

Dick Davey

Santa Clara Broncos



Santa Clara Broncos Basketball

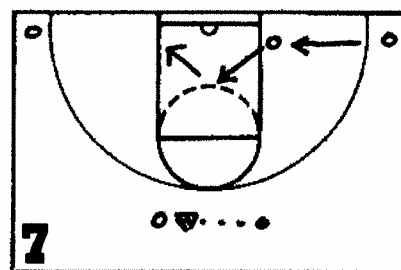
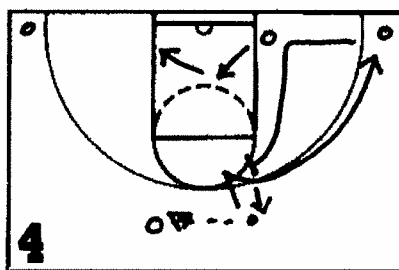
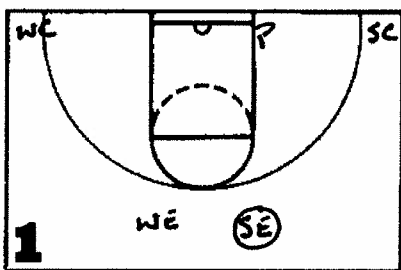
500 EL CAMINO REAL
SANTA CLARA, CA 95053
(408) 554-4583

Head Coach: Dick Davey
Assistants: Steve Seandel
Lloyd Pierce

Sam Scullli

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Basic Flex Spots

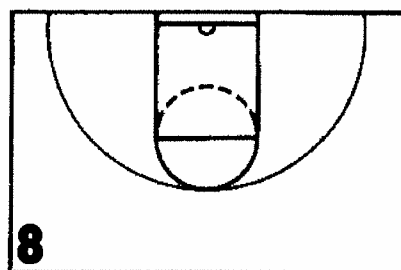
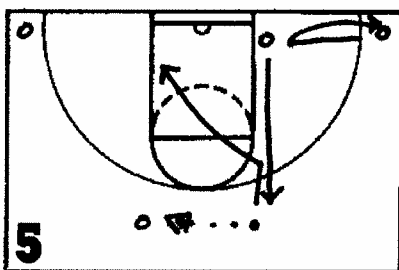
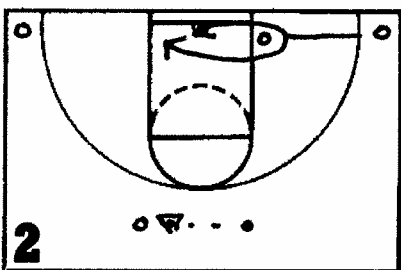
- SE = Strong Elbow
- WE = Weak Elbow
- P = Post
- SC = Strong Corner
- WC = Weak Corner

Flare Screen

- WC bumps the P block/block & sets a flare screen for WE
- WE flares to the corner for skip pass
- WC bounces to fill WE spot

Post Flash

- On reversal pass: Post steps to the ball & fills the opposite post position
- Down screen action occurs between WE & WC

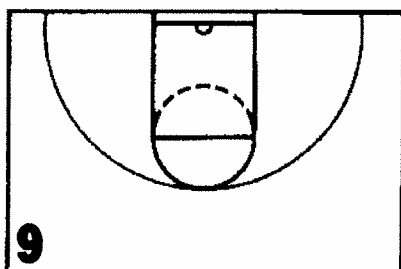
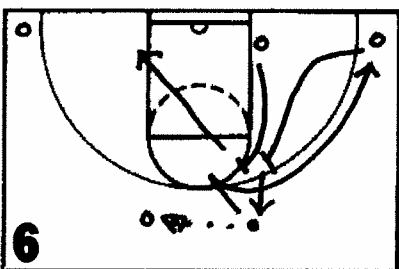
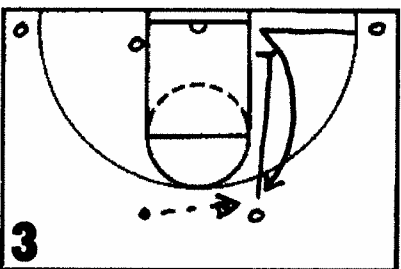


Baseline Cut

- On reversal pass: SC can cut on top-side or baseline-side of screen
- The screening angle helps to determine the angle of the cut

Strong-Side Elbow Cut

- On reversal pass: SE makes diagonal basket cut to the post
- WC starts to make baseline cut & then bounces back to the weak-side corner
- Post fills the WE for reversal pass



Down Screen

- Standard down screen
- Screen toward the rim

Double Flare

- On reversal pass: Post & WC set a Double Flare Screen for WE
- Flare to the corner
- Post slips to the strong-side block & WC fills the WE spot



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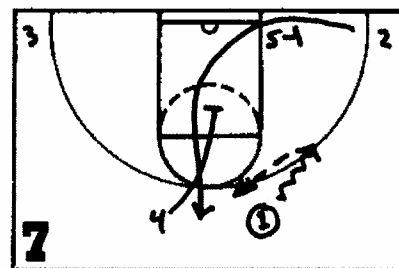
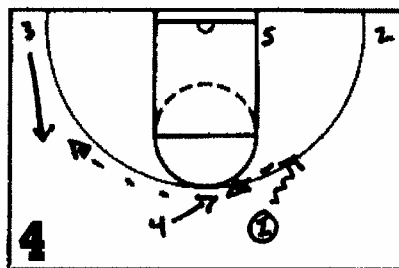
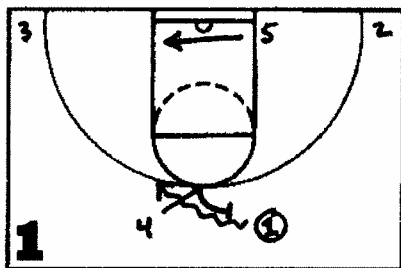
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Transition: 50

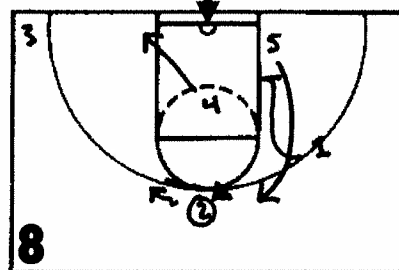
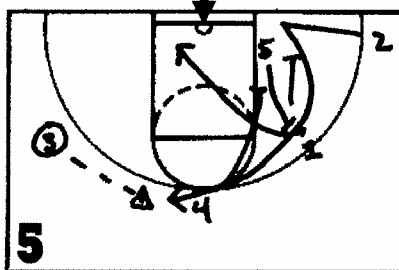
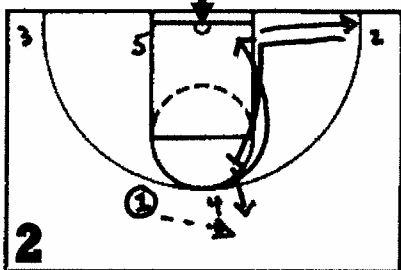
- 1) 1 pushes ball slightly off-set of SE
- 2) 4 sets ball screen for 1 (4 must get lower than the level of the ball initially to set-up screening angle)
- 3) 5 follows the ball block/block

Transition: 51

- 1) 1 dribbles off-set to the wing area
- 2) 4 slides to the point
- 3) 3 slides up to the weak-side wing
- 4) Ball is reversed around perimeter to 3

Transition: 52/53

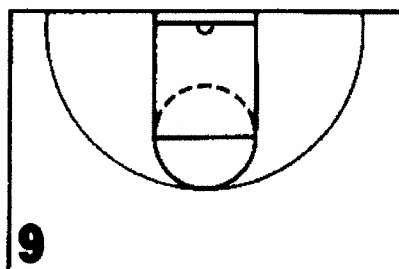
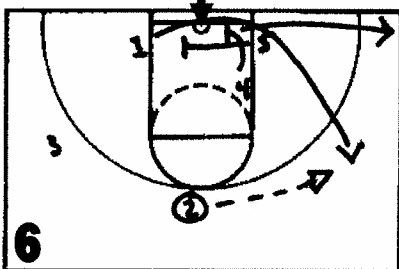
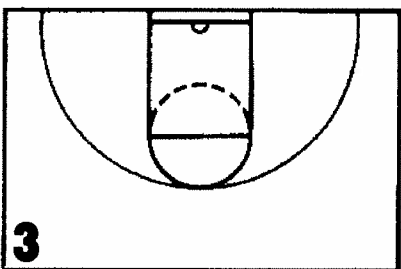
- 52 is run to the 2-side & 53 is run to the 3-side
- 1) 1 dribbles off-set at 2
 - 2) 5 sets screen for 2 & 4 sets a down screen in the lane for 2



- 4) 2 walks to the weak-side block to set up screening angle
- 5) 2 sets back screen for 4 after 1 has cleared ball screen
- 6) 4 looks for lob & bounces to WC
- 7) 2 bounces to WB

- 5) 5 steps up & sets a Shuffle Screen for 1
- 6) 5 & 4 set a stagger screen for 2

- 3) After ball is passed to 2: 4 bounces to the post & 1 sets a down screen for 5



- 7) After 2 catches to the ball at the TOK: 5 & 4 set a stagger screen for 1 who cuts out to the weak-side wing
- 8) 5 fills the strong-side post & 4 bounces to the SC



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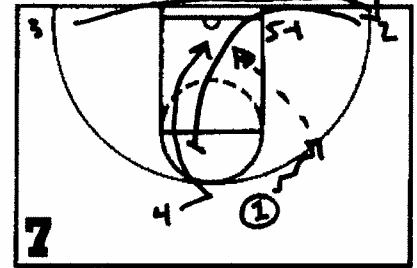
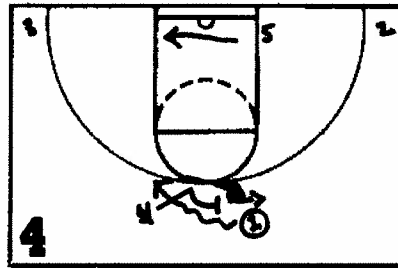
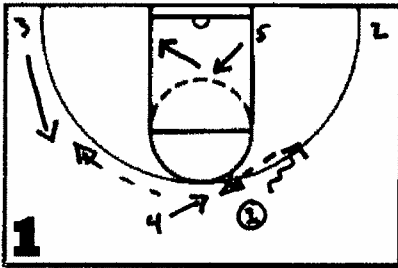
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Transition: 54

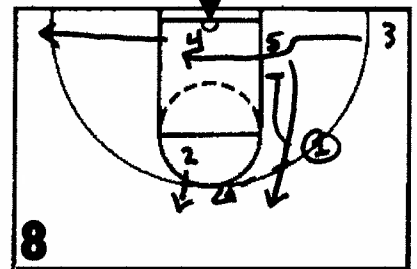
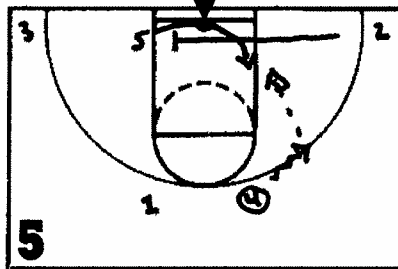
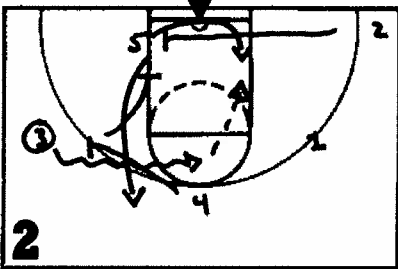
- 1) 1 pushes ball slightly off-set of SE
- 2) 4 fills the point
- 3) 3 fills up to the weak-side wing
- 4) Ball is reversed to 3
- 5) 5 post flashes & fills post area

Transition: 55

- 1) 4 sets ball screen for 1
- 2) 5 follows ball block/block
- 3) 4 bounces to WC for reversal pass

Transition: 25/35

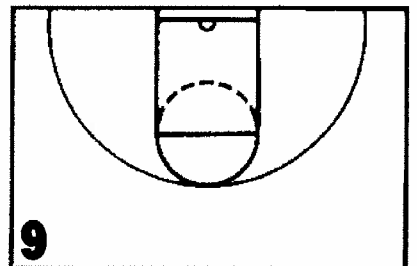
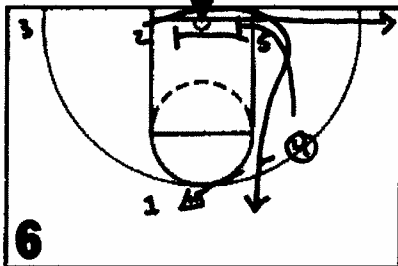
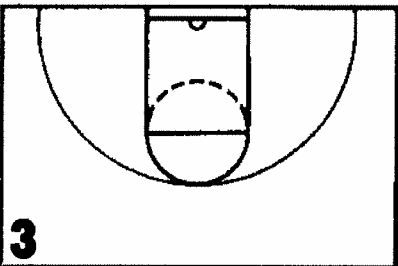
- 25 is run to the 2-side & 35 is run to the 3-side
- 1) 1 dribbles offset at 2 & 2 sets back screen for 4
 - 2) 3 must sprint baseline to the SC



- 6) 4 follows pass & sets a ball screen for 3
- 7) As ball screen is occurring: 2 sprints across the lane & sets a screen for 5
- 8) 5 rolls baseline-side off screen looking for pass from 3 at the block area
- 9) 4 sets down screen for 2

- 4) 2 sprints across the lane & sets screen for 5
- 5) 5 rolls baseline-side & looks for post entry from 4

- 3) 4 bounces to the WC & 2 bounces to the point for reversal
- 4) 3 makes baseline cut off 5's screen
- 5) 1 sets down screen for 5



- 7) If ball is not entered to post: Ball is reversed back to 1
- 8) 5 & 4 sets baseline stagger screen for 2
- 9) 2 cuts baseline-side & fills SE
- 10) 5 fills strong-side post & 4 bounces to SC



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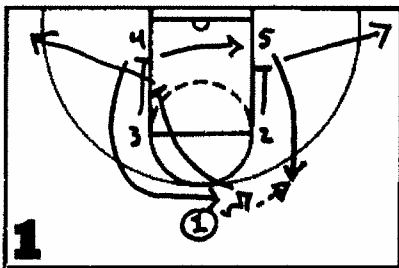
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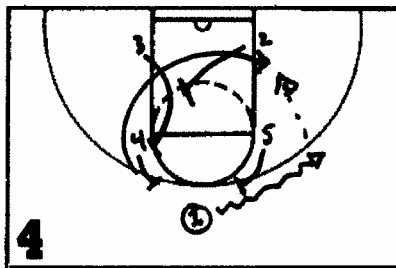
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1

Regular

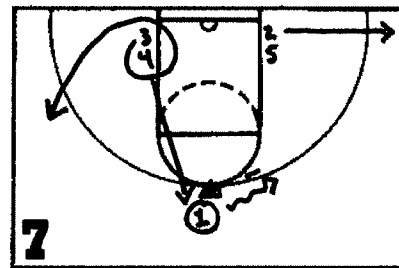
- 1) 2 down screens 5
- 2) 1 enters to 5 & 2 bounces to SC
- 3) 3 & 1 stagger screen for 4
- 4) 1 bounces to WC & 3 slips to strong-side post



4

41

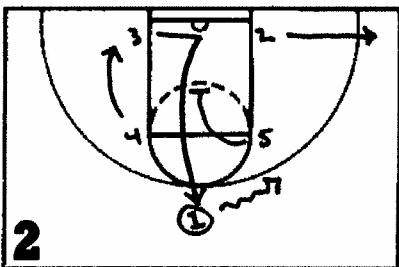
- 1) 4 & 5 step-up to set high ball screens for 1
- 2) 1 uses ball screen to the wing
- 3) 3 & 2 set double back screen for 4 who cuts to the strong-side post



7

Double Stack

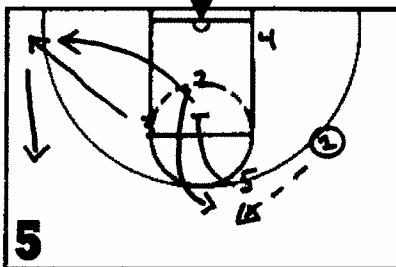
- 1) 1 dribbles offset at 2-side
- 2) 3 cuts through off 4 to the WC
- 3) 2 slides to SC
- 4) 4 fills WE for reversal



2

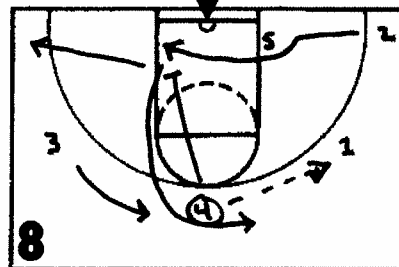
Box Set

- 1) 1 dribbles off at 2-side
- 2) 5 sets down screen in lane for 3
- 3) 2 slides to SC
- 4) 4 rolls to weak-side post



5

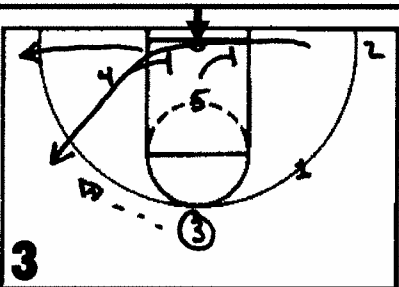
- 4) 5 sets down screen for 2
- 5) 3 bounces to the WC
- 6) On 2's catch: 3 slides to the wing & 5 bounces to WC to balance floor
- 7) Ball reversed to 3 & 4 follows post/post
- 8) 2 down screens for 1



8

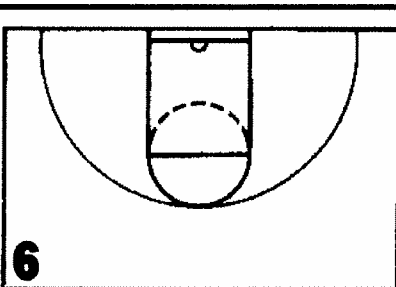
DS: Look Strong

- 5) 2 makes baseline cut off 5
- 6) 4 passes to 1 on wing
- 7) 1 looks for immediate post feed to 5
- 8) 4 down screens for 2 who cuts to SE
- 9) 3 fills WE on 2's catch

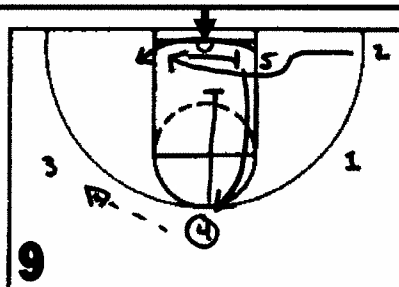


3

- 5) 5 & 4 set a baseline stagger for 2 who cuts to the opposite wing
- 6) 4 bounces to SC & 5 fills weak-side post
- 7) Flows to Flex



6



9

DS: Look Weak

- 10) From Diagram #7: 4 reverses to 3
- 11) 2 cross screens for 5 & 4 down screens
- 12) 2 catches at SE & 1 fills WE
- 13) 4 bounces to WC



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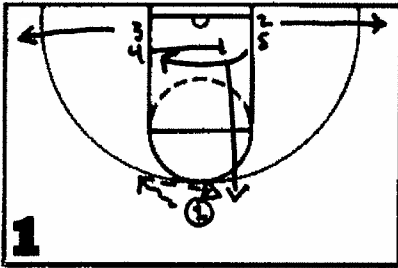
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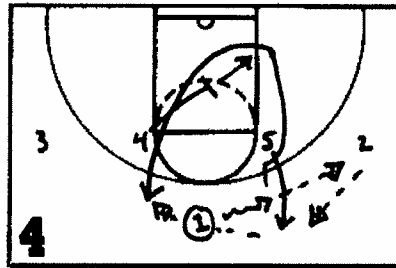
Sam Sculli

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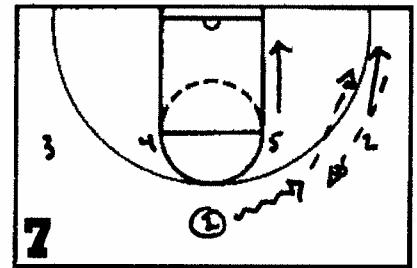
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1



4



7

3x

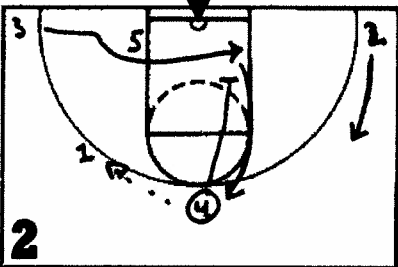
- 1) 1 dribbles offset to 3-side
- 2) 3 pops to SC & 2 pops to WC
- 3) 4 cross screens for 5 & bounces to WE for reversal

White

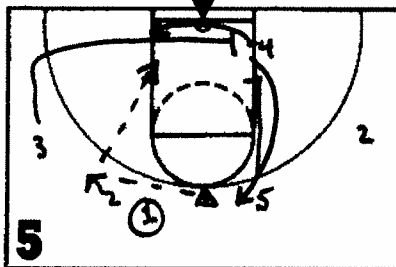
- 1) 1 dribbles offset at 2-side
- 2) Ball is entered to 2
- 3) 1 makes UCLA Cut off 5
- 4) 4 sets diagonal screen for 1
- 5) 1 cuts to WE

Red

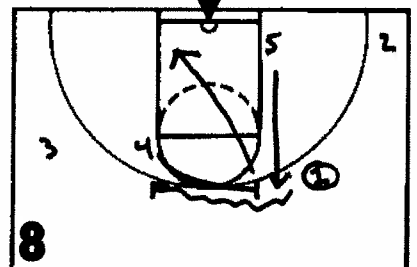
- 1) 1 dribbles offset to 2-side
- 2) 2 slides to SC & ball is entered to 2
- 3) 5 slides to strong-side post
- 4) 2 passes back to 1 at SE



2



5



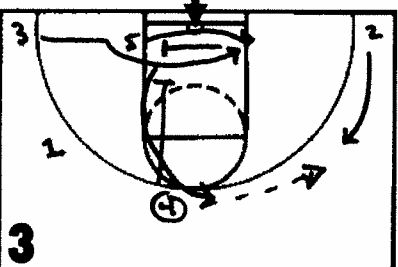
8

3x: Look Strong

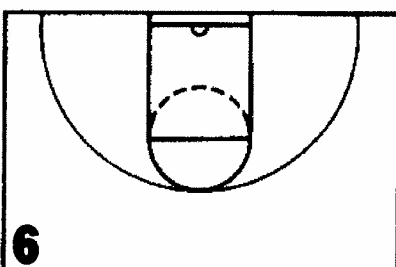
- 4) 2 makes baseline cut off 5
- 5) 4 passes to 1 on wing
- 6) 1 looks for immediate post feed to 5
- 7) 4 down screens for 2 who cuts to SE
- 8) 3 fills WE on 2's catch

- 6) Ball is reversed to 1
- 7) 3 sprints across lane & sets screen for 4
- 8) 1 looks at post feed to 4
- 9) 5 sets down screen for 3
- 10) Flow to Flex

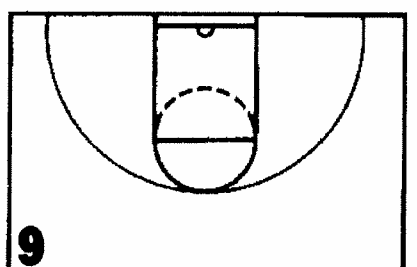
- 5) 4 sets ball screen for 1
- 6) 4 rolls to strong-side post
- 7) 5 fills WE



