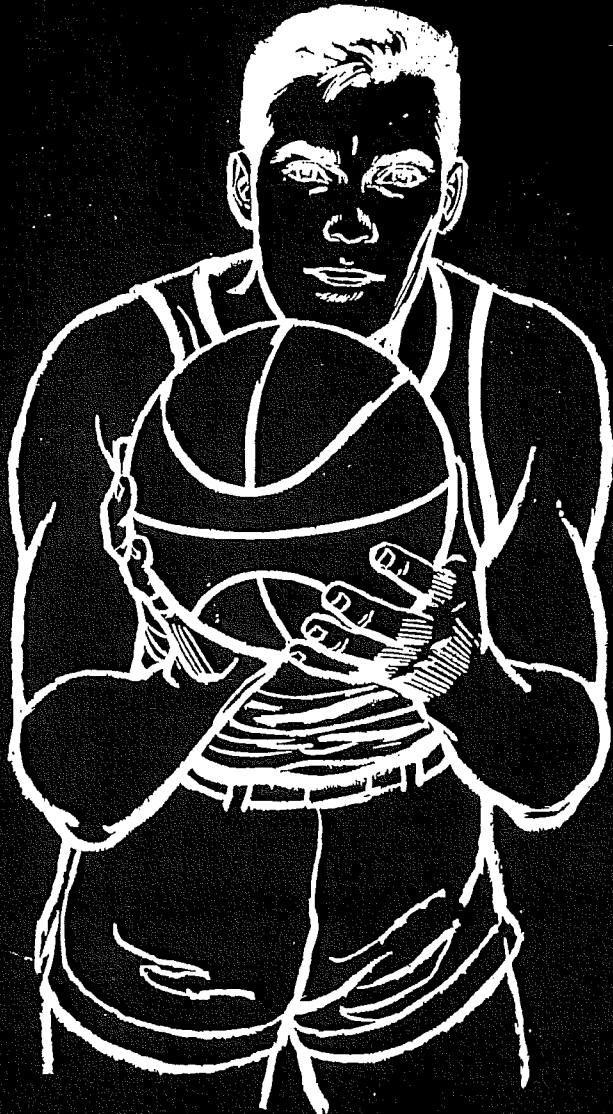


**MEMORIAL**

**HIGH**

**SCHOOL**



**BASKETBALL**

## ACKNOWLEDGEMENTS

Most of the material found in this book is my own. However there is some material taken from other coaches.

I wish to give credit to a man named Paul Mark. I have never met the man, but I wish I had. I admire his thinking, and that is why I chose to use some of his thoughts. Mr. Mark has coached at White Bear Lake High School in Minnesota.

I also wish to credit all of the coaches who directly or indirectly have influenced me. I particularly wish to credit Mr. Don Colbert of Waupaca, Wisconsin. In addition to being one of my very closest friends and influences, I consider him to be one of the finest coaches anywhere. He and I, at great length, have hashed over virtually everything that appears in this book.

A big thanks goes to Mrs. Jan Reabe for the typing and preparation of this booklet as well as last years'. Thanks also, to Mrs. Cockson's Machine Calculation Class for running off the materials. Mr. Dennis Opdahl and his printing class are responsible for the cover and the assembling of the booklet.

Lastly, I wish to credit the people who have really made it possible for me to achieve anything as a coach. My family, Anne, Kathy, Amy and Anthony are truly a basketball coach's family. They have been perfect in every way. Without them, particularly my wife Anne, it would be impossible for me to coach the only way I know how.

The inspiration for this kind of booklet comes from a dream that sports me on and from the many fine hungry basketball players I have been privileged to have coached these past eight years.

MAMBICATW

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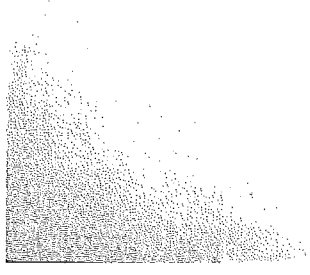


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October 29, 1973

Dear Boys,

As we begin the season, I would like to direct a few words to you. These words serve as a statement of just about everything I feel is important about the game and your relationship to it. It is a statement of my philosophy of coaching, young men and producing winning basketball teams.

You are on the verge of one of the most thrilling and rewarding experiences of all time. High school basketball is the game, and now is the time. For many of us, it is what we have been waiting for. Play it always with a zest and you will be successful.

Those who play at Memorial this year will have winning as the primary objective. Hard work on the practice floor will determine our success. We will concede our opponents certain advantages at times but we will still win if we want it more. No one will give us games. We will have to go out and take them away.

Set goals... three at the varsity level to be exact: 1. An undefeated season 2. A conference championship 3. The state title. Any less aims are not good enough. We must want it all to get it all. See yourself as being successful, then make it happen.

I believe that given two even teams, the one that plays the best defense, plays team offense, takes care of the ball, is better conditioned, and wants to win most, will win the game. Unselfishness and pride in doing things right are important attitudes to foster.

My job is to find winners and blend you together with a common goal. The last man must be as much of a winner as the first man. Individually, you must keep your game up to snuff. If that means putting in extra time, then you must do it.

It is very difficult for you to be successful if you spread yourself too thin. You have enough responsibility with your school work and your basketball. Other involvements during the season should be justified to your parents and your coaches. When you come to the gym you are expected to be all basketball. The practice is too important to be affected by outside influences. Outside involvements do not include family and religion. They must come first.

You may not agree with many things we do, and you can and should express many of your feelings to your coaches. However, you should understand that you will be required to do things which will impose upon your individuality. Sacrifice is a must in athletics. One can accept many inconveniences when he has a higher goal in mind. The coaches are well aware of the many sacrifices that have been made already by so many of you.

This season presents the stiffest challenge we have faced as players and coaches. The schedule from top to bottom will require the very best basketball we are capable of playing. The conference teams are all vastly improved. As you remember it was a young conference last year. The tournament schedule will

be different and tougher. Quite frankly, our schedule was set up so that we will be honed to a fine edge by tournament time. We will be ready. Remember one important fact. If we did not feel up to the level of the schedule I would not have set it up as I did. All I ask of you is a sincere belief in your own abilities and a sincere desire for success and a willingness to work enthusiastically for every game. You know, I trust, that your coaches will do the job for you.

As your head coach I would like to pass along my prayers and best wishes to each of you for the finest season imaginable. Consider everything that has gone into your preparation thus far, and know that you have improved and that you will continue to improve.

Finally, consider, those of you who play on a team, that your basketball future is in your own hands. If there are enough of you who want it badly enough, you'll get it! "No one can cheat you out of ultimate success but yourself."

Most sincerely,

*Richard Bennett*

Richard Bennett  
Head Coach

P.S.

*I really believe the key to our season lies in our defensive effort.*

VARSDTY - JUNIOR VARSITY

Saturday	Nov. 17	Manitowoc	There
Wednesday	Nov. 21	Milwaukee North	Here
Saturday	Nov. 24	Neenah	There
Friday	Nov. 30	LaCrosse Central	Here
Tuesday	Dec. 4	Eau Claire North	College
Friday	Dec. 7	Chippewa Falls	There
Saturday	Dec. 8	Superior	There
Friday	Dec. 14	Menomonie	Here
Friday	Dec. 21	LaCrosse Logan	There
Friday	Jan 4	St. Paul High/Park	Here
Friday	Jan. 11	Superior	Here
Friday	Jan. 18	LaCrosse Central	There
Friday	Jan. 25	Chippewa	Here
Friday	Feb. 1	Menomonie	There
Saturday	Feb. 2	Winona	There
Friday	Feb. 8	LaCrosse Logan	Here
Saturday	Feb. 9	Minneapolis Southwest	Here
Friday	Feb. 15	Eau Claire North	College
Saturday	Nov. 10	Intra Squad Game	7:30 P.M.
Tuesday	Nov. 13	Scrimmage (Wausau West)	Here 5:00 P.M.
Wednesday	Nov. 14	Scrimmage (Merrill)	Here 5:30 P.M.

Junior Varsity games 6:30

Varsity games 8:00

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PRACTICE ORGANIZATION



## PRACTICE ORGANIZATION

The single most important factor in determining whether you reach our potential is our practice. You can only be as good as your practice efforts. With the exception of the night before a game, no practice should be easier than a game.

This year we will shorten our regular practices by 1/2 hour per night. Once the season begins and practices are snappy, we will shorten them even more.

The right combination of learning through drills must accompany game situations so that theory can be put into practice. You should feel that you have received the best preparation possible, thus giving you a significant edge on your opponent.

Practices will be intense, and if you make a genuine effort in them, you will greatly improve yourself and our team. If I have one ability as a coach, it is to structure practices so as to get to the limits of your potential, individually and collectively. You will improve because of my practice schedule.

Our practices will usually consist of the following:

Offensive Moves and Shooting	(20)
Mass Drills	(10)
Defensive Drills	(40)
Multiple Drills	(30)
Team Drills	(50)

Free throws will be shot in ladder rounds during practice. One or two rounds will conclude practice. Pre-practice drills will be done the (10) minutes prior to practice.

Your practice appearance, attitude and performance are important. Shirts tucked in, hustle and promptness will be insisted upon. It will also be up to you to keep your basketball clean and properly inflated.

The Varsity practice schedule during the week will be as follows:

Mondays	3:30 to 6:00
Tuesdays	4:30 to 7:00
Wednesdays	6:30 to 9:30 (6:30 to 7:00 Scout report)
Thursday	3:30 to 5:15

The first two weeks will consist of a morning practice devoted exclusively to shooting. We will go from 7:15 to 7:50 A.M. There are no pre-drills in the morning.

## DISCIPLINE

Attendance- Players are expected to attend all practices and games in which their team participates. They are expected to be suited up with minor injuries. There is some part of the game they can work on. Absences while in school need not be reported as the coaches will check the attendance daily. Absence from school is frowned upon during the season. Should an absence over a vacation or game night become necessary the player must contact his own coach.

On the floor- On the floor we do not permit any horseplay. There is to be no unnecessary talk during drills and there is to be no swearing at anytime. Swearing results in wall to wall sprints for everyone. Players are to have their shirts tucked in when they are practicing and they are to have their shoes on at all times in the gymnasium. There is no excuse for standing in the halls talking to classmates while dressed in basketball gear. When the whistle blows there is silence and when the players are called together they must come on the hustle. Everything done on the floor is to be done intensely. Quickness, aggressiveness and toughness should be obvious. Excuse making, bellyaching, moodiness and feeling sorry oneself has no place on this basketball team. Don't ever accept or condone it, either in practice or in games.

Training rules- Players are not allowed to smoke, drink or use drugs (unless under Dr.'S care). Violations in this area result in immediate expulsion from the squad. Players are to be home by 10:00 pm on week nights and in bed by 10:30 pm. The evening before a game is best spent at home with the family. Players should be in bed by 9:30 pm before a game. On weekends (days followed by non-school days- not Sundays) players should be home by 1:00 am. It is the coach's belief that tiredness breeds mistakes.

