



# 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

© Copyright 1995 USA Coaches Clinics, Inc. All rights reserved.

# 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

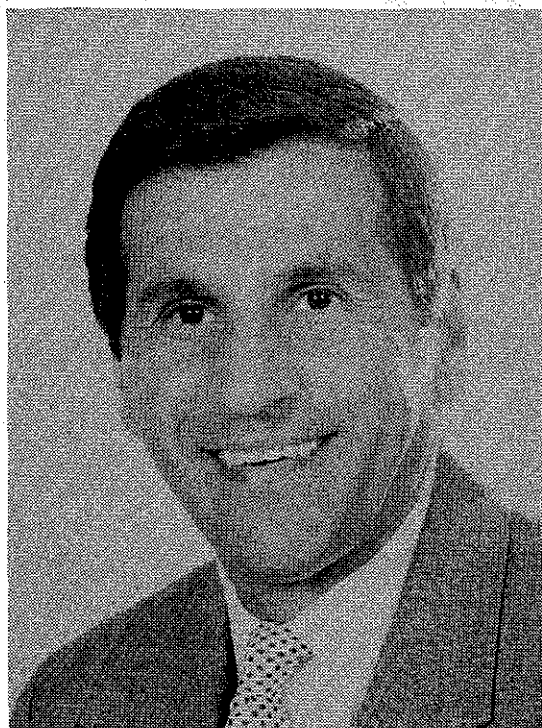
## JIM HARRICK

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

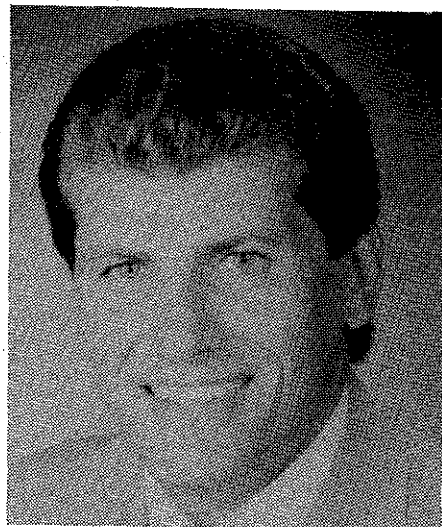
**GENO AURIEMMA**

**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.

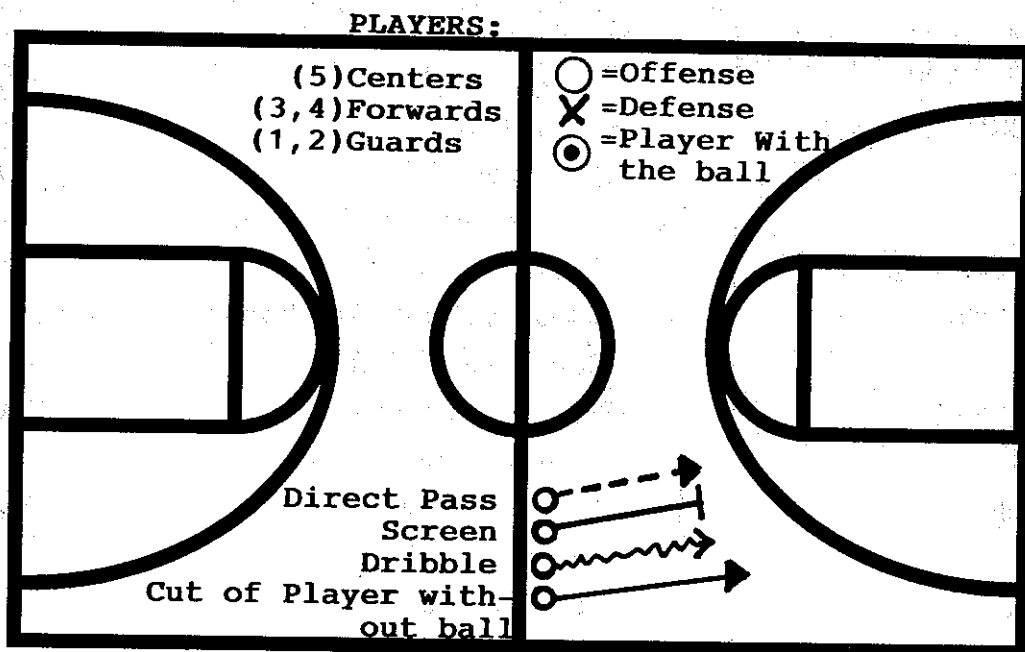
## TABLE OF CONTENTS

<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
PAUL SANDERFORD	Situation Basketball	201
WIMP SANDERSON	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
ROY WILLIAMS	Multiple Defenses	240
	Kansas Offense	246

## DIAGRAM LEGEND



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

# LARRY HUNTER

## Developing Mental Toughness

Developing a mental toughness to play and coach basketball involves a multitude of things which require hard work on the part of the staff as well as the player. This requires perseverance and time. Actually, a **commitment** by staff and players. The goal is for the coach and each player to want to do the best and be the best he can. This means being totally involved in the program.

Here are some things to work on:

1. What do you **stand** for?
2. Develop a **theme** and then some **sub-themes**
  - a. commitment to excellence
  - b. perception is reality
3. We have a folder with **sayings** that we use
  - a. If each player has a stick we can be defeated if we put our sticks together they can't be broken
  - b. Mental toughness—6:00AM team run—one mile in the spring and two miles in the fall
4. Our toughness started in the **weight room**
5. Players must not feel they are **outworking** the coach
6. Play hard, smart and together
7. Be **honest** and **loyal**
8. **Pride:**
  - a. clean your locker room
  - b. keep things off the floor
  - c. paint it
  - d. put up slogans
  - e. "This is our Home"
9. Make your situation a little **better** each year
10. Ask 15 people to **buy** one chair for the locker room
11. We don't lose **home** games
12. Our kids wear Ohio U things—create a **level** of expectation— if you don't ask, they won't give
