

## JOHN CHANEY- PITTSBURGH 01

Every possession is a valuable possession.  
Speed Kills- too fast and you can't think  
Wanted to measure outcomes in an objective manner  
You have to work harder every day.  
Kids will believe they can win if they believe they have 2-3 things are manageable  
Teach to play through fatigue and monotony •  
Girls are more focused about skills, but you have to be apart of their lives  
Players must feel truth from you  
If you are looking at someone's ass, you are losing  
Have a theme for practice every day  
Maximize use of every possession  
If you control the ball- you control the defense  
Best offensive players must get the ball most of the time  
Never recruit a kid with bad hands •  
Get kids to buy what you are selling  
Can't be wise until you get older  
Get posts to see what they feel  
Give them things to do on their own  
Can't require people to do things you don't teach them •  
Teach kids what shots they can make  
If a player is not happy with winning- get rid of them  
Drills must be geared toward developing offense or defense  
Must have balance to stop fast break  
"Follow your shot"- negative coaching (you are already planning your miss)

### Thumb Rules

1. Passing is a team skill
2. Point guard determines philosophy on the floor (in his hands 70-80% of time)
3. Post man must play in a crowd
4. We design how we are going to win or lose

### Three R's

1. Roles
  2. Rules
  3. Responsibility
- A. Passing and Receiving
1. V-move – Pivot – Spacing – Angles
  2. Screens off and on ball
  3. Two minute passing drills
- B. Shooting
1. Shooter-Retriever-Repetition on strength shots
  2. Shot foot in shot zone- preparation for receiving, dribbling and organizing shot
  3. Splitting define to shoot or pass
  4. Foul shooting
- C. Offense-Conversion
1. Select offensive pattern that will enhance low turnovers, floor balance and best aid success of your talent-spacing
  2. Fast Break-using sidelines to gear your offense
- D. Defense-Conversion
1. Force opponents to make mistakes with reaching and having blocked shots- make body stops

Don't put bad plays in the bank  
Post Effectiveness = catch and create



## MIKE KRZYZEWSKI

Talked about how Battier led team with effort and service

Must have a close relationship with best player

His favorite players are the ones who work the hardest

Teams get tired of your voice

Believes a lot in visualization

Can develop great relationships with kids by letting them know you are always on their side

Best players need to know there is no mistake count

Shot 1056 3's in 39 games, shot 450 more than opponents (also shot over 1000 free throws)

### • Practice:

1. Who do you coach

2. What are you trying to teach

3. How do you teach it

4. Where do you practice

### • No physical habit that can be taught without intensive, intelligent, persistent practice

What do you want to do in a practice?

1. Great work ethic

2. Ability to concentrate

3. Communicate

On the floor- team must solve own problems

Don't have long lines- find a way to occupy them all the time during breakdowns

Tries to talk sternly more than yell

### • Kill guys for mistakes of omission, will not kill them for mistakes of commission

Cornerstone of team attitude is to look at things as our play, our mistake, our job

Everybody is not the same

Casey Saunders and Reggie Love were Shane Battier's screeners

Explain role in front of everyone – work it into practice sessions

You hear-you forget, you see-you remember, you do- you understand

Practice halftime- go to locker room and watch ten minutes of tape half-way through practice

Talk in area where they play to get them to listen

Role Identification is paramount- this made it easier to adjust roles when Boozer went down

Allow roles to change during season

Always gives post game feed back (6-10 points) before going on to next opponent

### Boozer Injury and aftermath

Tuesday- Boozer hurt

Wednesday- Off

Thursday- Practice at 6:30am and 4:15 pm

Friday- Practices at 6:30 am and 4:15 pm

Key to 1-on-1 move is where you go with first step

Don't work on everything during individual instruction, but work on things that will help that player

Individual- Dribble, First Step, Penetrate and Dish

Likes to throw into post to set up 3

"Hit and Cut"- this call means he wants basket cuts and dribble penetration

Must have bailouts for the driver

Believes strongly in the jump stop at the end of the drive

Tells kids how many shots they will shoot in a game  
Uses practice stats to substantiate shot selection  
Coach stars to where they feel comfortable doing what you believe they have to do for you to be successful  
Stars will get recognition regardless of play, but when secondary man does really well- coach must generate publicity

Tries to create balance  
Wants advantages in 3's, Free Throws and Turnovers  
Runs sets for stars and counters for others  
If offense were clothes, it would be tailor-made not off the rack

Tuesday before Final 4- half of practice was game situations  
+5 with 12 seconds left- don't dribble on inbounds, because it is the only way they can steal the ball.

