

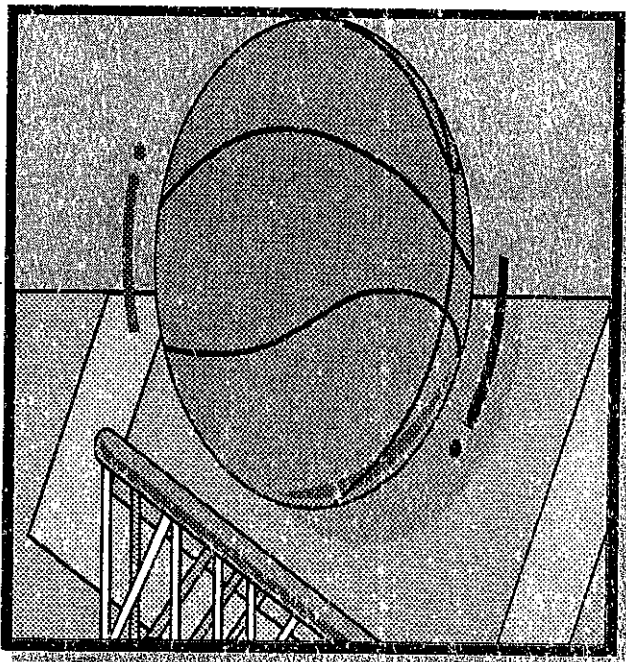
Don Meyer's

BASKETBALL

COACHING

ACADEMY

NOTES



Notes, Thoughts
& Diagrams
from
Don Meyer's
Annual
Coaching Academy
held at
David Lipscomb University
Nashville, TN
1994

INTRODUCTION

On The Academy

"Its hard to believe that more basketball could be taught in such a quality manner in this set time frame."

"...there is no one in the game today that cares more about, or does more to assist in the education of coaches."

The Don Meyer Coaching Academy is held annually at the campus of David Lipscomb University in Nashville, Tennessee. The academy is a three day affair that is directed by the Bison's head basketball coach Don Meyer who is assisted by his staff. The academy compacts Meyer's philosophy into several segments that included both lectures, overhead diagrams and actual on floor demonstrations with players.

It is hard to believe that more basketball could be taught in such a quality manner in this set time frame. Regardless of your own particular philosophy of coaching, there is a great deal to come away with that can be applied to your own program. It also matters not what level you coach on and this is highly evident in the number of junior high and high school coaches in attendance as well as small and major college college coaches. There were head coaches and assistants, women coaches and men.

After years of attending clinics, observing practices, reading books and viewing video, the *Don Meyer Basketball Coaching Academy*, is without question the great event I have ever been a part of in regard to educating myself to be a better teacher and a better coach. In fact, I will go as far as to say that no coach can truly be near his best until he has attended one of Don's academies.

In fact, to the best of my knowledge, there is no one in the game today that cares more about, or does more to assist in the education of coaches. His 18-set video program *Building A Championship Program*, which covers practically ever important facet of the game is the best overall program on the market and a must for every coach on every level.

Don has also teamed up Jerry Krause to develop a set of 14 videos entitled *Skills And Drills Series* directed for the player. While all the videos are excellent teaching tools, tape #13 on *Team Attitude* is an absolute must and one that we show more than once each to our team at Louisiana State University.

While Don's videos have always been apart of my library, I first came in personal contact with him at his annual FREE Clinic he gives each fall. It is a clinic that includes two practice sessions and a Bison intrasquad scrimmage game as well some lectures and a little pizza. No one can attend the weekend and not walk away a better coach.

"No one can attend the weekend and not walk away a better coach."

In fact, I was somewhat hesitant about going to the Academy thinking that a great deal would be repetitive from the Free Clinic. Nothing could be further from the truth. In fact, here in lies one of the reason's behind Don's tremendous success on the collegiate level. All great coaches understand flexibility and that change is a part of the game. Not changing defenses, but knowing that to stay on top we must constantly looking for better things to teach and better ways to teach them.

This will not be my last trip to Nashville to learn from Don. In fact, I look forward to my next. I hope that you enjoy these notes but I hope you will take the opportunity to learn first hand from Coach Meyer and his staff. You won't go away disappointed.

Sincerely,

Bob Starkey

Louisiana State University
Assistant Basketball Coach

Table of Contents

<i>Chapter 1</i>	BUILDING A PROGRAM.....	1
<i>Chapter 2</i>	PRACTICE PLANNING.....	15
<i>Chapter 3</i>	PERIMETER PLAY.....	16
<i>Chapter 4</i>	POST PLAY.....	18
<i>Chapter 5</i>	MOTION OFFENSE.....	24
<i>Chapter 6</i>	SECONDARY BREAK.....	28
<i>Chapter 7</i>	MAN TO MAN DEFENSE.....	30
<i>Chapter 8</i>	MATCH UP DEFENSE.....	33
<i>Chapter 9</i>	SELECTIVE TRAPPING.....	37
<i>Chapter 10</i>	SPECIAL SITUATIONS.....	40
<i>Chapter 11</i>	ODDS AND ENDS.....	46
<i>Chapter 12</i>	PERIMETER/POST PROGRESSION.....	48
<i>Chapter 13</i>	PRESS OFFENSE.....	50
<i>Chapter 14</i>	ZONE ATTACK.....	53
<i>Chapter 15</i>	SPECIAL PLAYS.....	58

Building A Program

Coaches must understand that they will at times have to *SUCK SCUM*— Example of Coach Wooden sweeping the floors at UCLA.

One off-season John Wooden studied the dictionary.

“You can’t use every good idea ...you must find the ideas that best fit your program.”

—DM—

Know your team—

- who is your best screener
- who is your best poster
- who is your best finisher
- who is your best post feeder

Post feeders—if you don’t have a feeder, why post?

In a survey of 500 richest people in America, they gather 10 traits and a major one was that **they took prolific notes.**

- Sam Walton lived with a yellow pad
- On a trip, Walton took family to hotel and then visited stores to ask questions, take notes.
- Has camp coaches take notes

At camp, has campers say “yes sir, no sire, please, thank you” as well as pick up trash.

JOHN WOODEN’S SEVEN-POINT CREED

Seven things that Wooden’s dad told him to try to live by when he was young.

- #1 — To thine own self be true, and it must follow, as the night the day, though canst not be false to any man.
- #2 — Make each day your masterpiece.
- #3 — Live each day as it should be lived. Never leave until tomorrow what can be done today.
- #4 — Help others. A perfect life can be lived in helping others.
- #5 — Drink deeply from good books.
- #6 — Don’t take friendship for granted. Study friendship and make it a fine art.
- #7 — Most important of all, pray for guidance each day and divine guidance will come your way.

Why am I coaching? Build a foundation — not just a coaching foundation but also a philosophy of life. How do you treat people.

Men coaches not as hungry as women;
White coaches not as hungry as black coaches;
If you don't have the zest, get out!

"Ask you veteran

players to teach

your rookies...

your team will take

on the dominate

personality of

your seniors."

—DM—

Don't worry about the other guy—take care of yourself and your players.

Listen to older coaches (Ex: Knight)
Pick out programs to study.

Keep a coaching notebook—write other programs for basketball information. Tape their games on television; tape Roy Firestone (great interviews); always keep a tape in the VCR.

Problem Areas For Young Coaches

- #1 — Transition Defense
- #2 — Zone Offense
- #3 — Press Offense
- #4 — Rebounding

Parents would rather their kid be All-State then win a state championship!

Guidelines For Player Notebooks

- #1 — Academics (first sections!)
- #2 — Motivation
- #3 — Defense
- #4 — Special Situations
- #5 — Offense

"All coaches

should study

John Wooden."

—DM—

Use notebooks everyday (in-season, off-season); use in camps also.

Time Management—

- get a system;
- stick to it;
- write everything down (retrieval)

*"It doesn't matter
where you coach,
it matters why you
coach."*

—DM—

*"Learn to handle winning
because success can
destroy you easier
than failure."*

—DM—

*"Don't do the
right thing for
the wrong
reason."*

—DM—

Franklin Planner — (Power Page)

Must keep up with contacts; contacts critical to career success.

John Wooden — "Love & Balance"

How many kids today play for the love of the game; when you focus on humiliating your opponent, you won't be successful.

Read Frosty Westerling's book, *Make The Big Time Where You Are*. (206) 535-7665

Norm Stewart — You've been fired, what are you going to do to change.

Haunted House of Hoops

- Great promo idea
- Done on Halloween night
- Players give out candy
- Have dunking exhibition
- Parents love it
- One of the best things we do in promo area

Another promo idea — Free drink coupon on back of ticket from local fast food chain.

Team thing—hospital visits.

Nice to find ways to get your alumni back.

Stay Here, Play Here, Win Here

To STAY here—Be committed on academics, having class, doing the right thing, to the program.

To PLAY here—Be committed to hard work, becoming a smart player, a team concept and a winning attitude.

To WIN here—Believe in our system, believe in yourself, believe in your teammates, believe in your coaches.

The 10 Commitments of Bison Basketball

1. I Will Be On Time.
2. I Will Be In Class And Up Front.
3. I Will Attend Chapel.
4. I Will Study.
5. I Will Get Rest.
6. I Will Eat Right
7. I Will Avoid Drinking, Drug Use & Smoking.
8. I Will Dress Appropriately.
9. I Will Take Pride In Our Facilities.
10. I Will Believe in ARETE.

ARETE

Greek word that means being the absolute best. It is not being better than someone or something else. It is being the best that you are capable of being.

Selecting A Team

Point Guard—must handle ball, make solid decisions.

Post—doesn't have to be your tallest player; be able to get open, stay open and catch the ball.

Athlete—if you can get the ball to an athlete in the high post, you can break down any defense.

Dork—principal's son; banker's son.

Rules For Dork!

#1 — Pass & Go Away;

#2 — Pass & Screen Away;

#3 — Pass & Replace Yourself;

#4 — Ball Screen (non shooter can do this)

#5 — Be Substituted For.

Knight — “see the whole before the part.”

Relate basketball to life! It's tough to be an individual that stands for something.

Preparation—easy to harvest the wheat (but you must plant the seed and take care of the crop before.

*“Try to be
the best team on
your schedule.”*

—DM—

On Administrators

*Don't wrestle in
the mud with
the pig because
the pig likes it."*

—DM—

Put messages on one sheet of paper. Executive Galleries. Can use in recruiting as well. Meyer pulls out small hand-held recorder he uses more ideas, thoughts, etc. This is a must get back as soon as I return. GREAT IDEA!

Dale Brown — Roman Roubchenko has only been in the United States for three years and speaking English less than two and half years yet now has been grade point average on LSU. American kids take education for granted. Brown told story to Alonzo Johnson about how slaves use to get 34 lashes with a whip if caught reading a book. Some blacks take education for granted.

Gary Smally—"Word Pictures" help kids to retain what you are trying to get across.

Peter Drucker — Must sit and think 10 minutes a day about what you want to do with your organization.

Read *Vince* by Tim Coheen.

In regard to your administration — pick battles the are big enough to fight, small enough to win.

HUBIE BROWN'S 5 WAYS TO BE FIRED

1. Alcohol or drug abuse.
2. Divorces
3. Incident (with kid, parent, referee, opposing player)
4. Taking a stand for those you work for.
5. Poor classroom teacher (unless you win)

(Also merge or consolidation)

*"The more you
can do,
the more
attractive you are."*

—DM—

Make the game simple and easy to learn.

A short letter is more difficult to write then a long letter.

KEEP players aggressive and alert — Don't coach them down.

I
M
P
O
R
T
A
N
T

URGENT

- I** (20-25% of the time)
- Crises
 - Pressing Problems
 - Deadline-driven projects meetings, preparations

NOT URGENT

- II** (65-80% of the time)
- Preparation
 - Prevention
 - Values clarification
 - Planning
 - Relationship building
 - True re-creation
 - Empowerment

N
O
T
I
M
P
O
R
T
A
N
T

- III** (15% of the time)
- Interruptions, some phone calls
 - Some mail, some reports
 - Some meetings
 - Many proximate, pressing matters
 - Many popular activities

- IV** (less than 1%)
- Trivia, busywork
 - Junk mail
 - Some phone calls
 - Time wasters
 - "Escape" activities

Check, check and re-check (but never trust)

David Lipscomb goals for upcoming season—

- set as many illegal screens as possible;
- knock down anyone who screens us;
- major emphasis on conditioning.

*"For every one
hundred people
that can handle
failure, there
is one who
can handle
success."*

—DM—

Good teams have 1 or 2 guys that do the dirty jobs (take charges, get on the floor etc.). Great teams have all their guys doing dirty jobs.

Try to be the best team on your schedule.

No rule says you have to guard everyone.

Don Nelson — "Less is more."

Also Don Nelson — "For everything you add you must subtract something."

Bob Knight — "Don't complicate winning."

Good/average players have a variety of shots;
Great players hit the same old boring shots.

How do you measure how good you are? Remember its
more than just basketball.

“Winning sometimes
makes you

Take a little from the clinic, not everything. Try to
correlate ideas.

forget about where
you are, about
your values.”

John Wooden — “Good things take time; and they should.”

Can't throw money at problems.

—DM—

***There are jobs you CAN'T win at.

Pat Head Summitt taught 6 classes, took 3 classes for
\$6,000 her first year of coaching.

