

# Don Meyer

## Coaching Academy Notes

### 2001

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Dear Coach,

Enclosed is a copy of the 2001 Coaching Academy Notes.

We want to give special thanks to Jonathan Hemingway and Greg Brown for taking special time and effort to prepare these notes. We particularly want to thank Pat Summitt and Philip Hutcheson for their outstanding work as our guest clinicians. The Northern Wolves Basketball Team did a great job of demonstrating techniques, drills, and team concepts.

We suggest that you punch your notes and put them in a notebook and review them as you try to come up with ideas you can use in your program. Our staff will be doing the same as we prepare for the coming season. Thanks for making our academy a success.

Yours in Coaching,

Justin Forde, Matt Sevareid, Chris McLean,  
Brad Christenson, Paul Sather, and Don Meyer

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# Money Has Yet To Make A Man Rich

On August 19<sup>th</sup>, I learned first hand the truth and meaning about the statement above.

I was reading the paper before going out to run and experienced an angina attack and could not lift my arms. My wife, Carmen, urged me to go to the emergency room and because it was our 34<sup>th</sup> wedding anniversary, I granted her that wish. On August 24<sup>th</sup> I experienced a five by-pass heart surgery. There was no heart damage, and I am making progress in my recovery. When rehab is finished, I have been told it will be like gaining fifteen years in terms of energy and enthusiasm.

There is no way I can adequately thank my family, the staff at Northern State University, current and former players, and coaches from all over the country. Rick Majerus called me every day to walk me through the first few weeks. Cards, flowers, books, visits, and calls have shown me that I am a rich man and the luckiest coach on earth.

Thank you for helping me in my time of need. I owe you all.

Coach Don Meyer

## **SESSION I COACH MEYER BEST THINGS I'VE SEEN IN COACHING**

### **MISSION OF THE ACADEMY:**

1. It's your fault if you don't get what you want out of this.
2. We are here to meet your needs.
3. We can cover material better with players than with a marker board.
4. We will try to give you a concept of how to run your program.
5. Tape #24—Best Things I've Seen In Coaching—I think about these things all year long. These are the type of things we will cover tonight.
6. Old Coaches vs. Young Coaches and clinics: Would you rather have a million dollars now vs. a penny a day doubled for a month?

### **JOHN WOODEN:**

- a. Wooden is 90 years old and is always trying to learn.
- b. Digger Phelps said Wooden was cussing during the game that broke UCLA's winning streak. Wooden called him and asked him why he said that when he knew it wasn't true. Phelps replied, "Johnny, Johnny we've got to sell papers."
- c. Reebok Commercial—Shaq was paid 1 million dollars. Bill Russell and Bill Walton were paid \$100,000. Wooden wanted his check donated to his church. Wooden's preacher thanked him for the \$500 that Reebok sent the church.
- d. Wooden never had a shoe contract. Swept the floor before every practice. Never had a secretary. Said he missed the smell of the gym the most after retiring.

### **IDEAS ON COACHING JOBS**

7. When you get out of coaching you should miss working with the kids the most.
8. Pitino—"SWEAT WITH THE PLAYERS."
9. One of the ten characteristics that the 500 richest people in the United States share is that they take prolific notes.
10. The worst reason to take a job is because of the money.
11. Don't take a job where you can't teach the game.
12. Teaching is teaching. Don't move above the level of what you enjoy doing.
13. Larry Brown teaches the game. He invented Four Corners.
14. Majerus is moving into a condo and out of the hotel.

# BALANCE AND LOVE

For Coach Wooden, on your 90<sup>th</sup> birthday

By Swen Nater

John Wooden, to me, once dispensed in my youth,  
A most practical, magical nugget of truth,  
For he told me, "The two words important to me,  
Are **balance** and **love**, and that's all, don't you see?"

Though I welcomed the wisdom, it left me bemused  
And I pondered alternative words to be used,  
Words like "wealth" and like "fame" and like "status" and "glee."  
For these seemed to be far more superior to me.

But so on flew the years and the dreams I employed,  
And I found that pursuit of these words left me void.  
I had tasted the fame and the wealth and the glee,  
But the love and the balance were foreign to me.

"If you love, you have balance and with balance you can  
Keep all things in perspective," said Wooden the man.  
So released from myself, I then loved and was free,  
And was loved in return. Now that's balance, you see!

So maturity gifted this ex-simpleton,  
And it one day awakened the sense in this son.  
I was weaned of the error and focused above,  
And was sold on the two words of "balance" and "love."

## **IDEAS ON BUILDING A PROGRAM**

1. Build your program from people who are good at what they do. They have the X factor. Everybody knew Bear Bryant was great before he was the "Bear".
2. Get all the good ideas, but you can't use all the good ideas.
3. Keep it simple.
4. "Leave the world a little better place than I found it."—Naismith
5. "Great opportunities to help people seldom come, but the little opportunities are always there."
6. "Never a great day without doing something for someone."—Wooden
7. Must have a purpose in your program that is bigger than winning.
8. Coaches are never important until they coach your kid.
9. Jim Weeks, Beatrice Nebraska, Makes the Big Time where he is. He involves the whole community.
10. Build your program attitude each day. Can't expect kids to get better if you don't work at it.

## **RELATIONSHIPS**

1. Players sign in daily at the basketball office.
2. Must be the most important fraternity on campus.
3. Get the book, Wisdom of the Wolves—wolves will mourn for six months when one of the pack dies.
4. Head coach can stop team attitude faster than anybody, it all starts at the top.
5. Know why you are coaching.
6. Build your relationships and team daily.
7. Funny Face B.O.B. (Draw this)
8. Passion—Duty—Burden. You should want to go to practice not have to go. Eager vs. Willing. If the coach has it, then the players will have it.

## **KEEPING IT SIMPLE**

1. Story from Be Quick But Don't Hurry
2. "The more you think, the slower your feet get."—Tarkanian
3. "The toughest thing to do is to keep it simple"—Majerus
4. Russian training model. One post move, shoot 1,000 shots per day you can't stop it.
5. "Less is more"—Don Nelson
6. One go-to move and one counter move.

## **DEVELOPING YOUR IDENTITY AS A COACH**

1. "Be what you is because if you be what you ain't, you ain't what you is."—found in the women's restroom in Clovis, New Mexico
2. J.D. Barnett idolized Bobby Knight. This is where Tubby got his ball line principle.
3. Coach K is not a clone of Knight.



# NORTHERN STATE WOLVES

## SIGN IN SHEET

DATE: \_\_\_\_\_

<b>NAME</b>	<b>SIGN IN</b>	<b>COMMENTS</b>
<b>ANDY FOSTER</b>		
<b>BRAD HANSEN</b>		
<b>HOUSTON REED</b>		
<b>ROLAND WILLIAMS</b>		
<b>DREW GRUVER</b>		
<b>SUNDANCE WICKS</b>		
<b>WICK SCHROEDER</b>		
<b>STEVE SMILEY</b>		
<b>RYAN HANSEN</b>		
<b>TONY BIRMINGHAM</b>		
<b>DUSTIN HJELMELAND</b>		
<b>DJ PRUE</b>		
<b>MO CHARLO</b>		
<b>ERIC STRANDBERG</b>		
<b>JAROD LARSON</b>		
<b>JAROD OBERING</b>		
<b>RAFAEL OMON</b>		

4. Know who you are and what your game is.—Majerus
5. Hardest thing in life is to know who you are.
6. Who is working for you when you aren't there.
7. Recruiting—program believing in what you do.
8. Krause's Rules:
  - Find yourself—what is a one word description of yourself
  - Find your unique talent and gift. Develop this talent & gift.
  - Spend your whole life giving it away.

### **EXAMPLES OF GREAT PROGRAMS**

9. Even when they lose, they win.
10. Lipscomb 137-16 over four years. Wade Tomlinson and Philip Hutcheson.
  - Wade Tomlinson, picture of him receiving the Final Four plaque, summed up how much it meant to him.
  - Wade lost his son the same day Lipscomb made the decision to go D1.
  - Every teammate was at the funeral.
  - Hutch was a team guy. He was there when Wade won his first Indiana high school sectional tournament.
  - This is what coaching is all about. Building relationships is what really counts.
11. All of U.T.'s women have graduated.
  - Freshmen are walked to classes before the first day of school by an upperclassman.
  - Carl Pickens ripped the offensive coordinator after losing to Notre Dame in the Knoxville newspaper. Summitt called a team meeting and said you are gone if I ever see that. One of her players was dating him at the time and was told to terminate that relationship.
  - They are great at building a team.

### **SELF-IMPROVEMENT**

1. Books to read:
  - Make The Big Time Where You Are—Frosty Westering
  - First Things First—Covey, Merrill, & Merrill
  - Art of Living—Wilfred Peterson
  - Tuesdays With Morrie—Mitch Albom
  - Wooden: A Lifetime of Reflections On and Off The Court
2. You will profit greatly by reading these books.
  - Leading With The Heart—Coach K
  - Be Quick But Don't Hurry—Andy Hill
  - Stuff—Dick Devenzio
  - Why We Win—Billy Packer
  - Leadership Prayers

- Runnin The Show—Devenzio

### MAKING YOURSELF A BETTER TEACHER

1. On a good team one or two players do the dirty jobs, on a great team everyone does the dirty jobs.
2. This is told to every coach before camp:
  - Everybody takes notes
  - Everybody picks up trash
  - Everyone says please and thank you, Yes and No ma'am
3. We must set the example.
4. Pick up aluminum cans.
5. Must get things right in your life in order to teach kids.
6. **Response Paddles:**
  - a. Getting life into kids who won't respond (SEVERE HEART VICTIMS)
  - b. Do what you can to help them by shocking them.
7. Plan life in weekly segments.
8. The teachable moment.
9. Two Realms of Early Success
  - Teach kids young
  - Whisper criticism/ yell praise
  - Daly never praised Isaiah for scoring only for passing
  - 2 to 1 ratio praise to scold
10. Socratic Method—teach by asking questions. Ask questions instead of telling them the answer.
11. Sometimes we like to hear ourselves talk.
12. One minute assessments.
  - One thing we did well and why
  - One thing we could do better and how

### THINGS TO DO TO BE A BETTER TEACHER

1. Be Visionary
  - a. See the picture.
    1. Looking at the picture to put a jigsaw puzzle together. See yourself receiving a State Championship trophy. You must see it. Acting with class, etc.
  - b. Sell the picture.
    1. Sell the parents and players.
- C. Paint the picture together.



**Meyer, Don**

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To:  
Subject:

NORTHERN STATE WOLVES BASKETBALL  
TEACHING AND THE VALUE IN IT FOR YOU

WE LEARN.....

10% of what we read

20% of what we hear

30% of what we see

50% of what we both hear and see

70% of what is discussed with others

80% of what we experience personally

95% of what we TEACH to someone else

William Glasser

2. What does this program/ team need this week?
3. See the need, fill the need.
  - Constantly do a need assessment.
  - What should be
    - What is  
Need
4. Summitt is a coach's coach.
5. You make enemies quicker than friends as you progress in coaching.
6. Build people up rather than tearing them down to mediocrity.
7. Success creates jealousy.
8. Administrators never want to rock the boat by rowing.

### **QUALITIES OF TEAM PLAYERS**

1. Teams aren't about social or financial status.
2. Great teams sacrifice. Losers complain about having to go out of their way for others, i.e., the Pharisees.
3. Teams are about this: THE FOXHOLE TEST

### **ME**

2

1

3

4. We are at our best when we are giving.
5. We are attracted to people not because of what we see in them but what they see in us.

### **GENERAL THOUGHTS RE: COACHES**

1. Next game mentality—Bill Parcells. "I was thinking about the next game before I hit the tunnel.
2. Never can enjoy the success, can't sit back and relax.

### **THINGS COACH MEYER LEARNED WHEN HE DIDN'T HAVE A TEAM**

1. Don't realize how much you think about your team until you don't have one.
2. You realize how much of a passion you have for teaching.
3. Don't realize how much you have accomplished until it's all over.
  - Two files to keep—Always remember & Never forget
4. You realize how many good people there are in coaching.

- Coach K's question to Coach Meyer on Lipscomb's move to D1, "Why? Everybody knew exactly who you were, you guys had such an identity."
- Self-satisfaction comes from knowing that you did the very best that you could.—John Wooden
- Reverse roles with players—You be the coach and I'll be the player. What would you do sitting in my chair?

### **TOUGHNESS**

1. Every coach that had a bad season says that they were not tough enough.
2. Coach needs to think about this every year.
3. Duke worries about this every year: Turning white collar kids into blue collar kids.

### **OUR TEAM VS. MY TEAM**

1. As a coach you should only say me for a loss, because they are going to blame you anyway.
2. Nobody wants to hear about what you did.
3. Bear Bryant was a great example of this. It was always his fault.

### **BAD KIDS**

1. Don't kick them off. Give them a set of requirements to meet.
  2. Never say anything negative in the press.
- 
- All you can do is tell the truth and we have to be careful in how we say it.
  - Individual responsibility, make kids have this.
  - Coach your coaches. Give your coaches responsibility.
- 
- Larry Bird loved playing the game. Del Harris said he learned more basketball by watching Larry Bird than going to any clinic. Bird played HORSE with Kevin Pritchard for paychecks. He did it for the thrill of competition.
  - Stockton—get a library of him and study him. He is always scanning the floor. He is always looking for one guy jacking around in warm-ups.

**Interests**

**Needs**

**Ability**

*Direct Your Players in This Way*

## **“CONFRONTATION IS MEETING THE TRUTH HEAD ON”**

**Coach K**

- Can't be afraid of it
- Dick Bennett calls it leveling.

Pick battles big enough to fight, but small enough to win.

It is worth fighting for kids.

Ask your players questions.

## **HUMILITY & LOVE**

Philippians 2:1-5

- Fielding Yost, New Michigan Football Coach—predicted at the pre-season Big 10 media conference that his team would go undefeated, win the Big 10 Championship, win the Rose Bowl, and go unscored upon. Michigan had been the doormat of the Big 10 for years. He met with the team and told them that there is just one word they should all understand to achieve these goals, it was LOVE. They achieved all the goals.
- “For Love of the Game”—Kevin Costner
- Greg Maddox looks like a goober, but he’s a genius. He does more with less. He loves what he does.
- You must love what you do.
- You must love to study the game and study people.
- Philadelphia 76ers got better because Iverson got on the same page as the rest of the team.
- Strong coach is compassionate. Weak coach is cruel and tries to hurt others.
- Does it mean something to you and the kid?
- Must look out for the interests of others.

- **ATTITUDE OF CHRIST IS SERVANT LEADERSHIP**—He washed the feet of others.

## **ADDICTION**

### **Three Traits:**

- 1. Perfectionism**
- 2. People Pleasers**
- 3. Control Freak**

- **You get what you tolerate—Knight**

- \* Use a countdown to get kids moving. They always move quicker.
  - Make kids go back and come again if they don't sprint
  - **"Somewhere in life you get to meet someone who expects greatness out of you"—Bob Knight**
  - Coach Meyer took 145 pages of notes at the first clinic he went to. The clinic was Bob Knight's Academy.

### **INSIDE THE CUP:**

- Matthew 23—The Pharisees worry about cleaning the outside of the cup, but there are worms inside their cup.
- Clean your cup. And help the players clean their cup. You can't clean it for them.
  
- Can't coach for the fans.
- Can't coach for the coaches.
- Simply coach for the team.

### **QUADRANT II HANDOUT**

- Shakespeare "...he thinks too much... Such men are dangerous."
- Jim Foster at Vanderbilt—always thinking about his program.
- Peter Drucker—sit and think about your business 10 minutes per day.

