

Van Gundy

build defense in 2 areas

- ① transition
- ② defensive rebounding

try to stay away from switch & double teams -
keep size on size - quick on quick

"we are a block out team"

- ① 1st contact
- ② face guard - go to body - drive out of bounds

don't switch - diff. in size - don't want to get hurt and shots

- ball pressure
- help w/ 1st guy
- ball out of paint at all costs
- 3 pt. shot won't beat you as much as penetration - don't stay at home on shooter

Goals

- ① FG shooting $\geq 42\%$
- ② less than 25 FT att. per game
- ③ 3 pt. FG $\geq 30\%$
- ④ less than 50% conversion fast break
- ⑤ def. rebounding $\geq 74\%$
- ⑥ deflections ≥ 30
- ⑦ momentum changing plays ≥ 8 blocks, charges

7 C's

- ① convert - can control how hard team runs back - effort direct reflection on you as coach
- ② contain - dribble
how much ball pressure - penetration
breaks down ≥ 10
- ③ challenge shots
- ④ cover - help
- ⑤ contest - never want ball caught in paint or on block
- ⑥ chase all long rebounds & loose balls - anticipation & speed - how much you want ball
- ⑦ change ends of floor quickly

* they don't have to agree but must believe
I know it's important

transition D - offense is best transition D - need to get to FT line

halftime - fast break
2nd shots
FG 10

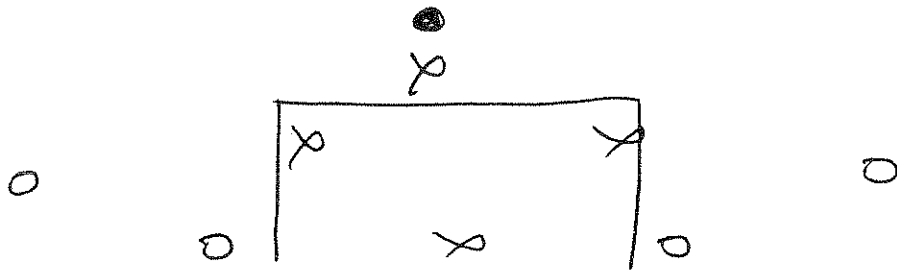
guards don't rebound on offensive end - ball, back - 3 man back if no chance at rebound

- ① get ahead of ball & see ball - we don't jam rebounds - sprint to paint
- ② stop ball above 3 pt. line - out of middle - direct to a side
- ③ match up & cover shooters
- ④ loading to ball
 - a. our last big guy back ahead of their trailer stop momentum of guard on push
 - b. kick smalls out of paint
- ⑤ everyone to strong side thinking help - pursue

5 on 4 Scramble

5th guy back in lane
down & back

offense - 2 dribbles, 5 passes max. - work
on drive & kick



* no choice on defence - hard & fast rules -
chance for excuses
lack of accountability

adjustments - over used - guys usually doing
better job

* figure out what you can do well - practise
it often!

* if they can't or won't - doesn't matter -
must get them out - credibility on the
line - can't slack off

* defence + rebounding keep you in games -
offence separates - down the stretch in
 close games must have best offensive team
 on floor

Individual Defence

① Ball Pressure

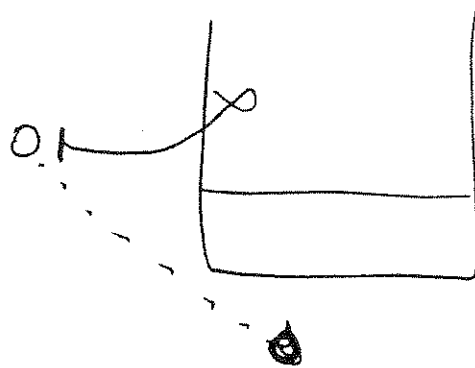
a. back court - on makes pt. guard picks up
 full court - turn twice

b. cross time line - influence sideline

c. scoring area (1 step above 3) - advanced
 by pass or dribble - no middle, no blow bys

d. dribble used - swarm - body to body -
 try to make him turn back

② Close Out

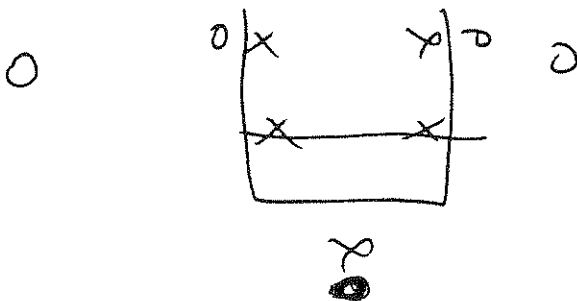


inside out

sprint - slide or hop
 to breakdown

high hands - body weight
 down

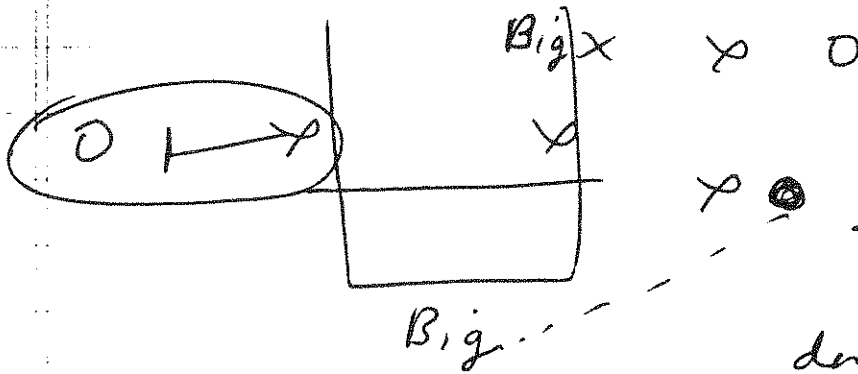
pressure shot, pass to post



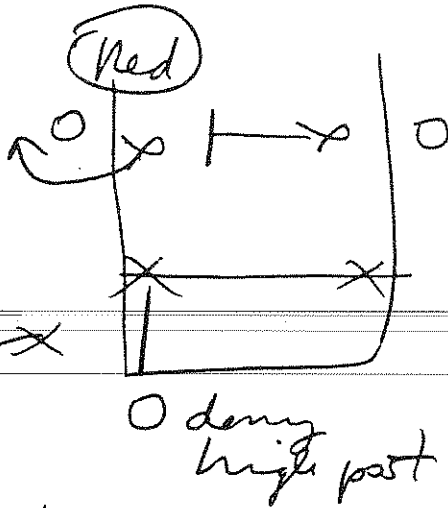
help team

ball pressure
 pack lane

③ 2 denials



we want big group
to make decisions
at high post -
deny next pass &
reversal



Sell front low post!

