

JB

783-1740

I. INTRODUCTION (Coach KNIGHT)

A. Afternoon - Mon: OFFENSE [3:00-5:00] Utilize CAMPERS.

TUE: DEFENSE

B. (EARN AFTERNOON) 1 [1:00-3:00] WATCH / QUESTIONS

TAPING SESSION [GAME/PRACTICE]

MORNING: 9:00-12:00 / Evening 7:00-9:00

C. 20 Hr. Program.

D. Wed. Afternoon - Questions

E. INDIANA BASKETBALL (DEVELOPMENT/PHILOSOPHY)

* Must teach kids how to play basketball - rather than offenses & defenses. It is easy to take away offenses, but it is difficult to take away good fundamentals.

F. 4 POINTS ON OFFENSE / DEFENSE

(A) OFFENSE

1) SHOT SELECTION

* Most important component of offense. Range of players vary. Play kids where they have to be guarded. For example if you have a poor shooter (Regardless of position) play him close to the basket. He must be guarded here.

* Range: Know your players range. 3pt. Line: Those kids who have the ability to shoot the 3pt. work with them in setting up for shot at 3pt. Line. We moved offense out for Alford, he set up at red line on the break, VS. ZONES, & off screens VS. m/m.

* Every player must understand his shot selection. Basketball (shot selection) is not an equal opportunity game. We want balanced scoring but under these ~~three~~ ^{four} conditions: Penetration shooting, inside shooting, and driving to the basket, and rebounding offensively. Balanced scoring is not important, it is important that we have our players playing to their strengths and away from their weaknesses.

* Every player must understand strengths & weaknesses. The well coached player does. Confidence more than anything else is what you can do well and what you cannot. Do not allow your players to do things that they cannot do! Get players to understand each other. Understand strong and weak parts of the floor. (Baseline-weak perimeter)

(1ST TEAM ALWAYS PRACTICES IN RED)

* Shot Selection will improve your team's ability to be successful. Everyone cannot shoot.

* During the year I constantly ask: who is the best/worst shooters on your team. Who do we want to go to in a crucial situation. (Players)

* GET THE SHOOTERS THE SHOT. "ROLE PLAYING"

* SHOT SELECTION IS THE WHOLE BASIS OF DESIGNING A SUCCESSFUL OFFENSE.

(JOE HILLMAN HAD 6 ASSETS, NO SHOES, NO TURNOVERS IN NCAA CHAMPIONSHIP GAME)

2) HANDLE THE BALL WITHOUT MAKING MISTAKES.

"ASK YOURSELF: who is the most demanding Teacher that you have ever had? who is the best Teacher you have ever had.

- The more demanding you are as a Coach the better your team will be at handling the ball. It's total nonsense for a coach to say we run the ball so we will make more mistakes. Your players will start believing that.

③
* I don't trust players - they do not understand the game. They can be Doctors / Lawyers / ETC. BUT THEY ARE NOT ~~that~~ SMART ENOUGH TO COACH.

- AS A COACH YOU MUST BE DEMANDING OR YOUR PLAYERS WILL BE SATISFIED.

- I AM JUST AS POSITIVE WITH OUR KIDS AS ANYONE WHEN THEY DO SOMETHING CORRECTLY.

KEYS : * KNOW WHERE THE DEFENSE IS, PASS THE BALL AWAY FROM THE DEFENSE.

EX: POST - playing high - pass it low

· playing behind - pass it in front so I have to step out and catch it: ETC.

* Every pass does not lead to a basket.

* PASS FAKE, IMPROVE PASSING ANGLE - move the defense.

* IMPROVE PASSING ANGLE WITH THE DRIBBLE.

* PASSING ANGLE.

* RECEIVER - protect ball with shoulder from the defense - know where the defense is as well as the ball

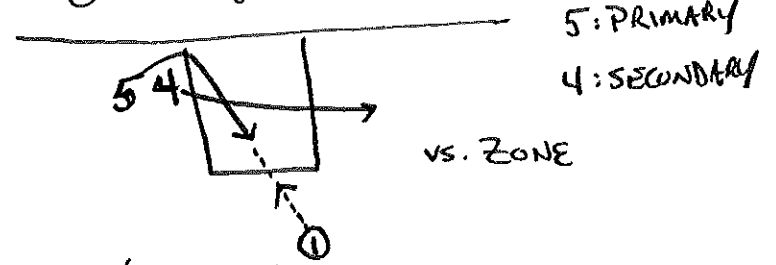
》 IF YOU CAN JUST DO THESE TWO THINGS THEN YOU WILL BE SUCCESSFUL. OFFENSES (PATTERNS) DO NOT MAKE YOU SUCCESSFUL. THE DEFENSE TAKES AWAY PATTERNS AND NOW YOU HAVE TO JAM IT DOWN THEIR THROATS - YOU MUST BE VERY GOOD TO DO THIS. BUT KIDS WHO CAN PLAY THE GAME WILL BE SUCCESSFUL!)

3) WORKING TO HELP EACH OTHER GET OPEN!

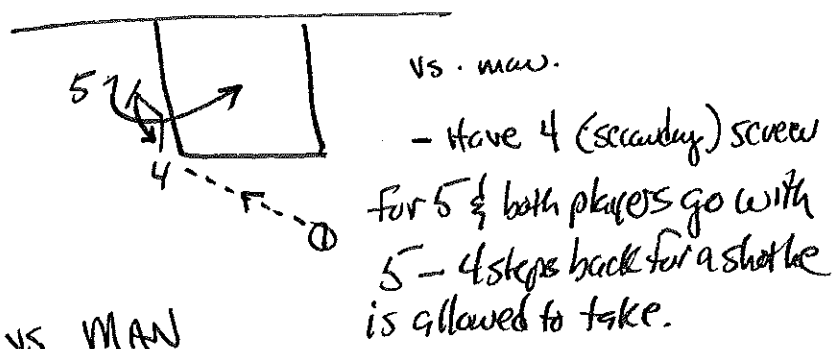
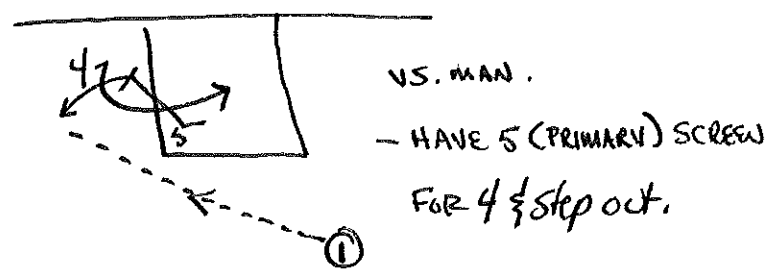
④

- A. CHANGING THE PASSING ANGLE. (DRIBBLE, PASS FAKE, THE PASS THAT SETS UP ANOTHER PASS)
- B. SCREENING
- C. SECONDARY CUTTERS

EX: Flash secondary cutter across zone to force them to play, and then bring primary cutter through vacated area.



KNOW YOUR ROLES / STRENGTHS & WEAKNESSES



SCREENINGS VS MAN

A. DOWN SCREEN Anytime there is a player below you go screen.

- 2 Rules: Cutter must be outside screener
- Screener must be inside cutter

- Screener must have his back to the ball, we want the cutter coming to the ball.

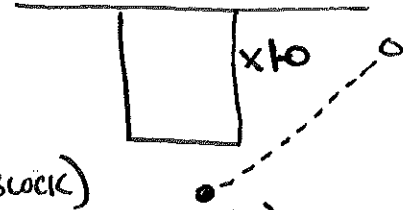
B. BACK SCREEN We step off the lane anywhere to set the back screen & we try and back screen the

Man who has just passed the ball. This is the most difficult screen to defend. (5)

MAN:



ZONE: 1-2-2, 1-3-1, 2-2; SCREEN THE BACK SIDE ON THE BASELINE.



C. CROSS SCREEN (BLOCK TO BLOCK)
(High to Low, High to High, Perimeter to Perimeter) ONLY vs. MAN.

4) Movement without the basketball.

Teach players to see open spots and move into open areas.

"We tell our players the most important thing they can do on offense is to be hard to guard. If you learn how to move with a purpose — then you will be hard to guard."

⇒ COACH KNIGHT IDEAS

* TURN YOUR HEAD CONSTANTLY ON DEFENSE — DO NOT rely on peripheral vision.

* Force the ball to the base line.

* OFFENSIVELY READ THE DEFENSE AND PLAY THE MAN.

(In our stacks we mix it up → who's breaking out)

* SKIP PASSES.

"TEACH KIDS HOW TO PLAY BASKETBALL. OFFENSES ARE NOT IMPORTANT. THE EXECUTION OF THESE FOUR IDEAS ARE THE HEART OF GOOD OFFENSES."

(B) 4 IDEAS DEFENSIVELY

- You must work on what you do, emphasizing all your principles all the time. When people ~~ask~~ ask me how much time do you spend on Defense - I say 100% of the time. While we work on our offense we are working on our defense.

1) PRESSURE ON THE BALL.

The ball must be pressured regardless of what your playing. It is important to be able to pressure the ball to at least 21 feet.

"We have some players who cannot deny the wing all the way to the sideline - so we tell them to deny to the 3 pt. line - $\frac{1}{2}$ then set up below them. The key to pressure defense is your help side. The help side takes care of any mistakes you might make.

* We must pressure the ball when it is being dribbled, shot, passed, or caught.

* The further we can extend our defense is determined by 1) our quickness & 2) their quickness. Ideally we would like to play ~~up~~ up to the $\frac{1}{2}$ ct. line. You MUST MAINTAIN PRESSURE. (Not get beat $\frac{1}{2}$ have to recover.) I never have liked ^{Full-court} press defenses. You don't beat good teams pressing, but you allow them to score easy points. The press is always a situation of diminishing returns.

A) WITH OUR PRESSURE WE WANT TO GET THE BALL STARTED TOWARD THE CORNER. THE BEST PLACE TO HAVE THE BALL OFFENSIVELY IS AT THE KEY - WE TRY AND KEEP THE BALL OUT OF THIS AREA. THE WORST KIND OF HELP YOU CAN HAVE IS INSIDE-OUT. EX:



- WE ELIMINATE INSIDE-OUT HELP AS MUCH AS POSSIBLE. HELP OUTSIDE IN BY FORCING TO THE OUTSIDE. WE LEAVE THE MEN FURTHEST AWAY OPEN.

B) # ANYTIME SOMEONE PICKS UP THE BALL - LETS JUMP TO THE INSIDE & TRY TO TAKE AWAY REVERSAL. THE TEAM THAT CAN REVERSE THE BALL ACOT WILL BE SUCCESSFUL.

2) HELPSIDE DEFENSE

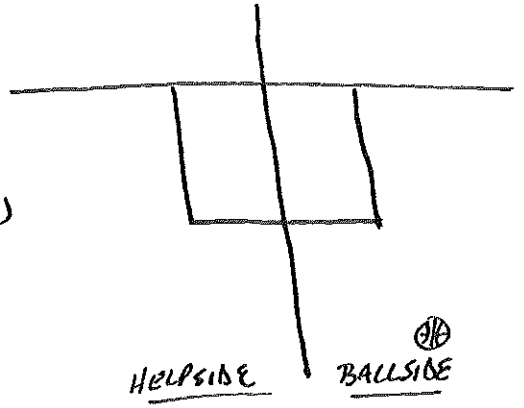
RULES: A. The further your man is from the ball, the further you can be from your man.

B. When the ball is above FT line, our helpside is on 1 step of the man's side of the basket. I AM SLIGHTLY OPEN

TO THE BALL WITH MY BACK HAND IN THE PASSING LANE. THIS GIVES YOU THE ABILITY TO HELP QUICKER, (quickest move is to the ball) HAND IN PASSING LANE, AVOID SCREENS, AND TAKE FLASH TO BALL AWAY.

C. When ball is below FT line, helpside is on 1 step on the ball side of the basket.

D. ON baseline drive: Lowest man towards baseline helps and top rotates down all the way to the baseline to take away pass.



* IMPORTANCE: 1) BALL, 2) POSITION, 3) MAN, YOU HAVE TO BE A BALL ORIENTED DEFENSE.

3) RECOVERY

Recover in such away that you take away the shot and the drive. Eliminate the lunge! "IF you go into that passing lane on recovery you had better get the basketball."

- when you play vs ZONES take the ball to the ^{strong side} ~~weak side~~ of the zone & then reverse it (skip it) to the ^{weak} ~~strong~~ side.

4) REBOUNDING

BLOCKING OUT: ANYTIME SHOT IS TAKEN YOU MUST GO AFTER YOUR MAN, HELPSIDE - GO OUTSIDE & THEN RECOVER INSIDE.



* BLOCKOUT - GET THE BALL - OUTLET

outlet must be passed out or driven out, once gain determined by strengths and weaknesses. Pass should not be more than 15'

"My idea of the Fastbreak has always been to get the ball there first."

"I WANT OUR PLAYERS TO THINK THAT WE ARE INITIATING OUR OFFENSE WITH OUR DEFENSE."

Best Coaching Point Ever

CLAIR BEE, PETE NEWELL, HANK IBA: BEST 3 COACHES EVER!

Pete Newell: "Get better shots - that describes your offense, and get more of them - and that describes your defense."

(C) CONVERSION: THE MOST IMPORTANT.

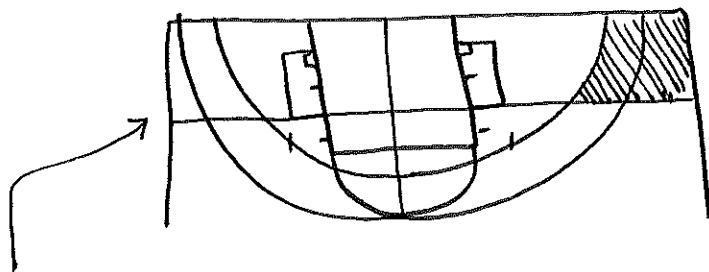
"ON OFFENSE LETS GET A GOOD SHOT, AND ON DEFENSE LETS DONT GIVE UP A GOOD SHOT."

"We spend too much time thinking about offense and defense, in terms of working in the 1/2 CT. AREA; the most important aspect of the game is tying them together."

* DO NOT MAKE THE MISTAKE OF GOING 5/5 and stay in the 1/2 CT. AREA. ANYTIME WE GO 5/5 in practice - on a missed shot the defense converts the ball to the offensive end.

— "MAKE THINGS IN PRACTICE MUCH MORE DIFFICULT THAN GAME SITUATIONS"

COURT MARKINGS



This line marks how high we want our offense, line intersects with the dotted line. Allows us to utilize the dimensions of the floor. If we cut below the line then we have to come back out at least even with the line.

Low Post Box - Low Post AREA / Don't let offense post here
16' Semi Circle - shows / displays the width of our offense, stay outside the line vs zone defense except to get the ball. Devisively do not let them inside the 16' mark on a baseline drive. Gray shaded area is where we want to keep the basketball, we must control the area inside the semi-circle. The more quickness we have over them - we can extend this area of control. Make the offense GO OVER US NOT THROUGH US.

II. DEVELOPMENT OF OUR BASKETBALL PHILOSOPHY.

"The end result ~~result~~ in what you do - must be to have your players understanding what you want!"

"THE WILL TO PREPARE TO WIN IS INFINITELY MORE IMPORTANT THAN THE WILL TO WIN."

A. HOW YOU EXPRESS YOURSELF

1) WE ARE EDUCATORS.

2) TERMINOLOGY IN TEACHING.

- Use #'s for offense / Letters for Defense.
Makes everyone pay attention.

3) YOUR DRESS ON THE PRACTICE FLOOR.

4) ORGANIZATION OF EVERYTHING YOU DO.

5) DEMANDING: BE METICULOUS IN EVERYTHING YOU DO.

6) LOCKER ROOM FACILITY (Creates atmosphere of what we want our players playing under)
- We show our players that we have an interest in them beyond basketball.

7) SEND OUT GRADECARDS (CLASS PARTICIPATION, Attendance, Preparation, Tests, Comments)
- SEND OUT 5 in the beginning of the year to be sent back every other week.

8) TALK TO EVERY KID AWAY FROM BASKETBALL AWAY FROM THE COURT.

9) CONDUCT OF PRACTICE & ORGANIZATION

- OUR MANAGERS OUR AS IMPORTANT AS OUR PLAYERS AND WE UTILIZE THEM IN PRACTICE. NEVER HAVE MORE THAN 1 more than enough for the drill. Repetition is an absolute necessity in teaching, you cannot do it with 8 standing. The organization of practice to develop your team is paramount. Individual drills cannot last longer than 5 minutes. You must get players playing as quickly as possible and more aggressive. This can be conducted

through practice - when I say where to go & what to do the players & coaches must react immediately. Players should be headed in right direction & started into drill by the time I have finished stating it. I will get on the coaches to get them going. MAKE YOUR KIDS REACT, MAKE THEM THINK, MAKE THEM CHANGE THEIR MINDS FROM ONE THING TO ANOTHER. MAKE THEIR MINDS QUICKER.

- PRACTICE MUST BE DISPERSED WITH 2-MINUTE DRILLS.

"This is where you have the ability to get a team to do what you want them to do."

- PRACTICE MUST BE MORE DEMANDING THAN GAMES. THROUGH YOUR ORGANIZATION OF PRACTICE.

- CANNOT WORK ON A 5/5 SITUATION MORE THAN 10 MIN. & USE CONVERSION.

- CHANGE DRILL: IF I could only utilize one drill in practice this would be it. LAST 20 MINUTES. CONVERT TO COMPLETE POSSESSION AND THEN CALL OUT NEXT REQUIREMENTS. THEN ADD THINGS TO CONVERSION. ONCE AGAIN WE ARE MAKING THE KIDS THINK & CONCENTRATE, and therefore PLAY BETTER.

