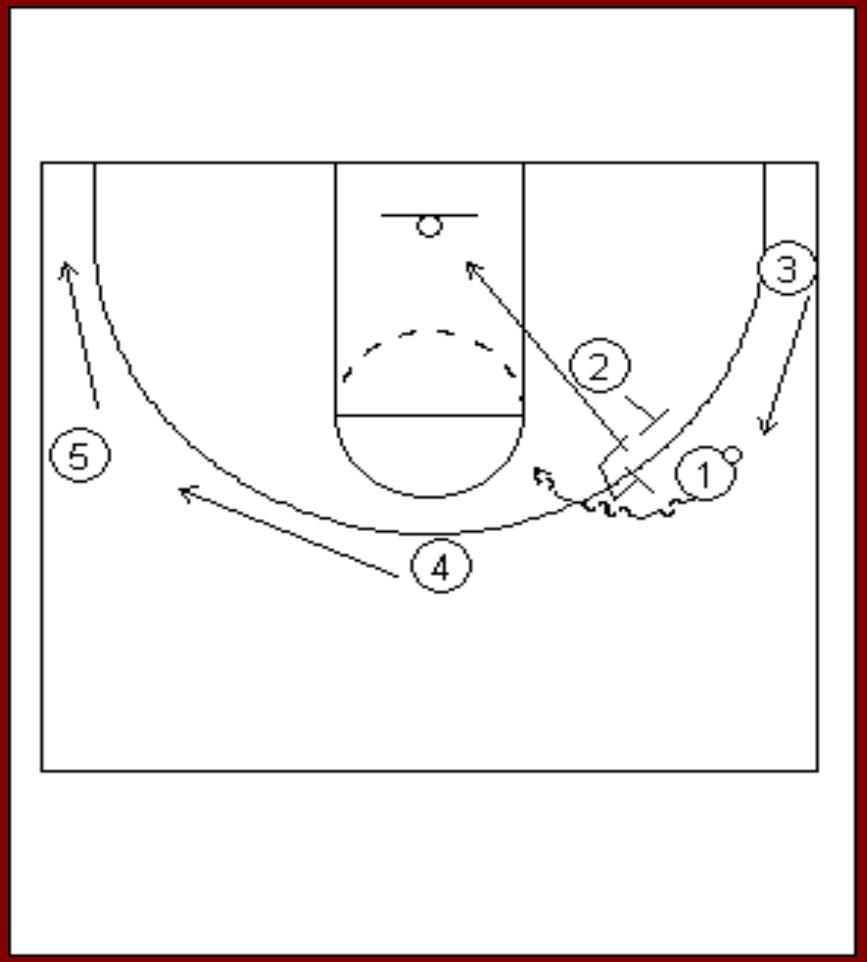


LAYER 8: BACK SCREENS



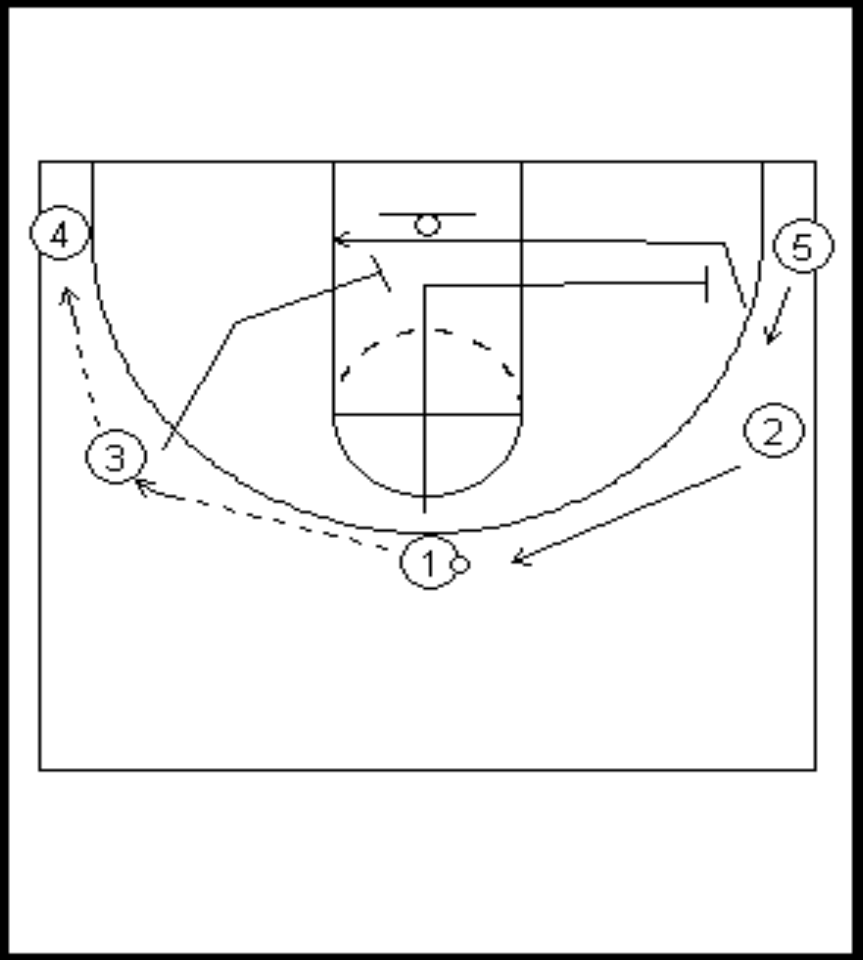
LAYER 8: BACK SCREENS

- error correction:
- If you fill out to wrong side of the floor, just set a backscreen for a teammate any your still good.
- if you get caught setting a backscreen when a player receives a pass, just be patient and set a ball screen or set a backpick after they pass the ball.

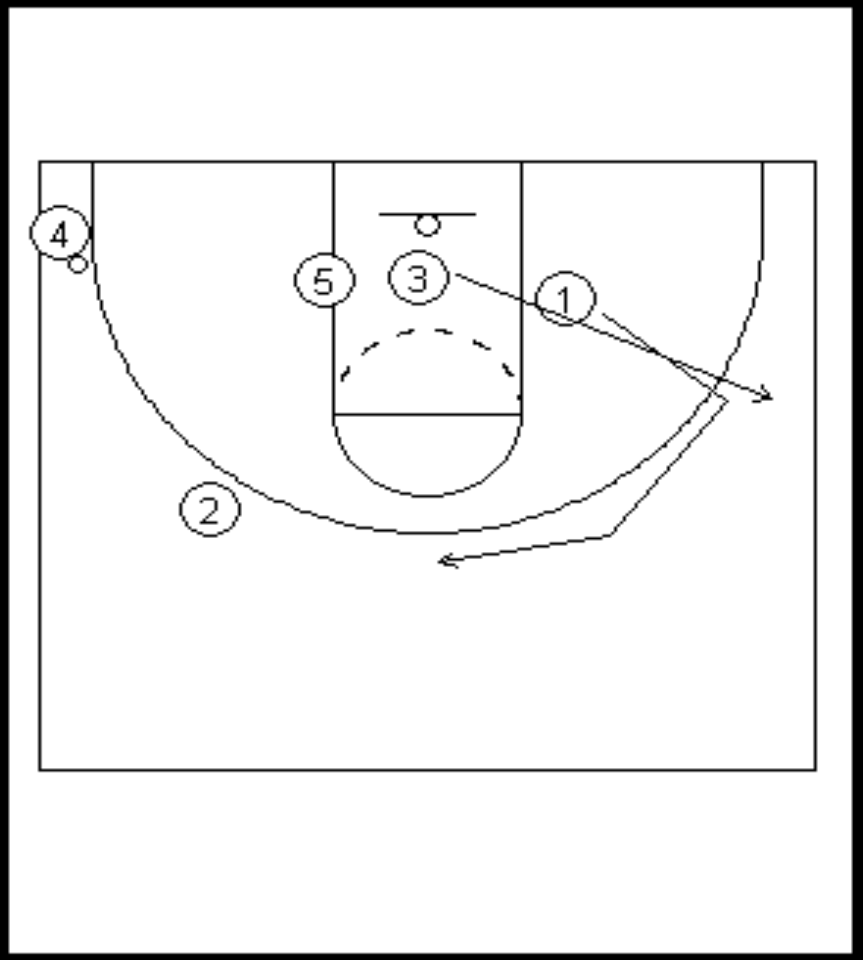


LAYER 9: MULTIPLE STAGGERED SCREENS

- **<u>Layer 9: MULTIPLE STAGGERED SCREENS</u>**
- finish your cut and use or set staggered screens as you go.
- while cutting, look for multiple staggered screens
- encourage players to finish cuts.
- some of these screens may be "rub" screens.

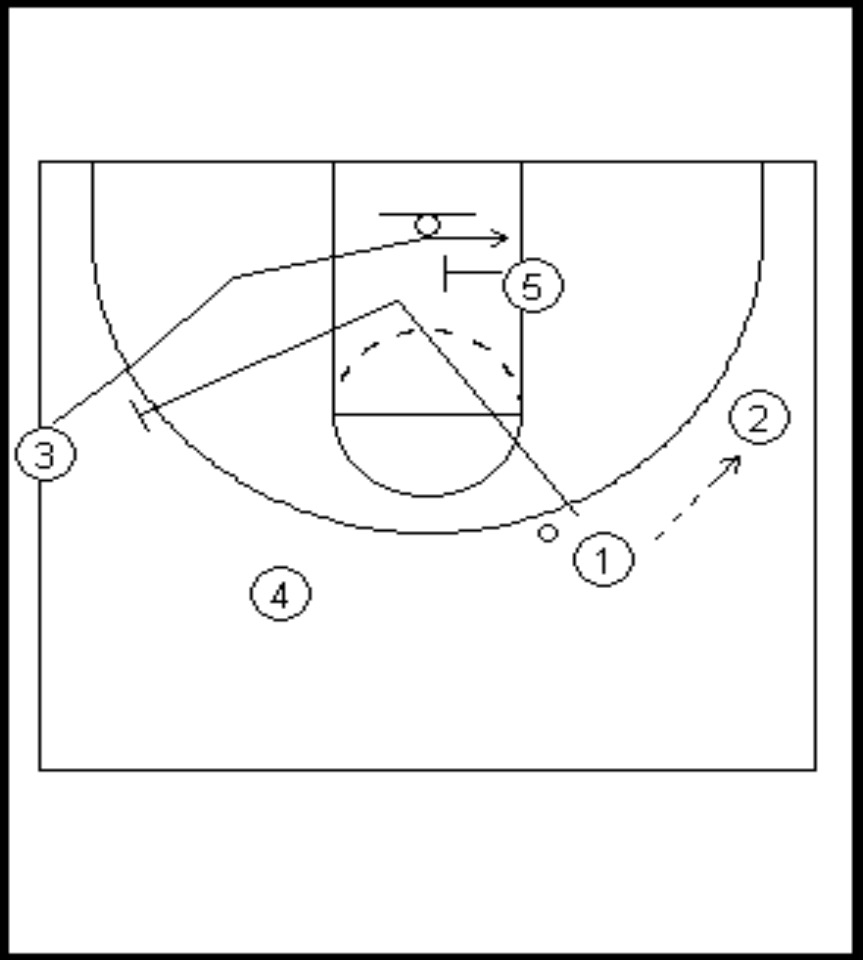


LAYER 9: MULTIPLE STAGGERED SCREENS



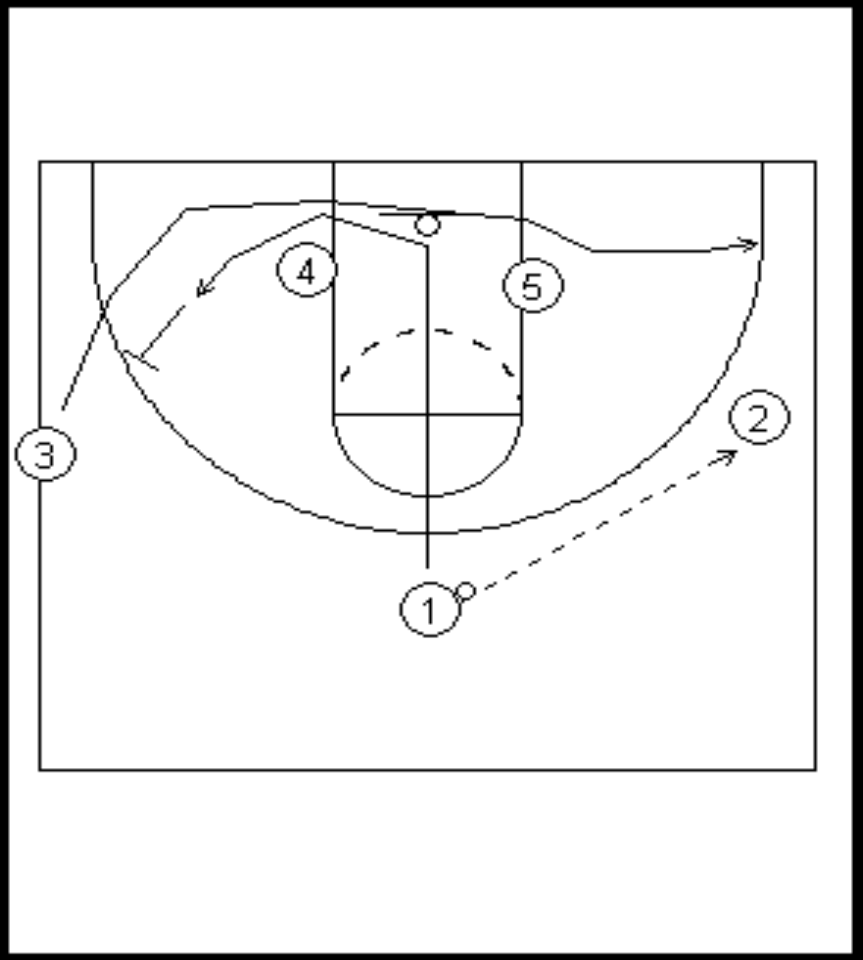
LAYER 9: MULTIPLE STAGGERED SCREENS

- 4 out example:
- this works well when you have a post already set down in the post.
- you can keep the post on one side of the floor, ballside all the time, or back side all the time.
- the post looks to screen for cutters.



LAYER 9: MULTIPLE STAGGERED SCREENS

- 3 out example
- now have 2 post screening

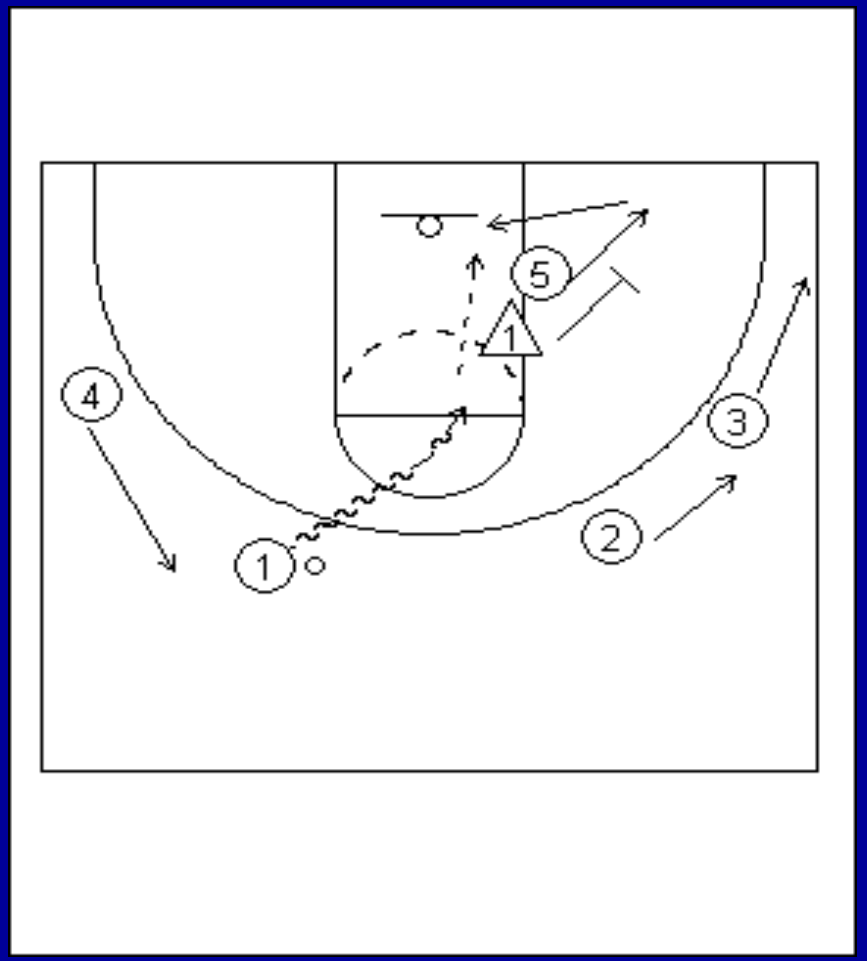


LEVEL C

POST PLAY

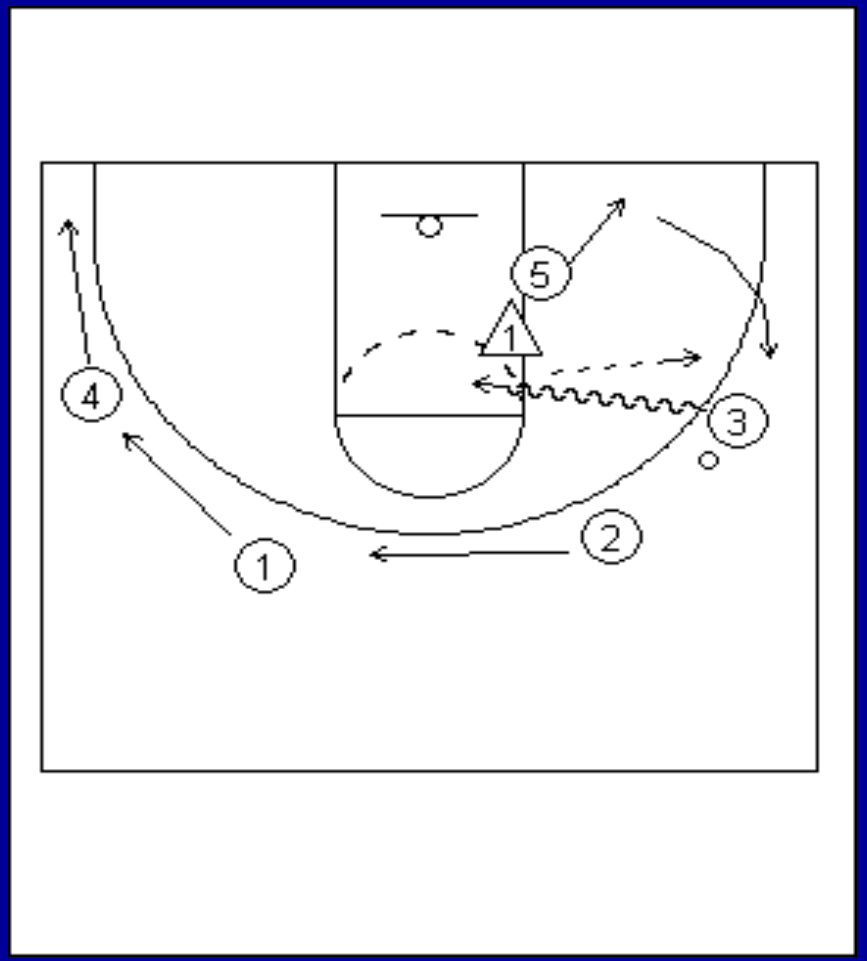
LAYER 10: 4 OUT 1 IN ADVANCED POST REACTIONS

- Layer 10: 4 out 1 in advanced post reactions
- These reactions are some advanced moves for the single post to use in a dribble drive situation.
- Here the point drives middle, starting opposite the post.
- The post slides short corner.
- The post defense follows the cut.
- The post executes a rear



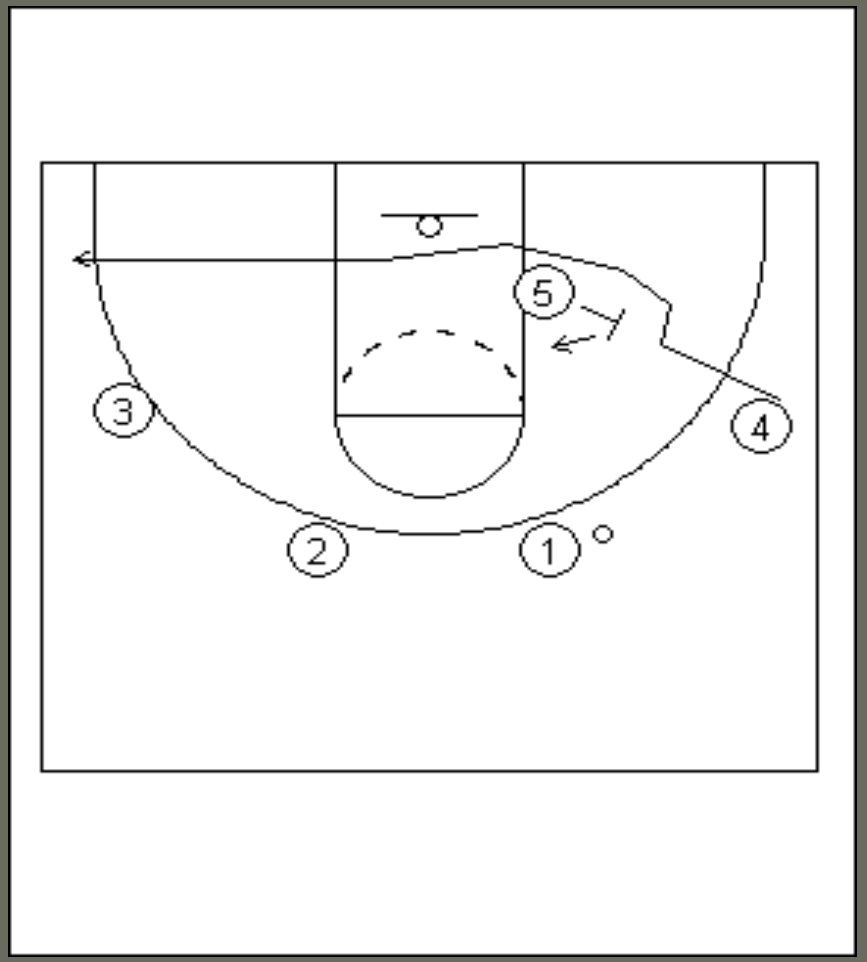
LAYER 10: 4 OUT 1 IN ADVANCED POST REACTIONS

- Here the penetration occurs on the post side.
- - the post slides to the short corner
- - and then circle moves to the safety valve position
- either of these moves can be used if the post has previously mastered the L cut and I cut.
- this circle move works great for a post that is a good shooter.
- or
- start your best shooter in the post and have them circle out on penetration.

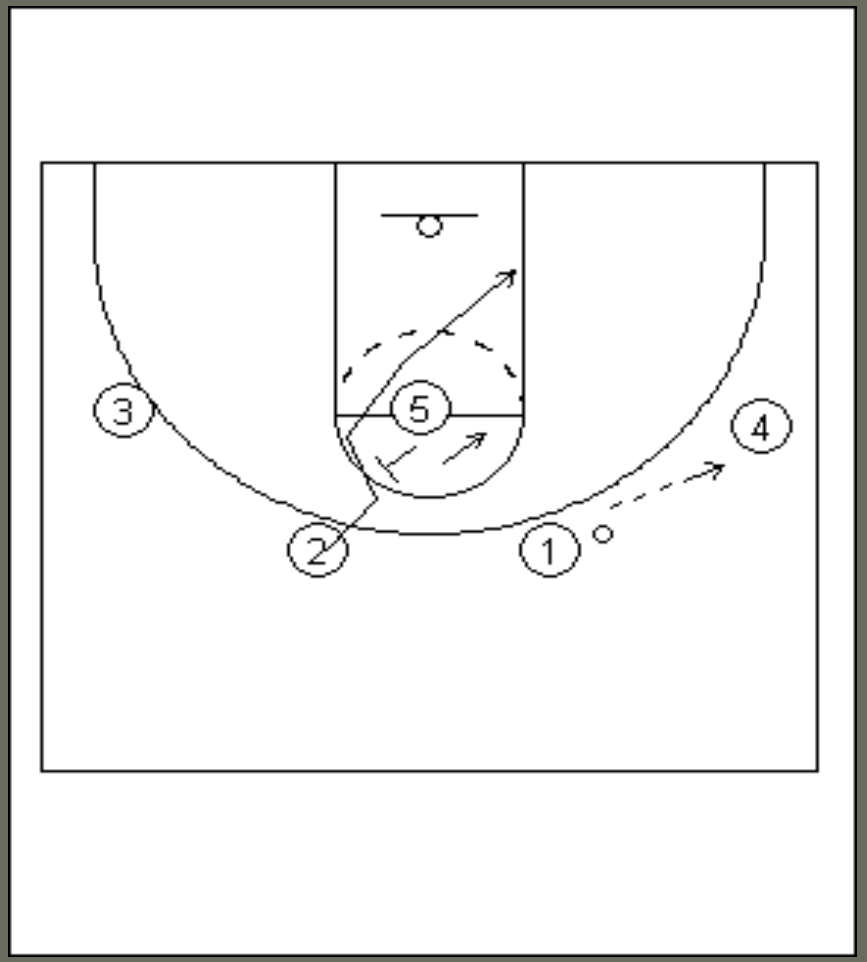


LAYER 11: 4 OUT 1 IN POST BLOCKING

- LAYER 11: 4 OUT 1 IN POST BLOCKING
- Here the post is utilized as a screener and looks to shape up after he screens.
- You can assign the post to:
- 1. low
- 2. high
- 3. wide
- 4. one side high or low
- there are endless varieties depending on the post players level of skill.

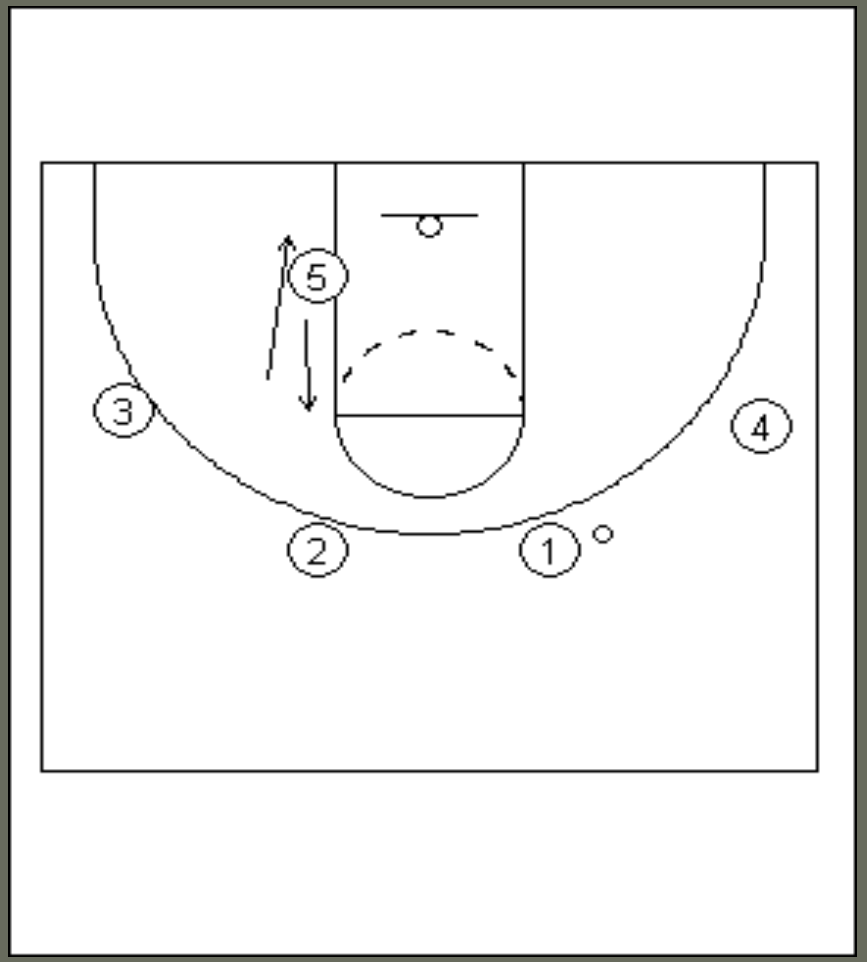


LAYER 11: 4 OUT 1 IN POST BLOCKING



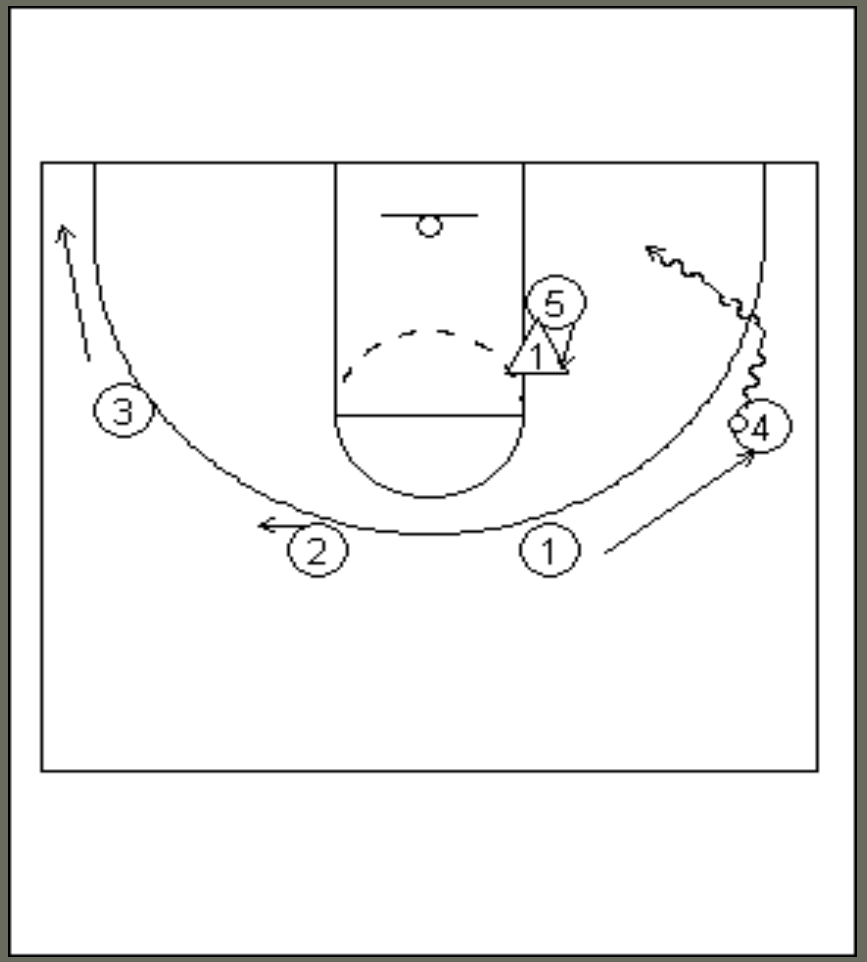
LAYER 11: 4 OUT 1 IN POST BLOCKING

- here we keep the post on the left side. This opens up the right side for driving and the left side for posting. Anyone that crosses the left side can get a pick from the post.



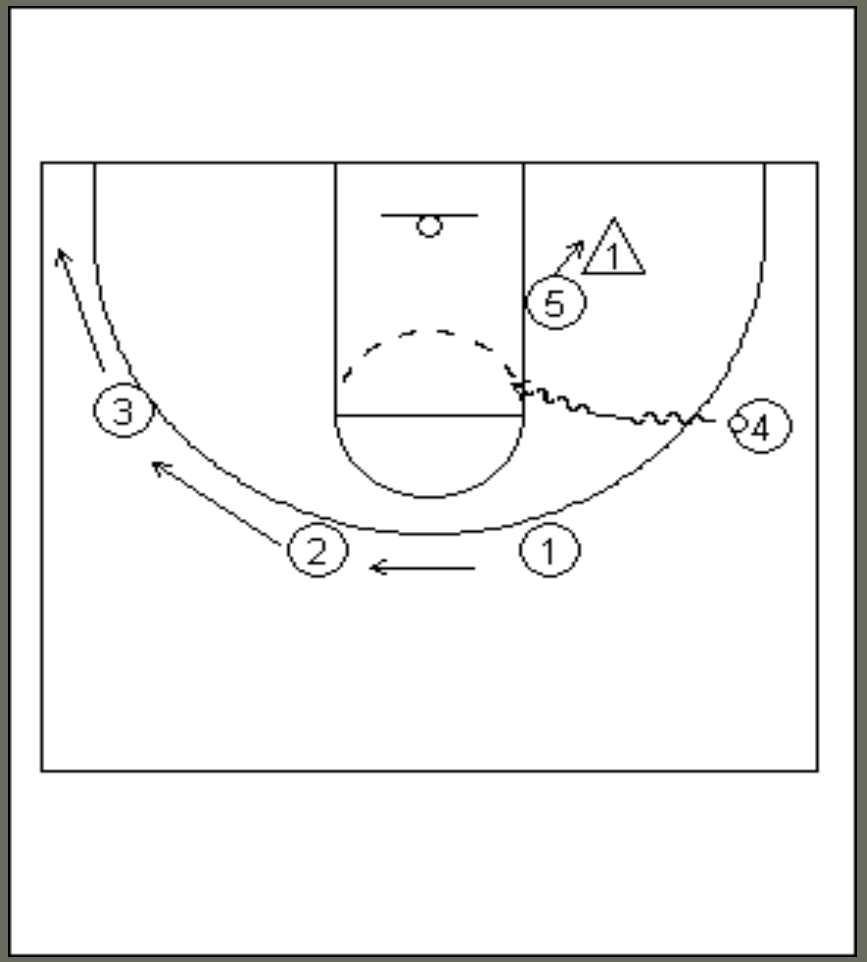
LAYER 11: 4 OUT 1 IN POST BLOCKING

- In the 4 out set the post defense should tell the guards where to look to drive.
- Here the defense is on the high side of the post. So the guard drives baseline and the post looks to I cut up the lane.



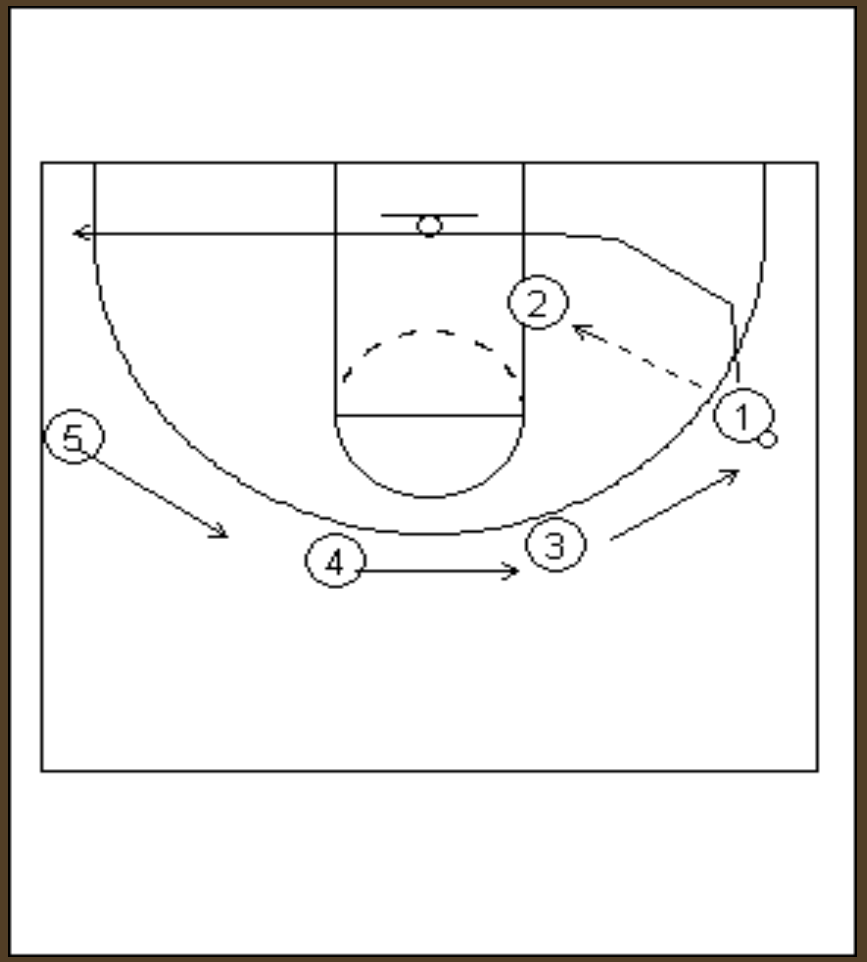
LAYER 11: 4 OUT 1 IN POST BLOCKING

- defense is on the low side, we look to drive middle



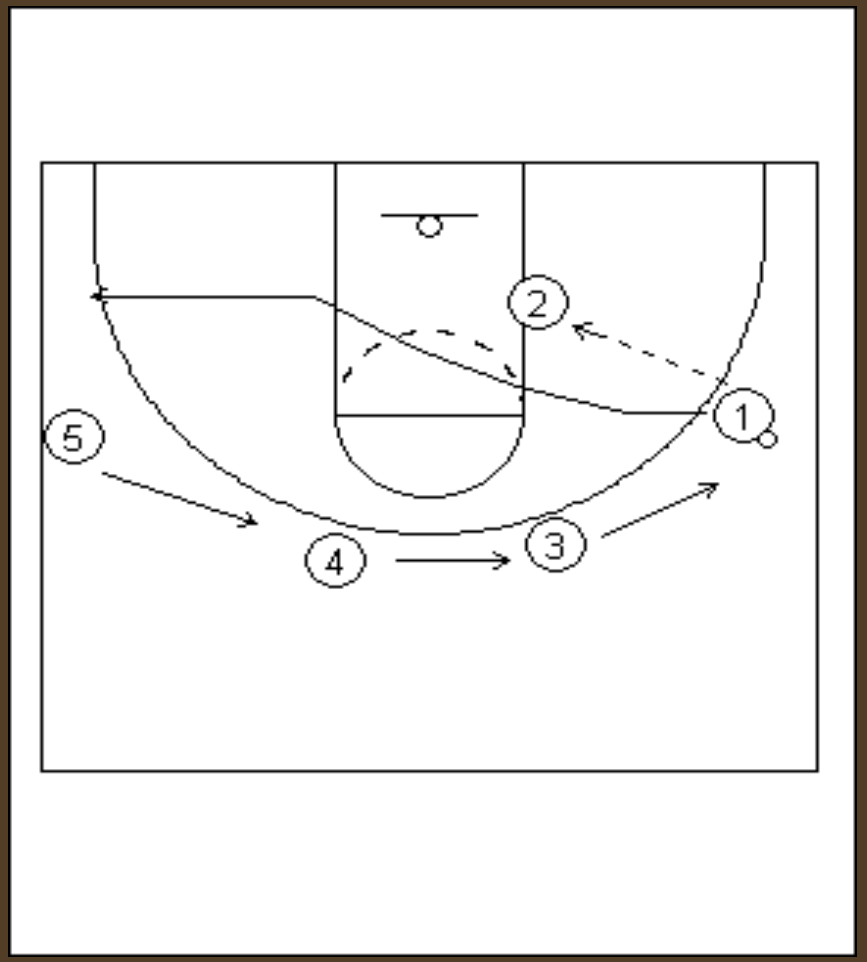
LAYER 12: 4 OUT 1 IN POST PASSING

- LAYER 12: 4 OUT 1 IN: POST PASSING
- There are 4 different cuts that we make off a post feed.
- note: you might move this layer up in the teaching order, if you are a more post oriented team.
- 1st cut:
- Laker cut Low:
- Feed the post and cut low below the post and thru to the opposite side. The other guards fill up to the open spot.
- when the guards rotate, they are looking to see if their defender breaks the read line. If so they will backcut.



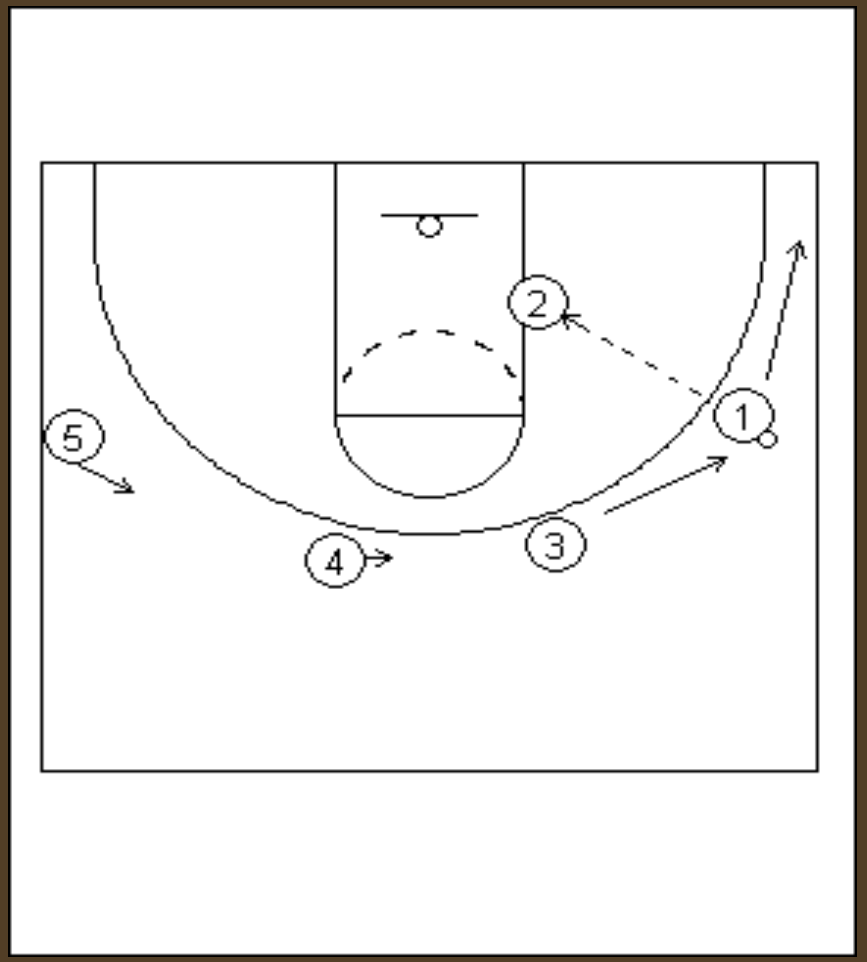
LAYER 12: 4 OUT 1 IN POST PASSING

- this the LAKER CUT LOW



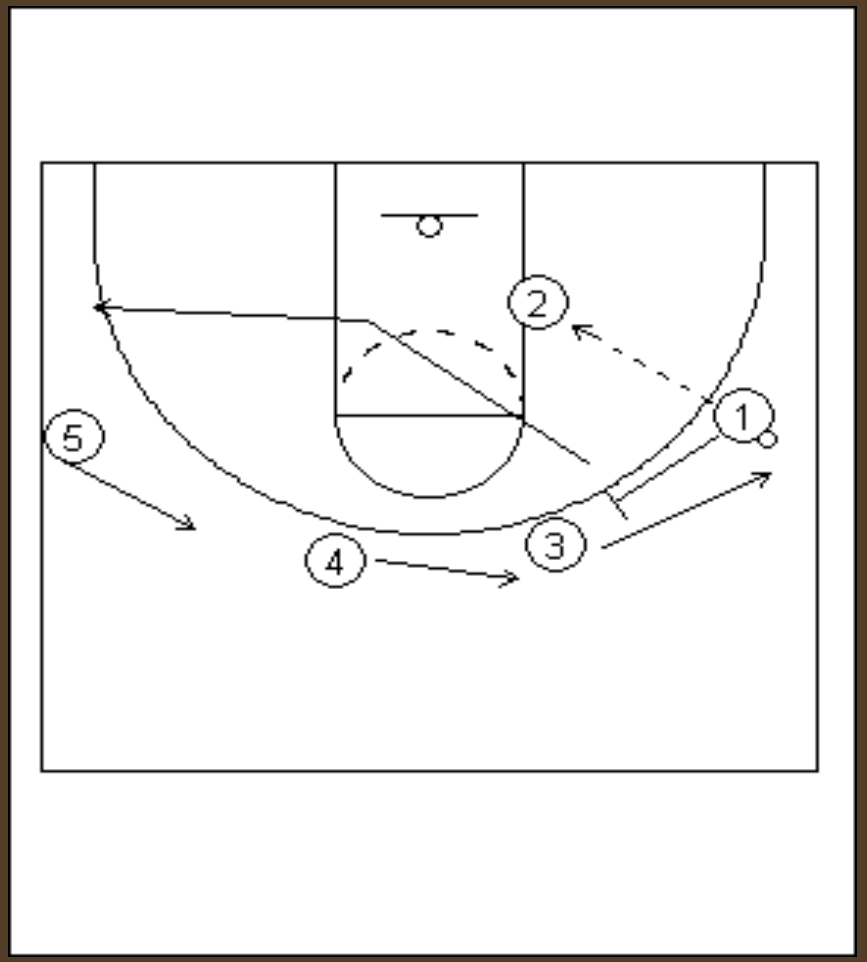
LAYER 12: 4 OUT 1 IN POST PASSING

- this is the RELOCATION
- this is ideal if the wing's defender double downs on the post.



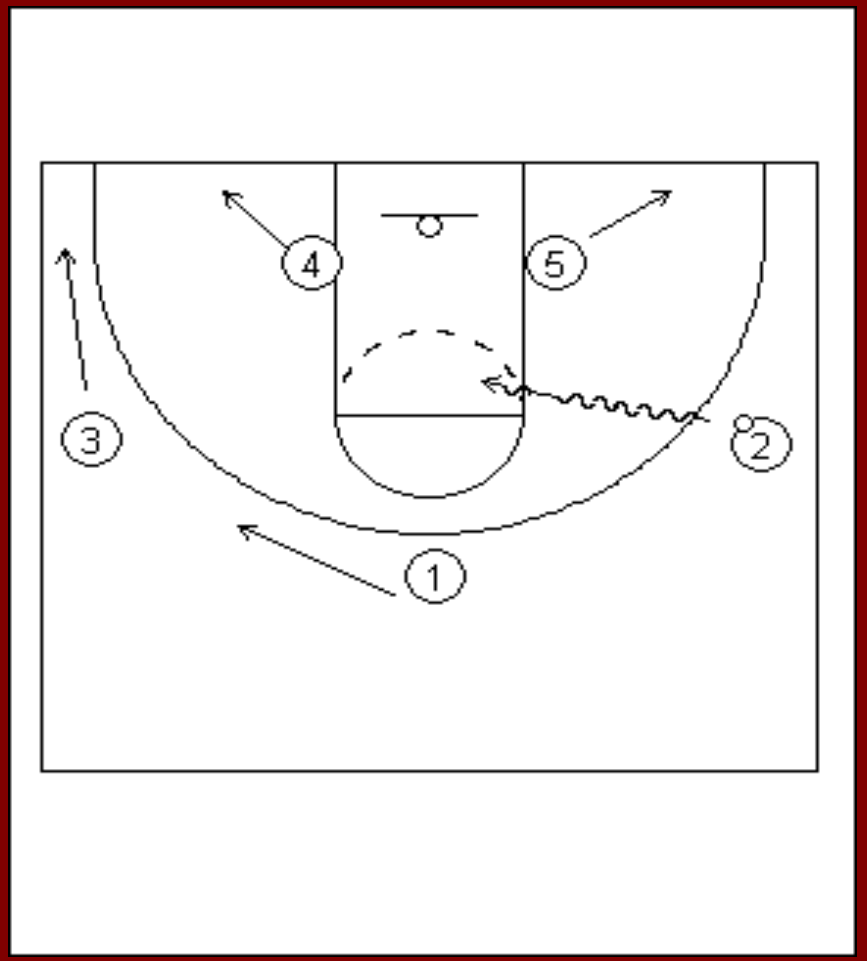
LAYER 12: 4 OUT 1 IN POST PASSING

- this is the X CUT.
- screen up and then roll to the basket.



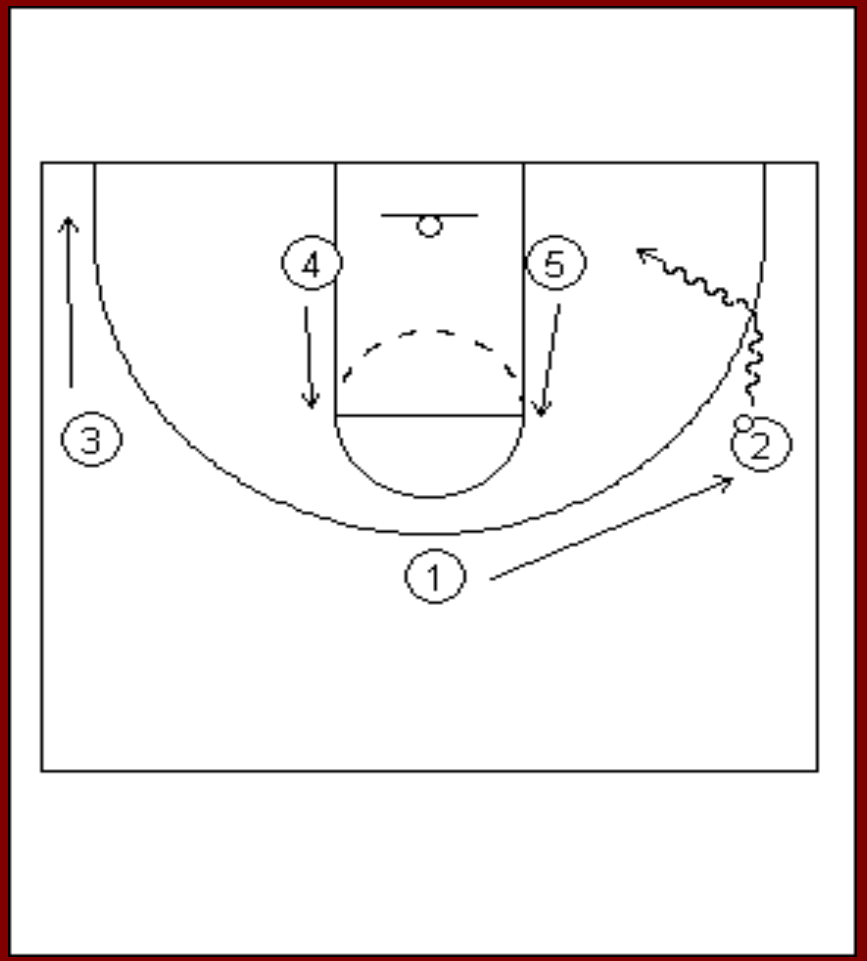
LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION

- Layer 13: 3 OUT 2 IN dribble penetration
- the post will adjust to where the dribble penetration occurs.
- If penetration occurs above the post they will dive to the short corner.

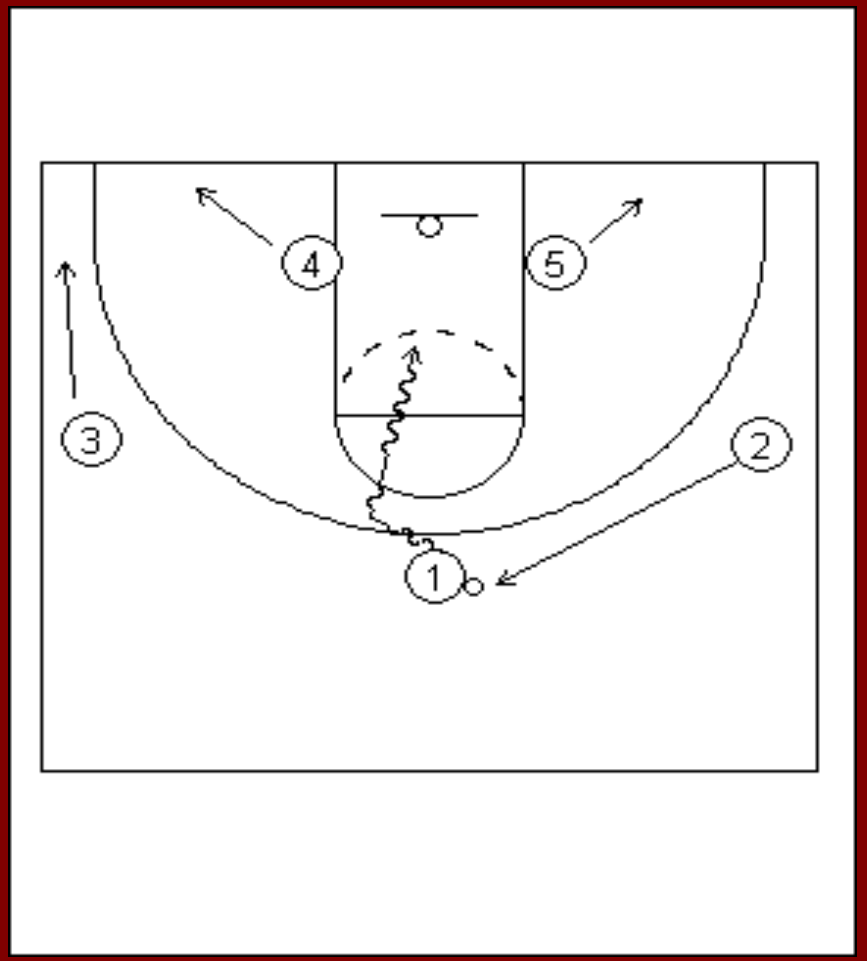


LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION

- If penetration occurs below the post.
- they will I cut up to the elbow of the lane, this takes care of the 90 degree pass and the 45 degree pass.
- the opposite wing fills the opposite corner for the natural pitch pass and the guard fill the safety valve spot.

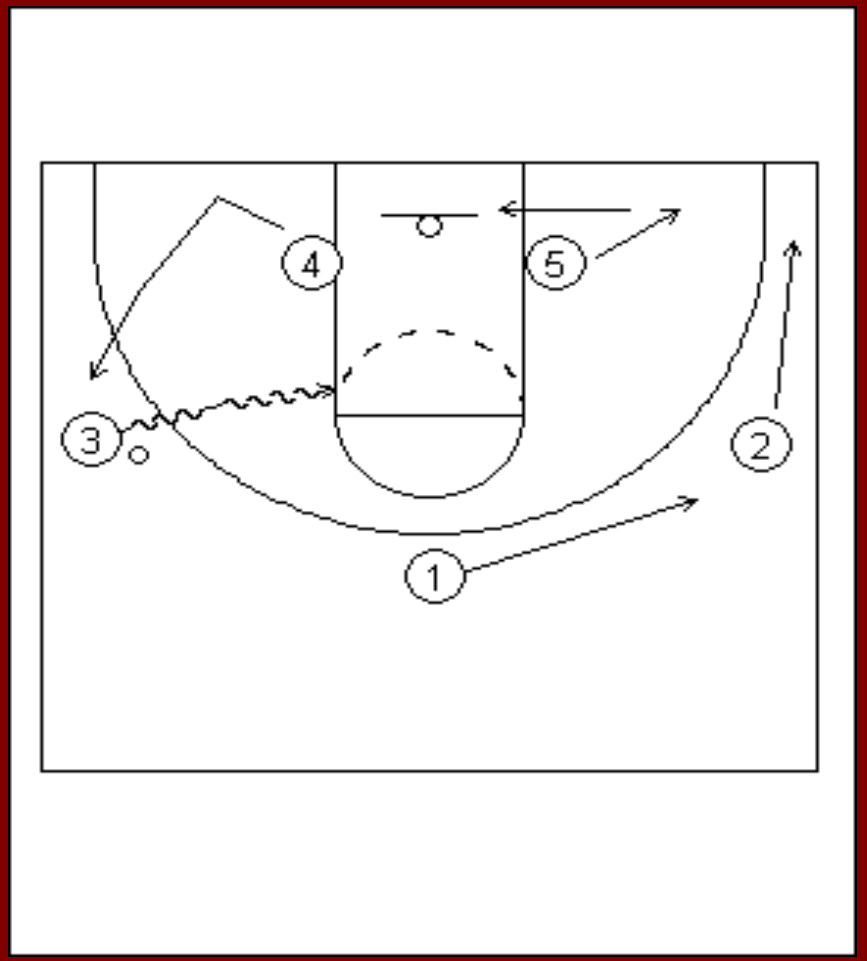


LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION



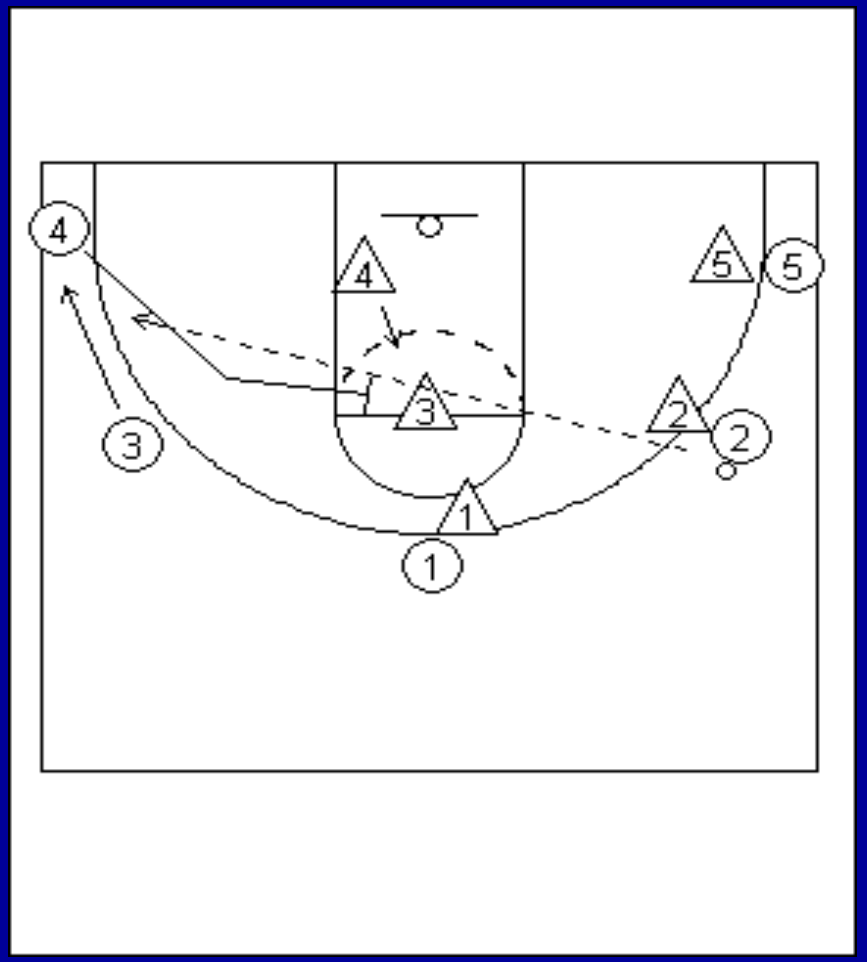
LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION

- here we have a drive above the post and two advance cuts by the post.



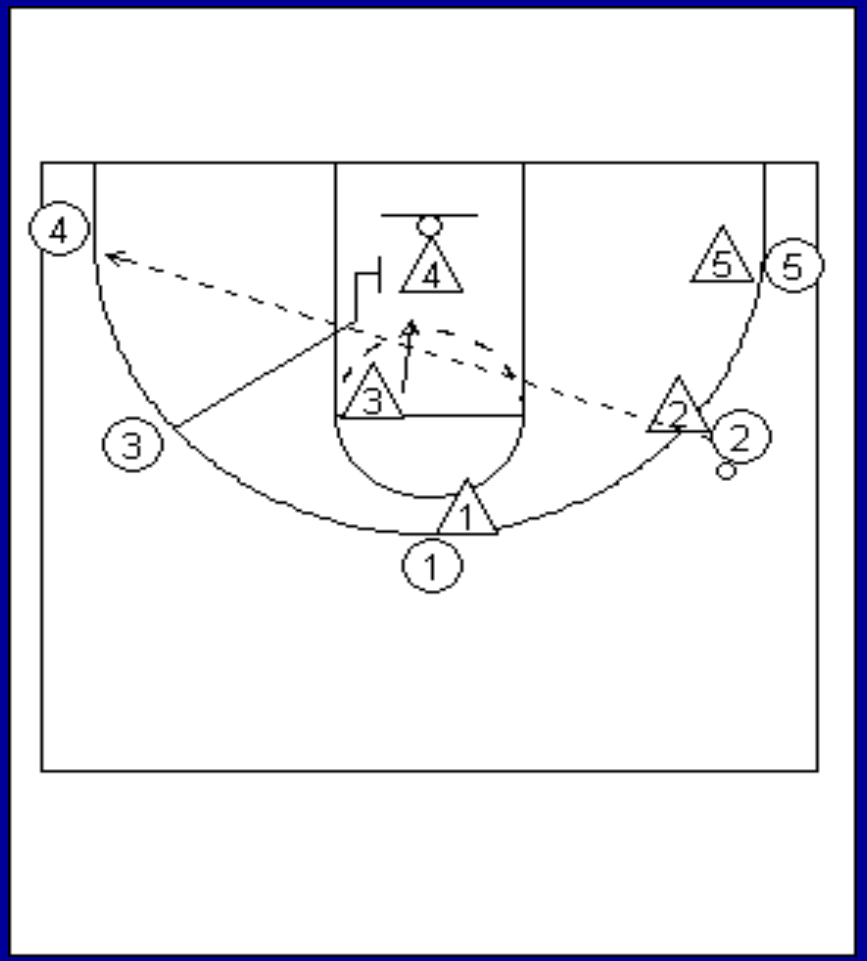
LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- Layer 14: Countering Help Defense: Pin and Skip
- we will start teaching with a 5 out set.
- This layer may be taught earlier in the sequence if you are struggling with teams using strong help defense to stop your constant dribble penetration.
- In help defense, there will usually be 2 help defenders. One of the 2 should be closer to the ball than the other defender. This is the defender we will screen.
- We screen with the weakside offensive player that has his defender closer to him.
- Here it is player 4 screening defender 3.
- we want him to CUT HARD, to pin screen. this will look like a flash to the ballside, drawing his defender with him. This occupies 2 defenders.



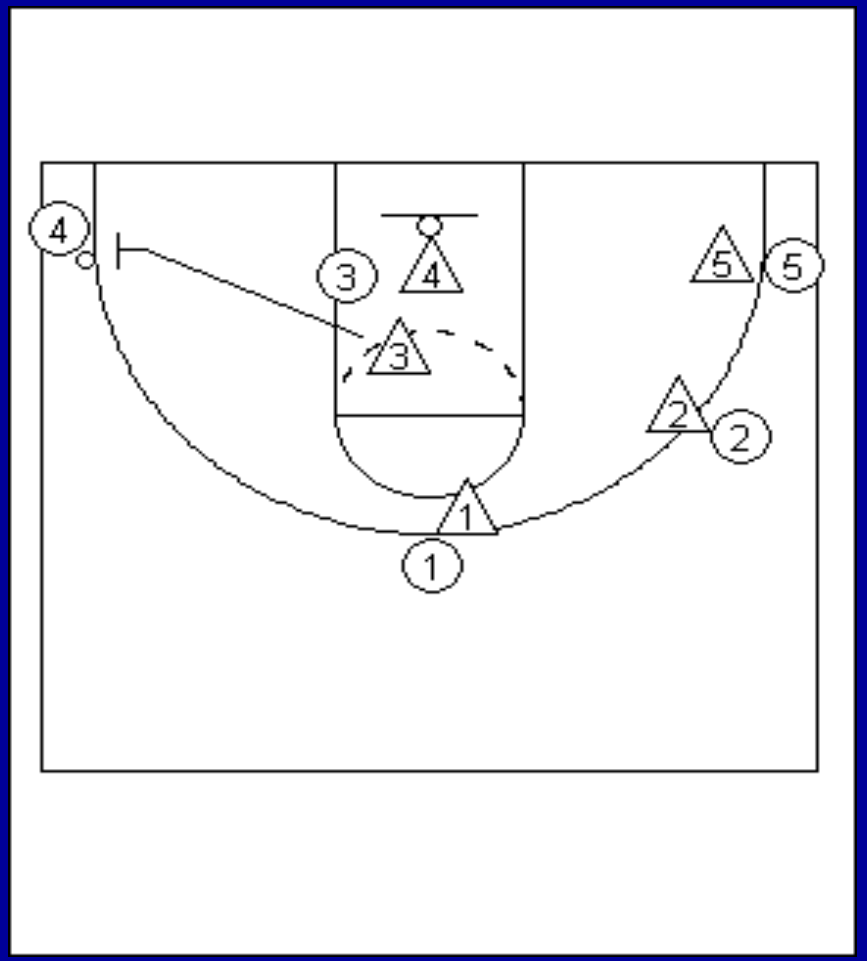
LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- here defender 4 is playing closer to the ball.
- so player 3 will CUT HARD, drawing his defender with him, and pin defender #4.
- the player that is pinning needs to yell "PIN" to let the ballhandler know that there is a opportunity to skip pass.
- The player that is receiving the skip pass, must get the ballhandlers attention.



LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

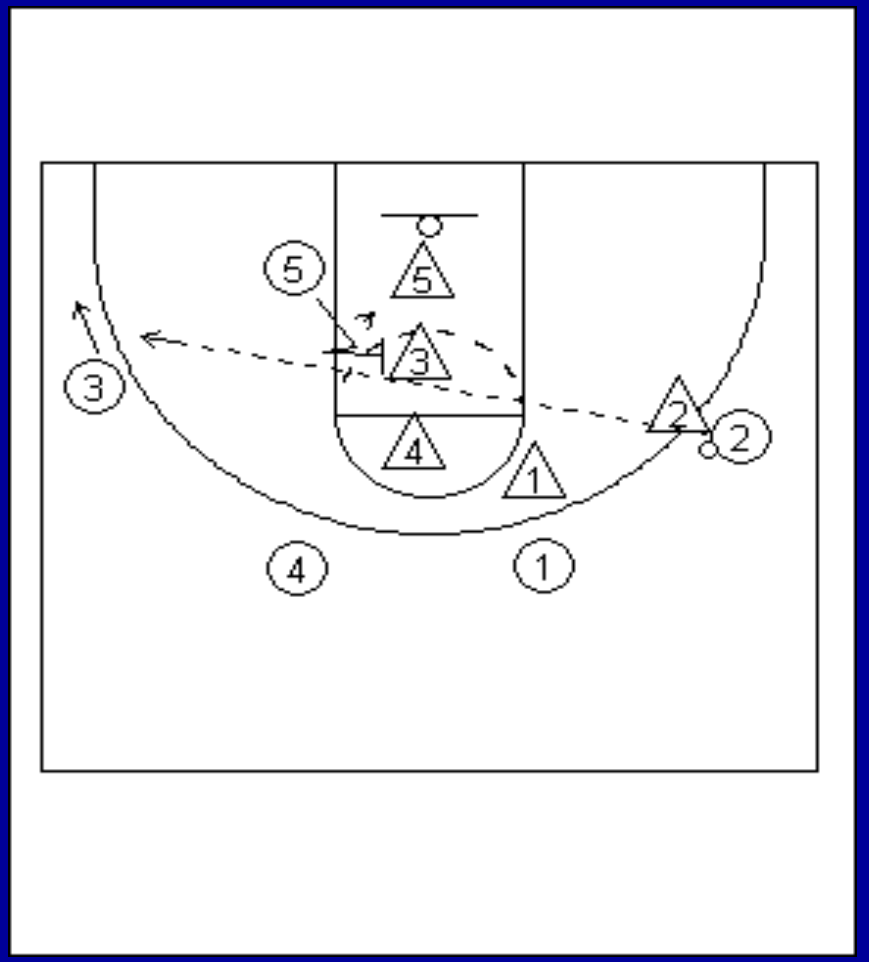
- After the player pin screens, he rolls open to the ball and buries the closest defender by the rim.
- this layer is a great way to flow from 5 out to 4 out and to go 4 out to 3 out.



LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- 4 OUT PIN SCREEN EXAMPLE

- here the post is set up opposite the ball. This makes it easy for the post to be the player that sets the pin screens. He simply looks for the helpside defender and pins him inside. After the pin screen he will roll to the ball and look for a post feed.



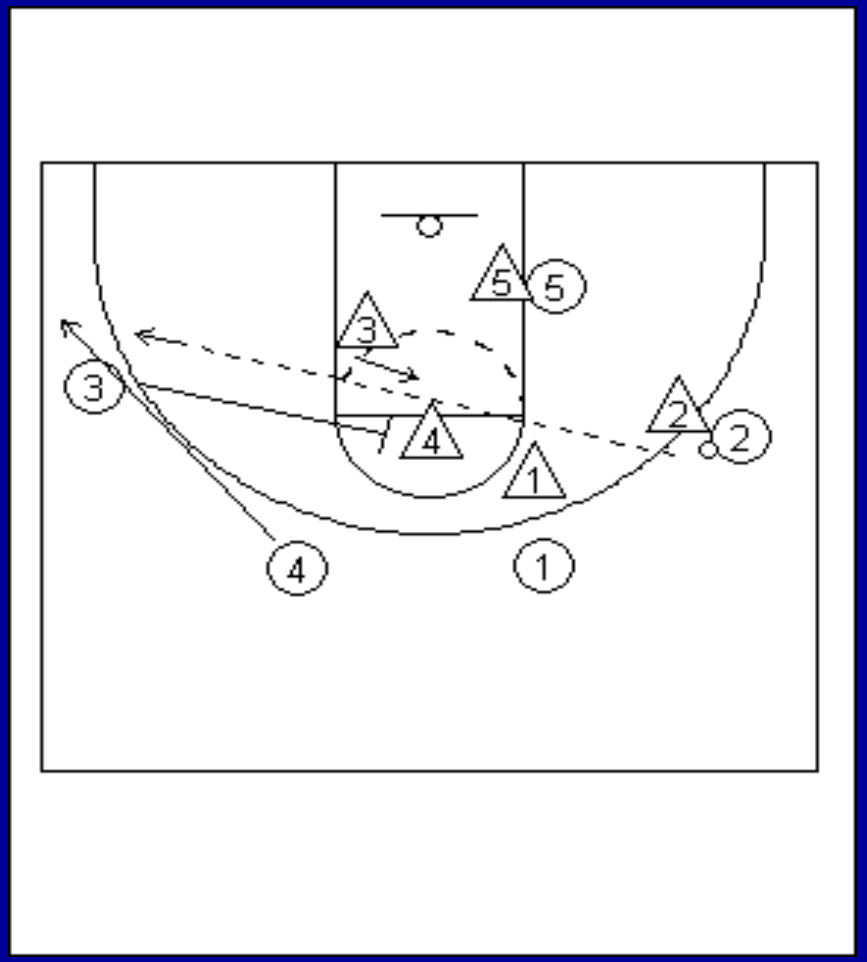
LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- 4 OUT EXAMPLE OF PIN SCREEN
- POST IS BALLSIDE

- Here the post cannot be involved in the pin screen, so we use our regular rules and have offensive player #3 set the pin screen on defender #4, because he is closest to the ball.

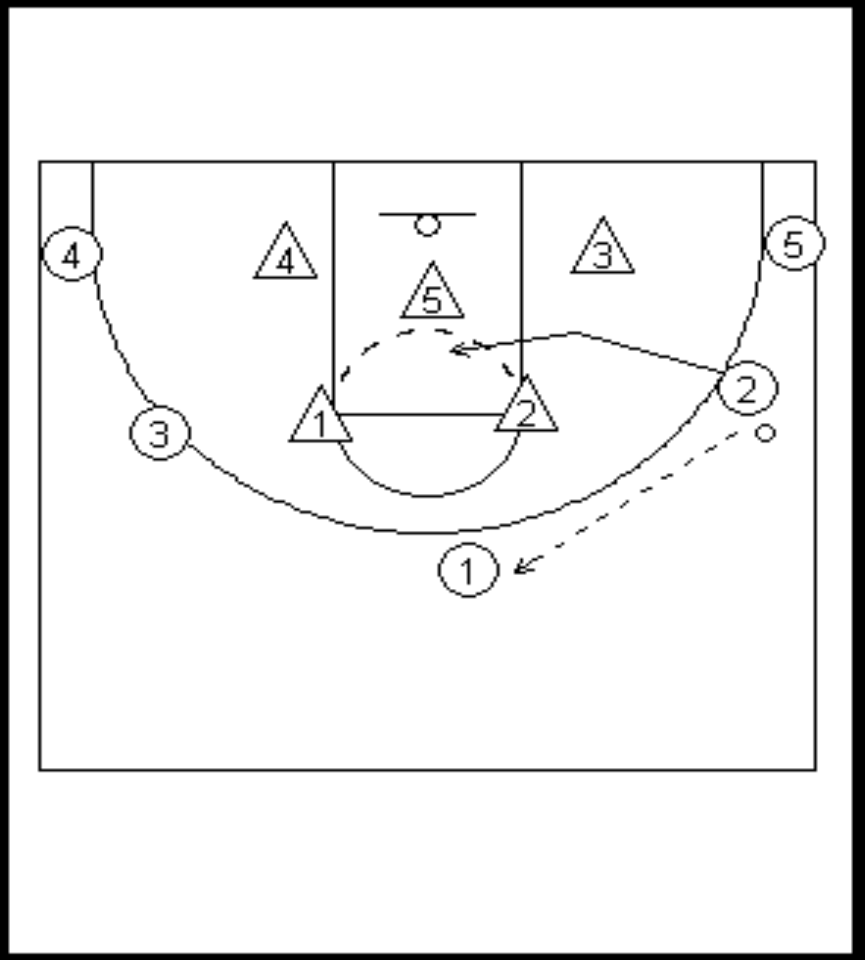
- Offensive player #3 must CUT HARD, trying to attract his defender with him.

- Offensive player #3 can now roll open for a post feed. This would be a 4 OUT to a 3 OUT flow.



