



INSTANT REVIEW NOTEBOOK

Volume 6



COACHES CLINICS

1995

USA INSTANT REVIEW NOTEBOOK

VOLUME 6

Thirty-two years!! That is how long we have been making this notebook available to you. The first notebook was a summary of the notes and diagrams from the St. Louis Basketball Clinic in 1964 after UCLA and Coach John Wooden won the first of ten NCAA Championships.

The staff for the first clinic included Coach Wooden; John Benington, St. Louis University; Harry Gallatin, St. Louis Hawks; Chuck Smith, Missouri-St. Louis, Vergil Fletcher, Collinsville (IL) High School and Roger Laux, St. Louis DuBourg High School. It was intended to merely provide notes to the attendees.

The notebook has been provided annually since then under Mid-America Coaches Clinics (1965-66), 7UP Basketball Clinics (1967-74), Medalist Sports Education (1974-84), MacGregor Sports Education (1984-89) and now USA Coaches Clinics.

The USA INSTANT REVIEW NOTEBOOK is produced each summer and added to our library of nearly 2,000 books and videotapes.

A special appreciation is in order for notetakers Tom Desotell, Burt Droste, Tom Lentsch and Buzz White along with Patrick Gifford and Mary Jane Grellner, who prepare and finalize the notebook for your benefit.

When you think of quality, we hope you will remember USA Coaches Clinics and Library.

Sincerely,

Bob Murrey
President and Editor

© Copyright 1995 USA Coaches Clinics, Inc. All rights reserved.

1995 NCAA CHAMPIONS

Men

DIVISION I

UCLA (31-2)
JIM HARRICK

Women

UCONN (35-0)
GENO AURIEMMA

DIVISION II

U OF SO. INDIANA (29-4)
BRUCE PEARL

NO. DAKOTA STATE (32-0)
AMY RULEY

DIVISION III

U OF WISCONSIN, Platteville (31-0)
BO RYAN

CAPITAL UNIVERSITY (33-0)
DIXIE JEFFERS

1995 NAIA CHAMPIONS

DIVISION I

BIRMINGHAM SOUTH (35-2)
DUANE REBOUL

SOUTHERN NAZARENE (30-2)
JERRY FINKBEIN

DIVISION II

BETHEL COLLEGE (IN) (38-2)
MIKE LIGHTFOOT

WESTERN OREGON (23-9)
RUSTY ROGERS

1995 NJCAA CHAMPIONS

DIVISION I

OKALOOSA - WALTON CC
MURRAY ARNOLD

WESTARK CC (35-0)
LOUIS WHORTON

DIVISION II

NO. IOWA AREA CC (24-12)
DAN MASON

KANKAKEE CC (34-2)
PAUL O'CONNOR

DIVISION III

SULLIVAN CO CC (31-3)
DAVID POSSINGER

RAINEY RIVER CC (25-4)
LEROY HUMBERT



COACHES CLINICS

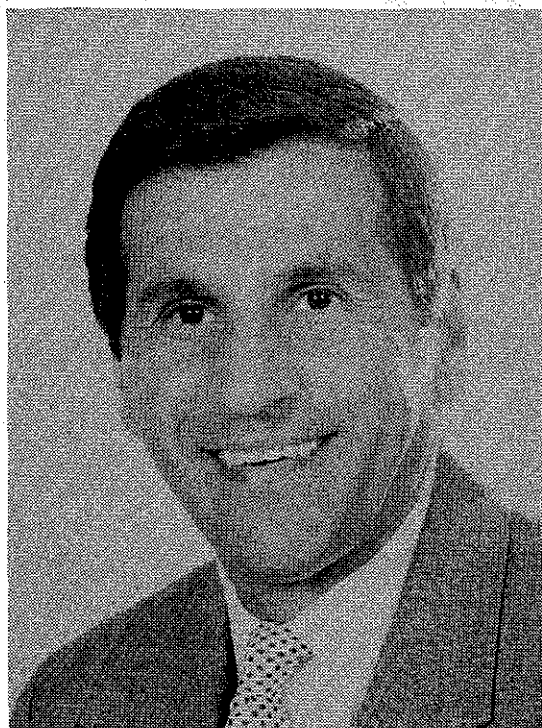
JIM HARRICK

UCLA (Men)

NCAA DIVISION I CHAMPIONS

1995 (31-2)

UCLA 89 - ARKANSAS 78



Coach Jim Harrick has led the Bruins back to the level of the nation's elite. It was Harrick's first NCAA title and UCLA's first in 20 years, since Coach John Wooden's last season as the Bruin coach. UCLA last appeared in a Final Four in 1980 when they lost to Louisville in the Championship game.

UCLA defeated the defending champions, the Arkansas Razorbacks, in a game much closer than the score indicates. In addition to the stellar play of the Bruins starters and All-American Ed O'Bannon, UCLA received tremendous help from Toby Bailey coming off the bench to replace the injured Tyus Edney. The game could have been won by either team until the last several minutes.

After his first 200 games at UCLA, Harrick, the tenth Bruin coach in history, has the best record (146-54) of any Bruin coach in history. He has been there seven years and recorded a school record of 168-55 (.753). During these seven years, Harrick has averaged 24 wins a season while reaching the NCAA tournament each year.

Harrick was named the Naismith and National Association of Basketball Coaches National Coach-of-the-Year and the Pacific-10 Coach-of-the-Year.

Congratulations to Coach Harrick and his 1995 UCLA Bruins team.

BILLY PACKER
Chairman

HUBIE BROWN
Vice-Chairman

BOB MURREY
President



COACHES CLINICS

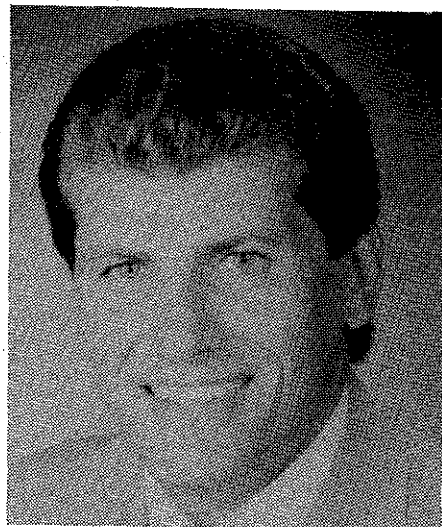
GENO AURIEMMA

CONNECTICUT (Women)

NCAA DIVISION I CHAMPIONS

1995 (35-0)

CONNECTICUT 70 - TENNESSEE 64



Coach Geno Auriemma and his team had an incredible once-in-a-lifetime season. The UConn team defeated a very fine Tennessee team to win the NCAA Division I Championship with an unbelievable record of 35-0. UConn was only the second women's team to go undefeated enroute to the national title.

