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## First Team Meeting (August 25, 1998)

**Topic: Academics, Basketball, Weight Room, and Conduct of Life**

### ACADEMICS = #1 PRIORITY

- Nothing is more important than ACADEMICS. Coach doesn't care if we win one game...he just wants the kids to be in every class. Getting your education is the most important thing a kid will do while at Utah. Go to class and try hard. Miss two classes and sit out for one game.
- You don't have to make "A's," but you must give an "A" effort. Academics and being able to speak...don't cheat yourself.
- Upperclassmen...change majors if you want...we will stick with you. Find something like that you can leave here with and represent your family name in the appropriate manner.
- If you short change yourself in the classroom, you will be ran out of Utah. We will never quit on you in the classroom as long as you don't quit on yourself.
- Tutors...there's no shame in getting a tutor. Doleac and Hansen both had tutors and they were Academic All-Americans. (Doleac = 1<sup>st</sup> Round Draft Pick to Orlando Magic; Hansen = Law School at Stanford)
- The tutor will not do the work for you. They will help you along the way and provide assistance. If you don't like a certain tutor after 2 or 3 visits we will change it. If you change tutors 2 or 3 times then the problem is probably you.
- Never give basketball one thought while in class. Live in the moment! Doleac was great at it! When he was playing ball that's all he was thinking about, but the same goes for when he was studying, barbecuing, fly fishing, playing cards, or going on a date.
- Coach went through each players academic history and made a comment. For example: Tyson...you're in a comfort zone academically...you can do better.
- We have 7 or 8 road games in a row early in the season. With Maui and the Great Eight we will miss more class this semester than we have ever missed in Coach's tenure at Utah.
- The economy is great right now, but it will crash one day...the only way you can have a quality of life is to get a great education.
- There's no embarrassment in asking for help...remember that.
- Basketball is the best scholarship on campus.

## **BASKETBALL = # 2 PRIORITY**

-Basketball is the second reason you are here.

-We will coach everybody like they want to make the NBA. Practices are demanding.

-We play together.

-Everyday you must be the most enthusiastic, motivated, and competitive person you can be. You can guarantee Coach will bring that to the table every single day.

-If you defend and rebound you will play for Utah. We are the best defensive team in America.

-We can't look at 7 new guys as an excuse not to be successful; instead we need to look at it as a reason for us to be good.

-We all have an obligation to Andre Miller to help him win.

-Everything we do here is competitive.

-If you don't play hard you will be in for a very long haul with Coach Majerus.

-Coach has no favorites....he only likes guys who play hard.

-You must ask yourself daily..."Where do I want to go with my game?"

-We are as good as the worst man on our team.

-Let your play distinguish who you are.

-You can climb on board or sit.

-What is your coachability quotient?

-Everybody has a role on the team. Coach told the team he will play 7 or 8 guys....10 if he can.

-We want talk in our program: 1. Basketball 2. Life, and 3. School

## **WEIGHT ROOM**

-Weights start this week. If you want to play...get a body. If you miss strength training it's like missing a practice...you will have hell to pay!

-We have the best strength coach in America in Chris Doyle.

-No more baby sitting. You are mature 18, 19, 20, or 21 year olds. You are responsible for your own bodies. Take care of your body and get ready for the season.

-Fatigue will let you down like it did Andre and Doleac in the NCAA Championship Game.

-Coach went through the entire team and told them who had to lift more, less, or not at all. He also told them what they needed to do in regards to their body fat. Chris Doyle was at meeting also. Coach also had the trainer, Gerald Fischer, there for awhile. Coach told the team there's a difference between being hurt and injured. You can play hurt.

1. Huesser: Lose weight
2. Killion: Understand basketball lifting. No more Lifting. Have heard rumors that your brother does or had done steroids.
3. Alex: Must gain 5 to 7 pounds while maintaining Low body fat.
4. Willis: Must get body fat down
5. Crockett: Maintain body weight but get stronger.
6. Johnston: Terrible body and weight
7. Cullen: Get stronger, but superb improvements
8. Nate: Restrengthen shoulder
9. Harvey: Must build up body
10. Andre: Lose weight
11. Adam: Get in better shape

-Tony and Tyson...Lift, Lift, Lift...neck-n-neck for the worst bodies!

-Addiction....weightlifting....nice addiction to have

-Practice begins Oct. 17<sup>th</sup> ....don't plan anything on the weekends after the season starts! Lift twice the week before practice starts and then take the rest of the week off.

### **CONDUCT OF LIFE**

-Don't ever put a coach in a precarious position.

-Coach wants the guys to grow up and be men.

-Behave yourself.

-Make friends on the team and in the school environment (classes).

-Never be late for anything. You have a responsibility to both yourself and the team.

-If you screw up your life you have that right. If you screw up somebody's else's life that is wrong.

- Suicide is the worst thing a person can do... It's the ultimate act of selfishness and it hurt's others.
- Abortion is not a form of birth control. It causes a sadness in life that doesn't go away. It forces you to take responsibility.
- No means "NO."
- If you ever hurt a girl, coach will hate you and never understand it. Just think of your mom or sister... would you want someone to hurt them?
- Don't put yourself in bad situations.
- Drinking – you shouldn't do it. If you ever drink and drive, Coach will kill you. Never ride in a car with anyone who's drinking or that has had anything to drink. Call a cab, call a friend, call a coach, or sleep on the floor. Why do you want to take a chance of killing yourself? Every guy always thinks there the person who can do it (drink an drive). Don't kid yourself!
- Shoplift and be suspended for the rest of the semester. It should never occur.
- Officials... we never have a player get a technical.
- Don't try to blame others for things. Take full responsibility for 100% of your actions.
- No earrings or tattoos! It sends a bad message. It's the height of conformity!
- Coach has no tolerance for people who do stupid things.

### MISCELLANEOUS

- You will never have a problem understanding where you stand with coach. There is no gray area.
- Coach will be straight with you, you must be straight with him.
- You must learn to compartmentalize and prioritize things in your life.
- In your life... your arrow is either going up or down.
- Everything in life begins with a good effort.

## SKILL DEVELOPMENT

Brunkhorst  
Miller  
Jensen  
Killion  
Harvey  
(Offensive Concepts)

Judkins  
Huesser  
Sharp  
Crockett  
Willis  
(Shooting)

Daniels  
Hanno  
Cullen  
Tyson  
Althoff  
(Post Play)

-Coach wants NO distractions...meaning no friends, family or anybody else in the gym while workouts are being conducted. Must be a sense of urgency to learn, but Coach wants SLOW UNDER CONTROL REPETITIONS. He would rather have 10 great reps. than 30 poor reps! A point of emphasis in all of Coach's teaching can be summed up like this: **TEACH ALL THINGS METHODICALLY AND PREDICTABLY SLOW.**

## STRENGTH TRAINING

M, T, R, F.....3:30 p.m.....Strength Training

M - T..... August 31 & Sept. 1..... P re-testing

T & F....Heavy Running Days

-You must get taped and wear braces for heavy running days.

## Skill Development (Preseason Workouts with Coach Majerus)

Workouts were held three times a week in increments of forty minute sessions.

Point of Emphasis: Coach always converts all drills back into defensive conversion & closeout.

A dribbler was added after a couple of weeks.

**September 1, 1998**

### FLARES

-The big/small flare is the best screen in basketball.

#### -Cutter:

- take man to the center area
- everything low with high hands
- have head down reading your defender
- wait and watch; be late and long
- slow yourself down on the dive...don't outrun the passing angle on the dive
- fade/flair...always flatten out
- never come behind it....bump down

### Screener

- read the guy you are screening
- take the screen to the man and hold it
- angle: ass to the sideline
- use a two foot jump stop on the screen
- your chest cuts the man's shoulder
- go screen on the air time of the ball
- talk "Flare"
- space out quick with vision to the ball
- you are never wrong in flaring for someone at the elbow.

### Reads of the Cutter

1. Dive if defender cheats over or under early
2. Flare and bump down if defender goes over the screen
3. Flare and bump up if defender goes under the screen.  
Why? make it the longest recovery route for the defense

Cutter before receiving pass have toes pointed towards rim and have hands up ready to catch the ball...have your palms to the passer.

Cutter....on the catch think...

1. Drive
2. Pass inside (1/3 of our points must come from inside the paint.)
3. Shoot

We want to put pressure on the defense with every catch.

### Passer

- don't dribble until you see the cutter make a read
- don't pass-on the run
- make the dribble take you somewhere

- keep vision on the rim while dribbling (Magic Johnson Rule)
- always dribble to a fade or flair

### Baseline Drive and Baseline Drift

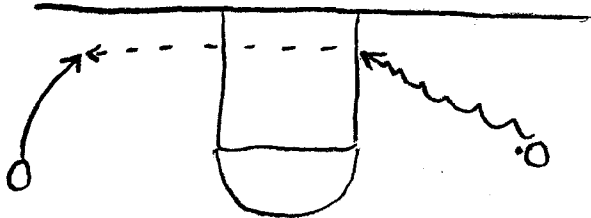
#### Ballhandler and Passer

- dribble toward the basket w/ eyes on the rim
- one of the few times you're allowed to pass on the run
- make a bounce pass because of the V-Back
- if defense doesn't commit take the ball to the basket strong

#### Receiver of the Pass

- talk...call name not ball
- most importantly "drift" to your range
- be prepared to shoot

-Example of Baseline Drive, Baseline Drift:



Never pass to the corner unless we have:

1. Shot
2. Post Feed

Make your dribble always take you somewhere.

4 Reasons to dribble:

1. Create a shot for someone.
2. Create a shot for yourself.
3. Break the five second call.
4. To regain balance.

#### Reminders

Spaceouts = never lose sight of the ball

Screeners always square your screens off.

If the guy you are screening for back cuts, tight curls, or dives, you should cut back to where you came from.

Slow, low, and under control!

Utah is a driving, posting, rebounding team.

Pass the ball like you like it passed to you.

You govern your own playing time.



September 2, 1998

Review Flare:

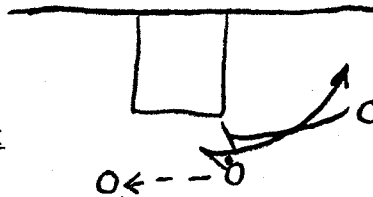
1. Screener: Set it with a purpose. Always space out after screening.
2. Cutter: Your first two steps are going to be sideways. Read your man, not the defender.  
"The ball will find you."

The 4-2 / 2-4 flare is the best in the game.

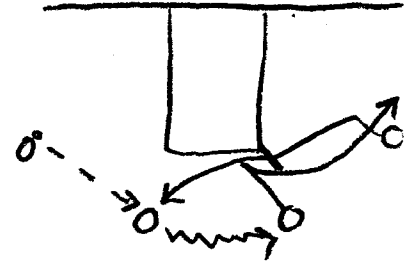
Two Types of Flares:

- A. Ball goes away from you.
- B. Ball comes toward you.

Example A



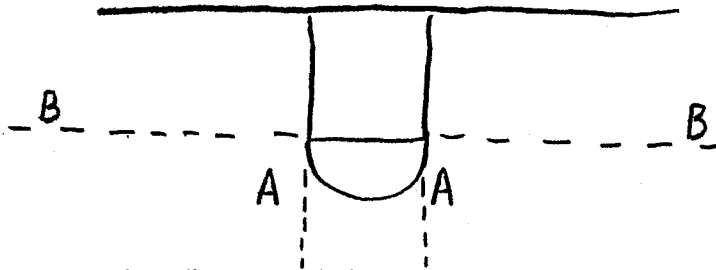
Example B



Four Ways the Defense Can Play the Flare:

1. Over or Under Early
2. Over the top
3. Under
4. Switch

Areas We Want to Get the Ball:



- A = Outside the lane line extended  
B = Right below free throw line extended

Two Types of Fill Cut:

- A. Blast
- B. Blast/Direct
- B. V-Cut

Three Reads on a Flare:

1. Shoot
2. Drive
3. Shot fake and make a move

-Spacing: Be too wide, too far apart, too spread, too spaced! We use an NBA line both in skill work and practice to help teach and remind the team about the importance of proper spacing and deployment. Spacing is offense; offense is spacing. The more time and space they have to defend the more success we will have.

Rebounding:

1. Use 2 hands; chin the ball; secure it.
2. Take it up strong with eyes on the rim. We don't care about getting shot blocked.  
We want quality shots!

Rules for Cutting:

1. Take every cut to the rim.
2. Take every cut outside the 3.

## On the Wing... Create a Catch

Take three steps and cut hard. Always see the ball when cutting.

Offensively... We want to play to late in the clock to the 3<sup>rd</sup> or 4<sup>th</sup> side. Why... the help won't be there!

## Daily Work: (Assigned by Coach Majerus)

- Harvey: Passing
- Cullen: Getting Ahead of the Pass
- Killion: Find rim early with eyes

September 11, 1998

## Cuts:

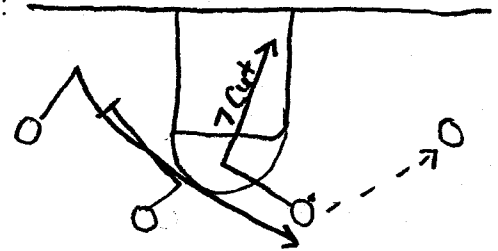
Good teams are going to always play things the same way.

For Example: Indiana always takes away the low cut.

### 1. 7 Cut: When?

- A. Behind your man (Level or Lower)
- B. Loss of vision by defender

Example:



### 7 Cut: Technique

1. Take cut to the imaginary "middle line" and...
2. Take inside foot, pick it up, & cut to (dive to the rim)
3. Stay and post if you are a someone we want to post

Talk Loud! Don't be afraid to make a mistake. Make errors of Commission vs. errors of Omission.

### 2. Back Pick: Toughest screen to defend on the 3<sup>rd</sup> side of the floor. Why? NO help!

#### Screener:

- learn to "telegraph" or fake the post before setting this pick
- his job on back pick is to make sure defense goes over the top
- travel on the air time of the ball
- set the screen too wide, too low, and be a pain in the ass; hold the screen
- pop after pick - keep vision and jump into the catch

-What determines a whether a pick will be effective or not? one word.... "spacing"

#### Cutter:

- take one step towards the way they are playing you to set them up
- wait and watch; be late and long
- always come off hip to hip and shoulder to shoulder
- if you see a post up then break your cut off to the corner

If we didn't tell a kid how to play the back pick how would he play it?

He would jump high towards the ball

#### Two Routes the Cutter Can Take Off of the Back Pick:

1. Low Route: most good teams will take this away (cutter would make middle cut in this case)
2. High Route

Passer: -always pass away from the defense... "high & to target hand"

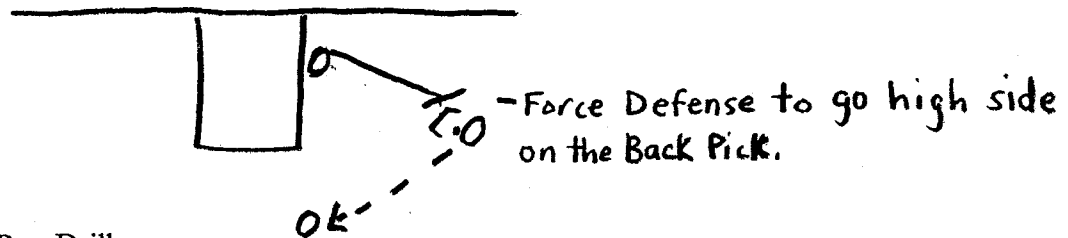
Turnovers: We Only Want Good Ones

Good: Aggressive, strong ones...charges, blocking out, 3 seconds

Bad: Travel, bad pass, etc.

- On all screens we catch people with their lower body.
- Always make sure you acknowledge the man who set the pick for you.
- On the 3<sup>rd</sup> or 4<sup>th</sup> side of the floor we will always get the shot we want, especially when setting a back pick.
- Never compromise technique for speed.
- In the post we want to post up above the block elbow parallel to the ground with knees flexed.

Example: (Diagram of what your angle should be on the back pick.)



Back Pick-N-Pop Drill:

- A. Back pick-n-pop with No Shot
- B. Back pick-n-pop with Shot

Why this drill? To work on Foot Organization.

-Foot Organization: Your upper body will follow your feet. Who does the best? Reggie Miller

Foot work on Back Pick and Pop

When setting the back pick when your left arm and left foot are towards the sideline, be low and step with your left foot toward the passer at the top of the circle, your right foot will follow.

-When setting the back pick when your right arm and right foot are towards the sideline, be low and step with your right foot towards the passer at the top of the circle, your left foot will follow.

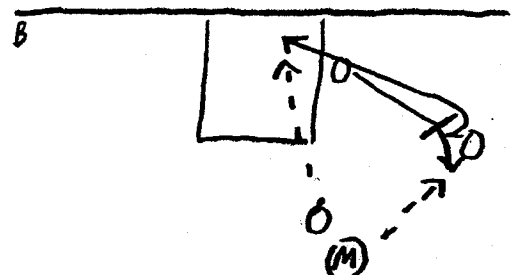
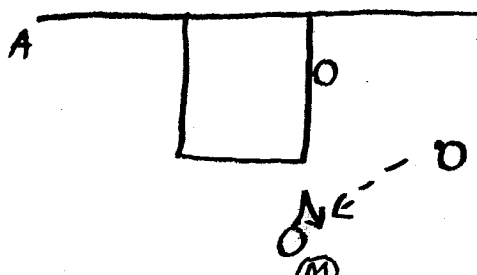
Questions We Need to Ask During the Game On the Opponents Defense?

- How are they playing the...
  1. Flare
  2. Diagonal
  3. Back Pick
  4. Switches

-Triple Threat...always be in it and always assume you are being pressured.

-Free Throw's: Never allow one miss to become two misses.

Two Ball Shooting Back Pick-n-Pop Drill



### Post Duck-Ins:

- Rule on Posting - never post on or below the block
- Take left foot & step across - ducking in if your man is lower than you
- Take right foot and step across - ducking behind if your man is higher than you.

Post Position: Forearms should be parallel to floor in L-Shape with hands up

### Reminders:

- Don't pass up a good shot, but don't create one either.
- All teams play good defense on the 1<sup>st</sup> side and most teams wear out by the 3<sup>rd</sup> or 4<sup>th</sup> side.

### Where should the screeners butt be on picks?

1. Diagonal Screen - butt to the ball
2. Flare Screen - butt to the sideline
3. Back Screen - butt to basket

- Screeners...always be low, be wide, be a pain in the ass.
- Sitting on the wall develops... defensive position, post position, blockout, and tracing the ball
- Post...when a wing dribbles the ball toward you....you must space or cut away. You want to have "some curve to your cut."

Example:

## **September 12, 1999**

Diagonal Down Screen: work on this with a full post and open post

### Screeener:

- use verbals: "Wait Phil, Wait Phil!"
  - go away hard to screen; "No Chinese Steps"
  - be too low, too wide, be a pain in the ass on the screen
  - screen on the air time of the pass
  - have butt to ball on screen
  - make all screens a two foot jump stop
  - hold your pick....remember, make the defender go "through you" or "around you"
  - if you pick-n-pop...open up with vision and space out to the 3
  - anytime the cutter back cuts or tight curls, go back to where you came from
- Always screen away with passion and speed.

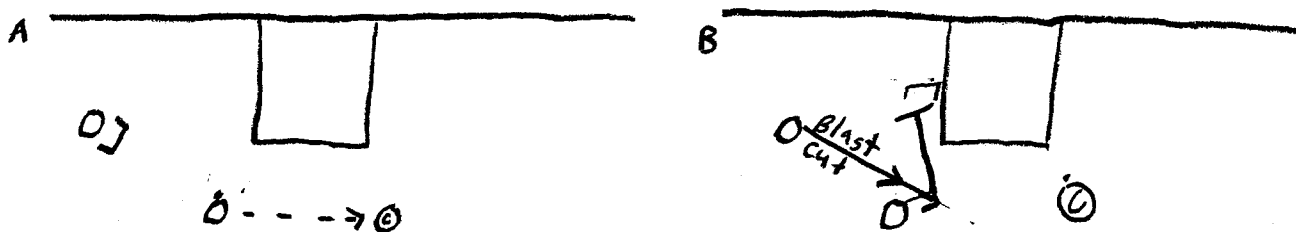
- On the "Pull or Pop" set your feet:
  - Left handers - right foot forward
  - Right handers - left foot forward

- Whenever you pull or pop:
  - Vision
  - Be Low
  - Hands (Palm) to Passer
  - Feet pointed at Basket (get ahead of the pass)

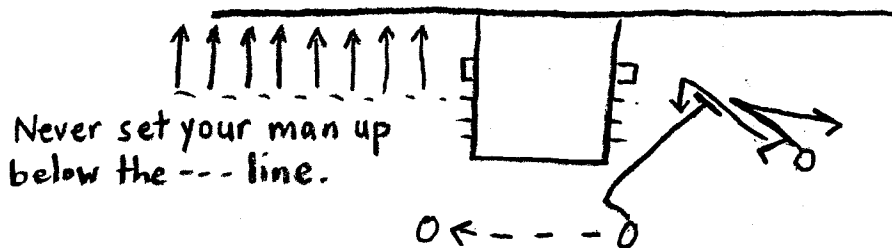
Cutter:

- your 1<sup>st</sup> read is always your man...ask yourself "am I level or lower"
- back cut if defense tries to go over or under early
- "blast cut" if defender jumps hard back to help position
- tight curl when you're being hugged defensively...Big men are the best at this
- you can also "pop back" if your defender goes under early
- always come off of screen thinking shot

Example of "blast cut:" - There is no need to set your man up on a blast cut.



-Example of "Pop Back" cut when defender goes under early.



The screener on the pop back has two choices in this situation:

- Cut to corner or 2. Space out to opposite corner

Reminders:

- Ball Movement and Player Movement = Great Offense
- Mismatches - we must learn to read them and use them to our advantage
- Why Talk? Greatest confusion happens when one man thinks he's flaring and the other man thinks he setting a diagonal down screen.
- Post Men: Number 1 thing for you...demand ball

-Guards passing to the post must "serve them dinner on the pass," meaning pass away from the "D."

-Two most important statistics for the Runnin' Utes are

1. Defensive FG%
2. Rebounds and Getting to the FT Line (Post Feeds and Drives get us to FT Line.)

-Fakes...6 inch shot fakes, 6 inch foot fakes....be tight with your game!

-Great players expect contact. Michael Jordan is mad if he doesn't get hit every time he drives.

-Shooting....it is better to be long

-Shooter: Shoot and enjoy the shot. On a miss, coach often says: "I hope you miss a 1000 of those."

-Fundamentals must be used to break people down.

-Teaching Progression:

1. No Shot
2. 1 Shot
3. 2 Ball Shooting

-"No Man's Land" - It will kill us!

-Draw and Kick - be spaced based on offensive man

-Know the difference between being open and being open for a shot.

-The ball has a high value.

## **September 17, 1998**

### Back Cuts and Fade Cuts:

- under early or over early...simply back cut the diagonal down screen
- screener must go away and screen with velocity and speed
- on the fade, the man with the ball has to bring the ball to the receiver...improve passing angle.
- receivers...your hands do you know good down
- during drills, often times coach will tell the man with the ball to drive to the basket instead of passing the ball to the man that just backcut.

### 7 Cuts: (Review)

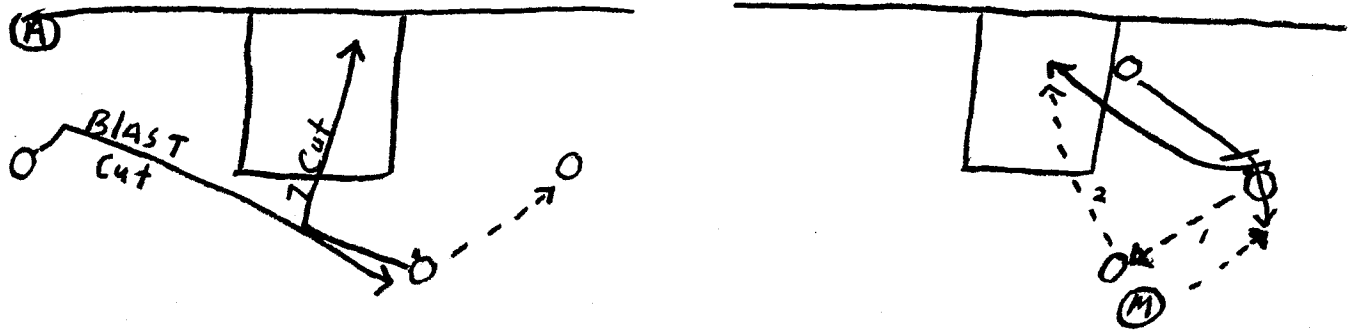
- angle, hand target, hard cut to the rim
- never pass to a guy cutting away from the rim
- what keys the 7 cut? your defender is "level or lower"
- another key...give your eyes to the defender so that you can make the read
- we always pass to the hand target "up and to the rim," when passing to cutters
- coach tells cutter to "put your hand on the rim," referring to the man cutting to the basket

-First Drill: make 7 cut and cut outside of the 3

-Second Drill: hit the 7 cut man for a layup

-Third Drill: 7 cut-back pick -n- pop, 2 ball shooting

-Example of 7-Cut-Back Pick-n-Pop Drill: (we always use walkons or managers to help w/ passing)



-Always sacrifice speed for technique when learning.

-Veterans must teach rookies or veterans are doing no good.

-We always shoot FT's when players get tired during workout, never more than for at a time.

-The players sitting on the side taking notes never get up and shoot FT's...how is that game like!

**September 22, 1998**

Sweeps: Right Side (Always attack the pressure of the defenders.)

1. Have hands ready (Palm to Passer)
2. Knees flexed
3. Sweep ball low to ground and strong to in front of you
4. Should have "head and shoulders over toes"
5. Step with right foot (Low and Long) to the rim
6. Have head down until dribble then it goes straight up to the rim
7. Left leg must be straight
8. Make sure dribble goes out in front of you
9. Body up and Body into the defense

-Note: Always think shot first but fall into the sweep

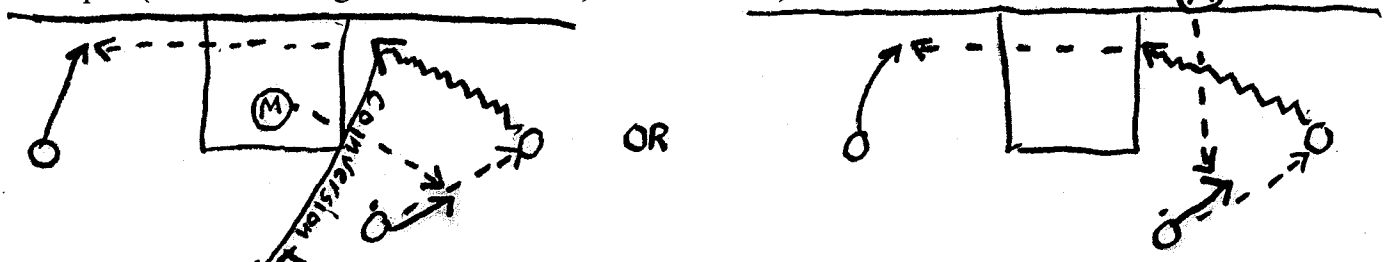
Three Receptions of Pass:

1. Step into pass
2. Get ahead of pass...(two foot jump stop allowing you to have no permanent pivot foot)
3. Pivot into pass

Sweep-Baseline Drive & Baseline Drift:

1. Pass like you like to be passed to. Make bounce pass due to V-Back.
2. Drift to your range (receiver of pass.)
3. Maintain a good low power base on the bounce pass. This is one of the few times you can pass on the run.
4. Think drive to score first and pass second.

Example: (2 Ball Shooting in Baseline Drive, Baseline Drift)



-Add defense once they have a good understanding of the drill. Point of emphasis: defense must either commit to the penetration or to the help. They can't be in NO MAN's Land. We want the offense to develop confidence in what their doing.

-To make this game like, coach had the guys sprint back on D, one to the half court the other to the paint.

-Make sure right handers are direct driving on the right side and crossing over on the left.

#### Crossover drive:

1. For right handers, left foot is your pivot foot
2. Step across your body with your right foot.
3. Just the opposite for lefty's.

-When you are denied on the wing, immediately backdoor cut.

-All the great players use a back out dribble.

-More baskets are given up due to celebration or dejection than anywhere else.

-Be more concerned with staying with your shot than rebounding your shot taken outside of 3.

-"Transition D for Slow Guys"....I'm counting on your character to get you back.

-With Crockett for instance, he's wound so tight, Coach lets him shoot it no matter how much he misses.

-Coach believes "sweeps" are one of the hardest things to teach.

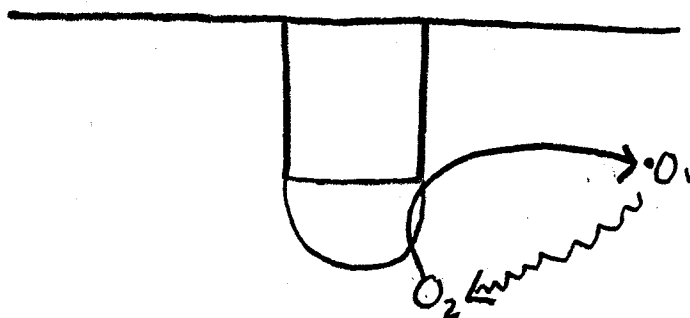
#### **September 28, 1998**

Loops: (we always loop to breakdown pressure on the wings. Coach sells the mentality that we love to be pressured. We will get the defense over extended and score.)

#### 1. Loop: Wing to Top

- "O1" -don't pick up dribble until you're ready to pass.
  - dribble with your head on the rim (Magic Johnson Rule)
- "O2" -cut with vision on the ball
  - back cut till you're denied, then loop out
  - BOTH GUYS MUST CALL THE "LOOP" OUT LOUD!

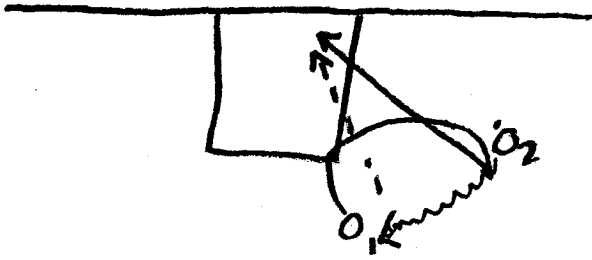
Example:





3. Loop and Back Cut vs.: (Anytime you are looped, it is a great time to look for the backdoor cut. Take the Defense higher and then cut.

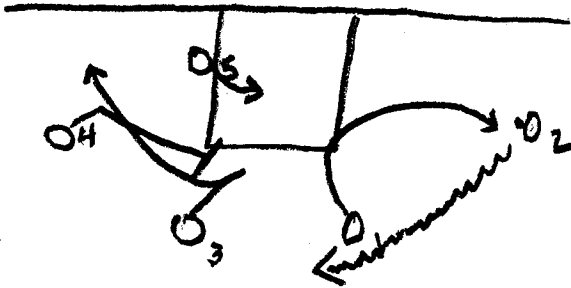
Example: (Wing to Top)



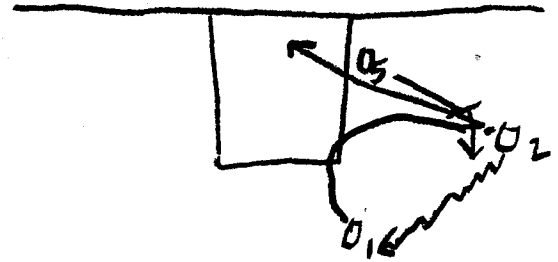
-May need to use back dribble.

Best Actions of Loop - 3 Men Games:

A. Flare on loop from wing to top



B. Back pick on strong side



Reminders:

- Shooters must look for shots but not hunt shots...know the difference.
- Passer should always explore passing to all cutters.
- Dribblers, especially on loops, should look to turn the corner.
- Always share information...communicate.
- Dribbler, never pick up your dribble unless you're ready to pass or shoot it.
- Never back dribble only 1 time.
- Do everything hard in basketball - Cut, space, screen away, dribble.
- Always want to maximize spacing.
- On draw and kick, never go more than one and a ½ man behind the ball.
- The pass is the shot and shot is the pass.
- Guards...never pass to the middle of the body, choose a side of the body....passing away from the D.

-The worst thing that can be said by your teammates is I couldn't hear him.

-When cutting to get open on the wing, stay above the block. Play on a line off the block.

-Wait before spacing: If a guy dribbles middle, space up. If a guy dribbles baseline, space down.

-Cuts:

2 or more men back = cut-n-replace

1 man back = middle cut

to ball = v-cut

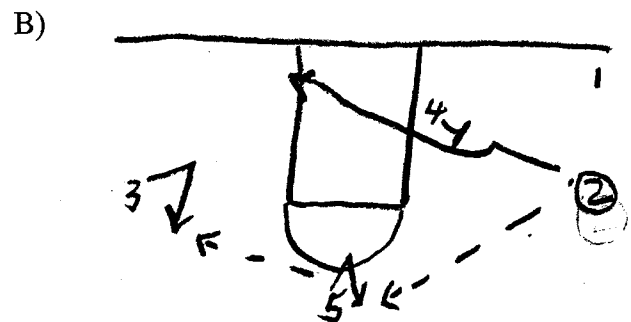
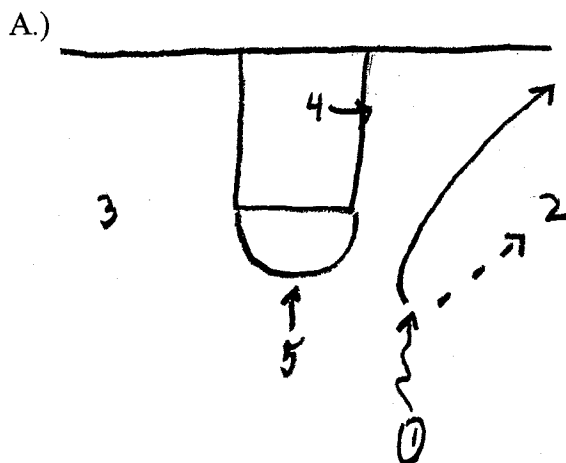
level or lower = 7 cut

turn their head = 7 cut

stands up = pass-n-cut

**September 29, 1998**

Introduction of Thru: (Continuity Offense)



First Big has 3 options, 4 really:

1. Pass ahead to 1
2. Stop and pin at old dotted line
3. Button hook and Post
4. Post up on ball side block, only pass to if wide open

2<sup>nd</sup> Big: Trail in line with the rim. Look for shot if it is available.

2 and 3 Men: Cross if up the floor early. Remember: Left low, Right high when swinging the wings.

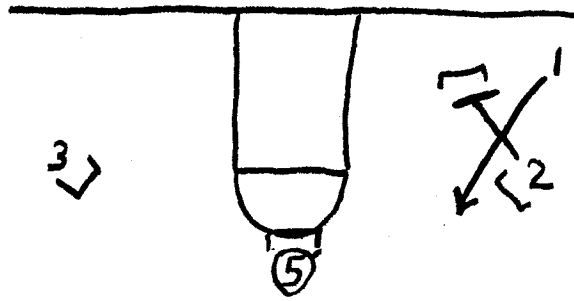
1 Man: Pick a side and look to pass ahead.

-First big takes one step out to set rub cut - off the lane line, good screening angle

-Cutter, cuts off rub screen on the air time of the ball.

-If ball reversal is denied at the top, screen down for the man in the corner. 1 man must get a catch.

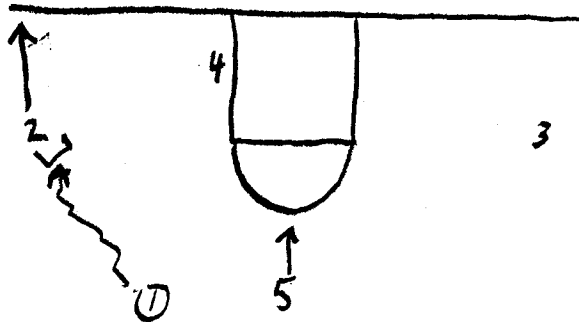
Example:



No Need for a Set up  
by 1 Man.

1. Thru Dribble Out: -If wing is denied coming down on FB then push(bump) the guy on wing down to the corner.

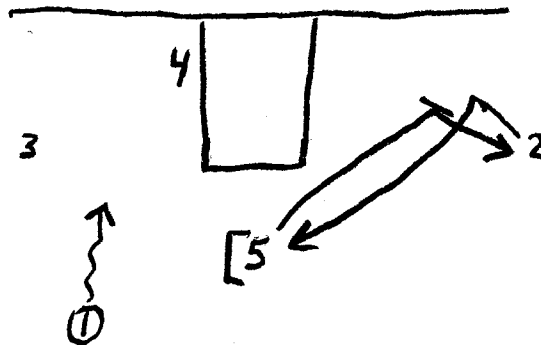
Example:



2. Thru Screen Away: -If trailer is denied then screen away.

- Big Man (trailer) you never set up the down screen, just go screen
- On the space out by the big, open up with vision to the ball and slide out
- Space out below FT line

Example:



-Man coming off down screen can either fade or make "horny" curl, which is a fish hook curl

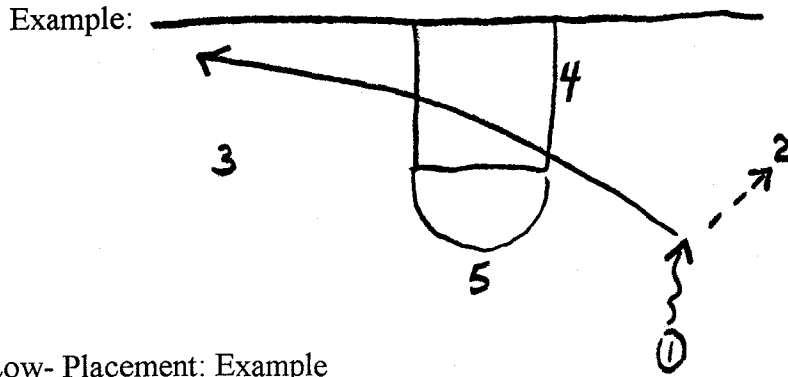
-You never have to make a shot, but you do have to take a shot.

-Five things you must always know:

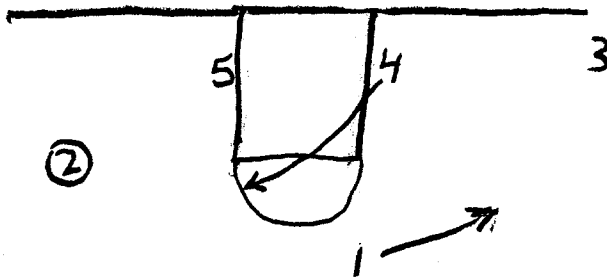
1. Time
2. Foul Count
3. Score
4. Game Plan
5. Mismatches

-If the man guarding you is playing soft D, you don't have to set him up to come off the screen

3. Thru Opposite:

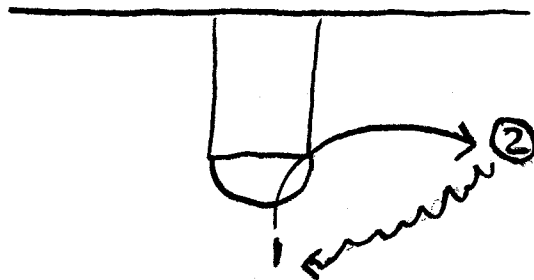


High/Low- Placement: Example

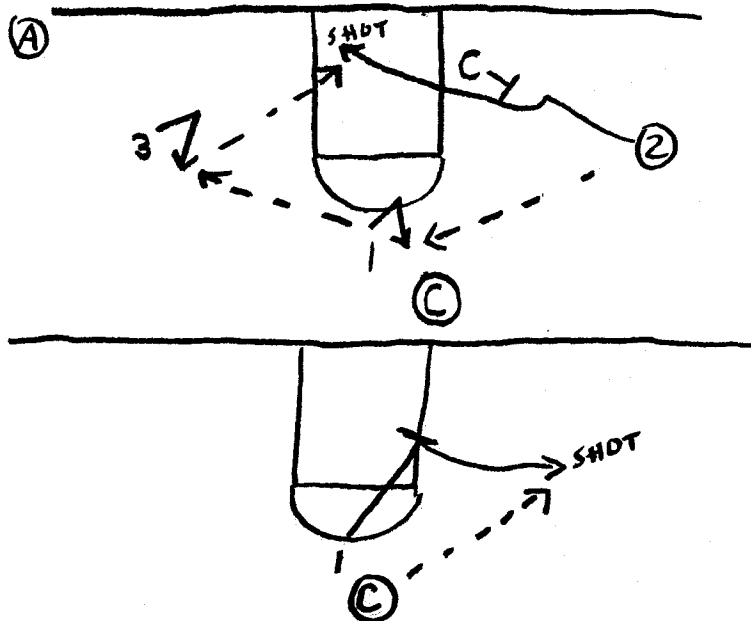


4. Loop in Thru: usually occurs after the thru screen away. We never loop a big.

Example:



Drill Work on Thru:



Post Workout:

1. You must want ball and the position -demand the ball (verbally and visually)
2. Power Move - If pass to the baseline, use your dominant hand for shot.
  - A. Catch and Chin
  - B. Pivot on left heel
  - C. Point right toe
  - D. Dribble in plane of body - low
  - E. Have both feet pointed to baseline - ass to ½ court
  - F. Power ball up - just like sex...never up, never in!

Have head up &  
and on the rim at  
all times.

3. Post Position

- A. Back erect
- B. Meet the ball...jump forward, not up
- C. Don't pull out of pass
- D. Know where the defense is by looking or feeling them

-Bigs, when you turn away from the basket, turn with toes  
when you turn towards the basket, turn with heel

-When teaching, teach SLOW

-We want to feed Bigs high.

-Always pass to the side of the body opposite of where the defender is.

- 1/3 of big man's points must come from the FT Line.

-On your post moves get lower on the move than before you caught the ball

-Post Defense: Thru you, Over you, No Layups, No 2<sup>nd</sup> Shots

## Defensive Slides: Day One

September 1, 1998

This was the first year these defensive workouts were conducted in the preseason. Along, with the change over from quarters to semesters and the addition of 7 rookies, Coach Majerus wanted to install and ingrain as much of the Utah Defensive System and defensive jargon as possible.

### Verbals & Visuals

1 Fist=Ball

2 Fist=Dead Ball

Open Hand=Pass

Move Forward=Dribble

### 1) Denial Stance

-Point front toe

-Always maintain vision over shoulder

-Talk

-Outside hand up. Your thumb must be above your chin. Arm is high, active, and straight.

-Inside arm is bent and use it to feel the offense

-Ass to the ball

\*Always maintain the stance with ear/nose in chest of defender.

A) Mass Stance

B) 3 men at once

### Attack all Penetration

1) Make them throw a bounce pass

2) Attack with high active hands

3) Attack with a low stance

\* Jump back up after taking a charge

### Straight Arm Only

1) To contest shots

2) Denial

3) Dead Ball

4) Post Defense

### 2) Help Stance

-Jump to the ball

-One step off the ball

-Must always turn head seeing man and ball

-No one cuts below you

-Attack all penetration

-Better to help too much than not enough

## Defensive Slides: Day Two

September 3, 1998

- 1) Baseline Drive & Rotation
- 2) Closeouts
- 3) Defend Flash
- 4) G to G

### 1) Closeout

- First 2 steps sprint low and explode
- Go out low with high hands
- Weight goes back with head over your heels
- Inside hand down/outside hand up
- Contest late to shot
- Blockout

### 2) Defend the Flash

- Move on a diagonal to the cutter
- NO ONE EVER CUTS BELOW YOU
- Meet at lane line or outside of lane
- Maintain ear in chest
- He must GO THROUGH YOU- stand him up
- Deny to the top and make him backdoor you
- Go to denial position

### \*Backdoor Cut- We want to be back doored

- The guy guarding the ball will use high active hands to prevent the open pass if you get beat.
- Prefer: A.) Snap your head, arms, and hands, and find ball.  
B.) Keep sliding with them

### 3) Rotation to drive on the baseline

- A) Attack to below the block
- B) Attack to outside the lane
- C) If defender isn't beat then recover to your man.
- D) Be ready to be physical and blockout
- E) Have high active hands

### 4) Ball Stance

- Jump to the stance
- 90 degree- we give up no middle. Keep ball on sideline.
- Outside hand up and active
- Inside hand bent and active (Foot that is up)
- Contest shots with the inside hand. Have wrist wrinkled on contest. Always have a hand up late.
- We never lung- We get deflection or stay in position
- Always block out

- \* Back up dribble -We attack penetration and then go back to denial.  
-Never come out of our stance.

Conversion Defense -Sprint 3 steps, turn and find the ball.

5) Blockout off help position

- 1) Step outside lane and get low body leverage versus your man
- 2) High active hands
- 3) Rebound down to the ball
- 4) If your man doesn't go step at him then go rebound

6) Guard to Guard Defense- Off shell drive

- 1) Work on jump from ball to pack to deny position
- 2) Helpside be one step off the line of the ball.

V-Back to this position:

- 1) Outside the lane
- 2) Below the back

5 Point Drill:

\* We always pack the corner until coach changes it.

\*Your position on the helpside is based on:

- 1) Your speed and ability
- 2) Your opponents speed and ability

\* We always want a short  $\Delta$  unless we notify someone as a bad shooter

Example: Short triangle

Example: Long Triangle



## Defensive Slides: Day Three

### The hardest thing to teach is:

- 1) Talking
- 2) Screening
- 3) Blockout

## Defensive Slides: Day Five September 11, 1998

### 1) Mass

- A) Deny the wing
- B) Jump to Ball
- C) Help Side
- D) Deny Flash
- E) White the Post
- F) Pack the Corner

### 2) Attack the penetration baseline and V-Back (2-men)

### V-Back

- 1) Get below the block
- 2) Get outside the lane
- 3) High Hands

## Defensive Slides: Day Six September 14, 1998

### 1) Mass-Guarding man C<sub>1</sub> on Top

- A.) Jump to help then back to denial guarding Top Guard C1
- B.) C<sub>1</sub> cuts to basket and then to the corner
  - Must attack cutter and snap head
  - Go to white in the post
  - Gap the corner
  - Help on penetration
- C.) C<sub>1</sub> cuts to opposite wing

2) Mass-Guarding the wing

- A) Jump to ball stance
- B) Jump to help and deny back
- C) Slide up and down wing
- D) Snap head and cut angle
- E) Get on hip coming off screen
- F) Deny the wing
- G) Be ready to help on penetration

3) 2 on 2

- A.) Offense moves to all spots

4) 3 on 2

- A.) Offense moves around C<sub>3</sub> and C<sub>1</sub>
- B.) Work on V-Backs and attack penetration

\* Note: 1.) We would rather over help than not help at all.

2.) If your man begins to cut and you attack penetration don't expect to be able to get to help at the same time.

5) Conversion Defense

Have them run 50 yard while always looking over inside shoulder on the third step

**Defensive Slides: Day Seven**

(Day Seven missed due to *Avid* System training)

**Defensive Slides: Day Eight**

9/21/98 (in gym)

1) Drill 1 - Mass

\* work all positions from guarding the ball.

\*Have O<sub>1</sub> cut away and cut to the basket.

2.) Drop and cover down - Mass

3) V Backs

Work on:

- A.) Attacking Cutters and Penetration
- B.) Jump to Stance
- C.) Help

4) Drop and deny the cutter

5) Introduce Yo-Yo and Gap Yo-Yo

6) Conversion Defense- 5 Times

\*Look over inside shoulder offer 3 steps

**Defensive Slides: Day Nine**

September 23, 1998

1) Mass Stance- Guarding PT, Wing, Cutters, White in post, and Pack in the corner.

2) Conversion Defense

- 1<sup>st</sup> 3 Steps are vital... full speed
- Look over inside shoulder at mid-court
- Bigs 4 & 5: Always rebound. 1<sup>st</sup> Big takes their first leg and bumps him at the free throw line-make him go through you or behind or in front in a ? cut-must have high hands
- 2<sup>nd</sup> Big- Shadow-this means between ½ court line and top of key shade the ball attack all penetration to middle and discover the pass to the post.
- BIGS MUST RUN DOWN THE CENTER OF THE FLOOR!

-3 Man- Run back and match up to man

-2 Man- HOLE-Run to area of the old dotted line in the lane. #1 responsibility is to secure our basket  
-Closeout to ball after basket is secure. Must talk for the entire team.

1 Man- Get a driving line at half court. Keep the ball on our side.

## **Defensive Slides: Day Ten**

September 28, 1998

1) Mass Stance- On the ball, Jump the ball, white, pack the corner, etc...

2) V-Back- Long

- \* □<sub>1</sub>-Must attack penetration outside the lane- High hands.
- \* □<sub>2</sub> V-Back (high hands) below the block outside the lane

3) V-Back

- \* □<sub>3</sub>= Attack Penetration
- \* □<sub>2</sub>= V-Back
- \* □<sub>1</sub>= Drop into paint; guard 2 guys

4) Conversion Defense- Live with dummy trailer

## Defensive Slides: Day Eleven

September 30, 1998

1) Guarding Mass- On the ball, denial, help, attacking penetration, white in the post

2) Defending the Post Feed

- A) Cover Down
- B) Drop
  - 1) Cover Down 1 dribble drop
  - 2) Cover Down 2 Dribbles drop
- C) GAP
- D) GAP and Yo-Yo
- E) Yo-Yo
- F) Sandwich
- G) Drop and Deny Back

3) Conversion Defense- 5 on 2

4) Dribble Weave

-Note: talk it, touch it, deny, help man off ball, switch it

## Defensive Slides: Day Twelve

October 1, 1998

### 1) Mass Stance- All the stances and defending the post feed.

#### Defend Post

- 1.) Drop
- 2.) Drop deny back
- 3.) Cover Down
- 4.) Cover Down 1 dribble
- 5.) Cover Down 2 dribble
- 6.) GAP
- 7.) Yo-Yo
- 8.) Sandwich

### 2) 5 on 0 Conversion Defense

- A.) 5 on 0 offense 1<sup>st</sup> then convert back on defense
- B.) Post look to post up on block

### 3) 3 on 4 Defense- V Back attack penetration - Have O<sub>2</sub> go and rebound

### 4) Dribble Weave

- 1) Talk it
- 2) Touch legs/arms touch
- 3) Switch and deny
- 4) Don't allow guy to drive
- 5) Help man don't get to close to your man.

### 5) Mass Stance

## Defensive Slides: Day Thirteen

October 6, 1998

### 1) Mass Stances

- A) On the ball
- B) Help
- C) Denial
- D) Attack the cutters and penetration
- E) White the post
- F) Pack the corner
- G) Closeout

### 2) Dribble Weave Full Court

\* Must emphasize help man getting off to the line of help, but only 1 ½ below the line of the ball.

### 3) Drive Baseline (Help) V-Back-Blockout

### 4) Mass Stance- Defending the Post Feed

- A) Cover Down
- B) Drop
- C) Drop-Cover Down 1 or 2 dribbles
- D) Drop Deny Back

### 5) Mass Stance -

Review of Drill #1 Add Endout shot and blockout

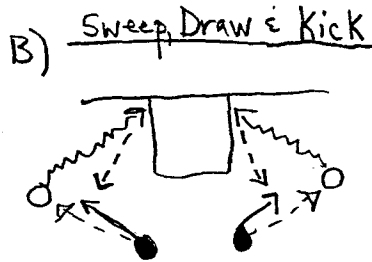
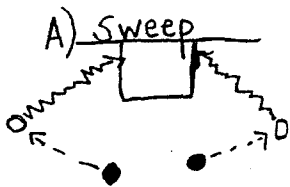
**Pre-Practice Talk**

- 1.) Play everything to completion.
- 2.) Talk...it's one of the most important thing we will do in the next four weeks
- 3.) Stance and Rebound

**1. Skill**

**Smalls**

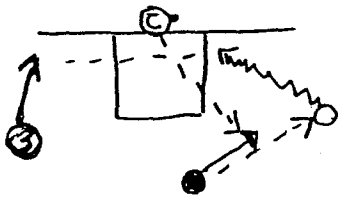
- A.) Sweeps: one motion...catch and go...eyes on the rim
- B.) Sweep Draw and Kick: spacing for receiver of pass after the drive is "1 and 1/2 men behind" driver
- C.) Baseline Drive / Baseline Drift: baseline drive makes bounce pass
- D.) Down Screen: part of the reason for doing this drill was role defining



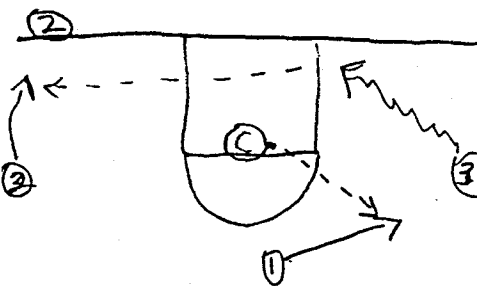
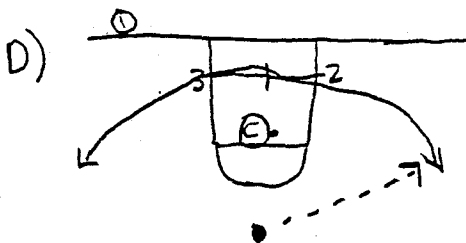
2 Types of passes the Kick man can make are:

- 1) 2 Hand Chest Pass
- 2) Hook pass

**C) Baseline Drive/Drift**



- Most imp. thing ③ can do is to "space to your range."
- Always convert back to defense - Engrain the mindset of conversion" from the 1<sup>st</sup> day.



① should drift in a line not around an arc.



**Bigs**

Mikan, McHale, Power, Hook, & Low Post Position

**2. Conversion Defense (25 minutes)**

Defense: Nate, Hanno, Al, Jeremy, & Andre

Offense: Walkons, Sharp, Brock & Jud

\*Also Crockett and Nate

Talk, Pt-Pass it

1 Man: "Driving line"...Get ball out of middle of floor and under control

2 Man: "Hole"...Talk, Point, Touch, & Push...Shade the lane line towards the ball. Don't leave hole until basket is secured.

4 & 5 Man: 1<sup>st</sup> big sprints back, stands the man up, mind set...make offensive man run "through you"

2<sup>nd</sup> Big Shadows the ball - High and active hands

3 Man: Picks up opposite wing & is a big help guy

Notes: No ball reversal

Make them backdoor us

Deny the wings

**3. Wing Defense to Rebound**

-make and maintain contact

-rebound and outlet

-rebound and dribble out

**4. Wing Denial Stance to 1 on 1 (15 minutes)**

Donny

Hanno

Phil

Brad

Al

Brock

Andre

Ben

Jeremy

Tony

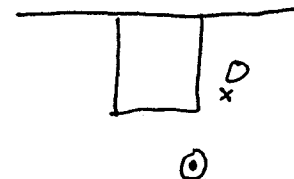
Adam

Jud

Nate

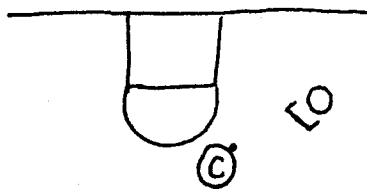
Tyson

Sometimes Start in "middle"



-Talk about going two at a time and two lines

-Contesting Shot: Hand straight up (perpendicular to floor)



\*No middle

\*Tendencies of guy you are guarding

\*If he beats you

a.) Double hard & chase

b.) Go weak & pick up on opposite elbow

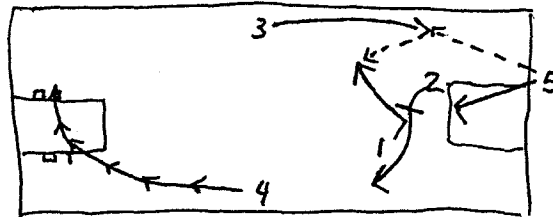
- Level off to the middle

- Force to baseline

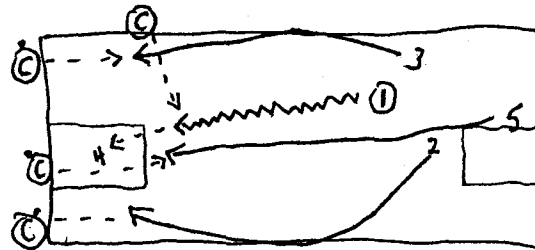
5. By Pass to 5 Shots for everyone - Press Offense

4 Ways the Five Man Can Score off of the Break

1. Direct Feed...running the floor
2. "Pin up high" in the lane
3. "Button Hook" when man is fighting around
4. Post feed from wing



- Coaches' can vary passing positioning in order to make their locations more game like for the players.



6. Celtic - Since it was 1<sup>st</sup> day, Coach only used two balls. After today, three balls will be used every time. We do this drill two or three times a practice, depending upon what coach wants.

- 1.) Dribble Clear - 1 Dribble Baseball Pass
- 2.) Wing doesn't leave until the dribble to the outlet is made
- 3.) Speed dribble for layup
- 4.) Outlet gets ball out of net (We never let the ball hit the floor.)
- 5.) Switch positions coming back

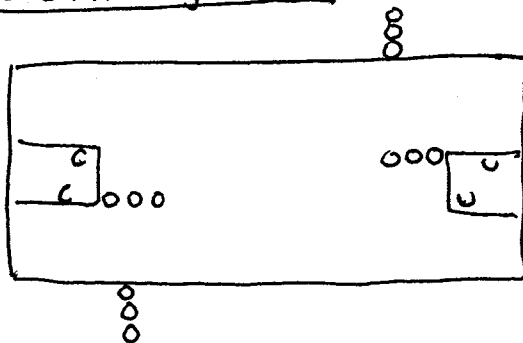
Circuit

- 1.) Dribble clear - 1 Dribble Baseball Pass - Speed Dribble for Layup
- 2.) Wing Layup
- 3.) Wing Jump Shot: sit into jump shot and no bounce passes  
(We only got through the first three in the morning practice)
- 4.) Draw & Kick: Two passes...1. Hook & 2. 2 hand chest pass  
Space for shot 1 1/2 man behind

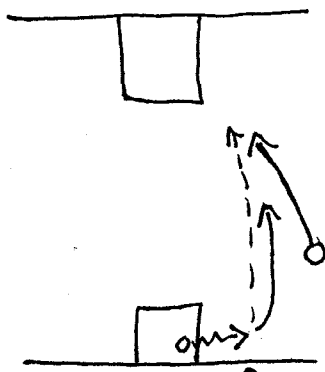
# Celtic Drill Organization

\* Be Specific with the geometry of the game.

Page 4



## 1) Baseball Pass

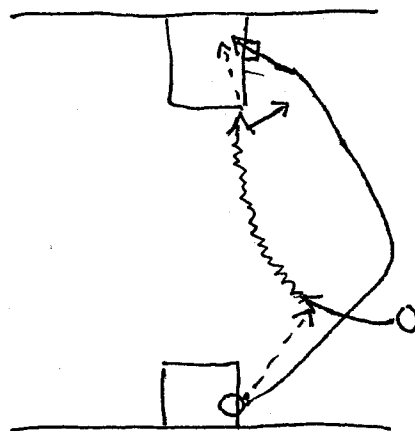


- Outlet Man Takes Dribble then passes.

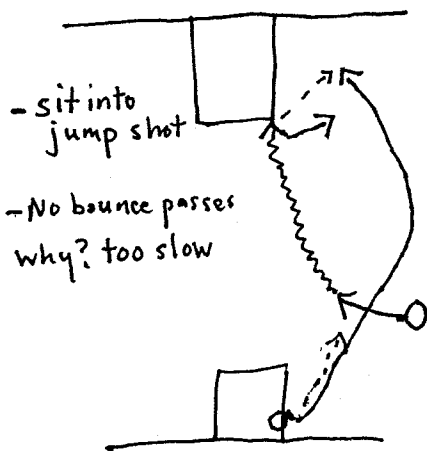
- This is the only one of the Celtic Drills where we want to harass the outlet man

- ✓ Dribble Clear
- ✓ Wing Doesn't leave until dribble
- ✓ Speed-Dribble Layup
- ✓ Outlet gets ball out of net before it hits the floor
- ✓ Switch position

## 2) Wing Layup

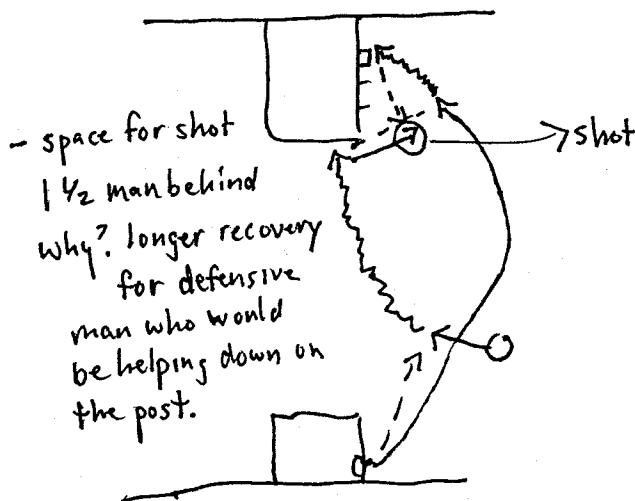


## 3) Wing Jump Shot



- sit into jump shot
- No bounce passes why? too slow

## 4) Draw & Kick



- space for shot
- 1 1/2 man behind
- why? longer recovery for defensive man who would be helping down on the post.

### 2 Passes

- 1) Hook
- 2) 2 Hand chest

### 2 WAYS to pass

- 1) Pass Fake / Shot Fake
- 2) look away

- Once the kids have the drill, you can spend 60 secs. on each one  
Two or three times a practice

### Teaching Points:

- 1) Verbal
- 2) Visual or Vision
- 3) Hand target
- 4) Wider is better (spacing)

**7. Shot fake & Drive or Shot Fake and Shot**

- 1. Body up & Body In on the drive -Keep ball high
- Don't bring it down
- Slow
- 6 inches or less
- Low
- Compacted



- 1. Shot fake drive
- 2. Shot fake Crossover
- Either go all the way or work on "middle game"

**8. Transition: 5 Ball Shooting - Build the Break**

- 1<sup>st</sup> three steps are the most important **Never Run Out at the Expense of:**
  - 1. Defense
  - 2. Blockout
  - 3. Rebound
- Verbal
- Visual
- We want a 2 on 1

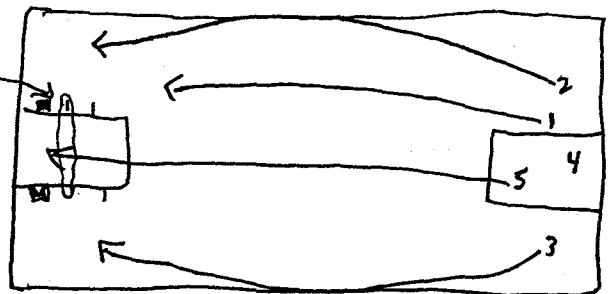
Shots

- 1. 1<sup>st</sup> big "run out" shot
- 2. Wing jump shot off pass ahead
- 3. Point guard trail shot
- 4. 2<sup>nd</sup> big trail jump shot - head on the rim
- 5. Opposite wing jump shot

-Guards can cross..."Left goes Low"  
 -If you cross and the other guy doesn't cross, go to the corner

Transition Shots

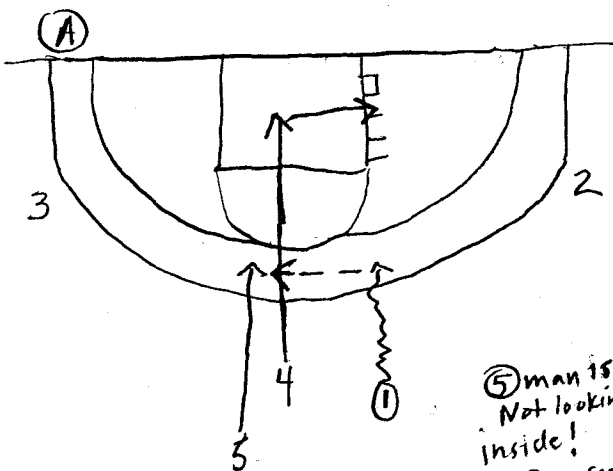
- 1. 1<sup>st</sup> Big High Pin - Shot
- 2. 2 & 3 - Wing Jump Shot
- 3. 2<sup>nd</sup> Big - Trailer Jump Shot
- 4. No jump shot for point guard



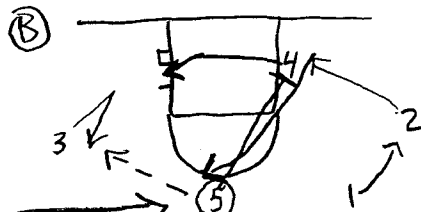
**After Practice Discussion**

Discussed Academics & Expectations  
 In your life...what will you do from age 25 - 65

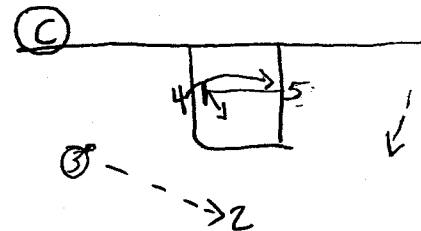
**1. Introduction of Invert - Inside & Inside**



- 1<sup>st</sup> Big to rim
- 2<sup>nd</sup> Big trailer
- 2 & 3 run wings...get work done early



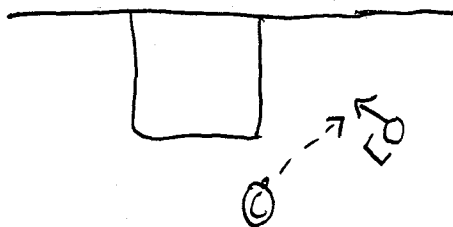
- ⑤ man is Not looking Inside! Ball Reversal
- ② sits man up as ⑤ passes to ③
- ① spaces toward the corner after he passes to ⑤



1<sup>st</sup> look for ② man is for the man setting the screen

- If you pass to the post, stay in his vision... "it just makes sense"
- 4 & 5 Button hook to post

**2. Wing Denial:** Play and knock down backdoor or attack penetration & take the charge



-If you're trying to sell your kids on defense, "ALLOW THEM TO EXPERIENCE SUCCESS EARLY"

- Coaches & Managers commit!
- Meaning if they drive, they go all the way making the man take the charge
- cutter-cuts-doesn't fake

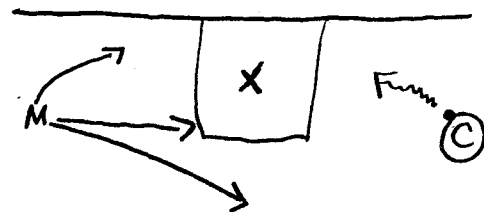
**3. Celtic**

- A.) Wing Jump Shot
- B.) Draw & Kick

**4. Helpside Defense**

- Stance, vision, & active feet
- Play - attack areas outside of the lane
  - 1.) Drive
  - 2.) Flash
  - 3.) Rebound

- NO ONE EVER CUTS BELOW YOU
- Read if attack dribble or lateral

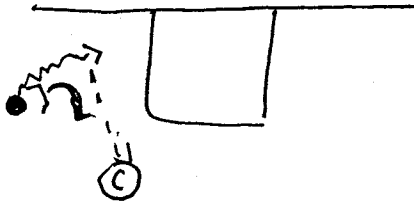


5. **Conversion Defense:** Make sure bigs don't get too low

Page 7

**IF YOU LOSE YOU MAN OR GET BEAT...GO TO THE RIM & BUILD OUT**

6. **Wing Denial:** Defend 1 vs. 1 on pass out go to Pack (Jump)



7. **Build the Break - Situation**

**# 1**

- A.) 1 to Big
- B.) 1 to wing pass ahead
- C.) Pass Ahead - Reverse to trailing big for jump shot
- D.) Invert and Rip

**# 2**

- A.) Pass ahead score - wings
- B.) Big early
- C.) Trail Jump Shot
- D.) Invert

**October 18, 1998**  
**Practice # 3**

- 1) Skill  
A. Diagonal Down  
B. BP Middle

- 2) Conversion D  
★ ½ court Driving Lane  
★ Shadow  
★ Denial  
★ Get out of hole early

Offense 1

- 1 Sharp  
2 Sluga/Dustin (Wing)  
3 Zack  
4 Al  
5 Hanno

Offense 2

- 1 Dustin  
2 Sluga  
3 Crockett  
4 Zach/Jud  
5 Tyson

Defense

- 1<sup>st</sup> five  
Tony  
Jeremy  
Phil  
Ben

- 3) ½ Court- Cutter to a post  
Same groups/same coaches  
★ Driving Lane  
★ Ball Pressure-The longer you can stay in the stance the better  
★ Jump Ball  
★ White

Steps

- 1) Jump to ball  
2) Close to cutter  
3) Hard Touch  
4) Whip the hard

-Must have a big 2 step jump to the ball.

- 4) Invert & invert to High/Low  
★ Go to our advantage side  
★ When in doubt go weak
- 5) 7 Seconds left in possession call 'Butter'  
Make mistakes by commission not omission
- 6) Blockout/Rebound emphasis  
Pursue the ball - look to outlet it and bring it

**October 18, 1998**

**Practice # 4**

1) Invert

★ 1<sup>st</sup> Guy down run to 1<sup>st</sup> make then slow down

★ Invert:

1. Backcut
2. Hainy
3. Fade
4. Blast

2) Skill

★ Bigs:

Power Moves

(Always give vision to pass. Talk Cutters)

★ Smalls:

Sweeps

Draw and Kick

Review Middle Cut-Defense jumps straight back

Review Cut-N-Replace-Defense jumps 2 or 3 men

3) Conversion Defense

★ Dead ball deep on wing

★ Yo Yo the post with high heads

★ Must talk on conversion

4) Celtics

1) Baseball

2) Wing Layup

3) Wing Jumper

4) Draw & Kick

5) 1 on 1 Wing Denial

Coaches Drive

Play to complete

6) Invert & invert High/Low

7) Conversion Defense



October 19, 1998

Practice #5

- ★ Strong in mind and strong in body
- ★ Great shooters always miss long

1) Invert

A. Pass to man coming off screen for shot

Alignment-1 guard  $\frac{3}{4}$  court, 2 & 3 at old 28 ft line.

A. 1<sup>st</sup> Big at half court, 2<sup>nd</sup> Big trailer  $\frac{3}{4}$ .

Wing spacing corresponds to ball. 1 team on one end; 1 team on the other.

Put a live defender on the man being screened.

Difference between being open and being open for a shot

3<sup>rd</sup> side late in clock we kill people.

- ★ Big change or skip over big then screen opposite on high/low (don't set it up)  
-can middle cut prefer 7 cut

B. High/Low-No Defender

C. High/Low- Add coach defender to force past ball or help side.

D. 2 Defenders live on big- Rip to High/Low

2) Skill

A. Baseline drive/drift

B. Flare screen-Ball (coming to you) Ben, Brad, & Sharp never receive f; are-go to the down screen. (Defend over top with body.)

C. Flare Screen- Ball goes away from you. Same recognition by Ben, Brad, & Sharp. 1 gets back.

1. Invert

2. Draw and kick

3) Conversion Defense

Offense # 1      Offense # 2

1 Dustin            1 Adam

2 Sluga             2 Dustin

3 Brad              3 Zach/ Sluga (wings)

4 Jud                4 Al

5 Tyson             5 Hanno

- ★ Eight sprints for first non talking situation.
- ★ Switch Offensive teams at eight minutes.

- 4) Draw and Kick Wing
- ★ Shot fake and middle -left
  - ★ Shot fake and crossover-Right
  - ★ Draw for a shot to the big stepping of
  - ★ Catch the ball with your eyes.

5) Wing Denial

- ★ Killion vs Dustin
- ★ Harvey- Al- Brock
- ★ Andre- Sharp- Brock
- ★ Hanno- Cullen- Jud
- ★ Ben- Brad- Jud
- ★ Nate- Tyson- Donny

Hooks & turn around jump shots

- 6) Shot Fake, Drive Baseline, Big Pull out to elbow for shot  
Bigs only out 10 to 14 feet.  
Rebound or Back

7) 1 Ball-2 Wing Denial

- ★ Live of ball based on speed level
- ★ Put Live wings
- ★ Double baseline Drive/Drift
- ★ 1<sup>st</sup> step with leg drive at
- ★ Drive at left
- ★ 1½ man behind
- ★ 14 feet- Nat and Tyson; Hanno, Phil better
- ★ ¾ to Behind, Deny, Gap, Umbrella, Contest, Blockout, Pursue, Outlet

Replicate time outs in practice

- 8) 2Elbow- 1 Wing- 1 Big  
Rebound Conversion Defense

Switch to full speed live Post Defense

Al- Hanno (Phil and Al go both post & perimeter)  
Nate- Tyson

Emphasis with Live Defense

Dribble to improve passing angle  
Charge it right wing who goes inside

- If a hole guy pass ahead
- If no hole guy then Dustin go one on one
- Dustin: Don't pass up until 2 dribbles over ½ court.

Nate: 1) Find rim early. 2) Stay low

9)

Conversion Defense

White

- 1) Mismatch
- 2) Ball below hash mark
- 3) In Out/Game

Post

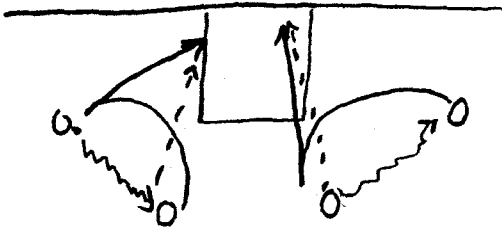
- 1) How am I being played
- 2) How do I play the post
- 3) Help side

October 20, 1998  
Practice # 6

- 1) Invert to high/low (5 minutes)
  - 2) Skill (20 minutes)
- ★ Never let defense speed you up.

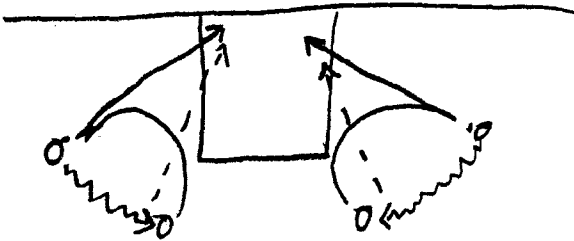
Smalls

A) Loop to backdoor

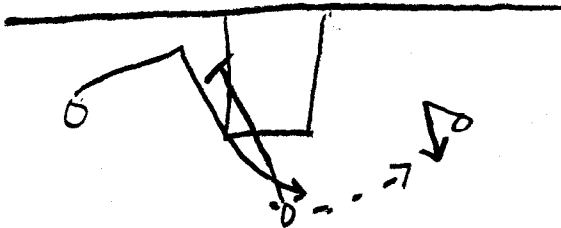


1. Get a feel at FT line for backdoor.
2. Car driver turn the corner for drive change of pace.

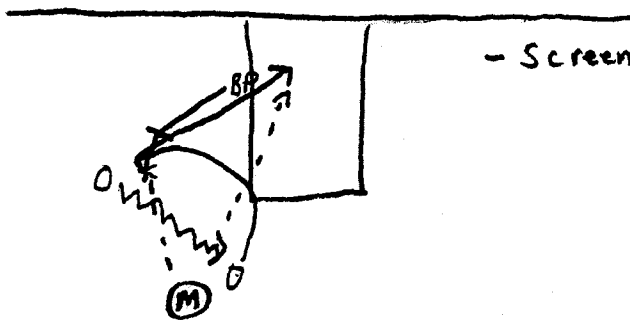
B) Loop to top wing backdoor



C) Invert Screen



D) Loop to a back pick



- Screener pop for a shot

- ★ Never take a loop into lane will cause poor spacing at the top

Bigs

Power  
Draw and Kick  
FT and FT Rebound  
Draw and Kick  
Invert to Rip  
Duck In  
Live 1 vs 1

- ★ Magic Johnson on dribble always look at rim.

- ★ Always play plays to completion.

3) Conversion Defense

★ 90% of the time the feed to the post comes from the baseline.

4) Invert Hi/Low

3 Things

- 1) Shot
- 2) Post receiver #1
- 3) Post receiver #2

Skill Defense

5) Specifics on Guarding cutter

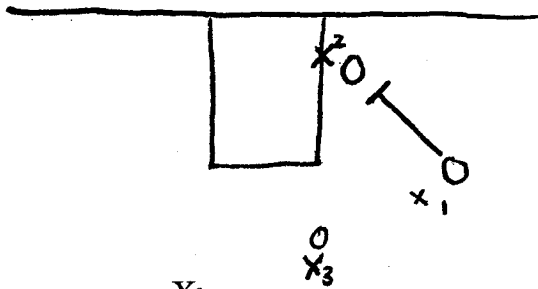
- ✓ Jump Ball-Get over
- ✓ Jump Back and take away low cut
- ✓ Recognize when not needed.
- ✓ If beaten chase down and body up to man
- ✓ Post Conversion defense 1<sup>st</sup> big down dribble
- ✓ Maybe dribble to a shot.

6) Celtic

2 minutes

- ✓ Baseball
- ✓ Wing Layup
- ✓ Wing Jump Shot
- ✓ Draw and Kick

7) Defending Wing /Wing to Block



Always with the body

X1

Ride high with the vision

Bump the curl

X3

High active heads

X2

Get to the side

Get on the hip low side

If:

Get to the baseline ass check

3  
Denial  
Shot  
Dead ball

Little Guys - White butt front  
3 Groups

8) Invert to High/Low

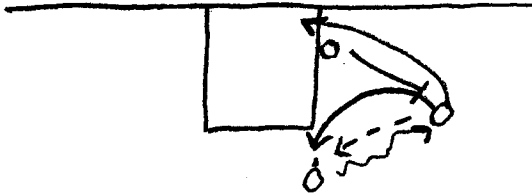
9) Conversion Defense  
Running Wing  
Visual  
Verbal  
Hand target  
Spacing

October 22, 1998  
Practice #7

(Phil did not practice)

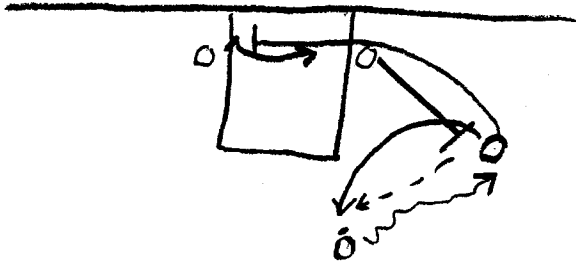
1) Skill

Smalls  
Loop and Backpick

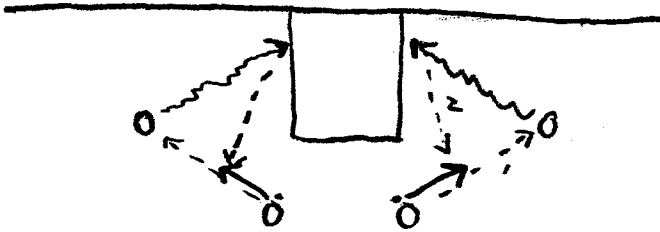


Bigs  
Power  
Jump Hook

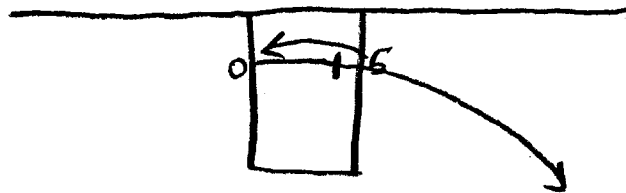
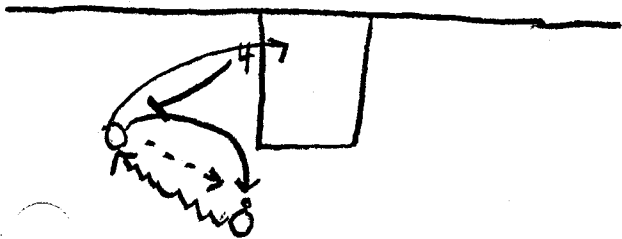
Loop, BP, & CP



Draw & Kick



2) Skill-Combined  
Loop to Reverse Action



Practice 7: 1 of 4

3) Conversion on Defense

<u>Defense #1</u>	<u>Defense #2</u>	<u>Offense #1</u>	<u>Offense #2</u>
Andre	Ben (Andre)	5-Tyson	5-Nate
Adam (Jeremy)	Jeremy (Adam)	4-Jud	4-Jud
Al (Tony)	Brad	3-Brad	3-Tony
Hanno	Al	2-Sluga/Zac	2-Adam
Nate	Tyson (Hanno)	1-Ben	1-Andre

4) Post Feed-In/Out Game

- A. In-Out-In
- B. In-Out

If post is doubled you must kick it out.  
 Guards must get in the vision of the post.  
 No cutting today.  
 Post must gain guard.

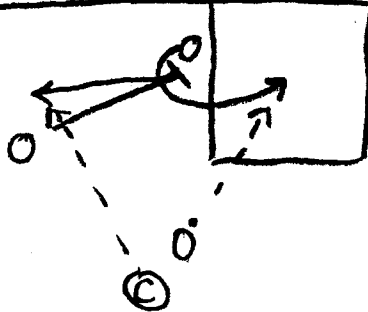
Al	Tyson	Andre	Hanno	Ben
Jeremy	Adam	Nate	Tony	Brad

5) Celtic-Left Side (90 sec)

Base, Wing, Layup, Wing, Jump shot, Draw & Kick

6) Wing Block-Down Screen-3 lines

(No re-screen-1 on 1 line- Pick-n-Pop.)



- offense watch defense

★ Big just post, or pop to 14 feet.



7) 5-ball-FB and Get Back ( Always Bigs)

Series #1

5-Break out

4-Trailer Jumper

2&3-Shots

1-Trailer Jumper

Series#2

5-Feed at rim

4-trailer Jumper

2&3-Shots

1-Space

Series#2

5-Trace ball-power

4-Rebound

3-Shot

2-Shot

1-Trail Jumper

8) Scrimmage

Nate

Hanno

Brad

Jeremy

Andre

Tyson

Al

Harvey

Adam

Ben

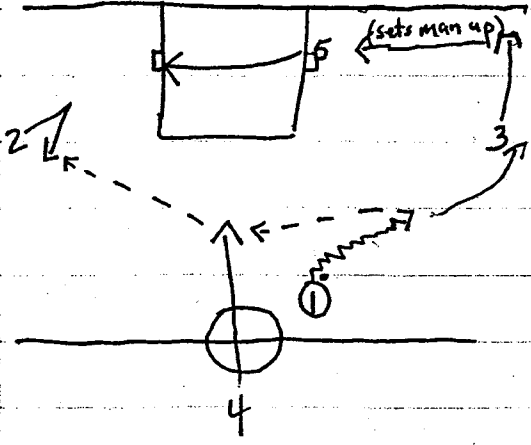
- Address conduct toward officials
- Make = Motion
- Miss = Invert
- We didn't set flares
- Poor Defense



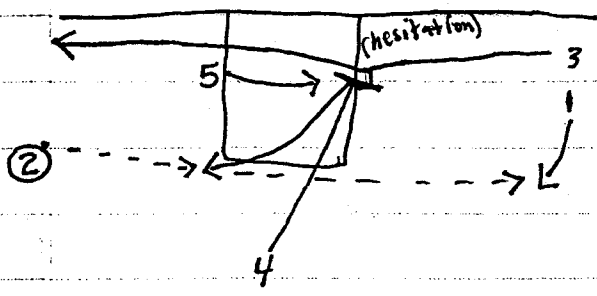
### Practice # 8

### Invert-Back Cut (Read: if 3's man (defender) is going early or under)

-on-0  
fense



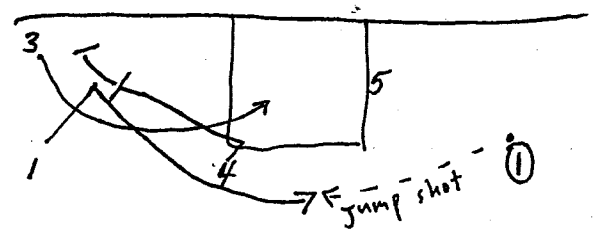
- As 1 dribbles toward 3, 3 slides toward the corner
- 1 reverses ball to 4, 4 swings the ball to 2, who V-cuts to set his man up
- After 1 swings ball, he drifts toward corner
- 4 sets screen for 3, 3 slips or back cuts to the corner.
- After 4 sets screen, he pops back high to free-throw line ball side.



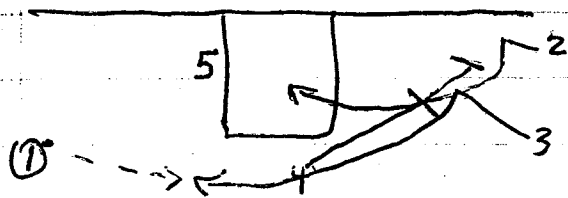
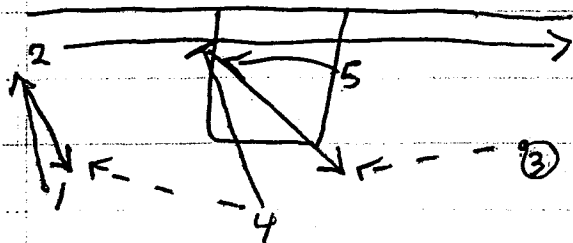
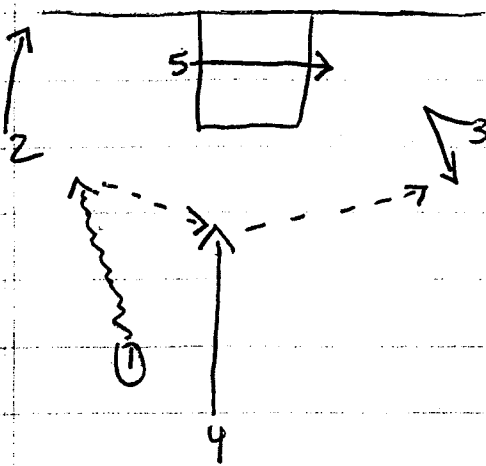
- 2 passes to 4 hi-lo. 4 looks for shot first & hi-lo feed second.
- 4 passes to 1, who has slid up from the corner to the "sweet spot" FT line extended.
- As 4 passed (reversed ball) to 1, 5 follows ball to the other block.
- 1 looks for 5 & hits 1 coming off of 4's screen

"Run it all the way through means"

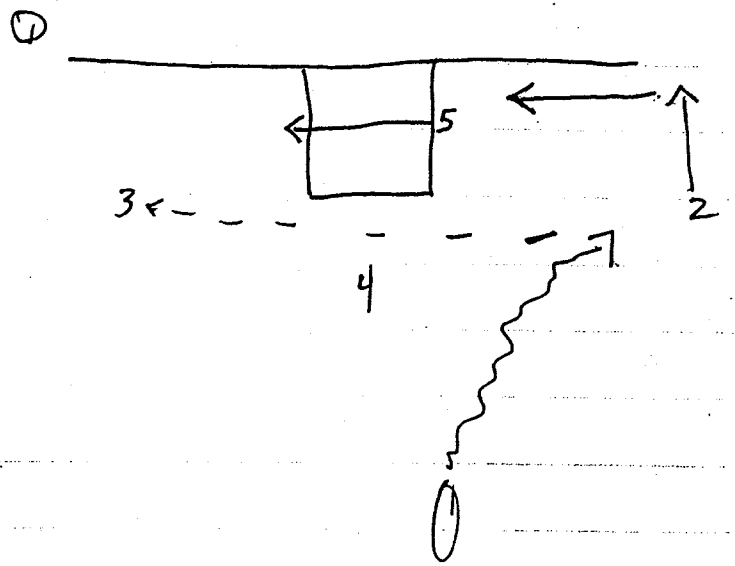
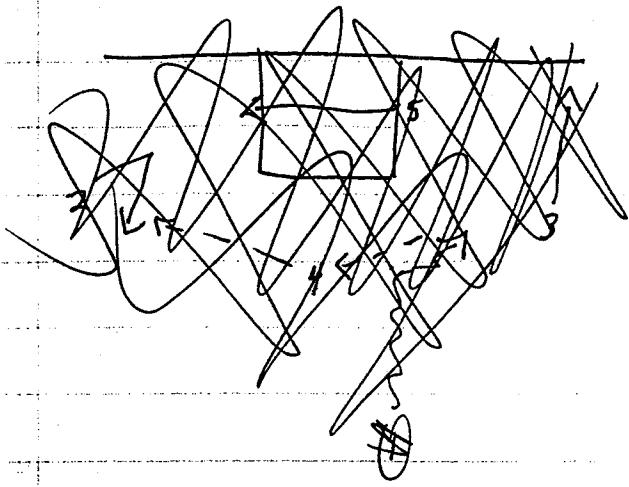
- go to hi-lo - look hi-lo
- change it or swing weak side
- look post coming
- hit the man that's getting screened away for



# Invert-Back Cut

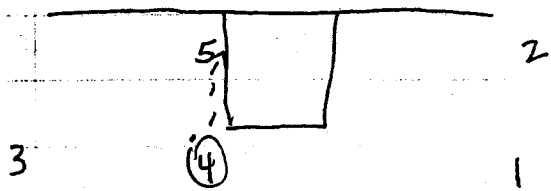
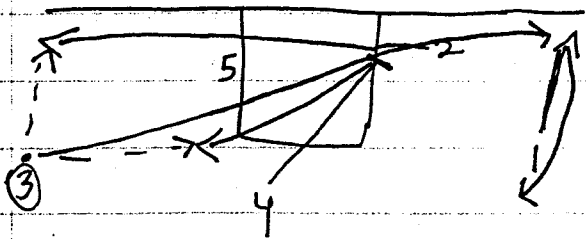


As a Team - Coach has the guys run this skeleton "O" in two groups.  
1 Group right behind the other. Each group does something different



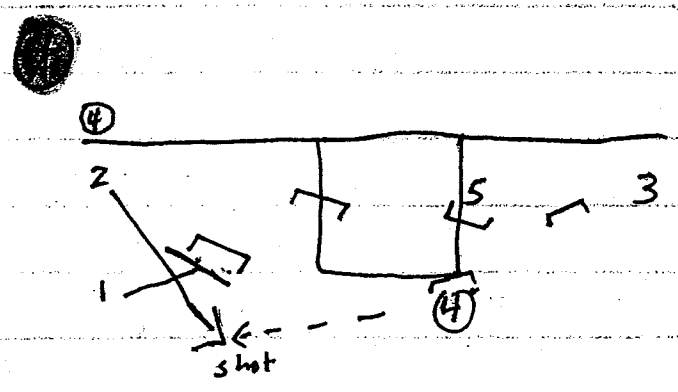
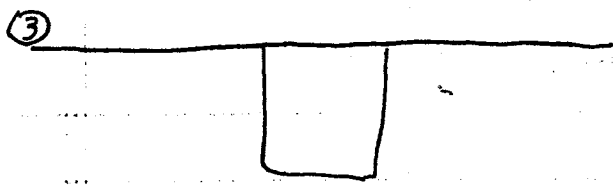
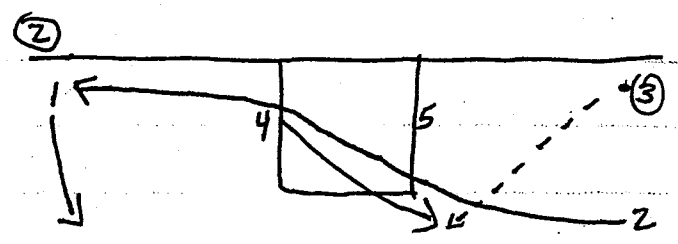
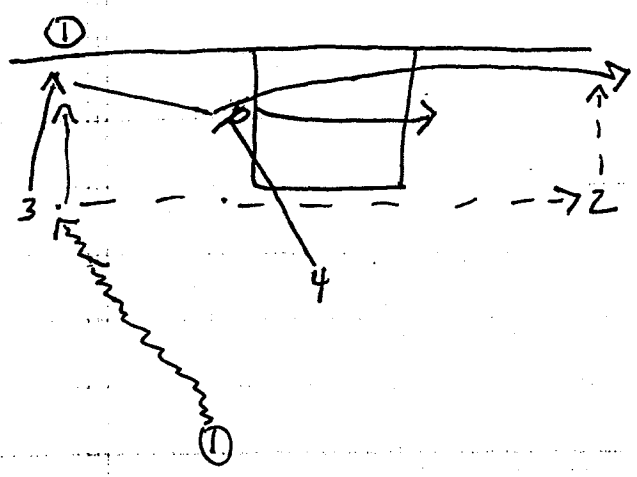
②

Brush  
Screen -  
No set up

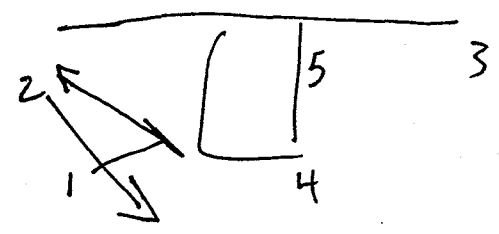


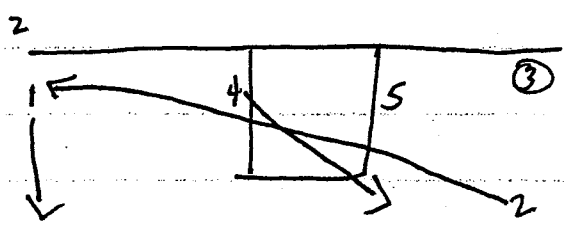
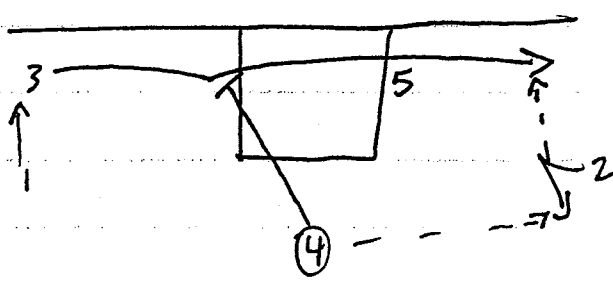
As 1 dribble toward 3, 3 space to corner  
 After or as 3 cuts, 1 spaces to corner

"spacing is Offense & Offense is spacing"



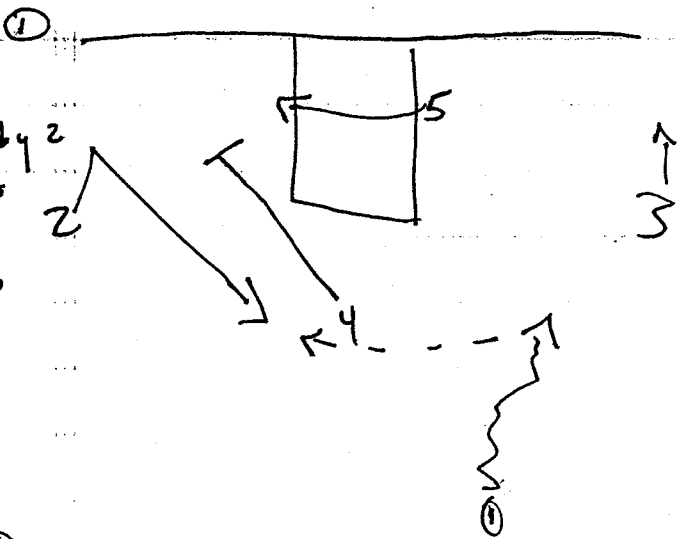
1 Instead of screening 2's man, who is giving help to the Big man, should screen his own man - 2 simply pop up or flash cuts to the ball for shot.  
 1 should hold screen, instead of being concerned about popping back out immediately.  
 When 1 does pop - he pops to corner & into motion



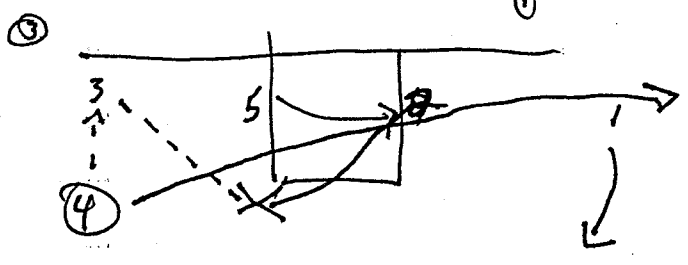
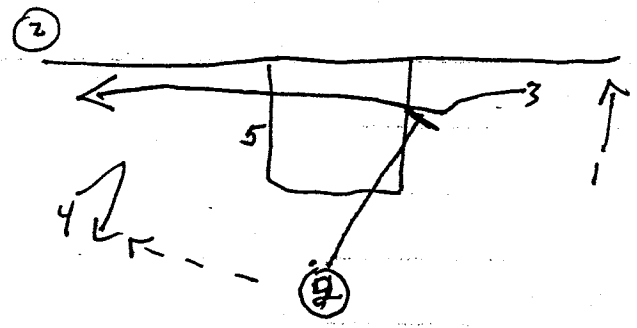


On the break screen,  
 4 should hold screen or  
 remain in the same place  
 until 2 is in the middle of  
 the lane (timing)

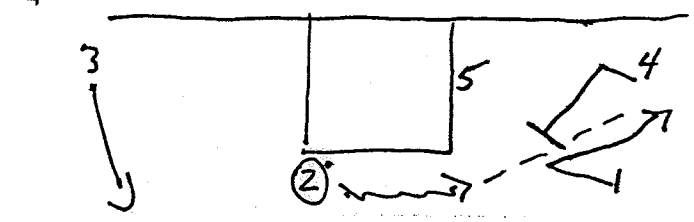
Invert - Screen Away



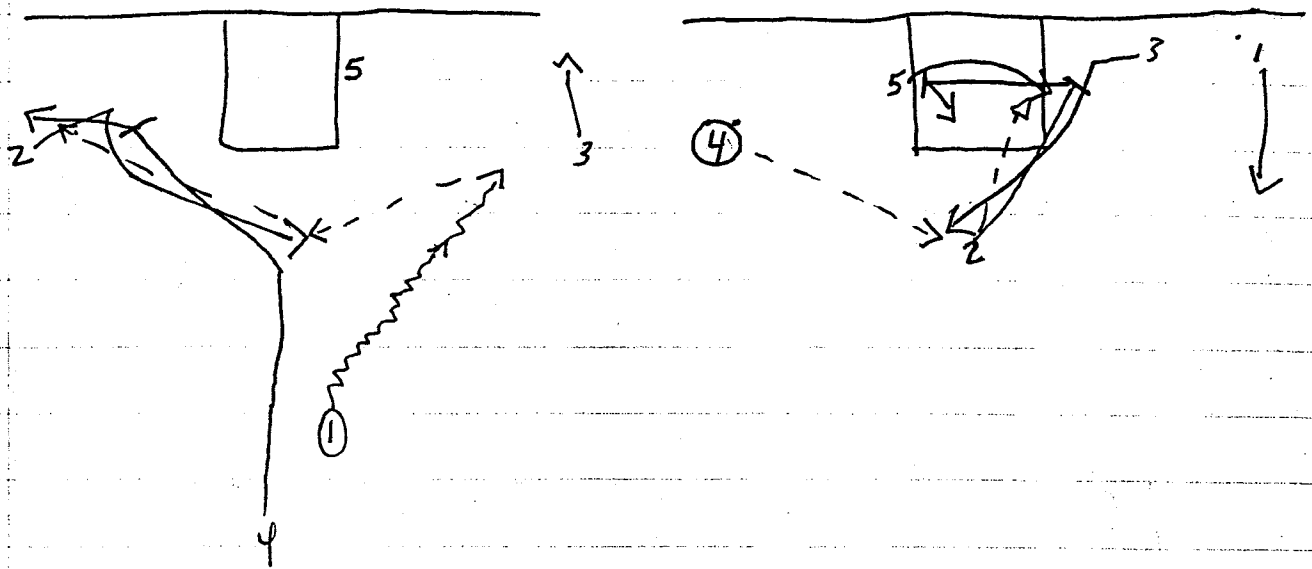
to setup by 2  
 cause 2's  
 an was  
 rving help



Get a Flare

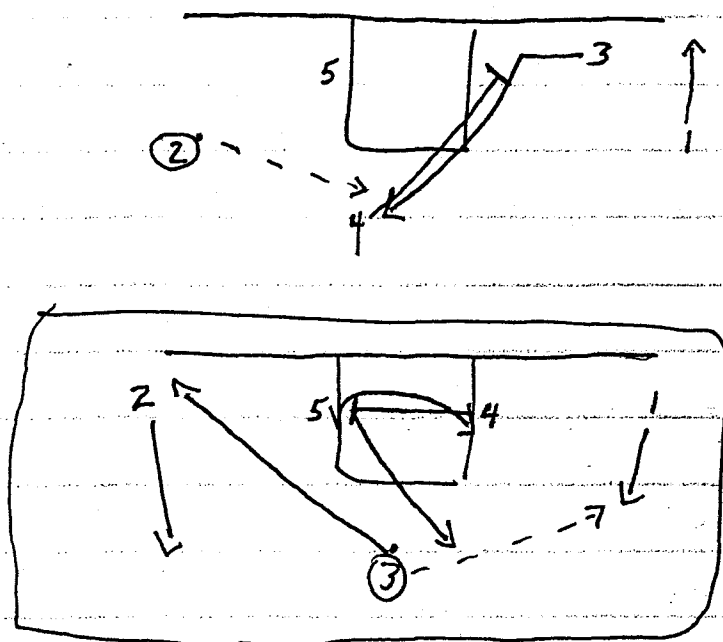


## Invert - Screen Away - To Rip



- 1 Dribble for 3 reasons: Never take a dribble unless it's to our advantage!
    1. Break the 5 sec. call
    2. off balance
    3. make dribble take me somewhere
  - 2 Do not pick up dribble unless you're ready to pass or shoot
  - 3 Never pass until w/o giving vision to a pass
- DO THOSE 3 THINGS AND YOU WILL BE IN TOP 5% of PG in America!
- In 5-on-0 offense, after we score, we sprint back to defense.
- The 1<sup>st</sup> 3 steps must be the hardest, fastest steps - We will never get beat in transition

Sometimes when you don't have the post feed out of invert.