- First McDonald's was in Des Plaines, Illinois. They used Pepsi and ran out the first weekend. They called Pepsi and Pepsi said we don't work on weekends because McDonald's wasn't big. They called Coke on Monday. Ran out the next weekend and coke was there to refill. This is why McDonald's uses coke products. One person didn't want to do a little extra work.
- Treat people right because it is the right thing to do.
- Low Self-esteem Means Friction & Trouble (LSMFT)
- Have your players be students: go to plays, other sporting events. Be a friend to everybody on campus. When you show interest in other people, they'll show interest in you.
- Dick Bennett  
28 Golf Parkway  
Madison, WI 54307  
THE ULTIMATE COACHES COACH
- John Wooden  
17711 Margate #102  
Encino, CA 91316  
Will be 91 years old on October 14, 2001

WE DO NOT REALIZE HIS IMPACT ON TEACHING

## WINNING GAMES WITHIN THE GAME

### 1. FLOOR GAME

- loose balls
- charges
- screens
- crisp cuts, sharp cuts
- assists—ball moves and people move

### 2. TRANSITION GAME

- Points off turnovers

### 3. SURENESS GAME

- vs. Impulsive passes

### 4. LANE GAME

- number of times we get into the lane vs. number of times our opponent gets into the paint  
Fast break, post, drive, cut, rebound

### 5. FIELD GOAL PERCENTAGE

- This was the #1 statistic to Wooden  
One second high follow through  
60 degree arc  
Clean lay-ups and swish your jump shots

### 6. THREE POINT FIELD GOAL PERCENTAGE

- Defend the 3 point shot—no threes to a three. Can't let the man with the gun shoot the gun.
- Shoot the 3 point shot
- Rebound the 3 point shot—Know the slice of pie.

## 7. FREE-THROW GAME

- Make more free-throws than the opponent attempts
- The team attempting the higher number of free-throws wins 72.3% of the games.
- The team scoring the most free-throws wins 71.5% of games

What do you want to do defensively and offensively on the line?

## 8. REBOUNDING GAME

- The team with the higher number of rebounds wins 60% of games.

## 9. SITUATION GAME

- Baseline out of bounds
- Special situations

### DORK RULES:

1. Pass & Go Away
2. Pass & Screen Away
3. Pass & Replace Yourself
4. Ballscreen—because people don't guard dorks
5. Substitute early and often

### SCOUTING:

- Know who you're guarding:  
--his number and his game
  
- It's O.K. if you are never a head coach. Grguvich
- Never keep an assistant from looking for another job.
- Basketball is a 2 man deal. Smith and Guthridge. Other assistants may see it from a different deer stand.
- Do what you want to do. You'll be the one that gets fired.
- Don't let your assistant get you fired.
- If your staff isn't a team, then your team will never be one.
  
- **TEAMS FAIL TO GET TO THE STATE TOURNAMENT BECAUSE THEY DON'T GEAR EVERYTHING TO GET THERE.**



# 10 POINTERS FOR WINNING THE STATE CHAMPIONSHIP

- 1. Get There.** Gear for it. Everything is pointing to getting there!  
"Practice to beat the best" – Dick Bennett  
Must have a system to accomplish that; Chuck Daly had that system with the Pistons and stuck to it. Princeton plays to beat the best.
- 2. When your team gets there – it's not a big deal.** Don't make it a big deal. A big deal is winning the championship. Our Attitude: We are going there to win!
- 3. Do what you did to get there.** Freak out with changes vs. Faith in the system.  
Ordinary players making ordinary plays every time = extraordinary players  
On good teams, 2 players will do the dirty job (take charges, get on the floor)  
On great teams, all the players and coaches do the dirty jobs.
- 4. Be aggressive.** Look for ways to win. Play to win, don't play not to lose. Pete Newell likes to press on the first possession and he wasn't a press coach. He just wanted to come out and be aggressive early in the game. Avoid Super Bowl Stupor
- 5. Rest.** Mentally and physically; short, intense practices  
Duke goes dummy in tournament practice. No real contact  
More gold medals are lost by overtraining than undertraining.
- 6. Give no easy baskets.** No lay-ups – no uncontested shots – block out – no putbacks
- 7. Get easy baskets**
  - a. Run – Must run but don't have to shoot
  - b. Offensive rebounding – only possible flaw in Princeton system
  - c. Get fouled – neutralize athleticism (make more free throws than opponents attempt)
  - d. Take the ball at their best player or any player prone to foul
- 8. Make free throws.** Big part of our skill development workouts  
Free throw swish . . . swish = +1, rim make = 0, miss = -1, . . . play to +2 or -2
- 9. Make lay ups.** Emphasis: perfect lay-ups in practice – no rim touches, net only  
Pressure lay-ups in practice with a defender. You can also use reduced rims.  
In all drills, if not using reduced rims stress the clean lay-up.
- 10. Give your team a reason to win.** "Deserving victory" – Pitino.  
Those who work hardest are the last to surrender. Fight the feeling of accomplishment and satisfaction. The toughest challenge will be to win semi-final or championship games against teams that are inferior to a team you have already defeated. In a championship tournament you will likely have a bad night. You must play hard enough to win when the ball doesn't bounce right.



- Don't kill the racehorse until it's time to run the race. Don't overtrain.
  - Don't cut the tail off the horse. Cut the head off the horse to win.
  - FT Swish +1=swish 0=make but hits the rim -1=miss
- \* VLASIN'S RULE  
If you miss a layup, you will give up a layup at the other end.
- Peter nearly drowned when he was walking on water. Easiest to be scored upon when you score. Success can weaken us. Conceit does us in.
  - Veterans teach rookies.
  - Tiny Tot program—seniors work with the little ones.

## TEAM:

- Shared ownership—must be our team. If you say "I" you hurt this.
  - You can't want it more than they do, but you do.
  - When players leave school, they're still you're players.
  - It's your life, it's they're game.
- \* SHARED SUFFERING—I think more after a funeral than a wedding.
- It should never be fun playing against a great team.
  - Play against the game.
  - Be your own worst critic.
- INDIVIDUAL RESPONSIBILITY  
Coaches can use the word I here. You take arrows.
  - Teach your players to be good to kids and old people because they can't do anything for you.

COLLECTIVE PRIDE --- The outgrowth of the first three.

## LEADERSHIP:

- Like pornography—can't describe it but know it when you see it.
- All about relationships
- Captains—can pick them but can't pick your leaders.
- Team Leader Rules (Wooden)
  - work harder than anyone else
  - take care of everything off the floor
  - let the coaches take care of everything else
- What's Us, What's Not Us
  - internal leadership

**"EVERY GAME IS A SERIES OF 1 BASKET GAMES. WOULD YOU PLAY HARDER IF IT WAS?"**

### **SIX QUESTIONS WHEN TEACHING**

1. Who am I teaching?
2. Why am I teaching? Coach K says that some coaches only like the D1 lifestyle.
3. What am I teaching? Can't fool kids about what you know. Kids can tell a phony.
4. When Am I Teaching? Summer, Fall, etc.
5. Where Am I Teaching? Facility, State, etc.
6. How Am I Going to Teach?

**" MAKE YOU WEAKNESSES YOUR STRENGTHS"**

### **FIVE LAWS OF LEARNING:**

1. When the pupil is ready, the teacher will appear.
2. Proper Demonstration
3. Imitate Demonstration
4. Correct the imitation
5. Repetition done properly and quickly

### **THREE THINGS PLAYERS USE IN LEARNING:**

1. See the skill correctly
2. Feel the skill correctly
3. Correctly and quickly do it over and over until adnauseum.

**"TEAMS MUST KNOW THEY WILL WIN, BUT MORE IMPORTANTLY THEY MUST KNOW EXACTLY HOW THEY WILL WIN."**

- Coach the way you want to coach 10 years from now.

**THREE WORDS WOODEN USED:**

1. **SUPERVISION**—BE THERE MENTALLY AND PHYSICALLY.
2. **LOVE**
3. **BALANCE**—NONE OF US IS GOOD ENOUGH BY OURSELVES.

**“DO THE NEXT RIGHT THING RIGHT, AND YOU’RE AS CLOSE TO PERFECT AS YOU CAN BE.”**

**SESSION II QUESTION AND ANSWER WITH COACH MEYER**

- Stretch your game during the off-season.
- Don’t do anything that exposes the ball.
- Economy of motion.
- Always have defense in the post because you feed away from the defense.
- Get your work done before you catch the ball.
- “Sit into your game”—everything is easier the lower you get.
- “Can’t get too low or too wide”—Majerus
- **Rebounding**—if kids don’t want to, there’s not much you can do.  
BOPCRO -- Block out, pursue, chin rebound, outlet
- Michigan State blocks out with butt to baseline, forearm in chest, rather than turning their back to the offense.
- University of Tennessee lives off the offensive rebound.
- Send your PG to the weakside glass. Jerry Sloan led the Chicago Bulls in rebounding. You blockout 5/4 not 5/5.
- Vs. Box and 1—run against gimmick defenses. They are weak in transition.
- If you play a Triangle and 2, the top man must be best rebounder.

- Dribble off the top to the elbow vs. a Triangle and 2.
- You determine who guards whom vs. zone—Knight
- Put your kids in their favorite spots vs. gimmick defenses because they're going to be given these shots.
- Make 300 shots per night at your "hot spot".
- Prepare every night for gimmick defenses. Special situations.
- Drive the ball against gimmick defenses.
- "If they're playing zone it's because defense isn't important and they don't know what they are doing."—Sell this concept within reason.
- Tape 18—Special plays and entries.
- Find the posts favorite side and favorite shoulder.
- "Sweet" feeds—pass that leads to score
- Keep 1 side of the lane open. Allows players to cut, drive, etc.
- High-low is the best post feed.
- We want the middle 1/3 on offense and defense.
- Ralph Miller never allowed foot fakes. If I have a permanent pivot foot I only have to learn two things. Direct drive and crossover drive.
- Direct drive—beat the defender and put him in jail on the second step.
- "Brick Wall"—you can't block a power move. Stay on your feet. Get lower, wider, and bigger.
- Get your body into a shot blocker.
- Straight to the rim—don't belly out. You put a body on first. Eyes must be on the target.
- Direct drive from top of key—get one foot beyond the free throw line on second step.
- Great coach can observe things that others can't see and the great coach communicates it.
- Always fighting time.
- Offensive moves always made off permanent pivot foot.
- Kids don't get into the gym, that's why there are only six American centers in the NBA.
- Hop Back 3 is really a side-hop. Tougher going to strong hand.
- When driving middle get head on rim. Michigan State.
- "Every pass should lead to a shot"
- It's all got to look the same. Re: shot fake.

### **SESSION III**

## **COACH PAT SUMMITT**

### **UNIVERSITY OF TENNESSEE LADY VOLUNTEERS**

- No one has done more for women's basketball.
- She helped Carmen clean up the kitchen at Coach Meyer's house.
- Great coach, better person.
- Has been at U.T. 27 years.
- Had never run a practice, when she got the job.
- Scrambled to learn how to be a better teacher, communicator.
- Look at and determine what is best for your program.
- Dick Bennett and Bob Knight are her defensive models.

#### **PHILOSOPHY:**

- Definite Dozen
- Surround yourself with quality people. Character. Be selective. Recruit character. People are part of the program. No job is too small or too big for the head coach.
- Loyalty—first thing she looks for when hiring. Tennessee is a family.
- Decide who you are going to be—decide who you are. Are you intense? Coach to your personality. Be your own person. System to fit personnel.
- Went to see Coach Wooden. Took DeMoss with her. DeMoss asked him about his personality. Spent 3 hours with him. Lots of ways to be successful. Be yourself.
- Disciplinarian:
  - "Discipline yourself so that no one else has to discipline you."*
  - Loves it when a team takes control.

--Decide how you are going to be with every player on team.  
Mandatory class attendance. 100% Graduation. Most proud of this.

--Decide what is important to your program.

- Communication—breakdown the fundamentals of the game—passing skills, footwork, angles.
- Greatest responsibility is to teach every day.
- Emphasis is daily improvement. Sometimes 1/1, note, e-mail, stats. Challenge them. Make them aware of situations.
- Are you organized in your time-outs. Do they walk or run? Do you think about what you are going to say?
- Staff sits in the middle of the bench. Perimeters to the right. Posts to the left.
- PG sits in the middle of the huddle.
- PG is an extension of the coach on the floor.
- Someone who takes the ball out must make good decisions.
- Do you listen and talk to your staff?
- How to gather information in about 15 seconds?
- Do you have a play for every type of special situation?
- Let them know what you want/need done.
- Communication—How do you look at your worst FT shooter on the line?
  - The players look at and listen to you.
  - Body language, etc.
  - Learn to listen.
- Do you know your personnel.
- Don't let my emotions get in the picture. Can't scream when I get frustrated. It's not about me, it's about them.
- She said that she has no secrets.
- Do you know who wants the ball at the end of the game?
- Personality Profile—awesome tool. Know who your competitor's are. Who pays attention to detail. Debbie Ryan uses the same profile system at Virginia. What motivates them?
- Discipline—starts at the top. Kids want discipline. Parents need us to do what they can't do.
- Do things the right way.
- Competition—practices must be this way.
- Practice the way we want to play.
- Get kids to do things at a higher level of intensity.
- Must be able to handle success as well as failure.
- Winning doesn't make you a better person.
- You meet the same people on the way down as you did on the way up.
- Losing doesn't mean you are a bad coach.
- Learn from mistakes. When we lose look at what we did wrong.
- U.T. players write everything down. Learning the game gives them the mental edge.

- Teach kids to have a feel for the game.
- Be patient with kids.
- Holdsclaw wanted to quit twice. Summitt told DeMoss if she quits you're fired.
- Kids hate to be singled out when they make mistakes.
- 29 kids from the program have become coaches.

## **FUNDAMENTALS:**

- What do you teach and emphasize?
- Often spend all summer thinking about what to run on offense. No offense is successful w/o skills of players being developed.
- Skills they lack—Balance—How much time do you spend with footwork. Play with strongest muscles in their body makes them more explosive.

## **FOOTWORK:**

- Ready position (Triple Threat)
- How do you get there?
- Everything they do is heel-toe. Into triple threat. When you go heel-toe you go butt-down. Work this technique from all angles.
- ACL injuries happen on the stops.
- Heel-toe takes the pressure off the knee.
- Everything they work on going right they work on going left.
- Heel-toe in the post. Don't reach with the toe, reach with the heel.
- Just shoot it. Don't check the air by bouncing the ball.
- 91 ACL injuries in Division I Women's Basketball
- Get your hips down.
- High Hands, Low Hips, Quick Feet
- Stance affects everything.

## **SHOOTING MECHANICS:**

- Pros have bad technique
- Miss too many lay-ups b/c of technique
- Must emphasize the mechanics
- Start at the FT line.
- Good IDW: FT line, lay-ups, shots off pass, shots off dribble, scoring going left, scoring going right.

## **PASSING AND RECEIVING, BALLHANDLING**



- Must be able to do this in any offense to be effective.
- Open practice with 15 minutes of this.
- In the spring, everything they did was with the weak hand.
- Step with foot when passing.
- Get the ball set when receiving.

***Using the bounce pass:***

- 2/1—attack, make the defense play us then deliver the bounce pass.
- Bounce pass when the defense is on the high side to feed the post. An air pass takes the post out of their stance.
- High post flash and backdoor cut from the wing.
- Penetration from middle and the defense helps up.
- Vs. a double team in the post.
  
- Understand that you never perfect the game.
  
- Uses stations to drill these skills

**OVERHEAD PASS:**

- Where do you use it?
- Outlet pass
- Skip—put something on it.
- Drill—dribble down, skip, relocate and skip back.
- Diagonal on wing to wing.
- Wings work together, take him down and bring him back up.

**PUSH PASS:**

- Use in transition, to pitch ahead, in attack mode off the dribble.

**FLICKS:**

**LOBS:**

**PASS & GET A HANDOFF:**

- Must spend quality time on passing skills.

**TRANSITION:**

- May not benefit your team to be a running team. Do you have the personnel to run the ball?
- She likes it because everytime you touch the ball you have a chance to breakdown the defense and get easy scoring opportunities.
- Puts the pressure on the defense.
- Ask the team what style of play is going to be their style.
- Ask them what they want to do on offense. No kids want to walk the ball up.
- In order to run you must be able to handle the ball, pass, everyone must be able to do this.
- Pass is the quickest way to advance the ball.
- Commitment daily to handling and passing at a quick tempo.
- Must be able to read the defense. Get your eyes up and see.
- Make simple decisions.
- Must sustain the level of intensity. Be in great shape Mentally, Physically, Emotionally.
- How can we run if we can't pass the ball.
- Running promotes the program.
- Win the Hustle plays.
- Led nation in attendance with 16,000.
- 11,000 season tickets sold this year.
- People want to see intensity.
- ***"Why would you choose to be a part of a team and not give a great effort? If you are going to play a team sport you can never not give effort because you cheat yourself and your team."***
- Set the standard.
- Intense Competitive Team
- What do you want when you run? They want a lay-up first. #1 Priority.
- Go from defense to attack on offense.
- Speed Lay-up—1/1 Denial with ball on top, the defense chases.
- Teach your kids game situations.
- 1/1 Denial with ball on top and 1 defender back.
- Have a philosophy for every situation.
- 1/1 they want a lay-up and an and 1 finish. Foul for three point play.
- Concentrate and finish plays with defense on them.
- U.T. doesn't want pull-up jumpers.