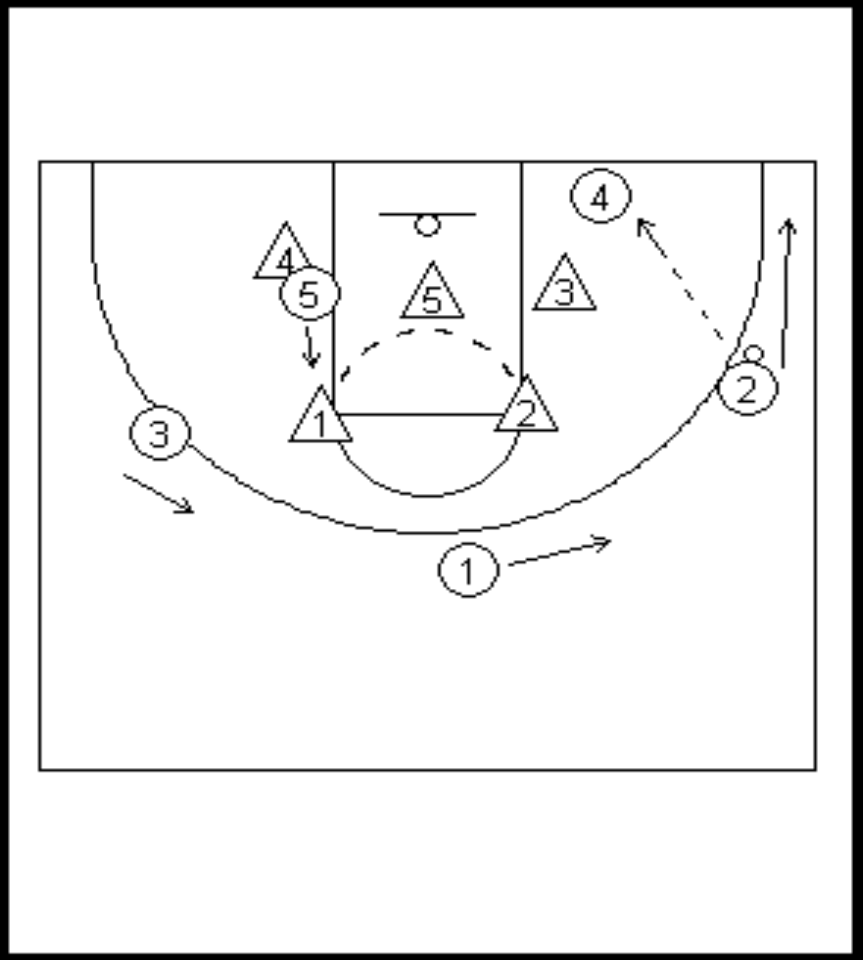
LAYER 15: ATTACKING ZONE DEFENSE

- Level 15: Attacking Zone Defenses
- We want to be able to attack zone defenses with the same principles that we attack man defense. We simply make a few adjustments and then attack.
- We beleive that most man defense are not really true man defense. Its usually a form where 3 players are in man, while 2 are in help or 1 player is in man and 4 are in help.
- we simply look to make a few adjustments.
- **ZONE ADJUSTMENT #1: Pass and Seam Cut**
- don't just rim cut on passes, we look for seams in the zone and cut into them. We want to slow down for a moment in the window so the ball can see us.



LAYER 15: ATTACKING ZONE DEFENSE

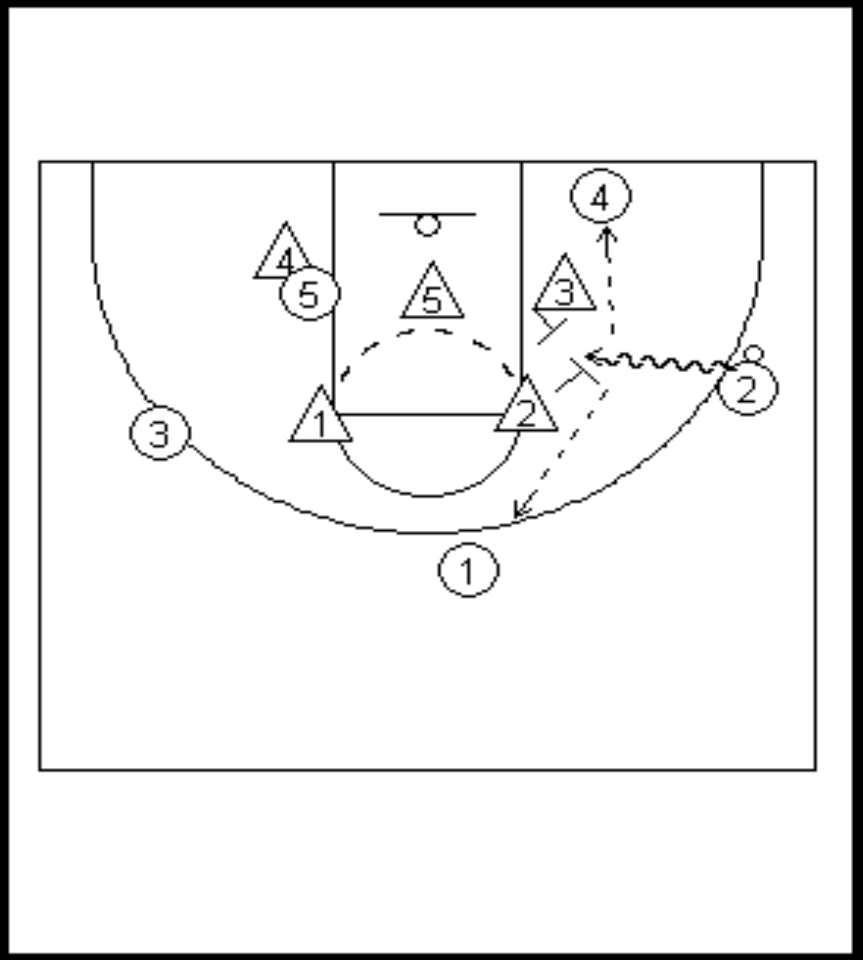
- **ZONE ADJUSTMENT #2: Add the short corner as "spots" on the floor to get too.**
- our players can look to cut and set up in the short corner, instead of filling out to the perimeter
- If the ball is entered into the short corner, we treat it like a baseline drive. We want all of our passing windows filled. natural pitch, 45 degree, 90 degree and safety.



LAYER 15: ATTACKING ZONE DEFENSE

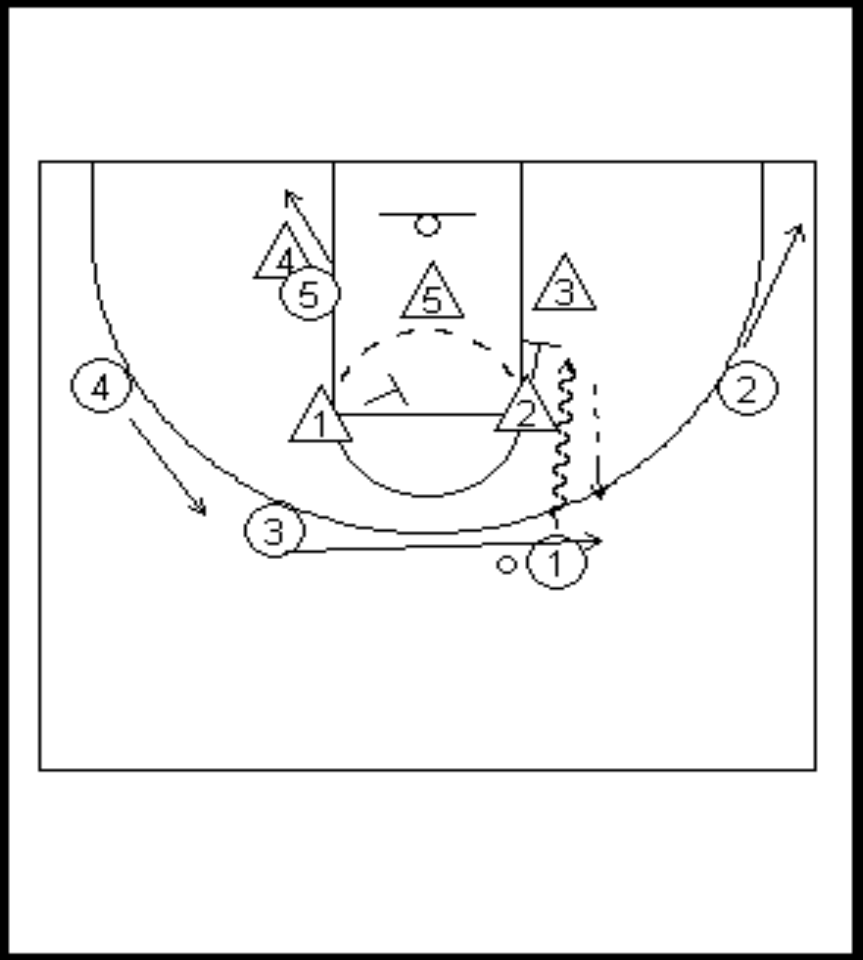
- **ZONE ADJUSTMENT #3: penetrate and pitch more**

- help is already there in a zone defense, so your almost guaranteed to attract 2 or 3 to stop the drive for your pitch pass.



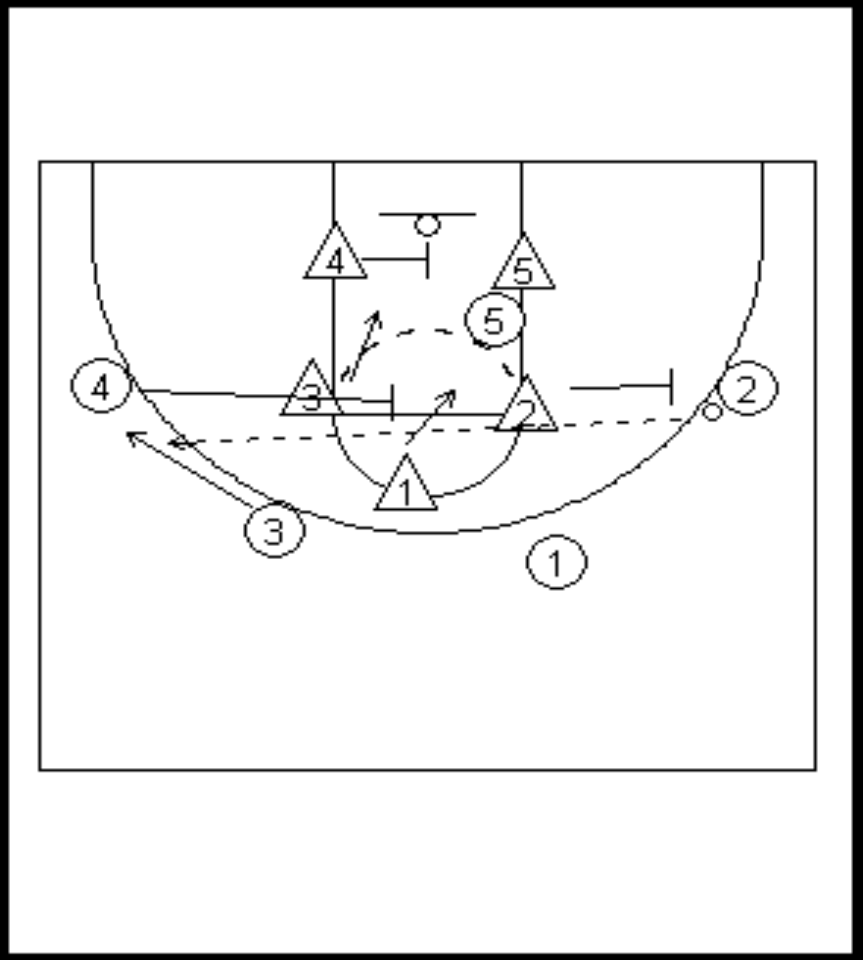
LAYER 15: ATTACKING ZONE DEFENSE

- **ADJUSTMENT #4: the safety valve advantage.**
- Versus a zone, more than man defense, you will get more shots for the player filling the safety valve pass window.
- In a zone each defender is assigned a specific area of the floor to cover. When penetration occurs in the spot, the defender will go with him. Leaving nobody to cover that area on the perimeter.
- we look to pass back to the safety position. If another defender comes up to cover the safety position, then we have started to stretch and distort the zone defense.
- Here if defender # 1 were to come up and cover player # 3, we would have the zone stretched and distorted.



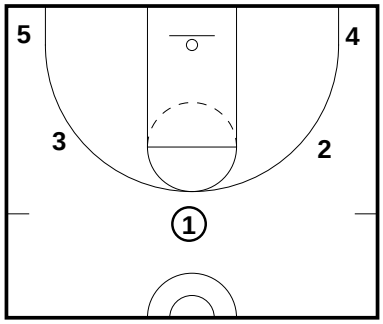
LAYER 15: ATTACKING ZONE DEFENSE

- **ADJUSTMENT #5: Pin & Skip**
- When the ball is at the wings versus all zones; 1-3-1, 2-3, 1-2-2; there will always be 2 weakside defenders, 1 low and 1 high. this sets up for an easy pin and skip situation.
- A good idea is to try and set up 2 pin and skips back to back. this will really start to set up poor closeouts and easy penetration.
- Here defender #1 is the closest to the ball, so defender # 4 will set the pin screen and we look to skip to player # 3.



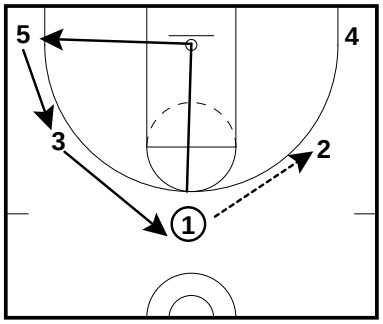
5 on 0 All Cuts

Frame 1



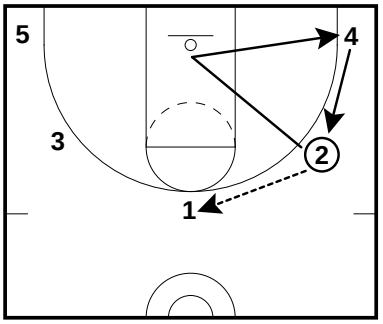
5 Out (Open) Set

Frame 2



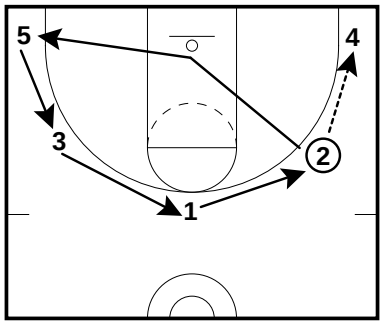
Any time you pass from the top to the wing, you will basket cut and then fill out to the opposite corner.

Frame 3



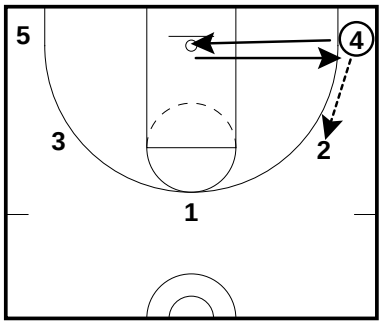
Any time you pass from the wing to the top, you will basket cut and fill to the same side corner.

Frame 4



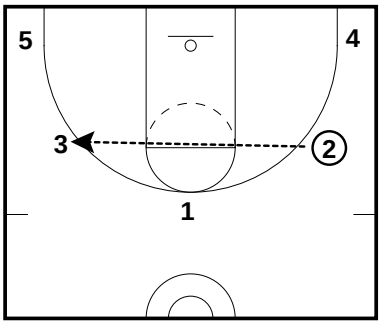
Any time you pass from the wing to the corner, you will basket cut and fill to the opposite corner.

Frame 5



Any time you pass from the corner to the wing, you will basket cut and fill to your same spot. Many times this player ends up filling to the wing spot because the wing has vacated their spot when they pass and cut.

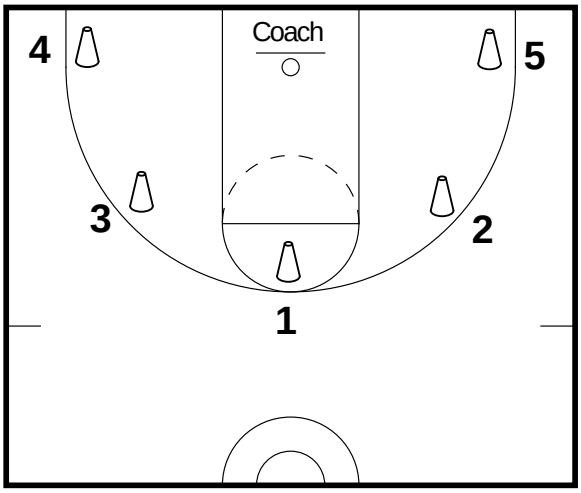
Frame 6



Skip Pass Rule-
Any time a player makes a skip pass, they are not required to cut.

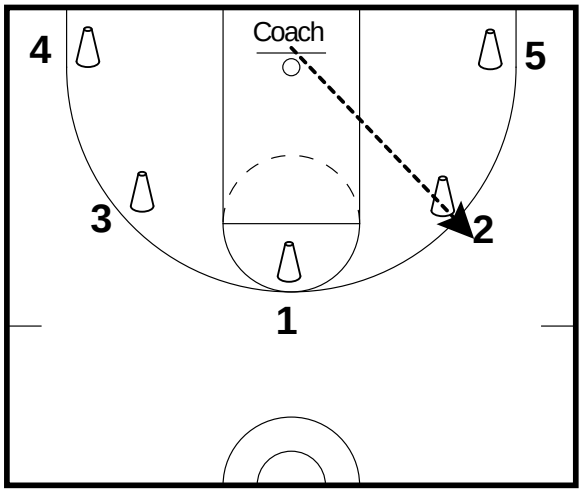
5 Out Circle Movement Trainer

Frame 1



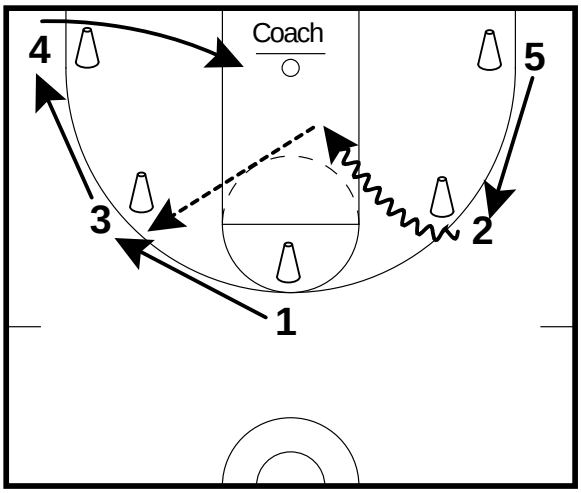
Players in 5 out spots. Coach with a ball under the basket. Cones in front of all 5 spots as defenders.

Frame 2



Coach will pass the ball to any player.

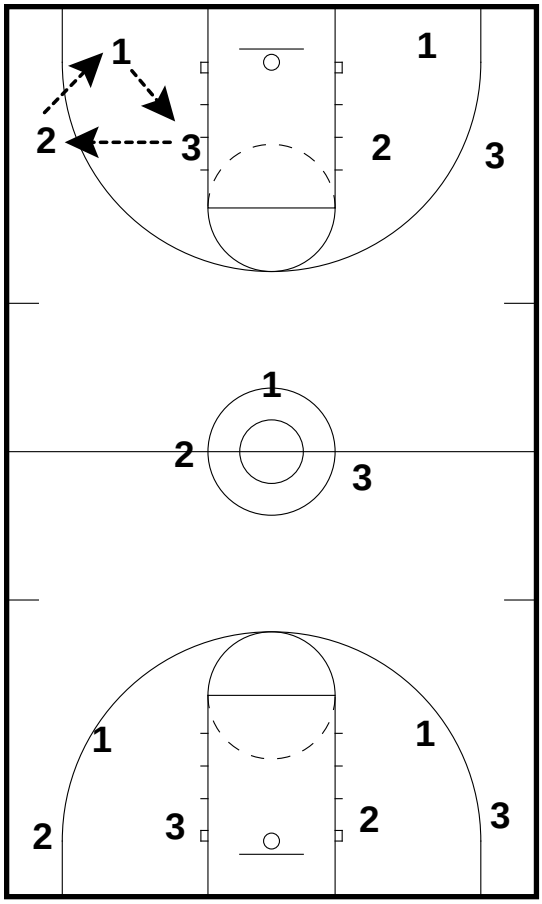
Frame 3



Player will drive to the basket and all players must circle accordingly. Dribbler will pass to someone for a shot.

All Contents Proprietary

Triangle Passing

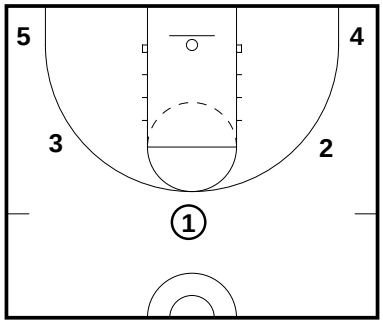


A. Groups of 3 in a triangle formation around the gym.
B. One ball per group
C. 15-18 ft. spacing between players.
D. Catch the ball with your feet in the air
E. Step into your passes
F. Receivers show your hands.
G. 30-45 seconds each skill
H. Skills
1. Chest pass
2. Bounce Pass
3. Wrap around pass
4. Fake a Pass, Make a Pass
5. **Pound, Pound, Pass** - Each player will take two dribbles in either direction. The other two players must read the movement and circle in the direction of the dribble. The dribble will pass after the second dribble.
6. **Pass and Play Defense** - Pass and play defense against the person you passed it to. That person will pass around the defender and follow their pass. They will now be the defender.
7. **Read & React Buildup**
a. Pass, cut and go opposite
b. Dribble At
c. Power Dribble
d. Pass and receive a screen

All Contents Proprietary

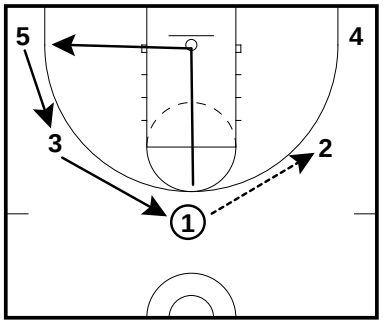
Layer 1 - Pass and Cut

Frame 1



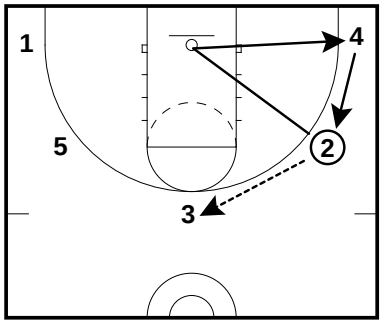
5 out open post set-up. Players are postioned 2-3 steps outside the 3 point line.

Frame 2



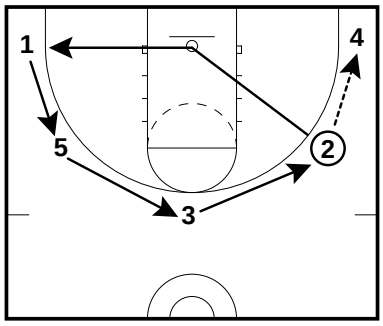
#1 passes to #2 and basket cuts. After they basket cut, they will fill out to the opposite corner. The wing and the corner on the opposite side of the pass must fill up to the open spots.

Frame 3



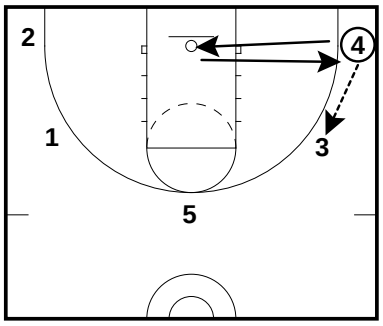
When the ball is passed from the wing to the top, the wing will basket cut and fill out to the same side. The corner will fill up.

Frame 4



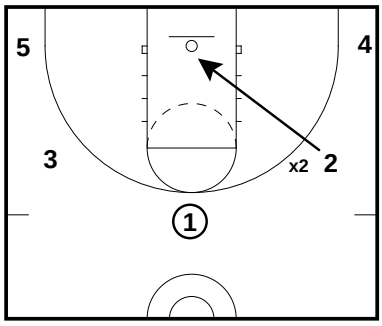
If the ball is passed from the wing to the corner, the wing will basket cut and fill out opposite. Everyone must fill up to an open spot.

Frame 5



When the ball is passed from the corner to the wing, the corner will basket cut and then fill out to the same corner. Many times they will end up filling up to the wing after the wing has passed and cut. The corner may also post up for a few counts and then fill out.

Frame 6

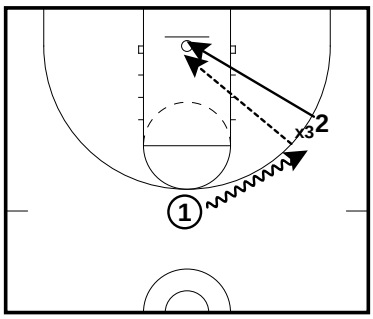


READ LINE RULES:
Any time you are one pass away from the ball and your defender is over the 3 point line(Read Line) denying you the ball, you must basket cut(Back Cut).

Any time you are filling up to a spot one pass away and your defender is denying above the read line, you must basket cut(Back Cut)

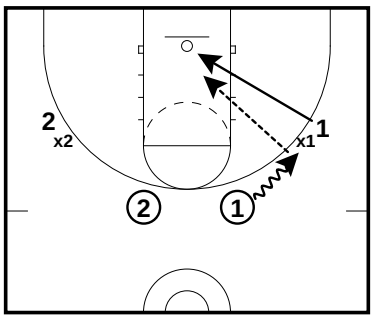
All Contents Proprietary

Layer 2 - Dribble At



Layer 2 - Dribble At

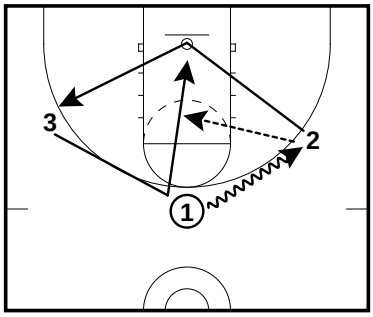
The point guard wants to make a pass to the wing. The wings defender is over the read line denying the pass. The wing should recognize this and cut to the basket but they do not. This layer gives the point guard an option if this happens. They will simply dribble at the wing, give them a wave of the hand to signal them to cut. If the cutter is open then pass it to them, if they are not, then the dribbler just takes their spot.



Drill #1 -

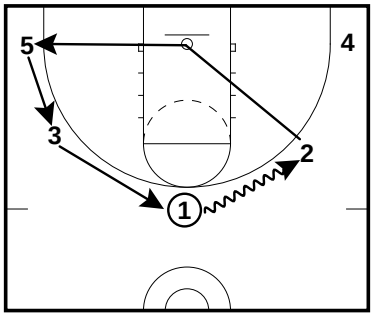
- Have groups on each side of the rim.
- #1 dribbles at the wing, the wing cuts for a lay-up.
- Alternate sides so they do not hit each other at the rim.

Notes -
1. Dribble along the 3 point arc righ at the cutter.
2. Try to make the pass as early as possible. This gives the cutter time to make a play.



Drill #2 - Dribble At, Fill, Back Cut

- #1 will dribble at #2. #2 will cut.
- #3 will fill up and then back cut for a shot.

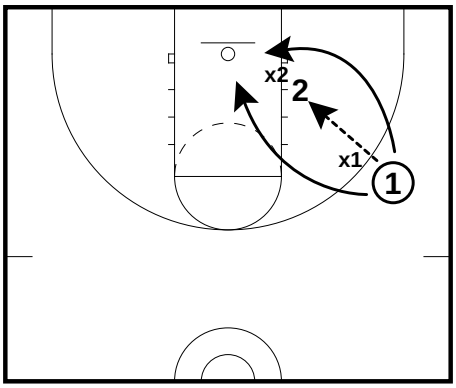


Filling action after the Dribble At -

The filling action is the same. #2 will basket cut and fill opposite, #3 will fill up and #5 will fill up.

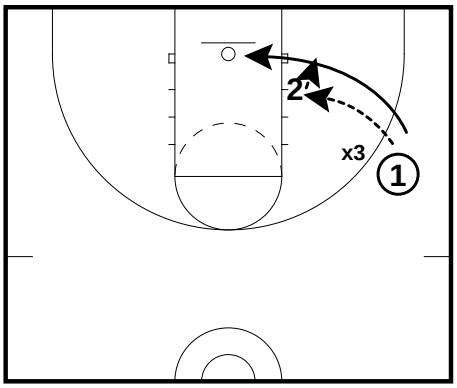
All Contents Proprietary

Layer 3 - Post Pass And Cut (Laker Cuts)



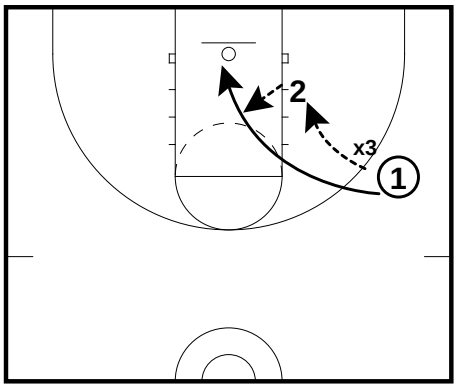
Layer 3 - Post Passing (Laker Cuts)

- Any time that a player passes into the post, they must basket cut just as if they passed to a perimeter player. They have two options.



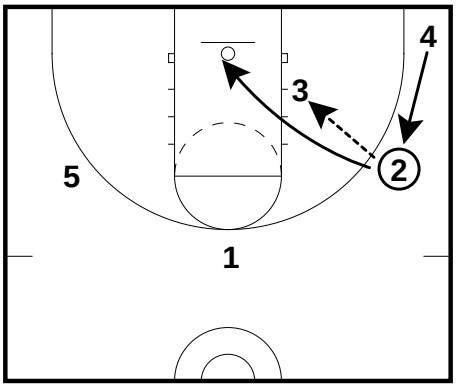
Laker Cut Low

- If you pass it to the post on the high side, you will then make a Laker Cut Low.



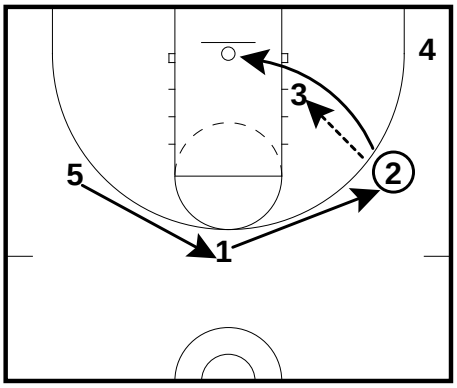
Laker Cut High

- If you pass to the post on the baseline side, you will make you Laker Cut High.



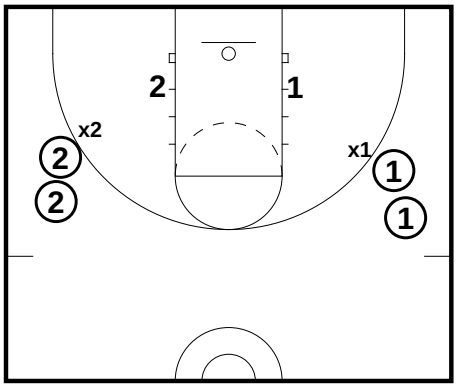
Filling Spots After The Laker Cut -

In this situation, #2 passes to the post and makes a Laker Cut High. This would pull #4 from the corner to fill the open spot.



In this situation, #2 passes to #3 and makes a Laker Cut Low. This action will pull #1 from the top spot to fill the wing. #5 will fill as well.

In both situations, if #3 passes the ball out of the post, they can choose to stay in the post or move out to fill the open spot.



Laker Cut Drill

- Line on the wings with a ball. Defender on the ball.
- One person in the post.
- Pass to the post, cut high or low and score.
- Go for 1-2 minutes then switch sides.

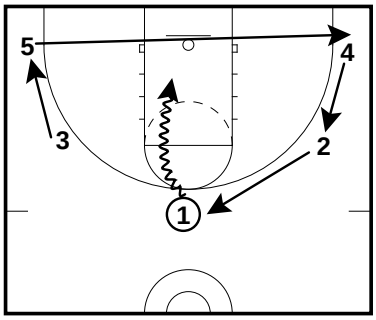
Rotation

- Defense to end of the line, post to defense, shooter to post. New person in on offense as cutter.

All Contents Proprietary

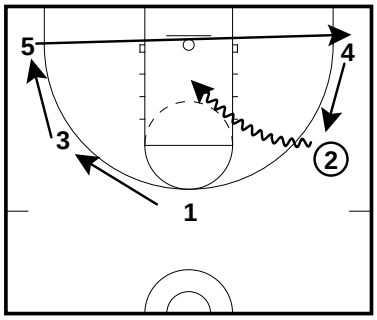
Layer 4 - Circle Movement

Frame 1



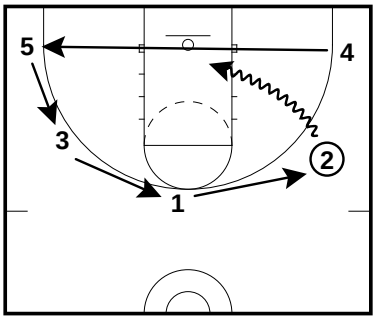
When the ball is at the top and dribbled to the basket to the left. All 4 players must react to this dribble pentration by moving one spot to the left.

Frame 2



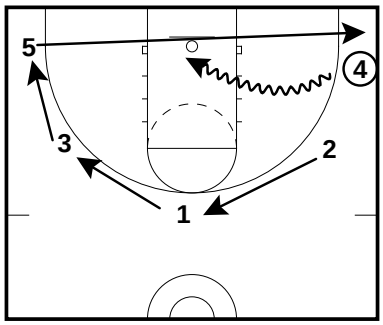
When the ball is at the wing and dribbled to the basket to the left. All 4 players must react to this dribble pentration by moving one spot to the left.

Frame 3



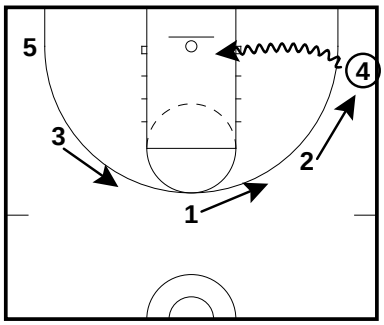
When the ball is at the wing and dribbled to the basket to the right, all 4 players must react to this dribble pentration by moving one spot to the right.

Frame 4



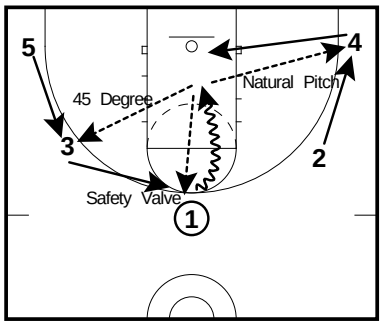
When the ball is in the corner and dribbled to the basket to the left. All 4 players must react to this dribble pentration by moving one spot to the left.

Frame 5



When the ball is in the corner and dribbled to the baseline, Everyone will move one spot as before. The only adjustment is that the opposite corner must stay. This is the natural pitch spot for the dribbler and must be filled.

Frame 6



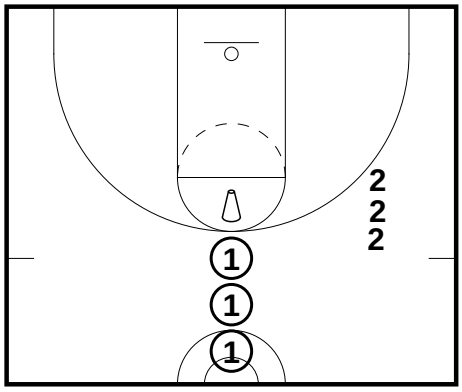
Circle Movement Theory -

When the team moves in this fashion to the dribbler they are moving away from the direction the defense is helping. They are also putting themselves in the best avaliable spots to receive a pass from the dribbler. We refer to these spots as the Natural pitch, Safety valve and 45 degree pitch windows.

In this frame, #1 is attacking the basket with a right hand drive. #2 is moving to the Natural Pitch Window, #3 to the Safety Valve, #5 to the 45 Degree Window and #4 is cutting to the basket

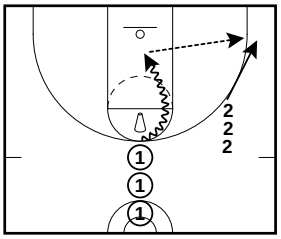
All Contents Proprietary

R&R Shooting Drills



Drill #1: Two Line Natural Pitch

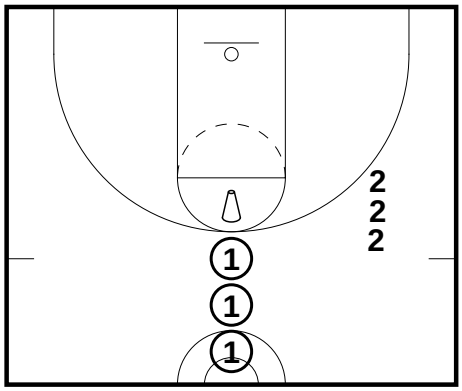
* Line #1 all have basketballs. Line #2 is at the wing.



Drill #1: Two Line Natural Pitch (Continued)

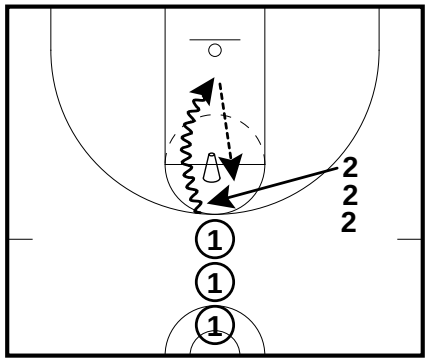
* The dribbler will dribble right around the cone. #2 must react to the dribble and slide to the corner. #1 will hit #2 for a shot.

* Variation - They do not have to shoot a jumpshot, they can catch and attack the rim or attack with 1 or 2 dribbles and shoot a pull up jumpshot.



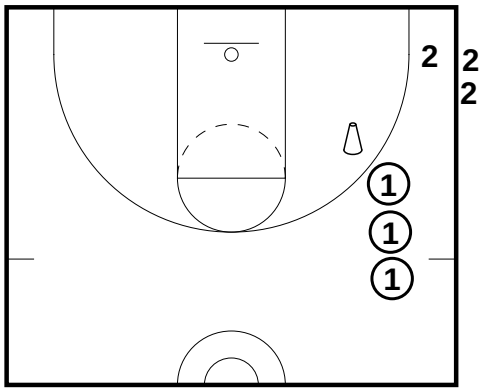
Drill #2: Two Line Safety Valve

* Line #1 all have basketballs. Line #2 is at the wing.



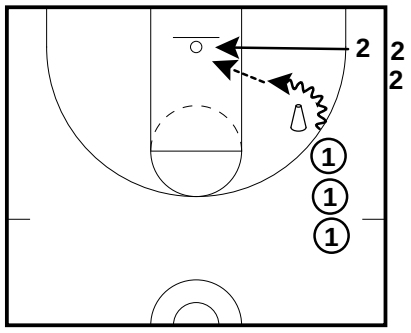
Drill #2: Two Line Safety Valve (Continued)

* Line #1 will drive left around the cone. Line #2 must react to this dribble and fill the safely valve spot. #1 will pass to #2 for a shot.



Drill #3 - Two Line Dish Drill

* Line #1 at the wing. All with balls.
* Line #2 in the corner



Drill #3 - Two Line Dish Drill (Continued)

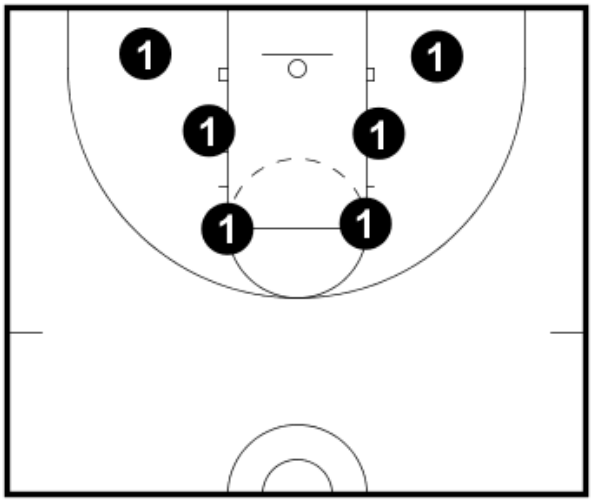
* Line #1 will drive right around the cone.
* Line #2 must react to this dribble and cut to the basket.
* #1 will hit #2 for a shot.

All Contents Proprietary

R&R ZONE ATTACK

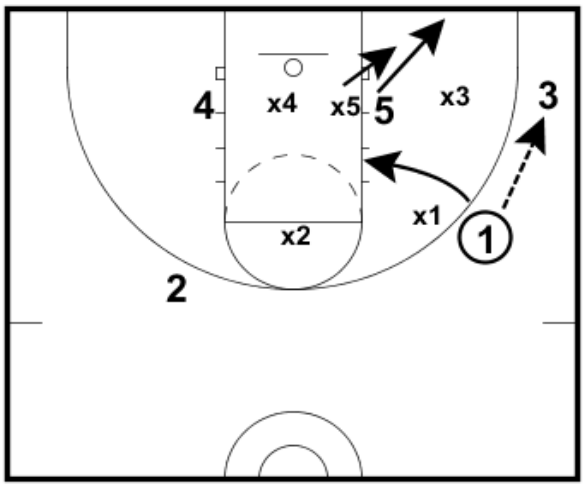
- Introduction
  - Layer 1 Pass and Cut
  - Layer 2 Dribble At
  - Layer 4 Dribble Penetration Circle Movement
  - Layer 14 Pin and Skip
- Teaching
  - 5 on 0 until they get the movement
  - Add shell defense
  - Go live 5 on 5
- You are using the same movement against the zone as you would attacking Man to Man.
- The R&R turns trick dogs into hunting dogs.
- Adjusting Layer 3 – Pass and Cut
  - Basket cuts are modified into Banana cuts
  - Cutter needs to stop in the open spots of the interior of the zone.
  - Pass and cut becomes Hook and Look
  - The cutter will hold the spot until the next pass is made and caught. They can then fill to another interior spot or fill out to the perimeter.
  - You do not want any more than 2 post players on the interior.
  - In a 4 OUT look, the cutters hold for 1 pass and then just get out. Do not go to a second spot.
  - In a 5 OUT look, hold then move to a second spot, then get out. Hunt your shot for two passes.
  - In a 3 OUT look, just pass and cut. Look for the ball but do not stay in because of the two posts.
  - 6 interior spots to hook and look into
    a. elbows, mid posts, short corners
    b. don't have to be married to these spots.

  - Cut into the seams of the zones. Basket cuts won't work. They have defenders right there.
  - There is no magic formula for beating zones
  - Keep people on pass away on the perimeter spots.



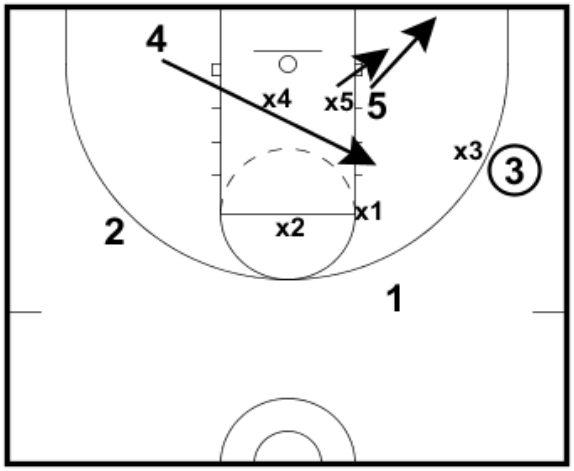
These are the six perimeter spots to post up on.

- Why hold the spot until the next pass?
  - When the zone shifts, you will be open as the defense bumps you off.
- Stretching the zone
  - Short corner spots stretches the zone from baseline to free throw line
  - Playing SC to SC plays behind the zone. The zone can't see you.
  - Flash from behind the zone from SC to ball side mid post.
- Layer 3 Read Line still applies. You will not cut all the way to the basket but you will hook and look.
- You have to have a little different mindsets in your cuts. You are not going to Lightning Cut you are going to slow down and Banana Cut.
- 5 OUT vs 23 zone – Start corner people in the short corners
- The toughest part of selling the R&R is that it will take time to implement it. Unlike a patterned offense, you will not teach this in 2-3 days.
- 4 OUT Formation
  - Hook and look but then do not go to another spot after the next pass. Get out.
  - Post is looking to move throughout the post spots and set pin screens. Look to flash from behind the zone to seams.
  - Vs a 1-3-1 zone, put the post at the FT line/ Everyone else hunt the front of the rim on your cuts.
- 3 OUT Formation
  - After you pass and cut, you can hook and look but not for long. There is no spacing for this.
  - Hook and look right in the middle of the lane if the posts are SC.



- Ball goes to the corner.
- #5 slides to the short corner.
- #1 hooks and looks at the mid post area.
- X5 can't guard both #5 and #1
- Step to the SC does not seem like much but if it can draw X5 a little it will open up a gap to hook into.

- The Read Line Still applies to the zone offense.
- More Short Corner Action



- Ball is below the FT line so the bottom wing will come out to guard.
- Strong post step to the SC.
- Opposite post flash to the mid post.
- What you get, depends on how the defense reacts.

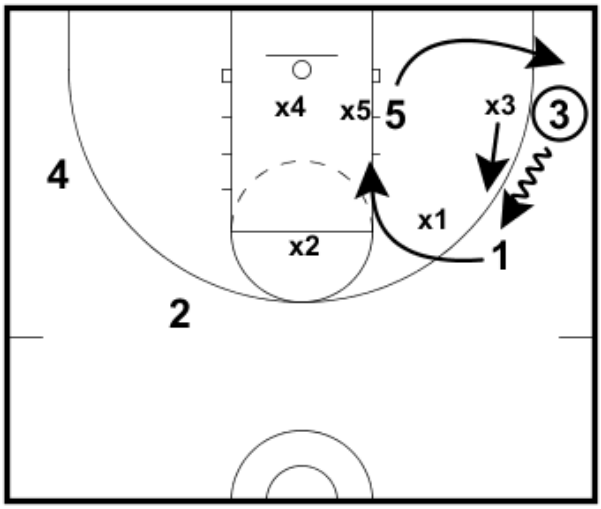
1. Shot at mid post
2. Skip pass for a shot
3. Pass to mid post, bounce pass to SC.

- FATZS – Flash after the zone shifts

- Action tip for some cutters. Particularly for a weak side post in a 32 or 41 set.
- After the zone shifts, they are blind to this person.
- Look for a hole in the zone to flash into.
- Watch out for other cutters. Do not cut to where they are.

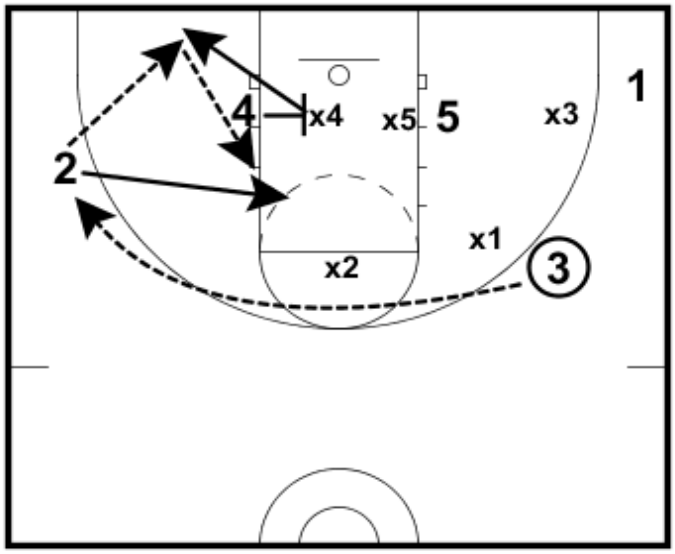
- Adjustments to the Dribble At (Layer 2)
  - Lay up cut is now a Banana Cut
  - Dribble at test the zones coverage.
    a. How far will the top go with the dribbler before they bump them off to the wing?

* Dribble At adjustment when you have a shooter in the post.



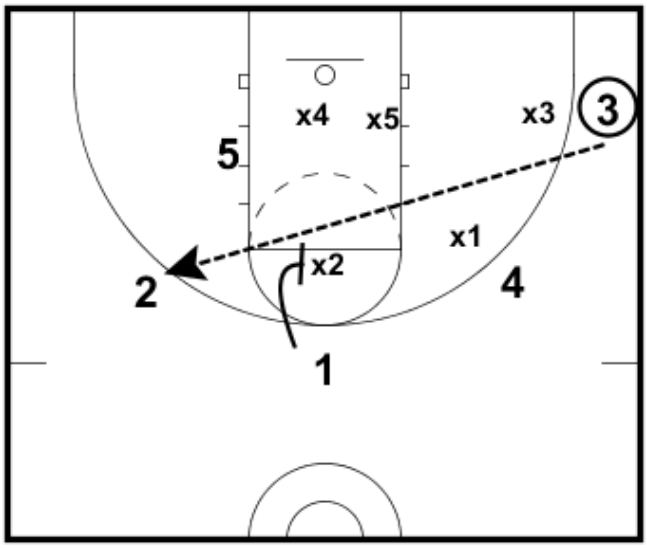
- #3 Dribbles At #1
- X3 will come with the dribble for a few dribbles
- #5 will circle to the open spot.
- Dribble at then throw back to where you came from

- You do not always have to stop at one of the interior spots. Sometimes, you can just cut through looking for the ball. This especially true when you have two posts.
- Pin and Skip (Layer 14)
  - Pin screen the defender who has the shortest recovery to the receiver.
  - Who you pin really depends on where the shooter is.
  - Zones beg to be pin screened. It is what this layer in made for.
  - When you pin screen the bottom wing, after the skip pass, screener will roll to the SC. This opens up the mid post area for a flash. You can also hit the SC and then look for a flasher to the mid post area.
- Pin and Skip/SC/Laker Cut



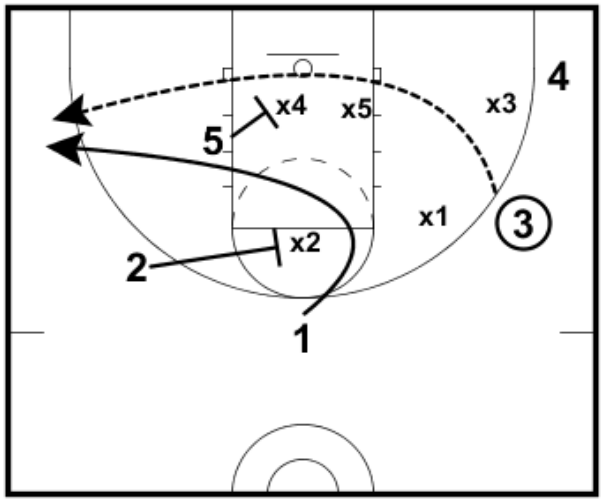
- #3 skips it to #2
- #4 rolls tot he SC
- #2 passes #4 and cuts
- #4 passes to #2 for a shot (Laker Cut)

- You do not have to set a pin screen to skip it, sometimes you can just skip it.
- Just like with a zone press. If you catch the ball in the middle of the floor, turn and face the basket and look opposite.
- Top Guard Pins the Zone

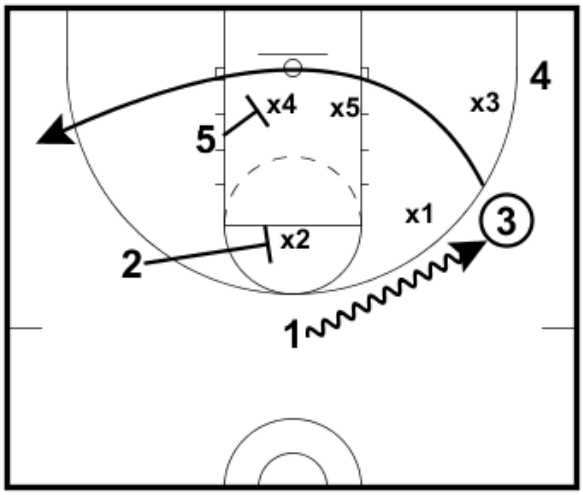


Top Guard Pins the zone and calls for a skip to #2.

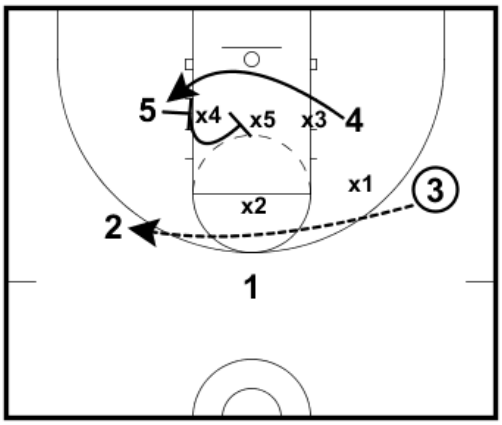
- When you are receiving a Pin Screen, you as the shooter need to line yourself up so that there is a straight line between you, the screener and the ball.
  - This way the screener needs to fight all the way around the screen.
  - The best people to pin are the ones who are in extreme help positions, deep into the lane.
  - If you have a permanent pass, you might even get double pins.
- Run a 3 OUT vs a 1-3-1 zone and look to set double pins.
- Keep in mind that when a 1-3-1 shifts, it looks just like a 2-3. The same is true for a 1-2-2 zone.
- Pass/Cut/Double Pin vs a 23 Zone



- Dribble At/Double Pin vs 23 zone

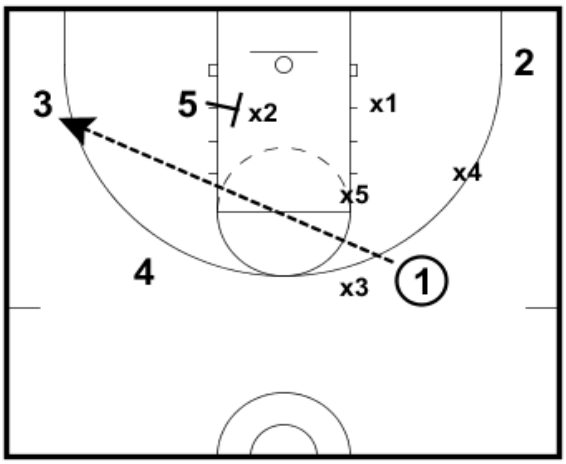


- Hit the pin screener after they shape up.
- Pin Screen/Cross Screen Combo out or 3 OUT
  - Designate one post to be a permanent pin/cross screener.
  - This person in constantly setting pins then setting center screens on the bottom middle of the zone.
  - Great if you have one good post and one post that is not very skilled.

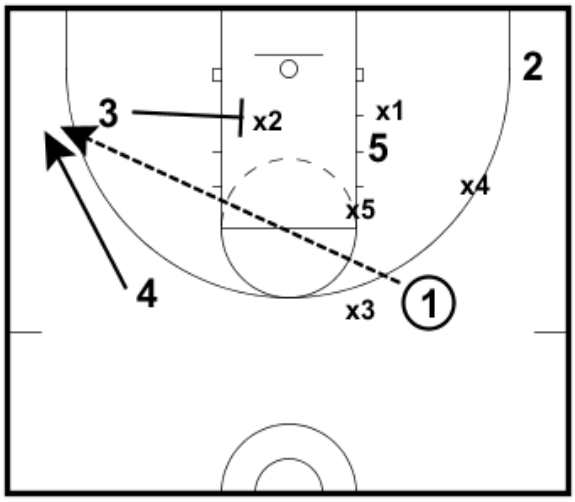


#5 is constantly setting pins followed by cross screens on th center person. The opposite post will then flash across.

- Double High vs 23 zone
  - Both post look to set pins(flares) on the top two people of the zone.
- Vs a 1-3-1 zone, pin screen the weak side wing.
  - In a 4 OUT set you could use your post as the screener or a wing.

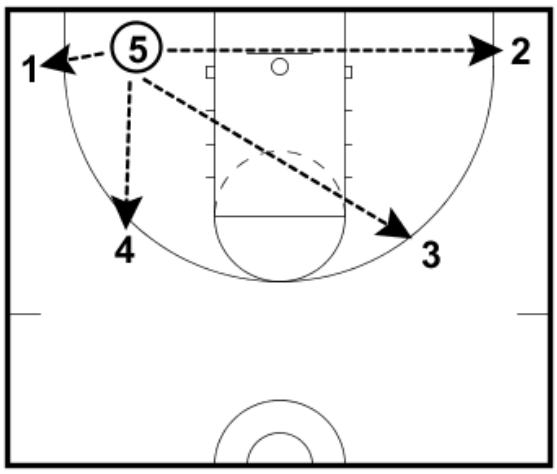


X5 Post pin screens the weakside wing defender.



#3 pin screens the weakside wing.

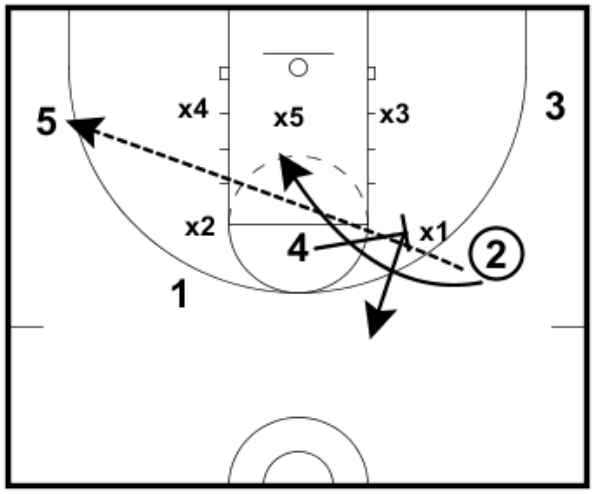
- Designate a pin screener on one side of the lane in 4 OUT
  - After you set a pin screen at the mid post area, you will shape up then slide to the SC or the elbow
  - This will open up the mid post area for a cutter.
  - The post player owns the 3 spots on their side of the lane.
- Dribble Penetration Circle Movement (Layer 4)
  - The safety will be open a lot on dribble penetration.
  - Circle movement works just as well vs zone as Man to Man
  - Any ball caught in the short corner must be thought of as baseline dribble penetration.



Ball caught in the short corner must have all passing windows filled.

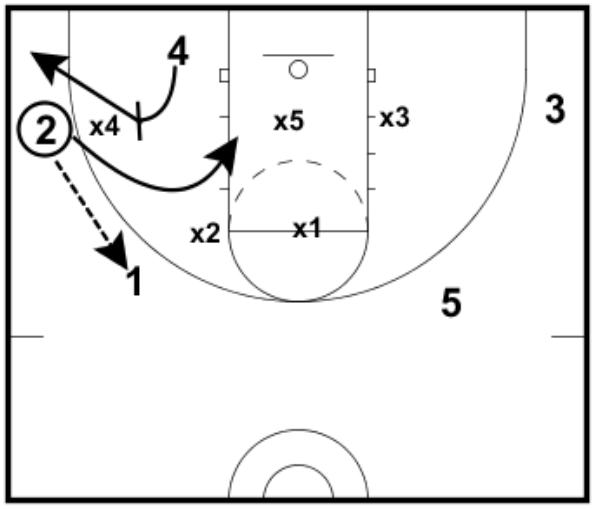
- After you penetrate and pitch, you will cut and hook and look then get out.

- 41 High vs a 23 zone – Shooter at the High Post



#2 skips the pass
#4 shuffle screens
#2 will be open on cut or #4 can pop out to th perimeter.

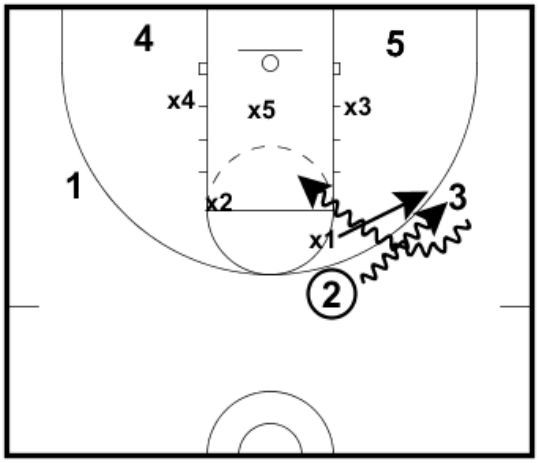
- 41 Short – Shooter works SC to SC and Corners



#4 is a great shooter. The are working corners and short short corners.
#3 passes to the wing
#4 sets the backscreen and pops out.

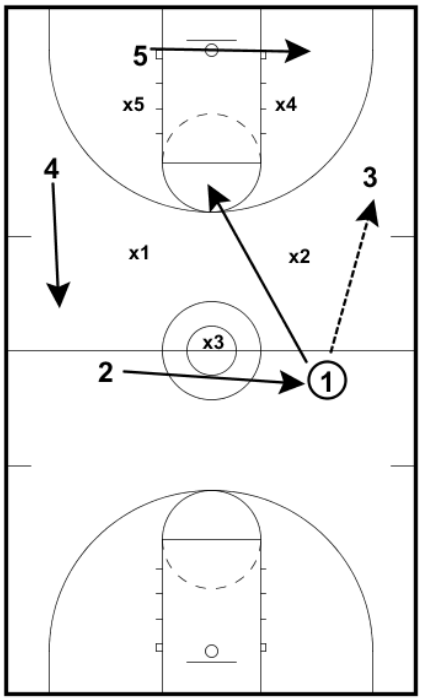
- Power Dribble The Zone

- This will drag the person guarding the ball out of their area. After the hand-off. They will have a hard time getting back their area. Attack the open spot.



-#2 Power Dribbles #3
-X1 will follow.
-Hand-off to #3 and attack.

- Half Court Traps
  - Attack the same as a full court press
  - Pass and cut to the middle of the floor (Hook and Look)



* Combo Layers vs trapping zones

- Pass and Cut along with Dribble Penetration

* Never change a winning game but always change a losing game.
    - You must adjust if what you are doing is not working.

* Ownership

- The players must realize that they are only going to get better if they push each other in practice.
- The offense will only be good if the defense working against them in practice is going hard.
- You can't let teammates do something wrong and not say something. If you don't say something, they will do it wrong in the game and them we will all suffer.

- Common thinking is that the zone offense needs to set up in the gaps of the zone initially. This is true but it does not always have to be that way. The movement along with the dribble penetration will make it difficult on the zone. When you dribble attack, attack those gaps.
    - Sometimes setting up initially in the same spots as the zone makes them match up as in a man to man. It can be confusing for them and to the offenses benefit.

READ AND REACT OFFENSE

WHAT IT'S NOT

- Not motion offense
  - Motion offense is good if you have 5 intelligent great multi-dimensional players
  - Most offenses are predicated on a certain type of player.
  - Its also not an offense set up around a certain series of plays

WHAT IT IS

- It is a principled framework out of which your players can play. It is a system of 2 man Read and Reactions, that can be drilled to the point of habit. These 2 man habits are not just a random collection of good 2 man games. The Read and React system ties these 2 man reads into a seamless 5 man offense that can be adjusted to any set, formation, type of player, or style of play. In other words, you can custom the framework of the Read and React to fit your personnel and the style of play your team needs to be successful.

WHAT IT CAN BE

- Entire man to man or zone offense. You might only need a few layers of the offense
- It can be your principled offensive foundation used when your set plays break down
- It can be a system of development with a unifying curriculum.

GOAL OF READ AND REACT

- Easily taught and transferred coach to coach, coach to player
- Simple enough to be mastered thru repetition.
- Built on habits, not high IQ
- Freedom and excitement for players
- The system would build 5 man coordinations
- Simple enough for kids, Complex enough for pros
- Better fundamental = easier to run; likewise; more you run it = better fundamentals

MOTION OFFENSE?

Motion offense	Read and React
High IQ pre-requisite	Developmental
Players w/o ball have many options	Players w/o ball have 1 reaction
Too much freedom	1 player with ball has freedom; 4 has diciplined reactions

FLEXABILITY

- Don’t need certain type players to run this offense
  - Teams with not post
  - Teams with strong post
  - Teams with small quick guards
  - Deliberate teams
  - 5 out / 4 out / 3 out
  - High post, mid post, low post
  - Screen or no screens

HABITS DEFINITION

- Basketball is played by habit
- When players read the ball they have instant reaction
- Being consistent with what we demand from players lowers their anxiety and increases their confidence
- The less players have to think, the better. The less they think the quicker they move
- The less they think and the more good habits they accumulate, the closer they get to playing by instinct.

KEYS TO REACTION

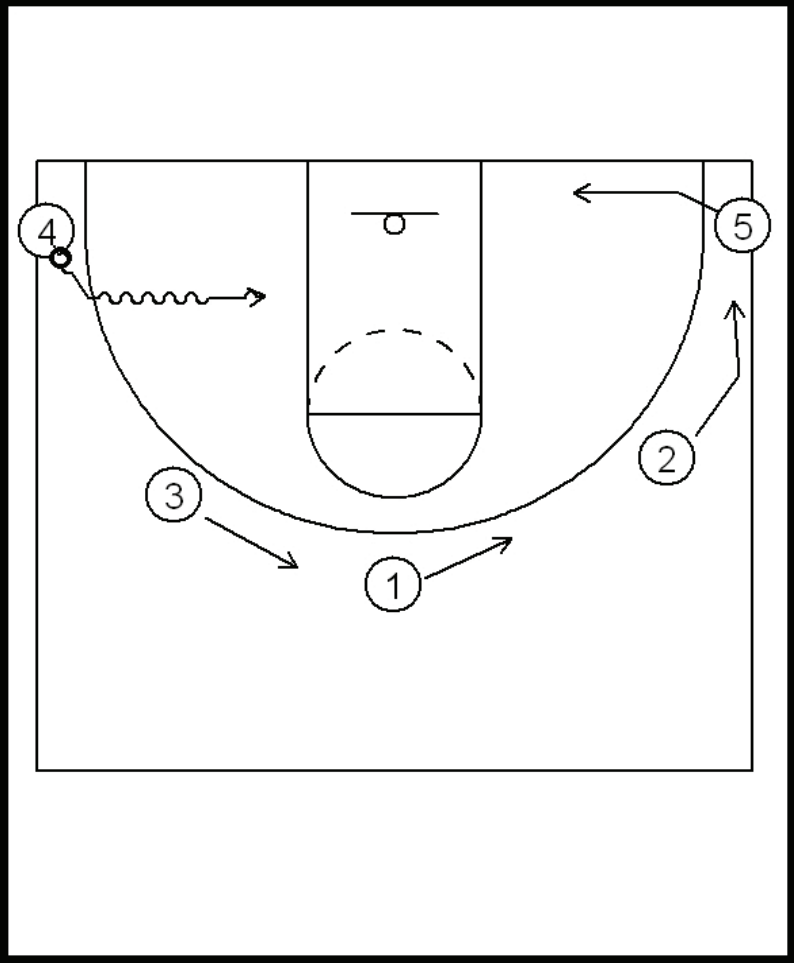
- Every player watches the ballhandler
  - So all reactions are off the ball movement
  - All movement is reaction off single movement of ballhandler
  - Anyone can be trained for 1 specific reaction for one specific movement.

LEVEL A

LAYING THE FOUNDATION

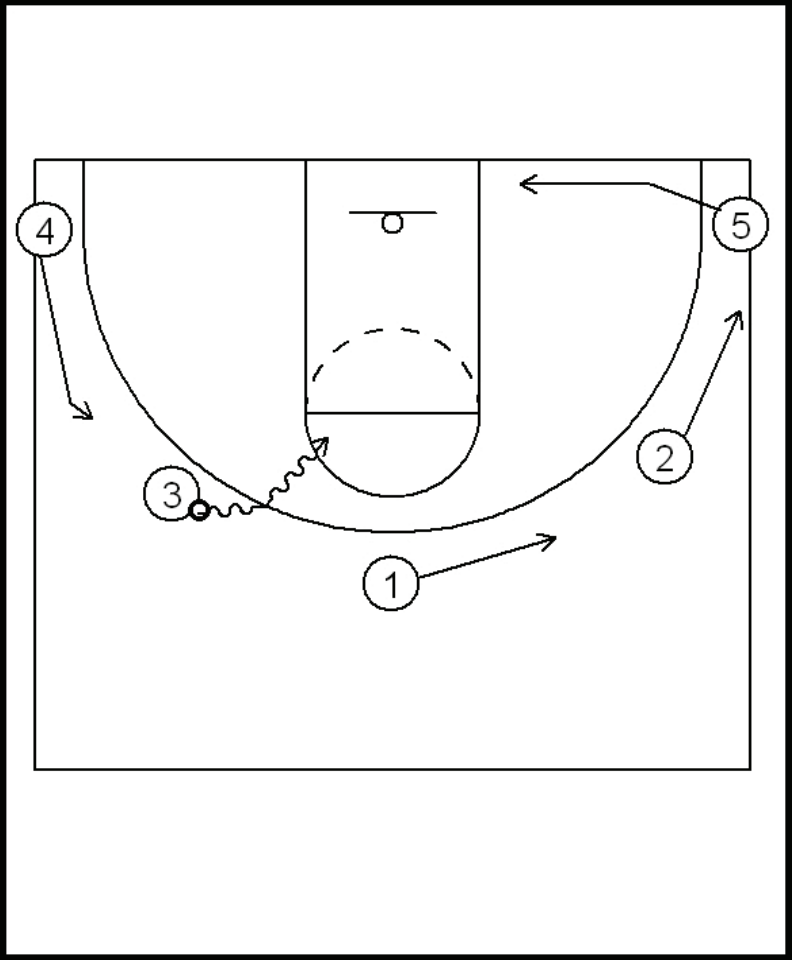
LAYER 1: North South Dribble Penetration: Circle Movement

- As the ball is drives right, the circle movement is too the right.
- It does not matter where the ball originates at, corner, wing, or top.
- We use the NBA 3pt. line for spacing
- 4 man can kickback to the perimeter or drop to the 5 man cutting baseline.



