2009 Garden State Coaches Clinic
September 25, 2009 ● St. Benedict’s Prep

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●Notes compiled by Zak Boisvert, student manager, Fordham University●
The 4-out/1-in offense is extremely dangerous if you have a low post offensive threat because it's an automatic isolation for him.
-In the Pitt program, the lone big is instructed to not necessarily follow the ball from block-to-block and instead learn to play on the weak and strong side. Emphasize the catch opportunities that can come off of screening.

**Motion Problems**

*Common troubles with motion offenses*

1. The ball is stagnant: Get the ball reversed and onto the other side of the floor
2. Standing and watching: “If you’re standing for more than 2 seconds, move!”
3. Too much dribbling: Dribble to drive straight to paint or to improve passing angle

**Spacing**

- Slots (1 and 4 in diagram): up lane line and behind the 3.
- Wings (2 and 3 in diagram): above FT line and 2 steps behind the 3.
- Post is positioned not on the block but rather on the 1st marker.
- All players are spaced 12-15 feet apart.
- Spacing is vital because it gives opportunity to drive and to play off that drive.

**Options off Slot/Wing Down Screen**

*This screen away is an automatic on any slot to slot pass*

1. Backcut: D is even or above the screen, cutter cuts hard to basket while the screener pops back to the ball.
2. Curl: D is trailing the cutter as he makes a tight curl around the screen to the paint.
3. Slot Catch: Cutter comes high to the regular slot position as the D goes underneath the screen.
4. Fade: As the D jumps to the ball, the screener changes his angle of the screen and screens with his butt to the corner as the cutter fades (getting underneath level of screen).
5. Flare: Wing steps up to set flare for slot (shooter) who walks his man to nail on FT line to get his defender on ball side.

-Pitt’s mantra for coming off screens: “Wide, Wait and Watch [the defense]”

-Head hunt on screens with butt to the ball with a big wide base

**3, 4, 5 to the offensive glass:**

-Be relentless on the boards. Second and third effort. DeJuan Blair went to the glass 25-35 times a game and led the country in offensive rebounding with 4 a game. That’s a lot of work for 4 a game! But it made a huge difference for him individually and our team’s success.
- Part of good offensive is good offensive rebounding (can take you from good to great) and part of good offensive rebounding is good offense (force teams to rotate opens up opportunities on the offensive glass.

- 1 and 2 are back (sprinting back to the middle of the floor). There are seniors who have been in the program for 4 years that Dixon still has to fight with to get them to do this consistently.

- Cut to create help. Your cuts will get others open.

**Backscreen:** automatic on a wing to slot pass on the strong side (post occupied).

If x2 fights over the top of the screen (ball side). Post rescreens for wing to head to corner.

If x2 goes underneath, the wing goes over side of screen (the big will be open often on as his man is forced to help on 2’s cut).
-Getting the ball reversed is a big part of the offense as you want the ball to change sides

-In drills, reward the screener by having them get shots as well as the cutter.

-Get the ball to change sides of the floor then sprint to screen; impossible for the defense to defend.

-Your guy may be off you, but you’re not open unless you’re at the right angle where the ball handler can see you. You must make yourself available.

**Post Feeds:**

- Bounce pass to pass since D is high.

- Feed the post from the wing since the high-low isn’t available often in the 4-out/1-in.

- Split off post feed with the wing (the passer) screening for the slot. The cutter has the option to backcut this screen if available. On a switch, the screener is instructed to break off to the rim at the exact moment his new defender switches onto him.

- Go Cut: run mostly by Pitt’s non-shooters, the go cut is utilized with a cut in the direction opposite of the hand you threw the pass from. For example: a wing on the right side of the floor that enters the ball into the post with his right hand (baseline side) cuts hard to his left (the middle of the floor).
Sean Miler

University of Arizona

“Man-to-Man Defense”
-Miller went to the “Packline Defense” in his second year at Xavier and has been committed to it ever since.

