



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

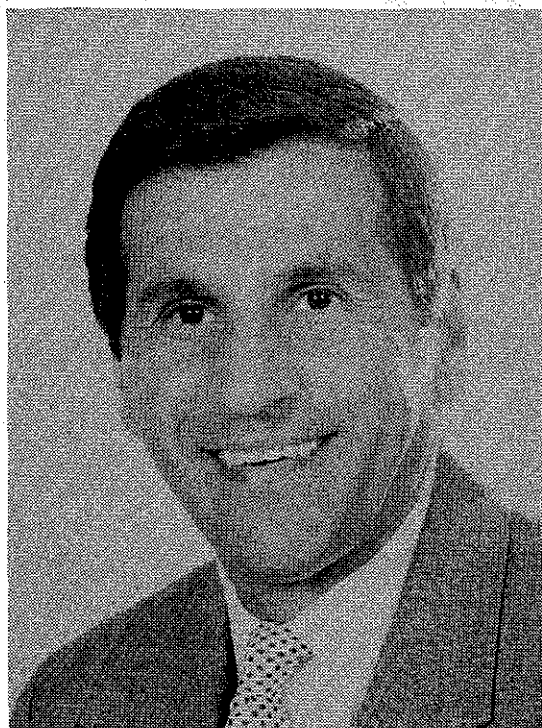
JIM HARRICK

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

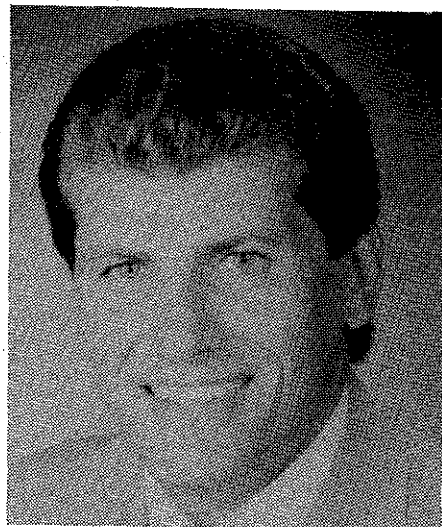
GENO AURIEMMA

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.

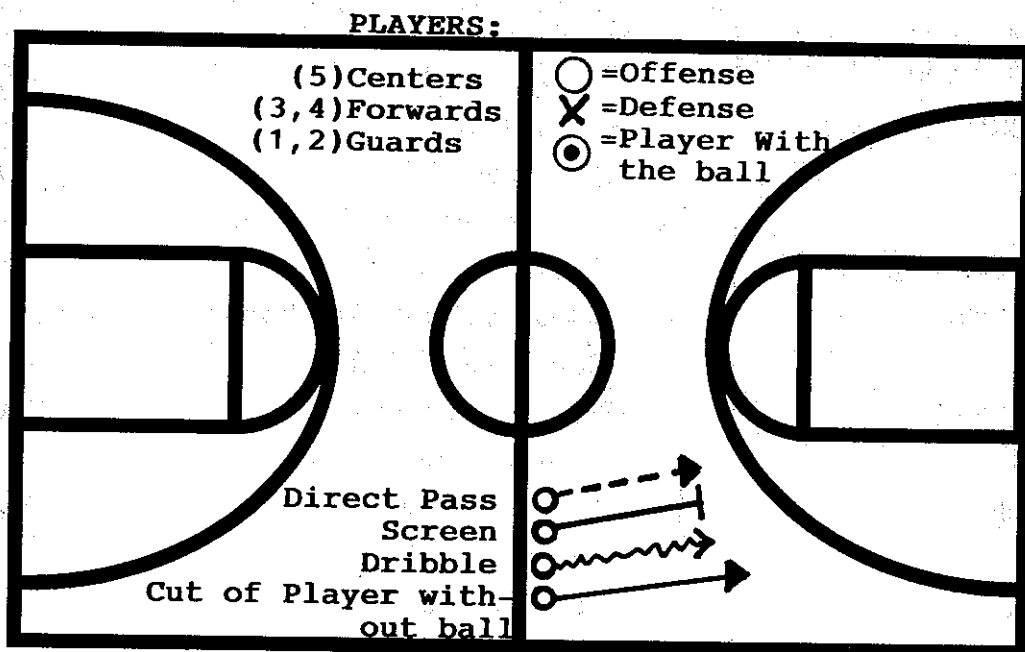
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DIAGRAM LEGEND



