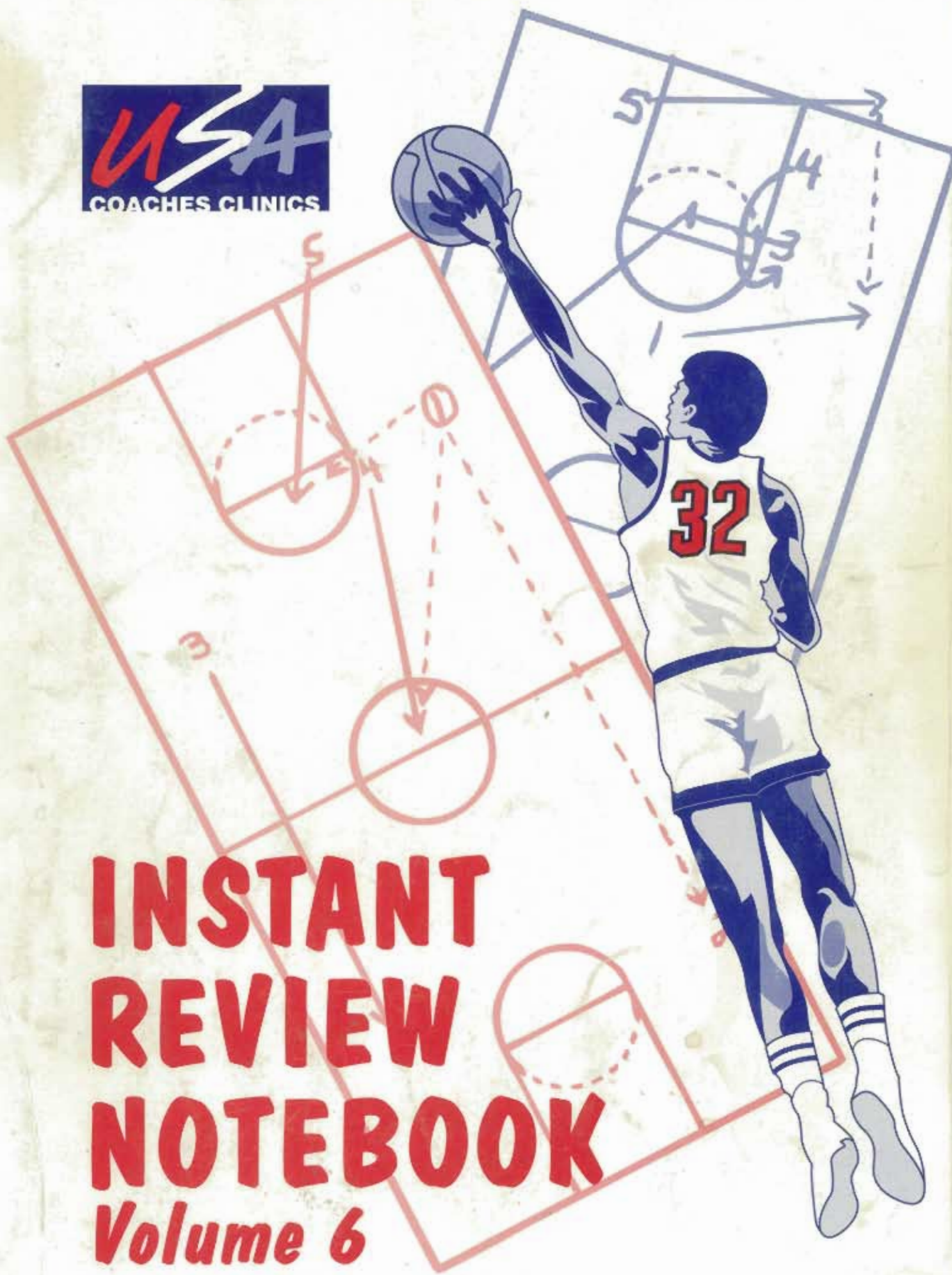




32

# 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

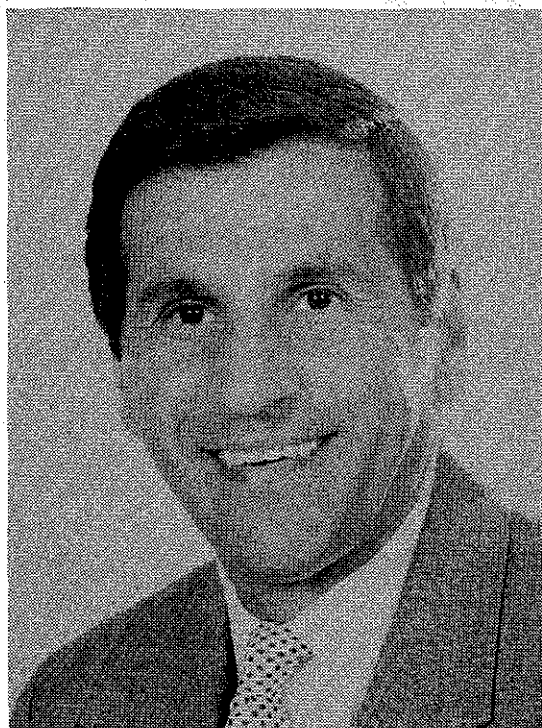
## JIM HARRICK

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

# **USA** COACHES CLINICS

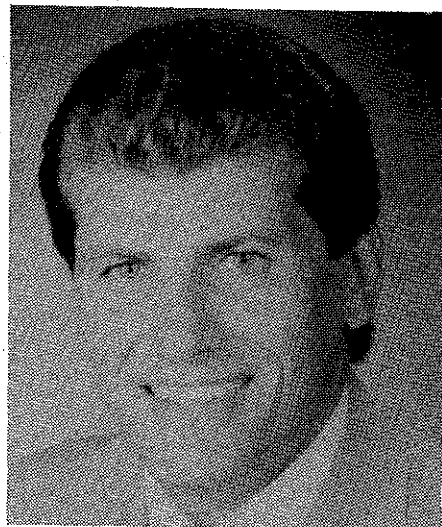
**GENO AURIEMMA**

**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.

A handwritten signature in cursive script that reads "Billy Packer".

**BILLY PACKER**  
Chairman

