



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

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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

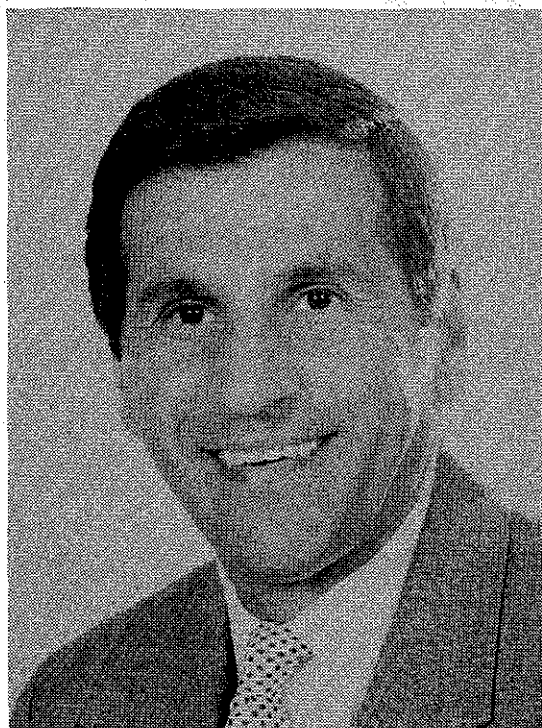
JIM HARRICK

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

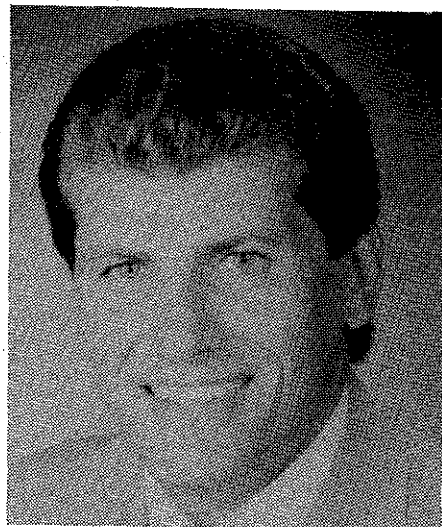
GENO AURIEMMA

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.

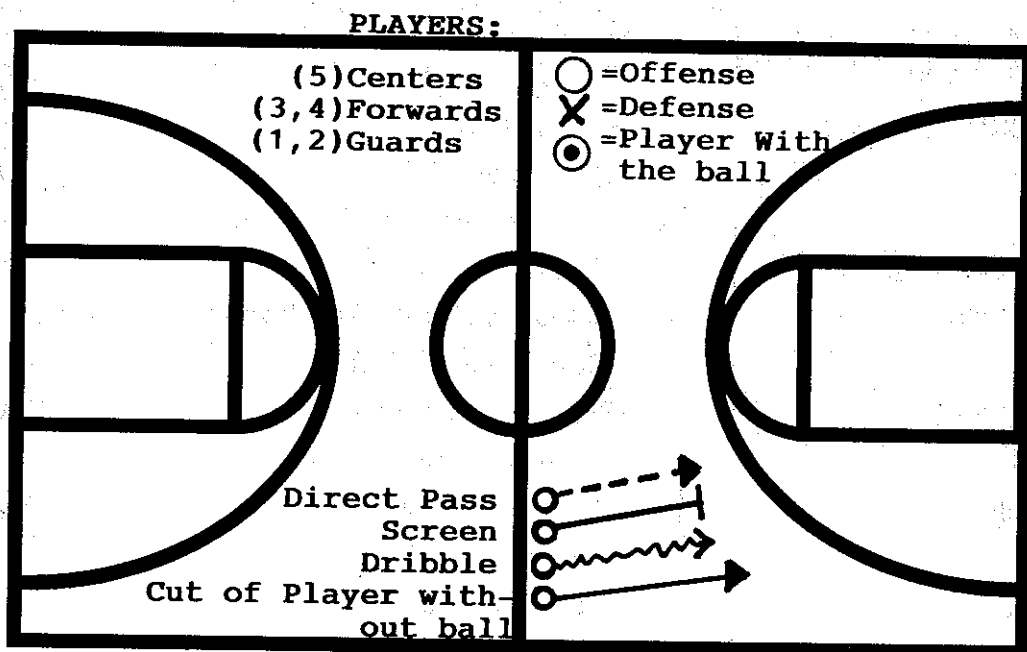
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DIAGRAM LEGEND



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

DICK BENNETT

Practical Defense For High School

Good coaches are those who are constantly thinking about the game and figuring how to counter every move that can possibly be made by the opponent. I believe I have lasted so long because I have taken a **simple approach**. You can't deceive people very long. **Simplification leads to execution.**

In our philosophy, we teach offense as a whole, defense in parts and fundamentals as drills.

