



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,

A handwritten signature in black ink that reads 'Bob Murrey'.

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

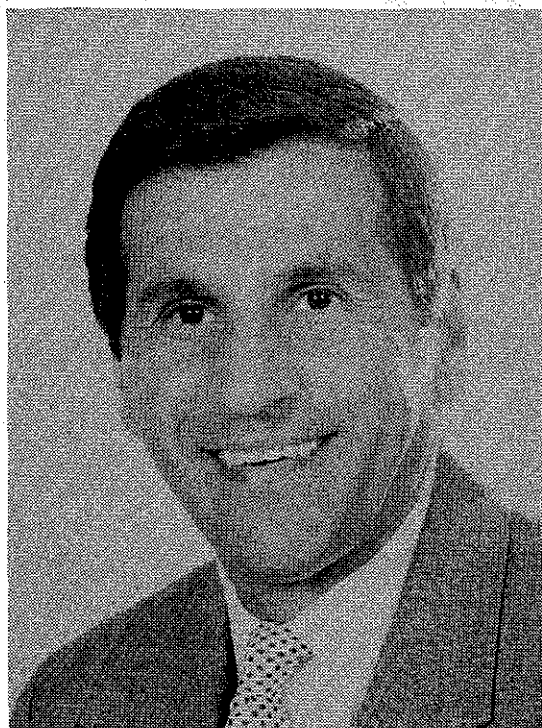
JIM HARRICK

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

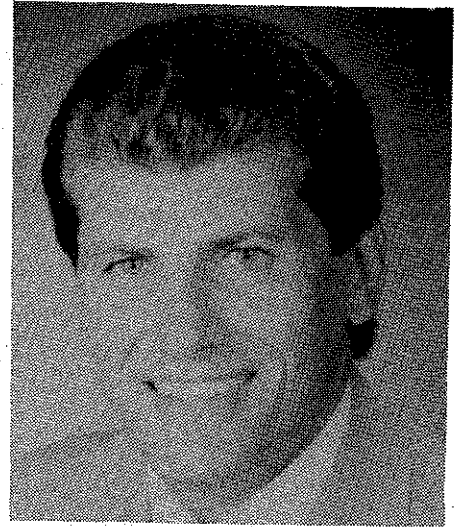
GENO AURIEMMA

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.

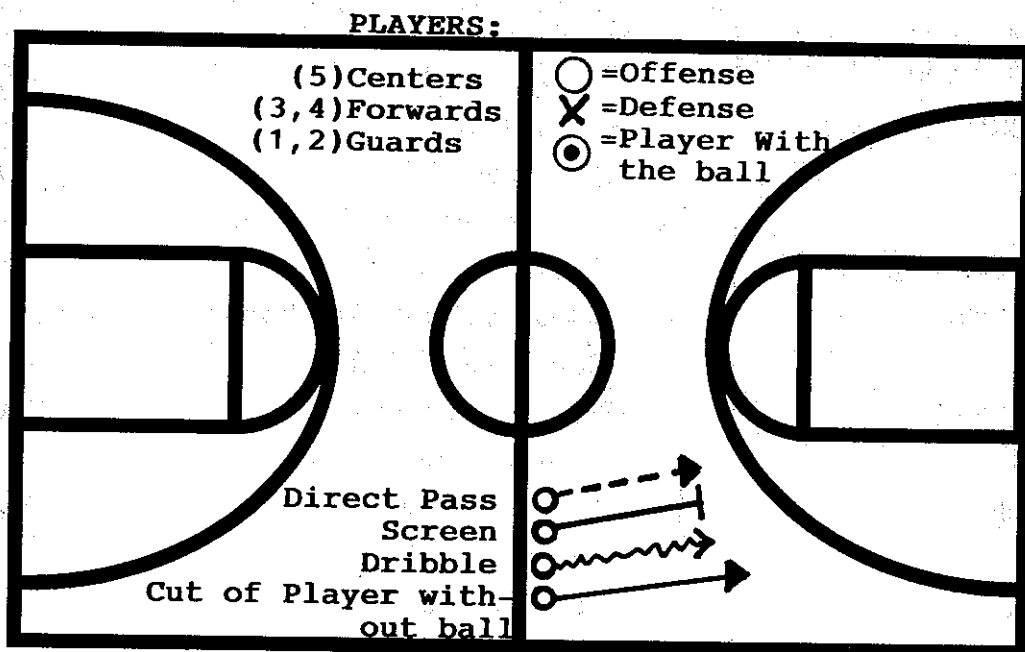
TABLE OF CONTENTS

<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
RICHARD WILLIAMS	Individual & Team Offensive Drills	230
	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.)

