



**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

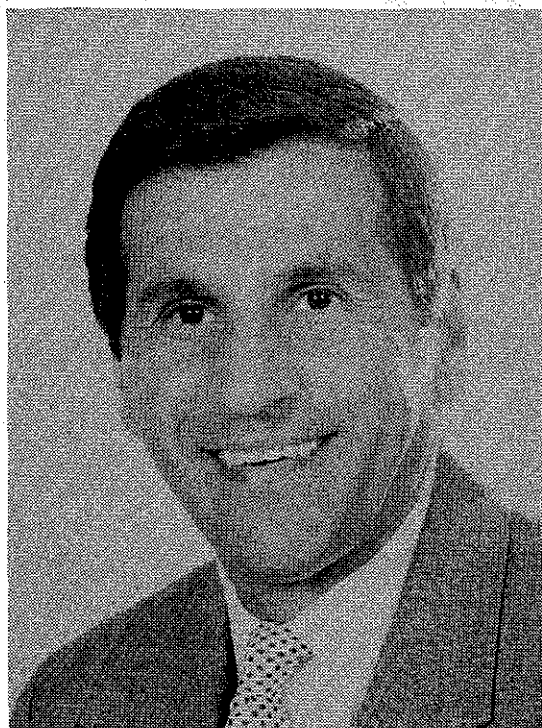
## JIM HARRICK

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

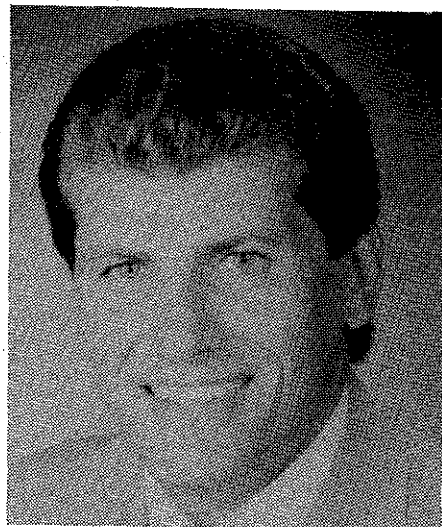
**GENO AURIEMMA**

**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.

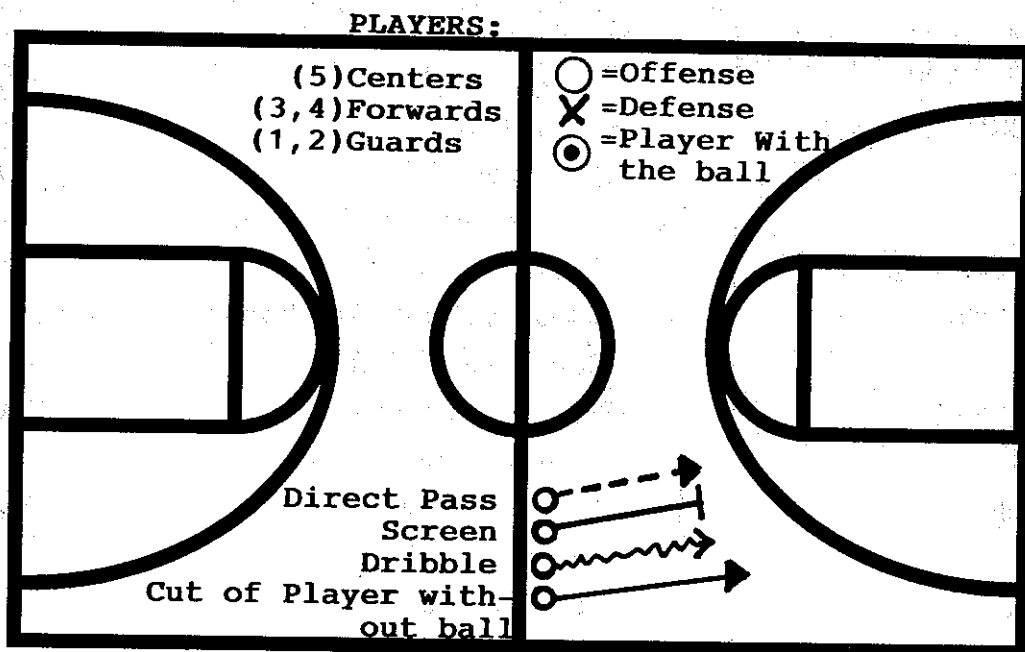
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## DIAGRAM LEGEND



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

# JIM CREWS

## Breaking The Press

When we had teams in our league who pressed you for 40 minutes, we started working on breaking the press every day in practice. We work on it for at least ten minutes and it has been a good thing for us. It has helped our ballhandling and it is a great conditioner. We do it from 5-on-5 to 5-on-0.

1. We do not want our players to have to decide what **type** of press it is.
2. We want to **spread** the floor as quickly as possible. As soon as the ball goes through the basket, we are sprinting out of there and we want to score every chance we get.
3. We want to be a full-court offense. We don't want a press offense and if we don't score, we have to **reset** into a half-court offense. We want a full-court mentality against the press.