### 2 on 1:

- have a philosophy for this.
- Spacing—1 player must guard two.
- We want a lay-up, no way 1 can guard 2.
- Focus first on scoring, if he doesn't come to you, you go to him. If he commits, bounce pass. If he doesn't commit, we go to the rim.
- Don't tolerate missed lay-ups unless you want them every game.

- If it's important to you then it will be important to them.

### 3 on 2:

- Ball In Middle:
- Want a lay-up
- Always have a rebounder whether 2/1 or 3/2
- Attack the top of the tandem.
- Wings touch the sideline (because of game slippage)  
FT line extended, then we cut to rim.
- If he commits, we pass the ball. Now we treat it like a 2/1.
  
- Ball on Wing:
- Middle man steps to elbow
- ball reversed to middle then gives a 2/1
- If they stay home: practice the shots that you're getting and seal the weakside.
- Weakside player is sprinting to rim for lay-up or rebound.
  
- Attack the middle of the floor in the primary break.

### 3/3:

- quickest perimeter player is coming to the middle
- if I can hit her I do, if not I dribble to middle looking to pitch ahead
- Get the ball to the middle of the floor
- Want a primary attack.
- First thought is attack the middle (push)
- Drill this over and over. Have consequences. The bench is one.
- They cut their turnovers down from 18 to 15 per game.

### 3/3 REBOUND:

- Look outside and middle on rebound.
- If we don't hit the cutter going middle we speed dribble off their butt.
- Call your lanes, "Right, Middle, and Left"
- If you really commit to this you are going to get lay-ups.
- Defense isn't in position to stop the ball. They are trying to get into position to stop the ball.
- Dead sprint to fill the middle then if you don't get the ball then fill the outer third.
- Everything is aggressive and sprinting.

### FINISHING THE PRIMARY BREAK:

- Breakdown the defense.

- Dribble bust and pass off the dribble, to hit the middle.
- Start the break with a dribble bust.
- If you're going to be a running team, everyone must commit to running. #1 & #2 guards should get as many rebounds as the posts.
- Running teams can hurt good offensive rebounding teams.
- Spacing
- Get to middle and cut out. Pass or dribble middle.
- Fill 3 lanes quickly and call your lane.

**CHANGE DRILL:**

- Can't guard the player that's guarding you.
- Took from October to January to feel comfortable with this.

## **SECONDARY BREAK:**

- Fill these positions: Right lane, left lane, high post, low post, trailer
- Post must run to the rim.
- **MADE BASKETS:**
- Get outlet as deep as possible.
- Designate who fills lanes
- From backcourt to front court eyes up:
- Option #1: look at post, pitch ahead  
--U.T. defends this by running wide and defending the long sideline pass.
- Option #2: If sideline is covered, look for long diagonal.
- Option #3: "Slice" crossing and changing sides of the floor. Allows post to take advantage of the post defense retreating to ballside.
- Option #4: Wing denied—slice—then half-slice. Keeps the defense off balance. Drill the kids to use all the options.
- Make sure you look at Post if you slice or make a long diagonal.
- Keep track of lay-ups, bonus points.
- Give up no lay-ups.
- U.T. runs the Kansas secondary—allows them to move ball and get high percentage shots. They fill the corner with the point guard to feed the post.

**Kansas Secondary:**

- 4 man's job is to reverse the ball. Not a Hi-Lo. Quick reversal.
- PG moves to block as post follows ball, then butt to basket for backscreen.
- Then 4 man cross-screens for 5.
- On the corner cut if you make long pass go the long way around behind the win.
- 3 man must stay wide for the skip.
- 5 man always rolls baseline on cross-screen from 4.

## ✓ Secondary Progression Series

**BASIC ALIGNMENT:** The drill begins with players in two lines along the baseline (posts and perimeters). The posts begin in the middle of the floor, while the perimeters begin in the outside lane. As you continue through the series of drills, more lines are added to correspond to the different options.

### SERIES OF DRILLS:

#### • 1 to 5 (Diagram 24)

##### a. Player 5

- throws the basketball off the backboard and executes a two-hand rebound and chin
- executes a two-hand outlet pass to Player 1
- sprints the floor, making a four-second transition
- seals an air dummy

**TEACHING POINT:** Dummy defense with the defense playing on the high side.

##### b. Player 1

- calls for the outlet
- safely receives the outlet, facing the biggest part of the floor
- pushes the ball up the floor
- fills the wing position
- feeds the post with a baseline bounce pass

#### • 1 to 2 to 5 (Diagram 25)

##### a. Player 5 outlets to Player 1 and runs the floor to post (same as above)

##### b. Player 2

- sprints the floor; wide, filling the outside lane

##### c. Player 1

- pitches ahead, down the sideline, to Player 2

**TEACHING POINT:** Once in the frontcourt, Player 1 should widen out to the sideline.

##### d. Player 2

- safely receives the pass and fills the wing area
- executes a baseline feed to Player 5

#### • 1 to 2 to 4 to 5 (Diagram 26)

##### a. The drill begins the same as above with Player 1 pitching ahead to Player 2

##### b. Player 2

- instead of feeding the post, passes to Player 4 who is filling the top of the key area

##### c. Player 4

- executes a high low feed to Player 5

**TEACHING POINT:** Dummy defense, with defense fronting the post with the ball on the wing. The post should seal the defense out.

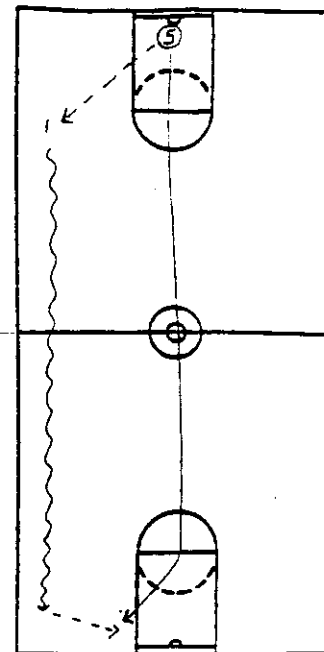


Diagram 24

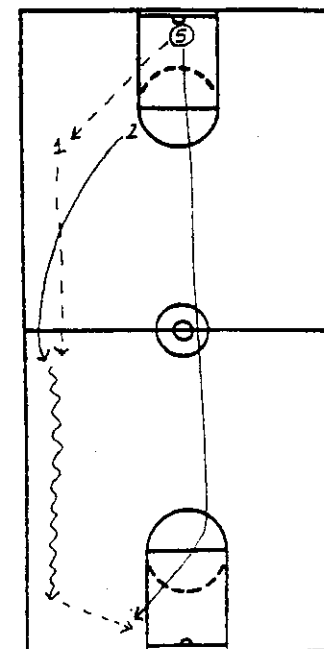


Diagram 25

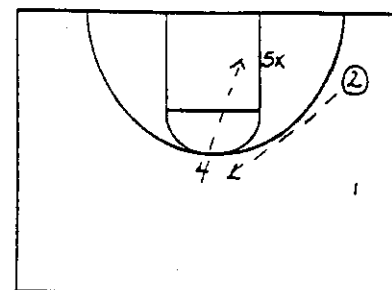
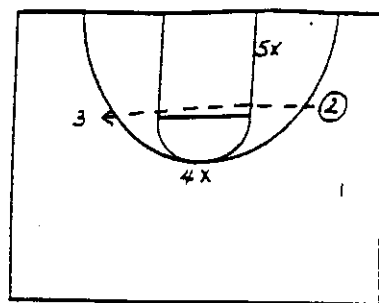


Diagram 26

• **Wing to Wing Skip (5/0)** (*Diagram 27*)

- a. The drill begins the same as above with Player 1 pitching ahead to Player 2
- b. Player 2
  - instead of feeding the post, executes a skip pass to Player 3 who is filling the top of the opposite wing
- c. Player 5
  - tries to seal his defender out
  - if he cannot, he v-cuts across the lane



**Diagram 27**

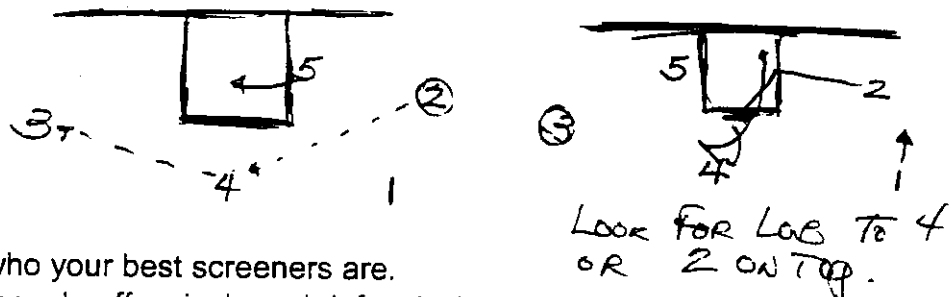
• **5/0 Secondary**

We will run through all the options of our secondary break. If you have managers available, they may be used as token defensive pressure.

- U.T. sends 3 ½ men to the boards.
- They chart b/o on every possession.
- It takes no athletic ability to block-out.
- Treat a zone like a man-to-man
- Cut to get the ball in the gaps. Can screen a man.
- Reverse the ball.
- Trying to get the ball to the post. Defense can't guard a quick reversal.
- Drive at defenders rear end and if they are denied and this tells him to go back door.

"Kansas" Backpick frees up skip

- Whether to send PG through on Kansas depends on who you want on top to make decisions.



- Recognize who your best screeners are.
- Everything they do offensively and defensively is in the attack mode.
- Catch and look opposite when you catch in the middle of the floor.
- Anytime someone presses you, you want a lay-up.

PRESS ATTACK:

- Use your head to get open, not quickness.

## Tape #29 — Attacking Pressure, Presses and Traps at Any Level

Attacking the full court presses, half court traps and half court pressure.

19. Press attack vs. 6, 7 or 8

Can you get a realistic read?

Four Problem Areas for Coaches

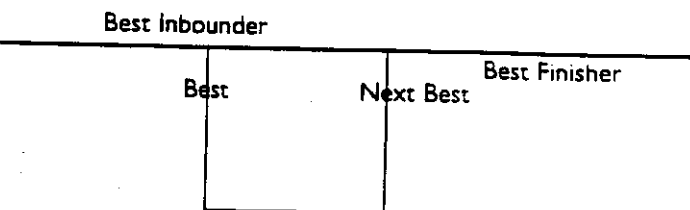
1. Transition to defense
2. Zone attack
3. Rebounding
4. PRes offense

### BASELINE SPREAD VS. MAN-TO-MAN DEADBALL PRESS

Much like the red gun offense in football.

Use Principles Rather than Patterns

1. Fast Break
  2. Placement of Personnel  
Put your best play maker in middle of floor.
  3. Shorten the pass.
  4. Catch and look opposite.
  5. Pass fake and look opposite.  
Look for the break in the string of the defense.
  6. Catch facing, see the biggest part of the floor  
Avoid tunnel vision, see the whole floor.  
Look at the offensive rim.  
Keep diagonal receiver  
You must be able to throw over the press.  
This player must be able to finish.
  8. Best inbounder takes it out.  
Utilize your best player(s).
- \*Know what your team can do!**



This gives your best handler room to work.  
 This eliminates switching of cross screens.  
 You can use the big for Iowa State action.  
 Do not throw the long pass if one big is beyond the half line.

**DON'T COACH MAD.**  
**DON'T RUN SO MANY SPECIAL PLAYS.**  
**PUT THE BALL IN A SPECIAL PLAYER'S HANDS.**

Spread. Pull, Iowa State

Don't throw into coverage.

### Sideline Out of Bounds Spread

Get it inbounds and run secondary break to the other side of the floor.

Line vs. Fouling Situation

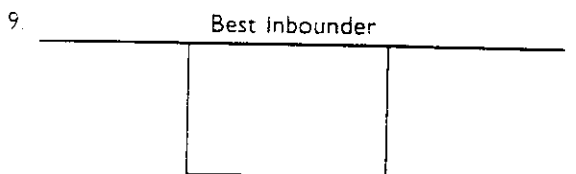
Good free throw shooter in third spot.  
 Line, pull Iowa State if they double third man.  
 \*It is not x's and o's but execution.  
 Find people who can make the plays.

### SPREAD, STEP OUT, STEP IN INBOUNDER.

\*Toughest thing against the press is inbounding the ball safely.

### ATTACKING HALF COURT TRAPS

1. Spacing is key.
2. Split floor in thirds.
3. Release man a step behind ball.
4. Athlete in the middle.
5. Three available passes and a deep diagonal.
6. Use pass fakes.
7. Do not enter on the dribble. Use the pass.



10. Big commits ballside.
11. Inbounder drags behind ball.
12. Three available receivers.
13. Iowa State.  
Use versus extreme denial.
14. You must finish against the press, attack the rim.  
If you are delaying the game, you could pull it out.  
Basic four corner alignment.  
Crackback.
17. Clear crackback.
18. Attack the middle and engage two.



8. Bigs work the Buddy System.

9. Middle man work the gut of the defense.

Make Plays.

Middle man is a chaser. (Dean Smith term)

Put a shooter in a corner opposite the big.

Attacking Man-to-Man half court pressure

1. Space to the NBA line

2. Carolina Backdoor

Can be automatic or called.

Dribble to Middle = Drop to Corner

Look at Cutter = Come to Passer

Pass Fake at Cutter = Go To Rim.

Cut toward the ball, Don't dance

When making a backdoor cut.

3. Backpick the Passer.

4. Post Man Is Emergency Release.

5. I-Cut from a Post Trap.

European/Crackback behind the ball.

6. Three goes to Three "33"

Wait for the post to trap ball before leaving.

Proper and quick execution of the fundamentals is crucial to success. Work at a high rate of speed.

Additional Key Concepts Versus Pressure

1. Run

2. Rebound

3. Keep Dribble Alive

Use a backdribble

A. Get out of traps and trouble

B. Break a five-second count (4.4.4. drill)

C. Pull back crossover

4. Pass Fake

You can't throw over an athlete

Pass fake and pass accordingly.

5. Shorten the Pass.

Athletes Take Chances.

6. Loop

Up

Down (can flare)

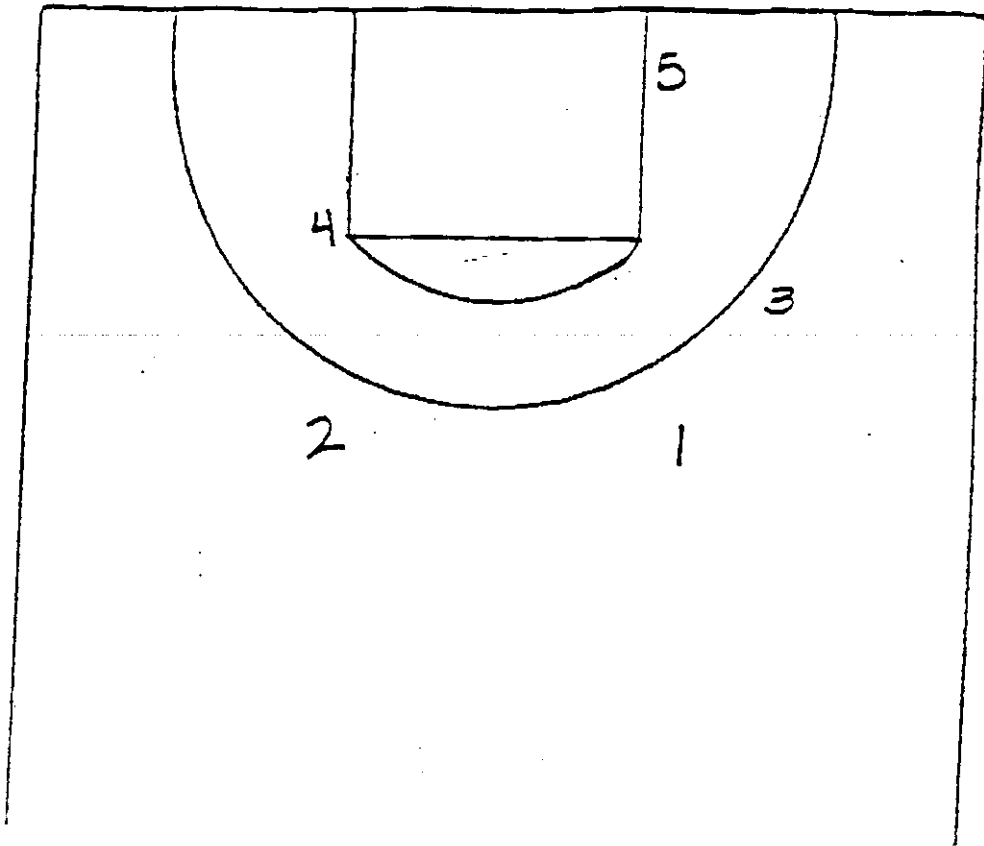
7. Crackback

Talk it.