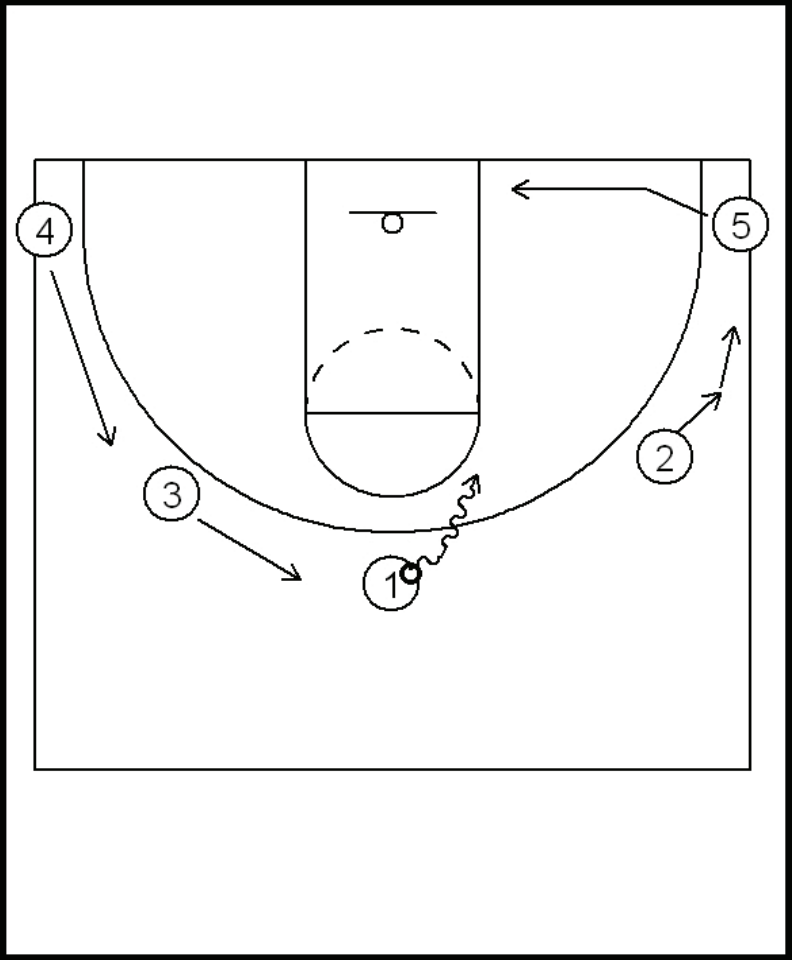
LAYER 1: North South Dribble Penetration: Circle Movement

- 3 man can kick back to the perimeter or drop to the 5 cutting baseline



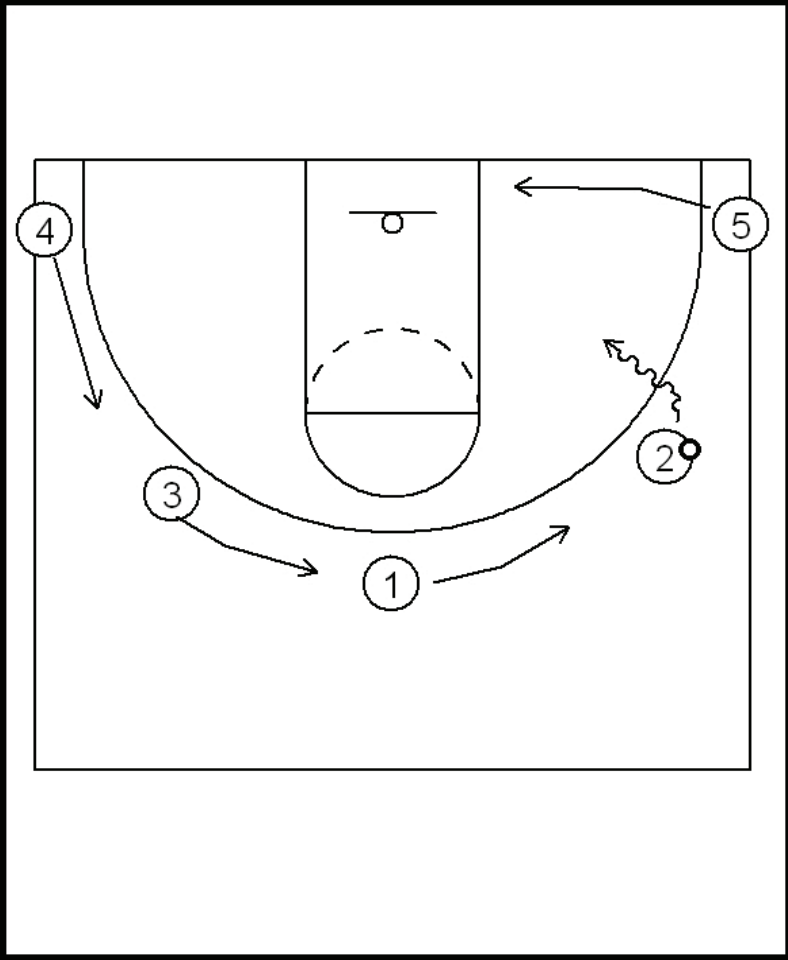
LAYER 1: North South Dribble Penetration: Circle Movement

- 1 man can kick back to the perimeter or drop to the 5 cutting baseline



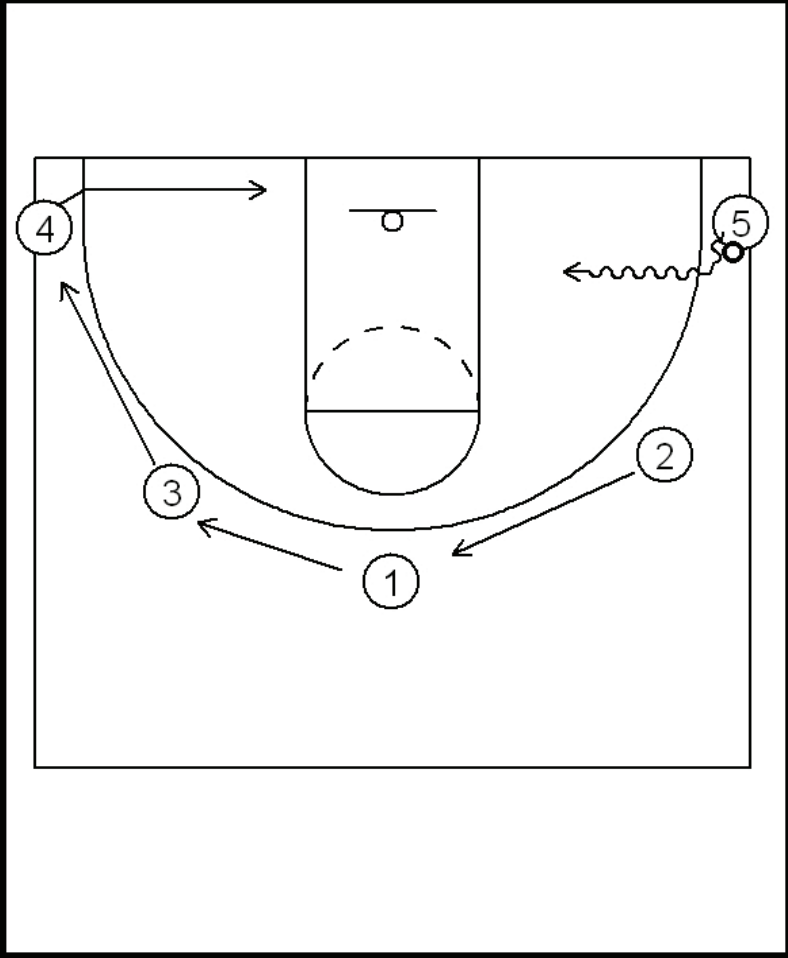
LAYER 1: North South Dribble Penetration: Circle Movement

- 2 can drop to the 5 cutting baseline or kickback to the perimeter



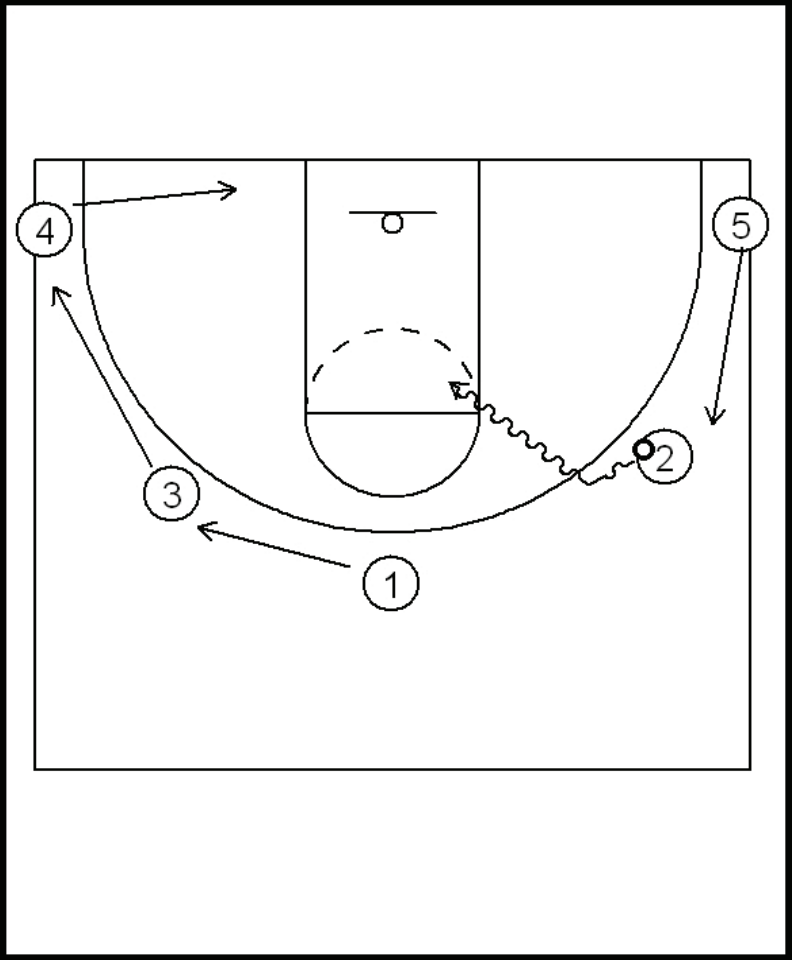
LAYER 1: North South Dribble Penetration: Circle Movement

- As the ball is driven to the left, the circle movement is to the left.
- Note: All drives are NORTH/SOUTH DRIVES, not east or west.
- 5 can kickback to the perimeter or drop to the 4 cutting baseline



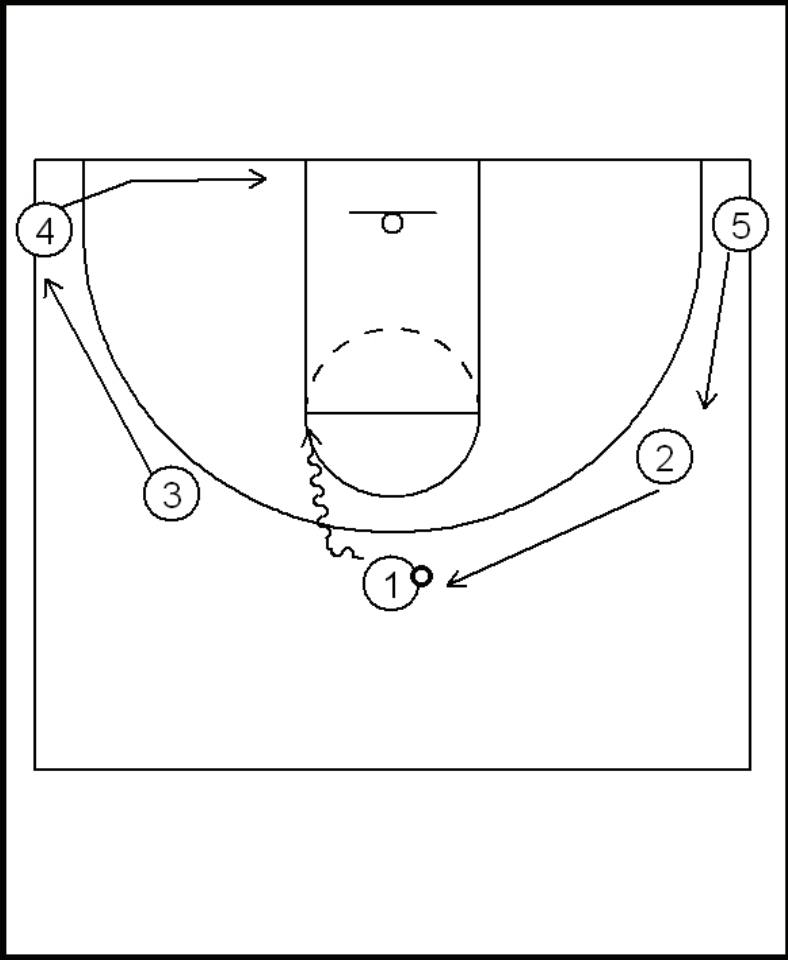
LAYER 1: North South Dribble Penetration: Circle Movement

- 2 can kick back to the perimeter or drop to 4 cutting baseline



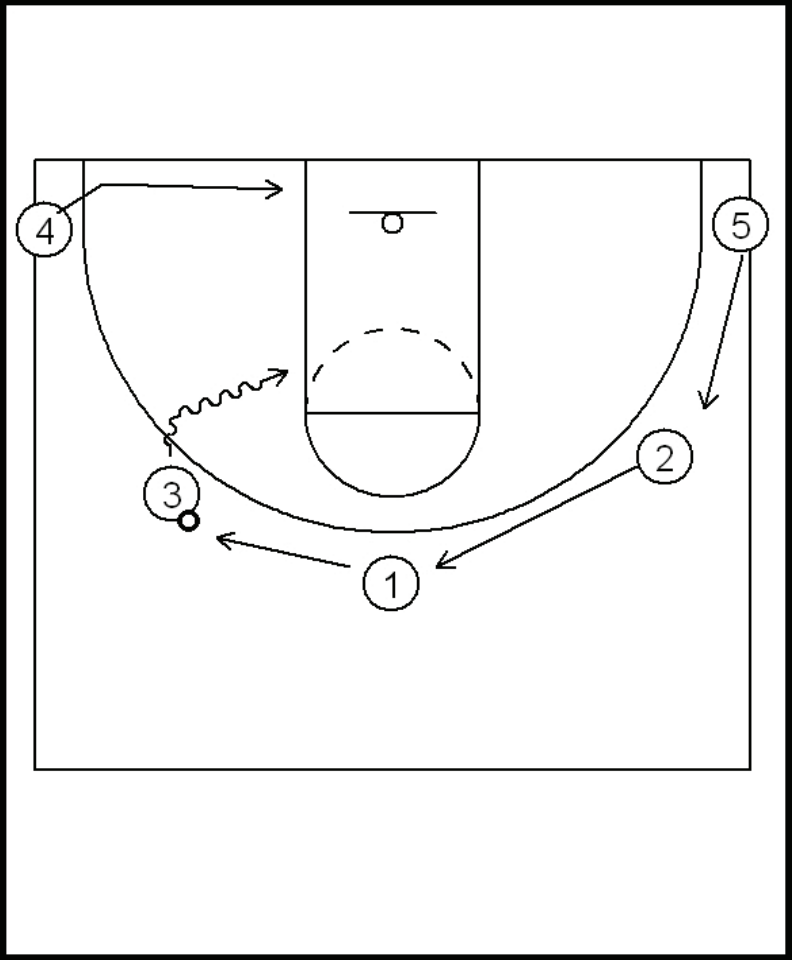
LAYER 1: North South Dribble Penetration: Circle Movement

- 1 can kickback to the perimeter or drop to 4 cutting baseline



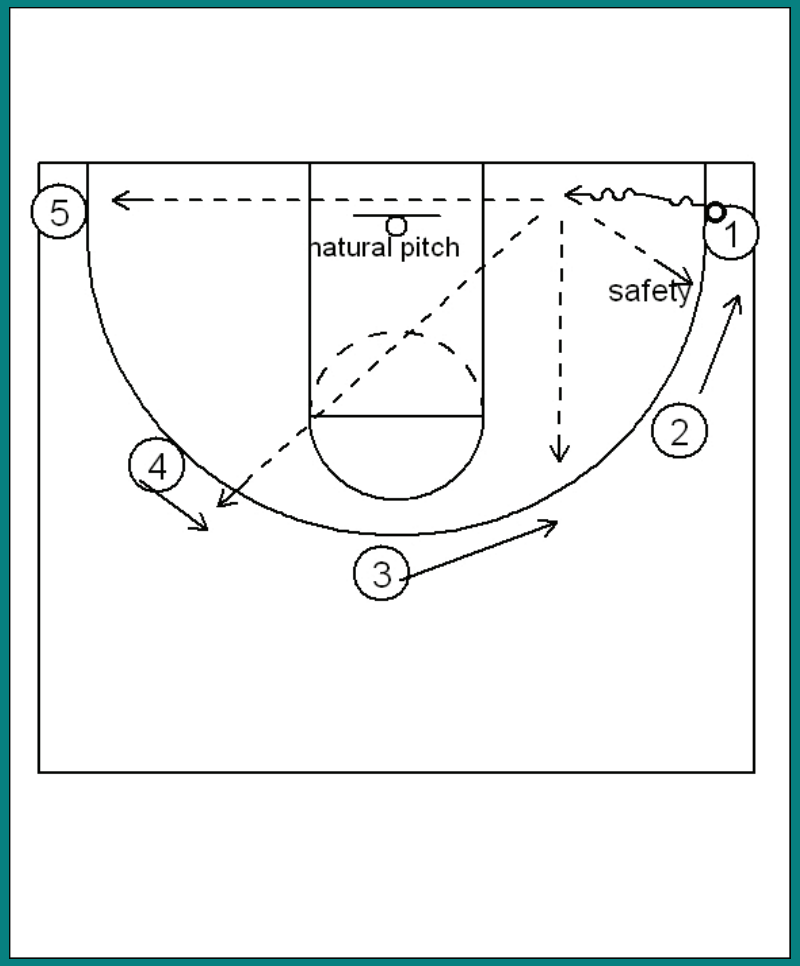
LAYER 1: North South Dribble Penetration: Circle Movement

- 3 can kickback to the perimeter or drop to the 4 man cutting baseline.



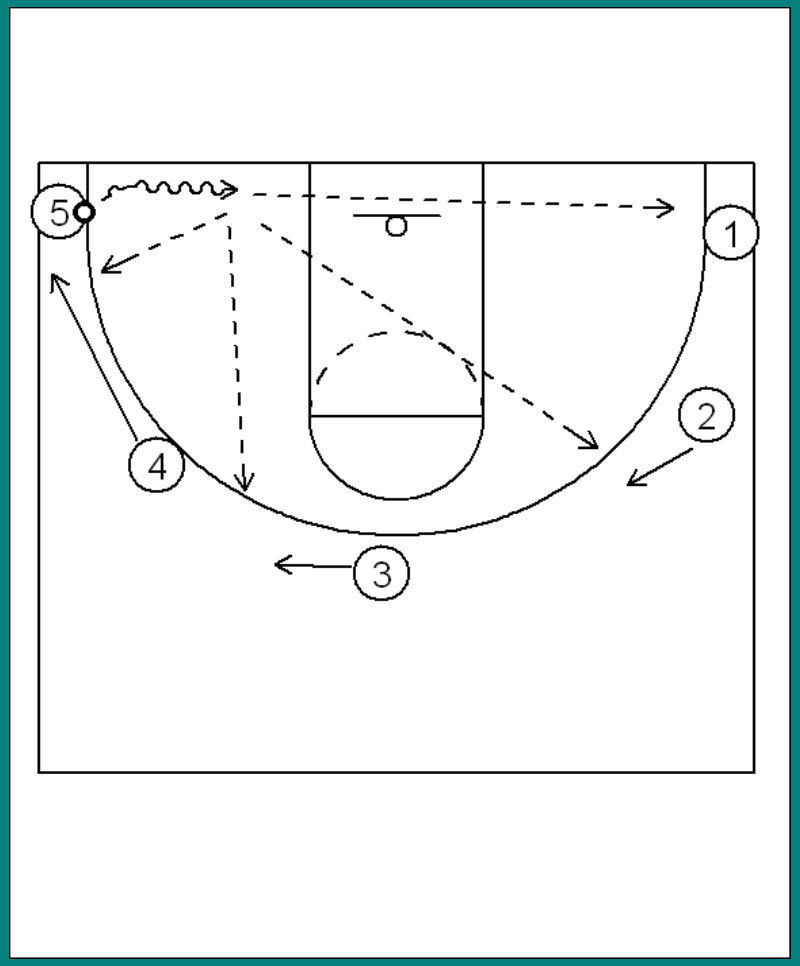
LAYER 2: North South Dribble Penetration: the baseline adj.

- baseline drives create special situations.
- 1. the opposite corner must be filled for a natural pitch
- 2. we must have a 45 degree pitch
- 3. we must have a 90 degree pitch
- the opposite wing (4 man) and the top guard (3 man) have shortend their circle
- movement to create the 45 degree and the 90 degree pitch windows.



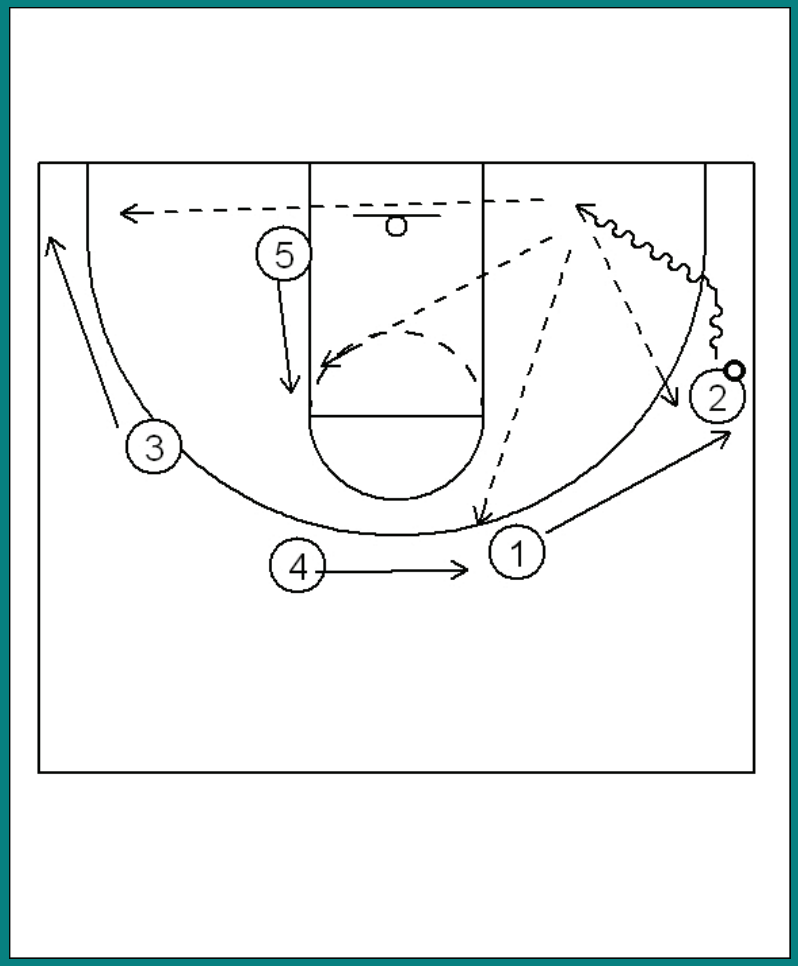
LAYER 2: North South Dribble Penetration: the baseline adj.

- same on opposite side of floor.



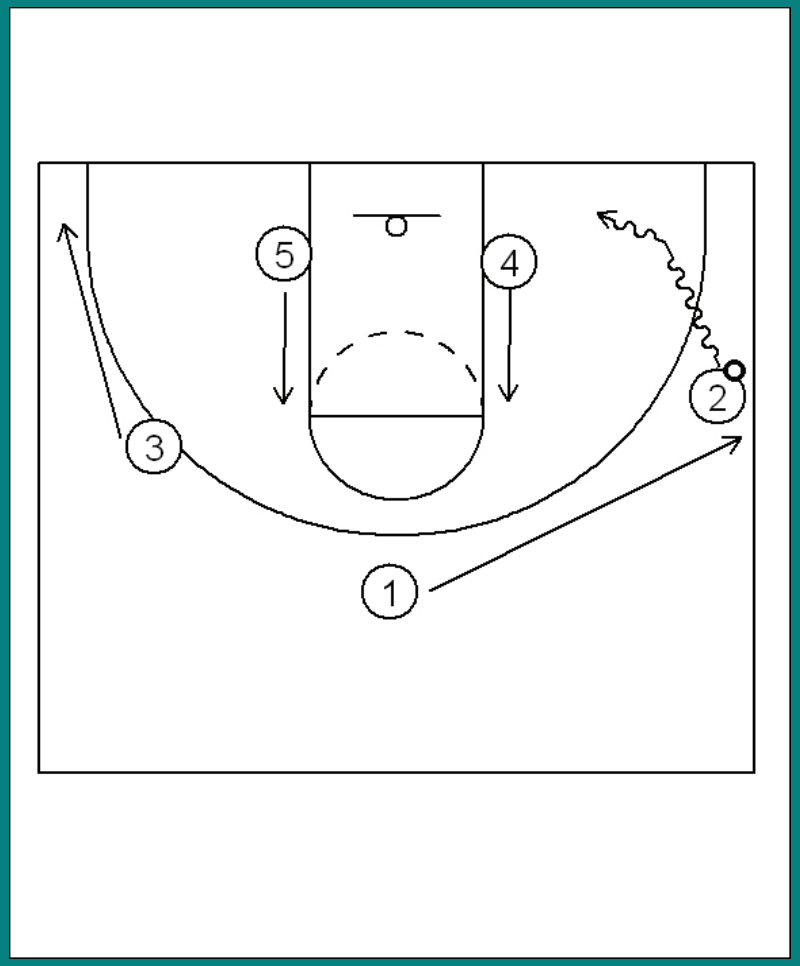
LAYER 2: North South Dribble Penetration: the baseline adj.

- **4 out example of layer 2.**
- Here the 2 man drives baseline
- 3 man fills opposite corner for natural pitch
- 4 man circle move for 90 degree pass
- 1 man circle moves for safety
- 5 man moves up the side of the lane since the drive occured below him (this is
- discussed in layer 4) this also creates the 45 degree pass window



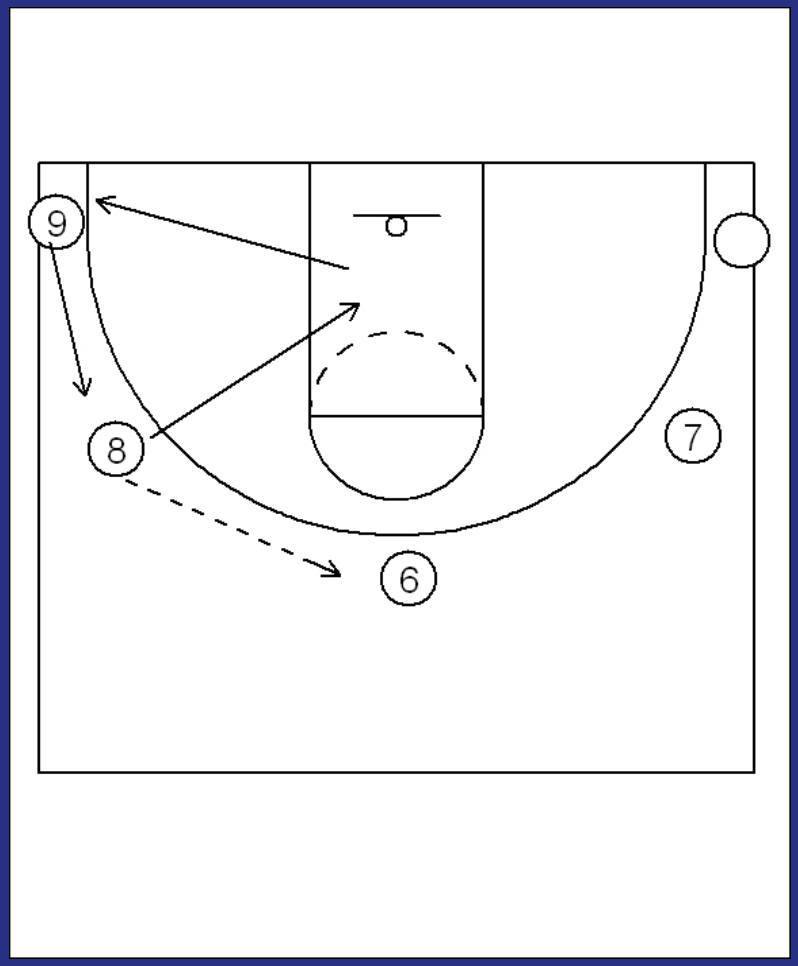
LAYER 2: North South Dribble Penetration: the baseline adj.

- **3 out example of Layer 2**
- Here we have:
- 3 man filling the opposite corner for the natural pitch.
- 1 man circle moving for the safety pass
- 4 and 5 moving out the post, up the side of the lane (because penetration
- occured below them) (discussed later in layer 4)



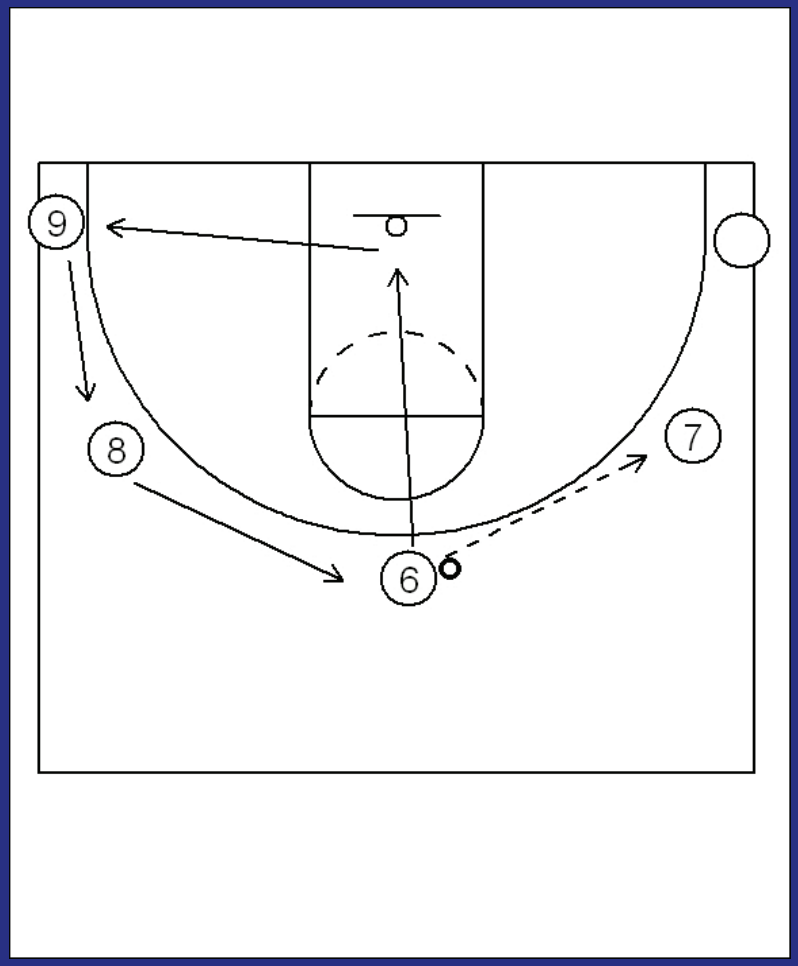
LAYER 3: Pass and Cut: Scoring and Spacing

- The second most common move after dribble penetration is to pass to a
- teammate one pass away.
- we have two rules:
- RULE 1: When you pass (one spot away) you must basket cut (Rear or Front
- cut your defender)
- RULE 2: open spots are filled from the baseline up.
- SCORING OPPORTUNITIES
- 1. If your defender is over the 19 ft arc, then you must rear cut.
- 2. fill the open spot, draw your defender over the read line and rear cut



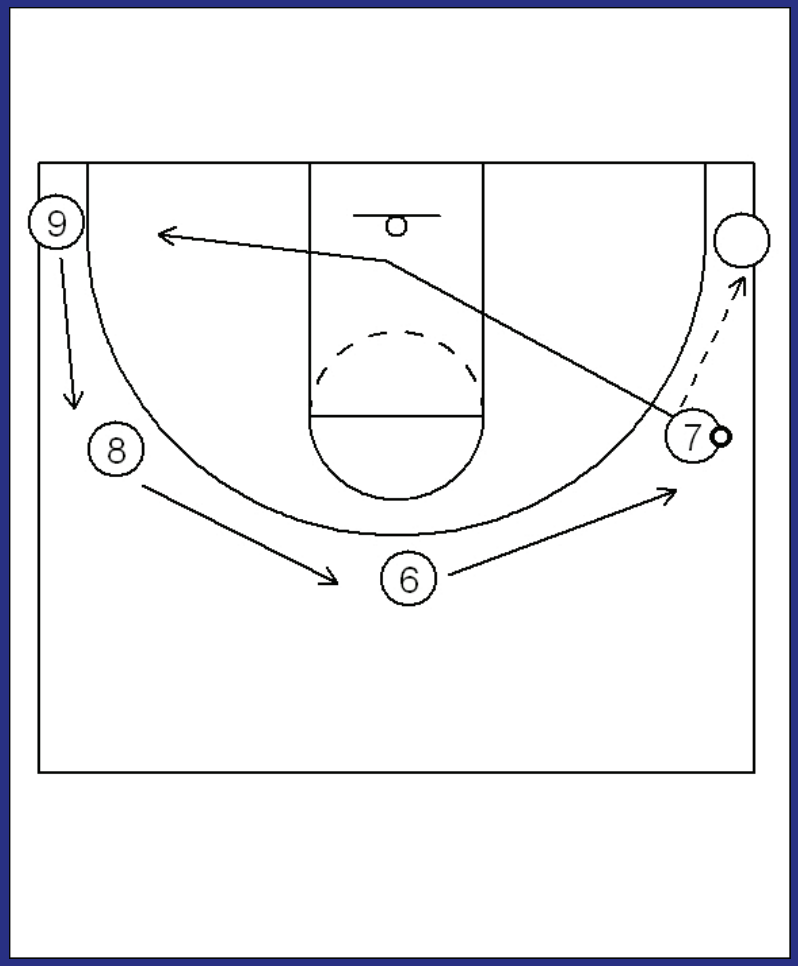
LAYER 3: Pass and Cut: Scoring and Spacing

- Pass from the top and fill up from the baseline



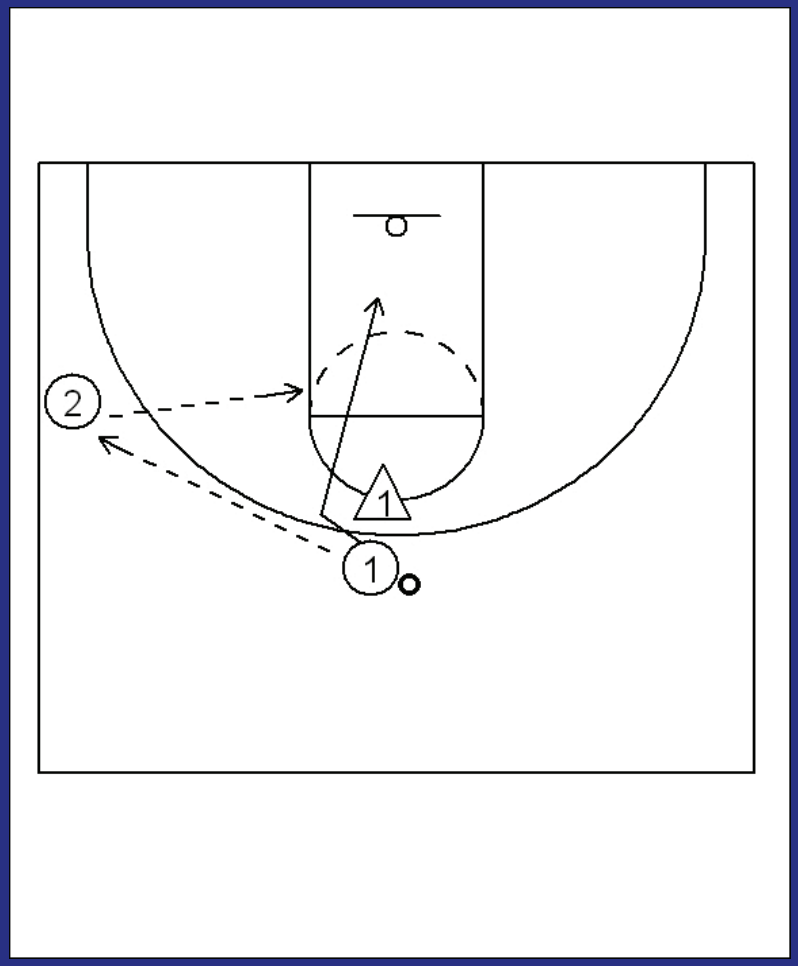
LAYER 3: Pass and Cut: Scoring and Spacing

- Pass from the wing and fill up from the baseline



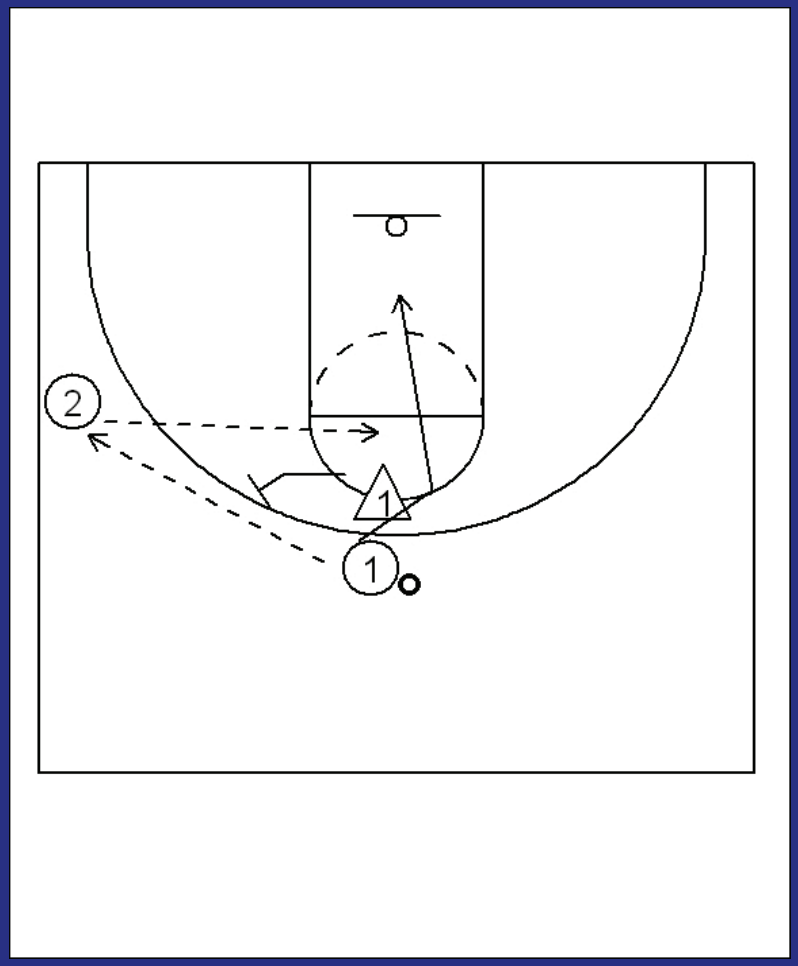
LAYER 3: Pass and Cut: Scoring and Spacing

- Front Cut
  - On the pass the defense does not move, we make a front cut



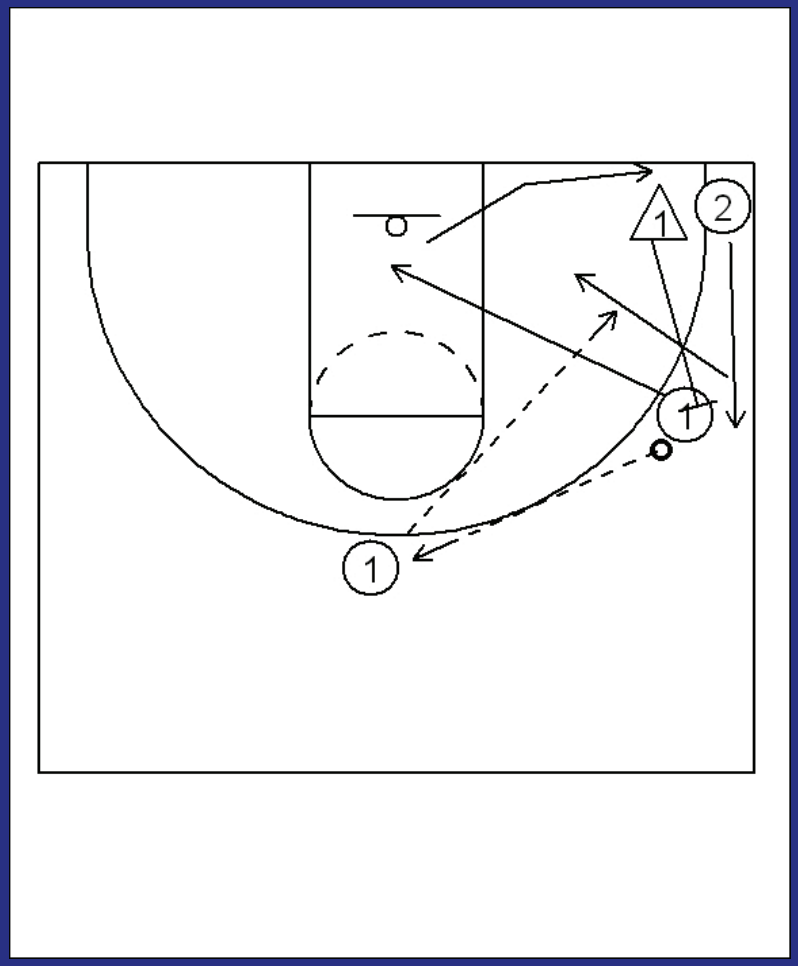
LAYER 3: Pass and Cut: Scoring and Spacing

- Rear Cut
  - If the defense jumps to the ball we rear cut to the rim
  - If we pass back to the player making a rear cut we try to pass the ball behind the back heel of the defender to the open space.



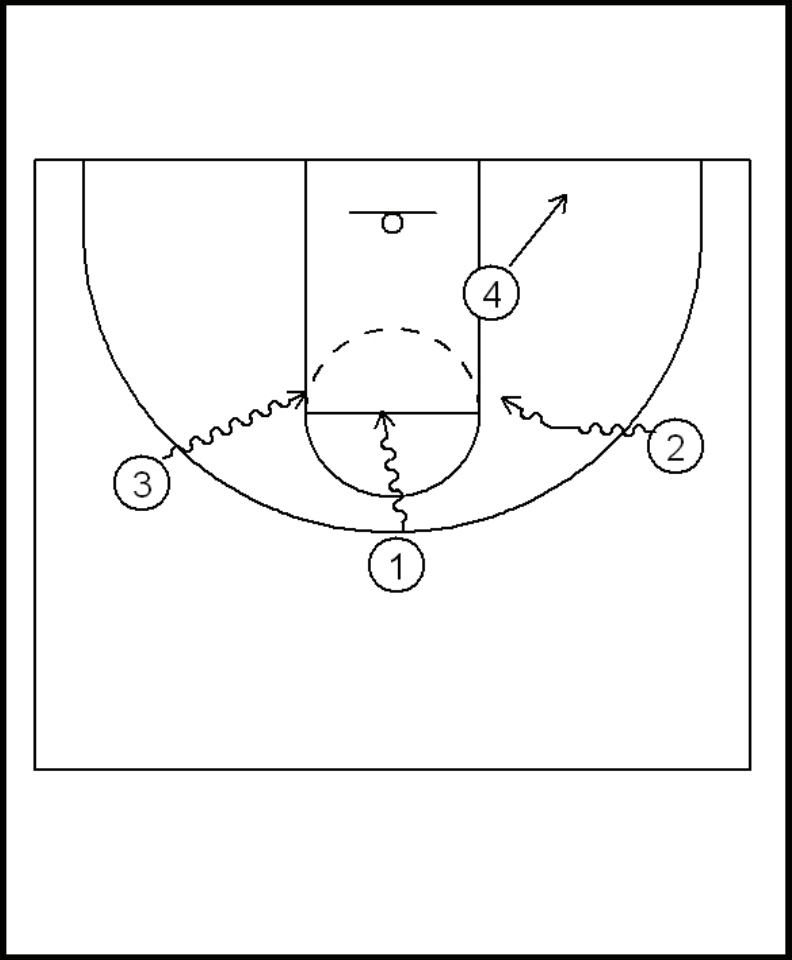
LAYER 3: Pass and Cut: Scoring and Spacing

- DEFENSE OVER THE READ LINE
- Here the pass is made to the top and the corner man comes to fill up. The defense steps over the read line and we rear cut to the rim for a pass and layup.



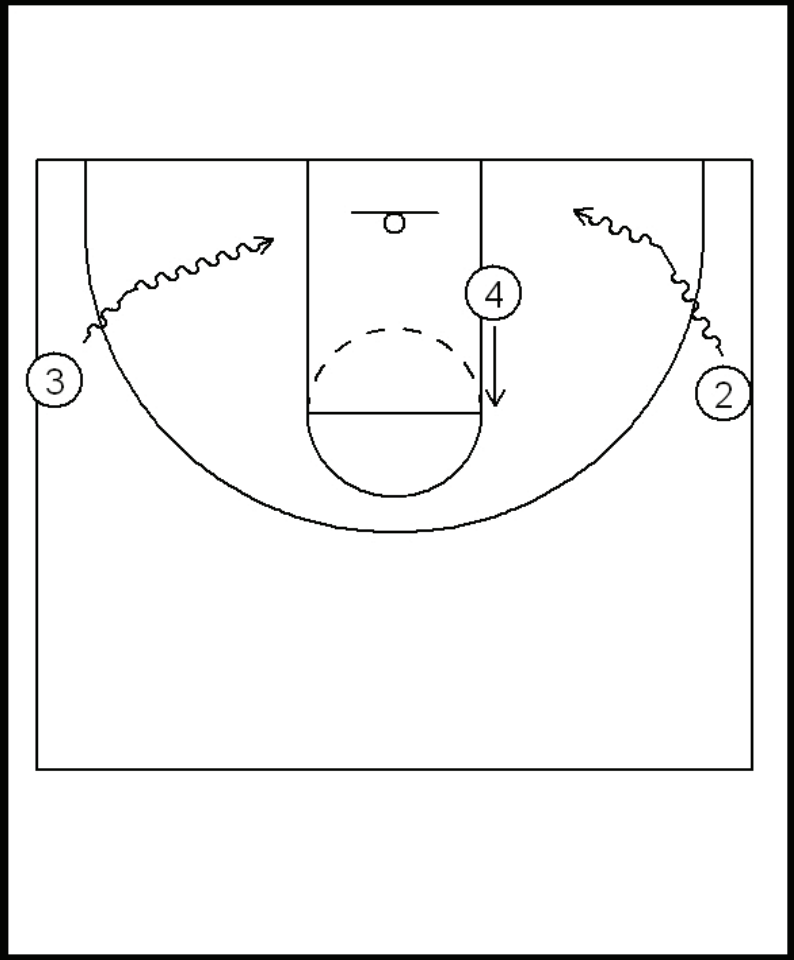
LAYER 4: Post Reactions to Dribble Penetration

- If the ball penetrates the lane **above** the post, then the post slides to the **short corner**



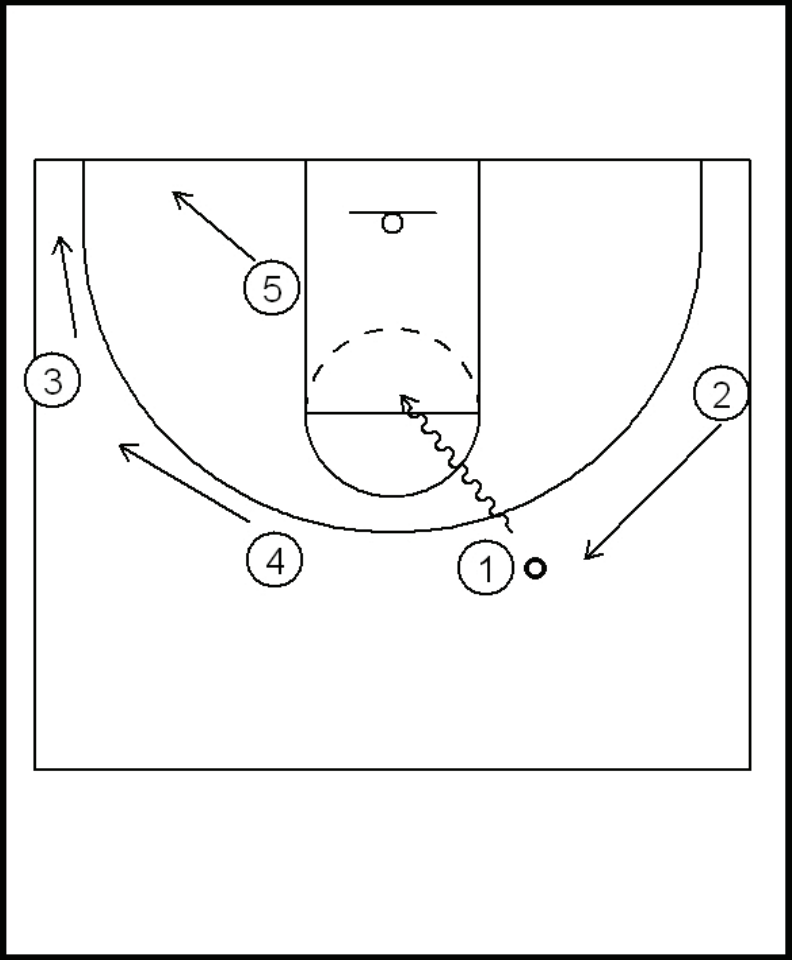
LAYER 4: Post Reactions to Dribble Penetration

- If the ball penetrates the lane below the post, then the post slides up the lane line.
- NOTE: Sometimes a perimeter player may end up in the post after a basket cut and must react as a post player would if penetration occurs immediately. So its important that perimeter players know how to adjust in the post area off penetration.
- the post must not hesitate, they just go

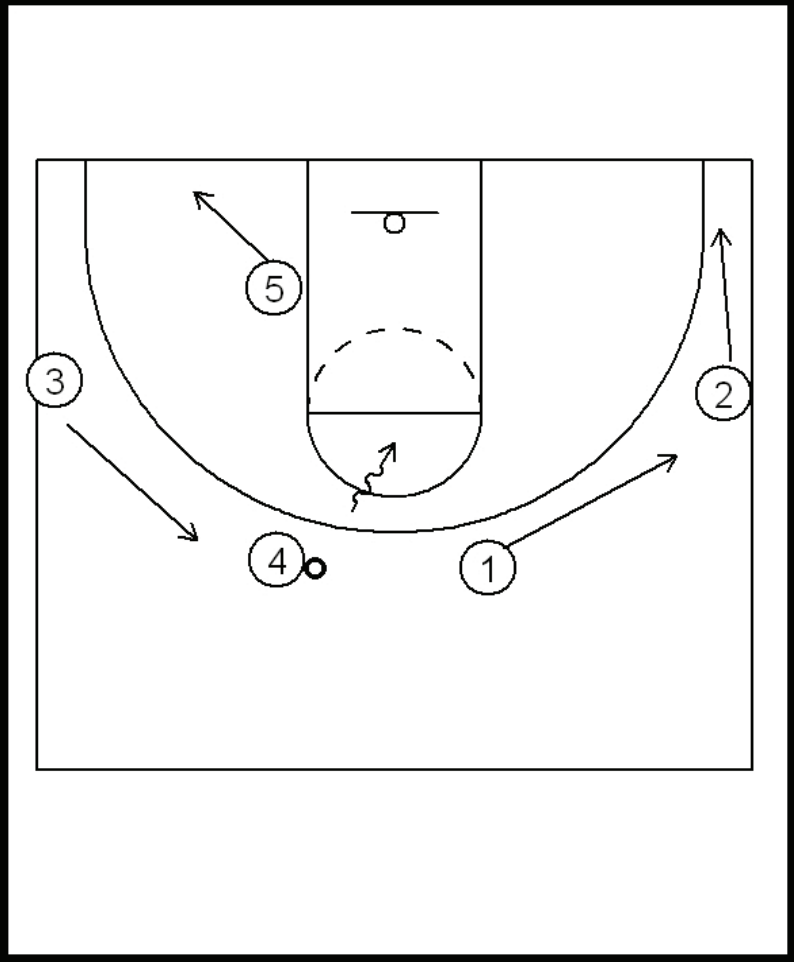


LAYER 4: Post Reactions to Dribble Penetration

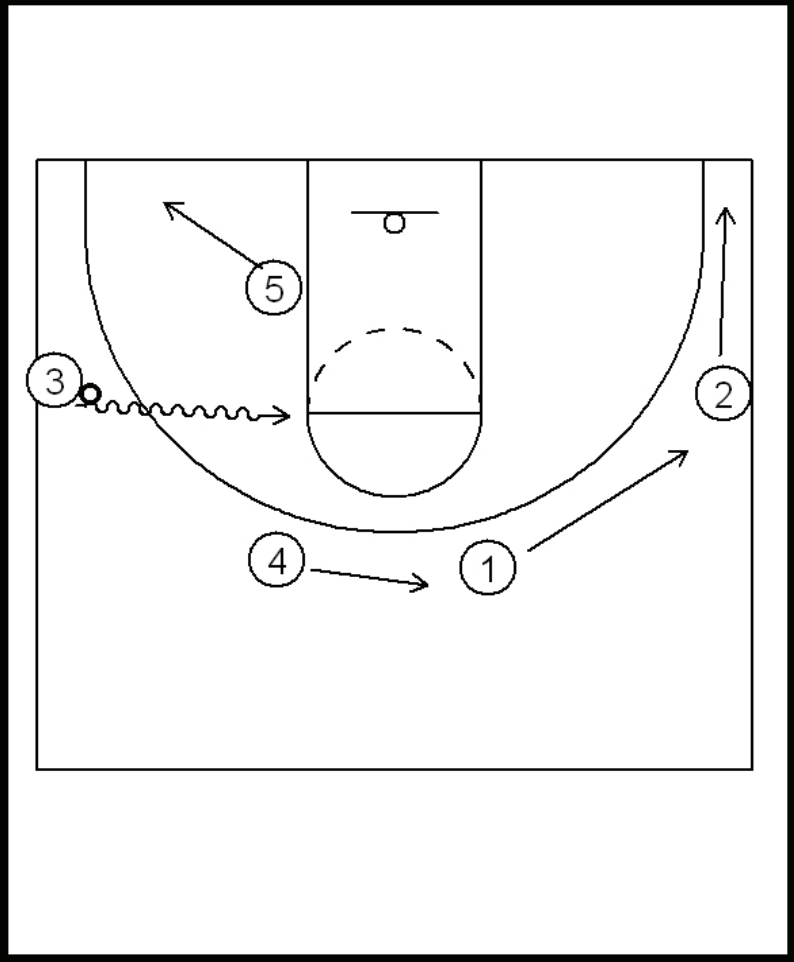
- 4 OUT 1 IN EXAMPLE OF LAYER 4.



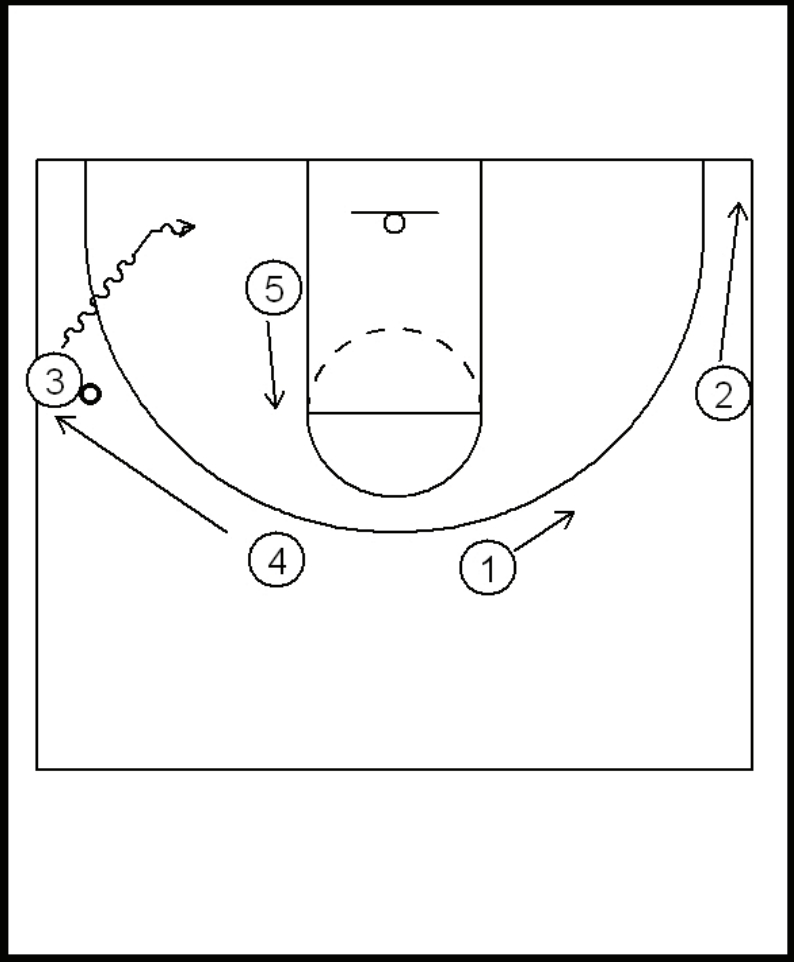
LAYER 4: Post Reactions to Dribble Penetration



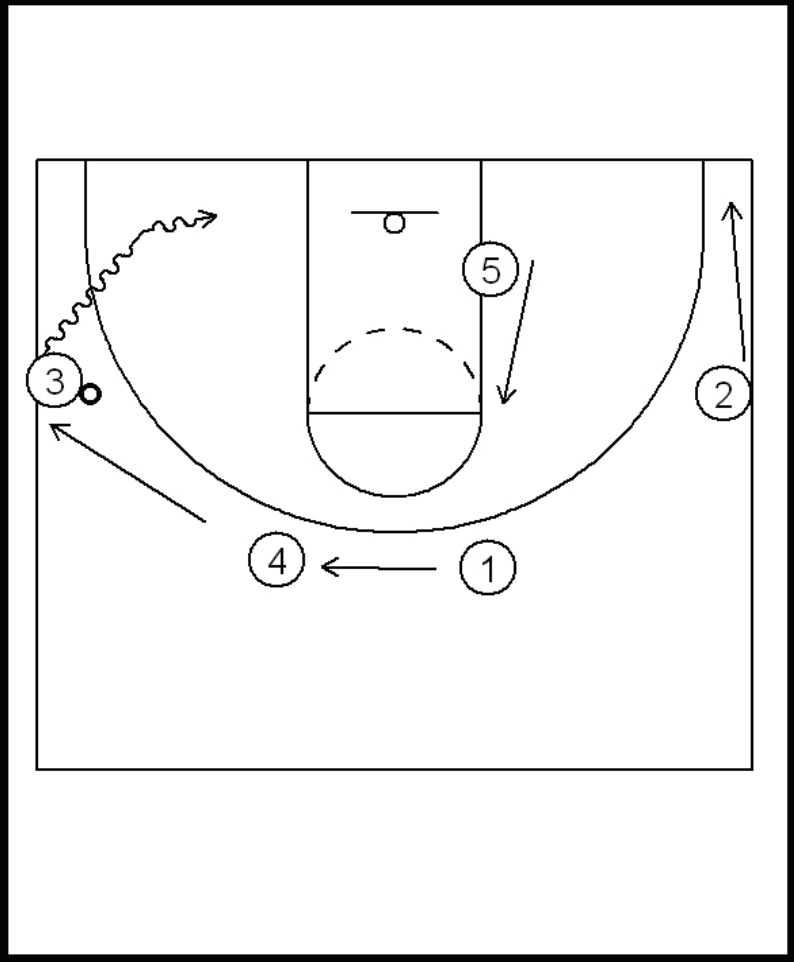
LAYER 4: Post Reactions to Dribble Penetration



LAYER 4: Post Reactions to Dribble Penetration

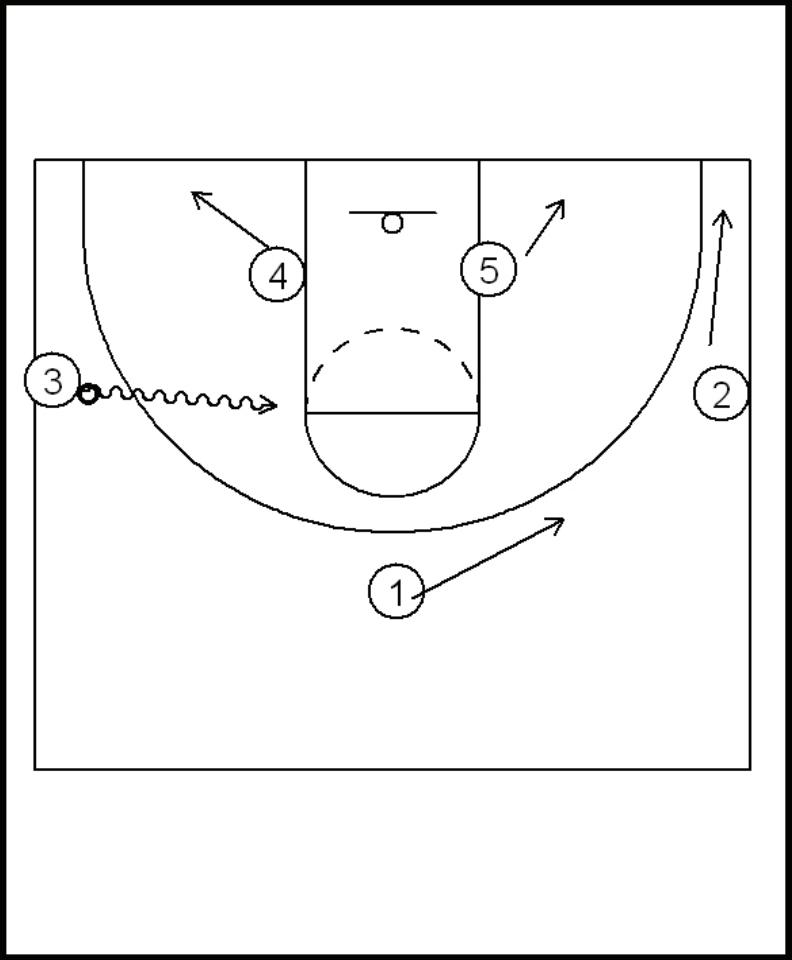


LAYER 4: Post Reactions to Dribble Penetration

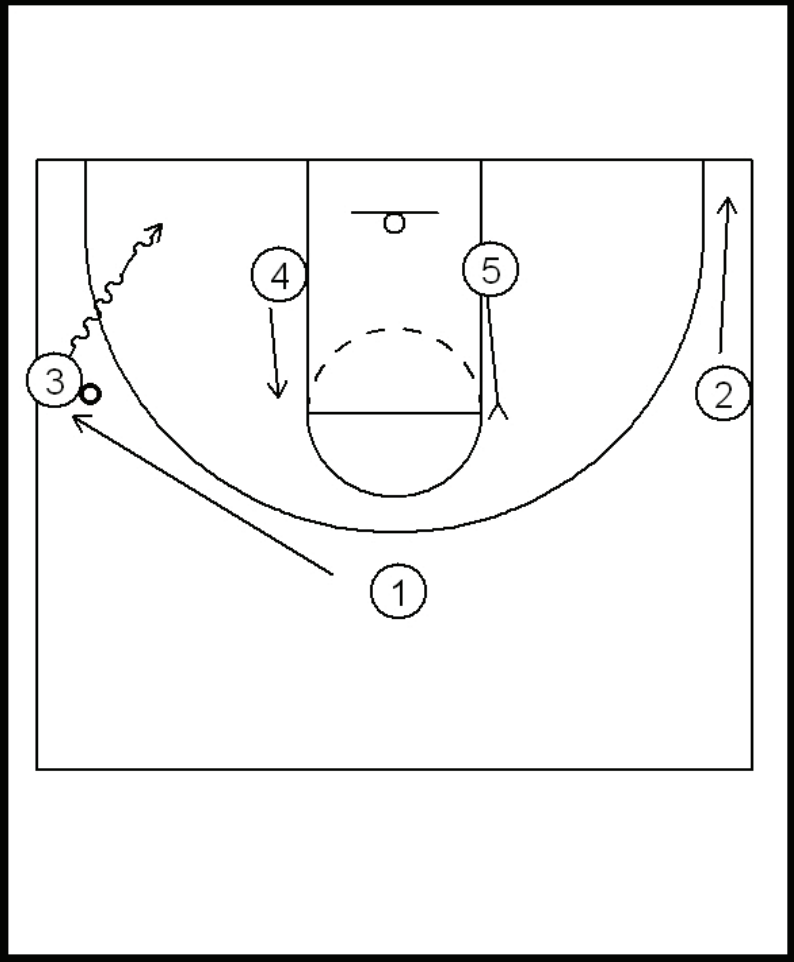


LAYER 4: Post Reactions to Dribble Penetration

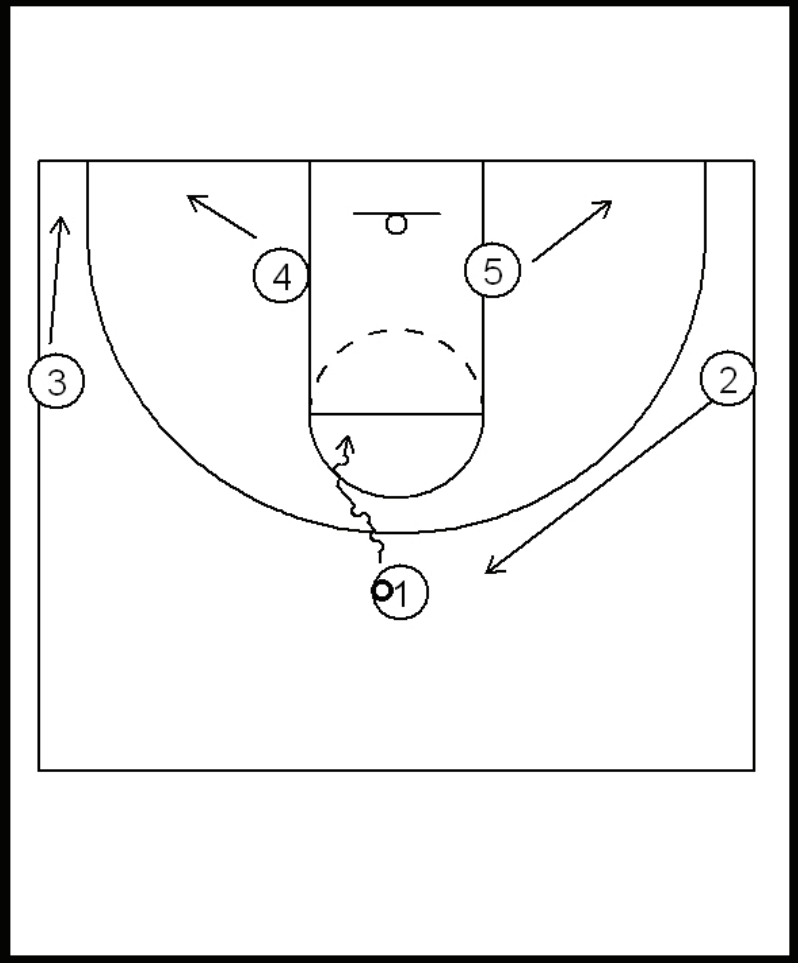
- 3 OUT 2 IN EXAMPLE OF LAYER 4



LAYER 4: Post Reactions to Dribble Penetration

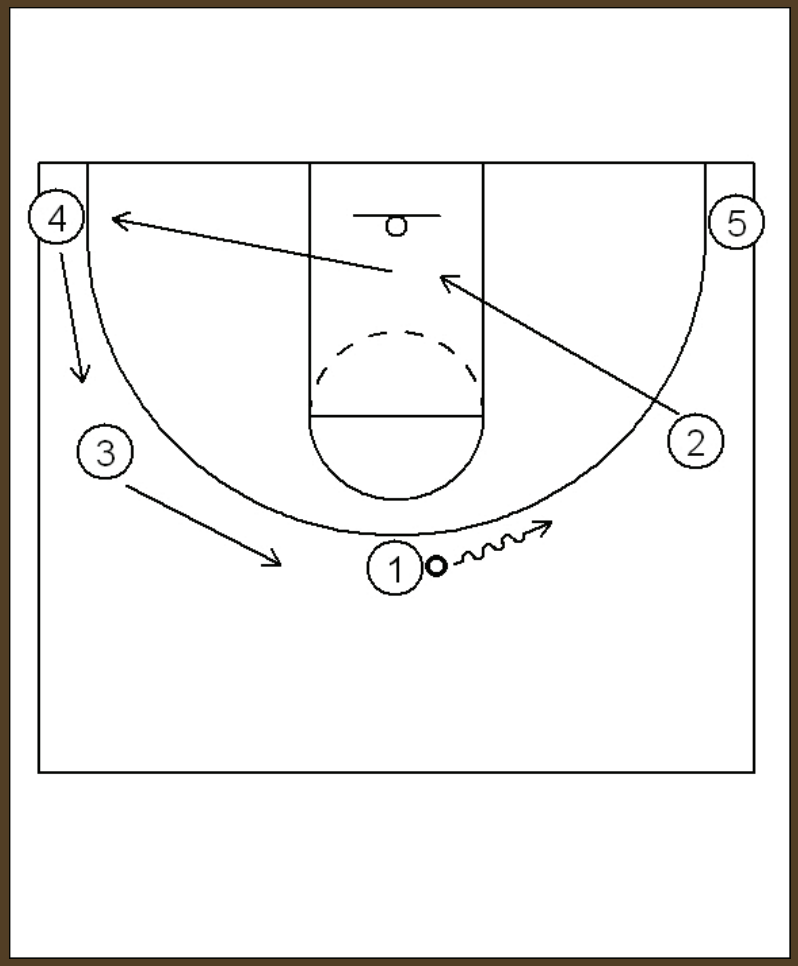


LAYER 4: Post Reactions to Dribble Penetration



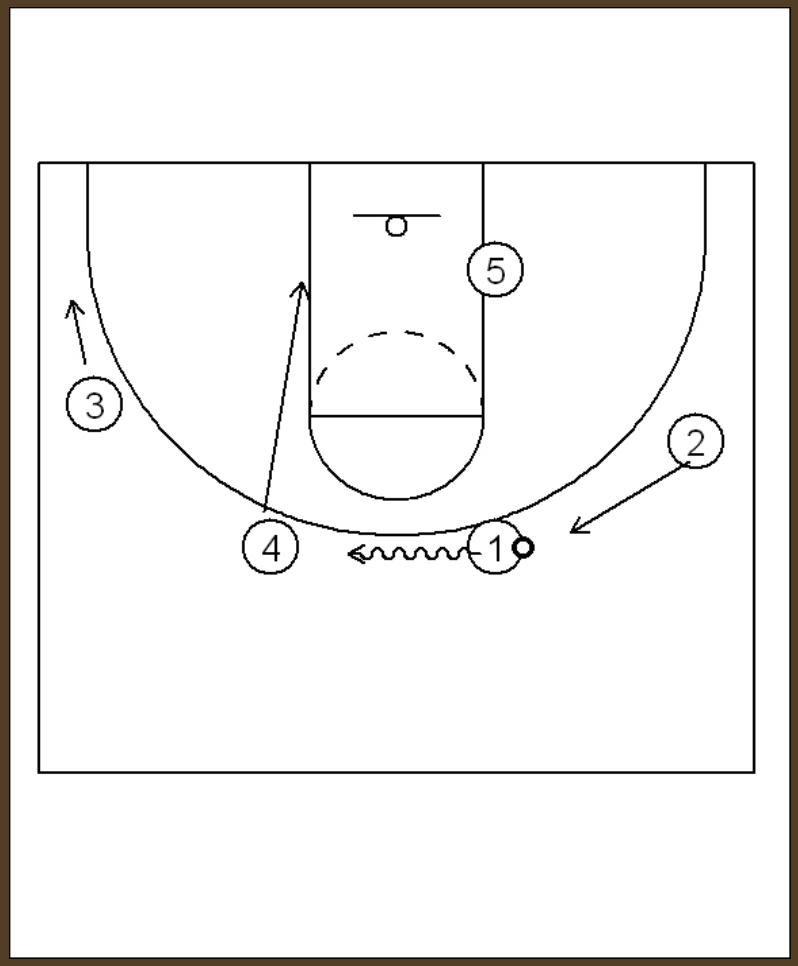
LAYER 5: East West Dribble: Speed Dribble

- The east / west dribble forces the basket cut
- we can use this layer to create movement, post up a perimeter player, set up a good read on the defensive overplay)



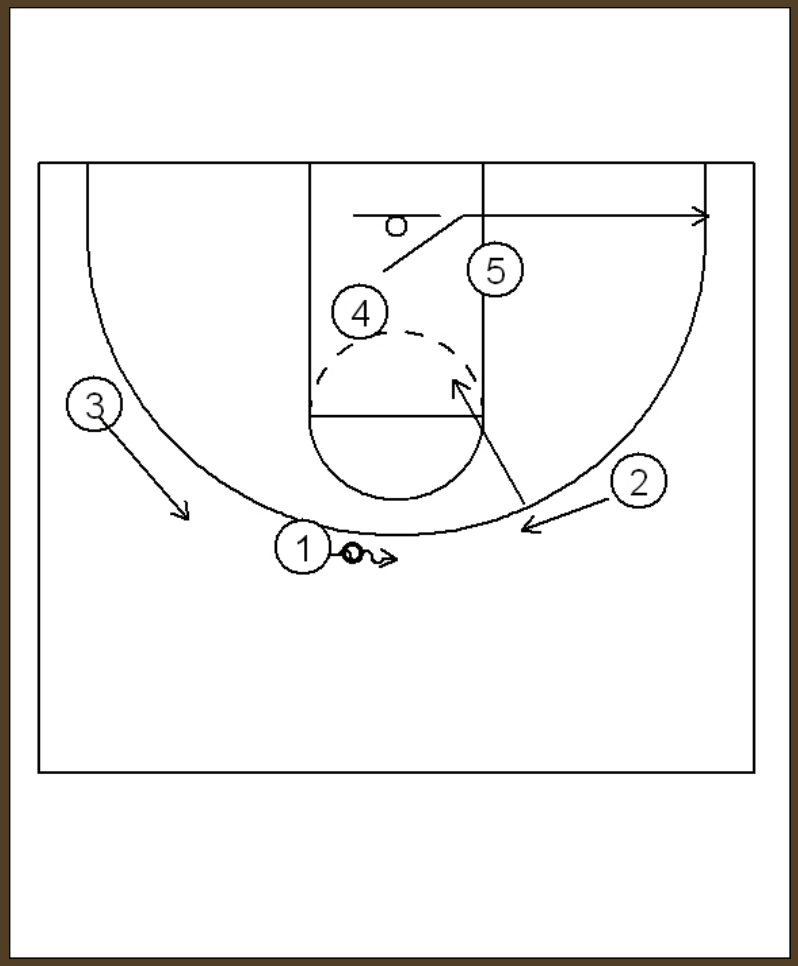
LAYER 5: East West Dribble: Speed Dribble

- **4 OUT 1 IN EXAMPLE OF LAYER 5**

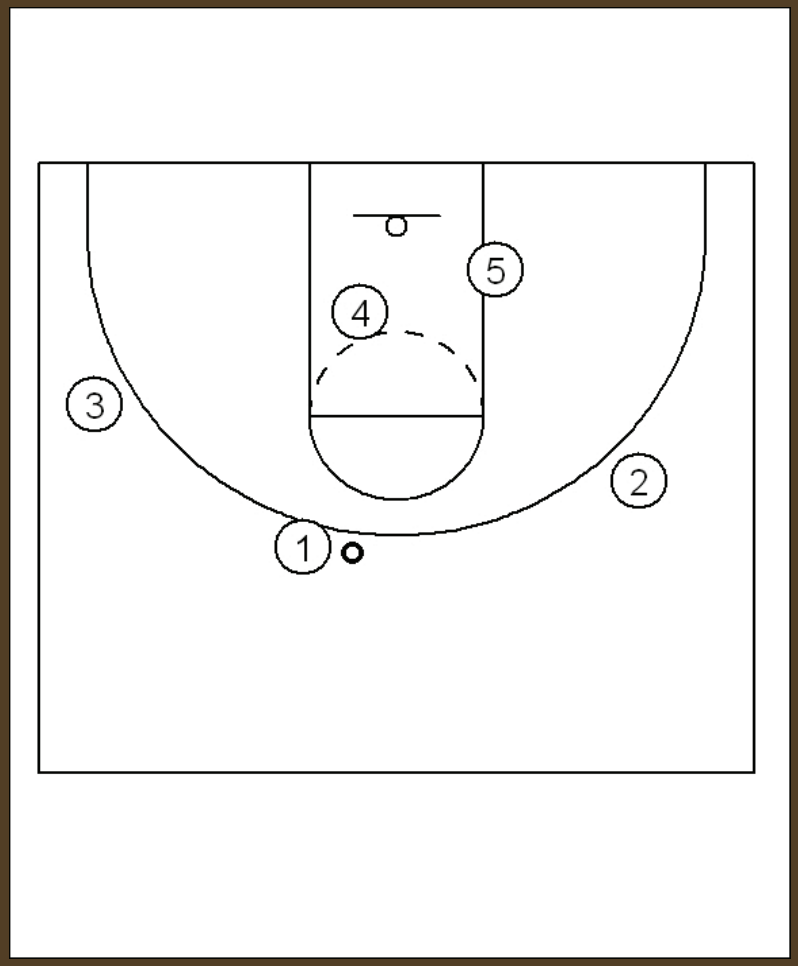


LAYER 5: East West Dribble: Speed Dribble

- here the 4 man has already basket cut, the 2 man is filling up from the baseline. Then the 1 man reverse direction and dribble at 2, so he basket cuts.
- This creates good movement.
- the cutter can use 5 as a screener during their movement out to the perimeter

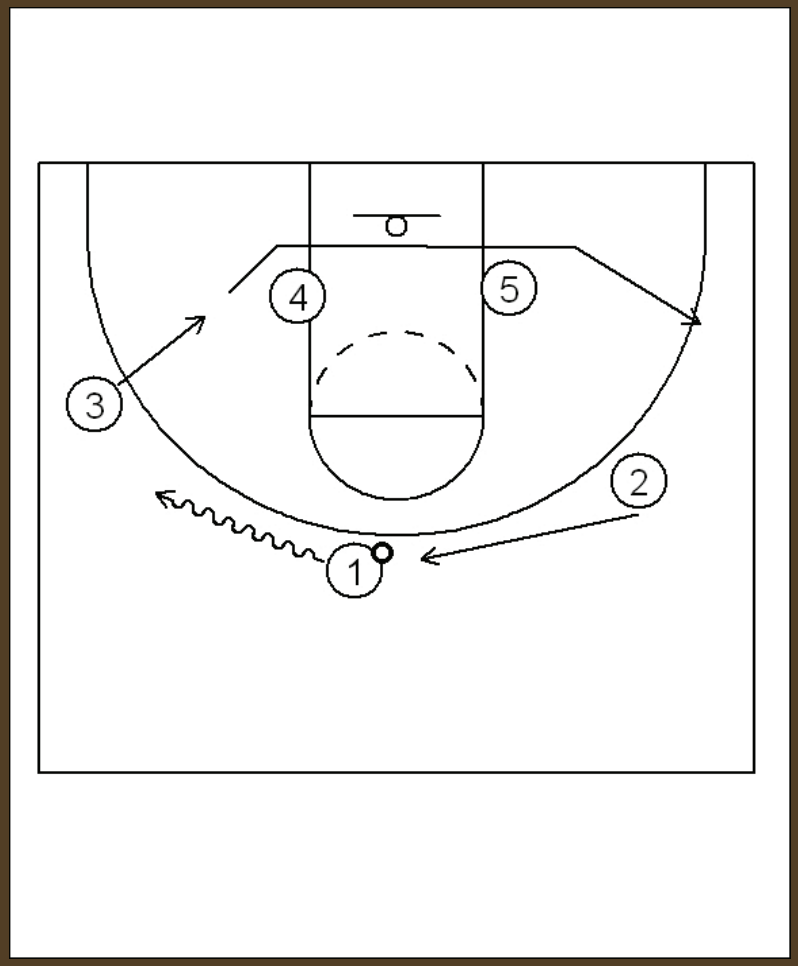


LAYER 5: East West Dribble: Speed Dribble



LAYER 5: East West Dribble: Speed Dribble

- 3 out 2 in example



LEVEL B

COMPLETING THE FOUNDATION

LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- **EAST WEST DRIBBLE: THE POWER DRIBBLE *(DRIBBLE HANDOFF AND ROLL)***

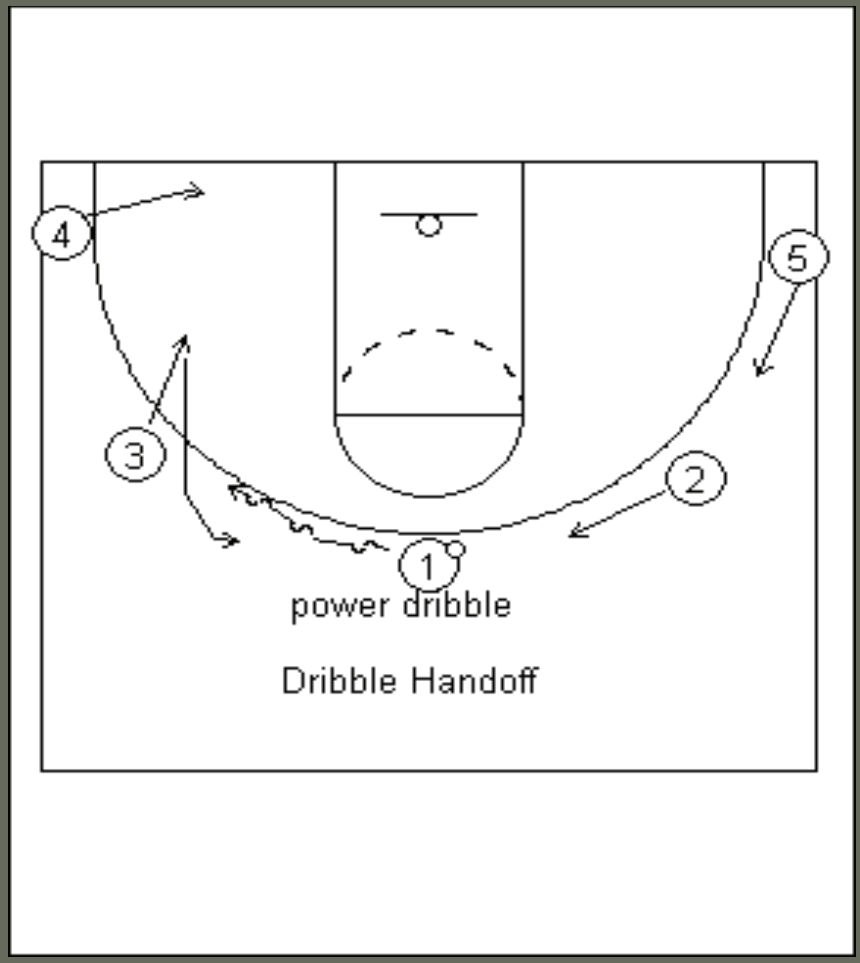
- 1. Can be used as a form of pressure relief.
- 2. Inside players can initiate the Pick and Roll to get inside.
- 3. It can be used to change "sets" 5 out > 4 out or 4 out > 3 out)

- Player signals he wants to do a DHO by doing a power dribble with a step slide action towards a player. This step slide must be so extreme that a teammate cannot mistake it for a speed dribble. Ballhandler will step across and turn his back to the goal.

