RICK MAJERAS - UNIVERSITY OF UTAH

7/27/98 OKLAHOMA COACHES ASSOCIATION SUMMER CLINIC

PHILOSOPHY:

"BE STRAIGHTFORWARD AND HONEST WITH PLAYERS"

DOES YOUR BEST PLAYER GET THE MOST SHOTS?

(SHOT DISTRIBUTION / SHOT ALLOCATION)

YOU MUST GET TO THE FREE THROW LINE MORE THAN YOUR OPPONENT

(AND YOU MUST TAKE ADVANTAGE OF IT)

TO SHOOT BETTER FREE THROWS:

SHOOT FREE THROWS BETWEEN DRILLS

1) ONLY SHOOT TWO AT A TIME (FOUR MAX) 2 SPRINTS / MISS

2) NO TALKING, NO DRINKS

FREE THROW SHOOTING IS DIFFICULT BECAUSE IT REQUIRES

RELAXATION AND CONCENTRATION AT THE SAME TIME.

THE ONLY WAY TO ACHIEVE THIS IS THROUGH PRACTICE.

OFFENSE - SPACING, SPACING, AND MORE SPACING

SPACING IS OFFENSE, AND OFFENSE IS SPACING

AT UTAH WE WORK 3 THINGS DAILY

1) CONVERSION DEFENSE

2) SKILL DEVELOPMENT

3) SHOOT FREE THROWS

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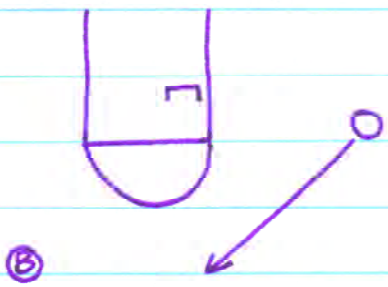
"THOSE TO WHOM DEFENSE IS NOT IMPORTANT WILL HAVE THE BEST SEAT IN THE GAME."

"ANYBODY CAN BE A GOOD SCREENER."

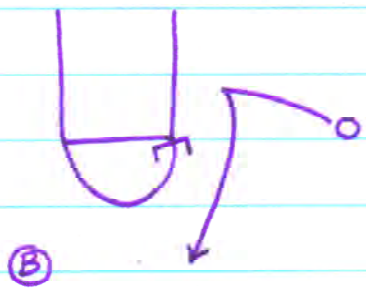
CUTS

1) MAKE EVERY CUT TO THE BASKET HARD
2) SLOW DOWN IN THE TARGET AREA, GIVE A HAND TARGET
3) POST UP IN PAINT IF YOU'RE A POST
4) CROSS SCREEN TO BRING A BIG IN
5) OUTLET TO THE THREE FAST
6) ECONOMY OF MOTION, DON'T WASTE MOVEMENT THAT IS UNNECESSARY.

FILL CUT



IF DEFENSIVE PLAYER IS IN HELP POSITION BLAST TO FILL



IF DEFENSIVE PLAYER IS IN A DENIAL POSITION IN THE PASSING LANE. V-CUT TO FILL.

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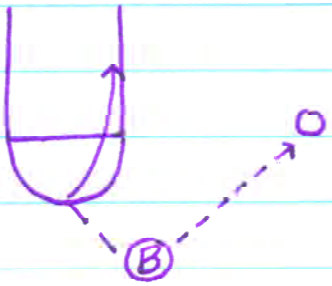
SEVEN CUT



TAKE ABOUT TWO STEPS (MIDSTRIDE)
PIVOT ON INSIDE FOOT (HARD)
GET ACROSS DEFENSIVE PLAYERS FACE
CUT TO HOOP (HARD, SLOW IN TARGET)