Haircuts- Short haircuts are a must for members of the basketball squads. Coaches will determine acceptable length. By cutting hair players are demonstrating an ability to make a commitment or sacrifice for something they feel strongly about, and they will also sweat less and keep sweat from affecting their vision.

Consideration for others- Players are expected to be courteous and considerate to all of the coaches, faculty members, managers and teammates. The seeds of dissension are sown early in the year and dissension has ruined many ball clubs. It will not ruin ours. Players are expected to relate to all members of the team. There are to be no cliques formed. Players are asked to do things together and to get to know and respect one another. Learn to respect one's strengths and not weaknesses. Winning goes better with friends. Include everyone, exclude no one. Treat managers with extra kindness. They are vital cogs in our machine. They must be kept well oiled with kindness.

Showers- Players are not to spend much time in the shower room. They should do what they have to and leave. Little hot water should be used as hot water has a tremendous sapping effect on a player's energy.

#### ADVANTAGES OF PARTICIPATION:

- Opportunity to develop your physical powers to the fullest
- Develops responsiveness to group discipline
- Develops lasting friendships
- Develops self confidence
- Develops respect for rules and duly constituted authority
- Opportunities for development of cooperation, resourcefulness, perseverance, sportsmanship, gameness, initiative, and unselfishness
- Travel opportunities enable you to see other communities and get acquainted with other types of people
- Play experience tends to make one more friendly, interesting, and human
- Opportunity to participate in an activity which parallels many later life experiences
- Increases your circle of friends and acquaintances
- Draws attention to yourself which may have a "business" value in later life
- Successful participation may open the door to such vocational values as coaching or pro-participation

#### DISADVANTAGES OF PARTICIPATION:

- You may practice and never make the team
- Training rules may cramp your "social style"
- You will have to stay after school night after night for 4 or 5 months a year
- Less study time will be available; yet you must pass your subjects to be eligible
- There is hard, tiresome and sometimes monotonous repetition of some activities

#### BRAIN FOOD:

- When the season is over, look back and be able to say, "I gave my best all the time"
- Plan on winning every game. If the goal is set, so will you be.
- Long, patient, intelligent practice is the route all champions have followed.
- The more severe the coach's criticism, the more he is probably interested in your success. He wouldn't waste his breath if he weren't interested.
- If your opponent is not a gentleman, YOU be one.
- Outdo yourself in loyalty to your coach and team.
- Most of us are prone to criticize others for faults which we may have had ourselves not so long ago.
- The spirit of the non-starters in games should be: "We can't start, but we're pulling for you who can. Go out and take them."
- Poise, confidence, and enthusiasm bodes ill for your opponents' play.
- Condition counts. You are your own policeman--get tough.
- Use iodized salt with your meals
- Eat some fresh fruit every day

Keep your hair cut reasonably short  
 Keep your hair dry when taking a shower and when you go outside  
 Neglect no scratches or bruises and report all skin infections  
 If you ever twist an ankle, wear ankle wraps afterwards  
 Always take a shower--first warm, then cold  
 Cool off before leaving the building  
 Upto an hour and a half before game time lie down and sleep if possible  
 "A hungry dog hunts best"--but you must have some solid nourishment to  
 prepare you for the hunt. . . stop eating just before your stomach becomes  
 contented. . . and make sure this eating is early.  
 Avoid fried and greasy foods  
 Bowel movements should be regular and about the same time each day  
 Don't hesitate to tell the coach if you aren't feeling up to par  
 The payoff of good training comes WHEN YOU AND THE TEAM NEED IT  
 MOST.  
 Eat good high class protein foods before games.  
 Attention to teeth, eyes, and feet will pay off with big dividends in comfort  
 and increased proficiency  
 Treat all floor burns in the training room  
 Towels, socks, and supporters are never clean enough  
 Keep and remember an accurate schedule of your weight

#### INDIVIDUAL DEFENSE:

1. Using the boxer's shuffle (knee on your opponent's crotch) keeping the knees bent and the feet spread, holding one in at ball and feeling behind you for a screen with the other hand, stay between your man and the basket.  
turning him to the middle of the floor until you step on the baseline.
2. Try to watch both your man and the ball--don't turn your head.
3. Always have a definite man to guard--even in a zone.
4. Be alert to switch if necessary.
5. Don't ball hawk unless your opponent fails to meet the ball.
6. Don't follow your man too closely---go with him.
7. Pressure the ball and sag in the middle otherwise.
8. Call out the number of the man you're guarding--avoid confusion.
9. Never relax on defense.
10. Yell out screens
11. Always build your defense from the basket on out.
12. Keep defense in a astraight line to the basket.
13. Make your opponent go outside except at the baseline; then turn him inside.
14. Never let a man go uncovered---always clobber the cripple shot.
15. Avoid silly fouls when a man has secure possession of the ball.
16. Late in the game with a close score the coach will tell you what man we want to foul so as to get possession---if it is your man, go after him and nudge him while crowding him--don't grab him or it will automatically be a two shot foul.

17. Play in front of the pivot man when he is very close to the basket.
18. Always be alert to make an interception.
19. Try to pass rather than dribble on the fast break (except when bringing ball down middle)
20. Sag when the ball is away from you.
21. Stop drives across the lane by stepping in front of your driver.
22. Step on the baseline when a driver comes that way.
23. When you see a driver that just leaps without looking, learn to step in front of him and get both feet on the floor before he gets there--- then play the actor and fall over like it's his fault.
24. Zones are no good unless you hustle just as much as in a man-to-man.

#### OFFENSE:

1. Shoot---if you have a good shot.
2. Pass---if you don't have a good shot or if someone has a better one.
3. Dribble---as the last resort---use it to get out of trouble.
4. Always try to screen for someone, preferably the man away.
5. When passing always look for a return pass.
6. Move with a purpose--don't just burn up energy.
7. Stay out of the scoring area unless you are trying to score.
8. Get the ball in to the man in the scoring area.
9. When in the scoring area, always come to meet the ball.
10. Always check your team's offensive and defensive spread and balance.
11. Remember to use the change-of-pass often.
12. Work on your change of direction, something most important in an offense.
13. If your guard plays you tight--out.
14. If your guard plays you loose--shoot over him.
15. Practice head, shoulder, and ball fakes.
16. Run with short steps to change direction fast.
17. Keep away from the sidelines--you're easier to guard there.
18. Don't try to be a fancy passer.
19. Pass to teammates at the same level at which you start to pass.
20. Don't hold the ball for a long time---it gives the defense time to recover.
21. Don't use up your dribble without a purpose in mind.
22. Learn to go under the basket and score with a reverse layup.
23. Be able to start or lead the fast break without being a scatterbrain.
24. Get a short hook shot for fast breaks and drives across the lane.
25. Pass and cut -----don't dribble against zone presses.

#### SPORTSMANSHIP:

- Know the rules and abide by them.
- Dirty playing contributes nothing toward victory.
- "Getting even" takes your mind off the game. Maybe you misjudged the act that has prompted your revenge motive.
- Don't alibi--don't gripe--bad calls by the officials will balance themselves.
- Be a gracious winner.
- Flagrant fouls have no place in basketball.
- Losing your temper removes you from the game---adds nothing to your team's position---and may add something to your opponents.
- When a sub takes your place, know there is a reason for it. Just grit your teeth--don't pout--and then you'll soon be back in there.

#### ELIGIBILITY

- Be sure to concentrate on your grades. You can't play on the team if you do not pass. Put grades and your academic interests at the top.

not so well, plan how to remedy it. Remember, teachers want to help you as much as possible if you show them genuine interest.

#### TRAINING HINTS:

Never get out of condition  
Most rules are those that you should be abiding by for your own welfare  
Regular sleep is needed--at night, not in the morning. Eight hours is a minimum. . . some need more.  
Some people can smoke and drink moderately and still do things well, but basketball and other sports are not among these things.  
Keep in condition in the summer.

#### PLAYING HINTS

The free thrower must always be blocked off from rebounding his own miss  
If you are passing the ball in bounds against a press and you can find no one open, either call time out or bounce the ball off your guard's legs  
Any time you can fake your opponent out of position, DO SO  
When stalling and taking a pass--look behind you!  
Follow through applies to both passing and shooting  
Be determined to outplay and outscore your opponent  
Dominate your opponent!!!  
Make all the mistakes you want, but don't repeat them.  
Basketball teams are made during the off season  
To avoid being a poor loser---WIN  
Have confidence in your ability and respect for your opponents'  
Do your best to make yourself and every other member of the squad the best player possible  
If you are a substitute, try to be the best one possible  
Study the game and learn all there is to know about it  
Qualities of a good team include mastery of such fundamentals as fakes, reverses, changes of pace, shooting, guarding and shifting on defense, and reverse strength, mental poise, courage, team spirit, and faith.  
Constant practice and training produce skill which may offset mere physical power  
Keep the ball moving  
Don't force your passes  
Don't ever pass in front of your opponent's basket  
Don't start every move by bouncing the ball  
Drive all the time  
Practice every fundamental at a game speed.  
Keep your head up!  
Be always ready to pass and cut  
You can learn to shoot if you follow through  
Talk the game up and show your enthusiasm--it's contagious

Do something without the ball--be valuable--don't be caught doing nothing ever!

Take advantage of your opponent's weaknesses

Always talk on defense---Let your actions TALK on offense

Know how to be in the right place at the right time

#### PASSING

The success of a pass depends on the the alertness of reciever and passer.

Make every pass a good one.

Don't throw a pass unless you think there is no chance for an interception

Long passes should be thrown hard---short passes soft

Avoid cross-court passes

Watch y our receiver and his guard

Don't always use the same pass

You don't have to throw the ball with your first motion

Create a passing lane---by your opponent's ears or hips---before passing

Never pass across the lane in front of the basket you're protecting

Don't force passes into the lane against zones.

#### DEFENSIVE REBOUNDING

Stay between your opponent and the board, spread out, block the man first-- then worry about the ball. Catch the ball, don't slap at it. Don't get too far under the board or you'll get nudged out. When the ball is in flight, count one, turn, spread out and time your leap. Look downfloor for the outlet pass as soon as you have possession.

#### COURT TACTICS

Move and think at all times--you're more evfective that way.

Figure out what defense you're facing.

Be deceptive in passing, running and dribbling.

Give your guard trouble--even when you don't have the ball.

Be a masterful playmaker--assists are just as important as buckets

Be aggressive on defense.

Don't relax --- keep the pressure on the opponents.

Learn what shots you're good at and then proceed to set them up.

#### BODY BALANCE

All individual maneuver require balance to be effective.

Weight should be equa lly distributed and slightly forward

Arms are flexed naturally and aid the balance.

#### BALL HANDLING

This is the most important ability in basketball.

Relax when catching the ball--go to meet passes--step out when you throw them

Pass to the side of the receiver away from his guard.

