

## **“Zone Offense Clinic”**

Coach Richard Williams – Former Mississippi State Head Coach

### **I. Coach Williams**

- a. Feels like he is a high school coach at heart
- b. Has coached against some great youth and high school coaches
- c. His break in coaching
  - i. Happened with Bob Boyd to become a Mississippi State Assistant
- d. Coaching with the 24 second shot clock changed his philosophy of coaching

### **II. Philosophy/Beliefs/Things That Help Win Games**

- a. **Coaching is about responsibility and accountability**
  - i. Tell players what they are responsible for on court and hold them accountable for that
  - ii. Start of Practice – Running Lines called “Lengths”
    1. 30 sec – 5 times down & back
    2. Responsibility – run in a straight line, not a snake line, and touch lines on each end
    3. “If you don’t do what you are told to do we will hold you accountable”
    4. Stop-Start Over
    5. Keep doing it until they did it
    6. Reinforce emphasis all the time
    7. Listening to Coach
    8. At start of year – 5 sets of lengths
- b. **Get back and take away easy baskets – A Must!!!**
  - i. If you never practice it, why do you say it
- c. **Contest ALL shots**
- d. **Limit 2<sup>nd</sup> Shot Opportunities**
  - i. Don’t give the opponent 2<sup>nd</sup> shot opportunities
  - ii. Practice blocking out
  - iii. “We don’t block out – we turn & go get it” – John Wooden
  - iv. Never coached a team where he felt he had the best players in the league
  - v. Taught block out everyday
- e. **Get Good Shots**

### **III. Good Offense**

- a. **Ball Movement**
  - i. Dribble the ball or Pass the ball
  - ii. Worked on passing almost every day when practice started
  - iii. The whole team did fundamental drills
  - iv. Fundamental Passing Drills
    1. 2 on 0 Passing
      - a. Players about 15 feet apart
      - b. 45 sec everyday
      - c. Chest – catch w/ feet in air, pass w/ feet on floor
      - d. Fake a Pass to Make a Pass
      - e. Shot Fake to Pass
    2. 2 on 1 Passing
      - a. Players about 15 feet apart – groups of 3

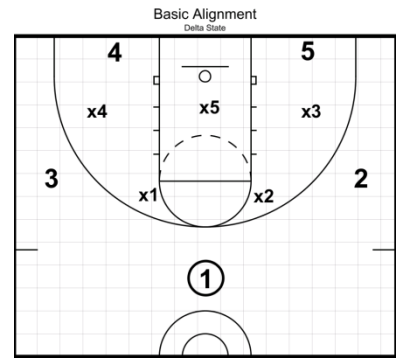
- b. Pass, follow pass, closeout
    - 3. Post Feed Drills
      - a. Do you practice throwing the ball to the post?
  - b. **Player Movement**
    - i. Cut, Screen, Replace Yourself
  - c. **Shot Selection**
    - i. Hardest thing to teach
    - ii. Every player doesn't get to shoot from same places
    - iii. You must be able to define roles as a head coach
      - 1. Role definition is different for player & coach
    - iv. Ex: Final Four Team talking about toughest guy he coached and his process of getting him to take the shots that the head coach wanted
    - v. "Here's what you are shooting from places you want to shoot from"
      - 1. Either:
        - a. You are a bad shooter
        - b. You are taking bad shots
      - 2. Players will always choose the 2<sup>nd</sup> one
    - vi. Your job as a head coach to define the shots that each player is allowed to take

**IV. You must be willing to coach the best player hard**

- a. If you do that, won't have issues with the rest of the players
- b. Ex: Daryl Wilson
  - i. Today I'm going to coach you hard, "Ok Coach" – that's the kind of guy you want on your team
  - ii. Shot Clock changes good shot / must teach time & score

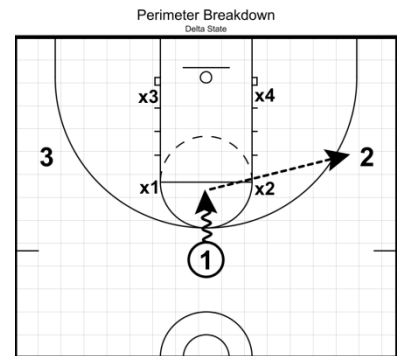
**V. Base Offense vs. 2-3 Zones**

- a. Position Players (perimeter) in Gaps of Zone (1-2-2 Alignment)
- b. Post Position is behind the zone
- c. Might start perimeter players way out high at times to get zone to move
- d. Will not beat good zones on 1<sup>st</sup> Side – REVERSE THE BALL!
  - i. On reversal – drive the ball into gaps
- e. To start – attack a gap
- f. Position yourself in a gap – make them make a decision
  - i. If possible, try to drive it into a gap



