

BOB KNIGHT: Clinic One

WINNING THEORIES

INTRODUCTION

"Basketball is played as many ways as there are people who coach the game".

Basketball at Indiana is not a complex thing in terms of the number of different things that we do. Yet within this simple approach there come complexities. What we have is complicated simplicity.

There are two schools of thought with the first bring surprise and change which would include a variety of offenses and/or defenses. The school of thought is simplicity and execution.

We don't believe you have time to teach a variety of things and teach them well.

"Imagination is one of the most important things a basketball player can have. If you don't have an imagination, then its very difficult to recognize and anticipate."

Pete Newell once said, "You have to get more shots then they do, and you have to get better shots then they do." That's very simple but extremely true and it pertains to both your offensive and defensive play.

In the movie "Shane" a gunfighter in a corral is asked, "Why do you only use one gun?" To which Shane replied, "Son, one is all you need if you know how to use it." Later in the movie, Shane is asked why he wears his gun high on his hip when others wear it here or there. Shane answered, "Because I've found that wearing it here is as good as any and better then most."

By keeping things as absolute simple as we can, we stand a much better chance of executing the basic fundamentals of the game.

"You know, there are so many things you (players) do wrong that you can correct yourself if you just concentrate."

Pete Newell also stated that basketball is perhaps the most overcoached and undertaught game in the world.

Teaching is of paramount important, Don't give kids offenses and defenses. What we try to do is teach them from the defensive standpoint, however to use their feet, how to coordinate their hands with good footwork, how to understand positioning, how to anticipate what is going to happen, how to recognize, how to communicate. Offensively, we teach cutting and screening, handling the basketball without making mistakes, getting good shots.

Primary responsibility as a coach is just as a teacher in a classroom, teaching the basic fundamentals of your subject.

Don't give them plays, teach them how to play.

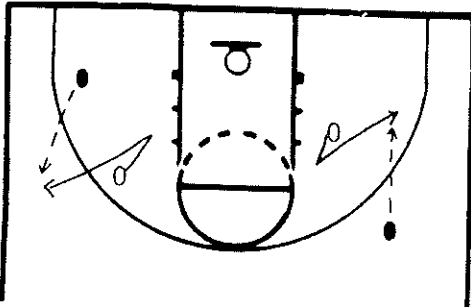
TEACHING METHOD

PART/WHOLE METHOD--You've got to break everything you do into parts (regardless of what you do) to make the whole successful. Part/whole method must be followed everyday of practice.

CREATE DRILLS--Anytime there is a problem with something in basketball it's incumbent on you as a coach to develop a drill situation that will work to combat the problem you have.

DON'T WALK DRILL

INDIANA BASKETBALL



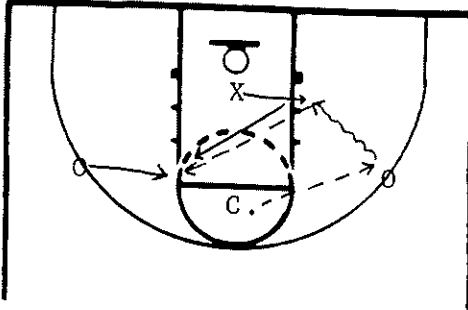
DRILL EXECUTION: Pair up players with one ball. Have player without the ball make a v-cut to get open and receive the pass. The passer then executes a v-cut as well. Drill continues as described.

DRILL PURPOSE: To work on catching the ball in manner that you don't walk with the ball. Also work on passing and receiving fundamentals as well as pass fakes and pivoting.

"We're the teacher and the kids are the students. And if we haven't taught them exactly what to do then we can't expect them to do those things that they haven't been taught. That's what the practice floor is all about."

COMBINE DRILLS--If you have a drill that doesn't have both offensive and defensive implications, it is a poorly thought out drill.

HELP AND RECOVER DRILL (POST ON DRIVER) INDIANA BASKETBALL

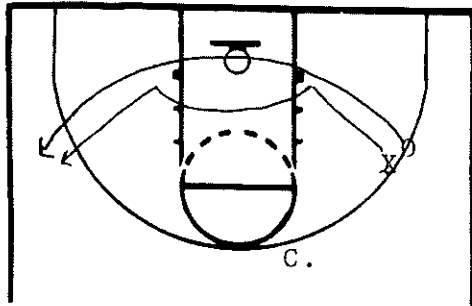


DRILL EXECUTION: Offensive players on each wing and a coach at the top of the key and a defensive player in the middle. Coach passes the ball to the wing and the wing drives bringing the help over to stop the ball. The driver then passes to the other wing stepping into the elbow where upon the defensive player comes back to help out on the shot or drive.

DRILL PURPOSE: Works on help and recover and the recovery is an ideal closeout situation.

REPETITION--One of the most important keys in teaching success is repetition. We've got to be repetitive. We've got to set up situations where we continually go over those areas most important to our success (both offensively and defensively). Repetition should be in our thinking and our organization day after day (both in our offensive and defensive approach).

SIDE TO SIDE CONTESTING DRILL INDIANA BASKETBALL



DRILL EXECUTION: Defensive player contesting pass to the wing with coach up top as passer. If ball is not passes to wing, wing goes down to block for momentary post up and if he doesn't receive pass there, he follows through to other wing for possible pass. If he gets pass, they play live.

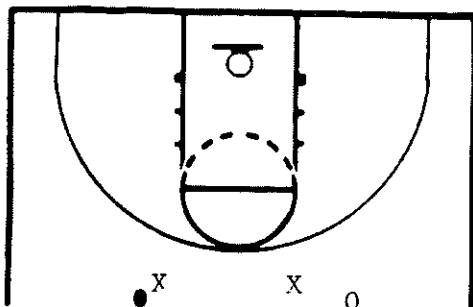
DRILL PURPOSE: Work on contesting in the wing area, opening up on backdoor cut, low post defense, closing down and contesting on other side. Also when the pass is completed you are working on ball defense, shot defense and blocking out.

ROTATION--We always rotate *offense to defense to end of the line*. We do this to keep the offense more fresh then the defense to give the advantage to the offense. Always give the advantage to the offense in anything you do to develop the defense.

COACHING KEYS--Be able to emphasize those points that are most pertinent to what you are doing in all phases of play. Everything you do in one drill has to be a carry over to another drill. If you talk about pass fake in one drill, you must make certain that you emphasize pass fake in every drill you're running. Too many times coaches make a mistake by emphasizing point A in drill 1, then go on to point 2 in drill B and fail to continue point 1. A big coaching key is to be able to emphasize points going from one drill to another, that what we work on today, we continue to work on tomorrow.

2 ON 2 HALF COURT

INDIANA BASKETBALL



DRILL EXECUTION: Defense vs. offense with half court pick up. Live play using the entire half court. Allow no switching.

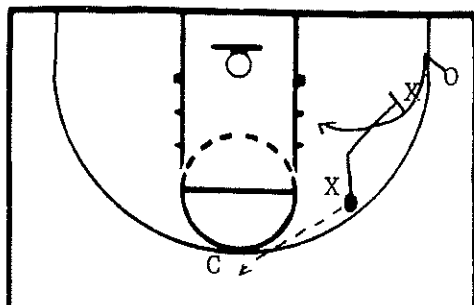
DRILL PURPOSE: Work on guard situations including pressuring the ball, contesting one pass away--including guard to guard, handling ball screens, taking away the drive, early help and recovery, shot defense and blocking out.

We try to go from one sequence to another as quickly as we can. A big key to a good practice is to get players to work hard (physically and mentally) to get from one drill to the next. If you let them stand around and just walk around, you can destroy a practice. We always start out practice with **Four Corner Passing** moving directly into **Lines** (3 on 0, weave up, straight lines back) and then directly into **Jumpers**.