}

## SHOOTING

Shooting is the end result  
Start inside and work your way out  
Use both hands  
Hit those game--saving free throws--make them habitual  
Shoot only if you have a good shot  
Keep Relaxed!  
It's the "Name of the Game" --so work HARD on it.  
Concentrate while shooting  
Work for the percentage shot  
Shoot under game conditions  
Weight on the balls of the feet  
Follow through!  
Elbow in, point forefinger, shooting shoulder, hip crest and shooting foot at the  
back-middle of the rim.

## FOOTWORK

Improvement can't be overemphacized. Use the change of pace and change  
of direction.  
The latter is a must to be,able to clear one's self

## CONDITIONING:

No one will ever be a star unless he keeps in top shape all the time.  
Basketball is a fast-moving game.  
Conditioning is necessary before any degree of efficiency can be obtained  
Everyone is expected to be in shape at all times  
Get plenty of sleep and eat regular well-balanced meals. Don't eat between  
meals  
Check all injuries  
No drinking, smoking or gambling of any kind will be tolerated.  
No late dates during basketball season  
When winter comes--soon--dress accordingly---caps, hats overcoats--  
be dry when you go outside.  
Do a good job on rope-skipping, the weights, caesthenics and individual  
skills  
Watch your weight--up or down  
Don't stop to rest too often during actice---keep going in order to build  
up stamina and game condition.  
Be willing to sacrifice--the effort will be worth it in the home stretch  
Good observance of training rules must come from Within the player  
Go home or at least find a place of quiet to rest and relax before games.  
Invest in a pair of sponge inner soles for added spring and comfort.  
A oid heavy muscular work and strenuous wrist and finger exercise before  
games.  
Eat three square meals a day---especially Breakfast--use vitamin pills  
in the winter months for added vim and vigor as well as cold protection  
Don't ice skate or ski. Rarely bowl! These too activities are ot compatible  
with basketball muscles.



"BAKER'S DOZEN" ---EXPECTED EARLY SEASON BASKETBALL CRITICISMS

1. Stop the baseline drive!
2. Prevent the cripple without hurting anyone, unless you are in foul trouble.
3. Sag in the middle---away from the ball side.
4. Pressure the man with the ball.
5. Point the ball--l hand up!
6. Use backboard on all layups!
7. Dive for loose balls
8. Go to the Boards--unless you are the defensive man--on defense,  
Block Out for 1 count before going!
9. Move when you don't have the ball!
10. Move the ball when you do have it--posses or fakes
11. Put Snap in every pass!
12. Step to meet all passes!

## COUNTDOWN TO TIP OFF

1. Be at all practices. Each one is a sequential step to becoming ready. If for some reason, you're unable to attend--LET THE COACH KNOW in person or by phone.
2. Protect your feet
  - grease feet
  - sponge insoles
  - felt strips
  - thin silk inner sock inside of sweat sox
  - Tuf-skin and powder
  - Don't soap ;your feet any more than is necessary to keep them clean--
  - run cold water on them after shower
  - Know how to recognize and treat blisters
3. Think basketball on and off the floor. Read books and articles about the game, study the game, watch the game---every chance you can get.
4. There is no place for "gussing" on the squad.
5. On game days, lead a normal life
6. Hustle This makes up for a lot of other deficiencies or mistakes. Be willing to swap a floor burn for a loose ball.
7. Spirit is an integral part of team success---CHATTER
8. Be ready---it takes more than 5 men to make a team go.
9. If you've got problems---at home, in school, with parents, with girls, with buddies, with ANYTHING--let me know. No one could be more interested.
10. Basketball is a game of Sacrifice and Split Seconds. Sacrifice for the team and shaved split seconds in your timing.
11. FINALLY GIVE BASKETBALL YOUR ALL. IF OTHER THINGS ARE MORE IMPORTANT TO YOU DO THEM. YOU CAN ONLY SUCCEED AT ANYTHING IN LIFE IF YOU GIVE YOUR ALL. IF YOU DON'T PLAY TO WIN, DON'T PLAY. WINNING IS HABITUAL.. LET'S BECOME ADDICTED YOU'VE GOT TO TASTE IT, TO CRAVE IT. GOD GAVE ALL OF US MINDS, BODIES AND TALENTS. LET'S USE THEM... DON'T ABUSE THEM. IF GIVING YOUR ALL IN BASKETBALL IS YOUR DESIRE, WE'LL SEE YOU.

## BASKETBALL TIPS

### Mental Attitude

The mental attitude of the player is equally as vital as his physical condition. Too many times we have seen a player with all the physical tools to become a great player fail because of the wrong mental attitude.

The mental attitude of a person is the result of his adjustment to his environment. He has to be able to get along with people. Man today is different from our forefathers. In the old days, a man was able to isolate himself. Today, he has to be able to give as well as take. This is especially true in athletics.

Every player will have problems during his playing days. If he is in a good mental frame of mind, he can cope with them and come out a stronger person. It is my feeling that this is the reason for the great number of upsets every season. One team gets "up" mentally for a game and wins it.

**CONFIDENCE:** Confidence is very much a mental attitude. It is necessary in any phase of life to be a success. In athletics it comes with ability, condition, good mental attitudes, and, of course experience. Confidence should not be shattered by criticism. Boys must understand that they would not be criticized if the coach were not interested in them and sure that they could do better.

**DESIRE:** The player with desire may overcome many of his problems. Desire to do what? The desire to improve himself--the desire to practice the game the year around--the desire to practice on his weak points and improve upon his strong points---all of these are part of it.

The desire to train is also important. Today, we feel the urge to train should come from within the heart of the boy. He desires to train and he will.

The desire to win is basic. The boy or team that refuses to accept defeat will go a long way. A good example of this occurred in the NAIA tourney several years ago. Southern Missouri had won the tournament the year before and were trying to repeat. One of their ten players had had to leave the team because of a family emergency. As luck would have it, five men fouled out the next night--the fifth with the score tied 72-72 and three minutes left. "Our opponents shot the free throw but missed and we gained possession. We moved the ball around a bit with our four men against their five. One of our boys suddenly hit a shot from the side and several minutes later we had won by six points---playing 4 against 5." These were the words of their coach and he points out that it was the desire to win of four boys on the floor that won the game, not his great coaching ability.

**LOYALTY:** Loyalty and respect are two attitudes that are closely connected. Great players have loyalty to their coach, their teammates, their friends and anyone associated with the game---as well as a personal loyalty to the responsibilities that their own playing involves. It may be called devotion to a cause. Player respect to the same parties is also a must.

## WHAT DOES IT TAKE TO BE AN ATHLETE?

Are you coachable? Can you take coaching? Can you take criticism without ever looking for an alibi? Are you a "know it all?" Will you always try to improve?

Are you possessed with the spirit of competition which fires an intense desire to win? To win with a passion---never taking or giving "no" for an answer when there is a job to be done, a man to be defended, a loose ball to be saved, a rebound to be collared, or a basket to be sunk. Does it bother you to lose?

Are you willing to practice? Not just putting in your time, but working with the same zeal, speed and determination you use during a ball game? Do you have a practice speed and a game speed? Great athletes are the ones who have one speed; the same relentless, irresistible, purposeful efforts everyday in practice as in a ball game. If you loaf in practice, you'll let your team down in the clutch too.

Are you willing to sacrifice? There is no I in TEAM. It may be rough, but it has its rewards too. Never get out of shape.

Do you want to improve? To work twice as long on your weaknesses as on your strong points takes will power.

Can you think under fire? Can you shut out of your mind a previous failure, success, rule infraction, or a personal insult in order to give undivided attention to the offensive and defensive maneuvers of the present moment? Games are not won by yesterday's score, but by what is happening today.

Are you willing to be impersonal toward your opponent? Can you concentrate solely on whipping him thoroughly during the game and then shake his hand as you pick him off the floor afterwards?

Do you have faith in your school, team and coach? They're as good as you make them.

## TO BE A CHAMPION IN ATHLETICS

How can I be a champion athlete? I'm too skinny (or too fat) or too slow (or too sluggish) or too small (or too short)! I'm just not built right for a champion! Everyone can't be a champion! Or can he? What is a champion anyway? Must I be the fastest human in the 100 yard dash to be a champion? If that's the case, there is actually only 1 champion of the 100 yard dash in the whole universe! But this definition of a champion is not the one I'm speaking of. I speak of being a champion of yourself. This is much more important. It is within the realm of possibility of each and every athlete. If this is the case, then it would be rather silly for any athlete to settle for less than being a "champion"! To begin with, if you have the inclination to take part in athletics, you must realize that there will be some work involved in your participation. The glamour of the actual contest seems to

wear thin in the day by day grind of practices when you must participate without the "pep squad," band and cheer leaders! As a matter of fact, it boils down to just out and out work! It is time consuming, sweat producing, and bruise raising just to have an opportunity to be "on the team"! To do this amount of participation and merely "go thru the motions" is really dull because you are just waiting for practice to end. You have no real aim or objective. Why not decide in advance that you, personally, are going to give your team the very best that is you--" what I gave, I still have, but what I kept is lost forever!" Be the very best athlete that you are capable of being! Have you ever really reached the complete "zenity" of your capabilities? Try harder than you are really capable of doing--be your level best--and you will be a true champion. This is the championship that is within your grasp.

### BE PREPARED

Mental preparation comes through concentration, study, learning, and applying this knowledge to the task at hand.

Physical preparation comes through hard work, good training and living habits. It should be understood that you can't get in shape to play up to your full capacity unless you are willing to punish yourself in the conditioning process.

Technical preparedness comes through the realization that basketball, like life, is a game of habit and that habits, good or bad, will prevail. Good practice habits must be practiced until they become instinctive, then and only then has the technique been learned.

Once an athlete has the confidence that comes from the knowledge of being fully prepared, he can then compete with a happy attitude. He can look upon the challenge of competition as a pleasurable experience; a time of glory in the thrill of making an all out effort, without being too intensely concerned with the results--except to make it serve as an incentive.

Only with this attitude can an athlete compete with the relaxed abandon which frees the body, emotions, and the mind from the restriction of tension. This will assure maximum performance and with an all out effort the results will take care of themselves for there are no "losers" for the athlete that prepares and participates under this philosophy--everyone is a "winner".

### QUALITIES OF THE CLUTCH PLAYER

The following is a list of the qualities of a Clutch Player. Read these over and think about them. They are all important qualities to you in becoming a better athlete.

1. He aspires to develop those traits that make him best when competition is toughest, so that he will let nothing stand in the way of attaining them.
2. He has a team spirit and prefers team victory rather than personal glory.
3. He likes to see the other fellow succeed.
4. He keeps in good physical condition at all times---moderation in all things, even girls!
5. He deals honestly with coach and teammates.
6. He never blames anyone for his failures, accepting responsibility himself.
7. He strives to master all details of the game.
8. He understands percentages and knows that one failure does not mean a succession of failures, but it is only percentage at work.
9. He is gracious in defeat; for this reason he is not tense in a tight spot. The player who sees defeat and victory in proper proportion is cool under fire. This is one secret of relaxation.
10. He realizes the difference between most players is not so great that intelligent work cannot overcome it.
11. He has a friendly competitive attitude toward his opponents.
12. He loves to play for the pleasure of playing and strives to overcome weaknesses.
13. He has a well-balanced outlook on life with sufficient other interests to keep a single one from becoming a stumbling block to success if he fails in it.
14. He studies qualities of clutch players, past and present.
15. He cultivates kindness, friendliness and unselfishness.
16. He cultivates a charitable spirit; hence, he is not "puffed up".
17. He knows the sun will rise again in the morning whether he makes or does not make a basket.
18. Finally, he realizes that he will forget self when he cultivates the above qualities. He is oblivious of self, hence he can perform in the clutch because he does not experience the tenseness and over-anxiety that always mark the self-centered person.

