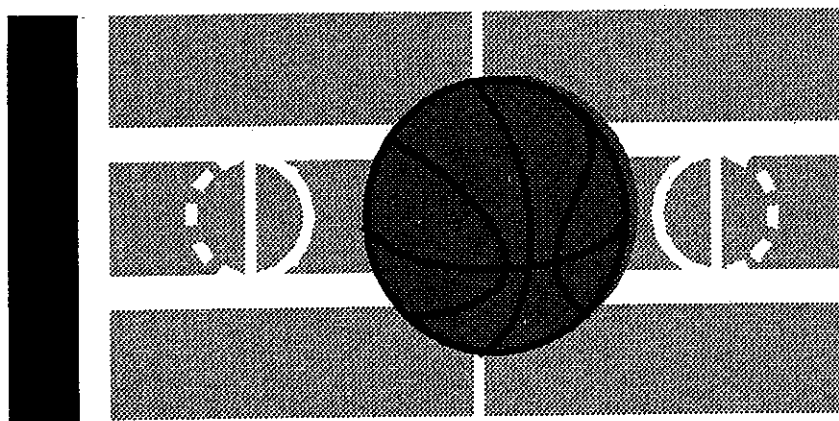


Don Meyer's 1999 Coaching Academy



Notes compiled by:

Jim Boone
Robert Morris College

1999 Don Meyer Coaching Academy

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Random Thoughts on Coaching
Follow Handout #24
Coaches Interested in Working Camp

- This is an honor for us that you are attending the clinic, we want to make it work for you. We want it to be the best learning experience in coaching that you have ever had.
- For every 100 who can handle failure, there is only one who can handle success. -John Wooden
- Your job is to write everything down, everything - and to want to learn. Get all the good ideas, but you cannot use them all, pick what fits you, what fits your program.
- The worst thing that can happen in our program is a coach not teaching which leads to a player not learning.
- **www.coachmeyer.com** our web site is divided into different areas, click onto Must Read Books:

- 1) Wooden, John Wooden & Steve Jamison, It is great, it is priceless
- 2) Make the Big Time Where You Are, Frosty Westering
- 3) Tuesday with Morrie, Mitch Albloom
- 4) First Things First, Covey, Merrill and Merrill
- 5) The Art of Living, Wilferd Peterson (Wooden's Favorite Book)
- 6) Finding the Winning Edge, Bill Walsh
- 7) The Real Team, Richard Marcenko
- 8) Leadership Secrets of the Rogue Warrior
Reccommended by Dean Lockwood, Head Coach Saginaw Valley
- 9) Playing for Keeps, Michael Jordan
- 10) Upward Mobility, Bill Foster
Nobody has given more to basketball than Bill Foster
- 11) My Life on a Napkin, Rick Majerus

- Don Meyer Enterprizes, Inc.
PO Box 159054
Nashville, TN 37215-9998
Fax: TBA
Phone: TBA

Will be new address and numbers for contact in future.

- Recommend the following videos: Mike Heideman's Pack Defense
John Kresse's Zone Attack
- Movies to watch: What About Bob ("Coach Bill Murray")

Ground Hog Day (Make everyday a good day.)

- I love working with coaches, when you don't have a team to think about that's tough. We spend so much of our time thinking about our teams.
- Women's coaches, please write, only if you are sincere in helping someone:

Wade Tomlinson
102 Robin Way
Salem, In 47167

Phone: 812-883-3731 H
812-883-2581 W

Wade has suffered the loss of his 17 month old son. He is hurting, his family is hurting, we are hurting. I would like for you to write Wade and offer to do a free throw shooting challenge with his team through your season. Only write if you are sincere. The most difficult thing in life to deal with is the loss of a child.

- The most difficult things in life to deal with: the loss of a child, the loss of a spouse, divorce, and being arrested.
- 5 Coaching axioms to live by:
 - 1) Never resign from a job until you have a job
 - 2) Do as I say, not as I do
 - 3) Don't just say what you thing people want to hear
 - 4) Never hard to leave a job when your not wanted or needed
 - 5) Genius knows it's limits, stupidity has no limits
- One of every four campers at Lipscomb goes on to attend Lipscomb University.
- Coaches must understand: **You are not what you do!**

Tape and Handout # 24

Highlights

- Build your life through books you read and people you associate with. Build your program by studying the ideas of great coaches. Study both good coaches and bad coaches.
- Develop a process of storing and retrieving notes. If you cannot retrieve them when you need them, they are useless.
- Use a dicataphone to take notes, to make reminders, etc. I love to use one when I'm scouting, it allows you to maintain visual contact.
- Athletes make their plays in the air, players make their plays on the court.
- You cannot read when you turn the pages too fast, do not teach too fast.
- Make every fastbreak into a 2/1 situation.
- Acknowledge your teammates when they make a good play.

- Use a countdown (5,4,3,...) when things are not going well, speed them up with it.
- You must have an adequate period of time to get your team ready to play after a vacation period. Your vacation practice days must be long enough for your team to be ready for league play, you cannot accomplish that by just playing games.
- We have cartoon shirts for camp (our kids love them), cartoon picture of our team.
- Camp T-shirts: area on each shirt for campers name, dorm, gym, and coach. We wash them every night and the kids wear them each day of camp. Use a different color shirt for each team. 24 years of running camp, you learn the little things, the details.

- Fighting for Fundamentals.
- Teach a man how to fish, don't give him a fish. The worst thing you can do for someone is to do something for them that they are capable of doing. Abraham Lincoln
- Don't be a drill coach, be a skill coach.
- I seek to leave this world a little better place.
- Must have an overriding purpose that is greater than winning.

You want to build the type of program that wins even when you lose. It is a program that is respected for doing things the right way, for operating with class, that has a higher purpose, that is respected by all. Talk-up the good coaches you come into contact with, that you play against. A good enemy is better than a good friend. A good enemy keeps you sharp.

**TEAM ATTITUDE
ARETE**

- You build program attitude each year, each day!
- What is us, what is not us?
- 3 Important Words:

Work Ethic	How hard you work
Work Habits	How smart you work
Work Together	Team Attitude
- Must be willing to do the tough jobs, the dirty jobs. You lead by example, must be willing to sweep the floor if that is what needs done.
- Where are you in coaching:
 - 1) Passion
 - 2) Duty
 - 3) Burden

If you are coaching at a place that has become a burden for you, then get out. Love your work, love coaching, appreciate coaching, be eager to teach.

- Best way to learn and develop as a coach is to attend practices, one man clinics, and extended clinics. If you are a women's coach, if your a coach, go to Tennessee and learn. She (Pat Summitt) is the best coach in the country!
- Don't wait until it's too late; we all wish we would have studied Wooden, we all wish we would have taped the games that Larry Bird played (Bird played the right way, Bird was Fundamentals).

- Try to get all the good ideas, but know that you cannot use them all.
- keep a blank tape in your, or by your VCR. Tape teams you want to study, who play the way you play, tape Up-Close, interviews for your team, etc.
- Wooden won everywhere he went, I think he was better than Lombardi, but nobody was better suited for the times and for Greenbay than Lombardi.
- There comes a time to take a stand and kick butt! -Pat Riley's Dad
- Be who you are, don't be faky - just be you. Know who you are and what your game is. -Rick Majerus

Jerry Krause's Rules:

- 1) Find yourself
- 2) Find your unique talent or gift and develop it
- 3) Give your gift away

- How are you going to sell your kids on not whinning and complaining if all you do is whine and complain to the officials.
- Sweat with the players. We are all on the same team. -Rick Pitino
- If you want to be prosperous, you have to be generous. Give back to the game, you will get back what you give.
- The NABC has really hurt basketball, it's about TV, it's about the Pros, it's not about the coaches anymore.
- ESPN has caused more bad shooting percentages than anything or anyone else. All kids see are bad shots being taken and made on Sports Center.
- Plays do not win championships, players who can make plays do! -Bob Knight

There are two things you control:

- 1) Attitude
- 2) Effort

* Walt Ayers: He has a great attitude all the time!

- Leadership starts at the top. -Morgan Wooten
- You are responsible for your team, You!
- Leadership is alot like pornography. I may not know what it looks like or how to define it, but you know it when you see it.
- Greatest strength is greatest weakness.
- There is no feeling like having control of the remote. When I go home I am king of the remote.

- **Ways to get fired:**

- 1) Alcohol or Drugs
 - 2) Divorce
 - 3) Merger
 - 4) Incident
 - 5) Taking a stand for something you know is right.
If it doesn't involve the kids, let it go!
 - 6) Not being certified to teach, lack of class room ability
-

- Pick battles that are big enough to fight and small enough to win. But know that sometimes you will lose. Today is a good day to die.
- Four basic human needs:
 - 1) To live, to really live
 - 2) To love and to be loved (Must love first)
 - 3) To feel important
 - 4) Variety

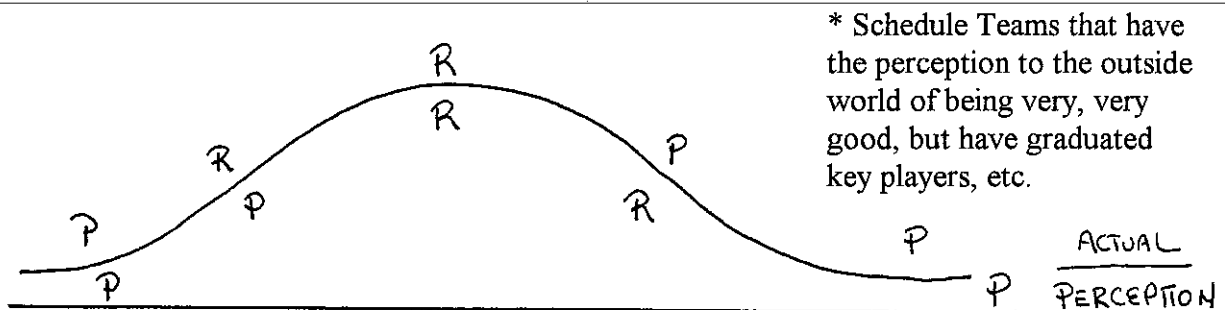
Sometimes going to the NABC convention can really be depressing, but when your around your kids, your team you are important.

Every year assume you have been fired. What can I do to get this program on top to build to be our best. Repetition is important, but do it with variety. Replicate game situations, Joe Paterno. Make the practices like games, and the games like practice.

- Have a 5 minute experimental time in practice, sometimes this is where you find things.
- Al McGuire named plays after schools that he took them from, he didn't have any plays named Marquette.
- Do not sit down, if your a stand-up coach. Don't sit down if you have already won the game, coach all of your kids.
- Buddy Coaching: Point guards coach point guards, post coach post, etc.
- We do not leave dirty lockerrooms, we are polite, we treat kids and elderly people the best, we have nothing to gain here but being good people which is everything. We don't talk trash, etc.
- It's not what you teach, it's what you emphasize. It's developing word pictures, it's getting them to see your vision.
- Jordan made himself a complete player, he worked to develop a jump shot that he didn't have when he came into the league. Great portrait, Jordan hitting game winning shot vs. Jazz in 98 Championship, perfect form.
- Dick Bennett:
 - 1) Dumb-up (Keep it simple)
 - 2) What does this team need now
Plan weekly, First Things First
- Good book, *The Healing Mind*, Rodder Press, Emmass PA

- Everything emanates from a thought, it all starts in the mind, words, deeds.
- The networks are our friends on the weekends, Coach because you love kids and you love to teach.
- **Memories, Moments, and McQuiddy**, Video for our team. What is coaching but, memories, and moments with our team's. It's relationships.

Rich Poor Curve



Scheduling: Understand where your team is on the Rich/Poor Curve!

- The true test of success, is the test of time. Wooden was better at 40 than 30, 50 than 40, and he is his best today. Bill Walsh, I didn't even become a good coach until I was 40. I didn't have the experiences that I needed.
- When the needs are met the motivation ends.
- You cannot make a race horse out of a pig, but you can make a faster pig. Your throughbreds need to know who they are and that they are your throughbred.
- The pain of discipline or the pain of regret, which do you want your team to have?
- To build discipline and morale, introduce shared suffering. **Discipline always precedes morale**, always!
- Jerry Krammer discussing the first day without Coach Lombardi, "When we only had to do 25 Up-Downs instead of 75, I knew we were in trouble."

Defensive Keys:

- 1) Know Who you are Guarding
- 2) Know his Number
- 3) Know his Game

- It's a lot harder to be a star than a slug. Great players always make more mistakes. Greatest homerun hitter in the game was Babe, he also struck out the most. One of baseball's greatest pictures was Cy Young, he also had the most losses. Magic was the greatest guard of all-time, has most turnovers.
- When it comes down between you or the program, that decision was made a long time ago. -Larry Hunter
- Most parents would rather see their son or daughter be their team's leading scorer than for their team to win the State Title.

- Have your kids make hospital visits. Utah takes team to hospitals, has school of deaf visit practice.
- Best communicating team in basketball is Utah, they talk. Some of us think our team's talk, Utah talks!
- Coaching is about relationships, hence the line from Hoosiers- "I love you guys."
- The worst thing you can do for someone is something they can do for themselves. -Abraham Lincoln
- Communication: ECHO YELLS, Frozen push-ups is a great motivator, have them do them on the side so they don't sweat on the floor.

Mistakes: 1) Recognize
 2) Admit the Mistake
 3) Learn from the Mistake
 Go slow, get a rhythm, go fast enough to make a mistake

"Do not collect mistakes, like lent. Let it go."

- Never let anything slide by in practice, this is your responsibility as the coach and is your fault when it reappears in the game.
- Winning is a by product. Process over product. Winning, doing the job, it's about the process. The joy is in the journey not the destination.
- You start thinking about the next game as soon as you walk through the tunnel. -Bill Parcells
- A man's reach should exceed his grasp.
- You get more praise and more criticism as a coach than you deserve. -John Wooden
- Winning is the toughest thing to maintain, everyone wants a piece of you!
- Reputation is what you think you are, character is what you are, especially when no one is around.
- Genius is spontaneous, sometimes you just get lucky.
- Coach today the way you want to in 10 years from now. -Jerry Krause
 This is how we have approached camp. We did it on 4 hours of sleep, hired great staffs, we did it the right way, we wanted to be the best camp in America. Have high expectation for yourself. Teach attitude everyday!
- Need assessment: What is and What should be?
- Have to be very unselfish person to be a good coach.
- Don't rattle with a pig, because you'll both get dirty and he (the pig) will like it.
- Keep hands high to rebound, contest every shot with the forward hand, keep high hands, change the rhythm of the shot, the placement of the shot.
- See the Big Picture. Ie: Jig Saw Puzzle, if you see the Big Picture, the box top it makes putting together the puzzle much easier. What do you have to do to compete in your league? How do team's travel, what do they spend, etc.
- It's easier to ask for forgiveness than permission.
- You've got to pay your dues and you've got to suck scum. That's your job as the coach to

- give them, your team, a chance to be good.
- You can pick captains, but you cannot pick leaders. Leaders emerge. Mantle's tomb stone reads, He was a great teammate. Yogi, Micky was the best teammate I ever had.
- If your best player is not your leader, he had better be your hardest worker.
- There is only one way to coast. -Paul Brown
- Do you have the X factor to coach, can you be a John Wayne, someone who walks into a room and demands respect.

Woodens Rules for Leadership (players):

- 1) Work harder than anyone else
- 2) Take care of the stuff off of the floor
- 3) Let coaches take care of everything else, players are not responsible for strategy

- Let your veterans coach you rookies
- Check - Check - Re-check
- Retrieve - Review - Reinforce (This is why you write stuff down.)
- Keep coaches books/notes by coaches name.

Expect-

Inspect-

Accept-

- Never give orders than can be understood, give orders that cannot be misunderstood - Douglas MacArthur
- Adapt, improvise, overcome...Marines
- Think 10 min. per day about you program - Peter Drucker
- Do the next right thing right!
- Mileage deduction for taxes - must for coaches; meals, books, gear, etc.
- You have to make sacrifices to have a great program. idea: allow fresh, jv's, wear mesh practice gear for game uniform
- John Wooden designed Pauly Pavillion locker room thesame as their own. They should be the same. Very upset with current situation.
- Live in house 2 yrs and can sell it and reinvest earnings.
- Rule of 72: What ever it takes to mutiply.
- Keep \$1000 back.
 - tp: understand the value of time
- Live in a nice home, drive a cheap car, Dave Ramsey books on financial success.
- Penn State Football
- 6 Questions in learning: see the handout
- One hour before practice or game, cannot get to him - John Wooden

- Dean Smith has never been on the cover of a media guide.
- Cannot hold a kid's parents against them, the do not choose.

Daylisms:

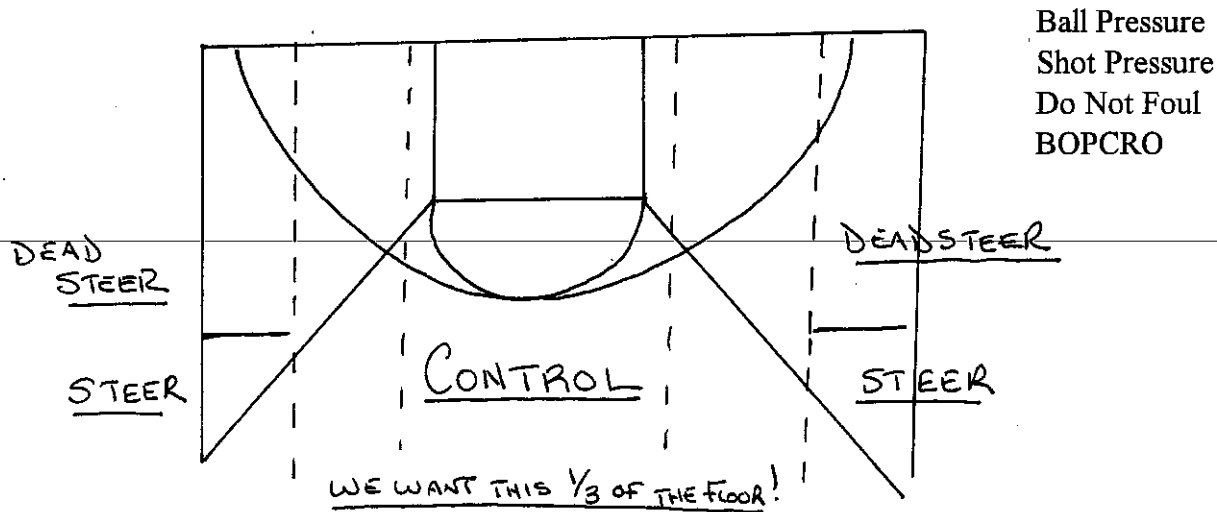
1. Offense is spacing and spacing is offense.
2. Your most open when you first catch the ball.
3. Defense cannot guard two things in a row.
4. Defense breaks down not in help, but recovery.

- You can tell how good a defense is by how quickly the post gives help - Hubie Brown
- The first shot does not beat you!
- Al McQuire to Kevin O'Neil:
 1. What the Priest expects at Marquette
 2. It will take you 3 years to get rid of friends this week
 3. Better have great practices, teach in games

Sometimes not to guard
is to guard.
- Bob Knight

- Gene Bess: Your teams better play very, very hard!
- (105) You've got to know you going to win, but you better know how you're going to win. Confidence is demonstrated ability.
- Take athleticism out of the game by shorting the game and being solid.
- In March, you better be good in half court.
- Player Perception Test
 - Talk to files - Keep clippings and notes of coaches
 - Everypages - Things you do everytime you do this specific task- checklist, etc.
- Roles and goals: Coach Meyer's Roles
- Balance: No matter how hard and how hard you'll sacrifice, you need to have your time. My time is having the remote. You're not a failure if you don't get it right the first time; if we never made mistakes, we wouldn't need you coach.
 - Coach Meyers time is being around coaches, doing clinics. This is his re-charge time.
- I will come back to live in Nashville, because this is where my kids (players) are, my family.
- You never appreciate a good catcher until he is gone - Perez and Maddox

Defensive Principles: Positioning



IE: Know who your guarding - In 2nd western conference game, Walt Williams did not know who he was guarding. He had his hands down and gave up open 3 vs Elliot, drilled 3.