UConn was ranked #1 nationally by USA Today and the AP polls. Auriemma was named Coach-of-the-Year by eight organizations. He coached an unprecedented three All-Americans last season, one each on the first, second and third teams. Rebecca Lobo was selected first team All-America by virtually every organization naming a team.

Every freshman player recruited by Auriemma has obtained her undergraduate degree. Impressively, during the past four seasons, 15 of the 20 UConn starters (8 different players) have been Dean's list students.

Auriemma has been the UConn coach ten years. During that time, his teams have averaged 23 wins per season (227-81 - .737) and they have advanced to seven NCAA Tournaments.

USA Coaches Clinics salutes Coach Geno Auriemma and his outstanding team for their achievement.

BILLY PACKER
Chairman

HUBIE BROWN
Vice-Chairman

BOB MURREY
President

QUICK CLIP BIOS 1994-1995 SPEAKERS

JANE ALBRIGHT-DIETERLE - Wisconsin (Women's)

In her first year at Wisconsin, she led them to the NCAA Tournament with a 19-8 record. Coached at Northern Illinois for ten years.

STEVE ALFORD - Southwest Missouri State

Former Indiana All-American player. Member U.S. Olympic Gold medal team; the NBA four years.

KIM ANDERSON - Missouri

Fourth year as an assistant at Missouri after being at Baylor six years. Chosen by the NBA Portland Blazers in the first round.

GENO AURIEMMA - UCONN (Women's)

His team won the NCAA Division Women's Championship with a 35-0 record and Coach Auriemma was named Coach of the Year by at least 8 organizations.

MURRY BARTOW - University of Alabama

In his 6th year as an assistant at UAB. Works primarily with the defense.

DICK BENNETT - Wisconsin

First year at Wisconsin after an outstanding career at UW-Green Bay.

AGNUS BERENATO - Georgia Tech (Women's)

Head Coach since 1988 (90-83). Coached four years at Rider College and a year at the high school level.

HUBIE BROWN - NBA Broadcaster

Prior to broadcasting, he was one of the NBA's most well-known coaches, serving as Head Coach of the Atlanta Hawks and the New York Knicks. Now in his sixth season as analyst on TNT's NBA telecasts.

JIM CREWS - University of Evansville

10th year as head coach of the Purple Aces. He has done an outstanding job turning the program around; they have been in three NCAA Tournaments since he came on board.

NANCY FAHEY - STL - Washington University (Women's)

Her teams have been in six straight Division III NCAA Tournaments and in the Final Four twice. She has compiled a 195-46 record. Was 1995 Olympic Festival coach.

TIM FLOYD - Iowa State

Second year at Iowa State after 6 years at U of New Orleans where his relentless defense led UNO to 4 regular season titles, one conference tournament title, 2 NCAA and 3 NIT bids.

FRAN FRASCHILLA - Manhattan College

Head Coach at Manhattan for three years and has guided them to a contending position in the Metro Atlantic ranking high in field goal percentage. Spent 13 years as an assistant at five different colleges.

PETE GAUDET - Duke

At Duke since 1983 and was responsible for scouting and player development. Worked with big men in practice and developed four NBA first round draft picks. Was head coach at Army in 1980-82.

GARY GLASSCOCK - STL - Cor Jesu Academy

His team won the 1995 Missouri Girls 4A State Title with an impressive 31-0 record. Head coach for five years (118-25). Teaches his players to play every position.

JIM HARRICK - UCLA

Won the 1995 NCAA Division I Championship. First NCAA title for UCLA since 1975.

BILL HERRION - Drexel

He has had four outstanding years with two NCAA bids. Coached with Mike Jarvis six years at Boston U and George Washington.

TERRY HOLLANDER - St. Charles (MO) West High School

Reached the State Final Four the past two years and won the 1995 State Championship. Has been head coach for ten years. A very thorough clinician and has some great ideas.

LARRY HUNTER - Ohio

The fundamentals of winning have always been a part of his game...first as a player at Ohio and now as the head coach of the Bobcats.

JILL HUTCHISON - Illinois State (Women's)

She ranks in the Top 15 coaches in number of wins. Her teams have won 7 AIAW State Titles in addition to receiving three NCAA and six NIT bids. She is also a three-time WBCA president.

MIKE JARVIS - George Washington

Mike has been at George Washington since 1990 and has led them to three NCAA bids. He was the former head coach at Boston U and Cambridge Rindge & Latin. On Board of Director for the NABC.

JIM JOHNSON - Incarnate Word High School

He has been at Incarnate Word for 13 years. His teams have won 7 District titles in a row, 4 Sectional Championships with two Final Four appearances, placing first in 1995.

JOYE MCNELIS - Memphis State (Women's)

At Memphis for the past four years with a 62-52 record. Led them to the NCAA Tournament last season with a 21-7 record. Her teams running style puts points on the board

DAVE ODOM - Wake Forest

He has established himself as one of the top coaches in the ACC with his rebuilding program. In 1994 named ACC Coach of the Year and USBWA District Coach of the Year. Heading into his 8th year at WF.

KEVIN O'NEILL - Tennessee

A proven builder of programs. Before moving to Tennessee he turned the Marquette program in three years. His teams won over 20 games in his last two years and reached the NCAA both years.

TOM PENDERS - Texas

His up-tempo fast paced style has taken the Runnin' Horns to two SWC titles in his 6 years at Texas and they have reached the NCAA Tournament 5 times.

KELVIN SAMPSON - Oklahoma

Just finished his first year at Oklahoma where he succeeded Billy Tubbs. He helped return a winning spirit to Washington State where he was head coach for seven years.