3



6



9

3x: Look Weak

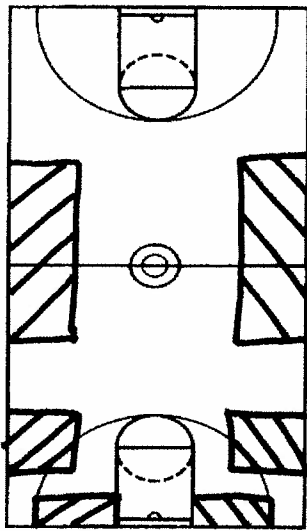
- 9) From Diagram #7: 4 reverses to 3
- 10) 2 cross screens for 5 & 4 down screens
- 11) 2 catches at SE & 1 fills WE
- 12) 4 bounces to WC

John Kresse
College of Charleston



**COLLEGE OF CHARLESTON
COUGARS
BASKETBALL
Head Coach: John Kresse**

Clinic JOHN KRESSE -> COLLEGE OF
Date CHARLESTON
2-2-1 Press

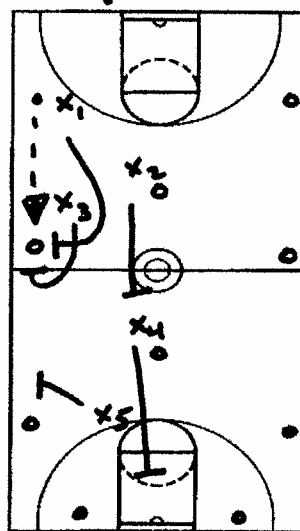


Notes
2-2 PRESS—TRAP ZONES

1ST TRAP ZONE

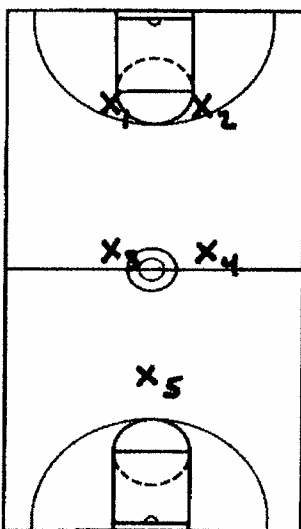
2ND TRAP ZONE

3RD TRAP ZONE



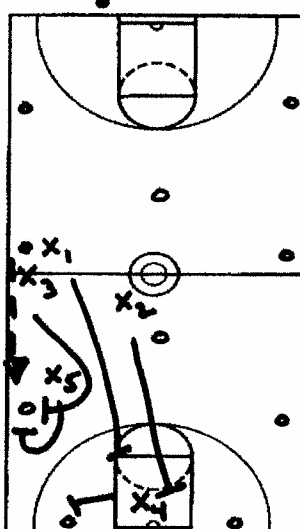
Notes
ROTATION TO 1ST TRAP

K1 = LOOP CUT TO TRAP
K2 = SHORT MIDDLE
K3 = LOOP CUT TO TRAP
K4 = BASKET/DEEP MIDDLE
K5 = CAT & MOUSE



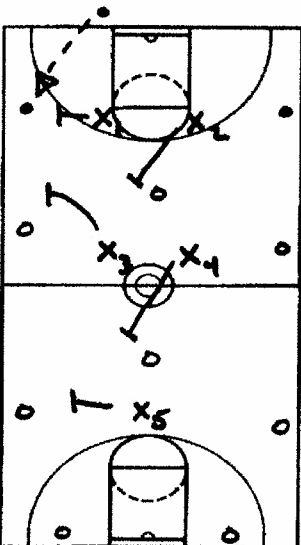
Notes
BASIC SET

K1 = PG
K2 = SG
K3 = SF
K4 = PF
K5 = C



Notes
ROTATION TO 2ND TRAP

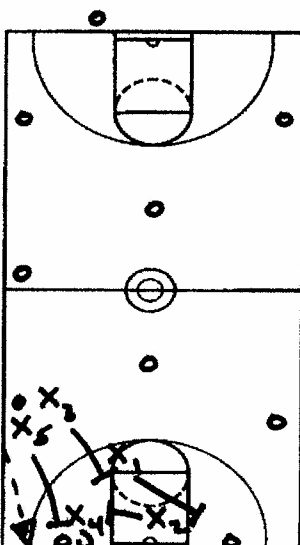
K1 = STRONG-SIDE ELBOW
K2 = WEAK-SIDE BLOCK/BASKET
K3 = LOOP CUT TO TRAP
K4 = CAT & MOUSE
K5 = LOOP CUT TO TRAP



Notes
BACKCOURT ENTRY

BALL IN OUTER 1/3 OF FLOOR

K1 = BALL PRESSURE
K2 = SHORT MIDDLE
K3 = CAT & MOUSE
K4 = DEEP MIDDLE
K5 = BASKET



Notes
ROTATION TO 3RD TRAP

K1 = WEAK-SIDE BLOCK
K2 = STRONG-SIDE BLOCK
K3 = STRONG-SIDE ELBOW
K4 = LOOP CUT TO TRAP
K5 = LOOP CUT TO TRAP

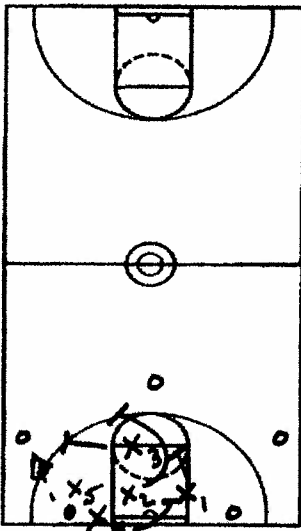


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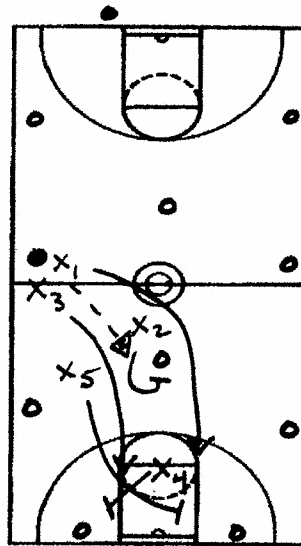
**Clinic
Date**

JOHN KRESSE -> COLLEGE OF CHARLESTON
2-2-1 PRESS



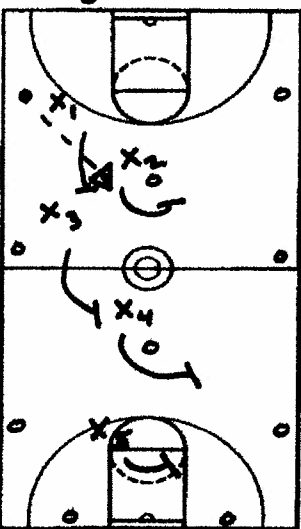
Notes
5-ON-5 ROTATE PRINCIPLES

- BALL IS PASSED OUT OF 3RD TRAP ZONE
- DEFENSE "MATCHES" TO NEAREST MAN
- 5-ON-5 IN 1/2 COURT



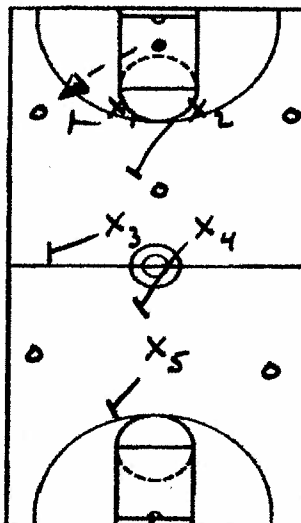
Notes
DEEP MIDDLE COVERAGE

- X1 = SPRINT WEAK-SIDE PASSING LANE
- X2 = BALL PRESSURE
- X3 = SPRINT STRONG-SIDE PASSING LANE
- X4 = STRONG-SIDE BLOCK
- X5 = WEAK-SIDE BLOCK



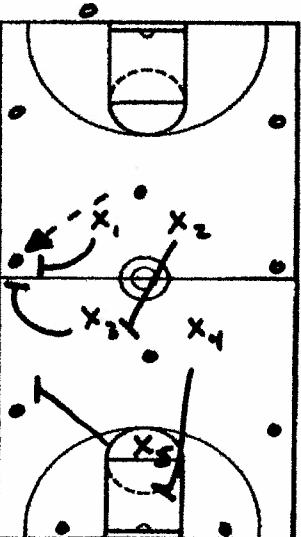
Notes
SHORT MIDDLE COVERAGE

- X1 = LOOP CUT TO BASIC SET
- X2 = LOOP CUT TO BASIC SET
- X3 = LOOP CUT TO BASIC SET
- X4 = LOOP CUT TO BASIC SET
- X5 = LOOP CUT TO BASIC SET



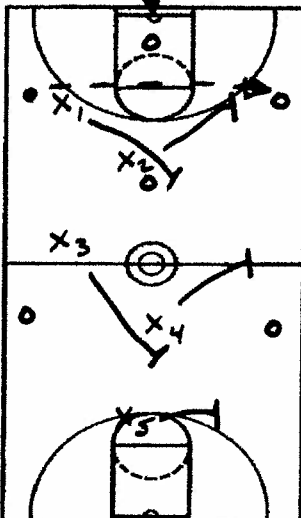
Notes
SKIP PASS COVERAGE

- X1 = LOOP SHORT MIDDLE
- X2 = SHORT MIDDLE TO BALL PRESSURE
- X3 = CAT & MOUSE TO DEEP MIDDLE
- X4 = DEEP MIDDLE TO CAT & MOUSE
- X5 = BASKET



Notes
SHORT MIDDLE TO WING COVERAGE

- X1 = LOOP CUT TO TRAP
- X2 = SHORT MIDDLE
- X3 = LOOP CUT TO TRAP
- X4 = STRONG-SIDE BLOCK/BASKET
- X5 = CAT & MOUSE

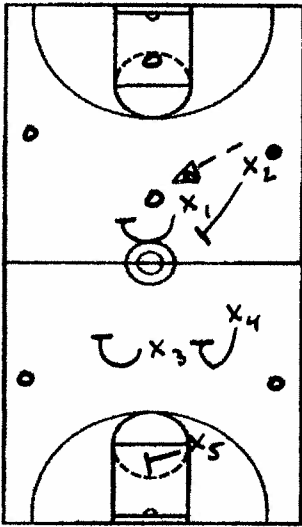


Notes



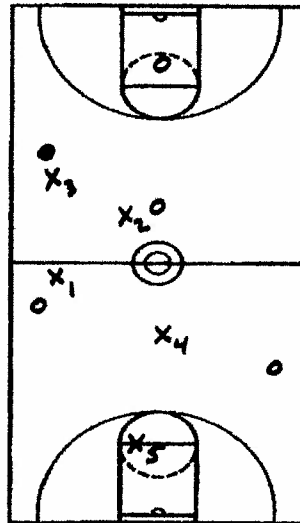
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2-2-1 Press



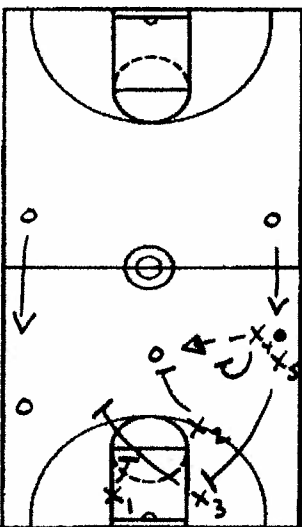
Notes
MIDDLE COVERAGE

- X1 = LOOP CUT TO BALL PRESSURE
- X2 = LOOP CUT LOOKING FOR BACK TAP
- X3 = LOOP CUT TO CONTAIN
- X4 = LOOP CUT TO CONTAIN
- X5 = BASKET



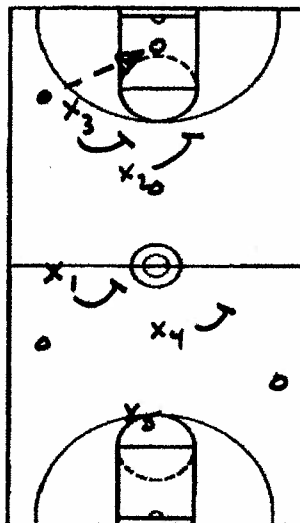
Notes
DEAD DRIBBLE

- X1 = MATCH TO NEAREST MAN
- X2 = MATCH TO NEAREST MAN
- X3 = MATCH TO NEAREST MAN
- X4 = MATCH TO NEAREST MAN
- X5 = BASKET



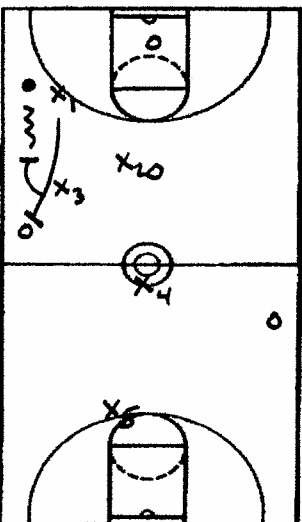
Notes
DEEP MIDDLE COVERAGE

- X1 = WEAK-SIDE BLOCK
- X2 = BALL PRESSURE
- X3 = MATCH WEAK-SIDE WING (IF BLOCK IS OPEN)
- X4 = MATCH STRONG-SIDE WING
- X5 = MATCH STRONG-SIDE BLOCK (PASSER)



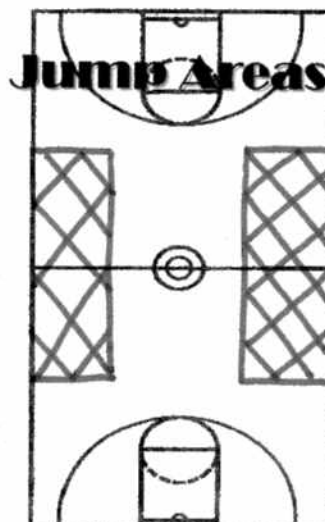
Notes
BACKWARD PASS

- X1 = LOOP TO BASIC
- X2 = LOOP TO BASIC
- X3 = LOOP TO BASIC
- X4 = LOOP TO BASIC
- X5 = BASKET



Notes
RUN & JUMP OPTION

- X1 = BALL PRESSURE TO FILL LANE
- X2 = SHORT MIDDLE
- X3 = CAT & MOUSE TO JUMP (VERBAL CUE)
- X4 = DEEP MIDDLE
- X5 = BASKET



Notes
KEYS TO RUN & JUMP

- 1) Forwards must use Cat & Mouse to full-extent
- 2) Jumps are keyed by forwards
- 3) Forwards must verbalize a jump to a guard (If not it equals a trap)
- 4) Guards must attack passing lanes with hands up

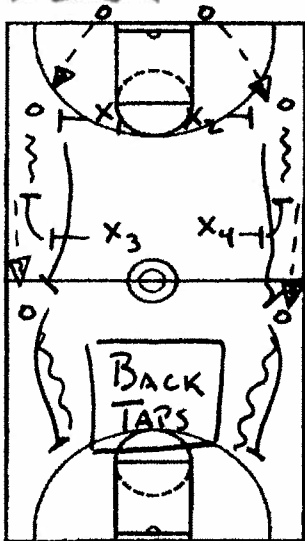


**COLLEGE OF CHARLESTON
COUGARS
BASKETBALL**

Head Coach: John Kresse

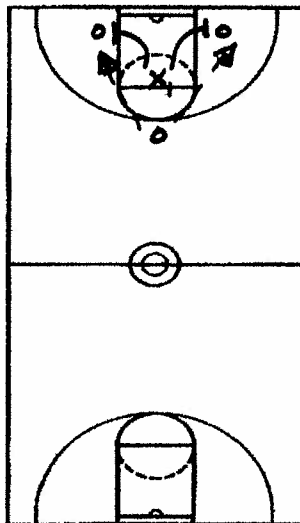
**Clinic
Date**

JOHN KRESSE -> COLLEGE OF
CHARLESTON



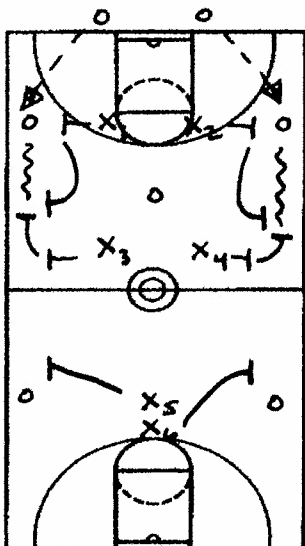
**Notes
SIDELINE JUMPS**

- X1 pushes ballhandler up sideline
- Try to force out of control dribble
- X3 Plays Cat & Mouse
- Must **YELL** (Verbalize)
- Jump—x1 runs through passing lane looking for deflection
- Look for Back Tap on dribble



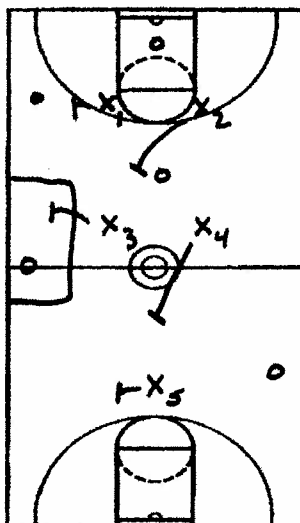
**Notes
DRILL #3—
LOOPING**

- Offense forms triangle in short corners & Top of Key (15' - 18' spacing)
- X1 starts on-line/up-line from ball
- X1 loops to next pass—Cut off drive
- Attack ball w/ hands up and back—Chest offensive player



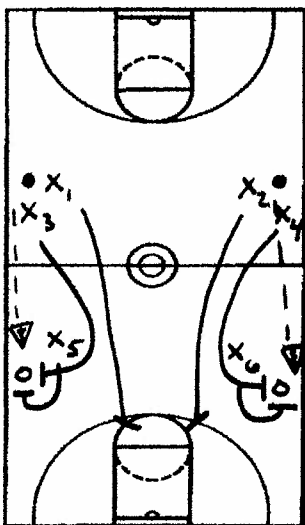
**Notes
DRILL #1—DRIBBLE
TRAPS**

- X1 = BALL PRESSURE**
- X2 = BALL PRESSURE**
- X3 = CAT & MOUSE**
- X4 = CAT & MOUSE**
- X5 = BASKET TO CAT & MOUSE**
- X6 = BASKET TO CAT & MOUSE**



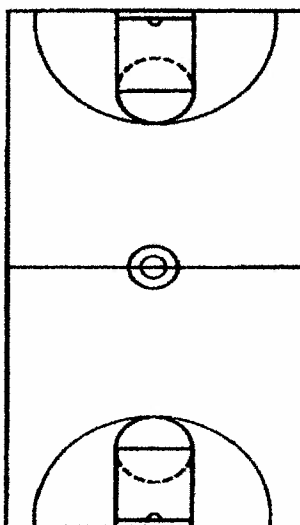
**Notes
CAT & MOUSE
RULES**

- 1) Maintain defensive stance & principles
- 2) Keep head on a swivel
- 3) You are matched to the next pass, **NOT** the ball
- 4) Fake at the ballhandler w/ your feet to keep offense off-balance
- 5) Maintain 15' - 18' spacing when not trapping
- 6) Cat & Mouse always keys a trap



**Notes
DRILL #2—FRONT
COURT TRAPS**

- Ball starts in 1st Trap Zone
- Ball is passed up sideline
- Trap ball in 2nd Trap Zone
- Guard must drop to elbow to take away middle pass
- Offense looks to score
- Defense must force turnover



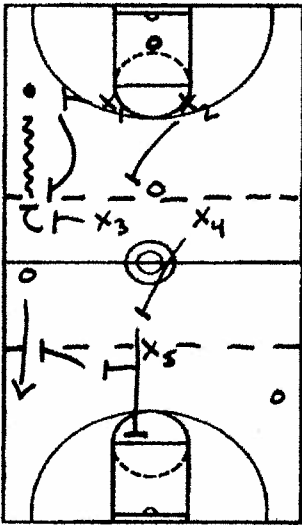
**Notes
KEYS TO 22 PRESS**

- 1) Contain ball on sideline
- 2) Be active in traps w/o fouling
- 3) Make quick, sharp rotations
- 4) Active hands—Deflections
- 5) Loop cuts to cut off passing lanes
- 6) Look to get "Back Taps"
- 7) Communicate



**COLLEGE OF CHARLESTON
COUGARS
BASKETBALL**
Head Coach: John Kresse

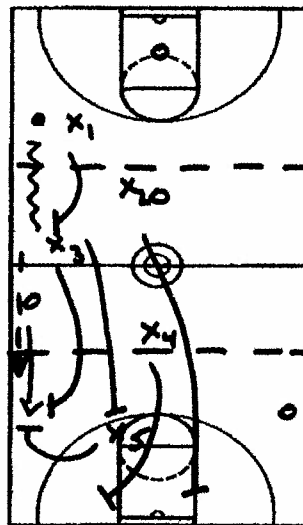
Clinic JOHN KRESSE -> COLLEGE OF
Date CHARLESTON
2-2-1 Press



Notes
**SITUATION #1-
BASIC**

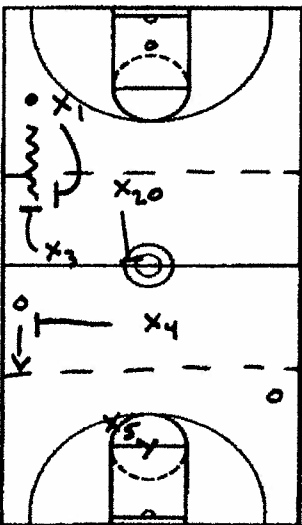
X1 = Ball Pressure to Trap
X2 = Short Middle
X3 = Cat & Mouse to Trap
X4 = Deep Middle to Basket
X5 = Basket to Cat & Mouse

- Leave backward pass open
- X4 has Deep Middle Coverage & Basket



Notes
**SITUATION #4-
CONTAINMENT**

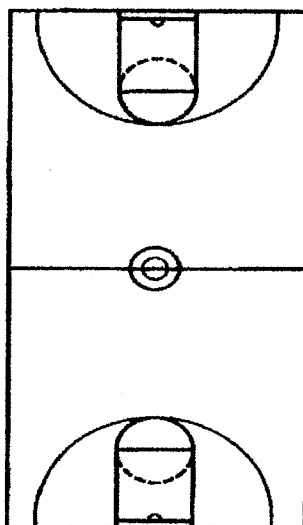
- Same as Situation #3, but trap is delayed until 2nd Trap Zone
- Trap in 2nd Trap Zone must take place below volleyball service line
- X5 must contain dribble on sideline
- Contain & Surprise



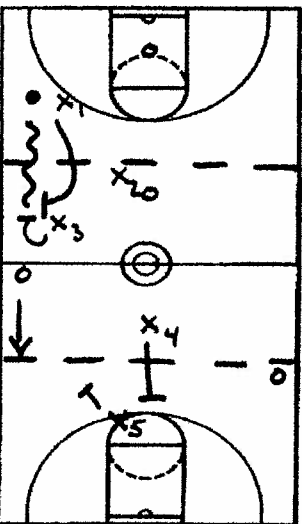
Notes
**SITUATION #2-5
STAYS HOME**

X1 = Ball Pressure to Trap
X2 = Short Middle
X3 = Cat & Mouse to Trap
X4 = Deep Middle to Cat & Mouse
X5 = Basket

- Leave backward pass open
- X4 rotates to Cat & Mouse (Deny sideline pass out of trap)
- Aggressive traps are vital
- X2 splits short & deep middle coverage on rotation



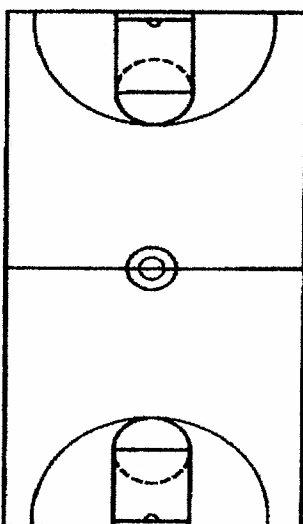
Notes



Notes
**SITUATION #3-
SOFT**

X1 = Ball Pressure to Trap
X2 = Short Middle
X3 = Cat & Mouse to Trap
X4 = Deep Middle
X5 = Basket