NEVER GO MORE THAN 2 CONVERSIONS. WE WILL UTILIZE

* THE THINGS WE WILL FACE IN UPCOMING GAMES IN THIS DRILL. GIVE PLAYERS RESPONSIBILITY.

* MUST WORK ON GOING FROM ZONE TO MAN (CHANGE DRILL).

- AS SEASON PROGRESSES OUR PRACTICE TIME BECOMES LESS & LESS.

- B. PRACTICE STRUCTURE

1) 1st 15 min. PRE-PRACTICE

2) TAKE PLAYERS IN LOCKER ROOM - "Everybody IN - Lets Go"

- Talk for 3 minutes and then we will go, I just want them to hear me as a head coach addressing the team

- Don't stop to correct mistakes, take a kid out or talk to him while he is playing.

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Don't try and
force it in - get
them off the floor
if they are leaving
a bad night

In February we will
not go more than 1
hour.

on what is pertinent at this moment.

3) PRACTICES

4) BRING TEAM BACK INTO & TALK TO THEM ONCE
AGAIN FOR NO MORE THAN 3 minutes

* START AT 3:20 and END at 5:30 - ALWAYS.

C. PLAYERS NOTEBOOK

Each kid keeps a notebook during the entire year, he keeps it with him all the time. When I meet them in the locker room, the notebook is there ~~with~~ open and ready to go. Must write everything.

(*)

D. TAPES (This time is not included in Floor time)

WANT PLAYERS TO SET-UP TIMES TO WATCH TAPES AT LEAST TWICE A WEEK.

E. WHAT WE DO IN PRACTICE.

1) PRE-PRACTICE: - 25 Ball slaps each hand - total of 50 as hard as he can.

- Handle the ball, dribbling > 60 seconds worth.

- JUMP ROPE FOR 60 seconds (regular & heavy rope)

A. Forward B. Backward C. Cross

- All stretching is done in the Locker room.

- Individual improvement drills by asst. Coach.

- Shooting. Always done versus pressure. We do not ever allow our players to just come out and free shoot.

- MORE RELAXED ATMOSPHERE. WORK CENTERS AROUND POST PLAY OFF., SHOOTING, AND DRIBBLING.

(12)

F. CLOSING THOUGHTS

Shay & Mattie
Danny Hill et

1) LET PLAYERS MAKE DECISIONS THAT DO NOT MEAN ANYTHING. EX: - When do you want to practice Saturday -
- DO YOU WANT TO EAT NOW OR GO HOME? - Following the game.

2) SET GOALS FOR YOUR PLAYERS, Realistic and difficult.
- You must support goals, and be ready to change them if they become impossible to reach,
- DO THE SAME THING WITH DEFENSIVE & OFFENSIVE STATS. Shooting %
- I GIVE ALL OF OUR PLAYERS A COPY OF Kipling's poem "IF".
This line is great in regards to winning and losing.
→ IF YOU CAN'T MEET WITH TRIUMPH AND DISASTER

"OUR GOALS THIS SEASON WERE TO BE COMPETITIVE NATIONALLY & WIN A BIG TEN CHAMPIONSHIP"

3) WORK HARD: GIVE THEM SOMETHING TO READ - GIVE THEM ARTICLES TO READ & DISCUSS BEFORE PRACTICE. POINT OUT THINGS OTHER THAN BASKETBALL. SHOW THEM THAT YOU ARE WORKING HARD!

END OF SUNDAY EVENING SESSION LECTURE

"Sometimes I call time out and just simply say - You guys got yourself in this situation - Now lets see if you can get yourselves out of it."

I. TEACHING PLAYERS HOW TO UNDERSTAND THE GAME

TRYING TO DO TWO THINGS: 1) HOW TO PLAY THE GAME
2) UNDERSTAND THE GAME

A. FOUR KEYS IN TEACHING (LOOKING FOR THE EDGE)

① Communication, Get your players talking in everything they do. Ex: 3/3 Full Court Passing drill. Have players call out ^(the names of) who they are passing to and who has passed it to them,

② Sherlock Holmes to Dr. Watson, "Everyone sees but very few perceive."
KNIGHT: "All basketball players look but very few see."

LOOK → SEE

*THE KID WHO REALLY WORKS ON SEEING WILL CONCENTRATE AT THE LEVEL NECESSARY TO BE SUCCESSFUL.

→ USE THE OVERHEAD PROJECTOR TO HELP PLAYERS TO SEE.

* make up slides and leave them up for 2 seconds and then ask a question to be answered by the players.

Ex: - write 5 names, Ask who is the best shooter, worst shooter, best ball handler.

- Ask them questions about themselves.

(NCAA championships: 40, 53, 76, 81, 82) ASK them questions about Indiana University (NCAA Championships)

- Screening situations, etc.

Use cards/notebooks and ask before or after practice.

③ HEARING - LISTENING MUST GET THE PLAYERS LISTENING TO WHAT WE ARE SAYING. EX: IN PRACTICE CALL TIMEOUT (Everyone comes to you)

(14)

immediately. ~~Describe~~ Describe a T.O. situation and then have manager give them a 3x5 card and ask them 5 questions. (who is ahead, what's the score, who is taking the ball out, etc.)

④ CONCENTRATION

- Communication, SEEING, AND LISTENING ALL LEAD TO DEVELOPING GOOD CONCENTRATION.

"IF YOU CONCENTRATE YOU WILL BE ABLE TO ANTICIPATE"

→ YOUR PLAYERS MUST BE ABLE TO ANTICIPATE, NOT REACT. IN ORDER TO ACCOMPLISH THIS OUR PLAYERS MUST HAVE A HIGH LEVEL OF CONCENTRATION. WE AS COACHES MUST DEMAND THIS OF OUR PLAYERS IN OUR TEACHING, PRACTICE STRUCTURE, DRILLS, ETC.

* MAKE DRILLS MORE DIFFICULT THAN GAME SITUATION.

* MAKE DRILLS COMPETITIVE / LOSERS RUN SPRINTS.

* EVERY NIGHT WE KEEP THESE STATS AND POST THEM.

1) FG Attempted

2) FG Made

3) ASSETS

4) TO

5) Rebounds

6) Post Feeds

- THIS HELPS US IN OUR DETERMINATION OF WHO PLAYS, WHO CAN DO WHAT WE HAVE TO HAVE. ALSO POST WEEKLY TOTALS.

* KEEP THE SAME 6 STATS FOR GAMES / POST THEM

→ * KEEP GAME STATS FOR LAST 10 MIN OF GAME / POST THEM

* GRADE CARD FOR PLAYERS - Almost impossible to achieve all of

15
- THESE 11 THINGS ARE POSTED IN OUR LOCKER ROOM BY THE MANAGER BEFORE

- THE PLAYERS LEAVE ON THE BOARD IN THE LOCKER ROOM.
- Defensive
- ① LIMIT OPPONENTS TO 65 PTS OR LESS.
 - ② NO INDIVIDUAL PLAYERS SCORES ~~20~~ 20 PTS.
 - ③ FORCE 20 T.O.
 - ④ LIMIT OPPONENT TO 42% FROM FLOOR.

- Offensive
- ⑤ 75% FROM FT LINE
 - ⑥ 52% FROM FLOOR.
 - ⑦ 10 T.O. OR LESS

- Combination
- ⑧ 16 OR FEWER PERSONAL FOULS
 - ⑨ SCORE 1st TO START EACH 1/2.
 - ⑩ 58% OF ALL REBOUNDS
 - ⑪ 12 MORE SHOTS THAN OPPONENTS.

BLACK FOR ACHIEVING GOAL
RED FOR NOT ACHIEVING GOAL

- * "VICTORY FAVORS THE TEAM MAKING THE FEWEST MISTAKES"
- * GOALS MUST CHANGE FROM YEAR TO YEAR IN REGARD TO OUR TEAM'S ABILITIES.
- * ANALYZE WHY WE ARE NOT ACCOMPLISHING THESE GOALS.

II. CERTAIN THINGS WE MUST DO EVERY SINGLE DAY IN PRACTICE. THROUGH DRILLS, 5/5, ETC.

A. DEFENSE (THE MORE DIFFICULT YOU CAN MAKE IT FOR THE OFF. TO OPERATE THE BETTER YOU WILL BE)

- ① Ball Pressure.
- ② Pressuring the passing lanes.
- ③ HELP & RECOVERY
- ④ BLOCK OUT / DEFENSIVE REBOUNDING
- ⑤ POST DEFENSE

* MUST HAVE BIG GUYS DOWN A LITTLE GUYS THINGS AND VISA-VERSA AT TIMES.

* WE HAVE CONTROL OVER A ZONE DEPENDS OF WHO THEY ARE GOING TO GUARD.

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- we will pick out their worst defensive player and place one of our better players verse him. Let their best defensive player guard our weakest offensive player.

* Verses a M/M TEAM: we cannot determine who guards who, but we can determine where you are going to have to play him. EX: IF we have a big guard who can really post, and their players guarding him is not a good post defender - then we will post him up.

★ ALL THIS ENCOMPASSES OUR 5 DEFENSIVE OR OFFENSIVE AREAS. HAVE EVERYONE DOING EVERYTHING.
EX: JADLOW WILL BE ABLE TO GO INSIDE/OUT.

B. OFFENSE

① Ball Handling: the quality of your ball handling is a reflection of you the coach and how ~~you~~ demanding you are.

② Screening / Cutting.

* An idea in Screening: Get your good scorer to screen twice before he looks to come off the screen. THAT defender who will not switch now almost works with us as a double screener.

* Screen is the most difficult thing to defend.

* We had Michael Jordan screen quite a bit to get him open.

③ Shooting "I think you can do alot with your players in shooting."

- THE KEY IS YOUR FOOTWORK! BE READY TO SHOOT THE BALL.

- STEP INTO THE SHOT.

* OUR TEAM SHOTS WELL BECAUSE WE WORK ON IT!

④ SHOT / PASS FAKE

EX: Raudy WITMAN vs ISAIAH THOMAS in NBA playoffs. Scored 9 baskets and 5 asst. with the shot-fake.

4's on floor for screening

5 PLAYING VERSUS THE ZONE AND PRESS.

- It is extremely important to work against those things you don't do.
- WE DO SOMETHING AGAINST THE ZONE THE VERY FIRST DAY OF PRACTICE.

10 MIN. BREAK

I. COACH FELLING : SHOOTING

A. TECHNIQUE : PAY ATTENTION TO DETAIL.

1. CATCH THE BALL IN THE READY POSITION / GIVE A TARGET AND LET THE SHOOTING HAND BREAK THE VELOCITY OF THE PASS
 - BUTT DOWN BEHIND YOUR HEELS WITH THE BALL IN THE SHOOTING POCKET. (Above the waist - below the chin)

2. FOOT WORK / AND LEGS INTO SHOT.
 - HAVE YOUR FEET READY TO SHOOT THE BALL.
 - STEP INTO THE SHOT WITH EQUAL FORCE OFF BOTH FEET.
 - Shooting is started with the legs.
 - RA shooter step in with right foot, USA VERSUS

3. TYPES OF SHOTS
 - Step-in jumpers
 - shot off the move
 - shot off the dribble

5. Release (Do not watch the flight of the ball / Eyes on target)
 - Lift the ball for release on hand length above the hairline.
 - Head & shoulders must be over the feet (Power and accuracy)
 - Target for shot should be 6 inches ^{front of the} above rim - drop it into the basket.



4. GRIP - strong jumper
 - HAVE THUMB PAD & HEEL PAD ON THE BALL - CUP THE HAND AROUND THE BALL
 - Ball should roll off the big 3

II. DRILLS (30sec. to 1min.)

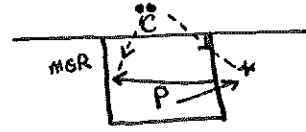
A. MIKAN DRILL

B. 2 BALL PICK-UPS (Begin with back to basket)

Incorporate shot fake, fake & dribble, step through, etc.

C. 2 BALL RAPID FIRE SHOOTING

Short choppy steps - Be quick and step into the shot. [60 seconds]



* CAN USE ~~THE~~ PASSES AS FEEDERS - GO SIDE TO SIDE. HE REALLY HAS TO WORK TO KEEP BOTH BALLS GOING. BE INTENSE!

D. GARBAGE DRILL

WORK WITHIN 15' - Toss ball out, pivot turn

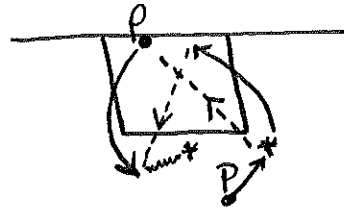


AND SHOOT, SHOT FAKE & DRIBBLE, ETC. HAVE GOALS (of 10, etc.)

UTILIZE A VARIETY OF SHOTS. (Shoot 10 shots & 5 free throws)

E. TWO PLAYER SHOOT & FOLLOW

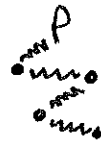
USE SHOT FAKES, STEP INTO SHOTS.



F. ONE-TWO-STEP PICK-UP

DRIBBLE - STEP - PICK-UP INTO SHOOTING POCKET.

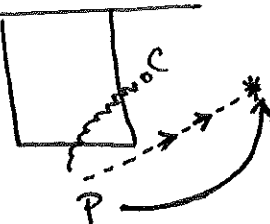
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G. PAIR-UP AND SHOOT WITH COACH/PLAYER

- KEEP SPACING, ON ALL PASS FAKES OR SHOT FAKES CHANGE DIRECTION.

"FOOTWORK". COACH/PLAYER WHO IS FEEDER REBOUNDS.



H. PAIR-UP AND SHOOT (same as G)

* > Defense applies pressure by putting their hand in offense's face. Helps to develop muscle memory reflex - "Machine!"

Incorporate shot fake. WE BREAK DOWN EVERYDAY INTO THIS DRILL WITH THE SHOT FAKE. USE YOUR DRIBBLE TO CARRY YOU AWAY FROM THE DEFENSE.

EMPHASIZE.

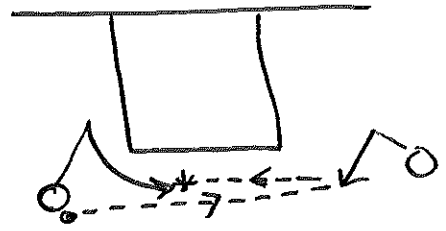
* > SHOT FAKE - Step into it, ~~lift~~ ball up & show it to the defense. MAKE IT LOOK LIKE A SHOT

- LOOK LIKE A PLAYER, BE IN A READY POSITION, RECEIVE THE BALL DON'T CATCH IT. BRING THE BALL INTO THE SHOOTING ROCKET.

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I. TWO LINE PASS & SHOOT

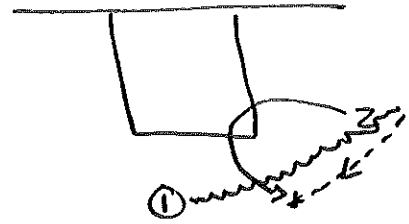
- * Pass to partner who has made V-cut, V-cut & come to ball - be ready to pivot & square to step into the ball.
- DO FROM DIFFERENT POSITIONS ON THE COURT.



"MENTAL IS TO THE PHYSICAL AS FOUR IS TO ONE."

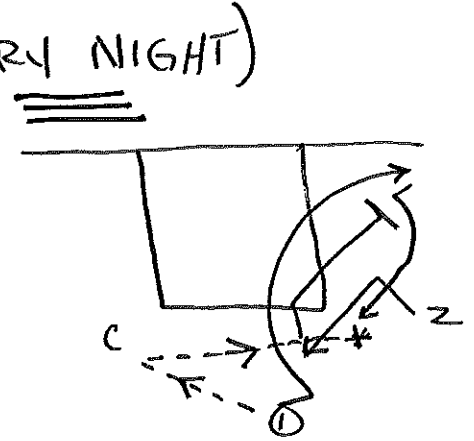
J. TWO MAN ZONE SHOOTING

- TWO MEN, KEEP YOUR SPACING & UTILIZE SHOT FAKES - YOU HAVE A STRING TIED TO YOU - PUSH & PULL. DO NOT PASS TO BASELINE.



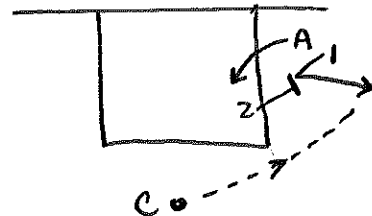
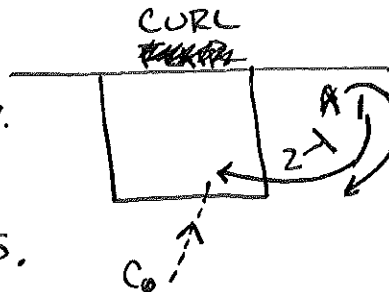
K. DOWN SCREEN SHOOTING (EVERY NIGHT)

- * Stress screening technique, can do dummy (with a defense), shot fakes, curl & flair. If there is a defense we may pass the ball right back to the passer on his cut if the defense does not honor it.



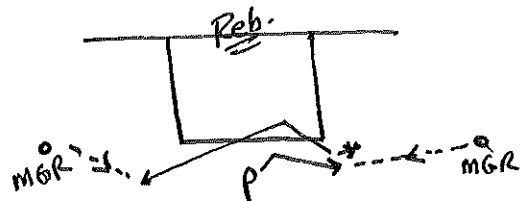
- * COMMUNICATE / READ THE DEFENSE?

→ USE INSIDE, BASKET CUTS.