PAUL SANDERFORD - Western Kentucky

During his 13 years as head coach his teams have broken virtually every school record for excellence. His teams advanced to 11 consecutive NCAA Tournaments and was in the Final Four 3 times

WIMP SANDERSON - Arkansas (Little Rock)

Second year at Arkansas-Little Rock after 12 outstanding years at Alabama. A quality coach and good teacher of offensive alignments. The fans there are already thinking postseason.

TUBBY SMITH - Georgia

In his first year at Georgia after spending four quality years at the helm in Tulsa. He lead them to the Sweet Sixteen last year with a 23-8 record. Also spent two years with Rick Pitino at Kentucky.

NORM STEWART - Missouri

Last season Coach Stewart was tied with Bob Knight for 5th in victories on the list of active winningest NCAA Division I Coaches. In the Big 8 he has won more conference games and titles than anyone.

RICHARD WILLIAMS - Mississippi State

Coach Williams is highly respected by his SEC peers and his teams keep getting better. He has had outstanding seasons back-to-back.

ROY WILLIAMS - Kansas

In his 7th season at KU and holds the highest winningest percentage among Division I coaches. His teams play a tenacious man-to-man defense that has led them to the Final Four in 1991 and 1993.

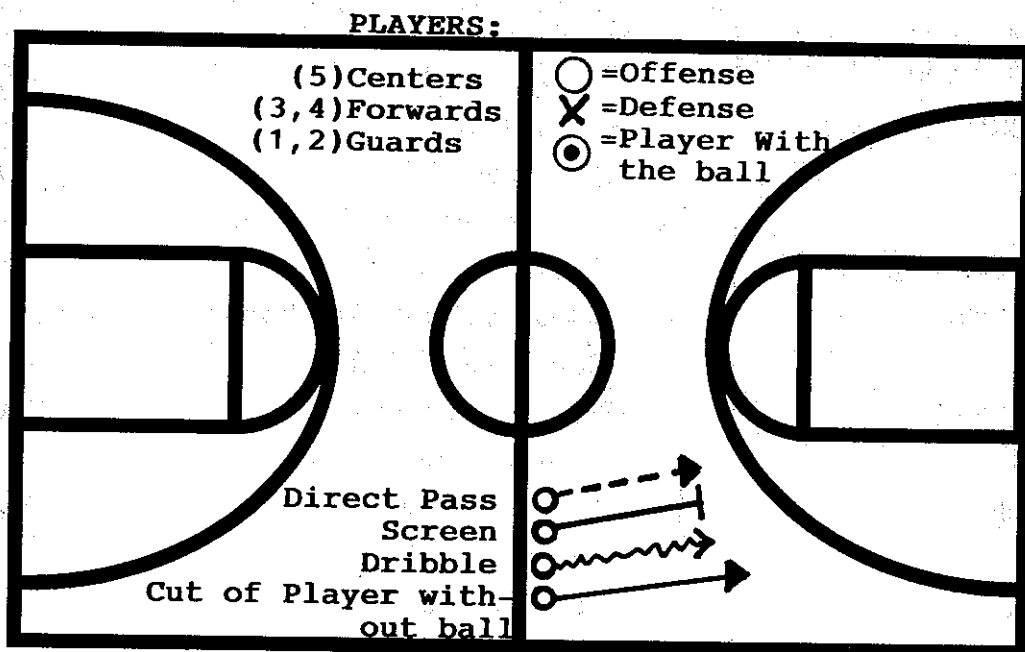
TABLE OF CONTENTS

<u>COACH</u>	<u>TOPIC</u>	<u>PAGE</u>
JANE ALBRIGHT-DIETERLE	First Things First	1
	The Fast Break	2
STEVE ALFORD	Guard Development	8
KIM ANDERSON	Practice Sessions	13
	Post Play	15
GENO AURIEMMA	Three Post Offense	18
	Practice Sessions	27
MURRY BARTOW	UAB Defensive Philosophy	33
	Man Defense Drills	36
DICK BENNETT	Practical Defense for High School	43
	Rules For Offense	44
AGNUS BERENATO	Team Bonding	46
	Motivation and Communication	50
HUBIE BROWN	Special Situations	53
JIM CREWS	Breaking the Press	64
NANCY FAHEY	Last Second Shots	73
	Press Attack	78
TIM FLOYD	Playing Without Size	84
FRAN FRASCHILLA	FG Percentage Defense - Half-Court	88
PETE GAUDET	Big Man Post Play	95
GARY GLASSCOCK	Pressure Defense	100
JIM HARRICK	UCLA Defense	108
BILL HERRION	Quick Hitters - Set Plays	117
	Side Out-Of-Bounds Front Court	125
TERRY HOLLANDER	High and Low Post Drills	129
LARRY HUNTER	Developing Mental Toughness	136
	Match-Up Zone Defense	137
JILL HUTCHISON	Secondary Transition	140
MIKE JARVIS	Defensive Building Blocks	147
JIM JOHNSON	Man-To-Man Defense	152
	Run and Jump Press	156
JOYE MCNELIS	Match-Up Press	161
DAVE ODOM	Man-To-Man Defense	169
	Zone Defense	175
KEVIN O'NEILL	Man-To-Man Plays	177

TABLE OF CONTENTS

<u>COACH</u>	<u>TOPIC</u>	<u>PAGE</u>
TOM PENDERS	Offensive Basketball	184
	Longhorn Defense	189
KELVIN SAMPSON	Sooner Intensity Drills	192
	The 1 - 4 Offense	196
	Situation Basketball	201
PAUL SANDERFORD	Offensive Alignments	207
TUBBY SMITH	Mixing Your Defenses	216
NORM STEWART	Missouri Basketball Philosophy	224
	Missouri Defensive Basketball	225
	Individual & Team Offensive Drills	230
RICHARD WILLIAMS	Zone Offensive Concepts	234
	Multiple Defenses	240
ROY WILLIAMS	Kansas Offense	246

DIAGRAM LEGEND



(Even numbers generally are players on the right side of the floor.)