- Basic alignment & assignments
- Passes out of trap are left open
- **DO NOT** gamble in a passing lane
- **CONTAINMENT**



Notes





Old Dominion Monarchs

Coach: Blaine Taylor: Old Dominion University
Clinic: Video

Topic: 14 Options for the Transition Game
Date: Spring 2007

MEN'S BASKETBALL OFFICE
NORFOLK (VA)
23529

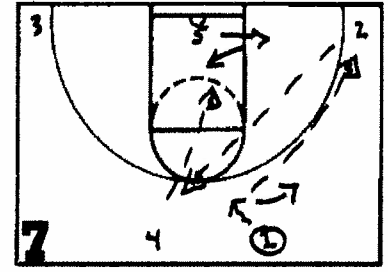
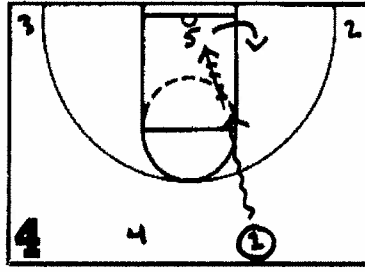
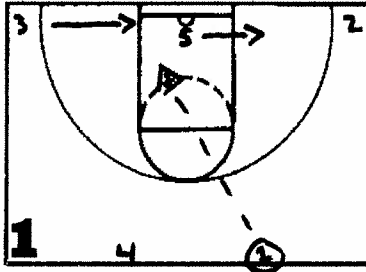
Head Coach
Blaine Taylor

Asst. Coach
Travis DeCaire

Asst. Coach
Jim Corrigan

Asst. Coach
Rob Wilkes

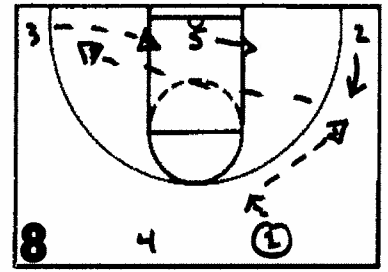
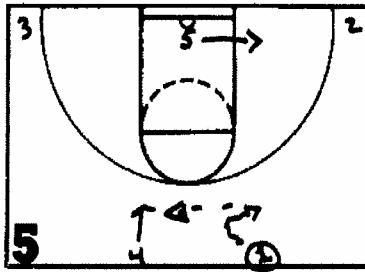
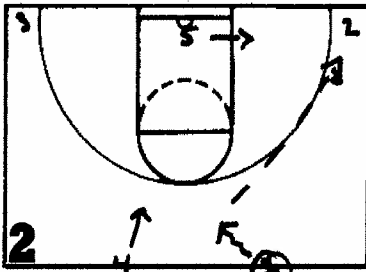
Basketball Operations
John Richardson



**OPTION #1:
WING AWAY**

**OPTION #4:
SOLO**

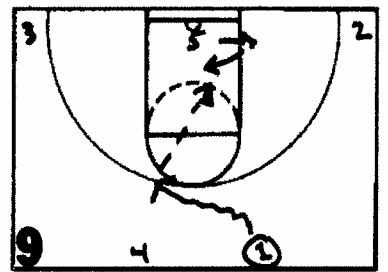
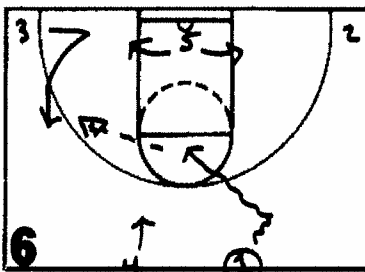
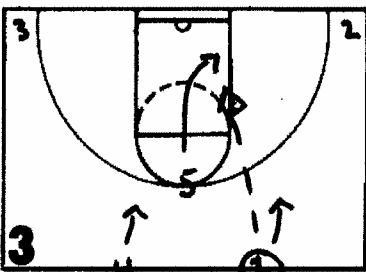
**FRONT COURT:
WING/TRAIL & IN**



**OPTION #2:
THREE**

**OPTION #5:
TRAIL**

**FRONT COURT:
WING/SKIP & IN**



**OPTION #3:
RIM**

**FRONT COURT:
STEP-OUT**

**FRONT COURT:
DRAG**



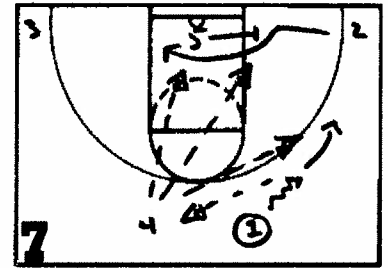
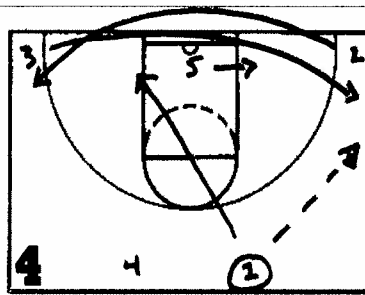
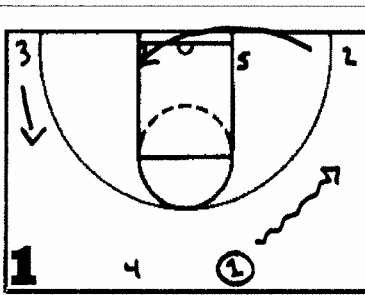
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MEN'S BASKETBALL OFFICE
NORFOLK (VA)
23529

Head Coach
Blaine Taylor

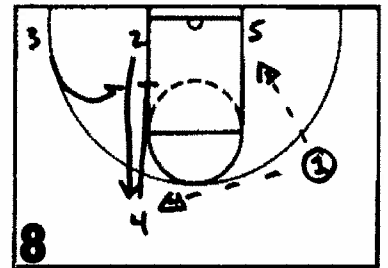
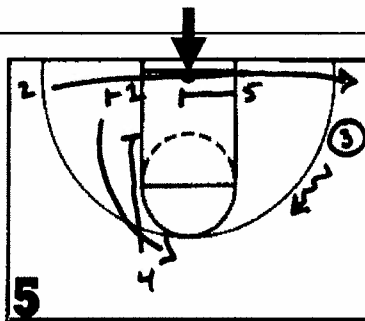
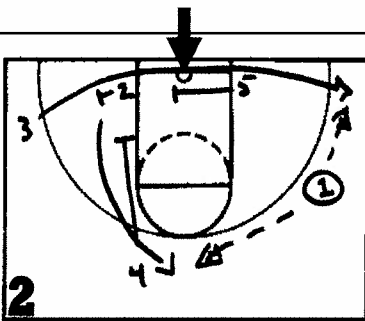


**FRONT COURT:
WAVE**

**FRONT COURT:
PASS ADVANCE &
WAVE**

**FRONT COURT:
20 CUT**

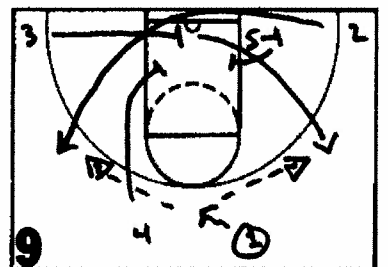
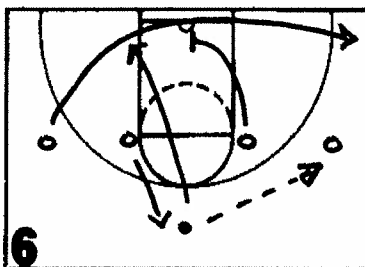
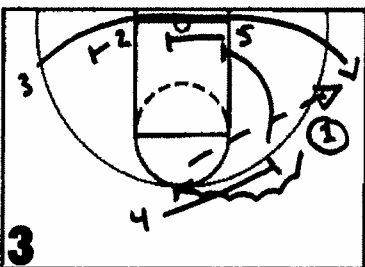
Asst. Coach
Travis DeCure



Asst. Coach
Jim Corrigan

**FRONT COURT:
20 CUT & PINCH
SCREEN**

Asst. Coach
Rob Wilkes



**FRONT COURT:
WAVE ON-BALL**

**FRONT COURT:
1-4 HIGH TO WAVE**

**FRONT COURT:
X**

Basketball Operations
John Richardson



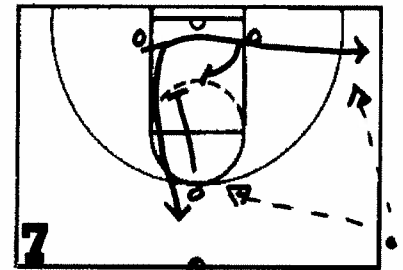
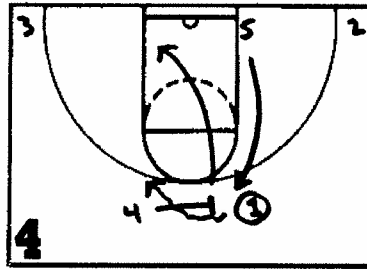
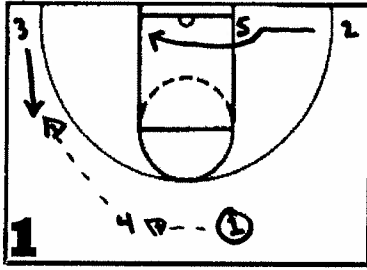
Old Dominion Monarchs

Coch: Blaine Taylor: Old Dominion University
Clinic: Video

Topic: 14 Options for the Transition Game
Date: Spring 2007

MEN'S BASKETBALL
OFFICE
NORFOLK (VA)
23529

Head Coach
Blaine Taylor

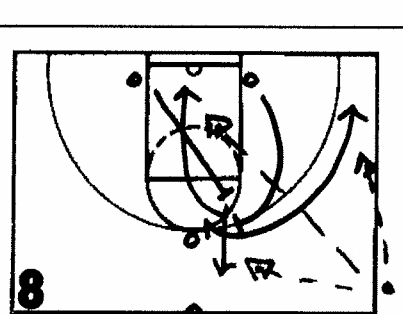
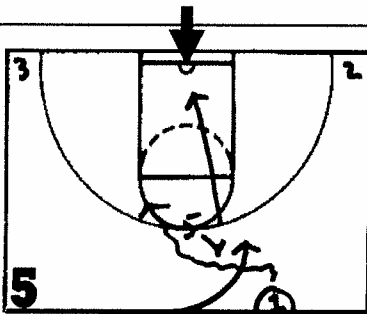
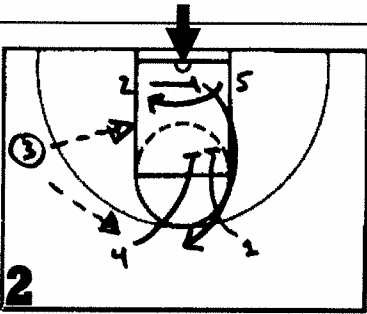


FRONT COURT:
20 TURN

FRONT COURT:
5↑

SOB:
TRIANGLE #2

Asst. Coach
Travis DeCuir

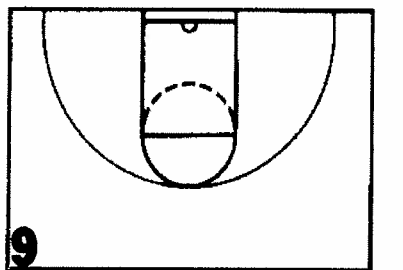
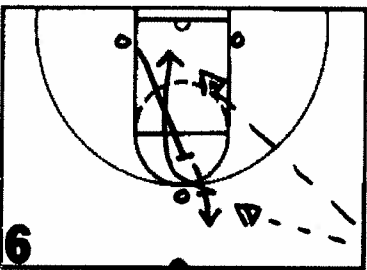
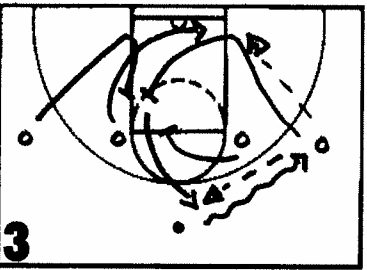


Asst. Coach
Jim Corrigan

FRONT COURT:
RUN IT 5↑

SOB:
TRIANGLE
SCREEN/SCREENNER

Asst. Coach
Rob Wilkes



FRONT COURT:
QUICK

SOB:
TRIANGLE #1

Basketball
Operations
John Richardson



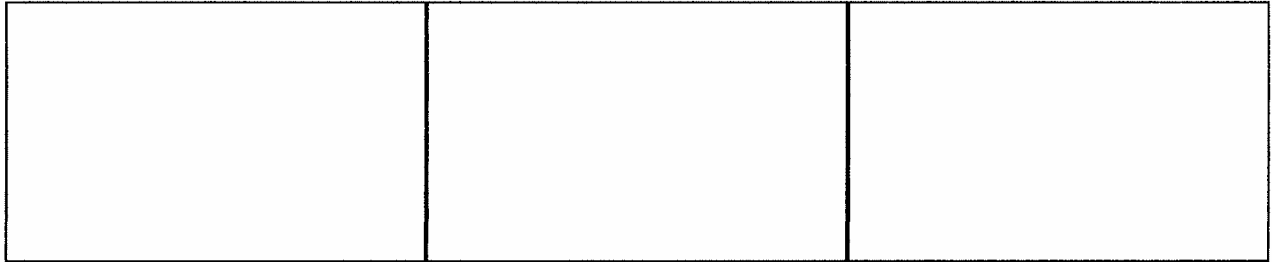
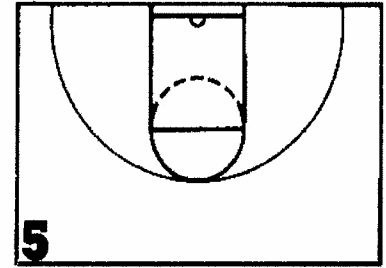
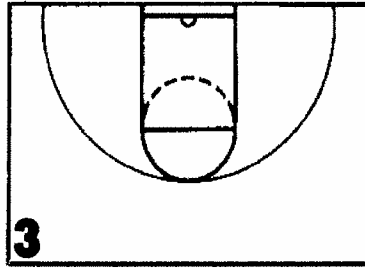
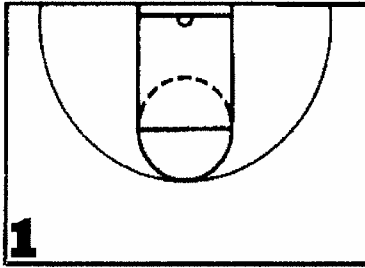
Old Dominion Monarchs

Coach: Blaine Taylor: Old Dominion University
Clinic: Video

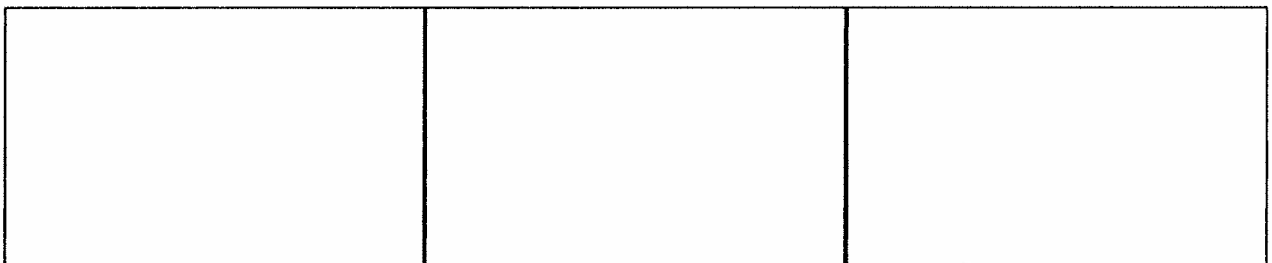
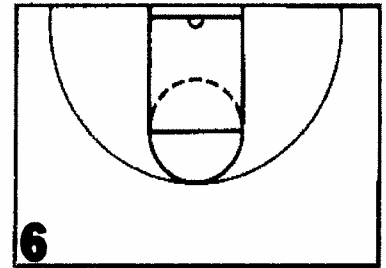
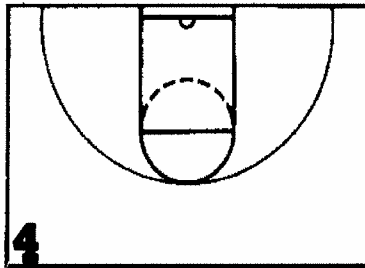
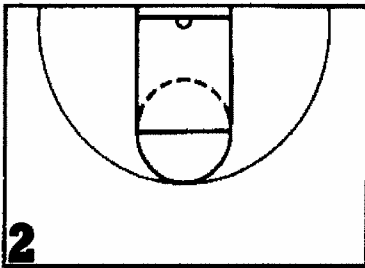
Topic: 14 Options for the Transition Game
Date: Spring 2007

MEN'S BASKETBALL
OFFICE
NORFOLK (VA)
23529

Head Coach
Blaine Taylor



Asst. Coach
Travis DeCuir



Asst. Coach
Jim Corrigan

General Notes

Asst. Coach
Rob Wilkes

KEY = Know Your Personnel

1. Single Guard Outlet

- Ability to inbound to both sides
- Rebounder turns to outside of court
- PG turns to outside (Echelbarger)

2. Establish a side of the floor

3. 1-Pass Options

- | | |
|--------------|----------|
| A. Wing Away | D. Solo |
| B. Three | E. Trail |
| C. Rim | |

- PG attacks the center circle to create passing angle

4. **CYCLES** = - Progressions

5. PG entry to FT Extended

REASONS TO FAST BREAK

- | | |
|----------------------|---------------------------------------|
| 1. Catch-up Offense | 3. Diminshes to the glass (Off. Rbs.) |
| 2. Keep Pressure Off | 4. Creates Worry |

6. Front Court Options

- A. Three
- B. Rim
- C. Trail
- D. Solo
- E. Step-out

7. 2-Pass Options

- A. Wing/Trail & In
- B. Wing/Skip & In
- C. Drag
- D. Pass Advance & Wave
- E. On-Ball

Basketball Operations
John Richardson



Tom Crean
Marquette University



Marquette Golden Eagles Basketball

Head Coach: Tom Crean

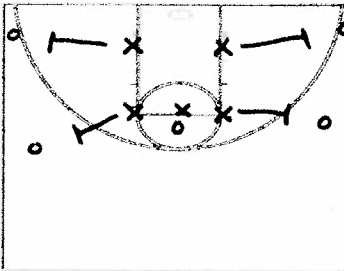
10 TRUTHS TO BUILDING A PROGRAM

- 1) TRUST YOUR INSTINCTS
- 2) THE MORE QUESTIONS YOU HAVE AS A COACH - THE MORE PEOPLE ARE GOING TO COME TO YOU FOR ANSWERS
- 3) 4 EXPECTATIONS PLAYERS HAVE OF COACHES
 - A) BE COMPETENT
 - B) BE SINCERE (WHAT & HOW YOU DO IT)
 - C) RELIABILITY
 - D) TRUSTWORTHY
- 4) 3 EXPECTATIONS OF PLAYERS/COACHES
 - A) COME MENTALLY PREPARED
 - B) COME WITH ENERGY
 - COMPLEMENT HEAD COACH
 - C) HOW TO COMPETE
- 5) IF YOU HAVE A PROBLEM, BUT HAVE NOT THOUGHT OF A SOLUTION, YOU HAVE COMPOUNDED THE PROBLEM
- 6) INVEST IN TIME WITH YOUR LEADERS
- 7) PLAYER IS A LEADER WHEN THEY ARE IN THE PROGRAM
 - LEGACY OF LEADERSHIP BEGINS WHEN HE LEAVES YOUR PROGRAM
- 8) DEALING WITH ADVERSITY
 - ONLY FOCUS ON MAKING PROGRAM BETTER
- 9) ONE VOICE IN PROGRAM
- 10) FOCUS ON THE PROCESS - NOT JUST THE RESULTS

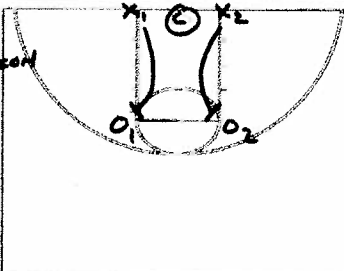
MEMBER OF CONFERENCE USA



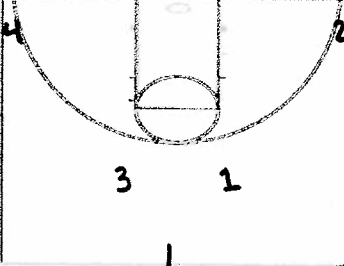
Marquette Golden Eagles Basketball



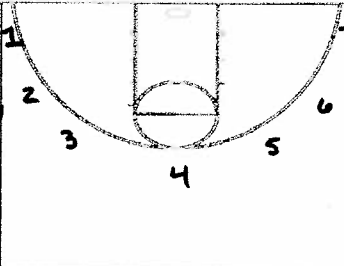
Notes
WAR DRILL
 *1st TWO STEPS ARE VITAL TO TRANSITION
 • OFF. RBS. = SCORE OR RUN SPECIAL
 • OFFENSE SET TO BOARD ASAP
 • 10-16 MEN. GAMES T/O = -1
 • 3 GAMES CHARGE: +2
 • DEF. RBS. = SECONDARY



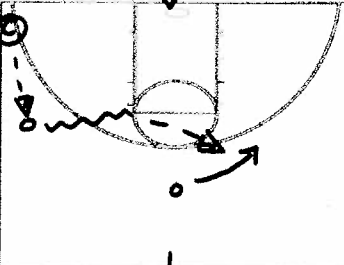
Notes
2-ON-2 BLOCK-OUT
 1's = BEGS 2's = GUARDS
 • WHOVER GETS RBS. SCORES
 • PLAY BY 1's
 • BALL GOES OUTSIDE LANE: SELECTED ACTION



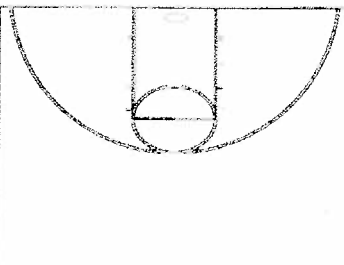
Notes
4-MINUTE SHOOTING
 • CROSS-OVER STEP ON PENETRATION
 • ROTATE EVERY MINUTE
 • GOAL = 90



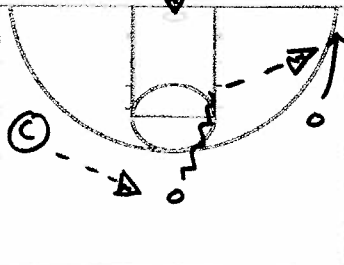
Notes
1:30 SHOOTING
 • 14 MAKES
 • 2 IN A ROW TO ROTATE
 • 1 MEN. 30 SECONDS



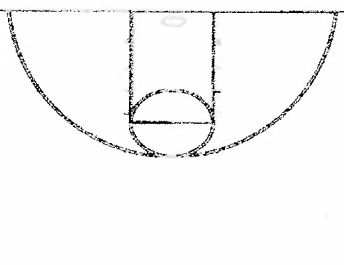
Notes
PENETRATION FOR SPOTS 1
 3



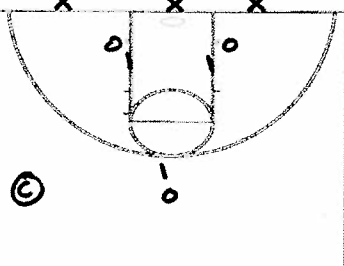
Notes



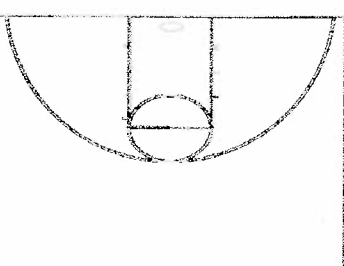
Notes
PENETRATION FOR SPOTS 2
 4



Notes



Notes
3-ON-3-ON-3 BE READY
 • OUTLET TO COACH • COMPETE!
 • WENNER STAYS BE READY
 • HIT 1st OPEN MAN
 • NEW DEFENSE MUST SPRENT