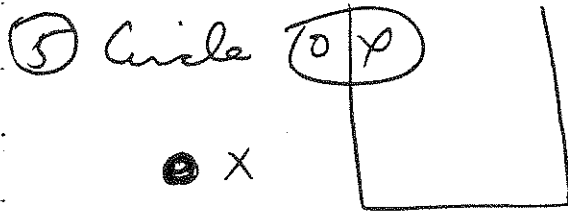
3/4 to butt front - sit on top
leg - drive him back to
baseline - cut down area
for lob

upon ^{top} shoulder -
want him to put
ball on floor

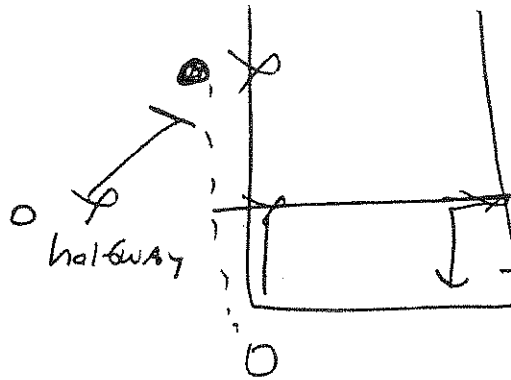
no lob
no high low

* Communication most intimidating
form of defence

④ Lane Cut - army cut to ball where post up
trying to take place - don't try to hold up
w/ arms - strength of ath legs
hip to hip - get away w/ more contact
lower body



don't be felt by offensive player - constantly move - use quickness instead of strength

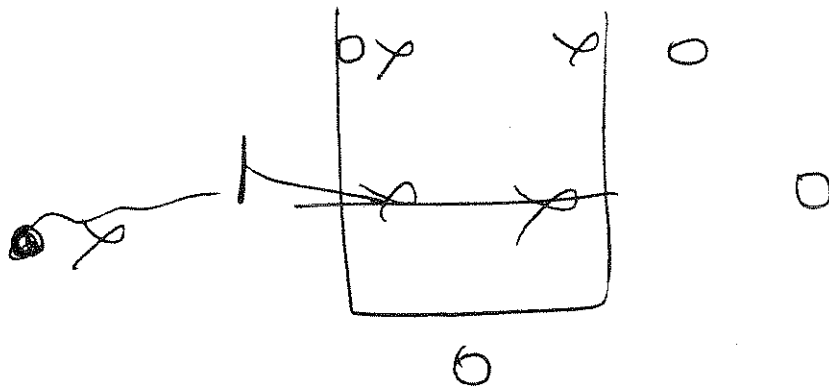


1 arm bent on knee - 1 arm up

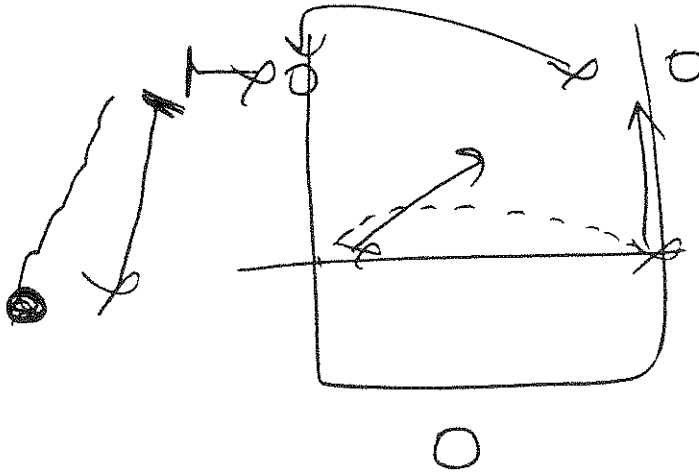
stunt & receiver

attack ball on dribble dig

on dribble - leave & receiver - challenge shot



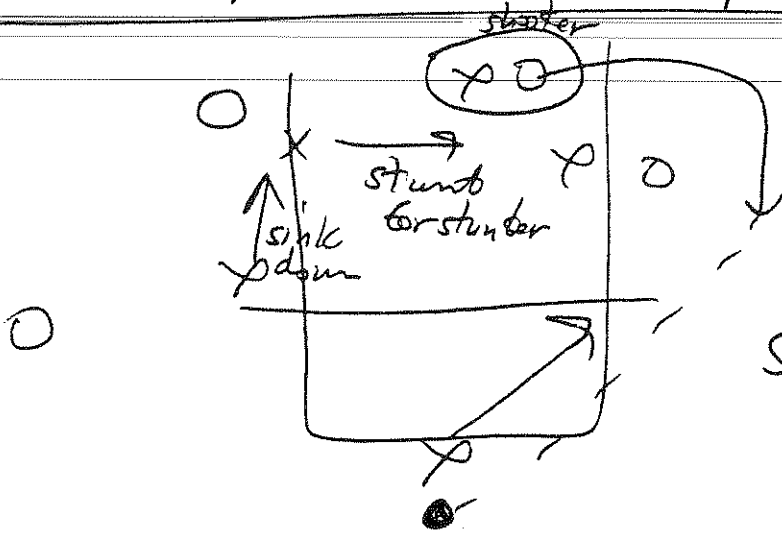
no dribble splits - body in front of ball



ball goes baseline - attack penetration
high hands - right to body

sink & bill

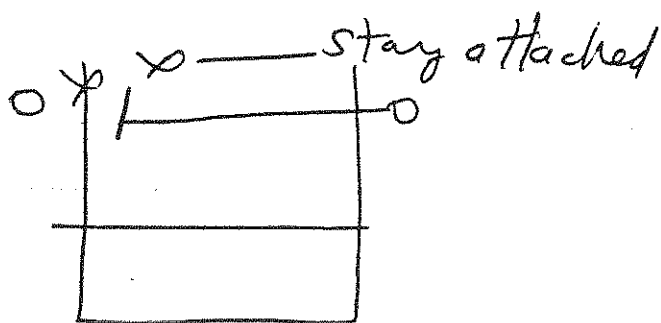
5 guys to baseline - no passes in paint



lock & trail
behind him

shooters want space -
do work early -
one way

big man - stunt & bill to take away rhythm
of catch & shoot as ball in flight -
our head lower than screeners waist
man guarding passer - sprint to elbow



goes middle - man - over the top
baseline - swim over the top - bump by
man guarding screener

Face guard block out

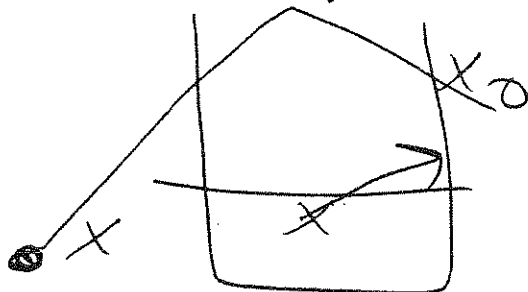
get up on high side - drive in out of bounds
body to body - hit first
do not come off his body to rebound

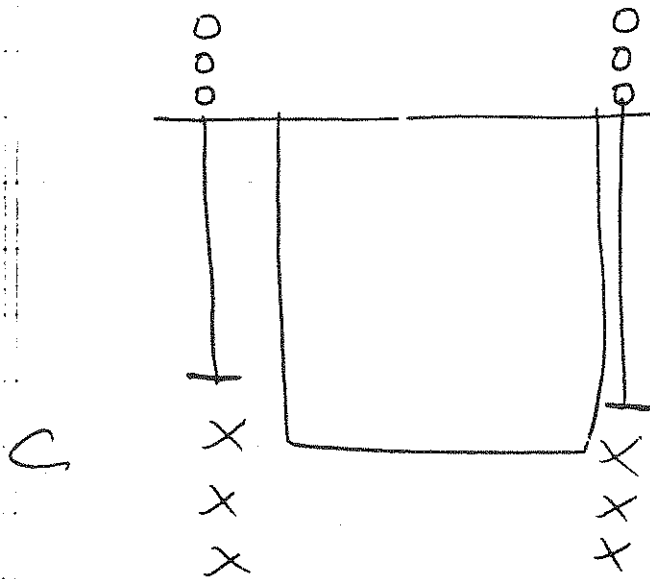
Weak side

stick to body - drive out of bounds
* forget the ball
courage to get body in there

long shots

ball rebounds over their heads - engaged
guards must get those





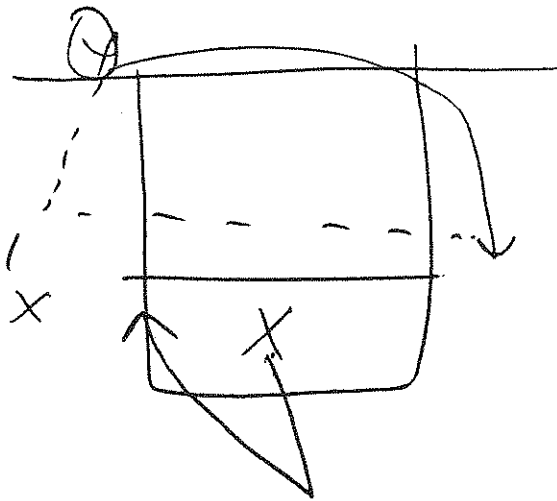
2 on 2 rebounding
live - 10 minutes
* contact drill

