



**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

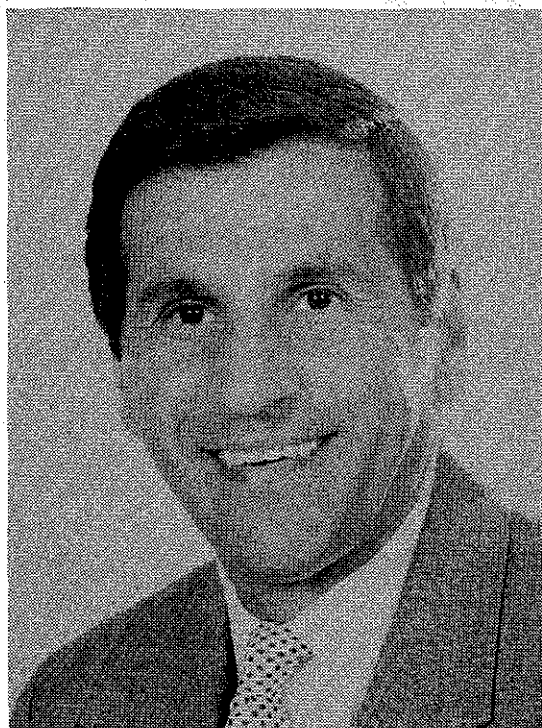
## JIM HARRICK

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

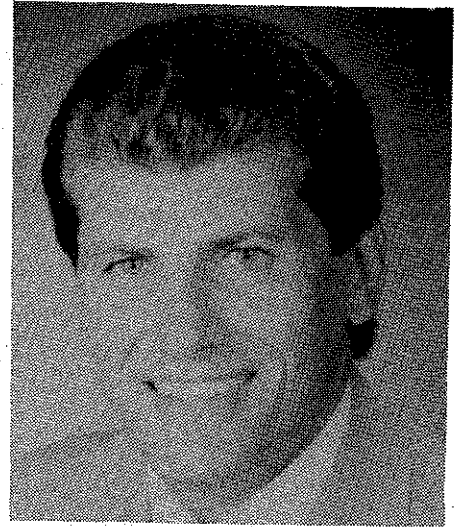
**GENO AURIEMMA**

**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.

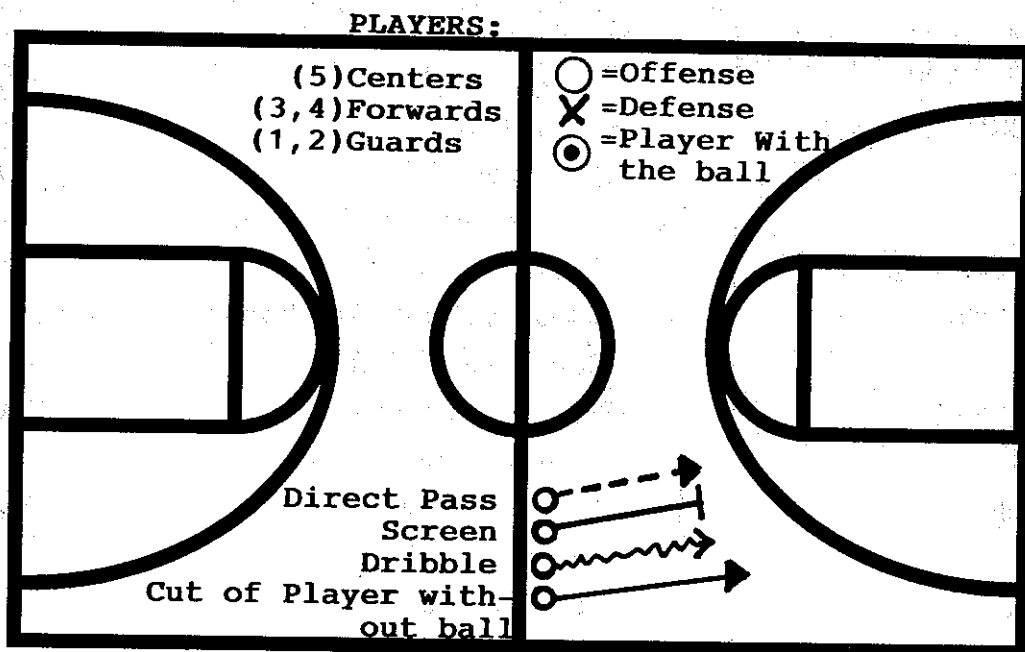
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## DIAGRAM LEGEND



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

# JIM HARRICK

## UCLA DEFENSE

### Philosophy

Defense starts immediately when the opponent gets the ball. Give a little of your offense to compliment your defense. Pressure the ball. Force the player with the ball to dribble. Guard the passing lane. You must **teach** your defense. Whatever you do on defense must be continued until you get the ball.