Body protects ball.

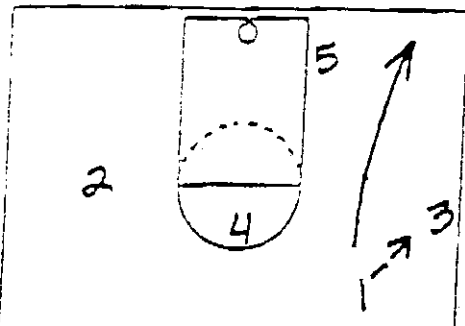
Anyone can do it.

TRIPLE POST  
BASIC ALIGNMENT

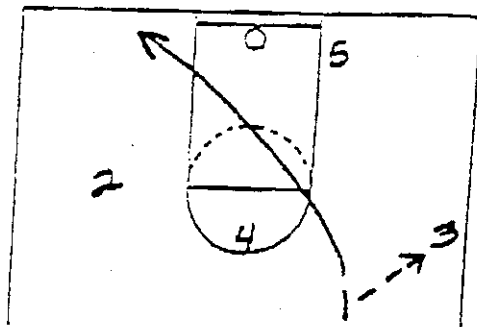


TRANSITION OPTIONS:

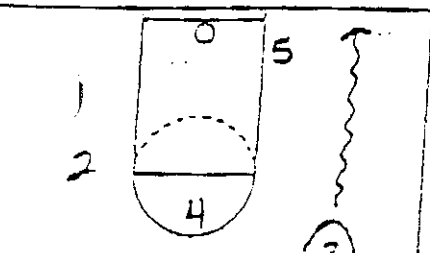
PASS ENTRY - BALLSIDE



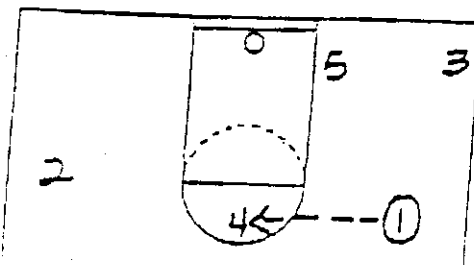
PASS ENTRY - BASKET CUT/OPOSITE



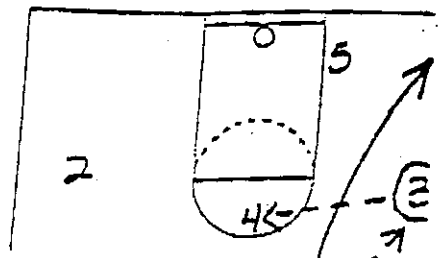
DRIBBLE ENTRY - FLEX CUT



HIGH POST ENTRY



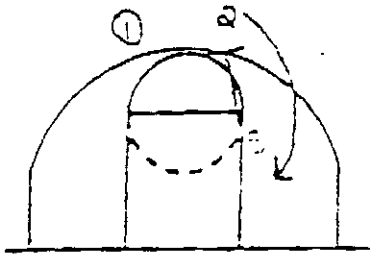
HIGH POST ENTRY - INTO 2-→ AND TRIANGLE OPPOSITE



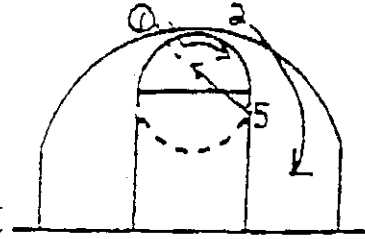
Two Man Options for Guards: Denial Defense

(2 options)

(Backscreen)



(Cut High)

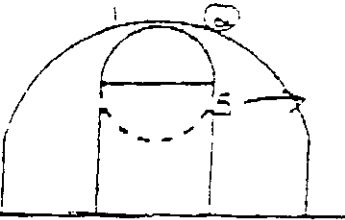


once high post gets ball  
1 cuts and 2 uses handoff

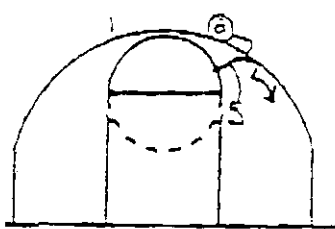
Two Man Options for Guards: Sagging Defense

(3 Options)

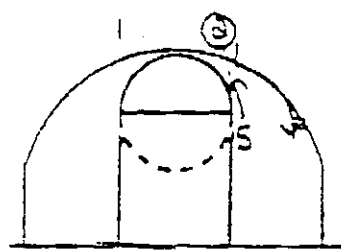
(Step Out)



(Screen on Ball)



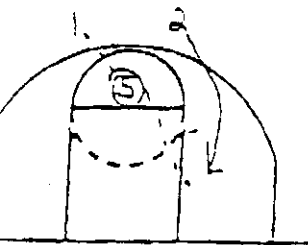
(Handoff)



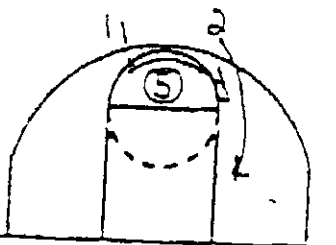
Two Man Options for Posts: When post cut high

4 Options

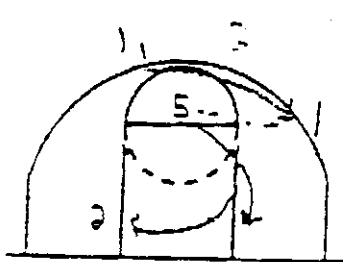
(Hit backdoor)



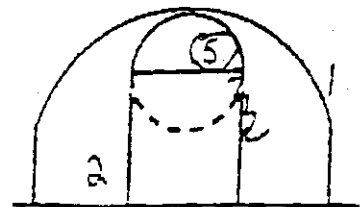
(Handoff to guard)



(Give & Go)



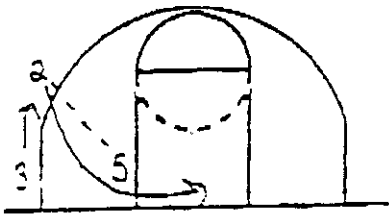
(1 on 1)



Triangle Options: Ballside

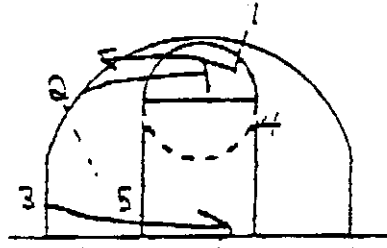
Wing to Post Options: (2 options)

(Cut Low)



wing cuts low  
baseline cuts high

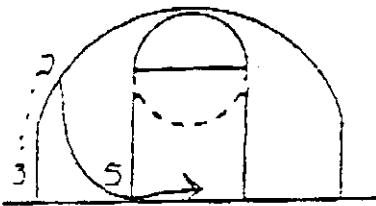
(Cut High-Screen Away)



wing cuts high and screens for  
guard or post  
baseline cuts low

Wing to Corner Options: (1 option)

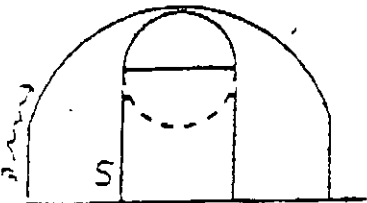
(Cut Low)



wing pass to baseline cut low

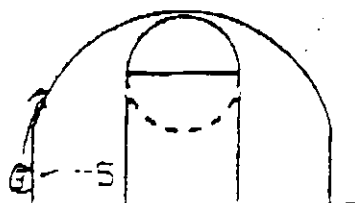
Baseline Options: (3 Options)

(Dribble)



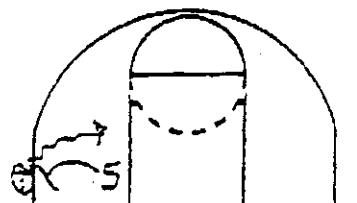
dribble off the baseline

(Pass)



pass & cut

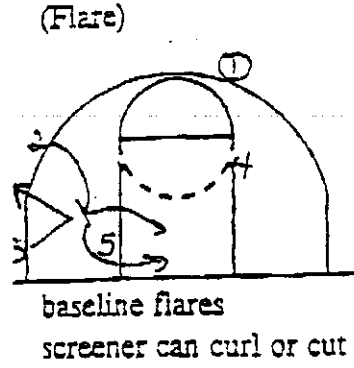
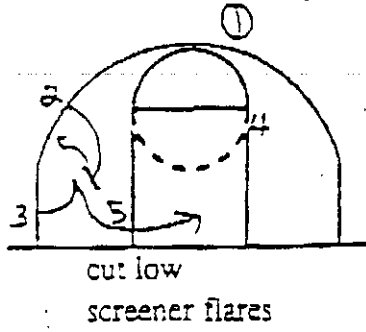
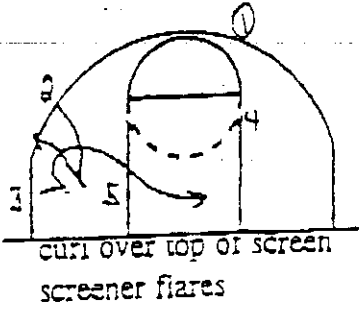
(Screen)



post step out & screen on ball  
post can flare or roll to basket

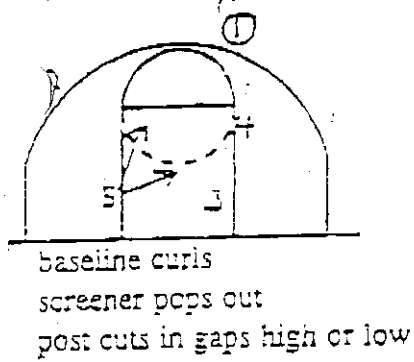
Triangle Options: Helpside

(3 Options)  
(Curl or Cut)



Remember what the post can do

(Post Cut)



## **SESSION IV COACH MEYER MOTION**

- Tape #20
- Not what you teach it's what you emphasize.
- Passing and receiving is a lost art.
- If your fundamentals are bad, then your offense is bad.
- Lane/ Lane

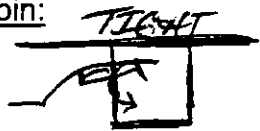


WIDE/ WIDE



- Cutters—Screeners
- 4 cuts to make:
  1. Curl—most difficult
  2. Fade—if defense goes ballside of screen
  3. Backcut—step towards ball
  4. Straight/ Pop-up—
- Most post players are effective on 1 side. Favorite side and favorite shoulders.
  - Post can stay and let them bring the ball back to you.
  - Only movement of post is to get more of the defender. Don't chase the ball. The ball will find you.
  - Perimeter that can't see, won't see or won't deliver the ball can not play.
- Any time ball is on top:
  - if defender is level or lower, step across
  - "U"ing vs. chasing the ball
- When screening in vs. zone screen so that the defender must go above.

- You want to open the baseline passing angle to the post.
- Post men must take up space. Battle to see who takes up the most space.
- A guy that plays dead behind post and takes away angles is a tough defender.
- Post can flare screen when away from ball.
- Take the ball to the action.
- Rim—Post—Action—every perimeter looks at this.
- Put your eye on the rim immediately. Get your work done before you catch the ball.
- Backpin:



TIGHT  
BACKSCREEN  
THEN  
PIN SCREEN  
GOOD FOR ATHLETE  
HEAD UNDER RIM



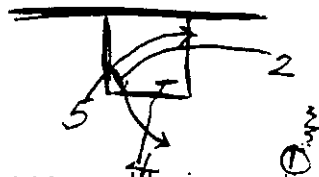
WIDE  
BETTER FOR  
THREE POINT  
SHOOTER  
GO TO LANE

- You only get so many catches in the post. So you have to be ready to score.
- 42% of all shots attempted in NCAA Division 1 were 3 point attempts.
- Coach Billy Donovan said, "I will never put a team on the floor without 4 three-point shooters."
- Coach likes three-point shot off the 2 on 1 because of rebound position.
- It's not what you do it's how you do it.
- 2 screeners and 2 cutters. Use trashcans for screen, use them to get open.
- Cutters can screen for cutters. Cutters can screen for the post.
- Don't hang around the baseline too much.
- Single/ Double:



BEST TO HAVE A BIG SET  
LAST SCREEN

- Denver Action:



SCREEN THE SCREENER  
GREAT SHOOTERS SHOULD  
SCREEN AND TOP OR FADE

- Rupp said no one would win a national championship without running a single post offense.
- Space to the NBA line.
- Guarding the post is not an exact science.
- Can the post score w/o dribbling the ball? Yes, then front. If he has to dribble we can play behind and dig down.

- “Don’t teach two physical conflicting habits”—Coach K. It’s like telling a racehorse to back out of the gate and run the race backwards.
  - Higher and wider on offense.
  - Don’t crowd the post man.
  - Screen big on small and small on big, not equal on equal.
- 
- 2 THINGS THAT ARE IMPORTANT IN MOTION:
    1. Basket Cut—gives a chance to score
      - position to set a backpick
      - vs. a zone give a secondary zone cut out
      - allows for a screen in, gives rhythm vs. a zone
    2. Second Cuts—Robert Parrish was great at this, because Bird would curl cut and they would hit him when his man helped on Bird.
      - cutter must draw 2 defenders, just like a post.
- 
- Screener’s job is to get the cutter open.
  - Screen the defense and not air, screen the defense not the offense.
  - Good 3 pt. Shooters screen and pop to 3.
  - Anytime there’s a chase there’s a curl cut. Anytime there’s a curl cut the screener pops to 3.
  - If defense plays the play, then you backcut.
  - If defense jumps ballside of screen, then you fade. Change the angle of the screen. Take the ball to the flare screen. Get perpendicular to the screen. Get square to screeners shoulders.
  - Must play hands off defense. If a post player has four fouls, step the post out to get the chance to draw a foul.
  - Out/Fade—change the angle of the screen.
  - Cutter must get your eyes on the defender.
  - Three things you can do in basketball:
    1. Move the basketball
    2. Move people
    3. Screening—negative to screening is that you momentarily destroy spacing.
  - Cutter must get tight with the screener. Cutter must work with the screener.
  - Best guy to backscreen is the guy who has the ball. The defense relaxes when the ball is passed.
  - Key of flex is screening the guy who just gave up the ball.
  - Dick Bennett’s Sureness Drill—get three screens before \_\_\_\_ can shoot
  - “Pairs”—Indiana ran this: work together on each side of the floor.



- Everything starts with the basket cut. You must do this when you give up the ball.
- Curl a flare and go all the way to the rim for a lay-up.
- 2 consecutive screens: Flare, then downscreen
- Re-screen—screen then turn and screen again. Downscreen, then flare.
- Being a screener doesn't mean I'm not a scorer.
- **Versus 3 out/2 in:** guard exchange and post exchange, just switch it or zone it up inside.
- **CUTTING PRINCIPLES vs. ZONE:**
  - step out and roll the high post down
  - zone is a ball watching defense
  - this is why pass fakes are so important
  - cut to the rim
  - short cut= cut on the same side I passed to because if I cut away they will just pass me off (switch)
  - run your motion vs. match-up
  - if you run your motion it doesn't freak your kids out, don't get tricky
- Post men must look to score w/o dribble moves
- Versatility and quickness is what Coach K wants in recruiting.
- Teach every kid to play facing the basket, teach them footwork...Dunleavy is a highly skilled player.
- In March you make plays not run plays.
- Would you rather have 2 new plays or 2 new players in March.
- Dual purpose drills.
- Nebraska has twelve teams scrimmaging at one time. Everyone was being coached. That's maximum use of facilities and coaches and players.
- Teach them how to play.
- Good teams are going to take your plays away from you. Wouldn't you?