MURRY BARTOW

UAB Defensive Philosophy

At UAB we attempt to sell our players on playing defense by telling them that if we guard people we will have a chance to win. We attempt to instill a sense of urgency into our players. We tell them they should play defense the way they don't want to have it played against them. We tell them to be tough to play against and "take things away." We sell the fact that we play team man-to-man defense and that getting "stops" is something every player should desire.

The basic principles we teach our players are:

1. Pressure and position
2. Be in a ready stance at all times - don't drift.
3. Anticipate
4. TALK - help others out! You must teach your players what you want them to say: "Screen left, screen right" or "pick left, pick right."
5. We want non-stop pressure on the ball - our players must have confidence in their help. We might adjust this principle if a player is a poor shooter.
6. Our level of priority on defense is:
 - a. Ball
 - b. Position
 - c. Man
7. Stop the ball - we will rotate down to the ball to achieve this. We tell our players to swarm to the ball, don't be spectators.
8. Post defense - this is critical. We play on the highside of the post as much as possible. If the ball goes below the post, we rotate and to the lowside of the post. The best way to defend the post is to place great pressure on the passer.
9. Contain all penetration - we stress keeping the ball out of the middle.
10. We play TEAM defense. If a team scores on one of us, it is scoring on all of us!
11. **Challenge Every Shot!** By challenging we mean getting up tight to the shooter and getting a hand in the shooter's face. We don't mean standing with our hands up and hoping we bother the shooter. We don't want to foul!

After getting these basic principles across we try to stress the following in regard to specific phases of defense.

MURRY BARTOW

UAB Defensive Philosophy

TRANSITION DEFENSE

1. Get back immediately without hesitation. Players on a shot always want to mess around for a second or two in an attempt to get a steal, etc.; we don't want this.
2. All players must get back on a dead sprint.
3. Players are to get back quickly with a purpose. They are to get back, get down in stance and see the ball, ready to get a "stop."
4. The first man back **cannot** allow anyone to get behind him. We want to quickly stop the ball, find the shooters and be ready to play.

HALF-COURT DEFENSE

1. We want to stay in a **stance** at all times — you can't rest on defense.
2. We want **disciplined pressure** on the ball at all times. We use the term: "Pressure on the ball — steal away from the ball."
3. We **never lose sight** of the basketball. Everything in our defense is centered on **seeing the ball and stopping the ball**. All five players have to swarm to the basketball.
4. We want to **influence** the basketball to the sideline and the baseline. We want to get the ball on one side and keep it there. We have to keep the ball out of the middle of the floor.
5. In our defense, your **position** in relation to the ball and the man we are guarding is critical. Jump to the ball—when the ball moves, we move. The ball is our number one priority and our number two priority is position. We want to always be in the right position and anticipate for steals. We want to establish a 5-on-3 defensive advantage. **Pressure plus Position = Good UAB Defense!**
6. We want to **challenge** every shot. We don't want the opponent to have any open looks at the basket. We want a hand up on the shooter on every shot.
7. We tell our players to work hard to **contest** passes—we try to push the offense way out on the floor.
8. Our rotation has to be **quick** and without hesitation. All five players have to guard the basketball. All five players have to rotate down quickly and be in position to stop the ball. We don't want to just turn and look, we emphasize swarming to the ball.
9. We play defense with our **feet** — not our hands. We tell our players being **foul-prone** is being a lazy defender. So we are constantly telling our players to stay in their stance and not to reach.
10. A big part of our defense is through **help and recover** principles. We have to see the ball, be ready to help—then recover quickly. We have to get from **help** to **pressure** right away!
11. We have to have good **containment**. We want to stop the ball and keep the ball in front of us. If we don't have good containment, it will put a major stress on our defense. We want to pressure the ball at all times, but good containment is a must.

MURRY BARTOW

UAB Defensive Philosophy

12. We want to **limit** post touches, by playing solid post defense. We always want a **big-arm** up in the passing lane. We tell our post players to stay on the highside as much as possible. We are constantly telling them to move their feet, break contact, give a cushion. We don't want our post defenders to get in a wrestling match.
13. We really have to **communicate** on the defensive end of the court. We stress to our players that they must talk and help each other out.
14. We tell our people to **jump** to the ball and to give each other big lanes.
15. In our defense, all five players have to be willing to do the **dirty** work—take the charges, dive on the floor after loose balls, deny the flash, bump the cutters, sprint back on defense, get the big defensive rebound, etc. We don't wait for someone else to make it happen—**WE GET IT DONE!**
16. We preach **trusting** in our teammates. To pressure the ball as hard as you need to—to contest on the wings—to be as aggressive as we have to be—we must be able to trust that our other four teammates will be where they should be to give help.
17. When we switch, it is **predetermined**. When we switch, we switch aggressively and take something away from the offense.
18. We must be **disciplined**. We must do exactly what we are asked to do.

We tell our players that they must **finalize** the possession. This means that the defensive possession is not over until we have possession of the basketball. We do this by being in position to see the ball and anticipate steals. We do this also by taking the charge and pressuring the offense into making a turnover. Lastly, we do this by rebounding the ball.

We tell our players that **good defense** leads to good offense.

To sell our players on playing defense we have developed a **Defensive Goal Chart**. The following is what we have established to be our goals:

- | | |
|--------------------------|----------------|
| 1. Field Goal Percentage | - 39% or lower |
| 2. Three Pt. Percentage | - 25% or lower |
| 3. Turnovers Forced | - 20 |
| 4. Steals | - 10 |
| 5. Block Shots | - 6 |
| 6. Charges Taken | - 4 |
| 7. Deflections | - 35 or higher |
| 8. Points Allowed | - 68 |

GOALS MET: ____ out of 8

You must have a philosophy about what you want to accomplish on defense and how you hope to accomplish it. Then you need to sell this philosophy to your players.

MURRY BARTOW

Man Defense Drills

In my first session I shared with you the principles of our man defense at UAB. In this session I would like to share some of the drills we use to teach these key elements.

The first key element we stress is **mentality**. We don't really use any drills to teach this, we stress it through the use of the goal chart I talked about previously, posters, signs, newspaper articles, etc. We tell our players that they should be tough to play against. They should force the player they're guarding to play the way he doesn't want to play.