CORRECTION--Mistakes must be corrected imediatly but I think there is a definite way to correct mistakes. We as coaches have a tendency to *talk* too much in practice and *work* to little.

2 ON 2 SCREENING DRILL

INDIANA BASKETBALL

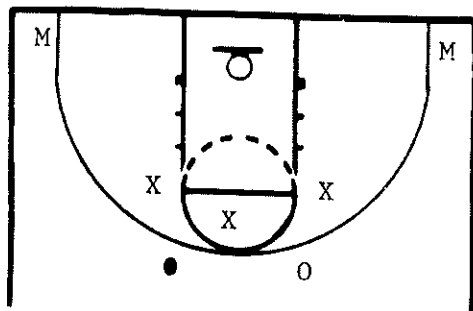


DRILL EXECUTION: 2 on 2 set up with coach to pass to. Upon passing, go down and set screen and and cutter make proper read and cut off of the screen.

DRILL PURPOSE: Works on proper screening angles and cuts, reading the defense, learning how to set the defense up.

2 VS. 3 (ZONE WORK)

INDIANA BASKETBALL



DRILL EXECUTION: Two offensive players at the guard position with managers that they use as releases with three defenders serving as an odd front of the zone defense.

DRILL PURPOSE: To work on penetration, shot and ball fakes, finding the gaps of the zone.

EMPHASIS: Ball must come back to the middle of the court before return pass on same side.

When correcting a mistake, either do it very quickly or take the player out of the drill so the drill can continue and correct the player on the sideline.

PRACTICE STRUCTURE

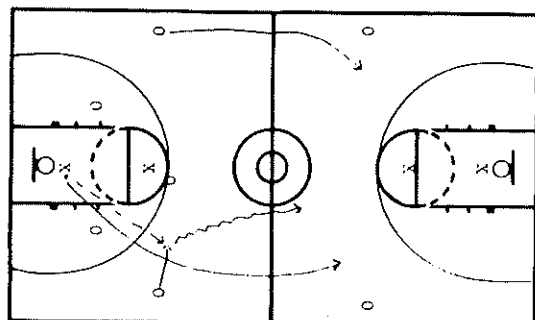
"More than anything else, I'm a strong believe that the structure of your practice is the singularly most determining reason for your success or lack of success as a coach."

FACILITIES--It is important to make maximum use of everything (baskets, space, balls, everything you've got). If I'm the only coach there, I work right out of the middle of the court so that I can see in every direction.

EXTRA MAN DRILL--We never have more than one extra player in any one given drill situation. An example would be a one on one drill (only 3 players); two on two drill (only 6 players).

11 MAN BREAK

INDIANA BASKETBALL

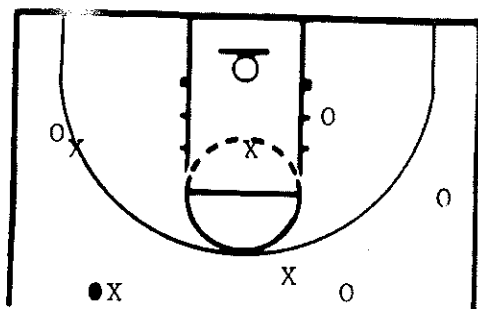


DRILL EXECUTION: We want to fill 11 spots with 3 offensive players, 2 defensive players, 2 outlets, and then on the other end we have 2 defensive players and 2 more outlets.

DRILL PURPOSE: This drill allows us to develop everything we need to in regard to offensive and defensive transition.

5 ON 4 SHELL DEFENSE

INDIANA BASKETBALL



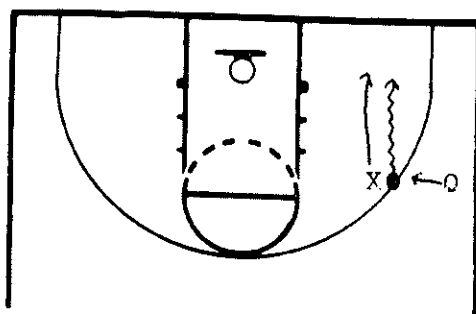
DRILL EXECUTION: Set up four defensive players guarding four offensive players with one extra offensive player free on the perimeter. Offense is passing, cutting, screening looking to penetrate and the free offensive player when he gets the ball drives it to basket. Imperative that you get from one possession to the next as quickly as possible.

DRILL PURPOSE: We feel if we can get 4 guarding 5, we will profit greatly. Numerical advantage always to offense.

DRILL ROTATION--Always offense to defense to out (and back in). Not up to the players as to how they rotate. Consistency in everything you do is necessary.

DRIVING LINE DRILL

INDIANA BASKETBALL



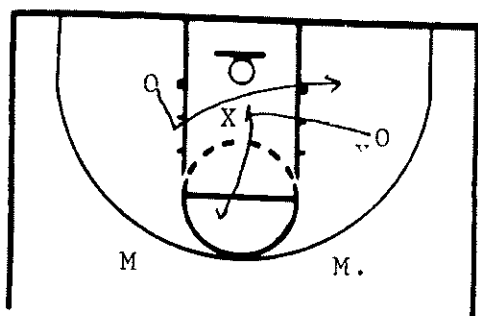
DRILL EXECUTION: Three to a line on the wing (or at the top). Offense is looking to drive the ball with the defense forcing it to the corner. Rotation is offense to defense to out.

DRILL PURPOSE: Work on containing dribble penetration and forcing the ball to the corner. Chance to work on communication as well as finishing the possession. First have offense pick up dribble on the baseline and then allow shot for blockout.

UTILIZATION OF STAFF--You can do a real service to your practice structure by utilizing managers in a positions where they handle the basketball, or make passes or catch it or set screens or apply some sort of defensive pressure.

2 ON 2 HALF COURT

INDIANA BASKETBALL



DRILL EXECUTION: 2 vs. 2 below free throw line extended with 2 managers as releases. Offense is free to do anything--pass, cut, screen, drive ball to basket, shoot, use releases.

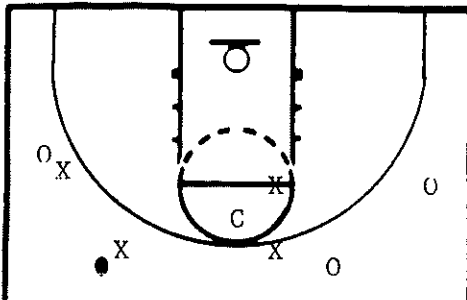
DRILL PURPOSE: Again, advantage to the offense w/releases and spacing. Work on contesting, post defense, and helpside. Also allow screening (no switching early),

MENTAL QUICKNESS--Everything you do in practice should be geared towards making your team quicker, mentally and physically. We can do a lot more with mental quickness than we can with physical quickness. Mental quickness can be improved by making your players move quickly from one drill to the next. For this, we set up practice so that we never work on a drill for longer than 5 minutes or a team thing for longer than 10 minutes.

"Playing this game is a matter of thinking better than the other guy does. It's not a matter of you being bigger or quicker or stronger or anything. It's a matter of you thinking better."

4 ON 4 WITH OPEN POST

INDIANA BASKETBALL



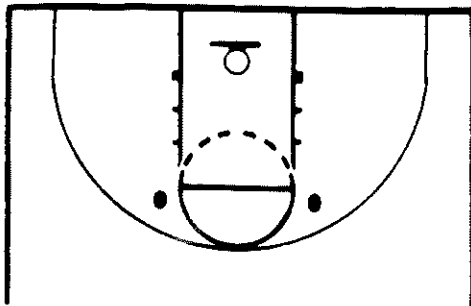
DRILL EXECUTION: 4 defenders guarding 4 offensive players with a coach work the low and high post areas unguarded. Offense is passing, cutting, screening and hitting the post.