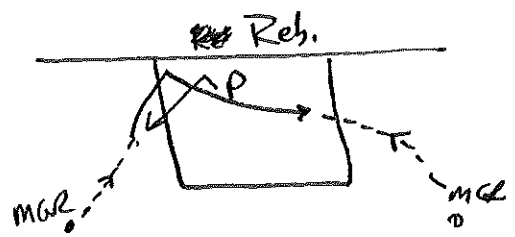
L. 2 BALL SHOOTING

- Utilize perimeter players, move around to different positions. V-cut & shoot. BE QUICK



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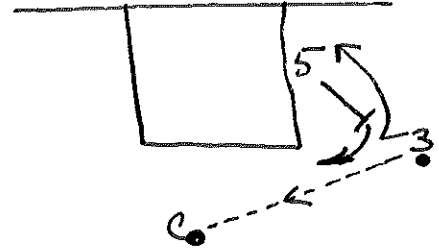
- with post players. Use all post moves.



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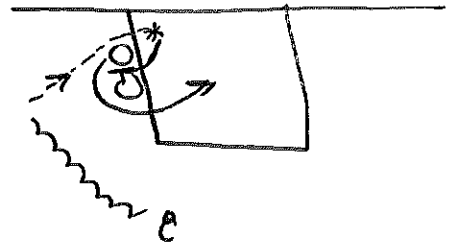
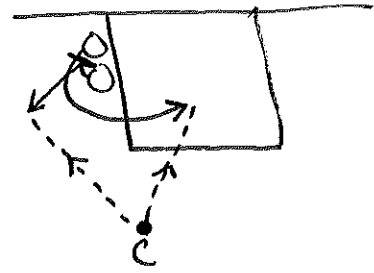
M. BACK PICK SHOOTING

- Have wing reverse it to Coach, $\frac{1}{2}$ POSTMAN BACK PICK WING. USE TWO BALLS $\frac{1}{2}$ HIT BOTH CUTTERS.



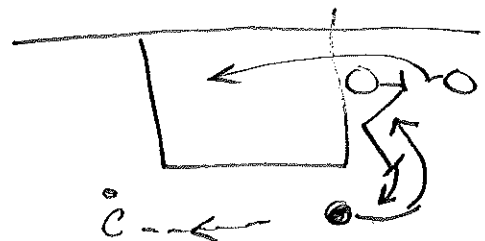
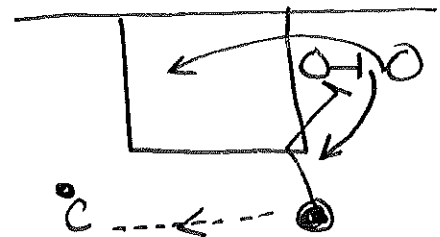
N. SHOOTING OFF OF A STACK

- Utilize all possibilities out of the stack. TIGHT CUTS, DOWN SCREENS, FAIR, ETC.



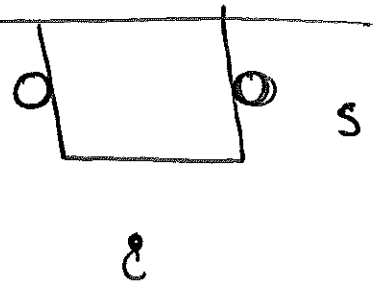
O. 2 Ball Screen on the Screener.

- Coach uses two balls - pass to 1st and 2nd cutter. Use a variety of screens - but screen the screener. COMMUNICATION



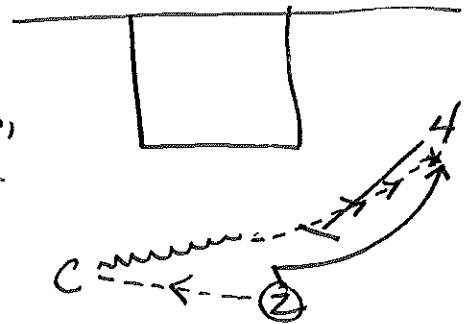
P. Continuous Shooting off Double low Screening

- Screeners always step up & screen, have mgr. rebounding. Go for last second shot, last second 3pt. shot.



Q. FLAIR SCREENING

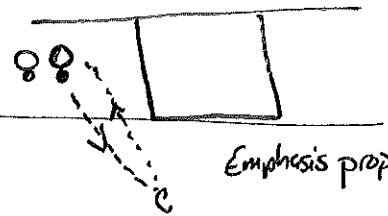
- Really utilized this type of screen with Steve Alford. Start ball in Z's hands, Pass to Coach & utilize Flair screen. Screener must read the defense, Roll or step out.



* RUN ALL SHOOTING DRILLS WITH SOME TYPE OF PRESSURE / COMPETITION.

R. BANMAN SHOOTING WITH COACH AS PASSER

10 - MIN BREAK



Emphasis proper footwork.

S. CHAIRSHOOTING

← COACH KNIGHT →

I. HANDLING THE BASKETBALL

* One the absolute best things you can do with your team in having them become better passers and improve their movement is not allowing them to dribble. Also, play several possessions each day with the def. having their hands behind their back until a shot or a pass.

2 REASONS TO DRIBBLE vs H/MI) 1) IMPROVE PASSING ANGLE.

2) TAKE BALL TO BASKET

* PLACE RESTRICTIONS ON OFFENSE; X number of passes before a shot (except a lay-up), certain people shooting the ball, no dribble, COMBINATIONS. Helps players to get accustomed to each others roles.

(22)

"I THINK THAT OFFENSIVELY YOU MUST MAKE FOUR PASSES BEFORE YOU LOOK TO SHOOT, UNLESS YOU CAN GET A LAY-UP." IF YOU HAVE A GREAT SHOOTER ALLOW HIM TO SHOOT THE BALL. (Whitman, May, Alford, etc.)

* Another restriction that we use if we have a great center is to have him touch the ball 3 times before we can look to shoot, unless we have a lay-up.

* EMPHASIS WHAT YOU WANT TO BE ACCOMPLISHED THROUGH RESTRICTIONS.

* YOU HAVE A GOOD PENETRATING PLAYER (Daryl Noffler) MAKE THE RESTRICTION THAT HE MUST TOUCH THE BALL 3 TIMES BEFORE A SHOT, OR THAT THE ONLY WAY WE CAN SHOOT IS IF THIS PENETRATING PLAYER PASSES IT TO YOU - FORCING HIM TO MAKE SOMETHING HAPPEN. (unless we have a lay-up of course.)

* FORCE TEAM TO RUN THEIR POSSESSION BY ONLY MAKING BACK SCREENS, ETC.

* INVERT IDEAS SOMETIMES - EVERYONE CAN SHOOT EXCEPT OUR BEST SHOOTER (ALFORD)

* NOW USE RESTRICTIONS IN GAMES.

II. BALL HANDLING DRILLS (1-2 min.)

A. 4 CORNER PASSING (Initial Practice)

- ALWAYS GO TO THE INSIDE / "CHANGE" - reverse directions

CALL OUT PASSERS & RECEIVERS NAME - "COMMUNICATION" (Call out clothes, give friend names, etc.)

B. 3 MAN WEAVE TO 3/0 FB.

C. FB JUMPSHOTS

Divide team into 4 groups - Fakes - drives the ball into elbow & shoots jumper, Count # shots made - count time left - losers RUN. HAVE MERS PICK A GROUP, if their group loses they RUN. Coaches become involved sometimes.

START PRACTICES

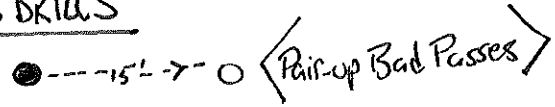
D. 11-MAN FB DRILL (5-7 min)

(Ed Jyke - Cincinnati)

- kick that ends up rebounding alot - you've got to think about playing him.
- Emphasis aggressiveness.

E. TWO MINUTE BALL HANDLING DRILLS

① BAD PASS DRILL



- Pass bad passes back & forth, to force receiver to move & catch.

② KEEP AWAY

[Passer cannot throw ball above defender's head, defender must be closest to passer]

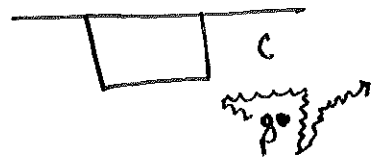
- Emphasis passing fundamentals
- If defender can count 1-2-3-4 without passer throwing it, he must step into the middle.

③ NO WALK DRILL

- V-cuts, pass off of the dribble, catch and establish a pivot foot, Fake, dribble, pick it up, pass it.

④ DRIBBLE DRILL

- use two balls - coach changes direction

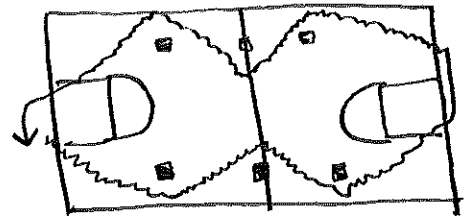


⑤ FULL COURT DRIBBLE DRILL

- use two balls / chairs

⑥ 2 1/2 CT. TRAP DRILL

- Player on offense must maintain dribble



for 10 seconds while defenders attempt to trap. START AT 1/2 CT. (TOUGH ON DEFENSE & OFFENSE).

— BREAK —

2:30 CAMP DRILLS / TAPE IN ASSEMBLY HALL.

CAMP STATIONS
(Defense, shooting, Rebounding, Movement, Ball Handling, Film)

3:30 REVIEW

4:00 DRILLS WITH KIDS.

I. MOTION OFFENSE

* There isn't anything that gives you a better look at what you're doing offensively than 4/4. This also gives your defense a tremendous test. It forces everyone to play everywhere. This is the basic building tool in developing our offense.

A. RULES

1. LOOK BELOW YOU TO SCREEN

- Set proper angle by having your back to the ball. Have your left hand locked on your right wrist down in front of your body. Go after the offense, but now with hands locked you will not be likely to have a foul called.

2. DO NOT MAKE TWO CONSECUTIVE CUTS

FORCES PLAYERS TO CONCENTRATE / READ THE DEFENSE. IF I cut left and screen away, now you must do one of the 3 other things we do.

3. 7 THINGS YOU CAN DO AFTER PASSING IT.

- ~~X~~ Go to the ball (handback)
- ~~X~~ Screen on the ball
- 3) INSIDE CUT
- 4) SCREEN AWAY / SCREEN DOWN
- 5) BASKET CUT
- 6) REPLACE
- ~~X~~ Stay in one place

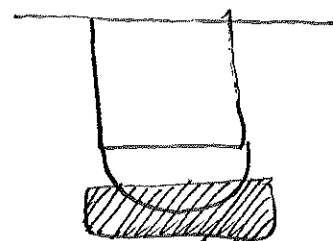
FOR OUR PURPOSES we eliminate #1, #2, #7



4. 15' to 18' SPACING

Relieves congestion and opens up court. Allows us to exploit the defense.

5. FILL THE KEY AREA ALWAYS

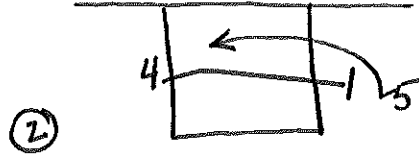


6) GO AWAY FROM PRESSURE

DO NOT RECEIVE THE BALL INTO THE POST, YOU CAN DO 3 THINGS.

1) SCREEN AWAY

opposite post must be left off lane (15'-18' spacing)



2) BACK PICK

Emphasis on Back picking from Post on the reversal. (Back pick the passer)

3) REPLACE?

— DO NOT ASSUME ANYTHING ABOUT COACHING —

B. DRILLS

1) V-CUT FOR SHOT.

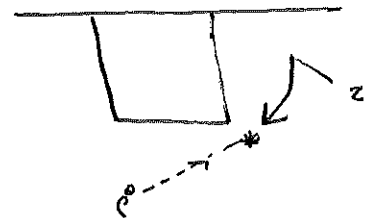
- Push off the bottom foot hard, really

hit the foot hard & step with your opposite foot.

* GO 8 FT. ON YOUR INITIAL CUT IN THE V-CUT



Remember: BE HARD
TO GUARD



* ON THE LEFT SIDE WITH A RH SHOOTER

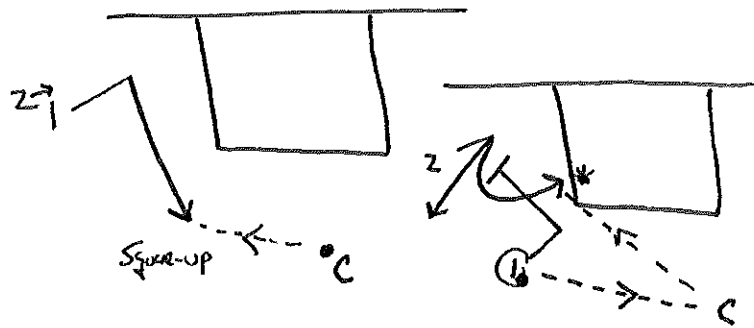
- HIT ~~WITH~~ ^{WITH} YOUR LEFT FOOT, TURN & STEP INTO THE SHOT WITH YOUR RIGHT FOOT.

- TO TEACH THIS HAVE THEM CATCH IT & PIVOT ON LEFT / THEN CATCH PIVOT & STEP IN WITH A SHOT LAKE / Everything and Shoot it.

- No shot row continuously.

2.) 2 MAN DUMMY SCREWING

EMPHASIS: V-CUT, SCREWING SHOULDER TO SHOULDER, FLAIR & CURL.

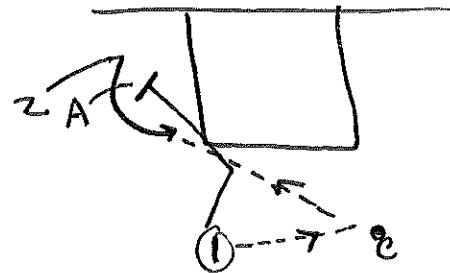


- TERMINOLOGY TO GO AGAIN - "TAKE IT AGAIN"

"YOU HAVE GOT TO BE ABLE TO USE YOUR IMAGINATION TO PLAY THIS GAME."

3.) 2 MAN SCREWING - ADD DEFENSE TO RECEIVER.

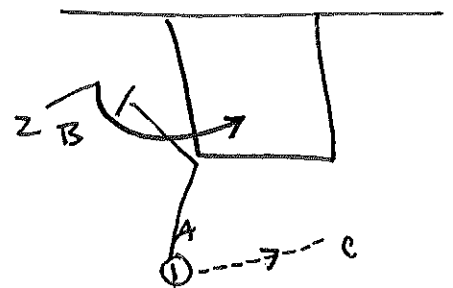
- Receiver: Read the defense - Do not worry about the ball. Screwer has back to the ball - GO INSIDE / OUT



4.) 2/2 SCREWING

- Shoulder to shoulder and Read THE DEFENSE, STAY ABOVE OUR MOTION LINE

ADD SWITCH: Receiver should cut low and screwer come back to the ball.



FLAIR - FLAIR WIDE WHEN DEFENDER GOES INSIDE SCREW.

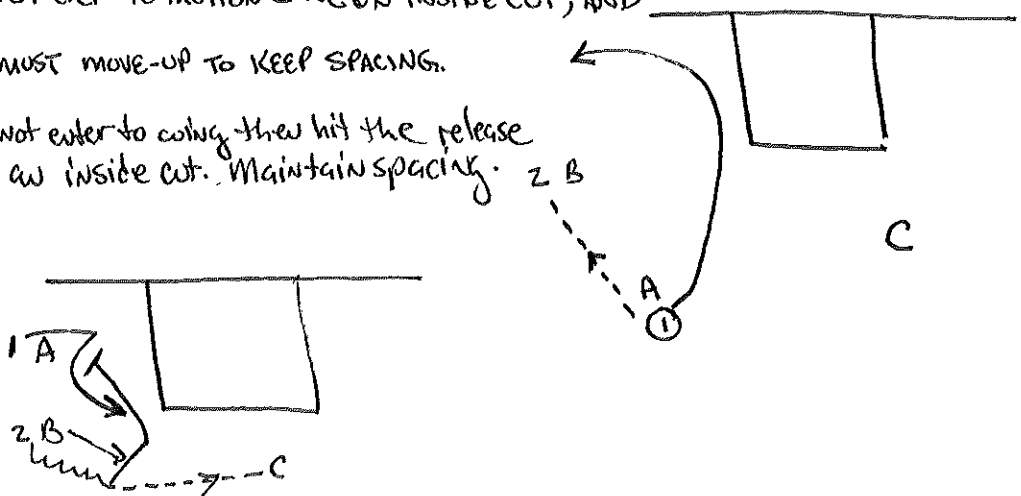
CURL - TIGHT CUT OVER SCREW WHEN DEFENDER TRAILS.

"BE INTENSE"

5.) INSIDE CUT OUT OF 2/2 SCREWING DRILL.

- CUTTER MUST GET TO MOTION LINE ON INSIDE CUT, AND TOP MAN MUST MOVE-UP TO KEEP SPACING.

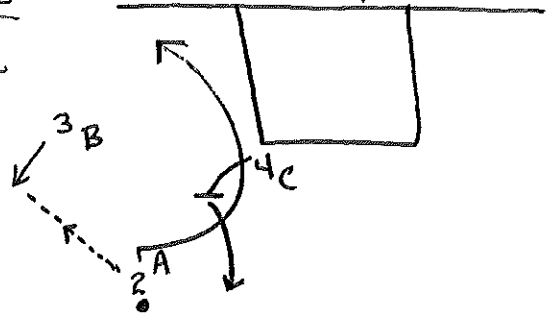
* IF Guard cannot enter to cutting then hit the release man & make an inside cut. Maintain spacing.



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⑥ 3/3 SCREENING / ~~SPACING~~ BALL SIDE

* Becomes more difficult - utilize entire lane
area and emphasize backpick. MUST
COMMUNICATE & MAINTAIN SPACING.



"we continually take everything we do and teach it in its most elementary form and then build on it" PART / WHOLE.

