

SPRING 94

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I. PHILOSOPHY

"WE WORK ON SHOOTING, I FEEL, MORE THAN ANY TEAM IN THE COUNTRY AND IT'S STILL NOT ENOUGH."

"OUR FEELING; WHAT WE HAVE TOLD OUR KIDS OVER AND OVER AND OVER IS THAT: IF YOU'RE GOING TO SHOOT IT, YOU'RE GOING TO MAKE IT!"

"WE ARE A POOR OFFENSIVE REBOUNDING TEAM BECAUSE WE CONCENTRATE ON SHOOTING AND WE'RE A PRETTY GOOD SHOOTING TEAM."

"WE SPEND 20% OF OUR PRACTICE TIME ON DEFENSE — THIS REALLY DOESN'T SEEM RIGHT BECAUSE WE HAVE A REPUTATION AS A GOOD DEFENSIVE TEAM AND WE ARE. THEREFORE PEOPLE THINK WE SPEND ALL OF OUR TIME ON DEFENSE."

"EVERYTHING, EVERYTHING THAT WE DO IS INDIVIDUAL; WE'RE ALL DIFFERENT AND THAT'S HOW WE TREAT THEM, AS INDIVIDUALS."

"OUR EMPHASIS IS ON SHOOTING, PASSING, AND DRIBBLING — WE CONCENTRATE ON THE BASIC OFFENSIVE FUNDAMENTALS AND WE RECRUIT KIDS WHO HAVE THESE SKILLS."

"I THINK THAT IT IS VERY IMPORTANT THAT YOU AS THE COACH DECIDE HOW YOU WANT TO WIN AND HOW"

"YOU WILL LOSE" FOR EXAMPLE, DEFENSIVELY: WE WILL NOT BE BEATEN ON THE FASTBREAK, WITH OFFENSIVE REBOUNDS, DRIVING UP-UPS — YOU WILL HAVE TO BEAT US WITH YOUR WORST PERIMETER SHOOTERS KNOCKING DOWN JUMP SHOTS."

"WE ARE THE ONLY ONES WHO CAN STOP OUR OFFENSE, NOT THE WICKS, THE BULLS, OR THE HOOSIERS — ONLY US, ONLY EVANSVILLE CAN STOP EVANSVILLE."

"WE ARE VERY POSITIVE WITH OUR KIDS — EVEN WHEN WE'RE TRYING TO MAKE A NEGATIVE POINT WE WILL DO IT IN A POSITIVE WAY. WE REALLY FEEL THAT WE CAN BEAT ANYBODY IN THE COUNTRY. (MOST COACHES FEEL THAT THEY ARE COMPETITORS) BUT THEIR IDEA OF COMPETING IS GETTING A 15' YARD HEAD START IN A 50 YARD SPRINT."

II. MOTION OFFENSE

- I NEVER MAKE COMPARISONS TO INDIANA, I WANT OUR KIDS TO THINK THAT EVANSVILLE IS THE BEST PLACE TO PLAY — PERIOD.
- ALL DRILLS, SHOOTING, COTTING, PASSING ARE A PART OF OUR OFFENSE IN REGARDS TO MOVEMENT.
- SPEND 80% OF OUR TIME ON OFFENSE IN PRACTICE.

A. TEACHING POINTS

* IF YOU DOWN SCREEN (GWS & SHOOTERS) POP-OUT AFTER HOLDING SCREEN FOR ONE COUNT TO THREE POINT LINE READY TO RECEIVE PASS FOR SHOT. SPACING.

* EVERY TIME WE MAKE A TIGHT-CUT (CURL) OFF A DOWN SCREEN WE WANT TO MAKE A BOUNCE PASS TO THE CUTTER.

* WE LIKE TO HAVE A "TWO GUARD FRONT" AT THE TOP AT ALL TIMES FOR SPACING PURPOSES. (OUR PAIRS)

* IF YOU CUT AND DO NOT RECEIVE THE BALL: WIDE-OUT FOR SPACING OR GO ~~TO~~ SCREEN — DO NOT STAND — DO NOT CONGEST LANE.