DRILL PURPOSE: To work on overall defense plus collapsing on the post and giving help and recover on the ballside when the ball is passed into the low post.

"If we can become quicker mentally, if we can recognize things quicker, anticipate quicker, then we automatically become quicker physically."

JUMPERS

INDIANA BASKETBALL

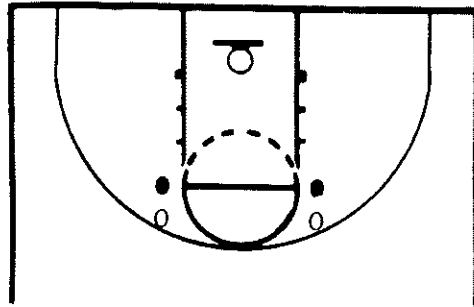


DRILL EXECUTION: Most baskets in 20 seconds. One player with his own ball at the elbow.

DRILL PURPOSE: Shooting with the pressure of time and competition with partner at his basket. Another shooter and another ball adds distractions to work on concentration.

PAIR UP/SHOOT TO 10

INDIANA BASKETBALL



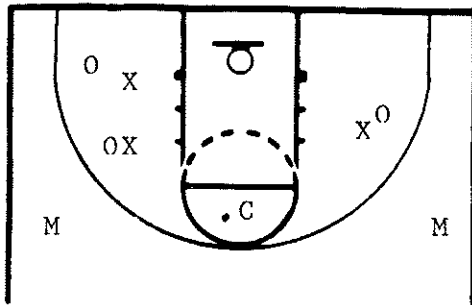
DRILL EXECUTION: Two players with one ball form a team at the elbow and shoot against the other team at their basket--first team to 10 wins.

DRILL PURPOSE: Shooting with the pressure of competition. Other shooters at the basket adds distractions to work on concentration.

CONVERSION--It is important that any time you have a 5 on 5 situation that you convert. As coaches we tend to think a lot a long the terms of offensive play and defensive play, but that area in the middle (transition or conversion), going from offense to defense and defense to offense is the final determining factor in to what kind of team you will have.

3 ON 3 BLOCK OUT

INDIANA BASKETBALL

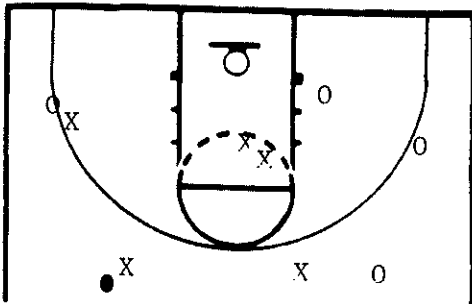


DRILL EXECUTION: 3 vs. 3 situation with coach with ball at the top and 2 managers as outlets. Offense moves with defense executing defense. Coach can shoot, drive to test help or pass ball to offense for live play.

DRILL PURPOSE: To work on overall defensive rules with the added emphasis on blocking out. Once the defense blocks out and gains possession of the ball, we always want an outlet pass to be made.

5 ON 5 CHANGE

INDIANA BASKETBALL



DRILL EXECUTION: 5 vs. 5, offense running offense until coach says "change". At that time, offense sits ball down on the floor and offense and defense change roles. New defender is not allowed to guard the man that was originally guarding him.

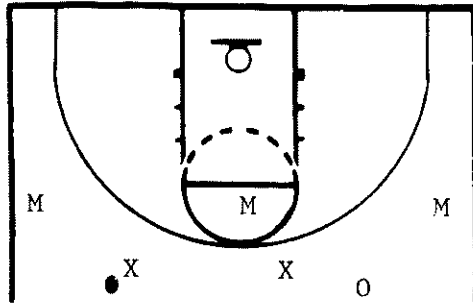
DRILL PURPOSE: Work on communication, mental quickness and some difficult help situations. Also helps offense to make quick and proper reads from defensive breakdown.

Always remember that conversion is more important then offense and defense.

GAME SITUATIONS--Practice must include game like situations for it is practice that will determine how you will play in a game.

2 ON 2 (WITH 3 RELEASE)

INDIANA BASKETBALL

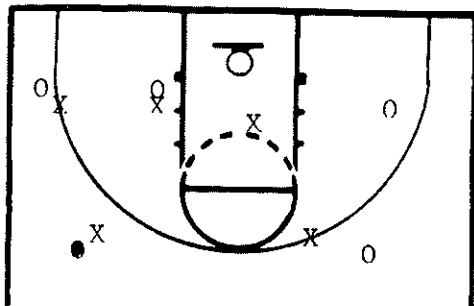


DRILL EXECUTION: 2 vs. 2 with 3 releases. Offense is playing live with passing, cutting, screening and using the releases. Release can pass or even screen for the offense. Can work on splits, inside cut, shuffle cut, down screen, backdoors.

DRILL PURPOSE: One of the most effective developmental phases for defensive guard play.

5 ON 5 (MOTION OFFENSE-NO DRIBBLE)

INDIANA BASKETBALL



DRILL EXECUTION: Execute the principles of our motion offense with the exception that once the ball has been entered, there is no more dribbling allowed.

DRILL PURPOSE: Playing without the dribble is essential in offensive development. Players must be able to cut, pass, and screen and get good shots without being able to put the ball on the floor.

CHANGE DRILL

INDIANA BASKETBALL

UTILIZE THESE SHELL DRILLS

- 5 on 4 Open Post
- 5 on 4 Open Perimeter
- 6 on 4 Baseline Rotation
- 5 Man Change

DRILL EXECUTION: Coach yells out the sequence and which team. For example- "Red ball, 5 on 4 open post" which means the red is on offense and white is on defense.

DRILL PURPOSE: This is one of the best things we do to develop mental quickness.

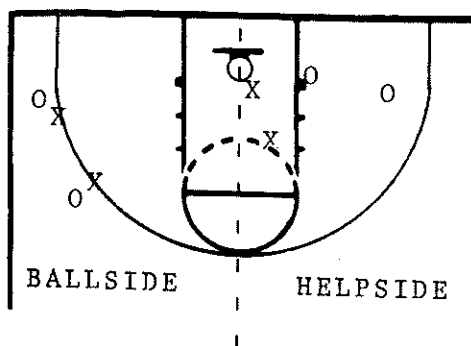
"If we don't force our players to react to things; if we don't put them in tough situations, then it's our fault they can't react to them in a ball game."

DEFENSE

THREE BASIC PRINCIPLES OF SOUND DEFENSIVE PLAY--These three principles, *Ball Pressure, Ball Position, and Wrapping Up The Possession*, are critical, regardless of what your system of defensive play may be.

Ball Pressure--Pressuring the basketball gives the offense about as much trouble as anything we can do defensively. If the offense can move the ball as it wants, they're going to get good shots eventually. I tell my players this:

"How do you want to play on offense? Do you want to be guarded tightly, do you want to have a problem getting a shot or do you want to be guarded loosely and be able to move? Don't play defense as you want defense to be played against you. Play defense the way you don't want defense played against you."

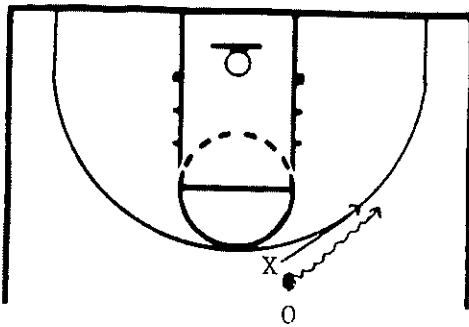


Good helpside is essential for solid ball pressure. Good helpside in effect sets up a 5 on 2 or 5 on 3 advantage. There is nothing in basketball that involves more than 3 players with the basketball at any one time. Most offensive situations involve only two people. This is applicable to any defense (man or zone) you may play.