You must have defensive imagination, teach your team the value of unity and aggressiveness. They must understand **why** they are doing it. Decide if you are going to teach **fan** or **funnel**. Defense is a state-of-mind, an **attitude**. Emphasize that each team member is dependent upon the other to have a successful defense. One man covers the ball with the other four helping. Without communicating to each teammate, there will not be no unity on defense. You must teach when to **pressure** and when to **sag**.

In our defense, we have a number of things we feel are very important for us to become a good defensive team. These things must be practiced diligently on a regular basis and we do not accept a half hearted effort from our players. They are basic, but as I said, they are essential to our becoming an outstanding defensive team.

1. **Stance:** We want everyone **down** on their rear ends with their hands above their shoulders with fingers pointed to the sky.
2. **Concentration:** We emphasize the importance of **listening**. If players **hear**, but do not **listen**, they will not become good players and there will not be a high level intensity by the defense.
3. **Balance:** The head must stay on the **mid-point line**. Once the head is tilted too far forward, there is no balance, just as there is no way the defense can move if the head is up too high.
4. **Quickness:** Players must learn to **think & act** quickly. They must learn to speed up reaction time and move to the proper position.
5. **Play hard:** There is not ever a time for the players to play or work less than the hardest they possibly can. When players do not practice as **hard** as they can, we do not allow them to **practice**.

To achieve these things, we have a few drills using the length of the floor.

First, we will emphasize **stance** up and down the floor. We want the defense to take a big step to stay ahead of the offense. The defense works on deny, closeout, charge and dive. Following this, we will use a mass drill with a leader calling out certain moves and the team echoing the call.

# JIM HARRICK

## UCLA DEFENSE

Secondly, we will start with three lines on the baseline.

1. Run the full length of the floor
2. Change of pace/change of direction
3. Work on the closeout
4. Defensive slide, work on technique
5. 1-on-1 without the ball
6. 1-on-1 with the ball

Thirdly, put four lines on the baseline. Put four offensive men 15' away, each with a ball. The defense:

1. Works on the closeout
2. Contest the shot
3. Take charges
4. Dive on the floor

We may start these drills going the full length of the floor for ten minutes, then spend fifteen minutes doing 1-on-1, 2-on-2, 3-on-3. We have a very good drill 4-on-4, 4-on-4, 4-on-4 whereby you go from offense to defense to sitting out. This is done for ten minutes. We will spend about this amount of time each day working on at least three defensive drills. In all of the drills, we want our players to **jump to the pass**.

### One-on-One Drills

#### A. Check Point Drill (Diagram 1)

In this drill we attempt to drive our player to a spot on the floor we call our check point. The two check points are the 28 foot mark on the sideline and a spot on the baseline half way between the basket and the corner.

The defense hands the offense the ball and drives him to the checkpoint.