A handwritten signature in cursive script that reads "Hubie".

**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.

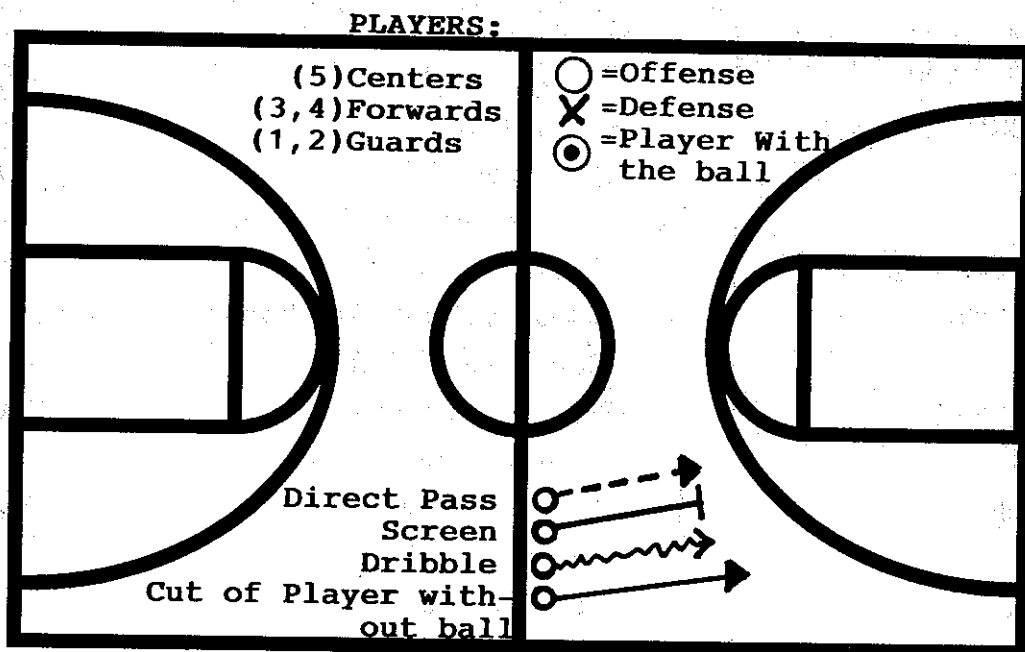
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## DIAGRAM LEGEND



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

# MIKE JARVIS

## Defensive Building Blocks

Defense is my **passion**. We didn't get into the NCAA tournament this year because we didn't win one of two games we should have won. We didn't play good defense in these two games.