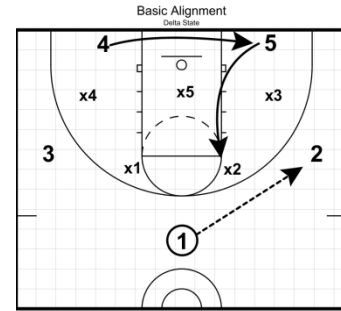
**VI. 3 against 4**

- a. Teaching Points
  - i. Drive hard into a Gap
  - ii. On penetration:
    - 1. 2 Hard Dribbles
    - 2. Pick Up
    - 3. Shot or Pitch
  - iii. Cannot drive the ball baseline
  - iv. Players without the ball – get where the ball can see you
  - v. Goal – Trying to get bottom defender to guard you
  - vi. Teach Down – Ready to Shoot
  - vii. Likes to teach 1-2 Step to step into shot against zone
  - viii. Working to get a shot against 4 zone defenders



## VII. Basic Movement

- a. On pass to wing:
  - i. Ball side post moves up lane line
  - ii. Opposite post moves to ball side short corner
  - iii. THE SHORT CORNER IS:
    1.  $\frac{1}{2}$  Way Between Corner and Goal



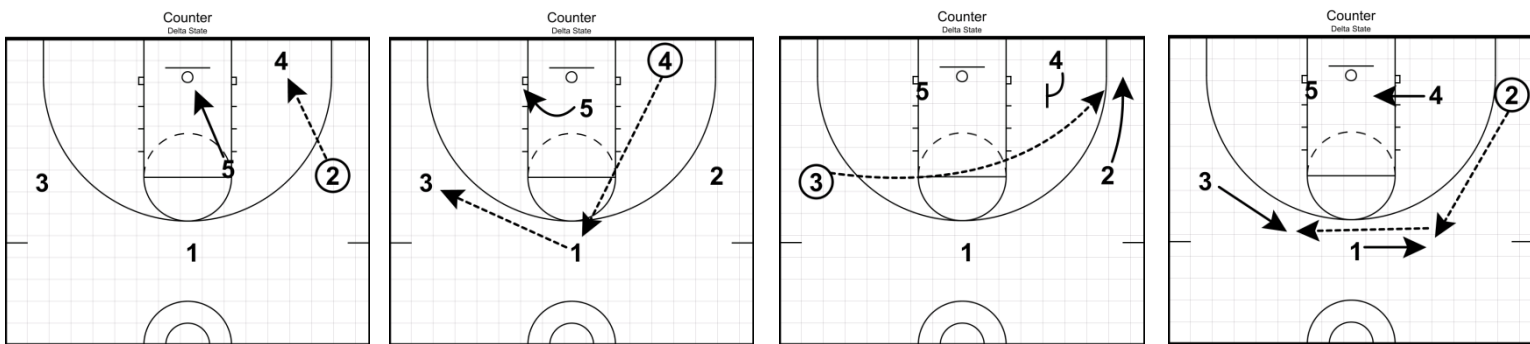
\*\*\*Reemphasized that SHOT SELECTION is your job as the coach. It comes down to whether the players can or can't.

**Teaching Point:** If one post has the ball, the other post gets to the front of the rim (get to an open area in front of the rim)

\*\*Believes you have to throw the ball inside!!!