- Player will V cut, faking the basket cut & circles to the outside.

- The ball is presented to the cutter with one hand on top (hand closest to cutter) and one hand on the bottom of the ball. Very similar to a hand off in football.

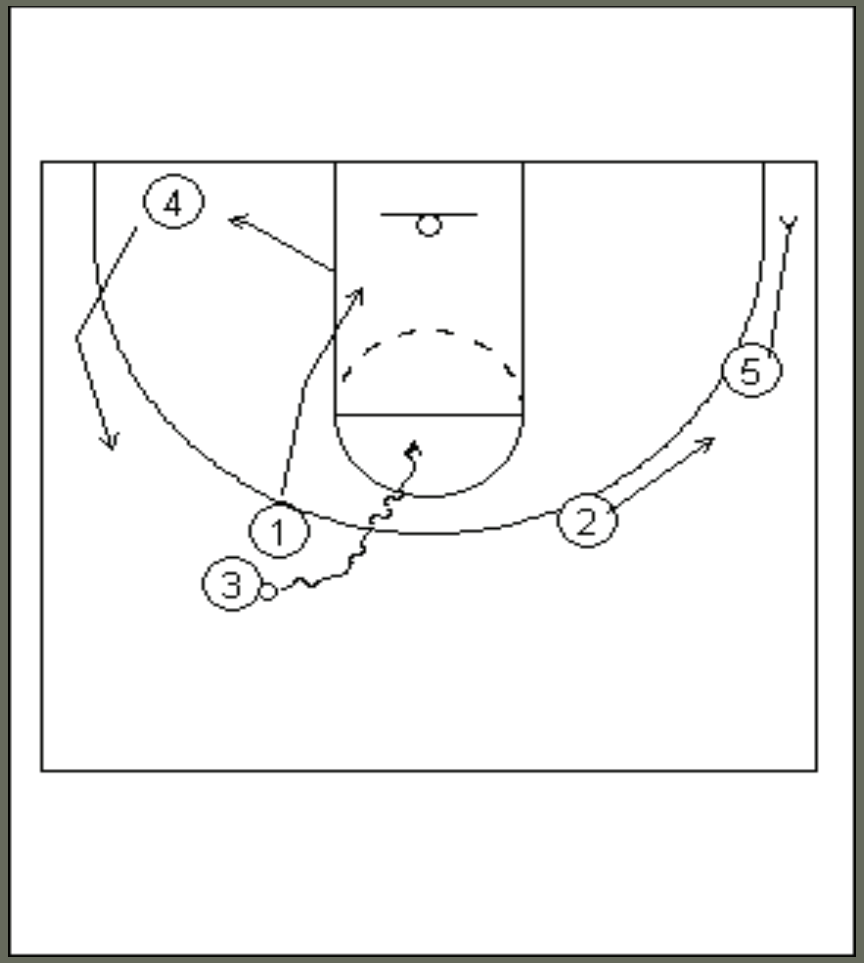
- Cutter reaches thru the keyhole to "snatch" the ball and get to the hole.



LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

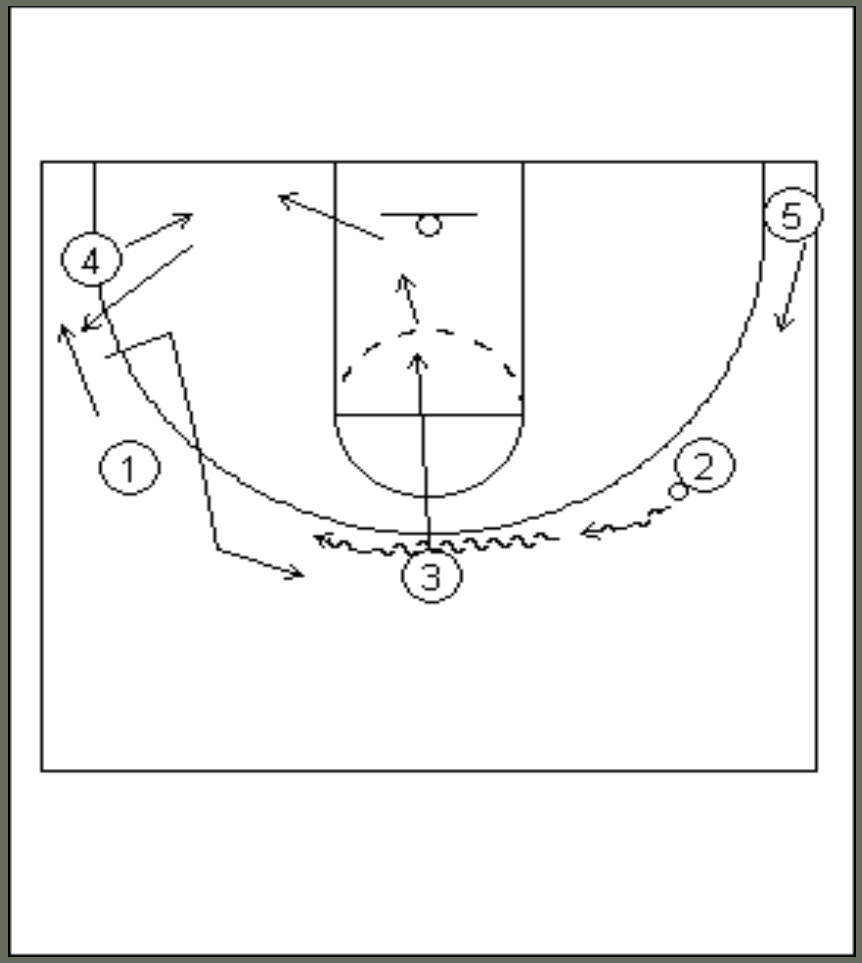
- if the roller is not open he executes the same reaction as a basket cut and moves out to open corner.

- THE POWER DRIBBLE
- 1. Its a pressure relief option for everyone
- 2. Its a safe way for post players to initiate a pick and roll on perimeter.
- 3. It can create mismatchs when it forces teams to switch on the pick and roll.
- 4. It can be used to change sets from 5 out to 4 out and 4 out to 3 out.
- 5. Its an easy way to transfer the ball to a better playmaker in a great playmaking situation.



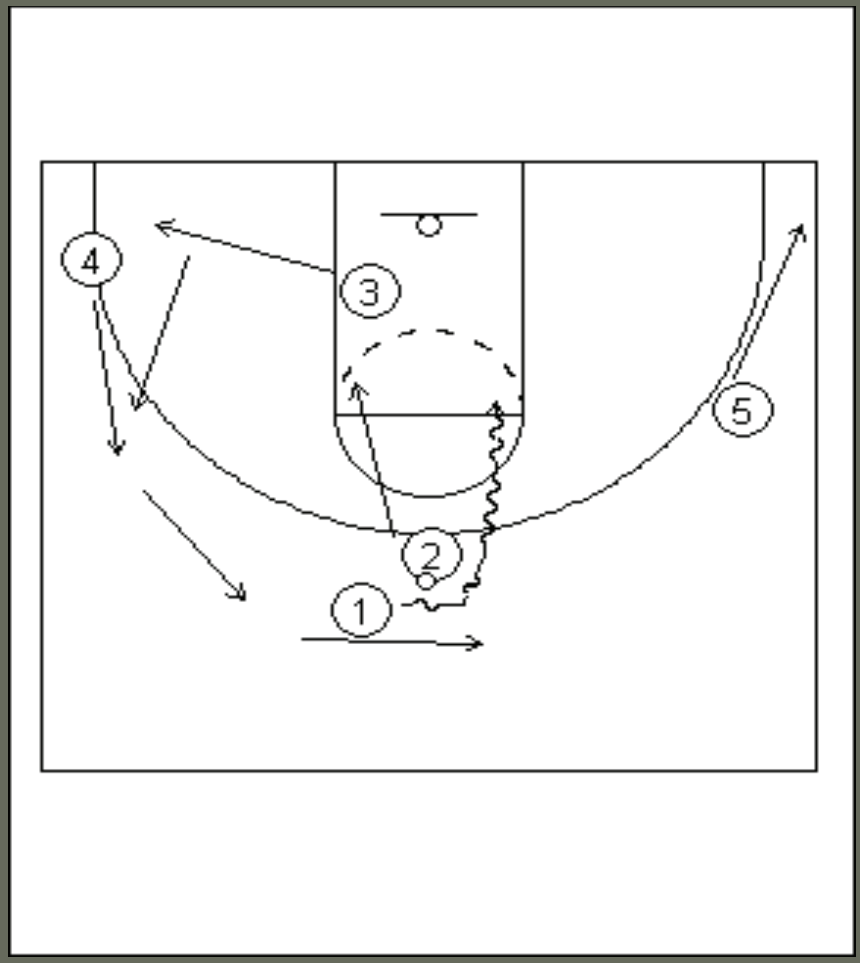
LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- If 1st player mis-reads the power dribble then they continue on to next player and look to 'DHO' or reverse and power dribble the other direction.



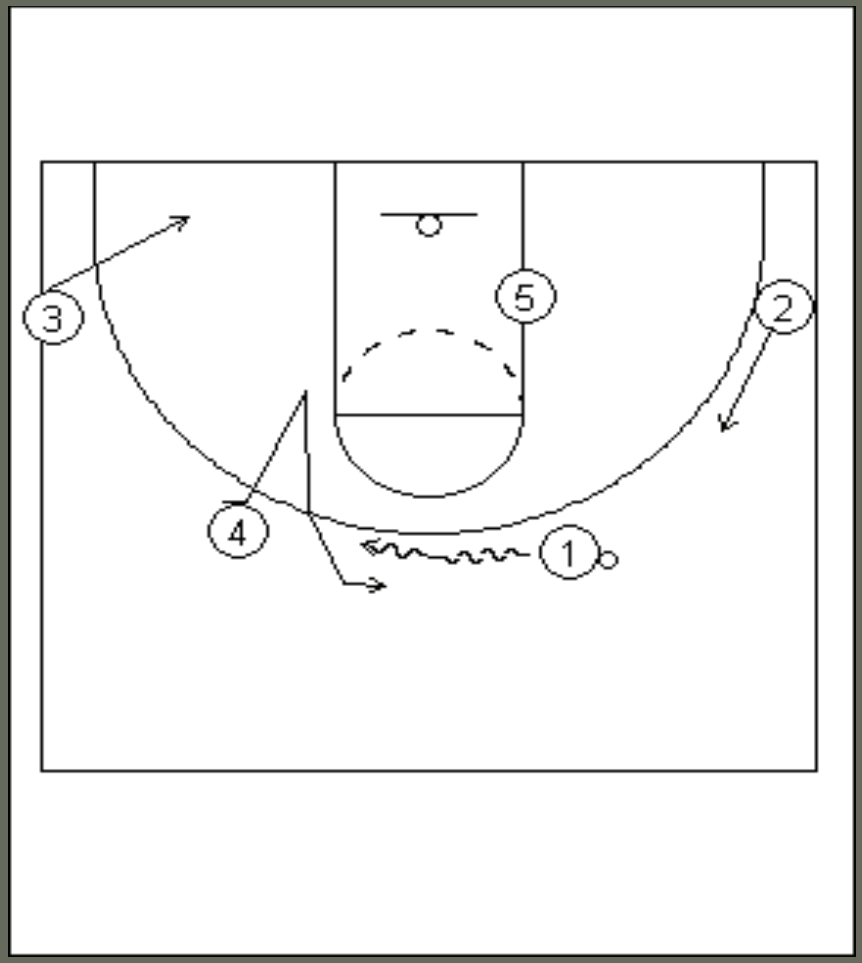
LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- Here after player #3 mis-read and cut to the basket, player 2 just kept going and ran a DHO with player # 1.
- If he wanted to, player #2, could have reversed direction and ran a dribble handoff with player #5.

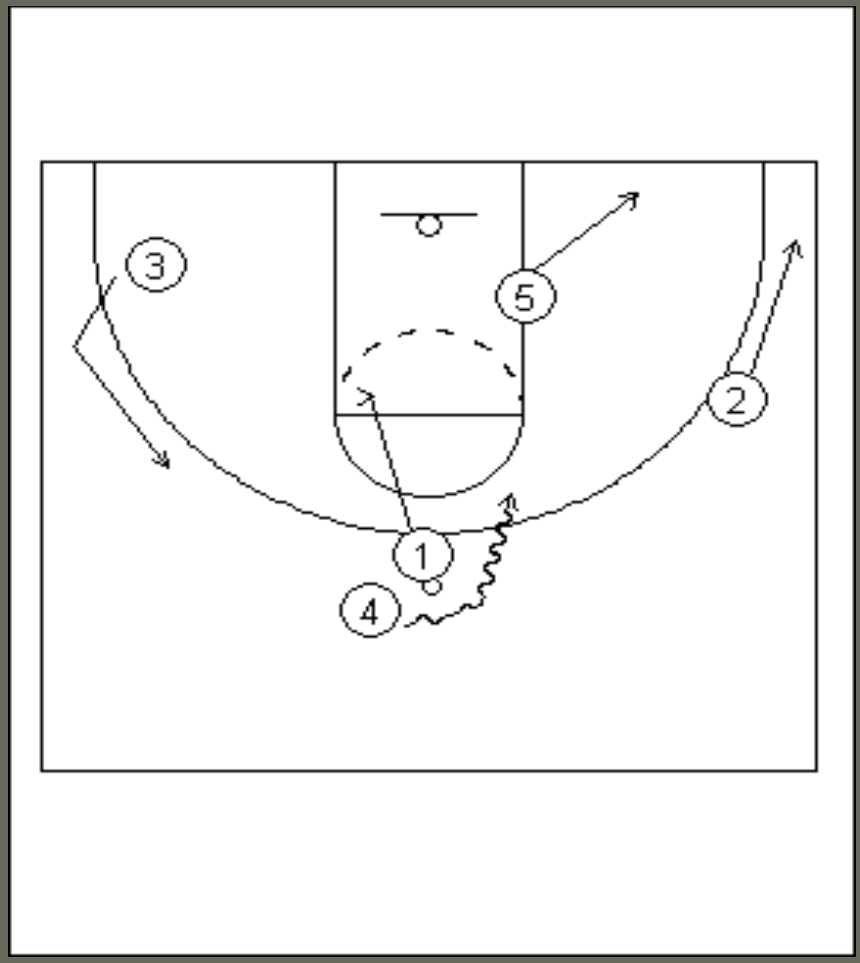


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- EXAMPLE OF 4 OUT 1 IN OFFENSE WITH POWER DRIBBLE USED.

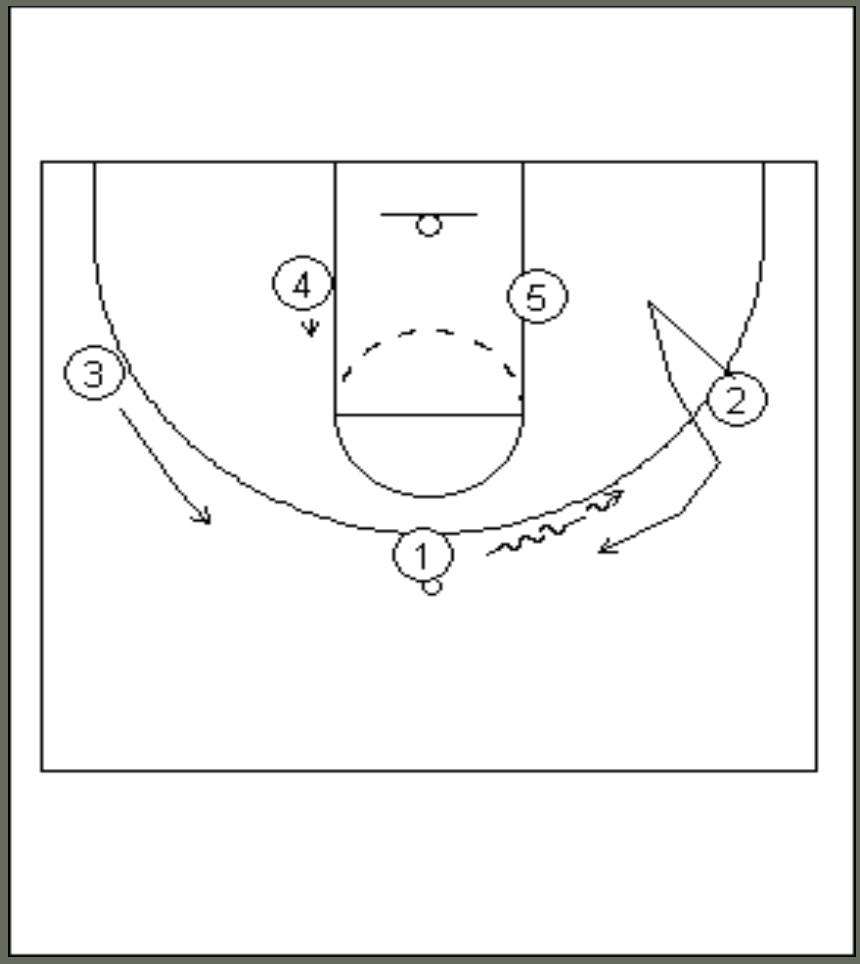


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

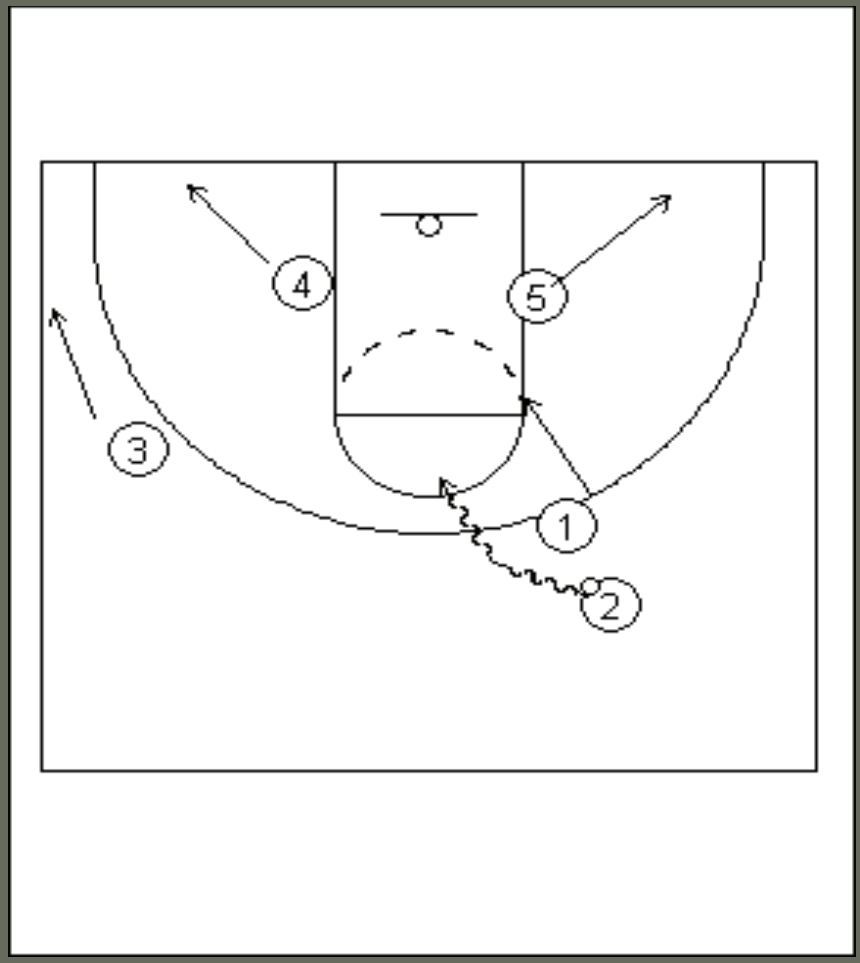


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE

- 3 OUT 2 IN EXAMPLE OF POWER DRIBBLE

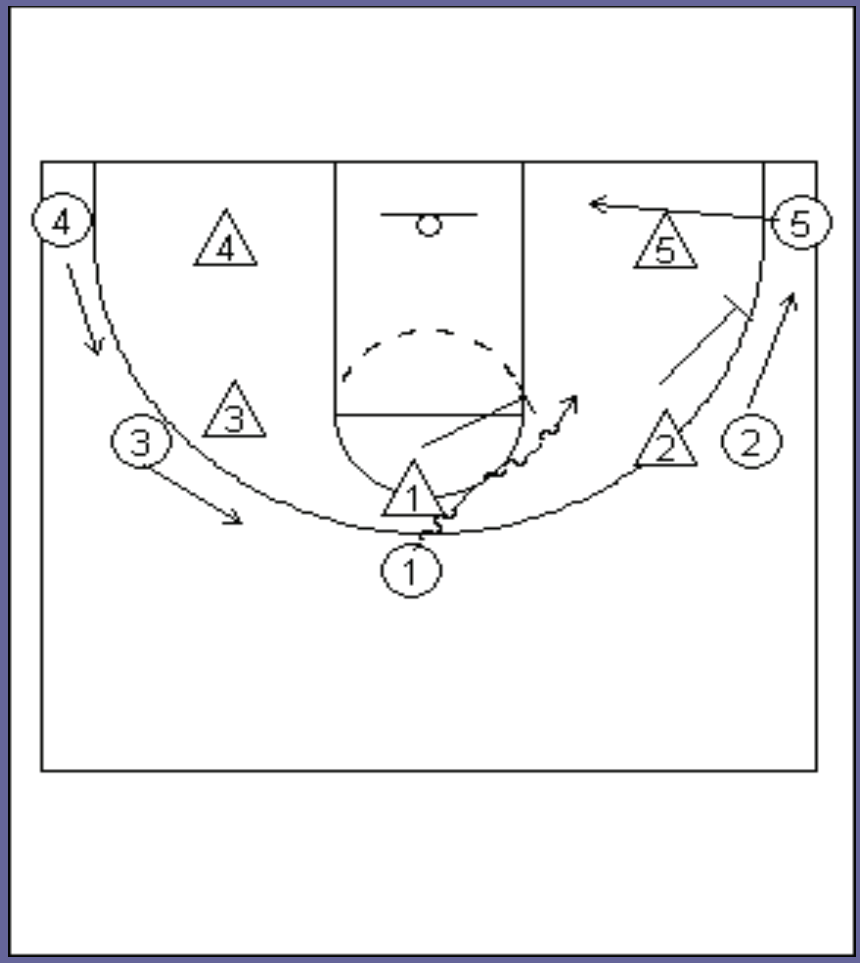


LAYER 6: EAST WEST DRIBBLE: POWER DRIBBLE



LAYER 7: EAST WEST DRIBBLE: CIRCLE REVERSE

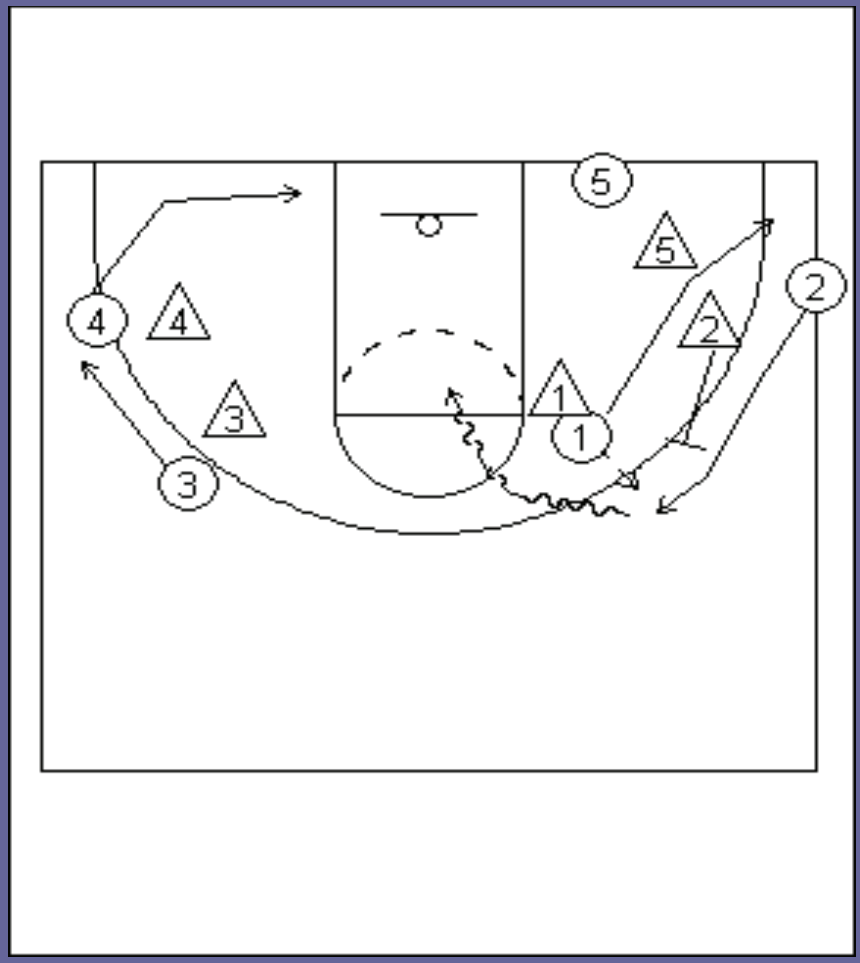
- Layer 7: Circle Reverse
- This layer is very similar to the kick back for the dribble drive motion offense.
- The offense attempts a North > South dribble and is cut off and forced to the outside.
- The 2 man starts his circle movement and sees that his defender doesn't help on the drive. So he plants and reverses his circle movement.



LAYER 7: EAST WEST DRIBBLE: CIRCLE REVERSE

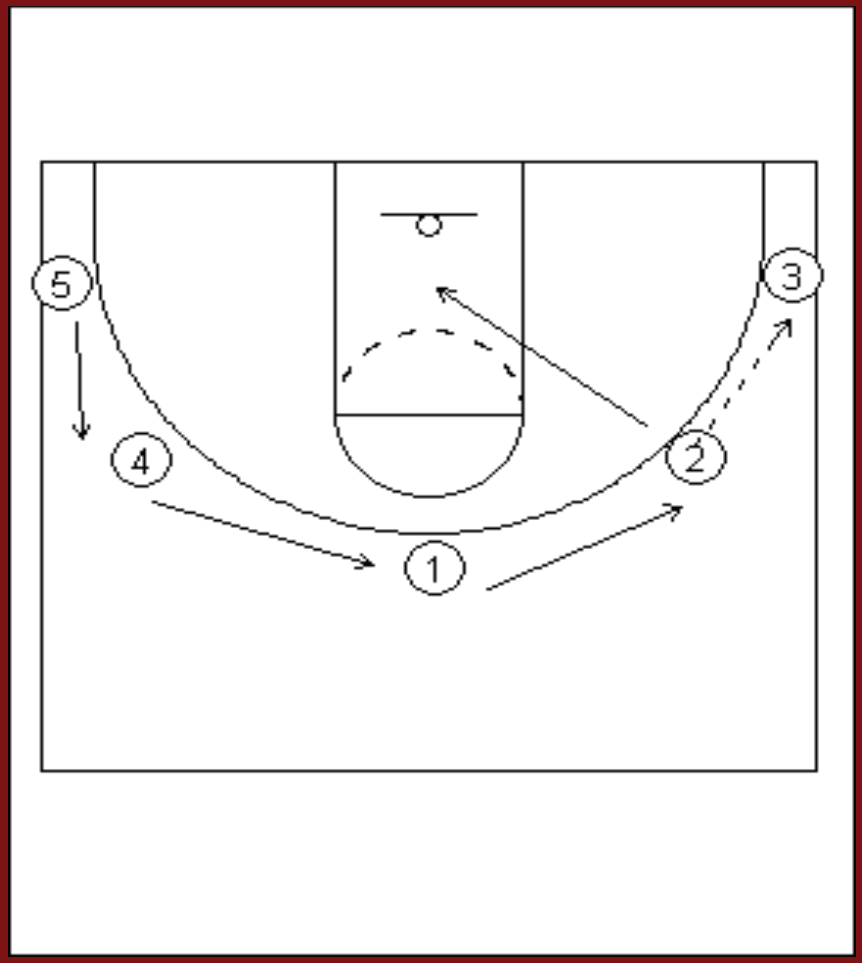
- Here the 2 man is running reverse circle motion. We want him to play "down hill" and catch the ball going towards the rim.

- The 3 man and 4 man will adjust their circle movement and reverse direction .

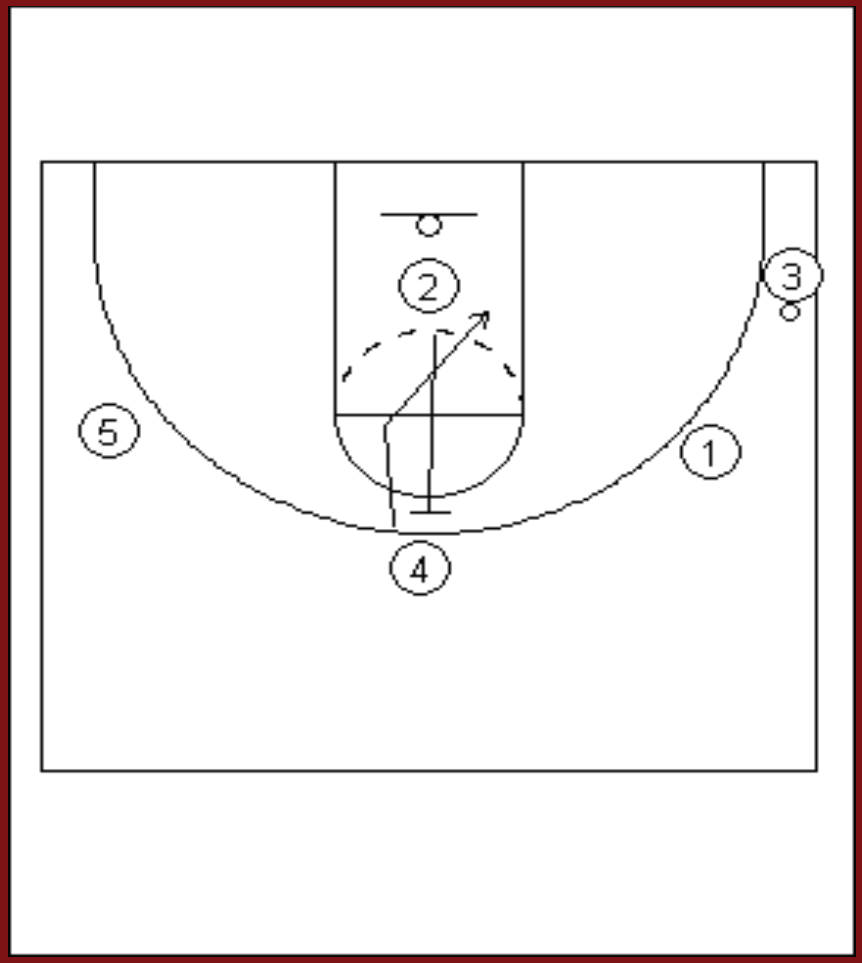


LAYER 8: BACK SCREENS

- **Layer 8: BACK SCREENS**
- After any basket cut, you may backscreen your way out
- Why Backscreen?
- - hard to defend
- - similar to basic layer basket cuts
- - dovetails into previous layers
- - its a North / South attack
- - natural movement
- - cutter alway fill ou
- - ordinarily its to get open, now its to get a teammate open: "youv'e had your chance to score, now give your teammate a chance to score" "Don't hand in the lane"
- Sprint out of the lane, fill out with a purpose,
- setting a backscreen can mean a 3 for the screener
- How to backscreen:
- Jump stop and call out teammates name, cutter cannot move until they hear the feet hit the floor.

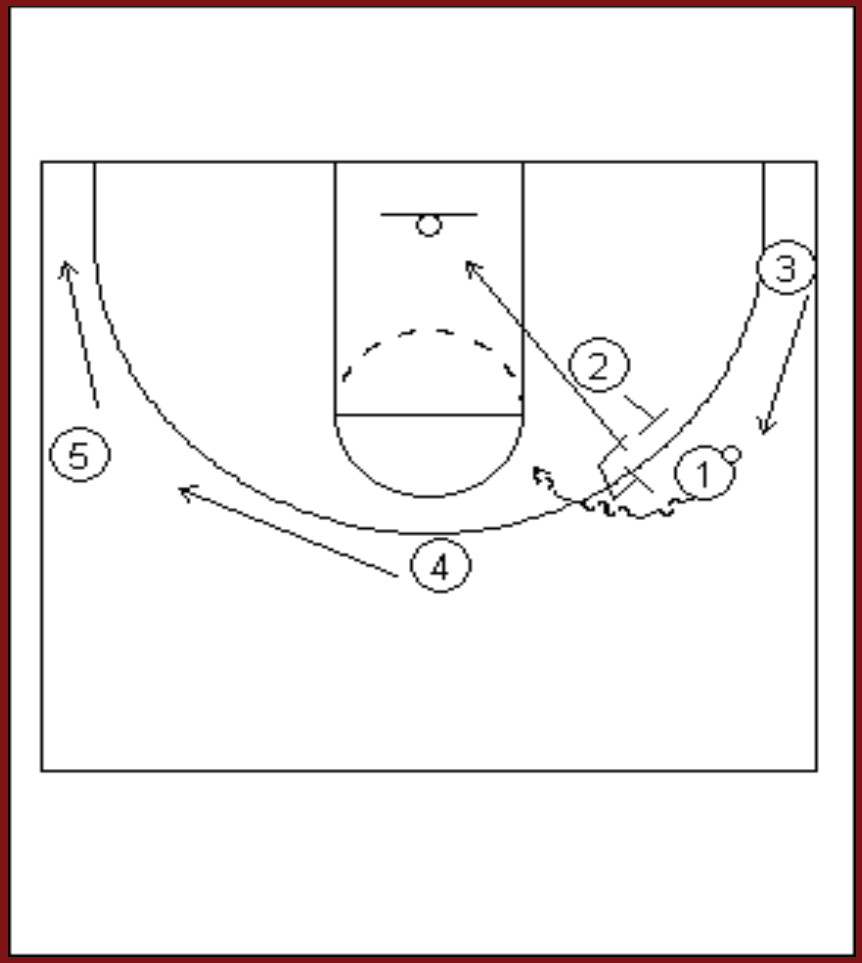


LAYER 8: BACK SCREENS



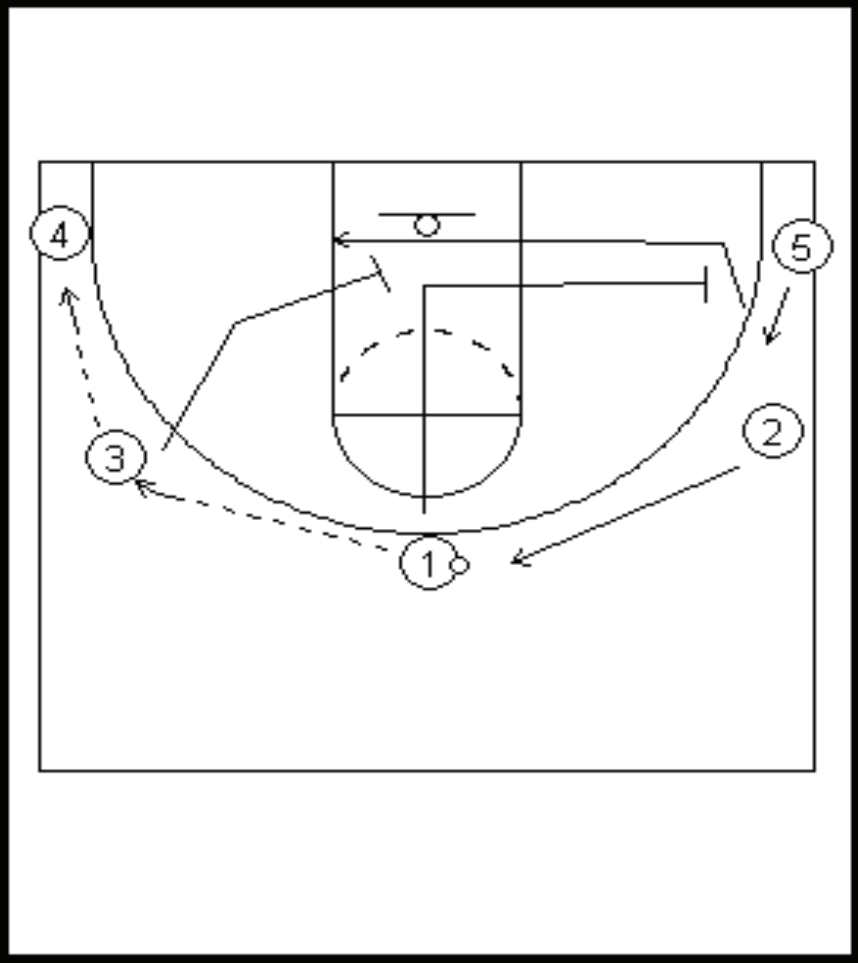
LAYER 8: BACK SCREENS

- error correction:
- If you fill out to wrong side of the floor, just set a backscreen for a teammate any your still good.
- if you get caught setting a backscreen when a player receives a pass, just be patient and set a ball screen or set a backpick after they pass the ball.

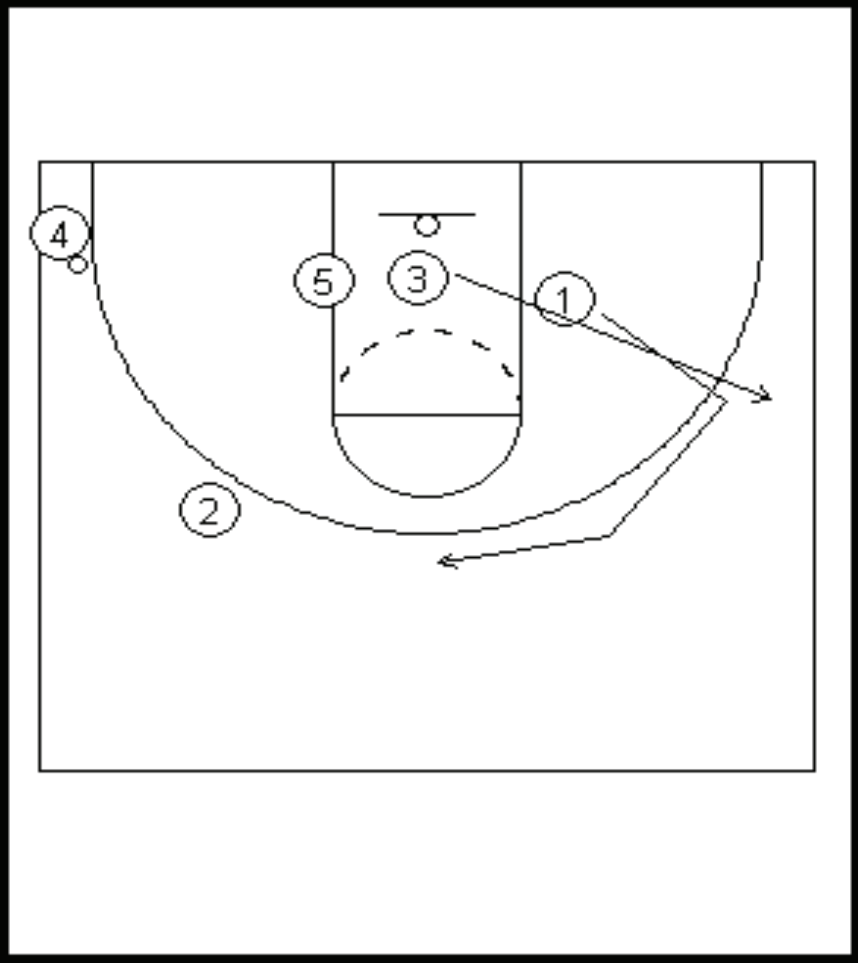


LAYER 9: MULTIPLE STAGGERED SCREENS

- **<u>Layer 9: MULTIPLE STAGGERED SCREENS</u>**
- finish your cut and use or set staggered screens as you go.
- while cutting, look for multiple staggered screens
- encourage players to finish cuts.
- some of these screens may be "rub" screens.

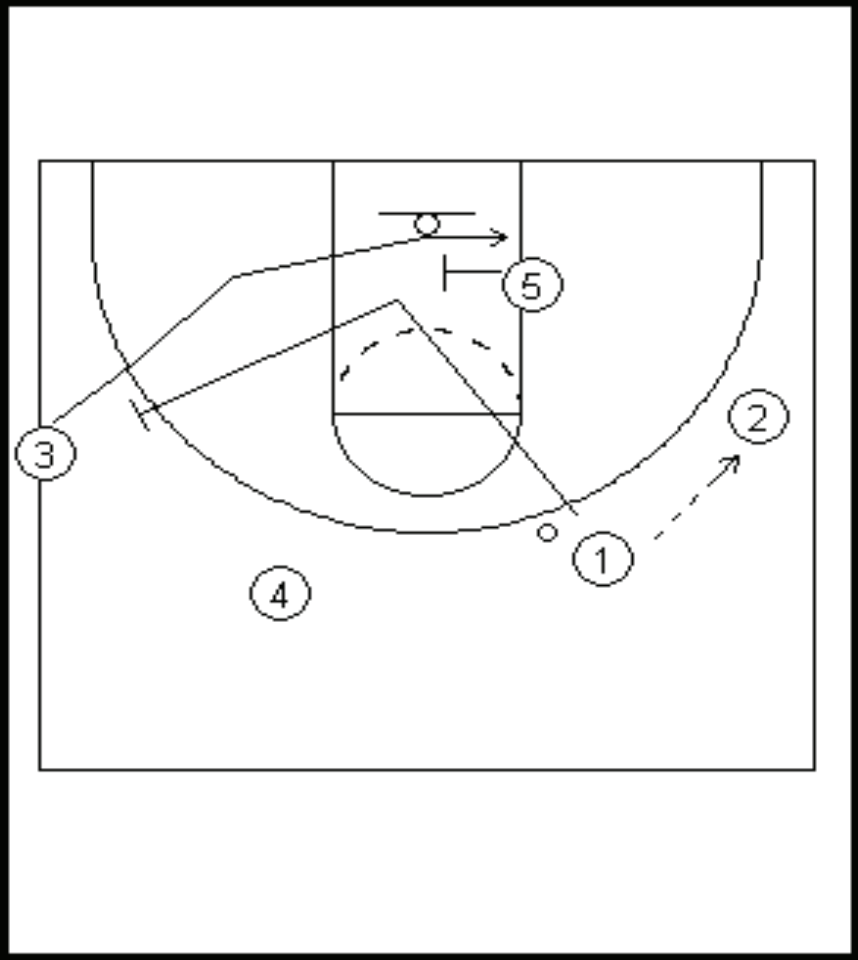


LAYER 9: MULTIPLE STAGGERED SCREENS



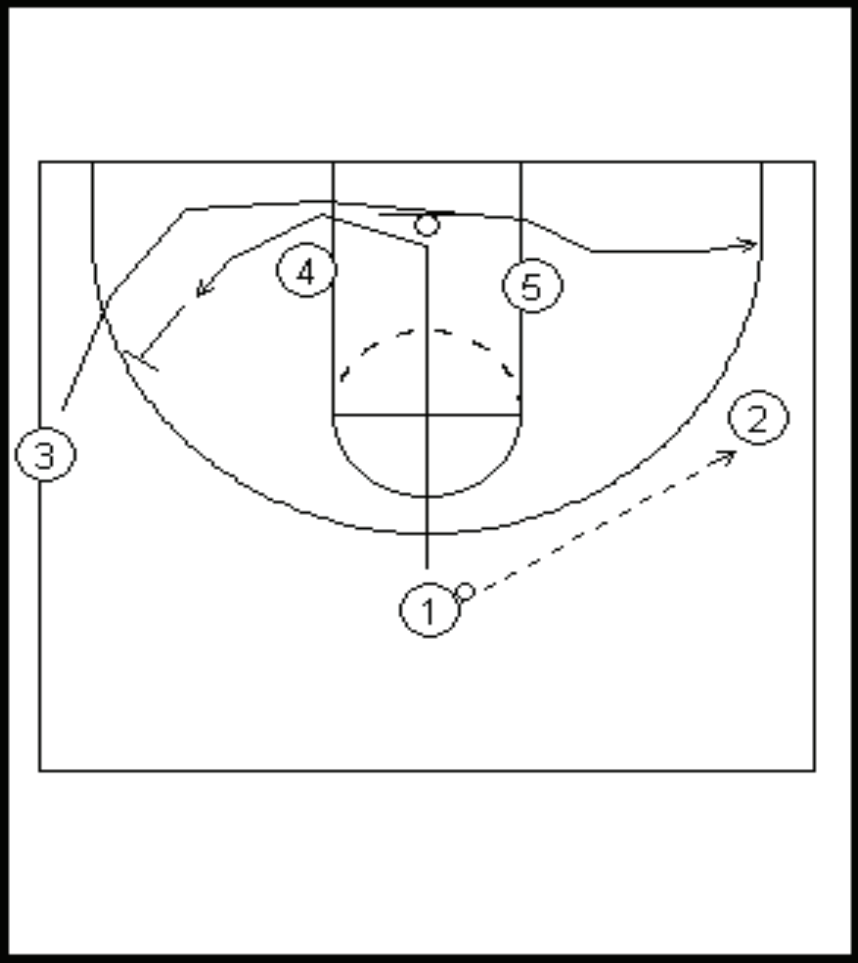
LAYER 9: MULTIPLE STAGGERED SCREENS

- 4 out example:
- this works well when you have a post already set down in the post.
- you can keep the post on one side of the floor, ballside all the time, or back side all the time.
- the post looks to screen for cutters.



LAYER 9: MULTIPLE STAGGERED SCREENS

- 3 out example
- now have 2 post screening

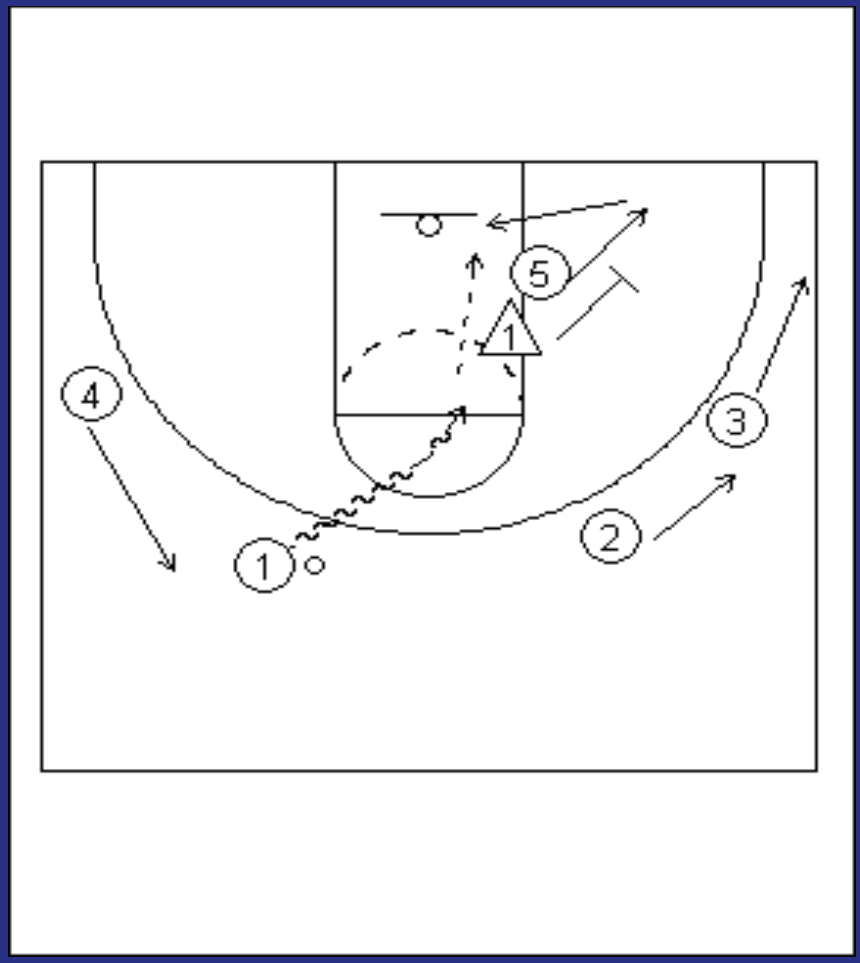


LEVEL C

POST PLAY

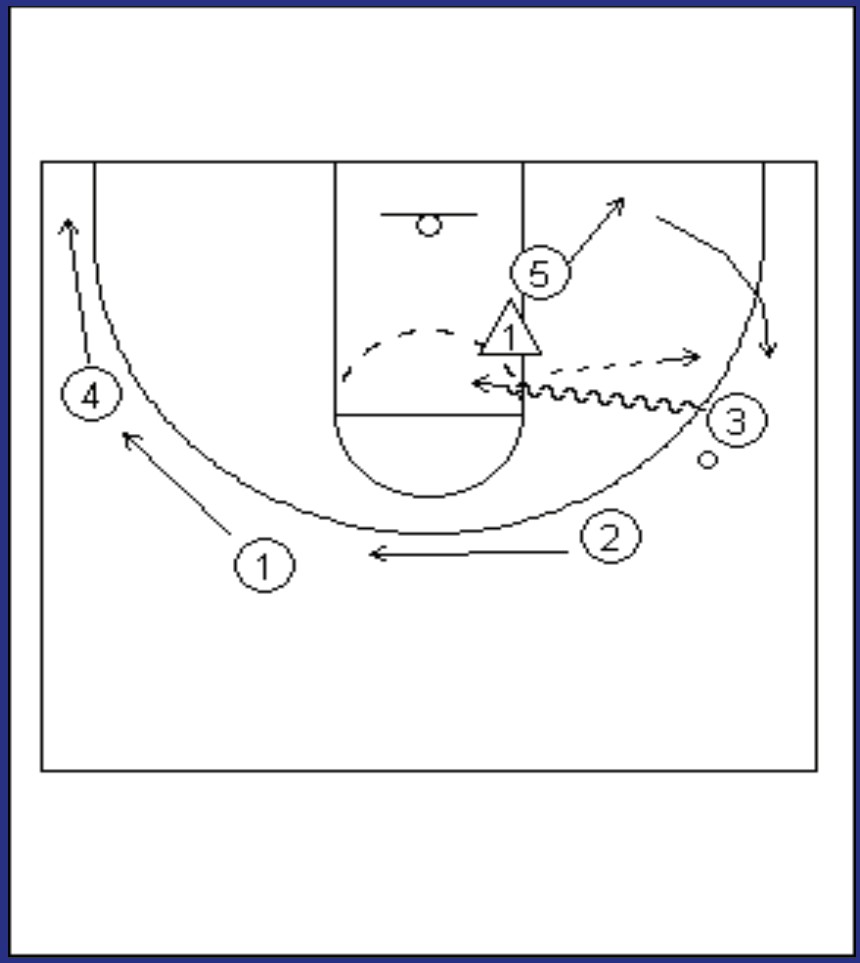
LAYER 10: 4 OUT 1 IN ADVANCED POST REACTIONS

- Layer 10: 4 out 1 in advanced post reactions
- These reactions are some advanced moves for the single post to use in a dribble drive situation.
- Here the point drives middle, starting opposite the post.
- The post slides short corner.
- The post defense follows the cut.
- The post executes a rear



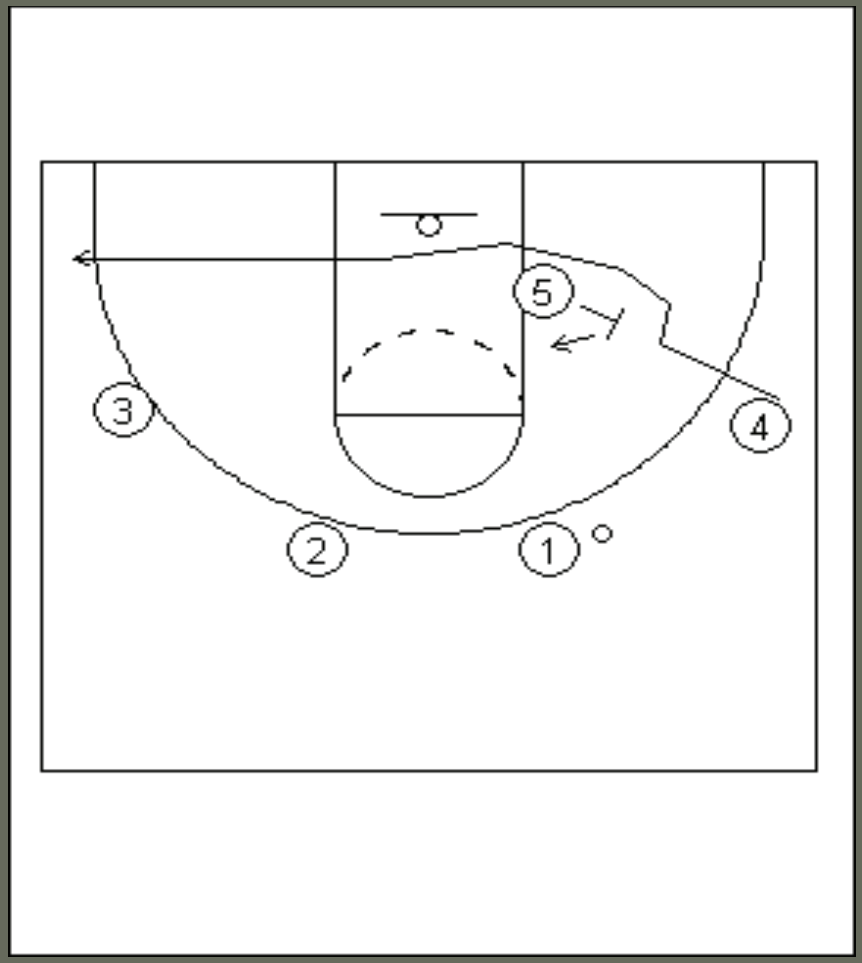
LAYER 10: 4 OUT 1 IN ADVANCED POST REACTIONS

- Here the penetration occurs on the post side.
- - the post slides to the short corner
- - and then circle moves to the safety valve position
- either of these moves can be used if the post has previously mastered the L cut and I cut.
- this circle move works great for a post that is a good shooter.
- or
- start your best shooter in the post and have them circle out on penetration.

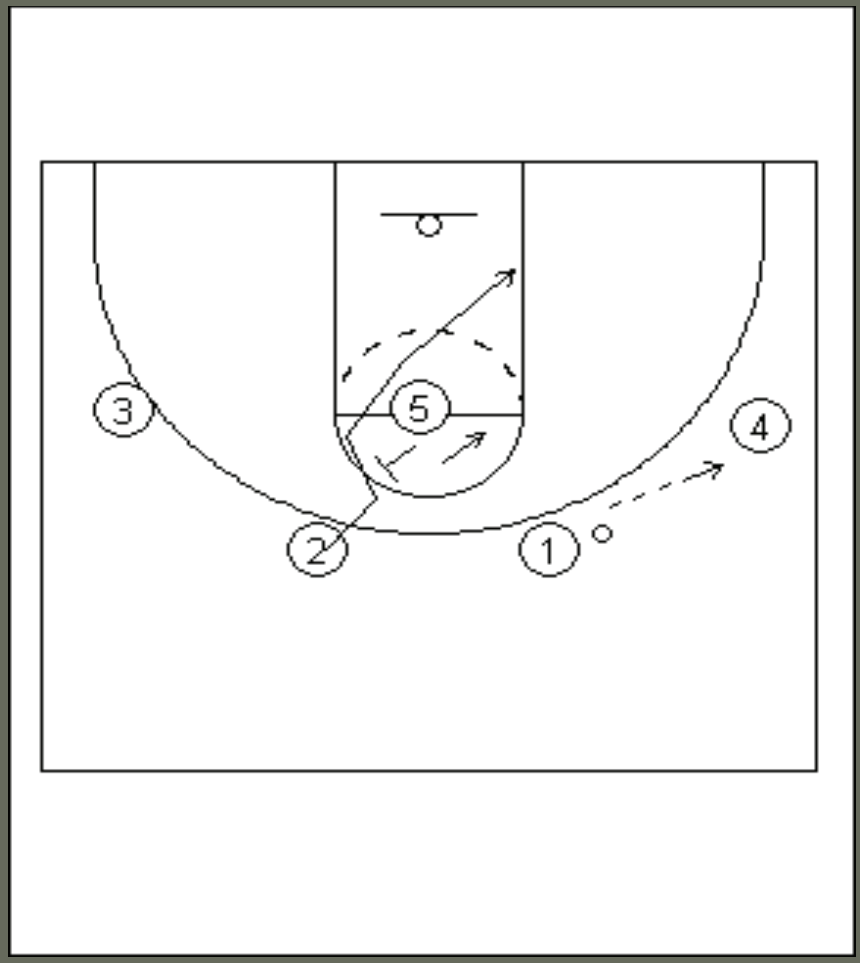


LAYER 11: 4 OUT 1 IN POST BLOCKING

- LAYER 11: 4 OUT 1 IN POST BLOCKING
- Here the post is utilized as a screener and looks to shape up after he screens.
- You can assign the post to:
- 1. low
- 2. high
- 3. wide
- 4. one side high or low
- there are endless varieties depending on the post players level of skill.

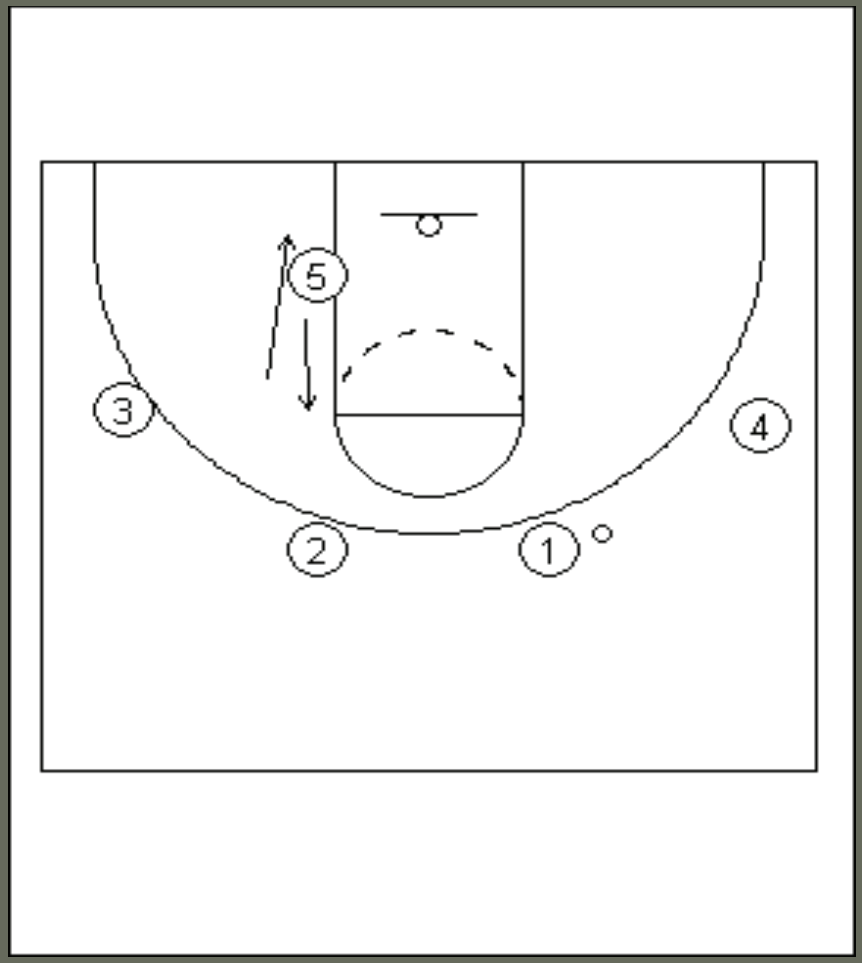


LAYER 11: 4 OUT 1 IN POST BLOCKING



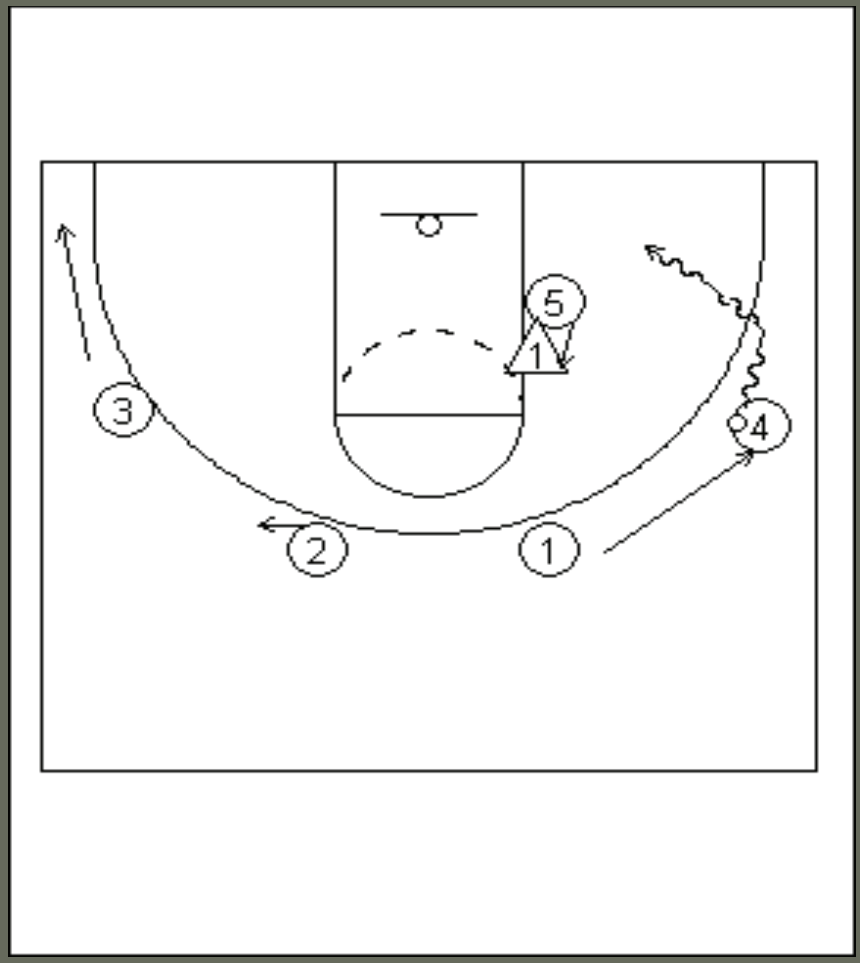
LAYER 11: 4 OUT 1 IN POST BLOCKING

- here we keep the post on the left side. This opens up the right side for driving and the left side for posting. Anyone that crosses the left side can get a pick from the post.



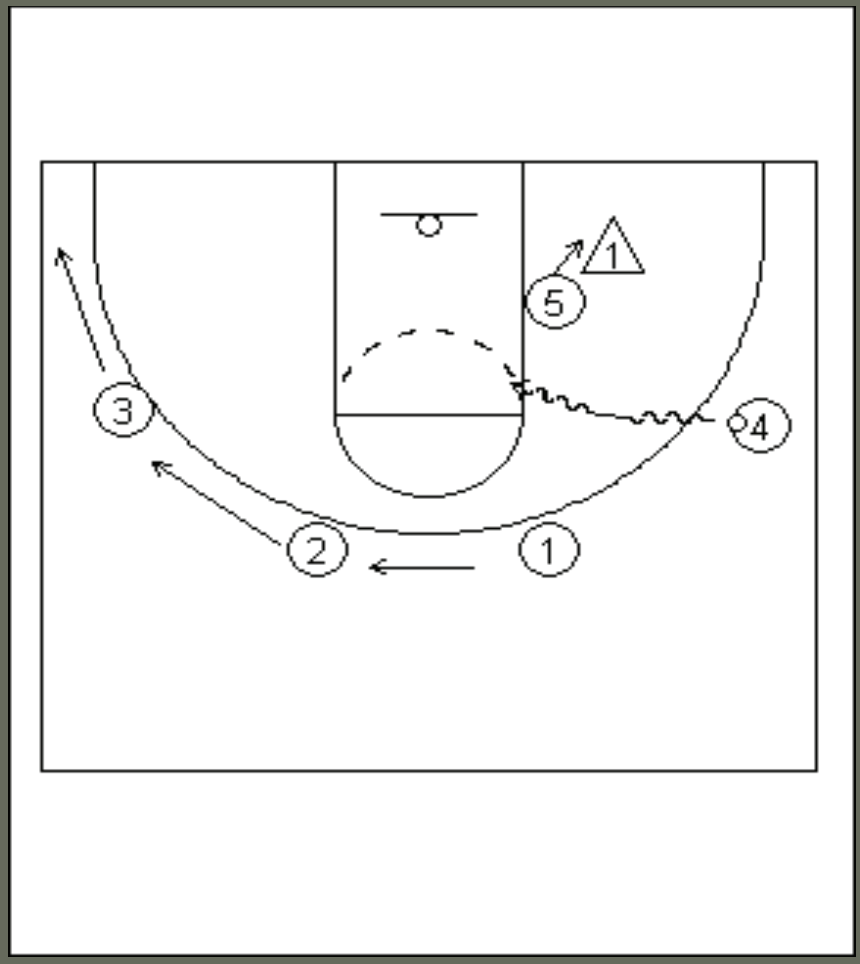
LAYER 11: 4 OUT 1 IN POST BLOCKING

- In the 4 out set the post defense should tell the guards where to look to drive.
- Here the defense is on the high side of the post. So the guard drives baseline and the post looks to I cut up the lane.



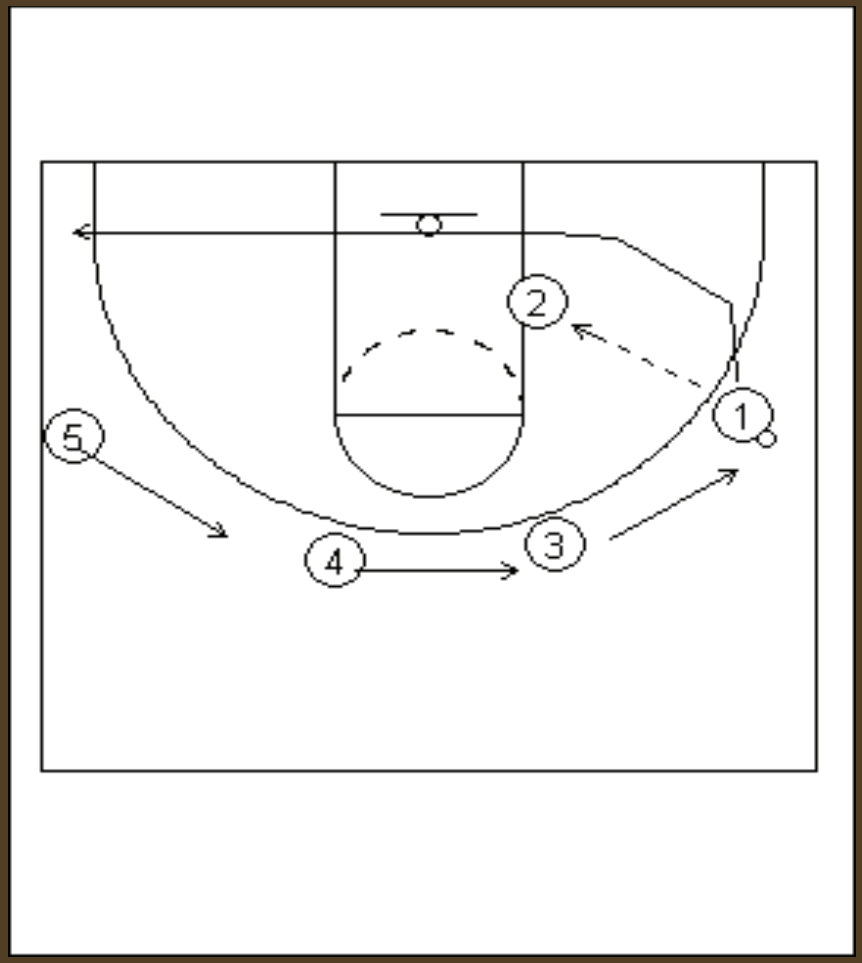
LAYER 11: 4 OUT 1 IN POST BLOCKING

- defense is on the low side, we look to drive middle



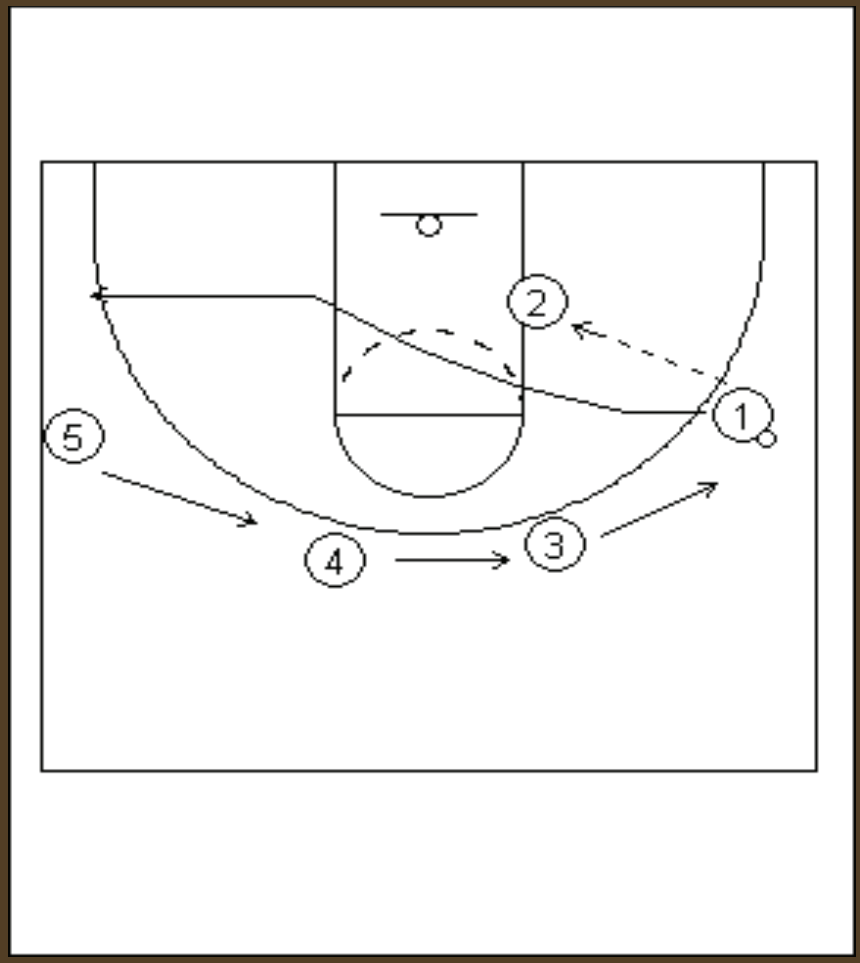
LAYER 12: 4 OUT 1 IN POST PASSING

- LAYER 12: 4 OUT 1 IN: POST PASSING
- There are 4 different cuts that we make off a post feed.
- note: you might move this layer up in the teaching order, if you are a more post oriented team.
- 1st cut:
- Laker cut Low:
- Feed the post and cut low below the post and thru to the opposite side. The other guards fill up to the open spot.
- when the guards rotate, they are looking to see if their defender breaks the read line. If so they will backcut.