- Shot pressure and blockout - can make a lot of mistakes if you can do these two things.
- Do not give an open 3 to a deadthree - make a dead three dribble into his shot.
- Handouts:
 - Practice Ideas Handout
 - Post Game Evaluation - like this
 - Basketball Film Codes -Pete Gaudet
- How much time as a coach can you spend on evaluating your opponents.
ie: film breakdown, etc. Be who you are.
- **First Things First**

Quadrants	Good	Bad
#1 urgent/important	20-25%	25-30%
#2 important/not urgent	65-80%	15%
#3 not important/ urgent	15%	50-60%
#4 not important/ not urgent	1% or less	2-3%

- Take mini-vacations, not long vacation and pile up work.
- McCormicks Rules - see handout

Don Meyer's Rules:

- 1. Plan weekly**
- 2. Next day the night before**
- 3. Exercise**
- 4. Say no**

- **Pete Newell's Rules:**

1. Get better shots than our opponents, and more of them.
2. Handle with sureness
3. Be hard to guard
4. Shot discipline
5. Get fouled
6. Boards, must rebound
7. Transition and talk
8. Know who you're guarding
9. Ball pressure
10. Shot down scorer in post, no 3's to A3
11. Shot pressure
12. BoPCRO: blockout pursue, chin the rebound, outlet

10 Pointers for Winning State Championship

1) Get There!

**Everything you do must be geared to getting there.
You must run, you have to get some easy baskets.**

2) Once you get there, don't make it a big deal - the awe factor.

3) Do what you did to get there, do not get fancy.

**4) Be aggressive - look for ways to win
Be aggressive early in the game.**

5) Rest

**More olympic gold medals are lost by over training, than
undertraining.**

6) No easy baskets.

7) Get easy baskets.

- running**
- rebounding**
- get fouled**
- take ball at their best player**

8) Make your freethrows.

FT Swish

9) Make your lay-ups.

Shoot pressure lay-ups in practice.

Use reduced rims in practice.

Make them clean in practice.

Dakota Sports (ask for Percy) 1-800-888-2193

10) Give team a reason to win - Deserving to Win!

**Those who work the hardest are the last to surrender
"Fight the feeling of accomplishment and satisfaction."
Stay away from fans, cheerleaders, etc.**

BASKETBALL FILM CODES

- | | |
|--|---|
| <p>1) Good Player Sequence <u>BATES</u></p> <p>2) Good Player Sequence <u>DI SPALTRO</u></p> <p>3) Good Player Sequence <u>MADDUX</u></p> <p>4) Good Player Sequence <u>FORD</u></p> <p>5) Good Player Sequence <u>CUGINI</u></p> <p>6) Good Player Sequence <u>LANGHI</u></p> <p>7) Good Player Sequence <u>PRATER</u></p> <p>8) Good Player Sequence <u>STRONG</u></p> <p>9) Good Player Sequence <u>A. WILLIAMS</u></p> <p>10) Good Player Sequence <u>HOWARD</u></p> <p>11) Good Player Sequence <u>LAPORTE</u></p> <p>12) Good Player Sequence <u>B. WILLIAMS</u></p> <p>13) .</p> <p>14) Poor Player Sequence <u>BATES</u></p> <p>15) Poor Player Sequence <u>DI SPALTRO</u></p> <p>16) Poor Player Sequence <u>MADDUX</u></p> <p>17) Poor Player Sequence <u>FORD</u></p> <p>18) Poor Player Sequence <u>CUGINI</u></p> <p>19) Poor Player Sequence <u>LANGHI</u></p> <p>20) Poor Player Sequence <u>PRATER</u></p> <p>21) Poor Player Sequence <u>STRONG</u></p> <p>22) Poor Player Sequence <u>A. Williams</u></p> <p>23) Poor Player Sequence <u>HOWARD</u></p> <p>24) Poor Player Sequence <u>LAPORTE</u></p> <p>25) Poor Player Sequence <u>B. WILLIAMS</u></p> <p>26)</p> <p>27) Effective use of the dribble</p> <p>28) Catch and Face</p> <p>29) Fast Break</p> <p>30) Delay Offense</p> <p>31) Good Screening</p> <p>32) Good Cutting</p> <p>33) Good Passing</p> <p>34) Passing Ahead</p> <p>35) Good Motion Offense vs Man to Man</p> <p>36) Good motion Offense vs Zone</p> <p>37) In-bounds Play</p> <p>38) Individual Offensive Move</p> <p>39) Offensive Highlight</p> <p>40) Offensive Rebounding</p> <p>41) Offensive Sets</p> <p>42) Poor Offensive Play</p> <p>43) Post Play</p> <p>44) Press Offense</p> <p>45) Shot Fake</p> <p>46) Shot Selection</p> <p>47) Three-point Shooting</p> <p>48) Shooting</p> | <p>49) Transition Offense</p> <p>50) Zone Offense</p> <p>51) Penetration - Drive</p> <p>52) Relocation</p> <p>53) Shot block</p> <p>54) Steal</p> <p>55) Ball Defense</p> <p>56) Fake Trap</p> <p>57) Ballside Defense</p> <p>58) Contesting</p> <p>59) Defensive Rebounding</p> <p>60) Player Takes a Charge</p> <p>61) Forced Five-second Violation</p> <p>62) Full Court Pressure Defense</p> <p>63) Good Team Defense</p> <p>64) Helpside Defense</p> <p>65) Poor Defense</p> <p>66) Post Defense</p> <p>67) Tracing the Ball</p> <p>68) Transition Defense</p> <p>69) Switching</p> <p>70) Zone Defense</p> <p>71) Zone Press Defense</p> <p>72) Blockout</p> <p>73) Dunk</p> <p>74) Finishing the Play</p> <p>75) Great Effort</p> <p>76) Highlight Sequence</p> <p>77) Instructional Game Film</p> <p>78) Turnover</p> <p>79) Court Mannerisms</p> <p>80) Foul</p> <p>81) Foul Shot</p> <p>82) Good Decision</p> <p>83) Poor Decision</p> <p>84) Loose Balls</p> <p>85) Officiating</p> <p>86) Slow Motion</p> <p>87) Special Situations</p> <p>88) TV Commentary</p> <p>89) Crowd</p> <p>90) Coaching</p> <p>91) Opponent Offense</p> <p>92) Opponent Defense</p> <p>93) Opponent Press</p> <p>94) Opponent Individuals</p> <p>95)</p> <p>96)</p> |
|--|---|

WHO GUARDS WHOM?

#1 PLAY

#2 PAIRS

- Princeton

#3 POST EXCHANGE

- Regular post exchange
- Designated runner
- Guard inside
- Five man motion

#4 CUTTERS AND SCREENER

- Two screeners
- Three screeners

#5 HIGH

- Hard cuts
- Loop the top

TRIANGLE

- Double Crunch

PLAYS

Denver

Triple

Carolina

Princeton

LA

LA "33"

LA Special

UTEP

Up

Up Flare

OTAY

OTAY 1/1

Down

Down Triple Flare

**SURENESS & SHOT
DISCIPLINE EARLY**
Restrictions/Emphasis
Inside/Out
Rebound

ZONE ATTACK

1. Look to run every possession.
2. High post.
3. Short corner.
4. Attack the rear of the zone. Flash.
5. Replacement.
6. Pass fake and shot fake.
7. Skip/Skip.
8. Penetrate.
9. Great shot discipline; Technique and selection.
10. Offensive board coverage

SPRINT

SECONDARY

Post seal out wing

Corner cut

High post can dive/flash

Run an over

#1

#3 HIGH

Up screens, especially late

#3 DOWN

Wing flash/screen in and replace

Dribble to the top

Loop a lot

Thru

Vs. odd front stay with the big

Loop skip

Wing flash and replace loop skip

Bigger player skips into shooters

PLAYS

2 SIDE = stack (pull shooter)

3 SIDE = triple stack

(dive post, pull shooter)

CROSS

CS (CENTER SCREEN)

Majerus

U N C X

FOUR CORNERS vs. trap

B.O.B.VS. MAN

Triple

Triple pop back

22

Spread

Kentucky

Kentucky Up

Stack

Box up

Box reverse

Line

Line Backscreen Lob

B.O.B. VS. ZONE

Stack

Box

Spread

Kentucky

Line

Line Backscreen Lob

Newell's Rule

Get better shots than your opponent
and
Get more of those better shots.

OUR DEFENSE

1. Transition and talk; Defensive fast break.
2. Know who you are guarding. His number, his game.
3. Ball pressure; Early help and quick recovery. **UBIQUITOUS.**
4. Shut down a scorer in the post; No threes to a three.
5. Shot pressure; Change or alter.
6. Smart fouls only.
7. **BOPCRO**; Block Out, Pursue, Chin the Rebound, Outlet.

OUR OFFENSE

1. Look to run every possession.
2. Handle the ball with sureness. First open man.
Easy pass/reverse/swing.
3. Be hard to guard; Help each other get open.
4. Great shot discipline; Technique and selection.
5. Get fouled. Make more than opponent attempts.
6. Offensive board coverage.

**WE KNOW THE SHOT WE WANT
AND WHO IS GOING TO TAKE IT.**

**GET THE SHOT WE WANT RATHER THAN TAKING THE QUICK
SHOT THAT OUR OPPONENT GIVES US.**

**IT IS NOT ENOUGH TO KNOW WE WILL WIN THE GAME.
WE MUST KNOW EXACTLY HOW WE WILL WIN THE GAME.**

**DO YOU HAVE THE RIGHT SPIRIT:
A TEAM SPIRIT?**

SPECIAL SITUATIONS

- **Jump ball** (SANDWICH, HANDS UP, BOPCRO, STEAL, RUN SECONDARY, VIOLATE)
 - **Baseline O.B. Defense:** BODY UP, TAG, FREE MAN, CHASE, CORNER STEER, FIST
 - **Sideline O.B. Defense:** ON/UP LINE, FREE MAN, PURDUE ADJUSTMENT, 150 HANDLER, 130 LET IT IN WITH FREE MAN IN FRONT OF POST
 - **1-4 low defense** (DEFENSIVE FAKES, FAKE TRAP, 1-1-3 TANDEM, DORK TRAP, CROSS FIST)
 - **Delay game defense** (REGULAR, ZIPPER, TRAP, FOUL)
 - **Drawing fouls** (BALL SCREENS FOR DRIBBLER, CLOCK HIM FULL COURT, UP SCREEN HALF COURT, SHOT FAKE, DRIVE, POST, OTAY 1/1, STEP OUTS BY POST)
 - **Sideline O.B.** (SPREAD, LINE, SECONDARY, PURDUE, DENVER, TRIPLE)
 - **Free throws** (X Y SLOW X MISS IT X RED SEA VIOLATE IF AHEAD DOUBLE VIOLATION)
 - **Presses** (FAST BREAK, 13 VS. ZONES, 14 VS. MAN, SPREAD, LINE, IOWA STATE, SPREAD PULL IOWA STATE, KY RUNOUT)
 - 1) BEST INBOUNDER
 - 2) THREE AVAILABLE WITH DEEP DIAGONAL FINISHER
 - 3) BEST IN MIDDLE
 - 4) POST COMMIT BALLSIDE
 - 5) SHORTEN THE PASS
 - 6) REVERSE IT
 - 7) ENGAGE TWO
 - 8) CRACKBACK
 - 9) CLEAR CRACKBACK
 - 10) ATTACK THE MIDDLE
 - 11) PASS FAKE & LOOK OPPOSITE
 - 12) STEP OUT & STEP IN FREE THROW SHOOTER WHEN THEY ARE FOULING
 - **Pressure** (ATTACK IT WITH A CHASER, BALL SCREEN THE PRESSURE, BE AGGRESSIVE, FIVE HIGH ENTRIES, FIVE HIGH, DOWN)
 - **Comeback game** (PLATOON SHOOTERS/FOULERS/DEFENDERS, KEEP REBOUNDERS IN ON FREE THROW)
 - **Triangle and Two** (#1 PLAY INTO MOTION, BALL SCREENS, SCREEN TOP OF TRIANGLE)
 - **Box/Match and One** (#2 MOTION WITH THE ONED PLAYER SCREENING, BALL SCREENS FLARES)
 - **Use of clock** (NUMBER OF PASSES, TWO FOR ONE END OF HALF)
 - **Holding a lead** (SWITCH SCREENS FOR THREE POINTERS, MATCH-UP ON ARC?, UP ON INBOUNDER TO COVER STEP IN, FOUL WITH A 3-PT LEAD)
 - **Giving a foul** (FOULS TO GIVE, THREE POINT LEAD)
 - **Last shot of game:** WHO, WHAT, WHEN — REBOUND TO STOP/GET PUTBACK
- DON'T BANK TIME OUTS. YOU CAN'T EAT THEM. USE THEM WISELY TO CONTROL TEMPO.**
WHO HAS THE POSSESSION ARROW? Double violate to get possession when on defensive or offensive free throw, don't let them.
DON'T LEAVE BENCH OR CELEBRATE ON LAST SHOT (Technical)

ADJUSTMENTS

Who, what, how, why
are we being hurt?

- Transition and Talk
 - Two back/Three back
- Pressure without penetration and fouling
- Penetration
 - Control Funnel
 - Gap and 1/2
 - Steer Outside 1/3
 - Help and Recover
 - No Elbow Drives
 - Baseline Coverdown
- Post defense (ON/UP)
 - Front
 - High-side, No angle
- Deny high post
- Three point defense
- Fouling
- Block out
- Extend our defense
- Deny wings harder
- Trap
- Match-Up
- Who to attack off
- No catch
- Trap on catch
- Trap on dribble

DEFENSES

- 1 — 40, 30, 20, 10
SHADOW, UP, 50
- 2 — MATCH-UP
PERMANENT HP
- 3 — MATCH + ONE
- 4 — Flat 2-3 Trap
- 5 — Zipper

Point Guard Denial:

5 Second Count Denial

ALL FIVE IN A STANCE, ALL FIVE MOVE AS ONE

STANCE - Exaggerate

SIT, HEAD BEHIND KNEES
Immediate High Hands
Trace/Hands Off
Dig the dribble outside arc
High Hands Inside Arc
Take elbow drives in chest

VISION - Locate the ball & man
Sink to see

POSITION

Jump to the ball, "cheat"
Arms out, use hands and forearm
Clip screener's shoulder
Travel on air time of ball

RE-POSITION

Proper close out: re-position
when chasing
Concentrate and anticipate
Jump to Ball "Off"
Cheat steps
Quick, small adjustments

TALK — To Ball

To Man in front of you

TRAPS

Fist on Head — No Rotate
Fist — Shoot the Gap
Two Fists — Change
Side Fist
Dork Trap
Star Trap — Pass or dribble
Cross Fist — 1-4 Low

ATTACK THE POST (RED):

DIG One hand, one eye
DIVE Two hands, two eyes
Grab ball low to the floor

FINGER TOUCH

STAY WITH YOUR MAN (Fake & Fade):

ATTACK OFF:

- Newell's Rule Handout

- Zone Attack Handout

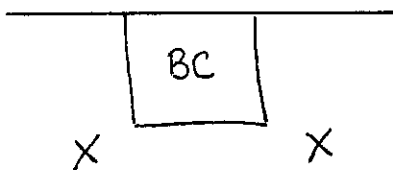
1. Run
2. Hi-post
3. Shortcorner
4. Attack the rear of the zone
5. Principle of replacement
6. Pass fake/ shot fake
7. Skip/ skip
8. Penetrate
9. Shot discipline
10. Board coverage

- What do you miss about the game (ask John Wooden)? "I miss the smell of the gym." He missed the practices. Wooden was a great teacher, he loves to teach!

- Clinton's lessons on coaching

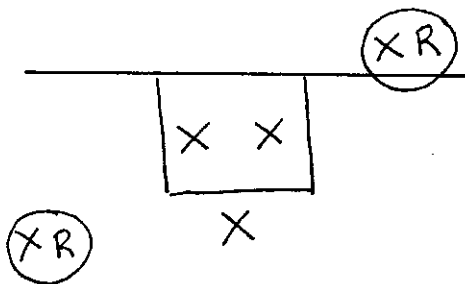
- 1) Cannot use sound bites- tell the truth
- 2) Cannot take a poll, no trial balloon
- 3) Would you want your kid to play for him

- In coaching you have to make decisions, and you have to explain - cannot use sound bites.
- Triangle and Two: great for women's basketball



BC= The bellcow, she seeds the others home, 6'2, 6'3 kid

- High School Defense - Triangle and Two



Defend the two guys hurting us the most
2 officials

Newell's Rule

Get better shots than your opponent and Get more of those better shots.

1. Look to run every possession.
2. Handle the ball with sureness.
3. Be hard to guard; Help each other get open.
4. Great shot discipline; Technique and selection.
5. Get fouled. Make more than opponent attempts.
6. Offensive board coverage.
7. Transition and talk; Defensive fast break.
8. Know who you are guarding. His number, his game.
9. Ball pressure; Early help and quick recovery. UBIQUITOUS.
10. Shut down a scorer in the post; No threes to a three.
11. Shot pressure; Change or alter.
12. Smart fouls only.
13. BOPCRO; Block Out, Pursue, Chin the Rebound, Outlet.

**Get the shot we want rather than taking the quick shot
that our opponent gives us.**

ZONE ATTACK

1. Look to run every possession.
2. High post.
3. Short corner.
4. Attack the rear of the zone.
5. Pass fake and shot fake.
6. Skip/Skip.
7. Penetrate.
8. Great shot discipline; Technique and selection.
9. Offensive board coverage

**IT IS NOT ENOUGH TO KNOW WE WILL WIN THE GAME.
WE MUST KNOW EXACTLY HOW WE WILL WIN THE GAME.**

- Doug Collins Grease Board
 - An army of lions led by an ass, will be defeated by an army of asses led by a lion.
 - If a man is bent on revenge, he must first dig two graves.
- Practice Emphasis
 - Don't do what we're supposed to do:
 - 1) Run, that's practice
 - 2) Sit, that's game
- Do not punish kids who cannot do something physically.

- SAC's really appreciate your program. Involve as many kids as possible in program. Give a kid a chance to learn organization, discipline, and team. 1 of every 3 students who come to a college stay. The two that leave, usually do it because they don't feel like they're apart of something.
- Rick Majerns has a heart as big as his body. -John Wooden
- They don't do very much, but they do it well, referring to Eddie Sutton
- Do not complicate winning. -Bob Knight
- Keep it simple.
- Be obsessed with fundamentals. -Joe Gibbs
- The more they think, the slower their feet. -Jerry Tarkanian
- Lombardi had the same passion every year they taught the power sweep. -Sid Gilman Story
- **You can never teach too slow. -Rick Majerus**
- What makes a painting a masterpiece, is what you take out of it!

- **5 things that separate the best programs:**
 - 1. Preparation**
 - Prepare like you just lost you last game. -Lon Kruger
 - Johnny Cochran was prepared -Marsha Clark
 - 2. Teaching**
 - Quality vs. Quantity
 - It fits, it correlates, it all works together.
 - Players teach themselves and each other.
 - Veterans teach rookies (never 2 rookies)
 - Worst thing is a coach not teaching.
 - 3 Keys in Teaching
 1. See the skill properly
 2. Feel the skill properly
 3. Repeat the skill properly ad quickly
 - It's not what you teach, it's what you emphasize.
 - Be a skill coach, not a drill coach.
 - 3. Consistency**
 - ie: If I teach a skill one way, it must be consistent with the whole.
 - 4. Compete**
 - Make team compete in practice.

5. Close

Do not celebrate.

Closing is big!

Must be able to coach your best player.

- When a post man doesn't thank a guard for a pass, he doesn't deserve another.
- A post man never complains about a bad pass. ie: You don't ask your wife to cook the bacon better.

- In Relationships (Mom/Dad) and Coaching
 - Must have good cops/ bad cops!
 - It is difficult to coach you own kid.
 - I'm not your excuse when you do bad, I'm not your reason when you excel.
 - Have good cop/ bad cop on you coaching staff.
 - Worst possible discipline occurs when the commanders are not giving it!
- When we lose: We were just not tough enough! How does that relate to us?
- The Heart of a Team
 - Don't ever play for anything but the team
 - Do not play for yourself, don not be selfish
 - How many coaches use their team for their own development?
 - Cannot use kids.
- Books to purchase:
 1. Raise the Roof, Pat Head Summit
 - She really knows the team.
 2. The Accountability of Leadership
- Fox Hole Test
 1. Most important protects your rear, guy you go to war with.
 2. 2nd most important- right flank
 3. 3rd most important- left flank

Have team fill it out. Who are your tough kids. Identify and find who these kids are.
There must be a certain amount of nasty.
- Leadership is doing what you necessarily don't want to do. It's sacrificing, it's hard work.
- Joe Paterno stands in defense bk field during spring practice. They throw no passes, it's all smash mouth football. He tolerates nothing but excellence.
- Why does Penn St. act the way they act, because Joe Paterno demands it!
- Post Play:

If it ain't nailed down, we're selling it!