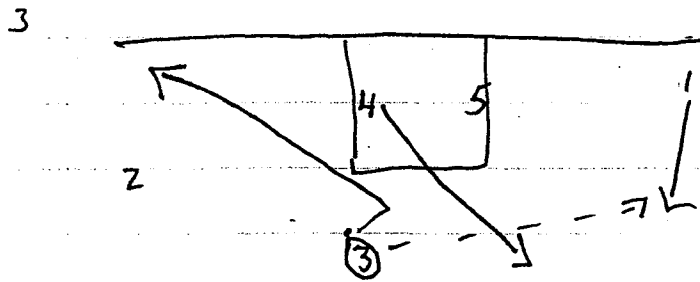
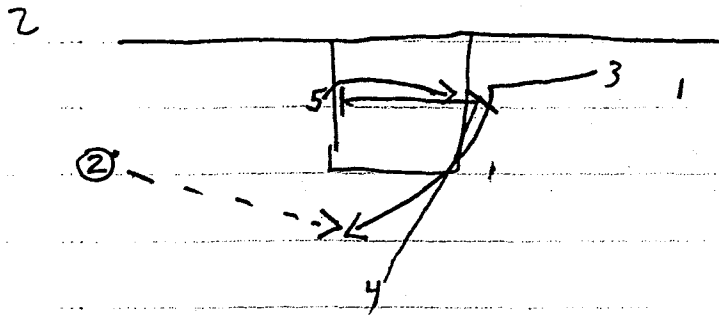
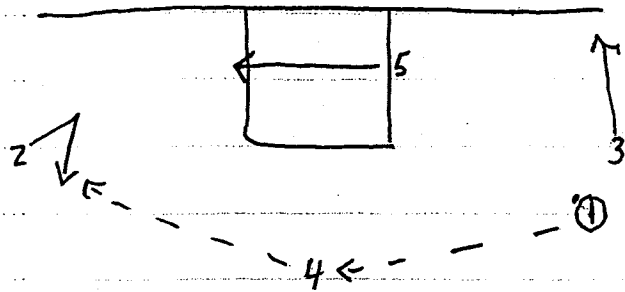
2 criteria for finding the post

1. how the post man is being played
2. where is the help

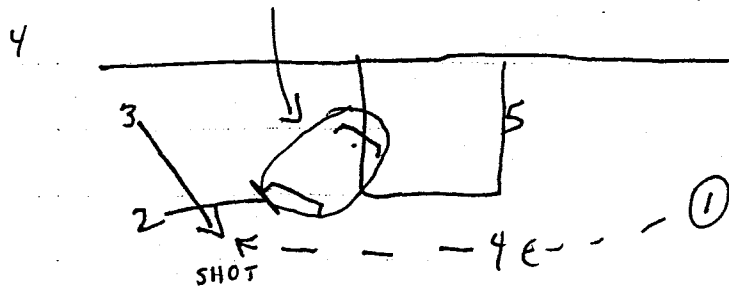
- Pump Fake 1 of the greatest lost arts in the game.



Invert-Screen Away - To screen your own man



what do these two men have? vision & stance - so they will buy into pass fake



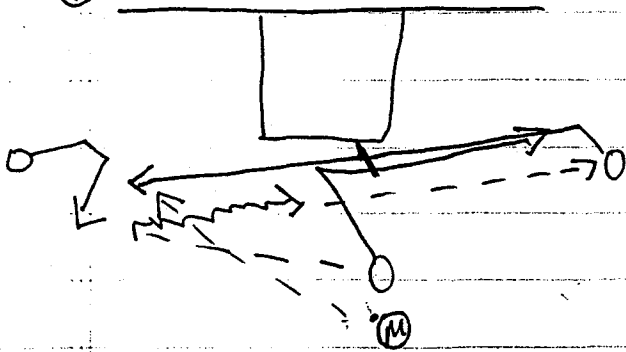
How can the 4 really ensure that 2 and 3's men are buying into the help on 5? A pass fake into the 5 man

↳ greatest lost art in the GAME

- Coaches or welkons can play th defense. All you're concerned about in this part of 5-on-0 is that the "D" is really helping down in the post.

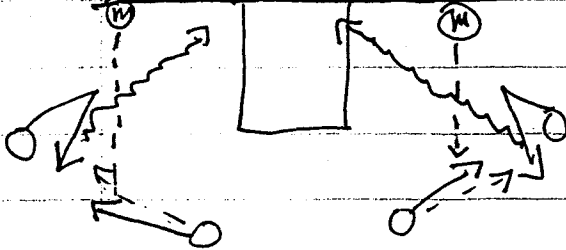
# Skill Work - Smalls

## ① Flares



Do Skill  
on both sides of the floor!

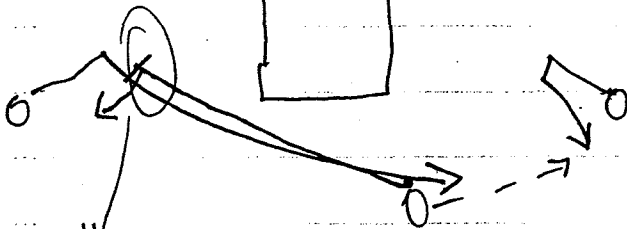
## ② Drive & Kick



- wings work on middle game

spacing: 1 1/2 men behind

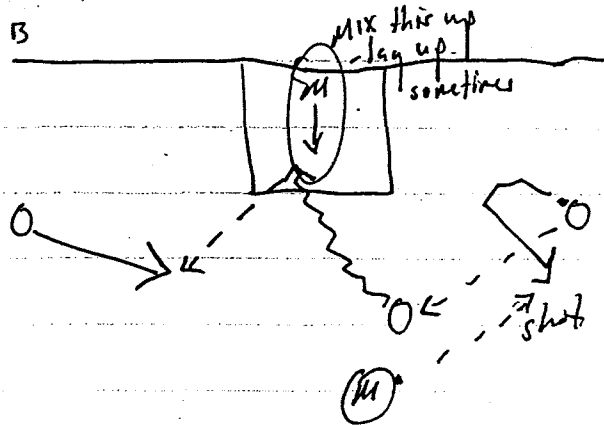
## ③ A



on this screen open up to the ball (reverse p. dot on left foot on left side)

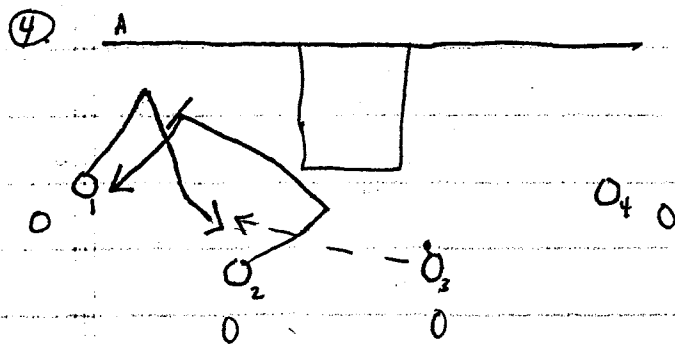
- catch outside lane line extended.

## B

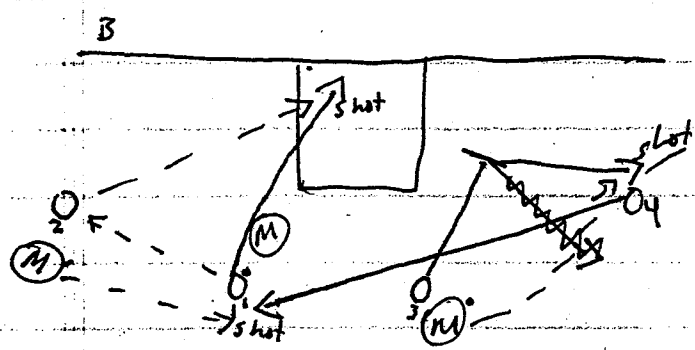


Mix this up - lag up. sometimes

# Teach Recognition of "Middle Cut"

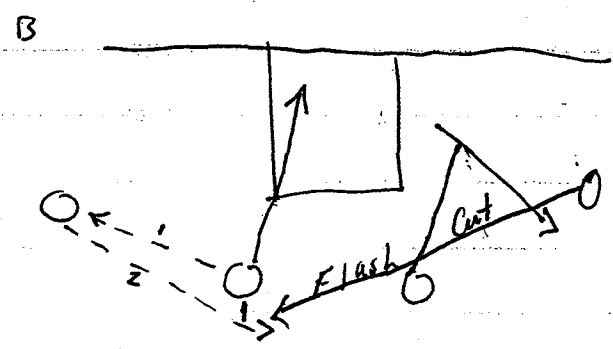
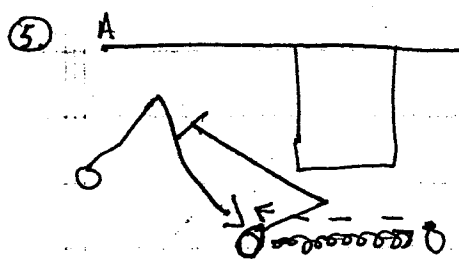


- 4 lines  
 - As 2 screens away, 4 should be cutting & replacing himself.

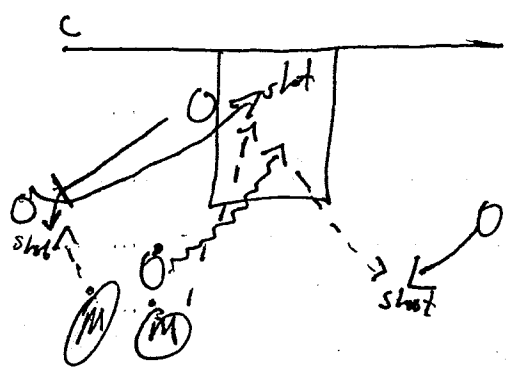


Have (M) plan 1/2 man away from O1

O1 works on middle game by making "middle cut" - throw inside foot & arm into defender - body up



O1: middle cuts



- We have to be the best long rebounding team in America! ... by virtue of our blockout and our hustle!

### Celtic Drill

Baseball Pass: Rebound, Look, Dribble Clear, Throw Pass almost to the lane line on the other end... take Pride in the pass (When getting the rebound to make the pass... always keep the ball above the head)

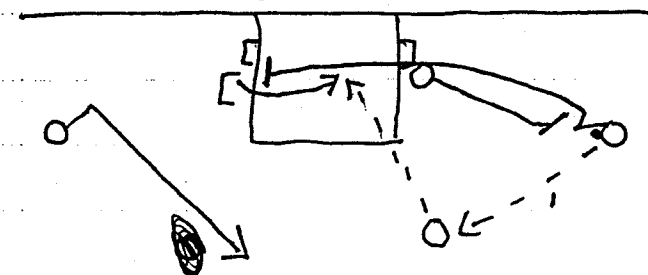
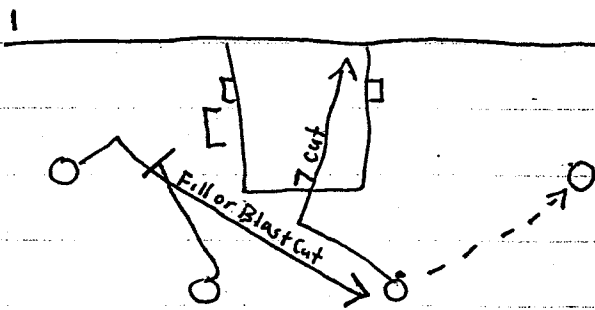
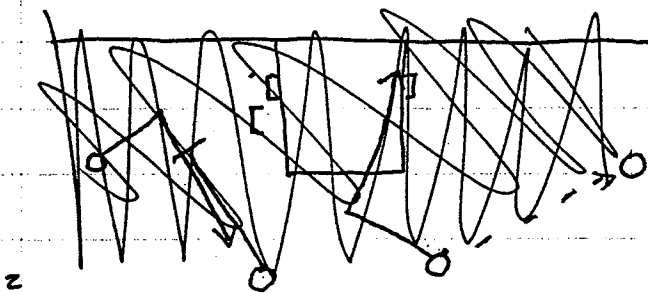
Rt side (1:30 each one)

Wing Layup

Wing Jump Shot - set into your game

Rebounding: Always use 2 hands & turn to the outside w/ low body balance

### 7-Cut Reverse Action



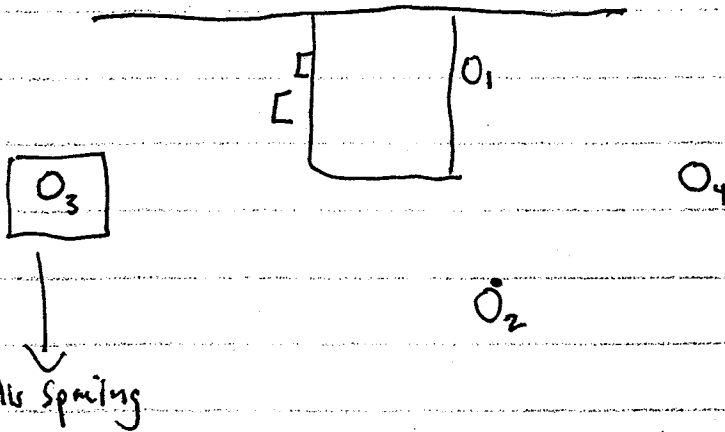
### 2 Best Action

- ① Feed Inside or Drive Flares
- ② ~~Reverse Action~~ Reverse Action
- ③ ~~Block Pick~~ Action
- ④ Pick the Picker Action

On the pass from the wing to top, the opposite wing should fill cut to get 2 to the top.

[ = 5 MAN

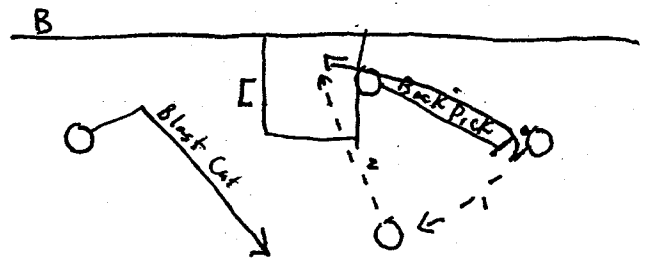
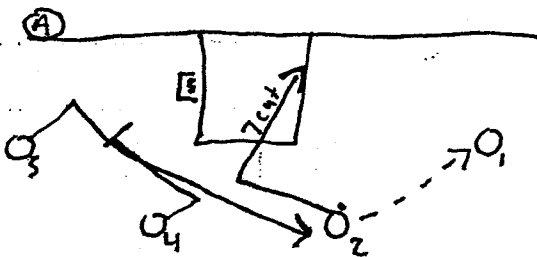
### What Kills Reverse Action?



O<sub>3</sub> must be wide to keep the help from killing the action.

We run plays to get these actions, but if we can get these actions out of the spontaneity of motion how much better off will we be?

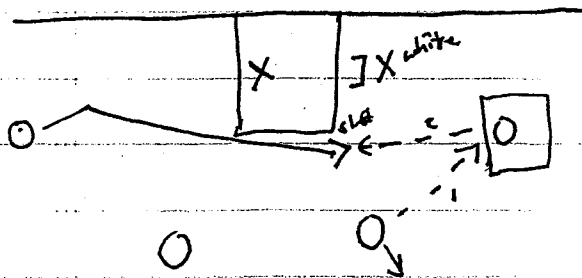
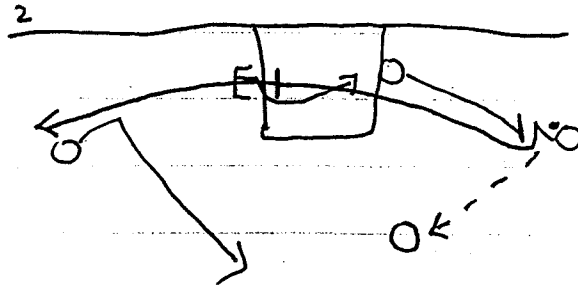
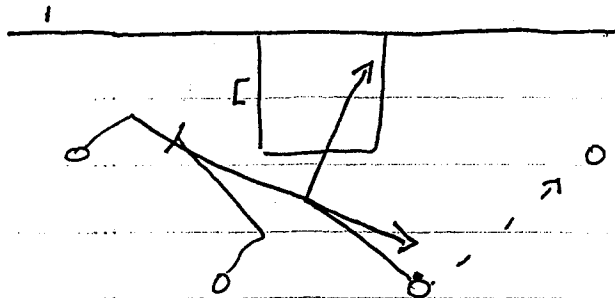
- "I've gotta stop this because it was so good..." Coach Mojerus uses this line or variation of everyday to "find his players doing something right"
- On the 7-Cut Reverse Action time the ~~down~~ diagonal down screen w/ the 7-cut so that it looks like a double stagger.



Every cut has to be purposeful.

Use Walkons to guard O<sub>1</sub> and the 5 man

1/3 points should come from the FT line = Big Men

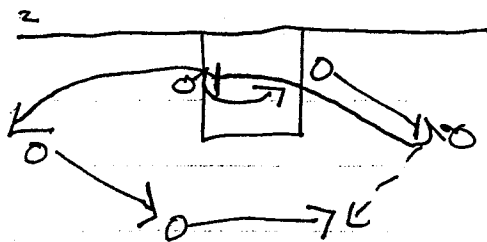
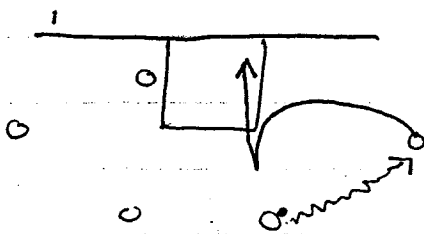


For this action to occur, the wing must use the pass fake to lock the help up.

"We're not doing a drill, we're playing basketball."

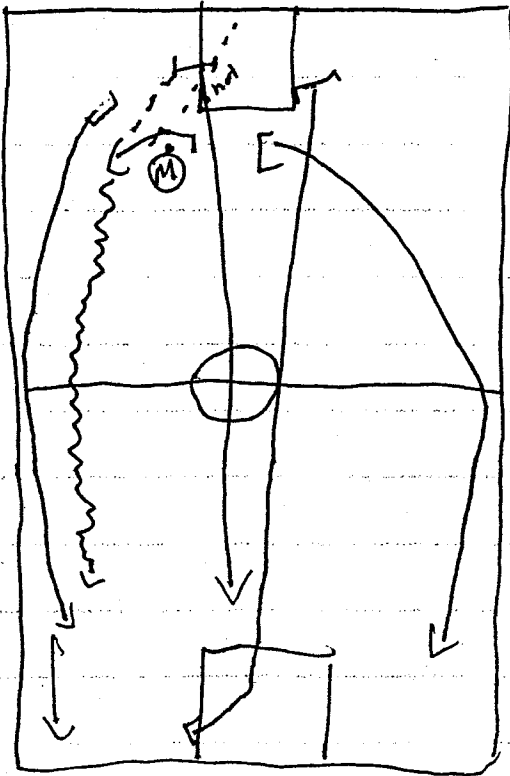
You would never go "loop" to 7 wt - it makes no sense!

You can loop - back cut - to back screen



- On the loop - back cut if being pressured.

5on0 Invert Full Court (all 5 men get a shot)



- They run Invert.
- Use walkons, mgrs, or coaches to make passes for the men to score.
- Once they score, the 5 guys sprint back in defensive transition. Use a walkon at  $\frac{1}{2}$  court to try & penetrate the conversion D

October 23, 1998

Practice # 9

Invert - Saw 0

Invert - Backcut - Short Corner

Invert - Backcut - High/Low from Shot (Curve)

" " High/Low Job

" " Change it

Screens # 10

Invert Screen Avg

Invert Screen Avg Backcut

Scrimmage Offense

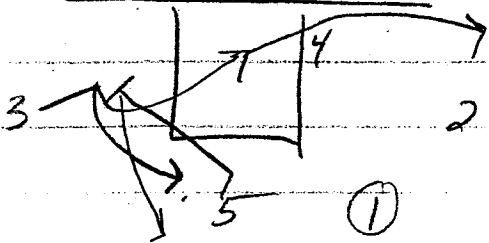
1) Motion - Make

2) Invert - Miss

2)

Motion Entries

Diagonal Down Screen Pressure Release - Better than Flood



Cutter

A) Tight Coil

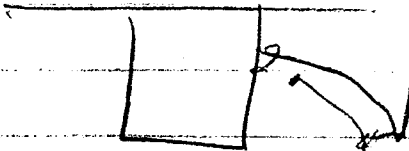
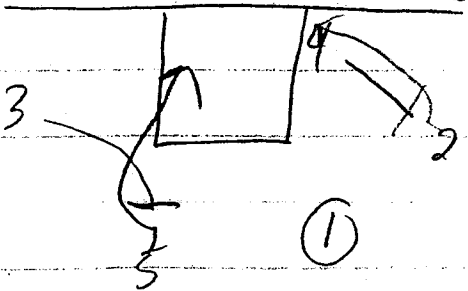
B) Straight

Tight Coil Catch

Back Pick

pick is the best

High Early Backpick - (Horns)



3 Don't go

deep to

Set this up

To help count the moves under count I'm trying to get a catchout take (2) man under basket \* 2 must get his work done early



3) Motion Entries 5 on 0

4) Celtic - 45 sec - Left Side

5) Scrummage

1 Coach always cover Rebanding other two Coach tears

Emphases

Flare

Backsweeps

Collective Defense

<u>Red</u>	<u>Game 1</u>	
Andre	Ben <sup>white</sup>	r
Adam	Jeremy	
Al	Tony	
Hanno	BRAD	
NATE	Phil	
	Tyson	

Red 16-3

	<u>Game 2</u>	
<u>Red</u>	<u>White</u>	
Nate	Tyson	
Phil	Hanno	
Brad	Al	
Tony	Jeremy	
Andre	Adam	
	Ben	

18-16 Red

	<u>Game 3</u>	
<u>Red</u>	<u>White</u>	
Ben	ANDY	
Adam	Jeremy	
Tony	BRAD	
Phil	Al	
Nate	HANNO	

13 - 15 White

	<u>Game 4</u>	
<u>Red</u>	<u>White</u>	
Nate	Tyson	
Phil	Hanno	
Al	Brad	
Jeremy	Tony	
Adam	Andre	
Ben		

16-15

?

October 25, 1998 Practice #10

1) Introduce Thru- Looking for cutters/not post ups.

A) Thru

B) Thru Opposite- Thru opposite dribble down, we will get all the looks we want if we get it to the 3<sup>rd</sup> or 4<sup>th</sup> side.

#1 Must sprint to the corner.

#2 Don't look for the post feed immediately (it won't show).

Back Pick

1) Wide low stance.

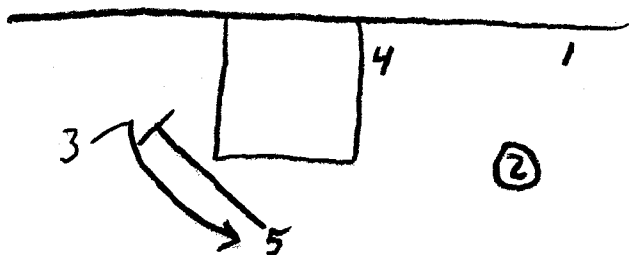
2) Just outside NBA lane line.

3) Better to be too wide than too low.

4) The cutter is coming to pick; not the pick to the cutter.

5) Bottom leg must be above the block.

Thru Screen Away- If big is denied:



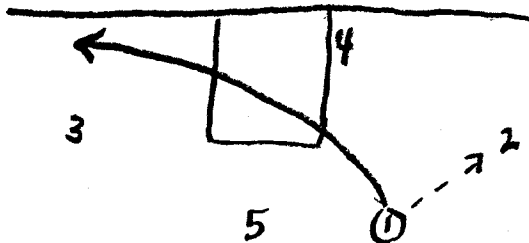
(Slice /shuffle cut)

#2 cuts off #4 as soon as ball leaves #5 hands.

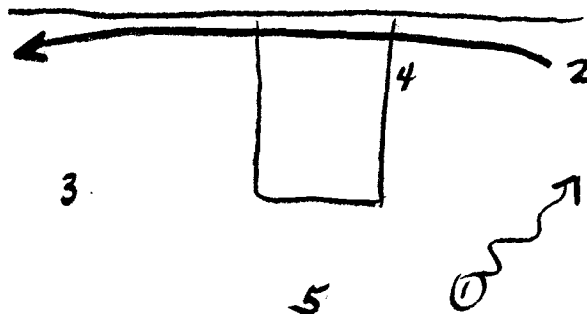
#5 changes the ball and DP for #4 and then pops.

#4 comes off looking shot.

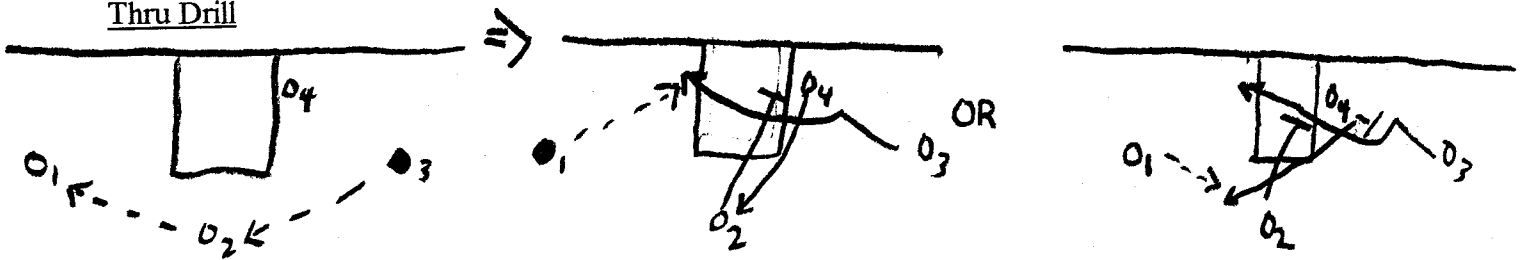
Thru Opposite



Thru Opposite Dribble Down



Thru Drill

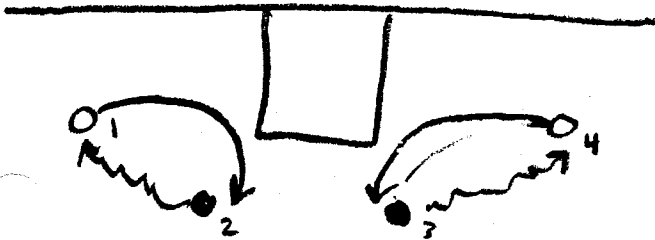


(Never cut just one step in basketball)  
 (We can correct mistakes, but not effort)  
 (Yell a guys name if open not "Ball" unless in the post)

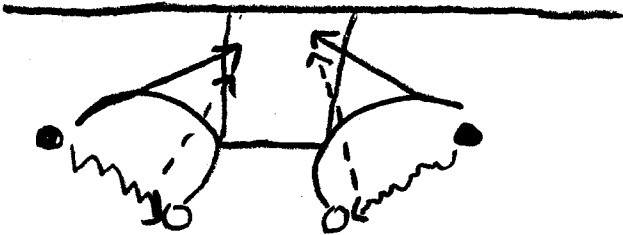
2) Skill

Smalls

A) Loop for shot (Top to wing)



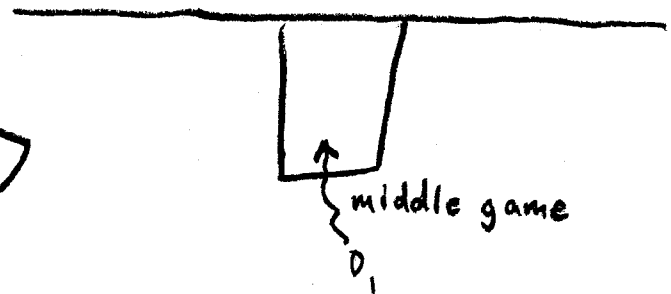
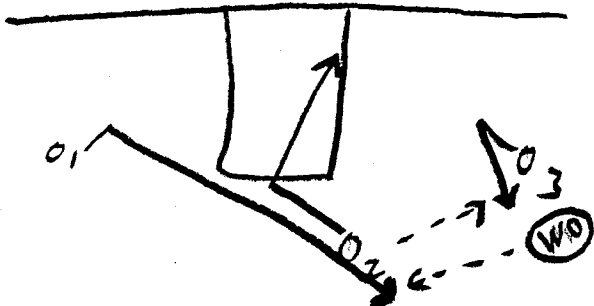
B) Loop wing to top back door



(Don't pick up dribble to quick)

3) Skill

C) Wing catch . 7-Cut. Fill



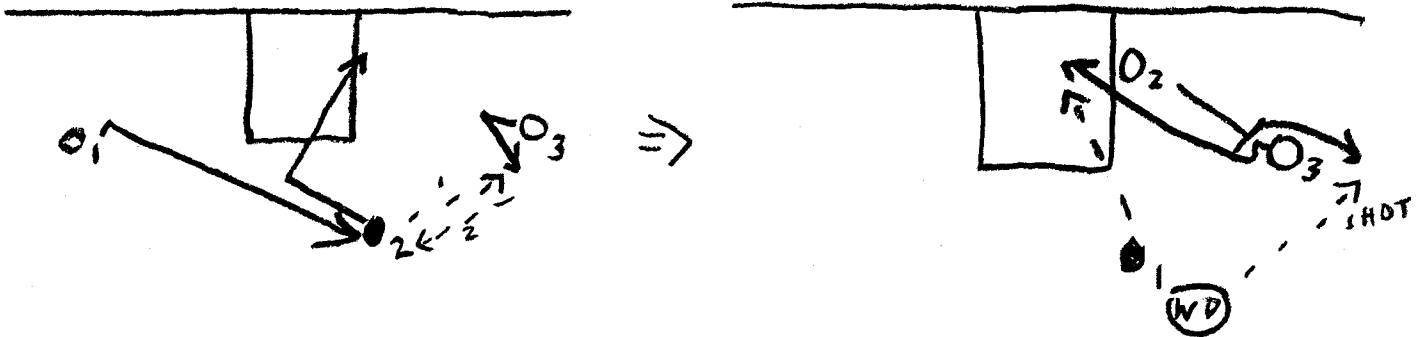
Bigs

- A) 1vs 1 Post seal on dribble to corner.
- B) Thru back pick come off DP
- C) Trail Big-rescue pass.
- D) Draw and kick baseline
- E) Draw and kick middle
- F) Following ball on reversal
- G) FT rebounding

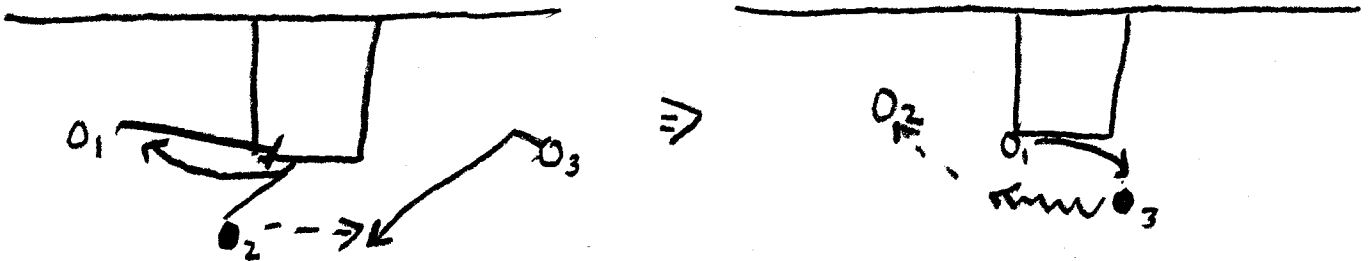
Defense was level or lower

(WO) = Walkon

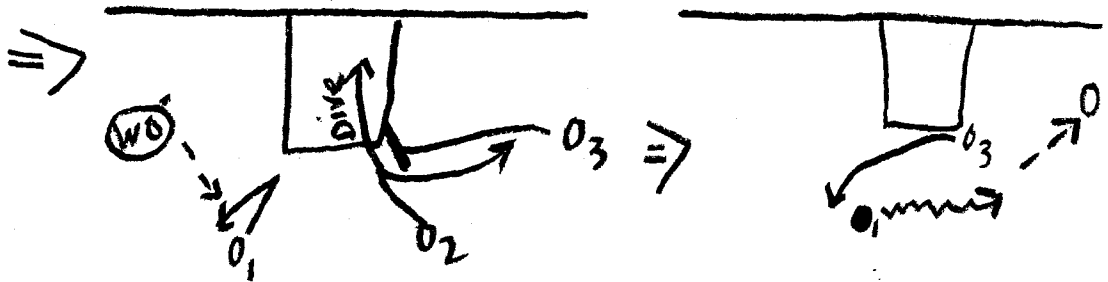
D) Wing catch, 7-Cut, Fill, BP and Pop



E) Flare away from you.



G) Flare towards you.



4) Conversion on Defense

(We play position defense)

(We never lunge, reach, etc...)

5) Post Feed Defense

A) Drop- (High back hand) ½ way in the middle.

\*We always come on the second dribble.

\*Straight arm means you are off balance\*

Always maintain vision of your man.

We don't care if back to baseline or halfcourt we would prefer to halfcourt because we don't allow middle.

If we don't tell you how to play the post feed we play it as a drop on the second dribble.

Ball stance no middle but not conceding baseline

Donny

Nate  
Jeremy  
Tony

Brock

Al  
Andre  
Hanno  
Phil

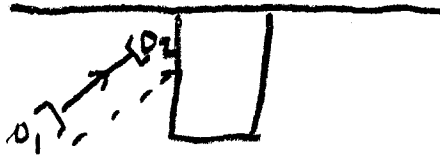
Jud

Ben  
Brad  
Tyson

Posted Drill

- A) Drop
- B) Drop-Come on second dribble or deny back of first dribble.
- C) Cover Down

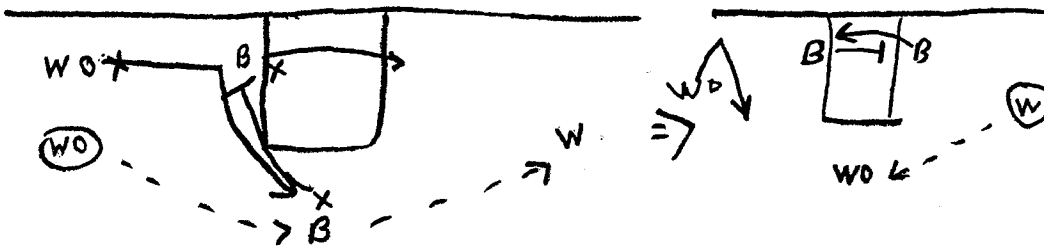
B) Cover Down



G) Celtics- 1 minute-left side.

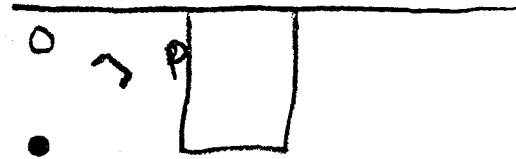
(Baseball, Wing Layup, Wing Jump Start, and Draw and kick)

7) Invert Drill like 3 vs 3



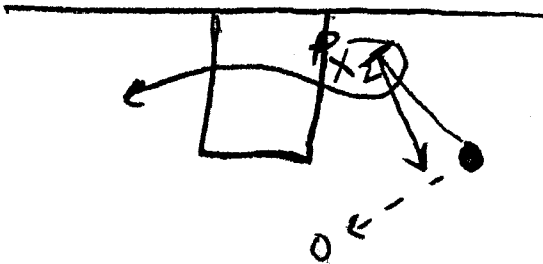
\*Def 3/4 to behind in Post  
Gap, Umbrella, over and through you.

Pack



- Be Closer than you man based on his ability to shoot.
- We are more concerned with our help to the Post.

8) Wing to Post (Block) DP



1. Jump Ball X2- move to him when he cuts
2. High Shoulder -Keep inside arm on your man.
3. Closeout late with high heads.  
(Put Bottom leg inside the lower leg of the screener)

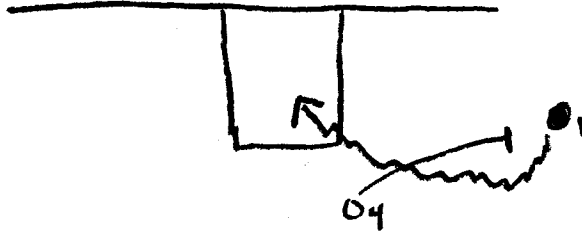
Xi

1. Get on the hip.
2. Follow the curl.
3. Get to help live (Stace)

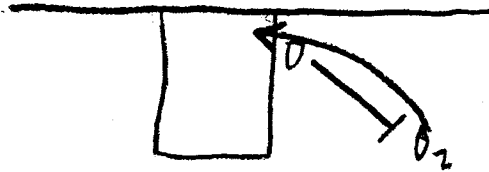
**George Karl Notes**  
October 22 & 23, 1998

Pick-N-Roll

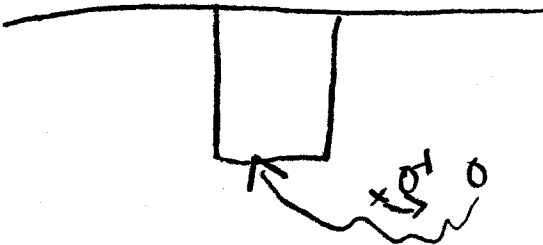
- 1) The closer to the sideline the better.
- 2) The lower (Baseline) you catch the more your angle can vary.
- 3) The higher (Baseline) you catch the better the angles needed.
- 4) High Pick-The more aggressive the dribbles must be and you must change the side of the floor.



- 5) When you receive a back pick get to the rim as quickly as possible then slow up.



- 6) When coming off a pick-n-roll try to get to the rim in as few dribbles as possible.
- 7) On all picks and screens you must get a good hit.
- 8) If a big jumps you attack him.



- 9) The screen on a pick-n-roll must always come back and be a good rebounder.
- 10) Pick-N-Pop: The longer/sharper pass makes for a better rhythm into the shot for the shooter a opposed to a shorter/softer pass.

- 11) On the Pick-N-Roll if you drive the ball into the paint it is a shot. The deeper into the paint you get it the more switches, help, etc... you force on the defense.
- 12) Miscellaneous Notes:
- ✓ Playing hard/working hard is a talent
  - ✓ Work hard every night; not tournament time etc...
    - October-November: this is when your tournament time is made.
  - ✓ Every Player needs:
    - A. Big Brain
    - B. Big Heart
    - C. Skills (Least Important)
  - ✓ Does the heart control the brain or vice versa.
  - ✓ Enthusiasm, Integrity, and effort-most coaches will play the ones who have this and who work hard.
  - ✓ A team with bad habits can't win.
  - ✓ Selfish attitudes/play must always be addressed.
  - ✓ Players think because they make a lot of money or headlines they are great players
  - ✓ Disrespect coming into the game is killing it.
  - ✓ Toughness, attitude, and character is virtual
  - ✓ He believes (North Carolina) you should have one practice each year that doesn't end until you have one player throw up.
  - ✓ The game is teaching by:
    - A. Trickery
    - B. Drill
  - ✓ In the NBA you teach around your stars; Greg Anthony gets yelled at a lot because of Gary Payton.
  - ✓ KEY TO SUCCESS IS YOUR GREAT PLAYERS BEING YOUR LEADERS!!
  - ✓ Weights make you think you are stronger than you are
  - ✓ Sonics would get 1000 extra shots up a week
  - ✓ 85% of all NBA shots are contested.
  - ✓ Spirit of Life: You get this feeling in sports.
  - ✓ 3's:
    - A. Shoot it
    - B. Defend it
    - C. Rebound it
  - ✓ Good Shooters miss off the back of the rim.
  - ✓ Basketball is an intense exciting game
  - ✓ Stance and Vision must be the #1 thing "Thou shalt have thy butt low to the ground."
  - ✓ Everyone has a good attitude every once in awhile. The great ones have it all the time.
  - ✓ Fast break like offense rebounding- you must keep doing it every time if it is going to work.



October 26, 1998  
Practice #11

Explain Post "D"

3/4 Hard Deflection on Position

3/4 ft

1/2 Man -Arm across

Get behind

No Angle } Hold your ground

Through you

- ▶ Gap- No body, Don't let him locate and spin.
- ▶ Umbrella
- ▶ Cut Angle
- ▶ Contest
- ▶ Blockout
- ▶ RB
- ▶ Outlet
- ▶ Thru                    5 minutes     Hit Cutter  
   Hit Back Pick  
   Change it
- 5 minutes     Live
- 5 minutes     3/4 Court
- ▶ Skill                    20 minutes     Middle cut wing
- ▶     Diagonal down curl (Film) open post
- Stager Corner
- 2 Ball Shooting Flare

Conversion Defense 23 minutes

- 5 Tyson
- 4 Crockett
- 3 Zac
- 2 Sluga
- 1 Dustin/maybe Heusser or Sharp preferably Sharp.

10 minutes     Deny Back Post Feed & Cover

15 minutes     Invert Drill-Live

★ No defender on wings in this case 1 & 3.

6 minutes	Celtic Wing Catch- yoyo- Level off- 1 on 1
10 minutes	If he throws post <u>Cover Down NOW!!</u> Live
10 minutes	3 on 3 2 Groups of 3 on 3: Cullen, Crockett, Andre Al, Harvey, Killion Donny Big Post Defense
	8 Men In Out Game
10 minutes	2 Wing Denial
1 minutes	Pull Back Conversion Dribble
10 minutes	Shell Ball Movement Play a Pass Play a Cutter

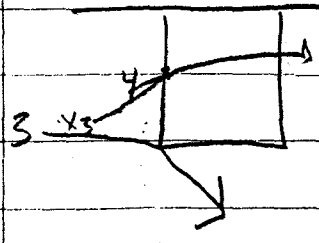
October 27 1998

\* Walk-overs always have an awareness of drills \*

\* Prepractice

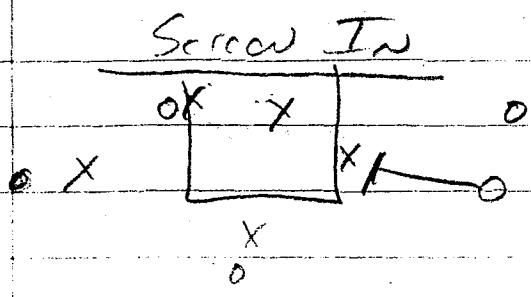
- 1) Back - Post Feeds - In-Out
- 2) Jwd - Flare Shooting
- 3) Dmg - Wallrows

5 1) Flops - If you miss beats you over early



\* Flare Flop = Dive

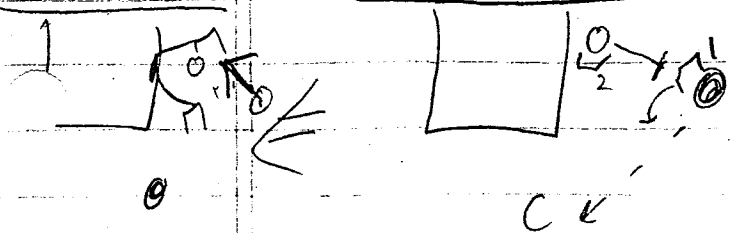
5 2) Invert Backcut - S on O



(20) 3) Defending the back post - (Emergency switch the duck back)

- A) Talk & yell back post
- B) We will enter late on by the low or high cut
  - 1) High - Take a y - Jump Ball

Hard 3/4 Post



$M_1$  = Jumps ball goes over top & closes to his  
 $M_2$  = 3/4 to 1/2, Talk, Bump the cutter  
 high hands to baseline side & close late to ball

Ball Pressure on the ball always buys us time.

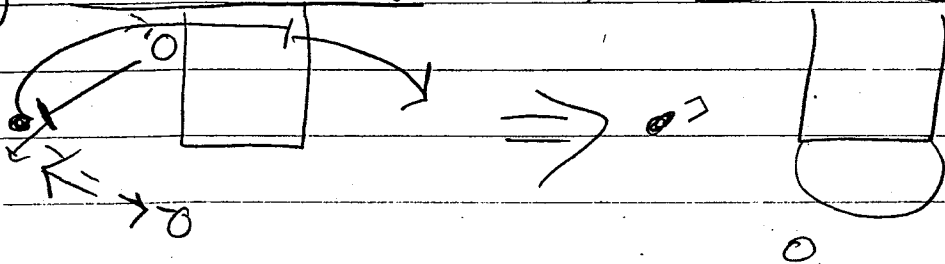
3) Defending the BP (Cont)

Jud  
Andre  
Al

Coach Brooks  
killian  
Collin  
Hervey  
Huessen

Donny  
Crockett  
Nate  
Tyson  
Adar

20) 4) BP to CP (Reverse Action) to Live | vs |



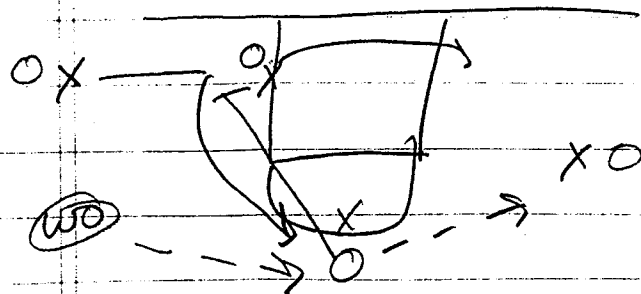
(Learn to play the chest game / Lower leg/body game)

(Reverse action always called off by a duck IN)

(Always keep playing through everything)

(Strong in body / Strong in mind)

16) 5) Invent vs Defuse (walkouts)



(Use the Pull Back Crossover dribble when people are running)

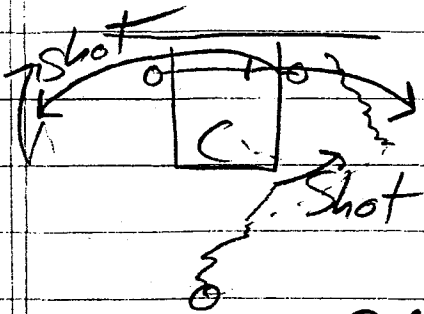
17) 6) Skill -

Smalls

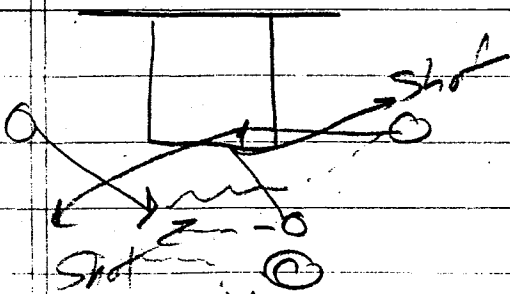
- A) Sweeps
- B) Draw & Kick
- C) Baseline Drive / Baseline Drive

BIGS

- A) High / Low of Invert / R
- B) Thru shooting
- C)

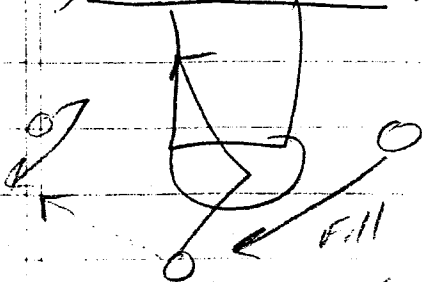


D) Flare - 2 Ball Shooting



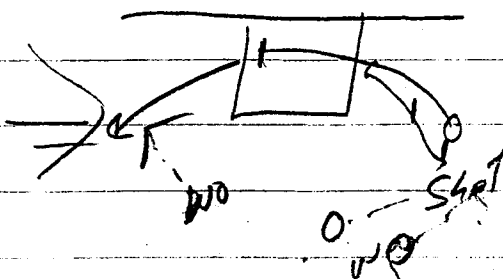
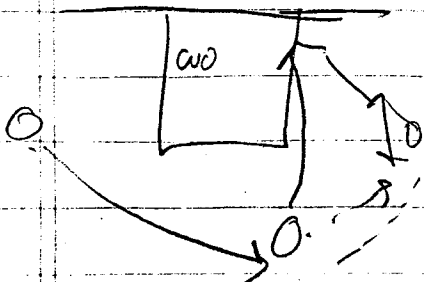
Flare - Bump Down

E) 7-Fill-BP-D - 2 Ball



G) Flare - 2 Ball Shooting

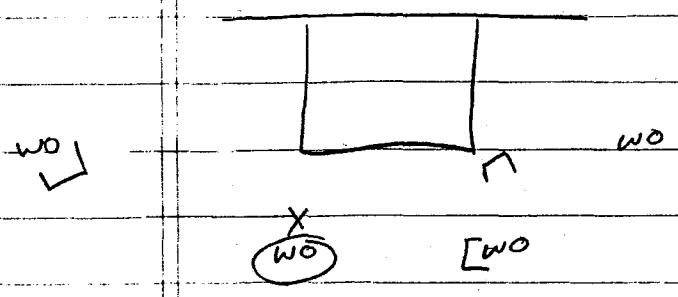
F) CTR / Middle (of / Fill / BP / Raise Net / Pop / Space  
Shot Shot Shot



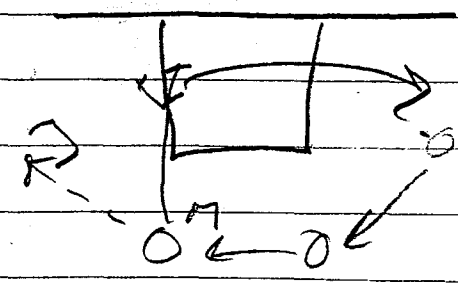
( Never set a BP ... from the hill )

45) 7) Cover your Defense  
 (Emphasize on extending soccer)

20) 8) Shell - Jumping & seeing ball - Stance - Vision



- \* Drop your ass & play lower longer
- \* We don't help off the top on penetration to the middle - we anticipate no middle
- \* Guard a cutter to the post



\* Extend - Buy time for our guy to come off of the screen

\* The longer you can guard your man without turning your head the better \*

\* Trail airtime of the ball

28) 9) Shell 4 vs 4 / 5 - Offense

- 2 steps:
1. Defend the Diagonal Down soccer with ball at the elbow
  2. When your man goes away to pick see ball & man. Ride shoulder high & throw the arm.

(We could pick up the middle)

(4) 10) Celtic - Left Side (90 sec)

(5) 11) Thru (5 on 0)

Invert high/low.

Invert high/low opposite / Big Across.

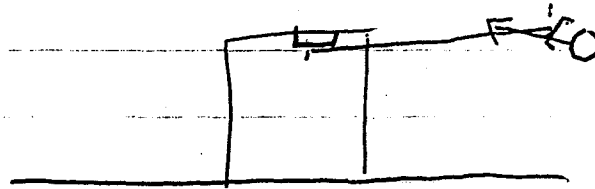
Reviewed Invert & Thru (10 min)

Defend the flare 23 min

"call it" ① Have to talk - must hear "Flare coming" or "Flare"

"body it" ② When the man guarding flare cutter here's "flare" called he has to get into his man's body, with your hands up.

C ← - EA



⌊ must protect "into" the flare & "out" of the flare.

"get over the top" ③ Always try to get over the top. - get "ass" check over the top.

"body up chest to chest"

→ & get to his body

② The 1<sup>st</sup> thing you must do when you hear "flare" called is to "go to his man and body it" because 90% of the time the Off. man will go over the top of the flare

- Everything is high hands

Once the man defending the flare cutter is over the top, he must yell "

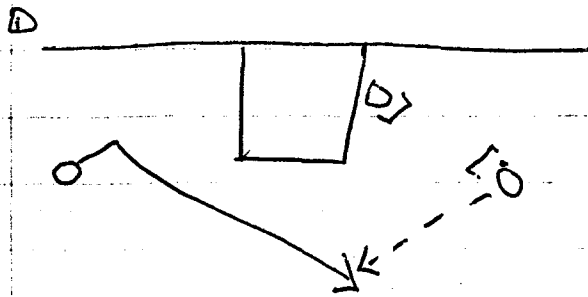
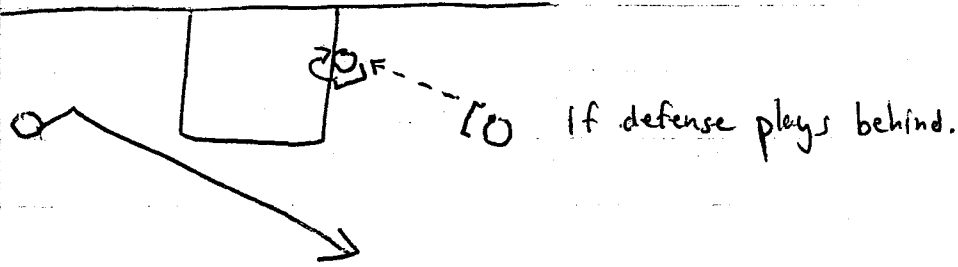
Teaching point: Go slow on offense, very slow... so that the defense can get a grasp on what they're doing.

The man defending the flare screener must get off of his man & protect "into" and "out" - he must "see his man through" the pick

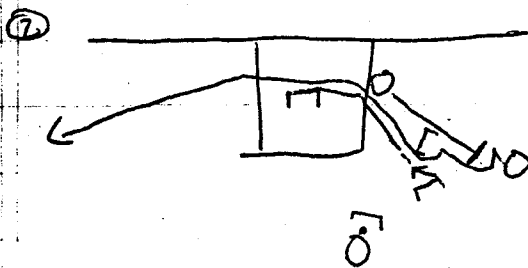
- this defender must also be prepared for the "emergency switch" - which means if a big man is getting flare screened a small should call a switch to prevent the easy shot + plus bigs stay in. - this defender may have to level off the flare cutter.



# Defending the Back Screen



- If the defense is smart, they will take away the low cut on the back pick.



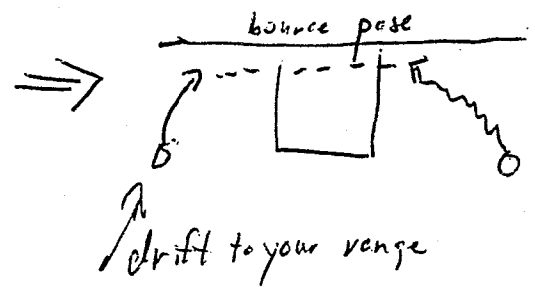
- Offensive rebounders must move a "second" time

- "We will concede the jump shot rather than give up the layup."

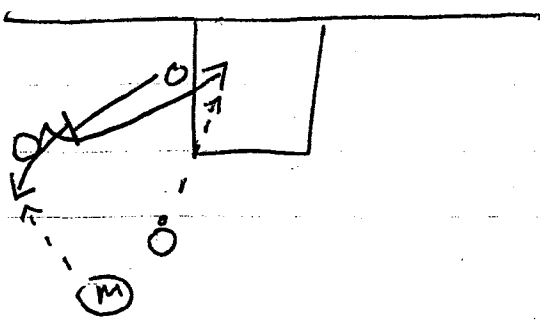
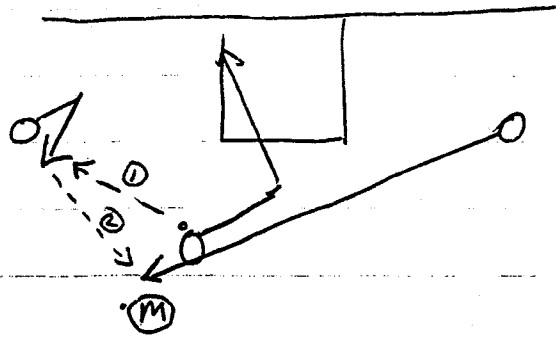
## SKILL (20 min)

### Smalls

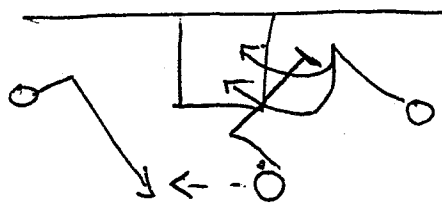
- A. Sweeps - Both sides
  - rotate left
- B. Draw & Kicks
- C. Base line Drive / Baseline Drift
- D. Loops - left side - back door
  - rt. side - jump shots
- E. Flare Screens Live w/ defender on receiver of flare screen



F. Back Pick & Pop off of a 7-cut



G. Diagonal Down Screen



- ① curl it
- ② or hang curl-TL

H. 3 Ball Shooting Flare

- same drill, but man defending flare cutter

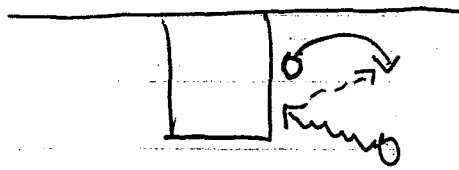


"Speed & Slow"

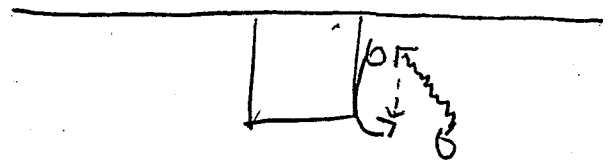
Conversion Defense (15 min)

John Calapari - spoke to us

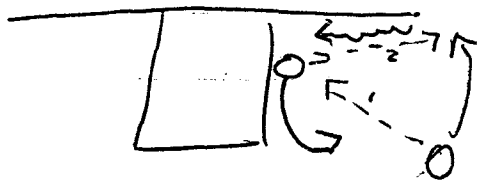
Drive & Kick - Bips (5 min)



OR



In/Out Bips (5 min)



The passer spaces in the direction  
the pass "locks"

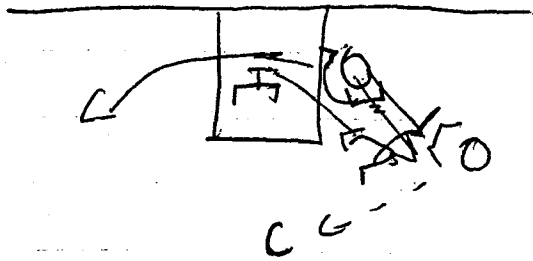
2 Wing Denial (5 min)

Pull Back Crossover (4 min)

Back-fast → why to avoid traps & get better passing angles  
Forward - slower

"Failure is your friend... To have lots of success you must have lots of failure."

## Defending Down Screen (Ball side Screen) (15)



$\frac{L}{2} = \frac{\text{hand}}{3/4} - \text{body in}$

- The man guarding the receiver of the screen must "ride shoulder high & extend screen."
- Leveling off wing drive is like extending screen where the man curls... we will live w/ this when shots are made.
- "I'll concede that" - Coach tells the kids what is acceptable.
- The Pop by the big man - we will concede that on the wing-block DS
- Coach introduced Big/Small Screen
- No one ever cuts below us defensively.

Celtic (4 min)

Practice Over

"Defensively we try to always distort  
Route & timing"

October 29, 1998

Practice #14

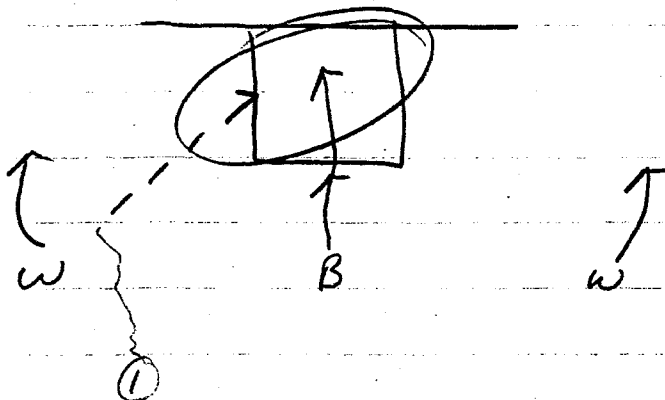
\* Pre Practice

- 1) Huesen - Ball handling
- 2) DPS Shots
- 3) Invert Shooting / Backcut
- 4) Throw shooting
- 5) Walkouts - Put into Flex

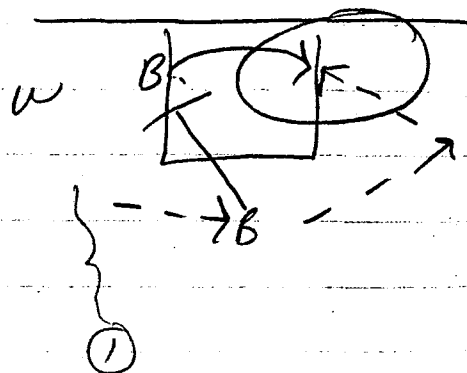
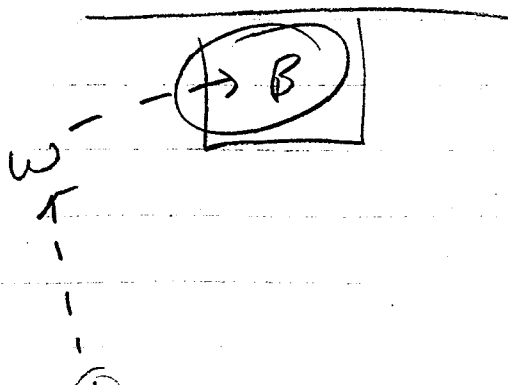
(1:15) \* Zone Offense - Introduction

(3 Times inside Quickly)

1) \* High Angled feeds on the FB is a result of the wings running hard every time.



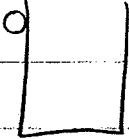
2) \* Pass Ahead to the wing 3) Ball Reversal on Invert



### 3) Zone Breakdown

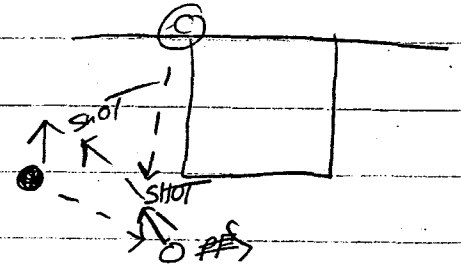
#### Bigs

- 1) Flash-Catch-Shot
- 2) Flash-Catch-Pass Opposite-Dive
- 3) Flash-Catch-Pass Opposite-Dive-Fill Spot Shot
- 4) Interior screen
- 5) Screen backside of the zone



#### Small

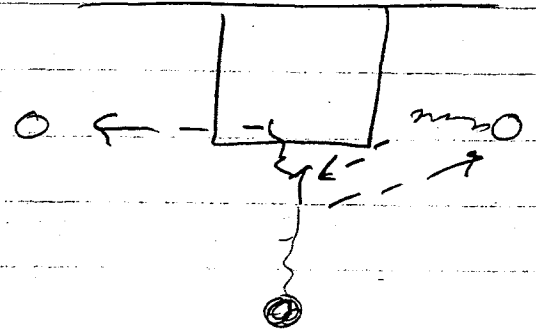
- 1) Space Away



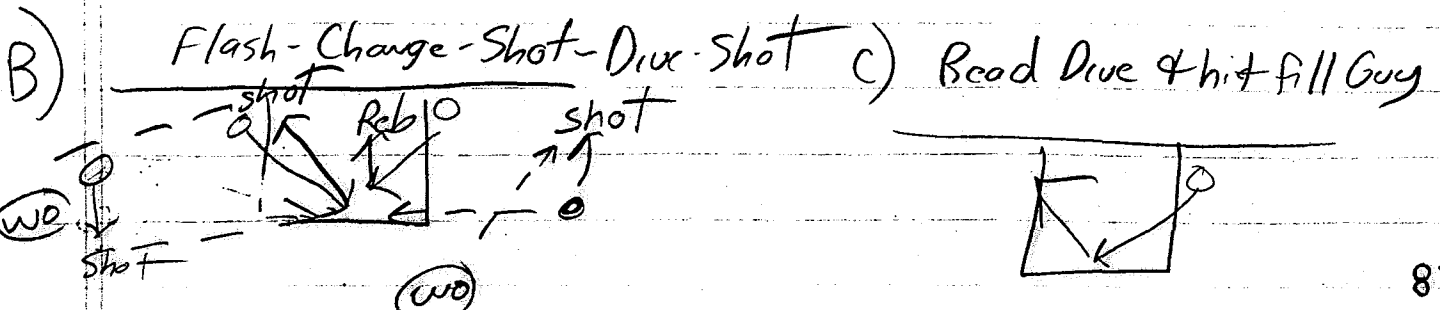
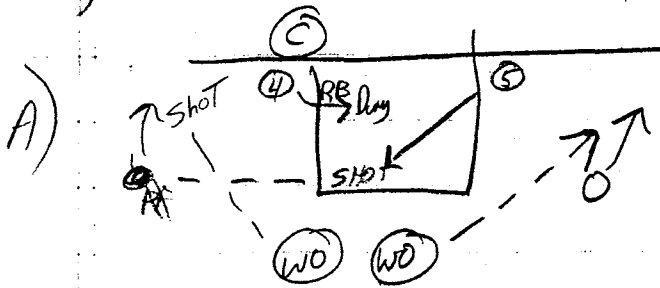
A) Normal

B) Normal to flash

- 2) GAP DRIBBLE



### 4) Zone Breakdown (Together) Shooting



\* Endout / Sideout - Special times game

Must win this.

\* Competing makes up for everything

November 1, 1998  
Practice # 15

Donnie Ran Practice

Skill

Conversion Defense

Small

- A. Sweeps
- B. Draw and Kick
- C. Middle Cut-Wing
- D. Baseline Drive/Drift
- E. Tight Curls-DDS-2 Ball

Bigs

- 1) Screen back of Zone
- 2) Flash
- 3) Draw and Kick
- 4) Invert Back door pass

Zone 1/2 court vs 2, 3 Zone I take 4's & 5's Top foot on block

Note: Gap Dribble- Pass fake- Skip Pass Drive it-Wings play

On Diagonal-Change ball quickly. Spacing after pass to top.

Andre: Drive outside shoulder or reverse

Ball Quickly

Dive off skip pass have awareness

Bigs must have the fill after the drive

Bigs Get more body mass on back pick good angles

Full Court Motion- Pick up 1/2 court pressure or 3/4 court

Wings cross everytime

Entries: High Early back Pick

Tight Curls-DDS

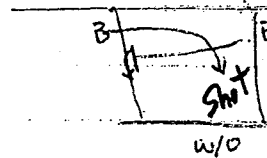
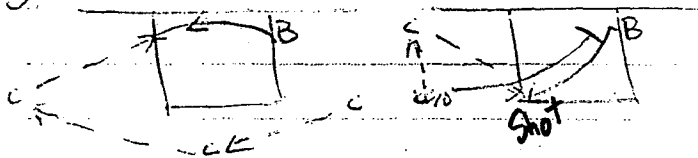
Back Pick Repick

Guards Stay away from side line

Nate	Tyson
Hanno	Crockett
Alex	Huesser
Killion	Brandon
Andre	Harvey(Andre)
Cullen	

Shooting Invert Seal Catch - Bigs

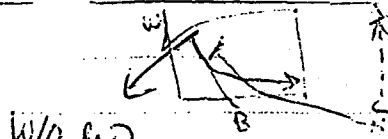
BIGS



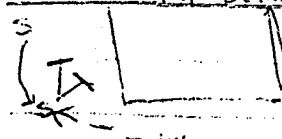
DOWN PICK



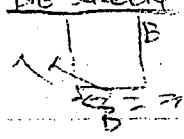
BACK CUT



BASELINE Fill BEHIND

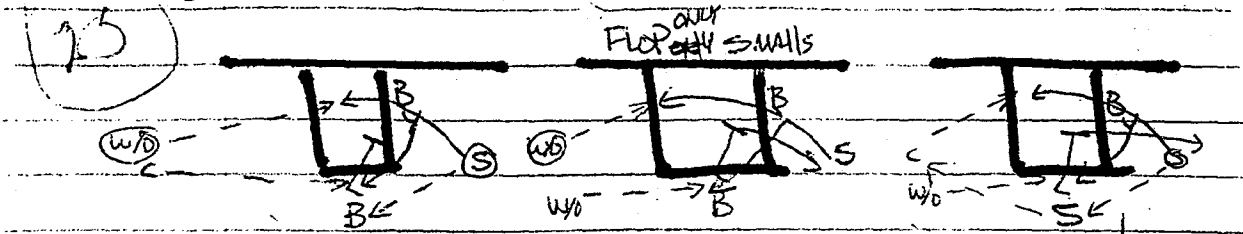


BIG SCREEN





Thru Shooting 3 Ball



BIG SPACE FAST CATCH TRIPLE

- Bigs Space Fast - Catch in triple threat
- Change of pace coming off back pick

2 Groups

Nate	Hanno	Tyson	Cullen
Killion	Andre	Alex	Harvey
Sluga	Hueser	Crockett	

Celtic

3/4 1/2 court motion pick up: Keep Score Invert to motion  
 extend Bump only to scores

Make it Keep it  
 Miss; Invert Wing cross every time

Defense: Jump Ball Vision, Extended Screen Vision, Stance Vision,  
 Back Pick Bump Low

Jud Rebounding

Thru Inbound 3/4 Big and Small are even

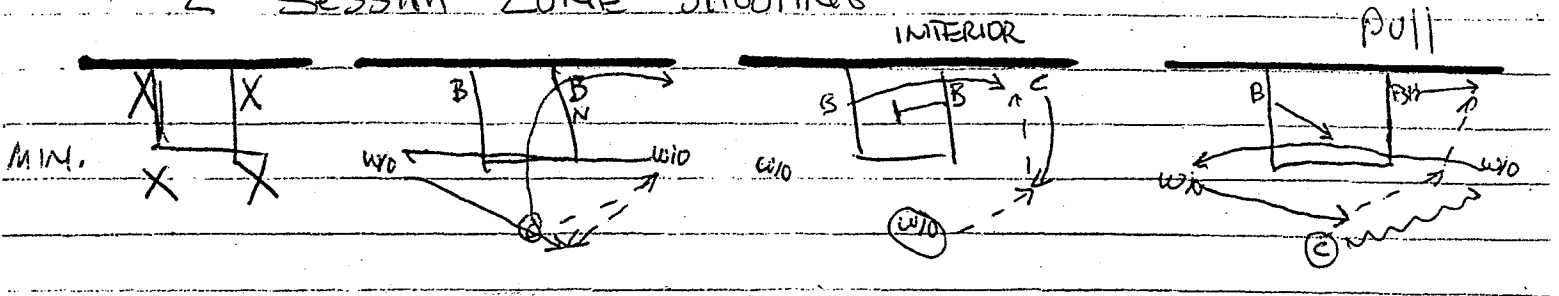
Andre	Sharp
Killion	Huesser
Alex	Harvey
Hanno	Crockett
Nate	Cullen

After 18 minutes: Sharp to red for Andre  
 Huesser to one  
 Killion- Harvey switch  
 Nate- Cullen switch

No Rebound 2 sprint or blockout

Second Session Zone Shooting

~~Zone~~ SESSION ZONE SHOOTING

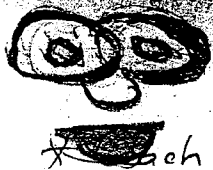


Post Feed- In Out Game Live

Jud: Andre- Hanno  
 Brandon- Grant  
 Brock: Cullen- Alex  
 Harvey- Killion

Donny: Nate- Sharp- Huesser  
 Tyson- Crockett

Note: Hard Cover or deny back (drop)



November 2, 1998 Practice # 16 ✓

\* Coach Majerus not at Practice \*

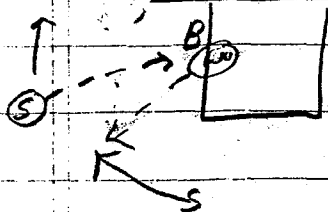
(5) 1) Invert 5 on 0

(6) 2) Skill

Smalls

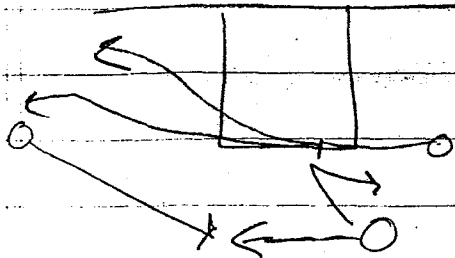
A) Sweeps

B) Post Feed - Space (Both Sides)



C) Flares - 3 line / 2 Ball

Bump Up Spacing



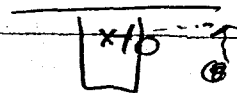
BIGS

A) Post Moves -

1) Power

2) Jump Hooks

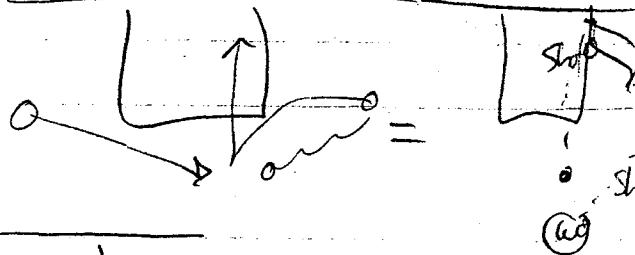
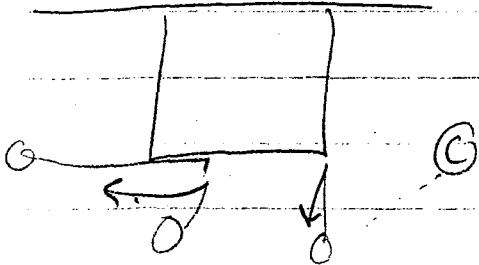
B) Finishing vs Weakside Help



C) Screen back of zone & Flash

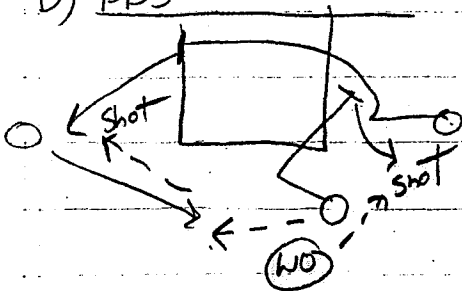
G) Baseline drive / drift

F) Loop, Backcut, Reverse action for a layup

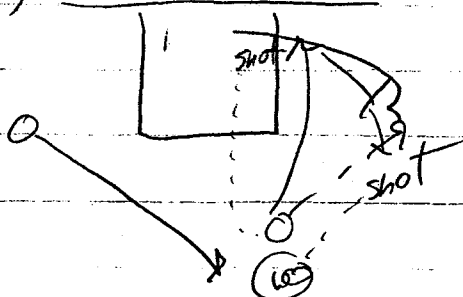


3 Ball

D) PDS



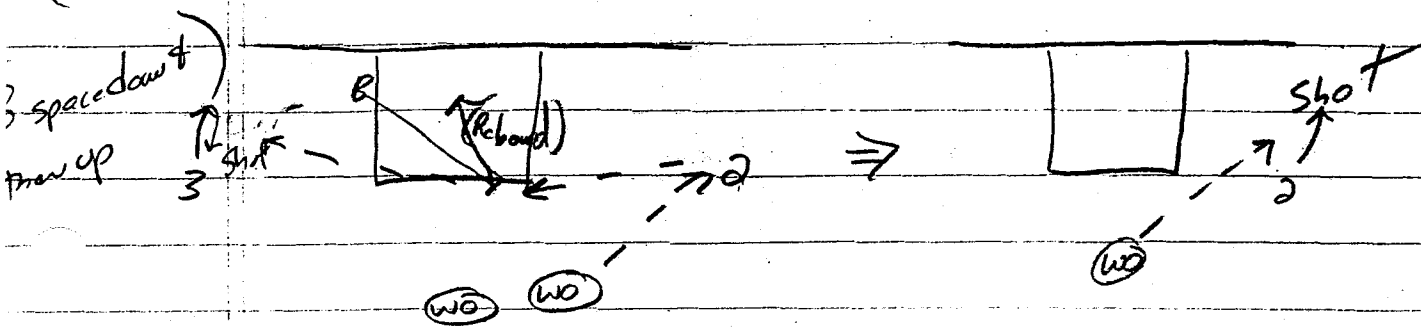
E)



### (3) 3) Concession Defense

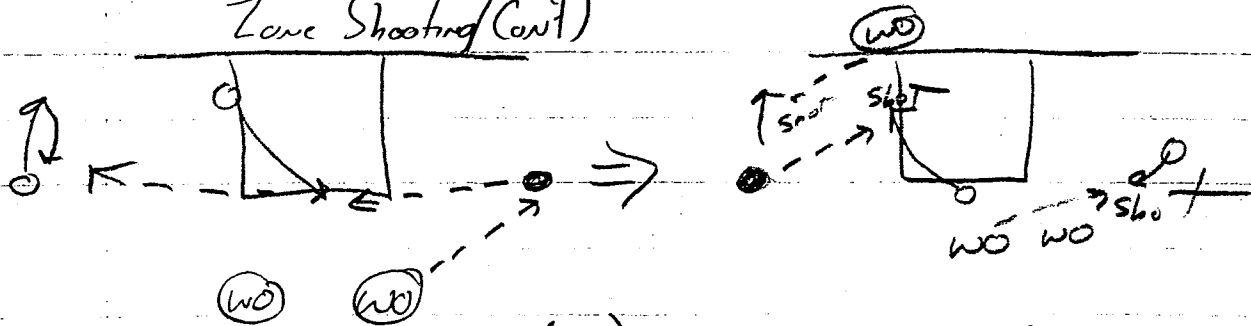
- |              |            |
|--------------|------------|
| <u>White</u> | <u>Red</u> |
| Dustin       | Top 7      |
| Ben          |            |
| Brandon      |            |
| Brad         |            |
| <u>Tyson</u> |            |

### (10) (4) Zone Shooting

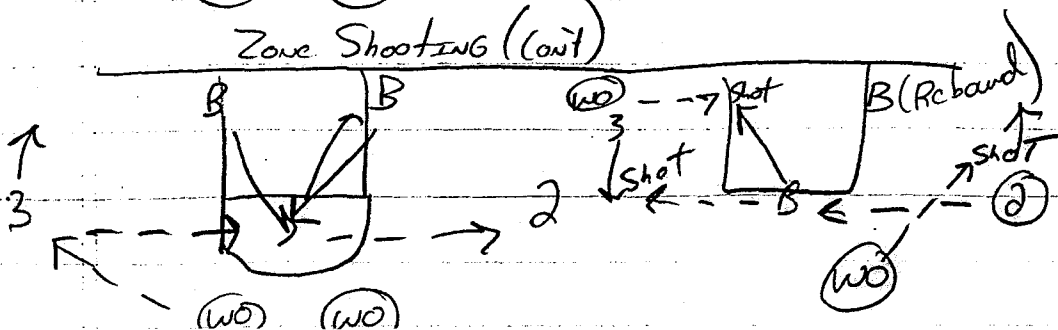


\* 1<sup>st</sup> guard who catches ball Press fakes to get the top of the zone to extend or pass fake inside (Low) to move the bottom

### Zone Shooting (cont)

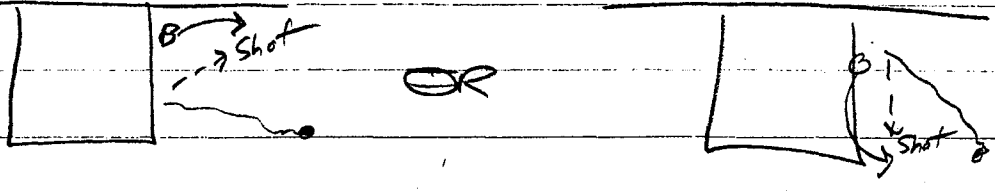


### Zone Shooting (cont)

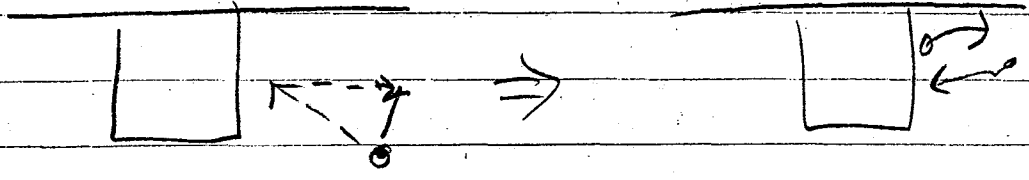


(5) Zone Offense vs <sup>(Reg/Tandem)</sup> 2-3 Zone (Gray will convert on early)

(5) 6) Draw & Kick (Smalls/BIGS)



Add In/out Game



(Post use a step out w/ vision)

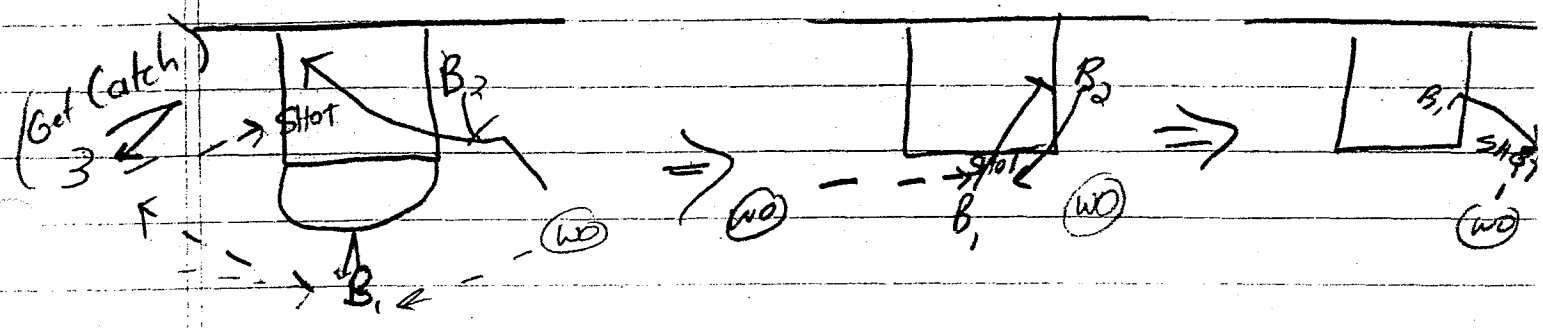
(15) (17) Full Court motion vs hard Pressure by the defense  
 (Work to get a high early catch)  
 Red  
 Note white \* Post is allowed only 1 Flash per possession  
 Hanno Tyson  
 Al Brad \* Double Flare - Not Staggered Dribble  
 Adam Grant flare  
 Andre Jeremy  
 Ben

No Blockout = 2 sprints  
 No effort to boards = 2 sprints  
 Poor Conversion Defense = 5 sprints

8) Full Court Motion (cont) New Teams

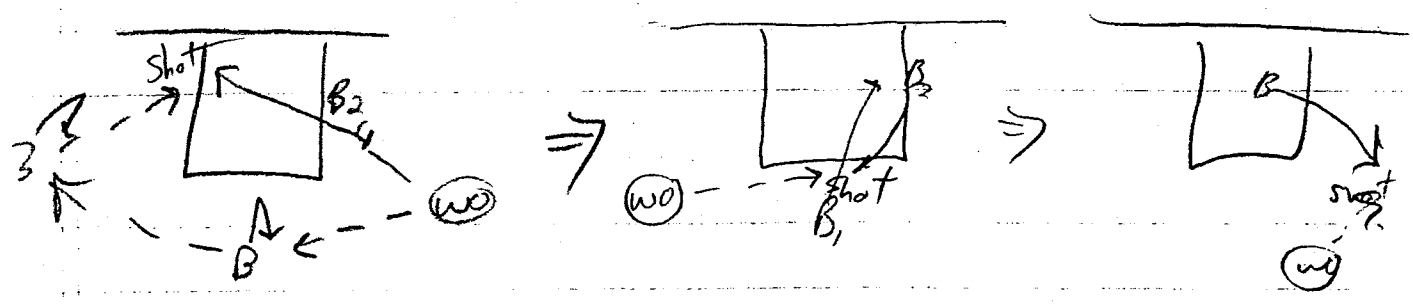
<u>Red</u>	<u>White</u>
Andre	Ben
Jeremy	Adam
Al	Slugga
Phil	Brad
Hanno	Note

9) Thru Shooting



B<sub>1</sub> = Does not look inside, looks to reverse ball immediately

Flop



(20) 10) Conversion Defens 2 vs Thru

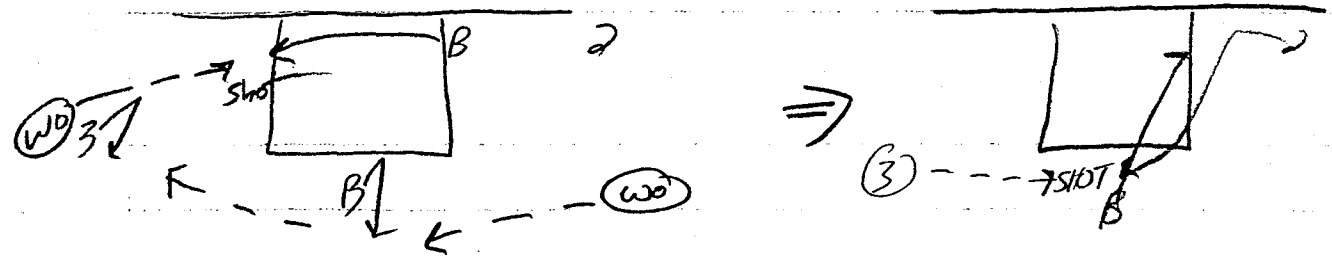
<u>White</u>	<u>Red</u>
Ben	Andre
Adam	Jeremy
Brad	Al
Phil	Hanno
Tyson	Note

(Don't curl the downscreen in Thru)

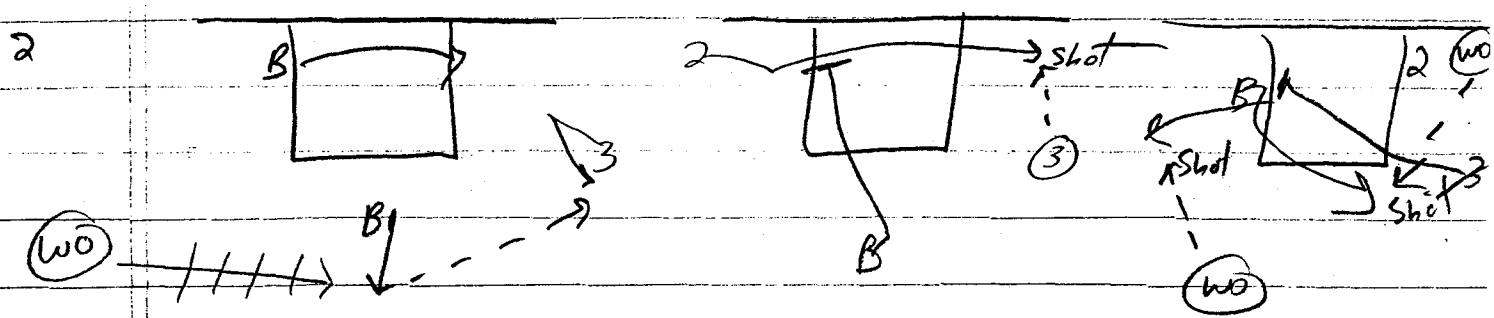
(10) 11) Thru Offense (live)

<u>Red</u>	<u>White</u>
Andre	Ben
Adam	Jeremy
Al	Sluga
Phil	Brad
Hanno	Note

(5) 12) Invert Shooting



(8) 13) Invert Shooting - Backrot



\* Add shot fake + Drive for wing spacing out

(6) (14) <sup>MESS</sup> Invert Scrimmage / Thru (made) Scrimmage

- |        |       |
|--------|-------|
| Nate   | Tyson |
| Hanno  | Phil  |
| Brad   | Al    |
| Jeremy | Adam  |
| Andre  | Ben   |

- (3) (15) Celtic - Left Side - 90 sec
- 1) Baseball
  - 2) Wing Lau up

(4) 16) Invert / Thru Scrimmage (cont)

(A) (17) Celtic - Left Side - 60 sec

(15) 18) Invert / Thru Scrimmage (cont)



November 6, 1998 Practice # 19

(15) 1) Introduce

- A) Invert Andre
- B) Invert Andre Down
- C) 1-A Endout

(15) 2) Skill Development

Smalls

- A) Draw & kick
- B) Diagonal Down Screen
- C) Sweeps

BEGs

Power Moves

20 3) Defend the Dribble weaver - Switch

- \* Biggest Concern - Mandrably hesitation move and keep ball & drive
- \* Stay intense on switches

Talk Touch it, Talk it, Protect in/out, Deny

Pick left  
Pick Right  
Stay  
Switch

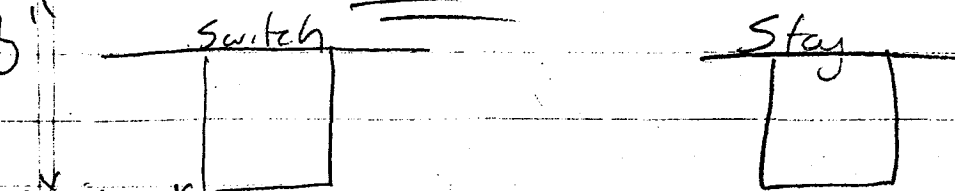
(Practice switching different groups)

Must push the dribbler into the pick

**NO SPLITS**

Must level off the dribbler

"It is your responsibility"



avoid violation

(5) 4) 5 on 0 Motran, Inert, Thru.