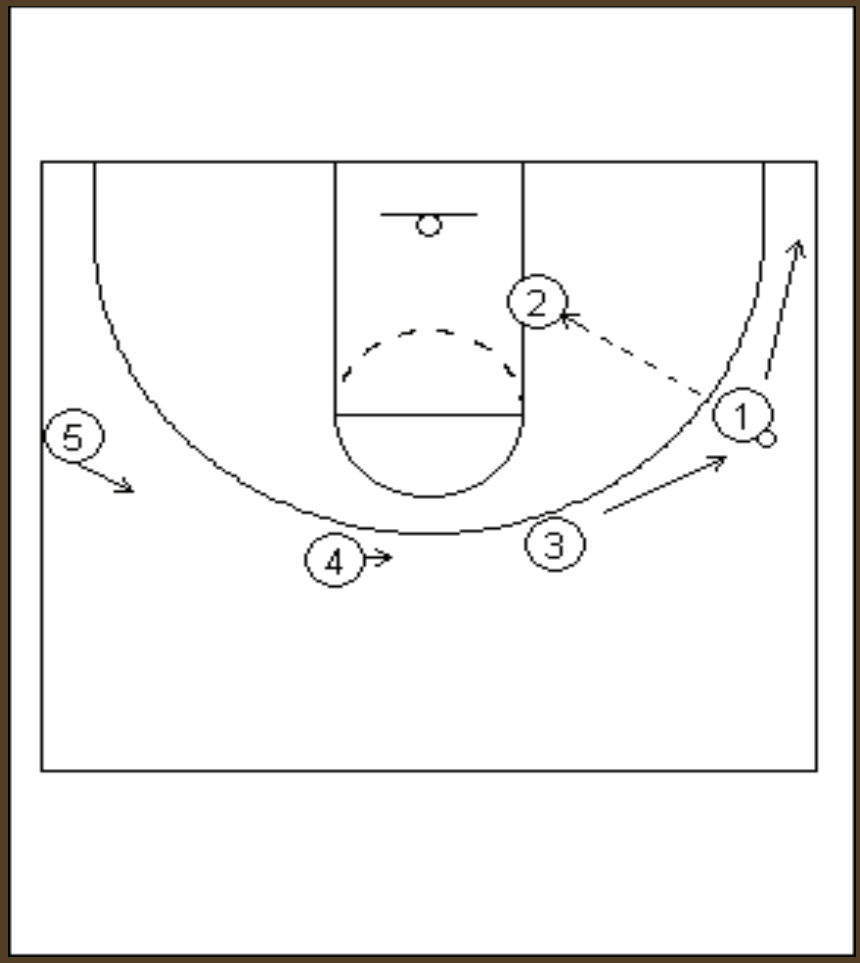
LAYER 12: 4 OUT 1 IN POST PASSING

- this the LAKER CUT LOW



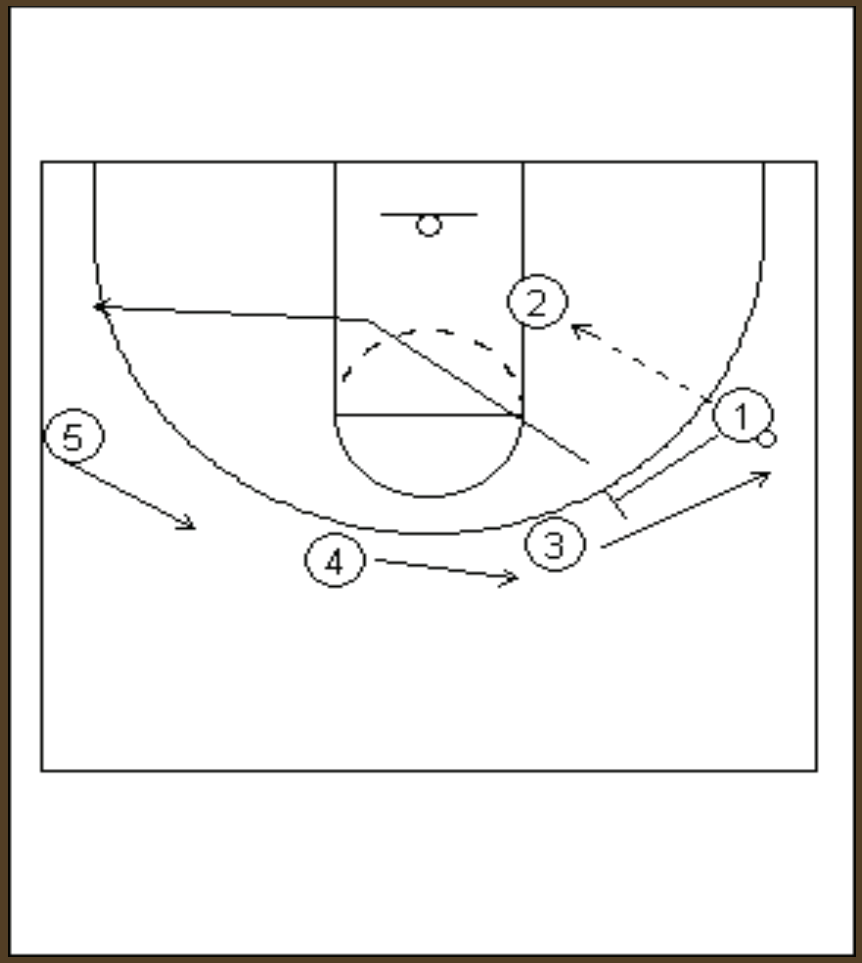
LAYER 12: 4 OUT 1 IN POST PASSING

- this is the RELOCATION
- this is ideal if the wing's defender double downs on the post.



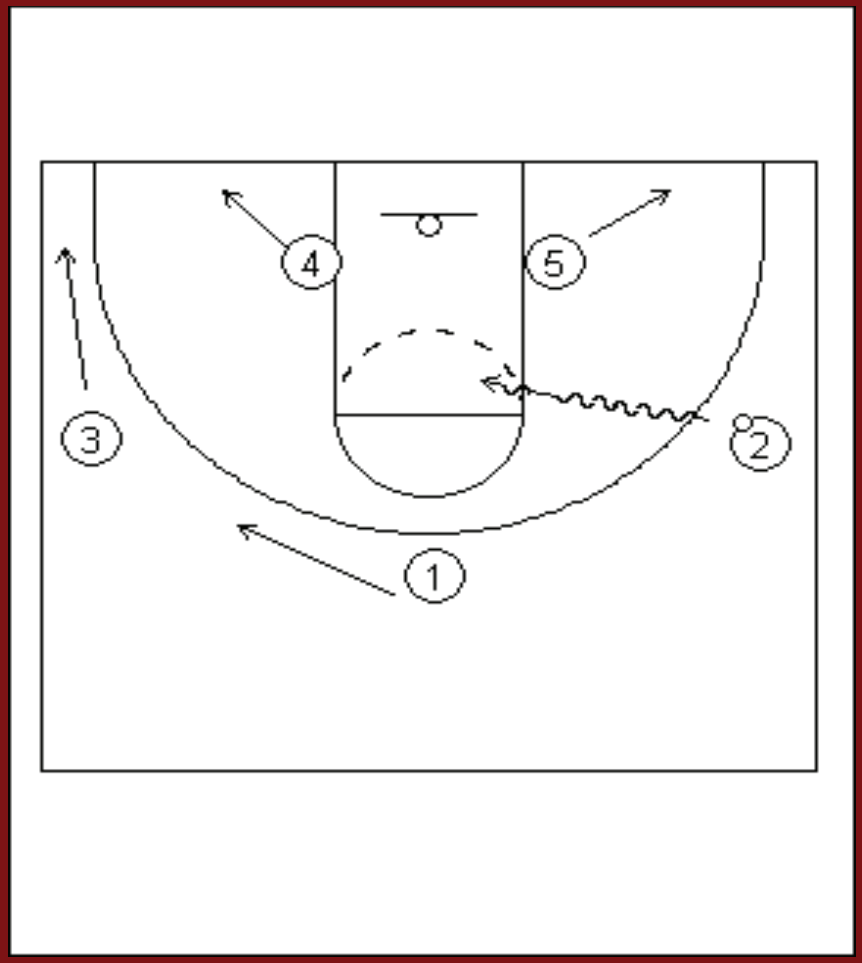
LAYER 12: 4 OUT 1 IN POST PASSING

- this is the X CUT.
- screen up and then roll to the basket.



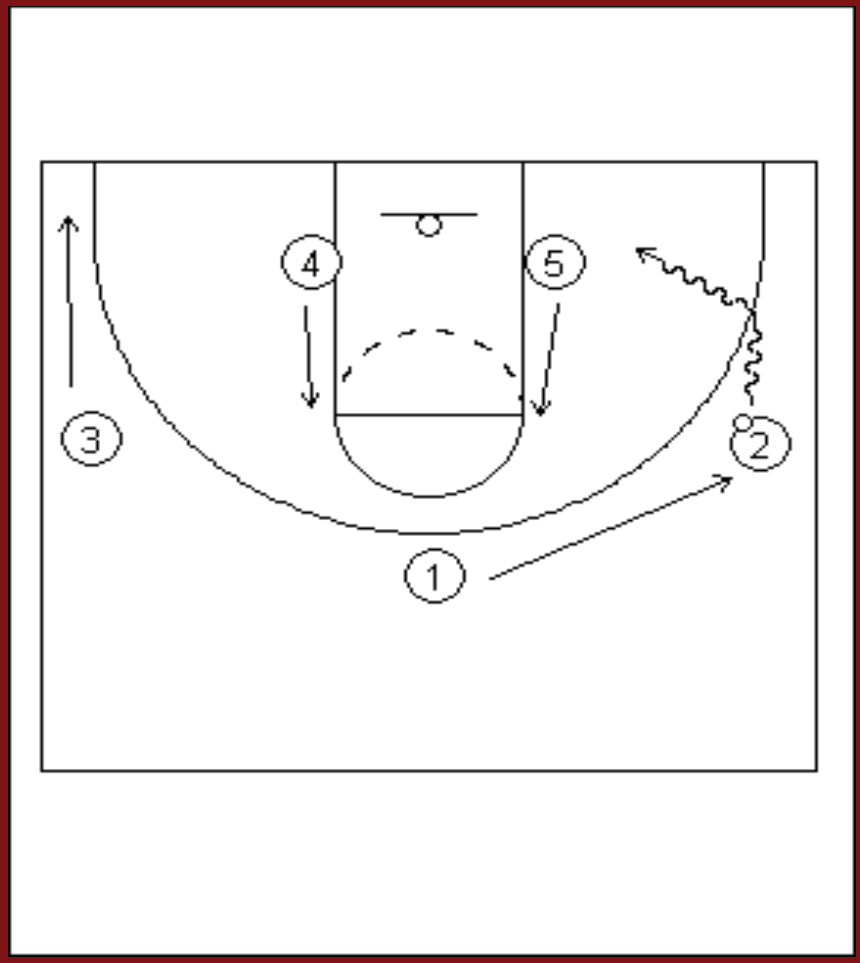
LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION

- Layer 13: 3 OUT 2 IN dribble penetration
- the post will adjust to where the dribble penetration occurs.
- If penetration occurs above the post they will dive to the short corner.

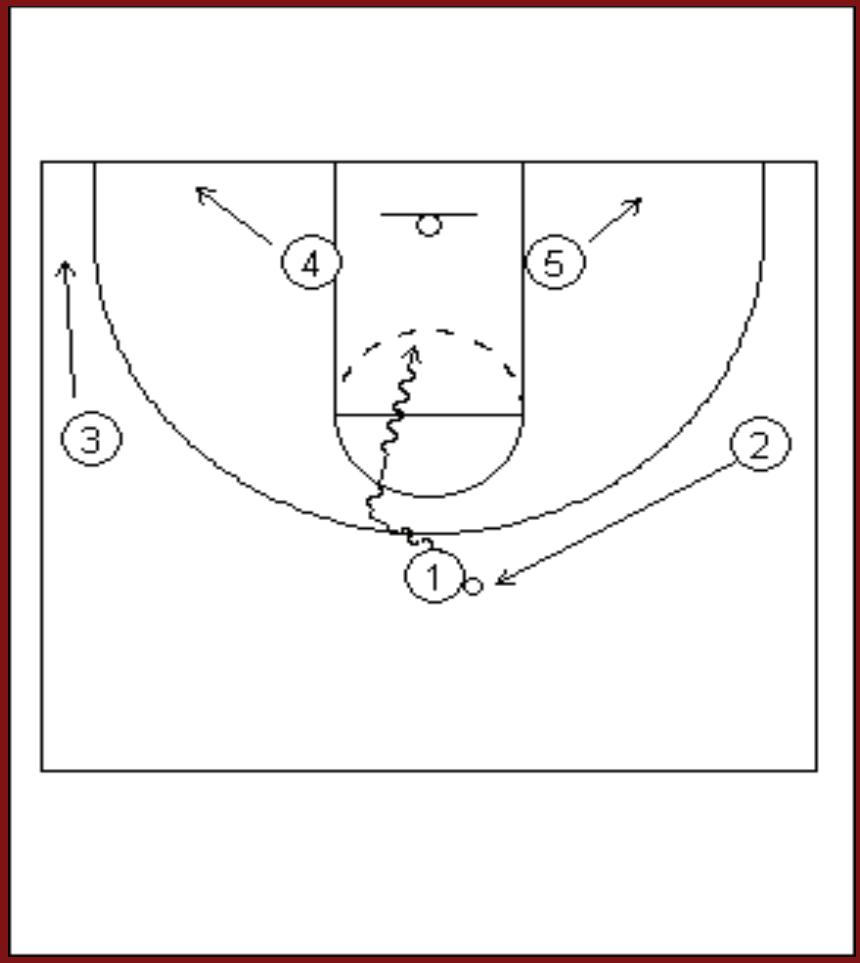


LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION

- If penetration occurs below the post.
- they will I cut up to the elbow of the lane, this takes care of the 90 degree pass and the 45 degree pass.
- the opposite wing fills the opposite corner for the natural pitch pass and the guard fill the safety valve spot.

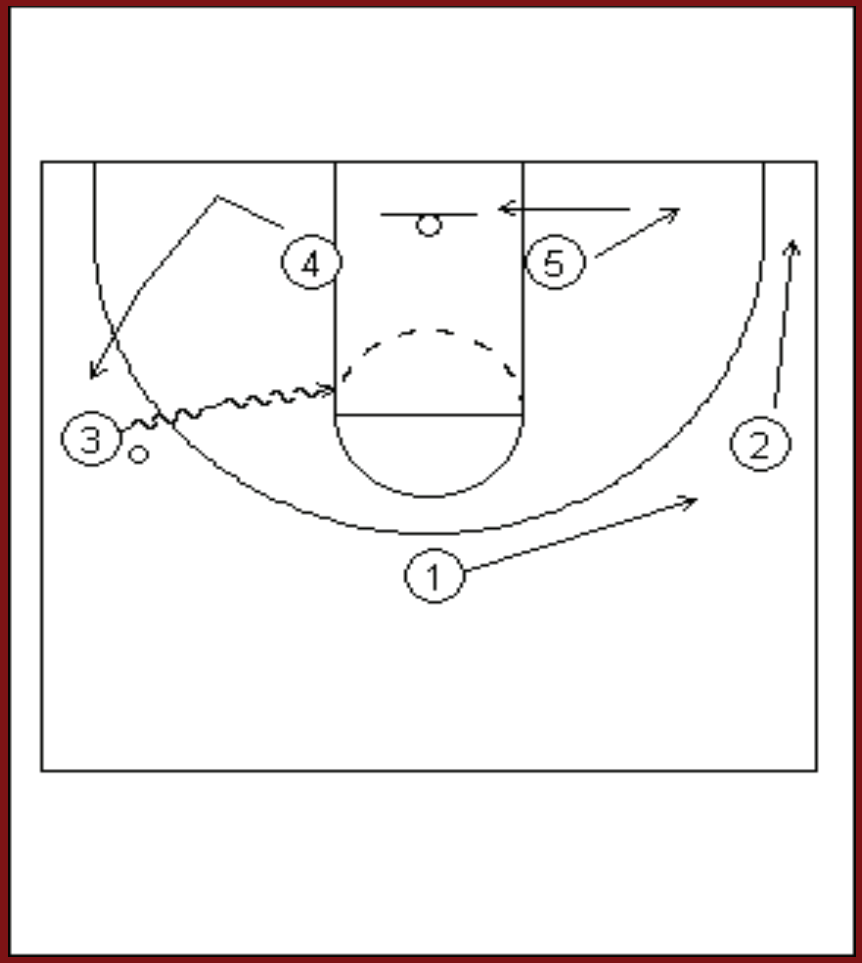


LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION



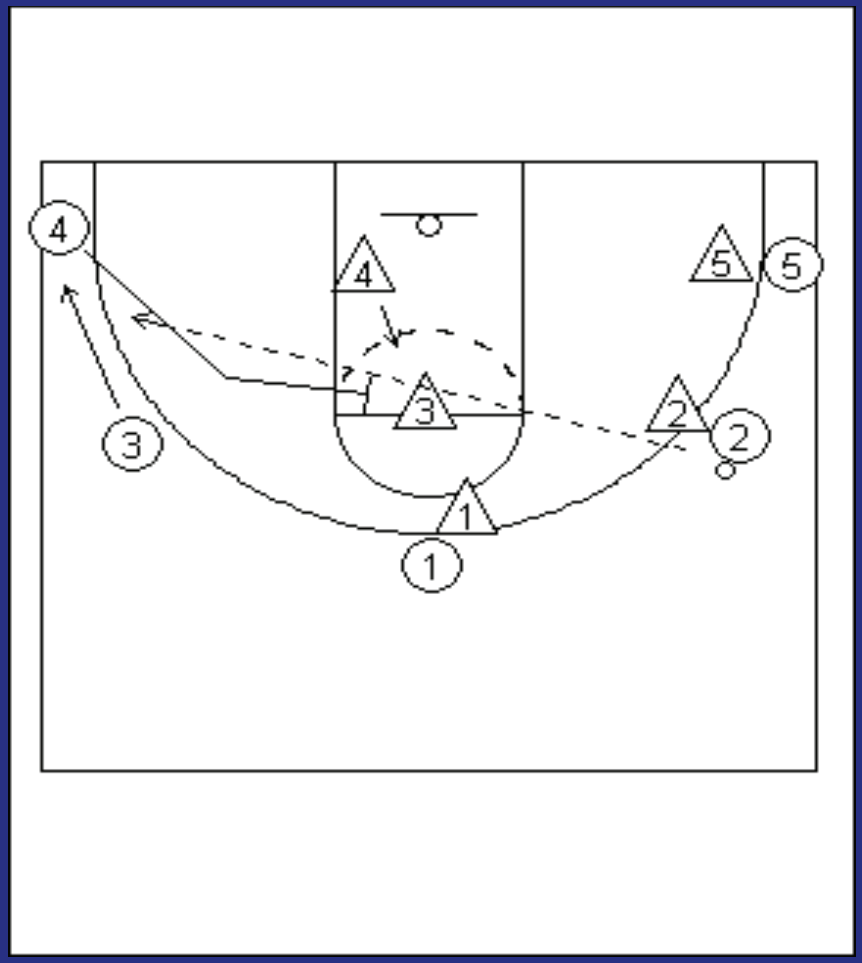
LAYER 13: 3 OUT 2 IN DRIBBLE PENETRATION

- here we have a drive above the post and two advance cuts by the post.



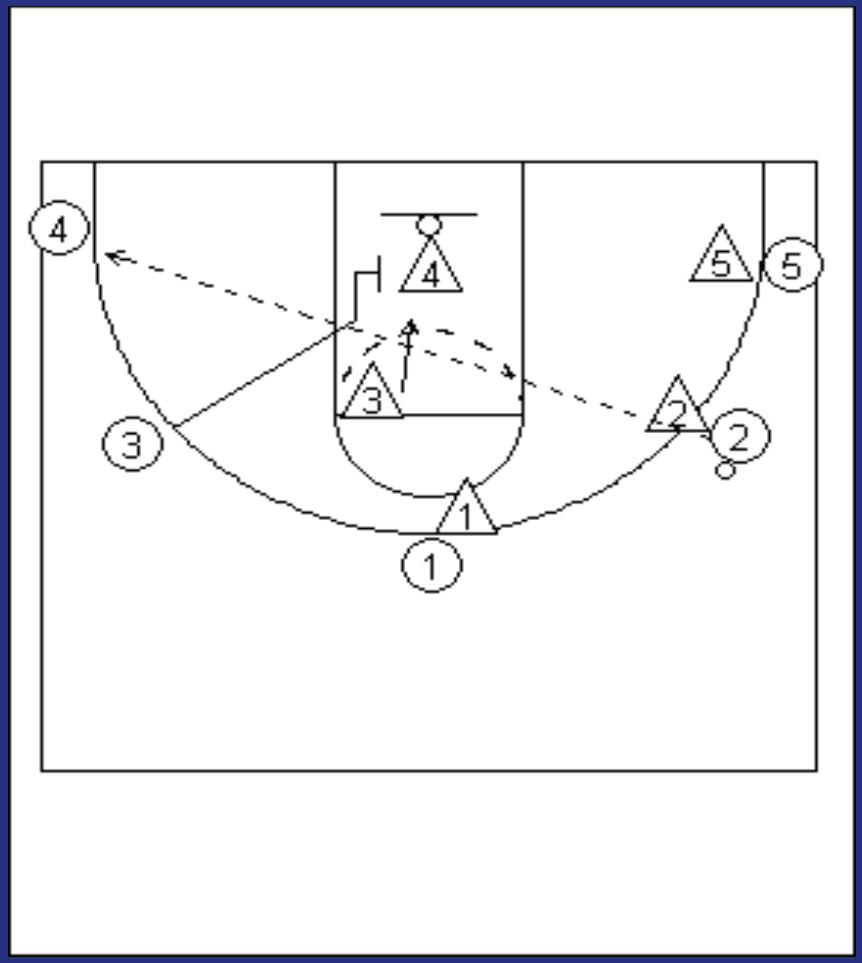
LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- Layer 14: Countering Help Defense: Pin and Skip
- we will start teaching with a 5 out set.
- This layer may be taught earlier in the sequence if you are struggling with teams using strong help defense to stop your constant dribble penetration.
- In help defense, there will usually be 2 help defenders. One of the 2 should be closer to the ball than the other defender. This is the defender we will screen.
- We screen with the weakside offensive player that has his defender closer to him.
- Here it is player 4 screening defender 3.
- we want him to CUT HARD, to pin screen. this will look like a flash to the ballside, drawing his defender with him. This occupies 2 defenders.



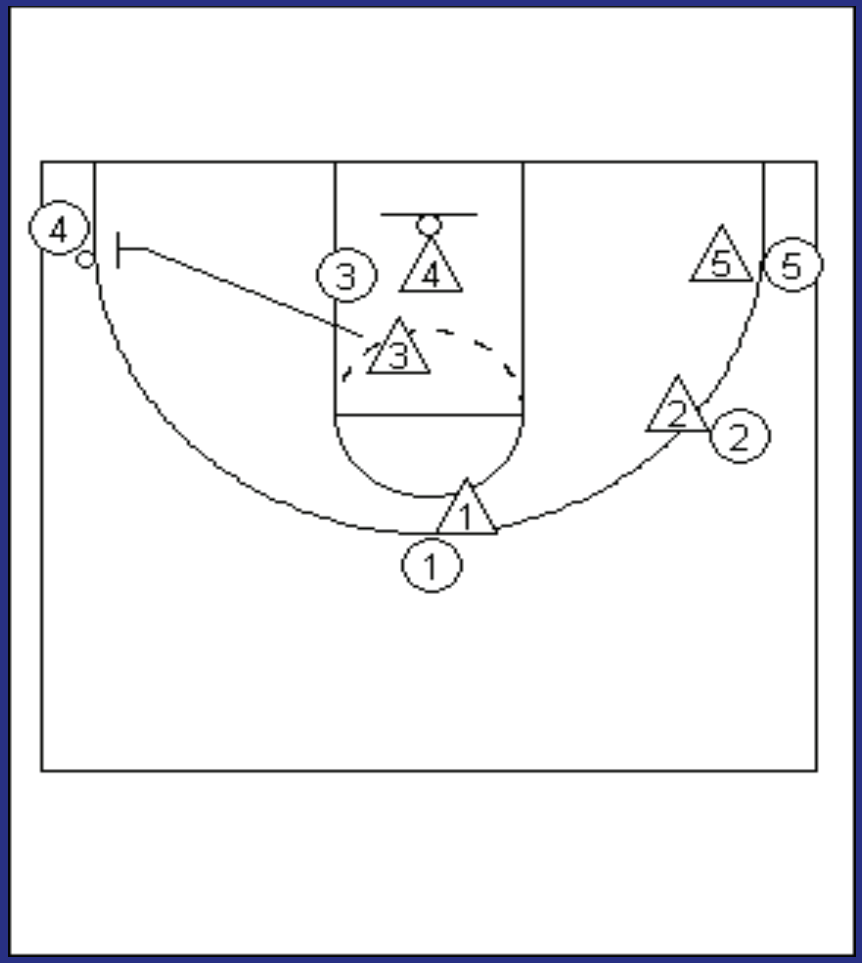
LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- here defender 4 is playing closer to the ball.
- so player 3 will CUT HARD, drawing his defender with him, and pin defender #4.
- the player that is pinning needs to yell "PIN" to let the ballhandler know that there is a opportunity to skip pass.
- The player that is receiving the skip pass, must get the ballhandlers attention.



LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

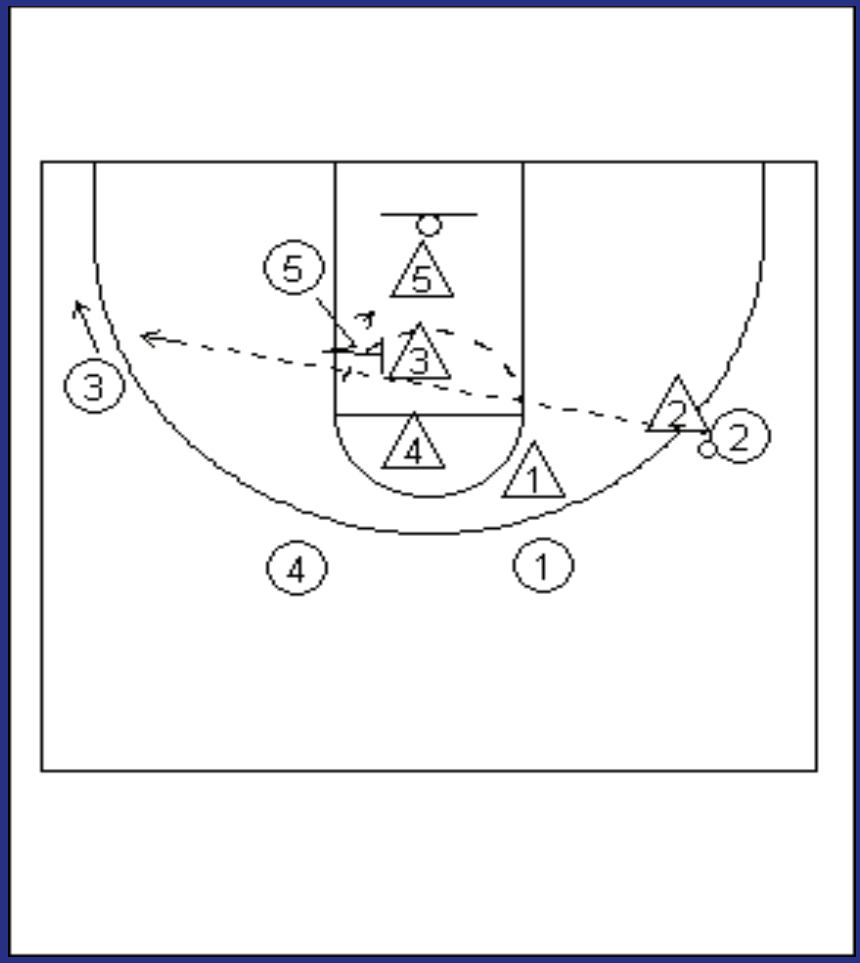
- After the player pin screens, he rolls open to the ball and buries the closest defender by the rim.
- this layer is a great way to flow from 5 out to 4 out and to go 4 out to 3 out.



LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- 4 OUT PIN SCREEN EXAMPLE

- here the post is set up opposite the ball. This makes it easy for the post to be the player that sets the pin screens. He simply looks for the helpside defender and pins him inside. After the pin screen he will roll to the ball and look for a post feed.



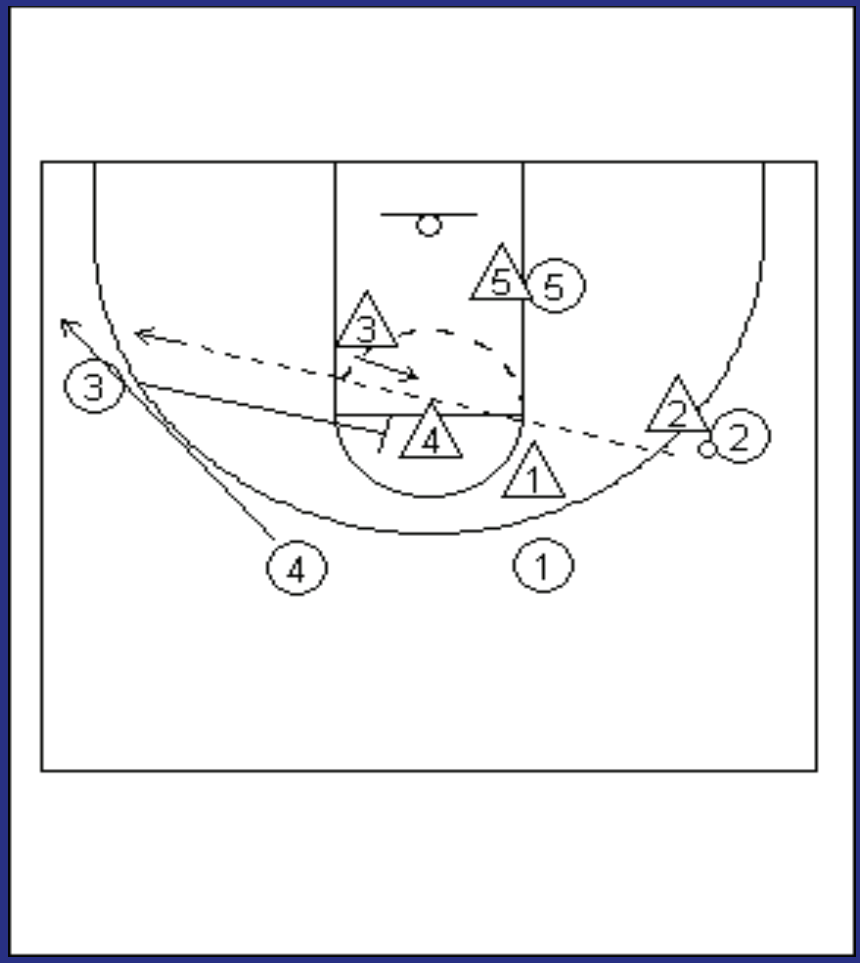
LAYER 14: COUNTER TO HELP DEFENSE: PIN & SKIP

- 4 OUT EXAMPLE OF PIN SCREEN
- POST IS BALLSIDE

- Here the post cannot be involved in the pin screen, so we use our regular rules and have offensive player #3 set the pin screen on defender #4, because he is closest to the ball.

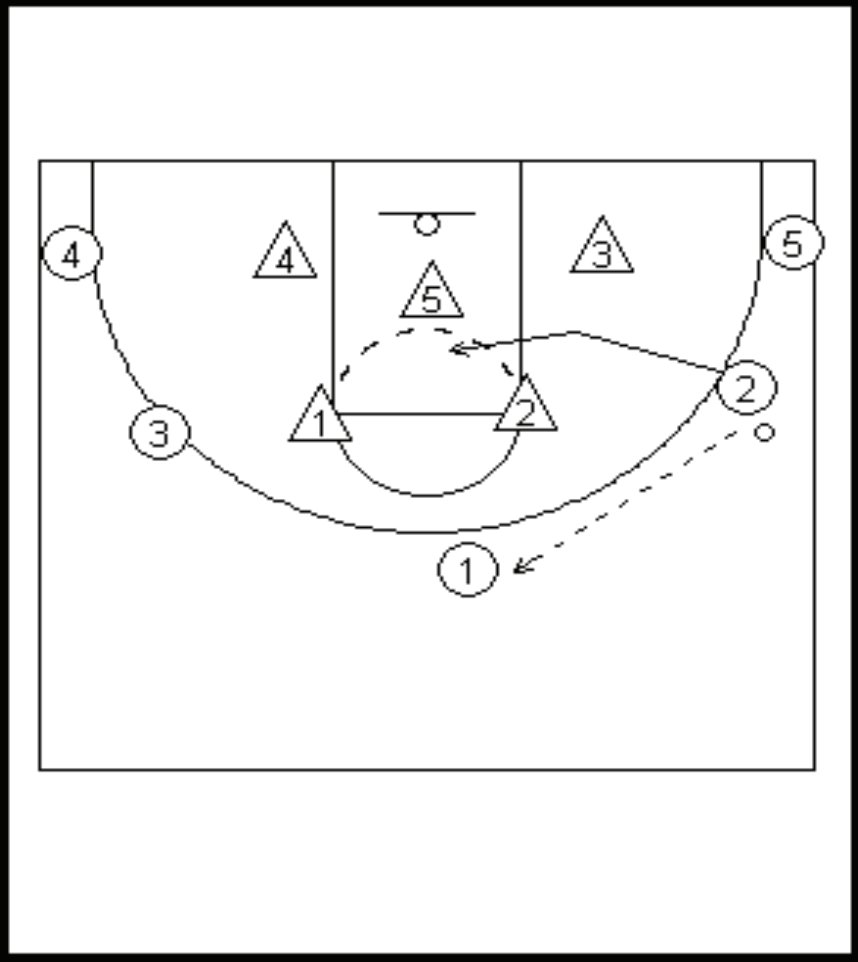
- Offensive player #3 must CUT HARD, trying to attract his defender with him.

- Offensive player #3 can now roll open for a post feed. This would be a 4 OUT to a 3 OUT flow.



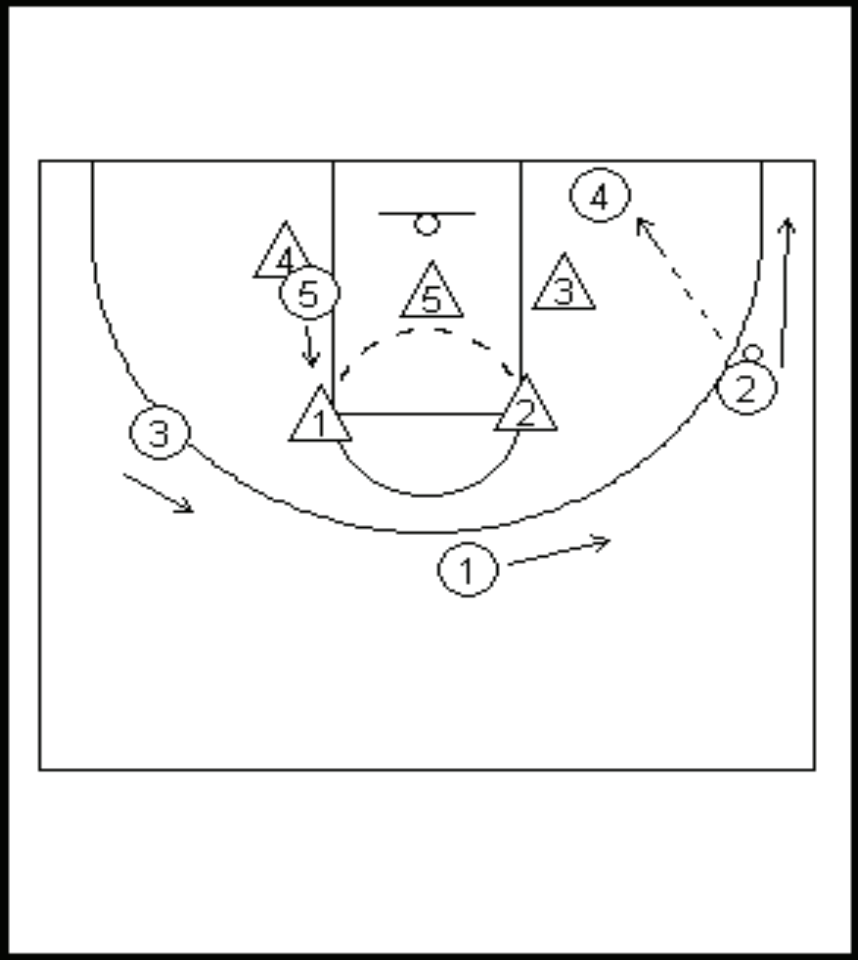
LAYER 15: ATTACKING ZONE DEFENSE

- Level 15: Attacking Zone Defenses
- We want to be able to attack zone defenses with the same principles that we attack man defense. We simply make a few adjustments and then attack.
- We beleive that most man defense are not really true man defense. Its usually a form where 3 players are in man, while 2 are in help or 1 player is in man and 4 are in help.
- we simply look to make a few adjustments.
- **ZONE ADJUSTMENT #1: Pass and Seam Cut**
- don't just rim cut on passes, we look for seams in the zone and cut into them. We want to slow down for a moment in the window so the ball can see us.



LAYER 15: ATTACKING ZONE DEFENSE

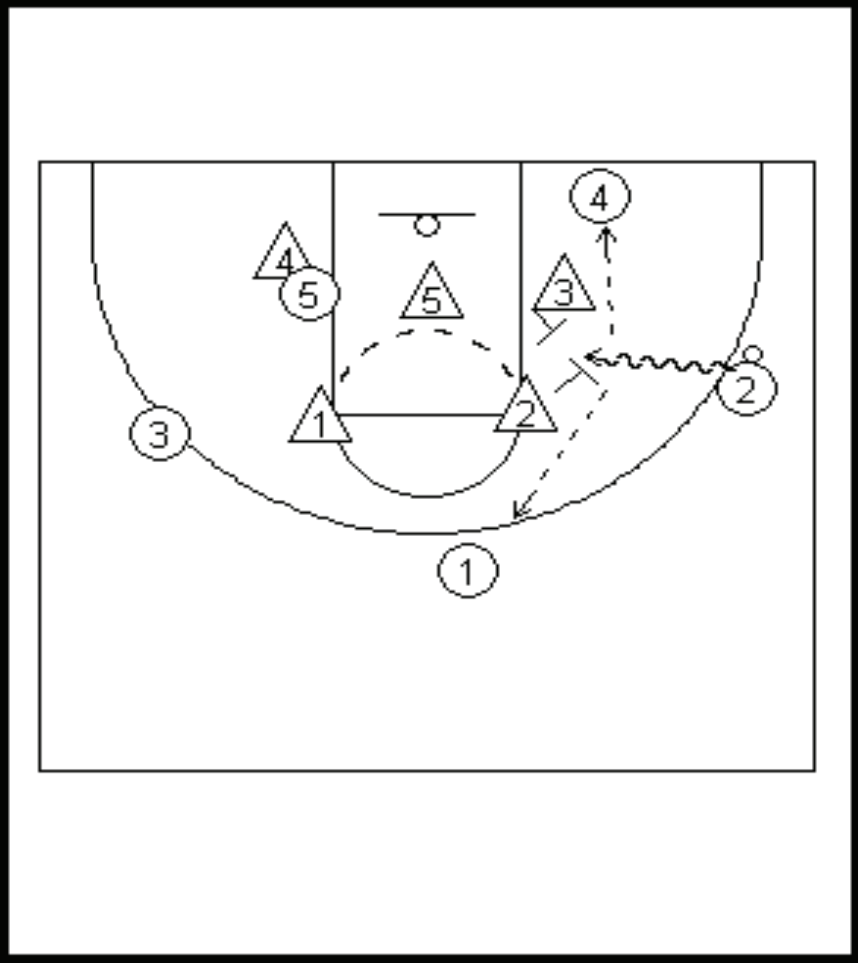
- **ZONE ADJUSTMENT #2: Add the short corner as "spots" on the floor to get too.**
- our players can look to cut and set up in the short corner, instead of filling out to the perimeter
- If the ball is entered into the short corner, we treat it like a baseline drive. We want all of our passing windows filled. natural pitch, 45 degree, 90 degree and safety.



LAYER 15: ATTACKING ZONE DEFENSE

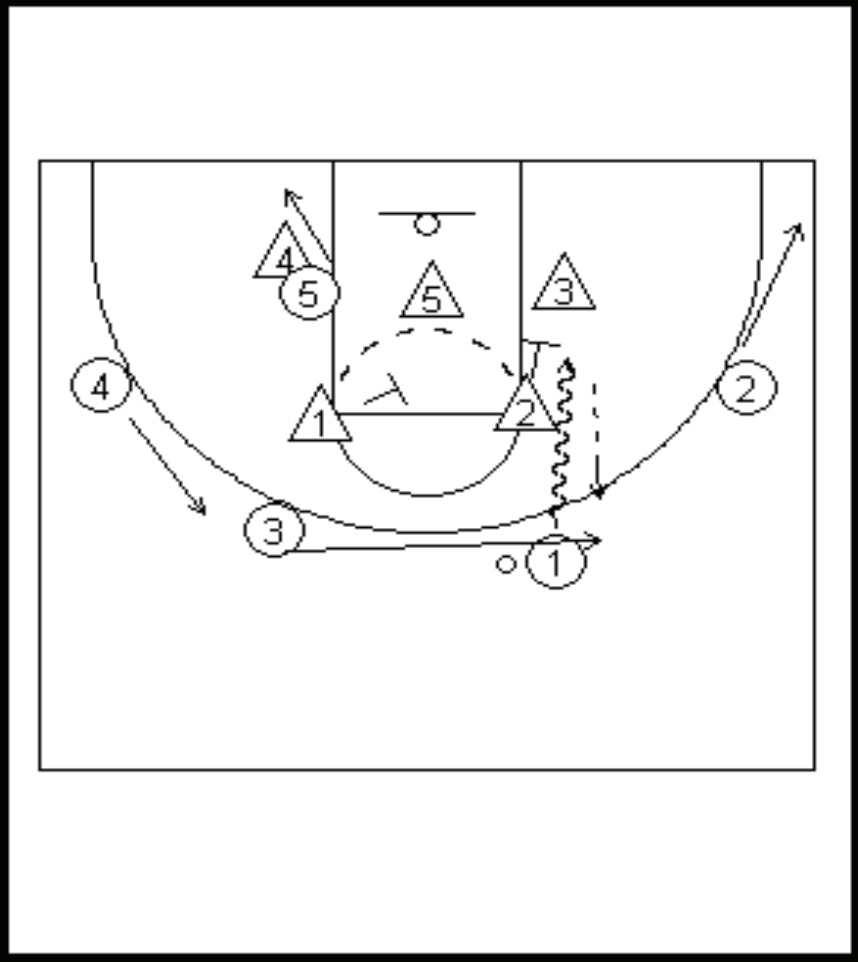
- **ZONE ADJUSTMENT #3: penetrate and pitch more**

- help is already there in a zone defense, so your almost guaranteed to attract 2 or 3 to stop the drive for your pitch pass.



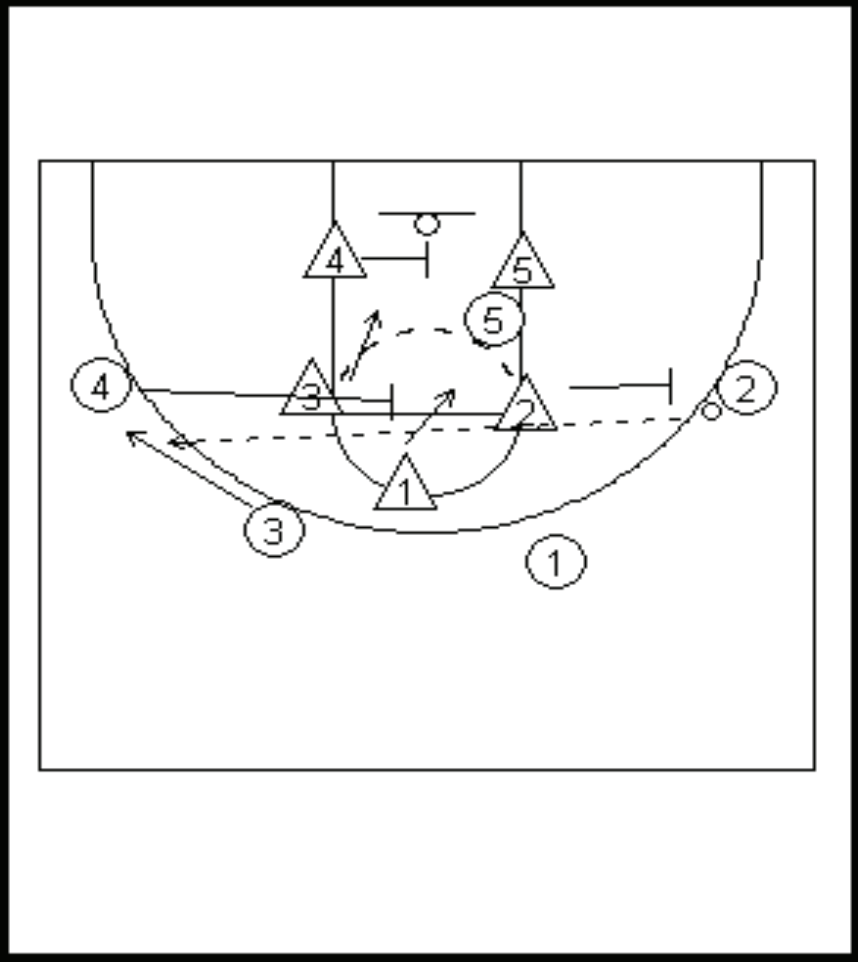
LAYER 15: ATTACKING ZONE DEFENSE

- **ADJUSTMENT #4: the safety valve advantage.**
- Versus a zone, more than man defense, you will get more shots for the player filling the safety valve pass window.
- In a zone each defender is assigned a specific area of the floor to cover. When penetration occurs in the spot, the defender will go with him. Leaving nobody to cover that area on the perimeter.
- we look to pass back to the safety position. If another defender comes up to cover the safety position, then we have started to stretch and distort the zone defense.
- Here if defender # 1 were to come up and cover player # 3, we would have the zone stretched and distorted.



LAYER 15: ATTACKING ZONE DEFENSE

- **ADJUSTMENT #5: Pin & Skip**
- When the ball is at the wings versus all zones; 1-3-1, 2-3, 1-2-2; there will always be 2 weakside defenders, 1 low and 1 high. this sets up for an easy pin and skip situation.
- A good idea is to try and set up 2 pin and skips back to back. this will really start to set up poor closeouts and easy penetration.
- Here defender #1 is the closest to the ball, so defender # 4 will set the pin screen and we look to skip to player # 3.



Rick Torbett
The Read & React Offense

Notes by Scott Bullock

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Introduction

Coach Torbett states that this is not an offense he has used to win championships but rather an offense that he has developed after retiring from coaching. It is an offense that he has tested out in camps and shared with coaching colleagues.

What It's Not

The Read & React is not suited for a specific type of player. It is not a collection of set plays. In reality it is really not a set offense.

What It Is

Ultimately the Read & React is offense. It is a principled framework out of which players can play. It is a system of 2 man reads and reactions that can be drilled into habit. It ties the 2 man reads into a seamless five man offense.

What It Can Be

It can be your entire man to man and zone offense. It can be the principled foundation of your offense. It can also be a system of development taught in layers.

Goals of the Read and React

1) Easily taught and transferred from coach to coach or coach to player
2) Simple enough to master with repetition
3) Built on habits and not high IQ
4) Provide freedom and excitement for players. Encourage attacking skills
5) The system would build 5 man coordination
6) Simple enough for kids but contain potential for as much complexity for highest levels
7) Two edged sword : the better the fundamentals the better the execution and vice versa.

Secrets of the Read and React

The real secret to the read and react is the build-up drills contained on the third DVD. Getting in a high amount of repetition with these drills is the key to being successful with this offense.

Is the Read and React Another Motion Offense?

The Read and React is not another motion offense. It is a developmental framework that can help build skills a piece or layer at a time. Motion offenses tend to provide complete freedom and endless choices to players. The read and react has specific reactions for specific reads. It has freedom but requires disciplined habits.

Flexibility / Adaptability

If this offense was not named the Read and React offense he could call it the Adjustable offense. It is completely flexible depending on the types of players that are in your system. It can be used with no post players or very skilled post players. It can be used with quick penetrating teams or teams with more deliberate style of play. It can be use with a 5-out, 4-out 1-in, or 3-out 2-in set. It can be used with screens or no screens.

Definition of Read and React Habits

This is a game played by instinct not like chess where you have to think about each move and weigh all the different options. The read and react is system of habits taught through drill and repetition. The habits taught build on each other. The less the players have to think the better. The less they think the quicker they move and react. Be patient in teaching these habits. Sometimes less is more. Master each layer of habits before moving on. There is a difference between understanding something and being able to react to something. The key here is reaction and not just understanding.

Keys to Read and React

The Read and React offense is keyed off of what the ball handler does. The ball handler is clearly the initiator and the rest of the players are reactors. The players without the ball are not just free to react as in a motion offense. They have a single trained response for each specific action of the ball handler.

Youth Coaches

Traditional Offenses have one thing in common. Master of the whole is necessary in order to be useful. This is not true of the Read and React offense. This makes it the perfect offense for youth teams. You don't need the entire 17 layers to be successful at the youth level. The first 5 levels are sufficient to the success of a youth team. This is actually true for all coaches at all levels. You don't need to teach all layers of this offense to be effective.

Teaching the Offense

Layer by Layer

The offense is built in layers. There are 17 total. You can't add the next layer until the previous layer is mastered. Don't go to the next layer until the players are bored with the layer that they are on. Drill them until they hate the drill and they are rolling their eyes at you. You want the read and react habits to be so automatic that players can focus all their energy on their defender and reading the defense. If players are constantly stopping and asking what to do then you are moving through the layers too fast.

Read and React

Each layer is made up of two-player read and react habits. Each layer is taught with drills to reinforce these habits. Look at the offense as two halves making up the whole. One half is made up of the 2-player read and react habits. The other half is the 5 player teaching layers.

Level A – Laying the Foundation

He teaches these layers in a 5-out set but that does not mean they have to be run in a 5-out set. He does it for simplicity.

Layer 1 - Dribble Penetration & Circle Movement

The first layer teaches the reaction of perimeter players when dribble penetration occurs. All players on the perimeter circle right or left depending on the direction of penetration. They circle in the direction of the penetration. This leaves the penetrating player with the following options:

1) Take the ball all the way to the basket
2) Natural Pitch to adjacent player on the perimeter
3) Kick back to the safety value; the player filling behind
4) Dish to the baseline cutter

Layer 2 – Dribble Penetration & Baseline Drive

On a baseline drive, the opposite corner must not circle up like the rest of the perimeter players. He must stay and fill the opposite corner. This is referred to as the baseline adjustment. It is the natural pitch window for the baseline penetrator. Even if the opposite corner is empty it must be filled with the closest player on that side of the floor on a baseline drive. The remaining players on the perimeters have only minor adjustments. They must fill the 45 degree pitch option, the 90 degree pitch option, and the safety valve pitch option. The opposite corner is the only real adjustment we make on a baseline drive.

Layer 3 – Pass and Cut : Scoring and Spacing

Every time you pass the ball to one player away you must always cut to the basket. Every pass must be turned into a scoring threat with a basket cut. Every cut creates good things for your teammates. Every cut

takes one of the immediate help defenders away from the ball. In addition the cut allows your teammates to fill spots and open up new scoring opportunities.

Two Basic Rules for this layer:

1) When you pass the ball to a teammate one spot away you must basket-cut. This is rule that the offense will never break. This does not apply to skip passes.
2) Open spots are filled from the baseline up as quickly as possible. This will leave the basket cutter with an open spot to fill.

Three Scoring Opportunities:

1) Before a pass is made we must be sure the receiver is open. The 19 foot arc is your Read-Line. If your defender is over the 19 foot arc you must basket-cut. Don't wait for a pass just cut.
2) When filling an open spot the player without the ball must view this movement as a great scoring opportunity. As soon as your defender steps on or over the Read-line then Rear Cut.
3) When the pass is finally made scoring opportunity #3 presents itself. Passer can score on a Rear Cut or Front Cut. If defender jumps in denial position then rear cut straight to the basket. If the defender does not jump to the ball then front cut him. Front cut and Rear Cut must be drilled to point of reaction.

Layer 4 – Post Reactions to Dribble Penetration

There are two different post reactions to dribble penetration. The reactions are the same no matter if the post is playing ball side or weak side.

1) ***Post Slide #1*** – When the ball enters the lane above the post player he slides to the short corner area opening up the lane area. You create separation from the defender and prepare to receive bounce pass.
2) ***Post Slide #2*** – When the ball enters the lane from the baseline or below the post player then the post slides up to the free throw line elbow area.

Layer 5 – The Speed Dribble

The speed dribble is an east west dribble. There are three east west dribbles used for pressure relievers. The other two are power dribble and circle reverse. These two are more complicated so we cover the speed dribble first. Whenever the ball handler dribbles at another player on the perimeter that signals for that player to rear cut or back cut to the basket. Back door bounce pass can be made right off the dribble.

The speed dribble does three things to open up scoring opportunities :

1) It gets the entire team moving
2) It can create an immediate post matchup by sending a player down to the block
3) It also creates a great opportunity for a scoring option for the person filling the vacated spot.

Level B - Completing the Foundation

Layer 6 - The Power Dribble

The power-dribble signals a dribble handoff and then pick-and-roll. It's a pressure reliever. It's also a safe way for post players to signal a pick and roll on the perimeter. The power dribble must be so obvious that your teammate does not mistake it for a speed dribble. A power dribble is signaled by turning your back to your defender and dribble at a teammate. If the teammate mistakes it for a speed dribble then the ball handler can continue on to next teammate.

Layer 7 – Circle Reverse

Circle reverse refers to the action that takes place when dribble penetration is shut down. As dribble penetration begins, the perimeter players begin to circle. As dribble penetrations is shut down they must reverse the circle giving the ball handler additional options.

Layer 8 – Back Screens

Back screens are hard to defend and an important ingredient of a successful offense. He likes to require a back screen after every basket cut. His philosophy is now you've had your chance to score give a teammate a chance to score. Don't hog the lane. Setting a back screen is not entirely an unselfish act though. It can lead to a 3 point shot for the screener. Back screens are also helpful if a player basket cuts and empties out to the wrong side where no empty slots exist. Instead of turning around and vacating just set a back screen to vacate one of the spots. The 2 player read and react habit here is after a pass and basket cut you always fill out with a back screen. He emphasizes calling players name and yelling back screen as you set the screen. You have to get his attention. He doesn't care if the defense hears. You set the back screen by getting both feet in the air and landing on both. Timing is critical. The cutter cannot use the screen until he hears your feet hit the ground. You should be yelling back screen before setting it.

Layer 9 – Multiple Staggered Screens

This is an interesting layer. These multiple staggered screens are not intentional but something that happens when you are setting one back screen and another perimeter player has started a basket cut. It's something that you recognize and then take advantage of the situation. The basket cutter instead of turning around to keep the lane clear for the cutter off the back screen continues on and just sets a staggered screen. The nice thing about a 4 out 1 in is that you always have a second screener down there for the double staggered.

Level C – Post Play

Layer 10 – Advanced Post Reactions

He reviews the post reactions discussed in layer four in regard to post reactions to dribble penetration. These reactions are essential so that dribble penetration can occur from the perimeter without the posts clogging the lane. He adds a few twists to each of these slides.

1) ***Post Slide #1*** – When the ball enters the lane above the post player he slides to the short corner, getting out of the way, and opening up the lane area. You create separation from the defender and prepare to receive bounce pass. If the post defender follows you to short corner then you rear cut toward the basket.

2) ***Post Slide #2*** – When the ball enters the lane from the baseline or below the post player then the post slides up to the free throw line elbow area.

Layer 11 – Post Blocking

He talks about post blocking in regard to a 4 out 1 in offense. The post player can be constantly setting back screens for the cutters. He talks about picking a side of the floor perhaps for the post player to stay on most of the time. He does this first to emphasize their strong hand and also to keep one side open for penetrating lay-ups. In a 4 out 1 in you have the corners empty so wings can drive baseline without getting defensive help from that side. He talks about the wing reading the post in order to decide which way to drive. If the post is being defended on the high side then the wing can drive baseline and vice versa.

Layer 12 – Post Passing

When you feed the post make one of these cuts…

1) Laker-Cut Low – basket cut that must go below the low block along the baseline. Spacing is important so post defender can't guard post player and cutter at the same time.
2) Laker-Cut High – basket cut that must go above the ball side elbow
3) Relocate – if your defender doubles down to the post then relocate to the corner and prepare for the pass.
4) X-Cut – Wing sets screen for guard above you and then cuts to the basket. It is deceiving misdirection.

He will often teach these basket cuts as part of the first couple layers that say you must cut every time you pass. As one player cuts the others must fill spots on the perimeter. As you are filling spots if your defender steps across the read-line you must basket cut.

These rules for feeding the post apply to any position on the floor. If you feed the post from one of the top slots you still must basket-cut.

Layer 13 – 3 out 2 in Dribble Penetration

Level D – Icing on The Cake

Level 14 – Counter Helping Defense – Pin & Skip

This layer could be taught much earlier if needed. There are no habits or skills previously taught that are necessary for this layer. This layer teaches a pin screen on the weak side of the floor to counter help in the lane. The pin screen is set on the player closes to the ball with the most distance to recover. The PIN screen should yell PIN to alert his teammates to what is happening. He talks about the pass receiver getting the ball handlers attention by doing the PE class jumping jack. Once the skip pass is made you can shoot or feed the pinner who has now sealed in the post. He also talks about this as a natural way to transition from 5 out to 4 out 1 in. It's also great for creating an immediate post up opportunity for the post player. You can start in a 4 out and transition to a 3 out with this same action.

Level 15 – Attacking Zone Defenses

He wants to build off the same read and react habits we have discussed to attack zones. He feels that most man defenses are not necessarily true man to man defenses. With help side defense most man defenses turn into some kind of zone defense. In short he wants to take the same habits and make minor adjustments for zone defenses.

1) ***Pass and Seam Cut*** – instead of basket cutting, you cut through a seam and out the other side
2) ***Add Short Corner as Spots*** - Cutters can stop in these spots. If the ball ever enters this spot it's a lot like a baseline drive. All the same things that happen with a baseline drive should happen here. Someone needs to occupy the opposite baseline corner, the two elbows, and the safety valve.
3) ***Penetrate & Pitch (even more)*** – Complete penetration to the basket against zones is usually difficult but it is easy to attract two defenders and pitch to an open teammate.
4) ***Safety Valve Advantage*** – The Safety valve is almost always open on dribble penetration. If the defense adjusts to cover this, then a few extra passes on the perimeter should find the open player.
5) ***Pin and Skip*** – He believes the pin and skip might be the best single weapon against a zone. All zones are ready made for the pin and skip.

Note: As long as you don't turn the ball over there is no way to mess things up.

Level 16 – Seamless Transition – Fast Break to Half Court Offense

Goal with seamless transition is to never give the defense a chance to regroup. He drills this by having 5

players circle under the hoop while he puts up a shot. He lets any of the players get the rebound. The rebounder then pushes the ball up the court while the others fill lanes. The ball handler pretends the fast break fails and stops at any of the perimeter positions. When the wings hit the arc they make basket cuts and continue on to other side of the floor. He feels it's extremely important for the wings to change sides of the floor in transition taking their defenders with them. The wings can them optionally set back screens for the two trailers coming down depending on the speed of the trailers. He calls this the secondary break.

Full Court Trips – Drill with a set number of trips. Each trip is run with some specific type of offensive action. They break back off missed shots and take it out of bounds on made shots.

Level 17 – The Ultimate – Flowing Naturally from Set to Set

He believes the hardest teams to defend would be teams that can flow from 5 out to 4 out to 3 out in a single possession. When a team can flow from one set to the next naturally depending on the defense; this is a sign that your team truly understands the read and react offense.

Conclusion

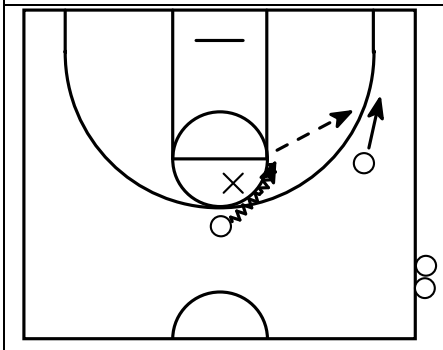
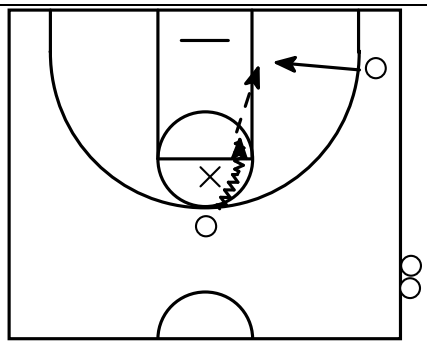
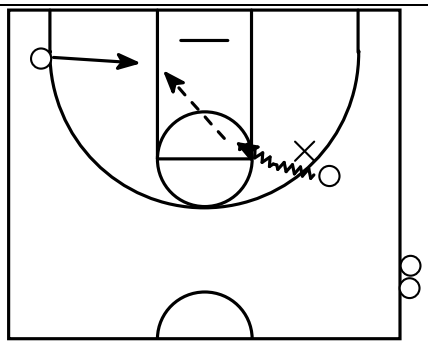
The strength and beauty of this offense is not in any one layer but lies in the combination of these layers.

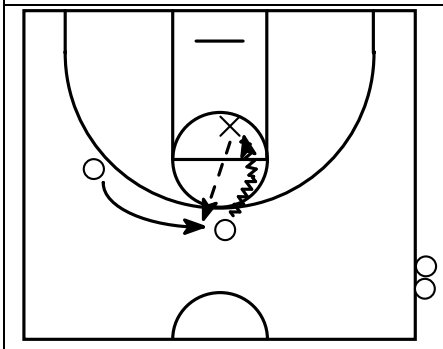
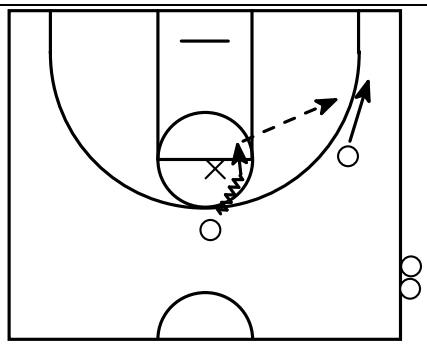
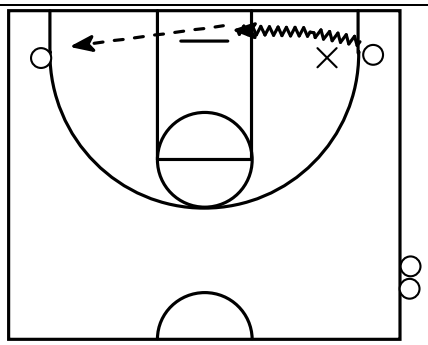
Drills to Build Habits

Introduction

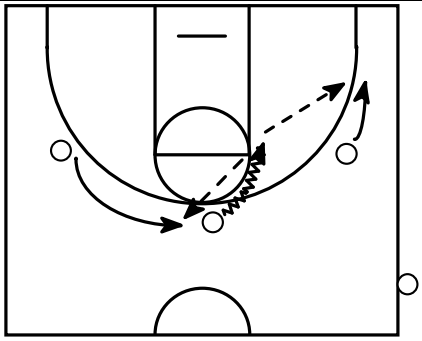
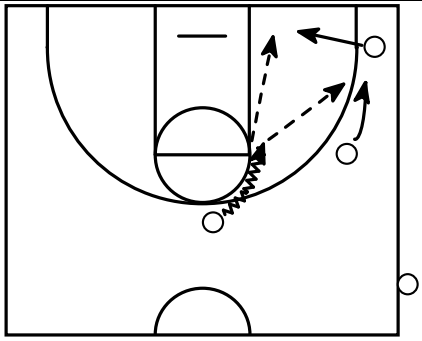
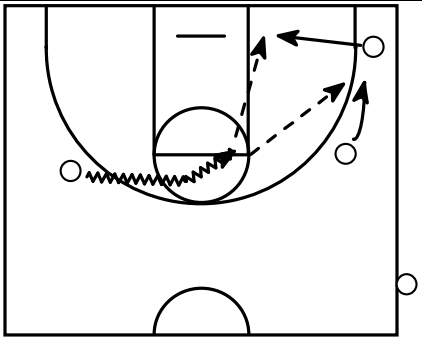
Secret to this offense lies in the drills that teach the read and react habits. You can run these drills with 2, 3, or 4 plays and get high amounts of repetitions. The more repetitions the quicker the reactions turn into habits. You will be frustrated if you try and teach this offense without drilling the habits through these drills. If you see your players thinking on the floor then you know they are not yet habits. They need to be drilled more. You can actually also incorporate lots of fundamental skills (i.e. passing and shooting) into these read and react drills.

Layer 1 – Dribble Penetration & Circle Movement

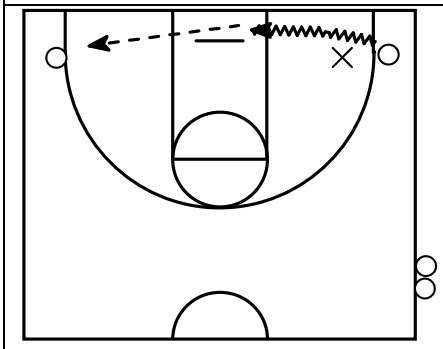
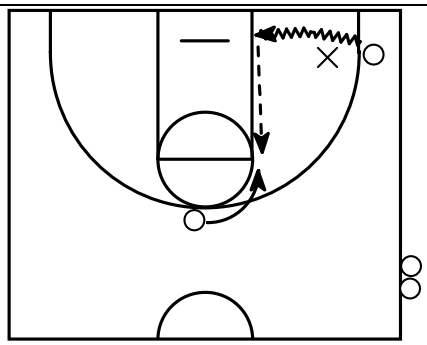
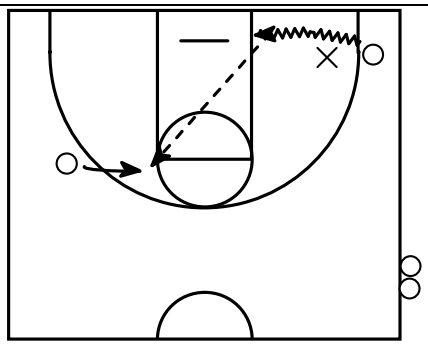
Natural Pitch	Middle Drive & Dish	Wing Drive & Dish
		

Safety Valve	Read Drive: Circle Movement	Corner to Corner
		
Requires a reverse pivot and pitch by ball handler.	Combination of Natural Pitch and Safety Valve Drills. Direction of penetration is the key.	

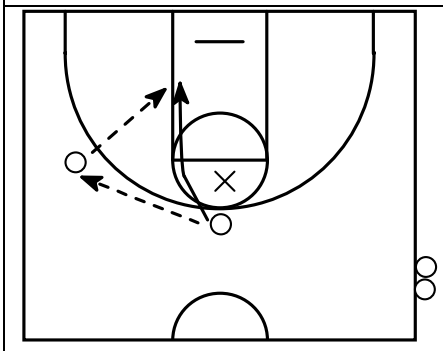
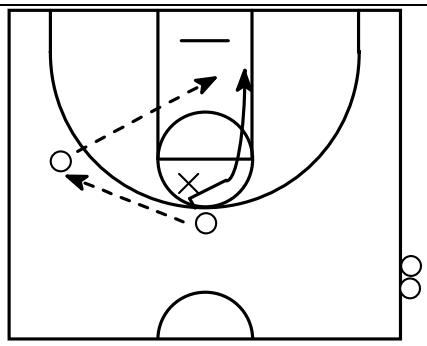
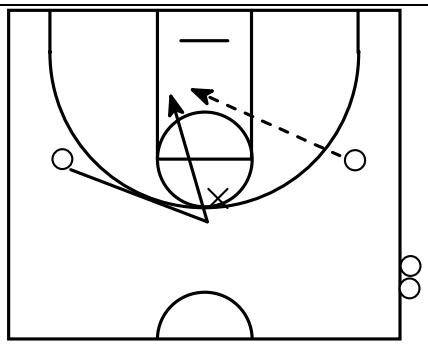
3 Player Drills

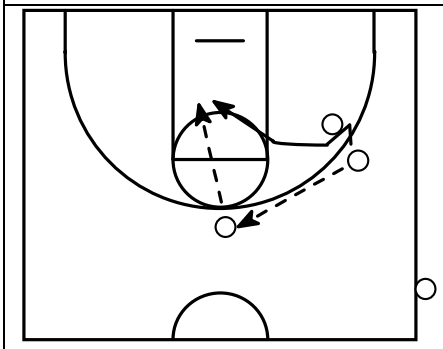
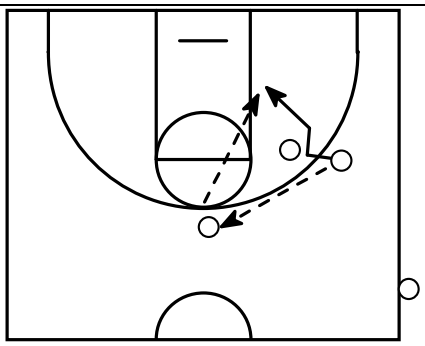
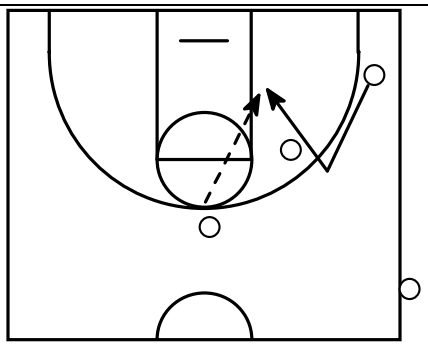
Natural Pitch Safety Value	Pitch or Dish (Top)	Pitch or Dish (Wing)
 Safety Valve Pass requires jump stop and reverse pivot.		

Layer 2 – Baseline Adjustment

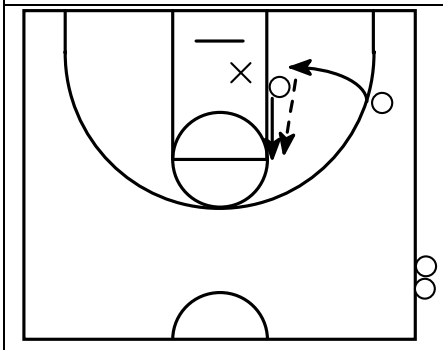
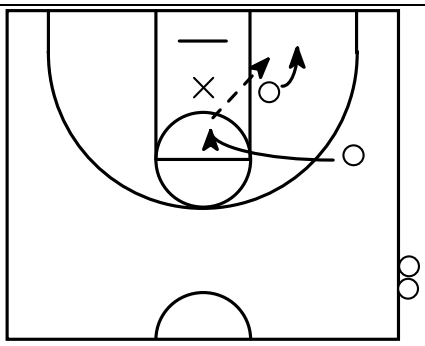
Corner To Corner	Corner to 90 Degree	Corner to 45 Degree
		

Layer 3 – Scoring and Spacing

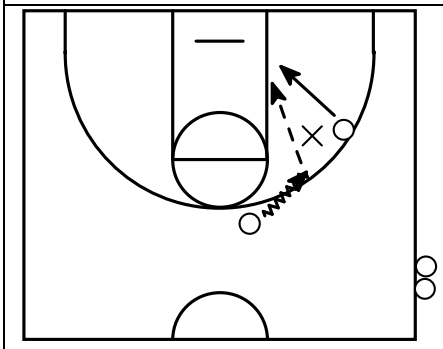
Front Cut	Rear Cut	Fill Rear Cut
		

Front Cut	Rear Cut	Fill Rear Cut
		
Do these from all angles on floor		

Layer 4 – Post Reactions

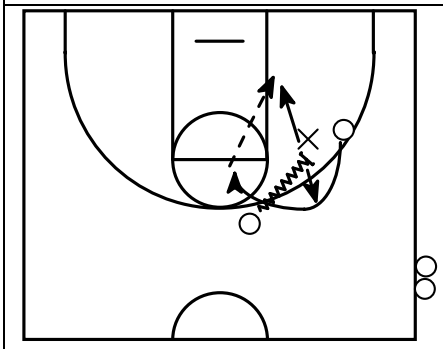
Elbow Slide	Short Corner Slide	
		
Done with post player on strong and weak side.		