We have five positions on the press break. We have an out-of-bounds man, a right lane sprinter, a left lane sprinter, a ballhandler, and a deep man.

(Diagram 1) The lanes sprint to mid-court. Our ballhandler was left-handed. He did everything else right-handed except dribble. Other teams never tried to make him go right. For that reason, we wanted to start on the left side of the floor. Most presses are set up to work against teams who inbound on the **right side** of the floor so, we want to go left.

The out-of-bounds man must be a man who is usually near the basket. We want the ball out of the net before it hits the ground. We want someone who can really **pull the trigger**. Naturally, the player out-of-bounds is the best ballhandler on our team. The right lane man is the second best, or the third, depending on the out of bounds man. The left lane is who is left. The deep man is a big man.

When the outside men are sprinting, they are always looking toward the middle of the court. Most of you have volleyball lines on your court. We use those. We do not want to bring the ball up outside the lines. This gives the dribbler enough room to beat the defense in either direction. The dribbler cannot cross mid-court unless he can get ten feet across mid-court. We want him to stop in the back-court and get rid of the ball if he can't come across ten feet.

(Diagram 2) Anytime the dribbler gets trapped, beat the big man. If you have picked up your dribble, **look through the trap**. See the floor.

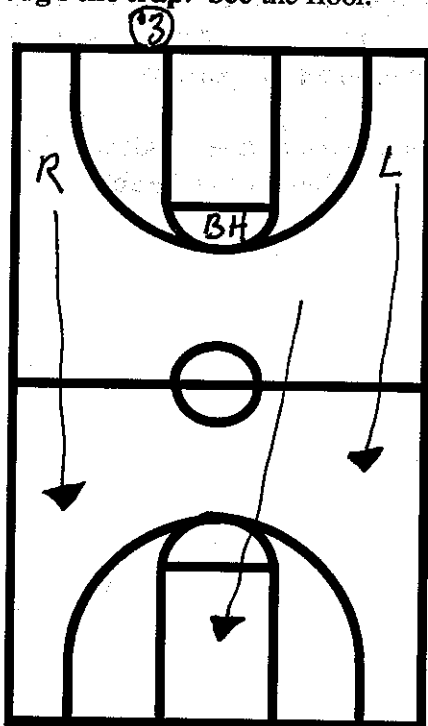


Diagram 1

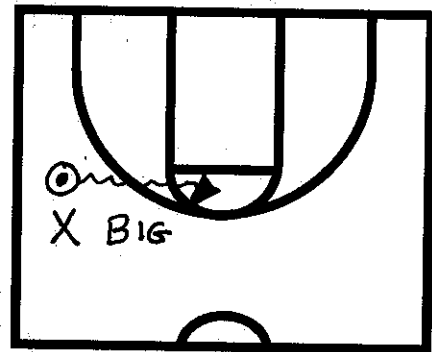


Diagram 2

# JIM CREWS

## Breaking The Press

(Diagram 3) Anytime the ball is reversed, we don't want a **flat pass**. We want a slight backward pass on ball reversal.

(Diagram 4) If the pass is made into the front-court, we want the receiver to turn, make a **ball fake** and then attack on the dribble.

(Diagram 5) We have three cuts in terms of receiving the ball. If you make one cut and don't get the ball, you make the next cut etc. First you cut **long**. Then you come back to the ball, and **curl**.

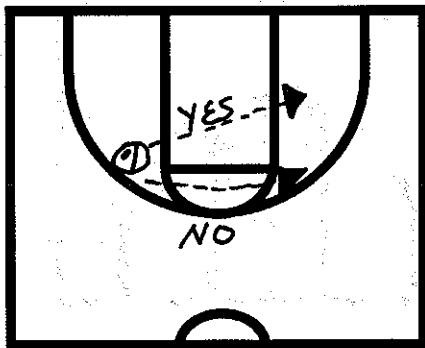


Diagram 3

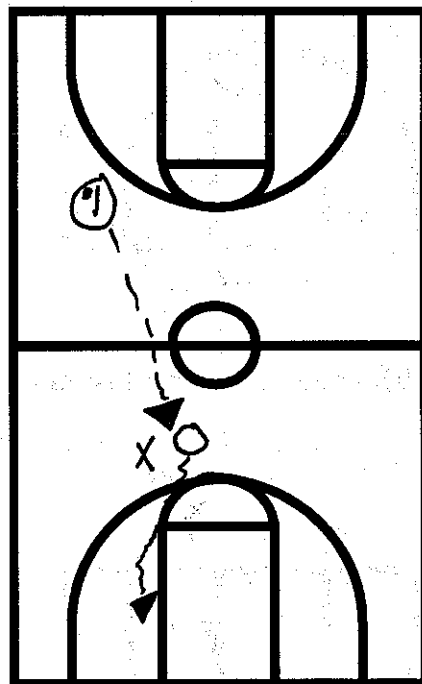


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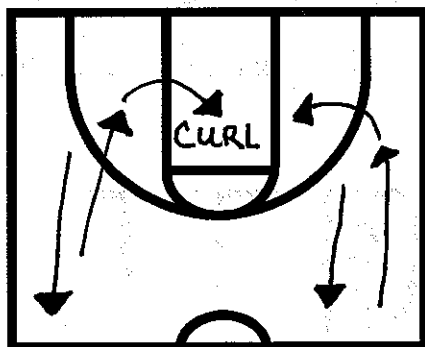