13. Put up a board with your **goals**—both on and off the floor
14. We do have fans that travel to every road game— learn to **utilize** them as a plus for your program
15. Develop a **sixth-man** section
16. I sit on the bench during game **warm-ups**—I am with the team.  
I believe this helps us come together and develops the toughness I want. "You against us."
17. Band and dance team—needs **recognition** and pride
18. We require our kids to participate in at least three different **community service** projects
19. **Communication** is an on-going thing. You can never improve enough
20. Give a **free clinic** to serve as a pride factor
21. We don't allow our kids to **grab** their shorts when tired—always look like you're in good condition
22. Run off the court to the bench and locker room—again, to **project** the proper image
23. You can **always** improve your **effort** and your **attitude** as a player
24. **Reward** the unselfish
25. **Power of court presence** is the discipline to do what you have to do, when you have to do it and to do it right every time.
26. You have **one vote**—the vote to leave
27. **Upper-class** leadership is so important to them as a team
28. **Good jobs** are where other people want to see you succeed
  - a. go to see games of other sports at your school
  - b. let your custodial staff know they are part of the team
  - c. hold raffles and picnics for custodians and others who help your program.

# LARRY HUNTER

## Match-Up Zone Defense

We use the man-to-man as our basic defense. You must have players with sound fundamentals. If you can't compete, you may need to use a match-up.

### Reasons for using a match-up:

1. Gives you a different look
2. It will cover up your weak defensive players
3. It will cover up poor match ups
4. It can be used with presses
5. Protects players in foul trouble

### Terminology

1. **Home** - your home base on starting position. Go back to your basic alignment
2. **Bump** - give a teammate a bump to get back home
3. **Cutter** - announce—call out
4. **Shooter** - Let them know where
5. **Vacate** - if the post is open
6. **Missouri** - Emergency corner to corner coverage if the post man is occupied.  
Play him man-to-man on the baseline.