 1. Must be strong in the strike zone, from knees to chest.
 - 1) Weight plate posting (Marcelones)Start with 5 lbs. for 1 min. and work up

Move feet while posting lightweight

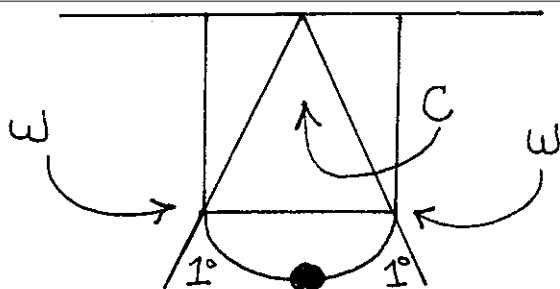
Think technique

2) Taking in field

3) Overheard passing

4) Doleac positioning: Forearms parallel to floor, see back of hands

- Rebounding the three:



-shot top only has 1° of

-center must go to middle of funnel to rebound and wings to elbows

2. Know your post players favorite side.

Don't throw him the ball on his non-favorite side

def: front on favorite side, and behind on non-favorite side.

3. First side post feeds: the feed must be sweet.

The feed leads to an easy lay up score.

4. Post men must: Hold you seal.

1) get open

2) stay open

3) receive safely

4) score simply (if you cannot finish, you're like tits on a boar hog)

tp: Play to physical capabilities of you post non-scorer should screen more, good scorer less.

5. In transition - Switch post defenders if necessary.

tp: less pattern you are in secondary break, the better

Carolina= backscreen on reversal

Kansas= cross screen on reversal

You cannot run multiple secondaries - too much thinking. Find the secondary that fits your team.

6. Best move by post: spin opposite to rebound

tp: Run floor everytime - 8 pts of running - hold your seal

- Close of evening session

Friday Schedule

7:30-9:30	Breakfast
9:00-10:30	Practice drills with team
10:30-12:00	Rick Majerns Session I: Post Play
1:00-3:00	Coach Meyer
3:00-5:00	Rick Majerns Session II
6:00-7:00	Rick Majerns Session III
7:00-8:00	Coach Meyer

1-800-932-2534

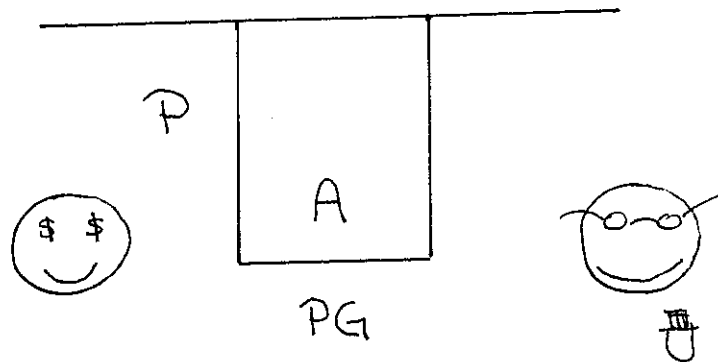
Mike Heideman: Pac Man Defense

- Dork Rules

- 1) Norm Stewart: strong up the middle - pt. guard
- 2) Post man- need to be able to seal and post
- 3) Need an athlete in the middle of the floor, someone who can make a play.
- 4) Other positions: Principals son with nerd pack, bankers son.

- Dork Rules

1. pass and go away
2. pass and screen away
3. pass and replace yourself
4. ballscreen
5. substitute



PG - POINT GUARD

P - POST

A - ATHLETE

Session III

- Announcements:

Free shooting video from arc angel

Session III coverage from practice planning, Pg 27-30

Bill Walsh Book: Finding a Way to Win

You cannot help people who eill not help themselves.

Bison organizational notebook.

- Rick Pitno learned 2 things from Hubie Brown:

1) You cannot coach mad

2) You don't need special plays, want special players .

“Special players for special players” DM

- Core Skill Development (tape #27)

Can work in stations, etc. Several groups working at same time.

1. Taking in field (Ozzie Smith)

1. Catch with feet, eyes, and hands

TP: 1) start slow,
2) develop rhythm,
3) so fast you make a mistake
-work 30-40 seconds

TP: throw sidearm like a shortstop or second baseman to prevent rotor cuff problems

TP: cannot get too low or too wide

2. Dribbling and Jogging

TP: eyes focus under opposite net, pick-up opposite dribblehand (balance hand pick up) to pass a shoot ie: quarterback in dropback taking ball to passing position.

A. dribble and juggle

B. underhand toss

C. over hand toss

D. one b.ball and one tennis ball

two b.ball and one tennis ball

three basketballs

TP: receive the pass in rhythm, echo yells to change the drills

3. Two Ball Dribbling

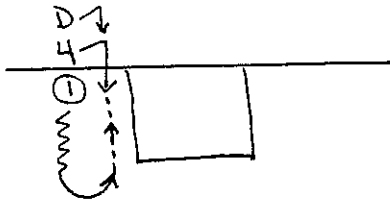
- A. low rhythm
 - B. low non-rhythm
 - C. high-low rhythm (above shoulders)
- 1. stationary 1st thru sequence
 - 2. advance up court

tp: scanning - scan the floor, see everything ball quick

4. Mikan Drills

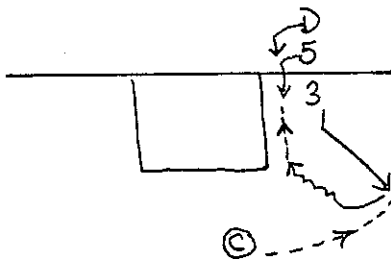
- A. Regular: 1 foot Mikan
tp: Make them clean, How many clean in a row
- B. Reverse Mikan - point belly button at other hoop
- C. Power Mikan - ball never hits floor, never take a step
tp: get ball up to top of square
- D. Shot fake
tp: 2" shot fake with no footfake, stay low and wide

5. Baseline starts, turns, and stops



Begin on baseline:

- 1 player dribbles, 1 post, 1 defends from behind
- TP: To set up cuts, "go at the defenders eyes." We are not big on v-cuts, use jab cuts



-Use coach as passer set up cut, catch and jump stop, turn and face - drive and feed

TP: Tight with your game (circle tight)

TP: No more than 4 players in a group can use a dummy defender as 4th

Never use fundamental drills for punishment.

6. Building your Offense

TP: Carry your cuts to the rim and then NBA spacing (1 yd. past arc)

- A. 2/0 Cutting

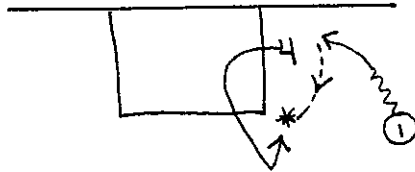
TP: Pass and cut in 1 motion vs. intense pressure gds create space, bigs eat up

G. Perimeter and Post

Rules: Post who is a three - ball is driven - go to three

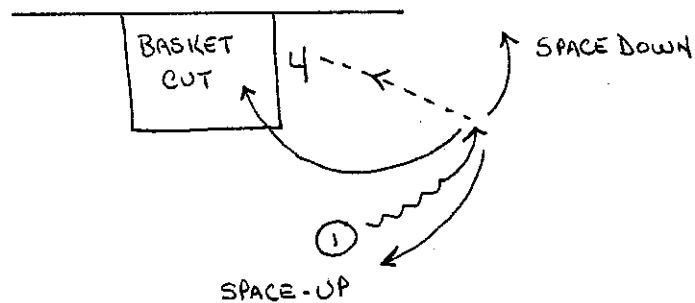
TP: Go where you're a threat

1. Interchange Positions



2. 3 Cuts on Post Feed

1. Space-up
2. Space down
3. Basket cut - 6' away from post

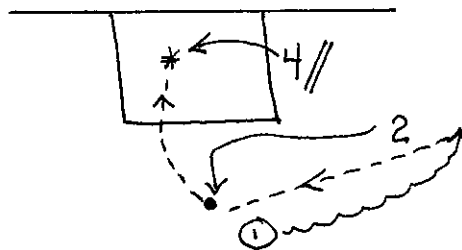


3. 2 Perimeter with 1 Post

Emphasis: feeding high low

TP: Like to use air dummy on post with drills

Shallow cut and hi-low



When I have a whistle on, it's not a play around time!

- 1) Diagonal, Cross main street
- 2) Big Running the Floor

I. 3 Lane Push

TP: Anything we do, we want transition.
In all drills, play until the whistle blows.

3/0 without Dribble:

On a made shot, sprint back 3/0 on defense
SAC takes it out and throws ahead to a SAC on sideline

TP: Take the ball to your best finisher, away from your best three point shooter.

Drill Progression:

Score with best three
Score with best finisher
Score with best poster

TP: Teaching Roles

Shots:

Lay-up
European
Dribble-up three

TP: **Three point shot at top - Wings go to Elbows to Rebound**

J. Secondary Break Progression

1. Post & a Guard:

Throw off the glass and outlet to guard, drive-it down as post runs to rim.

TP: Post run to rim or to defense (Air Dummy) & Seal
Hold Hands out and wide

Work two sides at same time.

2. Two Perimeter and One Post

Pitch ahead to advantage.
Use both side at same time.

TP: Must design secondary break around personnel!

3. Two Post and Two Perimeter

Pitch ahead and skip to trailer for high low.

TP: The hardest way to score in post, defense plays behind.
Easiest way to score, with an angle, feeder gets to level of post.
Feeder cannot pick-up his dribble, use back dribble.
Use air dummies in all non-defense drills: 4/0, 5/0, 2/0
Like to go 5/0 blackout air dummies

4. 5/0 Secondary Break

Secondary Break Options:

- 1) Hit low post first
We do not like the guard to post pass
- 2) Hit high post second
The more times we can put the ball on top, the better
- 3) Hi-low action
- 4) Opposite wing
- 5) Point guard

FINISH Options:

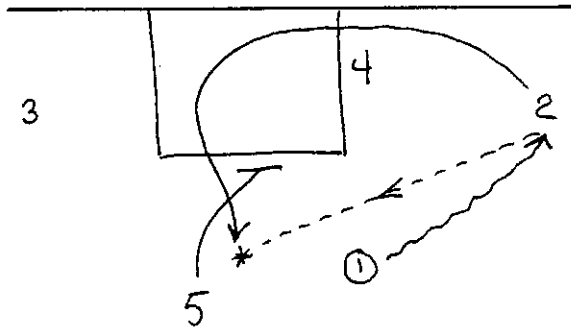
- 1) Carolina
- 2) Kansas
- 3) Double Staggered Screen
- 4) Denver Action

* Cannot run multiple secondaries.

Deadball Secondaries:

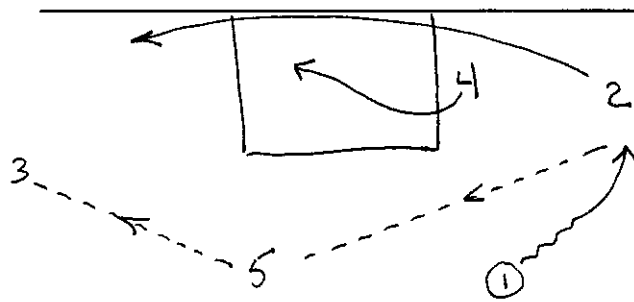
- 1) Denver
- 2) Denver w/ up-screen
- 3) Triple

TP: Allow Big player to set last screen.



Zone Secondary

TP: Penetrate off the Baseline



Recommend: Bob Knight's Jersey City Baiden Tape
John Kresses Zone Attack

K. 4/4/4 Drill

4 sec. holding/ 4 sec. dribbling/ 4 sec. holding

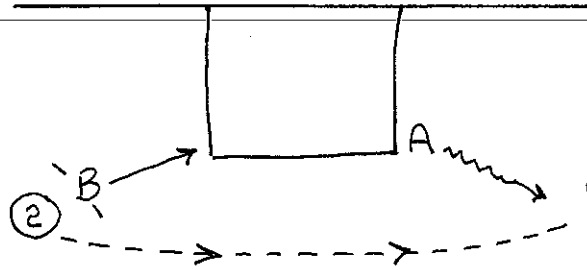
-If I have 2 hrs of practice, 2 hrs of offense, and 2 hrs of defense -Bob Knight

L. 2/2 Ballside and Helpside

TP: Must sprint to defensive positions

- "Travel on air-time of the ball"
- Cheatsteps: Ball-up cheat to an, ball goes down- cheat to help ie: leading off 1st base (Tim Gurgivich)
- Have a couple of skip passes before driving, to work on positioning

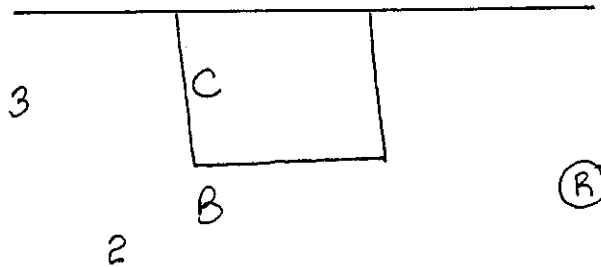
TP: Closeouts - always better to close to short than to long unless def. a dead three



M. 2/2 Helpside

TP: Selfish def. never talks, selfish def. never helps
Show our players tape of former players executing skills

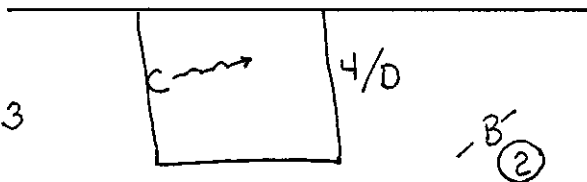
- Skip pass and closeouts



N. 3/3 Below

TP: Everything happens a good yard outside of the lane
*Front Post in this drill:
vs. pass to top - 1st move is to jab high and then spin low to take away angle

Emphasis on cheat steps with helpside and post def. with closeout.



C-CHEATSTEP TO TAKE AWAY LOB PASS TO 4.

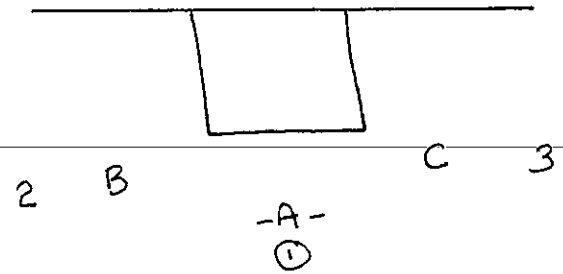
Skip Pass: spin low and beat off to spot
 Key tp: Do not give-up angles in post

O. 3/3 Above

- Gear to who you're playing
- Do not allow screening

TP: Keep ball out of middle

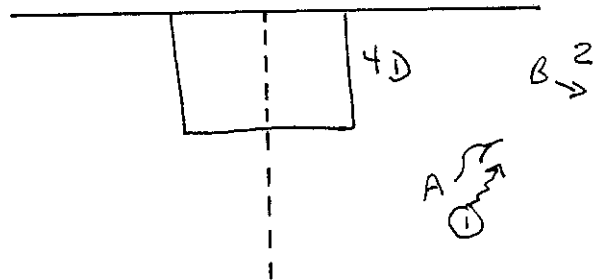
Ball on side head in passing lane at top
 Fake Trap - will slow the ball down
 must be lower and wider



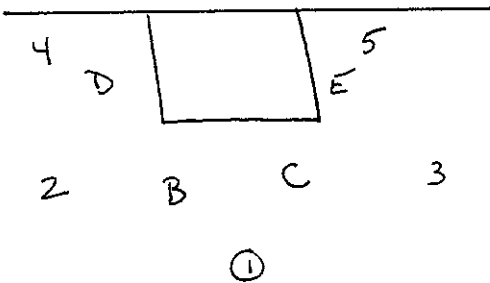
Emphasize on controlling ball and steering on sides.

P. 3/3 Ballside

- Rotate all positions (off. will stay the same)
- initiate from 3/4 ct.
- during season- do what opponent offense dictates for us to prepare



Q. 4/5 (4 def. vs. 5 off.)



OPENDRIVER

3 specific drill options:

- 1) Open Post - keep ball out of post, help on post, rotation
- 2) Open Driver - leave driver open
- 3) Open Shooter - emphasis on def. screens with **** defenders

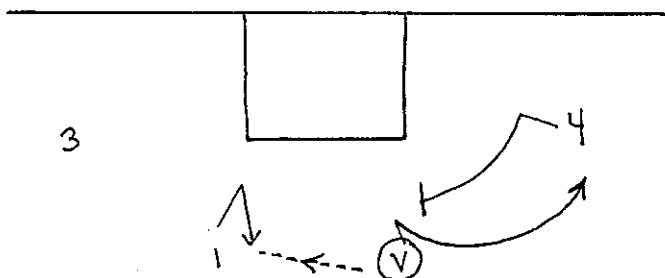
"Make it a good day Ryan." -DM

I. Defense

- Most important stat in game - def FG %: Hand -up on every shot
- Followed by rebounds
- Followed by shot allocation/shot distribution
- Know who you are and what your role is

Van Horn on top and ball passed out to guard - We always flare screen

Ball passed to Gd. - FS for Van Horn



TP: We are adamant about shot pressure, early in practice we stress a hand-up on the shot - perpendicular to the floor - force the shooter to alter the shot.

A. Defensive Stance:

- Wider and lower are better
- Must have a great weight program (I have taken great painstaking efforts to hire great weight coaches)
- We only do free weights, olympic lifts
- We lift 1 hr. 4 days per week out of season, love discipline
- 3 days per week until first practice, 2 days per week when games begin

TP: We never stretch at practice, never — start practice at 3:30

- Keep ball out of middle, force to outside
- Low and wide stance, 1 arm length away
- Our defense travels on air time, therefore we encourage bounce pass

*Like air passes from our guards into the post

Baseline arm is at 90° angle to encourage bounce pass, it is slower!

- Greatest guard in the game, other than Magic, is John Stockton, he never dribbles behind his back or through his legs.

- Low body base of support - essence of game
- Two Positions in stance: Nose in chest
 Ear in chest

Number one priority in recruiting - passion to play.

I love practice, we will get better together.

We chart everything we do in weight room, size and strength.

Karl Malone never gets hurt due to his lifting program

- Film every practice (use 3 cameras)
- All 5 guys in a stance
- 4 guys have stance and vision
- 7 situations you can lose vision ie: def. cross screen
- We play everyone differently by scouting report
 Who guards who, who cannot guard who

TP: vs. switch: **Drive the Big**

- Every player has a preferential move and shoulder
- Rule: Get a hand-up late on a shooter (Great shooter are 1 dribble guys to a shot)
- Do not like extended hand/ play within the plain of your body
- Only like extended hands

TP: active hands but not just flaying around hands

- denial
- dribble used
- yo-yo
- hand-up on shooter
- hard and soft shoulder

*** Contest Shot Drill — Everyday!!!**

- Never come out of your stance!! No middle.

- What is the most important thing in your life?
- What is the most important thing to you as a coach?
- To me it's **Defense, Defense, and Defense.**
- In establishing our defensive stance we can play straight-up to the offensive player:
 - 1) Split crouch with leg (baseline)
 - 2) Square with shoulders

Key elements in good 1/1 defense:

- stance
- defending the shot
- defending the shot fake
- forcing the opponent to their weak hand: line-up with toe on strong foot
- **Work on 4 situations in our Ball Stance:**
 - 1) Force to outside
 - 2) Square-up
 - 3) Sit on right toe
 - 4) Diagonal stance
- Know who you are, know who you're guarding
- Be the best rebounding team in country below the rim.
 - Jumping is overrated (Malone cannot jump 2')
- Vision- watch the ballhandlers chest
 - I don't wear an earring, what the hell, are you if you wear an earring, pirates?
- You cannot have too much discipline - If you're going to err, err on the side of discipline.
- Bad shots will beat you more than anything else.
- Must be better defensively.
 - I have instructed our players in the off season to do the following when they play:
 - deny everything, force offense into back door cuts
 - recover to the backdoor, which ever you do, ie: open-up, snap head, etc.
 - force your man to dribble to a shot (defend closer than arm's length)
- **FIVE** defend as one traveling on air time of the ball; This is Defense
 - get a hand-up on the shot
 - level off the dribble to a shot
 - blockout on all shots

- Hardest thing to defend is the dribble.
- All my players come to our camps.
- Denial on the wing and get beat: whatever you do is ok just do it the same way everytime, all I want is an active hand, an extended hand, and stay low!