* WE DO NOT WANT TO CATCH THE BALL AT 15'-16' IF WE DO NOT HAVE A SHOT, POP-OUT/WIDE-OUT TO THREE POINT LINE TO RECEIVE BALL.

* THE BASELINE, OPPOSITE LANE LINE, AND KEY AREAS ARE ALL MAGNETS — WE WANT TO STAY AWAY FROM THESE AREAS TO CREATE SPACING.

* TO AVOID LANE MAGNET & TO CREATE SPACING; WE WILL TELL THE PLAYER OCCUPYING THE REVERSE SIDE TO STEP OFF THE LANE AND LOOK FOR SKIP PASS AND SHOT IF DEFENDER REMAINS IN HELP. CREATES SPACING FOR CROSS SCREEN AND TAKES AWAY HELPSIDE. MINDSET OF A POSSIBLE SHOT OPPORTUNITY WILL SERVE AS INCENTIVE FOR POST TO GET OFF THE LANE.

* BALL REVERSAL CREATES SPACING, WE LIKE TO REVERSE IT (PASS OR DRIbble) FROM GUARD TO GUARD TO INITIATE OFFENSE.

* WE WANT OUR POST TO STRADDLE THE BLOCK, OUR PERIMETER OUTSIDE THE THREE POINT LINE, AND OUR MOTION LINE IS 2-3 STEPS LOWER THAN INDIANA'S

* WHEN CUTTING & SCREENING: IF YOU DON'T KNOW WHAT TO DO -
THEN REPOUCE CUT

* WE LIKE TO GIVE THE DEFENSE THE THREAT OF THE LOB, WE WILL RUN A
COUPLE OF LOB PINS; THIS STRETCHES THE DEFENSE - SAME AS BACK CUT.

* I LIKE THIS RESTRICTION: WE CANNOT SHOOT UNTIL 7 GOOD SCREENS (CAN
BE SCREEN SPECIFIC) HAVE BEEN EXECUTED AND I COUNT THEM OUT.

* I THINK YOU NEED AT LEAST THREE GUYS ON THE FLOOR WHO CAN
SCORE.

* UPON RECEIVING THE BALL: WE WANT TO SQUARE-UP AND SWEEP THE
BALL TO CREATE SHOT, SWEEP & DRIVE, SHOT FAKE AND DRIVE, SWEEP AND
PASS.

OFFENSE IS A CAT & MOUSE GAME, WE MUST MAKE THE DEFENSE
THINK THAT WE'RE DOING ONE THING AND THEN DO SOMETHING ELSE.

* WE OPERATE OUR OFFENSE WITH A 5 PASS MENTALITY; HOWEVER, IF
YOU'RE A SHOOTER AND YOU RECEIVE YOUR SHOT INSIDE 5 PASSES WE WANT
YOU TO SHOOT IT. I WANT OUR TEAMS TO SHOOT 50%+ FROM 16'+.

* THE PASSER MUST ALSO READ OUR CUTTER AND THE DEFENDER, IT IS HIS
RESPONSIBILITY TO DELIVER THE PASS ON A PUTTER.