Diagram 5

(Diagram 6) "**Flash and Fly.**" 3 inbounds to 1. 3 either stays behind or flies. In this diagram he **flies**. 1 looks to 4 and looks long. 2 flashes toward the ball.

(Diagram 7) If nothing is open 1 reverses the ball to 2. This doesn't happen very often. 1 flies, 4 **flashes** to the ball.

# JIM CREWS

## Breaking The Press

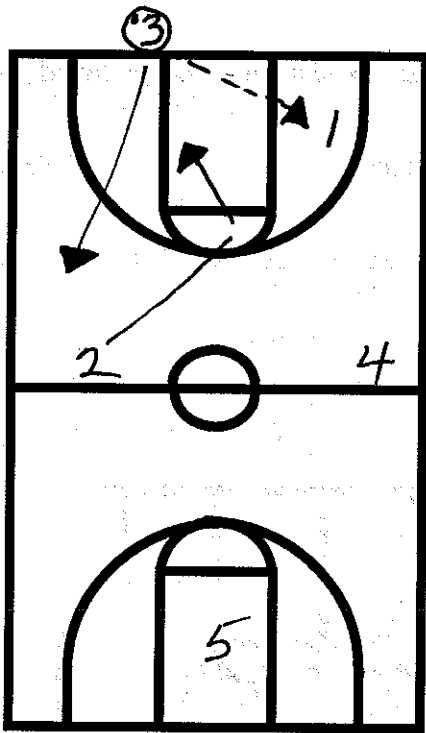


Diagram 6

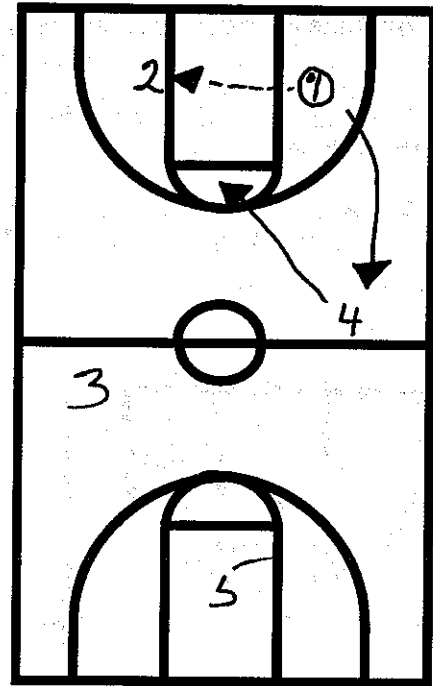


Diagram 7

(Diagram 8) This time 3 stays and 1 reverses back to 3. Again, 1 flies and 4 flashes.

(Diagram 9) If 3 passes to 2, on the flight of the ball, 4 plants the foot, and sprints to the middle. We have both outside lanes and the middle filled.