The second key element is **transition defense**. Three drills we use to teach this are: Ten second drill, 3-on-0; 5-on-3, and influence drill.

(Diagram 1) **Ten Second Drill:** We place six players on the endline. On the command "go" they sprint to half-court, turn and back pedal to the other end of the floor. They then sprint back to half-court and turn and back pedal to the starting endline. This stresses hustling back on defense. This drill should take each group only ten seconds to complete. Each group does it three times.

(Diagram 2) **3-on-0; 5-on-3:** We place three players on the endline and on the command "go" the three sprint to the other endline and stutter step. When the coach yells "back" the three sprint back to the starting position and stutter step. When the coach yells "back" a second time, five offensive players come down 5-on-3 against the three players who had run the stutter step.

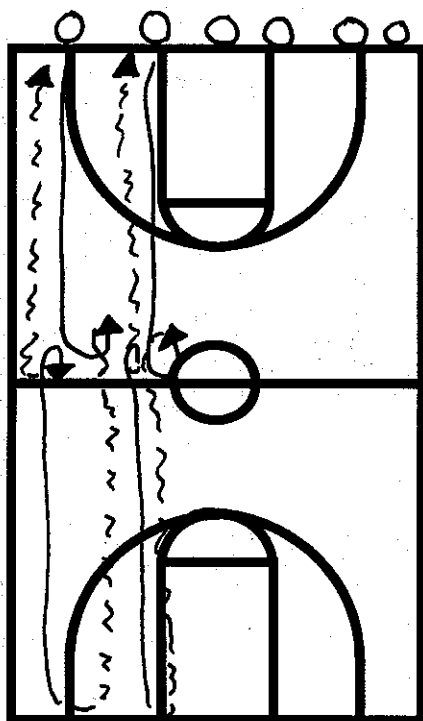


Diagram 1

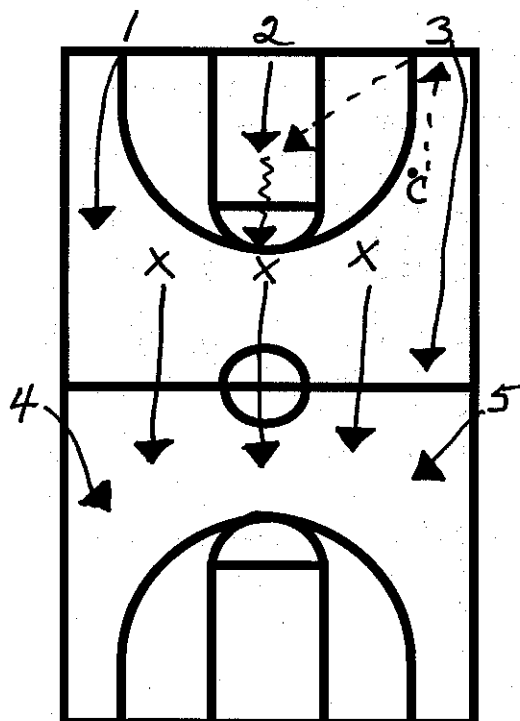


Diagram 2

MURRY BARTOW

Man Defense Drills

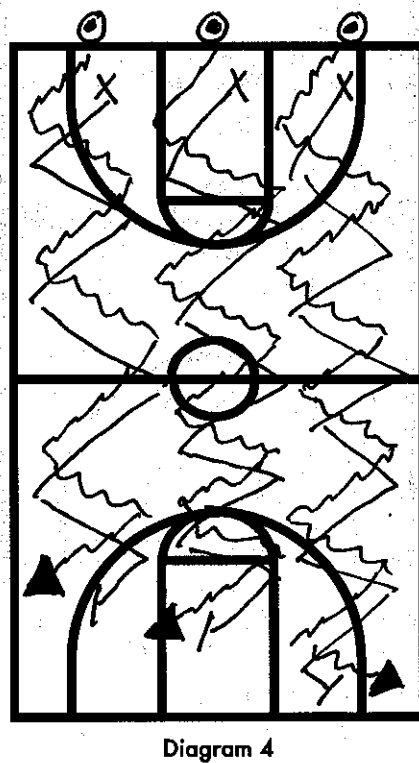
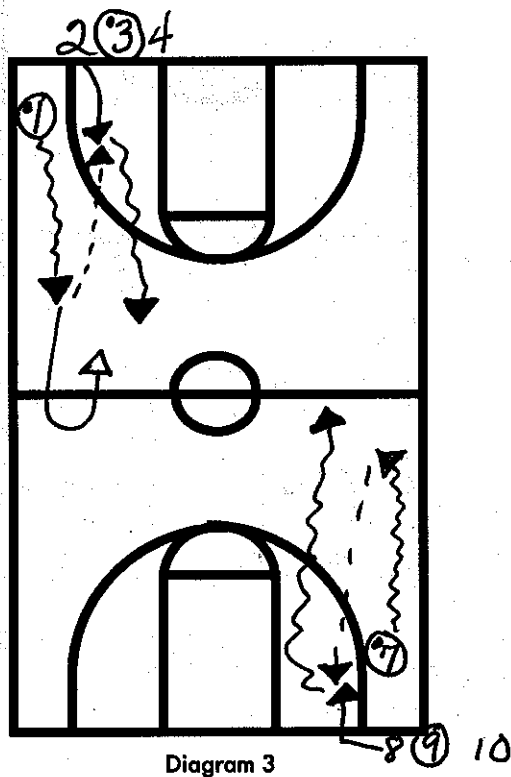
(Diagram 3) Influence Drill: We split the team into pairs. The first two partners (1 & 2) start at one corner of the floor while another two partners (7 & 8) start at the opposite diagonal corner of the floor. 1 and 7 start with the ball and dribble out to the 28 foot marker. They jump stop, turn, and roll the ball to their partners, 2 & 8. 1 & 7 go to half-court and turn to find their partners. 2 & 8 dribble hard to half-court and then make whatever move they choose to get a chance to get by their partner and score. 1 & 7 must influence their partners to pick up the ball and keep them out of the middle of the floor.