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

GARY GLASSCOCK

Pressure Defense

I had a good nucleus of players returning this year, but I didn't think I could make up the 35 points per game we lost. Therefore, we needed to concentrate on defense and our defense was the **key to our success** this year. You must have, as we did, a **select group** of players to play pressure defense. If you don't have the right type of players you can't do it. Defense is an **attitude**, one that says you cannot score on us. We try to get our players to love defense more than they love offense. We focus on defense at practice. Defense will give you the offensive opportunities anyway. We tell our girls to **frustrate** your opponent so badly that you can see the frustration in their faces.

What do you look for in a defensive player?

1. **Athleticism.** You need a great athlete or an overachiever.
2. **Court sense** and/or knowledge of the game. They must know what they have to do. They must know basketball. They must have a lot of experience.
3. **Speed** is very important along with endurance. They must be in shape.
4. **Intangibles.** They must have heart, the desire and the hustle with a "no quit" attitude.

Most coaches know to some extent which players they will have for the coming year. I knew we had some "burners" and some with average speed. They were all good players. Our only downfall was that we had no height. Our tallest was 5'9" so we needed a **full-court pressure defense**.

The first step was the **conditioning**. We did many things **without a ball**. We had timed runs. We ran a mile. Each player improved immensely during the season on these times. We also ran a half mile and on occasion a mile and a half. We didn't do this often during the season unless we had a break in our schedule. We also ran "**mountains**," which are full-court sprints, touch the end line and return. We timed these too, and it took about nine seconds. The second part of the mountain was down and back twice and the third part of the mountain is down and back three times. that gets them to the top of the mountain. We try to see if we can get the **same times** coming back down the mountain as they did going up. Sometimes we use the mountain at the end of practice and then we would go sideline to sideline.

(Diagram 1) Start the players in the corners. This drill is run at **full speed**. They sprint from the corner to the elbow, backpedal to the endline and slide to the opposite corner. The next person starts before the first person finishes. They go both sides.

(Diagram 2) **Half-Court Slides.** Start in the corner. Their first step is with the foot in the direction they are moving. Keep a wide base with short steps. Make a drop-step at mid-court when they change direction. We make them talk during the drill.

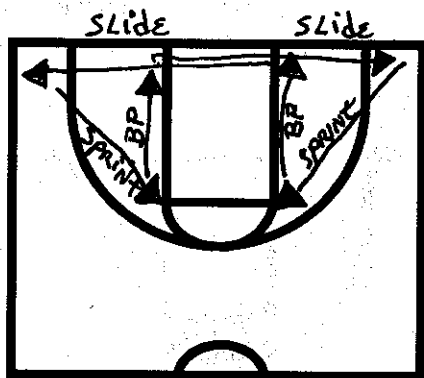


Diagram 1

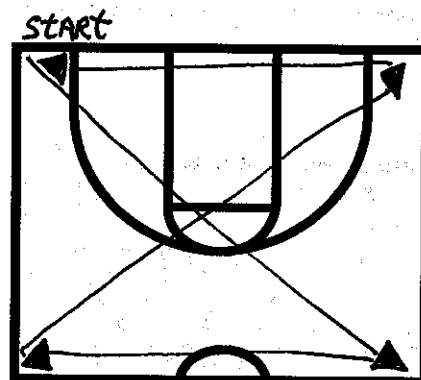


Diagram 2

GARY GLASSCOCK

Pressure Defense

(Diagram 3) We use the lines of the volleyball court. The players do a defensive slide between the volleyball line and the sideline. Every time they do a drop-step when they change direction and they must clap their hands or clap on the floor. They are talking all the time. This is without a ball. When we use the ball, we do not allow the defense to steal the ball. By the way, we start our practice with stretching and I have them stretch in silence.