**Packline Checks**

*5 stats that Miller feels are good indicators of the defense*

1. Opponent Field Goal Percentage
2. Opponent 3 Point Field Goal Percentage (just as important: how many have they taken? Are they attempting a lot because we’re not pressuring the ball enough?)
3. Fouls (fouling negates a lot of good things we do defensively)
4. Turnovers (we don’t want them to be able to pass, pass, pass. We will create some turnovers, but that is not the objective of the defense.
5. Defensive Rebounding Percentage (be weary of the Total Rebounds stat—can be very misleading. What percentage of missed shots are they rebounding?)

**Packline Myths**

*Myths surrounding the Packline Defense*

1. “There’s no pressure on the ball”
2. “Packline teams are soft”
3. “You give up too many 3’s”
4. “A post entry is too easy”

**Defend the Basket, Defend the Ball (defensive post philosophy):**

-Your defensive philosophy starts with how you defend the post.

-Miller’s teams play ¾ high side to discourage entry passes into the post. The defender is leaning up against the offensive post with his inside forearm (arm nearest to offensive player) as he tries to push the offensive player deeper toward the baseline (foul? The key is that it doesn’t appear to be; the arm isn’t extending and the hand is fisted). Defensive player’s feet are constantly moving (“chopping his stance”) and his hand is in the passing lane.

-On catch: pop back with your hands up (elbows bent). If he dribbles at you, wall up and hit him with your chest. On a shot, you’re “walking through the shooter” by driving your chest up into the offensive player on his shot.

-If you go for a steal in ¾, you better get it because if not, it’s a dunk.
- ¾ is great because on pass from the wing to the top you are already on the line, up the line. Main concern right here is a duck-in by the offensive post. You cannot allow the offensive player to step over you for a gut pass.

- Helpside: close enough to touch your man. As the offensive player makes his post flash, the defensive post should arm bar him. In this fist fight, the defensive player might be momentarily in front of the offensive player which is okay, but it can’t be for too long because Packline doesn’t deny passes so it would be an easy dump pass from the top of the key.

- Drill: 3 perimeters (can be coaches) around 1 offensive post and 1 defensive post. As ball is swung around the perimeter, the defensive player must use the correct technique in performing all movements.

Don’t Get Beat to the Baseline (on-ball defensive philosophy):

- “How do I know if I’m close enough?”
  Can you reach out to touch him?

-Circling back to the belief that your defensive philosophy evolves out of how you defend the post, because you are ¾ on the high side down low, you cannot allow a baseline drive from the perimeter (no help on a drive + 1 dribble baseline and the post player can seal).

- You’re trying to send the wing with the ball to the top of the key. If the opponent is able to make a straight line drive to the elbow then it doesn’t matter what you’re defensive philosophy is, you just better make sure the bus is warmed up.
- Your technique on closeouts starts on getting to the ball. Once you get there, short choppy steps with your butt down and hands high (to take away not only the shot, but also vision of the post feed).

- “Great defenders absorb jabs with their back foot” – Larry Brown.
  Rather than dropping top foot, defender takes the jab step with the back foot and squeaks back.

- “Vegas Closeouts”: drill begins with a coach at the top of the key, a player at the wing and a line of players underneath the hoop. The coach throws the ball to the player on the wing as the first player from the rim line sprints to closeout. The offensive player will jab hard at the defender who must take the fake with his back foot. After a 3 count, the offensive player throws the ball back to the coach and runs to the back of the rim line while the player that just closed out assumes the offensive position.
  - Progression: the offensive player, after a jab step dribbles the ball and picks it up causing the D to move to pressure him with both hands up.
GET BACK! (transition defense philosophy)

-3 to glass + halfback/fullback: while 3 are crashing offensive glass, one guard is sprinting all the way back to the paint and the other is sprinting back to the half court circle.

-Priorities: 1. Protect Basket  2. Stop Ball

-Halfback/Fullback responsibilities:
  - Advance Pass up the sideline: fullback moves out to stop ball while the halfback drops into the paint to protect the basket.
  - No advance pass: halfback picks up ball and begins to level off the ball handler until the rest of the team gets back.