1. Build the defense
2. Build anticipation (to be solid as a team defense)
3. Offense must be taught 5-on-0 and 5-on-5
4. Fundamentals - people learn what you teach them — law of specificity

Defending the Lane

1. Keep the ball out of the lane is the best approach and our whole emphasis.
2. It starts with converting—getting back
 - a. getting back is complicated with your offense
 - b. it is not done by trapping the rebounder, it is just sprinting back to the lane
 - c. get five players to get as deep as they have to
 - d. both guards get back every time
3. Good defensive teams get back every time and make you (offense) play against five each time.
4. How are you going to play the post? You must be consistent and you have choices:
 - a. if stronger physically, you can front and not be budged
 - b. slide in behind if bigger and better
 - c. we front to keep the ball out of the lane—step across and front
 - d. 3/4 and be at the mercy of a dump in
5. When the ball is rotated on top, we move behind and not out
6. Close high with hands up in front of the shoulders and stay high on low post player
7. When you front, you will have the help which is needed

Off the Ball

1. You can't extend defensively, recover and help inside—you can do only two of the three. We felt we must take away the land and recover.
2. Put off-side defenders in the help position initially. You can then close out quicker.
3. Try to jam the offense and really recover quickly and closeout.
4. If you really pack the lane, you'll be tough inside. Get to the receivers quickly and don't over-extend.
5. Don't give up middle penetration.
6. The gaps next to the ball must be sealed. You must and will force that next pass.

Working with Screens

1. On cross-screens, if you guard the screener, you are responsible for any penetration. The man guarding the screener protects the basket.
2. The man guarding the screener stay relatively at the level of the screen or down-screens.
3. You can get teams to help. You need to recover quickly.

Good defense is always a questions of being there a little **early**. By keeping the defense **extended**, you take away an extra defenders(s). By **packing** a defense, we can use the shotclock and make the offense take more time than they may want.

DICK BENNETT

Rules For Offense

I have tried many offenses without **perfection**. I made them too **mechanical** and felt I could not teach motion. There were always kids who wanted the ball, others who felt they needed to be helpers and some who just wanted to play.

Most of my **philosophy** has been developed because of bad beatings—the losses, particularly the lop-sided ones, made me do a lot of thinking about what was **important** in the game and how to **teach** it better.

I found that you need to have **quick** screens, the quicker the better. We needed to find **rules** for people. Assigning rules is one of the better things I have done. I want players who are willing to put bodies on people. If a player will get his body in the way, he will make a difference. If a player will set good screens, he will learn how to get open. From this has come the **blocker-mover** theory of offense.

Blocker Rules

1. (Diagram 1) Screen **inside** of you. Don't worry about back-screens or you will confuse the **movers**. Give the blocker one side.
2. The lane blocker should then look to the elbow, look up the lane, look down the lane and then set yourself open.
3. We have often asked for three screeners on a possession.
4. Last year we kept our blocker **designated** on the left side.

Next Blocker (Top Blocker)

1. (Diagram 2) He had more freedom to screen in his area.
2. He was called the **mechanic**.
3. If we don't get the ball from side to side, it is his fault.
4. If a screener needs to get open, he should get open every time.

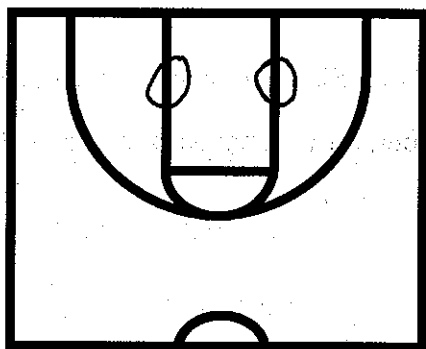


Diagram 1

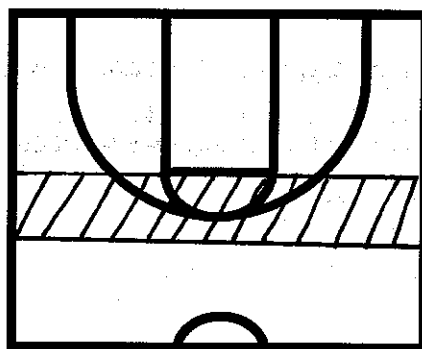


Diagram 2

Third Blocker - Make the passer a screener

1. For one pass
2. Can easily create a staggered screen or a double-screen
3. Our mop-up screener
4. Can show screen and call ball

With Griffith down low we would keep our top blocker on the free throw line.

DICK BENNETT

Rules For Offense

(Diagram 3) You can have two blockers in this area as well. Your passer is your third blocker. Everything is done on a two-count, screens set, screens held and post-ups

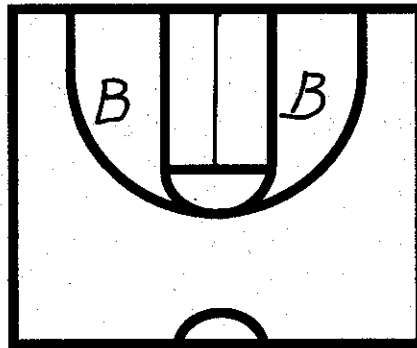


Diagram 3

No-Mover Rules

1. Hunt the shot
2. Get away as far from the defense as you can

Use air dummies to teach screening. With 9-seconds left on the clock, we screen on the ball to create action.

If you have a great point guard, we would just flatten everyone out.

These are the basic things we work on to make sure our offense will function smoothly and be effective.