(4) 5) Celtic - Rt Side - 1 minute

Baseball

Wing Layup

Wing Jump Shot

Draw & Kick

(1) 6) FT's - 2 for 0 miss (4)

(10) 7) Thru C - 1 5 on 0

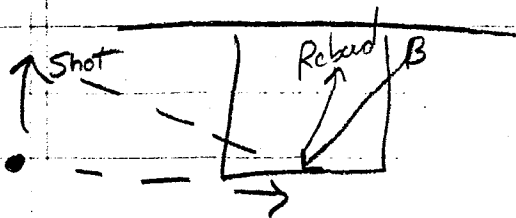
Reminder - Andre & Al we want making the pass  
Thru C Down

Reminder - Would prefer Tyson to be the trailer  
therefore he doesn't set screen

Save 7 -

Post must always be a safe guy

(10) 8) Zone Shooting Flash Drill



✓ Pass & Shot Fakes

✓ Spacing

✓ Vision - Get in it

✓ Rebounding

9) 5 on 0  
Invert  
Thru / Screen Away

(10) 10) Zone Offense - 5 on 0

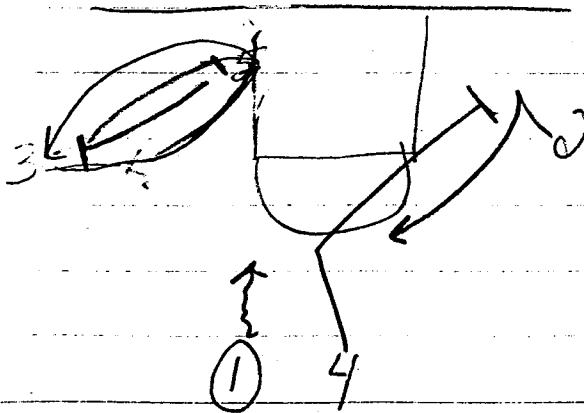
(10) 11) Coverage Defense

12) Zone Offense 5 on 0  
Yankees  
IN

(15) 13) Defend the Pley

- 1) Take any low cut
- 2) Bump the high cut
- 3) Switch / stay on the DP
- 4) Deny ball reversal

14) BP - Re-Pick (strongside) DDS (weakside) motion entry

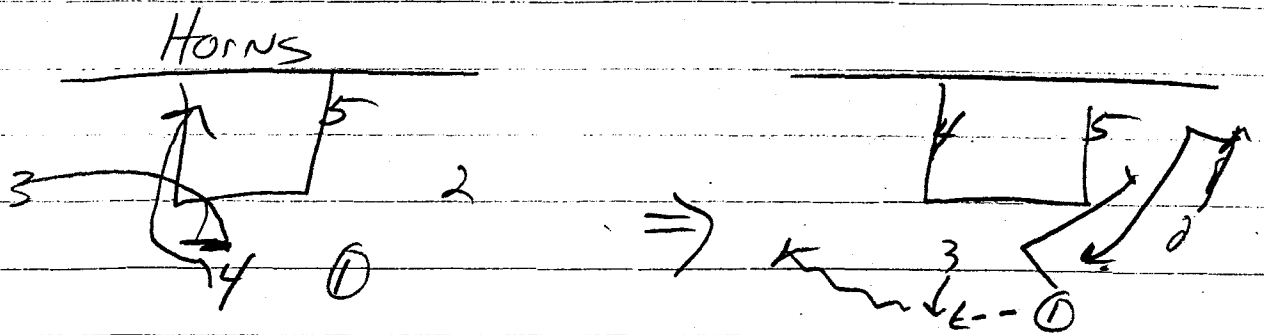


\* BGS are allowed 1  
Flash per possession

Post Position = #'s of feet to ball. Call for it. 100

2)

# 15) Motzkin Entry - Horns



November 7, 1998  
Practice # 20

- 1) Introduce 1 Down
  - 10 minutes talk
  - 5 minutes -Live Defense on 1 & 5 man
  - 15 minutes- live 5 on 5

- 2) Introduce Endout call 1

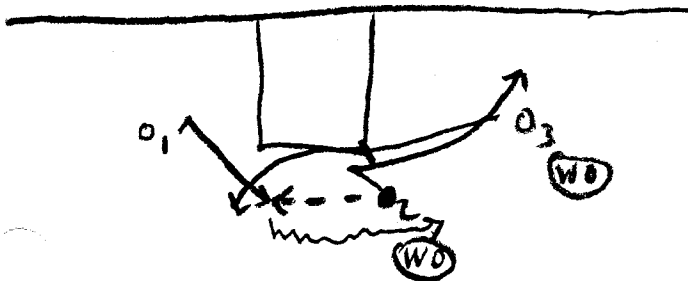
- 3) Skill

Small

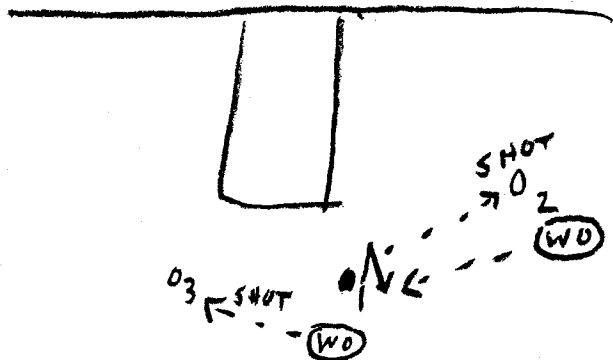
- A. Draw Kick (4 Balls)
- B. Loop Backdoor/ Loop Jump Shot-ball
- C. Flare Away 3 ball

Bigs

- 1) Power Moves
- 2) Post Moves



D. 7-Cut, BP, Pop, C&R Shot



- 4) Conversion Defense- Shadow into & protect out of picks

Grey  
Tyson  
Ben  
Brad  
Sluga  
Tyson

Red  
Hanno  
Phil  
Al  
Adam  
Andre

- 5) Introduce Endout #2

- 6) 4 on 4 (1/2 Court)

Red  
Andre  
Jeremy  
Hanno  
Phil

White  
Adam  
Ben  
Brad  
Al

- 7) Introduce 7
- 8) 4 on 4 Same teams as before
- 9) 5 on 5 (4 play sequences)
  - A. Thru
  - B. 7
  - C. Invert
  - D. Thru
- 10) Zone Offense ( Yankees & Interiors)
- 11) Celtic- 60 Seconds
- 12) Introduce 22
- 13) Introduce Sideout- safe
- 14) Zone Offense vs 2-3
- 15) Man to Man Offense
  - Motion-Make
  - Invert-Miss

**November 7, 1998**  
**Second Practice # 21**

1. Invert Andre
  - Invert Andre Down
  - Invert Andre Backcut
2. Beating switches (Live)
  1. Cut
  2. Backcut
  3. 7 Cut
  4. Curl

- 5. Flare
- 3. 3 on 3
- 4. 4 on 4
- 5. Press 0
- 6. 3 on 3
  - Handoff
  - On Ball
- 7. Scrimmage
  - Thru = Make
  - Invert = Miss

**November 7, 1998**  
**Second Practice # 21**

1. Invert Andre  
Invert Andre Down  
Invert Andre Backcut
  
2. Beating switches (Live)
  1. Cut
  2. Backcut
  3. 7 Cut
  4. Curl
  5. Flare
  
3. 3 on 3
  
4. 4 on 4
  
5. Press 0
  
6. 3 on 3  
Handoff  
On Ball
  
7. Scrimmage  
Thru = Make  
Invert = Miss



November 8, 1998 (Practice # 20)

Pre Practice

- X Backcuts - Tony, Brad
- Loops - Ben, Adam etc
- DS-Space - Andre/Hanno
- Drawkick - Tyson

- (20) 1) 5 on 0 (cut only)
- Invert Andre Down - Hope defender goes under
  - Invert Andre - Handoff or Cut
  - Invert Andre Backcut - Automatic based on Read
  - Endcut 2
  - Safe 7
  - EO 3, 22
  - Zone 0 Yankee - Interior
  - In to an away - Use the lateral dribble + Fake
  - 1A

\* EVERYTHING IS PLAYED IN SEQUENCE \*  
of 2's

- (15) 2) Skill BIGS
- Small's
- Zone - Gap, Pass <sup>Pass</sup> Fakes, etc. 1) Power move →
- Away, Yankee. 2) Post moves (on 1/2)
- 3

x

y

2
- (1)

(20) 3) Press Offense to Motion

A) BIG UP vs MTM-

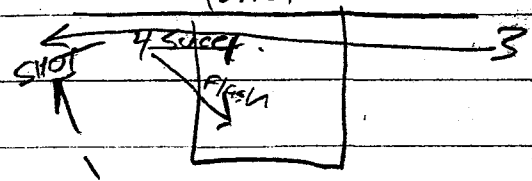
Inbounding big sets the pick early for #1 Guard

B) All smalls - put 5 man opposite ball.

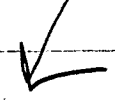
Andre (#1 Guard) must wait 2<sup>nd</sup> + 3<sup>rd</sup> time for catch.

Never let one turnover become two

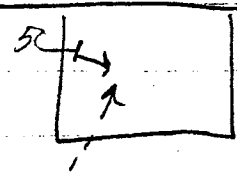
(20) 4) Baseline Runner Introduction  
(Shot for Runner)



2 ← - - ①  
(Pass Fake)



Step UP



2 ← - - ①

Runner

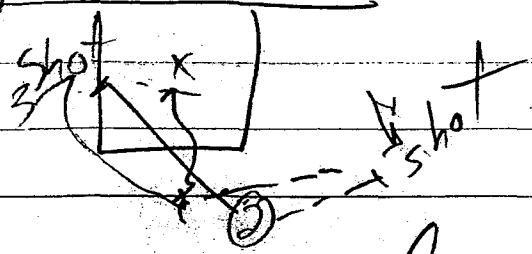
- A) Run
- B) Hold
- C) Drib Back

- 1) Low body
- 2) Eyes on R.m.

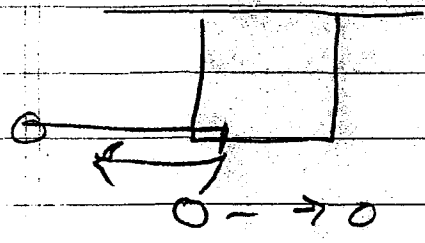
(16)

5) Skill  
Small

- 1) Loop Shooting - 2 Ball
- 2) DPS-Fill-Drive



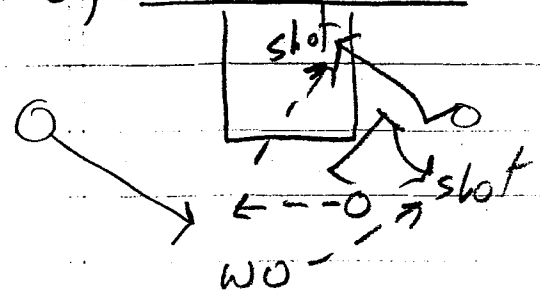
- 3) Flare - Away - 2 Ball



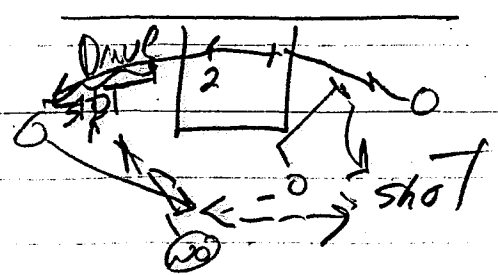
- 4) 7-Cut / BP - Pop - 2 Ball  
Hit Cut

- 5) middle / BP - Pop - Space - 2 Ball

- 6) Fill, DPS / Backcut / Pop



Fill, DPS / Backcut / Space Pop



BIGS

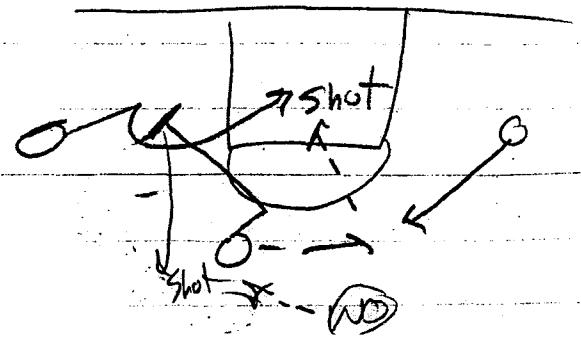
- 1) Invert Backcut - Shooting

- 2) Zone

- A) Steps up
- B) Flare
- C) Screen Backside

- 3) Invert high Post Catch

TIGHT CURL



(25) 6) Conversion Defense - Day 2 steps Part 3  
Hard Show Pick  
Take a low & Buy High on BP

(20) 7) Defend the CP-OP

20 8) Scrimmage Write MTM Defense vs Red  
MISS = Invert  
make = Matzen > Red  
Thru

9) Scrimmage - 2nd Team

A) MTM Offense

B) Low Offense vs 2-3

\* Bigs - Flash

\* Always look first before reversing the ball

\* 1 Guard attack 1 Defender

10) Address Academics - Every guy's situation

November 8, 1998

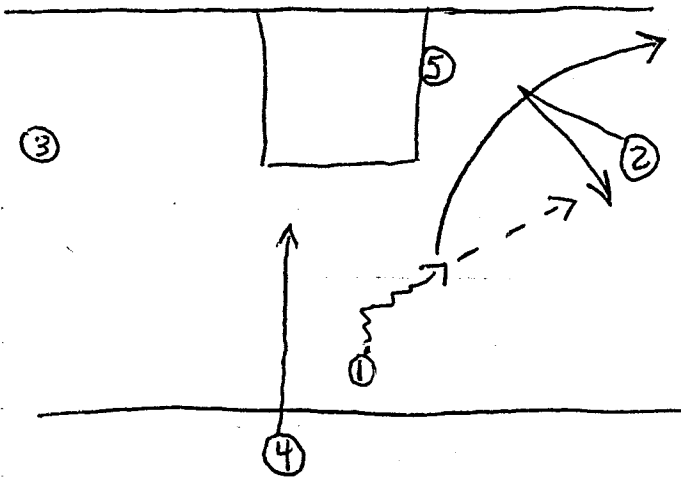
Second Practice # 23

- 4) Invert Andre  
Invert Andre Down
- 5) 3 on 3
- 6) 4 on 4 Switch by everyone but 4 man : Shot Clock when in the 1/2 court set on 28 Sec.
  - A. Backcut by receiver Pop Screen
  - B. Middle Cut (Break it off)
  - C. 7 Cut
  - D. Flare
  - E. Drive
  - F. Tight Curl

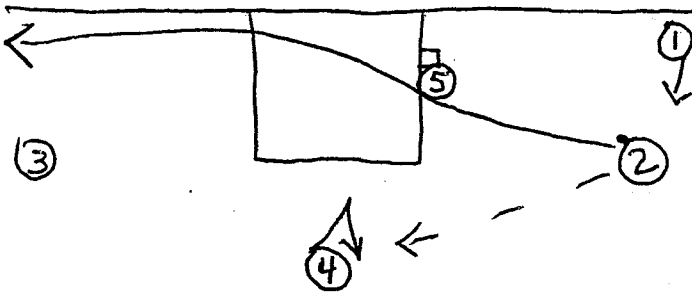
White deny toes to 3

"Thru C" Pre-Practice

(A)

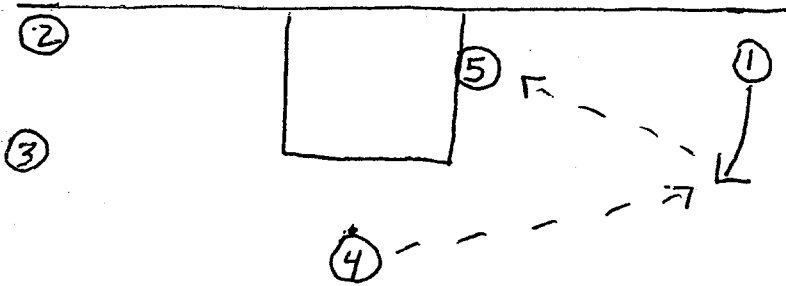


(B)



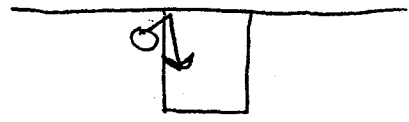
After ② passes to ④ he "brush cuts" past ⑤ trying to knock ⑤'s defender off, allowing ⑤ to get great post position

(C)

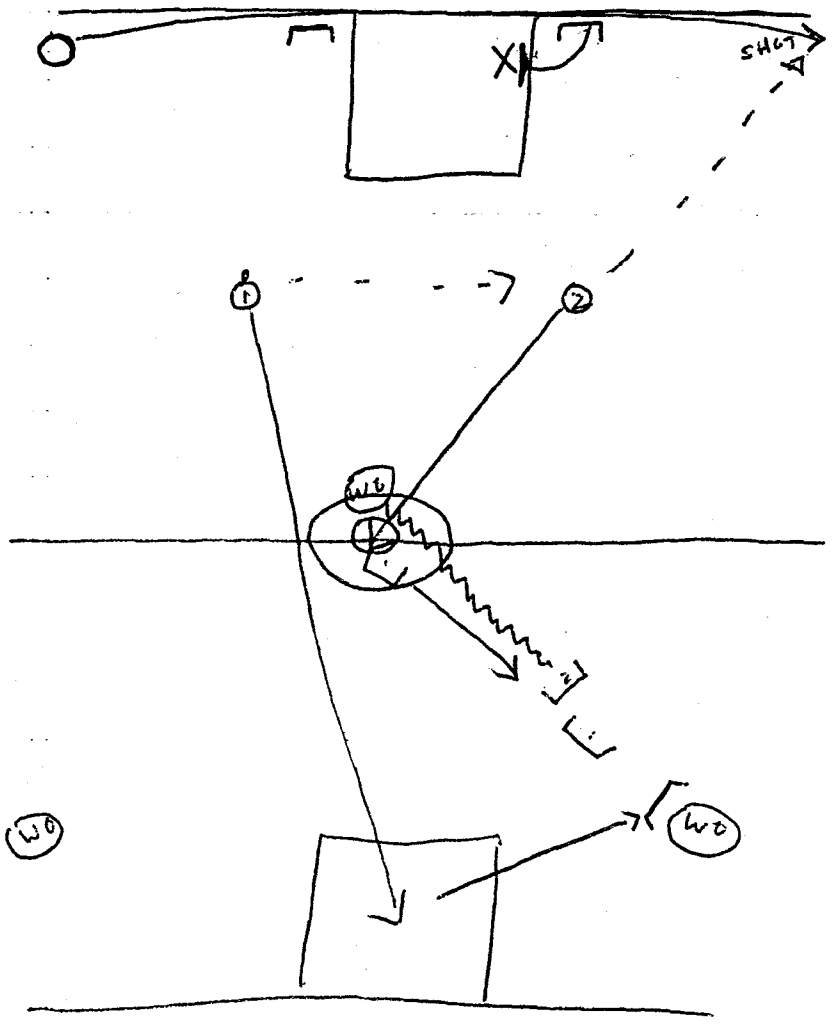


④ can set up the pass to ① and the eventual post feed real well if he pass fakes to ③ first.

- Always rebound inside out



"Baseline Runner" to attack a 3-2 Zone,  
Baseline Runner Drill

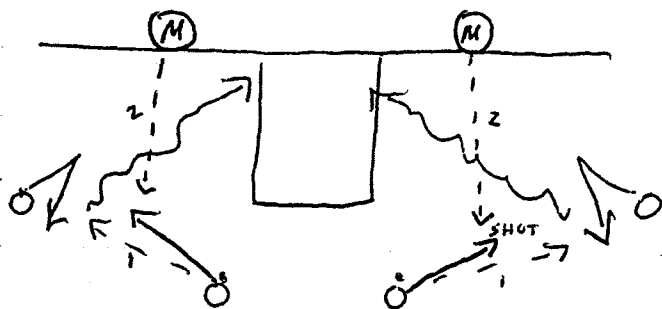


- A.) Space Away by the wing on the guard to guard pass
- B.) Hit the runner & feed the flash post
- C.) Hit the runner & Feed the Flash Post & Go opposite for shot

- Have a walkon at 1/2 ct w/ ball and 2 wings walkons on the wings.

Skill

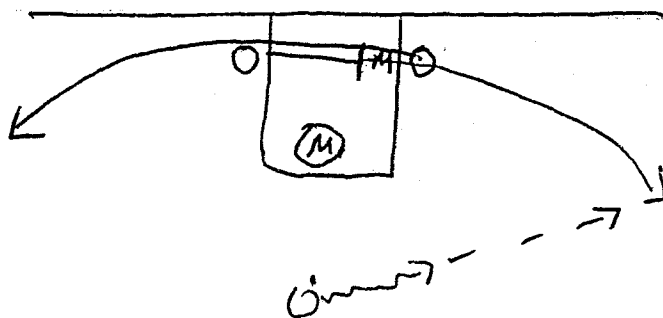
A. Sweeps



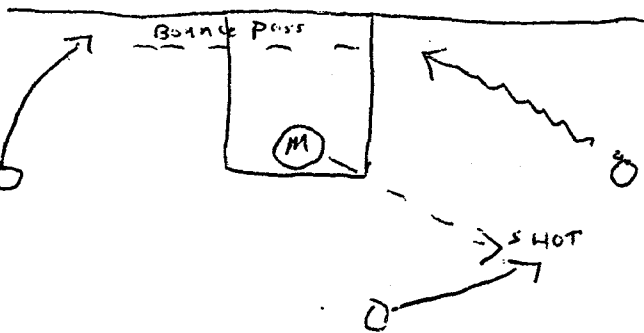
B. Draw & Kicks

C. Baseline Drive / Baseline Drift

(A)



(B)



Drift to your range



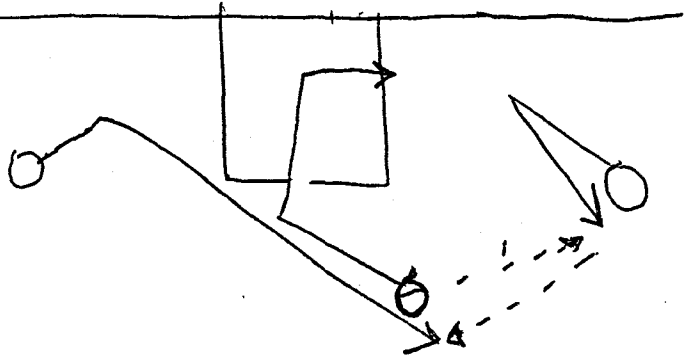
### D. Flares

Flare - 2 Ball shooting

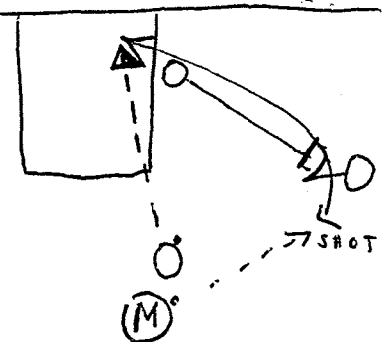


### E. 7 Cut / Back Pick & Pop - 2 Ball shooting

(A)



(B)

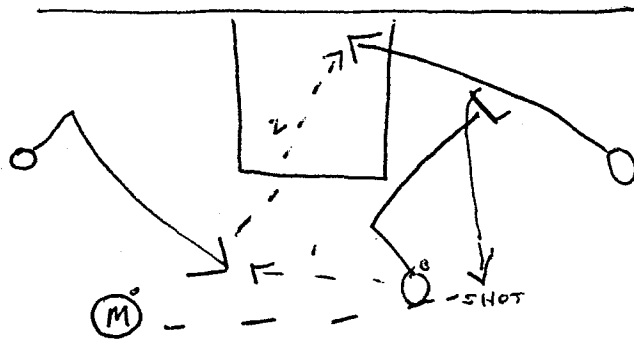


### G. Loops

One side - Loop back door  
 " " " Jump shot  
 both sides go at once

### H "Breaking the Switch"

1. Back cut - Hit the cutter

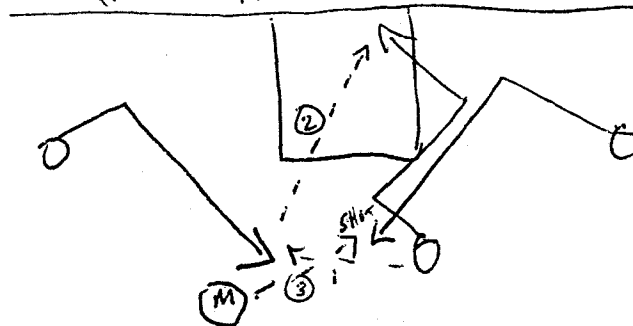


- Where are most teams likely to switch? elbow area.

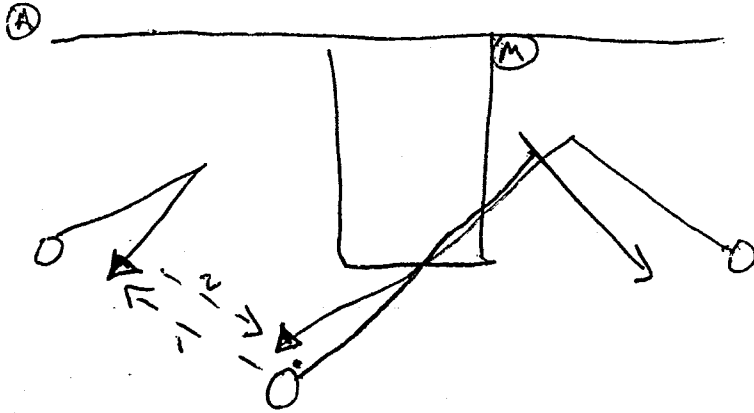
- On switches, passer has to look at both receivers

2. Back cut - Hit the popper

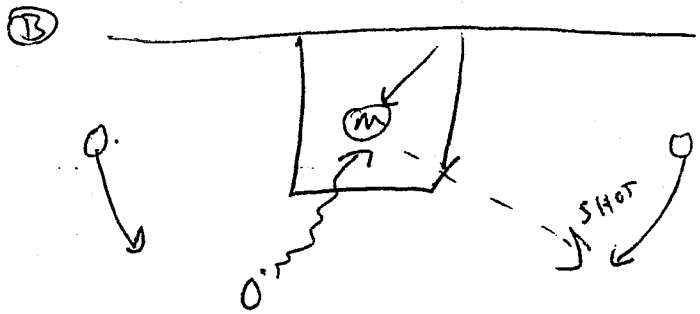
3. Break off the screen (First way)



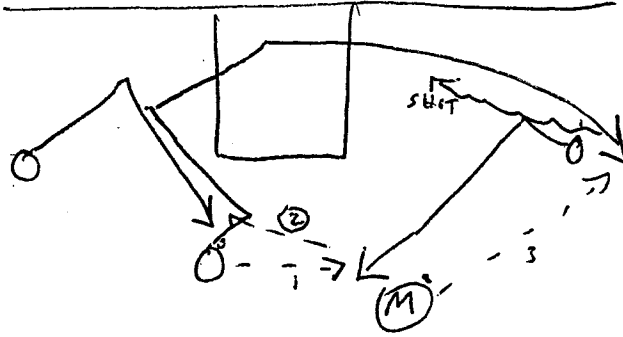
F Diagonal Down Screen & Pop - 2 Ball Shooting



Always space up and not away

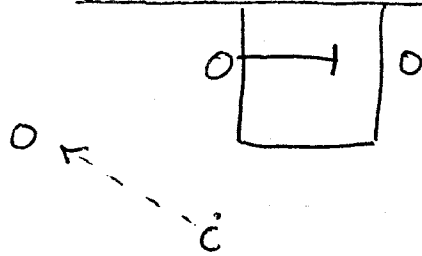


(second way)



Defending the Cross Screen (Small for Big)

- with this action - a Big is always coming to the ball



Big takes away low cut

⊕ Man defending screen - bumps high

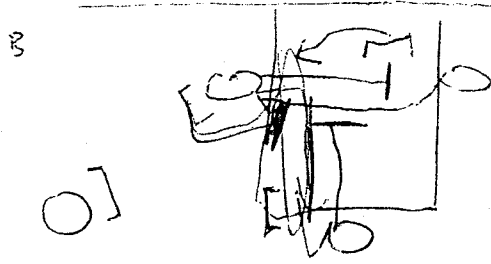
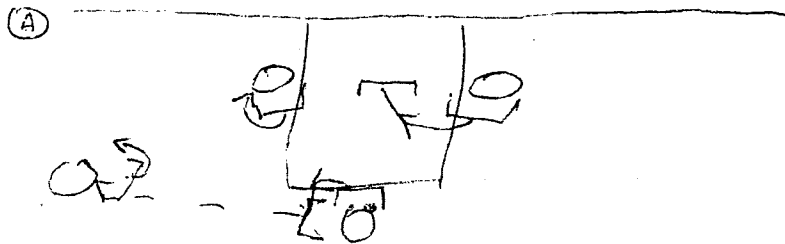
- must have "total protection" on the bump

- "see your man through" on the bump

- Coach is willing to get beat on the lob when defending this

⊕ This is the only time it is o.k. to loose sight (vision) of the ball for a split second

Defending the A action



1 On the screen the screener action - if your man setting the down pick extend high shoulder allowing your teammate to go 1 man removed.

Press Offense

M-T-M - give to Andre

Zone Press - Double Crackback

Always remember - There is no

5 sec. count in

the backcourt.

10 secs. is a lifetime!

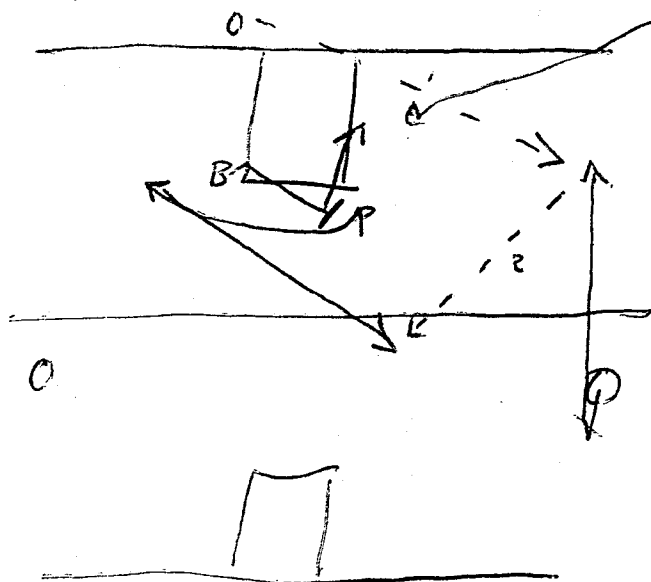
Priorities:

- A. Side line
- B. Middle
- C. Crackback
- D. Diagonal

3 ways to get 1 man the ball in M-T-M Press

- ① Bypass 'Shooter'
- ② Hit the Big Man
- ③

Bypass



## Defending the Pick-N-Roll - RED (Double Team)

- Ball screen in non-attack-area - just protect
  - go 1 man removed
  - Big Man protects
- Red until the man passes out of it.
- smalls - switch on ~~the~~ ball screens
- Hanno & AL switch ball screens

CALL IT "Pick Right Red" - Don't care if they know its coming

- Align Belly-Button - Belly Button - Force man into ball screen on a Diagonal
- always under on a protect
- MOST IMPT. THING: STAY LOW & Fight through pick
- red is there as a helper
- On a picked up dribble = trap hard low body, bump hard low body
- As soon as man passes out of it - Big Man Sprint hard to the rim & builds defense out
- It's hard to Red - on a pick-n-pop

Coach loves to get beat:

- ① lobs
- ② backdoors
- ③ & early rolls

Bigs - show early & "pray for" an early roll

No passes to the paint - seal the middle. ⑤ should anchor the middle

Every great defender has anticipation ex. Brian Russell - Utah Jazz  
↳ Coachability Quotient

All great defensive actions occur in 2's & 3's

At this point in the season we want to:

Take away low cut - bump high on Back Picks

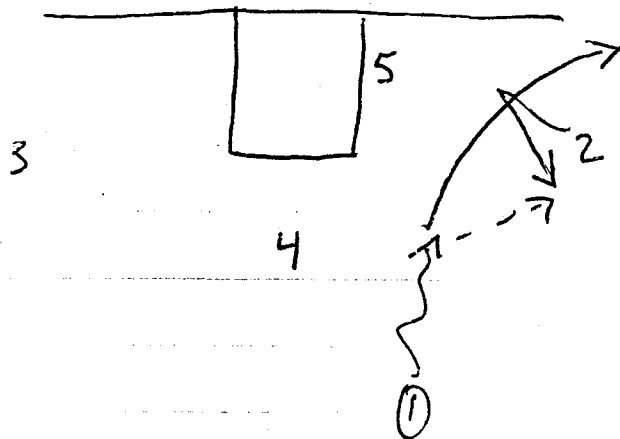
- on post feeds, when guarding the wing -
- drop on 2<sup>nd</sup> Dribble

For Exhibition game tonight (Hungary)

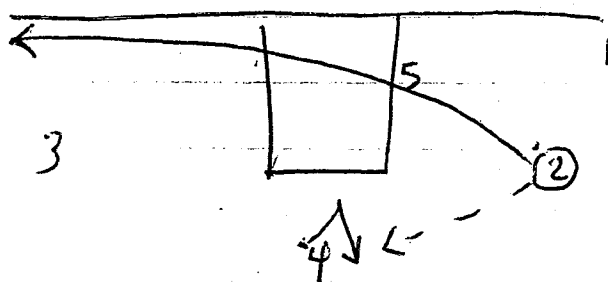
- deny all smaller 2 steps beyond 3
- deny Bigs - 3 steps beyond 3

"Thru C Down"

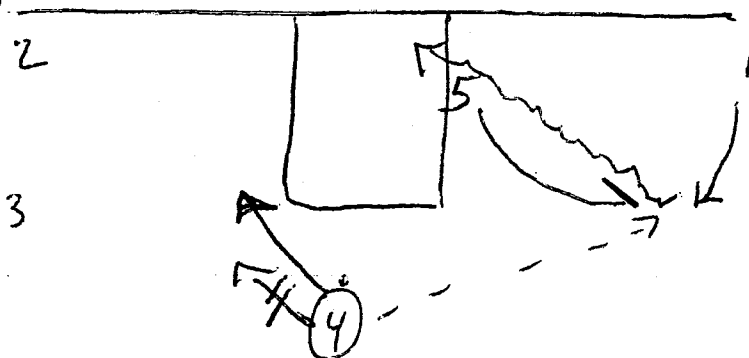
(A)



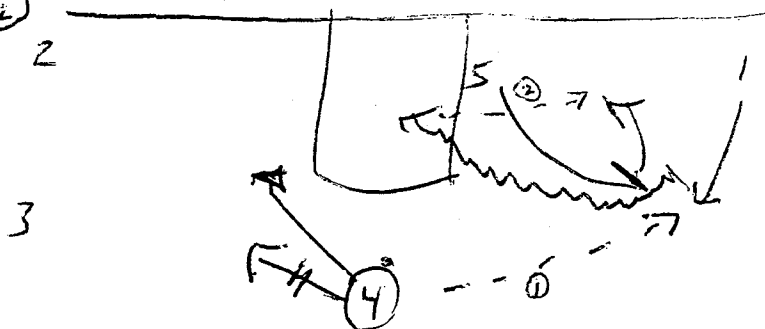
(B)



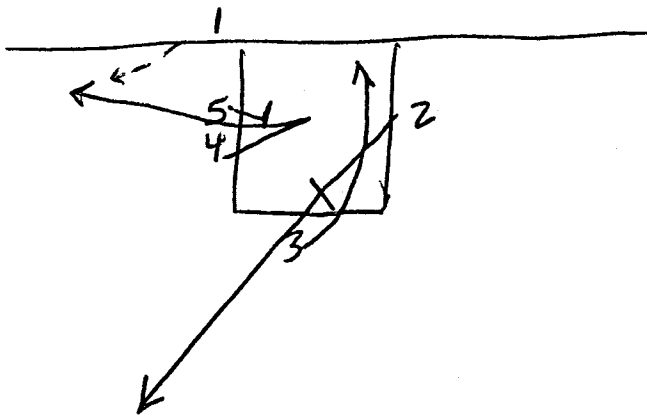
(C<sub>1</sub>)



or (C<sub>2</sub>)

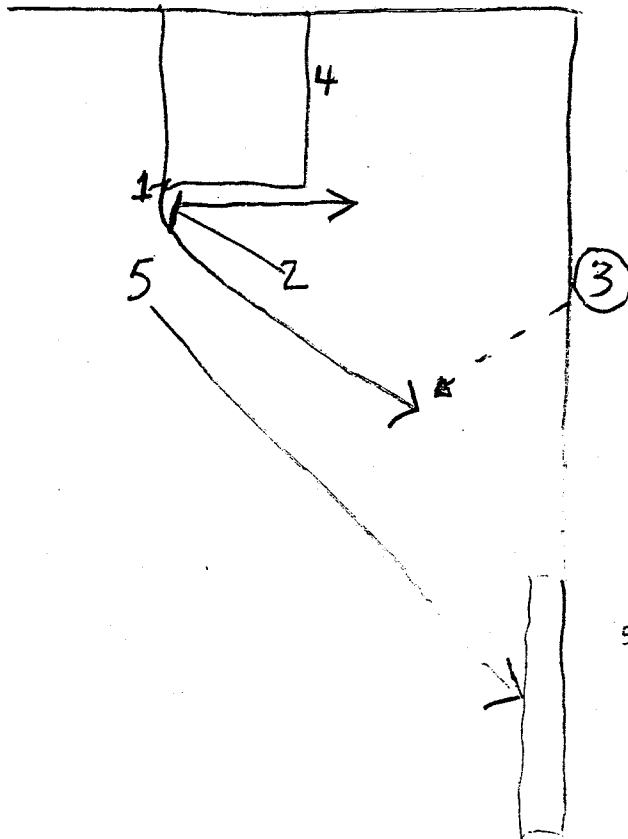


# 1 Endout



- We run endouts to score  
on 1<sup>st</sup> pass.

Safe Side Out.



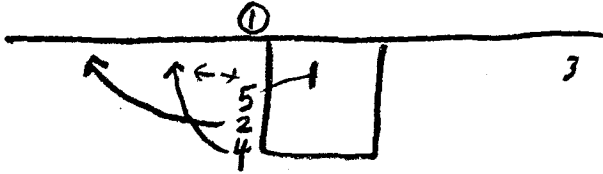
- We always run a side out  
into a play, continuity, motion

5 runs close to sideline for catch.



November 11, 1998  
Practice # 25

- 1) Review Yankee, In, Away
- 2) Add Lineup Zone Endout



- The 4 man can either "fall into a shot" or screen the wing zone man.

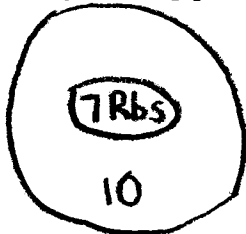
- 3) Zone Offense & Zone Endout (5 on 5)
- 4) Celtic (30 Seconds) Right Side
  - A. Baseball
  - B. Wing Layup
  - C. Wing Jumpshot
  - D. D & K
- 5) FT's-2 (1 for miss = sprints)
- 6) 3 Play sequence vs MTM ( Count on Miss)
  - A
  1. Invert Andre down
  2. Invert Andre Push/Cut
  - 3.
- 7) FT's- 4
- 8) Conversion Defense
- 9) Defend Staggered Screens
  
- 10) 3 on 3 Live
- 11) Defend Utah State actions

- 12) Defensive vs White Motion  
Switch 4 & 5  
White in Post
- 13) FT's 4 2 Sprints
- 14) Baseline Runner vs 1-3-1 defensive when vs 1-3-1 extended ½ court trap defend motion  
by white. Palys, motion vs MTM  
★ Brad 5 pass to Nate.

# Jeff Hornacek

## November 11, 1998

- ★ Everyone has to give up part of your game to sacrifice for your team if your team is going to win.
- ★ He went from:
  - A. Phoenix 15 shots
  - B. Philadelphia 17 shots
  - C. Utah 9 shotsTo win a championship.
- ★ To be a successful player:
  - 1. Not trying to do the things you can't do.
  - 2. Know your own abilities and bring the best of it to the game.
- ★ Never let your performance drop below 7 but shoot for 10
- ★ 7 is now my starting point.



- ★ Comparison of Practice:
  - A. Study 1 hour
  - B. Study 2 hours
  - A. Practice 1 hour
  - B. Practice 2 hoursB will get it done.
- ★ take the attitude of I am going to work harder than anyone else and everyone else.
- ★ Know the difference between thinking you are practicing and actually practicing.
  - A. Ostertag runs sprints after practice, but only at 3/4 the speed
- ★ Pride & Determination
  - take pride in (Pest) on picking a 6'10 guy

- 1) Pop-Post Feed
- 2) Cut up lane for shot
- 3) Backcut
- 4) Tight curl pick for post

★ Setting a Pick: (must be a great satisfaction)

- A. Must convince your big man to wait for pride
- B. Catch the defender before he moves
- C. Don't allow 6 inches - go right to the man

★ FT Shooting

Picture yourself behind the ball and actually shooting it. Imagine your shot before shooting it and see it go through net.

He went from 85% to 89%.

Must carry over to the game.

★ You never look back at the last game. Play forward, not backward.

★ Never talk about big wins or losses. Move to the next new game.

MENTAL TOUGHNESS

★ The Jazz went 2 ½ years without losing 3 games in a row MENTAL TOUGHNESS

★ Must learn daily about your teammates game.

★ Getting Open

Stand still for a second, bump the defense, and then come off quick for a catch and shot. Don't look to look first then shoot it.

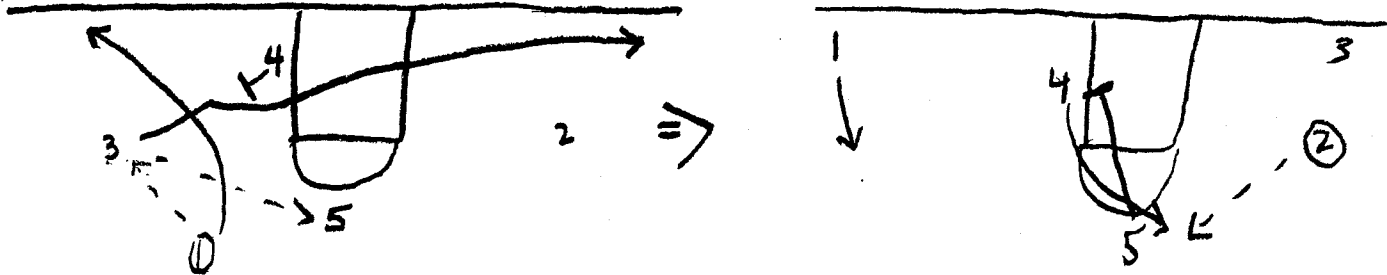
★ All shooters must think if I get an open shot I will make it.

★ Jazz led the league last four years in assists

★ if any one guy on your team isn't 100% sold on the team concept you will have trouble. It is the difference between success and failure (first line)

November 14, 1998  
 Practice# 27

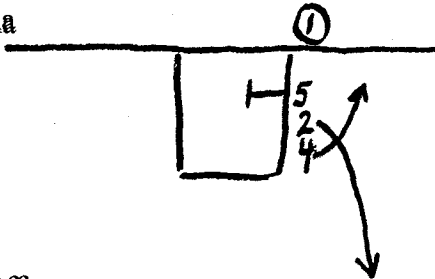
1) Thru Stretch



2) Line

- 3) T- Regular
- T- Backcut
- T- C (clean)
- T- Down

4) Carolina



5) Press Offense

- 1) Attack Attitude
- 2) Deployment
- 3) Read your man

- ✓ Big up-Live Ball
- ✓ Smalls-Dead Ball

6) Defend Backpick- Bump high take any low cut.

Defending (Post) Man going High to Low

★ Stand him up and don't allow him to cut.

Beating Traps Drills

- 1) Beat it right away.
- 2) Crack Back
- 3) Bring it back against the big and go to the open area.

**November 15, 1998**  
**Practice # 28**

Pushcut, Breakdown Drill, B) Force #22 RT, Andre Yo-Yo1

- 1) Introduce Thru Blue, Thru Blue 3
- 2) Introduce 13
- 3) Live 5 on 5
  - 1) MTM
  - 2) 2-2-1 Pass
  - 3) 2-3 Zone
- 4) Preview Utah State and Walk Through Actions
- 5) Conversion Defense  
Pick-N-Roll-When they Red we want to pop the big.
- 6) Zone Offense work Yankees Breakdown to Inter
- 7) Conversion Defense vs 31

**Practice # 29**

November 16, 1999

-Zone Offense

-Dayton Flex

-Dayton Passout

-Dayton Denial of Wing

-Dayton Post Heels on Lane Line

-Q

-Breakdown drill on High Post Sandwich and get under the other wing

-Free Throw Full Court Man

-Side Out - Stagger

-Monster

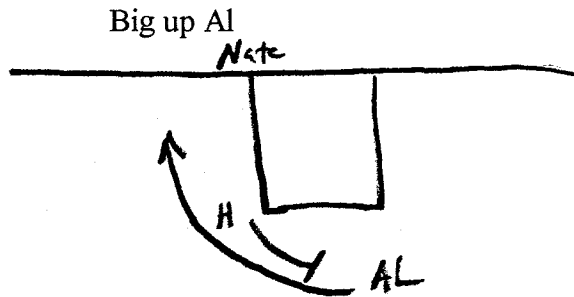
November 20, 1998

Practice #

3 on 4- In. Away-Yankee, Jordan & Skip  
 4 on 4- Flash/BP Outside Shoulder  
 Stay Behind Zone GAP  
 Bigs-Flash-Shot-Change-Dive Spot Up  
 Pinch & Space

Zone Sequences (5 min)

Press 0 Big up-regular (10 min)  
 Pull  
 Shooter  
 Comeback  
 Bypass  
 Flyer



H = Hanno  
 Al = Alex

Skill (10 min)

Bigs turn under step up off blue 3-2 Flash off Back Picks  
 Conversion D- Different guy bring it Carls, BP- BP- Bigs Protect  
 1-2-3 Bring it house right into shot

2-3 Zone 0- Convert to D- 66- Score  
 (10 min) 11-Man- Misi

Shoot FT's  
 Man o- Motion-Convert to 11 Misi 66 Make

Press 0 (10 min) Big Up  
 Convert to man defense vs trap  
 Run & jump  
 Double at 1/2 court

Zone 0 Runner (10 min)  
 Trap 3-2 2-3

Defense Motion by Gray 4 out 1 in 13 Mason  
 Convert to invert 5 HOVSP  
 Pass Cut Back Cut 14 Davis  
 Pick on Ball 4 Lazor  
 25 Okima

Zone 0-Convert the Miss/Make  
 66-Score  
 11-1



**November 20, 1998**

**Practice #**

- 1) 5 on 5 Big up- Andre out of Game  
By Pass Shooter  
Comeback  
Shooter  
Crackback

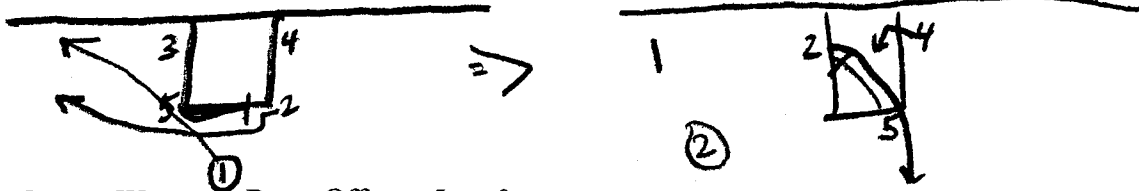
5 on 0 Zone offense

- 2) Circle to Counterflow

- 3) Zone Shoots
- 4) 3 on 4
- 5) Press Off

November 21, 1998  
Practice #

5 Add Iso 4



- 5 Warm up Press Offense 5 on 0
- 5 Invert/Motion Offense 5 on 0
- 10 Skill Development
  - Sweeps, Flare, To, Flare Away, Drw & Kick, 7-Cut to Reverse
- 10 Conversion Defense vs ASU
  - Gray
  - Tyson
  - Sluga
  - Sharp
  - Ben
  - Crockett
  - Jeremy
  - Nate
- 10 Zone Offense
- 10 5 on 5 Motion (Team 1 vs 2)
- 8 Shooting
- 10 Zone Offense- Conversion Defense vs 2<sup>nd</sup> Team
  - Game Play 66 made 11 miss

Zone Offense Conversion

- 13- Ben
- 5- Adam
- 4- Crockett
- 14- Sluga
- 25- Tyson
- 8 Shooting
  - Man Offense Conversion Defense vs 2<sup>nd</sup> Team
- 10 Press Offense vs Trap
- 10 GAP Dribble Drill

Press Off. Notes:

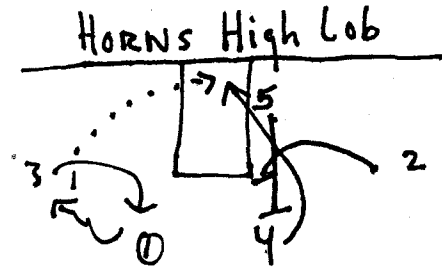
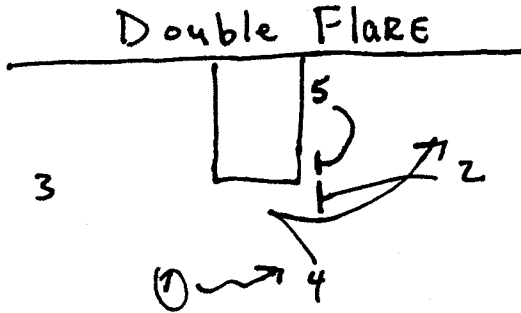
Dead Ball & FT = All Smalls

Live Ball = Big Up

November 22, 1998

Practice #

- 5 1) Iso 4 & Iso 5 Introductions
- 10 2) Double Flare & Horns High Lob  
3 out 4 already steals out



- 10 3) Blocks & Stacks  
Zone Offense
- 10 4) Press Offense back to MTM
- 10 5) Zone Offense
- 10 6) Conversion Defense (Bigs get back on conversion) (Other 3 have eye to big 2)
- 10 7) Shooting  
Invert Backdoor Invert screen away
- 30 8) Scouting Report on ASU  
Red  
Fire

Review plays of us- Al, Hanno, Andre sit out  
Open Side Backdoor on Invert

Thru, Thru, thru Invert, screen away, horns, thru, blue, T, thru stretch, thru screen away  
Thru Screen Away for Hanno-Hanno=Safe guy

2 Sideout

- A) Inside
- B) Shooter Coming In

2 Endouts

Motion

4 Plays

- 1) Box America
- 2) Wheel
- 3) Lob-New Play BP
- 4) 1 Down

Zone Defense (2,3 & 3-2)

If don't look to shoot bump the guy down  
Baseline Runner

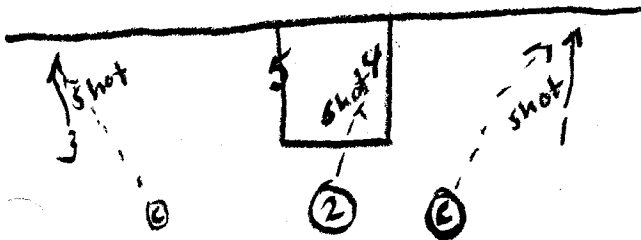
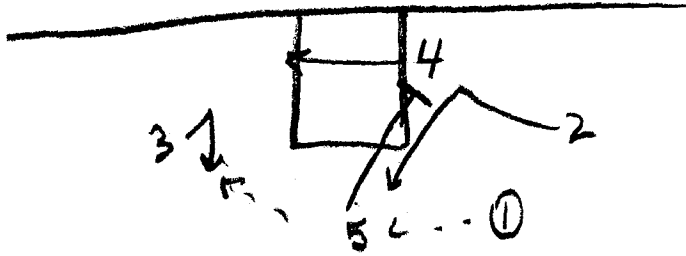
November 26, 1998

Practice #

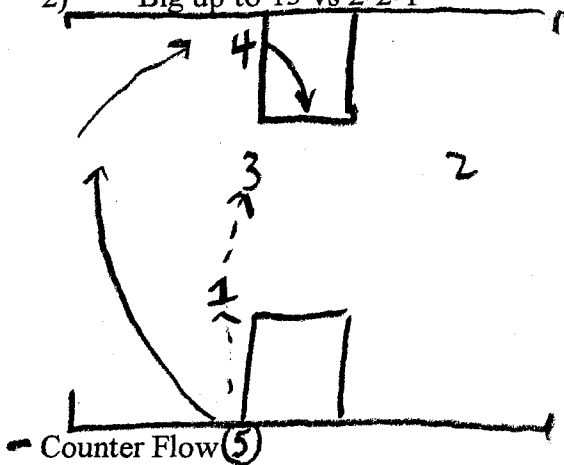
15 1) 5 on 0 3/4 Court  
 \* 3 Ball Shooting  
 - Invert  
 - Invert Screen Away  
 - Invert Skip Pass  
 - Invert Backcut

In  
 Thru C  
 Thru C Down  
 Reverse

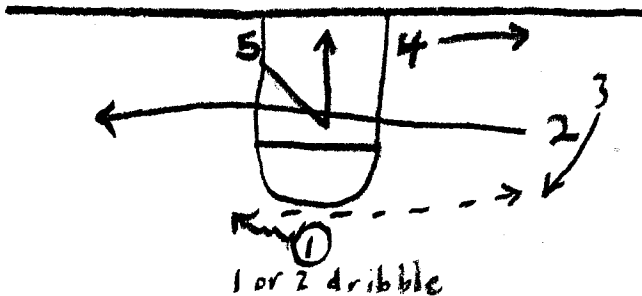
- 1) Shot
- 2) Quick Pass
- 3) Pass Fake with a purpose
- 4) Gap dribble v. Reverse



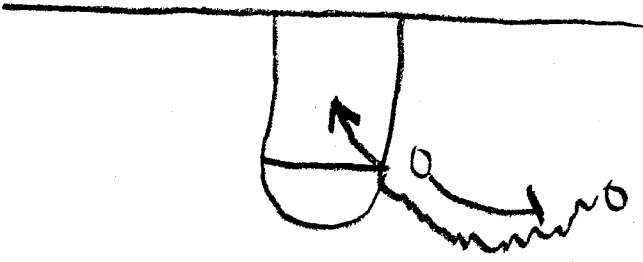
2) Big up to 13 vs 2-2-1



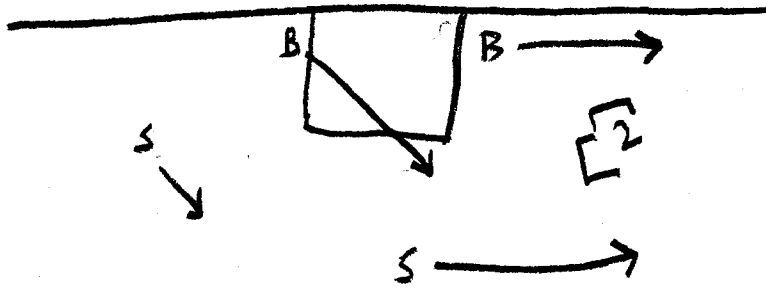
- 4 is even with 1
- 5 throws the ball in



Angle Pick up on the ball



Zone Offense vs. Trap



**Magic Johnson**  
**November 27, 1998**

- ★ What is your thing?
- ★ We had the thing last year!!
- ★ Team Guy= All about winning
- ★ Do you like the game or do you love it?
- ★ How can I help the team?
- ★ The little things win the championships.
- ★ Domination=we win!!
- ★ Work on you weaknesses
- ★ Al Jensen-It's your turn, It we are to win. It is the team's responsibility to get on Al, not the coaches.
- ★ Grab a guy to make you work
- ★ NBA wants
  - 1) Guys who work
  - 2) Guys who have knowledge of the game
- ★ Be a student of the game
- ★ Magic, Bryon, & Cooper daily improves
- ★ 12 guys improve 1 90= 12% better team
- ★ Every missed free throw=a point we don't get
- ★ Magic FT Contest=21 for 21
- ★ You will get the ring if you make everyone better on your team.
- ★ If you don't start; realize your role is just as important as the guy above you.
- ★ Utah is one of the best in the country Every Year!!
- ★ You must start the game physical- You set the tone for the officials and for the game
- ★ Physical play takes the offense out of what you want (Physically beat up shooters)
- ★ Listen & Talk to people who have had success
- ★ Work & Basketball=I love it!!
- ★ Kareem= Focus Determination-Basketball only
- ★ Shaq=Movie Star, Rap Star, etc...
- ★ Magic- 1st guy to gym & last to leave= It gives you the right to get on people
- ★ If you want a ring= you must get in the gym
- ★ Your chest is a weapon for you. It allows you to push people back.
- ★ Jordan 42 minutes a game 82 games a year
- ★ You can only do things right if your heart is in it.
- ★ Magic wanted to win more than the players did when he was coaching
- ★ Par Riley=Guys either stand up pr back down
- ★ A leader
  - A) Gets the guys going- He would bring Kareem along
  - B) If you run your mouth you are the first in the line
- ★ (Two of the best hustle guys in Basketball A) Rambis B) Kupcheck
  - C) Is always the first guy in everything
  - D) Magic would get on Kareem

- ★ Players must get in  
A) the Gym, B) Coaches mind get his knowledge
- ★ The lockout is a result a the guys in the NBA not respecting the game or the past guys
- ★ Young guys do not have the right to talk (Larry Bird) because he could back it up
- ★ Guys don't listen. It defeats you.
- ★ Dennis Rodman is only as good as his last rebound.
- ★ A lot of guys want to win a championship; very few guys are committed to winning a championship.
- ★ Does your heart pound blood or Kool-Aid



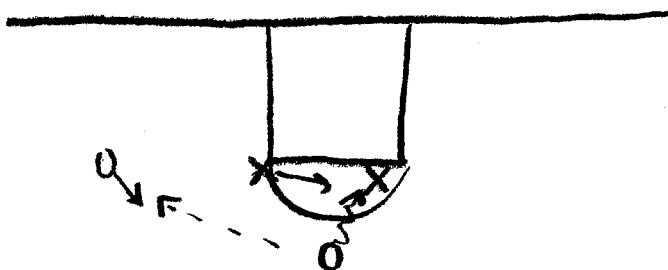
**December 1, 1998**

**Practice #**

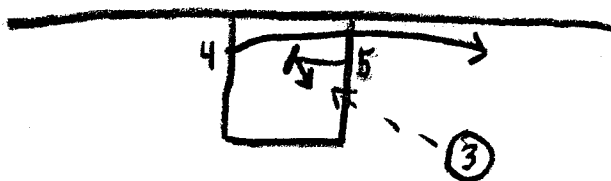
- 10 Skill
- 10 Conversion Defense
- 10 Zone Offense
- 5 Post Feed and Fill
- 10 Man - Motion
- 10 Zone - Skill
- 5 Press Offense
- 30 Defending UCLA

**Zone Notes**  
**December 1, 1998**

- 1) Yankee to interior A) Timing of the big- wait until pass is in the air.  
B) Good gap dribble- Take ball away from the baseline.
- 2) Gap away and take ball back to guy.



- 3) Pass to high Post- Low guy work to find scoring opportunity.
- 4) Nate cannot set enough interiors.
- 5) Make passes quickly occasionally without shot or pass fake.
- 6) Interior- Screen and find the ball.



- Bigs not drive rim when ball goes to baselinr.
- Screen back of zone and wait.

Breakdown Drills to Walk Through

- 1) Handoff - Elbow
- 2) Yo - Yo
- 3) Level off the bigs - jump 1/2 of man
- 4) Gap Dribble off of "wing out."

**Coach Majerus Notes at Long Beach  
December 3, 1998**

Don't do anything in life unless you have a passion for it.

Personal growth and a passion for improvement must guide you each day.

Movie- "The killing Fields" Gives a lesson on life.

It takes the same energy in life to be a saint as it does to be a sinner.

The difference between a saint and a sinner is one simple thing- Direction (Organized).

The fun part of sports is fighting and working hard..

Do you bring commitment to the table everyday.

**December 11, 1998**  
**Practice #**

★ Thru Stretch                      C↓  
Ice 4                                      T↓  
4 Across                                Hanno↓  
T    Invert Hanno

★ Skill (10 Minutes)  
    Circle, Loop, In, Away, & Celtic

★ Conversion Defense  
    Live-(5 minutes)  
    Monster- (5 minutes)

★ Zone Offense  
★ Celtic  
★ Press offense

Shooting

★ Andre live Red  
★ White

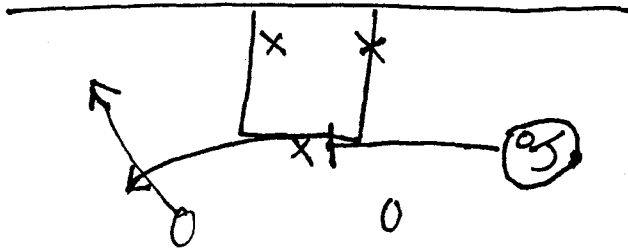
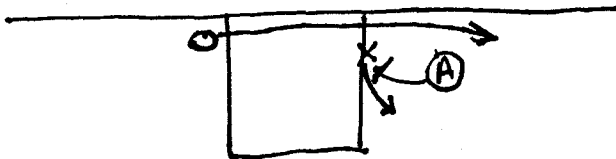
December 11, 1998  
Coach Popovich  
San Antonio Spurs

- 1) Shell
  - 2) Transition
  - 3) Beat to a point
- ★ People don't coach because they are afraid of the players
  - ★ Reputation, Detail, Perfection, Striving- Allow you to enjoy life and be better at you life and work.
  
  - ★ Tim Duncan:
    - 1) Maturity
    - 2) Skills
    - 3) Listening ability
    - 4) Willingness to learn- To everyone
      - A) Assist
      - B) Hard
    - 5) Openness and humility
    - 6) FT story on Tim Duncan
      - A) He did it and enjoyed like asked
      - B) He didn't quit after it didn't work
    - 7) Always asked what can I do next
    - 8) Goals
  - ★ David Robinson= Athletic special person  
Tim Duncan=Basketball Player
  - ★ David Robinson= Block shot, Rebound, and Run the floor. He lost sight of this and became concerned with his scoring
  - ★ desperate people are dangerous
  - ★ Take advantage of every competitive situation you have
  - ★ You will never have an experience like your college years. Enjoy it!!
  - ★ The Big Picture
    - 1) Unselfish Play
    - 2) Want your teammate to be as successful as you
    - 3) We win vs. I win
  - ★ When you try to do this by yourself it never works out leads to failure.
  - ★ What makes Tim Duncan is special isn't his basketball athletics, but the person he is.

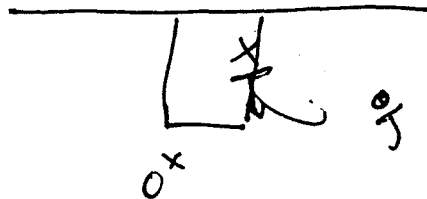
December 12, 1998  
Practice #

Shooting

- 1) Triangle & Two offense  
 Top of  $\Delta$  Pick the man  
 Bottom of Zone pick



- ✓ Get the right angle
  - ✓ Screen for the best shooter
  - ✓ A= Screener of the bottom
  - ✓ J= Screener of the top
- Jeremy



- 2) 1-4 Across
- 3) Flyer 1
- 4) Monster

- 5) Walk through 5 on 0 plays

- ✓ Toe to toe
- ✓ Slide with him

**December 15, 1998**

**Practice #**

1) 5 on 0 Plays

2) FT's- 4

3) Scrimmage

Red

Nate

Hanno

Al

Jeremy

Andre

White

Tyson

Phil

Tony

Brad

Ben

4) Celtics- 1 minute each

Baseball

Wing Layup

Wy Jumper

Draw & Kick

5) FT's- 4

6) Scoring

7) Celtics 90 Seconds

8) (4) FT's

9) Scrimmage

## **Coach Majerus Texas Notes**

- ★ Accumulation off success- You must come off a win with the edge and focus for the game.
- ★ Be concerned with where you are & where you are headed
- ★ Other teams sit in their locker room wanting to be like the Utes, have the intensity of the Utes, defend like the Utes.



**December 16, 1998**  
**Practice # 42**

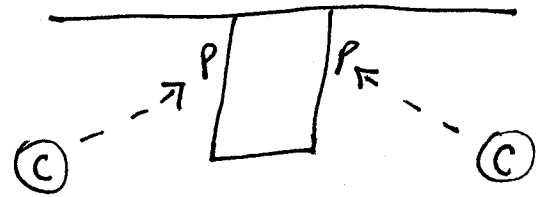
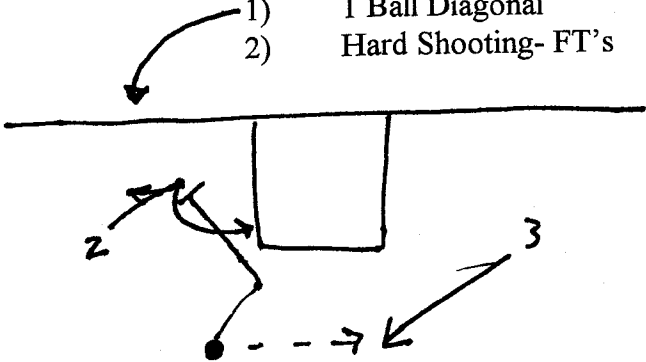
- 1) 5 on 0 Motion  
Introduction of slow motion entry
- 2) Skill Development- Play through conversion defense.

Smalls

- 1) 1 Ball Diagonal
- 2) Hard Shooting- FT's

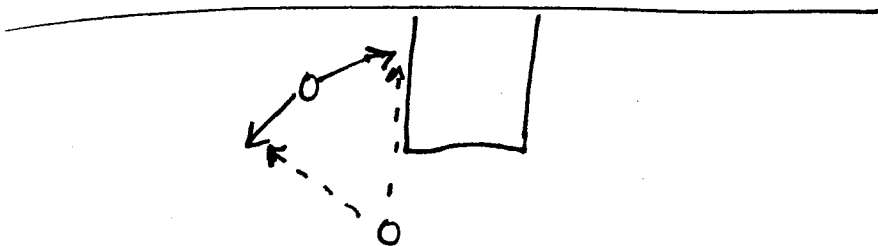
Bigs

- 1) Draw & Kick
- 2) Flares & Roll
- 3) Power Moves

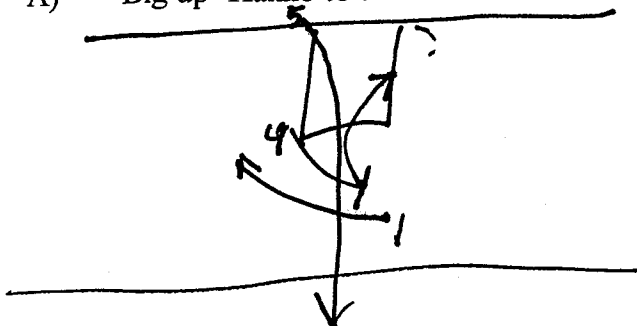


- B) Jump hook
- C) Cross Through to power

- 3) Conversion Defense (4 on 4)  
Picks = Over, through, or around you.  
Deny, Side, slip, seal
- 4) FT's & Water
- 5) 4 on 4 Motion  
Wings go high, low, middle to get a catch



- 6) Zone Offense  
Catch into shot, fall into drive or slip pass
- 7) Ft's 4
- 8) Press offense- 5 on 0 convert back  
A) Big up- Hanno to the middle Crack back-Deep Diagonal

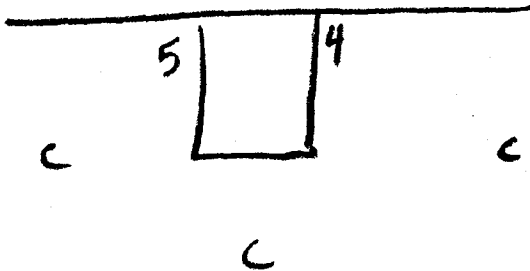


- B) All smalls crackback middle opposite
  - C) Big up to motion
  - D) By Pass Always opposite the big or angle of i man ( weak) Strong=Same side as 1
- 9) Invert=Miss  
Made =thru  
(Get the ball inside all options)
- 10) FT's 4

December 17, 1998

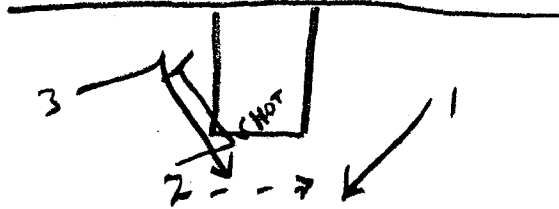
Practice # 43

- 1) 5 on 0 Offense
- 2) Skill Development
  - Post
  - A) Power Moves
  - B) 1 on 1 live
  - C) Draw & Kick
  - D) Zone



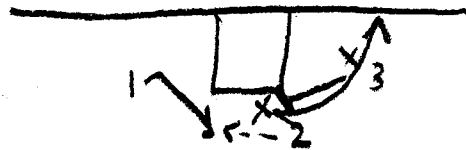
Smalls

Shooting with a partner  
Diagonal down screens



Interiors  
Pulls  
Flashes

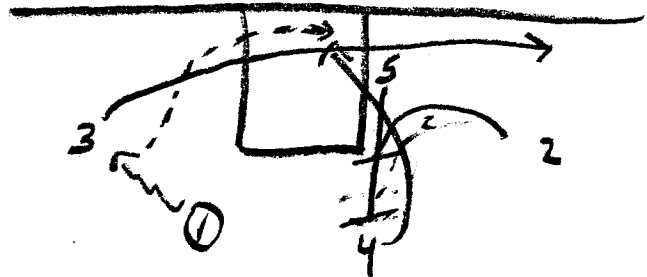
Flare-Live 3 on 2



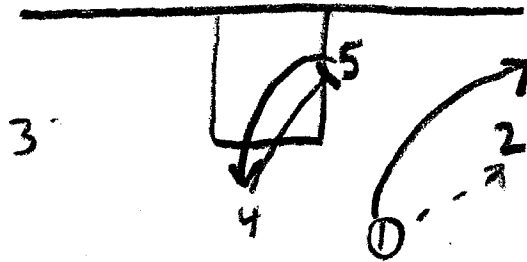
- 3) Conversion Defense

High Horns

Mixed in FT's



- 4) High Horns 5 on 5
- 5) 5 on 5 Red in motion vs. Hard Pressure  
Entry = High Horns
- 6) Zone Offense vs. 2-3 Zone (Rover)  
Half Court
- Ins, Aways, Yankee, P, Lockups, Circles
- 7) Zone Offense vs 2-3 Zone (Rover)  
White convert on Miss
- 8) White runs 5 man motion vs. Red  
Thru entry on make



- 9) Scrimmage motion
- 10) 6 FT's

**December 18, 1998**

**Introduction of Zone Defense**

- 1) 5 on 5 Motion Entry
  - A) Double High Horns- Double Horns
  - B) High early back pick
  - C) Back pick Down pick
  
- 2) 5 on 0  
Invert & Thur  
Invert = Miss  
Thru= Mode
- 3) 5 on 5 ½ Court  
Red in Zone Defense (23)
- 4) 5 on 5 ½ Court  
Red in Zone Defense (23)  
Red attack White in motion
- 5) FT's (4)
- 6) Motion Entries 5 on 5 A) back pick B) High Horns c) Weber vs. 1-2-2 Press
- 7) Celtic- 2 man
- 8) 5 on 0 Zone offense play
- 9) Skill Development

Bigs

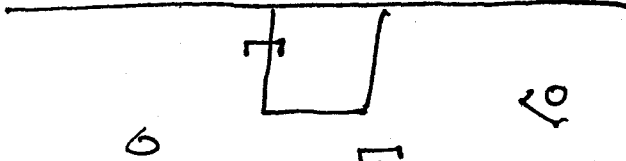
- ✓ Mikan
- ✓ Mchall
- ✓ Draw & Kick Middle
- ✓ Flashes
- ✓ FT's
- ✓ DS Step up
- ✓ Draw & Kick Baseline
- ✓ Draw & Kick Post Opposite
- ✓ Move Moves

Smalls

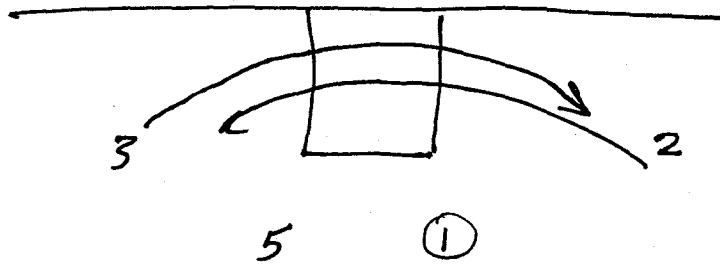
1. Sweeps
2. Draw & Kick
3. Baseline Drive & Drift
4. Loop to JS 7 cut
5. Loop to JS Middle cut
6. Loop to JS Drive middle cut
7. Flare

December 20, 1998  
Practice # 46

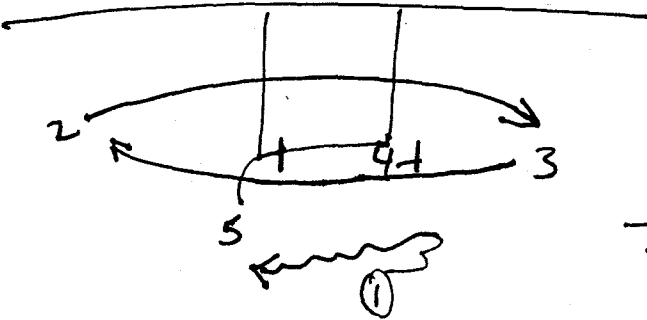
- 1) Wing 1 on 1 Back to Conversion Defense



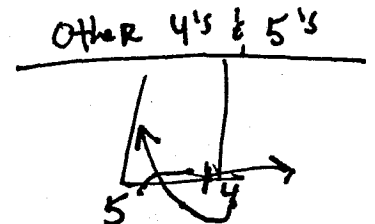
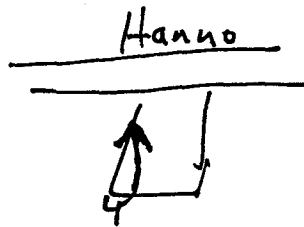
- 2) Introductions of Elbows motion entry



- Left Low  
- Right High



(Timing is essential)  
\* 3 is Ft line extended just when 1 gets to lane line



- 3) Skill

Smalls  
2 on 2 Wing Denial  
2 on 2 Wing/Forward

Bigs  
Power Moves

- 4) 5 on 5 Motion  
5) 5 on 5 Press Offense

**December 25, 1998**  
**Practice # 49**

- 1) Flare Entry Introductions
- 2) Zone offense
- 3) Celtic- 30 Sec-Right Side
- 4) FT's
- 5) Skill Development

Smalls- Getting Catches

- 1) Sweep & Drive
- 2) Draw & Kick
- 3) Diagonal downscreen vs. Defense

Bigs

- 1) 1 on 1 Live in the post
- 2) 2 on 2 Live in the post

- 6) Conversion Defense  
3/4 to behind in the post  
Al-White Phil  
Switch 4 & 5
- 7) 5 on 5 Live White Overlay the Red& convert back or miss
- 8) 5 on 5 Live vs. MTM
- 9) Runner vs 3-2 Zone & & 1
- 10) Split vs  $\Delta$  & 2
- 11) Motion vs. White Convert back to 23 Zone Defense  
Entry = Back Pick & Diagonal Down
- 12) 2-3 vs White Rover  
Wings keep chin to chin
- 13) 23 vs White
- 14) Team Talk- Like a halftime
- 15) Warm up Dribbles pull back & away Bad crossover
- 16) Celtics 45 Sec left
- 17) FT's

**December 26, 1998**  
**Practice # 50**

- ★ Walk through Wake Forest
- ★ 5 Ball FB
- ★ Skill
- ★ Conversion Defense into flex of Wake Forest
- ★ Zone Offense
- ★ Zone Defense
- ★ 3 out versus Box & 1
- ★ Motion vs. White tough MTM
  - Flare
  - White Runs Invert on  
A Miss

Introduced Thru Blue and Thru Blue 3

**December 29, 1998**

**Practice # 53**

- 1) Introduce Over & Under
- 2) Motion high to 1 Down  
(Run clock to 1 Down)
- 3) Invert Hanno  
Invert Hanno Down  
Blue  
Blue 3
- 4) Defend Flex  
Switch 4-5  
Switch 2-3
- 5) P versus Zone  
In vs. Zone vs. Our 23  
Circle vs. Zone vs. our 23
- 6) Box the end outs
- 7) Invert Andre  
Invert Andre  
Ice 4  
C Down  
T Down



## Coach Majerus Radio Interview January 2, 1999

There are no friends like old friends

½ of the NCAA Champions have come from:

1. Duke
2. North Carolina
3. Kentucky
4. UCLA

Does a player have a coachability quotient? Do you want to be coached?

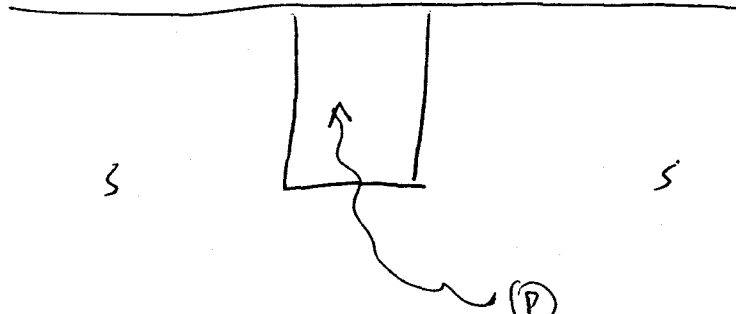
It isn't about winning or losing. It is about improving & success.

I love kids who want to learn to play ball.

Satisfaction is all relevant to your definition of success.

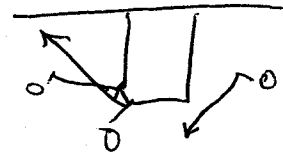
**January 3, 1999**  
**Practice # 58**

- 1) Review P
- 2) Baseline runner vs. 1-3 chosen on Andre back to conversion defense



- 3) Skill
  - Smalls  
Sweep & Drive
  - Bigs  
1 on 1 Live vs.  
Draw & Kick

- Flares
- Diagonal Down Screen
- Hit Curl
- Hit Space/other Sweep & Drive



- 4) 3 Plays A) Thru Blue B) Thru C) Thru Blue
- 5) Conversion Defense
- 6) Baseline Runner vs. 1-3 Chaser
- 7) FT's

**January 7, 1999**  
**Practice # 60**

Motion Entry: 15 minutes

Horns

High Horns

Diagonal Down Screens

Cross & Flare

Skill- 10 minutes

Conversion D- 10 minutes

Motion 3/4 court - convert on a miss 15 minutes

Celtic- 2 minutes

Zone 0- o/u 10 minutes

Zone o Press- 10 minutes

Practice #61

January 8, 1999

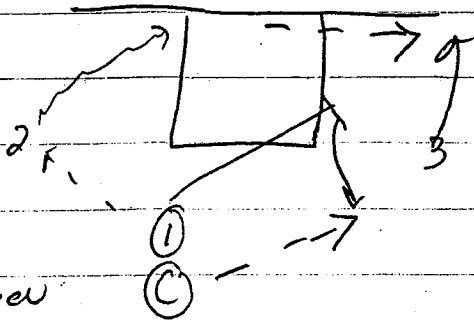
- 10 1) Review Play S - MTM
- 10 2) Review Ply S - Zone
- 30 3) Zone Offense & Offense vs Junk Defenses
- 15 4) Skill

Small

- A) Sweeps
- B) Draw & Kick
- C) Baseline Drive & Drift

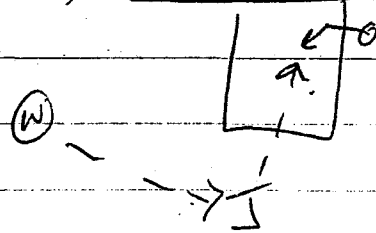
BIGS

- A) Post Moves
- B) Draw & Kick
- C) Shots off 34 & 35
- D) Duck in Off Motion

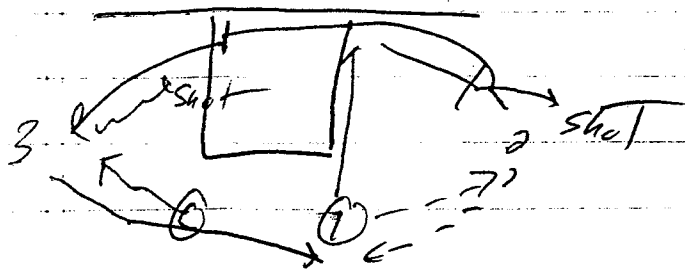


2 = Crossover

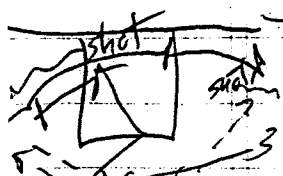
Sweep (Crossover)



D) Middle cut / BP / CP / Space



E) 7-Cut, BP, CP - Space



5) Review Two Plys.

6) Review 4 Ply Live B4U Ply

January 9, 1999  
Game Day Practice # 62

Review 30 Ut vs Box & 1  
Runner and 3 Out

Conversion D

Block Out

Stay in Position- (Shut Fakes before & after)  
Don't overrun Denial- no Lunges

Offensive Execution  
Spacing  
Screening  
Good Passes

Box-Shuffle Each Lob

Box-Opposite-Each Lob

Transition-pick the Pick -T Game

Stack-Purdue

1 &- Red- everybody but Wesley

FIRE- Leti Five Early  
Ashe Pulls it back  
Harvey 1, Al 2

BYU- End Out

△ Pick the Picker

Pick the picker

- S

Side Out= Box AM  
Front  
Diagonal Fence

**January 13, 1999**

**Practice # 64**

- 1.) Watch Film on Double Rover
- 2.) Rover Offense vs 2 -3
- 3.) FT's
- 4.) Rover Offense vs. 2-3
- 5.) POB Plays vs White MTM
- 6.) Rover vs. 2-3

**January 15, 1999**  
**Practice # 66**

- 10    Review POB Plays**
- 10    Dayton 5 on 5**
- 2    Celtic**
- 8    Skill**
- 10    Double Rover**
- 5    Conversion Defense**



①

PRACTICE #66

January 20, 1999

10 1) Shooting - Free

5 2) Introduce of Kentucky Press Offense

15 3) Press Offenses

Pull

Catch by 1

Shooter

Comeback

By Pass weak

By Pass - Ball side

Flyer 1

Flyer 3

Flyer 2

4 Across 5

Kentucky

BIG UP

AT&T Small

Bypass

Crackback - 1 1/2 steps

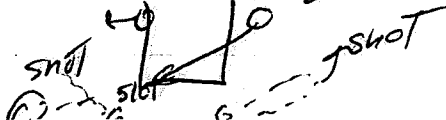
A) middle

B) Crackback

4) FT's

10 5) Skip Pass Shooting

6) Zone Shoot



(2)

(10) 6) SKILL

Small

- 1) Sweeps
- 2) Dribblebacks
- 3) Diagonal DS - Tight Curl
- 4) Middle Cut - Loop - Backcut
- 5) Loop - Backcut  
Loop - Jump Shot
- 6) Circle - Jump Shot  
Circle - Backcut
- 7) FLARES

BIGS

- 1) Power Moves.
- 2) DS - Step Ups

(5) 7) Conversion Defense

(10) 8) Press Offense - Live  
Dead Ball / FT - All Small (BIGS Deep)  
Live - BIG UP

(10) 9) Zone Offense - Raven + Dayton

10) Scouting Report on San Jose

Practice 67

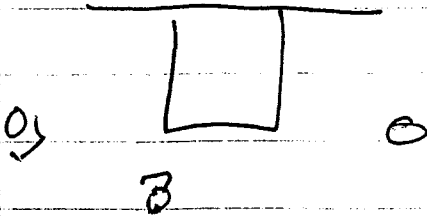
July 21, 1999

10 1) Review Press Offenses

10 2) Skill

Smalls

1) Getty Catches vs Pressure



BIGS

- 1) Live 1 on 1
- 2) Live 2 on 2

7 3) Conversea Defense vs San Jose  
1+2 = Play Back  
3 = Drop - Come on 2nd Dribble

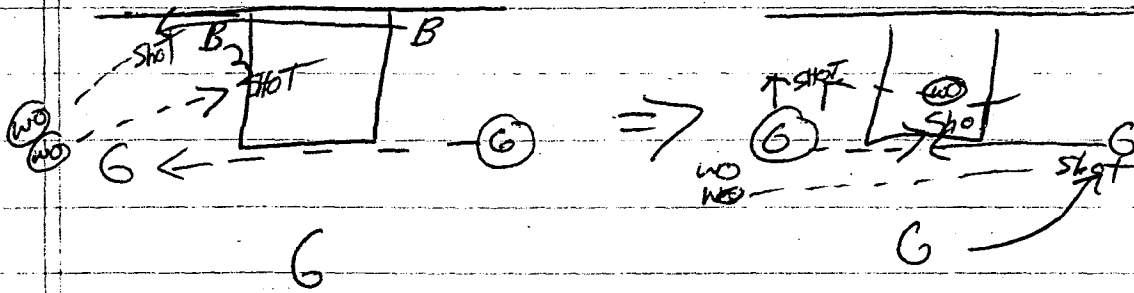
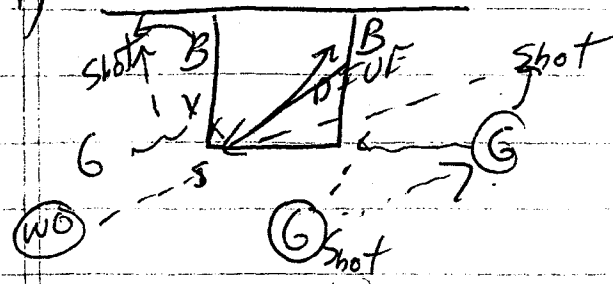
5 4) Introduce 4 of 4 up

90 5) 3/4 Come Motar vs Gray (Res Def, Traps & Manster)  
A BP-Diagonal Entry  
X Occasional (turns)  
X

6) Press Offense vs Presses

15

# Zone Shooting



3 8) Celtic 45 Sec each - Left Side

Baschall

Wing layup

Wing Jumpshot

Draw & kick

9) FT's - 4

10 10) Press Offense.

All Small Middle

4 11) Celtic - 1 min each - Right Side

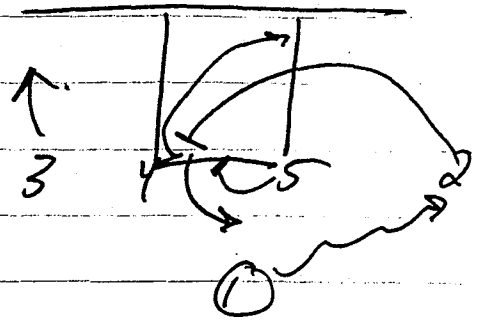
12) FT's - 4

①

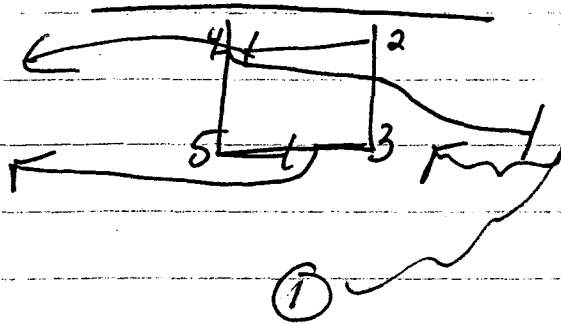
January 22, 1998

Practice 68

1) Introduce 4 DOTTLE FOOT

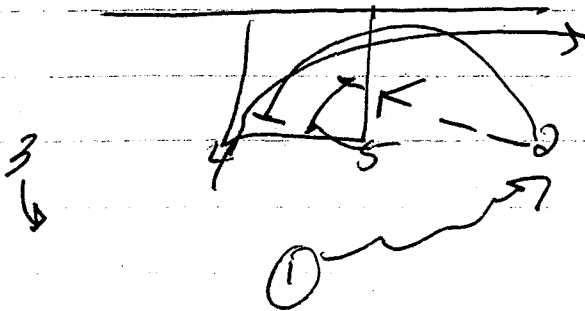


2) Introduce 25 Down.

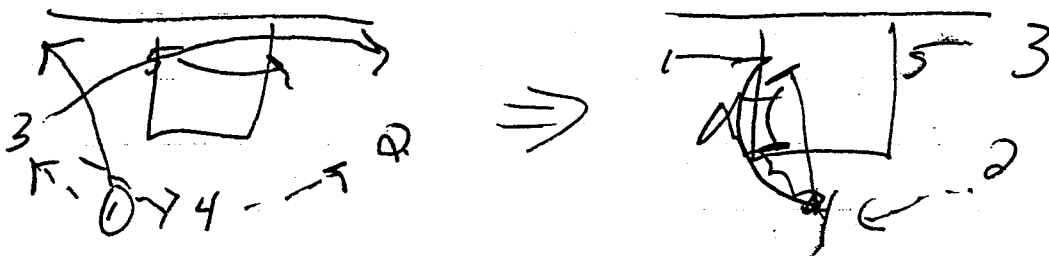


15

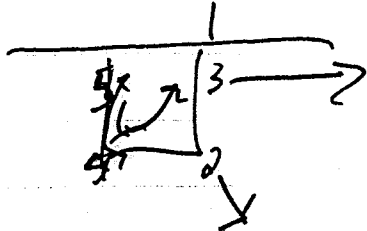
3) Introduce 14 Stretch



4) Introduce HANNO Down - Review



5) Box 3 Enddot



**January 26, 1999**

**Practice # 71**

- 1) Review Plays  
14, 14 Duck, 14 Dribble, 4 Up, 24 Down, 24 Stretch, Push weave, Push
- 2) Review 4 Corners
- 3) Scouting report on San Jose  
Motion  
Single Flare  
Double Flare
- 4) Endouts  
Don't overreact on the lane lines BIG

**January 27, 1999**

**Practice # 72**

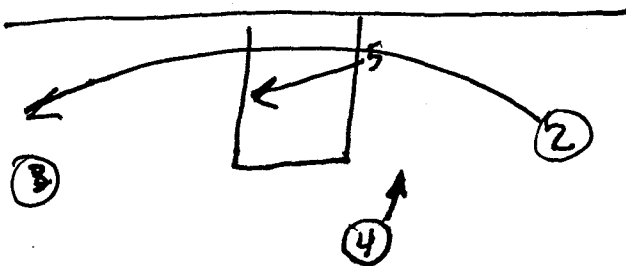
- 1) Zone O Specials ½ court
- 2) Skill
- 3) Conversion D
- 4) Zone o vs 2-3  
Double Rover
- 5) MTM 3/4 Court  
Motion Entry  
Convert Miss vs Invert
- 6) Δ & 2 UTEP's Defense
- 7) Zone Shooting
- 8) Box & 1 Offense

**Practice # 73 (Practice at UTEP)**  
**January 29, 1999**

- 1) Shooting
- 2) Partner Shooting- Shots
  - A) Zone
  - B) MTM
  - C)  $\Delta$  & 2
- 3) 5 on 0
  - Made = Thru
  - Miss = Invert
- 4) FT's
- 5) 5 on 5 vs
  - 1) MTM
  - 2)  $\Delta$  & 2
  - 3) Zone 2-3
- 6) Celtic
- 7) FT's
- 8) 5 on 5 repeated
- 9) Live walk through of UTEP

A A  $\Delta$  & 2

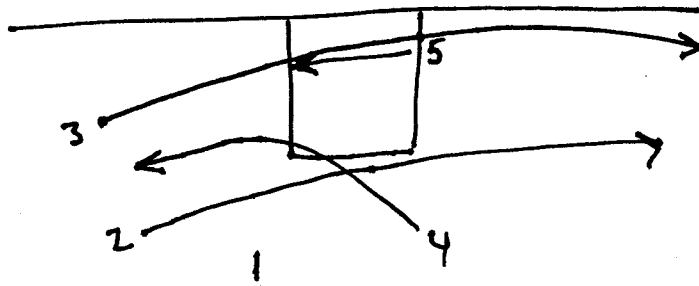
1) Split



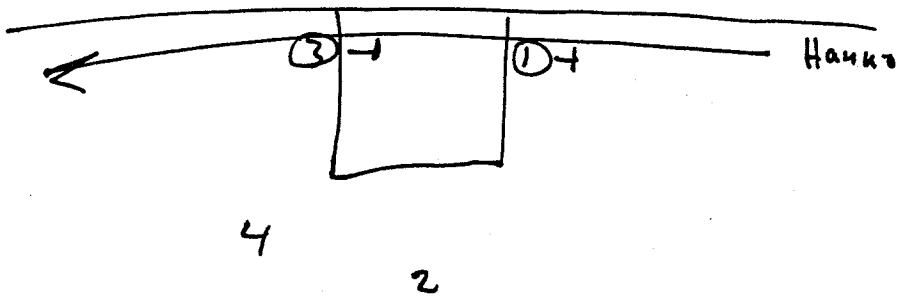
- 1) 5 look ballside
- 2) Cutter hard 5
- 3) 2 & 4 on a stay



2) Split Cutter



3) Baseline Runner

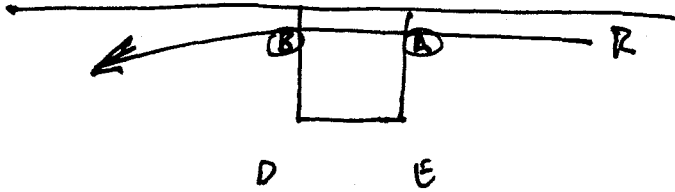


Practice # 74  
January 30, 1999

1) Shooting

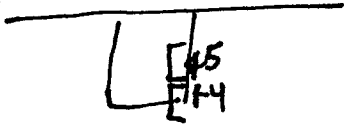
2) Baseline Runners vs  $\Delta$  & 2

Runner can curl his cut a little

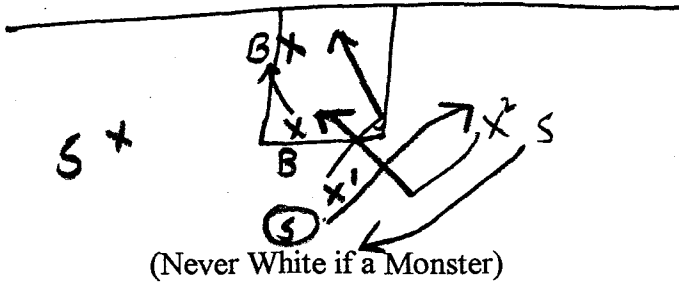


3) Double Rover vs  $\Delta$  & 2

4) Mouse Trap



5) Monster vs 1-3-1 (Monster on air time of ball)



X<sub>1</sub> = front of rim  
X<sub>2</sub> = Sets in front of big at FT line

6) Box Double



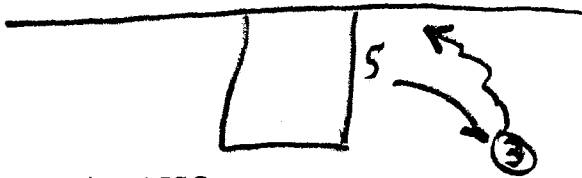
X<sub>S</sub> = squeeze up on man  
X<sub>2</sub> = go under

7) Box Single- Endout

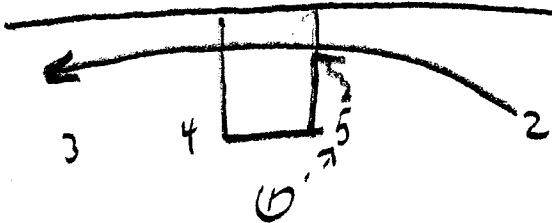
8) Lob- Endout

9) Sideout

10) Random Pick on Ball



11) 1-4 ISO



\* Send #5 Faraso back into the paint

12) Single Flare San Jose

13) Monster- T



Low Guy is front of rim picking up the cutter.

Top Guy goes to top

14) Review 5 on 0 all their players & Endouts

15) Review their Personal & Game Plan

1 Down - pop Big Instead of Roll

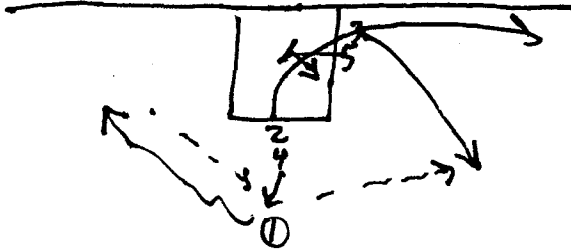
Defensive

Offensive- Cuts, Flares, Backpicks, Curls.