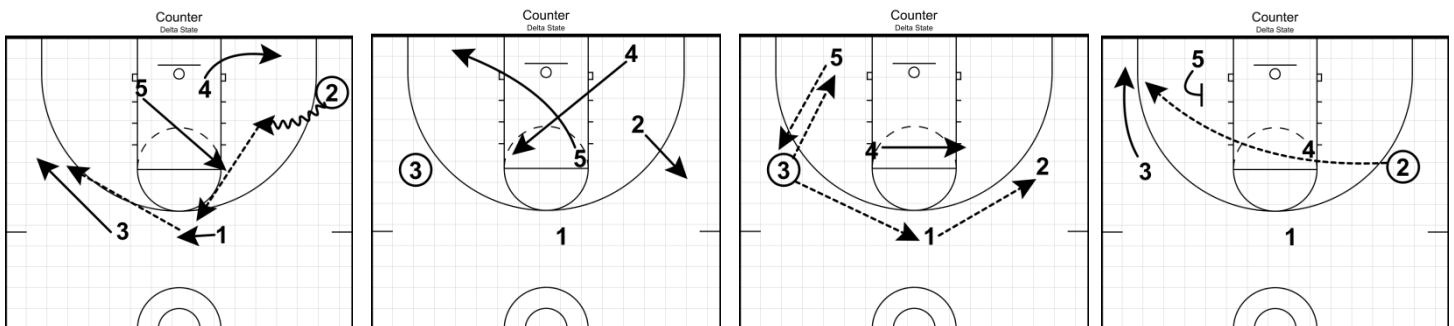
## VIII. "Counter" - anytime ball is in short corner

- a. Anytime ball is in short corner, "Counter" action is used
- b. Will screen back/front/middle of zone
- c. 1 & 3 can take hard dribbles, but especially 3 before skipping back to shooter
- d. If 4's defender tries to go out baseline or over the top, reverse pivot into him
- e. If 4's defender cheats to the top of the screen, "SEAL NEXT MAN"
- f. On Skip - Look through the screen in counter



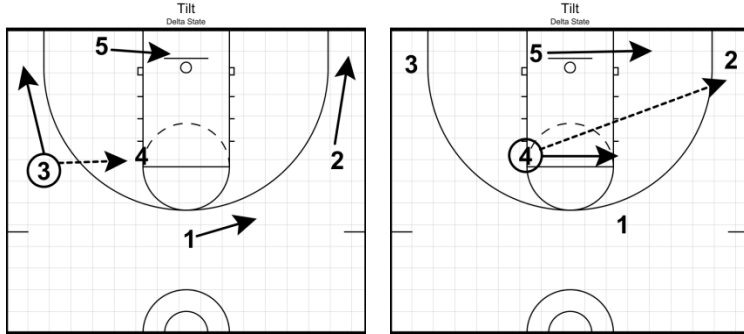
\*\*Last frame is another possible shot on reversal

If 2 drives the gap:



**IX. "Tilt" – anytime ball is in the high post**

- a. Post partner gets to rim
- b. Wings flatten out
- c. Point relocates opposite the ball
- d. Baseline of zone is outnumbered
- e. \*\*Best receiver is wing opposite ball
- f. High Post should look low than opposite

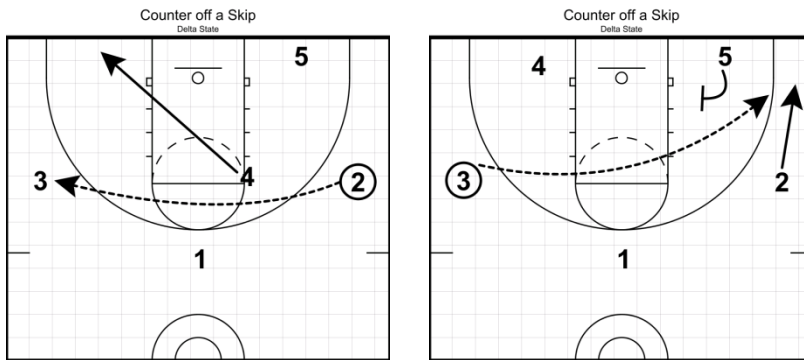


**X. During a timeout:**

- a. Coach might say "Look for Counter"