(Diagram 4) Then, we run a **pre-practice sprint**, a jog to get warm. After we get warm, we will run harder. We do this in pairs with teammates encouraging each other. We slap the partners' hands when they finish. We might sprint across, drop-step back or do a miniature suicide across. We may do the same thing at the end of practice, but then they will be **timed**. We also shoot free throws after this while they are **tired**. We do wall sits for one minute. We make them talk defense while doing it.

Another part of our conditioning is **rope jumping**. This is both for conditioning and agility. They will jump on one foot at a time. Sometimes we will have them moving around the gym and jumping over the lines. We also have a drill called "**doom**" which is a form of punishment. This is used in soccer also. The players are on the sidelines. First we will walk, then skip, then jog, then perhaps they will do ten pushups, or ten situps, slide, drop-steps, wall jumps, a variety of things. This will continue for about 20 minutes.

(Diagram 5) **Group Defense**. The coach points and the players react while remaining in a good **defensive stance**. If I point to their left, they move with the left foot forward and must yell "**left**". If they then went right, they would drop-step and move with their right foot forward and yell "**right**." If I dribble backwards, they must approach the ball cautiously.

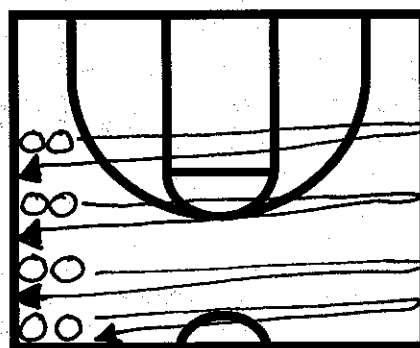
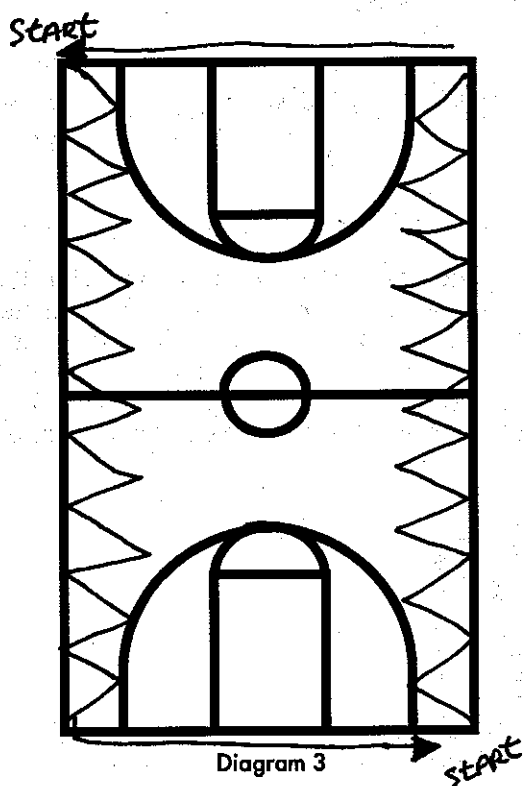


Diagram 4

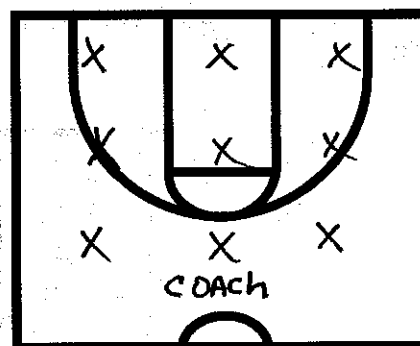


Diagram 5

GARY GLASSCOCK

Pressure Defense

When I would stop the dribble, they would then have both hands up and yell "deny." I also call out a charge and they react as if taking a charge. If I simulate a shot, they yell "shot." On the command "go" they would sprint to the other end of the court. This same drill can be done as a **machine gun drill**, similar to a football drill where the feet are continually chopping, a **stutter-step**.