FRAN FRASCHILLA

Field Goal Percentage Defense - Half Court

I'm a big proponent of positive thinking, it's a big part of my coaching philosophy. A person I really admire is Zig Ziegler. He wrote a book entitled "Goals" that I would really encourage you to purchase. In this book he states you need a **formula** for your goals. You can't just say you want to win a conference championship, X number of games and expect it will happen. I want to share with you how we used his formula this year to achieve the success we did.

First, Ziegler says you have to have a **goal(s)** and set a **deadline** for achieving each. On August 29th, we had our annual two hour "**state of the program**" meeting with our ball players. In this meeting we discussed everything that related to our program: academic responsibilities, team rules, pre-season conditioning, behavior on campus, up to our basketball goals for the year. The **six goals** we established for our program were:

1. Play harder than last season
2. Win 20 games
3. Win our conference championship
4. Win our conference post-season tournament
5. Lead the country in field goal defense
6. Go to the second round of the NCAA tournament

The second thing Ziegler says to do is establish a **deadline** for your goals. We established March 19th as our deadline because this was the date of the second round of the NCAA tournament.

Thirdly, you have to list the **obstacles** that will work to stop you from reaching your goals. The obstacles we listed were: work ethic or lack of a work ethic, opponents, and officiating. We had five losses this past season and one official officiated in three of these losses. So, officials can be an obstacle to success.

Fourth, you must list the people who will **help** you reach your goals. The people we said we would look to were: coaches, family, friends, and teachers.

Fifth, we then must list the **skills and knowledge** needed to reach our goals. The items we listed were: basketball skills, conditioning, and game situations — how a player handles himself in these situations. Every other day of the season, we end our practice with our starters down eight and three minutes to go.

Sixth, you should then list a **plan** of action. Our plan of action was to work as hard as we could from August 29th to March 19th, be the best conditioned team in the country and be the best prepared coaches in the country.

Finally, you need to list the **benefits** of your goals. Why are you trying to reach the goals listed? The benefits we stated were: self satisfaction, attention for school and self, and earn a championship ring.

To make these more meaningful to our players, I placed all these steps on a **goal sheet** and placed it on the wall of our locker room so it was the last thing they would see when they left the locker room. I would constantly ask them whether they would achieve their goals working at the level they were working.

FRAN FRASCHILLA

Field Goal Percentage Defense - Half Court

At Manhattan, we have played six possessions of zone in three seasons. I'm not a firm believer in zone defenses. I do believe that you must have a **change-up defense** because there will be times when your opponent will get the rhythm of your defense and you need to change up. This is where you might want to play zone, run the Mike Jarvis blue defense, or even the North Carolina scramble. I say every year we're going to run a zone during the year but my players know that it's never going to happen. We play **scouting report defense**. This means we **adjust** our man-to-man defense based on the team we're playing.

The **four keys** to our defense are: pressure the ball, no splits, contest all shots, and rebound.

PRESSURE THE BALL

Our point of pickup is the old 28' hash mark. We play very conservative and we deny very few passes. About the only pass we deny is a penetrating pass. My belief is that if you have less skilled athletes than your opponent you better work to keep the other team **out of the lane**. I also believe that if you have better skilled athletes you still better work to keep the other team out of the lane. At Manhattan, we want to allow **no easy baskets**. We want to make our opponents shoot over the top of us. I have a Woody Hayes mentality, I want to pound people and keep going after them defensively until they wither.

NO SPLITS

We do not allow offensive players to **split** two defenders. This is very consistent with our philosophy of no penetrating passes. We work on stopping this from three feet outside the three-point line on in.

CONTEST ALL SHOTS

I'm a fanatic about **playing hard**. The biggest pet peeve of mine is allowing uncontested shots. We averaged 4.2 uncontested shots a game this year. We chart this because if it is important to me, it is essential that I know how well we are doing in achieving it. We have what we call "**Win Stats**." I took this idea from Pat Riley. It covers such things as uncontested shots allowed and offensive rebounds attempted, not just acquired, etc. **Win Stats** should be things you think are important to your team achieving success.