-Drill: “4-on-4 Baseline Touch” begins with 4 defensive players across the free throw line extended and 4 offensive players across the baseline. Coach can call “shot” and the 2 forwards/centers on the defensive team must pause for a 1 count as the coach throws the ball to one of the offensive players to transition. Coach can also do the traditional baseline touch drill where he throws it to one of the players on the baseline and the man across from him sprints to touch the baseline.

-3 players back in transition: make a triangle (1 picks up ball, other 2 are at block—for a second you don’t have a man); 2 players back in transition: be in tandem.

-Player behind ball in transition comes into the play at the top of the key and picks up the closest player there. Too often this guy will run back to his man even if he’s guarded by one of his teammates that sprinted back to form the triangle while a player is left open to take a jump shot.

-Goal in transition: make the game 5-on-5, don’t let them score with an advantage

-In transition you must either talk, point (if you hate to talk) or be really matched up.

Your Positioning is Your Help (positioning off the ball)

-There is an invisible line that mirrors the 3 point line, but is set a couple of feet inside at 17 feet away from the basket. If your man does not have the ball, you must have 2 feet inside this line.

-“Your positioning is your help.” Because you’re already in the position to help, you eliminate the help aspect of help-and-recover. Where people see that this defense does not deny the passing lines and say that it will give up too many three pointers as a result,
they’re not realizing that because the player is already there ready to help, all he has to do is closeout now. “Your positioning is your help”

-If ball is on the opposite side of the floor and you’re in help, it doesn’t mean you have to sink to beneath the basket. On helpside think “Blocks & Elbows.” You’re either in help straddling the block or in help straddling the elbow.

-Communication within the defense:
  
  On Ball: “Ball”
  Off Ball (1 pass away): “Gap”
  Off Ball (2 passes away): “Help”

-Pickup point: pressure the point guard, but if anyone is dribbling above the coaches box, leave them out there.

-Drill: “4-on-4 Shell” begins with 4 offensive players around the perimeter and 4 defenders foot firing while facing the coach on the baseline. The coach throws the ball to one of the offensive players and the defense sprints to play. The offense does not dribble, holding the ball for at least a 1 count on each catch.

-Drill: “Vegas Closeout Progression” is the same drill discussed in the on-ball defensive philosophy section except now when the player passes back to the coach, the defense player must assume the gap position. The coach will then throw back to the offensive player who will foot fake at the defense again before throwing back to the coach and rotating to the back of the line.

-Final piece of the defense: “If you’ve got a cutter, packline is out and you’re chasing (we don’t switch). If you’ve got a screener, you’re in help with your eyes on the pass.”

-Because of this philosophy, at the end of opponent’s screening actions, the player they were hoping to get an open look will catch with 3 guys on him. As you can see in the diagram, 3 just made the pass to 2 (coming off 4’s down screen). X3 has assumed his gap position, 4 is helping on the screen (now retreating back to his man) and 2 has begun putting pressure on the basketball.

Defending Ball Screens:

-Because we don’t allow any baseline drives, we are set to handle wing ball screens well because of the fact we’ve taken away any opportunity the ball handler has at refusing the
screen. We are forcing him to use the screen as the screener’s defender “jumps” the screen, showing the ball handler his numbers. Ball handler’s defender goes over the screen and under the hedge, recovering to the ball as the screener’s defender recovers back to his.

-The only switch we’ll make is off of a wing ball screen with the screener having the ability to pop and knock down an open shot from the wing. We will “X Switch” this with the nearest defender running out at the pop and the screener’s original defender running to the front of the rim.

-On an elbow angle screen, we won’t hedge. The screener’s defender will be underneath the screen sliding with the ball handler until his defender can get over the screen and assume on-ball pressure.
-Recommended reading for coaches: “Finding the Winning Edge” by Bill Walsh. Bookm is
Pricey ($75+ used), but very good. Two most important lessons pulled from book:
1. The hardest thing to do is coach the great player in decline.
2. The essence of teaching is getting players to do what they don’t want to do in order to achieve what they want to achieve.
   - It’s a constant fight. Don’t lower your standards. Push them to be perfect practice players.

- As a coach you can’t be afraid of confrontation. You’re not looking for a fight, but you must be unafraid to take a player to task on an issue you deem important.