In conclusion, the player's attention is called to the fact that ALL OF THE ABOVE MENTIONED QUALITIES CAN BE ACQUIRED! When one recognizes that 90% or even more of success depends on mental attitude, he will be on the way to being the chief actor at that tense moment when victory hangs in the balance. Attaining this prize goal is bought at a price, the price is the desire for accomplishment, willingness to work long hours toward realization of that goal and confidence in the qualities set forth above.

Clutch players are scarce only because most athletes refuse to believe the clutch player possesses a combination of qualities that he could have if he were willing to work for them.

## HOW WE DEFEAT OURSELVES

Watching the National Clay Courts tennis tournament recently, I saw a player come within one point of winning his match. He lost the crucial point, and his opponent finally came from far behind to win the match.

From where I sat, it seemed clear to me that the player who lost had really beaten himself. His game was at least as good as his opponent's; his strokes were clean, his footwork agile, his strategy sensible. But it was his own temperament that finally broke him.

When he lost a point, he blamed himself. On a close decision, he scowled darkly at the umpire. When the breaks went against him, he forgot that his opponent had bad breaks, too. He was an unattractive personality.

It has been my unwavering observation over the years that 90 per cent of us beat ourselves. Nobody else does it to us. We beat ourselves in various ways--by too much confidence, or by too little; by blaming the other person or by blaming ourselves; by too much pessimism when things look good.

The one trait in common that all great and consistent winners have is an absence of the "blameworthy" sense. They do not pout when others are at fault, and they do not rage at themselves when they are at fault.

Occasionally, they may be beaten; but they never beat themselves. And over the long pull, they win more often than they lose--and they win, in many cases, by simply allowing their opponents to beat themselves.

Why nature gives an equable temperament to some and not to others is a mystery we can never solve. But I am convinced that it is temperament, more than talent or brains, that determines whether we are self-fulfilling or self-destroying. The difference between one champion and another may be trifling in terms of pure ability; it may be vast in terms of spirit.

We hear a great deal about the so-called "killer instinct" in champions; and that the reason one man failed to reach the ultimate goal was his lack of this killer instinct.

All this means, I think, is that in the ultimate crisis the real champion forgets himself entirely; and concentrates with passionate ferocity upon his object. In the Zen term, "the archer, the arrow and the target are one". The "near champion" never forgets himself, never subdues himself to the object, never truly subordinates himself to the game.

It is not the instinct to kill, or even to conquer, but the instinct for perfection--a perfection so exquisite in itself that it obliterates the man who is achieving it. He is beyond praise, beyond blame, beyond all our sublunary ambitions. He does not beat himself, for he does not fight himself; rather, he forgets himself in an almost holy manner.

Psychologists have conducted intensive studies on thousands of athletes to determine the characteristics of champions. How many factors and traits of a winner do you possess?

## the dynamics of a winner

by Dr. Thomas A. Tutko

Many different elements go into the making of a champion athlete. In some sports, such as football, size is an important factor. In track, speed is the important dimension. In basketball, a fine shooting skill is required.

We have all known athletes who possessed great talent and physical ability, and yet were never outstanding performers. In fact, some were unable to make the team because of their inconsistent play or generally "poor" attitude. In some roles these persons are bluntly referred to as "losers."

However, we have all known athletes who have had a minimal amount of talent and/or physical ability and yet, for some reason, were exceptional performers. These individuals seemed to have *distinct* motivational qualities—the qualities of a winner.

In speaking of a winner we imply that the athlete has certain psychological traits, or personality characteristics, which help him make *maximum* use of his athletic potential.

But what are these characteristics, these traits that make up a winner?

In search for the answer, the Institute for the Study of Athletic Motivation has been investigating the psychological make-up of athletes. A number of different personality tests have been used to determine the traits that distinguish top performers from average and/or poor ones.

Our studies show that less than 1% in 1000 have all of the traits to an outstanding degree! We believe that all athletes want to be successful, but it is the *degree* to which one

is willing to commit himself that determines the extent to which he will be a winner. A true winner is an athlete who consistently works up to his maximum potential.

Based on our research we have found that at least *nine traits* are indicative of a winner. These nine traits make up *four factors*.

Let us consider the factors (desire, dedication, confidence and loyalty) and their traits.

### DESIRE

This factor can be defined as the enjoyment of competition and the ability to be assertive. There are two traits, drive and aggression.

A. Drive: (1) enjoyment of facing a challenge, (2) desiring to be

Dr. Tutko, psychology professor at San Jose State College, California, is co-author or author of over 20 articles and books on sports psychology. He has consulted and worked with numerous professional and college teams. In addition, he has been involved with high school athletes and coaches in sports motivational research over an eight year period.



a winner, (3) looking forward to stiff competition, (4) setting high goals, (5) aspiring to be the very best.

B. Aggression: (1) enjoyment of taking charge physically, (2) willingness to assert oneself, (3) expanding one's physical domain, (4) making things happen rather than waiting for them to occur, (5) taking the battle to the opponent.

### DEDICATION

This is the willingness to work toward the completion of goals. It has one trait, determination: (1) working long hours, (2) putting in time above and beyond the minimum required to complete the job, (3) working tirelessly, (4) completing goals regardless of the cost in terms of time and effort, (5) never quitting.

### CONFIDENCE

The belief in one's ability and the willingness to take the responsibility for one's actions is the third factor. It is also acting in a mature and responsible way. Confidence is composed of three traits, self-confidence, leadership and emotional maturity.

A. Self-confidence: (1) acknowledgement of one's talent, (2) believing in one's ability, (3) believing that if one puts forth his maximum effort he will be able to beat his opponent, (4) having faith in one's athletic commitment, (5) lacking fear of any opponent.

B. Leadership: (1) willingness to take responsibility for teaching, communicating with and motivating fellow athletes; (2) willingness to put one's ability on the line in facing others; (3) showing concern about the performances of one's teammates, and willingness to in-



interact with teammates to improve the overall team.

**C. Emotional maturity:** (1) controlling one's emotions during contests, (2) converting one's anxiety or game tension into a productive, not destructive, action, (3) being calm and thinking clearly during crucial situations, (4) not letting emotions interfere with performances, (5) responding on the basis of facts, not feelings.

#### **LOYALTY**

The willingness to make a commitment to one's coach, team and oneself is loyalty. It consists of three traits, coachability, conscience development and mental toughness.

**A. Coachability:** (1) respecting authorities, (2) willingness to try to one's fullest capacity recommendations made by the coach, (3) discussing with the coach areas of misunderstanding and disagreements in order to clarify any miscommunication rather than to undermine his authority or talk behind his back.

**B. Conscience development:** (1) committing oneself to a schedule to improve one's talent, (2) carrying through on one's responsibility to the coach, team and fellow athletes, (3) putting the team before personal needs and desires, (4) being self-motivated rather than being pushed by the coach or teammates, (5) fulfilling personal obligations and duties.

**C. Mental toughness:** (1) bouncing back after adversity, (2) working all the harder after being roughed up by an opponent, (3) never withdrawing after losing, (4) handling rough coaching by putting forth an extra effort, (5) working harder to overcome areas of weakness after a defeat.

It is not so much whether the athlete has these traits, since all possess each to a certain extent. But it is the degree to which he possesses the trait that makes the difference.

If the athlete is above the average of his teammates in each trait, he will probably be an exceptional performer, provided he has some talent. Of course he may have minimal talent and still succeed—his motivation will make up for this lack.

An encouraging point in considering motivational traits is that

anyone is able to develop them through hard work and dedication. Let us consider each of the four factors and what you can do to develop them.

**DESIRE:** Set a series of goals, small at first, then larger ones. Know where you are going and specifically how to get there. Make an active effort to do something about the poor areas of performance while maintaining top performances in your good areas.

Take the example of a basketball player trying to improve his shooting percentage. This serves to illustrate all four factors. He must begin by determining (1) his present level of shooting, (2) what he would consider to be acceptable, and (3) what he would consider to be outstanding.

It is important to keep a regular record of your performances and to select specific methods and techniques you will use to bring about improvement. Determine those methods that are productive; eliminate those that are less effective after having given each method an equal amount of testing time. As you improve in one area, shift your attention to other weaknesses—always working on your most troublesome area. You must continually readjust your goals for continued improvement.

**DEDICATION:** Once your goals have been determined, it is important to have a schedule detailing the amount of time to be put forth in trying to reach the goals. Obviously the more time allotted, the quicker the goal will be reached. You may even set a time limit in which you hope to reach the goal. Stick to the schedule! Without self-discipline as reflected in hard work, the possibility of reaching the top is minimized.

**CONFIDENCE:** In working toward any goal it is important to combine a troubled area with one in which you have already gained confidence. In the example given, the athlete should start with an area on the court where he feels he can shoot fairly well. Then he works toward those shots where he has trouble shooting.

Plunging into a problem area may temporarily shake your confidence. By combining the problem area with one in which you already feel some degree of confidence, the

task will be easier. It is also at this stage that you must realistically assess your strong and weak points.

**LOYALTY:** In developing a schedule, work closely with your coach in determining techniques and methods for improvement. Assess the progress after a period of time. Any setbacks or failures are used as a learning experience, and the techniques and methods are continually reassessed.

In perfecting a skill, improvement gradually becomes less pronounced, and it is easy to get discouraged. It is at this point that the degree of commitment becomes more obvious. The final test of improvement is when the change is no longer an effort but has become a permanent part of your personal performance. This is true of the motivational traits as well as the performance itself.

The traits and their development are very briefly described here. More details will appear in a forthcoming book entitled *The Psychology of Coaching*, written by Coach Jack Richards and myself, to be published in January.

One objective way for assessing traits has been through a survey questionnaire entitled the *Athletic Motivation Inventory*, developed by the Institute for the Study of Athletic Motivation. Other techniques are described in the book.

A final consideration in assessing traits is the degree to which you enjoy sports. If you are participating for reasons other than the love of athletics, such as parental demands, popularity, pleasing a girlfriend, etc., it is difficult to put forth the greatest effort. Rather than being a joy, athletics becomes a duty filled with hard work and pain.

If you enjoy athletics, participation is a reward in itself. What is more, if you work up to your maximum potential, there is an internal reward—the reward of doing the best possible job.

Athletics represents a small but often vital aspect of an individual's life. The athlete's attitude as reflected in his degree of commitment and dedication will often reflect how he handles other aspects of life. A winner, therefore, may be defined as a person who does the very best he can regardless of his area of endeavor.