* irritates me the most -
guys avoid contact

double team - disrupt
* must consider what you give up on
2nd shots

shadow - back court
hit - time line & up

get ball out of
pt. guards hands



trap w/ as little pressure
as possible - once pt. guard
gives it up deny it
back entire possession

throw to P - make him
make plays

stunbump - don't commit bump

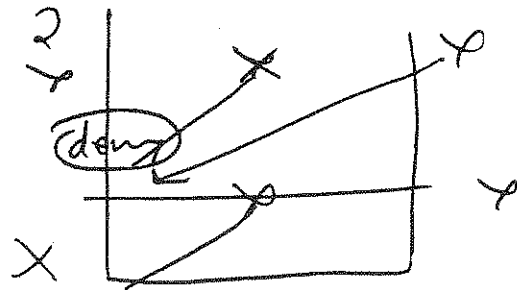
2

X

X

X

3



①

come soft - bigs
work together -
small never rotate to
bigs - want bigs to
make decisions on dribble

* not a commitment to pressing where
it opens up D

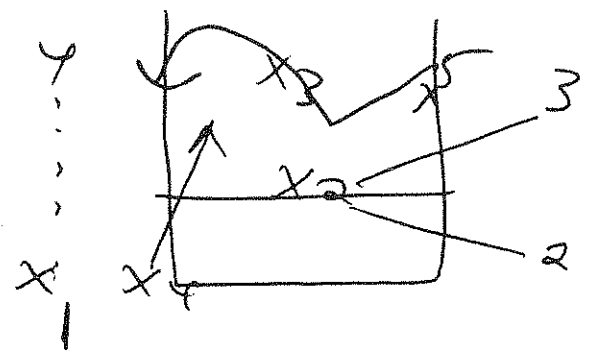
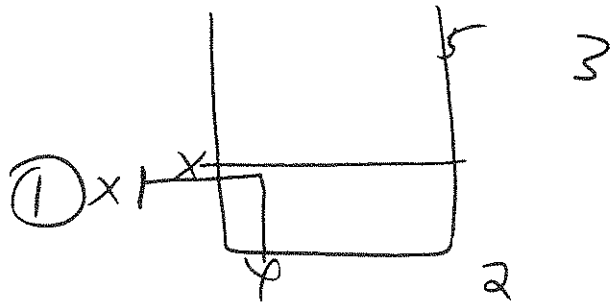
pick & roll - blitz

- ① man guarding screener jumps out - no dribble splits - back dribble or back to sideline
- ② protection - 1 foot in lane
- ③ rotation
- ④ pursue back

top man takes 1st pass out of
trap
X2 takes pass to 2 or 3 from 4

offense

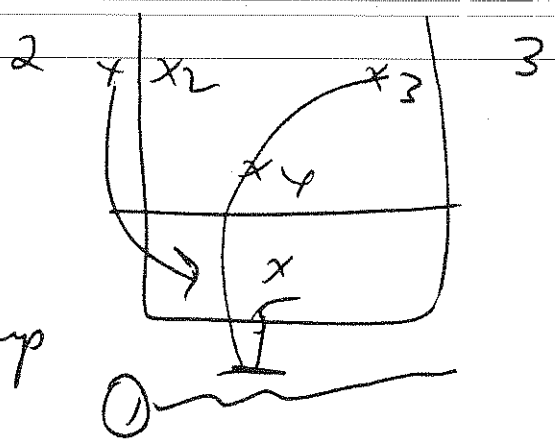
4 man catches out of trap - he set screen -
blair to corner - 5 floods
shoot, drive, flood, cross court
open up weak side for driving opportunities



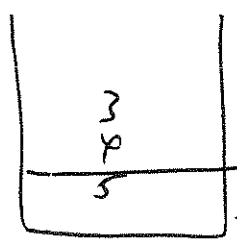
x4 pursues back

roll & replace
high pick & roll

need roll guy at
PT line - stand him up

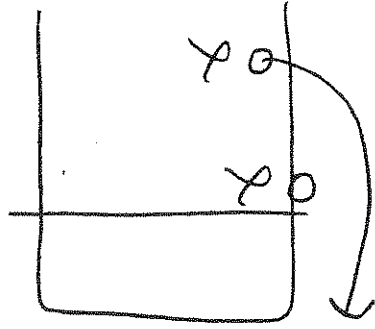


x5 runs to body



stack people -
make them go under

(1)



real good shooters
run to daylight
Reggie Miller - blitz
catch & shoot -
screeners man traps -
don't leave until passed or
dribbled to half court

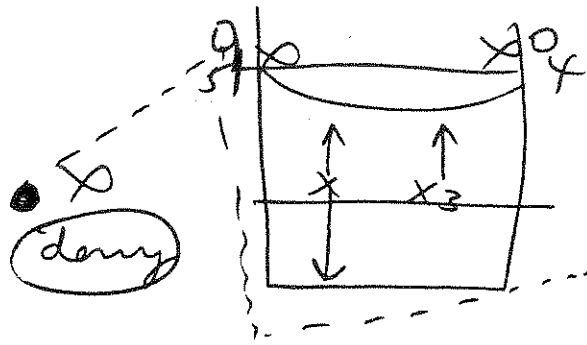
would rather get beat by a lesser player making
open shot - great players have courage
to take contested shot late in game

Chance for 3's

- ① transition
- ② 2nd shots - quick ball reversal on offensive rebounds

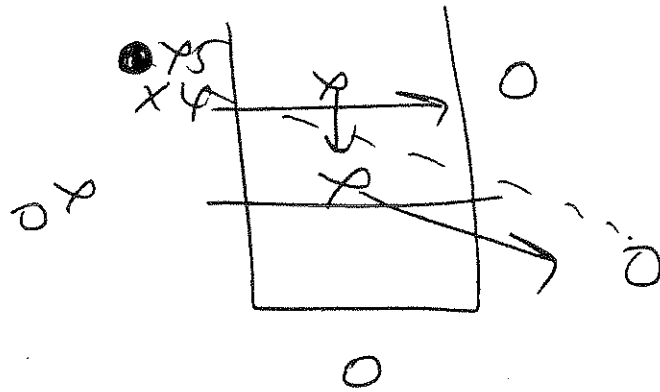
double big on big

2 people w/ foot in paint - don't want ball back out in front - want it to weak side - high & hard to body - on any rotation run to contact



top man - 1st pass out swung to wing - man who doubled goes back & man opens up & sprints to body contact - always closes to his own

never have a small to rotate to a big!