* MUST GET OUR PLAYERS TO SEE WHAT IS HAPPENING - GO AWAY FROM RESISTANCE. DO WHAT THE DEFENSE ALLOWS YOU TO DO.

* MOTION OFFENSE DOES AN OUTSTANDING JOB OF TAKING AWAY THE HELPSIDE.

POST DEVELOPMENT

1) BAD PASS DRILL

2) BAD PASS DRILL WITH TOWER DEFENDERS

Defenders only wave hands (MGRS). Post must move from the top to the bottom of the post box.



3) REACTION DRILL (SLAP BALL) / (CALL OUT NAME)

4) BALL PICK-UPS [FORCE POSTMEN TO STAY LOW] Roll ball side to side

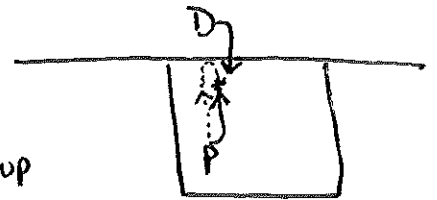
(TP: WE WANT THE PASS BEING BOUNCED TO OUR POSTMAN'S KNEE SO HE CAN EXPLODE UP TO BASKET)

5) REACTION OF BALL OFF BOARD Cannot turn until ball hits board, hands up & work hard - Coach move the ball from side to side

"BASKETBALL IS A GAME THAT IS PLAYED WITH YOUR FEET, THEY PUT YOU IN POSITION TO ~~PUT~~ UTILIZE YOUR HANDS

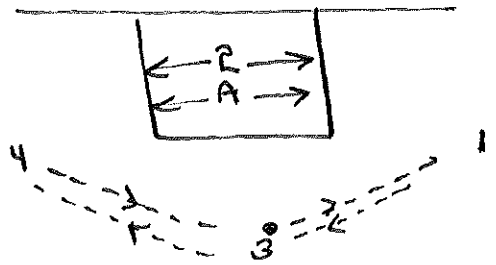
6) REBOUND & QUICK PUT BACK

- Toss ball off board, rebound, and go back up strong and quick versus the defense. Have offense go through the defense or spin off of them.



7) ||| IN THE POST WITH 3 FEEDERS

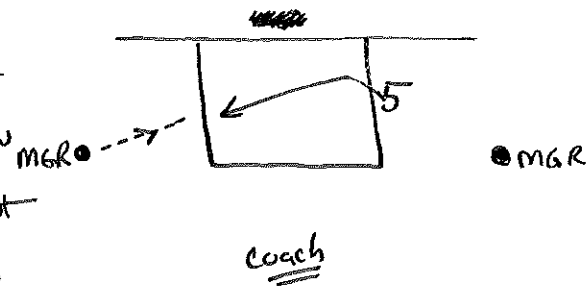
- Feeders can pass it / pass away or throw over the top. Post must work hard to get open (Post & Seal) only fake lay-ups. Defense go hard and don't let him have it. Feeders throw bounce passes away from the defense to the post's knee. If you don't have a good shot - pass it out.



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8) 1/0 with 2 Feeders - Shooting -

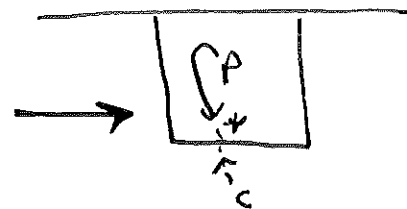
- MAKE YOUR MOVE - SHOOT, Rebound and outlet - then cut hard to other block. Coach can now call out middle of baseline - player must turn this way to shoot. We can now also work on our post moves vs. defense.



tip: IF defense is on high side - Catch - Fake high using Shoulders & ball. THEN DROP STEP OR SPIN TO SCORE.

9) 1/0 Shooting in Post

Coach calls out shot, drive, pass.



"NEVER COMPLAIN — NEVER EXPLAIN"

- WE AS COACHES TEND TO ALWAYS GET TOO CONCERNED THAT EVERYONE KNOWS THAT WE HAVE THE TALENT TO DO A GOOD JOB.

I. THE MENTAL APPROACH

A. The mental is to the physical as 4 is to 1.

CONSTANTLY SPEAK TO PLAYERS ABOUT MENTAL ASPECT OF THE GAME.

1) HAVE FAMOUS COACHES/PLAYERS SPEAK TO TEAM

- COMPETITION, EXPERIENCES

2) WRITTEN MATERIALS

EX: Kipling's Poem "IF", ARTICLES, "INDIANA BASKETBALL PLAYER"

3) LOCKER ROOM

- We have tried to surround them with as many things as possible to reflect what we want them to be.

- HAVE NO MUSIC, TV. They must rely on each other.

- Motivational SIGNS

EX: "VICTORY FAVORS THE TEAM THAT MAKES THE FEWEST MISTAKES."

"MOVEMENT + PATIENCE = BASKET"

"INDIANA DEFENSE" → LAST THING PLAYERS SEE ON WAY OUT.

"WINNING = 40 minutes of INDIANA BASKETBALL" → You're playing the game the best way it can be played.

4) KNIGHT'S RELATIONSHIP WITH PLAYERS — Steve Rissman, "He is not your buddy and you're not his pal while you're playing for him. You're his player and he's your coach. When you're finished playing he will be your best friend. Pete Newell feels like you should not demonstrate skill type things personally because players lose sight of objective when you miss 4 shots."

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4) CONSTANTLY PLACE THINGS UP FOR YOUR TEAM.
Utilize Bulletin Board.

5) LOCKERS: EACH Locker has a metal clip which we will place certain articles of XEROX sheets on that apply ~~to them~~ directly to that particular kid.

* SHOW YOUR KIDS THAT YOU ARE CONSTANTLY THINKING ABOUT THEM BY THE ABOVE THOUGHTS.

* BEST COACHING DEVICE EVER: "THE ART OF WAR" SUN TZU.

6) "THE ART OF WAR"

- "The ideal victory is to

- "It is a mistake to rely on the enemy's decision not to attack" WE HAVE TO PLAY OUR GAME - LETS MAKE THEM adjust.

- "JUST AS WATER CONTAINS NO CONSTANT SHAPE NOR DOES WAR" NEITHER DOES BASKETBALL
EVALUATE EACH YEAR, EACH GAME, EACH TEAM

* YOU SHOULD WANT YOUR TEAM TO BE THE ABSOLUTE ^{ROLE} MODELS OF YOUR COMMUNITY.

* PLAYING HERE IS THE BEST THING THAT EVER HAPPENED TO THEM. BASKETBALL WILL BE THEIR MOST MEANINGFUL CLASS AT IU.

—BREAK—

BASIC TEACHING POINTS OF MOTION OFFENSE.

① LOOK TO SCREEN BELOW

② 15' 18' SPACING

③ INSIDECUT, BASKETCUT, REPLACE, SCREWWAY

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- ④ KEEP THE HIGH POST FILLED.
- ⑤ DO NOT MAKE TWO CONSECUTIVE CUTS
- ⑥ FACE THE BASKET WHEN RECEIVING THE BALL.
- ⑦ HOLD THE BALL FOR A TWO COUNT / HOLD SCREENS FOR A TWO COUNT.
- ⑧ KEEP THE OFFENSE HIGH & WIDE.
VERSUS A SOFT DEFENSE - DOWNSCREEN
VERSUS A PRESSURE DEFENSE - BACKSCREEN
- ⑨ PROPER SCREENING ANGLE
- ⑩ FEED POST WITH A BOUNCE PASS
- ⑪ PASS AWAY FROM THE DEFENSE.
- ⑫ SLIDE TO OPEN SPOT LOOKING FOR THE SHOT.
OCCURS WHEN TEAMMATE PENETRATES.
- ⑬ BE READY TO GET OPEN ON YOUR OWN WHEN NECESSARY.
- ⑭ SCREWER MUST ALWAYS BE READY TO STEP BACK TO THE BACK FOR THE SHOT.
- ⑮ AGAINST THE SWITCH WE ALWAYS HAVE THE CUTTER GO LOW. OFTEN THIS WILL DRAG BOTH DEFENDERS ALONG
- ⑯ CUTTERS MUST MOVE AT FULL SPEED.
- ⑰ MAKE 4 PASSES UNLESS A SHOOTER GETS THE SHOT.

I. REBOUNDING

DEFENSIVE REBOUNDING: A MATTER OF EXECUTION.

OFFENSIVE REBOUNDING: MAKING AN EFFORT ON EVERY SHOT.

COACH FELLING - REBOUNDING: IDEAS

- A. ANTICIPATION, especially in offensive rebounding.
- B. READ THE BALL - WHERE IS IT GOING. (SHOT FROM WINGS - 70% GO TO OTHER SIDE)
- C. PUT YOUR NAME ON THE BALL - I'M GOING TO GET IT.
- D. GO AFTER THE BALL WITH TWO HANDS - KEEP YOUR HANDS ABOVE YOUR ELBOWS.
- E. GET THE BALL OUT OF THE REBOUNDING AREA - TURNING TO THE OUTSIDE.

II. TECHNIQUE

- A. Ready Position: Teal down - hands-up - ready to jump or block out.
- B. Utilize both pivots: Front/Reverse.
- ? C. OFF. Reb.: Get it, bring it down under your chin, gather yourself and go up strongly putting the ball in the square.

III. DRILLS "PLAYERS ARE MADE NOT BORN"

A. 2/1 Rebounding

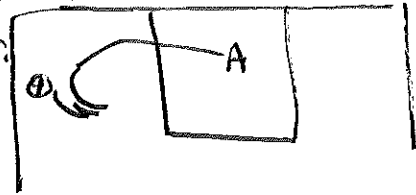
Don't fool - But be aggressive & play very hard.

B. BLOCKING OUT SHOOTER. 1/1

- GO UP & PUT A HAND IN HIS FACE, COME DOWN & TAKE STEP BACK, COUNT OF 1 & ~~GO~~ IF HE DOESN'T COME THEN GO TO THE BALL AGGRESSIVELY. OTHERWISE BLOCKOUT.

C. 2/2 with Outlet

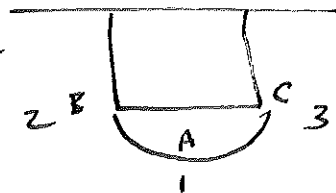
- Weakside (helpside) rebounder - Take away ^(outside) baseline area and block out to the middle. Reverse Pivot. Dictate that offense must go inside by taking outside shoulder.



D. TRIANGLE BLOCKOUT

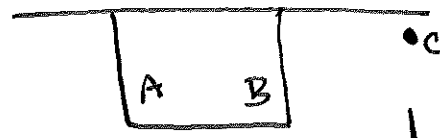
- HANDS-UP, HEAD-UP, ELBOWS OUT, BACK STRAIGHT, HOLD OFF.

Early Season: 4 to 5 min at different times during practice.



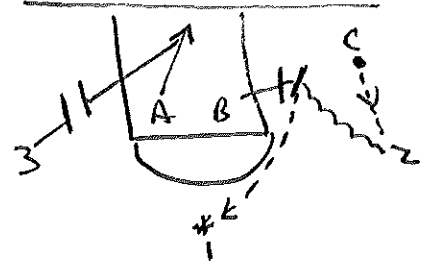
E. 3/2 Rebounding

- Blockout most dangerous rebounders, 3 Coach shoots or passes to offense.



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Also, coach may throw to 1, 2, or 3 and let them drive forcing our players to help and recover.



F. ANTI-OVER DRILL - KEEP THE BALL

OVER THE GOAL. WHEN I SAY GO

THROW OUTLET TO ~~THE~~ ^{TOP OF CIRCLE.} BACK FIG 8 INTO ANTI-OVER.

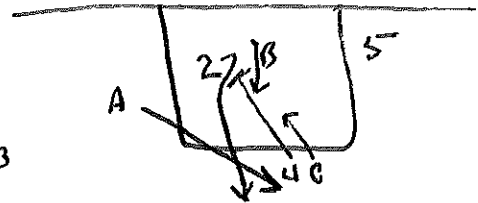
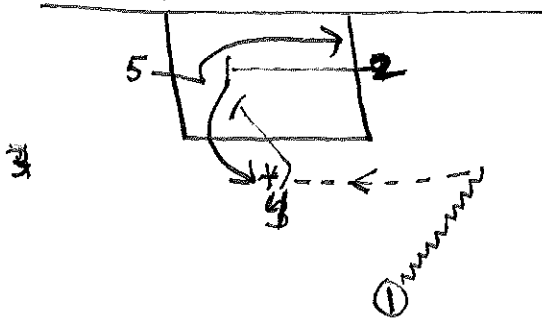
GREAT DRILL. KEEP BALL UP

IV. GAME PHILOSOPHY

- WE DID NOT FRONT THE POST, WE PLAYED ON THE HIGH SIDE WHEN THE BALL WAS ABOVE THE FT LINE, AND BEHIND WHEN BELOW.
- KEPT OUR BLOCKOUT ASSIGNMENTS.

PURDUE GAME

POWER TRIANGLE



- WE DID NOT TRY TO FIGHT THROUGH SCREEN TO
 (2)
 DEFEND LEWIS AT THE TOP, WE TOOK CAUTION
 WHO WAS GUARDING THEIR WEAK SIDE WING AND
 LET HIM TAKE LEWIS. (A taking Z)

————— END OF EVENING SESSION —————

MORNING SESSION : 9:00

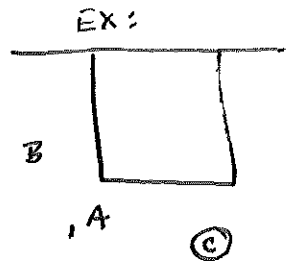
MOTION OFFENSES

I. Ideas we put together to build to 5/5

A. Anytime we work 1/1 we will have a release man.

B. Anytime we work 2/2 we will have a release man.

- As the # of people in the drill increases we will eliminate the release usually.



C. 3/3. IF we choose to go with a Release Man

it will now give us more options. Also serves as an excellent teaching tool, if they can't get open - hit the release.

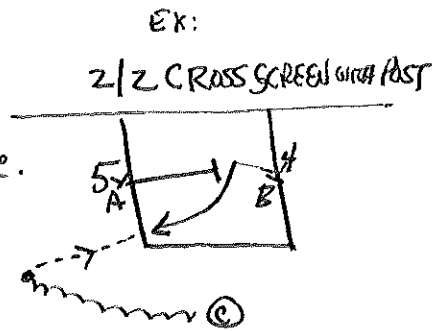
D. WE ONLY RUN ONE OFFENSE, HOWEVER,

WE DO UTILIZE DIFFERENT ALIGNMENTS - BUT

THE PRINCIPLES REMAIN THE SAME. OUR

OFFENSE CAN BE AN INSIDE, PERIMETER, DOWNSCREEN, BACKSCREEN, STALL,

ETC. WITHOUT CHANGING OUR PRINCIPLES.



E. MORE 3/3 DRILLS

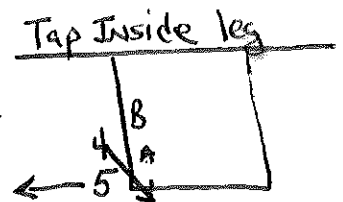
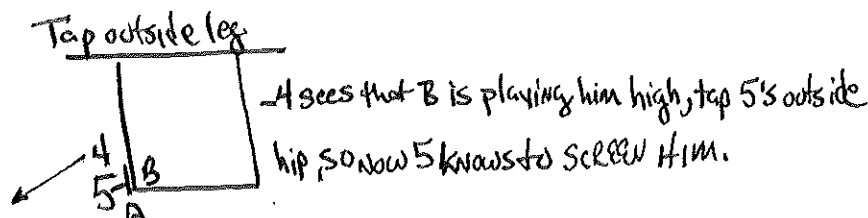
(opposite side of the offense from the ball - Reverse Side)

→ Decide upon use of "Release Man"

→ Decide upon working on specific options, or let them read the options.

→ Give players option of lining up in the stack. (should have without a Release Man)

* STACK: BEST PRESSURE RELEASE AVAILABLE TO US.



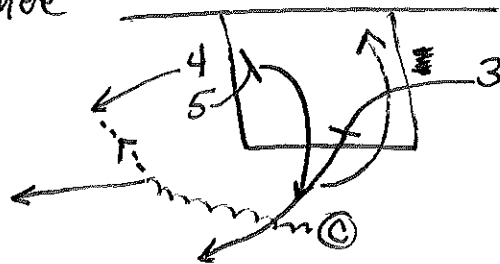
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- Remember: TIGHT DEFENSE: BACK PICK
SOFT DEFENSE: DOWN SCREEN

* PLAY TOTAL 3/3 GAME UTILIZING ALL OPTIONS AVAILABLE TO US ~~AND~~ IN 1/2 CT. AREA. READ THE DEFENSE.

* COACH MAKE ENTRY PASS AND THEN STEP OFF.

* Helps to initiate series, starts ball where we want it to be (key area).
* EMPHASIS BACK PICKING



MOST IMPORTANT SINGLE TEACHING POINT.

→ * "The ball reacts to movement — the ball goes to movement, in pattern offense it dictates the movement."

* As the ball approaches mid-court we want movement.
* We must involve everyone on every spot of the floor.

— Remember: WHEN YOUR PLAYING MAN WE DICTATE WHERE YOU GOING TO PLAY,
WHEN YOUR PLAYING-ZONE WE DICTATE WHO YOU ARE GOING TO PLAY.

F. 4/4 DO NOT USE RELEASE MAN EVER — ONLY PLAYERS,

* The first thing I look for in scouting a team is who cannot shoot the ball — we are going to drop off of him, especially verse teams that have good inside play. Thus, we do not want our offensive players moving into areas that they cannot shoot the ball.