OFFENSE

## OFFENSIVE PHILOSOPHY

Your first thought should be to convert every situation into a basket. The best way to do this is to pass the ball to the open man ahead of you. When the ball is in the scoring area it should be penetrated as far as possible.

When it is apparent that we cannot score in a quick easy manner we will set up and go to work with our regular offense.

Summing up our approach to offensive basketball is as follows:

1. Control the defensive boards.
2. Get the ball out and down the floor quickly and under control (~~Pass to~~ the open man ahead) Get ball to middle and fill three lanes.
3. Once the ball is in the scoring area penetrate and look for the good percentage shot.
4. Move into the offense pattern and work for the good shot.
5. Storm the boards on the shot. Rebound  $3\frac{1}{2}$  spots.
6. Convert quickly to defense when the opponents get the ball.

To play our offense you must be fundamentally sound in all areas of offense. You must be capable of hitting the open man making the drive when it is there, and taking the good shot when it's there. You must also be capable of rising above your mistakes and learning from them, never allowing them to destroy you.

The offensive fundamentals and related skills which you should master are as follows:

1. Jump shot (with and without fake)
  - a. from dribble
  - b. without dribble
  - c. cutting and receiving pass
2. Layup Shot and baby hook
  - a. one foot take off (all angles)
  - b. two foot (power up)
  - c. with and without dribble
3. Free Throws
  - a. Choice (your own method)
  - b. Valpo method
4. Stationary Moves (with and without pivot)
  - a. go move
  - b. rocker
  - c. hesitation
  - d. crossover
  - e. power series
5. Dribbling Moves
  - a. Change of pace
  - b. cross over
  - c. pull around (drag)
  - d. fake pull around
6. Footwork (Emphasis on getting open)
  - a. running
  - b. cutting
  - c. starting and stopping
  - d. pivoting
  - e. screening and rolling

7. Passing (standing and moving)
  - a. chest
  - b. bounce
  - c. overhead
  - d. step around
  - e. fakes
 peripheral vision
8. Receiving
  - a. coming to the ball
  - b. catching on all sides and high and low.
9. Offensive Rebounding
  - a. moves to get inside (go, spin, step back, fake and go)
  - b. grabbing ball and coming down and powering up.
  - c. tipping

Concerning offensive fundamentals you should understand that there is a difference between all out skills and control skills. All out skills are those skills controlled largely by desire with little finesse involved. Skills like going after loose balls, going up for rebounds, and a lot of individual defense are all out skills. Offensive fundamental skills are control skills requiring accuracy, eye, hand coordination, dexterity, ambidexterity, peripheral vision and other fine skills. These control skills require many more repetitions to become good at them. Because of the different amounts of force and accuracy used in these skills, you must be prepared to practice them often. To do an all out skill well you simply have to psyche yourself up. To do a control skill (see list) well you have to do them over and over again. You must be willing to put in your own time on these control skills if you want to be good at them. Consider the number of practice shots you must take compared to the number of times you must dive on the floor each night to practice the all out skill of hustling for loose balls. Be willing to put in the time on the control skills.

#### FAST GAME

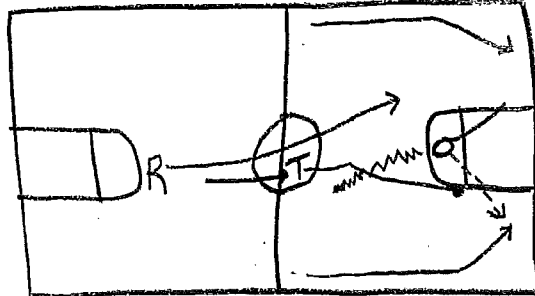
To play the fast game we must find people who can get the ball and handle it at fast rates of speed. There is a difference between playing the fast game and playing the wild game. We will play the fast game. In all of our practices, and when you are on your own, you must constantly improve your ball handling speed. This means that you do everything as quickly as you can, always under control. You keep speeding up your actions as your ball handling speed increases. The theory here is the same as in weightlifting. The point is, in every drill you keep trying to do things faster and efficiently. You'll be amazed at how you really can improve your ball handling speed. This theory refers to all areas of offensive basketball, including shooting, passing, cutting, dribbling and receiving. Work constantly to improve your ball handling speed.

Generally what we will do in our break is:

1. Get the ball and get it out.
2. Make the outlet pass as far ahead as possible.
3. Peel everyone out fast. (Beat defense down - you will come out for ~~looking~~ <sup>loading</sup>)
4. Get ahead of the ball by filling all 3 lanes (Talk)
5. See the ball at all times
6. Pass to the open people ahead of you (Don't dribble if you can pass)
7. Threaten the basket in the scoring area and make the appropriate pass or shot.



throw line at our basket, cut for the basket. If you receive a pass in the scoring area, go to the basket with a power move. You're going down to score. If you're not covered you had better get the ball to the basket.



There is no way of telling which position you will be in during the break. That's why everyone handles the ball, everyone rebounds and everyone peels out and goes. On one occasion you might be in the middle lane and at other times you will be on the side. You might end up dribbling one time and passing the next. If you keep in mind the basic principles set down and if you work to increase your ball handling speed, our break will go. Remember, get the ball to the open man ahead and get out and go without the ball. We will make no distinction between a made or missed shot. We will break the same way each time unless we are running our press attack. On loose balls the call "ball" alerts you and when we get possession everyone peels out and fills the lanes.

Just as our defense is based on aggressiveness, our offense is geared to outhustling and out passing our opponents for the close shot. Do not let up for a moment, keep the heat on offensively and defensively. Remember to work on increasing your ball handling speed.

Our offense is very simple, but it is entirely based on execution. Sharp passes, cuts and screens will make this the finest offense you've ever seen.

All positions are interchangeable. I designed this offense for you. It will give you a chance to use your individual moves.

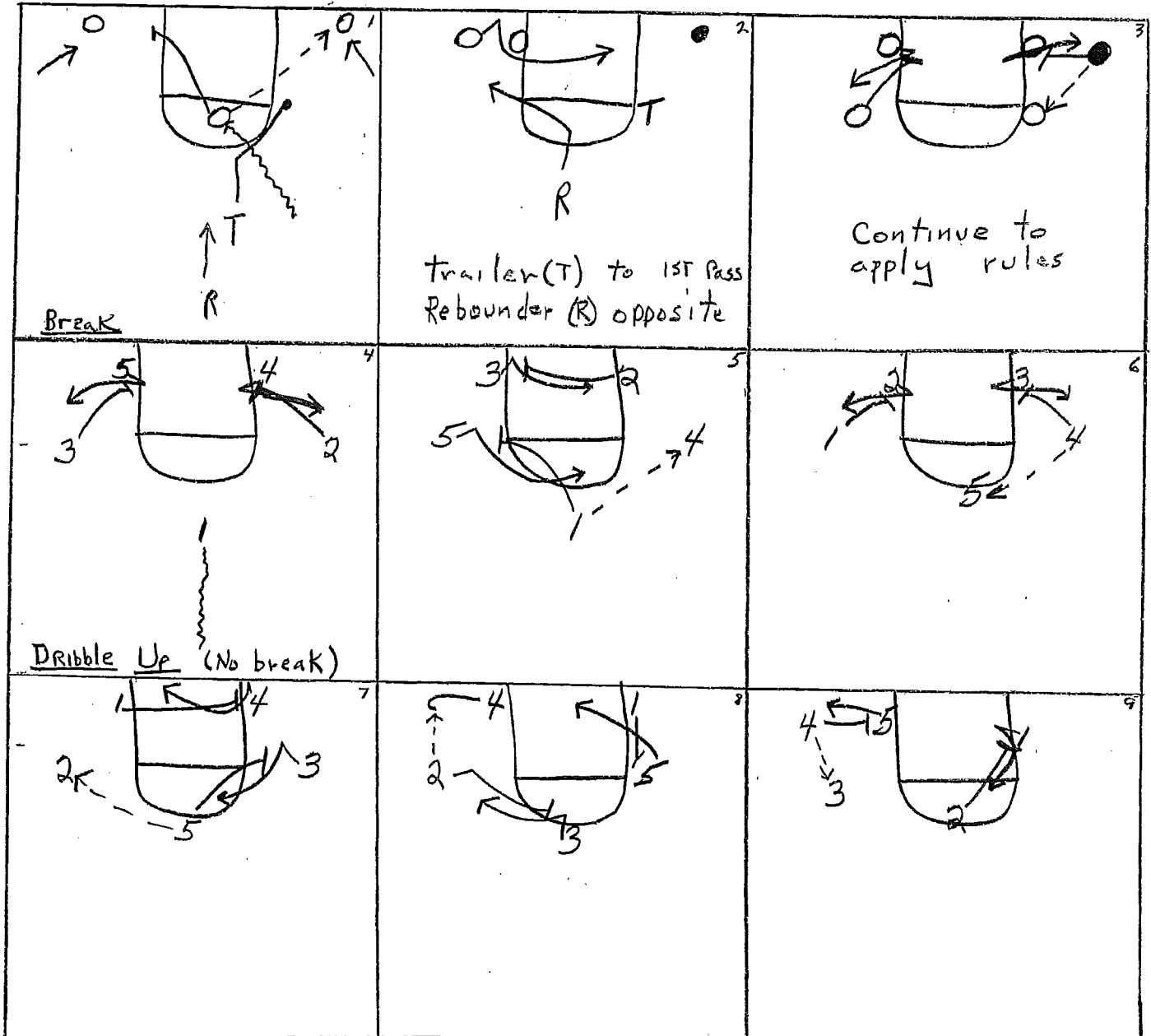
Our offense has only two rules:

1. Pass forward -- screen opposite
2. Pass backward -- screen down on same side.

To further help you understand our offensive concept, you should understand:

- Positions change after each pass
- Receiver looks for drive, shot or pass
- Receiver in post area always makes move
- Use sharp cuts
- Except far point man (at shot time) get to the board (point holds)
- Loosen up on baseline when covered in post area
- Go to middle if you loose your man --you'll get the ball
- Position for pass from point area after screening down.

Here is the offense from a break situation and from a dribble up situation which is not a break :



These diagrams are shown only so you can see examples of the rules. This is not a pattern. You should be able to figure out the rule in each example.

The difference between a good offense and a mediocre one is on the offensive boards. We must get three people inside the lane on the boards. When shot goes up if you are anywhere but on the point you must react. Be at the defensive man to the spot. Figure that every shot will be missed.

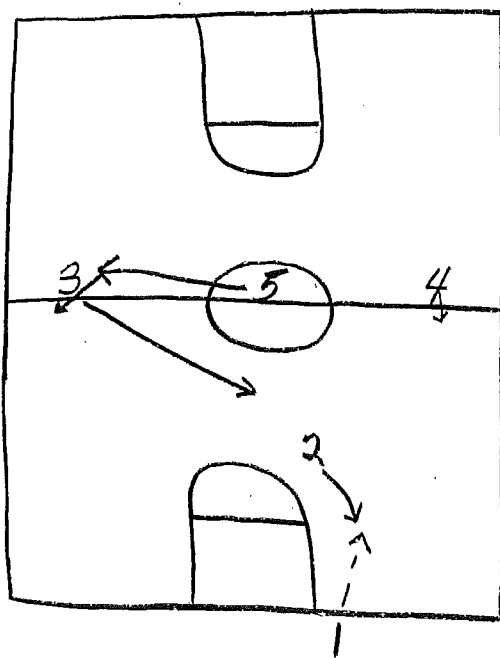
This rebounding information is every bit as important as any part of our offense. You must realize this point. Be aggressive, but don't foul foolishly on someone's back.