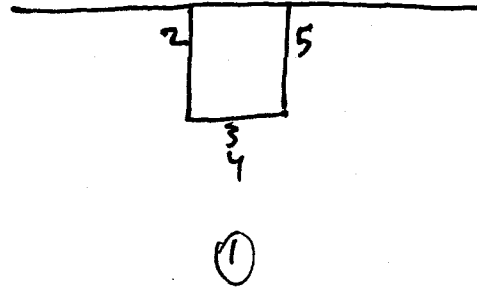
Practice #  
February 4, 1999

1) Review Plays

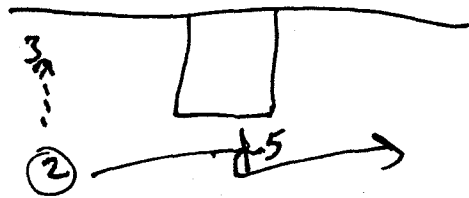
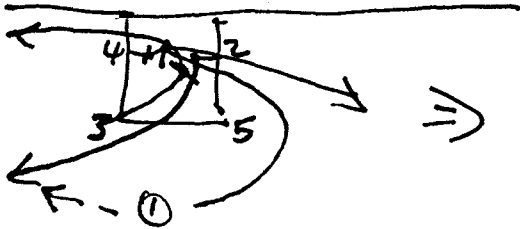
Stacks - Small



Blocks - Small



Box A



2) Monster Defense

3) Transition Offense

4) Skill

- |                          |                 |
|--------------------------|-----------------|
| Bigs                     | Smalls          |
| 1) Invert                | 1) Draw & Kicks |
| 2) Backpick, Flare Entry |                 |

5) Conversion Defense

6) Zone Endouts

7) Zone Offense, & Offense vs. □ & 1 & △ & 2

8) FT's

9) Zone Shooting

A) Baseline Runner

B) Spilt Shooting

C) Split cut shooting

10) Walk through BYU's top 4 Action

Transition Opposite

Transition Flex

Transition Stage

Bo

Februg 3, 1999

(25) 1) Introduce New Plgs

Blocks Small

Stacks hand

Box A

1 Side

1 Side A

T - Set Pick at FT line Adjusted

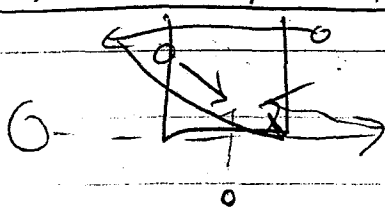
(10) 2) Skill

BIGS

1) 1 on 1 Live

2) 2 on 2 Live

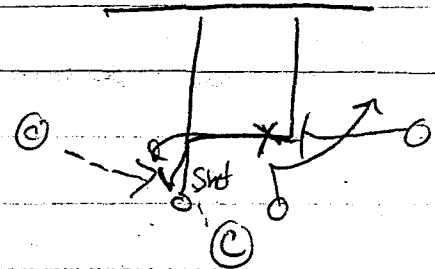
3) <sup>Pull</sup> Interior, Flash, Flash



Small

1) Draw & kick

2) Flare - Toughest to defend

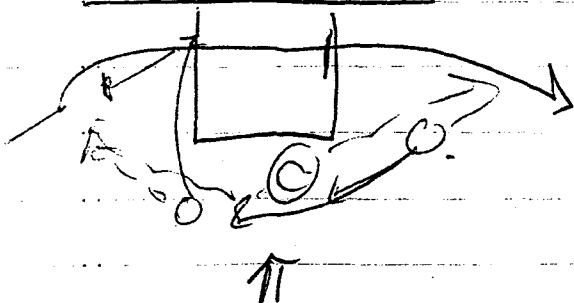


3) DDS vs Switches

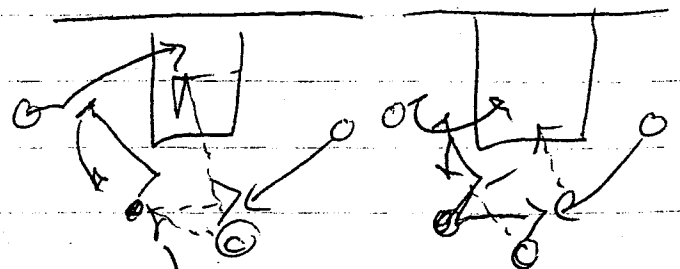
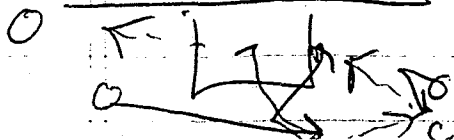
A) Curl

B) Backcut

middlecut, backpick & Pop



7 cut



1) Flare



(1.) 3) Conversion Defense

~~Red~~ Red runs 3 plays to start each time

(5) 4) Red vs 2-3 ; White comes back into Flex

✓ Switch 3-4-5

✓ Take any low cut

5) Red vs 2-3

✓ Dayton

✓ In/Ag

✓ Rebel

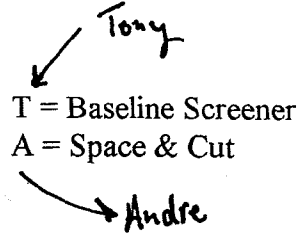
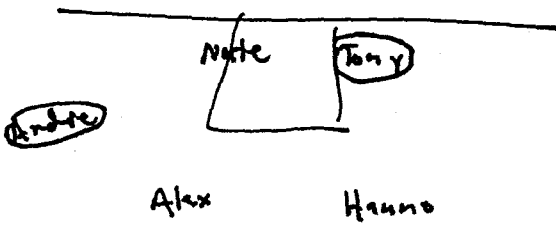
Practice #  
February 5, 1999

1) review Zone Specials & Zone Endout  
1) In, 2) Out, 3) Rebel, Away

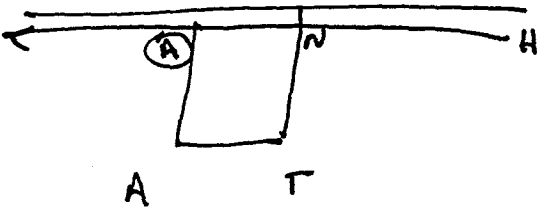
2) Zone Endouts  
1) Line  
2) Spread 4  
3) Spread 2

3) 1 Side  
T  
Ice 4  
24 Down  
14- Give space to wheel for Hanno

Split- vs  $\Delta$  & 2



Runner vs  $\square$  & 1



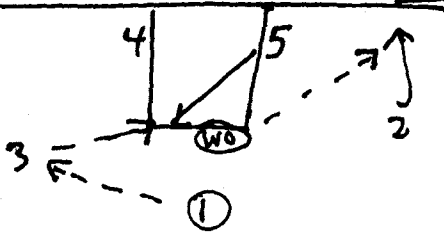
Dayton



4) Zone Shooting

4 = rebounds

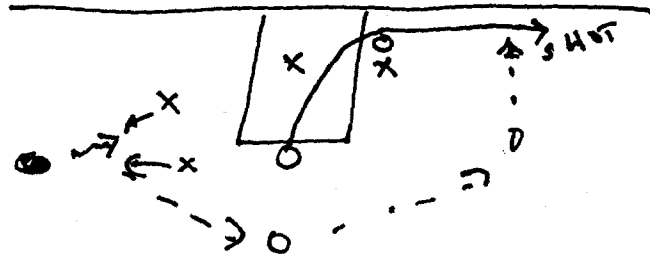
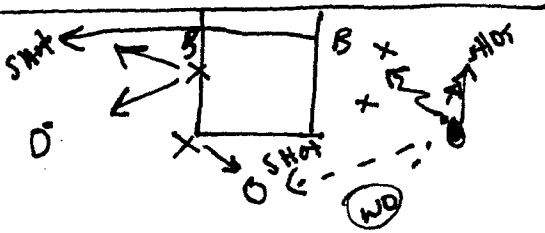
Ⓢ (4 Rebounder)



Note = Put 2 live defenders up top

Bigs = Pull/ interior  
 1 Big Shot; 1 Big rebound

(Look for Jordan) Cuts



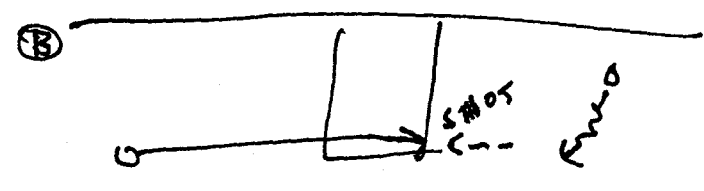
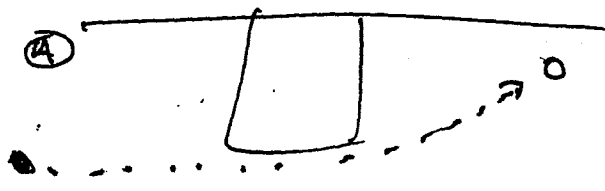
5) Live Zone Offensive (Rover) & Convert Back to Shooters

6) FT's

7) Skip Pass Shooting & Zone Shooting

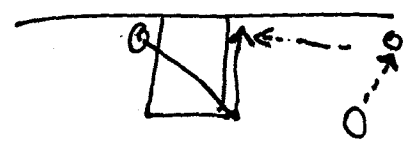
Note: Set skip pass up with a Pass Fake (Tight)

8) Jordan Cut Shooting Proceed by Skip Pass

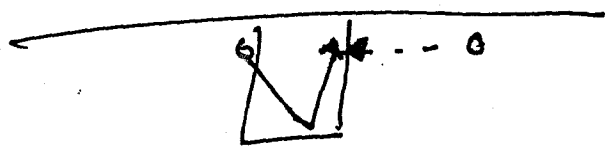


9) BYU Plays Report

Flash/Dive Shooting



OR



**Practice #**  
**February 9, 1999**

- 1) Review Plays
- 2) 5 Ball Invert Shooting back on Conversion

- 1) Jump Shot off DS
- 2) RIP Man
- 3) RIP
- 4) Invert Backcut
  - A) Hit Corner Man
  - B) Hit Corner Man- Hit Big guy off screen
- 5) change it & Pick away

4) FT's 4

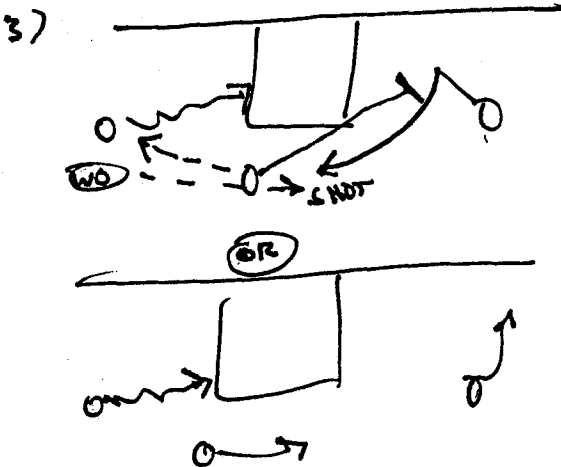
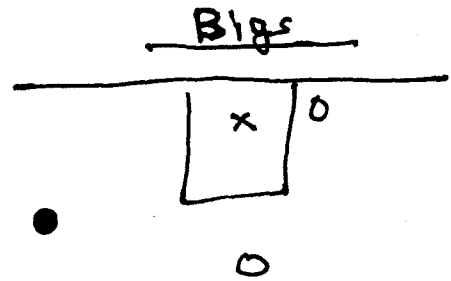
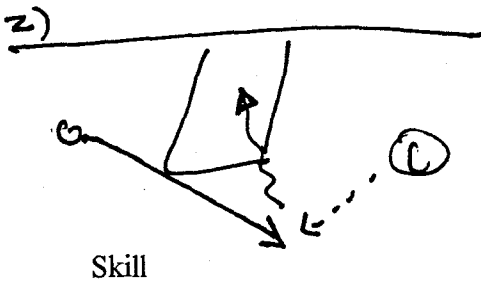
5) Skill

Smalls

- 1) Sweep & Drive - 1 Dribble

Bigs

- 1) Live 1 vs 1
- 2) Draw & Kick



6) FT's

7) 1 Side open & 1 Side Review

8) Conversion Defense -SDSU Transition- Pass Ahead & Drive

9) Zone Offense Dayton Conversion on a miss

**Practice #**  
**February 30, 1999**

- 1) Introduce New Plays
  - Blocks Small
  - Stacks
  - Box A
  - 1 Side
  - 1 Side A
  - T- Set Pick at FT line adjusted

- 2) Skill
  - Bigs
  - 1) 1 on 1 Live
  - 2) 2 on 2 Live
  - 3) Intention, Pull, Flash, Flash

- Small
  - 1) Draw & Kick
  - 2) Flare toughest to defend

- 3) DDS vs Switches
  - A) Curl
  - B) Backcut

- 3) Conversion Defense
  - red runs 3 plays to strat each time

- 4) Red vs 2-3; White comes back in to flex
  - Switch
  - Take any low Cut

- 5) Red vs 3-2
  - Dayton
  - In/Away
  - Rebel

**Practice #**  
**February 30, 1999**

1) Introduce New Plays

Blocks Small

Stacks

Box A

1 Side

1 Side A

T- Set Pick at FT line adjusted

2) Skill

Bigs

1) 1 on 1 Live

2) 2 on 2 Live

3) Intention, Pull, Flash, Flash

Small

1) Draw & Kick

2) Flare toughest to defend

3) DDS vs Switches

A) Curl

B) Backcut

3) Conversion Defense

red runs 3 plays to strat each time

4) Red vs 2-3; White comes back in to flex

Switch

Take any low Cut

5) Red vs 3-2

Dayton

In/Away

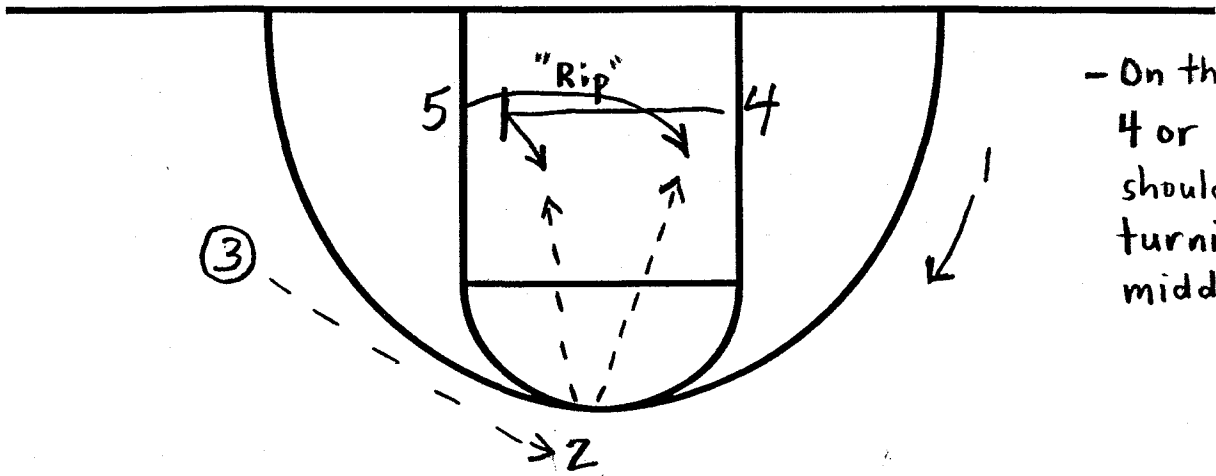
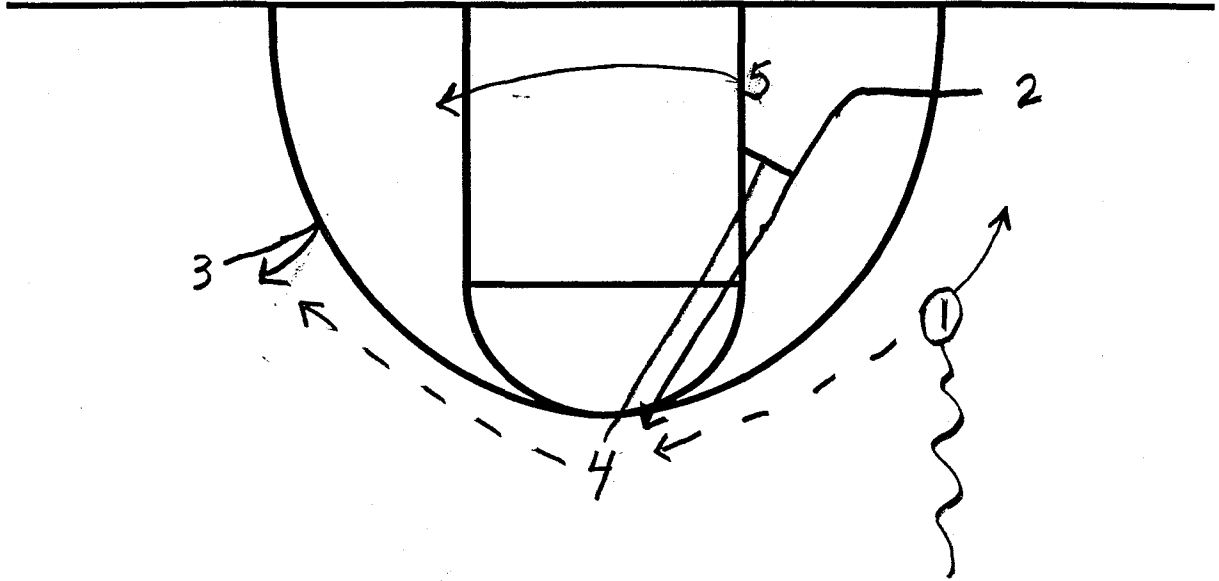
Rebel

# **OFFENSE**

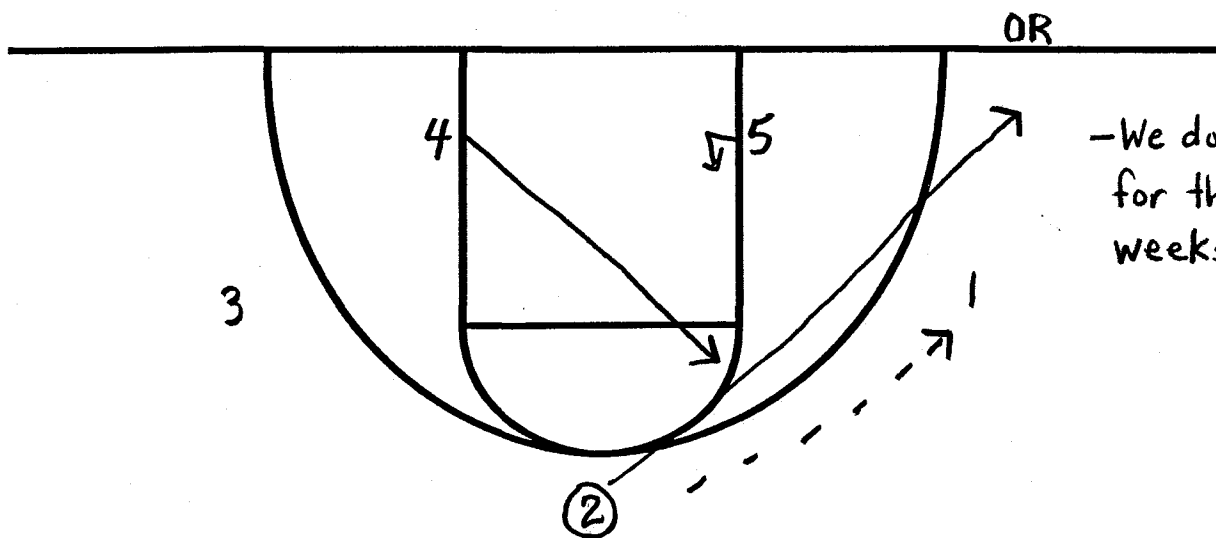
OPPONENT CALL

UTAH CALL

Invert



- On the catch by 4 or 5, they should avoid turning to the middle.



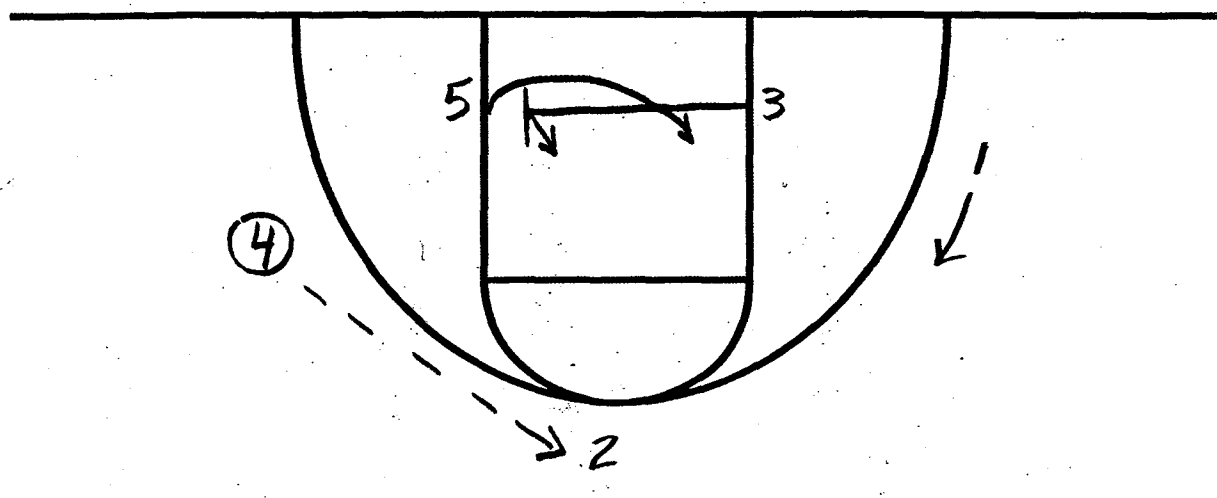
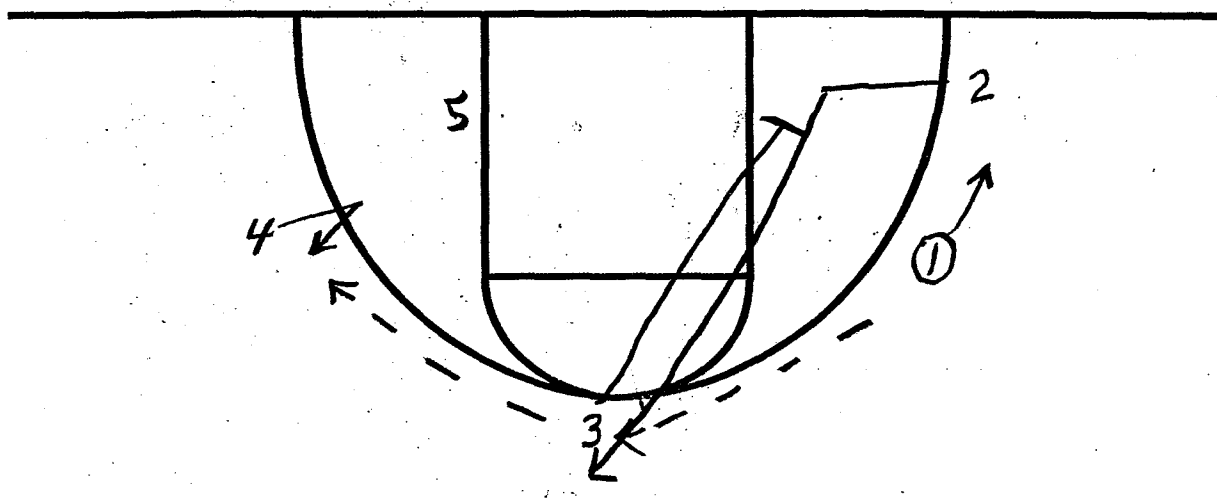
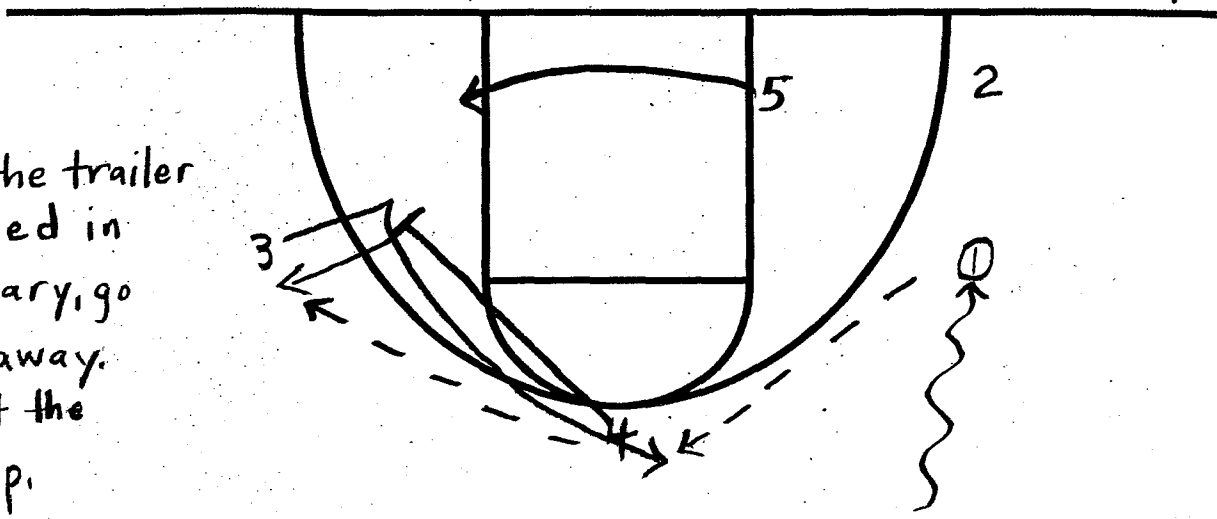
OR

- We don't go hi-lo for the first 3 weeks of practice



OPPONENT CALL \_\_\_\_\_ UTAH CALL Invert Screen Away

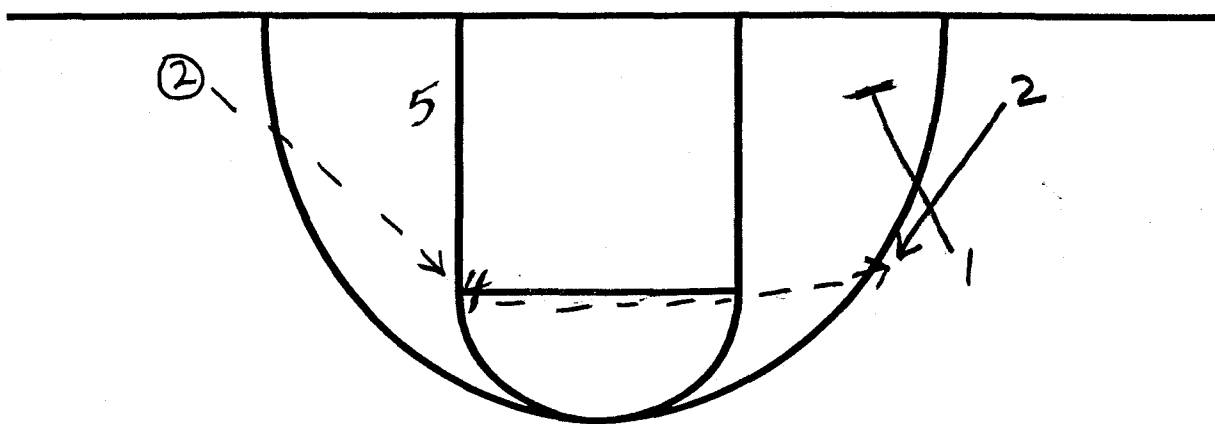
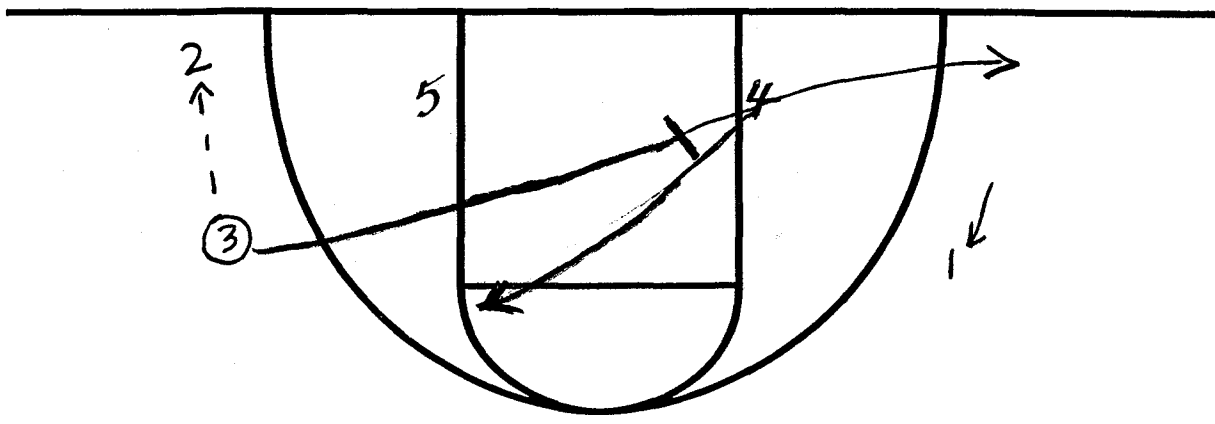
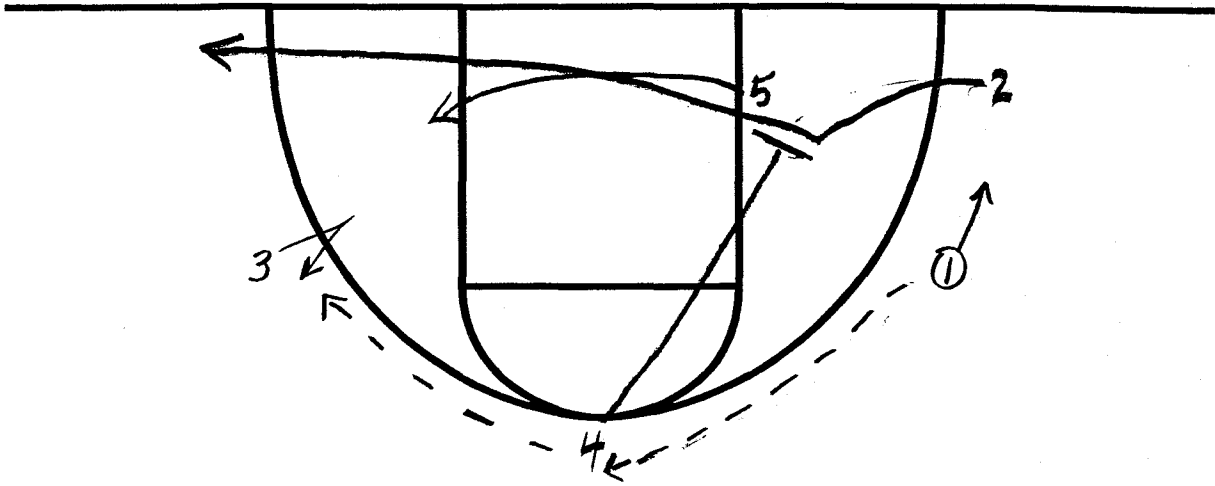
- When the trailer is denied in secondary, go screen away. Don't set the screen up.



OPPONENT CALL

UTAH CALL

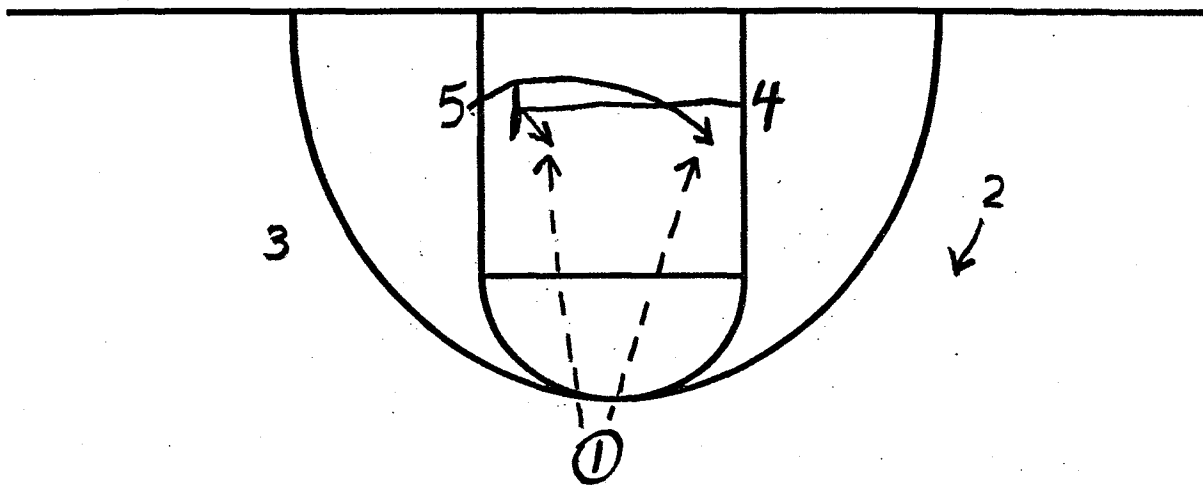
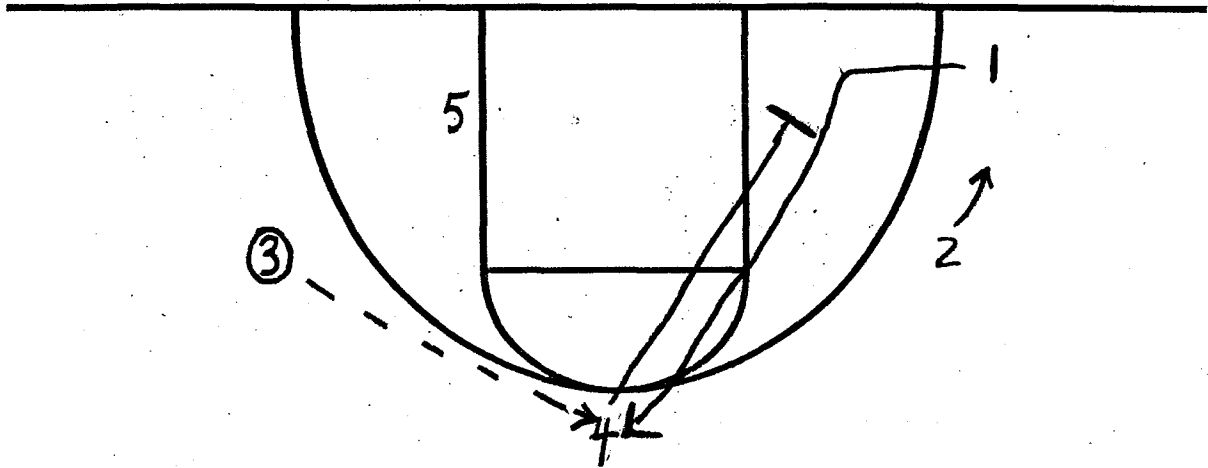
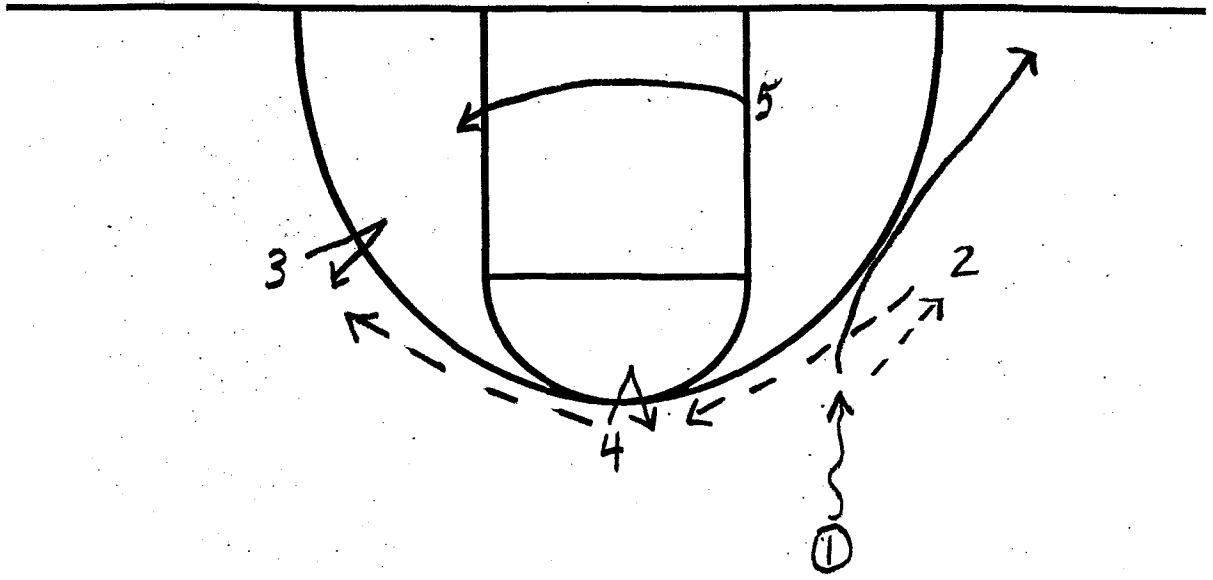
Invert Backcut



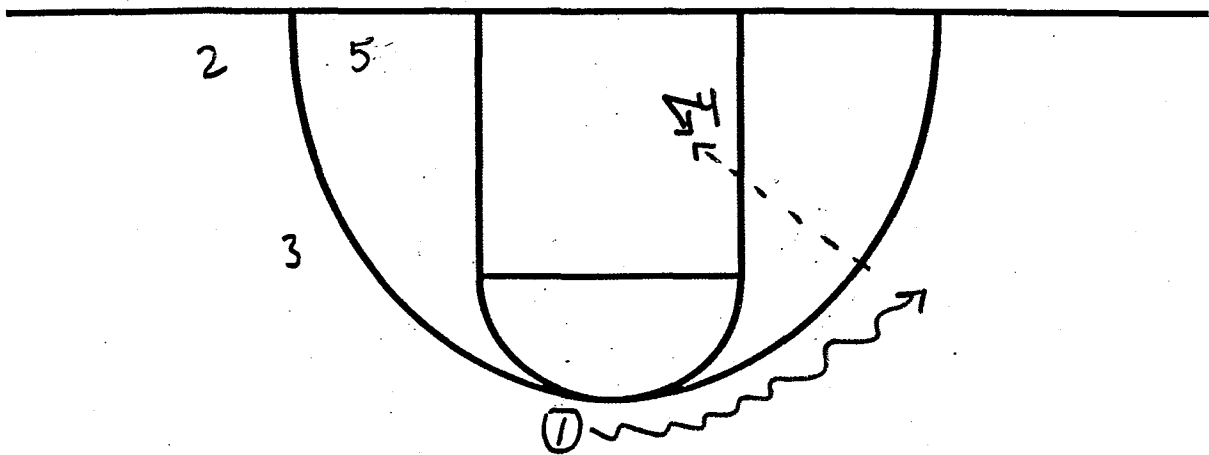
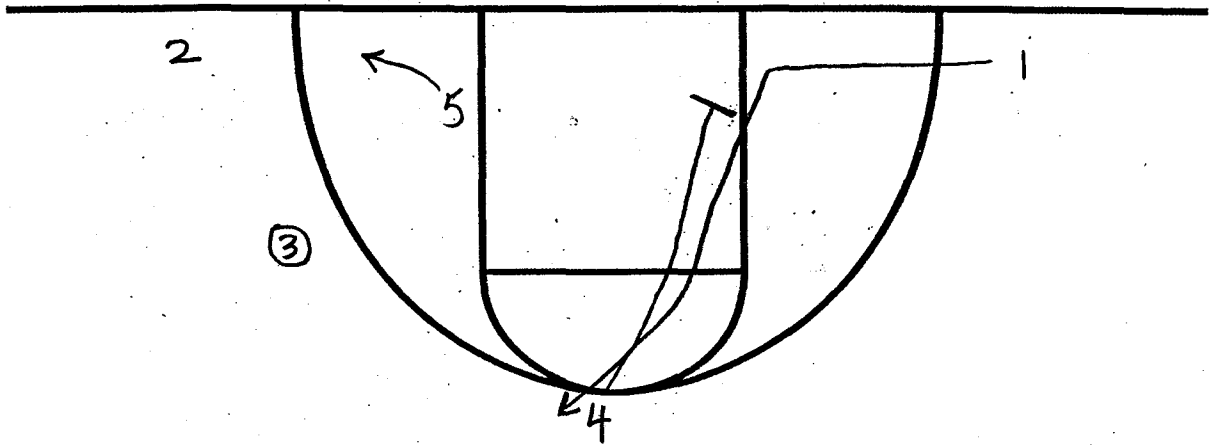
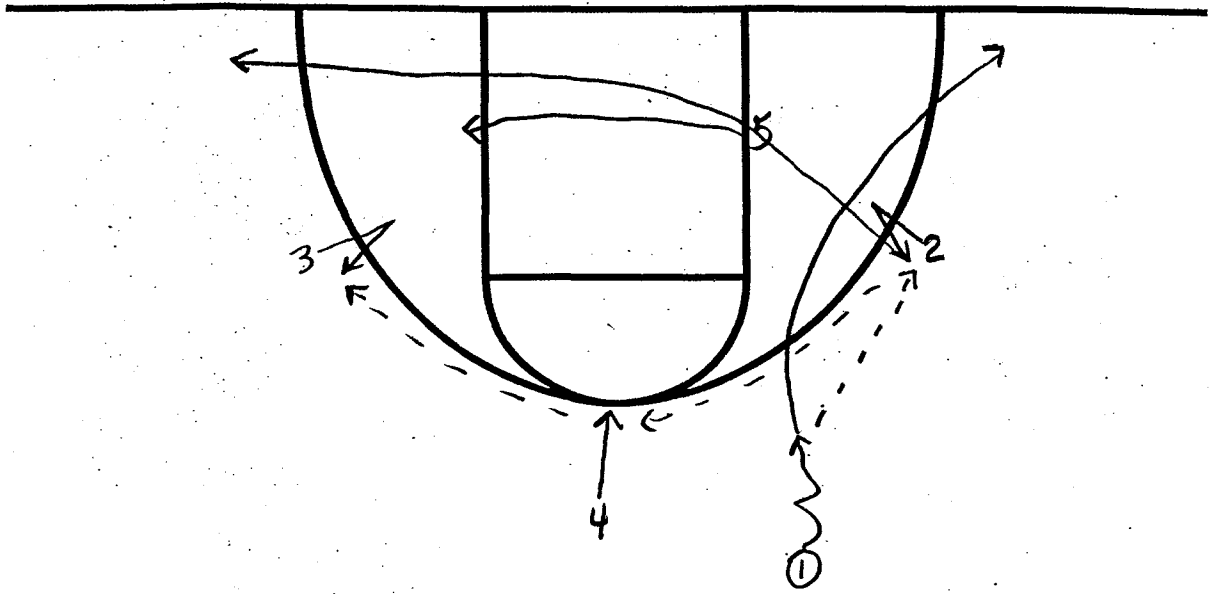
OPPONENT CALL

UTAH CALL

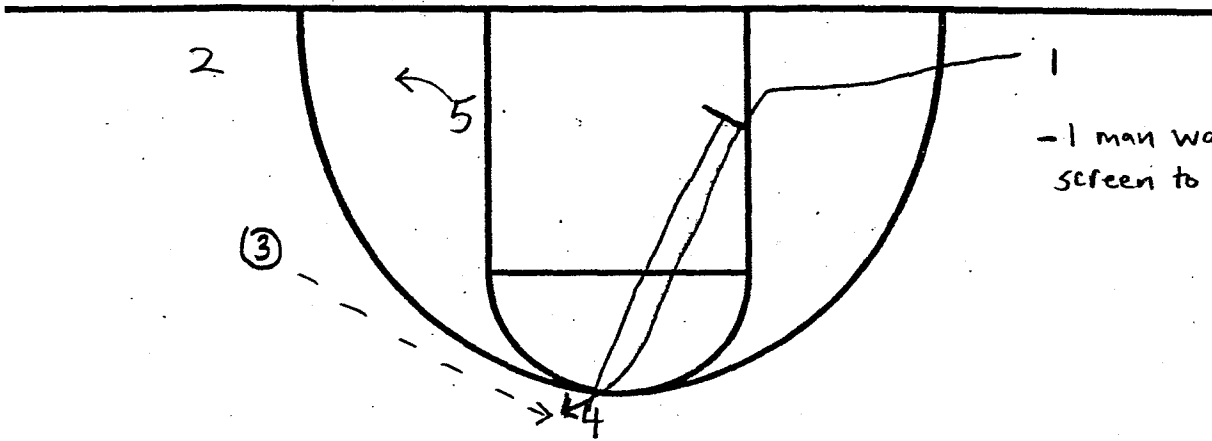
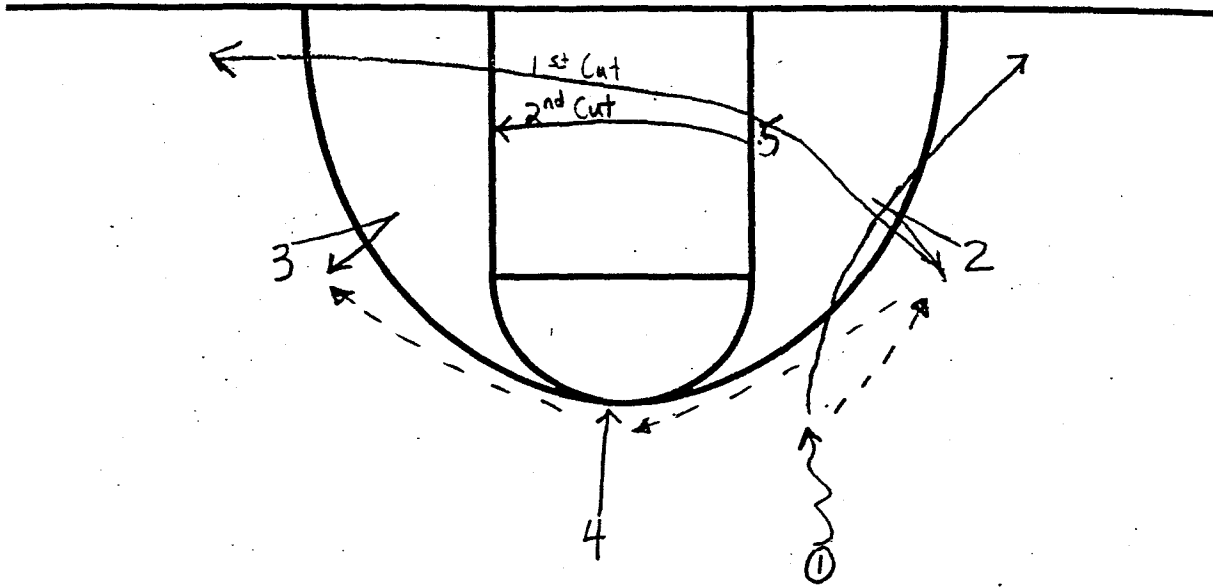
*Invert Andre*



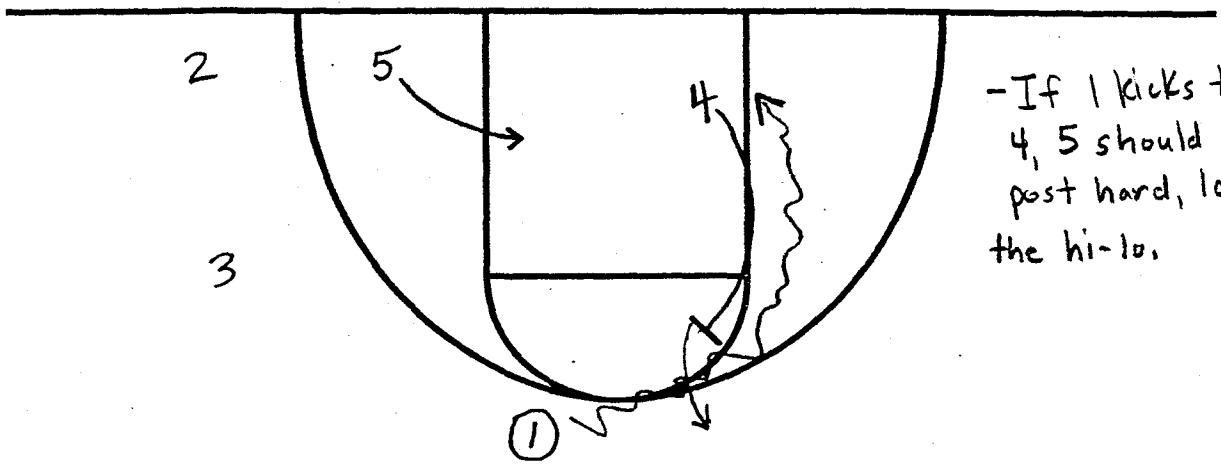
OPPONENT CALL \_\_\_\_\_ UTAH CALL Invert Hanno



OPPONENT CALL \_\_\_\_\_ UTAH CALL Invert-Hanno Down



-1 man walks man int screen to set him up.

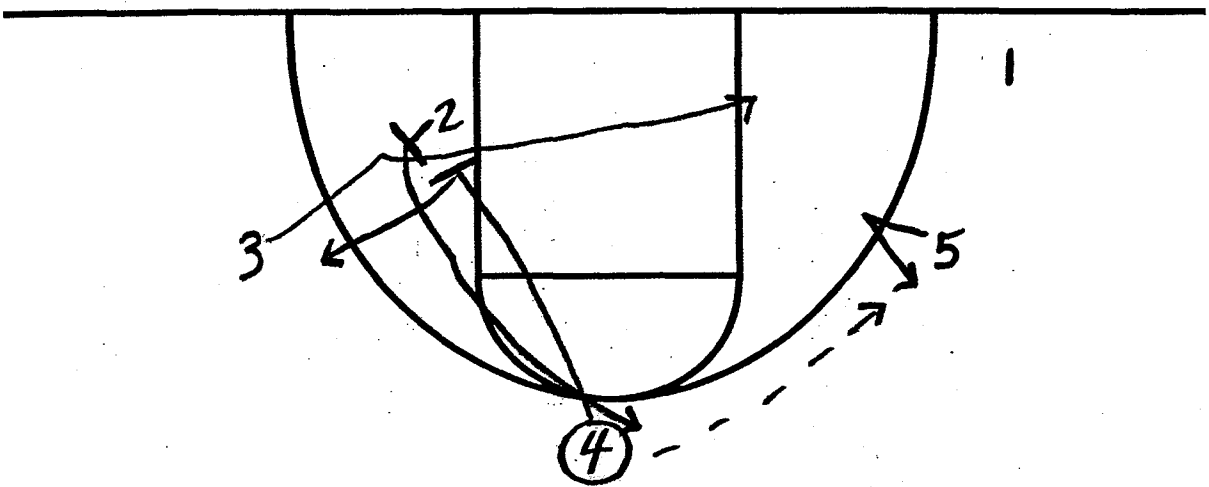
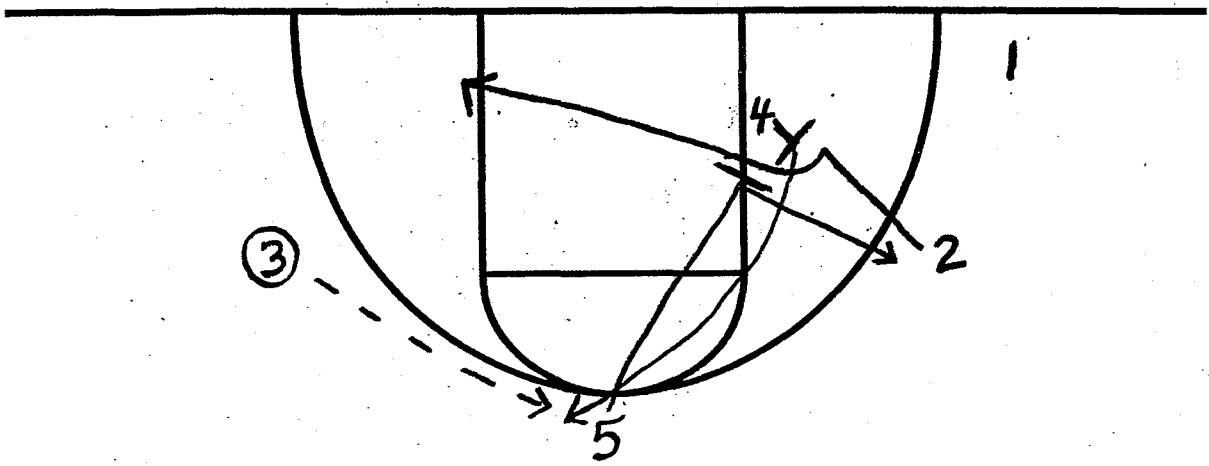
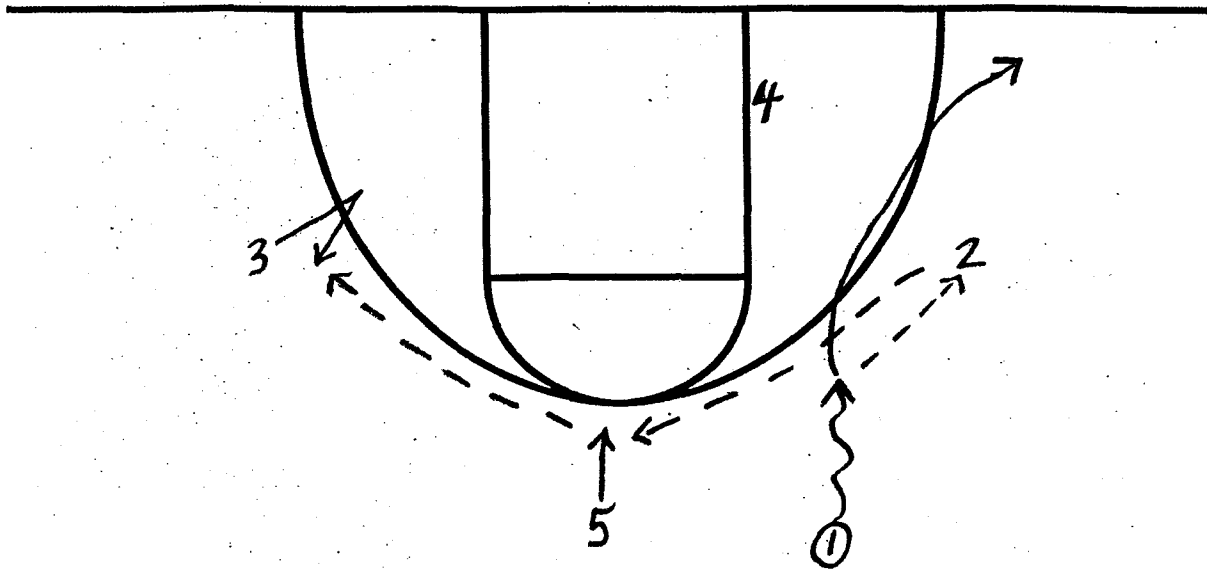


-If 1 kicks the ball to 4, 5 should dive in & post hard, looking for the hi-lo.

OPPONENT CALL

UTAH CALL

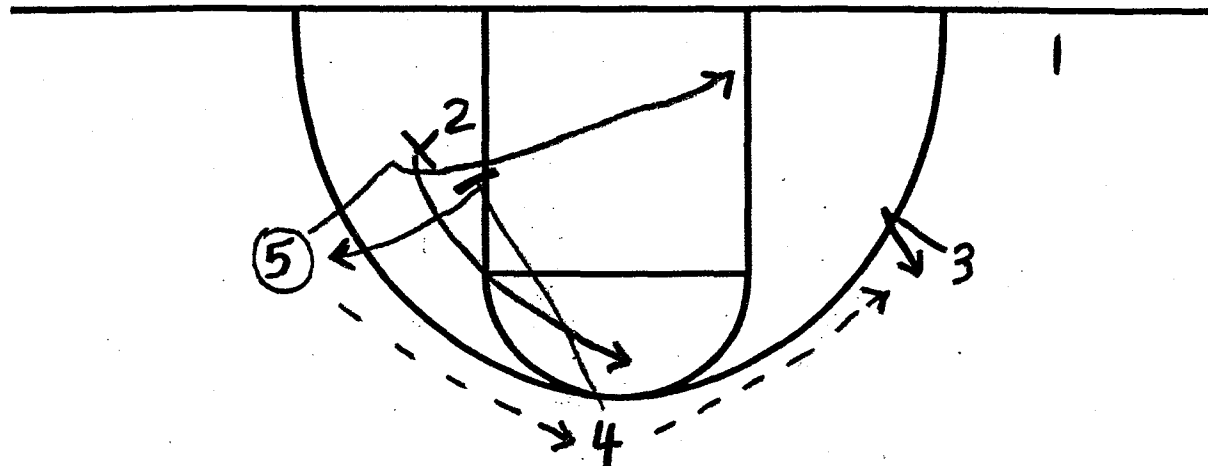
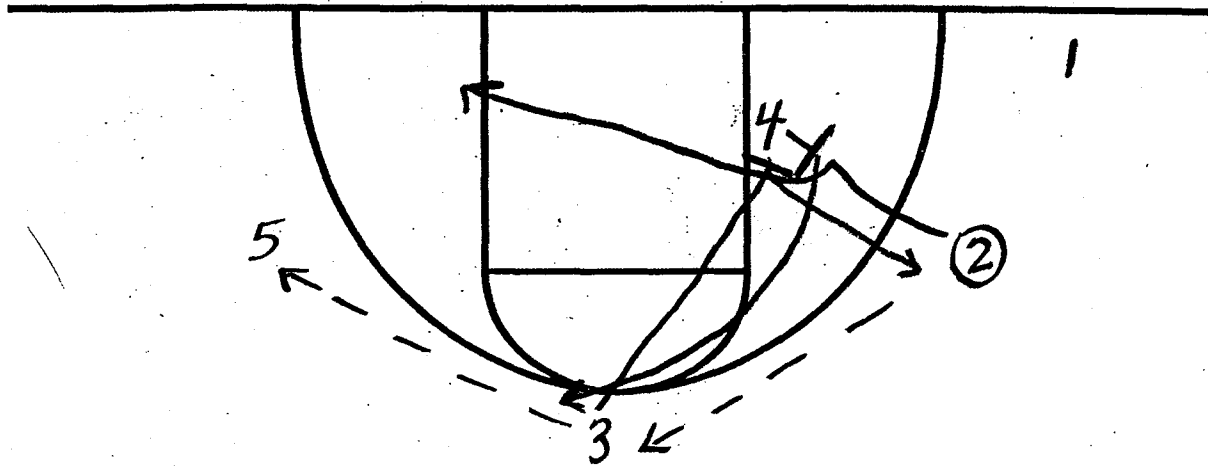
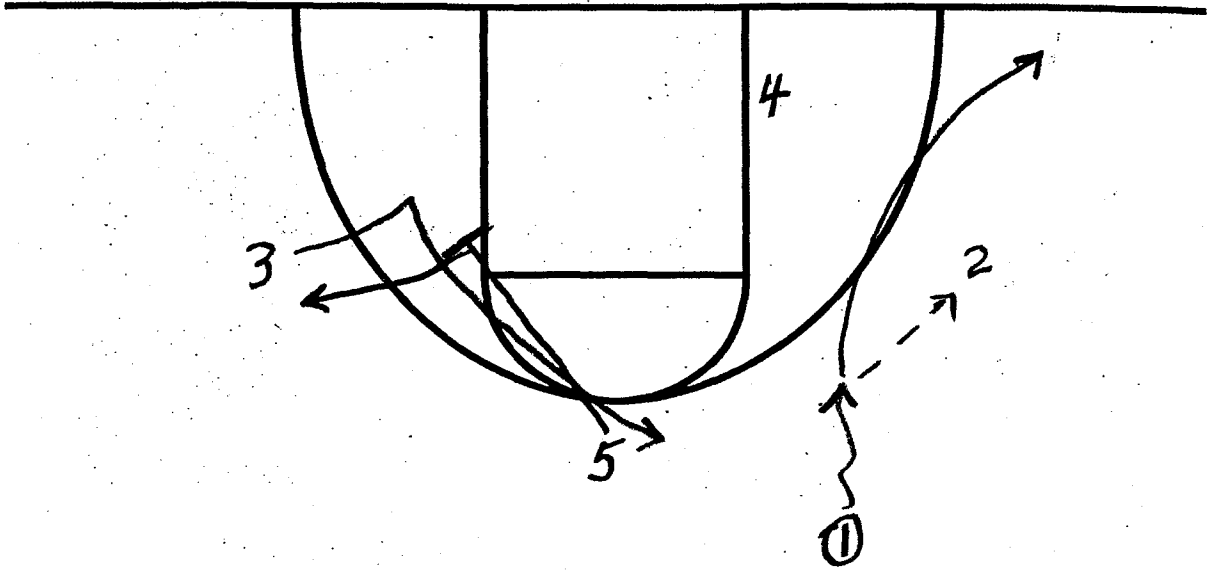
Thru



OPPONENT CALL

UTAH CALL

Thru Screen Away

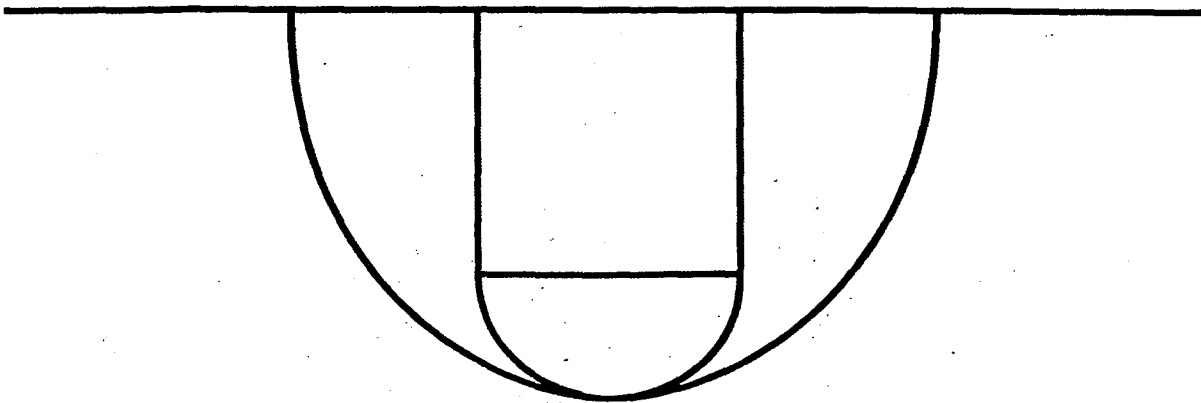
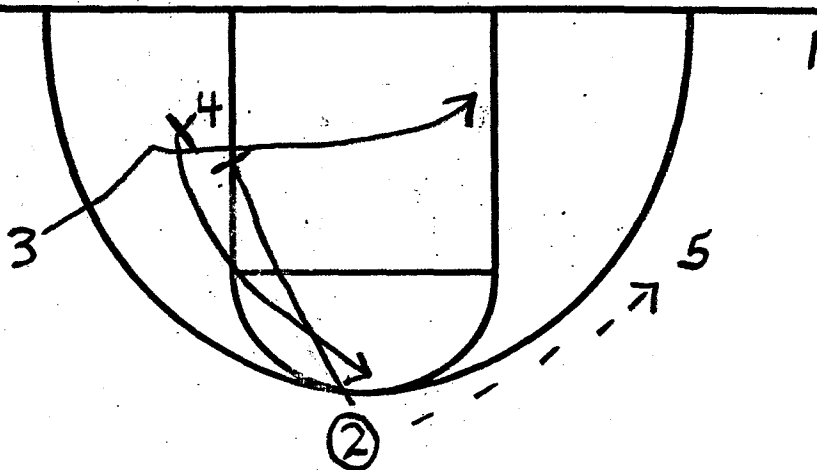
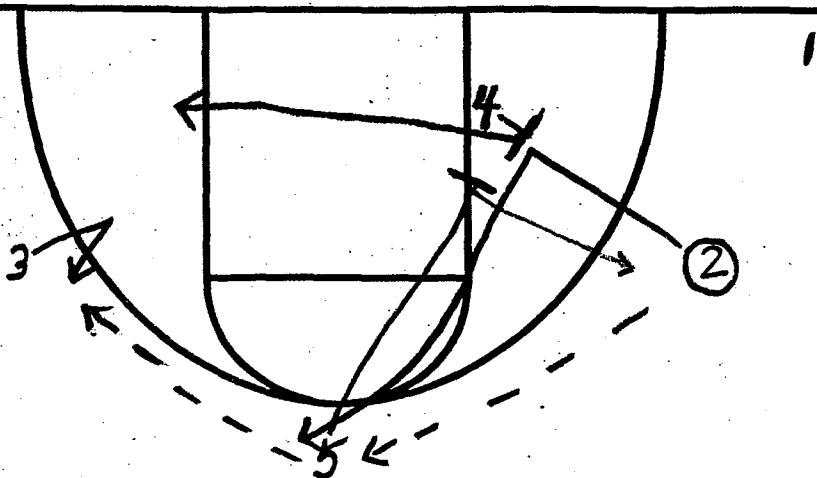


OPPONENT CALL

UTAH CALL

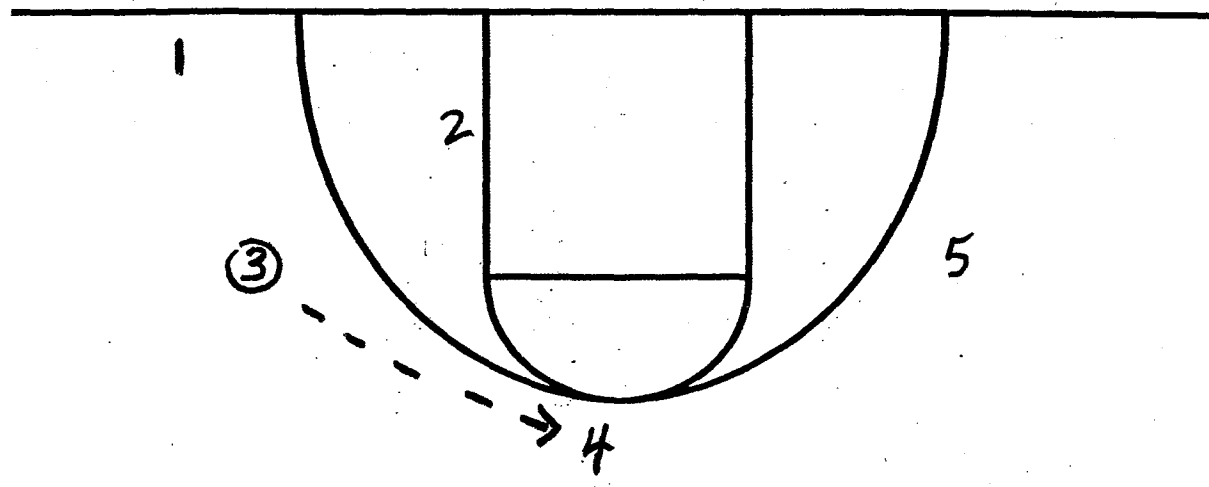
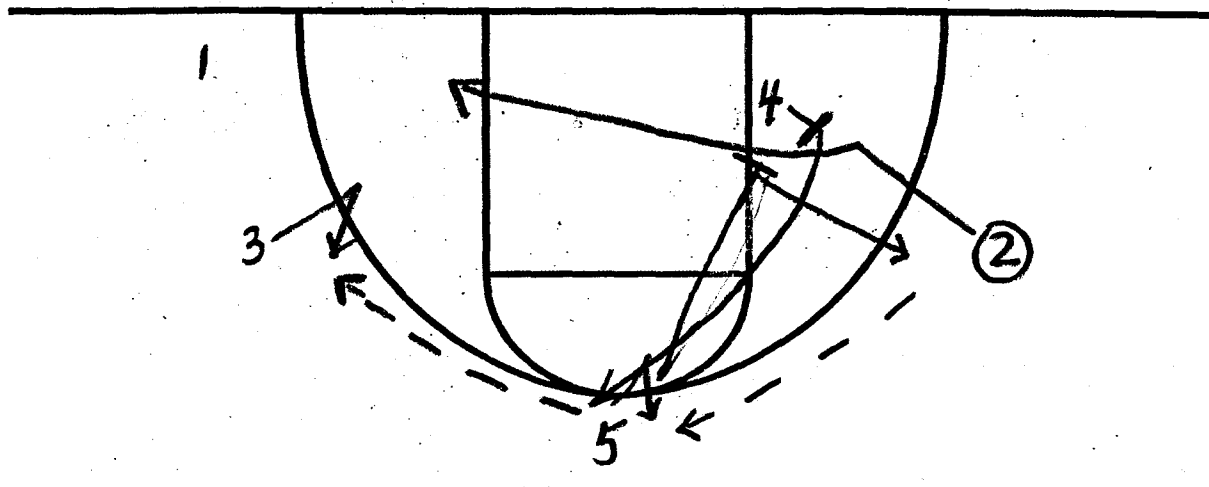
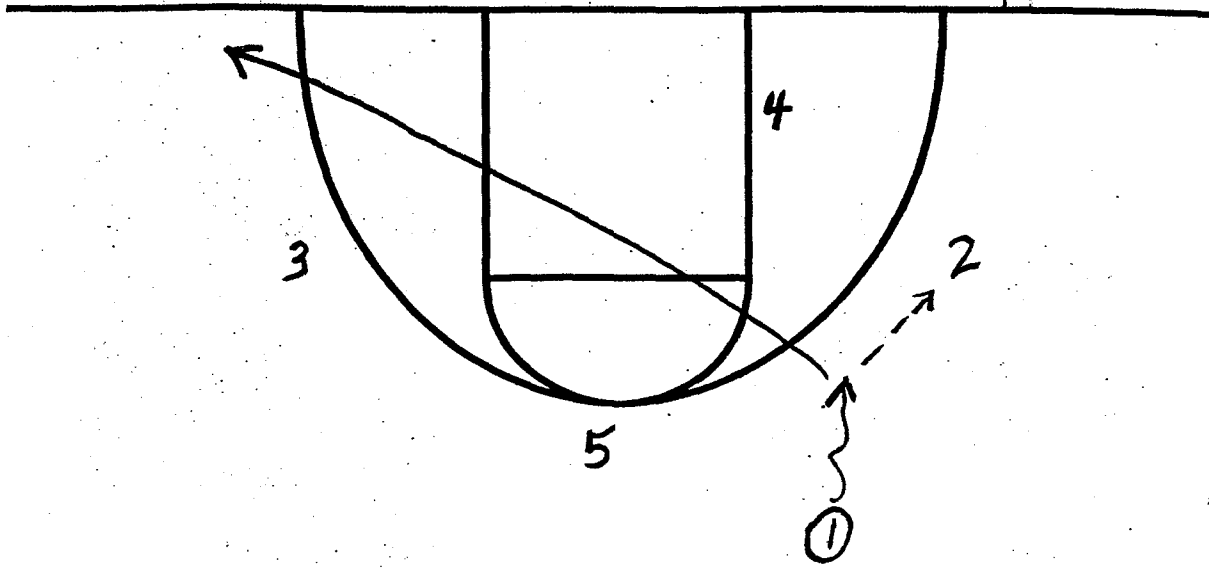
Thru Flop

- We want to Flop on the 3<sup>rd</sup> or 4<sup>th</sup> side.

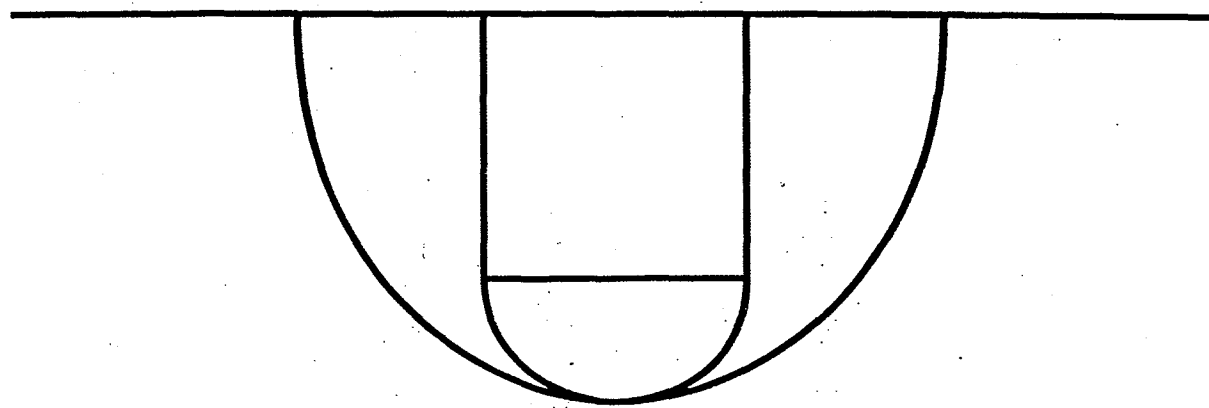
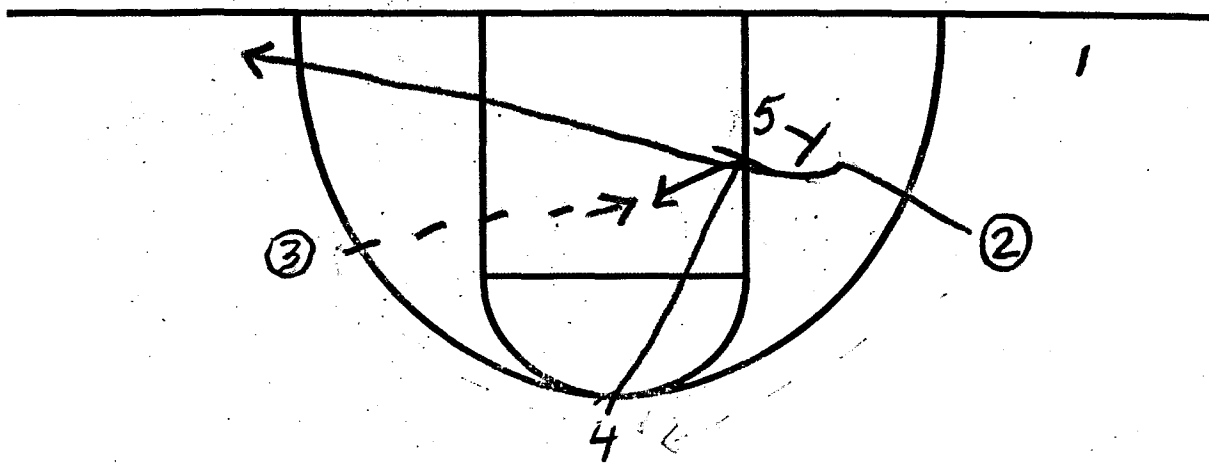
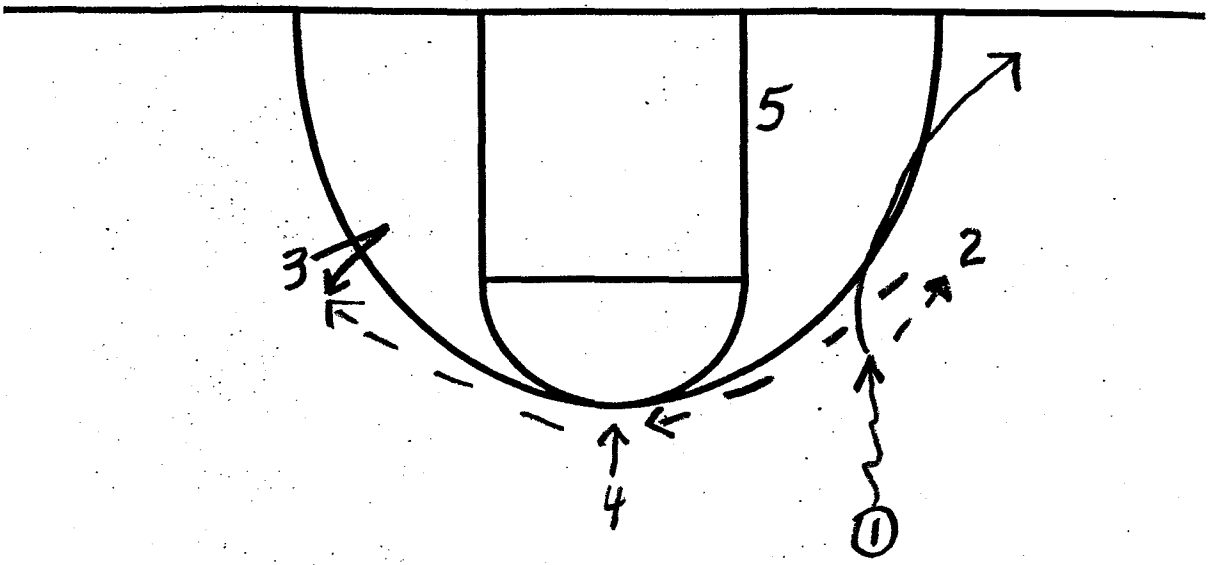




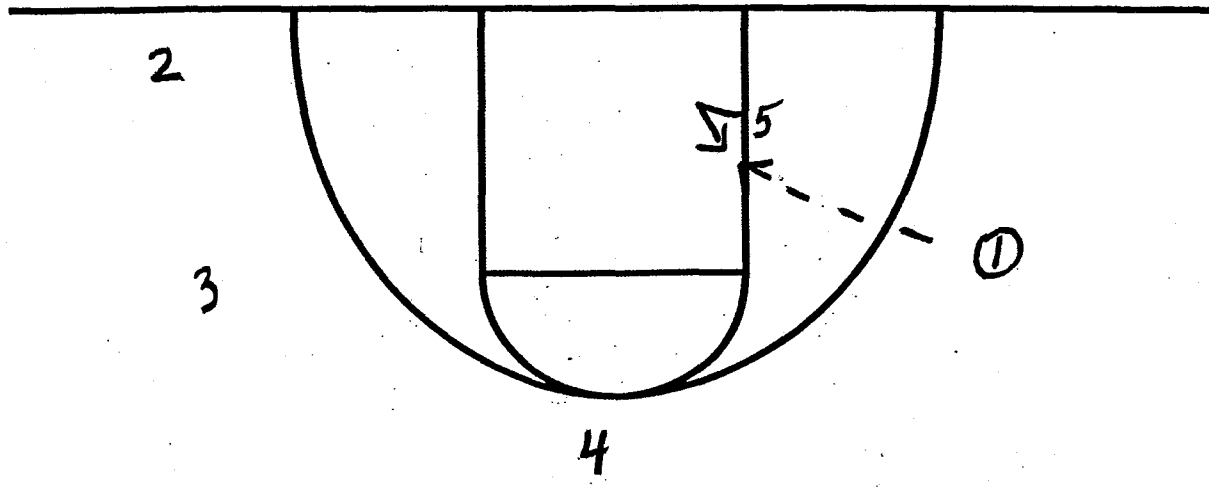
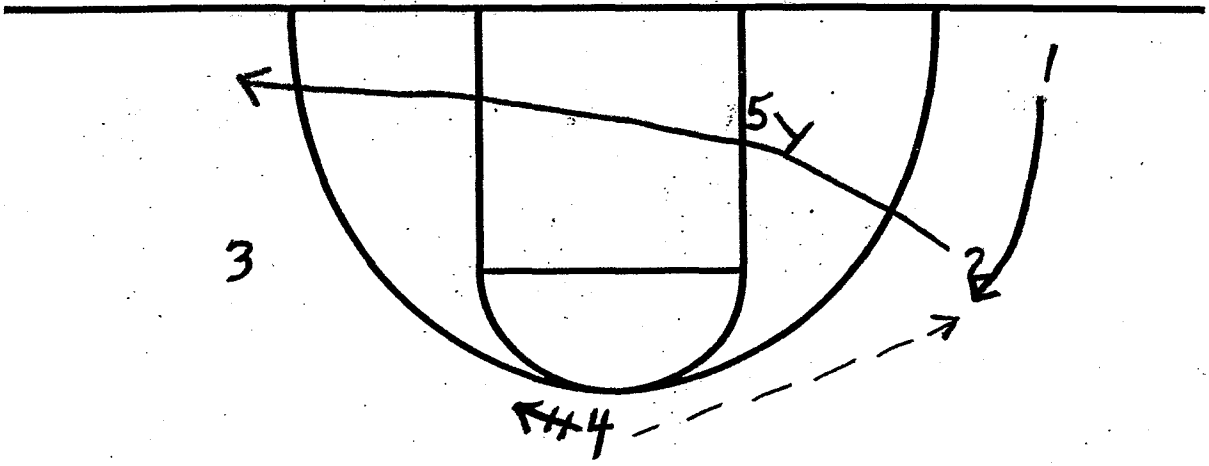
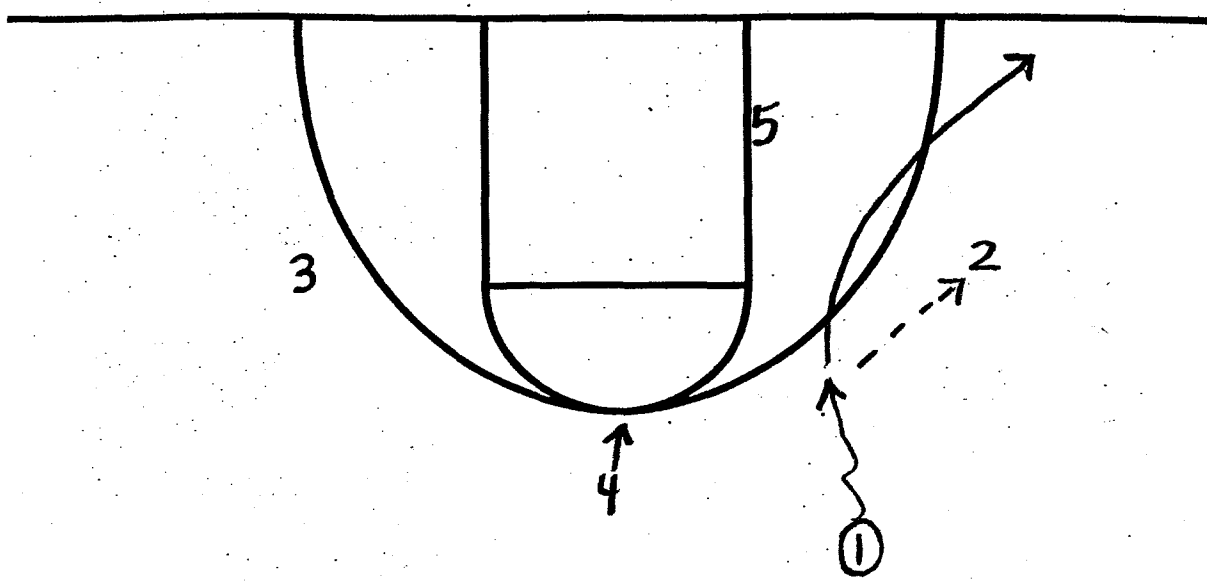
OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru Opposite



OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru Stretch



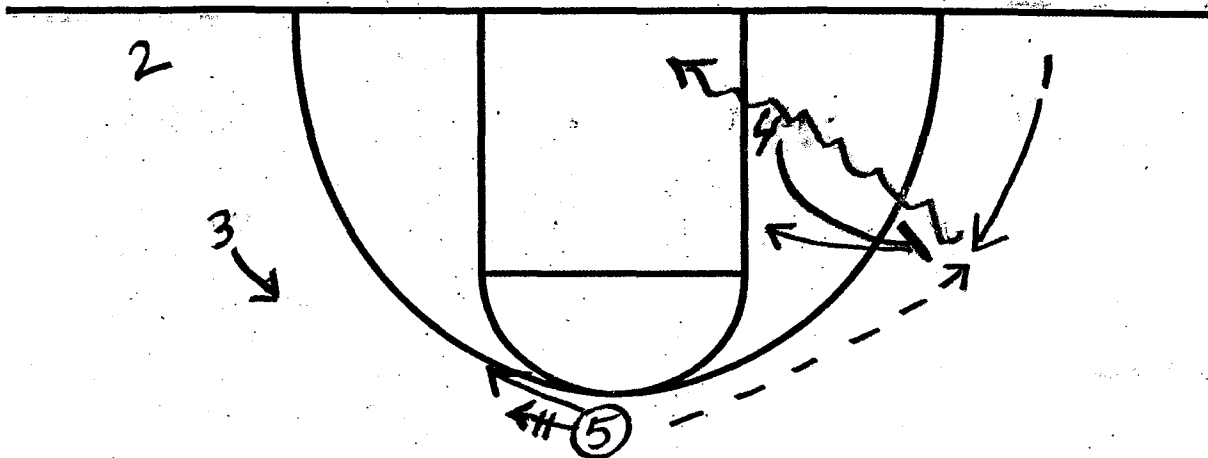
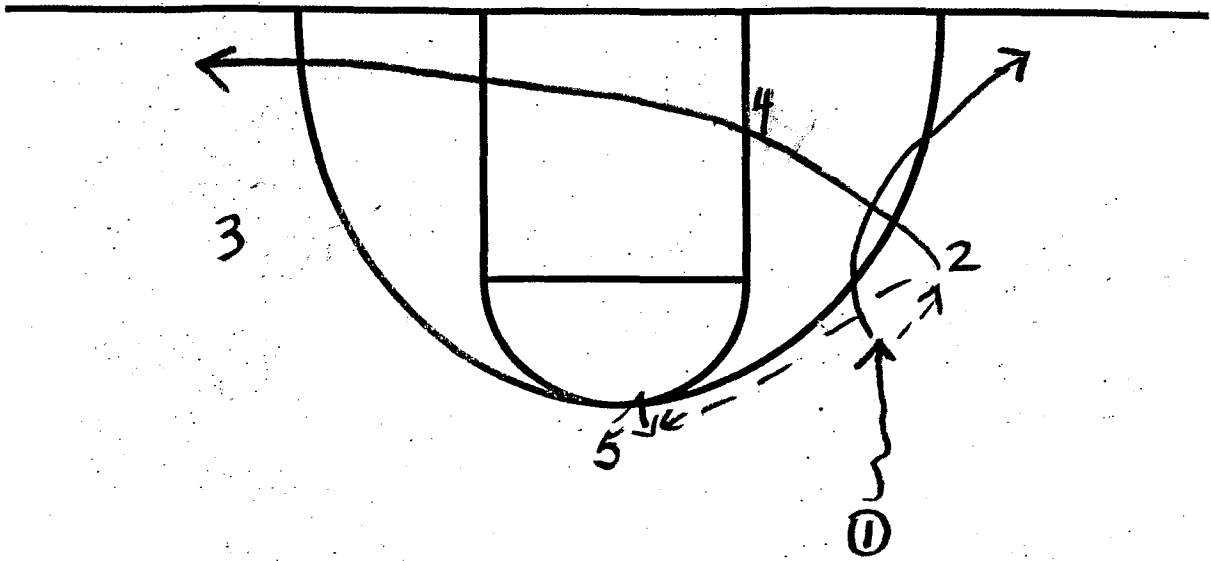
OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru C



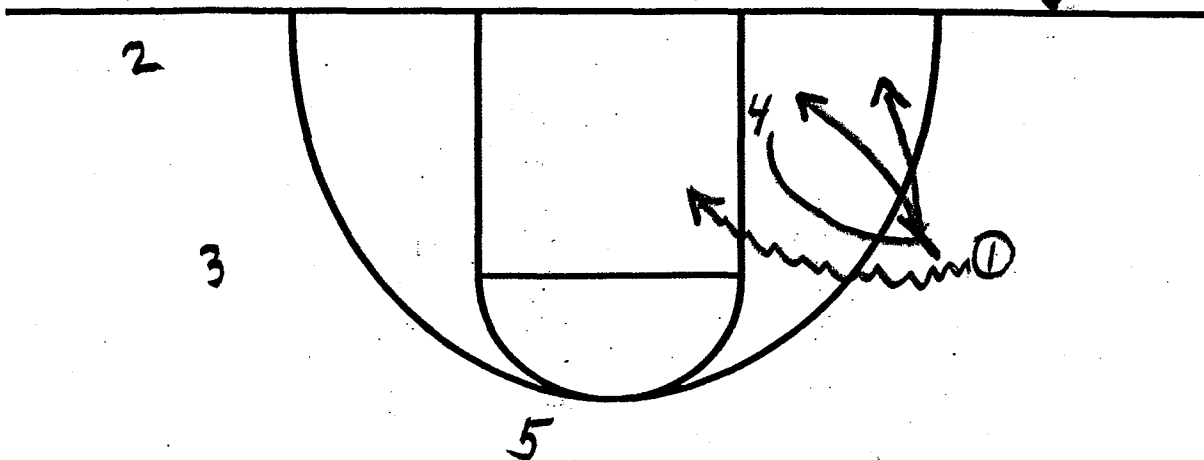
OPPONENT CALL

UTAH CALL

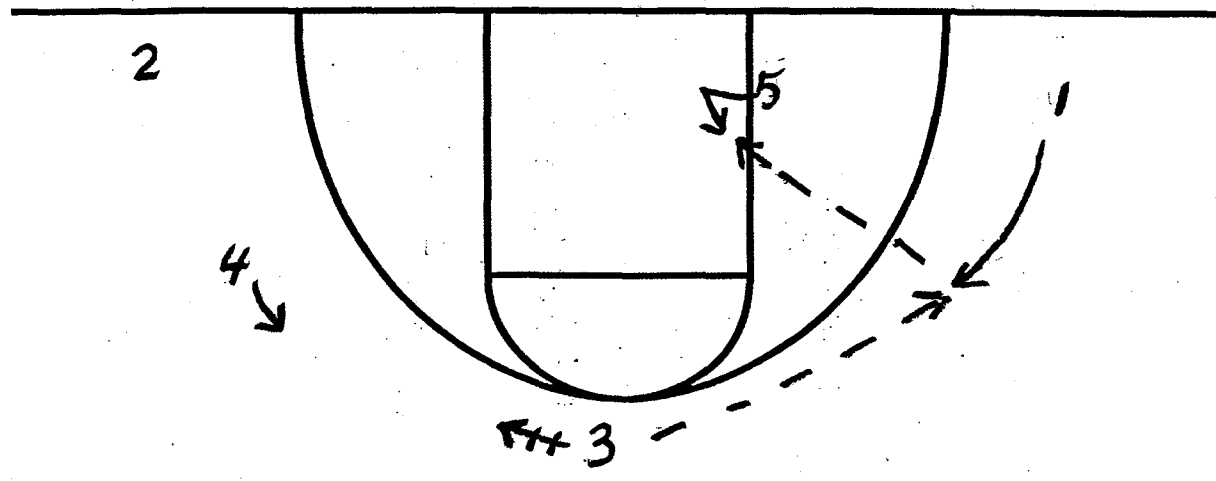
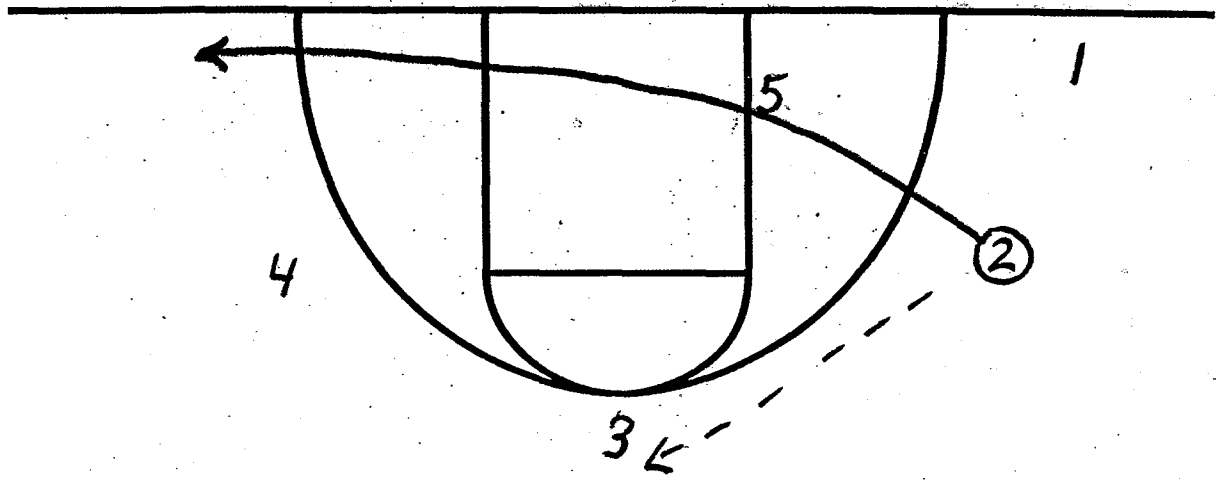
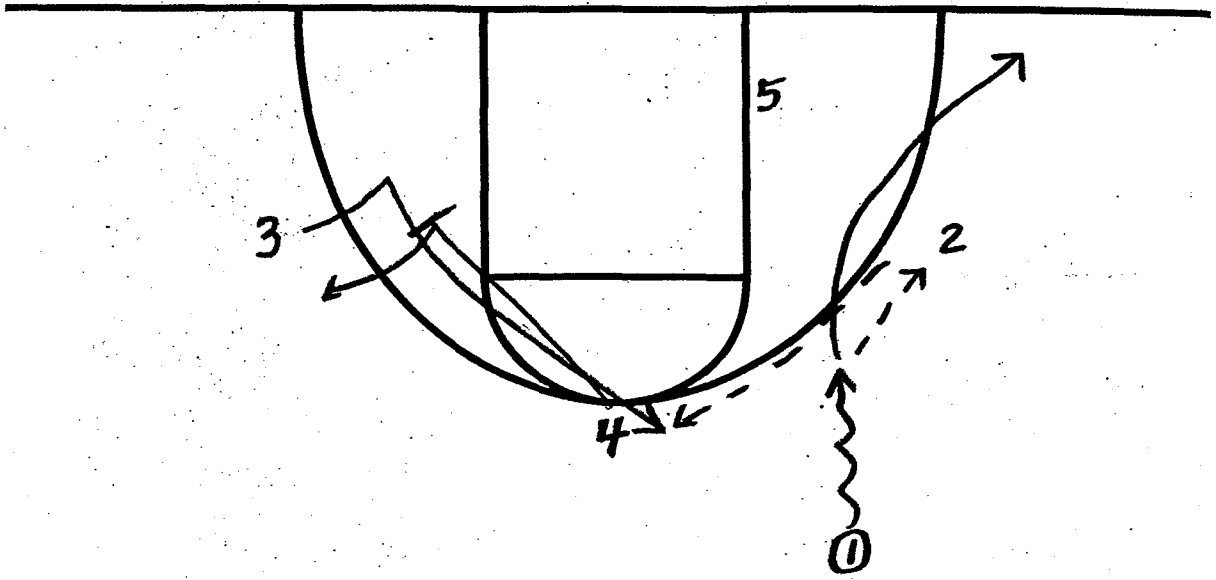
Thru C Down



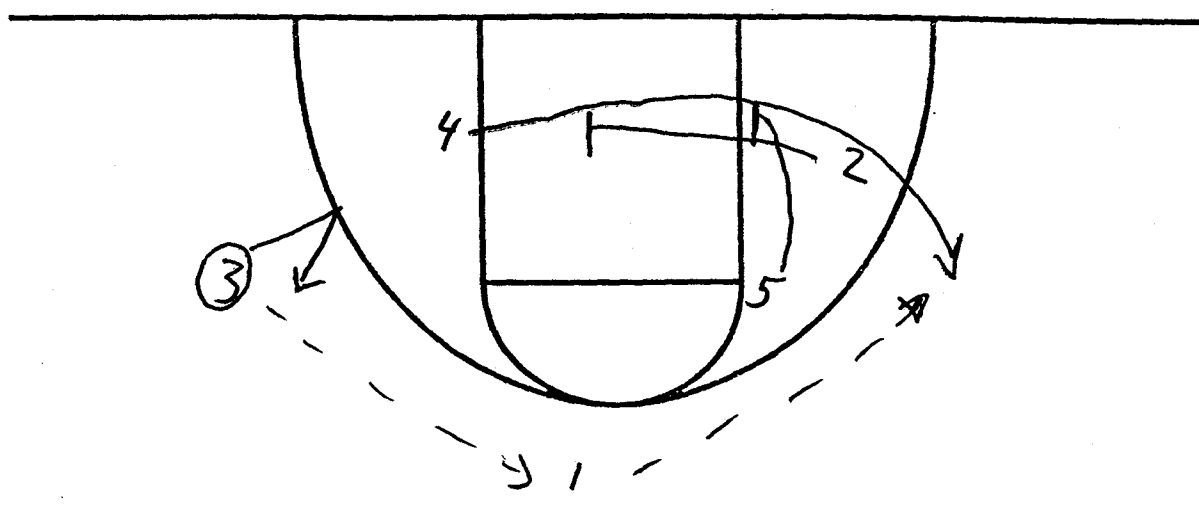
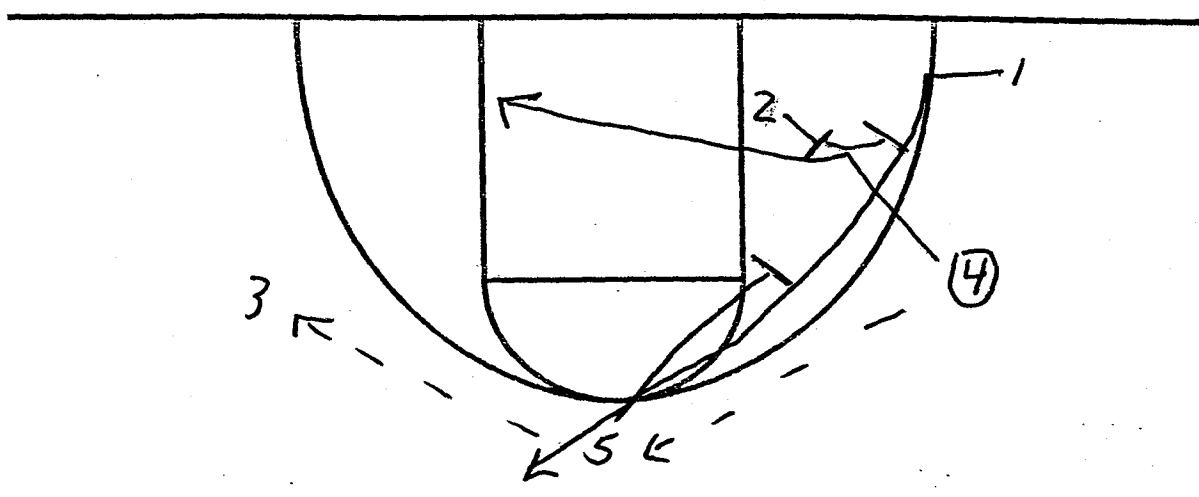
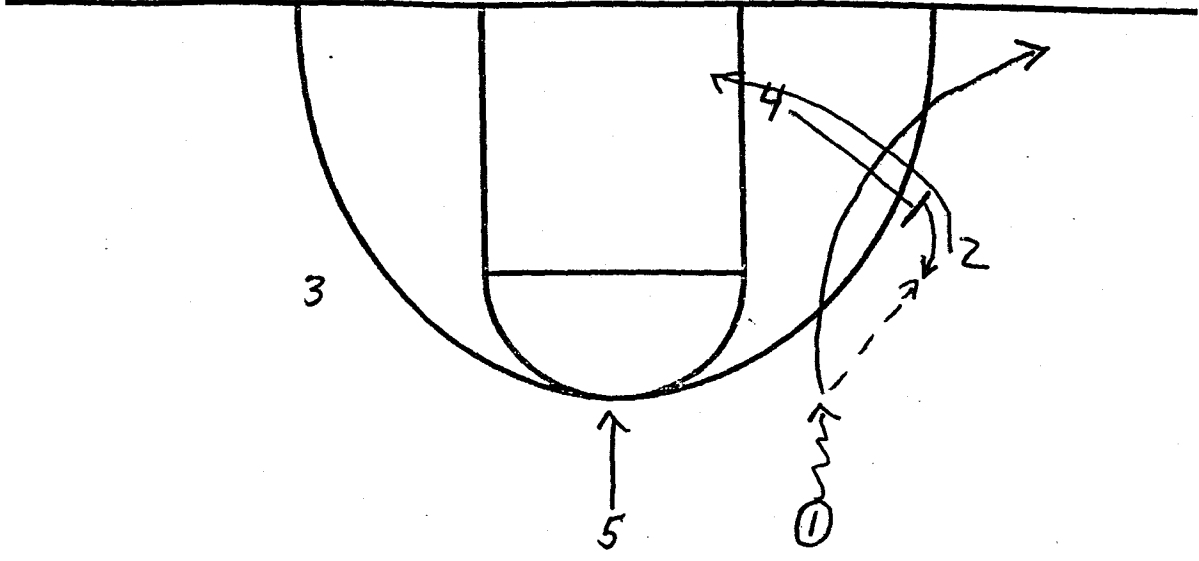
OR  
↓