90% of time double on catches

who you ~~are~~ ^{are}

what you can't can't do

Earn respect - from Riley

- ① be competent
- ② be sincere in approach
- ③ be reliable
- ④ be trustworthy

"if you earn respect
can lead anybody"

Offensive Goals

- ① shoot 48%
② shoot 28+ FT/game at 76%
③ 36% 3 pt. FG
④ 20+ att. Fast break 57%
⑤ 1.5 assists to every TO
⑥ 35% off. rebounding
⑦ +15 off. rebounds/game

run

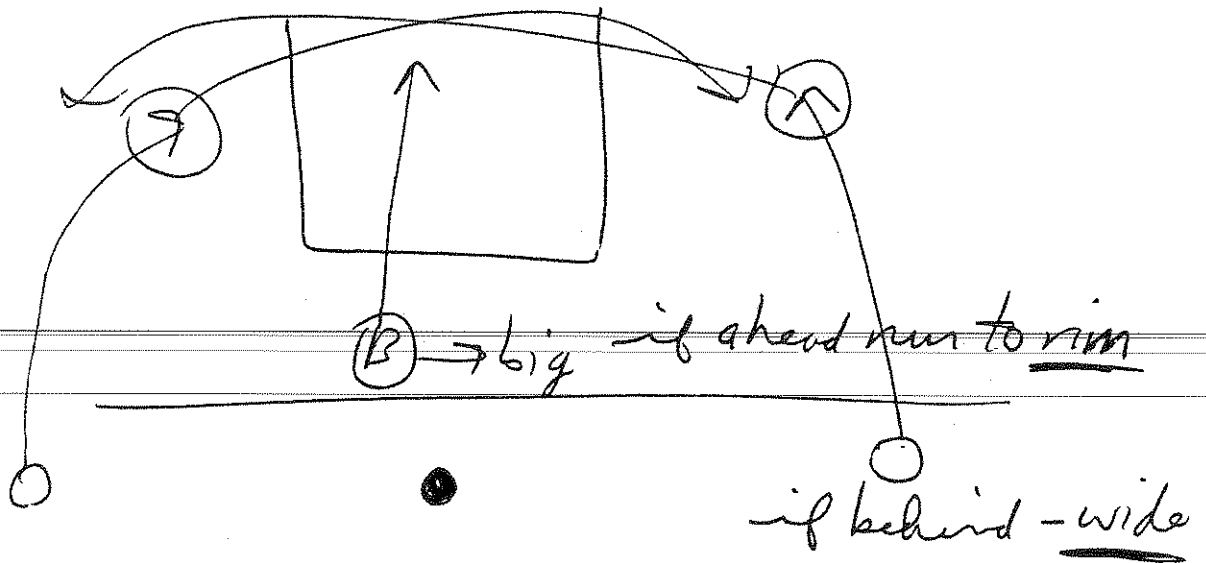
- ① layups
- ② quick post ups
- ③ open jumpers

eliminate quick, long contested
shots - don't discourage
shooters from shooting

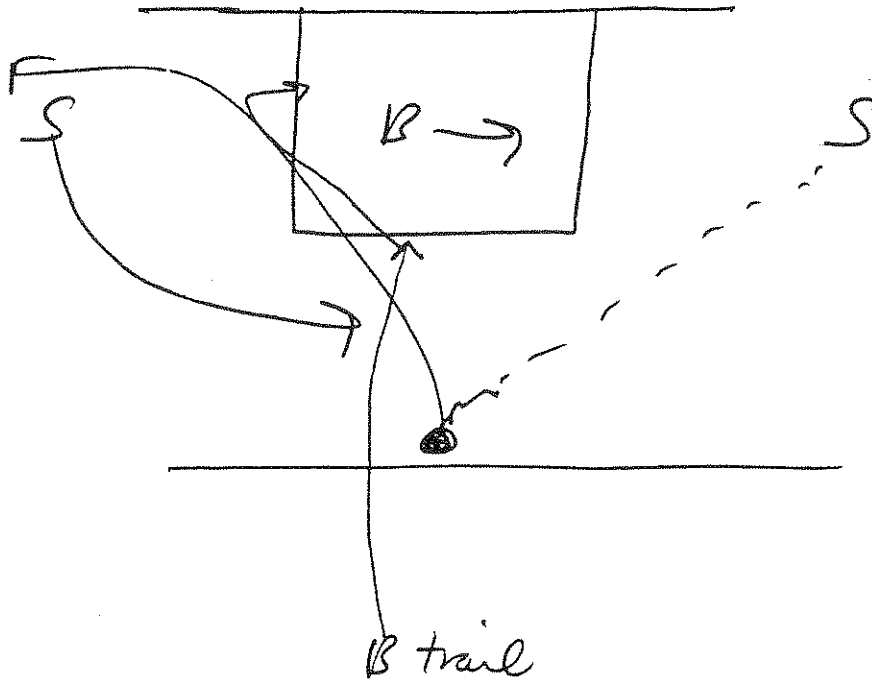
misses, steals, blocks - do not run assigned lane
break - the more structure the less you'll run

how quick
clear
high } can you outlet?
Same side as ball rebounds

advance ball up court w/ pass - if not there
centered immediately - no one around
ball handler

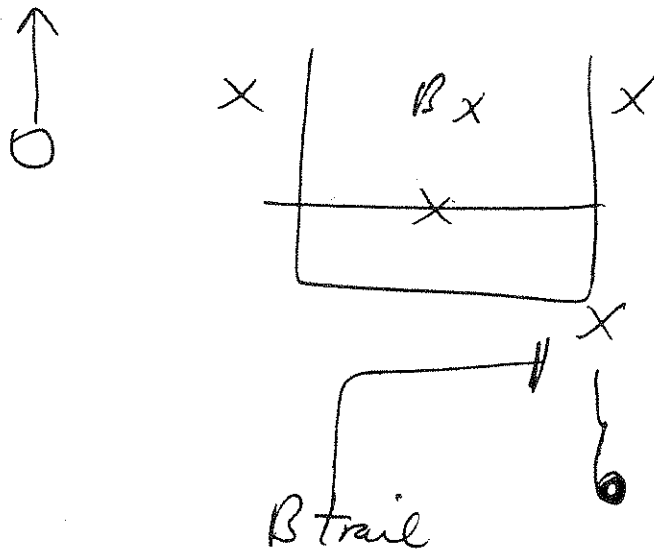


run nearest lane - hard, wide
never cross floor once ball outleted
if wings beat ball down floor - go through -
don't stop