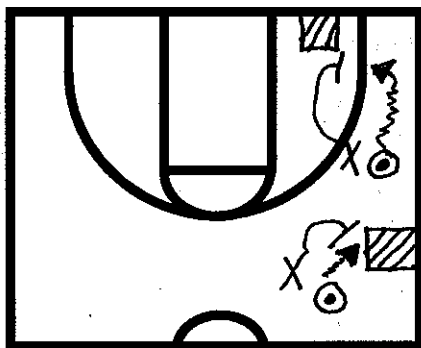


Diagram 1

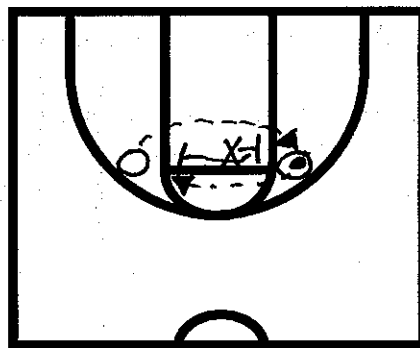


Diagram 2

# JIM HARRICK

## UCLA DEFENSE

### B. Wing Denial Drill (Diagram 2)

In this drill we are denying the pass from the guard to forward. We tell our defensive player to have his front arm out in the passing lane with the thumb down, pointing to the floor. The head is turning and looking over the front shoulder toward the ball. This is a live one-on-one drill. We do this from both sides of the floor. The rotation for the players is offense to defense, defense to passer, and passer to offense.

### C. Close Out Drill (Diagram 3)

Here the coach passes to the wing and the defense must come out on the ball in the close out stance, prepared to defend the shot. If the offensive man doesn't have the shot, it is 1-on-1 live. You can use a third player instead of a coach to be the passer.

### D. Cover Down Drill (Diagram 4)

Here we are working on giving help on a ball passed into the post. The ball is on the wing with a defender on the ball and an open post. The offensive man passes the ball into the post and the defense must turn and make a one step or two step cover down move toward the post. Whether it is a one or two step move is dictated by how good a three-point shooter the perimeter player is.

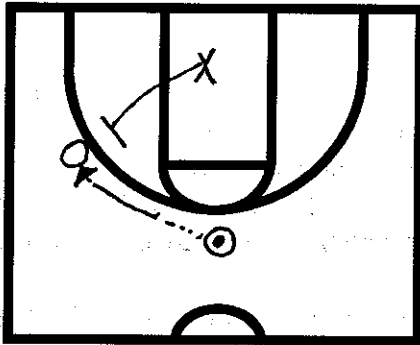


Diagram 3

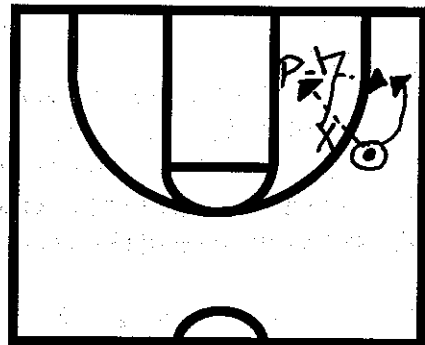


Diagram 4

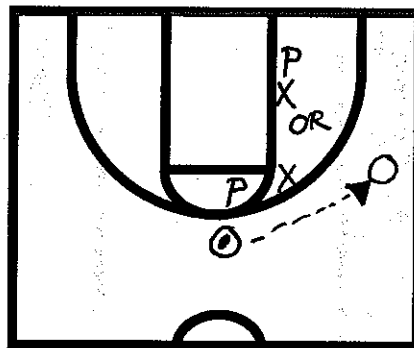


Diagram 5

# JIM HARRICK

## UCLA DEFENSE

### E. Post Drill (Diagram 5)

Here we are working on **defending the high/side post**. How you cover the post is based on your defensive philosophy. You can front him, 3/4 cover, or play behind. When the ball is passed from the top to the wing or vice-versa we always go behind the post so we can't be dunked on. We feel there is nothing more demoralizing than a dunk to the defense. When the ball is passed into the post we play 1-on-1 live.

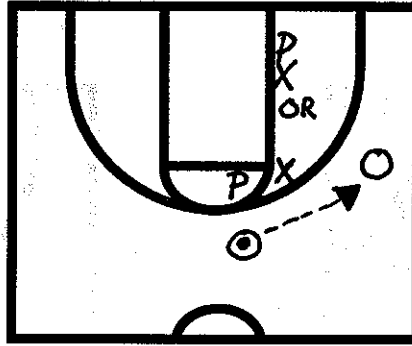


Diagram 5

### Two-on-Two Drills

#### A. Two-on-Two Guard-Forward (Diagram 6)

Here we are working on the **common move** of most offenses. The guard starts at mid-court with the ball and using only the ballside of the court, the offensive guard and forward attempts to pass, cut, and score with the defensive men working on the techniques taught in the one-on-one drills.