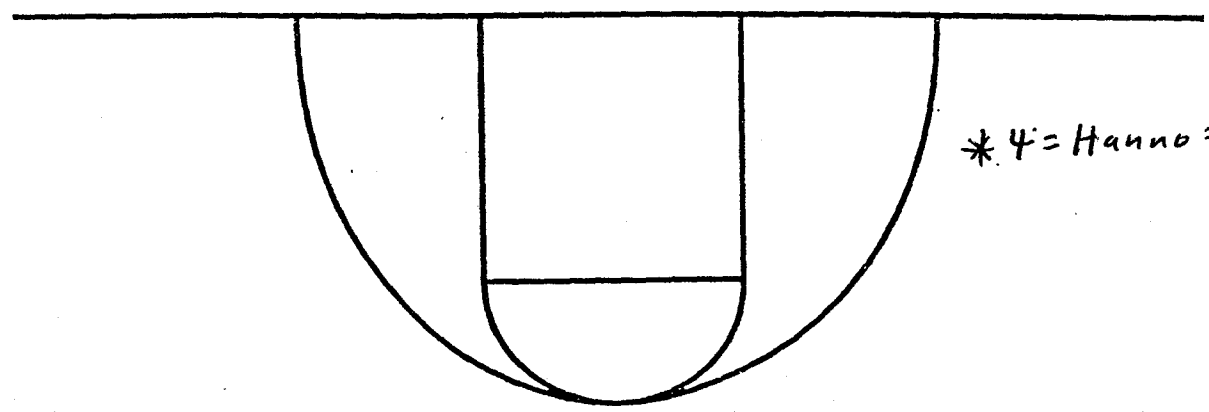
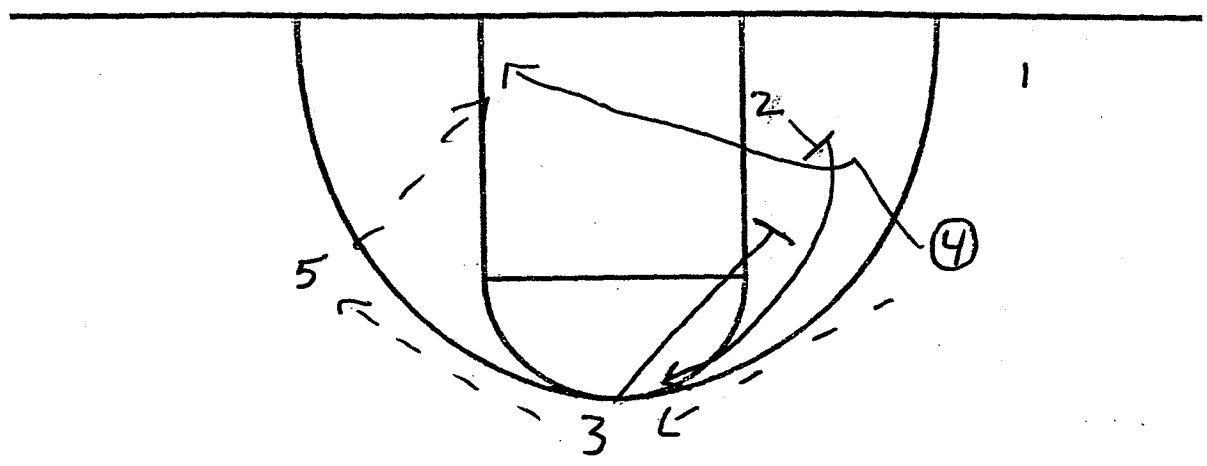
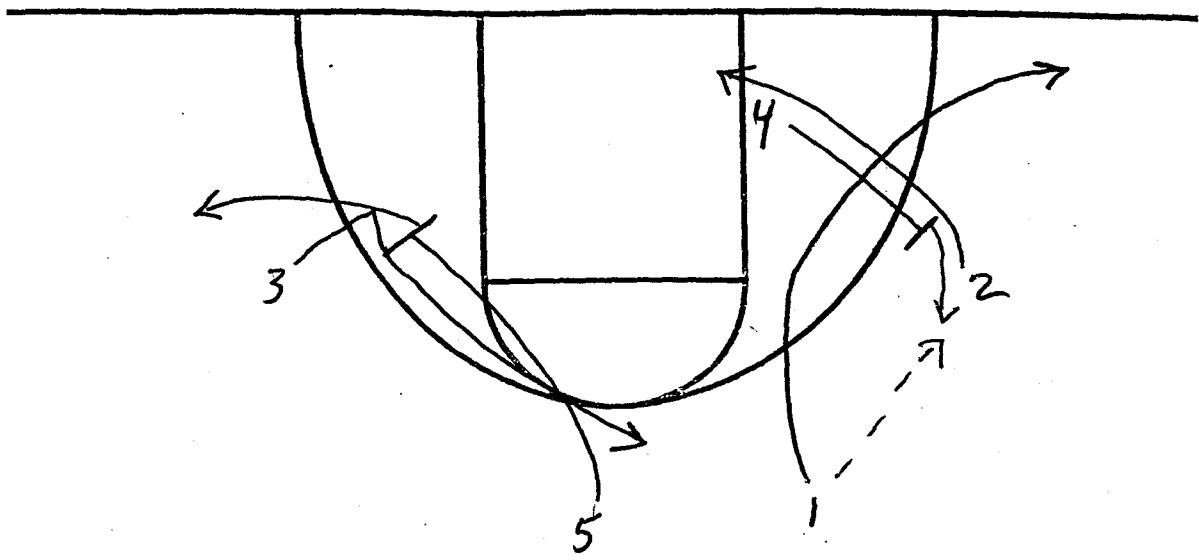
OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru C Screen Away



OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru Blue Keith

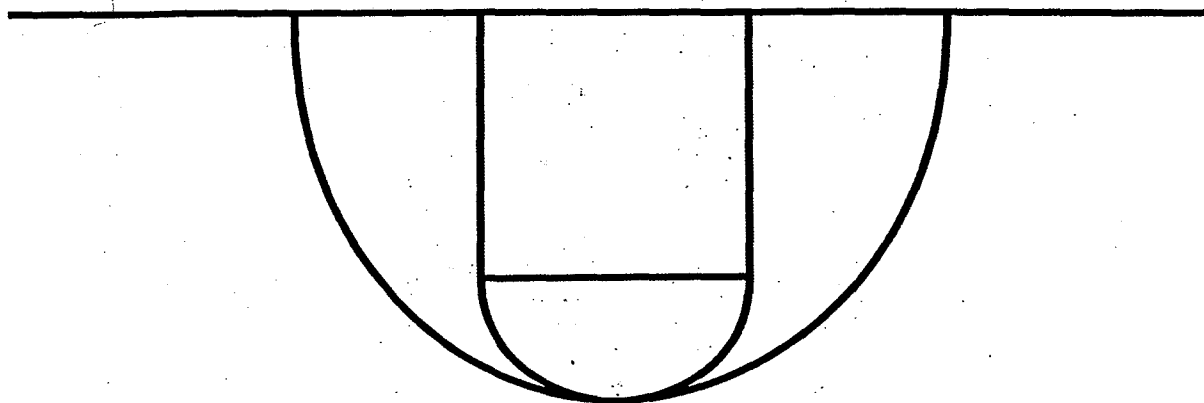
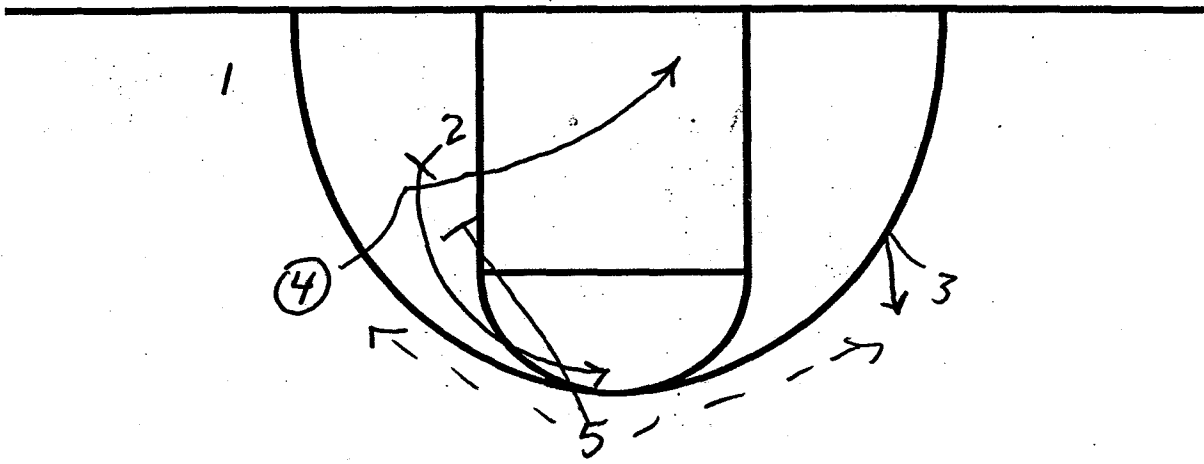
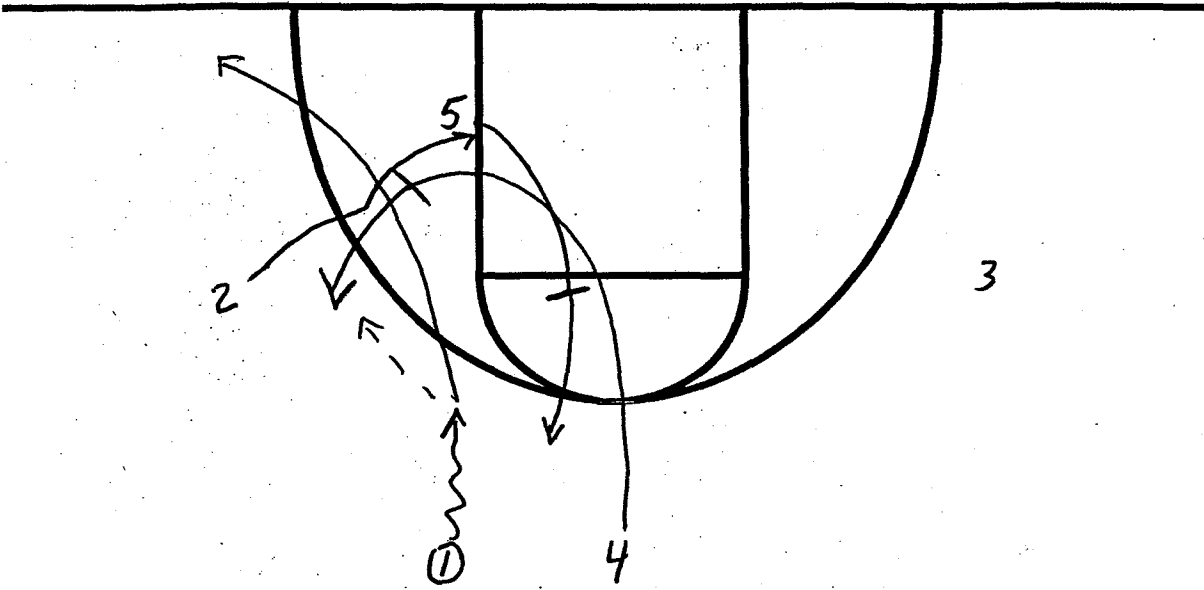


OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru Keith - Screen Away



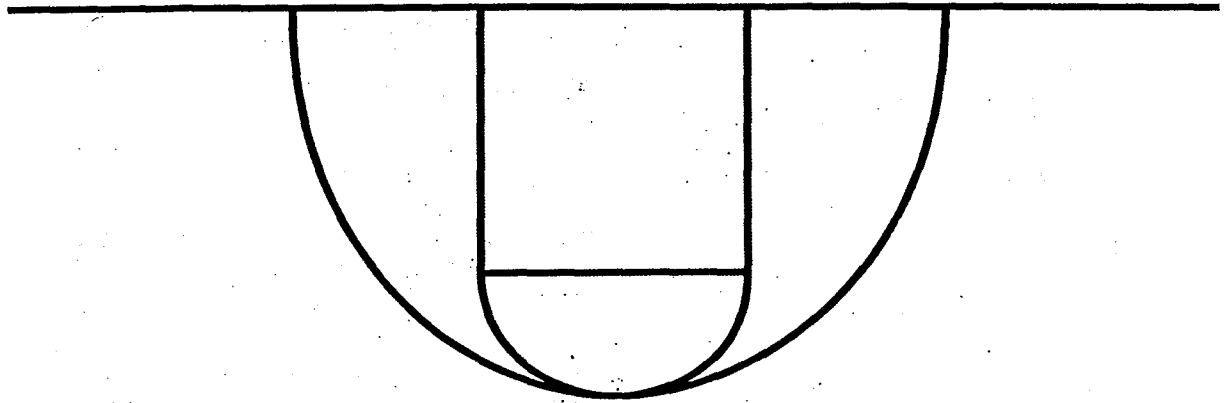
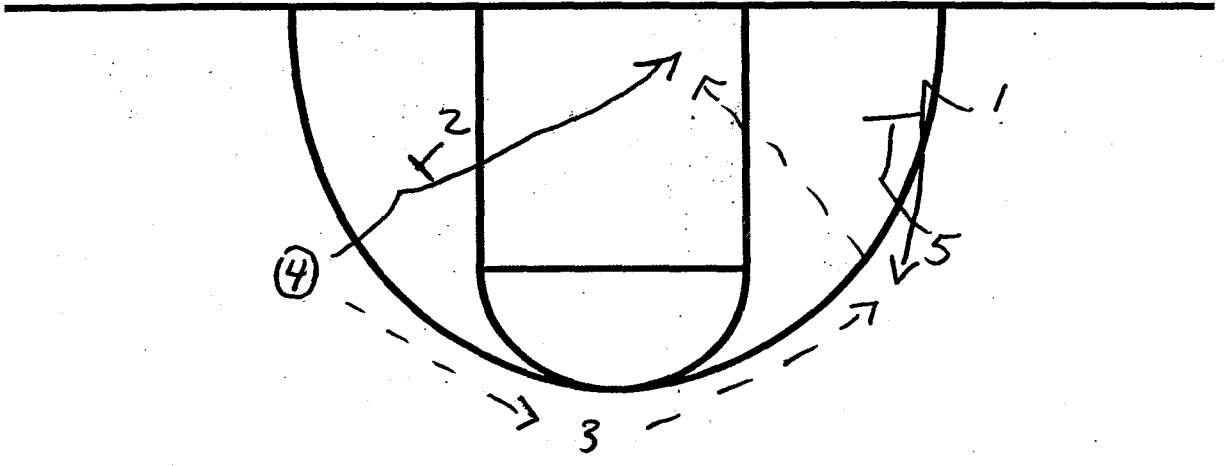
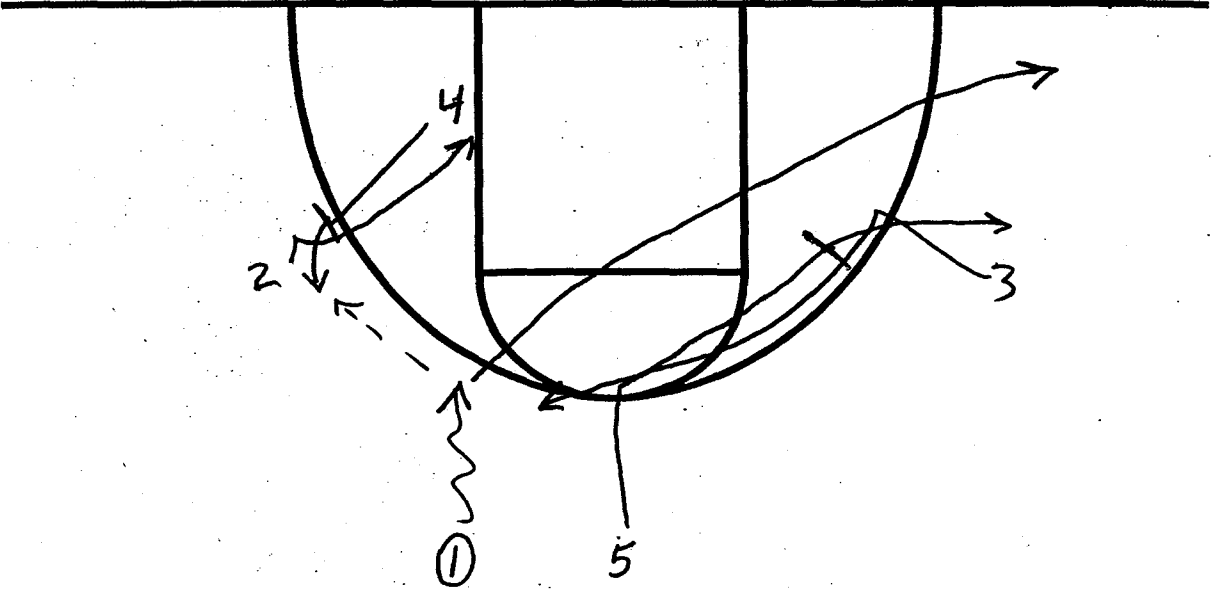
\* 4 = Hanno = Keith

OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru Keith - when Hanno trails





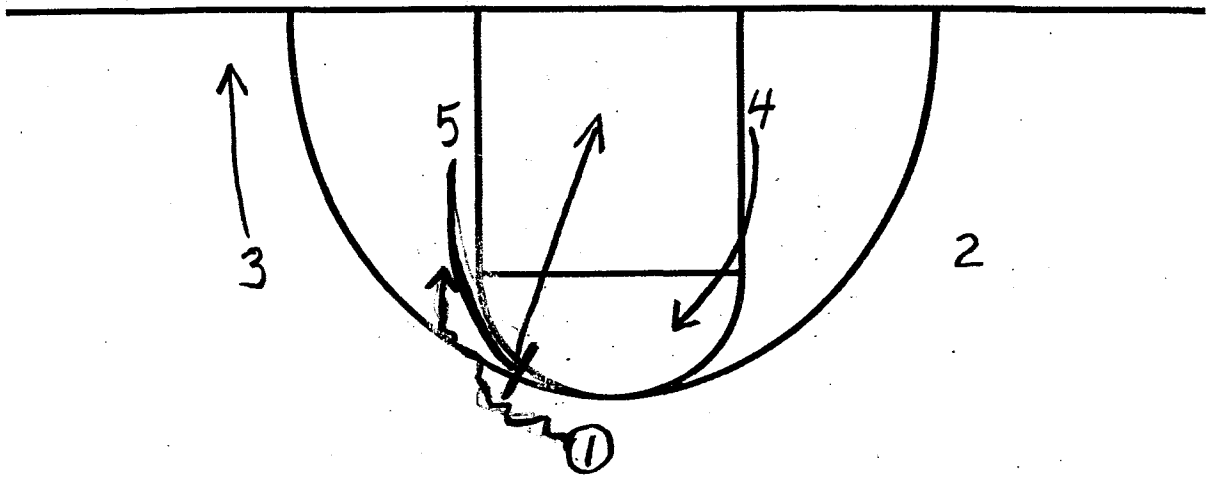
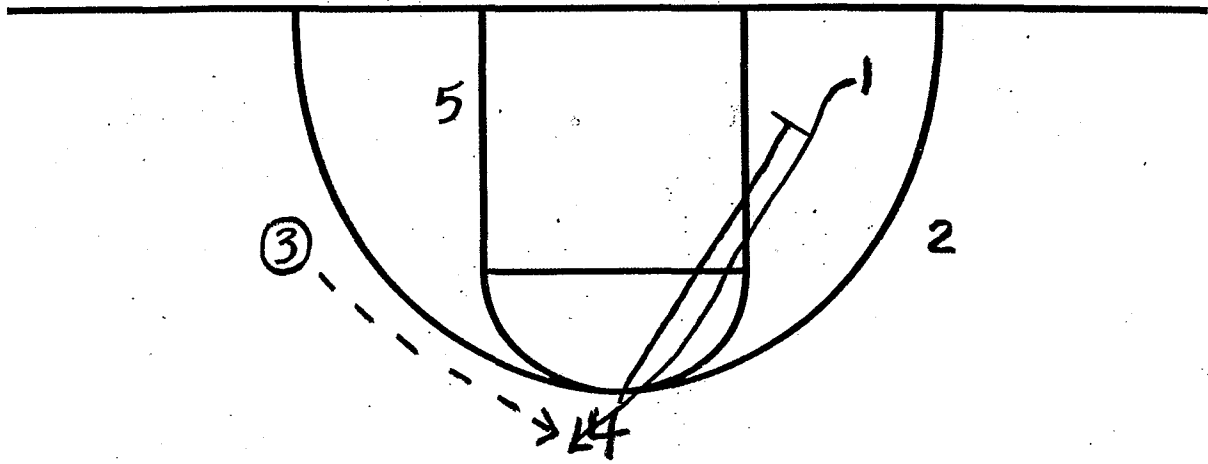
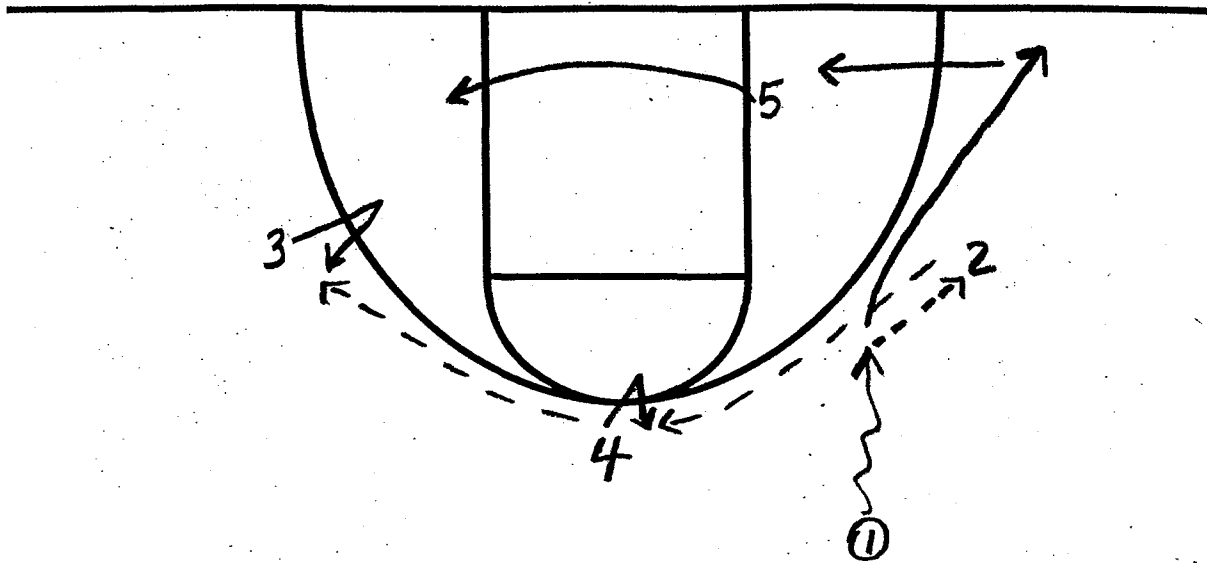
OPPONENT CALL \_\_\_\_\_ UTAH CALL Thru Keith - Opposite



OPPONENT CALL \_\_\_\_\_

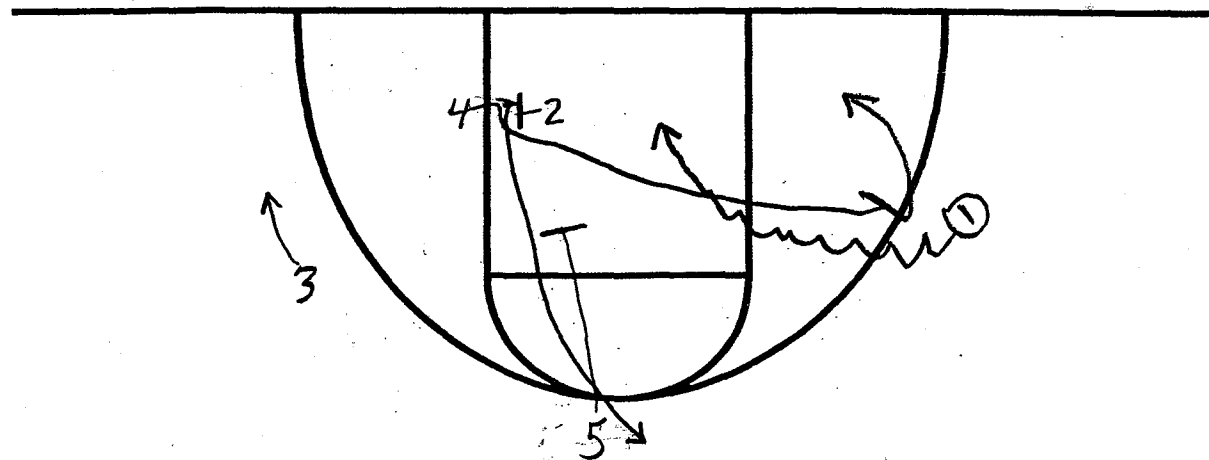
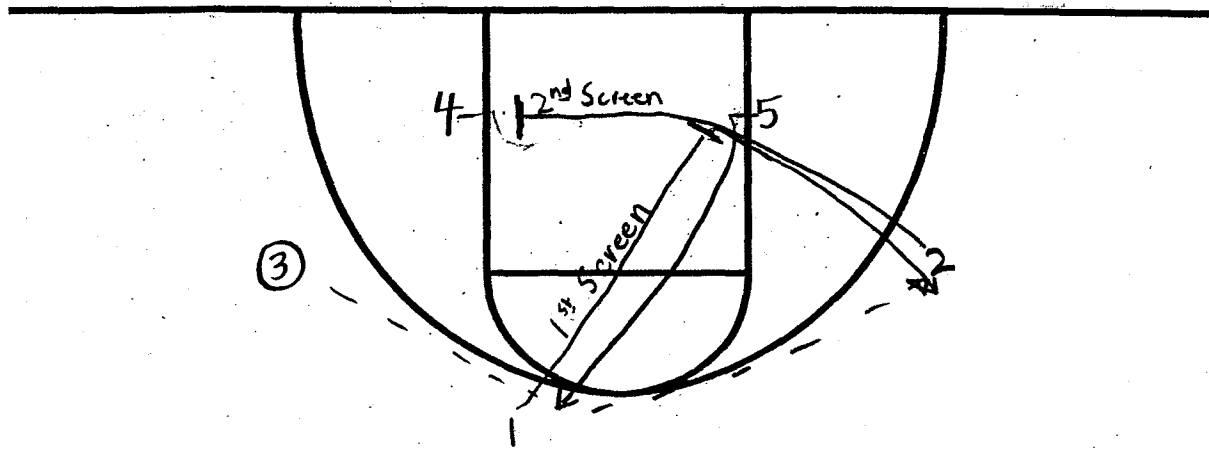
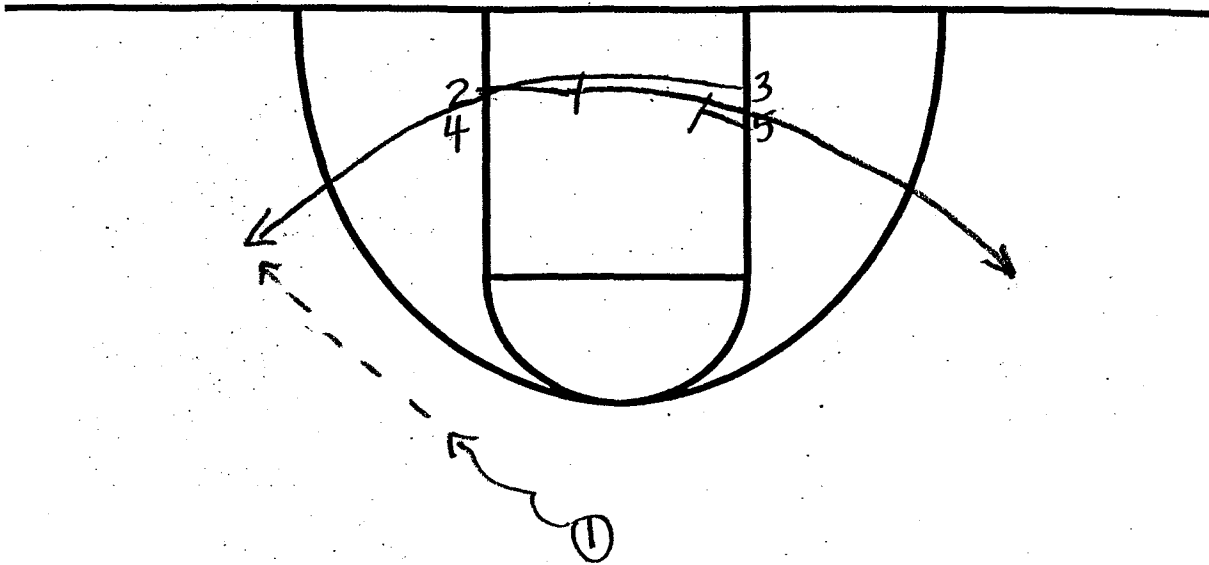
UTAH CALL \_\_\_\_\_

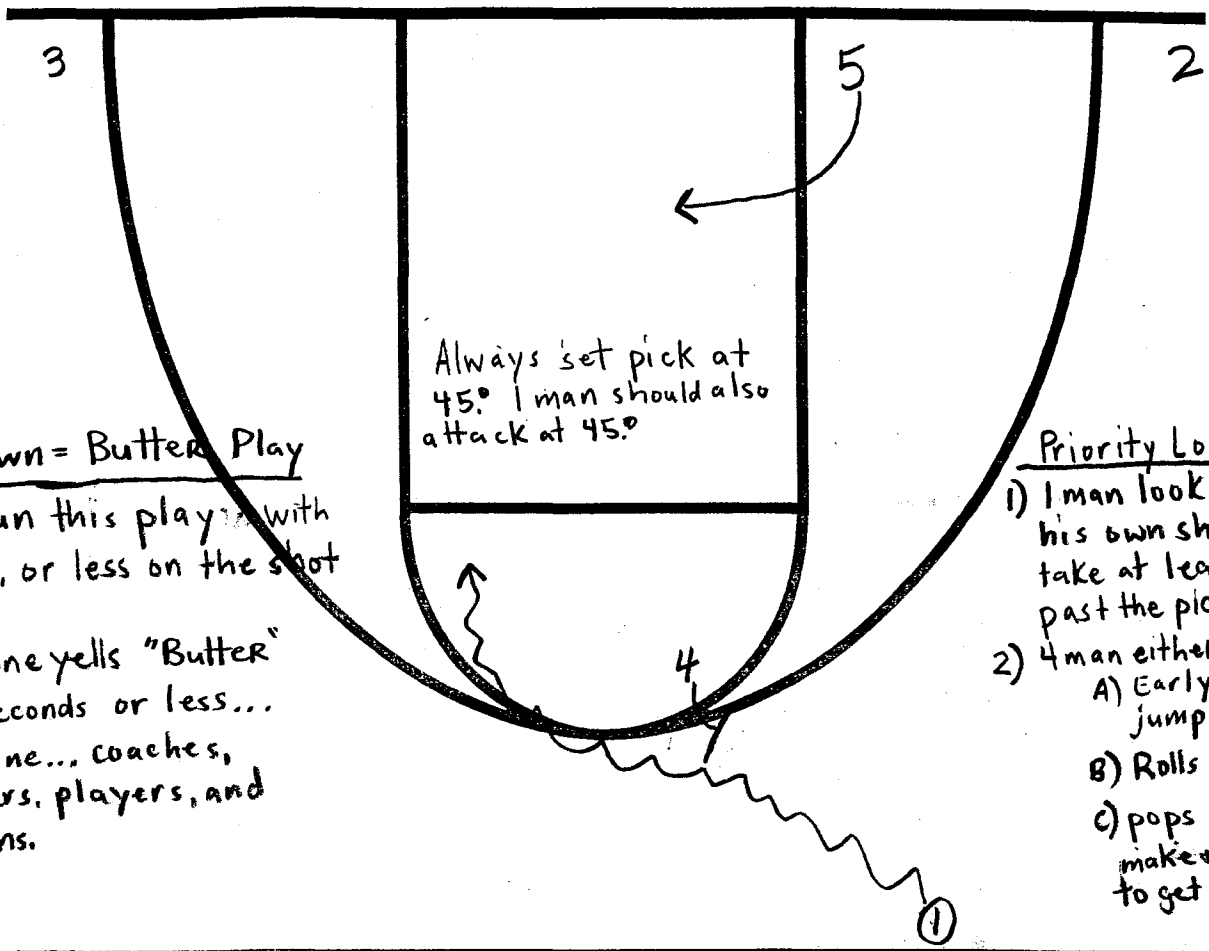
Invert Andre Down



OPPONENT CALL

UTAH CALL "T" DOWN



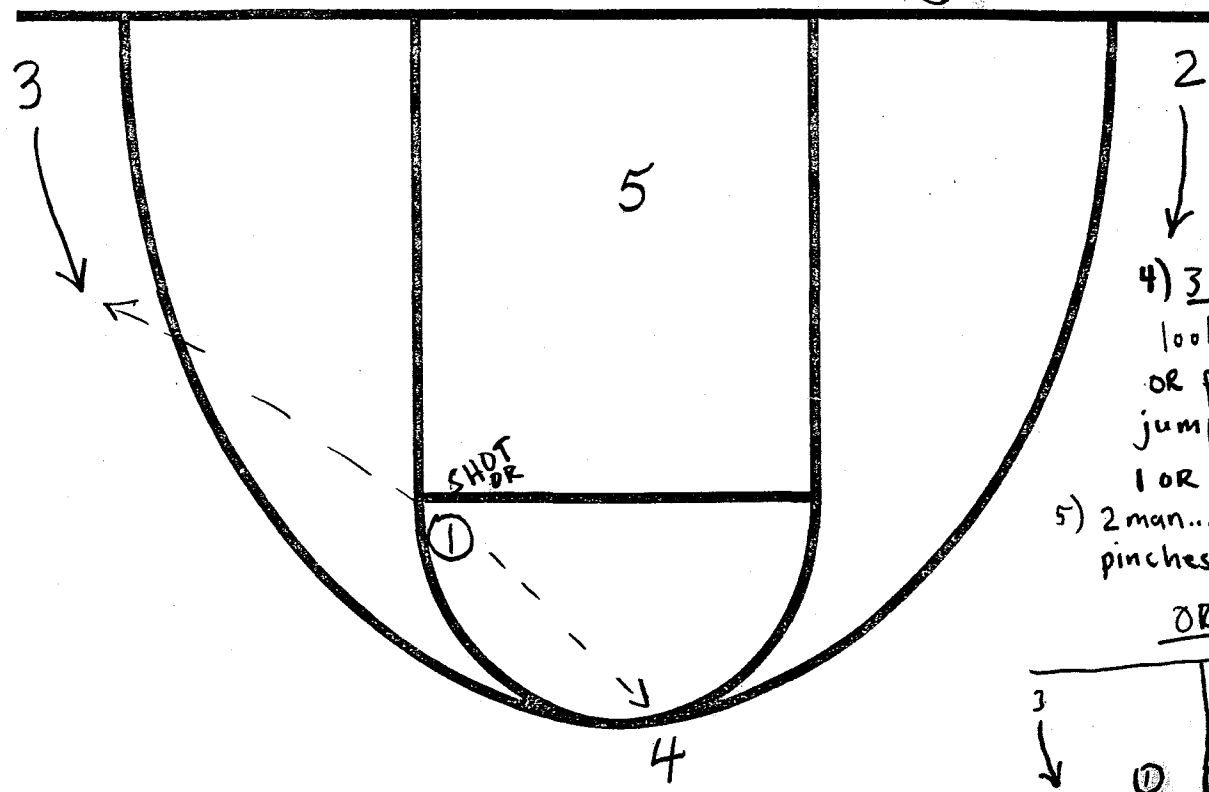


1 Down = Butter Play

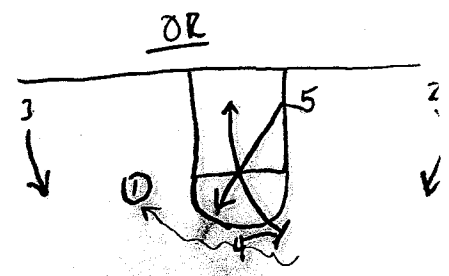
- We run this play with 9 secs, or less on the shot clock.
- Everyone yells "Butter" at 9 seconds or less... everyone... coaches, managers, players, and Kons.

Priority Looks

- 1) 1 man looks to create his own shot. He must take at least 2 dribbles past the pick.
- 2) 4 man either: (depending on)
  - A) Early Rolls - If defen jumps out to far
  - B) Rolls late & Rebound
  - C) pops for shot - shot make right front piv to get shot ready



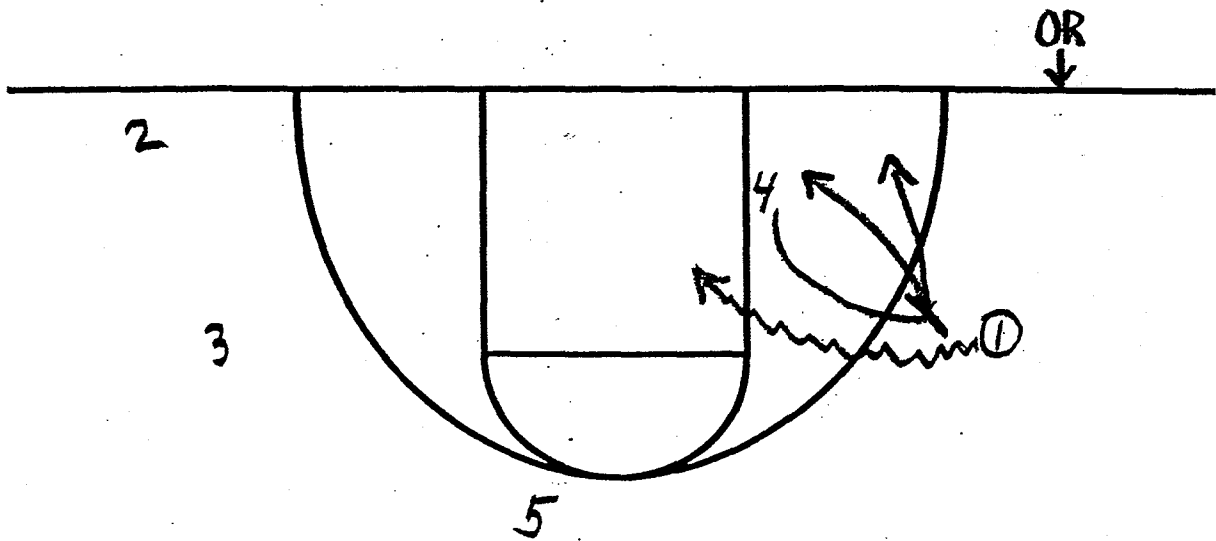
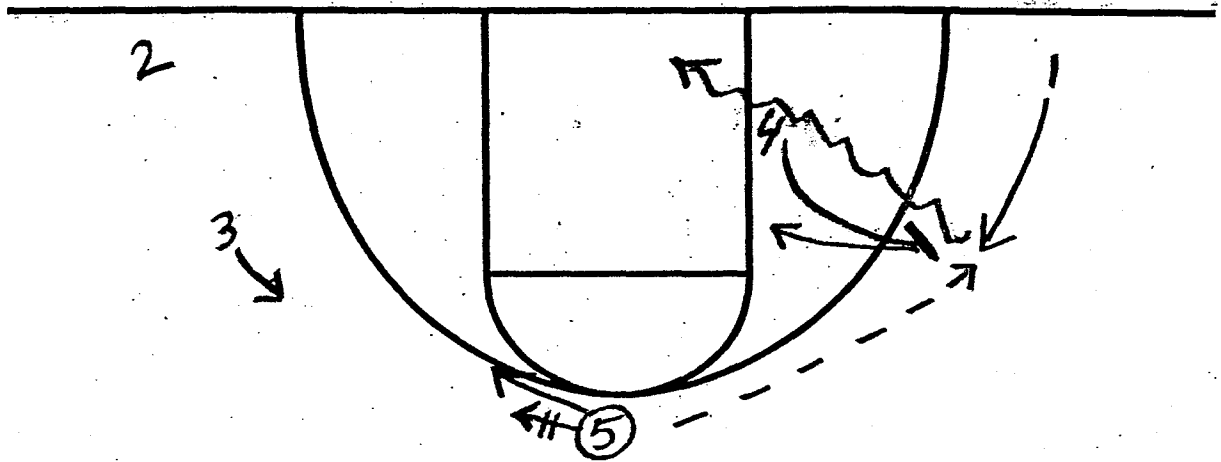
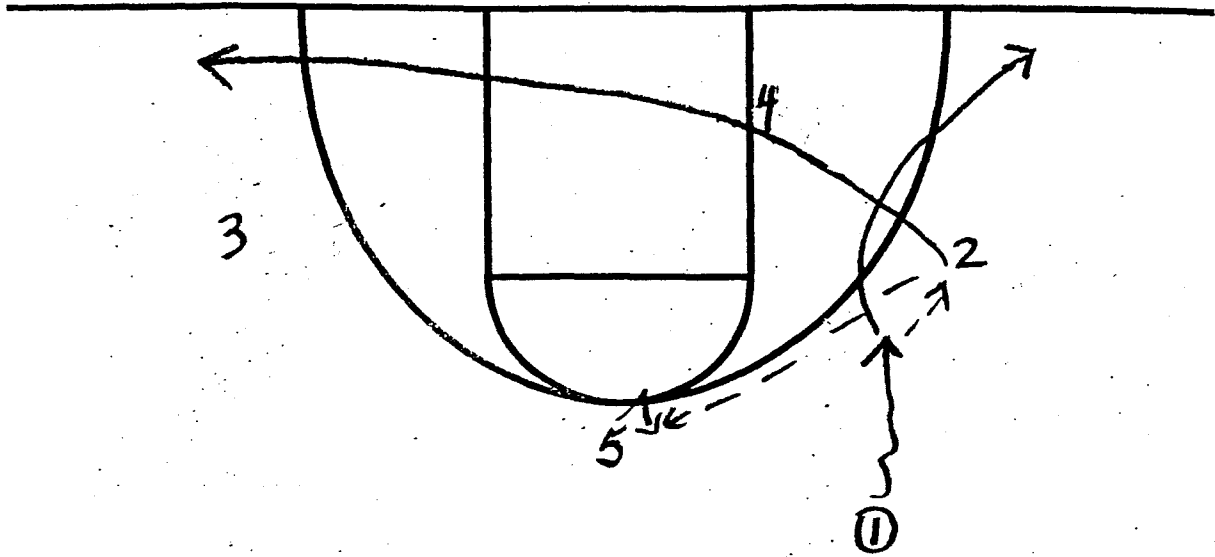
- 3) 5 man: either...
  - A) post up in lane OR
  - B) Flash cuts to high pos
- 4) 3 man = Best Shoe looks to space up OR pinch in for jumper from either 1 OR 4 man.
- 5) 2 man... spaces up or pinches in for jumper



OPPONENT CALL

UTAH CALL

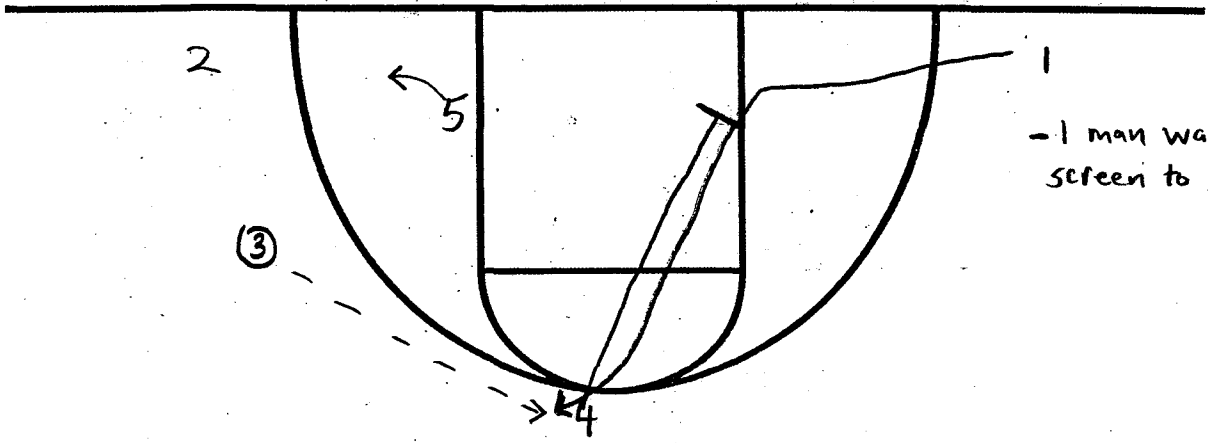
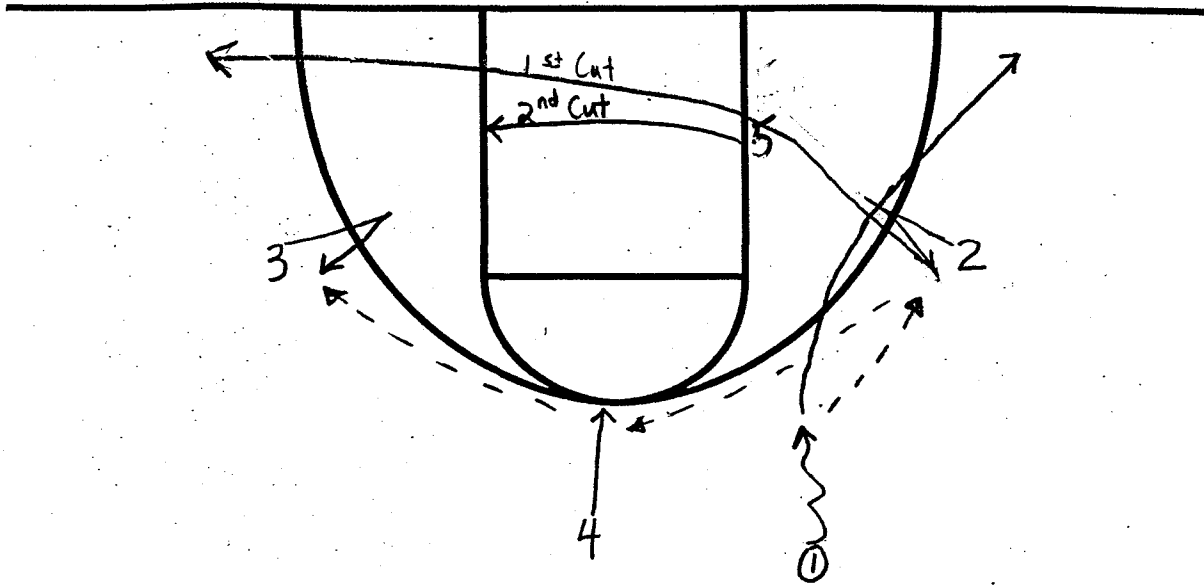
Thru C Down



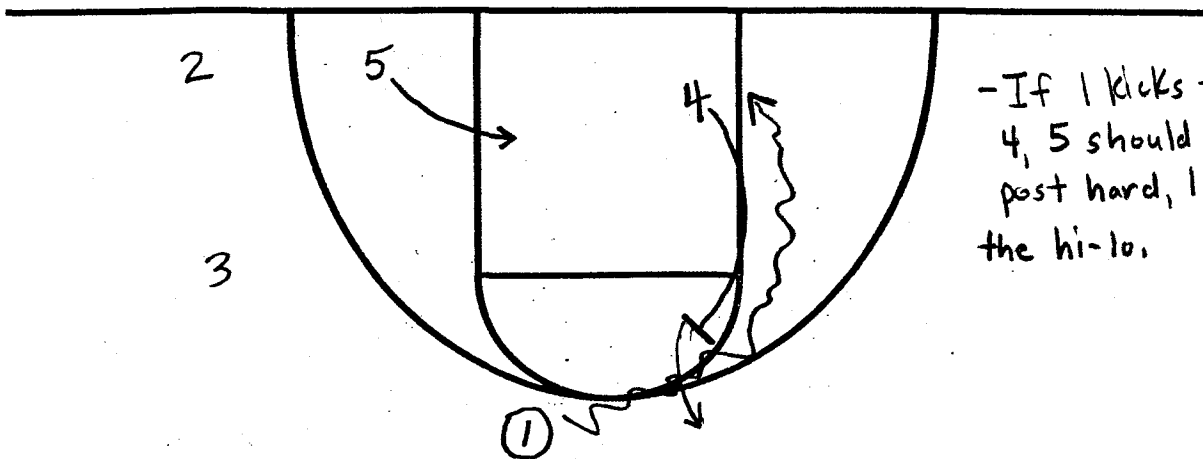
OR  
↓

OPPONENT CALL

UTAH CALL Invert-Hanno Down



-1 man walks man int screen to set him up.



-If 1 kicks the ball to 4, 5 should dive in & post hard, looking for the hi-lo.

OPPONENT CALL

UTAH CALL

1 Side

1 and 3 should "space to the pitch."

3

5

2

4

①

- The First ball pick is a true ball pick. As 1 comes off of the ball pick, the 5 man should cut across the lane hard.

- 3 man should take ball to the pick

1

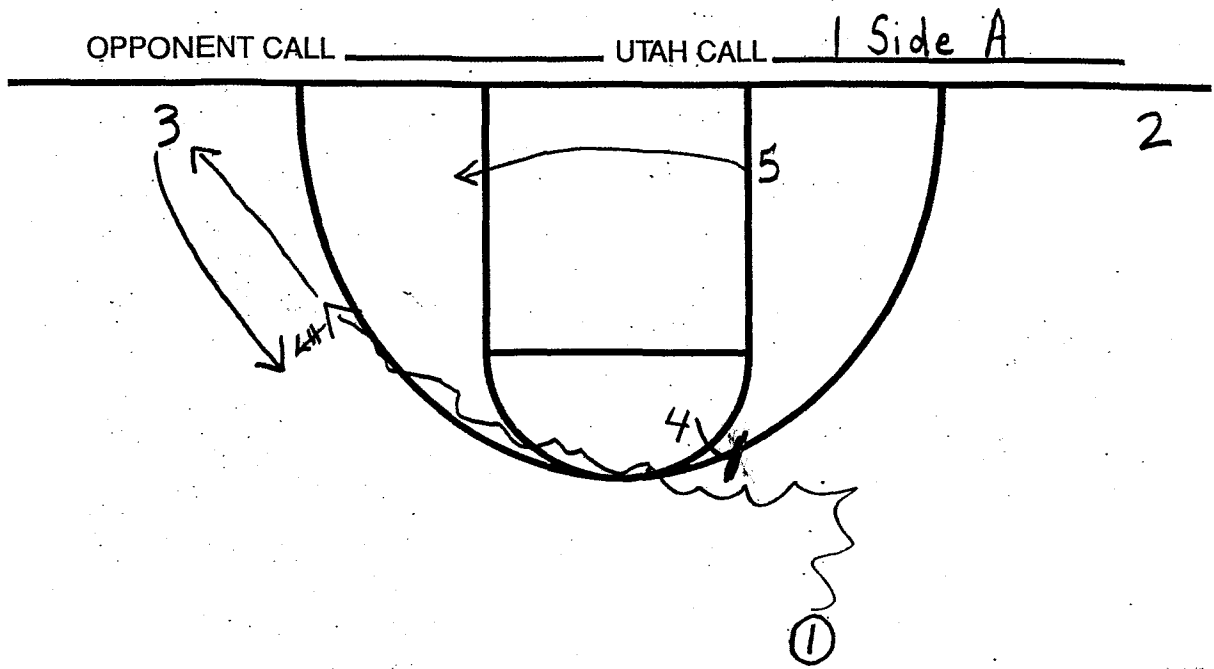
OR

2

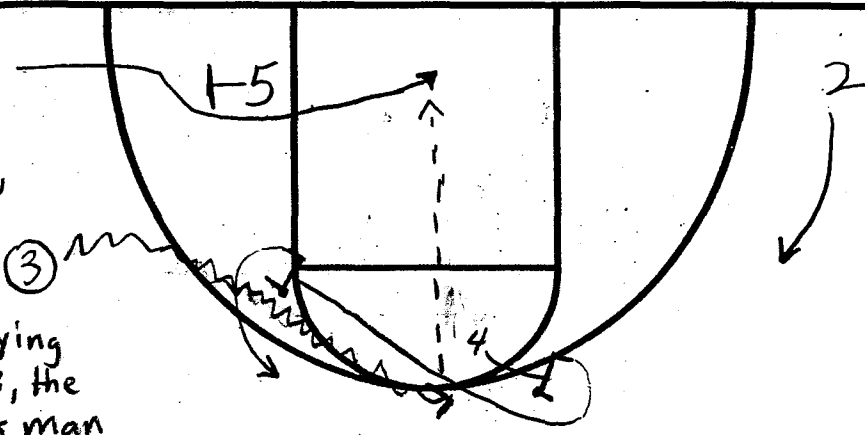
③

4

- 2nd ball pick is more of a "rub off". As 3 man takes ball off of ball pick, 2 man should "space up", reading whether his defender is giving help to the 3 man or not.



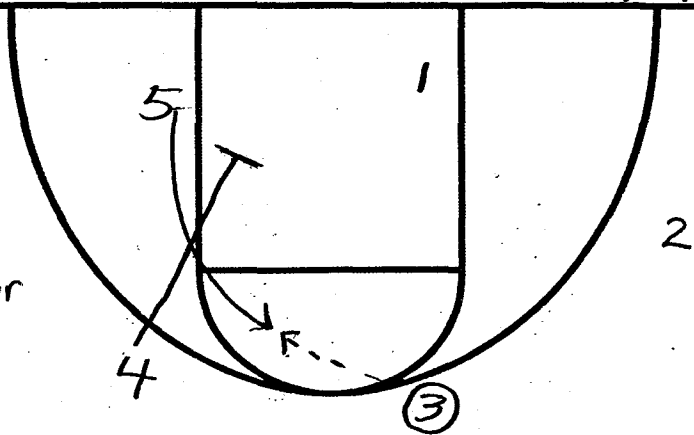
- This play is designed to open things up for the 1 man, but if they double the 3 man, it's a pop and shot by the 4 man.



- If the "D" starts denying the pitch from 1 to 3, the 3 man should set his man up by walking him toward the lane.

OR if 1 is not open, finish play with Down Screen for 5

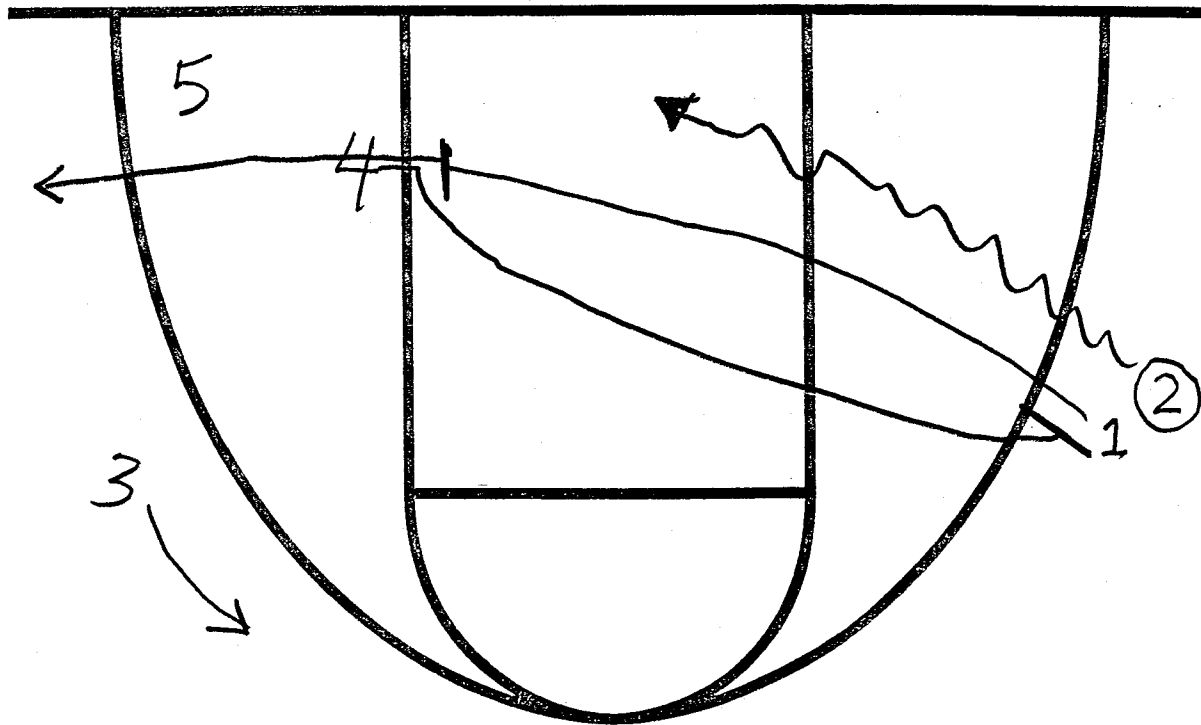
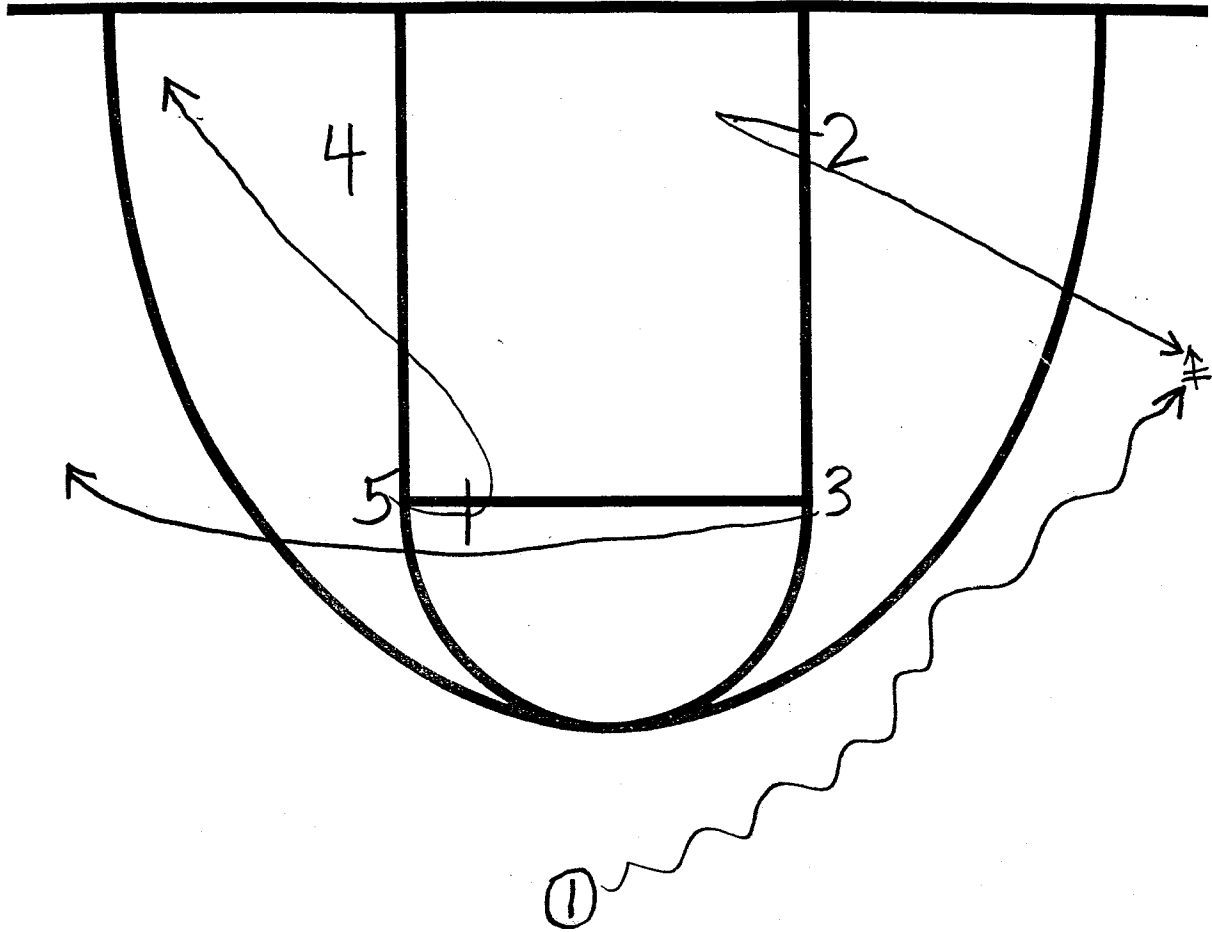
- When the "D" starts going under on 2nd ball pick & the "D" tries to level the 3 off, the 3 man should pull up for the jumper.



- 3 man = Tony Harvey  
or  
Al Jensen



OPPONENT CALL \_\_\_\_\_ UTAH CALL 24 Push Down (only for Tony Har



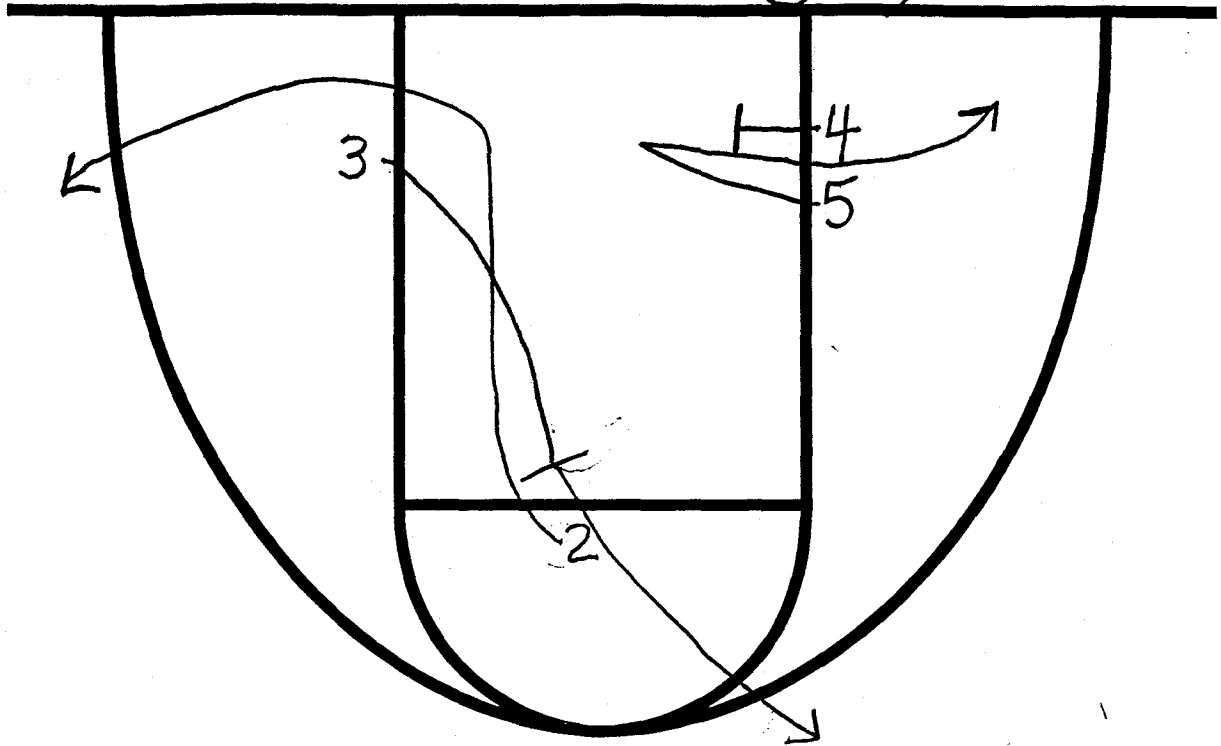
# **OUT OF BOUND PLAYS**

**MAN: OUT OF BOUND  
PLAYS**

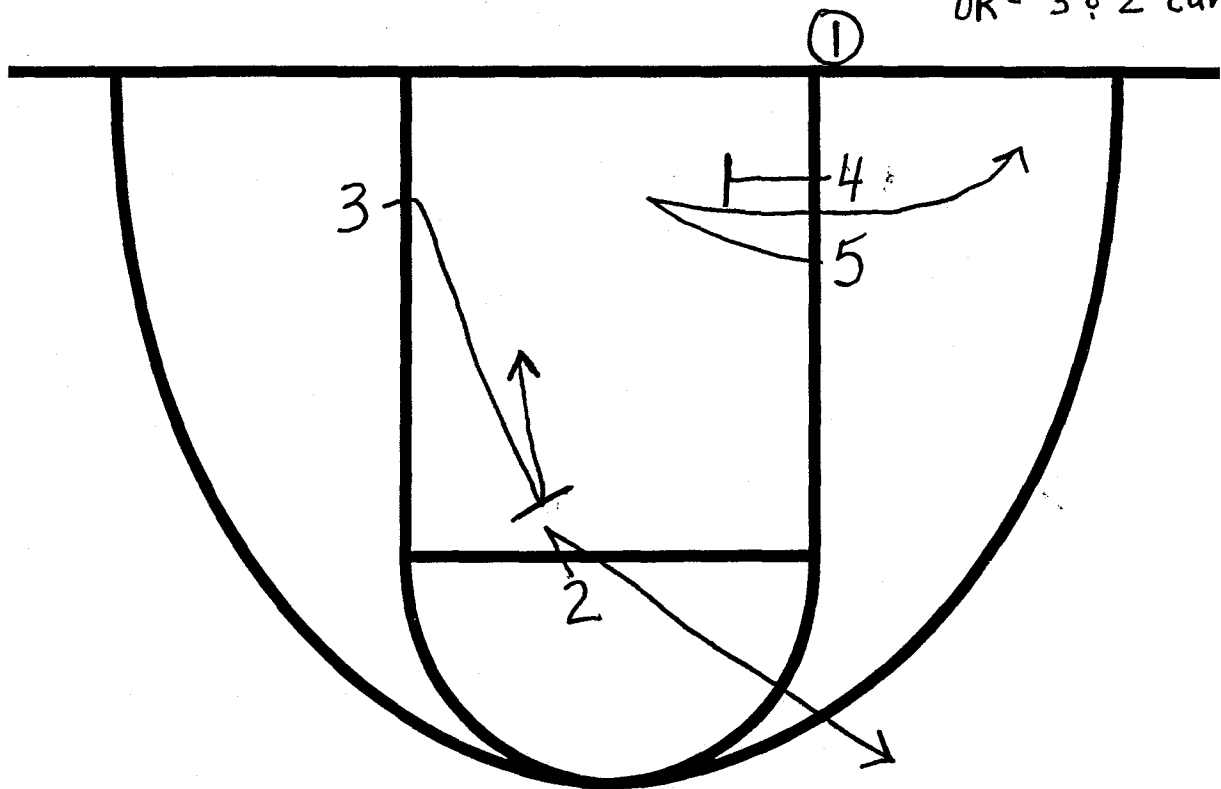
OPPONENT CALL

UTAH CALL

1 / 1 Flop



OR - 3 & 2 can Flop



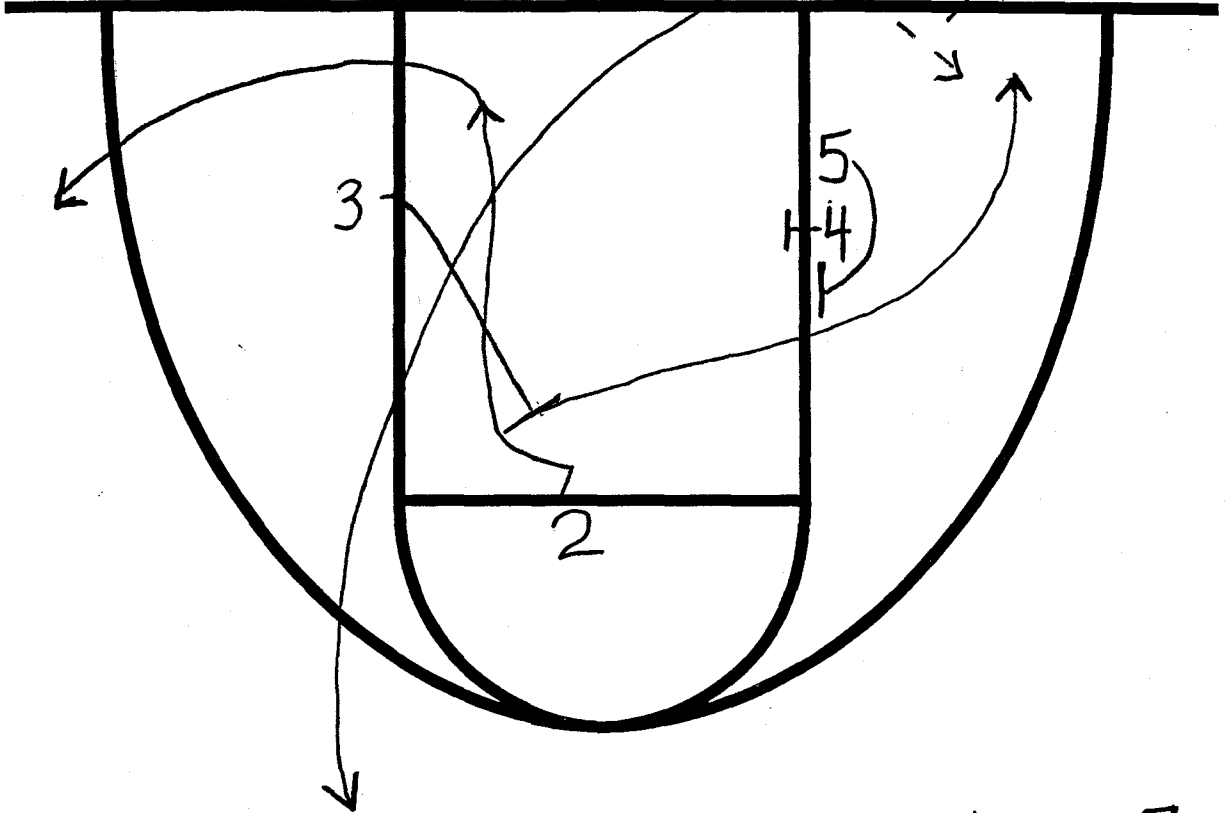
3 reverse pivots into his man for a shot

OPPONENT CALL

UTAH CALL

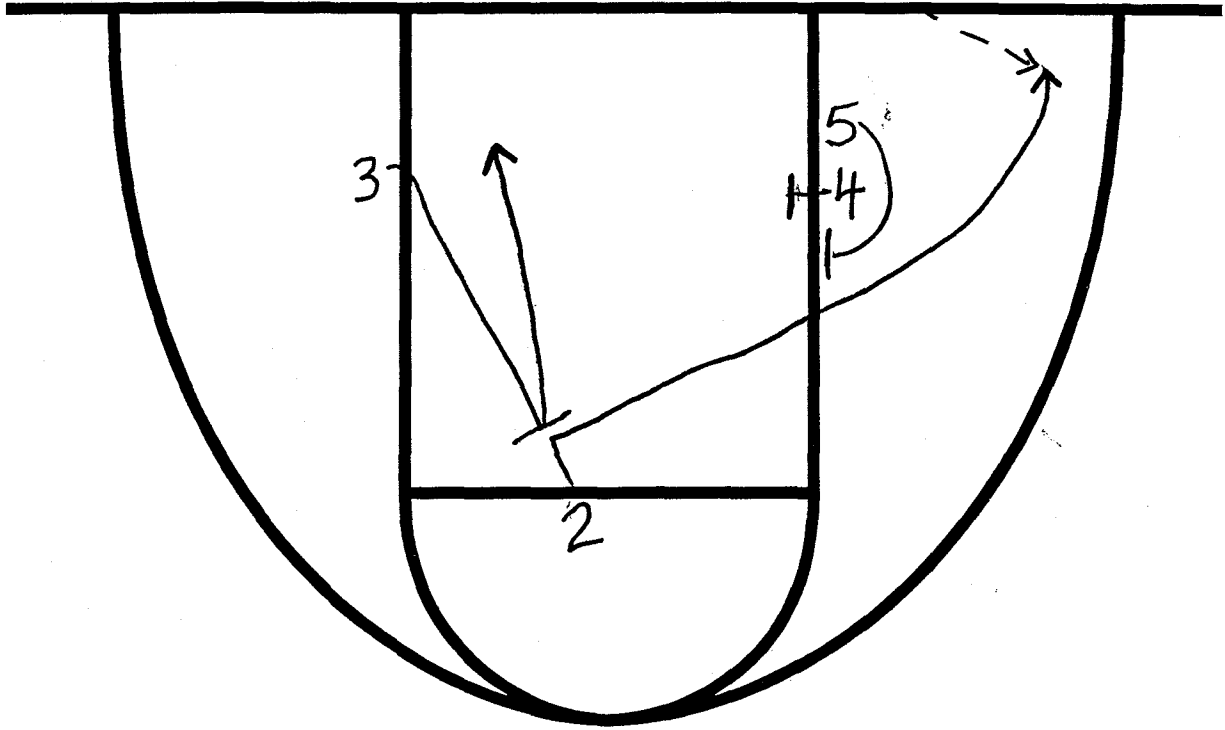
①

2 / 2 Flop



OR- 3 & 2 Can Flop

① -

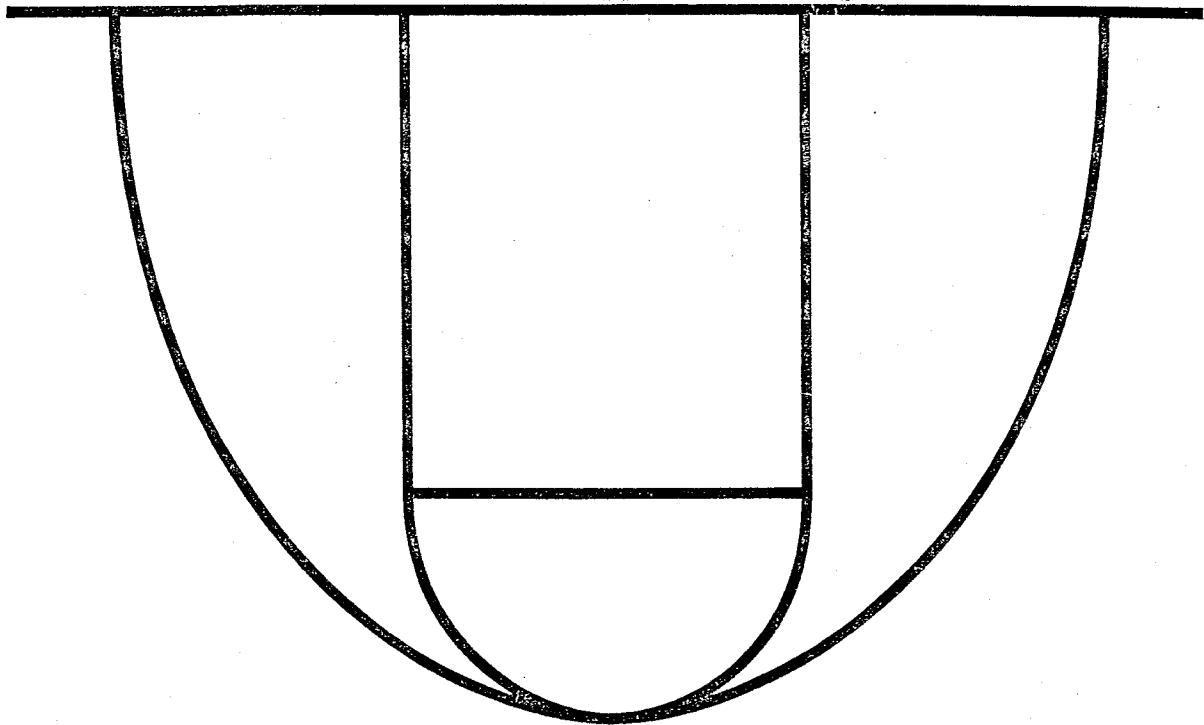
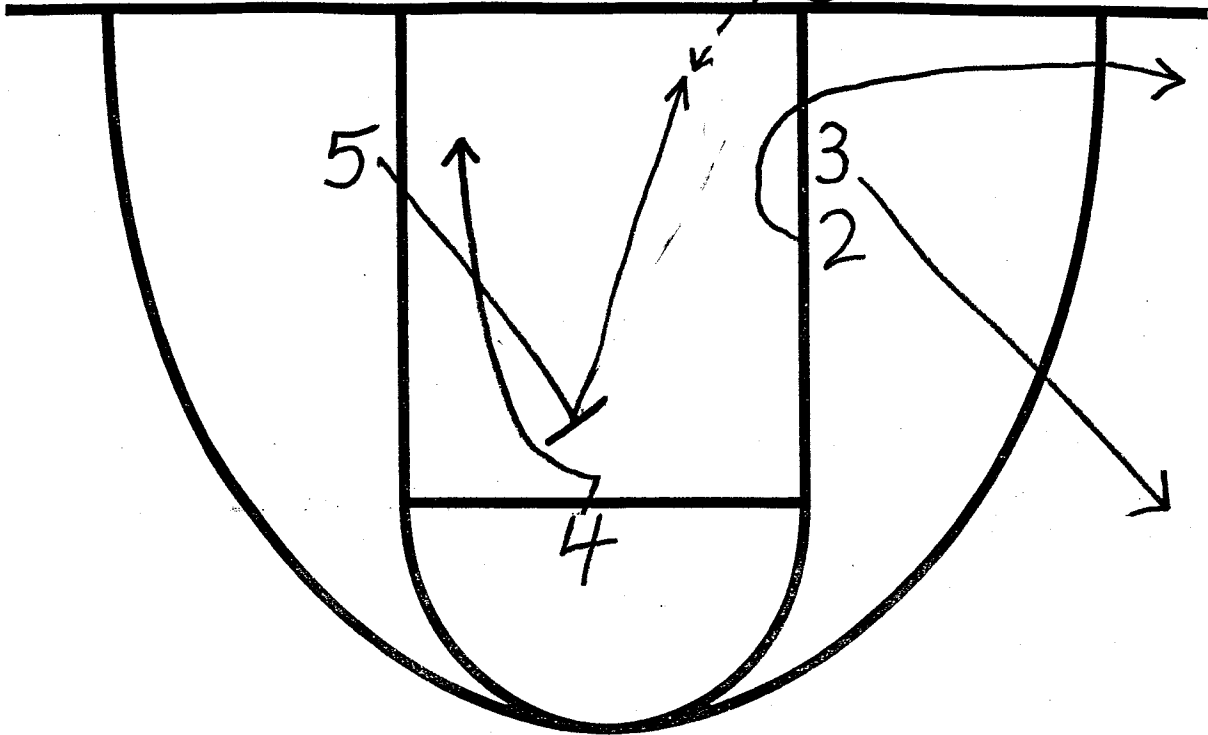


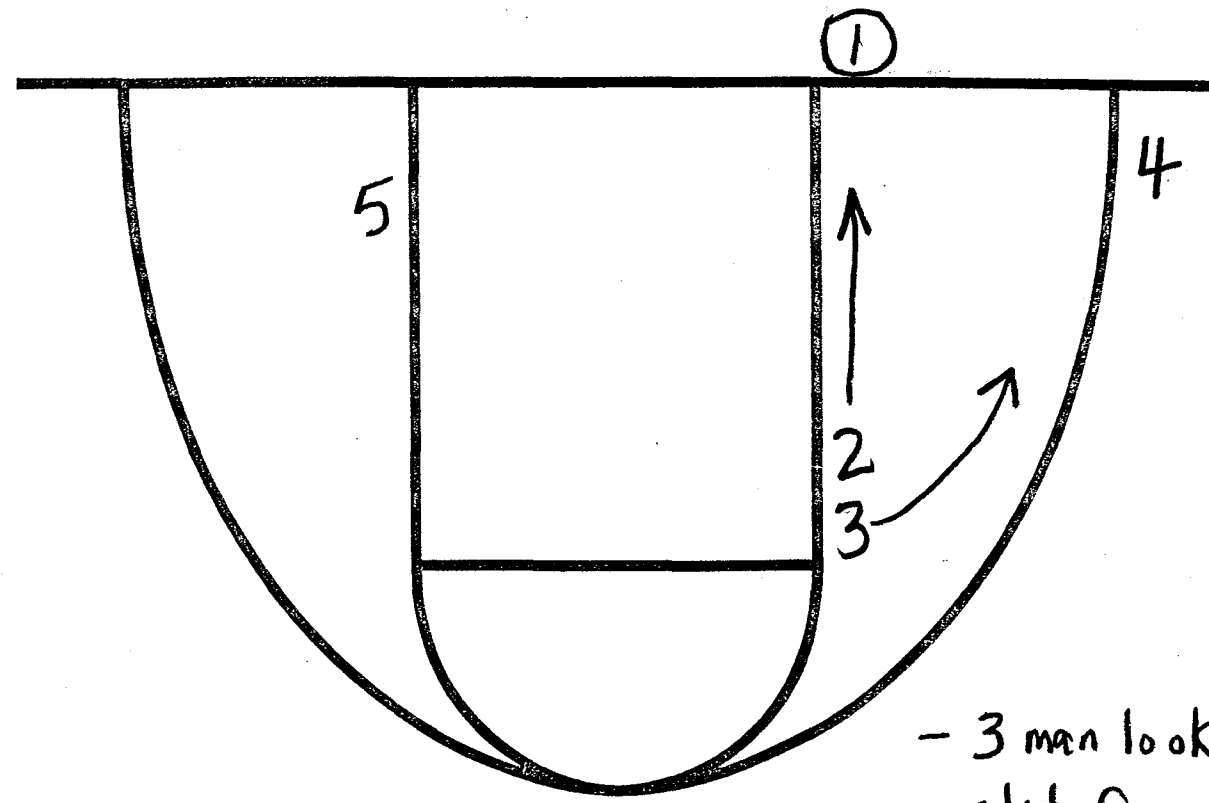
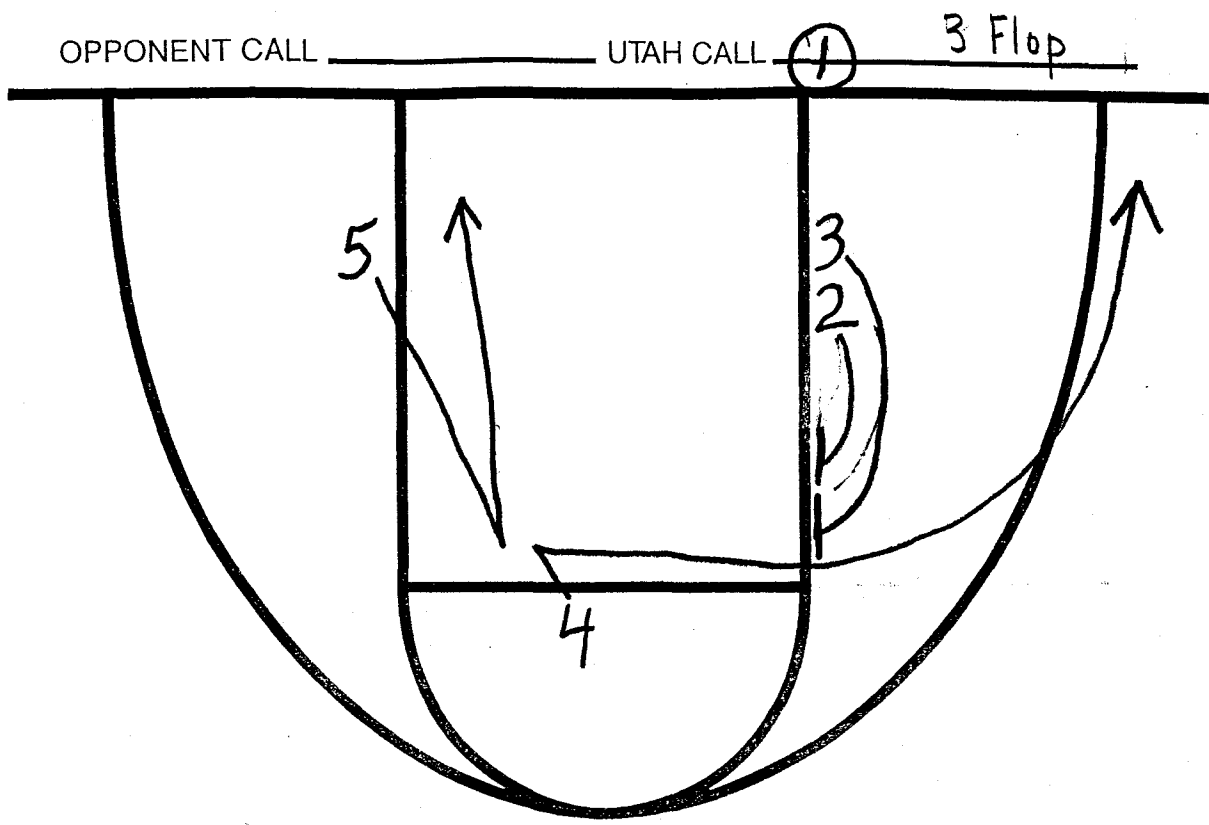
OPPONENT CALL

UTAH CALL

①

3



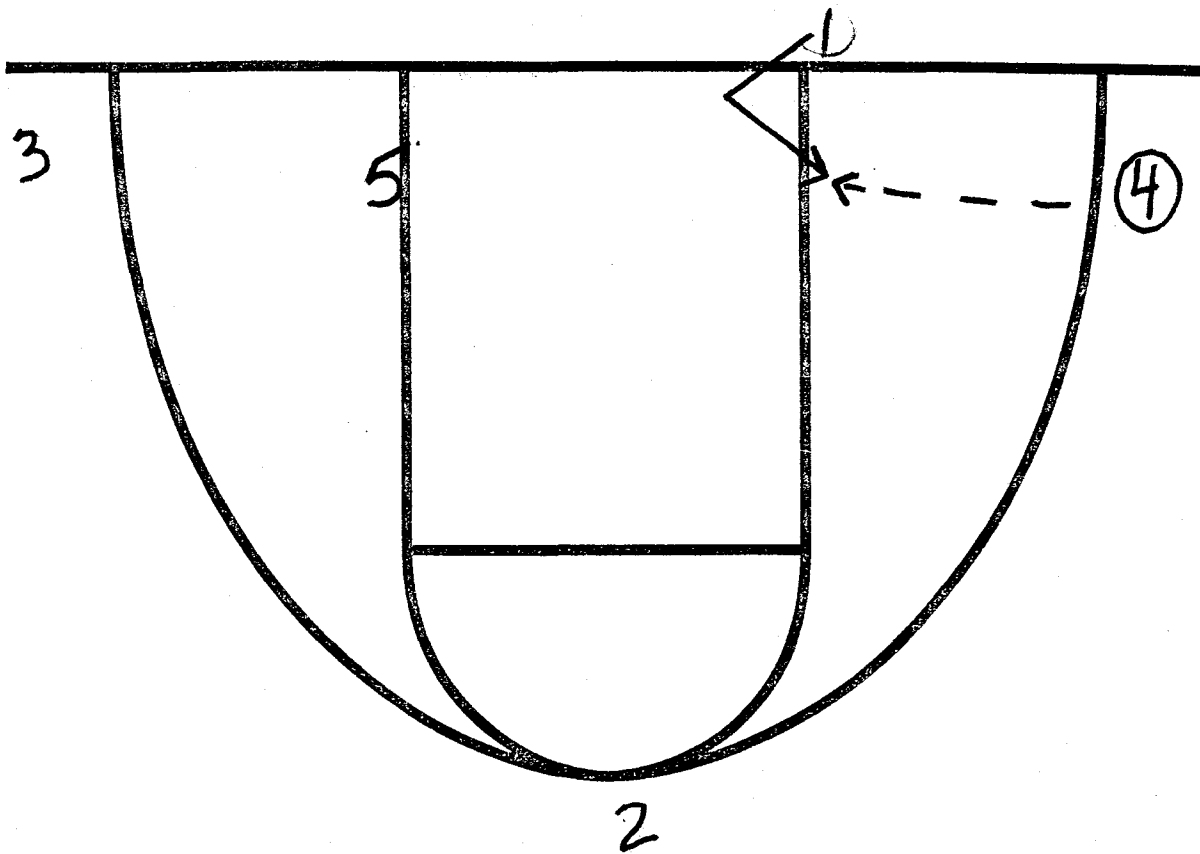
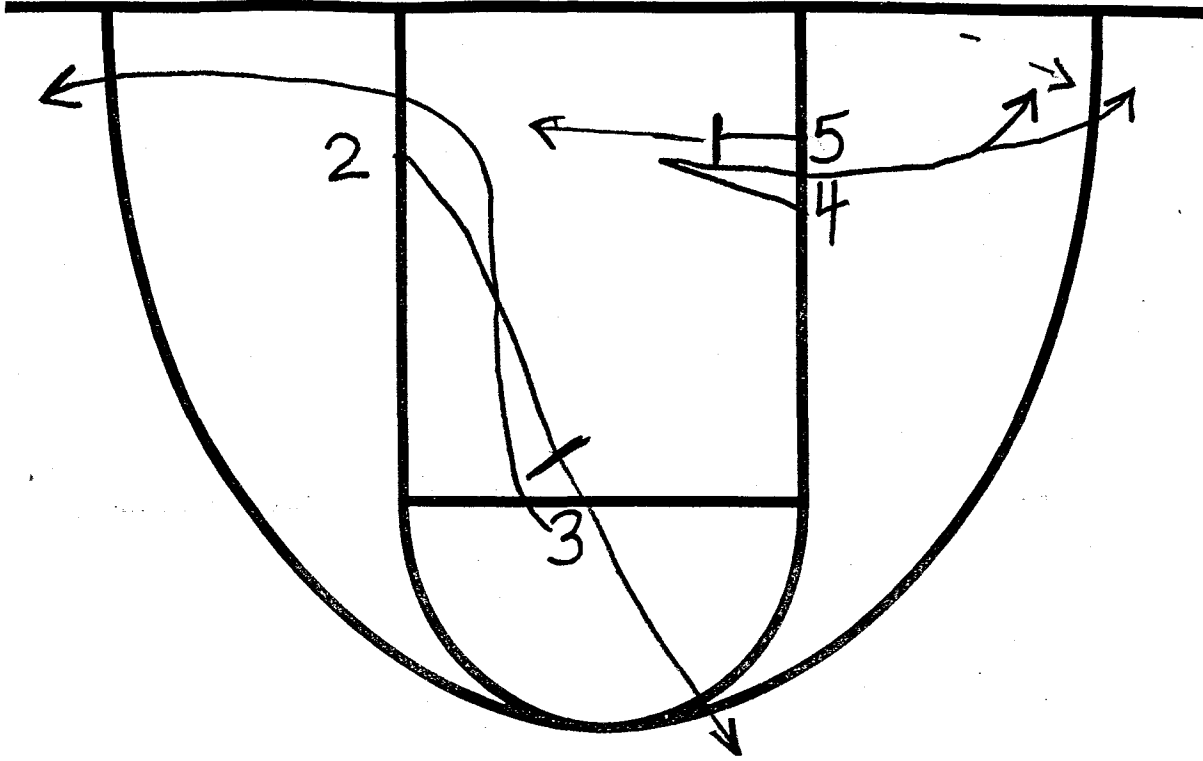


- 3 man looks for a slot for a shot.