Stance is critical and we want the ball met at the point of pick up with inside foot forward, hands outside of knees for pressure, body bent at the knees and not the back.

STEERING DRILL

INDIANA BASKETBALL

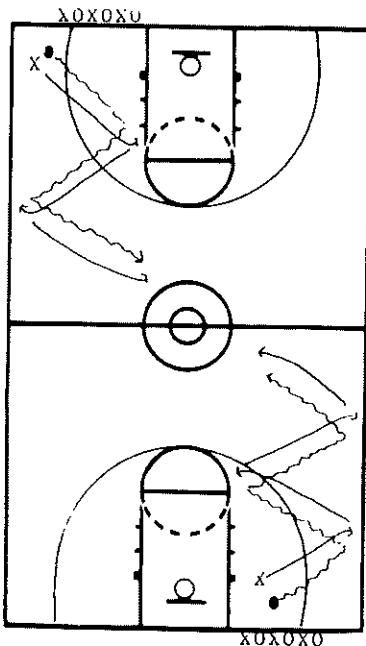


DRILL EXECUTION: 1 on 1 drill to work on steering the ball to the outside. 3 men in a group with offensive going to defense and defense out.

DRILL PURPOSE: Focus on stance by meeting ball with inside foot forward, hands outside for pressure and being bent at the knees and not the back. Drop step on change of direction.

ZIG ZAG DRILL

INDIANA BASKETBALL



DRILL EXECUTION: Pair up players and go from both sides of the court with the offense dribbling in a side to side fashion with the defense heading the offense off and turning the offense back to the other direction. First work with NO hands for the defense; second, add hands with only slight pressure; finally, look for a possible deflection of the ball.

DRILL PURPOSE: Good drill to work on stance fundamentals and pressure on the basketball. Footwork is the absolute most important thing there is in defensive play. If we don't learn to move our feet, we can never use our hands. Our feet get us in the position where our hands can be effective.

The *main objective* in a defensive stance is **CONTAINMENT** -- not to steal. Hand pressure should be subtle, just enough to let the offense know I'm there and if he's careless, I can get the ball.

Ball Position--You must know where the basketball is at all times, never losing vision of the ball because this determines what you're going to do (contest, help, blockout, rotation, etc.).

The 3 Priorities for Individual Defensive Positioning:

- #1 Ball--know where it is, be able to stop it;
- #2 You--your position as it relates to the ball, basket and man you are guarding;
- #3 Man--the man you are guarding.

Our defensive stance and the principle of pushing the ball to the corner is applicable everywhere on the defensive perimeter. Contesting stance should have the head between the man being played and the ball. Stance should be parallel to the pass. Seeing the ball over his shoulder through the corner of his eye. Inside over extended. *Object is to force the offense as far out on to the floor as possible to handle the ball.* Open up only in 2 circumstances: first, when the pass is made on any kind of back cut situation; second, when your man enters the lane.

Ballside help comes from jumping to the basketball. Jumping to the basketball allows the following:

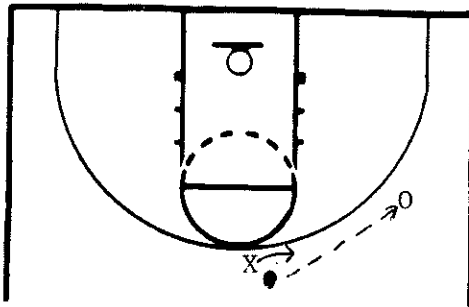
- #1 -- position to help on penetrating dribble;
- #2 -- position to take away pass and go;
- #3 -- position to take away basket cut.

Anytime a penetrating pass is made on the perimeter, we want the defensive man on the passer jumping to the ball.

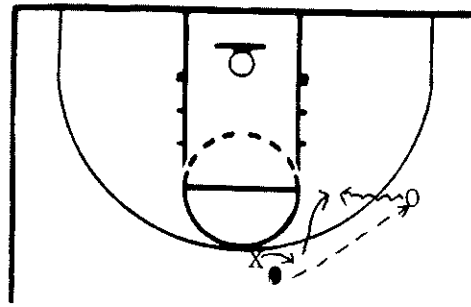
JUMP TO THE BALL SEQUENCE

INDIANA BASKETBALL

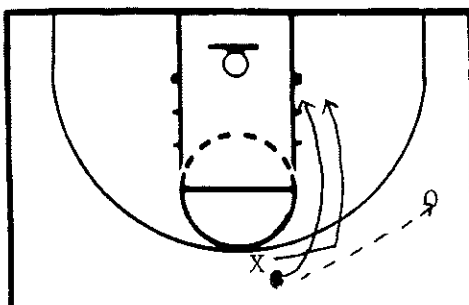
JUMP TO THE PASS



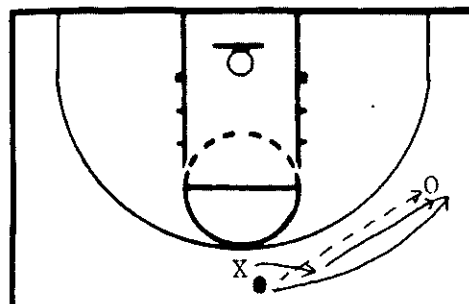
JUMP/HELP ON DRIVE



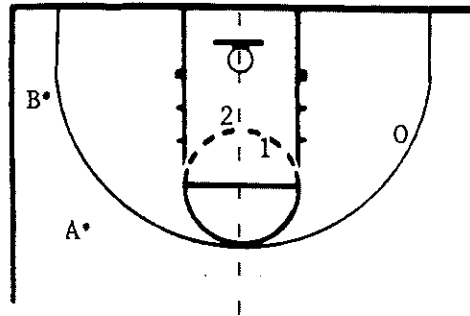
JUMP/STOP GIVE & GO



JUMP/TAKE AWAY BEHIND CUT



Two Basic Rules For Inside Help



Ball Above The Free Throw Line Extended--inside defensive players should be one step on man side of the basket (back hand extended to be in passing lane).

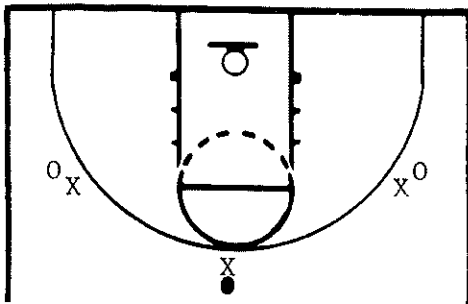
Ball Below The Free Throw Line Extended--inside defensive players should be on step on ball side of the basket (back hand extended in passing lane) in a position to help on post move as well as take away flash pivot cut.

This positioning also makes us difficult to be screened by the offense and establishes focus towards the basketball.

Wrapping Up The Defensive Possession

3 ON 3 PERIMETER

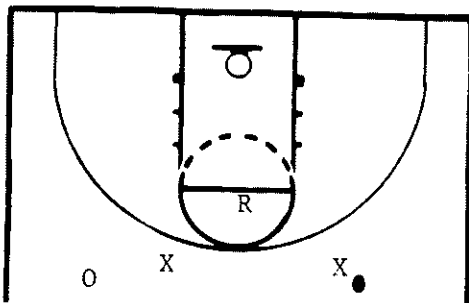
INDIANA BASKETBALL



DRILL EXECUTION: 3 vs 3 set up with the offense starting out on the perimeter and using motion offense principles. Can add a release player later. Allow the defense no switching the first 3 weeks.
DRILL PURPOSE: To work on the ballside and helpside principles of our defense.