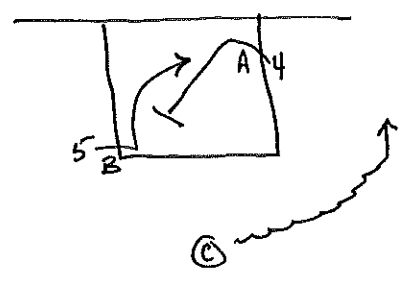
* 3/3 with a post man.

→ Post man can only play in the post, he can occasionally set a back-pick. We will say that the Post must touch the ball 3 times before anyone can shoot it. Helps develop our emphasis on taking the ball inside.

MORE POST DEVELOPMENT DRILLS

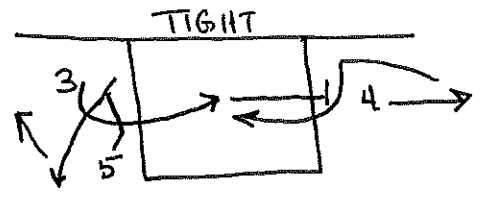
* 2/2 in the Post

- Ball goes away from you be ready to cut, if ball comes to you go screen.



* 3/3 in the Post

- use a player on perimeter whenever possible - make him do something



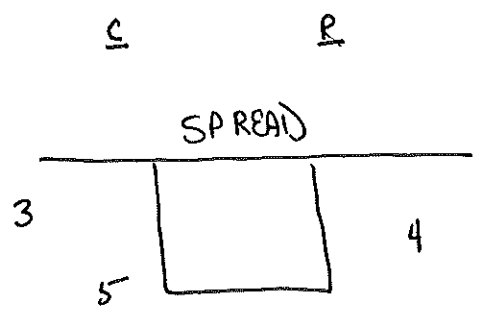
HAVE 2 IDEAS IN THIS SITUATION:

1) 3/3 TIGHT

* Down screens - tight cuts & curls. Shooter is usually cutter.

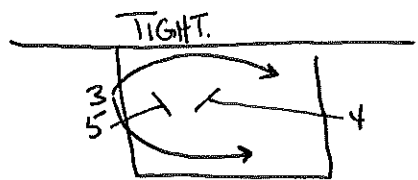
2) 3/3 SPREAD

* Longer cuts, keep it spread and really emphasize the back pick. More opportunity to drive to the basket. S shooter is usually the screener stepping back to the ball.



— MAINTAIN SPACING —

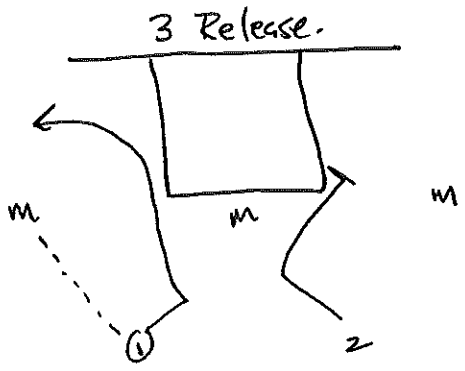
- USE OF OLD CALIFORNIA CUT.



PERIMETER DEVELOPMENT

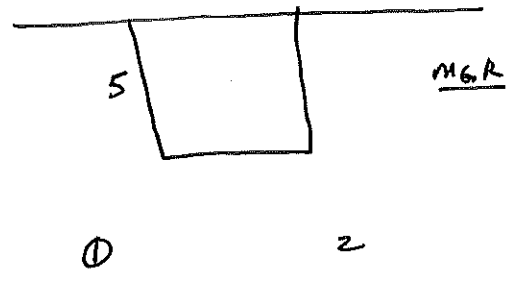
A. 2/2 with 1, 2, or 3 release men.

- Emphasis on down screen (getting into position)



B. 3/3 with a postman & Two Release.

- Emphasis on feeding a postman MGR



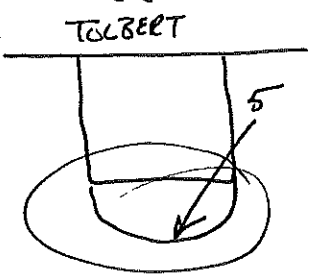
C. 3/3 with perimeter & No Release

Utilize all cuts & options.

F. 4/4

Utilize all spots on the floor, with the exception of a center who cannot shoot or drive who is locked into Post. USE ALL OPTIONS / RULES.

- when we had Tolbert we really used him as the hub of our delay game, because he could handle it and pass it, make back cuts, etc.



ALOT OF PEOPLE INTERPERT WHAT WE DO AS BEING COMPLICATED - BUT IT'S NOT. WE TEACH KIDS HOW TO READ THE DEFENSE - HOW TO PLAY THE GAME.

"IF YOU ARE PLAYING US AND YOU LIKE TO RUN THE BALL WITH A PRIMARY BALLHANDLER, THEN WE WILL PLAY OUR MAN THAT HE IS GUARDING IN THE POST. THIS DEFENSELY STOPS THE BREAK." WE WILL PLACE HIM (OUR OFFENSIVE PLAYER) INSIDE WITH OUR POST.

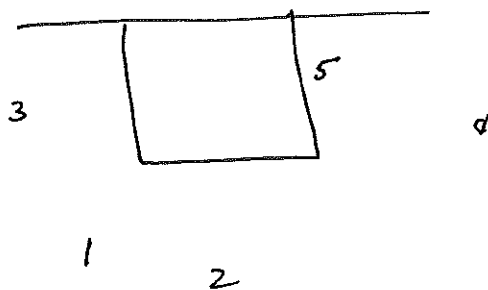
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"It has been my thinking over the years that we will maintain defensive balance through our 15'-18' spacing. We do not rotate a man back". Our philosophy in defending the break is to get back as quickly as possible to gain numerical superiority."

G. 5/5 MOTION

- Screening is the most distinguishable characteristic of our offense, because we feel that screening is the most difficult to defend.

A. REGULAR 4 perimeter and a post man.



B. 5-MAN MOTION ALL 5 players playing everywhere on the floor.

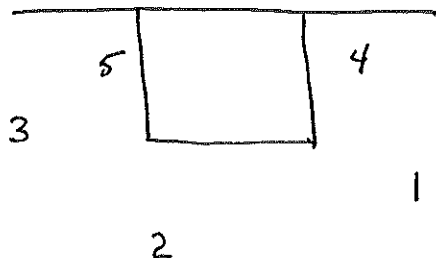
TEACHING POINTS: MUST KEEP THE OFFENSE ABOVE THE BASELINE.

HOLD THE BALL FOR A 2 COUNT - UNLESS YOU CAN PASS IT TO SOMEONE WHO HAS A SHOT SPACING 15' to 18'.

IN OFFENSE IT IS ALWAYS BETTER TO BE A SECOND OR TWO LATE THAN EARLY.
MUST RUN OFFENSE WITH A DELAY - AT LEAST IN THE PLAYERS MINDS.

"I HAVE THOROUGHLY ENJOYED TEACHING THIS OFFENSE, AND THE THINGS YOU CAN DO WITH IT."

C. POST EXCHANGE 3 perimeter and 2 post men.



- Questions:
- 1) Who is our next best post.
 - 2) Will we create a mismatch.
 - 3) Are they in foul trouble.
 - 4) Are they switching.

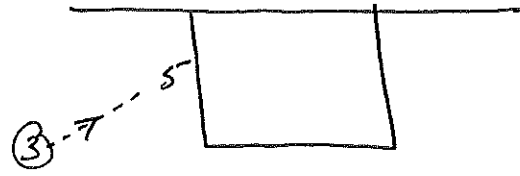
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* Perimeter players are utilizing roles and doing everything they can to get the ball into the post.

* If we have another player who is a good post in the line-up and our post can play on the perimeter, then we will allow him to back pick this player and exchange positions.

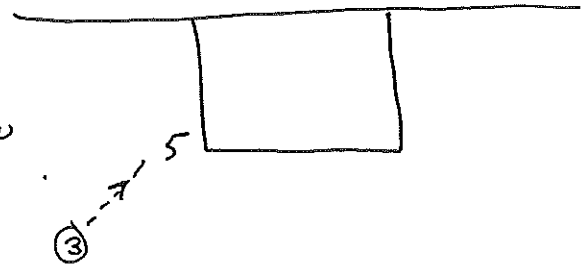
Roles

- PASS FROM WING INTO POST, GO SCREEN AWAY OR SCREEN DOWN, V-CUT, BASKET-CUT, ETC.. MOVE TO THE TOP.



Roles

→ BALL GOES TO POST HIGH → LOOK LOW FOR LOW POST ROLLING. LOOK OPPOSITE FOR DOWNSCREEN OR BACKSCREEN. UPON PASSING THE BALL, CUT TO POST, DOWN SCREEN, SCREEN AWAY, ETC

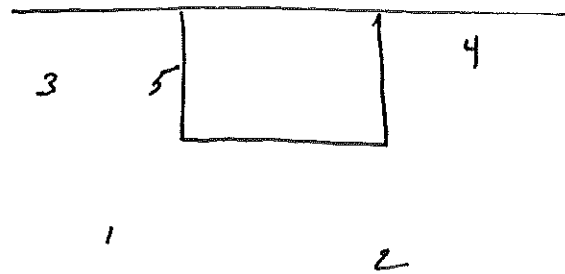


D. TRIANGLE / 3 BELOW

3 Post Men and 2 Perimeter.

"If we are a team that doesn't shoot the ball well then we need to run regular or 5 man motion. If we run Triangle or Post Exchange and we do not shoot well then the defense will sag, however, if we can shoot the ball well then in Triangle or Post Exchange we will be very difficult to defend.

* Play poor shooters inside, remember the guy who cannot score has to be guarded inside.



REMEMBER: DO NOT GUARD PLAYERS WHO CANNOT SHOOT.

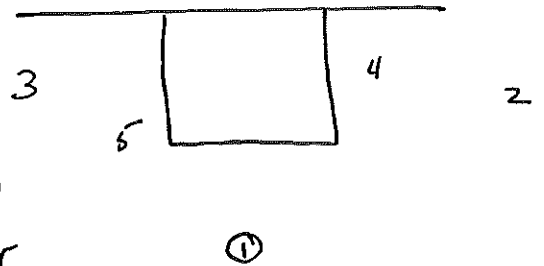
* WE CAN RUN TIGHT → Down Screen & CROSS SCREEN
SPREAD → Backpick.

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- * 2 PLAYERS ON PERIMETER MAINTAIN SPACING (PUSH & PULL ON STRINGS)
 - * IF WE HAVE A POST IN THE TRIANGLE THAT CAN PLAY ON THE PERIMETER AND A PERIMETER WHO CAN GO INSIDE THEN WE CAN EXCHANGE THEM THROUGH A BACK PICK.
 - * CAN UTILIZE ONE OF THE TRIANGULAR PEOPLE TO STEP OUT IN KEY AREA FOR REVERSAL
 — ANYTIME A TRIANGULAR PLAYER RECEIVES THE BALL THE OTHER TWO MUST SCREEN
- " 2 Feeders and 3 scorers working by maintaining spacing."

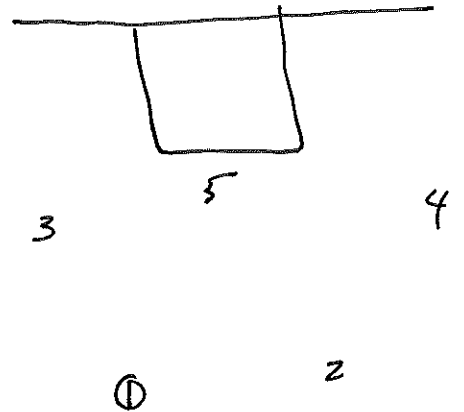
E) FOUR BELOW

- ONE BALL HANDLER AS A FEEDER, FOUR INSIDE PLAYERS WORKING BELOW THE FREE THROW LINE. Guard must be able to shoot perimeter jumper and score.



F) HIGIT (UTILIZE AS A DELAY GAME)

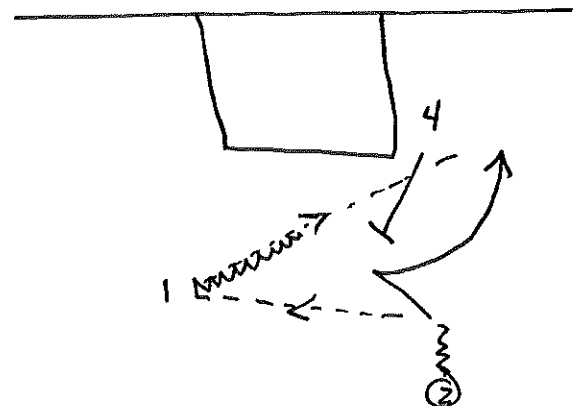
- Play everyone above FT LINE, really look to back screen as much as possible, make back door cuts & then come back and fill spots.



II. FLAIR MOVE

FLAIR

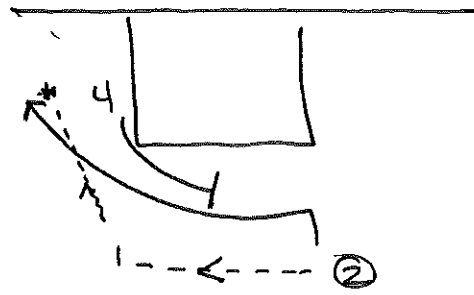
- Really like this with a good scoring forward or guard. STEP-UP AND BACK PICK — THROW OVER THE TOP FOR SHOT. SCREENER CAN STEP OUT FOR REVERSAL MAN.



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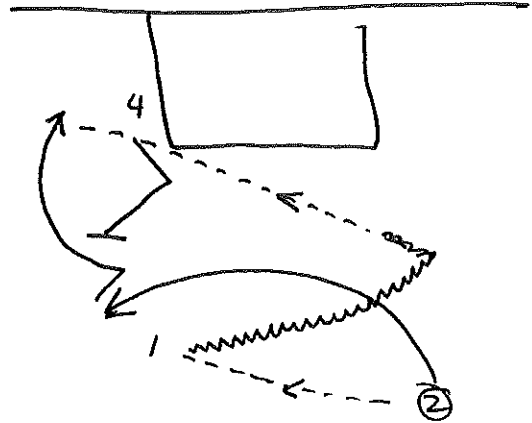
CROSS FLAIR

— Shooter reverses ball and crosses in front for flair. Back Pick $\frac{1}{2}$ throw over the top.



SHALLOW CUT-FLAIR

— Shooter runs shallow cut as reverse man dribble through. Back pick and throw over the top.



MOTION PRINCIPLES

- * PASS AWAY FROM THE DEFENSE.
 - * USE DRIBBLE TO IMPROVE PASSING ANGLE.
 - * V-CUT TO GET OPEN $\frac{1}{2}$ FACE THE BASKET. — READY POSITION.
 - * PIVOT ON NON-SHOOTING FOOT ALWAYS.
 - * CUT AWAY FROM PRESSURE
 - * DOWN SCREENS / LOOK BELOW YOU TO SCREEN / SHOULDER TO SHOULDER.
 - * SET-UP DEFENSIVE MAN FOR A SCREEN.
 - * READ DEFENSE OFF SCREEN : FLAIR/CURL
 - * SCREWER AND JUST TO DEFENSE.
 - * CROSS-SCREENS — SET-UP DEFENDER.
 - * VERSE SWITCHING : SCREWER COMES BACK TO THE BALL.
 - * PASSERS OPTIONS : V-CUT $\frac{1}{2}$ CUT TO BASKET, INSIDECUT, SCREEN AWAY, SCREEN DOWNS
- Replace yourself.
- * PERIMETER RULES : LOOK BELOW YOU TO SCREEN
- 15'-18' SPACING

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* — Fill the high post.

* HIGH POST OPTIONS: SLIDE INTO LOW POST.

BECOME A FEEDER — LOOK LOW FOR HIGH-LOW PASS.

FILL THE HIGH POST

GO SCREW THE LOW POST.

TAKE A SPOT ON THE PERIMETER.

BACK PICK FOR A PERIMETER PLAYER.

Extremely Important

* ALWAYS ASSUME A DIFFERENT POSITION EVERY TIME DOWN THE FLOOR.

STRATEGY POINT

" PLACE A FORD IN Δ, big man switches out to him — ACFORD will take him outside on the perimeter "

TIM GARL

TRAINING COMPONENTS

I. PREVENTION OF INJURIES

A. PRESENT THE TEAM ON OCT. 15 IN CONDITION.

B. STRENGTH & DEVELOPMENT PROGRAM.

C. LIMITATIONS IN RELATIONSHIP TO WHAT COACH KNIGHT WANTS.

D. AS SOON AS A KID SIGNS — WE START THEM.

WEIGHT PROGRAM: — SQUATS (90° of knee)

— WORK FROM LARGE GROUPS
DOWN TO SMALLER GROUPS.

— STEP-UPS (20" BLOCKS) WITH WEIGHT ON SHOULDER & HEAD-UP. STEP & RETURN ON SAME LEG.

* START WITH JUST THE BAR THE 1ST WEEK

— * LEG EXTENSIONS — STRAIGHT OUT & LOCK.

— LEG CURLS — Come up to 90° ANGLE — Full Range of Motion.

— Adductor/Abductor Machine.

— TOE RAISERS (Quick & Explosive)

— BACKWARD SIT-UPS (Lower back)

— SIT-UPS ON SLANTED BOARD (& TWISTED SITUPS)

— BENCH PRESS (BRING DOWN TO CHEST)

— LATERAL PULLS (Behind the back)

DO NOT USE MAX'S

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- INCLINED PRESS
- LATERAL RAISE
- DOUBLE CHEST
- DUMBBELL CURLS
- STANDING CURLS
- HAND SQUEEZES
- ROWS

4 to 5 sets at a Complete Success Rate

SUMMER: 4 DAYS PER WEEK (1 HR. TOTAL) GOAL: DEVELOP STRENGTH / 2-UPPER

PRESEASON: 3 DAYS PER WEEK (45 MIN. TOTAL) 2-LOWER

(ALWAYS RUN BEFORE LIFTING) Rotate between Upper/Lower Body exercises

SEASON: 2 DAYS PER WEEK (30 MIN. TOTAL) LOSS OF STRENGTH AT A MINIMUM.