OPPONENT CALL \_\_\_\_\_

UTAH CALL

① 1A1A

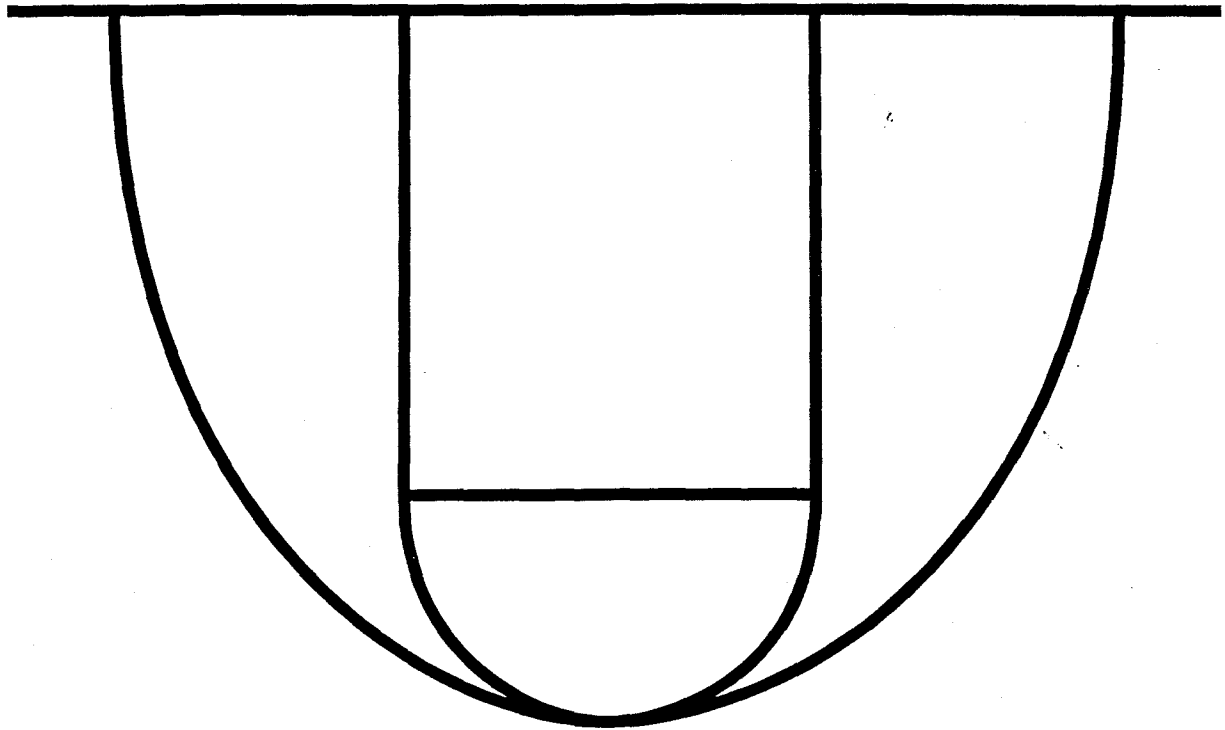
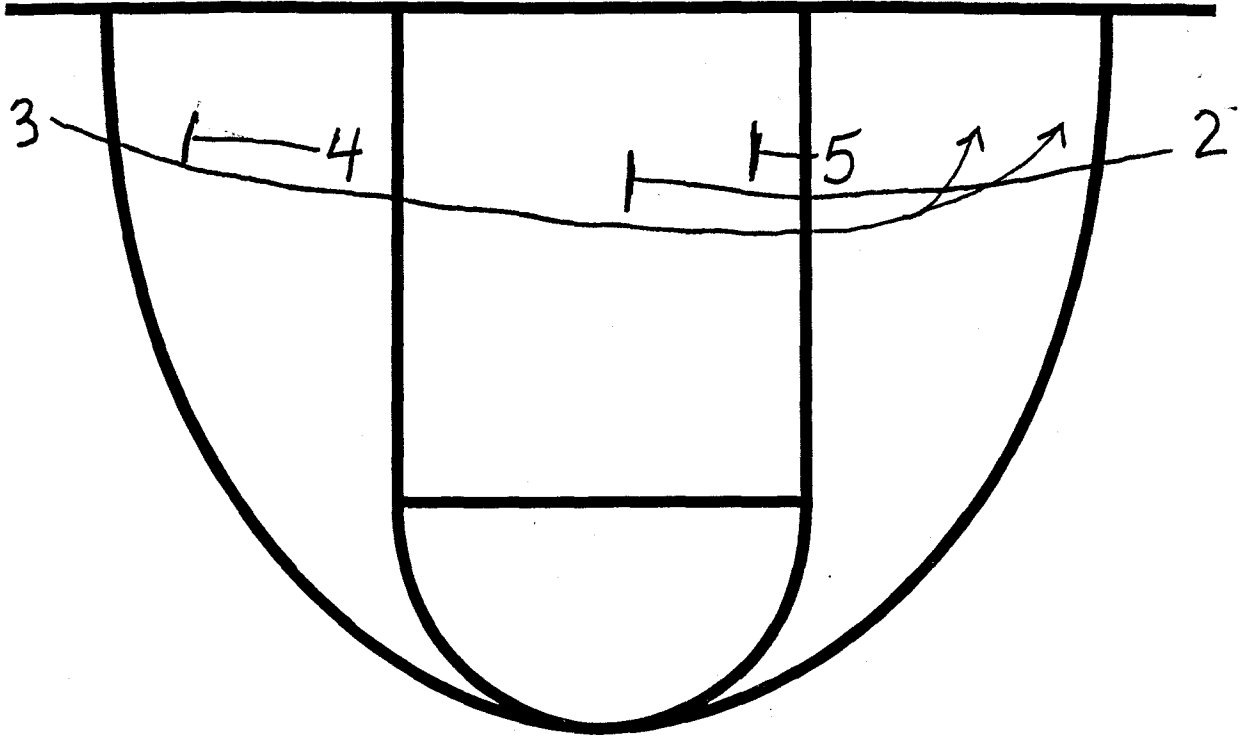


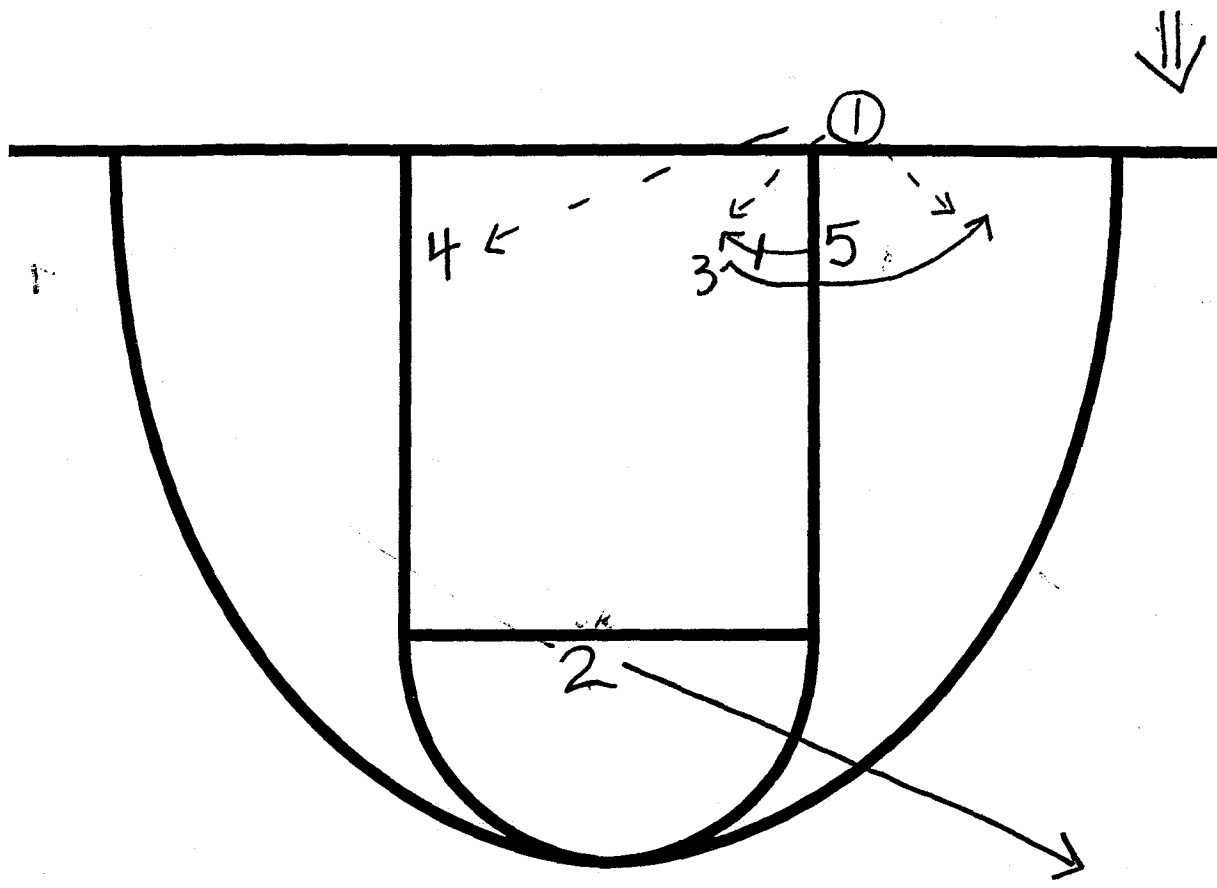
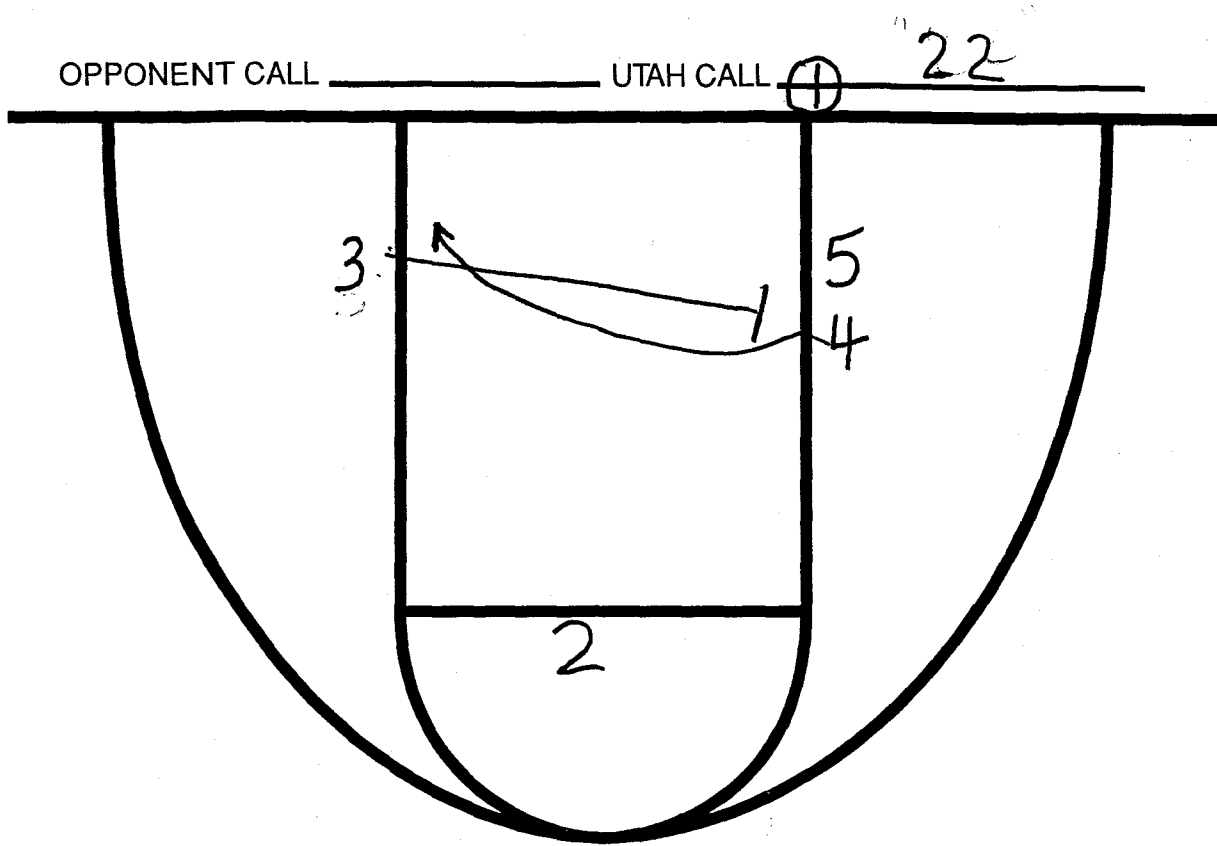


OPPONENT CALL

UTAH CALL

Spread 3





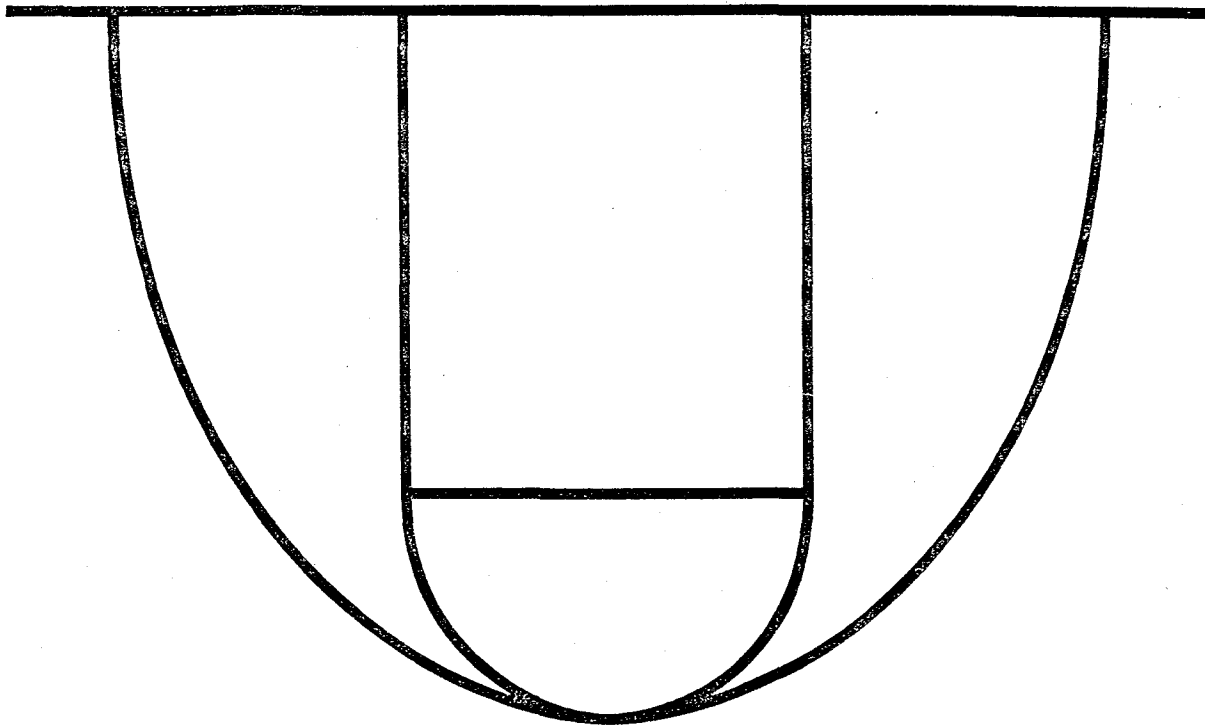
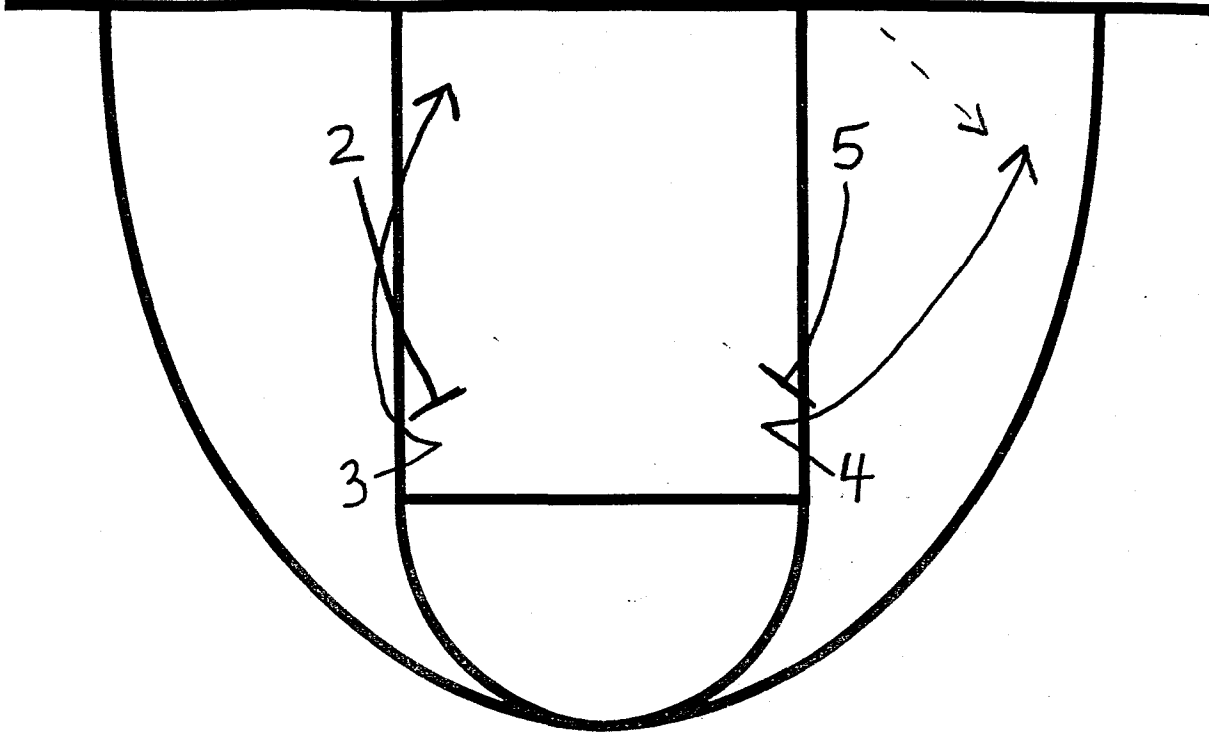
2 must be able to get a catch.

OPPONENT CALL \_\_\_\_\_

UTAH CALL

①

Box 1

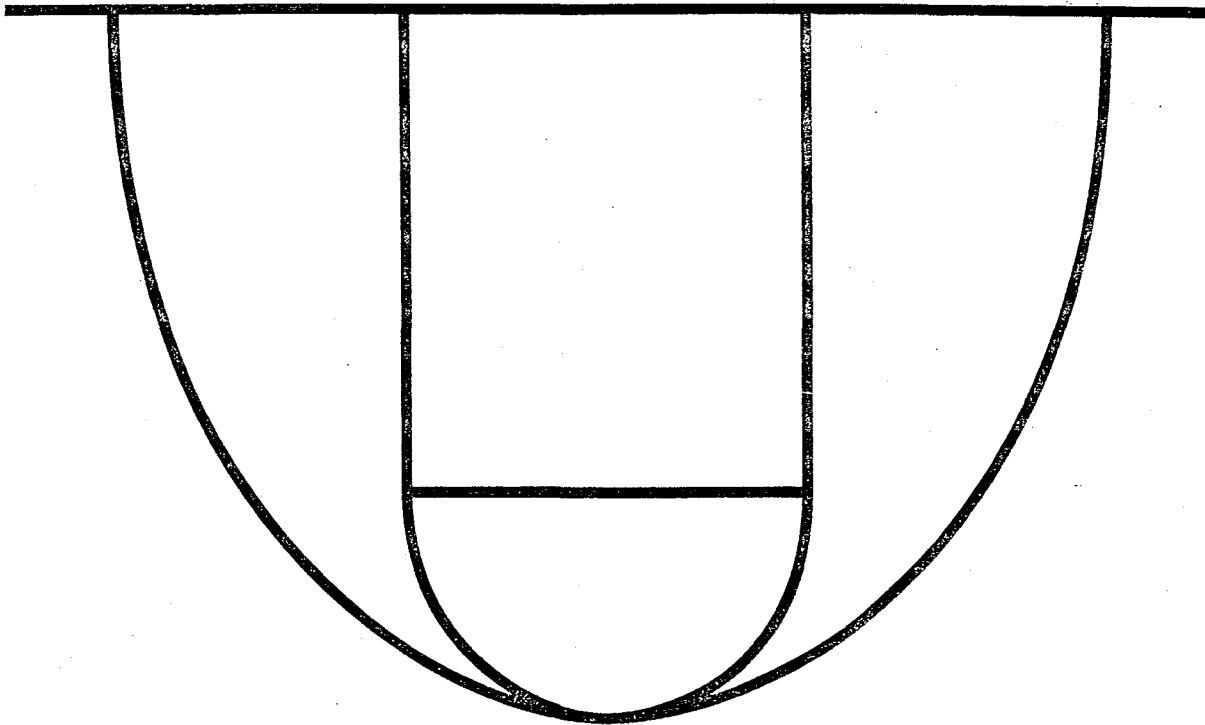
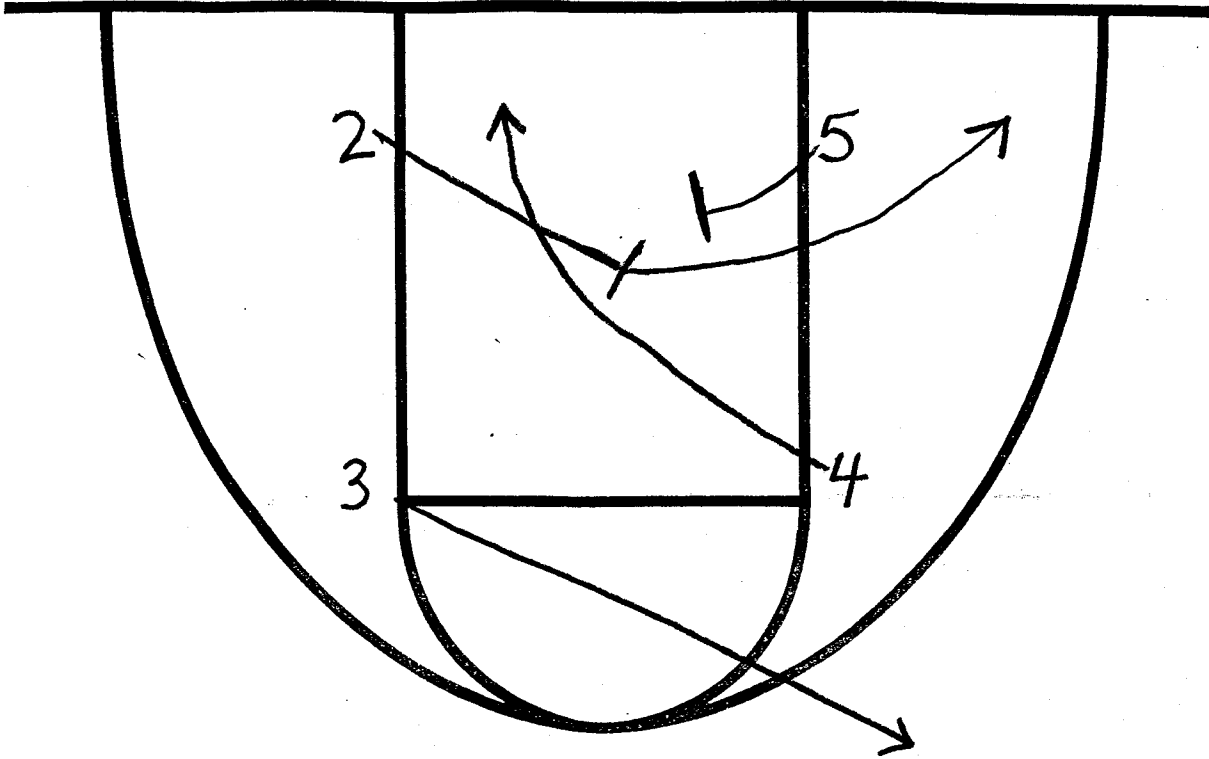


OPPONENT CALL \_\_\_\_\_

UTAH CALL



Box 22

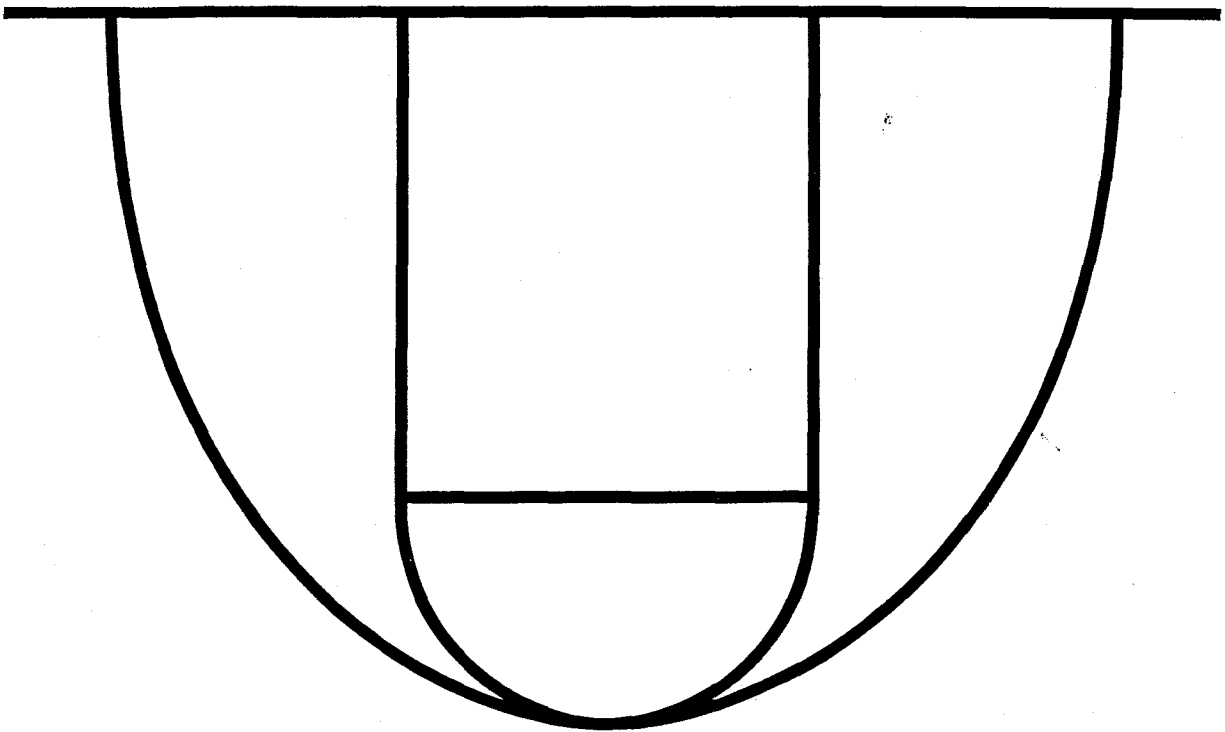
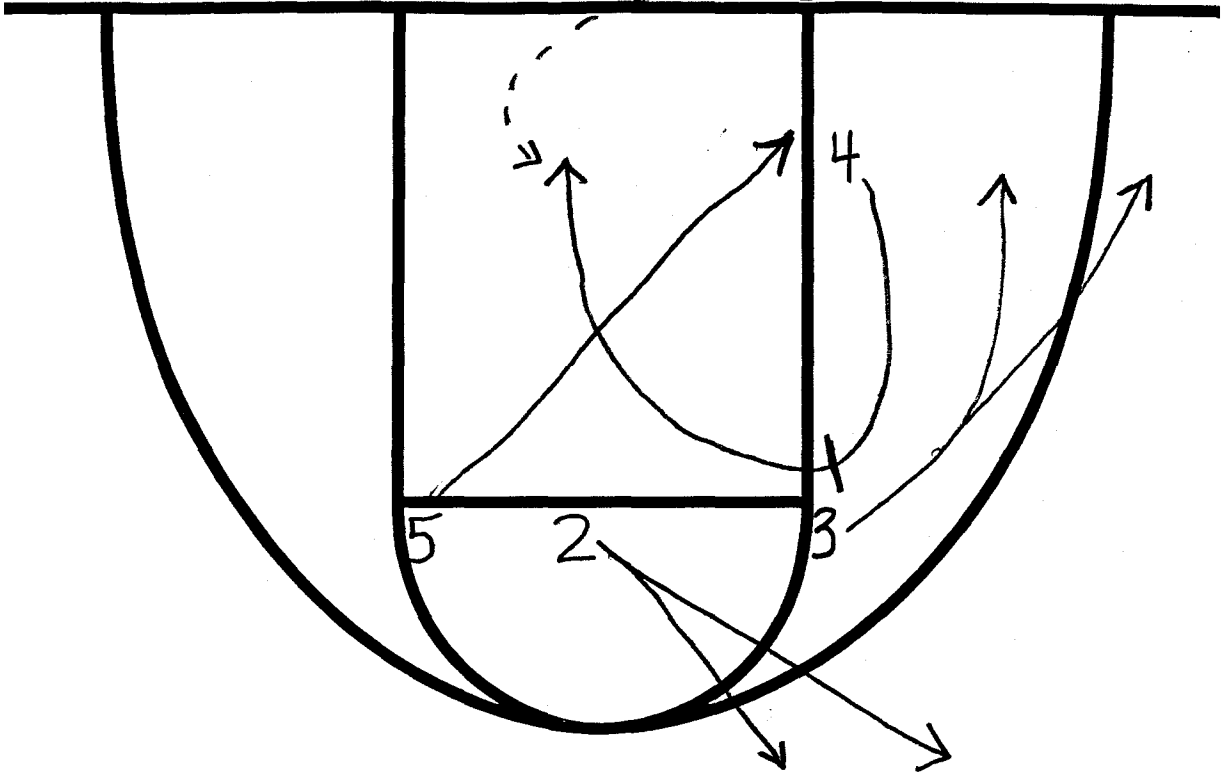


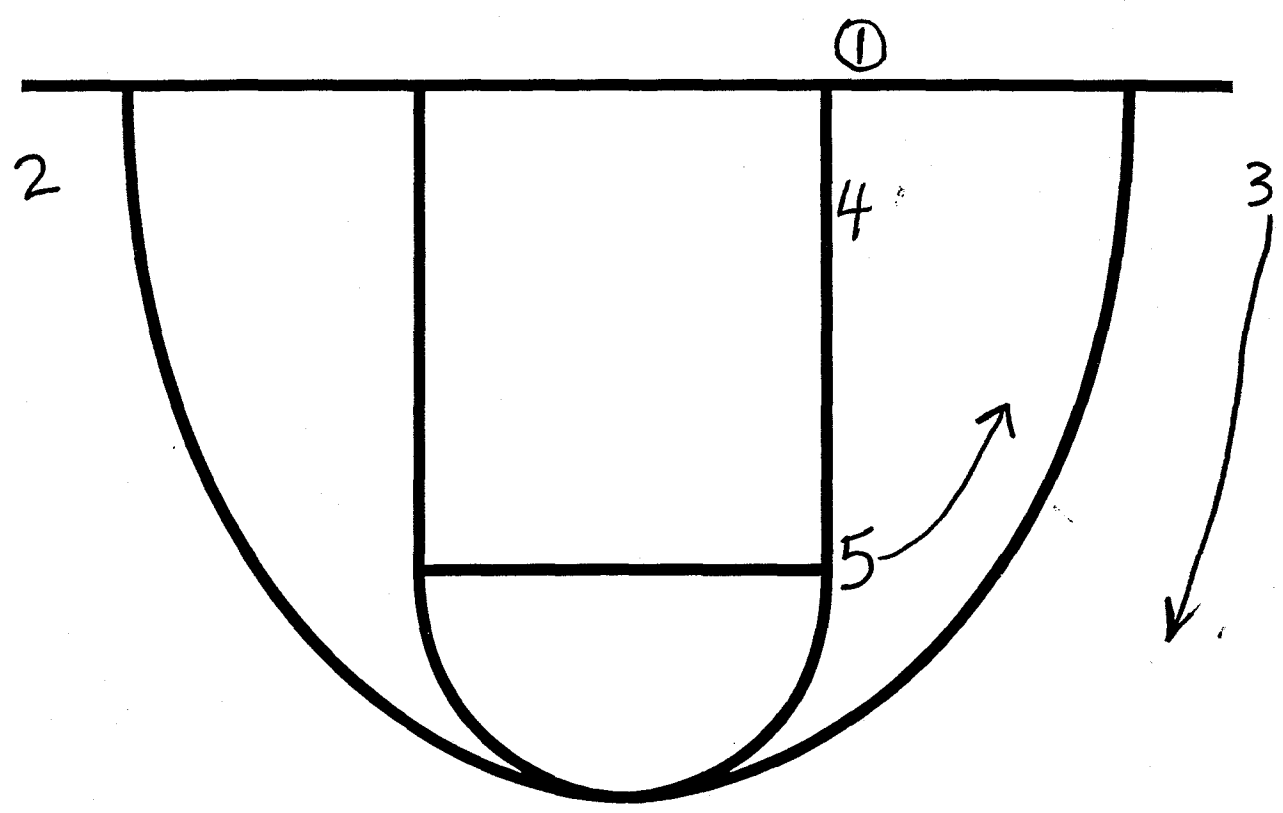
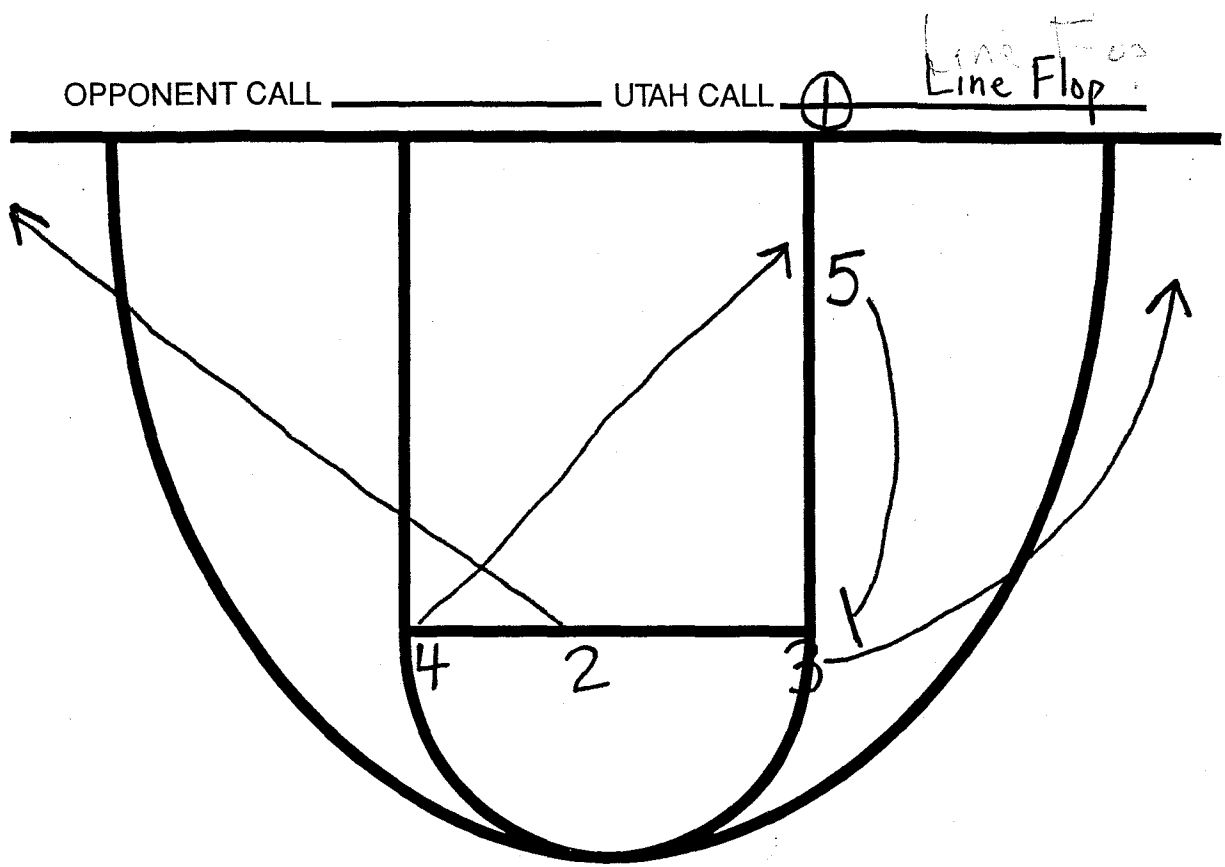
**ZONE: OUT OF BOUND  
PLAYS**

OPPONENT CALL

UTAH CALL

Line





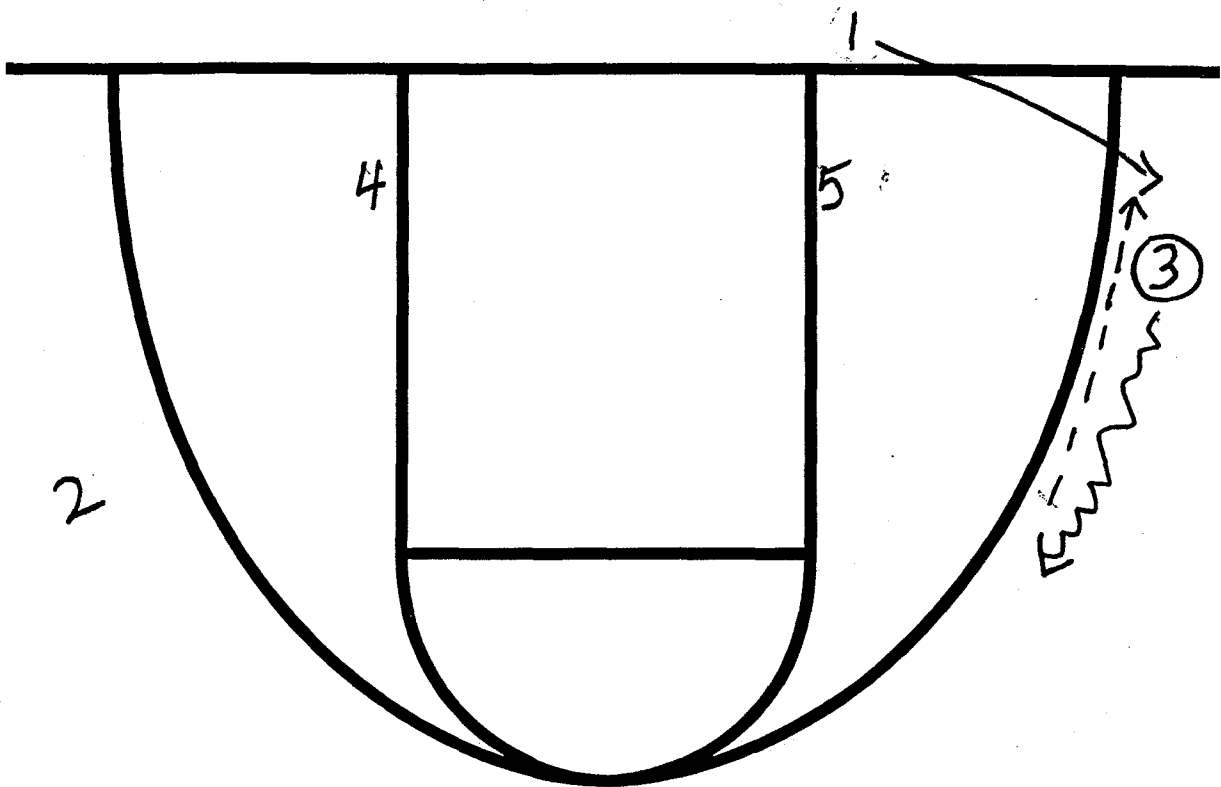
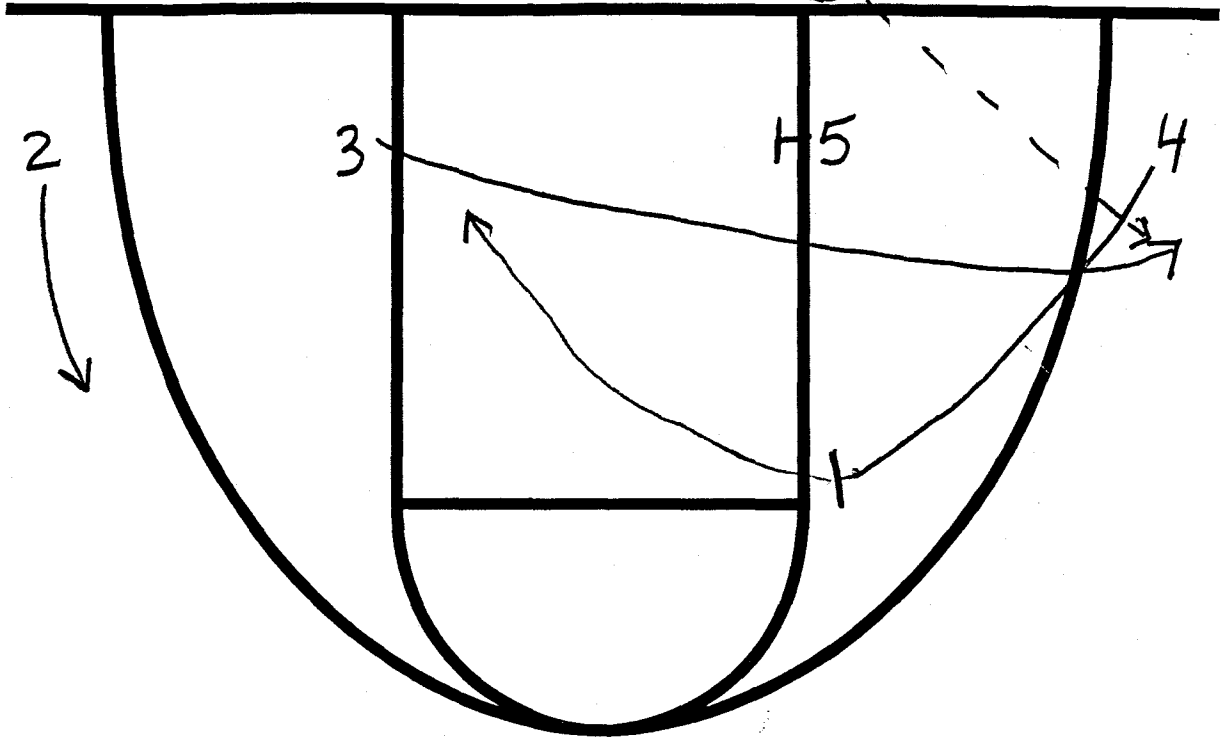
- 5 man looks for gap to receive shot
- 3 acts as an outlet

OPPONENT CALL \_\_\_\_\_

UTAH CALL \_\_\_\_\_



Spread 2 vs. Zone



- Use counter flow to create a shot for the 1 man.

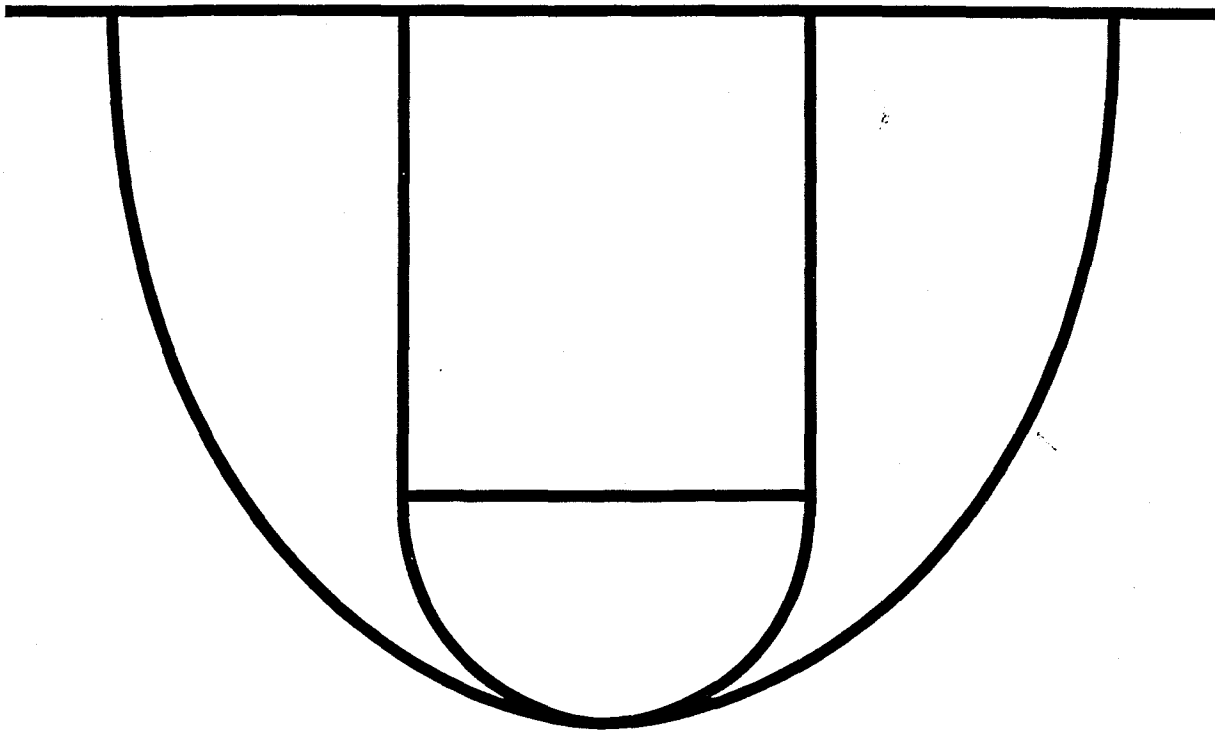
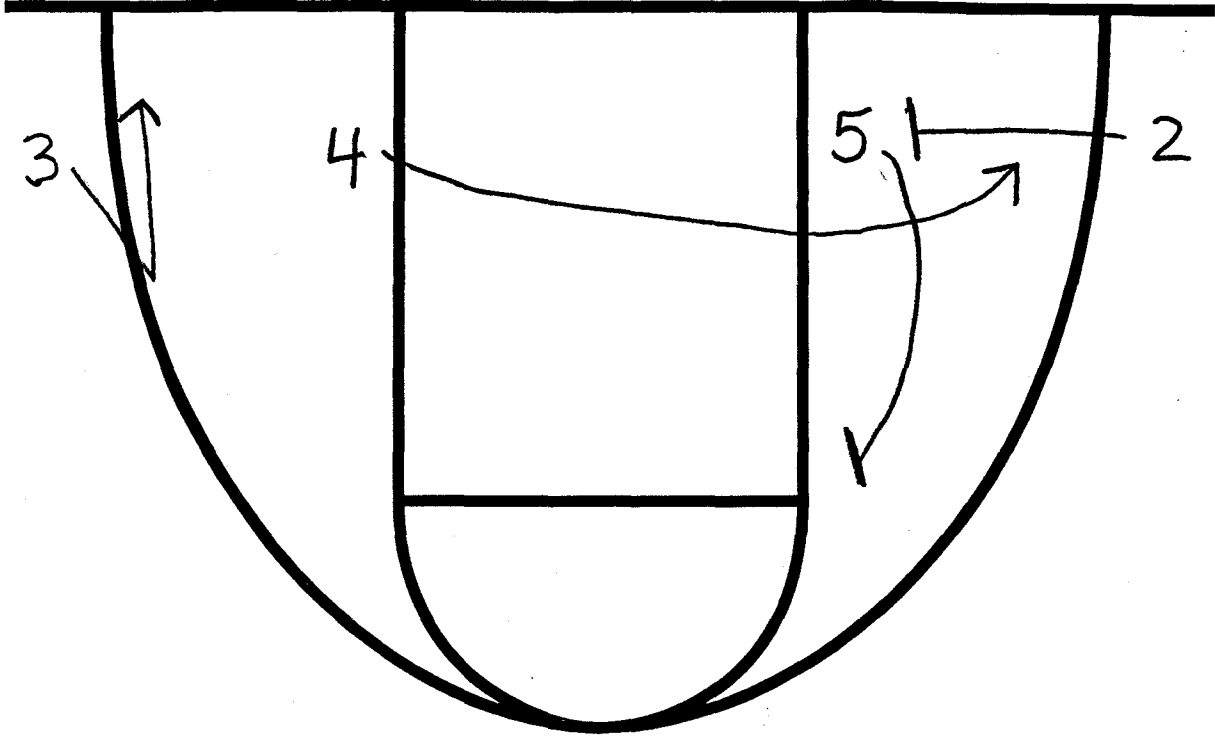


OPPONENT CALL \_\_\_\_\_

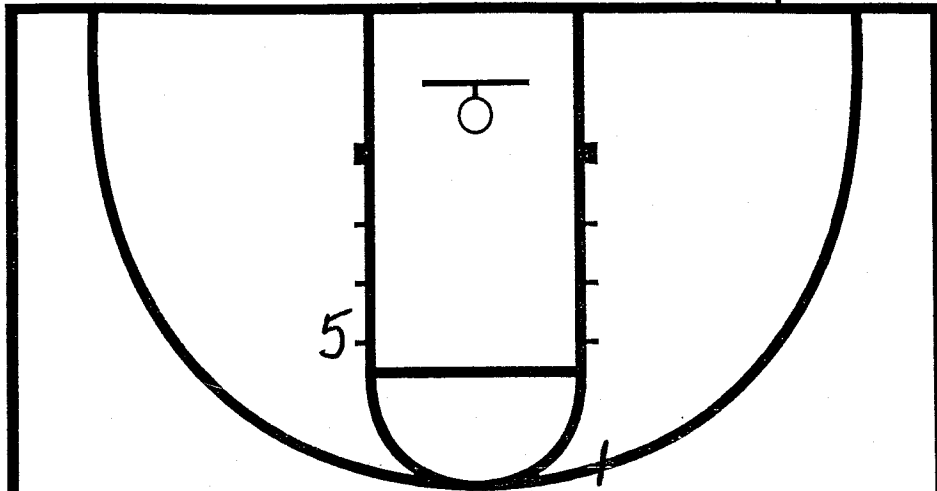
UTAH CALL



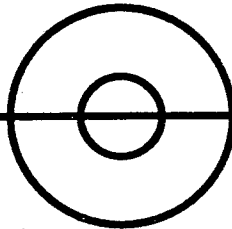
Spread 3 vs. Zone



# **PRESS OFFENSES**

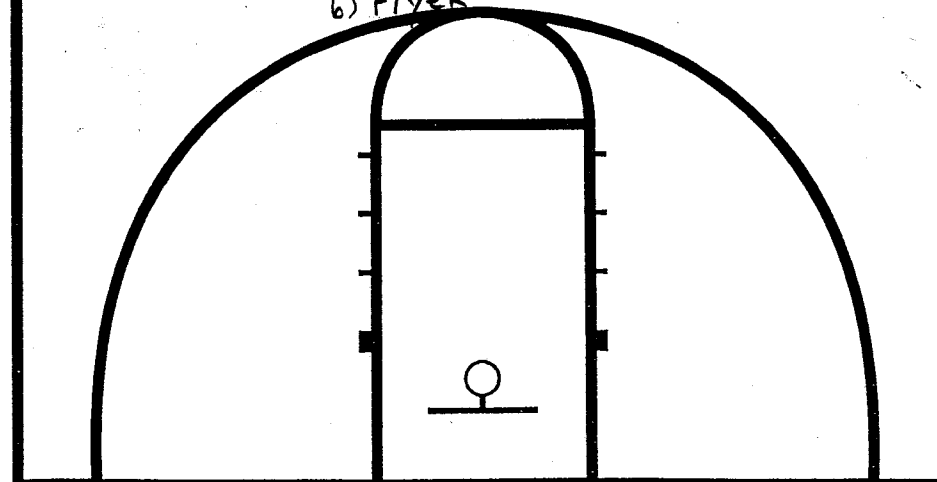


-The #1 look vs. all pressure is to look ahead and see if we can break them down by passing ahead.



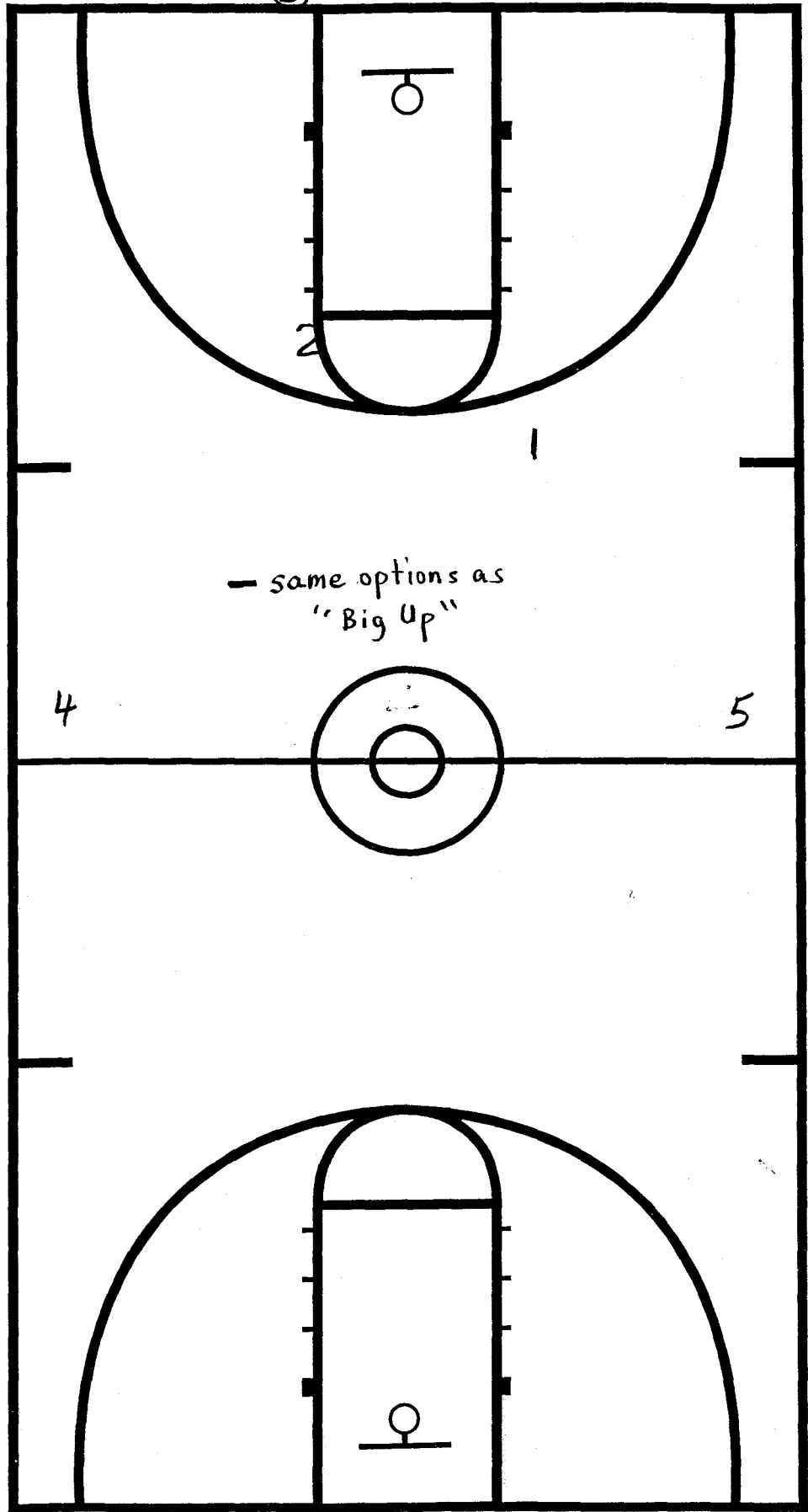
Options:

- 1) Pull
- 2) Bypass Weak
- 3) Bypass Strong
- 4) Comeback
- 5) Crackback
- 6) Flyer



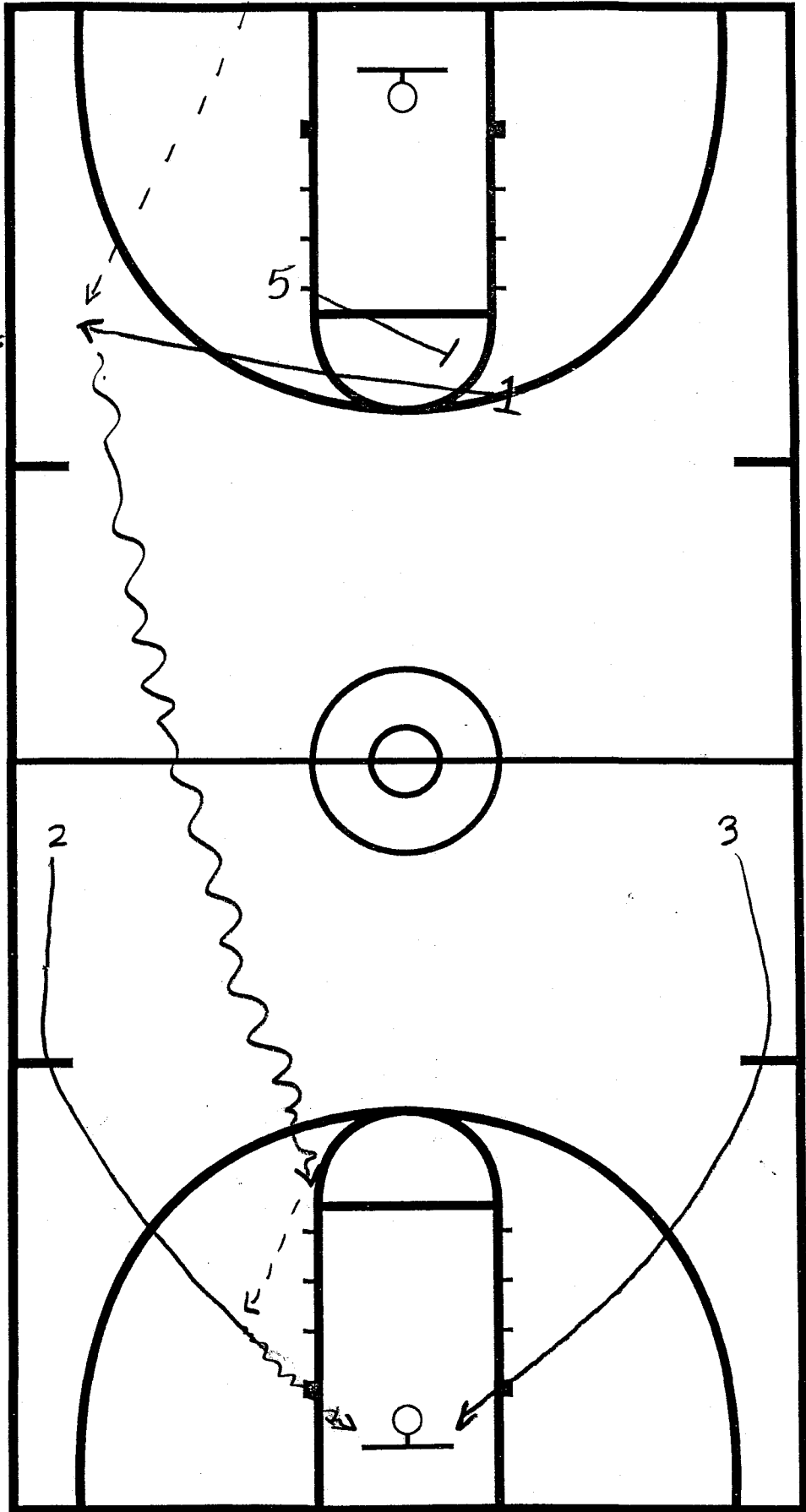
- vs. Live Ball
- Hurts other team because they can switch the 1 & 5 screen.
  - 1 always looks to beat his man.
  - 1 comes wide. He only uses screen if it's needed.
  - 2 & 3 should have their butts to the sideline in the initial alignment
  - 2 & 3 must be aware of half court.
  - If 1 gets the ball to 2 or 3, they should look to attack.
  - We always have 3 outlets at a times:
    - A) Sideline
    - B) Middle
    - C) Diagonal
  - If you look middle you will always see the diagonal man
  - #1 Goal = Attack
  - Don't let press speed us up.
  - 2 most important things:
    - 1) Look to pass ahead

OPPONENT CALL 3 UTAH CALL All Smalls-Alignment



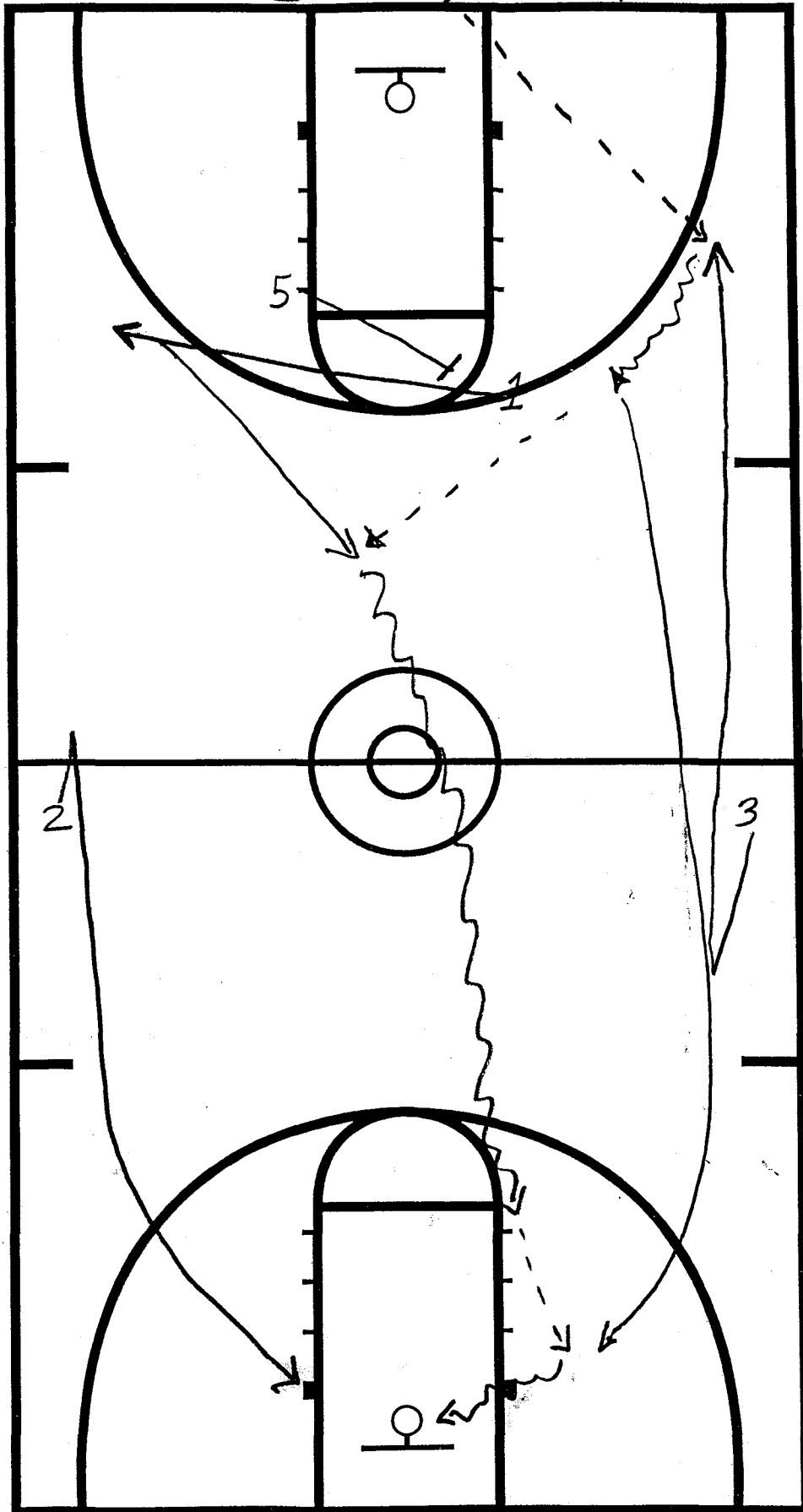
vs. Dead Ball  
- Gives us the chance to get the best ball handlers up against a "set" pres

- same options as "Big Up"



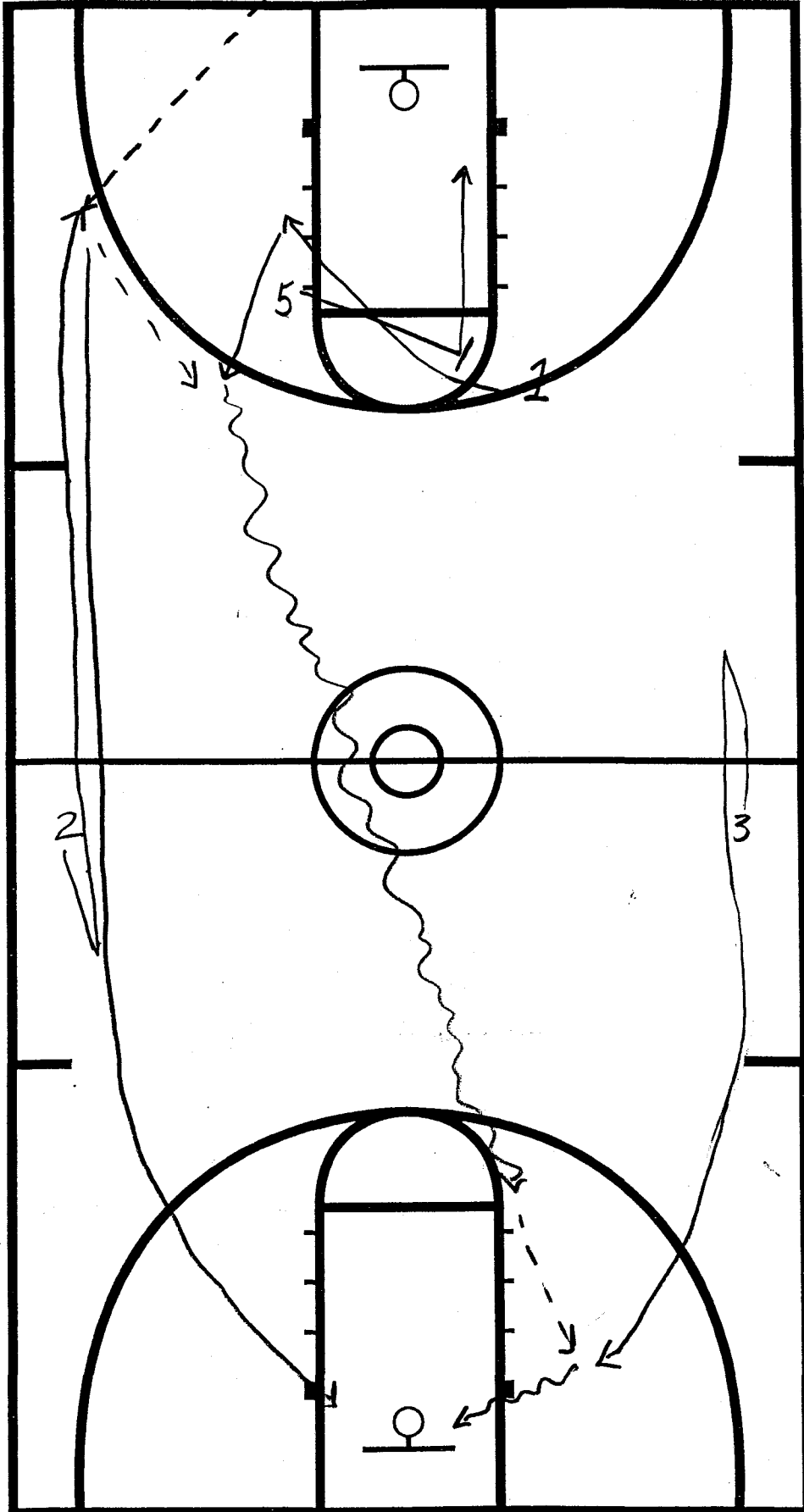
1- on the catch should turn towards the middle.  
Why? It allows you to see more of the floor & it really helps vs. traps.

OPPONENT CALL ——— (4) ———→ UTAH CALL 2<sup>nd</sup> Option - Bypass - Weakside

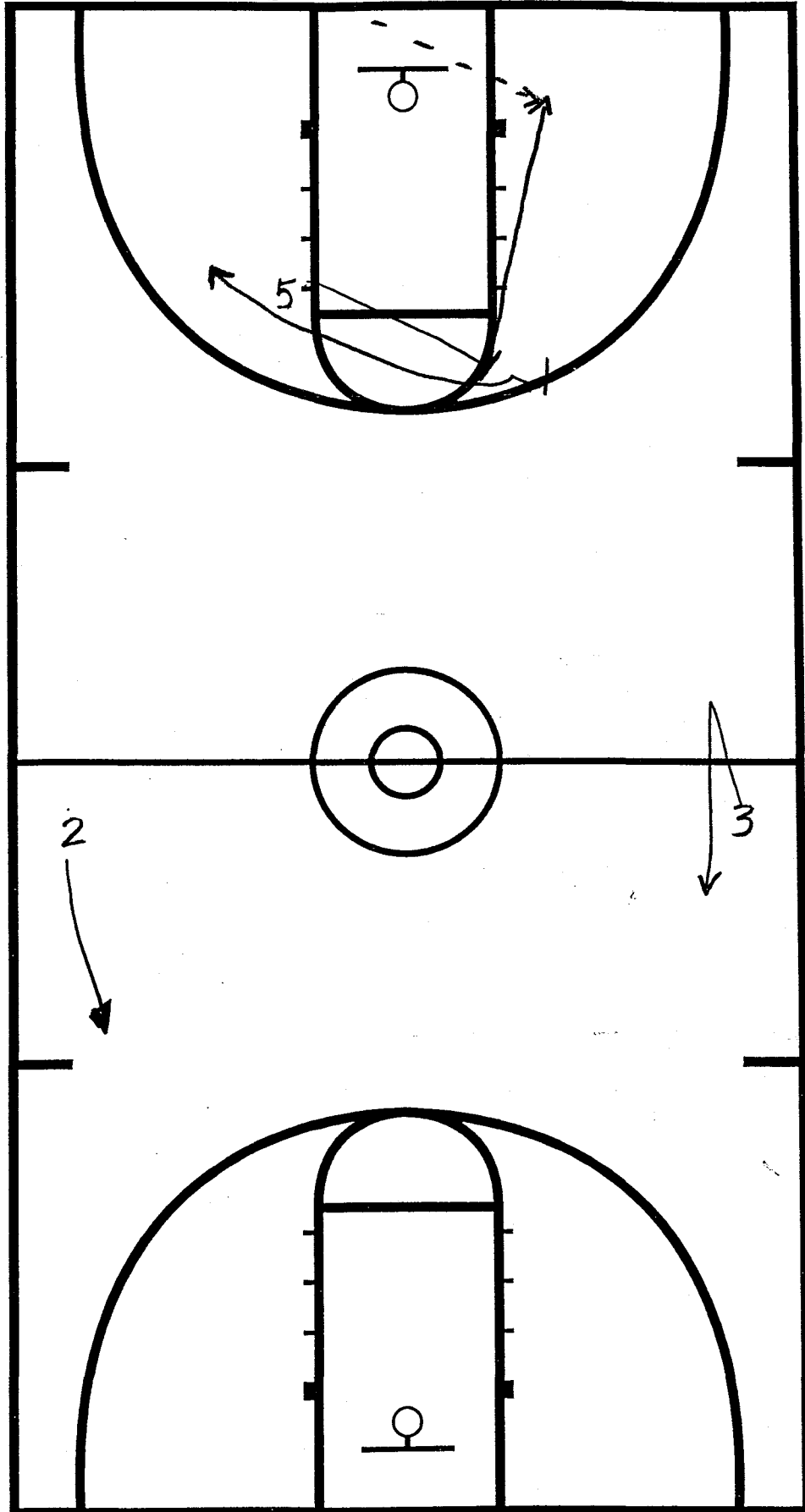


OPPONENT CALL ④ UTAH CALL 3<sup>rd</sup> Option - Bypass-Strongside

OR  
"Bypass Shooter"

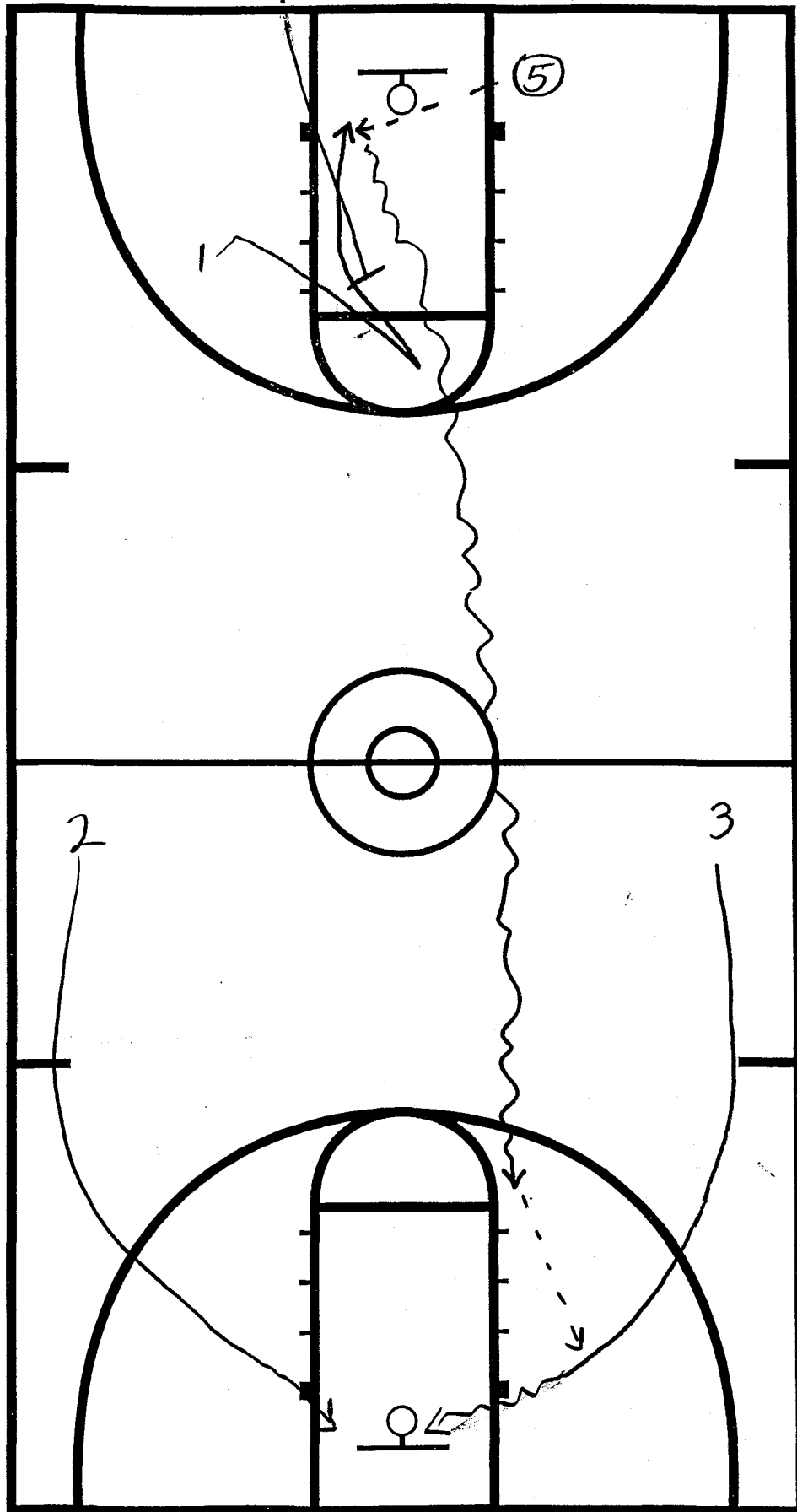


OPPONENT CALL 14 UTAH CALL 4<sup>th</sup> Option - Comeback

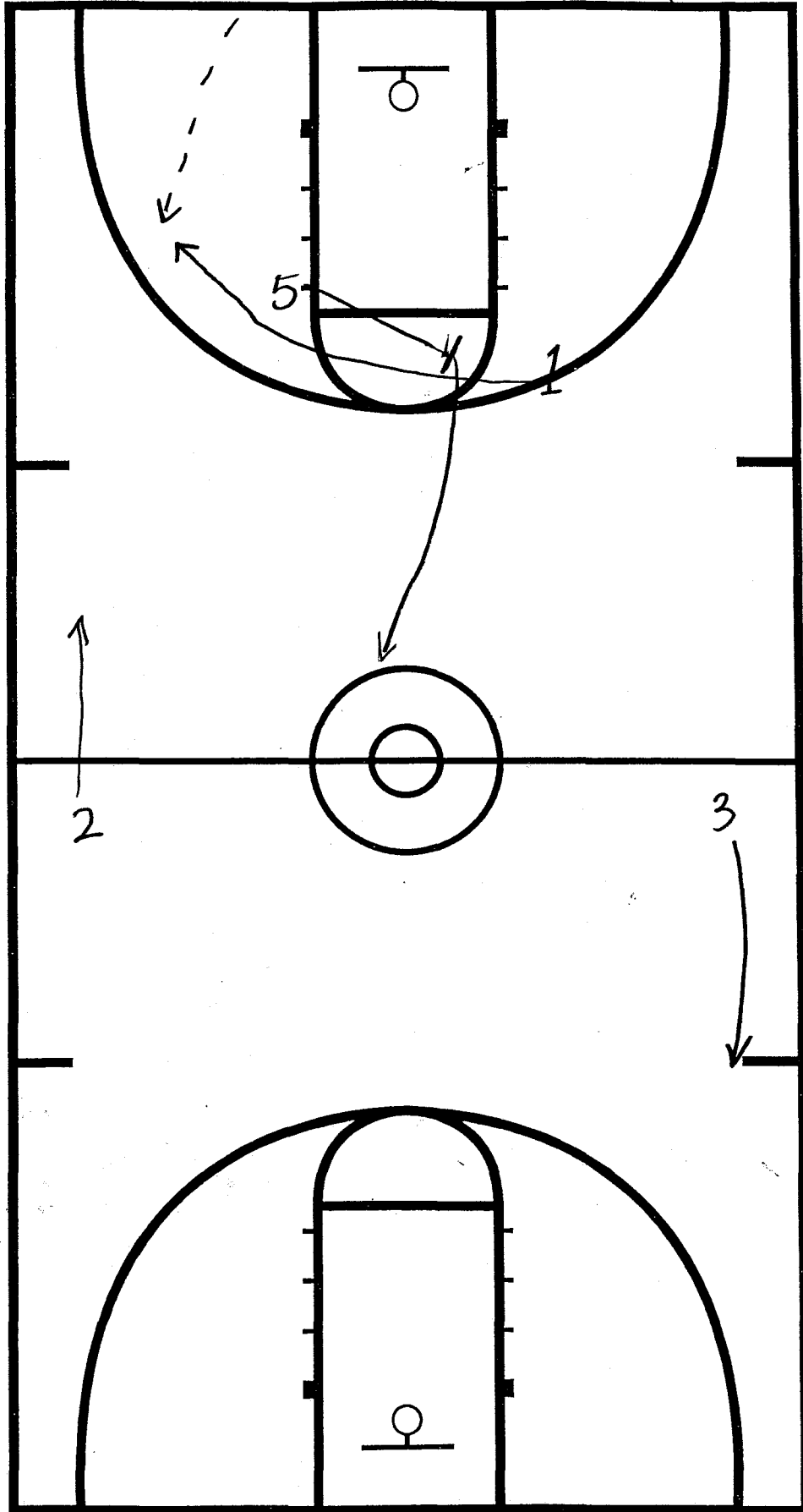




OPPONENT CALL 4 UTAH CALL 14<sup>th</sup> - Option - Comeback

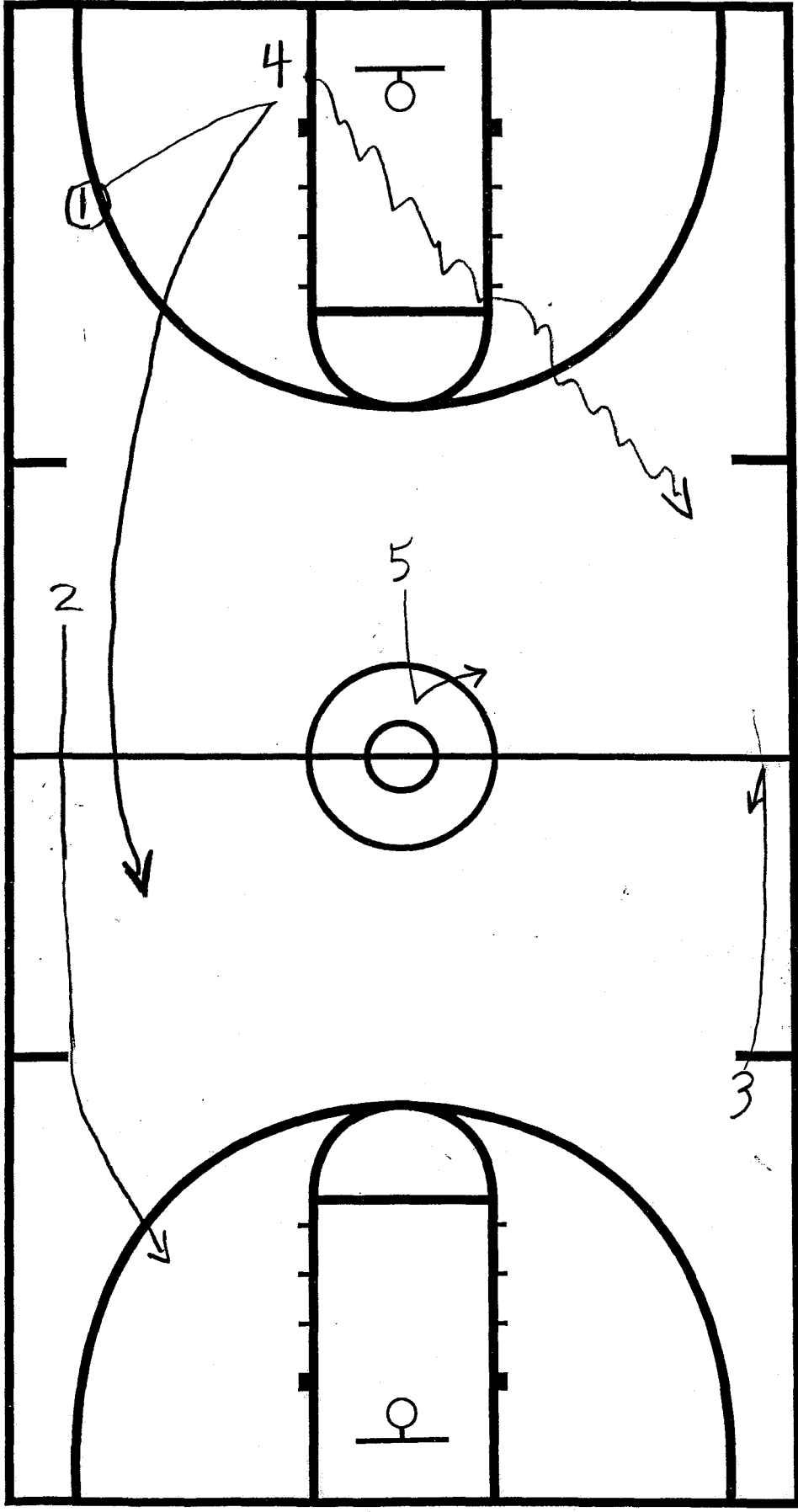


OPPONENT CALL ④ UTAH CALL 5<sup>th</sup> - Option - Crackback



OPPONENT CALL \_\_\_\_\_ UTAH CALL 5<sup>th</sup> Option - Crackback

1- Get's in line of 4's vision

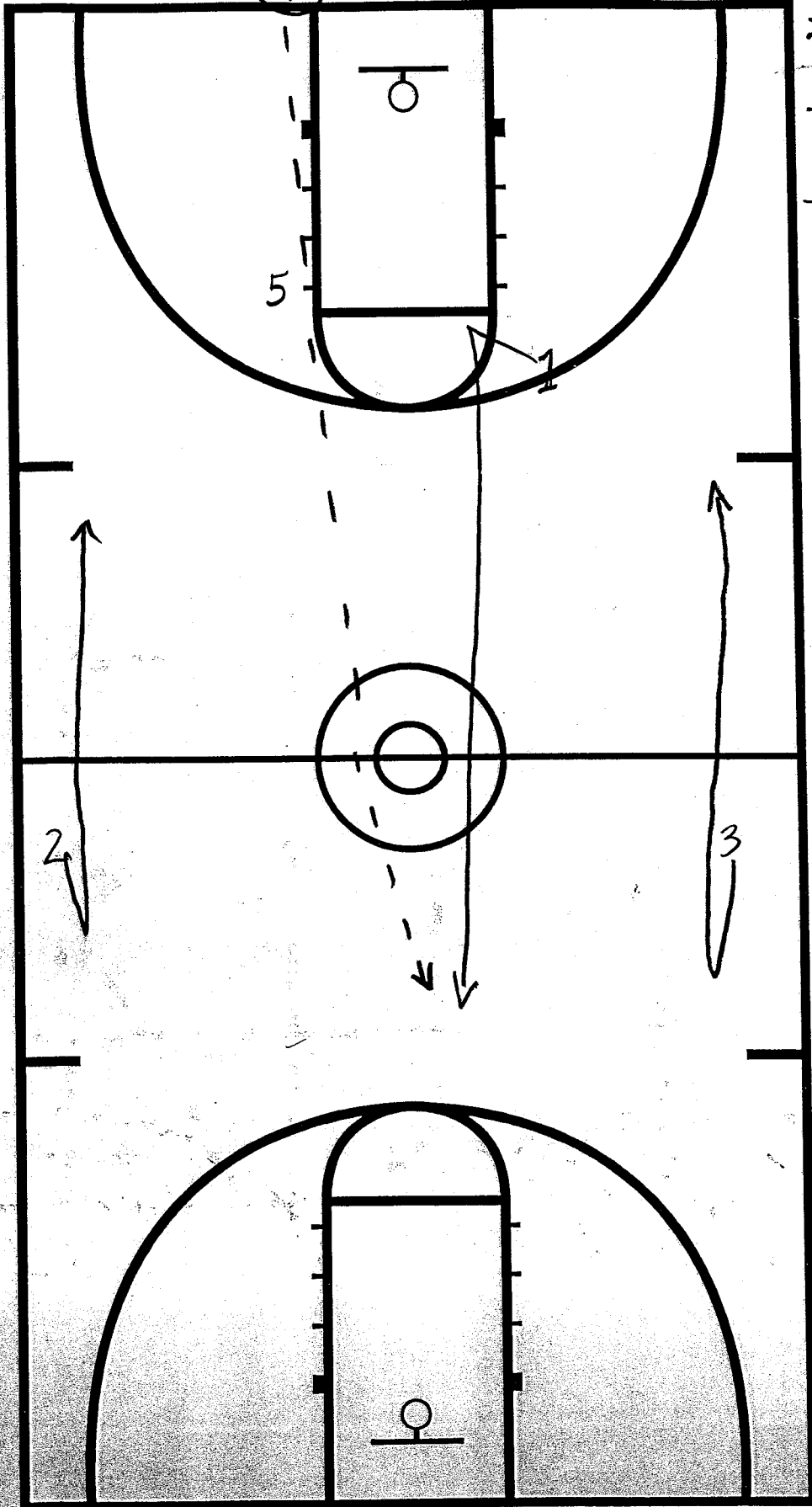


OPPONENT CALL

4

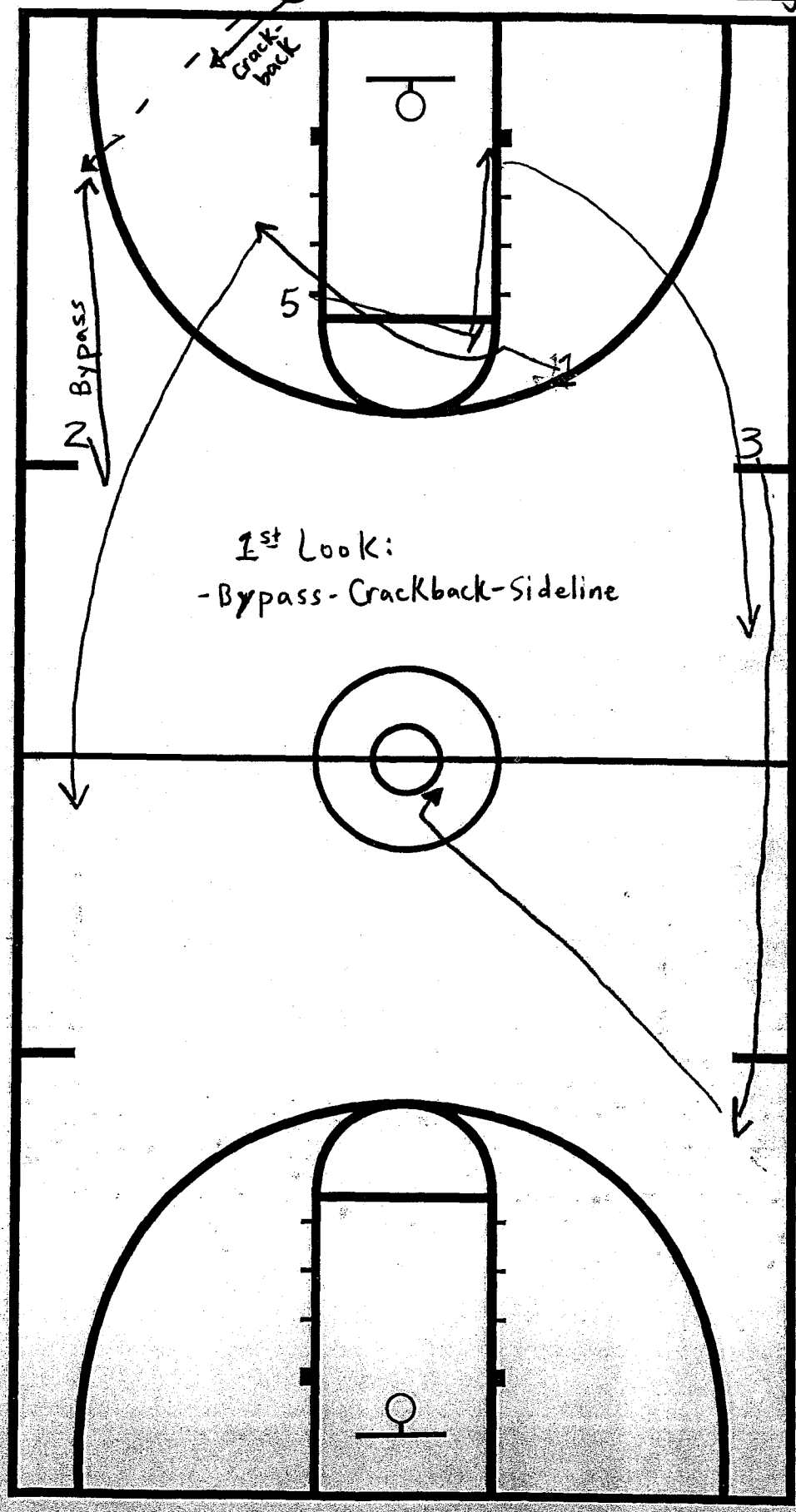
UTAH CALL

6<sup>th</sup> Option - Flyer or Homerun



- called "Flyer," "Homerun," or "Fire"
- You can "Fire" 1, 2, 3, or 5
- The key is to have the other men cutting hard to the ball.

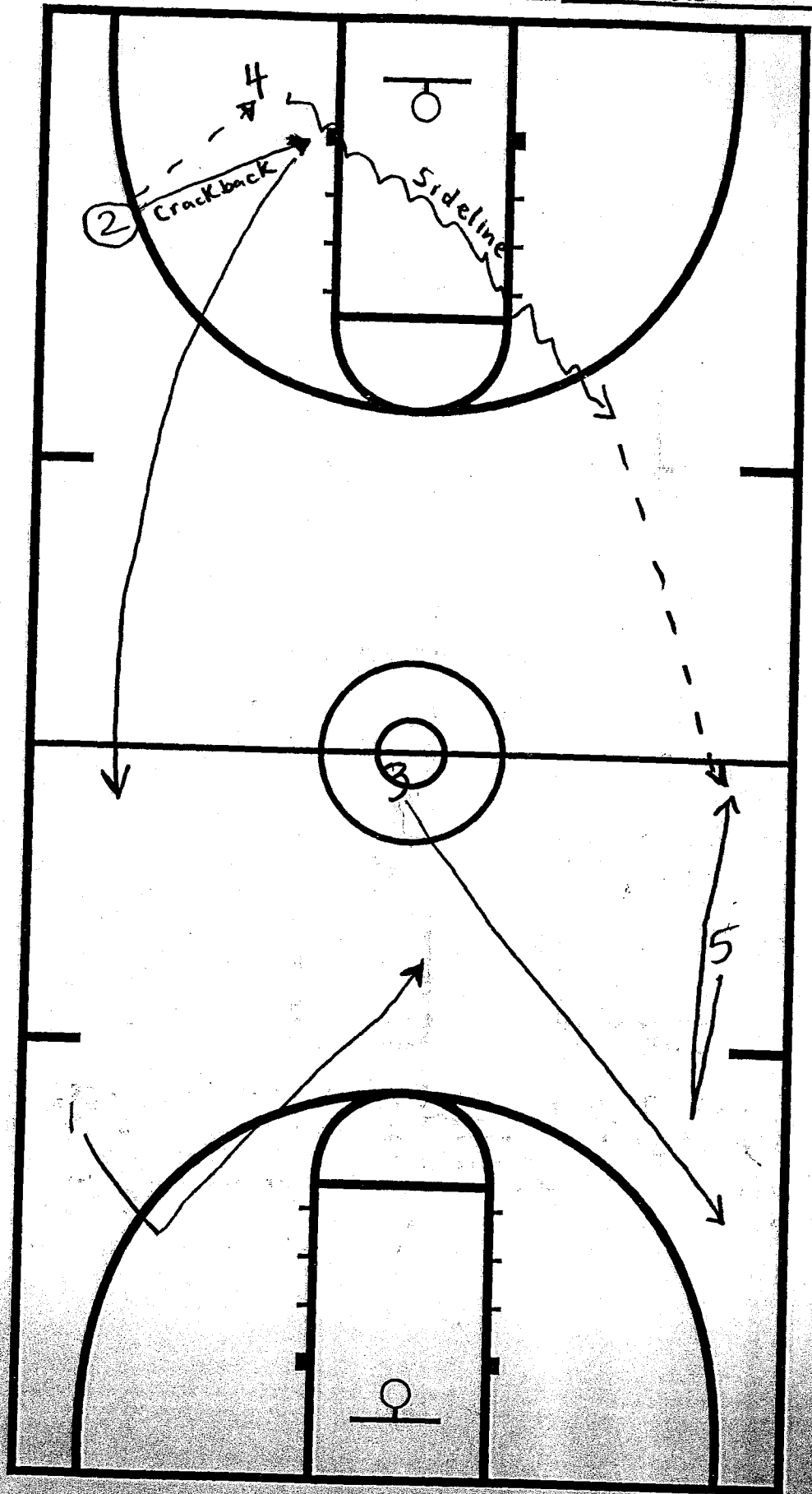
OPPONENT CALL 4 UTAH CALL "4 Across" - Alignment



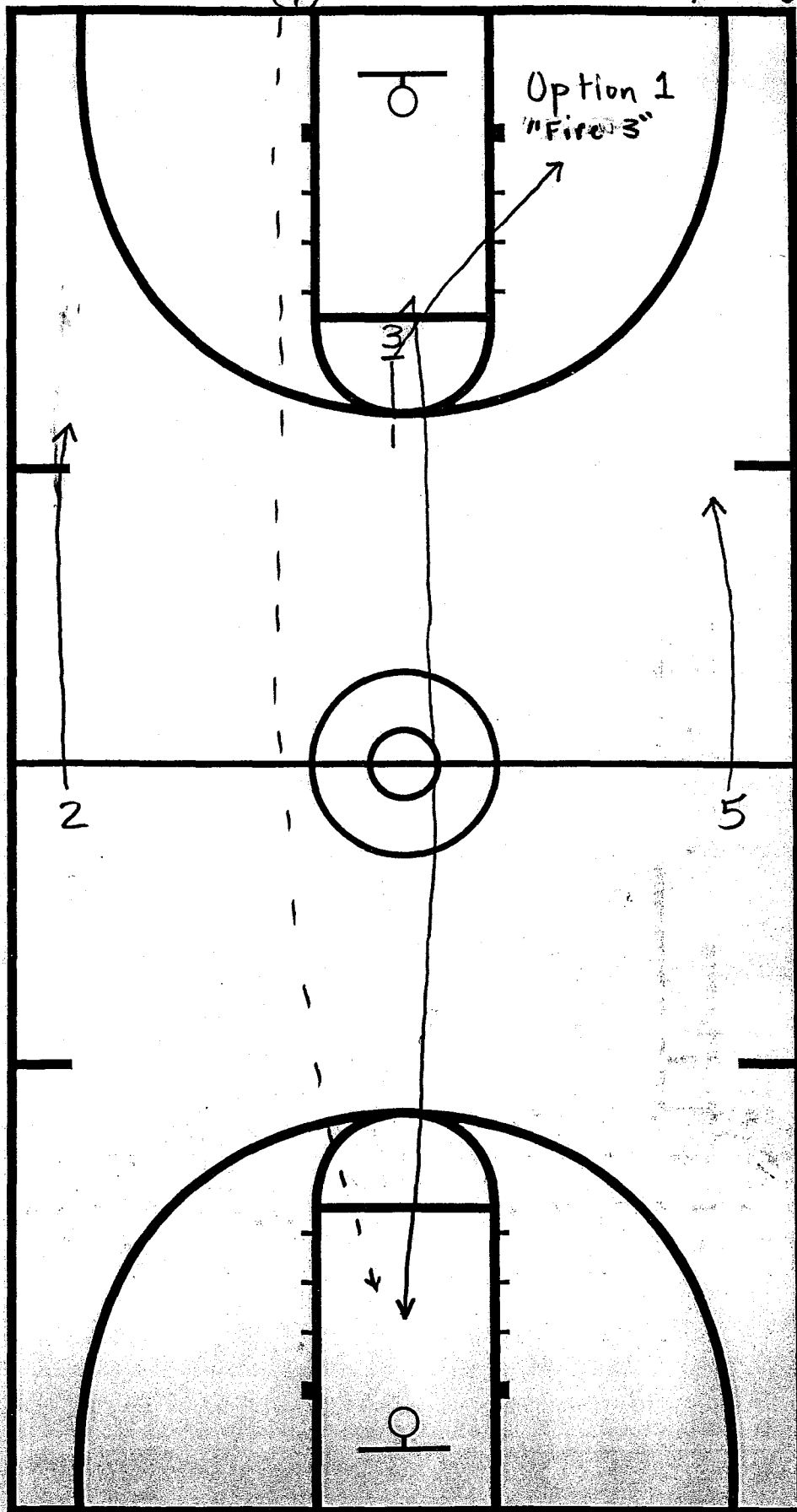
1<sup>st</sup> Look:  
 - Bypass - Crackback - Sideline

- vs. Live Ball
- The Press Offense Concept is the same but now you're thinking "Bypass"
- 4 wants to look to run the baseline to shorten the pass to 3.
- 2 & 3 want to be positioned just a little behind the 1 man.
- Looks:
  - 1) Bypass - Crackback - Sideline
  - 2) Bypass - Crackback - Middle
  - 3) Bypass - Crackback - Diagonal
- On the crackback be 1 1/2 men behind the ball because you can always backup further to create a passing angle
- vs. hard pressure when we have to get a shot.