(Diagram 1) 4-on-3 Contest Drill: This is the primary drill we use to teach **contesting**. We set up with four players on offense and three on defense. The offense cannot dribble. The ball can start at any point on the floor. The offense passes the ball to anyone and the three defenders must work hard to adjust and contest all shots. When the shot is taken by the offense, the three defenders **must** be in front of an offensive player. The offensive player not being guarded cannot rebound. The defense must stop the offense on three possessions in order to get out of the drill.

This drill teaches **contesting** and **closing out**. Our rule on closing out is **nose and chest**. We want our nose on line with the opponent's chest. We tell our players to run halfway at their opponent and slide the other half with their nose on the opponent's chest. On blockouts, we never fly by a shooter and we **never** leave our feet until the shooter leaves his. We are fanatical about never, never **fouling** the jump shooter.

FRAN FRASCHILLA

Field Goal Percentage Defense - Half Court

REBOUND

(Diagram 2) **Circle The Wagon Drill:** We align our players around the three-point line with five on defense and five on offense. A coach is also in the three-point circle with a basketball. The coach says "go" and the defenders begin to rotate in a clockwise manner until the coach shoots the ball. When the shot is taken, the defenders must move to block out the nearest offensive player. This might require a short player to block out a big player and this could be the one possession in a game that could help you win a championship. You can also use this drill to move into your break. When the defense gets the ball, the five move into their assigned positions and you break to the opposite end.

We also do 3-on-3 rebounding and stress **rebounding** in all our shell drills.

Something we do different from many others is that we do most of our stance and footwork drills, zig-zag, contest and deny, etc., without a basketball. We do this so we don't have to stop practice to chase a loose ball and lose valuable practice time. Two examples of how we do this are our closeout drill and deny and exchange drill.

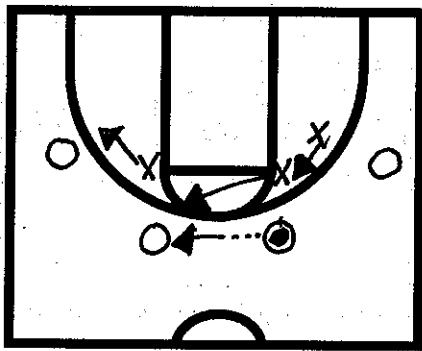


Diagram 1

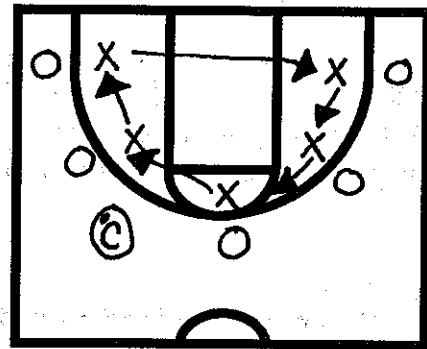


Diagram 2

(Diagram 3) **Closeout drill:** We start with a player at the wing on the three-point circle and a player on the box. A coach is on the baseline. When the coach yells "go," the player on the box is to closeout on the wing man who is breaking to the basket and force him to the baseline behind the basket. When he achieves this, he is to belly up to the offensive player and yell "dead" which tells his teammates he has the man trapped on the baseline.

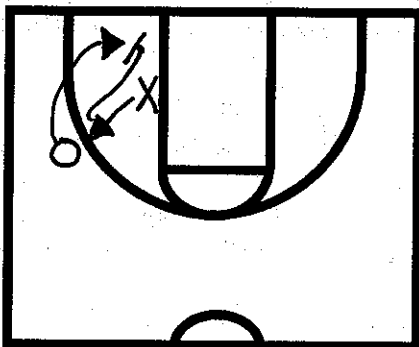


Diagram 3

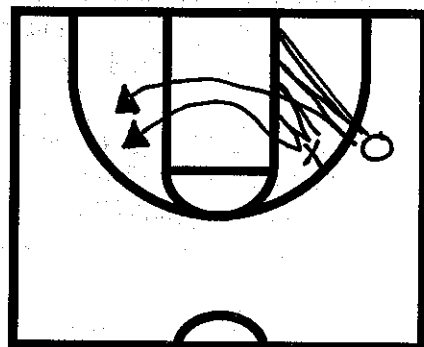


Diagram 4

FRAN FRASCHILLA

Field Goal Percentage Defense - Half Court

(Diagram 4) Deny and Exchange Drill: We do this without a ball and one defensive and one offensive player starting on the three-point line at the wing. We stress **ear** and **chest** to our defender which means he should have his **ear in line** with his **opponent's chest**. The offensive player slides to the box and back three times and then cuts through the lane to the opposite side. The defender is to maintain an ear and chest position at all times. We don't open up to the ball going through the lane, we turn our head to see the ball.