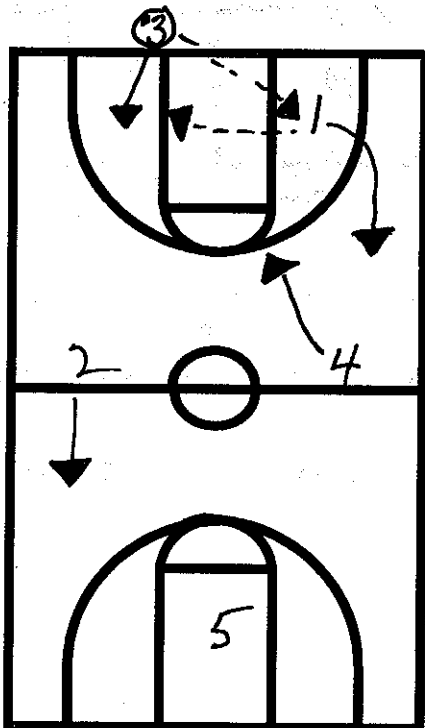


Diagram 8

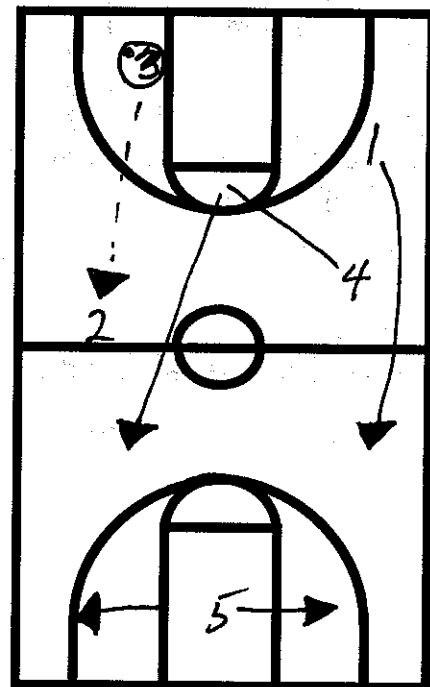


Diagram 9

# JIM CREWS

## Breaking The Press

(Diagram 10) Maybe we can't get the ball in to 1. 2 cuts back to the ball. 3 runs the baseline and inbounds to 2, the second best ballhandler. Anytime 2 comes back to the ball, we go "guard through." 3 cuts down the middle of the floor and can get the pass from 2.

(Diagram 11) If 2 doesn't hit 3 immediately, 2 can pass to 1 and 3 will come back as 2 flies.

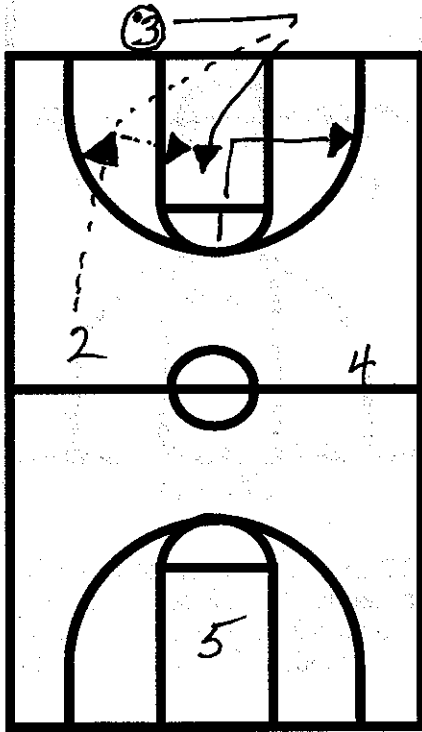


Diagram 10

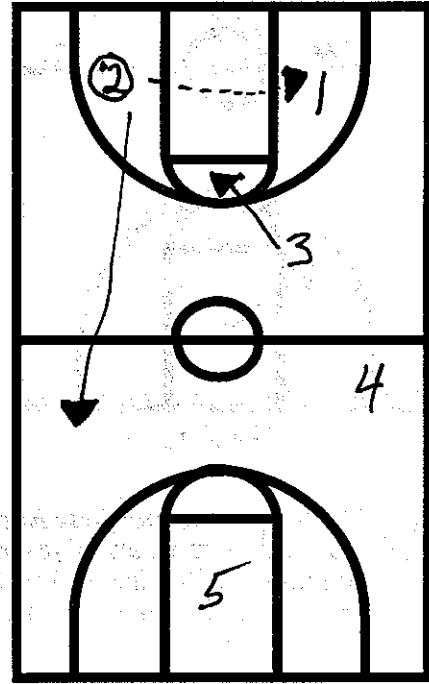


Diagram 11

(Diagram 12) Or, 3 can take the right lane in place of 2 as 4 clashes to the ball. 2 can pass to 3 or to 4. 5 goes to the side of the ball on all of these options. We do not want the left lane man coming back unless it is urgent. We want the floor spread.

(Diagram 13) "Sprint, Big Man Up." If 5 can't get deep, because of the aggressiveness of the press, we will keep 5 back. 1 comes off the screen set by 5 and 3 can inbound to either 1 or 5.

(Diagram 14) If 3 inbounds to 1, 3 can use the screen by 5 to fly down the middle for the reverse pass from 1. It is an automatic guard through.