Defense is an **attitude**. Defense is the truest team aspect in basketball. Defense wins games, defense wins championships. There are certain things that make each person special in life. I believe my special ability is that I can get young men to want to play to their **fullest potential**. You can't win with losers, you win with winners. In the end losers will lose and winners will win.

When we talk about teaching our defensive system at George Washington University there are Five "C's" of defense.

- 1) **Conditioning:** Players must believe they're in better condition than any team they'll play.
- 2) **Confidence:** Players must have confidence in themselves, their teammates, and coaches.
- 3) **Consistency:** Players must not only work hard to become and remain consistent, they must be thinking about what takes to be consistent.
- 4) **Communication:** Players must learn to communicate constantly during a game. The old Celtics of K.C. Jones, Sam Jones, Satch Sander were known for the constant talking they did while on the court.
- 5) **Commitment:** Every player must be committed to the total team effort and sacrifice individualism.

Teaching and adjusting in man defense is just like **pitching**. If you have three pitches and learn to throw each pitch at three different speeds, you now have nine different pitches. This is the concept we try to use in dealing with our defense.

### RED DEFENSE

(Diagram 1) This is the defense that Bob Knight has lived with his whole coaching career. This is the defense where you have a **ballside** and **weakside** or **helpside** area.

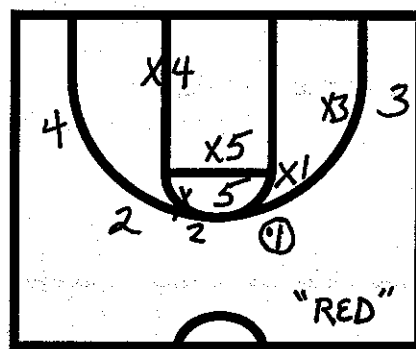


Diagram 1

In talking about man-to-man defense, you must start out with **pressure** on the basketball. All defense must start out with this concept. We force opponents to their **weak hand** not to the middle or the sideline. We don't worry about this because we don't guard passes that go laterally. We will **deny** and **contest** all penetrating passes. We will not allow teams to make passes into the post either. We always force any player to his weak hand, but when he gets ready to shoot we have the hand nearest the shooter's hand raised just above the shoulder, with the elbow bent.

# MIKE JARVIS

## Defensive Building Blocks

### BASIC CONCEPTS OF RED DEFENSE

- 1) Force the dribbler to use his **weak hand**. Most often this means forcing left.
- 2) **Prevent** all passes - guard-to-forward, guard-to-post, forward-to-post.
- 3) **Side** the post - near hand and foot between your man and the ball.
- 4) Side the mid- and low post when your man is **below** the line of the ball.
- 5) Move **behind** your man and establish baseline siding position when the ball is in line or **below** the post man. Attempt to move him off the lane with your body.
- 6) Half-way rule when you are not denying. In "**weakside**" defense, be two or more passes away. We should be close enough to put a foot on the mid-point line.
- 7) Adhere to "**line of the ball**" rule which states that you should always be **below** the line of the ball enabling you to always to see your man and ball.
- 8) Stay **between** your man and the ball.
- 9) Fight over the top or "**slide vs. screens**" on the ball.

(Diagram 2) On cross-screens, we will actually lose sight of the ball momentarily. The defensive man whose offensive man is going away to screen has one responsibility and one responsibility only, and that is to make sure his teammates get through the screen. When X4 hears X5 yell "**screen**" he wants to get as close to his man as possible, chest-to-chest, and slide through the screen.

X5 must position himself above the screen and be in a position to see the ball and the offensive and defensive men coming to the ball. X5 must also leave space between himself and his man. We do this in case X4 can't stay chest-to-chest with his man. X4 must then go over the top of 5's screen and through the space X5 left between him and his man. We actually tell X5 to pull his teammate through the space.