Notes

• OFFENSE → CUT TO OPEN AREA

CLOSE-OUTS



Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

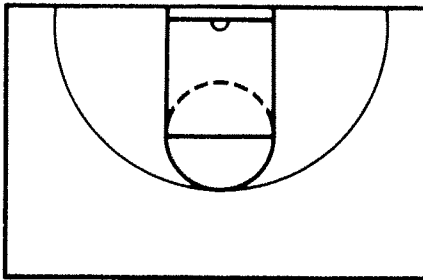
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
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CLINIC Tom Cream - MARQUETTE

DATE EBCH 2004

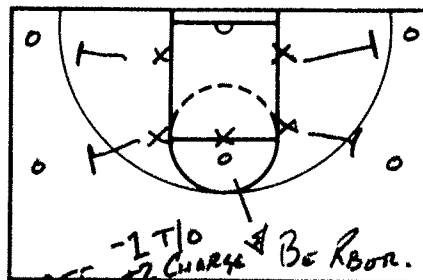
Fax #: (800) 373-4663 (414) 288-2194

TOM.CREAM@MARQUETTE.EDU

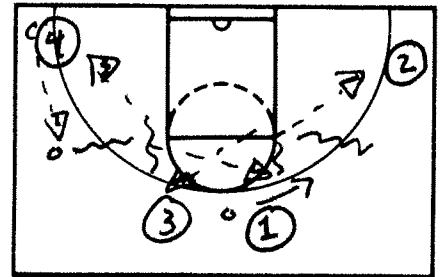


NOTES

1) LET ASSISTANTS TEACH

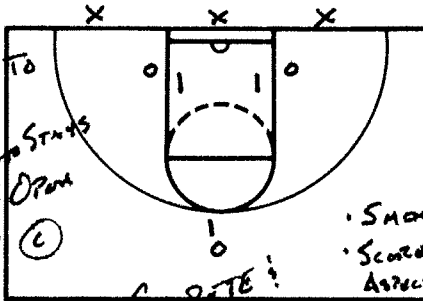


• 10-16 MINUTE GAMES
• 3 GAMES
• DEF. RBSS. AS FAST AS YOU CAN
• O'S FOR TIME AS FAST AS YOU CAN
• 0'S FOR TIME AS FAST AS YOU CAN

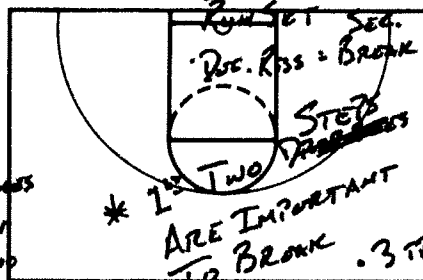


• 4 MEN. SHOOTING GOALS: 90
• CROSS-OVER STOP ON PENETRATION
• ROTATE EVERY MINUTE

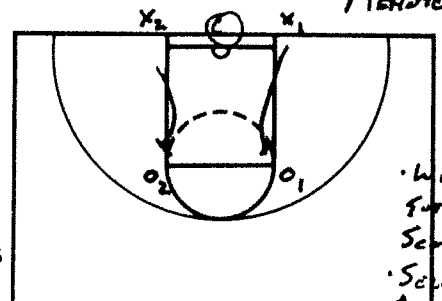
OUTLET TO COACH
• WARMING STAYS
• MAKE D SPREAD ONTO FLOOR
• GOT TO OPEN UP



• SMALL GAMES
• SCORING ASPECT TOO
• WANT TO WORK ON



* 1 IS TWO STEPS ARE IMPORTANT TO BREAK
• 3 STEPS
• DEF. RBSS = BREAK



• 4 MEN. SHOOTING GOALS: 90
• CROSS-OVER STOP ON PENETRATION
• ROTATE EVERY MINUTE

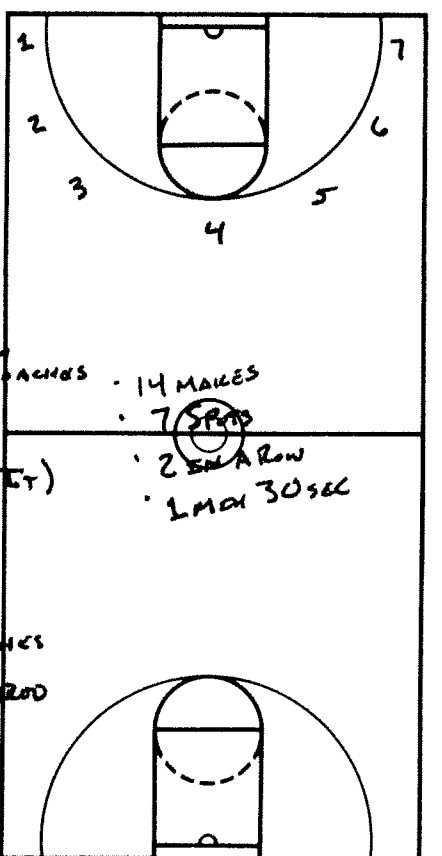
NOTES
• COMPLETE!
• BE READY
• HOLD EVERYONE TO SAME STANDARD

JUST DO IT

- 5) IF YOU HAVE A PROBLEM, BUT HAVE NOT THOUGHT OF SOLUTION, YOU HAVE COMPOUNDED THE PROBLEM
- 6) INVEST IN TIME W/ YOUR LEADERS
- 7) PLAYER IS A LEADER WHOM THEY ARE IN YOUR PROGRAM
• LEGACY OF LEADERSHIP? THE HE LEAVES YOUR PROGRAM
- 8) DEALING ADVERSITY
• ONLY FOCUS ON MAKING PROGRAM BETTER
- 9) I VOICE IN PROGRAM
- 10) FOCUS ON THE PROCESS - NOT JUST THE RESULTS

NOTES

- 1) 10 TRUTHS TO BUILDING PROGRAMS
- 2) TRUST YOUR INSTINCTS
- 2) THE MORE QUESTIONS YOU HAVE AS A COACH - THE MORE PEOPLE ARE GOING TO COME TO YOU FOR ANSWERS
- 3) 4 EXPECTATIONS PLAYER HAVE OF COACHES
• BE COMPETENT
• SINCERE (WHAT? HOW YOU DO IT)
• RELIABLE
• TRUSTWORTHY
- 4) 3 EXPECTATIONS OF PLAYERS / COACHES
• DO THEY COME MENTALLY PREPARED
• COME W/ ENERGY
• COMPLEMENT HARD COACH
• HOW TO COMPETE



• 14 MALES
• 7 SPOTS
• 2 IN A ROW
• 1 MIN 30 SEC



Steve Smith

Oak Hill Academy Warriors



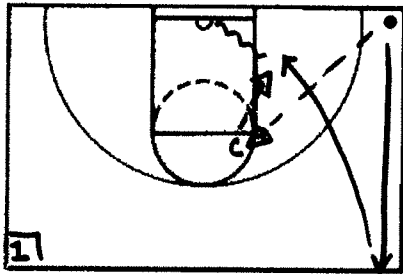
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic
Date

STEVE SMITH -> OAK HILL ACADEMY
CONDITONERS W/ THE BALL

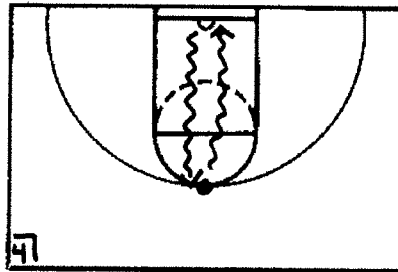
Varsity: Steve Smith
Assistants: Sid Finklea
Brian Meagher

Yerrick Stoneman



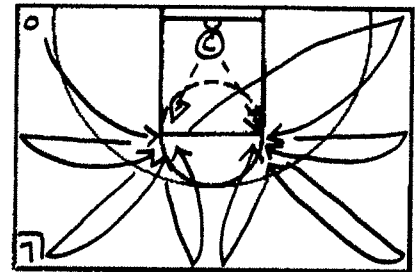
Notes Warrior Lay-ups

- Shoot 5-10 on each side
- Alternate sides after each shot



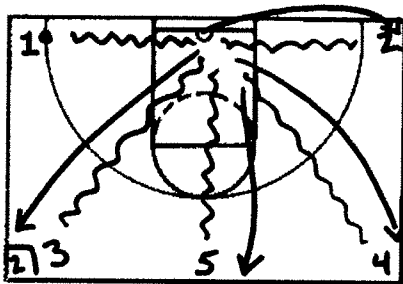
Notes Intensity Lay-ups

- 30 sec. segments—Must make 7
- Go twice w/ each hand



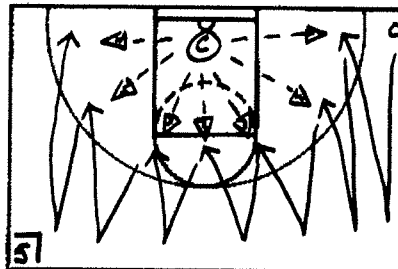
Notes Angle Elbow Jump Shots

- 1) Corner
- 2) Sideline
- 3) 1/2 court corner
- 4) Center Circle



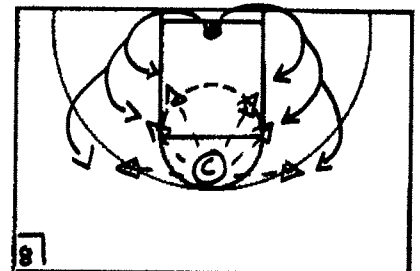
Notes 5-Spot Lay-ups

- Shoot 2 sets



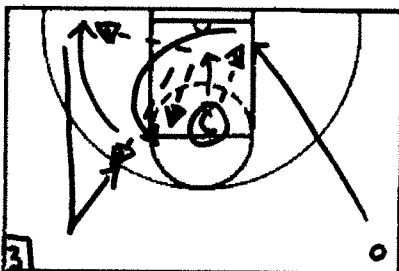
Notes 7-Spot Shooting

- 1) Baseline
- 2) Wing
- 3) Elbow
- 4) Free Throw Line
- 5) Elbow
- 6) Wing
- 7) Baseline



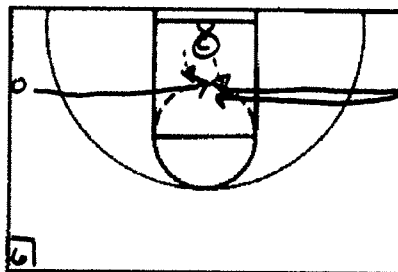
Notes Curl Shooting

- 1) Curl off blocks
 - 2) Curl off VB Line
 - 3) Curl for 3
- Make 10
 - Add dribble
 - Shoot 3's



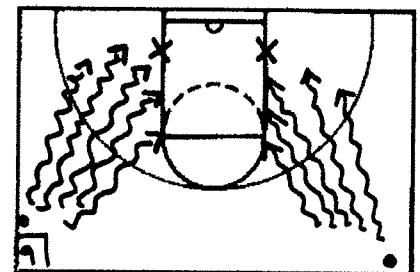
Notes 4-Spot Shooting

- 1) Lay-up
- 2) Elbow
- 3) Short Corner
- 4) Back Pedal to VB Line & Shoot 3



Notes Sideline Form Shooting

- 1) Volleyball Line
- 2) Conference Logo
- 3) Elbows



Notes Straight Line Shooting

- 1) Block
- 2) F Hash
- 3) 2nd Hash
- 4) Elbow
- 5) Wing



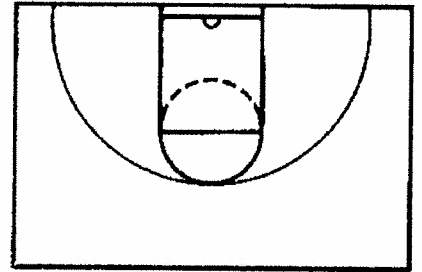
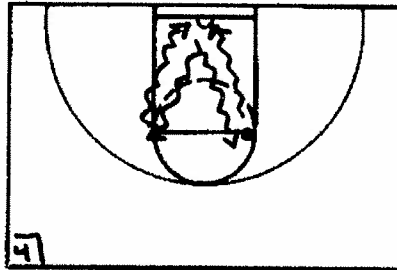
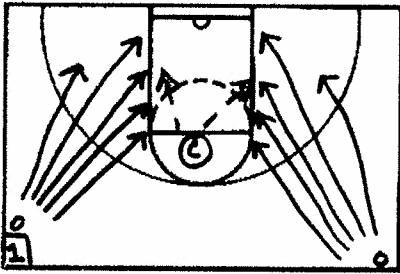
OAK HILL ACADEMY WARRIORS **Clinic** BASKETBALL

Date

STEVE SMITH → OAK HILL ACADEMY
CONDENSED W/ THE BALL

Varsity: Steve Smith
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Brian Meagher

Yerrick Stoneman



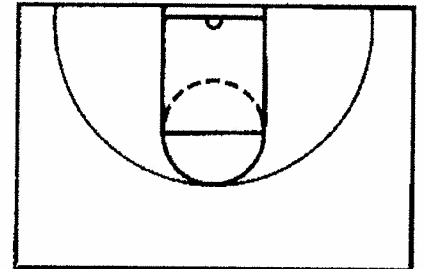
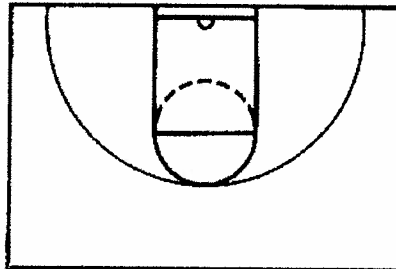
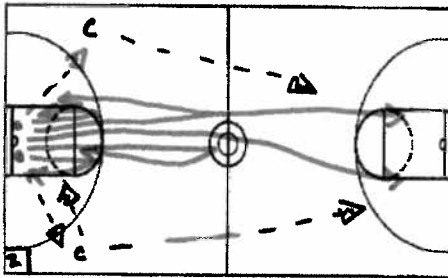
Notes Straight Line Shooting w/ Pass

- Same as previous drill only off pass from coach

Notes X-out Lay-ups

- 45 sec. or a set number of makes

Notes

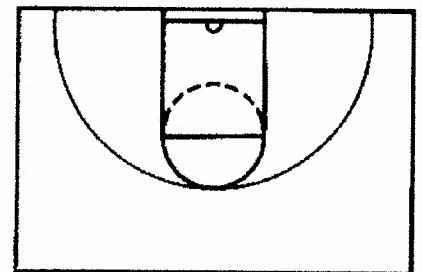
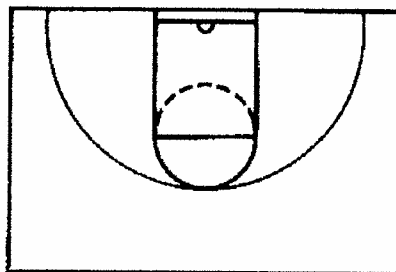
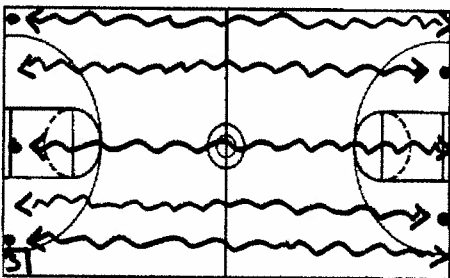


Notes Tap Drill

- 1) 5 board touches w/ ball
 - 2) Sprint to 3 pt. line & back for lay-up
 - 3) 5 board touches
 - 4) Sprint to 1/2 court & back for lay-up
 - 5) 5 board touches
 - 6) Sprint to opposite goal for lay-up
- Post players finish w/ post moves

Notes

Notes



Notes Ladder Sprints

- Speed dribble sprints
- 1-3-5-3-1
- Have gone up to 11
- Always come back down the ladder
- Minimum of 3 groups

Notes

Notes

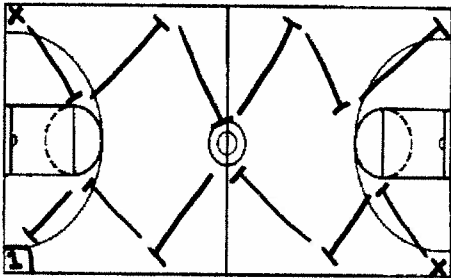


OAK HILL ACADEMY WARRIORS **Clinic** BASKETBALL

STEVE SMITH → OAK HILL ACADEMY
DEFENSIVE DRILLS

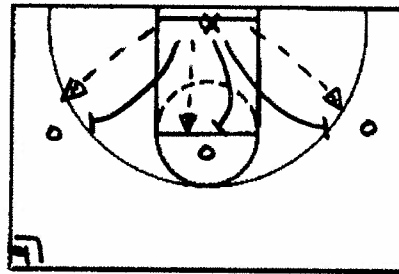
Varsity: Steve Smith
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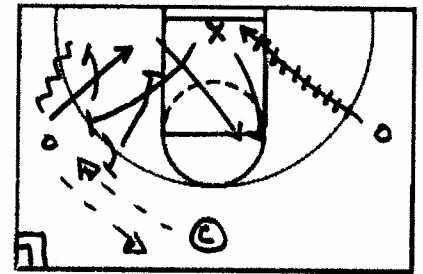
Notes Zig Zag Slides

- Slide down w/ towel stretched behind the waste & back w/ towel stretched over your head



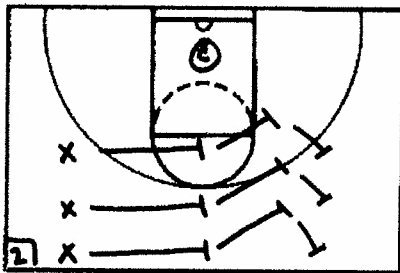
Notes 1 v. 1 Close-outs

- Roll ball to offensive player
- Offensive player must make 3 pass fakes
- Trace ball
- Add 1 dribble
- Add Wing Close-outs



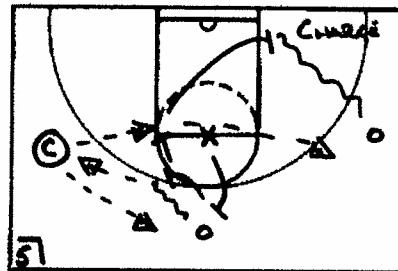
Notes 6-in-1 Drill

- 1) Wing Close-out
- 2) Deny cut
- 3) Guard 2 dribbles
- 4) Low post
- 5) High Post Flash
- 6) Box-out & Rbs.



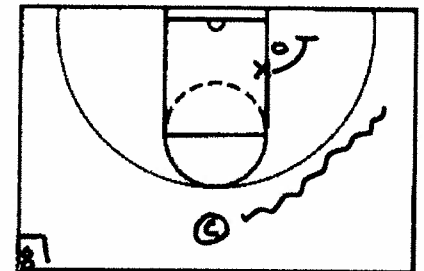
Notes Warrior D Drill

- 45 seconds
- Coach points in direction he wants players to slide
- Similar to Mirror Drill



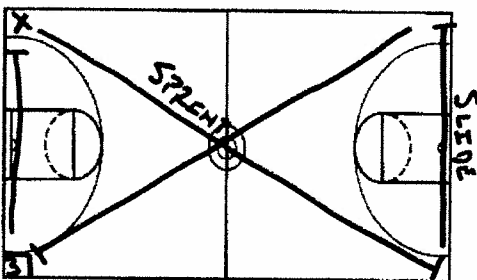
Notes 4-in-1 Drill

- 1) Close-out on ball
- 2) Guard 2 dribbles
- 3) Dive on loose ball
- 4) Take charge (Outside of lane)



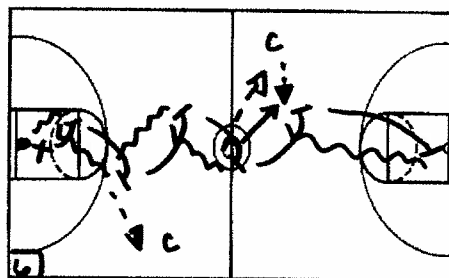
Notes 1 v. 1 Post Denial

- Always 1/2 front the low post
- FT Line Extended determines high-side or low-side
- Step through on front-side of post—Never go behind
- Allow post to step out & play live



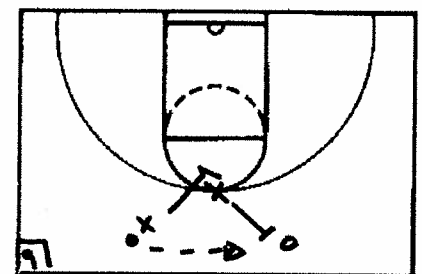
Notes X Drill

- Sprint corner to corner diagonally across the floor
- Slide across the baseline & repeat the drill



Notes 1 v. 1 Full Court

- Zig Zag drill inside of lane lines
- Offense passes to coach after 3 zig zags
- Defense must deny cut
- Repeat drill
- After 2nd pass to coach—Play live



Notes 2 v. 2 Guard/Guard

- Gap defensive position
- Play live after 3 reversals

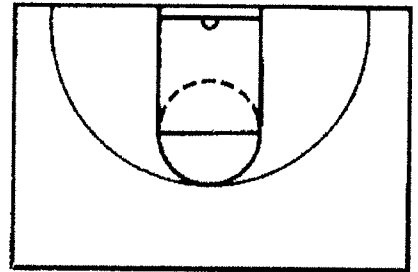
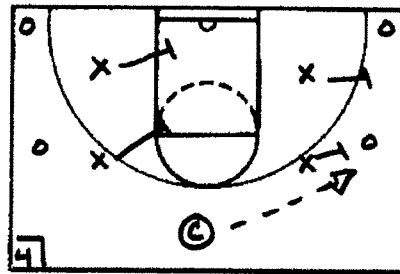
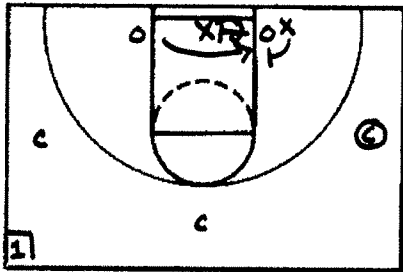


OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic
Date

STEVE SMITH → OAK HILL ACADEMY
DEFENSIVE DRELLS

Varsity: Steve Smith
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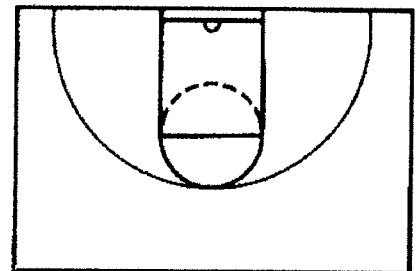
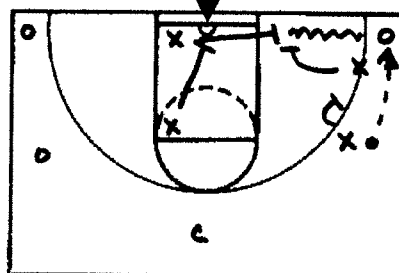
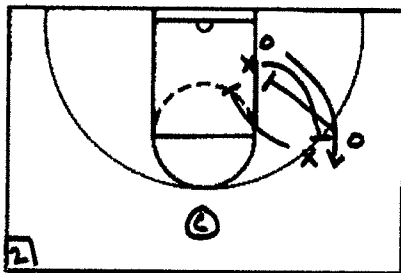
Notes 2 v. 2 Post Denial

- Move ball around the perimeter
- Switch all cross screens

Notes 4-Man Shell

- Defend w/ heels to the 3 pt. line
- Help-side has 1 foot in the paint

Notes



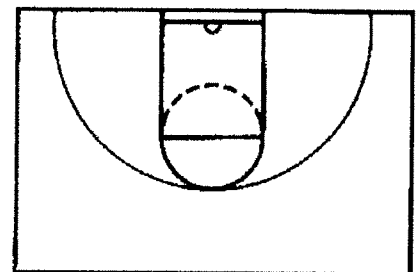
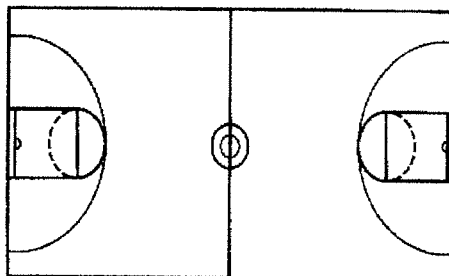
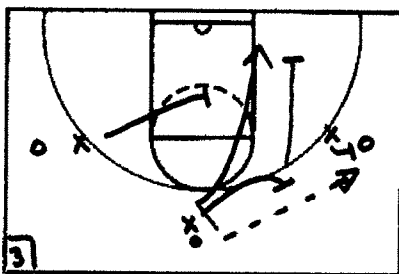
Notes 2 v. 2 Wing/Post

- Down Screens = Chase from behind
- Back Screens = Shade to middle & take away lay-up

Notes Trap Baseline

- Trap Baseline penetration & Drop Rotate

Notes



Notes 3 v. 3 Half Court

- Deny varying cuts
- 3rd Through on all perimeter screens

Notes

Notes



Todd Lickliter
Butler University



Butler Bulldogs Basketball

Head Coach: Todd Lickliter

STAFF'S PROGRAM PREMISE: "TRUST MEN AND THEY WILL BE TRUE TO YOU - TREAT THEM GREATLY AND THEY WILL SHOW THEMSELVES GREATLY."