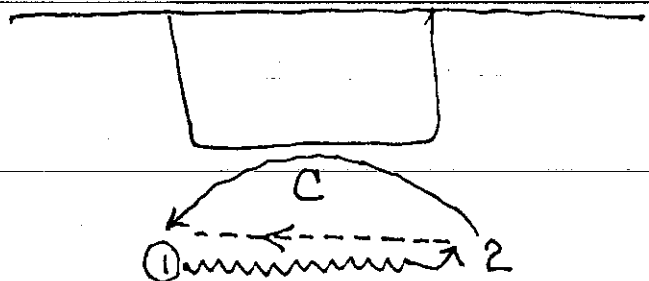
B. DRILLS

- 2/0 SHALLOW CUT 6D TO 6D

TP: CUTTER MUST GO BEHIND COACH

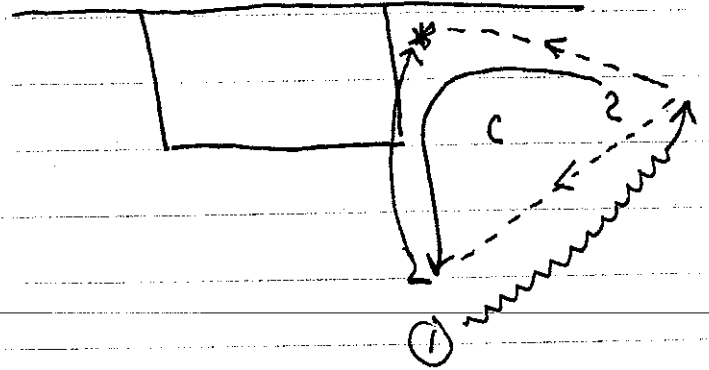
PASSER MUST "SWEEP & SNAP THE PASS"

RECEIVER MUST CATCH & "SWEEP-IT"



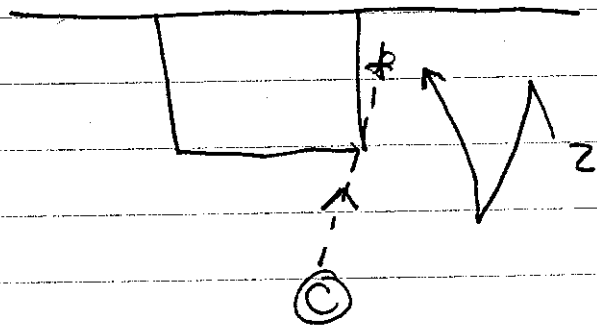
* 2/0 SHALLOW CUT: G/F

TP: CUTTER MUST READ COACH, IF HE TURNS HIS HEAD AWAY FROM THE BALL ^{OR MAN} THEN PLANT TOP FOOT AND CUT BACK DOOR — IF DEF SEE'S BOTH CONTINUE TO TOP & SWEEP-IT.



* 1/0 V-CUT & BK DOOR @ WING

TP: SQUARE SHOULDERS TO PASSER & BACK CUT BY "TURNING SHOULDERS" AND PLANTING OUTSIDE FOOT TO ACCELERATE CUT.



1/0 V-CUT & SWEEP TO DRIVE

TP: SWEEP AND DRIVE TO SCORE WITH ONE DRIBBLE MAX — MUST EXTEND AND GO HIP TO HIP PAST DEFENDER. "SWEEP" BALL BY TAKING IT BELOW KNEE CAPS.

* 3/0 INSIDE CUT & DOWNSCREEN

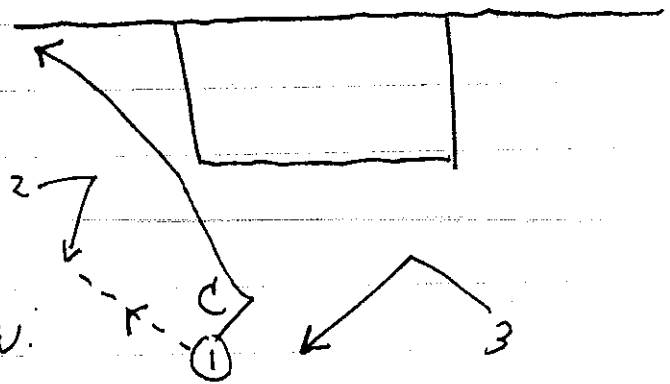
TP: PLACE COACH ON BALL HANDLER FORCING HIM TO MAKE A READ TO SETUP INSIDE CUT.

- SOMETIMES COACH WILL GO WITH CUT & NOW DEF. MUST READ IN CUTTING OFF SCREEN.

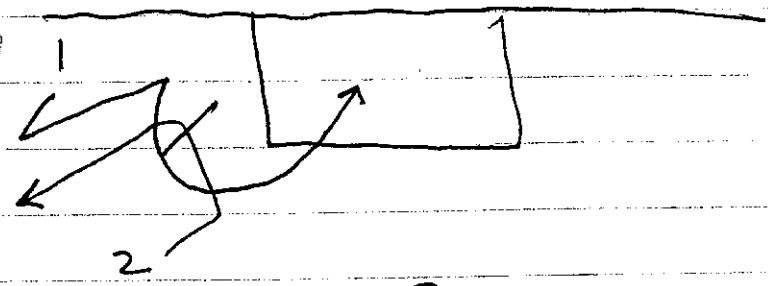
- BOUNCE PASS ON EVERY TIGHT-CUT.