(Diagram 6) **Nose On The Ball.** 1 is offense, 2 is defense, 3 is next on offense, 4 is resting. 1 dribbles laterally along the line and 2 turns the dribbler back and forth. The defensive player must sprint to cut off the dribbler. This continues for about thirty seconds. This is also a good ballhandling drill. You cannot do a cross-over dribble. You can spin, go behind the back or between the legs. I want the nose on the ball. After thirty seconds the defensive player rests.

(Diagram 7) **The Force Wide Drill.** This is a 1-on-1 drill. The defensive player keeps the offensive player out of the lane. Force the dribbler wide. When the dribbler is stopped, she passes to one of the stationary wings. Then, the dribbler takes the place of the wing and the wing goes to the end of the dribbler line. The defensive person returns and plays defense again. This occurs about six times.

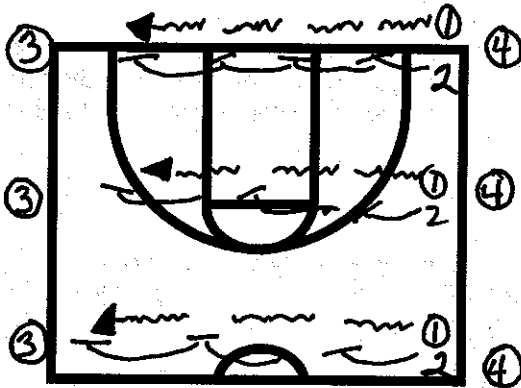


Diagram 6

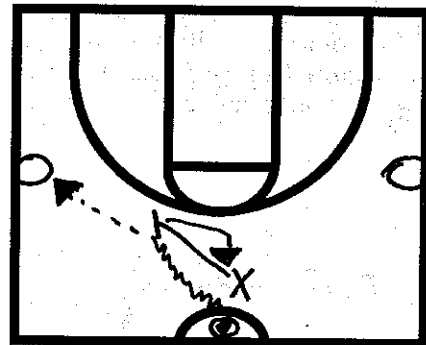


Diagram 7

(Diagram 8) **Trio Drill.** 2, 3, and 4 are offensive players, 1 is defense. Drill begins 1-on-1, but the defender must play three different players. When 2 shoots, 1 blocks out and rebounds. 1 gets rebound and outlets the ball to the wing. If 2 scores, 1 takes ball out-of-bounds and outlets to the wing. The other wing will **flash** to the middle. 1 will try to stop the **flash cut** and this becomes the second 1-on-1 situation. 1 rebounds again, then passes out to the other wing and 1 must close out on that wing and play her 1-on-1. 2 is the next defensive player. Make it **competitive**, give one point for each person you stop. If you score on offense, that is also a point.