- **Keys to Denial on Wing:**

Ear in chest

Point toe (faster to move to line of dribble)

Crack of ass to the ball

More concerned about denial than back door cut

Throw your head, see the ball is best

Defense is energy, tenacity, it's aggressiveness

- **Keys to defend the Dribble:**

-Nose in the chest

-Stay in a Stance, you cannot stand-up

-Absolutely do not cross your feet, short steps are better

-Level off the dribble, no direct penetration

- **Blockout:** Put a body on them, make and maintain contact, **make room for yourself**

-Elbows out and hands-up, emphasize in everything you do.

If I want to be popular, I'll be a scout leader. If I want the newspaper to write something good about me, I'll take out an ad.

- Most important aspect of play - **Run the floor both ways.**

- Only blockout drill:

Pass ball around perimeter - travel on air time. Now we get a blockout, off of all three stances - can screen away, etc.

Play out of 3/3 situations, excellent teaching format.

- **3 Stances in a game :**

- 1) Denial stance
- 2) Ball stance
- 3) Help stance

- Helpside Blockout is toughest challenge in game.

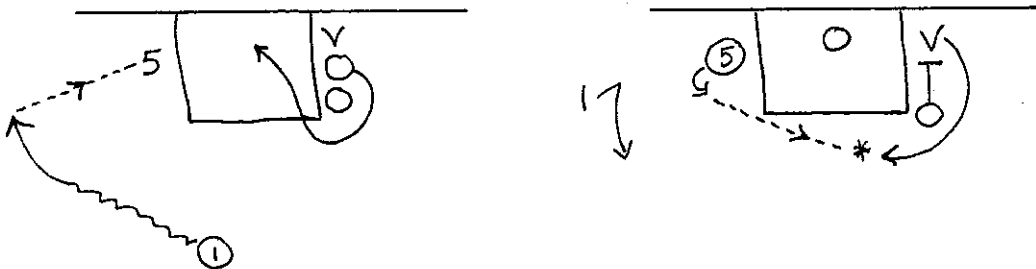
Keys:

- 1) Escape the lane
- 2) Make and maintain contact
- 3) Make room for yourself

Face front the great off. rebounder in a mismatch situation.

- Dean Smith and Bob Knight are great coaches, not good - **They are great!!**
- As soon as I walk off the court, I forget it - I learned that from Al McGuire.
- As the coach, you have to be the most mature person in the relationship.
- Riley's practices: They are long — hard — tough!!
- Great players have a love for the game.
- We rebound in everything we do, everyday!
- **Play for Van Horn - we want 2 shots at the basket for Van Horn**

Key tp: Our screener must screen his own man, both his and Van Horn's



- Offense is spacing and spacing is offense - **We cannot be too wide!**
- Blockout gets you to the point where you can use plays to win.

- Must get the ball inside, we can do it in the following manner:
 1. Fastbreak
 2. Post
 3. Drive
 4. Off. rebounding

Victory favors the team that gets to the free throw line.....get the ball inside!

- Offense: 1) Push it everytime! Everytime.

FB: do not crowd the point, this is a key teaching point, give him room to operate. Pass and look ahead constantly, get the ball down the floor as quickly as possible

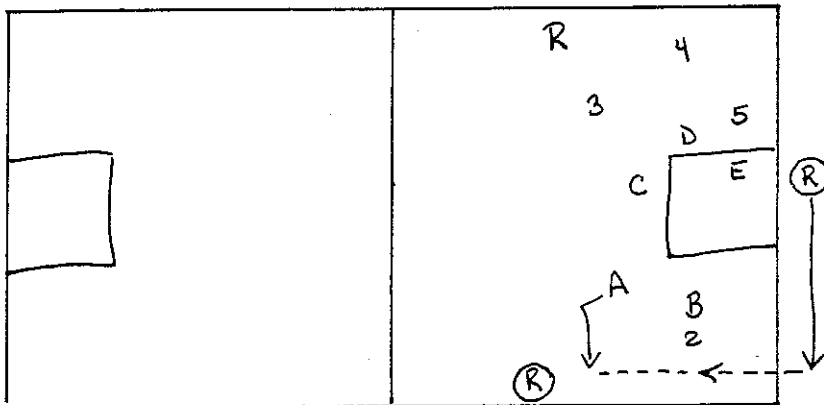
- **Blockout is the equalizer vs. greater talent.**

Three Things we Work on Everyday:

- 1) **Transition Defense**
- 2) **Free Throws**
- 3) **Skill Development**

B. Conversion Defense

- We do this drill everyday
- Release man - coach: can shoot it, pass it, drive it, player can shoot it.
- Release under the rim who inbounds his ball, on the made shot, PG gets to the outlet
- We adjust the outlet in regards to whom we're playing
- We will do this drill extended periods in October, until we get it right!



**We only gave up 14 FB scores all of last season!
This is a priority.**

Defensive Conversion Rules:

- 1) **Point Guard:** gets back to half court - slow down the pass ahead and get the ball under control and out of the middle of the floor - make a stand.
- 2) **Two Guard:** sprints back on the lane line on the ballside of the floor - sprint back in a straight line. **Do not get caught under rim or in the paint.**

TP: No lay-ups and NO threes in transition

TP: We send 3 to the glass, unless you're a great FB team. We will get 3 back.

TP: Most important part of conversion - 1st 3 steps, both offensively and defensively - **Have no vision with the ball in these 3 sprint steps.**

TP: PG at half court must get his hands up to slow down the pass ahead.

If the PG drives to score we will invert responsibilities of #1 and #2.

Two Guard must do the following:

- 1) Take away lay-ups
- 2) Force extra pass
- 3) Defend the three



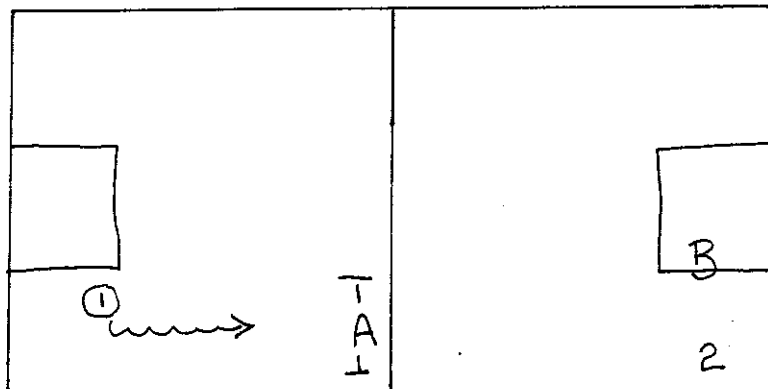
TP: We replicate the break of the team we are playing in practice

TP: Point - talk - touch - communicate

*13 Scholarship players, we take 6 walk-ons each year, use them as a scout team.

3) Other 3 - Sprint Back!

TP: Pass ahead must be stopped by getting to half court and force offensive PG to not throw the over the top pass. Level off dribble and keep the ball on the side of the floor.



TP: **Never attack a back dribble - too much - too difficult - we re-attack.**

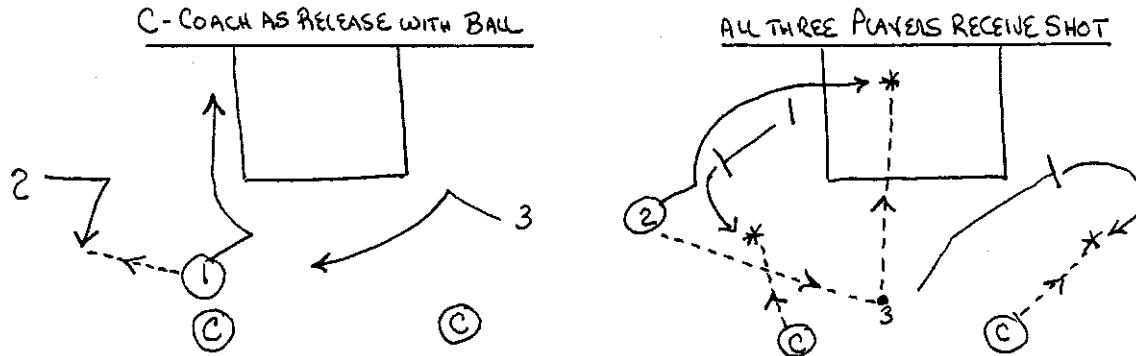
TP: Stop the ball at half court, Everything is predicted by our match-up with your PG and our PG.

* A non pass ahead PG-we can favor middle of floor with A

Don't get back. You are coming out. The bench is the great equalizer.

***Offense 3/0 Cutting-Shooting Drill**

TP: We work on transition here- sprint back according to your rule.



- Can add an outlet on sideline to help replicate what we're doing in getting back and defending.

TP: 1st big down the floor. He must bump you, body you. The higher and earlier the better. We stand him up with our chest/hands-up. **Disturb route/timing. Disrupt route and timing.**

To win close games:

- 1) Knock down FT's**
- 2) Know who gets the ball and where!!!**

*** Four Best Opportunities for Bigs in transition:**

1. Run out - Big beats you down court - 2 Gd stops
2. Pin-hi in transition, seal defender on hip for baseline feed
3. Button hook and pin in paint (We will take a **4 sec. count** here, everytime.)
4. Paint or block, if we can get a foot in the paint or the low block

TP: 2nd big down - shadow the ball by providing help on the ball, momentary double, or random trap.

**Ideas by:
George Karl,
Milwaukee Bucks**

- *Hands are key: high hands, active hands - low and wide stance
- *We are now playing 5 on 4 defense.
- *Can adjust to double low post vs. great low post player, if hi-post cannot score.

I. Individual Shooting Drills/ Workouts (Dean Lockwood, Saginaw Valley)

-Make it as competitive as possible/ clock/ score/ competition

1. 32 Point Shooting

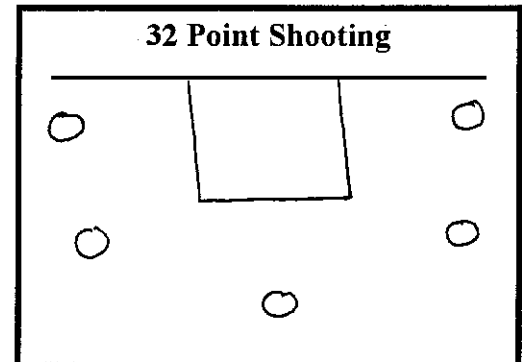
3 shots from each of the 5 spots, point values awarded as such:

1. three = 3 pts.
2. shot fake = 2 pts.
3. Shot fake and drive = 1 pt.

Two free throws to end on, 1 point each.

Progression of Drill:

- Shooter goes through all 5 spots
- Rebounder keeps score



TP: Everything in shot set-up should look the same.

Key Teaching Phrases:

- Eyes on rim - locate the rim.**
- Circle tight - 1/2 circle from shot fake to bounce position.**
- Be ball quick. Be like lightening. Be quick.**
- Create space, Disappear from the defender.**
- One bounce to rim off all show and go moves/violent move**
- Be a one dribble player.**

These are game like moves!

You can combine scores with workout partner.

2. Free Throw Swish

Must put pressure on free throw shooting to replicate the game.

Shoot FT's to score specific point total:

Point Value for Free Throw Swish:
Play to up two or down two, can make it more competitive for better shooters by playing to up four down two.

Clean	= +1
Rim	= 0
Miss	= -1

3. 5 in a row - Bigs

Drill Progression:

- Post player must make 5 shots in a row executing low post moves.
- Get the rebound on missed shots before the ball hits the floor
- On makes, sprint to half court and return
- make 5

4. 2 Balls/ 3 Closeouts

Drill Progression:

3 Players with two balls, first player with a ball throws out to second player located behind the arc, first player closes out to second player, second player shoots the three vs. pressure from first player, first player positions himself behind the arc and awaits pass and closeout from third player, second player rebounds his shot and prepares to become the next closer out.

- Do not worry about technique
- Do not shot fake, until shot is blocked
- 3/1 ratio, work left hand
- great drill to work vs. pressure shooting the three
- def. sprints all out to block shot

***Chuck Daily charted shots to find players favorite shots.**

5. Make 10, cannot miss 2 in a Row

Tighten your game don not be loose with the ball

* Tape 30, 21 and 22 are great tapes on individual development.

Coach Meyer:

***Shooting Fundamentals**

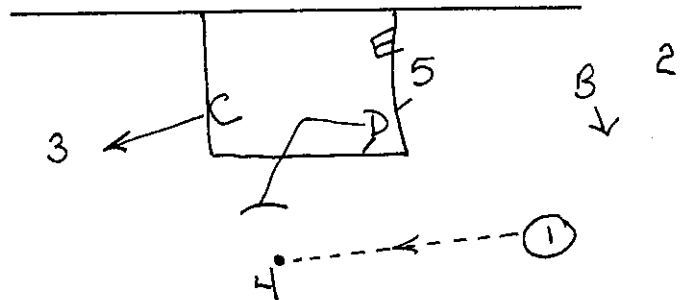
- 1) Keep it on line - alignment
- 2) Focus on the target
- 3) High one second follow-through
- 4) Finish 6" closer

Random thoughts on Defense

- Defense is about personnel. Who we are guarding and how we are guarding them.
- All Defense is played in multiples of 2's and 3's.
- Doubling the low post with our 2nd big:

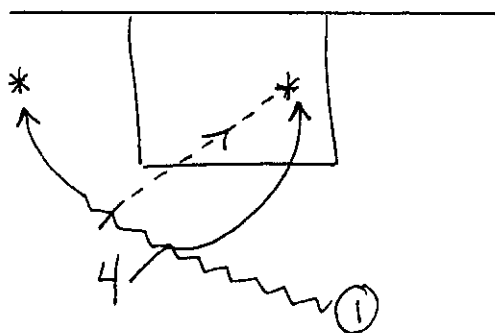
TP: Your body is here (helping), your mind is here (recovery to your man)
 On recovery- sprint and closeout with outside foot lined up on his toe.
 D, must play with passing lane for #5.

"A four man that stretches the defense to three point range becomes the most difficult position on the floor to defend".



- We put opponent's jersey #'s on our 2nd team to further replicate our opponent.
- Transition screen on the ball that is most difficult to defend is a big with a butt pick.

Difficult situation to defend.



-Trailer slows, so that our Gd. can dribble right off his ass. "Brush Pick"

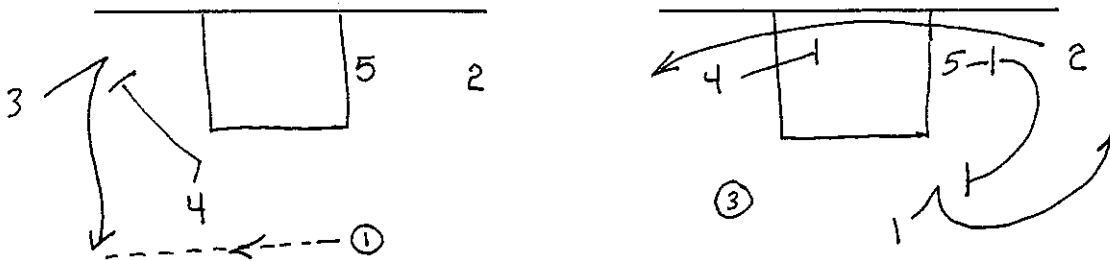
-Extremely difficult to defend in transition.

- One thing that I learned from Don Nelson:
He would look at a guy and concentrate on what he could do, not what he could not do.
- I will not play 3 bigs. I am not a zone coach. I like 3 man and 4 man passing games.
- Do not switch back until it's opportune. The mismatch does not beat you. The open shot beats you.
- I'd rather have two to a shooter, and leave someone else open, than leave the shooter open.
- We must understand that the defensive clock is just as important as the offensive clock. Know time and score.

TP: Our efforts with defensive transition in Oct. and Nov. will pay off for us in Jan, Feb, and Mar. (1st 2 weeks of Oct. we play it straight.)

- We play everyone regarding their personnel, and we have plan A, B, and C. If A isn't working we change to B and then to C.
- Run your drills through and they come right back again. (Love Overload Theory- make it tougher than game.)

Utah State Transition - this is difficult to defend.



- Scheduling Thoughts (Games and Practice):
Tough schedule, but have 5 cupcakes prior to league play
We practiced 5 hours prior to Miami game.
Over Christmas, we practice twice a day.
The whole thing is compartmentalization, address specifically the task at hand. Leave it on the court.
- We really, really use video tape to teach: We will have players go to the locker room during practice to review tape of something in practice.

TP: Tight with your game/ economy of motion

- Flexibility: Gives your trainer a purpose. Flexibility is BS time, I hate it, we do not do it as a team!
- We shoot 60-85 FT shots per day.

Utah Rule: We replicate game conditions. **No talking: coaches and players** during FT shooting, this is the greatest dichotomy in sports; concentration and relaxation. Never shoot more than 2 per time. Vary partners and basket every FT break, penalize misses.

TP: Cannot correct two major things with a player at once. Give them one thing.

- Thoughts on Practice Structure:
Start practice with skill development. Early in year 45 min.-1:15, later in year as little as 15 min.
Transition defense drill 15-30 min. per day (much longer early in season)
Free throw break (no talking, always have consequences)
- All great FT shooters move forward and into the shot.
- **Hornecek is a 180 guy:** 90% from FT line
53% from field
37% from three

180: only 3 pros who can do this. If you have a guy who can shoot 180, he is special.

- First stat that I look at, Road Games, then I compare the following:

Top 1/3 of league - road
Middle 1/3 of league - road
Lower 1/3 of league - road

- The next defensive stance that Jason Williams gets into will be his first.
- Go watch the Jazz practice, watch George Karl 's team practice!
- My players have a right to demand that when I walk on the court with a game plan, I have exhausted all possibilities. I know the percentages!

Continued discussion on defense from prior session:

C. Defending

1. Denial: "Be backdoored."

TP: Ear in chest, extended arm, toes pointed straight ahead, crack of butt to the ball.

TP: We will do breakdown drills the first 7 days of practice, then we eliminate them and teach whole method.

TP: Move up the floor and attack penetration, force the extra pass with high hands.

Denial Drills:

- * 1/1 Denial
- * 1/1 Denial with help and recover

Def. Stance:

Key Emphasis: Take away middle/ keep the ball on the side of the floor.

- 1) Vs. a great shooter - crowd and force the dribble
- 2) Take away weak hand - diagonal or lined up on toe
- 3) Out of rhythm or range - depends on how we play the post

Number one thing in scouting report - who can guard who.

Def.ending the Low Post:

Key Emphasis: Do not allow a post to catch in the paint or in rhythm with an angle.

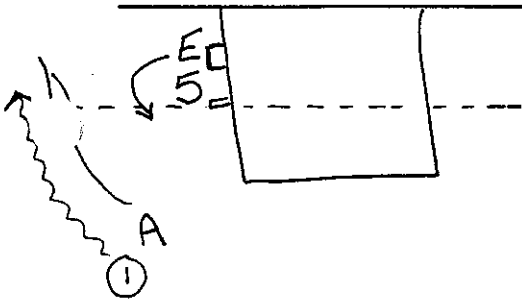
- 1) **Butt Front:** sit on the post, sit on his knees, get into his body, maintain high hands.

White: Fronted post. We pressure the pass, white overrides all personnel and game plans.

WHEN DO WE FRONT:

- 1) **Front vs. a mismatch.**
- 2) **Always front the "In-Out" game.**
- 3) **Always front the low angle post feed, that is anytime the ball is below the last hash mark before the block.**

BALL BELOW HASH MARK - FRONT



TP: We force the ball to the outside hard. Force the dribble to the outside. We can now trap on the baseline drive. We always err on a mistake of commission, aggressiveness.

It's about **being in sync with 5 guys defensivley**, regarding your philosophy.

We want to be a physical team, **disrupt route and timing**.

2. Half Front to Behind on the Catch

Get behind the post on air time of ball. Know his preferential shoulder. Only one player can go both shoulders - Olajawan.

TP: Deny the preferential shoulder - maintain a gap on the catch umbrella with hands-up - cut the angle - blockout to finish.

The smaller the gap the better, but do not let him contact your body.

3. Play Behind in post

TP: We will walk you off block with both legs, using legs to work offensive low post off the block and further out on the floor.