#### B. Two-on-Two Jump to the Ball (Diagram 7)

On a guard to guard pass we always stress **jumping to the ball**. Here we are working on the defense moving with the pass and not waiting until the pass is complete. There is no attempt at this time by the offense to score.

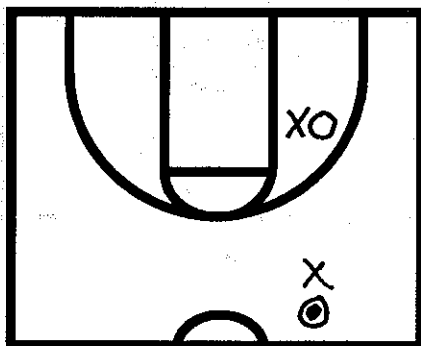


Diagram 6

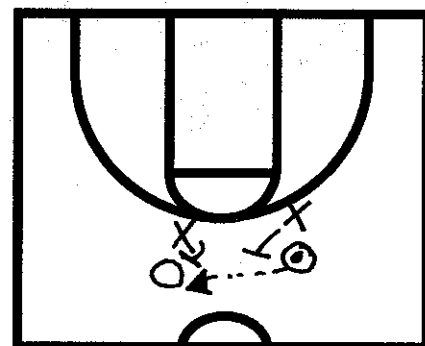


Diagram 7

# JIM HARRICK

## UCLA DEFENSE

### C. Screen Away Drill (Diagram 8)

So many offenses today have this as part of its arsenal. There are two ways you can defend this move:

1. Switch on all screens.
2. Go over top of the screen.
3. Step back and slide through. This is the technique we use most often. We tell our defender on the screener to step back from the screen and allow the cutter to slide through. (Diagram 9)

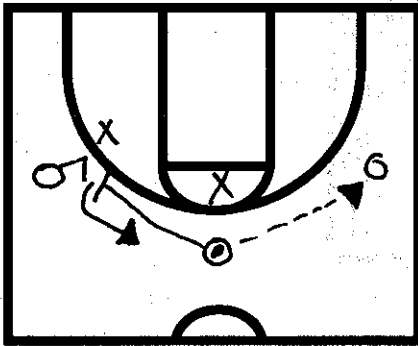


Diagram 8

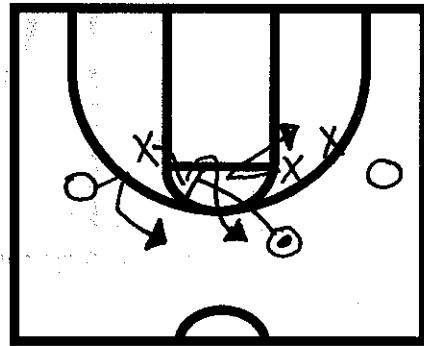


Diagram 9

### D. Two-on-Two Below (Diagram 10)

The offense sets up **below the foul line** with each in a forward position. There are two players above the foul line who serve as passers. We are working on denying the ball, stopping and giving help on the back door, and denying flash post moves.

### E. Two-on-Two No Post (Diagram 11)

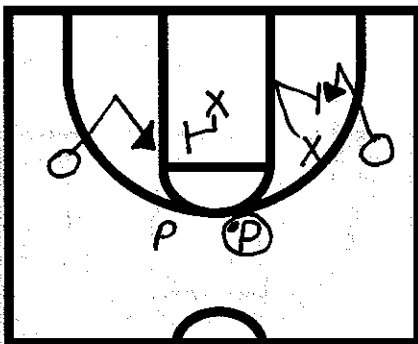


Diagram 10

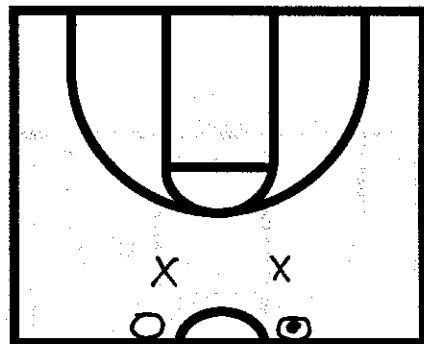


Diagram 11

# JIM HARRICK

## UCLA DEFENSE

### F. Two-on-Two with Open Post (Diagram 12)

Here we teach our guards that if their man cuts off the post on the same side they started from, they are to **fight over the top** of the post. On a scissors cut off the post the guards are to switch.