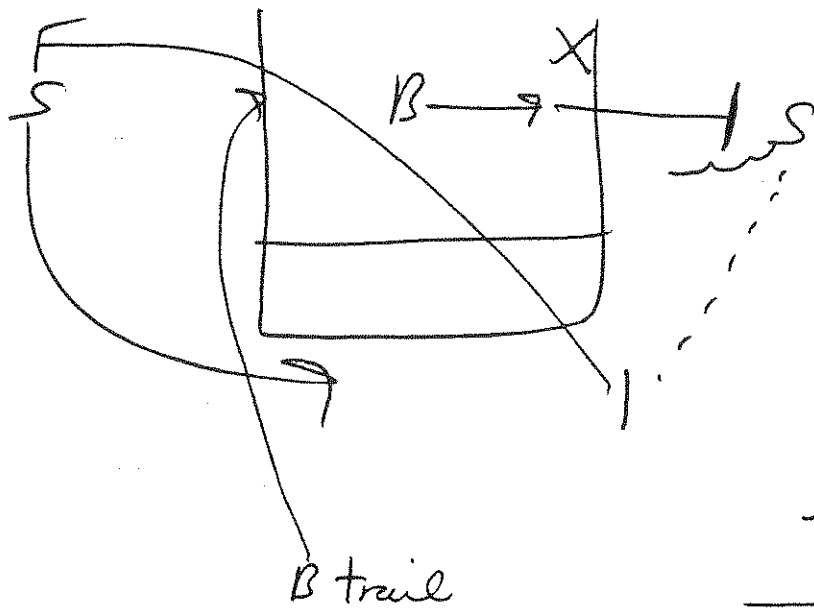


break down vision of defense - don't let them stare at ball

Screen on ball in transition



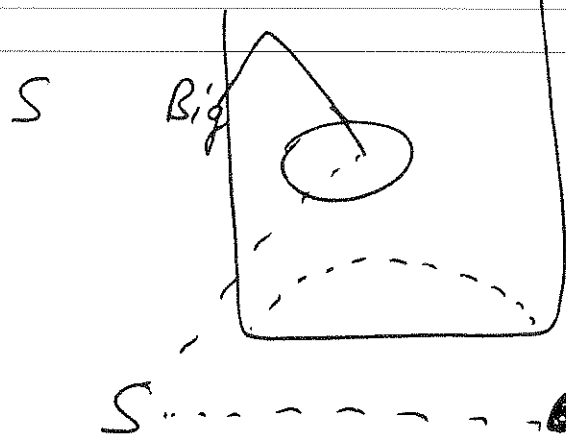
big man trailing -
if his man not
w/ him screen on
ball - get into
roll & replace



step out - get
 create space
 w/ cross over step -
 swing it back
 through

our big guys head
 hunt screen

1st option - dribble penetration



Big
 Scherer

① post

② glare 15-18' to
 stretch 0 -

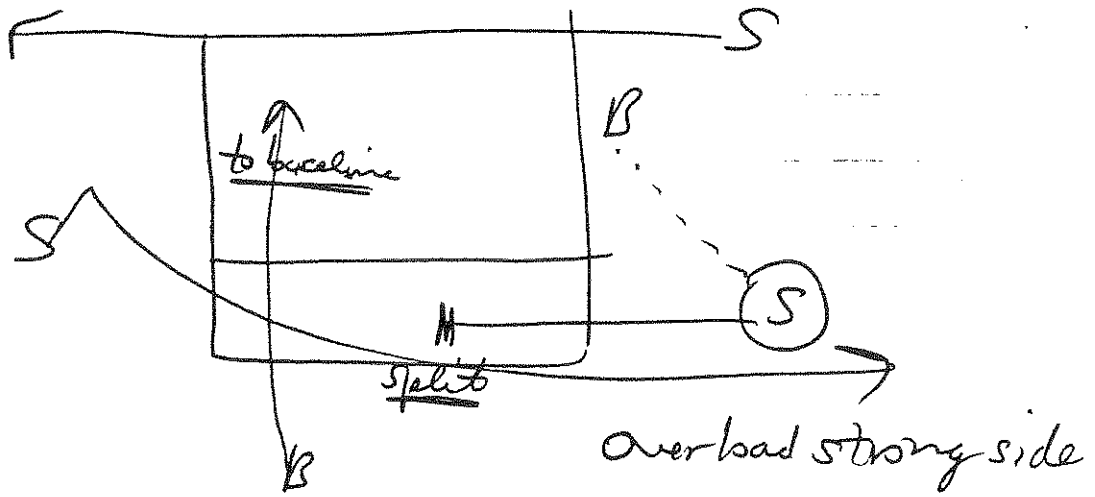
don't glare 8-10'
 where congested

3 passes

① kick

② pocket bounce pass to glare man

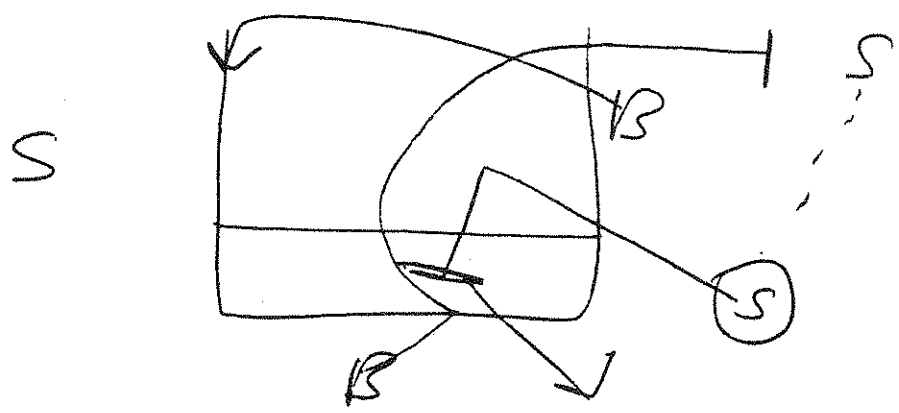
③ reverse pivot pass to glare man



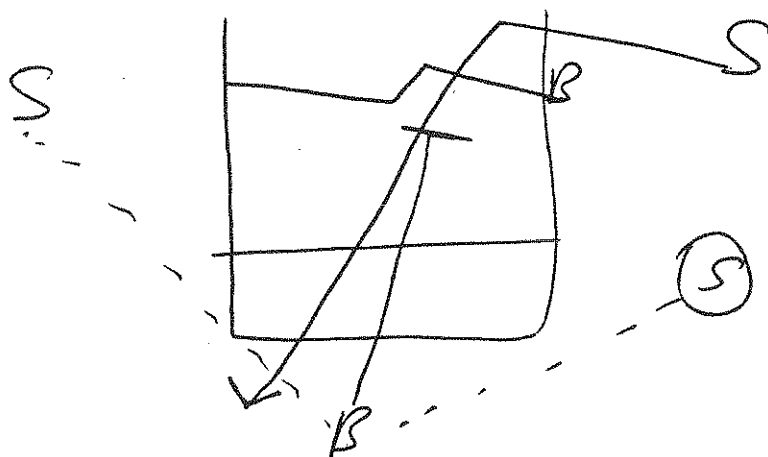
baseline cut
 big to baseline
 split

2 bigs move together
 finish cuts to 3 pt. line

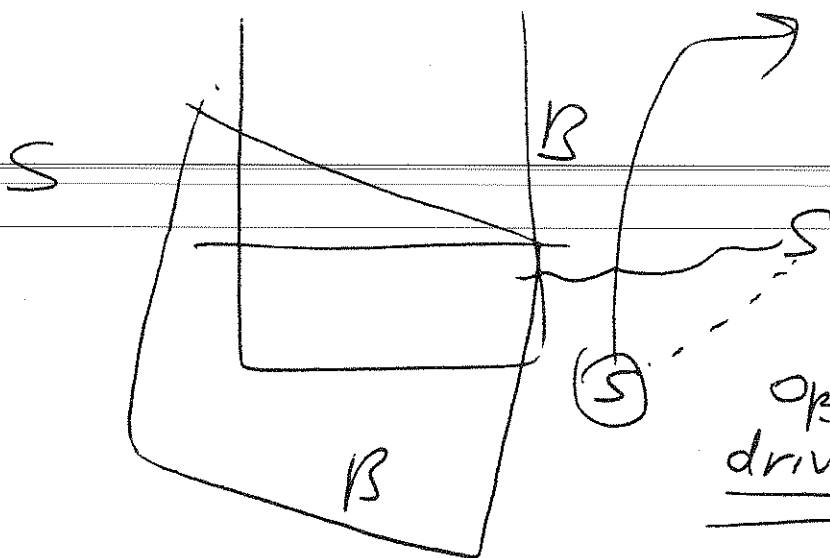
reward cutter if open - if not let him
 clear before move



catch & throw to corner of board vs. 3/4 front -
 if not there go through
 passer backscreen big to post - can ~~go~~ go into a
 get from cut



1st look -
high - low
 is not there -
 reverse -
 big continues -
look in post
 pin down