We **Yo-Yo**: 50/50 or 70/30 with perimeter defender depending on perimeter's and post skill level and ability.

70% to the Receiver:

High hands and active, sit on the line of the ball, best recovery angle. As he drives I step and level (Greatest challenge is to maintain level. Do not allow an angle to develop.).

Drop the back foot, but maintain body mass, stay wide.

On the dribble I push and slide.

We will go 50/50 vs. the average post player

3/4 - 3/4, to deflection or reception - on a 3/4 front err on going behind.

D. Helpside Defense

Keys to Helpside Defense:

Stance and vision

Distance from man

Err on being closer to the line of the ball

TP: Our objective offensively is to play off the elbows. Therefore we deny like hell in the middle.

- All the money from my book is going to breast cancer. Every penny- my mom did not deserve cancer.
- My coach taught me everything next to my own father.

Three most important facets of helpside defense:

1. Escape the paint to stop penetration, I would ALWAYS rather we leave too soon than too late, escape with high hands
2. Escape the paint to blockout, must create room for yourself.
3. I would rather we be positioned on the line of the ball than too far below it

- We will have 3 cameras at practice. We are into video. We video everything or almost everything.

Defending the Flash Post:

- * Greet you
- * Meet you
- * Stand you up

- **Keys in getting your Team to Play Hard:**

Make conditioning, depth, and fouls be in your favor.

No garbage time in a great program.

You cannot be great every year if you do not develop your underclassmen.

You must substitute - develop your team.

Make practice like games and games like practice

Transition def. in shooting drills

Defense talk to the ball and the man in front of you, post should talk more than anyone on the floor.

When the whistle blows - get in a stance - "sit into your game".

Drills and Teaching Points:

1. 10 Man Jump Ball

TP: Practice is lagging - "change" - change ends of floor

Never meet in same place too many times

Grab and chin every loose ball - tighten your game

Always call timeout to get possession

2. Taking Charges

Do in mass.

TP: Low and wide with high hands, tuck chin to eliminate concussions

Get up on offensive player if you're more physical, get off if you're quicker.

3. Denial

Do not deflect pass when you can make interception

Be a defensive catcher

- You must have higher expectations than parents and cheerleaders.
- One minute assessment: 1 thing we did well and why, 1 thing we need to do better.
- Great book: **Why We Win** -Billy Packer Masters Pub.
Dan Gable is the ultimate butt kicker.

- Do not play just against good teams, play vs. the game to be your best.
- Allow JV to foul and play physical to improve varsity. Varsity play defense with hands on jersey makes you use your feet, therefore, putting your hands in a positions to use them as weapons.

4. Disadvantage Drills

-
- Have a scrimmage where you call no fouls, then have one where you call everything.

Philosophy:

Tim Floyd at Iowa State, play hands off defensively
 Pat Summitt, put hands on the ball, get a touch
 Don Meyer, high hands, easier to deny/contest the shot

- Understand time and score.
- Why have FG% dropped? Greatest factor is the shot clock.
- Play through mistakes, never sulk, the guy who throws a ball down on the floor, loses his temper, shows inappropriate behavior - What do you do as the Coach???
- Plus - Minus points in practice, add them up after practice, keep total on daily or weekly basis and run at end of practice for minus points.
- Change kids focus after he has made a mistake by communicating a different idea or thought.
- Speed-up practice with: "Change", a count down, echo yells, etc.

Roles:

- 1) Clearly Define Cannot have a team of all generals
 San Antonio's best players are their best people, makes coaching, roles, etc. much easier, no exception for good people.
- 2) Understand Great teams always have a great understanding of their roles, always!
- 3) Accept your Role
- 4) Fullfill your Role Must be productive!

5. Restrictions (Emphasis)

Place restrictions on what team can do in specific situations, can be in a drill setting such as 2/2 to 4/4 or in 5/5 play. Use restrictions to accomplish the development and definition of team roles. Helps to paint the picture of how your team will play, your expectations.

IE: No shots until specific player receives three screens.
Only AI can score.
The low post must get three touches

TP: Always take an open lay-up regardless of the restriction.
Always convert in transition before stopping play.

- If you want a great transition team, you have to emphasis running.
- Whole - Part - Whole: See the Big Picture

6. Saver & Savee

Savee is the most important, saver must have someone to save it to.
Cincinnati always saves the ball to the nearest corner, automatically know to go to that corner.

* Bird said Dennis Johnson was the smartest player he ever played with, remember who the savee was when Bird saved the ball off his steal vs. the Pistons , Dennis Johnson.

- Your greatest strength is your greatest weakness. Know yourself.

Incidental Points

Study of points scored in a basketball game revealed that 20% of all points scored were a result of incidental baskets.

There are three types of teams that get incidental points:

- 1) Teams that are alert
- 2) Teams that have superior athleticism
- 3) Teams that are both alert and athletic

- When getting close to the event, it's nice to have a rested horse. Remember, more gold medals have been lost by over training. The art of coaching is knowing what your team needs!

- **Off Season Rules:**

1. **Play 5/5 with no fastbreak on a made shot (make-it/take-it)**

2. **Play Cut Throat**

Play half court and change to full court.

Have third team waiting on sideline ready to step-in and play.

Use coach to handle the ball and speed-up play

Great camp game, competitive

Team that scores stays on the floor.

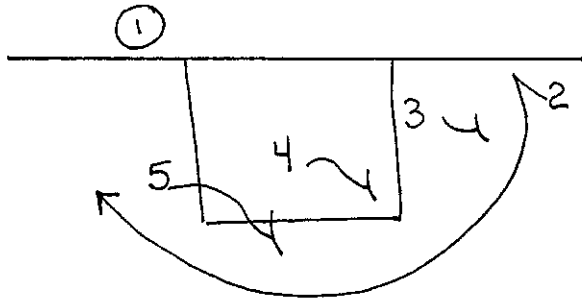
3. **Defensive Cut Throat (Get 3 consecutive stops)**

Like to use during season in practice.

You automatically lose on second shot opportunities by the offense.

Can apply to other situations, build to difficulty.

Triple: Out of Bounds Under



- Easier to reign a horse in, than it is to stick a red hot poker up his rear to get him going.

4. **Persistent - Perfect - Possession (Makes you Tough)**

:35 seconds on clock, we want full clock of perfect defense.

Play until you have one winner, or play until everyone wins (tougher).

Take seconds off clock to reward defense for special plays, ie: steals, taking a charge, 5 second violation, etc. You decide.

This drill creates special situations, for example, clock is down to :05 seconds and

offense is inbound under the basket, must stop them from scoring and rebound to win.

Dan Marjelic allowed Allan Houston to cut to the ball and win game for the Knicks, How?

5. 3/3 Out of Bounds Under

Inbound defense must be active, active, active!

Especially teaches defender on inbouncer how to play.

Convert on a defensive rebound and run the floor, teach to run.

Must play defense to get the ball

When you get the steal, look to pitch ahead. - Rick Pitino

Closing Thoughts from Afternoon Session

- When in doubt: Do what is game like, replicate the game.
- Comparison of Tennessee Women, Duke, and UNC practices:

1) Tennessee	Toughest practice	She is a butt kicker
2) UNC	Most Organized	Total Structure
3) Duke	Chaous	Replicates the Game

- Create chaous in practice, it replicates the game.
- Win the ugly games.
- You control attitude and effort, must work on this everyday, do not penalize those who give you an outstanding effort.
- Ask yourself, your staff, and your team the Fox Hole question.
- When you have a team that will carry each other - He ain't heavy - He's my brother - You have something special.
- You must have a certain eliminate of nasty!
- Brian Giant is a great guy who plays hard.
- Tom Izzo is just like you, worked to reach success.
- Rick Majerus is just like you, he's giving you everything he has.

1. Building Our Defense

*Switching: Talk it
Touch it
Switch it
Deny it

Switching: We switch everything we can. We switch because it's easier to do and tougher to play against. But you must gain an advantage from it.

TP: Breakdown drill 1st 2 weeks, 2 hrs of practice dedicated toward defense. Then we move on, we're not babysitting you anymore.

The ball is on top of the low post- We will not allow this pass to be made. Pin down with our body.

**Extremely Important:
Know your slip point and then body-up the post and push him out!**

Switching Rules:

1. Switch Equal Size

Receiver of screen triggers switch. He yells switch and screener defender echos it.

Ride shoulder high, ear in chest, and extend arm.

Screener defender, get diagonal on air time, be on line of ball to take away duck-in.

Cutter defender is responsible for the rim.

Screener defender is responsible for the cutter and to deny. Mindset should be to steal it or deflect it.

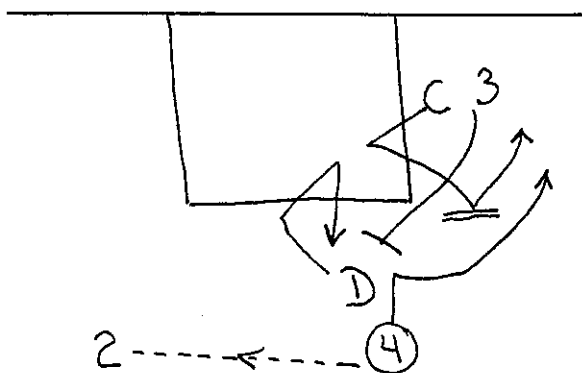
We like to go third side late in the shot clock, therefore, we do not want to defend the third side late in the shot clock!

Everything in basketball is SPACING, everything!

Switching the Backscreen:

I pop/hit the cutter off the back screen by bodying-up early, standing him up, and then opening up for the potential lob.
Distort route and timing.
Step into cutter's path. Bump his body and stand him up.

Elbow back screen from wing.



TP: Make the offense catch the ball in traffic.

Any dribble handoff, screen on the ball, dribble weave. We will switch with our #1, #2, #3. Switch and level off the ball. Cannot allow ball to split or switch.

Do not worry about keeping the ball on the side. Deny back to a great shooter or player, if not jump to ball and protect.

Switching the Screen on the Ball

TP: Switch: diagonal off the ballhandler, force him, push him into screen.

- #1 antidote vs. the switch is to **screen your own man**.
- Know who you're playing, know time and score.
- Do not ever attack a back dribble.
- The dribble in place should trigger greater concentration, must be positioned lower and wider.

Additional Thoughts on Switching:

We will switch small-out/ big-in.
All rules are relative to personnel.

TP: Throw arm into passing lane - extend late and long.

TP: On a step-up and dive vs. non-switch - open-up

Defending Screens without Switching

Defending the Screen-in

Cutter defender must hug the baseline hip of the cutter
Stand up the cutter and bump the screener, disrupt route and timing.

On a curl cut: Stand the cutter-up and level him off.
Ride his shoulder high and maintain vision with the ball.
Force offense to beat you back door, get beat on the lob - but not by the cutter.

Defending the Cross Screen:

Distort route and timing if not a post player, if he is a post player;
90% of the time: vs. our butt front:

Cutter defender:

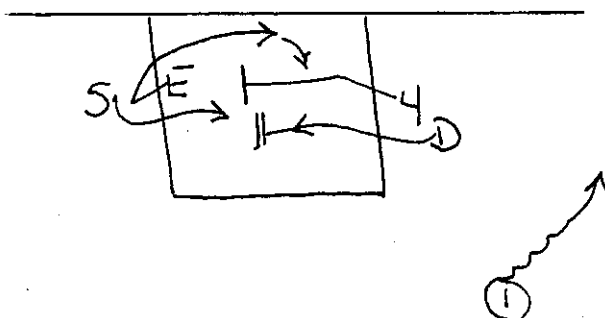
Takes away the low cut.

No one cuts below you to the rim, get under the screen as quickly as possible and go get the cutter!

Screener defender:

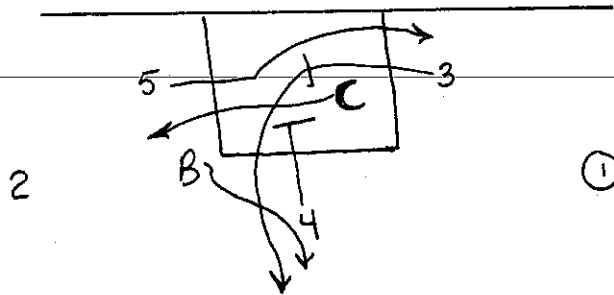
Turns his butt to the ball and stands up the cutter, force the receiver to catch the ball further out. The moment you lose contact with the screener you cease to have responsibility to the ball.

TP: High hands and active hands - same as fronting situation



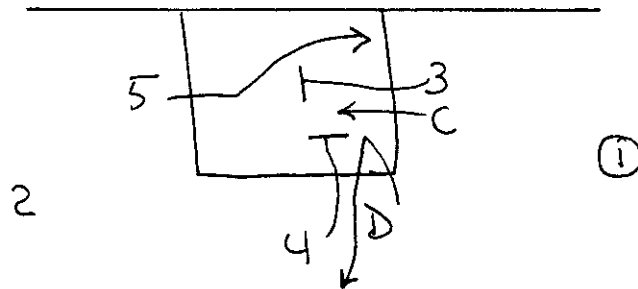
Combination Screening

First option is to come off with a wing - "Wing Out"
Switch with wing and cutter defender.



* 3'S DEFENDER C, SWITCHES TO
2, AND 2'S DEFENDER B, SWITCHES
TO 3.

Second option: Switch with top screener.

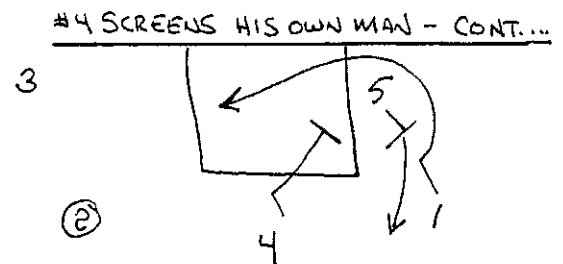


* D SWITCHES TO CUTTER,
3.

TP: We are giving up potential dribble penetration to take away the inside and make someone else beat us!

Screen your own man vs. the Switch.

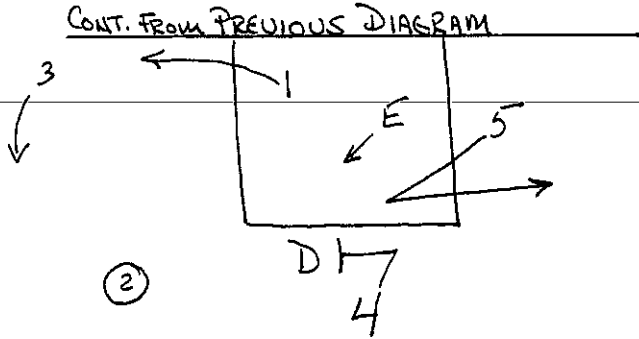
TP: #4 screens his own man to open-up fade for #5. #1 cuts off screen and "knocks-off." #5's defender.



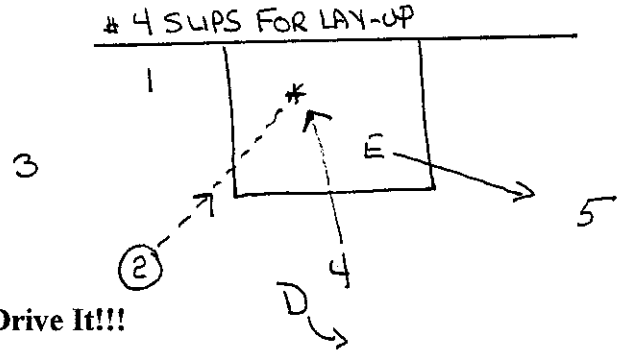
Offense vs. Switch:

We have offensive counters to accomplish 3 objectives.

1. Big guarding small outside
2. Small guarding big inside
3. Rebounding



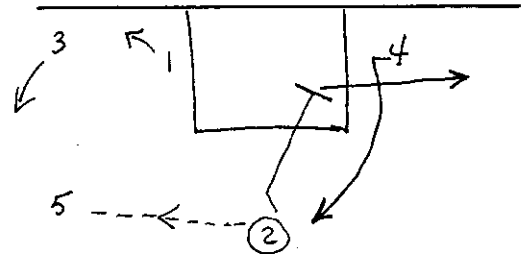
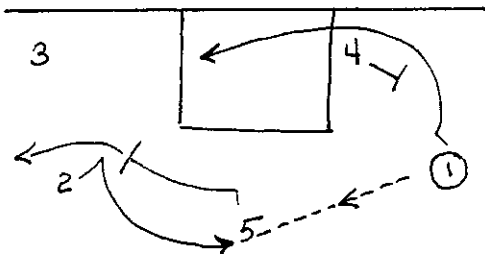
Five flares off screen to his range. Read screener defender and #4 slips for lay-up.



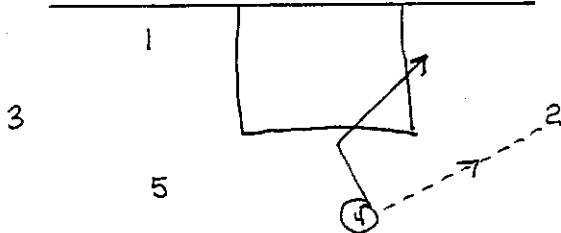
Big closes out to small - Drive It, Drive It, Drive It!!!

TP: If we like the switch - we will play to the switch

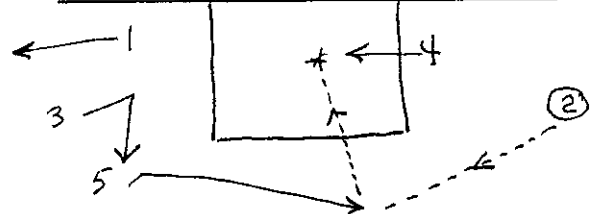
Set up 2-4 switch with counter - forces switch and play in post.



DIVE MISMATCH INTO POST...



SPACE-OUT & ISO MISMATCH IN POST



- I like to show my team film on the pros, I have a tremendous film library of the pros executing the fundamentals that I am teaching.

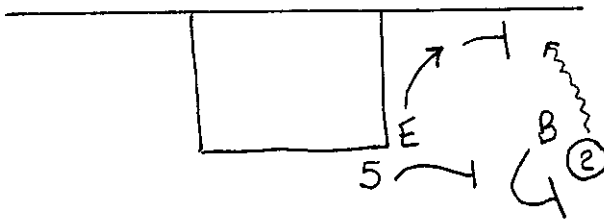
Screen on the Ball

TP: Make the big beat you, unless it is a pop and he is a great shooter.

Keys:

- 1) Switch it
- 2) Red it, which means to double team it
- 3) On the wing or corner: switching is best choice, if we cannot switch, we will go Black, which is to push the screen baseline

1. Screen on Wing, BLACK



E must get in line of ball to basket

B pushes the screen baseline

E gets as close to driver:

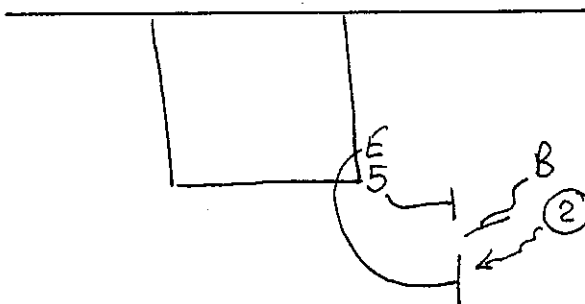
- 1) range
- 2) quickness

***Deployment: defensive positioning**

TP: vs. back dribble we will re-deploy.

- Bring in deaf school two times a year to practice. Communication is a gift.
- Best zone in college basketball - Temple.

2. Screen on Wing, RED



E (big protects big) - stand up dribbler - straight arm extended - build a fence.

B diagonals off and forces into screen.

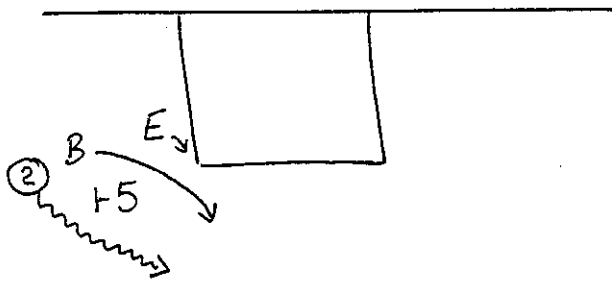
TP: E cannot get overextended

TP: Leave a Red: dribble out, extended dribble, dribble used, pass out, level off, etc. E must then sprint to front of the rim (depends on personnel)

3. Hard Show and Recover/ Soft Show and Recover

4. Protect into and Out of the Screen.

TP: see your man through the screen.