Gender equity—don't kill the goose that lays the golden
egg.

Importance of shared suffering—US Olympic coach took
skiing team and left them in the hills for two weeks.

“You can't
want something
for somebody else
more than they
want it for
themselves. Still
as coaches,
we do.”

How do you divide one bowl of soup between two—
—Have them SERVE each other! We are at our
best when we are serving each other.

Only you have to know your motivation.

Unconditional Love and Acceptance

Bill Parcells—Confidence comes from demonstrated ability.

In :30 you can ruin a life with your attitude; players are
your children; BE THE MAN!

Love your neighbor as yourself.

Know what you can control.

What is your addiction? — strive for balance.

—DM—

Really good coach = toughest to please is himself.

"Your greatest
feeling are
expressed
in silence."

—DM—

Passion, Duty, Burden.

Bill Russell — I'm a man teaching men how to play
basketball.

2nd half warm ups are more important than 1st half.

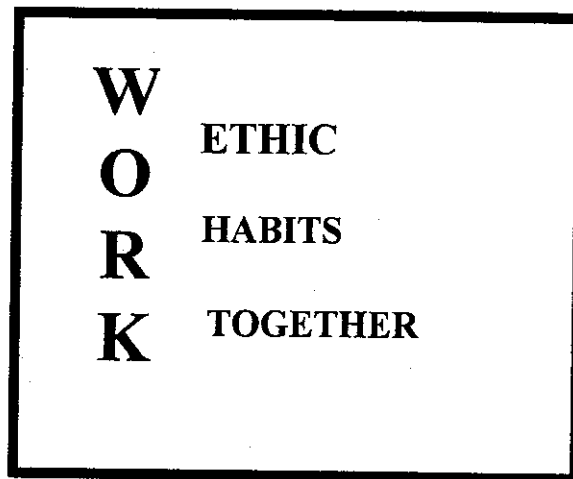
LOYALTY — It must be demonstrated; you can't buy
loyalty by paying people more than their worth—you buy
loyalty by being a stand up guy. It must also be
understood that loyalty is a two way street.

Pete Newell—In the NCAA Tournament, even if you
don't press, press the 1st few minutes just to say I'm
going to kick your ass.

Roger Clemons — I'm going to whip you physically and if
that doesn't work then I'll start thinking.

"If you're
going to bite
butts with the
bear, bite first."

—DM—



"Those who work the hardest, surrender last."

Sign in David Lipscomb locker room—

BE A PRACTICE PLAYER FIRST

On set plays, go with post option first, 3 point shot option
second.

Don't assume they know too much.

**You only get what you...
...EXPECT;
...INSPECT;
...ACCEPT!**

"You can't
make someone
a leader; you
can name
captains, but
not a leader."

—DM—

Army motto — "check, check, re-check."

Be able to laugh at yourself.

Critical to improve fundamentals and shot selection.

Pete Newell's Rule — "Get better shots than your opponent and get more of them." This applies to all phases of the game.

"REBOUNDING WINS CHAMPIONSHIPS"

Rebounding effects every phase of the game.

"Tuxedo Player" —Morgan Wooten's term for a soft player.

Abe Lemons — You make enemies faster than friends.

Don't screw with the program.

"Lifer" — coach for life.

Lamar Hunts credo for success...

- #1 Determine what you want;
- #2 Determine what does it cost;
- #3 Determine will you pay the price!

James 3:13 Humility comes from Wisdom.

The strength of pack is the wolf,
The strength of the wolf is the pack.

—Kipling—

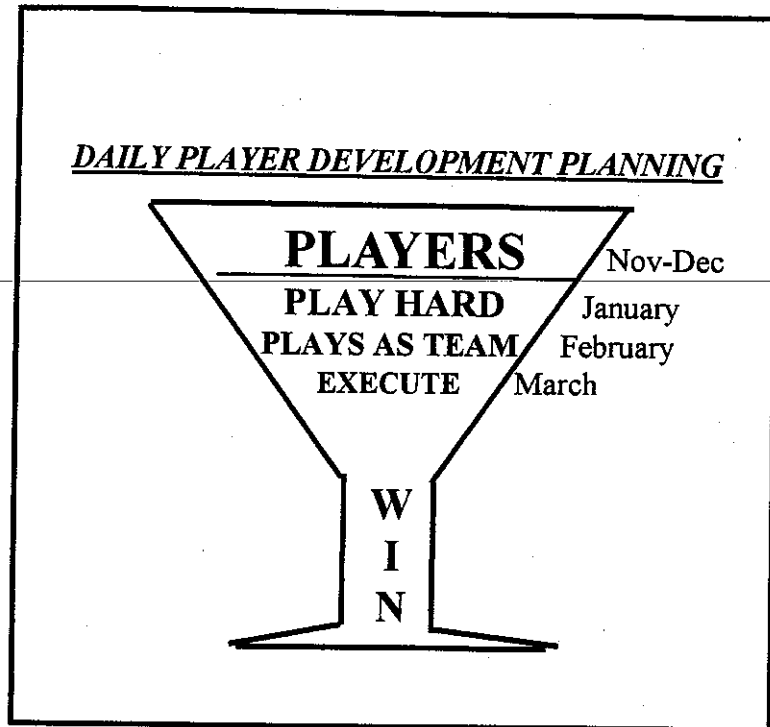
Wall Of Shame—Hutch Coach—keeps negative articles of players on the wall.

—DM—

"It all starts
at the top.
If starts with
me. If my kids
are soft, then
I must be
soft."

“Even if you
can’t be loved,
still love.”

—DM—



“You can only
feel important
when you’re
coaching your
team. Put a
shell around
them and
protect them.”

—DM—

Pass out key chains, pens, desk clocks — promotional ideas — make them classy and visibly.

Chemistry is important — example of Seattle Supersonics with talent in Kemp, Payton, Pierce but no chemistry.

Duke University — Players play much better when they leave than when they came.

Nothing stays the same and you must be willing to change. Example of Don Devoe who did not adjust to changing times.

The Four Basic Human Needs

- #1 To live;
- #2 To love and be loved;
- #3 To feel important;
- #4 Variety

Terry Holland named his dog Dean Smith so that he could at least beat Dean Smith when he got home.

“It is what
 other people
 see in us
 that makes
 us like them.”
 —DM—

PLANNING TIPS

- #1 — Plan your week on Sunday
- #2 — Plan the next day the night before (critical)
- #3 — Exercise
- #4 — Say “no” (can’t tackle EVERY project)
- #5 — Take mini vacation (don’t take long vacations)
- #6 — Keep a journal (not on what you do but what you learned)

T PLANNING

APPOINTMENT	ACTION FLOW

10 AREAS OF ORGANIZATION

- Spiritual
- Servant (give something back to the game)
- Spouse
- Family
- Fitness (drink water and fluids)
- Program Ideas (equipment, grades, meetings, scouting)
- Recruiting (“Everybody recruits”)
- Summer Camps
- Clinics
- Tapes

“Your style
 doesn’t
 matter but your
 philosophy
 must remain
 constant.”
 —DM—

We should all take PSA Blood Test for prostate cancer.

PLANNING FORM FOR PLAYERS

TODAY’S TOP PRIORITIES
ACTION LIST

You should never plan a vacation unless there is a possibility of professional advancement (tax purposes).

“Have
preparation
for everything

Scrimmage and game notes for players (form #10)
Right way and wrong way to do this.

Individualize video for players.

you do. You
must prioritize
everything.”

Team perception test — well into practice sessions but before first game. (add best screener, best poster, best feeder to our own test at LSU).

*Have t-shirts printed with acrostics for “Team Attitude”.

—DM—

How much better would your team be if every player took a charge in a game.

Charlie Spoonhauer — Make 3 consecutive defensive stops; plays one basket games.

Only showed one player the results — Don't let them see it. Give after they have worked together.

Time all your running — Dictatorship.

David Lipscomb Four Corner Passing Drill (IU)

- ***may use basketball or tennis balls.
- ***let players run drill, change directions
- ***require jump stops
- ***chin the ball
- ***go to the right, pass w/right
- ***chest pass only to advance ball up the floor
- ***call for every pass (communication)
- ***“uncoachables” — you are so smart we don't have to coach you, just condition you.

Frozen Push Up — better then tearing their legs up, got from Indians listening for Buffalo.

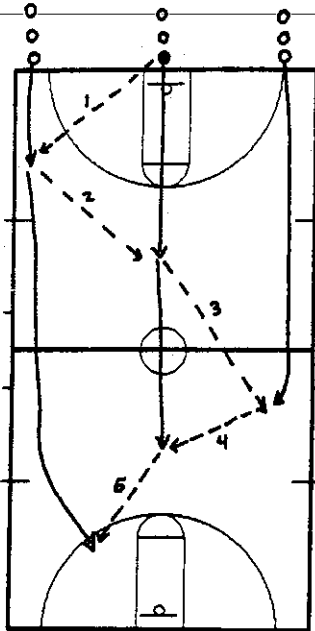
Tell players, “John remind me to tell them this tomorrow.” Constantly test them.

Morgan Wooten — Catch the ball with your feet, eyes, and hands.
Feet get you in position to catch.

Rick Majerus — Shorten the pass.

John Wooden — Block it, tuck it into triple threat.

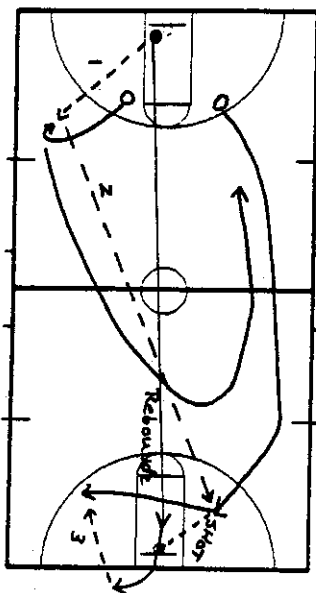
3 LANE PUSH



- ***Go back other way no dribbling
- ***Call out: "best finisher"
"middle jumper"
"best 3"
"best poster"

Rebound elbows
for 3-point
shot at the top.

PRO BREAK



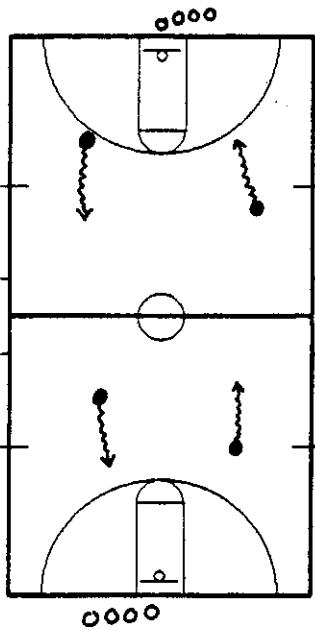
Pat Riley — "PRO BREAK"

- ***PERFECT means the ball never touches the floor, no violations and the lay-up is clean.
- ***Goals are off the glass, no rim.
- ***Pair up a veteran with a rookie.
- ***2 trips (if perfect) rebounder stays in the middle.
- ***Finish up with free throws.

“Our (coaches) perception is the most important because the inmates don’t run the prison.”

—DM—

KENTUCKY LAY UP DRILL



“Players that are afraid to be embarrassed will never be great.”

—DM—

If you are aware, you must communicate.

2 foot power up for lay ups.

Drills need to correlate with system.

Always ask “why?”.

Can’t pound kids physically and mentally everyday.

More Olympic gold medals are lost by overtraining.

Practice must provide toughness and communication; move quickly to drills.

Rick Pitino “Kentucky Lay Up Drill

***80 in 2 minutes

***Make it in 3 dribbles

***Make the lay up cleanly

***No violations or turnovers

***make them every time try to make one more

***rip the ball out of the net

Instant replay correction right away.

John Wooden — Scold then reinstruct; stern but calmly.

Great book “Are You Watching Adolph Rupp” by Dan Doyle.

Get to know kid before making adjustments.

Make em’ think.

“Every player
wants to be
taught if he
really wants to
be a player.”

—DM—

CHAPTER 2

“The most
enjoyment I get
comes from
working one
on one with
players.”

—DM—

You can be the greatest coach in the world but you can't get a jackass to run in the Kentucky Derby — you need a thoroughbred that will respond.

Use notebook **AFTER** practices.

- what was good;
- what was bad;
- what can get better;
- ask them what they write.

Provide individually drilling especially for those players who truly LOVE to work on their game.

It's not just what you say to them but what they think.

PRACTICE PLANNING

Some players only hear when you whisper.

David Lipscomb program has overriding purpose.

Use a phone chain to get messages to players—gives them responsibility.

Have you ever seen a great program that doesn't have great communication.

Have players call out the drill.

Paul Patterson — “I don't know if you develop leaders as much as you chose them.”

Reduce Rims — Hoff — Sioux Fall, SD

Toss Backs — Garrett (use in off-season)

Let kids have input in equipment.

Scheduling can give you early success, help build confidence but you can't over do it. Remember: “You can't build anything picking up sticks but you can get killed when the big trees fall.”

Success builds success.

“To win
championships,
make your
lay ups and
free throws.”

—DM—

When you are highly ranked, every game is a tough game.

Make notes on practice plan to talk to kids.

Christian Laetner’s comment at team banquet—
“These kids did a nice job too.”