## **SESSION V PAUL SATHER: ROLE OF AN ASSISTANT**

Northern State University

- Surround yourself with good people
- Heart must always be in the right place. Always know where your heart is.
- Identify what it takes to be a champion.

## Tape # 20 — Building Your Motion Offense from Scratch

### INTRODUCTION

1. Concepts and techniques for your program
2. The daily teaching and practicing the fundamentals of offense keys your success with motion
3. The type of motion you utilize must fit you and most importantly your team

### BIG PICTURE — What do you want to get?

1. Mover blocker ideas of Dick Bennett
2. Screeners and cutters being utilized at Indiana under Coach Knight
3. Cutters must be able to make all four of the cuts to be hard to guard
4. Post play is essential to what we want in our motion. You must have strong post play to win each year or win a championship.
5. Inside Game  
 Outside Game  
 Penetration Game
6. We want more lay-ups and power shots than our opponent
7. We want to make more free throws than our opponents take
8. The post game, hard cuts, and drives into the lane get you fouled.
9. The curl cut and basket cuts get you free throws. Don't "shell up" around the arc. Attack the basket.
10. Rating Shot Selection/Discipline  
 4 = Lay-up  
 3 = Wide Open Shot  
 2 = O.K. Shot  
 1 = Poor Shot  
 0 = Turnover  
 We want 4's and 3's
11. Don't take the shots the defense gives you. Get the shots we want.

### THREE THINGS YOU CAN DO ON OFFENSE

1. Move the ball
2. Move people  
 A. Man being guarded  
 B. Men away from the ball
3. Screen
4. One defender versus four offensive men to illustrate these concepts.
- \*5. Basket cut is the foundation of motion offense. Give and go. Basket cut to score, set screen, or receive a screen.
6. Screening can create spacing problems. Spacing is offense and offense is spacing . . . Chuck Daly
7. Everyone above motion line or volleyball line except post man.

### SCREENERS, CUTTERS, AND POSTS

1. Very few players have the size, strength, and ability to make all four cuts and make plays.

### COMMUNICATION

- \* 1. Make them call the screen in practice
2. Vocal call and visual signal
3. Simpler and easier if you know you screen all the time or cut all the time

### SECOND CUTTER

1. The screener is the second cutter off his teammate's cut.
2. Cutter tries to get away from the defense.
3. A great cutter gets teammates open. Larry Bird was the best at this.
4. If they play off a player, he can be a very effective screener because his defender won't help on cuts off the screen.
5. This is a chance for ball screens.

## SURENESS

1. Dick Bennett's way of stressing fundamentals in handling, valuing ball possession, etc.
2. Bear Bryant stressed kicking game and don't turn ball over. Coaches want defense and take care of the ball.
3. Triple threat position.
4. Permanent pivot foot. 60% of weight on pivot foot.

## FIVE OFFENSIVE MOVES

You are the most open you are probably going to get when you first catch the ball . . . Chuck Daly

1. Shoot the ball
2. Go
  - A. Direct
  - B. Cross Over (Sweep and throw)
  - C. Body on body
  - D. North and South
  - E. Get to hoop in one dribble
3. Hesitation
  - A. Beat your man
  - B. Take out the helper; two dribbles
4. Hopback
  - A. Angle to use glass
  - B. Not straight back; to side
  - C. Easier to your weakhand
5. Hopback Hesitation

- Emphasis on permanent pivot foot

## FAKE A PASS TO MAKE A PASS

1. Morgan Wooten on idea to open lane to pass.
- \*2. It's not what you teach; it's what you emphasize.
3. If the ball had eyes, would it have eyes when you had it?
  - A. Can't see
  - B. Can see but can't deliver ball

## STOPPING

1. Jump stop or quick stop
2. Hop on foot to learn jump stop
3. Land on heel of foot or full foot.
4. Then run.

## TURNS

1. Front turn to get closer
2. Rear turn to get away from defense.
3. Use wall to teach turns
4. We like the permanent pivot foot
5. Prefer to catch facing.  
Square in the air . . . Ceal Barry

## CATCH FACING WARM-UP DRILL

## PASSING AND CATCHING

Use motion restriction to learn to handle.

## SETTING AND USING SCREENS

1. Don't use ball to start with
2. Cutter focuses on the defender and action around the screen.
3. The ball has eyes and will come to the action.
4. Basket cut and obtain angle for the screen. Get low and wide. Tie up defender's feet.
5. Walk down arc to receive screen. Stay wide.
6. Game of angles and momentum.
7. Stay wide to keep post men free.

8. Cutter look and run at screener's nose hole.
  - A. You concentrate on screen and read.
  - B. It gives you a tighter cut.
9. Four cuts
  - A. Straight
  - B. Curl
  - C. Out
  - D. Back cut
10. Sequences without the ball
  - A. 2 on 0
  - B. 2 on 1
  - C. 2 on 2
11. Downscreen  
Don't change angle of down screen when cutter back cuts
- \* 12. When defense on cutter goes ballside of screen, change the angle of screen to run an out.
  - A. Perpendicular to screener's back after you push him.
13. Economy of motion
14. Run at ball for backcut . . . momentum, angles, leverage, and economy of motion
15. Center the ball or put the ball on top
16. BACKSCREEN
  - A. Back to basket
  - B. Cutter step toward ball to set up the backcut.
17. Great three-point shooter set back screens and flare screens
18. Defense goes ballside of screen you change angle of the screen.
19. Do not watch ball. Read the defense.
20. FLARE SCREEN
  - A. Back to baseline corner by screener.
  - B. Cutter basket cut, then fade.
  - C. Take the ball to the screen.
  - D. Widen the screen versus a switching team for more room for slipping the screen.
  - E. Set flares for shooters and drivers.
  - F. Chuck Daly . . . the defense doesn't get beat on the help; it gets best on the recovery.
21. Versus switches slip the screen.
22. PIN SCREEN
  - A. Usually by a post man for someone coming out of lane area.
  - B. After screening, bury your defender and post up.
23. Unequal size sets the last screen.
24. You constantly learn the game running motion.
25. Triple screen action.

#### **PROGRESSION OF MOTION**

1. 2/0 Basket Cuts
2. 3/0 Basket cuts, center ball
  - A. Don't make two cuts in same direction
  - B. Designated cutters and screeners can save you regardless of situation.
3. Three Lane Push
  - A. Best finisher, poster, three, etc.
  - B. Add basket cut
  - C. Start to add specific screens  
e.g. - backscreen passer
4. 4/0 Basket Cuts
5. 5/0 Basket Cut
  - A. Add the post
  - B. Speed up ball, slow down ball
  - C. You slow down ball by looking at post.
6. 5/0 With Cuts and Screens
  - A. Posts pin and back screen
  - B. They can also flare screen
7. Breakdown Work
  - A. Specific cut: no recognition . . . Bob Knight
  - B. Then make them read
8. Bob Knight, Mike Krzyzewski, Jim Boone, Jim Tillet

## **MOTION RULES/PRINCIPLES**

1. Screeners screen for cutters
2. Cutters can screen for cutters
3. Only cutters can screen for a post

## **COMMUNICATE AND CALL OUT THE SCREENS**

### **SURENESS**

1. Use to teach all the fundamentals
- \* 2. Three screens for cutter before he gets ball
  - A. We emphasize second cutter only gets ball in your-motion restrictions
4. Two ball shooting drills for second cutter
5. Three things a second cutter can do
  1. Cut to score
  2. Slip to score
  3. Step out to score or feed on top
6. A re-screen is a second cut
7. Three on one
8. Three on three

### **SCREENING TECHNIQUES**

1. Protect yourself
2. Legal screens
  - A. Hands, arms, hips, slide
  - B. Legal distance
3. Jump stop into screen
4. Illegal screen only if contact is made
5. Non-shooter or post player set ball screens. There is no help.
6. Three-point shooter step out off a ball screen
7. Screen the screener action on ball screen

### **BASKET CUTTING TECHNIQUES**

1. Don't hang around the post man.
2. Go somewhere.

### **SECONDARY BREAK INTO MOTION**

1. Pitch ahead whenever possible
2. Keep your dribble alive
3. Four Options
  - A. Hit the post
  - B. Hit the trailing high post
  - C. Skip to weakside wing
  - D. Pass back to trailing guard
4. Use air dummies to teach post to find defense and bury for seal
5. Dribble to free throw line if you can't pitch ahead.
- \* 6. Start motion
  - A. Ball goes to weakside wing . . . You swing ball
  - B. Defense denies out passes . . . You can't swing ball
7. Side by side double versus a good jump to ball defender
8. Fight for your feet . . . footwork to set up for your shot

You don't need a million plays but you need to know how to play

9. High-low feed is tough to stop.

### **THE ATTACK MOTION**

1. Perimeter screening versus a zone
  - A. Loop. You want to keep motion going.
  - B. Skip or swing. Flare screen for a shooter.
  - C. The baseline is open if forward cover slips

- D. You can slip the flare screen
- E. Loop Skip  
Screen in by post; find the next defender to post.  
Guard will screen the top  
Screen in man, also screen for other post
- F. Constantly teach reading screens
- G. Loop flare
- H. Loop flare and slip the flare
- I. Otay Loop Flare or Loop Flare With a Post
- J. Screen the defense. You don't screen air.
- K. Kinesthetic feel. Walk the player through what you want in terms of execution.

When the play-offs come; you can't run plays: You have to play basketball . . . Why not start from day one?

Call out movements and run them.  
Constant emphasis on fundamentals.  
Catch ball with feet, eyes, and hands . . . Morgan Wooten

Execute a few things very well. Less is more.  
When stagnant against a zone basket cut a shooter

### **USING RESTRICTIONS TO TEACH**

- Put a value on each possession . . .  
Handling, rebounding, shot discipline. You could call them emphasis rather than restrictions.
1. The value of ball possession
  2. Shot discipline
  3. Ball handling and post feeding skills
  4. Board coverage and transition

### **ME RESTRICTIONS YOU CAN USE**

Lay-up — We always take the lay-up  
Post men must get ball  
Re-screening  
Certain player feed post  
Two swings  
Get particular player a shot  
Bigs out and small in versus  
Switches and backscreen

### **TWO BALL SHOOTING DRILLS**

1. Emphasis on basket cut
2. Emphasis on second cutter
3. Screeners

### **CLOSING REMARKS**

Thanks to Dick Bennett, Bob Knight, Jim Boone, Rick Majerus, Jim Tillette, and Jim Crews. Study their programs, visit with them, and tape their game.

### **DON'T FORGET THE FUNDAMENTALS.**

## ✓ Motion Progression

As we begin to teach our half court offense, we take into consideration the three things you can do on offense:

- Move the basketball
- Move people
- Screen

In teaching our motion offense we begin by teaching cutting (move people). We feel that the basket cut is the foundation of motion offense. Basket cuts allow for give and go opportunities, help to establish proper angles to set screens, and help to set up cuts off of screens. By moving people we create a situation where proper spacing and timing is essential. We would like our players to be 15 to 18 feet apart. If players are closer than this distance, they tend to get "jammed up." If their spacing is wider than 15 to 18 feet, then your angles to pass the basketball and attack the defense are poor. As we move the basketball and the players cut, we must get proper timing on these movements. We must get the ball in a ready and proper position to be passed to a cutter. Also, as players cut, all players must move to restore proper spacing.

Having an understanding of timing, spacing, and movement is essential once screening is introduced. Screening action cannot function without proper spacing. Players need the necessary floor space to create the screening and cutting angles needed to execute motion offense. Since screening action can also destroy spacing as two offensive players are converging on one point, we really emphasize spacing to our players and try to combat the poor spacing through some cutting actions by the screener, which will be explained in the **Screening Sequence** segment.

In the **Motion Progression** segment, we want to continue to emphasize the offensive fundamentals of the earlier drills (ex. catch in triple threat, facing the basket, two foot stops, shortening the pass, etc.).

## CUTTING SEQUENCE

**BASIC ALIGNMENT:** Players start in pairs and work at a basket, using the whole half court area. As we progress through the drills, players will work in larger groups (ex. 2/0, 3/0, etc.)

**BASIC ACTION:** In this sequence of drills, we build up from 2/0 to 5/0. Players execute air passes on the perimeter and then the passer basket cuts. On the basket cut, players cut hard down the middle of the lane, putting their head underneath the rim. At this point, they should quickly fill out to an opening on the perimeter where proper spacing can be restored. The coach will determine a certain number of passes before a shot is taken.

- 2/0 Basket Cuts (*Diagrams 28-29*)
  - a. pass to partner, basket cut hard, and fill out to perimeter
  - b. coach determines the number of passes before a shot attempt

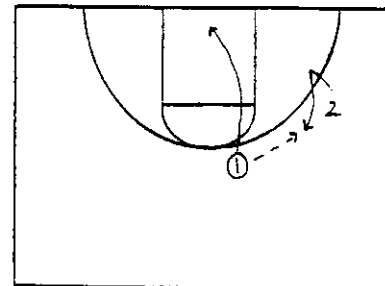


Diagram 28

- **3/0 Basket Cuts**

- a. center the ball (try to keep the ball on top, in the middle of the floor)
- b. same format as 2/0

- **4/0 Basket Cuts**

- a. same principles as 2/0 and 3/0

- **5/0 Basket Cuts**

- a. add a post
- b. on cuts, stay out of the post's way, do not bring extra defenders around him
- c. players should catch and look at the post

- **Cut and Space on Post Feed**

We put a premium on feeding the post. On post feeds, we like to cut and space to specific spots. If there is a double-team of the post, we feel we are in the best spots possible to counter the defense's tactics.

On a post feed (*Diagram 30*):

- a. need to have the non-shooter dive to the opposite block
- b. fill the two pro spots and then adjust to the defense
- c. fill either the weakside or strongside wing

\*to fill the weakside wing, a player may use a **Laker Cut** (*Diagram 31*)

- a Laker Cut is a baseline cut, six feet off the post, from the ballside to the weakside

- **Drive and Space**

Besides feeding the post, we also like to incorporate driving the basketball into our offensive attack. On baseline drives we like to space our perimeters to take advantage of the defense's help and recover movements.

On a baseline drive (*Diagram 32*):

- a. fill the baseline drift position
- b. fill the diagonal spot
- c. post I-cuts up the lane
- d. execute a **European cut** on the ball side

## SCREENING SEQUENCE

The next segment in teaching our motion offense is screening. Screening cannot be executed properly without spacing, so it is essential your players have learned the concept through the cutting drills. Besides understanding spacing, players must understand the basics of screening and cutting off the screen.

Another aspect of screening that is important is role identification. In a good motion offense, the most complete offensive players should be receiving the screens. In our system we label our players as Cutters, Screeners, and Posts. We feel that these identifications take away any uncertainties in who should cut and screen and allows lesser skilled offensive players to "play off of" the more complete players. We feel very few players have the size, strength, and ability to make all four cuts off a screen and make plays. Our "rules" for these positions are:

1. Screeners screen for cutters
2. Cutters can screen for other cutters and the post

### Fundamentals of Screening

- Obtain the proper angle for the screen (preferably through a basket cut)
  - a. cross and downscreens — back to the basketball
  - b. backscreens — back to the basket
  - c. flare screen — back to near baseline corner
  - d. pin screen (usually by a post) — back to near sideline

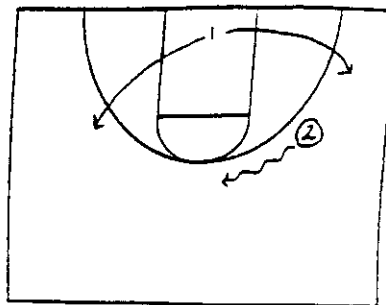


Diagram 29

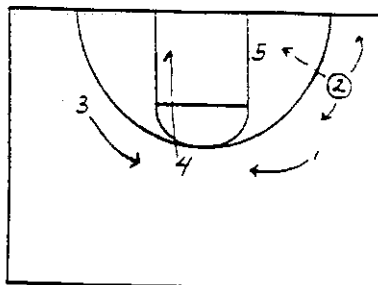


Diagram 30

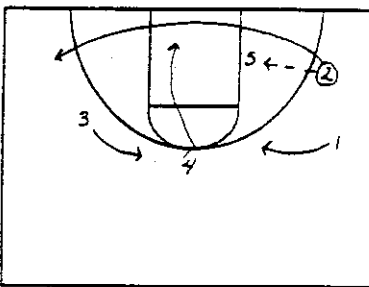


Diagram 31

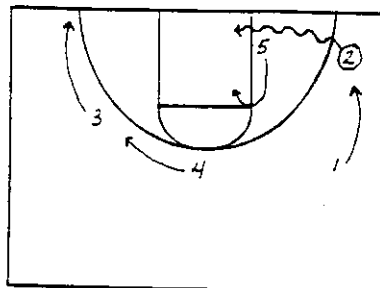


Diagram 32



- Call the name of the person you are screening for
- Jump stop and protect yourself (be low with a wide base)
- Screen the defense
- Make a second cut after the cutter has cleared the screen
  - a. go opposite the cutter

### Fundamentals of Cutting off a Screen

- WAIT, WAIT, WAIT!
  - a. allow the screen to come to you
- Use a set up cut
- Rub tight off the screen
  - a. touch the screener
- Read the defense
  - a. do not look at the basketball
  - b. the ball will be taken to the action
- Make the proper cut and cut hard

**TEACHING POINT:** The cutter must cut hard enough to score or create help.

By cutting hard the cutter may open up the screener making the second cut.