Layer 5 – Speed Dribble

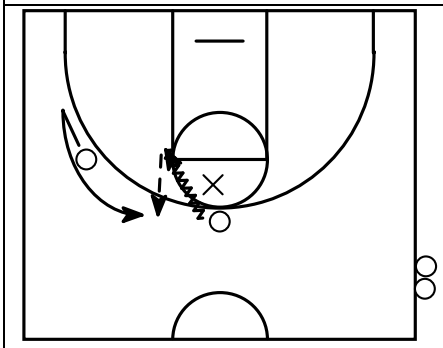
Backdoor Cut		
		
Important to do this on both sides		

of the floor.		

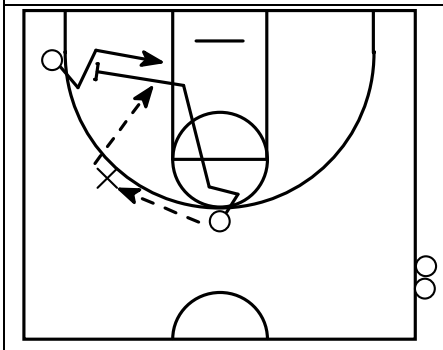
Layer 6 – Power Dribble

Dribble Handoff – Pick & Roll		
		

Layer 7 – Circle Reverse

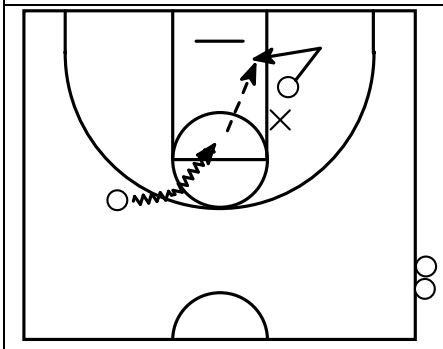
Circle Reverse		
		

Layer 8 – Back Screens

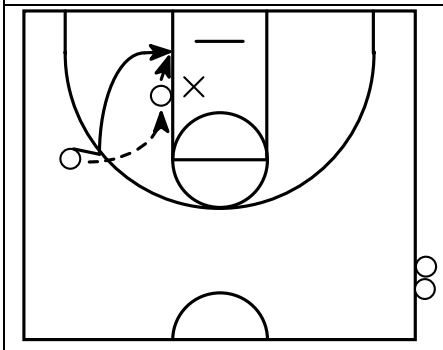
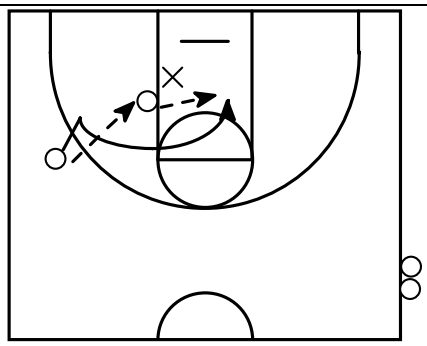
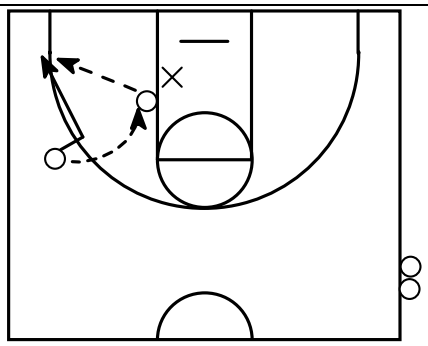
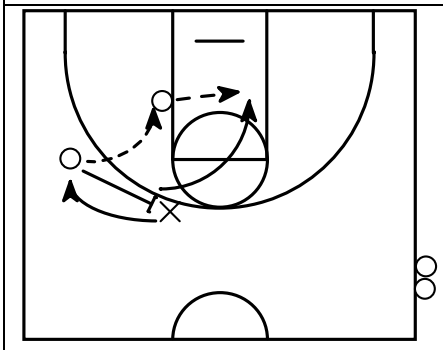
Pass, Cut, & Back Screen		
		

Layer 9 – Staggered Screens

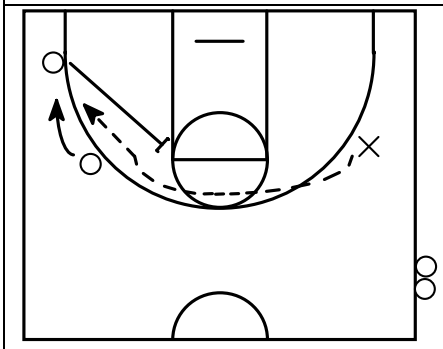
Layer 10 – Advanced Post Reactions

Post Rear Cut	Circle Safety Valve	
	Add Circle Safety Valve	

Layer 12 – Post Passing

Laker-Cut Low	Laker-Cut High	Relocate Corner
		
X Cut		
 X is the coach in these drills.		

Layer 14 – Pin Screen and Skip Pass

Pin Screen & Skip		
		

Strategies and Ideas

Through the Players Eyes

Benefits to Players

1) Develop and use your attack skills
2) No guesswork – watch the ball and react accordingly
3) No plays to learn – you will be learning moves that will help you in any system
4) More practice time to get better at game –

Ideas and Strategies to Fit your Team

3 Out 2 In

4 Out 1 In

Post in Short Corner – great formation for post who is not a great back to the basket player but good to receive drive and dumps.

Post as Blocker – post player is used to constantly screen for cutters.

High Post that Ball screens – post player comes high and sets a ball screen after any pass to the wing and basket cut by one of the perimeter players up top. A lot like UCLA offense.

4 Out Ball Side Triangle –

5 Out

Gut Drive Adjustment – weak side corner player will basket cut before starting his circle movement.

Delay Game –

Shot Selection and Turnover Control

1) ***The Know No Rule*** - Knowing Your Role equals no turnovers. Each player should play to their strengths.
2) ***The WWW rule*** – When and Where equals Wins. Each player needs to know when and where to shoot.

Taking Our Game to a Higher Level

Untraditional Practice Plans

To really teach this offense you need to move away from your traditional practice plans. Practices need to be totally centered around read and react skills. It can't be something you buy into half way.

Game Warm Ups – Should be a review time of read and react skills.

Fundamental Skill work – teach fundamentals using read and react drills. Do not make them a separate thing. Teach layups with front cuts, rear cuts, Laker cuts, etc. Work on 3 point shooting through a back screen drill with the shooter shaping up.



Steve Pikiell

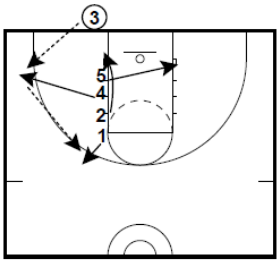
Stony Brook University

"From Last to First and How to Score"

- Cores
  - Offense – spacing, ball reversal, post touch, shot selection
  - Defense – no middle, no layup, good defense
  - Taking ball out of bounds – we are scoring on out of bounds plays
  - Transitions – get easy baskets
- Keep things simple
- Teach 1 thing and apply it to multiple things
- Transition
  - Pass ahead
  - Reverse on skip passes
- Keep terminology simple
  - 1 word should give an automatic response
    - Again = re-screen
    - Opposite = run it on the opposite side
- Run Flex down (traditional Flex) and Flex up (set up screens/back screens)
- Save an out of bounds series for the end of the year
- Save an offensive series for the end of the year
- Empower your assistants
- Zone offense: Knockout
  - guys have to hunt shots
  - catch the ball and peek at the rim
  - everyone has to read the knockout guy

Steve Pikiell - From Last to First and How to Score

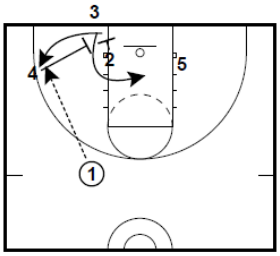
Steve Pikiell - Winner Line



- 2 cuts down the line to the block
- 4 cuts to the corner
- 5 cuts to the weak side block
- 1 pops back as the safety
- 3 inbounds to 4
- 4 reverses the ball to 1

Frame 1

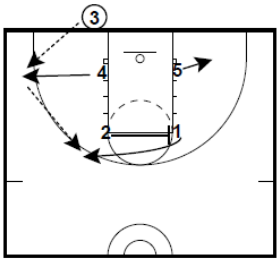
Steve Pikiell - Winner Line



- 2 screens for 3 curling into the lane
- 4 screens for 2 curling to corner
- 1 passes to 3 or 2

Frame 2

Steve Pikiell - Winner Box

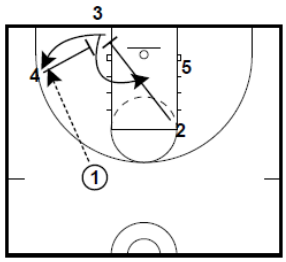


- 4 cuts to the corner
- 5 cuts to the weak side short corner
- 3 inbounds to 4
- 2 screens across for 1
- 4 reverses the ball to 1

Frame 1

Steve Pikiell - From Last to First and How to Score

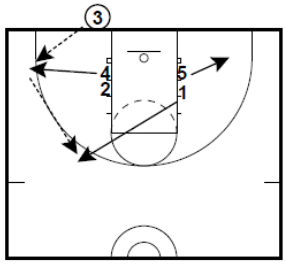
Steve Pikiell - Winner Box



- 2 screens for 3 curling into the lane
- 4 screens for 2 curling to corner
- 1 passes to 3 or 2

Frame 2

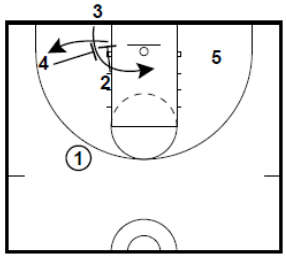
Steve Pikiell - Winner Stack



- 4 cuts to corner
- 5 cuts to short corner
- 1 pops back as safety
- 3 inbounds to 4
- 4 passes to 1

Frame 1

Steve Pikiell - Winner Stack

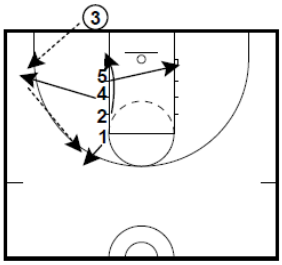


- 2 screens for 3
- 3 curls off screen to middle
- 4 screens for 2
- 2 curls off screen to corner
- 1 passes to 3 or 2

Frame 2

Steve Pikiell - From Last to First and How to Score

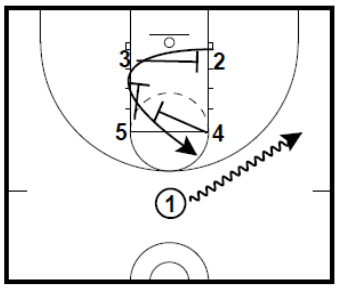
Steve Pikiell - Winner Press Breaker



- 2 cuts down the line to the block
- 4 cuts to the corner
- 5 cuts to the weak side block
- 1 pops back as the safety
- 3 inbounds to 4
- 4 reverses the ball to 1

Frame 1

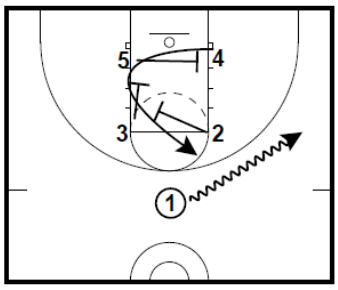
Steve Pikiell - Circle



- Action starts with guard screening
- Bigs hunt screen
- Guards hunt shot
- End with a big to big screen

Frame 1

Steve Pikiell - Circle Opposite

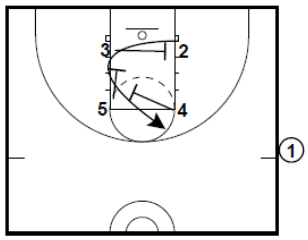


- Action starts with big screening
- Guards hunt screen
- Bigs hunt shot
- End with a guard to guard screen

Frame 1

Steve Pikiell - From Last to First and How to Score

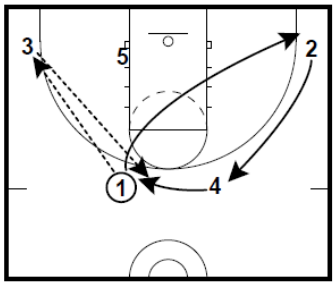
Steve Pikiell - Circle Sideline



- Action starts with guard screening
- Bigs hunt screen
- Guards hunt shot
- End with a big to big screen

Frame 1

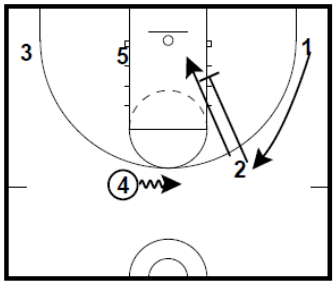
Steve Pikiell - Up Ahead



- 1 passes to 3
- 1 cuts through to corner
- 4 and 2 fill up
- 3 passes to 4

Frame 1

Steve Pikiell - Up Ahead

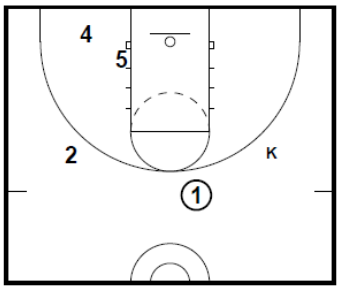


- 4 dribbles right
- 2 cuts back door
- 1 fills up
- 1 sets a pin down screen for 2

Frame 2

Steve Pikiell - From Last to First and How to Score

Steve Pikiell - Knockout



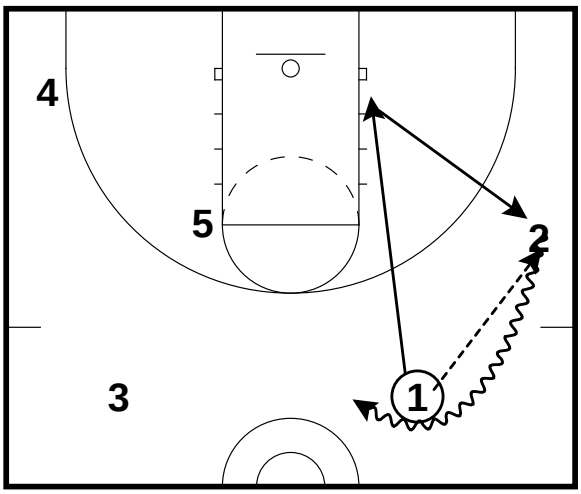
K = knockout guy, he can go anywhere
1 - always one pass away from the ball
2 - opposite the knockout guy
4 - short corner to short corner
5 - block to block or elbow to elbow

Frame 1

Tempo Control and Delay Sets

2- Man Give & Go

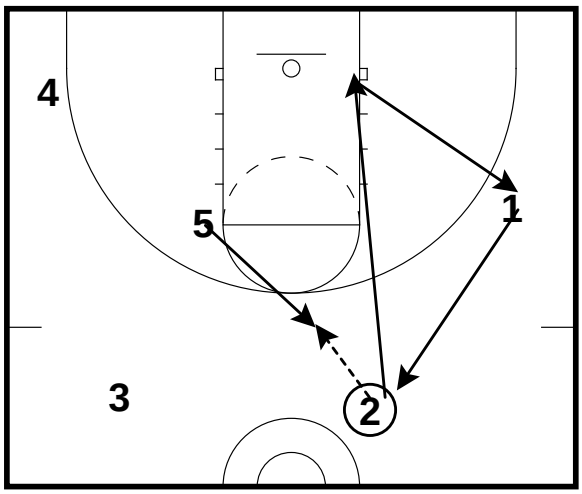
SET



1 passes to 2 and makes a basket cut and replaces 2.

2- Man Give & Go

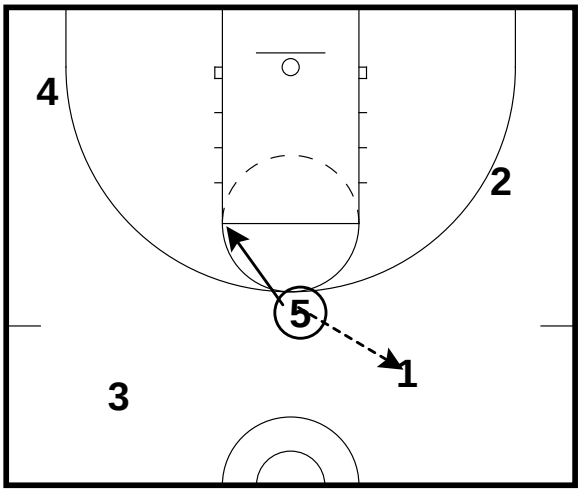
SET



5 is the pressure release and he flashes and 2 can throw to him and cut basket and 1 replces 2 and 2 then replces 1.

2- Man Give & Go

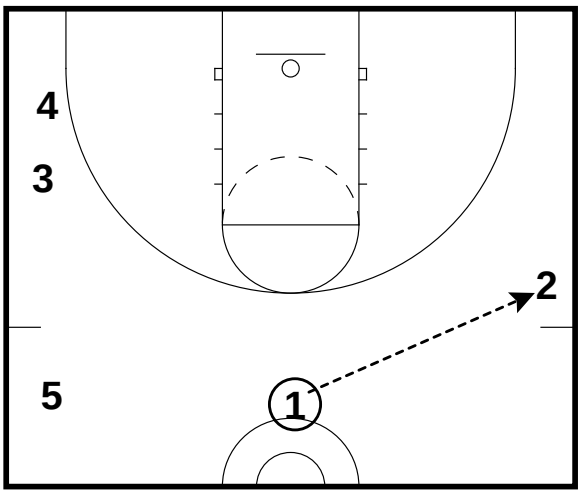
SET



	Notes:
1	Cut all the way to the rim
2	Meet all passes and pass away from the defense
3	5 must flash to the ball in case of trouble
4	Be aware of 5 second count when you have the ball

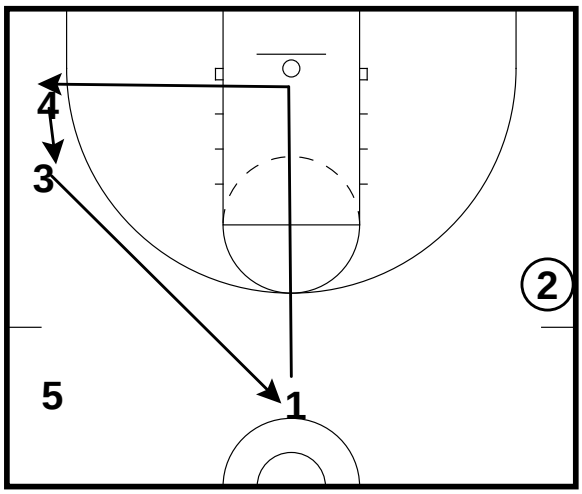
Tempo Control and Delay Sets

3 Corner
SET



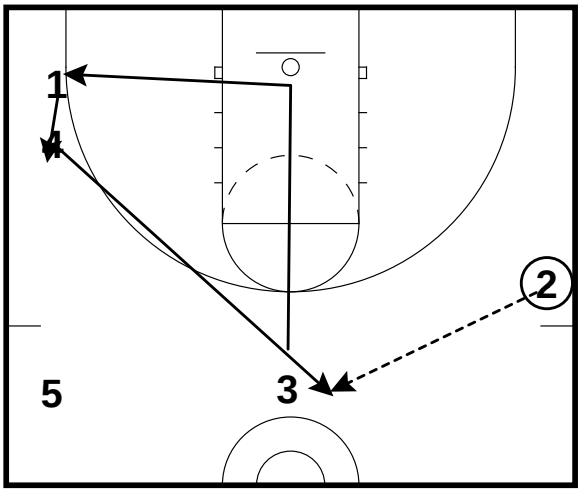
2 is your best handler besides 1.
5 is a pressure release.
2 can attack if he is open.

3 Corner
SET

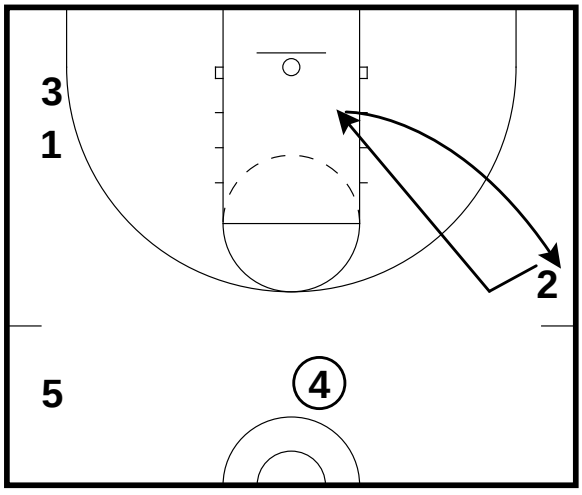


1 cuts to the hoop then to the end of the stack.
3 flashes to the top

3 Corner
SET



3 Corner
SET



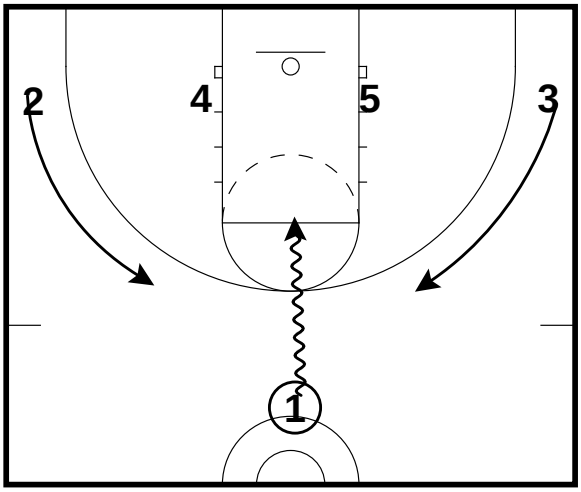
If 2 is overplayed he can go backdoor then replace himself.

	Notes:
1	Sprint to fill the top
2	Cut all the way to the rim
3	#2 can drive the ball at any time
4	#5 must flash to the ball if #2 has trouble
5	Be aware of 5 second count when you have the ball

Tempo Control and Delay Sets

4- Low

SET

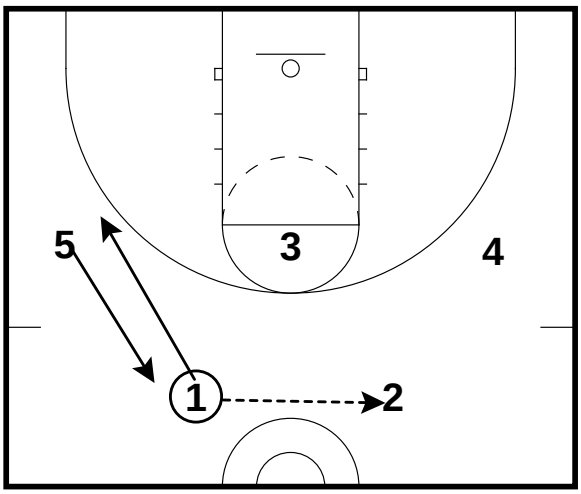


1 can throw to either side and replace that side

	Notes:
1	Look to penetrate and score or pass
2	Be aware of 5 second count when you have the ball
3	Pass away from the defense
4	Keep the floor spread. Flash to the ball only when bal handler is in trouble
5	Look for "positive passes" to the corner players

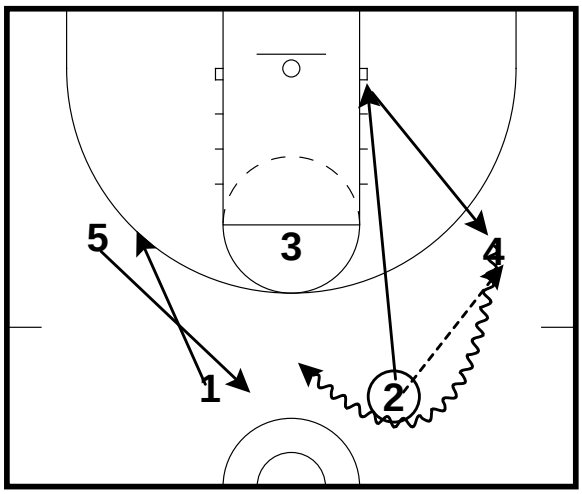
Tempo Control and Delay Sets

5- High
SET



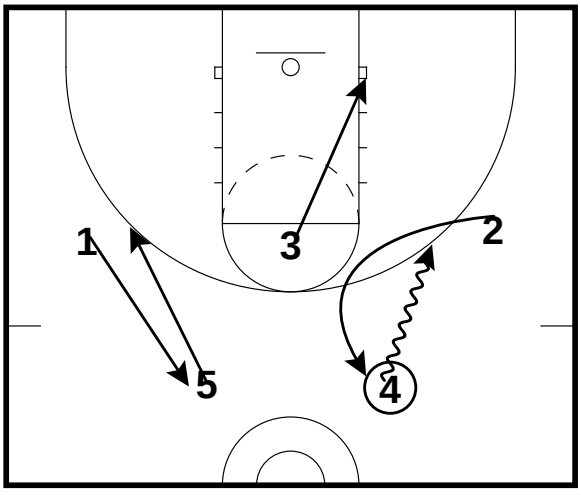
Any time there is a guard to guard pass the passer and wing exchange
Best 1- on- 1 player is in the middle.

5- High
SET



2 passes to 4 and makes a basket cut then replaces 4. 5 & 1 exchange and 2 dribbles to the top.

5- High
SET

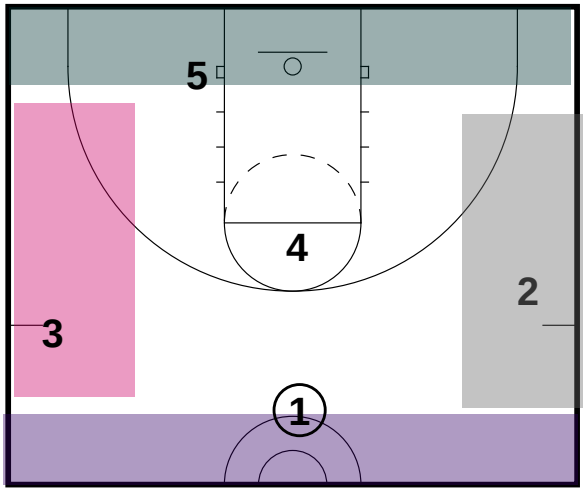


4 can dribble at 2 and 3 goes backdoor and 2 front cuts 4.

	Notes:
1	Stay above the FT line extended
2	Back cut any overplay by the defense
3	Meet all passes and pass away from the defense
4	Be aware of 5 second count when you have the ball
5	Look to get the ball to best player in high post and let them attack the rim.

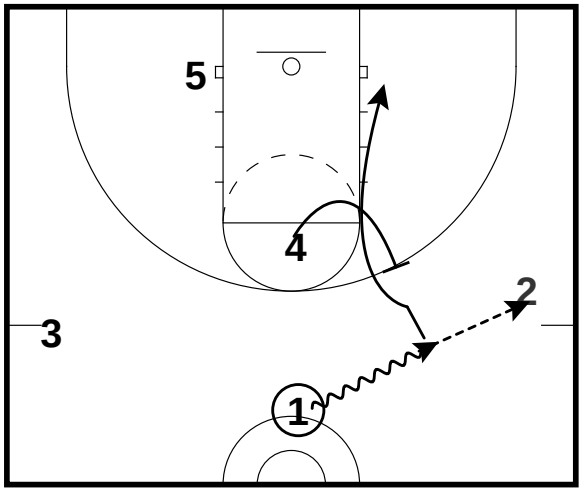
Tempo Control and Delay Sets

Alley Cat Delay
SET



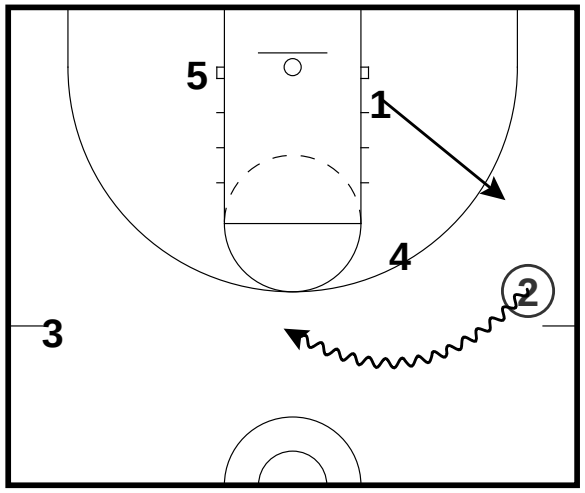
The area that each guy is reponsible for is shaded. The high post looks to screen and release pressure

Alley Cat Delay
SET

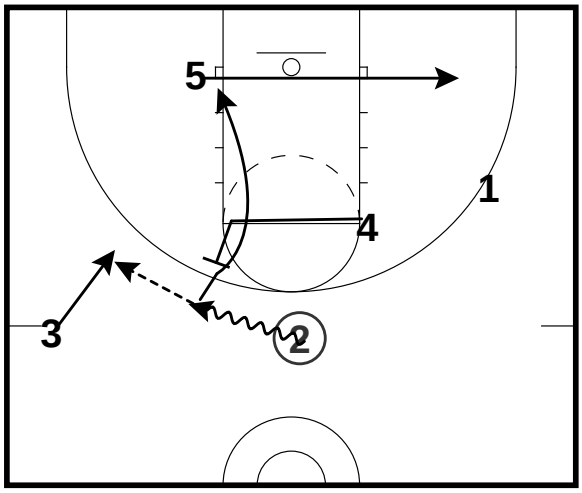


1 dribbles at 2 and makes an entry pass. 4 screens for 2 who is cutting to the hoop.

Alley Cat Delay
SET

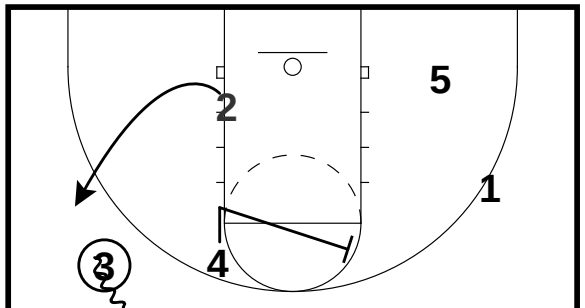


Alley Cat Delay
SET



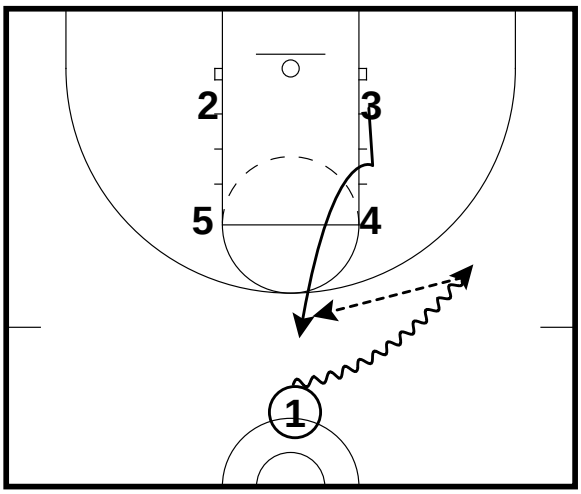
5 always stays opposite the ball.
2 dribbles at 3 and makes and entry pass. 4 comes across and screens for 2 on the shuffle cut.

Alley Cat Delay
SET



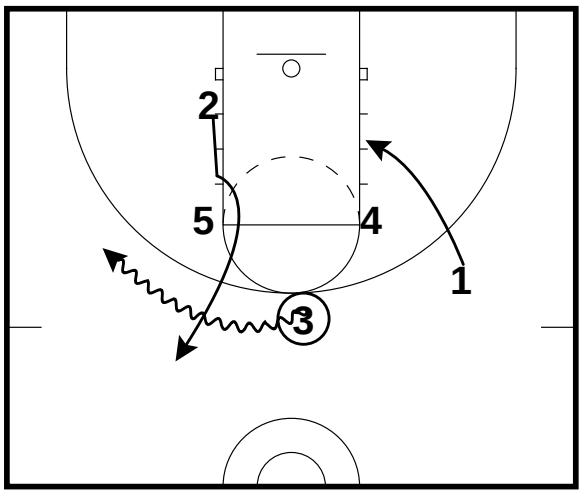
Tempo Control and Delay Sets

Box
SET



1 picks a side and that bottom guy comes up off of 4's butt and pops out.
If 4's man after a few times through plays on top, 4 can go backdoor.

Box
SET

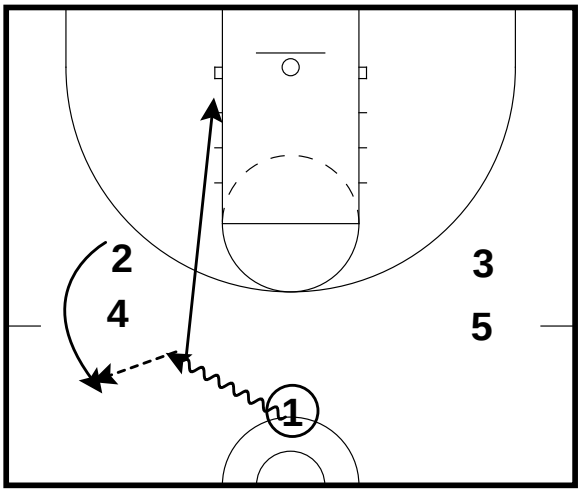


2 now comes up

	Notes:
1	Go shoulder to shoulder off post player when cutting to the top
2	Meet all passes and pass away from the defense
3	Be aware of 5 second count when you have the ball
4	Post can flash out as pressure release or cut to basket
5	Cutter can also back screen post, then step out as a change up

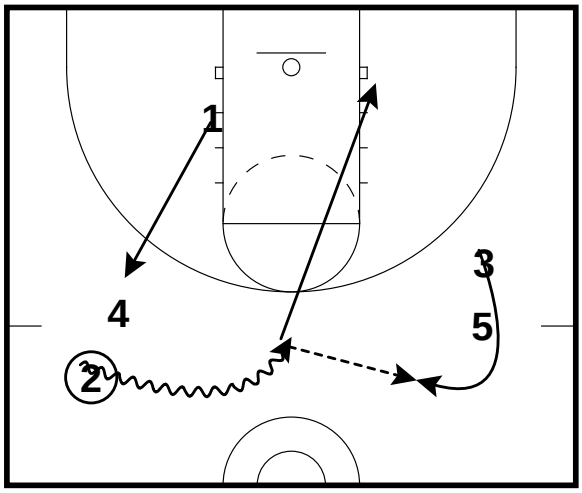
Tempo Control and Delay Sets

Clemson Stack



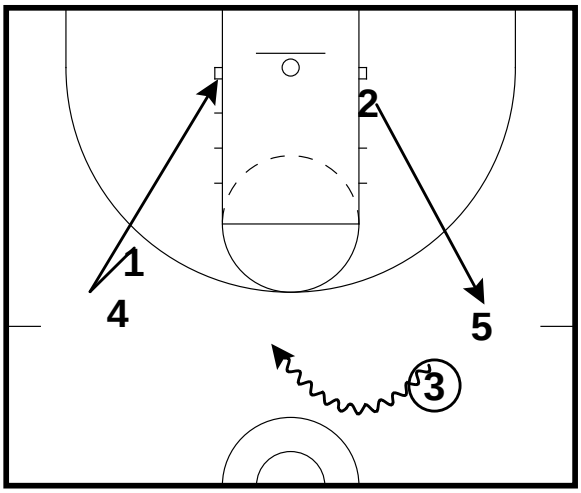
1 dribbles to either side and makes an entry to the low man curling. After the pass 1 cut to the hoop then replaces in the stack.

Clemson Stack



2 dribbles middle and 3 pops.

Clemson Stack

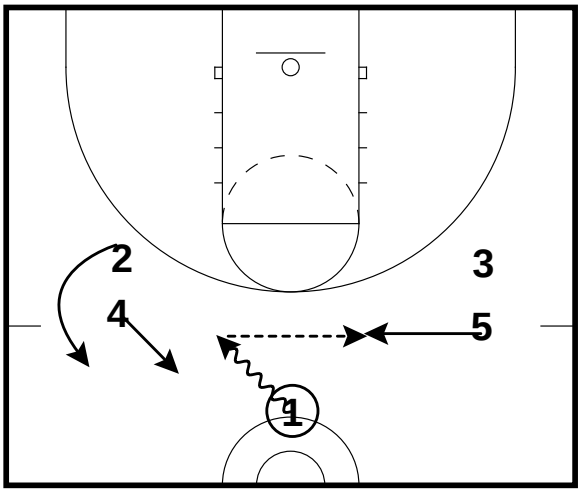


1 can always look to go backdoor.

	Notes:
1	Cut Shoulder to shoulder off the post
2	Meet all passes and pass away from the defense
3	Cut all the way to the rim
4	Back cut any overplay by the defense
5	Flash to the ball if ball handler is in trouble
6	Be aware of 5 second count when you have the ball

Tempo Control and Delay Sets

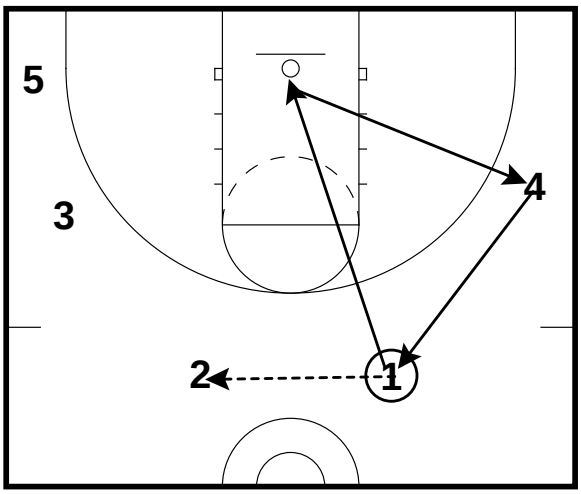
Clemson Stack 2



If 2 and 4 cant get open, 5 flashes.

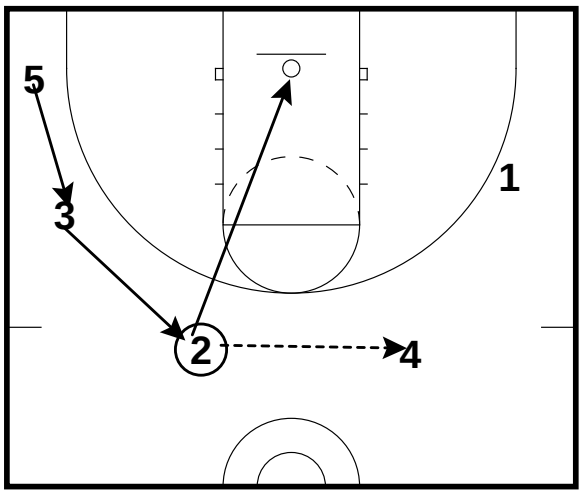
Tempo Control and Delay Sets

False Motion
layups only



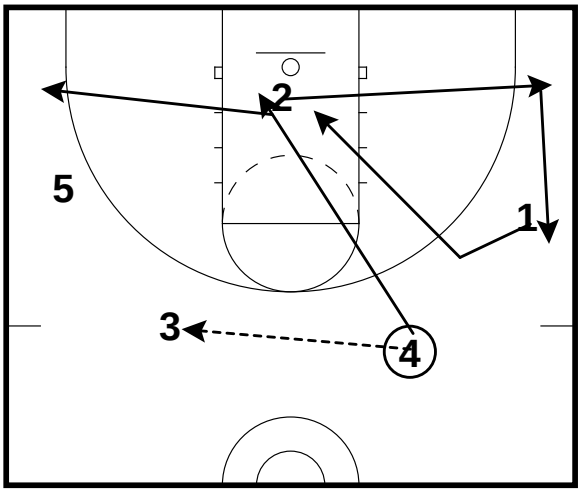
1 passes to 2 and makes a basket cut.
4 replaces 1 and 1 replaces 4.

False Motion
layups only



2 passes to 4 and makes a basket cut. 3 replaces 2,
5 replaces 3.

False Motion
layups only



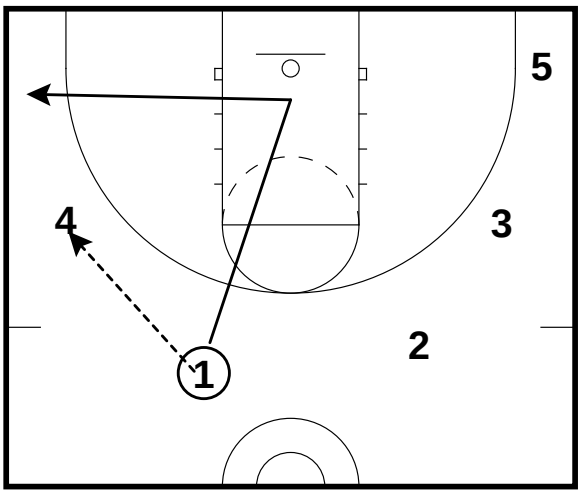
4 passes to 3 and makes a basket cut then replaces in the corner. 1 can fake likes he coming up and go backdoor and then 2 takes 1's spot.

	Notes:
1	Sprint to fill the spots
2	Cut all the way to the rim
3	Back cut any overplay
4	Meet all passes and pass away from defense
5	Be aware of 5 second count when you have the ball

Tempo Control and Delay Sets

False Motion Backdoor

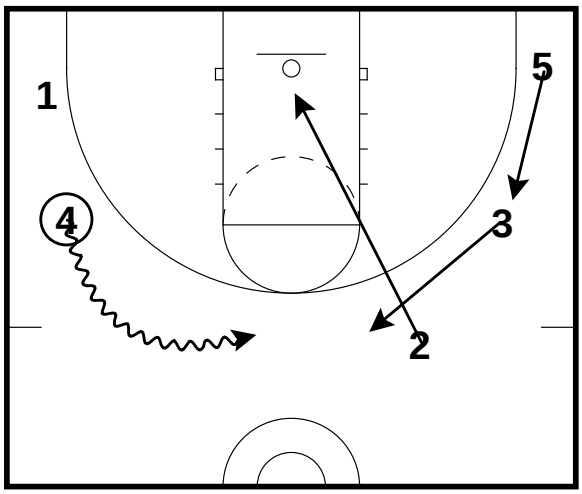
Wing Entry Backdor



1 makes the wing entry and cuts to the hoop then fills corner.

False Motion Backdoor

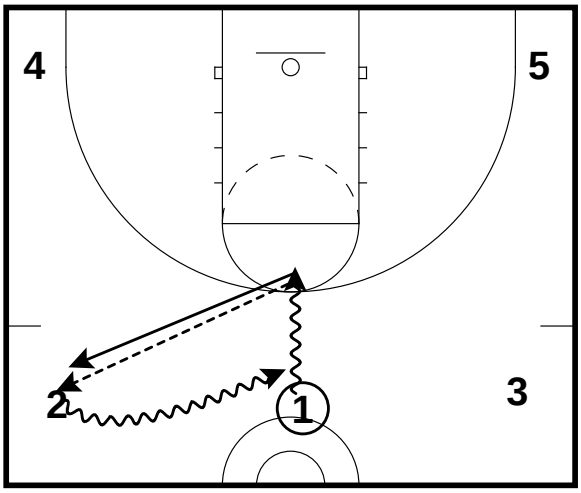
Wing Entry Backdor



4 will dribble at the top and this is a signal for 2 to automatically go backdoor and 3 replaces 2.

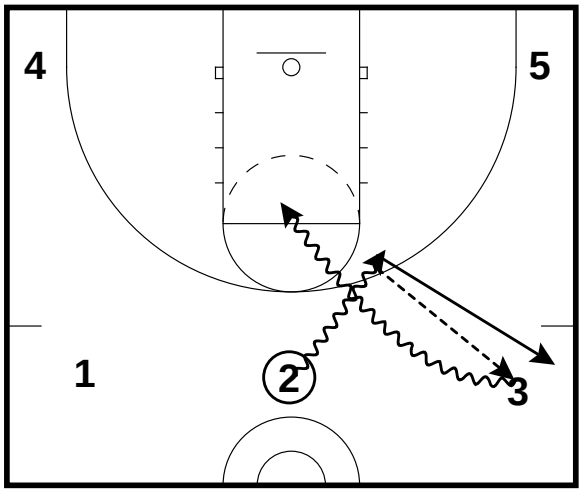
Tempo Control and Delay Sets

Four Corner



1 looks to penetrate and if he has to pass to either guard they drive middle and 1 replaces them.

Four Corner

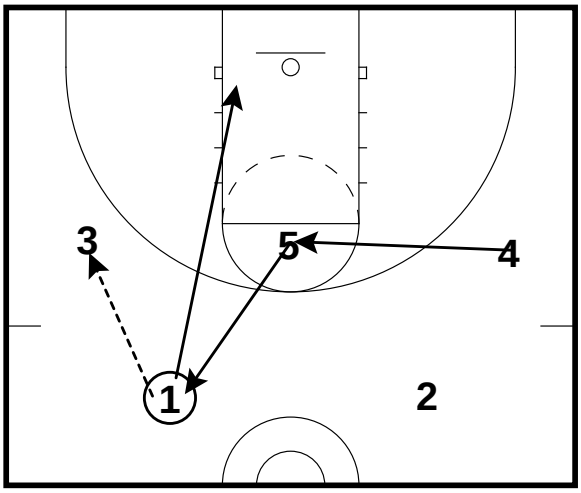


2 can pass to 3 who drives and can kick to either 4 or 5 for a layup if their man helps.

	Notes:
1	Look to penetrate and score or pass
2	Be aware of 5 second count when you have the ball
3	Pass away from the defense
4	Keep the floor spread. Flash to the ball only when ball handler is in trouble.

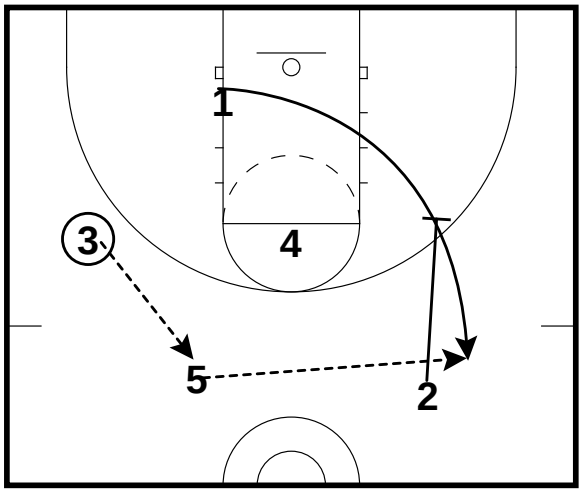
Tempo Control and Delay Sets

Marquette Spread

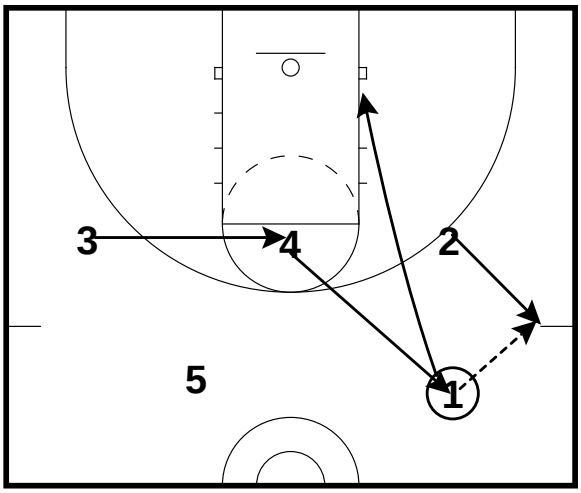


1 passes to 3 and then cuts basket. 5 replaces 1 and 4 replaces 5.

Marquette Spread



Marquette Spread

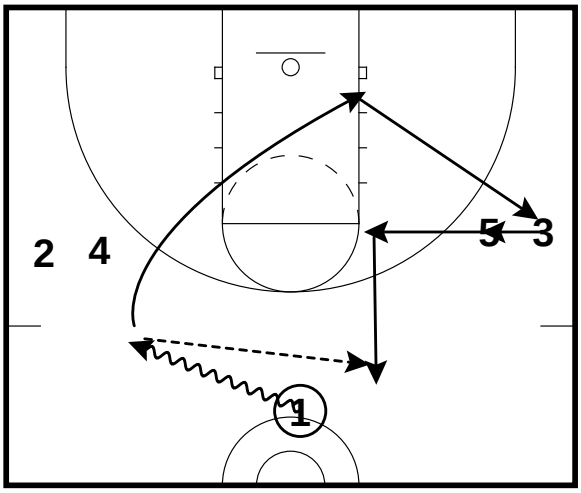


Normal action in the spread.

	Notes:
1	Stay above FT line extended
2	Back cut any overplay by the defense
3	Meet all passes and pass away from the defense
4	Be aware of 5 second count when you have the ball
5	High post looks to go 1 on 1

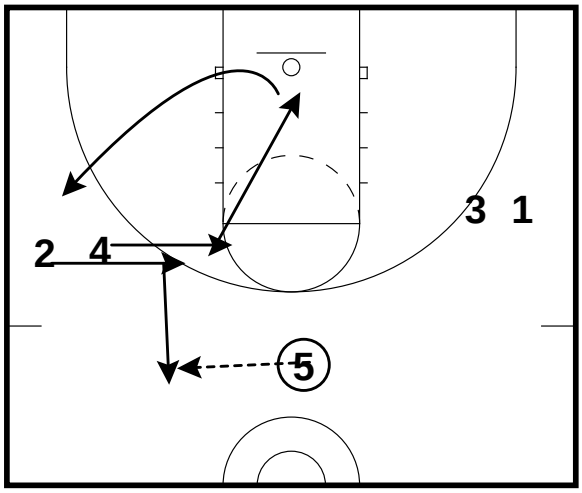
Tempo Control and Delay Sets

Rapid Cut Delay



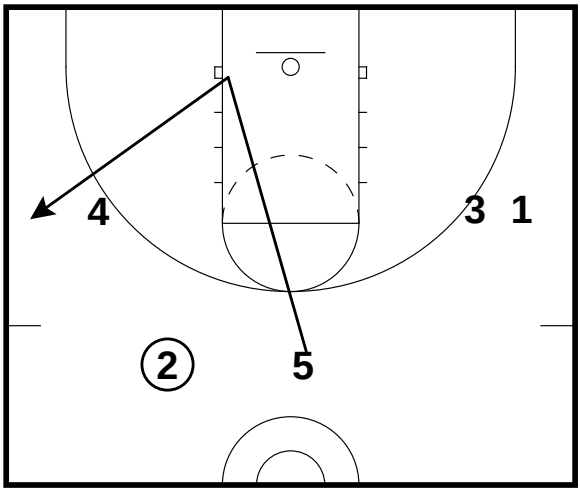
1 picks a side, opposite big starts to cut to the elbow once the point guard breaks the lane line extended. The big is reading if his defender is playing high or low. If he if high then he goes back door and if he is low he pops up.
1 passes to 5 then goes backdoor.
3 replaces 5 and 1 replaces 3.

Rapid Cut Delay



If 4 cuts to the elbow and is overplayed he will go backdoor then replace 2 who goes to the elbow and pops.

Rapid Cut Delay

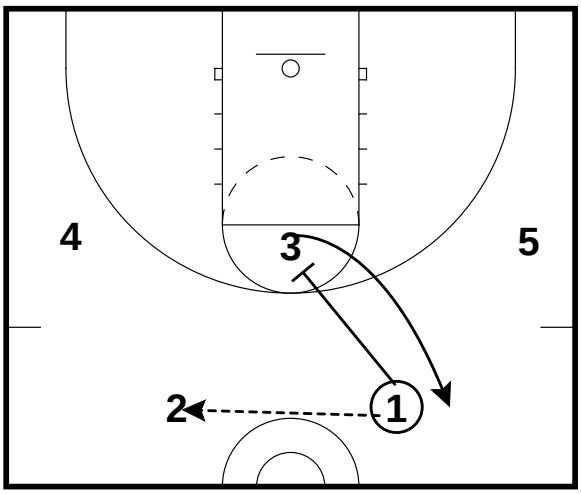


5 cuts and replaces and 3 cuts to the elbow.

	Notes:
1	Cut all the way to the rim
2	Meet all passes and pass away from the defense
3	Sprint to fil the stack
4	Back cut all overplays by the defense
5	Be aware of 5 second count when youbhave the ball

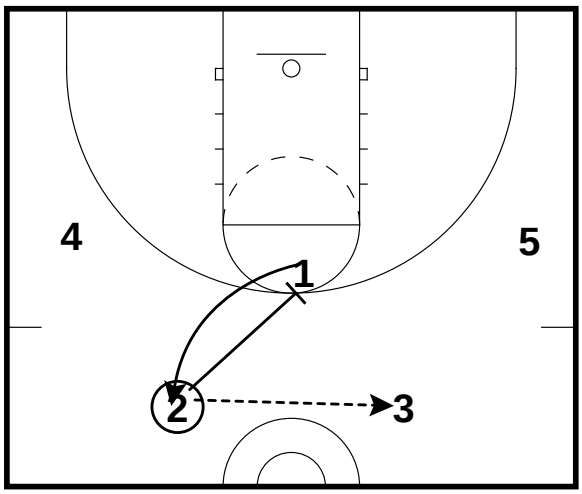
Tempo Control and Delay Sets

Triangle Delay
SET

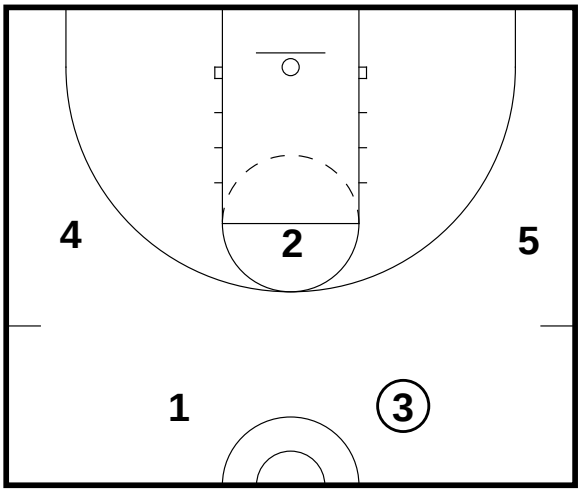


1 passes to 2 and screens foul line

Triangle Delay
SET



Triangle Delay
SET

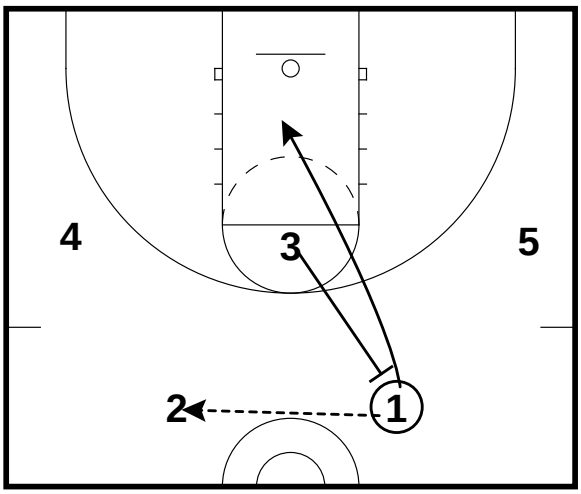


	Notes:
1.	Meet all passes and pass away from the defense.
2.	Back cut any overplay by the defense.
3.	Screen can be either a down screen or back screen.
4.	Screener can slip cut at anytime.
5.	Wings can look to drive the ball to the basket.
6.	Be aware of 5 second count when you have the ball.

Tempo Control and Delay Sets

Triangle Delay 2

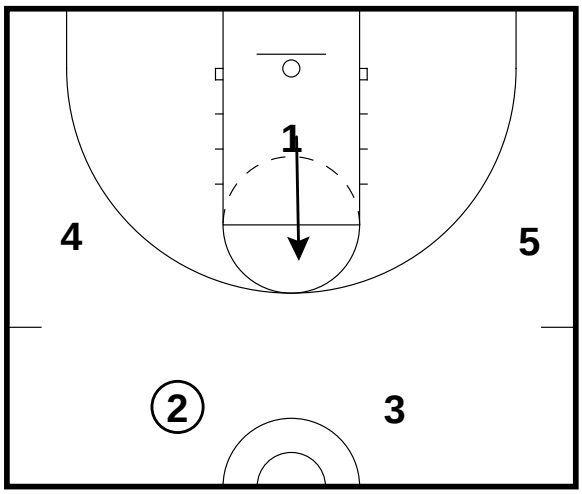
SET



1 passes to 2 and 3 back screens 1.

Triangle Delay 2

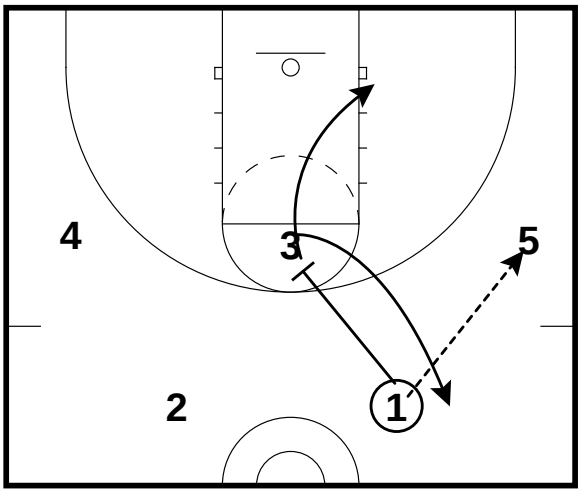
SET



1 fills if there is no layup.

Triangle Delay 3

SET



If 2 is being denied, the top guys can make the entry into the wing and screen the middle. The screener looks for the slip then goes to the foul line. The wings at any point can go backdoor.

2010 BCAT CLINIC



BASKETBALL COACHES
ASSOCIATION OF TENNESSEE

SEPTEMBER 24-25
NASHVILLE, TN.

Featuring:

Josh Pastner – University of Memphis p. 1

Roy Williams – University of North Carolina p. 4

Anthony Grant – University of Alabama p. 9

Andy Landers – University of Georgia - Women p. 14

Murray Bartow – ETSU p. 18

Billy Kennedy – Murray State University p. 25

Ken McMillan – UT Martin - Women p. 29

Brad Brownell – Clemson University p. 37

George Pitts – King College p. 40

BCAT

BASKETBALL COACHES ASSOCIATION OF TENNESSEE

Why join BCAT?

1. To unify all Basketball coaches in the State of Tennessee.
2. Instill within every Basketball coach, a sense of responsibility and ownership of the game of Basketball in Tennessee.
3. To develop and maintain the high standards we have set as coaches of the ultimate team game.
4. To create and maintain an open line of communication with the Tennessee Secondary School Athletic Association.
5. To promote the game of Basketball throughout the state of Tennessee.
6. To honor those who have impacted the game of Basketball in Tennessee as coaches, players, and administrators.
7. To be a resource for all players, coaches, and administrators.

What has BCAT done?

Since its inception in 2007, BCAT has worked tirelessly to be the voice for all coaches, players, and fans throughout Tennessee. Here are some of the example of what we have done:

1. Established ties with the TSSAA. Currently we have established sit down meetings at the TSSAA offices with TSSAA executive Bernard Childress and Gene Menees over concern and points of emphasis. Our voice has been established! We currently have planned meetings with the 3-5 times per year. Has this ever happened before, no it hasn't Our last meeting in April we discussed three major topics: *Classification, development of a rating system for officials, and the basketball calendar with very positive results. The next scheduled meeting is on Sept. 28th, 2010.*
2. *We proposed in the Spring of 2008 to get 5 days of spring practice restored to the athletic calendar, it was reinstated.*
3. We have put together all-star games that have been hugely successful on the morning of the state championship games in Murfreesboro.
4. Have honored member coaches with Coach of the Year honors. Also have done the same for players.
5. Have established the best coaches' clinic in America, annually held the last weekend of September. Some of the top coaches in the country have provided their time to speak and be a part of our organization including: *Bruce Pearl, Pat Summitt, Tom Izzo, Kevin Stallings, Darrin Horn, Kevin O'Neill, Rick Insell, Kelly Jolly-Harper, Seth Greenberg, Chris Lowery, Jeff Walz, Brian Gregory, just to name a few.* This year we have *Roy Williams, Josh Pastner, and Andy Landers speaking. The weekend is Sept. 24th and 25th this year, check* bcathoops.com *for more info.*
6. Established ties with Coaches vs. Cancer, to promote cancer awareness through hoops.
7. Working to establish a top 100 workout to promote our players.
8. Attended the National High School Basketball Coaches Association meetings to share and borrow ideas on issues concerning Basketball coaches across the country, this has been invaluable information to deal with our issues.
9. Established ties with the sports media to promote basketball.
10. Developed our website bcathoops.com as the ultimate coach's website for your needs as coaches.

As you can see we have tried to give the coaches in Tennessee the opportunity to have a first class organization. It is time for you and the coaches at your school to get involved. Remember there is strength in numbers. If we get the over 750 head coaches, their assistant coaches, and the coaches at their middle schools and feeder programs involved, we could easily have 1500-2000 members and in turn we can make a tremendous difference in the direction our sport. However, if we continue to not actively participate in the direction of *our sport*, we are not helping the players, future coaches, and fans of the game. Contact one of the BCAT Directors below with any questions/concerns:

Tim Halford	Bruce Slatten	Bobby Luna	Mike Greer
Munford High School	Moore Co. High School	Gallatin High School	West Carroll High
901-494-6490	931-256-0075	615-351-5769	731-446-8950
thalford@tipton-county.com		lunab@k12tn.net	Greerm7@k12tn.net

Josh Pastner

Memphis University

josh.pastner@memphis.edu

(520) 235-2372

"The best offense comes from breakdown offense."

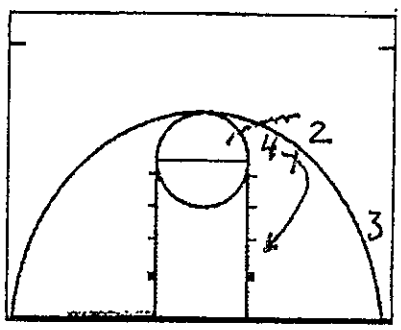
Everything in "attack mode" to engage the defense
Don't be a robot
"You are what you emphasize"

Success on Offense

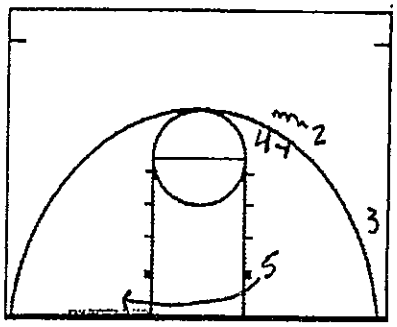
- Attack the Paint
- Spacing
- Get to 2nd 3rd and 4th side across the "split line"
- Create 2 on 1 advantages
    - Ball screens (angle on the butt)
        - Ball screeners sprint off ball screens to rim
        - Flare screen – rescreen
    - Dribble penetration

  The hardest thing to guard is the closeout actions
- Have multiple actions
- Make the extra pass
- Rebounding (If rebound outside the paint, get reversal)
    - Get a foot advantage in "slice" position
        - 7 out of 10 misses are opposite
- Dribble Penetration
    - Allows you to spend less time doing defensive drills
        - You must guard your guy

Ball Screen Actions



If the corner is filled on a ball screen, the ball screener sprints to the rim.
If it is open the ball screener pops to corner.

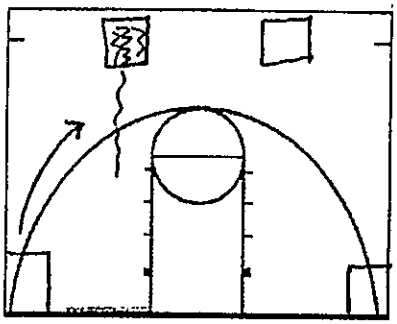


If there is a post player ball side, he would roll opposite to the "deep alley" on the baseline.

On baseline penetration opposite post could curl to the middle or set a screen for the corner drift. (Gets the ball to the 2nd side)

Basics of the Dribble Drive Motion

- Spacing
- 5 is always opposite the ball in the alley
- 4 perimeter spots must be filled

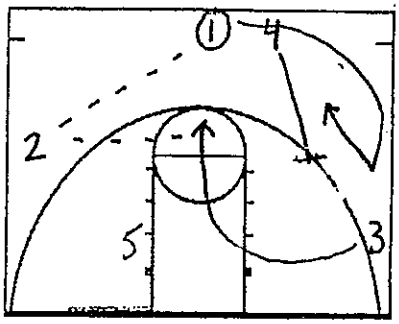


On any drive, the ball side position circles behind the ball in a sprint running down hill for the pitch back.

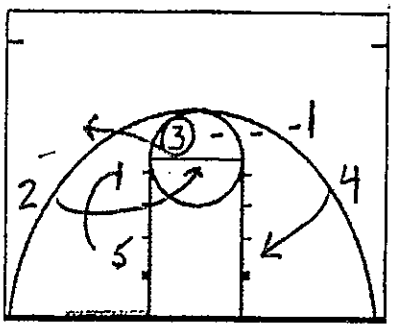
On baseline drives, always have a drift to the corner, a pass receiver on opposite wing, and a "shake up" man behind.

Basics of Arizona Motion

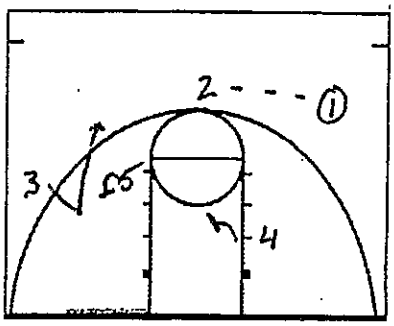
- Flows out of transition



- 1 kick to 2 and around to opposite deep corner
- 3 "pipe" cuts thru "the nail"
- 2 to 3 (3 look to 5 in post)



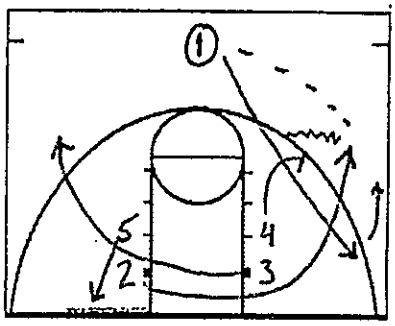
- 4 pin screens for 1 in corner and sprints to rim
- 3 to 1 as 2 is shallow cutting thru the nail to the top
- 5 flare screen for 3 (half way between 3 pt line and lane line)
- 3 over the top of 5 flare screen



- 1 to 2 reversal (2 look into 4)
- 3 off 5 rescreen

Read dribble penetrations and post entries to create passing angles

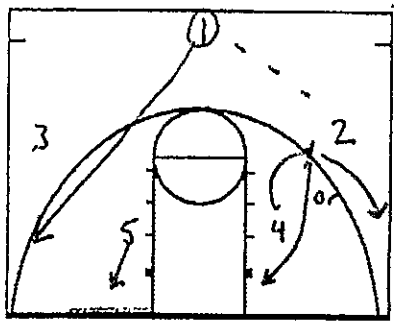
"Strong" vs Zone



- 2 and 3 cross
- 1 to 2 and cut to ball side corner
- 4 sprint to ball screen for 2
- 5 roll opposite to the alley as 4 sprints to the rim off ball screen
- 1 "shake up"

If reversed to 3, 4 sprints to another ball screen and 5 rolls opposite. Continue same action if reversed.

"Weak" vs Zone



Same as "Strong", but 1 goes to opposite corner and ball screener has the option to pick and pop or roll

Roy Williams
University of North Carolina

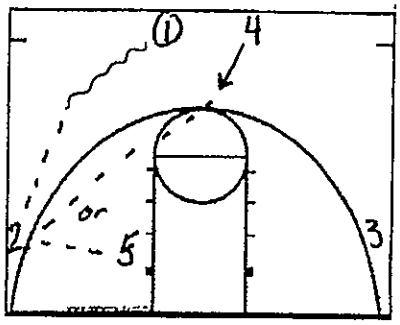
Coached HS for 5 years (2-19 his 1st year)

Whole-Part-Whole is the most effective method of teaching.

"A coach's job is to get your team more quality shots than your opponent. Rebound more and turn it over less to get more quality shots"

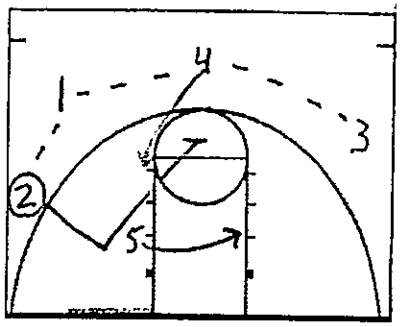
Emphasize primary break (be faster on 1st 3 steps)
Primary break with 2 or less defenders
Secondary break with 3-5 defenders back

Secondary Break
4 and 5 are interchangeable
2 and 3 are interchangeable



- 1st post run to the front of the rim and find ball
- 2 and 3 sprint wide and to the baseline to flatten the defense
- 2nd post trails to the top of the key

1 pass to 2 – 2 look to 5 then to 4 at the top of the key and 4 look hi-lo to 5



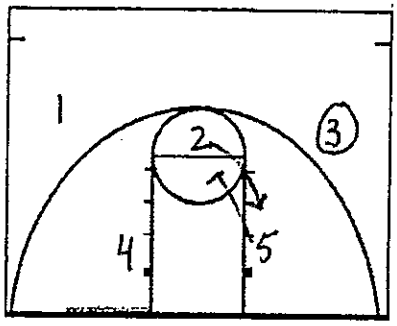
If 2 reverses to 1
– 1 look to 5 then reverses to 4
– 4 look to 5 – 4 reverse to 3 as 5 works across the lane

When pass leaves 4's hands 2 touch the block and diagonal cut to the FT line to set screen for 4

4 take step toward the ball and come off 2 back screen to the rim
After screen, 2 turns to the ball
- 3 to 2 and look at 4 & 5

16 options after secondary break

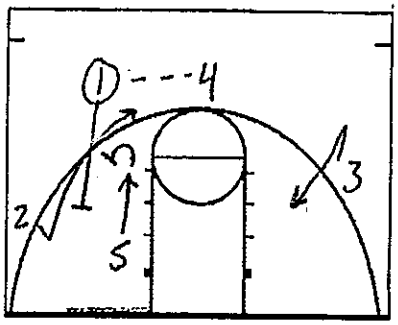
"5-12 screen the screener"



After secondary, 5 rear screens for 2 at the FT line

2 posts

"Backdoor Double" vs pressure



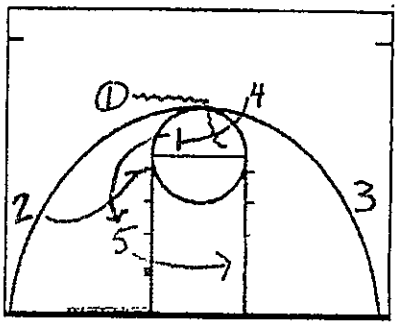
When 1 reverses to 4, 3 back doors to rim

5 I-cuts up the lane to clear

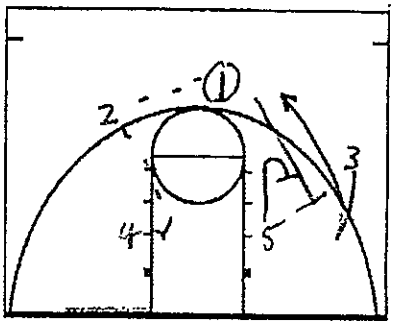
1 – 5 sets staggered double screen for 2 in the corner
5 sets 2nd screen to counter switches and help

Reads

"Dribble"



If 1 doesn't throw to corner,
1 dribble at 4
- 4 sets screen for 1 at the FT lane and 1 attacks
- 5 works across lane
- 2 sets rear screen for 4

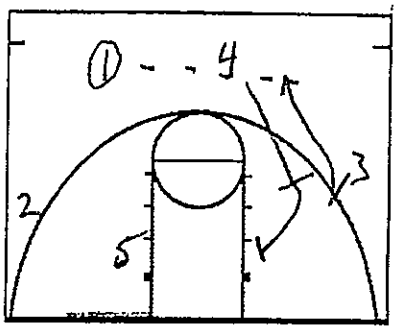


1 to 2, 4 steps and seals
5 I-cuts and 1 & 5 set staggered for 3

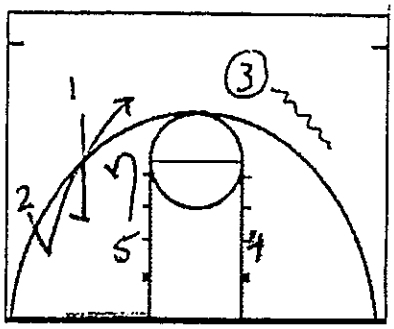
Staggered double removes help for 2-4 lob

"B3"

If 1 can't reverse to 4



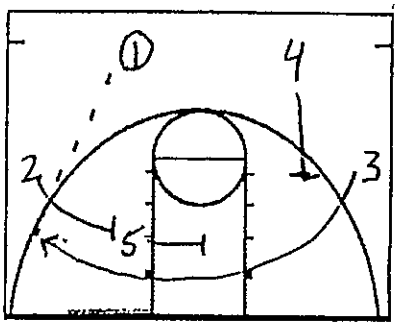
4 down screens for 3
4 posts on block
1 to 3



3 dribble to wing looking for 4
1-5 staggered double for 2

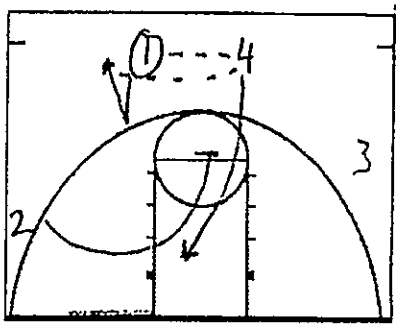
3 takes man "away from sound" off 4 screen

"B3 Counter"



3 comes off 5 and 2 double screen on the baseline

"Kickback"



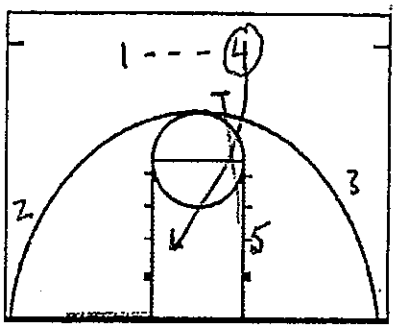
If 1 reverses to 4 and 3 is guarded

1 v-cuts and 4 back to 1

2 sets rear screen for 4

4 to ball side block

Kickback Variation

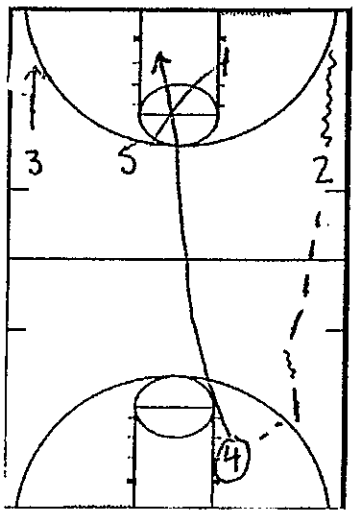


To get 4-5 High-Low, have rim post set rear screen for trail post

"What do you want offensively?"