### Three-on-Three Drills

#### A. Three-on-Three Half-Court (Diagram 13) We set up in a guard, forward, center setup on offense.

If the offense scores, it presses and defense works on **breaking** the press. If the offense doesn't score, it works on transition defense and the defense **converts** into our fast break offense.

#### B. Three-on-Three Screen Drill (Diagram 14)

Here we are working on fighting over the screen, communicating and giving help on the screen. We set up screeners on each side of the lane with **defenders on the screeners**. The dribbler starts with the ball at the top of the center circle and moves to use either screener to free himself for a shot. The man on the ball must work to fight over top of the screen. The defense on the screener must warn his teammate of the approaching screen, "**screen right, screen left,**" then he has 4 things he can do to help on the dribbler. He can:

1. Make the dribbler go wide.
2. Make the dribbler pick up the dribble.
3. Make the dribbler reverse the dribble.
4. Take the charge.

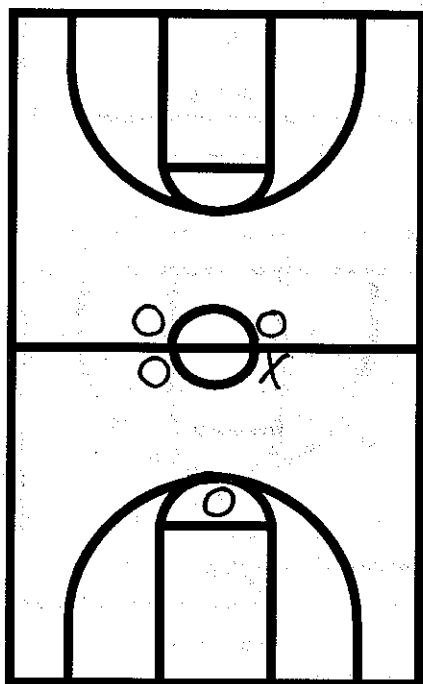


Diagram 12

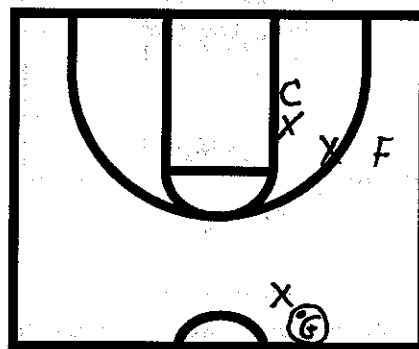


Diagram 13

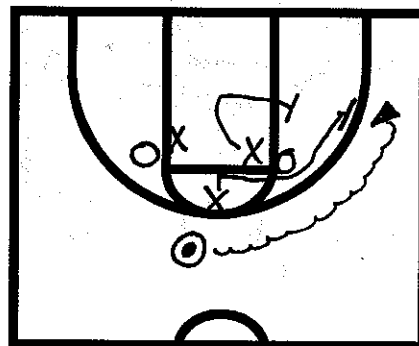


Diagram 14

# JIM HARRICK

## UCLA DEFENSE

### Four-on-Four Drills

In our four-on-four drills, we can work out of ten different sets. Which one we use is based on the set our opponent will use. (Diagrams 15 - 20) shows some of these potential sets.