- a. straight cut — if the defense runs right into the screen (*Diagram 33*)
- b. curl cut — if the defense chases the cutter around the screen (*Diagram 34*)
- c. fade cut — if the defense goes ballside of the screen (*Diagrams 35-36*)

**TEACHING POINT:** The screener should change the angle of the screen in this situation.

- d. back cut — if the defense cheats over the top of the screen (*Diagram 37*)

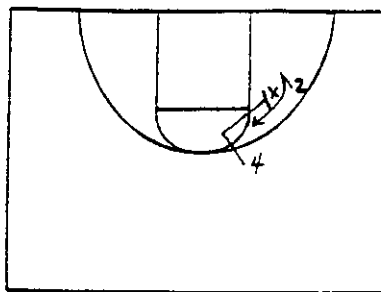


Diagram 33

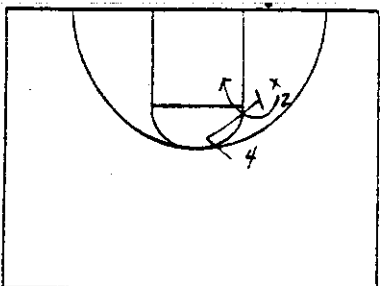


Diagram 34

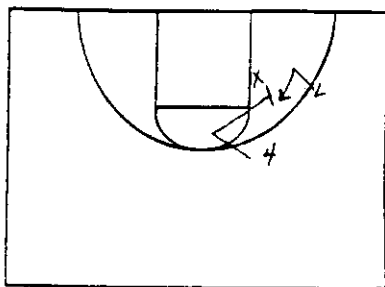


Diagram 35

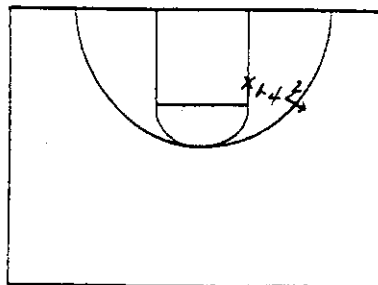


Diagram 36

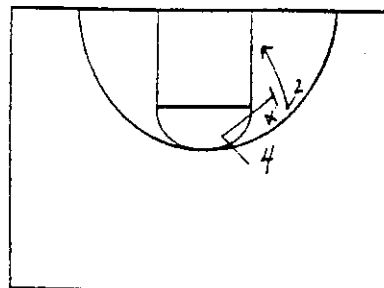


Diagram 37

### Screening Sequence Drills

**BASIC ALIGNMENT:** Players work in pairs. We would like one cutter and one screener in each pair. The players use one side of the floor and execute the various screening and cutting situations we want to emphasize.

- 2/0 without a basketball
  - a. no defense or basketball
  - b. get proper angles on screens
  - c. set up cuts off the screen (cut hard)
  - d. screener must be the second cutter
- 2/1 without a basketball
  - a. add a defender to the cutter
  - b. cutter should focus on the defense and the action around the screen

In the progression of teaching reading the screen, we will determine how the defense plays the screening action. Once the players understand the different cuts, then we will allow the defense to get over the screen any way he can. Also, you may want to have the defense go at half-speed, then as the players comprehend reading the screen allow the defense to go full-speed.

- 2/2 without a basketball
  - a. add a defender to the screener
- 2/0 with 2 basketballs
  - a. both the cutter and the screener get shots as a result of the screening action
  - b. the cutter's shot comes on his cut off the screen
  - c. the screener's shot is a result of a second cut
  - d. have a coach or a manager at the top of the key to pass basketballs to the cutter and screener

- **2/1 with 2 basketballs**
  - a. coach determines how the defense plays the screen and at what speed
  - b. both offensive players shoot
- **2/2 with 2 basketballs**
  - a. add a defender to the cutter
- **3/1 with 1 basketball**
  - a. 2 screeners, 1 cutter, and 1 defender
  - b. 2 passes must be completed before the cutter can receive the basketball
  - \*emphasis on second cuts
  - c. defense is on the cutter
- **3/3 with 1 basketball**
  - a. same rules as in 3/1
  - b. add defenders to the screeners
- **4/2**
  - a. four offensive players (2 cutters and 2 screeners)
  - b. a defender on each cutter
  - c. perimeter screening action
- **4/4**
  - a. four offensive players (two cutters and two screeners)
  - b. a defender on each player
  - c. perimeter screening action

- Not a lot of people can handle success.
- Stick to what you believe in.
- Various styles to coach.
- Why you coach? Beliefs and values. Kids to recruit.
- Belief in Education. NSU had over a 3.1 GPA
- The TEAM is the most important thing.
- If it comes down to you or the team, that decision has been made a long time ago.
- How you treat people from the custodians to the President.
- #1 thing to have as an assistant is loyalty. You are in things together as a staff. You are put in positions to defend the head coach. Our program vs. the head coaches program.
- Can't be a "Yes Man"
- Be yourself.
- Pick and choose the situation when you address items.
- Don't question the head coach in front of the team.
- W.I.N.—What's Important Now.
- Know the coach you are working with.
- Have a learning attitude each day: Read, ask questions, teach.
- 3 Roles of an Assistant:
  1. Recruiter—lifeblood of program. Players that fit the program and the coach.
  2. Teacher—work camps. Develop philosophy—prepare to be a head coach.
  3. Public Relations—how you present yourself, is how you present your program.
- Be yourself. Don't try to be something that you are not.
- Coaching responsibilities. Look to each coaches talents, interests.
- Tape practice as much as possible.
- At least one assistant must be able to work with relationships of players. Each assistant has a different relationship with players.
- Good cop/ bad cop
- Look for line-ups that work well together.

## **SESSION VI**

## **PHILIP HUTCHESON - POST PLAY**

### **INTRODUCTION**

Quote for all Posts to remember from **Vic Braden** -

**"Learn to hit the same old boring winners"**

There are no extra points for style

A post player must be on edge and antagonistic

## PHILOSOPHY

**We all know Kareem's Go-to move - the Sky Hook**

**But do you know Ralph Samson's Go-to move? He had many, and was never as successful**

## **SIMPLER IS BETTER**

VINCE LOMBARDI AND THE GREEN BAY PACKERS HAD THIS - SWEEP LEFT & SWEEP RIGHT THE ONLY THING IN THEIR OFFENSIVE PLAYBOOK.

**Coaches must show a commitment to the post game**

### Mike Roller at David Lipscomb High School

- \*Had an all state post player for 7 straight years
- \*Made sure every year his team knew that the offense was going through the post
- \*"Boys this isn't going to be the first year without an all state post player"
- \*Communicated to the team that the posts success would benefit everyone

**Hutch was not a great athlete or a great jumper, but could score**

- He is an example that athleticism does not determine scoring ability
- Brains and Work Ethic can make up for lack athleticism

**\*\*\*A GOOD POST PLAYER CANNOT BE GUARDED BY ONE PLAYER\*\*\***

## STRIKE ZONE STRENGTH

- \*The strength of a post player must be in his strike zone - knees to through his torso
- \*Players today are stronger than before - may be bad because they will try to use their arms too much
- \*Must use their torso strength

**PLAY READY FOR THE TURNING POINT PLAY**

- \*You never know which play it will be
- \*Must play hard every play and practice

**WRITTEN AT THE TOP OF HUTCH'S NOTEBOOK EACH DAY**

**W D T W**  
**E E O I**  
**S**  
**E**  
**R**  
**V**  
**E**

**WE MUST PUT THE DESPOSITS IN EACH DAY IN ORDER  
TO GET THE WITHDRAWALS ON GAME DAY**

**POST SEQUENCE**

**DO YOU WANT TO ADD 4 POINTS TO YOUR AVERAGE?**

- Sprint the court every time - takes determination
- 1 layup in transition a half is 4 points per game
- The danger is in not defensive rebounding and sneaking out to sprint
- Always be thinking that this is the possession that he quits
- Must physically and mentally wear your opponent out
- There are so few post players that run every time

**TRANSITION COACHING POINTS**

- Run to the Rim
- Look back at the ball with your hands ready
- Find someone to seal - This creates a problem
- There is no problem created when no one is sealed
- We want to post above the block
- When you post too low, it eliminates 1/2 of your moves
- Try to get a piece of the paint
- Closer is better
- Make your players practice having hands ready at all times
- When coach is talking have **HANDS READY**

## SEALING TECHNIQUE

1. Sealing is a matter of **SKILL** not strength
2. Must try to beat your opponent's top foot
3. Sit down on opponent's thigh
4. Make the defender take a step back
5. Use your feet & body - always keep your feet moving
6. Have your arms & hands in Bench Press Position - Weight balanced
7. Direct the guards on where to go with hands & mouth
  - a. Communicate - call for the ball
  - b. Direct traffic
8. If the defense wants to go to the high side - keep them there & protect the low side
9. Work your feet in 4 foot circles - do not chicken fight to the 3 pt. arc
10. **HOLD YOUR SEAL** - do not release too soon
  - a. When you are making contact - You are in control
  - b. Defense wants to avoid contact
  - c. Even when ball is swung, hold your seal, do not follow - Let the ball find you
11. Show your numbers to the perimeters. Let the ball see your numbers.
12. A post player must love contact

## SETTING UP FOR THE LOB

1. Try to seal in & out at least once
2. Plant leg in between defender's legs
3. Put both hands above shoulders
4. The Perimeter target is the top near corner of the backboard
5. Release when ball is directly over your head

## RECEIVING THE BALL

1. Catch with your eyes first
2. Meet the pass with your feet in the air
3. Chin the ball - Do not drop the ball to your waist
4. Look in the direction of the Pass - The guard will always pass away from the defense
5. No chest passes
  - a. Bounce passes below the knees
  - b. Air passes above the shoulders
6. Always take the blame for a missed pass

## SHOOTING THE BALL

1. Sealing will make shooting very easy
2. If you have problems scoring - go back & work on sealing
3. There is no need to dribble - one power dribble only

- a. When post players dribble, it is only because they do not know what to do
4. Use momentum against the defense
5. Use glass whenever possible - More room for error
6. Always follow your shot
  - a. Example - Moses Malone
  - b. Finish in practice

### **IDEAS ON GETTING OPEN**

1. Nelson move
  - a. Face the defense and wait on the ball
  - b. Step in between defenders legs & spin
2. Duck cut
  - a. Stay away from the ball
  - b. Step across defense when ball is swung to the top
3. V-cut
  - a. If defense is low, take them lower and then explode high
  - b. If defense is high, take them higher and then explode low
4. Release & Re-seal
  - a. If you cannot get angles
  - b. Step off and get the defense to relax & then re-seal
5. Screen away & seal the switch
6. I-cut
  - a. Baseline drive - release straight up the lane
  - b. Hands ready

### **FEED THE POST & RELOCATE**

**STANDING PERIMETERS MAKE IT EASY FOR THE POST TO GET DOUBLED TEAMED**

### **GETTING OPEN vs. ZONE**

1. Seal men, not areas
2. Start lower, behind the defense
3. Seal the middle man when the ball is on the wing
4. When the ball is on top, Seal out
5. Step - out to the short corner
  - a. Ball goes to the wing
  - b. Pull Middle man out
  - c. Look for the 4 man dive

## GENERAL POSTING IDEAS

1. Best offense is getting the defense in foul trouble
2. On shot fakes - do not straighten your knees
3. Jump Hooks
  - a. Point shoulder to the basket
  - b. Keep ball under chin
  - c. Keep separation with the off arm / hand
  - d. 11 o'clock release point
  - e. Start close and work your way around basket to warm up
4. A system without skills is like a Bomber without Bombs
  - a. Confidence comes from successful repetition under pressure
  - b. Game Shots at Game Spots at Game Speeds
5. If you are not making mistakes you are not getting better
  - a. If you make your practices hard enough, the games will be easy
  - b. Challenge yourself and compete during a workout
6. Work on creating an angle in the post when the defense is playing dead behind
  - a. Start moving one way and use his movement against him
  - b. Angle - Movement - Deception
  - c. Must have angles to score
7. Easier to seal vs. Man defense - you know exactly who to seal at all times

## POSTING DRILLS

*The point of these drills is to make your hands and feet better, while gaining confidence.*

1. Sealing without hands vs. Live Defense
  - a. Put ball in the middle of circle
  - b. Defense try to get to it
  - c. Offense move feet & keep contact by moving feet and not using hands
2. Ball Slaps / Slams
  - a. Use at the beginning of workout to warm up hands
  - b. Slaps - slap hand down to the ball
  - c. Slams - bring ball down to the hand
3. Ricochet - put your heels on the line and slam ball through your legs
4. Slams - two handed slam off the backboard or wall - do not dip
5. Slams off the toss back
  - a. Continually work closer
  - b. Hands ready
6. Taking infield with a partner
  - a. Bounce bad passes to partner



- b. Mix tennis balls with basketballs

**Using your mind and being creative as a player is key to developing a great workout & becoming a Great Player!**

## **POST WORKOUT**

- This workout can be done by yourself or with a partner
- If a partner is not available - spin yourself a pass
- The emphasis is placed upon getting shots up at game speeds
- Should be able to get 30 shots up in 2:30 minutes
- Learn how to do the right things over & over
- **GAME SHOTS @ GAME SPOTS @ GAME SPEEDS**

**Moves - Both sides & in both directions**

1. Breakaway layup passes - thrown over shoulder (2 shots)
2. Flashes to the block (4 shots)
3. Flashes to the middle of the lane (4 shots)
4. Trailer Jumpers - catch only at angles that you will catch during a game (4 shots)
5. 2 Free Throws
6. Lobs from '1' (2 shots)
7. Pushed off your mark shots (4 shots)
8. Step out - Power Move & Jumper (4 shots)
9. I-Cuts (2 shots)
10. 2 Free Throws

## **SESSION VII**

## **COACH MEYER - ZONE OFFENSE**

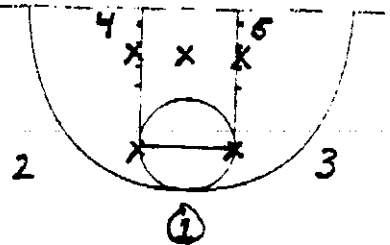
### **Zone Sealing**

- Post players look to stretch the accordion
  - When ball goes to the corner - run to find the next player in middle
  - When ball goes on top / middle - look to seal out
- Perimeter players, deceive the middle man
  - Use pass fakes
  - Try to move him out of place

## DEEP & WIDE vs. ZONE

- Posts step back & wide behind the zone
- They need to be talented & skilled

Figure #1



### GENERAL THOUGHTS ON ZONE OFFENSE

1. The purpose of the loop is to get both guards on one side of the court
2. Feed & Space when the ball enters the post
  - a. The non-shooter always dives
  - b. There are 3 spots on the perimeter
    - i. Corner
    - ii. Pro
    - iii. Diagonal
3. Continuous random sealing
  - a. Go meet the next guy in the lane wherever he is