The third key element we stress is **pressure** on the ball. We use the same drills everyone else uses to teach pressure and that is: zig-zag, no hands; zig-zag and trace the ball, zig-zag to half-court-then 1/1, and keep away.

(Diagram 4) Zig-Zag: No hands and with hands: We line up on the endline with three groups. The first man in each line is on defense and the second man has a ball and is on offense. The offensive player dribbles in one direction for three or four dribbles and then crosses over and goes in the other direction. We start out with the defensive players working on keeping the head on the ball, sliding properly, and keeping the hands behind the back. This stresses good footwork. After a day or two, we then tell our players to mirror the ball with the hand to the side the offensive man is dribbling.

Zig-zag and trace the ball: This drill is the same as the zig-zag, no hands drill except when the coach blows his whistle, the offensive man is to stop his dribble and come to a jump stop. The defensive player is to close down and mirror the ball with his hands.

Zig-zag to half-court and then 1/1: This is another variation of our basic zig-zag drill. We zig-zag with the ball until we get to half-court and then the offensive man can make any move he wishes to get open and score on the defensive player.



MURRY BARTOW

Man Defense Drills

(Diagram 5) **Keep Away Drill:** We split up into groups of three. We have a player in the middle and two players on the outside who will attempt to pass to each other without the ball being tipped or intercepted by the man in the middle. The only rules we have are that the man with the ball cannot make the pass until the defender comes up to **pressure** him and no lob passes are allowed.

There are two things I want to stress about the previous four drills. One, the coach needs to get involved personally in these drills, show enthusiasm, let the players know how important pressure on the ball is to the coach. Secondly, when we mirror the ball, we want the defender to have one hand on the ball following it everywhere while the off-hand should be in the passing lane.

The fourth key element is **containment**. Players must be mentally tough, they must keep the ball out of the middle of the floor. This requires the player to be aggressive. Two drills we use to teach this are driving lines and 1/1 on the top.

(Diagram 6) **Driving Line:** We divide our players into groups of three or four. The coach then yells out where the ball should start, "Left wing; right baseline," etc. The first player hands the ball to next man in line and they go one-on-one. The coach can limit the number of dribbles to make this a tougher drill.

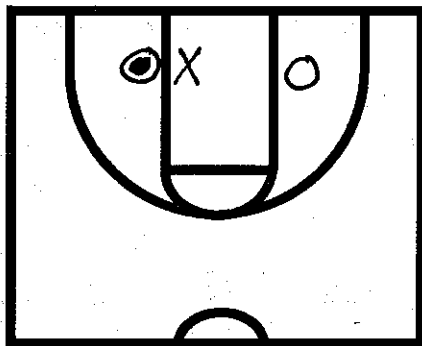


Diagram 5

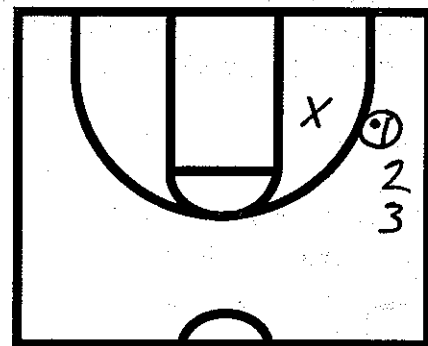


Diagram 6

(Diagram 7) **1/1 on Top:** This drill is the same as driving lines, but now the drill always starts out on the top of the key. The defensive player must force the ballhandler toward one side or the other. We prefer that the offensive man be forced toward his weak hand.

The fifth key element is **contesting**. Three drills we use to teach this are: 1/1-contesting (no shots), contest and driving line, and contest - steal and dunk.

(Diagram 8) **1/1 - Contesting (no shot):** Here we are working on **denying** the ball. We start out on either wing. We have a defensive and offensive player. There is a coach, manager, player at the point position with a ball. The offensive player on a signal is to cut to the block and cut back outside to the three point line. We allow no swerving, no fakes, no goofing off. The defensive player is to keep his outside hand in the passing lane, head turned to see man and ball. The defensive player is working on making his man back-cut to get open. He does this because in our scheme of defense he knows he has help behind him. If his man is going to get open outside the lane, he wants to make him catch the ball outside the scoring area which, in our defensive philosophy, is the three-second line.

MURRY BARTOW

Man Defense Drills

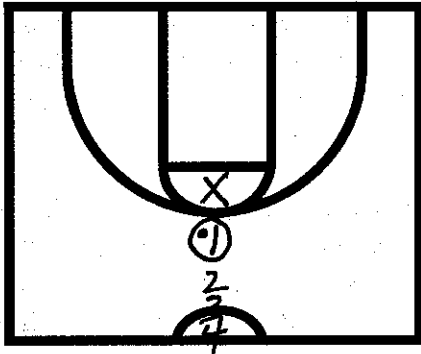


Diagram 7

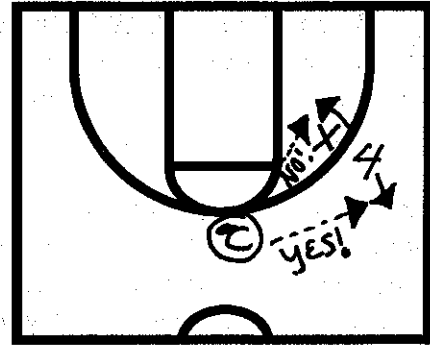


Diagram 8

Contest and Driving Lane: This drill is a combination of driving lanes and 1/1 contesting. We start out by contesting the pass from the point to the wing. If the wing does get open for a pass, he is to catch and face. The defense must now play pressure defense, forcing the offense toward the baseline and get a hand up on any shot. He is not to allow the offensive man to get into the lane with the ball.

(Diagram 9) **Contest - Steal and Dunk:** This is similar to 1/1 contesting, but now the offensive man can cut to the block and go through the lane to other side. The defensive man is to slide to the foul line, **denying** the pass, open up to the ball through the lane and then close down on the offensive man. The offense repeats his move back to the side he started from with the defensive man following the principles he followed previously. The coach/manager/player then throws the ball to the offense, the defense is to deflect the pass, recover it, and dunk on the opposite end.