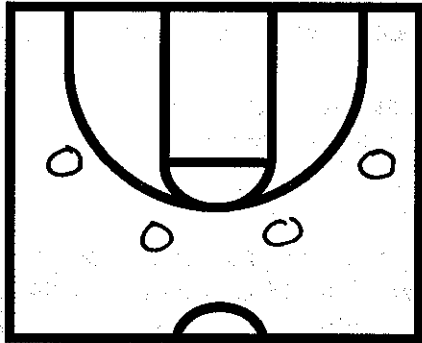


Diagram 15

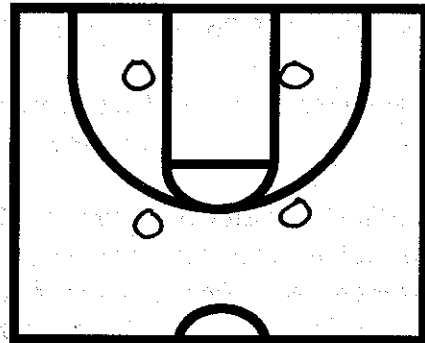


Diagram 16

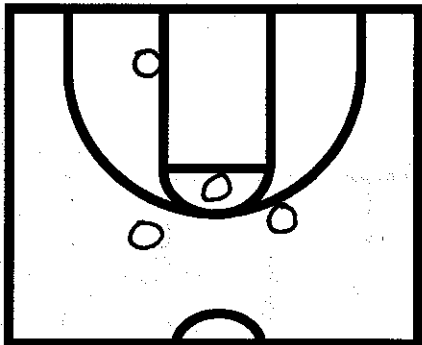


Diagram 17

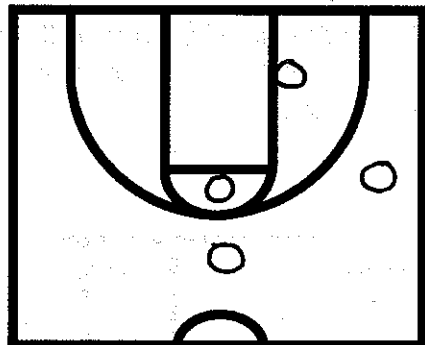


Diagram 18

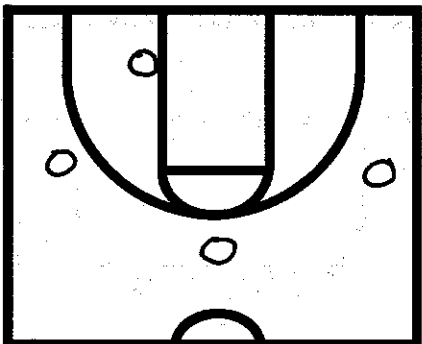


Diagram 19

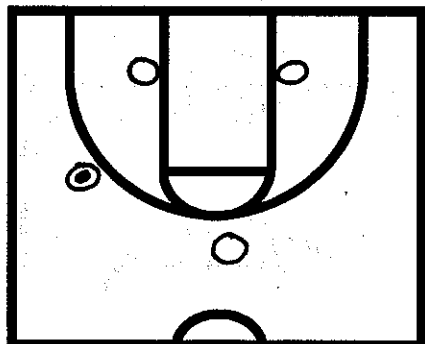


Diagram 20

# JIM HARRICK

## UCLA DEFENSE

Our basic four-on-four drill is the **shell drill**. We follow a basic progression in teaching this defensive concept. The stages we teach four-on-four defense are:

1. Pass around the perimeter and check the defensive positioning. We're stressing rotation in this segment of the drill.
2. Skip-pass can check defensive positioning. Here we're stressing closing out on all skip-pass.
3. Help and recover with one dribble. We are stressing the concept of closing the gap. (Diagram 21)
4. Guard-to-forward pass and rotate (Diagram 22)
5. Guard-to-guard pass and screen away. (Diagram 23) Here we are working on stepping back and sliding through the screen.

One day we will go 4-on-4 half-court and the next day we will go 4-on-4 full-court. We play this game (drill) until the defense has made five stops, not until the offense has made five baskets.