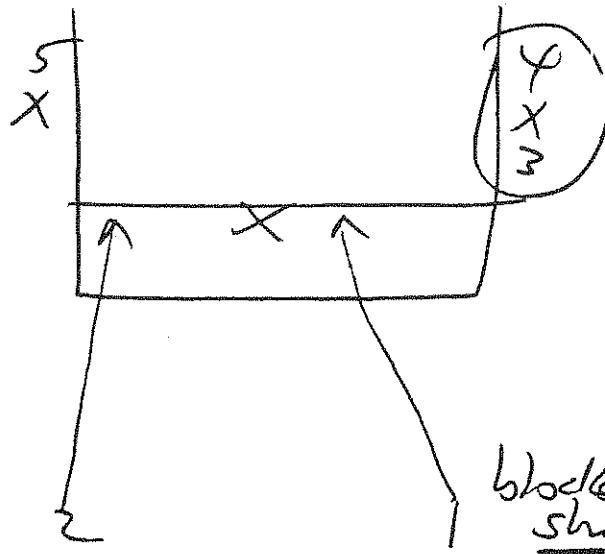
Open up
driving gap

Post Up

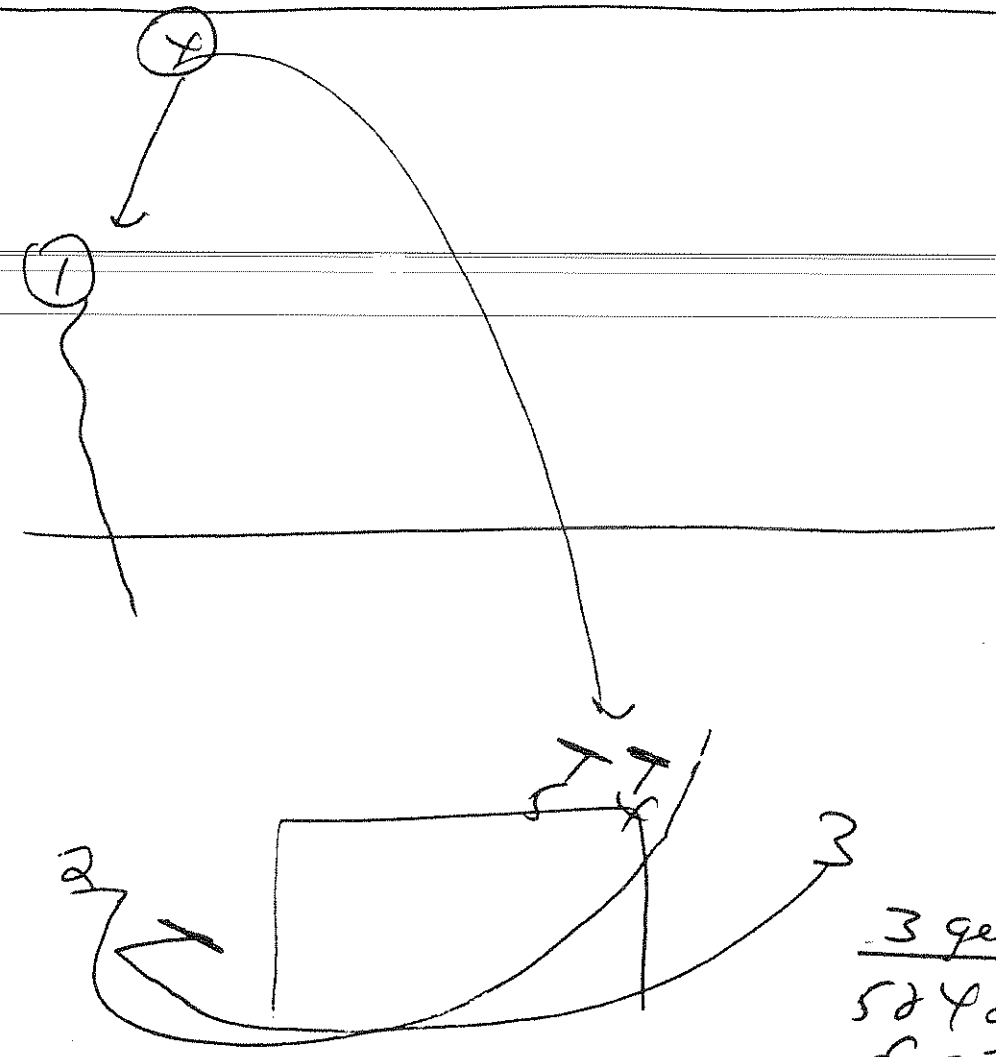
- ① Spot up only on paint catch or 2nd entry
- ② low baseline cut