- LIKE TO WORK DAY AFTER A GAME.

- ONLY WORK MAJOR MUSCLE GROUPS.

- PLAY A LOT -

EVALUATE STRENGTH: SKIN FAT / WEIGHT

"TEST"

TIM GARL

AFTERNOON JUNE 23

CONDITIONING PROGRAM

- A. Extensive Cardiovascular testing.
- B. YEARLY Cardiovascular Treadmill test to gather data on team.
- C. Anaerobic Conditioning: 85% BASKETBALL
- D. Aerobic Conditioning:

* DISTANCE IN JULY ↔ AUGUST

WORKOUTS: MON. / TUES. / WED. / THUR. / FRI MORNING.

3:00: Stretching on your own.

3:15: RUN 1/2 WARM-UP (12:00 min. max.)

3:30: Ind. Stretching @ Soccer field

3:35: AGILITY (Defensive slides etc.)

3:45: Develop techniques of Running.

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- RUNNING BACKWARDS
- HIGH KNEE & HEEL KICK
- DIVIDED INTO PERIMETER & POST: SPRINT WORK
- SET TARGET TIMES - DO NOT SURPASS TARGET TIMES
- 3/1 RUN TO RECOVERY RATIO TO 2/1
- BEGIN WITH 880 & 440 - Oct. ONLY 220'S. → /30sec → Down.
- STADIUM HOPS - Hit way 1/2 step (Jump Quick & use arms) WALK DOWN.
- PLAY FOR 1 HR AFTER RUNNING
- LIFT Afterwards

* → FOR EVERYDAY YOU TAKE OFF (Christmas Break) IT TAKES TWO MORE TO RECOVER.
 "Philosophy: Do not want to worry about conditioning on Oct. 15 we want to teach"

GAME DAY: CARBOHYDRATES → NO STEAK IT IS TOO HEAVY

- 4oz patty of ground round
- Spaghetti
- Pancakes
- Scrambled Eggs
- Fruit Cup
- Orange Juice

10 min BREAK

COACH KNIGHT

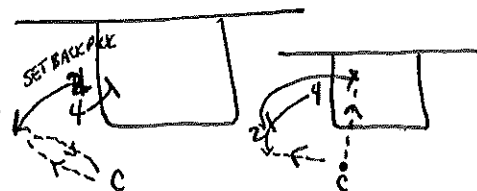
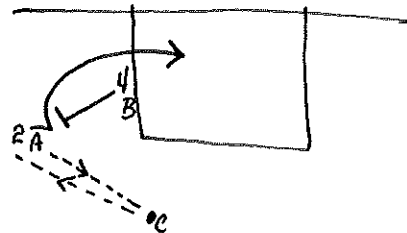
I. MOTION OFFENSE / CAMPERS

A. 2/2 BACKPICK DRILL ON REVERSAL

- WORK TO GET OPEN ON WING, LOOK TO FEED INTO POST, STAY ABOVE MOTION LINE, SET-UP MAN ON REVERSAL, Maintain 15'-18'

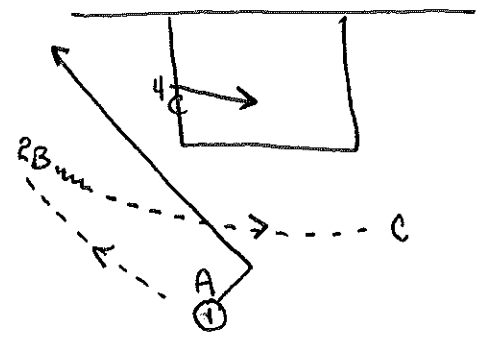
Spacing. IF you want to have extreme pressure then stack it.
 DO NOT DRIFT IN WHILE SETTING YOUR MAN.

CAMPERS DEMONSTRATION

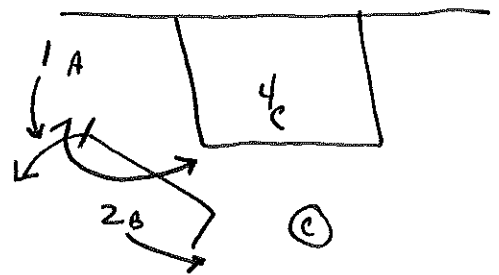


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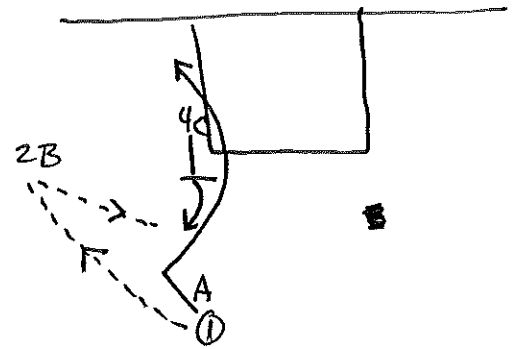
B. 3/3 INSIDE CUT & DOWN SCREEN
Use Coach as a Release.
Cut hard on inside cut.
Go away from Pressure.



* START ALL 1/2 CT 3/3 or 4/4 or 5/5
with ball just above 1/2 CT.

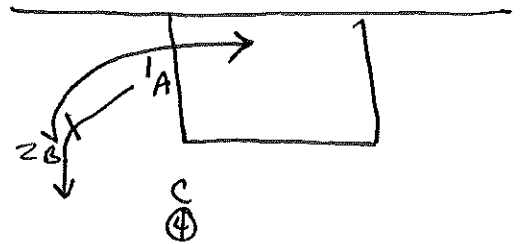


C. 3/3 BASKET CUT OFF BACK PICK
SAME AS (B) WITH BACK PICK
STAY ON BALLSIDE OF FLOOR.
Do not



"BE HARD TO GUARD"

* "ONE OF THE MOST IMPORTANT THINGS YOU
CAN DO AS A COACH IS TO GET YOUR
KIDS TO PLAY WITH THEIR
IMAGINATION!" GET THEM TO
REALIZE THAT EVEN IN A 3/3 DRILL
IT IS A 5/5 GAME.



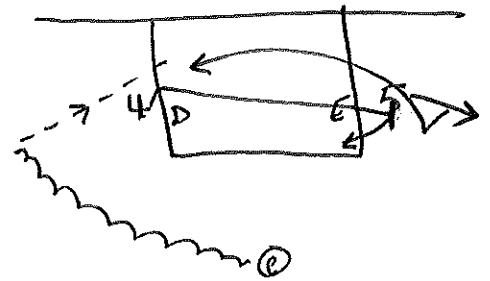
D. 2/2 CROSS SCREEN - POST

- OFFENSIVE POST MAN ON REVERSE
SIDE OF COURT MUST STEP UP 1/2 OFF THE
LANE IN ORDER TO IMPROVE SCREENING ANGLE.

- SCREENER MUST STEP BACK TO THE BALL.

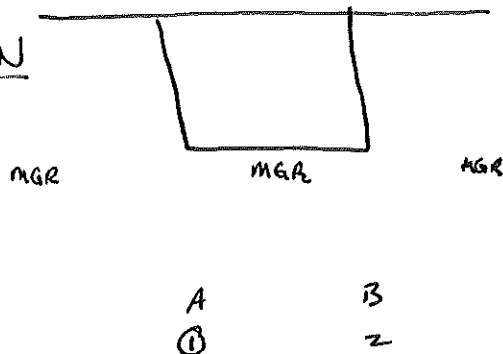
- RUN CONTINUOUS

- INCORPORATE SWITCH INTO DRILL - SCREENER MUST SEAL AND
COME BACK TO THE BALL



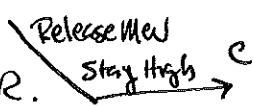
E. 2/2 PERIMETER WITH 3 RELEASE MEN

Emphasis on Inside cut, Down Screening, Hold Ball for a two count, DO NOT MOVE TOO FAST, PROPER ANGLE ON SCREEN. REALLY WORK ON CUTTERS MAKING INSIDE CUT AND THEN WIDEN OUT FOR DOWN SCREEN.



F. 3/3 INSIDE WITH 2 RELEASE MEN

- BALL COMES TO YOUR SIDE YOU ARE A SCREENER.
- BALL GOES AWAY YOU ARE A CUTTER.
- * INCORPORATE STACKS / ^{3/3} TIGHT TRIANGLE - HARD TIGHT CUTS.
- Proper Screening angles: Down Screens / Cross Screens

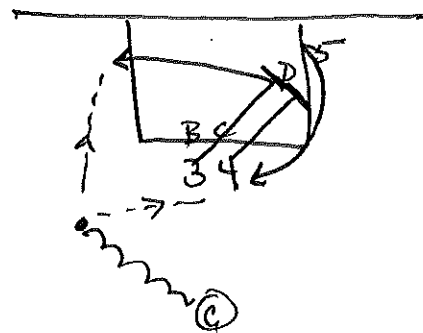


* ^{TRIANGLE} 3/3 WIDE (SPREAD) versus Defensive Pressure

- Spread out wider - Stay above Motion Line!
- Back picks / Cross Screens
- FLASH INTO HIGH POST

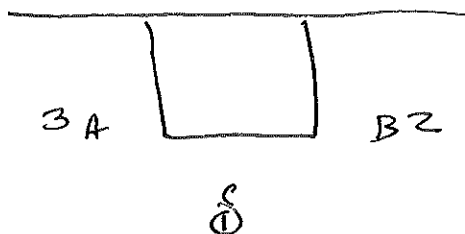
G. 3/3 utilize STACK @ HIGH POST with Release

- use to set Double Screen and then go into TRIANGLE SPREAD or TIGHT immediately.
- DO NOT STAND AFTER SCREWING! THINK OF WHAT YOU CAN DO NEXT.



H. 3/3 1/2 CT.

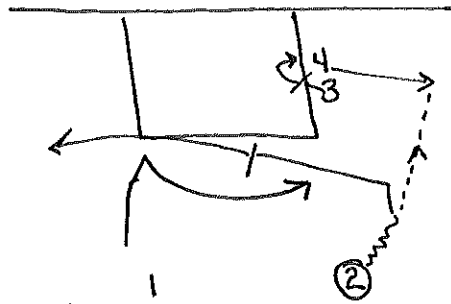
- SCREEN AND CUT, SLOW DOWN AND WAIT FOR SCREEN. USE ALL OPTIONS. LOOK FOR LAY-UP OR GOOD SHOT.



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I. 4/4

- START with 2 guards & stack, etc.
- DON'T DRIBBLE INTO A CROWD -
- MAINTAIN SPACING, HOLD FOR A TWO COUNT.



* PLACE RESTRICTIONS: NO DRIBBLE: IMPROVES CUTTING & PASSING.

- Guard must penetrate to initiate offense, stack it and begin screening as soon as ball goes across 1/2 CT.
- LOOK FOR BACK CUTS verse pressure - bring center up - stay above Motion Line.

J. 5/5 REGULAR (Run 5/0 First)

TP: - Screener must step to the inside - You cannot RUN AN OFFENSE IF YOU CANNOT PASS & CATCH.

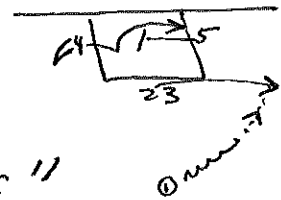
- MOVE WITH A PURPOSE / KEEP THE OFFENSE ABOVE THE LINE.
- When the ball comes to you, you're a screener & when it goes away, you're a cutter.

* GO TO 5 MAN MOTION.

* POST EXCHANGE

- 2 Post CW LOCATE THEMSELVES ANYWHERE & Remember when you are a screener and when you're a cutter.
- MOVE WITH A PURPOSE.

- Stack perimeter players on FT line →



"TAKE THE CARELESSNESS OUT OF THE GAME"

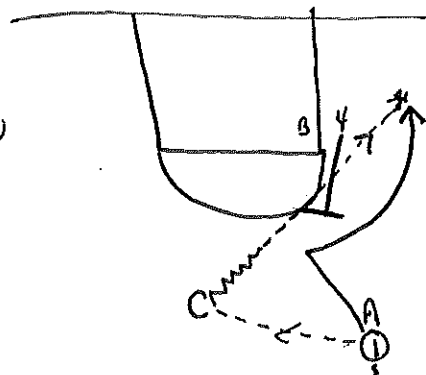
K. TRIANGLE (3 Below) TIGHT

- MOVE - DO NOT STAND AND WAIT.

TP: - Release men (2 perimeter players) must move to get open.

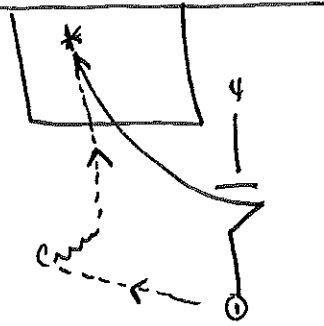
L. SET-UP FLAIR MOVE

- Coach must dribble to center of the court and throw over the top. Use change of direction.
- AFTER DEFENSE HAS PLAYED YOU OVER THE TOP NOW GO HARD & CUT INSIDE.

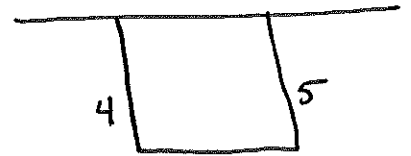


(47)

J. FLAIR CUT TO INSIDE



* Add two screeners, either can set up flair.



STRATEGY

* "DO NOT EVER CALL TIMEOUT IN THE LAST 30 SECONDS IF WE HAVE THE BALL AND WERE DOWN 1 OR TIED. BECAUSE NOW WE HAVE TO GET IT IN."

MOTION TIP

* WE ALWAYS TELL OUR PLAYERS TO ASSUME A DIFFERENT POSITION EVERY TIME DOWN.

K. HIGH - DELAY

- Backcuts and Back picks are emphasized. We do not want down screens.
- Middle Mavs Responsibility is to screen / I don't even want him to touch the ball.
- when cutting below FT Line - Return above if you don't receive the ball.

END OF AFTERNOON SESSION

EVENING @ 7:30

I. ZONE OFFENSE

A. BASIC ZONE PRINCIPLES

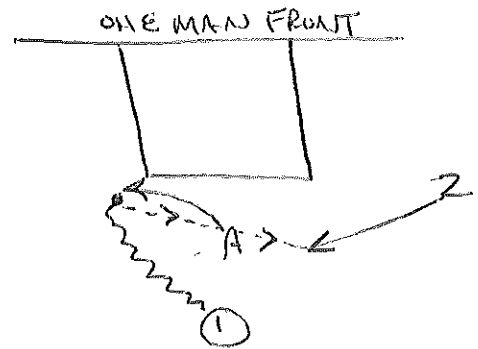
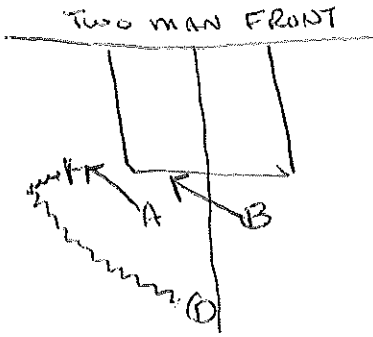
KEY WORDS: DISTORT THE ZONE, BALL REVERSAL

① Use of the DRIBBLE

a. 3 WAYS it can be used

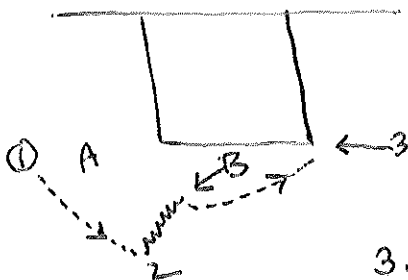
①. TAKE THE BALL OFF THE TOP OF THE KEY

we want to get both top men (2-3 zone) on the ball side of the court. Go as far as the defender will go and then turn into him with the ball to insure him picking you up. If we are playing a one front (odd) zone we will take him to the elbow and then pass it back to reverse it.



2. FREEZE DRIBBLE

Utilized primarily on reversal to freeze the defender and "distort" the zone. Forces a two on one situation with ball reversal by freezing the help side guard. This will also serve to often get both guards on the same side of the floor.

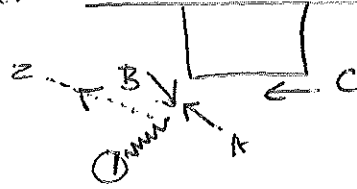
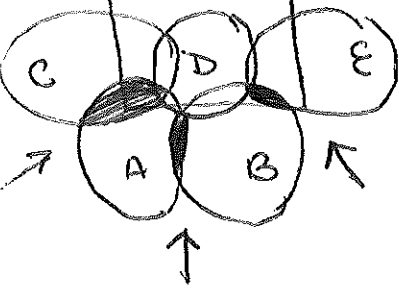


3. PENETRATE THE GAPS IN THE ZONE

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our idea here is to bring two people to the ball, causing a 2 on 1 situation elsewhere. where the circles intersect is where we penetrate with the

PETE NEWELL CIRCLES dribble.