- EVERYTIME WE CATCH THE BALL WE SQUARE-UP AND SWEEP-IT.

- WANT THE FORWARD TO CATCH-IT AS HIGH AND LOW AS POSSIBLE.



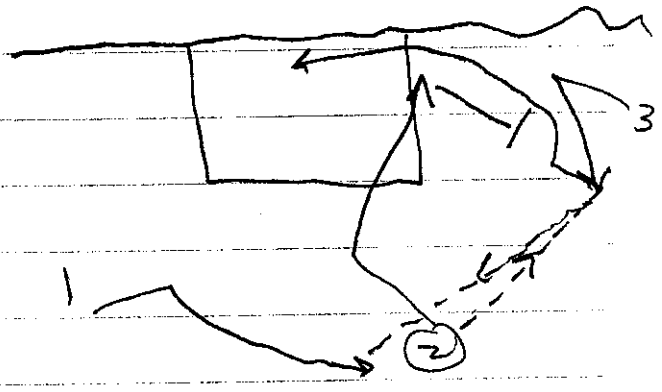
- OUR SCREENER IS THE SECOND CUTTER;
DO NOT BECOME A "DUMMY-MUMMY";
POP-OUT TO THREE PT. LINE TO
CREATE SPACING OR SHOT.



- MUST GET PLAYERS TO USE IMAGINATION. (3)
- KEY POINTS IN RECEIVING THE BALL:
 - 1) TURN YOUR FEET TO SET-UP SHOT
 - 2) STEP-IN & SHOOT
 - 3) STEP-IN & SHOT/FAKE DRIVE.
 - 4) SWEEP-IT AND DRIVE.

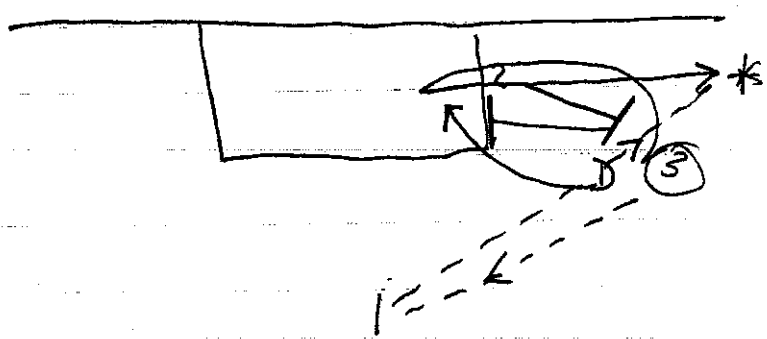
* 3/0 INSIDE CUT-TIGHT AND BACK SCREEN.

TP: INSIDE CUT IS MAKE TIGHT TO LANE (BASKET CUT)
- ANY TIME DEF. GOES OVER THE TOP IT'S A
RE-SCREEN SITUATION.
- WAIT ON SCREEN
- MAKE INSIDE CUT HARD, GET THERE



* 3/0 INSIDE CUT-TIGHT & RE-SCREEN; ADD RE-SCREEN

TP: - ANY TIME THAT THE DEF GOES
OVER THE TOP IT'S AN AUTOMATIC
RE-SCREEN.
- TURN & NAIL THE CUTTER'S DEFENSE.



* ADD "DECAY DRIBBLE" TO BRING BALL
BACK TO CUTTER

TP: MAKE DEF THINK THAT
WE'RE TAKING THE BALL
AWAY & THEN BRING IT BACK.