2 ON 2 WITH RELEASE

INDIANA BASKETBALL

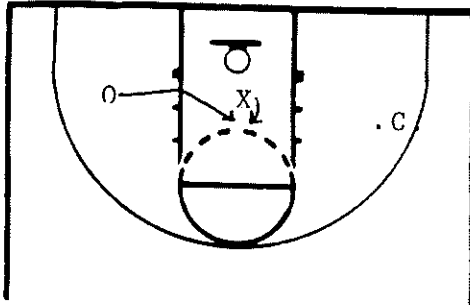


DRILL EXECUTION: 2 on 2 set up with a guard situation using a release at the high post. Guard execute anything using entire half court and utilizing the release.
DRILL PURPOSE: To develop guard play defensively. Spacing and release gives offense the advantage.

Screen Defense--We teach to "stay with and communicate" during the early stages of practice so that when we do decide to switch, we will be more effective. Switching can become a crutch when it is used to early.

FLASH POST DEFENSIVE DRILL

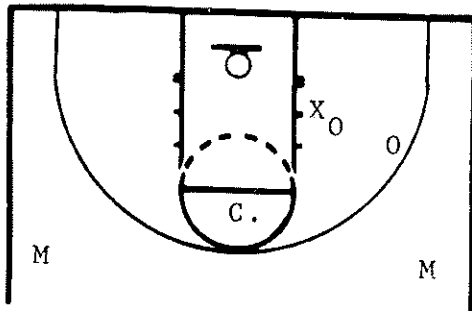
INDIANA BASKETBALL



DRILL EXECUTION: 3 players with one on offense, one defense and one out. Coach has ball on wing with defensive player in helpside position and the offensive player flashing across the lane. Defense is to meet in the lane and force offense away from intended cut.
DRILL EXECUTION: Excellent drill in breaking down important part of post defense. Must be able to defend flash if overall defense is to be successful.

1 ON 1 BLOCK OUT DRILL

INDIANA BASKETBALL

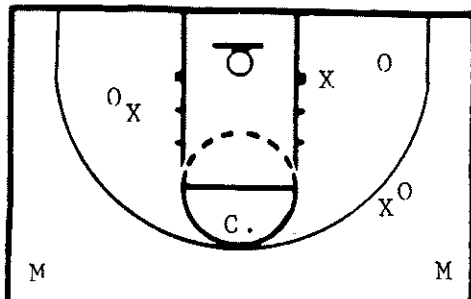


DRILL EXECUTION: 3 players with one on offense, one on defense and one out. Coach has ball at foul line and 2 managers serve as outlet. Ball is shot, defense blocks out and then outlets ballside. Can progress to a 2 on 2 or a 3 on 3 drill.
DRILL PURPOSE: To emphasize blocking out--making contact, maintaining contact.

Offensive Rebounding--The best offensive rebounders are those that just go to the boards every time a shot is taken. There are few drills that really help--offensive rebounding is an attitude.

3 ON 3 BLOCK OUT (WITH MOVEMENT)

INDIANA BASKETBALL



DRILL EXECUTION: 3 vs. 3 situation with coach with ball at the top of the key and 2 managers as outlets. Offense moves accordingly. Coach can shoot, drive or pass to offense for live play. Always make outlet.
DRILL PURPOSE: To work on overall defensive rules with the added emphasis on blocking out. Once the defense blocks out and gain possession, work on making the outlet pass.

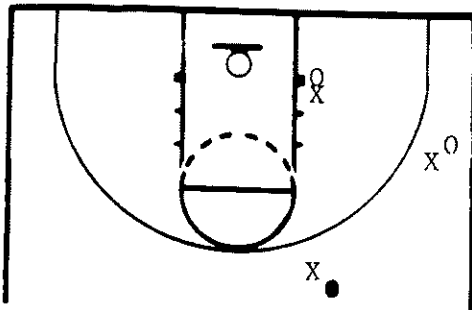
*"The tougher the guy is to keep off of the board,
the harder it is to keep him off of the backboard,
the more he goes after the ball, the better
offensive rebounder he is going to be."*

DAILY PRACTICES--There are five areas of defensive play that should be covered every single day in practice whether that day comes in October or in March.

#1 -- Ball Pressure

3 ON 3 BALLSIDE DEFENSE

INDIANA BASKETBALL

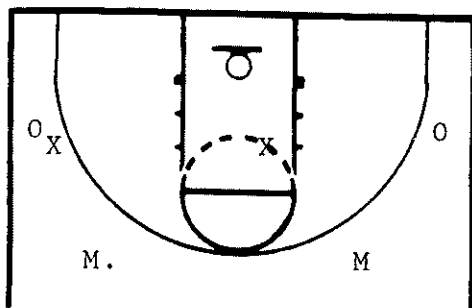


DRILL EXECUTION: 3 vs. 3 set up with offense restricted to playing on one half of the court in order to focus on ballside principles. No switching early. Offense is running motion with cutting and screening. **DRILL PURPOSE:** To concentrate work on ballside defense such as ball pressure, contesting, forcing ball to corner and low post defense along with screen defense.

#2 -- Pressure Passing Lanes

2 ON 2 CONTESTING DRILL

INDIANA BASKETBALL



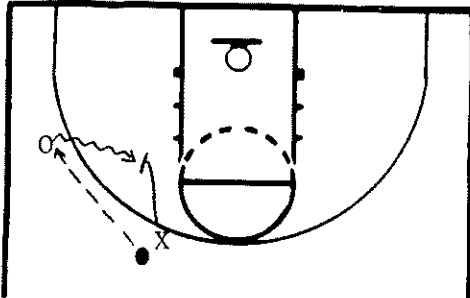
DRILL EXECUTION: 2 on 2 situation with 2 managers as passers. Start offense on wings and have them to try and get open. If not they can post up or go screen away. When ball is passed to them, they go live or pass back to release man and continue drill.

DRILL PURPOSE: To focus work initially on contesting the guard to wing pass. It also allows us work on helpside and ballside principles once the ball is entered or denied.

#3 -- Help and Recover--You can't have one without the other. Basic foundation of Indiana University defense is built on stopping the basketball and in order to do this on a consistent basis, you must have strong help and quick recovery.

3 MAN HELP AND RECOVER

INDIANA BASKETBALL



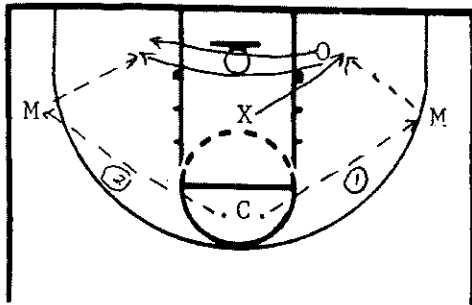
DRILL EXECUTION: Guard & wing set up with a defensive player on the guard. Ball is passed to the wing and the wing drives to the elbow where the defender stops him and then recovers to his man who has moved in for a possible shot.
DRILL PURPOSE: Work on jumping to the ball and then helping and recovering as well as closing out and blocking out.

#4 -- Block Out--wrap up the possession.

#5 -- Post Defense--this is just not for inside players but all players should be able to defend the post area. We want to try and stay on the high side of the post player but at times we play behind and get ballside help (scorer/rebounder). *Post defense is the heart of defensive play.*

TWO BALL POST DRILL

INDIANA BASKETBALL



DRILL EXECUTION: Coach on top with the ball and 2 managers below the free throw line extended. Offensive player on the block with a defender. When the coach passes the ball to the wing area, the offensive player flashes to that block and the defender must slap the ball away when it is passed inside. The coach then picks up the second ball and passes to the other side where everything is executed again.
DRILL PURPOSE: Great drill for conditioning and working on keeping the ball out of the post.