- RALPH WALDO EMERSON

* PLAY FOR THE PURE JOY OF COMPETING

* SOAR WITH YOUR STRENGTHS

KEYS TO BUILDING A PROGRAM

1) BUILD A TEAM EGO

• ESTABLISH AN EGO OF TEAM SUCCESS

• RE-ENFORCE WHAT YOU LIKE

• BECOME A CHAMPION ON A DAILY BASIS - WINNING A CHAMPIONSHIP ONLY GIVES YOU A "TITLE"

2) STEPS TO SUCCESS

• DON'T KNOW THAT YOU DON'T KNOW

• KNOW THAT YOU DON'T KNOW

• KNOW THAT YOU KNOW

• DON'T KNOW THAT YOU KNOW

3) 100% ACCOUNTABILITY

• QBCQ = QUESTION BEHIND THE QUESTION

• GUARD AGAINST "YOU" SAYINGS

• POINTS TO REASONS FOR EXCUSES

• GROW CONSTANTLY

• GOALS ARE TIMEBOUND

• GROWTH IS INFINITE

• EXCUSES = NO RESULTS

• RESULTS = NO EXCUSES

MEMBER OF THE HORIZON LEAGUE



Butler Bulldogs

Basketball

Head Coach: Todd Lickliter

TEAM CHART

SKILLS TO MASTER	ACCEPTABLE
FG%	43%
AST:T/O RATIO	1.5:1
OFF. RBS. % CHANCE V. # GOT	30%
FT PER HALF DER	BONUS +
DEF. EFFICIENCY RATINGS	.62

INDIVIDUAL CHART

BULLDOG INTANGIBLES	LEVELS OF COMPETENCE
PREPARATION	1-10
TEAM WORK	1-10
LEADERSHIP	1-10
TOUGHNESS	1-10

OUT OF BOUNDS

- 4-ON-4 FOR 7 SECONDS
- WENNER STAYS
- GUARD 1st + 2nd ACTION

OFFENSIVE REVEEN CHALLENGE

- TEAMS AT EACH END
- COACH CALLS ALL PLAYS
- PRIMARY OPTIONS # OF POINTS (+2 or +3)
- TIP-IN = +1
- BALL TOUCHES FLOOR = -1
- 4-5 MINUTES
- RUNNING SCORE

BLUE/GOLD

- 4-ON-4
- DEFENSE TRAILS FROM BOTH SIDES
- SCORING
 - 1) MADE GOOD SHOT = +3
 - 2) TAKE GOOD SHOT = +2
 - 3) MAKE BAD SHOT = +1
 - 4) EVERYTHING ELSE = 0

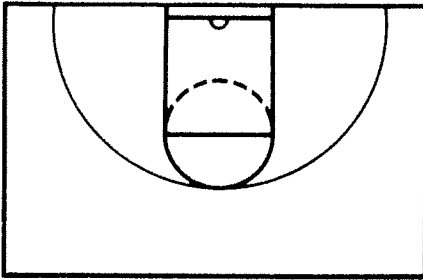
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Corporate Headquarters
One Bowerman Drive
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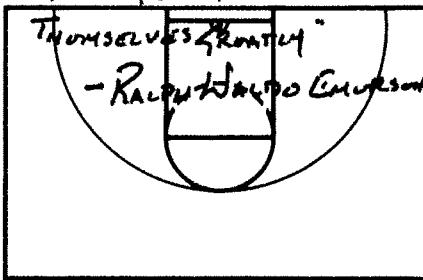
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DATE IBCA 2004

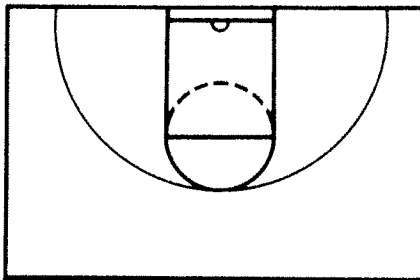


NOTES

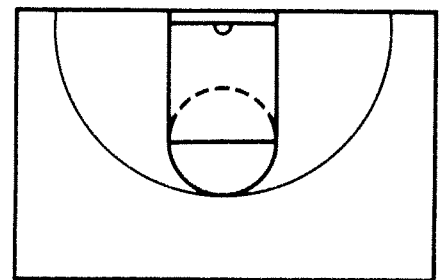
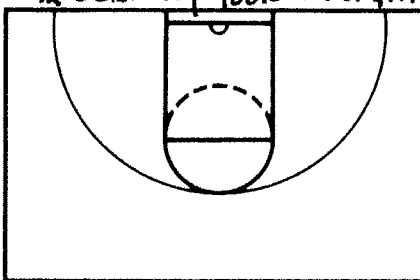
"TRUST ME! THEY WILL BE TRUE TO YOU - TRUST THEM GRANTLY! THEY WILL SHOW THEMSELVES GRANTLY"



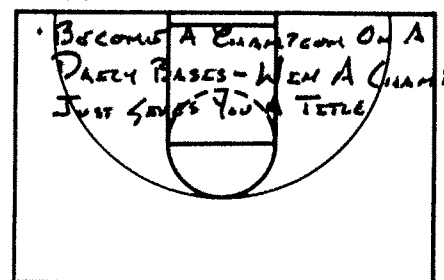
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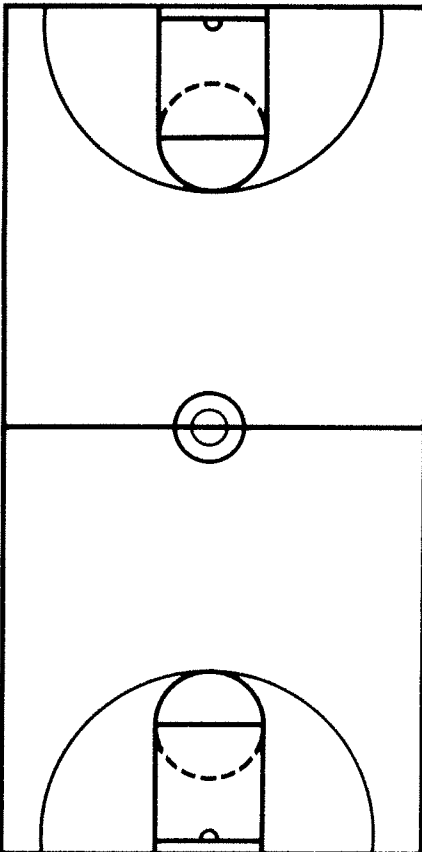
NOTES

- 1) BUILD A TEAM EGO
- 2) STEPS TO SUCCESS
- 3) 100% ACCOUNTABILITY

JUST DO IT

100% ACCOUNTABILITY

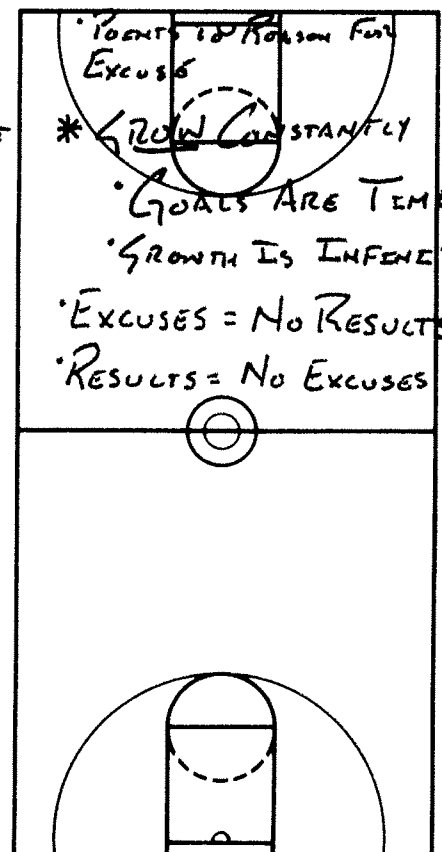
- * Q&Q = QUESTION BEHIND THE QUESTION
- * GUARD AGAINST "YOU"



NOTES

STEPS TO SUCCESS

- 1) UNCONSCIOUSLY INCOMPETENT
 - 2) CONSCIOUSLY INCOMPETENT
 - 3) CONSCIOUSLY COMPETENT
 - 4) UNCONSCIOUSLY COMPETENT
- * SHORT TERM FOCUS FOR LONG TERM GOAL



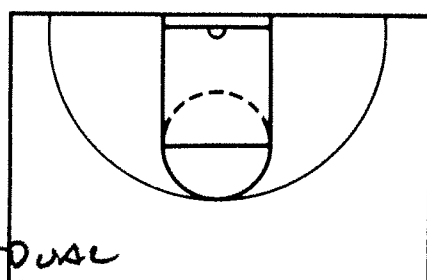
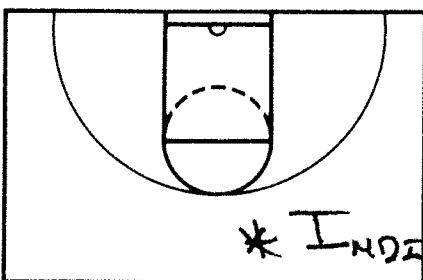
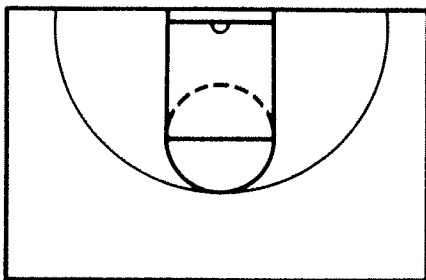
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Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

Nike Championship Clinic Headquarters
5645 Woodmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC TOPPED LECTURE - BUTLER
DATE EBCA 2004



NOTES Steps To Success

BULLDOG INTANGIBLES

LEVELS OF COMPETENCIES

* TEAM MASTER ACCEPTABLE

FG %	43%
AST. TO	2.5:1
OFF. REB. % CHANCE V. SET	30%

PREPARATION

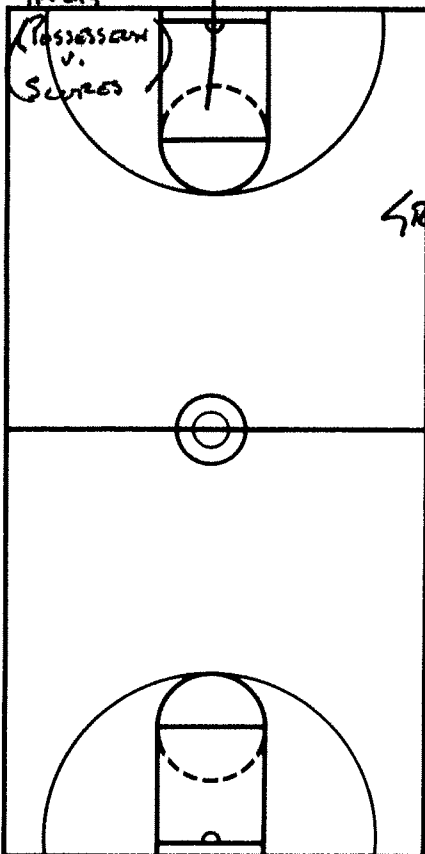
TEAM WORK	1-10
LEADERSHIP?	1-10
TOUGHNESS	1-10

1-10

1-10
1-10
1-10

NOTES / HALF BONUS +
DER DEF. EFFICIENCY RATING .62

JUST DO IT



NOTES

HIGH EFFICIENCY + A HIGH LEVEL OF COMMITMENT
=
GREATER OPPORTUNITY TO SUCCEED

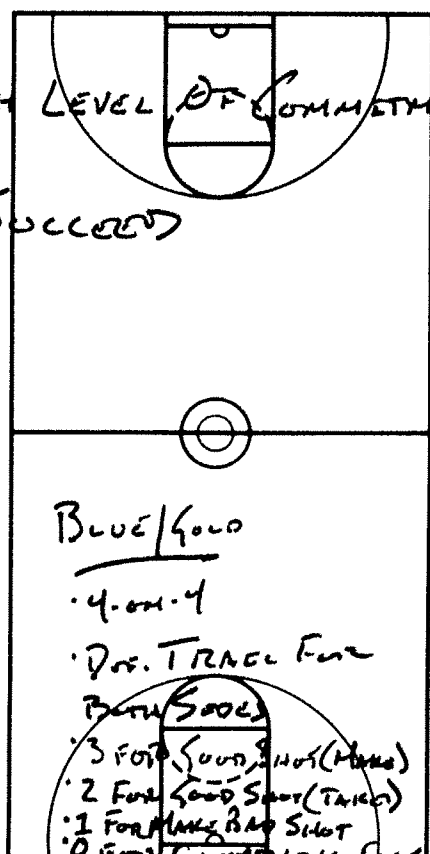
OUT OF BOUNDS

- 4-ON-4 FOR 7 SECONDS
- WHENURE STARTS
- GUARD 1ST & 2ND ACTION

OFF. REVIEW CHALLENGE

- TEAMS @ EACH END
- COACH CALLS PLAYS
- PRIMARY = # OF POINTS
- TEP = +1

- TOUCH FOR = -1
- 4-5 MINUTES
- RUNNING SCORES



BLUE/GOLD

- 4-ON-4
- DEF. TRACEL FINE

BONUS SCORES

- 3 FOR GOOD SHOT (HARD)
- 2 FOR GOOD SHOT (TIGHT)
- 1 FOR PLAIN BAY SHOT
- 0 FOR UNEXPECTED LOSS

A large, stylized, light gray 'W' logo is centered in the background. The 'W' is composed of several overlapping, curved shapes that create a sense of depth and movement. The letters are bold and blocky, with a slight shadow effect.

CHIP McHAFFEY

WINCHESTER GOLDEN FALCONS



Winchester Golden Falcons Basketball

Varsity Coach: Chip Mehaffey

TOPIC: BECOMING A PRESSING TEAM

* SET AT LEAST 1 TRAP IN THE BACKCOURT

RULES

- 1) AT LEAST 1 TRAP IN THE BACKCOURT
- 2) TRAP W/ "DEAD DREDDLE" → "TRAPPER" RELEASES TO COVER MIDDLE
- 3) "ANTEICIPATOR" → COVERS SEDELENE-TO-SEDELENE ON BALL REVERSAL
 - 1ST PASS ACROSS HALF COURT IS TRAPPED

DRELLS

1) CELTIC DRELL

- A) 1-ON-1 BALL DRELL
- B) BALL PRESSURE / SHADOW BALL
- C) BACK TAP
- D) TAKE CHARGE
- E) SET / DIVE ON FLOOR

* YOU CAN FACE GUARD! FALL TO BASEC
PRESS PRINCIPLE

2) PITINO DRELL

- A) BALL DIVE
- B) BALL PRESSURE
- C) DEFLECTION → RECOVERY
- D) INTERCEPT SCORING PASSES

3) 3-ON-3 → FRONT OF PRESS

4) REBEL DRELL

- FULL COURT PRESS
- COACHES HANDLE BALL

5) SPLIT DRELL

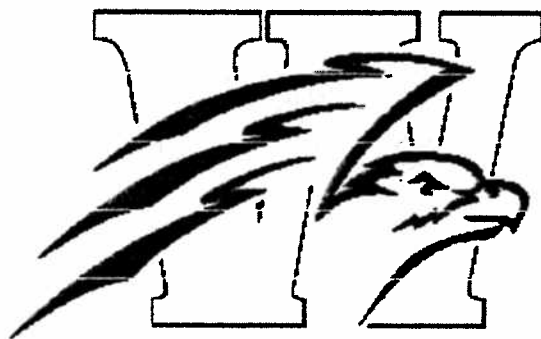
- SPLIT INITIAL TRAP
- SET A BACK TAP

MEMBER OF THE TRI-EASTERN CONFERENCE



WORCESTER BASKETBALL

"BECOMING A PRESSING TEAM"



COACHING STAFF

CHIP MEHAFFEY, HEAD COACH

DON BEATTY, ASSISTANT COACH

TODD CONKLIN, ASSISTANT COACH

DALE DODD, ASSISTANT COACH

**THERE ARE NO SHORTCUTS
TO ANYWHERE WORTH GOING**

Why Press?

1. **Less upsettable.**
2. **To be different.**
3. **Difficult to prepare for.**
4. **Take away the opposing team's best player's game.**
 - a. **Great shooter coming off screens.**
 - b. **Good back to basket post player.**
5. **Create a tempo that your opponent is uncomfortable with.**
6. **Creates "bad" shots: rebounding position not good for opponent**
7. **Fatigue factor: opponent tired in 4th quarter**
(not a factor against conditioned teams.)
8. **To get a "run": teach your players an awareness of run opportunities.**
9. **Fun: Play lots of people-keep players happy-fans enjoy it-better crowds-fun to coach-practices more enjoyable.**
10. **To cause turnovers.**

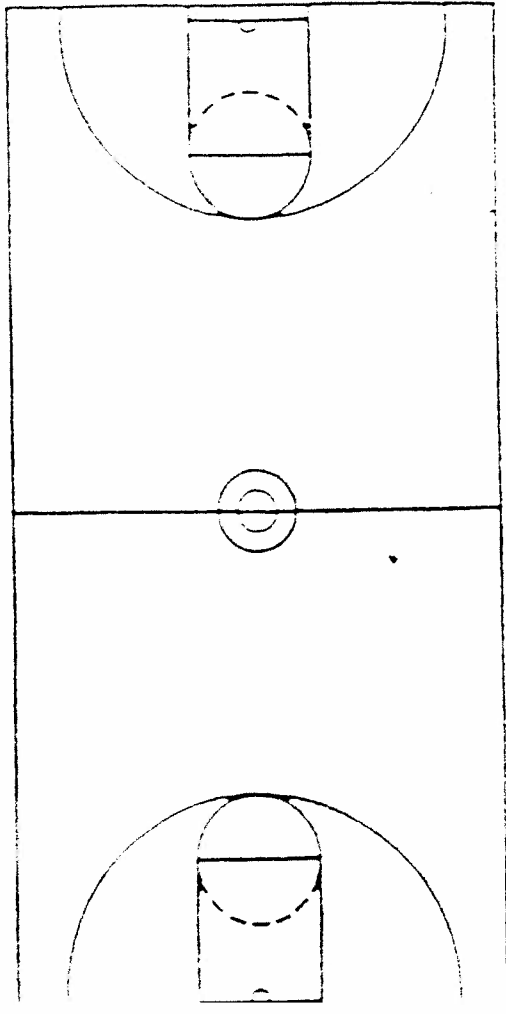
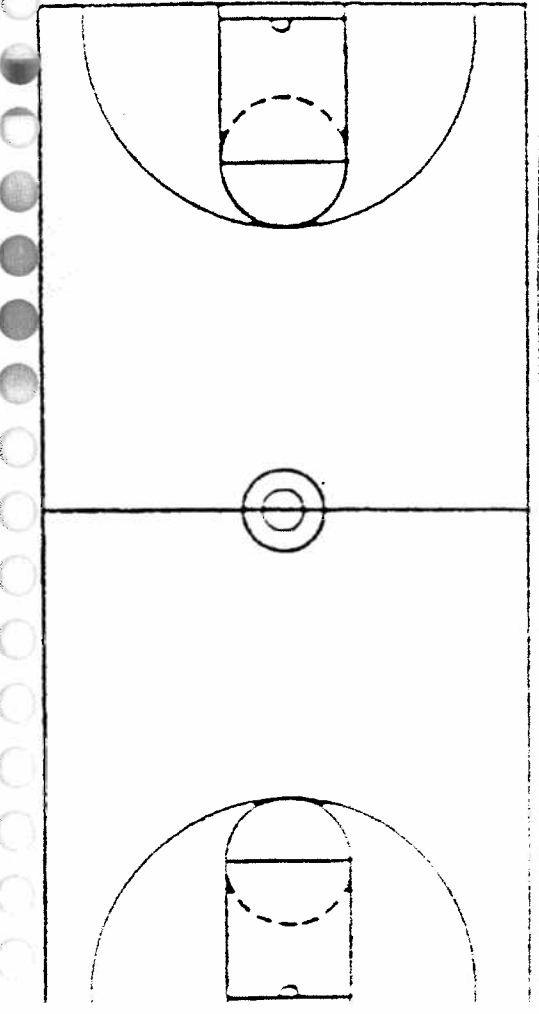
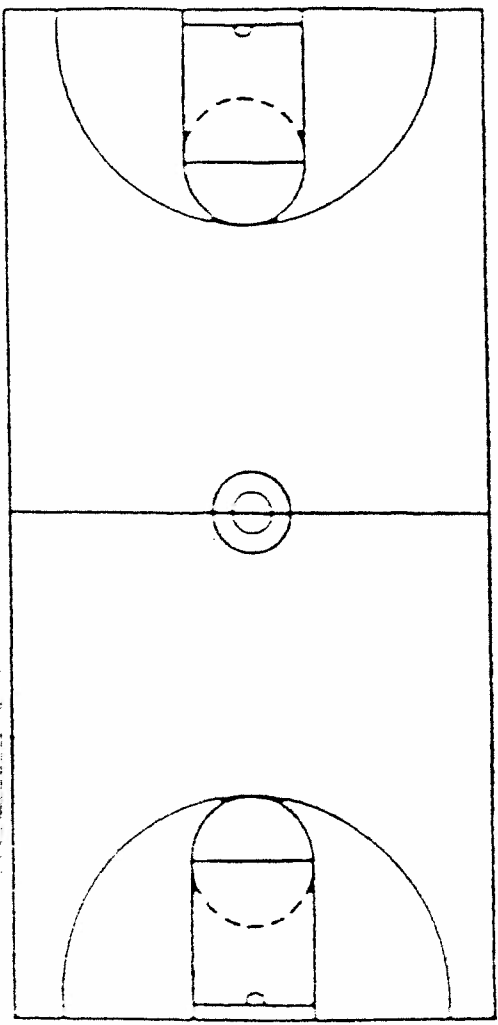
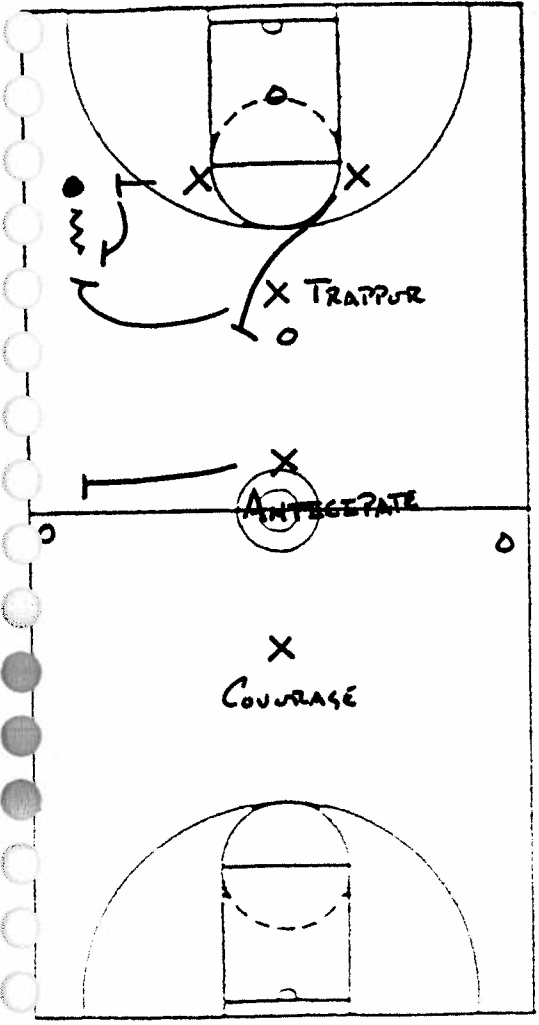
Questions For You to Consider