Give new rules to players — Illustrated Rule Book

June 8-10, dates for 1995 Don Meyer Coaching
Academy!!!

Use LMU break drill and each player has to score in 5 trips
in 32 seconds.

CHAPTER 3

PERIMETER PLAY

Never pick up a dribble without a pass or a shot.

Camp—have campers write a note home to who was
responsible for sending them. (Great idea, tell Dale)

Not everybody can be an assist passer.

OVERLOAD — Work at high rate of speed, 2 balls, 3 to 1
ratio.

Don’t sacrifice style to break the record.

More good people in program, bigger impact later

Conditioning — Fleas in a jar — don’t limit kids by putting
a lid on them.

How well did we do? North Carolina Blue Team — “we
won the game 3 to 2 when we were in.”

1st thing on press offense, guards look to run.

Against trap, look for one guy in trap to beat, don’t try to
beat them all. Look at the net and see the whole floor.
Nate Archibald role.

“You are a
poor specimen
if you can’t
handle the
pressure
of adversity.”

—DM—

“There is
no greater
compliment
then for a
player to be
told that he
makes his
teammates
better.”
—DM—

“If you want to
know how to
break a press,
ask a coach
who presses;
if you want to
know how to
attack a zone,
ask a good
zone coach.”
—DM—

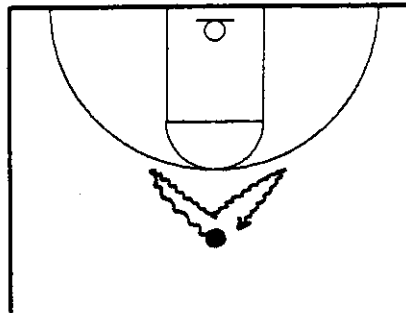
If you can't catch facing then turn, look, and go.

Play with back to sideline and butt to baseline.

When in doubt, you must see the ball—”I saw the gun
fighter but I didn't see the gun.”

Always have three available receivers.

PULL BACK CROSSOVER



- *push on defense
- *keep toe pointing in
direction you are going
- *don't bring heels together
- * CRITICAL vs. run and
jump and zone

Never penetrate baseline vs. zone unless you have a drift
pass otherwise, the baseline drive does not distort the
zone.

Dribbling on the arc, pick spots vs. zone.

Best conditioning test for guards—dribble length of the
floor five times down and back in one minute.

2 ball dribbling

Work fast enough to make a mistake; if you don't make
a mistake you're not working fast enough.

Take ball below (or above) the line of the post to
improve your passing angle.

Don't throw the ball to the baseline unless the receiver can shoot the ball.

"Skills & Drills" tape on setting screens excellent for motion.

Offense if extremely important; fundamentals with post and perimeter.

CHAPTER 4

POST PLAY

Many correlate post players to size and this can be a mistake. You must have good inside game to be successful on offense. Don't get caught up on size — *identify who can post up.*

"Don't cut
a big kid who
wants to play;
cut the big
kid whose
mom wants
him to play."

MIKE ROLLER

5 ATTRIBUTES FOR POSTING

- #1 Head
- #2 Heart-wants to post:
likes contact
- #3 Hands
- #4 Feet
- #5 Ability to shoot

Make sure post players can shoot.

MASTER THESE FOUR THINGS IN THE POST

- A. Get open (where you can score)
- B. Stay open/by sealing (seal out, seal in, set for lob)
- C. Safely receive the ball (don't accept bad hands)
- D. Score Simply (not simply score)

“Basketball
s simple when
you break
it down.”

MIKE ROLLER

GETTING OPEN

- #1 V-cut
- #2 4-second transition (on defensive rebound, we want to post up in 4 seconds or less)
- #3 I-cut (stepping up the lane to create passing lane.
- #4 Step Out (short corner on drive)

On the v-cut, read the defense; if he is high, start him high and cut low; if he is low, start him low and cut high.

SEALING

First contact with the defender should happen from the waist down.

Seal with your feet—not your upper body. A body seal won't work against a strong player.

To get open on the seal you can—
—step over and sit down;
—pin and spin,

When sealing, try to make the defender take one step backwards. Good philosophy for defensive rebounding as well—when blocking out, try to make the offense take one step backward.

Sealing Teaching Points—
—check their backs;
—don't lean, keep back straight
—keep hands out and in front.

“One person
can not guard
you in the
low post.”

MIKE ROLLER

“A PIECE OF THE PAINT”

“When you seal, get a piece of the paint—get at least one foot in the paint every time you seal. The ultimate seal is to get both feet in the paint. This leads to scoring simply.”

“Sealing is
two things—
making contact
and then
keeping contact.”

MIKE ROLLER

A great way to simplify the term “PASSING ANGLE” to your players is to tell them to get the ball in a position where you can see the numbers on the jersey. You must see those numbers on his jersey before you can pass the ball. Throw the ball away from the defense.

We want to hold seal for 3 seconds—5 seconds in practice.

Need to have a height advantage for lobs—also need to clear offense out.

SETTING UP FOR THE LOB

- Seal in once before you go for the lob to gain area.
- Seal out using the hip.
- Remember that the only time you have control is when you make contact.
- Turn your chest to the baseline.
- Passer—throw to the corner of backboard.
- Receiver—both hands above shoulders.
- Hold your contact at the hip until ball is directly above your head, then release.

“The best
position for the lob
is when the ball is
above the free
throw line or
up top—it
eliminates help.”

MIKE ROLLER

When you do release your seal — and most players do release their seal too soon — hold your seal until you have to go get the ball. Hold it as long as you can.

Get Roller’s book “*Offensive Low Post Play*” at the next intermission.

“The passer
is the eyes
of the
receiver.”

MIKE ROLLER

DEFENDING THE LOB

First, you must have solid ball pressure;
Second, good helpside (it is better to teach too far)
Third, low post defender must do his part—it is not all
the responsibility of the helpside.

Low post player on the lob should take an explode step backwards, pushing back into the offense and attempt to tip the ball away.

PASS PREFERENCE TO FEED POST

- #1 Below his waist/or above his shoulders;
- #2 Do not throw chest pass to post;
- #3 Air pass quicker than bounce pass.

If they have trouble with air pass, throw it at their face.

“Catching the ball
on the perimeter
with a jumpstop
is important;
but it is critical
in the post.”

MIKE ROLLER

SAFELY RECEIVING THE PASS

- #1 Call for the ball (with mouth and hands);
- #2 Catch with eyes first, hand second, feet third;
- #3 Block & tuck (block with one, tuck with other—use fingers, not hand);
- #4 Catch with feet in the air (jumpstop—good on perimeter but critical in post);
- #5 Chin ball and look in direction the pass came from.

"If a player
has trouble
catching the
basketball,
check his
technique
first."

MIKE ROLLER

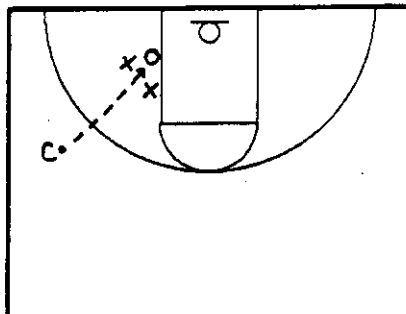
Overload principles are good for improvement.
Examples:

Play pass & catch using only one hand;
2 Ball Passing (use two tennis balls; use one tennis ball
and one basketball; air pass and bounce pass
combined).

Back-To-The-Passer Drill

Bad Pass Reaction Drill

Distraction Pass Drill — set up two defenders in the low
post on the front sides of the offensive low post
player. Have someone feed the post with the
defensive players trying to distract the offensive
player without touching the basketball.



SCORE SIMPLY

"You don't
need 100
low post
moves to
be effective
in the post."

MIKE ROLLER

"Less is more" — Don Nelson

Kareem Abdul-Jabbar had two moves his entire career
(the sky hook and the drop and go the other way)

Tell them what you want them to do:

#1—Shoot the ball closer to the basket than where you
caught it;

#2—If you catch the ball with a foot in the lane, you
don't dribble;

#3—If you catch the ball outside of the lane, you have
one power dribble.

"If a player
has trouble
catching the
basketball,
check his
technique
first."

MIKE ROLLER

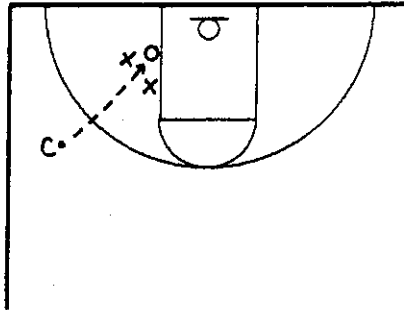
Overload principles are good for improvement.
Examples:

Play pass & catch using only one hand;
2 Ball Passing (use two tennis balls; use one tennis ball
and one basketball; air pass and bounce pass
combined).

Back To The Passer Drill

Bad Pass Reaction Drill

Distraction Pass Drill — set up two defenders in the low
post on the front sides of the offensive low post
player. Have someone feed the post with the
defensive players trying to distract the offensive
player without touching the basketball.



SCORE SIMPLY

"You don't
need 100
low post
moves to
be effective
in the post."

MIKE ROLLER

"Less is more" — Don Nelson

Kareem Abdul-Jabbar had two moves his entire career
(the sky hook and the drop and go the other way)

Tell them what you want them to do:

#1—Shoot the ball closer to the basket than where you
caught it;

#2—If you catch the ball with a foot in the lane, you
don't dribble;

#3—If you catch the ball outside of the lane, you have
one power dribble.

"A low post player can be very effective with one go to move and one

complimentary move."

MIKE ROLLER

"The best your post players are, the more they will be played from behind."

MIKE ROLLER

BASIC LOW POST MOVES

- #1 Turn around jumper/baseline off glass;
- #2 Drop step baseline—step, dribble, hop;
- #3 Drop step middle;
- #4 Step through—show the ball when you pivot (like a shot fake).

"Step, dribble, hop—toes should be pointing to the baseline because this can put the defense behind you."

Good drill — "25 Pivots"

JUMP HOOKS—lead with arm/chin/ball;
TEACHING POINT: 12:00 release instead of 2:00.
Jump hook is better than sweeping hooks.

RELOCATE—Low post passes the ball back out and then pushed back in.

When you catch the ball, commit to a half turn to help you read the defense.

You always want contact on the seal and on the shot—if the defense leaves his feet, make sure there is contact.

WEIGHT PLATE POSTING

***Great idea—have player in posting position holding weights in each hand in proper position for as long as possible. (Tell Nick about this).

Recommended Videos

- *Movers & Blockers by Dick Bennett of Wisconsin (Green Bay);
- *Motion Notebook from Duke University;
- *Jim Tillett of Samford, motion instructional video.

Idea—Saturday AM Clinics—for youngsters;
Teach ball handling drills and have them preform at halftime of your home games.

CHAPTER 5

MOTION OFFENSE

Motion Principles

“Adolph Rupp
said ‘if you want
to win a
national
championship,
run single post”.

—DM—

#1—Get players above the motion line (need both horizontal and vertical stretch); any good offense spreads the defense because a bunched up defense can beat you; spreading the defense allows spacing for better cuts and keeps the defense away from the post area.

Kenny Anderson — “You must have an inside game, an outside game, and penetration.” A double low set takes away one of those.

Two post men take away driving and finishing.

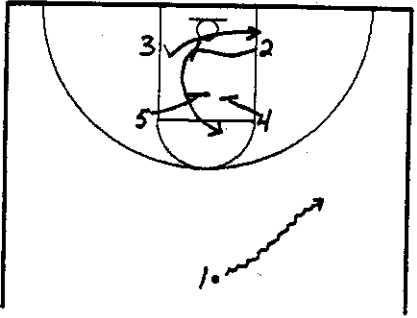
#2—Get the ball to the center of the floor(best thing about the 3-point arc is that it develops spacing; most dangerous man on the floor is the man who passed the ball; CAN'T HELP WHEN THE BALL IS IN THE MIDDLE.

Back screen against pressure; down screen vs. sagging defense.

“Slow down
the ball; don't
be afraid to
hold the ball
up top.”

—DM—

PHOENIX



***Use Phoenix on teams that jump to the ball;
use double staggered screen on teams that play
man oriented defense and don't jump to the ball.

Motion offense is—

- Passing (moving the ball)
- Cutting (moving people)
- Screening

(Don't screen for everybody)

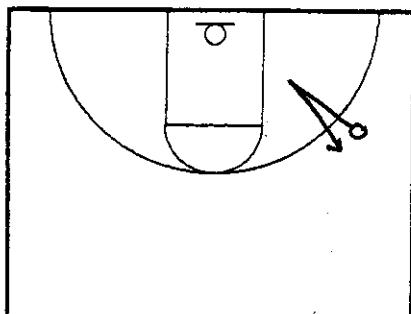
Want 2 side changes (except for excellent shooter) before a perimeter shot can be attempted.

Non-shooter — make him a cutter; cut 6 feet away from post man (can drop pass to cutter).

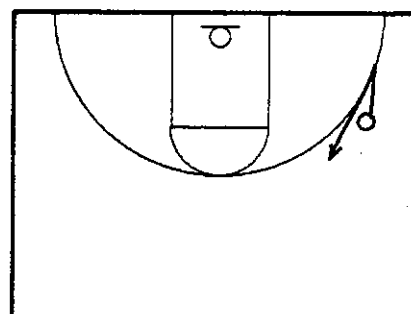
Cutter—set man up outside of arc; reading defense is easier if you are wide—being wide also cleans up the post.