In practice, we want to always try and keep the ball out of the post and we will make adjustments in games. We will play behind for 2 reasons:

- #1 -- keep a certain player off of the offensive boards.
- #2 -- make it difficult to go from one side of the lane to the other side.

OFFENSE

FOUR GENERAL POINTS OF EMPHASIS FOR OFFENSIVE PLAY--We feel like if we can accomplish these four points of emphasis, we're going to have a pretty good offense. These four principles are important to success whether you run motion, flex, shuffle, or any pattern or a free lance offense.

#1 -- Shot Selection -- You must teach it to your players and it is different for every play. Each player must know his strength and limitations as well as those of his teammates. Kids will have different versions of their shot selection then you as a coach will have. If we're going to make the effort to get a shot, then let's make sure it is a good shot. Shot selection is the most important of the 4 Points of Emphasis.

3 things we will pay attention to in shooting:

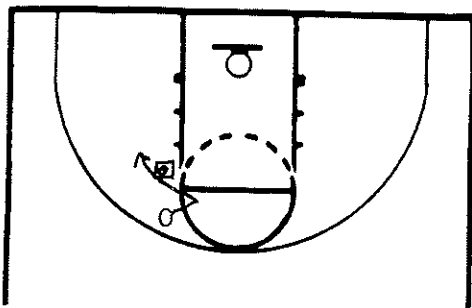
First, we want **leg lift**. Get the legs into the shot because that's where the shot begins.

Second, we want **full extension** of the shooting arm with the hand following through as if you were putting it into the basket.

Third, the eye remains fixed on the basket, not following the ball.

INDIVIDUAL SHOOTING (WITH A CHAIR)

INDIANA BASKETBALL



DRILL EXECUTION: Place a chair on the court with a ball in it and then have the offensive player somewhere on the perimeter make a v-cut then move past the chair taking the ball out of the chair and pulling up for a jumper. Can add shot fake with dribble.

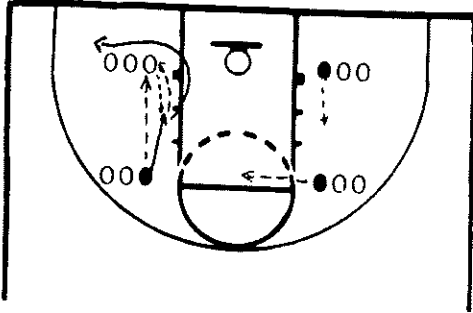
DRILL PURPOSE: To create game like shooting conditions.

#2 -- Handling The Basketball Without Making Mistakes--Handling the ball without making mistakes is critical. Must work with players so that they are developed to effectively pass, shoot, move the ball with the dribble and get the ball in position where we can utilize good shot selection.

Excellent drill for developing arm strength = **Ball slaps** (25 left, 25 right).

FOUR CORNER PASSING

INDIANA BASKETBALL

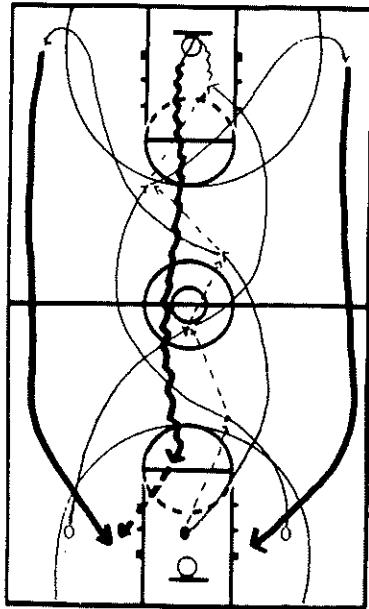


DRILL EXECUTION: Line up four lines at the free throw lane area and give three of the lines a ball. Pass to the next one in line who passes back who returns the pass and then cuts to the inside of the that player and then to the end of the line. Always call out the name of the player you pass the ball to. Coach can say "reverse" in the middle of the drill to change direction.

DRILL PURPOSE: Excellent drill to get team moving and talking.

THREE LANES

INDIANA BASKETBALL



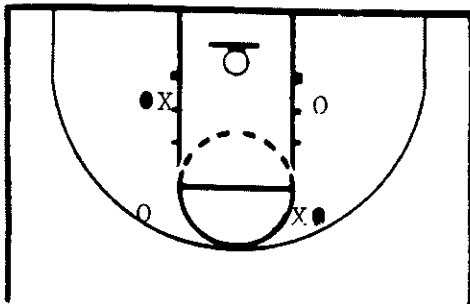
DRILL EXECUTION: 3 players go down the floor in a figure 8 fashion and return with lines back and the dribble in the middle.

DRILL PURPOSE: Again, good drill to get team moving. Because we call out the name of the man we pass it to, it also gets us talking while getting our legs loose.

The two most fundamental aspects of handling the basketball are **passing** and **catching**. More mistakes are made in these two areas than any other phase in basketball.

KEEP AWAY DRILL

INDIANA BASKETBALL

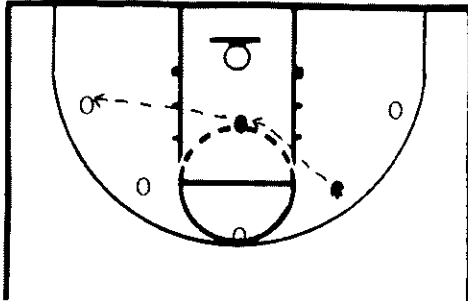


DRILL EXECUTION: Set up in groups of 3's with two passers about 12'15 feet apart and the defensive player in between. Passers pass back and forth. If defender deflects a pass or passer makes a bad pass, they switch roles.

DRILL PURPOSE: To work on good passing with the use of the pass fake. Great drill to work on defensive ball pressure as well.

TWO BALL PASSING DRILL (MACHINE GUN)

INDIANA BASKETBALL



DRILL EXECUTION: 5 players in a semi-arc with one passer in the middle. End players should be one step behind the passer. Passer has ball and the arc has ball and they pass at the same time. The passer is not allowed to pass the ball to the man who just passed him the ball. Change every 15 seconds and quickly rotate.

DRILL PURPOSE: To work on passing and receiving and mental quickness. Calling out the name of who we pass to benefits communication.

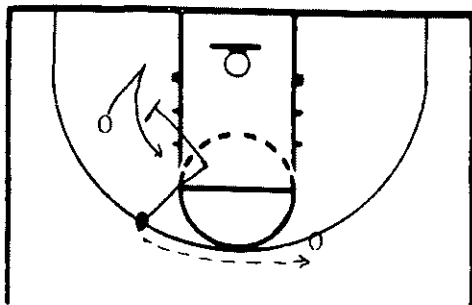
#3 -- PLAYING WITHOUT THE BASKETBALL--This is still yet another means of getting the basketball in a position to get a good shot. We need to be able to cut, screen, combine cutting and screening together in such away that we can take good shots.

#4 -- HELP EACH OTHER GET OPEN--There are two ways to help each other get open:

- A. Move the ball either on dribble or pass to a different location on the floor. Seeing what's going on is very important. Hold ball for a 2 count.
- B. Screen (back, down, cross) to help a teammate get open.