- Parcells-ism: “Know what loses before you understand what wins.”
  - Develop a philosophy of winning, but understand how you will lose.

- What Wins: defend, rebound and play inside → out on offense

- “You have to know who you can coach.”

- Players’ on-court communication: early, loud and continuous (say it 3 times)

- The Three S’s: Soft, Stupid and Selfish. A player can only be 1 of them.

- Your confidence as a coach is just as fragile as your players’ confidence and it’s important that you maintain that (especially after a firing). Constantly evaluate yourself and what you can improve on, but have a core philosophy that can’t be shaken by failure.

- 4 stats to pay attention to:
  1. True FG % (3FG% being weighted into FG%)
     Calculation: PTS / (2 * (FGA + 0.44 * FTA))
  2. Turnover Differential
  3. Rebounding % (What percentage of missed shots are you getting?)
  4. Made Free Throws (make more free throws than our opponent attempts)

- What are your 3 things? What is absolutely personal to you? Besides the broader picture of wins and losses, which areas of the game hold themselves of special importance to you?

  - Van Gundy’s 3: conditioning, transition defense, and blocking out (if you give him a fourth: screening).

- No matter what you run it comes down to you getting your best offensive player on his favorite side of the floor with a block open.

- A shooting 4 is the best offensive asset in the game today.

- Best transition defense is a good offense (an offense that limits turnovers, takes high percentage shots and gets to the free throw line).
-Sends 2 to the glass and 3 back. “You can’t do 2 back in a tandem because of transition 3 and how every team is sending their wings to the corner.

-We don’t get back on the shot, we get back on the motion of the shot.

-Transition offense and transition defense are the same in that they both depend on 2 things: a. the intelligence of your perimeter players and b. the hard work of your bigs.

-Every team that puts pressure on the defense in the transition thing has one thing in common and it’s not what you think (the great point guard), it’s actually the big running hard from rim-to-rim because he compacts the defense (see diagram where his presence causes x2 to shade to paint, opening skip opportunity for an open 3 on right wing for 03.

-On makes: match to your man (your players are dogs if they can’t do this)
On misses: match to similar size

-Defensive big trailing: run back and make contact.

-Trailer’s defender: sprint ahead of ball and load to the ball.

-Drill: “5 vs. 4 Scramble” begins with a 5-on-4 situation with White attacking Blue. Blue’s 5th player is stationed underneath the opposite rim. Blue defends white by guarding the ball with everyone else guarding two. Play for 3 possessions meaning White attacks 5-on-4 then Blue attacks 5-on-5 (with their post already at rim) and then White back 5-on-5 to finish.
  »Variation: man down can also be a perimeter player in the corner.

-The first thing in defending a great player is to take away his easy points: limit his layups, his free throws, transition opportunities, second shots and the open three.
-Don’t double to stop a player from hanging 30 on you. That’s your ego. Choose to double team a player because you feel it gives you the best chance to win. Don’t say “make someone else beat us.” Just because you’re doubling mean you’re giving up open and uncontested shots to other players (which marks the essential problem with the double team: it provides plenty of driving opportunities because of the long closeouts).

**“Hit”**

-Run to take the ball out of the great point guard’s hands.

-Run as close to the sideline and half court as possible with your 4 man running at point guard. The key is that is done as slowly and as soft as possible, it’s not a double team (so much of defense is an illusion) you’re merely trying to get the ball out of the point guard’s hands and put the trailing big in a decision-making situation.

-There is no rotation. X2 is not rotating onto 4, he is merely stuntting at him until x4 comes back into the play.

-When do leave the “Hit”? When the ball is beginning to be picked up or (if run in back court) the point backs his dribble up to stretch out the double team.

-Post-hit defense on point guard: depends on personnel and if you want to keep it out of his hands the entire possession. At the very least you should be denying it for 1 more pass.

-A body-to-body total face guard on the star player is incredibly impactful. There’s something about another player standing nose-to-nose with him that throws players off.

-What do you do if your man-to-man defense isn’t good enough to contain the opponent’s best player? “Plant” or “Fire.”