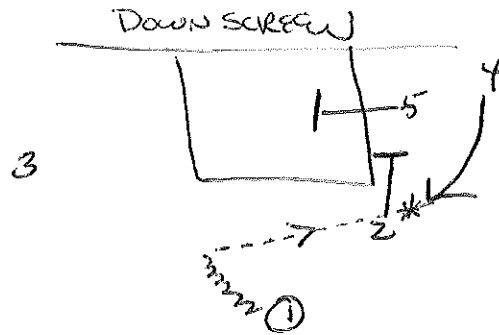
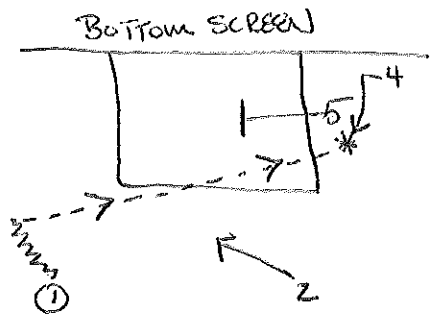


4. PASS FAKE / SHOT FAKE

Probably the simplest yet most effective weapon verse the zone. Causes the defense to shift another step. Sets defense up for quick reversal. Shot fake gets the defense to straighten up, get their hands up. Now we can utilize the bounce pass and penetrate easier to create shot opportunities.

5. SCREENING

we do not feel there is much to gain in screening a 2-3 zone, but we do screen a 3-2, 1-3-1, 1-2-2.



6. KEEP THE BACKMAN BEHIND THE ZONE

This keeps us in good rebounding position, easy step out to the short corner for the 12'-14', flash to the middle from behind the zone, and screen the back side by the post so he can step in.

Even go as deep as the board to do the four things listed above.

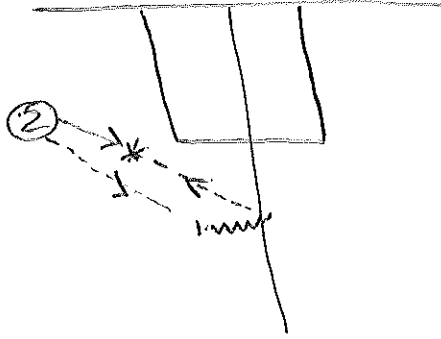
* It is important that we get the ball going in one direction and then bring it back the other way.

7. THE BALL CANNOT BE PASSED BACK TO THE SAME SIDE

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UNTIL IT HAS CROSSED THE MIDLINE.

E This forces the zone to react & move rather than match-up.



8. MOVE INTO OPEN AREAS

Look for the open area to slide into, especially on the reverse side. Prepare yourself for the step-in jumper.

9. USE THE BASELINE AS A PRIMARY ATTACK AREA ~~AREA~~ VERSE THE ZONE

Usually the opponents slower players are located on the baseline. But, keep the ball off the baseline unless we have a scoring opportunity!

10. HAVE 2 MEN OCCUPY THREE

Cause a 2 on 1 situation elsewhere.

11. SKIP PASS AS MUCH AS POSSIBLE

12. KEEP THREE PLAYERS AWAY FROM THE BALL

Places the pressure on the reverse side of the defense, allowing us the opportunity to throw the skip pass, utilize the double flash to the ball.

13. IF YOU FLASH TO THE MIDDLE MAKE SURE YOU CAN RECEIVE THE BALL.

Upon receiving the ball in the middle area, look opposite to the place you have just vacated.

(51)

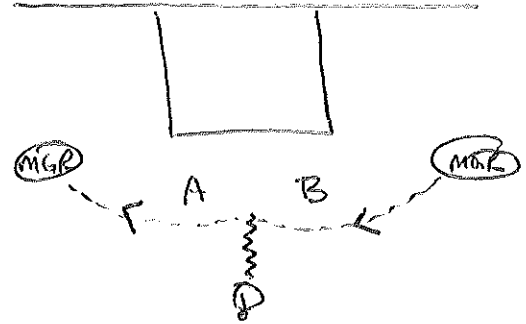
4. SHALLOW CUTS

Accomplishes ball reversal, gets shooters in position, and allows us to have two players occupying three.

II. DRILLS

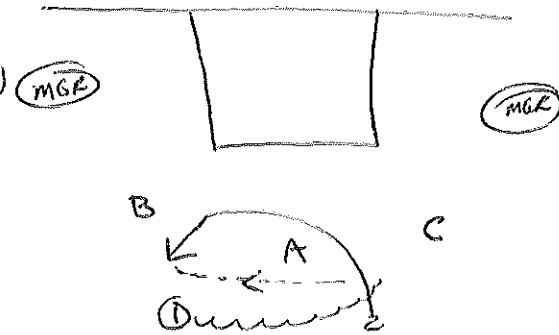
I. 1/2 with 2 release men.

Gap penetration and the freeze dribble, drag the defense out of position.



II. 2/3 with 2 release men

utilize shallow cuts; accomplish ball reversal, work on occupying three with two. Shot and ball fakes - dribble



III. 3/4

ALL ZONE PRINCIPLES

IV. 4/5

ALL ZONE PRINCIPLES - IF 4 can occupy 5 then we will be successful in our zone attack.

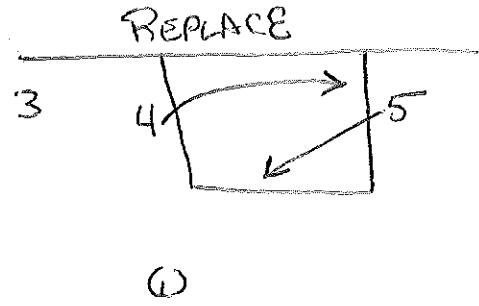
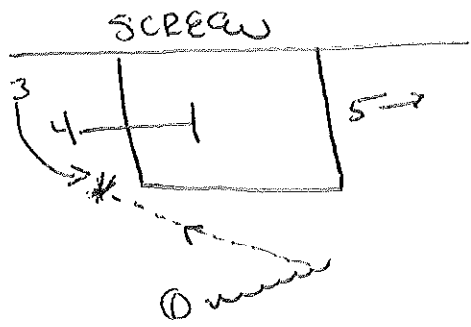
III. ZONE ATTACKS

A. 1-2-2 or 3-2

* USE 3 DEEP (used at Army first in a scrimmage with Peck and was very successful) TAKE BALL away from 3 1/4 and use

50

4 to screen for 3, If 5 flashes up 4 will replace.

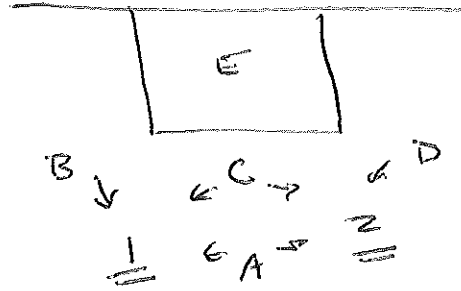


B. 2-3

* DONOT SCREEN 2-3 - UTILIZE ZONE PRINCIPLES - POST EXCHANGE.

C. 1-3-1

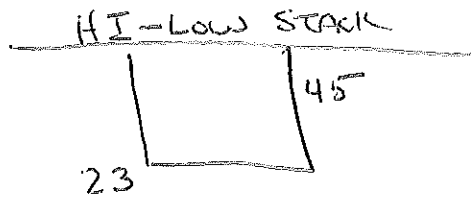
1 & 2 must occupy A, B, D.



IV. SPECIAL SITUATIONS

① UTILIZE STACK WISE ZONE

Forces zone to make decision on how it is going to guard us.



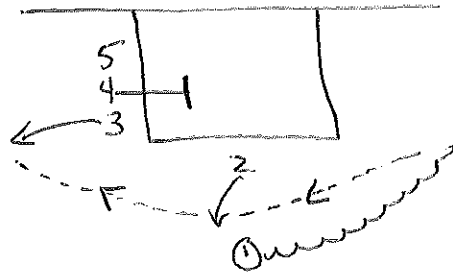
①

② TRIPLE STACK

Has outstanding screening possibilities. Take the ball away from stack,

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3 to 1.



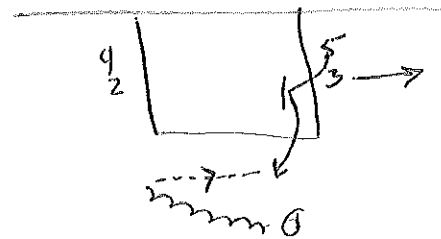
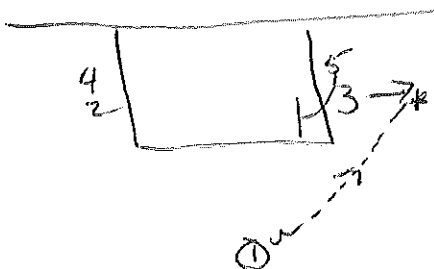
③ MATCH-UP

If necessary (because our zone principles are ineffective) utilize Regular Motion, and get as much movement as possible.

Always keep one man behind the zone (presents a major problem for the match-up) and keep him very active. Utilize stacks versus the match-up.

V. POSITIONING

* WE DICTATE WHO OUR OPPONENTS WILL GUARD.
WHO ARE THEIR WORST DEFENDERS? WE CAN STACK,
SCREEN YOUR BETTER PLAYER (DEFENSIVELY), POP OUT, OR
SCREEN YOUR BEST PLAYER AND REVERSE THE AND STEP OUT THE
SCREENER.



* WE ARE ALWAYS TRYING TO CATCH A SLOWER DEFENSIVE
PLAYER RECOVERING TO A QUICKER PLAYER.

————— 10 min. B R&M —————

I. PRESS OFFENSE

- Very simplistic approach, utilize scouting reports to determine weaknesses, psychological warfare. "BE QUICK BUT DON'T HURRY"

PRINCIPLES: 1) WORSE BALL HANDLER TAKES IT OUT. (SINGLE OUT ONE PLAYER ALL THE TIME)

2) GET THE BALL IN AS QUICKLY AS POSSIBLE.

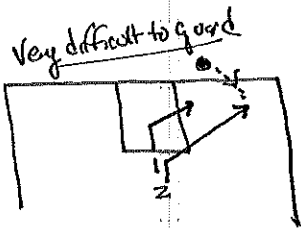
3) GET THE BALL INTO THE LONG SIDE, BY RUNNING THE BASELINE.

Takes away initial first trap - distorts zone - defense has to cover more distance.

4) Fake-trap up and step-through trap.

(Spend 5 minutes per night on splitting the trap when facing a pressing team)

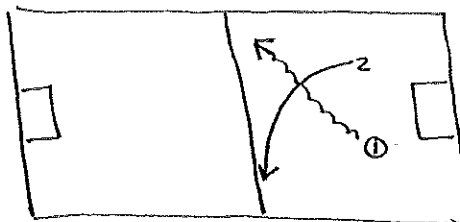
5) Start with two men up front - quickly get to FT line area and break off. Player who does not receive ball - stays behind ball. We do not try to throw through the press - but - behind it.



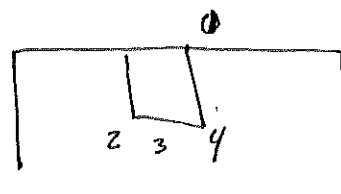
* IF we are having a problem

getting the ball in - we can stack our people. 1 & 2 walk up - 1 breaks, and 2 then breaks the same way but hard.

6) SHALLOW EXCHANGE. Clears out side of floor. Especially effective versus teams that want to invite you into 1/2 CT. TRAP.

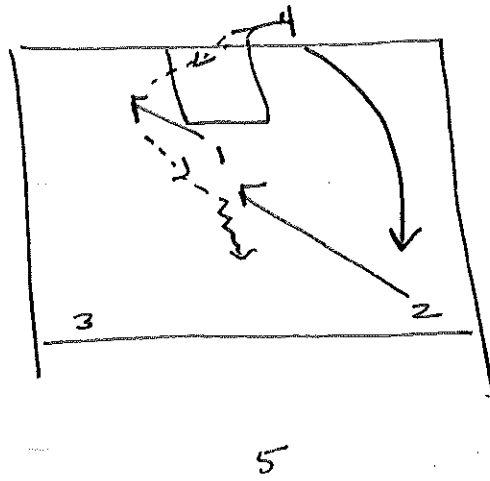


7) IF WE HAVE TROUBLE GETTING BALL IN-BOUNDS WE WILL GO 3 ACROSS.



8) LINE-UP TWO AT 1/2 CT. IF WE CAN GET INTO ONE MAN EASILY. 3/4 CT. PRESS.

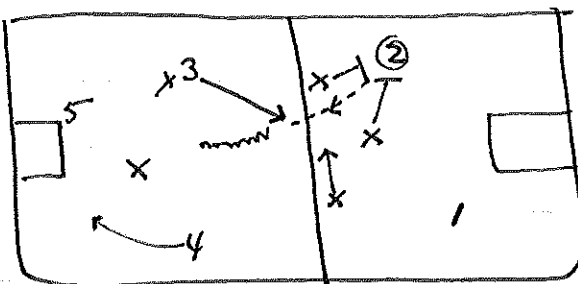
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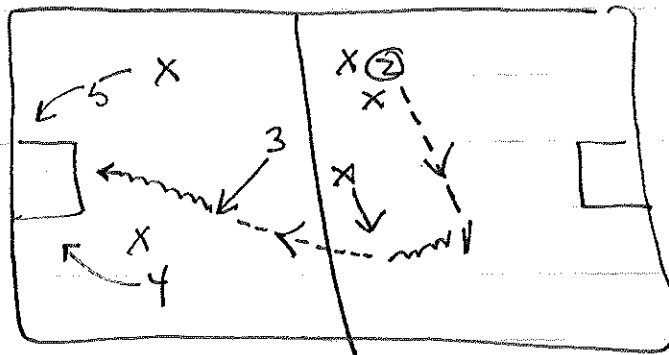
II. HALF COURT TRAPS / 3/4 COURT

VS 1-2-2

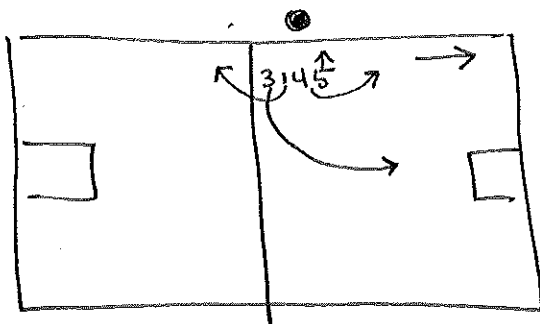
* STEP BACK SIDE WITH INTO SEAM AND HIT



HIM. IF HE IS NOT OPEN ~~REVERSE~~ REVERSE TO RELEASE MAN AND QUICKLY HIT 3 COMING ACROSS MIDDLE.

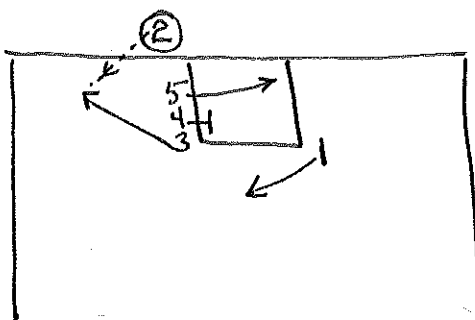


III. SIDEOUT

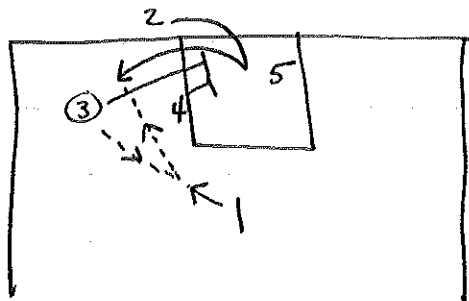


*Random Movement, SCREENOUT OF STACK, READ THE DEFENSE.

IV. O/B UNDER



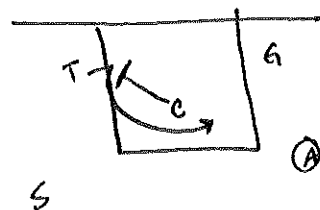
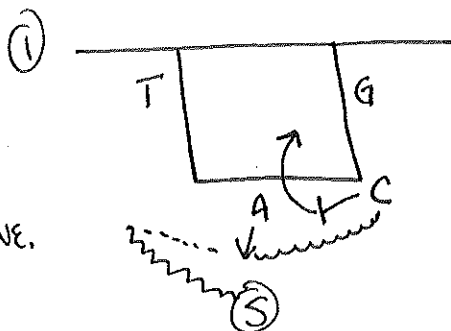
* PRIMARY OBJECTIVE IS TO GET THE BALL IN BOUNDS

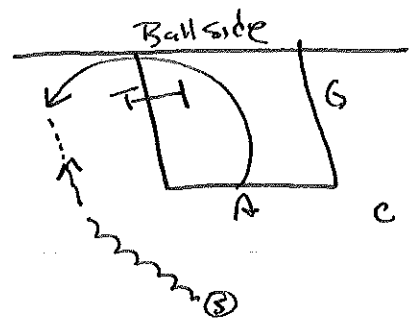
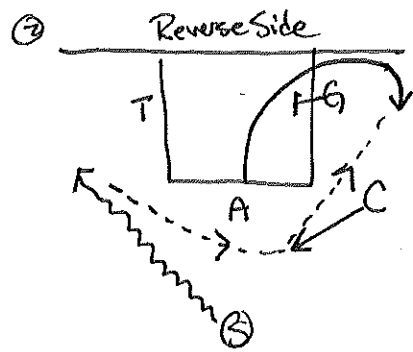


SAME AS CU.

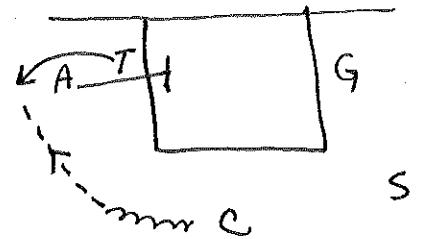
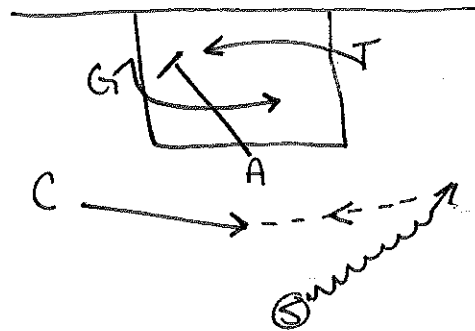
VI. BOX-ONE

→ PRIMARY OBJECTIVES VS BOX-ONE.