Two important parts to our defense are our **shell series** and our **three-man series**.

SHELL SERIES

(Diagram 5) Pass and Hold: Here we line up as most people do in the shell drill and work on our position to the ball. We don't deny the guard-to-guard passes.

(Diagram 6) Fill and Sink: Here we move to stop all **baseline drives** by sliding the weakside forward across to help on the drive and drop our two guards down into the lane to stop any penetrating passes.

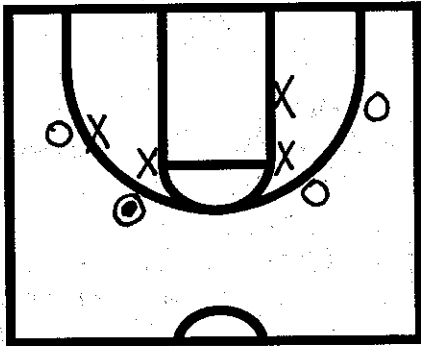


Diagram 5

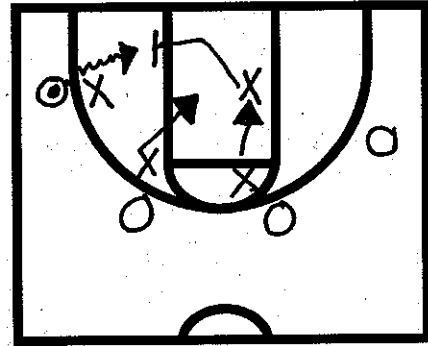


Diagram 6

(Diagram 7) Cutter Through: In this shell drill, we are working on making all cutters go **behind** and allowing no penetrating pass to the cutter. We will allow the pass back out from the forward to the guard.

(Diagram 8) 6-on-4: Here we line up with our basic 4-on-4 setup, but we add an offensive player in each baseline corner. On any baseline pass and drive, we want all our defenders to sink into the lane and stop any penetrating pass/move.

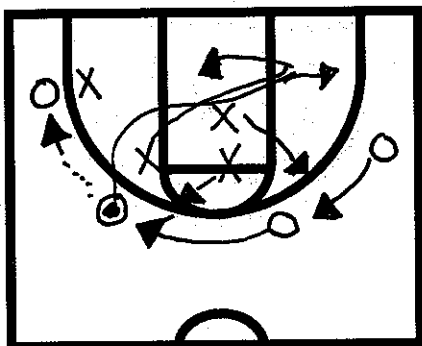


Diagram 7

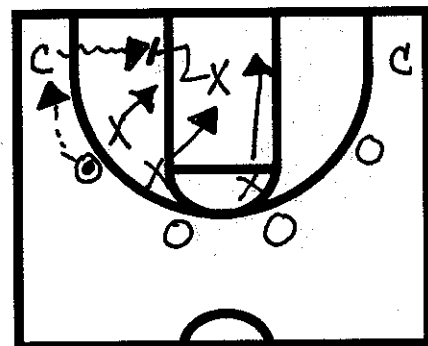


Diagram 8

FRAN FRASCHILLA

Field Goal Percentage Defense - Half Court

(Diagram 9) 4-on-4 Screen Down: On any pass from guard-to-guard, the guard making the pass is to move down the lane and screen for the forward on his side. Our defensive rule on this is that the man on the screener opens up and gives his teammate being screened space to get through. We generally go ballside of the screen so we don't get beat by a curl cut.

(Diagram 10) 4-on-4 Back Screen: Here on a guard-to-guard pass, the forward on the weakside moves up the lane to screen for his teammate. On back-screens, we defensively state that the "screener's man protects the lane" until his teammate being screened gets through the screen and can get to his man. We don't care which way the man being screened goes on the screen. We prefer that he tries to go ballside, but we have a player defending the lane until he gets there.