### PRESS OFFENSE

We want to score against presses. If you keep your cool and move the ball sharply you can.

Against man to man we will get it to a guard and he will bring it up.

Against zone presses, if we can't beat it up the floor, we will do the following.



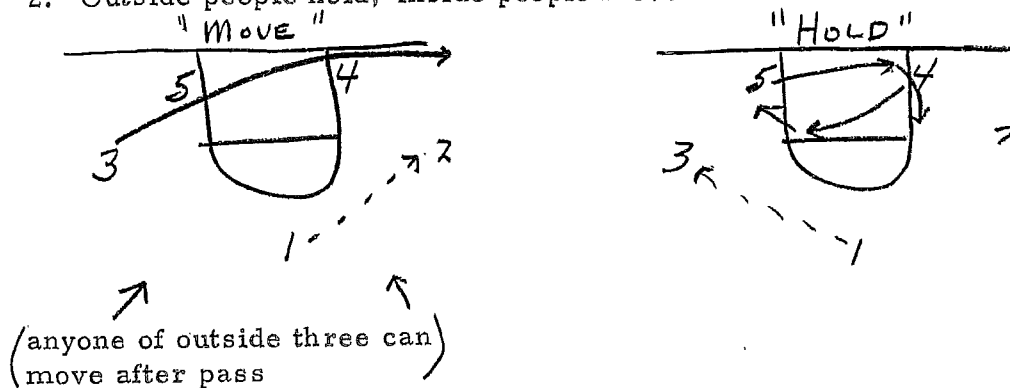
(3) and (4) come up if (2) can't get open.



## ZONE OFFENSE

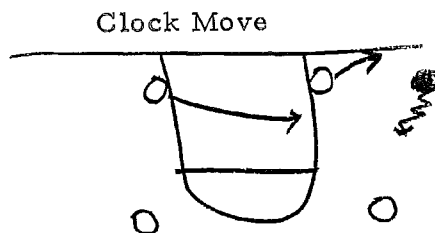
Our zone offense is based on two simple ideas.

1. Outside people move, inside people hold.
2. Outside people hold, inside people move



Remember these points:

1. Beat zone down floor
2. Be patient once they're set up
3. Move ball inside often (penetrate)
4. Keep ball moving
5. Pass crisply
6. Go to openings on offensive boards
7. Run clock move whenever ball ends on baseline
8. Create passing lanes -- do not allow defense to get between you and ball.
9. Use dribble to improve passing lanes
10. Check out the basket



This should become an automatic whenever possible.

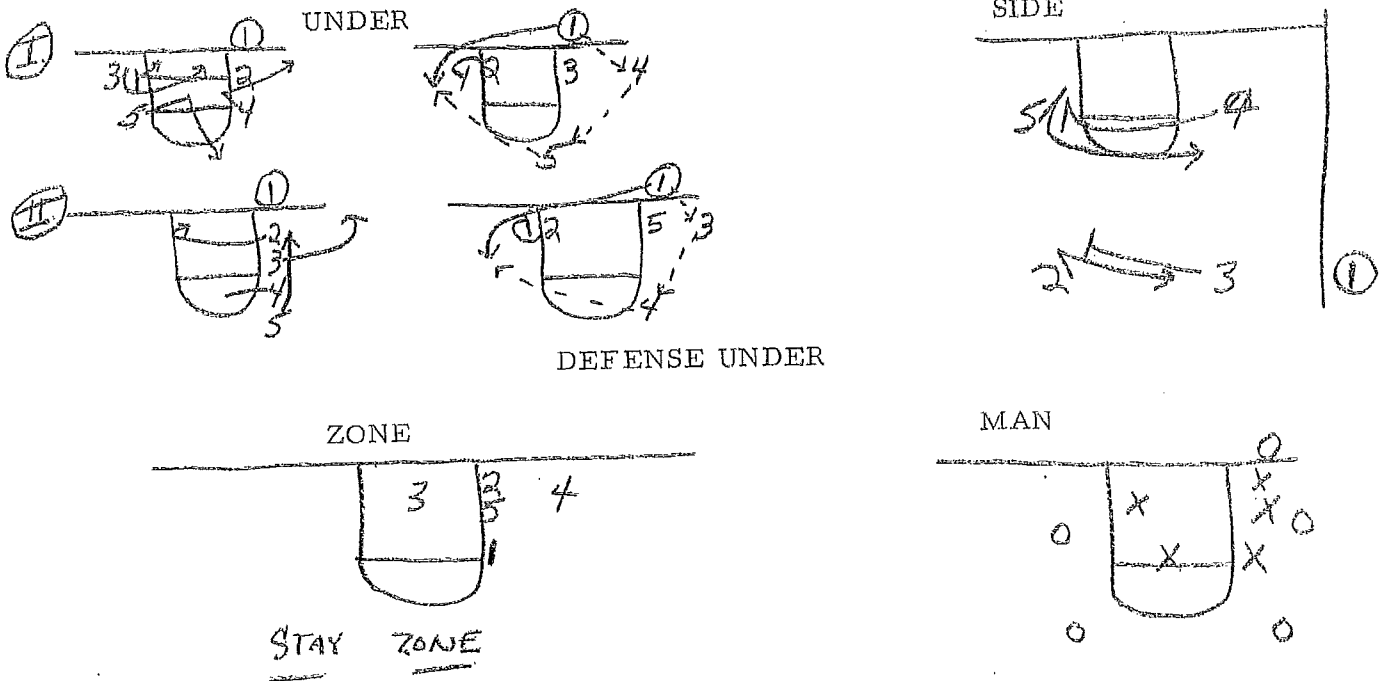
## SPECIAL SITUATIONS

### JUMP BALLS

We will line up on the left of the man we are normally guarding and either fight him for the ball or block out and get the tip. On a "No" call fight your man and on a "Yes" call, block out.

### OUT OF BOUNDS

Make sure we get the ball in on every out of bounds situation. That is the most important idea.



Play the out of Bounds defense which corresponds to the team defense we're in..

DEFENSE

## DEFENSIVE PHILOSOPHY

In every game we play, we will start off with a man to man and go as far as we can with it. Everything we do at this time will be out of a man to man. If we press it will be man to man, out of bounds it will be man to man, and when we convert it will be man to man.

If necessary we will change to zone tactics. We will press using a panic, falling back into a 1-2-2. After a miss we will attempt to set up some pressure, falling back into the 1-2-2. When we play zone, everything will be zone, including out of bounds defense.

Without hustle, good defense is impossible. You provide the hustle and let your coach provide the organization. If you will play good defense, you will win.

Defensive Philosophy (Man to Man) follows on next page.

## DEFENSIVE PHILOSOPHY (Man to Man)

Defense is controlled mainly by desire. Anyone who wants to can play good defense. Knowledge of good defensive techniques will make you a better ballplayer and us a better team.

Before you can begin playing good defense, you must sell yourself in the idea of its importance. Keeping two thoughts in mind will help you in motivating yourself to play the D:

1. You will play if you are extremely strong defensively (ask yourself if you want to play.)
2. If we play good defense we will win!

There are two general ideas which you should understand before you commit yourself finally to this idea of really playing the D:

1. As opposed to shooting and other controlled skills, defense is an all out skill requiring genuine conditioning. You can't fake.
2. You will be beaten by the offensive man occasionally, and if you give up and lose your aggressiveness because you were beaten, you are a chicken.

Aggressiveness is the key to our defense. <sup>Ideally</sup> We will attempt to keep pressure on the ball and the passing lanes at all times. In other words don't ever let your man have the ball, and if he should get it occasionally, make him wish he hadn't. Hungry kids who are determined to totally frustrate opponents by taking everything away from them are the best kind of kids to play the big D with!

As a team, we use the ball as the measure, never turning away from it. We always sag toward it when we are away from it. We try to get to a position where we can see both the ball and the man we're guarding.

We will try to force people to the outside so that we can overplay the passing lanes back around the horn and to the middle. In the backcourt we will force the dribbler to his weak hand. Our goal is to keep constant pressure on the ball and the passing lanes, but never to foolishly overcommit.

If one of our team mates is beaten we will help him. At no time will we allow an opponent to go the the basket uncontested, nor will we allow the ball into the lane without a struggle. Our responsibilities are: our own men and everyone else's man. Think in terms of a 5-3 or 5-2 defense (help).

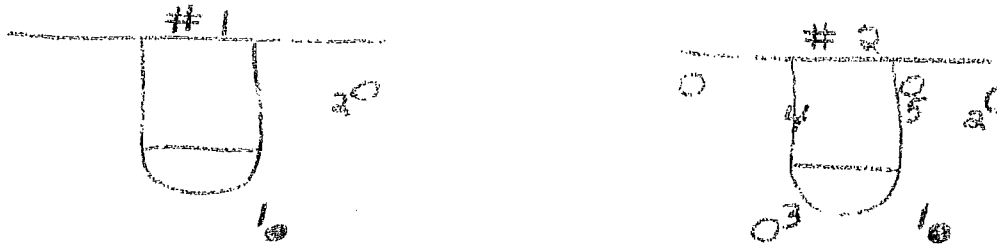
We will play our defense full, 3/4 and half court at different times.

### STANCE (on and off ball)

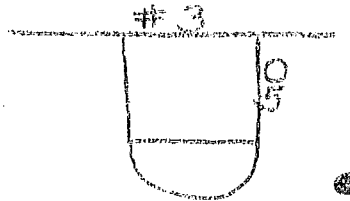
The knees are bent with the inside foot forward. The ~~body~~<sup>head</sup> is up with the eyes at chest level. The eyes are focused on the chest but peripheral vision is used to see to both sides. The weight is spread evenly on the widely spread feet. The head should be kept over the hips with the back as straight as possible. A state of readiness is always maintained, since being ready is being quick.

On the ball, force the dribbler to the sideline by overplaying the inside with the inside foot up. The lead hand is in at the ball with the other hand out to the side for balance. The lead hand is always at the ball, faking and jabbing. If the ball is up the hand should be up. Don't allow the arm to become stiff. In general get in on your man taking <sup>away</sup> the middle and the outside shot.

The stance off the ball should allow you to see both the ball and your man. The closer your man is to the ball, the closer you are to him. Play the line (#1) between your man and the ball. Extend your inside foot so that you can extend your inside arm and shoulder into the passing lane. Always be aware of adjusting your stance to the line between the ball and you man. The farther away from the ball your man is, the more you can float toward the ball opening your stance to a near parallel position. You must be in a position to see both your man and the ball (#2)



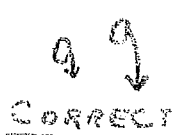
Post men are played like anyone else. You should play the line between your Man and the ball and you should play on the basket <sup>side</sup> of the line (#3). Try to affect the post man's vision with your ~~lead~~ hand.