CUTTING ANGLES

WRONG



CORRECT



3 On The Side

- #1 Get ball in the middle;
- #2 Make basket cut (take advantage of jumping to the ball defenders);
- #3 Swing basketball and fill;
- #4 Stay high and wide on cuts.

Back to the ball screening angle is the hardest to defend; come to a jump stop on screen after calling teammates name; grab shooting wrist.

“The three most important rules for a cutter are wait, wait, and wait.”

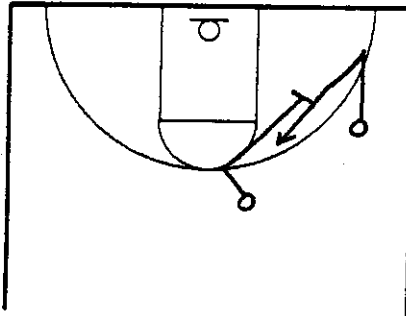
Most illegal screens are caused by the cutter; stay wide when you walk; **CRITICAL**—*WATCH THE DEFENSE, NOT THE BASKETBALL!!!!* Ball will come to the action; rub off—shoulder to shoulder—(grab elbow) use hand targets.

****The screener is the second cutter!!!*

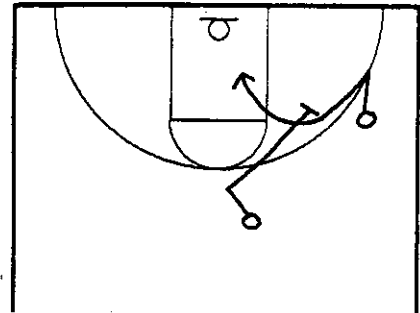
MOTION'S FOUR BASIC CUTS

—DM—

Pop Up (Straight)

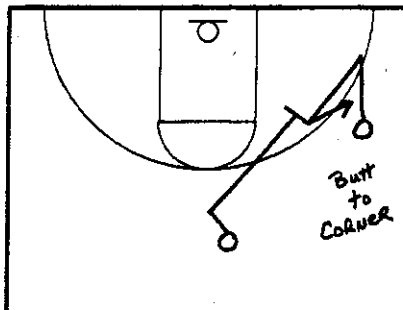


Curl (Tight)

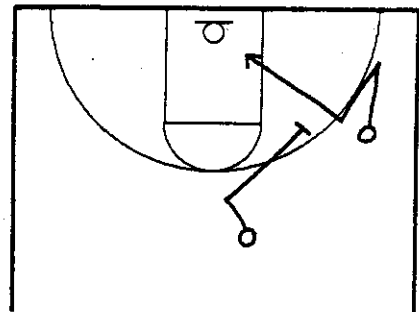


“Possums play dead at home, and they get killed on the road.”

Fade Cut (Pop Out)



Back Cut



—DM—

Teaching Point on Fade Cut: Butt should be to the corner on Fade Cut

RE-SCREEN (shown to the left) is extremely difficult to defend.

Get as much of the "circle" as you can on the down screen.

Basket cuts make everything look alike—makes the defense guard you.

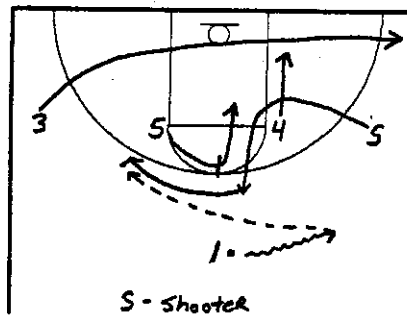
AGAINST SWITCHING DEFENSE

Back cuts are hard to defend for those who switch.

Slip screen vs. the switch (Indiana the best).

"OTAY SERIES"

"Only run special plays for special players; find plays that fit your players."



—DM—

Post on flair (switches) slips; Otay-Loop-Flair.

MOTION ALIGNMENTS

- 1 Means 1 in the post;
- 2 Means 2 in the post;
- 3 Means 3 in the post;
- 4 Means 4 in the post.

"1 Ernest" means Ernest is the single post.

All plays go into motion; no pressure in life like time.

***Run play for post player first—emphasize post first on every play. Use same alignments on different plays and it will make it difficult on opponent scouting you.

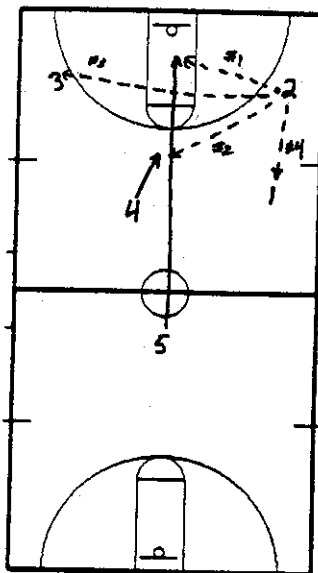
Need vocal and visual clue for plays.

Regarding Plays...

Best post on ballside block with best feeder on the same side. Get movement on the other side to occupy helpside.

CHAPTER 6

SECONDARY BREAK



It is very important for the 1st post down to FIND the defense and then make CONTACT.

OPTION #1 — Pitch ahead to post.

OPTION #2 — Hit trail.

OPTION #3 — Skip pass to opposite wing.

OPTION #4 — Pass pack out to point guard.

(Pitching ahead will flatten out the defense. Run lanes hard and wide.)

SECONDARY BREAK PROGRESSION

2 ON 0 POINT POST—Outlet, push ball and then feed the post.

3 ON 0 BALLSIDE—With a point guard, a wing and a post player.

3 ON 0 DIAGONAL—(LMU)

4 ON 0—Two perimeter, two post.

5 ON 0

Make little rules to fit your team.

“It’s very important that you know where the help is coming from.”

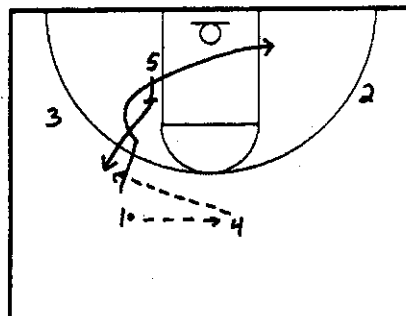
Like the double staggered screen with big man setting the last screen to discourage switching.

“Caboose ‘Em” — Trail the cutter.

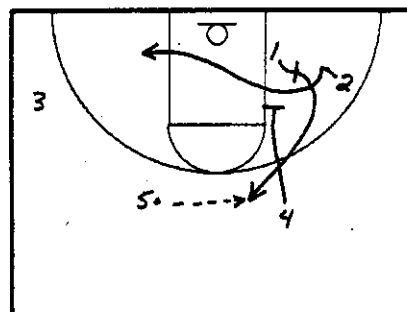
European 3 — Replace the penetrator.

UCLA — Special Against The Switch

—DM—

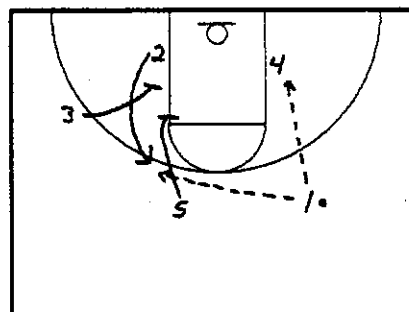


“You should have some form of ‘poster-feed’ action away from the ball.”



—DM—

“Plays are for dead ball situations, 3/4 court defense. Switching makes it difficult on set plays.”



—DM—

CHAPTER 7

MAN TO MAN DEFENSE

Defense is important to winning but you must understand the importance of building your "TEAM". We rank the areas of the game as:

- #1 — Team
- #2 — Rebounding
- #3 — Defense
- #4 — Offense

"Don't talk defense unless you are going to live it."

—DM—

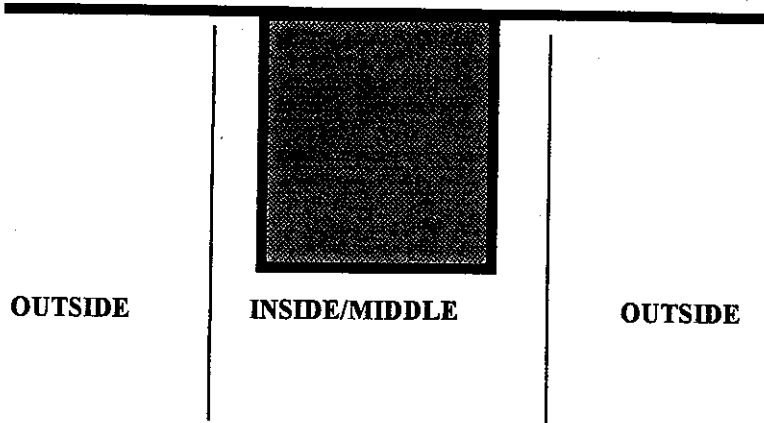
We went 34-4 and were ranked #2 but kids didn't like each other. *Winning is not enough!* (Pick up Meyer's passout "How To Make A Team").

Defense is not fun so you have to make it extremely important to your kids. "If you want to play, you play defense. If you don't want to play, don't play defense."

We force the basketball to the outside. We break the court into thirds.

"Quickness, more than anything else, should determine your amount of pressure on the basketball."

—DM—



On ball terminology "Control/Steer".

When the ball is below the top of the circle, it is a dead steer area and you play like your man has no dribble.

Middle of the floor is a complete control area and you want to stay between your man and the basket.

“When the
offense brings
the ball of his
head, treat it
like a dead

dribble and
crawl in his
uniform.”

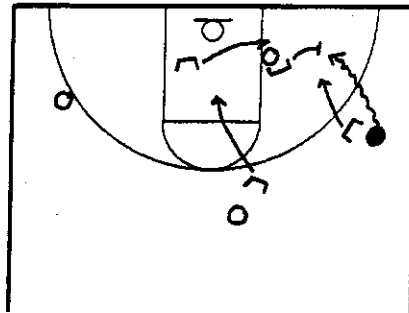
—DM—

OFF THE BALL DEFENSE

One pass away — you deny.
Two passes away — you help.

Ball above the top of the circle we want a flat triangle and one step off of the passing lane.

COVER DOWN ROTATION



TRANSITION & COMMUNICATION

“Ball penetration
will break a defense
down as much as
anything...it just
kills your defense.”

—DM—

FULLBACK — drops back deep (designated);
HALFBACK — goes to 1/2 court, looks to stop outlet;
3 TAILBACKS—they go to the offensive glass.

3 Step Transition — Turn to the inside, sprint 3 steps, look over inside shoulder and find the ball. (Incorporate into offensive shooting drills.

On the ball defense— “real ball pressure” = feet + hands; not “scarecrow pressure”.

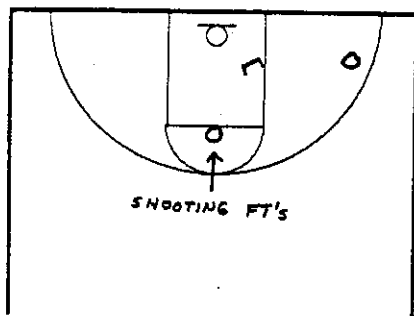
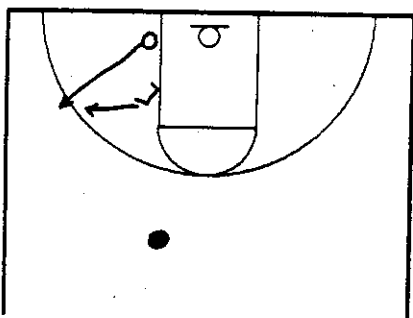
Staggered stance, heal to toe; never plant feet on defense. Use touch hand—we want to touch the ball. Get hand above ball. Lead foot is touch hand.

Use “Second Step Cut Off” (make two steps and then cut off); even Third Step Cut Off if necessary.

THE CLOSE OUT

"We want quick help to ensure early recovery... we want the help to come OUTSIDE of the lane as opposed to inside the lane."

—DM—



Players do not know how to close out on the basketball and this allows dribble penetration which kills your defense. Close out principles are:

- #1 Sprint half the distance—then breakdown;
- #2 Close out short (bigger gap- 6-8 feet);
- #3 Close out with your weight back;
- #4 Hands up (take away shot).
 - a. Body—no shot
 - b. Position—no drive

DENIAL

First, get your gap "up the line, on the line".

Second, your stance should be butt to ball, palm out, head on shoulder.

Third, footwork should have you moving parallel to baseline.

(They teach opening to the basketball).

HELPSIDE DEFENSE

It is critical to our defense that you always see the basketball. We want quick help and early recovery. We want to try to get our help outside of the lane. Helpside rebounding is critical.

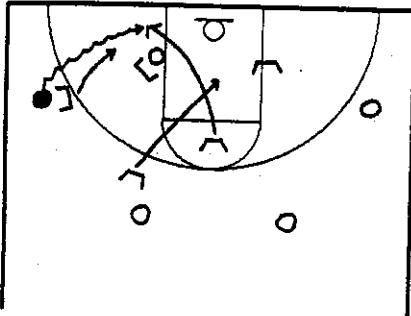
Helpside rebounding drills where we shoot free throws and work on helpside blocking out at the same time.