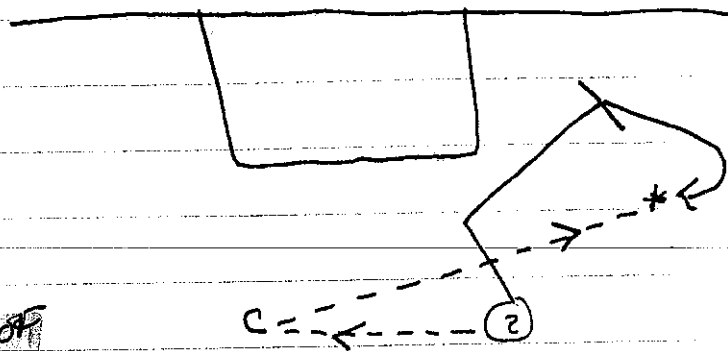


* 1/0 SCREEN SHOOTING - DOWN SCREEN

TP: - HOLD SCREEN FOR A 1-COUNT &
POP-OUT HARD TO THREE POINT
LINE (OR SHOOTING RANGE).

- TO SET-UP SHOT: TURN FEET
AND BACK INTO SHOT ON POP-OUT.

- SHOT: KEEP SHOULDERS IN FRONT OF
YOUR FEET AND HAVE HANDS
READY TO CATCH



* CAN ADD CATCH-SWEEP-AND DRIVE, OR PASSER TO TEACH (REG) DRIBBLE.
- 1 DRIBBLE MAXIMUM AND EXPLODE TO BASKET.

* UTILIZE THIS DRILL WITH ALL OF OUR SCREENS: WANT OUR PLAYERS TO KNOW THAT
THE SCREENER CAN SCORE & HOW.

* 4/4 TEACHING POINTS

- SLOW-IT DOWN & MOVE WITH A PURPOSE.

- CUTTOR MUST FOCUS ON DEFENDER.

→ IF BALL GOES TO A SIDE: WE WANT TO REVERSE-IT
AND LOOK TO DOWN SCREEN.

- IF YOU DO NOT KNOW WHAT TO DO - REPLACE CUT.

- 2 CRITICAL KEYS: ① TAKE GOOD SHOTS

② DONOT TURN THE BALL OVER.

WE CAN MAKE A MISTAKE IN OUR POSITION, CUTTING, SPACING, ETC.

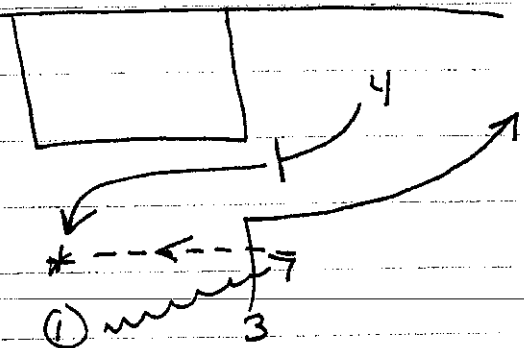
BUT AS LONG AS WE CAN FOLLOW THESE TWO KEYS WE WILL BE OK.

* 1/0 SHOOTING OFF CHAIR W/ MANAGER

- GOOD INDIVIDUAL DEVELOPMENT DRILL. CHAIR IS SCREENER, BACK IS PASSER,
AND MANAGER IS DEFENDER (3/4 SPEED FOR MANAGER). PLAYER MUST REB AND CUT FOR SHOT.

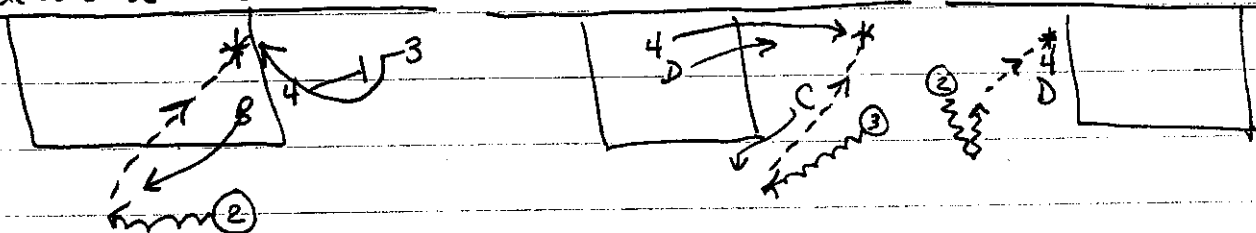
* 3/0 FLARE REVERSE

- TP: - EXCELLENT WAY TO SET-UP SHOT FOR SCREENWAL.
 - REVERSES BASKET BALL
 SETS UP FLARE OR DOWN SCREEN WITH PASSER.