**Plant:**

- Take your post and plant him right at the nearside block on the star wing player’s catch. The other 3 players are zoning the rest of the floor and you’re “trapping the box” on any wing drive with the waiting big.
Fire:

- Nearest man from top doubles the wing isolation.

-The big question regarding the “Fire” technique is whether you’re putting the 5 man in your rotation (A) or are you rotating “through” him (B)? Van Gundy prefers rotating through him (B).

A.

5 is part of your rotation and he is rotating out to cover 2.

B.

Rotating through (2 goes “through” 5 to take corner).
**Fire 1-4**

- Run when given a 1-4 look at end of quarter.

- You’re pushing the ball handler to his weak hand (in diagram, left) and “firing” with the outside defender.

**Going against the great post player:**

- Don’t be afraid of the lob over the front (it’s the most overrated offensive play in basketball; it’s rare the offense completes this—rarer for the offense to go high-low without the pass hitting the backboard!)

  - Front by sitting right on the offensive player’s front leg and pushing him back.

  - Who comes on a lob? The closest player with the mindset “Steal or Seal” meaning steal the pass or seal yourself to brace for the charge.

  - Where do we double from on a post catch? Closest to the elbow (not off passer).

  - Leave post doubles on the shot, pass or back dribble.

  - Any double team (not just in the post) we’re zoning the rest of the floor.

  - A great post double is to double from the opposite baseline with the ball defender jumping to high side (middle) on the catch and opposite big running to post’s baseline side.

**Defending the BLOB:**

- Everyone have contact with their man,

- Don’t be wandering and stumbling around when the ball is dead

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-Get your shoulders and head below screener’s hips going through any screens.

-“We never want a small coming off the body of a shooter to help.” If guarding a shooter, a defender must be weary of helping because if the shooter just set a screen, chances are he’s about to be the recipient of another.

OOB Trap Concept:

-On slap of ball, the inbound defender begins by positioning himself on the inbounder’s inside shoulder in order to take away the quick basket cut. Because 90% of all BLOBs are inbounded to the weakside, he will then jump to the player’s outside shoulder for a second before jumping back to the inbounder’s inside shoulder again.

   »This can be done on SLOBs as well with the inbounder’s defender positioned first to take away quick pass to the post before jumping over to the inbounder’s top shoulder. Like in the BLOB, the defender will conclude by jumping back to his original spot.
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“Basketball Philosophy”
-At every clinic you go to as a coach remember that it is a winning coach presenting what they truly believe so have an open mind and allow your knowledge to expand. However, you must remember to take only what you can teach,

-Don’t have a lot of rules. Never make a rule you won’t enforce.

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<td>1. Be on time</td>
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<td>2. Play hard</td>
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<td>3. Know your job (Basketball IQ)</td>
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<tr>
<td>4. Know when to pass and when to shoot (Hardest thing for many players to learn)</td>
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-I don’t fine players. Players fine themselves with his lack of professionalism.

-You don’t win because of your philosophy. You win because of the combination of your philosophy and their playing.

-If a player is dogging it during a game pull him aside and ask “Are you sick? Are you injured? You got 2 minutes.” If they continue to dog it, pull them because while the kid behind him may not be as talented, he will play harder.

-Do your players know what shots you deem acceptable? What about in transition?

**Changing Defenses:**

Make: 1-2-1-1       FT: 2-2-1       Backcourt OOB: 1-3-1       Missed FG: man-to-man

1. Change tempo
2. You need more shots (must force turnovers)
3. Get ball out of hands of their best player
4. Opponent can’t pick out guy who is weakest link
5. How can you let the best team in your league leisurely bring the ball down court to run the stuff they want to.

Practice:

-Think about your practice schedule—are you wasting time in your practices? There’s an easy way to solve that by spending more time crafting your daily practice schedules.

-Do you run enough in your practices? Do you shoot enough?

-Brown has 6 different shooting drills and will do 3 one day and the other 3 the next. Players will never do the same drill 2 days in a row, eliminating any chance at boredom. Brown will do the same with 10 defensive drills.

-Any time we go 5 minutes over for practice, it’s a $1,000 fine for me. If it says a 1:30 practice, you owe it to them to make it 1:30.