Ball comes off, help the distance; drive him to the baseline. You must work on rebounding in relationship to your defensive position.

Contest shot—put your biceps by your ear. Contest every shot.

DEFENDING THE 3-POINT SHOT

1. Emphasize no 3's to a 3 point shooter.
2. Transition defender picks them up at half court.
3. Screens for 3 pointer we chase around and force the curl cut.
4. Staggered double, last guy setting screen must give help on shooter.
5. Play him with hands above shoulders ALWAYS and make him put it down.
6. No gap on catch (dead steer).
7. Do not play the college 3-point line, play the NBA 3-point line.



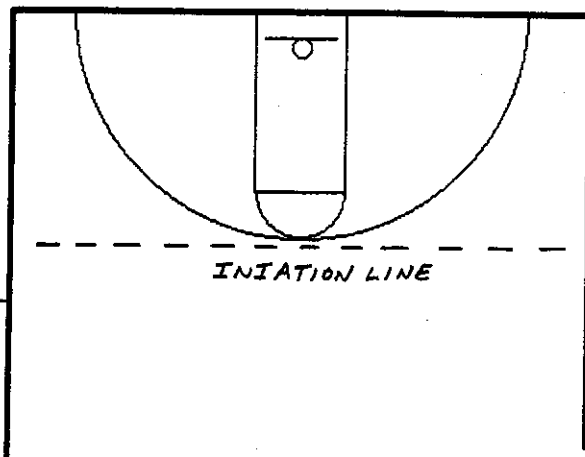
CHAPTER 8

X MAN HELPSIDE CONCEPT—We will experiment with it this year. Keep post at home and give help on driver with helpside defender (as shown in the diagram below). Point guard does not block out but goes to the opposite glass to help out.

MATCH UP DEFENSE

Takes about 15 minutes to introduce it.

We have a new guard initiation line.



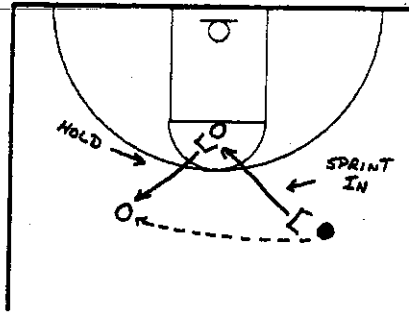
“It is important
in our match-up
that you guard
a man and not
an area.”

—RALPH TURNER—

GUARDS

Their primary responsibility is to defend the ball and defend the high post using man to man stance and man to man principles.

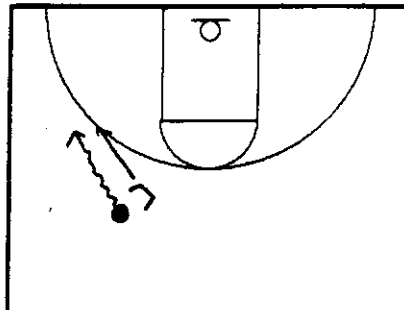
Guard to Guard Pass—you must communicate.



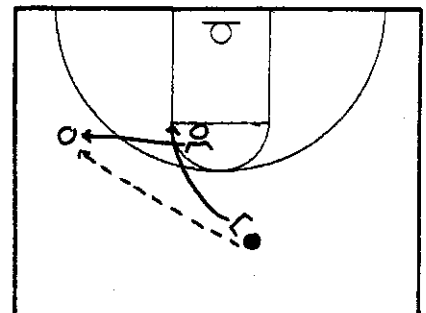
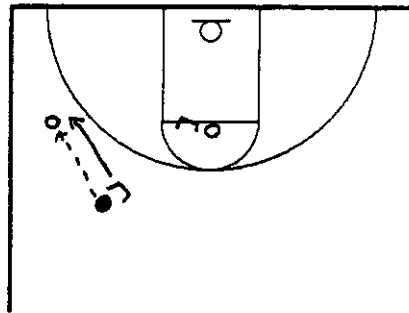
"If you get screened, it because you want to get screened... it's hard to screen a moving target."

—RALPH TURNER—

On dribble, stay with the ball.



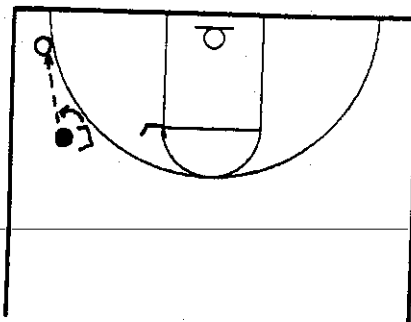
On guard to wing pass, closest man to ball takes it.



Wing to Corner Pass, deny pass back out to wing.

"A good match
up has players
that our always
help conscious."

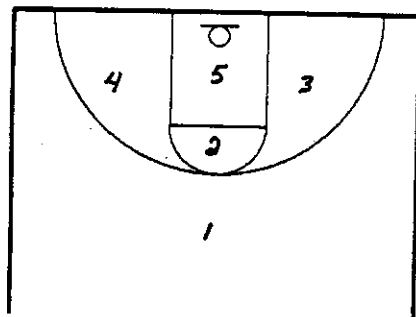
—RALPH TURNER—



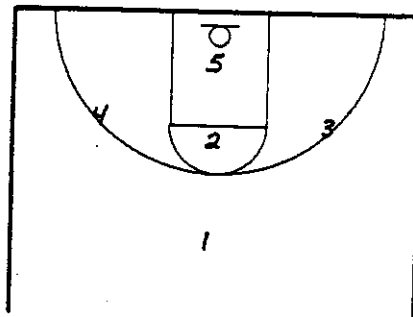
"Hoop position/widen out" and keep from being screened in. Get butts to baseline, turn & spring; must communicate.

Fresno State alignment vs. Lipscomb alignment.

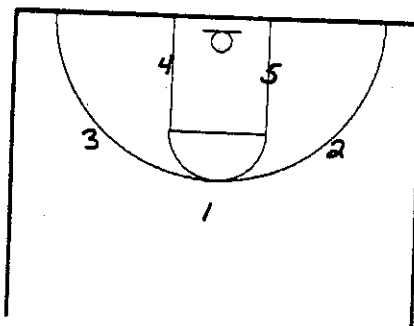
FRESNO



LIPSCOMB



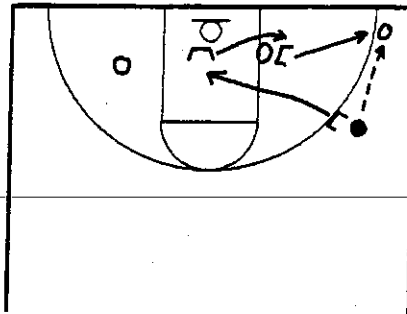
Lipscomb utilized this alignment to defend 3-pointer.
Also use 3-2 alignment where post stay home—good for
helpside rebounding.



Only slide we use on wing to corner pass is "Up To Hoop".

"An important part of coaching is to eliminate excuses by players."

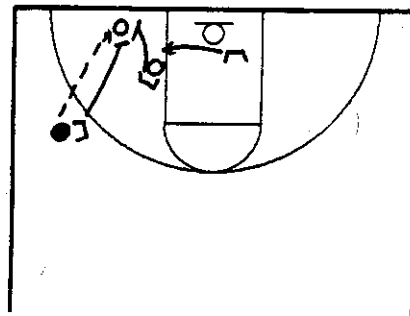
—DM—



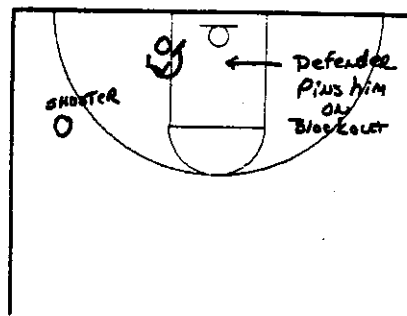
We also trap all passes to the short corner and all baseline penetration. Encourage baseline drive to get the trap—"open the gate".

"To rebound from a fronting position in the low post, we teach our defenders to pin him like an offense seal and push him to the baseline."

—DM—



Single best drill we use is "5 on 0 Wing-Corner-Out". We get 3 traps each side for a complete rotation.



“It is important
to have as much
consistency
as possible
between your
man to man
and your
match up.”

—DM—

To attack a match up, take the ball to the baseline and then drive if off and into the middle.

On pass inside to basket—trap;
One pass away—don’t trap.

You must be consistent in what you do defensively. For example, on the post flash, Duke forces the cutter low. On post to post screen they get above the screen and switch low. Indiana forces the post flash cutter high, and on the post to post screen switches that high cut while still taking away the low cut.

It is important that your match-up and man to man be related to be successful—exact same movements.

Utilize the press with the match up.

Write Southern Nazarene women’s coach for a copy of their 2-3 Match Up Trap.

CHAPTER 9

SELECTIVE TRAPPING

Numbering System:

- 1 — Man To Man Pressure
- 2 — Match Up
- 3 — Man To Man Zippers (out of control, chasing, push to baseline, trap)
- 4 — 2-3 Flat Zone w/Trap

Possible trapping rules include:

“Only trap their best shooter”

“Only trap one side of the floor”

Always keep the ball out of the high post.

“Habits are
critical for
players...they
can’t think—

Also play 5 which is a Man to Man Pack (sagging). A great man to man defense must be able to defend the delay. L means Lanes.

Skip-Skip forces them to run twice.

We want to pick who we want to trap. There will be times when we have to trap so we need to make it a regular part of our game.

You must have nine players to run and press. Need versatile players for depth.

Most common, trap point guard to make him give it up.

“Don’t let the QB get the snap” guarantees a good defense.

“A dork in
the high post
is more
important than
a shooter on
the wing.”

DORK TRAPPING

Leave the dork — trap the good player. Make the dork beat you.

STAR TRAPPING

Trap the star and make him give it up.

—DM—

TRAPPING—VISUAL CLUES

One Fist Up—trap first pass (take away dangerous pass to the middle);

Two Fists up—trap dribble up sideline/run & jump middle/wait until ball is bounded;

Side Fist—trap 1st pass or dribble cross half court;

Two Side Fists—trap sideline pass or dribble/run and jump;

Cross Fist—trap sideline (zipper type defense).

No trapping in the middle of the floor unless it is a ball screen. Square ‘em up before you trap.

“There is no need to switch on screens if you aren’t going to deny.”

—DM—

HALF COURT TRAPPING SITUATIONS:

Trap All Ball Screens—

- a. stay with trap;
- b. trap and recover;
- c. trap and switch.

University of North Carolina—switch away.

- a. talk it;
- b. touch it;
- c. switch it;
- d. deny it.

Trap all hand-offs and all baseline penetration.

You must SPRINT out of traps.

Trap out of your match up (2 trappers, 2 interceptors and 1 safety).

Vs. 1-4, trap from backside wing; also can go to match up vs. the 1-4.

Vs. the Flex, IU will take away the low cut.

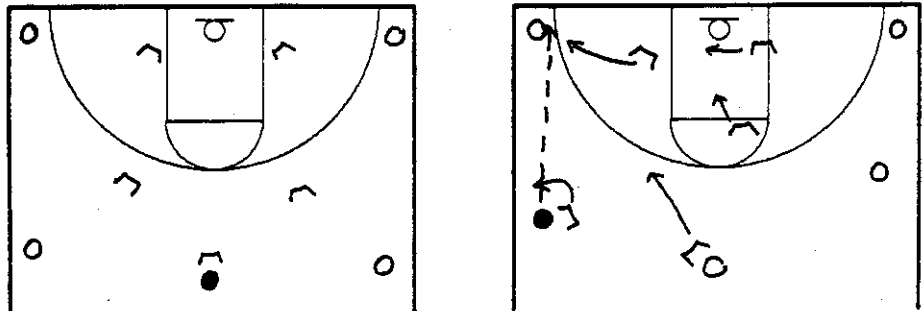
“You need to switch if you want to take away the swing pass.”

—DM—

Lipscomb vs. Flex—when center gets to middle, guards get out, switch everything.

Write Bernie Balikian of Hillsdale College in Michigan for his booklet on switching man to man defense.

DELAY GAME DEFENSE



"We like to have
a special situation
in the middle of
practice...we want

it live, just like in
a game...just one."

—DM—

Use regular defensive rules when ball is on the side and pack it when the ball is up top. Don't let the point guard split you.

1st number of call is the actual defense and the 2nd number is the level of defense.

On ball screens, no rotation unless screener rolls.

50—Man on inbounder, all out denial "suicide".

40—Full court with centerfielder/denial.

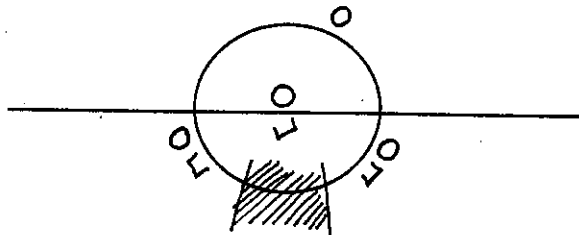
30—Man on inbounder but first pass allowed.

20—Pick up above half court.