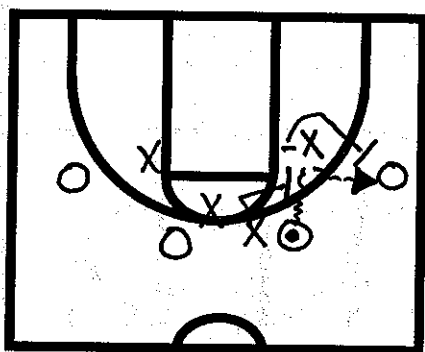


Diagram 21

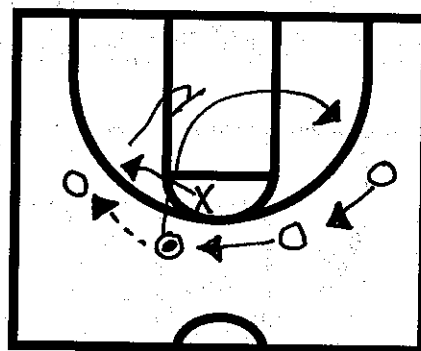


Diagram 22

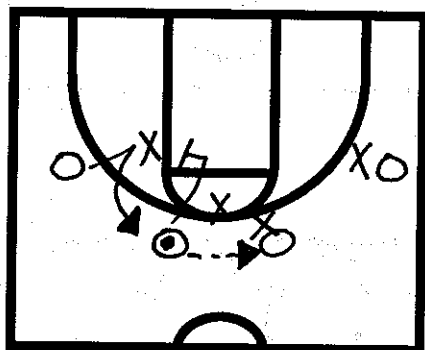


Diagram 23

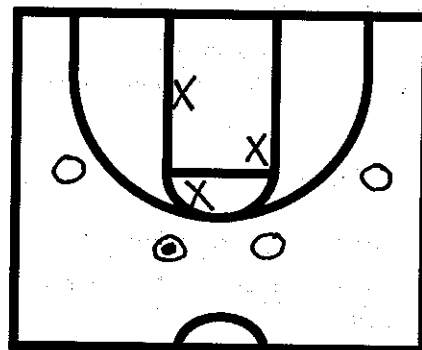


Diagram 24

### **Disadvantage Drill**

#### **A. 3-on-4 Contest (Diagram 24)**

We are working on making things a little tougher for defense so they have to work together, communicate, and make choices because of the disadvantage they have. The defense only gets out by rebounding a missed shot or if the player who wasn't blocked off the board gets the rebound. This drills also forces the defense to make proper rotation.

# JIM HARRICK

## UCLA DEFENSE

### B.4-on-5 Contest (Diagram 25)

This drill is exactly the same as the 3-on-4 drill except we have added one more defensive and one more offensive player.

The final drill we use in teaching our defense is the **5-on-5 control drill**. (Diagram 26) We do this every night for 5-20 minutes. The only time we don't use this drill is the night before a game. The coach controls this drill by determining how many times up and down the court this drill goes. If the offense scores, they press and if they don't score they get back on transition defense. If the defense is scored on, they run their press offense. If they aren't scored upon, they must move into the fast break offense.

Do you teach free throw defense? If not, it can hurt you. When I was at Pepperdine, we were playing Jim Valvano's team and we're up six with the ball with a minute to go in the first overtime. With nine seconds to go in the first overtime, North Carolina State is at the line shooting a one-and-one with us up two. They miss the shot, get the rebound, and bank the ball back in to tie the score. We lose the game in the second overtime. So, free throw defense is critical to winning or losing!

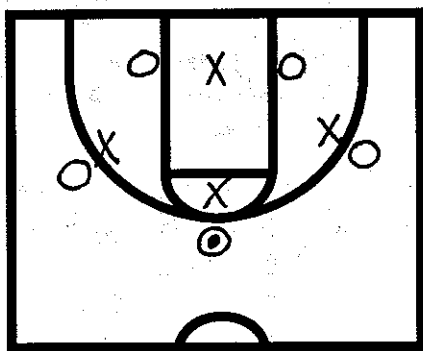


Diagram 25

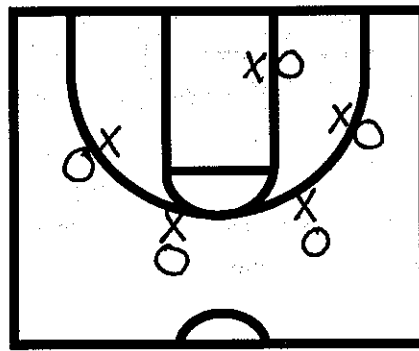


Diagram 26

Some ideas I would like to share with you in closing.

1. Don't allow your players to **short leg** you on the transition defense. What I mean by this is that you should look to see if your players are taking **small steps** instead of long sprint stride steps when hustling back on defense.
2. Transition defense **must** start as soon as you lose the ball. The priorities we place on transition defense is: one—don't give up the dunk and, two—stop the 3-point basket.
3. When you do individual drills, do you have players **standing around** or spread out at all the baskets being actively involved? We only have 3 - 4 players at each basket working on the drill.
4. We put two lines on the floor when teaching our defense with the understanding that we want our weakside defender to have one foot on the **midline** at all times. We are constantly yelling to our helpside: "Get on your line, get on your line."