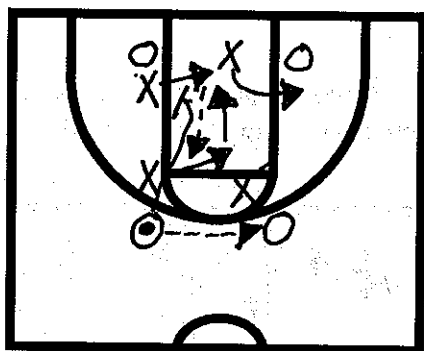


Diagram 9

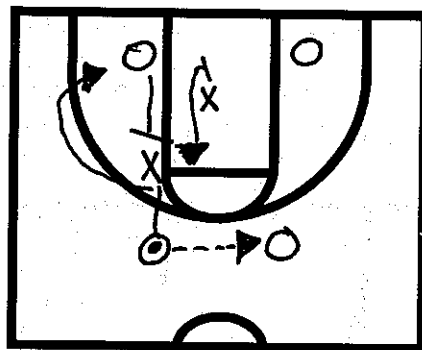


Diagram 10

(Diagram 11) 4 - on - 4 Screen Down, Switch Equals: We **switch** defensively, but we don't teach it until we have learned the **basics** of our defense. We also switch only equals. By this we mean that we do not allow a small player to switch onto a big player or vice versa. The three T's of switching that we teach our players are: "**Talk, Touch, Take.**" In this drill we set up as we do in the 4-on-4 Down-Screen drill. The bottom man being screened is always responsible for calling the switch.

The second important component of teaching our man defense is what we call **three-man plays**. Every offense has a series of three-man plays built into it. Examples of such three-man plays are: the flex cut, UCLA cut, staggered double, America's play and triangle. We run these 3-man series plays to teach our defenders how to defend them in game situations.

Let's look at how we would defend two of these set plays. We'll look at the flex cut and staggered double.

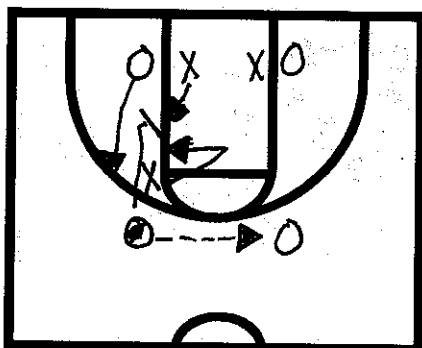


Diagram 11

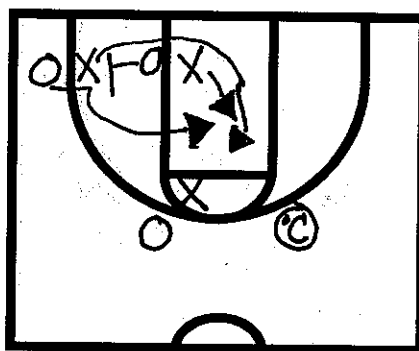


Diagram 12

FRAN FRASCHILLA

Field Goal Percentage Defense - Half Court

(Diagram 12) Flex Cut Drill: We set up with a post, forward, and guard on one side of the floor. We force **flex cutters** to go over the top of the back screen. The post defender must protect the lane until his teammate gets through the screen.

(Diagram 13) After running the flex, cut the offensive players run a down screen with the guard and post. Our defender on the man being screened **cuts through** the opening that his teammate on the screener has given him.

(Diagram 14) After making the flex cut and down-screen, we rotate our offense back to the three positions of the original flex and run the drill again.