#### MOVEMENT (ON AND OFF THE BALL)

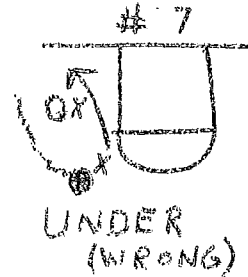
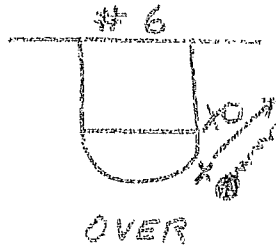
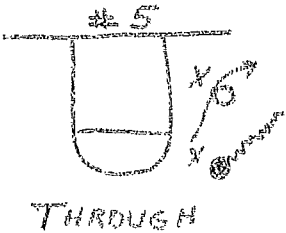
On the ball you must move your feet as briskly as possible with short choppy steps. The feet must be kept apart and the weight must be kept down. The first steps must be very explosive as these steps are often the offensive man's most important steps. Keep your nose on the ball and have your chest ready to stop the dribbler if he tries to go past you. You have to move your feet to have your chest ready.

If the man with the ball makes a fake at you, move your front foot back and your back foot back without crossing them. In other words move back on all fakes, not sideways. Return only when your man is going to shoot, and return in the same manner you went back. If your man drives to the outside, power off your inside foot and get your nose even with the ball. If your man drives toward your inside foot, you are not overplaying him enough. If he should get to your lead foot you must pivot on your back foot and pull your lead foot back about 90° and beginning shuffling (#4). Do not open too far.



Do as much shuffling as possible and as little running as possible. Constantly be ready to <sup>change</sup> directions.

The best way to fight screens is to avoid them before getting entangled. When beating screens some distance from the basket, go through them (#5). When fighting screens in the scoring area, go over them (#6). Never go under the whole pile (#7).

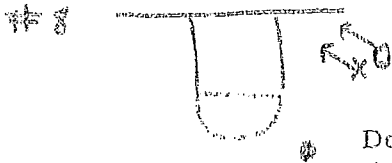


When you realize you are being screened, get one foot on top of the screen or behind it, depending on how you are beating the screen. If the dribbler goes past the screen and you are going over, force your lead leg and throw your belly button forward arching your back and squeezing through. By having one foot on top of the screen initially, you can go either way, should the dribbler reverse directions. If you hit the screen either bounce back and slide through, or do a defensive roll and slide through. You will find that your defensive team mate will help you out in defeating the screen.

Defend the jump shooter by having your lead hand in at the ball so that the shooter cannot bring the ball straight up. Make many hand, body, and foot fakes at the potential shooter in order to disrupt his rhythm. When he does attempt to shoot raise your hand on the ball and yell to break his concentration. When a man is going up for a shot along the baseline always raise the baseline arm. This way you still have a hand down for balance if he tries to reverse you to the middle.

In defending a man who has just passed the ball you must take one step in the direction of the pass and go into an immediate overplay position. It is inexcusable for a man to be able to make a pass and get a return pass. On our team there will always be a ball- you- man relationship. This means that you are between the ball and your man in an overplaying stance. Remember the farther away from the ball your man goes, the less you have to be on him, and the more you have to float toward the ball. Be <sup>in</sup> position to see both.

If the man you are overplaying goes behind you on a back cut (#8). Cover him in the regular overplay position (inside foot and arm forward). When he has taken a full step past you toward the basket <sup>and the ball is thrown or he enters the lane</sup> you open to the ball, pulling your inside arm around and pivoting on your back foot. Pick your front foot up and pull it around. Be prepared to go into an immediate overplay position at the basket or reversing and coming back out the same way. Keep your weight down when moving.



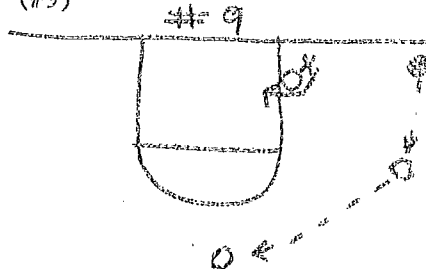
Do not let your man come back out to get the ball. ~~If the man does not get past you it is not necessary to open up. Maintain the overplay position.~~

Do not open until the ball is thrown or until the man enters the lane.

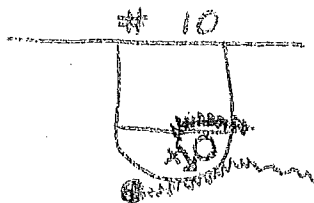


If a man attempts to cut through the lane to get a pass he should find you in the way. Maintain your overplay position so that he has to run over you to get to the ball. Keep your active hand, shoulder and head in the passing lane.

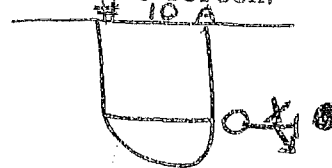
When covering post man and the ball is passed so that you must adjust your overplay position, you cross in front of your man. Step through with your back foot and re-establish position. (#9)



If your man is the screener you are vital in stopping the screen play. You must first warn your team mate by telling him exactly where the screen is. You must then make a help or expose move. The help move is made by stepping ~~back and~~ ~~down~~ toward the dribbler so that he will go wide. Then when his man (your team-mate) has caught up, you recover back on your man (#10). A help move is actually a false temporary switch.

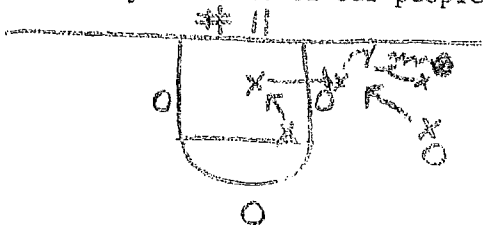


When the screener goes toward the ball, the help man must step out from behind the screen.



### OTHER DEFENSIVE ESSENTIALS

Even though we push the ball to the outside end, the corners, we do not want to give up the baseline. Anytime the baseline has been given up ~~we~~ <sup>we</sup> should have an automatic trap between the man on the driver and one of the post defenders who has floated toward the ball, and can cut off the baseline. When we get ourselves into this position the defensive man on the driver yells "BASELINE". This tells everyone to sink to the basket area and pick up the most dangerous men in the scoring area. Remember on the call "BASELINE", we get an automatic trap and an automatic sink by the rest of our people (#11).



~~When the screener goes toward the ball, the help man must step out from behind the screen.~~

"BASELINE"

Trap

Sink





time that poor rebounders will not play much. You will be expected to prove to your opponent that you want the ball more than he does. Be aggressive and hard to live with on the boards. Be mean. Check every opponent as soon as "shot" is called. The closer your opponent is to the basket, the more you will use a front turn or a pivot against him. The farther away he is the more you will use a rear turn or pivot. The front turn gets you to the man faster while the rear turn gives him a direction and then takes it away. If you are close to the basket, turn as quickly as possible and try to maintain contact with your opponent. He can't jump when you're against him. Usually after you check your opponent you will go to the board. Take small shuffle steps when going to the board as you will be ready to jump. Extend the arms out to the sides with some tension in them. They will serve as a lift when you jump. The closer you are to the basket, the higher your arms and hands should be. Don't let rebounds bounce over your head. Be very careful that you don't get too far under the basket. Anticipate or expect every shot to be missed. You must be willing to jump without knowing where you're going to land. A reckless abandon is needed to be the kind of rebounder we are looking for. Know the rims and know where the shot came from. Expect long shots to rebound a greater distance. Expect many shots to come off in the lane. High spots bounce high, flat shots come off hard. Be on your toes ready to jump from a fairly wide base. Jump when the ball is about rim height and stay spread. Grab the ball hard on the upper half of the ball (grunt if you want to) and come down on both feet looking for someone to pass to up the floor on the rebound side of the floor. Rebounding is one of those areas controlled mainly by desire, so if you want to be tough in this area you probably will be.

One final point of instruction to you is to observe your opponent. You must know him well early. Determine what he wants to do. See if he goes both ways. See if he desires to shoot or drive. See if he likes to move without the ball. If he doesn't move much you should be able to button him up and still help out alot. In other words, be a thinking ballplayer defensively.

At this point you have had the instruction defensively. You know how important defense is to our ball club and to your coach. The need to play this kind of defense is real. The knowledge you need is right here yet you are the one who must make it happen defensively. You have to play it when you're up and <sup>when</sup> you're down. There is no half-way treatment of the kind of defense that we will play at Eau Claire Memorial. You'll bleed and you'll die hard, but if you play this kind of "D" that has been outlined here you'll win.

Consider our team defensive goals. We will keep track of these items each game.

1. Win game
2. Hold opponents to ~~50~~<sup>55</sup> points or less
3. Give up under 55 shots in game
4. Hold opponents to 35% shooting or less
5. Commit fewer than 14 fouls
6. Cause 18 or more turnovers by opponents
7. Allow 12 or fewer offensive rebounds by opponents
8. Gain possession of more than half of the jump balls.

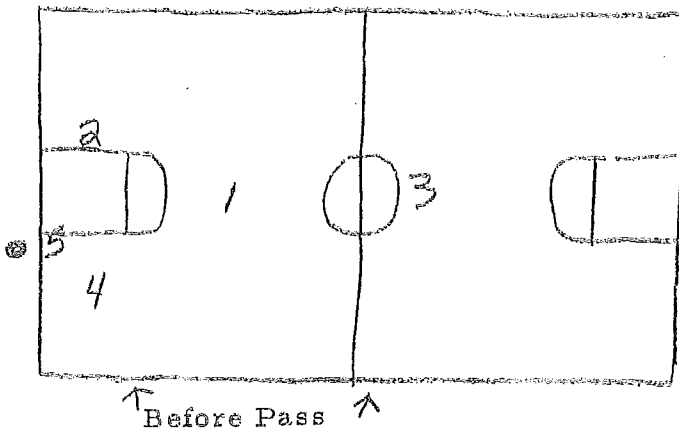
## PRESS

You will press and if you do it right, it will be a tremendous assist to your game.

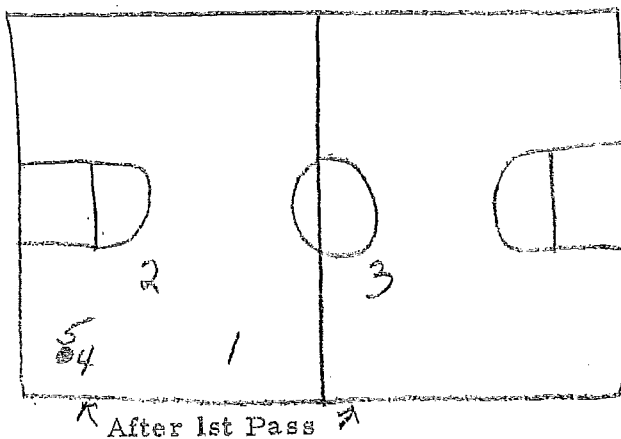
Before you press, there are certain general ideas, you must be aware of;

1. Specific rules will govern your position in the press--Know them.
2. Constant pressure must be kept on the ball handler.
3. In the press you must be interception conscious.
4. You must never allow passes to men in your areas without contesting them.
5. There is no time for hesitation in the press. You must make the defensive move.
6. If there are two men in your defensive area, you must play the one closest to the ball.
7. If there is no one in your area you must look for offensive man cutting into your area.
8. After the specified number of traps you must hustle to pick up your defensive assignment.
9. Do not foul or trap. Keep hands up.
10. Do not let dribbler split trap.