**XI. General Thoughts about Zone Offense Presented**

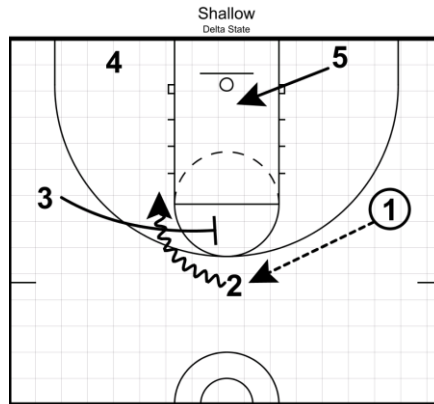
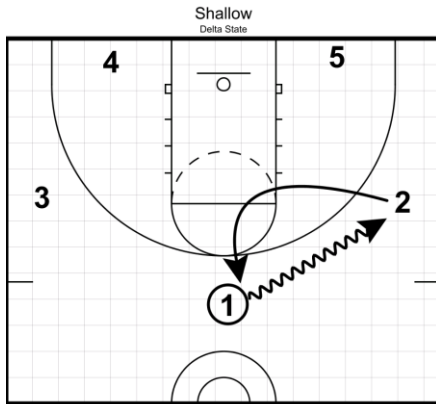
- a. Remember that if a player passes to short corner, that player will be receiving a screen to get a shot
- b. Bigs forget to go set a screen
- c. "SEAL NEXT MAN"
- d. 1 Wing Skip gets a 2<sup>nd</sup> Wing Skip
- e. Shooters looking to skip (now in counter)
- f. In counter – might have to take a dribble to skip it



## XII. Specials

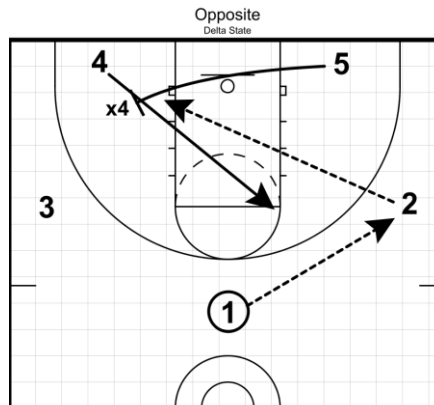
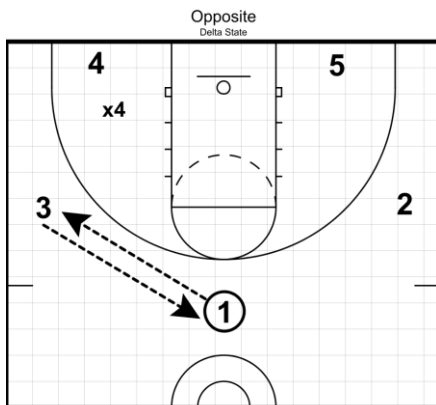
### a. Shallow

- i. 2 is best shooter, 4 is best post shooter
- ii. 5 gets to rim as soon as 2 comes off screen (must occupy middle man)
- iii. Shot for either 2 or 4



### b. Opposite

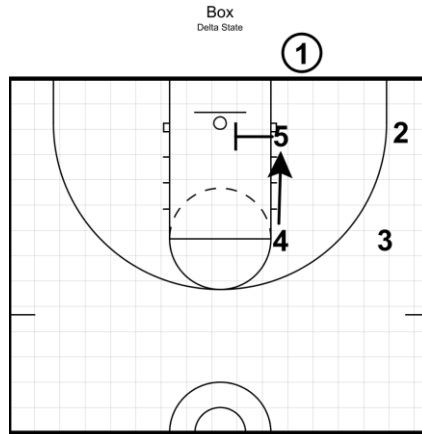
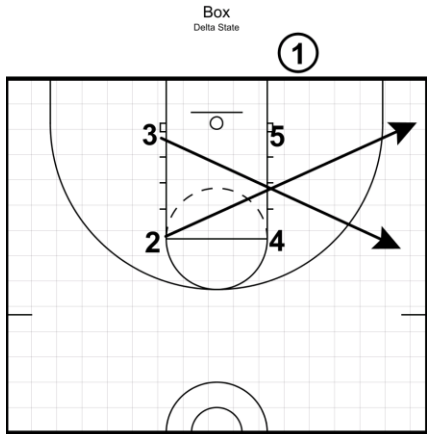
- i. There is a bad zone defender on every team
- ii. Must identify who the worst backline defender is
- iii. 4 must make worst zone defender get wider to start
- iv. As ball is in air from point to wing, 4 flashes calling for the ball and 5 seals worst defender
- v. If ball gets passed to 4, are now in "Tilt"



### XIII. 2 Things Coach Williams Really Likes

#### a. BLOB

- i. 2 is best shooter, 3 is 2<sup>nd</sup> best shooter
- ii. As soon as referee hands player the ball, that signals them to go
- iii. Inbounder must read top defender
- iv. 3 leaves first, 2 goes right off his tail
- v. Inbounder may need to ball fake in order to pass to an open guy



#### b. Last Shot

- i. In catch, 1 must dribble away
- ii. 4 and 5 set screens for 2 to get a shot