- 10) **Communicate. TALK! TALK! TALK!**
- 11) No **inside** cuts -- no one ever cuts between you and the ball.
- 12) Take away the **baseline** drive by placing your foot on or over the end line vs. the drive.
- 13) Call "**5**" on the discontinued dribble. "5", "5", "5", "5", "5"
- 14) Call "**shot**" on the shot.
- 15) Call "**box**" to emphasize the importance of boxing out.
- 16) Call "**ball**" on the rebound, then look to outlet the ball either by the pass or dribble.

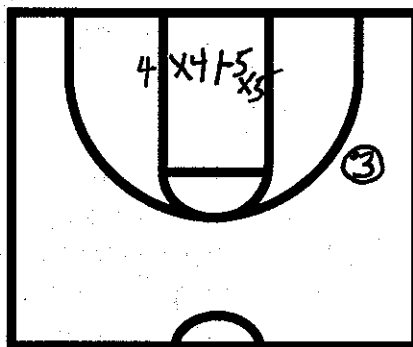


Diagram 2

# MIKE JARVIS

## Defensive Building Blocks

### WHITE DEFENSE

(Diagram 3) This defense begins where the **red defense ends** and that is when we force the offensive player to **pick up** the dribble. Now all five players will deny all passes, even lateral passes (guard-to-guard). We now do something different from red in that we **switch** all screens.

### BASIC CONCEPTS OF WHITE DEFENSE

- 1) As long as we control the ball, we want everyone to be close enough to **touch** their man.
- 2) Attempt to **deny all passes** guard-to-guard, guard-to-forward, and all post passes.
- 3) Near hand and foot in the **passing lane** against everyone.
- 4) We will use our red post defense rules, except we will not **"double"** the ball.
- 5) Force the **dribbler** to use his weak hand.
- 6) **Switch** vs. screens on the ball.
- 7) The **"switch"** call should be made by the man nearest the basket. He should physically push his teammate into the passing lane. Players come together-touch-push and talk.
- 8) If we are beaten back-door or off the dribble we will switch.
- 9) Try to **see the man and ball** at all times and follow ball-you-man principle.
- 10) Create steal, turnover, **"5"**, and speed up tempo.
- 11) Everyone must **release** to the ball if teammate is beaten.
- 12) If beaten call **"Help!"**
- 13) Call **"Shot"**, **"Box"**, **"Ball"**.

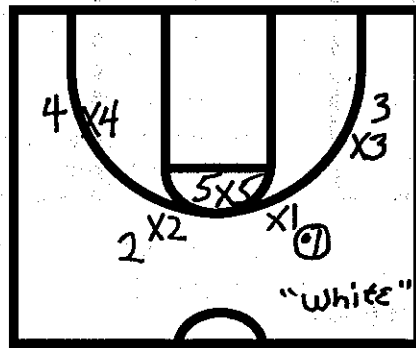


Diagram 3

### BLUE DEFENSE

(Diagram 4) This is a **soft man** defense. It is our closest answer to a **zone**. Everyone but the man on the ball has a foot on or in the lane. This won't actually be possible because it assumes a team has no shooter.

(Diagram 5) The adjustment we do is that if our defender is playing a shooter on the **ballside**, he will have both feet just **inside** the three-point line. Everyone else has a foot on or in the lane.

# MIKE JARVIS

## Defensive Building Blocks

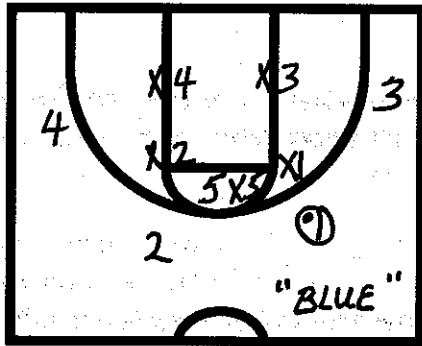


Diagram 4

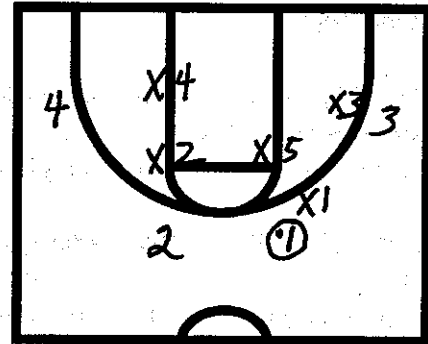


Diagram 5

(Diagram 6) The post rule for this defense is that when your man is in the mid- or low-post and the ball is below the foul line extended we front the post.