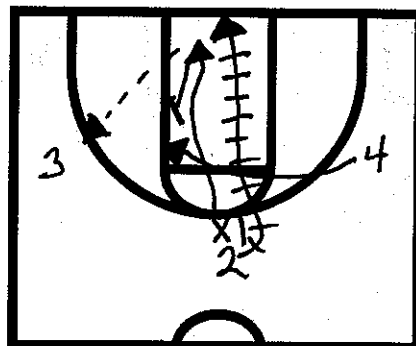


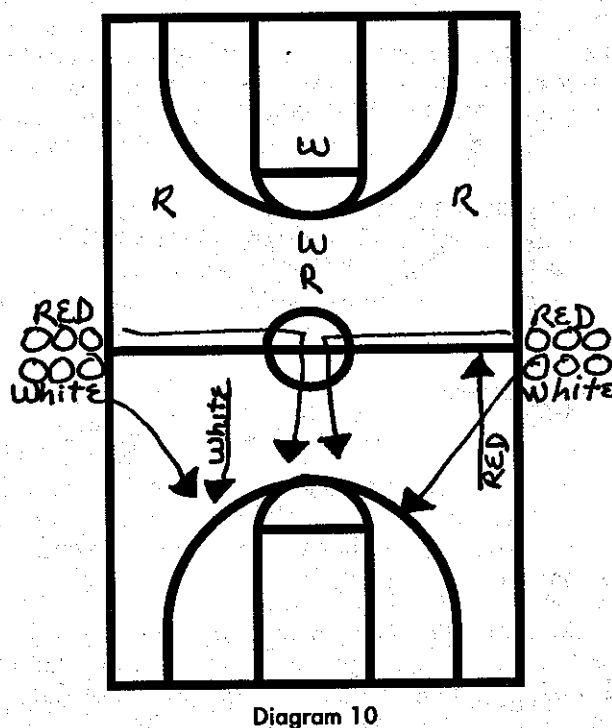
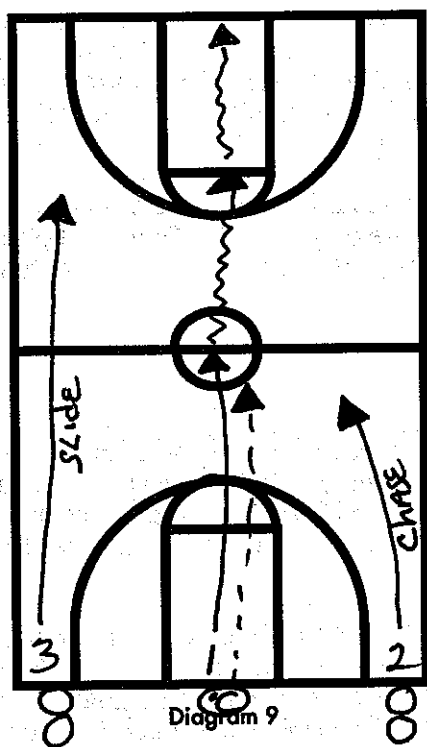
Diagram 8

GARY GLASSCOCK

Pressure Defense

(Diagram 9) **Full Court 1-on-1 Chase.** This is designed to help us make lay-ups going at full speed. 1 sprints down the floor and the coach throws a lead pass. 1 shoots a lay-up. 2 chases 1. When the pass is made from the right side, this will probably make the shooter take the shot from the left with the left hand. 3 is in the **defensive slide** and will stop at the free throw line. You can do it two ways. 2 will rebound, and make the outlet to 3. 1 must find 3 as soon as possible and play defense against 2 and 3 coming back the other way. The other way to play this is both 1 and 3 will play defense against 2 who is trying to dribble back the length of the court. If the two defenders steal the ball, they go 2-on-1 in the other direction.

(Diagram 10) **Two-Team Transition Game.** This begins as 3-on-2. If the three red players score, then the three red players play **press defense** and the two white players go 2-on-3. One of the white players must take the ball in after a score so the closest red player plays defense on the inbounder while the other two players double-team the remaining white player.



Another rule is that the player inbounding the ball cannot **pass over the top**. The pass must be made **below** the free throw line. If the white team stops the red team, the outlet pass is made and the white rebounder gets off the floor. However, one white player from each side of the court is now activated and it is 3-on-2 at the other end. The red players (one from each side) enter the court, but must first touch the floor in the center circle before they drop back to play defense. White should get a lay-up unless they mis-handle the ball. This is a **continuous drill**.

GARY GLASSCOCK

Pressure Defense

All players must play all positions and know all positions on the press.

A. **What is needed:** You must have the necessary **attitudes**. They must believe it will work. If they don't, it won't. They must **concentrate**. They must be **mentally** in the game. They must **communicate**. They must be **alert** to change from one type of press to another. **Aggressiveness** is very important, they must **control** the offense. Take intelligent chances.