Rebound Pick the Picker

Weak side wing takes cutter - man who bumped comes out

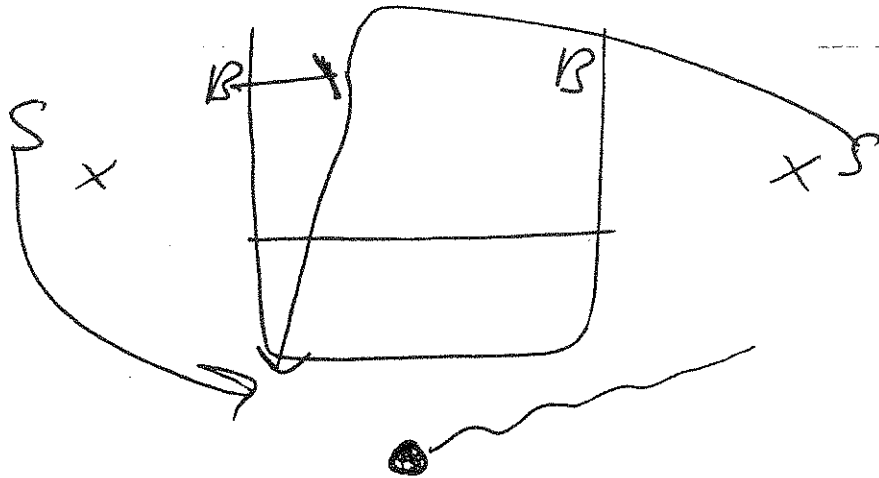


pinch - take
away any
cross action

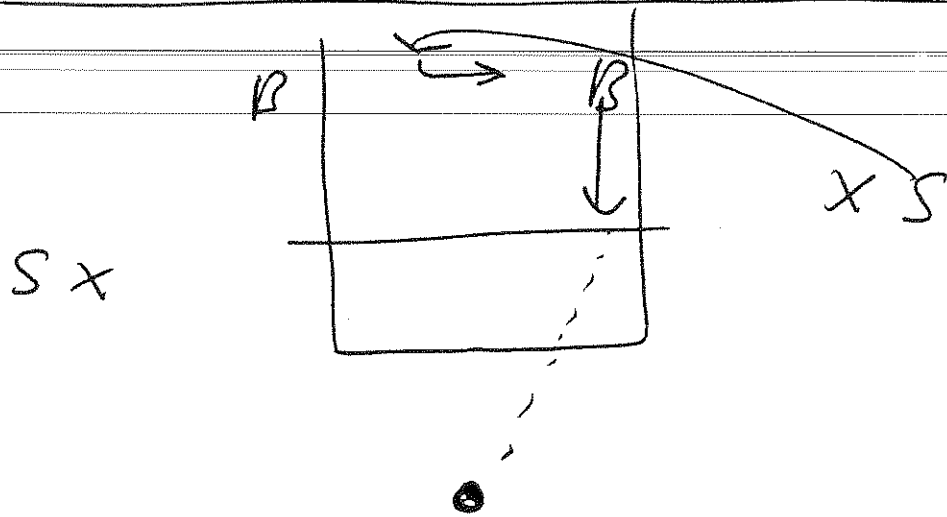


3 gets 2
5 & Y double
for 2

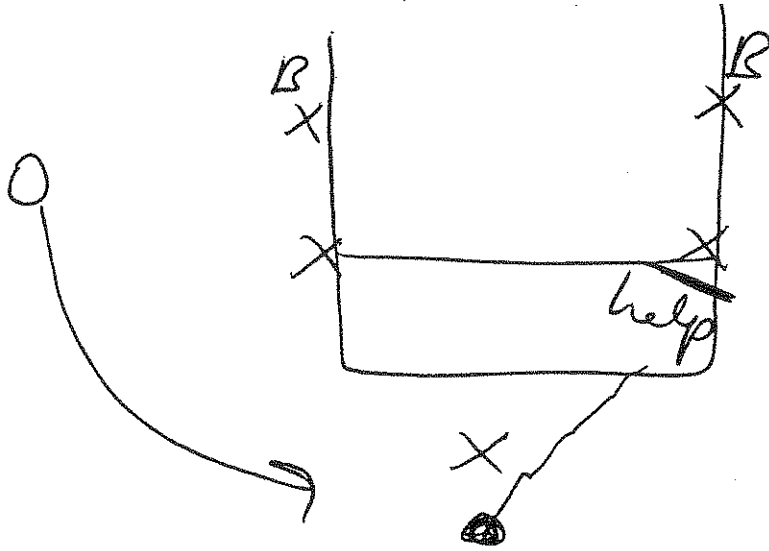
Pressure Releases



dribble close - dribble at wing denied
replace - pin down

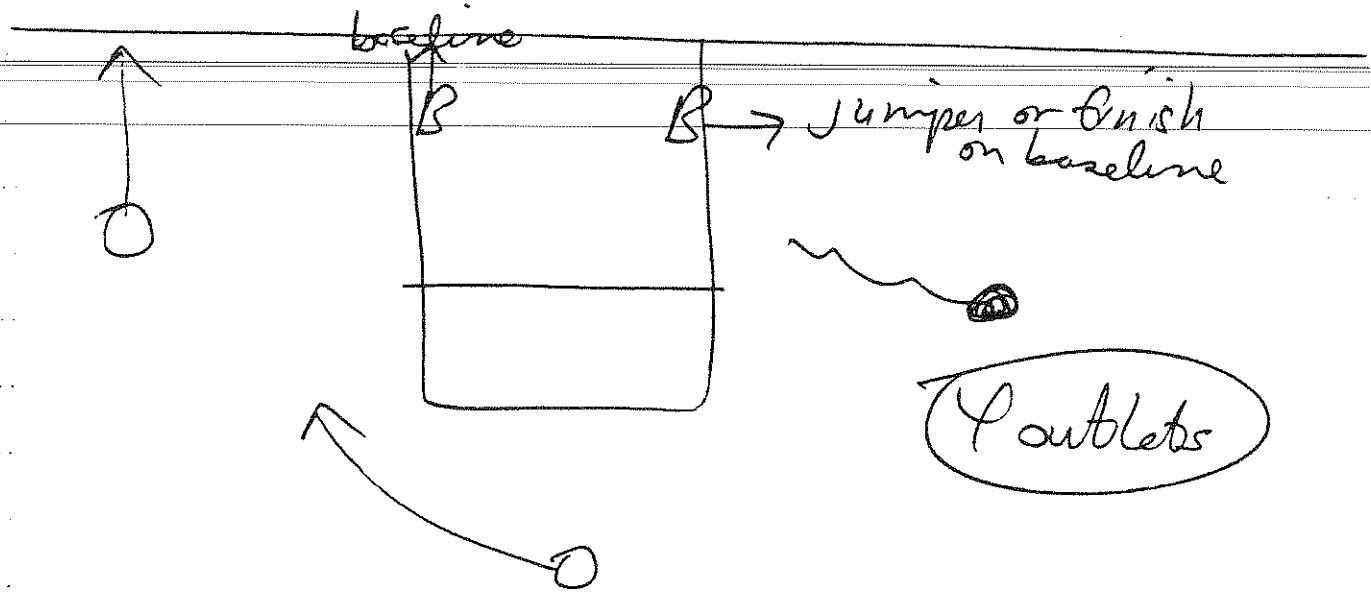


Flash - for both b'igs - enter as close
to elbow as possible
face up - wing goes back door -
instead of going all the way hook post

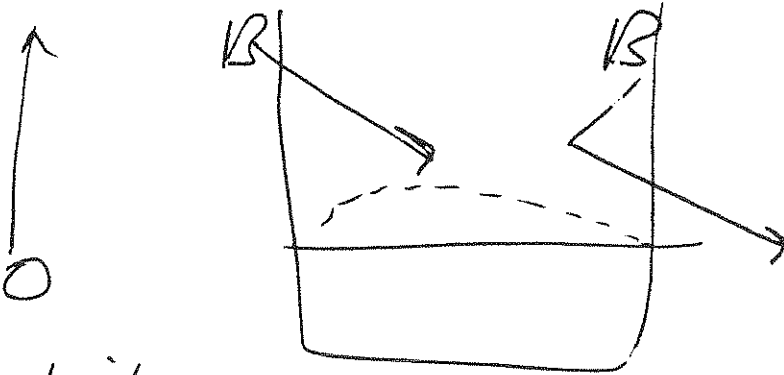


to corner
or
step behind
penetration -
creates more
trouble on
closeout

original passer replaces
strong side



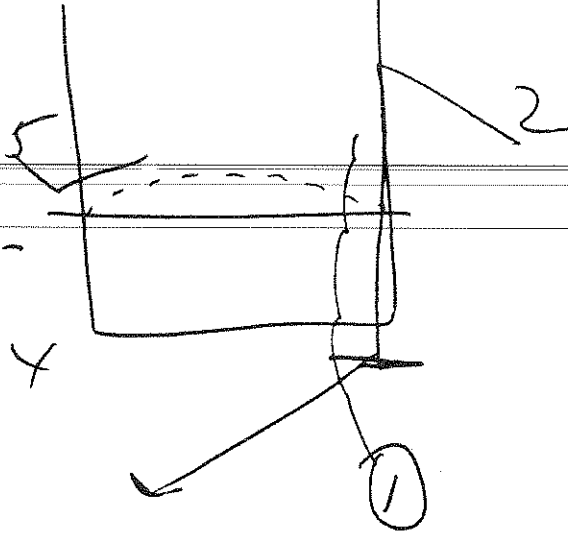
* passes ~~across~~ ^{across} the grain open apt.
penetration