## SESSION VIII

## **COACH MEYER - QUESTION & ANSWER**

### **GOING AGAINST GREAT PLAYERS - YOU HAVE TO DO SOMETHING A LITTLE DIFFERENT**

IN HIGH SCHOOL, FIND A WAY TO LIMIT THESE PLAYERS' TOUCHES

- SECONDARY DOWN THE SIDELINE IS LIKE A SLOW TWITCH MUSCLE
- ROY WILLIAMS RUNS A PROGRAM LIKE IT IS SUPPOSED TO BE RAN
- TAPE # 16 - PRACTICE ORGANIZATION
  - MORE DIFFICULT NOW IN NCAA THAN IT WAS IN NAIA
  - MORE RESTRICTIONS NOW
- HIGH SCHOOL COACH LIMITED IN PREPARATION, WHAT IS MY APPROACH?
  - Determine your talent level

## Tape #4 — Zone Attack

1. Why are they zoning? (Out of strength/Out of weakness)
2. You determine your zone attack by:
  - a. Your philosophy
  - b. Opponent's philosophy (league, game)
  - c. Your personnel (e.g. who could penetrate, CS or CCS rebounder)
  - d. Opponent's personnel (e.g. who to shoot over for rebounding, etc.)
3. Your mental preparation is key
  - a. Believe in the "system"/mental approach
  - b. Basic fundamental basketball beats a zone
  - c. Fear factor...over emphasis in one practice
4. What do they want you to get? (Quick outside shot attempt)
5. What do you want to get?
  - a. Inside emphasis: no perimeter lapse (show feeding post drills)
  - b. No outside shots early in pre-season
  - c. Ball must go inside before you shoot it
  - d. Certain player shoots it
  - e. Read the defense after a-d
6. Emphasis of zone attack
  - a. Defense to create easy baskets
  - b. Break; primary and especially secondary
  - c. Handle the ball with patience: easy pass vs. "assist" pass mentality
  - d. Penetration inside
  - e. Shot discipline (what, who, where, when)
  - f. Boards: 2/1 weakside (how zones rebound)
  - g. Pull out
7. Perimeter movement principles (Passing, Cutting, Screening)
  - a. Stretch out zone (perimeter start high, posts low on baseline)
  - b. Gap
  - c. Hand targets, knees bent
  - d. Face triple threat (catch with feet in air)
  - e. Who is guarding you and where did he come from? Take him away from that area
  - f. Swing (make defense move and distort)
  - g. Dribble off top of circle (puts pressure on back line)
  - h. Dribble off baseline (take it off)
  - i. Dribble follow
  - j. Dribble at (freeze & slide)
  - k. Through (perimeter can fill high post)
  - l. Weakside wing rebound

8. Inside movement principle
  - a. Sprint to posting area
  - b. Work behind defense and stretch it out
  - c. Post
  - d. Seal out
  - e. Step out
  - f. Flashes (especially fill the high post)
  - g. Consecutive cuts (CC)
  - h. Buddy duck cuts
  - i. Center screen (CS); consecutive center screen (CCS)
  - j. Screen in
  
9. Combining perimeter and inside play
  - a. Improve 50X with use of PASS FAKES and SHOT FAKES
  - b. Bring the ball back to the scorers  
Go away from poor defender and come back
  - c. FILL THE HIGH POST
  - d. Sticks if they don't encourage quick, low percentage shots
  
10. Break down drills
  - a. Twenty five shot drill
  - b. Zone spots for perimeter and inside
  - c. Two man shooting off zone movements
  - d. Perimeter: 3/0, 3/2, 3/4, 3/4 with coach as a post, 4/5
  - e. Inside: 2/3, 3/4 (stress look for buddy and opposite)
  
11. Team restriction drills
  - a. Call shot
  - b. Number of passes before shot (insures swing)
  - c. Swing so many times
  - d. Certain type of shot
  - e. Certain number and/or types of screens
  - f. Particular player touches it so many times before shot
  - g. Particular player shoots
  - h. Score only on offensive rebound
  
12. Offense
  - a. Primary break
  - b. Secondary break
  - c. #1 entry or quick shot
  - d. #2 shooters next to handler go away from shooter, double for shooter
  - e. #3 patient attack
  - f. #4C zone trap attack shooter in corner option
  
13. Out of bounds
  - a. Spread
  - b. Stack
  - c. Weakside screen in principle on any baseline out of bounds
  - d. Board play for under five seconds

- **Two - a - days a possibility**
- **Shoot free throws in the morning - get doughnuts and orange juice**
- **The quick fix is to run plays**

### ➤ **FIVE THINGS TO LOOK AT IN BASKETBALL - WOODEN**

- **1/2 court offense**
- **1/2 court defense**
- **Fastbreak**
- **Rebounding**
- **Press & Press Attack**

**\*\*\*IF YOU WANT TO SLOW THE GAME DOWN - PRESS\*\*\***

**\*\*\*IF YOU WANT TO SPEED IT UP - TRAP \*\*\***

- **The influx of College coaches into the NBA saved the game**
- **Make a decision, Win the game or Keep it close**
  - **In street fight, you don't live when you stay close**
- **In a press don't tell them where to be - they will get slower**

### **Wooden watching UCLA**

- **Black Uniforms one step away from letting the inmates run the prison**
- **He was more upset about the conditions of the visiting locker room**

## **GOOD TEAMS**

- 1. Everyone is tough**
- 2. All the players communicate on the floor**
- 3. They play great defense**
- 4. Are unselfish and can pass the ball**
- 5. Can shoot the ball**

**\*Much rather have incubator babies, who were one step away from death - they are tough**

**\*Schedule Light / Easy games early to gain confidence**

TONY LARUSSA-

"Every night I have to prove that I deserve to be a Major League Baseball coach"

- We all have SOMETHING TO PROVE
- We all do not look like basketball coaches

- **We have the best players in the country; they can only be stopped by**

- 1. Themselves**
- 2. Their teammates**

- Make all points in pickup games worth one point  
Make all inside arc shots worth 2 points, threes worth 1

**John Pierce**

- Great Player, ALL TIME LEADING SCORER IN COLLEGE BASKETBALL
- 70% 2pt
- 45% 3pt
- 69% total FG
- 79% FT
- 10 Rebounds per game
- 4 Assists per game

- In High School, why guard guys who cannot shoot?

- **Never praise scoring**

- Praise the things that led up to the score

- Use team as much as possible when you talk to your team
- Stress the fact that the whole must be greater than the sum of the parts

### Bobby Knight

- Take what your opponents do & use it against them
- Example - vs. athletic teams, back door, back cut vs. pressure

### **WE WANT AUTHENTIC WOLVES, NOT COUNTERFEIT WOLVES**

Real team players that look out for their teammates before themselves like:  
Philip Hutcheson & Wade Tomlinson

- One thing to look at when you start your program - is it important to your kids & to your community?

### **TAPE # 23 - Shot Selection**

- 4 - lay-up
- 3 - Wide open jump shot
- 2 - O.K. shot / pressured shots
- 1 - Bad shot
- 0 - Turnover

**Your worst shooter should have your highest shooting percentage, because they should only take layups and power moves**

### **Bear Bryant**

"You have got to let the big mule plow. Be sure your boys are ready to play on Saturday not Wednesday"

- Get a game day routine & practice routine - Must have continuity & be ready to play

Send Coach **Pat Summitt** a letter:

Lady Vols Basketball  
University of Tennessee  
207 Thompson Bowling Arena  
Knoxville, TN 37996

## **SESSION IX      **COACH MEYER - SKILL DEVELOPMENT****

- **It's not what you teach, It's what you emphasize**
- **Championship teams do the guts of basketball - which are the fundamentals**
- **The way you say something is more important than what you say**
- **Must make drills Game - like**

### **1. Easy Running**

- Run up & down the court
- Have a Coach throw a pass to players
- When pass is caught, player makes a front & rear turn
- Pivot on the ball of your foot
- Make a quick stop - not high in the air

### **2. Starts, Stops, & Turn Lines**

- 2 dribbles off the baseline
- pressured by coach on the pivot
- Make a rear turn & feed the post



- d. Receiver catch the ball in posting position
  - i. Catch the ball with Eyes
  - ii. Feet
  - iii. Hands
- e. Do not want a Dolly Parton (Chest High) bounce pass
  - i. Must be low
  - ii. Chest over thigh
  - iii. Turn wrist over at the end of the pass

### 3. 2 hand Overhead Pass

- a. Throw to Coach
- b. Will toss back to player as he runs out
- c. Make a front turn
- d. Dribble down to feed the post

### 4. Feed the Post Progression - both ends of the floor

- a. Feed from wing - Defense on the high side
  - i. Dribble down from wing to feed
  - ii. Feeder relocate to corner
  - iii. Post catch perpendicular to the pass
  - iv. Dribble down below the poster
  - v. Do not bury the post under the board with the pass
- b. When post is fronted - loop to the top
  - i. Seal out
  - ii. Get the Hi-Lo feed (Air Pass)
  - iii. Fake a pass to make a pass
- c. Add defense - 3 on 1
  - i. 2 Perimeters 1 Post
  - ii. Loop - Skip - Seal Out

### 5. Perimeter Skill Development

- a. 30 on top
  - i. Wings go to the elbow when shot goes up
  - ii. Post goes to the front of the rim
- b. 30 from wing
  - i. 2 on 1 on the weakside board
  - ii. Post spin to the weakside

### 6. Shooting Drills

- a. Partner Shooting

- i. 2 players
- ii. Follow your shot - pass to partner
- iii. Use one, two, & 3 passes
- b. 2 Balls, 3 closer outs
  - i. Use flyby defense to work on getting ball up
  - ii. Shot fake when shot is blocked
  - iii. Can add proper defense with closeout
  - iv. Add helpside - 1 dribble pullup

## 7. Closeout & Offensive Moves Drills

- a. 1/1 from the wing
  - i. Add helpside player
  - ii. Use shot pressure to take away rhythm from shooter
  - iii. If you do not leave the floor, you act as a gunsight for shooter
- b. 2/2 from wings
  - i. Must work offense & defense in all drills
  - ii. Closeout on the skip
  - iii. Helpside player gives help outside the lane

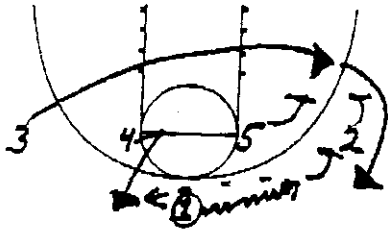
## 8. Open Court Moves vs. Defense

- a. 1 on 2 Full Court
  - i. One defender at the half - line the other at the FT line
  - ii. Defenders will bump off
  - iii. Attack defender with angles
  - iv. Cannot belly out
- b. 1 on 3 Full Court
  - i. Add defender at other FT line
  - ii. Know your Go-to move
  - iii. Enter the half court through the center circle
- c. 1 on 2 Half court Trapping
  - i. Learn to back dribble
  - ii. Pull back, crossover

## 9. X - Lavups

- a. Make 6 in 20 seconds
- b. Dribble to the FT line & basket with one dribble
- c. Dribble with inside hand going back

## THINGS THAT YOU NEED TO WIN



1. Inside Game
2. Outside Game
3. Penetration Game
4. Pull - Up Game

**Otay 1/1 or isolation** - work IDW moves from this spot

-Look at post like # 1

-Point Guard screen away from Triple screen away  
Figure # 2

## IDEAS VS. SWITCHING DEFENSES

1. Look for posts to slip off big for little screens
2. Spread your offense / Congestion hurts good screening teams
4. Player cutting to the basket must be able to make a play
5. Player setting the screen must be able to score popping out
6. Slip early
7. Everyone receiving a screen - backcut
  - a. Both defenders will follow cutter - concede outside shot
  - b. Screener pops out for outside shot
  - c. Good way to get a 3 at the end of the game
8. Move Post to the High Post
  - a. Set back screens, flares, etc.
  - b. More room to drive
9. Screen your own man & then slip

### Pat Summitt

- A big timer who hasn't lost what is important

- She will ask you more questions to you than you will to her

**What was the score when I went into the Game & what was the score when I came out of the Game?**

-Question all players should ask themselves

- **Who is going to make the BIG PLAY to get us going?**

## **SESSION X      COACH MEYER - MOTION OFFENSE / PAT**

### **Motion Offense**

1. 4 on 0 Cutters & Screeners
    - a. Space to NBA 3 Pt. Line
    - b. Cutters can screen for cutters
    - c. Communicate & cuts - one syllable words
    - d. PATIENCE & MOVEMENT = BASKETS
  2. 5 on 0 - Cut & Space
    - a. Feed Post & Space properly
  3. 5 on 0 Drive & Space
    - a. Baseline Drive
    - b. 3 Perimeter spots
      - i. Crackback - behind the ball
      - ii. Baseline Drift - make bounce pass under coverdown man's hand
      - iii. Pro - Spot - ballside guard spot
    - c. Post will I-cut
- Crackback - can be used vs. trap or baseline drive

- Receiver - get behind the ball to release pressure
- Handler – make a rear turn to protect the ball
  
- Heel to toe relationship in triple threat
  
- **Jim Crews**
  - Spends 80% of time in practice working on offense
  - They are proud of it
  
- **Dick Bennett**
  - “Dumb up”  
Keep it very simple. Less is more.

## **PAT** - Point Anticipate and Talk

### **Introduction**

- We left the 1-1-3, because we gave up penetration
  - Was it worth the time?
  - The law of diminishing returns
  
- Got part of the idea from the combo defense
  - Post in the middle & everybody rotates on perimeter
  
- **BOYD GRANT**
  - Tarkanian had every tape of his games
  - Great coach & no one knows who he was
  - Played a lot match up
  
- **BOBBY KNIGHT**
  - Learned motion offense from Dean Smith
  - Knight believed in 1 defense with adjustments

- Smith believed in 1 man defense & adjust with zone
- WHY ZONE?
  1. The offense will stand
  2. You can't guard them man to man
  3. You can't control their guards
- *You must have a secondary defense and it must fit you*
  - Point Anticipate and Talk – means continuous talking to man & your teammates

## General Ideas

- You want to have your bigs in and your smalls out
- You determine where to guard your opponent
- In a zone – play as far away as possible in help, because of rebounding
- Can you play pressure man & pack man with the same team?
  - Don't teach two conflicting physical habits
- In PAT, you are more concerned with keeping the ball out of the High Post than denying
- Switch everything that crosses – i.e. – two guys must cross
- Post player does not switch
- Keep your butt to the baseline
- Go with the overload
  - Don't keep two forwards on the same side of the court
  - Rotate out
  - Sprint to the other side
- Go with the short cut
- Guard to the arc
- Negatives of switching
  - More man oriented
  - Not watching the ball
- Don't switch the dribble

## Tape #25 — PAT: Point and Talk Match-Up Man Defense

1. Record your ideas of what you learn about players and the game on a daily basis.
2. Why did we leave the Fresno 1-1-3?
  - A. Not a match-up.
  - B. Went from 1-1-3 to 1-3-1 against three-point shot.
  - C. Evaluate law of diminishing returns.
3. We gained many ideas from Bill Foster's combo defense. You keep the big post man inside.
4. Your basic defense and secondary defense must complement each other and use similar techniques ... "CONSISTENCY"
5. Why Zone?
  - A. Opponent can't attack it. Stand.
  - B. You can't guard opponent man to man.
  - C. Sandwich or front and the back post.
  - D. Control penetrating guards ... "TANDEM"
6. PAT = POINT AND TALK
7. PAT is like motion offense. It gets better as the year goes on and you play it more.

### PAT RULES

1. Continuously pointing to your man and talking to your teammates.
2. Please guard someone: don't have two people on the same someone.
3. The defense takes the shape of the offense's alignment.
4. Keep bigs in and smalls out.
  - STRAIGHT MAN TO MAN you determine who you guard, but not where you guard.
  - SWITCHING MAN TO MAN you can't determine who you guard or where you guard.
  - IN PAT, you can't determine who you guard, but you can determine where you guard.
5. The post man comes out in emergency situations only.
6. Helpside defenders straddle the weakside lane line.
7. Switch everything to keep bigs in and smalls out.
8. Pressure every shot without fouling: "change or alter"
9. Block Out. Pursue, Chin the Rebound. Outlet ... "BOPCRO"
8. Constantly stress man to man techniques.
9. Butt to baseline guarding a man away from the ball.
10. COMMUNICATION: talk to the ball and the man in front of you.
11. OVERLOAD CUT: Helpside defender goes with cutter. CORNER CUT
12. SHORT CUTS: The guard on top must stay with the cutter.
  - Any cut where they don't cross the mid-line of the floor is a short cut.
13. Let them play it and get them talking to improve.
14. Thru cuts are hard to guard.
15. Baseline Out of Bounds: Guards take the first pass to the corner. Forward take the second pass to the corner.
16. If you don't understand zone offense, don't attempt to play zone defense.
17. It is better if you can play behind the post but you can front a great post player.
18. Compact the defense. We only guard to the arc.
19. You watch the ball when you guard the ball. Your teammates will talk to you.
20. Pressure the ball on the dribble. Don't switch the dribble.
21. Switching tends to make you lock in on your man and lose vision of the ball.
22. Practice man to man techniques in breakdown drills.
23. Practice PAT five on five.
24. Use man to man techniques.
25. Press full court any way you want to in PAT. Big man protects the lane.
26. The more they think the slower their feet get. — Jerry Tarkanian
27. Stay with a defensive adjustment until they beat it three times.
28. Deny the top in PAT only works against teams that don't flash or fill the high post.
29. Don't get married to your secondary defense. Don't play it as your primary defense.
30. Bud Presley and Bob Knight said they would zone some if starting over again ... How about you?