B. **Ingredients** for a successful press. You must double-team. But in our case we have kids who are so good on the ball that many times we don't have to double-team. We must be able to adapt and adjust depending on the offense. You must **contest** all forward passes and you can't give up free lay-ups and you can't foul. We pressed and yet we shot more free throws than our opponents this year. You must be able to go from the press into the **half-court defense**. We went from a zone press to a man defense at half-court.

C. The **benefits** of a pressing defense. First of all, we force our opponents to play 94 feet instead of 22 feet. We force them to use a lot of energy to break the press. The teams that are not in good condition will turn the ball over later in the game. Pressing **exposes** the **weaknesses** of the ballhandlers. Pressing determines the **tempo** of the game, and speeds it up the way we want it to be played. Pressing gives you a **chance to win**, it can change the momentum of the game and it nullifies a **size disadvantage**. We were a small team. You get what you can call a **press reputation**. Teams must prepare for your press in lieu of something else. When you press, you will use more players. Many teams only use seven players.

D. **Concerns** about the press. It could be tiring. But I think about it another way. I think about the opponents getting tired. Foul trouble could be a concern and so are easy baskets. Don't call off the press because of a couple of easy baskets, make some adjustments first. If you have one weak defender, you can't hide her. You must have the right personnel to press.

Types of Presses

(Diagram 11) 1-2-1-1. Players: 1 must be able to jump and must be athletic. 2 and 3 must be quick and able to read the passing lanes. 4 must anticipate well and 5 is the safety. 5 must be a smart player. If you have a small girl, play her at 2 because most teams go to the right and 2 will not be trapping and the pass can't be made over her head. If we are in **full-court**, we **trap immediately**. If we are **back**, we **trap** at the free throw line extended. Initially we **force wide**, then **trap**.

(Diagram 12) **The Man Press**. We utilize our **speed**. We will play off the wings to keep someone from breaking long. We have a player back sometimes, but often we will bring her up with her back to the ball and double-team the primary ballhandler. We want the ball to go to the #2 guard or the small forward. We don't run and jump. We play hard when the ball is out-of-bounds. When the ball is inbounds, we allow our players to double-team if they are close enough.

Half-Court Defense: Our concept is that we want **constant pressure** on the ball. We want to force the opponent to use her weak hand and then we give **weaksides** help. We will contest all passes. We play aggressively in the post area, even though we were small. We try to get the opponent out of the low post area into the mid-post or high post area. We don't completely front the post, but we play about half-front. We stop the lob by putting **pressure** on the ball. We must have **constant** ball pressure. Sometimes we use a 1-3-1 half-court trap as a change, maybe just once a game. It is a good change of pace. We also use it if the other team is holding the ball on us. We either get the **trap** or they will get the shot. But we really are a man-to-man team.