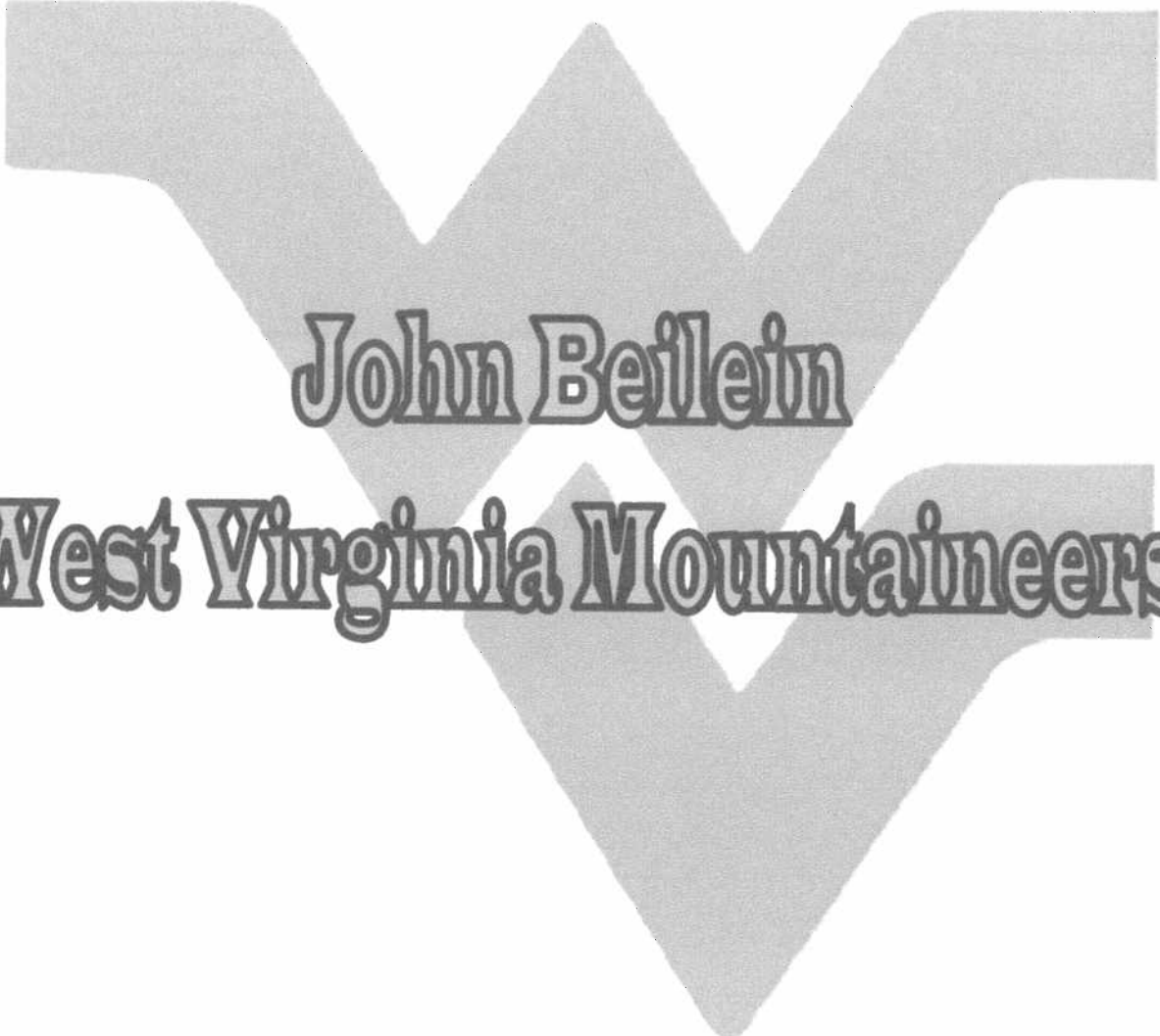
1. Which way will you force the ball? Sideline? Middle?
2. How will you rotate? (especially the back man) I would suggest having the same man always have the "back" responsibility.
3. Will you drop back man-to-man or zone?
4. How many traps do you want to make each possession. (We try to get at least two.)
5. When is the press done? At what point do you stop trapping?
6. What slides will each position make? (We assign strict rules and stick with them.)
7. Are you pressing to speed the game up or slow the game down?

Skills That Must Be Taught to Press Effectively

~PRACTICE THESE SKILLS EVERY DAY~

1. Get on the floor for the loose ball - teach this and practice this from day #1.
2. Get taps on the ball from behind - practice the dive - must go for the tap if the ball is in front of you.
3. Sprint out of all traps.
4. Stay low in traps and lock your feet.
5. Tip the pass to a teammate if interception is not possible.
6. "Read eyes" of opponent with ball from every position - all players must always see the ball.
7. "Read arms" of opponent with ball from every position - if throwing arm goes back, it will be a long pass - adjust accordingly





John Beilein

West Virginia Mountaineers





WEST VIRGINIA MOUNTAINEERS BASKETBALL

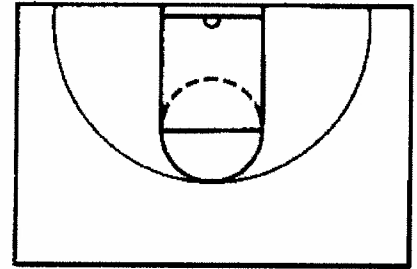
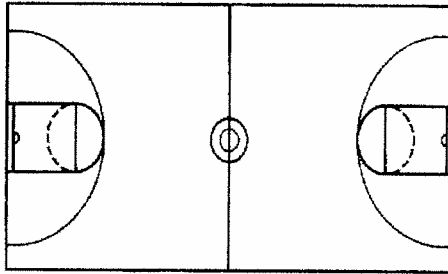
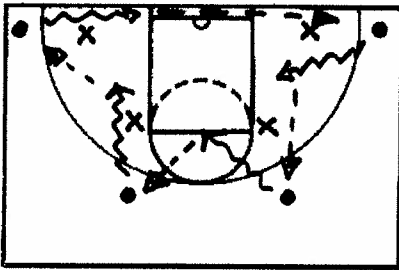
Head Coach: John Beilein
Assistants: Matt Brown
Mike Maker

Jerry Dunn
John Mahoney

Coach
Topic
Clinic

JOHN BEILEIN → WEST VIRGINIA
PRACTICE DRILLS
IBCA 2006

Member of the Big East Conference

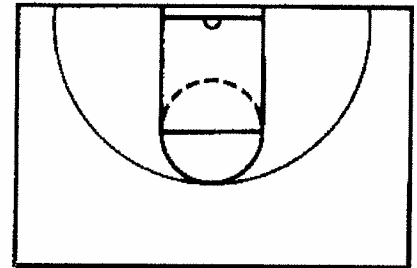
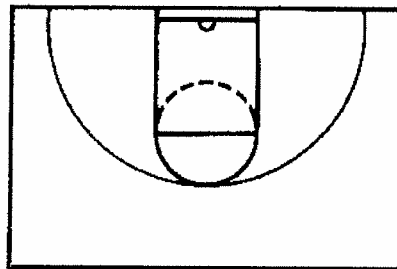
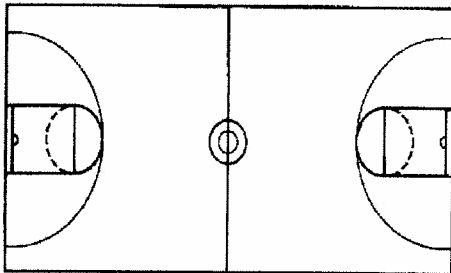


Notes WV Pull & Pitch

- Attack & beat the chair w/ 2 dribbles to create a passing angle

Notes

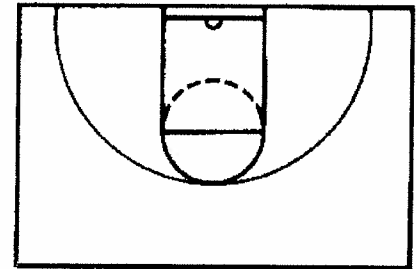
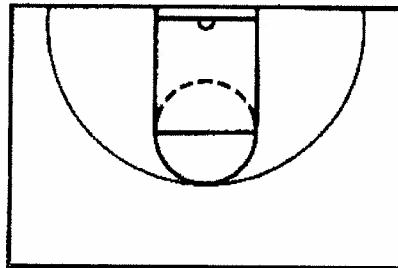
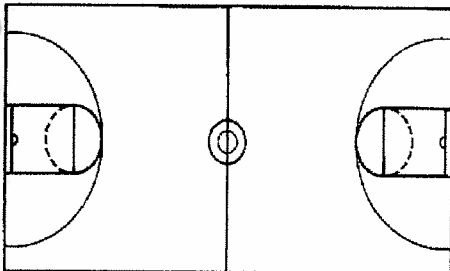
Notes



Notes

Notes

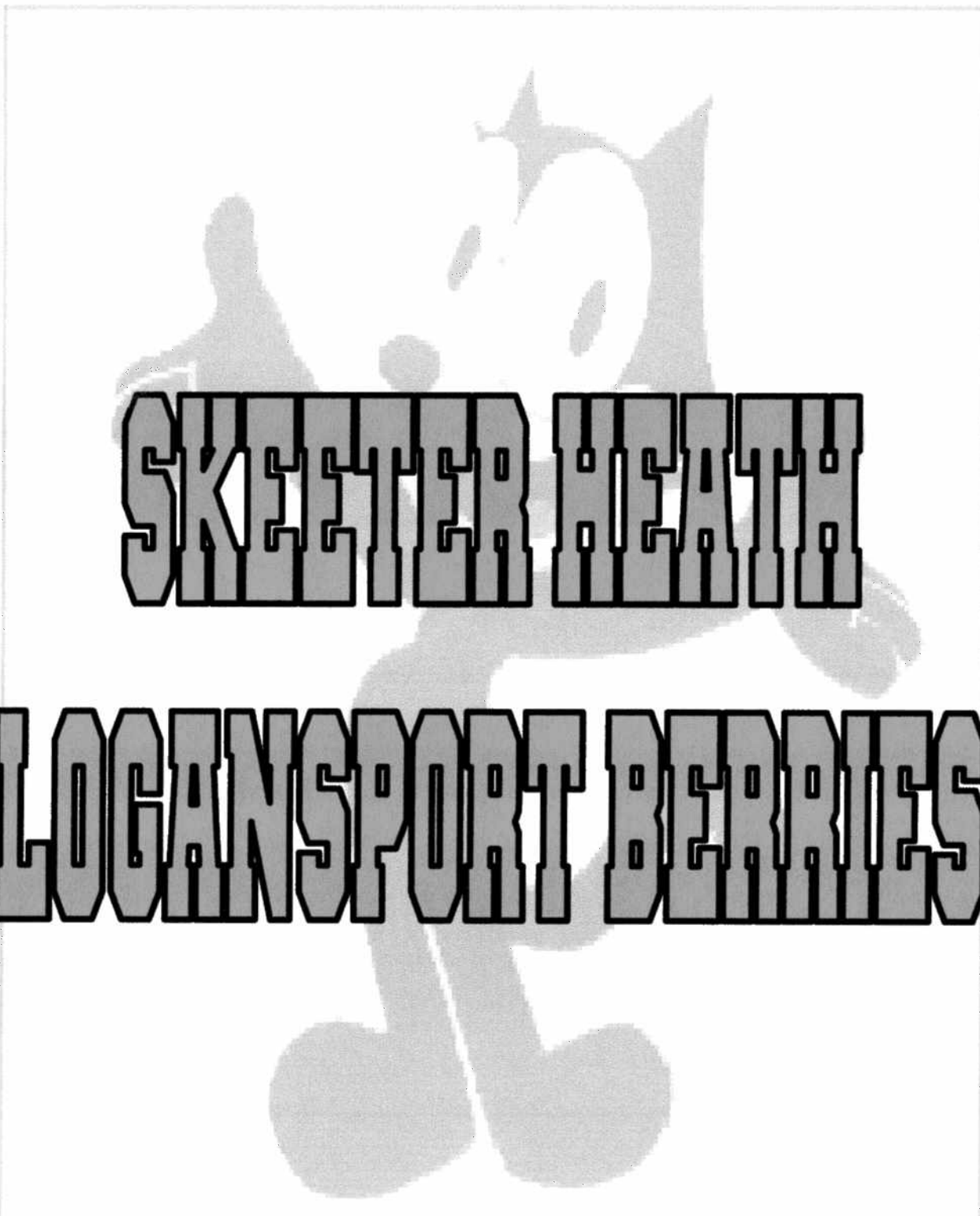
Notes



Notes

Notes

Notes



SKETTER HEATH

LOGANSPORT BERRIES

REBUILDING A BASKETBALL PROGRAM

Skeeter Heath

Logansport High School

1. IMPROVE BASKETBALL SKILLS OF YOUR PLAYERS
 - A. DRIBBLING
two hands
 - B. PASSING
two hands
 - C. SHOOTING
stationary -- off dribble -- off screens -- shot fake -- post

 2. IMPROVE ATHLETIC ABILITY OF YOUR PLAYERS
 - A. STRENGTH
weights
 - B. QUICKNESS
weights and agility drills
 - C. EXPLOSIVENESS
plyometrics and weights
 - D. AGILITY

 3. INSTILL DISCIPLINE IN YOUR PLAYERS
 - A. DO WHAT YOUR SUPPOSED TO DO WHEN YOUR SUPPOSED TO DO
IT - DO IT EVERY TIME
 - B. WE NOT ME
 - C. EMPHASIZE WHAT IS IMPORTANT TO YOU
--play hard --value the ball
 - D. BE ON TIME

 4. IMPROVE DEFENSIVELY
 - A. INDIVIDUALS
 - B. TEAM
zone or m/m -- play hard -- everyone on same page -- emphasize
-

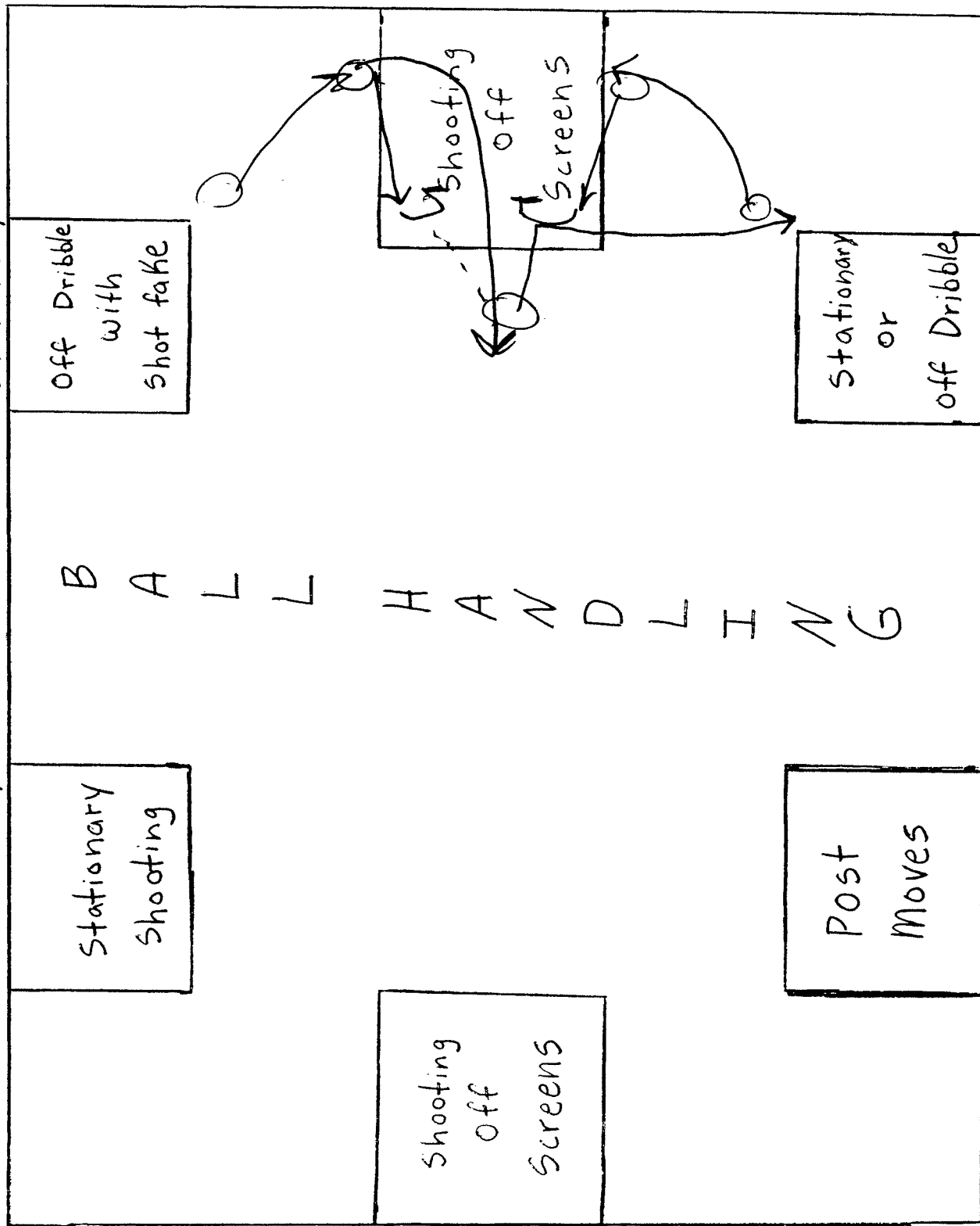
WHEN TO WORK ON THESE ITEMS

- | | | |
|---|--|---------------------------|
| 1. SKILLS
summer program
fall - open gym
spring - open gym
in season -- early | 2. ATHLETIC ABILITY
weights - entire year
agility -- off season
plyometrics -- off season | 3. DISCIPLINE
all year |
| | | 4. DEFENSE
all year |



Blood

5



Shoot-a-way

Off Dribble with shot fake

4

3

BALL HANDLING

Shoot-a-way

Stationary Shooting

2

Shooting off Screens

Post Moves

Shoot-a-way

Stationary or off Dribble

6

7

8

1



GARTH CONE

ALEXANDRIA TIGERS

PHILOSOPHY OF PRESS

1. Are you going to use it just to **catch up** or are you going to use it to apply pressure for 32 minutes.
 - a) If you are going to use it to catch up...you are probably going to "sell out" more...
 - 1) All out gamble....
 - 2) Less protection of the basket....
 - b) If you are using it to apply pressure for the entire game....
 - 1) Probably going to protect the basket more....
 - 2) Maybe more "one and done" philosophy..one double and retreat...
2. Control the tempo or possessions of the ball....
 - a) Can be done with a **patient offense** or **PRESSURE DEFENSE**...
 - 1) Slow down or decrease possessions
 - a) Force an increase in passes...
 - (1) 2-2-1
 - 2) Speed up or increase possessions
 - a) Cut down on number of passes...**early double**..
 - (1) 1-2-1-1 or 1-2-2
3. Zone Pressure or M/M Pressure
 - a) Zone Pressure
 - 1) Size/Quickness match to an area...
 - b) M/M Pressure
 - 1) Match up more to positions or people..(G-F-C)

WHY PRESS

1. Passing is the biggest weakness of most High School players...
2. Increase chances of poor decisions (pressure)...wears people down...
3. Tradition-Fear- **Win Early**..sometimes even on the bus ride...
4. **UNCOMFORTABLE**- Most high school players are into comfort...
5. Control Tempo—(Increase or Decrease possessions)
6. **SPURT**-Play to a spurt...goes well with the fast break...
7. **ANTICIPATION-INTENSITY-ENTHUSIASM IMPROVES**...(Transcends to half court)
8. Exposes Weaknesses (Sometimes Ours)
9. Play with a sense of **URGENCY**-Gets our players going....
10. Higher FG%—can cover up poor perimeter shooting...
11. Cuts down on chances of "Upsets"—Win the games you are suppose to...
12. Force opponent to use their bench—**CONDITIONING**...
13. Keep opponent from utilizing **SIZE** or **SPEED**... Neutralizes Size
14. Take away the legs of good shooters... late in the game
15. **TIME**—Difficult to prepare for in a short time...

WHEN DO YOU PRESS

1. GAME PLAN
2. After a lay-up ... made 3 pt. Shot... We really don't do a lot of this...
3. Don't be afraid to take the press off for 4 or 5 possessions...

GOALS OF PRESS

1. Apply pressure but cover deep...
2. Immediate Defense must solid - Build from back to front
3. **DON'T GET BEAT THE SAME WAY TWICE**....
4. Basically try to double with slow... Steal with quick
5. Expose opponents Weaknesses--- Hide yours
6. Don't Foul
7. Force Dribbler into Double/ Steal pass out
8. Force poor shot with no rebounder
9. Wrong Shooter shooting
10. Encourage Lob and Lazy Bounce and **STEAL!!!**

FUNDAMENTALS OF PRESS

1. Know Trap Areas..
2. Sprint out of the DOUBLE....
3. Carry High Hands...**especially running back...**
4. Read eyes and Hand of Passer....**VISION IS KEY....**
5. Double to Deflect...**TOUCH...**
6. Double with trunk of body...**NO SPLITS...**
7. See the man-Play the ball/ up line one step off line... **VISION...**
8. Horizontal/Vertical movement (help & Recover)
9. Learn to Control the dribbler....Know Trap Areas...
10. Helpline know the "**Rim Line Rule**"

Note: We don't always have an "anchor or protector"...we don't always go "one and done"...

11. Pursuit
 - a) Trap areas
 - b) Vision
 - c)"Airtime"
 - d)Angles
12. When you steal, make good decisions...pass ahead or advance the ball...
 - a)Most of the time you will automatically have the numbers....