## Thoughts on becoming a better Coach

- Learn something by being around Coach Summitt
  - She does everything the best she can & then a little more
  - She is not a spotlight sucker
- Understand that Philip Hutcheson knows the game. Learn from your players.
- The players got more out of it than the coaches did
- You are the sum total of your experiences

### Bill Walsh @ 40

*"I was a pretty good coach, but I did not have the necessary time and experiences to be a great coach."*

Shared Ownership

Shared Suffering

Individual Responsibility

Collective Pride

= **TEAM**

- We need to be Wolves
- You get in or you get out
  - Make a choice
- The players make all the choices - coach doesn't make any
- Total commitment
  - Not a communist thing, but a team thing

**It would be such a joy if everyone did everything as if they were doing it totally for the team**

- Improvement is what keeps us going as coaches
- It's what I am - I've got to be in it all the way, it's the way I show the team that I care about them
- I can't shuck and jive with them in the office - it isn't me
- The Curse of Coaching - never can enjoy it until you are done
- Make the team do the job - you are the only one who can
- You cannot take any of the credit - the team makes the plays, wins the games, they are the ones who deserve the credit
- Teach them how to be MEN, but don't break their spirit
- Got to make the deposits everyday, not withdrawals
- Every part of the body is so important

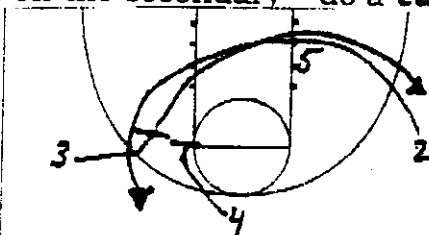


- If the anal opening starts to feel unappreciated - the ears start ringing, the eyes start watering, skin starts sweating - it messes up the whole body. EVERY PART OF THE TEAM IS IMPORTANT.

## SESSION XI COACH MEYER

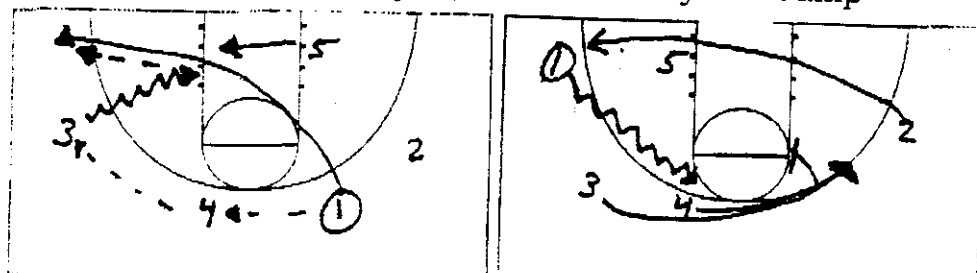
### ZONE SECONDARY, SPECIAL PLAYS INTO MOTION & DEFENSE

- You cannot dictate movement all the time - they must learn how to play
- If you cannot pitch ahead on the secondary - do a **turnout**

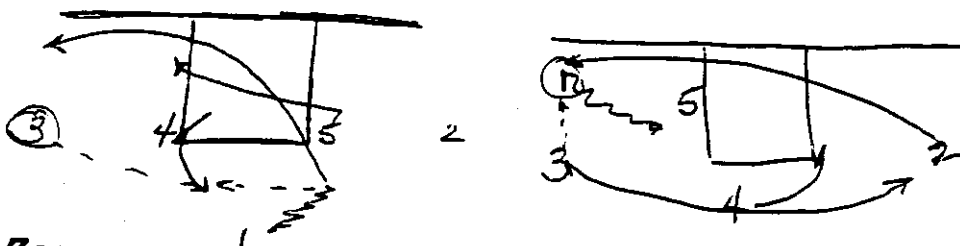


#### Zone Secondary

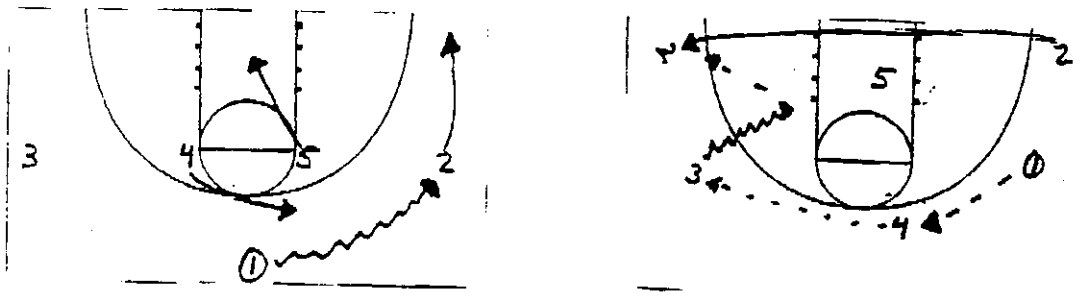
- Penetrate - make 2 people guard you, otherwise they will bump you off



- **1 Zone** - same as zone secondary, except start out of a 1-4 alignment



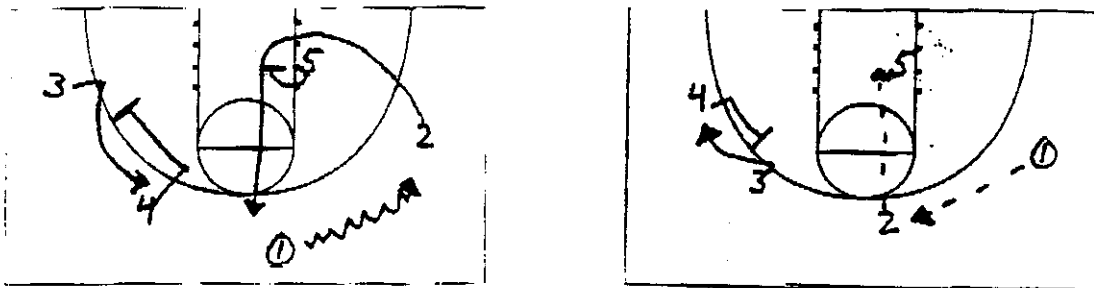
#### MAJERUS vs. Zone



## SPECIAL PLAYS

If you run a special play – it better be inside oriented  
Would be nice if you can run vs. man or zone  
You don't want too many plays.....

### Utep (vs. man)



'33' – put a 3 into the post, drive at him & he Europeans to 3



DON'T LEAVE  
POST WITH YOUR  
MAN TRAPS BALL

## DEFENSE

The heart of man to man defense is

- The Closeout
- Hand position – front hand above the ball / Back hand Sickle the pass

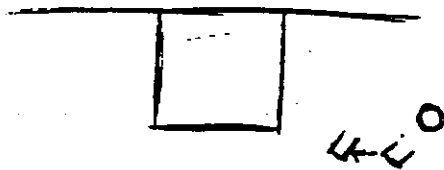
Closest man take the ball out of a trap / help situation

Two things that you can never be wrong saying as a  
**Coach**

1. More pressure on the ball
2. Closest man take the ball

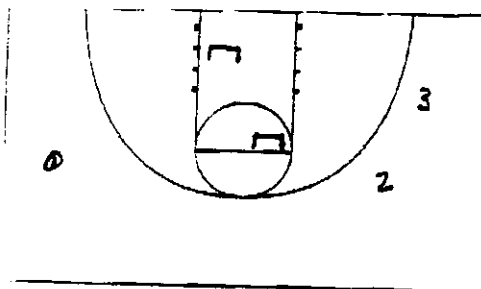
## Defending Drivers

- Nearest man get on / up the line – early help, early recovery
- Vs. a great driver, do the same & take a step off the line of the ball



## Helpside position

I Formation



Low I STOP BALL  
HIGH I COVER DOWN  
Y-BACK  
NO FLASH  
CUR.

- Adjust when people start skipping the ball
- Straddle the lane line vs. a Dead 3

A player that brings energy to the team – he is invaluable  
You need to be a stance like Gary Payton – looks like he has a steel rod stuck up his butt through his ne

## Foot Position on the Wing

- Heel to Toe
- No Straight Line drives
- Arc the ball out of bounds

## DENIAL

- You want to make the court look smaller – get on/up the line of the ball & your man
- Post Man needs to be on/up when the ball is above as well – do not get Velcroed

- Butt front the post only when the ball is below the circle

## **General Defensive Thoughts**

- The guy guarding the ball is never right
  - Can always put more pressure on the ball
  - If the ball drives too much, you need to get more gap
- You want to make the other team a little dribble happy
- We are all guarding the ball – we are all responsible
- Posts go underneath the post when the ball is skipped
  - You can do anything you want to in the post as long as you do not straighten your arms out
- Your best defender is the baseline
- Question to ask your team – How are you going to defend the Ball?
- You have to take Middle Drives in the chest
- **Hubie Brown**  
“The game will be won by who makes the most middle drives”
- Attack Penetration outside the lane
- V-Back (Coverdown) on the baseline penetration
- As long as you can see your teammate’s rear end & not his man you don’t need to help
- We want a pressured shot on the baseline everytime
- See the biggest part of the floor in every situation of basketball
- \*\*\*5/5 Michigan State blackout \*\*\*\* - get handout

## **Don't let your man get into the lane**

- Cheat steps – towards your man when ball goes above head
- You can't press good teams in March
- Practice & Play to beat the best – **Dick Bennett**
- You got to know how you want to lose – **Jim Crews**
- Closeouts
  - o Sprint ½ the distance & then breakdown
  - o Odd number of steps to be into closeouts
- Buddy Coaching – guys on the bench help guys on the court
  - o Yell out stance to one particular player all game long
  - o Greg Eubanks to Philip Hutcheson

## **Defensive Drills**

2/2 Closeouts from the wing

3/3 Below

With Post, defend drives & skips

## **Trapping**

1. We don't want the ball to see us coming
2. We want traps to come from the middle of the court
3. Get someone to shoot the gap

- Practice **RUN & JUMP** in 3/3

## **Defensive Transition**

"Just get back as quick as we can"

1 Full back  
1 Half back  
3 Tailbacks

**The less quickness, the further back you want to go on the shot**

## Rebounding

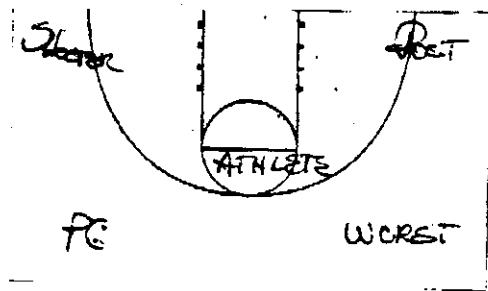
1/1 drill - get 3 successful rebounds with outlets in a row to win

OFFENSE Keeps SCORING WHENEVER THEY GET BALL.

You PROGRESS TO 3/3 WITH SAME RULES

## OFFENSIVE SYSTEM

- Point Guards - Back Dribble & Pullback Crossover as a part of their warm-up
- Vs. 1-3-1 Diagram
- 4-Corners - look opposite in the middle
- Press attack - Tape 29
  - o 3 available receivers
  - o 1 Deep Diagonal
  - o If you can't throw over - they will press you
- Delay Game
  - o 4 Corners is good
  - o Run Offense - get a little higher & wider
  - o 5 high delay game



## Ideas on developing a Program & System

- You must have a system, any system, and stick to it, but it must be flexible
- Do extra scouting of the other region to get a feel of how they play

Michigan State Basketball  
Rebounding Concepts & Philosophy  
Mike Garland

1. In the Michigan State Basketball program, rebounding, without question is a top priority. From the seasons' beginning until its end, rebounding is a big point of emphasis each day throughout the entire duration of our practice sessions. Everything we do either begins or ends with the rebound or an attempt to rebound the chance (made shot).
2. We coach rebounding on every shot taken in practice. One of our staff members and sometimes two assigned to coach rebounding only during practice. Which phase of rebounding he will coach is usually determined before practice and will change in accordance to what we are working on during a particular drill or scrimmage situation offensively or defensively.
3. Important point - we grade our players rebounding performance on effort not the number of rebounds they get in a game or practice session.
  - Offensive rebounding - we chart the number of times a player makes an all-out effort to get to the offensive boards (attempts) against the number of chances he actually had to go to the boards. The percentage basis is calculated by dividing the number of chances to go to the boards into the number of times a player attempted to get to the boards.
  - We also do the same collectively as a team the same way.
  - Our goal is to be 90% or above in our effort.
  - We want to get back 50% or better of our missed shots.

Defensive Rebounding - we chart defensive rebounds in a similar manner except we calculate the number of chances to cut out (block out) by the number of time a player individually or our team collectively actually did cut out his offensive player when the shot was taken.

- Our goal is 90%
- We don't ever penalize a player for not making an unnecessary cut out (we actually discourage the unnecessary cut out).

### Offensive Rebounding

1. At Michigan State we believe the missed shot is our best offensive play.
2. We tell our players to always assume the miss when the shot is taken either offensively or defensively.
  - We tell our players to pursue the ball (Al Anagonye)
  - Don't go to a back - avoid contact
  - Keep hands above the shoulders (don't get arms pen down)
  - If you can't get the rebound try to tip it to someone else or keep the ball alive - get a hand on the ball or a finger - whatever - keep the ball alive - we do a better job of this than any team in the country (War Drill)

3. We want to get dribble penetration by our point guard.
  - Causes help rotations that leave our players a free run at the basket when the shot is taken.
  - Point guards poor shot in the lane can turn into a pretty good play if you're getting to the glass (Thomas Kelly) don't pass shoot rule.
4. We want to get the ball inside to our post players.
  - Tough to double post or dig from the perimeter and cut out and rebound at the same time.
  - Most perimeter defenders relax when shot is taken inside. We really work hard on getting our perimeter guys to follow up the post players shot.

**Offensive rebounding is just flat out relentless effort!**

### Defensive Rebounding

1. Offensively we want to get every rebound, conversely we don't want our opponents getting any offensive rebounds.
2. As I stated previously we chart our player's effort cut out when the shot is taken. Our defensive rebounding philosophy when it comes to what we do when the shot goes up:
  - We don't block out we cut out - don't want to stand with our backs to our opponents.
  - We want our players to hit their opponent and go get the ball above the rim - football block - make your opponent step back.
  - Clean rebounds - critical to success of our break.
  - We teach our players to chin the ball the instant they get their hand on it, this is a big reason you very rarely see us lose a rebound or have the ball stripped from us when we rebound.
3. The number one reason for our success on the boards is our perimeter rebounding, offensively or defensively.
  - Against a strong offensive rebounding team you must get guard rebounds with point guard.
  - Cleaves
  - Bell
  - Point guard free rebounder
  - Guard rebounds quicken the break - no need for outlet pass to guard

### War Drill

- Without guard rebounding
- With guard rebounding
- Don't let offensive player get his feet in the lane
- Offensive players don't lean on backs - pursue the ball.

Questions



- Everyone does the dirty jobs
- No pecking order
- That is what athletics is all about – sacrifice for others
- Slow Rain vs. Hard Rain (The soft rain soaks in)
- When we share, we gain the most
- Can't use it all – simplify

### **PURPOSE OF ACADEMY**

1. Help Coaches
2. Help Team
3. Help Ourselves

- Can't ask too many questions – dumb if you don't
- Logical Progression in your teaching
- How is this going to affect my kids?
- If you are not thinking young – you are through
- John Wooden is who we are trying to be like

## **It never closes**

*I seek to leave the world  
A little better place  
Than I found it.  
--Naismith*