### Alignment and Rules

1. "A" call. (Diagram 1) This is a 1-2-2 look
2. "B" call. (Diagram 2) This is a 2-3 look

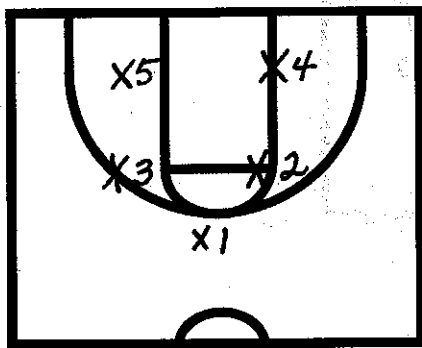


Diagram 1

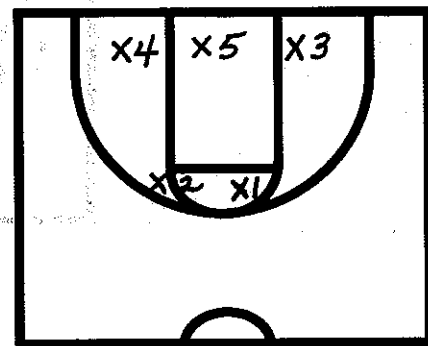


Diagram 2

# LARRY HUNTER

## Match-Up Zone Defense

3. Match off the point guard. (Diagram 3) Our point always matches to the right. Match from there.
4. You can play it.
  - a. conservative—play basket area and only extend on the shooter
  - b. deny ball reversal
  - c. thumbs up—trap wing—thumbs down—trap the corner
5. Go through **odd** alignments with team
6. The **back men** line up above the blocks
7. Stay **parallel** to the baseline
8. Do not **chase** the ball. Give the impression of guarding two people.
9. Don't guard the man in your area until the ball is passed - stay with man-to-man principles
10. On all skip-passes it is the first man to the ball
11. Don't panic if for a pass, you are not guarding anyone

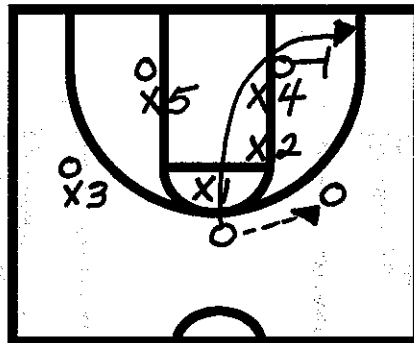


Diagram 3

# LARRY HUNTER

## Match-Up Zone Defense

### Drills:

1. 5-on-5
2. Coverage Areas (Diagram 4) This will show you the coverage areas and how to get there.
3. Stay until the lane on cutter in the middle (gut-cut)
  - a. You go **inside/out** after bumping
  - b. X4 goes to the **corner** on the pass
4. (Diagram 5) The cutter goes **weakside**. The point call the play
5. If the cut is **outside**—it is easy to cover - **bump and switch**
6. As the ball is reversed, they will occupy the post—call **Missouri**
7. **Weakside** exchanges make for an easy bump
8. **Screen on the ball** with perimeter players easy — switch
9. On double penetration, **penetrate and kick**, someone slips behind into the gap

### Tough Coverages

1. 3-perimeter shooters
2. When the post steps to perimeter - step the defensive post out to the perimeter and get a **home call**.

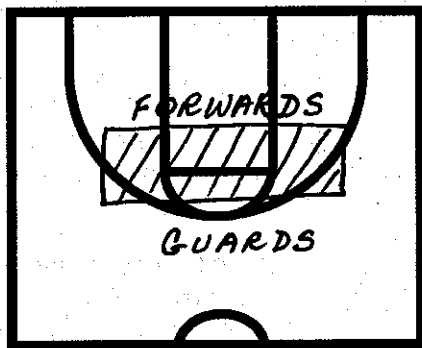


Diagram 4

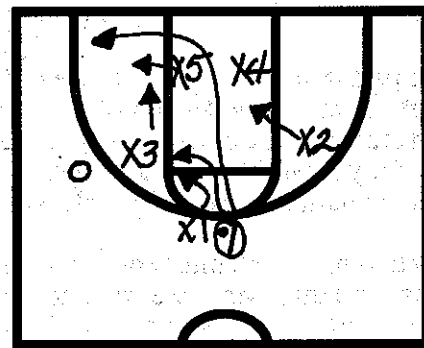


Diagram 5