The sixth key element is **positioning**. This refers to the proper position for each defensive player in regard to the position of the ball on the floor. Drills we use to teach this are 2-man contesting wide, 4-on-4 shell drill and 6-on-4.

(Diagram 10) **Two-Man Contesting Wide Drill:** We line up with an offensive player on **each wing** with a defender on each. We have two coaches, managers, players at the guard positions with a ball. The two guards start out passing the ball back and forth forcing the defense to work on their **footwork** and defensive **position**. Either guard can, at any time, throw the ball to one of the offensive wings and then we go live 2-on-2.

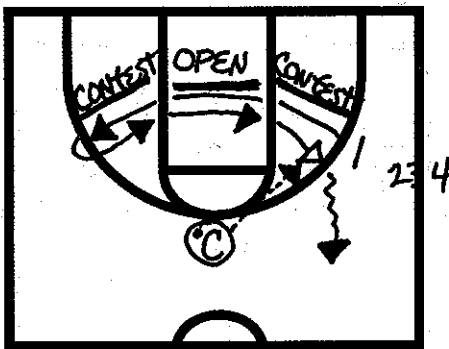


Diagram 9

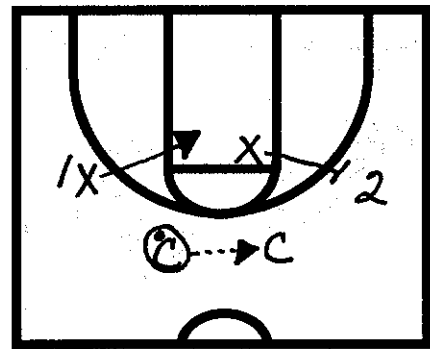


Diagram 10

MURRY BARTOW

Man Defense Drills

(Diagram 11) 4 - on - 4 Shell Drill: This is a drill we use everyday and I'm sure most of you use this also in teaching your man defense. We line up with two guards and two forwards on offense and defense. We pass the ball around the perimeter forcing the defense to **move** to be in the right position based on the location of the ball.

(Diagram 12) 6 - on - 4 Drill: This drill is identical to 4-on-4 shell drill except for the fact that we put an offensive player in **each baseline corner**. We run this drill like for 4-on-4 shell. The only difference is that there is no defense on the two players in the corners. When they receive a pass they are to make a hard drive to the basket. The defense must now rotate onto the ballhandler and pick up the other players most likely to be open. This drill stresses communication and quick reaction.

The seventh key element is **help and recover**. Two drills we use to teach this concept are 1/1 help and recover (top and wing) and 2/2 help and recover.

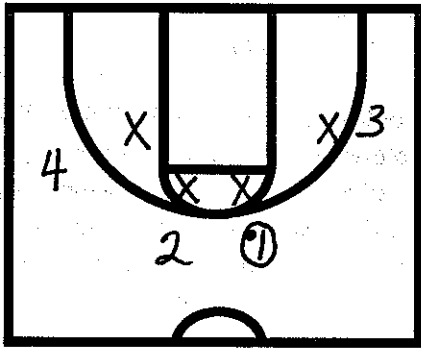


Diagram 11

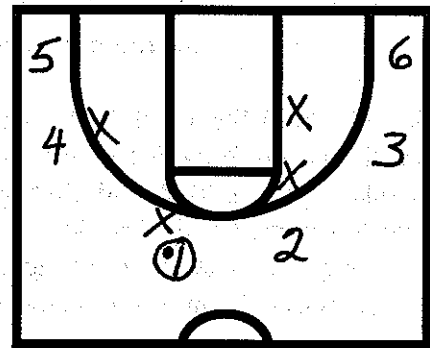


Diagram 12

(Diagram 13) 1/1 Help and Recover Drill: On one side of the floor, we place an offensive and defensive player at the point position with a coach/manager/player at the wing position. On the other side of the floor we set up on offense and defense at the wing position with a coach/manager/player at the point position. The offensive player starts with the ball and passes to the coach/manager. Upon catching the ball, he makes a hard drive to the basket. The defender is to come off his man and stop the drive. The coach/manager, upon being stopped, passes back to the offensive player who then goes one-on-one against his defender. This drill stresses the defense being aware of giving **help** on drives to the basket and then getting back to his man to stop any easy scores.

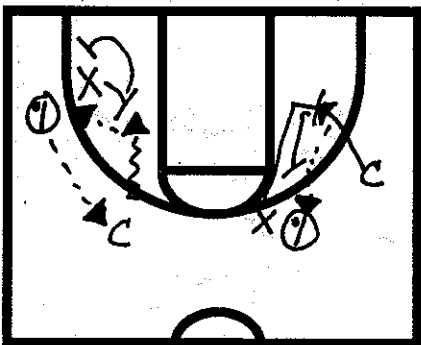


Diagram 13

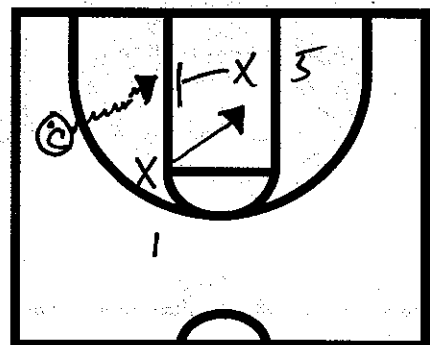


Diagram 14

MURRY BARTOW

Man Defense Drills

(Diagram 14) 2/2 Help and Recover Drill: Here we set up with a offensive and defensive player at the guard position and at the offside post position. There is a coach/manager at the **ballside wing** position. The offensive guard passes to the coach/manager who then makes a **hard drive** to the basket. The defensive post must stop the coaches drive, not just get close to stopping it. The defensive guard must sprint down to the offside block to cover the post and stop a pass from the driver to the post.

The eighth key element is **post defense**. We use such drills as 1/1 post defense (2 feeders), 1/1 post defense (3 feeders), and 2/2 post defense (3 feeders).

(Diagram 15) One-On-One Post Defense Drill (2 feeders): We have an offensive and defensive post player starting out on the block. We place a feeder at the point and baseline corner position. We follow our principle of staying on the highside as much as possible. If the offensive post catches the ball from either of the two feeders, we want our defensive post to get behind the offensive post and give a little **cushion**. We go live one-on-one whenever the offensive post gets the ball. He can pass the ball back out to either feeder and reset looking for another pass.