* USE OF "DECOY DRIBBLE"

DECOY DRIBBLE - DRAWS DEFENDER OUT OF PASSING LANE AND TO SET-UP PASS INTO THE POST.

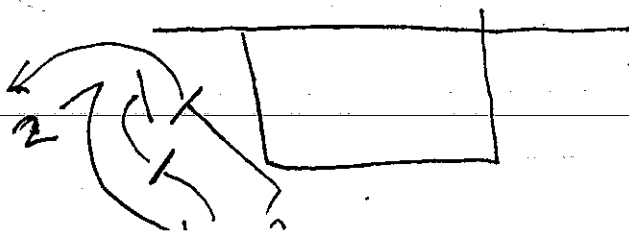


⇒ CAN ADD A PASSER TO SET-UP DECOY DRIBBLE IN SCREEN SHOOTING DRILLS.

C. METHODS OF INITIATING THE OFFENSE

* WE DO NOT CALL THEM ENTRIES, BUT RATHER EMPHASIS.

EX: DOUBLES - WE WANT DOUBLE SCREENS TO INITIATE OFFENSIVE SERIES, WILL GO ONE STEP FURTHER AND SPECIFY SCREEN.

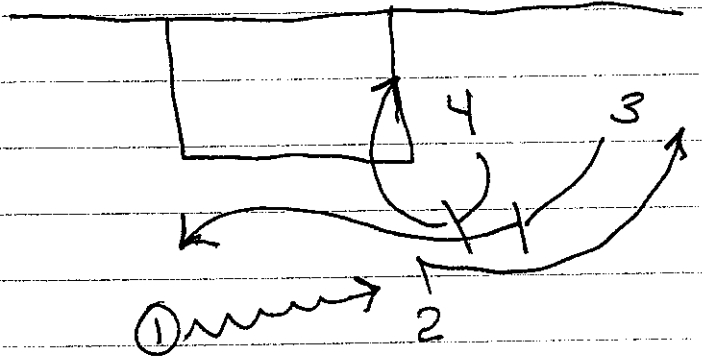


TP: WITH DOUBLE SCREEN WE ALWAYS WANT TO FOLLOW THRU WITH SECOND ACTION. DRIBBLE 4 SCREENS - IN FOR 3 WHO IS A SHOOTER.

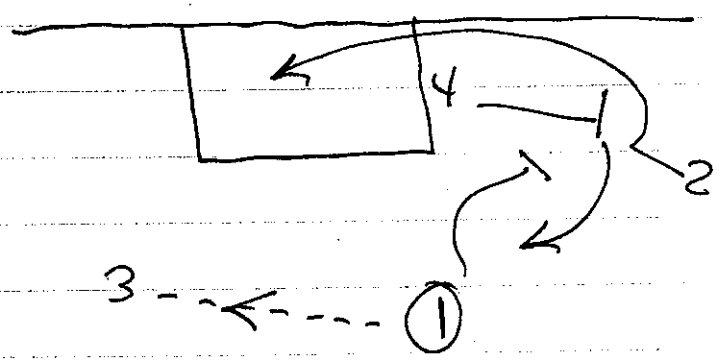
- * WILL CALL "SMALL ON BIG", WHICH INDICATES THAT WE WANT OUR GDS SCREERING FOR OUR POST PLAYERS.
- * SHALLOW CUTS - INITIATE WITH SHALLOW CUTS.

- GREAT MOTION OFFENSE TEACHING POINT - YOU AS THE HEAD COACH CAN BREAK ANY RULE OR PRINCIPLE THAT YOU CHOOSE TO.