# JIM CREWS

## Breaking The Press

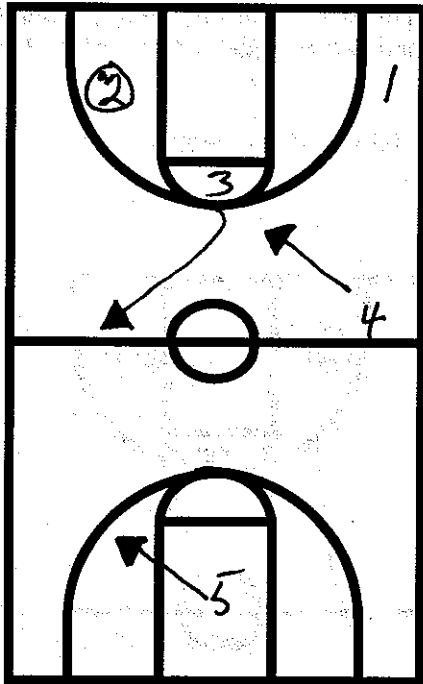


Diagram 12

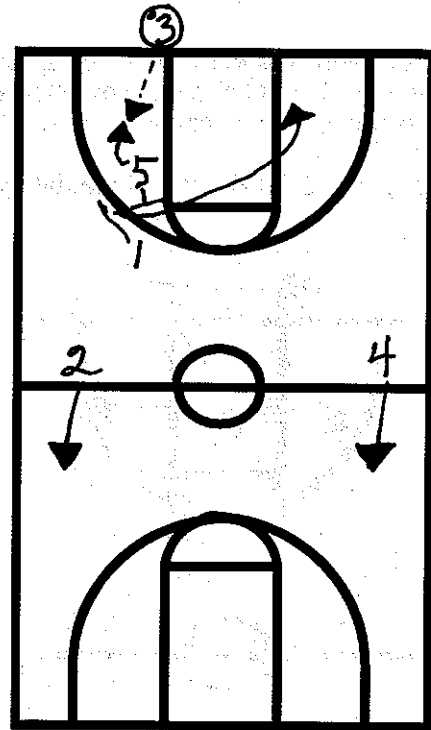


Diagram 13

(Diagram 15) **Dead Ball.** We use **Four Across Tandem.** 1 and 2 are at the top of the key, not at the foul line. This spreads the floor more and gives us more room to the baseline. 1 and 2 can screen for each other if needed. 3 inbound to 1. We line up 5 on the ballside. On the inbound, 5 goes deep. 4 also goes deep, but is alert to come back. It will always be guard through with the tandem. We are into **Flash and Fly** again. 2 will go to 5's side.

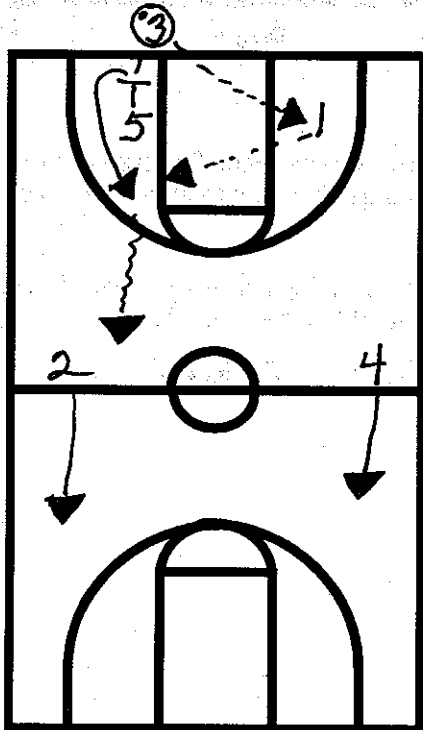


Diagram 14

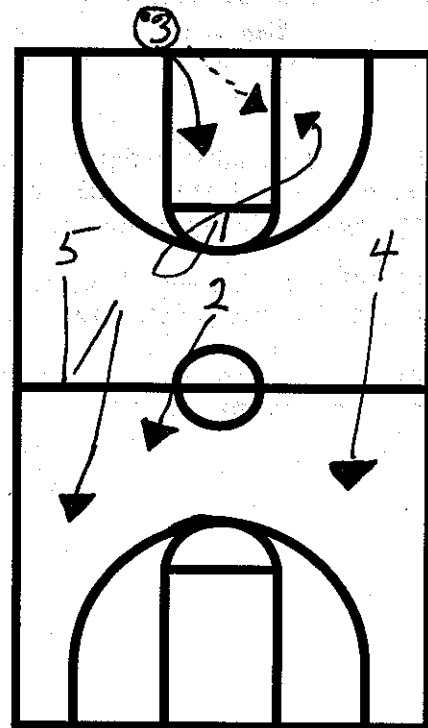


Diagram 15

# JIM CREWS

## Breaking The Press

(Diagram 16) **Four Across.** 1 lines up opposite the ball. 4 screens for 1 who breaks away and comes back into the middle. 2 breaks to the corner. 5 goes long. 4 rolls after setting the screen. We want to give different looks.

(Diagram 17) We use this late in the game when we are ahead and they are fouling us and we want the ball in our **best free shooter's hands**. We want 2 to have the ball. We stack 5, 4, and 1. 4 screens and 1 breaks to the ball. Notice that 1 starts a little to the inside. 5 also uses 4 and breaks long. 5, 4, and 1 cannot go into 2's area.