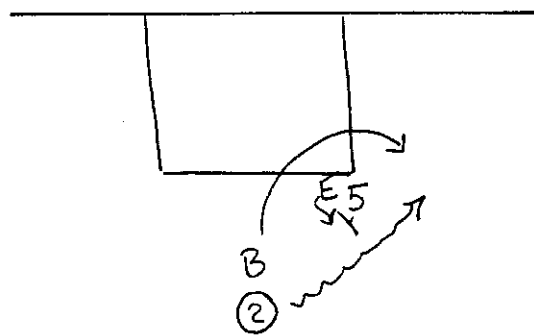


E: deploys off screen match belly button to belly button until you see your man thru

B: slides under screen

5. V-Play - Bigs screening on Both Sides

TP: We like to squeeze here vs. BH who is driver to score



E: squeezes up into screener

B: go under both

NEVER BLACK on the top and NEVER SQUEEZE IN THE CORNER

TP: A screen and then a re-screen on the ball, we will switch.
Late clock we switch.

*Very hard to read screen on ball: attack angle/ change of pace.

*Jacques Vaughn - 1 speed player, great guards have 4 or 5 speeds.

- Rebound vs. Butt Front
 1. Body you down - it negates you as a rebounder.
 2. Throw in your arm and get in the fray if you are equal size or bigger. Roll middle and push under (push with lower body) with a small/ mis-match.
 - Defense is a fight - **Take a Stand.**
 - 5 guys move as one, and victory favors us!
-

Tomorrow

7:30-8:00 Coach Meyer- questions
8:00-9:00 Coach Meyer
9:00-11:00 Coach Majerus
12:00-? Coach Meyer

Disadvantage drills for individual development.

Individual Skill Development

- Cannot do everything well. Pick what you can do.

2 Ball Passing

1. Overhead with bigs

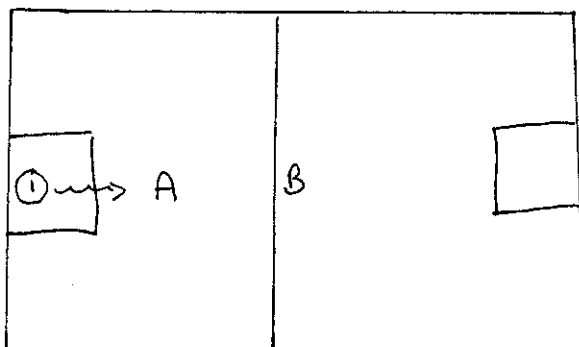
Throw at right shoulder and continue to move to left
Active feet, keep hands-up
Change directions

TP: Pass in rhythm (floor location and pass location)
When you receive a bad pass - shot fake to re-gain balance.

- Tape #30 is individual skill development at any level.
- Jerry Meyer understands the game and how to teach it. He is outstanding.

2. 1 vs. 2 defense

TP: Do not angle out vs. the defender, go right at his eyes and break him down at approximately 10', execute your go to move, it cannot be stopped, or your counter move, looks just like your go to move.



- excellent condition
- very game-like
- Time score when players improve

3. 2 Balls vs. 1 Def (hand behind back)
 offense - job is to get in the lane thru FT line area
 defense - keep out of the lane

4. 3 Balls vs. Def

- offense - has 2 balls
 defense - has 1 ball and playing def.

*Great games for junior high kids who are just too hyper.

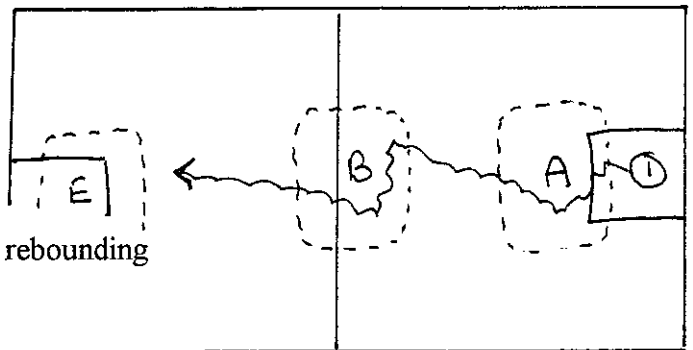
5. 1 vs. 3 staggered

Great drill to work vs. pressure (press, FB, beating a big) Defense arc the drive, off body to body.

Time it to compete.

• 4 Things on Offense:

- 1) Inside game: FB, inside, driving, cutting, rebounding
- 2) Evaluate shots - Perimeter Game
 - 4- good shot
 - 3- moderate pressure by good shooter
 - 2- pressured shot/ bad shot
 - 1- bad shot
 - 0-turnover
- 3)
- 4)



Fundamental Thoughts:

- Catch with your feet in the air.
- Go body to body to create space - north/ south
- Work the middle third of the floor.
- Steve Kerr falls into the lane on each shot.
- A friend is someone you don't have to weigh your thoughts and measure your feelings with.
 A real friend is someone you can really talk to.

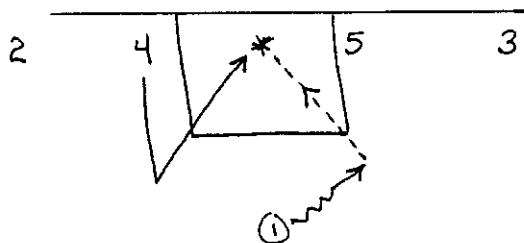
Announcements:

- 1) Transportation - see Jason
- 2) Job Board
- 3) Positrax - Randy Nesbit
- 4) Arc Angel - Sam
- 5) 98 Academy Notes
- 6) 99 Academy Votes
- 7) Baiden Basketballs
- 8) Dictaphone, www.voiceit.com

- Story re: Tom Osborne speaking at Nebraska Coaches Clinic.
- If you have better players you will win most of the time.
- We win 9 of our 11 games before the season starts, because of how hard we work in the off season.
- Coaching can however make a difference ("N" on our helmet stands for knowledge.)
- I saw two coaches talking, one was talking and one was listening. I figured out that the one that was listening was the best coach.

Defensive Ideas:

1. **Defending Flex:** There is no need to discuss defending something if you do not understand it, or know what they are trying to achieve.



Best back door play in basketball out of flex is out of a 1-4 entry. Best way to stop dunk, is to bump him and body him up.

Ways to defend flex:

- 1) deny reversal pass
- 2) Indiana gets to lowside of screen and bumps high cut with screener def
Duke gets over the top
- 3) Make your defense look like a zone, pack it in.
- 4) Switch: Keep your bigs-in and smalls-out (keep post in the center)

Lipscomb Keys: get center to middle and guards on top.

Two tough things to play against:

- 1) Slow team: press 2-2-1 soft 3/4 press
There is no rhythm now to their offense.
TP: Best way to attack press, move offense up the floor.

- 2) Teams that switch effectively
Tough to be totally committed to switching or not switching.

*Some people cannot be coached. Could you coach Bundy, the one who killed all those people? Could you coach Bundy, the one on the t.v. show? If you have someone named Bundy - cut him.

2. Defending the Down Screen

Cutter defender always chases the great shooter, and establishes a denial position. Vs. illegal screens chase on his outside hip - Dumars was best for Pistons.

Screener defender jump to ball to give help, protect the basket or extend passing lane, we like to extend, we have big inside to help.

TP: When defender goes ballside of (tape #20) the screen, the offense should read the defense and change the angle of the screen and fade.

TP: Most teams chase down screens when the ball is in middle of floor or the screen occurs on the ballside. Most college teams chase, most play a pack style defense.

3. Staggered Down Screen:

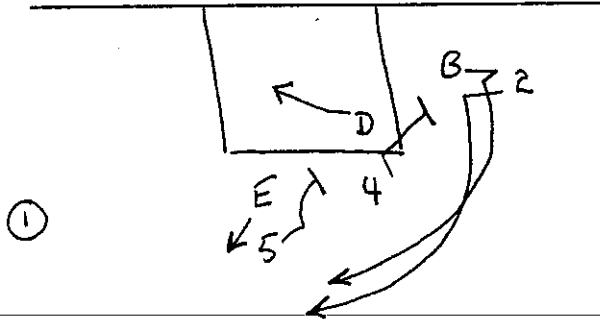
Treat as two Down Screens

TP: Indiana helpside rule: the ball is below the ft line extended, they are 1 step on the ballside, this hurts in a blockout situation. But, they become much more difficult to screen when in their help position.

Rules:

- 1) Cutter defender chases (manside of screen).
- 2) Lowest screener: Zones to level of highest screener.
- 3) Highest screener extends and bumps curl.

DOUBLE STAGGERED SCREENING ACTION



B: CHASE CUTTER

D: ZONES TO LEVEL OF HIGHEST SCREEN

E: BUMPS CURL, EXTENDS PASSING LANE

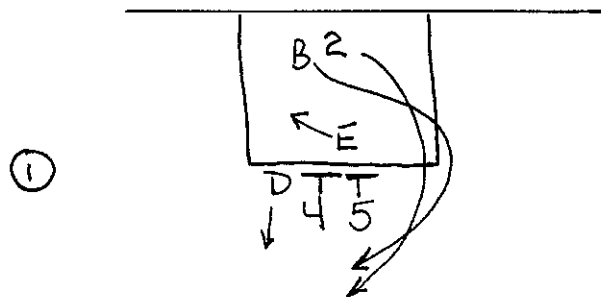
Phoenix Screens

Two side by side screens, usually on the top or baseline.

DM: One way to Defend and change slightly rather than several ways to do it. I would rather spend my time on fundamentals. **Less is more.**

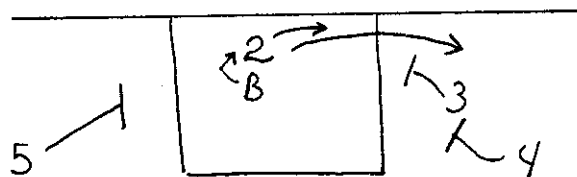
Rules:

- 1) cutter chases
- 2) furthest man from ball, zones at level of screen
- 3) closest screener, extends to shooting range



4. Single/ Double Screen

TP: Force cutter to double screen and away from single. Dictate the direction the cutter goes.



- Before I die I wanted to hear: Jack Ramsey, Hubie Brown, and Morgan Wooten - I have now heard all three, I need someone else.

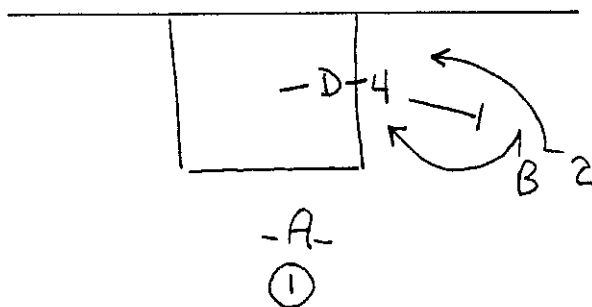
Scouting:

1. Call to make sure they're playing the game.
 2. Stay to the bitter end and get your stats.
 3. If you're playing them at home - scout on the road.
 4. If you're playing them at their place - scout at home.
 5. Find out who their best players are and what is their favorite cut - (vs. a great shooter, never go ballside of a screen.)
- Take your team to see Utah, they practice hard and they talk better than anyone in the country.
 - You are at your strongest when you cut somebody.
 - You can hear a bad catch, a good clean catch - you cannot hear.
 - No paint catches: keep it out and keep it off.
 - Beat 'em and compliment them - win with class.

5. Back Screen

Duke switches all back screens.

Kruger switches equals (If you have a small point guard you're in trouble)



TP: Most back screens, the screener is 6' from the cutter, usually you back cut the back screen.

Rules:

Screener defender will open-up and protect the lane

Cutter defender usually will go ballside of the screen

If doesn't matter what you do if you PRESSURE SHOTS and BLOCKOUT!

**If you play super slow you're gutless. If you play super fast you're gutless.
Play balanced basketball. The key word is versatility.
Recruit versatile players.
Have a team that plays in more than one gear.**

**Vs. the sprinter - Shorten the Game
Get the sprinter into close quarters and beat the crap out of him.**

**When we averaged 111 points per game, nobody stretched the game out more than we
did. We subbed on every free throw situation.**

Only you can make the decision on how your team will play!

6. Flare Screen

Cutter defender must get over the top, do not jump to the ball as much on the top of floor.

Screen defender must loosen up and protect the lane.

TP: If your post man cannot score, have him screen more.

TP: Defending the flare screen:

big's dive

small's balance to to the other side of the floor

***Set-ups: Play to take away key things opponents do.**

- What I like about the mover/ blocker offensive philosophy is that we know what we're doing. It simplifys things. There is no indecision.
- Foundation of motion off. is the basket cut - then space out to NBA three.
- Flare Screen: I like the reverse curl - it is hard to guard
Opens-up screener by popping
Second Cutter: Play off your stars.

I. Post Play

1. You must want the ball.
2. A 1/3 of you points must come from the ft line (easiest player to develop is the post player) Like 6'7-6'9 wide body guys.

II. Two Drills We Love with Bigs:

TP: Start on left side

1. Tipping: Tip the ball off the glass with the weak or left hand and touch the rim with your right. Work on your weak hand must be able to play in the paint and score with left/weak hand.

We do it 6-6-6, start out 2-2-2
On the 19th touch we either tip it in or dunk it.

TP: Girls and HS kids - touch the net.

***Strength is everything in post - stronger is better.**

2. Mikan Drill

TP: Shoot true hook between 11:00 and 12:00
Step heel to toe and sight target throughout the mechanics of the shot.
Keep your head up.
Climp the ladder with trail leg.
Get bounce.

2 biggest reasons for misses: vision and standing up.
Maintain a low-body-balance-base-of support: lower and slower is better.
Low - slow - under control is better inside.
Just like you sex life: never up, never in.

TP: Keep the ball higher up, give yourself a chance. Learn if you put the ball above square your chances of scoring improve dramatically.
Turn your shoulder into the shot, take your body weight into the shot. Do not pull out of the shot. Shoulder blade turns into.

You want to have a lot of success. You've got to have a lot of failure.

Keep guide hand on all until just before moment of the release, take ball out of net with 2 hands.

Execute drill for 90 seconds:

:30 - regular Mikan, tight in lane

:30 - wider - on lane line

:30 - now with rhythm dribble

HS kids often go too fast - slow it down.

Do not compromise technique for speed.

A. Fastbreak with Post (4 ways to get ball)

1. Outrun your opponent

Want 1 basket per game with 1 post - takes offense off the glass.

2. High Pin

Senses he cannot outrun defender, we will pin him as high as possible.

Key is location of passer, ball must be in an attack area

Pin defender at ft line area if we have ball in attack area (NBA three pt. line)

3. Button Hook

PG: look ahead

push hard to driving line

when stopped, cross sides of floor on diagonal

look to turn the corner and score

4. Reversal for seal on 3rd side

Jazz were best at crossing their wings

TP: Low angle early feed to post very hard to defend.

B. Post Positioning

Teaching Points:

1. Sit-in-to-your post - get low and wide!

Arms are in an "L" - parallel to the floor

Catch in the paint is best

Play small to big - lower and wider is better

TP: I can live with good turnovers out of Miller, he will make plays.
Screen on the ball requires selfishness - I want Miller to turn the corner to score.
Exploration, gap dribbles - getting to the basket.

TP: Passing game creates jump shots, therefore, the danger is becoming a jumpshot team. Thus, our best players are instructed to drive it off screens (ie: VanHorn and Miller) and we have to get post feeds - we must get the ball inside.

2. Send a message to defense - Do it aggressively!

Establish low post position - demand the ball - be selfish here.

3. On The Catch - Play Small to Big

Head should be lower on catch

Meet the ball with a two foot jump shot

Do not pull out of the pass

Slow is better, the slower you play in post - better

Low - slow - under control

Know or look to find defense (look over inside shoulder to find the defense - gives us best look of where help is coming)

C. Post Scoring

1. Have a favorite block

Every great player in game has a preferential block. If your kid says he likes both blocks, he is no good on either.

Some players like catching the ball stationary (Doleac)

Some players like catching on the move

2. Post Moves

3 Reasons to Dribble - all dribbles should be purposeful

- 1) Break the 5 sec count. (You must have a constant awareness of the clock.)
- 2) Dribble to acquire balance. (Carolina is better than anyone in country in fouling you with their knees.)
- 3) Dribble to take you somewhere.

TP: Do not make a kid with bad hands a post player. Make him a screener. Sometimes kids have bad hands; sometimes it is because of other reasons - nerves, playing too fast, stands-up, etc.

A. Power Move

Catch the ball small/ lower is better.

- 1) Head should be lower on catch
 - 2) Head should find the rim - eyes on target
- Post pivot on the heel to go to rim, pivot on the toe to go away.

Progression of Power Move

- Pivot on heel of top foot - lead in with elbow
- Go heel-to-toe with baseline foot
- Diagonal to basket
- If you can go without dribble fine, 9 of 10 use dribble
- Shoulder blades perpendicular to baseline

TP: Charges by big guys are great. They are good turnovers.

TP: We always want to play 2 to the top at the NBA three.

Wider is better - spacing - do not crowd the point.

TP: Do not crowd the point in transition.

TP: **I love exactness and precision - delineation**

I will live with 3 sec. turnover.
I will live with a tough, hard, aggressive screen.
I like sending a message/ and setting the tempo.

Feeding the Post

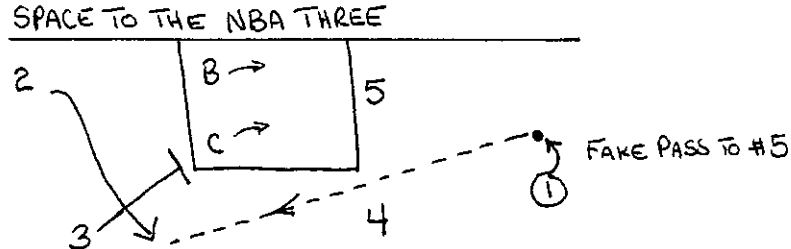
- 1) Do not throw bounce pass to a big guy, bounce is good for smaller kids.
- 2) The where and the when.
 - How is your man (feeder) playing you
 - How is your post man being played
 - Where is the helpWe have recognition/ identification of 3 things.

Big Guys: Never give up on a post that the game means a lot to!
They have a lack of self confidence.
Mom is always over-protective - so they have been severely babied.
Their lungs and heart are slower to develop.

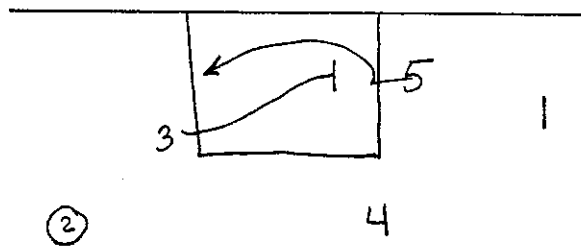
TP: Key to Feeding Post:

Where are your other three players deployed?
How are they being defended?
What are you doing to counter?

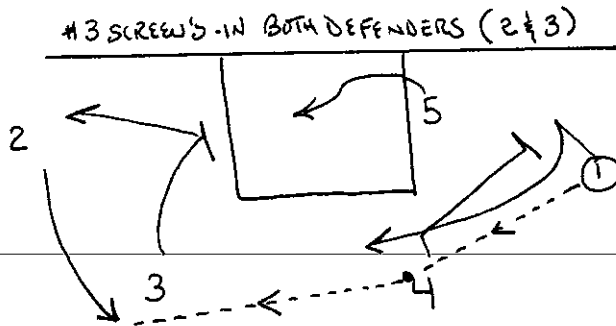
TP: Like to pass fake and draw B into the post. Screen in with 3 to set up shot for 2.



Reverse Action From Above Action:



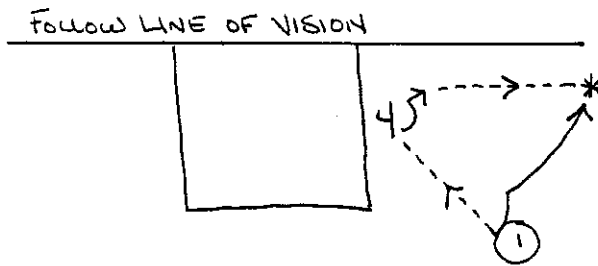
Any pass through the top - screen away - I love this



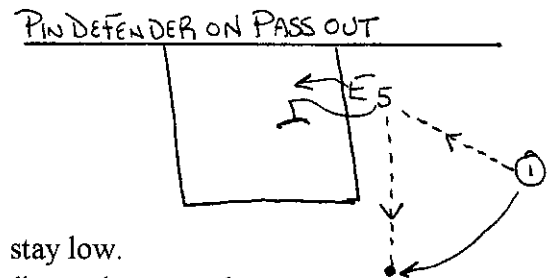
TP: For the post on reversal:
 1) piece of paint
 2) pin in paint
 3) rebound

Vs. Double Down

TP: Feeder must follow the receiver's head. Stay with his line of vision.