DO'S

1. Do **Mirror** the ball in the Double...
2. Do Know the trap areas...
3. Do Know the "Rim Line"...
4. Do **See** your man/Play the ball...
5. Do **Anticipate** or Guess where the next pass is going...
6. Do force them to pass over your head...**you'd be surprised how many players can't do that...**
7. (**Middle Line People**) Do be in front of the next receiver..don't have to stay but be there ...
8. Do have good **Ball Pressure Down Front...**
9. Do **Sprint** out of the double...(Good Pursuit)
10. Do cover ground on "air time" of the ball...(Good Pursuit)
11. Do **Read the eyes and hand** of the Passer...
12. Do contain the dribbler...(Trap Areas)
13. (**Up Line People**) Do have good **horizontal** movement...
14. (**Deep People**) Do have good **vertical** movement...
15. Do have **High** hands on retreat running...
16. Do "**back tip**"...Tip forward to our next line player...
17. Do try to get 4 on 3 or even at times 5 on 3 inside 17 feet...(depending on the press)
18. Do **Make Good** decisions after the steal...
19. Do **Deflect** out of the double...
20. Do have good vision of possible receivers...
21. (**Wings**) Do retreat to the lane for the steal...
22. Do make adjustments...
23. Do **Get It Ugly**...

DON'TS

1. **Don't Foul**
2. **Don't Stand and Wait...**
3. **Don't try and steal out of the double...**
4. **Don't let the double be SPLIT...**
5. **Don't get beat the same way twice...**
6. **Don't waste steps in pursuit...**

TYPES OF PRESSES

WHAT DETERMINES:

QUICKNESS(yours/theirs)

TEMPO (Possessions)

ATHLETIC ABILITY (at least 1-2-1-1)

FULL

1. Diamond
2. Match-up
3. M/M
4. 2-2-1 denial
5. 2-1-2 denial

3/4 PRESS

1. 2-2-1
2. Diamond
3. 2-1-2
4. M/M

HALF COURT

1. 2-2-1
2. 3-1-1 (big)
3. 3-1-1 (little)
4. M/M (double on certain number pass...spot dribble...or particular player on catch or first dribble)

NUMBER SYSTEM

(FULL COURT)

Hundreds

- #1-Full...100
- #2-3/4 Court...200
- #3-Half Court...300

Tens No #(Type of Press)

- #1 1-2-1-1.... 11_
- #2 2-2-1.....22_
- #3 2-1-2.....23_
- #4 Match-up..24_
- #5 M/M.....15_

Units No#

- #1.....1-2-2....._ 1
- #2....1-1-3....._ 2
- #3....1-2-2(Wing Drop).._ 3
- #4....Match-Up....._ 4
- #5....M/M....._ 5
- #6...Box & 1....._ 6
- #7...Triangle & 2....._ 7

HALF COURT DEFENSES:

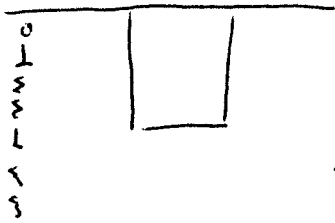
Teens

- #11-1-2-2(Point Drop)
- #12-1-1-3
- #13-1-2-2(Wing Drop)
- #14-Match-Up
- #15-M/M
- #16-Box & 1
- #17-Triangle & 2

We number our Players:

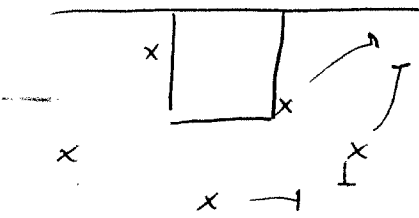
- #1-Point guard
- #2-Shooting guard
- #3-Small forward/guard
- #4-Big forward/Reb./Post
- #5-Post

UNLV SLEDGES

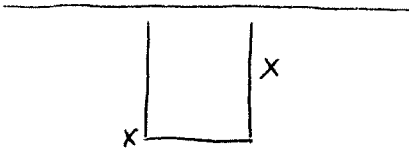


- DEFENSIVE STANCE
- POINT FOUR
- CROSS-OVER STEP
- TWO SLEDGES

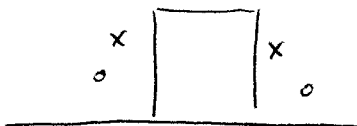
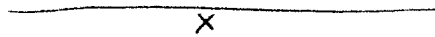
3-2 1/2 COURT TRAP



- POINT CUTS PASSING LONG TO MIDDLE MAN
- WORK-SIDE WONG COVERS MIDDLE



- RUN & JUMP
- ROTATE OFF PERSON ABOVE /



OFFENSE

5-~~007~~

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ALEXANDRIA-MONROE HIGH SCHOOL

Garth Cone, Head Coach
One Burden Court
Alexandria, Indiana 46001

Office: 317-724-4413
317-724-4166
Home: 317-724-7242



PASSING & RECEIVING Do's

1. Do CATCH every PASS WITH BOTH HANDS...
2. Do CATCH and GET INTO THE TRIPLE THREAT POSITION
3. Do CATCH and WATCH THE MAN THAT PASSED YOU THE BALL
4. Do FAKE A BOUNCE PASS and PASS OFF THE SHOULDER
5. Do GET GOOD BALL REVERSAL ... NO 3 on 5
6. Do PLAY WITH PATIENCE and PURPOSE
7. Do READ and LET THE OFFENSE WORK

CUTTING Do's

1. Do FILL THE SPOT ABOVE YOU THAT IS VACATED
2. Do V-CUT BEFORE YOU FILL A VACATED SPOT
3. Do READ HOW THE DEFENSE IS PLAYING YOU
4. Do BREAK YOUR CUT OFF IF SOMEONE ELSE IS ALREADY CUTTING IN THAT DIRECTION
5. Do V-CUT TO SET UP SCREENS
6. Do V-CUT ON AIR TIME OF THE BALL
7. Do CLEAR THE LANE QUICKLY
8. Do CALL OUT YOUR CUT IF YOU ARE A CUTTER
9. Do GET TO THE BASELINE AND FIND THE OPEN CORNER SPOT IF YOU ARE LOST...
10. Do KNOW THE DEFENSE WILL PLAY YOU ONE OF 3 WAYS...
 - a) Tight
 - b) Soft
 - c) High or "up LINE"

Assistant Coaches: Doug Bellar, Matt Day, Marty Carroll & Linda Wolf, Trainer

Screening Do's

1. Do Read your TEAMMATES Defense... Tight-Soft-High
2. Do Raise your fist IF you are setting a screen
3. Do CALL OUT THE TYPE of screen you are setting.... OR TELL THE CUTTER WHAT CUT TO MAKE...
4. Do Counter opposite THE CUT...
5. Do GET your TEAMMATE A SHOT WITH A Good Screen
6. Do SET one Good Screen... NO NEED TO HURRY, you ARE ONLY going TO set one screen/pass....
7. Do SCREEN ON THE BALL, IF your man IS sagging on Soft

Dribbling Do's

1. Do DRIBBLE WITH A purpose in mind...
2. Do DRIBBLE TO GET A TEAMMATE A SHOT...
3. Do DRIBBLE TO GET PROPER SPACING
4. Do Be AWARE of THE 12 seconds AVAILABLE
5. Do DRIBBLE HARD off screens on THE BALL...
6. ~~Do "loop" and/or Roll-up on occasion...~~

5-OUT Alignment

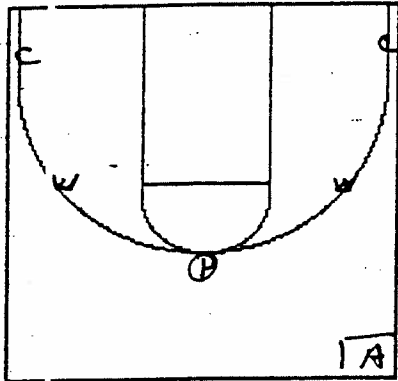
GARTH CONE, HEAD COACH
 NUMBER 1 BURDEN COURT
 ALEXANDRIA, IN 46001

(317)724-4413 (OFFICE)
 (317) 724-7242 (HOME)

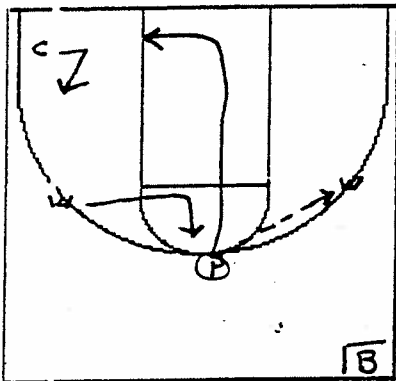
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Alexandria-Monroe High School

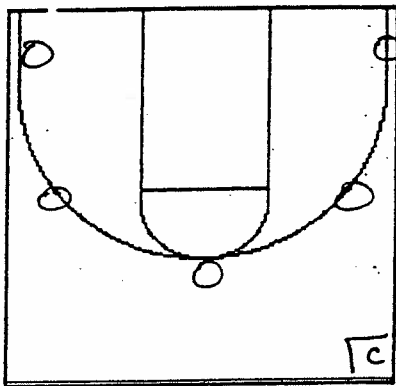
ILL. A:



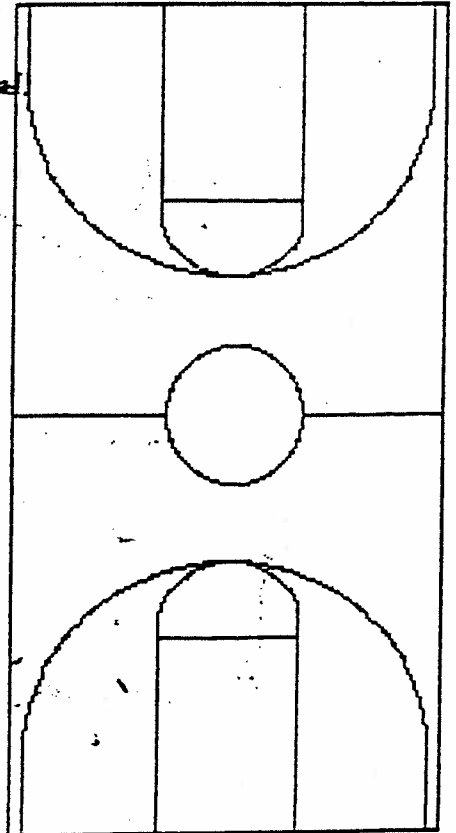
1. POINT HAS THE BALL
2. WINGS ARE FT LINE
EXTENDED AND JUST
OUTSIDE THE 3 PT. LINE.
3. CORNERS ARE BOX
EXTENDED AND ON
THE 3PT. LINE



1. POINT IS ALWAYS
GOING TO 90 OPP.
CORNER OR PASS

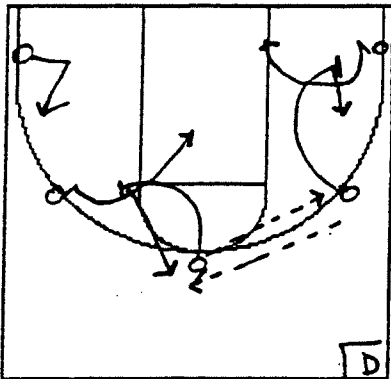


THESE SPOTS
MUST BE FILLED

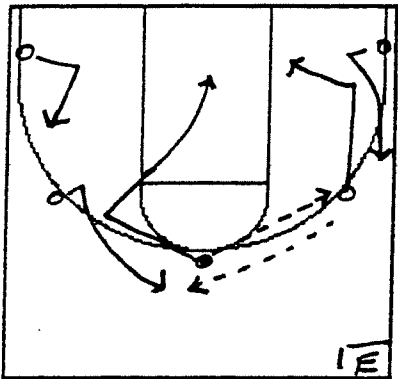


NOTES:

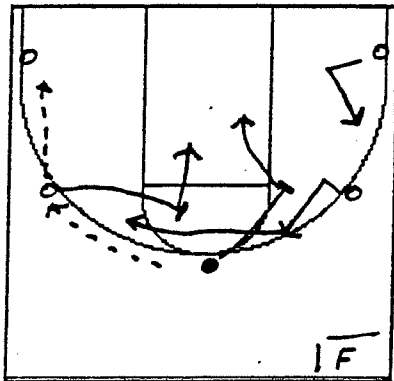
CALL: 5 OUT-CURL



CALL: 5 OUT GO



CALL: 5 OUT-COUNTER



ILL. D.

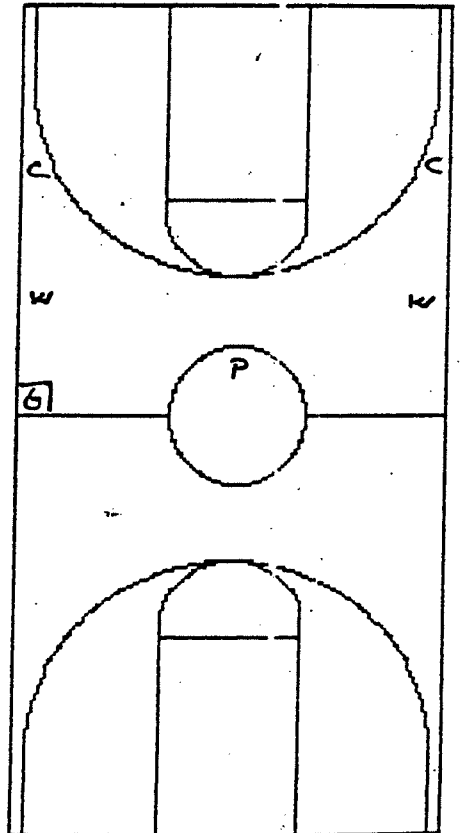
COACH CALLS 5 OUT
CURL -- EVERYONE
PASSES AND CURL
SCREENS --
DEFENSE IS TIGHT

ILL. G

1. 5-OUT SPOTS ARE
MOVED UP THE
FLOOR - LATE IN THE
GAME AND YOU ARE
IN A SEMI-DELAY...
2. POINT MAY WANT TO
REPLACE MORE....

ILL. E.

COACH CALLS 5-OUT
GO -- EVERYONE
PASSES AND GO
CUTS --
DEFENSE IS
SWITCHING



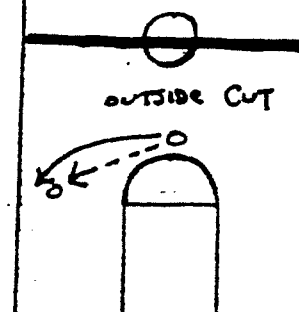
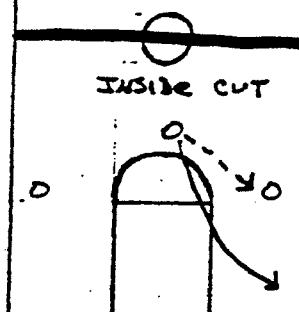
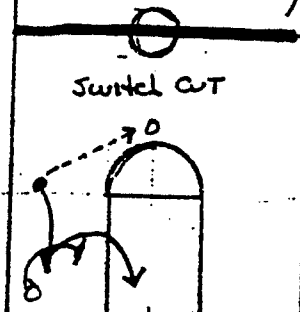
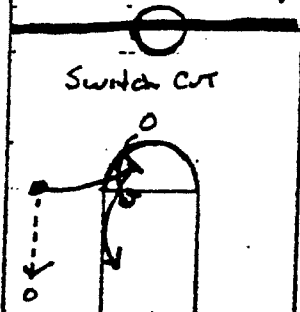
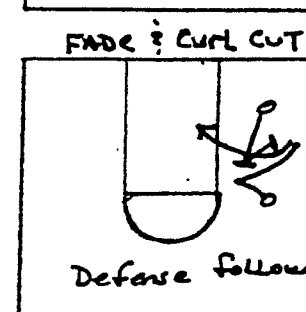
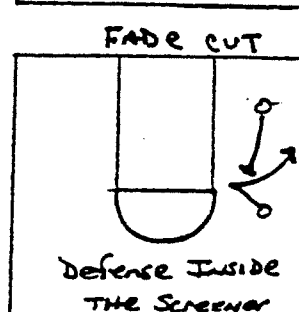
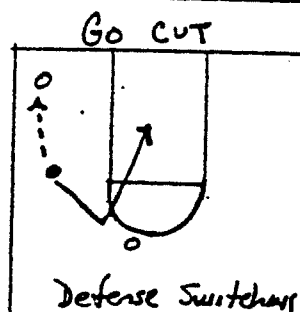
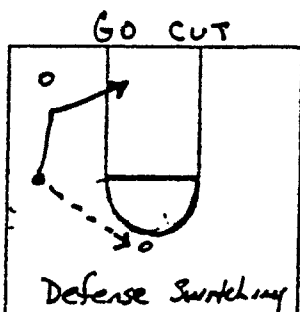
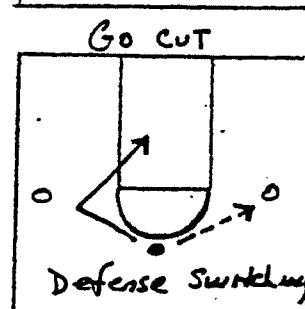
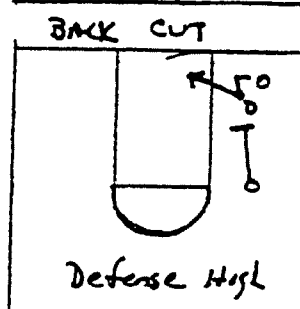
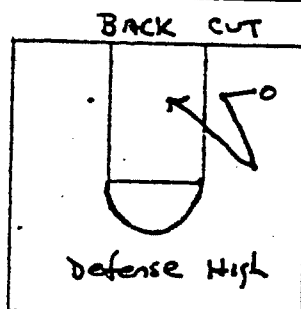
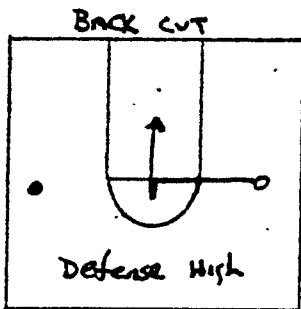
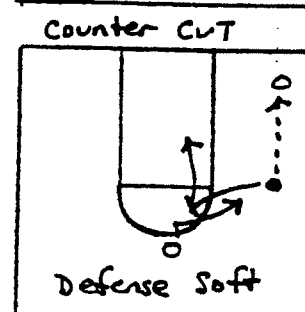
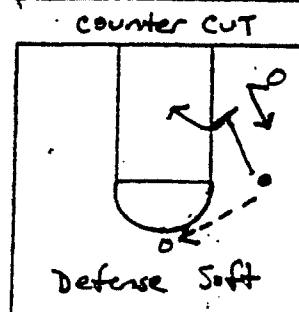
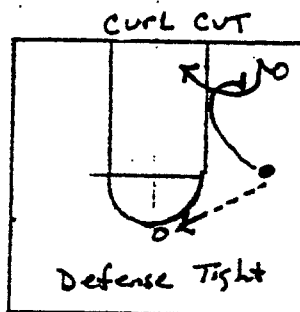
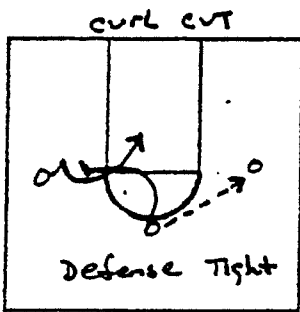
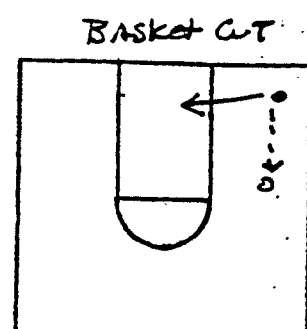
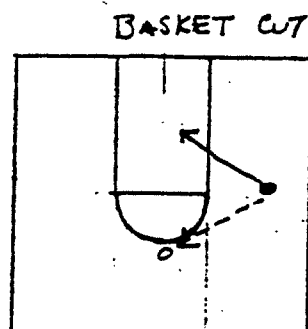
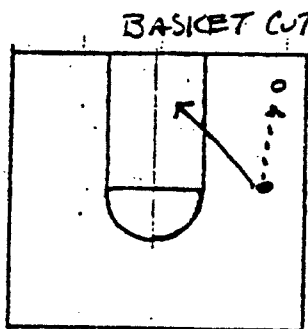
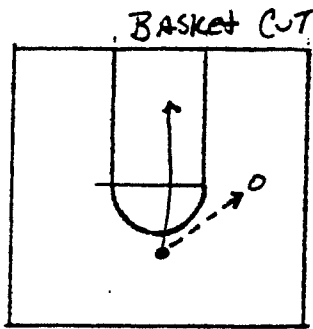
COACH CALLS 5-OUT
COUNTER -- EVERYONE
PASSES AND SETS A
GOOD SCREEN & ROLLS
TO THE BASKET...
DEFENSE IS PLAYING
SOFT

CUTS 5-OUT

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

STRENGTHS
WEAKNESSES



SCREENS

THEIR TEAM OFFENSE

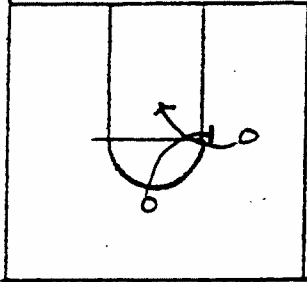
TEAM CHARACTERISTICS

STRENGTHS

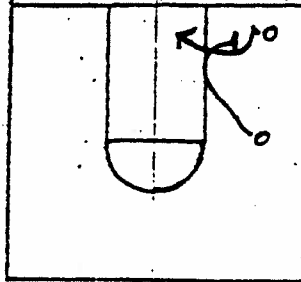
WEAKNESSES

5-0-UT

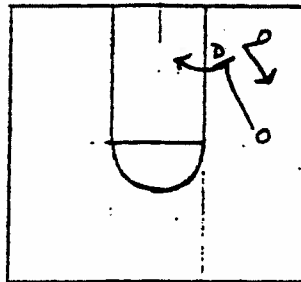
Curl Screen



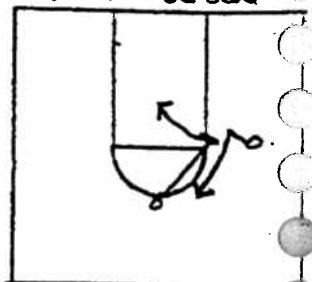
Curl Screen



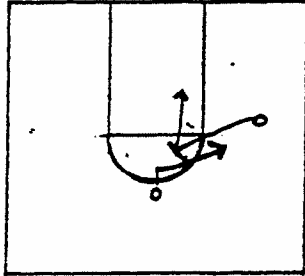
Counter Screen



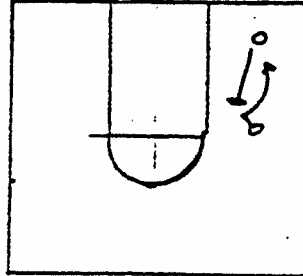
Counter Screen



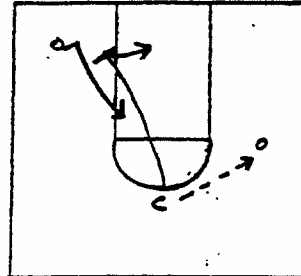
Counter Screen



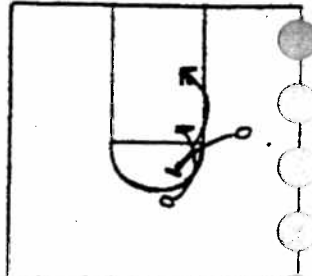
Back Screen



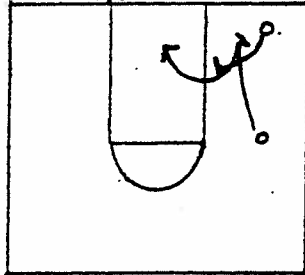
Diagonal Screen



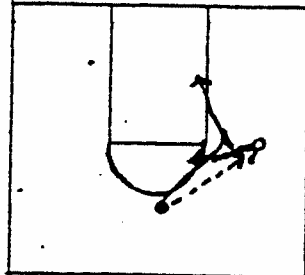
Switch Screen



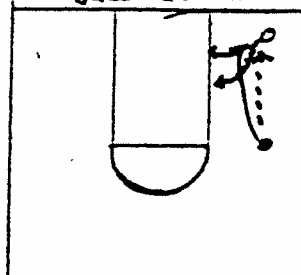
Switch Screen



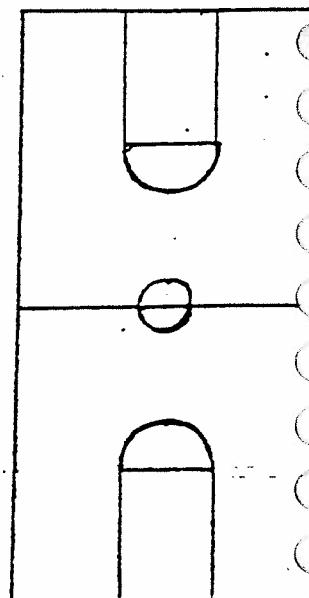
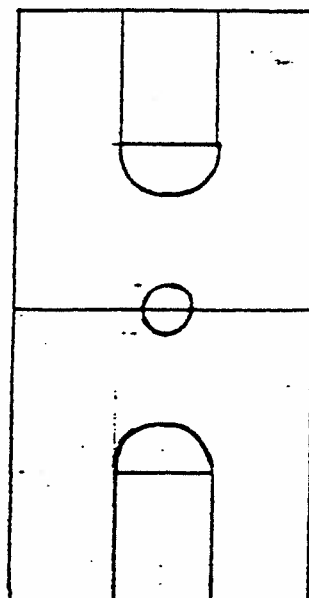
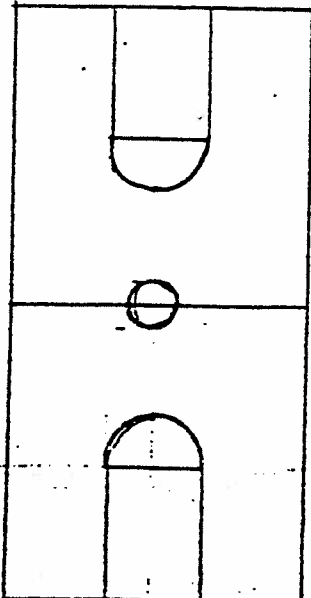
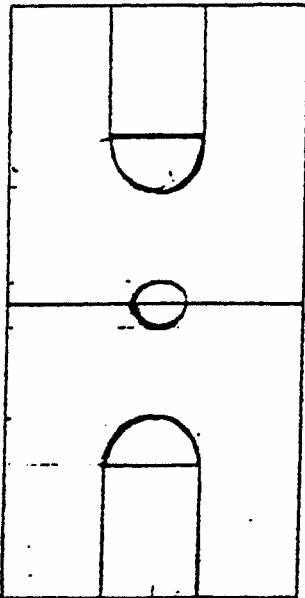
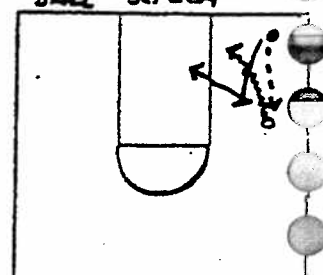
Ball Screen