As you get deeper in tournament players think less, but respond to teaching more

"If arms are down – shoot in face"  
"Hands ready"  
Must call for ball verbally

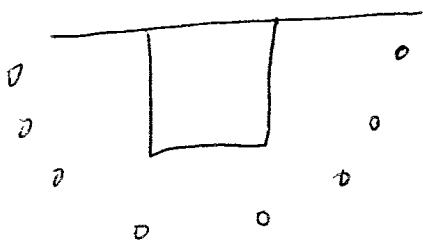
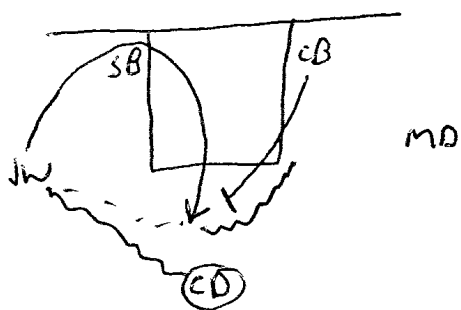
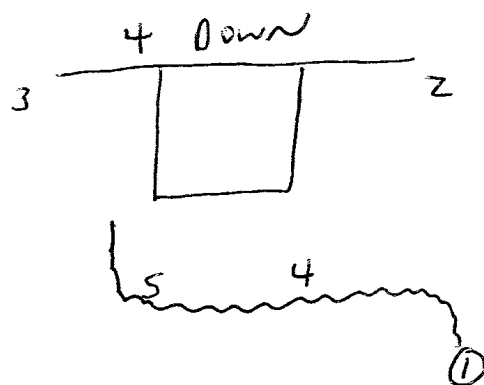
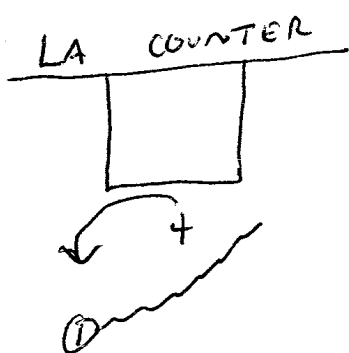
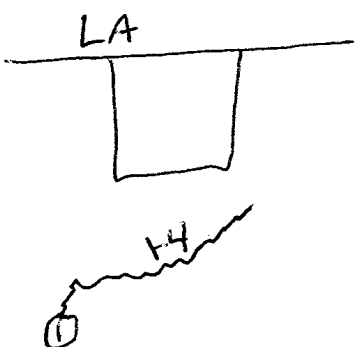
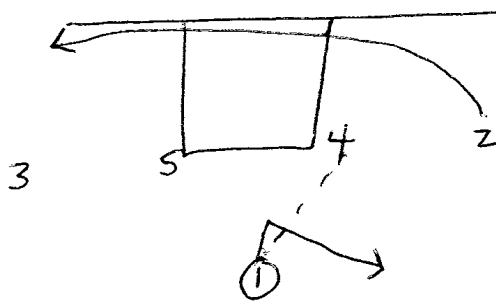
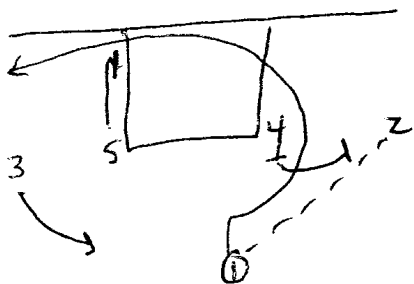
With time between games, he will use practice to test preliminary theories on game plan

Defense- key is pressuring the ball

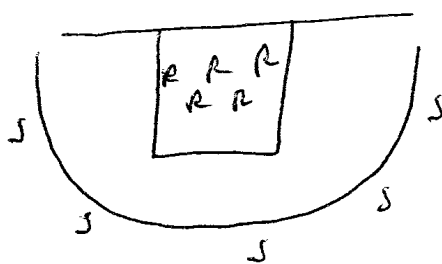
1. Play posts tough all over late in the year
2. Want to make certain players and teams make plays not run plays
3. Take point guard out of game
4. Guards the ball with square shoulders

If two players are jealous-  
Confrontation is meeting the truth head on  
Confront players in front of team