BASIC V-CUT SHOOTING DRILL

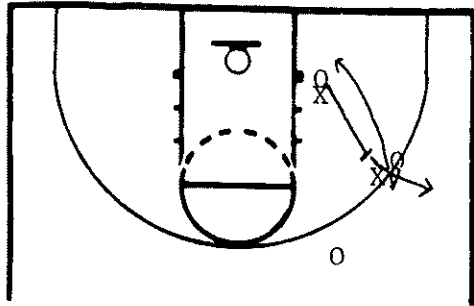
INDIANA BASKETBALL



DRILL EXECUTION: 2 offensive players with a manager as a feeder. Have player set down screen and the cutter make a v-cut and come off of the screen, taking the pass for the shot. Sets of 5. Can move to different spots on the floor.

DRILL PURPOSE: To combine screen, cut and shot into one drill.

TWO ON TWO BACKSCREENING DRILL **INDIANA BASKETBALL**



DRILL EXECUTION: 2 on 2 set up with a passer up top. Offense executes proper back screen with offense making proper read. Passer can hit cutter coming off of the screen or hit the screener opening up. Sets of 5.

DRILL PURPOSE: To work on screening, cutting and shooting within the confines of motion principles.

DAILY PRACTICE--We have identified five specific offensive points that we want to touch on every single day in practice whether that practice be in October or March.

#1 -- Handle the Basketball--This begins with our daily pre-practice routine.

:60 -- skip rope

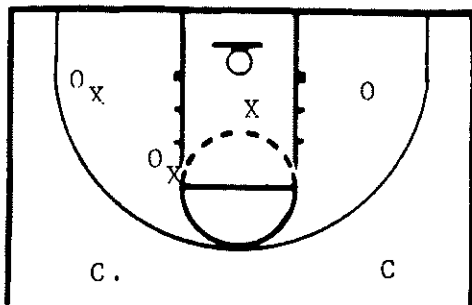
25/25 -- ball slaps

:60 -- body circles with ball

This will help develop familiarity with the basketball.

"I think it is important anytime you're involved with starting out a practice session, you do something with a really quick, snappy ball handling drill."

3 ON 3 WITH TWO RELEASE **INDIANA BASKETBALL**



DRILL EXECUTION: Drill is a 3 on 3 set up with 2 release players above the free throw line extended. Offense is to execute motion principles with passing and cutting and screening looking for shot opportunities while defense is executing defensive principles as well.

DRILL PURPOSE: To tie in all of the offensive principles into on drill as well as getting some solid work defensively.

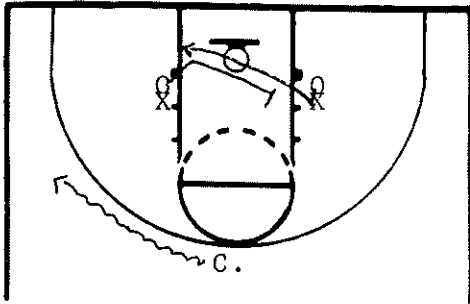
"We talked about communication and I can't begin to emphasize how really important it is to get players talking to one another."

"That's how simple this game is. If you can catch it and you can hold it, you can play this game."

#2 -- Movement (Screening & Cutting)

2 ON 2 CROSS SCREENING DRILL

INDIANA BASKETBALL

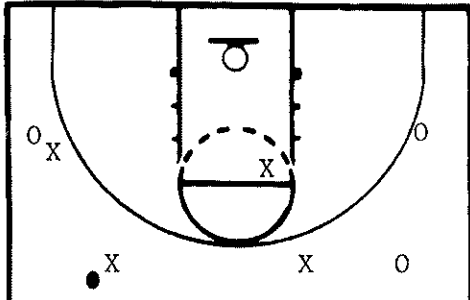


DRILL EXECUTION: 2 on 2 set up with coach up top. Coach drives ball to side to initiate the man closest to the ball screening. Want screener to 1-turn, 2-look, 3-set screen. Screen and then rescreen.

DRILL PURPOSE: To work on cross screening movement and making the correct reads. Can be used to help post defense as well.

4 ON 4 WITH NO DRIBBLE

INDIANA BASKETBALL



DRILL EXECUTION: Work on breaking the offense down into a 4 on 4 situation where we want the offense executed without the use of a dribble.

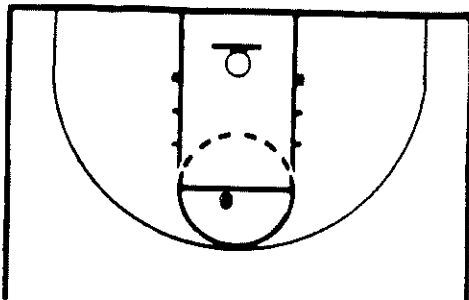
DRILL PURPOSE: To understand methods of helping each other get open. We want to work every day in practice at running our offense without the dribble.

#3 -- Shooting Under Pressure--

"I think the biggest waste of time in any practice situation is free shooting. We at no time allow our players to do any free shooting. Shooting work is controlled, it's competitive, there is pressure involved in one form or another."

SHOOTING DRILL

INDIANA BASKETBALL



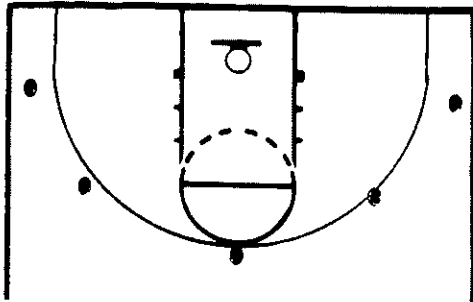
DRILL EXECUTION: Time a shooter or shoot for a goal. Example: you have 20 seconds to make 5. Pass the ball to yourself with no dribble making sure not to run with the basketball.

DRILL PURPOSE: Get some game like conditions into the drill. Competition with time and goals.

"Anytime you are working in a competitive shooting situation, you're doing for more for the shooter then allowing him to shoot on his own."

3 (OR 5) MAN SPOT SHOOTING

INDIANA BASKETBALL



DRILL EXECUTION: Can use either 3 or 5 spots, Put a player in each spot and they have make a predetermined amount from that spot before they can move on. First one to make all their shots from every spot wins.

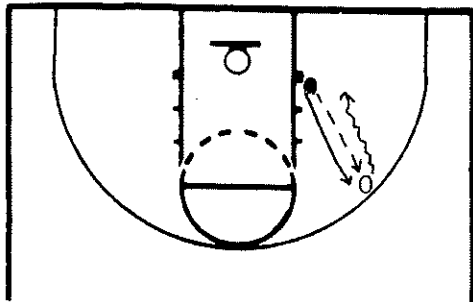
DRILL PURPOSE: Drills gives competition for the shooters and the number of shooters and balls gives distractions that makes shooters work on concentration.

Partner Shooting--Anytime our players are on the floor and working on their own on shooting, we want them to have a partner. Moderate defensive pressure is applied. We never allow them to just come ou' and take the ball and shoot it. Take 5 shots and offense and defense switch. If a player is not available as a partner, we want a coach or manager.

#4 -- Fake (Pass and Shot)--The fake is one of the biggest weapons against the zone. Pass fake moves defense side to side and shot fake draws the defense up. Really emphasize pass faking in drills, for instance, in the Keep Away Drill already mentioned.

PARTNER SHOOTING (FOLLOWING A SHOT FAKE)

INDIANA BASKETBALL



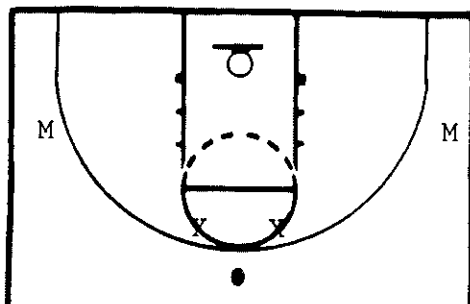
DRILL EXECUTION: Players pair up with partner passing to the shooting and then closing out at which the shooter makes a shot fakes and either drives ball to basket or pulls up for a better shot.