Against set defense
1.) Get 3 passes before a shot unless it's a layups
2.) Change sides of the floor
3.) Give the defense a chance to make a mistake

Primary Break



- Off of 4 rebound, 4 to 1
2 must be faster on the 1st 3 steps
- If 2 is open, 1 kick ahead
(2 shouldn't shoot 3 unless "anointed")
- If 2 doesn't have anything he dribbles hard to the baseline to flatten the defense and 4 cuts to opposite block

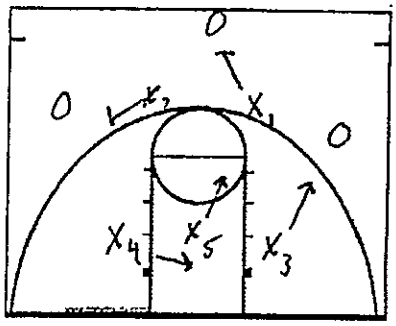
If 2 is not open 1 slash across the middle of the floor and look opposite to 3

Secondary vs Zone
2 differences
1.) 2 screen side on side of middle defender (if middle is open stop)
4 comes to rim and blocks wing defender out looking for lob
2.) 2 comes to top instead of FT line

<u>"Point Zone Match-up Defense"</u>

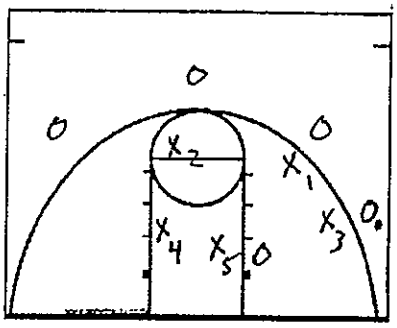
2-3 alignment

When ball gets into scoring area, X1 gets "point"



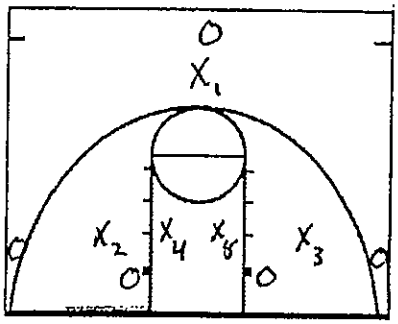
X2 drop, X3 slide up, and X4 slides opposite (the ball should see an airplane except when ball is in the corner)

4-out with ball in the corner



X3 gets ball
X5 ball side block
X4 opposite block
X2 opposite elbow
X1 ball side wing

vs 1-4 Low



X1 guards ball
X2, X3, X4,and X5 drop

Have the option of running X2 or X3 up to trap ball

Determine what the real threat is on a ball screen and adjust.

Anthony Grant
University of Alabama

"Alabama FC Press"

HS assistant coach for alma mater (Miami Senior HS) for 5 years

There is a lot that goes into having a successful program
- Administration support
- Mindset of your players to strive for the same goals

Establish a mindset and an identity

Build a culture around your team that establishes your identity

Pressing Defense
1.) Fun for players
2.) Exciting for fans to watch
3.) A style that you can win with

Condition your team to play up tempo. Not about talent

Style of Play
"94 feet Both Ways"

Offensive Identity
Attacking, Unselfish, and Efficient Brand of Basketball

- Push the basketball and look to score in transition
- Share the basketball and play together
- Get quality shots (give them a license)
    - restricted shot selection (ticket for restricted shots)
    - give them an opportunity to earn their license thru skill development and work ethic

Defensive Identity
Aggressive, Disruptive, and Disciplined

"Have them make a play instead of run a play"

Alabama Press

Goal: Get teams out of their comfort zone

- Speed teams up that want to play slow
- Slow teams down that want to run

Preparation is critical. Pressing makes teams spend time working on their press offense.

Advantages of Pressing

- Create tempo
- Create transition opportunities
- Increase possessions
- Influences opponent's shot selection
    - No layups and no open 3s to good shooters
- Neutralizes opponent's strengths
    - Good post player
    - Good 1 on 1 player
- HC defense vs short shot clock

"Effectiveness isn't based on talent & skill, but on discipline and will."

Different looks based on how opponent is attacking the press.

- On the ball
- M-M match up
- Off the ball and take ball out of PGs hand
- Guard on the ball based on inbounder
- Off the ball with hard denys

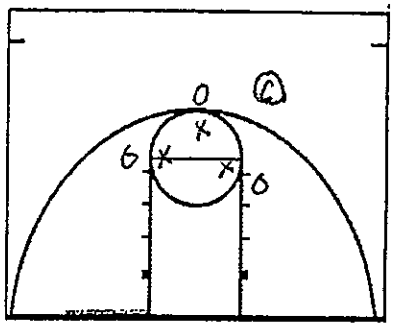
Must get pressure on the basketball

Looking to get steals off the ball

4 on the ball, 2 & 3 up on press, and 1 & 5 in the back

2 & 3 match in area and force baseline

Circle Traps



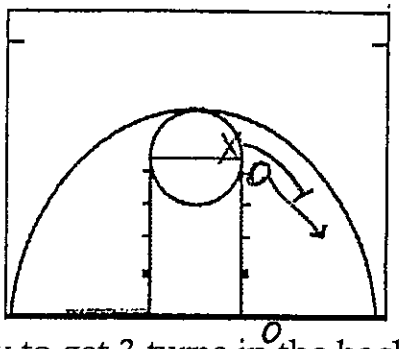
3 offensive players – 3 defensive players

2 nearest guys trap and the other is the interceptor

Trap - No Splits with High Hands tracing

Works offense being strong with the ball and handling pressure

1 on 1 FC - Press Build-up

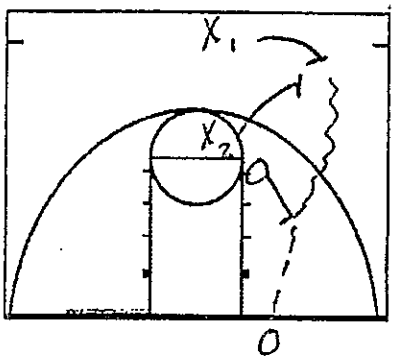


X on O right shoulder forcing a catch in front and on short side of the floor (if O goes deep he must go thru X)

Pressure the ball
(not trying to influence where the ball goes)

Try to get 3 turns in the backcourt

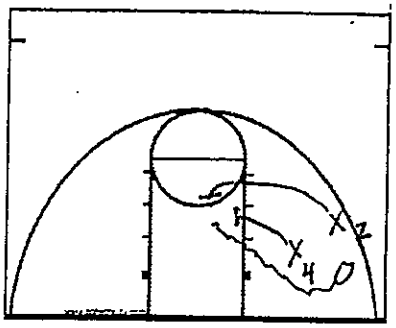
Closing Down Traps w/ defender beat



If X2 is beat X1 will "close down" and trap ball

No splits

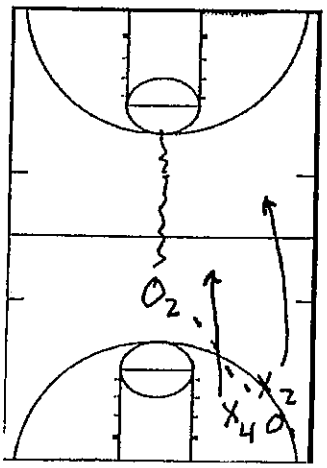
If O dribbles around X4, X2 gets ahead and turns ball and X4 traps from behind



Always play 2 on 1

Never want 3 defenders on the ball

Sprinting out of Traps



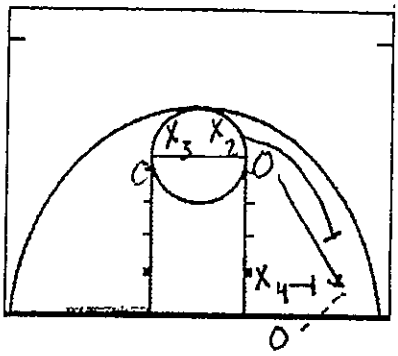
X4 & X2 trap ball

O1 throws to O2

O2 tries to score on the other end

X4 & X2 sprint out of trap and get into the play

3 on 3 FC – Press Build Up

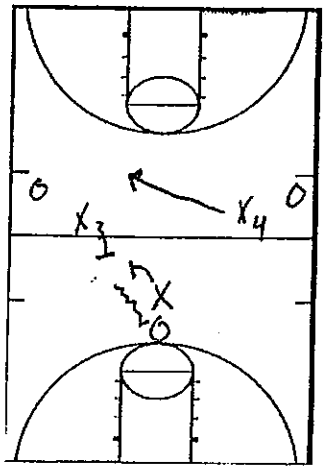


X2 on O right shoulder forcing
X3 on O left shoulder
X4 on ball

If thrown below the 1st marker (Coffin Corner)
X4 and X2 trap and rotate

If offense gets into the HC, then 3 on 3 live

3 on 3 Closing Down Traps

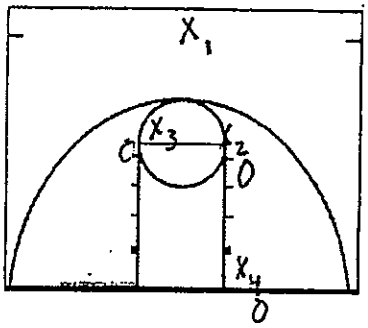


Ball in the middle of the floor and beat on the dribble

X4 and X3 read, rotate, and react to dribble

Try to trap between the top of the key and half court

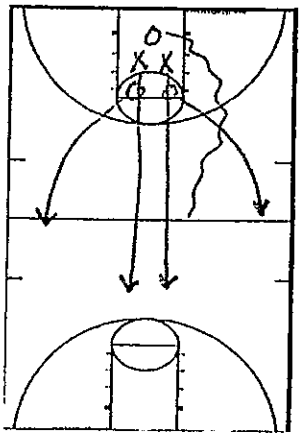
4 on 4 FC – Press Build up



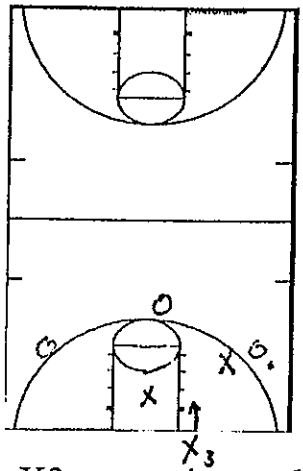
X4 on ball, X2 & X3 in front, and X1 at mid court

O must catch in front

3 on 2 w/ pressure



3-O vs 2-X
3rd X OB on opposite end
Coach shoots ball off the glass
Os go 3 on 2 on opposite end

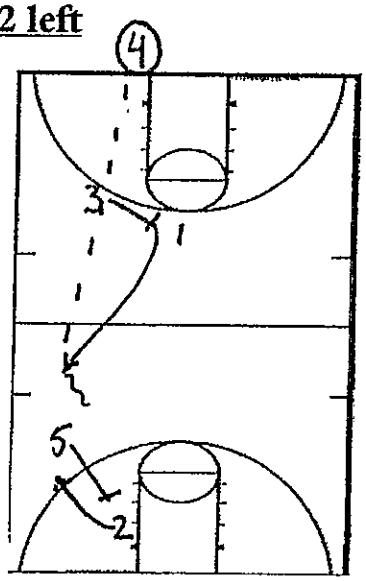


X3 comes in on shot
If O scores, O is in FC press 3 on 3
If O doesn't score, 3 on 3 on the opposite end

Andy Landers
University of Georgia
andylanders.com
1-800-259-2809
Box 1478
Athens, GA 30602

"Lady Bulldog Basketball"

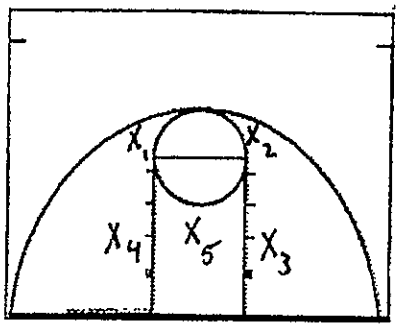
:02 left



3 screen for 1 to get switch
1 cut to wing & 3 cut to 28 ft mark

When 3 crosses half court 4 throws to 28 ft mark and 5 down screens for 2

2-3 Zone Defense



X1 & X2 – quick man to the ball

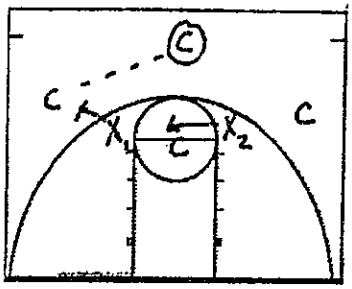
X3 & X4 – if ball on the wing, closeout to the outside shoulder

X5 – ball side front

X4 gets wing when ball is thrown from the top
X1 & X2 guard wings on skips and corner to wing pass

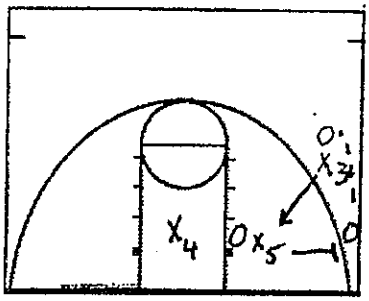
Drills

Guards



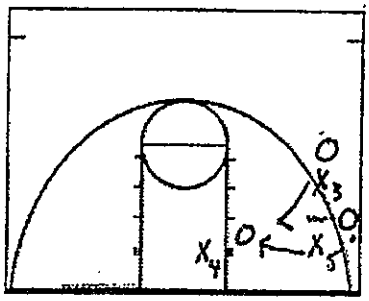
X1 is quick man to ball & guard the outside
X2 guards high post

Back line with ball thrown to the corner



- X3 is guarding ball on the wing on the outside shoulder
Ball is thrown to corner
- X3 drop step and reverse pivot to post
- X4 slide to ball side post and show head
- X5 closeout on baseline shoulder

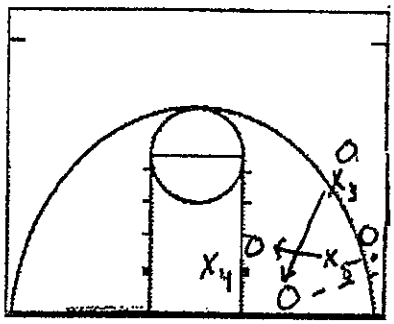
If ball driven to the middle from the corner



X3 and X5 "Flip Flop"

X3 takes ball and X5 fronts post

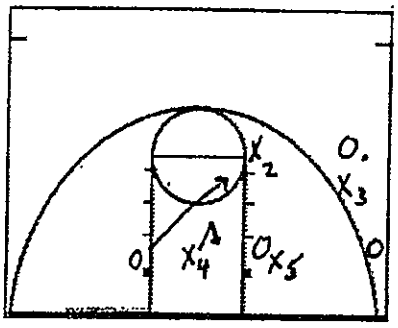
vs Short Corner



If thrown to short corner from the corner, X3 covers the ball as X5 rotates to front post

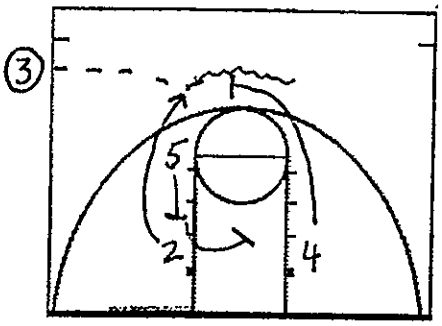
If thrown back out, quickest man to the ball

vs Flash



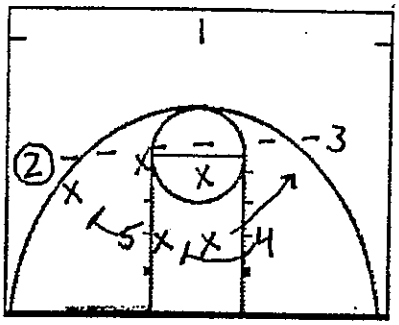
X4 goes 1 ½ steps and calls "Flash" to the guards

:05 left need 3



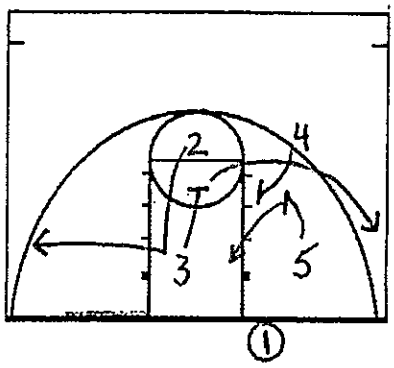
5 down screen for 2
2 off 5 screen to the top
3 pass to 2, 4 ball screen for 2
4 pop

Zone Offense on the Skip Pass
"Seal In - Seal Out"



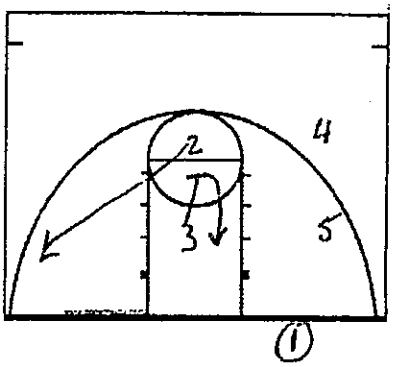
2 skips to 3
4 seals in X5
5 seals out X4

"Kansas" BLOB



3 back screen for 2
2 to block & cut to opposite corner
4 & 5 double for 3 to the corner
5 slip to the rim

Counter to "Kansas"



3 back screen for 2
2 to the opposite corner
3 roll to the rim

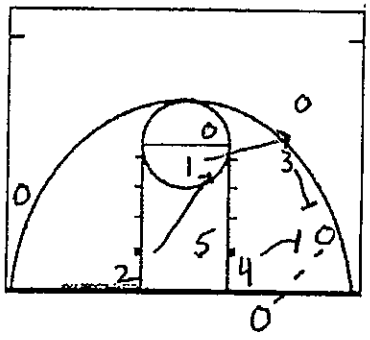
"Kids will be what you tolerate."
–Bobby Knight

Murray Bartow
East Tennessee State University
(423) 439 – 4318

"ETSU Basketball"

Assistant coach for Gene Bartow (father) and Bobby Knight

BLOB Defense

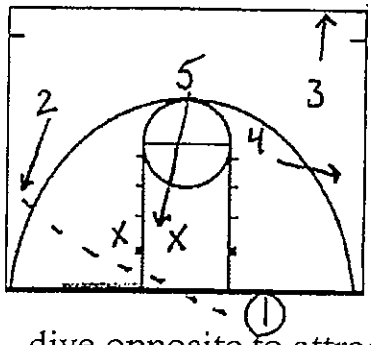


4 - needs to be "bouncy", jump straight up and make pass go over the top
2 - feet on baseline preventing pass to corner

Encourage throw to corner for 4-3 trap
If ball gets out of trap into man-man

BLOB Offense vs 2-3 zone

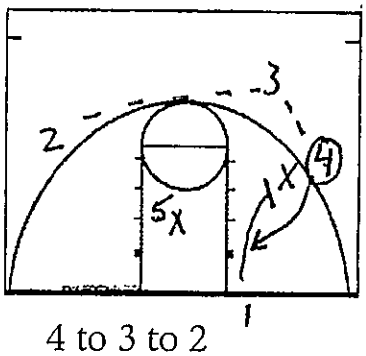
Go when official hands ball to the inbounder
Looking to score 8-10 points of BLOB



5 – dive opposite to attract defense
2 – hesitate then go opposite corner

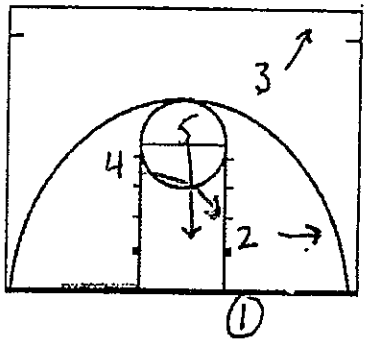
1 to 2 if open

If throw to 4



4 to 3 to 2
5 flash to middle to attract middle defender
1 screen wing
2 to 4 lob

BLOB Offense vs 2-3 Zone



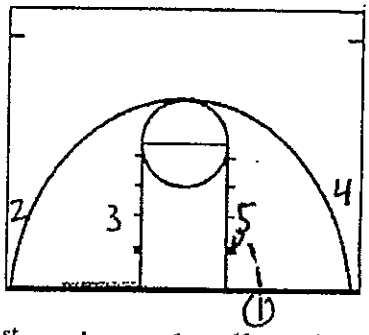
2 pop to corner
5 cut to the ball
4 cut "in the hole"

BLOB Offense vs M-M

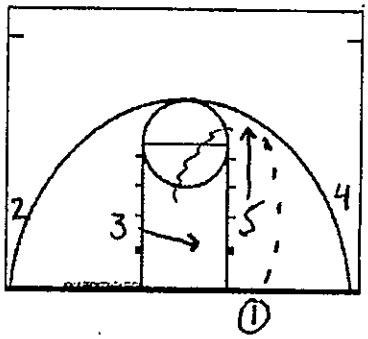
1-4 flat sets against all BLOB vs M-M (hard to scout)

1 - must be a good passer
2 - good shooter

Isolate 5 for 1-on-1

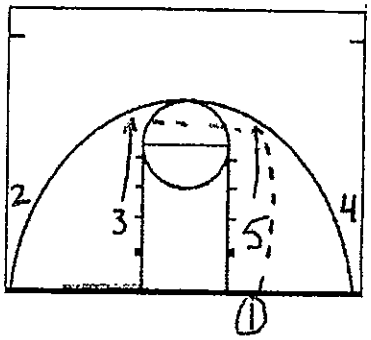


1st option – 1 roll to 5

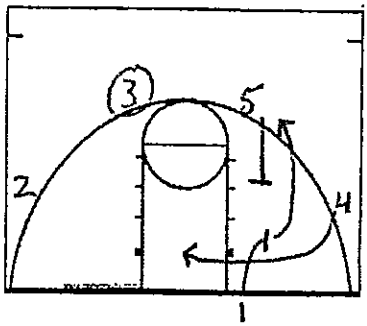


2nd option – 1 to 5 on lift and 5 sweep as 3 cuts across the lane

Screen the Screener



1 to 5 on lift
5 to 3

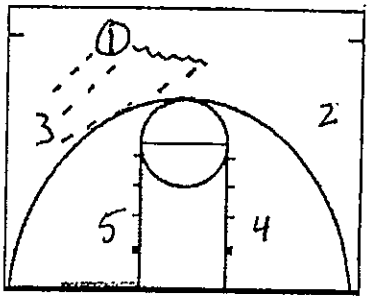


1 flex screen for 4 (4 go low)
5 down screen for 1 to the top

HC Offense vs 2-3 Zone

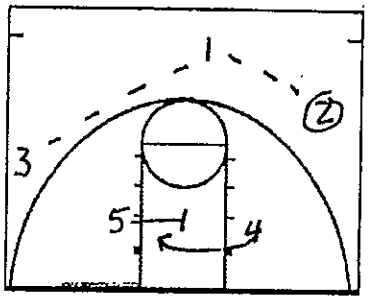
2 & 3 - split guard-wing gap
1 shade ball side when ball is on the wing
4 & 5 – start deep on the baseline
ball side post for 1-2 seconds then step short corner
opposite post flash to gaps (if thrown look short corner then opposite)

A.)



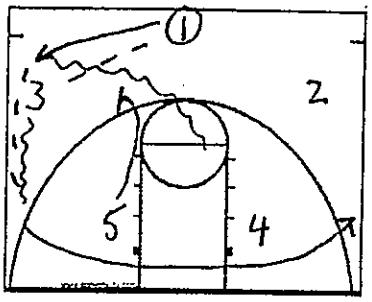
1 to 3 and 3 back to 1
1 cross midline with dribble
1 throw back to 3 or
1 drive at inside shoulder of opposite guard defender to create shot for 2

B.) If 1 passes to 2



2 to 1, and 1 to 3 in corner
5 seal middle defender
4 cut under to block

"Freeze"



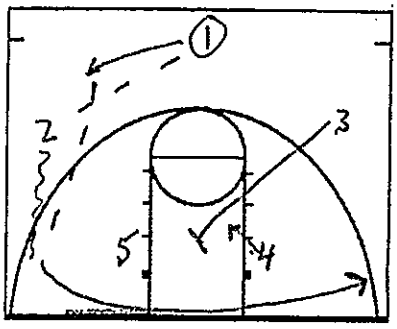
1 to 3
3 dribble to corner as 1 follows tight to the sideline
3 back to 1 and 3 runs the baseline

2 lifts as 1 comes off 5 ball screen

1 attack paint or kick to 2 if guarded

If wing defender gets to 2, 2 to 3 and 4 seal

"Clear" w/ 2 shooter



1 dribble to 2 (shooter) and throw
2 dribble to baseline
2 back to 1 and run the baseline

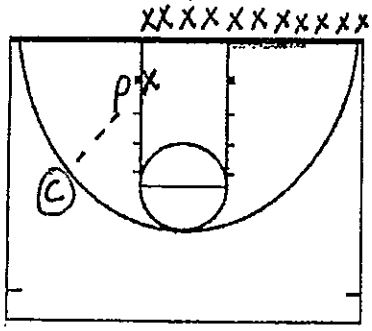
When 2 crosses the lane, 3 down screen middle defender and 4 curl to middle

1 dribble to midline and 1 to 4

Offensive Drills

"Sets are good, but ultimately you have to make a play."

1 on 1 score the ball

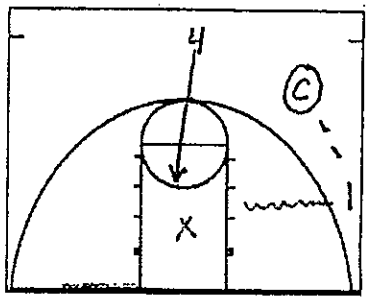


P – best post scorer
P posts against 12 teammates on both blocks

Get 24 game-like situations

Chart and find which block the post is better on.

2 on 1 HC (everyday)



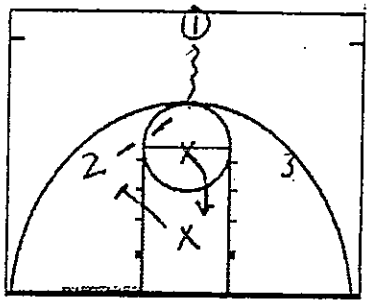
Coach passes to 1 or 4

If pass to 1, 1 attacks rim

If X defends, then 1 bounce or lob to 4 (no air pass – too easy to deflect)

Variations: - lines on wings
- lines on opposite elbows for transition 2 on 1

3 on 2 - 2 on 1



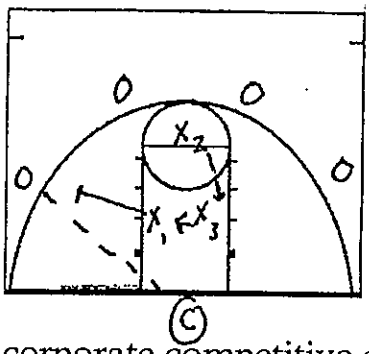
Offense has to score on 2 or less passes
Keep the ball in the middle, 1 attack top defender

- If 1 pass to the wing, wing shoots off the glass

- If wing defended, reverse to 1 and 1 attack (don't want to throw cross court pass to 3)

Give good shooters freedom to shoot

Scramble Drill

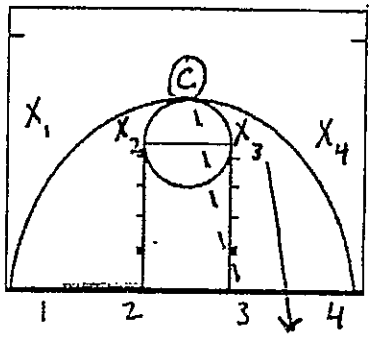


- Offense has 15 seconds
- O should be ready shooters
- Works on passing, catching, and taking good shots

If X1 is guarding ball, then X2 & X3 are in the paint (closest X defends the ball on passes)

Incorporate competitive drills in practice

4 on 4 Touch the Line

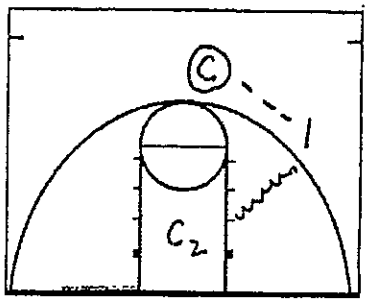


If coach throws to 3, X3 is out and X1, X2, and X4 sprint back on defense

4 on 3 in transition

Promotes ball movement and shot selection on offense

Dribble Attack w/ Pads



- C1 passes to O on the wing
- O takes 1 dribble and power lay-up with feet parallel to baseline

- C2 use the pad to offer resistance

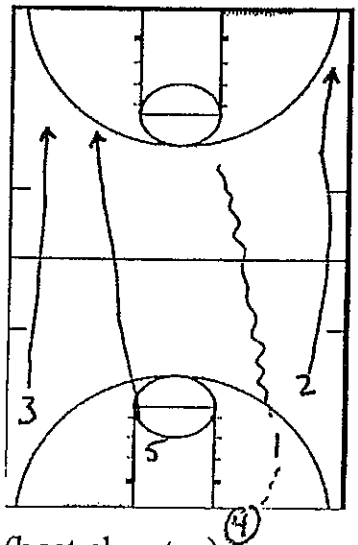
Variation: Off post wing/high ball screen and roll

Situations

"Don't closeout games with jump shots."
--- Hubie Brown

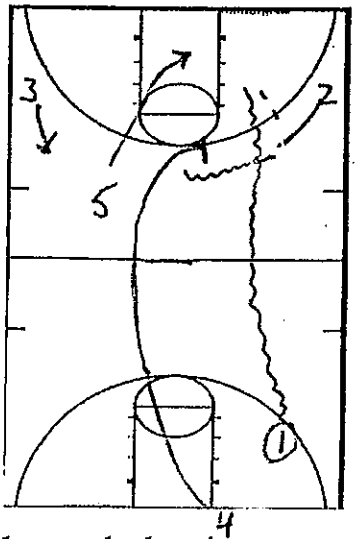
Know who you are going to at the end of games and where they are efficient. Get the ball into the right player's hands in the right spot.

If opponent made shot to tie



2 (best shooter) to corner
1 "down the alley"
3, 4, & 5 stay out of the way

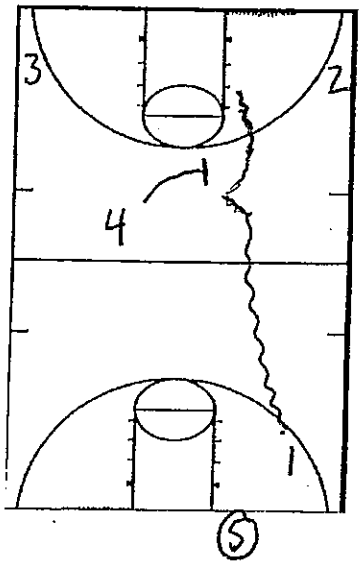
If need a 3



1 attack the rim
1 kick to 2
2 off 4 ball screen
2 shot or 2 to 3 kick back

Quick 2 off of made FT

"2"



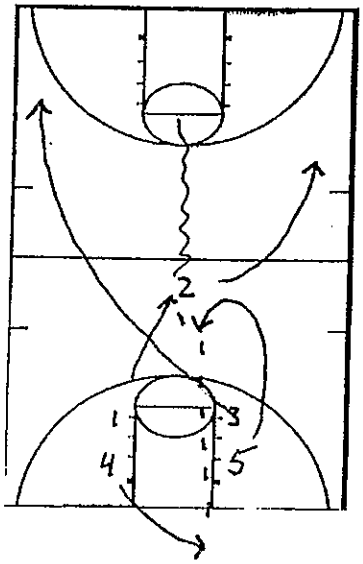
5 inbound to 1

1 "down the alley"

4 set ball screen

1 reject 4 ball screen and attack rim

"Touchdown 2"



2 & 3 run lanes
5 sprint and curl to top of key

4 inbound to 5

5 handoff to 1

1 attack with 2 & 3 in the corners

Billy Kennedy
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"Racer Basketball"

Belief Offensively - Attack a Broken Defense

Belief Defensively - Ball-Basket Coverage

Transition Defense – How many rebounds does your 3 man get?

Offense

1.) Early – Shake, Quickie, Quick 1, Quick 2
2.) Secondary – Carolina, Follow, Roll, Power, Through, Staggers
3.) Base – Cal, Triangle, Ball screen Continuity, or "Kansas" action
4.) Late Clock – Flat ball screen, 1-4 low
5.) Late Game – Plays or sets

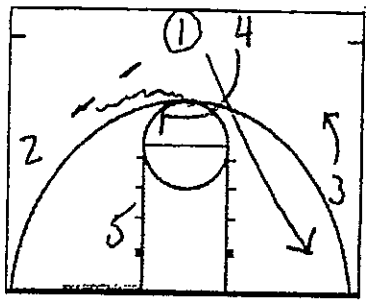
Early Offense

1 kick ahead before half court, if not attack the elbows

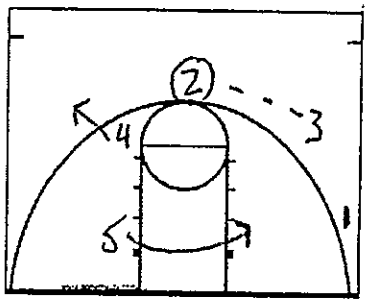
Teaching Points

1.) Get the ball out quick; value the ball
2.) Designate trail
3.) Post angle to block
4.) Guards get wide & sprint to the corners
5.) Post point – above the block
6.) Post angle – ball screens
7.) Set cuts up – screen actions
8.) Back cut wings
9.) Dribble handoff reversal
10.) Circle – post entry
11.) Weakside Wing Corner
12.) PG change sides
13.) FT break alignment
14.) PF attack elbows

"Quickie"
If stop attacking off early transition

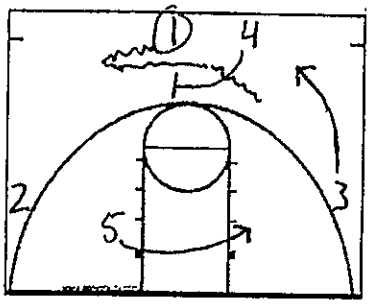


1 to 2 and cut to opposite corner
4 (trailer) ball screen for 2
3 lift



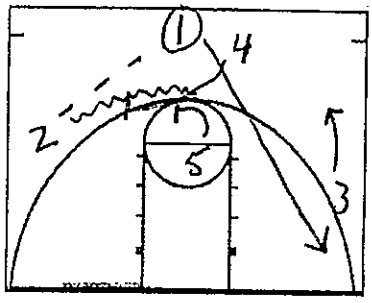
2 to 3
5 roll to opposite block
4 pick and pop

"Quick 1"



1 dribble to a side
4 (trailer) set ball screen for 1
1 off of 4 as 3 lifts and follows behind 1
5 roll to opposite block

"Quick 2"



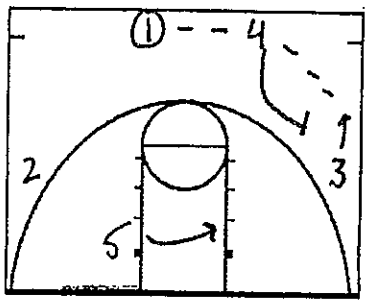
1 kick to 2 and cut to opposite corner

4 & 5 set double ball screen for 2

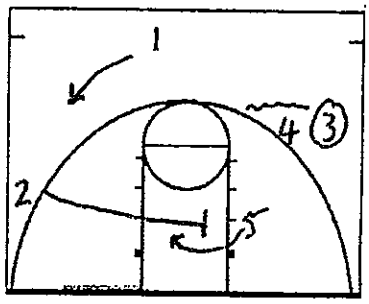
3 lifts

Secondary Offense

"Follow"



1 to 4 to 3
4 ball screen for 3
5 rolls opposite

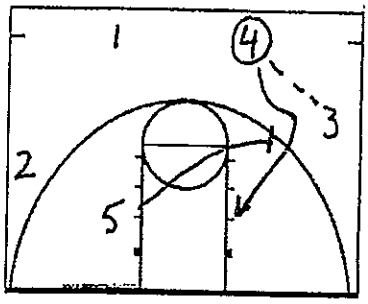


As 3 comes of 4 ball screen,
2 cross screens for 5
1 floats to wing

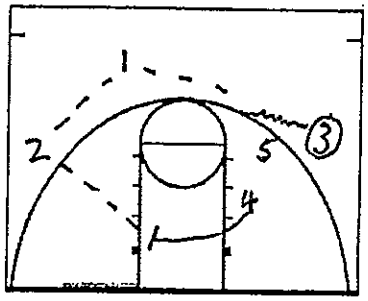
"Follow" options

1.) 1 – 5 layup
2.) 1 - 2 or 3 shot
3.) 1 - 2 or 3 to 5 post
4.) 1 - 2 or 3 to 5 dive
5.) 1 - 2 or 3 - 5 to 4 post dive (look opposite wing)
6.) 1 - 2 or 3 to 4 trail shot
7.) 1 - 2 or 3 - 4 - 5 high-low
8.) 1 - 2 or 3 - 4 wing denied, back-cut
9.) " " " " , dribble handoff
10.) 1 - 2 or 3 – post feed
11.) 1-2 or 3 – 4 ball screen – guard shot
12.) " " " - post feed to 5
13.) " " " - throw back to fill
14.) " " " - throw back to fill for post feed
15.) " " " - penetrate & kick to guard in corner
16.) " " " " " " " " - post feed

"Roll" (counter to "Follow")



4 slip ball screen and roll opposite 5 sprint ball screen



3 to 1 to 2 to 4 duck in

"Roll" Break

1.) 3 - 4 slip ball screen & roll 5
2.) 3 off 5 ball screen – 3 jump shot
3.) " " " – 5 pick and pop
4.) " " " – 5 pick and roll
5.) " " " - 3 penetrate & pitch to 1 (extra pass to corner)
6.) 4 & 5 double slip ball screens
7.) Zone or Man
8.) 3 reject 5 ball screen – baseline drift to 2 – 4 roll up & 5 to the elbow
9.) Reject 5 ball screen – 5 re-screen

"I am not bound to win. I am bound to be true. I am not bound to succeed, but I am bound to live up to the light that I have."

--- Abraham Lincoln

"Focus on your players doing the right things, be excellent, and having good character."

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"UT-Martin Women's Basketball"

Find the best way for your team to be successful and get your players to buy into it.

Adapt to what your players can do

Have year around shooting workouts

- Led by coaches during the season
  - 100 3s per day (12 minutes)
  - Elbow – Elbow jump shots (30 makes in 2 min.)
- Players (May 1 – August 15)

  (August 15 – season)
  - 30 workouts (3s, Jump shots, FTs)

    Examples

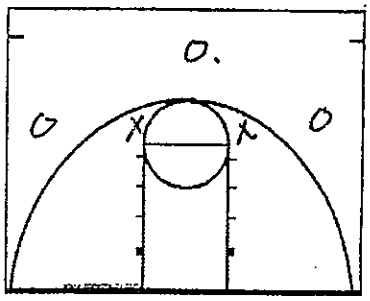
    Workout #1 - 500 3s

    Workout #2 - 5 swishes in a row from 5 spots

    Workout #3 - Shoot on "The Gun" for 1 ½ hours

    Workout #4 – 10 3s in a row 3 times

Guard shooting vs 2-3 zone

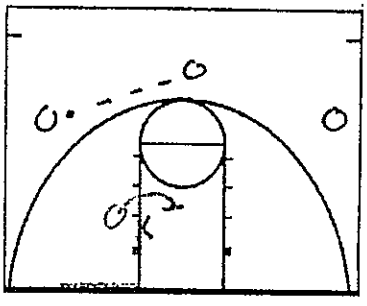


O shoots

If make, then stay

If miss, X becomes O

Post shooting vs 2-3 zone

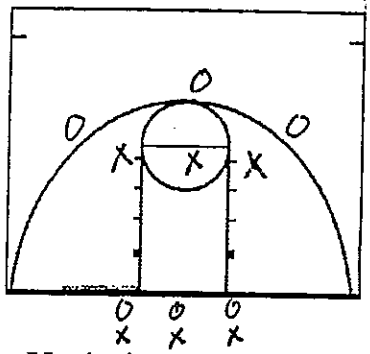


- Os pass around the perimeter and enter into the post (P)

- Post scores 3 times

Helps work foot work in post and post passing for the guards

3 on 3 on 3 (12 minutes)

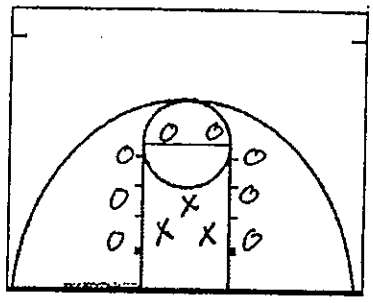


Team scores must add up to 100
10 seconds to shoot
No out-of-bounds

Emphasize specific skills (turnover for not being in triple threat, etc.)

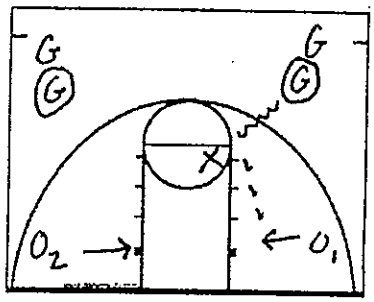
Variations: 1 on 1 (5 minutes or 1st to 10) limit dribbles

WAR



Os shoot Xs rebound

Hurley Drill



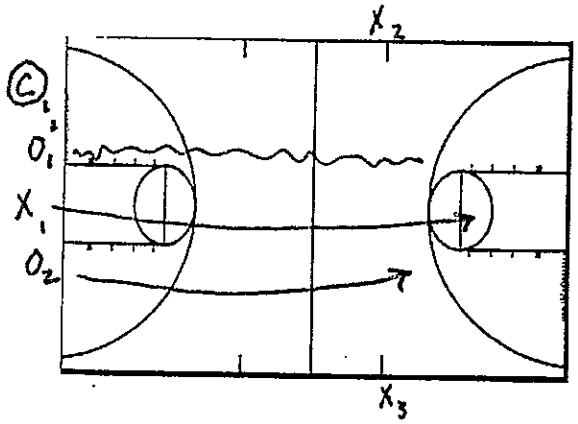
G penetrates at X & passes to either O1 or O2
If G passes to O1, then O2 is a defender

After shot, O1 is defender on the opposite side and repeat

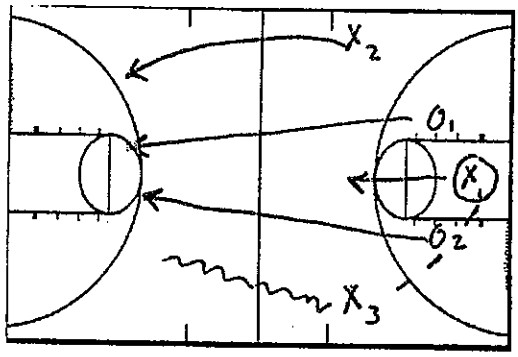
Works on O foot work on catching & shooting

To emphasize offensive execution, stop a drill when a team gets a quality shot. Don't worry about make or miss.

2 on 1 - 3 on 2 (3 minutes each)



Coach hands O the ball
O1 & O2 2 on 1 against X1



X1 rebound & outlet to X2 or X3
X1, X2, & X3 3 on 2 against O1 & O2

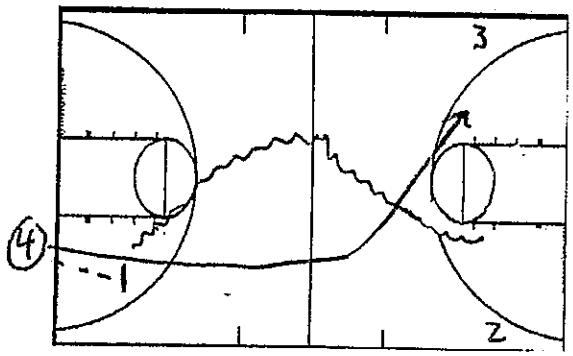
Variations – 3 on 2 – 4 on 3
4 on 3 – 5 on 4
5 on 4 – 5 on 5

Best Player Rules

Meet with your best player about 2-3 weeks before tournament
At the discretion of the coach to let the team know

1.) Shoot
2.) Drive & score
3.) Throw in the post
4.) Shoot

Full-Court Situation

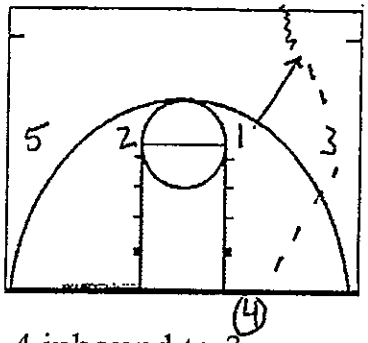


4 inbound to 1 (dribble about ¾ speed)
4 sprint the floor

4 cuts across the floor & 1 rubs off of 4 to the rim

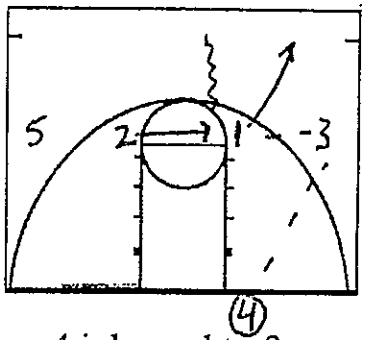
Fundamental Passing Drill out of Press Offense (4 minutes)
Customize the drill based on your Press Offense.

A.)



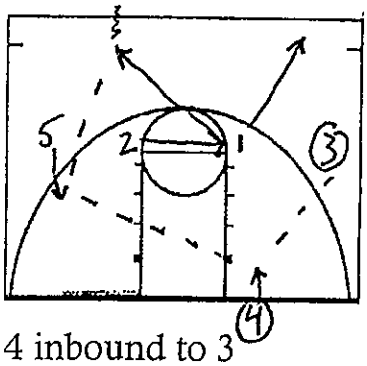
4 inbound to 3
3 to 1
1 score on the other end

B.)



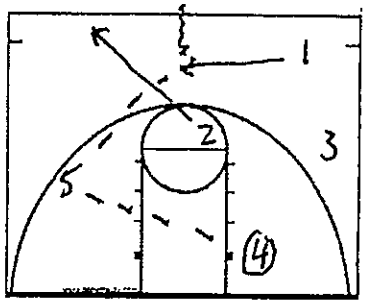
4 inbound to 3
3 ball fake to 1 and pass to 2
2 score on the other end

C.)



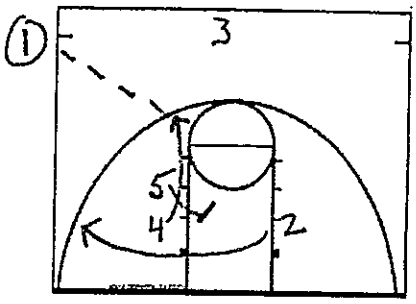
4 inbound to 3
3 reverse back to 4
4 to 5
5 to 2
2 score on the other end

D.)



4 inbound to 3
3 reverse back to 4
4 to 5
5 to 1
1 score on the other end

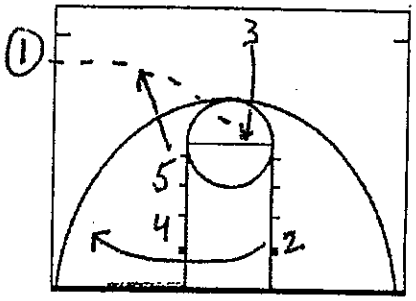
Sideout OB



2 to corner
When 2 gets to 4's shoulder, 4 flash to elbow

1 to 4
4 to 5 lob

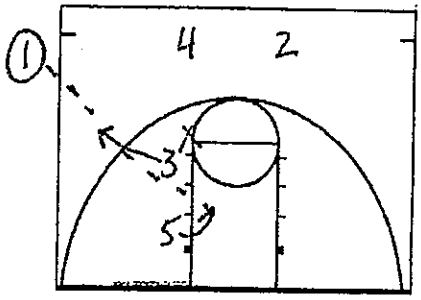
vs hard denys



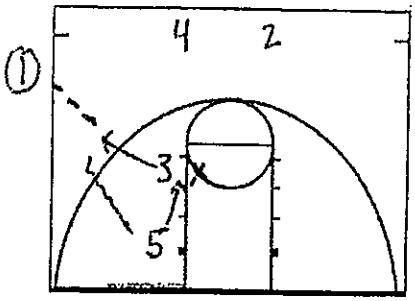
5 flash

3 back-cut

Sideout OB
Read 1 & 3 defenders



If 3 defender high side
- 3 pop
- 1 to 3 &5 pin
- 3 to 5 lob

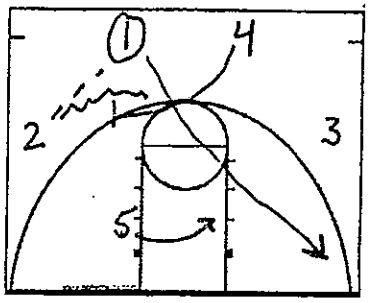


If 3 defender behind or low side
- 3 to the wing
- 1 to 3 & 3 drive
- 5 lift

Counter – 3 to 5 & 2 backdoor

Secondary Transition

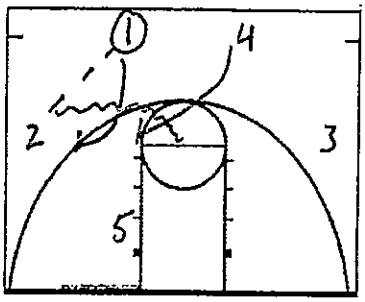
A.)



1 to 2 & 1 to opposite corner
4 ball screen for 2 (best player)

OR

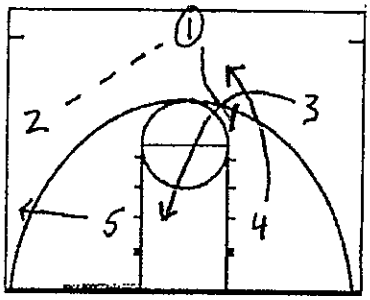
B.)



1 & 4 staggered ball screen

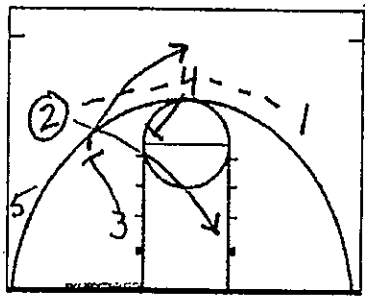
HC Motion Offense

A.)



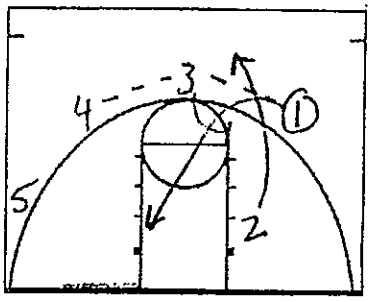
1 to 2
1 set elbow screen
3 curl to ball side block & 4 pop

B.)



2 reverse to 4 – 4 to 1
3 back screen for 2 – 2 to ball side block
3 come off 4 elbow screen

C.)



1 to 3

Repeat into continuity

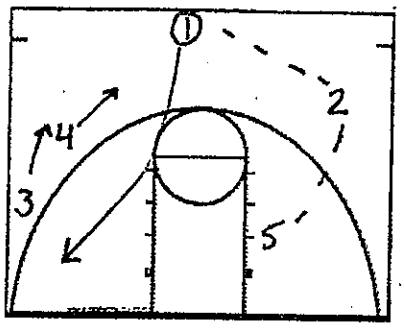
Have a plan against what teams are going to do to you (pressure, sagging, switching, trapping, etc.) and sell your plan to your players.

Have an offense that starts with a pass and an offense that starts with a dribble

"Red" (vs switch)

Get screens for the best player to get switches or don't screen

A.)

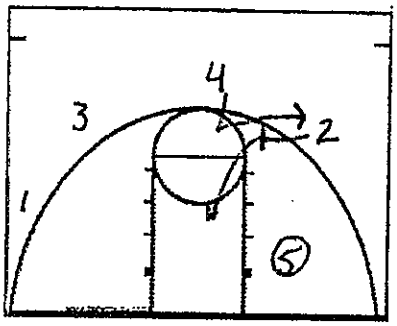


1 to 2 & 1 to opposite corner

4 & 3 lift

2 to 5 in the post

B.)



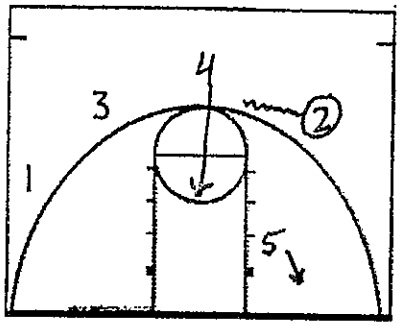
2 screen at the elbow for 4

as 4 comes off, 2 slip to the rim

Continuity with elbow screens from the wing after post entries

Variation of "Red"

A.)

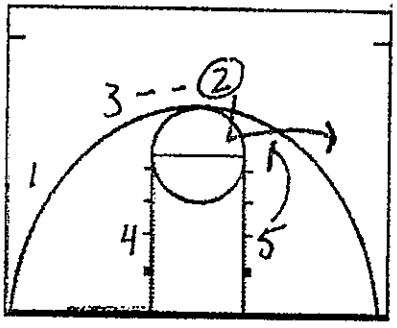


If 2 ball fakes to post, then

5 step short corner

2 dribble at 4 & 4 backdoor

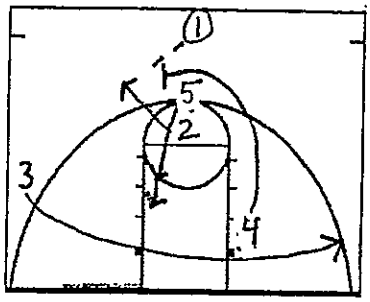
B.)



If 4 not open, 2 to 3 & 5 flare for 2

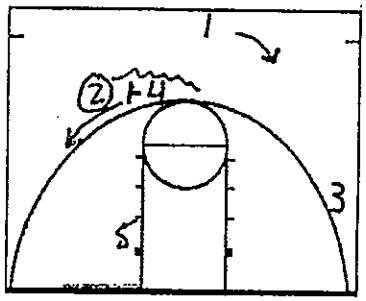
vs switch or sagging defense

A.)



1 to 2
4 comes over the top to ball screen when 4 crosses 5
5 slip to ball side block

B.)



2 off 4 ball screen and 4 pop (into 4 out motion)

Variation: 5 hold and 4 slip ball screen

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"Clemson Basketball"

"The reward in coaching is the relationships."

Your program has to stand for something.

Players must know what you emphasize.

Coaches are one of the last batches of leaders in this country

It's not what you coach it's what you emphasis. Pick a couple of different things you want to be good at and emphasize those in your drills.

Half Court Defense

Man-to-Man Defense

1.) Builds accountability
2.) Builds toughness
3.) Promotes team work and togetherness
    - There are few teams that have players that care as much about the success of a teammate than their own success (coach "team" everyday).
4.) You can adjust (sag, pressure, switch screens, etc.)

To be good defensively, you must limit easy baskets

a.) Transition points
b.) Rebounding
c.) Scouting (take away 2-3 favorite plays)
d.) Free throws (be physical without fouling)

Make people play 5 on 5 as much as possible

On the ball

1.) Start arms length away and pressure to your ability. Have an understanding of your personnel.
2.) Active hands and feet ("false pressure"). Be big
3.) Butt to the basket and no direct drives to elbow or box (send to corner).
    a. "Guard your yard"(one step both ways)
    b. Defenders feet outside the offense's top foot and point to corner (with ball on the left wing, the defenders left foot would be on top of offense's right foot)
    c. Be active without reaching (not looking to steal the ball, just be solid). Hands and elbows are never straight (stare defense)

On the drive

1.) Big first step on slides and active ball side hands.
2.) As much contact as possible
3.) When driver picks the ball up, straddle his pivot foot.

Off the ball

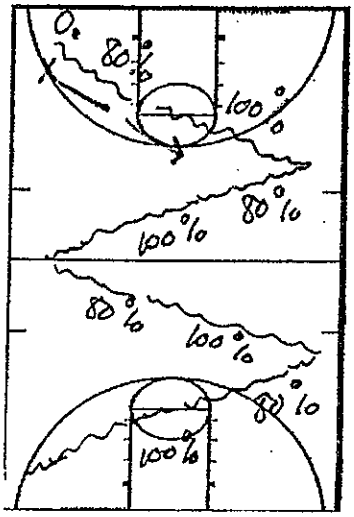
1.) Vision (to ball & man)
    a. 1 step off the line of the ball
2.) Position
3.) Anticipation
    a. Rather have an average athlete with great awareness and anticipation, than a great athlete with poor anticipation.
    b. Teach awareness and anticipation in your drills (shots, passes, penetration, screens, etc.)
4.) Communication
    a. The more your guys can talk, the more confident they are in the team defense and togetherness.

"Help is no good if there is no recovery"

Coach in phrases ("help the helper", "arch the dribbler", "guard your yard", etc.)

Stay in your stance (on the ball to off the ball)
- If you stand up, you relax mentally

FC Run – Slide



O dribbles about 80% to FT lane (3 slides)

X slides with "nose on the ball"

O dribbles 100% to opposite sideline

X runs to keep "nose on the ball"

Repeat to opposite baseline

"Make shooters drivers and make drivers shooters"

- No closeouts on shooters

#1 Rule – Speak the truth

Players will gain much more respect for you if you admit when you make a mistake (scouting report, play call, etc.)

George Pitts
King College
gspitts@king.edu

JV coach in 1970 (won 4 games)

A big part of coaching is to make your players the best they can be. Get your assistant coaches to learn the dos and don'ts of coaching.

3 Reasons to Press

1.) Gets team out of sets (don't want you to do what you practice)
2.) Condition – wears teams down
3.) Players love it

FC Press

"Black" (2-2-1 Match-up)
- score outside the paint, sideline OB, and missed FT

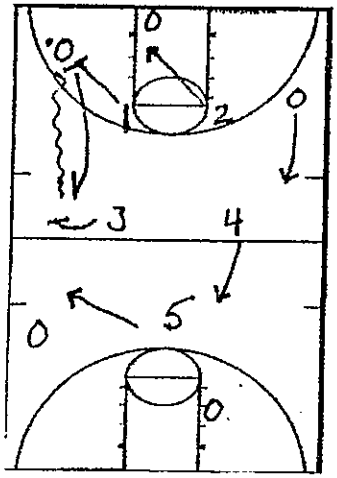
"White" (1-2-1-1 FC Press)
- score in the paint (except guard transition lay-up), baseline OB, and made FT)

If pressing decide if you are going to deny and what defense you are going to get back into.

"Black"

Deny pass to inbounder,
3 types of traps

1.) speed dribble up the sideline
2.) re-trap sideline
3.) guard goes middle



1 & 2 guard inside shoulder, facing the ball, & give great pressure (not looking to force sideline)

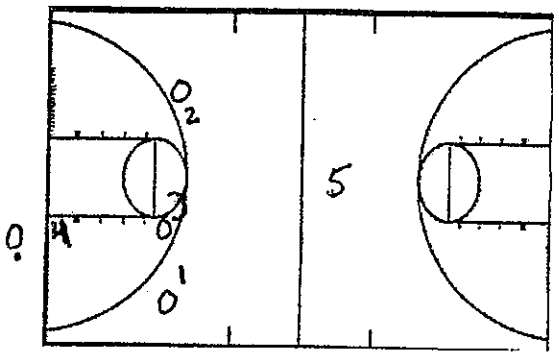
2 denies inbounder
3 works inside-out (don't get split) and looks to trap speed dribble with1 around mid-court

5 get pass up the sideline and re-trap with 3

4 sprints to the rim

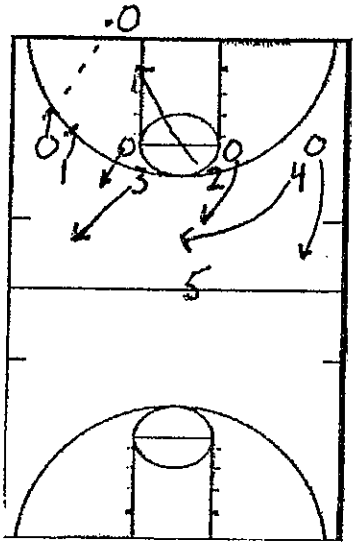
If 1 gets beat to the middle, 2 traps and 3, 4, & 5 retreat to basket. If ball is ahead, 1 & 2 sprint from behind to get in front of the ball and get a back tip.

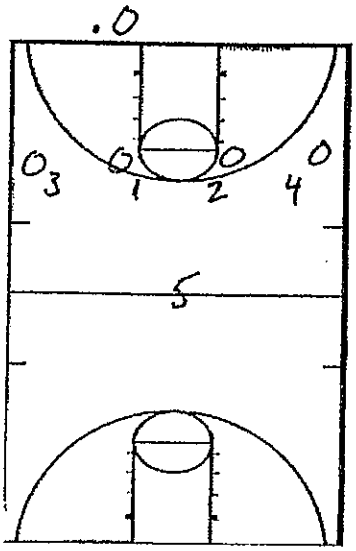
vs 1-3-1 alignment



vs 1-4 alignment

OR

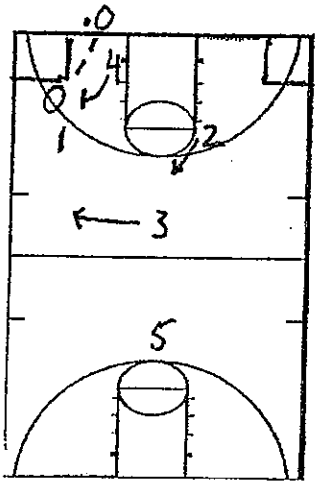




"White"

Only trap the short corner & don't deny 4 across

4 & 5 need to be interchangeable



4 – "tip the ball"

1& 4 trap pass to the short corner

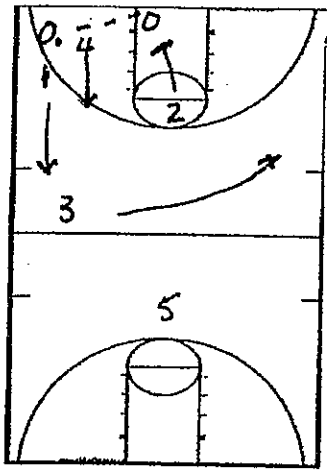
Rotate to "Black" if thrown:

- to long corner
- up the sideline
- back to the inbounder

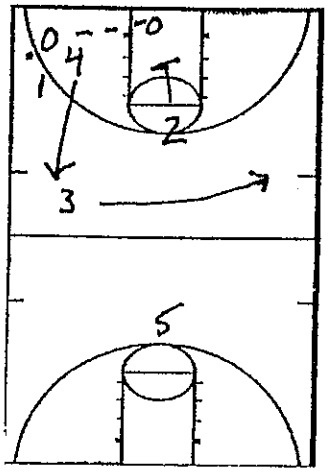
Move on pivots and sprint on passes

"White" to "Black" rotations

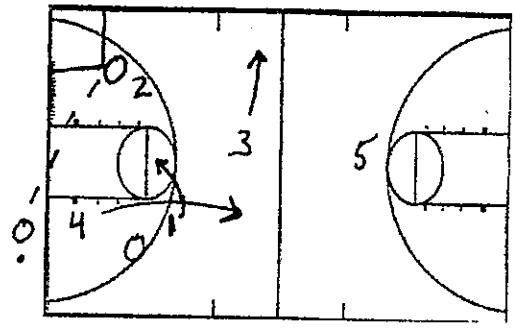
If athletic



If not athletic (easier and simpler)



If thrown to the long corner



If ball is passed by you, sprint thru the middle

Off FT
"Black" if 5 is shooting FT
"White" if anybody else is shooting FT

Commit to the press no matter who you play

Teams that get the ball in fast & have a quick PG will hurt a press. Counter by jumping inbounder with the nearest post and jump right hand.

Important Things

1.) Spend more time with your wife (be smart with how long you work & what you get done)
2.) Pray for your players
3.) Toughness and Effort are the most underrated parts of the game
4.) Practice special situations (gives players confidence when faced with it)
5.) Take players out of the game for missed block-outs
6.) Run what you don't want to go up against
7.) Be more positive in a timeout
8.) Practice Thursday morning before a Friday game

BCAT CLINIC NOTES

2007	2008	2009
PAT SUMMITT	SETH GREENBERG	JEFF WALZ
BRUCE PEARL	KEVIN O'NEILL	BRUCE PEARL
JASON SHAY	BRIAN GREGORY	TOM IZZO
JASON SHELTON	KELLY JOLLY-HARPER	MELANIE BALCOMB
DARRIN HORN	DAVE LOOS	KEVIN STALLINGS
JOHN SCHULMAN	LENNIE ACUFF	KEN McDONALD
KERMIT DAVIS	RICK INSELL	CHRIS LOWERY
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PREVIOUS CLINIC NOTES ARE *ONLY $30* FOR *ALL THREE YEARS.*

OVER 140 PAGES OF GREAT BASKETBALL!!!

Basketball Coaches Association of Tennessee

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____2007($15) ____2008($15) ____2009($15)

_____All Three: 2007, 2008, 2009 ($30)

Name_____

Address to mail to:_____

_____

School Phone_____

Home/Cell Phone_____

DEFENSE AND REBOUNDING PRACTICE DRILLS
by Tom Izzo

Defensive Mindset

1. Defense does win championships
2. Best players must buy into the system

Stance

1. One hand up—always contesting
2. Contest passes—put pressure on the ball, not in the passing lanes
3. Square your feet—if you want to force left, move to your left
4. Knees are bent
5. Never come out of your stance!

Jump to the Ball

1. 2 lines at the guard spots
2. Offensive players pass back and forth
3. Defense must adjust, jumping to the ball
4. Move offensive players to different spots around the floor

Defending Cuts

1. Ball starts with the defense
2. Pass to the offensive player and close out
3. Offense passes to the wing and makes a basket cut
4. Open up to the man

Beat and Belt drill

1. Take away the flash to the high post
2. Then take away the cut to the basket

Elbow and Block coverage

1. Anytime the ball is on the wing you need the elbow and block covered
2. Playing solid defense, not taking chances
3. Always want offensive player to see 3 defenders in his path
4. Point hits a wing and cuts through and exits opposite
5. Recover to the help, not the man

Defending screens the screener play

1. Play it like Chicago
2. Opposite wing switches up

Defending screen and roll

1. Over the top
2. 3 ways to guard it
    a. trap
    b. jam

    c. hedge
3. Step up the floor, not out
4. Guard goes under the defensive man

War Drill

1. On the rebound—hit and go
2. On the shot, offense crashes the boards
3. Defense makes contact and then goes to get the ball
4. If offense gets the ball they try to score

Dave Bollwinkel "Turn Your Team into a Championship Team"

3 C's of teamwork:

1. Commitment
2. Communication
3. Collaboration

"The greatest discovery of our generation is that you can change your circumstances by changing your attitude" – Williams James

1. Taking Ownership—Players need to treat the team as though it is their own
2. Self-Authorized Leadership—Authorizing yourself to lead. Step up and fill the leadership void or take the leadership role when it is available.
3. Accountable Followership—Support people are going to do their job. For example, people in a group project get upset when someone doesn't pull his or her own weight.
4. Communication—Be a good listener. Communication is a two-way street.

"Leadership isn't a designated position" – Larry Wilson, Football Hall of Famer

TRUST is the single biggest factor in a team coming together

"As the challenge elevates…the need for teamwork escalates" – Sir Edmund Hillary

Characteristics of a Championship Team:

1. Shared Vision
2. Empathy
3. Synergy
4. Trust
5. Enjoyment

ANTS ON A LOG group activity: Put down two strips of tape, about 12 inches apart. Have people stand next to each other, but they can't step over the tape. Give them an assignment to complete, such as getting in alphabetical order by their mother's middle name and time the activity.

To finish the task above, they will exhibit communication (talking and listening), trust, collaboration, and will have a shared vision

Shared Vision—Need the team to keep their vision in their mind. Team members should not only understand the vision but are committed to it and use this vision to guide their actions and decisions.

Empathy—Caring about each other.

Synergy—The two biggest things that can derail a team are personal agendas and unwillingness to accept your role. Role acceptance is a big key to success.

"Whether or not people pull together as a team depends on the mutual trust that you help to create" – John H Zenger

Developing Trust
Be involved with your athletes
Do what you say you are going to do

Enjoyment—Taking pleasure from the activity.

"Which horses run fastest…those the jockey whips hardest or those that like to run?" – John Hiam

Stages of Leadership Development

1. Leading yourself
2. Leading small groups
3. Leading large groups
4. Teaching leadership

Switch ends between drills. The drill must be started by the time the coach reaches the other end. Players have the responsibility to lead the drill and get it started.

** Eat lunch once a week with the captains or seniors



2011 UT Men's Basketball Coaches Clinic Notes

Scott Howard -Director of Scouting for Charlotte Bobcats

-fun facts: Bobcats had 452 plays last season (2009-2010)

Offense has changed over the years--defense must too.

Everything is now based on dribble drive offense

Focus of defense used to be on help and now needs to be on the ball. Dribble drive offense is predicated on drawing help defenders.

Force ball handlers to angles. Slower defenders need to body up not back off ball handlers..it forces angles.

Defenders shouldn't guard everyone the same.

"60 by 2" Theory created by Tim Floyd at UTEP

60% of scoring comes from 2 players per team

Must have individual accountability for defenders

Pre switch for anticipated screens in ATO's

Have to be great at contesting shots.

It's about getting fouled. Design a offensive structure that forces fouls. Get into the bench of the other team.

# of FT attempts is more important than %

Teams are 72% more likely to win if shoot more FT's than other team.

PLAY HANDS OFF D!!!

Rebounding:

Every drill, every play, every day have emphasis on rebounding.

Coach to players: "If you want to hear me talk less than you have to talk more."

Coaches should ask questions more than feed information. Provokes thought.

Keep score every drill and play

Evaluating Players: Except players for what they are not what they could be or force them into what you want them to be.

Rob Babcock-Minnesota Timberwolves Director of Operations

"Skill Development"

Have to commit to player development and have an articulated plan

Let players have evaluation of self

-make them find strengths and weaknesses

-let them do it before you evaluate them

-find 2 or 3 things to focus on from evaluation

Do pre tests->train skill->post tests

Have players monitor development

Don't allow mistakes to go uncorrected

Don't teach something you don't know about.

Competition, game speed, forced pressure and GAME CONDITIONS

Players have to get better during the season

Commit at least 15 to 20 minutes every day of personal skill development

Make workouts fun!!

TEAM IDEAS:

Take challenge from players behind and in front of you

Make sure all players touch ball in practice. Can't get better if players don't touch ball

-1 on 1 and 3 on 3 facilitate that

REBOUNDING:

Box out is anticipation by seeing shot is about to happen.

Have to practice tracking the ball

Hard to jump with contact on you

Don't jump straight up...jump through other player

John Lucas-former NBA player

Coaching is:

mentoring-have to be who you say you are

counseling: you may be all they have

education: teach them how to play

positive confrontation: how do you confront someone to do what the need to do

Define a player by their God given talents

Basketball is a triangle no matter how you look at it.

Elbow is the best place to score

Good offensive players must be an assassin. Challenge them every day to do so.

Bigs have to be able to shoot

Take the players game->put it on the game->so they can be in the game

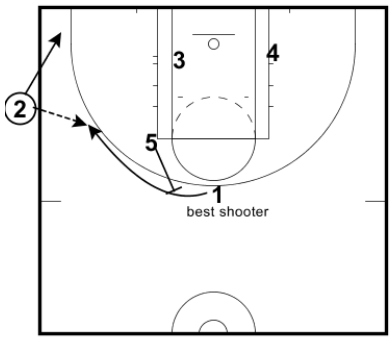
You can't win without a PG and a Center

Post feeds should lead into post shot

Post player attacks top shoulder (denial shoulder) to post up.

John Lucas SOB Game Winner (1 of 2)

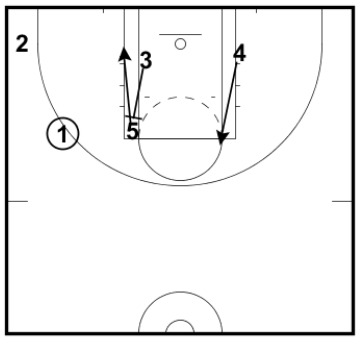
11-12 - Spartan Basketball - Plays



5 screens for 1. 2 passes in and cuts to corner.

John Lucas SOB Game Winner (2 of 2)

11-12 - Spartan Basketball - Plays



3 sets little big back screen on 5. 1 looks for dive. 4 lifts to clear paint.