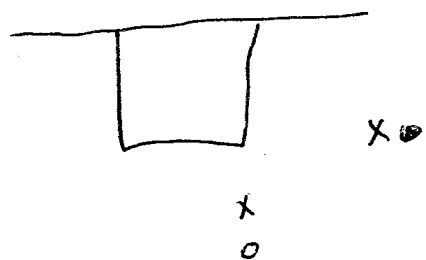
Best way to beat junk defenses is to find familiarity



8 BALL PICK UP  
DROP STEP + DUNK



VARIATION OF ST. AUG'S



Z or Z DP  
ADD OPEN POST

USE I-CUTS ON WING DRIVES  
~~USE~~ ENTRIES TO SPECIALIZE OFFENSE  
TEACH FOOTWORK - VITAL  
BASKETBALL IS ABOUT GETTING EASY SHOTS  
GET HIGH FG% FROM

1. OFF REB
2. TRANSITION
3. OFF DEFENSE

### 7 PRINCIPLES VS. ZONE

- QUICK BALL REVERSAL
- DRIBBLE PEN
- INSIDE - OUTSIDE ACTION
- SKIP PASSES
- SCREEN
- HELPSIDE REBOUND
- OVERLOAD

## GARY WATERS-RUTGERS

Change happens- if you are not changing, you are not going forward  
Key to success is winning on the road, all the intangibles are in your favor at home  
Emphasizes three things (kids can only do three things)  
You must be willing to change offense or defense to help team

### How to win on the Road

- A. Control Tempo
  - 1. Shot Selection
  - 2. Control Pace
  - 3. Play with intensity
- B. Defend for 40 Minutes
  - 1. No easy shots
  - 2. Contest every shot
  - 3. Limit unnecessary fouls
- C. Rebound
  - 1. Box out
  - 2. Get loose balls
  - 3. Be aggressive and attack
- D. Get to Foul Line
  - 1. Attack and penetrate
  - 2. Go inside
  - 3. Attack offensive glass
- E. Offensive Execution
  - 1. Shot selection
  - 2. Perform roles
  - 3. Moving the ball

### Philosophy-

- 1. Hard work
- 2. Deal with people of value

### Recruiting- (talent is a given)

- 1. Hard worker
- 2. Person of character
- 3. Wins 80% of games

### Influences

- 1. Pitino: Got talented players to play hard
- 2. Wooden: Use of full court pressure
- 3. Thompson: Ability to completely disrupt an offense
- 4. Knight: Half court defense
- 5. Bennett: Play hard with and attitude

### Gained possessions

- 1. Steals
- 2. Interceptions
- 3. Deflections
- 4. Charges
- 5. Rebounds
- 6. Loose Balls
- 7. Forced turnovers
- 8. Controlled Block

More healthy to jump straight up and straight down- so you have to get position first 0

Reasons for pressure

1. Control tempo
2. Creates stress
3. Fatigue opponent
4. Forces poor decisions
5. Opposition must prepare

Don't give kids a way out

On defense- make the man with the ball see jerseys not the basket

Wants players to apply pressure- let the other help you stop the man with the ball

► Gets to level of the ball- does not deny reversal

Go after the offense full court- be solid in the half

2-3 Pressure Zone

Rutgers Basketball

C/O Coach DeSimpelare

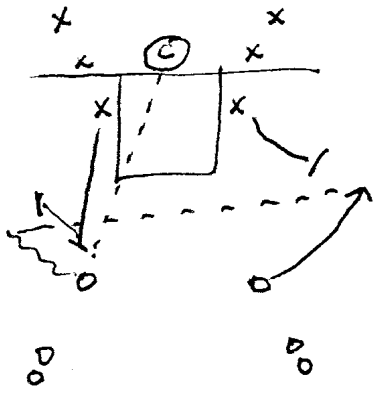
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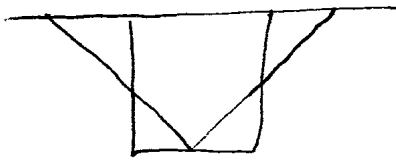
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1. C THROWS BALL OUT
2. FORCE RECOVER TO DRIBBLE TO OUTSIDE
3. ALLOW SKIP
4. SHOOT + BOX OUT



OUTSIDE  $\Delta$  = CHECK + GO  
INSIDE  $\Delta$  = HIT + HOLD