-Never leave a 5 man drill without the ball going through the hoop for 2 reasons.
   1. It makes them feel good
   2. I want to see your offensive rebounding/transition defense concept every time.

-Don’t keep same unit on offense for too long because the defense’s effort and intensity (allow them to transition the other way).

-They will take what you demand as long as you’re fair, constructive and you teach them.

-Communication skills: Do you talk to each kid every day? Bill Parcells would walk around while stretching and say something to every player.

<table>
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<th>Late Game Situations</th>
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<td>-Before you break a late huddle with the ball: Timeouts remaining and how many fouls until we’re in the penalty?</td>
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<tr>
<td>-Before you break a late huddle without the ball: Timeouts remaining and are they shooting the penalty?</td>
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-Shooting makes up for a multitude of sins. All teams can hide one shooter who can’t defend.

-Have 2 secondary breaks: one sideline break and one with the ball in the middle of the floor.

-Pet peeve of Brown’s: PG brings ball up left side of the floor, throws to the left wing before rubbing off a screen by 5 to make a UCLA cut to the block. The defense is trailing
the cutter, but the wing cannot get the ball to him because the pass has to be made with his left hand.

-On pick and rolls, the ball handler must take the ball 2 dribbles away from the screen because that opens up the pass.

-Roll screener to baseline midpoint on wing pick and roll because it requires such a tough closeout by x5 because of the spacing.

-Check your offense every 1/3 of the season—are you still getting good shots?

-We never follow (except on staggers). Shoot the gap and make them prove to you they know how to bump and can hit a shot off of it.

-Give them a chance to win. They have to feel it in their hearts. It’s two-folded; you must have faith in them and they must have faith in you.

-Be an innovator and risk-taker.

-Congratulate every single player after win. “Show them love”

-Break down the last six minutes of the game. What did we shoot (percentage-wise)? Did we get good shots? How many turnovers? How many free throws did we attempt? Who did we go at the end of the game? Was that the right player?

-Game goals: 15+ offensive boards a game, 7+ deflections a quarter, 60% fast break scoring percentage

-Kids want development, they want new moves. Sell them on individual improvement.
heads to corner. 2 sets a cross screen for 5 (never cross screen big for big because it’s too easy for them to switch). 2 then receives a down screen from 4 and pops out to FT line. After passing it into 2, 1 curls around 5’s screen at the block.

-Who is responsible for preventing the step through on the trap? The guy coming.

-Do you put a man on the inbounder? You have to. Don’t give him a free pass in a pressure situation. Make him prove to you that he’s can make a decision under pressure.

-Something to toy with: 2 on the inbounder.

-When defending OOB situations, the inbounder’s defender can take away 2 (of 3) directions from the inbounder, leaving only one direction he can pass to. Which one do you take away on BLOB? SLOB?

-Double OOB

-Zigzag Drill: Defensive player touches offensive player’s hip to begin drill. At first turn, offensive player lifts the ball above his head as the defender “crossfaces” him by thrusting his hands in offensive player’s face, crossing them to take away his vision.

-Front all post feeds. How do you front? Front with the defensive player’s chest to the offensive player’s with the defensive player’s hand as close to the offensive player’s catch
hand as possible. Brown doesn’t like the Van Gundy technique of fronting because you cannot jump from that position.

-If you are going to double off the passer on the post feed it must be an L trap. In the diagram, the left side is incorrect (what’s the trapper taking away? Nothing!) The correct way is shown on the right.
“Zone Offense”
-How does your team fit in your league?

-In terms of zone offense, at Villanova we feel it’s more important for our players to understand the concepts within our zone offense than just know the plays.

-Whenever you see your opponent in a zone, boost the confidence of your players by telling them, “the reason why they’re in zone is because they don’t want to/can’t guard us 1-on-1 and don’t want to face our man-to-man offense.”

-Encountering a zone defense, try to run your man-to-man offense

-We don’t worry about recognizing 1 guard fronts or 2 guard fronts. We want our guys focused on scoring. We’re not running an offense just to run an offense.

-The 1st 2-3 possessions when a team changes to a zone defense can affect the entire game.

-Get the ball reversed and the last guy in the swing needs to make a play.