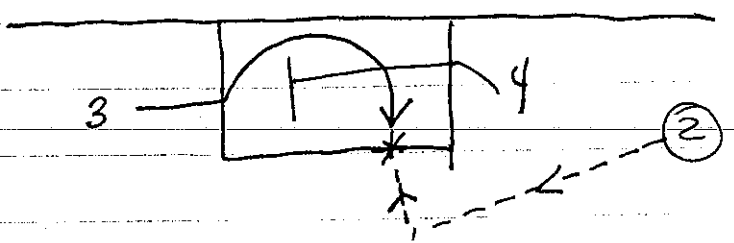
- * DOUBLE-FLARE SCREENS
 TP: BOTTOM SCREENER PIVOTS AND ROLLS TO BASKET, TOP SCREENER (PERIMETER) REVERSES TO TOP.



- * COULD RESULT IN REVERSE AND BACK SCREEN / DOWNSCREEN.
 "SECOND ACTION" - WE ALWAYS WANT KIDS THINKING OF SECOND ACTION.



- * WE DO LIKE TO CROSS SCREEN IN POST AREA WITH BALL ON TOP OR AS BALL IS BEING REVERSED TO TOP. CUTTER MUST CALL TO THE BALL IF IT IS ON TOP.



ID. ALIGNMENTS

* MOST DETERMINE WHO OUR SCREENERS AND CUTTERS ARE —
THEY NEED TO KNOW WHO THEIR SCREENING FOR.

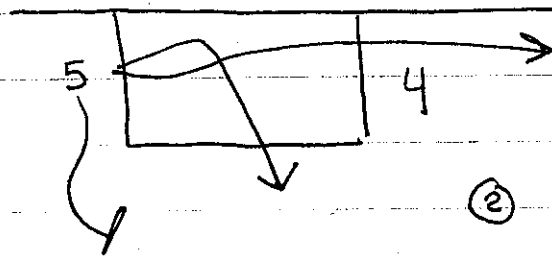
* TRIANGLE & POST EXCHANGE ARE SHORT TERM
ALIGNMENTS 5-10 MIN. MAX. LIKE REGULAR OR 5-MIN
MOTION AS PRIMARY ALIGNMENTS.

1. POST EXCHANGE

TP: - WANT OUR POST TO START HI-LO, STACK, OR BOTH.
@ ELBOWS. DO NOT WANT TO START BOTH ON
BLOCKS.

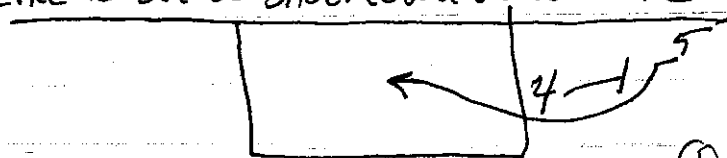
- KEEP OPPOSITE POST OPEN, CREATES HI-LO

EX:



* # 5 SHOULD NOT BE ON
OPPOSITE BLOCK — SHOULD
CUT SHORT COVER, FLASH
HI, OR FARE SCREEN.

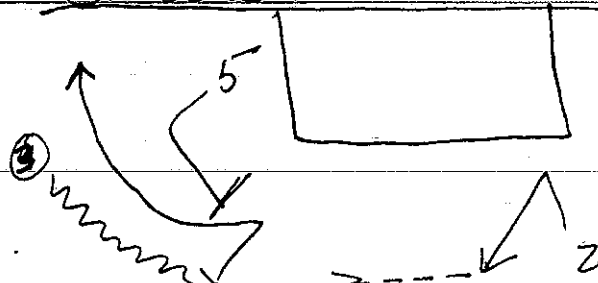
- LIKE TO SCREEN SHORT COVER ON REVERSAL



* SECOND ACTION

I LIKE THIS

- DRIBBLE FLARE



* GREAT MOVE TO GET
SHOOTER OPEN — WE MAY
DO IT EVERYTIME HE CUTS
ON THE ELBOW.

2. POST EXCHANGE WITH A RUNNER (SAME AS OUR TRIANGLE WITH (Command))

TP: - RUNNER IS PREFERABLY A BIG GUY WHO CAN HANDLE AND SCORE / SHOOTER (MAITZY SIMMONS) - SOMETIMES TO GIVE A DIFFERENT LOOK WE WILL ALLOW THE RUNNER TO BRING THE BALL UP THE COURT.