On pass out: the post must get paint - pin his defender under the rim, if the feeder would shoot it we have established great rebounding advantage.



- Great game for post: hand ball. Gets them to bend knees and stay low.
- The greatest desservice we do is to big guys, because we are all guards as coaches.
- There is a correlation between your post players vision on target and success.
- We are slow, we are methodical in our teaching process.

B. Power Move with a Dribble and Shotfake (Dribble and Lift)

TP: Shotfake: Less is more
 Tight with your game
 Economy of motion

TP: 6" - Do not raise legs.
 Hold the ball in the shotfake position,
 When the defense leaves floor, go to score!

C. Hook Shot

TP: Compartmentalize - teach in segments

1) Teach with the ball but, without the catch.

Pivot on heel, lower than catch, sight target

Bounce it up - climb ladder with trail leg

Do not move laterally out of

TP: Teach true hook or swing hook to big post, smaller post - like the jump hook.

D. Jump Hook

Find def: Know or look to find

Chin the ball, head up, sight the target

Gain ground with dribble

Shoulder perpendicular to backboard

Slower is better

Release between 11:00 and 12:00

- I love Andre Miller - great kid - had nothing (he has a great, great, great mother).
- I love my players next to my own mother, I love Andre's Mother.
- The game is the most overcoached and undertaught game in the world -Bob Knight.

E. Sealing

Def. bellybutton on thigh

Step up to seal and drop into seal high

TP: Defender must know the slip point- **Push 'em Out- Walk 'em up**

Lay the lumber to them

Do like a bounce pass to certain personnel off of a seal

Later and slower is better

TP: Move perpendicular to path of the pass (most turnovers occur because post pulls out too early)

Setting-up Lob (Malone is best in basketball)

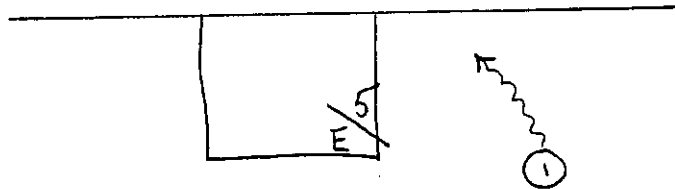
- TP: Keep both hands up
- Use feet and lower body to lock up def
- Ride under him
- Discipline to stay low and hold until the ball crosses inner ear

We seal: high
low
improved passing angles
ball reversal passes

Greatest Keys:

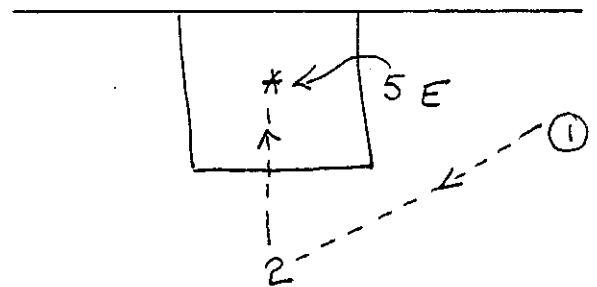
- Maintain contact
- Allow the ball to do the work
- Never move while ball is in the air (only move here is into your own man)
- Make room for yourself
- Must get the ball inside to win

TP: vs. high seal - feeder: break your man down and drive.



Ball reversal feeds off fronts

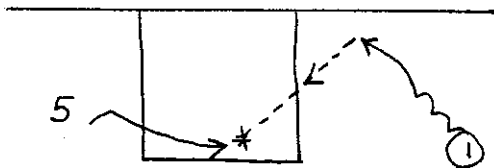
TP: Like air pass to seal vs. Front



Driving from Wing:

We want our perimeters to drive vs. pressure.

TP: Cross step - 3 step move sets up passing angle/ lane
See the ball.
Move with foot closest to ball first.
Call out the feeders name.



Key Thoughts by Post:

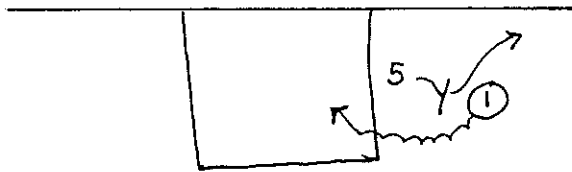
- 1) Rebound: Push the offense under the rim, whip'em with your butt.
- 2) Post Flash: I want an inside presence.
 - a. Duck-in
 - b. V-Cut and step through, "body-up and body-in"
 - c. V-cut and reverse pivot to post

TP: Create a pass with 3 step move into shot on perimeter penetration.

4 Steps or closer to post = No post feed!

This is where we like to quick pick.

TP: Short angle pick never roll, step back and pop for shot.



"The rules tell you how to play."

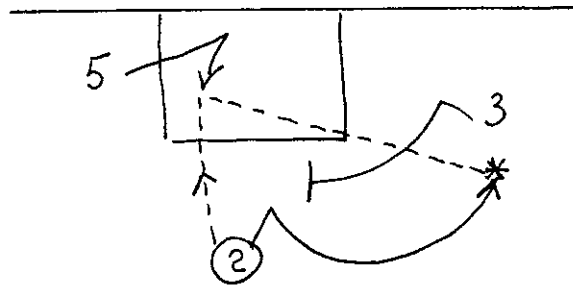
Post Players Practice

3 McHales and 3 Mikans

Skill Development

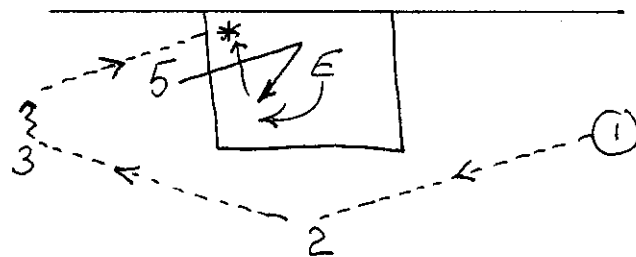
- 1) go to it move
- 2) counter move
- 3) in-out game
- 4) draw and kick game
- 5) seals
 - seal with ball reversal
 - seals incorporate lobs
- 6) screens on ball
 - quick picks with 4 step rule
- 7) quick pins (duck-in's)

TP: Always incorporate this feed with a flare screen does not have to set it up.



TP: Keeps spacing and occupies defense
cutter: drift to range and stay in post line of vision

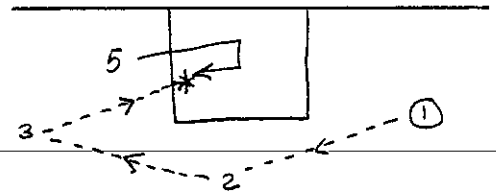
- 8) flashes off reversal
- 9) explosion moves



Defense: To take away the duck-in, get on line of ball, force the v-cut.

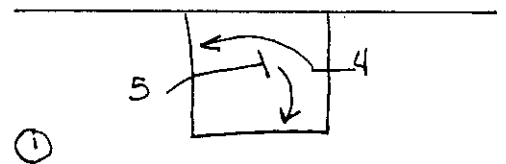
10) duck in reversal

- TP: 1) explosion move: catch and kick butt
2) def on line of ball - v-cut and hook
3) seal up - throw over top or hit wing



11) cutting off cross screen

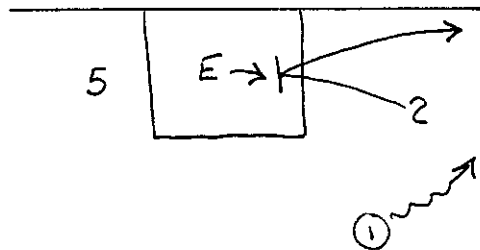
- TP: 1) watch you man, the ball will find you
2) find the body, angle him off
3) seal early and maintain contact and rim
4) make the catch
(Malone is best at cutting off cross screen.)



TP: Do not have time to set-up in post off cross screen.

TP: We work sweep and drive every day.

Hornecek gets knocked off screen - spaces out for shot.



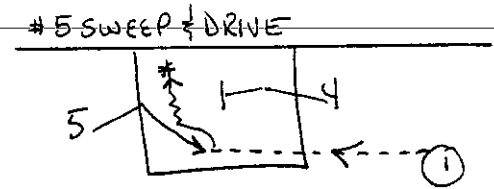
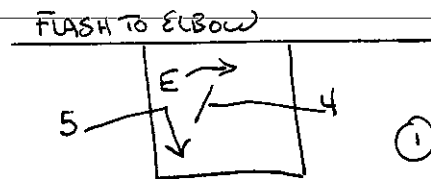
- You don't have to like the coach, you have to respect the coach. Respect the position.
- You can talk about all the plays you want, but it's about scoring inside - constant repetition.

Work on these areas:

Cross screen:

A) Defender goes under early - flash to elbow.

- 1) shot
- 2) sweep and drive



B) Def goes over top - cut under

C) Hornecek space out if screener is knocked off.

- Most teams have a defensive rhythm in defending screens. It's up to you to know.
- I love Jordan's toughness, his competitiveness.
- Jordan doesn't get bothered when he gets hit. He expects to get hit. I do not want to go to the ft line angry.
- Best revenge is knocking down the ft's.

Like strong hand on power shot.

- 1) Work on coming off screen, clearing the lane

TP: Your 1st choice is always the paint catch. The 3 sec. call is not even a thought.

- I like to take my time. I go slow to teach!
- The most important responsibility you have as a coach is their education.
- Education - knowing about yourself and the times you live in.
- It is a great honor to be a coach. It is enjoyable and fulfilling.

Announcements:

Plans for next year

Last Sun-Mon-Tue in May - college camps

Coaches Academy - Tubby Smith will be featured speaker

- Pat Summit (following year)

***Academies and camps at Cumberland College**

Last 3 weeks of July

Girls camp

Girls position camp

Boys camp

Boys position camp

(400 kids per week)

***Facilities and teaching will be great.**

I. Pressure, presses, and HC traps (tape #29)

1. When ever you don't know what to do you FB, always look to FB, always.
Just because a guy doesn't prepare his hamburger like you do, doesn't make him a bad guy. Have to be more mature as a coach.
2. Position of players
Best player/ handler in middle of press.
3. Shorten the pass.
 - a. dribbler take ball to receiver
 - b. receiver come to ball
4. Catch and look opposite.
5. Pass fake and look opposite.
Look for the break with the string.
Break the string with a pass fake.
6. Always catch facing.
See the biggest part of floor.
7. Must have a deep diagonal receiver.
Must carry the ball to the baseline.
8. Best inbounder takes it out.
Know what your team can do.
If you don't have a good inbounder, just play defense.
If they can throw the baseball pass by pronating their wrist that is a plus.

4 Keys to Offense

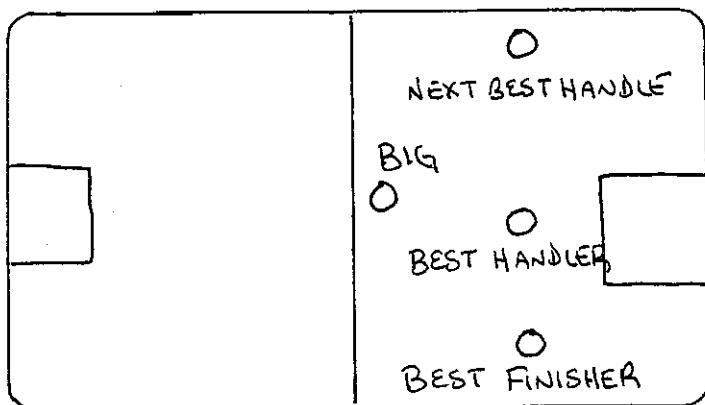
1. spacing- spacing- spacing
2. angles (don't give a post man angles)
3. momentum
- 4.

- Must have a philosophy. Live your philosophy.
- When you compliment someone - mean it. Be real.

Press Breakers

Basic alignment

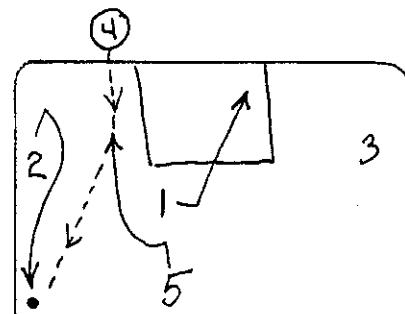
Predicated on spacing



● BEST INBOUNDER

Iowa State

TP: Do not like to face guard in FC pressure, cannot see the ball.

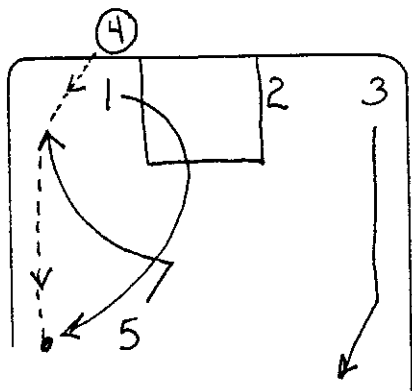


Spread baseline vs. FC pressure

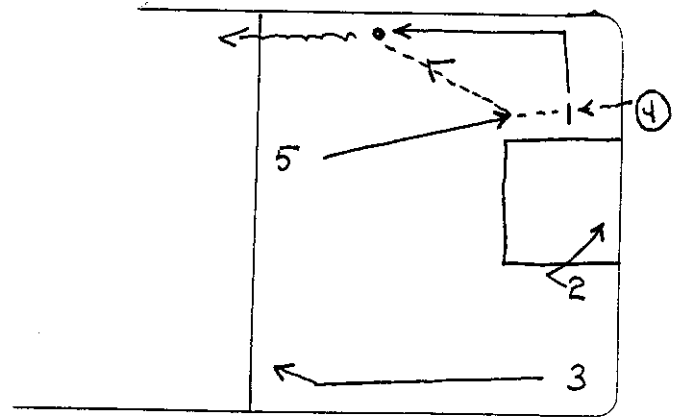
Lob on front

Iowa State vs. denial

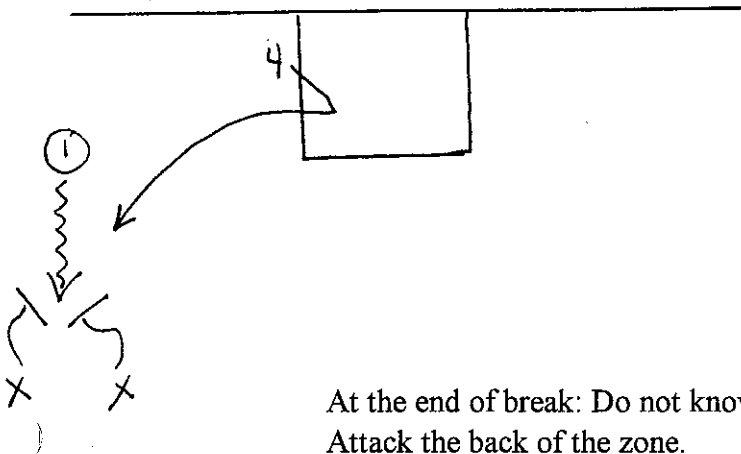
TP: Vs. teams that steps a man out; his defender should immediately assume position in passing lane to step in man.



Spread-pull Iowa State



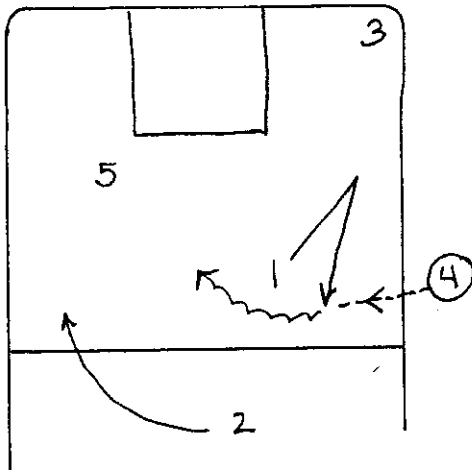
Crackback



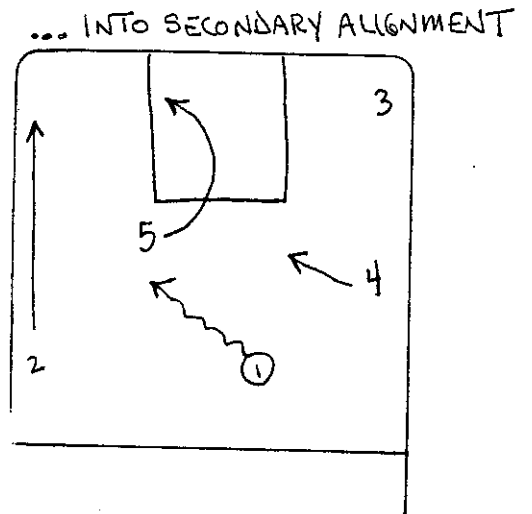
TP: Use reverse pivot to escape trap - trailer cuts behind - crack of butt verbal - crackback: call it 3 times Throw to someone else to be trapped. Not your best throwing out of trap to your best.

At the end of break: Do not know what to do. Go to secondary. Attack the back of the zone.

Sideline O/B Spread

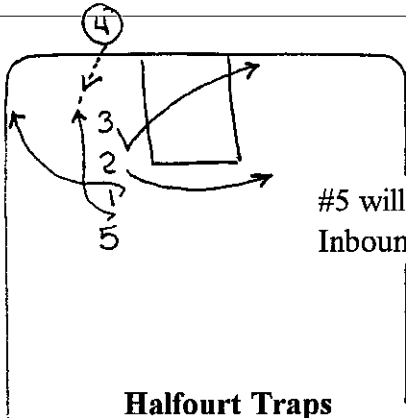


“Red Gun” - spread them out and make them Gd. every inch of floor. Want to get into BH hands and run secondary.

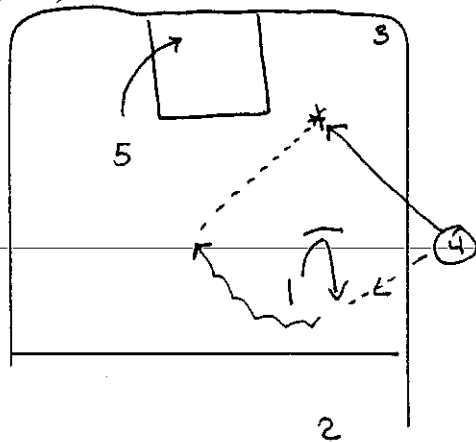


“Purdue”

Trying to get athlete to drive-it, pass-fake it, to space it, and set up 3 pt. shot to 4 stepping in. (Cleveland Cavs - Craig Elo).
If Gd. is doubled, cut bk door with #5.

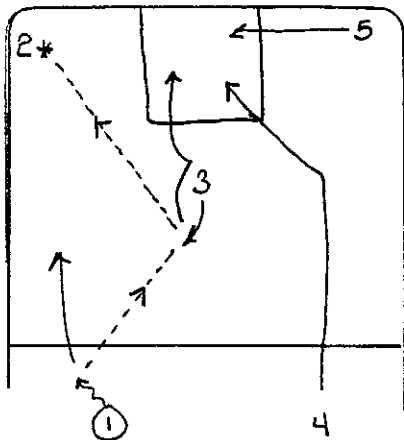


#5 will be best ft shooter
Inbound to the guy you want to get fouled.



Halfourt Traps

Best shooter in corner, driver in the middle, big at the diagonal.
TP: Stretch and shred them!



1-3-1 Trap

Ball slightly ahead of trail (can loop it to set up and change sides).
Middle makes a play - get open!
Keep trail out there, on shot, get to the glass.
Momentum and angles!!!
Deception: look him off.
Spacing, Spacing, Spacing
Gd. must drive to get #2 open.