Todd Wright- UT Men's Basketball Strength and Conditioning

Mimic energy system to game

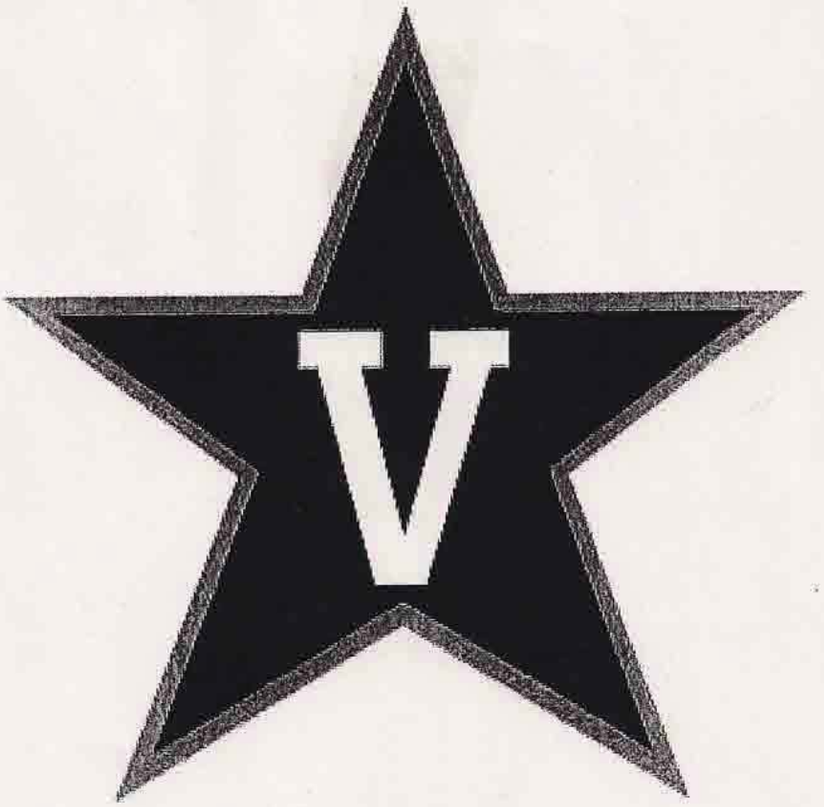
Do allot of exercises upright like the game. Sit-ups don't happen in the game.

Most injuries happen in feet, hips and back

Design warm-up to cuts and moves within the system

Defense Components: Stance, Eyes, and Pointing

All force starts with foot interacting with floor.

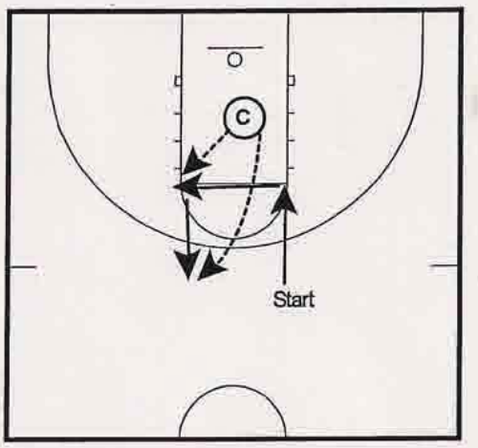


Vanderbilt Basketball Coaches Clinic

October 9, 2010

Vanderbilt

Shooting 01

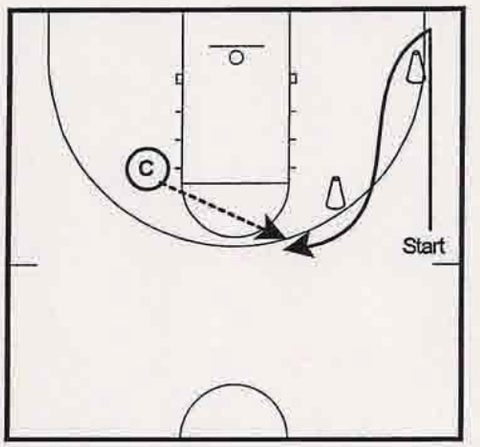


Run, Slide, Shot, and 3 Point Shot

Player starts above 3 pt line, sprints to FT line and slides across FT line using 1-2 cross over. Step for shot. Player back pedals to 3 point line for 2nd shot. Repeat on other side.

-20 total shots

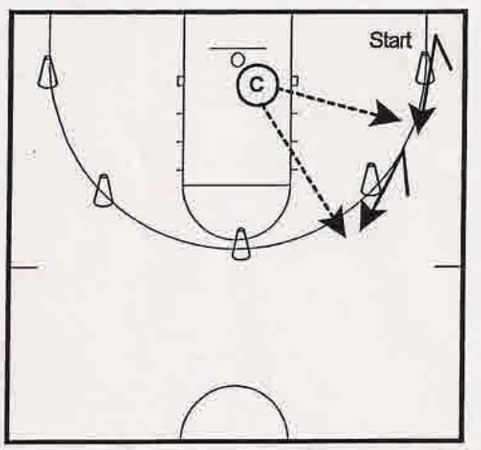
Shooting 02



Run, Back Pedal for 3 Point Shot

-10x each side → Then step in inside foot

Shooting 03



Shooting Off Screens

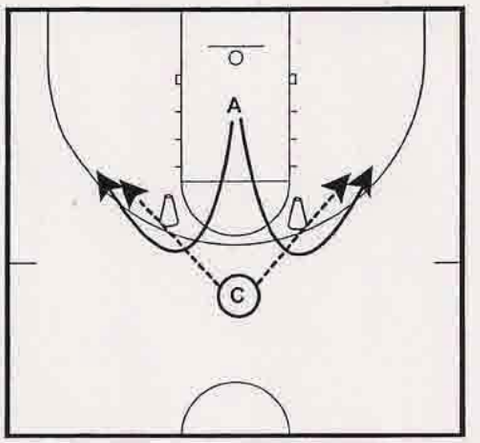
Place 5 cones around 3 point line, start behind cone and set up shot with 2 hard steps in opposite direction

-2 sets
-1 set:
-5 shots going left
-5 shots going right
-10 shots total

All Contents Proprietary

Vanderbilt

Shooting 04



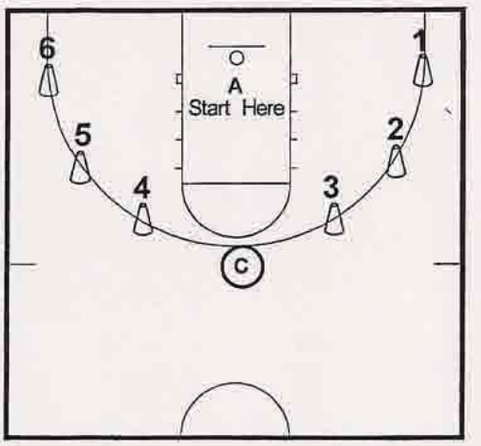
2 Cone Shooting

Player starts under goal and sprints around cone for 3 or 3 point shot

-10x

open up to rim

Shooting 05

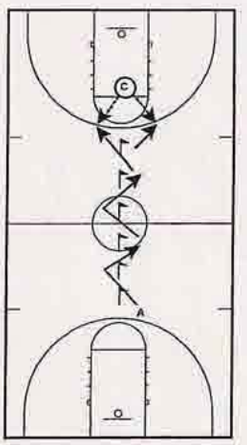


6 Cone Shooting

Player starts in lane, coach is passer up top, coach yells number and player runs out behind that cone for 3 point shot. Player returns to lane after each shot.

-10x

Shooting 06



Agility Pole Slither Drill

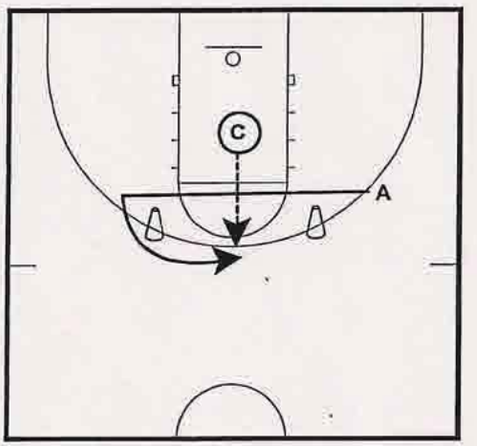
Set each pole 6 feet apart, player cuts through poles in low athletic stance

-10x 3 point shots
-repeat starting on opposite side
-20 total shots

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Shooting 07

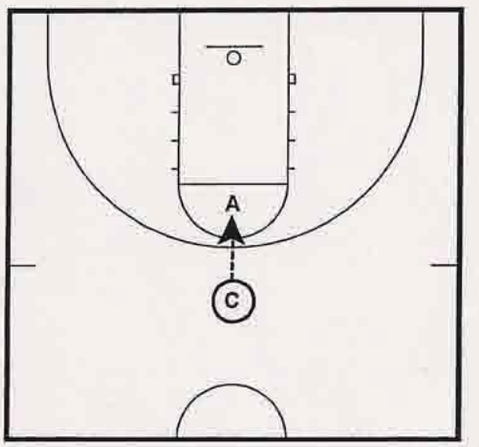


Slides into 3 Point Shot

Player starts in front of right cone, slides around left cone into 3 point shot

-5x each direction
-10 total shots

Shooting 08

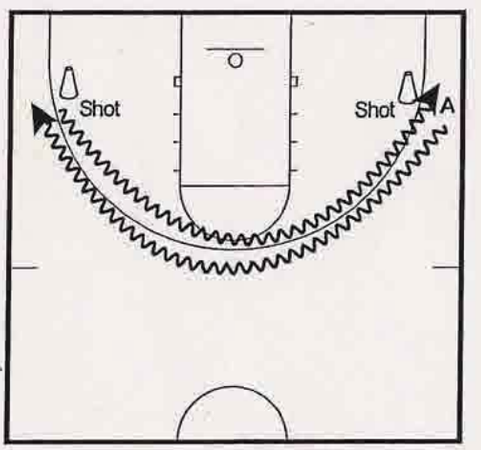


Pivot and Shoot

Player has back to basket, coach will pass and yell what foot he wants the shooter to pivot on, pivot and shoot with good balance.

-10 2 point shots
-10 3 point shots

Shooting 09



Shooting Off Dribble Around 3 Point Line

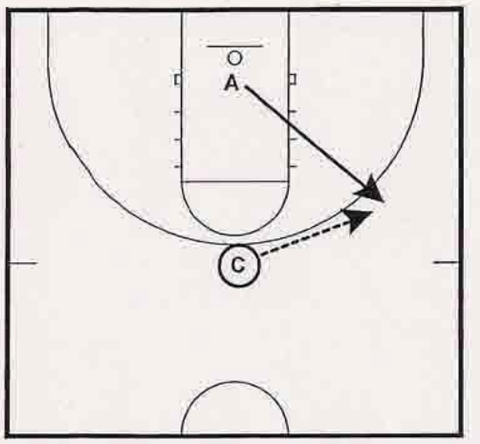
Place cones inside 3 point line parallel to each other, player should dribble with outside hand past the cone for shot off dribble, move cones and repeat

-5 each way
-10 total shots

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Shooting 10

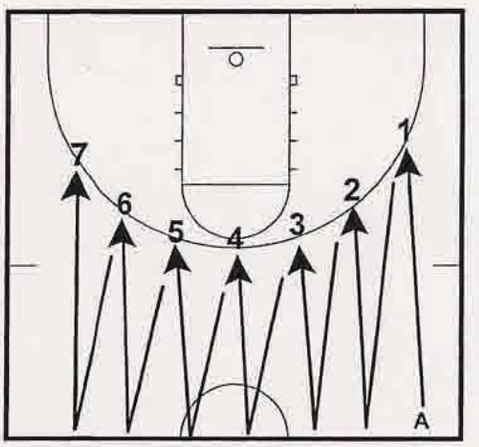


Ball Drop

Player starts with head under the basket in ready position. Cooach has ball outside 3 point line and tosses ball out. Player must accelerate and catch ball before it bounces twice. Vary shots.

-10 total shots

Shooting 11

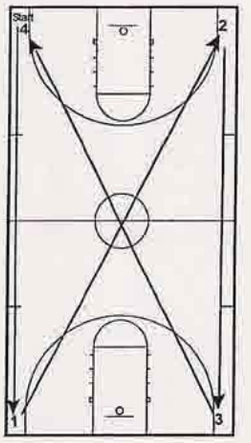


Shooting the W

Player will start at half court and sprint into 3 point shot and back pedal to half court and reeat.

-7 shots moving to the left
-7 shots moving to the right
-Repeat (28 shots total)

Shooting 12



Full Court X Shooting Drill

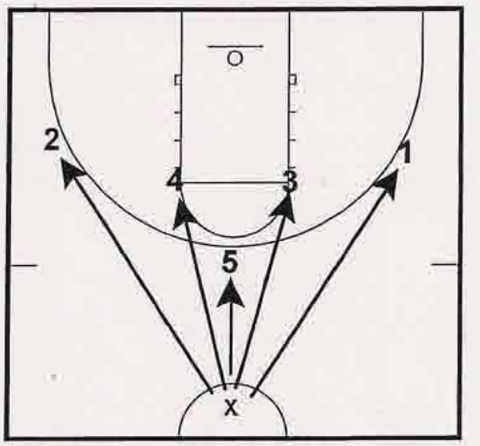
Player will sprint up sideline and across the floor to execute 4 shots (1 set).

Set 2: Double - 8 shots
Set 3: Triple - 12 shots

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Shooting 13

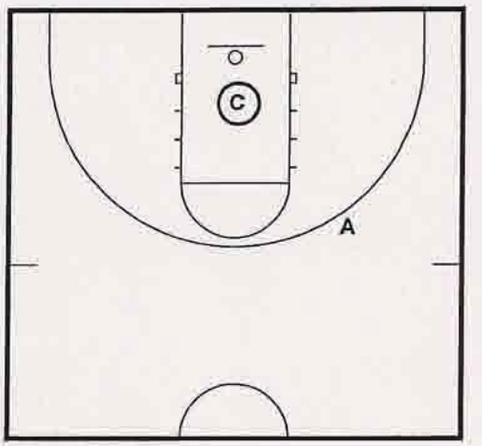


5 Shot Drill

Player begins drill on home base (X). The shooter must return to home base after each shot. He will take 5 shots in the following order:
-right wing
-left wing
-right elbow
-left elbow
-3 straight ahead

-3 sets
-15 total shots

Shooting 14

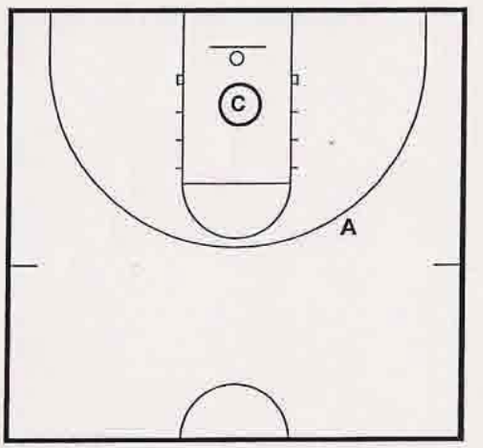


3 In a Row Game

See how many times you can make 3 shots in a row in 5 minutes. Player needs one rebounder. Player will shoot from behind 3 point line (this can be adjusted for age and ability. When player makes 3 shots in a row, he should change his location on the perimeter.

Goal:
-HS (12)
-College (16)
-Pro (18(

Shooting 15



25/50 Drill

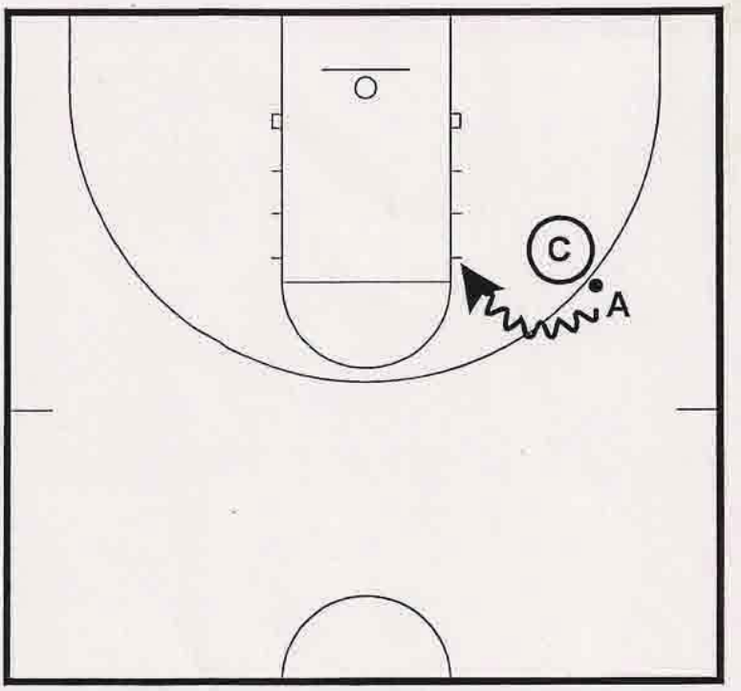
Player will shoot a 3 point shot and a 2 point shot. He will follow this pattern until he reaches 25 or 50 points. One rebounder is needed. Player must receive pass behind 3 point line prior to all shots. He should move around perimeter.

25 Point Game Goal:
-Pro (:40)
-College (:50)
-HS (1:00)

All Contents Proprietary

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Shooting 16

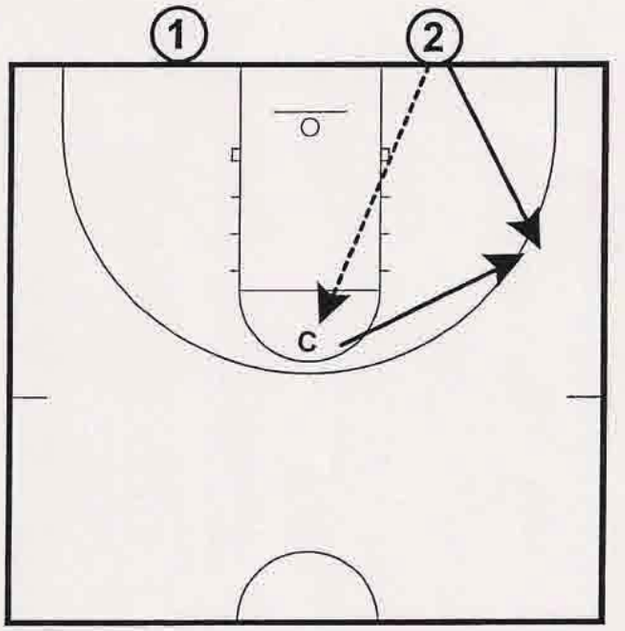


Rip and Go

Coach holds ball tightly. The aim of this drill is for each player to rip the ball out of the coach's hands and take 1 or 2 dribbles into a shot

-change location on the floor
-1 set of 10 shots

Shooting 17



Rolled Ball Shooting

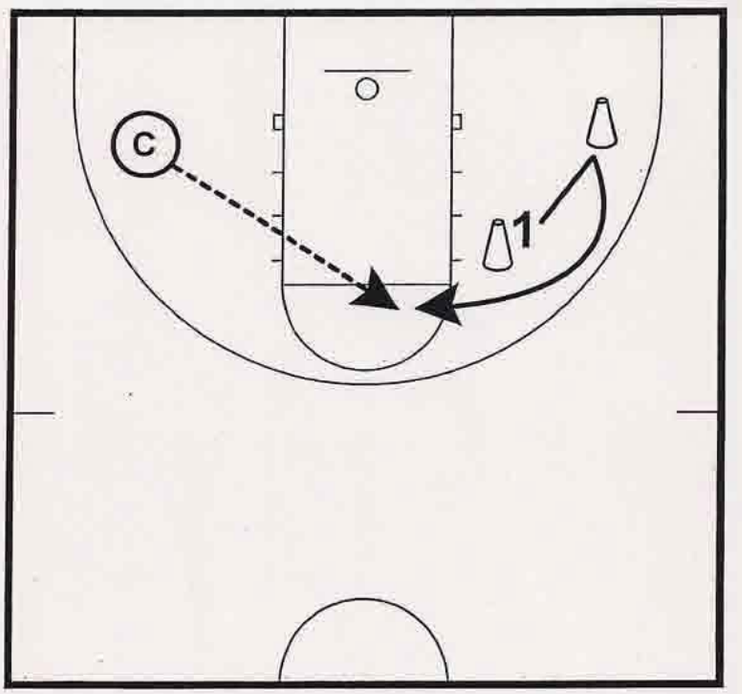
Players are on baseline holding basketball. When the coach calls the player's name, he passes the ball. The coach catches the ball, rolls it to a spot. Player must sprint and pick up ball, gather himself, square up, have balance, and shoot. Vary shots.

-1 set of 10 shots

All Contents Proprietary

Vanderbilt

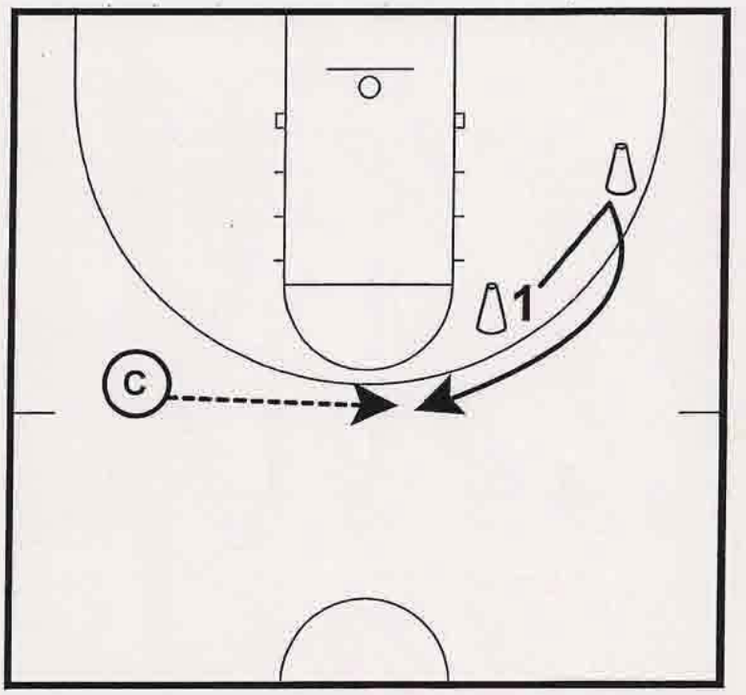
Shooting 18



Cones are placed 12 feet apart. Player slides to cone and cuts off elbow cone for 2 point shot. Repeat drill on opposite side.

- 5 shots each direction
- 10 shots total

Shooting 18



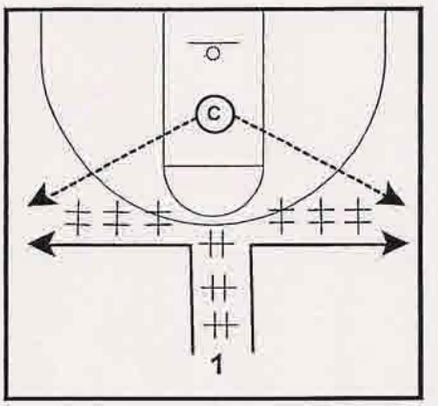
Cones are placed 12 feet apart. Player slides to cone and cuts off top cone for 3 point shot. Repeat drill on opposite side.

- 5 shots each direction
- 10 shots total

All Contents Proprietary

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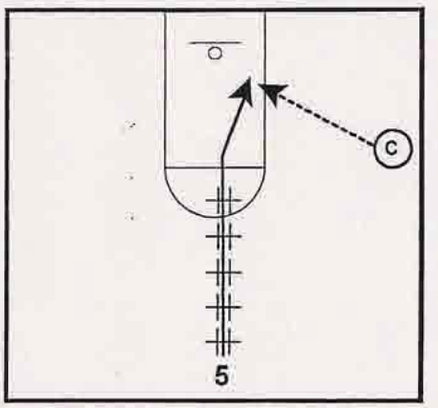
Footwork 01



18" Hurdle Jumps into Shot

A. Place hurdles about 3 ft apart, jump forward and then laterally over hurdles into 3 pt shot, 5x each way.

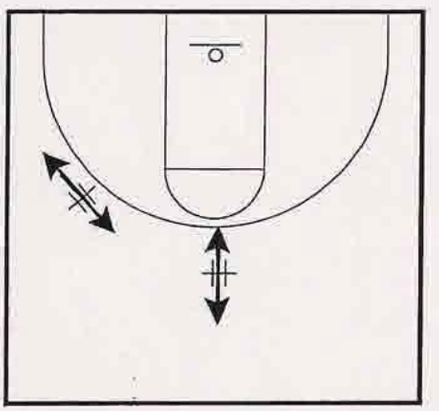
Footwork 01



18" Hurdle Jumps into Shot

B. Variation for Bigs -- Jump forward over hurdles, execute post move. 5x each side.

Footwork 02



Mini Hurdle

A. Player jumps side to side about 5 seconds into 3pt shot.

-10 shots

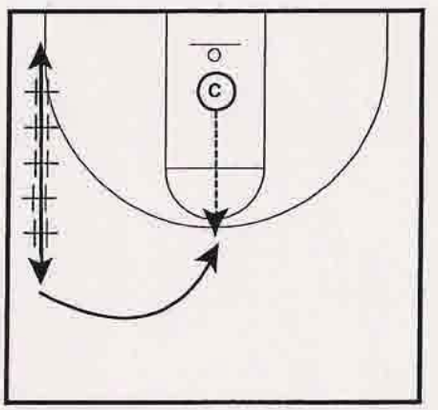
B. Player jumps front to back about 5 seconds into 3pt shot.

-10 shots

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Footwork 03

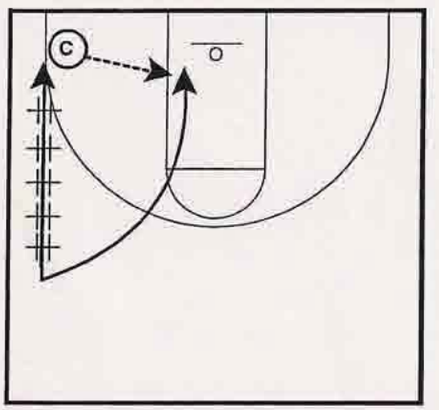


Low Hurdles

-Place hurdles 3 feet apart.
-Quick feet over hurdles into 3pt shot.

A. Right Side 10x, Left Side 10x, Top 5x each way.

Footwork 03

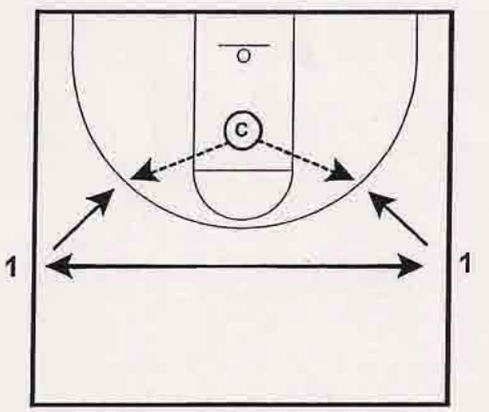


Low Hurdles - Variation for Bigs

-Place hurdles 3 feet apart.
-Quick feet over hurdles into post move.

B. Right Side 10x, Left Side 10x, Top 5x each way.

Footwork 04



Jump Rope Into Shot

Player starts on sideline and skips across court, drops rope, and prepares for 3pt shot.

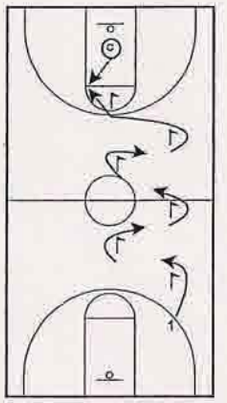
Use the following skips moving forward: Alternate Feet, Both Feet, Right Foot Only, Left Foot Only, 2 Right-1 Left, 2 Left-1 Right, Both-Right-Both-Left-Repeat.

Use the following skips moving laterally: Both Feet, Left Only, Right Only.

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Footwork 05



The Slalom

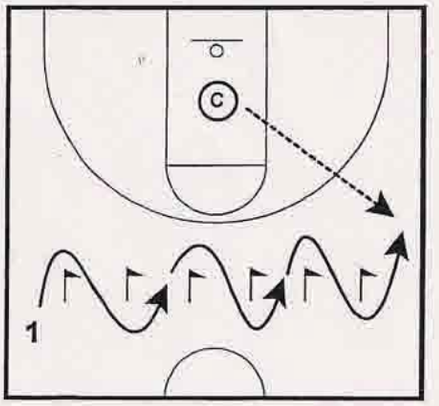
Place agility pole 6 ft apart.

Player will start on right side of pole and cut through, changing directions and finishing with shot.

-5x 3pt shots
-5x 2pt shots off the dribble.

Repeat on the left side of the floor.

Footwork 06



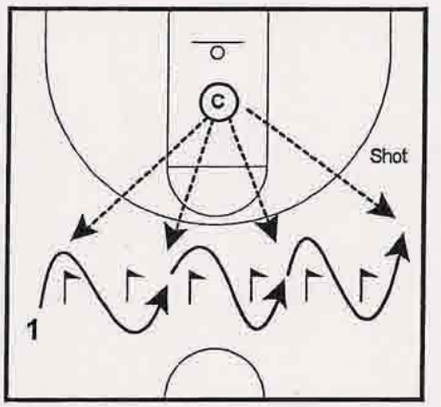
Lateral Agility Pole Work

The SNAKE

A. Set Agility poles across 3pt line about 6 ft apart. Player will move laterally through poles into 3 pt shot. Repeat moving in opposite direction.

-10 shots = 1 set
-2 sets = 20 shots total

Footwork 06



Lateral Agility Pole Work

The SNAKE

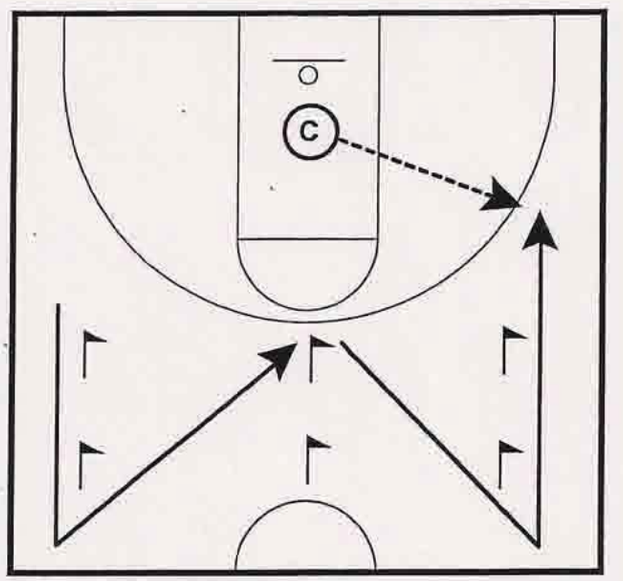
B. Add Passing
Same as "A" only player will catch and pass ball back to Coach as he moves through the agility poles.

-1 set of 10 shots

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Footwork 07



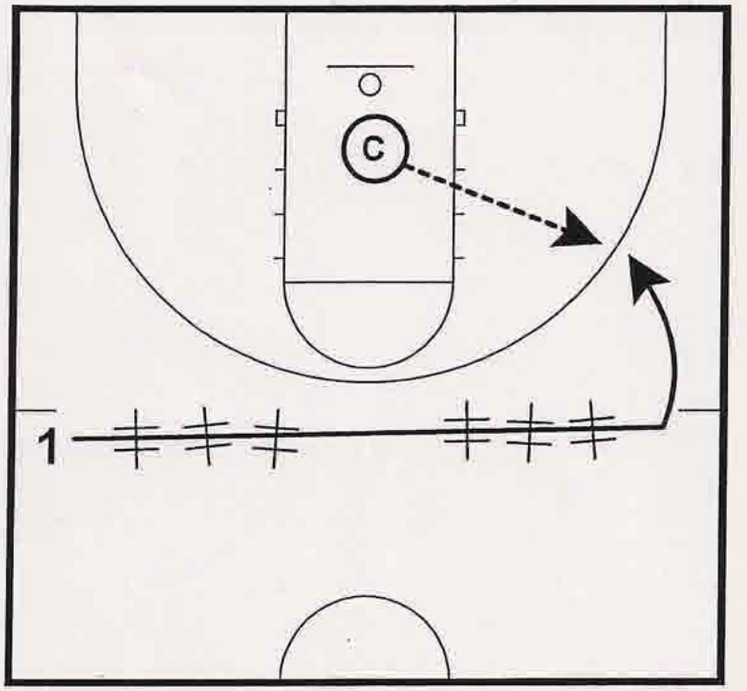
Agility Poles Zig Zag

Set up poles in two straight rows. Poles are 12 ft apart in each row. Distance between the two rows is 15 ft.

Pattern 1: Slide, Run, Slide, Run. 5x each way for 3pt shot.
Pattern 2: Back Pedal all the way through poles turning as you finish for a 3pt shot. 5x each way.
Pattern 3: Player sprints and changes directions through poles for 3pt shot. 5x each way.

-30 total shots

Footwork 08



Player moves laterally over hurdles, sprints between hurdles, and continues laterally over hurdles finishing with a 3 pt shot. Repeat going in opposite direction.

- 5 shots each direction
- 10 total shots

All Contents Proprietary

Footwork 09

Ladder Work Into Shot

Linear Running:

A. One Foot Runs – 1 foot in each square – add run out.
B. Two Foot Runs – Both feet in each square – add run out.
C. Break Runs – 1 foot in each square – halfway 2 feet in each square.
D. Ladder Skips – 1 foot in each square
E. Scissor Skips – Start with right foot in first square, left foot in second square – keep legs locked.

Lateral Drills:

A. Lateral Run – Both feet in each square.
B. Lateral Run with Separation – Start with 1 foot in each square.
C. Cross Country Skier – Start with right foot in first square and left foot outside the first square and directly behind, right foot should lead movement.
D. Double Square Skier – Start with left foot in first square with right foot directly behind, alternate feet in and out of square.

As player completes footwork, Coach passes him the ball. Player will execute a variety of shots including: Lay-ups, Floater, Pull-ups, and 3pt shots. Bigs can run down to the box and post up. – **10 minutes** –
Ladder Variation – Place ladder across 3pt line. Execute various shots, move in both directions.

Footwork 10

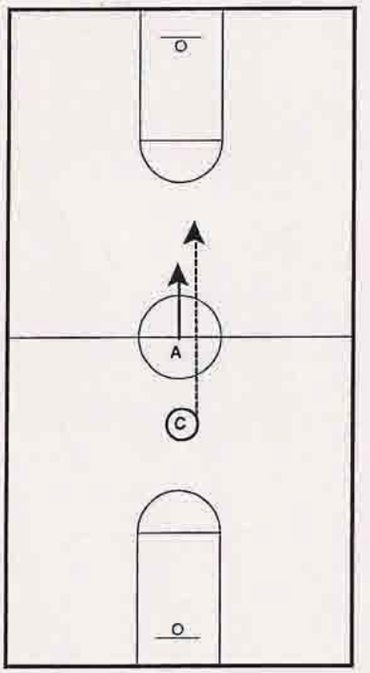
Ladder Work – Jumping Drills

A. Rabbit Hops – Both feet together in each square.
B. Jump Cuts – Start with both feet in square and alternate in and out of ladder.
C. Straddle Hops – Start with right foot in first square and left foot out, hop across the ladder keeping feet 2 ft apart.
D. Backward Straddle Hops – Same as above.
E. 180 degree Straddle Hops – Start with one foot in square and one out, with each hop body should rotate 180 degrees, the same foot should remain in square. Bring outside foot in front of body as you begin jump.
F. Chimney Jumps – Start with both feet in the first square, bring knees to chest and jump skipping the next square and landing in the 3rd square.
G. Lateral Chimney Jumps – Same as above.
H. Hop Scotch – Start with both feet in first square, hop forward and land with a foot on either side of 2nd square.
I. Reverse Hop Scotch – Same as above.
J. Lateral Hop Scotch – Start with both feet in first square, hop to second square with 1 foot on top and one on bottom of ladder alternating feet as you move forward.

As player completes footwork, Coach passes him the ball. Player will execute a variety of shots including: Lay-ups, Floater, Pull-ups, and 3pt shots. Bigs can run to box and post up. – **10 minutes** –

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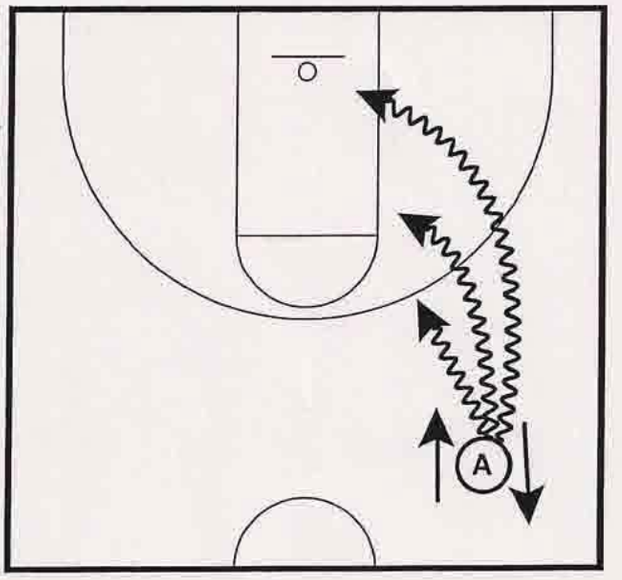
Misc. 01



Toss Ball Overhead (Reaction and Quickness) -- Player starts in circle facing basket and looking up. Coach is behind player and tosses ball overhead, player must react and get to ball before it bounces twice. Lay-up or jump shot.

-1 set of 10 reps

Misc. 02



Jumping Lunges into Shot

Lower your body into lunge position, jump up, switch legs in midair, and land with opposite leg forward. Quickly drop into lunge again and repeat action. As you hit the floor the second time, move quickly into a shot off the dribble. Lay-up, Pull-up jumper, 3 pt shot. Change locations on the floor.

-1 set, 12 reps

All Contents Proprietary

Misc. 03

Knees to Chest

A. Player holds ball chest high, Jumps in place bringing knees to chest, Repeats action 5x, Do 5 lay-ups, Do 5 jump shots off dribble.
B. Variation for Bigs – Big man will bring knees to chest with back to the basket, and utilize a jump hook move. 5x each side.

Misc. 04

Split Jumps

Split jump to wide stance into lay-up 5x, jump shot off 1 dribble 5 times

Misc. 05

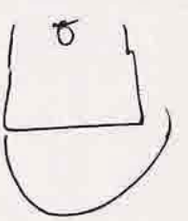
Acceleration Drill

Start on baseline with a basketball. Have a partner face you and place hands on the front of your shoulders. You then speed dribble to the half court line while partner resists and then releases you as you accelerate for a lay-up. Change positions. 5x each.

Misc. 06

Long jumps

Long jump into move/Jump 2x into move – Mix 2pt and 3pt shots. 5 shots each. Total of 10.



Long jump → 1 dribble jumper

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Post 01

Warm-Up:

A. Mikan Drill – 40 makes → power Mikan (off 2 feet)

B. Bang Board and Finish – 10x, 2sets – use heavy ball

C. Bang Board, Slide Across Lane, Bang Board, and Repeat – 10x, 2sets – use heavy ball

D. Bang Board with ball and score before you touch the floor – 10x, 2 sets – use heavy ball

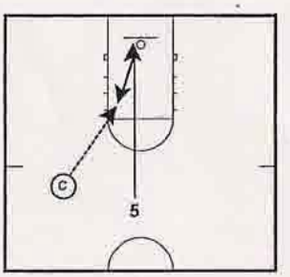
E. Double Jumps – 10 makes

F. Pivot Work – 10 makes – player will continuously pivot, get to balance, and shoot 10-12 foot jump shot.

Mikan w/ quick catch → regular mikan, coach @ top & throws pass when name called. Player catch & finish

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Post 02

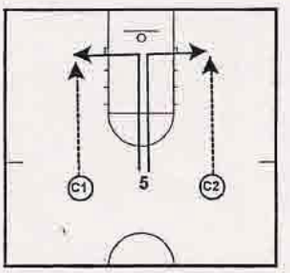


Run, Touch Board, Turn, and Finish

Set 1: Player will begin at top of key and sprint, jump and touch board with 2 hands, turn, catch, and finish.

-10x

Post 02 ⇨ Short Corner

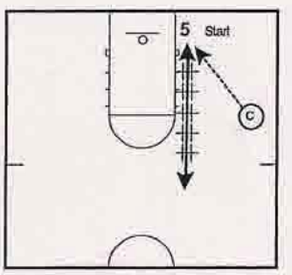


Run, Touch Board, Turn, and Finish

Set 2: Player will begin at top of key and sprint, jump and touch board with 2 hands, run out to short corner for jump shot.

-5x each side
-10 shots total

Post 03



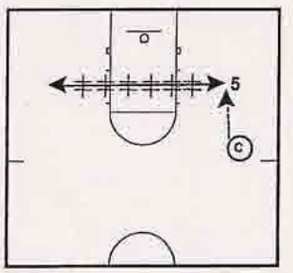
Mini Hurdle Work

A. Place hurdles 3 ft apart. Player will move up and back over the hurdles and finish with a post move.

-10x each side
-20x total

push off top foot or bottom foot when you reach end ladd

Post 03



Mini Hurdle Work

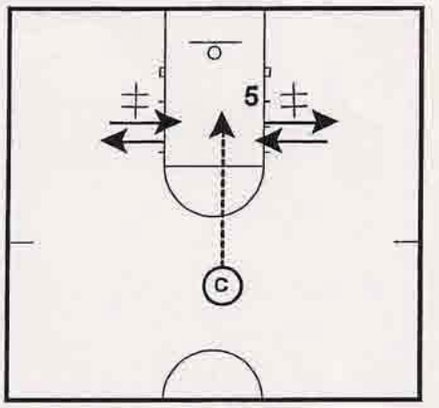
B. Inside Pivot -- Place hurdles across the lane 3 ft apart. Player will execute jumps, inside pivot and take 12-15 ft jump shot.

-5x each way
-10x total

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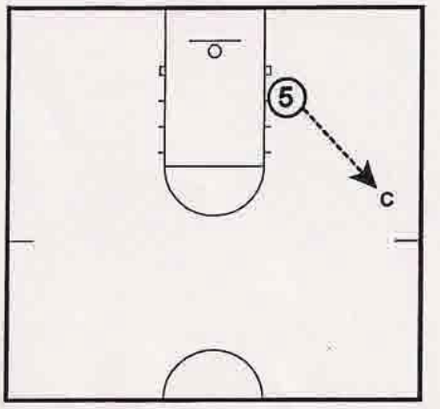
Post 04



18" Hurdle, Slide, Finish -- Player will start on inside of hurdle, jump over and back, slide across lane, repeat, catch and finish.

-10x each way
-20x total

Post 05

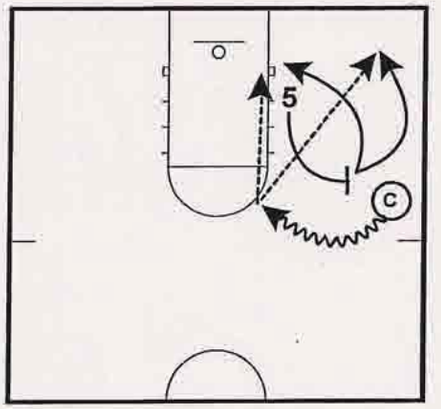


2 Ball Dribbling, Pass, Score, Screen and Roll

Drill begins with player dribbling **2 balls** in an alternating fashion. Coach calls LEFT or RIGHT for the pass.

Player will execute a post move and then sprint out to coach for screen and roll work.

Post 05



Screen and Roll Work

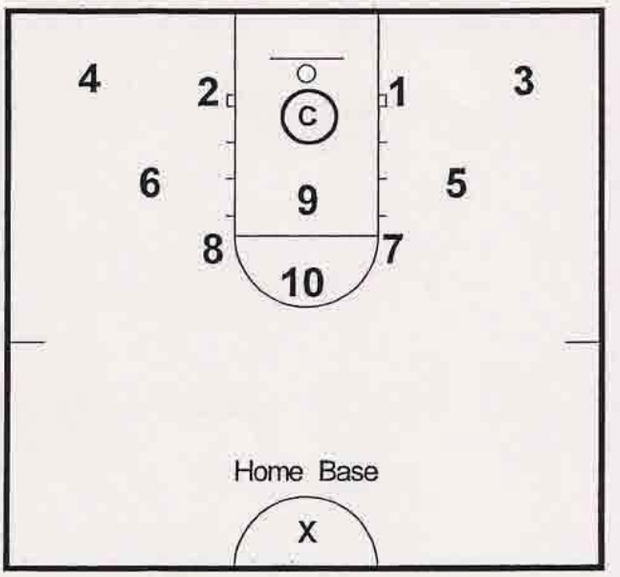
-5x roll to basket
-5x fade for jump shot
-Repeat action on opposite side

-20x total

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Post 06



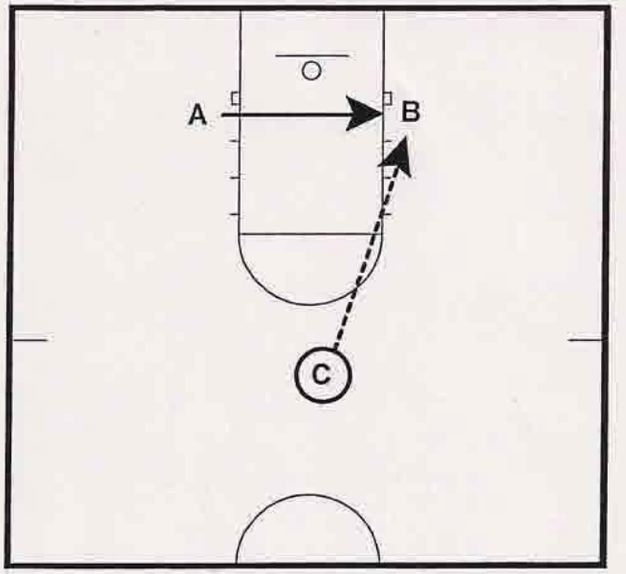
10 Shot Drill

Player begins on home base. 10 shots are taken in the following order:

1. Right Block
2. Left Block
3. Right Short Corner
4. Left Short Corner
5. Right Wing
6. Left Wing
7. Right Elbow
8. Left Elbow
9. Lane
10. Key

The player must return to HOME BASE (X) after each shot. **2 sets -- 20 total shots**

Post 07



1 on 1 Reaction Drill

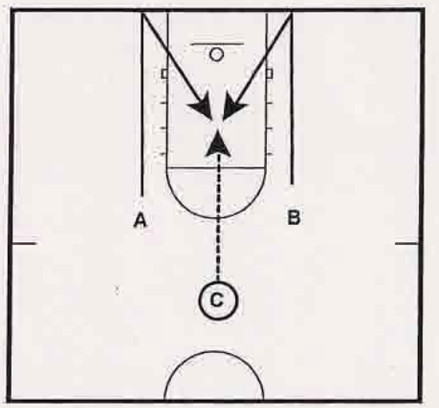
Players face baseline, positioned slightly above block. Coach calls one players name and passes the ball to him as the other player sprints to challenge shot.

Time -- 5 minutes

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Post 08



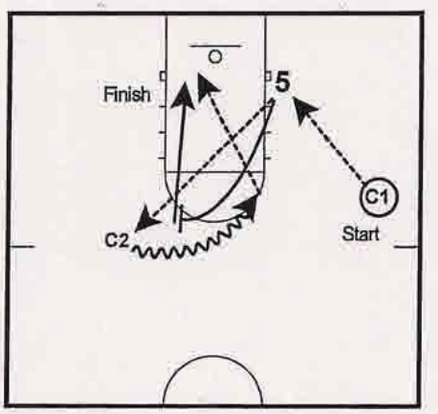
1 on 1 Sprint to Post-Up

Players start on elbow, coach calls LEFT or RIGHT. Player on that side is on offense, and other player is on defense. Players will sprint, touch baseline and flash hard back toward ball. The offensive player will make a post move.

Variation: Don't make call, have players fight for pass from coach.

Time -- 5 minutes

Post 09



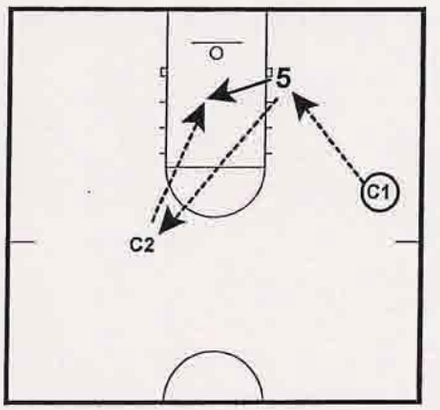
Follow Your Pass to Screen and Roll/Duck In

A. Coach (C1) Passes to 5. 5 catches with left hand and throws a left handed pass to top (C2).

5 follows pass to coach (C2) for screen and roll.

-5x each side
-10x total

Post 09



Follow Your Pass to Screen and Roll/Duck In

B. Coach (C1) Passes to 5. 5 catches with left hand and throws a left handed pass to top (C2).

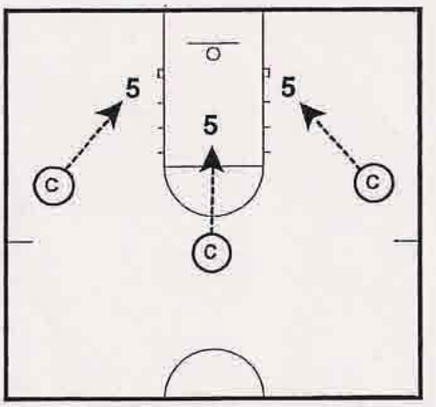
After pass, 5 ducks in to receive pass back, into jump hook.

-5x each side
-10 shots total

All Contents Proprietary

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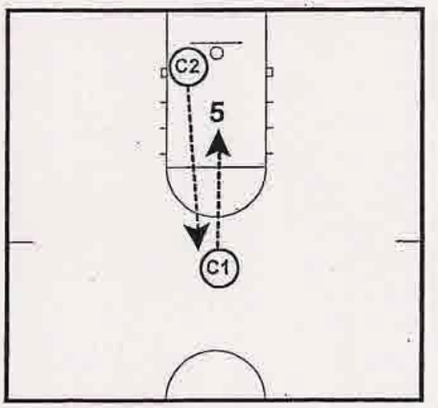
Post 10



Coach tosses ball high in air to 5, who jumps and tips ball from one hand to the other, then finishes.

-15 total shots

Post 11



Continuous Jump Hooks

2 coaches and 2 balls needed -- 1 coach for rebounding (C2) and 1 coach for post entry pass (C1).

Player will alternate RIGHT and LEFT hand.

1 set = 20 makes
2 sets total

Post 12

Over-head Pass Drill

Big man move in a circular fashion passing ball to LEFT shoulder and RIGHT shoulder.

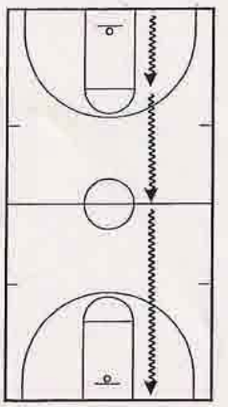
Coach will call which shoulder ball should be passed to, changing at will.

Players should stay 15-18 ft apart.

1 set = 30 seconds
3 sets total

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Dribbling/Passing 01

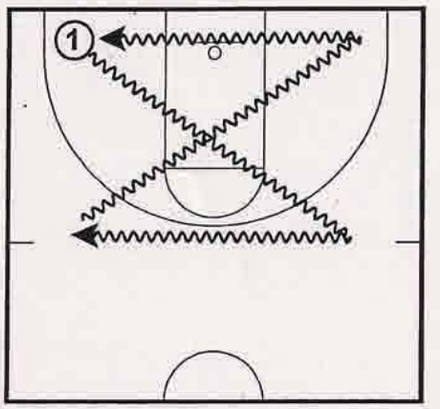


2 Ball Dribbling - Start on baseline with 2 basketballs, walk to free throw line, jog to half court, sprint to opposite baseline.

-Use alternate dribble 2x
-Use same rhythm dribble 2x

-4 reps total

Dribbling/Passing 02



Start dribble with right left cross; dribble to 3 point line, inside pivot and slide dribble with left hand across top, left to right cross; dribble to baseline, inside pivot and slide dribble with right hand.

-Repeat 3x

-Repeat same pattern running with 8 lb medicine ball held over head 3x

Dribbling/Passing 03

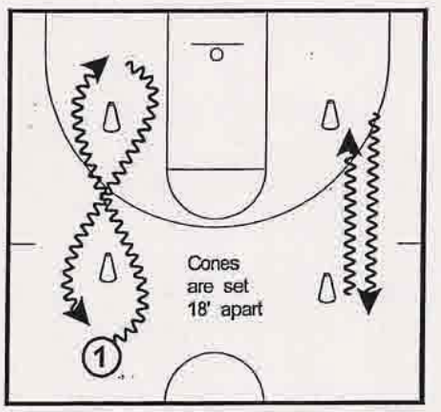


Figure 8 Dribble Around 2 Cones --

A. Start with left hand, switch to right hand around cone.

-Repeat 5x

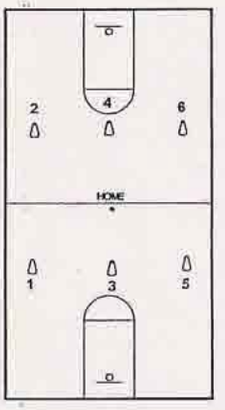
B. Slide dribble, right hand down, left hand back.

-Repeat 5x

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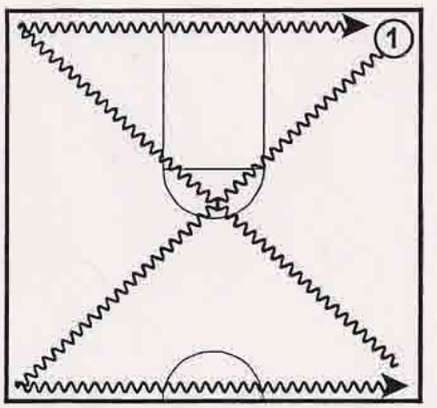
Dribbling/Passing 04



Agility Dribbling Course
- Place cones about 18' apart
- Middle is home base

A. Player dribbles out left hand, back to home right hand.
B. Player dribbles out with left hand, back to home using slide dribble.
C. Player dribbles out forward, back to home backward.
D. Mix up pattern.

Dribbling/Passing 05 - A

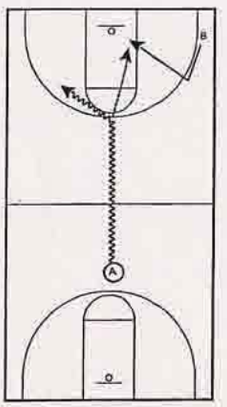


X Sprint With Ball -- Player will start in corner and speed dribble diagonally across the court, change directions and dribble across half court line, and repeat in other direction.

-3 sets

Goal Times
PG - 12.5 seconds
Wings - 13.5 seconds
Bigs - 14-15 seconds

Dribbling/Passing 05 - B



Princeton Pass into Shot -- Player A starts in backcourt with 2 balls, using alternate dribbling he will make one handed pass to cutting player, crossover into jump shot.

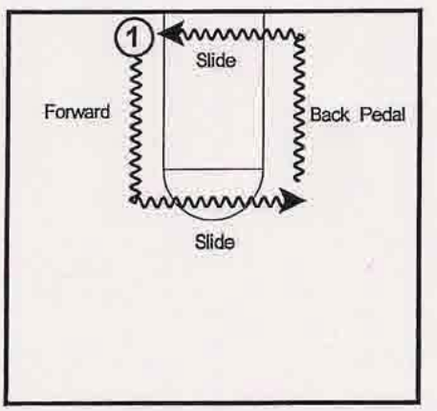
-Repeat 5x each direction

-Repeat action with 3pt shot for player B

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Dribbling/Passing 06

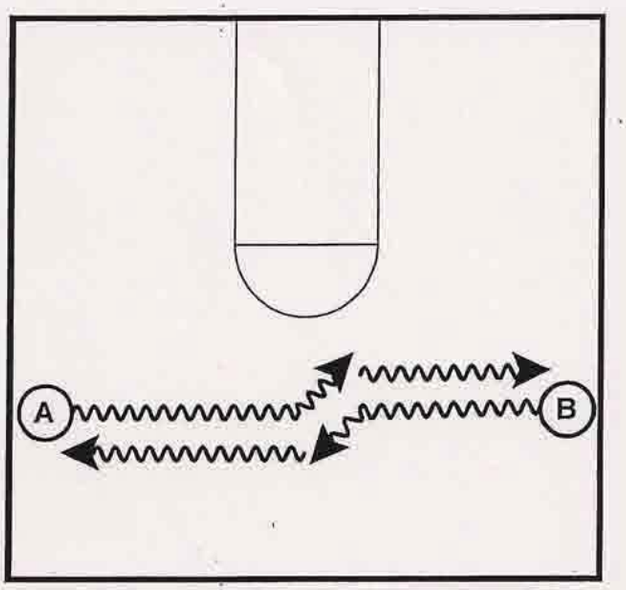


2 Ball Dribbling Around Lane -- Player will execute 2 ball dribbling around the lane.

-1x alternate dribble
-1x same rhythm

-Change sides and repeat
-4 reps total

Dribbling/Passing 07



Cross Court Dribbling -- 2 players

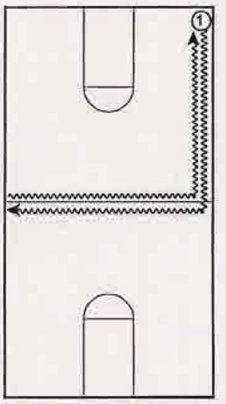
Directions
Players will dribble at each other and perform move at midway point using the following moves:
-Crossover 2x
-Through Legs 2x
-Behind Back 2x
-Spin 2x
-Inside Out 2x
-Exchange basketballs 2x

Players start with ball in right hand, make move, return using left hand.
Across the floor and back is 1 rep -- 12 reps total

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Dribbling/Passing 08

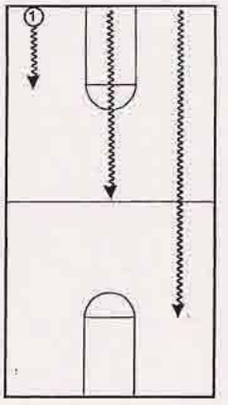


A. L Dribble -- Dribble with outside hand. Start with left hand, return with right.

-3 sets

Goal Time
10-10.5 seconds

Dribbling/Passing 08



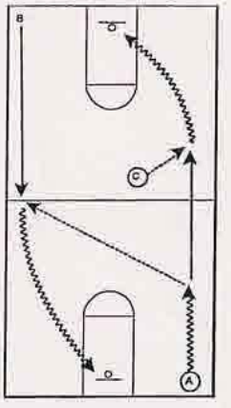
B. Speed Dribbling -- Player starts on baseline.

1. Dribbles to 3pt line, Time: **1.8 seconds** - Repeat 4x

2. Dribbles to half court, Time: **3.0 seconds** - Repeat 4x

3. Dribbles to opposite free throw line, Time: **3.5 seconds** - Repeat 4x

Dribbling/Passing 09



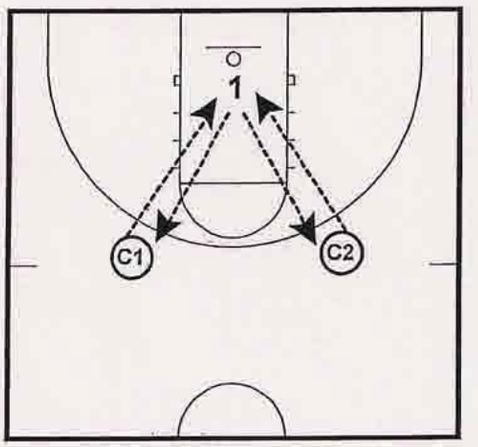
2 Man Full Court Passing

1. A dribbles up sideline and passes across the court to B as he approaches mid-court line. B will continue on and make lay-up.
2. Coach will have a ball at mid-line and flip to player A who will continue for lay-up.
3. 2x Lay-ups, 2x Pull-up jump shots, 2x 3pt shots
4. Repeat on other side -- 12 shots total

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Dribbling/Passing 10



Player will catch with one hand and immediately pass back to coach using the same hand.

- 30 seconds each set
- 2 sets total

Dribbling/Passing 11

Tennis Ball Toss –

A. Need 2 players, one player dribbles ball, while partner tosses tennis ball to free hand.
B. One player dribbles ball, while partner tosses tennis ball above dribblers head, catch with free hand.

- If tennis ball gets away, player must chase ball while dribbling.

Dribbling/Passing 12

Stability Disc Passing (Stance) – Place disc shoulder width apart. Chest Pass, Right Handed Pass, Left Handed Pass, Figure 8 through the legs and pass.

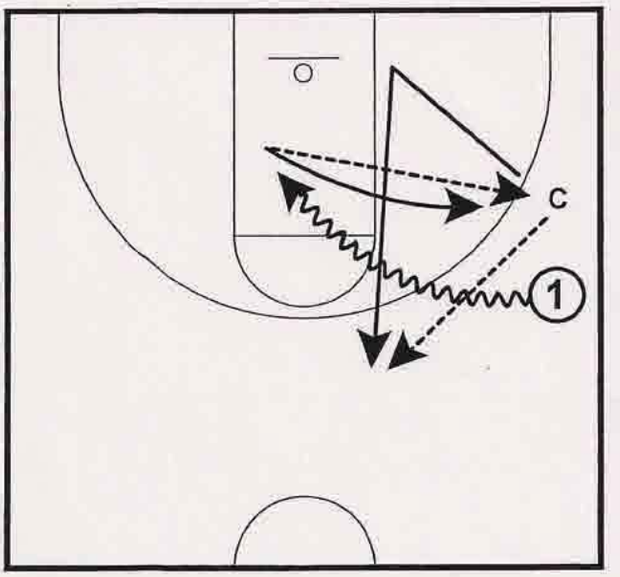
-30 seconds each

-Repeat each action with Heavy Ball.

-30 seconds each

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Combination 01



Combination Drill

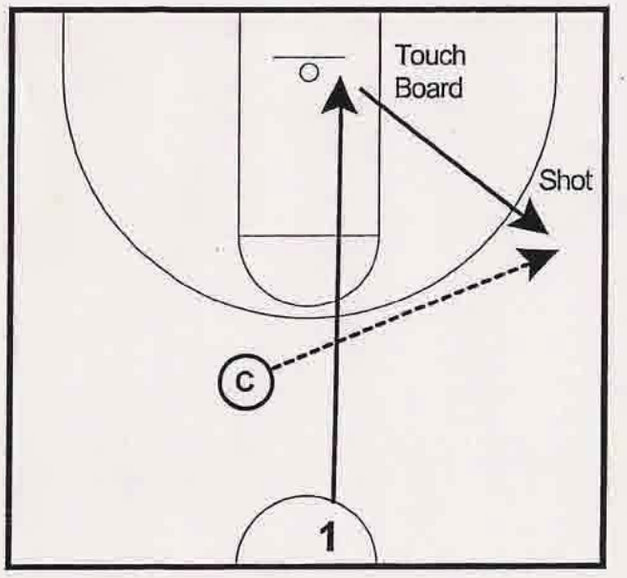
A. Player dribbles into lane, pivots and passes back to Coach, player closes-out on coach, player slides to cut off baseline, player runs to top for 3pt shot.

-5x each side

B. Variation for Bigs: Big man will cut to post area for shot.

-5x each side

Combination 02



Sprint/Jump/Sprint into 3pt shot

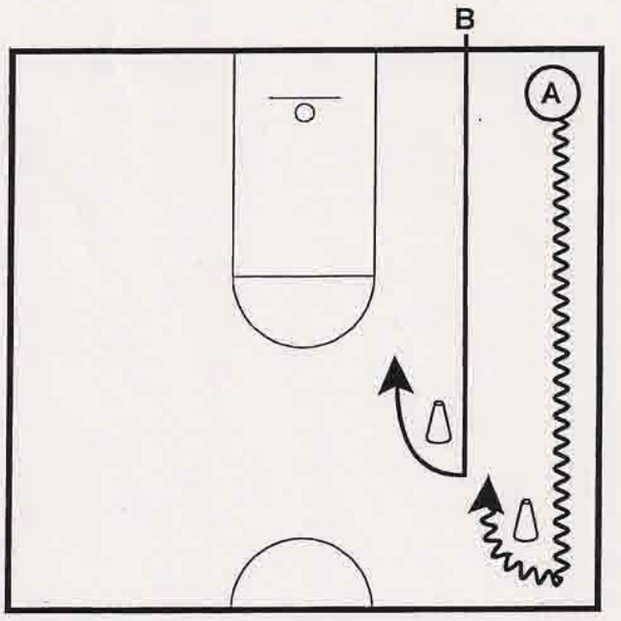
Player starts at half court and sprints to touch backboard, then sprints outside 3pt line for shot.

-5x each side

All Contents Proprietary

Vanderbilt

Combination 03



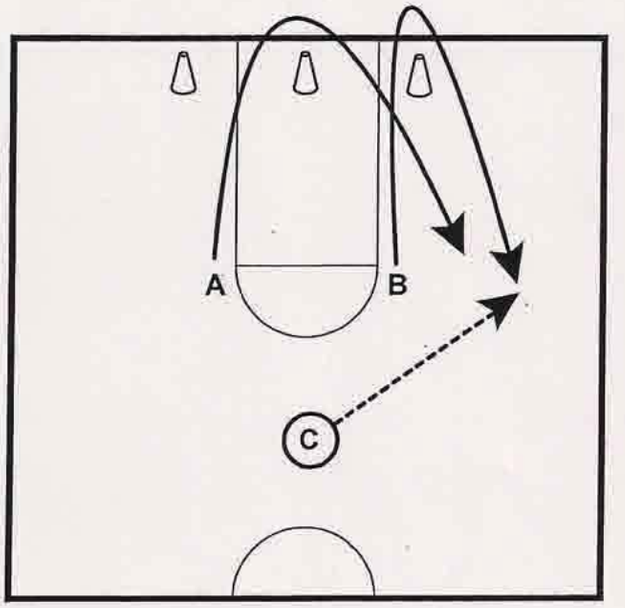
1 on 1 Sprint

A. Player A starts with ball, dribbles up sideline, player B runs around cone to meet A and play defense.

-5x for A
-5x for B
-Repeat on opposite side

B. Variation for Bigs: Move around cones into post area, and have Coach make post entry, followed by interior 1 on 1.

Combination 04



1 on 1 Around Cones

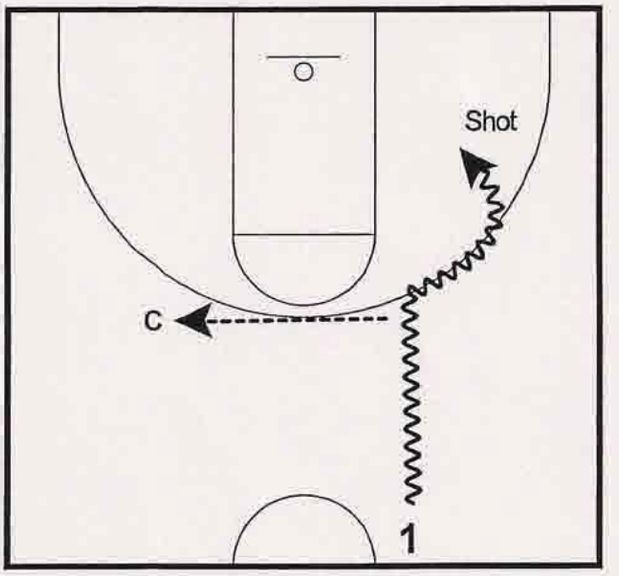
Coach yells LEFT or RIGHT, outside player is on offense.

-10x

All Contents Proprietary

Vanderbilt

Combination 05

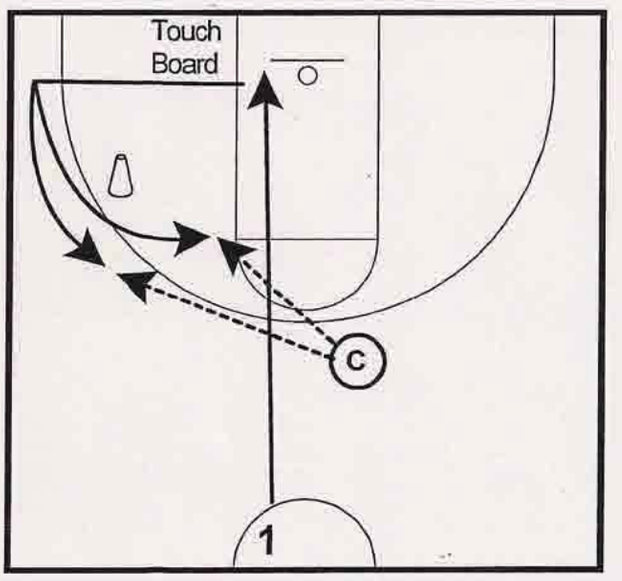


Alternate Dribbling into shot with 2 balls

Start at half court, player dribbles using 2 balls, as player approaches 3pt line he will make one handed pass to coach, use crossover dribble into jump shot.

-5x each side
-10 total shots

Combination 06



Sprint/Jump/Slide/Shot

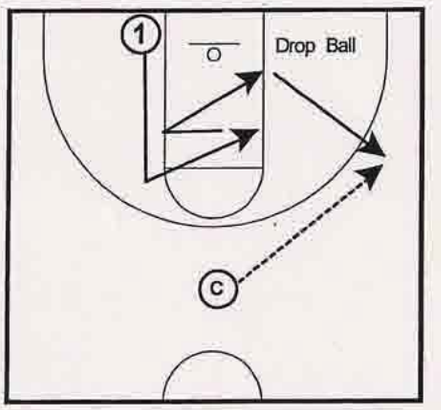
Player sprints down lane, jumps to touch backboard, slides across baseline to sideline, pivots and cuts around cone for shot.

-5x 2pt shot
-5x 3pt shot
-Repeat on opposite side
-20 shots total

All Contents Proprietary

Vanderbilt

Combination 07

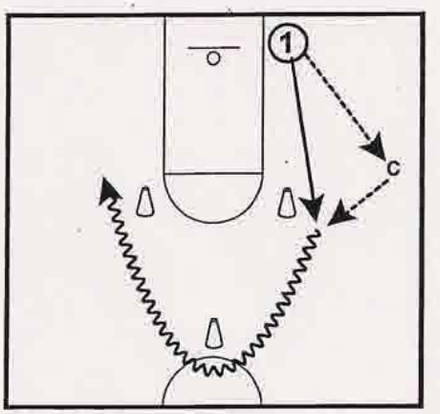


Med Ball Slide and Shoot

Player holds 8 lb medicine ball, sprints to elbow, drop steps, and slides across lane 3x, drops med ball and sprints to wing outside the 3pt line for shot. Vary the shots

-5x each side
-10 shots total

Combination 08



Pass/Dribble/Shoot

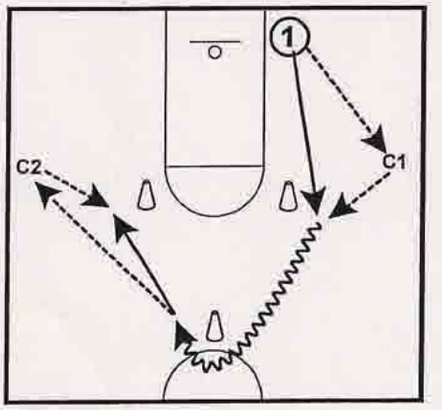
Player passes to coach and cuts around cone and receives pass back from coach. Player then dribbles around cone at half court line and dribbles into shot.

Variation: Player can pass to second coach on the wing for shot off the pass.

Set 1: 5x each side off dribble
Set 2: 5x each side off pass

-20 total shots

Combination 08



Pass/Dribble/Shoot

Player passes to coach and cuts around cone and receives pass back from coach. Player then dribbles around cone at half court line and dribbles into shot.

Variation: Player can pass to second coach on the wing for shot off the pass.

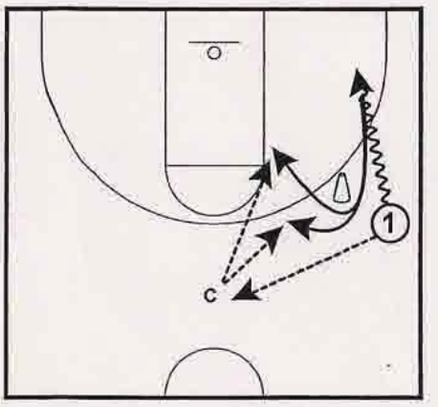
Set 1: 5x each side off dribble
Set 2: 5x each side off pass

-20 total shots

All Contents Proprietary

Vanderbilt

Combination 09

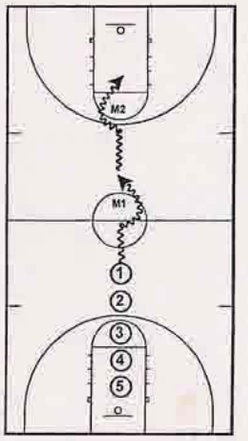


2 Ball Shot Drill

A. Player will begin drill with stationary dribbling of 2 balls, alternating bounce.
B. He will make right handed pass to coach.
C. He will crossover with other ball left to right for pull-up jump shot.
D. He will then cut off cone (screen) for second shot.

-5x 2pt shots
-5x 3pt shots
-Repeat action on opposite side
-20 shots total

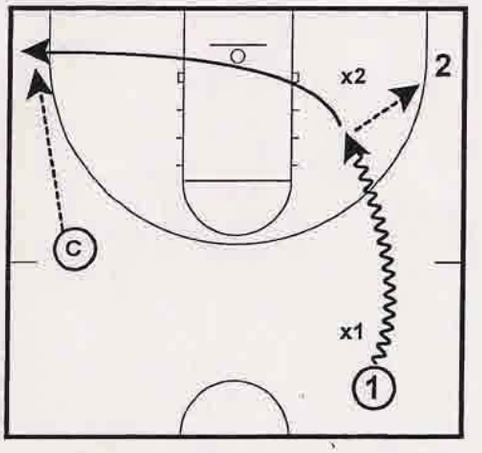
Combination 10



Player will drive ball at first manager (M1), and second manager (M2), finishing with jump shot or lay-up.

- 10 shots each set
- 2 sets
- 20 shots total

Combination 11



- Player drives ball at X2 and kicks to 2 for shot and cuts through to opposite corner for his shot

- Players should switch starting positions and repeat on opposite side. Each player should take 20 shots total.

All Contents Proprietary