weakside
baseline drift -
quick ball reversal
high - open 3

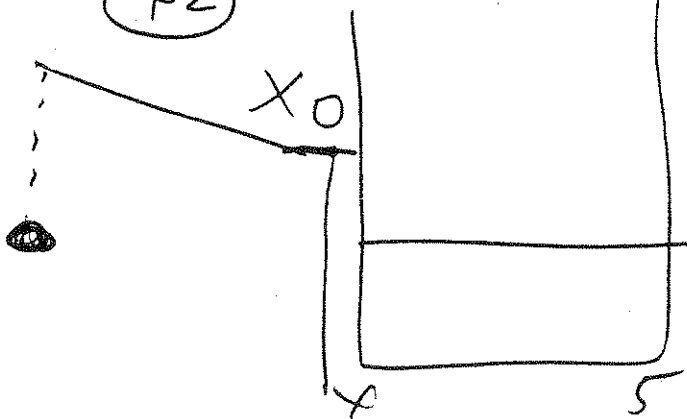


baseline drive
ball side being
up & out
weakside - dotted line

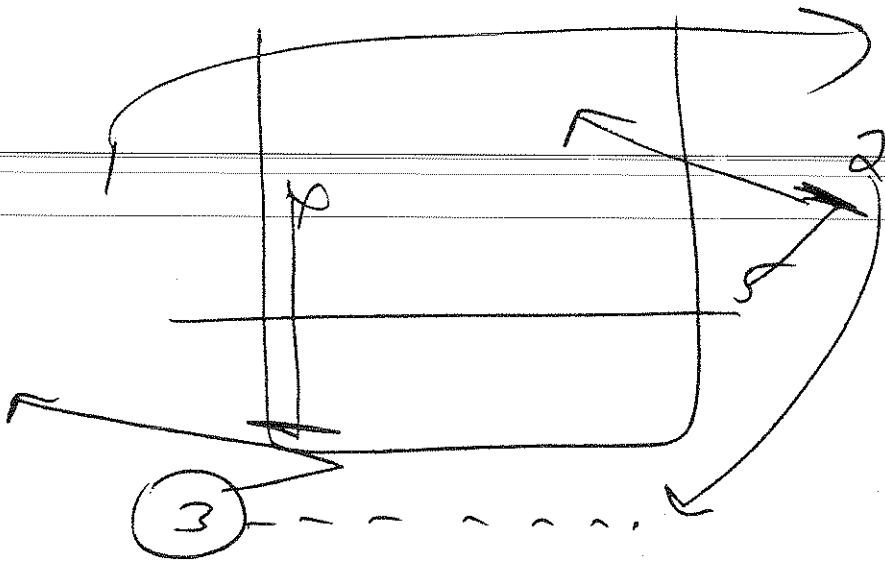
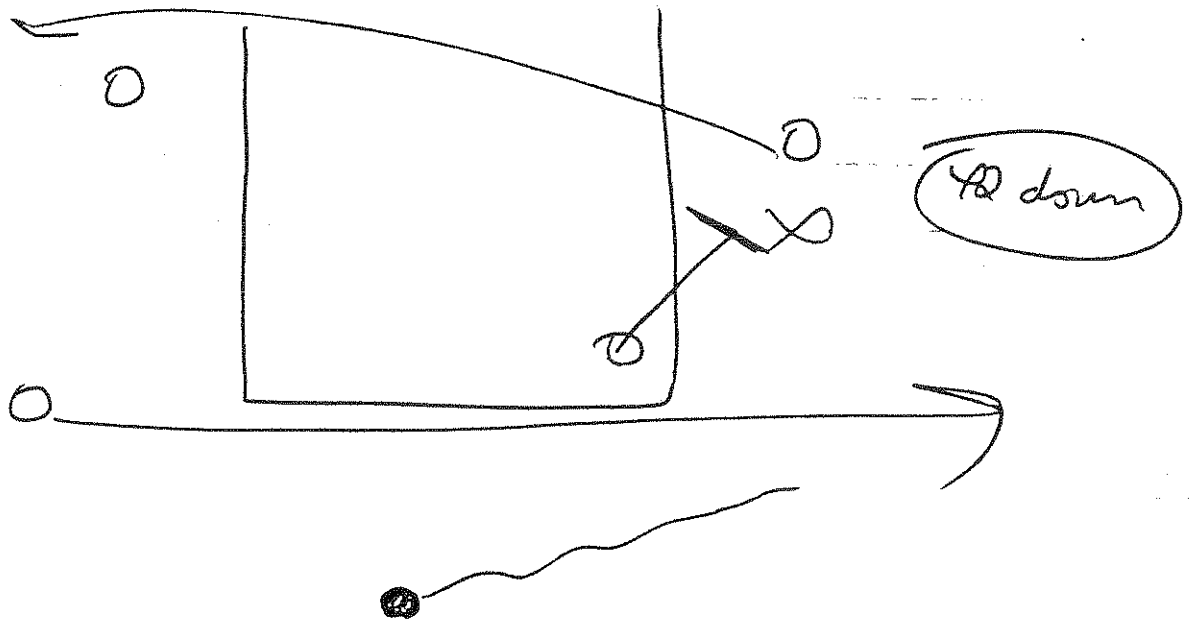


baseline drive -
baseline drift

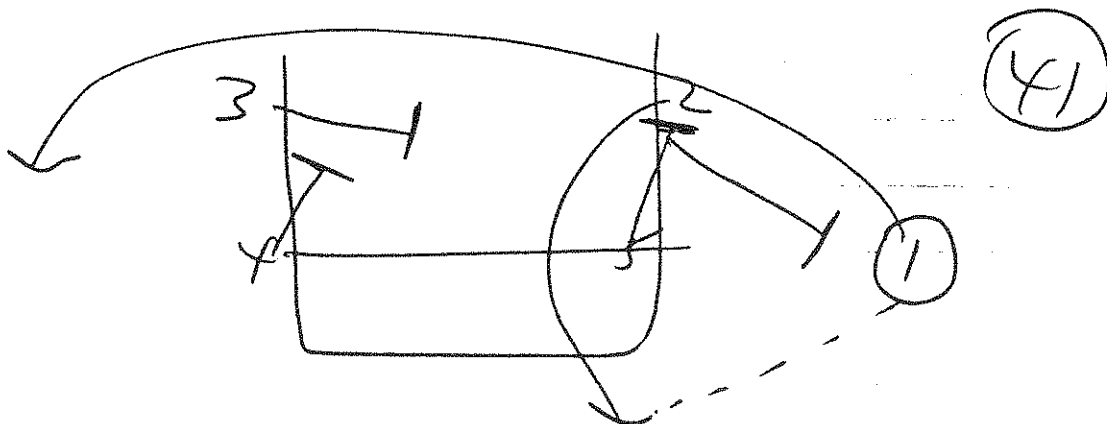
(P2)



0
pop out -
catch & shoot
or pass up

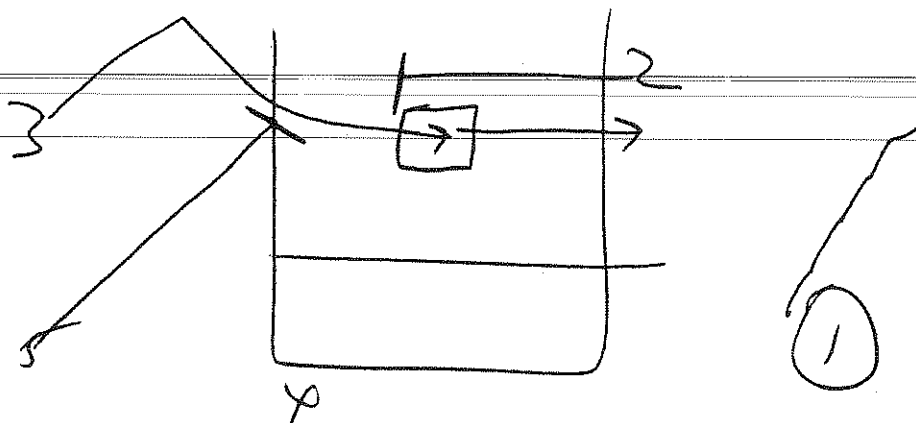


4 glare screens 3



defender goes over the top - 5 would repin -
set triple for 1

1-4 situation for best player - get him
at high post area - in shooting range -
didn't have to dribble - could attack on penetration



look for 3 in plet - post if not there
if 2's man bumps 5 pins down
3 can go into get - 5 + 4 double for 2