Bill Self

- Much easier to guard than to score. That's why we spend so much time on offense.
- Keys to the game is to get the ball into the paint. 3 ways:
  1) Off bounce
  2) Post entry
  3) Offensive rebound.
- To be good on offense you need flow and rhythm.

- At Kansas, once the initial offensive set has been broken down by the defense, the offense is now in ball screen mode. It's the best way to get a shot off in a short period of time.

- A good time to feed the post is off a pick and roll off (high) because the screeners defender is worried about hedging.

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2  
\|  
1---4---10
  \|  
3  
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- This is how we get two post defenders to cover opposite sides of the floor.

- I must pump a ball fake at 5 before the action starts.
Keys to zone offense (2-3)

Is to get the 4 defensive exterior guys covering our 3 guys

*To do this, we bring the wings lower so the defensive bottoms feel like they need to come up

*To start our offense, we'll run what we call "Hot Potato" just to get the defense chasing. We'll stay stationary and swing the ball around. Once the bottom defenders come up, 5 leads and hits the short corner. If

If 5 catches in the short corner, 4 rolls down the lane.

Quick Hitter vs Zone