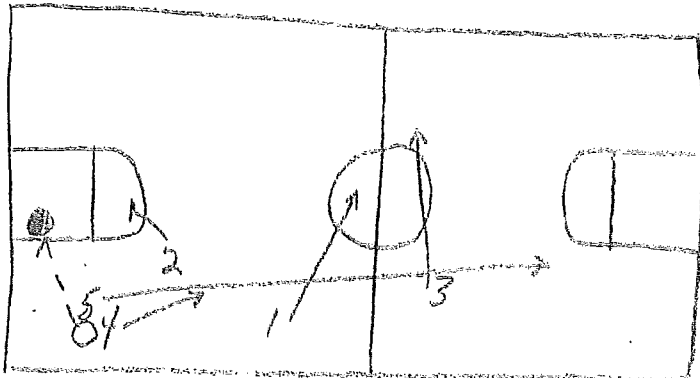
### PANIC PRESS (UP PRESS)



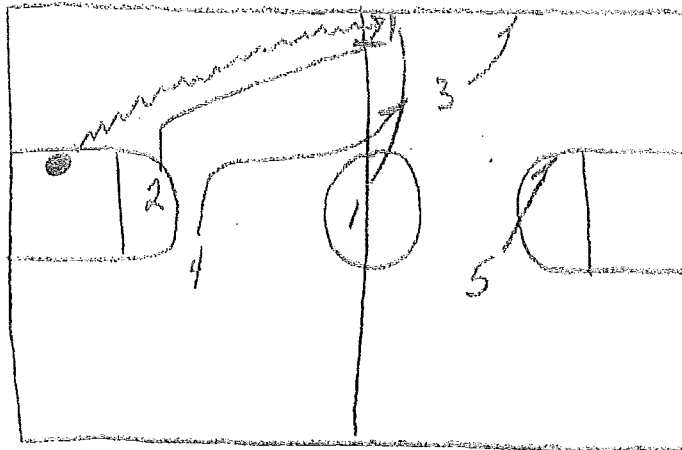
- (5) Over ball, hands high
- (3, 4) deny pass, force lab, trap with point, take away sideline always on trap
- (1) go for interception, come up if necessary, don't trap
- (2) allow no layups



- (5) traps on ball
- (4) takes away sideline, traps with point
- (2) Intercepts pass to middle, does not play backward pass
- (1) takes away sideline pass
- (3) intercepts any long pass

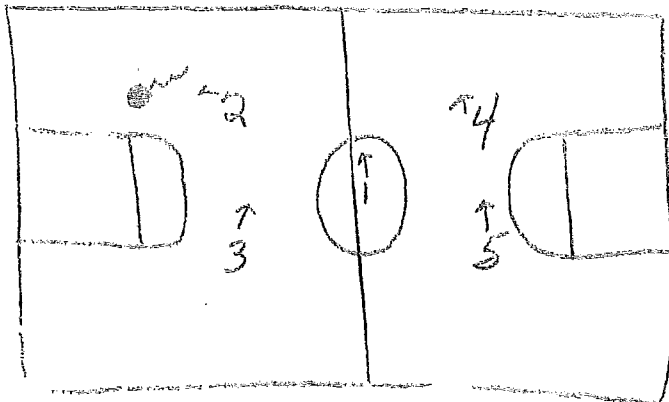


After backward pass 1



Ball up side

### BACK PRESS



(5) hustles to top of circle

(4) drops 10' and over 5'

(1) goes directly to center

(2) forces ball up his side

(3) allows no pass up his side across time line

(5) allows no pass into key

(4) allows no pass back around once it's started, jams middle in front court

(1) takes away sideline just over 10 sec. traps with (2)

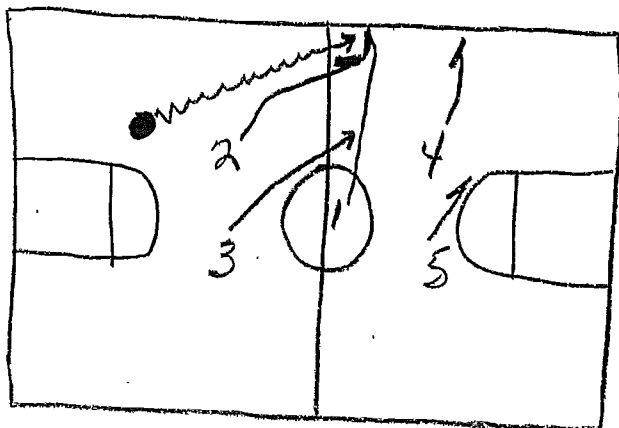
(2) forces dribble or pass up side traps with (1)

(3) takes away 1st pass down side-line

After miss or on call we will set up what is actually the end of the panic press

(1, 2, 3) Do not allow pass to middle

(4, 5) Do not allow long pass



(1) times movement to get ball just as it crosses time line.

(2) forces ball up side on dribble or pass

(3) Does not let ball come back around, gambles on interception in middle plays in middle once ball is across line.

(4) Cuts of pass down ball side.

(5) saftey, jams lane.

If this trap is broken, retreat to the basic 1-2-2. You don't have to be wild to be a good presser. Do not foul. When the ball passes you, hustle to your next stop. Play on your toes.

## 1 - 2 - 2 Defense

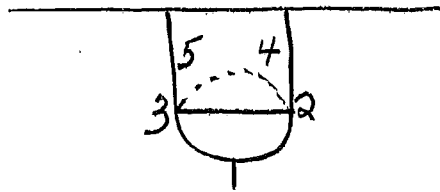
This is a straight zone defense. When played aggressively it is tough to beat; when played otherwise it is a soft touch. In this defense both hands are up. The ball is treated much the same as it is in the man to man when it is in your area.

This defense is good because it can do the following:

1. stop 1-1 players
2. discourages fouling
3. slows down offense
4. spreads offense
5. provides help inside
6. takes away offensive aggressiveness

### APPEARANCE

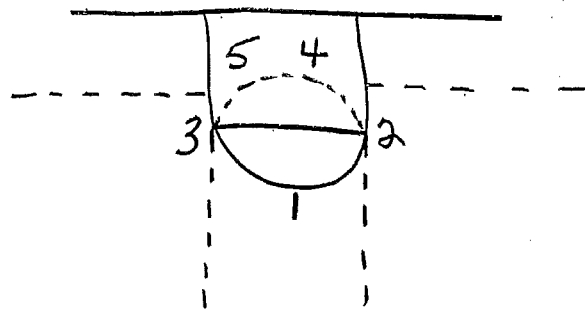
It takes the following appearance:



4 and 5 are 8' apart and 4' in front of basket. 2 and 3 are 2' outside of free throw lane. 1 plays according to ability of point man. attack ball when it comes into your alley. Positioning should be such that you are inside of your man and ball when he does not have it.

### RESPONSIBILITY

The alleys responsibility are as follows:

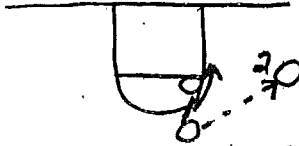


Turn ball to corners and try not to let it change sides.

## POINT MAN

Number 1 (point man) has the following responsibilities:

- a. attack ball anywhere in alley
- b. rebound front of rim on any corner or wing shot; try to pin at man in high post area on shot.
- c. protect high post on ball side when ball is out of your alley.



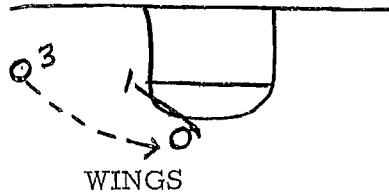
- d. double team on pass over your head in your own alley.



- e. drop in front of low post when baseline is being used. (Use own quickness as guage to depth of drop)

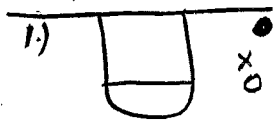


- f. on pass back out around, aim at opposite shoulder of man with ball in your alley.

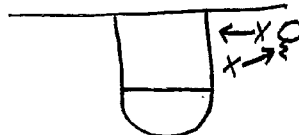


Numbers 2 and 3 (wings) have the following responsibilities:

- a. get into position to force lob, pass from point to baseline (never allow this pass to go direct)
- b. when ball is on baseline do one of the following:
  - 1) get between man in your alley and the ball
  - 2) trap on the baseline
  - 3) help on pivot area



- c. vigorously attack dribbler out of corners (relieve low man of responsibility)



- d/ wing away from ball runs "V" cut keeping himself in line with ball and opposite corner (size of "V" varies with quickness of our man and ability of opponent pivot play and weakside rebounding)
- e/ when ball comes back into your alley to change direction of ball again
- f/ drop back and attack high post from back and side when ball goes to high post (pt. will attack from front)

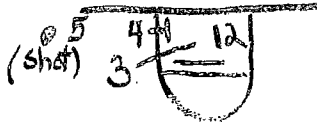
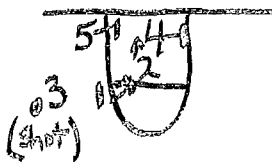
### BACK MEN

Numbers (4, 5) have the following responsibilities:

- a. force all cutters to go behind you
- b. keep your 8 split constant; move together
- c. front all low posts, get into position by swinging lead arm hard in front and dropping back arm across as you step in front of post. Make contact.
- d. 2nd back man attack man who gets around baseline on 1st back man

### REBOUNDING

Try to rebound on man to man basis if there is a man in your area. Otherwise pick spot and be there.



Rebound Responsibilities

### REMEMBER

- a. work on jabs and feints on defense
- b. get near hand on ball
- c. don't get spread too far; stay compact
- d. keep one hand up always when you're one of four men on the ball
- e. yell at all shooters with hand on ball and call "rebound"
- f. tell opponents not to shoot; tell them not to do anything



If you want to help yourself and help  
our club you will read this book from  
cover to cover.

I have tried to say to you what I feel  
needs to be said. The rest is up to  
us - on the floor



**"WHAT IT TAKES TO BE NUMBER ONE"**

"Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing . . .

"It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there - to compete. They know the rules and the objectives when they get in the game. The objective is to win - fairly, squarely, decently, by the rules - but to win.

"And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head combat.

"I don't say these things because I believe in the 'brute' nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour - his greatest fulfillment to all he holds dear - is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious."

Excerpt from speech by Vince Lombardi