OPPONENT CALL \_\_\_\_\_ UTAH CALL "4 Across"

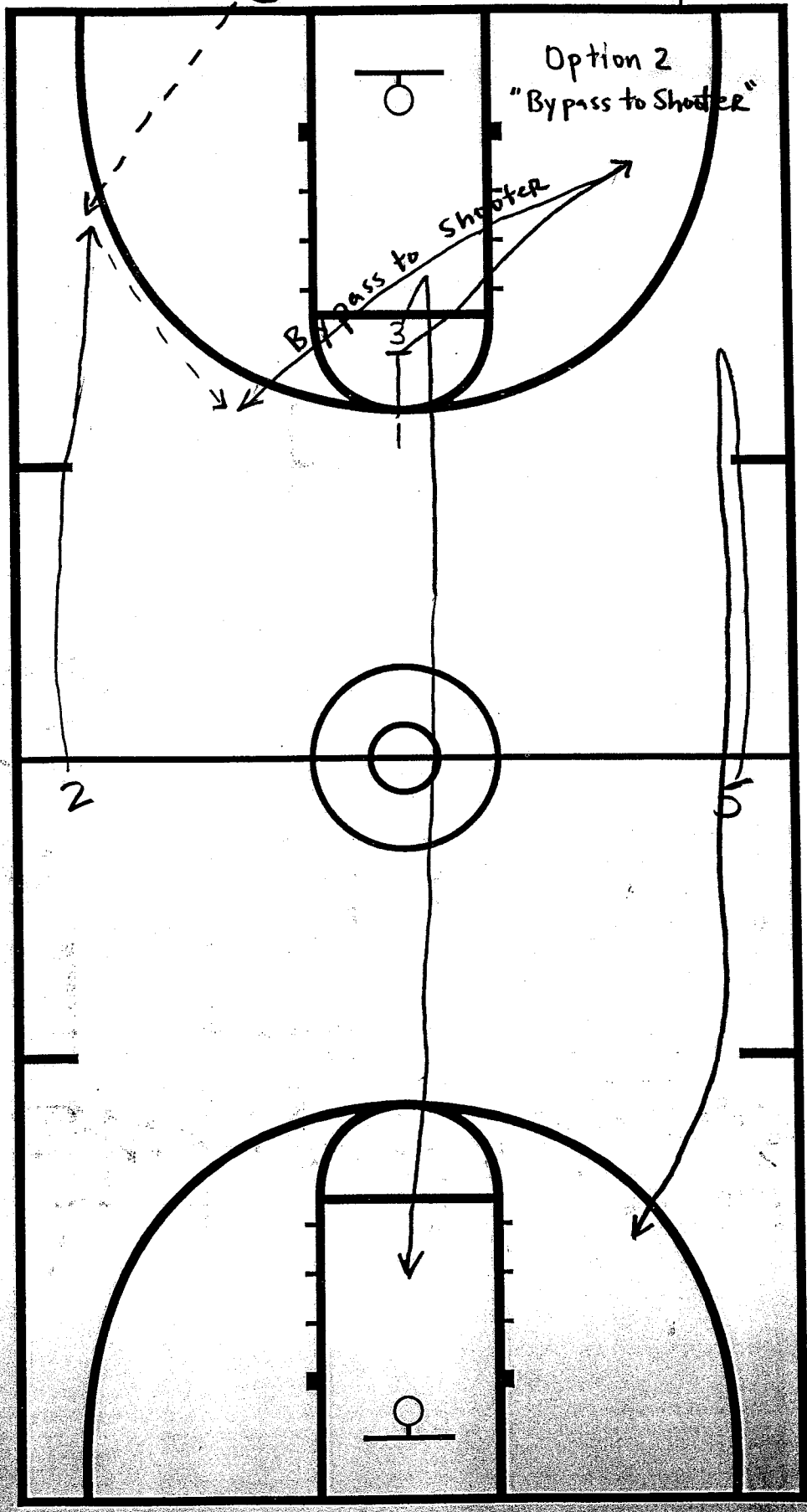


OPPONENT CALL \_\_\_\_\_ (4) \_\_\_\_\_ UTAH CALL "Kentucky" - Alignment



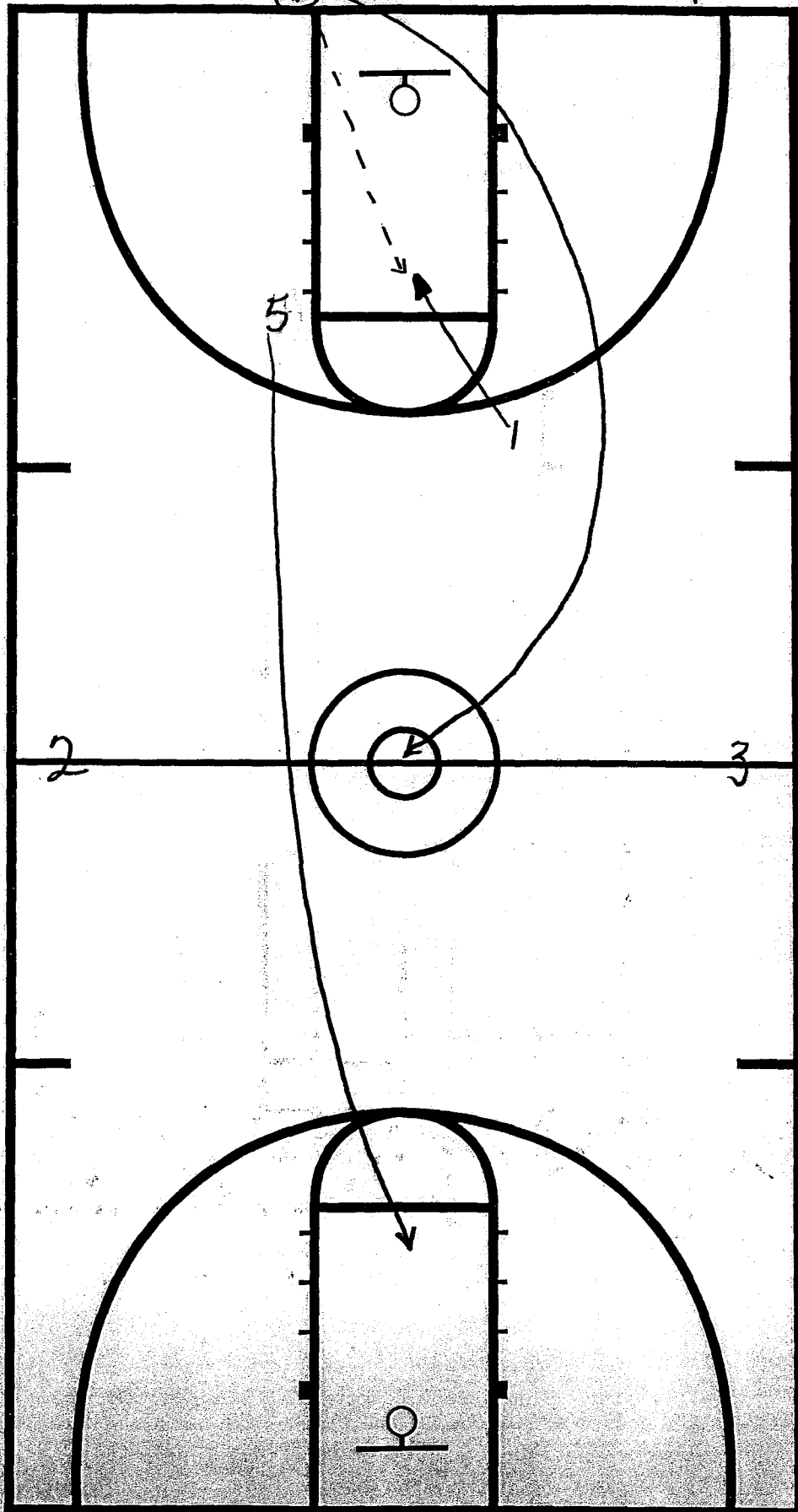
- you want your best athlete in the 3 position.
- 4 and 5 are interchangeable
- The 1st option is to throw deep to the 3 man.
- The 1 man can cut in either direction
- If the ball can't be entered to 1, then the 2nd Op is to "Bypass to Shooter," in this case the 1 man cutting to the middle.
- Coach wants this for the wings on this press break. He wants them to start deep, but when he yells "Kentucky," he wants them to sprint up the sidelines
- Sometimes when the 3 man is already down he should space outside of the 3 point line to to away the help

OPPONENT CALL ④ UTAH CALL "Kentucky"





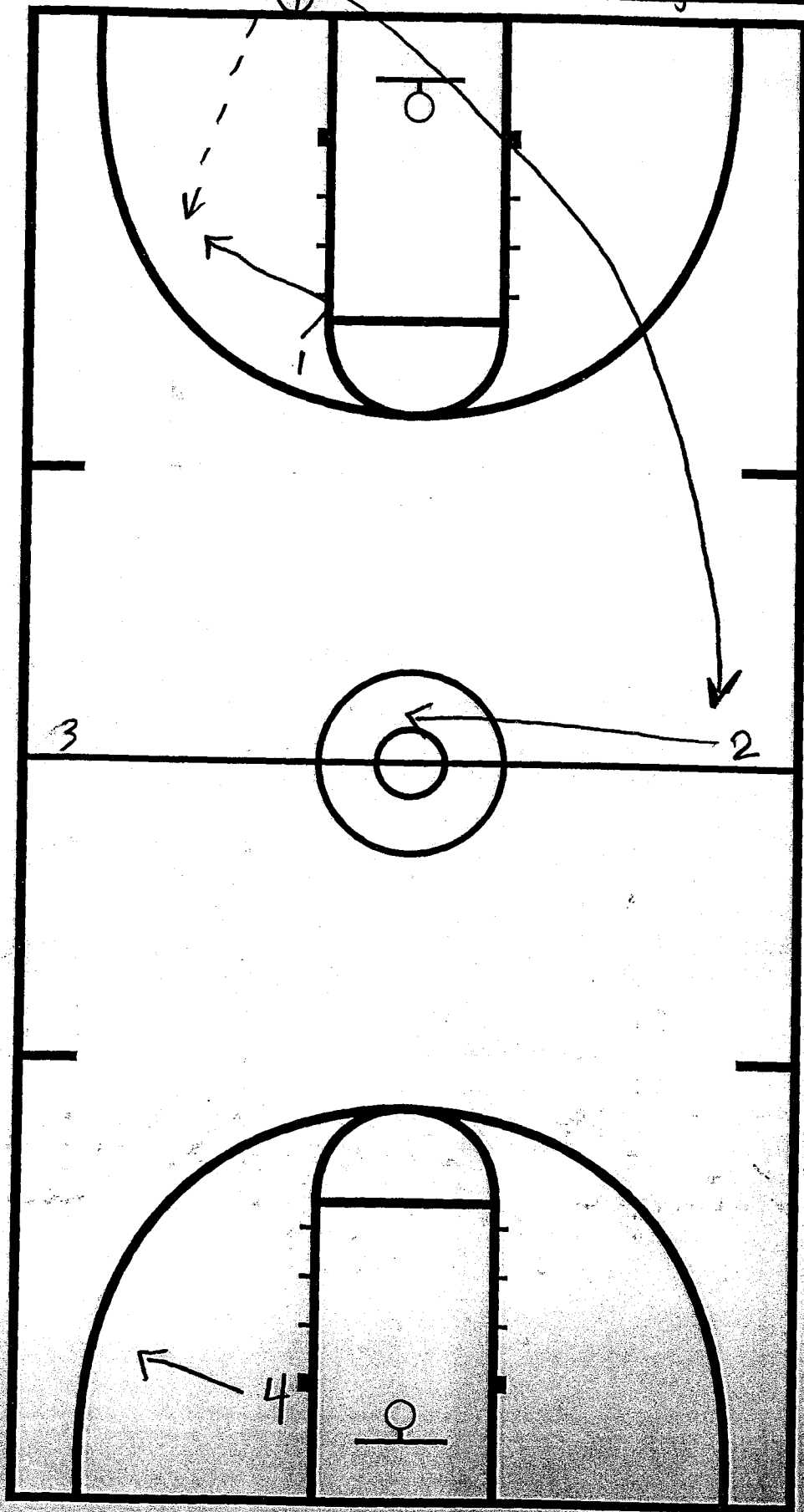
OPPONENT CALL 4 UTAH CALL "13" - Alignment (live ball)



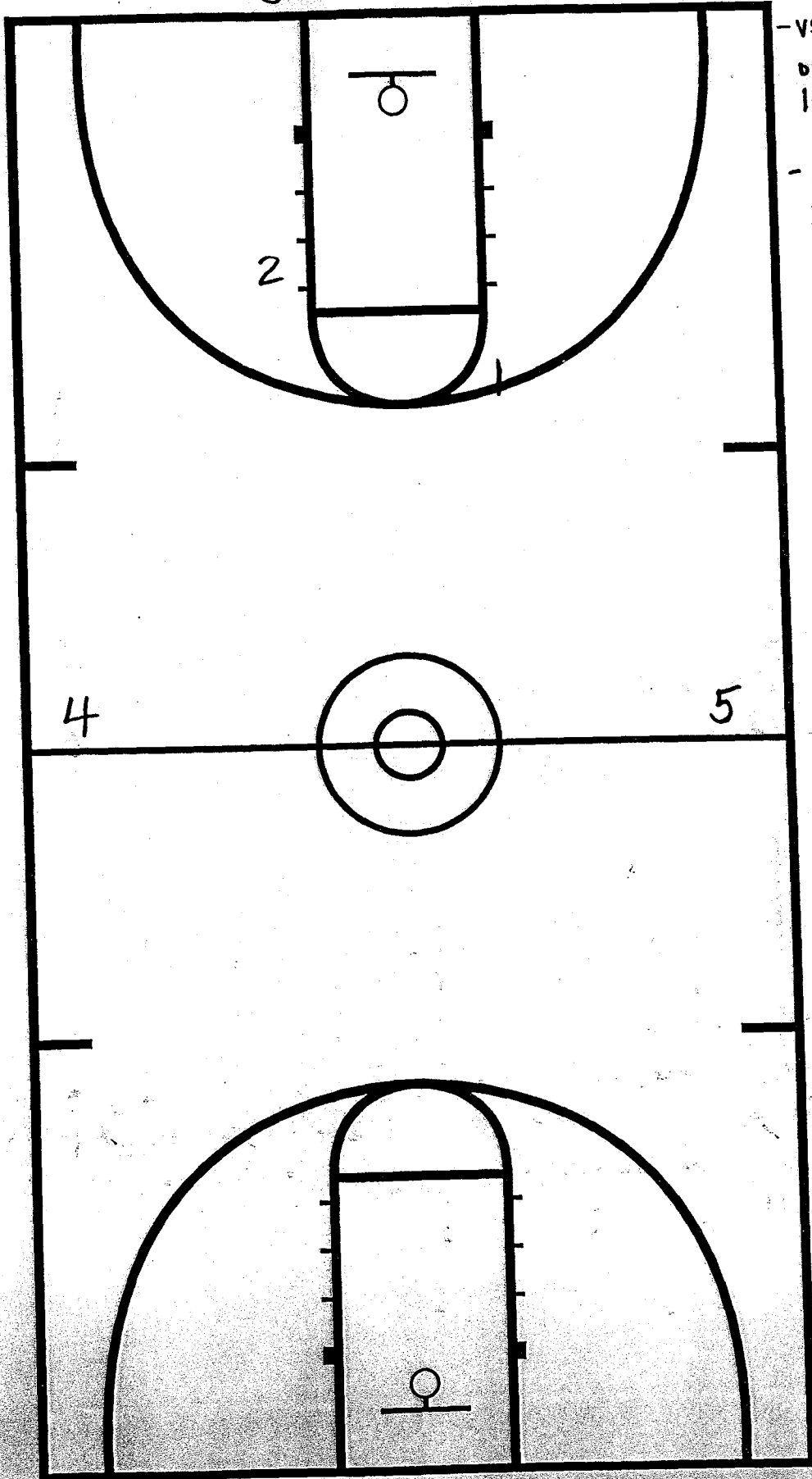
- vs. 2-2-1 & live ball
- "Pull" in press offense is when 2 or 3 pulls and 1 man cuts across the court to get ball.
- 5 is always on the line of the ball.
- The 4 always throw the ball & goes left to the middle of the court.
- Best big ball handler takes the ball out
- 2 & 3 out wide

OPPONENT CALL (4) UTAH CALL "13"-Alignment (Dead ball)

vs. 2-2-1



OPPONENT CALL 3 UTAH CALL Weber (Full Court Press Alignment)

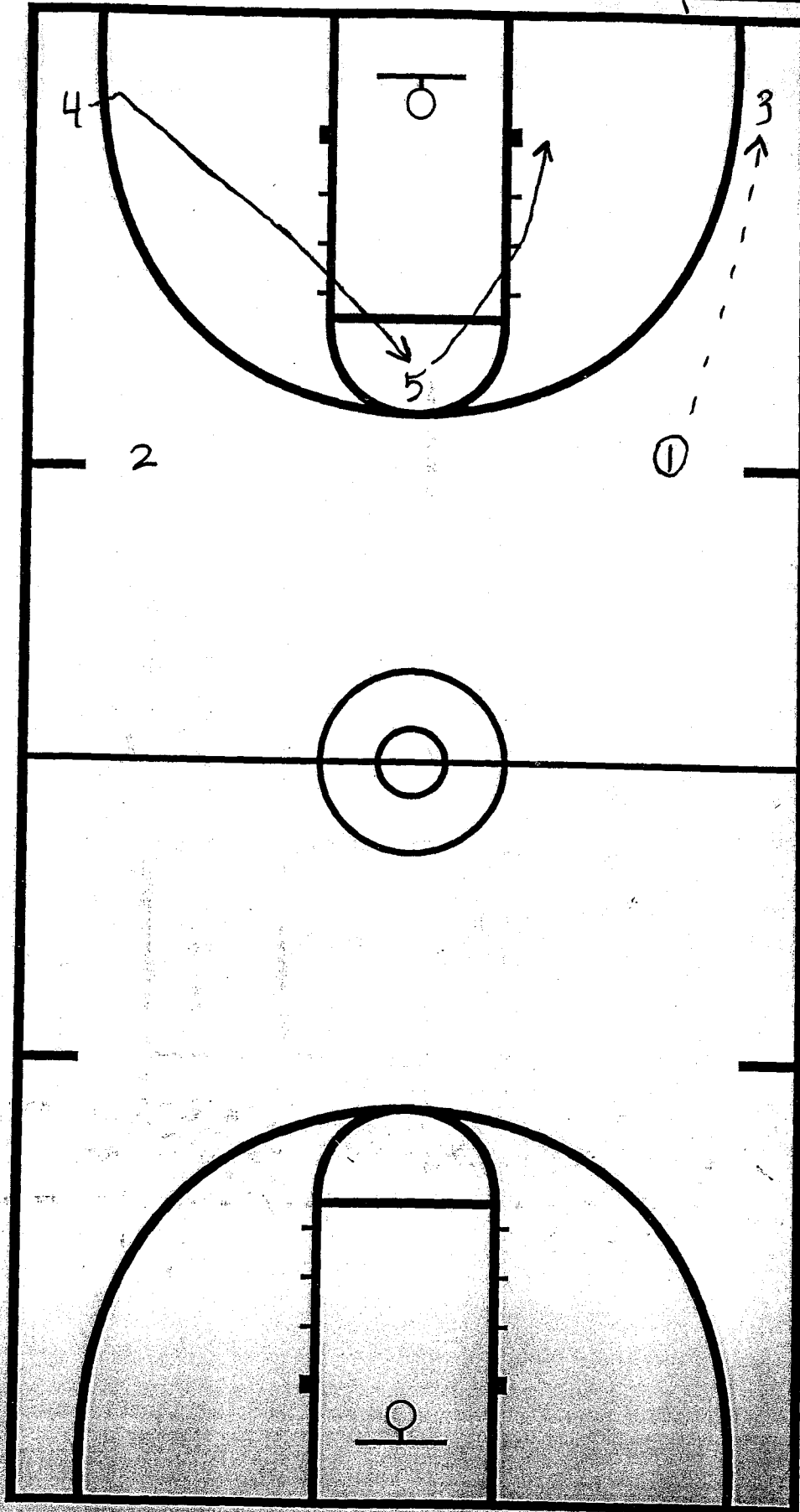


-vs. 3/4, 1/2 court  
OR extended  
1-3-1 Zone Press

- Always have  
3 outlets:

- 1) 2 man scree  
for 1 man &  
works middl  
area
- 2) 4 & 5 men  
work with b.  
on a string.
- 3) 5 man must  
always be  
opposite of  
ball.

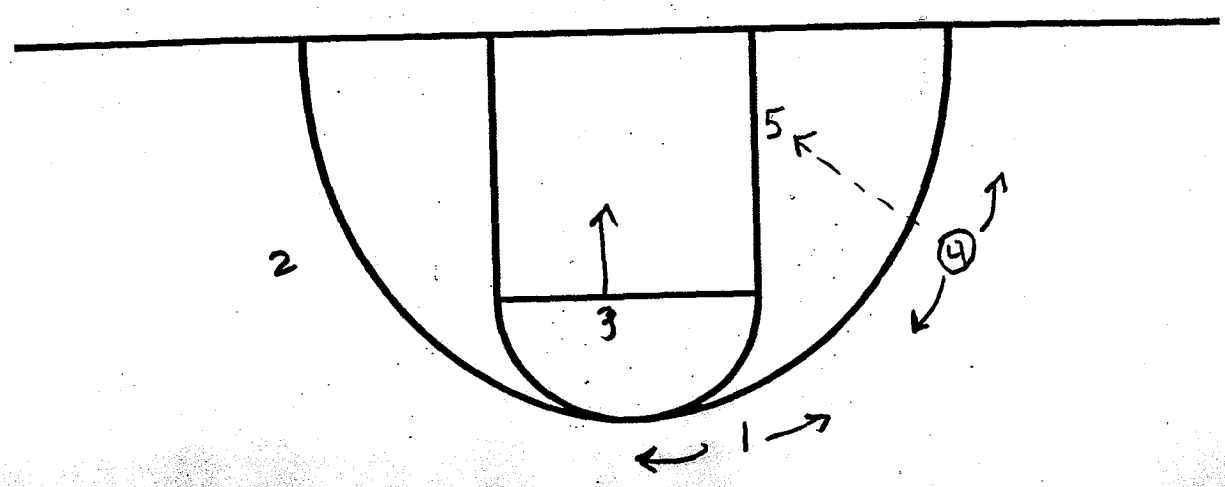
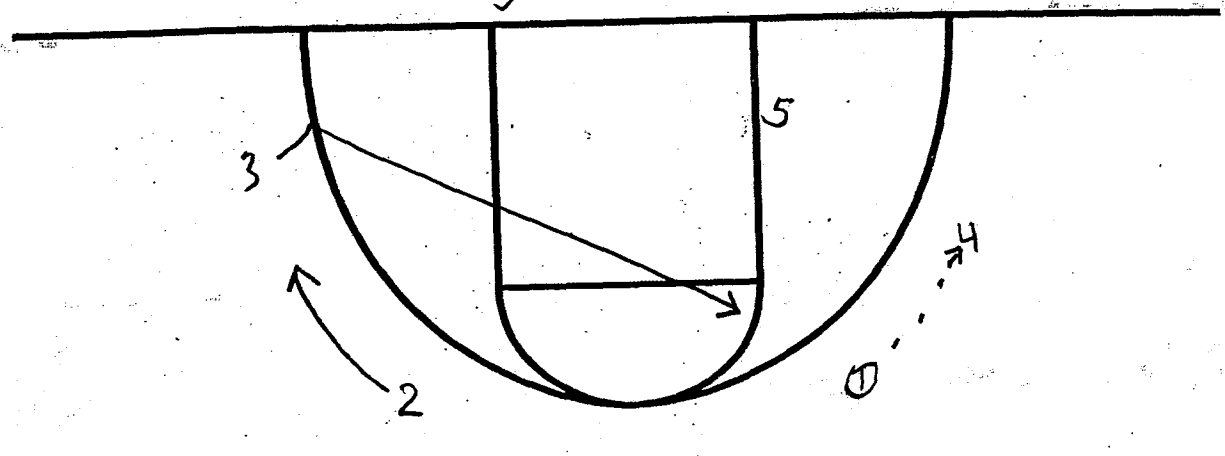
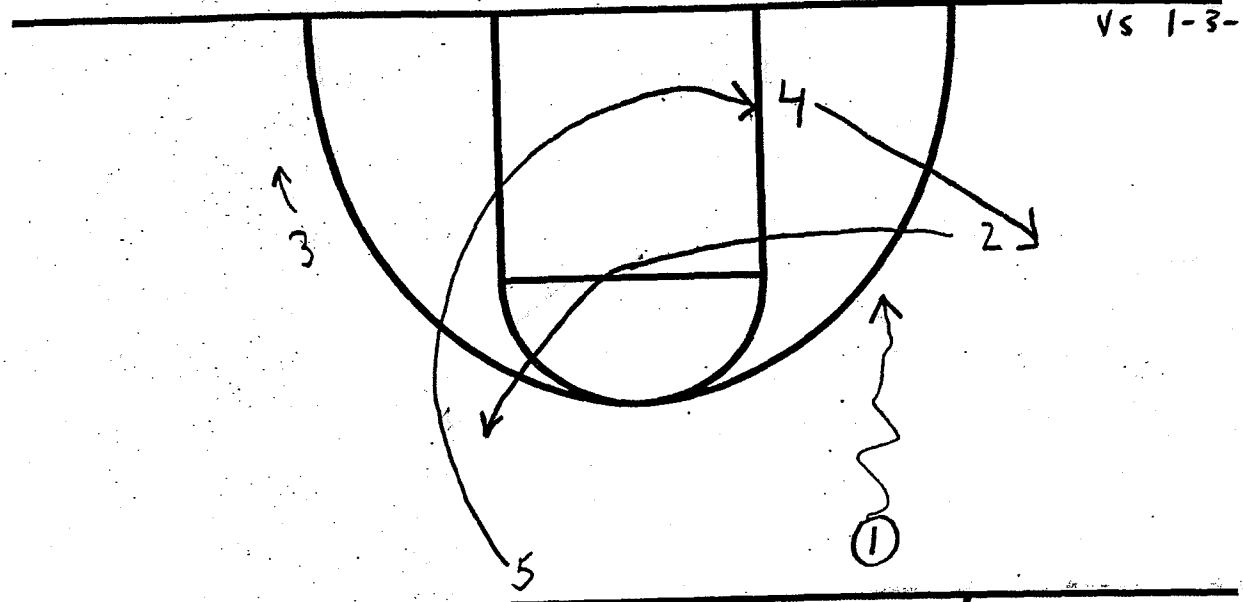
OPPONENT CALL \_\_\_\_\_ UTAH CALL Weber (Half Court Press Alignment)



- vs 1-3-1
- 5 man always sta between ball and basket.
  - 3 & 4 men either Flash or empty out.
  - 5 dives to the block and the 3 and 4 men flash the high post or empty out to the corner.
  - 1 and 2 men must get to the elbows extend get below FT line, and pinch or space.
  - The idea is to leave a spot, & a spot.

OPPONENT CALL \_\_\_\_\_ UTAH CALL Weber (Half Court Press)

vs 1-3-1 1/2 court



# **ZONE OFFENSES**

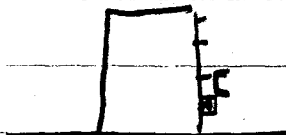
# Introduction of Zone Offense: Bigs

- #1 Focus for Bigs = Rebounding & Rebounding Routes

## Bigs

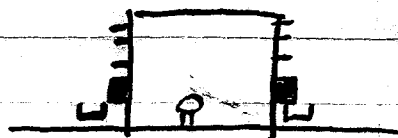
1. Post up Strong

- Get A Catch on The Block



Initial head alignment for bigs against zone

1. behind zone w/ head on the rim.



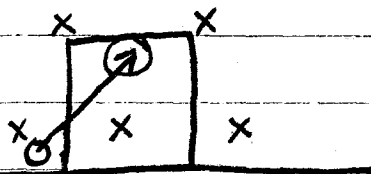
WHY? To stretch the zone & back them up

2. Flash - from behind the zone - more imp. than posting strong

- Flash w/ the idea you're getting a catch

1. Flash-catch-shoot

2. Flash-catch-pass opposite

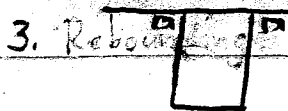


- A wing could also flash (preferably big guard) = "Jordan Cut"



← Get Spacing Done Quickly

3. Initial Alignment - Face the ball w/ high Alert hands

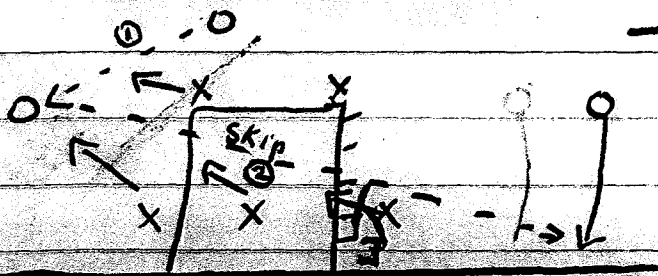


- Always move from behind the zone

- Forces the defense to backup & find you

- Stretches zone

4. Screen backside of zone



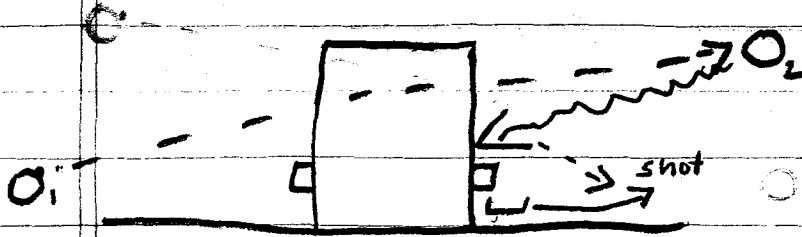
- Coach loves screening the backside & skipping

- Always play on diagonals

initial alignment w/ head on the rim

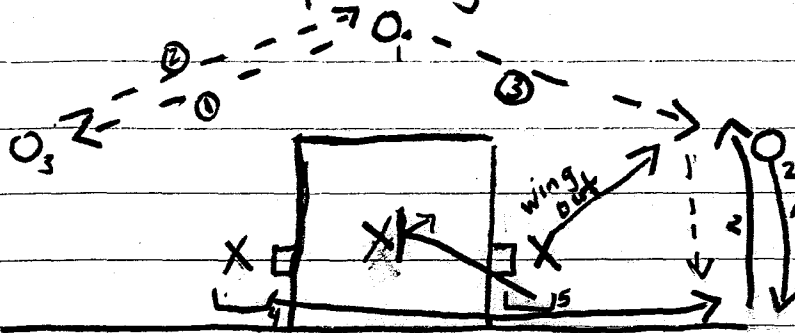
### 5. Pull Short Corner - Draw-N-Kick Action

- like man-to-man - Pull - giving vision to the ball
- Present hands to the passer



### 6 Interior - Toughest thing to defend

①A

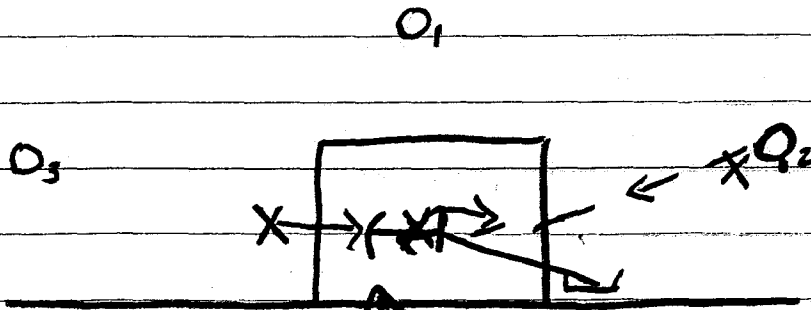


- Pass to Corner  
Looks:
- 1) Shot
  - 2) Pass to Pos
  - 3) Skip

⇒ Interior I

Our SMALLS WANT TO ALWAYS PLAY ON DIAGONALS

①B



Get a seal for an interior

Technique  
After screening in, reverse pivot into the guy for post feed

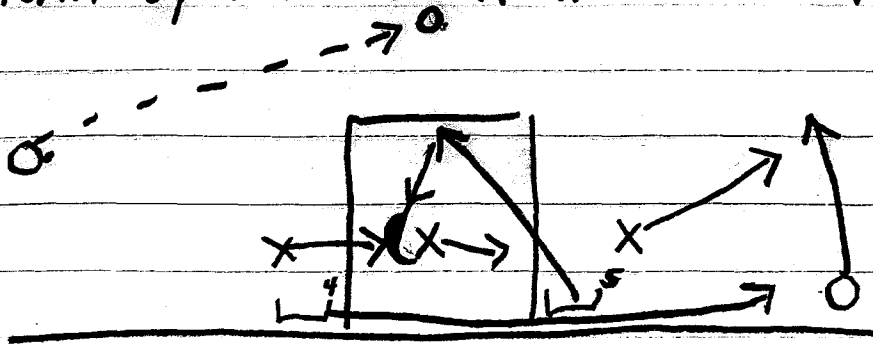


11/3/98

Interior by virtue of a flash

(Interior 2)

②A



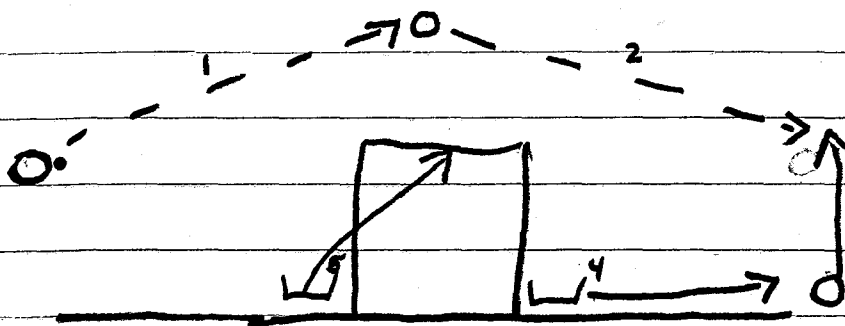
L<sup>5</sup> will call "ball" & yell flash

L<sup>4</sup> pulls short corner & creates a passing L

- Called interior 1 & 2 in my notes to distinguish the difference, but both of these are "reads"

- Personell determines who we want to pull short corner, flash, or run interiors for.

For Ex.



In this situation, we would pull L<sup>4</sup> & flash L<sup>5</sup>  
Why - because L<sup>4</sup> is a better shooter.

11/3/98

Zone "0" is like Motion "0" in what regards?

1. Spacing (absolutely)
2. Play to 2<sup>nd</sup> & 3<sup>rd</sup> sides

↳ were not going to get an interior on the 1<sup>st</sup> side.  
We never want to pass up good shots early, but we don't want to take a bad shot or a quick shot when we can wait and get a great shot on the 2<sup>nd</sup> or 3<sup>rd</sup> side.

Review for Bigs (in order of importance)

1. Rebounding
2. Flash - stay behind zone
3. Back Pick - Coach "loves" this
4. Post
5. Pull Short Corner
6. Interior - hardest thing for zone to defend

We are very rarely beaten!

We usually beat ourselves.

Beat ourselves

1 Vegas

2 Wyoming

Legitimately Beat Us.

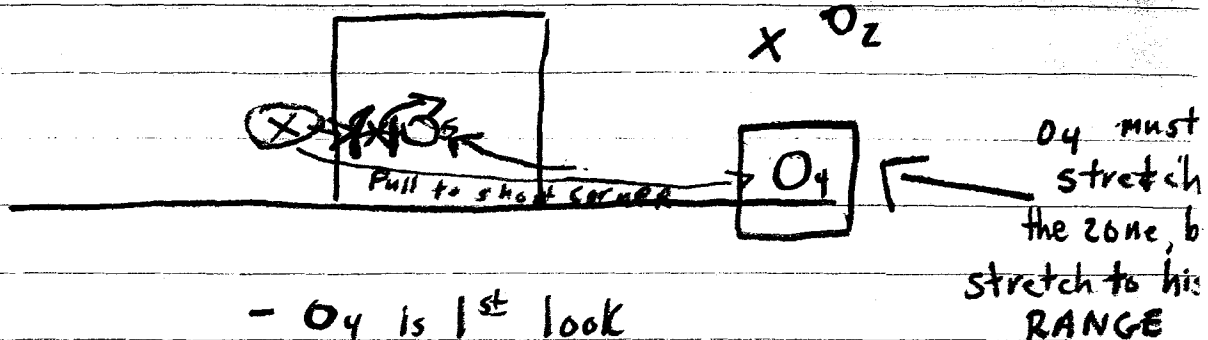
1 New Mexico

2 Kentucky

The Refs never beat us!

11/3/98

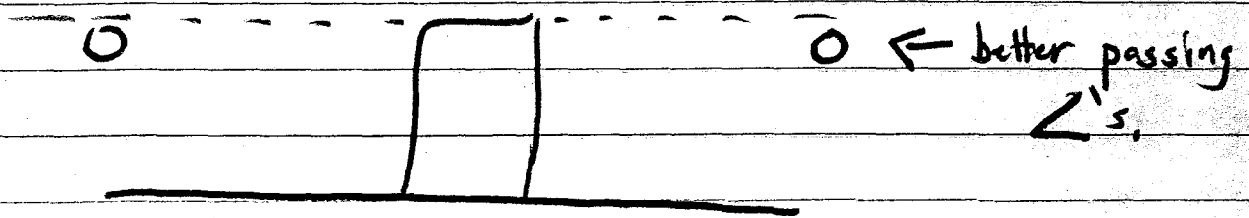
On an interior  $O_2$  has 2 reads.



- $O_4$  is 1<sup>st</sup> look
- $O_5$  is 2<sup>nd</sup> look

But as the middle man starts "hauling ass" over the screen,  $O_5$  will be open more and more as he seals the opposite wing defender.

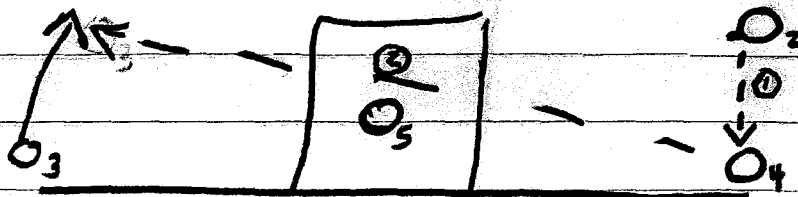
"Sweet Spot" or "Attack Angle" for wings is below FT Line



All 29 NBA Teams tell their wings this, even the "horse shit" Dallas Clippers do it.

11/3/98

6



O<sub>4</sub> has 3 Looks or Reads when he has the ball

- ① shot
- ② feed O<sub>5</sub>
- ③ Skip Pass

- When we "Dummy" Zone 0 in practice and run "Zone 0 to interior" we run interior on the 3<sup>rd</sup> side (Big Key)

- After Coach explained the "Big's" role and what they could do with an interior he had them run through every read out of an interior:

1. Jump shot for man "pulling" to corner
2. Post feed from wing to interior screener
3. Post feed from man pulling short corner
4. Diagonal pass from man pulling short corner to opposite wing

# Perimeters - Zone Introduction

You beat yourself against a zone by:

1. lack of patience
2. Not going inside
3. Not rebounding
4. Not driving
5. Not getting ball to sweet spot
6. Not spacing

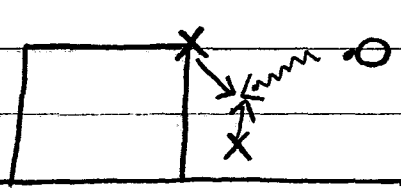
- Why does coach really like zones? Because we can same easy shots with less effort. We will pick them apart just as we would in our motion "0".

## Smalls - Perimeter

#1 thing for smalls is SPACING - you want to be too wide and if we're spaced it set's up the most important thing we can do against a zone ... and that is what? Drive, Penetration or GAP Drubb <sup>#2</sup>

#2 Gap Dribble #3 Irregular Spacing (next page)

Most imp. tool we have against zone besides the gaps dribble is a Pass Fake



your looks are & your thinking #1 shot

#2 drive - take the ball at

- Ball Reversal
- Ball Movement
- Player Movement

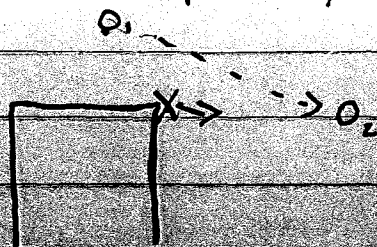
the defense -

making 2 men guard you -

A. Pinch in or Space Away

creating a 4 or

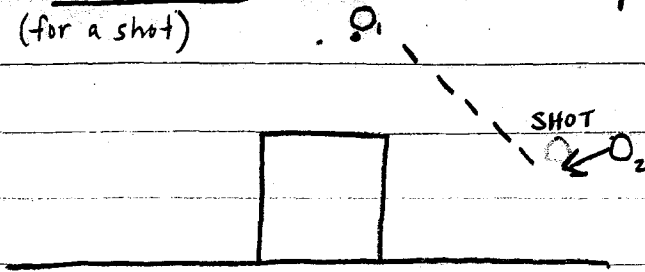
then pass - change it



When O1 passes to O2 the defense will move... offensively

### ③ Pinch In or Space Away (Irregular Spacing)

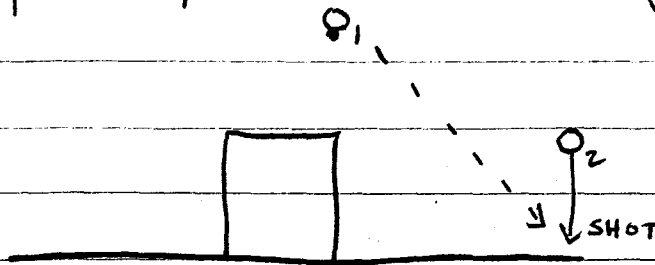
A. Pinch In - (this will not always be there against the good zones)  
(for a shot)



- Leave A space  
Fill a space

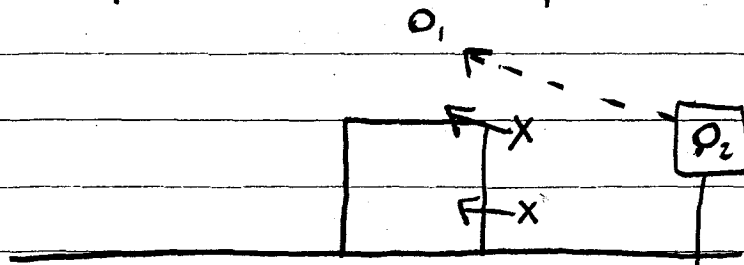
but what will always be there...

B. Space away - or what we call "irregular spacing"



What sets up  $O_1$  pass to  $O_2$ ? ... & it's the greatest tool a perimeter guy has besides the gap dribble... **The Pass Fake**

- If you change the ball (pass the ball) & stand you're going to run 5 sprints - 2nd time 10 sprints

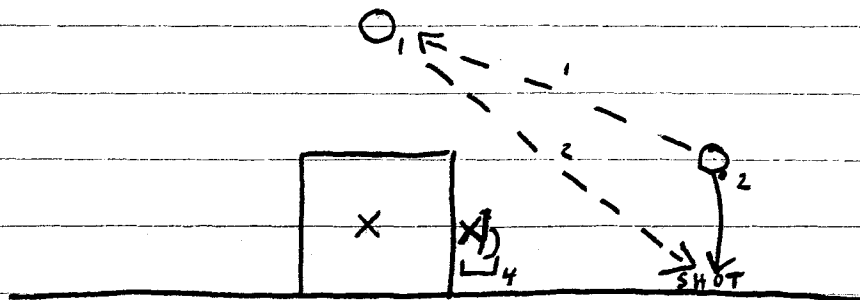


If  $O_2$  is really smart when he passes away, he will pinch in or space away

↳ This man must find the area or hole against the zone where he can pinch or space to to create a shot or drive to get distance from the defense & force them to

- Now if we've gone 3<sup>rd</sup> side and O<sub>2</sub> passes to O<sub>1</sub> and O<sub>2</sub> irregular spaces and O<sub>1</sub> pass fakes what can "seal the doom of the zone or kick ass major league"?

A BACK PICK

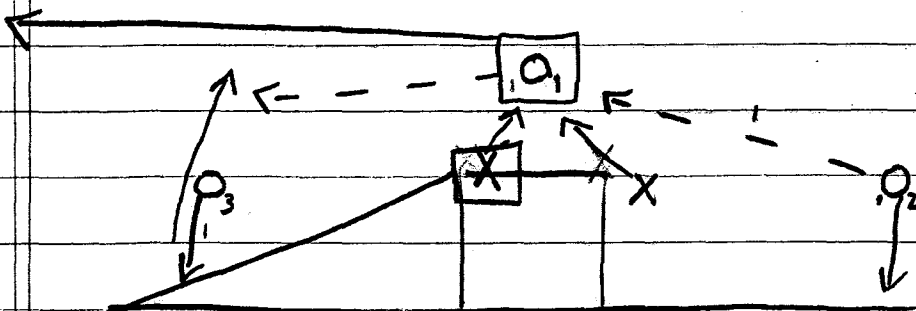


The whole thing here is the Inside guys and the perimeter guys combing their game together.

We want:

1. Irregular Spacing
2. Ball Movement & Ball Reversal

This must be a quick ball reversal



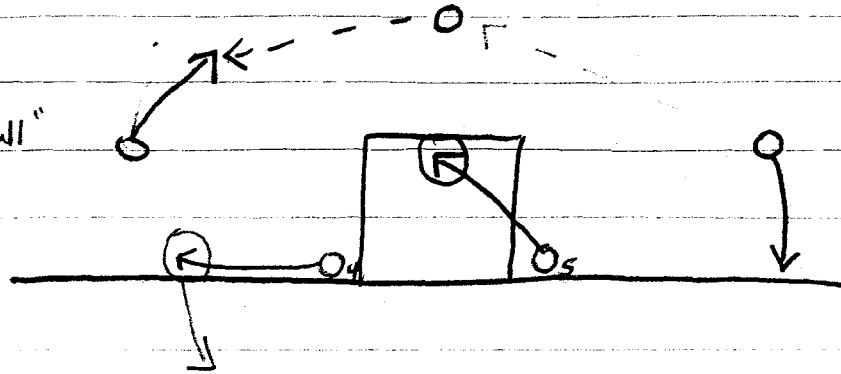
- All 3 spots on the perimeter are obviously all interchangeable just as are the two bottom spots.

- If the weak side high jumper at you at all, you never gap dribble or pass fake, if you can help it, no shot fake - just change the ball to create a WING UP which is a space up or pinch in for a shot.

If the Bigs saw a wing out,

they could:

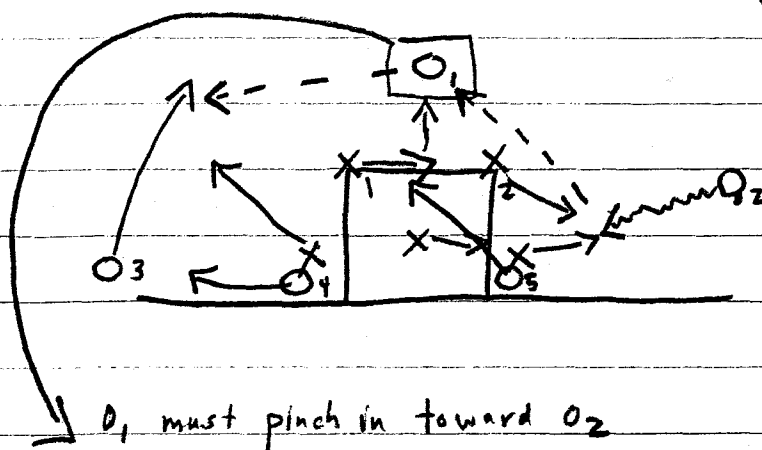
- O<sub>5</sub> could "flash"
- O<sub>4</sub> could get a "pull"



These two guys must do their homework early, get ahead of the pass, so they will be shot ready. Everything for them has to be bent knees - sitting into their game

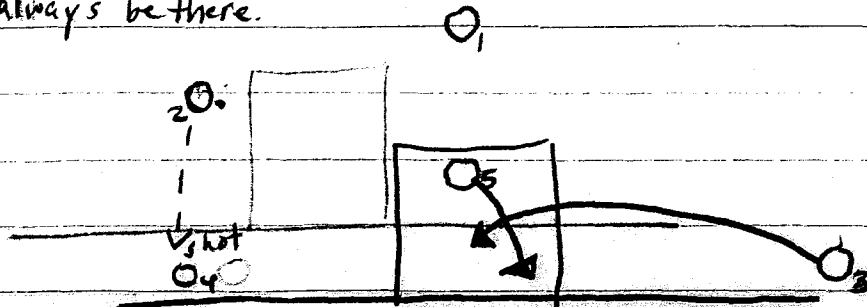
How can we create the best WING OUT?

(A)



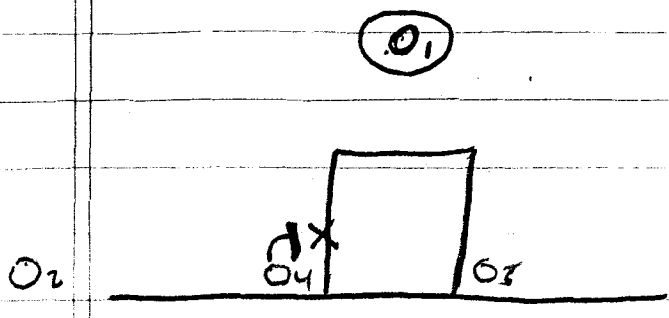
A Gap Dribble by O<sub>2</sub>  
 Because on the pass pass from O<sub>2</sub> to O<sub>1</sub>, X<sub>1</sub> has to play O<sub>1</sub> - so O<sub>1</sub> has an easy pass to O<sub>3</sub> for a wing out,

Will this work 1<sup>st</sup> side? No - but 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> side it will always be there.



A smart thing for O<sub>5</sub> to do is rebound the weak side, O<sub>3</sub> must see this & rebound the middle





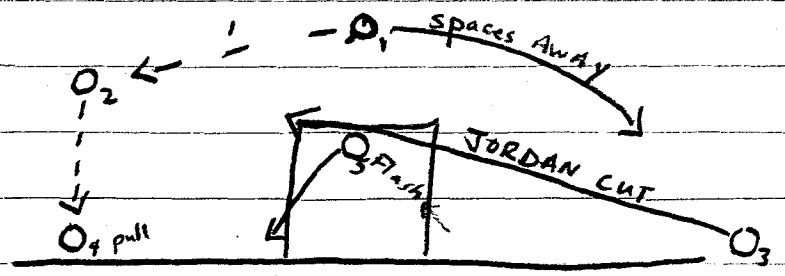
The man at top plays a difficult game... He must play a

- O3 1. pass game
- 2. pinch game
- 3. readjust game
- 4. dribble gap game etc.

Who helps the O1, the top man offensively, play this game?

- O2 - because he's playing on a diagonal - We always play the smalls on the wing on a diagonal
- O4 - could back pick to help

The next progression that will always get us shots is what?



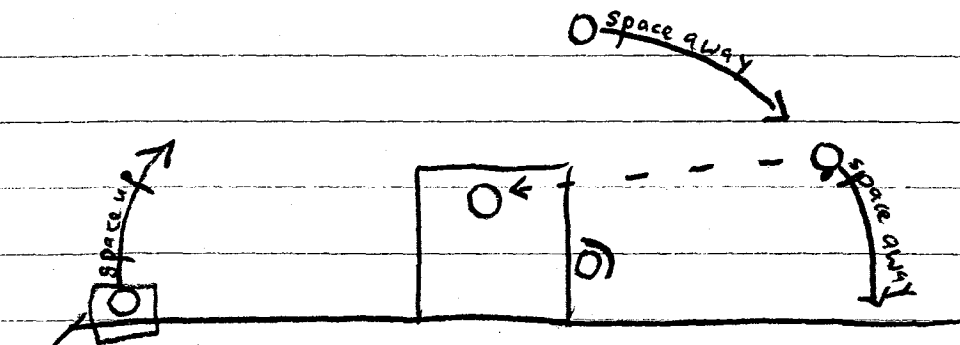
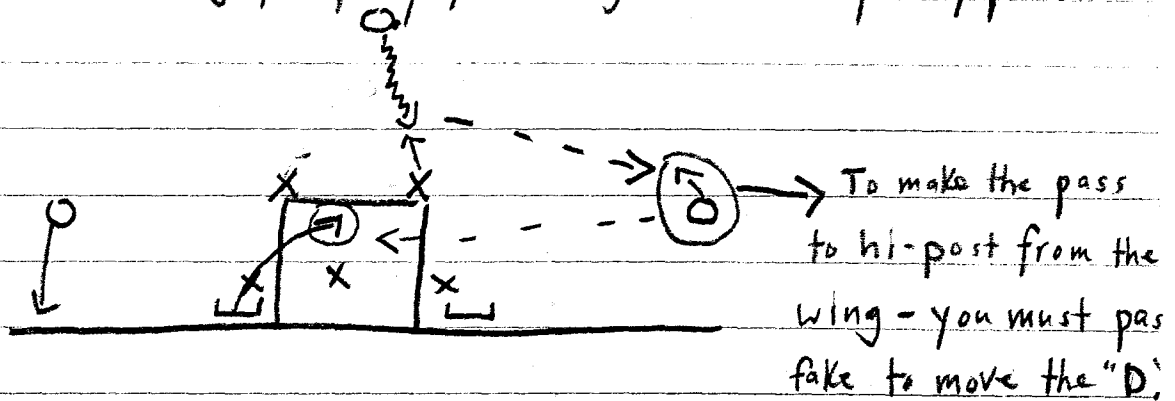
When you flash high (O5) and there's an open post, you must dive - Because the next action (Jordan cut) will always get us great shots. When O3 Jordan cuts, O1 must space away or irregular space because we never want to have anybody behind somebody in the high post

"LEAVE A SPOT, FILL A SPOT"

- How many spots do we leave & fill - "anybody know?  
it's pizzas for everybody!"

"All 5 Guys LEAVE  
& Fill Spots"

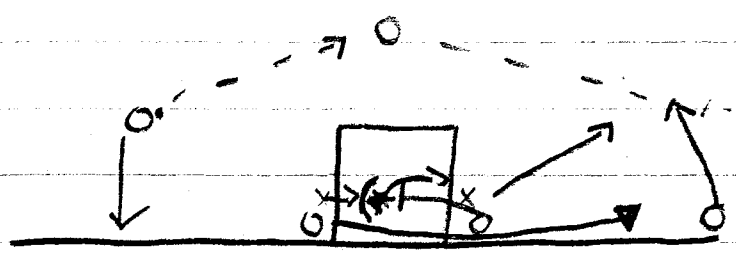
- So that we don't get a turnover initially, what do we always want to do? Attack the Top of the Zone - make one of the guys play you to get an early easy pass



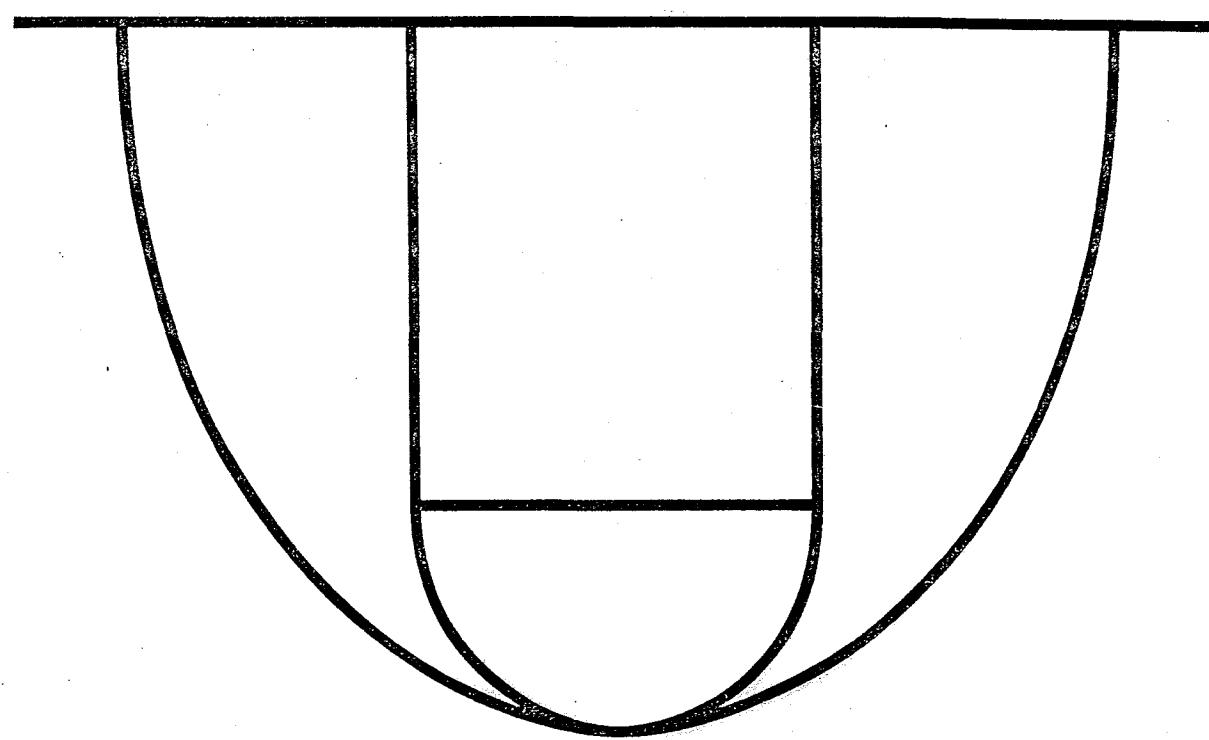
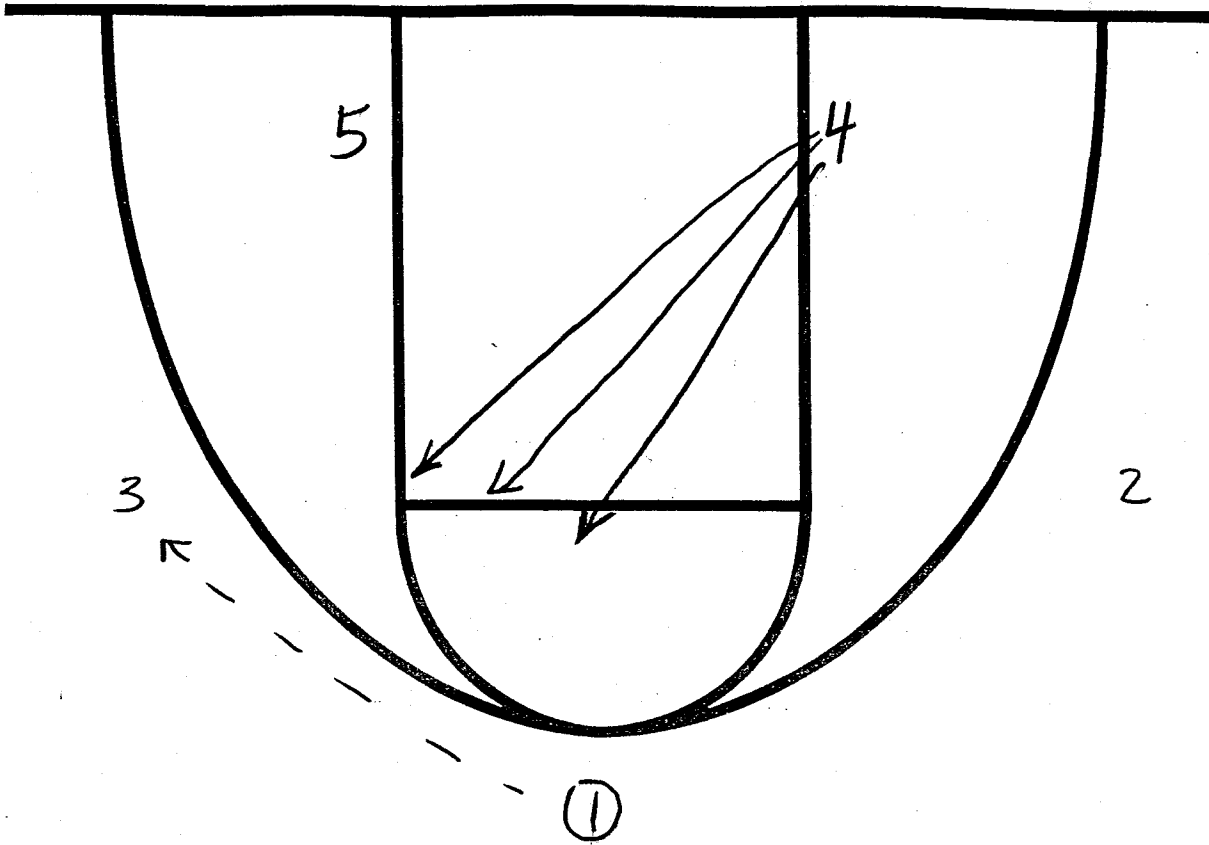
He could also hold or if he was up, he could space down

- You can never over-emphasize the importance of the gap dribble and penetration.

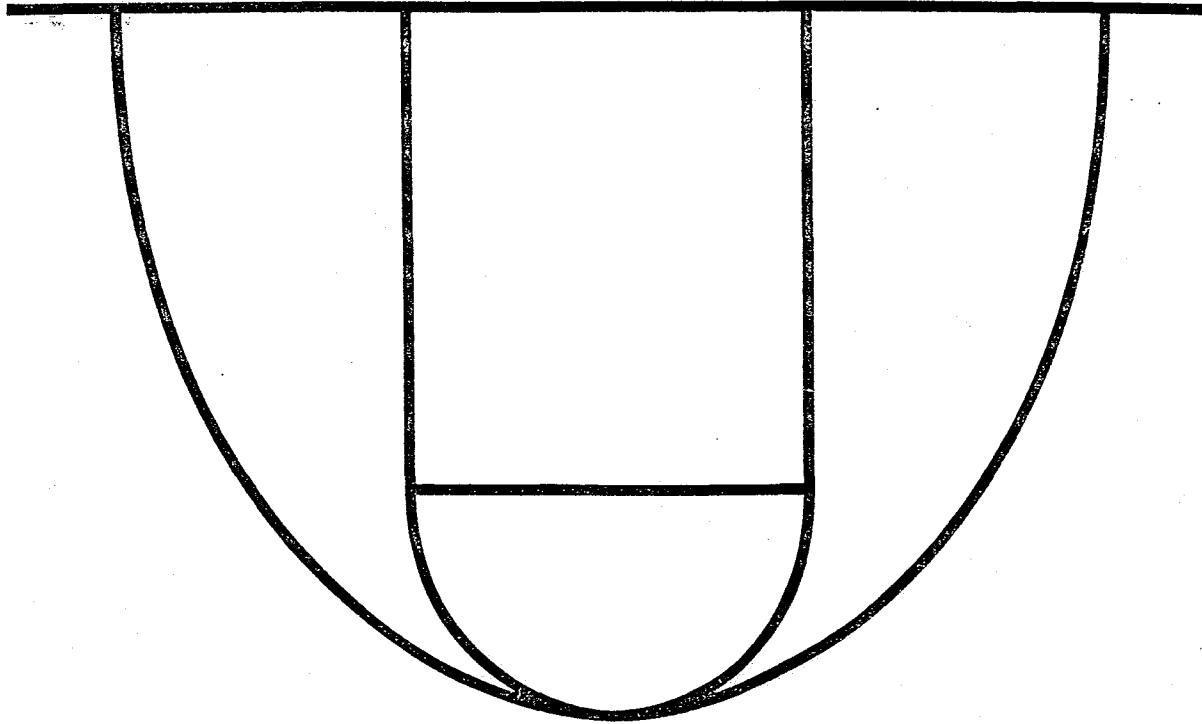
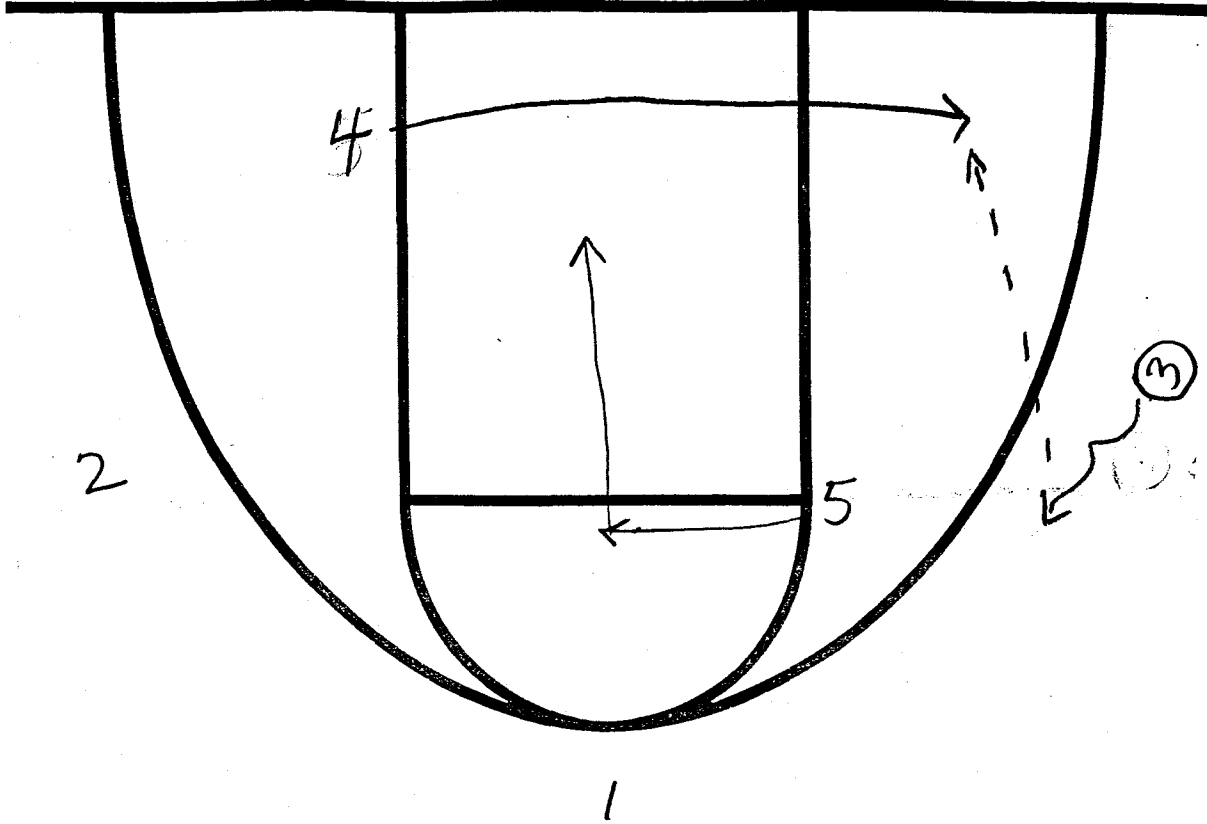
Interior - get it on 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> sides



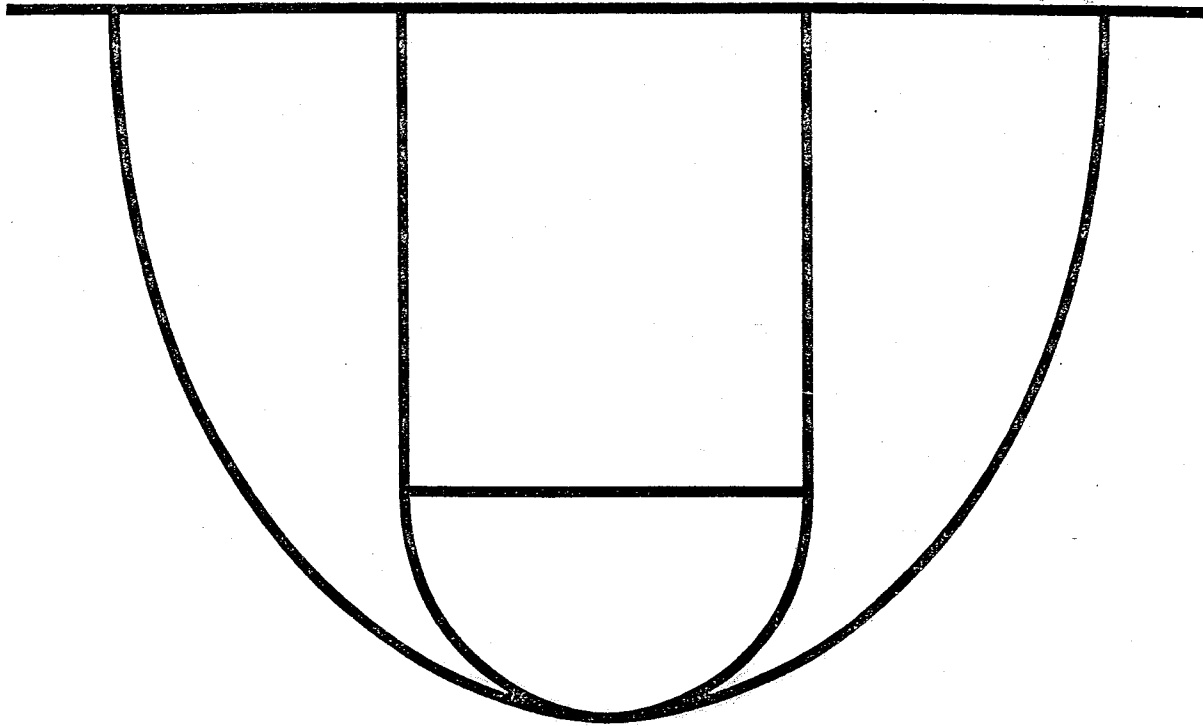
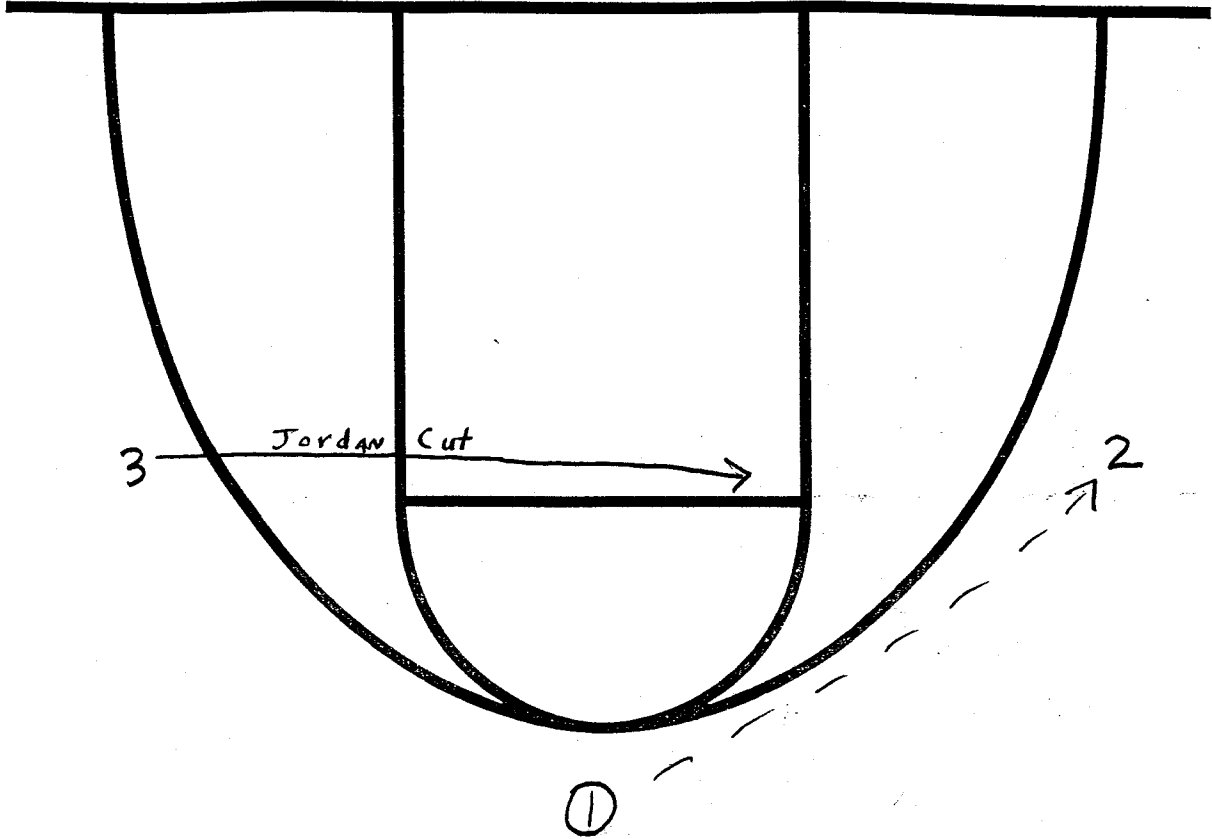
OPPONENT CALL \_\_\_\_\_ UTAH CALL FLASH CUT D.C.



OPPONENT CALL \_\_\_\_\_ UTAH CALL Pull (for Post vs Zone)



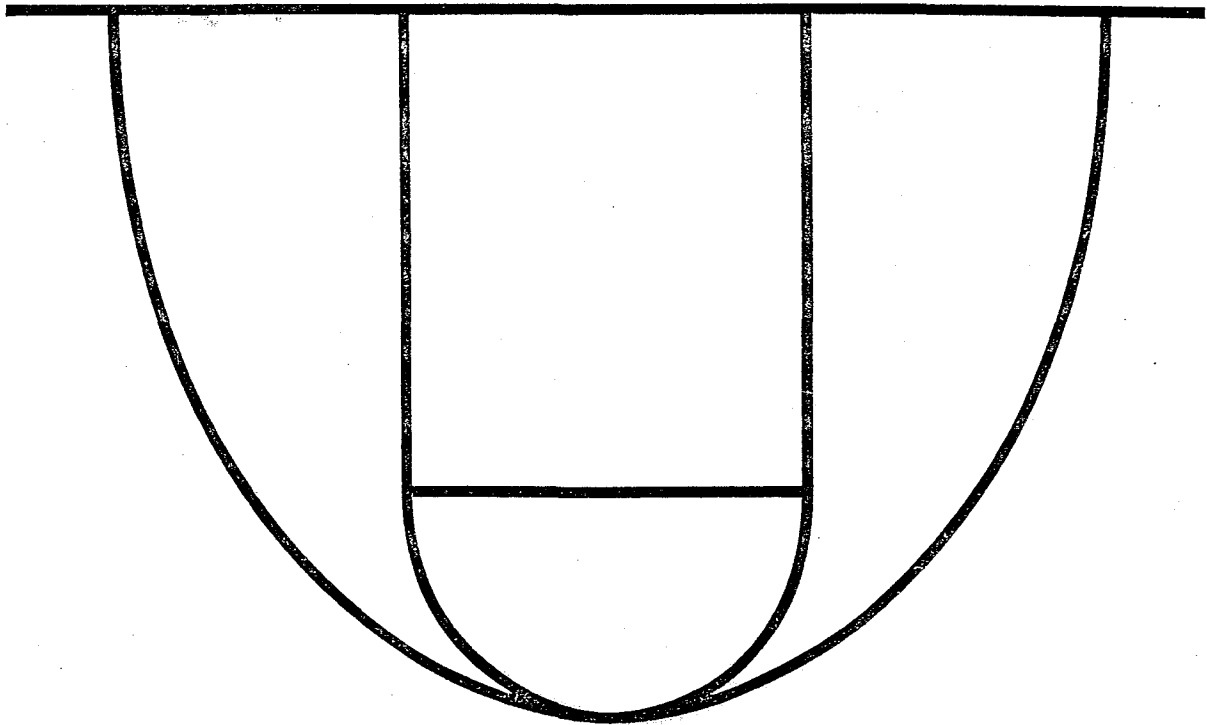
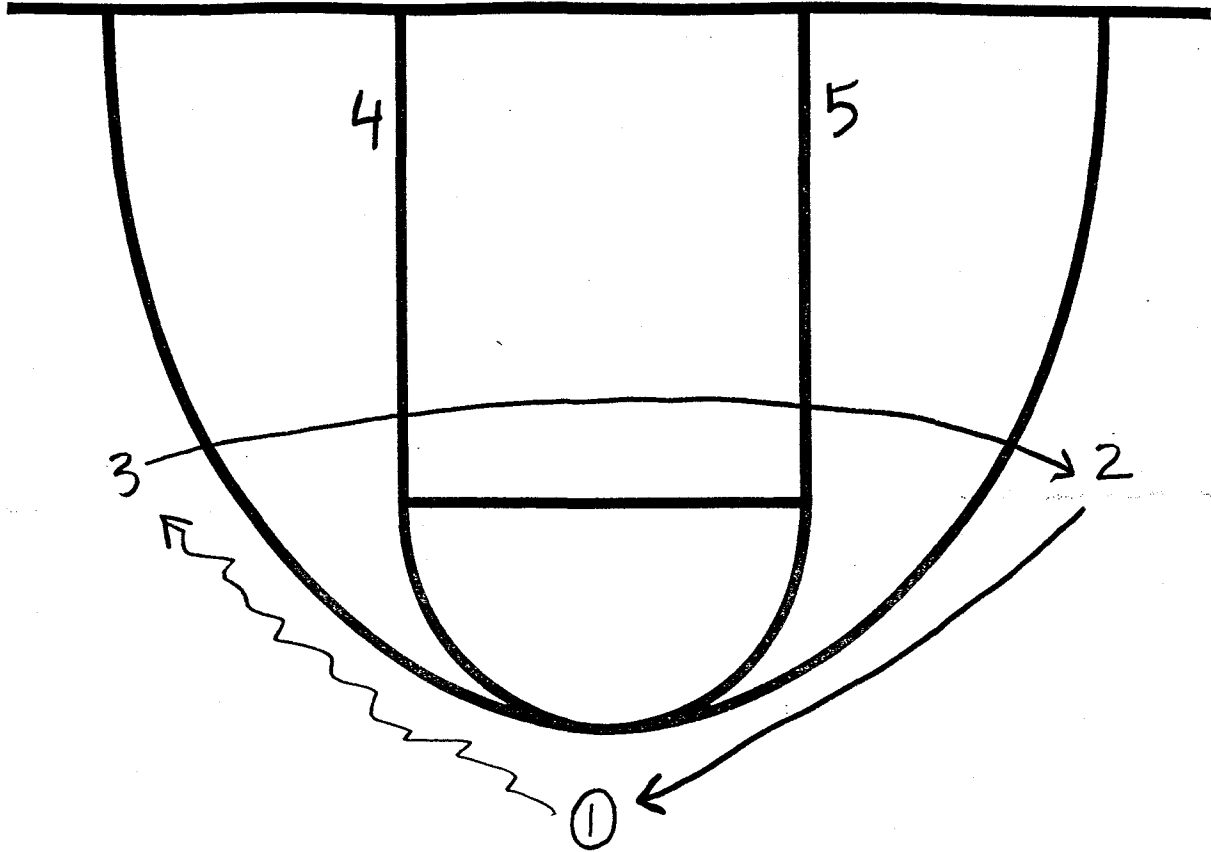
OPPONENT CALL \_\_\_\_\_ UTAH CALL Jordan Cut



OPPONENT CALL \_\_\_\_\_

UTAH CALL \_\_\_\_\_

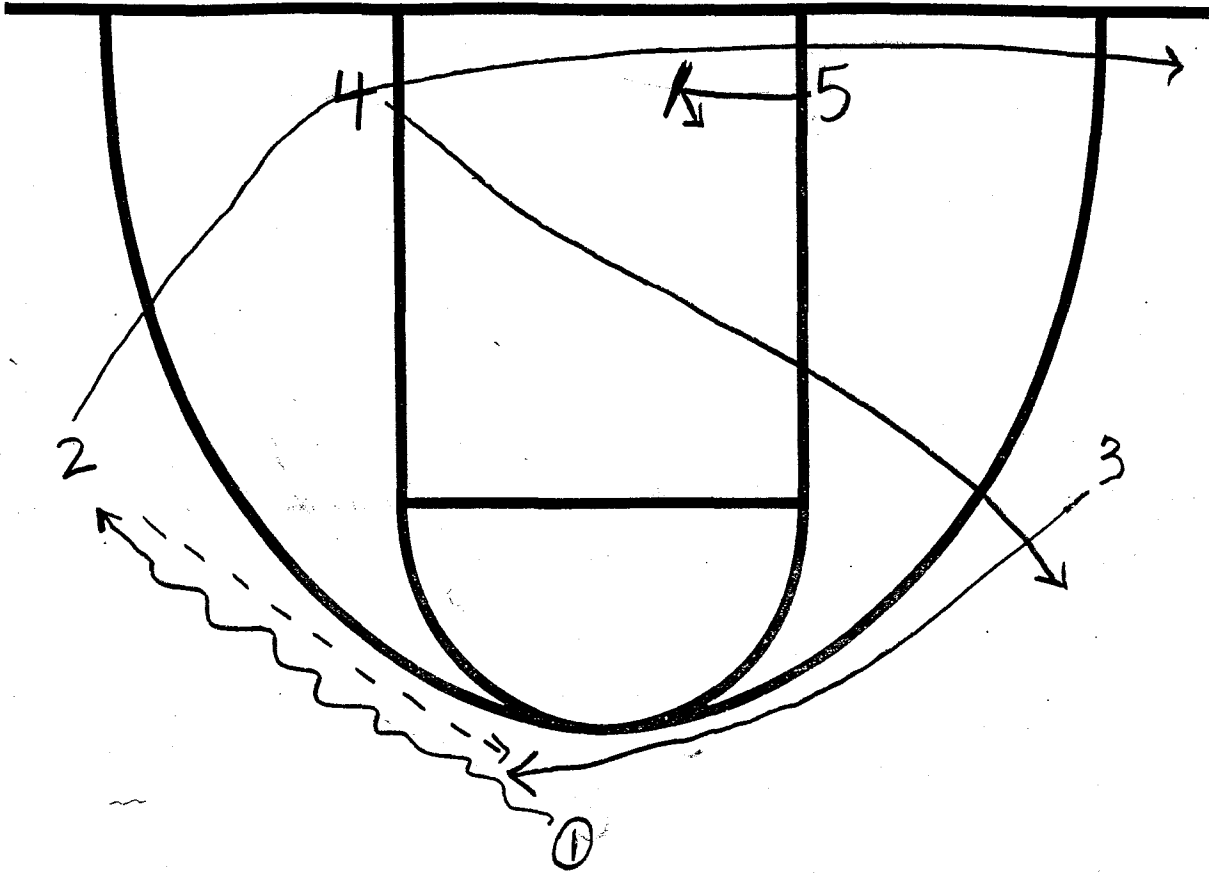
Yankee



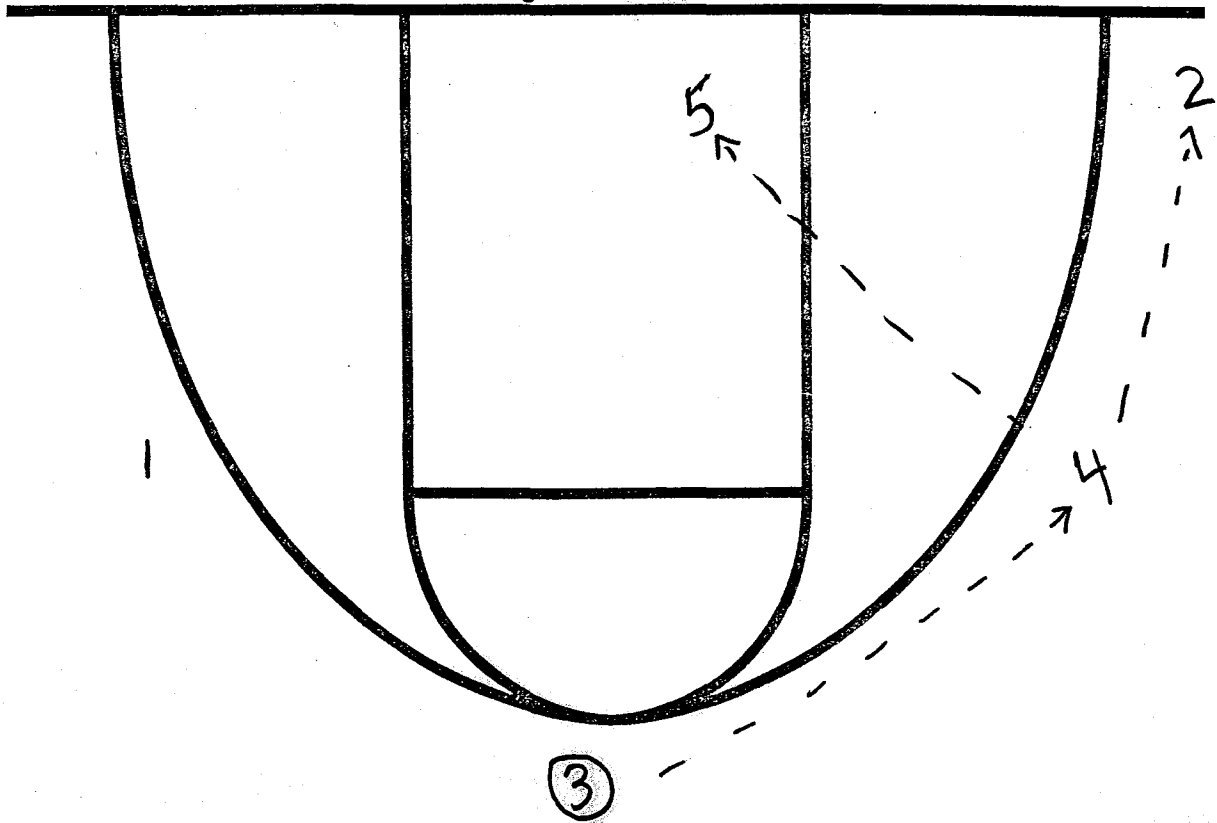
OPPONENT CALL \_\_\_\_\_

UTAH CALL \_\_\_\_\_

Rebel



- 4 moves when 1 begins to dribble.