③ USE BOX MAN AS SCREWER



I. DEFENSIVE PHILOSOPHY

- A. MOST IMPORTANT PART OF TEACHING DEFENSE IS BREAKING IT DOWN INTO PARTS. DEVISE DRILLS THAT WORK ON SPECIFIC AREAS OF YOUR DEFENSE. PART/WHOLE METHOD. ANYTIME WE BREAK ANYTHING DOWN - WE TAKE THE RECOGNITION OUT OF IT - WE DO IT FOR THEM IN THE DRILL.
- B. RECOGNITION OF WHAT IS HAPPENING - BEING IN THE RIGHT PLACE AT THE RIGHT TIME - ANTICIPATION. BEST ASSET A PLAYER CAN HAVE.
- C. BALLSIDE / HELPSIDE
BALLSIDE: Pressure side of the defense, we must pressure the ball when it's being dribbled, passed, caught, shot. The most prevalent mistake here is the "lunge".
- Helpside: Safety side, provides us the ability to pressure on the ballside & make mistakes.

* Defensive basketball should always be 5 vs 3.

D. ORDER OF IMPORTANCE

1. Defense is a BALL ORIENTED proposition. The ball must be the most important. we have to stop the ball.
2. POSITION. Position relative to the ball - ~~show~~ - ~~left~~ ~~right~~. Make it difficult for the man to get the ball.

3. The Man. we can take a player occasionally and make the man his most important responsibility.

EX: When we play a team with a particular good scorer/shooter, then we will tell our player that he does not have any help side responsibility. Play his man tough - straight man.

DOWN SCREENING TEAM

* When we play a team that does a lot of down screening that shoots the ball well - we become more of a man oriented team. Now we may straddle the lane or become two steps on the man side. We ~~feel~~ it is important to stop ball reversal, and closer to our man.

* ALL OTHER SITUATIONS WE ~~ARE~~ BALL-ORIENTED.

E. EVERY DEFENSE MUST HAVE RULES,

~~We~~ ^{we must} have exact-specific rules.

① Anytime the ball is above the FT Line, our help side defenders will be one step on the man side, slightly open to the, with the back hand up in the passing lane. We must be slightly open to be able to make the quick move to stop the ball. It will be difficult to screen because I can go in front or behind the screen. And he is on the passing lane.

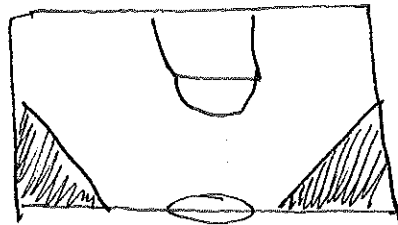
② Ball is ^{below} above the FT Line. we are now located on one step on the ball side. We are closer to helping on the post and stopping the baseline drive.

③. Helpside Rotation - 1st rotation is to stop the ball, the next rotation is to take away the baseline pass. We must take away that possible pass. Our idea here is to leave the man furthest away from the ball open.

④ CONVERGE ON THE BALL - As ~~our~~ the ball moves to the baseline our defense moves to the baseline. As the ball moves closer to the basket so does our defense.

⑤ FORCE THE BALL TO THE OUTSIDE

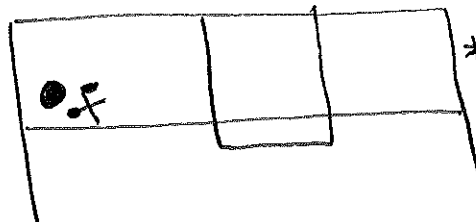
IF the ball comes to the middle, our help must be inside-out and now we leave someone open around the basket. By forcing outside we have outside-in help and leave the man furthest away open. Do this by telling our players to force to the corner.



If we have an exceptionally quick guard, and he is slow we will try to contain him when he has the ball in the shaded area.

* IF THE BALL IS PICKED-UP WE STEP TO THE INSIDE HIGH OF THE MAN - TO DISCOURAGE BALL REVERSAL.

* DRILL



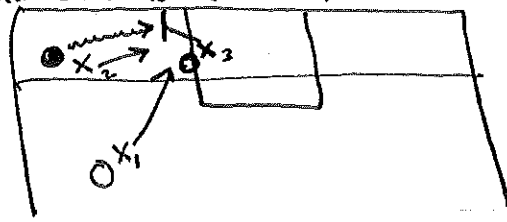
* CONTAIN OFFENSE BELOW MOTION LINE, IN THE CORNER. IDEALLY WE WANT TO DRIVE HIM IN THE BASELINE AT THE 16' MARK. THIS CAN BE UNREALISTIC

- Defensive man over plays to keep in corner, Top foot up, bottom foot back - Drive him into the baseline.

However, if we can drive him to the baseline at 7' feet we will be all right.

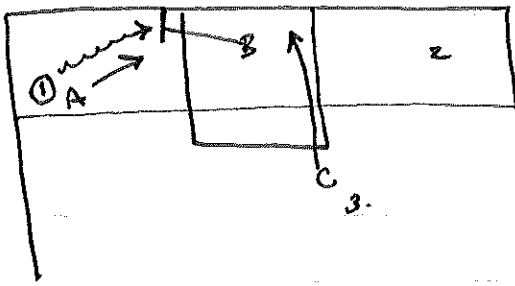
(a)

OBJECTIVE: KEEP THE BALL IN THE CORNER.



POST ROTATION

X1 must cover up vacated post. X3 steps drive.



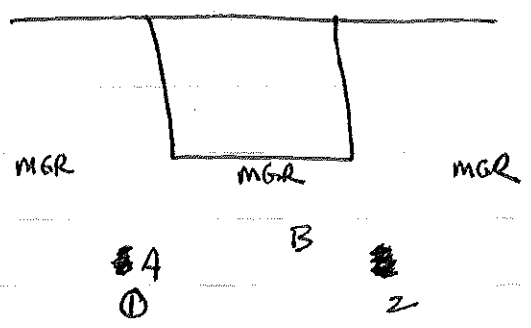
FORWARD/GID ROTATION:

B stops the ball and C rotates down to take away baseline pass.

- * Defensively we want the ball as much as possible.
- * MUST KEEP THE BALL ON ONE SIDE OF THE COURT.

6) BREAK DOWN EVERY SINGLE POSITION DEFENSIVELY.

* GUARD DEFENSIVE DRILL 2/2 with 3 across



* POST 3/3 & 2/2 in Post.

⇒ These were offensive drills, but they are also very good defensive drills focus.

* POINT OF PICK-UP

- Extend defense as far as possible without giving the offense an advantage. We cannot allow our defensive to turn a dribbler loose. Defense to me should start one step above the key. The quicker we are passed to them the

(62)

Further out we can extend our point of pick-up.

"I believe that the ideal point of pick-up is at 1/2 COURT."

INDIVIDUAL DEFENSIVE FILM

COACH FEELINGS

DRILLS:

Defending Ball

- 1) SLIDE & TALK (Emphasize communication, sliding, stance - butt behind the heels)
- 2) DRIVING LINE (Head on the ball, when ball is picked up yell "CLOSE" & JUMP TO HIGH SIDE)
 - 1 arm length from man. TRACE THE BALL.
- 3) Defend the shooter - BLOCK OUT
- 4) ZIG-ZAG NO HANDS. (Keep butt low - back straight)
- 5) ZIG-ZAG WITH HANDS (DO NOT REACH - Pressure with outside hand)

CONTESTING

- 6) CONTESTING WINGS (Push him out further than he wants to be)
- 7) 6 POINT DRILL
- 8) HIGH POST DEFENSE - ~~STEP OVER~~ BALL SIDE.

POST DEF

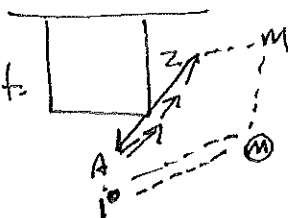
- * 9) SIDE HIGH - DO NOT LET THEM IN THIS AREA - STEP OVER MOVE.
- 10) LOW POST DEFENSE.
- 11) POST SHOT BLOCK DRILL with 2 MGRS

SCREENS

- 12) OVER THE TOP
- 13) STEP IN
- 14) SCREEN ON THE BALL

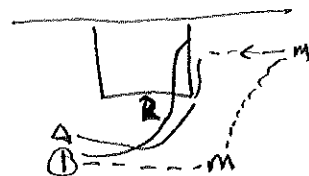
HELPSIDE HELP & RECOVER

- 15) G to G Jumping to the ball (Never let an offensive man split 2 defesman)
- 16) G to F / F to G
- 17) Shell
- 18) Help & Recover. G to G, G to F, G to Post
- 19) 2 Ball Help & Recover
- 20) Help & Recover F to G, F to Post
- 21) Help and Recover Inside.



22) FRONT THE CUTTER

23) FRONT THE CUTTER & ADD Shuttle Cut



24) Front the Cutter (2 balls) Down SCREEN.

25) BLOCKING OUT (HANDS ABOVE ELBOWS - ELBOWS OUT)

- Helpside Blockout
- Post Blockout
- Ballside Blockout

COACH KNIGHT

I. TEAM DEVELOPMENT OF DEFENSE.

A. There isn't anything you can do better in a defensive drill situation than use 2 balls. Every night we will use at least one two ball drill.

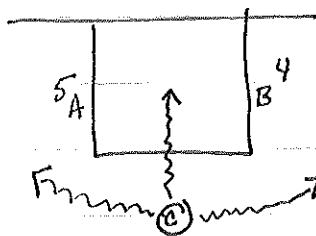
ADVANTAGE/DISADVANTAGE DRILLS

PERIMETER

- 1) 2/2 Guards with open post. [Excellent teaching device for perimeter defense - open post]
- 2) 3/3 PERIMETER with open post. ALLOW POST MAN TO PLAY ENTIRE POST AREA, AND WE WILL ALLOW HIM TO ALSO DRIVE THE BALL TO THE BUCKET - WITH OUR DEFENSE HELPING AND RECOVERING. GREAT HELP & RECOVERY DRILL. OPEN POST MUST TURN INTO THE ^{HELP} POST & HE CANNOT DRIVE UNLESS THERE IS A MAN BELOW THE FT LINE. HAVE perimeter players making basket & inside cut.
- 3) 4/4 open POST - NOW THE POST MAN CAN GO TO THE BUCKET AT ANY TIME.

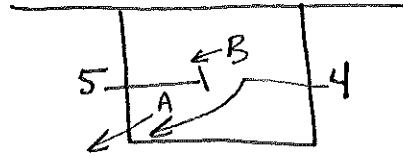
POST

- 4) 2/2 in Post with Release Man.
 - AT ANY POINT THE COACH CAN DRIVE, CREATING A HELP & RECOVERY SITUATION
- 5) 3/3 in Post with Release Man
- 6) 4/4 in Post with Release Man.



(64)

7) 2/2 in the Post CROSS SCREEN



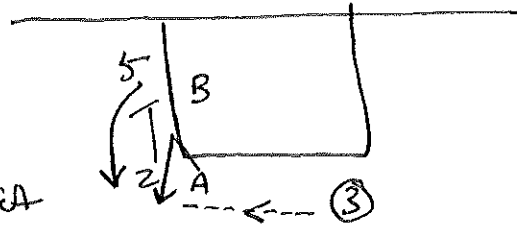
"WE DO NOT CALL OUT SWITCHES, SWITCHING MUST BE PREDETERMINED BY THE COACH". THE SWITCH IS AN EXTREMELY VALUABLE PART OF DEFENSIVE PLAY, BUT I DON'T THINK THE PLAYERS ARE ~~ABLE~~ CAPABLE OF DOING IT ON THEIR OWN. WE WANT TO MAKE OUR SWITCH AS AGGRESSIVELY AS POSSIBLE — LETS TAKE AWAY SOMETHING.

DUCK ← Cutter High — Switch
 → Cutter Low — Stay the Same.



8) DEFENDING FLY

— SWITCH DOWN SCREEN TO TAKE AWAY PASS TO ELBOW. MAIN IDEA IS TO TAKE AWAY THE PASS. Remember defensively that a guy 6'10 is only 6'10 around the basket.



- WE WILL SWITCH ON THE BALL TO TAKE AWAY IT'S DIRECTION.
- WE WILL SWITCH OFF THE BALL TO TAKE AWAY THE PASS.

9) 5/4 — pressure all the time leaving the man furthest from the ball open all the time. "You must know as a defender ~~what is behind you~~ what is behind you." offense runs motion, and the defense must constantly change men to pick-up and adhere to our principles.

(4/5 can be a good pressure drill if you are playing a team that pressures and traps)

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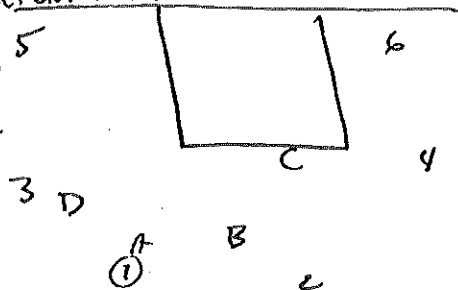
10) 6/4 Shell

- (CAN RUN FROM A MOTION)

START POINT OFFENSIVELY,

OR WORK GIVE & GO OUT.

Every 3rd pass goes to corner, and he drives the ball to the bucket until someone stops him. IF he gets 5 or work give & go out. Stopped he just throws it back out we recover & go back 4/4.



11) 5/5 CHANGE DRILL

(WE STAY IN 1/2 CT. AREA)

► This drill helps us more than Full court conversion. Defense must take it immediately to basket.

12) CHANGE PERIOD

4/4 with open Post, 5/4, 6/4, and 5/5 CHANGE.

USE ALL - 4 DRILLS - 10 minutes.

- Also use change period to work on specific creases against opponents.

Best drill we have to get our team to react & thus think and be into the play.

"MUST FORCE PLAYERS TO BE INTO THE PLAY, MAKE THEM THINK, TO BE PAYING ATTENTION"

* OUR WHOLE IDEA IN DEFENDING CONVERSION IS TO SPRINT BACK IN STRAIGHT LINES TO GAIN NUMERICAL SUPERIORITY. WHEN YOU GET TO 1/2 COURT BEGIN LOOKING AROUND TO SEE HOW YOUR GOING TO PICK-UP.

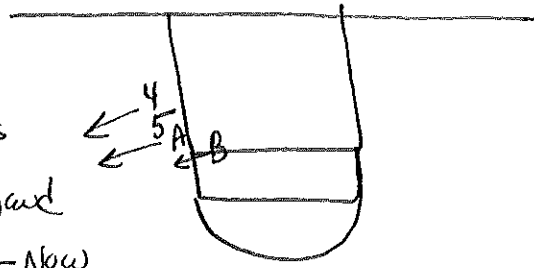
— OUR KEY PHRASE IS THE -DEFENSIVE BREAK-

* We do not retreat to the lane - we get back and stop the ball as soon as possible and pick-up.

(60)

- DEFENDING THE STACK

MOVE UP THE DEFENSE, A WHO IS PLAYING 4 WILL BE ABOVE 5, AND B WILL BE ONE MAN REMOVED - NOW A CAN STEP OUT ON 4.



* HOWEVER, IF THEY SET UP HIGHER WE CANNOT DO THIS BECAUSE OF THE BACKCUT. SOMETIMES WE JUST PUT A QUICK PLAYER & A GOOD POST DEFENDER HERE AND TELL THEM THAT WHO EVER STEPS OUT - THE QUICK PLAYER TAKES HIM AND OUR POST DEFENDER STAYS.

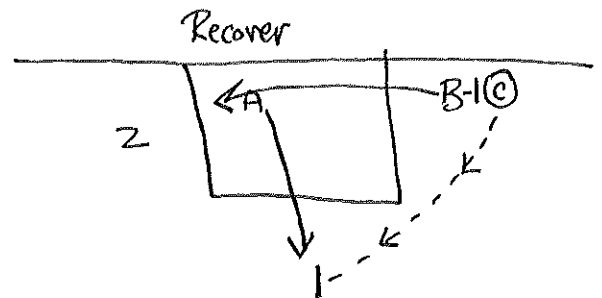
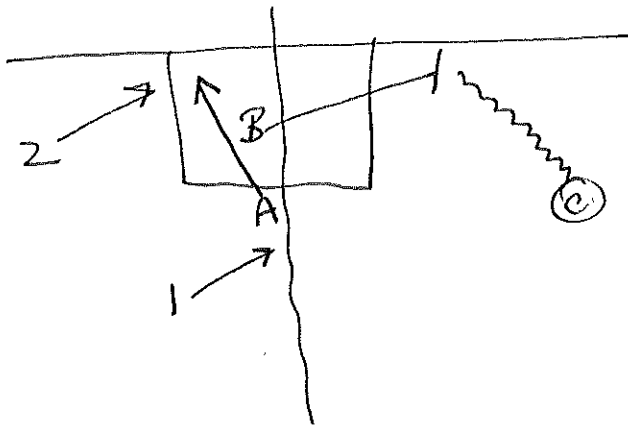
"WE AS COACHES HAVE TO MAKE OUR PLAYERS AWARE OF TIME & SCORE!"

WE TALK ABOUT WHO SHOULD BE FOULED, ETC.

- 5/5 USE 45 SECOND CLOCK ALWAYS

- Asst Coach beside me > Coach that scored opponent

Defensive Help & Recover - Baseline Rotation



GAME DAY

- WACK THROUGH
- Pre Game Meal 3 1/2 hrs before.
- Tapped & dressed 10 min. before go on the floor.
Run tapes in Locker room of our opponent.
- 5 min before going out - Coach Knight
- 25 min before game time - Out on the floor.