(Diagram 16) One-on-One Post Defense Drill (3 feeders): We still have our post players start on either of the two blocks. Now however we have three feeders, one at the point and one at each wing. We start out allowing no movement by the offense in this drill. We want our defensive player to work on mastering the proper footwork. After we are satisfied that he has a solid foundation we allow the offensive player to follow the **flight** of the ball and we go live one-on-one.

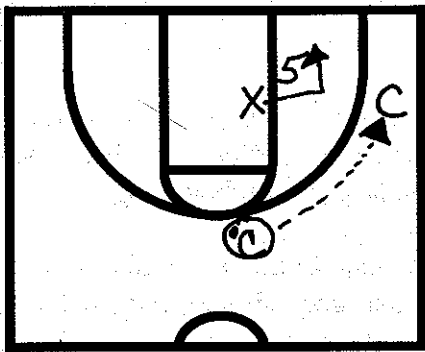


Diagram 15

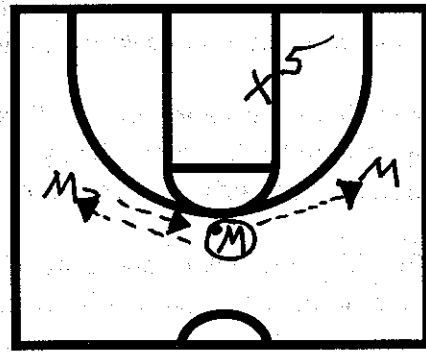


Diagram 16

(Diagram 17) Two-on-Two Post Defense (3 feeders): We set up the same as we would in 1/1 post defense (3 feeders) except now we have an offensive and defensive post player on each block. We are not stressing that our offside post defender needs to come off his man when the ball goes to the wing or corner and be prepared to give help on a lob to the post or on a drive to the basket. When the wing gets the ball he looks to pass inside to the post on his side, drive to the corner for a better passing angle, drive to the basket (forcing the post to give help and recover), or yell "**flash**" to tell the offside post to move to the ballside high post.

The ninth key element is **challenge every shot**. We won't tolerate a player not getting to his man and challenging a shot while staying under control.

We like to use these two drills for teaching purposes:

MURRY BARTOW

Man Defense Drills

(Diagram 18) Close Out Drill: We set up with an offensive player at one wing and a coach/manager at the opposite wing with a ball. The defensive wing player is off his man with a foot in the lane and open to see man and ball. The coach/manager makes a skip-pass across the lane to the offensive wing. While the ball is in the air, the defensive wing must sprint out toward his man, come under control as his man catches the ball and stop any drive into the middle.

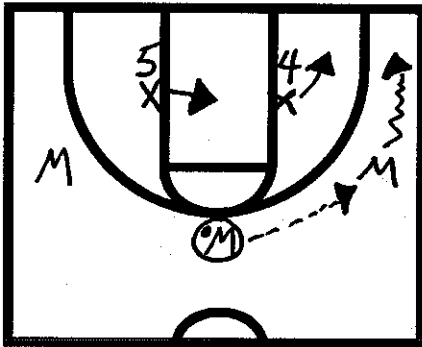


Diagram 17

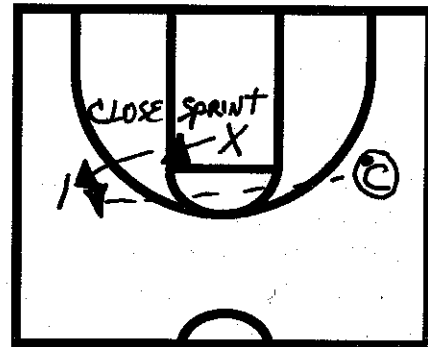


Diagram 18

(Diagram 19) Contest and Clear: Here we set up like we did in the contest drill. The coach/manager with the ball yells “clear” and dribbles down to the wing. When the offensive player hears “clear” he goes across the lane to the opposite wing. The defensive wing player goes half way across the lane, stops and gets in helpside position. The coach/manager, after he gets to the wing, can continue on a drive to the basket to force the defense to give **help and recover**. Or the coach/ manager can yell “flash” which tells the offensive player at the offside wing position to **flash to the ball**. The defensive player must now close down on his man and stop any pass to him in the lane.

The final key element is **rebouncing**. This is essential to good defense. If you play good defense and don't get the rebound off a missed shot, you have wasted a good defensive effort and this can destroy your team's confidence. One drill we like to use to teach good rebounding is 2/1 rebounding.

(Diagram 20) Two-on-One Rebounding: We set up with three men in the rebounding area around the basket. A coach/ manager or a fourth player has the ball at the foul line. He shoots the ball and all three players in the lane attempt to go after the rebound. The one who gets the ball must put it back in the basket while the other two attempt to stop him from scoring. The ball is alive until a basket is scored or the ball goes outside the lane. As soon as either of these happen, the ball is passed back out to the foul line.

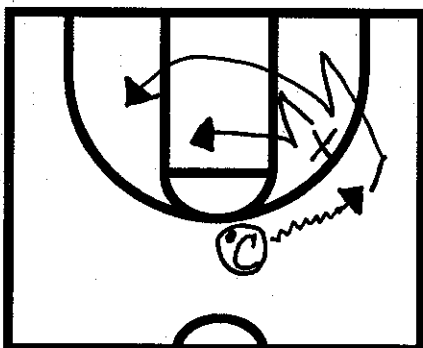


Diagram 19

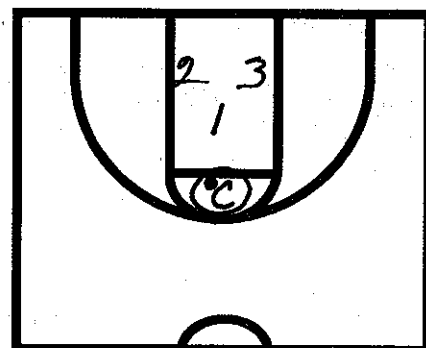


Diagram 20