-Against a zone, look at screeners as second cutters.

-“Inside, Out, Opposite”: On any post catch against a zone, player should be looking diagonal to the opposite wing.

-Against a zone the ball should move quickly out of the wings and can slow down up top.

-Zones are taught to slide on passes made by the offense so pressure and distort the zone with the cutting and dribble penetration of your man-to-man offense.

-Ball screens are highly effective against a zone especially with shooters. For a shooter, it’s a naked ball screen—there is no hedge! Get your shooters thinking 1 dribble and shot.

  »Because of congestion inside against a zone defense, the pass to the roll man is unlikely. Instead of looking for the hit on the roll, the screener should be rolling right to the glass for an offensive rebound.

  »An opportunity that’s often available off this roll is the ball handler throwing back to the fill (2 in diagram) to draw the outside forward defender out. The screener has roiled to the rim and screens the middle defender for an easy post-up.
- Make the backend of the zone play by reversing the ball quickly and creating either a 2-on-1 situation or a closeout situation (with a forward flying out at a guard).

- The “slot” position is extremely effective against the zone. Lane = 1 foot off the lane line and outside the three. Anytime the ball comes to the slot there is an automatic post flash.

- “Leave a spot, fill a spot”

- Position your wings exactly in between the front line and back line of a 2-3.

- All passes made into a zone must be bounce passes.

- If you see a zone, get your shooters in. Any zone offense looks great with 4 shooters on the floor.

- “It’s more important to be decisive than to be perfect.”

- The main objective of Rollie Massimino’s zones were to simply make the offense think about what they wanted to do.

- Punish the zone on the offensive glass by sending at least 3, maybe 4.

- Had the pleasure of having Larry Brown at every practice this past season. A great asset! Invite former coaches to your practices and ask for honest feedback.
Fran Dunphy, Temple University

“Motivation”

- Enjoys the give and take of coaches (especially at clinics). “We’re all in this together. We want to learn and teach as much as we can.” Very few Temple practices are held with no coaches in attendance.
-“I’m the world’s greatest thief. I’ve borrowed from everyone.”

-Don’t be as concerned with what you do as how you do it (be a maniac about your screening).

-Everyone does a defensive shell, but where’s the offensive shell? With the restriction you have on practice time (especially at the high school level), it’s not worth it to you to just look at shell for defensive purposes (think about this for every drill you do. The mark of a great drill: cross-teaching). Emphasize offensive execution in your shell drills.

-Cut violently through the paint to draw defense to you.

-Loves the dribble handoff ("mobile pick & roll"). To initiate the dribble handoff, dribble at the defensive player not the offensive player.

-Offensively, the man in front of you is going to tell you what to do.

-Don’t underestimate the value of shooters.
- Two different pin down screens:

Wide

\[\begin{array}{c}
2 \\
\downarrow \\
3
\end{array}\]

Narrow

\[\begin{array}{c}
2 \\
\downarrow \\
3
\end{array}\]

-Watch what the defense is doing and they’ll tell you what’s available.

-Your players must understand the pressure releases in your offense (Exchanges, dribble handoffs, back doors, ball screens).

-Positioning: 2 wings lined up a step up from the block, 2 high players in the slots.
-Single/Double Action: diagram shows 2 using the double.

-If running a 3-out/2-in motion, never have your bigs on the same plane.

-Sideline Out of Bounds: run your early offense!

-The re’s not a harder offensive action to defend than the shooter setting a back screen.

-When leadership comes from within (your captains, your seniors), it’s that much more powerful. Recruit good kids (college); keep good kids around (high school).

-Make sure your players understand important offensive concepts like the baseline drive/baseline drift. Other options on a baseline drive include the crackback (1) or the opposite big T’ing up to the broken circle (4).

-Zipper Ball Screen
BLOBs:
“Dive”: 5 steps off his screen right into the rim
“Double Slip”: Screeners slip right as shooter hits their shoulder.
Offensive set: 5 steps out of post to set a back screen for 4. After setting the back screen, 5 turns to set a flare screen for 2. 1 dribbles over to improve his passing angle and makes pass to 2.