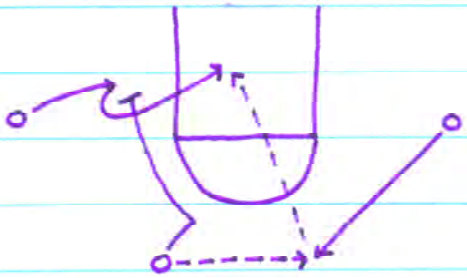
SETTING PICKS

1) BE LOW
2) BE WIDE
3) BE BIG
4) BE A PAIN IN THE ASS

ALWAYS LOCATE THE MAN YOU ARE GOING TO SCREEN FOR WITH YOUR EYES.
SCREENER ALWAYS SPACES

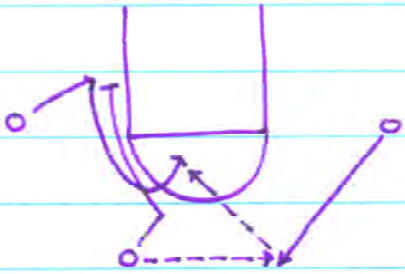
TWO METHODS OF COMING OFF SCREENS

TIGHT CURL



1) HIGH HANDS
2) DEVELOP RUNNING HOOK TO DOMINANT HAND.

HORNACEK CURL



1) ~~HIGH HANDS~~ HAND TARGET
2) SHOULDER OVER TOE TO SQUARE

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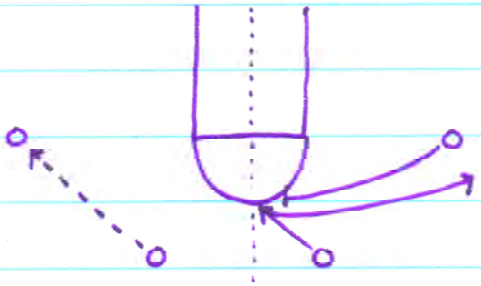
REWARD THE SCREENER IN ALL BREAK DOWN DRILLS.
YOU WILL HAVE 3 OR 4 BALLS GOING

"IF YOU DON'T KNOW WHAT YOU ARE, I'M GOING TO TELL YOU WHAT YOU ARE."

FLARE CUT

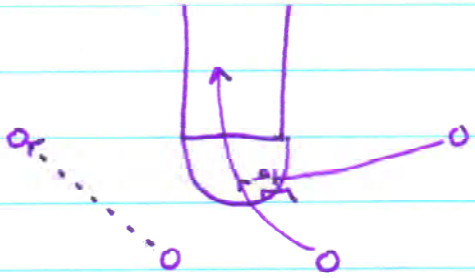
BEST PLAYER AT THE ELBOW ALWAYS GETS A FLARE



TAKE CUT TO MID POINT LINE

IF DEFENSE STARTS TO READ SCREEN AND GOES OVER TOP OF SCREEN: DIVE!

SCREENER PIN



IF DEFENSE STARTS TO READ SCREEN AND GOES UNDER THE SCREEN: FADE!

SCREENER PIN!

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PLAY 4 ON 4 NO POST UP

MAKE USE OF TIGHT CUT

HORNACEK CUT

BACK CUT

SEVEN CUT

FLARE CUT

POST PLAY

CENTER ALWAYS AT MID POST.

1) WALK THEM UP
2) SEAL ON BALL REVERSAL

HEAD REMAINS AT A CONSTANT HEIGHT

- LOW BODY
- BALANCE
- BASE OF SUPPORT.

A TEAM THAT SWITCHES

TO BEAT THEM

1. DIVE
2. POP
3. PASS

SMALL OFF A BIG - STRETCH OUT, DRIVE THE MISMATCH

BIG OFF A SMALL - TIGHT CURL TO POST, LOOK LOB.

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THREE REASONS TO DRIBBLE

1. TO ACQUIRE BALANCE
2. BREAK 6 SECOND COUNT
3. MAKE THE DRIBBLE TAKE YOU SOMEWHERE

THREE DEFENSIVE POSITIONS

1. DENIAL
2. HELP
3. ON THE BALL

FILM PRACTICE. FILM NBA GAMES. USE FILM!