- OUR POST CAN SCREEN FOR THE RUNNER & OUR GUARDS CAN SCREEN FOR HIM - I LIKE TO USE THE "RUNNER" CONCEPT TO KEEP TWO GDS ON TOP.

III. DEFENSE

* ONLY WORK ON DEFENSE 20% OF TIME.

* MUST DETERMINE HOW YOU WILL LOSE - NO FB, NO CAY-UPS, NO OFFERS - WANT THEIR WORST PERIMETER SHOOTERS SHOOTING PERIMETER SHOTS - OUR DEFENSE IS POSITIONING.

* MUST FIND SOMEONE NOT TO GUARD.

* BASIC DEFENSIVE APPROACH:

- DEFENDERS IN NORMAL GDING & HELP POSITIONING ON TWO PERIMETER SCORERS.

- DEFENDER (MONSTER MAN) THAT WILL DEFEND NON-SCORER ON PERIMETER -

WILL UTILIZE TO HELP ON POST (TRAP) ON PERIMETER DRIVE. PERIMETER DEFENDERS WILL FORCE DRIBBLE TO MIDDLE OF FLOOR AS MONSTER MAN WILL BE THERE TO HELP.

- POST DEFENSE STARTS @ ELBOW - WILL TAKE OFFENSIVE POST HEAD-ON, FORCE HIM TO CUT BEHIND $\frac{1}{2}$ WILL FRONT A MAP - HOWEVER, ONCE THEY GET IN FRONT WE WILL STAY BEHIND AND TAKE AWAY ANGLES TO SCORE. CANNOT GIVE THEM SPACE

TP: IF WE HAVE OUR CHOICE WE HAVE OUR 2ND DEF IN POST GD THEIR BEST OFFENSIVE POST - HE IS OUR SITTER - HE WILL SIT ON THEIR POST 100% OF TIME.

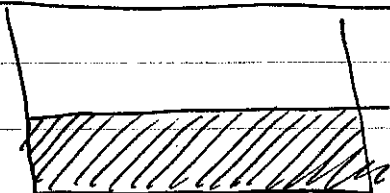
OUR OTHER POST IS OUR "GOALIE" - HE IS NOT GOING THEIR BEST OFF PLAYER, THEREFORE HE SHOULD BE IN POSITION TO GIVE HELP ON BEST POST PLAYER - HIS MAIN RESPONSIBILITY IS TO HELP - GO TO POST IF HE CATCHES IT AND "POST TRAP!"

KEEP HANDS-UP, WANT OFFICIALS TO SEE BOTH HANDS-UP.

* WE WILL SWITCH HI-CUT ON POST TO POST CROSS SCREENS.

* DO NOT GIVE THE OFFENSIVE PLAYER THE BLOCK - THIS IS YOUR SPACE.

* PLAY BEHIND POST IN SHADED AREA (ABOVE MOTION LINE)
TOO EASY TO BE PINNED OR SEALED IF ATTEMPTING TO FRONT HERE.



* RECOVERY: WE EMPHASIZE TO OUR PLAYERS THAT THEY ONLY HAVE TO RECOVER (HARD & SHORT) TO 16' TO CONTEST THE THREE POINT SHOT.

* "AIR-TIGHT TRAP" - DO NOT LET THE BALL OUT (POST TRAP), DEFENSE TAKES AWAY STRONG SHOULDER (FROM BEHIND) AND THE TRAPPER PREVENTS PASS FROM GETTING OUT.

* DEFENSIVE ROTATION DOWN: WHEN WE ARE FORCED TO ROTATE DOWN WE DO SO TO BLOCK-OUT - WE ROTATE TO A BLOCKOUT POSITION.

* FOULS ARE A NEGATIVE - WE ABSOLUTELY DO NOT WANT TO FOUL. OUR GOAL IS TO MAKE MORE FT'S THAN OUR OPPONENT ATTEMPTS.