GARY GLASSCOCK

Pressure Defense

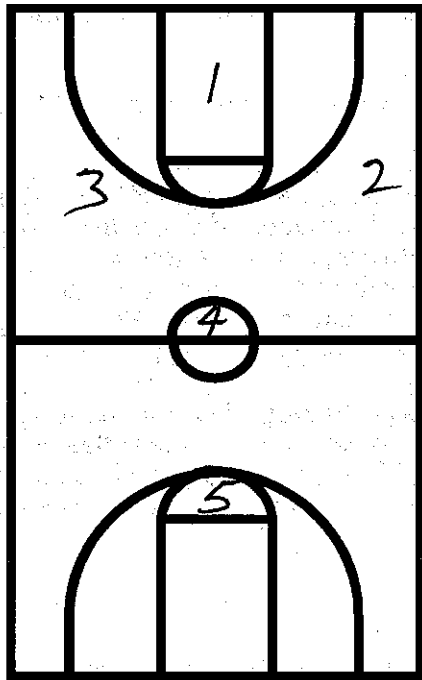


Diagram 11

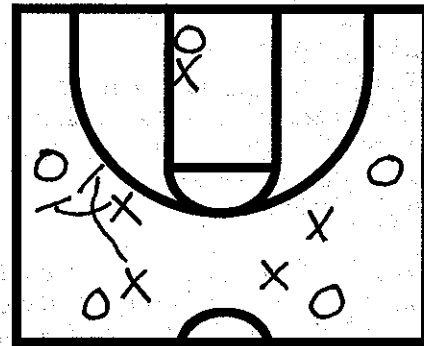


Diagram 12

Defensive Philosophy: Our theory of defense is to **disrupt** the offense. We want to constantly apply **pressure**. We don't allow **easy** shots and we do set **defensive goals** for our team. We want to hold opponents under 40 points and to hold opponents to single digit quarters. We want to force 20 turnovers a game and hold opponents to less than 45 shot attempts per game. **CHAMPIONSHIP TEAMS WIN WITH DEFENSE. HAVE A BAD DAY ON OFFENSE, AND THE DEFENSE CAN STILL WIN THE GAME FOR YOU.**

Teaching A Player To Play All Positions

We try to develop a **total player**, give everybody a green light to do as many things as they can possibly do in most, but not all, situations. You must show **confidence** and have some **patience**. I won't pull a player out of a game because she makes a mistake. We don't stereotype a player because of height or size. Don't make a decision on an **initial impression**.

That girl who may have played post in grade school because she was the tallest girl then may now be one of the smaller ones. She may have been an early grower. Just because her older sister was a guard doesn't mean that she is a guard. Experiment with various players in different positions during practice. This eliminates boredom at practice and creates confidence. It is a new challenge, and may cause the desire to over-achieve. This will help us to overcome mismatches in a game and it will allow us to create mismatches. This gives us more flexibility and creates more problems for the defense.

GARY GLASSCOCK

Pressure Defense

The Plan

We give them a variety of ballhandling drills. All of our players handle the ball. We work on five different dribbles; the crossover, spin, behind the back, between the legs, and backpedal and change direction. We have a variety of shooting drills.

(Diagram 13) **7-Spot Shooting Drill.** Do this at a fast pace, two shots from each spot. Shoot the two point shot first, then the 3.

The “**Two-Man, 30-Shot drill.**” We take 10 shots each off the pass, off of one dribble, and off of two dribbles. Work in pairs, one shooter and one rebounder/passer. A variation of this is the “**two-man follow.**” The player shoots, follows her shot, rebounds, passes out to her partner. Before we do this, we have a **warmup shooting drill.** Each girl goes to a basket with a ball and only uses one hand. Make the **exaggerated follow** through so that the shooter gets the proper rotation on the shot. We have a lot of **high intensity lay-up** drills.

(Diagram 14) “**X-Out Drill**” This is another good drill for **conditioning.** Use two balls, one on each block, or on any one of the lines out to the elbows. Make your lay-up, turn and immediately pick up the other ball. Dribble out with the outside hand, spin, reverse with the other hand, and take a lay-up. A teammate is rebounding and placing the balls on the spots. Do this for one minute. You should make between thirteen and fifteen.

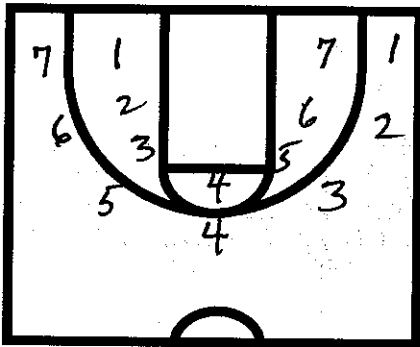


Diagram 13

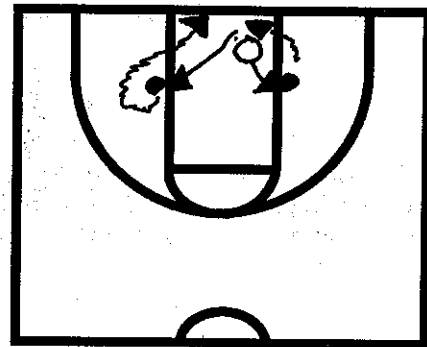


Diagram 14

(Diagram 15) **Russian Lay-up Drill.** 1 passes to 5 who makes a return pass and 1 gets the shot. 1 then goes to back of line behind 8. 5, the rebounder, goes to the line behind 4. The ball doesn't hit the floor. Be sure that you don't come back the middle, you will get in the way.