CHAPTER 10

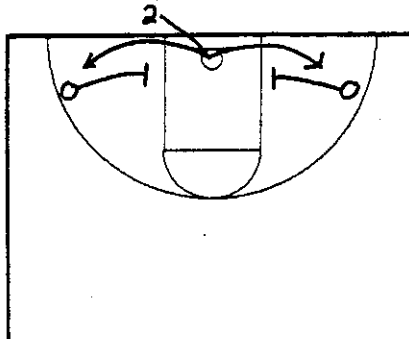
SPECIAL SITUATIONS

On the tip, create a sandwich and tip into the sandwich. Be aggressive off of the tip.



Defensively, guard their post man with a non-good offensive player and beat him up.

Late game we like to have a 3-point shooter to inbound the ball and look for a return pass.

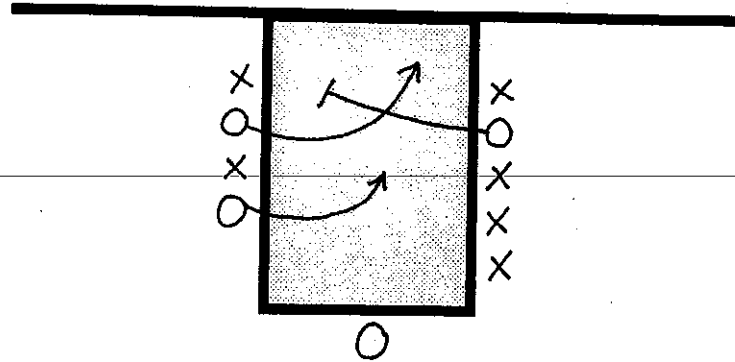


IU INBOUND UNDER

“Don’t quit
coaching when
you’re losing.
Champions
always look
for ways to win.”

—DM—

On offensive free throw we X every time. Run off of the screeners butt.



Your jump ball—made free throw—pull man in lane and get double violation.

Late Game Situations

50 seconds to go you want 2 for 1 when behind.
“Make 5 passes” for extra clock.
Comeback game—dork foul only.
Sub ‘em (rotate) = foulers, shooters, defenders.

Giving a foul — USE THEM!!

Terry Holland best ever at platooning.

“Give yourself a chance.”

You want to run the best program in the country and you should feel that way. You have got to know it and the kids have got to know it. To hell with everyone else. Make the big time where you are.

“Don’t quit
coaching when
you’re ahead
and five dorks
are in.”

—DM—

FREE THROW GAME

+1 for a swish
O for a make
-1 for a miss

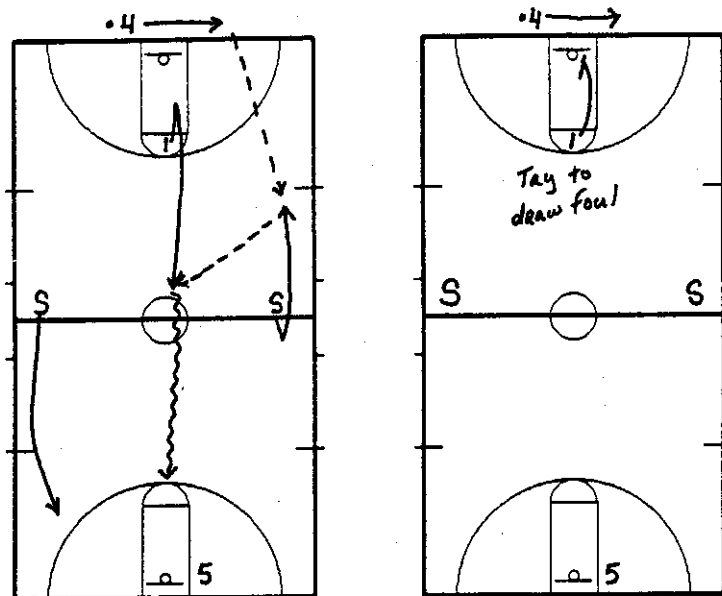
"The worse
four-letter
word I know is
S-O-F-T."

"Are You Watching Adolph Rupp"
by Dan Doyle
Stadia Publishing
PO Box 1677
Kingston, RI 02881-1677
(401) 792-5460

—DM—

Late game defending the 3's—
—switch everything,
—match up (4 perimeter, 1 stays in middle),
—trap good players.

6 Second Play



S - Shooter

"Play off your
great player...great
teams have a go-to
player and they
play off of them."

—DM—

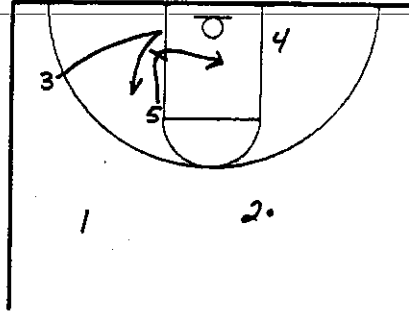
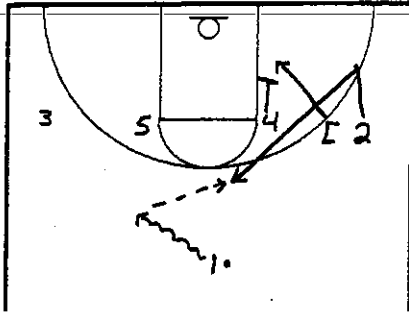
"Prepared To Win"/Bob Knight (show team).

Taught point guard to shoot as runner instead of jumper.

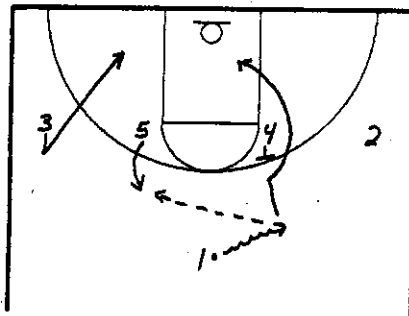
On zone secondary, reverse ball once before cutting through.

1-4 Moorhead

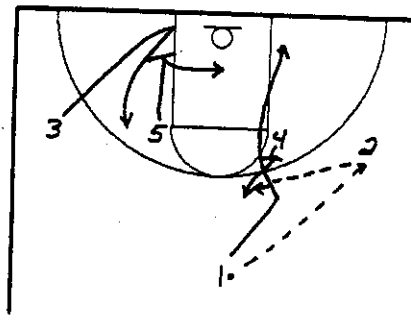
Regular Entry



Post Entry



Wing Special



“Use your best
players, not
your worst...
sounds simple
but a lot of
coaches get
away from this.”

—DM—

SHOOTING DRILLS

Perimeter Shooting—shoot and move to lines. Never go to rebound (defensive transition). Managers rebound.

4 TEACHING TIPS ON SHOOTING

#1 Keep it straight

#2 Get it up (60 degree arc)

#3 Hold it high/second follow through

#4 Land 6 inches closer (Jerry West)

“Put your two
best players
away from the
ball and
bring it back
to them.”

—DM—

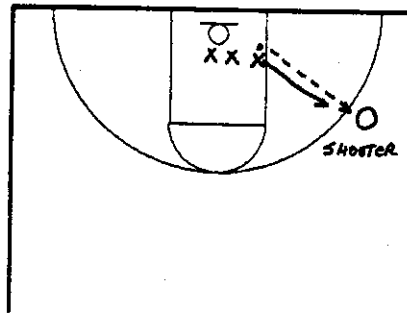
Meyer keeps note pad beside TV and writes down late game situations he sees on television games.

Shoot around — go over late game situations.

Send Meyer self-addressed, stamped envelope for his late game situations.

2 Balls, 3 Closers Out

Good drill—best 3 point shooting drill. Shoot from your spot. Passer passes ball out to shooter and then closes out while shooter shoots. Closer becomes new shooter and first shooter goes to end of close out line. Also use shot fake (with no foot fake—Ralph Miller).



35 Shot Drill

"If you have
only learned
from one
person, you

Do with partner and alternate shots; all shots are guarded, lay ups must be clean, no foot fakes; do in five minutes. When you have finished, shoot free throws. Combines offensive shooting and closing out technique. Modify for post players.

are in trouble."

—DM—

- 5 Lay ups;
- 5 Jumpers inside the arc;
- 5 shot fakes outside arc, finish at hoop (jump stop);
- 5 shot fakes outside arc, one dribble for jumper;
- 5 3 pointers
- 10 random, read the defense

4 Man Close Out

Drive on close out shooting drill; works on offensive technique, shooting, helpside and helpside blockout.

O receives pass and looks to drive on closeout.

X closes out playing the drive.

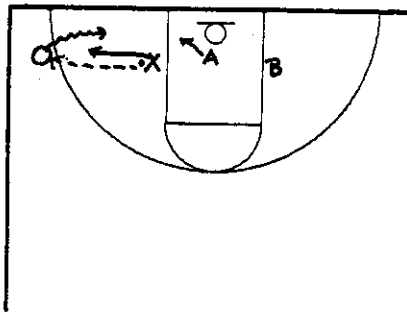
A is in helpside positioning to give help.

B is offside rebounder.

"Be quick
but don't
hurry."

On drive, A should be coming over to help and on any shot, A must recover and block out B.

—DM—



Odds & Ends

Teach, learn, develop attitude—our only chance in life.

Financial notes for coaches:

- mileage (.28 cents on income tax)
- meals (record any under \$25/receipts over \$25)
- books/tapes (deductible)
- office supplies (deductible)
- coaching clothes, shoes, whistle (deductible)
- vacation (deductible w/clinic or job interview)
- get disability (20 year level term)
- incorporate for liability
- watch credit card trap
- build your home (nice home/cheap car)
- don't use insurance policy as investment
- Give children \$10,000 they don't pay taxes
- Home equity loan
- IRA/matching funds
- 50% of other guys meal is deductible

“This is a direct correlation between defense and toughness. You can't have a tough team without defense.”

—DM—

Meyers likes Charles Givens' books.

Still uses Franklin Planner (find differences in his and my Daytimer).

Lewis & Clark College in Idaho—Baseball coach has rodeo to raise money.

A key for good defensive play is to make the offense play at an uncomfortable pace. Every level of play has a breaking down point to pressure.

“Tighten up your game without getting tight.”

—DM—

EDDJG FOGLEK SHOT RATING SYSTEM

- 4 points for a lay up
- 3 points for wide open shot
- 2 points for OK shot
- 1 point for bad shot
- 0 points for a turnover

“There is nothing more important than rebounding... don’t just give it lip service.”

—DM—

With several assistants I would have them concentrate on certain areas:

Assistant #1 — Transition
Assistant #2 — Defensive and Offensive Boards

On defensive transition with 3 tailbacks, 1 halfback, and 1 fullback, you can make adjustments. (Example: when we play Arkansas, go 2 tailbacks, 1 halfback, and 2 fullbacks.)

University of Tennessee women life off of offside rebounding.

*“Offense sells the tickets,
Defense wins the games
Rebounding wins championships.”*

Complacency—

In warfare, more planes are lost coming back after a successful mission than during battle because they are relaxed.

“You don’t have to win championships to be a champion.”

—DM—

You can instill passion in people with example: “Passion-Duty-Burden”.

“Life is not worth living if you are not passionate, excited and committed about something.”

—Don Meyer—

“Do the next right thing right.”

CHAPTER 12

PERIMETER/POST PROGRESSION

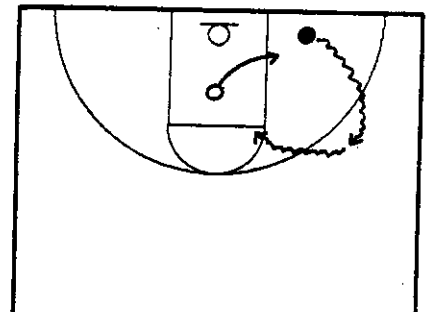
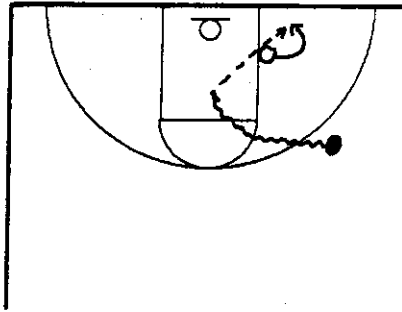
John Wooden—"Do passing drills that come from your offense."

Passing—offense, transition, press offense.

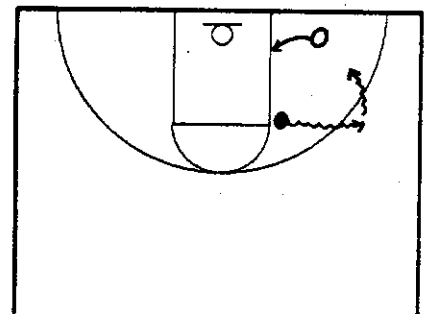
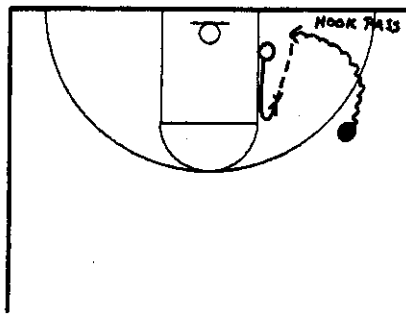
"Use repetition with variety."