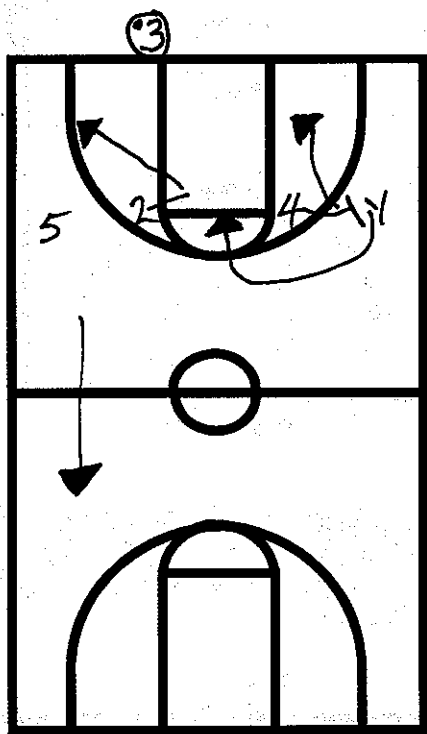


Diagram 16

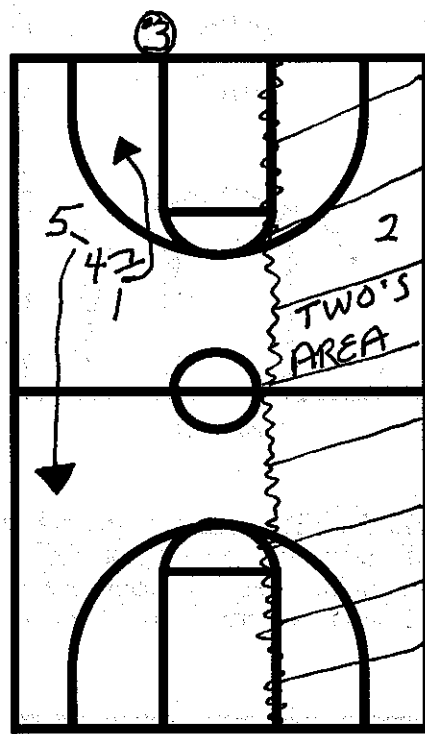


Diagram 17

(Diagram 18) 5 can be open on this and 3 will throw it long. 1 breaks off of 4 but 3 is looking for 2. 3 runs guard through after inbound.

(Diagram 19) **Stack.** This is for a dead ball also. We run this away from the ball. 5 goes deep. 2 and 4 set a double-screen for 1 who breaks either way. After 1 goes, 4 screens for 2 who breaks up. We want to spread the floor.

(Diagram 20) **Against man-to-man.** We want **backscreens** and **shallow cuts**. 5 goes deep. 2 back-screens for 3. 4 shallow cuts. If the defense traps, 1 passes to 4 or 2. Anytime the ball is dribbled at you, clear that lane.

# JIM CREWS

## Breaking The Press

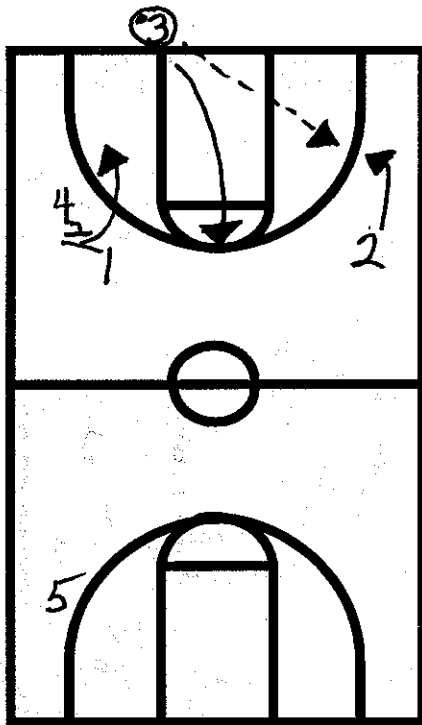


Diagram 18

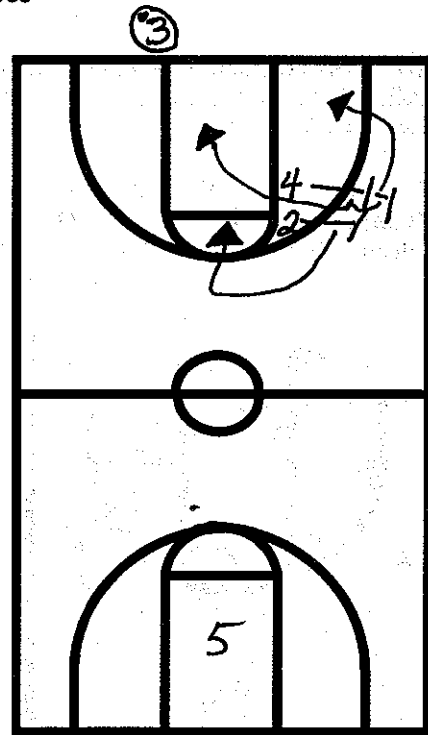


Diagram 19

(Diagram 21) Free Throw Lineup Press Breaker. We call this Nebraska. On a made free throw, we want our inbounder stationed under the basket. We want the ball taken out of the net and as he is going out of bounds, he is looking deep. 5 sprints deep. 2 blocks out the shooter first and then sprints to mid-court, 4 screens for 1 and then sprints down the middle and 1 breaks to his usual area.