(Diagram 16) **Kentucky Ball Drill.** This is a **full-court speed drill.** Start at the baseline with give and go passes and take a lay-up at the opposite end. Go two minutes in one direction, then reverse.

(Diagram 17) **3-Point Shooting Drill.** Everyone has a ball except for 1. 1 cuts to the baseline, fakes, and breaks out to the three-point line. 2 times her movement so that she dribbles down the middle and then passes out to 1 for the shot. 2 then continues to the baseline and breaks out to the other side and receives a pass from 3.

GARY GLASSCOCK

Pressure Defense

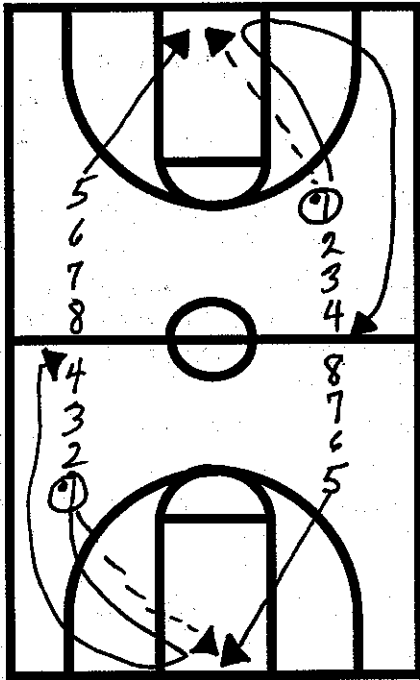


Diagram 15

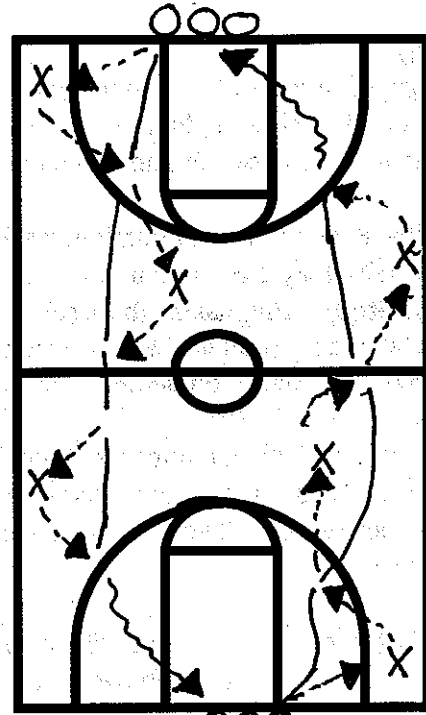


Diagram 16

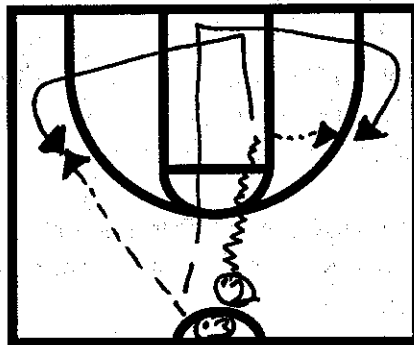


Diagram 17

Overall Picture

1. Make everyone feel important. Everyone's a scorer, everyone shoots.
2. Gives the defense more decisions to make. Everyone is a **threat**.
3. Shot distribution can come from anyone, anytime, anywhere. I don't pull anyone out for shooting, I pull them out for not **shooting**.
4. Eliminates damaging effects of a one-man or a two-man game and it's problems. Everyone will get into the **offensive flow**.