ONE PERIMETER/ONE POST

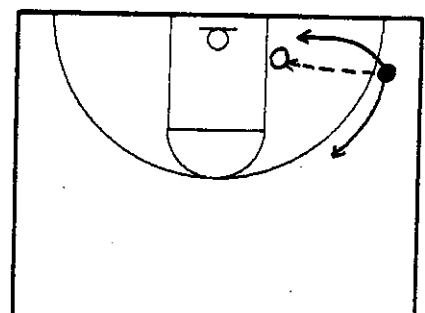
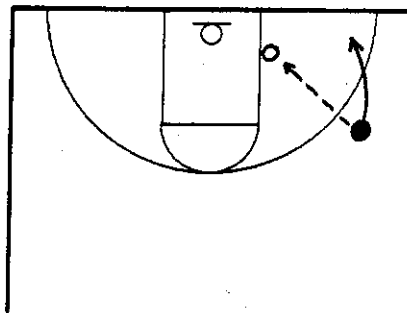
**Dribble Middle
& Step Out**



**Dribble Baseline
& I Cut**

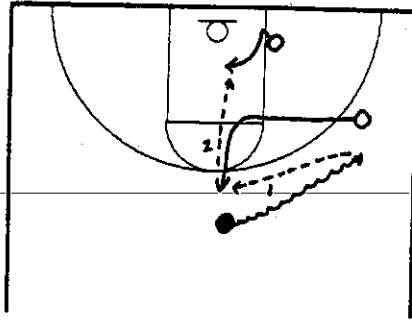


**Hit Post/
Slide Low/
High/Cut**



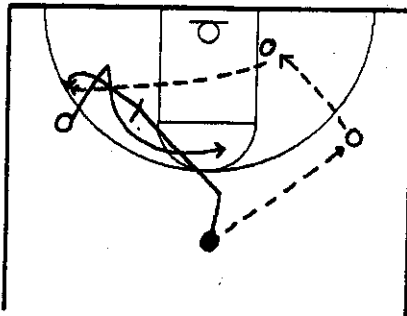
Two Perimeter/One Post

Loup & Feed
From Top



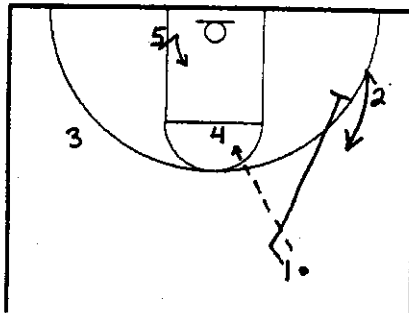
Three Perimeter/One Post

Fan Opposite



Five Players

Motion—start by hitting the high post
using restrictions. (also Zone
and Delay).

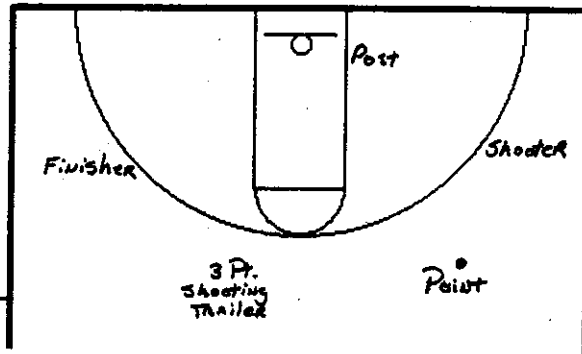


CHAPTER 13

PRESS OFFENSE

Press offense keys—

- Inbounds quickly and
- Get shooter and postman down the court.



“Be what you
 is, because if
 you be what
 you ain’t, you
 ain’t what
 you is.”

—DM—

Must attack the basket in press offense.

Flatten out the press.

Run secondary out of the press offense (no set up time).

- Press offense to
- Secondary to
- Offense.

Always catch facing.

Have 3 available passes/1 deep diagonally and one man trailing the ball for reversal. Reversal man should catch ball and look opposite.

Get athlete/ball handler in middle.

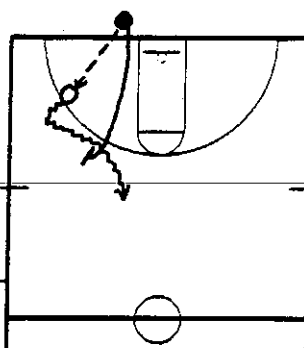
PITINO'S TWO LESSONS

#1 — DONT COACH MAD, AND...

#2 — DONT RUN PLAYS IN SPECIAL SITUATIONS.

Better to have a good player with the basketball in late game situations than to have plays.

Screen (Robert Parish): early in the game, set a solid screen on your opponent's best player.



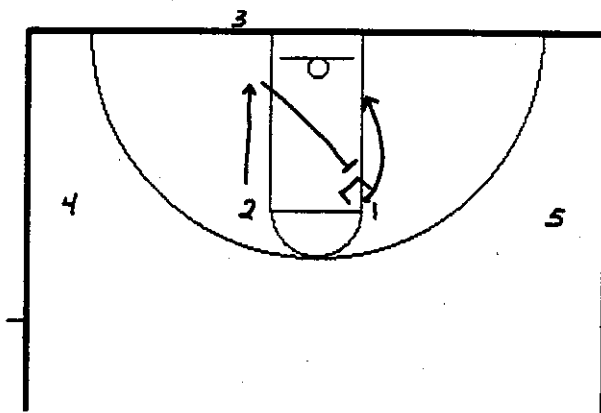
Have your #4 man bring it up if you have a small team.

"We don't face guard...the only time we don't see the ball is when we shoot."

—DM—

Press Offense Alignments

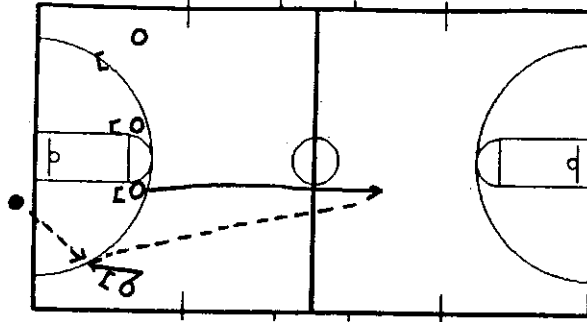
#2 walks up for a short lob, if they front, he goes to screen. Set screen on low leg to force him over the top. If you are on defense, you want to get on bottom of screen for good switch.



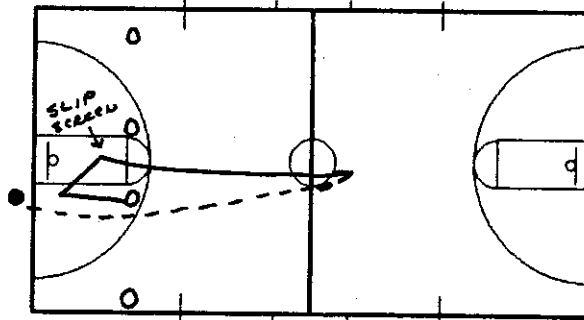
North Carolina likes to have 3 available pass opportunities.

Lipscomb does not face guard on full court pressing defenses.

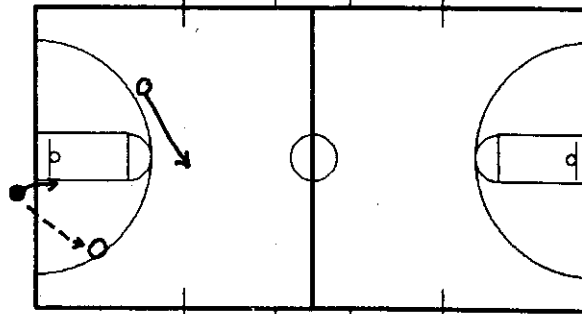
Iowa State
Press Offense
against the
face guard.



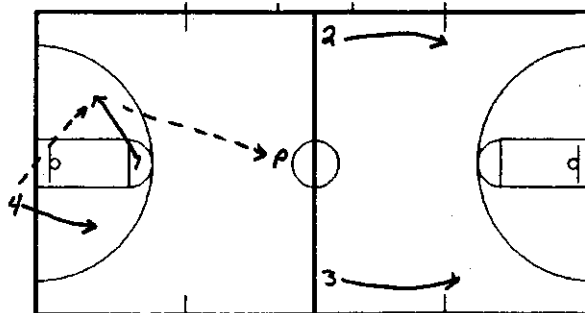
Run Out—
Pick one player to
run out (if you leave it
to the team, they will
all run out).



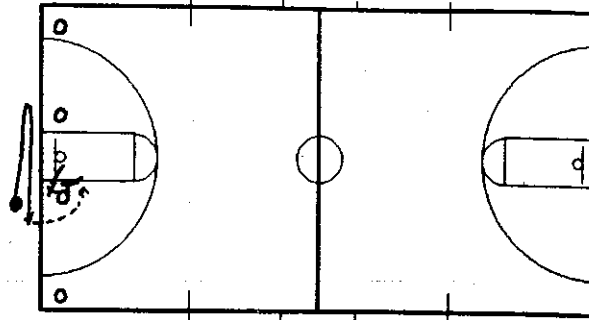
Vs. Quick Trap—
Have 4 step in and
protect the basket;
must get to the middle
quickly. Inbounder,
cover your pass then
become a swing man.



Vs. 2-2-2



Wrap Around Pass Off
Of Seal



**“Remember,
you can run your
inbounds plays
to get the ball
in.”**

—DM—

Go and watch a high school state tournament and treat it as a clinic.

CHAPTER 14

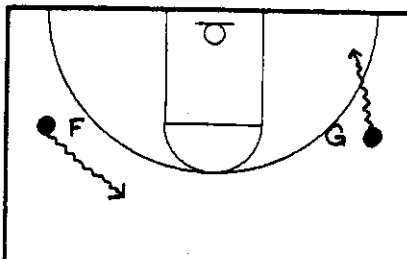
ZONE ATTACK

**GREAT CATCH PHRASE FOR TEACHING
PLAYERS HOW TO READ THE ZONE:**

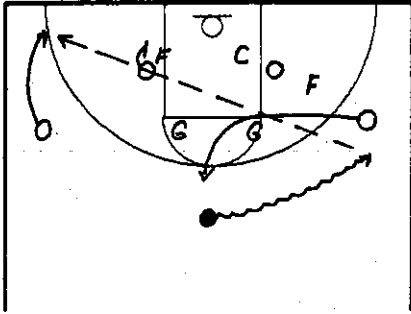
**“Who is guarding me—
where did he come from.”**

Fast break the zone.

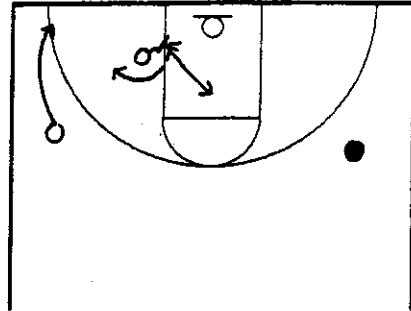
Distort the zone by taking players away from where they came from.



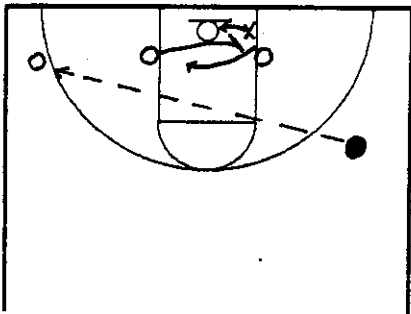
LOOP SKIP = 3 OUT



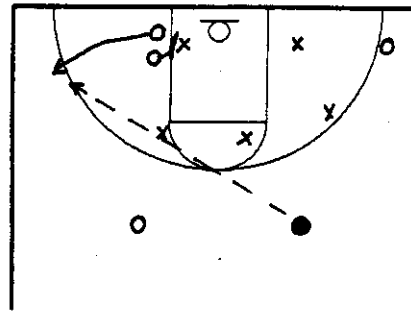
**SCREEN HIM SO THAT
DEFENSE MUST GO
ABOVE.**



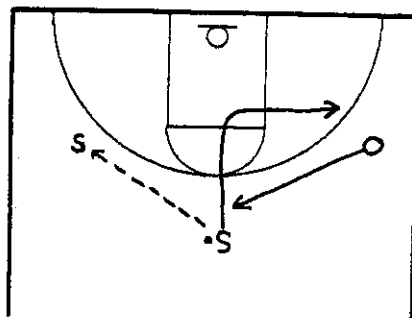
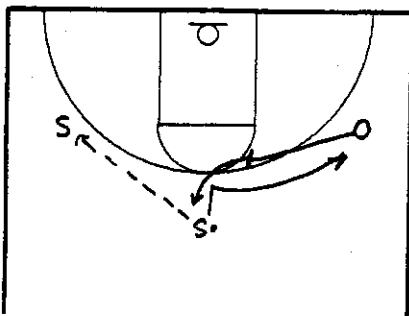
**CENTER SCREEN—
ANGLE SCREEN BELOW
CUT UNDER**



**TWO OUT
DON'T NEED LOOP
VS. ODD FRONT**



ALWAYS HAVE A PENETRATOR/FEEDER BETWEEN 2 SHOOTERS

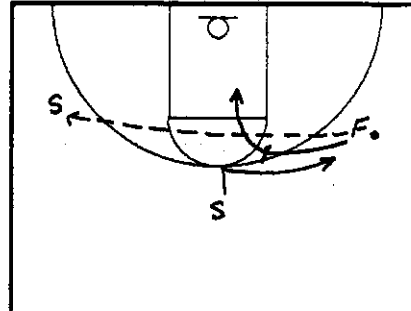


“By utilizing cuts, you make zone offense more like a motion offense.”