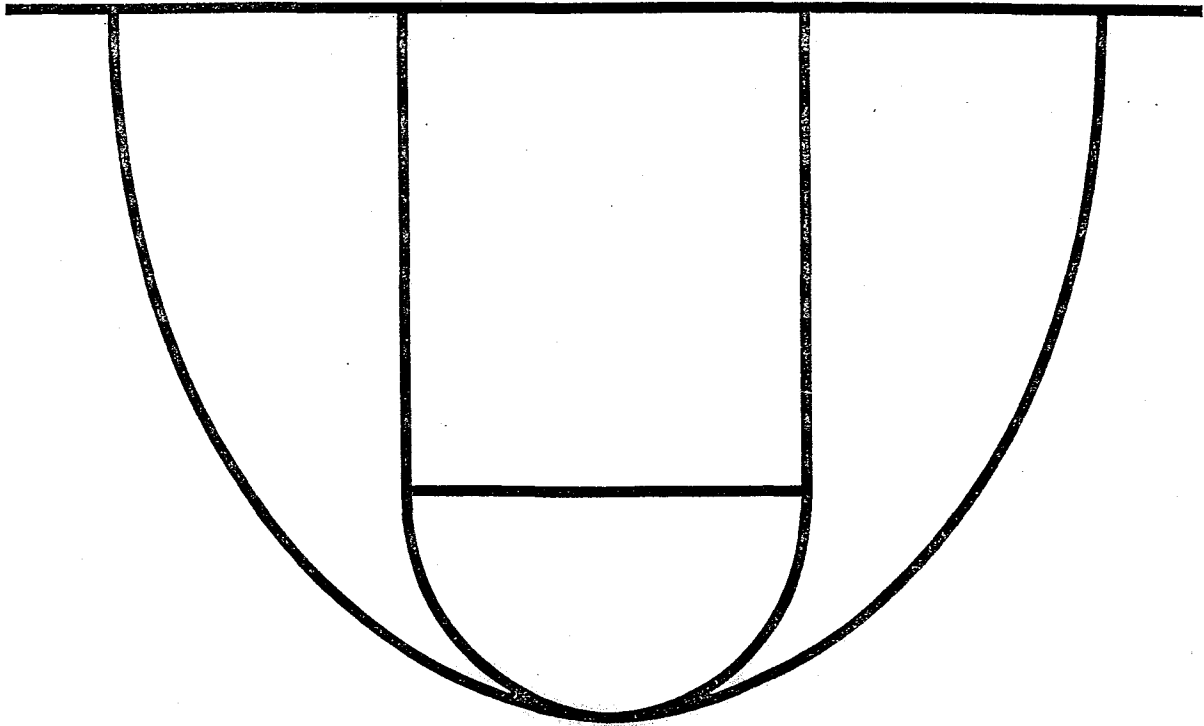
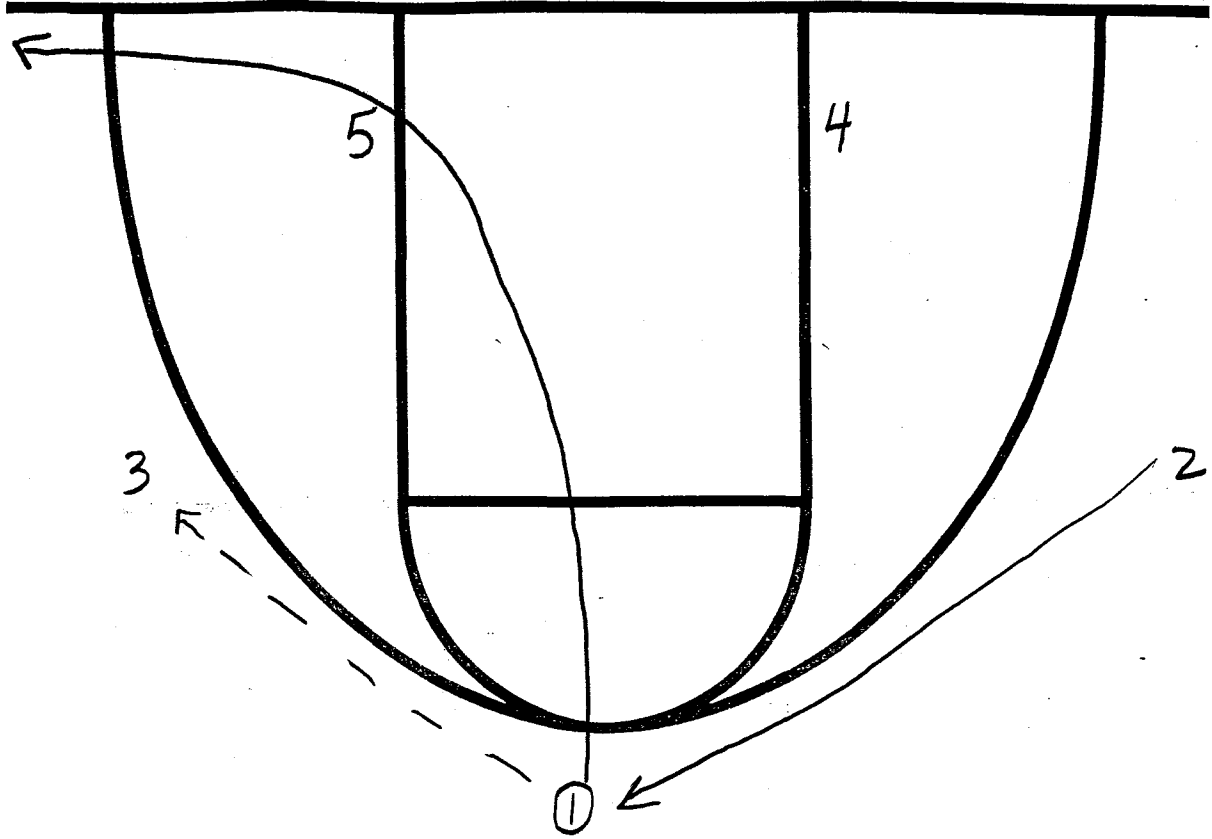




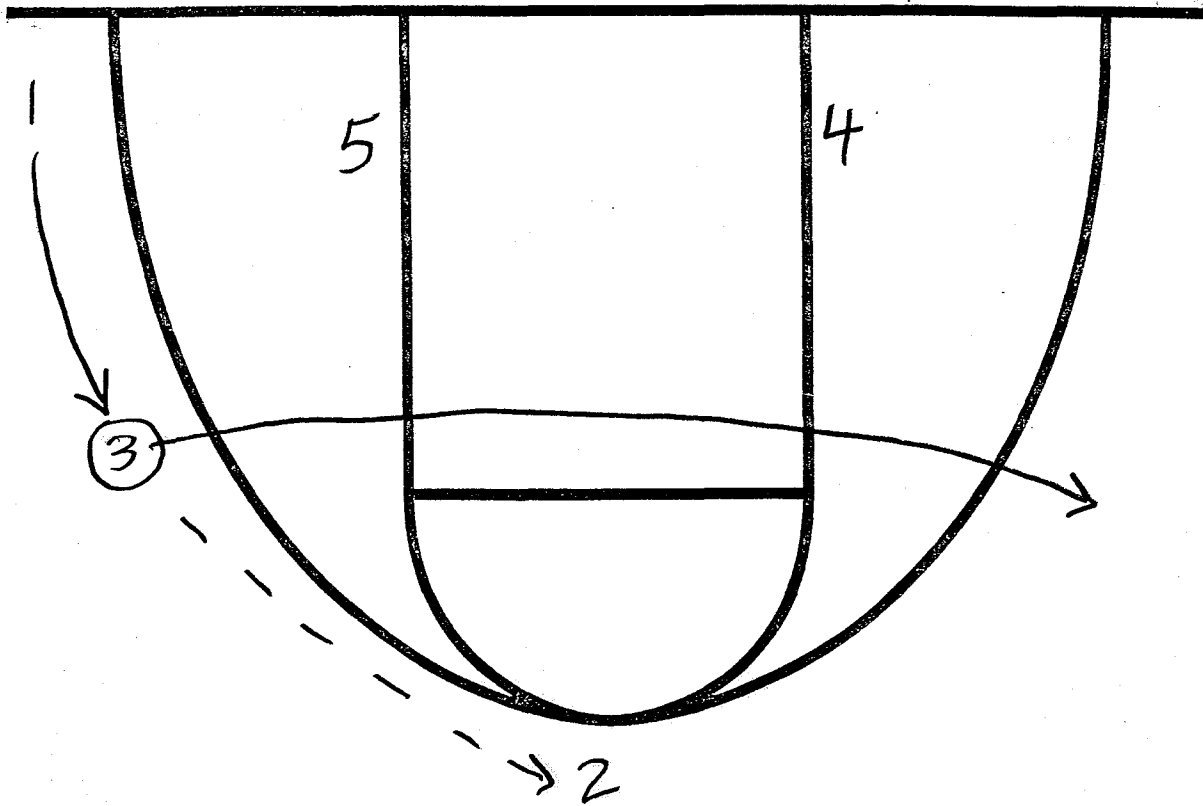
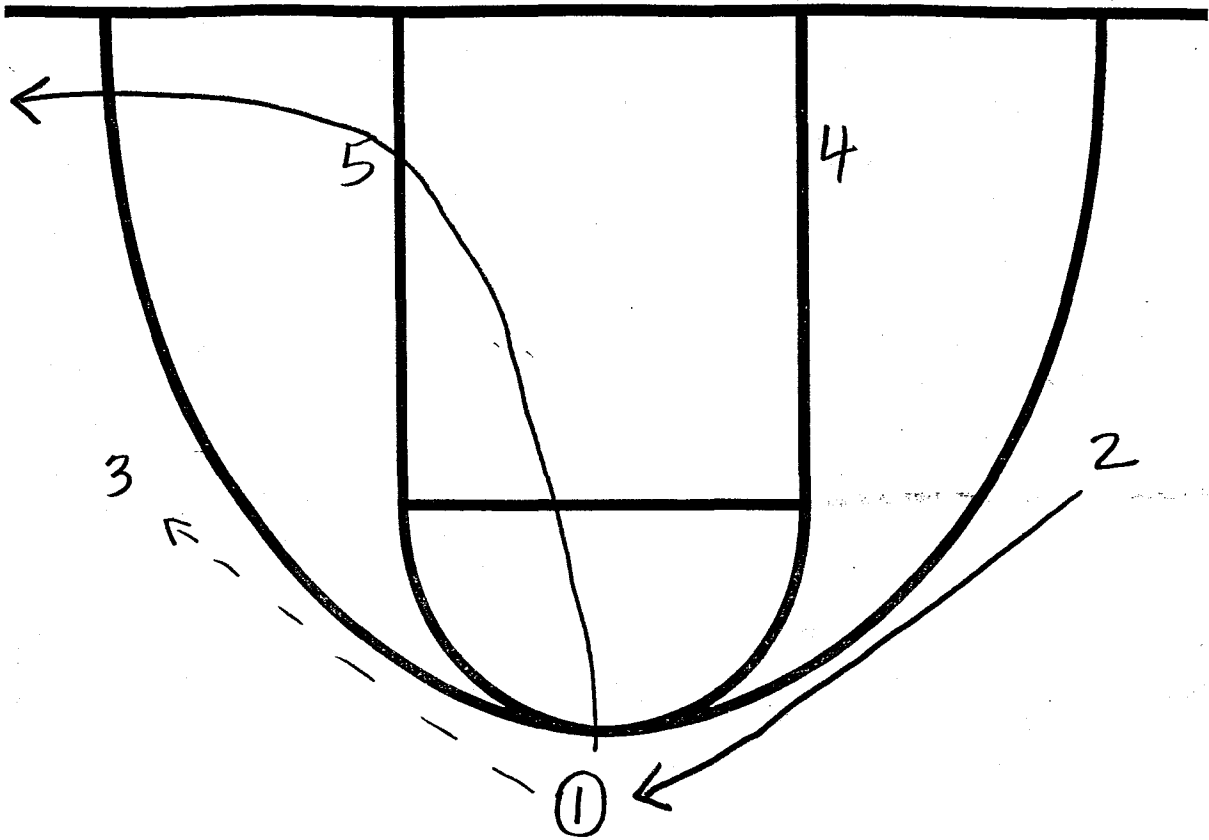
OPPONENT CALL

UTAH CALL

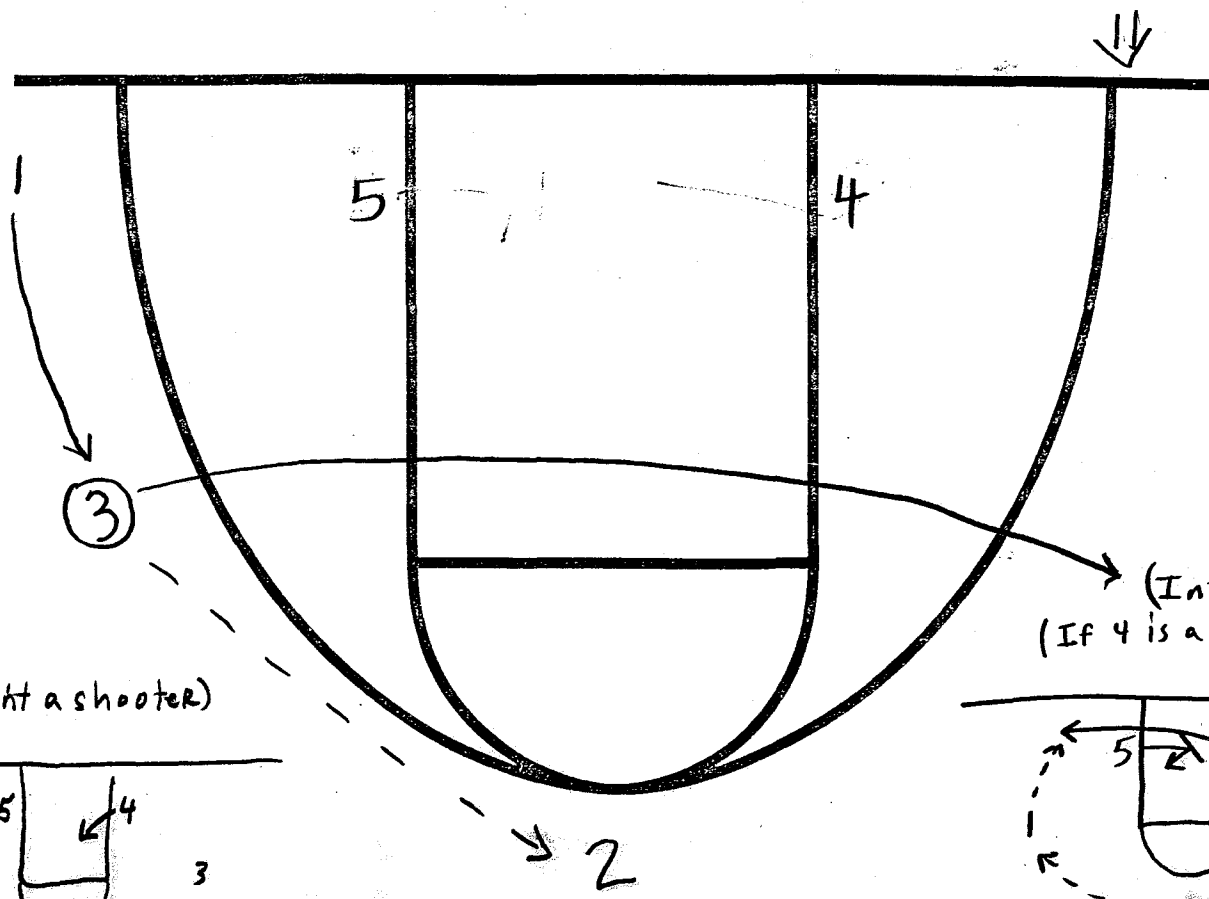
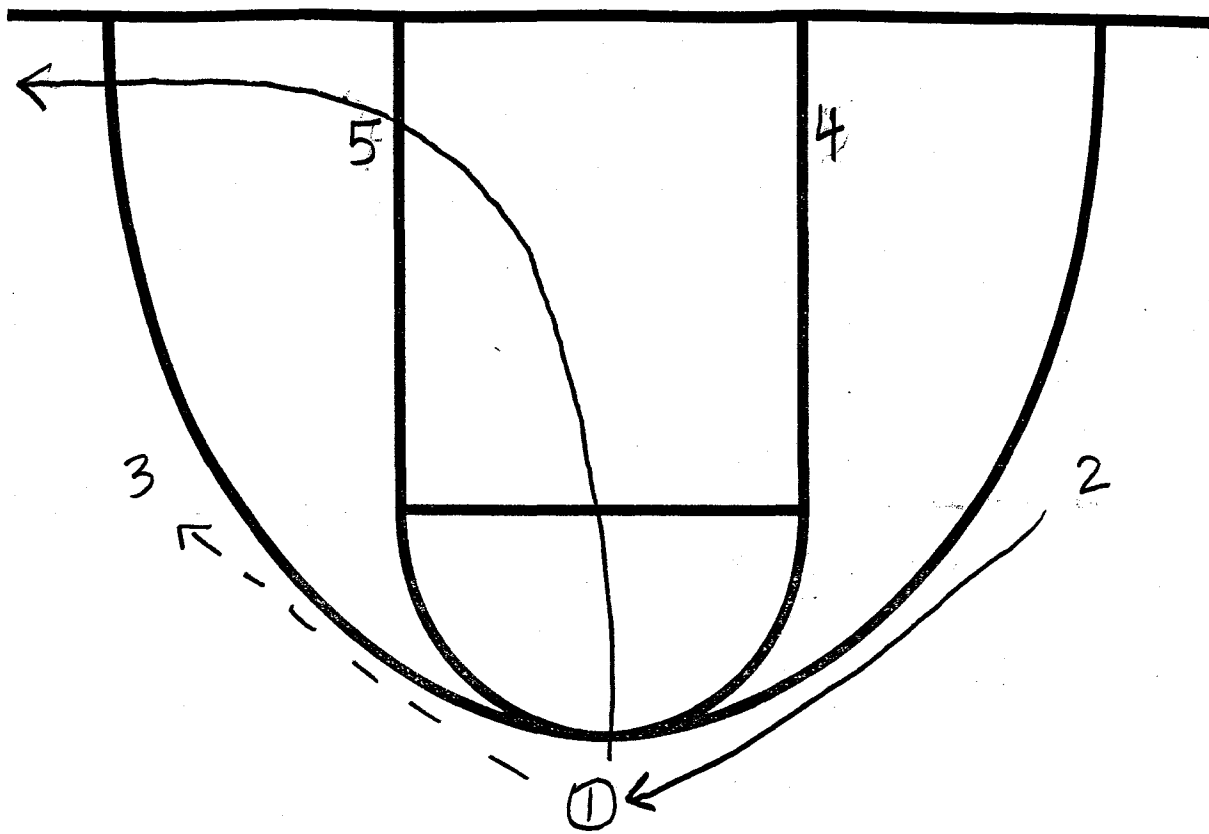
IN



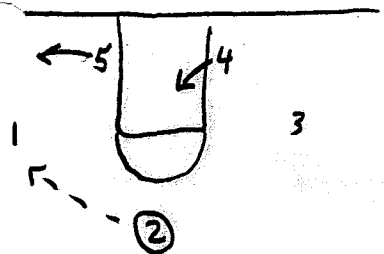
OPPONENT CALL \_\_\_\_\_ UTAH CALL In to an Away



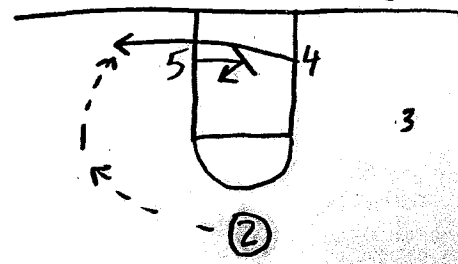
OPPONENT CALL \_\_\_\_\_ UTAH CALL IN (to an interior)



(If 4 isht a shooter)



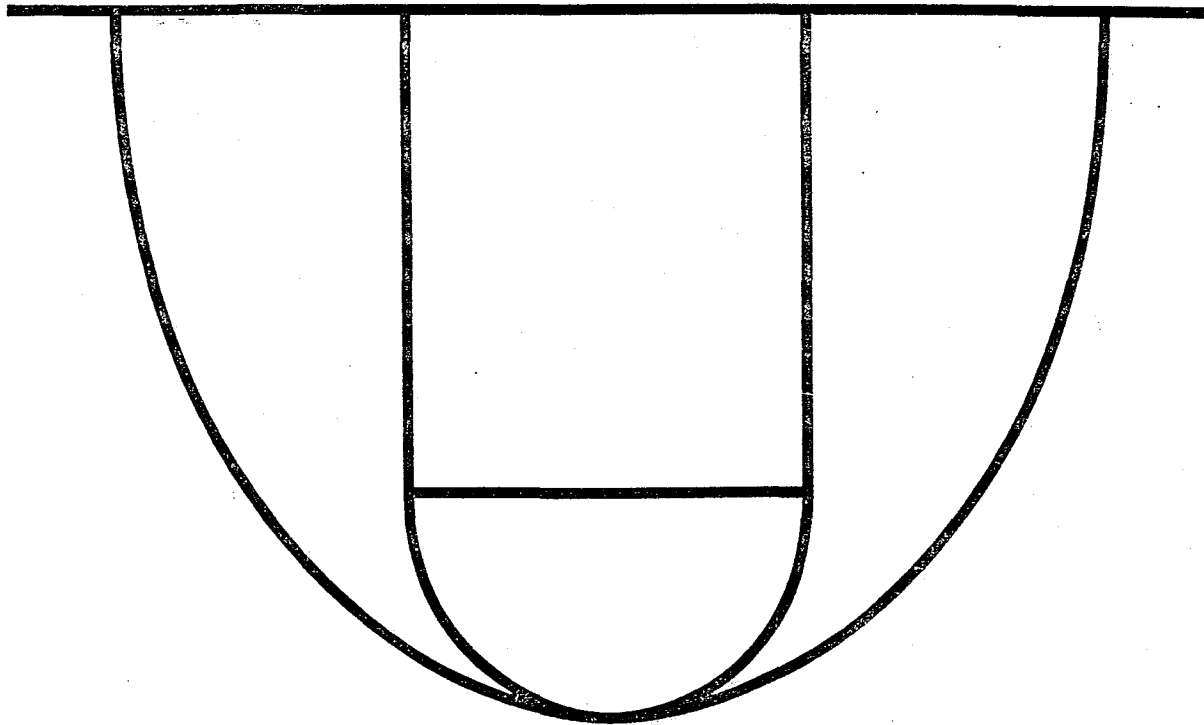
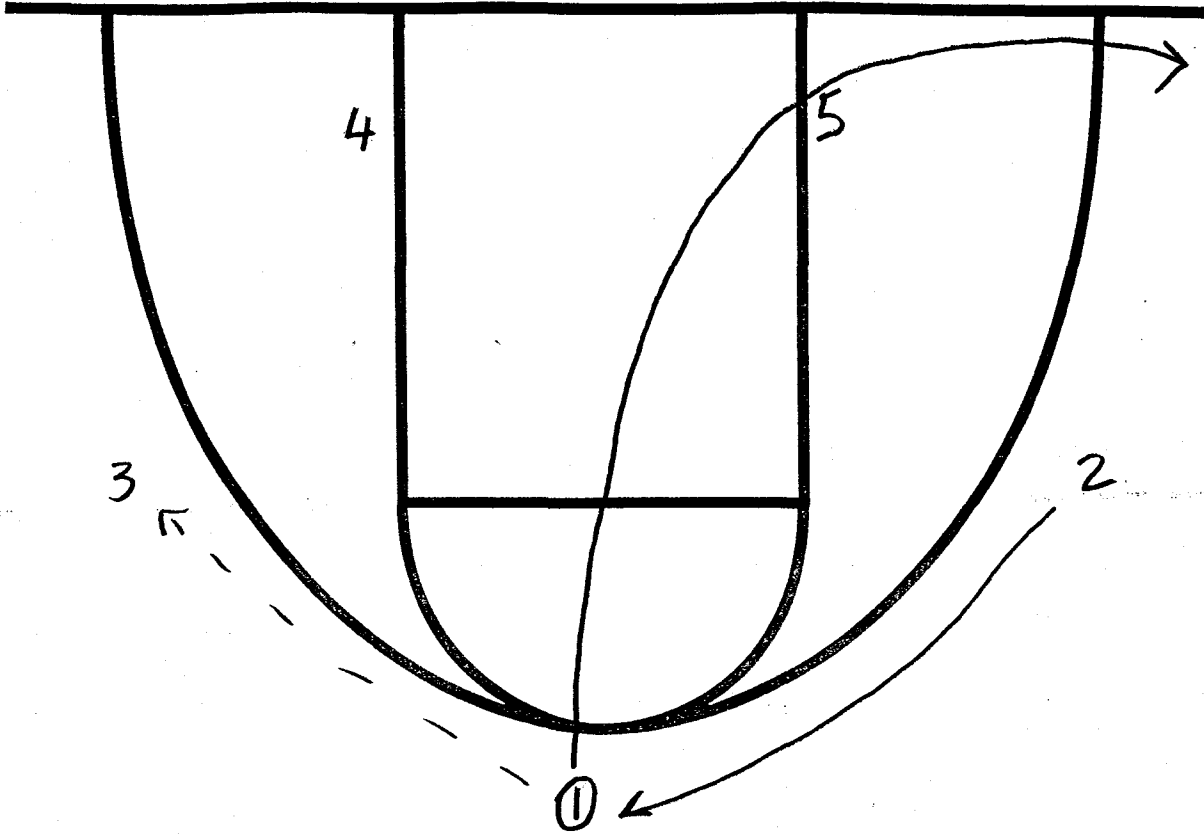
(Interior)  
(If 4 is a shooter)



OPPONENT CALL

UTAH CALL

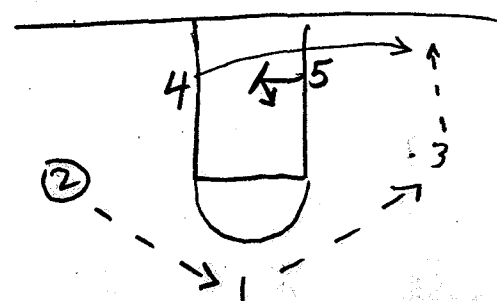
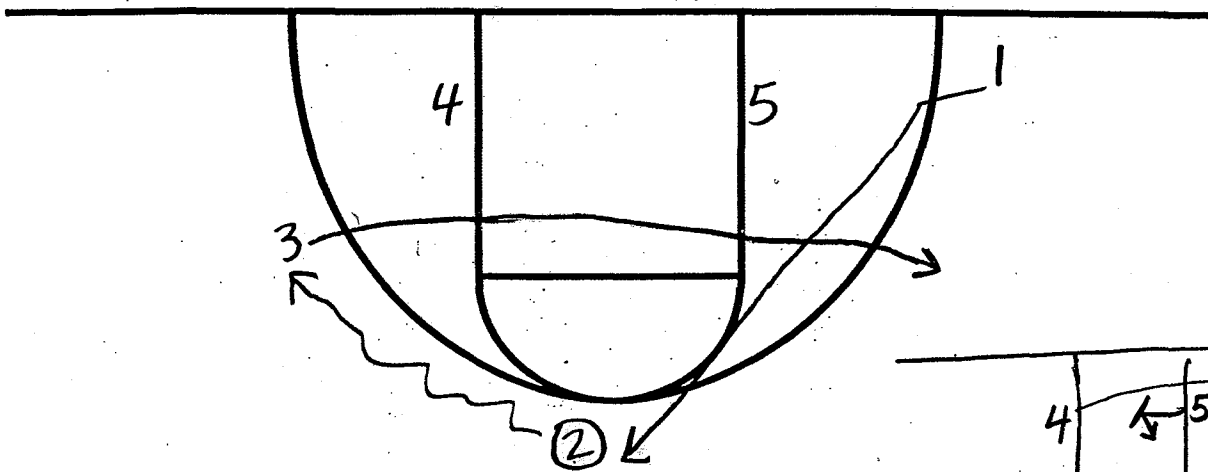
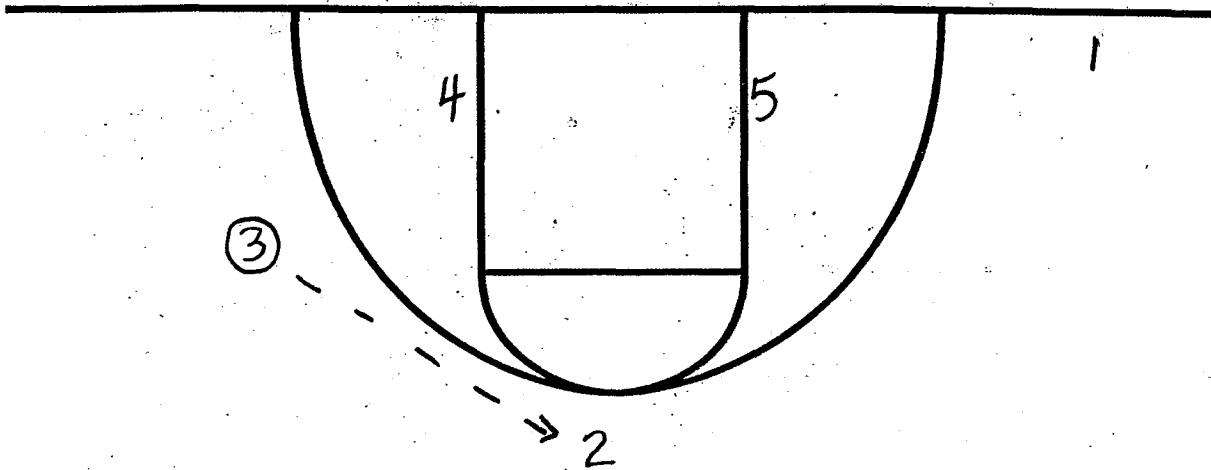
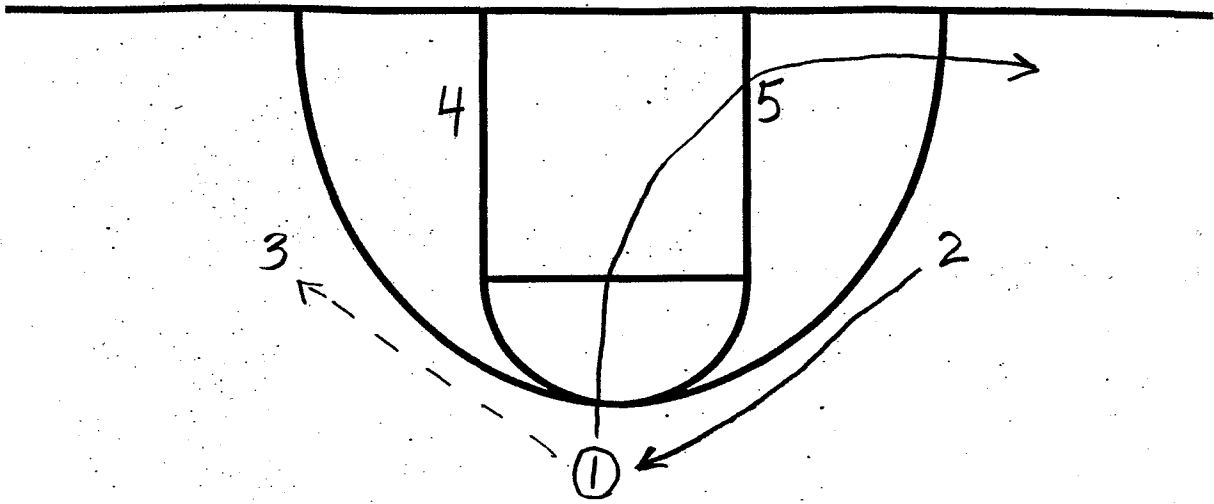
Out



OPPONENT CALL

UTAH CALL

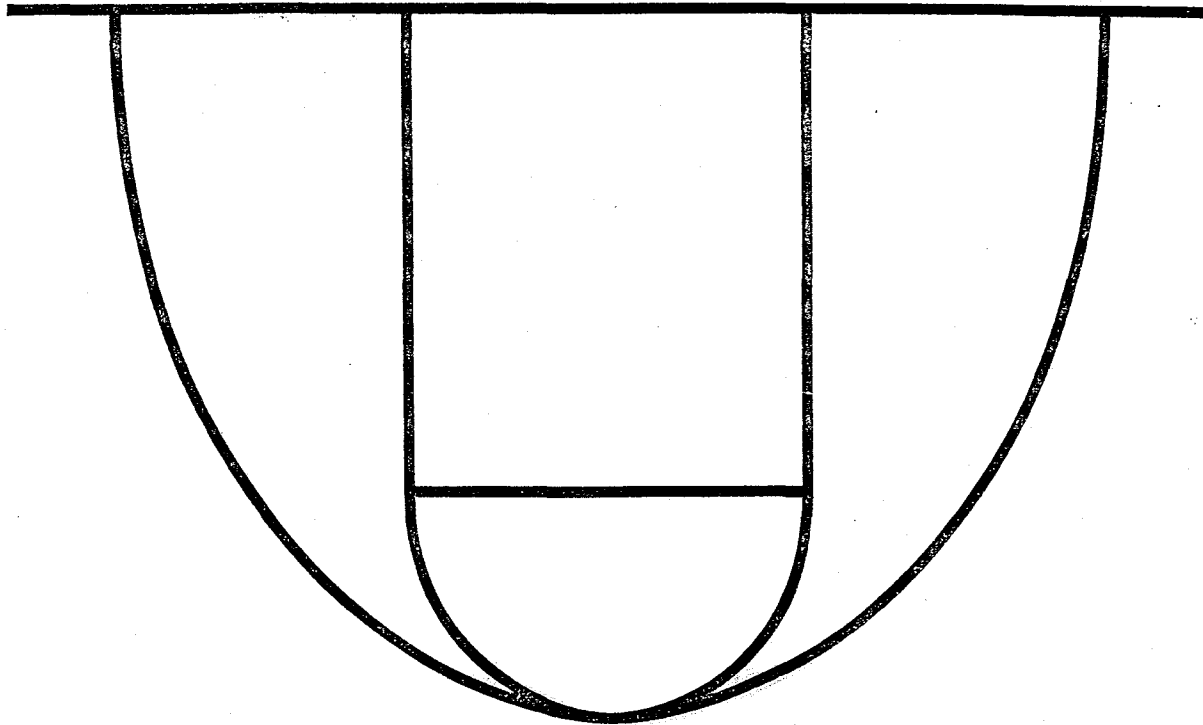
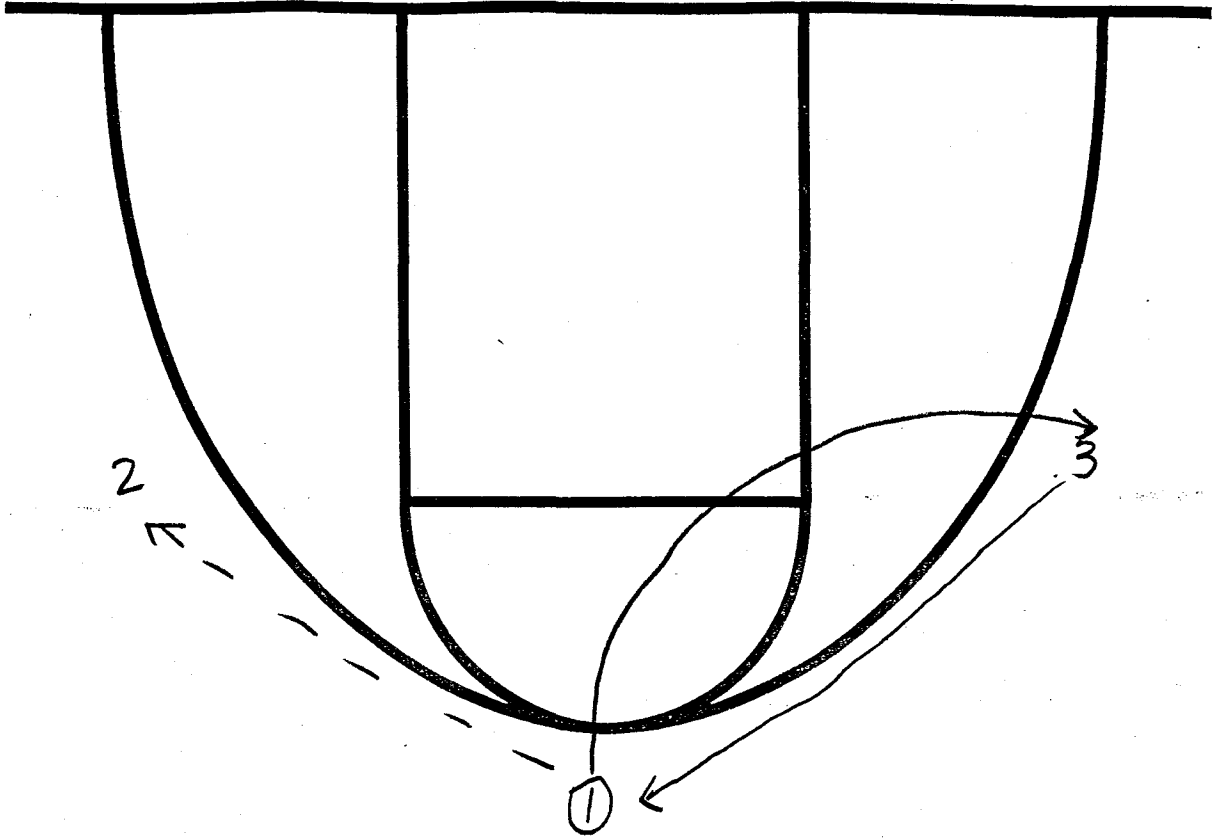
Out (to an interior)



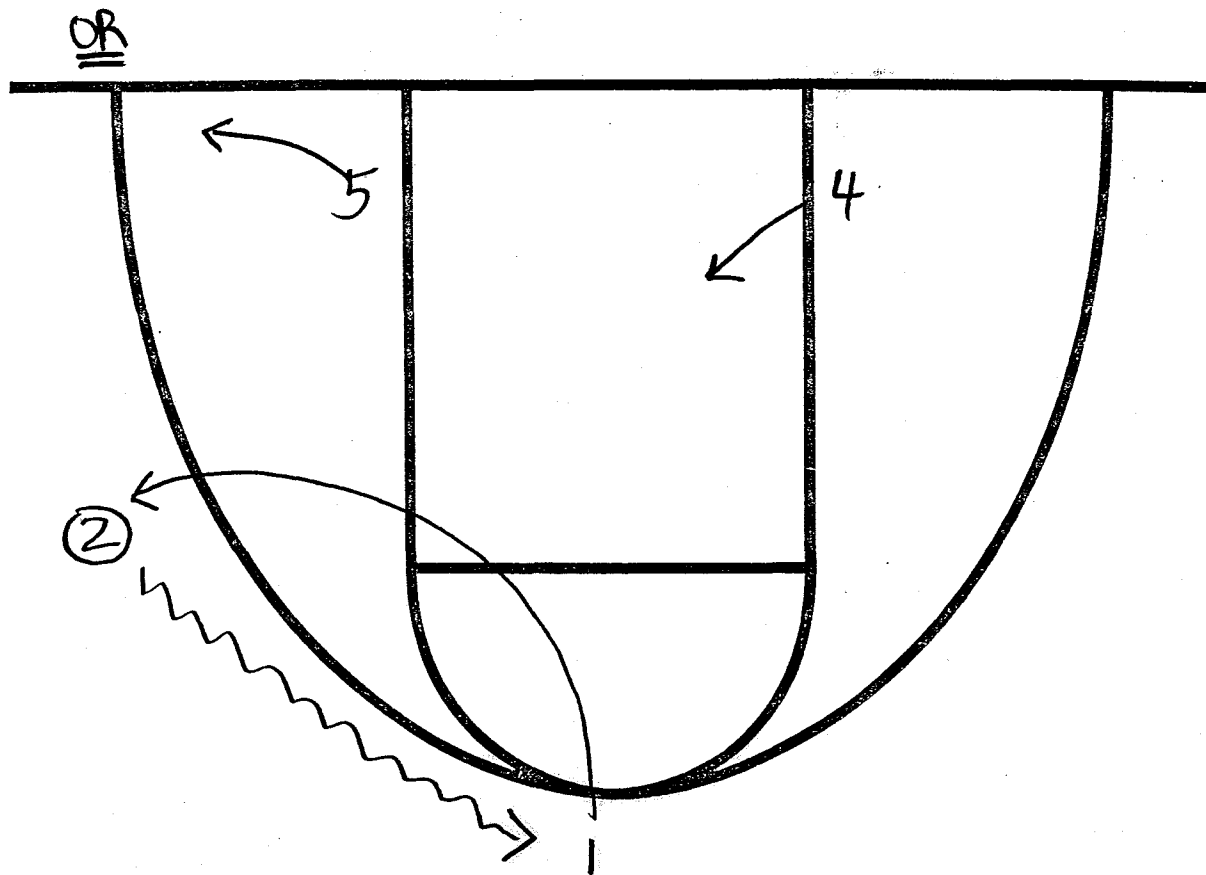
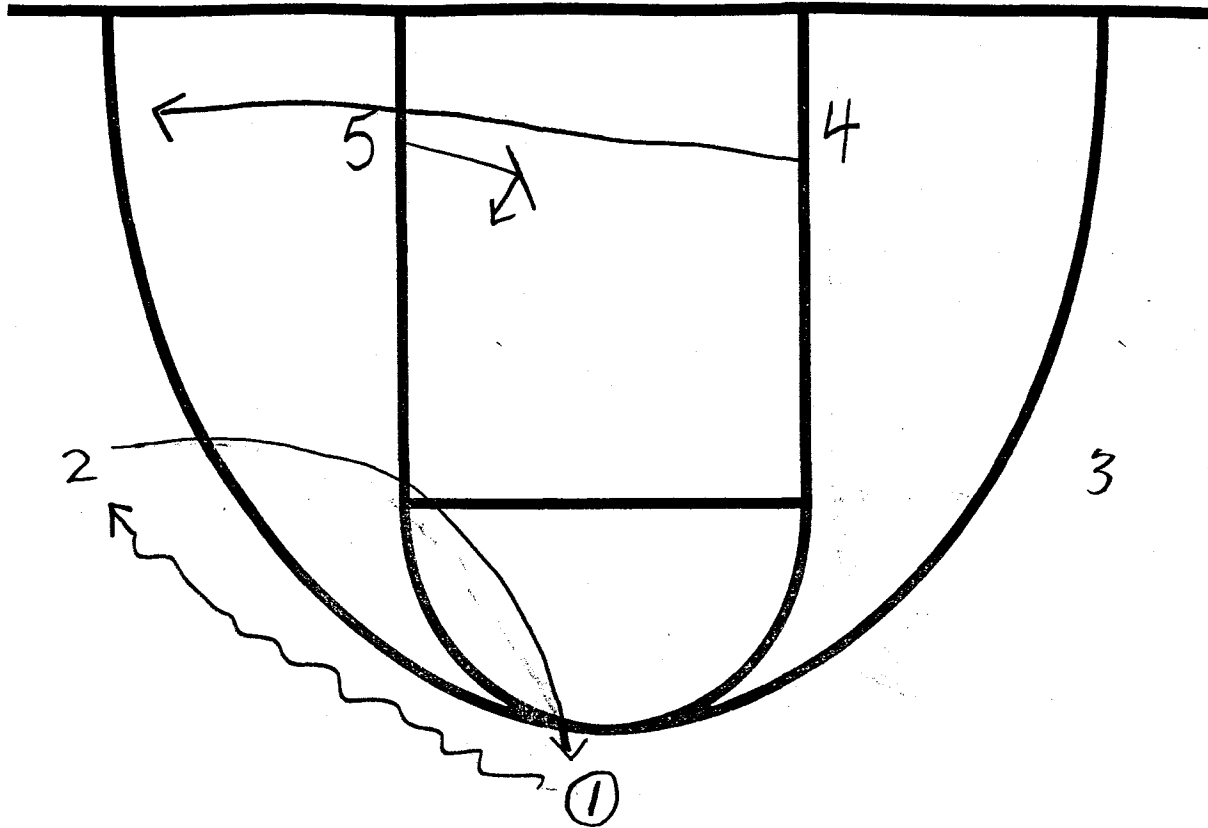
OPPONENT CALL

UTAH CALL

AWAY



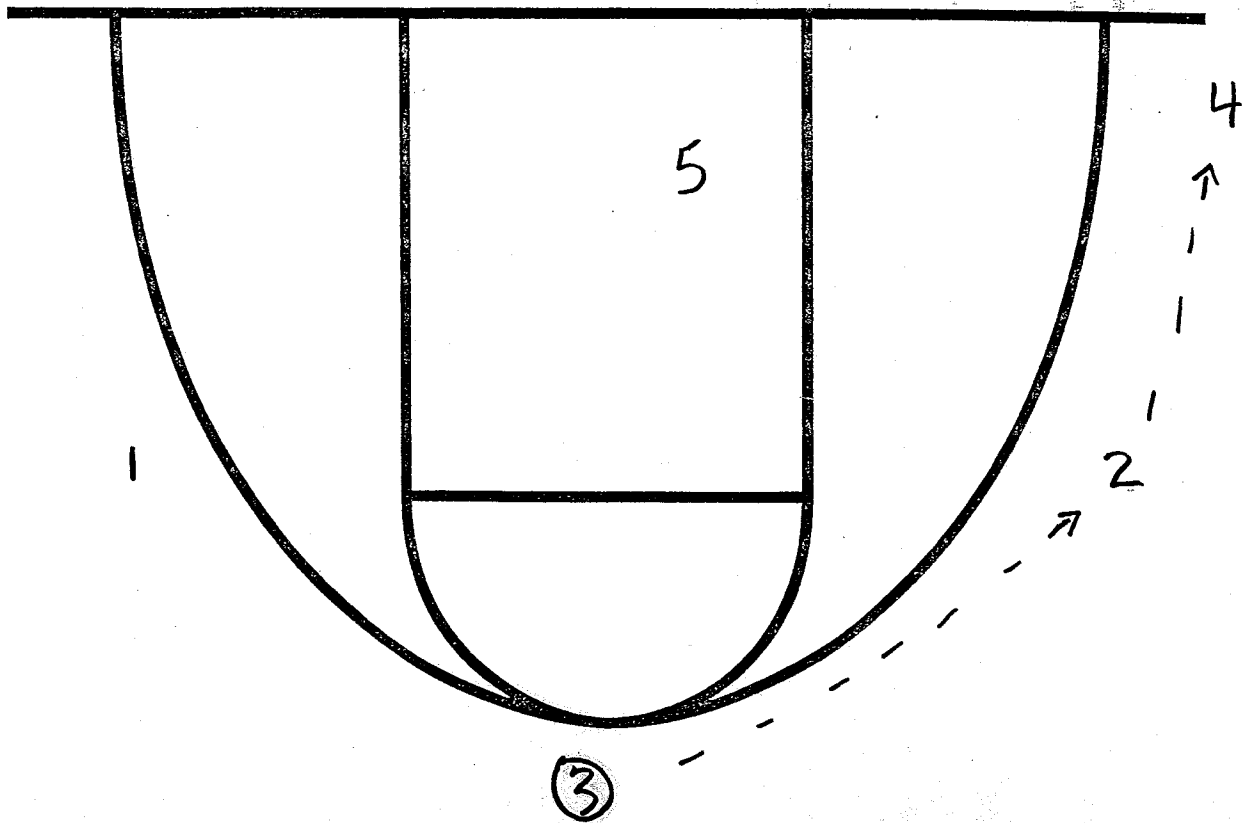
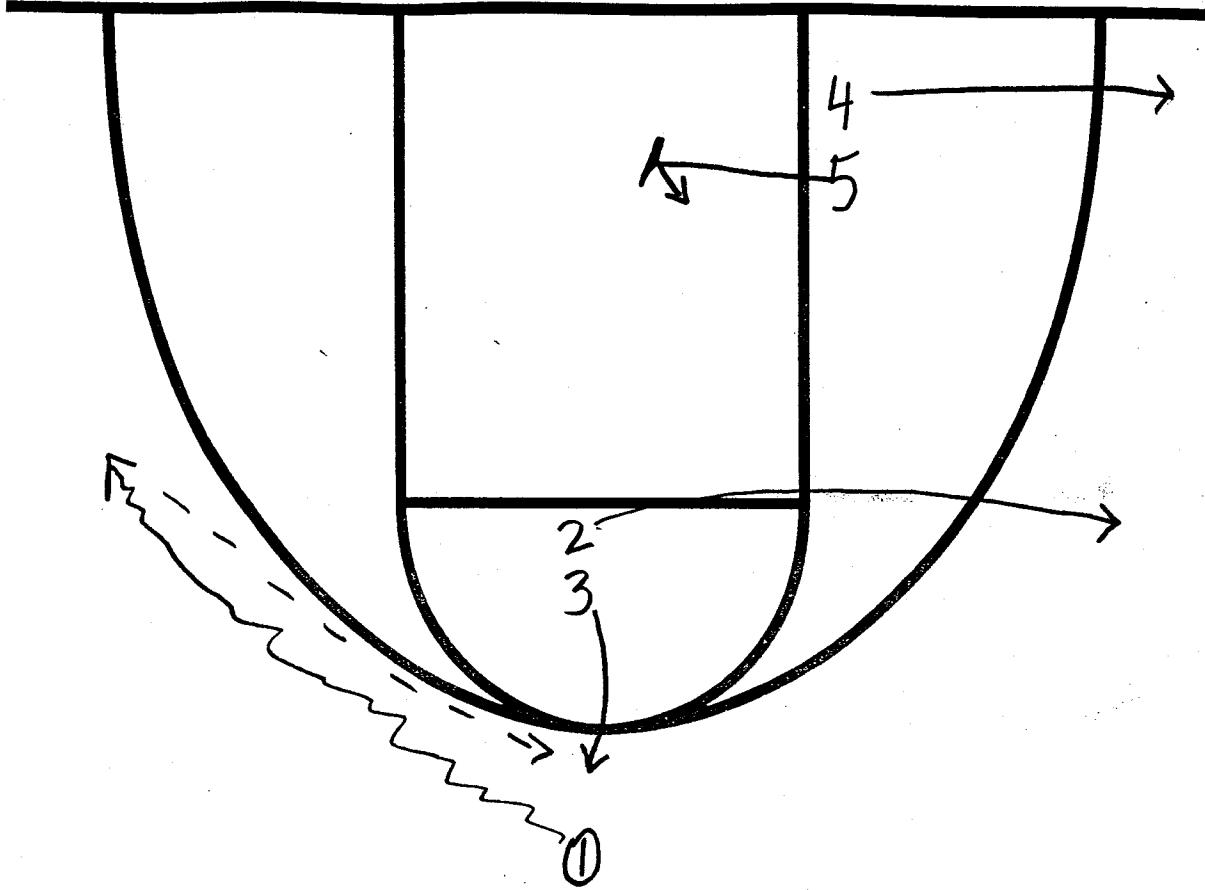
OPPONENT CALL \_\_\_\_\_ UTAH CALL \_\_\_\_\_ Circle



OPPONENT CALL

UTAH CALL

Stacks

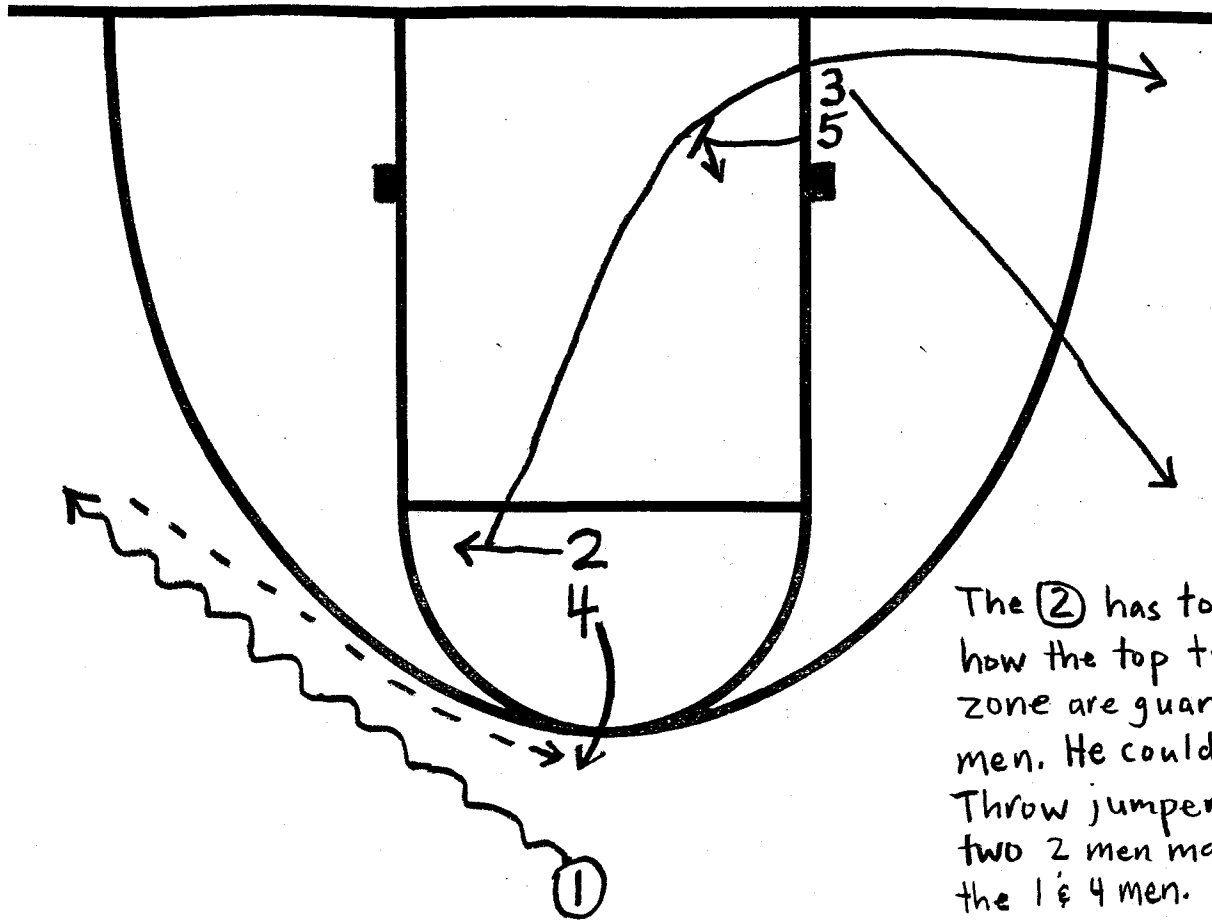




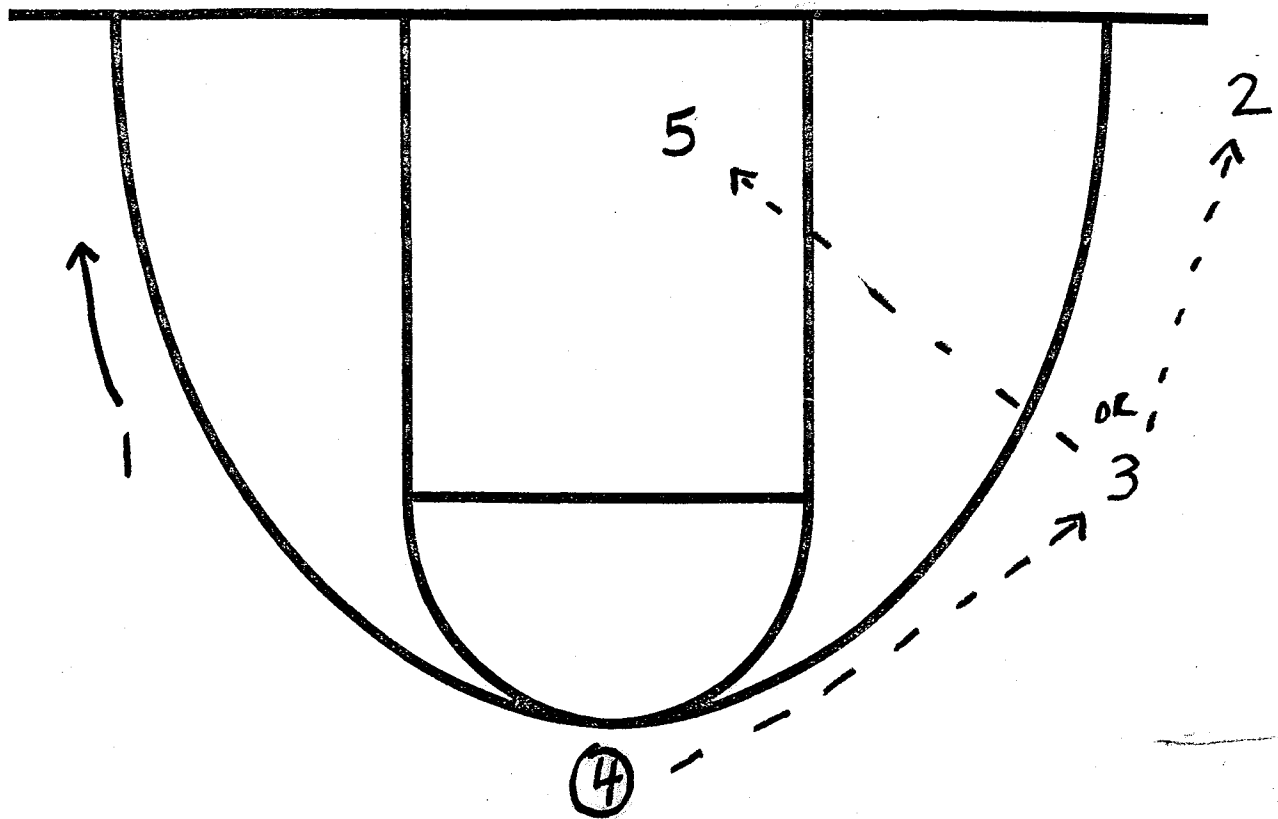
OPPONENT CALL

UTAH CALL

# Split Stacks



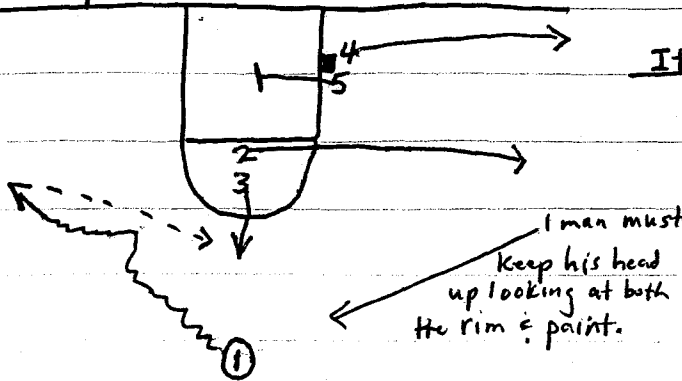
The ② has to be aware of how the top two men in the zone are guarding the 1 & 5 men. He could have a Free Throw jumper if the top two 2 men match up with the 1 & 4 men.



You can also run "Stacks-Big" and pop your best big out for a shot.

MAJERUS practice notes from 12/31/98 practice  
 - Coach learned the majority of his zone offense from Don Doncher, who used to coach at Dayton.

**"STACKS"**



It's about timing:

1<sup>st</sup> the 1 man dribbles the ball to the wing being sure to make the top man of the zone guard him (he has to take the ball left hand)

2<sup>nd</sup> Once the 1 man reaches the wing then the 3 man steps out to the top of the key. (3 man = reversal man)

3<sup>rd</sup> As the 1 man begins to pass the ball to the 3 man, then the 2 man breaks out to the wing for the catch

4<sup>th</sup> As the 2 man is breaking out for the catch, the 5 man screens in the middle man and 4 man "pulls" to the short or long corner depending on his range. Once the 5 man picks the middle, he then seals or post the man.

① - When the 2 man catches the ball he sometimes has the shot, but he should look to shot fake, gap dribble right or left, or make a "quick pass" to the 4 man.

- We're looking to get a shot for the 2, 4, or 5 man.

- As a rule of thumb, in STACKS, your 2 man and 4 man should be the best shooters and they should be on the bottom of the STACKS.

- Also remember - when the 2 man catches the ball, he should catch

it slightly above the FT Line. WHY?

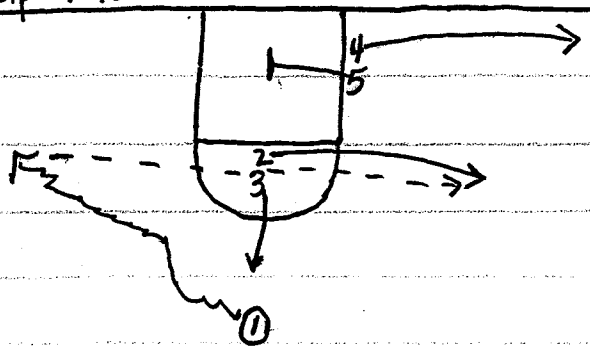
to draw the zone farther out and extend it.

- The 2 man should catch the ball above the FT Line on "Rebel", "Yankee", "Stacks" & "Blocks" for the above mentioned reason.

→ Sometimes the 2 man - when he gap dribbles should lay the pass off to the 4 man using a swift bounce pass. This is especially good for the shorter midset guards - because the zones will have high hands.

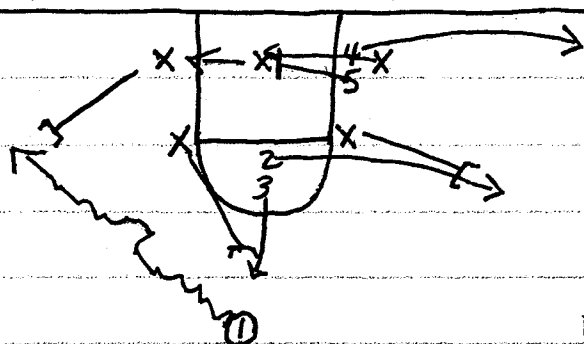
## Variations & Options out of "stacks":

- skip 1 to 2



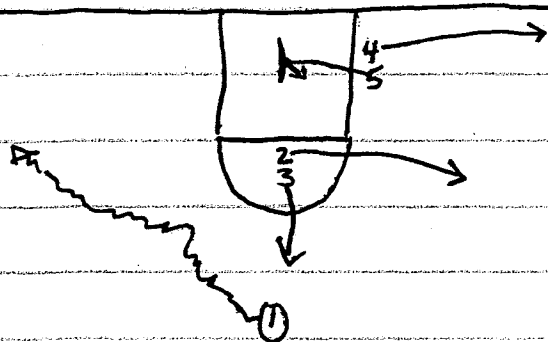
When the zone matches up with both the 1 man & three man, the 1 man should immediately skip the ball to the 2 man

skip 1 to 4



When the zone matches up with both the 1, 2, & 3 man, the 1 man should immediately look to skip it to the 4 man in the corner.

"What have we not done yet?"



Sometimes when the zone matches up, especially with the 2 and 4 man, the 2 man should pass fake to the 4 man and go inside to the 5 man - If they are matched up 1 on 1 inside - you have to punish them.

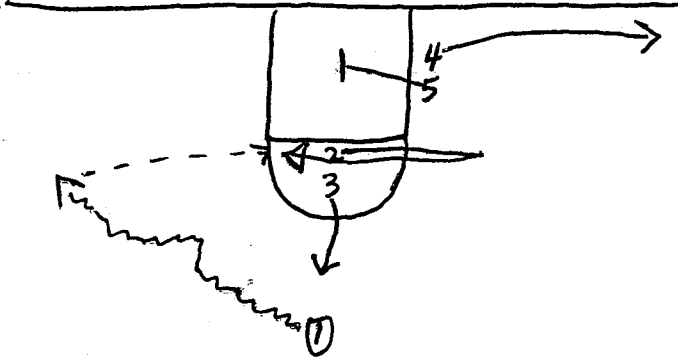
- The pass to the inside can also come from the 4 man.

- The only difference between "STACKS" and "BLOCKS" is where we start.

- We Run "STACKS" and "BLOCKS" left and "Over-Under" right

↳ this has to do with the direction of ball reversal. This also gives us a counter to the zones that matchup against "ROVER".

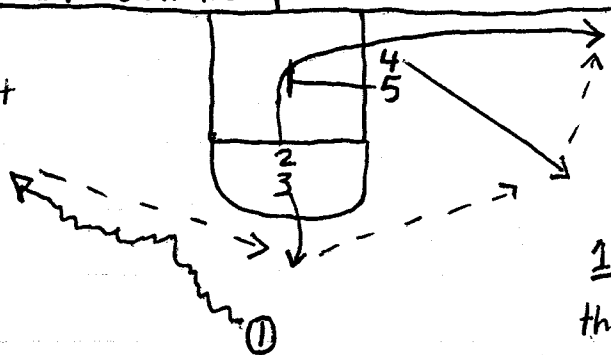
"Jordan Cut" off of Stacks



The 2 man pops just as the 3 man pops - the 3 man reads the matchup on the 1 man & 3 man, and Jordan cuts the middle.

"SPLIT-STACKS" - You can use the same variations from stacks

Designed to get shot for 2 man 1st then 4 man, then 5 man.



Start in the basic "stacks" set.

We're basically "splitting" the stacks

Timing:

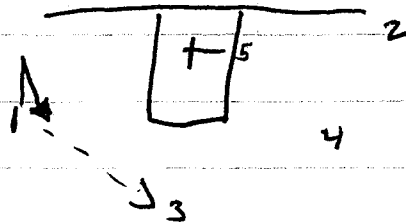
1<sup>st</sup> As 1 man dribbles over the 3 man pops to the top.

2<sup>nd</sup> As the 1 man passes to the 3 man, the 4 man pops to the wing above the FT Line Extended.

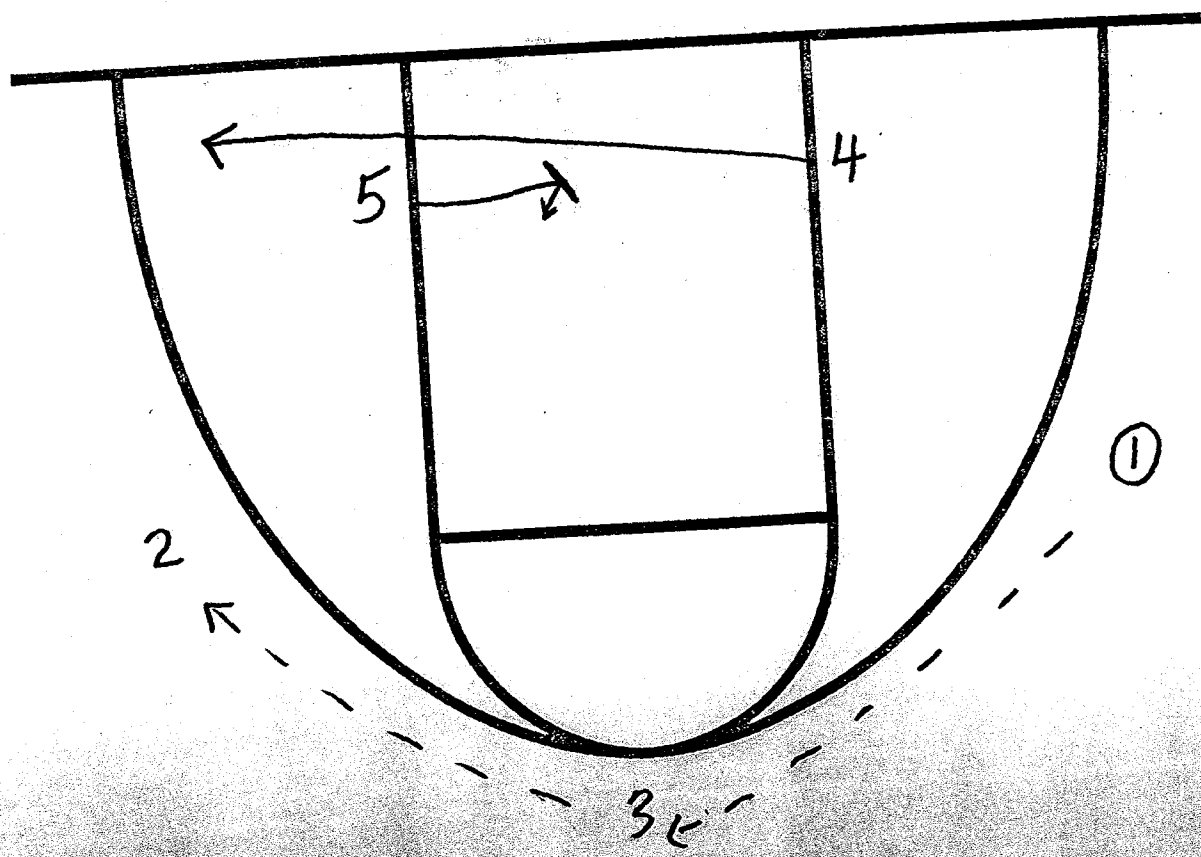
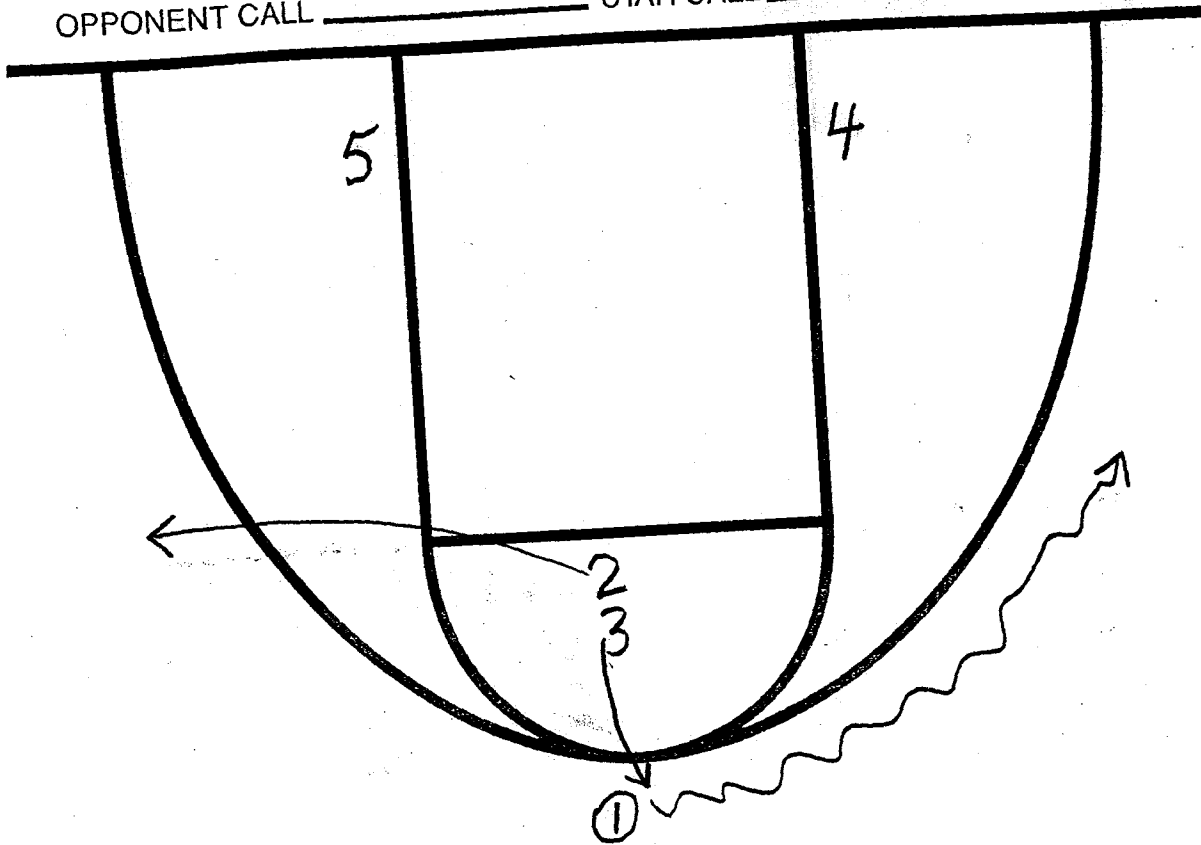
3<sup>rd</sup> The 2 man holds his position at the FT line, until the 3 man receives the ball & begins to pass to the 4 man - then & only then, the 2 man cuts to the corner off of 5<sup>th</sup> pick of the middle.

- Obviously, we want to pop the best shooter in the bottom stacks and have the best big man screen & seal the middle of the zone, bodying in and bodying down.

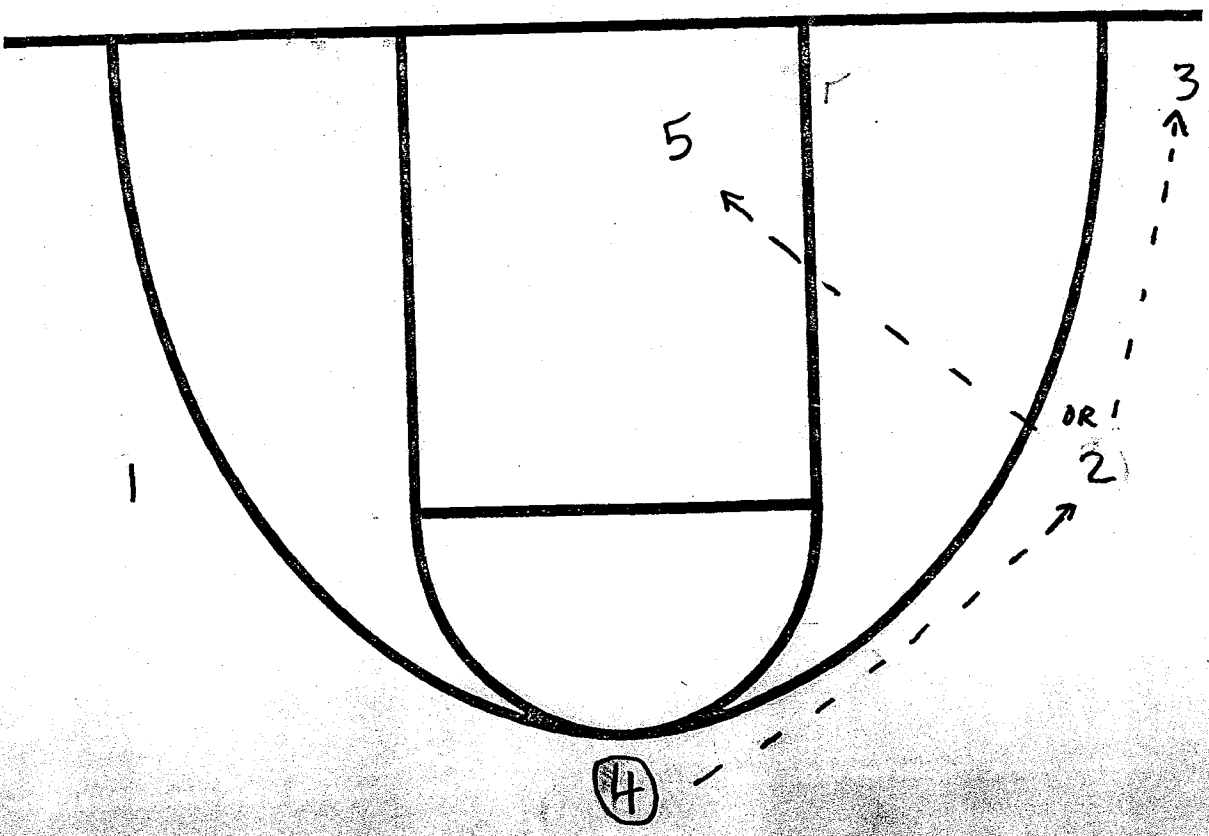
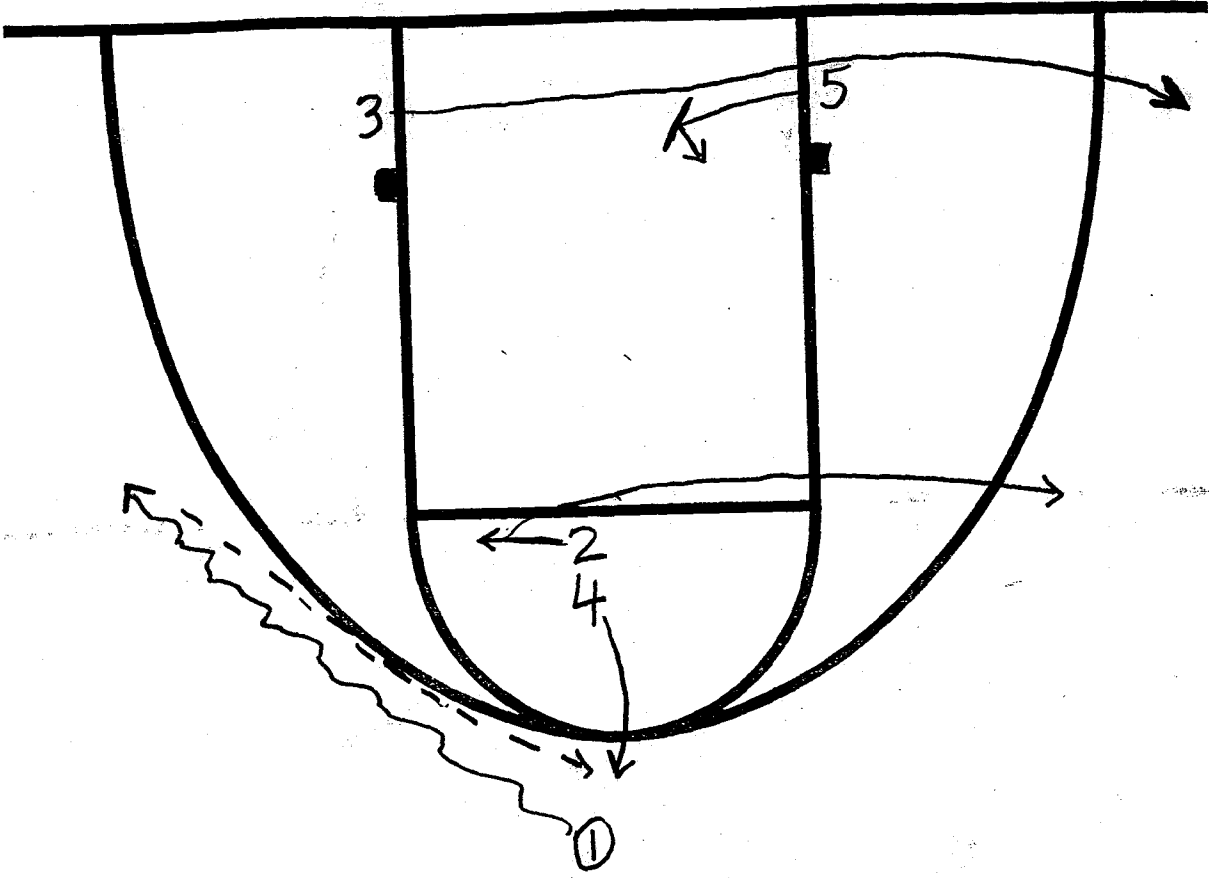
\* 1 Key for the 1 man - when the 1 passes to the top man, 3, he should space away and come back up to "occupy" the zone

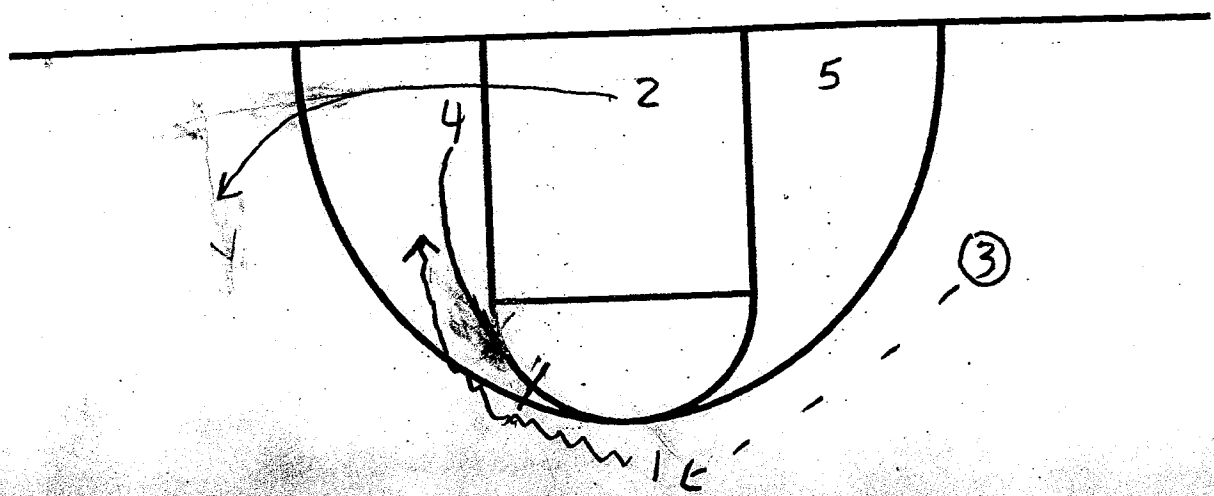
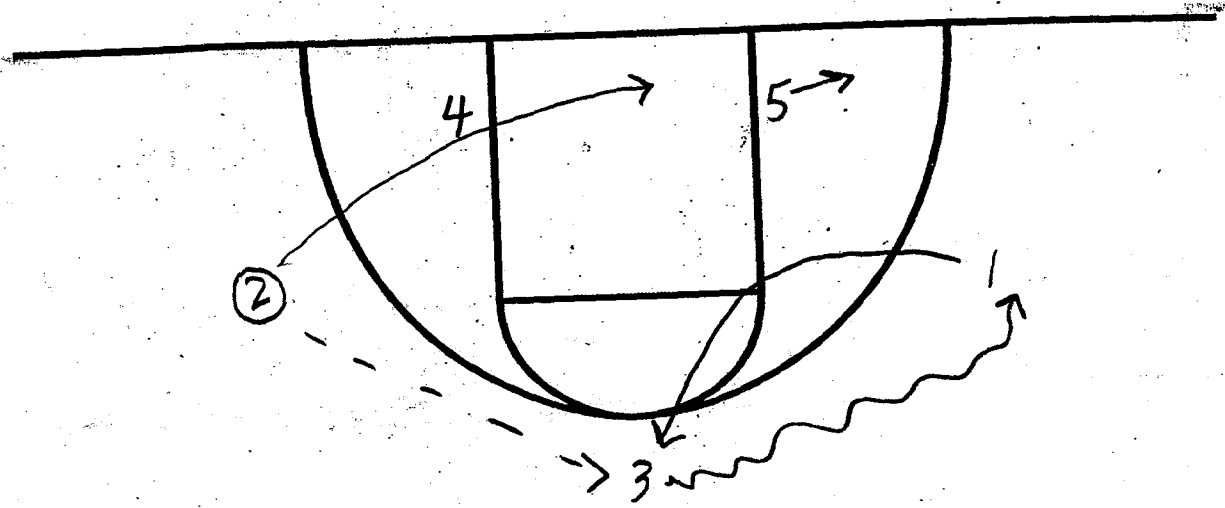
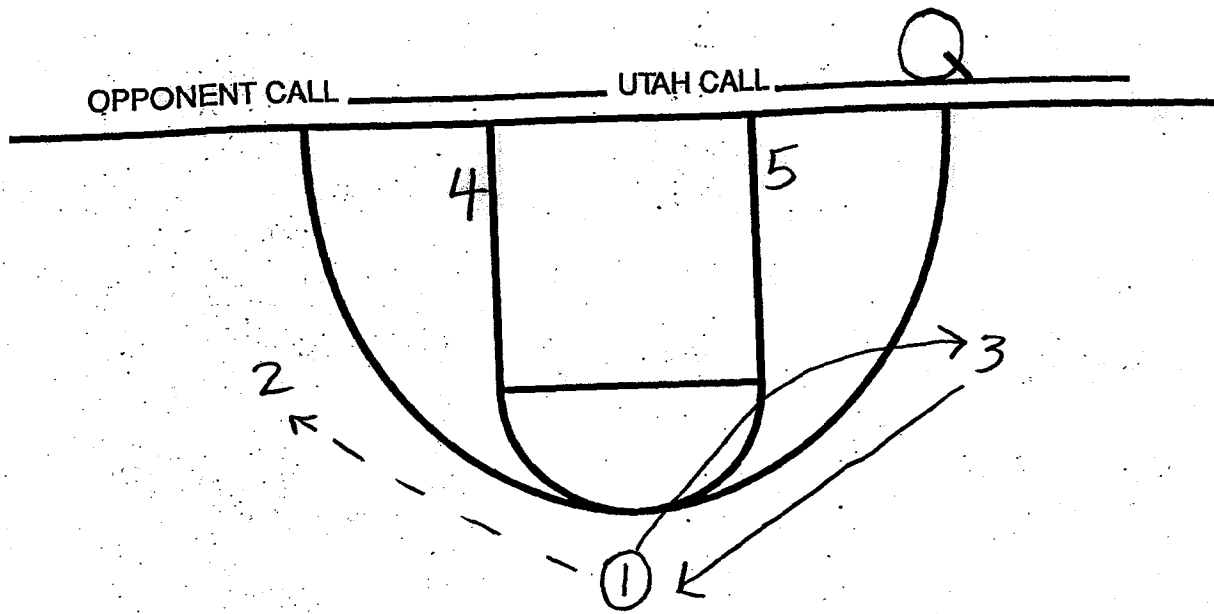


OPPONENT CALL \_\_\_\_\_ UTAH CALL \_\_\_\_\_ Blocks \_\_\_\_\_



OPPONENT CALL \_\_\_\_\_ UTAH CALL Blocks-Small





## DOUBLE ROVER RULES

### 1. Post Player

- Occupy a defender with strong ball side post up
- Can move block to block
- Never flash high post
- Screen backside defender with a rover in the corner
- Hunt the ball

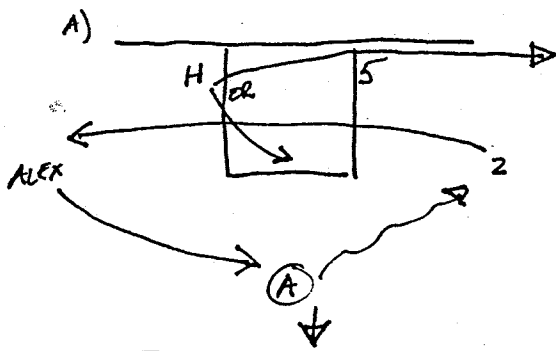
### 2. Point and Wing Player

- Play on string together
- Circle, Loop, Yankee (?)
- Fill point and wing positions only

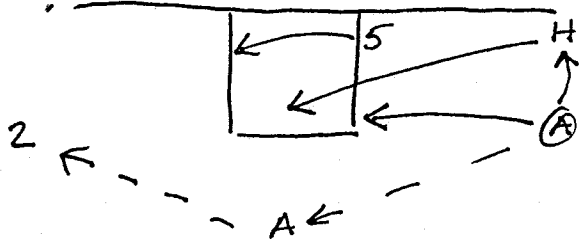
### 3. Rover Players

- Play on a string together
- Fill 2 of these spots:
  - high post - must be filled hard & sharp
  - corners
  - wing opposite
- Leave a spot/Fill a spot: especially in high post
- Dive to rim on any low post catch when you are at high post
- Be creative and imaginative

### 4. ENTRIES



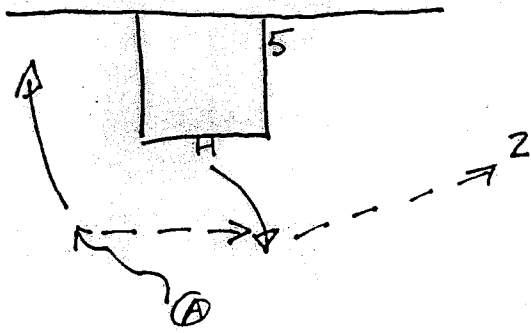
- DRIBBLE AWAY FROM ALEX
- HANNO HAS OPTIONS: HIGH POST CORNER



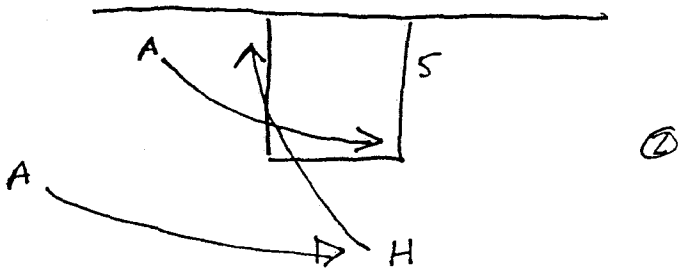
- HANNO CAN FILL HIGH FROM CORNER
- A ANDRE CAN JORDAN CUT



B.



- ANDRE DRAGS GUARD TO HIGH ELBOW
- HANNO STEPS OUT TO MAKE 2<sup>ND</sup> LUNGE TAKE HIM
- CREATES A 'WING OUT' ON CHANGE TO 2<sup>ND</sup> GD.

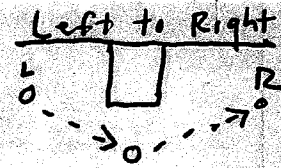


- ANDRE STARTED TO SHOOT CORNER - COMES BACK HARD ON CHANGE OF BALL
- HANNO CUTS OFF PASS TO BACKSIDE RIM
- ALEX FILLS POINT

ROVEYS

- ANDRE & HANNO : ALEX PT.
- ANDRE & ALEX : HARVEY PT.
- ANDRE & COLLEN : ALEX PT.

# OVER UNDER 1

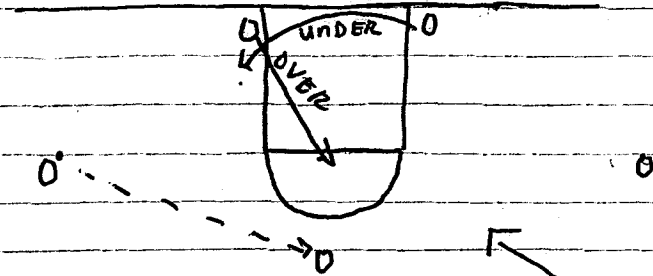


## "OVER Under" - Zone Attack

- When the ball is swung from left to right on the perimeter.

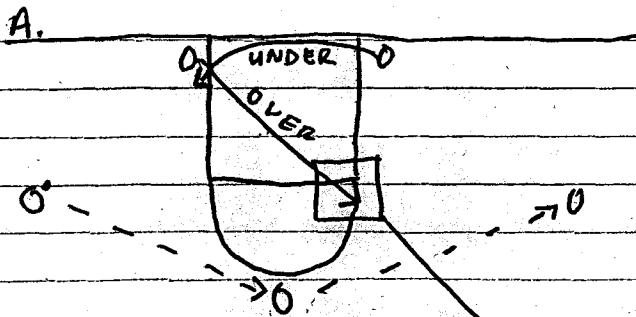
A) One big man flashes "OVER"

B) The other big man swings "under" & gets the back side of the rim.

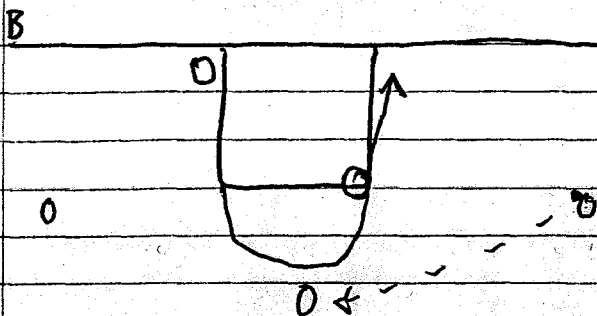


### - Point of Emphasis

- 1) "over" man must yell "~~over~~ OVE"
- 2) "Under" man must yell "under."



On the wing to point pass, obviously if you don't see a "hole" you don't flash.



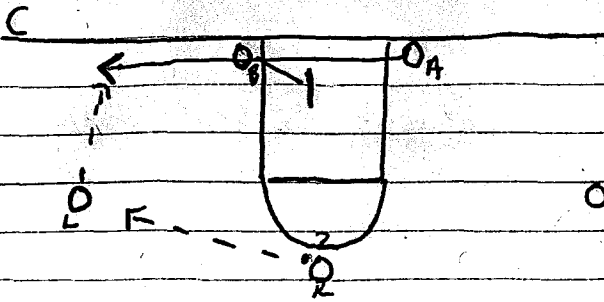
On the flash, if you don't receive the ball, you dive to the low block

[ We NEVER FLASH IN "OVER UNDER" when the ball swings from right to left ]

$O_B$  = Non shooter

OVER UNDER 2

$O_A$  = Shooter



- What can we do Now?  
← 1 - Run an "Interior"

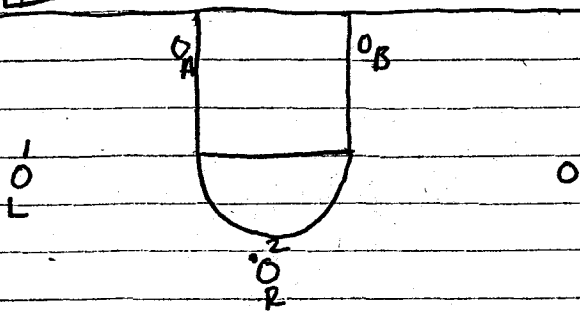
$O_1$  = upon receiving pass,  $O_1$  should pass fake towards  $O_2$ , gap dribble middle and lay the ball off to  $O_A$  with a bounce pass, quick pass, or "counter FLOW," meaning dribble toward  $O_2$  and pass back to  $O_A$ .

$O_2$  = must react  $O_1$  - meaning "pinch in" or space away.

**OR**

$O_B$  = Non shooter

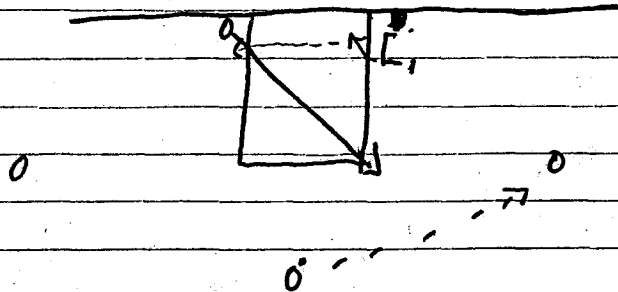
$O_A$  = shooter



← 2 " $O_A$  can "Pull" short CORNER

$O_B$  can flash to opposite Block

The Man who goes "Under" must never lose sight of the ball or turn his back to the ball, IT'S about the proper FOOTWORK ...

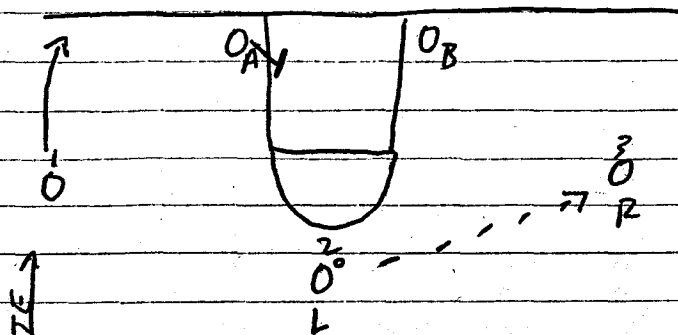


$E_1$  = should "step-swing" sliding across the lane to maintain vision of the ball.

As Coach teaches - he does a phenomenal job of ~~not~~ involving everyone. He constantly keeps you on your toes... everyone managers, trainers, coaches & especially his players, who may be sitting on the baseline.

### For Example:

Nate turned his back to the ball when going "under" Coach immediately stopped Nate and asked Phil what Nate did wrong.



Although we want to flash on swings of the ball from left to right, if there is no note & the zone is packing then  $O_A$  can screen in the back of the zone

$O$  must space away & be on a diagonal w/  $O^3$   
He must be ready to shoot the ball on the skip.

On swings from right to left - when we're not in a "over under" situation we can...

- 1.) Back pick for the skip
- 2.) Flash high post & then dive as the ball is passed to the "Pull man"
3. Flash to the opposite post

# OVER UNDER 4

"Over Under" gives us another dimension to attack the Flash Matchup or Po. It also adds a forced interior and it gives us the back pick off of the skip. Let's also understand the philosophy that it gives us better post rebounding position because of the "under" man. We can never flash "Over-Under" when the ball is swung from right to left.

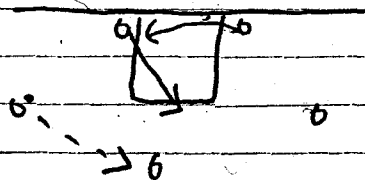
Understand this:

"Over" is a forced flash everytime - no matter in which direction the ball is swung, Forced Flash to a Dive to a Post

"Over Under"

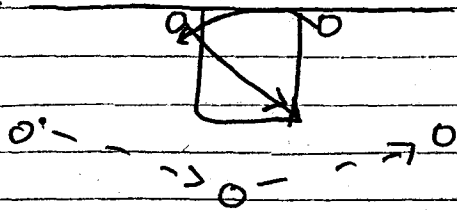
Is a forced flash in 3 instances - the player must choose when he flashes,

1.



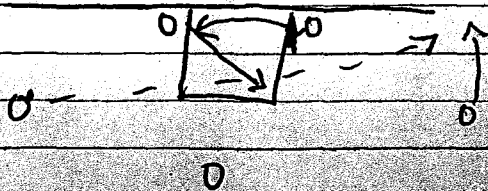
Wing to point

2.



Point to Wing

3.



Wing to Wing Skip

## OVER UNDER 5

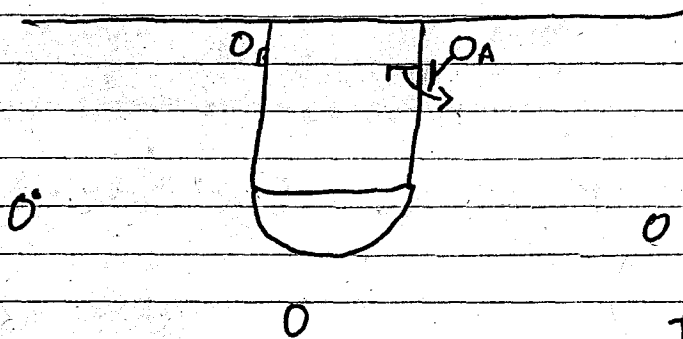
"OVER UNDER" is a flash to a dive to an interior  
OR Pull, depending on personell in  
the game.

What will we NOT run when we're in "Over-Under"

- 1) Yankies
- 2) Rebels  
OR
- 3) In's

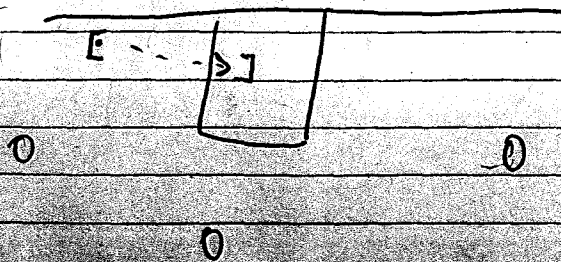
- When we're in "Over Under" we want to stay in  
that sequence.

- We want to have the skip dimension in "Over Under"



- If  $O_a$ 's defensive  
man starts to go  
over early and  $O_a$   
senses the hole he  
can "break the back  
pick off for the flash."  
The ~~back~~ flash always  
takes precedence over the  
back pick.

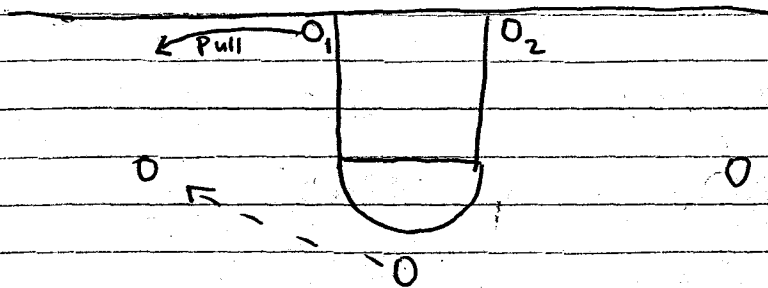
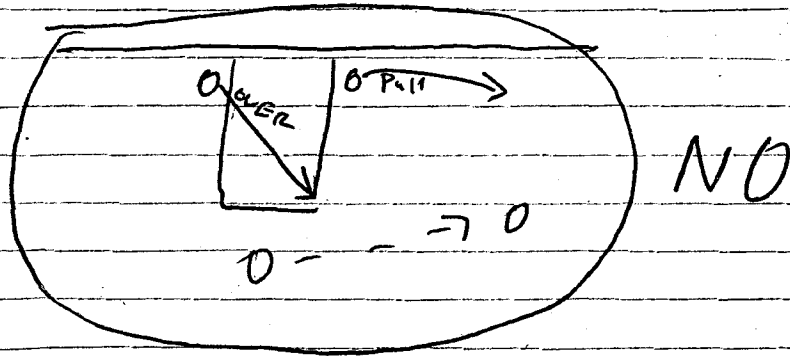
- On those interiors, the interior man must hold his  
post "later & longer" pointing his toes toward the  
man with the ball



OVER UNDER 6

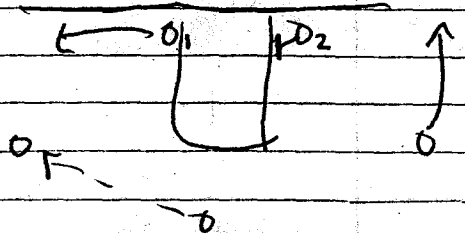
- Always emphasize that your players (post) make definitive hard flashes. - cut with purpose.

[ - One Note - The "Under Man" never pulls in Over Under ]

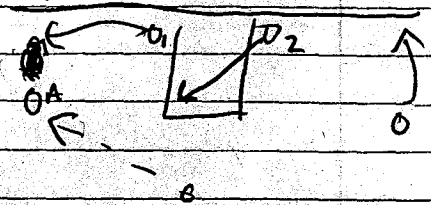


In "OVER UNDER" in this situation if O1 pulls O2 has the prerogative to do 3 things.

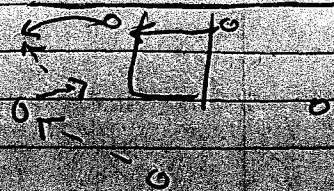
1) backpick for the skip



2) Flash the high post



3) O2 - Post opposite block" on the pass from OA to O1



# OVER UNDER 7

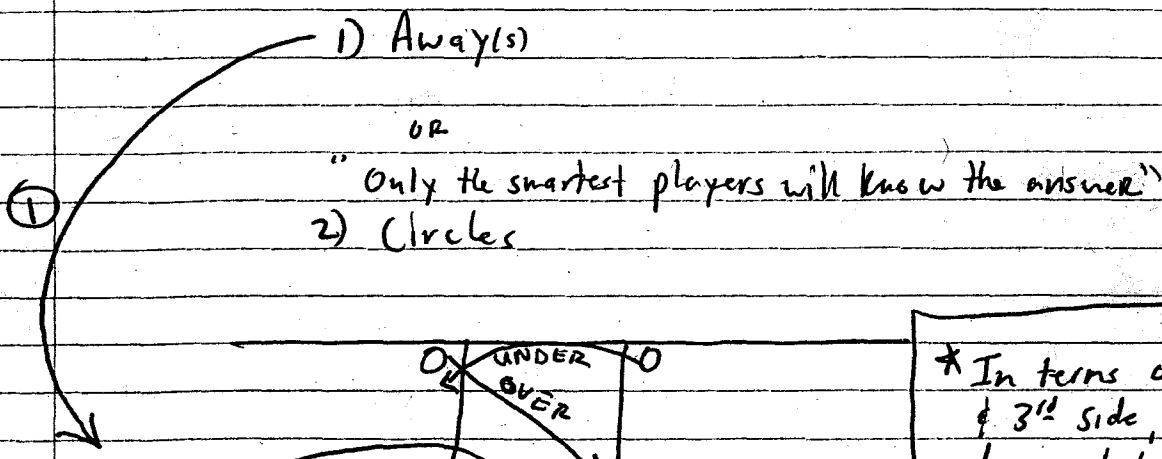
Your wings must understand this on their catches.  
They cannot hold the ball they must

- 1) shoot
- 2) gap dribble
- 3) quick pass to the "pull" man OR "hum it"
- 4) OR pass back to the point

- Holding the ball allows the defense to matchup "over-under" is an offense designed to beat to confuse the matchup.

- Make sure on the interiors that the interior man does not pull out from the pass - They must post showing the man with the ball their numbers and point their toes at the man with the ball.

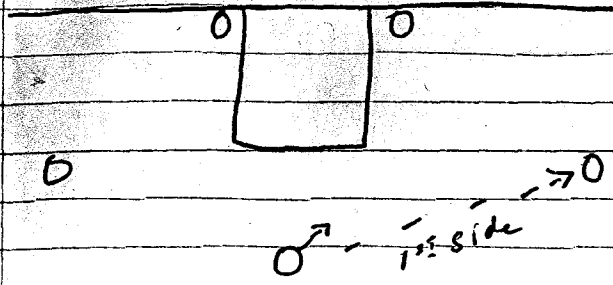
The only sequences you can run in over-under are



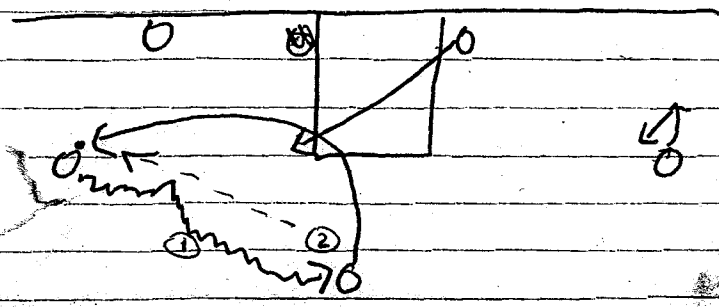
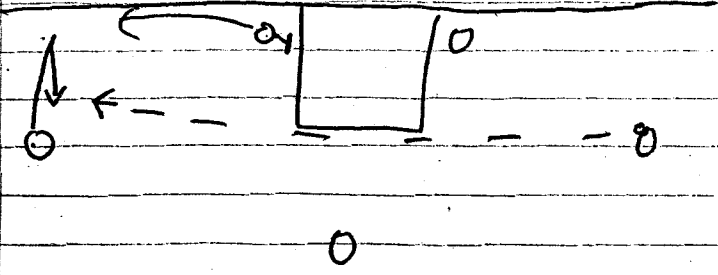
\* In terms of 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> side, the "OVER" man does not have to "OVER" on the 1<sup>st</sup> side if the ball is swung from left to right. if he does not want to



② CIRCLE



- Run pull or Interior  
out of the circle depending  
upon personnel



- The Two post men can never be deployed too low against the zone.
- It's all about deployment vs. their zone alignment