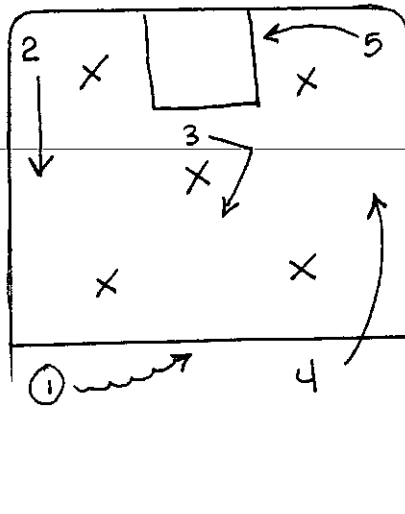
*Shot taken by best shooter in corner or Gs. - 3 rebounds on reverse side.

2-1-2 Press

Split it

“Attack the middle and engage two.”

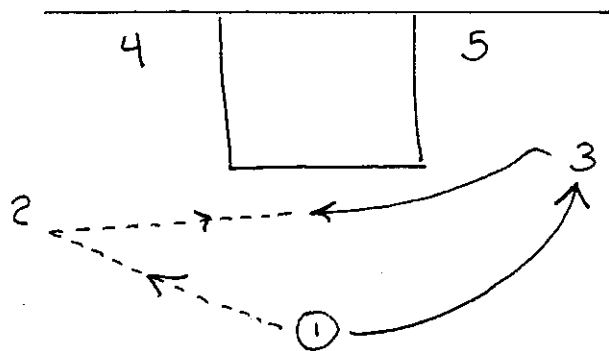
-Dick Devenzio



Thoughts on Attacking Zones:

Get lower and wider on back line to attack from behind.

Replacement: Flash perimeter to middle and guard on top replaces.



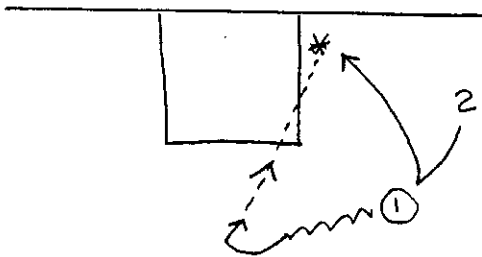
Bob Knight is brilliant in attacking the zone.

Why - because he is a man-man coach. He has to be a good zone coach. How do you play a man-man team. You play zone.

Tape #29 - Attacking Pressure

- People are the happiest when their helping others.
- We space to the NBA line.

Playing vs. Pressure



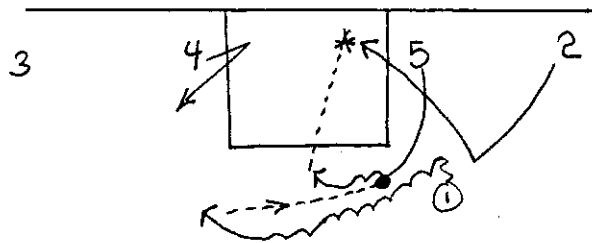
TP: Dribble to middle of floor and use open pivot (Carolina uses reverse pivot.)

Run to ball, on pass fake you go. When he looks at you - you come. When he pass fakes - you go.

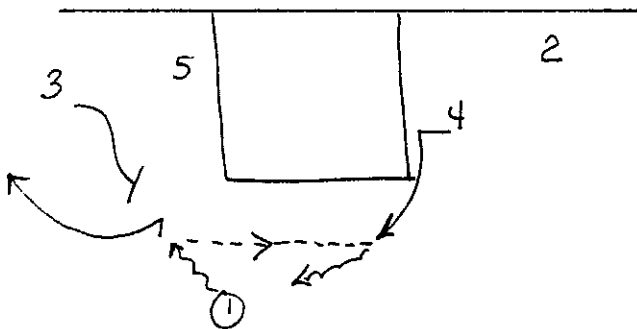
TP: Cannot get open dancing back and forth.

#1 into Carolina

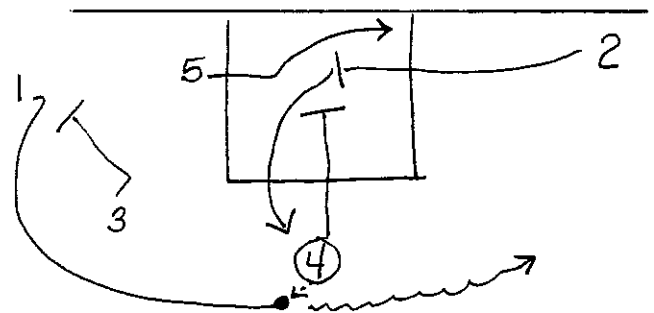
TP: When dribble to middle, set up back door cut - run out of motion.



Carolina into a Denver...



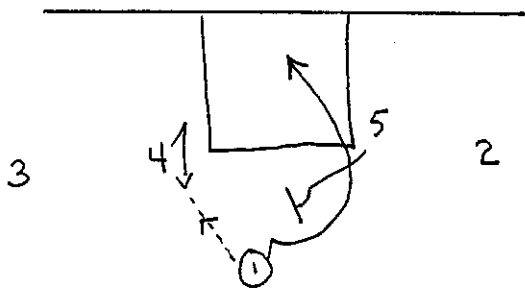
Denver Action



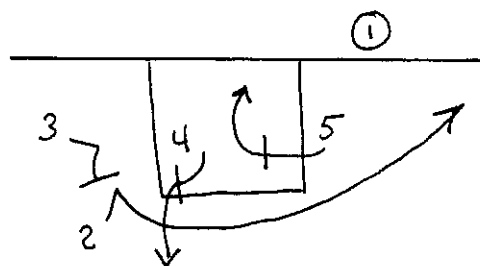
- Make sure if you use a set play, that it fits your team.
- Some coaches, like Al McGuire, run set plays or a pattern to get certain guys shots. I like to run motion and tell them who I want to score. Do it, and teach it thru restrictions.

TP: Anytime there is pressure on the passer - backscreen the passer. Like this out of motion.

Bk sc passer out of 1-4



O/B under



Screen to get #2 open- motion O/B
Have others play off of it.

Dead Ball

Like to use the post man to receive pressure.

On catch - Look to go back door.

Princeton back door pass is made off of the dribble - want it to look like another dribble.

*Why do they do it, and how do they do it?

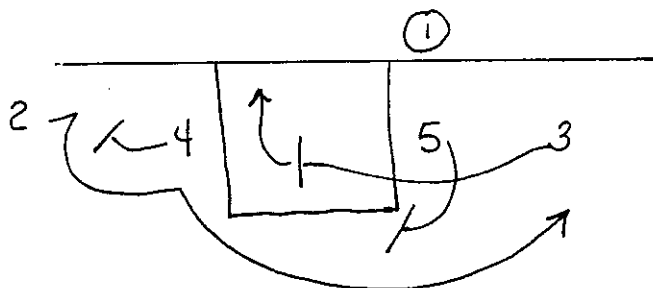
*Whenever you're a post, and you're a three - go to the three.

Triple O/B

TP: No matter where you are if there is any extension or switch - slip it

Last screen should be set by a big, cannot switch it.

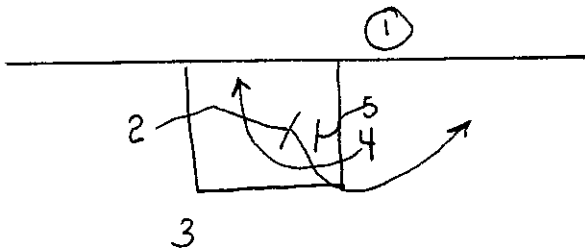
Run vs. man or zone



- Talk: early, loud, and often!
- Don't leave the bench on the last shot make.
- Don't bank timeouts, know the possession arrow.
- D. Lipscomb fouls with a 3 pt. lead - end of game to prevent three point attempt.
- 2 for 1 at end of half.
- 5 high delay game: Coach in HS and frustrate their team and our parents.

O/B for Van Horn

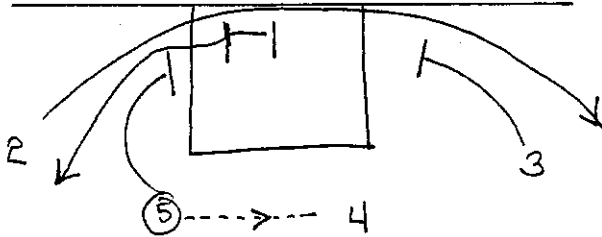
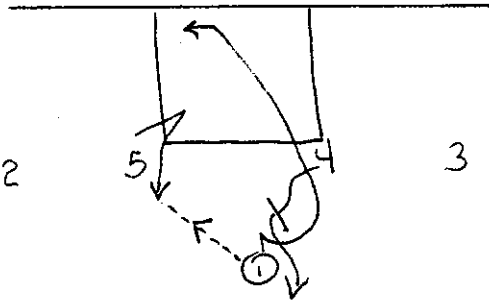
"#22" - good for basket in short seconds.



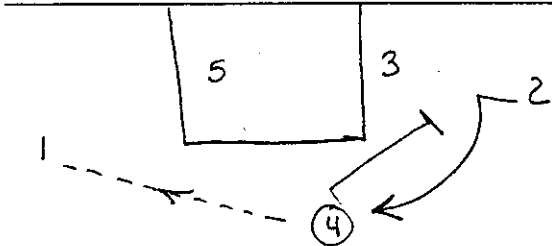
Have a check list - plays, etc. what will work vs. who was playing.

UCLA ("LA")

At end screen away for #2 (below)



SCREEN AWAY FOR #2



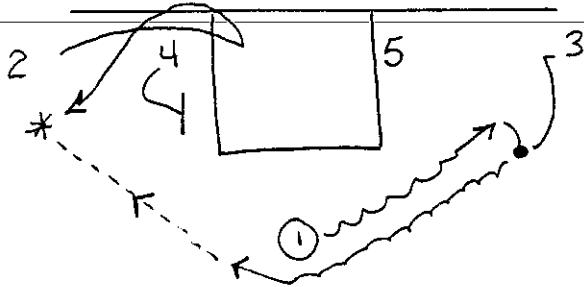
TP: hit the post we want to post.

- *Special: a small bk screening for a big
- * Will run #1 down with handoff (tape #20)

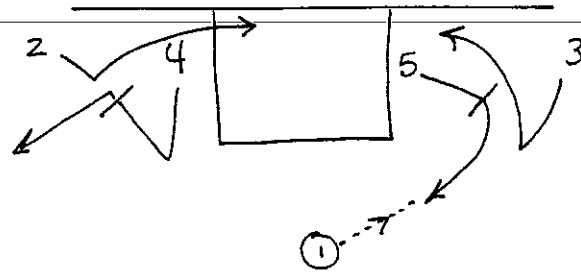
- You have to know how you will lose the game." -Jim Crews

- Majerus will not get beat in transition.
- We always felt the road to Kansas City was through McQuiddy Gym.
- Anytime you can eliminate administrators, you're making the world a better place.

Pinning in, out of down

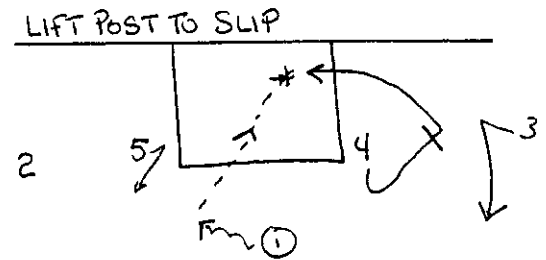


vs. switch - back cut



Play vs. switching:

1. back cut hard
2. dribble hand off with poor defender
3. Slip screen
 - lift post man to set up slip
 - set DS and FS wider
 - 3 men inside (2 post & best player)



TP: To be a scorer, you have to curl cut and score, finish. You have to know who you are.

- Rick Majerus: Talks to a lot of people, then he makes a decision. He makes it. What he wants to do.
- Don Haskins: Outstanding coach, cares about kids. Deserves to be in the hall of fame.
- You cannot, could not legislate for a championship. Do what's best for your team, league, and game in reverse order.

TP: If you are running a pairs alignment in your motion sparingly, leave post on specific sides, if it's a primary alignment - give them the freedom to move.

- Foundation to motion offense is the basketcut.
- Need a good screener to make motion really go.
- Good cutting will make your offense less predictable.

- **Tape #20 is a great motion tape.**
- **3/1 screening drill, great motion offense screening drill.**
- Put ball on top as much as possible.
- 5 High Delay:

Write to us with a self-addressed envelope and we will send it to you. In HS you have no excuse to hold the ball. HS basketball is the only real ball being played.

- Jason Kidd is one of the best I have ever coached. -Dick Motto
- All the money in the world will not buy a championship.
- Be the best team (what embodies team) on your schedule.

1-1-3 Matc-up (Handout #5/ Tape #25)

TP: Need a secondary defense, if you throw the same speed everytime. They will hit the crap out of you - must change up.

Why do you zone:

1. They cannot attack a zone.
2. You cannot guard them.
3. They have a great postman that you can sandwich in your zone
2 things disturbed me about Pat - lack of aggressiveness, cannot sandwich post.
4. Their guard can whip your butt off penetration

TP: Get into a zone to defend the 1-4 low.
Use fakes vs. zone: shot fakes and pass fakes.

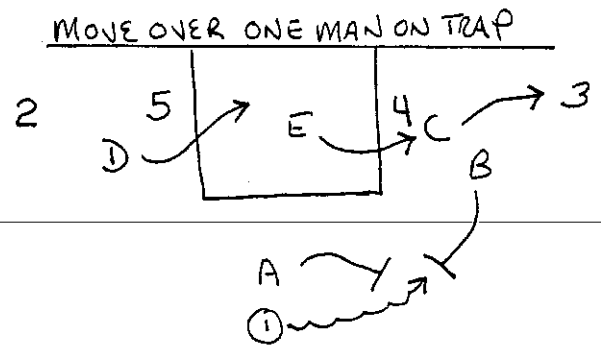
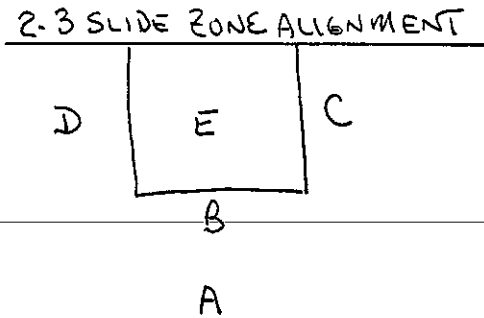
Losing a PG can be worst thing to happen to your team.

The Pennsylvania Slide Zone:

-Coach John Eggle 1933

TP: Can keep the ball on one side of the floor with this defense.

1-4 low: Pick one guy to beat you. Let the dorks shoot (Who are leading FG att)
 Move over 1 man on trap.



With 2 great shooters in corner. Everyone moves over 1 man (cross fist) only trap we make when ball sees us coming - on pick up of dribble - recover.

- POINT GUARD Denial Keep ball out of QB hands

One fist: Trap 1st pass, shoot the gap
 Allow pass below Ft line
 Imitation of 1-2-1-1 press
 We don't teach it, we just do it.

Fist on head: Trap 1st pass, deny ball to PG
 Get ball out of PG hand, make someone else handle

Two fist: Run and jump - "Change"
 Must pressure and force to weak hand side.
 Cannot beat you with left hand and finish plays

Side fist: trap just past HC

***U. Conn did a great job of getting ball out of Avery's hands in National Championship.**

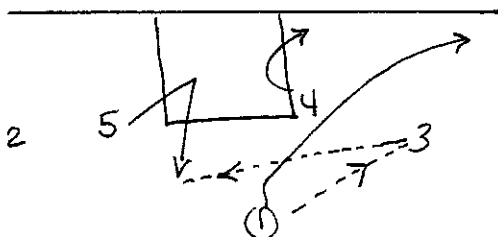
TP: Can play it and never leave a certain player. Don't let Jordan beat you.
 Just sprinkle in from time to time.

- We work on the press in 5/5
- Play until the whistle blows, we ran the secondary break until we puked. This is where our conditioning was developed.

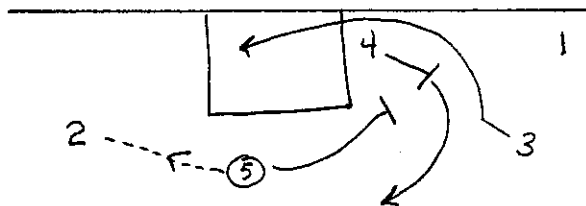
- “50” - “up 40”
- Late in the game, need to get a steal: only a charge or long pass. They cannot throw it in front of you. Double best handler.

TP: Watch hands, eyes, feet of passer
 Can double best handler and allow others to handle.

Knicks set...



We like to “special” for Clancy



Pat Defense (Tape #25)

Keys:

Guard must take skip when forward is out on the wing.

If the Gd. is out (both Gds on same side of front) forward must take skip - this tells the off who to screen.

I don't like this: It makes you soft.

I like this: Keeps bigs in and smalls out, we can determine where we are going to guard.

Straight M/M: Who you guard but not where.

Zone: Where but not who.

- “You're only 7' tall by the basket.”
- I really like the Spurs - good guys.

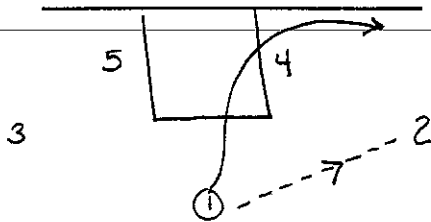
Pat:

- takes the shape of the offense
- zone pac defense
- allow passing outside the arc
- I don't know, I doubt you can play a pressure M/M and a pac M/M

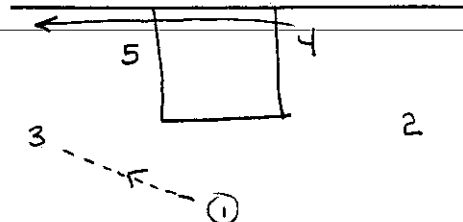
- Play a secondary defense where you have similar principles as you primary defense.
- Don't teach two conflicting physical habits. -Coach K

Toughest Cuts to Guard:

Shortcut: cuts to ballside



Cut forward to ballside



Defensive rule in Pat:

Do not leave 2 funds on same side of floor away longer than we have to. Allows us to keep center in.

Must have shot pressure and a blockout.

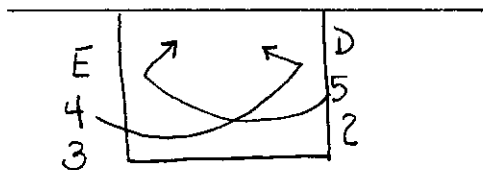
Kyle (Lipscomb player) got popped yesterday taking a charge, received 4 stitches. Didn't miss a second. Tough kid!!

I'm a better coach coaching motion than I was coaching plays!

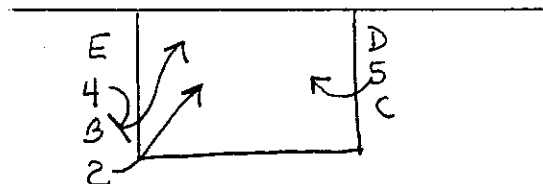
- Like to extend and press out of 1-1-3 defense.
- Tarkanian thinks Boyd Grant was one of the best coaches ever.
- Like the Fresno (1-1-3) - can keep our man to man principles.
- Control the ball, do not let them drive around you.
- Secondary defense will be a big problem for me.

Free Throw Situations

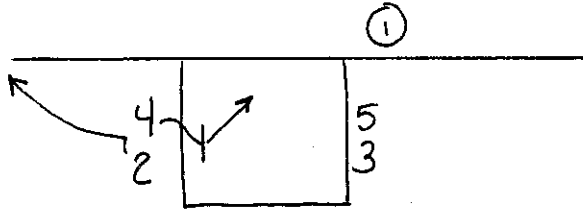
1st thing we always do is X



Screen up: screener get bk into it.



Stack O/B vs. zone



- screen man who takes 1st pass
- do not drive a circle, penetrate vs. the zone

- Missing lay ups isn't important when it's not your team. Know how you want to lose.
- If you're going to retire, make sure you can fill up your time. You've got to be careful sometimes with what you share.
- Almost every Big Ten game is a 5 pt. game. Your team must be disciplined to win these games. -B. Knight
- If you work for Pitino, you better be sick for the game. He's going to work you so hard that you better love it.
- Can help people who are suffering have a better life through the game.
- It would kill me to take \$3 million and not work. Work was never meant to be a punishment by God.
- Coaching/ teaching is a noble thing.
- Don't try to teach it all, teach what fits you and your program.
- Most of all - LOVE YOUR KIDS!
- You owe someone who taught you the game!
- Respect the game, revere the game, reach as many kids as you can.