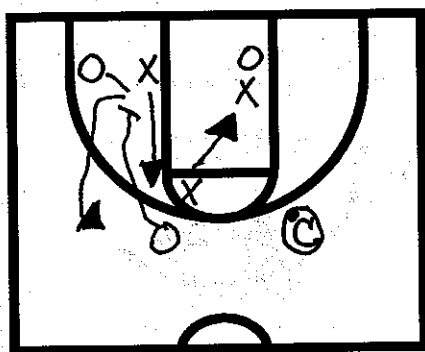


Diagram 13

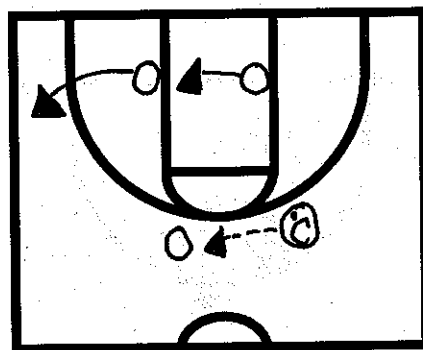


Diagram 14

(Diagram 15) Staggered Double Drill: In this drill we set up with two guards, a weakside post, and a coach/manager on the strongside wing. The strongside guard starts the play by passing to the coach. As this is done, the weakside guard cuts down to screen for the post. On this screen, we tell our post defender to "**caboose**" the cut. What we mean is that the defender is to get on the cutter's back and follow him through the screen, don't attempt to fight over or through this screen.

After making the pass to the coach, the strongside guard moves to set a second screen for the post man. On this screen, we tell the defender on the screener to "**show himself.**" This means he should move out off the screener and hedge on the cutter until the defender (X1) can finish his **caboose** move. The defender on the first screen (X2) should come off his man and guard the lane so the down screener doesn't run a "slip screen" and cut to the basket for a pass and score.

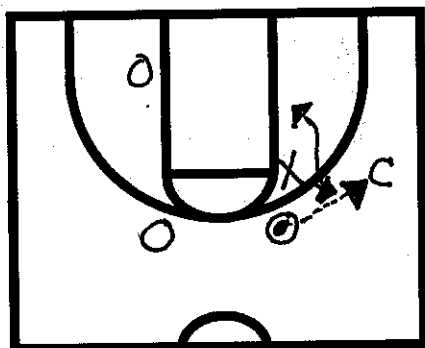


Diagram 15

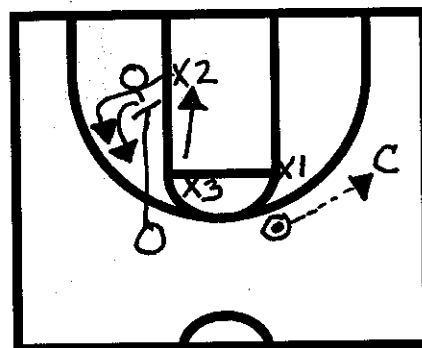


Diagram 16

FRAN FRASCHILLA

Field Goal Percentage Defense - Half Court

(Diagram 16) If we choose to switch this situation, we do it in the following manner. X2 would "caboose" his man on the first screen, but as 2 comes off the second screen, he would yell "switch."

(Diagram 17) X1 and X2 would now touch, and X1 picks up 2 and X2 would cut in the lane and take 1.

In closing let me show you the moves for triangle and America's play. Look at the rules and stipulations I gave you about our defense and see if you can describe how we would defense it.

(Diagram 18) America's play

(Diagram 19) Triangle

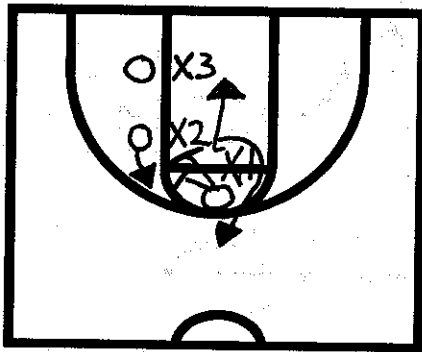


Diagram 17

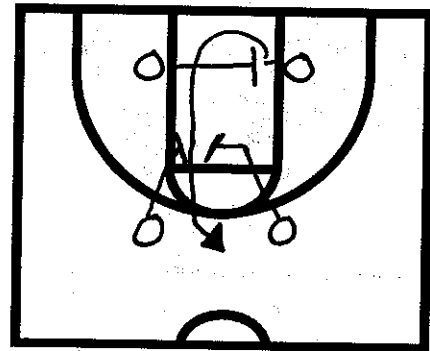


Diagram 18

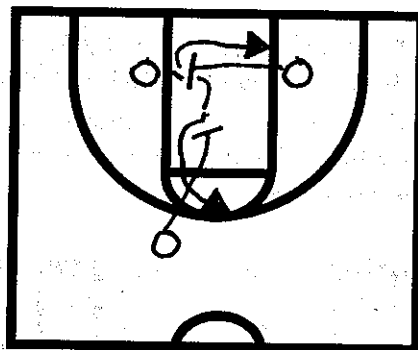


Diagram 19