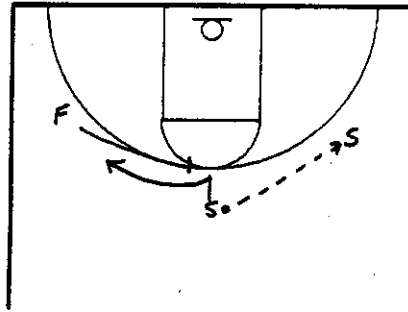
—DM—

Tarkanian — Double Skip (same as Coach Brown’s “One Deserves Another”)

Flair and Slip vs. The Zone



You don't want to make it a play. If you are not a shooter, get between two shooters by screening the top (as shown below).

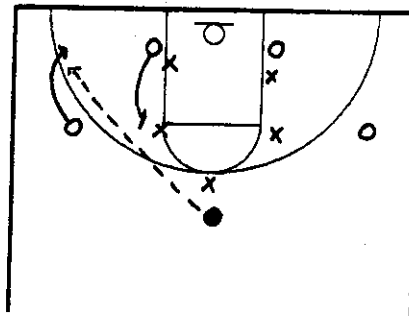


“Don't teach offense or defense— teach the game.”

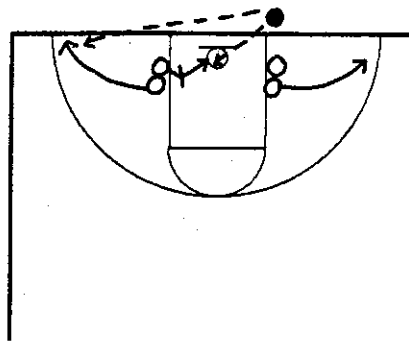
—DM—

Penetration is good vs. the zone.

Up screen the zone (shown below).

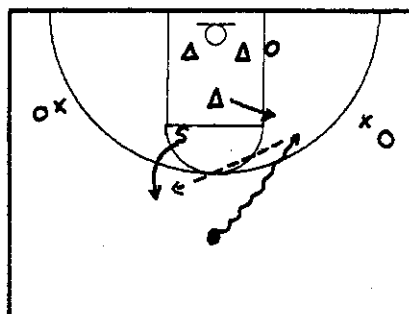


Inbounds
Play
Against
The Zone



“Deep & Wide”

Short corner—better flash angle/screening angle and it also stretches the defense.



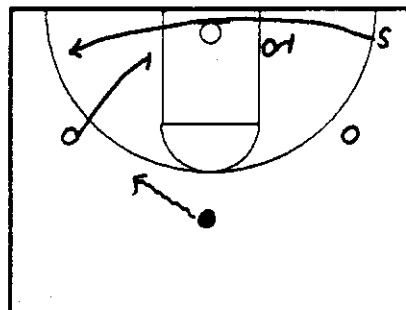
Vs. Triangle
And Two
(S is good
shooter)

“Don’t be
afraid to
experiement
in practice.”

—DM—

Why play zone? Take away the drive and sandwich the post. In attacking the zone, you need to know who is defending the post.

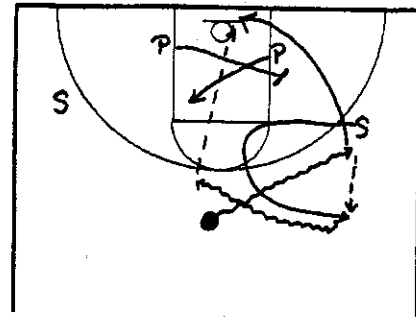
Vs. Box
Put Great
Shooter On
Baseline And
Use Screens



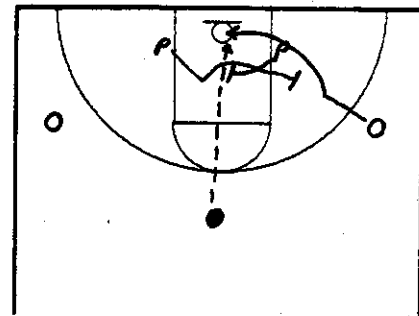
“When you shoot
the 3’s, try to
shoot head on
for a better
shooting angle.”

—DM—

“Syracuse”
Vs. The Zone



UNC X
Screening
Vs. Zone
(Good for
Henderson)



CONCEPTS

- Zone plays for when the clock runs down.
- Motion vs. some match ups.
- It you can’t make open shots, it doesn’t matter what you run.

“You don’t
shoot fast,
you get ready
to shoot fast,”

—DM—

PRINCIPLES ON SHOOTING

Off season drills for guards (work in pairs)
Work on shooting, closing out & passing.

10 in a row before moving to a new spot.
—can’t miss 2 in a row, 1 in a row and you still have a string.

- *off down screen
- *zone/drive/replace

- *loop, skip
- *penetrate/pitch

Duke shooting drills for post play...5 in a row—miss is OK if you get your putback before it hits the floor...then shoot free throws (one and one).

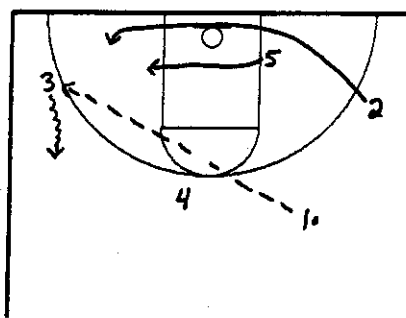
On flairs, passer can dribble to middle to increase the passing angle.

CHAPTER 15

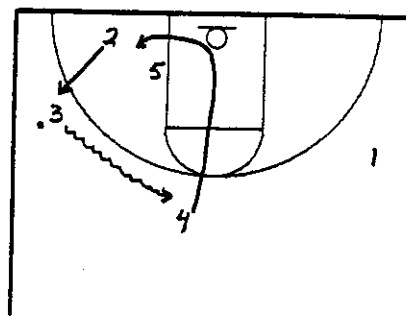
SPECIAL PLAYS

ZONE SECONDARY

#3 should drive the ball off the baseline if a forward is defending him; if #2 can shoot the 3-pointer, set up for it—if not, attack short corner.



Clock cut—effective, especially if #4 is a shooter.



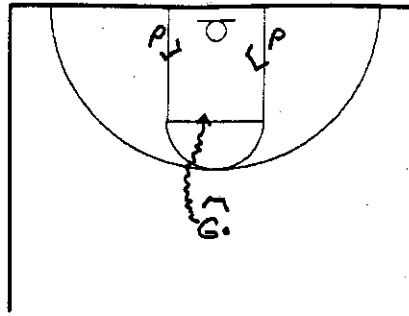
“Fake a pass to make a pass.”

Pass fake when the forward starts to leave.

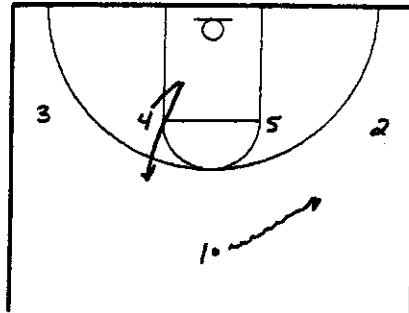
When you throw the basketball to the baseline, **EVERY** zone is a 2-3.

When you throw it down, cut through to opposite side to balance the floor.

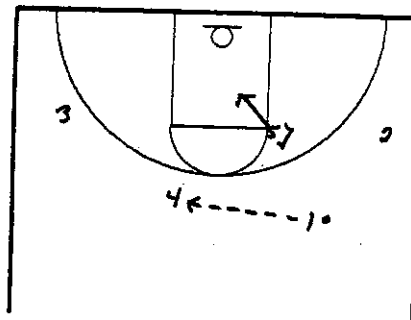
Point Guard-Penetration
Drill—drive and deliver
bounce pass to the post or
take the shot.



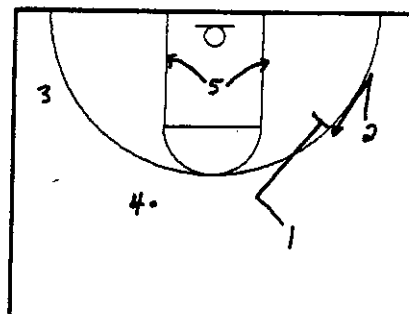
“1-UP” Option #1
If they front—lob behind,
slide down.



“1-UP” Option #2
Catch and Close on pass
from #1 to #4 (high post
seal)



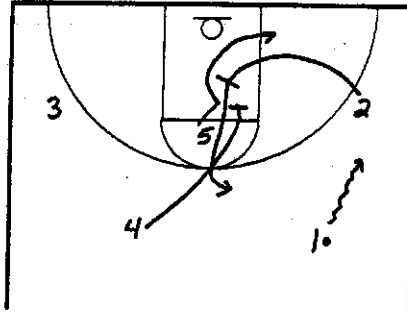
“1-UP” Option #3
On the pass from #1 to
#4—you can either:
#1 Flare (shown)
#2 Down Screen
#3 Re Screen



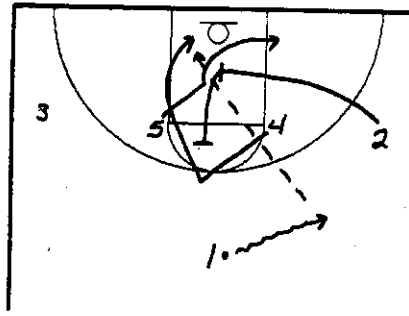
HIGH POST RULES:

- look down low for buddy;
- look opposite;
- look back from where the ball came.

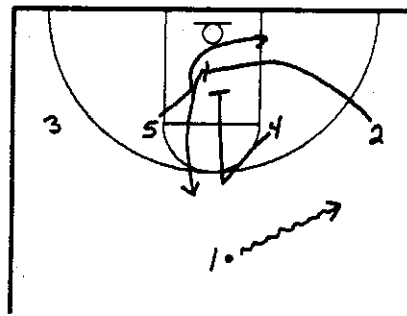
“DENVER”
Dead Ball Secondary



“UP DENVER SPECIAL”

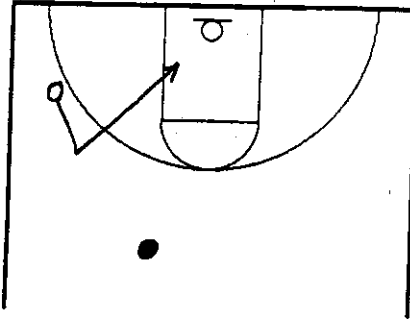


“1 DENVER”

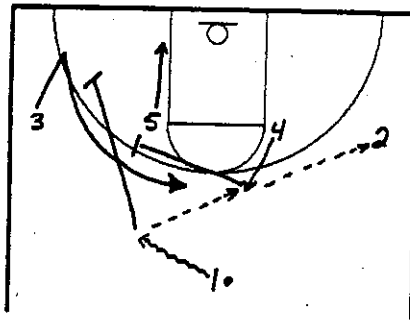


On a ball screen if the screener is a shooter, he steps out;
if he is a poster, he rolls.

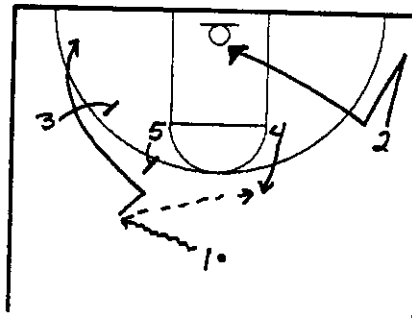
For a back cut to be effective, run at the ball and then push off.



Secondary Vs. Man
Double Staggered—
Meyer likes this play.



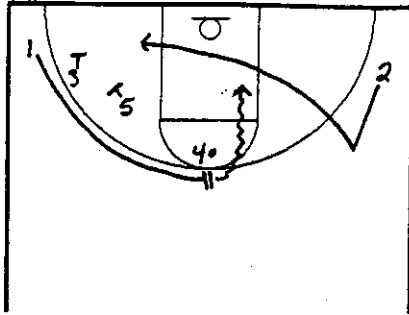
“CAROLINA
BACKDOOR”
Pass fake from #4 to #2
important



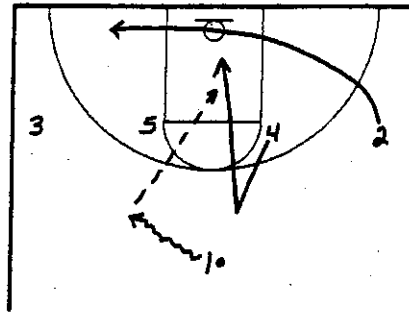
Important to keep shooter opposite the ball to stretch the defense.

“Fist” means backdoor.

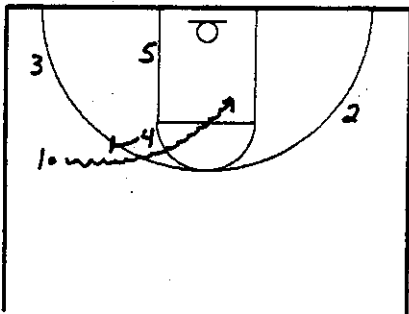
"HAND OFF"



"OTAY"



"UP"



Ball Defense—
court division.