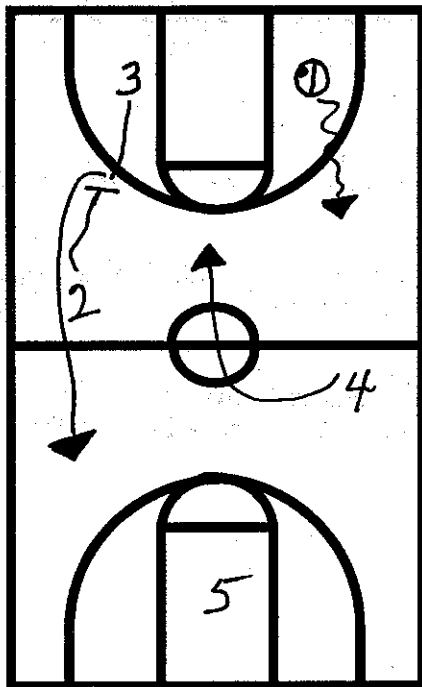


Diagram 20

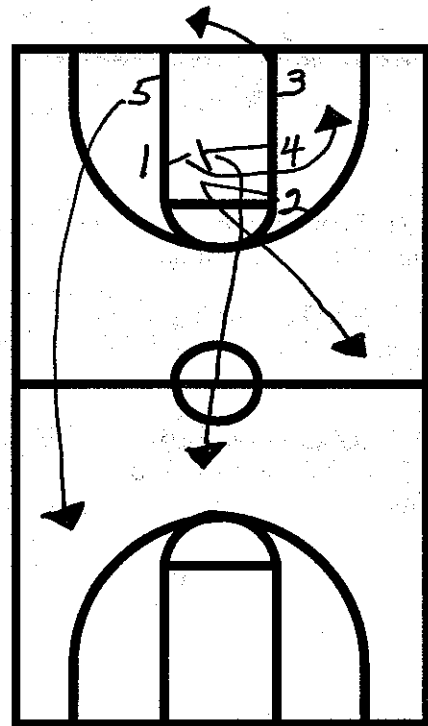


Diagram 21

# JIM CREWS

## Breaking The Press

(Diagram 22) **Nebraska Guard Through.** 4 breaks out to the ballside after setting the screen.

(Diagram 23) **Nebraska Screen.** We call this if the opponents are setting the trap quickly. Instead of 4 screening for 1, 4 screens the man on the ball. 3 passes to 1. 4 continues out to the corner and 3 breaks down the middle.

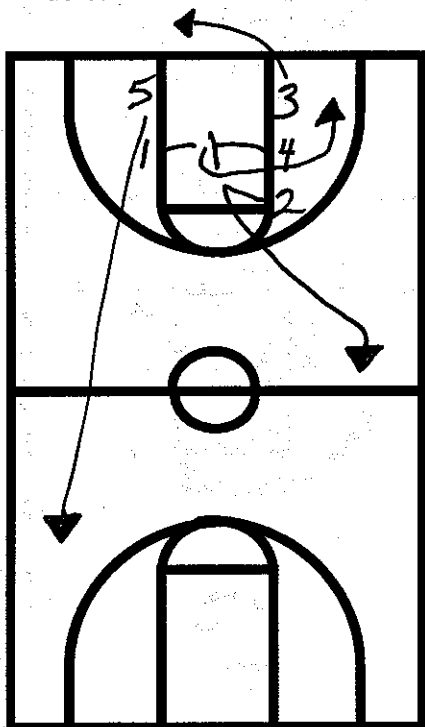


Diagram 22

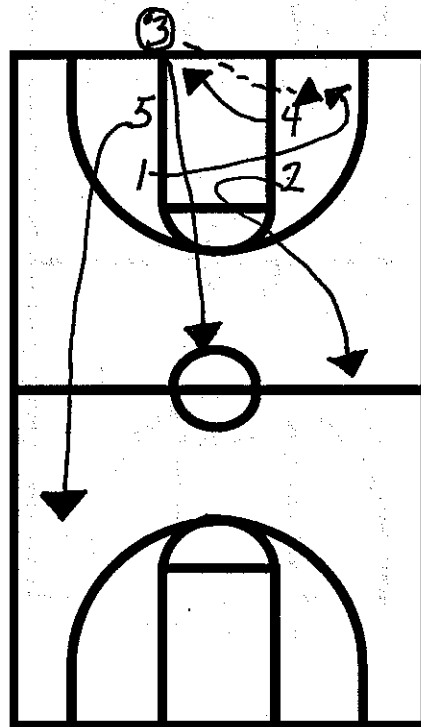


Diagram 23

(Diagram 24) **Oklahoma.** This is exactly the same thing except everything is going to the other side of the floor. 3 takes it out of bounds. 1 cuts across. 4 screens the man on the ball. 2 blocks out the shooter and breaks out and 5 goes long.

(Diagram 25) If they trap 1 when he gets the pass from 3, then 4 will fly and 2 will **flash** as the ball is reversed back to 3. 5 is deep.

(Diagram 26) 5 is not our best rebounder, so we have 3 and 4 under the basket. Sometimes 3 can inbound to 3. 2 will set up on the same side of the lane as 5 and set a screen for 5 who will break long. The ball goes from 3 to 1 to 5.