Ball Screen



Ball Screen



5-0-2

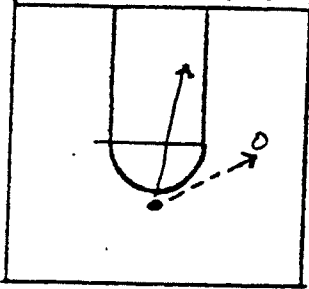
POINT OPTIONS

THEIR TEAM OFFENSE

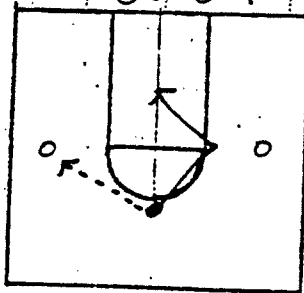
TEAM CHARACTERISTICS

STRENGTHS
WEAKNESSES

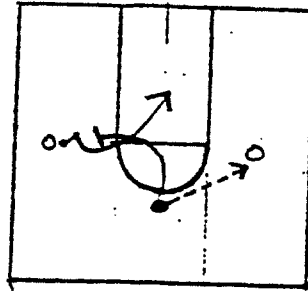
BASKET CUT



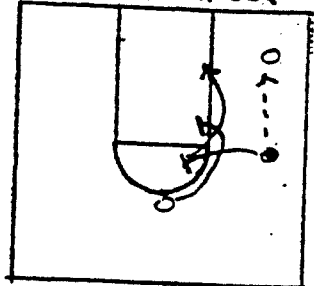
GO CUT



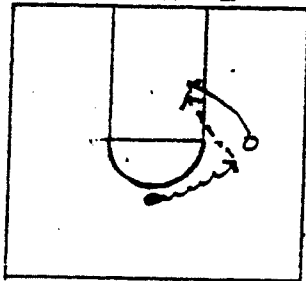
curl screen



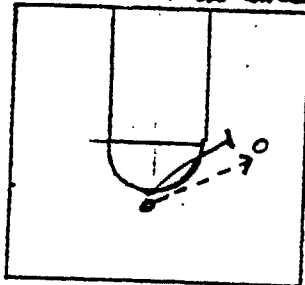
Switch screen



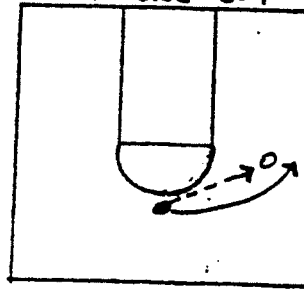
CHASE



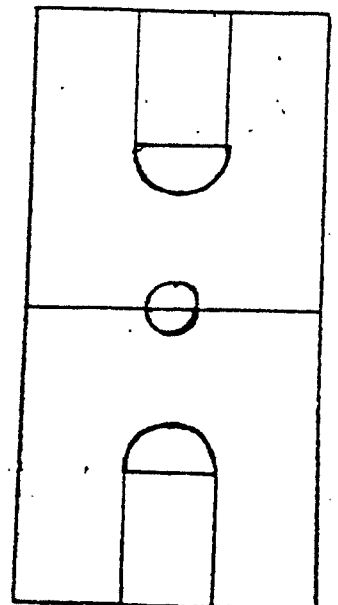
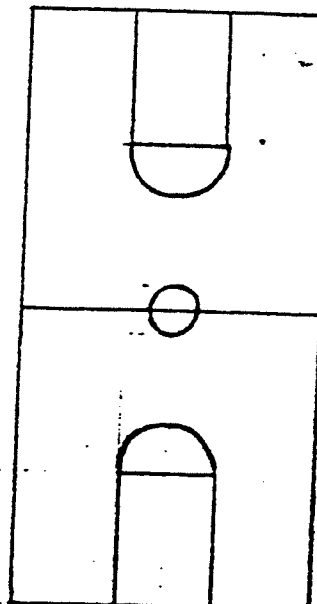
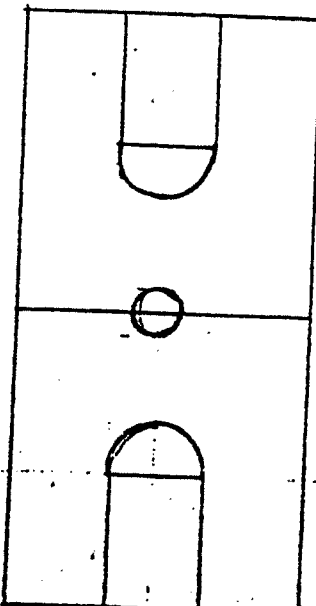
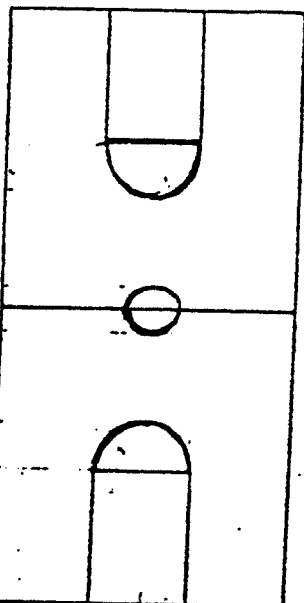
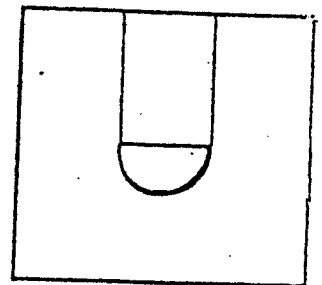
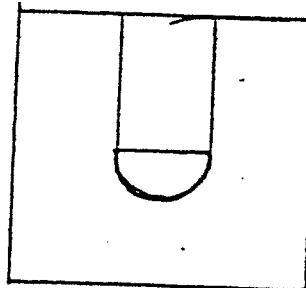
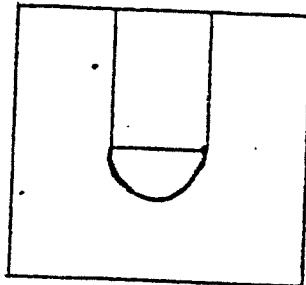
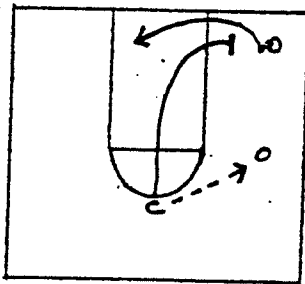
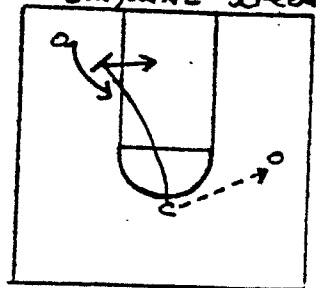
Screen on Ball



OUTSIDE CUT



Diagonal Screen



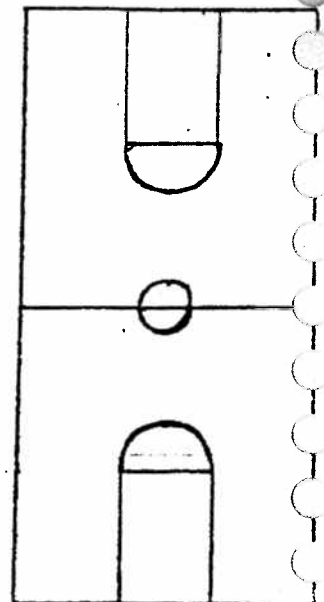
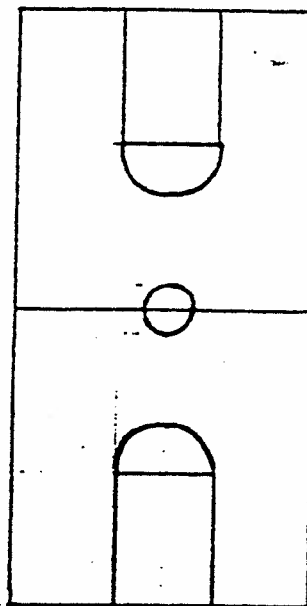
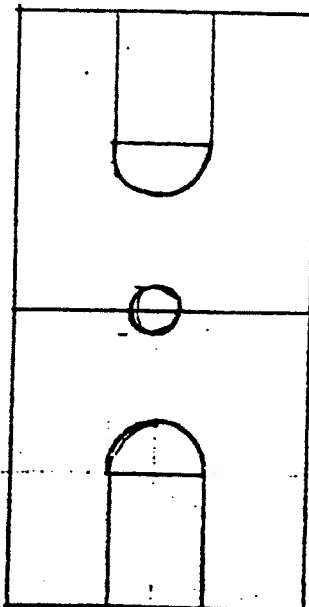
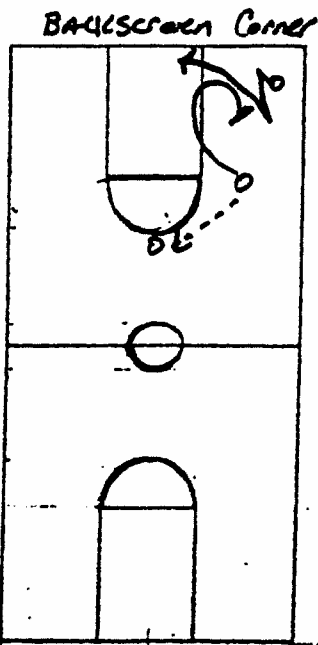
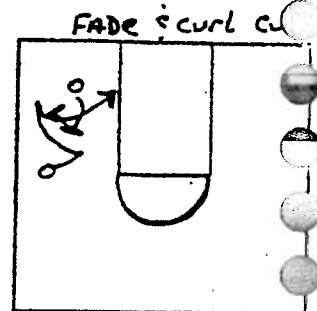
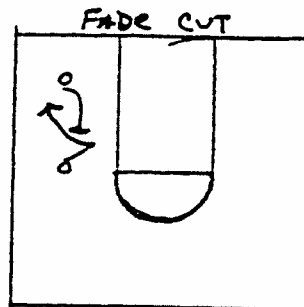
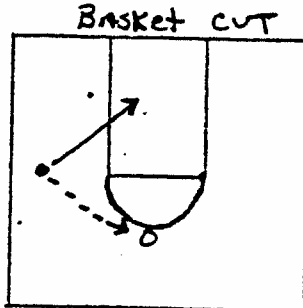
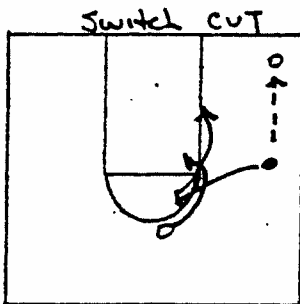
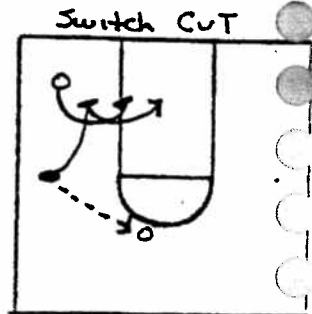
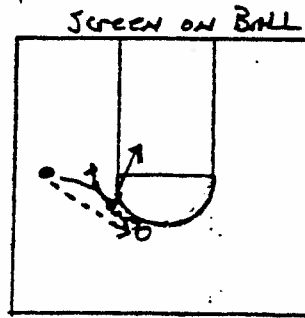
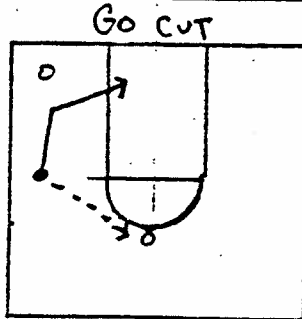
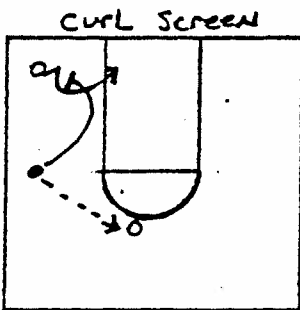
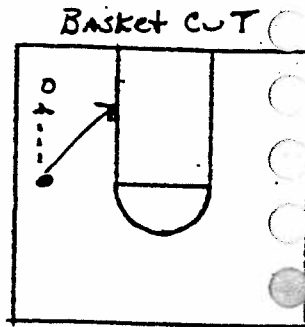
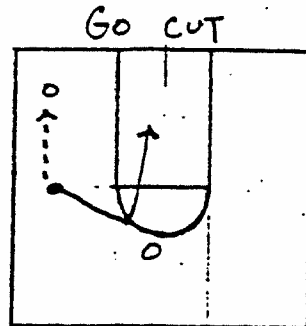
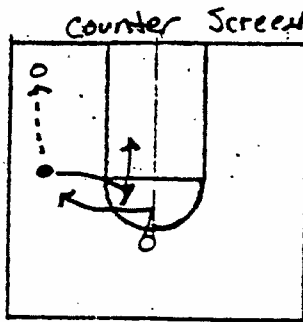
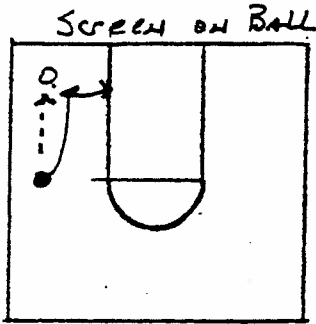
5-OUT

WING OPTIONS

THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

STRENGTHS
WEAKNESSES



5-OUT

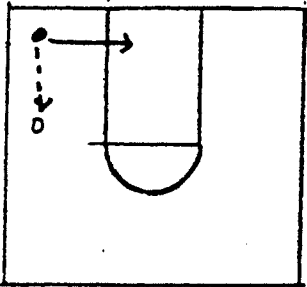
CORNER OPTIONS

THEIR TEAM OFFENSE

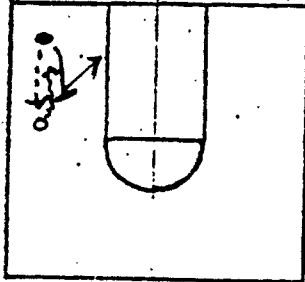
TEAM CHARACTERISTICS

STRENGTHS
WEAKNESSES

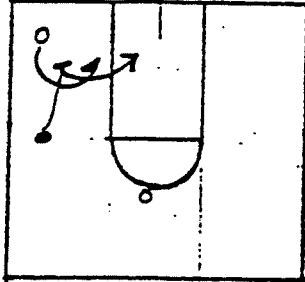
BASKET CUT



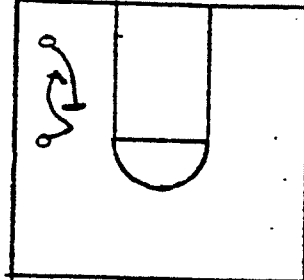
Screen on Ball



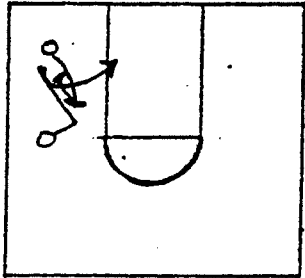
Switch Screen



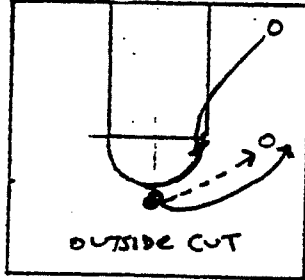
BACK Screen



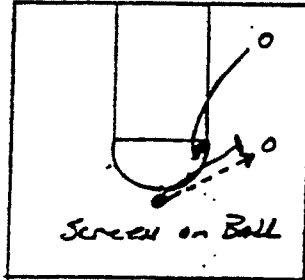
BACK curl screen



Clear on outside cut

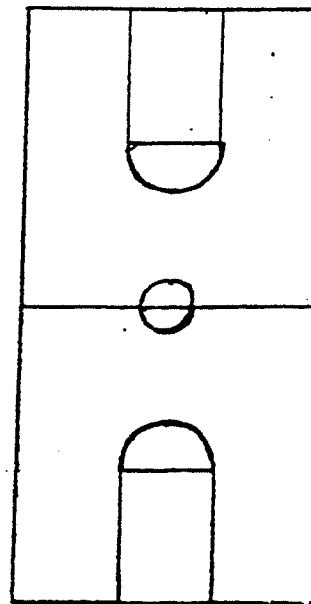
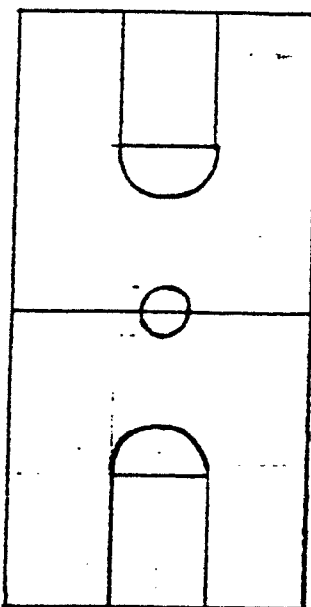
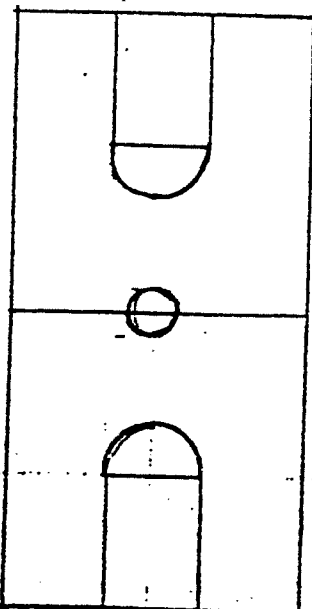
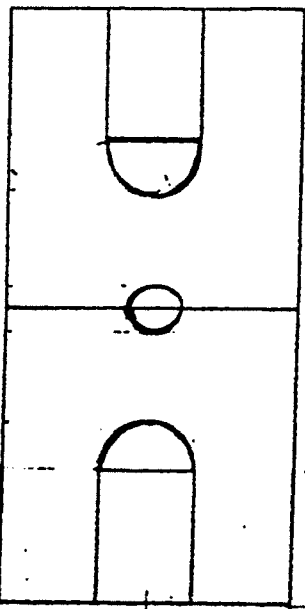
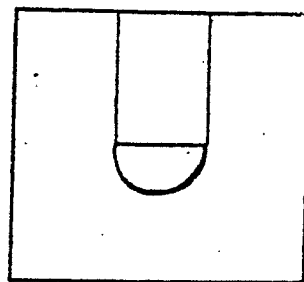
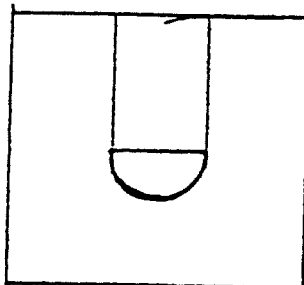
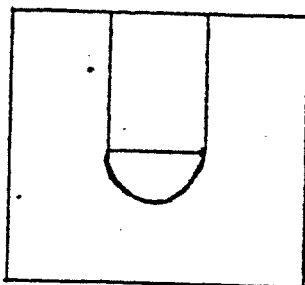
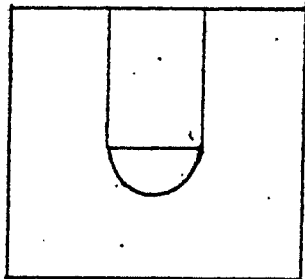


Clear on



OUTSIDE CUT

Screen on Ball



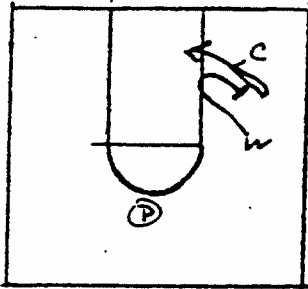
5-OUT

Pressure Release

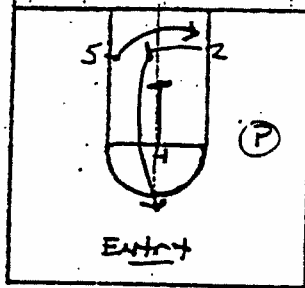
THEIR TEAM OFFENSE

TEAM CHARACTERISTICS

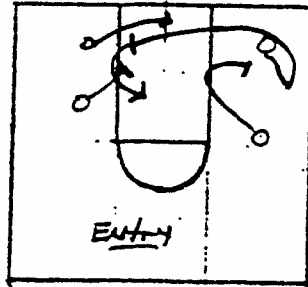
STRENGTHS
WEAKNESSES



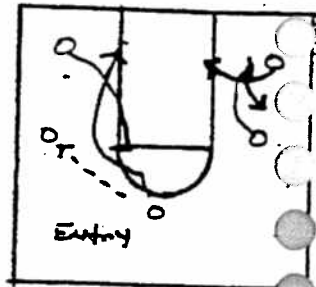
FADE & CURL



ENTRY



ENTRY



ENTRY