(Diagram 7) Another adjustment we make in the defense is that on all screens on the basketball, we **double team** the dribbler.

On cross-screens we follow the red defense rule for cross-screens.

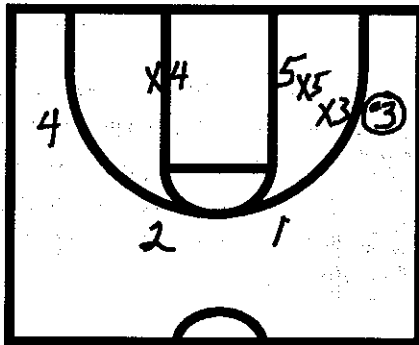


Diagram 6

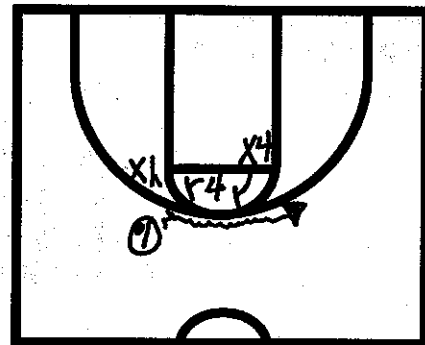


Diagram 7

### BASIC CONCEPTS OF BLUE DEFENSE

- 1) Everyone except the man playing the ball has at least one foot on or in the key hole and is in **help** position. Against three-point shooters, we want to be just inside the three-point line.
- 2) Follow post defensive principles and "**double**" rules on a pass into post, same as in the Red defense.
- 3) The man playing the ball plays **regular defense**, forcing the ball to be dribbled with the weak hand or hand predetermined by the scouting report.
- 4) Do not **deny** the guard-to-forward pass. Have both feet and hands between man and the basket.
- 5) Position the body so the hand & foot nearest the ball are in the **advanced** position to see men and ball.
- 6) Move **to the ball** on the pass.
- 7) We will double-team screens on the ball unless we decide to do otherwise. Maintain the double-team until the dribble is discontinued. When this occurs, the man who left the screener to double, recovers to his original man, "help and recover."
- 8) Call "**Shot**", "**Box**", "**Ball**"!

# MIKE JARVIS

## Defensive Building Blocks

### COMBO DEFENSE

Here we combine the three defenses according to the opponent's strengths and weaknesses. We usually go into this defense after a time out. We never try to switch to it on the run if at all possible. This provides us with our version of a box-and-one, triangle-and-two, etc.

Instead of having to teach a box-and-one against a team that has one great player, we go to our combination defense. Now we combine our white and blue defense. We put one player on their great player and tell him that all he has to do is deny him the ball. He doesn't even have to worry about losing sight of the ball. All his other teammates are following the blue defensive principles and he will have help at all times.

### BASIC CONCEPTS OF COMBO DEFENSE

- 1) Playing the dribble -- force to the weak hand.
- 2) Post defense -- side the post, double passes into the post. Follow red principles.
- 3) Defending screens on the ball -- the man playing the screen will determine what we do when a screen is set for the ball. If the defender is in Red, we will fight over or slide; if he is in white, we will "switch", and if he is in blue, we will double.
- 4) Defending the dribble hand off. We will follow our red principles and stay with our own men.
- 5) Call "Shot," "Box", and "Ball"!

If you want to be a winner in your field, you must assume the characteristics of a winner. You must be ready to try new things and new projects; you must face each new problem as a challenge to be overcome; you must welcome competition with respect, rather than fear. If you make mistakes, you must admit them and use them as foundation stones on which to build success. You must be decisive and your decisions must be backed by your personal commitment. Finally, you must be positive at all times, especially when things get rough. You must think positively, act positively, and live positively.

Continue to strive for excellence and remember that: *"We are what we repeatedly do."*

Set goals -- team, personal, defensive

Excel -- get players to excel at one thing

Contribute on a daily basis

Responsibility -- be responsible for what you do

Extra work, energy, enthusiasm - you get out of something what you put into it.

Time management

Student of the game