(Diagram 27) We can also have 1 dribble down the side until 5 breaks to the side after going long. 2 will screen the top of the defense for 4 and 4 will spot up for the three-point shot.

(Diagram 28) **Drills.** 1 starts out on the dribble and makes a chest pass to 3 breaking for the basket. Anytime we have a player on the dribble, we want a **chest pass**. We have a coach under the basket with a **football dummy**. We will do the same drill, but 1 will stop before making the pass. In this case, we always want a two-handed over-the-head pass.

# JIM CREWS

## Breaking The Press

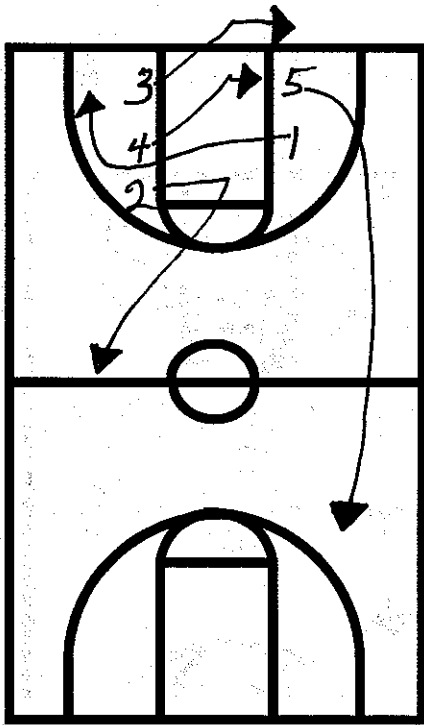


Diagram 24

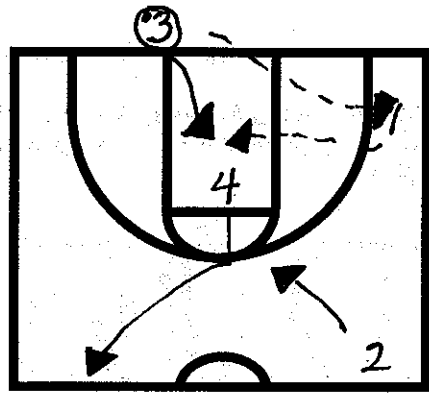


Diagram 25

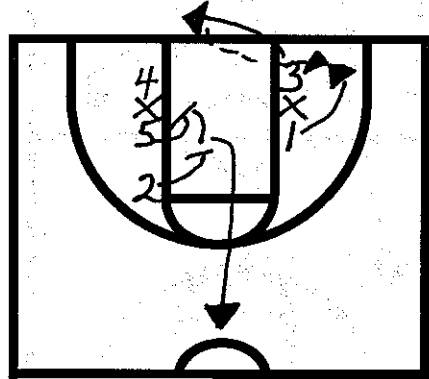


Diagram 26

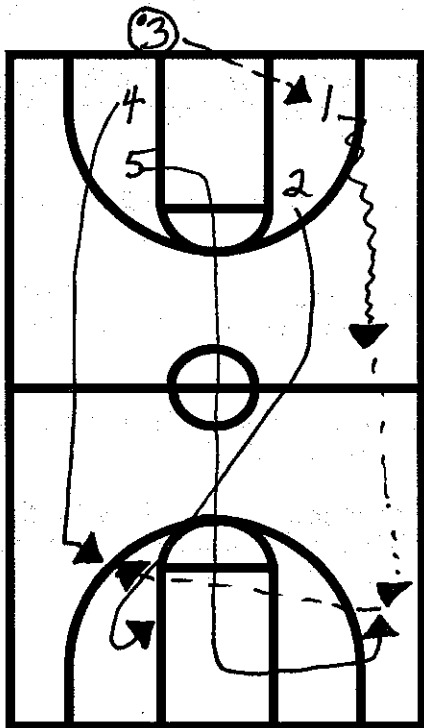


Diagram 27

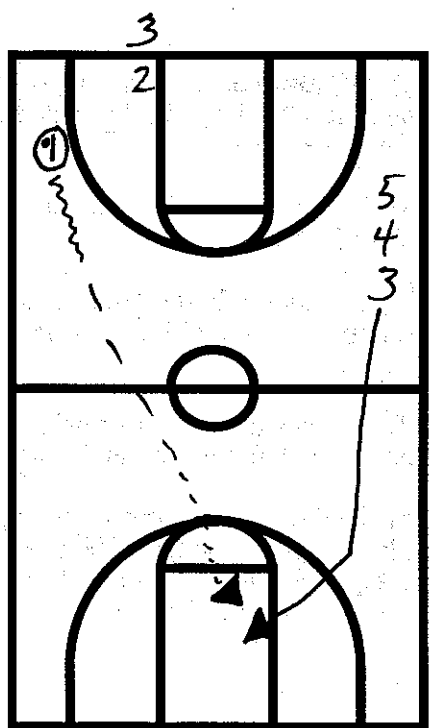


Diagram 28