DRILL PURPOSE: To work on the utilization of the shot fake.

#5 -- Attack Against Zone Defense

1 VS. 2 (ZONE ATTACK)

INDIANA BASKETBALL

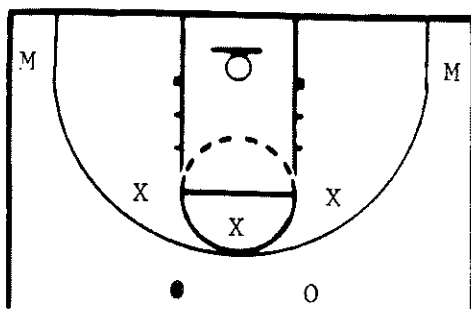


DRILL EXECUTION: 1 players at the point against even front of a zone defense with 2 managers as releases on the wing. Work on driving the ball into the gaps. Utilize shot and pass fakes.

DRILL PURPOSE: To work on perimeter fundamentals vs. zone. All perimeter players must be able to take ball into gap. Work on bringing 2 people to the ball to set up 2 on 1.

2 VS. 3 (ZONE ATTACK)

INDIANA BASKETBALL

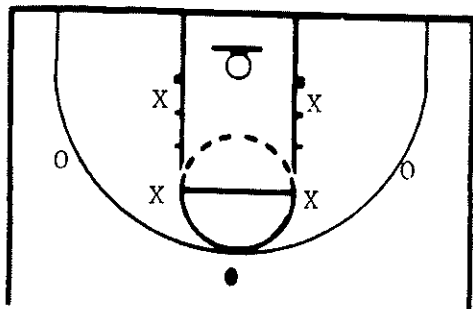


DRILL EXECUTION: 2 offensive players vs. odd front of a zone defense with 2 managers as releases below free throw line extended. Again, get ball into gaps, and utilize shot and pass fakes.

DRILL PURPOSE: Zone work against odd front. Must bring the ball back to the middle before making return pass from the person that passed to you. Don't try to get into the gap, try to get through the gap.

3 VS. 4 (ZONE ATTACK)

INDIANA BASKETBALL

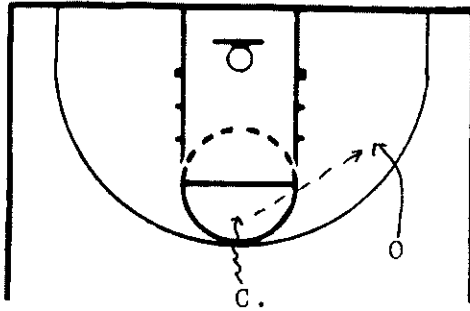


DRILL EXECUTION: Drill set up has 3 perimeter players attack 4 man zone defense.

DRILL PURPOSE: Besides working on dribble penetration, moving to gaps, driving ball into gaps, we can now work on skip pass and shallow cut.

ZONE SHOOTING DRILL

INDIANA BASKETBALL

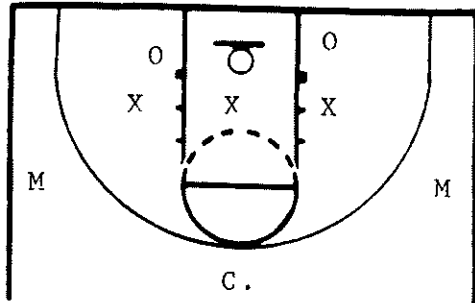


DRILL EXECUTION: Coach drives ball into imaginary gap of the zone defense while players steps into imaginary gap for pass and jump shot.

DRILL PURPOSE: To develop zone shooting fundamentals in a game like situation.

2 VS. 3 ZONE OFFENSE (POST)

INDIANA BASKETBALL



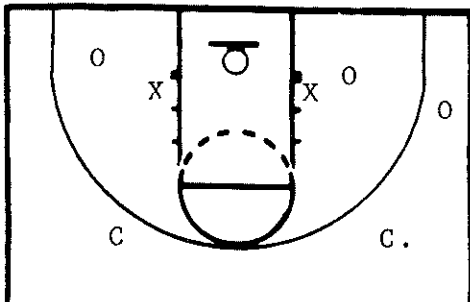
DRILL EXECUTION: 2 offensive players vs. the 3 backline players of a 2-3 zone with a coach up top and 2 managers as releases on the wings.

DRILL PURPOSE: Give us inside work against the zone. Flash into middle from behind, work on high-low opportunities as well as reading, spacing and screening.

"Don't take a good shot and turn it into a bad play.
That's the worst think you can do on offense."

3 VS. 2 ZONE OFFENSE (POST)

INDIANA BASKETBALL

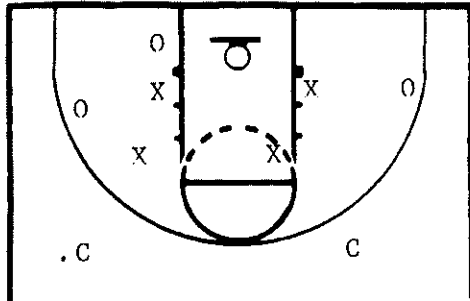


DRILL EXECUTION: 3 offensive players vs. the 2 backline players of an odd front zone.

DRILL PURPOSE: We want to attack the baseline and try to spread the bottom portion of the zone defense. In other words, make 2 cover 3.

3 VS. 4 ZONE OFFENSE (PROGRESSION)

INDIANA BASKETBALL

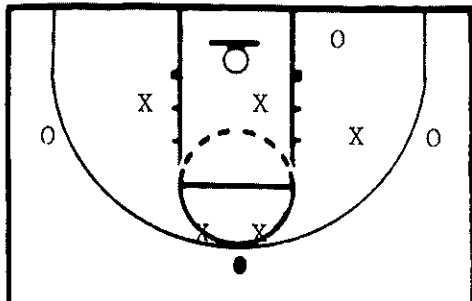


DRILL EXECUTION: 3 offensive players vs. 4 defensive players with 2 coaches or managers as releases.

DRILL PURPOSE: To work on flashing to the middle from behind, screening, spacing and spreading the backside of the zone defense.

4 VS. 5 ZONE OFFENSE

INDIANA BASKETBALL



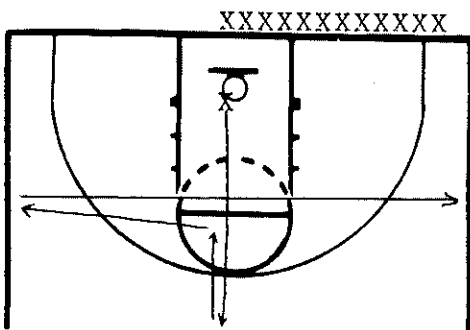
DRILL EXECUTION: 4 offensive players vs. 5 on defense. Incorporate post and perimeter offensive principles vs. the defense with the offense at a numerical disadvantage.

DRILL PURPOSE: Work on all of our zone principles combining the post and perimeter together. If we can get 4 successful vs. zone...

CLOSING

SLIDING DRILL

INDIANA BASKETBALL



DRILL EXECUTION: Start underneath the basket, sliding to half court, back to the free throw line, to the sideline and then across to the opposite sideline finishing up with 5 push ups. 3 sets.

DRILL PURPOSE: Good way to end practice, incorporating stance, movement and communication.

Every single thing you do offensively and defensively, you should try to work communication into the drill.

If we can work on our 5 offensive points and our 5 defensive points each day in practice, we're developing in those areas, we are building those things that are going to be conducive to us becoming a good basketball team.